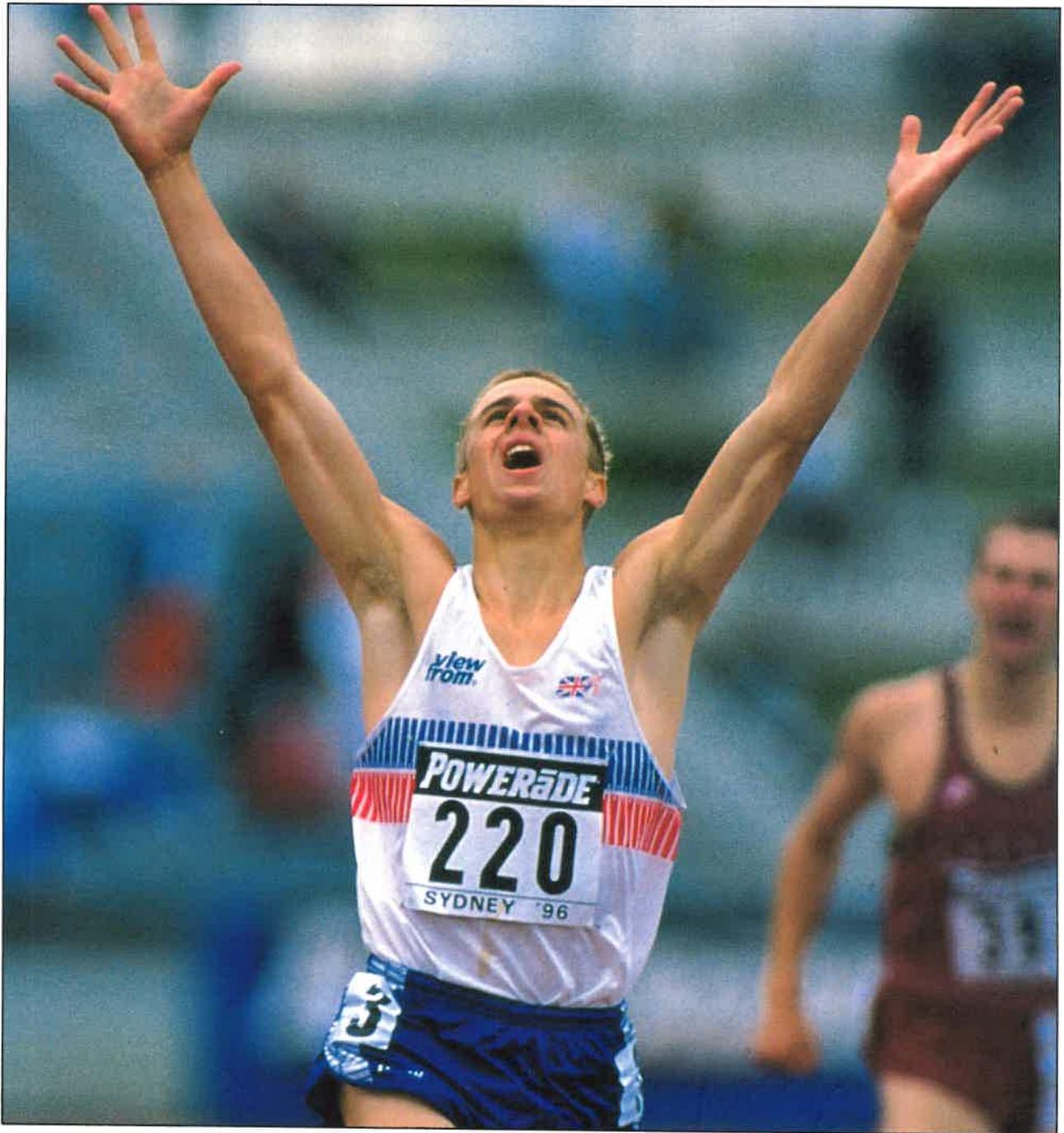


February 1997

# *The* **Belgravian**



**The official gazette of Belgrave Harriers**

Number 225

# Tilda



**Belgrave Harriers  
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- Great Races I Have Seen - more of Arthur Bruce's reminiscences
- Born to Run - The amazing Tarahumara Indians of Mexico's Sierra Madre

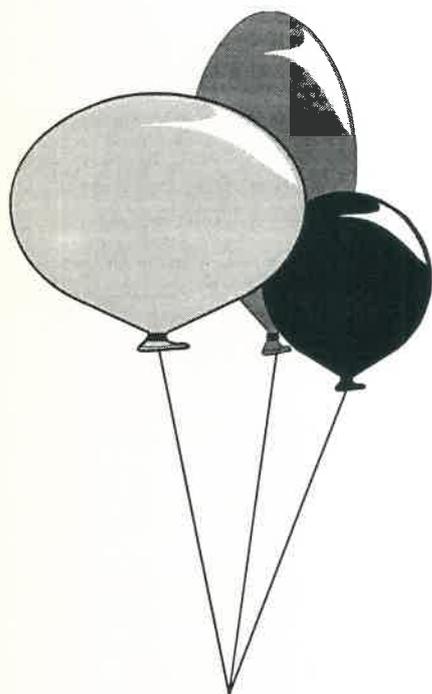
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# The Belgravian

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Number 225 February 1997

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## Tighten your belts

**W**e are pleased to report that Tilda Rice have agreed to extend their sponsorship of Belgrave Harriers for a further 12 months although we are sorry that their deal with Du'aine Ladejo has now run it's course. The main reason for Tilda's continued support of the Club is their recognition of the enormous efforts we have made in taking athletics to young people and the schools and encouraging them to become involved in our beloved sport. Sadly the extension is only for one year and furthermore Sportsmatch, who initially matched Tilda's sponsorship pound for pound, have now reduced their support to only 25%. Basically, therefore, we have £12,500 to continue our Youth Scheme into 1997. It might seem like quite a tidy sum but when you consider that this summer we may well make the National Young Athletes Final, involving the transportation of around 80 young athletes to Birmingham, we have a Women's Southern League match in Newquay which may again result in a large group of youngsters staying away from home overnight, and we have some fifteen away matches in various leagues which will require coach travel at around £250 per time, you can see that it is not going to go very far. Our crusade to carry

athletics into the local schools week in week out will also take its toll but we are committed to doing this otherwise we will not earn even the aforementioned sponsorship. All this at a time when our subscriptions seem to be slower and slower in coming forth and the total received doesn't come anywhere near covering the cost of the normal activities that any athletic club is involved with. Additionally we have the ongoing cost of maintaining our Club Headquarters.

Our financial wizards meet regularly to keep an eye on our affairs and at their most recent gathering went through the budgets for each section of our club with a fine tooth comb. It became quite obvious that if we don't come up with something soon then some cuts are going to have to be made - deep cuts which will probably affect every activity covered by Belgrave Harriers.

So, the message is that we are all going to have to reduce our spending. Everyone will have to chip in more generously when it comes to collecting fares on coaches and mini-buses. Club kit needs to be paid for up front. Every effort must be made to reduce our spending in every area and even this very magazine may have to take on some other form. We are going to have to tighten our belts.

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## Words are not enough

**F**or nearly thirty years Leo Coy has been at the heart of our affairs, first as a runner and then as a team manager as we made our way up the ladders of both British and Young Athletes Leagues. Every Belgrave social gathering - from camping expeditions in the New Forest to Club Dinners has benefited from his presence. It hasn't all been just fair-weather support either. In the depths of winter young lads have been collected from all points of South London and driven to training and competition venues for cross country and road running; he has stood at the trackside all year round supervising warm-up drills, timing repetitions and coaching high-jump. He has been involved in everything we have done during three decades and of course became our Club President for 1988-89. Great success has come our way, due in no

>>>

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

President: Ted Pallant

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Front page photo by Mark Shearman. It's a silver medal, for 800 metre racer Tom Lerwill at the World Junior Championships in Sydney. Nineteen year-old Tom reduced his best ever time to 1:47.27 when chasing home the Kenyan Kimutai in his semi-final, and then in the final ran with great tactical awareness to work his way through the field, moving into second place in the home stretch.

Back page photo by Robin Nicholls. Half of the awesome foursome. Our Junior Men cracked the 4x100m, 4x200m and 4x400m Club Records in 1996 and these two had a hand in every one of those performances. Richard David, passing the baton, joined us at 15 years of age and last season, at 19, set pbs of 10.98, 22.1 and 48.7. Seventeen years-old Marlon Dickson has been with us since he was 12 and this year has run 10.65, 21.6 and a 49.2 relay leg.

small part to Leo's efforts but he has admitted that all the hard work has been repaid by seeing our young athletes take their first competitive steps as eleven and twelve year-olds in the Thameside competitions - and finally gain selection for the British League team.

All things must pass, however. Gradually over the last year Leo has been easing his way out of his club responsibilities, paving the way for a planned move back to his native Ireland. At first we didn't really believe he would carry it through but we should have known better. By Springtime Leo will have taken up residence in County Wexford and no more will we be able to rely on his efforts as a matter of course. He assures us that he will continue to make his way to Club functions and that we will see him cheering on our teams at venues around the country. We look forward to those occasions Leo but in the meantime we wish you every happiness in your new home - and mere words, written or spoken, cannot thank you enough for all you have done.

### A celebration of service

Not only did Bill Lucas reach his 80th birthday a short while back but he's just completed 61 years of dedicated service to Belgrave Harriers. As fit as ever, thanks to his passion for golf, Bill's commitment to the Club is ongoing. It's almost unknown for him to miss a Committee Meeting, he is always on hand for our Finance Meetings and of course he always has a viewpoint on all our club matters. We don't intend to let a couple of anniversaries like these slip past without something special so a celebration is being planned for April 19th at Belgrave Hall. Contact Gordon Biscoe (0181-393 7398) or Charlie Manning (0181-642 9825) to find out more.

### Ridgeon heads '97 Club 800m rankings after "Fun Run"

The 'race' had been talked about for months - an 800 metres - just for fun - featuring some of the top 400 boys. Roger Black might be tops over one lap - but who could hold it together best for TWO laps of the track? Eventually a date and place were set - Saturday 18th January at Battersea Park. Matthew Fraser-Moat of the BMC promoted the event and in turn asked Belgrave to provide the officials. Unfortunately 'Bamby' Black was having a course of knee treatment so it was left to Mark Richardson, Vince Rose and Jon Ridgeon to take on the challenge. Jon's coach Mike Whittingham turned out to watch the fun as did Peter and Mrs. Coe, while Frank Horwill was busy on the mike keeping everyone informed about recent form and best times. The weather was mild, the track was damp and the sun even broke through the January clouds for a few minutes. With nerves jangling the sprinters lined up to race the only two genuine middle-distance men in Thompson of Dartford (best of 1:50.1) and Clive Gilby (1:47.33).

Snowy Brooks fired the starter's pistol and they were away. The pacemaker was aiming for times of 27, 54 and 82 and although bell

# Welcome

to the following new members who have joined us since June 1996

Rachel Aarons .....	U15G .....	Fld.	Meghan Johnson .....	U13G .....	
Dwayne Adams .....	U17M .....	Trk., Fld.	Katherine Johnson .....	Senior .....	Fld.
Darren Adams .....	U15B .....	Trk., Fld.	Susan Johnson .....	Senior .....	
Jubril Aluko .....	U15B .....	Trk., Fld.	Katherine Johnson .....	U20W .....	
Bernard Amofa-Akuoko .....	U15G .....	Fld.	Anthony Kennedy .....	U15B .....	C.C., Trk.
Ben Apps .....	U15B .....	Fld.	Mohammed Kwiss .....	U17M .....	Trk., Fld.
Andrew Arce .....	U15B .....	Trk.	Ziad Kwiss .....	U13B .....	Trk., Fld.
Alfie Arce .....	U15B .....	Trk., Fld.	Barrie Laverick .....	Senior .....	Trk., Fld.
Antony Barden .....	Senior .....	Trk., C.C., Rd.	Michael Lesley .....	Senior .....	
Oscar Barrientos .....	U15B .....	Trk., Fld.	Rebecca Lester .....	U13G .....	
Samuel Bellamy .....	U15B .....		Francis Lloyd .....	U17M .....	Fld., Wkg.
Nana Boakye-Adjei .....	U15G .....	Trk., Fld.	Katie Low .....	U15G .....	Trk.
Danielle Briggs .....	U15G .....	Trk., Fld.	Michael Lyons .....	Senior .....	Fld., Coach
Trevor Browse .....	Senior .....	Rd.	John Magee .....	Senior .....	
Claire Bruce-Burgess .....	Senior .....	C.C., Rd.	Salvatore Maggiulli .....	Senior .....	C.C., Rd.
Raymond Burnip .....	Senior .....	Trk., Rd., C.C.	Matthew Marshall .....	Senior .....	Trk.
Darren Campbell .....	Senior .....	Trk.	Gary McEwan .....	U13B .....	Fld., Trk.
Christopher Carter .....	U13B .....	Trk., Fld.	Evan McIntosh .....	Senior .....	
Neil Cartwright .....	Senior .....	Trk.	Kurt Metalle .....	U13B .....	C.C., Rd., Wkg.
Ricardo Cattini .....	U15B .....		Lester Morby .....	U15B .....	Trk., Fld.
Dwain Chambers .....	U20M .....	Trk.	Leon Nation .....	U17M .....	Trk.
Daniel Clark .....	U13B .....	Trk., Fld.	Kevin O'Keefe .....	U15B .....	Trk.
Stuart Clark .....	Senior .....	Fld.	Seun Obileye .....	U15B .....	
Samuel Cleary .....	U13B .....	Fld.	Samson Oni .....	U17M .....	Fld.
Stephen Conroy .....	Senior .....		Demetrius Onoufriou .....	U20M .....	C.C., Rd.
Anne D'Alessio .....	Senior .....		Joanna Paloni .....	Senior .....	Trk.
Marc Dalrymple .....	U15B .....	Trk., Fld.	Anthony Pamah .....	Senior .....	Fld.
Richard Danso .....	U15B .....	Trk., Fld.	Philip Panayiotou .....	Senior .....	
Christopher Das .....	U17M .....	Fld.	Warren Pattison .....	U15B .....	Fld., C.C.
Geoff Dearman .....	U20M .....	Trk.	Jeremy Putrym .....	U15B .....	Trk., Fld.
Sara Dias .....	Senior .....	Rd., C.C.	Sarah Reynolds .....	U13G .....	
Matthew Douglas .....	U20M .....	Trk., Fld.	Christopher Roberts .....	U13B .....	Trk., Fld.
Catherine Eastham .....	Senior .....	Rd., C.C.	Tim Rutter .....	Senior .....	
Peter Evans .....	U17M .....	Trk., Fld.	Larry Safté .....	U13B .....	Trk., Fld.
Stuart Faben .....	Senior .....	Fld.	Rachel Shun .....	U13G .....	Fld.
Alan Fernandes .....	Senior .....	Rd., C.C.	Matthew Simson .....	Senior .....	Fld.
Christopher Fishlock .....	U20M .....	C.C., Rd.	Francesca Smith .....	U15G .....	Fld., Wkg.
Manuel Garcia .....	U15B .....		Jon Squirrell .....	Senior .....	Trk.
Denis Gezgin .....	U20M .....	Trk.	Dominic St. George .....	U17M .....	Trk.
Amwar Gilbert .....	U15B Trk, Fld, C.C, Rd.		Sam Stephenson .....	U17M .....	Trk.
Tara Gorman .....	U15G .....	Wkg.	Tania Sturton .....	Senior .....	Trk.
Andrew Graham .....	U13B . Trk., C.C., Wkg.		Nicholas Sweeney .....	Senior .....	Fld.
Naharie Green .....	U15B .....	Trk., Fld.	Samantha Symonds .....	Senior .....	Trk., Rd.
Nathaniel Hammond .....	U15B .....	Trk., Fld.	Rohan Thomas .....	U15B .....	
Michael Harris .....	Senior .....	Rd., C.C.	Oliver Trenchard .....	U15B .....	Trk., Fld.
Dale Holmes .....	U15B .....	Trk., Fld.	Neil Urmatum .....	U15B .....	Trk., Fld.
Lee Hurst .....	Senior .....	Trk.	Norman Walton .....	Senior .....	Trk., Rd.
Dave Hutton .....	Senior .....	Trk., Rd.	Ian Watkins .....	U17M .....	Fld.
Charles Igbon .....	U17M .....	Fld.	Timothy Watt .....	Senior .....	Wkg.
Aaron Jackson .....	U13B . Fld., C.C., Wkg.		Chris Williams .....	U15B .....	Trk., Fld.
Kim Johnson .....	Senior .....		James Wilson .....	U13B .....	Trk., Fld.

time was just about right - 54.7 - the initial rush had been a bit ferocious so it was going to be a hard run for the sprinters. As it turned out the specialists had the race to themselves. The Valley's Vince Rose seemed to have 3rd sewn up until a tremendous dash down the straight topped off with a real sprint hurdler's dip saw Ridgeon just snatch the 'real race' on the line. With Richardson also under the qualifying time the BMC suddenly found itself with three new members.

Seriously though, put him in the right race in early track season and that nice Mr. Ridgeon might just nip under 1:50.

Result:

- 1, Jason Thompson (Dartford) ..... 1:51.8
- 2, Clive Gilby (BMC) ..... 1:52.1
- 3, Jon Ridgeon (Belgrave) ..... 1:54.7
- 4, Vince Rose (Thames Valley) ..... 1:54.7
- 5, Mark Richardson (Windsor, S&E) 1:55.9
- 6, Kermit Bentham (Thames Valley) 1:56.7
- 7, Noel Levy (Belgrave) ..... 1:59.4

## FROM THE BELGRAVIAN

### 25 Years Ago ... 1971/72

LAURIE O'HARA has been in great form lately, and he skated away with our 5,000m championship in the fastish time of 15m 51.8s. Gerry North had to draw on his well-known ability to hold off Guy Monnet for second place ... Guy in turn had to show his sprinting powers to hold off the defending champion, Lionel Mann. Laurie ... was an easy winner of the 10,000m championship - adding the *Tom Carter Trophy* to the *Griffen Cup*. Last year's winner Lionel Mann was his closest challenger, but headed Adrian Major by only a few yards.

**SURREY CC LEAGUE Division One.** So, Belgrave took their 7th successive league title by clinching the final race at Petersham on February 19th. But an ominous cloud has appeared on the horizon in the form of the young Aldershot, Farnham & District contingent. This was their first year in Division 1 and they showed flashes of brilliance, particularly in the second race, which indicated that Belgrave will have to be on their toes next season if they want to make it eight in a row.

1, Belgrave H (168, 252, 276, 235) 931pts; 2, Aldershot, Farnham & Dist. (394, 173, 244, 284) 1095pts; 3, Hercules Wimbledon (292, 414, 242, 494) 1442pts. [Editors' note: in fact this proved to be the last time that Belgrave were Division One Champions.]

JOHN MOULLIN joined the ranks of the Centurions in a most spectacular fashion. With a truly magnificent display of fast, controlled walking, he finished first in the [Surrey W.C.'s Open 100 miles] race, with a remarkable time of 16hrs. 55m. 44s., only 1m. 29s. outside Frank O'Reilly's world best performance for 100 miles. ... A search through the Centurions' roll of honour shows that no one has entered their ranks with such a high class performance. To get inside 17hrs. at one's first attempt at the distance is indeed an unique achievement which makes John Moullin one of our top ultra-long-distance walkers.

### and, 50 Years Ago ... 1946/47

NUMBER 100. We are all rather inclined to accept an issue of *The Belgravian* when it arrives as something that just "happened," and seldom do we think of the hours of preparation that go into each issue, or the care and attention which somebody must devote to every sentence on every page before it passes into print. This issue of *The Belgravian* is No. 100, and an appropriate moment for wishing ourselves an ever-increasing measure of success for record in the next hundred issues ...

WE ARE NOW at the end of what can be termed the first post-war winter season. From the afternoon of the season's opening meeting at Belgrave Hall the atmosphere was set: time seemed to have slipped back and the years of the war became, in many minds, non-existent. As one who "arrived back" that afternoon, not having been near Belgrave Hall since 1940, it was a startling joy to see again so many well-remembered faces and to be greeted with such a warmth of welcome. Many things have changed these past seven years and this club has lost some of its dearest and best members, but we are still a club with enthusiasm and unity about us.

**SOUTH OF THAMES "JUNIOR" RACE.** Held at Nonsuch Park, Cheam on November 9th, a field of 209 runners, representing 29 teams, fought out a closely-contested race over a two-lap course. As winners of the race last season we thus had to find a new scoring team, and our hopes received a set-back when Vic Blowfield failed to arrive in time. However, at the half-way stage in the race, Bill Lucas and Len Marchant were in the leading bunch of four runners, which was a good start-off to our team's chances. When they came in sight of the finish Bill Lucas was clear away in front and in 2nd position came Len Marchant, a fine performance by both runners. 1, W.Lucas 26:55; 2, L.Marchant 27:03; 15, S.Jarlett 27:55; 23, L.Bishop 28:16. Teams: 1, Belgrave H 41; 2, Herne Hill 48.



## A message from The President



May I express my sincere thanks to everyone for my election as President. I am very proud of this honour and feel sure that we can look forward to another successful year.

On your behalf I would also like to say thank you to the retiring President Snowy Brooks. During his year of office he worked untiringly, setting a fine example in the true Belgravian tradition. It was a year to remember, Snowy, and I know you are now looking forward to competing once again in the World Veterans Decathlon Championships in 1997. We all wish you every success.

Looking ahead, the hope is to see us consolidating on the fine progress made in recent years. Much work has still to be carried out and we must be prepared to adapt to changes in the sport if we are to stay at the top level. Fortunately we have a fine band of Officers and Coaches of high standards. They have been prepared to give their time and experience throughout the years but more help is always needed. With the ever-increasing workload of a club the size of ours, volunteers will always be welcome. Club Team Managers will also appreciate your support when it comes to turning out our strongest teams in competition. This makes all the difference between just losing a championship and winning.

Finally I would like to thank all members in the Club who have made my membership of nearly 40 years such a happy time. I look back with pleasure on the friendships formed and hope that the future will bring many more.

Best wishes,

*Ted Pallant*

# TED PALLANT

President of Belgrave Harriers 1996-1997

Charlie Dickinson writes

“A real surprise, I was delighted”. This was Ted Pallant’s reaction to being nominated as this year’s President. It was less of a surprise to many in the club who knew Ted to be experienced, courteous, wise and mature, all qualities of a good President.

An active member since 1957 both as an ordinary club runner and a member of the committee, he is perhaps best known by the younger members as the person who sells the club kit. Few Belgrave members over the last five years will not have been approached by Ted and politely asked if they need a vest or a new track-suit. This has put Ted in touch with all sections of the club and given him an overview few can match.

Born at St George’s Hospital, Hyde Park in 1929, Ted spent his childhood in Battersea, living in Warriner Gardens just a stone’s throw from the park. The park became Ted’s playground, almost a second home, and the track was to influence him to the present day. At that time, of course, the Battersea track was cinders and three laps to the mile. The 100 yards was run parallel to the power station with taped lanes, and the long jump pit was where the tennis courts are today. Ted first competed there at the age of eight representing his Primary school, Ethelburger, in the Battersea school sports. He remembers digging his starting blocks with a trowel.

The church also played an important part in Ted’s childhood. His family attended St Mary le Park Church near Albert Bridge. There were social activities, the youth club, dances, the cubs and later scouts. Ted made many friends and was to remain in the scout movement as a rover scout until the age of 28.

The war came when Ted was ten. He was evacuated from Clapham Junction station on September 3rd 1939 and war was declared while he was on the train to Reading. Strangely, it was here that Ted was to find another connection with athletics and another important influence. He was billeted with the family of the British long jump champion, W.E.N. Breach, who had competed in an international with Germany just a week before war broke out. Later, Breach was to become President of Reading AC.

Ted returned to London after only a few months and spent the war years living in Balham. He became a patrol leader in the scouts, and had a memorable time in the blitz helping out in hospitals, and erecting Anderson shelters for old people. He attended Battersea Central School till the age of 14 when he left to become an apprentice electrician to a firm in Chelsea. He remembers earning 4½d per hour! He qualified the hard way, by attending night school, and later gained a place at



September 21st 1963 and Ted strides out in the Polytechnic Road Relay at Chiswick.

Battersea Polytechnic, now Westminster College.

Ted remembers the war being a very grey time, with rationing, bombing worries and no men around between the ages of 18 and 40. But on the other hand, people were thrown together: they helped each other, there was less materialism, they talked, played cards, they had to make their own entertainment, there was no television.

After the war, now in his late teens, Ted’s social life continued to revolve around the church with dances and scout activities. In 1947 he began his two year’s national service in the army, joining the Royal West Kent Infantry for his initial two months training. Then, typical of the army, as a trained electrical engineer Ted was assigned to the medical corp,



Left: Nearly two miles gone in the ‘5¼’. It’s September 1966 and among the 39 competitors in the race, this bunch are out to settle personal scores - or perhaps just enjoy the sunshine. The runners are: Financial wizards Keith Miller (106) and Jim Heathfield (93), Ted Pallant (94), talented youth and junior Tony Brooks (37) - lost to the sport before making impact as a senior, Dave McMillan (12) - now fighting back from terrible injuries sustained while out training and hit by a car, P. Blair-Fish (46).

spending 20 weeks being trained at the army school of tropical medicine. He played football and cricket in the army and even boxed. For his last six months while stationed at Mytchett, Ash Vale, he met up with Arthur Bruce and Jock Rutherford the Scottish international footballer and did a great deal of running. Ted and Arthur used to travel back to Battersea together on leave.

Ted came out of the army in 1949 and rejoined the same electrical firm for a short time but soon decided to "do the knowledge" and join his father in the taxi business. He continued to play football and cricket and trained in Battersea Park. When he moved to Ursula Street he lived next door but one to Dennis Jones and his father Bill Jones. They were two life long Belgrave members, and it was they who persuaded Ted to join the club in February 1957.

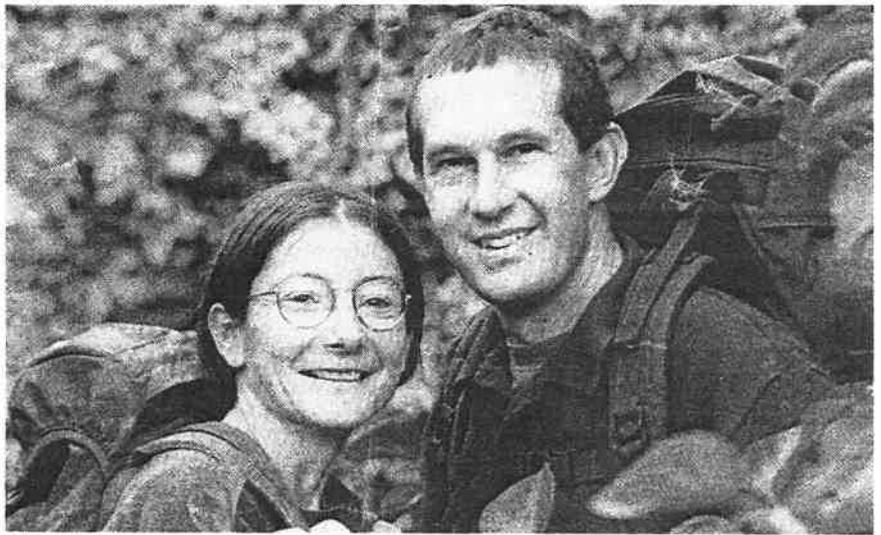
All through the fifties and sixties Ted was very much part of the club athletics scene competing on the road, country and track. Never one of the stars, nevertheless, Ted enjoyed his athletics particularly the pack runs from Belgrave Hall with the likes of Gerry North, and battles with Charlie Henn in the "5¼". He also got involved with the social life of the club, became Social Secretary and organising the club dinner for five years in the late 'fifties and early 'sixties. They used to be held at the *Dog & Fox* in Wimbledon. In fact Ted has only missed two club dinners in the whole time he has been a member. He served on the committee undertaking various roles until 1965.

After moving to Woking in the late 60's, life became rather hard for Ted, running his own taxi business and bringing up his two sons. But over the years he never lost touch and has been able to slowly give more time to the club again. Today, although he has bouts of ill health and is troubled by arthritis, he still manages to do ten minutes exercise each day and keep fit by swimming.

Ted does not like to dwell on life's problems, we all have them, but he feels belonging to Belgrave over the years has kept him active both mentally and physically and has helped him through the difficult times.

Since retiring in 1990, Ted has returned wholeheartedly to committee work managing to find time to chair the Membership Services committee as well as organise the club kit. He has also served on the SEAA committee and after travelling to Africa managed to help forge links with several African Athletic organisations such as the Gambian A.A.A. and the Soweto A.A.A. This has involved organising competitive trips and receptions for visiting clubs from these countries.

So Ted comes to the Presidency with a wider perspective than most. Having never been a top athlete or a sectional secretary he has no axe to grind and would very much like to use his influence to spread harmony throughout the club. He recognises that clubs such as Belgrave have to change with the times and people have to accept that, and not harp back to the good old days. At the same time he feels it is vital that the club retains the sportsmanlike spirit of the past.



For years Derek Clack has said that in all the time he's been in the club he's not yet had his picture published. Sorry Derek - it's a case of too few photographers required to be in too many places at the right time. However, *The Wimbledon Guardian* seems to be a little better off in the way of human resource and sent their photographer to snap Derek and Sue after their gruelling hike

from John O'Groats to Lands End. The 920 mile walk took our intrepid couple seven weeks but it was well worth it for they raised £1000 for the Tadworth Children's Trust. They got lost for a while at Loch Ness and nearly went over a cliff, got stranded out on the West Highland Way as night fell, suffered from blisters ... makes those training reps up Wool Road seem like a piece of cake!

## Sidetracks

- ❖ Clive Shippen saw Ernest Obeng amongst the TV crews at the World Junior Championships in Sydney but couldn't get close enough to speak with him. And of course Sir Eddie Kulukundis was a fixture to his seat throughout the Championships. Clive did manage to chat to Mark Shearman a couple of times and mentioned that we'd like a copy of a photo of Tom for *The Belgravian*. (See front page.)
- ❖ Young Belgravians tried something a little different on June 16th in the Cinque Ports Triathlon. Alice Ragouzaridis competed in the under 10 event - Swim 100m, Bike 2000m, Run 800m and was a clear winner from a field of 17 boys and girls in 15:17. Paul Graham went in the under 12s where the distances were 150/3000m/1200m. He was way down after the first couple of disciplines, racing his old bike against some hot machines but ripped through the 32 strong field in the 800 metre run before running out of track to finish 9th in 23:19. 15th was Brendon Jackson 24:33. Competing in the under 14 age group but actually just 12 years old, Aaron Jackson placed 25th out of 36 in his 200m/6000m/2000m event.
- ❖ Winn Shepherd writes to let us know how grateful she is to Snowy Brooks, Ray James and Ray Wilson for their assistance in helping her on and off the coaches taking our teams to their away fixtures and to Sue and Harry Porter, Jackie Stone, Gail Porter and Pat and Alan Mead for their help in providing transport - and of course Jean

Hutcherson her main support. It's a pleasure Winn, and while we are at it, many thanks to you for your continued support and help in the running of our home matches.

- ❖ We hear from Derek Jones that it is extremely likely that he will have to undergo a spell in hospital followed by some extensive convalescence before too long. Derek had lined himself up to be Field Event Referee for many of our forthcoming home fixtures but in typical Belgrave spirit he says, "... well I won't be able to do that but I will be able to do the announcing from the caravan ..." Well Derek, if you say so and promise not to overdo it. In the meantime all Belgravians will want to wish him well and a swift return to good health.
- ❖ We also understand that Gwen Couzens is undergoing a prolonged course of medical treatment at the moment. Gwen, we are all thinking of you and look forward to seeing you back in the pink again.
- ❖ Kassa Tadesse has been sorely missed this winter by our cross country team. After a period of knee and foot trouble he got back to some great road running in the Autumn only for his trouble to flare up again. Latest news is that he is back in training, looking for races and gearing himself for a return to top class running.

More sidetracks ➤

# Farewell to old comrades

We are sorry to learn of the deaths of several of our very long standing members. Each in his own way made a valuable contribution to the Club. We will remember them for their sportsmanship and companionship and will mourn their passing.

Bill Merryman was born in 1916 and joined us in October 1931 as a runner. For years he trained at Wimbledon and Battersea Park. He loved taking part in "mob" matches where everyone counted. When the days came for Club Championships and Track Matches he would turn up as an ardent supporter. When World War 2 (1939-45) came he was able to continue his running with the R.A.F. Always ready to lend a hand he helped at Track Meetings, particularly the Field Events, a job he continued to do long after his active running days were over. His enthusiasm for the Club was carried over to the social side and he was a regular attender at these functions.

In recognition for what he did for the Club he was elected President for 1979/80. He eventually left London to live at Newhaven (Sussex) but his interest in the Club and its fortunes never faded.

Fred Denny was born in 1930 and joined us in 1955. A powerfully built policeman he turned out regularly in Club and Open walks and, of course, for the "boys in blue" in their Championships and matches. A keen student of the mechanics of race-walking he took up judging after ceasing to be active. His prowess in this field saw him rise to the grade of Chief Judge. In addition to showing the Red Card (dq.) he would have a chat with the "offender" telling him/her of the fault in their style and how to correct it. He was elected President of the

R.W.A. in 1993/4 and during his term he made an appeal for funds to assist the development of young walkers.

He recently had a heart attack from which he was recovering when he took a holiday abroad. On the journey home he had another attack which proved fatal.

Sadly we also recently received the news of the death of A.H. ("Ben") Knifton. His is a name few will remember and few current members will have known him in spite of the fact that he had been a Belgravian for seventy-one years and was a Vice-President of the Club. Born in 1907 he joined us in 1925; he was a strong and steady walker. During his career there was only one National Senior Championship, the 20 miles, and in 1929 at Hayes (Kent) he scored in our winning team. As part of his training he would often do an all day stroll in the country at week-ends. This gave him good leg strength and stamina, which, combined with speed work with Club "packs" made him a formidable competitor. Some may remember his son, John, who walked for us and emigrated to the U.S.A. where he reached the top ranks of walkers there.

Several years ago Ben left the country to live at the sunny Algarve (Portugal). Knowing him he probably found some grand walks in that area.

Lovell Cole has also passed on. He was 85 and in his 58th year of membership.

So we say "farewell" to these stalwarts and think of their friendship and of the parts they played in the life and fortunes of the Club.

## Gordon Doubleday

assurance throughout the competition that it did seem possible that we might see our first ever female champion. But Bill is cool under pressure and he was ever in charge.

Always looked forward to is a letter from our Past President Gordon Doubleday. Gordon tells us that he is keeping fairly fit although cutting back a little on his commitments. He helped timekeep at the Chippenham to Calne Walk and also helped at a Sprint Triathlon earlier in the year. Among social functions he has attended was the Club Dinner of his local athletic club, Somer AC. It was held at the Centurion Hotel, an apt venue for someone who during his athletic career earned himself the coveted Centurion Badge.

Our Youth in Action Scheme has been applauded by Mr. Iain Sproat, MP, the Minister for Sport, Department of National Heritage. At a special awards ceremony held in 1996 where schemes from all across the Nation were taken into consideration, we were only beaten into second place by a very

grandiose scheme being run by Warwickshire County Cricket Club. Well done to everyone involved in running this scheme.

❖ The New Orleans Jazz Night at the Hall in December was a great success as was the Burns Night Supper on 25th January. At the latter event we were again entertained by the Scottish Folk duo known as Ptarmigan, and with a piper, a kilted Lionel Mann overseeing cooking of the Haggis and MC-ing the evening plus some entertainment from our own members a great night was had by all.

❖ Eric Hall was at the British Museum Newspaper library some while back, and delving into the "Sporting Clipper" for May 11th 1889 noted that at the Polytechnic H & CC Meeting on 4th May 1889 at Paddington Recreation Ground - J. Gilbert of Belgrave Harriers was third in a mile handicap from a field of 138 out of 165 entries. What a nightmare for the track judges that must have been. A report in the same paper but dated 9th November 1889 on a meeting held seven days earlier at Tufnell Park by Spartan Harriers mentions that the four mile junior inter-club race was won by Beaumont H with Falcon H 2nd and Belgrave H 3rd. The newspaper mentions that athletic clubs were springing up all over the country. Eric notes that some sprung and stayed while others faded or merged. Of the early names mentioned he recognised Poly, SLH, London AC, Finchley and Blackheath but even he is too young to remember Reindeer, Beaumont or Falcon!

❖ The determined Dave McMillan continues to slowly improve after his awful accident early in 1996 when he was hit by a car while out training for the London Marathon. He has had great set-backs but is now out of his wheelchair, he attended the Club Dinner in November, and on New Year's Eve threw away his crutches. Dave continues to have severe problems with his arm and is full of pieces of metal holding him together but don't rule out seeing him in the Yacht '3' again one day - even if he has to strap his arm to his chest!

❖ Tough guys these marathon runners. George Piddington is now living in his own flat down in Hampshire and his local club Havant AC are planning something special for him. George never did do his 50 marathons but Havant are planning to push him in his wheelchair on Sunday 27th April 1997 in the South Coast Marathon at Gosport. Are there any of George's old Belgrave mates who would like to take part and help George to another marathon? If so contact Peter Spencer, telephone 01705 482521. Incidentally, as a coach at Havant for many years now, George must have been delighted when his team won the Southern Women's Cross Country Champs at Parliament Hill.

## More Sidetracks

❖ An interesting lecture was held at Belgrave Hall back in October. The subject was "Over use in the Adolescent" and the speaker Debbie Annett, who runs a local sports injury therapy service. It was a most interesting subject and we were reminded that young athletes are not mini adults and that there are many, many things to bear in mind when planning sports training for youngsters. It was a pity that more of our coaches could not attend, while coaches from other clubs were totally absent. Perhaps we can repeat the exercise some time.

❖ The thirty-fourth Belgrave Darts Championship was held as normal on the first Saturday evening in December. Again, as normal, Bill Couzens won it. That makes it the last five times in a row to go with the first three times the event was held in 1963-65 plus '69, '71 and '76. One thing that wasn't normal though, we had an all-girl semi-final and Gail Porter was playing with such

# Youth in Action 96

THE BELGRAVE Youth In Action Presentation Evening on December 6th was a highly successful affair. Last year it was held at Belgrave Hall but our HQ was bursting at the seams as we tried to squeeze getting on for 200 people into our function room. This time we tried something different having been offered the use of The Polka Theatre at the end of Wimbledon Broadway. It was just the job.

Many of our young athletes and their parents came along and we welcomed special guests in the personages of Sir Eddie Kulukundis OBE (our Club Patron), John Hadley (Representative of The Sports Council), Mike Da Silva (Chairman of the National Young Athletes League) and of course our Club President Ted Pallant.

A glittering array of bronze, silver and gold-ware was handed over to our young athletes, together with certificates and trophies ... so many that one had to keep reminding one's-self of the incredibly high standards at which these youngsters compete: 15 year-old 2 metre high-jumpers, 58 metre hammer throwers, 10.62 sprinters, 14 year-old 6.42m long jumpers ... it just went on and on.



Above: Belgrave's 1996 National YA Captain, Hammer Thrower Peter Waterman, moves up into the Under 20's this year - but had a final fling in the younger age group by taking the lion's share of the trophies at the Youth in Action Presentation Evening. Peter's tally at the end of the season was a staggering 23 Club Records!

Having exceeded our four year targets in half that time one wonders just where it will end. Our Junior Men have been promoted to Division One, our Young Athletes placed 3rd in their Premier Division and went to the National Finals ... the only area where we have not achieved unqualified success is in being unable to break into the Girls' National YA League. Here, with YA matches scheduled for the day after Southern Women's Leagues, where events are also included for youngsters, we were unable to turn out more than half a dozen at a time - in matches where we really need about fifty athletes.

Well done John Powell for organising the evening.



## Where the awards went

### Improvement & Determination

- U13B ~ Denny De'Emmony
- U15B ~ Stephen Beaver
- U17M ~ Amir Becirhodzic
- U20M ~ Joe Panton
- U13G ~ Rebecca Lester
- U15G ~ Deborah Hearn
- U17W ~ Danielle Kandaros
- U20W ~ Sabrina Scott

For the following awards, fulfilling the basic criteria does not guarantee an award - the number of competitors taking part and regular support of the Club are also taken into consideration and all must have achieved AAA Grade I performances.

### Club Colours

English Schools finalist, County Champion including schools

Kelly-Anne Parker Smith ~ 6th English Schools 3k Walk; 1st SRWA U17; 2nd, SEAA U17; 1st Kent U17 Road Champs.

Samantha Northey ~ 1st Dorset Schools Cross Country; English Schools 3000m finalist.

Laura Fryer ~ 1st Kent Road Walk Champs; 1st Kent Schools Track Walk; 1st SRWA Champs; RWA Young England Vest; AAA Grade I at 2k Walk and 2.5k Walk.

Matthias George ~ 1st Surrey AA U20M 110mH.

James Hilston ~ 1st Surrey High Jump.

Geoffrey Ojok ~ 5th English Schools Long Jump; British League performance of 7.05m.

Eshref Hassan ~ 1st Surrey Schools 200m; English Schools finalist.

Chris Lambert ~ AAA Grade I at 100m and

200m.

Alex Newberry ~ AAA Grade I Javelin.  
Anthony Stanley-Clarke ~ English Schools Javelin finalist; 1st Berkshire Schools.

Sam Stephenson ~ AAA Grade I 100mH.

Gabriel Aboya-Dana ~ 8th English Schools 100m; Grade I 100m and Long Jump.

Richard Danso ~ AAA Grade I Long Jump  
Christopher Stanford ~ 5th English Schools Walk; 1st Kent AA; 1st Kent Schools; AAA Grade I 3k Walk.

Stellios Charalambous ~ AAA Grade I 200m.

Shaun Eaton ~ AAA Grade I 100m and 200m.

Stephen Opoku ~ AAA Grade I High Jump.

### Excellence

Top six in AAA or equivalent National Champs.; top three in Area Champs.; top four in English Schools final.

Marlon Dickson ~ 4th English Schools 100m.

Andrew Goudie ~ 1st English Schools 5k Walk; 1st SEAA Champs.; 2nd SRWA; 1st Kent AA; AAA Grade I 10k Walk.

Phillip Idowu ~ 2nd English Schools Triple Jump; 2nd SEAA.

Michael Parper ~ 3rd SEAA 400m.

Stephen Scott ~ 3rd English Schools 110mH; 1st SEAA.

Syful Ahmed ~ 3rd English Schools Triple Jump.

Samson Oni ~ 2nd AAA High Jump.

Nigel Whorlow ~ 3rd English Schools Walk; 1st SRWA; 1st SEAA; 1st Kent AA road and track; Young England Vest; AAA Grade I for U20M 3k Walk in first year as U17M; AAA Grade I 5k Walk.

Darren Adams ~ 4th English Schools 80mH; 5th AAA.

### Honours

GB International; top three in AAA or equivalent National Champs.; 1st Area Champs; 1st English Schools Champs.

Peter Waterman ~ 2nd English Schools; 1st Schools International.

Tom Lerwill ~ British International; World Junior Champs. silver medallist.

### National Junior League Trophy

Most points for the Club in this competition during the year.

Marlon Dickson

### National YA League Trophy (Boys)

Most points for the Club in this competition during the year.

Peter Waterman

### National YA League Trophy (Girls)

Most points for the Club in this competition during the year.

Angela and Deborah Hearn

### Championships Trophy

Top performer in County, Area and National Champs.

Tom Lerwill

### "Powell" Trophy

The athlete who has contributed most towards the Club during the T&F season.

Peter Waterman

# Bels down under ...

Our roving reporter **Eric Hall** checks out the facilities for Sydney 2000, meets up with a few expatriates ... and relives Melbourne '56

Recent issues of "The Belgravian" have made mention of the Belgrave interests in Australia and with the run up to the Sydney Olympics, only three years and a bit away, more will occur. It was with this in mind that this reporter snatched at the Editor's invitation to go out to see for himself just what was happening! No expense spared I was told and so Mavis came as navigator, interpreter and general factotum.

The starting point was Sydney and we were soon made aware of the importance of the year 2000 to the residents. Only one told us that they planned to exit the city for September when the Games are to be held! The reason was that accommodation will be at a premium and air flights out of Australia very cheap at that time so this young lady was all for making a killing. Everyone else seemed besotted by sport and determined to show the world just what could be done with an Olympic Games.

We toured the facilities available at the moment and saw the hole in the ground which is to be the main stadium. As ever there is talk of the building unions applying pressure to the organisers in order to hike their wages! The Aquatic Centre, as with all facilities we saw during our trip, is very impressive - larger than ever and with plenty of training facilities alongside. Within the precincts of the Homebush area we watched a road walk in progress but were unable to get to chat with the officials.

On our final day in the city we were entertained by Clive and Elizabeth Shippen. Not wishing to be overlooked in the crowd, and it being a blustery day, I wore a Belgrave sweater and Clive responded by the rather more essential Belgrave cap. (By the way Ted, Clive is still waiting for the three he ordered months ago!) A tour of the beaches north of Sydney and the NSW track and training area, was followed by an inspection of the Shippen's new abode. Just one word of warning for anyone challenged to a spin by Clive - make sure it is on the flat as his drive rises at 45 degrees from the road and I am sure he intends to use it for interval training! They both wish to be remembered to everyone in the Club and I know Clive would relish the Surrey Cross Country performance over his old home course of Coulsdon. First individual and team prize is a real tonic to everyone.

We moved on to Canberra and I aired my Club kit on the Institute of Sport track. Whether it was my style, speed or elegance that caused the assembled group of budding internationals to stop and stare I don't know but I was delighted to hear a shout of "Come on Belgrave". Canberra has everything needed by an ambitious athlete. We were left wondering why Australia doesn't win all the gold medals?

Belgrave Station, just outside Melbourne, has featured in this magazine before but we couldn't resist the photo opportunity by draping the club vest across the station bench - quite what the Japanese tourists made of it we don't know - especially as it was raining at the time. We then boarded the Puffing Billy steam train for a beautiful ride through the countryside at a speed much the same as that I used to manage up Copse Hill - I probably did rather more puffing!

Melbourne will always have a special place in my heart and yet again - after 40 years - it turned up trumps. Apart from the Editor's kind invitation to tour Australia the motive behind our visit was to attend the 40th anniversary celebrations of the Olympic Games of 1956. This included a tour of the Village at Heidelberg and a dinner, attended by over a thousand, across the road from the Melbourne Cricket Ground (MCG). We were prevented from using the MCG as it was needed for a concert by an M. Jackson. We met many old sparring partners, Ray Smith, Ron Crawford and Noel Freeman to say nothing of chatting late into the night with John Landy, Merv Lincoln and Ron Clark. We finally got away about 1.45 am and wandered along the Yarra to find a taxi back to the hotel. A very emotional evening finished up by the taxi driver announcing that a countryman of his had won a gold medal in 1956 - who else but the late Norman Read who had been so much in our minds during our stay.

A few days on the road, amid outstanding scenery, found us in Adelaide where we stayed with Terry Clark - Belgrave's national junior champion in 1958. Again he passes his regards to all who remember him. He made sure we had access to all manner of sporting venues and

people responsible for spotting talent and developing it whether it be cricket, athletics, cycling or hockey. All were enthusiasts and took time off from whatever they were doing to explain the Australian system and philosophy to us.

Somewhere along the line we had time to surf the Internet, with Terry's aid, and found a list of Olympic medallists. Browsing through this we came up with a real Belgrave surprise. It seems that the bronze medal in the 1960 20km walk was won by a Stanley F Vickers (no problem with that) but the nationality given was Germany! No wonder conversation was always a problem!

Our final evening was spent at an Italian restaurant where the proprietor collects autographed photographs of his sporting clients. My publicity managers not only found an old photograph of yours truly but I was prevailed upon (in an inebriated state) to sign it and when last seen it was being placed on the wall by the side of one signed by a Donald Bradman but I am not sure what event he was in!

Photo: Mavis Hall



Two Bels. on a beach. Clive Shippen (left) and Eric Hall meet up on a North Sydney shoreline.

## 263 Club Records

Two issues ago you were no doubt astounded to read that 115 Club Records had been broken during the nine months up to September 30th 1995. Well, your statisticians have recently fought their way from beneath a mountain of result sheets and have now come up with the even more startling news that since that date and up to the time of writing at December 1st 1996, a period of 14 months, no fewer than 263 Club Records have been equalled or beaten. Takes some believing doesn't it! We had promised to publish a list in the Belgravian showing each advance in our best ever marks - but quite honestly we just cannot do so - it would take five full pages of this magazine. We do, however, present a reprint of our younger age group walking records, almost totally rewritten during the last year. These can be found on pages 46-47.

## "HW's" Barry Jones passes away

We were very sorry to learn that Hercules Wimbledon A.C.'s General Hon. Secretary Barry Jones had died suddenly in January. Barry gave a great deal of his life to the sport of athletics and didn't just confine his efforts to his club. If there was an athletic meeting being promoted virtually anywhere in South London, Barry was sure to be found on the time-keepers' stand and athletics in Surrey will be very much the poorer for his passing. Our commiserations go to our friends at "HW".

## Race Walking

### *Belgravians help improve National Walking Standards*

The Race Walking scene in our Club is taking us up the rankings and we are now one of the Nation's Top Clubs in the Young Athletes sections with many successes coming our way. We are still missing out in the Senior's age group with only one of our walkers filling that gap but our Veterans are still reasonably strong and active. With luck this Senior gap will be filled within the next three or four years by our up and coming youngsters.

The problem has been that it is almost impossible to introduce new blood into an age group (Seniors) that has hardly any representation. But with the growth of Race Walking again nationally, especially in the Junior sections, we shall hopefully overcome this problem. The Junior numbers are growing and this was noticed at the AAA Championships in Birmingham this year when there had to be a dual start in two of the events to enable the races to be accommodated on the track. Race Walking had some of the largest individual entries in these Championships and the RWA Road Championships held in Folkestone had the highest number of entries for many years (and remember they were held in what used to be a barren area for Walking). This has done away with the old idea that Race Walking Medals are easily won. Not any more, they are hard fought for, and against some very good competition.

Mabon Dane has been our only Senior and has flown the flag all round the country. This year he has represented the South and Essex whilst among the Juniors Andrew Goudie become a fully fledged Belgravian and gained our first full Junior England Vest for a long time, along with his Southern, Kent County and London Schools representative honours and being Ranked number three in his age group.

New to Walking is Mick Graham, one of the Club's Cross Country and Road Running stalwarts. Mick is already knocking on the door of future Veteran Representation and he says that he finds the friendship around the country in the Walking scene very refreshing. So why not try the event, those in the Walking Section will make you most welcome!

In the Under 17 section Nigel Whorlow has continued to progress through the rankings, finishing in the top 7 on both Track and Road in

In the N.U.T.S. 1996 Rankings the Race Walking Section of the Club has fared as well, if not better than many of the other Young and Junior Athletes Groups within the Club. Whilst some may say that there are not as many Race Walkers as there are competitors in other events, you still have to be above the N.U.T.S. Standard to figure in their Rankings, as in all events. We managed the following Track Rankings -

Under 13 Girls (2,000m.) - Laura Fryer 2nd.  
Under 15 Girls (3,000m.) - Laura Fryer(U13) 10th.  
Under 17 Ladies (3,000m.) - Kelly-Anne Parker-Smith 4th.  
Under 15 Boys (3,000m.) - Christopher Stanford 6th.  
Under 17 Men (5,000m.) - Nigel Whorlow 4th.  
Under 20 Men (10,000m.) - Andrew Goudie 3rd.

On the Road we fared just as well, and from my own Rankings list, taken from published results they were-

Under 13 Girls (2km) - Laura Fryer 3rd.  
Under 13 Boys (2km) - Richard Banham 9th.  
Under 15 Girls (2km) - Laura Fryer(U15) 8th.  
Under 15 Boys (2km) - Richard Banham(U15) 9th, (3km) - Christopher Stanford 3rd, Daniel Bond 8th.  
Under 17 Ladies (5Km) - Kelly-Anne Parker-Smith 5th.  
Under 17 Men (3Km) - Nigel Whorlow 3rd, Christopher Stanford (U15) 8th, (10Km) - Nigel Whorlow 4th.  
Under 20 Men (10Km) - Andrew Goudie 5th, Nigel Whorlow (U15) 7th.

the Under 20 section. He, along with Laura Fryer gained their RWA "Young England" Vests, as well as SEAA, Kent County and Kent Schools Vests. Both were also 3rd. in their respective National Road Championships. The Under 13 Age Group brought us the surprise of the year in young Paul Graham who has taken to Walking as well as his Cross-Country and Middle Distance track competitions. He is ranked at the top of his age group. The Veterans have also had their say in the walking scene. Dave Sharpe competing well in the World Vets. Championships and for his County, also being the first walker to complete 100 races in the LPR Blackheath Handicap series. John Hall also represented his County (Middlesex) during the summer.

Overall the Walking scene has brought back to the Club numerous Championship Medals and Trophies. The most prized of all was the presentation of the Sparta Trophy for being the most Improved Club overall in the country during 1995. (The trophy not being presented until May this year.) We won many County, Regional and National Championships and gained places on both Road and Track in all age groups, along with County and National Schools Championships, giving us three international representatives, an ESAA Champion, 5 SEAA and 6 County Champions).

When you note the size of our small team you will realise that this has been a great effort within only two seasons of walking being re-introduced into these age groups in the Club.

We have also, because of our youngsters' success and with help of our friends in Dartford Harriers, managed to get Race Walking re-introduced into the Schools County Championships. This in turn has helped get the event going in various schools around Kent, which can only be good for the sport and the Club in the long run (or Walk!).

One of the nice surprises of the year was the receipt by our "Miniature Walking Dynamite" Lucy Asling, of a book from the USA in which she has been used as an example of the perfect walking style. Not bad to get International recognition at the age of nine. Lucy had finished the 1995/96 year having beaten all comers at 1km. (and most of the boys as well) on the Track and Road.

The Young Athletes Grand Prix season was exceptionally long, with 11 events, but we still managed to get competitors to all the races, with two competing at every one. As can be seen elsewhere in this "Belgravian" we finished very high up most of the Age group sections and the Club finished one place higher overall (4th) than in 1995.

Having taken on the re-introduced Club Race Walking Secretary's job I am finding the task something of a challenge, both on the financial side, and with the many other aspects of the job. My main aim will be to get the Walking Section well represented at all levels and make sure that everyone who wishes to compete can find the event that will suit them; then make sure that they can get to the venue to compete.

Finally may I wish all our Walkers established and new, young and well trod, a prosperous and successful year, and let's see if we can get more Teams out during 1997.

*Stephen Whorlow*

### Late Walking Results

February 1997

- Victoria Park, London Open.  
U11B 1k: 2, A.Graham 6:36.  
U11G 1k: 2, L.Asling 6:19; 5, E.McNally 6:43.  
U13B 2.5k: 1, P.Graham 13:54 (course record); 4, S.McNally 17:15; 5, S.Whorlow 18:57.  
U15G 2.5k: 1, L.Fryer 14:29.  
U17M 5k: 2, N.Whorlow 23:38.  
U17W 5k: 8, T.Gorman 32:17; 23, A.Hutchinson 34:35.  
SM 10k: 8, M.Dane 49:35; 9, A.Goudie 50:00; 16, M.Graham 53:43; 27, P.King 59:56. Teams: 3, Belgrave 33.

## RWA YAG GRAND PRIX SERIES

The matches in this series were held at Brierly Hill, Victoria Park London, Crystal Palace, Coventry, Weymouth, Chesterfield, Folkestone, Steyning, Birmingham, Tamworth and Enfield. Only two athletes completed in all eleven events and both were from Belgrave Harriers: Laura Fryer (U13G) and Nigel Whorlow (U17M). Of the eleven events the best six for each athlete went towards their final score with points awarded as follows: 1st = 40, 2nd = 38, 3rd = 37, and so on down to 40th. Any finisher not in the first 40 scored one point.

	Matches	Pts
<b>Under 13 Boys</b>		
1, L.Finch (Leicester)	10	272
7, S.Whorlow	9	206
4, R.Banham	9	241
20, K.Metalle	1	33
20	competed	
Teams:		
1, Sheffield RWC	1017	
2, Leicester WC	940	
3, Belgrave	480	
<b>Under 15 Boys</b>		
1, N.Adams (Sheffield)	9	280
9, C.Stanford	8	220
14, G.White	5	169
17, D.Bond	4	143
18, R.Metalle	4	123

## MICKY BROWN WALKS & YAG GRAND PRIX STEYNING, 23 JUN 1996

Road  
 Under 13 Girls' 2km: 2, L.Fryer 10:39.  
 Under 15 Girls' 3km: 13, V.Parker-Smith 18:58; 15, T.Gorman 26:23.  
 Under 13 Boys' 2km: 4, R.Banham 12:20; 6, S.Whorlow Jnr 14:26; 7, K.Metalle 14:26.  
 Under 15 Boys' 3km: 4, D.Bond 17:04.  
 Under 17 Men's 5km: 2, N.Whorlow 23:38.  
 Under 20 Men's 5km: 2, A.Goudie 23:14.

## AAE U17/U15 CHAMPS BIRMINGHAM, 18 AUG 1996

Track  
 Under 15 Girls' 3km:  
 6, L.Fryer (U13G) 17:43.14; 14, Vicky Parker-Smith 20:21.62.  
 Under 15 Boys' 3km:  
 4, C.Stanford 16:37.62; 6, D.Bond 18:17.18; 13, S.Whorlow Jnr 22:31.97  
 Under 17 Men's 5km:  
 5, N.Whorlow 25:43.40.

## INTER-AREA MATCH & YA GRAND PRIX ENFIELD, 31 AUG 1996

Belgrave had seven selected athletes at this match and another who was placed second. When you include the top performance of our Under 11s, the Club was on the winners rostrum no

19, K.McCruden	3	75
20, J.Stevens	2	64
24, B.Harvey	1	24
25	competed	

Teams:  
 1, Sheffield RWC 1132  
 2, Belgrave 818

### Under 17 Men

1, M.Kemp (Leicester)	10	280
3, N.Whorlow	11	272
10, J.Scott	3	97
16	competed	

### Teams:

1, Leicester WC	981
2, Steyning AC	626
3, Belgrave	362

### Under 20 Men

1, S.Taylor	10	276
2, A.Goudie	8	266*

### Under 13 Girls

1, K.Mann (Sol)	7	280
2, L.Fryer	11	270
17, K.White	3	93
24, S.Read	1	32
27	competed	

### Teams:

1, Steyning AC	724
5, Belgrave	395

### Under 15 Girls

1, A.Hales (Steyning)	9	280
14, V.Parker-Smith	10	196
27, T.Gorman	1	23
27, S.Morgan	1	23
29	competed	

fewer than seven times throughout the afternoon. Chris Stanford provided the race of the day after his disappointment at not being selected by the SEAA. He managed to come home second, beating all the selected athletes in a very tight finish.

It was a special day for the Whorlow family. Two representatives in the team and Dad as the Belgrave Coach; possibly not a first but a day to remember.

### SEAA Representatives are marked \*

Under 11 Girls' 1km:  
 1, L.Asling 5:49.7.  
 Under 11 Boys' 1km:  
 1, P.Graham 5:40.7; 2, S.McNally 5:47.0; 5, A.Graham 7:44.5.

Under 13 Girls' 2km:  
 2, L.Fryer\* 11:02.4  
 Under 13 Boys' 2km:  
 7, R.Banham\* 12:58.1; 9, S.Whorlow Jnr.\* 13:25.

Under 15 Girls' 3km:  
 12, V.Parker-Smith.  
 Under 15 Boys' 3km:  
 2, C.Stanford 15:36.0; 6, D.Bond 17:08.3.

Under 17 Women's 5km:  
 11, K-A.Parker-Smith\*  
 Under 17 Men's 5km:  
 2, N.Whorlow\* 24:37.6.

Under 20 Men's 5km:  
 2, A.Goudie\* 23:56.6.  
 Senior Mens 10km:  
 7, M.Dane\* 48:02.3; 10, M.Graham 56:06.5.

### Teams:

1, Leicester WC	1187
6, Belgrave	242

### Under 17 Ladies

1, L.Airey (Sol)	6	262
13, K-A.Parker-Smith	8	256
15	competed	

### Teams:

1, Leicester WC	605
5, Belgrave	256

### Under 20 Ladies

(No Belgrave Competitors.)

### Overall Males

1, Leicester WC	2283
2, Sheffield RWC	2149
3, Belgrave Hrs.	1614
15	teams competed

### Overall Females

1, Steyning AC	2448
2, Leicester WC	2327
3, Solihull & SH	1893
5, Belgrave	893

### Club Overall

1, Leicester WC	4610
2, Sheffield RWC	3628
3, Steyning AC	3368
4, Belgrave	2507
17, Bexley AC	226*
23	Clubs Competed.

\* Points gained by A.Goudie were awarded to Bexley as the rules state that one cannot change clubs during the competition.

## ENGLISH SCHOOLS RACE WALKING CHAMPS BIRMINGHAM, 21 SEP 1996

### Track

Belgrave Harriers took more than half of the Kent Schools Race Walking Team to these Championships. Out of a total of fourteen, we supplied eight athletes and the Club also provided the winner of the Senior Boys event with Andrew Goudie representing London Schools; nine Belgrave athletes in all. To add to Andrew's gold, Nigel Whorlow overcame a bad middle section of his race to take the Intermediates' bronze medal (and the ESAA Standard Badge to add to his 1995 ESAA Junior Boys' silver.

Junior Boy Chris Stanford just missed out on a Bronze after a last lap tussle with the King twins from Essex, but he did manage to gain his ESAA Standard Badge, and Top Six Certificate.

### Junior Girls' (U15) 2.5km:

10, L.Fryer 13:52.59; 21, V.Parker-Smith 15:44.74.

### Junior Boys' (U15) 3km:

5, C.Stanford 15:29.60; 11, D.Bond 17:04.95; 21, G.White 19:01.34; 25, R.Metalle 21:37.12.

### Intermediate Girls' (U17) 3km:

6, K-A.Parker-Smith 17:21.70.

### Intermediate Boys' (U17) 5km:

3, N.Whorlow 25:34.42.

### Senior Boys' (U20) 5km:

1, A.Goudie 24:09.6.

## CAMBRIDGE H LEAGUE MATCH 1, 19 OCT 1996

In spite of the team being depleted because of the National Relays taking place on the same day in Chesterfield the overall results were better than expected.

In the under 11 events we took first in both the Girls' and the Boys' events. Lucy Asling (the country's top Under 11) won the Girls' events and Sam McNaalley the Boys'. In the Under 15 race Sophie Reid was our only other Girl competing and she took third spot.

The Seniors fared little better in numbers with Dave Sharpe taking 6th place.

## RWA RELAYS CHESTERFIELD, 19 OCT 1996

Belgrave entered one female and two male teams in this event and had high hopes of bringing back the event silverware, but as the saying goes, "The best laid plans of Mice and Men etc." It did not work out as well as we hoped. Team selection let us down in the end and even though all were very competitive it was over excitement, as in many relay events, that let us down. There were too many Penalty Cards!

In the Female 16km event we came eighth, with Laura Fryer (2km), Kelly-Anne Parker-Smith (6km), Victoria Parker-Smith (4km) and Sue Porter (6km) making up the team.

The Male 22km. event gave us a little more success with Danny Bond (2km), Nigel Whorlow (4km), Mabon Dane (6km), Andrew Goudie (4km) and John Hall (6km) making up the 'A' Team. The team took the Bronze Medal, to add to their 1995 Silver but should have been the Relay Champions. As previously mentioned the Team gained far too many Penalty Cards which pushed us out of first place.

The 'B' Team ended up incomplete with two of its selected members unable to make the event, so Nigel Whorlow and Mabon Dane filled in to allow the other team members to compete, even though it was a non-scoring team. The team consisted of Stephen Whorlow Jnr (2km), Danny Bond (4km), Carl Lawton (6km), Chris Stanford (4km), Nigel Whorlow (4km) and Mabon Dane (6km), and they came home eighth.

### Women's 16km 4 Stage Relay

(2k, 4k, 6k, 4k)  
 1, Sheffield 1:20:28; 8, Belgrave 1:43.17.

### Men's 22km 6 Stage Relay

(2k, 4k, 6k, 4k, 6k)  
 1, Leicester 1:49:46; 2, Coventry 1:51:19; 3, Belgrave 1:54:43 (C.Stanford 10:28, N.Whorlow 19:30, M.Dane 30:03, A.Goudie 18:56, J.Hall 28:48, +7.00 penalties); 8, Belgrave 'B' 2:11:47.

More Race Walking Results ➤

## MIDLAND

### RWA WINTER LEAGUE MATCH 1, TAMWORTH 26 OCT 1996

Four Belgravians took part in the opening match of this season's Midland League, all of them under 17. In the first match three out of the four gained P.B's. on what is a very tough course. The League is run on a Handicap basis and the handicap places are shown in brackets.

Senior Men's 10km: 11, (7) N. Whorlow (U17M) 52:15. Under 17 Men's 5km: 3, (5) C. Stanford 29:07; 4, (2) D. Bond 29:15; 8, (1) F. Lloyd 33:35. Teams: 1, Sheffield 13; 2, Belgrave 15.

### BRADFORD YA GRAND PRIX 9 NOV 1996

## *The Longest Day*

An early start to what is possibly the longest trip (18 hours) the team will make during the coming Grand Prix League Season was made on a cold and wet Saturday morning. Nine trains and two bus journeys were the order of the day.

Because of the distance and other commitments the team was depleted but we still had 7 Young Athletes and one Senior competing and we came home with a trophy for each that completed the event.

The Under 11 Girls 1km gave us a third place to new member Emma McNalley, whilst in the Under 13 Boys event her brother Sam took his first Grand Prix Title by winning the 2km with a personal best. With no Under 15 Boys competing we relied on Laura Fryer in this age group. Laura finished the 1995/96 season Nationally ranked no. 2, and she confirmed her status as one of the leading Under 15 Girls by bringing home the 'goodies' in her 3km race by placing third.

More was to come in the Youths 5km event where Nigel Whorlow confirmed his top National ranking in his second year in the age group, taking his second consecutive Grand Prix win and making himself favourite for the Grand Prix Title at the end of next summer. In third place was fast improving Chris Stanford gaining a massive personal best. Unfortunately Danny Bond had a bad day and had to withdraw after 3km while Robert Matelle never got started after gashing his leg while running to the start. He required 10 stitches for his troubles.

To add to the successes of day, Mick Graham (M45) gained a 7th place in the Seniors 10km and is fast becoming a force in the Veteran Races around the country.

These results have put the Club into a very secure second place in the overall team category of the Grand Prix National League.

Under 11 Girls' 1km:  
3, E. McNalley 7:42.  
Under 13 Boys' 1km:  
1, S. McNalley 10:56.

Under 15 Girls' 3km:  
3, L. Fryer 17:03.  
Under 17 Men's 5km:  
1, N. Whorlow 24:06; 3, C. Stanford 26:13.  
Senior Men's 10km:  
7, M. Graham 55:47.

### MIDLAND RWA WINTER LEAGUE MATCH 2 SOLIHULL, 16 NOV 1996

On a good day for walking and on a course that was fast enough to pull out early season PBs, the Club only had 3 walkers out. This did not hinder Under 17 Nigel Whorlow who improved his 10km. time by exactly a minute, although he had hoped for a 'sub-50', and he came home the leading Under 17 and 3rd Under 20. His actual race position of 8th in a field full of Seniors with over 30 finishing was excellent. Danny Bond, competing in only his third 5km race since moving up an age group in October, found the course hard going. He nearly pulled out after 3km but managed to continue on to finish and add to his league score ready for the final match to follow in December.

Senior Men's 10km:  
8, N. Whorlow (U17M) 51:15; 17, D. Fotheringham 56:39.  
Under 17 Men's 5km:  
3, D. Bond 30:25.  
Under 13 Boys' 2km:  
3, S. McNalley 11:59.

### BELGRAVE '7' WIMBLEDON, 23 NOV 1996

The Bels annual 7 mile bash around Wimbledon took place on a cold but pleasant day and produced no surprises, with Mabon Dane leading home the Bels to second team place behind a well supported Surrey WC team.

In the Under 17 2km event there were some problems when one of the marshalls moved and one or two of the Juniors went off course, unfortunately including a couple of our youngsters. There were also a few problems with the timekeeping in this race therefore we are not sure about the times shown below.

Senior Men's 7m  
1, D. Stone (Steyning) ..... 47:42  
2, C. Cheeseman (Sy WC) ... 48:15  
3, C. Maddocks (Plymouth). 49:19  
7, M. Dane ..... 53:53  
9, A. Goudie (U20) ..... 54:11  
12, J. Hall (M45) ..... 56:31  
18, D. Sharpe (M40) ..... 61:39  
20, P. King (M40) ..... 63:21  
23, D. Fotheringham (M65) ... 64:07  
32, R. Middleton (M55) ..... 73:37  
36, G. Beecham (M60) ..... 77:52  
Teams:  
1, Steyning ..... 28  
2, Belgrave ..... 36  
3, Surrey WC ..... 66

Under 17 Men's 2km  
1, N. Whorlow (Belgrave) ..... 9:30  
2, D. Bond (Belgrave) ..... 12:50

Under 13 Boys 2km  
2, S. McNally ..... 12:17  
Under 17 Women's 2km  
3, T. Gorman (Belgrave) ..... 11:18  
4, A. Hutchinson ..... 13:57  
Under 15 Girls 2km  
1, L. Fryer (Belgrave) ..... 12:17

### MIDLAND RWA WINTER LEAGUE MATCH 3 TAMWORTH, 1 DEC 1996

This match was originally scheduled to take place at Draycot Water, Rugby but because of last minute problems it was moved to Tamworth, to be held over the same course as used for Match 1.

This caused travel problems for our team of four but thanks to the Midland's Walking fraternity we managed to get lifts from Birmingham to the course.

Nigel Whorlow, who had already taken over a minute and a half off his best during the previous two matches went out to break the 50 minute barrier but after only 3km suffered hip problems and had to pull out. Danny Bond, being the only Bels walker left to complete all three races came home 4th and took the Overall 3rd place in the Handicap section of the league. Chris Stanford, who missed the second match, came in 3rd. Laura Fryer took part in the U15 Girls race and managed to beat some of her new rivals in her new age group, coming home third.

Also travelling over for the match were four of our Suffolk youngsters. Emma McNally surprised everyone by coming home first in the U11 Girls' event and another pleasant surprise was young Andrew Graham who took second place in the U11 Boys race. Not to be out done by their younger brothers and sisters, Paul Graham beat fancied favourite Luke Finch in the U13 Boys taking around two minutes off the Club record, with his team-mate Sam McNalley filling third spot.

The Midland League, which was undertaken as a competitive training exercise, produced three PBs for a League medal.

Under 17 Men's 5km:  
3, C. Stanford 29:29; 4, D. Bond 29:47.  
Under 15 Girls' 3km:  
3, L. Fryer 17:35.  
Under 13 Boys' 2km:  
1, P. Graham 10:27; 3, S. McNally 11:32.  
Under 11 Boys' 1km:  
2, A. Graham 6:13.  
Under 11 Girls' 1km:  
1, E. McNally 6:26.

Young Paul Graham suffered a 10 second stop penalty for not straightening his legs at Colchester on 27th June. The judge said he felt bad about it because Paul was already competing under the handicap of having one arm in a sling but "rules are rules" he said!

## Belgrave dominate season's debut event

*No not a headline taken from the South London Press, not even Athletics Weekly - but the Colchester Evening Gazette! It's not the only East Anglian paper to pick up on Belgrave's activities in their area either, for the East Anglian Daily Times also recently devoted three columns of its sports pages to the phenomena of Race Walking taking off in the Suffolk area in spite of the lack of local facilities. Even the local TV station has featured our young Belgravians going through their paces during training sessions.*

*Mick Graham has been taking part in our cross country and road races for years. With his son Paul showing an early aptitude for all sports but in particular those of running and walking, it was natural that Belgrave should soon take on another recruit. Then Philip and Andrew quickly followed the course taken by their older brother and in turn schoolfriends at Chalkestone Middle School were impressed by the success that came the way of our young members. Before long West Suffolk had turned into a little hotbed of Belgrave activity. With top walker Mabon Dane on hand to advise and coach, and Dave Sharpe throwing in his expertise, Mick Graham himself was soon encouraged to have a go and now it is not at all unusual to see the claret and gold dominating the Colchester Track Handicaps and winning medals in all age groups from Veterans down to Under 11s.*

## Ancient Club Bests begin to tumble

*The Walkers have been extremely active on the Club Record breaking scene. Of the Seniors Mabon Dane seemed to race everywhere but he has some of the greatest walking marks that Britain has seen to aim at. In the younger age-groups our ancient club bests did begin to tumble, however, as Andrew Goudie, Laura Fryer, Nigel Whorlow and others reminded the athletics world of the name of that famous old walking club - Belgrave Harriers.*

# Race Walking Roundup

## May 1996

6 Portsmouth, Veteran Women's Inter-Counties. 3k Walk: 2, S.Porter 17:44.6.

## June 1996

13 Colchester, 1k: =9, A.Jackson (U13B)/S.McNally (U11B) 6:14; 12, P.Graham (U11B) 6:29; 13, B.Jackson (U11B) 6:33.  
16 Walton, Surrey Champs Women's 3k Walk 1, S.Porter 18:00.7.  
23 Bexley, Southern 20k. 3, M.Dane 102:32; 9, P.King 119:36; 10, D.Fotheringham 122:04. Teams: 1, Belgrave 22.  
25 Battersea Park, VAC 5m Champs. 2, J.Hall 40:14; 8, D.Sharpe 44:42; 14, P.King 46:39.  
27 Colchester. 2k: 1, M.Dane 9:08; 4, M.Graham 11:31; =7 P.Graham (U11B) 13:22; =13, S.McNally (U11B)/A.Jackson (U13B) 13:59; 15, G.West (U15B) 14:31.

## July 1996

2 Crawley, SE Vets Inter-Counties. 3k: 1, C.Lawton 15:09.0.  
3 Blackheath, LPR 9k. 8, A.Goudie 46:18; 14, D.Sharpe 55:15.  
9 Blackheath, LPR 9k. 5, D.Sharpe 50:02.  
10 Woodford Open 3k. 6, D.Sharpe 15:50.3; 11, D.Fotheringham 16:48.3.  
10 Woodford 3k. Team 3, Belgrave 54.  
16 Monks Hill 6m. 7, P.King 56:26.  
18 Battersea Park VAC 5m. 3 D.Sharpe 43:28.  
18 Colchester H'cap 2k. 1, P.Graham (U11B) 12:20.1; 2, S.McNally (U11B) 13:00.9; 9, M.Graham (M45) 11:00.6; 17, E.Hall (M60) 11:16.9.  
20 Monks Hill 6m. 3, P.King 56:14.  
20 Birmingham, Inter-Region. 3k: 5, A.Goudie 14:17.44.  
27 Bedford, AAA U20 Champs. 10k: 5, A.Goudie 52:14.97.  
30 Ilford 10k. 3, M.Dane 49:57; 8, D.Sharpe 53:52.

## August 1996

3 Enfield, SEAA Champs. U20M 5k 1, A.Goudie 25:21.8. U17M 5k 1, N.Whorlow 25:30.3. U15B 3k 3, C.Stanford 18:01.0. U17W 3k 2, K-A.Parker-Smith 18:01.60. U15G 3k 2, L.Fryer 16:57.29.  
4 Colchester, Striders 5. 2, M.Dane 41:10.  
8 Colchester, Track 2k Track H'cap. 2, P.Graham 11:53; 3, M.Graham 10:16; 6, S.McNally 13:12; 12, M.Dane 9:26.  
9-10 Exeter, BVAFF Champs. M65 3kW: 1, D.Fotheringham 16:15.56. M65 5kW: 1, D.Fotheringham 27:39.34.  
11 Colindale, U20 Inter-Region. 3000mW: 3, N.Whorlow 14:28.29.  
11 Tamworth, Alan Flear Walks. 5000m: N.Whorlow 25:57; 18,

M.Graham 27:40.

Team: 5, Belgrave

U15B 2k 5, C.Stanford 10:38  
U13B 2k 6, S.Whorlow 13:18  
U13G 2k 2, L.Fryer 11:17.

14 Blackheath, LPR 9k. 3, D.Sharpe 50:06.

14 Bedford, Civil Service Champs. 3k Walk: 1, J.Hall 13:49.2.

14 Woodford. 3k. 5, M.Graham 16:04.0. Boys/Girls 1k. 2, P.Graham 5:27.7; 5, A.Graham 7:23.6.

18 Solihull, BVAFF 10k. 6, D.Fotheringham 59:22.0

20 Battersea Park, VAC 5m. 5, P.King 45:50.

21 Waltham Forest. 3k. 1, M.Dane 14:13; 7, M.Graham 16:49. U11B 1k. 1, P.Graham 5:39.2.

25 Abingdon, Inter-Counties 3k. 2, M.Dane 14:03.4; 3, J.Hall 14:13.7.

25 Kingsmeadow, VAC T&F Champs. 3k Walk: 1, C.Lawton 15:19.6; 3, D.Sharpe 16:01.2.

## September 1996

2 Battersea Park, Civil Service Veterans' Champs. 3k. 1, J.Hall 14:21.4.

7 Horsham, BAF 50k. 12, M.Dane 5:03:55; 15, J.Hall 5:21:22; 16, P.King 5:34:22. Teams: 1, York CIU 21; 2, Leicester 34; 3, Belgrave 43.

8 Blackheath, Civil Service Champs. 10k. 1, J.Hall 55:47.

8 Blackheath, LPR Festival. Men's 10k. 1, G.Jones (NZL) 43:53; ... 4, M.Dane 51:00; 6, C.Lawton 55:03; 7, P.Warburton 55:19; 11, D.Sharpe 57:28; 13, D.Fotheringham 58:18.

Teams: 1, Belgrave 17; 2, Ilford 22; 3, Enfield 29.

U20M 5k. 1, A.Goudie 23:23. U17M 5k. 2, N.Whorlow 25:30; 4, C.Stanford 27:16; 5, D.Bond 30:14. Teams: 1, Belgrave 11. U15B 2.5k. 5, G.White 15:21; 6, R.Banham 15:30; 7, S.Whorlow 18:03.

Women's 5k. 4, K-A.Parker-Smith (U17W) 29:56. U15G 2.5k. 2, L.Fryer 13:33; 7, V.Parker-Smith 15:31.

11 Woodford, 3,000m: 7, M.Graham 15:44.8; 12, M.Scammell 16:57.4; 1,000m: 1, P.Graham 5:38; 2, S.McNally 5:53.3.

19 Colchester Track H'cap. 2k. 2, A.Graham (U9B) 14:28.0; 4, M.Graham (M45) 9:45.2; 5, S.McNally (U11B) 12:45.8; 8, M.Dane 8:49.7; 13, P.Graham (U11B) 12:48.1.

Final League positions: =1, M.Graham (Belgrave) and K.Morgan (Colchester) 104; 3, S.McNally (Belgrave) 102; 4, P.Graham (Belgrave) 101.

28 Phoenix Park, Dublin, SM 20k 7, M.Dane 1:39:29. M40 3k 2, M.Graham 15:05. Novices 1k. 2, F.Lloyd 6:01. U18M 5k 5, A.Goudie 23:37. U16M 3k 3,

N.Whorlow 13:56; 6, C.Stanford 15:20. Team: 1, Belgrave 9. U12 1k 3, P.Graham 5:10; 5, S.McNally 5:25; 8, S.Whorlow 5:50. U14G 2k 6, L.Fryer 10:53

29 Southend 5m. 1, J.O'Rawe (R Hogs) 37:54; ... 8, D.Sharpe 44:59; 13, P.Kings 46:24; 14, D.Fotheringham 46:29; 15, E.Hall 47:58. Teams: 1, Ilford 28; 2, Southend 47; 3, Belgrave 50.

## October 1996

3 Colchester Track H'cap. 1m. 1, P.Graham (U11B) 9:39; 2, M.Dane 7:21; 3, M.Graham (M45) 8:11; 5, S.McNally (U11B) 10:19; 8, A.Graham (U9B) 12:56; 9, C.Robinson (U13G) 13:43.

11 Woodford, 3,000m: 7, M.Graham 15:44.8; 12, M.Scammell 16:57.4; 1,000m: 1, P.Graham 5:38; 2, S.McNally 5:53.3.

12 Chippenham to Calne 6m. 6, M.Dane 47:37; 11, C.Lawton 51:21; 29, D.Fotheringham 56:21; R.Middleton 64:24. Teams: 1, Steyning 44; 2, Trowbridge 54; 3, Coventry 76; ... 6, Belgrave 106.

13 Brierley Hill, Claire Powell Meeting. Men's 5k. 5, M.Dane 23:06.2; 10, N.Whorlow (U17M) 24:44.9; 14, M.Graham (M45) 26:43.3. U13B 2k. 3, P.Graham 11:23.7; 6, S.McNally 11:57.7. U15G 2k. 3, L.Fryer 10:58.7; 8, V.Parker-Smith 12:27.3. U13G 2k. 5, N.West 15:04.7. U11G 1k. 1, L.Asling 5:57.2.

Teams: 1, Sheffield 198; 2, Belgrave 117; 3, Birchfield 109.

13 Blackheath LPR H'cap 9k. 10, D.Sharpe 50:58; 15, A.Goudie 47:07.

19 Essex League, 2, M.Dane 38:02.

20 Bexley, Cambridge H Winter League 10k. 6, D.Sharpe time not know; 7, P.King 57:03. Teams: 3, Belgrave 47.

U11B 1k. 1, S.McNally 7:18. U15G 2.5k. 3, S.Read 18:07. Team: 1, Belgrave 14. U11G 1k. 1, L.Asling 8:07.

26 Tamworth, Midlands League 10k. 11, N.Whorlow (U17M) 52:15. U17M 5k 3, C.Stanford 29:07; 4, D.Bond 29:15; 8, F.Lloyd 33:35. Teams: 1, Sheffield 13; 2, Belgrave 15.

27 Leyton, Essex League 5k. 3, M.Dane 24:47; 4, A.Goudie 24:52; 7, C.Lawton 27:12; 13, D.Sharpe 28:19.

31 Colchester, 1m H'cap. 1, M.Graham 7:26; 2, S.McNally (U11B) 9:33; 14, E.McNally (U11G) 14:49.

November 1996

10 Monks Hill, 7 miles. 4, D.Sharpe 64:50; 5, P.King 65:13.

17 Blackheath LPR 9k. 1, A.Goudie 45:09; 8, D.Sharpe 50:35; 14, M.Scammell 50:47. Team: 1, Belgrave 10; 2, Ilford 15; 3, Cambridge 37.

21 Colchester 1m H'cap. Excellent results for Belgrave in cold conditions writes *Mabon Dane*. Pbs were set by all three Belgravians with young Emma being voted the best stylist of the evening. 3, M.Dane 6:55; 4, S.McNally (U13B) 9:22; 9, E.McNally (U11G) 12:55.

## December 1996

7 Bexley, Cambridge H Winter League. 1, N.Carmody (Camb H) 45:54; 2, M.Dane (Belgrave) 47:02; 3, M.Hayles (Steyning) 47:04; 4, A.Goudie 48:04; 7, C.Lawton 52:36; 8, D.Sharpe 53:52; 9, M.Graham 53:56. Teams: 1, Belgrave 13; 2, Surrey WC 23; 3, Cambridge H 33. U17M 5k. 1, N.Whorlow 24:05. U15B 2.5k. 3, P.Graham (U13B) 13:21; 6, S.McNally 14:24; 7, S.Whorlow 17:25. Teams: 1, Colchester 7, 2, Belgrave 16. U11B 1k. 4, A.Graham 8:24. U17W 5k 4, A.Hutchinson 34:39. U15G 2.5k 2, L.Fryer 14:05. Teams 1, Dartford 13; 2, Belgrave 17. U11G 1k. 2, L.Asling 8:04.

14 Birchfield 10k. 5, D.Fotheringham 57:14. U20M 5k. 2, N.Whorlow (U17B) 24:28. U13B 1k. 1, P.Graham 5:13; 2, S.McNally 5:38; 3, S.Whorlow 5:52. U13G 1k. 2, E.McNally 6:58.

19 Colchester, 1m H'cap. 3, P.Graham (U13B) 8:33; 4, S.McNally (U13B) 9:30; 8, M.Graham 7:47

22 Chigwell, Ford Open 10k. 2, M.Dane 48:49; 3, A.Goudie 49:29; 5, J.Hall 51:30; 10, D.Sharpe; 11, M.Graham 53:55; 16, D.Fotheringham 58:36. Team: 1, Belgrave 20; 2, Ilford 46; 3, Enfield 89.

January 1997

1 Victoria Park, New Year's Day Walks. 10k. 1, M.Dane 46:45; 8, D.Sharpe 54:11; 9, M.Graham 54:15; 15, P.Warburton 57:44. Teams: 1, Belgrave 18; 2, Ilford 31; 3, Colchester 50. U15B 2.5k 3, P.Graham 14:36; 6, S.McNally 16:49. U11G 1k 2, L.Asling 6:45.

12 Imber Court, Met. Police 10k. 1, D.Stone (Steyning) 41:37; 9, M.Dane 49:23; 11, A.Goudie (U20M) 49:29; 13, N.Whorlow (U17M) 51:09; C.Lawton 53:13; D.Fotheringham 57:31. Teams: 1, Steyning 13; 2, Surrey WC 32; 3, Belgrave 33.

23 Colchester Imile H'cap. 1, E.McNally 11:40; 2, A.Graham 10:52; 10, S.McNally 9:36; 10, P.Graham 8:31; 15, M.Graham 9:35.

## Lerwill wins silver in World Champs.

Clive Shippen attended each day of the World Junior Championships in Sydney.

I was very impressed: one could almost see him maturing during the championships themselves. In the first round he finished a comfortable second to 'British' rival James Nolan of Ireland whose pb was 1.38 secs faster than Tom's 1:49.18. In the second round he really turned on the pace; he had to, because he was up against Kenya's Japhet Kimutai (a name to watch) who stormed to a 1:45.63 win. But Tom chased him home with great fervour to clock a brilliant pb of 1:47.27 - a huge cut off his previous best. Nolan was behind him this time in 4th.

What a joy it was on day three to see a Briton in the final of the 800 metres; such a change these days. And what a change it was to see that man get a medal, and especially the way he won it. The formidable Kenyan took the field through 200m in 24.93 and I was relieved to see Tom show restraint and slip into a trouble-free 7th. At the bell (53.34) he moved out and went into 6th, and down the back straight ran with power to reach 4th at 600 (1:21.12). Round the final bend he was nicely positioned and went to 3rd entering the straight. It was another Kenyan Mwangi Mutua who now moved away to win as the favourite Kimutai faded to 4th but Tom dug deep, kept his form beautifully and to the chagrin of the home crowd eased past Australian Grant Cremer to secure the silver medal.

His time of 1:48.40 did not

match that lightning fast semi but it was the way that he ran the race that impressed me. Many Juniors are impetuous at this level: they get caught up in the intensity and passion of the occasion. But Tom looked as cool as a cucumber as he ran his own first 300 metres. I also liked the strength of his running (lacking from the present crop of British runners) and his tactical sense. It was an outstanding performance and Belgrave have good cause to be proud of him.

Result: 1, M.Mutua (Kenya) 1:48.21; 2, T.Lerwill (GB) 1:48.40; 3, G.Cremer (Australia) 1:48.46.

Tom's efforts did not finish there as he was second runner in the 4x400 metres team. I was not too optimistic as none of the British 400m and 400m hurdles runners had reached their finals. However, they chased the Americans hard to finish second in their heat and nearly did the same in the final, except that Japan snatched the silver. What a tradition Britain has in this event: everyone seems to run above themselves. Again Tom was impressive. He took that awkward second leg where no one seems to know where they are until the break occurs on the back straight. Two runners shot past him but again he showed admirable control, overtook them both and finished very strongly to hand over in 3rd place which the team held to the finish. So he ran five quality races in five days. Watch out Kenyans.

## Larios lose their stars

For some years now the European Clubs T&F Championship has been dominated by the Spanish Club Larios (Larios being Spain's top selling gin). With a huge budget the club were able to set up a deal whereby a great majority of Cuba's international team were able to perform in the Spanish club's colours. However, Adidas Running Team have now signed up the Cuban stars and for good measure have taken on board a couple of top Spaniards as well. It will be interesting to see if Larios now stay in the sport - if they don't then the European Clubs event becomes just that little bit more open.

## AREA CHAMPIONSHIPS 1-2 JUN 1996

a=1st, b=2nd

Sheffield, North of England AA  
200m: b (+0.4) 3, L.Samuel 21.19.  
400m: a 1, D.Nolan 47.03. 400mH: b 1, C.Rawlinson 50.88 (CBP).

Crystal Palace, South of England AA  
100m: a (-1.0) 7, J.Fergus 10.90 (10.62 sf -1.2); hts 6, C.Edozie 11.77 (-3.6). 200m: b hts N.Dawson 22.17 (+1.4). 400m: a hts J.Hilston 49.31. 800m: b B final 5, D.Pamah 1:52.32. hts a R.Turner 1:54.89. 400mH: a hts I.Wells 55.73. HJ: b 1, R.Aspden 2.10. TJ: b 5, D.Browne 14.95. PV: a 8, J.Webb 4.40. SP: a 2, L.Newman 18.56. HT: b 2 P.Spivey 63.64. U17 HT: a 3, P.Waterman 50.46. SW 400m: 1, L.Staines 53.44.

Birmingham, Midland Counties AA  
100m: a (?.?) 5, D.Powell 10.87; 6, A.Walcott 10.88. 200m: b (-1.3) 1, A.Walcott 21.54; 4, D.Powell 22.25 (ht 22.20 -1.0). PV: a gst I.Tullett 5.10. SP: b 3, K.Brown 13.89. DT: b 2, K.Brown 57.42.

## SEAA UNDER 20 CHAMPS CRYSTAL PALACE 29-30 JUN 1996

100m: b (-1.4) 5, M.Dickson 10.95.  
200m: a (-1.1) 5, M.Dickson 21.70.  
400m: b 3, M.Parper 48.89. 110mH: b (-1.8) 1, S.Scott 14.97; 7, M.George 15.54. TJ: a 2, P.Idowu 14.70 (+1.6). SP: a 5, D.Stone 11.40. U17M 100m: a ht (2.0) 4, J.Tuson 12.25. 400m: b 4, E.Hassan 51.20. HJ: a 12, J.Tuson 1.65. U20W 100m: b ht (+0.4) 5, S.Scott 13.25. LJ: a 5, S.Scott 4.89 (+0.6). U17W 100m: b (-1.7) 8, N.Law 12.66. 200m: a ht (-1.2) 4, N.Law 27.15

## Belgrave hurdlers earn Jarrett his points

Haringey's international hurdler Tony Jarrett was guest competitor on BBC's Question of Sport recently but he was forced to utter the names of Belgrave hurdlers to earn his points on the programme. In the video footage the name of the A.A.A. 110m Hurdles Champion for 1994 was required: answer - Andy Tulloch. And then for his home and away question "Who won a A.A.A. hurdle race 9 years after winning his first?" Answer - Jon Ridgeon.

# WORLDWIDE

### May 1996

25-26 Gotzis, Austria. Decathlon: 19, S.Shirley 7614.

### June 1996

2 Riga, Latvia. 110mH: ht (+2.1) 3, N.Owen 13.65w; 4, A.Tulloch 13.82w. final 3, N.Owen 13.5; 4, A. Tulloch 13.5.  
4 Lidingö, Sweden. PV: 1, M.Edwards 5.35.  
5 Rome. 200m: (+0.7) 5, J.Regis 20.60.  
6 Seville, Spain, IAAF GP II. 1500m: M.Yates 3:46.??  
7 Moscow, IAAF GP. 200m: (-1.2) 1, J.Regis 20.47.  
7 Nuremberg, Germany. 5000m: 17, P.Evans 13:49.31.  
9 Tallin, Estonia. 400m: 2, D.Nolan 46.20. 110mH: 4, N.Owen 13.62. 400mH: 3, C.Rawlinson 50.36. Women's 400m: 2, L.Staines 53.41. Mannheim, Germany. 800m: 1, T.Lerwill 1:50.06.  
15-16 Lage, Germany, European Cup Combined Events. 11, S.Shirley 7857 (100m/11.19, LJ/7.30, SP/13.95, HJ/2.01, 400m/50.38, 110mH/15.10, DT/40.22, PV/4.70, JT/60.98, 1500m/4:30.90).  
21 Lisbon, Portugal. Women 400m: 3, L.Staines 53.44.  
22 Belfast BUPA Games. JT: 1, N.Bevan 74.60.  
23 Cork, Ireland. 5000m: 7, C.Sweeney 13:43.49. PV: 3, I.Tullett 5.20.  
25 Helsinki, Finland, IAAF GP II 400m: 2, D.Ladejo 45.19. 110mH: 4, A.Tulloch 13.73. 400mH: 5, J.Ridgeon 49.55.  
28 Paris, France, IAAF GP. 200m: (-0.2) 4, J.Regis 20.52.  
30 Gateshead, BUPA Games. 200m: (+2.9) 2, J.Regis 20.87. 400m: 5, D.Ladejo 45.50. 5000m: 1, P.Evans 13:47.40; 6, C.Sweeney 14:05.81. 110mH: (+2.9) 5, N.Owen 13.89; 6, A.Tulloch 14.36. 400mH: 3, J.Ridgeon 49.64. PV: 5, I.Tullett 5.30; =7, M.Edwards 5.10. SP: 7, L.Newman 16.96. 'B' events. 400m: 1, D.Nolan 46.25. 800m: 1, T.Lerwill 1:49.98. DT: 2, K.Brown 56.86; 4, L.Marar 54.48.

### July 1996

2 Portsmouth, Inter-Services. 200m: 1, D.Nolan 21.6. 400m: 1, D.Nolan 47.9.  
6 Zoetermeer, Holland. SEAA U23 v Holland. 400mH: 1, N.Levy 51.40. HJ: 2, R.Aspden 2.05.  
8 Stockholm, Sweden, IAAF GP. 110mH B (0.0) 1, A.Tulloch 13.70. 400mH: 6, J.Ridgeon 49.59.  
12 Crystal Palace, Securicor Games IAAF GP. 200m: (-0.8) 4, J.Regis 20.77. 3000m: 10, P.Evans 7:55.29. 110mH: (-0.6) 6, A.Tulloch 13.87; 7, N.Owen 13.90. 400mH: 4, J.Ridgeon 49.25. SP: 6, L.Newman 17.05. B events 200m: (-0.8) 7, A.Walcott 22.30. 300m: 6, D.Nolan 32.90.

### August 1996

11 Crystal Palace, Performance Games. 300m: 4, J.Regis 32.51. 2000m: 14, M.Yates 5:16.80. 110mH: (-0.7) 6, A.Tulloch 13.69; 8, N.Owen 14.10. 400mH: 3, J.Ridgeon 49.04.  
14 Zurich IAAF GP. 400mH: B 2, J.Ridgeon 48.79.  
18 Lahti, Finland. 110mH: (-0.4) 2, A.Tulloch 13.85.  
19 Gateshead. 200m: (-1.6) 1, J.Regis 20.62. 400mH: 2, J.Ridgeon 49.54.  
23 Brussels, Ivo Van Damme Meet. 3000mSC: 15, J.Chaston 8:30.33.  
25 Sheffield. 200m: (+1.9) 3, J.Regis 20.63. 110mH: (+1.8) 5, A.Tulloch 13.57; 8, N.Owen 13.97. 400mH: 2, J.Ridgeon 49.69. HT: 2, D.Smith 71.44.  
28 Rovereto, Italy. 400mH: 3, J.Ridgeon 49.83.

### September 1996

1 Rieti, Italy. 400mH: 3, J.Ridgeon 49.45.  
21 Le Reduit, Mauritius. 400mH: 3, J.Ridgeon 50.39.

# AAA CHAMPIONSHIPS & OLYMPIC TRIALS

BIRMINGHAM 14-16 JUN 1996

The chase for places on Britain's team for Atlanta was on with a vengeance at the Olympic Trials at Birmingham's Alexander Stadium and the event surrounded by the most hype was that 400 metres. Dave Nolan ran 46.48 in his heat and then 46.68 in the semi - but one really needed to go sub-46 to get into the final, such was the high standard. Du'aïne Ladejo went out hard, as did the Welshman Iwan Thomas but Roger Black was in the form of his life and coming strongly off the bend he came through for a British Record 44.39 while Ladejo had to be content with 2nd in a personal (and Club) best of 44.66. Thomas and Baulch also ducked well under 45 seconds in this classiest ever British one-lap race.

John Regis had to dig deep and use every ounce of his strength to stay a millimetre or two ahead of Christie to take the 200m - both were given the same time to the hundredth.

Vaulters Edwards and Tullett gained 3rd and 4th places but with Crawley's Buckfield setting a British Best of 5.71m to win, no-one else was going to be Atlanta bound unless they exceeded the qualifying mark. The same sort of fate befell Kevin Brown, 3rd in the Discus as Birchfield's big Bob Weir went over 60m but Hammer thrower Dave Smith confirmed his number one standing this season with another throw over 72 metres.

Paul Evans, already selected for an event he did not want to do in the Olympics - the marathon - gave the selectors the option to slot him into the 10,000m by getting into the frame and Andy Tulloch also booked his ticket in the high hurdles while Neil Owen missed out by 2/100ths of a second and two places.

Justin Chaston fought off the

tenacious Keith Cullen to take the steeplechase but the parade event for the Bels was the 400m hurdles. No fewer than three of our club-men had made it through to the final: Rawlinson, Levy and Ridgeon, and this in spite of the fact that they had already all faced each other in the same semi-final. Down the back stretch the claret and gold colours were reduced by a third when Noel Levy, a great talent at only 21 years of age, hit a hurdle badly and took an almighty tumble. Ex-Gladiators contestant Chris Rawlinson held on as well as he could but could not quite match his semi-final time while Jon Ridgeon showed that he was the absolute master of the race. As far as 'Joe Public' was concerned Ridgeon and Black were the stars of the meeting both back at the top in British Athletics after years of injury.

a=14th, b=15th, c=16th  
100m: sf b (-0.3) 6, J.Fergus (a 10.52 ht +0.1). 200m: c (-0.5) 1, J.Regis 20.54; sf1 c (-0.7) 7, A.Walcott 21.56 (b 21.15 ht -0.7); ht1 (-0.7) 5, L.Samuel 21.57; ht 5 (-1.6) 6, P.Goedluck 22.09; 7, J.Fergus 22.53. 400m: c 2, D.Ladejo 44.66; sf2 a 7, D.Nolan 46.68 (a 46.48 ht). 800m: a ht4 5, M.Kloiber 1:51.25; ht5 5, D.Pamah 1:51.31. 10000m: a 3, P.Evans 28:28.31. 110mH: b (-0.1) 3, A.Tulloch 13.70; 5, N.Owen 13.72. 400mH: c 1, J.Ridgeon 49.16; 6, C.Rawlinson 51.43 (b 50.97 sf2); dnf, N.Levy (b sf2 50.85) 3000mSC: c 1, J.Chaston 8:29.19. HJ: c =8, R.Aspden 2.05. PV: c 3, M.Edwards 5.30; 4, I.Tullett 5.30. SP: b 4, L.Newman 17.51; DT: b 3, K.Brown 56.76; 6, L.Marar 53.96. JT: b 4, N.Bevan 73.54. HT: b 1, D.Smith 72.58.



Photo: Robin Nicholls

The A.A.A. Under 20 Championships at Bedford sees Marlon Dickson (nearest the camera) and Richard David (far side) make a blistering two pronged Belgrave attack in the 100 metres.

# The 1996 Olympic Games

ATLANTA, 26 JUL - 4 AUG 1996

## Atlanta Braves

Seven Belgravians made it to the Olympic Games, a tremendous achievement. Justin Chaston, Paul Evans and Andy Tulloch all managed to produce their season's best performances at just the right time - you can't ask much more than that - while Jon Ridgeon was only just outside his best for the year and with good health and a full winter's preparation may well improve yet on his life-time best of 48.73 come the 1997 World Champs. Andy Tulloch's 13.56 was only a shade outside his best ever run and made him the new Belgrave sprint hurdles record holder.

John Regis must have been a bit disappointed. He was unable to get back to the level of the early season form that he had shown in South Africa and for such a be-medalled athlete not to reach the final was galling. Also disappointed was Du'aïne Ladejo who looked totally out of sorts and could not get near his 44.66 from the AAA Champs.

Our giant Hammer thrower Dave Smith had his work cut out. Faced with a phalanx of Eastern Europeans who can heave their implement over 75 metres as a matter of course, Dave had to at least replicate his best of 75.10m to stand a chance of reaching the final and to be sure, had to beat the standard of 76.50m. This time around the feat was beyond him but for this young man Atlanta must be seen as a learning experience

and future Games are sure to see him become Britain's best ever hammer thrower.

No medals then - but how proud we are to have seen seven of our number compete in the Greatest Show on Earth.

Detail below includes round, date, heat number, qualifying conditions and wind reading where known.

200m: Round 1, 31st, ht 5 of 11, first 3+7, (-0.5) 3, J.Regis 20.78. Round 2, 31st, ht 4 of 5, first 3+1, (+0.3) 3, J.Regis 20.56. Semi-final, first 4, 1st (+0.3) 6, J.Regis 20.58.

400m: Round 1, 26th, ht 4 of 8, first 4+4, 3, D.Ladejo 46.27. Round 2, 27th, ht 3 of 4, first 4 6, D.Ladejo 45.62.

10000m: Round 1, 26th, ht 1 of 2, first 8+4 11, P.Evans 28:24.39. Final, 27th, P.Evans dnf.

110mH: Round 1 28th, ht 2 of 8, first 3+8, (+0.2) 3, A.Tulloch 13.56. Round 2, 28th, ht 4 of 4, first 4 (+0.1) 6, A.Tulloch 13.68.

400mH: Round 1 ht 5 of 7, 7th, first 2+2, 1, J.Ridgeon 49.31. Semi-final 1, 8th, first 4 7, J.Ridgeon 49.43.

3000mSC: Round 1, 29th, ht 2 of 3, first 6+6 5, J.Chaston 8:28.32. Semi-final 31st, 2, first 5+2 9, J.Chaston 8:28.50.

HT: Qual. Group B, 27th, 76.50. 15, D.Smith x, x, 69.32.

## Recent Indoor Results

### December 1996

8 Crystal Palace, Puma Grand Prix. LJ: 2, S.Clark 6.76. SP: 1, L.Newman 17.81.

### January 1997

4-5 Birmingham NIA. 60m: D.Powell 7.07; N.Dawson 7.22. 200m: D.Powell 22.21. 400m: M.Douglas 48.8. HJ: H.Lindo 2.15. 3kWalk: M.Dane 14:11.20.

11 Crystal Palace, Puma GP. 60mH: S.Scott 8.6 and 8.7. HJ: R.Aspden 2.10. LJ: S.Clark 6.50. PV: J.Webb 4.31. SP: L.Newman 17.70.

25-26 Birmingham AAA Indoor Champs. 60m: 6, D.Ladejo 6.68; 'B' final 1, D.Chambers 6.74; hts. D.Powell 7.03; N.Dawson 7.16. 200m: 'B' final 4, A.Walcott 21.90 (21.82 sf); hts N.Dawson 22.41; D.Chambers 21.69. 400m: hts 2, G.Dearman 49.14. 3kWalk: 6, N.Whorlow 14:11.98. HJ: 6, R.Aspden 2.08. LJ: 8, S.Clark 6.64; SP: 1, L.Newman 18.10.

### February 1997

1 Birmingham NIA, Midland Counties Open. Indoor pbs came from Richard David and James Hilston over both 100 and 200m while Deniz Gezgin's 200/400 runs were both Junior Turkish National Indoor Records. To make sure that everything was in order for Deniz's records to be submitted to the Turkish authorities Bob Bridges managed to round up enough corroborating paperwork but when it came to asking for a drug's test to be taken - there were no facilities available!

60m: D.Ladejo 6.73; M.Dickson 7.09; R.David 7.17; J.Hilston 7.18; M.Livingstone 7.50. 200m: M.Dickson 22.08; G. Dearman 22.25; R.David 22.95; J.Hilston 22.64; D.Geizgin 23.37; D.Akinbogun 24.34. 400m: G.Dearman 48.42; D.Geizgin 52.19; D.Akinbogun 53.23; J.Panton 54.32. HJ: R.Aspden 2.15.

# British Athletics League Division One

MATCH 2, COPTHALL, 9 JUN 1996

## Somehow we salvage 3rd place

We entered this local fixture still reeling from the 8 point defeat handed to us by newly promoted Sale Manchester in Match 1. Liverpool had virtually been a home fixture for them and we wondered how well they would travel away from home.

Despite the loss of big point scorers Dave Nolan, Neil Owen and Chris Rawlinson to an International match in Estonia, we felt confident that we had retained enough fire power to shake the opposition. The feeling of confidence evaporated almost as soon as the match began. The first disaster saw Fred Salle pull up lame in the long jump run up and he retired without a single leap. Soon after Richard Aspden decided to open at 2.05m in the high jump and failed to record a height. Multi-eventer, Simon Shirley became the 'A' string in both events and despite good performance we were suddenly 40 points down on the team manager's forecast.

Languishing in an unlikely 7th spot up to half way it looked as though we had blown our league chances completely. Strong performances in the 800m and 1500m by Matt Yates in his UK track debut for Belgrave, plus the usual solid performances by all our throws squad brought a semblance of respectability to our score. Maximum points in the vault and solid relay performances saw us creep into 3rd spot - two places ahead of Sale.

In the end we finished just 17½ points behind winners Birchfield, who moved into the lead position as we turned our thoughts to Match 3.

100m: (-2.0) 6, J.Fergus 10.87; (-0.9) 1, H.Korjie 10.70. 200m: (-4.2) 5, L.Samuel 22.18; (-5.0) 1, A.Walcott 21.71. 400m: 4, M.Kloiber 49.12; 5, P.Beaumont 50.51. 800m: 1, M.Yates 1:50.10; 3, D.Pamah 1:52.83. 1500m: 5, D.Pamah 3:53.73; 1, M.Yates 3:55.59. 5000m: 6, K.Tadesse 15:07.42. 5, J.Estail 15:37.21. 110mH: (-1.1) 4, I.Wells 15.84; (-2.3) 5, L.Antoine 16.24. 400mH: 6, P.Beaumont 56.55; 6, I.Wells 56.16. 3000mSC: 8, M.Bizio 10:22.2; 6, M.Hillier 10:24.8. HJ: 6, S.Shirley 2.00; R.Aspden 3nj. LJ: 6, S.Shirley 6.83w; F.Salle rtd. inj. TJ: 5, P.Idowu 14.64w; 5, D.Browne 13.84w. PV: 1, M.Edwards 5.40; 1, I.Tullett 5.20. SP: 2, L.Newman 16.59; 4, K.Brown 13.93. DT: 2, K.Brown 54.96; 1, D.Morris 48.14. JT: 2, N.Bevan 68.76; 3, S.Shirley 56.12. HT: 2, D.Smith 71.26; 1, P.Spivey 63.08. 4x100m: 3, Belgrave (L.Paul, P.Goedluck, H.Korjie, J.Fergus) 40.75. 4x400m: 3, Belgrave (M.Kloiber, L.Antoine, H.Korjie, P.Goedluck) 3:18.90. Teams: 1, Birchfield 323½; 2, Thames Valley 316; 3, Belgrave 306; 4, Shaftesbury Barnet 299; 5, Sale 290; 6, Haringey 276; 7, Cardiff 210½; 8, Liverpool 171.

After 2 matches: 1, Birchfield 14 (610½); 2, Belgrave 13 (649); 3, Sale 12 (641); 4, Thames Valley 12 (597); 5, Shaftesbury Barnet 8 (541); 6, Cardiff 6 (463½) 7, Haringey 4 (454); 8, Liverpool 3 (397).

*Track chat:* It was good to see Darren Morris, back from the USA, Paul Beaumont on a short trip from his unit in Germany, and Matt Kloiber on his first outing after a bout of glandular fever.



Photo: Robin Nicholls

*Above: Back in the squad at Cophthall, Dave Pamah contributed good points in the '8' and '15'.*



Photo: Alan Mead

ALEXANDER STADIUM, BIRMINGHAM, 6 JUL 1996

## And now its all to play for

With Birchfield now heading the league and Match 3 being a home fixture for the Birmingham based Club, we put out a 5 line whip in an effort to get maximum support. Our policy is to get as many of the team into a local hotel the night before to minimise the risk of the 'day trippers' not arriving.

The first event proved a huge success with Atlanta bound Dave Smith and throws Captain Phil Spivey getting maximum points in the hammer. Geoffrey Ojok couldn't get his run up right in the long jump and failed to make the cut, while Birchfield gained a one two with the help of super vet Barrington Williams. This was followed by the first track event, the 400 hurdles, and so depleted were we that Neil Owen ran the 'B' leg. Rumour had it that he had been doing some over distance training which seemed to pay off until he hit the home straight. His 55.12 was a good debut but below his expectations however, and he swore - never again.

The start was depressingly familiar but the 800m raised spirits. Tom Lerwill showed tactical awareness and a kick which belied his youth. So effective was he that he held off Olympics bound Kevin McKay for a fine win and a notable scalp. Matt Kloiber showed that he was over his illness problems with a solid 3rd spot in the 'B' race. The short sprint got the experts reaching for their rule books as both Andrew Walcott and Birchfield's Michael Rosswess were disqualified for two false starts. Interesting! But no points. Marlon Dickson ran a PB to finish second in the 'B' race and into a headwind!

Better points in the 3000m steeplechase, excellent results in the discus and a win in the high hurdles from a tired Neil Own saw a revival of for-

tunes. Ian Wells once again stepped into the 'B' 110 hurdles as it became apparent that our scheduled hurdler was still in London. (How did we get on without mobile phones?) From there on, the only wins were Lee Newman in the 'B' discus, Nigel Bevan in the 'A' javelin and a rather tasty victory in the long relay.

We had been picking up good points in some events and losing them in others. No 'B' runner in the 1500m showed how difficult it was for us to find an uninjured middle distance man able to make the start line. So once again, third place on the day and we remained second in the League with, surprise, surprise, Sale moving back into the lead on 20 league points and three teams close behind on 19.

What should have been a win could so easily have been a disaster and yet the team fought for every point to give us a reasonable chance of success going into the last match - a home fixture to boot!

100m: A.Walcott dq.; (-0.5) 2, M.Dickson 10.65; 200m: (+2.1) 3, A.Walcott 21.18; (+2.1) 4, M.Dickson 21.79; 400m: 2, D.Nolan 46.87; 3, L.Samuel 48.29. 800m: 1, T.Lerwill 1:49.18; 3, M.Kloiber 1:54.36. 1500m: 5, D.Pamah 3:51.65. 5000m: 5, K.Tadesse 14:55.90; 4, D.Mead 15:27.74. 110mH: (+1.0) 1, N.Owen 14.07; (+1.4) 6, I.Wells 15.82. 400mH: 7, I.Wells 56.08; 4, N.Owen 55.12. 3000mSC: 2, D.Mead 9:07.69; 4, B.Barton 9:57.37. HJ: 4, J.Hilston 1.95; 6, P.Idowu 1.65. LJ: 4, S.Shirley 6.85; 5, G.Ojok 6.40. TJ: 4, P.Idowu 14.68; 4, S.Ahmed 13.24. PV: 5,

*Below: The long relay boys keep us well in touch as Lewis Samue (47.8) sends Dave Nolan (46.6) off to maximum points at Birmingham.*

# British Athletics League Division One

MATCH 4, KINGSMEADOW, 17 AUG 1996

## Over the moon ... then sick as parrots

I.Tullett 5.00; 3, J.Webb 4.40. SP: 3, L.Newman 15.86; 2, K.Brown 13.59. DT: 2, K.Brown 55.94; 1, L.Newman 51.24. JT: 1, N.Bevan 70.52; 7, K.Brown 41.64. HT: 1, D.Smith 71.30; 1, P.Spivey 62.66. 4x100m: 3, Belgrave (M.Dickson, D.Powell, A.Walcott, N.Owen) 41.39. 4x400m: 1, Belgrave (T.Lerwill 48.8, M.Kloiber 48.8, L.Samuel 47.8; D.Nolan 46.4) 3:11.69.

Teams: 1, Sale 346; 2, Thames Valley 340; 3, Belgrave 327; 4, Birchfield 317; 5, Shaftesbury 287; 6, Cardiff 203; 7, Liverpool 180; 8, Haringey 157.

After 3 matches: 1, Sale 20 (987); 2, Belgrave 19 (976); 3, Thames Valley 19 (937); 4, Birchfield 19 (927½); 5, Shaftesbury 12; 6, Cardiff 9; 7, Haringey 5; 8, Liverpool 5.

**Track Chat:** We thought we were short of middle distance men (with Darren Mead valiantly doubling up in the 3000 steeplechase and the 5000m - running the latter in flats because his spikes had 'disappeared'), but Haringey President Mike Heath ran both the 400 and 800 because his team was so depleted. Belgrave's team managers had the foresight last season to remove their names from the League Register, so couldn't be co-opted into the 'B' 1500!

This was it. A home fixture and the big one. We knew that any one of four teams could still win the league. With our strongest middle distance squad since the heady days of entering the league 14 years ago, we knew we were in with a shout. All we had to do was beat Sale by 12 points and we would be representing the UK in the European Clubs Championship again next year.

The start went to plan. Maximum points in the hammer, a weak 'B' long jump and an excellent high jump with Richard Aspden taking the 'A' event plus an injured 400 hurdler in the form of Chris Rawlinson finishing second in the 'B' high jump. Chris, unable to run his specialist 400 hurdles for much of the season also scored valuable points in the high hurdles and long relay. Dave Nolan eased round in the single lap doing just enough to win the 400, nursing a split ankle bone which was to require surgery a fortnight later. Junior Michael Parper excelled in his first league ap-

pearance and should have finished second in the 'B' 400m but was impeded by the starter standing in his lane in the finishing straight.

Matt Yates had two fine wins in the 'A' 800m and 1500m, while Paul Evans stamped his mark on the 1500m and 5000m, running in with Gary Staines in the latter event. Add to this the dream team of Justin Chaston and Darren Mead in the 3000m steeplechase and you can see that a middle distance squad doesn't come much better than this.

Added to our injury woes was Kevin Brown. Kevin who has been such a loyal and enthusiastic addition to our throws squad insisted on throwing despite injury. Leith Marar took advantage to throw a season's best (until the Cup Final), and Kevin who also competed in the shot was destined for major surgery a week later. Ian Tullett was sidelined from the pole vault, yet another key man awaiting surgery. With so many of the team giving and willing to give 110%, the

few non-appearances throughout the season were thrown into sharp perspective as the rest of the team roared on every effort.

By the last event, the announcer had declared Belgrave clear victors. Dave Nolan was dropped from the long relay to prevent further damage to his leg and we gracefully received the trophy, the accolades and commiserated with Sale.

The Sale team had just boarded their coach when an embarrassed League Secretary dropped the bombshell. The pole vault had been mis-scored, the Sale 'B' competitor's score had been omitted. Yes, Belgrave were still match winners but only by 8 points. We had failed to overhaul Sale's accumulative score by a mere 3 points. President Snowy Brooks was gracious as he presented the now jubilant Sale squad with that League Trophy. For them a trip in '97 to Moscow, for us the chance of revenge in the Cup Final.

100m: (-0.1) 5, H.Korjie 10.76; (-0.7) 4, M.Dickson 10.91. 200m: (+1.5) 5, H.Korjie 21.96; (+1.2) 2, A.Walcott 21.77. 400m: 1, D.Nolan 47.52; 3, M.Parper 49.17. 800m: 1, M.Yates 1:50.21; 2, D.Pamah 1:53.12. 1500m: 1, M.Yates 3:52.88; 1, P.Evans 3:55.70. 5000m: 1, P.Evans 14:16.24; 1, G.Staines 14:16.25. 110mH: (-1.8) 1, N.Owen 14.26; (-1.7) 2, C.Rawlinson 14.67. 400mH: 6, J.Squirrell 55.72; 4, I.Wells 55.06. 3000mSC: 1, J.Chaston 8:49.2; 1, D.Mead 9:14.1. HJ: 1, R.Aspden 2:10; 2, C.Rawlinson 1.80. LJ: 5, G.Ojok 7.05 (+0.6); 7, M.Edwards 6.52. TJ: 3, P.Idowu 14.97 (+1.2); 5, S.Ahmed 13.05. PV: 6, M.Edwards 4.90; 5, J.Webb 4.40. SP: 3, L.Newman 16.22; 4, K.Brown 13.67. DT: 2, L.Marar 55.24; 1, K.Brown 54.36. JT: 3, N.Bevan 70.88; 5, L.Newman 45.26. HT: 1, D.Smith 69.98; 1, P.Spivey 63.46. 4x100m: 5, Belgrave (M.Dickson, P.Goedluck, H.Korjie, N.Owen) 42.00. 4x400m: 3, Belgrave (M.Parper, A.Walcott, H.Korjie, C.Rawlinson) 3:13.61.

Teams: 1, Belgrave 374; 2, Sale 366; 3, Shaftesbury Barnet 307; 4, Thames Valley 303; 5, Birchfield 293; 6, Haringey 167; 7, Cardiff 164; 8, Liverpool 163.

**Track chat:** When Ian Wells insisted on running the 3000m steeplechase in Match 1, his reasoning was that the league title would be settled eventually by the odd point or two. He was right and although he and many other team members did everything possible to amass points through the season, an unusual series of disasters plus conflicting competitions meant that once again we had just failed to gain the ultimate T&F team prize - Champions of the British Athletic League.

Photo: Robin Nicholls



### Reports by Bill Laws

#### BRITISH LEAGUE DIV 1 Final positions

1, Sale .....	27 ...	1352
2, Belgrave .....	27 ...	1350
3, Thames Valley .....	24 ...	1240
4, Birchfield .....	23	1220½
5, Shaftesbury B .....	18 ...	1135
6, Cardiff .....	11 ...	830½
7, Haringey .....	8 .....	778
8, Liverpool .....	6 .....	740

Right: Andrew Walcott was a regular in the British League team throughout 1996. He finished the season with best marks of 10.88 and 21.15.

# Guardian Insurance Gold Cup

SEMI-FINAL, WAVERTREE, LIVERPOOL, 28 JUL 1996

## Demented "Wellsey" saves the day!

Our second visit within 2 months to Wavertree Athletics Centre, Liverpool, nearly proved a disaster. But as usual Ian Wells helped to save the day. This time as self appointed team manager. (Another event to add to his ever growing list.)

So what happened? Well ... the team travelled up the day before and enjoyed a leisurely breakfast before the advance squad set off for the track. As Bill Laws' car entered the car park a demented figure in claret and gold flung himself on the bonnet. "I've entered Phil Spivey - they're in to the second round of the hammer. Better move quick." As the timetable which Belgrave had received indicated the hammer was not due to start for 1½ hours, this was greeted with some derision. But Ian's demeanour bordering on the manic, put a quick end to the frivolity.

Phil Spivey, Throws Captain and Mister Unflappable, moved purposely to the circle. He wasn't there to mess about and two rounds later he took the lead for maximum points. So what had gone wrong? After much scratching around it appeared that we had been sent the timetable for the second round fixture, which was considerably different from the one for the semi. A quick scurry back to the hotel to mobilise the rest of the team had some effect although a few were still sight-seeing. Back to the track and disaster was averted - well nearly. Unfortunately, we hadn't got the message to Jim Estall who arrived for the 10,000m as the leaders entered their 3rd lap. After agitated protests Jim was allowed to run, but was not allowed to score. Our protest was not upheld. Soon after, Mike Edwards no heighted in the Pole Vault - thankfully a rare happening - but the tension grew. Neil Owen and Chris Rawlinson swapped the long and sprint hurdles due to Chris' continuing injury which meant he only had one good lead leg. Both scored good points with Chris' win being a bonus. Solid performances from the rest of our regulars helped us move into second place and a chance to put matters right in the Cup Final itself. Wins from Kevin Brown, Dave Nolan, Nigel Bevan, Kassa Tadesse, made the difference.

100m: (-2.6) 2, A.Walcott 11.0. 200m: (0.0) 3, A.Walcott 21.8. 400m: 1, D.Nolan 47.4. 800m: 4, M.Kloiber 1:54.7. 1500m: 6, R.Alsop 4:09.7. 5000m: 1, K.Tadesse 15:03.1. 110mH: (-2.6) 1, C.Rawlinson 14.9. 400mH: 3, N.Owen 55.7. 3000mSC: 4, B.Barton 9:50.3. HJ: 2, R.Aspden 2.05. LJ: 4, M.Edwards 6.59w. TJ: 2, C.Igbon 14.12w. PV: M.Edwards no ht. SP: 2, L.Newman 16.68. DT: 1, K.Brown 52.08. JT: 1, N.Bevan 69.90. HT: 1, P.Spivey 63.74. 4x100m: 3, Belgrave (C.Rawlinson, P.Goedluck, A.Walcott, N.Owen) 42.8. 4x400m: 6, Belgrave (M.Kloiber, P.Goedluck, M.Edwards, C.Rawlinson) 3:25.2. 1, Sale 147; 2, Belgrave 121; 3, Edinburgh 112; 4, Border 109; 5, Liverpool 82; 6, Pitreavie 64; 7, Wigan 46; 8, Rotherham 32.

*Track Chat:* Having said 'never again' at the last league match Neil Owen was persuaded to run the 400H. This time his 'never again' sounded a bit more convincing. Mike Edwards was so upset that he had missed out in the PV that he agreed to a 400 relay leg and we welcomed for the first time into top rank competition, 16 years old Charles Igbon, who leapt a remarkable 14.12 to finish second in the Triple Jump.



Photo: Robin Nicholls

Above: Ian Wells can now add "Team Manager" to his long list of events

FINAL, COPTHALL, 31 AUG 1996

## A golden finish to the season

After 20 years sponsoring the British Athletics Leagues and Cup Competitions, this was to be Guardian Assurance's last match. The 1996 Gold Cup Final was to be a special event and with little sign of further financial support, we wondered what the future format would be.

So everyone was determined to make it a big occasion and, once again, thanks to the wholehearted support of our middle distance squad, we triumphed for our third Cup win.

Pride of place went to our distance men with wins by Matt Yates, Justin Chaston, Paul Evans and Gary Staines. Neil Owen blew the opposition away for another 110mH victory. Junior Geoffrey Ojok had a remarkable victory over Linford Christie, not unfortunately in the 100m, but in Linford's new event - the long jump. We're not quite certain how TVH's specialist jumper felt as he watched Linford struggle to 6.67m, but we do know that Geoffrey was determined to gain his scalp even if he himself was finding it difficult to hit his correct stride patten Linford made amends in the 100m with a new Cup record of 10.28 secs, but the Man of the Match Award went to Bob Weir of Birchfield who broke the Cup discus record with an impressive 62.40. Leith Marar threw a season's best to gain an impressive second place.

Once again, our Young Athletes made an impressive contribution with Richard David easing his way to 48.85 in the flat 400m. Philip Idowu looked tired at the end of a long season but Marlon Dickson looked better than ever, running both relays. Even he was surprised how easy a 49.1 leg felt.

So, victory to the Bels with a comfortable 9 points margin over

Woodford Green. We had expected Newham & Essex to be the main threat but Woodford had been recruiting strongly. After several years where they have floated between Divisions 1 and 2, they now look like a force to be reckoned with. Sale slumped to 5th, clearly unable to raise their game after their league victory, and Haringey, who had been relegated to Division 2 for 1997 suffered the ignominy of finishing last.

100m: (+1.3) 7, H.Korjie 10.73. 200m: (+0.6) 7, A.Walcott 21.81. 400m: 5, R.David 48.85. 800m: 2, M.Yates 1:52.29. 1500m: 1, M.Yates 3:49.81. 5000m: 1, P.Evans 13:53.23. 10000m: 1, G.Staines 29:40.4. 110mH: (+1.0) 1, N.Owen 14.00. 400mH: 6, I.Wells 55.41. 3000mSC: 1, J.Chaston 8:47.6. HJ: 3, R.Aspden 2.00. LJ: 4, G.Ojok 6.74. TJ: 6, P.Idowu 13.94. PV: cancelled. SP: 3, L.Newman 16.67. DT: 2, L.Marar 55.58. JT: 4, N.Bevan 70.18. HT: 2, D.Smith 68.76. 4x100m: 3, Belgrave (M.Dickson, P.Goedluck, H.Korjie, A.Walcott) 40.88. 4x400m: 5, Belgrave (J.Squirrell 49.1, H.Korjie 49.9, M.Dickson 49.2, R.David 49.0) 3:17.56.

### GUARDIAN INSURANCE CUP FINAL RESULT

1,	Belgrave .....	112
2,	Woodford Green .....	103
3,	Newham & Essex B .....	96
4,	Shaftesbury Barnet .....	90
5,	Sale Manchester .....	85
6,	Thames Valley .....	79
7,	Birchfield .....	74
8,	Haringey .....	61

### Around the tracks ...

#### May 1996

29 Watford Open. 800m: SM 2, D.Pamah 1:52.0. M20 1, T.Lerwill 1:49.2.  
29 Walton. Rosenheim League Western Div. 800m: n/s 1, M.Yates 1:50.1.

#### June 1996

1 Loughborough. DT: 2, K.Brown 58.66.  
16 Walton, Surrey Champs. 10000m: 1, R.Alsop 31:53.9.  
25 Sheerwater, Woking Open. PV: 2, I.Tullett 5.20; 6, J.Webb 4.20.  
26 Aldershot, Army v Hants. v Surrey. 400mH: 3, P.Beaumont 54.6.  
26 Crawley Open. HT: 2, P.Spivey 65.30.  
29 Tooting, HHH Open. 3000m: 1, D.Beaver 9:16.0. LJ: 1, C.Castelblanco 7.72. 1500m: S.Beaver (U15B) 4:37.1.

#### July 1996

7 Horsham Open. SP: L.Newman 17.17.  
10 Watford Open. BMC 1500m: 19, S.Hewes 3:54.7.  
20 Birmingham, Inter-Region. 200m: (-0.3) 6, L.Samuel 21.83; 7, A.Walcott 21.90. 110mH: (-1.3) 3, C.Rawlinson 14.70. 400mH: 3, C.Rawlinson 53.79. DT: 1, K.Brown 55.82. Womens 400m: 1, L.Staines 53.47.  
30 Wythenshawe, BMC Meet. 800m: Race 2 3, D.Pamah 1:51.7

#### August 1996

3 Cudworth, Northern I-Counties. 110mH: (-0.4) 2, C.Rawlinson 14.52.

## Around the tracks ...

### August 1996

- 4 Wrexham Games. 100m: 2, D.Powell 10.92.  
 11 Stoke on Trent. PV: 1, J.Webb 4.30.  
 26 Welwyn Garden City, Verlea Open. PV: 1, J.Webb 4.20.  
 28 Watford Open. 800m: M.Yates 1:50.0.  
 31 Tooting, Herne Hill H Open. 100m: S.Scott 11.4; B.Mensah 11.6;  
 D.Akinbogun 11.6. 200m: 1, S.Scott 22.6; 2, B.Mensah 23.3. 400m: 2,  
 D.Akinbogun 53.3.3000m: 1, R.Alsop 8:47.1. LJ: 1, C.Castelbranco  
 7.44. PV: 3, T.Lawton 3.00.

### September 1996

- 11 Southampton, Team Solent Invitation. 200m: (-1.4) 1, J.Ridgeon 21.9.  
 22 Sutton Open. PV: 3, J.Webb 4.30. SP: 2, M.Small 12.17. DT: 2, M.Small  
 40.02.

### October 1996

- 6 Tooting, Dave Wheeler Memorial Throws. (HT/SP/DT). 1, M.Small  
 1928pts. 42.58/11.94/37.62.

## GUARDIAN BRITISH ATHLETICS LEAGUE TOP BELGRAVE POINTS SCORERS 1996

	Match 1	Match 2	Match 3	Match 4	Total Points
1 Kevin Brown	16	20	26	18	80
2 Lee Newman	16	14	24	16	70
3 Neil Owen	19	—	25	18	62
4 Dave Smith	14	14	16	16	60
5 Matt Yates	—	28	—	32	60
6 Simon Shirley	28	20	10	—	58
7 Andrew Walcott	15	15	15	13	58
8 Dave Nolan	17.5	—	18	16	51.5
9 Haroun Korjie	13	15	—	21	49
10 Phil Spivey	11	12	12	12	47
11 Mike Edwards	16	19	—	8	43
Philip Idowu *	10	8	13	12	43
Chris Rawlinson	20	—	—	23	43
14 Nigel Bevan	—	14	16	12	42
15 Tom Lerwill *	17.5	—	20	—	37.5
16 Ian Wells	8	13	8	6	35
17 Dave Pamah	—	16	8	10	34
18 Darren Mead	—	—	20	12	32
19 Paul Evans	—	—	—	28	28
Richard Aspden *	12	—	—	16	28
21 Marlon Dickson *	—	—	19	8	27
22 Leith Marar	12	—	—	14	26
23 Matt Kloiber	—	13	12	—	25
24 Lewis Samuel	3.5	8	12	—	23.5
25 Ian Tullett	—	12	8	—	20
26 Kassa Tadesse	3	6	8	—	17
Phil Goedluck	12	3	—	2	17
28 Justin Chaston	—	—	—	16	16
Fred Salle	16	—	—	—	16
Geoffrey Ojok *	4	—	4	8	16
31 Derek Browne	10	4	—	—	14
= James Hilston *	4	—	10	—	14
33 Paul Beaumont	—	13	—	—	13
34 Jamie Webb	—	—	8	4	12
Gary Staines	—	—	—	12	12
Du'aine Ladejo	12	—	—	—	12
Darren Morris	—	12	—	—	12
38 Michael Parper *	—	—	—	11	11
39 Bruce Barton	—	4	6	—	10
= Syful Ahmed *	—	—	6	4	10
41 Gavin Mason *	9.5	—	—	—	9.5
42 Jason Fergus	—	9	—	—	9
43 Rob Turner	8	—	—	—	8
44 Matt Hillier *	4	3	—	—	7
Les Antoine	—	7	—	—	7
46 Graham Adams	6	—	—	—	6
Jon Squirrel	—	—	—	6	6
Roger Alsop	6	—	—	—	6
49 Jim Estall	—	4	—	—	4
50 Dalton Powell	—	—	3	—	3
Totals	343	306	327	374	1350

## BELGRAVE'S 1996 BRITISH ATHLETICS LEAGUE RANKINGS BY EVENT

Over the last few years our Heavy Squad has provided the muscle from which a series of League and Cup title wins have developed. Last year Dave Smith and Lee Newman were welcome additions, while at the tail end of the 1996 season Matt Simson joined Belgrave to further strengthen an already impressive throws squad. Their contribution to our League and Cup successes may be judged from the following table which aggregates League Div. 1 points for A and B strings and then divides the totals by the maximum possible points to give the % performance and hence Ranking positions.

The sprint and long relays are limited to 1 event each per Match, so that the maximum points possible for these events in 1 season are 64, while all other events could score 112 maximum. This is worked out on the basis that an A String win is worth 16 points and a B String win 12 points.

For budding statisticians the complete scoring for a British League fixture is as follows :-

A String: 16,14,12,10,8,6,5,4.  
 B String: 12,10, 8, 6,4,3,2,1.

Event	Match 1	Match 2	Match 3	Match 4	Total	%
1= Hammer	24	26	28	28	106	94.6
1= Discus	28	26	26	26	106	94.6
3 4 x 400m	14	12	16	12	54	84.4
4 800m	20	24	24	26	94	83.9
5 400m	26	14	22	24	86	76.8
6 110H	26	14	19	26	85	75.9
7 Shot	24	20	22	18	84	75.0
8 PoleVault	28	28	16	10	82	73.2
9 4 x 100m	12	12	12	8	44	68.7
10 200m	20	20	18	18	76	67.8
11 1500m	14	20	8	28	70	62.5
12 Triple J	20	12	16	17	65	58.0
13= Javelin	9	22	18	14	63	56.3
13= 3000m S'chase	8	7	20	28	63	56.3
15= High J	16	6	13	26	61	55.5
15= 5000m	9	10	14	28	61	55.5
17 100m	11	18	10	14	53	47.3
18 Long J	20	6	14	11	51	45.5
19 400H	14	9	11	12	46	41.1
Totals	343	306	327	374	350	

*British League Stats compiled by Bill Laws*

*It's great to have such people as Gill Fairclough to rely upon. Gill has been associated with Belgrave for many years, husband Tony being one of our star cross country runners from the '60s. Both Gill and Tony have gone on to put something back into the sport and do a great deal of officiating, particularly in Kent. At our home McDonald's YA Meeting at Crystal Palace Gill took on the arduous role of Field Events Referee while Tony was Track Ref. What would we have done without them?*



Photo: Alan Mead

# Men's Southern League Divisions 3 & 6

With a mostly young team our Southern Leaguers maintained a high position in Division Three throughout the summer. We say *mostly* young but where would we be without veteran Mike Small who regularly wins just about every throw going, setting veteran personal and club bests into the bargain. Things got a little harder as the season progressed and we lost sprinter Marlon Dickson, vaulter Jamie Webb and 400 flat and hurdles man Jon Squirrell to the British League team but to be honest, this just gave some of the younger men a chance to show their mettle - and they grasped the chance.

Going down to Bracknell for the final match we needed 1st or 2nd team spot to clinch promotion. It wasn't made easier when Team Manager Bob Bridges went sick on the day. We abandoned our Division Six team entirely at this point as Don Anderson stepped in as Team Boss. Approaching the relays our boys felt they had done enough for the day in the hot sun and incredibly, with a match win and promotion beckoning, it looked as if we would fail to turn out a 4x400

squad. A quick chase round by Pat Mead rounded up a somewhat less than enthusiastic team who donned their spikes while Kenny Pereira occupied our lane and held up the event - much to the annoyance of the officials. They might not have wanted to do it but our lads ended up with a fine win with Richard David running a cracking 48.2 for the last leg. The match was ours. Promotion was secured and a sick Bob was 'phoned up and given the news.

As we have said, we abandoned the Division Six team at the end. It had been a great struggle to fill out a team for much of the time - although we do have quite a few vets and youngsters who enjoy competing for our third team. The penalty for failing to fill out 50% of the events is an automatic drop of two divisions so it's Division Eight in '97 for the old boys. There is an advantage here, however. It's only one per event in Division Eight so things should be a little easier to organise here while our second team launches an attack on Division Two with the aim of going back to the first division in '98.

Teams: 1, Old Gaytonians 155; 2, Colchester 144; 3, Kingston & Poly 84½; 4, West Suffolk 83; 5, Belgrave 50½.

## DIVISION 3 MATCH 5 BATTERSEA PK., 3 AUG 1996

100m: 1, R.David 11.1; 2, B.Mensah 11.5. 200m: 1, R.David 22.1; 1, D.Akinbogun 23.5. 400m: 5, G.Taylor 53.7; 5, S.Smullen 58.9. 800m: 4, Mark Anderson 2:02.0; 3, S.Smullen 2:05.2. 1500m: 4, D.Beaver 4:20.5; 3, S.Smullen 4:35.8. 5000m: 2, J.Estell 15:21.2; 2, S.Chettati 15:41.4. 110mH: 1, M.George 15.7. 400mH: 2, J.Squirrell 57.0. 3000mSC: 1, J.Galley 10:03.6; 3, T.Earle 11:41.7. HJ: 5, C.Husbands 1.40. LJ: n/s. M.Livingstone 5.23; K.Adjepong 4.20. TJ: 1, M.George 13.56; 2, J.Druce 12.10. PV: 2, C.Husbands 2.80. SP: 1, M.Small 12.33; 1, P.Waterman 11.65. DT: 1, L.Marar 52.90; 1, M.Small 40.14. JT: 3, M.Small 42.24; 1, C.Mountfield 41.42. HT: 2, M.Small 43.64; 1, P.Waterman 41.56. 4x100m: 4, Belgrave 45.4. 4x400m: 1, Belgrave 3:32.3.

Teams: 1, Swindon 130; 2, Belgrave 114; 3, Queens Park 101½; 4, Crawley 94; 5, Huntingdon 87½.

## DIVISION 6 MATCH 5 BATTERSEA PK., 3 AUG 1996

100m: 2, M.Livingstone 11.6; 1, K.Adjepong 11.6. 200m: 2, K.Adjepong 24.2. 400m: 1, D.Akinbogun 52.4; 1, J.Panton 52.6. 800m: 4, K.Quinn 2:04.6. 1500m: 3, M.Webb 4:33.5; 2, D.Anderson 4:36.6. 5000m: 1, M.Webb 16:18.1; 2, J-M.Bart 17:05.7. HJ: 5, G.Sagar 1.40. SP: 1, P.Lyttle 11.05. DT: 2, P.Lyttle 32.84. JT: 2, G.Sagar 34.98; 1, P.Lyttle 34.52. HT: 4, P.Lyttle 19.26; 4, G.Sagar 14.16. 4x400m: 4, Belgrave 3:51.7.

Teams: 1, St.Albans 144; 2, Ryston Runners 123; 3, Weymouth 98; 4, Southampton 79; 5, Belgrave 66.

## DIVISION 3 MATCH 6 BRACKNELL, 17 AUG 1996

100m: 1, R.David 11.0; 2, B.Mensah 11.2. 200m: 1, R.David 22.4; 1, B.Mensah 23.1. 400m: 1, D.Akinbogun 52.6; 2, K.Pereira 56.3. 800m: 5, S.Smullen 2:04.9; 5, T.Earle 2:25.7. 1500m: 5, S.Smullen 4:25.2; 4, D.Anderson 4:36.5. 5000m: 2, S.Chettati 15:45.5; 1, M.Webb 15:59.7. 110mH: 1, M.George 16.5. 400mH: 1, M.George 60.6; 5, T.Earle 70.3. 3000mSC: 2, B.Barton 9:58.2; 1, J.Galley 10:12.9. HJ: 5, G.Sagar 1.50; 4, J.Druce 1.50. LJ: 4, M.George 5.71; 1, K.Pereira 5.69. TJ: 1, M.George 13.18; 1, K.Pereira 12.12. PV: 3, T.Lawton 3.00; 1, C.Husbands 2.80. SP: 1, M.Small 12.69; 4, G.Sagar 8.62. DT: 1, M.Small 39.62; 4, G.Sagar 18.54. JT: 4, M.Small 41.08?; 3, G.Sagar 33.30. HT: 2, M.Small 41.08?; 3, G.Sagar 15.78.

4x100m: 1, Belgrave (D.Akinbogun, M.George, K.Pereira, B.Mensah) 45.4. 4x400m: 1, Belgrave (1, B.Mensah 55.5, M.George 55.8, D.Akinbogun 51.8, R.David 48.2) 3:31.3.

Teams: 1, Belgrave 127; 2, Andover 120; 3, Newbury 106; 4, Medway 94; 5, Newquay 88.

## SOUTHERN LEAGUE DIVISION THREE

1, Harlow .....	30 ... 759
2, Swindon .....	28 ... 792
3, Team Solent .....	26 774½
4, Belgrave .....	26 719½
5, Andover .....	23 714½
6, Havant .....	22 648½
7, Boro Hounslow .....	22 648½
8, Met. Police .....	21 714½
9, Walton .....	20 653½
10, Ashford .....	18 ... 653
11, Queen's Park .....	18 ... 637
12, Windsor S&E .....	18 ... 619
13, Newquay & Par .....	17 606½
14, Braintree .....	17 592½
15, Wycombe Phoenix .....	17 ... 574
16, Vale of Aylesbury .....	16 546½
17, Blackheath .....	15 ... 556
18, Newbury .....	14 617½
19, East Grinstead ...	13½ 600½
20, South London ...	13½ ... 545
21, Crawley .....	12½ 603½
22, Aldershot F&D ...	12½ 551½
23, Medway .....	10½ ... 501
24, Yeovil .....	10½ ... 445
25, Huntingdonshire .....	9 ... 511

## SOUTHERN LEAGUE DIVISION SIX

1, Old Gaytonians .....	29 886½
2, St. Alban's .....	28 811½
3, Colchester .....	27 839½
4, Paddock Wood .....	26 839½
5, Haringey .....	25 ... 808
6, Chichester .....	23 ... 760
7, Ryston .....	23 ... 752
8, Chiltern & Chalfont .....	23 ... 689
9, Waveney Valley ...	21 ... 720
10, Dartford .....	21 690½
11, GEC Avionics .....	19 608½
12, London Irish .....	17 586½
13, Kingston & Poly .....	17 582½
14, Hertford & Ware .....	16½ 571½
15, Trent Park .....	16 ... 626
16, White Horse .....	16 576½
17, Kent .....	15 ... 555
18, Milton Keynes .....	13 578½
19, West Suffolk .....	13 ... 567
20, Weymouth St.P. ...	12½ 505½
21, Southampton C. ...	11½ ... 495
22, Muswell Hill .....	11 ... 519
23, Watford .....	10½ 637½
24, Belgrave .....	7 ... 291
25, Queen's Park .....	5 ... 122

## DIVISION 6 MATCH 2 HARROW, 18 MAY 1996

100m: 1, M.Livingstone 11.9; 1, D.Akinbogun 11.9. 200m: K.Pereira 24.6; 3, D.Akinbogun 24.7. 800m: 2, M.Anderson 2:16.2; 3, D.Anderson 2:22.4. 1500m: 3, P.Carstairs 4:28.2; 2, D.Anderson 4:50.0. 5000m: 2, D.Anderson 17:05.9. LJ: 5, G.Sagar 3.71. HJ: 3, N.Whorlow 1.40; =1, G.Sagar 1.40. SP: 4, G.Sagar 8.35; 3, S.Whorlow 6.80. JT: 4, G.Sagar 29.68. HT: 5, G.Sagar 14.64. Teams: 1, Dartford 142½; 2, Muswell Hill 127½; 3, White Horse 90½; 4, Belgrave 51½; 5, Queens Park 35.

## DIVISION 3 MATCH 3 BATTERSEA PK., 22 JUN 1996

100m: 1, M.Dickson 10.8; 1, B.Williams 11.3. 200m: 1, M.Dickson 22.3; 1, B.Williams 22.8. 400m: 1, R.David 50.3; 1, A.Daniel 52.9. 5000m: 3, J.Galley 15:35.6; 1, D.Beaver 15:41.8. 110mH: 2, M.George 16.1; 3, R.Bridges 24.5. HJ: 1, R.David 1.75; 2, N.Whorlow 1.60. LJ: 1, C.Castelbranco 7.15; 2, B.Williams 6.12. PV: 1, J.Webb 4.40; 2, T.Lawton 3.20. SP: 1, M.Small 12.24; 3, R.Bridges 7.88. DT: 1, L.Marar 54.78; 1, M.Small 39.74. JT: 3, C.Mountfield 41.32; 3, R.Bridges 27.64. HT: 3, M.Small 43.42; 3, R.Bridges 27.64. 4x100m: 1, Belgrave (A.Daniel, B.Williams, R.David, M.Dickson) 45.9. 4x400m: Belgrave (J.Webb 56.5, J.Squirrell 48.5, B.Williams 51.4, R.David 52.2) 3:28.6. Teams: 1, Belgrave 133; 2, Met. Police 121; 3, South London 93; 4, Hounslow 89; 5, Wycombe 83.

## DIVISION 3 MATCH 4 PORTSMOUTH, 13 JUL 1996

100m: 2, B.Williams 11.2; 1, A.Daniel 11.4. 200m: 3, B.Williams 23.1; 1, A.Daniel 23.0. 400m: 2, P.Turner 51.0; 3, C.Husbands 55.6. 1500m: 4, P.Carstairs 4:26.5; 3, D.Beaver 4:40.9. 5000m: 2, D.Beaver 15:41.8; 2, P.Carstairs 16:19.1. 110mH: 2, M.Miller 17.8; 5, R.Bridges 23.4. 400mH: 5, M.Miller 62.2. HJ: 1, M.Miller 1.90; 1, C.Collis 1.85. LJ: 1, B.Williams 6.50; 5, C.Husbands 4.77. TJ: 3, K.Pereira 12.22; 3, M.Miller 11.15. PV: 3, C.Husbands 2.80; 4, A.Daniel 2.20. SP: 1, M.Small 12.44; 5, R.Bridges 7.39. DT: 1, M.Small 40.02; 2, C.Collis 31.34. JT: 1, C.Collis 46.10; 2, M.Small 41.12. HT: 1, M.Small 44.86; 5, R.Bridges 20.24. 4x100m: 1, Belgrave (B.Williams, A.Daniel, K.Pereira, M.Miller) 45.9. 4x400m: (B.Williams 54.6, C.Husbands 55.6, K.Pereira 55.8, M.Miller 60.0) 3:46.0. Teams: 1, Havant 120; 2, Vale of Aylesbury 109; 3, Belgrave 107; 4, Ashford 100; 5, East Grinstead 98.

## DIVISION 6 MATCH 4 HARROW, 13 JUL 1996

100m: 1, B.Mensah 12.0; 5, D.Anderson 15.7. 200m: 1, B.Mensah 23.9; 5, R.McMillan 28.6. 400m: 5, R.McMillan 62.6; 5, G.Sagar 62.1. 800m: 4, D.Anderson 2:20.2. 1500m: 3, A.Binda 4:39.4; 3, D.Anderson 4:56.4. 5000m: 3, A.Binda 17:16.7; 3, D.Anderson 18:09.4. HJ: 4, G.Sagar 1.50; =4, B.Mensah 1.00. LJ: 5, P.Lyttle 3.51; 5, B.Mensah 3.39. DT: 1, P.Lyttle 32.58. JT: 3, P.Lyttle 34.82; 3, G.Sagar 34.24. HT: 4, P.Lyttle 19.06; 4, G.Sagar 16.00. 4x100m: 4, Belgrave 51.1.

**DIVISION 3 MATCH 2  
HAYES, 25 MAY 1996**

**Senior Women**

100m: 5, R.Osodi 14.6; 5, H.Mead 15.4. 200m: 5, R.Osodi 30.4; 5, D.Kandros 31.4. 400m: 4, J.Stone 66.2; 4, H.Mead 79.6. 800m: 4, A.Gray 2:54.6; 4, A.Patten 3:25.5. 1500m: 2, J.Brown 5:06.0; 3, J.Moore 6:22.4. 3000m: 4, S.Symonds 12:13.5; 2, A.Hearn 13:39.7. 100mH: 2, A.Patten 20.5; 1, J.Smiter 20.8. 400mH: 2, J.Stone 72.4; 2, J.Smiter 74.7. HJ: 3, J.Smiter 1.50; 1, L.Wilson 1.45. LJ: 5, H.Mead 3.88; 3, D.Kandros 3.87. TJ: 3, J.Smiter 9.47; 1, A.Patten 9.35. PV: 2, J.Smiter 1.60. SP: 3, A.Patten 8.28; 2, M.Stock 8.07. DT: 2, M.Stock 26.96; 1, G.Richardson 23.28. JT: 2, G.Richardson 25.46; 4, J.Brown 17.00. HT: 2, G.Richardson 28.54; 3, H.Mead 16.06. 4x100m: 5, Belgrave 58.8. 4x400m: 3, Belgrave (J.Brown 67.2, A.Hearn 78.6, S.Symonds 74.0, J.Smiter 73.7) 4:53.5.

**Under 17 Women**

80mH: 4, A.Hearn 19.5; 4, R.Osodi 18.1.

**Under 15 Girls**

100m: 4, N.Crosby 15.0; 5, L.Davidson 15.2. 200m: 5, N.Crosby 31.1; 4, D.Hearn 31.1. 800m: 2, D.Hearn 2:38.0; 5, L.Davidson 3:13.4. 1500m: 4, L.Fryer 6:03.9. 75mH: 4, L.Fryer 17.6. LJ: 4, D.Hearn 3.92; 5, L.Davidson 2.57. SP: 5, L.Fryer 5.61; 5, C.Nicholson 3.15. 4x100m: 5, Belgrave 61.8.

Teams: 1, Thames Valley 201; 2, Hillingdon 200; 3, South London 140; 4, Belgrave 124; 5, Hercules Wimbledon 109.

Photo: Alan Mead



Rebecca Lester outkicked her opponents at Aldershot to win the 'B' Under 15 800 metres.

**DIVISION 3 MATCH 3,  
SUTCLIFFE PK., 22 JUN 1996**

**Senior Women**

100m: 5, R.Letang 14.4; 4, D.Mukasa 14.1. 200m: 5, D.Mukasa 29.4; 4, J.Smiter 29.7. 400m: 5, J.Stone 65.9; 5, S.Porter 93.3. 800m: 4, S.Symonds 2:46.2; 4, J.Moore 3:08.1. 1500m: 4, S.Symonds 5:47.3; 3, A.Hearn 5:57.8. 3000m: 2, G.Collision 10:00.1; 1, J.Brown 10:57.1. 100mH: 4, J.Cockram 19.2; 2, A.Patten 19.1. 400mH: 2, J.Stone 69.1; 2, J.Smiter 75.3. HJ: 1, J.Cockram 1.55; 3, J.Smiter 1.40. LJ: 5, J.Cockram 4.16; 4, A.Patten 4.11. TJ: 4, J.Smiter 9.45; 2, A.Patten 9.04. PV: 1, J.Cockram 2.70. SP: 2, A.Patten 9.18; 1, M.Stock 8.40. DT: 3, M.Stock 26.82; 1, G.Richardson 23.46; JT: 2, G.Richardson 29.18; 3, R.Letang 22.26. HT: 2, G.Richardson 30.28; 1, P.Keeler 28.30. 4x100m: 5, Belgrave (R.Letang, J.Smiter, D.Mukasa, D.Kardon) 57.3. 4x400m: 4, Belgrave (J.Stone, G.Collision, S.Symonds, J.Smiter) 4:32.8.

**Under 17 Women**

80mH: 4, A.Hearn 19.4; 2, D.Kandros 15.9.

**Under 15 Girls**

100m: 3, B.Simon 13.6; 2, S.Raymond 14.6. 200m: 3, E.Gykye 29.7; 2, J.Amonso 31.3. 800m: 3, R.Lester 2:43.7; 4, N.Boakye 2:59.9. 1500m: 2, D.Hearn 5:23.2; 5, L.Davison 6:55.1. 75mH: 3, D.Briggs 13.7; 4, N.Boakye 19.0. HJ: 1, E.Gykye 1.35; 2, R.Laster 1.20. LJ: 4, D.Briggs 4.19; 4, S.Raymond 3.64. SP: 3, B.Simon 6.91; J.Amonso no dist. DT: 5, N.Boakye 10.92; 4, L.Davison 7.84. JT: 4, D.Hearn 11.40; 4, L.Harvey 8.48. 4x100m: 1, Belgrave (B.Simon, D.Briggs, E.Gykye, D.Hearn) 56.0. Teams: 1, Salisbury 207½; 2, Bexley 171½; 3, Shaftesbury Barnet 167; 4, Belgrave 160; 5, Radley 128.

**DIVISION 3 MATCH 4,  
ALDERSHOT, 20 JUL 1996**

**Senior Women**

100m: 1, S.Scott 13.2; 2, A.Abrams 13.5. 200m: 1, S.Scott 26.5; 5, D.Kandros 31.0. 400m: 2, J.Stone 64.3; 4, H.Mead 74.7. 800m: 5, A.Hearn 2:57.2; 5, A.Patten 3:33.6. 1500m: 2, S.Northey 4:59.1; 4, C.Eastham 6:12.0. 3000m: 1, S.Northey 10:23.4; 1, M.Ryan 11:28.9. 100mH: 5, A.Patten 20.6; 2, J.Cockram 18.4. 400mH: 1, J.Stone 72.0; 3, J.Smiter 81.0. HJ: 1, J.Cockram 1.50; 1, L.Wilson 1.45. LJ: 1, A.Abrams 5.69; 2, S.Scott 5.06. TJ: 2, A.Patten 10.10; 1, J.Cockram 9.12. PV: 1, J.Cockram 2.85. SP: 4, M.Stock 7.54; 5, H.Mead 6.44. DT: 2, M.Stock 27.28; 3, A.Patten 24.30. JT: 3, G.Richardson 28.50; 3, H.Mead 18.28. HT: 1, G.Richardson 27.82; 3, H.Mead 18.52. 4x100m: 4, Belgrave (H.Mead, D.Kandros, A.Abrams, S.Scott) 55.1. 4x400m: 4, Belgrave (J.Stone, L.Wilson, J.Cockram, J.Smiter) 4:26.1.

**Under 17 Women**

80mH: 2, L.Wilson 16.4; 1, D.Kandros 15.9.

**Women's Southern League Div. 3**

After a win at home in match 1 hopes were high that we could maintain our effort and at last gain promotion from Division Three. Not to be. After several seasons of being short of under 15s, at Hayes and Sutcliffe Park we suddenly found ourselves scratching around for seniors to fill out the team and paid the penalty with two 4th places.

It was a different story for match 4 at Aldershot. Sprinter Sabrina Scott turned out while in the 3,000 metres we were treated to a dominating run from Samantha Northey as she ran away from the combined Division One and Six fields to win by a street. Success wasn't confined to the seniors either as Debbie Hearn and Rebecca Lester both came from behind to outkick the rest of the runners in their 800m races. In the end four points covered the first three teams and it was 2nd for the "Belles".

Two matches to go and we were slowly dragging ourselves back up the league table. At the Royal Navy track

at Portsmouth our throwers were in good form with 16 year-old Michelle Stock winning the 'A' discus and 'B' shot, and Angela Patten and Gail Richardson also scoring good points. Andrea Abrams took charge of the long jump and Natalie Law and Sabrina Scott were unbeaten in both sprints and relays. Try as they could though, the under 15s were unable to come up with any wins this time, and we were 3rd team on the day.

Holidays took their toll for the final match at home and wins were few and far between. Two victories that did stand out were Sam Northey's Under 17 3000m Club Record followed by her 1500m performance. Even spectating British League 800m/1500m man Dave Pamah was impressed!

And so we stay where we are for another year. Jacqui Smiter has survived her first year as Joint Team Manager and we now set our sights on 1997. Can we get up to Division Two this time?

Photo: Alan Mead



Left: Harriet Payne raced to 1st in her 'B' 100m and 2nd in the 'A' 200m to add to our sprinting power at Aldershot. These performances 13.5 and 28.0) took her to =4th and 4th in our 1996 rankings. Not bad for a 13 year-old!

**DIVISION 3 MATCH 5  
HMS TEMERAIRE  
PORTSMOUTH, 10 AUG 1996**

**Senior Women**

100m: 1, N.Law 12.8; 1, S.Scott 12.8. 200m: 1, S.Scott 26.5; 1, N.Law 27.5. 400m: 3, J.Stone 64.4; 3, D.Kandros 76.3. 800m: 5, A.Patten 3:11.6. 1500m: 4, S.Symonds 5:40.5; 4, A.Hearn 6:09.0. 3000m: 4, S.Symonds 12:13.2; 4, A.Hearn 13:11.9. 100mH: 1, A.Patten 19.3; 3, J.Smiter 19.8. 400mH: 2, J.Stone 71.9; 2, J.Smiter 79.6. HJ: 2, L.Wilson 1.45; 2, J.Smiter 1.40. LJ: 1, A.Abrams 5.54; 1, S.Scott 4.66. TJ: 4, A.Patten 9.38; 1, J.Smiter 9.01. SP: 1, A.Patten 8.99; 1, M.Stock 7.63. DT: 1, M.Stock 24.82; 1, G.Richardson 23.54. JT: 2, A.Patten 28.24. 1, G.Richardson 27.70. HT: 2, G.Richardson 28.66. 2, H.Mead 15.02. 4x100m: 1, Belgrave (S.Scott, L.Wilson, A.Abrams, N.Law) 52.0. 4x400m: 4, Belgrave (J.Stone 65.1, L.Wilson 67.0, S.Symonds 73.8, J.Smiter 75.6) 4:41.5.

**Under 17 Women**

100m n/s R.Osodi 14.8; T.Sturton 16.0. 80mH: 5, D.Kandros 16.7; 4, R.Osodi 17.6. 4x100m n/s Belgrave (T.Sturton, R.Osodi, D.Kandros, M.Simon) 59.9.

**Under 15 Girls**

100m: 3, K.Frazer-Smith 13.7; 4, S.Raymond 14.5. 200m: 5, K.Frazer-Smith; 5, J.Amonso 31.2. 800m: 4, D.Hearn 2:39.6; 2, R.Lester 2:49.3. 1500m: 4, M.Simon 6:27.7; 4, L.Davison 6:47.7. 75mH: K.Delamos dnf; J.Amonso dnf. HJ: 5, R.Lester

>>>



Photo: Alan Mead

Right:  
Elizabeth Gyekye was a regular in Southern League and Thameside League competition in 1996.

1.25; =3, L.Harvey 1.25. LJ: 5, M.Simon 3.98; 3, S.Raymond 3.97. SP: 2, K.Frazer-Smith 7.02; 4, L.Harvey 4.16. DT: 5, K.Delamos 10.80; 4, L.Davison 10.46. JT: 4, D.Hearn 15.08; 5, S.Raymond 9.18. 4x100m: 5, Belgrave ( R.Lester, D.Hearn, S.Raymond, K.Frazer-Smith) 58.7; n/s (L.Harvey, J.Amonso, K.Delamos, L.Davison). Teams: 1, Wycombe Phoenix 218; 2, Havant 191; 3, Belgrave 160½; 4, Blackheath 130; 5, St.Alban's 118.

**DIVISION 3 MATCH 6  
BATTERSEA PK., 7 SEP 1996**

Senior Women  
100m: 2, S.Scott 12.9; 2, A.Abrams 13.1. 200m: 2, S.Scott 26.7; 5, J.Stone 29.8. 400m: 3, L.Wilson 67.0; 3, D.Mukasa 66.9. 800m: 5, A.Hearn 2:57.0; 4, A.Gray 2:46.6. 1500m: 1, S.Northey 4:56.3; 3, S.Symonds 5:31.2. 3000m: 1, S.Northey 10:14.2; 2, S.Symonds 11:45.7. 100mH: 3, J.Cockram 19.7; 2, J.Smiter 20.1. 400mH: 2, J.Stone 72.6; 2, J.Smiter 78.2. HJ: 2, J.Cockram 1.50; 2, L.Wilson 1.45. LJ: 2, A.Abrams 5.49; 1, S.Scott 5.33. TJ: 2, A.Patten 10.16; 1, J.Cockram 8.96. PV: n/s M.Jones 1.50.SP: 4, A.Patten 8.07; 1, M.Stock 7.85. DT: 4, G.Richardson 22.36. JT: 2, A.Patten 31.80; 1, G.Richardson 27.86. HT: 2, G.Richardson 28.64; 1, P.Keeler 26.38. 4x100m: 3, Belgrave 53.2. 4x400m: 4, Belgrave 4:44.4.

Under 17 Women  
80mH: 3, A.Hearn 19.7; 5, D.Kandros 16.8.

Under 15 Girls  
100m: 2, H.Payne 13.9; 4, S.Raymond 14.6; n/s K.Delamos 14.6; D.Briggs 14.9; T.Sturton 15.8; D.Johnson 18.6. 200m: 3, H.Payne 28.6; 2, E.Gyekye 29.1. 800m: 2, M.Simon 2:37.1; 2, R.Lester 2:39.6. 1500m: 3, D.Hearn 5:22.4. 75mH: 2, D.Briggs 14.0; 3, D.Hearn 16.6. HJ: 4, R.Lester 1.25; 3, E.Gyekye 1.20. LJ: 3, H.Payne 4.43; 4, D.Briggs 3.94; n/s S.Raymond 4.03; K.Low 3.37; 8, D.Johnson 3.35. SP: 5, N.Boakye 5.54; 5, L.Harvey 5.13. DT: 5, N.Boakyn 13.44; 3, M.Simon 10.62. 4x100m: 2, Belgrave 55.7.

Teams: 1, Colchester 186; 2, Yeovil 173; 3, Belgrave 167; 4, Highgate 160; 5, East Grinstead 129.

**WOMEN'S  
SOUTHERN LEAGUE  
DIVISION THREE**

1, Wycombe Phoen. ...	28	1208½
2, Salisbury .....	28½	1191
3, Hillingdon .....	25½	1177
4, Havant .....	25	1165½
5, Thames Valley .....	24	1134
6, Huntingdonshire .....	25	1102
7, Worthing & Dist .....	24	1070
8, Blackheath .....	23	1022
9, Belgrave .....	19	975½
10, St.Alban's .....	19	972
11, Bexley .....	17	971½
12, Colchester & T .....	18	962½
13, Aldershot F&F .....	16	945
14, Highgate .....	16	931
15, South London .....	15	923
16, Newquay & Par .....	16	898½
17, Yeovil .....	15	878
18, Ipswich .....	16	871
19, Portsmouth .....	15	851½
20, Radley .....	13	847
21, Shaftesbury .....	13	821½
22, East Grinstead .....	11	820
23, Hercules Wimb. ....	9	751
24, Andover .....	12	726
25, Kingston & Poly .....	6	422

**Schools Results**

*June 1996*

- 8-9 Kent Schools.  
Inter Boys 200m: 2, M.Kerr 23.8. 400m: 2, S.Murray 52.4; 3, N.Daniel 53.1. 1500m: 3, A.Becirhodzic 4:10.6. HJ: N.Whorlow 1.65. TJ: 1, J.Tuson 13.10. SP: 1, P.Waterman 14.85. JT: 4, M.Semakula 39.46.
- 8 Berkshire Schools  
Inter Boys JT: 1, A.Stanley-Clarke 52.??.
- 8 London Schools.  
Senior Boys 100m: 2, M.Dickson 10.9; 3, R.David 11.2. 200m: 1, R.David 22.5. 800m: 3, M.Ayres 2:06.3. 110mH: 1, S.Scott 14.7. LJ: 1, G.Ojok 6.58. TJ: 1, P.Idowu 15.09 (CBP). SP: 1, D.Stone 11.78. JT: 1, B.Cascoe 52.22.  
Inter Boys 100m: 2, C.Lambert 11.6 (11.4ht). 400m: ht D.Adams 56.9. 800m: 1, B.Smalling 2:07.7; 3, M.Brightly 2:09.8; ht M.Patel 2:17.2. 100mH: ht S.Stevenson 14.4; A.Sakyi; M.Louis-Sidney. HJ: 3, S.Oni 1.85. TJ: 1, S.Ahmed 13.96. JT: 2, A.Newberry 41.82.  
Junior Boys 100m: ht. G.Aboya-Dana 11.9. 400m: 2, S.Bellamy 57.7; ht A.Blackstock 59.5. 800m: 3, M.Garcia 2:15.9; 6, A.Lambert 2:24.1. 1500m: 11, C.Morris 5:01.9. 80mH: 1, D.Adams 12.8. HJ: 1, B.Barikor 1.76; 6, N.Green 1.50. LJ: 3, A.Blackstock 5.58. SP: 3, J.Putrym 10.45. DT: 6, S.St.Luce 25.32. JT: 1, B.Apps 39.06.  
Inter Girls 100m: 1, N.Law 12.6. 200m: 2, N.Law 26.4. 3000m: 1, A.Hearn 12:48.8. DT: 1, M.Stock 27.46.  
Junior Girls 100m: ht B.Simon 13.6. 800m: 6, D.Hearn 2:40.5.
- 8 Surrey Schools  
Junior Boys 110mH: 2, M.George 15.7. TJ: 2, L.Ilo 14.32.  
Inter Boys 200m: 1, E.Hassan 23.6 (23.5 ht); 2, R.Hart 23.9 (23.8 ht); 800: J.Venning. 100mH: 2, B.Seiden 14.4; 7, M.Dalrymple 15.5 (15.4 ht).  
Junior Boys 100m: 3, R.Danso 12.4. 200m: 4, A.Markham 25.9 (25.1 ht). 400m: 3, L.Morby 55.3. 1500m: 4, S.Beaver 4:40.4. 80mH: 5, K.O'Keefe 12.7. DT: 2, J-P.Rizkalla 28.42.; 6, T.Norman 24.80. JT: 3, J.Hall 38.18.
- 15 Southampton, Schools Inter-Counties. Inter Boys 400m: 3, E.Hassan 50.6.
- 27 Tooting, London Schools. SP: 1, D.Onwuballili 11.39. DT: 1, D.Onwuballili 27.2. HJ: 1, C.Carew 1.48.

*July 1996*

- 1 Birmingham, National Prep Schools Champs. U12B 800m: 3, F.Lewis 2:27.3.
- 2 Enfield, London Catholic Schools Champs. Year 9 100m: 1, G.Aboya-Dana 11.7. HJ: 1, B.Barikor 1.67. Year 8 200m: 1, N.Urmatum 24.9. Year 7 100m: 1, S.Eaton 12.3.
- 12-13 Sheffield, TSB English Schools.  
Senior Boys 100m: (+2.5) 4, M.Dickson 10.62 (10.77 ht +1.1). 200m: ht (+1.5) 4, R.David 22.22. 400m: 8, M.Parper 49.50 (ht 49.02); ht 3, J.Hilston 49.88. 110mH: (+2.5) 3, S.Scott 14.29 (14.69 ht +1.8); ht 8, M.George 15.25. LJ: 7, G.Ojok 6.65 (+3.3). TJ: 2, P.Idowu 15.53 (+5.90); 10, L.Ilo 14.29 (+5.30); 12, C.Igbon 14.08 (+4.0).  
Inter Boys 400m: 8, E.Hassan 51.02 (50.81 s-f). 100mH: (+2.30) ht S.Stephenson 13.94. HJ: qual. round 13, S.Oni 1.80. LJ: 6, K.King 6.61 (+1.0). TJ: 3, S.Ahmed 14.00 (+1.4). JT: 9, A.Stanley-Clarke 53.28. HT: 2, P.Waterman 54.52.  
Junior Boys 100m: (+3.6) 8, G.Aboyo-Dana 11.73 (11.56 ht +1.7). 80mH: (+1.8) 4, D.Adams 11.82 (11.70 ht +0.2). HJ: 4, B.Barikor 1.78. LJ: 12, P.Kiddell 5.52 (+3.40).  
Inter Girls 3000m: 11, S.Northey 10:26.56.
- 20 Stoke, Schools International. Inter Boys HT: 1, P.Waterman 57.26.

**BELGRAVE HARRIERS  
OPEN T&F MEETING 1997  
BATTERSEA PARK  
SATURDAY APRIL 19TH**

See Fixture card for full details

# Men's National Junior League - Southern Area Division 2

If ever there was a team going places then this is the one. Many of our Junior Men's team have been with us since they were 13 or 14 and now they are doing battle as under 20s, a good percentage of them with another season to go in the same age group. With promotion in two successive years we go into 1997 in Division One with a real chance to make a name for ourselves. Each of the matches, with one notable exception, was won by an avalanche of points. Not surprising really when you consider that some of these guys handle themselves with distinction in British League matches, so so lining up against Division Two Juniors enabled them to make mincemeat of the opposition.

At each meeting a "Man of the Match" award is made and on occasions a choice had to be made from five or six Belgravians who had turned in eye-opening performances; 10.8 hundreds, 21.9 200s, 48 second 400s, 1:51 800s, 15 metre triple jumps, low 14 sprint hurdle runs, the list goes on and on.

One man who didn't get a man of the match award was Marlon Dickson but for most supporters he was the "Man of the Season" as he scorched to win after win. Continuing his success from match 1 he went on to score doubles in each of the remaining meets with 10.9/22.0, 10.8/21.7 and 10.9/21.9 not to mention having a large part to play in the relay teams.

Our ancient sprint relay record went in match 1 and at Tooting it was the turn of the 4x400m to go the same way as Michael Parper and Richard David both went sub-50 for their individual splits. Michael had already impressed with his 48.9 individual win while Steve Scott's 14.3 sprint hurdles victory took him to the top of the national rankings for the year. But it was Phillip Idowu's performance that was rated most highly as he leapt

out to 15 metres for the second week in a row.

Woodford was the one exception teamwise. A poor turnout left gaping holes in our team which in turn led to only 3rd team place but there was plenty to savour in the way of record performances. Tom Lerwill made an appearance before setting off for Sydney and the World Junior Championships. First up he cruised to a relaxed 800m win which at 1:51.5 was just a tenth shy of the National League Record. Later his 48.2 400m equalled the league best but it was the long relay that was most eagerly anticipated as we had gathered together James Hilston, Richard David and Michael Parper to join with Tom in a crack at the 4x400m record.

Of course some of these lads are no mean sprinters over the 'hundred' and first they wanted to hand out some stick in the short relay. Steve Scott blasted leg one and overtook each man outside him before handing on to James who ... popped his hamstring as he took the baton! For an instant his instinct was to run on ... but he fell ... while the last two runners stood and waited for a baton that never came.

Now what? With one of our key men clutching an ice pack to his thigh in the St. John's hut we were a man short ... or were we. We had reckoned without the courage of Marlon Dickson. Having already recorded his normal double he was now the natural choice to stand in for James. He wanted to do it, but never having run a 400 in anger before you can imagine his feelings as he was talked into running lap one. With dry mouth went to his mark and when the starter's pistol sent the runners away we knew that record was on again as Marlon kept his speed in check but flowed to a marvellous 49.2. What a debut - and he must have two to three seconds more under the bonnet! With an al-

ready enormous lead Richard David and Michael Parper stretched it still further and when Tom Lerwill finished with 47.6 for his stint that National Record had been blown away by SIX WHOLE SECONDS!

With a virtually full team for the final meeting at Battersea it was win after win throughout the afternoon. In circumstances like this it is difficult to pick out special performances for mention - but here's two. Peter McDonald took miles out of his best 3000 metre time as he ran 9:24.3 (and still had the 'chase to come) and Joe Pantan, always good for a low 52 400m, tried his hand at the two lap race and timed it to perfection as he turned on his speed in the finish straight to record a winning first ever attempt at the event.

Well done boys. We await the '97 season with bated breath.

## MATCH 2, TOOTING 16 JUN 1996

100m: 1, M.Dickson 10.9; 1, A.Johnson 11.3. 200m: 1, M.Dickson 22.0; 1, R.David 22.7. 400m: 1, M.Parper 48.9; 2, J.Panton 53.0. 800m: 4, S.Weston 2:00.4; 4, M.Brightly 2:07.9. 1500m: 4, L.Nation 4:38.2; 4, A.Jones 4:42.9. 3000m: 3, S.Alexander 10:04.8. 110mH: 1, S.Scott 14.3; 1, M.George 15.1. 400mH: A.Daniel dnf; 2, M.George 58.5. 2000mSC: 1, M.Hillier 6:38.3; 3, A.Jones 7:57.7. HJ: 1, S.Oni 1.90; 2, J.Tuson 1.70. LJ: 2, G.Ojok 6.72; 1, P.Idowu 6.31. TJ: 1, P.Idowu 15.02; 1, M.George 13.32. PV: 4, A.Hill 2.40. SP: 2, D.Stone 11.23; 2, A.Daniel 8.92. DT: 3, D.Stone 22.64; 2, A.Daniel 21.64. JT: 2, C.Johnson 44.76; 1, A.Newberry 41.74. HT: 5, A.Hill 16.98; 4, J.Tuson 12.60. 4x100m: 1, Belgrave (S.Scott, G.Ojok, R.David, M.Dickson) 43.2. 4x400m: 1, Belgrave (J.Panton 54.1, M.Parper 49.5, A.Daniel 53.4, R.David 49.3) 3:26.3. 1, Belgrave 219; =2, Bexley and Crawley 184; 4, GEC Avionics 130; 5, Croydon 88; 6, Thurrock 77. 100m: 1, M.Dickson 10.8; 1, R.David

## MATCH 3, WOODFORD 4 AUG 1996

11.2. 200m: 1, M.Dickson 21.7; 1, J.Hilston 23.1. 400m: 1, T.Lerwill 48.2; 1, J.Panton 52.6. 800m: 1, T.Lerwill 1:51.6; 3, P.Wright 2:10.7. 1500m: L.Nation 4:37.3. 110mH: 1, S.Scott 15.1; 2, M.George 15.8. HJ: =2, J.Hilston 1.95; 2, M.Parper 1.65. LJ: G.Ojok 6.55. TJ: 1, C.Igbon 13.54; 1, M.George 13.35. SP: 3, C.Igbon 9.78; 3, G.Ojok 9.68. DT: 4, M.Dickson 26.85; 2, I.Watkins 24.40. JT: 2, G.Ojok 39.94. HT: 5, S.Scott 18.90; 4, I.Watkins 14.98. 4x100m: Belgrave (S.Scott, J.Hilston, R.David, M.Dickson) dnf. 4x400m: 1, Belgrave (M.Dickson 49.2, R.David 50.2, M.Parper 50.1, T.Lerwill 47.6) 3:17.1.

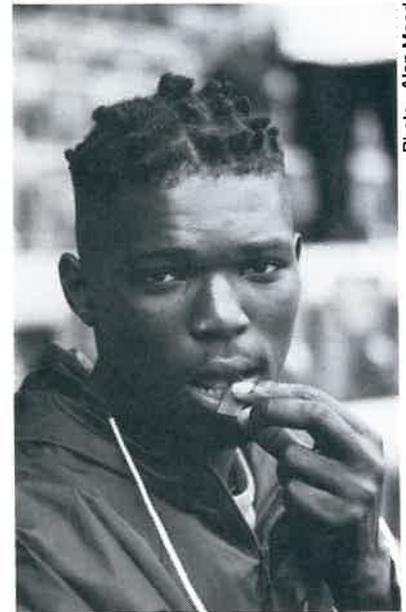


Photo: Alan Mead

*Our 4th ranked long jumper of 1996, first year Junior Geoffery Ojok, saved his best leap of 7.05 for the British League match at Kingsmeadow where he put Linford Christie in the shade*

Teams: 1, Crawley 248; 2, GEC 181; 3, Belgrave 177; 4, Bexley 168; 5, Croydon 54.

## MATCH 4, BATTERSEA PARK 25 AUG 1996

100m: 1, M.Dickson 10.9; 1, R.David 11.4. 200m: 1, M.Dickson 21.9; 1, E.Hassan 23.9. 400m: 1, R.David 48.9; 1, E.Hassan 53.3. 800m: 5, P.Wright 2:13.9; 1, J.Panton 2:08.4. 1500m: 5, N.Whorlow 4:50.9; 4, A.Weir 5:46.6. 3000m: 1, P.McDonald 9:24.3; 1, P.Spillane 10:58.6. 110mH: 1, S.Scott 14.9; 2, M.George 15.3. 400mH: 1, S.Scott 60.6; 1, A.Daniel 67.5. 2000mSC: 2, P.McDonald 6:43.0. HJ: 3, M.Miller 1.90; 1, J.Hilston 1.85. LJ: 1, G.Ojok 6.92; 2, M.George 5.92. TJ: 2, C.Igbon 12.56. SP: 2, P.Waterman 11.58; 1, D.Stone 11.06. DT: 4, P.Waterman 30.58; 4, A.Daniel 20.62. JT: 1, C.Johnson 43.00; 1, B.Cascoe 42.12. HT: 1, P.Waterman 44.28; 4, D.Stone 18.08. 4x100m: 1, Belgrave (S.Scott, G.Ojok, R.David, M.Dickson) 44.4. 4x400m: 1, Belgrave (E.Hassan 54.1, A.Daniel 52.3, J.Panton 52.0, R.David 50.4) 3:28.8.

Teams: 1, Belgrave 244; 2, Crawley 194; 3, Bexley 165; 4, Thurrock 136; 5, GEC Avionics 84; 6, Croydon 48.

## NATIONAL JUNIOR LEAGUE DIVISION 2 SOUTH

1, Belgrave	863	.....	22
2, Crawley	814	..20½	
3, Bexley	680	..15½	
4, GEC Avionics	507	.....	11
5, Croydon	312	.....	8
6, Thurrock	328	.....	6



Photo: Robin Nicholls

*Joe Pantan switched to 800 metres for the final NJL match at Battersea and came away with a sweet victory.*

# Rosenheim League

## Winning streak stretches to ten!

Coming out of match 3 at Wimbledon Park with a third straight win and a five point buffer over the next best team, thoughts began to centre on the possibility of our Rosenheim Raiders taking the series right through the summer without loss. Could it be done? The later matches are the more difficult ones though and great persuasion has to be used to get our team to the unpopular venues of Croydon and Sutton.

Wimbledon saw some super sprinting and Mike Edwards tucked away another ground record when he cleared 4.85 for a n/s pole vault. It was also good to see that a small nucleus of our Women's Team were beginning to keep the lads company and tackle the non-scoring events.

On to Croydon then. It might not be our most favourite venue - but then the other clubs didn't seem to like it much either and once again our team took their match tally over 60 points for win number four. Ben Williams collected a fine sprint double and Mike Small, as usual, kept things ticking over in the throws. For Jonathon Squirrel it was a chance to show what he can do in his favourite event - the 400m hurdles and he stormed round for a clear win.

At Sutton Arena it was Richard David's turn to notch up a sprint double while Gavin Mason returned to the team to collect top points in the 400m. Gerry Adams had a crack at an unfamiliar event when he lined up for the 2000m 'chase' - not sure that he really enjoyed himself but it was more points in the bag as we cruised on to team win number five.

So ... to the final Eastern Division match at Tooting. Had any Club ever won every match in a season? Herne Hill's Kevin Kelly assured us

that it had been done before - so we needn't worry ourselves on that score! The match got under way and James Hilston had a remarkable run in the 100m. He was left for dead when it appeared there had been a false start and he only belatedly began running after standing up and then realising that there would be no recall. How he got up to 2nd we'll never know.

Only four individual wins this time but how nice to get a Belgravian home first in the 3000 metres as Roger Alsop did everything right during his 7½ lap stint. You'd have thought that 17 year-old Marlon Dickson's 21.6 200m had to be the event of the evening but something special was being planned by our Junior Men. James Hilston, Richard David and Michael Parper teamed up with Marlon to turn on one of the best 4x200m relays ever seen. Averaging 21.97 per man they ran clean away from the opposition and just kept on going. Remember they are all Juniors but their final time of 1:27.9 was just a watch's tick over the league record and will surely be the fastest club time of the year. It was a Junior Club Record by over three seconds.

And so we'd done it. Six out of six. But the real battle was to come. All summer long Stan Allen had been saying that Herne Hill's aim was just to reach the final and one had the feeling that now they'd got there they were gearing themselves to teach the Bels a thing or two. Essentially our team had been the usual mix of talented Under 20s, a couple of veterans and a couple of seniors on the verge of breaking out of the Southern League and into the BAL team. We went into the final with the same mix and found some very unfamiliar faces drafted into the opposing teams.



Rosenheim Team Manager Pat Mead and President Snowy Brooks celebrate another successful defence of the Rosenheim Plate.

Again Richard David took the 100m but it was the 400m where he really impressed. Running in the non-scoring race he blitzed to 48.7. Dave Pamah provided more front running in the two lap event as he totally ignored the field and made it hot and fast all the way - let the others hang on if they could.

We had struggled to find a high jumper for the meet but James Hilston, carrying a ham-string injury, had no thought of us losing any points. The injury was not to his take-off leg and he felt he'd be able to do himself justice. Justice? He equalled the league record with a mighty 2 metre leap!

There was drama too in the triple jump where Mat George was having a disastrous evening. It was neck and neck with Herne Hill so every single point counted - and Mat, expected to be fairly well up there, had a series that read: foul, foul, foul, rubbish, foul. Some quiet encouragement from the Team Manager and wallop - 13.28 and second place.

Our big man Mike Small made his way from throw to throw, picking up two second places but it was all very, very tight. As Division Winners we had taken a 4 point advantage into the final and as it turned out, we eventually won by just that margin. Herne Hill had matched us for every point on the night and had even scored as many wins as we had.

But the Rosenheim Plate was ours for another year. Seven wins out of seven in 1996 and ten in a row all told. There's no way the other local clubs are going to take that lying down in '97!

### MATCH 3, WIMBLEDON PARK 12 JUN 1996

100m: 2, M.Dickson 10.9; n/s a 3, B.Williams 11.2; 6, M.Livingstone 11.7; n/s b 1, D.Akinbogun 11.6; 3, R.Hart 11.9; 7, C.Manning 19.1. 200m: 1, P.Goodluck 22.3; n/s a 1, M.Dickson 22.1; 3, R.Hart 23.9; 5, R.Bridges 27.5; n/s b 1, B.Williams 22.8; 3, M.Livingstone 24.0; 4, D.Shakes 24.7. 400m: 1, J.Squirrel 50.1 n/s 1, P.Turner 50.5; 2, J.Panton 52.7; 3, D.Akinbogun 53.8; 5, Marlon Anderson 56.5-ish. 800m: 3, D.O'Riordan 2:00.1. 1500m: 2, R.Alsop 4:05.7. 3000m: 3, P.Carstairs 9:06.9. 110mH: 3, M.George 16.0. TJ: 2, M.George 13.53 n/s J.Druce 11.31. PV: 1, J.Webb 4.30; n/s M.Edwards Jnr 4.85; M.Edwards Snr 3.60; T.Lawton 3.00; C.Husbands 2.80. DT: 1, M.Small 42.30; G.Richardson (W) 21.86; J.Smiter (W) 19.04. HT: 2, M.Small 43.64; n/s R.Bridges 26.48; G.Richardson (W) 28.66; J.Smiter (W) 15.74.

1, Belgrave 62; 2, Herne Hill 46; 3, Hercules Wimbledon 42; 4, South London 36; 5, Croydon 30; 6, Sutton & Dist 24.

### MATCH 4, CROYDON ARENA, 3 JUL 1996

100m: 1, B.Williams 11.4; n/s M.Miller 11.7; C.Manning 19.5. 200m: 1, B.Williams 23.4; n/s 1, D.Akinbogun 23.9; 3, D.Shakes 25.3; 4, R.McMillan 27.4. 400m: 1, R.David 50.2; n/s S.Hewes 53.0; 4, J.Stone (W) 64.0. 800m: 2, G.Adams 2:04.8; n/s 2, S.Mullen 2:06.6; 4, S.Beaver 2:19.7. 1500m: 4, D.Beaver

## Under 20 Representative Matches & Opens

### July 1996

- 7 Copthall SoE Junior Inter-Counties. 110mH: (+2.1) 5, M.George 15.15. TJ: 3, M.George 13.67 (+1.0).
- 10 Tooting HAC Memorial Trophy. 100m: 1, J.Tuson 11.6. 200m: 1, J.Tuson 23.7.
- 27-28 Bedford, AAAU20 Champs. 100m: B final (+0.4) 1, M.Dickson 10.78; 6, R.David 11.15 (10.98 ht). 400m: A final 8, M.Parper 49.88 (48.54 ht); B final 2, J.Hilston 48.60. 800m: 2, T.Lerwill 1:50.21. 10kWalk: 5, A.Goudie 52:14.97. LJ: 5, G.Ojok 6.81. U15B 3000m: 13, S.Beaver 9:58.01; 17, R.Bignall-Matelle 10:18.1.
- 28 Kingsmeadow, U13 Inter-Counties. HJ: 1, S.Opoku 1.58.
- 28 Copthall, LAC Champs. U20M 100m: 3, L.Ilo 11.3. TJ: 1, P.Idowu 14.95; 3, L.Ilo 13.69. U17M 1500m: 1, A.Becirhodzic 4:16.0. SP: 1, P.Waterman 15.22. HT: 1, P.Waterman 54.76.

### August 1996

- 11 Copthall, U20 Inter-Region. 100m: (-2.3) 2, M.Dickson 10.84; 4, R.David 11.05. 110mH: (-1.6) 2, S.Scott 14.83. TJ: (?.?) 2, P.Idowu 14.34.
- 17/18 Birmingham, AAA U17 & U15 Champs. U17M JT: 12, A.Stanley-Clarke 49.94.
- 26 Welwyn Garden City, Verlea Open. U20m SP/HT: 1, P.Waterman 12.05/45.52.
- 26 Colchester. U11B 600m: P.Graham 1:59.1; S.McNally 2:16.8; A.Graham 2:36.

4:21.6; n/s S.Hewes dnf. 3000m: 3, R.Alsop 8:52.4; S.Chettati 9:08.5; P.Carstairs 9:42.4. 400mH: 1, J.Squirrell 56.8. HJ: 2, M.Miller 1.75. LJ: 3, M.Miller 5.01. SP: 3, M.Small 12.18; n/s P.Lyttle 10.51. JT: 1, M.Small 39.48; n/s G.Richardson (W) 29.04. 4x200m: 1, Belgrave (G.Mason, D.Akinbogun, M.Miller, R.David) 1:34.0.

Teams: 1, Belgrave 61; 2, Croydon 53; 3, Hercules Wimb. 50; 4, South London 40; 5, Sutton & Dist 16; 6, Herne Hill 14.

**MATCH 5, SUTTON ARENA  
17 JUL 1996**

100m: 1, R.David 11.2; n/s a 1, M.Livingstone 11.7; 2, M.Miller 11.8; b 5, C.Manning 19.1. 200m: 1, R.David 22.1; n/s a 2, M.Livingstone 24.3; 3, D.Akinbogun 24.5; b 2, M.Miller 24.3; 4, L.Campbell 26.2; 5, R.McMillan 27.6. 400m: 1, G.Mason 50.8; n/s 2, C.Husbands 55.5; 3, Marlon Anderson 56.2; 4, S.Smullen 57.8. 800m: 4, S.Smullen 2:07.2. 1500m: 3, B.Barton 4:13.2; n/s J.Galley 4:10.4. 3000m: 3, D.Beaver 9:07.6; n/s S.Chettati 9:15.6; M.Manning 10:39.0. 2000mSC: 1, G.Adams 6:29.8. TJ: 5, M.Miller 10.78. PV: 1, J.Webb 4.00. DT: 2, M.Small 40.48. HT: 1, M.Small 43.24. n/s R.Bridges 23.28; 4x200m: 1, Belgrave (G.Mason, D.Akinbogun, M.Miller, R.David) 1:34.5.

Teams: 1, Belgrave 60; 2, Herne Hill 50; 3, Croydon 35; 4, Sutton & Dist 34; =5, Hercules Wimb. and South London 30.

**MATCH 6, TOOTING  
31 JUL 1996**

100m: 2, J.Hilston 11.5; n/s a 4, K.Adjepong 11.8; b 1, M.Livingstone

11.6; 2, M.Parper 11.7; c 7, C.Manning 19.0. 200m: 1, M.Dickson 21.6; n/s a 5, G.Mason 24.3; b 6, R.McMillan 27.2. 400m: 1, J.Squirrell 50.4; n/s a 1, D.Gomme 52.3; 3, D.Akinbogun 55.1; b 2, G.Taylor 55.6; 4, Marlon Anderson 57.3. 800m: 4, Mark Anderson 2:06.5. 1500m: 3, J.Galley 4:12.0; n/s 6, D.Beaver 4:20.2. 3000m: 1, R.Alsop 8:49.3; n/s 7, S.Chettati 9:12.4; 15, D.Anderson 9:54.5; 16, J-M.Bart 9:55.0; 21, R.Bale 10:40.3. 110mH: 2, M.George 16.2. HJ: 2, J.Hilston 1.95. LJ: 2, M.George 6.05. SP: 2, M.Small 11.92. JT: 2, M.Small 39.68. 4x200m: 1, Belgrave (J.Hilston, R.David, M.Parper, M.Dickson) 1:27.9.

Teams: 1, Belgrave 61; 2, Herne Hill 57; =3, Croydon and Hercules Wimbledon 38; 5, South London 33; 6, Sutton & Dist. 12.

**ROSENHEIM LEAGUE - FINAL  
TOOTING, 21 AUG 1996**

100m: 1, R.David 11.0; n/s a 2, C.Edozie 11.4; 3, C.Castelbranco 11.6; 5, J.Tuson 11.9. b 1, M.Livingstone 11.6; c 2, G.Sagar 12.8. 200m: 2, M.Dickson 21.9; n/s 2, J.Nicholson 23.4. 400m: 1, J.Squirrell 49.9; n/s R.David 48.7; 2, D.Pamah 50.7; 6, J.Panton 53.5. 800m: 1, D.Pamah 1:52.3; n/s 2, S.Smullen 2:03.3. 1500m: 5, J.Galley 4:13.1; n/s J-M.Bart 4:32.1. 3000m: 6, R.Alsop 8:43.8; n/s D.Beaver 9:02.2; S.Chettati 9:10.0; K.Quinn 9:14.8; S.Beaver 9:46.0. 110mH: 3, M.George 16.2. HJ: 1, J.Hilston 2.00. TJ: 2, M.George 13.28. DT: 2, M.Small 40.50. HT: 2, M.Small 43.64. 4x200m: 1, Belgrave (S.Scott, M.Parper, R.David, M.Dickson) 1:28.6.

*Who set the most Club Records in 1996?*

*Twenty-one times Race Walker Laura Fryer caused us to go to the record lists to mark up yet another best but the top score went to Peter Waterman. Seven times he improved his Under 17 Men's*

*hammer mark finishing up with 58.16. But competing in Southern Senior and Junior Leagues he set a further sixteen records with heavier weights in shot and hammer to end up with the top tally of twenty-three records.*

*Don't be surprised when Michael Johnson runs under 43 seconds*

To start off with it might be an idea to go to the spare room, root through that pile of athletics magazines lying in the corner, and dig out *Athletics Weekly* for August 21st 1996. Turn to pages 32 and 33 to read *Play The Percentages Game* by 400 metre coach Mike Smith - and now read on. ...

The one thing missing from the article is how fast you should run the first 200m of a 400m race. Now everyone is different so I have to generalise to a certain extent but I believe that the first 200m should be run one second outside of maximum - and this is what I tell my athletes to aim for. The differential between first and second 200s should be 1.5 seconds. Both of these are conservative figures.

To test the theory:

The 1995 season saw James Hilston run a 200m best of 22.4 secs. (He was injured through much of 1996 so we'll take no notice of more recent times.) Therefore, his first 200m in a one-lap race should be 23.4 and using the remainder of the above formula -  $23.4 \times 2 + 1.5 = 48.3$ . His best time that year was actually 48.35. We are talking here about a relatively novice level when compared to international athletes so let's move on and test the theory with some of Britain's finest in 1996:

Roger Black. Best 1996 200m 20.56. Therefore  $21.56 \times 2 + 1.5 = 44.62$  (actual best 44.34).  
Mark Richardson. Best 1996 200m 20.6.  $21.6 \times 2 + 1.5 = 44.70$  (actual best 44.66).  
Jamie Baulch. Best 1996 200m 21.97.  $21.97 \times 2 + 1.5 = 45.46$  (actual best 44.57).

As you can see, the times of 1 sec. and 1.5 secs. are quite conservative at top level but it is not easy to judge as most of the top 400 metre runners do not run that many quality 200 metre races and it is difficult to know what their potential 200m best really is. Except one, and that's Michael Johnson.

Apply the above formula to Michael's times.

His 1996 200m best of 19.32 gives us  $20.32 \times 2 + 1.5 = 42.14$  secs. Or even using his old 200m World Record figures of 19.66 - 42.82.

What I conclude from this is that either Michael Johnson is scared of 400s or he needs a kick up the backside. He had a very low differential of only 0.35 secs in last year's World Champs 400m final (21.65 and 22.00) and I believe that he ran the first half too slow. If he had run one second faster, still only 20.65, and kept his same second half then a time of 42.65 was feasible.

I know it would be difficult to achieve this at a major championships with all the preliminary rounds but the above figures are conservative and in a one-off at a Grand Prix it should be possible. So don't be surprised when Michael Johnson runs under 43 seconds ... or maybe even under 42!

*Bob Bridges*

**EASTERN DIVISION  
FINAL RESULT**

- 1, Belgrave ..... 372 ..... 36
- 2, Hercules Wimbledon 256 .... 22
- 3, Herne Hill ..... 229 ... 22
- 4, Croydon ..... 227 . 21½
- 5, South London ..... 193 . 14½
- 6, Sutton & Dist ..... 135 .... 10

**ROSENHEIM LEAGUE  
FINAL**

- 1, Belgrave ..... 78
- 2, Herne Hill ..... 74
- 3, Croydon ..... 52
- 4, Bank of England ..... 41
- 5, Hercules Wimbledon ..... 41
- 6, Walton ..... 37
- 7, Kingston & Poly ..... 35

Photo: Alan Mead



*Kevin Quinn is making good progress in Junior Cross Country races this winter, his first in the age group. Already Merton Schools Senior Boys Champion - a race he won by well over two minutes - he is now targeting the English Schools.*

# Thameside League

## MATCH 2, BATTERSEA PARK 6 JUL 1996

### Under 15 Boys

100m: 1, D.Adams 12.0. 200m: 1, G.Aboya-Dana 24.4; 1, E.Gyekye 25.9. 400m: 1, S.Bellamy 57.0; 2, D.Holmes 61.8. 800m: 5, R.James 2:31.3; 2, B.Asante 2:42.6. 1500m: 1, S.Beaver 4:34.7; 1, R.Bignall 4:52.3. 80mH: 2, D.Crook 13.1; 3, B.Asante 16.0. HJ: 2, N.Green 1.55; 2, D.Crook 1.45. LJ: 1, G.Aboya-Dana 5.15; 2, E.Gyekye 4.49. SP: 1, J.Putrym 10.83; 1, S.Obyleye 10.75. DT: 1, N.Urmatum 27.62; 1, J.Olorayni 21.16. JT: 1, B.Apps 41.06. 4x100m: 1, Belgrave 50.3.

Teams: 1, Belgrave 252; 2, Croydon 245; 3, Paddock Wood 205; 4, Herne Hill 191; 5, Richmond & Twickenham 135; 6, Dartford 113; 7, Queens Park 93; 8, Camberley & Dist. 44.

### Under 13 Boys

100m: 2, L.Lawrence 13.4; 1, S.Charalambos 13.6. 200m: 1, S.Charalambos 27.0; 1, D.DeEmmony 28.0. 300m: 1, S.Charalambos 43.5; 5, K.Metalle 59.3. 800m: 2, D.DeEmmony 2:28.1; 1, A.Agyekum 2:40.5. 1500m: 1, A.Agyekum 5:22.6; 2, S.Whorlow 5:41.6. 80mH: 2, S.Opoku 16.0; 3, S.Whorlow 25.5. HJ: 1, S.Opoku 1.50; 1, A.Harris 1.40. LJ: 4, L.Lawrence 4.13; 6, G.Brown 3.35. SP: 4, B.Amoafa 6.67. 4x100m: 1, Belgrave 53.4.

Teams: 1, Belgrave 203; 2, Camberley 193; 3, Paddock Wood 165½; 4, Richmond & Twickenham 136; 5, Dartford 113½; 6, Herne Hill 99; 7, Queens Park 86.

### Under 15 Girls

100m: 3, H.Payne 13.8; 3, K.Frazer-Smith 13.9. 200m: 4, H.Payne 28.1; 4, J.Amoso 31.4. 800m: 6, L.Davison 3:14.2. 1600mWalk: 3, V.Parker-Smith 10:11.2. LJ: 5, K.Frazer-Smith 4.25; 2, H.Payne 4.13. SP: 4, K.Frazer-Smith 6.42. DT: 6, V.Parker-Smith 10.06. 4x100m: 3, Belgrave 58.2.

Teams: 1, Dartford 228; 2, Herne Hill 196; 3, Croydon 188; 4, Richmond & Twickenham 164; 5, Paddock Wood 155; 6, Camberley & Dist. 125; 7, Belgrave 115.

### Under 13 Girls

100m: 6, J.Edwards 17.2. 200m: 5, J.Edwards 36.4; 3, L.Fryer 32.1. 1200mWalk: 1, L.Fryer 6:33.3; 1, L.Asling 7:46.5. HJ: =1, L.Harvey 1.15. LJ: 6, D.Johnson 3.26; 3, J.Edwards 2.94. SP: 5, L.Fryer 6.35. 4x100m: 5, Belgrave 63.8.

Teams: 1, Dartford 213; 2, Croydon 171; 3, Paddock Wood 170½; 4, Herne Hill 136; 5, Belgrave 105; 6, Richmond & Twickenham 74½; 7, Queens Park 45; 8, Camberley 39.

## MATCH 3, BATTERSEA PARK 27 JUL 1996

### Under 15 Boys

100m: 1, R.Danso 11.9; 1, S.Bellamy 12.8. 200m: 1, R.Danso 24.8; 1, E.Gyekye 26.0. 400m: 1, L.Morby 56.7; 1, S.Bellamy 59.6. 800m: 2, E.Gyekye 2:23.4; 4, K.Green 2:39.4. 1500m: 5, C.Stanford 5:40.2. 80mH: 2, L.Morby 12.8; 2, E.Gyekye 13.6. HJ: 1, L.Morby 1.60; 1, N.Green 1.50. LJ: 1, R.Danso 5.70; 2, O.Barrientos 4.56. SP: 3, O.Barrientos 7.80; 2, C.Stanford 6.56. DT: 2, S.Bellamy 22.72; 3, L.Morby 17.28. JT: 5, O.Barrientos 2.64. 4x100m: 1, Belgrave 48.8.

Teams: 1, Croydon 256; 2, Belgrave 243; 3, Herne Hill 232; 4, Paddock Wood 196; 5, Queens Park 86; 6, Richmond & Twickenham 78; 7, Camberley & Dist. 58.

### Under 13 Boys

100m: 4, R.Biscoe 14.5; 3, P.Graham 15.4. 200m: 1, S.Charalambos 27.2; 1, D.DeEmmony 28.1. 300m: 1, S.Charalambos 43.3; 2, P.Graham 53.9. 800m: 1, A.Agyekum 2:34.5; 1, J.Wilson 2:38.2. 1500m: 1, D.DeEmmony 5:16.6; 1, J.Wilson 5:27.4. 80mH: 4, A.Harris 15.7; 4, V.Graham 16.8. HJ: 1, S.Opoku 1.55; 1, A.Harris 1.58. LJ: 3, D.DeEmmony 4.19; 3, R.Biscoe 3.84. SP: 5, S.Opoku 5.42; 2, A.Agyekum 5.32. 4x100m: 1, Belgrave 55.1.

Teams: 1, Belgrave 211; 2, Richmond & Twickenham 179; 3, Croydon 175; 4, Paddock Wood 114; 5, Herne Hill 95; 6, Dartford 57; 7, Queens Park 33.

### Under 15 Girls

100m: =4, E.Gyekye 13.8; 2, K.Frazer-Smith 13.5. 200m: 5, E.Gyekye 29.2. 800m: 2, D.Hearn 2:38.0; 3, L.Davison 3:08.7. 75mH: 6, K.Frazer-Smith 13.6. HJ: =4, E.Gyekye 1.35. LJ: 4, K.Frazer-Smith 4.28. SP: 6, L.Davison 5.28. 4x100m:

4, Belgrave 57.0.

Teams: 1, Dartford 225½; 2, Herne Hill 218½; 3, Richmond & Twickenham 178; 4, Croydon 158; 5, Paddock Wood 140; 6, Camberley & Dist. 122; 7, Belgrave 111.

### Under 13 Girls

100m: 5, S.Raymond 14.5; 1, R.Lester 14.5. 200m: 5, L.Fryer 36.4; 4, D.Johnson 35.6. 800m: 3, R.Lester 2:47.6. 1200mWalk: 1, L.Fryer 6:34.6. LJ: 2, S.Raymond 3.93; 1, L.Fryer 3.83. SP: 4, L.Harvey 5.56; 1, N.Boakye 5.56. 4x100m: Belgrave dq.

Teams: 1, Dartford 216; 2, Herne Hill 146; 3, Croydon 139½; 4, Belgrave 111; 5, Paddock Wood 107; 6, Richmond & Twickenham 86; 7, Queens Park 83½.

## MATCH 4, BATTERSEA PARK 17 AUG 1996

### Under 15 Boys

100m: 1, G.Aboya-Dana 11.7; 1, R.Danso 11.9; n/s a 1, O.Barrientos 12.2; 2, O.Trenchard 12.9; 3, E.Xavier 13.3; 4, R.Aluko 14.5; n/s b 1, A.Markand 12.4; 2, R.Aluko 13.0; 3, A.Arce 13.2; 4, E.Gyekye 14.6; 5, B.Asante 16.0. 200m: 1, G.Aboya-Dana 23.9; 1, A.Markand 24.8. 400m: 3, D.Holmes 60.8; 2, R.Jarvis 67.5. 800m: 1, S.Beaver 2:19.4; 2, B.Asante 2:35.9. 80mH: 3, A.Arce 13.3; 2, E.Gyekye 13.5. HJ: 2, N.Green 1.70; 1, D.Holmes 1.55. LJ: 1, R.Danso 6.17; 2, O.Trenchard 5.11; n/s R.Aluko 4.36. SP: O.Barrientos 9.71; 2, S.St.Luce 9.64; n/s B.Apps 10.49. DT: 3, N.Urmatum 25.84; 2, E.Xavier 20.84. JT: 1, B.Apps 36.90; 3, R.Jarvis 11.82. 4x100m: dq Belgrave (O.Barrientos, R.Danso, A.Markand, G.Aboya-Dana).

Teams: 1, Croydon 261; 2, Belgrave 224; 3, Herne Hill 167; 4, Paddock



*Stephen Opoku shows all the style of a top class runner when racing 400 and 800 metres - but he can sprint and hurdle - and is the fourth ranked U13B high jumper in the country!*

Wood 123; 5, Richmond & Twickenham 86; 6, Queens Park 46; 7, Camberley 27; 8, Dartford 26.

### Under 13 Boys

100m: 3, S.Opoku 14.1; 2, Z.Khwiss 16.0. 200m: 3, G.McEwan 31.5; 4, Z.Khwiss 33.2. 800m: 2, A.Agyekum 2:38.4; 1, T.Russell 2:41.2. 1500m: 2, T.Russell 5:10.4; 1, P.Graham 5:43.7. 80mH: 3, A.Harris 15.4; 1, S.Opoku 15.9. HJ: 1, A.Harris 1.50; 1, S.Opoku 1.40. LJ: 2, A.Harris 4.07; 2, Z.Khwiss 3.50. SP: 3, B.Amoafa 7.56; 3, P.Graham 4.79. 4x100m: 3, Belgrave (G.McEwan, Z.Khwiss, A.Harris, S.Opoku) 60.7. 1200m Walk: n/s P.Graham 7:15.7; A.Graham 8:26.9.

Teams: 1, Croydon 187; 2, Belgrave 186; 3, Dartford 152; 4, Paddock Wood 136; 5, Queens Park 78; 6, Herne Hill 68; 7, Richmond & Twickenham 10.

### Under 15 Girls

100m: 3, K.Frazer-Smith 13.6; 6, N.Boakye 15.7. 200m: 4, K.Frazer-Smith 28.9; 2, M.Simon 28.9. 800m: 1, M.Simon 2:45.7; 3, L.Davison 3:08.5. 1500m: 1, D.Hearn 5:28.7. 75mH: 5, D.Hearn 16.9. LJ: 7, M.Simon 3.58; 5, P.Berkye 2.96. SP: 2, K.Frazer-Smith 7.23; 7, P.Berkye 4.31. DT: 5, L.Davison 9.64. JT: 2, D.Hearn 15.42. 4x100m: 2, Belgrave (P.Berkye, D.Hearn, M.Simon, K.Frazer-Smith) 58.1.

Teams: 1, Dartford 223; 2, Croydon 195½; 3, Herne Hill 180; 4, Camberley 165½; 5, Belgrave 159; 6, Richmond & Twickenham 137; 7, Paddock Wood 132.

### Under 13 Girls

100m: =4, S.Raymond 14.4; 5, D.Johnson 16.9. 200m: 4, R.Lester 30.0; 4, N.Boakye 35.1. 800m: 1, R.Lester 2:43.9; 2, N.Boakye 3:12.8. HJ: 3, R.Lester 1.25; 1, L.Harvey 1.25. LJ: 2, S.Raymond 4.19; 5, D.Johnson 2.97.

>>>

Photo: Alan Mead



*Right: Under 13s Denee DeEmmony and Tom Russell both turned in some fine 800 metre races in 1996.*

# McDonalds Young Athletes League Girls Division 2 South

It has to be said that our attempt to move into the Girls' McDonalds Young Athletes League in 1996 was not successful. Probably the main problem is that we just do not have enough young female members - and those that we do have are not too keen on turning out in the YA League on Sunday when the odds are that they have competed in the Southern Women's League on the Saturday. The fact that the SWL includes events for younger age groups is obviously faced by other clubs as well as ourselves but without the numbers the task is impossible. So, increasing our female membership has to be addressed first - or does it? We don't want to overload those that are running our women's teams - so maybe we need more people to take responsibility for organisation - and where do they come from? In the meantime we have withdrawn from the league for now and will concentrate on Women's Southern and Thameside Leagues.

## MATCH 1, NORMAN PARK 19 MAY 1996

### Under 17 Women

100m: 1, N.Law 13.8; 3, N.Crosby 16.1. 200m: 1, N.Law 29.7; 3, N.Crosby 33.3. 300m: 3, D.Kandros 57.6; 2, N.Crosby 53.6. 800m: 2, D.Kandros 3:07.0. 3000m: 1, A.Hearn

13:09.0. 80mH: 2, A.Hearn 22.0. 300mH: 3, A.Hearn 66.4. LJ: 1, D.Kandros 3.77. SP: 2, R.Letang 6.81. DT: 1, R.Letang 21.46. JT: 1, R.Letang 24.00. 4x100m: 3, Belgrave (N.Law, N.Crosby, D.Kandros, A.Hearn) 60.5.

### Under 15 Girls

100m: 2, N.Charles 13.6; 2, B.Simon 14.3. 200m: 1, N.Charles 28.9; 1, B.Simon 29.8. 800m: 2, D.Hearn 2:43.1; 3, L.Davison 3:19.1. 75mH: 1, K.Frazer-Smith 15.7. LJ: 1, A.Augustus 4.16; 1, D.Hearn 3.65. DT: 2, C.Edwards 16.02; 2, D.Hearn 9.58. JT: 2, R.Exel 13.00; 3, K.Frazer-Smith 6.49. 4x100m: 1, Belgrave (L.Davison, B.Simon, D.Hearn, N.Charles) 56.1.

### Under 13 Girls

75m: 1, S.Raymond 12.6; 2, L.Harvey 13.8. 150m: 1, S.Johnson 24.5; 2, L.Harvey 28.4. 600m: 3, G.Neale 2:43.6. LJ: 3, S.Raymond 3.46.

Teams: 1, Highgate 349; 2, Belgrave 275; 3, South London 261; 4, Aylesbury 76.

## MATCH 2, WOODFORD GREEN 2 JUN 1996

### Under 17 Women

100m: 1, N.Law 13.2; 2, A.Gray 16.0.

200m: 1, N.Law 27.1. 800m: 2, A.Gray 2:56.4. 3000m: 1, A.Hearn 13:21.6. 80mH: 2, L.Wilson 15.9. HJ: 1, L.Wilson 1.45. SP: 1, N.Law 7.06; 1, L.Wilson 6.66.

### Under 15 Girls

100m: 3, B.Casey 14.2; 4, L.Harvey 17.1. 200m: 4, D.Hearn 31.1. 800m: 2, D.Hearn 2:41.1. HJ: 1, B.Casey 1.45. LJ: 4, D.Hearn 3.67.

Teams: 1, Highgate 306; 2, South London 281; 3, Belgrave 118; 4, Aylesbury 85.

## MATCH 3, DEANGATE 21 JUL 1996

### Under 17 Women

100m: 2, D.Kandros 13.2. 3000m: 1, A.Hearn 12:57.9. 80mH: 2, D.Kandros 17.3. HJ: 1, L.Wilson 1.38. LJ: 2, D.Kandros 3.80. DT: 3, A.Hearn 11.18. JT: 3, A.Hearn 4.80.

### Under 15 Girls

100m: 2, K.F-Smith 14.4; 2, J.Amomoo 15.5. 75mH: 1, K.Frazer-Smith 14.9. LJ: 1, D.Hearn 3.62; 1, K.Frazer-Smith 4.06. SP: 3, J.Amonso 4.32. JT: 2, D.Hearn 12.38.

Teams: 1, Highgate 306; 2, South London 281; 3, Belgrave 118; 4, Aylesbury.

## Thameside League continued ...

SP: 4, N.Boakye 5.59; 3, L.Harvey 5.03. 4x100m: 4, Belgrave (S.Raymond, D.Johnson, L.Harvey, R.Lester) 60.3.

Teams: 1, Dartford 215½; 2, Croydon 167; 3, Herne Hill 160½; 4, Belgrave 127½; 5, Paddock Wood 126; 6, Richmond & Twickenham 66; 7, Queen's Park 57½.

*Right: Gabriel Aboya-Dana has a couple of the fastest sprint times in the country for his age group - 11.56 and 23.50 set while 14 years of age. Both of those times were new Under 15 Belgrave Records, removing Marlon Dickson's and Es Hassan's performances from the list.*



## THAMESIDE LEAGUE FINAL POINTS TABLE

### Under 15 Girls

1, Dartford H	32	900
2, Herne Hill H	26	776½
3, Croydon H	22	697½
4, Camberley & D.	18	613½
5, Richmond & T.	17	615
6, Paddock Wood	15	607
7, Belgrave H	10	440

### Under 13 Girls

1, Dartford H	32	841½
2, Croydon H	27	654½
3, Paddock Wood	20	673½
4, Herne Hill H	20	477½
5, Belgrave H	17	403½
6, Richmond & T.	13	292½
7, Queens Park H	7	201
8, Camberley & D.	6	140

### Under 15 Boys

1, Croydon H	30	987
2, Belgrave H	30	957
3, Herne Hill	23	822
4, Paddock Wood	21	686
5, Richmond & T	14	379
6, Queens Park H	11	252
7, Camberley & D	9	294
8, Dartford H	4	139

### Under 13 Boys

1, Belgrave H	30	757
2, Croydon H	29	734
3, Paddock Wood	22	562½
4, Richmond & T	19	442
5, Herne Hill H	14	370
6, Dartford	13	322½
7, Queens Park H	10	234
8, Camberley & D	3	56½

## May 1996

6 Portsmouth, Vet. Women's Inter-Counties. PV: B 1, M.Jones 1.80.  
20 Woking, SCVAC League 800m: n/s M.Chuter 2:06.3.

## June 1996

1 Tooting, Surrey Veterans' Champs.  
M40 SP: 1, M.Small 42.82. DT: 1, M.Small 41.00. HT: 1, M.Small 42.82. M55 PV: 1, T.Lawton 2.80. M65 1500m: 2, C.Manning 8:05.7. M75 1500m: 1, D.McMullen 10:47.7.  
9 Sutton, SCVAC Champs. M40 SP: 2, M.Small 12.28. DT: 1, M.Small 43.10. HT: 1, M.Small 44.54. M65 1500m: C.Manning 8:45.0.  
9 Cambridge, EVAC Champs. M55 400m: 2, I.Vaughan-Arbuckle 65.6. 800m: 1, I.Vaughan-Arbuckle 2:29.7.  
19 Battersea Pk. VAC Meet. M65 100m: C.Manning 19.5. M40 DT: M.Small 40.20. W40 DT: H.Saw 12.52. M40 JT: M.Small 38.30. W50 DT: P.Mead 20.46. W40 JT: H.Saw 12.46. W50 JT: P.Mead 14.14.

## July 1996

2 Crawley, SE Vets Inter-Counties. M40 3000m: 1, C.Dickinson 9:13.3. SP: 1, M.Small 12.21. DT: 1, M.Small 40.62. JT: 1, M.Small 41.80. HT: 3, M.Small 44.86. M50 PV: 1, T.Lawton 3.00.  
24 Battersea Park, VAC Meet. 3000m: 16, D.Maughan 14:13.3. SP: M.Small 12.31. HT: M.Small 43.60. Women 100m: 3, P.Mead 17.5. 200m: P.Mead 38.9. LJ: P.Mead 2.82.

## August 1996

10-11 Exeter, BVA F Champs. SP: 5, M.Small 12.15. DT: 2, M.Small 42.18. JT: 5, M.Small 38.82. HT: 4, M.Small 42.82.  
14 Battersea Park, VAC Meet. M65 100m: C.Manning 18.0. 200m: C.Manning 39.7. W45 100m: H.Saw 16.6. 200m: H.Saw 34.1  
19-27 Malmo, Sweden, European Vets. Champs. M45 5000m: 8, C.Dickinson 15:56.49. 10000m: 10, C.Dickinson 33:13.04.  
25 Kingsmeadow, VAC T&F Champs.  
M40 400m: M.Chuter 55.6. 800m: M.Chuter 2:07.8. SP: M.Small 12.25 (CBP). DT: M.Small 39.88 (CBP). JT: 2, M.Small 40.18. HT: 1, M.Small 44.76 (CBP).  
W45 100m: (-0.5) H.Saw 16.4. 200m: (-0.5) H.Saw 33.6. 400m: H.Saw 77.4. PV: M.Jones 1.80. DT: H.Saw 15.36. JT: M.Jones 15.56; H.Saw 14.00. HT: 1, M.Jones 23.82; H.Saw 14.26.  
M65 100m: (-1.4) C.Manning 18.4. 1500m: C.Manning 8:25.6. M75 1500m: D.McMullen 9:34.0.

## September 1996

8 Norman Green, Solihull. British Veterans' Throws Pentathlon. 3, M.Small HT: 42.80, SP: 12.74 (M40 Record), DT: 38.80, JT: 40.98, Heavy Hammer (35lb) 12.04. Score 3181pts.

# Veterans' Track & Field Mid-London Division

## Double win for the "Serps"

The competition is always tight between Serpentine, Metropolitan Police and Belgrave as far as the men's matches go. We are so strong in the throws and pick up points all over the place in over 50 events thanks to Captain Snowy. Just to level up the race for points, however, we always seem give ourselves the handicap of going into each match with an almost total lack of middle-distance runners. We've got enough of them in the club but they just don't seem interested in track competition. Ian Vaughan-Arbuckle was a welcome addition to our over 50 runners and Rex Bale filled in when he could. Nice too, to have Derek Clack back in the team while the ever eager Mick Graham will do anything to get on the score sheet - but that was it as far as 800m, 1500m and 3000m and steeplechase

were concerned - for both age groups. As a result, as South of England Champions we failed to even make the main final this year and just scraped into the auxiliary final as runners up in our division.

By the time of the auxiliary final we were able to welcome some MD runners into the side but by then the sprinters and jumpers were suffering from a variety of pulls and twinges and as the match slowly slipped away from us we pulled Snowy out of his 'kamikaze' decathlon-in-one-day points quest and put things on ice until 1997.

There is absolutely no stopping Serpentine Runners in the Women's matches and as we do not now have anything like a full team it's just a question of doing the events that take

one's fancy and enjoying the outing. Amazingly this resulted in a tight competition where we just lost out to the Mets. at the end of the season by one league point - and then the 'Girls in Blue' announced that they were pulling out of the auxiliary final and offered us their place.

With the same tactics in the final the Belles cruised into 5th spot - one place better than the men - and rounded off their season with a 4x100m run for the pure joy of just being out there and doing it. With two of the team over 50, another knocking on the door and one over 60, there was no way they were going to win but the sight of our W60 throws specialist Barbara Dunsford giving it some down the finishing straight was one to treasure.

### MATCH 3 HARROW, 25 JUN 1996

Men 40 - 49

100m: 4, R.Hopkins 13.2; 1, G.Sagar 12.8. 400m: 6, R.Hopkins 61.6; 2, R.Bridges 64.4. 1500m: 5, D.Clack 4:43.3; 4, A.Mead 7:43.0. HJ: 1, R.Hopkins 1.45; n/s M.Small 1.55. SP: 1, M.Small 12.28. JT: 1, M.Small 40.32. HT: 1, M.Small 42.92; n/s R.Bridges 28.42. 4x400m: 2, Belgrave (R.Hopkins, D.Clack, G.Sagar, R.Bridges) 4:01.3.

Men Over 50

100m: 4, S.Brooks 14.5; n/s C.Manning 19.1. 400m: 3, S.Brooks 66.6. 1500m: 1, I.Vaughan-Arbuckle 4:56.0. HJ: 1, S.Brooks 1.45. SP: 2, W.Couzens 8.66. JT: 4, W.Couzens 27.30. HT: 4, W.Couzens 22.52.

Teams: 1, Serpentine 254; 2, Met. Police 236; 3, Belgrave 210; 4, Old Gaytonians 169; 5, Hercules Wimbledon 70; 6, Thames Valley 46; 7, Herne Hill 28.

Women 35 - 49

100m: 4, J.Moore 16.9; 3, H.Saw 16.9. 400m: 3, J.Moore 81.7; 2, H.Saw 78.3. 1500m: 2, H.Saw 7:14.3. HJ: 3, H.Saw 1.05. JT: 4, H.Saw 13.22. HT: 4, H.Saw 11.02.

Women Over 50

JT: 2, B.Dunsford 9.76. HT: 1, B.Dunsford 21.36. Teams: 1, Serpentine 254; 2, Met. Police 143; 3, Belgrave 111; 4, Parkside 93.

### MATCH 4 PEEL CENTRE, COLINDALE, 22 JUL 1996

Men 40 - 49

200m: 2, G.Sagar 25.9; 3, R.Hopkins 26.6; n/s P.Zeniou 26.8; R.Bridges 28.0. 800m: 3, D.Clack 2:15.4; 5, M.Graham 2:51.5. 3000m: 5, R.Bale (M50) 10:56.3; 4, M.Graham 11:48.8. LJ: 2, P.Zeniou 5.21. TJ: 2, R.Hopkins 9.87. PV: P.Zeniou no ht. DT: 1, M.Small 42.60. JT: 1, P.Zeniou 44.64. 2000mW: 1, P.Warburton 10:10.7; 1, M.Graham 10:59.8. 4x200m: 2, Belgrave (G.Sagar, R.Hopkins, P.Zeniou, S.Brooks) 1:46.2.

M50+

200m: 3, S.Brooks 28.9. 800m: 1, R.Bale 2:34.9. LJ: 1, S.Brooks 5.10. TJ: 1, S.Brooks 9.61. PV: 1, T.Lawton 3.20. DT: 1, S.Brooks 38.42. JT: 2, W.Couzens 27.68. 2000mW: 3, A.Mead 13:14.5.

Teams: 1, Serpentine 269; 2, Belgrave 267; 3, Met. Police 258; 4, Old Gaytonians 45; 5, Hercules Wimb. 42; 6, Herne Hill 34; 7, Thames Valley 16.

Women 35 - 49

LJ: 1, C.Zeniou 5.27. SP: 2, C.Zeniou 8.22. DT: 3, C.James (W50) 17.28. 2000mW: 2, H.Miller 13:37.2. W50+

200m: 1, P.Mead 37.6. LJ: 1, P.Mead 3.16. SP: (4kg) 1, C.James 7.11. DT: 1, P.Mead 19.96.

Teams: 1, Serpentine 254; 2, Met. Police 170; 3, Belgrave 132; 4, Parkside 68.

### SCVAC T&F LEAGUE AUXILIARY FINAL COLINDALE 1 SEP 1996

Men 40 - 49

100m: 3, G.Sagar 12.7; 3, R.Hopkins 12.9. 200m: 6, G.Sagar 27.1; 3, R.Hopkins 26.7. 800m: 3, D.Anderson 2:14.8; 5, M.Graham 2:40.9. 1500m: 4, D.Anderson 4:34.8; 1, A.Binda 4:38.2. 3000m: 3, A.Binda 9:49.7; 2, D.Anderson 10:00.0. LJ: 5, R.Hopkins 4.52. TJ: 4, R.Hopkins 9.30. PV: 2, T.Lawton (M50) 3.00. SP: 1, M.Small 12.39. DT: 1, M.Small 39.38. JT: 4, M.Small 39.96. HT: 1, M.Small 42.68. 2k Walk: 1, J.Hall 9:00.7; 1, C.Lawton 9:49.6.

Men Over 50

100m: 4, S.Brooks 13.4. 200m: 6, S.Brooks 27.8. 1500m: 6, J.Wasbrough 5:25.6. HJ: 2, S.Brooks 1.40. LJ: 1, S.Brooks 4.98. PV: 1, S.Brooks 2.30. SP: 1, S.Brooks 10.33. DT: 1, S.Brooks 35.38. JT: 2, S.Brooks 38.16. HT: 5, W.Couzens 20.16.

Teams: 1, Richmond & Twickenham 434; 2, Barnet 432; 3, Kingston & Poly 353; 4, Hastings 345; 5, Portsmouth 333; 6, Belgrave 319; 7, Invicta 80.

Women 35 - 49

HJ: 2, M.Jones 1.18. LJ: 5, C.James (W50) 2.17. SP: 4, B.Dunsford (W60) 5.67. DT: 2, P.Mead (W50) 19.54. JT: 5, M.Jones 13.58. HT: 3, M.Jones 20.08. 4x100m: 5, Belgrave (M.Jones, P.Mead, C.James, B.Dunsford) 77.0.

Women Over 50

200m: 3, P.Mead 36.8. HJ: 2, P.Mead 1.11. LJ: 5, P.Mead 2.80. SP: 1, C.James 8.05. DT: 3, C.James 16.98. JT: 5, B.Dunsford 10.56. HT: 1, B.Dunsford 24.30.

Teams: 1, Bexley 431; 2, Radley 396; 3, Verlea 348; 4, Kingston 229; 5, Belgrave 160; 6, Woking 144; 7, Worthing 130.

# Boys of Summer

Centre page photo captions - starting top left and working clockwise.

1. At 16 James Tuson's a bit of an all-rounder. Last season, in his first year as an U17M he high jumped 1.80, long jumped 5.75, tripled 13.10 and cropped up regularly in sprints and relays. James is our U17MT&F Captain for 1997.

2. Clearly our most prolific points scorer in British League matches, Discus thrower Kevin Brown's 1996 best of 58.66 ranked him 3rd in the country. His all-time best is 59.50 from '95. He's not averse to heaving the shot either and pictured overleaf is about to take 2nd place in BAL match 3 'B' event at Alexander Stadium.

3. Lee Newman specialises in Shot and uses the spiral technique. His 1996 best of 18.85 was a pb that placed him 4th in the country but in indoor competition this winter he has already shown signs that his best is due for revision yet again.

4. At Kingsmeadow for BAL match 4 Paul Evans and Gary Staines toy with the opposition in the 5,000 metres before running in together for 'A' and 'B' wins, separated by the electrical timing by 1/100th!

5. One time Gladiators contestant Chris Rawlinson set personal records of 14.52 and 50.36 for the two hurdle races in '96 - as well as gaining an international vest. He's no mean decathlete either with a score of 6,291 dating from 1995.

6. Ian Tullett catapults himself to 5.20 at Cophall. What great service our pole vaulters have given us over the years.

7. Yet another Belgrave thrower to set his best ever performance during 1996. Leith Marar reached out a further 20 cm to 55.58 to rank 8th in the country for the Discus. Leith was second only to Kevin Brown when it came to points scoring in BAL matches.

8. Mike Edwards vaulted to 5.40 to win at Cophall in BAL match 2 but his season's best of 5.45 came at Battersea in a Rosenheim event.

9. Matt Yates scored some great double wins over 800 and 1,500 metres. Pictured at Cophall where he had already taken the 'A' 800 event, he controls the 'B' 1,500m before sprinting away from the field.

Photo credits:

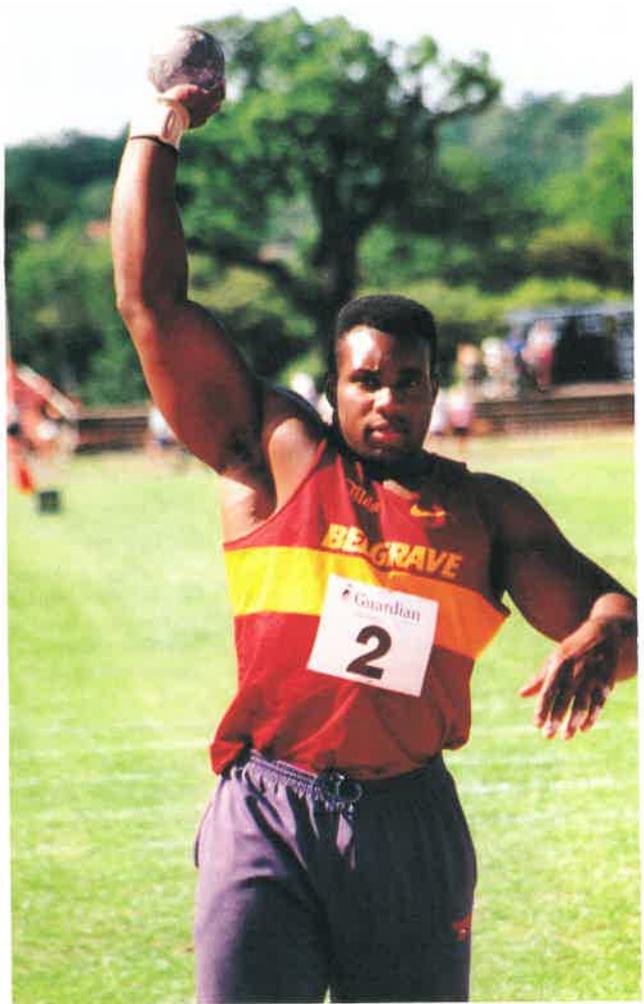
Paul Beaumont - 5 and 7.  
Alan Mead - 1, 2 and 3  
Robin Nicholls - 6, 8 and 9.  
Ray O'Donoghue - 4.

### MEN'S SCVAC T&F LEAGUE MID-LONDON DIVISION

1, Serpentine .....	32
2, Belgrave .....	26½
3, Met. Police .....	25½
4, Old Gaytonians .....	17
5, Hercules Wimbledon .....	17
6, Thames Valley .....	12
7, Herne Hill .....	10

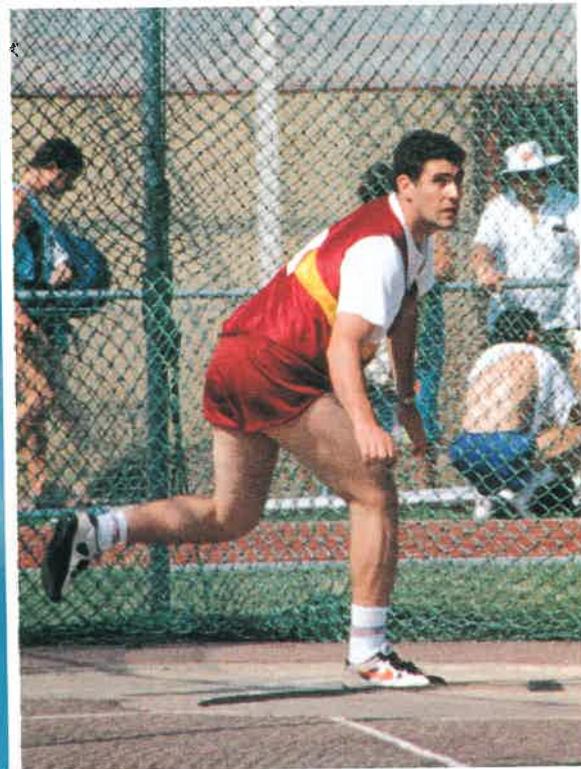
### WOMEN'S SCVAC T&F LEAGUE MID-LONDON DIVISION

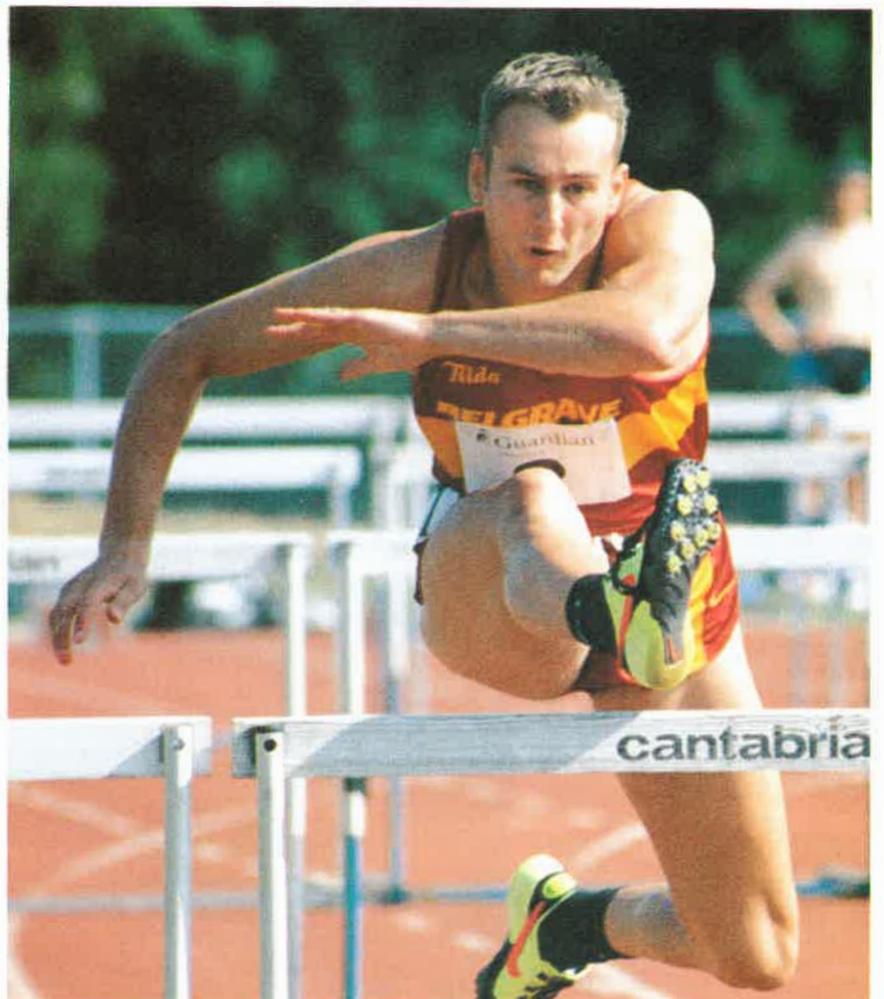
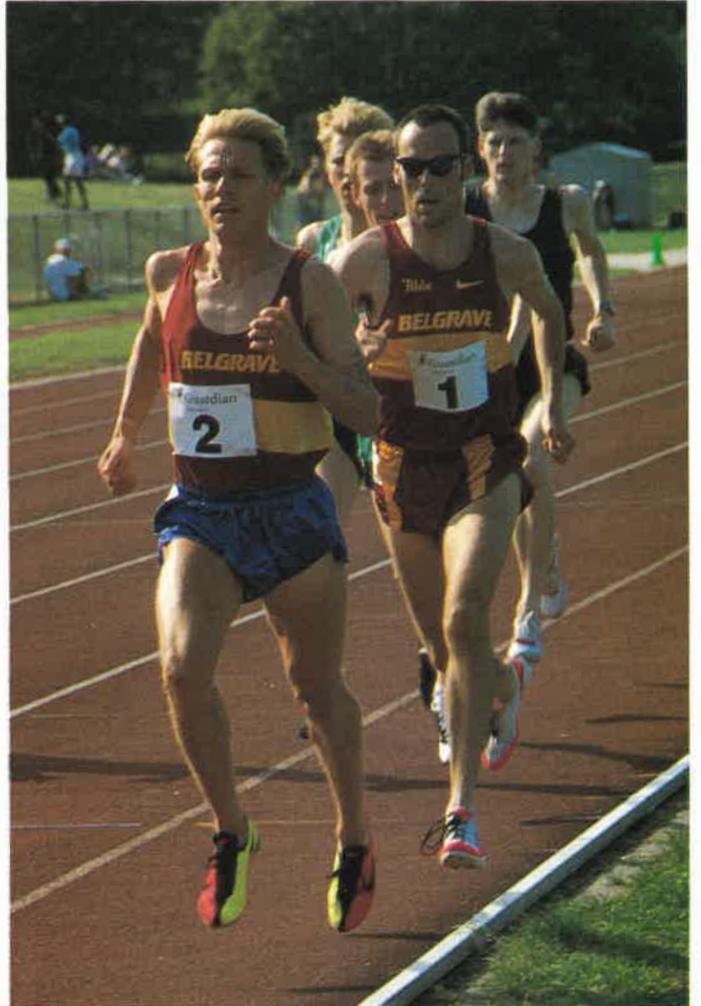
1, Serpentine .....	32
2, Met. Police .....	26
3, Belgrave .....	25
4, Parkside .....	21



## Boys of Summer

◀◀◀ For photo captions see previous page





# McDonalds Young Athletes League Boys Southern Premier Division

## *Bels make it to the National Finals*

With the fortunes of our younger athletes reported in detail in our *Youth In Action* magazine we will more or less restrict ourselves here to publication of the results to keep the historical information contained within the pages of *The Belgravian* intact. However, we must report that 1996 saw Belgrave's young male athletes attain their most impressive achievements yet. True, we have been in the Southern Premier Division before, but it was only a brief showing in 1994 before dropping back down again. This time it was different. With three team wins and two second places not only did we finish up with a top three placing but we made it to the National finals at Alexander Stadium, Birmingham, something that no other club has managed to do when only just breaking into the Division. The standard at this level is ferocious in an arena where the very cream of the nation's Young Athletes do battle for their clubs.

It's pretty ferocious off the field of competition as well as clubs vie for every possible point and rival teams invoke the rarely used rule of deducting points where clubs do not provide

enough officials. Managing the team involves the nightmare task of bringing together maybe sixty boys, transporting them across the country and then making sure that they compete in club kit, adhere exactly to the competition rules and turn up at the start of their event on time. And as for the final, involving an overnight stay in a hotel in the Midlands... Suffice it to say that the Belgrave Team Management pairing of Leo Coy and John Powell was equal to every crisis. Not only must we congratulate our athletes and their Captains but we must underline what an amazing achievement it has been for these two men.

But things move on. As reported elsewhere, Leo is moving to Ireland and will no longer be seen in his familiar role as Team Manager. John Powell is also moving on, but in his case to manage our Under 20 Men's team as they too shoot for top team honours. Taking their places will be two new managers who will carry Belgrave's hopes for even more success: Laurence Rogers and Barbara George. We wish them luck.



Photo: Alan Mead

*Sean Eaton ran to 3rd and 4th places in the Under 13 National Rankings for 100 and 200 metres with 12.3 and 26.0, times set when he was still eleven years of age. With another summer in the age group we can expect fireworks from this boy in 1997- but then with an Aunt like GB international Lorna Booth would you expect otherwise.*

### **MATCH 3, HARROW 2 JUN 1996**

Men of the match - Track - Darren Adams (U15 80mH) - Field - Peter Waterman (U17 Shot)  
Under 17 Men

100m: 1, C.Lambert 11.5; 1, F.Chimeka 11.7. 200m: 2, E.Hassan 23.3; 2, C.Lambert 23.8; n/s D.Adams 24.9; D.Shakes 25.0; T.Shittu 26.6. 400m: 3, N.Daniel 53.6; 1, E.Hassan 53.0. 800m: 4, A.Becirhodzic 2:13.5; 3, E.Ford 2:16.7. 1500m: 3, A.Becirhodzic 4:19.8; 3, P.Wright 4:46.0. 3000m: 4, M.Patel 10:22.1; 4, N.Whorlow 11:18.7. 100mH: 4, A.Sakyi 17.5; 4, S.Oni 17.6. 400mH: 1, S.Murray 61.4; 1, M.Kerr 64.0. 1500mSC: 3, E.Ford 5:17.7; 4, P.Wright 5:35.4. HJ: 2, S.Oni 1.80; 2, J.Tuson 1.70. LJ: 1, S.Ahmed 6.30; 3, J.Tuson 5.75. TJ: 1, S.Ahmed 13.14; 1, J.Tuson 12.07. PV: 3, M.Kerr 2.30; 3, A.Weir 2.10. SP: 1, P.Waterman 14.20; 3, M.Egar 10.54. DT: 3, P.Waterman 32.56; A.Stanley-Clarke 3nt. JT: 1, A.Stanley-Clarke 48.34; 4, S.Oni 34.26. HT: 1, P.Waterman 53.72; 3, E.Ford 20.68. 4x100m: 1, Belgrave (M.Kerr, F.Chimeka, E.Hassan, C.Lambert) 45.6. 4x400m: Belgrave (E.Hassan, M.Kerr, N.Daniel, S.Murray) 3:37.4.

#### Under 15 Boys

100m: 2, G.Aboya-Dana 12.0; 2, R.Danso 12.5. 200m: 3, G.Aboya-Dana 25.2; 2, R.Danso 25.9; n/s A.Markham 25.6; M.Fiorentino 26.4; A.Lambert 26.9; A.Adelekan 27.1; J.Reynolds 27.2; K.Bignell 28.0.

400m: 1, L.Morby 57.3; 1, A.Blackstock 58.3. 800m: 2, A.Shorter 2:13.5; 2, J.Stevens 2:24.5; n/s R.Whelan 2:38.7. 1500m: 3, A.Shorter 4:44.3; 2, S.Beaver 4:46.7. 3000m: 4, R.Bignell 10:25.9; 3, C.Morris 11:02.5. 80mH: 1, D.Adams 11.9; 2, K.O'Keefe 13.3. HJ: 2, K.O'Keefe 1.55; 2, D.Crook 1.50. LJ: 1, R.Danso 5.69; 1, G.Aboya-Dana 5.53. PV: 1, C.Carter 2.45; 1,

F.Amoako 1.80. SP: 3, S.St.Luce 9.98; 1, N.Ampofo 9.84. DT: 4, S.St.Luce 24.04; 3, A.Adelekan 20.38. JT: 3, J.Hall 31.68; 2, J.Appafraam 25.70. HT: 2, S.St.Luce 25.50; 3, N.Ampofo 20.64. 4x100m: 1, Belgrave (R.Danso, G.Aboya-Dana, D.Adams, A.Markham) 50.7. 4x400m: 2, Belgrave (C.Lambert, A.Blackstock, M.Fiorentino, L.Morby) 4:00.0.

#### Under 13 Boys

100m: 1, S.Eaton 12.9; 2, P.Graham 15.3. 200m: 1, S.Eaton 26.3; 1, S.Opoku 28.5; P.Graham 30.8. 800m: 1, S.Charalambos 2:29.9; 1, S.Opoku 2:32.7; n/s A.Agyekum 2:39.8; B.Jackson 2:57.7; A.Jackson 3:03.3; S.McNally 3:09.1. 1500m: 2, T.Russell 5:08.4; 2, S.Cleary 5:25.2. LJ: 3, S.Charalambos 4.24; 4, T.Russell 3.55. 4x100m: 1, Belgrave (S.Charalambos, S.Opoku, T.Russell, S.Eaton) 55.0.

Teams: 1, Old Gaytonians 220; 2, Belgrave 198; 3, Crawley 177; 4, Ipswich 138.

### **MATCH 4, CRYSTAL PALACE 23 JUN 1996**

Man of the match - Track - Gabriel Aboya-Dana (U15 100m).

#### Under 17 Men

100m: 1, S.Stevenson 11.7; 1, A.Newberry 12.1. 200m: 1, E.Hassan 22.8; 1, M.Kerr 23.5; n/s D.Shakes 24.8. 400m: 1, E.Hassan 51.5; 1, S.Murray 55.6; n/s P.Wright 56.0; L.King 56.5; E.Ford 58.5. 800m: 2, J.Venning 2:04.8; 1, M.Brightly 2:15.3. 1500m: 2, A.Becirhodzic 4:13.2; 3, J-P.Healey 4:57.0; 3000m: 3, M.Patel 10:55.5. 100mH: 1, S.Stevenson 14.8; 1, R.Killick 15.9. 400mH: 1, M.Brightly 60.6; 1, S.Murray 60.6. 1500mSC: 2,



*Left: Sam Stephenson en route to a great victory in the Under 17 Men's 100m Hurdles at Crystal Palace*

P.McDonald 5:01.4; 1, L.Nation 5:04.4. HJ: 1, S.Oni 1.85; 1, J.Tuson 1.75. LJ: 1, S.Ahmed 6.35; 1, L.Quaye 5.84. TJ: 1, S.Ahmed 13.65; 1, J.Tuson 12.02. PV: 2, A.Weir 2.30; 2, M.Kerr 2.10. SP: 1, P.Waterman 13.74; 1, M.Egan 10.33. DT: 2, P.Waterman 31.52; 2, C.Das 19.64. JT: 2, A.Newberry 42.53; 1, C.Rowland 34.80. HT: 1, P.Waterman 53.72; 3, K.Bunce 15.84. 4x100m: 1, Belgrave (J.Tuson, S.Ahmed, M.Kerr, E.Hassan) 45.5. 4x400m: 1, Belgrave (S.Murray, L.King, P.Wright, E.Hassan) 3:37.4.

**Under 15 Boys**

100m: 1, G.Aboya-Dana 11.7; 2, B.Barikor 12.8. 200m: 2, G.Aboya-Dana 24.0; 2, A.Markham 25.3; n/s R.Danso 25.8. 400m: 4, L.Morby 56.7; 2, S.Bellamy 58.6; A.Lambert 59.2. 800m: 3, R.Codadeen 2:18.1; 3, A.Healey 2:25.9. 1500m: 2, R.Codadeen 4:37.7; 2, A.Healey 5:02.2; n/s G.West 5:51.7. 3000m: 3, C.Morris 10:53.0; 2, J.Stephens 11:12.3. 80mH: 1, D.Adams 11.9; 2, K.O'Keefe 12.5; n/s A.Arce 13.3; E.Gyckye 14.1; R.Cattini 16.6; J.Weatman 18.3. HJ: 1, B.Barikor 1.75; 1, N.Green 1.50. LJ: 2, R.Danso 5.54; 1, G.Aboya-Dana 5.50. PV: 1, C.Carter 2.40; 2, F.Amoako 1.90. SP: 2, J.Putrym 10.33; 2, R.Cattini 9.80. DT: 1, N.Urmatum 28.54; 1, E.Alfonso 28.22. JT: 2, J.Hall 35.10; 4, J.Weatman 18.3. HT: 2, S.St.Luce 28.62; 1, J.Putrym 23.84. 4x100m: 1, Belgrave (R.Danso, R.Codadeen, B.Barikor, G.Aboya-Dana) 50.7. 4x400m: 1, Belgrave (R.Codadeen, C.Lambert, S.Bellamy, L.Morby) 3:56.0.

**Under 13 Boys**

100m: 1, S.Eaton 12.5; 1, L.Lawrence 13.3. 200m: 1, S.Eaton 26.2; 1, S.Opoku 27.9; n/s A.Harris 32.5. 400m: n/s R.Tracey 79.2; G.Brown 82.0. 800m: 1, S.Opoku 2:26.1; 1, S.Charalambos 2:29.3. 1500m: 2, D.DeEmmony 5:02.9; 1, T.Russell 5:04.2; n/s A.Agyekum 5:22.0; S.Cleary 5:28.8; R.Carey 5:29.8; B.Jackson 5:46.1. LJ: 4, L.Lawrence 4.19; 2, S.Charalambos 3.97. 4x100m:

1, Belgrave (L.Lawrence, S.Opoku, D.DeEmmony, S.Eaton) 53.0.

Teams: 1, Belgrave 259; 2, Enfield 200; 3, GEC Avionics 164; 4, Oxford 102.

**MATCH 5, BROMLEY  
21 JUL 1996**

**Under 17 Men**

100m: 2, C.Lambert 11.5; 2, S.Stephenson 11.8. 200m: 2, E.Hassan 23.3; 2, C.Lambert 23.2. 400m: 2, E.Hassan 52.8; 2, S.Murray 54.8. 800m: 4, J.Venning 2:11.6; 2, E.Ford 2:16.6. 1500m: 3, J.Venning 4:31.7; 2, P.McDonald 4:37.2. 3000m: 4, N.Whorlow 10:46.9. 100mH: 2, S.Stevenson 14.5; 2, P.Evans 15.2. 400mH: 3, S.Murray 62.2; 2, M.Kerr 63.1. 1500mSC: 2, P.McDonald 5:09.8; 2, E.Ford 5:17.5. HJ: 3, S.Oni 1.80; 2, J.Tuson 1.75. LJ: 2, S.Ahmed 6.26; 1, L.Quaye 5.87. TJ: 1, S.Ahmed 13.30; 1, J.Tuson 12.76. PV: 3, M.Kerr 2.05; 2, P.McDonald 1.75. SP: 2, P.Waterman 14.55; 2, I.Watkins 8.57. DT: 3, P.Waterman 32.32; 1, I.Watkins 29.14. JT: 2, A.Stanley-Clarke 52.96; 1, A.Newberry 48.68. HT: 1, P.Waterman 51.46; 3, C.Das 17.78. 4x100m: 1, Belgrave (J.Tuson, S.Stephenson, M.Kerr, C.Lambert) 44.9. 4x400m: 1, Belgrave (E.Hassan, A.Newberry, S.Murray, P.Evans) 3:37.4.

**Under 15 Boys**

100m: 1, G.Aboyo-Dana 11.9; 2, R.Danso 12.1. 200m: 2, G.Aboyo-Dana 23.6; 3, N.Urmatum 25.8. 400m: 2, L.Morby 54.9; 2, S.Bellamy 56.6. 800m: 2, M.Garcia 2:07.8; 2, R.Whelan 5:01.1. 3000m: 2, B.Asante 11:11.3. 80mH: 1, D.Adams 12.4; 1, A.Arce 13.0. HJ: 2, N.Green 1.50; 2, D.Holmes 1.50. LJ: 2, R.Danso 5.59; 1, G.Aboyo-Dana 5.54. PV: 2, C.Carter 2.40; 3, F.Amoako 1.80. SP: 4, J.Putrym 10.07; 4, S.Obiley 9.24. DT: 4, N.Urmatum 25.28; 4, S.St.Luce 22.86. JT: 1, B.Apps 41.20; 1, J.Hall 37.68. HT: 2, S.St.Luce 27.04; 2, J.Putrym 25.56. 4x100m: 2, Belgrave (D.Adams, R.Danso, A.Arce, G.Aboyo-Dana) 46.9. 4x400m: 2, Belgrave (L.Morby,

D.Holmes; R.Thomas, S.Bellamy) 3:57.4.

**Under 13 Boys**

100m: 1, S.Eaton 12.6; 1, L.Safie 13.4. 200m: 1, S.Eaton 26.1; 2, S.Opoku 28.9. 800m: 3, S.Charalambos 2:24.7; F.Lewis dnf. 1500m: 1, D.DeEmmony 4:59.2; 1, J.Wilson 5:01.1. LJ: 2, L.Safie 4.60; 4, S.Opoku 3.64. 4x100m: 1, Belgrave(L.Safie, S.Opoku, D.DeEmmony, S.Eaton) 53.4. Teams: 1, Blackheath 257; 2, Belgrave 204; 3, Brighton 122; 4, Reading 121.

**McDONALDS YA  
LEAGUE  
SOUTHERN PREMIER  
DIVISION**

1, Blackheath	20
2, Old Gaytonians	19
3, Belgrave	18
4, Croydon	17
5, Shaftesbury	16
6, Crawley	15
7, Enfield	14
8, Brighton	12
9, Medway	11
10, GEC Avionics	11
11, Team Solent	10
12, Ipswich	9
13, Oxford	8
14, Reading	7
15, Norfolk	6
16, Luton	5

**McDONALD'S YA LEAGUE  
NATIONAL FINAL  
BIRMINGHAM, 8 SEP 1996**

**Under 17 Men**

100m: (+2.2) 3, C.Lambert 11.15; (+1.4) 7, R.Hart 11.98. 200m: (-0.7) 5, E.Hassan 23.44; (+1.0) 2, C.Lambert 22.67. 400m: 5, E.Hassan 52.08; 3, N.Daniel 52.96. 800m: 8, M.Brightly 2:19.63; 6, P.Wright 2:12.00. 1500m: 7, P.MacDonald 4:30.38; 6, A.Burcher 4:39.90. 3000m: 5, P.MacDonald 9:48.53; 4, L.Nation 9:57.79. 100mH: (?)3, S.Stephenson 14.17; (-0.9) 3, P.Evans 15.39. 400mH: 1, S.Murray 58.79; 5, M.Brightly 62.03. 1500mSC: 6, E.Ford 5:04.42; 3, A.Belcher 5:12.28. HJ: 2, S.Oni 1.95; =3, J.Tuson 1.80. LJ: 5, S.Ahmed 6.06 (+2.0); 7, L.Quaye 5.40 (+0.5). TJ: 3, S.Ahmed 13.44 (+1.0); 2, J.Tuson 12.74 (+2.0). PV: 4, A.Hill 3.20; 3, A.Weir 2.40. SP: 2, P.Waterman 14.75; 3, M.Egan 11.18. DT: 7, P.Waterman 31.32; 4, I.Watkins 29.40. JT: 2, A.Stanley-Clarke 50.48; 2, A.Newberry 44.28. HT: 1, P.Waterman 58.16; 6, E.Ford 25.18. 4x100m: Belgrave dq. 4x400m: 4, Belgrave 3:34.05.



Photo: Alan Mead

*All-rounder James Tuson takes over as Under 17 Men's Captain this summer and will be geeing the boys up for an even better showing in 1997.*

**Under 15 Boys**

100m: (+2.3) 5, G.Aboya-Dana 11.97; (+2.5) 5, R.Danso 11.91. 200m: (+1.0) 4, G.Aboya-Dana 23.50; (+0.3) 6, A.Markham 24.86. 400m: 7, L.Morby 57.35; 4, S.Bellamy 54.69. 800m: 5, M.Garcia 2:13.78; 7, A.Lambert 2:22.19. 1500m: 1, M.Garcia 4:25.04; 1, S.Beaver 4:29.52. 3000m: 6, R.Bignell 10:26.68; 8, C.Morris 11:06.55. 80mH: (-1.4) 3, D.Adams 12.07; A.Arce dq. HJ: 7, N.Green 1.60; 6, L.Morby 1.55. LJ: 1, G.Aboya-Dana 6.42 (+2.5); 1, R.Danso 6.18 (+2.4). PV: 8, F.Amoako 1.95; C.Carter no ht. SP: 5, J.Putrym 11.75; 8, B.Apps 9.14. DT: 8, S.St.Luce 24.64; 8, N.Urmatum no dst. JT: 5, J.Hall 36.76; 6, B.Apps 30.14. 4x100m: 7, Belgrave dq. 4x400m: 7, Belgrave 3:56.46.

**Under 13 Boys**

100m: (+2.8) 2, L.Safie 12.65; (+1.2) 2, L.Lawrence 13.49. 200m: (+0.1) 2, 4, S.Charalambos 26.72; (-1.0) 4, S.Opoku 27.59. 800m: 8, S.Charalambos dq; 3, S.Opoku 2:29.53. 1500m: 5, D.DeEmmony 5:03.24; 2, J.Wilson 5:05.27. LJ: 5, L.Safie 4.67 (+1.5); 5, C.Carew 4.30 (+0.9). 4x100m: 8, Belgrave dq.

**McDONALD'S YA  
LEAGUE  
NATIONAL FINAL**

1, Blackheath	483
2, Liverpool	379
3, Sale Manchester	367
4, Birchfield	356
5, Old Gaytonians	328
6, Belgrave	318½
7, Cannock & Stafford	259½
8, Mandale	256

*It's Crystal Palace and YA League Match 4, our home meeting. Chris Rowlands keeps the point score rattling along with a win in the 'B' Under 17 Javelin.*

Photo: Alan Mead



# BELGRAVE T&F CHAMPIONSHIPS 1996

All held at Battersea Park and all on 14th July except 5000m 19th June, 10,000m 4th September.

## Senior Men

100m: 1, K. Adjepong 11.2; 2, G. Sagar 13.2. 200m: 1, M. Parper (U20) 23.1; 2, B. Mensah (U20) 23.7; 3, G. Sagar (M40) 26.0; 4, R. Hopkins Jnr (M40) 26.2; 5, R. McMillan 26.7. 400m: 1, T. Lerwill (U20) 47.9; 2, J. Squirrell 49.2; 3, J. Hilston (U20) 50.2; 4, S. Hewes 52.8; 5, R. McMillan 61.3. 800m: 1, D. Pamah 1:51.2; 2, S. Smullen 2:06.8; 3, S. Chettati 2:11.8. 1500m: 1, S. Chettati 4:16.5; 2, J.-M. Bart 4:18.1. 5000m: 1, R. Alsop 15:38.4; 2, S. Chettati 15:58.5; 3, C. Dickinson 16:10.9; 4, P. Carstairs 17:02.1; 5, D. Anderson 17:26.0; 6, D. Maughan 20:53.4. 10000m: 1, J. Estall 31:31.6; 2, R. Alsop 32:23.6; 3, P. Carstairs 33:29.6; 4, C. Dickinson 33:37.6; 5, R. Bale 38:55.0. 110mH: 1, M. George (U20) 15.7. 3000m Walk: 1, M. Dane 13:39.7; 2, C. Lawton (M45) 14:52.7; 3, M. Graham (M45) 16:30.1; 4, P. Warburton; (M45) 17:57.4. HJ: 1, R. Hopkins Jnr (M40) 1.45. TJ: 1, M. George (U20) 13.72. PV: 1, T. Lawton (M50) 3.00; 2, C. Husbands 2.80. SP: 1, P. Waterman (U17) 12.12; 2, D. Stone (U20) 10.42; 3, G. Sagar (M40) 8.62; 4, E. Derouet 8.53; 5, R. Silvier 8.18; 6, B. Green 6.85. DT: 1, D. Stone (U20) 24.74; 2, S. Whorlow Snr (M45) 19.00; 3, R. Silvier 18.90; 4, B. Green 16.52. JT: 1, C. Mountfield 36.74; 2, R. Silvier 24.28. HT: 1, S. Whorlow Snr (M45) 18.74; 2, D. Stone (U20) 17.56; 3, B. Green 16.54.

## Under 17 Men

100m: 1, C. Lambert 11.2; 2, O. Pomalls 11.9. 200m: 1, N. Whorlow 26.5. 1500m: 1, A. Becirhodzic 4:15.6; 2, P. Macdonald 4:40.1. 100mH: 1, B. Seiden 14.8; 2, P. Evans 15.4; 3, M. Brightly 15.6. 400mH: 1, M. Brightly 61.3. 3000m Walk: 1, N. Whorlow 14:22.5. TJ: 1, N. Whorlow 10.60; 2, D. Crook 10.08; 3, J. Stevens 8.88. PV: 1, A. Newberry 2.00; 2, C. Carter 2.00. SP: 1, P. Waterman 13.91; 2, M. Egan 11.76; 3, A. Newberry 9.28. DT: 1, N. Whorlow 27.30; 2, A. Stanley Clarke 24.80; 3, C. Das 22.80; 4, A. Newberry 22.60. JT: 1, A. Newberry 53.86; 2, A. Stanley-Clarke 53.62; 3, O. Pomalls 35.64. HT: 1, P. Waterman 56.42.

## Under 15 Boys

100m: 1, G. Aboya-Dana 11.3; 2, R. Danso 11.7; 3, S. Bellamy 12.1; 4, E. Gyekye 12.4; 5, O. Trenchard 12.4; 6, A. Adelekan 12.9; 7, M. Anderson 14.1; 8, B. Asante 14.3. 200m: 1, L. Morby 25.2; 2, A. Adelekan 27.1; 3, J. Stevens 28.0; 4, D. Crook 28.1; 5, S. Opoku 28.8; 6, G. McEwan 31.1. 400m: 1, L. Morby 56.1; 2, S. Bellamy 57.3. 800m: 1, A. Adelekan 2:29.0; 2, R. Bignall-Matelle 2:29.3; 3, T. Howell 2:34.7. 1500m: 1, S. Beaver 4:35.7; 2, R. Bignall-Matelle 4:48.0; 3, D.

O'Sullivan 4:53.9. 80mH: 1, D. Crook 13.0; 2, E. Gyekye 13.6; 3, D. Holmes 13.8; 4, A. Harris (U13B) 16.2; 5, B. Asante 16.5; 6, S. Opoku (U13) 17.0; 7, G. Imell (U13B) 23.5; 8, S. Whorlow Jnr (U13B) 44.0. 3000m Walk: 1, C. Stanford 16:15.6. HJ: 1, D. Holmes 1.55; 2, L. Morby 1.50; 3, B. Asante 1.40; 4, D. Crook 1.35; 5, R. Bignall-Matelle 1.25; 6, A. Adelekan 1.25; 7, M. Anderson 1.25. LJ: 1, G. Aboya-Dana 5.77; 2, R. Danso 5.48; 3, O. Trenchard 5.13; 4, D. Crook 4.55; 5, E. Gyekye 4.52; 6, D. Holmes 4.49; 7, A. Adelekan 4.26; 8, B. Asante 4.25; 9, R. Bignall-Matelle 4.08; 10, M. Anderson 3.37. SP: 1, S. St. Luce 9.98; 2, J. Putrym 9.95; 3, B. Apps 8.50; 4, S. Obileye 9.61. DT: 1, S. St. Luce 26.14; 2, G. Franklin 25.12; 3, S. Obileye 24.36; 4, J. Putrym 22.16; 5, A. Adelekan 19.80; 6, B. Apps 18.84; 7, C. Stanford 18.18. JT: 1, B. Apps 38.66; 2, J. Hall 38.44; 3, G. Franklin 33.74. HT: 1, S. St. Luce 25.50; 2, S. Obileye 12.16.

## Under 13 Boys

100m: 1, S. Eaton 12.6; 2, D. Watson 13.0; 3, E. Cafun 13.8; 4, R. Biscoe 14.6; 5, D. Lambert 15.0; 6, A. Harris 15.1; 7, C. Carter 16.0; 8, D. Clarke 16.5; 9, K. Bignall-Matelle 18.0. 200m: 1, S. Eaton 26.0; 2, S. Charalambos 27.8; 3, P. Graham 31.3; 4, S. Whorlow Jnr 35.5; 5, K. Bignall-Matelle 38.1. 800m: 1, T. Russell 2:35.2; 2, P. Graham 2:50.2; 3, ? 2:53.9; 4, R. Banham 2:53.9; 5, S. Whorlow Jnr 2:55.2; 6, S. McNally 3:04.5. 1500m: 1, T. Russell 5:12.0. 2000m Walk: 1, R. Banham 12:36.4; 2, S. McNally 13:02.4; 3, S. Whorlow Jnr 14:11.7. HJ: 1, C. Carew 1.50; 2, A. Harris 1.45; 3, S. Opoku 1.45; 4, M. Graham 1.25; 5, K. Bignall-Matelle 0.95. LJ: 1, D. Watson 4.85; 2, C. Carew 4.43; 3, E. Cafun 4.04; 4, M. Graham 4.03; 5, R. Biscoe 3.90; 6, P. Daley 3.82; 7, A. Harris 3.79; 8, R. Banham 3.53; 9, S. Harper 3.46; 10, G. McEwan 3.28; 11, D. Clark 3.24; 12, S. Opoku 3.20; 13, K. Bignall-Matelle 3.01; 14, J. Nathan 2.99; 15, S. Whorlow Jnr 2.68.

## Senior Women

100m: 1, J. Stone 14.2; 2, J. Cockram 14.4. 200m: 1, J. Stone 29.0. 400m: 1, J. Stone 63.8. 800m: 1, S. Symonds 2:41.2; 1500m: 1, S. Symonds 5:26.7. 100mH: 1, J. Cockram 18.8. 3000m Walk: 1, H. Miller (M45) 20:44.3. HJ: 1, J. Cockram 1.45; 2, A. Patten 1.30. LJ: 1, A. Patten 4.48. TJ: 1, A. Patten 10.31; 2, J. Cockram 9.06. PV: 1, J. Cockram 2.50. SP: 1, A. Patten 8.84; 2, M. Stock 7.04; 3, J. Cockram 6.86; 4, H. Mead 6.54; 5, J. Smiter 3.97. DT: 1, A. Patten 27.50; 2, J. Smiter 19.86; 3, H. Mead 15.44. JT: 1, A. Patten 27.64; 2, J. Smiter 22.20; 3, H. Mead 19.64; 4, J. Cockram 16.04. HT: 1, A. Patten 24.00; 2, J. Smiter 14.82; 3, H. Mead 14.36; 4, J. Cockram 12.44.

## Under 17 Women

100m: 1, N. Law 13.5; 2, K.-A. Parker-

Smith 15.0. 200m: 1, N. Law 28.9. 1500m: 1, A. Hearn 5:59.8. 3000m Walk: 1, K.-A. Parker-Smith 16:13.8; HJ: 1, L. Wilson 1.40. DT: 1, M. Stock 19.74; 2, A. Hearn 10.28.

## Under 15 Girls

100m: 1, E. Gyekye 13.7; 2, L. Davison 15.1. 200m: 1, D. Hearn 30.5. 800m: 1, D. Hearn 2:39.0; 2, E. Gyekye 3:00.3. 3000m Walk: 1, T. Gorman 21:42.6; 2, F. Smith 24:51.4. HJ: 1, E. Gyekye 1.35. LJ: 1, D. Hearn 3.79; 2, L. Davison 3.51.

## Under 13 Girls

100m: 1, S. Raymond 15.1; 2, S. Reynolds 16.0; 3, D. Johnson 16.7; 4, L. Asling 17.6. 200m: 1, L. Fryer 32.1; 2, S. Reynolds 32.9. 800m: 1, A. Ragouzardis 3:00.6. 2000m Walk: 1, L. Fryer 11:40.9; 2, L. Asling 13:58.4. LJ: 1, S. Raymond 4.20; 2, S. Reynolds 3.46; 3, N. Boakye 3.44; 4, D. Johnson 3.25; 5, L. Asling 3.04.



## 1997 CLUB CHAMPS

will be held at Battersea on Sunday 15th June  
BMC 800m races and another "hot" 400m organised by Dave Pamah.  
Barbecue and music subject to weather.



## Hilary keeps the flag flying on the roads

Despite attending degree course lectures three nights a week at London University together with the associated coursework and in addition to her full time job at the Public Record Office, Hilary Saw has kept the Belgrave colours flying on the roads, finishing as second W45 in the season-long Surrey Road League. Hilary's results were as follows:  
Herne Hill 10k & Surrey Champs. 16th female 49:10; Epsom All-Sorts 10k 51st, 51:24; Epsom Fun Day 5m 32nd (2nd W45) 39:43; Coombe Hill 5m 53rd (2nd W45) 39:17; Tadworth 5m 161st, 40:48; Dorking 10m 50th female 86:47; Dysart Dash 10k 298th, 53:29; Elmbridge 10k 276th (8th W45) 50:44; Belgrave & Surrey 5k 12th female 23:32; Vets AC 5.2m 6th female (1st W45) 40:38.

In the Northumberland All-Terrain Marathon at the beginning of August Chris Sweeney found himself running on beach, woodland and track to take part in this made for TV All-terrain event.

Unfortunately Chris had to come out with a hamstring injury before its conclusion. He's now slowly getting back to fitness and its a shame that such a fine runner picks up so many niggles. 4m Road Holy Island 14, 19:25. 4m Hill Ingram 13, 23:30. 1m Plessey Woods 7, 4:41. 2m Track Hexham 9, 9:08. 3m Beach Embleton Bay 16, 15:25. 3m Harbour Seaton Sluice 13, 15:23.

In the Amsterdam to Zaandam Dam to Dam 10m. Josephat Machuka averaged 4:31.8 per mile to set a World Best 45:18. world best. Paul Evans with 46:36 was the only man in the first 12 not an African!

After the opening rounds of the IAAF World Cross Challenge Paul Evans found himself lying 26th in the international standings. A 17th place at Durham over 9.3k in 29:54 was followed a week later with 15th in Belfast over 8k in 24:15. Matt Yates looking more confident under new coach Bruce Longden challenged for the lead in the middle distance men's 2k and ended up placing 3rd to John Mayoock, his 6:17 was just two seconds down.

## LATE RESULTS

### December 1996

- 3 Club La Santa Half Marathon. C.Cross 1:39:46.
- 21 Wimbledon VAC 4.8m CC. 15, K. Spacie 31:15; P. Newell 32:30.
- 26 Bedford, Boxing Day 10m. 12, P. Carstairs 57:18.

### January 1997

- 11 Wimbledon, VAC 4.8m Champs. 8, M. Nouch 26:52; P. Newell 32:46
- 21 Morden, Merton Schools CC Champs. 1, K. Quinn 18:02 - won by over two and a half minutes.
- 22 Trent Park, London Colleges 5m. 8, D. Onoufriou 27:21; 10, A. Jones 27:41.
- 25 Parliament Hill, SEAA CC Champs. 345, R. Harding 55:19; 621, D. Anderson 59:31; 1076 finished.
- Under 15 Boys 200, C. Morris 21:28; 284 finished.
- 26 Fleet & Crockham Open. 10k? 4, M. Chuter 33:47.
- 26 Anglesey, Menai 10k. 1, K. Tadesse 31:12.

### February

- 1 Reigate, Surrey Schools CC Champs. Senior Boys. 4, K. Quinn 26:46.
- 2 West Ewell. 26.2 10k. 1, G. Staines 30:09; D. Anderson (7th M40) 36:05.

# Men's Track & Field Rankings 1996

Here they are again - as deep as ever. How far up (or down!) can you go in 1997. As usual, wind readings are shown where known and the numbers before the athlete's name indicate World/British ranking for their age group - again where known. In the odd case where a Junior (U20M) athlete is ranked nationally among Seniors then their senior ranking is additionally shown in brackets. Wind assisted marks are shown at the end of each event except where we do not know of a non-wind assisted performance in which case they have been included in the main list to preserve the 'pecking order'. Notification of any errors or additions should be sent to Belgrave Rankings, 29 Kingston Road, Ewell, Surrey KT17 2EG.

## 100 metres

10.39	+0.7/12	John Regis	13-10-66	Pietersburg, RSA	3Apr
10.5		Haroun Korjie	18-2-72	Enfield	11May
10.52	39	Jason Fergus	11-10-73	Birmingham	14Jun
10.65	-0.5/8	Marlon Dickson	U20 17-11-78	Birmingham	6Jul
10.7	+2.0	Dalton Powell	20-8-63	Nottingham	11May
10.8		Lenny Paul	25-5-58	Enfield	11May
		Dave Nolan	25-7-69	Portsmouth	21Jul
10.88		Phil Goedluck	10-9-67	Wavertree	4May
		Andrew Walcott	11-1-75	Birmingham	1Jun
10.9	+0.9	Lewis Samuel	12-2-66	Don Valley	11May
10.98		Richard David	U20 15-8-77	Bedford	27Jul
11.1		Alan Dunwoodie	U20 28-8-77	Oxford	18May
		Ben Williams	3-6-73	Tooting Bec	29May
11.15		Chris Lambert	U17 8-4-81	Birmingham	8Sep
11.19		Simon Shirley	3-8-66	Lage, GER	15Jun
11.2		Kwadjo Adjepong	28-8-71	Battersea Park	14Jul
		Chris Lambert	U17 8-4-81	Battersea Park	14Jul
		Bernard Mensah	U20	Bracknell	17Aug
11.3		Steve Scott	U20 5-6-79	Battersea Park	4May
		Andre Johnson	U20 9-1-77	Tooting Bec	16Jun
		Leke Ilo	U20	Barnet Copthall	28Jul
11.4		Derek Browne	28-9-66	Croydon Arena	11May
		Adam Daniel	U20 22-8-77	Portsmouth	13Jul
		Chido Edozie	28-7-65	Tooting Bec	21Aug
11.5		James Hilston	U20 25-2-79	Tooting Bec	31Jul
		Marcus Miller	U20 14-7-78	Battersea Park	25Aug
11.56	+1.70	Gabriel Aboya-Dana	U15 21-11-81	Sheffield	12Jul
11.6		Michael Parper	U20 20-5-78	Southampton	18May
		Michael Livingstone	17-4-76	Tooting Bec	29May
		Dalton Akinbogun	14-8-74	Wimbledon Park	12Jun
		James Tuson	U17 7-1-81	Tooting Bec	19Jul
		Carlos Castelbranco	9-2-69	Tooting Bec	21Aug
11.7		Fabrice Chiemeke	U17 31-1-80	Harrow	2Jun
		Sam Stephenson	U17 15-5-80	Crystal Palace	23Jun
		Richard Danso	U15 24-12-81	Battersea Park	14Jul
		Marlon Kerr	U17 3-4-81	Battersea Park	25Aug
11.9		Es Hassan	U17 7-12-79	Crystal Palace	14Apr
		Roy Hart	U17 3-11-80	Wimbledon Park	12Jun
		Omar Pomalls	U17 25-10-80	Battersea Park	14Jul
12.0		Darren Adams	U15 2-4-82	Battersea Park	6Jul
		Sam Bellamy	U15 28-1-82	Battersea Park	27Jul
12.1		Darryl Shakes	U17 7-1-80	Croydon Arena	11May
		Alex Newberry	U17 21-2-80	Crystal Palace	23Jun
		Oscar Barrientes	U15 23-12-82	Battersea Park	17Aug
12.3		Richard Lyle	U17	Oxford	6May
12.4	3	Shaun Eaton	U13 3-8-84	Enfield	2Jul
		Emmanuel Gyekye	U15 4-10-82	Battersea Park	20Apr
		Oliver Trenchard	U15	Battersea Park	14Jul
		Adrian Lyle	U17	Battersea Park	20Apr
		Alex Markham	U15 11-11-81	Battersea Park	17Aug
12.6		Mat George	U20 24-9-77	Battersea Park	13Apr
		Rohan Thomas	U15 23-10-81	Norman Park	21Jul
12.65	+2.8/5	Larry Safie	U13 20-10-83	Birmingham	8Sep
12.7		Chi-Chi Obuaya	U17 8-5-81	Norman Park	21Jul
		Guy Sagar	M40 18-11-55	Colindale	1Sep
12.8		Martin Sparks Jnr	29-10-82	Battersea Park	13Apr
		Chris Husband	2-5-61	Battersea Park	4May
		Kenny Pereira	4-7-64	Hereford	11May
12.9		Anthony Adelekan	U15	Battersea Park	14Jul
		Alfie Arce	U15 2-11-82	Norman Park	21Jul
		Andrew Arce	U15 2-11-82	Norman Park	21Jul
		Reg Hopkins Jnr	M40 7-11-55	Colindale	1Sep
13.0		Dwayne Hutchinson	U15 11-10-82	Oxford	6May
		Darren Watson	U13	Battersea Park	14Jul
13.2		Snowy Brooks	M50 19-8-44	Battersea Park	29Apr
13.3		Lesimba Lawrence	U13 12-12-84	Crystal Palace	23Jun
		Eustace Xavier	U15	Battersea Park	17Aug
13.4		Larry Safie	U13 2-10-83	Norman Park	21Jul
13.6		Stelios Charalambos	U13	Battersea Park	6Jul
13.8		Nana Ampofo	U15	Croydon Arena	19May
		Evian Cafun	U13	Battersea Park	14Jul
13.9		Jason Stevens	U15 5-4-82	Battersea Park	6Jul
14.1		Stephen Opoku	U13 21-3-83	Battersea Park	17Aug
14.3		Bernard Asante	U15 24-7-83	Battersea Park	14Jul
14.5		Richard Biscoe	U13 31-8-84	Battersea Park	27Jul
14.6		Martin Sparks Snr	11-6-57	Battersea Park	13Apr
14.7		Richard James	U15 24-9-82	Battersea Park	13Apr

14.8		Justin Weatherman	U15		Battersea Park	6Jul
15.1		Paul Graham	U13 17-2-86		Battersea Park	20Apr
		Asa Harris	U13 29-3-84		Battersea Park	14Jul
		R. Bentin	U13		Battersea Park	6Jul
15.2		Robert Bignall-Matelle	U15 14-1-82		Battersea Park	20Apr
		Sam Cleary	U13 6-2-84		Oxford	6May
15.7		Don Anderson	M40 10-5-55		Harrow	13Jul
15.8		Michael Shannon	U13 3-10-83		Oxford	6May
15.9		Robert Carey	U13 13-7-84		Oxford	6May
16.0		Chris Carter	U13 2-9-83		Battersea Park	14Jul
		Ziad Kwiss	U13 24-5-84		Battersea Park	17Aug
16.2		Gary Brown	U13 5-9-83		Norman Park	21Jul
16.4		Jack Spellman	U13		Norman Park	21Jul
17.6		Stephen Whorlow Jnr	U13 20-5-85		Oxford	6May
18.0		Charlie Manning	M65 8-1-28		Battersea Park	14Aug

## wind assisted

10.62	+2.5	Marlon Dickson	U20 17-11-78		Sheffield	13Jul
11.3	w/14	Gabriel Aboya-Dana	U15 21-11-81		Battersea Park	14Jul

## 200 metres

20.33	+0.1/23/2	John Regis	13-10-66	Pretoria, RSA	8Apr
21.15	-0.7/26	Andrew Walcott	11-1-75	Birmingham	15Jun
21.19	+0.4/28	Lewis Samuel	12-2-66	Sheffield	2Jun
21.31w	+5.1/48	Du'aïne Ladejo	14-2-71	Wavertree	4May
21.4		Jason Fergus	11-10-73	Thurrock	12May
		Haroun Korjie	18-2-72	Enfield	12May
		Dave Nolan	25-7-69	Loughborough	15May
21.6		Phil Goedluck	10-9-67	Croydon Arena	12May
	8	Marlon Dickson	U20 17-11-78	Tooting Bec	31Jul
21.9	+1.7	Dalton Powell	20-8-63	Nottingham	12May
		Jon Ridgeon	14-2-67	Southampton	11Sep
22.1		Richard David	U20 15-8-77	Sutton Arena	17Jul
22.17	+1.4	Nicholas Dawson	U20 19-5-78	Crystal Palace	1Jun
22.23	+1.1	Chris Rawlinson	19-5-72	Don Valley	12May
22.4		Michael Parper	U20 20-5-78	Tooting Bec	29May
22.6		James Hilston	U20 25-2-79	Crawley	21Apr
		Steve Scott	U20 5-6-79	Tooting Bec	31Aug
22.67		Chris Lambert	U17 8-4-81	Birmingham	8Sep
22.7		Ben Williams	3-6-73	Southampton	18May
22.8		Es Hassan	U17 7-12-79	Crystal Palace	23Jun
23.0		Alan Dunwoodie	U20 28-8-77	Oxford	18May
		Adam Daniel	U20 22-8-77	Portsmouth	13Jul
23.1		Bernard Mensah	U20	Bracknell	17Aug
23.4		Joe Nicholson	12-9-75	Tooting Bec	21Aug
23.50	+1.0/12	Gabriel Aboya-Dana	U15 21-11-81	Birmingham	8Sep
23.5		Phil Turner	9-7-68	Tooting Bec	29May
		Marlon Kerr	U17 3-4-81	Crystal Palace	23Jun
		Marcus Miller	U20 14-7-78	Battersea Park	25Aug
23.7		James Tuson	U17 7-1-81	Tooting Bec	10Jul
23.8		Roy Hart	U17 3-11-80	Kingsmeadow	8Jun
23.9		Nick Daniel	U17 18-1-81	Crystal Palace	12May
		Dalton Akinbogun	14-8-74	Croydon Arena	3Jul
24.0		Michael Livingstone	17-4-76	Wimbledon Park	12Jun
24.2		Kwadjo Adjepong	28-8-71	Battersea Park	3Aug
24.3		Gavin Mason	U20 6-4-77	Tooting Bec	31Jul
24.6		Kenny Pereira	4-7-64	Harrow	18May
		Epi Sikpa	U15	Deangate	17Jun
24.7		Darryl Shakes	U17 7-1-80	Wimbledon Park	12Jun
24.8		Richard Danso	U15 24-12-81	Battersea Park	27Jul
		Alex Markham	U15 11-11-81	Battersea Park	17Aug
24.9		Dwayne Adams	U17 5-4-80	Harrow	2Jun
		Neil Urmadam	U15 10-1-82	Enfield	2Jul
25.2		Lester Morby	U15 24-12-81	Battersea Park	14Jul
25.5		Chris Husband	2-5-61	Tooting Bec	29May
		Omar Pomalls	U17 25-10-80	Tooting Bec	16Jun
		Ed Ford	U17 12-12-80	Deangate	17Jun
25.9		Martin Sparks Jnr	U15 29-10-82	Battersea Park	13Apr
		Emmanuel Gyekye	U15 4-10-82	Battersea Park	6Jul
		Guy Sagar	M40 18-11-55	Colindale	22Jul
26.0		Steve Hewes	1-1-72	Battersea Park	15May
26.2	4	Shaun Eaton	U13 3-8-84	Battersea Park	14Jul
		Lincoln Campbell	20-10-64	Sutton Arena	17Jul
26.2		Reg Hopkins Jnr	M40 7-11-55	Battersea Park	14Jul
26.4		Marco Fiorentino	U15	Harrow	2Jun
26.5		Pan Zeniou (2nd-CI)	M40 7-2-53	Battersea Park	13May
		Nigel Whorlow	U17 26-11-80	Battersea Park	14Jul
26.6		Stan Besse	U17	Croydon Arena	19May
		Toba Shittu	U17	Harrow	2Jun
26.7		Richard McMillan	23-11-75	Battersea Park	14Jul
26.72	+0.1/22	Stelios Charalambos	U13	Birmingham	8Sep
26.9		Alex Lambert	U17 22-12-82	Harrow	2Jun
27.1		Anthony Adelekan	U15	Harrow	2Jun
27.2		Jeffrey Reynolds	U15	Harrow	2Jun
27.5		Bob Bridges	M40 17-8-49	Wimbledon Park	12Jun
27.59		Stephen Opoku	U13 21-3-83	Birmingham	8Sep
27.8		Snowy Brooks	M50 19-8-44	Colindale	1Sep
28.0		Karl Bignall-Matelle	U15 30-10-82	Harrow	2Jun
		Jason Stevens	U15 5-4-82	Battersea Park	14Jul
		Denee De Emmony	U13 19-11-83	Battersea Park	6Jul
28.1		Daniel Crook	U15 27-4-82	Battersea Park	14Jul

# Men's Track & Field Rankings 1996

29.2	Martin Sparks Snr		11-6-57	Battersea Park	13Apr
30.8	Paul Graham	U13	17-2-86	Harrow	2Jun
31.1	Gary McEwan	U15	24-6-84	Battersea Park	14Jul
32.5	Asa Harris	U13	29-3-84	Crystal Palace	23Jun
33.2	Ziad Khwiss	U13		Battersea Park	17Aug
35.5	Stephen Whorlow Jnr	U13	20-5-85	Battersea Park	14Jul
39.7	Charlie Manning	M65	8-1-28	Battersea Park	14Aug

## 400 metres

44.66	=15/=4	Du'aïne Ladejo	14-2-71	Birmingham	16Jun
46.20	11	Dave Nolan	25-7-69	Tallin, EST	9Jun
47.9	4(44)	Tom Lerwill	17-5-77	Battersea Park	14Jul
48.00	46	Noel Levy	22-6-75	Luton	6May
48.2		Darrell Maynard	21-8-61	Cwmbran	11May
48.29		Lewis Samuel	12-2-66	Birmingham	6Jul
48.54	10	Michael Parper	20-5-78	Bedford	28Jul
48.60	12	James Hilston	25-2-79	Bedford	28Jul
48.7	16	Richard David	15-8-77	Tooting Bec	21Aug
48.85		Chris Rawlinson	19-5-72	Bedford	26May
49.12		Matt Kloiber	22-11-71	Barnet Copthall	9Jun
49.15		Andrew Walcott	11-1-75	Wavertree	4May
49.2		Jon Squirrel	16-12-75	Croydon Arena	12May
50.38		Simon Shirley	3-8-66	Lage, GER	15Jun
50.5		Phil Turner	9-7-68	Wimbledon Park	12Jun
50.51		Paul Beaumont	27-3-63	Barnet Copthall	9Jun
50.6	17	Es Hassan	7-12-79	Southampton	15Jun
50.8		Gavin Mason	6-4-77	Sutton Arena	17Jul
51.4		Dave Pamah	27-11-64	Battersea Park	4May
51.7		Adam Daniel	22-8-77	Crawley	21Apr
52.3		Dan Gomme	17-11-71	Tooting Bec	31Jul
52.4		Sam Murray	7-9-80	Deangate	8Jun
		Dalton Akinbogun	14-8-74	Battersea Park	3Aug
52.6		Joe Pantou	25-11-78	Battersea Park	3Aug
52.8		Steve Hewes 2nd-CI	1-1-72	Battersea Park	14Jul
52.96		Nick Daniel	18-1-81	Birmingham	8Sep
53.7		Graham Taylor	7-9-67	Battersea Park	3Aug
54.0		Ledley King		Deangate	17Jun

54.4		Andrew Hilston	U17	24-3-80	Oxford	6May
54.69		Sam Bellamy	U15	28-1-82	Birmingham	8Sep
54.9		Lester Morby	U15	24-12-81	Norman Park	21Jul
55.5		Chris Husbands		2-5-81	Sutton Arena	17Jul
55.6		Martin Chuter	M40	1-1-55	Kingsmeadow	25Aug
56.0		Peter Wright	U17	8-3-81	Crystal Palace	23Jun
56.2		Marlon Anderson		6-11-75	Sutton Arena	17Jul
56.3		Kenny Pereira		4-7-64	Bracknell	17Aug
56.7		Dwayne Adams	U17	5-4-80	Croydon Arena	8Jun
57.2		Rohan Thomas	U15	23-10-81	Deangate	17Jun
57.8		Steve Smullen		23-9-58	Sutton Arena	17Jul
58.3		Anthony Blackstock	U15	24-10-81	Harrow	2Jun
58.5		Ed Ford	U17	12-12-80	Crystal Palace	23Jun
59.0		Alfie Arce	U15	2-11-82	Deangate	17Jun
59.2		Alex Lambert	U15	22-12-82	Crystal Palace	23Jun
60.0		Alex Weir	U17	20-8-81	Deangate	17Jun
61.3		Richard McMillan		23-11-75	Battersea Park	14Jul
61.6		Reg Hopkins Jnr	M40	7-11-55	Harrow	25Jun
60.8		Dale Holmes	U15	23-10-82	Battersea Park	17Aug
62.1		Gabriel Aboya-Dana	U15	21-11-81	Oxford	6May
		Guy Sagar	M40	18-11-55	Harrow	13Jul
63.0		Jason Stevens	U15	5-4-82	Battersea Park	20Apr
63.8		Anthony Adelekan	U15		Croydon Arena	19May
64.4		Bob Bridges	M45	17-8-49	Harrow	25Jun
65.6		Ian Vaughan-Arbuckle	M55	16-2-38	Cambridge	9Jun
65.9		Snowy Brooks	M50	19-8-44	Battersea Park	29Apr
67.5		Richard James	U15	24-9-82	Battersea Park	17Aug
73.8		Terry Lawton	M50	27-5-41	Battersea Park	4May
79.2		Ryan Tracey	U13	7-11-83	Crystal Palace	23Jun
82.0		Gary Brown	U13	5-9-83	Crystal Palace	23Jun

## 800 metres

1:47.27	1(5)	Tom Lerwill	U20	17-5-77	Sydney, AUS	21Aug
1:50.0	=40	Matt Yates		4-2-69	Watford	28Aug
1:50.85		Darrell Maynard		21-8-61	Cardiff	25May
1:51.2		Dave Pamah		27-11-64	Battersea Park	14Jul
1:51.25		Matt Kloiber		22-11-71	Birmingham	14Jun
1:53.0		Steve Hewes 2nd-CI		1-1-72	Watford	Jun
1:54.57		Rob Turner		4-10-70	Crystal Palace	12May
1:56.0		Gavin Mason	U20	6-4-77	Battersea Park	13Apr
1:56.6		Graham Adams		10-6-68	Battersea Park	15May
1:59.5		Donal O'Riordan		2-4-70	Tooting Bec	29May
2:00.4		Simon Weston	U20	29-9-77	Tooting Bec	16Jun
2:01.9		Mark Anderson		10-9-67	Tooting Bec	29May
2:04.4		Kevin Quinn	U20	24-7-79	Battersea Park	3Aug
2:04.8		James Venning	U17	6-1-80	Crystal Palace	23Jun
2:03.3		Steve Smullen		23-9-58	Tooting Bec	21Aug
2:05.2		Alex Luce		18-7-64	Croydon Arena	11May
2:05.8		Amir Becirhodzic	U17	23-11-79	Crawley	21Apr
2:06.3		Michael Ayres	U20	28-9-78	Croydon Arena	8Jun
2:07.8		Manuel Garcia	U15	3-8-83	Norman Park	21Jul
		Martin Chuter	M40	1-1-55	Kingsmeadow	25Aug
		Marvin Brightly	U17		Tooting Bec	16Jun
2:07.9		Joe Pantou	U20	25-11-78	Battersea Park	25Aug
2:08.4		Peter Wright	U17	8-3-81	Woodford	4Aug
2:10.7		Said Chettati		26-12-64	Battersea Park	14Jul
2:11.8		Dave Beaver		22-8-59	Battersea Park	13Apr
2:14.3		Don Anderson	M40	10-5-55	Colindale	1Sep
2:14.8		Alan Painter	M40	27-5-47	Colindale	22Jul
2:15.4		Ed Ford	U17	12-12-80	Norman Park	21Jul
2:16.6		Markand Patel	U17	5-3-81	Croydon Arena	8Jun
2:17.2		Ricky Codadeen	U15		Crystal Palace	23Jun
2:18.1		Stephen Beaver	U15	10-9-81	Battersea Park	17Aug
2:19.4		Alex Lambert	U15	22-12-82	Battersea Park	20Apr
2:21.0		Alan Painter	M45	27-5-47	Battersea Park	13May
2:21.3		Leon Nation	U17	17-3-80	Croydon Arena	19May
2:22.7		Emmanuel Gyekye	U15	4-10-82	Battersea Park	27Jul
2:23.4		Derek Clack	M40	13-9-52	Battersea Park	13May
2:23.6		Jason Stevens	U15	5-4-82	Harrow	2Jun
2:24.5		Stelios Charalambos	U13		Norman Park	21Jul
2:24.7		Ian Vaughan-Arbuckle	M55	16-2-38	Battersea Park	13May
2:24.9		Toby Earle		2-9-76	Bracknell	17Aug
2:25.7		Anthony Healey	U17		Crystal Palace	23Jun
2:25.9		Stephen Opoku	U13	21-3-83	Crystal Palace	23Jun
2:26.1		Markand Patel	U17	5-3-81	Croydon Arena	8Jun
2:27.2		Freddy Lewis	U13	12-7-85	Birmingham	1Jul
2:27.3		Denee De Emmony	U13	19-11-83	Battersea Park	6Jul
2:28.1		Anthony Adelekan	U15		Battersea Park	14Jul
2:29.0		Robert Bignall-Matelle	U15	14-1-82	Battersea Park	14Jul
2:29.3		Bernard Asante	U15	24-7-83	Battersea Park	14Jul
		Richard James	U15	24-9-82	Battersea Park	6Jul
2:31.3		David Bates	U15	1-5-83	Battersea Park	20Apr
2:31.9		Justin Weatherman	U15		Deangate	17Jun
2:32.0		Robert Carey	U13	13-7-84	Norman Park	21Jul
2:32.2						

Photo: Robin Nicholls



Eighteen year old one-lap racer Michael Parper came back to the Belgrave Rankings with a vengeance, clocking 48.54 at Bedford in the AAA U20 Champs. One of four Belgravians ranked in the Junior UK Top 20 for the 400m event, Michael has been elected our Under 20 Men's Captain for 1997.

*Men's Track & Field Rankings  
compiled by Hazel Mead*

# Men's Track & Field Rankings 1996

## 800 metres continued

2:32.5	Aaron Agyekum	U13	30-12-83	Battersea Park	27Jul
2:34.7	Tom Howes	U15		Battersea Park	14Jul
2:34.9	Rex Bale	M50	29-11-45	Colindale	22Jul
2:35.2	Christian Morris	U15	15-7-82	Oxford	6May
	Tom Russell	U13		Battersea Park	14Jul
2:35.3	Shane Baptiste	U15		Norman Park	21Jul
2:38.2	James Wilson	U13	30-1-84	Battersea Park	27Jul
2:38.7	Richard Whelan	U15		Harrow	2Jun
2:39.4	Naharie Green	U15	5-10-81	Battersea Park	27Jul
2:40.8	Gary McEwan	U13	24-6-84	Norman Park	21Jul
2:40.9	Mick Graham	M40	8-4-48	Colindale	1Sep
2:43.6	Jack Spellman	U13		Norman Park	21Jul
2:44.7	Paul Graham	U13	17-2-86	Norman Park	21Jul
2:50.2	Stephen Whorlow Jnr	U13	20-5-85	Norman Park	21Jul
2:53.2	Asa Harris	U13	29-3-84	Battersea Park	20Apr
2:50.5	Richard Banham	U13	19-10-84	Battersea Park	20Apr
2:57.7	Brendon Jackson	U13		Harrow	2Jun
3:03.3	Aaron Jackson	U13	5-9-83	Harrow	2Jun
3:04.5	Sam McNally	U13	26-3-86	Battersea Park	14Jul
3:16.3	Kieran Sinclair	U13		Croydon Arena	19May

## 1500 metres

3:42.60	31 Matt Yates		4-2-69		27May
3:50.95	Justin Chaston		4-11-68	Cardiff	25May
3:51.65	Dave Pamah		27-11-64	Birmingham	6Jul
3:54.7	Steve Hewes 2nd-CI		1-1-72	Watford	10Jul
3:54.9	Graham Adams		10-6-68	Croydon Arena	12May
3:55.70	Paul Evans		13-4-61	Kingsmeadow	17Aug
4:01.1	Rob Turner		4-10-70	Wavertree	4May
4:00.84	Roger Alsop		16-1-65	Crystal Palace	18Aug
4:10.0	Amir Becirhodzic	U17	23-11-79	Deangate	8Jun
4:10.4	Junior Galley		24-5-62	Sutton Arena	17Jul
4:11.5	Donal O'Riordan		2-4-70	Battersea Park	4May
4:13.2	Bruce Barton		2-2-64	Sutton Arena	17Jul
4:16.5	Said Chettati		26-12-64	Battersea Park	14Jul
4:18.1	Jean-Marie Bart		18-5-72	Battersea Park	14Jul
4:20.2	Dave Beaver		22-8-59	Tooting Bec	31Jul
4:22.3	Phil Carstairs		7-7-60	Battersea Park	4May
	Alex Luce		18-7-64	Southampton	18May
4:25.04	Manuel Garcia	U15	3-8-83	Birmingham	8Sep
4:25.2	Steve Smullen		23-9-58	Bracknell	17Aug
4:29.52	Stephen Beaver	U15	10-9-81	Birmingham	8Sep
4:30.38	Peter Macdonald	U17	2-9-79	Birmingham	8Sep
4:30.90	Simon Shirley		3-8-66	Lage, GER	16Jun
4:31.7	James Venning	U17	6-1-80	Norman Park	21Jul
4:33.5	Mike Webb		4-10-67	Battersea Park	3Aug
4:34.8	Don Anderson	M40	10-5-55	Colindale	1Sep
4:37.3	Leon Nation	U17	17-3-80	Woodford	4Aug
4:38.2	Tony Binda		3-1-53	Colindale	1Sep
4:39.90	A. Belcher	U17		Birmingham	8Sep
4:42.9	Adam Jones	U20	23-7-77	Tooting Bec	16Jun
4:43.3	Derek Clack	M40	13-9-52	Harrow	25Jun
4:45.7	Alex Weir	U17	20-8-81	Crawley	21Apr
4:46.0	Peter Wright	U17	8-3-81	Harrow	2Jun
4:48.0	Robert Bignall-Matelle	U15	14-1-82	Battersea Park	14Jul
4:50.9	Nigel Whorlow	U17	26-11-80	Battersea Park	25Aug
4:53.9	Daniel O'Sullivan	U15	14-4-82	Battersea Park	14Jul
4:56.0	Ian Vaughan-Arbuckle	M55	16-2-38	Harrow	25Jun
4:57.0	John-Paul Healey	U17		Crystal Palace	23Jun
4:57.5	Richard Whelan	U15		Deangate	17Jun
4:59.2	Denee De Emmony	U13	19-11-83	Norman Park	21Jul
5:01.1	James Wilson	U13	30-1-84	Norman Park	21Jul
5:01.9	Christian Morris	U15	15-7-82	Croydon Arena	8Jun
5:02.2	Anthony Healey	U15		Crystal Palace	23Jun
5:04.2	Tom Russell	U13		Crystal Palace	23Jun
5:22.0	Aaron Agyekum	U13	30-12-83	Crystal Palace	23Jun
5:25.2	Sam Cleary	U13	6-2-84	Harrow	2Jun
5:25.6	John Wasborough	M55	25-11-41	Colindale	1Sep
5:29.1	John Bradley	U13		Crystal Palace	23Jun
5:29.8	Robert Carey	U13	13-7-84	Crystal Palace	23Jun
5:40.2	Chris Stanford	U15	9-2-82	Battersea Park	27Jul
5:41.6	Stephen Whorlow Jnr	U13	20-5-85	Battersea Park	6Jul
5:43.7	Paul Graham	U13	17-2-86	Battersea Park	17Aug
5:45.2	Joss Murray	U13		Croydon Arena	19May
5:46.1	Brendon Jackson	U15		Crystal Palace	23Jun
5:51.7	Gareth West	U15	9-12-82	Crystal Palace	23Jun
8:25.6	Charlie Manning	M65	8-1-28	Kingsmeadow	25Aug
9:34.0	Dave McMullen	M75	8-9-20	Kingsmeadow	25Aug

## 2000 metres

5:16.80	Matt Yates		4-2-69	Crystal Palace	11Aug
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## 3000 metres

7:55.29	9 Paul Evans		13-4-61	Crystal Palace	12Jul
8:13.21	39 Gary Staines		3-7-63	Birmingham	20Jul
8:28.04	Darren Mead		4-10-68	Istanbul, TUR	18May
8:43.8	Roger Alsop		16-1-65	Tooting Bec	21Aug
9:01.7	Junior Galley		24-5-62	Tooting Bec	29May
9:02.2	Dave Beaver		22-8-59	Tooting Bec	21Aug

9:06.9	Phil Carstairs		7-7-60	Wimbledon Park	12Jun
9:08.5	Said Chettati		26-12-64	Croydon Arena	3Jul
9:13.3	Charlie Dickinson	M45	26-4-48	Crawley	2Jul
9:14.8	Kevin Quinn	U20	24-7-79	Tooting Bec	21Aug
9:24.3	Peter Macdonald	U17	2-9-79	Battersea Park	25Aug
9:46.0	Stephen Beaver	U15	10-9-81	Tooting Bec	21Aug
9:49.7	Tony Binda		3-1-53	Colindale	1Sep
9:54.5	Don Anderson	M40	10-5-55	Tooting Bec	31Jul
9:55.0	Jean-Marie Bart		18-5-72	Tooting Bec	31Jul
9:57.79	Leon Nation	U17	17-3-80	Birmingham	8Sep
10:02.6	Amir Becirhodzic	U17	23-11-79	Crawley	21Apr
10:04.8	Simon Alexander	U20	12-10-78	Tooting Bec	16Jun
10:11.2	Steve Smullen		23-9-58	Battersea Park	15May
10:18.1	Robert Bignall-Matelle	U15	14-1-82	Bedford	28Jul
10:22.1	Markand Patel	U17	5-3-81	Harrow	2Jun
10:39.0	Michael Manning		15-8-57	Sutton Arena	17Jul
10:39.9	Peter Wright	U17	8-3-81	Oxford	6May
10:40.3	Rex Bale	M50	29-11-45	Tooting Bec	31Jul
10:46.9	Nigel Whorlow	U17	26-11-80	Norman Park	21Jul
10:53.0	Christian Morris	U15	15-7-82	Crystal Palace	23Jun
10:58.6	Phillip Spillane			Battersea Park	25Aug
11:11.3	Bernard Asante	U15	24-7-83	Norman Park	21Jul
11:12.3	Jason Stevens	U15	5-4-82	Crystal Palace	23Jun
11:12.9	Aiden Kirby	U17		Croydon Arena	19May
11:49.6	Doug Maughan	M45	4-2-47	Kingsmeadow	22May

## 5000 metres

13:43.49	6 Chris Sweeney 2nd-CI		3-3-66		22Jun
13:47.40	8 Paul Evans		13-4-61	Gateshead	30Jun
14:16.25	43 Gary Staines		3-7-63	Kingsmeadow	17Aug
14:36.4	Darren Mead		4-10-68	Kings Lynn	11May
14:51.6	Roger Alsop		16-1-65	Croydon Arena	11May
14:55.90	Kassa Tadessa		21-8-74	Birmingham	6Jul
15:21.2	Jim Estall	M40	9-8-54	Battersea Park	3Aug
15:35.6	Junior Galley		24-5-62	Battersea Park	22Jun
15:41.4	Said Chettati		26-12-64	Battersea Park	3Aug
15:41.8	Dave Beaver		22-8-59	Battersea Park	22Jun
15:56.49	Charlie Dickinson	M45	26-4-48	Malmö, SWE	??Jul
15:59.7	Mike Webb		4-10-67	Bracknell	17Aug
16:19.1	Phil Carstairs		7-7-60	Portsmouth	13Jul
16:24.1	Mike Nouch	M40	20-6-54	Battersea Park	4May
17:05.7	Jean-Marie Bart		18-5-72	Battersea Park	3Aug
17:16.7	Tony Binda		3-1-53	Harrow	13Jul
17:05.9	Don Anderson	M40	10-5-55	Harrow	18May
20:53.4	Doug Maughan	M45	4-2-47	Battersea Park	19Jun

## 10000 metres

28:24.39	4 Paul Evans		13-4-61	Atlanta, USA	26Jul
28:44.09	7 Chris Sweeney 2nd-CI		3-3-66		14Jun
29:40.4	18 Gary Staines		3-7-63	Barnet Copthall	31Aug
31:31.6	2 Jim Estall	M40	9-8-54	Battersea Park	4Sep
31:53.9	Roger Alsop		16-1-65	Walton	16Jun
33:13.04	1 Charlie Dickinson	M45	26-4-48	Malmö, SWE	??Jul
33:29.6	Phil Carstairs		7-7-60	Battersea Park	4Sep
38:55.0	Rex Bale	M50	29-11-45	Battersea Park	4Sep

## 80 metres Hurdles (84.0cm)

11.70	+0.2/8 Darren Adams	U15	2-4-82	Sheffield	12Jul
12.5	Kevin O'Keefe	U15	20-10-81	Crystal Palace	23Jun
12.7	Andrew Arce	U15	2-11-82	Deangate	17Jun
12.8	Lester Morby	U15	24-12-81	Battersea Park	27Jul
13.0	Daniel Crook	U15	27-4-82	Battersea Park	14Jul
13.5	Emmanuel Gyekye	U15	4-10-82	Battersea Park	20Apr
13.8	Dale Holmes	U15	23-10-82	Battersea Park	14Jul
14.0	Richard Danso	U15	24-12-81	Oxford	6May
14.2	Timothy Abeyie	U15		Battersea Park	9May
16.0	Bernard Asante	U15	24-7-83	Battersea Park	6Jul
16.6	Ricardo Cattini	U15	24-10-82	Crystal Palace	23Jun
18.3	Justin Weatherman	U15		Crystal Palace	23Jun
25.2	Christian Morris	U15	15-7-82	Oxford	6May

## 80 metres Hurdles (76.2cm)

15.4	Asa Harris	U13	29-3-84	Battersea Park	17Aug
15.9	Stephen Opoku	U13	21-3-83	Battersea Park	17Aug
25.9	Stephen Whorow Jnr	U13	20-5-85	Battersea Park	6Jul

## 100 metres Hurdles (91.4cm)

14.17	Sam Stephenson	U17	15-5-80	Birmingham	8Sep
14.4	Ben Seiden	U17	21-2-80	Kingsmeadow	8Jun
15.2	Peter Evans	U17	16-6-81	Norman Park	21Jul
15.3	Asa Sakyl	U17		Oxford	6May
15.4	Mark Dalrymple	U17	15-6-81	Kingsmeadow	8Jun
15.6	Marvin Brightly	U17		Battersea Park	14Jul
15.9	Robert Killick	U17	22-4-81	Crystal Palace	23Jun
16.3	Mark Louis-Sidney	U17	12-3-81	Oxford	6May
17.6	Samson Oni	U17		Harrow	2Jun
19.1	Kenechukwu Okonkwo	U17	6-10-80	Croydon Arena	19May

## wind assisted

13.94	+2.30 Sam Stephenson	U17	15-5-80	Sheffield	12Jul
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# Men's Track & Field Rankings 1996

## 110 metres Hurdles (106.7cm)

13.56	3	Andy Tulloch	1-4-67	Atlanta, USA	28Jul
13.62	4	Neil Owen	18-10-73	Tallin, EST	9Jun
14.52	-0.4/18	Chris Rawlinson	19-5-72	Cudworth	3Aug
15.10		Simon Shirley	3-8-66	Lage, GER	16Jun
15.7		Mat George	U20 24-9-77	Southampton	18May
15.82	+1.4	Ian Wells	18-2-62	Birmingham	6Jul
16.24		Les Antoine	16-12-65	Barnet Copthall	9Jun
17.5		Laurence Rogers	23-9-72	Battersea Park	4May
17.8		Marcus Miller	U20 14-07-78	Portsmouth	13Jul
22.2		Snowy Brooks	M50 19-8-44	Battersea Park	4May
23.4		Bob Bridges	M45 17-8-49	Portsmouth	13Jul
wind assisted					
13.5	w	Neil Owen	18-10-73	Riga, LAT	2Jun
	w	Andy Tulloch	1-4-67	Riga, LAT	2Jun

## 3000 metres Steeplechase

8:28.32	2	Justin Chaston	4-11-68	Atlanta, USA	29Jul
9:07.69	30	Darren Mead	4-10-68	Birmingham	6Jul
9:50.3		Bruce Barton	2-2-64	Wavertree	28Jul
10:03.6		Junior Galley	24-5-62	Battersea Park	3Aug
10:22.2		Marcello Bizio	1-8-64	Barnet Copthall	9Jun
10:24.8		Matt Hillier	U20 10-8-77	Barnet Copthall	9Jun
11.41.7		Toby Earle	2-9-76	Battersea Park	3Aug

## High Jump

2.23	i/4	Brendan Reilly	23-12-72	Birmingham	28Jan
2.15	=8	Richard Aspden	15-10-76	Oorddegem, BEL	10Aug
2.01	=45	Simon Shirley	3-8-66	Lage, GER	15Jun
2.00	=7(=48)	Samson Oni	U17	Birmingham	17Aug
	=48	James Hilston	U20 25-2-79	Tooting Bec	21Aug
1.95		Dennis Costello	3-12-61	Kings Lynn	12May
1.90		Marcus Miller	U20 14-7-78	Portsmouth	13Jul
1.85		Charles Collis		Portsmouth	13Jul
1.80		Chris Rawlinson	19-5-72	Kingsmeadow	17Aug
		James Tuson	U17 7-1-81	Birmingham	8Sep
1.75		Richard David	U20 15-8-77	BatterseaPark	22Jun
1.70		Naharie Green	U15 5-10-81	Battersea Park	17Aug
1.65		Stan Besse	U17	Croydon Arena	19May
		Nigel Whorlow	U17 26-11-80	Deangate	8Jun
		Michael Parper	U20 20-5-78	Woodford	4Aug
1.60		Lester Morby	U15 24-12-81	Battersea Park	27Jul
1.58	4	Stephen Opoku	U13 21-3-83	Kingsmeadow	28Jul
1.55		Mike Small	M40 31-3-54	Harrow	25Jun
		Kevin O'Keefe	U15 20-10-81	Harrow	2Jun
		Dale Holmes	U15 23-10-82	Battersea Park	14Jul
1.50		Elly Sebaduka	U15 12-2-82	Croydon Arena	19May
		Daniel Crook	U15 27-4-82	Harrow	2Jun
	=10	Carlton Carew	U13	Battersea Park	14Jul
	=10	Asa Harris	U13 29-3-84	Battersea Park	27Jul
		Guy Sagar	M40 18-11-55	Harrow	13Jul
		John Druce	16-4-58	Bracknell	17Aug
1.45		Reg Hopkins Jnr	M40 7-11-55	Harrow	25Jun
		Snowy Brooks	M50 19-8-44	Harrow	25Jun
1.40		Chris Husbands	2-5-61	Battersea Park	4May
		Bernard Asante	U15 24-7-83	Battersea Park	14Jul
1.35		Dwayne Hutchinson	U15 11-10-82	Oxford	6May
1.25		Robert Bignall-Matelle	U15 14-1-82	Battersea Park	14Jul
		Anthony Adelekan	U15	Battersea Park	14Jul
1.10		Paul Graham	U13 17-2-86	Battersea Park	20Apr
1.05		Bob Bridges	M40 17-8-49	Southampton	16May

Photo: Robin Nicholls



Steve Scott - number one U20 in the country over the 99cm 110m hurdles with two more years in the age group!

## 110 metres Hurdles (99.0cm)

14.3	1	Steve Scott	U20 5-6-79	Tooting Bec	16Jun
15.1		Mat George	U20 24-9-77	Tooting Bec	16Jun
wind assisted					
14.29	+2.5	Steve Scott	U20 5-6-79	Sheffield	13Jul

## 400 metres Hurdles (91.4cm)

48.79	21/1	Jon Ridgeon	14-2-67	Zurich, SUI	14Aug
50.36	7	Chris Rawlinson	19-5-72	Tallin, EST	9Jun
50.85	9	Noel Levy	22-6-75	Birmingham	15Jun
53.0	?/29	Paul Beaumont (54.6)	27-3-63		5Jun
55.06		Ian Wells	18-2-62	Kingsmeadow	17Aug
55.12		Neil Owen	18-10-73	Birmingham	6Jul
55.72		Jon Squirrel	16-12-75	Kingsmeadow	17Aug
57.6		Adam Daniel	U20 22-8-77	Barnet Copthall	27Jun
58.3		Laurence Rogers	23-9-72	Crystal Palace	11May
58.5		Mat George	U20 24-9-77	Tooting Bec	16Jun
60.6		Steve Scott	U20 5-6-79	Battersea Park	25Aug
62.2		Marcus Miller	U20 14-07-78	Portsmouth	13Jul
70.3		Toby Earle	2-9-76	Bracknell	17Aug
70.9		Jamie Webb	18-12-75	Southampton	18May

## 400 metres Hurdles (84.0cm)

58.79		Sam Murray	U17 7-9-80	Birmingham	8Sep
60.6		Marvin Brightly	U17	Crystal Palace	23Jun
63.1		Marion Kerr	U17 3-4-81	Harrow	2Jun
64.4		Andrew Hill	U17 5-2-80	Croydon Arena	19May

## 1500 metres Steeplechase

4:57.9		A. Belcher	U17	Croydon Arena	19May
5:00.4		Peter Macdonald	U17 2-9-79	Oxford	6May
5:04.42		Ed Ford	U17 12-12-80	Birmingham	8Sep
5:04.4		Leon Nation	U17 17-3-80	Crystal Palace	23Jun
5:35.4		Peter Wright	U17 8-3-81	Harrow	2Jun

## 2000 metres Steeplechase

6:29.8		Graham Adams	10-6-68	Sutton Arena	17Jul
6:38.3		Matt Hillier	U20 10-8-77	Tooting Bec	16Jun
6:39.0		Bruce Barton	2-2-64	Tooting Bec	29May
6:43.0		Peter Macdonald	U17 2-9-79	Battersea Park	25Aug
7:57.7		Adam Jones	U20 23-7-77	Tooting Bec	16Jun
8:11.8		Leo Coy	M45 22-5-46	Battersea Park	13May
8:54.6		Bob Bridges	M45 17-8-49	Battersea Park	13May

## Long Jump

7.79	3	Fred Salle	10-9-64	Istanbul, TUR	19May
7.72	4	Carlos Castelbranco	9-2-69	Tooting Bec	29Jun
7.30	=21	Simon Shirley	3-8-66	Lage, GER	15Jun
7.05	8	Geoffrey Ojok	U20 19-5-79	Kingsmeadow	17Aug
6.62	=10	Kirk King	U17	Sheffield	13Jul
6.60	=12	Syful Ahmed	U17 25-10-79	Croydon Arena	19May
6.52		Mike Edwards Jnr	19-10-68	Kingsmeadow	17Aug
6.50		Ben Williams	3-6-73	Portsmouth	13Jul
6.31		Phillip Idowu	U20 30-12-78	Tooting Bec	16Jun
6.17	4	Richard Danso	U15 24-12-81	Battersea Park	17Aug
6.12		Mat George	U20 24-9-77	Croydon Arena	11May
5.91		Es Hassan	U17 7-12-79	Crawley	21Apr
5.87		Les Quaye	U17	Norman Park	21Jul
5.86		Roy Hart	U17 3-11-80	Crawley	26Aug
5.78		Michael Livingstone	17-4-76	Battersea Park	13Apr
5.77		Gabriel Aboya-Dana	U15 21-11-81	Battersea Park	14Jul
5.75		James Tuson	U17 7-1-81	Harrow	2Jun
5.74		Peter Kiddell	U15 2-9-81	Barnet Copthall	7Jul
5.69		Mike Bazire	17-3-61	Southampton	18May
		Kenny Periera	4-7-64	Bracknell	17Aug
5.58		Anthony Blackstock	U15 24-10-81	Croydon Arena	8Jun
5.30		Sam Murray	U17 7-9-80	Deangate	17Jun
5.21		Pan Zeniou (2nd-CI)	M40 7-2-53	Colindale	22Jul
5.13		Oliver Trenchard	U15	Battersea Park	14Jul
5.10		Snowy Brooks	M50 19-8-44	Colindale	22Jul
5.01		Marcus Miller	U20 14-7-78	Croydon Arena	3Jul
4.98		Darren Adams	U15 2-4-82	Croydon Arena	19May
4.85	=17	Darren Watson	U13	Battersea Park	14Jul
4.84		Daniel Crook	U15 27-4-82	Tonbridge	8Apr
4.80		Bob Bridges	M45 17-8-49	Colindale	22Jul
4.77		Chris Husbands	02-05-61	Portsmouth	13Jul
4.67		Larry Safie	U13 2-10-83	Birmingham	8Sep
4.56		Oscar Barrientes	U15 23-12-82	Battersea Park	27Jul
4.52		Emmanuel Gyekye	U15 4-10-82	Battersea Park	14Jul
		Reg Hopkins Jnr	M40 7-11-55	Colindale	1Sep
4.49		Guy Sagar	M40 18-11-55	Battersea Park	13May
		Dale Holmes	U15 23-10-82	Battersea Park	14Jul
4.43		Carlton Carew	U13	Battersea Park	14Jul
4.26		Anthony Adelekan	U15	Battersea Park	14Jul
4.25		Bernard Asante	U15 24-7-83	Battersea Park	14Jul
4.24		Stelios Charalambos	U13	Harrow	2Jun
4.20		Kwadjo Adjepong	28-8-71	Battersea Park	3Aug

# Men's Track & Field Rankings 1996

## Long Jump continued

4.19	Lesimba Lawrence	U13	12-12-84	Crystal Palace	23Jun
	Denee De Emmony	U13	19-11-83	Battersea Park	27Jul
4.17	Dwayne Hutchinson	U15	11-10-82	Oxford	6May
4.08	Robert Bignall-Mateile	U15	14-1-82	Battersea Park	14Jul
4.07	Asa Harris	U13	29-3-84	Battersea Park	17Aug
4.04	Evian Cafun	U13		Battersea Park	14Jul
3.95	Timothy Abeyie	U15		Tooting Bec	14May
3.90	Richard Biscoe	U13	31-8-84	Battersea Park	14Jul
3.64	Stephen Opoku	U13	21-3-83	Norman Park	21Jul
3.55	Tom Russell	U13		Harrow	2Jun
3.53	Richard Banham	U13	19-10-84	Battersea Park	14Jul
3.51	Pat Lyttle		19-4-64	Harrow	13Jul
3.50	Ziad Kwiss	U13	24-5-84	Battersea Park	17Aug
3.46	Gary Brown	U13	5-9-83	Oxford	6May
	StewartHarper	U13	22-1-84	Battersea Park	14Jul
3.39	Bernard Mensah	U20		Harrow	13Jul
3.28	Gary McEwan	U13	24-6-84	Battersea Park	14Jul
3.11	Stephen Whorlow Jnr	U13	20-5-85	Battersea Park	20Apr
wind assisted					
7.35	w Simon Shirley		3-8-66	Lage, GER	15Jun
6.59	w Mike Edwards Jnr		19-10-68	Wavertree	28Jul
6.42	+2.5/1 Gabriel Aboya-Dana	U15	21-11-81	Birmingham	8Sep
6.18	+2.4/4 Richard Danso	U15	24-12-81	Birmingham	8Sep

## Triple Jump

15.24	=19 Derek Browne		28-9-66	Croydon Arena	11May
15.12	2 Phillip Idowu	U20	30-12-78	?	16Jun
14.76	41 Dennis Costello 2nd-CI		3-12-61		7Sep
14.32	13 Oluleke Ilo	U20		Kingsmeadow	8Jun
14.08	3 Syful Ahmed	U17	25-10-79	Croydon Arena	19May
14.06	18 Charles Igbon	U20	20-4-79	?	?
13.72	Mat George	U20	24-9-77	Battersea Park	14Jul
13.10	James Tuson	U17	7-1-81	Deangate	8Jun
12.56	Marlon Kerr	U17	3-4-81	Deangate	17Jun
12.22	Kenny Pereira		4-7-64	Portsmouth	13Jul
12.19	John Druce		16-4-58	Battersea Park	22Jun
11.29	Robert Killick	U17	22-4-81	Deangate	17Jun
11.15	Marcus Miller	U20	14-7-78	Portsmouth	13Jul
10.88	Nick Daniel	U17	18-1-81	Deangate	17Jun
10.67	Laurence Rogers		23-9-72	Battersea Park	4May
10.60	Nigel Whorlow	U17	26-11-80	Battersea Park	14Jul
10.08	Daniel Crook	U15	27-4-82	Battersea Park	14Jul
9.87	Reg Hopkins Jnr	M40	7-11-55	Colindale	22Jul
9.61	Snowy Brooks	M50	19-8-44	Colindale	22Jul
8.90	Mike Edwards Snr	M55	16-12-41	Battersea Park	13May
8.88	Jason Stevens	U15	5-4-82	Battersea Park	14Jul
8.56	Bob Bridges	M45	17-8-49	Battersea Park	13May
wind assisted					
15.53	+5.9 Phillip Idowu	U20	30-12-78	Sheffield	13Jul
14.12	w Charles Igbon	U20	20-4-79	Wavertree	28Jul
14.08	w Mat George	U20	24-9-77	Abingdon	24Aug

## Pole Vault

5.45	4 Mike Edwards Jnr		19-10-68	Battersea Park	15May
5.30	=6 Ian Tullett		15-8-69	Birmingham	16Jun
4.70	=28 Simon Shirley		3-8-66	Lage, GER	16Jun
4.40	Jamie Webb		18-12-75	Crystal Palace	1Jun
3.60	Mike Edwards Snr	M55	16-12-41	Battersea Park	15May
3.20	Terry Lawton	M50	27-5-41	Battersea Park	13May
3.20	Andrew Hill	U17	5-2-80	Birmingham	8Sep
2.90	Chris Husbands		2-5-61	Battersea Park	15May
2.50	Marlon Kerr	U17	3-4-81	Oxford	6May
2.45	Chris Carter	U15	2-9-83	Harrow	2Jun
2.40	Alex Weir	U17	20-8-81	Crawley	21Apr
2.30	Snowy Brooks	M50	19-8-45	Colindale	1Sep
2.20	Adam Daniel	U20	22-08-77	Portsmouth	13Jul
2.00	Alex Newberry	U17	21-2-80	Battersea Park	14Jul
1.95	Frank Amoako	U15	7-10-81	Birmingham	8Sep
1.75	Peter Macdonald	U17	2-9-79	Norman Park	21Jul

## Shot Putt (7.26kg)

18.85	4 Lee Newman		1-5-73		2Jun
16.17	i/17 Jim Mason		22-03-72		10Feb
13.95	Simon Shirley		3-8-66	Lage, GER	15Jun
13.93	Kevin Brown		10-9-64	Barnet Cophthall	9Jun
12.74	Mike Small	M40	31-3-54	Solihull	8Sep
12.12	Peter Waterman	U17	12-9-79	Battersea Park	14Jul
11.05	Pat Lyttle		19-4-64	Battersea Park	3Aug
10.42	Daniel Stone	U20	2-6-79	Battersea Park	14Jul
9.94	Snowy Brooks	M50	19-8-44	Battersea Park	4May
9.04	Guy Sagar	M40	18-11-55	Battersea Park	4May
8.53	Eric Derouet		20-9-64	Battersea Park	14Jul
8.20	Reg Hopkins Jnr	M40	7-11-55	Battersea Park	29Apr
8.08	Chris Husbands		2-5-61	Battersea Park	4May
7.88	Bob Bridges	M45	17-8-49	Battersea Park	22Jun
6.85	Bernard Green		11-10-61	Battersea Park	14Jul
6.80	Steve Whorlow, Snr	M45	13-11-47	Harrow	18May

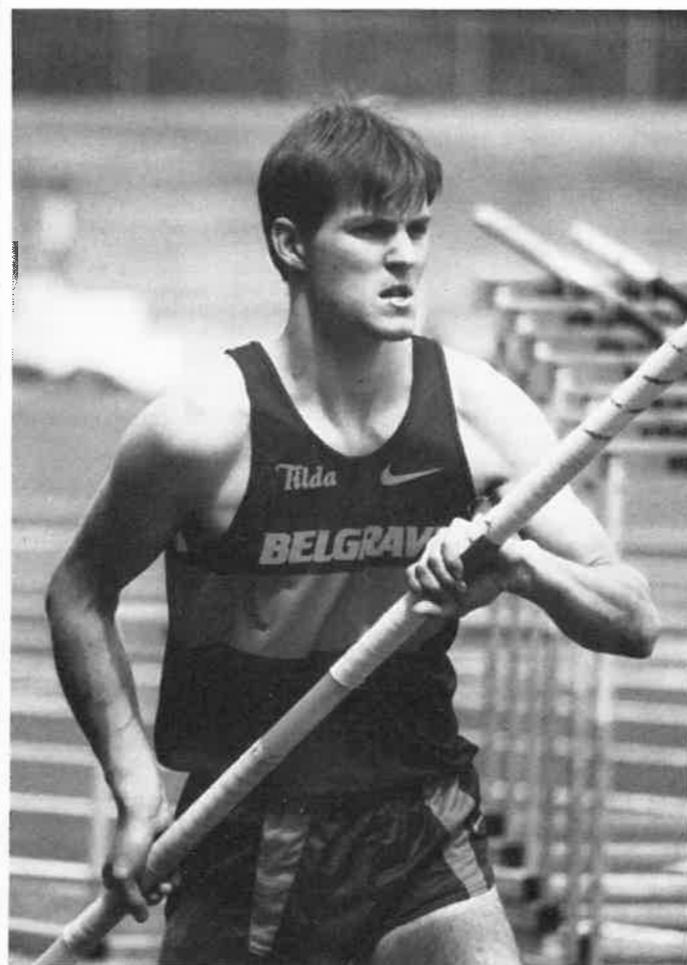


Photo: Alan Mead

Every year another improvement. In 1996 Jamie Webb raised his best vault another 15cm to 4.40m and broke into the British League team for the first time.

## Shot Putt (6.25kg)

12.78	Peter Waterman	U17	12-9-79	Crawley	21Apr
11.78	Daniel Stone	U20	2-6-79	Croydon Arena	8Jun
11.41	Snowy Brooks	M50	19-8-44	Battersea Park	29Apr
9.78	Charles Igbon	U20	20-4-79	Woodford	4Aug
9.68	Geoffrey Ojok	U20	19-5-79	Woodford	4Aug
9.56	Chris Blackman	U17	8-9-80	Crawley	21Apr
8.92	Adam Daniel	U20	22-8-77	Tooting Bec	16Jun
8.66	Bill Couzens	M55	22-11-36	Harrow	25Jun

## Shot Putt (5kg)

15.82	3 Peter Waterman	U17	12-9-79	Havering	24Mar
11.76	Marvin Egan	U17		Battersea Park	14Jul
9.47	Chris Rowland	U17	15-1-81	Oxford	6May
9.28	Alex Newberry	U17	21-2-80	Battersea Park	14Jul
8.57	Ian Watkins	U17	3-3-81	Norman Park	21Jul

## Shot Putt (4kg)

11.75	Jeremy Putrym	U15	19-5-82	Birmingham	8Sep
10.75	Sean Obileye	U15	10-10-82	Battersea Park	16Jul
10.49	Ben Apps	U15	20-11-81	Battersea Park	17Aug
9.98	Solomon St. Luce	U15	11-2-82	Harrow	2Jun
9.84	Nana Ampofo	U15		Harrow	2Jun
9.80	Ricardo Cattini	U15	24-10-82	Crystal Palace	23Jun
9.71	Oscar Barrientes	U15	23-12-82	Battersea Park	17Aug
9.14	Ben Apps	U15	20-11-81	Birmingham	8Sep
7.41	James Hall	U15	22-12-81	Oxford	6May
6.56	Chris Stanford	U15	9-2-82	Battersea Park	27Jul
6.46	Jason Stevens	U15	5-4-82	Battersea Park	20Apr

## Shot Putt (3.25kg)

11.88	Ricardo Cattini	U15	24-10-82	Deangate	17Jun
7.56	Bernard Amoafa	U13	20-9-84	Battersea Park	17Aug
5.42	Stephen Opoku	U13	21-3-83	Battersea Park	27Jul
5.32	Aaron Agyekum	U13	30-12-83	Battersea Park	27Jul
4.79	Paul Graham	U13	17-2-86	Battersea Park	17Aug
4.76	Stephen Whorlow Jnr	U13	20-5-85	Battersea Park	20Apr

# Men's Track & Field Rankings 1996

## Discus (2kg)

58.66	3	Kevin Brown	10-9-64	Loughborough	1Jun
55.58	8	Leith Marar	7-11-68	Barnet Copthall	31Aug
54.42	10	Lee Newman	1-5-73	Crystal Palace	12May
48.14	30	Darrin Morris	28-7-67	Barnet Copthall	9Jun
43.10		Mike Small	M40 31-3-54	Battersea Park	15May
40.22		Simon Shirley	3-8-66	Lage, GER	16Jun
32.84		Pat Lyttle	19-4-64	Battersea Park	3Aug
31.34		Charles Collis		Portsmouth	13Jul
30.76		Snowy Brooks	M50 19-8-44	Battersea Park	4May
24.74		Daniel Stone	U20 2-6-79	Battersea Park	14Jul
23.58		Ben Cascoe	U20 26-12-77	Southampton	18May
19.00		Stephen Whorlow Snr	M45 13-11-47	Battersea Park	14Jul
18.54		Guy Sagar	18-11-55	Bracknell	17Aug
16.52		Bernard Green	11-10-61	Battersea Park	14Jul
14.82		Bob Bridges	M45 17-8-49	Battersea Park	15May

## Discus (1.75kg)

32.28		Peter Waterman	U17 12-9-79	Crawley	21Apr
26.85		Marlon Dickson	U20 17-11-78	Woodford	4Aug
24.40		Ian Watkins	U17 3-3-81	Woodford	4Aug
22.64		Daniel Stone	U20 2-6-79	Tooting Bec	16Jun
21.64		Adam Daniel	U20 22-8-77	Tooting Bec	16Jun
18.76		Chris Blackman	U17 8-9-80	Crawley	21Apr

## Discus (1.5kg)

39.80		Snowy Brooks	M50 19-8-44	Battersea Park	13May
35.82		Phillip Oyelade	U17	Croydon Arena	19May
33.10		Peter Waterman	U17 12-9-79	Oxford	6May
29.40		Ian Watkins	U17 3-3-81	Birmingham	8Sep
27.50		Mark Louis-Sidney	U17 12-3-81	Oxford	6May
27.30		Nigel Whorlow	U17 26-11-80	Battersea Park	14Jul
24.80		Anthony Stanley-Clarke	U17 10-10-80	Battersea Park	14Jul
22.80		Chris Das	U17 13-11-80	Battersea Park	14Jul
22.60		Alex Newberry	U17 21-2-80	Battersea Park	14Jul

## Discus (1.25kg)

28.54		Neil Urmatam	U15 10-1-83	Crystal Palace	23Jun
28.42		John-Paul Rizkalla	U15	Kingsmeadow	8Jun
28.22		Euriko Alfonso	U15	Crystal Palace	23Jun
26.14		Solomon St. Luce	U15 11-2-82	Battersea Park	14Jul
25.12		G. Franklin	U15	Battersea park	14Jul
24.82		Anthony Adelekan	U15	Tooting	14May
24.36		Sean Obileye	U15 10-10-82	Battersea Park	14Jul
22.72		Sam Bellamy	U15 28-1-82	Battersea Park	27Jul
22.16		Jeremy Putrym	U15 19-5-82	Battersea Park	14Jul
20.84		Eustace Xavier	U15	Battersea Park	17Aug
18.84		Ben Apps	U15 20-11-81	Battersea Park	14Jul
18.18		Chris Stanford	U15 9-2-82	Battersea Park	14Jul
17.44		James Hall	U15 22-12-81	Oxford	6May
17.28		Lester Morby	U15 24-12-81	Battersea Park	27Jul
11.78		Robert Bignall-Matelle	U15 14-1-82	Battersea Park	20Apr

## Javelin (800g)

74.60	8	Nigel Bevan	3-1-68	Belfast	22Jun
62.92	30	Simon Shirley	3-8-66		26May
46.66		Ben Cascoe	U20 26-12-77	Southampton	18May
46.10		Charles Collis		Portsmouth	13Jul
45.26		Lee Newman	1-5-73	Kingsmeadow	17Aug
44.76		Chris Johnson	U20 13-4-78	Tooting Bec	16Jun
44.64		Pan Zeniou (2nd-CI)	M40 7-2-53	Colindale	22Jul
43.82		Charles Mountfield	2-11-67	Tooting Bec	29May
42.24		Mike Small	M40 31-3-54	Battersea Park	3Aug
41.74		Alex Newberry	U17 21-2-80	Tooting Bec	16Jun
41.64		Kevin Brown	10-9-64	Birmingham	6Jul
39.94		Geoffrey Ojok	U20 19-5-79	Woodford	4Aug
38.16		Snowy Brooks	M50 19-8-44	Colindale	1Sep
35.56		Guy Sagar	M40 18-11-55	Battersea Park	4May
34.82		Pat Lyttle	19-4-64	Harrow	13Jul
27.68		Bill Couzens	M55 22-11-36	Colindale	22Jul
24.52		Mat George	U20 24-9-77	Crawley	21Apr
22.98		Phil Spivey	15-5-61	Wavertree	4May

## Javelin (700g)

53.86		Alex Newberry	U17 21-2-80	Battersea Park	14Jul
53.62		Anthony Stanley-Clarke	U17 10-10-80	Battersea Park	14Jul
35.64		Omar Pomalls	U17 25-10-80	Battersea Park	14Jul
34.80		Chris Rowland	U17 15-1-81	Crystal Palace	23Jun
34.26		Samson Oni	U17	Harrow	2Jun

## Javelin (600g)

41.20		Ben Apps	U15 20-11-81	Norman Park	21Jul
38.44		James Hall	U15 22-12-81	Battersea Park	14Jul
33.74		G. Franklin	U15	Battersea Park	14Jul
25.96		James Appafram	U15	Oxford	19May
11.82		Richard James	U15 24-9-82	Battersea Park	17Aug
11.60		Paul Graham	U13 17-2-86	Battersea Park	20Apr
11.02		Alex Armle	U15	Oxford	6May
6.96		Justin Weatherman	U15	Crystal Palace	23Jun

## Javelin (400g)

22.40		Carlton Carew	U13	Battersea Park	22May
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## Hammer (7.26kg)

75.10	=47/1	Dave Smith	2-11-74	Bedford	27May
65.30	[8]	Phil Spivey	15-5-61	Crawley	26Jun
45.24		Mike Small	M40 31-3-54	Battersea Park	4May
41.56		Peter Waterman	U17 12-9-79	Battersea Park	3Aug
29.02		Bob Bridges	M45 17-8-49	Battersea Park	4May
19.26		Pat Lyttle	19-4-64	Battersea Park	3Aug
18.74		Stephen Whorlow Snr	M45 13-11-47	Battersea Park	14Jul
17.56		Daniel Stone	U20 2-6-79	Battersea Park	14Jul
17.40		Guy Sagar	M40 18-11-55	Battersea Park	4May
16.54		Bernard Green	11-10-61	Battersea Park	14Jul
10.60		Chris Husbands	2-5-61	Battersea Park	4May

## Hammer (6.25kg)

45.52		Peter Waterman	U17 12-9-79	Welwyn G.C.	26Aug
22.52		Bill Couzens	M55 22-11-36	Harrow	25Jun
18.90		Steve Scott	U20 5-6-79	Woodford	4Aug
18.08		Daniel Stone	U20 2-6-79	Battersea Park	25Aug
16.98		Andrew Hill	U17 5-2-80	Tooting Bec	16Jun
16.16		Chris Blackman	U17 8-9-80	Crawley	21Apr
14.98		Ian Watkins	U17 3-3-81	Norman Park	21Jul
12.60		James Tuson	U17 7-1-81	Tooting Bec	16Jun

## Hammer (5kg)

58.16	4	Peter Waterman	U17 12-9-79	Birmingham	8Sep
26.42		Phillip Oyelade	U17	Croydon Arena	19May
25.18		Edward Ford	U17 12-12-80	Birmingham	8Sep
19.76		Chris Rowland	U17 15-1-81	Oxford	6May
17.78		Chris Das	U17 13-11-80	Norman Park	21Jul
15.84		Kieron Bunce	U17	Crystal Palace	23Jun

## Hammer (4kg)

28.62		Solomon St. Luce	U15 11-2-82	Crystal Palace	23Jun
25.56		Jeremy Putrym	U15 19-5-82	Crystal Palace	23Jun
20.64		Nana Ampofo	U15	Harrow	2Jun
14.54		Anthony Adelekan	U15	Croydon Arena	19May
12.16		Sean Obileye	U15 10-10-82	Battersea Park	14Jul

## Decathlon

7857		Simon Shirley	3-8-66	Lage, GER	15/16 Jun
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Photo: Alan Mead



Left: Kevin Brown finished the season as Belgrave's most prolific points scorer in British Athletic League matches. His 80 points put him 10 points clear of fellow thrower Lee Newman.

# Men's Track & Field Rankings 1996

Photo: Robin Nicholls



Apart from his exploits in individual 800m events, Tom Lerwill had a part to play in two of our 4x400m records of 1996. In Istanbul he joined Ridgeon, Rawlinson and Nolan for a 3:09.30 clocking and pictured above, he anchored our under 20 squad to a 3:17.1 National Junior League record with a 47.6 effort.

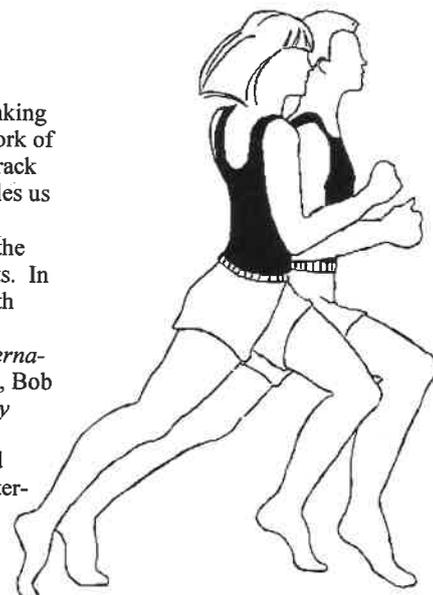
<b>4x100m Relay</b>						
40.47	1	Lenny Paul	25-5-58	Istanbul, TUR	18May	
		Phil Goedluck	10-9-67			
		Haroun Korjie	18-2-72			
		Jason Fergus	11-10-73			
42.7	2	Steve Scott	U20 5-6-79	Crawley	21Apr	
		James Hilston	U20 25-2-79			
		Marlon Dickson	U20 17-11-78			
		Andre Johnson	U20 9-1-77			
44.9	=3	James Tuson	U17 7-1-81	Norman Park	21Jul	
		Sam Stephenson	U17 15-5-80			
		Marlon Kerr	U17 3-4-81			
		Chris Lambert	U17 8-4-81			
45.9		Ben Williams	3-6-73	Portsmouth	13Jul	
		Adam Daniel	U20 22-08-77			
		Kenny Pereira	4-7-64			
		Marcus Miller	U20 14-7-78			
46.9	6	Darren Adams	U15 2-4-82	Norman Park	21Jul	
		Richard Danso	U15 24-12-81			
		Alfie Arce	U15 2-11-82			
		Gabriel Aboya-Dana	U15 21-11-81			
53.0	3	Lesimba Lawrence	U13 12-12-84	Crystal Palace	23Jun	
		Stephen Opoku	U13 21-3-83			
		Denee De Emmony	U13 19-11-83			
		Shaun Eaton	U13 3-8-84			
54.8	15		M40	Battersea Park	29Apr	
<b>4x200m Relay</b>						
1:27.9	1(1)	James Hilston	U20 25-2-79	Tooting Bec	31Jul	
		Richard David	U20 15-8-77			
		Michael Parper	U20 20-5-78			
		Marlon Dickson	U20 17-11-78			
1:46.2	=5	Guy Sagar	M40 18-11-55	Colindale	22Jul	
		Reg Hopkins Jnr	M40 7-11-55			
		Snowy Brooks	M50 19-8-44			
		Pan Zeniou (2nd-CI)	M40 7-2-53			
<b>4x400m Relay</b>						
3:09.30	1	Tom Lerwill	U20 17-5-77	Istanbul, TUR	19May	
		Jon Ridgeon	14-2-67			
		Chris Rawlinson	19-5-72			
		Dave Nolan	25-7-69			
3:17.1	1	Marlon Dickson (49.2)	U20 17-11-78	Woodford	4Aug	
		Richard David (50.2)	U20 15-8-77			
		Michael Parper (50.1)	U20 20-5-78			
		Tom Lerwill (47.6)	U20 17-5-77			
3:34.05	13	Es Hassan	U17 7-12-79	Birmingham	8Sep	
		Nick Daniel	U17 18-1-81			
		Sam Murray	U17 7-9-80			
		Peter Evans	U17 16-6-81			
3:56.0		Ricky Codadeen	U15	Crystal Palace	23Jun	
		Alex Lambert	U15 22-12-82			
		Sam Bellamy	U15 28-1-82			
		Lester Morby	U15 24-12-81			
4:01.3	10	Reg Hopkins Jnr	M40 7-11-55	Harrow	25Jun	
		Derek Clack	M40 13-9-52			
		Guy Sagar	M40 18-11-55			
		Bob Bridges	M45 17-8-49			
<b>Medley Relay (200, 200, 400, 800)</b>						
4:24.8			M40	Battersea Park	13May	

## Best ever year for relays

In the European Clubs Championship a new 4x400 metres Club Record was set by Messrs. Lerwill, Ridgeon, Rawlinson and Nolan, and there's a couple of names there who went on to set superb individual performances as the season progressed. But talking of relays, Juniors Scott, Dickson, Johnson, Hilston, Parper and Lerwill wiped up the previous 4x100, 4x200 and 4x400 marks. With some of them only just turned 17

their Under 20 Men's 4x200 mark, set during a Rosenheim League match, averaged 21.9 per man and the time has stood up as the fastest Club time in the UK this year - in Senior competition, let alone Junior. Their 4x400 removed 6 whole seconds from the National Junior League Record and was close to the British Junior Best Ever. Even with Lerwill exiting the age group in 1997 that mark is still in danger.

The compilers of our ranking lists acknowledge the work of the National Union of Track Statisticians which enables us to include the National Ranking (shown before the athletes name) in our lists. In particular, thanks to Keith Morbey (relays), Mel Watman of *Athletics International* (World Rankings), Bob Frank of *Athletics Weekly* (Road), Sally Gandee (Women's Veterans) and Dave Burton (Men's Veterans).



# Women's Track & Field Rankings 1996

## 100 metres

12.6	Natalie Law	U17	2-5-81	Croydon Arena	8Jun
12.8	Sabrina Scott	U20		Portsmouth	10Aug
13.1	Andrea Abrams		7-5-71	Battersea Park	7Sep
13.5	Bianca Simon	U15	28-10-82	Battersea Park	27Apr
	Harriet Payne	U15	22-5-83	Aldershot	20Jul
	Kim Frazer-Smith	U15		Battersea Park	27Jul
13.6	Nicole Charles	U15		Norman Park	19May
13.7	Elizabeth Gyekye	U15	4-10-82	Battersea Park	14Jul
14.1	Diana Mukasa		29-11-69	Sutcliffe Park	22Jun
14.2	Bianca Casey	U15		Woodford	2Jun
	Jackie Stone		31-10-71	Battersea Park	14Jul
	Danielle Kandros	U17		Deangate	21Jul
14.3	Rhiann Letang	U17	13-10-80	Colchester	28Apr
14.4	Julia Cockram		1-1-68	Battersea Park	14Jul
	Serina Raymond	U13	14-11-84	Battersea Park	17Aug
14.5	Rebecca Lester	U13	28-2-84	Battersea Park	27Jul
14.6	Simonah Edwards	U15	2-10-81	Battersea Park	13Apr
	Rachel Osodi	U17	7-8-81	Hayes	25May
	Karleen Delamos	U15		Battersea Park	7Sep
14.9	Danielle Briggs	U15	28-12-82	Battersea Park	7Sep
15.0	Kelly-Ann Parker-Smith	U17	10-2-81	Battersea Park	14Jul
	Natalie Crosby	U17		Hayes	25May
15.1	Louise Davison	U15	10-4-82	Battersea Park	14Jul
15.4	Hazel Mead	U20	14-9-77	Hayes	25May
15.5	Jemilla Amonso	U15		Deangate	21Jul
15.7	Nana Boakye	U13	23-2-84	Battersea Park	17Aug
15.8	Tania Sturton	U17	9-12-78	Battersea Park	7Sep
16.0	Abigail Gray	U17	6-11-80	Woodford	2Jun
16.1	Laura Fryer	U13	3-12-83	Battersea Park	27Apr
16.4	Hilary Saw	W45	7-3-50	Kingsmeadow	25Aug
16.7	Danielle Johnson	U13	25-5-86	Battersea Park	14Jul
16.9	Jacinta Moore	W35	12-7-58	Harrow	25Jun
17.1	Anne-Marie O'Brien	U13	14-5-86	Battersea Park	20Apr
	Leesha Harvey	U15		Woodford	2Jun
	J. Edwards	U13		Battersea Park	6Jul
17.3	Lucy Asling	U13	28-5-87	Battersea Park	20Apr
17.5	Pat Mead	W50	12-2-45	Battersea Park	24Jul
17.9	Rebecca Andrews	U13		Battersea Park	20Apr

## 200 metres

26.3	Sabrina Scott	U20		Battersea Park	27Apr
26.4	Natalie Law	U17	2-5-81	Croydon Arena	8Jun
27.8	Bianca Simon	U15	28-10-82	Croydon Arena	11May
28.0	Harriet Payne	U15	22-5-83	Aldershot	20Jul
28.9	Nicole Charles	U15		Norman Park	19May
	Kim Frazer-Smith	U15		Battersea Park	17Aug
	Marcella Simon	U15		Battersa Park	17Aug
28.8	Elizabeth Gyekye	U15	4-10-82	Aldershot	20Jul
29.0	Jackie Stone		31-10-71	Battersea Park	14Jul
29.4	Diana Mukasa		29-11-69	Sutcliffe Park	22Jun
29.7	Jacqui Smiter		19-6-72	Sutcliffe Park	22Jun
30.0	Rebecca Lester	U13	16-6-81	Battersea Park	17Aug
30.4	Rachel Osodi	U17	7-8-81	Hayes	25May
30.5	Debbie Hearn	U15	1-4-82	Battersea Park	14Jul
31.0	Danielle Kandros	U17		Aldershot	20Jul
31.1	Natalie Crosby	U15		Hayes	25May
31.2	Jemilla Amonso	U15		Portsmouth	10Aug

Photo: Alan Mead



32.1	Laura Fryer	U13	3-12-83	Battersea Park	14Jul
33.6	Hilary Saw	W45	7-3-50	Kingsmeadow	25Aug
35.1	Nana Boakye	U13	23-2-84	Battersea Park	17Aug
35.6	Danielle Johnson	U13	25-5-86	Battersea Park	27Jul
36.4	J. Edwards	U13		Battersea Park	6Jul
36.8	Pat Mead	W50	12-2-45	Colindale	1Sep
37.5	Cynthia James	W50	20-6-44	Battersea Park	13May
38.0	Maureen Jones	W45	30-9-46	Battersea Park	13May

## 400 metres

53.07	Linda Staines 2nd-CI		26-12-63	Stockholm, SWE	18Jun
63.8	Jackie Stone		31-10-71	Battersea Park	15May
65.8	Syreeta Stracey	U20	5-7-78	Battersea Park	27Apr
66.9	Diana Mukasa		29-11-69	Battersea Park	7Sep
67.0	Laura Wilson	U17	14-11-79	Battersea Park	7Sep
74.7	Hazel Mead	U20	14-9-77	Aldershot	20Jul
76.3	Danielle Kandros	U17		Portsmouth	10Aug
77.4	Hilary Saw	W45	7-3-50	Kingsmeadow	25Aug
81.7	Jacinta Moore	W35	12-7-58	Harrow	25Jun
93.3	Sue Porter	W45	14-7-47	Sutcliffe Park	22Jun
94.7	Cynthia James	W50	20-6-44	Battersea Park	29Apr

## 800 metres

2:37.1	Marcella Simon	U15		Battersea Park	7Sep
2:38.0	Debbie Hearn	U15	1-4-82	Hayes	25May
2:39.6	Rebecca Lester	U15	16-6-81	Battersea Park	7Sep
2:41.2	Sam Symonds		23-6-72	Battersea Park	14Jul
2:42.8	Jackie Stone		31-10-71	Colchester	28Apr
2:45.7	Martina Ryan		2-10-66	Battersea Park	27Apr
2:46.6	Abigail Gray	U17	6-11-80	Battersea Park	7Sep
2:57.0	Angela Hearn	U17	7-9-79	Battersea Park	7Sep
2:59.9	Nana Boakye	U13	23-2-84	Sutcliffe Park	22Jun
3:00.3	Elizabeth Gyekye	U15	4-10-82	Battersea Park	14Jul
3:00.6	Alice Ragouzardis	U13	29-1-87	Battersea Park	14Jul
3:05.8	Louise Davison	U15	10-4-82	Battersea Park	27Apr
3:07.0	Danielle Kandros	U17		Norman Park	19May
3:08.1	Jacinta Moore	W35	12-7-58	Sutcliffe Park	22Jun
3:11.6	Angela Patten		24-3-72	Portsmouth	10Aug

## 1500 metres

4:56.3	Samantha Northey	U17	18-4-80	Battersea Park	7Sep
5:06.0	Janine Brown	U17	8-7-81	Hayes	25May
5:22.4	Debbie Hearn	U15	1-4-82	Battersea Park	7Sep
5:26.7	Sam Symonds		23-6-72	Battersea Park	14Jul
5:57.8	Angela Hearn	U17	7-9-79	Sutcliffe Park	22Jun
6:03.8	Jacqui Smiter		19-6-72	Colchester	28Apr
6:03.9	Laura Fryer	U13	3-12-83	Hayes	25May
6:10.6	Jacinta Moore	W35	12-7-58	Battersea Park	27Apr
6:12.0	Cathy Eastham		10-5-71	Aldershot	20Jul
6:27.7	Marcella Simon	U15		Portsmouth	10Aug
6:47.7	Louise Davison	U15	10-4-82	Portsmouth	10Aug
7:14.3	Hilary Saw	W45	7-3-50	Harrow	25Jun

## 3000 metres

10:00.1	Gabby Collison		10-2-66	Sutcliffe Park	22Jun
10:14.2 8	Samantha Northey	U17	18-4-80	Battersea Park	7Sep
10:57.1	Janine Brown	U17	8-7-81	Sutcliffe Park	22Jun
11:02.9	Helen Maskrey		23-9-67	Battersea Park	27Apr
11:28.9	Martina Ryan		2-10-66	Aldershot	20Jul
11:45.7	Sam Symonds		23-6-72	Battersea Park	7Sep
12:48.8	Angela Hearn	U17	7-9-79	Croydon Arena	8Jun

## 5000 metres

23:02.1	Angela Hearn	U17	7-9-79	Colchester	28Apr
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## 75 metres Hurdles (76.2cm)

13.5	Bianca Simon	U15	28-10-82	Croydon Arena	11May
13.6	Kim Frazer-Smith	U15		Battersea Park	27Jul
13.7	Danielle Briggs	U15	28-12-82	Sutcliffe Park	22Jun
15.6	Harriet Payne	U15	22-5-83	Battersea Park	27Apr
16.6	Debbie Hearn	U15	1-4-82	Battersea Park	7Sep
17.4	Laura Fryer	U13	3-12-83	Battersea Park	27Apr
19.0	Nana Boakye	U13	23-2-84	Sutcliffe Park	22Jun

## 80 metres Hurdles (76.2cm)

15.9	Danielle Kandros	U17		Sutcliffe Park	22Jun
	Laura Wilson	U17	14-11-79	Woodford	2Jun
17.6	Rachel Osodi	U17	7-8-81	Portsmouth	10Aug
18.5	Angela Hearn	U17	7-9-79	Battersea Park	27Apr

## 100 metres Hurdles (84.0cm)

18.4	Julia Cockram		1-1-68	Aldershot	20Jul
19.1	Angela Patten		24-3-72	Sutcliffe Park	22Jun
19.8	Jacqui Smiter		19-6-72	Portsmouth	10Aug

Left: Samanth Northey raced in to take top slot in the 1500m and place second only to Gabby Collison over 3000m

# Women's Track & Field Rankings 1996

## 400 metres Hurdles (76.2cm)

69.1	Jackie Stone	31-10-71	Sutcliffe Park	22Jun
73.6	Jacqui Smiter	19-6-72	Battersea Park	27Apr

## High Jump

1.55	Julia Cockram	1-1-68	Sutcliffe Park	22Jun
1.50	Jacqui Smiter	19-6-72	Hayes	25May
1.45	Laura Wilson	U17 14-11-79	Hayes	25May
	Bianca Casey	U15	Woodford	2Jun
1.35	Elizabeth Gyekye	U15 4-10-82	Sutcliffe Park	22Jun
1.30	Althea Augustus	U15	Norman Park	19May
	Angela Patten	24-3-72	Battersea Park	14Jul
1.25	Rebecca Lester	U15 16-6-81	Portsmouth	10Aug
	Leesha Harvey	U13	Portsmouth	10Aug
1.18	Maureen Jones	W45 30-9-46	Colindale	1Sep
1.11	Pat Mead	W50 12-2-45	Colindale	1Sep
1.05	Hilary Saw	W45 7-3-50	Harrow	25Jun

## Long Jump

5.69	Andrea Abrams	7-5-71	Aldershot	20Jul
5.33	Sabrina Scott	U20	Battersea Park	7Sep
5.27	Carol Zeniou	W35 30-11-56	Colindale	22Jul
5.15	Syreeta Stracey	U20 5-7-78	Battersea Park	27Apr
4.54	Danielle Briggs	U15 28-12-82	Aldershot	20Jul
4.48	Angela Patten	24-3-72	Battersea Park	14Jul
4.43	Harriet Payne	U15 22-5-83	Battersea Park	7Sep
4.28	Kim Frazer-Smith	U15	Battersea Park	27Jul
4.20	Serina Raymond	U13 14-11-84	Battersea Park	14Jul
4.16	Althea Augustus	U15	Battersea Park	27Apr
4.16	Julia Cockram	1-1-68	Sutcliffe Park	22Jun
4.11	Danielle Kandaros	U15	Battersea Park	27Apr
4.06	Jemilla Amonso	U15	Deangate	21Jul
3.98	Marcella Simon	U15	Portsmouth	10Aug
3.92	Debbie Hearn	U15 1-4-82	Hayes	25May
3.88	Hazel Mead	U20 14-9-77	Hayes	25May
3.83	Laura Fryer	U13 3-12-83	Battersea Park	27Jul
3.51	Louise Davison	U15 10-4-82	Battersea Park	14Jul
3.44	Nana Boakye	U13 23-2-84	Battersea Park	14Jul
3.35	Danielle Johnson	U13 25-5-86	Battersea Park	7Sep
3.16	Pat Mead	W50 12-2-45	Colindale	22Jul
3.04	Lucy Asling	U13 28-5-87	Battersea Park	14Jul
2.96	Portia Berkye	U15	Battersea Park	17Aug
2.94	J. Edwards	U13	Battersea Park	6Jul
2.17	Cynthia James	W50 20-6-44	Colindale	1Sep

## Triple Jump

10.31	Angela Patten	24-3-72	Battersea Park	14Jul
9.80	Jacqui Smiter	19-6-72	Battersea Park	27Apr
9.12	Julia Cockram	1-1-68	Aldershot	20Jul

## Pole Vault

2.85	Julia Cockram	1-1-68	Aldershot	20Jul
1.80	Maureen Jones	W45 30-9-46	Portsmouth	6May
1.60	Jacqui Smiter	19-6-72	Hayes	25May

## Shot Putt (4kg)

9.18	Angela Patten	24-3-72	Sutcliffe Park	22Jun
8.73	Michelle Stock	U17 21-5-80	Croydon Arena	11May
8.22	Carol Zeniou	W35 30-11-56	Colindale	22Jul
7.11	Cynthia James	W50 20-6-44	Colindale	22Jul
7.06	Natalie Law	U17 2-5-81	Woodford	2Jun
6.86	Julia Cockram	1-1-68	Battersea Park	14Jul
6.81	Rhiann Letang	U17 13-10-80	Norman Park	19May
6.66	Laura Wilson	U17 14-11-79	Woodford	2Jun
6.54	Hazel Mead	U20 14-9-77	Battersea Park	14Jul
5.67	Barbara Dunsford	W60 20-9-35	Colindale	1Sep
3.97	Jacqui Smiter	19-6-72	Battersea Park	14Jul

## Shot Putt (3.25kg)

8.05	Cynthia James	W50 20-6-44	Colindale	1Sep
7.40	Cherylene Edwards	U15	Norman Park	19May
7.23	Kim Frazer-Smith	U15	Battersea Park	17Aug
6.96	Bianca Simon	U15 28-10-82	Battersea Park	27Apr
6.78	Pat Mead	W50 12-2-45	Battersea Park	29Apr
6.16	Barbara Dunsford	W60 20-9-35	Malmö, SWE	??Jul
5.61	Laura Fryer	U13 3-12-83	Hayes	25May
5.54	Nana Boakye	U13 23-2-84	Battersea Park	7Sep
5.28	Louise Davison	U15 10-4-82	Battersea Park	27Jul
5.13	Leesha Harvey	U13	Battersea Park	7Sep
4.84	Rebecca Lester	U15 16-6-81	Aldershot	20Jul
4.32	Jemilla Amonso	U15	Deangate	21Jul
4.31	Portia Berkye	U15	Battersea Park	17Aug
3.15	C. Nicholson	U13	Hayes	25May

## Shot Putt (2.72kg)

6.35	Laura Fryer	U13 3-12-83	Battersea Park	6Jul
5.59	Nana Boakye	U13 23-2-84	Battersea Park	17Aug
5.56	Leesha Harvey	U13	Battersea Park	27Jul

## Discus (1kg)

27.50	Angela Patten	24-3-72	Battersea Park	14Jul
27.28	Michelle Stock	U17 21-5-80	Aldershot	20Jul
23.84	Gail Richardson	21-9-68	Battersea Park	15May
21.46	Rhiann Letang	U17 13-10-80	Norman Park	19May
20.46	Pat Mead	W50 12-2-45	Battersea Park	19Jul
19.86	Jacqui Smiter	19-6-72	Battersea Park	14Jul
17.82	Cynthia James	W50 20-6-44	Battersea Park	13May
16.12	Janine Brown	U17 8-7-81	Tonbridge	8Apr
16.02	Cherylene Edwards	U15	Norman Park	19May
15.44	Hazel Mead	U20 14-9-77	Battersea Park	14Jul
15.36	Hilary Saw	W45 7-3-50	Kingsmeadow	25Aug
11.68	Debbie Hearn	U15 1-4-82	Aldershot	20Jul
11.18	Angela Hearn	U17 7-9-79	Deangate	21Jul
13.44	Nana Boakye	U13 23-2-84	Battersea Park	7Sep
10.92	Danielle Briggs	U15 28-12-82	Aldershot	20Jul
10.80	Karleen Delamos	U15	Portsmouth	10Aug
10.62	Marcella Simon	U15	Battersea Park	7Sep
10.46	Louise Davison	U15 10-4-82	Portsmouth	10Aug
10.06	Kelly-Ann Parker-Smith	U17 10-2-81	Battersea Park	6Jul

## Javelin (600g)

33.04	Angela Patten	24-3-72	Crystal Palace	18Aug
29.18	Gail Richardson	21-9-68	Sutcliffe Park	22Jun
24.00	Rhiann Letang	U17 13-10-80	Battersea Park	27Apr
22.20	Jacqui Smiter	19-6-72	Battersea Park	14Jul
20.68	Carol Zeniou	W35 30-11-56	Battersea Park	13May
19.64	Hazel Mead	U20 14-9-77	Battersea Park	14Jul
17.00	Janine Brown	U17 8-7-81	Hayes	25May
16.04	Julia Cockram	1-1-68	Battersea Park	14Jul
15.86	Debbie Hearn	U15 1-4-82	Aldershot	20Jul
15.56	Maureen Jones	M45 30-9-46	Kingsmeadow	25Aug
15.20	Pat Mead	W50 12-2-45	Battersea Park	1May
14.00	Hilary Saw	W45 7-3-50	Kingsmeadow	25Aug
13.00	R. Exel	U15	Norman Park	19May
10.56	Barbara Dunsford	W55 20-9-35	Colindale	1Sep
9.18	Serina Raymond	U13 14-11-84	Portsmouth	10Aug
8.48	Leesha Harvey	U15	Sutcliffe Park	22Jun
6.49	Kim Frazer-Smith	U15	Norman Park	19May
5.18	Angela Hearn	U17 7-9-79	Woodford	2Jun

## Hammer (4kg)

30.28	Gail Richardson	21-9-68	Sutcliffe Park	22Jun
28.30	Petronell Keeler	U20 17-9-76	Sutcliffe Park	22Jun
24.00	Angela Patten	24-3-72	Battersea Park	14Jul
23.82	Maureen Jones	W45 30-9-46	Kingsmeadow	25Aug
18.70	Hazel Mead	U20 14-9-77	Battersea Park	13Apr
15.74	Jacqui Smiter	19-6-72	Wimbledon Park	12Jun
14.26	Hilary Saw	W45 7-3-50	Kingsmeadow	25Aug
13.08	Pat Mead	W50 12-2-45	Kingsmeadow	22May
12.44	Julia Cockram	1-1-68	Battersea Park	14Jul
11.02	Hilary Saw	W45 7-3-50	Harrow	25Jun

## Hammer (3kg)

24.30	Barbara Dunsford	W60 20-9-35	Colindale	1Sep
16.18	Cynthia James	W50 20-6-44	Battersea Park	29Apr

## 4x100m Relay

52.0	Sabrina Scott	U20	Portsmouth	10Aug
	Laura Wilson	U17 14-11-79		
	Andrea Abrams	7-5-71		
	Natalie Law	U17 13-10-80		
55.7	Team Unknown	U15	Battersea Park	7Sep
60.3	Serina Raymond	U13 14-11-84	Battersea Park	17Aug
	Danielle Johnson	U13 25-5-86		
	Leesha Harvey	U13		
	Rebecca Lester	U13 16-6-81		
77.0	Maureen Jones	W45 30-9-46	Colindale	1Sep
	Pat Mead	W50 12-2-45		
	Cynthia James	W50 20-6-44		
	Barbara Dunsford	W60 20-9-35		

## 4x400m Relay

4:20.3	Janine Brown	U17 8-7-81	Battersea Park	27Apr
	Jackie Stone	31-10-71		
	Jacqui Smiter	19-6-72		
	Syreeta Stracey	U20 5-7-78		

*Women's Track & Field Rankings compiled  
by  
Derek Jones and Hazel Mead*

# Men's & Women's Road Race Rankings 1996

<b>1 mile</b>					<b>15 kms</b>					
3:59	Matt Yates		4-2-69	New York, USA	29Sep	46:23	Justin Chaston	4-11-68	Galveston, USA	Feb
4:41	Chris Sweeney 2nd-CI		3-3-66	Plessey Woods	Aug					
4:43	Mike Kazimierski		6-5-70	Battersea Park	15Jul					
4:51	Kevin Quinn	U20M	24-7-79	Battersea Park	15Jul					
<b>2 miles</b>										
10:02	Mike Kazimierski		6-5-70	Battersea Park	9Jul					
10:06	Kevin Quinn	U20M	24-7-79	Battersea Park	29Jul					
	Phil Carstairs		7-7-60	Battersea Park	9Sep					
10:24	Jean-Marie Bart		18-5-72	Battersea Park	9Sep					
11:23	Tony Verdie	M60	25-7-36	Battersea Park	16Sep					
<b>3 miles</b>										
15:23	Chris Sweeney 2nd-CI		3-3-66	Seaton Sluice	Aug					
15:30	Mick Kazimierski		6-5-70	Battersea Park	22Jul					
16:08	Kevin Quinn	U20M	24-7-79	Battersea Park	22Jul					
<b>5 kms</b>										
13:44	3 Adrian Passey 2nd-CI		2-9-64	Dublin	4May					
13:48	4 Paul Evans		13-4-61	Portsmouth	13Apr					
13:52	6 Chris Sweeney 2nd-CI		3-3-66	Dublin	4May					
13:59	=10 Gary Staines		3-7-63	Portsmouth	13Apr					
14:41	67 Darren Mead		4-10-68	Norwich	13Jul					
14:57	114 Tony Barden 2nd-CI		15-10-60	Portsmouth	13Apr					
15:54	Phil Carstairs		7-7-60	Perivale	14Mar					
15:59	Donal O'Riordan		2-4-70	Hyde Park	29Mar					
17:42	Laurie O'Hara	M60	18-6-32	Perivale	13May					
19:33	Pat Newell	M65	29-2-30	Serpentine	28Jun					
21:52	Carl Cross	M60	3-11-35	Wimbledon	11Aug					
23:32	Hilary Saw	W45	7-3-50	Wimbledon						
<b>5 miles</b>										
23:28	13 Adrian Passey 2nd-CI		2-9-64	Hillingdon	25Feb					
24:14	=65 Lee Hurst		29-7-72	Alsager	4Feb					
24:25	=95 Kassa Tadesse		21-8-74	Dulwich	20Jun					
24:46	Nigel Powley		5-6-64	Hillingdon	25Feb					
25:25	Phil Carstairs		7-7-60	Victoria Park	13Apr					
25:51	Dave Beaver		22-8-59	Battersea Park	30Nov					
26:07	Ray Foley		3-6-68	West Ewell	6May					
26:38	Mike Kazimierski		6-5-70	Battersea Park	30Nov					
27:30	Pete Gilbey	M45	12-4-51	Hillingdon	25Feb					
28:42	Gabby Collison	W	10-2-66	Tadworth	19May					
29:15	Don Anderson	M40	10-5-55	Hillingdon	25Feb					
29:36	Tony Verdie	M55	25-7-36	Tadworth	19May					
29:49	Laurie O'Hara	M60	18-6-32	Hillingdon	25Feb					
30:04	John Mather	M40	6-4-54	Coombe Hill	1May					
31:46	Lionel Mann	M55	21-9-40	Feltham	8Apr					
32:25	Mick Graham	M45	8-4-48	Crystal Palace	19May					
39:17	Hilary Saw	W45	7-3-50	Coombe Hill	1May					
<b>10 kms</b>										
28:33	3 Paul Evans		13-4-61	Peterborough	8Apr					
29:08	=10 Chris Sweeney 2nd-CI		3-3-66	St. Neots	26May					
29:16	19 Justin Chaston		4-11-68	San Antonio, USA	14Mar					
29:41	41 Adrian Passey 2nd-CI		2-9-64	Prague, TCH	18May					
29:48*	49 Kassa Tadesse		21-8-74	Swansea	8Sep					
29:56	66 Gary Staines		3-7-63	Edinburgh	29Sep					
31:02	Darren Mead		4-10-68	Croxton	5May					
31:18	Nigel Powley		5-6-64	Aylesbury Vale	17Feb					
31:31	Jim Estall	M40	9-8-54	Solihull	6Oct					
31:33	Rob Turner		4-10-70	Brighton	17Nov					
31:56	Matt Yates		4-2-69	Southend	13Oct					
32:35	Said Chettati		26-12-64	Solihull	6Oct					
32:48	Stuart Paton		24-5-63	Wimbledon	10Mar					
33:12	Mike Kazimierski		6-5-70	Battersea Park	9Nov					
33:51	Marcell Bizio		1-8-64	Hyde Park	1Jan					
34:01	Dave Pamah		27-11-64	Barbados	Nov					
34:05	Kevin Quinn	U20M	24-7-79	Coulsdon	25Jul					
34:10	Ray Foley		3-6-68	Oxshott	10Nov					
34:40	Mike Nouch	M40	20-6-54	Wimbledon	14Jul					
34:44	33 Gabby Collison	W	10-2-66	Totton	14Apr					
35:26	Graham Adams		10-6-68	Wimbledon	27Oct					
37:42	Rex Bale	M40	29-11-45	West Ewell	4Feb					
38:17	Simon Alexander	U20M	12-10-78	Croydon	20Oct					
38:23	Laurie O'Hara	M60	18-6-32	Teddington	2Jun					
38:39	Helen Maskrey	W	23-9-67	West Ewell	4Feb					
39:16	Nikki Haines	W	30-11-71	West Ewell	4Feb					
39:30	Ian Vaughan-Arbuckle	M55	16-2-38	Civil Service	27Mar					
39:36	Robert Mann		23-8-68	Shinfield	6May					
39:52	Lionel Mann	M55	21-9-40	Shinfield	6May					
42:02	Paul Cooper		12-11-58	Wimbledon	27Oct					
42:03	Leo Coy	M50	22-5-46	Gravesend	12May					
42:04	Martina Ryan	W	2-10-66	West Ewell	4Feb					
42:28	Raymond Burnip		13-11-66	Wimbledon	27Oct					
43:43	Alan Fernandes		10-1-72	Wimbledon	27Oct					
43:46	Carl Cross	M60	3-11-35	West Ewell	4Feb					
48:44	Angela Hearn	U17W	7-9-79	Wimbledon	27Oct					
49:10	Hilary Saw	W45	7-3-50	Herne Hill						
53:16	Richard Hearn	M55	14-10-39	Wimbledon	27Oct					
					<b>10 miles</b>					
					46:36 1 Paul Evans 13-4-61 Amsterdam, NED 22Sep					
					46:57 2 Gary Staines 3-7-63 Portsmouth 6Oct					
					51:09 Darren Mead 4-10-68 Sandy 28Apr					
					51:59 Nigel Powley 5-6-64 Hemel 10Mar					
					53:31 Jim Estall M40 9-8-54 Epsom 17Nov					
					56:11 Phil Carstairs 7-7-60 Teddington 29Sep					
					56:15 Mike Webb 4-10-67 Dorking 2Jun					
					57:42 Kevin Quinn U20M 24-7-79 Portsmouth 6Oct					
					60:30 Richard Pearson M50 3-3-46 Woking 3Mar					
					60:40 Tony Verdie M55 25-7-36 Dorking 2Jun					
					65:14 Robert Mann 23-8-68 Maidenhead 5Apr					
					66:14 Lionel Mann M55 21-9-40 Maidenhead 5Apr					
					73:59 Carl Cross M60 3-11-35 Epsom 17Nov					
					86:47 Hilary Saw W45 7-3-50 Dorking 2Jun					
					<b>20 kms</b>					
					58:47 Paul Evans 13-4-61 Van Alpen, NED Mar					
					<b>Half-Marathon</b>					
					1:01:55 2 Paul Evans 13-4-61 Newcastle 15Sep					
					1:03:28 Gary Staines 3-7-63 Newcastle 15Sep					
					1:04:33 Kassa Tadesse 21-8-74 Newcastle 15Sep					
					1:08:01 Darren Mead 4-10-68 Norwich 9Jun					
					1:08:21 Jim Estall M40 9-8-54 Portsmouth 3Mar					
					1:11:23 Mike Kazimierski 6-5-70 Fleet 24Mar					
					1:14:29 Junior Galley 24-5-62 Portsmouth 3Mar					
					1:21:10 Tony Verdie M55 25-7-36 Fleet 24Mar					
					1:21:53 Gabby Collison W 10-2-66 Brighton 25Feb					
					1:26:34 Rex Bale M50 29-11-45 Slough 1Sep					
					1:29:28 Robert Mann 23-8-68 Ranelagh 12May					
					1:30:18 Lionel Mann M55 21-9-40 Bedford 11Feb					
					1:39:46 Carl Cross M60 3-11-35 Club La Santa 3Dec					
					<b>25 kms</b>					
					1:27:49 Stuart Paton 24-5-63 Mitcham 21Jan					
					1:29:07 Mike Kazimierski 6-5-70 Mitcham 21Jan					
					1:29:53 Marcello Bizio 1-8-64 Mitcham 21Jan					
					1:54:20 Lionel Mann M55 21-9-40 Mitcham 21Jan					
					<b>20 miles</b>					
					1:50:49 Jim Estall M40 9-8-54 Worthing 24Mar					
					1:55:11 Mike Kazimierski 6-5-70 Bury 25Feb					
					1:58:07 Junior Galley 24-5-62 Worthing 24Mar					
					2:15:55 Mick Graham M45 8-4-48 Bury 25Feb					
					2:23:23 Lionel Mann M55 21-9-40 Bury 25Feb					
					2:25:20 Robert Mann 23-8-68 Reading 17Mar					
					<b>Marathon</b>					
					2:08:52 1 Paul Evans 13-4-61 Chicago 20Oct					
					2:11:25 4 Gary Staines 3-7-63 Chicago 20Oct					
					2:26:34 Tony Barden 2nd-CI 15-10-60 Chicago 20Oct					
					2:31:44 Mike Kazimierski 6-5-70 London 21Apr					
					2:35:57 Jim Estall M40 9-8-54 London 21Apr					
					2:36:34 Anthony Robertson 11-3-70 London 21Apr					
					2:56:31 Junior Galley 24-5-62 London 21Apr					
					2:57:28 Marcello Bizio 1-8-64 London 21Apr					
					2:59:49 Stuart Paton 24-5-63 London 21Apr					
					3:04:27 Tony Verdie M55 25-7-36 London 21Apr					
					3:07-ish Phil Carstairs 7-7-60 New York 3Nov					
					3:15:13 Paul Cooper 12-11-58 London 21Apr					
					3:17:55 Lionel Mann M55 21-9-40 Border 3Mar					
					3:32:53 Robert Mann 23-8-68 London 21Apr					
					3:37:12 Mick Graham M45 8-4-48 London 21Apr					
					3:37:17 Leo Coy M45 22-5-46 London 21Apr					
					3:38:59 Eric Derouet 20-9-64 London 21Apr					
					3:56-ish Dave Davies M55 30-5-39 London 21Apr					
					4:04:35 Charlie Henn M60 11-7-31 London 21Apr					
					* Kassa Tadesse is reported to have run 28:15 for 10k at Halluin, FRA, on October 13th but for some reason or other this does not appear in the national ranking lists. Was it incorrectly reported or an incorrect distance?					

*Road Race Rankings compiled by  
Alan Mead*

# Men's & Women's Race Walking Rankings 1996

## 1 km Road

5:54	Paul Graham	U11B	17-2-86	Folkestone	4May
5:52	Lucy Asling	U11G	28-5-87	Folkestone	4May
6:21	Danielle Johnson	U11G	25-5-86	Weymouth	17Mar
6:36	Anne-Marie O'Brien	U11G	14-5-86	Folkestone	4May
6:37	Rebecca Andrews	U11G		Weymouth	17Mar

## 1,000m Track

5:27.7	Paul Graham	U11B	17-2-86	Woodford	14Aug
5:47.0	Sam McNally	U11B	26-3-86	Enfield	31Aug
5:49.7	Lucy Asling	U11G	28-5-87	Tonbridge	8Apr
6:14	Aaron Jackson	U13B	5-9-83	Colchester	13Jun
6:27.7	Danielle Johnson	U11G	25-5-86	Tonbridge	8Apr
7:23.6	Andrew Graham	U11B	19-12-89	Woodford	14Aug

## 1.2 kms Road

8:07	Paul Graham	U11B	17-2-86	Bexley	10Feb
8:11	Lucy Asling	U11G	28-5-87	Bexley	9Mar
8:35	Danielle Johnson	U11G	25-5-86	Bexley	10Feb
8:57	Rebecca Andrews	U11G		Bexley	9Mar

## 1,200m Track

6:33.2	Laura Fryer	U13G	3-12-83	Battersea Pk.	28Jul
7:46.9	Lucy Asling	U11G	28-5-87	Battersea Pk.	6Jul
8:32.7	Danielle Johnson	U11G	25-5-86	Battersea Pk.	20Apr
8:40	Anne-Marie O'Brien	U11G	14-5-86	Battersea Pk.	20Apr

## 2 kms Road

10:37	5 Daniel Bond	U15B	11-2-82	Dublin	27Sep
10:39	3 Laura Fryer	U13G	3-12-83	Steyning	23Jun
10:44	Chris Stanford	U15M	9-2-82	Wimbledon	25Nov
11:06	Jason Stevens	U15B	5-4-82	Coventry	3Mar
11:31	Mick Graham	M45	8-4-48	Colchester	27Jun
12:00	Robert Metalle	U15B	14-1-82	Dublin	27Sep
12:03	9 Richard Banham	U13B	19-10-84	Folkestone	4May
12:21	Gary White	U15B	23-9-96	Coventry	3Mar
12:26	Kelly-A Parker-Smith	U17W	10-2-81	Wimbledon	25Nov
13:36	Victoria Parker-Smith	U15G	9-8-83	Coventry	3Mar
13:50	Kerry White	U13G		Coventry	3Mar
14:26	Kurt Metalle	U13B		Steyning	23Jun
	Stephen Whorlow	U13B	20-5-85	Steyning	23Jun
14:34	Keith McCrudden	U15B	20-1-82	Coventry	3Mar

## 2,000m Track

8:49.7	Mabon Dane	SM	19-7-71	Woodford	19Sep
9:00.7	John Hall	M45	18-1-49	Colindale	1Sep
9:45.2	Mick Graham	M45	8-4-48	Colchester	19Sep
9:49.6	Carl Lawton	M45	20-1-48	Colindale	1Sep
10:10.7	Paul Warburton	M40	20-1-52	Colindale	22Jul
10:56.7	Daniel Bond	U15B	11-2-82	Brierly Hill	15Oct
10:58.7	2 Laura Fryer	U13G	3-12-83	Enfield	31Aug
11:01.1	Chris Stanford	U15B	19-2-82	Brierly Hill	15Oct
11:16.9	Eric Hall	M60	15-9-32	Colchester	18Jul
11:25.0	Jason Stevens	U15B	5-4-82	Brierly Hill	15Oct
11:45.1	Sue Porter	W45	14-7-47	Battersea Pk	29Apr
11:53	Paul Graham	U11B	17-2-86	Colchester	8Aug
12:36.4	Richard Banham	U13B	19-10-84	Battersea Pk	14Jul
12:45.8	Sam McNally	U11B	26-3-86	Woodford	19Sep
13:00.4	Gary White	U15B	23-9-81	Brierly Hill	15Oct
13:14.5	Alan Mead	M50	31-3-44	Colindale	22Jul
13:18.9	Heather Miller	W45	27-10-49	Battersea Pk	29Apr
13:25.1	Stephen Whorlow	U13B	20-5-85	Enfield	31Aug
13:59	Aaron Jackson	U11B	5-9-83	Colchester	27Jun
14:20.6	Victoria Parker-Smith	U15G	9-8-83	Brierly Hill	15Oct
14:28.0	Andrew Graham	U11B	19-12-89	Woodford	19Sep
14:31.6	Pat Mead	W50	12-2-45	Battersea Pk	29Apr

## 2.5 kms Road

13:11	Chris Stanford			Bexley	9Dec
13:33	2 Laura Fryer	U13G	3-12-83	Blackheath	8Sep
14:04	Daniel Bond	U15B	11-2-82	Bexley	21Oct
14:59	Jason Stevens	U15B	5-4-82	Bexley	9Dec
15:21	Gary White	U15B	23-9-81	Blackheath	8Sep
15:30	Richard Banham	U13B	19-10-84	Blackheath	8Sep
15:31	Victoria Parker-Smith	U15G	9-8-83	Blackheath	8Sep
16:21	Robert Metalle	U15B	14-1-82	Bexley	9Mar
16:27	Stephen Whorlow	U13B	20-5-85	Bexley	10Feb
18:49	Keith McCrudden	U15B	20-1-82	Bexley	10Feb
18:51	Kerry White	U13G		Bexley	10Feb

## 2,500m Track

11:54.5	Nigel Whorlow	U17M	26-11-82	Deangate	8Jun
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Walking Rankings are for the period  
1st September 1995 to 31st August 1996

Compiled by Steve Whorlow

13:52.59	1 Laura Fryer	U13G	3-12-83	Birmingham	22Sep
14:07.5	Kelly-A Parker-Smith	U17W	10-2-81	Deangate	8Jun
14:53.8	Chris Stanford	U15B	19-2-82	Deangate	8Jun
15:12.4	Daniel Bond	U15B	11-2-82	Deangate	8Jun
15:44.74	Victoria Parker-Smith	U15G	9-8-83	Birmingham	22Sep
16:12.2	Robert Metalle	U15B	14-1-82	Deangate	8Jun
16:45.12	Richard Banham	U13B	19-10-84	Crystal Palace	12May
19:03.60	Stephen Whorlow	U13B	20-5-85	Crystal Palace	12May

## 3 kms Road

13:56	3 Nigel Whorlow	U17M	26-11-80	Dublin	27Sep
16:16	3 Chris Stanford	U15B	19-2-82	Chesterfield	13Apr
17:04	8 Danny Bond	U15B	11-2-82	Steyning	
17:10	Kelly-A Parker-Smith	U17W	10-2-81	Weymouth	17Mar
17:31	Robert Metalle	U15B	14-1-82	Chesterfield	13Apr
17:55	3 Laura Fryer	U13G	3-12-83	Weymouth	17Mar
18:53	Gary White	U15B	23-9-81	Folkestone	4May
18:57	5 Richard Banham	U13B	19-10-84	Chesterfield	13Apr
18:58	Victoria Parker-Smith	U15G	9-8-83	Steyning	23Jun
21:16	Jonathan Scott	U17M	1-7-81	Weymouth	17Mar
22:08	Kerry White	U13G		Weymouth	17Mar
22:13	Stephen Whorlow	U13B	20-05-85	Weymouth	17Mar
25:23	Tara Gorman	U17W	9-5-82	Weymouth	17Mar

## 3,000m Track

13:29.8	Mabon Dane	SM	19-7-71	Battersea Pk	13Apr
13:49.2	John Hall	M45	18-1-49	Bedford	14Aug
13:50.9	1 Andrew Goudie	U20M	4-10-78	Tonbridge	8Apr
14:18.02	2 Nigel Whorlow	U17M	26-11-80	Cophall	7Jul
14:22.6	Carl Lawton	M45	20-1-48	Tonbridge	8Apr
15:13.9	Dave Sharpe	M40	13-9-53	Tonbridge	8Apr
15:29.60	5 Chris Stanford	U15B	19-2-82	Birmingham	21Sep
15:44.8	Mick Graham	M45	8-4-48	Woodford	11Sep
16:13.1	Doug Fotheringham	M60	18-4-36	Woodford	15May
16:13.8	4 Kelly-A Parker-Smith	U17W	10-2-81	Battersea Pk.	14Jul
16:57.29	1 Laura Fryer	U13G	3-12-83	Enfield	31Aug
16:57.4	Mike Scamell	M40	16-8-54	Woodford	11Sep
17:04.95	10 Danny Bond	U15B	11-2-82	Birmingham	21Sep
17:44.6	Sue Porter	W45	14-7-47	Portsmouth	6May
19:01.34	Gary White	U15B	23-9-81	Birmingham	21Sep
20:07.3	10 Victoria Parker-Smith	U15G	09-8-83	Tonbridge	8Apr
20:09.6	Stephen Whorlow	U13B	20-5-85	Tonbridge	8Apr
20:44.3	Heather Miller	W45	27-10-49	Battersea Pk	13Jul
21:37.12	Robert Metalle	U15B	14-1-82	Birmingham	21Sep
21:42.6	Tara Gorman	U17W	9-5-82	Battersea Pk.	14Jul
24:52.5	Francesca Smith	U17W	12-11-81	Battersea Pk.	14Jul

## 5 kms Road

23:14	4 Andrew Goudie	U20M	4-10-78	Steyning	23Jun
23:38	3 Nigel Whorlow	U17M	26-11-80	Steyning	23Jun
28:25	5 Kelly-A Parker-Smith	U17W	10-2-81	Folkestone	4May
30:44	Sue Porter	W45	14-7-47	Crystal Palace	3Feb
34:18	Heather Miller	W45	27-10-49	Crystal Palace	3Feb

## 5,000m Track

23:56.6	4 Andrew Goudie	U20M	14-10-78	Enfield	31Aug
24:37.6	Nigel Whorlow	U17M	26-11-80	Enfield	31Aug
27:39.54	Doug Fotheringham	M60	18-4-36	Exeter	10Aug
27:40.0	Mick Graham	M45	8-4-48	Tamworth	8Aug

## 5 miles Road

40:01	Mabon Dane	SM	19-7-71	Southend	24Aug
40:14	John Hall	M45	18-1-49	Battersea Pk	25Jun
40:30	Carl Lawton	M45	20-1-48	Battersea Pk	14May
42:01	Dave Sharpe	M40	13-9-53	Battersea Pk	14May
44:06	Paul Warburton	M40	20-1-52	Southend	24Aug
44:56	Paul King	M45	4-2-51	Battersea Pk	14May
45:56	Doug Fotheringham	M60	18-4-36	Battersea Pk	14May
47:56	Eric Hall	M60	15-9-32	Southend	24Aug

## 9 kms Road

43:18	Mabon Dane	SM	19-7-71	Blackheath	2Mar
45:34	Andrew Goudie	U20M	14-10-78	Blackheath	2Mar
47:49	Mike Scamell	M40	16-8-54	Blackheath	8May
49:51	Dave Sharpe	M40	13-9-53	Blackheath	2Mar
49:46	Paul Warburton	M40	20-1-52	Blackheath	15Oct

## 10 kms Road

47:35	Mabon Dane	SM	19-7-71	Bexley	9Mar
49:45	3 Andrew Goudie	U20M	14-10-78	Weymouth	17Mar
49:48	Carl Lawton	M45	20-1-48	Bexley	9Dec
52:15	John Hall	M45	18-1-49	Battersea Pk	6May
52:24	Dave Sharpe	M40	13-9-53	Imber Court	14Jan
52:49	4 Nigel Whorlow	U17M	26-11-80	Coventry	3Mar
54:37	Paul Warburton	M40	20-1-52	Victoria Pk	1Jan
56:11	Paul King	M45	4-2-51	Bexley	10Feb
56:55	Doug Fotheringham	M55	18-4-36	Chesterfield	13Apr
62:10	Sue Porter	W45	14-7-47	Battersea Pk	6May
75:36	Jonathan Scott	U17M	1-7-81	Coventry	3Mar

# Men's & Women's Race Walking Rankings 1996

## 10,000m Track

48:02.4	Mabon Dane	SM	19-7-71	Enfield	31Aug
48:47.9	Andrew Goudie	U20M	14-10-78	Hornchurch	31Mar
52:15.6	John Hall	M45	18-1-49	Battersea Pk	1May
54:22.4	Dave Sharpe	M40	13-9-53	Hornchurch	31Mar
55:10.1	Paul Warburton	M40	20-1-52	Battersea Pk	1May
56:06.5	Mick Graham	M45	8-4-48	Enfield	31Aug
57:07.0	Doug Fotheringham	M60	18-4-36	Battersea Pk	1May
58:22.2	Paul King	M45	4-2-51	Battersea Pk	1May
62:18.1	Sue Porter	W45	14-7-47	Battersea Pk	1May

## 11k Road

58:10	Carl Lawton	M45	20-1-48	Enfield	11Nov
61:00	John Hall	M45	18-1-49	Enfield	11Nov
63:48	Nigel Whorlow	U17M	26-11-80	Enfield	11Nov
65:29	Paul King	M45	4-2-51	Enfield	11Nov
66:10	Doug Fotheringham	M55	18-4-36	Enfield	11Nov

## 7 miles Road

64:52	Paul King	M45	4-2-51	Regents Park	13Apr
67:39	Doug Fotheringham	M55	18-4-36	Leicester	7Oct

## 15 kms Road

70:51	Mabon Dane	SM	19-7-71	Colchester	21Jan
83:01	Dave Sharpe	M40	13-9-53	Colchester	21Jan

## 10 miles Road

80:34	Mabon Dane	SM	19-7-71	Sutton Pk	7Mar
82:49	Carl Lawton	M45	20-1-48	Basingstoke	17Feb
84:37	John Hall	M45	18-1-49	Enfield	24Feb
90:53	Dave Sharpe	M45	13-9-53	Basingstoke	7Mar
92:20	Paul King	M45	4-2-51	Bexley	24Feb
96:16	Doug Fotheringham	M55	18-4-36	Basingstoke	7Feb
105:23	Sue Porter	W45	14-7-47	Sutton Park	23Mar

## 20 kms Road

1:39:29	Mabon Dane	SM	19-7-71	Dublin	28Sep
1:47:57	Carl Lawton	M45	20-1-48	Cardiff	21Apr
1:57:50	Dave Sharpe	M45	13-9-53	Colchester	26May
1:59:36	Paul King	M45	4-2-51	Bexley	23Jun
2:00:28	Doug Fotheringham	M60	18-4-36	Cardiff	21Apr

## 20 miles Road

2:54:34	Mabon Dane	SM	19-7-71	Colchester	28Apr
3:20:14	Paul King	M45	4-2-51	Colchester	28Apr
3:31:01	Dave Sharpe	M45	13-9-53	Colchester	28Apr

## 50kms Road

4:54:12	Mabon Dane	SM	19-7-71	Basildon	6Apr
5:21:22	John Hall	M45	18-1-49	Horsham	7Sep
5:34:22	Paul King	M45	4-2-51	Horsham	7Sep

# YOUNGER AGE GROUP RACE WALKING RECORDS

## Under 20 Men

### Road

5 kms	23:09	Richard Dorman	1st, Blackheath Festival of Walking	16 Sep 1978
5 miles	37:13	Richard Dorman	1st, Belgrave Champs., Wimbledon	19 Jan 1980
10 kms	43:18	Richard Dorman	1st, National Junior Champs., Coventry	18 Oct 1980
11 kms	63:48	Nigel Whorlow	24th, Enfield Open, Enfield	11 Nov 1995
10 miles	1:14:07	Richard Dorman	1st, GLC Champs., Battersea Pk.	19 Jan 1980
20k	1:38:19	Richard Dorman	7th, Southern RWA, Victoria Pk.	16 Aug 1980

### Track

2 kms	9:36.4	Michael Nicholls	5th, Inter-County Youth Match, Motspur Pk.	2 Jul 1978
3 kms	12:24.5	Richard Dorman	2nd, Senior AAA Champs., Crystal Palace	5 Sep 1980
5 kms	23:56.6	Andrew Goudie	2nd, Inter-Area Champs., Enfield	31 Aug 1996
10 kms	45:51.87	Richard Dorman	1st, AAA U20 Champs., Birmingham	3 Aug 1980

### Indoors

3 kms	14:11.98	Nigel Whorlow	6th, AAA Champs., Birmingham NIA	25 or 26 Feb 1997
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## Under 17 Men

### Road

2.5 kms	12:15	Nigel Whorlow	1st, Blackheath Festival of Walking, Blackheath	10 Sep 1995
3 kms	13:56	Nigel Whorlow	3rd, Dublin Grand Prix, Dublin	28 Sep 1996
5 kms	23:15	Michael Nicholls	4th Southern RWA Champs., Croydon	20 Oct 1979
9 kms	51:02	Nigel Whorlow	LPR Handicap, Blackheath	19 Nov 1995
10kms	52:15	Nigel Whorlow	11th, Midland Lg., Tamworth	26 Oct 1996
11 kms	63:48	Nigel Whorlow	24th, Enfield Open, Enfield	11 Nov 1995

### Track

2 kms	9:06.8	Shaun Maxwell	1st, National Youths, Kirkby Liverpool	26 Jul 1975
2.5 kms	11:54.5	Nigel Whorlow	1st, Kent Schools Champs., Deangate	8 Jun 1996
3 kms	14:18.02	Nigel Whorlow	3rd, Southern Inter-County, Cophall Barnet	7 Aug 1996
5 kms	24:37.6	Nigel Whorlow	2nd, Inter-Area Champs., Enfield	31 Aug 1996
10 kms	50:49.6	Michael Nicholls	11th, Southern Counties AAA Champs., Crystal Palace	14 Mar 1979

### Indoors

3 kms	14:11.98	Nigel Whorlow	6th, AAA Champs., Birmingham NIA	25 or 26 Feb 1997
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## Under 15 Boys

### Road

2 kms	10:21	Paul Graham (U11)	1st, Cambridge H. Winter Lg., Bexley	7 Dec 1996
2.5 kms	12:15	Nigel Whorlow	1st, Blackheath Festival of Walking, Blackheath	10 Sep 1995
3 kms	14:38	Jonathon Dunsford	3rd, English Schools Champs., Bebington Cheshire	1973

### Track

1.6 kms	8:45.6	Nigel Whorlow	1st, Thameside Lg., Battersea Pk.	27 May 1995
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2 kms	9:34	Jonathon Dunsford	2nd, Southern Track Team Champs., East London Stadium	27 Jul 1974
2.5 kms	14:53.8	Chris Stanford	1st, Kent Schools Champs., Deangate	8 Jun 1996
3 kms	15:04.34	Nigel Whorlow	2nd, English Schools Champs., Stoke on Trent	16 Sep 1995
<b>Under 13 Boys</b>				
<b>Road</b>				
1.2 kms	7:18 ?	Sam McNalley (U11)	1st, Cambridge H. Winter Lg., Bexley	19 Oct 1996
2 kms	10:21	Paul Graham (U11)	1st, Cambridge H. Winter Lg., Bexley	7 Dec 1996
2.5 kms	13:21	Paul Graham (U11)	1st, Cambridge H. Winter Lg., Bexley	7 Dec 1996
3 kms	18:57	Richard Banham	5th, Sheffield Open & Grand Prix, Chesterfield	14 Apr 1996
<b>Track</b>				
1.2 kms	8:39.8	Stephen Whorlow	n/s, Thameside Lg., Battersea Pk.	27 May 1995
2kms	11:23.7	Paul Graham	3rd, Claire Powell G.P. Brierty Hill	13 Oct 1996
<b>Under 11 Boys</b>				
<b>Road</b>				
1 km	5:10	Paul Graham	3rd, Dublin Grand Prix, Dublin	28 Sep 1996
1.2kms	7:18	Sam McNally	1st, Cambridge H. Winter Lg., Bexley	19 Oct 1996
2.5 kms	17:25	Stephen Whorlow	4th, Cambridge H. Winter Lg., Bexley	1 Jan 1996
<b>Track</b>				
1 km	5:40.7	Paul Graham	1st, Inter-Area Match, Enfield	31 Aug 1996
1.2 kms	8:39.8	Stephen Whorlow	n/s, Thameside Lg., Battersea Pk.	27 May 1995
2 kms	13:22.?	Paul Graham	Handicap Walks, Colchester	27 Jun 1996
<b>Under 20 Women</b>				
<b>Road</b>				
2.5kms	13:52.9	Laura Fryer (U13G)	10th, English Schools Champs., Birmingham	21 Sep 1996
3 kms	15:48	Shirley Rook	City of London New Year's Walks	1 Jan 1978
		Anna Matthews	6th, City of London New Year's Walks	1 Jan 1978
5 kms	27:40	Linda Nicholls	1st, Southern Champs., Battersea Pk.	3 Mar 1979
10 kms	57:41	Anna Matthews	West London	25 Mar 1978
<b>Track</b>				
2 kms	11:11.0	Rachael Parrott	2nd, MAFF Champs., Battersea Pk.	2 Sep 1985
2.5kms	13:52.9	Laura Fryer (U13G)	10th, English Schools Champs., Birmingham	21 Sep 1996
3 kms	16:55	Jane Pritchard	5th, Enfield Harriers Open, Enfield	28 Aug 1976
<b>Under 17 Girls</b>				
<b>Road</b>				
3 kms	16:21	Gail Porter	14th, English Schools, Keswick	4 May 1985
5 kms	27:40	Linda Nicholls	1st, Southern Champs., Battersea Pk.	3 Mar 1979
10 kms	58:51	Linda Nicholls	1st, Ilford Open, Ilford	24 Dec 1978
<b>Track</b>				
2 kms	10:58.7	Laura Fryer (U13G)	3rd, Claire Powell Grand Prix, Brierley Hill	13 Oct 1996
2.5kms	13:52.9	Laura Fryer (U13G)	10th, English Schools Champs., Birmingham	21 Sep 1996
3 kms	16:13.8	Kelly-A Parker-Smith	1st, Belgrave H. Club Champs., Battersea Pk.	14 Jul 1996
<b>Under 15 Girls</b>				
<b>Road</b>				
2 kms	10:39	Laura Fryer (U13G)	2nd, Micky Brown Grand Prix, Steyning	23 Jun 1996
2.5 kms	13:33	Laura Fryer (U13G)	2nd, Festival of Walks, Blackheath	8 Sep 1996
<b>Track</b>				
1.6 kms	8:56	Gail Porter	2nd, Lily B Lg. Div 3, Aldershot	28 May 1983
2 kms	10:58.7	Laura Fryer (U13G)	3rd, Claire Powell Grand Prix, Brierley Hill	13 Oct 1996
2.5 kms	13:52.9	Laura Fryer (U13G)	10th, English Schools Champs., Birmingham	21 Sep 1996
3 kms	16:55	Jane Pritchard	5th, Enfield Harriers Open, Enfield	28 Aug 1976
<b>Under 13 Girls</b>				
<b>Road</b>				
1 km	5:32	Laura Fryer	6th, Irish Festival of Walking, Dublin	23 Sep 1995
2 kms	10:39	Laura Fryer	2nd, Micky Brown Grand Prix, Steyning	23 Jun 1996
2.5 kms	13:33	Laura Fryer	2nd, Festival of Walks, Blackheath	8 Sep 1996
3 kms	17:55	Laura Fryer	1st, Weymouth Grand Prix, Weymouth	17 Mar 1996
<b>Track</b>				
1.2 kms	6:33.3	Laura Fryer	1st, Thameside Lg., Battersea Pk.	6 Jul 1996
2 kms	11:02.4	Laura Fryer	2nd, Inter-Area Match, Enfield	31 Aug 1996
2.5 kms	13:52.9	Laura Fryer	10th, English Schools Champs., Birmingham	21 Sep 1996
3 kms	17:20.6	Laura Fryer	1st, Tonbridge Open, Tonbridge	8 Apr 1996
<b>Under 11 Girls</b>				
<b>Road</b>				
1 km	5:53	Lucy Asling	1st, Dublin Grand Prix, Dublin	28 Sep 1996
1.2 kms	8:04	Lucy Asling	2nd, Cambridge H. Winter Lg., Bexley	7 Dec 1996
2 kms	14:34	Danielle Johnson	2nd, Belgrave Open, Wimbledon	25 Nov 1995
<b>Track</b>				
1km	5:49.7	Lucy Asling	2nd, SEAA Under 11 Race, Enfield	1996
1.2kms	7:46.9	Lucy Asling	1st, Thameside Lg., Battersea Pk.	6 Jul 1996

# Road Running and Cross Country

## HEWITT-JONES ROAD RELAY, WALTON, 14 SEP 96

First fixture of the 'winter' season and a minibus laden to the gunnels with a cheerful band of runners. What more can a Team Manager want.

The old Walton Relay has been suffering from poor entries in recent years. Times change and the 'road' course now takes in five or six hundred metres of woodland to avoid some of the traffic and miss the pot-holes in the layby no longer maintained by the council. But this year entries were up again and to avoid a mass of runners surging out onto the road at the start, the ladies and veterans were sent on their way some five minutes after the senior men.

Fresh from a good track season Dave Pamah gave the Bels a flying start. Boxhill were away through Haywood but Dave's powerful finish, delayed until the pack were out of the woods, carried the claret and gold to 2nd and his 15:59 stood up as our fastest of the day. Roger Alsop disposed of the 'Boxhill Billies' but Jackson of Aldershot was not to be denied as he set the day's fastest and gave his club a lead they were not to relinquish.

On a flying visit from Dublin, Derek Kelleher took charge on stage three and with twin Dave urging him on, set off like a champion. Sadly he had a bad day, blowing up at the foot of the hill and finding himself unable to respond as our rivals pounced. He was so dejected afterwards. Never mind old chap, it can happen to the best.

Herne Hill were now in 2nd while we were 5th - but we had a strong second half up our sleeves. Dave Beaver took us forward again with yet another 'blinding' run and had our next man Said Chettati racing flat out to get to the take-over zone ahead of him. It might have looked hilarious but the Team Manager was

having kittens. Not the best way to start his stage but Said held on to his position, resisting the Hare & Hounds man breathing down his neck.

No problems on the last lap as Gerry carried the Bels away from any danger of finishing out of the frame, gaining half a minute on AFD and a whole minute on Boxhill.

It was good to get a full 'B' squad out as well as a veterans' team, and youngsters Steve Beaver and Kevin Quinn should be delighted with their efforts.

- |                                |         |
|--------------------------------|---------|
| 1, Aldershot F&D .....         | 1:37:45 |
| 2, Boxhill Racers .....        | 1:38:58 |
| 3, Belgrave .....              | 1:39:18 |
| 10, Belgrave 'B' .....         | 1:45:59 |
| 23 teams started, 20 finished. |         |

Fastest: J.Jackson (Aldershot F&D) 15:16.

### Senior Men 'A'

- |                        |             |
|------------------------|-------------|
| 1, D.Pamah .....       | (2nd) 15:59 |
| 2, R.Alsop .....       | (2nd) 16:06 |
| 3, Dave Kelleher ..... | (5th) 17:56 |
| 4, D.Beaver .....      | (3rd) 16:20 |
| 5, S.Chettati .....    | (3rd) 16:40 |
| 6, G.Adams .....       | (3rd) 16:17 |

### 'B'

- |                      |       |
|----------------------|-------|
| 1, D.Hutton .....    | 18:13 |
| 2, S.Beaver .....    | 17:48 |
| 3, K.Quinn .....     | 17:30 |
| 4, P.Carstairs ..... | 16:48 |
| 5, M.Anderson .....  | 17:25 |
| 6, S.Paton .....     | 18:16 |

### M40 (4 stages)

- |                        |         |
|------------------------|---------|
| 1, Woking .....        | 1:09:37 |
| 2, Thames H&H .....    | 1:09:46 |
| 3, Hercules Wimb. .... | 1:10:40 |
| 9, Belgrave .....      | 1:15:17 |
| 17 teams finished.     |         |

Fastest: M.Waine (Woking) 16:41.

- |                     |       |
|---------------------|-------|
| 1, M.Nouch .....    | 17:07 |
| 2, A.Binda .....    | 17:50 |
| 3, D.Anderson ..... | 18:19 |
| 4, A.Stone .....    | 22:01 |

## GREAT NORTH RUN, NEWCASTLE 15 SEP 96

### Tyneside Triumph

It was Paul Evans' sixth trip to the North-East for the Great North Run Half-Marathon and it was reckoned by many to be his best chance yet of pulling off a victory with the field not quite so packed with Kenyans as in recent times. Even when the organisers enrolled three time winner Benson Masya at the eleventh hour the Belgrave Harrier could still claim to be at least equal favourite for the Kenyan had not shown his customary form in recent outings. For Gary Staines it was his second attempt at this classic, the race forming part of his preparations for the Chicago Marathon and as he gets more and more comfortable with the longer road races he moves ever closer to Paul's shoulder.

The race was an absolute treat for Belgrave supporters glued to the television as a small but elite group broke away from the masses and included Masya, the Spaniard Antonio Serrano, Basildon's Eamonn Martin and Rob Denmark and the Kassa trio of Evans, Staines and Kassa Tadesse. With Jim Estall out of TV camera range we could not see our fourth placer but knew that our "oh-so-reliable" super-vet was sure to be forward enough to clinch the team race should things continue in this vein.

Denmark was first to fall away with bad blisters and at 10k Serrano accelerated to shake the rest up but it was at the 10 mile point that the decisive break came as Benson Masya decided that the others were too close for comfort. He didn't pull far away and for the rest of the race, particularly on the downhill run in to the coast it seemed that Paul might just get back to him but it was not to be.

Gary easily got the better of his Chicago rival Martin for 4th and Kassa managed a tremendous sprint to beat Morpeth's Hudspith across the line for 7th. Great to see Kassa running well again. Sure enough, a steady run from Jim had him home in 60th spot and when the times were added up we had the beating of Morpeth and Bingley by around seven minutes.

As after the London Marathon there was some comment on the fact that our men wore two designs of vest - the fully professional Evans and Staines clad in their Nike kit (as per their contracts) with the other two wearing traditional claret and gold. But as a letter from Woodford Green's Terry McCarthy later stated in *AW*: "what a can of worms this rule is..." The letter was headed "Forget the vests, Belgrave boys were best." We can only agree.

- |                             |       |
|-----------------------------|-------|
| 1, B.Masya (Kenya) .....    | 61:43 |
| 2, P.Evans (Belgrave) ..... | 61:55 |
| 3, A.Serrano (Spain) .....  | 61:58 |
| 4, G.Staines .....          | 63:28 |
| 7, K.Tadesse .....          | 64:33 |
| 60, J.Estall .....          | 70:38 |

### Teams:

- |                   |         |
|-------------------|---------|
| 1, Belgrave ..... | 4:20:34 |
| 2, Morpeth .....  | 4:27:22 |
| 3, Bingley .....  | 4:27:50 |

### Paul Evans' Great North Runs

- |      |       |      |
|------|-------|------|
| 1991 | 63:04 | 7th  |
| 1992 | 61:38 | 11th |
| 1993 | 61:45 | 2nd  |
| 1994 | 61:30 | 4th  |
| 1995 | 62:30 | 4th  |
| 1996 | 61:55 | 2nd  |

Photo: Mike Street



After 15 months of running with the Bels, Dave Beaver seems more surprised than anyone with his success. Last season in his first race for us he went into his scoring ten in the Surrey League ... and at Lloyd Park this winter in race three of the series he became our first man home. A member of our winning Surrey CC Team he very nearly earned himself an Inter-Counties run. All this through keeping son Stephen company and advising him on his training runs. But then talent will out. You've got to remember that this man, at the age of 15 in 1975, set what is probably still a UK Age Best for 5,000m of 14:54.6! And of course, in 1978 he placed 2nd to Steve Binns in the National Junior CC Champs at Luton.

### ◀ Past

Left: It's November 26th 1977 at Parliament Hill and showing no fear, eighteen year-old Dave Beaver (253), racing in the classic Polytechnic Harriers singlet, locks horns with "Bootsie" Dave Bedford (284) in the London Cross Country Championships. Bedford won with Dave 4th and Bob Treadwell (329 in the photo) 2nd.



Photo: Alan Mead

## Good ol' boys see us through

On the journey down to Aldershot we were reliably informed that this was the first time we had tackled the event as a senior team since 1991. Our informant, Roger Alsop, went on to let us know that he was the only survivor from that team five years ago when he turned in the slowest time for the Belgrave outfit. Now he vowed to be the fastest.

The intention was that we should aim for a place in the top 20 and thus qualify for a place in the National 6-Stage when we might well be able to pull in most of our "top-guns" but as race day neared, of our 36 entered names only six were available on the day and it was going to be touch and go. Poor Charlie Dickinson, who had not intended even running in the veterans event and hadn't even got his racing shoes with him, found himself dragged into the senior squad within minutes of the race starting.

With 110 teams toeing the start line Gerry took his turn as lead-off man and after his two circuits of 2,961 metres (5,922m in all) brought us home a respectable 17th. The melee of the second leg saw wholesale changes in the team positions and Said slipped back six places although he was pleased with his time in relation to Cap'n Gerry's.

True to his word Roger Alsop put up the fastest Belgrave time on leg three and underlined yet again that he is entering the 96/97 season at a totally new level of fitness. Junior Galley was next up, suffering from lack of sleep after the arrival of a new baby Galley a few days earlier, and when a plucky Chas. Dickinson completed his stint we hovered just on the 20 mark.

There was excitement all round on the last leg. Blackheath had led from stage 3 and must have thought they had the race in the bag but

Chelmsford's Keith Cullen believed otherwise and flew round for the 3rd best clocking of all time, taking his Essex team to victory.

For the Bels. a tanned Jim Estall gobbled up four of the teams ahead and all things considered we had to be pleased with our 16th place. Mission accomplished! Jim's effort was superb, the only other veterans to run faster times being Invicta's Mike Gratton (18:51) and Cambridge Harrier's Alan Camp (18:56), while Julian Goater could only offer a 19:08.

An unexpected third place for the understrength Belgrave M60 team made their journey to Rushmoor Arena worthwhile. Missing both Laurie O'Hara, who has been off colour all summer, and new 60's star Tony Verdie who couldn't turn out, our four were delighted to pinch their bronze on the last leg when Woodford Green ran out of runners.

Most pleasing was the return of Mike Newton who has been troubled by a succession of illness problems over the last couple of years. Mike ran a blinding 24:57 just fractionally slower than the fine first leg run by Pat Newell which had put Belgrave in 6th place. Pat hadn't long returned from walking the Pennine Way, so must have found the hills at Aldershot a piece of cake!

A rather unfit Charlie (Linford) Walker ran a steady leg in spite of having to return to touch Mike after a false start. Carl Cross too ran steadily on the last stage and it was here that Belgrave's strength in depth showed as we eased into the medals above teams with just one or two faster runners.

It was good to see the M50's team out again with Richard Pearson, now elevated to that age group, running very strongly.

### Senior Men (6 Stages)

- 1, Chelmsford ..... 1:50:06
  - 2, Blackheath ..... 1:50:15
  - 3, Southampton RC ..... 1:51:18
  - 16, Belgrave ..... 1:56:23
- 110 teams started, 88 finished.

Fastest: 1, K.Cullen (Chelmsford) 17:09; 2, A.Bristow (Brighton & Hove) 17:35; 3, D.Laughlin (Chelmsford) 17:36.

- 1, G.Adams ..... (17th) 18:50
- 2, S.Chettati ..... (23rd) 19:28
- 3, R.Alsop ..... (16th) 18:47
- 4, J.Galley ..... (17th) 19:45
- 5, C.Dickinson ..... (20th) 20:36
- 6, J.Estall ..... (16th) 18:57

### M50 (4 Stages)

- 1, Invicta EK ..... 1:26:45
  - 2, Oxford City ..... 1:29:24
  - 3, Southampton City ..... 1:29:26
  - 18, Belgrave ..... 1:37:10
- 32 teams finished.

Fastest: 1, M.Rouse (Invicta EK) 20:06; 2, G.Jones (Southampton City) 20:20; 3, M.Rutland (Oxford City) 20:55.

- 1, J.Wasbrough ..... 23:54
- 2, R.Pearson ..... 21:47
- 3, A.Stone ..... 26:21
- 4, R.Bale ..... 25:08

### M60 (4 Stages)

- 1, Barnet & D ..... 1:37:59
  - 2, Cambridge H ..... 1:40:41
  - 3, Belgrave ..... 1:44:24
- 8 teams finished.

Fastest: 1, R.Davidson (Cambridge H) 21:22; 2, R.Higgs (Barnet) 22:31; 3, P.House (Woodford Gn) 22:54.

- 1, P.Newell ..... 24:42
- 2, M.Newton ..... 24:57
- 3, C.Walker ..... 27:53
- 4, C.Cross ..... 26:52

### GREAT CALEDONIAN RUN 10K EDINBURGH, 29 SEP 96

Only Britons, including Gary Staines, had previously triumphed in the Caledonian run but with the course changed to take in the rugged slopes of Arthur's Seat, it was the Kenyans who overcame the additional adversity with Kelong and Nziku racing it out between them to decide the win-

ner. A fast start by mountain racer Tommy Murray had been followed by our own Kassa Tadesse's storming ascent of the 1,000ft hill. Staines and Longwood's Pearson seemed to be tucked in nicely but the descent made them look decidedly uncomfortable and as the field ran onto the Royal Mile the Africans were away.

- 1, C.Kelong (Kenya) 29:11; 2, R.Nziku (Kenya) 29:11; 3, A.Pearson (Longwood) 29:38; 4, G.Staines 29:56; ... 6, K.Tadesse 30:13.

### GREAT SOUTH RUN 10m PORTSMOUTH, 6 OCT 96

Looking totally at home back on the South Coast, Gary Staines put the finishing touches to his Chicago Marathon preparation with a scintillating victory against classly opposition. It was his third win in the event and what a trio of times - 46:11, 47:00 and 46:57!

Commonwealth Games 10,000m Champion Lameck Aguta joined Gary and and Skyrac's Whitehead as Ian Cornford of Shaftesbury forced the early pace. Only Degefu from Ethiopia managed to bridge the gap from the main pack but before long it was the Belgravian taking the initiative. As the others dropped off one by one it was left to Aguta and Staines to chop and change in front while the Ethiopian tucked in behind. As the Kenyan went ahead for the final stages now it was Gary tucking in behind as the windiest stretch of the race was reached. Just a few hundred metres to go and it was a delighted Staines who had the race totally under control as he came home by a one second margin.

Back down the field young Kevin Quinn did not impress coach Billy Bull by turning out in this ten-miler. Seventeen year-old Kev. insists that it was only a steady run.

- 1, G.Staines (Belgrave) 46:57; 2, L.Aguta (Kenya) 46:58; 3, F.Degefu (Ethiopia) 47:14; ... 97, K. Quinn 57:42

## Present

Still blowing hard after the traditional Christmas Day work-out - running in the Lauriston Paarlauf.

Dave is regularly at Belgrave Hall on Sunday mornings, ready to run at 10:30am, and will be delighted to pass on his experience to any youngsters between the ages of about 15 to 20 who want to run with him and Stephen over distances from five to eight miles.

## Future

Right: It can't always be easy having a father who's done it all himself but 15 year-old Steve Beaver enjoys his running and proudly wears his Surrey vest in an Inter-Counties meet at Southampton.

Far right: Showing all the style of a thoroughbred, Steve heads a mixed bunch during an Open Meeting middle-distance race at Tooting.



Photos by Robin Nicholls

**SURREY COUNTY VETERANS  
CROSS COUNTRY CHAMPS.  
PETERSHAM, 12 OCT 96**

A welcome return to the more popular old course opposite Pembroke Lodge produced a slightly stronger Belgrave presence, although nothing like the twenty five or thirty strong of a few years ago. Best runs were from Mike Nouch in 9th and Tony Binda now making rapid progress in 17th. Our only complete team were the M40's who finished in 6th position.

M40 1, R.Treadwell (RSB) 33:33; 2, C.Hughes (Thames H&H) 33:44; 3, M.Waine (Woking) 34:10; 9, M.Nouch 35:11; 17, T.Binda 35:36, 48, J.Mather 38:27, 58, C.Taplin 39:15. Teams: 1, Thames H&H 18; ... 6, Belgrave 64; 16 teams closed in. M50 19, J.Wasbrough 40:17; 38, A.Stone 45:07. M60 10, C.Cross 46:15. W45 7, H.Saw 24:54.

**YACHT 3m HANDICAP  
WIMBLEDON, 5 OCT 96**

	Watch	Delay	Actual
1, D.Davies	26:28	5:00	21:28
2, J.Stone (w)	26:52	4:30	22:22
3, A.Binda	27:08	10:30	16:38
4, D.Hearn (w)	27:20	4:30	22:50
5, C.Taplin	28:20	10:00	18:20
6, A.Hearn (w)	28:25	5:00	23:25
7, P.Carstairs	28:32	12:50	15:42
8, M. Anderson	28:38	12:30	16:08
9, P.Graham	28:52	8:30	20:22
10, M.Graham	28:57	8:30	20:27
11, R.Burnip	29:06	9:00	20:06
12, H.Corbett	29:38	10:00	19:38
13, R.Hearn	29:43	4:30	25:13
14, D.Manning	29:53	6:00	23:53
15, N.Whorlow	30:00	10:30	19:30
16, N.DaCosta	30:02	10:00	20:02
17, A.Luce	30:29	12:20	18:09
18, G.Collins	30:30	9:00	21:30
19, A.Fernandes	30:37	10:00	20:37
20, M.Lesley	31:18	9:00	22:18
21, T.Lawton	31:18	9:00	22:18
22, A.Stone	31:50	11:30	20:20
23, R.Harding	32:24	14:50	17:34
24, C.Manning	32:39	0:00	32:39

**REEBOK SURREY CC LEAGUE DIVISION 1 RACE 1  
BROCKWELL PARK, 19 OCT 1996**

*Matt Yates leads "The Revival"*

The start of another league campaign. We'd finished strongly at the end of the previous season with a 4th team place and as our President and Team Manager arrived early to hoist the new Belgrave flag aloft, hopes were high for a continuance of the upward trend.

"What's this ... a revival?", called out South London Team Manager Mick Firth as the club colours proudly flew over Herne Hill territory in the stiff breeze. We could only hope so, for traditionally we seem to start off with an abysmal performance. But a revival it was. Before too long around thirty Belgrave runners and a dozen supporters had gathered at the foot of the mast and with Stu' Paton hurling good natured abuse at all and sundry our team gathered themselves for the strength-sapping uphill start.

From the very beginning Matt Yates was in the thick of the action as AFD's Jackson forced the pace up the slope with Marriott (HW), Major (SLH) and an unknown Thames man also in close attendance. Not so far back, in his first scoring run for the Bels., Steve Hewes had made a blistering start that he was shortly to pay for.

Going into the second lap the Thames man, now identified as 2nd-claimer Larry Matthews from Salford, made his break and forced open what began to look like a winning lead.

**Teams:**

1, Boro Hounslow	(3, 7, 8, 10, 11, 14, 21, 23, 27, 44)	168
2, Thames Hare & Hounds	(1, 12, 18, 19, 33, 39, 45, 48, 52, 77)	344
3, Belgrave	(2, 13, 22, 43, 46, 47, 54, 55, 63, 69)	414
4, Aldershot F&D	(9, 17, 34, 36, 41, 42, 61, 64, 66, 67)	437
5, Herne Hill	(25, 26, 28, 32, 37, 50, 57, 73, 75, 76)	479
6, Boxhill Racers	(6, 20, 30, 38, 51, 62, 65, 72, 79, 81)	504
7, Croydon	(16, 24, 31, 40, 49, 60, 70, 78, 89, 90)	547
8, Hercules Wimbledon	(5, 15, 35, 54, 57, 71, 83, 84, 85, 88)	575
9, South London	(4, 29, 58, 59, 68, 75, 80, 82, 86, 87)	627

Matt was going well in the chasing bunch with Roger Alsop and Jim Estall also claiming forward positions. But the revelation for the Bels. was the battling performances from our middle order men. Grouped together in two's and three's it was by no means certain who would fill out the scoring ten.

It was far from over up front as well. The nearer the leader got to the finish, the more contorted became his features as the others slowly reeled him in. Climbing the last hill it looked as if Matt might just have the Midlander in range as he left Simpson and Major behind in a last ditch assault but once the hair-pin turn at the top had been negotiated and they dropped back down the slope to the finish we could see that the Belgrave man was going to have to settle for the runner-up's slot.

Borough of Hounslow had the team race sewn up with six men in the first dozen but we were looking as good as anyone else at this stage as tremendous running from Roger gave him a final position of 13th with Jim first veteran home ahead of Herne Hill's Bob Payne by three places and twelve seconds. Way above expectations Bruce Barton and the Daves Beaver and Pamah came home in the 40s with Charlie Dickinson and Mike Webb also entering the funnel to-

*The charge, with the Belgrave flag flying bravely in the breeze.*

gether in the 50's. Said Chettati and a shattered Steve Hewes closed in the team but with Mike Kazimierski and Phil Carstairs close behind we had plenty of back-up.

Our last scorer was home ahead of his Thames counterpart but the Roehampton based club had too many men in the 'teens and thirties so it was 2nd for them and a highly pleasing 3rd for the Bels. Our best opening match since 1986 and before that 1973!

The Belgrave youngsters were very thin on the ground and had to take last scoring positions to fill out the score sheet. But what they lacked in numbers they made up for in individual prowess as Amir celebrated his return to England with 2nd in the Under 17 race, Steve Beaver made an early bid to retain his overall Under 15 trophy and Denny DeEmmony opened a few eyes with his powerful running to win the youngest category by a full 25 seconds.

1, L.Matthews (Thames)	23:50
2, M.Yates (Belgrave)	24:02
3, M.Simpson (Hounslow)	24:06
13, R.Alsop	24:37
22, J.Estall (M40)	25:06
43, B.Barton	25:48
47, D.Beaver	25:52
48, D.Pamah	25:52
56, C.Dickinson (M45)	26:00
57, M.Webb	26:00
65, S.Chettati	26:15
71, S.Hewes	26:27
72, M.Kazimierski	26:28
75, P.Carstairs	26:31
89, M.Nouch (M40)	27:05
93, J.Galley	27:15
94, K.Quinn (U20M)	27:16
105, A.Binda (M40)	28:01
115, S.Paton	28:25
120, R.Harding	28:42
131, A.Luce	28:06
138, Marlon Anderson	29:44
151, M.Graham	33:33
156, D.Manning	36:50
156 finished	



*Left: Getting ready for the "off" at Brockwell Park. Stuart Paton, Ted Pallant (President), Alex Luce, Rob Harding, Marlon Anderson (obscured), Steve Hewes, Said Chettati, Gerry Adams, Charlie Dickinson, Mike Nouch, Jim Estall, Derek Manning (behind), Tony Binda, Roger Alsop, Mick Graham (behind), Matt Yates, Alan Mead, Bruce Barton (behind), Bill Bull.*



## Under 17 Men/Under 15 Boys

- 1, B.Stopher (Aldershot)..... 12:38
- 2, A.Becirhodzic (Belgrave) 13:04
- 3, M.Farah (Hounslow) ..... 13:22
- 4, J.Venning ..... 13:22
- 6, S.Beaver (U15B) ..... 12:34
- 19, C.Beaver (U15B) ..... 15:44

34 finished

Teams:

- 1, Aldershot F&D ..... 37
- 2, Boro. Hounslow ..... 55
- 3, Belgrave ..... 65½

## Under 13 Boys

- 1, D.DeEmmony (Belgrave) 14:45
- 2, C.Howell (Aldershot) ..... 15:10
- 3, S.Horlock (SLH) ..... 15:22
- 8, P.Graham ..... 15:39
- 9, S.Cleary ..... 15:48

Teams:

- 1, Boro. Hounslow ..... 53
- 2, Aldershot F&D ..... 71
- 3, Belgrave ..... 77

**WOMEN'S SURREY CC  
LEAGUE DIVISION 1 RACE 1  
REIGATE, 19 OCT 1996**

It was a comfortable start to the season for the the Belles in Reigate's Priory Park. With old favourites Helen Maskrey, Nikki Haines and Morag Andrew turning out and some new faces filling out the team our fourth place gave something solid to build on for the rest of the winter.

- 1, S.Young (Dorking) ..... 16:33
- 2, A.Wood (SLH) ..... 16:50
- 3, S.Dawson (Herne Hill) ... 17:04
- 8, H.Maskrey ..... 17:27
- 9, N.Haines ..... 17:36
- 19, M.Andrew (W35) ..... 18:32
- 35, S.Symonds ..... 19:48
- 44, S.Dias ..... 20:37
- 108,R.Elliott ..... 22:02

Teams:

- 1, Herne Hill ..... 67
- 2, South London ..... 73
- 3, Dulwich Runners ..... 81
- 4, Belgrave ..... 115
- 5, Epsom & Ewell 126; 6, Stragglers 138; 7, Wimbledon Windmilers 155; 8, Woking 174; 9, Dorking & Mole Valley 175; 10, Thames H&H 180.

## STOP PRESS

Farthing Downs - 8th  
February - Belgrave 2nd  
in South of Thames  
Championship race.

- 1, B.Royden (Medway).  
Belgrave positions - 5,  
K.Tadesse; 15, D.Beaver;  
19, B.Barton; 21  
R.Also; 26, R.Foley,  
34, C.Dickinson.

## CHICAGO MARATHON, 20 OCT 1996

## Evans races to 3rd fastest ever British Marathon time

Chicago - home of some world famous sporting outfits. The White Sox baseball team come from this part of the world as do the Bears Football team but on this occasion the "windy city" was the setting for one of the best ever British marathon victories. And while Paul Evans charged to the third fastest ever time by a Briton, Gary Staines took another minute off his best to place 5th and come home in 2:11:25 in only his third run out over the distance. What a pair.

Gary had been aiming for the event for some time. Knee and back niggles had hampered his preparations but winning the Great South 10 miler from the outstanding African Lameck Aguta put him into the frame of mind where he felt he had a 2:10-2:11 in him and how right he was. Learning more about the race all the time, it surely must be on the cards that

"Stainesy" also has a 2:08 to come when everything goes right.

For Paul an outing in Chicago only came together in the last few weeks before the event. Originally he was pencilled in for the New York race a little later but amazingly the organisers of that event couldn't find room in their budget for him. New York's loss was Chicago's gain. Like Gary he went into the race with a super 10 miler behind him, a 46:36 clocking in Amsterdam's Dam to Dam race in September.

The early pace was strong and both Belgravians felt uncomfortable early on. Half-way was reached in 64:12 but in the next few miles the pace dropped a little to just outside 5 minute miles. Paul was now feeling great, however, and his only worry was whether he should put in a burst to break things up a bit. Even this

concern was removed when the Russian Svetsov took up the initiative and did the work for him. Basildon's Eamonn Martin and Gary Staines dropped away as only the American Lawson joined Evans in clinging on to the Russian's tail. A 25 metre gap opened at one point but at 18 miles three consecutive sub-4:50s put Evans in the clear. By 23 miles he was a minute up and enjoying the sensation of cruising to his first ever marathon win in eleven attempts. Gary was still lying 4th with only a quarter mile to go but a typical Eamonn Martin late charge shunted him back a place. With second-claimer Tony Barden in 26th it was a great day for the Belles.

- 1, P.Evans (Bel) 2:08:52; 2, L.Lawson (USA) 2:10:04; 3, L.Svetsov (Russia) 2:10:33; 5, G.Staines 2:11:25; 26, T.Barden 2:26:34.

**BELGRAVE 10K  
WIMBLEDON 27 OCT 96**

Poor conditions - wet and windy - kept down the number of entries on the day and with the finish actually on the Common there were a few skids as runners lost their footing in the slippery funnel. South London's McTigue had an easy win but the team race was an all-Belgrave affair.

Thanks once again to John "Wassy" Wasborough who puts this race together each year on our behalf and always seems to end up making a profit.

- 1, P.McTigue (SLH) ..... 33:21
- 2, M.Bizio (Belgrave) ..... 34:58
- 3, G.Adams (Belgrave) ..... 35:26
- 4, S.Paton ..... 35:34
- 6, P.Gilbey ..... 35:49
- 20, P.Cooper ..... 42:02
- 21, R.Burnip ..... 42:28
- 25, A.Fernandez ..... 43:43
- 28, C.Cross ..... 44:54
- 30, N.Costain ..... 45:52
- 32, J.Sheen ..... 46:09
- 42, R.Hearn ..... 53:16
- 46 finished.

Teams: 1, Belgrave A 9; 2, Belgrave B 43; 3, Belgrave C 73.

Women

- 1, J.Davies (Epsom & E) ..... 38:03
- 8, A.Hearn ..... 48:44
- 11, H.Saw ..... 51:04

**REIGATE PRIORY  
6 x 2½ MILES CC RELAY  
PRIORY PARK, 2 NOV 96**

Dave Beaver was clearly our fastest runner, taking the 'A' team to its highest position throughout the race with his 13:54. Demetrius Onoufrio and Rob Cookson both made encouraging debuts with the Belgrave cross-country squad, growing larger week by week, and Said Chettati was pleased with his improvement over last year's time.

1, Tonbridge 80:20; 2, Windsor S&E 80:22; 3, Cambridge H 82:11; ... 12, Belgrave 'A' 87:31; 32, Belgrave 'B' 99:45; 49 teams started, 46 finished. Fastest: A.Bristow (Brighton) 12:52; N.Francis (Cambridge H) 12:55; 3, T.Hyde (Windsor S&E and A.Graffin (Tonbridge) 13:01.

'A'

- 1, S.Hewes ..... (15th) 14:08
- 2, S.Chettati ..... (15th) 14:16
- 3, D.Beaver ..... (9th) 13:54
- 4, D.Onoufrio ..... (9th) 14:47
- 5, A.Binda ..... (10th) 15:11
- 6, P.Gilbey ..... (12th) 15:15

'B'

- 1, S.Beaver ..... (29th) 15:20
- 2, R.Cookson ..... (27th) 15:09
- 3, D.Anderson ..... (24th) 15:47
- 4, A.Stone ..... (32nd) 18:53
- 5, R.Harding ..... (29th) 15:22
- 6, A.Black ..... (32nd) 19:14

**WOMEN'S SURREY CC  
LEAGUE DIVISION 1 RACE 2  
PETERSHAM, 9 NOV 1996**

Over to Richmond Park for the second race in the season and up front South London Harriers put one over on local rivals Herne Hill with the net result that after two races they were both tying for the lead. For Belgrave it was a different story. Although Helen Maskrey and Nikki Haines were virtually inseparable again near the front, the team crashed to eighth in the race and sixth overall. Fortunes seem to fluctuate wildly in this league, for only a couple of seasons ago Thames Hare & Hounds were the team of the moment: now they seem doomed to relegation.

- 1, A.Mellowdew (E&E) ..... 20:56
- 2, S.Young (Dorking & MV) 21:07
- 3, A.Wood (SLH) ..... 21:14
- 13, H.Maskrey ..... 21:56
- 14, N.Haines ..... 21:59

Teams:

- 1, South London ..... 56
- 2, Herne Hill ..... 62
- 3, Dulwich Runners ..... 89
- 4, Epsom & Ewell 124; 5, Stragglers 135; 6, Woking 142; 7, Dorking & MV 142; 8, Belgrave 148; 9, Wimbledon Windmilers 184; 10, Thames H&H 193.

## Roger and out!

Banned at last! A first place for Roger Alsop means that we will have to look elsewhere for the cornerstone of our South of Thames "Junior" team for 1997. When interviewed by *AW's* Martin Duff when the race was over and asked "When did you think you could win it?" Roger, not normally known for hiding his light under a bushell, had to bite his lip to stop himself from replying, "As soon as I got out of the car!" Frankly though, that's how confident he felt going into the race.

What a shame that we were unable to supply our cross-country Vice-Captain with a full team to back him up and gain a set of team medals. Said Chettati was up 16 places on last year and Kevin Quinn ran to a superb 20th in his first outing in this event. We only needed another runner in the top forty to win team silver while anyone in the top 70 would have given us bronze. To be fair, we had runners at home who had offered to turn out if necessary to complete a team but with the expectation of there being some six Belgravians on the start line without them, and being in the middle of a busy period of races week in and week out, it was felt that there should be no arm-twisting.

In clear and bright conditions our man was quickly on the shoulder of the leader as the pack left the DERA sports ground and headed off for two laps of forest paths. Mick Wood's Aldershot boys were all to the fore on their home territory and they hassled Roger with their six men in the first ten: a gentle push here and there had to be administered by the Belgravian as they chopped and changed their pace around him. By the end of the first lap two men had gone clear, AFD's schoolboy champion Alan Barnes with Roger sticking close to him. The younger man just had to be in front and when Roger occasionally drifted alongside to pressure him, Barnes played right into the Belgravian's hands by trying to forge away again when in actual fact he was already at nearly full throttle with the needle swinging over towards 'empty'.

Two-thirds of the way into the race and it was time to go. Still running within himself Roger stepped up a gear and although Barnes could be heard breathing heavily just behind for a while, when the hills were

reached, all became silent as the claret and gold vested figure went into an ever-growing lead. Only a particularly deep and flooded pothole gave him any trouble from here on and Roger's lead was over 20 seconds as he swung back onto the playing field for the finish.

Both Kevin and Said enjoyed themselves as they worked their way strongly through the field and with Roger now barred from the competition they will form the nucleus of next year's team.

1, R.Alsop (Belgrave) .....	25:09
2, A.Barnes (Aldershot F&D) 25:31	
3, E.Knox (Croydon) .....	25:43
13, S.Chettati .....	26:26
20, K.Quinn .....	26:53
154 finished.	
Teams:	
1, Aldershot F&D .....	21
2, Windsor S&E .....	76
3, Herne Hill .....	105
23 teams closed in.	



Photo: Alan Mead

*All smiles as Roger Alsop crosses the finish line at Pyecroft with the second man not yet in sight.*

## Road & Country Results Backlog

### October 1995

25 Morden 10k. 23, L.Mann 40:42.

### November 1995

12 Oxshott 10k. 30, R.Mann 40:15; 32, L.Mann 40:22.

13 Epsom 10m. 86, L.Mann 66:32.

### December 1995

2 Battersea Park, Sri Chinmoy 5m. 34, L.Mann 32:26.

### January 1996

21 Mitcham 25k. L.Mann 1:54:20.

## Belgrave's South of Thames "Junior" Medallists

1922/23 A.Pyer .....	2nd
1923/24 A.Pyer .....	2nd
1925/26 H.Footer .....	2nd
1928/29 L.Cohen (Ashcombe) 1st	
W.Mitchell .....	2nd
A.Penny .....	3rd
1929/30 J.Flower .....	1st
1935 E.Williams .....	1st
1936 K.Wood .....	3rd
1945 D.Burfit .....	1st
D.Main .....	2nd
G.Pearson .....	3rd
1946 W.Lucas .....	1st
L.Marchant .....	2nd
1949 C.Walker .....	2nd
1952 P.Newell .....	2nd
1953 P.Bagnall .....	2nd
1957 G.Flanagan .....	2nd
1965 R.Thorpe .....	2nd
1966 B.Buxton .....	3rd
1968 P.O'Connor .....	2nd
1984 O.Foote .....	1st
J.Gladwin .....	2nd
1986 J.Wright .....	2nd
1987 J.Chaston .....	3rd
1996 R.Alsop .....	1st

### February 1996

4 Watford Half-Marathon. L.Mann 1:31:42; R.Mann 1:35:07.

11 Bedford Half-Marathon. L.Mann 1:30:18; R.Mann 1:34:40.

25 Bury 20m. L.Mann 2:23:23.

### March 1996

3 Border Marathon. L.Mann 3:17:55.

10 Hemel 10m. R.Mann 67:55; L.Mann 68:56.

17 Reading 20m. R.Mann 2:25:20; 119, L.Mann 2:27:51.

24 Worthing 20m. L.Mann 2:27:09.

27 Civil Service 10k. 82, I.Vaughan-Arbuckle 39:30; 114, L.Mann 42:18.

31 Cranleigh 21m L.Mann 2:31:40; 15m R.Mann 1:49:19.

### April 1996

5 Maidenhead 10m. R.Mann 65:14; L.Mann 66:14.

8 Feltham 5m. L.Mann 31:46.

14 Flitwick 10k. L.Mann 40:15.

28 Sandy 10m. L.Mann 67:54.

### May 1996

5 Leighton 10m. L.Mann 66:50.

6 Shinfield 10k. R.Mann 39:36; 107, L.Mann 39:52.

12 Ranelagh Half Marathon. R.Mann 1:29:28; 64, L.Mann 1:31:30.

16 Morden 10k. L.Mann 43:21.

19 London-Windsor 29m L.Mann 3:55:00.

26 Leighton 10k. L.Mann 41:50.

27 Sharnbrook 10k. R.Mann 41:47; L.Mann 43:59.

### June 1996

1 Datchet 10k. L.Mann 42:28.

2 St. Albans Half Marathon. L.Mann 1:30:18.

8 Seaford 10k. 1, R.Turner 33:47.

9 City of Norwich Half Marathon.

1, D.Mead 68:01; N.Powley dnf.

9 Epsom, National Counties 10k. 6, S.Chettati 33:24.

9 Flitwick 5m. L.Mann 32:15.

16 Colchester Premier 10m. 1, N.Powley 53:51.

16 Leighton Half Marathon. Lionel Mann 1:37:05.

18 Epsom, 2.9m. 2, R.Foley 14:36.

20 Dulwich Runners 5m. 1, K.Tadesse 24:25.

22 Sri Chinmoy 10k. L.Mann 42:03.

23 Borehamwood Half Marathon. Lionel Mann 1:33:17.

25 Battersea Park, VAC 5.2m Champs. 1, J.Estall 27:01; 2, M.Nouch 28:12; 22, R.Bale 32:53; 26, L.Maclean 33:06; 27, P.Newell 33:14; 28, L.Mann 33:37; 32, L.O'Hara 34:26.

28 Serpentine Last Friday 5k. M65 1, P.Newell 19:33.

30 Peterborough, Evening Telegraph 10k. 10, N.Powley 31:35.

30 Petersham, Dysart Dash 10k. M60 1, L.O'Hara 38:57.

30 Lairig Ghru Hill 28m. L.Mann 5:14:34.

*July 1996*

1 Battersea Park, Sri Chinmoy GP 3m 5, M.Kazimierski 15:35.

3 Battersea Park, Carlton 6k. 13, G.Staines 17:47; 15, M.Yates 17:58.

7 Stondon 10m. L.Mann 68:54

9 Battersea Park, Sri Chinmoy 2m. 4, M.Kazimierski 10:02.

10 Battersea Park, Chase Corporate Challenge 3.5m. 1, G.Staines 15:25.

13 Norwich, Lord Mayor's 5k. 2, D.Mead 14:41.

14 Wimbledon Windmilers 10k. M40 2, M.Nouch 34:40; C.Cross 45:46.

14 Rottingdean Hill Marathon L.Mann 4:30:00.

15 Battersea Park, Sri Chinmoy 1m. 4 M.Kazimierski 4:43; 6, K.Quinn 4:51.

16 Battersea Park, VAC 5.2m. 1, J.Estall 26:56; 13, J.Slough 31:27; 15, R.Bale 31:44; 27, P.Newell 34:25; 34, D.Crookes 37:00; 39, L.Mann 38:53; 43, D.Maughan 42:50.

21 Elmbridge, Julie Button 10k. 4, S.Chettati 33:44; L.Mann 42:03; R.Mann 44:05.

21 Dartford Orchards Half-Marathon. 1, K.Tadesse 69:56.

22 Battersea Park, Sri Chinmoy 3m. 2, M.Kazimierski 15:30; 5, K.Quinn 16:08.

25 Coulsdon, SLH 'Near as Dammit' 10k. 2, K.Quinn 34:05.

26 Bushey Park, Stragglers Wedding Day 7k. 1, G.Staines 21:26; 3, G.Adams 22:56; 10, P.Carstairs 24:01; 15, M.Webb 24:13. Teams: 1, Belgrave 28; 2, Herne Hill 63; 3, Ranelagh 74.

27 Dufftown Highland Games, Ben Rinnes Five Tops Hill Race 14m. 52, L.Mann 3:06:01.

29 Battersea Park, Sri Chinmoy 2m 2, K.Quinn 10:06; 3, P.Carstairs 10:10.

*August 1996*

3 Aboynoe 7½m Hill Race. 21, L.Mann 56:00.

4 26.2 RRC 10k. 2, M.Kazimierski 33:29; 195, C.Cross 45:06.

11 Wimbledon, Surrey 5k. 60, C.Cross 21:52.

- 14 Perivale, 5k. M60 1, L.O'Hara 18:23.  
 17 Redditch, Ron Hill 10k. 11, K.Tadesse 30:08.  
 17 Top O' North 6m Hill Race. 11, R.Mann 43:55; 17, L.Mann 46:00.  
 18 Lochnagar 16m Hill Race. R.Mann 2:56:00; L.Mann 2:59:00.  
 20 Battersea Park, VAC 5.2m. 1, J.Estell 26:29; 21, P.Newell 34:24; 47. 1m 1, M.Chuter 4:48; 6, R.Bale 5:28.  
 21 Loch Muick 8m. R.Mann 62:00; L.Mann 63:00.  
 24 Lonach 4m Hill Race. 9, R.Mann 25:45; 13, L.Mann 29:00.  
 26 Gelder 4m Hill Race. 2, R.Mann 24:??; L.Mann 27:27.

September 1996

- 1 Slough Half-Marathon. R.Bale 86:34.  
 4 Gelder 4m Hill Race. 3, J.Mann; 4, L.Mann 26:48.  
 7 Braemar 5m Hill Race. 41, L.Mann 39:16.  
 8 Swansea Bay, Alcoa 10k. 5, K.Tadesse 29:48.  
 8 Perivale, Warwick Wright Peugot 10k. 2, P.Evans 28:40.  
 9 Battersea Park, Sri Chinmoy 2m. 2, P.Carstairs 10:06; 4, K.Quinn 10:14; 6, J-M.Bart 10:24; ... A.Verdie 11:24.  
 9 Gelder 4m Hill Race. 5, L.Mann 27:25.  
 16 Battersea Park, Sr Chinmoy 2m. 5, J-M.Bart 10:35; A.Verdie 11:23.  
 22 Poly Marathon L.Mann 3:35:30.  
 29 Teddington, Cabbage Patch 10m. 15, P.Carstairs 56:11; L.Mann 70:40; C.Cross 76:33.  
 29 New York, 5th Avenue Road Mile. 5, M.Yates 3:59.05, won by Viciosa (ESP) 3:53.67.

October 1996

- 6 Solihull, BAF 10k. 88, S.Chettati 32:35. M40 2, J.Estell 31:31, only beaten by Nigel Gates' 30:38 and now tipped for a Vet's international vest.  
 6 Stour Valley Run 10m. 1, N.Powley 53:52 (record).  
 6 Wimbledon, Hercules Wimbledon 10m. L.Mann 71:50.  
 13 Southend, Mobil Classic 10k inc. AA of England Champs. 4, M.Yates 31:56.  
 13 Halluin, France, 10k. 8, K.Tadesse 28:15.  
 13 Kingston, Marathon. L.Mann 3:48:05. Half-Marathon. 264, R.Mann 1:44:59.  
 20 Croydon 10k. S.Alexander (U20M) 38:17.  
 20 Feltham Puffers 5m. L.Mann 36:50.  
 28 Dublin Marathon. L.Mann 3:35:40.

November 1996

- 2 Wimbledon, VAC 4.8m CC. 4, M.Nouch 27:08; 14, C.Taplin 30:08; C.Cross 34:32.  
 3 Marlow Half Marathon. L.Mann 1:43:44.  
 7 Richmond Park, London Colleges 5.4m CC. 13, D.Onoufrio 29:26  
 9 Battersea Park, Sri Chinmoy 10k. 6, M.Kazimierski 33:12.

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 2  
 KINGSTON VALE, 16 NOV 1996

Mixed fortunes on the Common

Having gone to an unexpected 3rd team place in race one and with the team, if anything, promising to be a little stronger this time out, we could be forgiven for starting to look for a 2nd spot behind the strong Hounslow outfit. Matt Yates had completed his week's training by lunchtime but still turned out to spearhead the team and Graham Adams was back in the squad after sitting out the opening match with a calf injury. Yep, surely we could sneak a 2nd on what was more or less our home patch ... but the race was to be full of surprises and as the team declaration was handed in we were missing two of our key men in Dave Pamah and Dave Beaver although boosted by the very welcome return to the fold of a gaunt and fit looking Ray Foley.

Again we had a large contingent on the line and as the starter called, "Ready," our Captain showed his race intentions by streaking off and taking the field with him; a belated, "Go," accompanied the tail-enders over the line. Guest runner and Sunday morning visitor to Belgrave Hall, Richard Nerurkar had looked ominously confident as he had loosened up before the start, declining with a smile the offer of a claret and gold vest to race in. As befits a triple-National winner he was immediately at the head of the field that had Aldershot's Garner and Jackson, Herne Hill's Jon Solly, our own Matt Yates and Croydon's McCallum all vying for forward positions. But climbing the hill to the top of the course only a mile out, Nerurkar decided that it was not going to be a social event and by the mid-race point a mile and a half later had gone 50 seconds clear.

Further drama was unfolding back down the field. Graham Adams had quite uncharacteristically completely "blown up" after a mile and for him the rest of the race became purgatory. Another to suffer miserably when he thought he had fully recovered from a cold was Donal O'Riordan, so at half-way, two of our expected scorers were right out of it. Roger Alsop and Jim Estall had both had hard races the previous week but were comfortably up around the 20 mark but the gap between them and the majority of the Belgrave team was obviously going to be too much for that 2nd team place.

At the finish positions were much the same. Bruce Barton had fallen heavily but gamely ran on well to lead home the engine-room men three places up on his Brockwell Park outing - and this in a higher standard field. Ray Foley was next in - great to have him back - just ahead of Steve Hewes who this time listened to wise old harrier Charlie Dickinson and worked his way through instead of blasting it from the start. Our 7th and 8th men, Said Chettati and Mike

Teams:

1, Aldershot F&D	(3, 7, 10, 14, 15, 29, 30, 38, 52, 53)	251
2, Thames Hare & Hounds	(13, 18, 21, 22, 32, 43, 44, 46, 49, 55)	343
3, Borough Hounslow	(4, 12, 23, 24, 25, 26, 27, 51, 78, 79)	349
4, Herne Hill	(1, 16, 28, 31, 36, 37, 40, 62, 66, 68)	385
5, Belgrave	(5, 17, 20, 39, 47, 48, 50, 61, 70, 73)	430
6, Boxhill Racers	(9, 11, 35, 42, 54, 67, 69, 72, 83, 89)	531
7, South London	(8, 33, 57, 59, 63, 65, 71, 74, 76, 77)	583
8, Croydon	(2, 34, 41, 45, 58, 64, 84, 86, 87, 90)	591
9, Hercules Wimbledon	(6, 19, 56, 60, 75, 80, 81, 82, 85, 88)	632

Kazimierski, also improved. Sadly we couldn't count Demetrius Onoufrio, our 2nd-claimer from Southampton Runners who had not been registered, so it was left to Phil Carstairs (still with the New York marathon in his legs) and Mark Anderson to close in the team.

A quick tally up showed that we were 5th. It was a little disappointing at first but a measure of what we are now expecting of ourselves; and looking back we had done pretty well, getting within 20 points of our opening score in spite of problems. Aldershot had surprised while Borough of Hounslow slipped back a little, their 10th man coming home behind ours but with five men between 23 and 27 crossing the finish in line abreast formation, they kept their overall score down. The Boro' men seem unlikely now to lose their league lead but only 177 points covers the next five clubs so there is plenty left to run for.

Unfortunately, while the seniors seem to have an enthusiastic and swelling pool of runners to call upon, our youngsters' numbers have dwindled. Amir Becirodzic was second man home again, chasing a different Aldershot lad this time, and Denny DeEmmony was first Belgrave Under 13 across the finish line in 4th, first three all being Aldershot boys.

1, R.Nerurkar (guest)	27:17
2, J.Solly (Herne Hill)	28:33
3, J.McCallum (Croydon)	28:43
6, M.Yates	28:55
18, R.Alsop	29:47
21, J.Estell (M40)	30:05
40, B.Barton	30:46
49, R.Foley	31:06
50, S.Hewes	31:09
52, S.Chettati	31:21
63, M.Kazimierski	31:50
66, D.Onoufrio (non-scorer)	31:59
79, P.Carstairs	32:26
84, Mark Anderson	32:38
88, J.Galley	32:53
91, A.Jones (U20M)	33:13
94, M.Nouch (M40)	33:21
98, R.Cookson	33:32
104, A.Luce	33:41
121, D.Anderson (M40)	34:56
123, S.Paton	35:13
129, G.Adams	35:59
136, D.O'Riordan	36:59
149, A.Stone (M55)	42:29
153 finished	

Under 17 Men/Under 15 Boys

1, C.Thompson (AF&D)	14:54
2, A.Becirhodzic (Belgrave)	15:00
3, M.Farah (Hounslow)	15:03
27, C.Morris (U15B)	18:04
36, A.Gilbert (U15B)	24:53

36 finished

Teams:

1, Aldershot F&D	38
2, Boro. Hounslow	49
3, Hercules Wimbledon	91
6, Belgrave	116

Under 13 Boys

1, G.Russ (F&D)	16:43
2, D.Robinson (F&D)	18:16
3, K.Halifax (F&D)	17:44
4, D.DeEmmony	18:16
19, G.McEwan	21:18

22 finished

Teams:

1, Aldershot F&D	24
2, Borough Hounslow	50
3, South London	82½
4, Belgrave	114½

Road & Country Results

November 1996 continued ...

- 10 Irvine, Scotland. International Veterans' 10k Cross Country. 4, J.Estell 34:20. Open Race 2, C.Dickenson 36:28.  
 10 Brighton, Phoenix 7.3k CC. 4, R.Turner 23:00.  
 10 Oxshott, Ronhill-Isotar 10k. 1, R.Foley 34:20.  
 17 Brighton, Reebok 10k. 13, R.Turner 31:33.  
 17 Epsom Downs, Marathon Windows 10m. 3, J.Estell 53:31; 163, C.Cross 73:59.  
 23 Wimbledon. Inter-Club 7½m CC. 13, D.Anderson 50:01.  
 23 Gateshead, Safeway International. 1.9k 3, M.Yates 5:02. 6.9k 28, L.Hurst 21:09.  
 24 Lanzarote 10k. 144, C.Cross 45:48.  
 26 Lanzarote 5k. 112, C.Cross 26:06  
 30 Cosford, Inter-Area CC. 7, D.Mead 30:43.  
 30 Battersea Park, Sri Chinmoy 5m. 1, D.Beaver 25:51; 3, M.Kazimierski 26:38.  
 30 Wimbledon, VAC 4.8m CC. 6, M.Nouch 27:20; 18, A.Painter 31:42; 20, P.Newell 31:59; 21, R.Bale 32:37.

Continued ➤

# Thirty barren seasons come to an end

The boys were geared up for a set of medals. There was no way they were going home without something on this day. Roger Alsop's winter had been tailored towards a forward position in this event but the onset of a cold during the week meant that he was now only turning out for the team's sake. Jim Estall was taking a well-earned break after successive week's of road and country battles - but still the mood was one of determination. And then when Gary Staines showed up for his first race since Chicago, putting himself up as a target for Solly and Croydon's young McCallum to have a pop at, a quiet ripple of excitement went through the team. Maybe we could nail Boxhill!

When the 200 plus runners surged across the frosty field and down into Happy Valley, Belgrave vests were already prominent in the top thirty with Jon Solly leading the charge. (Little known fact: Jon was actually born in Denmark Road Wimbledon.) SLH's Stuart Major, a favourite before the big boys showed up, took a turn at the head of the field after a mile or so, with first year Senior McCallum, Staines, Solly and Boxhill's Haywood in full cry behind. The Belgrave team was holding up well with Dave Beaver our second man in the late 'teens and the other lads queuing up behind - except Ray Foley who was surprisingly lying about 80th. It looked as if he would be the Belgrave man to miss out on a medal.

Halfway. Now Solly was making his bid; Mr. Staines was not going to find this an easy race by any means. A five metre gap was opened up and before long it had doubled, the Herne Hill Harrier racing away on the downhill and flatter stretches with Gary painfully recovering a metre or two with every climb. Dave Beaver now had Roger and Graham Adams in close attendance and Bruce Barton followed by Said Chettati were also moving well not too much further behind. Simon Fairbrother had eased his way through to join club-mate Haywood and with another man in 11th the Boxhill Billies were having another strong team run - but, fingers crossed, had to go back too far for their 5th and 6th men. Amazingly Ray Foley was now into the 40's; he'd been picking off runners like cherries from a tree - and his basket was still far from full.

One more lap of Happy Valley to go and Solly's lead had, if anything, grown a little more. True there was a slight hesitation as he asked a pointsman if it was time yet to turn off up the long climb to the finish but his raking stride was relentless down

the slope into the last circuit and Gary later confessed to severe doubts as to whether it was all over. Teamwise we looked better than ever. Said was suffering, slowly falling towards the back of the 30s, but Ray was running like a dream; with arms and legs pumping he was flying past man after man, seemingly feeling no pain. With five men now between 17 and 28, and Gary up ahead, surely the race was ours. But the fat lady was in no mood to sing just yet.

Your correspondent and other supporters scurried to the top of the course and awaited the arrival of the runners. Frenzied shouting from spectators who could see down the slope told us that it was far from being all over and as the runners burst onto the finish field it was Gary's distinctive figure leaning into the climb a few paces ahead of the Herne Hill man. He'd used every ounce of his strength on that final incline and in the last minutes Jon Solly had crumbled. What a race. Everyone seemed to have run themselves into the ground. McCallum came home a minute later, eventually getting the better of Major and then it was three Boxhill men in quick succession before the finishers went into double figures.

Steaming up the straight and still taking places to the line came our second man Ray Foley - a super run - and another tremendous performance came from Dave Beaver who just had the edge over Roger, but where was 'Gerry' Adams? Bruce finished strongly, delighted with his effort and still no 'Gerry'. Five Belgrave in and then five Boxhill. Said painfully made his way to the funnel, grittily keeping ahead of Boxhill's last man and it was time for the maths. It seemed we'd done it by one point!

A disconsolate 'Gerry' limped back but out of the race. He'd badly turned an ankle in the woods only a mile from the finish and now had to face the fact that as Captain he was going to be the man who didn't get a cherished 'Surrey' gold medal.

When the non-scorers were taken out our winning margin became four points and after the presentation Boxhill's Robin Batchelor ruefully had to hand over the Cup. Wrapped in a plastic bag and lying with their kit-bags the trophy hadn't been handed in to the officials before the start - perhaps they'd not expected to lose it!

Belgrave activity had been a bit sparse in the rest of the day's events. Nikki Haines ran to a fine 5th place in the Senior Women's 4 miles and it was good to see Morag Andrews and Jacinta Moore back out - but no team. No team either in the Under 20 Men's



Photo: Ray O'Donoghue

A cold-ridden Roger Alsop (8) was unable to hold back the ever improving Dave Beaver (12) at Happy Valley

#### Senior Men's Team Race:

1, Belgrave Harriers .....	(1, 12, 16, 17, 22, 36) .....	104
2, Boxhill Racers .....	(5, 8, 9, 21, 26, 39) .....	108
3, Thames Hare & Hounds ...	(6, 14, 28, 29, 32, 34) .....	143
19 teams closed in.		

race. Adam Jones had been racing well in college events and was looking to go out of the age group in style. An untimely bout of 'flu' in the days before put paid to his plans, however, and he was forced to withdraw. This left us with Kevin Quinn and Simon Alexander to run as individuals - both finishing above the winning team's first scorer. From a large Under 15 Boys' field, Stephen Beaver's 7th proved that regular steady training is paying off and he may well have earned himself a trip to the Inter-Counties.

#### Senior Men's 7½ miles

1, G.Staines (Belgrave) .....	40:42
2, J.Solly (Herne Hill) .....	40:45
3, J.McCallum (Croydon) ...	41:44
14, R.Foley .....	43:47
18, D.Beaver .....	44:00
19, R.Alsop .....	44:10
25, B.Barton .....	44:50
42, S.Chettati .....	46:03
88, D.Anderson .....	49:39
G.Adams .....	dnf
220 finished.	

#### Under 20 Men's 5 miles

1, A.Barnes (Ald. F&D) .....	28:33
7, K.Quinn .....	31:42
8, S.Alexander .....	32:32
15 finished.	

#### Under 15 Boys' 2½ miles

1, R.Ward (Sutton & Dist) ..	14:11
7, S.Beaver .....	15:19
30, C.Morris .....	17:00
62 finished	

#### Senior Women's 4 miles

1, Z.Hyde (Woking) .....	25:09
5, N.Haines .....	27:41
23, M.Andrew .....	30:03
60, J.Moore .....	34:54
72 finished	

### It's coming home ...

"... it's coming home ...". We're pretty sure the soccer fans among you won't mind us borrowing the opening lines from the Euro '96 anthem - but frankly, the phrase just about sums up what winning this event means to Belgrave Harriers. Whatever success we gain in Track & Field and however you measure the prowess of an athletic club, we know that underlying it all we started as a Harrier club - and it hurts when we are no longer seen as one. When Surrey County's magnificent *F.N.Pickett Cup* was displayed at Committee two days after our Surrey team win, the look on Bill Lucas' face was an absolute treat to behold; and wouldn't old Tom have been delighted. As you will see from the list of previous winners, we have to go back 30 years for our previous victory when our outstanding runner of that day was Gerry North. In 1967 we went on to place 2nd in the 'Southern' and 4th in the 'National', winning the Surrey League on the way - so let's not get too excited, we don't expect that just yet! There's also a lot of difference between winning it

once off and maintaining a vice-like grip on it for a few years. But nevertheless, we can feel very pleased with our progress and the fact that our runners are beginning to move in the right direction, together. Good on you boys and well done Gary Staines for spearheading the team!

## SURREY COUNTY TEAM WINNERS

1924	Surrey AC
1925	Belgrave H
1927	Belgrave H
1928	Surrey AC & South London H
1929	Belgrave H
1930	Belgrave H
1931	Belgrave H
1932	Surrey AC
1933	Belgrave H
1934	Belgrave H
1935	Belgrave H
1936	Belgrave H
1937	Belgrave H
1938	Mitcham AC
1939	Mitcham AC
1940-45	No competition
1946	Belgrave H
1947	Belgrave H
1948	Belgrave H
1949	Belgrave H
1950	Surrey AC
1951	Belgrave H
1952	Belgrave H
1953	South London H
1954	South London H
1955	South London H
1956	Herne Hill H
1957	South London H
1958	Herne Hill H
1959	South London H
1960	South London H
1961	South London H
1962	South London H
1963	South London H
1964	Walton AC
1965	South London H
1966	Belgrave H
1967	Belgrave H
1969	Hercules Wimbledon AC
1970	Hercules Wimbledon AC
1971	Hercules Wimbledon AC
1972	Hercules Wimbledon AC
1973	Hercules Wimbledon AC
1974	Hercules Wimbledon AC
1975	Hercules Wimbledon AC
1976	South London H
1977	Aldershot, F. & Dist. AC
1978	Hercules Wimbledon AC
1979	Hercules Wimbledon AC
1980	Aldershot, F. & Dist. AC
1981	Epsom & Ewell H
1982	Epsom & Ewell H
1983	Aldershot, F. & Dist. AC
1984	Epsom & Ewell H
1985	Epsom & Ewell H
1986	Woking AC
1986	(December) Woking AC
1987	Aldershot, F. & Dist. AC
1988	Boxhill Runners
1989	Boxhill Runners
1990	Boxhill Runners
1991	Boxhill Runners
1992	Boxhill Runners
1993	Boxhill Runners
1994	Boxhill Runners
1995	Boxhill Runners
1996	Belgrave H

## REEBOK SURREY CC LEAGUE DIVISION 1 RACE 3 LLOYD PARK, CROYDON, 4 JAN 97

### The "Engine-room" packs to 2nd

Lloyd Park manages to throw up a variety of conditions over the years and this time it took on the disguise of an Arctic waste. With the ground already frozen to a depth of several inches, the still conditions had brought down a hard frost which had bushes, trees and grassland alike covered in a white mantle and with daylight already seeming to fail as race-time approached and with a hint of snow in the air - was it cold!

It was a day only for the hardy and as the teams were registered it was apparent that some clubs, what with 'flu' and mid-winter apathy, were struggling to declare ten names. That put the Team Manager in jovial mood for he knew that he already had ten men jogging round the course to check out the icy spots. Gary Staines was suffering from a cold but had turned up to watch and gee up the lads, as had Stuart Paton, so with supporters on hand as well, the team was in good spirits and looking for another improvement in our fortunes.

Spirits were lifted higher still when James Venning stormed to a convincing victory in the under 17 race. A tough looking runner this one and we'll be keeping an eye on his progress over the next few years. James just had time to give further reports on the course before the Seniors were lined up ... and away.

A good circuit for spectators this one but with only part of the first lap gone we were startled to find that no Bels. featured in the top twenty while Hounslow and Aldershot seemed to be packing them in. Dave Beaver, clad only in singlet and shorts while many of the runners were sporting tights if not track-suits and woolly

hats, was working his way through nicely as was Jim Estall but positions were much the same as the field set out on the second circuit.

Climbing the steep, slippery slope before heading out on the last long loop we still only had Dave and Jim inside the first score but then the Bels came flooding through too fast for numbed fingers to keep a team tally. It was going to be interesting. England Team Manager Dave Clarke was using his experience and making a determined run through the field for Hercules Wimbledon but Hounslow's Simpson was dominating the race with McCallum, on his own ground, also looking comfortable.

All around that last lap our team continued to consolidate but even en masse they were unable to break into the top dozen or so runners. But now it was time to dash over to the finish and check off the runners as they came home.

The leading two had maintained their positions but Clarke had put on a real charge to get up to 3rd. Already providing the winner, Hounslow then had Usher in 4th and another man in 10th but apart from them the top ten finishers were evenly distributed between every other club - except the Bels. Fifteen men home and still no claret and gold ... and then, with Dave Beaver leading the way, it was all Belgrave. Eight men home in 40 and then, just over two minutes after our first man had entered the funnel, the team was closed in by Junior Galley and Mike Webb. Only Aldershot had got their complete team home ahead of us while Hounslow, Boxhill and Thames Hare & Hounds waited ... and waited.

What a close race and what a great score for us. With second team place on the day and moving into 3rd overall we confirmed something that we have known all along but have hardly dared speak of: we can win these races.



Photo: Alan Mead

#### Teams:

1,	Aldershot F&D	(5, 13, 14, 15, 30, 35, 39, 46, 53, 59)	.. 309
2,	Belgrave	(17, 18, 20, 23, 28, 34, 38, 40, 54, 63)	335
3,	Borough Hounslow	(1, 4, 10, 16, 24, 25, 45, 62, 81, 86)	.... 354
4,	Croydon	(2, 29, 31, 33, 48, 50, 60, 61, 64, 77)	.. 455
5,	Herne Hill	(6, 22, 27, 36, 41, 51, 52, 73, 75, 76)	.. 459
6,	Boxhill Racers	(8, 19, 21, 32, 37, 47, 55, 68, 89, 89)	.. 465
7,	Thames Hare & Hounds	(9, 11, 12, 42, 49, 71, 74, 79, 84, 89)	.. 520
8,	South London	(7, 26, 56, 58, 66, 67, 69, 72, 80, 82)	.. 583
9,	Hercules Wimbledon	(3, 43, 44, 57, 65, 70, 78, 83, 85, 87)	.. 615

James Venning, seen here in middle-distance action in the McDonalds YA League during the summer, has carried his form over nicely to the winter. At Lloyd Park he ran away from the pack in the Under 17 Race to set the scene nicely for our Seniors.

1,	M.Simpson (Hounslow)	.. 25:57
2,	J.McCallum (Croydon)	... 26:06
3,	D.Clarke (Herc. Wimb.)	.. 26:08
17,	D.Beaver	..... 27:23
18,	J.Estall (M40)	..... 27:27
20,	G.Adams	..... 27:35
23,	B.Barton	..... 27:47
28,	S.Hewes	..... 27:55
34,	R.Alsop	..... 28:35
38,	M.Kazimierski	..... 28:45
40,	P.Carstairs	..... 28:50
54,	J.Galley	..... 29:17
64,	M.Webb	..... 29:37
71,	M.Anderson	..... 29:56
83,	R.Harding	..... 30:51
84,	D.Anderson (M40)	..... 30:53
85,	A.Jones (U20M)	..... 30:58
109,	M.Graham (M45)	..... 35:56
118	finished	

#### Under 17 Men/Under 15 Boys

1,	J.Venning (Belgrave)	..... 15:08
2,	A.Winchester (SLH)	..... 15:16
3,	M.Farah (Hounslow)	..... 15:23
7,	C.Morris	..... 16:07
12,	R.Matelle	..... 16:37
20,	N.Whorlow	..... 17:57
27	finished	

#### Teams:

1,	Boro. Hounslow	..... 47
2,	Hercules Wimbledon	..... 65
3,	Belgrave	..... 70½

#### Under 13 Boys

1,	P.Bridgeman (AF&D)	..... 17:14
2,	S.Winchester (SLH)	..... 17:39
3,	T.Russell (Hounslow)	..... 17:41
6,	P.Graham	..... 18:37
9,	S.Whorlow	..... 19:32
12,	G.McEwan	..... 26:08
14	finished	

#### Teams:

1,	Boro. Hounslow	..... 44
2,	Aldershot F&D	..... 58
3,	Belgrave	..... 87

# The Christmas Day Paarlauf

Based on an unfinished article penned by Steve Williams c1986 and completed by Alan Mead with great assistance from Pete Mulholland (Hercules Wimbledon AC) and Dave Beard (General Secretary of Lauriston Runners Club).

**F**RIENDLINESS was, as befitted the season, the keynote of a highly successful Paarlauf, a newly instituted Christmas feature, run around the green at Wimbledon Common on Christmas morning." That was how *The Belgravian* introduced its report on the inaugural half hour two man relay held on that most familiar of territory in 1954. Then, in fine and warm conditions, but with a wind from the north-west, 12 runners turned out to gain their first experience of what was described as a comparatively new type of relay.

The race owes its origin to Charlie Smart, the Belgrave international distance runner who served with the Control Commission and competed in Germany after the war. He brought back the Continental idea of two man teams competing in an event known as the *Paarlauf*, or paired run, and Arthur Whitehead, owner of Lauriston Cottage on the edge of Wimbledon Common and always a fan of Charlie's, took up the concept and helped bring it to fruition.

To ensure reasonably even pairings, the names of the six best runners were placed in one hat and the remainder in another; this method turning out to be, "quite satisfactory as the field kept surprisingly close together throughout the race, 332 yards covering them all at the finish." This was in the days before Arthur Whitehead had opened Lauriston Cottage to all athletes and only Belgravians took part in the first race. However, it was the late Aubrey Reeve, the Hon. Secretary of Wimbledon AC who made the draw and the race was started outside the cottage by John Jewell, the Assistant Hon. Secretary of the Road Runners Club. Of course Arthur Whitehead and Charlie Smart also officiated. The 1,415 yards circuit was conveniently divided into two legs by the short recovery across the green adjacent to Rushmere Pond to Cannizaro Road and vice versa.

## The format established

The inaugural winners were Len Bishop and Eric Gebbett with 6 miles 145 yards, a modest distance as later events were to show, caused perhaps by inexperience but certainly affected by the whistle being blown at 27 minutes, after which no further change was allowed, instead of the now used 28 minutes. One of the first to suffer the long last leg was Gordon Biscoe as his 'senior' partner Charlie Walker, reported as being caught napping, left Gordon in possession of the baton. After the race everyone adjourned to the cottage to wash down and partake of an enormous baking of mince pies with a hot and rather alcoholic witches brew concocted by Arthur Whitehead. And as the format for this popular event was established, it has remained virtually unchanged ever since.

The following year the event took place on Christmas Eve and the famous exploding dustbin was born when, as *The Belgravian* reported,

"... dispensing with the usual method of starting, Arthur Whitehead and Arthur Penstone had rigged up a small explosive charge inside a dustbin and the explosion which started the race brought back memories of the war when the Common was an exercise ground for the Army." In later days, the dustbin was only used to sound time for no further changeover and then for the 30 minute finish. A more effective way of ensuring that everyone heard was difficult to imagine at the time although the Christmas Day explosions were brought to an end years later when a Wimbledon Common Ranger objected due to the noise frightening the horses. Today's solution, when explosions of any kind are frowned upon, is an easily carried klaxon driven by a canister of compressed air.

Word of this interesting event quickly spread and in 1956 three Hercules AC pairings and one from Herne Hill Harriers joined eight from Belgrave to contest the event which was retained for the Bels by the two Charlies - Walker and Henn - in a more respectable 6 miles 656 yards. But it was inevitable that as Belgrave continued to draw for partners, in the spirit of the festivity, that we would soon lose a hold on the race to a nominated pairing from another club. The following year, a Ranelagh pair of Bill Bird (now Secretary of the Reebok Surrey Cross Country League) and Brian Nott (to become a second-claim Belgravian in the years ahead) set a new record of 6 miles 947 yards.

In 1962, *The Belgravian* records that 18 pairs took part with 12 of these from visiting clubs. "This was the 9th year of the race and its popularity grows on each occasion. The winning pair, Gowan and Derham, were the only ones to complete 8 circuits for a new record of 6 miles 1,094 yards." The first Bels pairing was 8th and it was commented upon that "the time has probably come for our stars to partner each other." A Belgrave record of 6 miles 697 yards was set by Pat Newell and David Baines.

## Lauriston Runners

On 30th October 1966 a meeting was held in the changing rooms at Lauriston Cottage at which it was agreed that those present would form a new club, Lauriston Runners. With the informal group of runners using the cottage as a training base now banded together as an open club, it was natural that the race should become organised under their auspices and at the same time the need for the Bels to change their 'A' and 'B' formula disappeared as at that inaugural Lauriston Runners

Left: *The Paarlauf* - a meeting of old friends. The Mitchell Brothers and Arthur Bruce are regulars. Frank Mitchell, left, coached Mitcham's international 800m runner Tony Harris while brother Ron, centre, will have been a Belgravian for 50 years in 1998. Arthur Bruce, right, needs no introduction.



Photo: Alan Mead

Lauriston regular John Sullivan now dispenses the "witches brew" at the conclusion of each race.



Photo: Alan Mead



Photo: Ray O'Donoghue

The field sets out for the Christmas 1996 running of The Paarlauf. Bunched on the lefthand side are Dave Beaver, Roger Alsop, Marcello Bizio, Alan Black and Charlie Dickinson.

meeting it was proposed by Bob Holt of Hercules AC, now second-claim Lauriston as well, that pairings for the Paarlauf should be made from 'A' and 'B' competitors to mitigate the disparity in competition. This had reached a peak the previous year when Millard and Taylor of Cambridge Harriers set a record of 6 miles 1,406 yards (4mins 24secs. miling pace) to leave all the Belgrave pairings way behind. That distance naturally still stands as the record as it is a rare occurrence for a genuine 'A' and 'B' pairing to exceed 6 miles 1,000 yards. Bels first pair of Steer and Walker set a Belgrave best of 6 miles 879 yards in 11th place that year.

1966 therefore saw the start of what might be described as the general hubbub and banter that is thrown up when the pairings are drawn - "What's 'e doing in the 'B' hat!?" - as much a highlight of the event as the race itself! For Graham Taylor the rule change made no difference. Then at the top of his form, in a year which had seen him clock a sub-1hr. 40min. Belgrave '20', it made no difference whether he ran with another 'recognised' runner or not. Drawn with 'B' runner Cheeseman of South London Harriers he was first again with 6 miles 1,067 yards.

### Athletic folk-lore

The years drifted past and stories connected with the event have become part of local athletic folk-lore.

John Phelan (Hercules Wimbledon) ran his first Paarlauf in 1962 and he also ran in 1996 - a span of 34 years in which he has competed 20 times, twice as a winner. But John's 34 year love affair with the race was easily eclipsed when Belgrave's Alan Black returned to the race this winter after a lapse of 14 Christmas-tides. Alan's first Paarlauf was

in 1955 - giving him a span of 41 years in which he has clocked up 24 runs - also with two wins.

Jocular accusations of "rigging" were made in 1978 when Alan, a one-time Scottish International, was classed as a 'B' runner. He found himself paired with "HW's" Dave Clarke, three times National Cross Country Champion and twice runner-up. It was the 25th running of the event and as the only man from the early races still turning out it did seem fitting that he should share in a "silver jubilee" victory. However, with 48 runners that year there were some other very good 'B' runners around including our own Pete Gilbey, then Surrey AC, and "HW's" Mike Kortenray and Pete Clarke. It was all above board.

One further note regarding Alan Black: in the latest running of the event when paired with Paul Warburton they achieved the distinction of being the first twosome ever *not* to exceed 5 miles!

As befits a National Champion Dave Clarke is the man who has the most victories to his name with five. Next comes Ealing & Southall's Pete Barratt whose three wins came in consecutive years, each time with a different Ranelagh partner, and Belgrave's John Gladwin, also on three.

Ken Ashby (Hercules Wimbledon) has won twice as a 'B' runner, partnering his club-mate John Sullivan in 1969 and Bob Richardson of Blackheath in 1974. Ken's were fitting victories as his birthday also falls on December 25th. The rumour that, like a former celebrant of this birthdate, he could walk on water and used this ability to take a short cut across Rushmere Pond between his stages has been refuted by those who were present.

The first woman to run was Angie Thomas who partnered her Thames Valley Harrier husband Clive in 1977 and there have been many other occasions of the race being used as an energetic Christmas morn-

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#### All Time Top 20 ('A' and 'B' pairings only after 1965)

6m 1406y	P. Millard (Camb.H) & G. Taylor (Camb.H) .....	1965
6m 1310y	D.Smallbone (Mitcham) & M.Gowan (Herne Hill) ...	1965
6m 1278y	D.Holt (Hercules) & R.Holt (Hercules) .....	1965
6m 1254y	P.Barratt (Ealing & S) & M.Riley (Ranelagh) .....	1982
6m 1167y	M.Murray (Hercules) & P.Murray (Hercules) .....	1965
6m 1162y	M.Gowan (Herne Hill) & D.Smallbone (Mitcham) ...	1964
6m 1153y	P.Clarke (Herc.Wimb) & T.Woods (Ranelagh) .....	1982
6m 1140y	M.Varah (Hercules) & M.Beevor (Hercules) .....	1965
6m 1131y	D.Clarke (Herc.Wimb) & R.Figg (Guildford & G) ...	1987
6m 1124y	D.Clarke (Herc.Wimb) & R.Addison (Belgrave).....	1982
6m 1120y	F.Green (Mitcham) & M.Dunphy (Mitcham) .....	1965
6m 1094y	M.Gowan (Herne Hill) & J.Derham (Herne Hill) .....	1962
6m 1080y	D.Holt (Herc.Wimb) & C.Harvey (S.London) .....	1968
6m 1067y	G.Taylor (Camb. H) & W.Cheeseman (S.London)....	1966
6m 1047y	M.Kortenray (Wimbledon) & B.Oulds (Wimbledon) 1965	
6m 1044y	M.Gillett (Mitcham) & E.Caiger (Hercules) .....	1965
6m 1042y	G.Biscoe (Mitcham) & K.Dillon (Mitcham) .....	1965
6m 1040y	W.Curtin (Belgrave) & M.Gowan (Herne Hill) .....	1971
6m 1038y	K.McBrearty (Hercules) & E.Caiger (Hercules) .....	1964
6m 1027y	J.Bicourt (Belgrave & S.Rowland (Ranelagh) .....	1977

#### Belgrave Top 20 (all 'A' and 'B' runners)

6m 980y	J.Gladwin & S.Williams .....	1980
6m 909y	J.Gladwin & A.Gayton .....	1986
6m 897y	J.Bicourt & H.Satchell .....	1966
6m 879y	C.Steer & C.Walker .....	1965
6m 847y	Gerry North & J.Bicourt .....	1964
6m 769y	M.Bizio & J.Ryle .....	1992
6m 751y	P.O'Connor & R.Glover .....	1968
6m 744y	A.Black & J.Dear .....	1964
6m 732y	L.O'Hara & H.Satchell .....	1968
6m 719y	* Geoff North & W.Curtin (converted from 31 mins)1967	
6m 708y	T.Hart & D.Brew .....	1965
6m 697y	P.Newell & D.Baines .....	1962
6m 692y	A.Black & J.Davies .....	1965
6m 677y	A.Black & A.Bruce .....	1966
6m 662y	R.Linstead & M.Shingles .....	1962
6m 656y	C.Walker & C.Henn .....	1956
6m 640y	O.Foote & J.Barry .....	1985
6m 633y	J.Thresher & H.Satchell .....	1964
6m 591y	D.McLean & C.Dabbs .....	1961
6m 587y	J.Dear & C.Walker .....	1969

## The Christmas Day Paarlaf

Winners of the Christmas Day Paarlaf inaugurated 1954

ing family outing. In 1966 the Beard brothers turned out in force - Mike, Paul and Dave, all of Hercules AC (the Hercules and Wimbledon clubs amalgamated on 1st September 1967). And this feat was repeated by another threesome from "HW" in 1978 - Chris, Dave and Pete Clarke. There has only ever been one family victory and this way back in 1958 when the brothers Bird, Bill and 14 year old David took home the prize. Fathers and sons have taken part (eg. Belgrave's Keith and Mark Sinclair) and in 1995 there was a Belgrave father and son pairing when Dave and Steve Beaver took to the road.

A sensation occurred in 1987 when the team of South London's John Roberts and Belgrave's John Wasborough found themselves both running at the same time! It seems that "Wassy" thought Roberts would have been among the leaders at the first takeover and not seeing him among the early arrivals, thought he must have missed him so away he went. Meanwhile Roberts, who had made a steady start, arrived at the changeover to find no "Wassy" and decided to continue. A few minutes later Roberts found himself passing "Wassy" who was then told in no uncertain terms to carry on!

### The Kenyans

The Kenyans arrived in 1990 and what a baptism they received. Conditions were atrocious as a cold westerly wind brought heavy rain and sleet throughout the race. The recording of the number of laps run and the final measuring up was impossible. Only the first five places could be guaranteed as being correct and approximate measurements only could be made for the first three home. Osoro Ondoro of Kenya shared his win with Crawley AC's A. Reader with a string of famous African names relegated to the main and unrecorded body of the field: John Ngugi, Richard Chelimo, William Mutwol, Susan Sirma, etc. In spite of the weather they all enjoyed themselves, especially the after race refreshments, and they surprised the "regulars" no end when they washed themselves down by making use of the ice-cold water hose. They didn't show up the following year but were back in '92 and '95. These multi-world record holders and stars of tracks around the world all pay their £1 race entrance fee, enjoying the banter and happy to share their runs and Christmas mornings with unknown club runners.

Surprisingly, there seems to have been a noticeable drop in standards over the years and this in spite of the appearance of the Kenyans. In 1965 no fewer than 26 of the 32 teams beat 6 miles, a figure that was equalled the following Christmas, the first year of the 'draw'. In 1994 only one pair achieved that feat and only two in the latest running of the event. One must remember though, that in the mid 'sixties Surrey boasted the finest distance runners in the country, a fact borne out by victory in the Inter-Counties Cross Country Championship. But as far as the Paarlaf is concerned no-one is the slightest bit bothered about the situation, it being generally agreed that the main point of the race is for the runners to enjoy themselves in a light-hearted Christmas event where despite "professionalism" the first three pairs only receive small token prizes. As Lauriston Runners' General Secretary Dave Beard says,

"The prize for all those involved is the enjoyment in taking part whether actively or helping out or merely spectating".

With the race now well into its 5th decade, long may these sentiments prevail.

1954	L.Bishop (Belgrave) & E.Gebbett (Belgrave)	6m	145y
1955	E.Gebbett (Belgrave) & A.Black (Belgrave)	6m	473y
1956	C.Walker (Belgrave) & C.Henn (Belgrave)	6m	656y
1957	B.Bird (Ranelagh) & B.Nott (Ranelagh)	6m	947y
1958	B.Bird (Ranelagh) & D.Bird (Ranelagh)	6m	528y
1959	L.Woodley (Hercules) & P.Duggan (Hercules)	6m	1101y
1960	G.Pirie (South London) & H.Paice (Mitcham)	6m	985y
1961	T.Caiger (Hercules) & K.Smith (Mitcham)	6m	964y
1962	M.Gowan (Herne Hill) & J.Derham (Herne Hill)	6m	1094y
1963	D.Harvey (Mitcham) & M.Burton (Mitcham)	6m	937y
1964	M.Gowan (Herne Hill) & D.Smallbone (Mitcham)	6m	1162y
1965	P.Millard (Camb. H) & G.Taylor (Cambridge H)	6m	1406y
1966	G.Taylor (Camb. H) & W.Cheeseman (S.Lond)	6m	1067y
1967	* Gerry North (Belgrave) & J.Phelan (Herc.Wimb)	6m	1244y
1968	D.Holt (Herc.Wimb) & C.Harvey (S.London)	6m	1080y
1969	J.Sullivan (Herc.Wimb) & K.Ashby (Herc.Wimb)	6m	969y
1970	D.Holt (Herc.Wimb) & M.Coventry (Mitcham)	6m	867y
1971	W.Curtin (Belgrave) & M.Gowan (Herne Hill)	6m	1040y
1972	J.Bicourt (Belgrave) & M.Shearman (Herc.Wimb)	6m	807y
1973	D.Beard (Herc.Wimb) & K.Hylands (Herc.Wimb)	6m	993y
1974	B.Richardson (B'heath) & K.Ashby (Herc.Wimb)	6m	546y
1975	R.Holt (Herc.Wimb) & J.Phelan (Herc.Wimb)	6m	891y
1976	L.O'Hara (Belgrave) & D.Williams (Surrey)	6m	741y
1977	J.Bicourt (Belgrave) & S.Rowland (Ranelagh)	6m	1027y
1978	D.Clarke (Herc.Wimb) & A.Black (Belgrave)	6m	991y
1979	D.Clarke (Herc.Wimb) & R.Lovegrove (Herc.Wimb)	6m	1023y
1980	J.Gladwin (Belgrave) & S.Williams (Belgrave)	6m	980y
1981	P.Barratt (Ealing & S) & S.Rowland (Ranelagh)	6m	992y
1982	P.Barratt (Ealing & S) & M.Riley (Ranelagh)	6m	1254y
1983	P.Barratt (Ealing & S) & M.Peace (Ranelagh)	6m	878y
1984	D.Clarke (Herc.Wimb) & G.Tiernan (Belgrave)	6m	947y
1985	D.Clarke (Herc.Wimb) & D.Clack (Belgrave)	6m	913y
1986	J.Gladwin (Belgrave) & A.Gayton (Belgrave)	6m	909y
1987	D.Clarke (Herc.Wimb) & R.Figg (Guildford & G)	6m	1131y
1988	P.Clarke (Herc.Wimb) & L.Coy (Belgrave)	6m	631y
1989	J.Gladwin (Belgrave) & D.Williams (Herc.Wimb)	6m	640y
1990	O.Ondoro (Kenya) & A.Reader (Crawley)	6m	420y
1991	S.Harris (Shaftesbury) & M.Ciglia (Herc.Wimb)	6m	548y
1992	M.Bizio (Belgrave) & J.Ryle (Belgrave)	6m	769y
1993	H.Brasher (Hounslow) & P.Parker (Sutton & Dist)	6m	461y
1994	M.Sinclair (Belgrave) & M.Ciglia (Herc.Wimb)	6m	164y
1995	W.Omwoyo (Kenya) & A.Luce (Belgrave)	6m	564y
1996	S.Fairbrother (Boxhill) & D.Anderson (Belgrave)	6m	377y

\* The 1967 race ran for 31 minutes

1996 Belgrave placings:

1, S.Fairbrother (Boxhill)/D.Anderson (Bel) 6m 377y; 4, G.Adams (Bel)/R.Owens (Met.Police) 5m 1655y; 6, D.Beaver (Bel)/M.Doogan (Woking) 5m 1579y; 7, R.Alsop (Bel)/P.Williams (Herc.Wimb) 5m 1547y; 10, S.Paton (Bel)/S.Sinnott (Herc.Wimb) 5m 1588y; 11, M.Bizio (Bel)/J.Outhwaite (Herc.Wimb) 5m 1579y; 16, C.Dickinson (Bel)/M.Jones (Herc.Wimb) 5m 1175y.

### Best times by single club pairs

Nominated teams		Drawn 'A' & 'B' pairings	
Belgrave H	.....	6m 980y	J.Gladwin & S.Williams ..... 1980
Cambridge H	6m 1406y	P.Millard & G.Taylor..... 1965	.....
Hercules AC	6m 1278y	D.Holt & R.Holt..... 1965	6m 532y P.Beard & C.Robinson ..... 1966
Hercules Wimbledon AC	.....	.....	6m 1023y D.Clarke & R.Lovegrove ..... 1979
Herne Hill H	6m 1094y	M.Gowan & J.Derham ..... 1962	6m 782y M.Gowan & K.Kelly ..... 1968
Mitcham AC	6m 1120y	F.Green & M.Dunphy ..... 1965	6m 527y K.Wallis & M.Coventry ..... 1968
Ranelagh H	6m 947y	W.Bird & B.Nott ..... 1957	6m 702y M.Riley & S.Rowland ..... 1984
South London H	6m 843y	S.Skelton & R.O'Mahoney ..... 1964	.....
Thames Hare & Hounds	.....	.....	5m 1122y A.Kennis & K.Donald ..... 1996
Wimbledon AC	6m 1047y	M.Kortenray & B.Oulds ..... 1965	.....
Woking AC	.....	.....	5m 1506y F.Bell & Jane Bell ..... 1984

CHARLIE DICKINSON updates us on the 1996 season of one of Britain's top veteran runners.

## Jim Estall, Belgrave Harriers & England

Most runners are used to high and low points in their career, but few can have experienced such a turbulent season as Jim Estall in 1996. His worst London Marathon performance for many years in the heat of April was followed by weeks of illness and injury. But slowly, Jim picked up the pieces, started to run well again in the summer, and a series of fine Autumn performances saw him selected for the England Veterans Cross Country team for the Home International in Irvine where he won team gold and individual bronze medals.

Perhaps the Marathon disappointment, where he ran 2hr 35min maybe ten minutes slower than expected, was all the worse after such a promising build up throughout the late winter and early spring. Added to his usual consistent cross country performances were a fine 68:15 half marathon, 1hr 50min in the Worthing '20', and his best ever time in the South of England 12-stage at Thurrock after a mid-week 32 minute 10km in the Civil Service Championships.

However, two days before the London Marathon he started to notice a sore throat. He managed to run at 5 min. 30 sec. miles to Greenwich, but then began to slow, reaching half way in 74 minutes. By the end, feeling very unwell and dehydrated in the unusually high temperature, he dropped to 6 min. 15 sec. miles and eventually was just glad to finish. The first place team prize along with Paul Evans, Gary Staines and Junior Galley was at least some compensation for sticking it out but Jim was left ill and deflated for several weeks after the race.

Nor was his recovery helped when he injured his foot while doing some fencing work in the garden. In fact it took him even longer to get over the accident than the effects of the marathon and it wasn't until June that he felt fit enough to race again.

Answering a late call to run the 5000m for the British League team at Cophall, Jim surprised himself by running 15:37 off just a few weeks of steady running and no track work. He followed this with a 15:20 in the Southern league and a progression of excellent midweek VAC 5.2



Photo: Rob Nicholls

mile runs in Battersea Park. In August he ran a solo 26:29, only a couple of seconds slower than Laurie O'Hara's course record. Jim was back with a vengeance. Two weeks later he ran away from the field in the VAC/Belgrave 10000m Championships, breaking the record in 31:31.6, a time which ranked him second M40 in the country.

He then began to think again about the Veterans International cross country to be held in Scotland in November. He had first thought about the possibility of selection back in the previous Autumn after beating the then British veterans cross country champion Barry Atwell in the Surrey Championships in December 1995, and again in the Surrey league in the new year.

The Autumn saw a wonderful series of performances from Jim. 60th in the Great North run in 70:38, an 18:57 relay leg for the senior team at Aldershot in the South of England 6-Stage, a time which would have placed him second only to Mike Gratton if he had run in the Veterans race. Then on October 6th perhaps his finest ever race in the British veterans 10km road championships at Solihull.

Here Jim finished second to supervet Nigel Gates, beating all the rest of the best veterans in the country and running 31:31 on an undulating course. It was here that Jim earned his England vest.

So to Scotland for the Veterans International cross country on November 10th. On a beautiful sunny day on a rich green hilly four lap course overlooking the Isle of Arran Jim was determined to "give it a real go". He did just that, chasing the in form Derek Mullin after the initial mad rush. At the end of the first lap Peter Yeomans had briefly taken the lead but by the time the field reached the awesome hill at the back of the course for the second time Mullin was beginning to pull away from Yeomans and Jim.

Jim Estall showed great determination over the next lap and a half, never giving up the chase, with the first two shorter striding and lighter runners perhaps more suited to the sharply undulating terrain. Eventually, Mike Hager the real tough guy in veteran athletics and leading the England M45 team, came past Jim and finally Yeomans to snatch second place. When it looked as if Jim could still just about catch Yeomans with a quarter of a mile to go he felt his calf muscles tie up and had to settle for fourth.

However, as Hager was an M45, this wonderful performance earned Jim the bronze medal and with the first four England M40's closing in 5th place, the result of the team was a foregone conclusion - gold. The weekend in Scotland was perhaps the highlight of Jim's running career and proof to all of us that we should never give up.



Photo: Jeremy Hemming

Above: British League 5,000 metre duty at Cophall Stadium.

Right: It's August, and Jim runs 26:29 for the VAC 5.2 mile race. The Battersea Park Peace Pagoda has only ever witnessed one faster run - and that by another Belgrave super-vet Laurie O'Hara.

Left: With the Club 10,000 metre Championship just 40 seconds old, Jim has already put his cards on the table



Photo: Jeremy Hemming

