

In this issue:

- 120 Melbourne 2006 – XVIII Commonwealth Games
- 121 Road & Country
- 121 – Dramatic Inter-County win for Greg Billington
- 122 – B&Q Eastleigh 10 km
- 122 – AAA Half Marathon
- 123 Results Roundup
- 123 Skipper's Corner

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MELBOURNE 2006 - XVIII COMMONWEALTH GAMES

Gold at last for Phillips Idowu



Injury and "failure to deliver" were put behind Phillips Idowu at last. A huge leap in round one of the triple jump put the competition beyond anyone else's reach.

Australian Marty Dent had a cracking run in the 3000 metres Steeplechase - first man home after the Kenyan clean sweep – and in his fifth Commonwealth Games Mick Jones went over 70 metres in the hammer to place 5th.

Medals out of reach for Goldie

Goldie Sayers had to be satisfied with 5th in the Javelin competition, unable to get her timing right. She occupied third place after two rounds, with 55.79 and improved her distance to 57.29 with a last effort but on this occasion a 60 metre throw was beyond her and the medals were just out of reach.

Australian Tamsyn Lewis had been involved in a very public pre-Games spat with Jana Pittman but on the track she exited the 400m at the semi-final stage while Jana went on to win the 400m hurdles.

In the men's 400m hurdles, Matt Douglas also made it to the semi-finals, having spent almost the whole of 2005 on the sidelines through a back injury. Matt looked some way short of his best and our Life Member would have had to have been in vintage form to have made the final.

Sprinters in disarray!

In the 200 metre heats Chris Lambert had a lack-lustre run which nevertheless got him into the second round - and then he elected not to start! The UK's sprinters seem to be in complete disarray. But Eneke Udo-Obong was on form for Nigeria, winning both heat and second round and then placing 2nd in his semi-final. The last time he ran for us it was a 49 second British League 'B' 400 in Birmingham, 2003. He's come on a bundle since then! Come the final he couldn't match the Caribbeans but maintained his Melbourne sequence of 20.60 and bits.

Twice a Commonwealth Games medallist, Ben Challenger entered the high jump final at his best height of the winter - 2.15 but couldn't squeeze the next height and wound up 8th. The shot put competition saw Northern Ireland's Eva Massey place 11th.

A brave heptathlon from Julie

Julie Hollman had a brave heptathlon, placing 6th and throwing a best ever javelin after overcoming the near-disaster of two "no jumps" in the long jump. Julie's nerves must have been jangling as she took to the runway for her third attempt, torn between a safe jump and poor points, or an all out effort and risking no points at all.

Mick within four metres of a medal

Defending Champion Mick Jones did himself, his country and his club proud in the hammer circle. At 42 years of age, he is a veteran of five appearances at the Commonwealth Games but nevertheless came away less than four metres from a medal. An opening 69.42m had him in fifth place with the young Canadian James Steacy in the lead at 73.18m. Mick's position didn't change from there on, even though he unleashed a 70m+ effort in the second round. Competing for Nigeria, John Osazuwa had a tremendously consistent competition with four throws over 60m, a distance he was unable to reach last year through having his season disrupted by being on duty for the British Army in the Middle East. John's best of 62.71m came in the penultimate round.

Magic from Marty

The steeplechase was a relatively cosy affair until the chopping and changing resulted in a Kenyan nearly tripping, whereby the trio from the Rift Valley "took off". Only Marty made the challenge to get back, with around 75,000 Australians roaring him on. For a while there seemed a remote chance that he might close in on one of the Africans, but while this proved to be impossible, his effort did draw him clear of the pack and he was delighted with a new personal record of 8:28.98.

Matt Douglas was pulled into England's 4x400m squad and they qualified for the final.



Gold at last from Phillips Idowu

Injury and "failure to deliver" was put behind Phillips at last after a huge leap of 17.45m in round one of the triple jump put the competition beyond anyone else's reach. It's been a long, hard haul since early days in our National Junior League team. On the international stage there have been times when as a favourite, qualification for the final has been beyond him; times when he's led the competition only to have victory snatched away at the last minute. In Melbourne, at last, it all came good.

"I'm surprised with myself," said Phillips, "All the work I've done this year has paid off."

South African Khotso Mokoena earned himself the silver medal with a jump of 16.95m, a full half metre behind. Now that this corner has been turned we look forward to future success as the European Championships in Gothenburg beckon the flamboyant Belgravian.

England's 4x400 metres men just failed to medal, this time without Matt Douglas, while Nigeria's squad placed 5th with Enee Udo-Obong taking charge of last leg. Tamsyn Lewis was part of the winning Australian quartette – after the English team had been disqualified.

Men. 200m: e 7 E Udo-Obong (NGR) 20.69/0.5 (e 2s1 20.72/1.7, d 1q3 20.67/0.2, 1h4 20.82x/2.3); -q4 C Lambert dns (5h2 21.20/0.7). 400mH: d 7s2 M Douglas 50.56 (c 3h4 50.71). 3000mSC: f 4 M Dent (AUS) 8:28.98. HJ: d 8 B Challenger 2.15 (2.15-xo, 2.20-xxx) b 8=Q 2.10 (2.10-o, 2.15-xxx). TJ: 1 P Idowu 17.45/0.2 (17.45/0.2, 17.18/0.4, x, x, x, x). HT: f 5 M Jones 70.09 (69.42, 70.09, 69.33, 68.74, 38.55); 8 J Osazuwa (NGR) 62.71 (60.37, 60.55, 60.50, x, 62.71, 59.48). 4x400m: g 5 NGR 3:02.16 (Laval, Godday, Welgopwa, E Udo-Obong); f 2h2 ENG 3:03.91 (Steele, Rooney M Douglas, Tobin).

Women. 400m: b 4s3 T Lewis AUS 52.88 (2h5 a 53.21). SP: d 11 E Massey (NI) 14.95 (14.49, x, 14.95). JT: a 5 G Sayers ENG 57.29 (50.96, 55.79, 54.75, 54.07, 52.85, 57.29). Hept: c/d 6 J Hollman 6002 (13.85/0.5, 1.82, 11.63, 24.82/0.6, 6.17/-1.8, 42.80 [UKAT 53], 2:19.09). 4x400m: 1 AUS 3:28.66 (Pittman, Willis T Lewis, Hayward).

Road & Country

Inter-Counties/World Cross Trials/UK Cross Challenge, Wollaton Park, Nottingham, 11 March 2006.

Dramatic Inter-County win for Greg Billington

Threatened snowfall failed to materialise and it was a friendly Wollaton Park, with sunny periods and little wind, that welcomed cross country fans for the final major fixture of the season.



Greg Billington (2333) - into the top four and on course for the biggest major win of his young athletic career. He was Suffolk's first ever male winner of an Inter-Counties Cross Country Championship.

U17 Men's 6 km

What a dramatic race! Sixteen year-old Greg Billington has been unbeaten in Europe and the UK this winter - and gave a terrific account of himself in a race in the USA where he was way among the youngest in his race. Here at Wollaton Park he was back in the 20s - maybe 30s - after climbing the first hill, then worked his way through the field ... into the top four ... and then the top two as he fell in behind Ricky Stephenson (North East). It was commented by onlookers that Greg seemed to fall away each time the hill was tackled, but nevertheless, he always got back. At 5k the hill was ascended for the last time before the runners disappeared behind a clump of trees and at this point, it has to be said, Stephenson looked as if he was going to claim the victory as the gap reached its largest extent - about six metres.

What we didn't know was that Greg's coach Mick Graham had advised him to hold back on the hills - take them as comfortably as possible - and then burst back at the top to hurt his opponent while he was feeling the effort. It worked a treat. That last kilometre saw Greg take a lead that Stephenson could do nothing about - and as the Belgravian stretched away, the North-Easterner faded - and then dramatically collapsed with only a couple of hundred metres remaining. He didn't finish in the top ten and we have a feeling that he didn't finish at all. He had literally run himself to a standstill in an effort to break away.

Greg's winning margin was 12 seconds - and he seemed quite at ease in spite of this titanic struggle. Mick was delighted with his protege - and Suffolk had claimed their first ever male win at the Inter-Counties in a time which equalled the course record.

1 G Billington (Suffolk/Belgrave) 20:30.



Kris Gauson (1530) in the colours of Scotland East is in the front rank of the U20 Men's 8 km race. The eventual winner was Lee Carey (1597 Warwickshire) from Adam Hickey (1359 Essex) with Kris 6th and therefore qualifying for the GBR team to go to the IAAF World Champs in Fukuoka, Japan.

U20 Men's 8 km

The very first race of the day had seen Belgrave action as Kris Gauson, running for Scotland East and gunning for a GBR World Cross team place, was prominent from the very start of the Under 20 Men's 8k. Kris spent the initial lap in the front rank but when Lee Carey and Adam Hickey's duel for the victory got serious, the pack broke up and Kris found himself hanging on in around 6th place. He was never in danger of slipping further and as the race drew to a conclusion he was as strong as anyone and closing on fourth and fifth positions. As a result of this fine run he eventually got the nod from the selectors.

U20 Men's 8 km. 1 L Carey (Warwickshire) 26:07; 6 K Gauson (Scotland East/Belgrave) 26:40.

Senior Women's 8 km

As befits her consistent high placing in every race throughout the winter, Sarah Murphy contributed greatly to Surrey's cause in the Senior Women's race. Hattie Dean of Oxfordshire stormed away, with our adopted member Gemma Phillips holding on to fourth this time, as opposed to her "National" placing of 2nd.

1 H Dean (Oxford) 28:52; 4 G Phillips (Cumbria) 29:20; 87 S Murphy (Surrey) 32:22. Teams: 1 North East 206; 2 Yorkshire 235; 3 Nottinghamshire 296; 8 Surrey 365.



One lap into the Senior Men's 4 km race and the front rank includes Mark Warmby (4934 Newham & Essex Beagles), **Jonathan Blackledge** (4880 Belgrave), Steve Vernon (4933 Stockport), Tom Payne (4913 Birchfield), **Chris Moss** (4907 Belgrave), **Darren Gauson** (Belgrave, behind Moss), Angus McLean (4909 Team Southampton), and just obscured behind McLean is Chris Thompson (Aldershot F&D).

Inter-Counties CC Champs continued ...

Senior Men's 4 km

Jonathan Blackledge had been tipped as an outsider in the pre-race review - putting a little more pressure on his young shoulders - but as the UK Cross Challenge 4 km winner in Cardiff, there certainly was the chance of an upset. In fact three Belgravians - Jonathan, Chris Moss and Darren Gauson - were heavily involved in the race, and Alasdair McLean-Foreman wasn't far away either. In spite of eventually winning at Cardiff, Jonathan had let the leaders gain an advantage in the middle section of the race but, gaining in confidence, that didn't happen here, and into the last kilometre it was impossible to say who would win. With only 200 metres to go Essex Beagle Mark Warmby, now advised by our own Gary Staines, gained mastery, with Aldershot's Chris Thompson fighting to get into the top six. Jonathan's hard won fifth place was superb - his best race yet. Only three from this race were to gain World Cross selection, and Jonathan ended up second reserve. Poor "Mossy" gave everything, still going for the win when 1 km out, but he "died" in the last quarter of the race and lost several places on the run in.

1 M Warmby (Newham & EB) 12:23; 5 J Blackledge (Belgrave) 12:26; 15 C Moss 12:48; 17 D Gauson (Scotland/Belgrave) 12:52; dnf? A McLean-Foreman (Belgrave).

Senior Men's 12 km

David Anderson got the call-up from his North East Counties Team Manager while Phil Wicks donned the "old gold" colours of Surrey. A powerful start by Phil saw him in 18th place when the field settled into the first circuit, with David just inside 30. Tom Humphries of Staffs made most of the running in the middle of the race with the experienced Dominic Bannister alongside Phil prior to working his way slowly towards the front - and an eventual win. Phil dropped a couple of places with each lap and didn't look quite right. It transpired that he was suffering from a bad blister and while Phil's position climbed into the 20s, David slowly came forward - until he sprinted past in the final straight to become our first man home.

1 D Bannister (North East) 38:12; 23 D Anderson (North East/Belgrave) 39:34; 27 P Wicks (Surrey/Belgrave) 39:41. Teams: 1 Yorkshire 144; 2 Lancashire 235; 3 North East 264; 4 Surrey 287.

B&Q Eastleigh 10k (inc. CAU Inter-Counties Champs)
19 March 2006

Bels B&Q it

In spite of a strong headwind on the outward leg of the journey, 5k came up in 14:55 with Mays (Kent AC), Wardle (London Irish), Maclean (Team Southampton) and Phil Wicks making up the leading bunch. Richard Ward was suffering though - he'd bought a new pair of shoes at one of the race stalls and found them much too tight; wisely he called it a day. Maclean got away around the final loop but Phil was on for a great run, pulling back Mays right to the finish and clocking a huge personal record.

Jonathan Blackledge had been feeling "low" since the 4k World Cross Trial seven days earlier (he was second reserve for Fukuoka) but in spite of a week off, he also ran to a best ever time, chased by Tim Watson - back from a few weeks in South Africa.

Hassan Raidi has missed almost an entire winter due to a back problem but a few weeks training have seen him come on quickly - while down the field our 400m hurdles star Ryan Dinham was bested by M60 Rex Bale! Ok, so Ryan, sponsored by B&Q, was out for a Sunday jog - but he still goes onto the ranking list.

1 A Maclean (Team Southampton) 29:47; 2 J Mays (Kent AC) 30:00; 3 P Wicks 2nd I-C 30:02; 7 J Blackledge 30:31; 8 T Watson 30:43; 14 H Raidi 31:28; 211 R Bale M60 41:45; 215 R Dinham 41:50; R Dinham 41:54; R Ward dnf; 720 finished

Teams: 1 Belgrave 32; 2 Team Southampton 60; 3 Kent AC 102; 20 teams closed in. Inter-County: 1 Surrey 15; 2 Hampshire 19; 3 Lancashire 20.

AAA Half Marathon, 19 March 2006.

Birhan wins AAA Half Marathon title

March is Half Marathon season as distance runners clock up long hard races as part of their preparation for the London Marathon, now just over a month away.

For some reason or other the men's and women's championships were split this year, with the men at Silverstone and the women at Liverpool. Of the Belles only Birhan Dagne travelled to the North West but she made her presence felt as she took the national title with a clear win, taking the lead after four miles. She was pleased to have won but was disappointed with the time.

Medals again for the Men

At Silverstone a cold wind kept the temperature down to just 2 degrees, somewhat colder than Andrew Swearman had been used to recently during his three week training stint in Kenya. Tipton's Matt Smith led through the first mile in 5:11 and close behind was a group including Kassa Tadesse (no longer Belgrave) and Andrew. By three miles (15:10) Newham's Dave Mitchinson was in control. Andy had dropped back a little now but still went through 10km in around 31 minutes - before pulling out.

At the end, the team result was confused by the presence of the non-Belgravian Kassa (wearing a club vest) and Joachim Wolf (not wearing a club vest), but when it was all sorted out our Skipper was well backed up by Tom Hadfield and Warren Lynch and we claimed our fifth consecutive set of AAA Half Marathon medals.

Silverstone. Men. 1 D Mitchinson 1:07:08; 9 W Cockerell 1:12:54; 11 T Hadfield 1:13:44; 13 J Wolf 1:14:06; 15 W Lynch 1:14:45; 39 M Humphrey 1:20:27. Teams: (unofficial) 1 Shaffesbury Barnet; 2 Newham & Essex Beagles; 3 Belgrave H.

Women. 1 J Craft (Herdington) 1:20:36; 7 L Cooper 1:27:42.

Liverpool. Women. 1 B Dagne 1:15:01.

Results Roundup

Indoor Track & Field

March 2006

- 4-5 **AAA U20 Champs., Birmingham.** Men. 60m: b 1 H Aikines-Ayreytey 6.67 [UKAT 4=] (1s3 6.82, 1h2 6.99); 4 W Bennett-Jackson 6.83. 200m: a 2 W Bennett-Jackson 21.53 (1s2 21.72). 400m: b 4 G Selway 49.33 (s 49.21). PV: a 2 J Ive 4.70.
- 5 **Windsor SE&H Open, Eton.** Men. 60m: Series 3. 2r1 M Debrah U20 7.36.
- 5 **IC4A Champs, Boston USA.** Men. 1000m: 1 T Bayley 2:23.57.
- 10 **IAAF World Indoor Champs, Moscow RUS.** Men. 400m: 5h1 D Gillick 47.61. 1500m: 5h2 N Speaight 3:41.99.
- 11-12 **Midland Champs., Birmingham.** Men. 60m: b 4 P Doorgachurn 7.15. 200m: 2 P Doorgachurn 22.32.
- 11-12 **Surrey County Champs, Sutton.** Senior Men. LJ: a 1 R Danso 6.51. U20 Men. 60m: a 4s1 M Debrah 7.37 (2h3 7.43). PV: 1 J Ive 4.85 (CBP). U17 Men. 60m: b 1 A Mohammed (7.20 (1s1 7.23, 1h2 7.32). U13 Boys. 60m: b 1 A Campbell 8.85. Senior Women. 60m: a 3 C Foster 8.26. TJ: a 1 S Wellstead 11.31.
- 12 **National Scholastic Champs, New York USA.** Men. 1 mile: heats T Bayley 4:05.56.
- 15 **WMA Champs., Linz AUT.** M50. SP: 1 M Small 14.63.

Outdoor Track & Field

March 2006

- 8 **Watford Open Meeting.** Men. 300m: 1 D Campbell 37.10.
- 9 **Melbourne Track Classic, Melbourne AUS.** Men. LJ: 5 P Idowu 7.78w/2.5.
- 12 **Bendigo AUS.** Men. TJ: 1 P Idowu 17.06w/2.8. HT: J Osazuwa 59.28. Women. 200m: 7r2 J Hollman 24.45/1.6. 100mH: 2 J Hollman 13.81/1.9.
- 12 **Thurrock Open, Grays.** Men. JT: 1 J Everard 62.00.
- 12 **WMA Champs., Linz AUT.** M40. DT: 1 K Brown 48.53.
- 19 **Kingston & Poly Open, Kingsmeadow.** Men. 150m: 1 C Minn 17.06w/3.9. 300m: 2r1 C Minn 38.11. JT: 1 J Everard 62.97. U20M. 100m: 2 L Sargeant 11.69/1.9. 150m: 1 L Sargeant 17.15/1.8. 300m: 2 D Campbell 37.74. U13B. 100m: 3 A Campbell 14.26/1.3. 150m: 3 A Campbell 21.98w/4.5. U20W. 3r1 J Fitzpatrick 22.77w/4.4.

April 2006

- 1 **Stanford CA USA.** 1500m: 4r1 T Bayley 2:41.66.

Race Walking

March 2006

- 5 **LPR 9 km, Blackheath.** Men. 1 P Barnard (Castle P) 47:18; 3 C Lawton M55 52:47.
- 11 **Enfield & Haringey League 5 miles, Enfield.** Men. 1 N Silvester (Aldershot F&D) 40:12; 3 J Hall M55 41:35. Women. 1 M Noel W40 48:29.
- 12 **Molly Barnett Meeting, Coventry.** 10 kms C Lawton 55:44.
- 17 **World Indoor Veterans Champs, Linz Austria.** 3kms: M55 1 U Schaedder GER 14:33.01; 5 J Hall 14:45.36. M75 1 J Starr USA 18:59.69; 2 D Fotheringham 19:00.56.
- 18 **Cambridge Harriers League, Bexley.** 1 J Tomlins (Dartford) 24:40; 4 C Lawton M55 27:19; 6 P King M50 28:30. Overall result. 1 S Uttley (Ilford) 6; 2 C Hobbs (Medway) 8; 3 C Lawton 11.
- 25 **SRWA 20 km, Imber Court.** Men. 1 N Ball (Steyning) 1:34:20; 4 J Hall M55 1:50:18; 9 C Lawton M55 1:58:53; 11 P King M50 2:01:01. Teams: 1 Belgrave 69; 2 Ilford 66. Women. 1 S Foster (Dartford) 1:56:51; 2 M Noel W40 2:07:16.

April 2006

- 2 **LPR 9 km, Blackheath.** 1 S Uttley (Ilford) 48:43; 3 C Lawton M55 50:09.

Road & Country

January 2006

- 15 **Wendover Multi-Terrain 5 miles, Chiltern Hills.** 1 R Elmore (Leighton B) 24:26; 83 P Cross 40:53; 268 finished.
- 29 **Barretts Canterbury 10 miles.** Men. 1 B Royden (Medway &M) 53:31; 22 M Kazimierski 1:00:55; 110 P Cross M50 1:12:31; 563 finished. Women. 1 K Mackenzie (Barnsley) 1:04:02; 9 A Walker 1:08:23; 299 finished.

February 2006

- 5 **Ashford & District 10 km.** Men. 1 J Creane (Folkestone) 33:24; 88 P Cross M50 42:18; 508 finished.

- 26 **Tunbridge Wells Half Marathon.** 1 J Rendall (Tonbridge) 1:13:56; 301 P Cross M50 1:41:01; 1089 finished.

March 2006

- 5 **Science In Sport 10 km, Dunsfold.** 1 P Freary 32:16; 77 P Cross M50 43:36; 465 finished.
- 5 **London Heathside 5 miles, Finsbury Park.** 1 K Cullen (Highgate) 24:25; 6 M Humphrey 28:02.
- 5 **Berkhampstead Half Marathon.** 1 A Reeves (Serpentine) 74:36; 4 W Lynch 76:16; 8 B Barton 2nd-M40 78:49.
- 5 **BMAF CC Champs, Bournemouth.** 1 G Hull (Leeds) 24:57; 18 R Alsop 26:34.
- 12 **Hastings Half Marathon.** Men. 1 M Coleman (Medway &M) 1:06:40; 480 P Cross M50 1:36:21; 3410 finished. Women. 1 B Dagne 1:15:50.
- 12 **Milton Keynes Half Marathon.** Men. 1 M Muriithi (unatt) 1:07:30; 3 A Swearman 1:10:50; 1818 finished.
- 12 **Brentwood Half Marathon.** Men. 1 C Bloomfield (Billericay) 1:10:50; 2 J Clarke 1:11:20; 10 M Humphrey 1:17:14; 1034 finished.
- 18 **Tom King Half Marathon, Nashville TN USA.** Women. 1 C Berry 1:16:11.
- 19 **Bath Half Marathon, Liverpool.** 1 C Mutwa (Kenya) 1:12:45; J Clark 8-W40 1:24:41; H Smethurst 10-W40 1:25:40.
- 19 **Fleet Half Marathon.** Women. 1 D Coslett (17 P&M) 1:18:47; 4 N Neal 1:24:05.
- 19 **South Leeds Stadium 5 miles.** Men. 1 M Warmby (Newham &EB) 24:29; 3 P Willis 26:43.
- 19 **World Masters Athletics Championships, Linz, AUT.** M35 Half-Marathon. 1 P Freary 1:08:21.

Skipper's Corner

Anyone connected to the Bels this century has enjoyed our rise to the top of British road running, but now we wonder, oh crystal ball, how long will it last? I've no idea. All I know is that our road relay teams invariably seem to include one whom I believe to be the greatest relay-runner in British athletics history.

Oh, so we're fielding Dave Moorcroft now are we? Well, not as such. You've gotta be winning the big ones to qualify as great in my book, and despite Moorcroft's stunning times, he has recently penned an article about one of the big regrets of his career: that he never tasted victory in the National 12-stage. Have we poached Chris Davies, then? Nope. Davies, as we know, is a master relay man, but runs without pressure and – through no fault of his – has never tasted gold.

Can you guess who it is yet?

Enough red herrings. My vote is for three reasons: this man *never* has a bad run, he causes utter mayhem on his stages, and is simply drowning in gold medals. In 21 relay runs for Belgrave, I reckon he's had 13 excellent runs, 7 good ones and 1 mediocre. (And the latter comes when, in cricket parlance, he came into bat when the match was lost, had a slog, and was caught on the deep mid-wicket boundary). As Rolf Harris might say: can you guess who it is yet? Of course you can. Here, for your viewing pleasure, is the legendary Stephen Sharp's relay record for Belgrave Harriers, since September, 29, 2001. (Times in order of speed):

Stephen Sharp's Road Relay Record (as at early March 2006)

Event	Time	Team				
AAA 6-stage	17:23	won	SEAA 12-stage	16:00	won	
	17:26	won		16:21	won	
	17:31	won		16:22	won	
	17:36	won		16:33	won	
	17:40	won		14:56	won	
AAA 12-stage	14:08	won	ECCA 4-stage	15:07	2nd	
	14:11	won		15:16	8th	
	14:14	2nd		TVH relay	16:57	won
	14:24	won			17:19	won
SEAA 6-stage	17:57	won	Played 21			
	18:10	won		Gold 17		
	18:15	won		Silver 2		
	18:16	won		Bronze 1		
	18:21	3rd				