



NATIONAL CROSS COUNTRY RELAY CHAMPIONS – 2007

A third National title of the Autumn season came Belgrave's way at the end of a riveting race at Berry Hill Park, Mansfield. It was only the second time in our history that we've managed to pull this one off. Left to right: Mark Pollard (stage 2), Stephen Sharp (1), Phil Wicks (4), Mark Miles (3).

In this issue:

- 47 National Cross Country Relay.
 - 48 "Sweatshop" Surrey Men's CC League – Match 2.
 - 48 Surrey Women's CC League – Match 2.
 - 48 South of Thames Cross Country Champs.
 - 48 Obituaries: Fred Paget 1930-2007, Dave McMullen 1920-2007.
 - 50 News: George Beecham M.B.E., Bels back in the Rosenheim ... and the Southern League, Welcome.
 - 51 From The Belgravian – 50 years Ago: County 10 mile Walks, R.W.A. 10 miles Championship, Southern Cross Country, This Is Your Life.
 - 52 Results Roundup.
 - 53 Chrissie Wellington wins World Ironman Champs.
- Contributors in this issue: Alan Mead, Eric Hall

ECCA National CC Relays,
Berry Hill Park, Mansfield, 3 November 2007.

A Sweet Victory at Berry Hill

"Well done Belgrave!" "Good race lads!"

As the two Belgrave teams warmed down together, once the race was over, they accepted the acclaim with justifiable pleasure. The National Cross Country Relay is one of the hardest titles to win. Quite a few clubs can turn out four fast men, while on the other hand just one slightly below par effort in a foursome can be the difference between a team medal and tenth place. It had been a great race of very high standard with the lead chopping and changing; and it had been a day for keeping one's nerve as our team were off the front but holding

... and then building ... a lead on rival quartets who were behind but sure to come good on the final circuit.

The start/finish had been moved along the course a little and although we were assured that the overall distance remained the same, one couldn't help thinking that, as the finishing runners had to keep going to the timing mat, a few metres may have been added on to each stage. The ground was firm and dry, the air was balmy and the sun shone brightly – were we really into November?

Flying feet and jabbing elbows

As normal the start was ferocious and out of the maelstrom of flying feet and jabbing elbows it was the Bristol & West and Gateshead vests showing ahead with Windsor's James McIlroy and Stockport's Steve Vernon in the second rank; but Stephen Sharp was close at hand, sparring with Andy Baddeley of Harrow and half a dozen others in the tightly bunched mêlée. Steve had recently taken a few days out of training with a cold but, relishing his task of getting us off to a good start and enjoying his new role as Running Vice-Captain, there was no way he was going to give less than his best. It was only on the sprint up the final climb that his lungs began to fail to suck in enough oxygen, but he was across the timing mat in 6th place in his second best time for the course. Harrow had grabbed a handy lead but none of the teams ahead of us were expected to be the ones to worry about. The Beagles were in 15th (+15secs), Leeds were 17th (+17), Wells City 19th (+17) and Aldershot 30th (+34); absolutely no room for complacency though, for the equally dangerous Sale, Bedford and Notts AC men were breathing down Stephen's neck.

We now believed we could do it

Mark Pollard was disappointed with his form at the SEAA 6-stage road relay and had to attend Sutton Park for the national event as reserve. But he quietly bided his time on the periphery of the A team – and then grasped the opportunity to move into the scoring four at Mansfield when first choice Jonathan Blackledge had to pull out due to blisters that had turned septic after the Great South 10-miler. We needed Mark to hold steady in the face of the expected attack from Wells City's Ben Tickner and the Beagles' Keith Gerrard; as long as we were more or less on terms with those two teams at the end of the stage we felt that our chances of winning would be kept alive.

More or less on terms? Mark was awesome as he turned on a "gutsy" display and did far more for the team than we were asking. He was the key to our eventual success. Four of the teams ahead fell back ... and behind ... but while this was going on, our man was involved in a titanic battle to try to hold on to Matt Janes of Bedford, who were beginning to raise a few eyebrows, while the experienced Peter Riley of Leigh also came past. Harrow had extended their lead and were now 33 seconds ahead of us but – good old Mark – Leeds and the Beagles, although shooting up through the field, were still around half a minute behind. With Mark Miles next we now believed we could do it – unless we'd underestimated Harrow and Bedford.

And then of course there was Notts AC! With in-form Billy Farquharson next up for them, was this going to be their day? Mark Miles set off with five seconds in hand over Billy but before long the Notts man was on him and they fought tooth



Above: Phil Wicks' 14:46 on the final leg was on a par with Gary Staines run in 1996 and the efforts by Dave Anderson and Spencer Barden in our record breaking run of 2003.

and nail along the twisty paths in the woods, up onto the plateau, over the switchback and off round again. During this struggle the Harrow and Bedford men came back to them and it was now Notts in the lead – were they going to live their dream? Mark's legs began to buckle over the last, difficult, 400 metres but he just would not give up and at the final take-over it was Notts, less than a second ahead of Belgrave, with Bedford not two seconds behind. Leeds were now up to 4th, 25 seconds off the front, and with Dave Webb to come still had a remote chance, but for Wells City and the Beagles the gap was now impossible to bridge barring accidents.

Pressure .. but a fabulous performance

It now remained for Phil Wicks to do the business while behind him men were trying to gun him down. He might be talented, but make no mistake, there's a lot of pressure when being put into this position. We'd already done it to him at Sutton Park and were now asking him to step up again. Good job he seems to thrive on it!

Phil pounced on Notts' Ian Boneham and then drove on hard in his quest to keep the chasers at bay. It had all worked out to perfection. Leeds were charging forward now. They surely couldn't catch the Bels but Notts and Bedford were both in Webb's sights. Wells City had also saved their master-blaster Frank Tickner 'til last and Moumin Geele was turning in a sub-15 for Newham & Essex Beagles but their attacks were in vain.

Up front it was a fabulous performance from Phil who never looked in any sort of trouble, his time being on a par with Gary Staines' 14:43 from 1996 and David Anderson's 14:42 set during our record breaking run in 2003. Behind, however, it was all change, as Leeds not only broke into the medals but also made sure that they were going home with nothing less than silver. Great running came from Bedford & County who were rightly delighted to have earned national bronze medals – but one had to feel sorry for Notts AC who had made such a bold bid for the win yet ended up out of the frame.

Men's 4x5 km: 1 Belgrave H 1:00:04.10; 2 Leeds City 1:00:22.45; 3 Bedford & County AC 1:00:29.95; 4 Notts AC 1:00:31.15; 5 Well's City H 1:00:32.50; 6 Newham & Essex Beagles 1:00:38.65; 7 Bristol & West AC 1:01:04.50; 8 Aldershot, Farnham & Dist AC. 1:01:08.35; 9 Sale H 1:01:39.30; 10 Tipton H 1:01:59.55; ... 36 Belgrave H 'B' 1:05:14.10.

A – S Sharp (team position 6) 15:05.30; M Pollard (4) 15:08.45; M Miles (2) 15:04.55; P Wicks (1) 14:45.80.

B – N Speaight (45) 16:07.35; P Burkart (34) 15:59.25; N Goolab (31) 16:09.20; J Fairbourn (36) 16:58.30.

Fastest: F Tickner (Wells City H) 14:25.80; M Skinner (Blackheath & B) 14:33.85; D Webb (Leeds City) 14:39.65; P Riley (Leigh) 14:42.15; P Wicks 14:45.80; M Geele (Newham & Essex Beagles) 14:48.10; A Baddeley (Harrow) 14:49.00; A Bowden (Harrow) 14:51.65; C Parr (Gateshead) 14:51.75; T Minshull (Trafford) 14:51.90; S Vernon (Stockport) 14:52.20; P Nicholls (Tipton) 14:52.35; D Bannister (Shaftesbury B) 14:54.65; A Vernon (Aldershot F&D) 14:55.90; M Watson (Bingley) 14:56.05; M Janes (Bedford & C) 14:58.25; B Tickner (Wells City) 14:57.80; B Farquharson (Notts) 14:59.45.

“Sweatshop” Men's Surrey CC League, Race 2, Wimbledon Common, 10 November 2007.

Young men make their mark

Well, this team had a different look to it ... but as far as the result was concerned it was “no change”. For their home match Thames turned out a squad that was too good for the rest. The Bels might have challenged with two more strong runners but colds and injury ruled out a couple of men and in the event five new faces were into the scoring ten as compared with the opening match.

The Sharpman was supposed to be taking it easy on the first lap before coming through on the second; as it turned out he was well up there all the way through. Ok, one might have expected that, but not on the agenda was the forward running of 17 year-old Nick Goolab, training partner of “Sharp” and

cruising home in 11th, scoring 10th. Nick is right at the bottom of the U20 age group but will surely feature in the Championship events the other side of Christmas. And he wasn't the only young man to keep the more experienced men on their toes, for improving another 10 places on his October outing was 20 year-old James Fairbourn - still with only a couple of years of running behind him yet beginning to see a pathway into our major teams.

And yet another 20 year-old made his Surrey League debut. Joe van der Toorn has been active for us on the track over 800 metres but in this, only his second cross country race since the age of 15 (the first was the previous week's "Hellrunner" 8 miles,) he comfortably got into the scoring 10.

But it was also a day for old favourites as The Skipper just kept clear of a seriously improving Neil Speaight (up 26 places) while it was good to welcome Kassa Tadesse back into the fold. Lee Greatorex and Tim Weeks both improved more than ten places ... and aren't we pleased that veteran Steve Zealey turned out to close in the team!

Unfortunately both Tom Ellacott and Warren Lynch had to come out of the race with calf muscle problems. Hopefully they'll both be injury free soon.

1 H Lobb (Thames H&H) 28:42; 2 S Sharp (Belgrave) 28:48; 3 P Rogers (Reigate P) 28:53; ... 11 N Goolab U20 30:07; 13 W Cockerell 30:23; 14 N Speaight 30:30; 24 K Tadesse 31:19; 28 J Fairbourn 31:32; 31 L Greatorex 31:39; 36 J van der Toorn 32:01; 37 T Weeks 32:04; 78 S Zealey M40 34:12; 88 R Norville 34:52; 102 A Marek 35:52; 122 R Merrick 37:11; 131 M Taylor M40 38:01; 141 P Cross M50 39:10; 149 M Humphrey 39:54; 159 L Rehn 41:28.

Overall. 1 Thames Hare & Hounds 154; 2 Herne Hill H 227; 3 Belgrave H 255; 4 Ranelagh H 331; 5 Reigate Priory 508; 6 Hercules Wimbledon 534; 7 South London H 632; 8 Guildford & Godalming 642; 9 Wimbledon Windmilers 812.

Overall. 1 Thames Hare & Hounds 357; 2 Herne Hill H 447; 3 Belgrave H 518; 4 Ranelagh H 637; 5 Hercules Wimbledon 1063; 6 Reigate Priory 1127; 7 South London H 1212; 8 Guildford & Godalming 1305; 9 Wimbledon Windmilers 1524.

Women's Surrey CC league, Race 2, Cranford, 10 November 2007.

Belles crash at Cranford

For the first time in a long while the Belles failed to turn out a full team of five and suffered the penalty of having the maximum scoring points added to their score. So in spite of Sarah Murphy's continued forward running the team crashed to =14th on the day and tumbled down the league table from 2nd to 7th.

There was good news in the Under 15 age group, however, where Megan Evans moved up from 10th in match 1 to 3rd here. Jo Foxley made a similar dramatic improvement and as a result they placed 7th as a team. Just a couple more girls in this age group and we could be challenging for a team win!

Senior Women. 1 A Braham (Thames H&H) 19:57; 2 L Hasell (Thames H&H) 20:08; 3 E Nelson (Epsom & E) 20:29 ... 5 S Murphy 21:11; 17 E Fogg 22:26; 47 C Eastham 24:32; 109 J Beecroft 28:26.

Teams. 1 Thames H&H 72; 2 Herne H 79; 3 Ranelagh H 84; 4 South London H 133; 5 West 4 161; 6 Stragglers 214; ... =14 Belgrave H 332.

Overall. 1 Ranelagh H 163; 2 Herne Hill 195; 3 Thames H&H 303; 4 West 4 308; 5 Stragglers 333; 6 South London 386; 7 Belgrave 425; 8 Dulwich R 436 ; 9 Reigate P 454; 10 Dorking & MV 472.

Under 15 Girls. 1 G O'Leary (Sutton) 18:08; 3 M Evans 18:56; 14 J Foxley 21:32.

Teams: =1 Guildford & G and Herne Hill H 37; 7 Belgrave H 134 (6th overall).

South of Thames CC Assoc. Champs., Nork Park, Banstead, 15 December 2007

South of the Thames Silver

After a quiet couple of weeks nursing a calf problem, Phil Wicks fancied a tester and made a late decision to turn out at

Nork Park - a four lap course with a 500m lead in and finish alongside the football pitches. Sadly we'd lost half a dozen men in the week before the race and were therefore not going to be quite as competitive as we'd have liked.

It was as if "Wicksy" had been fired from a cannon as the runners set out. Any other pretenders to the title gave up their claim immediately as he'd stolen a 40 metre lead by the time the length of two football pitches had been travelled. Paul Rogers of Crawley and our own James Kelly led the rest of the charge and when the first lap had been completed these two were still locked together with Phil now 40 seconds ahead.

Herne Hill were already in command of the team race, unable to match the Belgrave fire power at the front of the race but packing their scoring six into the top twenty with spare men backing up close behind. James Fairbourn had made a bold start while Mal Byansi, Knut Hegvold and Tim Weeks completed our six.

Two laps gone and Phil was lapping the tail-enders. Rogers had moved away from James K but James F was holding on to a place inside the top dozen and both Knut and Tim were moving through well - and a lap later it was a similar story except that a slightly uncomfortable looking James Kelly had now been overtaken by Connor of Kent AC.

And so to the finish where Phil's final winning margin was 70 seconds. It's relatively rare for a man to defend his title in this event, the last man to do so being Horsham Blue Star's Rowland in 1982-3. James Kelly had found some of the downhill stretches unpleasant as the ghost of an old Achilles tendon injury visited him but, cock-a-hoop with his best ever run, was James Fairbourn - still fighting for places as he entered the finish funnel.

Looking completely composed, Tim Weeks was closing down on Knut and Malachi who had themselves come through the field in the latter stages. And a special word for Richard Merrick: under the impression that he was our twelfth man (in fact we only started ten) a flat car battery failed to deter him, and travelling by bike and train to the venue (leaping the barrier at Clapham to save time), he warmed up by pedalling furiously on the three mile climb from Ewell to Banstead.

7.5 miles. Men. 1 P Wicks 32:54; 2 P Rogers (Crawley) 34:05; 3 J Connor (Kent) 34:37; 4 J Kelly 34:51; 12 J Fairbourn 36:22; 25 K Hegvold M40 37:21; 27 M Byansi 37:43; 29 T Weeks 38:09; 65 S Zealey M40 41:35; 80 C Hobbs 43:24; 85 R Merrick 44:20.

Teams: 1 Herne Hill H 65; 2 Belgrave H 98; 3 Brighton & Hove City 110; 11 teams closed in.

12 to score: 1 Herne Hill H 373; 2 Brighton & Hove City 406.

Obituaries

FRED PAGET 1930-2007

Fred Paget died in hospital after collapsing at his home on Tuesday 4th December. He had been receiving treatment for a serious illness, diagnosed a few months earlier, but was working his way through the treatment with the support of Belgrave colleagues and on the day of his death had spent the morning walking over beloved running country in Richmond Park with club mate Graham Parr.

A popular and regular member of the "Saturday afternoon crowd," Fred's presence at our club house was far more than a once a week affair. Anyone calling in at Belgrave Hall at any time of the day was liable to find him sweeping up some corner, putting the dustbins out, exercising on the machines in the gym, or just generally keeping an eye on the place.

Fred was a rather quiet and private man but his company on runs across Wimbledon Common and into the Park was special and with a twinkle in his eye he would invariably

throw some droll remark into the sort of conversations that runners have until they reach the ten mile mark.

Born on 28th May 1930 into a large family, Fred was evacuated to Wales during the Blitz in World War Two. Apparently he had a fairly unhappy time of things but far worse was in store for him as, while he was away in the West, his London home was bombed and both parents killed.

As an active young man he was keen on sport, his first competition involving sculling on the Thames but he eventually gravitated to running and membership of Belgrave Harriers. Fred competed on the track, road and country and travelled to Germany on an athletic tour with the Club in 1963.

Fred disappeared from the Belgrave scene for a while in the 70s, travelling the world and spending a good deal of time in New Zealand, Australia and South Africa before turning up at the club house again in 1983. He was greeted by one of the old codgers of the day with the words: "Hello Fred. Been on your holidays?"

For his continued service to the club Fred was elected a Life Member in September 2007. He was very proud of this honour - and it was a shame that he was unable to enjoy it for longer.

ARM

DAVE McMULLEN 1920-2007

A regular member of our race walking teams over many years, Dave McMullen died in September 2007.

Born on 8th September 1920, Dave became a Belgravian on 1st February 1940. He and his father Dick, who had been a Belgrave member since 1921, were race walkers. For a time both were active, causing a little confusion when tracking down results as they shared the same initials. The club magazine of April 1940 reports that our walkers were having a successful time, in spite of losing a few men to the Services, and lists R.D. McMullen Junr., among others, who were expected to boost our fortunes still further. The Belgravian also notes that it was good to see "one of a warriors of the past, R.D. McMullen, out again." It would seem likely that Dick had introduced his lad to the club and as a result found his own enthusiasm rekindled.

By May 1942 it was reported that:

"Our most improved walker this season is without a doubt R. McMullen. Starting off at the beginning of the season well down the field, Mac has gradually worked his way up, improving each time out, his best performance being in our own open when he was third in the Scratch Race and winner of the Individual Handicap. Coupled with this were a tie with his club mate, F. Halls, in the Surrey W.C. promotion from our headquarters on 27th December, 2nd place in a club handicap on 29th November, and first in the club handicap on 7th February. Such rapid and consistent improvement augurs well for the future, as Mac is still only a youngster ..."

During the War years, when many facilities were closed down, Belgrave Hall was kept open for athletic activities and therefore hosted many and varied events - including the Surrey W.C. race mentioned above. It is unlikely that Dave was called up for Service duties as he was extremely short sighted.

Immediately post-war Dave was leading our teams over the shorter distances, until the maestro Harry Churcher returned to competition, and he was third behind the Churcher brothers in the 1946 Surrey 10 miles. In the inaugural National 10 miles in 1947 he was third man home for the Club in fourth place and in 1948 he was named as a possible for the London Olympic Games.

Dave continued to be a stalwart member of many Club teams but unfortunately his style often attracted the wrong kind of attention and he suffered DQs when pushing himself to the limit. With times in the low 50 minutes for 7 miles and under 14 mins. 30 secs. for 2 miles he was a hard man to stay with in competition.

In the 1960s he emigrated to Canada but after a while decided it was not for him and he returned to the United Kingdom, rejoining Belgrave in 1968. He soon made up for the lack of competition in Canada by turning out regularly. Later, in his veteran years, he tackled middle distance running with some success in Veterans AC and National Championships.

At one time, we believe, he kept an eel and pie shop at Clapham Junction. He bred Alsatian dogs and worked in the telephone section of the GPO.

Dave was a friendly man at all times who enjoyed talking over Club affairs whenever he met with Belgrave colleagues.

EWH

News

George Beecham M.B.E.

Long Distance walker, George Beecham, has achieved many honours since joining the Club almost 60 years ago but none matches the MBE, awarded by the Queen, for services to the community of Canvey Island.

George was a leading member of Championship teams on many occasions from the 1950s to 70s. He gained a GB vest in 1957 at 50 kms and completed many trips to Brighton in addition to having a unique record in the Nijmegen Shield race over 20 miles which the Club won 8 years in succession with George a member of every team.

He is also a Centurion having walked 100 miles in 24 hours on more than one occasion. He, and wife Marlene, moved to Canvey Island back in the 1950s and was soon involved in a number of local activities. Raising money for charities and serving on the Sport's Council still takes up much of his time. He combines sport with support by actively helping victims of heart problems by leading weekly walks.

On a wider front he has, for many years, walked the London Marathon and the Nijmegen Marches in Holland to raise money for charities including the RNLI, Asthma and Heart research. He helped form, and still coaches, Point Clear Athletic Club, one early member being Dean Macey.

It is typical of George that he helps organise a 5 mile race annually and on the day he assists by putting up the finish funnel, setting out notices, walking the course to check and sweep, if necessary, the pathway - then returning to race the course!

Such service deserves recognition and we congratulate George on his award - be warned though George that corgis do not need that much exercise.

Bels back in the "Rosenheim" for 2008 ...

Belgrave Harriers have accepted an invitation to take part in the Eastern Division of the Rosenheim League in 2008.

On six Wednesday evenings throughout May, June and July we will be taking part in track & field matches at Battersea Park, Croydon Arena, Wimbledon Park and Tooting - with the possibility of reaching the final at Tooting in August. Opposing teams in our division will be Croydon Harriers, Hercules Wimbledon AC, Herne Hill Harriers, South London Harriers, Serpentine Runners and Striders of Croydon.

Competition is available for men and women. All we need now is a team manager a timekeeper a track judge and a few field judges.

... and also in the Men's & Women's Southern League

In 2007 the men entered the Southern League as a joint team with Sutton & District AC but next summer we will be putting out a pure Belgrave team as we take our place in Division Four (North). Matches will be at Battersea, Thurrock, Battersea again (a home match on June 28th), Watford and Stevenage.

Some of the dates will clash with British League fixtures and on these occasions we'll need every available person lending a hand to make sure that we fulfil our obligations by providing judges ... and of course athletes.

We have also entered the Women's Southern League where we'll take part in Division Two of the Seniors only competition. Again help will be required to make sure that things go well.

The four London Inter-Club Challenge events will still be available to our members as individuals.

So ... plenty of competition, then, in 2008, for those who don't quite make the BAL and UKWAL squads.

Welcome ...

... to the following members who have joined us in the last few months. If you need any help or advice don't hesitate to get in touch with the relevant person shown in your fixture card – or contact us via the website.

Evan Langmuir, 11, cross country

Peter Mayfield, 32, sprints, hurdles, throws and jumps

Richard Merrick, 35, road running, cross country, triathlon
Shaun Moralee, 22, middle distance, road running, cross country

Katherine Swanson, 36, middle distance, long distance, road running, cross country

Andrew Sentence, 30, middle and long distance, road running and cross country

From The Belgravian

50 Years Ago ... 1958

COUNTY 10 MILES WALKING CHAMPIONSHIPS

The splendid performances of our walkers in county championships gives every promise of Belgrave repeating last year's record of winning all three major R.W.A. titles. Again those two great ambassadors of the sport, Eric Hall and Stan Vickers, retained their titles in a convincing manner. A feat probably never equalled by any other club was that of ten Belgrave walkers gaining their county colours.

The Surrey at Walton on Thames. A splendid race was won in immaculate style by Eric Hall who was just over one minute ahead of Dave McMullen. Then followed three other Belgravians which meant that the team race was won with the minimum score of ten points ...

The Middlesex at Enfield. A full team plus two individuals, as Cadogan A.C. represented the Club, and right well they performed to finish second team to Metropolitan Walking Club, beating Highgate, Polytechnic and many other fine clubs in the process.

The Kent at Hayes. This might be described as Stan Vickers' benefit, which he won for the third year in succession, walking completely on his own, with the ease and style which have become the standards by which all others are judged.

R.W.A. 10 MILES CHAMPIONSHIP

We were strongly represented in this race, held at Victoria Park, Hackney on March 15th, fielding three teams – a goodly proportion of the 227 starters.

Our Stan Vickers, the Championship holder, started at a tremendous pace and at one mile had a lead of about thirty

yards over a small group consisting of Eric Hall, Ken Matthews (Royal Sutton Coldfield) and Norman Read (Steyping), the Olympic 50 kms. Champion.

... at three miles Stan's lead had been reduced by Eric and Matthews whilst Read had fallen back slightly and already there were some huge intervals between the walkers. Gradually Hall and Matthews overhauled Vickers and this trio were together for quite a while, each having his nose in front momentarily. As the last lap was approached Matthews showed signs of his earlier efforts and faded ... eventually to finish sixth.

Our Stan and Eric continued together lapping numerous competitors in their progress. This passing of other walkers who had been lapped nearly proved Eric's undoing for as our two passed a group of three walkers, one on each side, one of these stepped to one side (presumably to allow the faster men through) but only succeeded in knocking Eric off balance and out of rhythm – and this with less than half a mile to go. But for this the race would have been even closer for the individual title. However, we were delighted to have the first two home, repeating last year's effort. Well done Stan and Eric!

SOUTHERN CROSS COUNTRY CHAMPIONSHIP

Parliament Hill Fields. A return to the course over which the National was held last year saw one of the biggest fields ever set off on the long trek of nine miles over hilly grassland with a fair proportion of mud and slush.

Towards the end of the first of the three laps Eric Gebbett was our first scorer way back in 49th place followed closely by Charlie Walker 55th. Then followed a string of runners before we again saw a Belgrave vest filled by Eddie Short who had John Moore and Jumbo Masters close on his heels, all of them in the 130's. Pete Hitchcock, Clive Shippen and Len Bishop were next, in the 170's ...

At the conclusion of the next lap Walker had left Gebbett and was now 44th but was having great difficulty in making any further progress ...

The final count gave us ninth place with the astronomical score of 591 points, which must have been our lowest place and highest score for a good many years.

THIS IS YOUR LIFE

A popular Belgravian Vice-President, Frederick "Rodney" Stone, found himself the centre figure of the well established B.B.C. television programme. Rather unwillingly he was persuaded to leave the audience for the platform by Eamon Andrews, when Paul Bennett V.C., Mrs. Stone, Fred's two sons and many former colleagues and friends from all stations of life (including our Past President Harry Evans) outlined those assets of character, courage and sportsmanship which have endeared him to such a wide circle. The programme culminated in the presentation of a testimonial cheque by the Commissioner of the Metropolitan Police, Sir John Nott-Bower, on behalf of the members of that great body to "our Rodney", who has been well described as the "bravest Metropolitan Policeman ever".

Mention was made of his winning the King's Police Medal for bravery in jumping from Westminster Bridge to save life, of the award of the Royal Humane Society Medal for life saving, of supreme courage during an air raid which brought the award of the British Empire Medal, and of his success in preventing a smash and grab raid (when on sick leave and in plain clothes) which resulted in Fred being beaten over the head with an iron bar – but his man did not get away! His courage and devotion to duty gained recognition when he received the George Medal from the hands of Her Majesty the Queen – but his severe injuries unfortunately resulted in his discharge from the Police.

Results Roundup

We believe that we've just about caught up on results from 2007 – including those of Peter Cross who must be our most prolific racer. During the year he took part in 57 races (over distances from 5 km to the marathon) and paid out an incredible £700.50 in race entry fees!

Road & Country

June 2007

- 20 **Dulwich Midsummer 5 km, Dulwich Pk.** 1 B Noad (Highgate) 15:04; 16 W Lynch 18:10; 51 L Rehn M40 20:19; 56 P Cross M50 20:34.

July 2007

- 19 **BBC Running Club 10 km, Regents Park.** (correction) Men. 10 P Cross M50 2nd Vet. 41:27.

October 2007

- 14 **Beckley 10 km, Near Rye.** Men. 1 J Mountford (Unatt) 36:16; 10 P Cross M50 41:36.
28 **Puma Urban Escape 10 km Trail Race, Hankley Common.** Men. 1 D Mitchinson (Newham & EB) 37:48; 10 P Cross 1-M50 46:25.

November 2007

- 2 **Poole Runners Winter 5 km.** Men. 1 C Power (Winchester) 15:13; 3 J Charles 16:10.
3 **Banstead Woods 5 km Time Trial.** Men. 1 D Baker (SLH) 17:40; 4 G Adams 18:47.
3 **Bushy Park 5 km Time Trial.** Men. 1 J Goulis (Stragglers) 16:03; 2 W Cockerell 16:20.
3 **Reigate Priory 6 x 2.5 miles CC Relay.** While two teams were in action in far-off Mansfield, contesting the national championship, we were pleased to turn out a further team at Reigate. Tim Weeks was player/manager for the day and the lads enjoyed themselves thoroughly. Richard Stannard brought the Bels in first on the opening leg and 16 year-old Alex Wright impressed as he ran our second fastest stage of the day.
Men. 1 Tonbridge AC 83:06; 2 Cambridge H 85:21; 3 Southampton RC 85:28; ... 11 Belgrave H 91:51; 30 teams finished, 33 started. Belgrave - R Stannard 13:27; T Weeks 14:47; W Lynch 15:23; A Wright 14:41; S Zealey 17:54; Tim Weeks 15:39.
3 **USA Marathon Trial, New York.** Men. 1 R Hall 2:09:02; 86 B Poore 2:29:14.
4 **Stevenage Half Marathon.** Men. 1 D Wardle (Woodford GwEL) 1:07:34; 71 P Cross M50 1:29:34.
4 **Mornington Chasers 10 km, Regent's Park.** Men. 1 A Symonds (Shaftesbury B) 33:42; 3 H Raidi 34:47.
4 **Hellrunner 8 miles CC, Longmoor Army Camp.** Men. 1 N Sharp (unatt) 64:14; 16 J van der Toorn 72:10.
4 **Ronhill Surrey Classic 10 km, Nonsuch Park.** Men. 1 T Doran (Elmbridge) 32:45; 7 M Webb M40 35:33; 202 D Davies M65 55:11.
11 **49e Internationale VGZ Warandeloop Tilburg, The Netherlands.** Men. 1 R El Mostapha (Bahrain) 31:18; 4 P Wicks 31:31.
11 **Stebbing 10 miles.** Men. 1 M Muir (Ilford) 53:36; 69 P Cross M50 1:07:42.
17 **South of Thames 5 miles Team Race, Petersham.** Men. 1 D Lacy (Camb H) 28:46; 11 K Hegvold M40 31:04; 52 F Ward M50 33:42; 100 D Anderson M50 38:32.
17 **Brighton & Hove 5 km Time Trial.** Men. 1 R Ward 16:14.
18 **Brooks Brighton 10 km.** Men. 1 S Sharp 31:10; 29 L Greatorex 34:13; 165 I Ball 39:05; 246 P Cross M50 40:26; 389 L Rehn M45 42:41.
Women. 1 N Harvey (South London) 34:20; C Eastham 44:35.
21 **Insurance CC Champs., Richmond Pk.** Men. 1 A Weir (Fidelity) 30:52; 58 C Hobbs 38:34; 86 L Rehn M45 40:50.
22 **Seagate Elite Invitational 5 km, San Jose, USA.** Men. 13 T Bayley 14:19.
24 **UK Cross Challenge, Sefton Pk, Liverpool.** 9.8 km. Men. 1 P Riley (Leigh) 30:18; 29 P Wicks 31:55; 71 M Pollard 33:44; 244 M Humphrey 40:57.
24 **Richmond Park 5 km Time Trial.** Men. 1 R Ward 16:40.
24 **Bushy Park 5 km Time Trial.** Men. 1 R Stannard 16:04.
25 **Maylarch Eynsham 10 km.** Men. 1 A Prohett (Cheltenham) 32:46; 79 P Cross M50 39:59.
25 **Hadleigh 10 miles.** Women. 1 N Belsome (Ipswich) 65:07; 7 S Cookson 1-W35 68:35.
30 **Serpentine Last Friday 5 km, Hyde Park.** Men. 1 R Ward 16:00.
- #### December 2007
- 1 **Wimbledon Common Time Trial 5 km.** Men. 1 R Ward 16:33; 6 G Adams 18:11.
1 **Oxford v Cambridge CC Race, Wimbledon Common.** Men. 1 P Natali (Camb) 39:06; 3 J Kelly (Camb/Belgrave) 39:25.

- 1 **Scottish Universities CC Champs., Heriot Watt University.** Men. 10 km. 1 C McNulty (Strathclyde) 30:25; 6 K Gauson 31:18.
1 **Nature Valley 10 km, Bridgetown, Barbados.** Women. 1 J Cheberon (Kenya) 34:05; 3 B Dagne 36:44.
2 **Victory 5 miles, Portsmouth.** Men. 1 S Overall (Blackheath & B) 24:43; 6 N Speaight 25:19; 47 M Whiting 29:20.
2 **Thanet Coastal 10 miles.** Men. 1 A Lowther (Medway & M) 55:33; 31 P Cross M50 1:08:23.
2 **Scotiabank Half Marathon, Bridgetown, Barbados.** Women. 1 J Cheberon (Kenya) 1:17:22; 4 B Dagne 1:20:32.
8 **Banstead Woods Time Trial 5 km.** Men. 1 W Clark (Epsom & E) 16:03; 2 R Ward 16:08.
8 **Cockington Christmas Caper 7 miles, Torquay.** Men. 1 T Watson 46:14.
9 **Thompson Brothers Mizuno Stockport 10 miles.** Men. 1 M Miles 50:22.
9 **Bedford H Half Marathon.** Men. 1 R Burgess-Gamble (Barnet & D) 1:09:56; 192 P Cross M50 1:32:05.
16 **Telford 10 km.** Men. 1 D Webb (Leeds City) 29:32; 4 S Jones 29:57; 5 S Sharp 30:05.
22 **Richmond Park 5km Time Trial.** Men. 1 R Ward 16:42.
23 **Christmas Caper, Torrington.** Men. 1 T Watson 1:00:54.
26 **Banstead Woods 5km Trial.** Men. 1 R Ward 16:37.
28 **Serpentine Last Friday 5km, Hyde Park.** Men. 1 T Penfold (Birchfield) 15:09; 39 C Dickinson M55 18:02; 70 L Rehn M45 19:36.
Women. 1 R Townend (Winchester) 15:56; 14 V Goodwin 21:28; 18 M Noel W40 22:37; 19 H Smethurst W40 22:39; 29 J Beecroft 24:07.
29 **Banstead Woods 5 km Trial.** Men. 1 R Ward 16:37.
29 **Bushy Park 5 km Trial.** Men. 1 T Elsey (HHH) 16:25; 2 R Stannard 17:12.
30 **Velocity Events End of '07 10 km, Harrietsham.** Men. 1 J Harrison (Unatt) 33:33; 24 P Cross M50 42:41.

Race Walking

February 2007

- 17 **Slater/Bryce 10 km, Horsham.** Men. 1 A Goudie 49:25.
18 **Counties 10 miles Champs., Chigwell.** Men. 1 S Davis (Ilford) 1:19:50; 6 J Hall M55 1:33:02; 9 M Culshaw M40 1:36:47.
Women. 1 M Noel W40 1:41:05.

March 2007

- 17 **Molly Barnett 10 km, Coventry.** Men. 1 B Wears (Redcar) 44:16; 10 C Lawton M55 57:05.
Women. 1 E Viljoen 50:53.
18 **LPR 9 km, Blackheath.** Men. 1 M Easton (Surrey WC) 45:21; 2 A Goudie 46:39; 3 C Lawton M55 51:32.
22-24 **EVAA Indoor Champs., Helsinki, Finland.** M55. 3km: 2 J Hall 14:50.56. 5km: 2 J Hall 24:59. M75. 2km: 2 D Fotheringham 18:22.67. 5km 2 D Fotheringham 31:06.

April 2007

- 29 **Nicola 5 miles, Canvey Island.** Men. 1 N Silvester (AFD) 40:33; 11 E Hall M70 56:35; 15 G Beecham M75 1:04:57.

June 2007

- 24 **LPR 9 km, Blackheath.** Men. 1 A Goudie 45:51; 7 D Fotheringham 59:12.

July 2007

- ? **VAC 5 miles Championship, Battersea Pk.** Men. 1 M Easton (Surrey WC) 39:24; 4 J Hall 44:06; 5 M Culshaw M40 48:04.
Women. 1 E Viljoen 41:57; 2 M Noel W40 51:15.

August 2007

- 12 **LPR 9 km, Blackheath.** Men. 1 C Cattano (Southend) 48:35; 2 M Scamell M50 49:54; 4 M Culshaw 54:17.

September 2007

- 1 **Jim Sharlott Open 10 km, Abbey Park, Leicester.** Men. 1 A Penn (Nuneaton) 48:03; 6 J Hall M55 52:55; 10 M Culshaw 1:00:34.
Women. 1 D Bradley (Tonbridge) 56:46; 5 M Noel 1:02:49.
2 **English Schools U20 Champs., Exeter.** Men. 1 A Wright U17 14:15.85.
2 **LPR 9km, Blackheath.** Men. 1 M Scamell M50 49:24; 3 C Lawton 54:41.
15 **English Schools U20 Champs., Exeter.** Men. 1 A Wright U17 23:39.89.
15 **Enfield League 5 miles.** Men. 1 P Barnard (Castle P) 40:44; 11 P King M55 49:16; 17 M Culshaw 51:40.
18 **PSUK 10 km Champs, Birmingham.** Men. 1 D King (Colchester) 42:08; 8 J Hall M55 53:30; 11 M Culshaw M40 58:19; 23 D Fotheringham M75 1:06:10.
28 **Serpentine Last Friday 5km, Hyde Park.** Men. M Culshaw M40 29:12.

October 2007

- 6 **Surrey WC Gazette Cup 4 miles, Monks Hill.** Men. 1 M Easton (SWC) 30:51; 12 P King M55 39:40.
13 **Enfield League 5 km.** Men. 1 P Barnard (Castle P) 24:29; 12 J Hall M55 28:09; 21 M Culshaw M40 29:35; 28 D Fotheringham 32:34.
Women. 1 C O'Rawe-Hobbs (Castle P) 28:30; 3 M Noel W40 30:51.
20 **Cambridge H Winter League 5 km.** Men. 1 N Silvester (AFD) 23:04; 3 A Goudie 23:53; 11 M Culshaw 28:45.
28 **LPR 9km, Blackheath.** Men. 1 N Silvester (AFD) 44:13; 5 M Scamell M50 49:41; 10 C Lawton M55 55:25; 13 D Fotheringham M75 1:00:03.

November 2007

- 3 **Surrey WC 7 miles, Monks Hill.** Men. 1 M Easton (SWC) 56:45; 6 M Culshaw M40 1:07:33; 8 P King M55 1:08:49; 12 C Lawton M55 1:12:34.
10 **Enfield Open 7 miles.** Men. 1 S Davis (Ilford) 55:21; 8 J Hall M55 1:02:54; 15 M Culshaw M40 1:06:00; 21 P King M55 1:09:02.
Women. 1 C O'Rawe-Hobbs 1:05:29; 4 M Noel W40 1:10:32.
17 **1 Hour Race, Lee Valley.** Men. 1 N Silvester (AFD) 11,800m; 10 M Culshaw M40 10,104m; 19 D Fotheringham M75 9,021m.
18 **LPR 9km, Blackheath.** Men. 1 C Hobbs (M&M) 50:31; 4 M Scamell M50 51:50.
24 **Belgrave Open 7 miles, Wimbledon.** Men. 1 J Ball (Steyping) 55:05; 3 J Hall M55 1:02:44; 7 M Culshaw 1:05:22; 12 P King 1:07:42.
Women. 1 M Noel 1:09:55.
Teams: 1 Ilford AC; 2 Steyping; 3 Belgrave H; 4 Enfield &H.

December 2007

- 2 **Surrey WC Christmas Cup 5 km, Monks Hill.** Men. 1 J Hobbs (M&M) 27:02; 5 M Culshaw M40 29:16; 8 C Lawton M55 29:43.
8 **Cambridge H Winter League 5 km.** Men. 1 N Silvester (AFD) 25:40; 7 C Lawton M55 29:10; 8 P King M55 29:24.
16 **Ilford 10k, Chigwell Row.** 1 S Davis (Ilford) 51:27; 5 J Hall M55 56:06; 10 M Culshaw M40 58:51; 13 C Lawton M55 60:15; 14 P King M55 60:34; 19 M Noel W40 22:37.
Enfield League 2007 final positions.
Teams: 1 Ilford AC 3547; 2 Belgrave 2527; 3 Surrey WC 2254.
Women: 1 3 M Noel.
28 **Serpentine Last Friday 5km, Hyde Park.** Men. M Culshaw M40 30:58.

Triathlon

October 2007

- 28 **Jekyll & Hyde Park Halloween Duathlon.** 7.6km run/20.8 km bike/4.2 km run.
Helen Smethurst successfully completed her first multi sport event as 70th overall, 8th woman, 1st W40 H Smethurst - 1:32:36.
14 **Iron Man Triathlon, Hawaii.** 2.4 mile swim/112 mile bike/marathon. 1st Chrissie Wellington 58:09, 2:22, 5:06:15, 2:03, 2:59:58 - 9:08:45.

December 2007

- 1 **World Cup Triathlon, Eilat, Israel.** 1.5km swim/40km bike/10km run. 1 H Tayama (Japan) 17:48, 1:18, 59:25, 00:18, 30:56 - 1:49:46; 8 R Stannard 17:55, 1:20, 59:17, 00:19, 32:14 - 1:51:06.

Indoor Track & Field

December 2007

- 1 **Brunel Sprints Series, Uxbridge.** Men. Rd1 3r8 M Peacock 7.68; Rd2 4r7 M Peacock 7.72.
15 **Loughborough University Indoor Open.** Men. 60m: 4r1 L Evling-Jones 7.23; 4r4 L Evling-Jones 7.29. 60mH: 1r1 W Sharman 7.94; 1r2 W Sharman 7.98.

A glorious winter ... can it get better?

We've had a tremendous run of victories in the endurance running events recently – the UK Half Marathon Champs. at Bristol, the National 6-Stage Road Relay at Sutton Coldfield, the National C.C. Relay at Mansfield. And then there was such a close miss as we placed second in the National 10k Championship at Chichester (when had the rules been applied properly we should have won), together with SEAA 6-Stage Road Relay and Surrey Road Relay wins. It is still possible for us to make this our most successful winter season ever as the Southern and National Cross Country events come into view, followed by the two 12-Stage Road Relays.

Chrissie Wellington Wins World Ironman Championship in Hawaii



Having won the ITU World Age Group (amateur) Triathlon Championships over the standard distance in Switzerland in September 2006, Chrissie Wellington started 2007 as a professional triathlete, giving up her job in London to focus on training full time. She ended 2007 as Britain's first ever World Ironman Champion, a remarkable feat, deemed to be a near impossible task for any athlete racing as a rookie at their first Ironman World Championships.

Chrissie started her triathlon years having worked on social projects in Nepal, where she would ride a mountain bike around the outlying mountain villages at 5000m altitude, leaving male co-workers in her wake. When she went to New Zealand on holiday she completed the Cross New Zealand Challenge which involved cycling, swimming and running. From then on her mind was set on triathlon, and when she returned to the UK she started training for the World Age Group Triathlon Championships.

She qualified late for the prestigious Ironman World Championships on the island of Kona, Hawaii, having won the Ironman Korea event just seven weeks before. Korea had been her first Ironman, and although she had won by over half an hour against an average field, nobody could have predicted that she would win in Kona against much tougher and experienced opposition.

Her race started well, exiting the 2.4 mile swim in the main pack of athletes, whilst ITU World Long Distance Champion, Leanda Cave from Louth, was one of the first out of the water and started to build a lead on the 112 mile bike stage. Further back it was Wellington who made the headway though as she climbed into the top three for the first time by mile 95, and then took the lead from Cave just five miles later.

Starting the final discipline, a gruelling 26.2 mile marathon, Chrissie held a two minute lead over American favourite Dede Griesbauer, but continued to increase her advantage in the oppressive conditions. By mile 17 Wellington's lead was up to seven minutes, and although the chasing athletes had started to close, an incredible sub-three hour run split gave her the win in a time of 9:14:45 ahead of Samantha McGlone, the 2006 World Half Ironman World Champion, from Canada.

"It's a dream come true," Wellington said just after crossing the line. "I saw Sam[antha McGlone] and I knew I needed to just keep pushing hard. Some people told me I had a chance, but I didn't really believe I could do it. I was praying I could hold on for the run."

JAZZ at BELGRAVE HALL

The Gatsby Jazz Band will be at Belgrave Hall on Saturday 2nd February at 7:30pm.

Phone Don Anderson on 020 8974 2713 or email don@singlelink.demon.co.uk for more information and to book your ticket.