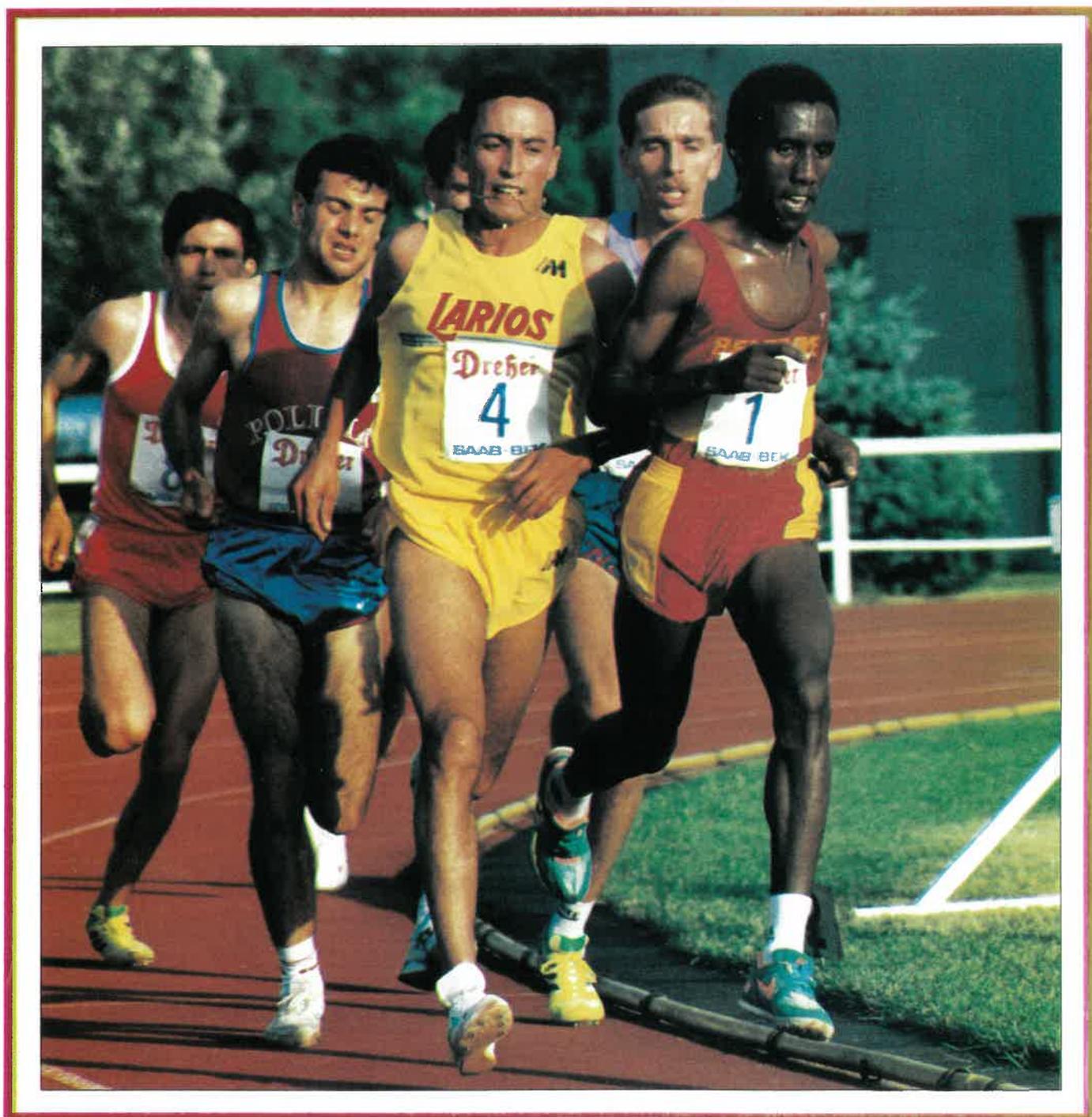


The

Winter 1993/94

Belgravian



The official gazette of Belgrave Harriers

Number 221

WANTED

The Planning & Development Management Committee will be publishing a Club Prospectus within the next twelve months.

It will be a colour publication including a brief history of Belgrave Harriers, our aims, activities and facilities. It will be used to encourage new members and to raise the profile of our club.

We need a

Graphic Designer

to advise and or help in its production.

Please apply to:

Alan Black, Secretary of P&D, 184 Warren Road, Banstead, Surrey SM7 1LB.

Telephone: 0737 353017

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◆ Tracksuits

In Tactel, lined with Poly-Cotton.

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"To celebrate 1992's double"

White with claret & gold design

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◆ New in 1994 Belgrave T-Shirts & Ties

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We've had a very successful year with sales, thanks to your support, and with new stocks now in I look forward to you all placing your orders.

Ring or write to place your order:

Ted Pallant, 83 Northwood Avenue, Knaphill, Woking, Surrey GU21 2ES
Telephone: 0483 488406

"200" Club competition

Prizes paid out in 1993 - £1,180.00

Prizes available each month with 200 members:

1st-£50, 2nd-£20, 3rd-£10, 4th-£5, 5th-£5

Half yearly (June & December) the first prize

will increase to:



Hon Organiser: Bill Couzens, 7 Kenilworth Road, Stoneleigh, Ewell, Surrey KT17 2NF.

Telephone: 081-394 1410

First draw January 1994 and thereafter monthly at Belgrave Hall. The subscription to the club is £12 per year, cheques made payable to Belgrave Harriers. Participants are notified of the number that they have been allocated between 1 and 200 which is drawn each month by ballot. Winners are notified by post.

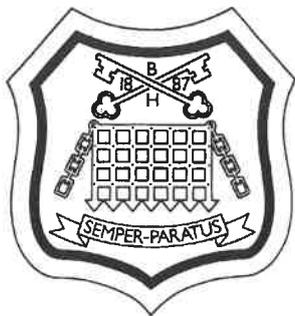
WELCOME

Dan Andrew
John Barkley
Bruce Barton
Adam Basha
Sarah Blanche
Amy Butler
Philip Carstairs
Matthew Coleman
Robert Cookson
Adam Cox
Malcolm Dixon
Catherine Dorney
Melissa Dransfield
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Rosemarie Fyffe
Joe Hale
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Virginia Jibowu
Paul Knight
Leah Kreitzman
Mark Larche
Andrew Lavine
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Trevor Santer
Paul Sargent
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Stan Scarsbrook
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Bola Siwoku
David Sleet
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Damien Sprigg
Warren Stewart
Natalie Tracey
Wesley Swaffer
David Tanner
Jason Tanner
Simon Tanner
Neil Webster
Deborah Whitty
Lindsay Whorlow
Stephen Whorlow Jnr.
Stephen Whorlow Snr.
Chris Wilson

Thanks to... **Allsport**

and photographer Gray Mortimore for permission to use the back page picture of John Regis.



The Belgravian

Winter 1993/94

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Patron

Sir Eddie Kulukundis, O.B.E.

President

Alan Mead

Hon. General Secretary

Mrs. Sue Porter
58 Harvest Road
Englefield Green
Surrey TW20 0QT
Telephone: 0784 431012

Hon. Treasurer

Frank Ward
6 Pullman Court
Streatham Hill
London SW2 4SR
Telephone: 081 674 3758

Hon. Editors

Charles Dickinson
20 Broadhinton Road
Clapham
London SW4 0LU
Telephone 071 720 1062
and
Alan Mead
29 Kingston Road
Ewell
Surrey KT17 2EG
Telephone 081 224 2657

At the time of writing it is touch and go whether this magazine will be with you by the New Year but at any rate, it will not be far behind. It's a quiet time of the year. The big road and cross-country events are a little way off yet and the coming warmth of the track season is just beyond the horizon. No doubt you will be able to find a peaceful hour or two after training's been done for the day so why not sit back in the armchair before the fire, a noggin of your favourite brew near to hand and spend a little time with "The Belgravian". Reflect upon what 1993 brought us and consider what 1994 has in store.

In men's cross country things looked a little sad for us as we came out of last winter. Kasse Tadesse gave us a silver medal in the National Junior CC Champs. but we were relegated to the second division in our league. Our ladies, however, took great delight in fighting their way up their league and already this winter they have shaken the opposition in Surrey Division One. They were not far from winning their opening two league fixtures, placed highly in the Southern Road Relay and then just before Christmas delighted us with their first ever Women's Surrey County Cross-Country Championship win.

The new season has also brought a surge of enthusiasm to our male cross country runners. It will be a while before we attain the heights of years gone by - these things go in cycles - but we surely will regain Surrey Division One status before the winter is over and we are on our way.

On the road, as on the country, our women's team are beginning to make a name for themselves and individually, with Kasse, Paul Evans and a resurgent Gary Staines, we have men who are among the very best in the nation over all events from 10k to the marathon. Could we possibly, just once, get them all out in the same race?

Nineteen ninety-three brought us another superb season in track and field although our men's first team were unable to maintain the extraordinarily high standard set

the previous summer due to injuries and fixtures clashing with international events, robbing us of our top men. We ended up second to Haringey in the GRE Gold Cup Competition - ten points more and that gold trophy would have been ours for all time as third-time consecutive winners. We were also beaten by the men from North London in the British League. Our second and third teams remained steady in their area leagues and Bob Bridge's dream of being the first British League club to have their second team win Division One of the Southern League is not impossible.

A first for us was the honour of representing the United Kingdom in the European Clubs' Cup in Budapest. We learned a lot in Hungary: how truly professional some of the European clubs are, how tough we must be as team managers and athletes to secure every single available point - and how to get ripped off in the street by Eastern European currency swindlers!

Six of our members were selected to represent Britain in the World Championships and of these John Regis consistently had the name "Belgrave Harriers" on the commentators' lips as he collected the 200 metres silver medal and British Record. Only one man on the globe has more World Championship medals to his name than John: that man is Carl Lewis. Another fourteen or fifteen of our men competed at international level.

The world of Women's Track & Field at club level is different to the men's. Here all age groups score in the same match. Although our seniors did the business with spear and spikes and would have carried the day on their own, our shortage of girls in the younger age group meant a lack of points that we could not overcome. Nevertheless, we held our own in Southern League Division Three and are still poised for advancement. We watch with interest as it now looks as though competitions are soon to be organised along the same lines as the

>>>>

*Front page: Kasse Tadesse leads the field into the back stretch mid-way through the 10,000 metres in the European Clubs Championship at the U.T.E stadium, Budapest. Biding his time at the Belgravian's shoulder is the eventual winner, Morocco's Brahim Boutayeb, racing for Club Larios, Spain. Kasse's time of 29:42.93 was a Junior Club Record!
This and other photo's in this issue by Alan Mead unless otherwise stated.*

Back page: John Regis races to 1st place in the Pearl Assurance UK Championships 200 metres final at Crystal Palace. What a season this man has had, setting bests of 10.15, 19.94 and 45.48, and taking the IAAF World Championships silver medal behind Frankie Fredericks of Namibia. Photo by Gray Mortimore, Allsport.

The Belgravian

men's, with senior competitors scoring separately from the youngsters. The enthusiasm of our women's team is epitomised by the keenness with which they have taken to the new events available - pole vault and triple jump.

In the words of our leading walker, "the walking scene has been very quiet for us." Problems with rule interpretations differing from one nation to another and a corresponding lack of success by Britain at international level has led to a decline in the sport in this country. Belgrave have suffered as much as

most. What can we do to bring this branch of our sport back into fashion?

Our young male athletes are on the verge of running riot. It's a difficult thing to maintain annual team progress when each season sees a flow of athletes out of the top of the age group and into the next but we have done it. Thanks to very hard work by coaches and team managers we have consolidated our position in the Southern Premier League and as some of our leading Youths become Juniors next summer you may be sure that our under-20 team is about to take off in a big way.

No fewer than nine Belgrave Girls and Boys represented their counties in the All-England Schools and we had two winners.

We now have track & field from the cradle to the grave, for at the other end of the age spectrum we entered the Southern Veteran's T&F League for the first time. Not only did we place 3rd in our division in both women's and men's competitions but we *did* manage to teach old dogs new tricks to such good effect that the regular teams benefited as a result.

However, one of the most exciting things to come out of 1993 has been the will of our membership to consider radical ways of improving all aspects of our Club life. Every Club worker is looking for ideas in our quest to make Belgrave the greatest all round team in the world of athletics. Nothing is being thrown out as "impossible".

NEWSLETTER of the Belgrave Hall & Social Committee

As you are no doubt aware, there has been a change in the management structure of the club as a result of which a new Hall and Social Management Committee was formed. I was elected to sit as its secretary and therefore I would like to explain, very briefly, what I would like to see achieved for you, the members.

Firstly the repair and refurbishment of both the ladies and gents showers, toilets, and changing rooms. Then I would like to provide, not only a well equipped gymnasium, but a gymnasium that would be a pleasure to 'work out' in and that could be used by all members of the club at any time of day or evening. I would also like to see the bar and kitchen facilities upgraded so that they represent a venue to which members would like to come, to drink and eat in, and bring their friends to with a degree of pride. What I don't want to do is lose the identity and atmosphere of an athletic club operating for the benefit of its athletes and their friends.

I appreciate that this a fairly ambitious programme, but, with the help of my committee members and yourselves it can be achieved. Imagine that the gymnasium has been completely refurbished and the bar and kitchen upgraded to a high degree, the toilets, showers and changing rooms have been renovated and everything looks smart. Once that has been completed, I'm sure one of our qualified members would consider running fitness classes for various groups of people, not only club members, but persons who could become associate members, or corporate members, and the same would apply to any member of the club wanting to start up aerobic and other types of classes. If the venue looked the part, there was a nice bar area to sit and relax in and possibly get a drink or a meal, then I believe the Hall and Social Club could become the main source of income for the benefit of our athletes and our promotion of athletics.

Obviously all of this will take time

and money to achieve. And that's where you can help by attending the various social events being arranged. For the time being make a note of the following dates and try to support the events by coming along and spending some of your hard earned cash. It's your money I want.

Sun 23rd Jan 1994	Eat in with Marcello
Sat 12th Feb 1994	Valentine Disco, £3.50
Sat 19th Mar 1994	Horse Racing Evening
Sun 10th Apr 1994	Eat in with Marcello
Sat 14th May 1994	Barn Dance
Sat 18th Jun 1994	Caribbean Evening *

*Dress optional, but it has to be tropical or pay a fine

I need a venue during July or August for a Barbecue or fun evening. Has anyone got a suitable site we can use?

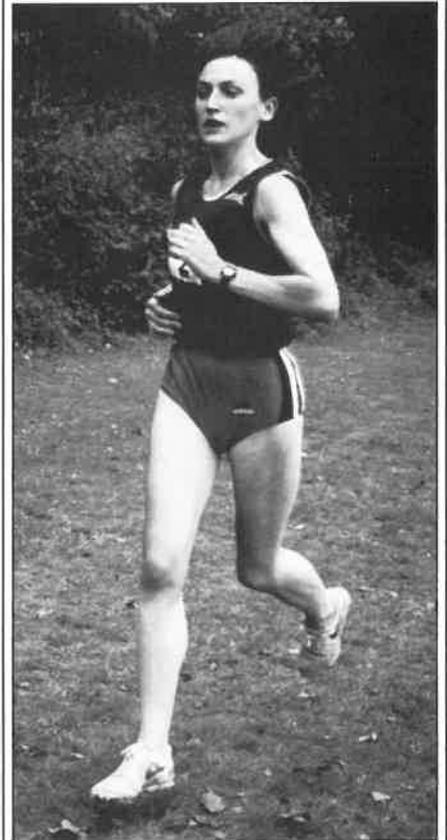
The annual Dinner Dance has been provisionally arranged for Saturday 12th November 1994 at the same venue as for 1993 where everyone who went had a great time. Reserve the date please.

Some of you will no doubt have ideas of your own for an evening's entertainment. Let's have them and we will try to arrange them, with your own help if you like. Anyone who wishes to hire the Hall can do so by ringing Derek Crookes, the Hall bookings manager, or any other member of the committee listed below who will be pleased to help in any way they can.

Derek Manning	0342 312930 (Home) 081-770 6206 (Work)
Derek Crookes	081-395 1582
Keith Duckett	081-337 3896
Marcello Bizio	081-670 0251
Jessica Dash	081-944 5609
Hazel Mead	081-224 2657

Derek Manning

Gabby runs into top form



Above: Gabrielle Collison is our "athlete of the moment". In late summer she clocked 9:48 for 3000m and 4:38.6 for 1,500m on the track, respectively our fastest and fourth fastest times ever. She followed this up in the autumn with some great road runs and then two outstanding wins in the Surrey Women's Cross Country League Division One. Gabby has always worked hard in training and races but has only recently discovered that she has been suffering from anaemia. A course of treatment for the disorder has worked wonders and as a result, our already upwardly mobile women's road and cross country section has received another boost.
Photo: Jeremy Hemming

COUNTY CROSS-COUNTRY CHAMPS

It was cold - it was windy; but the trip to Frimley to watch the Surrey County Cross-Country Championships was well worth while from the Belgrave point of view. No fewer than four sets of team medals came our way and pride of place must go to our Senior Women's team who gave us our first ever women's cross-country team title. Clear a space on that honours board!

All the races started with a 200 metre dash across the playing fields and by the time the runners disappeared up a steep, narrow climb into the murky pine woods, claret and gold was already a predominant colour at the front of the pack, along with the red and black of Herne Hill. On completion of the first circuit Woking's Zara Hyde, a regular winner in recent years and just back from road racing in the USA, was making a strong bid to break away from the field. As that oh! so steep climb up through the woods was tackled for the first time she had achieved her aim - apart from the fact that Gabrielle Collison was giving all she had to hang on, 15 metres in arrears. Remember, Gabby was 17th last year! These two were clear but when the main field arrived we were thrilled to find Martina

hitting that hill as if he was having his own personal battle with the elements. As the runners entered the playing fields for the final 600 metres Gavin switched up into hyper-drive to tear away from his rival from Epsom & Ewell, Gavin Russell, and place 5th. With four to score, the remainder of our team came down the steep drop to the fields together. Toby was now running like a madman, leaping the last ten feet of the drop, chasing Adam for all he was worth and trying to keep ahead of our fourth man Scott Walsh. Great running! Incidentally, Scott was entered incorrectly as Scott West - which must have made one or two wonder how we had signed up one of the nation's leading young runners. Our Scott has swum competitively for years and picked up a few prizes, but here he was only a few weeks into his athletic career and picking up a Surrey team winner's medal.

With a 2:19 marathon in his legs Kasse Tadesse appeared to be taking the 5 mile Junior race very comfortably, loping along behind Mole Valley's Bruno Witchells. And lo and behold! there was Matt Hillier, just behind them and racing without a number. Poor old Matt had



We don't have all the results as yet but ...

Above: the scoring three in the winning team - Martin Ryan, Helen Maskrey and Gabrielle Collison.

Senior Men 7.5 miles

1, T.Booth (Hounslow) 36:45; 2, G.Hill (Thames H&H) 36:59; 3, H.Brasher (Hounslow) 37:17; ... 11, G.Adams 38:03; 14, R.Alsop 38:21; 28, J.Estall 39:26; 40, R.Draper 39:52; 50, M.Mazzotta 40:53; 63, A.Luce 41:37; 65, D.Anderson 41:50.

Teams: 1, Boxhill 66; 2, South London 160; 3, Herne Hill 163; 4, Belgrave 176.

Under 20 5 miles

1, K.Tadesse (Belgrave) 29:12; 2, B.Witchells (Mole V) 29:19; 3, R.Champion (Epsom & E) 30:31.

Teams: 1, Belgrave 25.

Under 17 4 miles

1, A.Moses (Reigate) 23:40; 2, Y.Yussuf (Croydon) 23:59; 3, B.Woodd (Herne Hill) 24:18; ... 5, G.Mason 24:40; 10, A.Jones 25:47; 12, T.Earle 26:04; 13, S.Walsh 26:24.

Teams: 1, Belgrave 26; 2, Croydon 35; 3, Hercules Wimbledon 54.

Under 15 2.5 miles

1, T.Dew (Reigate) 12:31; 2, T.Hillier (Reigate) 12:41; 3, T.Pitt (South London) 12:45; ... 6, S.Alexander 13:17;

Teams: 1, Croydon 27; 2, Belgrave 62; 3, Oxted School 63.

Senior Women 4 miles

1, Z.Hyde (Woking) 24:58; 2, G.Collison (Belgrave) 25:54; 3, C.Pauzers (Herne Hill) 26:09; ... 7, H.Maskrey 27:30; 8, M.Ryan 27:39; 24, J.Moore 30:45.

Kent

Under 20 9.7k. 17, C.Solorz 36:07.

Under 13 3.8k. 23, N.Whorlow 15:49.

Middlesex

Under 15 Girls 2 miles. 2, 4, L.Wilson 13:45.

Sussex

Under 15 2.5 miles. 7, G.Jones 14:12.

COUNTY CC STATS

It's 26 years since our senior men last won the Surrey Cross-Country Championship - 1967 when our Captain Gerry North took the second of his four consecutive individual titles.

The individual winner of the Surrey Women's Championship takes home a silver cup which was presented to the County by our own Pam Davies, herself the individual winner (in the colours of Selsonia) on no fewer than seven occasions, six of them being consecutive between 1962 and 1967.

The last time we won a team title of any sort was in 1988 at Coulsdon - the Junior race, which coincidentally was won by Jon Dennis of Camberley and now a Belgravian.

Our last individual winner in any age group was John Gladwin - 1987 at Camberley. John was at this year's race, jogging the course before his operation due the following week.

We have had individual winners in every male age group except the under 13s.

First ever team title for Belgrave Women

Ryan and Helen Maskrey both well inside the first ten, racing each other neck and neck with Martina just showing ahead. Then there was Jacinta Moore fighting her way up the sandy climb in the twenties.

The positions were now more or less established and by the second time up the hill the Woking girl was beyond Gabby's sight but she, in turn, was miles ahead of the rest. Somewhere on that circuit Helen had got ahead of her team-mate but Martina wasn't giving up in a hurry and was slugging along close behind.

And that's the way they finished. Last year we were disappointed to miss out on the bronze medals when Herne Hill ran out winners. This year they scored even less points but the Bels. were devastating, getting our scoring three home in the first eight to take gold.

Our Under 15 Boys had started the medal spree by gaining an unexpected second team place, both Simon Alexander and James Drake running very confidently. The Under 17 trophy had more or less been expected to come our way but as the race got under way we were without our number one man Matt Hillier. Gavin Mason, just over the 'flu', and Adam Jones led the team throughout with Toby Earle running a 'blinder',

been stuck in a delayed train for three-quarters of an hour. He'd missed the Youths race and was unable (officially) to contest the Junior one. Kasse and Bruno were still together in the last quarter-mile and one might have expected Witchells' 1:52 800m speed to have given him the edge as they approached the finish. Not a bit of it. Kasse must have a 49 second 400m in him the way he toured that field. Matt came towards the finishing funnel in fourth place - and then startled the crowd by veering to the wrong side to avoid the final line. He is in great form and must have had a fine chance of winning the Under 17 event. Happily the officials will still consider him for the Inter-County race. Great backing by Marlon Anderson, Stuart Booth and Martin Readhead - and another set of team winners medals were ours.

Our Seniors, too, ran well, with Graham Adams leading the boys home. Roger Alsop might have been expected to have made the first ten but it's noticeable that on a course like this, with a narrow climb soon after the start, one has to commit one's self early. "Rodg" seems to prefer to come through as the race progresses but here, the leaders had got too far away by then.

More late news
on page 53

Sidetracked

• Marianne and Alan Black were accosted at the Harry Hawks '8' by a jovial old gent who, upon spotting Alan's club singlet, said that he used to belong to Belgrave many years ago. "Jack" Frost was his name and some time was idly spent as each party went through the routine of coming up with names that belonged to possible mutual acquaintances. One name that soon entered the conversation was, of course, that of Tom Carter, remembered very well by Mr. Frost. "Jack" passes on his best wishes to all at the Club who remember him.

• Coincidentally, our Tom had been rummaging through his loft again and only a couple of days later, without any fore-knowledge, brought up to the Hall an old British Games programme dating back to Whit Monday, 1946. On the page for Event 23, the Open Three Miles Scratch Race, was a list of competitors headed by photographs of the area champions, including Tom. Alongside Tom's name in the entry list were those of J. Smart, T. Clinton and L. Herbert, all Belgrave, S. Belton of Surrey AC, ... and A. Frost, also Belgrave.

• Among the events held on that long gone Whit Monday was an 880yds event for Youths. Sixty-six young men had entered, and just 45 minutes after the first of the five heats was started, the final was won by Belgravian Derek Burfitt. Youths in those days were those who were between their 17th and 19th birthdays. What would they have thought of today's Youths, under 17 and turning out times in the mid 1:50s. Which of course takes us on nicely to ...

• Our two English Schools Champions. We have had ESAA winners before but they have been few and far between. How pleased we are then to have *two* winners from this year's meeting. Gavin Mason took the under-17 800 metres, drawing to within striking distance of John Gladwin's Club record, while James Hilston set new under-15 figures for the 400 metres, breaking a record that has stood for 32 years. Great running by both, at a meeting where we had no less than nine youngsters in action.

• From one end of the age spectrum to the other. At the Southern Veterans T&F League Final where our men and women were representing Mid-London a familiar face was spotted managing the Hampshire and Mid-Surrey Ladies' Team - Gerry North. Our Captain and Cross-Country Champion from the 60s was looking very well indeed and there was much rivalry throughout the day as he urged his girls to "duff ours up". Unfortunately Gerry does no running at all these days - although you wouldn't think so to look at him. Severe knee trouble has brought him to a halt, the legacy of one hundred miles a week training, year in and year out, in shoes that had almost nothing in the way of cushioning and support.

• And talking of such shoes ... John Davies dug out a pair that he has had tucked away these last thirty years, a pair of Onitsuka "Tiger Cubs". They were in almost new condition - white canvas with the red and blue pattern support that we now know as the Asics trademark and a sole surely no more than 5mm thick. At the time they were a revolution: a marathon shoe as light as a feather and costing only 27s 6d (£1.37) at a time when an Adidas racing shoe would have been around £10-£15. John handed them over to Alan Black who was actually thinking of taking a trip down memory lane and running in them - which is just about where we came in.

Wheelchair Athlete competes for Belgrave

It is with pleasure that we welcome Matthew Coleman as an Honorary member. He is the first "Wheelchair Athlete" to wear Belgrave colours.

Competing on the road in 1993 he has had several fine races: 1st St. Ives 10kms, 2nd St. Neots Fun Run and three gold medals at the Blackpool races. Also this year he has been participating in the GRE Grand Prix meetings run in conjunction with the British Track & Field Championships, qualifying for the Grand Prix Finals at Bedford.

Our congratulations to Matthew on these splendid performances, remarkable when one realises that he only commenced the sport in January of this year.

We wish him every success in the future.

Ted Pallant

One track mind

- a Runner's Primer of Poetry by Ernest Obeng

Just Ten

To you it's just ten seconds;
To me it's been five years.
To you it's just a 100 dash;
To me it's sweat and tears.

To you it's just the gun then run;
To me it's skills, technique.
To you it's raw aggression, strength;
To me it's power and peak.

To you it's just dive for the tape;
To me it's body lean.
To you it's over far too soon;
To me it's long and mean.

To you these men of varied sizes
And shapes crouched on one knee
Might just as well be saying prayers,
But who says prayers for me?

Published with Ernie's kind permission

FROM THE BELGRAVIAN

50 YEARS AGO

..... October 1943

A Flight of Fancy? In a fantasy article looking 17 years into the future, to 1960, Alf Harley predicted the following, with tongue in cheek no doubt!

"As I look down on the swirl of traffic which flows Eastwards thro' Hyde Park towards the new double-cross-over traffic bridge at Piccadilly Circus ... I ponder on the position Belgrave Harriers have now attained ... I am sitting in one of the offices devoted to the production of "*The Belgravian*", lavishly illustrated these days and published weekly, and recognised as the leading authority on all matters concerning athletics. These offices form part of the magnificent building in Knightsbridge which houses The Club's Town Headquarters and preserves its associations with the City of Westminster, and from which training takes place most evenings over Rotten Row.

At Wimbledon the Belgrave Harriers still have their week-end headquarters, now situated on Common Side; and every Saturday thro'out the Winter hundreds of athletes in the familiar claret and gold enjoy their favourite sport on the neighbouring roads and common

land

..... The Committee realises that the facilities the Club can now offer, which are unrivalled anywhere in the World, might well attract a type of member who was merely interested in its restaurant, billiard room and luxurious lounges, but with no interests in running, walking or field events; and so all members are called upon during their first ten years of membership to make at least twenty appearances in athletic races or competitions each year

25 YEARS AGO

..... December 1968

"Our congratulations go to Derek Boosey who has been selected to represent Great Britain in the triple jump at the Mexico Olympic Games. He partners Fred Alsop who was 4th at Tokyo in 1964. Another to tread that lonely Tartan strip will be our second-claim long-jumper Alan Lerwill, who is coached by our own Dave Ansell. We wish them both every success.

Our sympathies go to John Thresher and Ray Middleton who narrowly missed selection for the 5,000 metres and 50km walk respectively.

Around the schools Two champions for Bels at All-England Schools

Battersea, 7 May.

In the TSB London Schools Multi-Events Jessica Dash scored 2656 points to retain her Intermediate Girls Hexathlon title and improve her Club Record at the same time. Going into the final event, the 800m, she needed to beat her closest rival by 5 seconds to win the event. She did it in style, coming home a good 12 seconds clear. Her individual performances were SP/6.65, 80mH/13.8, LJ/4.50, JT/14.38, HJ/1.40, 800/2:35.1.

The Intermediate Boys event saw Mark Davis get to within 57 points of the winner, placing 2nd in the competition with 3004 points and the following fine series of performances: HJ/1.65, 100mH/15.2, JT/40.80, SP/10.34, 800/2:26.9, LJ/5.74.

Tooting, 12 May.

In the Wandsworth Schools Championships it was good to see Ben Cascoe getting back to his winning ways after suffering a broken ankle during the winter. Ben won the under-17 javelin competition with 45.30. Mellisa Simon was also in fine form, setting an outstanding personal best of 12.1 for the Junior Girls' 75m hurdles.

Bracknell, 26/27 Jun.

TSB English Schools Regional Multi-Events.

Inter-Boys Octathlon: 6, M.Davis (London) (100mH/15.0, LJ/5.59, JT/45.48, 400m/58.0, HJ/1.67, DT/28.30, SP/10.97, 1500m/5:01.1) 4215pts.

West London, 12 Jun. London Schools. I. Girls 300mH: 2, J.Dash 47.2. J. Boys 80mH: 1, S.Scott 12.3.

Copthall, 12 Jun. Middlesex Schools. S. Boys 800m: 3, B.Hamill 2:02.2. TJ: 1, J.Ganio 12.53.

Kingsmeadow, 12 Jun. Surrey Schools. I. Boys 800m: 2, G.Mason 1:56.4. 400mH: R.Milner 57.6. 1500mSC: 4, M.Hillier 4:38.6. J. Boys 200m: 1, D.Jackman 24.6. 400m: 2, J.Hilston 53.8. 800m: 3, J.Drake 2:09.3.

Southampton, 19 Jun. Inter-Counties. U17 Boys 1500m: A.Jones (Surrey) 4:21.1. U15 Boys 100m: 3, H.Cavalier (gst) 12.5. 200m: 2, D.Jackman 24.9. 400m: 1, J.Hilston 54.2.

West London, 12 Jun. London Schools. Boys. U17 DT: 1, L.Rolfe 29.10. JT: 1, B.Cascoe 48.62. U15 1500m: 1, S.Vella 4:38.6. 100mH: 1, S.Scott 12.3. Girls. U17 100m: S.Simon 13.4. 300m: 1, J.Dash 43.5. U15 80mH: 1, M.Simon 12.5.

Kent Schools, 12 Jun. 3000m: W.Swaffer 9:58.5.

Shepway District Schools, 24 Jun. U13 800m: N.Whorlow 2:33.0. DT: N.Whorlow 11.84.

BLACKPOOL, 9/10 JUL

Never before have we had nine competitors in the All-England Schools and never before have we had two winners. It really is a tribute to our coaches that our youngsters are beginning to take the athletic world by storm.

Pride of place goes to our two champions James Hilston and Gavin Mason. James coolly took 2nd place in his opening round of the Junior 400m, setting a personal best, and the semi also saw him giving little away to the opposition with a 3rd place in yet another best. Come the final though, the wraps came off in earnest as the Belgrave lad hit the opposition hard in taking another full second off his best and gaining a resounding victory and Club Record. That record, incidentally, has stood since 1961, set by Roger Hudson who won this very same title in that year.

Gavin Mason was unable to take our Youths' Club Record as he too set personal bests in heat and final of the Intermediate 800m - but he wasn't far off and one has to remember that John Gladwin hasn't made it easy for those that follow in his footsteps. Gavin's first heat win was matched by arch-rival and Surrey team-mate Toby Dolman in heat three and the final was eagerly anticipated. Would Surrey Champion Dolman get the better of the Belgravian again? No fear! Gavin is now developing a keen racing brain, staying closer to the action throughout. This time there was no mistake as our man kept with the leader, struck

at 200 to go as the other man dropped out, was then overtaken by Dolman but came again and kept a couple of metres of daylight between them to the line. Both went under 1:56 for the first time.

Another record came from Jessica Dash in the "inter" 300 hurdles. The mark was her own property already - 46.77 set in last year's English Schools - and here she chopped a huge chunk off in progressing to the final. Her London colleague Natasha Danvers blew the opposition away with an unbelievable 41.99 but Jessica went inside her old best again to run home 7th.

Incredibly, Ben Cascoe is throwing further this year with the 700 and 800m spears than he did last year with the 600gm implement. He was only 3 metres behind the winner and will be in the same age group next year.

Sprint hurdlers Mellisa Simon and Steve Scott were both held back by the gusting wind but Marlon Dickson and Daniel Jackman were able to use it to their advantage. Both ran fast times with Marlon, who picked up a medal as one of London's 4x100m squad, reaching the final of the shorter event. Both of Daniel's 200m runs took him below the best time ever recorded by a Belgrave U15 but those wind readings over 2mps following mean that he cannot call the new mark truly his own. As no wind speed readings are known for Clive Gardner's 1983 mark the best that we can do is keep



Above: Not only did Marlon Dickson pick up an All-England medal while running for London in the 4x100m, he also set new Club Record figures for our U15 100m by running 11.70.

both of them on the record books.

Yet another Belgrave best came from Rob Milner. Even so, he was a little unfortunate as his heat time of 57.31, 8th fastest in the whole of the first round, placed him only 3rd in his race and he had to be content with a performance which erased Alasdair Grant's name from the list.

Junior Boys

100m: hts 2, M.Dickson (London) 11.7 (+2.3); 4, semi-f 11.74 (+4.4); final 8, 11.72 (+3.4) 200m: hts 3, D.Jackman (Surrey) 23.77 (+3.7); semi-f 7, 23.84 (+2.9). 400m: hts 2, J.Hilston (Surrey) 53.56; semi-f 3, 53.52; final 1, 52.48. 80mH: hts 6, S.Scott (London) 12.53 (-3.50).

Intermediate Boys

800m: hts 1, G.Mason (Surrey) 1:56.30; final 1, 1:55.36. 400mH: hts 3, R.Milner (Surrey) 57.31. JT: 5, B.Cascoe (London) 53.06.

Junior Girls

75mH: hts 6, M.Simon (London) 12.41 (-2.4).

Intermediate Girls

300mH: hts 4, J.Dash (London) 45.63; final 7, 46.30.



Left: Jessica Dash has been in good form throughout the summer, starting off by winning the U17 Surrey County 300 metre hurdles Championship and carrying on to become a finalist at the All-England Schools in the same event, clocking 45.63 for a new Club Record and a performance which placed her 11th in the UK rankings.

Profile of a President - Alan Mead

It was 35 years ago, in 1958, that a fourteen years old youth stepped gingerly through the portals of Belgrave Hall and found it "awe inspiring". The Hall, with its then open interior, exuded an odour of perspiration, liniment and old shoes; and the figures of Alf Harley and Bill Webb effused an almost religious aura as they greeted the newcomer with a warmth and interest he has never forgotten.

When Alan Mead read Bill Webb's letter of welcome, a letter he preserved for many years, he never dreamt that one day he would become President of this "awe inspiring" Club. It just goes to show that there's a President's medal waiting to emerge from the pack of every youth. Much commitment and enthusiasm is necessary of course, but Alan is not short of those qualities. He has used them in a

whole range of Club appointments, covering captaincy, secretarial, managerial and journalistic positions. His present post as co-editor of "The Belgravian" is his third stint, totalling 15 years of magazine production.

Thirty-five years ago at Beverley School none of this was further from Alan's mind until, much to his surprise, he won a school race. His teachers were closely allied to Surrey AC and were keen to encourage him in that direction, but a stronger draw was Hercules AC where his father had run competitively for several years. However, Belgrave's history stepped in to provide a third alternative. A fellow-pupil revealed that his own father and grandfather (a former mayor of New Malden) had belonged to a famous club who actually had a trophy named after his aunt Elsie. It sounded a tall story, particularly when the Club was revealed to be Belgrave Harriers; but in fact his grandfather was none other than Past President Teddy Gordon. Alan was impressed. So too were a couple of other class-mates, Dave Cocks and John Jarvis. All four decided to join Belgrave; Doug Gordon dropping out fairly soon but Dave Cocks going on to be a Surrey County 880 yards Champion with a sub 1:50 performance.

Alan remembers those early years for the organisation of a young athletes section by Tom Carter and then by Jack Hampshire. Tom led the pack round the horse rides of Wimbledon Common on Tuesday and Thursday evenings making sure that none of the difficult parts were missed out. Alan found it tough on that surface, and as the pack got fitter he found it tougher still. His attributes were really at the

sprinting end of the spectrum, but Belgrave Hall in those days was full of runners and walkers. The steamy atmosphere on Winter Saturdays strangely attracted him.

In 1967, after spells at Westminster Bank and the Welbeccon Press in Battersea, he joined the Police. Training school made him fitter than ever and he gained great satisfaction from winning the school's cross-country championships, and then leading the team in the inter-divisional championships. He was posted to Clapham Police Station, the station of Belgrave's international Brian Morris, and he soon got to know John Jeffrey of the Balham branch, future England team manager and Belgravian. Third place in the British Police Championships 400m behind international Chris Carter gave him great satisfaction and he now came under the eagle eye of Andy Norman, then manager of the Police team. Norman was a demanding team manager and Alan doubled up at fixtures with a string of sub 51.0 and sub 2:00 performances. On one occasion he was required to run a 400 hurdles as well and was accused of not trying hard enough. Alan smiles wryly at the memory.

He smiles too at an incident that occurred during one of the protest rallies of those days. Weekend after weekend had been spent outside the US Embassy in Grosvenor Square when he was part of a police barrier keeping back anti-Vietnam War protesters. Among the mob at the conclusion of one of these demonstrations, in Hyde Park, was Belgravian team-mate Chris Steer. As Alan and Chris communed together about this bizarre encounter, Chris was being angrily eyed up for "talking to that pig" while Alan was being rebuked for fraternising with "that long-haired layabout". Perhaps there's a moral there somewhere.

The Police was his third attempt at a career but that too did not give him the satisfaction he sought. On a succession of

nights in the bitter winter of 1968/69 he was posted to the rear of Brixton Prison to help thwart a proposed attempt to spring the Kray brothers. Hours of solitude, darkness and bitterly cold weather was a great stimulus for thought, and it did not require much of it to make Australia seem



It's 1963 and in the match versus the German club Turnverein 1862 Langen at Battersea Park, Alan holds the kerb into the second lap of the Junior 880 before a long sprint for victory. Frank Webb is the track judge.

Photo (left) by Alan Black.

Clive Shippen writes about our President for 1993-94

paradise. His feet began to itch once more and in 1969 he and Pat left for that far land.

All of this time he had taken a great interest in Club affairs. There are no half measures with Alan; it's all or nothing. He had been elected Junior Captain in 1962 and was then elevated to Senior Captain in the year of Frank Jarvis's presidency. Belgrave had been suffering a lean time in track and field and Frank made an appeal for just one major victory. Alan and the team responded by winning three trophy meetings, quite something in those pre-league days. In addition he had been a Committee member since Junior level and was co-editor of "The Belgravian" from 1961 to 1967; having been an active contributor before that. So his decision to go to Australia was a disappointment to Belgrave.

In Sydney he returned to banking, but when his branch suffered a hold-up his feet itched again. A camper van was purchased and a 4 months trek ensued through and around Australia. He particularly remembers a blissful period at Cairns living on fish and coconuts, languishing in the sun and reminiscing about the Kray twins in Brixton Prison!

After two years abroad he returned to England in 1971, went to Computer Training School, became a programmer and now works for Capital House, an Investment Management company. But this determination to secure a final niche for himself did not prevent a renewed involvement in Belgrave Harriers. He became the sole Editor of the ailing "Belgravian" in 1972, took over the Track Secretaryship from Bob Taylor and also the managership of the Southern League team; our first team in those days. He was also active on the social side and organised film evenings and other events. But after eight years it became too much. His aspirations required help that was no longer there, and in the early eighties he withdrew from these commitments with a feeling of disillusionment.

A lover of music, particularly folk-



rock, Alan turned his attention to the less frantic world of Morris dancing. He learned to play the melodeon and concertina and after three years became the lead dancer ("squire") of his team.

All this time he was watching Belgrave's results and avidly reading "The Belgravian". From time to time various members would contact him in the hope he would become active again; and indeed throughout the whole period he and Pat were regular members of the results team at our 12-stage Relay events.

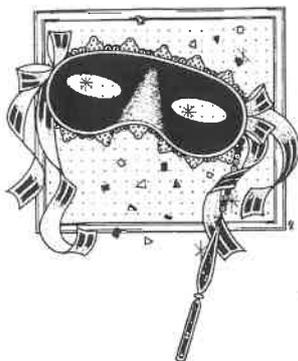
By the late '80s he was back on Committee again and offering to help Charlie Dickinson create a "new" Belgravian magazine. Alan was keen to use desk-top publishing techniques and after discussions with Charlie they took the plunge into a new colour format. As co-editors they now produce the finest magazine in our history and probably the best club publication in the land. As usual, Alan's interest extended beyond this commitment and he was soon showing much interest in a re-structuring and a formalising of Belgrave's constitution. He was Derek Manning's principal aide in drafting the proposals and he now wishes to see the momentum maintained. He recognises that, as with most clubs, our set-up is fragile. We need to work hard at maintaining our eminent position: it is all too easy to slide down the slippery slope. He believes

Above: The 70s and a photo call after a Young Athletes Sunday morning training session at Wimbledon Park. The adults, left of the group, left to right are: John Martin, Frank Simmons, Jim Heathfield (crouching), Bob Taylor, Reg. Hopkins Jr., Reg Hopkins Snr. And on the right: John Baker, Philip Gee, Peter Hilliar, Gordon Biscoe, Mickey Pyer, Gordon Doubleday, Alan Mead and Bill Couzens.

Photo: Clive Shippen

that a list of aims should be drawn up and the targets assessed annually. Issues of membership, young athletes from the local community, the manning of home meetings, the gymnasium and Belgrave's image are all matters close to his heart.

Alan's loyalty to Belgrave is paramount, but it must not be forgotten that he is ably supported by two other Belgravians, his wife Pat and daughter Hazel. Alan and Pat met at Battersea Park and in 1966 became yet another Belgrave/Selsonia union. Hazel was born in 1977 and has been steeped in the tradition of Belgrave. They are a formidable trio. Much of their lives are devoted to the Club. All three compete for club teams and are frequently involved in the running of the meetings at the same time. We are lucky indeed to have such a family at the helm of our affairs in 1993/4.



Valentine Disco

Saturday 12th February
at Belgrave Hall £3.50

Ted Pallant has been doing a roaring trade in club kit lately. The tracksuits have been going like wildfire - no sooner do we get a new stock in than they are snapped up. We've got club ties on order, T-shirts for the new track season and now we are looking at scarves, kit-bags, pin badges, you name it! Get your orders in now. Look for the main advert and Ted's address inside the front cover.

A few words from The President

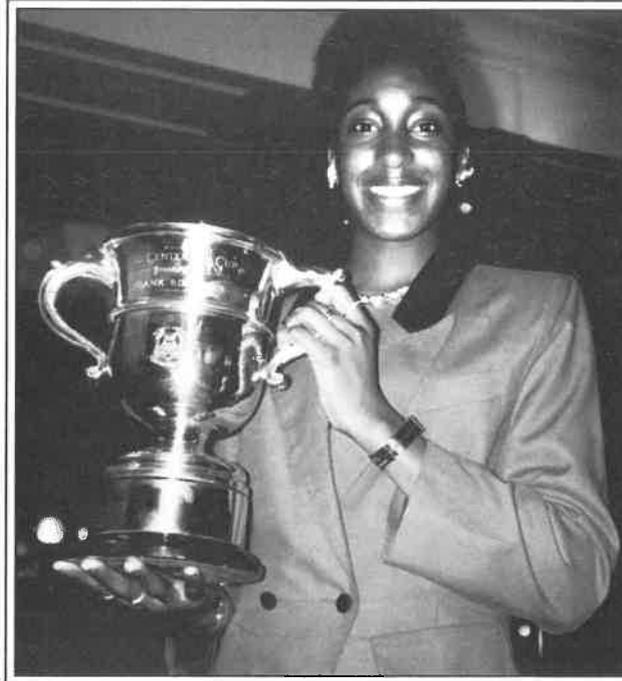
Those who know me will not be surprised to hear me say that I do love athletics. I have often pondered on what it has been that has drawn me into this activity with such passion and I believe that the answer is its sheer simplicity and world-wide appeal. What could be more natural as a youngster than to try to run to the next tree faster than one's playmate; to heave a rock further than the boy down the road. Those same basic instincts are in us whether we live on an African plain, a South Sea Island or in South London. Technique and training don't come into it. We want, in the words of the Nike advert, to "Just Do It".

Some of us, having enjoyed the exuberance of "just doing it", then, "just can't stop doing it". Now it does get technical as we have to learn every trick available to do our best. In athletics there are no limits imposed by anything outside ourselves. One simply sets one's own targets and finds the level at which we are prepared to operate. For some the aim is to be the best in the world; others simply want to enjoy the continued ability to keep in touch with that early instinct. But there are always targets to attain for everyone: best under 17 in the district - furthest throw while in my fifties - a couple of sessions a week to keep the old heart ticking over.

Not everyone is lucky enough to discover themselves, however. When I was about thirteen I was a youngster looking for trouble - one who just needed something on which to expend an abundance of surplus energy. I was fortunate to discover organised athletics and this Club but the story does not unfold so happily for all young people. Tree running and rock throwing do not fit easily into city life. There must be many thousands of boys and girls in our area missing out on the joy of being fit, perhaps finding themselves getting beyond the stage of mischievousness and using their energies in ways that do not bring happiness to themselves or others.

We must all get out there and find them; encourage them to join us. It is difficult to think of another activity in life where one can enjoy the company of so many diverse types of people and forge friendships with them that will last for a lifetime. Differing religions mean nothing to us, nor do social backgrounds or ethnic origins. We are men and women, young and old; we have a common bond in our sport and Club; we are family.

Alan Mead



Proud winner of the 'Centenary Cup' for 1993 was Mellisa Simon, pictured holding the trophy at the Club Dinner after it was presented to her by Olympic and World Championships Hurdler Gowry Retchakan. It was particularly apt that Gowry did the honours because she started off her competitive career in the very same event as that for which Mellisa was awarded the trophy - sprint hurdles.

Not surprisingly the 'Tommy Green Cup' went to John Regis for his silver medal winning run in the World Championships 200 metres where he set new British Record figures of 19.94.

Photo by Hazel Mead

◆ Our walkers are making a bid for the limelight. The BBC Television production 'Tomorrow's World' recently featured the invention of Canadian Dr. Dennis Furlong by which walkers who do not maintain contact with the ground are immediately and obviously identified. A small module attached to each of a competitor's shoes emits a sound and light as soon as both feet are off the ground at once. Where do our walkers come in? Well, Carl Lawton, Gill Broderick and Paul Warburton were videoed in action, demonstrating the equipment. But that's not all - they are due on 'Good Morning' with Anne and Nick some time in January. They've only got to get an invite to 'Crinkly Bottom' and they will be outdoing John Regis.

◆ After 30 years of competition for the 'Denmark Pot' the trophy has returned home to Bill Couzens. We wonder if dear old Don Maclean, sadly no longer with us, ever dreamed in 1963 that the Pot he presented would be held in such high regard for so long. Bill, for years the organiser of the event, was the winner of that very first championship held in 1963 and since then he has won the trophy more times than anyone else - but not since 1976. He was thrilled to win again but it wasn't an easy task. In the second round Tom Carter had put out Kevin Crookes, holder for the last three years, and then he stormed through the next round with a marvellous three dart finish. In the final he had Bill worried as both were together on a finishing double. Next year Tom?

◆ Belgrave made a big impact on the Surrey Supper, held at Belgrave Hall one Saturday evening in November. Marcello cooked the meal, the waitresses were Belgrave girls and it seemed that at least half the diners were from our Club. When it came to the raffle no fewer than nine of the ten prizes went to Belgravians. When that single prize not staying with us went to a Croydon Harrier

there was a mighty cheer from the rest, followed by a light-hearted query from Herne Hill's John Gebbels "You're not second-claim Belgrave are you? There's more rigging in here than on the Victory!"

◆ A great night was had by a couple of dozen Belgravians at the "Scrubbers and Others" Christmas bash. Warming up was conducted in a local hostelry before the main event of the night - as much as you can eat for the set price - was started at the Mongolian Restaurant. Apart from the decor there wasn't a Mongolian in sight - all the officials seemed to be Australian! At the gun a great start was made by Keith Duckett, getting through the first course of "Yak Attack" before some had got the wine order sorted. But it was Mark Hutton who made all the running after that. For lap after lap he returned to the "help yourself bar" to select his next choice for the stir fry. Only one man could get anywhere near him in his quest to become "Gannet of the Year" - Derek Crookes. However, even Mr. Hutton has his limits and chants of "Mark - Mark - make it six" failed to get him out of his seat for more than five helpings, and Derek cruised up to end the contest in a draw.

*How's your
pulling power!*

Bar staff
wanted at
Belgrave Hall.
Apply to Keith
Duckett or
Derek
Manning





Write on!

Mr. Belmore predicts 'silver' only

Dear Editors,

I was very pleased to receive "The Belgravian" no. 220. Excellent copy and one of the best club magazines I have seen; a good blend at all levels of the sport, young and old with news items, results, special features and, for me, tales of the past by Arthur Bruce.

With reference to the over 60 photo' and your comments of "old friends" at the Burnley National Vet's CC Champs., I doubt if they will find the Southern Road Relay Champs. so easy this year either. Even with Laurie, the young lad who grabbed my UK 5000m record last year! Still, another set of silver medals behind Barnet again will match those won at Burnley and the Sutton Coldfield Nat. Road Relay!

May I take this opportunity on behalf of Veterans AC, and personally, to thank the Club for allowing us to use their Hall in Denmark Road for cross country meetings during the winter. A special thankyou too for the Belgrave Officials who have assisted us at track and cross country - and of course those behind the bar.

Naturally many of our VAC members wear the Bels colours both in our running and walking events - all are very welcome.

I have enclosed a photo' taken near Melbourne on a tour in the hills during the World Vet's Championships in December 1987. As an old "2nd-claimer" I couldn't resist the name! Someone knows you out there.

Bob Belmore, Veterans and Barnet AC

All get a chance, young and old

Dear Editors

Many thanks for "The Belgravian". What a difference between modern athletics and the old. It certainly makes the old clubs look small, with so much activity and depth. I watch all the athletics on television but I can't say I agree with some of the money that is involved. I expect most of the athletes enjoy running for fun. Everyone cannot be paid and I am glad I was one of the fun runners. I enjoyed all of it and I would run anywhere - it was great. Club matches, relays, cross-country and road running, London to Brighton Relay, Ilford Relay, all great. In Belgrave all get a chance, young and old. I am nearly 85 and will never regret the years of running.

I wish Belgrave luck, and best wishes to all, old and new.

Stan Scarsbrook, Peeblesshire

Ex-Belgravians follow our progress

Dear Editors

I have been doing some of my best times for a few years: 3hrs 13mins in the London Marathon after having my legs taken from under me and losing nearly 20mins at the 15 mile mark when looking certain to break 3hrs. I've been recording progressively faster times in half-marathons, recently running 1hr 25mins in very bad weather in the Northern Vets Champs. (3rd over 55) and last weekend 63mins 29secs for 1st over 55 in the Sale 10 miles (in spite of no training for 3 weeks after being made redundant.)

George Piddington will be interested to know that one of my neighbours, Alan Bishop*, used to be his best mate for years (they were in the Scouts together). He runs a village store and the shop next door is also owned by an ex-Belgravian. There are at least seven people on our estate who came from the Wimbledon area and either have relations with Belgrave connections or used to watch our races on the Common and regularly follow our Club's progress in the press. It's a small world.

Yours in sport,
Chris Fairfield, Stalybridge, Cheshire

* Not the Alan Bishop who was one of the three Bishop brothers

I thought it was a rambling club!

Dear Editors

Congratulations on another great issue. Memories mixed with the latest news is a

winning formula and a photo quiz thrown in! What will you do to cap that.

My memory was jogged by the extract from the May 1943 issue. Wally Ives, then in India, became a work colleague of my father and in 1948 (Olympic Year thanks Arthur) through him I was introduced to what I thought was a rambling club - some ramble!

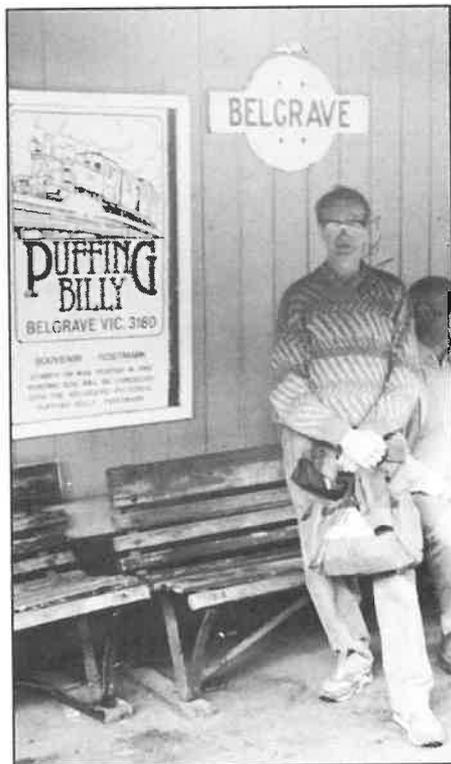
Len Fletcher and Colin Sutton each helped me along the hard road to taking part in what you describe, with great feeling, in your article "The Record Breaker". I have two recollections of that day. Firstly, Stan's brother almost ran over a black cat en route to the White City and this led Stan to shout "We've got it". A very worried brother was cheered to hear that Stan meant that it was an omen for the record and not that the cat was dead! Secondly, when battling with Lindner, and just a lap to go, I heard my number called. I broke my rhythm slightly but couldn't see a judge (in those days it was instant dismissal) and so got going again finishing, as you say, fourth. I don't think I would have got third but many years later I heard that my number had been called - by a marksman for the pole vault calling up the next competitor in that event!

For my money, and in the opinion of most others who saw him race, Stan was the greatest. Bearing in mind his almost frail appearance, and his training work load when he had set his mind on a race, he was a tremendous and great team mate. We were led by Mr. Belgrave himself, Jack Goswell, who covered all the angles and gave his all to his teams. I will always remember the National 20 in 1960 at Gomershall. Stan won, I blew up at 18 miles and finished 4th but we had set such a pace that the 5th man was some six minutes behind me. We had been whipped along by Jack who had cycled round a very stiff course, eventually almost collapsing at 17 miles! That day we had five internationals out plus George Beecham, who was Mr. Consistent at 20, scoring in eight consecutive winning Nijmegen Shield teams - a record!

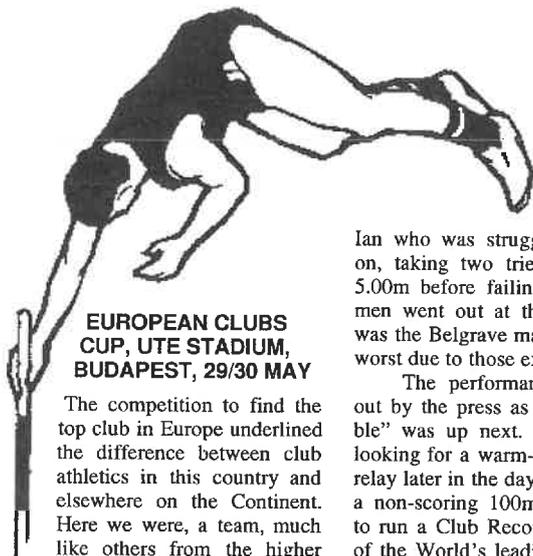
Going back to the 1960 AAAs Championship it was often said that I would never be a sprint walker. 13:51.8 may not be bad but set against Stan's time I think they were right - he was in a class almost on his own that day.

The strange thing is that whenever I get along to the Open '7' someone always asks me about Stan and how often he, or I, won the Open. Even stranger is the fact that neither of us ever managed that. In 1956, Stan's best chance, he was in Melbourne keeping an eye on me, and in other years we were merely placed behind Ken Matthews, or, in my case, a chap called Ray Middleton.

*A happy and successful
New Year
to all members*



Left: Bob Belmore might be Barnet now but only a true Belgravian would pose in front of a sign like that.



EUROPEAN CLUBS CUP, UTE STADIUM, BUDAPEST, 29/30 MAY

The competition to find the top club in Europe underlined the difference between club athletics in this country and elsewhere on the Continent. Here we were, a team, much like others from the higher echelons of the British League, made up mostly of individuals from the London catchment area with a few from further afield who want to compete for a successful outfit. Compare this, then, with the might of Club Larios, an international team sponsored by the marketing department of the largest spirit manufacturer in Spain; or with the Hungarian club, made up of the National team; or with the Italian National Police Team. And yet we travelled to Budapest in the hope that we might just cause an upset.

That leads on to the second flaw in the British approach - an unreasonable trust in good fortune. It's nice if you have Lady Luck in your team but she can only add the odd point here and there. To win in this arena requires a completely professional approach with only the very best athletes turning out in their specialist events, doubling up where necessary - like Ibrahim Boutayeb's 5k/10k for Larios and Alessandro Lambruschini's 5k/3k steeplechase for GS Fiamme d'Oro.

In actual fact, when one goes over the points after the event and adds all the marks in that could have been ours if everything had gone perfectly, there is still no way that we could have finished higher than second. The Italians were far too strong.

But let's enjoy what we did achieve.

Day One



Neil Owen had a mishap with his blocks at the start of the sprint hurdles and found himself trailing the field at the first barrier instead of hustling for the lead. He came through strongly to get up to 3rd, 3/100ths down on 2nd, but Puppo of Italy was out of reach, clocking 13.99 and just the sort of time that Neil was in shape for!

Meanwhile, Ian Tullett had come into the vault at 4.60m with four others. He sailed clear at his first try, unlike the Czech who needed two attempts, but then it was

lan who was struggling from there on, taking two tries at 4.80m and 5.00m before failing at 5.20m. Six men went out at that height but it was the Belgrave man who came off worst due to those extra attempts.

The performance later picked out by the press as "incomprehensible" was up next. John Regis was looking for a warm-up for the sprint relay later in the day so turned out in a non-scoring 100m and proceeded to run a Club Record of 10.15, one of the World's leading times at that point in the season. The start was perfect and his training in America seemed to have given him a new relaxed style that completely belied the time. Would he have beaten Osmond Ezinwa in the main race? We'll never know, but Lenny Paul ran the race of his life for 4th and a pb of 10.32 - nice work Captain.

Fred Salle leapt to one of his best marks of the season to share the lead in the long jump after the first round. Larios went ahead through Hernandez in round three and Fred's second best effort didn't quite match the Bulgarian's on the same distance as him, so it was 3rd.

We knew we'd be struggling for points in the 400 without a specialist one-lap man present. Ikem Billy, not at his best due to injury problems, set off looking every inch a middle-distance man, trailing the field by a long way at the 200. We've seen this sort of thing before in league matches where the strength of the 800 metre runner takes its toll in the home straight as he comes through to win - but not here against Europe's best. He did pull them back but it was never going to be anything but one point!

What an experience for Neil Owen: waiting to run the last leg of the 4x100m with Regis thundering around the turn toward him. Lenny Paul and Phil Goedluck had laid the foundation for a good time and the Club Record was blistered as they got so close to sub-40 but were unable to hold what seemed to be the French national squad and the surprising home team who ran 39.64.

One time world record holder Alessandro Andrei had the shot sewn up with his opening effort. His 19.16m was within reach of a Paul Edwards at his very best but while the Briton went a little further with each throw, so too did the Italian. Second place would have been good points but a very doubtful measuring of the Hungarian competitor's fourth throw by officials from his own club

suddenly had our big man in 3rd.

Steve Halliday was delighted with his 1500m. The last lap was ferocious but our Yorkshireman was not found wanting. His turn of speed over the last 250m matched most, and with just 1.5 seconds covering the first seven places, his 3rd place was a bonus. Then the 'chase gave us further good marks as Justin Chaston was beaten only by Lambruschini - an 8:12 man.

The last race of the day was the 10000m, scheduled a full hour after all other events to avoid the worst of the heat. Kasse Tadesse had great difficulty in restraining himself, throwing in fast and slow laps with a complete disregard for the opposition. Even Boutayeb must have been wondering who this young man was when a circuit in the low 60s was injected around the 5k point. But these were experienced runners, gently making their way back to Kasse with the minimum expenditure of energy, and when the heat was turned up in earnest over the final kilometre, Kasse could not hold them. Junior Club record though - well under 30 minutes!

So at the half-way point GS Fiamme d'Oro were on 68.5 with Larios 58, UTE Saab on 49 and the Bels. 47. Already it was obvious we were out of contention for first place and something drastic was needed to get us into the frame.

Day Two



Much discussion took place overnight and was followed by a team talk that only the athletes and management were allowed to attend. It centred on Ikem's dissatisfaction with his last place in the 400m and his persuasive argument that he should also do the 800m. He reckoned that his 48.68 pointed to a sub 1:48 for the two-lap race - a time that could well win it. Darrell Maynard, due to run the 800, was understandably not at all happy with this point of view.

The treat of the afternoon was the chance to see Russia's Yuri Sedykh in action for Racing Club de Paris. The great master of hammer throwing is no longer in 86 metre form but he was still untouchable in this competition. Phil Spivey opened up in 6th and as his throws improved to a best of 63.84 in round three, the opposition also improved and he was stuck with his position.

At last it was time for our



bankers. Jon Ridgeon had been having a few minor injury scares in early season but here he was completely in control, cruising to a comfortable victory over Frenchman Caristan, another who is moving up to the long hurdle race. With John Regis stepping onto the track for the very next event, the 200m, we were suddenly picking up points hand-somely. After his previous day's effort even sub-20 looked a possibility - but that's not the way it goes in athletics and he had to be content with a victory in 20.64.

Andy Hutchinson was unable to make an impression on the high jump field and discus man Darrin Morris, within a metre of his season's best and two metres of his best ever, was 5th in a very close competition.

And so to the 800m. Ikem's view prevailed and he lined up for what was expected to be a tactical race - and he was quite correct, a sub-1:49 would have taken it. Unfortunately for Ikem it wasn't him doing the taking!. He never got into the race at all. Maybe the pressure he put himself under worked adversely for him but whatever, as he ran at the back of the field and then could not match the pace of the rest over the last 300, Darrell seethed and vowed that the race was tailor-made for him.

Bulgaria's Kristo Markov is another all-time great, the only man ever to be victorious at all six of European Juniors, European and World Champs. indoors and out, and Olympic Games. But he opened with a mediocre 15.55 and then found himself unable to make another valid effort. "No jumps" were the order of the day and worst off was our own Derek Browne. For five rounds he failed to get a distance on the judge's sheet and the group of Belgravians urging him on held their heads in their hands and groaned with every raising of the red flag. Only one more chance to avoid the

European Cup out of reach - for now



Right: An unhappy Darrell Maynard receives commiserations from a very happy Derek Browne



ignominy of no points at all. The wind swept up to twice the legal limit as Derek made his last run. It was a brilliant effort taking him from nowhere to 3rd in the competition, 17 centimetres ahead of his hero.

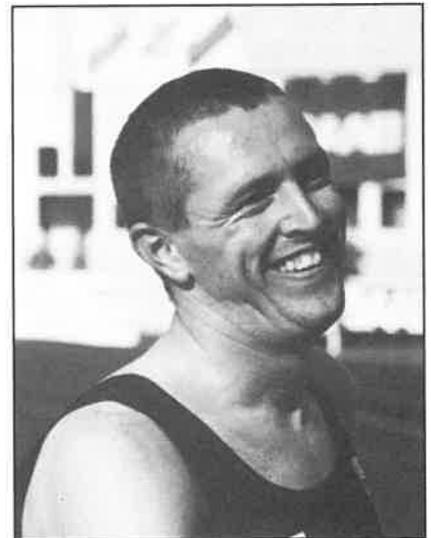
Also 3rd was spearman Nigel Bevan but his was a frustrating competition. Anywhere near his best and he could have thought about winning. The 5k also did not yield as much as we might have hoped. Paul Evans arrived from a cool Britain to the Hungarian heat just an hour before his race and found the pace over the latter stages too fierce.

Now in 5th place as a team there was not much the 4x400 squad could do to alter affairs. A win might just have given us 3rd in the match but that was not considered a reality. 1500m-man Rob Turner was entrusted with leg one and he was followed by a really fired-up Darrell Maynard who ran a blinding leg to keep us in the hunt. Phil Goedluck ran an unaccustomed full lap and then Jon Ridgeon ran powerfully to get us into the pack at the back of what turned out to be a fairly close finish. Two seconds faster would have given us 3rd or 4th and four seconds faster - not impossible - would have given us 3rd place in the match. As it was, the boys set a new Club best. **ARM**

100m: 4, L.Paul 10.32. n/s 1, J.Regis 10.15; 6, P.Goedluck 10.73. 200m: 1, J.Regis 20.64. n/s 1 5, N.Owen 22.75; 6, I.Wells 23.04. n/s 2 2, P.Goedluck 21.80. 400m: 8, I.Billy 48.68. 800m: 8, I.Billy 1:54.59. 1500m: S.Halliday 3:46.77. 5000m: 4, P.Evans 14:11.31. 10000m: 6, K.Tadesse 29:42.93. 110mH: 3, N.Owen 14.18. 400mH: 1, J.Ridgeon 50.42. 3000mSC: 2, J.Chaston 8:43.84. HJ: 8, A.Hutchinson 2.00. LJ: 3, F.Salle 7.81. TJ: 3, D.Browne 15.72. PV: 8, I.Tullett 5.00. SP: 3, P.Edwards 18.77. DT: 5, D.Morris 56.74. JT: 3, N.Bevan 71.78. HT: 6, P.Spivey 63.84. 4x100m: 3, Belgrave (L.Paul, P.Goedluck, J.Regis, N.Owen) 40.05. 4x400m: 7, Belgrave (R.Turner, D.Maynard, P.Goedluck, J.Ridgeon) 3:12.90.

Team positions:

1, G.S. "Fiamme D'Oro"	Italy	127.5
2, Club Larios	Spain	110
3, CSKA Sofia	Bulgaria	99
4, Racing Club de France	France	97
5, Belgrave Harriers	UK	93
6, Ujpesti Torna Egylet-Saab	Hungary	87
7, PSK Olymp Praha	Czeck	69
8, Sport Lisboa E Benfica	Portugal	57.5



Above: Steve Halliday was delighted with his 1500 metres.

Left: the fastest Belgrave sprint relay squad of all time - left to right - Neil Owen, John Regis, Lenny Paul, Phil Goedluck - 40.05!



Above: Roger Alsop tracks Simon Thomas of Haringey in British League Match 2's 5k at Birmingham on June 5th. The Belgrave man's 14:53.50 for 3rd place (ahead of Thomas) was his best ever.

County title for Roger Alsop

Roger Alsop won the Surrey 10,000m, his first County Championship, in a time of 30:33. It was a run of true quality showing patience, maturity and confidence, and took no less than two minutes off his PB set in the same championships in 1991. It also shows the result of the consistent training and careful race planning that Roger and his coach Arthur Bruce have worked out over the last year.

After a very hot Spring Bank holiday weekend, the weather turned very much cooler for the Sunday race and with little breeze, conditions could hardly have been better for 25 laps of the Wimbledon Park track. After a slow initial couple of circuits the pace was taken up by the Herne Hill pair of Boyle and Robinson who alternated the lead and reeled off laps at about 74 or 75 second pace. Roger was content to sit at the back of this small breakaway group which also contained Terry Booth now running for Hounslow.

After 5000m was passed in 15:23 the leading group diminished one by one until there were just two left, Boyle doing the pacework and Alsop looking very relaxed on his shoulder. Roger made his decisive

break with four laps remaining, raising the tempo to 70 seconds per lap, and he continued to apply the pressure right to the end covering the last four laps in 4:41. Mick Boyle never gave up the chase but finished 50 metres down at the end.

It is worth noting that Roger bettered his PB for 5000m by six seconds in the second half of the race which he covered in 15:10.

BELGRAVE OPEN MEETING BATTERSEA, 27 MAR

Senior Men
100m: 2, M.Richards 11.2; C.Brooks 13.0. 200m: 6, C.Brooks 27.4. 800m: 3, S.Booth 2:01.2; 4, B.Hamill 2:06.8; 9, J.Pritchard 2:19.9. 3000mW: 4, D.Fotheringham 16:08.3; 6, J.Dunsford 16:50.9. LJ: 1, M.Richards 6.90. DT: 1, A.Ekoku 54.68.

U17
100m: 1, R.David 11.7; 3, A.Reid 12.3; 5, M.Miller 12.8. 200m: 1, R.David 23.8; 3, A.Reid 25.0

U15
100m: 1, M.Dickson 12.1. 800m: 1, G.Jones 2:22.1; S.Scott 2:34.9. 80mH: 1, S.Scott 12.6. 200m: 1, M.Dickson 24.6; 2, M.Miller 27.4.

Senior Women
100m: 4, A.Patten 14.4. 200m: 3, J.Smiter 30.9. 400m: 1, E.Finikin 60.6; 4, G.Husbands 66.7. 800m: 6, S.Howard 2:49.9. 3000mW: 1, G.Collision 10:23.2. 3000mW: 1, S.Porter 17:40.8; 4, G.Brackpool 18:27.6. LJ: 2, A.Patten 4.47. HJ: 2, J.Smiter 1.50. DT: 2, G.Richardson 23.00; 3, A.Patten 22.74; 4, C.James 18.08; 5, P.Mead 17.96. JT: 4, E.Finikin 33.??; 5, G.Richardson 23.56; 6, C.Bazin 20.88; 7, A.Patten 20.80; 8, H.Mead 17.76; 9, P.Mead 13.98. HT: 6, B.Dunsford 18.20

U17
100m: 2, M.Jackson 14.0. 200m: 1, S.Simon 27.7; 2, J.Dash 28.6; 4, M.Jackson 29.4. 300m: 2, P.Friel 44.9.

U15
100m: 3, M.Simon 13.6; 4, A.Mensah-Bonsu 13.7. 200m: 2, A.Mensah-Bonsu 28.9; 3, S.Stracey 31.2. 800m: 1, L.Wilson 2:30.8. 75mH: 2, M.Jackson 16.0. LJ: 2, S.Stracey 4.05.

Ladies leap to it

The triple jump was a new event in the women's Southern League this year, writes Hazel Mead, and this gave some Belgrave Ladies a chance to have a go at an event where we could only get better.

Our second-claim member Evette Finikin is obviously the best of our jumpers, placing highly in the National Rankings, but as she is only second-claim her mark of 13.06 cannot count as a club record.

In the Southern League, four of our women have taken part in the event. These were Alex Barber, Angela Patten, Julia Cockram and Jacqui Smiter, and our best on record has been broken in three out of the six league matches.

We started off the season in Bourne-mouth, leaping into the unknown. Alex Barber claimed the inaugural record with a leap of 9.05m. This set the target for Angela Patten who, in the next match, increased the record by a fine 72cms. Would the record go over 10 metres in the first year? Everyone tried their best to do this but the record stayed the same until the final match. Angela Patten then leapt to 9.96m at Basildon, to finish the season well coming second in the 'A' string.

Next year with specialized training the record should continue to improve.

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Belgrave Karriers

Whoa!

"Whoa ... WHOOP! ... Can you you FEEL it?"

The question was aimed at one of our bemused kit carriers by the smiling but slightly crazy figure of USA's ace sprinter John Drummond, clowning his way through final preparations and psyching himself up before the international 100 metres at Crystal Palace.

You certainly meet all types when you're down in the arena to

look after the kit of the world's top athletes and this summer a bevy of young Belgravians were in the enviable position of doing just that, soaking up some of the electric atmosphere at close hand during the Grand Prix meetings. When you're a budding athlete yourself, what could be better than mixing with the cream of the crop, handing Linford Christie his lane numbers, taking Samuel Matete's watch for safe keeping, getting a friendly wink and a "Hi!" from Lenny Paul who recognises you as one of his club-mates.

Many were the laughs (although not in front of the television

cameras!) as our Marlon Dickson asked Colin Jackson if he had ever run in the English Schools - "Of course not. I'm Welsh!" And then there was Tony Jarrett, a great favourite with our youngsters, joking with them after his race when being told by them that he should join a good club.

Yes, our boys and girls thoroughly enjoyed themselves - and the best thing is that the South of England AA wrote to the Club at the end of the season to say how pleased they had been with our help - and they may well ask us again next summer!

COUNTY CHAMPIONSHIPS

Surrey Part 1 at Wimbledon Park, 1/2 May.

Matt Hillier might have only got a bronze medal in the 1500m steeplechase but he relieved one of our Olympic athletes of a Club Record which has stood for over 30 years! His time was 4.5 seconds inside John Bicourt's 4:44.0 from 1962. Gavin Mason's winning 800m run showed that he has great things in store this summer and two others who won county titles for the first time were Jessica Dash, looking really confident over the hurdles, and Roger Alsop who controlled the 10k as if he's been running them for years.

10000m: 1, R.Alsop 30:33.7. Decathlon: 9, B.Taylor (100m/12.8, LJ/5.27, SP/8.35, HJ/1.59, 400m/62.2, 110mH/23.5, DT/26.34, PV/2.20, JT/29.90, 1500m/5:50.3) 3366pts.

U20. 800m: 5, S.Booth 2:05.3 (2:01.4ht)

U17. 800: 1, G.Mason 2:01.1; 4, B.Hamill 2:04.0 (2:03.6ht). 1500mSC: 3, M.Hillier 4:39.5; 5, A.Jones 4:49.8. 400mH: 2, R.Milner 58.6.

U15. 800m: 5, J.Drake 2:15.7. 3000m: 2, S.Alexander 10:17.6; 3, S.Bramson 11:17.3.

Women

3000m: 4, G.Collison 10:24.3. U17 300mH: 1, J.Dash 48.6.

Hampshire at Portsmouth

JT: 1, M.Cottrell 68.56.

Kent at Bromley

800m: 7, R.Turner 1:57.4 (1:55.3ht) 1500m hts: R.Turner 3:57.4.

Middlesex at West London

British League Captain Lenny Paul has switched his allegiance from Suffolk and correspondingly found a county title a little harder to come by. James Ganio was impressive in winning the under-17 long jump and Pam Friel had to settle for a

silver medal winning effort in the 200 metres after finding that several of the events were cancelled due to insufficient entries. A strong 1500m run from Laura Wilson showed that she is sure to get Jackie Stone's record before too long.

Men

100m: 3, L.Paul 10.9. TJ: 2, D.Browne 15.64.

U17. LJ: 1, J.Ganio 6.20.

Women

U17. 200m: 2, P.Friel 28.7.

U15. 1500m: 3, L.Wilson 5:08.

Norfolk at Norwich

Our two Norfolk based Belgravians Ian Wells and Dennis Costello picked up no less than five titles between them, making this our most successful county.

400m: 2, I.Wells 50.6. 110mH: 1, I.Wells 16.5; 400mH: 1, I.Wells 57.3. HJ: 1, D.Costello 1.90. LJ: 1, D.Costello 6.80. TJ: 1, D.Costello 14.41.

Surrey Part 2 at Croydon, 15/16 May

High jumper Warren Caswell set new figures for the Croydon Arena ground record, his 2.18 effort adding 3 centimetres to the previous best. But it was in the throwing events that Belgrave made the best showing with Leith Marar taking the shot and discus and Phil Spivey having to launch his hammer to 65.10 to get the better of Sutton & District's Gareth Cook in a close competition. Marlon Dickson just lost out by 1/10th in the under-15 200 metres and behind came James Hilston who had earlier run over a second faster into a 2.0 mps headwind in the heats. James also picked up a medal in the High Jump.

Coached by our own Lutz Gundlach, our '2nd-claimer' Evette Finikin won the Triple Jump.

Men

100m: hts L.Campbell 11.7. 200m:

semi-f 5, L.Campbell 23.5. 1500m: 4, G.Adams 4:00.2; 6, M.Jackson 4:02.2. 5000m: 5, R.Alsop 15:20.3; 12, B.Barton 16:10.7. 400mH: 6, C.Knight 58.9. HJ: 1, W.Caswell 2.18; 2, A.Hutchinson 2.05; 4, G.McKernan 1.90. PV: 2, D.McDermott 4.10; 3, G.McKernan 3.40; 5, C.Husbands 2.60. SP: 1, L.Marar 15.02; 4, G.McKernan 11.62. DT: 1, L.Marar 48.38; 4, G.McKernan 37.08. HT: 1, P.Spivey 65.10.

U20. 1500m: 9, S.Booth 4:17.7.

U17. 200m: 6, D.Ord 25.2. 400m: 3, R.Milner 53.4; 8, D.Ord 57.3.

1500m: 3, G.Mason 4:19.1. 3000m: 5, A.Jones 9:39.5.

U15. 100m: 2, H.Cavalier 13.0; 3, E.Hassan 13.1; M.Dickson 12.7 (-4.3) in ht did not contest final. 200:

2, M.Dickson 24.4; 3, J.Hilston 25.6 (24.5ht); 4, D.Jackman 25.7; 5, H.Cavalier 26.6 (26.1ht). 1500m: 3, S.Alexander 4:44.6. HJ: 2, J.Hilston 1.65. LJ: 3, E.Hassan 5.08.

U13. 1500m: 11, A.Mason 5:34.9.

Women

400m: 4, E.Finikin 59.1; 6, J.Stone 65.9. 1500m: 3, G.Collison 5:01.2. TJ: 1, E.Finikin 12.75; PV: 1, S.Drummie 2.20.

U17. 100m: hts L.Warbrick 13.9. 300m: 7, J.Dash 45.2 (44.3ht). LJ: 5, L.Warbrick 4.76.

Yorkshire at York

Steve Halliday led early on in the 5000m but was caught by Bradford Airdale's Richard Findlow to lose out 14:57.9 to 14:50.34.

Warwickshire at Leamington

Les Antoine collected two medals with his 15.8 win in the high hurdles and 3rd in the longer race with 54.5.

Surrey Part 3 at Walton, 19 Sep.

There were relay records for Belgrave all round at the final part of the Surrey County Championships. The previous best on record for the medley event was obliterated by our under 17 ladies and our under 15

boys not only won both of the sprint relays but took the Championship Best Performances in each case as well.

Our outstanding under 17 4x400m quartet were robbed of a County title and Championship and Club Records when they were disqualified at the conclusion of the race because one of their number remained on the inside of the track and cheered on the rest of his team! Ok, so he had been warned for doing the same thing earlier in the day but have the judges been watching Britain's or any other nation's teams in action at Olympic and World Championships lately? Coming after last year's County relay championships where one of our sprinters threw the baton in the air (à la Carl Lewis), one can't help thinking that if rules are going to be applied that rigidly then they ought to be applied equally at *all* events.

U17. 4x100m: 2, Belgrave 45.2. 4x200m: 2, Belgrave 1:35.3.

4x400m: dsq, Belgrave (R.David, M.Parper, R.Milner, G.Mason) 3:25.5. 4x800m: 3, Belgrave 8:18.9. U15. 4x100m: 1, Belgrave (P.Sowten, M.Dickson, J.Hilston, D.Jackman) 45.8 CBP; 4, Belgrave 'B'

48.9. 4x200m: 1, Belgrave (P.Sowten, M.Dickson, J.Hilston, D.Jackman) 1:36.9 CBP; 4, Belgrave 'B' 1:43.3. 4x400m: 2, Belgrave (E.Hassan 59.0, G.Ojok 59.8, D.Jackman 56.6, J.Hilston 56.0) 3:51.4.

Women

3kWalk: 1, S.Porter 17:49.3.

U17. Med.Relay (100/200/300/400) 3, Belgrave (M.White, M.Jackson, S.Simon, J.Dash) 2:25.5.

Norfolk at Norwich, 18-19 Sep. Decathlon: 2, I.Wells (100/11.7, LJ/5.65, SP/7.82, HJ/1.65, 400m/51.9, 110mH/15.9, DT/21.02, PV/2.30, JT/30.30, 1500m/4:36.8



It's August 1st 1953 and the Club Championships are being held at Battersea Park. Basil Walden (2) takes the 100yds title, equalling the Championship Best of 10.2, with Denis Merrett (1) 2nd in the same time and Ron Holtum (4) 3rd. Basil rejoined the Club this year and of course Dudley Gordon (7) has never ever left us.

Photo by Ed Lacey



Walking

10k MULTI-TRACK CHAMPS BATTERSEA, 5 MAY

This race combined Surrey, Belgrave, Middlesex and Vets AC Champs., with John Hall and Doug Fotheringham counting in three out of four on a none too warm evening for the time of the year

1, C.Cheeseman (Surrey WC) 47:29.6; 2, J.Hall (Belgrave/1st Mdx) 48:21.7; 3, C.Lawton (Belgrave/2nd Sry) 49:29.0; ... 11, D.Fotheringham (3rd Mdx) 56:41.9; 15, J.Dunsford (6th Mdx) 59:52.8; 17, P.King (7th Sry) 61:42.5.

Women

1, C.Morgan (Surrey WC) 61:17.1; 2, S.Porter (Belgrave) 62:11.5; 3, N.Hyman (Ilford) 64:28.8.

MIDDLESEX COUNTY CHAMPS COPTHALL, 15 MAY

If you are a hammer thrower you are allowed to trim your number because it interferes with your action. If you walk and do the same thing - you get disqualified.

Such was the fate of yours truly. And as thus the bronze in the 3k walk went to Doug Fotheringham who at least is a Belgravian. Apologies to John Hall who is practically making the event his own, but do you have to have a certain mentality to be an athletics official? By the way, my number was '7'; it was slap bang in the middle of a piece of card which was 23cms x 16cms, with no extra advertising or sponsors.

1, J.Hall (Belgrave) 13:38.3; ... 3, D.Fotheringham 16:11.3; 4, J.Dunsford 16:46.8.

VETS AC '5' BATTERSEA PAR, 18 MAY

A Lawton unto himself as ever, the man who's done more for tea-cosy sales than Ty-Phoo, left the rest for dead before having one of his better results in recent years in the South-

ern '20' at Blackheath the following Saturday.

In the latter race Warburton made way for his betters: one Mr Middleton. Bels took not only the Southern Bronzes but the same colour for their efforts in the Winter Grand-Prix series: the newest team award in race walking. Doug Fotheringham's retirement from the 'force' means that he is able to compete in everything - thank God!

1, C.Lawton (Belgrave) 39:30; ... 7, D.Fotheringham 44:24; 10, P.Warburton 46:18; 12, J.Dunsford 48:00; 14, P.King 48:22.

Women. 1, S.Porter (Belgrave) 49:03.

RWA SOUTHERN 20m BLACKHEATH, 22 MAY

1, M.Easton (Surrey WC) 2:32:07; 2, D.Stone (Steyning) 2:33:08; 3, N.Carnody (Cambridge H) 2:35:52; ... 5, C.Lawton 2:50:15; 12, R.Middleton 3:12:13; 14, D.Fotheringham 3:20:41.

Teams: 1, Surrey WC 12; 2, Steyning 21; 3, Belgrave 31. Surrey Champs. 3, C.Lawton.

BRADFORD 91st OPEN 50k 31 MAY

Lawton, having warmed up in the Southern '20' gave it warp factor five over the toughest 50k in the country; and having led for 21 miles had the race snatched from him by Colin Bradley of Trowbridge.

In the handicap, however, Ray Middleton and Pat Duncan didn't go home empty handed and made sure that Bels made an impression on Emmerdale Farm folk.

1, C.Bradley (Trowbridge) 4:59:29; 2, C.Lawton (Belgrave) 5:09:28; 3, D.Turner (YRWC) 5:10:04; ... 8, R.Middleton 5:31:21; 14, P.Duncan 5:42:13.

H'cap: 1, R.Middleton; 2, P.Duncan.



Left: Hardly an event went by this summer without Doug Fotheringham's name appearing on the result sheet. At the Southern Counties Vets T&F League final he won the over 50 2k Walk to maintain our 100% record in all walks in this competition.

1, S.Allen (Ilford) 46:36; ... 4, P.Warburton 48:19; 6, D.Fotheringham 49:18; 9, P.King 52:04. Teams: 1, Belgrave 25; 2, Surrey WC 28; 3, Medway 29.

SOUTHERN VETS T&F FINAL COLINDALE, 5 SEP

You can't be in two places at the same time. Well, ahem ... it seems you can. Sometime in the future I have to buy the boys from Surrey Walking Club a beer after they competed in the 'A' race at 2.15pm here, and were on the start line at Blackheath by 3.15! Unfortunately, Belgravians were in the 'C' race and left a lone Paul King to carry the flag at the LPR festival in which Bels have traditionally medalled.

Men 2k 'C': M40 1, C.Lawton 9:47.5; 1, P.Warburton 10:02.3. M50 1, D.Fotheringham 10:16.1.

Women 2k: 'A' 1, S.Porter 11:11.1; 'B' 4, H.Miller 14:24.7.

CIVIL SERVICE CHAMPS. BLACKHEATH, 8 SEP

It was down to Sue Porter to make the medal returns after a non-taxing win for the Belgravian from the Inland Revenue. Hence the pathetic puns. The men's defending champion, John Hall, by his own admission suffered a last lap collapse and let in Dave Turner who made the long journey from Yorkshire.

John Llewelin, exiled to darkest Kent, is seen all too rarely in the claret-and-gold these days, but proved that if, and of course it's a big 'if', we had our strongest team available, Bels would be up there with the best far more often.

Men's 7m. 1, D.Turner (YRWC) 54:04; ... 3, J.Hall 55:02; 8, J.Llewelin 57:32; 17, E.Crutcher 69:07.

Women's 5k. 1, S.Porter 29:55.

Walking commentary

The summer has been disappointing but maybe no more than expected. We have turned out individuals in various events, but seldom teams, because our strength in depth is completely inadequate. We had three out at Bradford for the notorious 50kms but of these, two were competing there over 25 years ago and the third was having a bash in his twilight years (albeit finishing 2nd). A rough and ready team competed in the National 20 miles at Sutton Park but were nowhere near the medals. I would like to be in a position to encourage youngsters - but how? In running or field events you can show the budding youngsters films and photos of top athletes and they can see how it's done but how can you show "footage" of walkers. The recent World Championships at 10kms women and 20kms men (I did not see the 50kms) was a farce. Contact was a word seemingly unknown to all of the leaders although the judges got a few. The bent knee syndrome is disqualifying walkers who are in no way contravening the contact rule and often it is giving them no advantage. The general public have no idea of the rules of walking and do not understand what they see. TV commentators are almost as confused and put further confusion to the public by giving their misinterpretations.

Carl Lawton

BVAF T&F CHAMPS GATESHEAD, 17/18 JUL

All these races had hardened up Fotheringham as he travelled to Geordie-land to win both events available in his age category.

3k: 1, R.Care (Bir M45) 13:16.44; ... 6, D.Fotheringham (M60) 15:59.82; 13, J.Dunsford (M60) 18:12.82. 5k. 1, R.Care (Bir M45) 22:41.48; ... 7, D.Fotheringham (M60) 27:23.68; 11, J.Dunsford (M60) 30:10.22.

RWA NATIONAL 20m SUTTON PARK, 10 JUL

Although Lawton and Warburton were in attendance around this rustic course, they had to leave it to the hard men to finish a Belgrave team.

1, S.Martindale (York P) 2:33:58; ... 23, R.Middleton 3:18:35; 25, P.King 3:19:10; 32, P.Duncan 3:37:45. Women's 5k Champs. 13, S.Porter 29:44.

LPR 9k. H'CAP BLACKHEATH, 21 JUL

A win for the Bels! Yours truly wondered if he was in a race, having arrived late and started very scratch man, eventually seeing and passing his first fellow competitors 400 metres from the finish ...

Opposite page:
When it came to the SCVAC T&F Final at Hendon on September 5th, Carl Lawton and Paul Warburton could not agree on who should be 'A' string for the 2k event. After a couple of laps Carl decided it should be him after all and sped away for the win and maximum points.

PB for Pat Duncan

Gordon Doubleday, President of Centurions AC and Centurion No. 142 writes about Pat's latest exploit.

One athletic statistic relentlessly pursued by athletes is the Personal Best - a few hundredths, tenths, seconds, or perhaps, a few minutes might be knocked off. On Sat/Sun 21st/22nd August Pat went to town (Battersea) and walked 100 miles in 21 hours 22 minutes 30 seconds to improve on the time he did last year at Leicester by 1 hour 38 minutes and 18 seconds.

The event was over 200kms (125 miles) organised by a joint committee of the Met. Police and Surrey Walking Club over a 50 lap (4kms) course. The lap consisted of the road round the Park and a "dog-leg" which passed the bandstand (which was the start and finish). I have seen many walking events in the Park from Club Handicaps and Championships and formerly the Inter-Club walks on the track, to the more recent 10m and 20kms on the road. But this was an event to be remembered. Along with the "dog-leg" we had cars, tents and tables with drinks, etc. and a great gathering of the long-distance fraternity.

Pat walked with his usual steadiness throughout, lapping some

and being lapped by others, he stuck determinedly to the job in hand. He knows only too well that success in this type of event depends upon a carefully planned effort and keeping to those plans. He was 22nd out of the 53 who passed 100 mile point (there were about 100 starters) and he received a large medal commemorating his performance.

Ray Middleton was amongst the starters and was making steady progress when blisters forced him to retire, a rare thing for him. Bearing in mind his great performances over 50kms and the London to Brighton he surely has a good '100' in him.

Numerous Belgravians were helping. Fred Denny was Chief Judge with Barbara Dunsford and Bob Picton also judging. Belgrave Centurions Carl Lawton (announcer), John Keown (laps recording), Doug Fotheringham and John Dunsford (general assistance and eventually helping at the 100 mile timing point) and George Beecham (his usual cheery self, helping and encouraging competitors).

Afterwards there was the presentation of the prizes, the team awards going to our old county

rivals the London Vidarians and Surrey WC.

Looking at the result, only three completed 200kms inside 24 hours and one fellow was a few minutes over. At the other end of the scale one chap beat 24 hours for the 100 miles by less than three minutes.

Yes, it was a great event indeed!

Statistics: 120 entered and 105 started. 3 completed 200k while 53 reached the 100 mile point including

5 ladies and 20 Dutch. Pat Duncan was 33rd overall (many behind him at 100 miles went on for the 24 hours) the ranking being on total distance covered. Ray Middleton "packed it in" at 52kms (13 laps).

*Race reports by
Paul Warburton*

Walking round-up

Greenwich, 18 Apr. London Marathon - John Hall walked it in 4:09.28.

Essex, 25 Apr. Essex League 20m. 11, R.Middleton (gst) 3:25:43.

Battersea Park, 27 Apr. VAC 5m: 12, P.Duncan 47:20. Women: 2, G.Brackpool (gst) 49:00.

Sheffield, 5 May. RWA National 10m Champs. 45, D.Fotheringham 1:34:21.

Woodford, 19 May. Open 3k. 2, J.Hall 13:42.3; 11, D.Fotheringham 16:11.5.

Blackheath, 25 May. LPR 9k. 5, M.Scamell 50:05; 8, P.King 53:45.

Colchester, 30 May. Essex League 20k. 9, D.Fotheringham 117:31.

Monks Hill, 5 Jun. Surrey WC Open 6m. 7, P.King 58:41.

Woodford, 9 Jun. Wednesday 3k. With June bustin' out all over, so still was Doug: races on the 9th, 13th and 16th seem to be the norm for our man with the length of name to muck up all preset typing tabulations! 7, D.Fotheringham 16:24.7.

Fairlop, 13 Jun. Inter-club 2.5m. 2, D.Fotheringham 18:46.

Battersea Park, 15 Jun. VAC Champs. 5m. John Hall retained his Vets road title at Battersea and Carl chased him to take bronze, while Sue Porter made it a Bels clean sweep in the women's section. 1, J.Hall 39:01; 3, C.Lawton 40:25; 14, D.Fotheringham 44:50; 18, P.King 46:50; 25, J.Dunsford 47:53; D.McMullen 53:41. Women. 1, S.Porter 49:02.

Manchester to Blackpool, 26 Jun. 18, P.Duncan 9:21:50.

Blackheath, 26 Jun. LPR 9k. 5, M.Scamell 49:11; 7, P.King 52:12.

Monks Hill, 3 Jul. Surrey 6m. 4, P.King 56:48.

Battersea Park, 6 Jul. Vets AC 5m. 10, D.Fotheringham 45:30; 12, P.King 46:49.

Sutton Park, 3 Jul. BVAF 20k. M60. 2, D.Fotheringham 2:04:48.

Woodford, 14 Jul. Wednesday 3k. Mike Scamell has not had the best of luck in avoiding injuries. Not withstanding his parental duties, an achilles problem means that Scammo's appearances on road and track are sadly all too few but he was still able to make the frame on one of the well-supported Woodford Wednesday series. 3, M.Scamell 15:34.8; 7, D.Fotheringham 15:51.3.

West London, 21 Jul. Sefton Brancker Trophy. 3k: 2, J.Hall 13:15.0.

Ilford, 27 Jul. 10k. 15, D.Fotheringham 55:35; 19, P.King 57:59.

Battersea Park, 17 Aug. VAC 5m. 5, P.Warburton 43:33; 8,

C.Lawton 44:10; 11, D.Fotheringham; 12, P.King 45:32; 18,

J.Dunsford 47:55; 19, P.Duncan 49:04; 24, D.McMullen 52:20.

Blackheath, 18 Aug. LPR 9k Yacht H'cap. 9, D.Fotheringham 50:57.

West London, 29 Aug. VAC Champs. 3000mW: M60 1, D.Fotheringham 16:06. M70 1, D.McMullen 18:55 (CBP). W45 1, S.Porter 17:28.8 (CBP).

Blackheath, 5 Sep. LPR Festival 10k. 18, M.Scamell 55:25; 20, P.King 56:01.

Southend. Essex League '5'. 6, P.Warburton 42:45; 10, D.Fotheringham 44:41.

Hendon, 18 Sep. Bert Angell 7m. Warburton made up a minute on Enfield's Amos Seddon and Gary Smith in the second half, but still came up 17 seconds short. 3, P.Warburton 58:44.

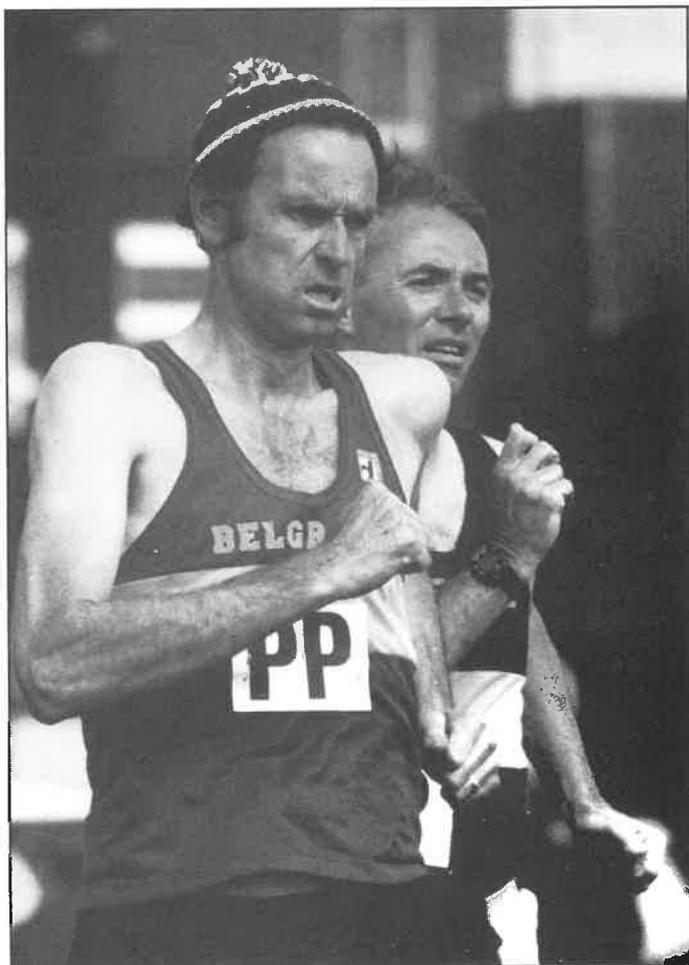
Chigwell, 22 Sep. Dunkley Cup '10'. 5, D.Fotheringham 1:32:39.

Southend, 26 Sep. 5m. 6, P.Warburton 42:45; 12, D.Fotheringham 44:41.

Chippenham, 9 Oct. Chippenham to Calne 6m. 35, P.Warburton 55:08.

Blackheath, 10 Oct. LPR 9k. 6, P.Warburton 49:09.

Horsham, 16 Oct. RWA 50k. Pat Duncan was our only representative but he had to call it a day after 2 hours and came out.





Left: 'Run away' winner of the Southern Counties VAC T&F Final 2k walk at Hendon was Sue Porter. In just five laps she put 25 seconds between herself and the second competitor.

Below: Heather Miller also turned out at Hendon to give us a full complement in the walking events and a massive boost to our points score.



Walking round-up continued . . .

Bexley, 23 Oct. Cambridge H Winter League. 10, P.King 56:04.
Monks Hill, 6 Nov. Surrey WC 7 miles. 6, P.King 63:47; 15, D.McMullen 73:15.
Brighton, 20 Nov. George Hewitt 10k. 8, P.King 55:54; 10, D.Fotheringham 56:00.
Cardiff, 21 Nov. BVAF 10k Champs. Men. 11, D.Fotheringham 56:41; 12, J.Dunsford 58:56. Women. 2, S.Porter 60:49.
Blackheath, 21 Nov. LPR 9k. 3, P.Warburton 50:05.
Brighton, 20 Nov. 10k. 8, P.King 55:54.

ENFIELD OPEN '7', 13 NOV

Belgrave repeated last year's trick of picking up third team prizes over at Enfield but it was a close thing, with Medway closing in on exactly the same number of points.

1, M.Easton (Surrey WC) 51:26; 2, D.Baxter (Steyning) 57:13; 3, P.Hannell (Surrey WC) 57:17; ... 17, M.Scammell 63:47; 19, D.Fotheringham 63:56; 20, P.King 65:30; 28, J.Dunsford 69:58.
 Teams: 1, Surrey WC 31; 2, Enfield 62; 3, Belgrave 84.

BELGRAVE OPEN '7' WIMBLEDON, 27 NOV

The rumour that a slightly 'easier' course might just attract a larger field had challenged the minds of Messrs. Warburton and Lawton. After a final tour of the circuit with a measuring wheel on the previous Thursday night, the new course was revealed to all - a loop starting in Cottenham Park Road and taking in some of the slopes between that thoroughfare and Raynes Park.

Surrey Walking Club's Mark Easton certainly made light of Belgrave's new test as he zipped around

the course in a sprightly 48:38 but he was unable to lead his team to victory, with the men from Steyning getting their team home with just two points in hand. From our point of view we were missing Carl, out of racing action due to a hip/back problem, and we slipped to 3rd.

The Women's race was again dominated by Julie Drake but behind her it was a close race with only half a minute covering the next three places. Our own Gill Broderick, back in action under a new name, was 2nd and Sue Porter, fresh from winning the BVAF W45 10k at Cardiff the previous weekend, was 4th.

1, M.Easton (Surrey WC) 48:38; 2, S.Phillips (Ilford) 53:22; 3, J.Ball (Steyning) 53:54; 4, J.Hall 55:43; 16, P.King 62:22; 18, D.Fotheringham 62:35; 27, J.Dunsford 67:23; 36, G.Beecham 78:27.

Teams: 1, Steyning 29; 2, Surrey WC 31; 3, Belgrave 65.

Women

1, J.Drake (Brighton) 54:56; 2, G.Broderick 69:27; 3, M.Worth 69:51; 4, S.Porter 70:02.

The following paragraph appeared in the Essex Chronicle in 1830:-

"Several hundred persons congregated on Waterloo Bridge to witness R. Cootes, the celebrated runner, undertake the following difficult task: To draw a one-horse chaise one mile, walk one mile, run backwards half a mile, row a boat one mile, trundle a hoop one mile and run forwards one mile - the whole thing to be accomplished within the hour. The match was for £10, and owing to the unfavourable state of the weather, the betting was against him. At half-past two the parties appeared on the ground, and at a quarter to three the runner commenced his difficult performance from twenty-seven yards of the Middlesex Gate at Waterloo Bridge, which made it exactly a quarter of a mile to the gate on the opposite side. The pedestrian went through the whole of his task in grand style, amidst the greatest disadvantages, a small rain falling nearly the whole of the time, with a strong wind from the westward. At the conclusion of the great undertaking, a dispute arose as to whether it was accomplished within the hour; a variety of opinions was expressed, but the umpires declared the match was lost by one minute and a half."



Sue Porter to step down as Hon. Sec.

Sue Porter, our third longest serving General Hon. Secretary will not be continuing in office after the end of the current club year, September 1994. No cause for alarm though, Sue just wants a change of scene and has already indicated that there are other areas in our new administrative set-up to which she would like to have some input. In the meantime, if there is anyone out there who would consider taking on the Secretary's job, perhaps they could make their interest known and possibly sit in with Sue to get an idea of what the job entails.

Semi-pro Parrots?

A question that sometimes comes up is: what exactly does 'Semper Paratus', our club motto, mean? The spell-checker on the word-processing software used to type this text seemed to think that a mistake was involved and that the phrase should be changed to 'Semi-pro Parrots'. Fat lot of good asking the computer. However, a quick delve into the school Latin dictionary by one of the younger members of the Editorial Team revealed the following:

Semper
always, at all times.

Paratus

1) easily won

2) ready for something, ready for, inclined to

3) well prepared, or provided with anything.

Therefore we suggest: "Always ready". So now you know.

CLUB CHAMPIONSHIPS 1993

BATTERSEA PARK, 17 MAY

10000m: 1, C.Dickinson 33:07.7; 2, A.Armstrong 36:42.7; 3, T.Williams 37:29.9; 4, R.Mann 38:00.4; 5, R.Bale 38:05.6; 6, T.Lawton 42:36.1; 7, L.Mann 43:03.5.

BATTERSEA PARK, 24 JUN

5000m: 1, R.Alsop 15:22.8; 2, M.Bizio 15:38.9; 3, C.Dickinson 15:56.1; -, A.Gibb (gst) 17:09.7; 4, L.O'Hara 17:19.5; 5, J.Slough 17:31.4; 6, A.Stone 17:41.2; 7, T.Williams 17:50.7.
Women: 1, H.Maskrey 18:14.3.

BATTERSEA PARK, 26 MAY

Women

100m: 1, B.Kulidzan 13.7; 2, G.Husbands 14.5.
200m: 1, B.Kulidzan 28.1; 2, C.James 28.9; 3, J.Stone 29.0; 4, G.Husbands 29.9.
800m: 1, J.Stone 2:32.0; 2, J.Moore 2:35.7. HJ: 1, J.Smitter 1.40; 2, J.Cockram 1.35; 3, G.Richardson 1.35; 4, B.Kulidzan 1.35; 5, A.Patten 1.30; 6, J.Dash (u17) 1.30. LJ: 1, J.Dash (u17) 4.68; 2, A.Patten 4.62; 3, J.Smitter 4.30; 4, J.Cockram 3.98; 5, G.Richardson 3.94; 6, L.Warbrick (u17) 3.52.

U17

100m: 1, M.White 13.7; 2, S.Simon 13.7; 3, P.Friel 13.8; =4, J.Dash 14.0; =4, S.Scott 14.0; 6, L.Warbrick 14.4; 7, H.Alexander 14.9.
200m: 1, M.White 27.8; 2, P.Friel 27.8; 3, J.Dash 28.3; 4, S.Scott 29.6;

U15

100m: 1, M.Simon 13.7; 2, A.Mensah-Bonsu 13.8; 3, M.Joslyn 15.3.
200m: 1, M.Simon 28.5; 2, A.Mensah-Bonsu 29.0; 3, M.Joslyn 32.7.
800m: 1, L.Wilson 2:29.2. HJ: 1, L.Wilson 1.35.

Men

100m: 1, R.David (u17) 12.3; 2, C.Husbands 12.6.
200m: 1, C.Husbands 25.1; 2, D.Clack 27.9.
800m: 1, D.Clack 2:07.7; 2, J.Jay 2:07.9; 3, R.Mann 2:12.2; 4, A.Stone 2:31.2.
3000mSC: 1, M.Mazzotta 10:04.5; 2, M.Hillier (u17) 10:26.2. HT: 1, M.Small 43.22; 2, R.Bridges 26.70.

Juniors

200m: 1, R.David (u17) 23.6; 2, G.Mason (u17) 24.1; 3, J.Ganio (u17) 24.8; 4, M.Readhead 24.9; 5, E.Vanson (u17) 27.5; 6, M.Anderson 28.2.
800m: 1, G.Mason (u17) 2:01.7; 2, B.Hamill (u17) 2:02.1; 3, A.Jones (u17) 2:05.7; 4, M.Anderson 2:09.3. LJ: 1, J.Ganio (u17) 5.76; 2, M.Davis (u17) 5.42; 3, E.Vanson (u17) 4.58; 4, M.Anderson 4.04.

U17

HJ: 1, M.Davis 1.70

U15

100m: 1, S.Scott 12.7; 2, H.Cavalier 12.8; 3, E.Hassan 13.3; 4, S.Taylor (u13) 15.5.
200m: 1, J.Hilston 24.7; 2, H.Cavalier 25.7; 3, S.Scott 26.1; 4, E.Hassan 27.7; 5, S.Taylor (u13) 31.8.
800m: 1, Simon Vella 2:22.7; 2, N.Whorlow (u13) 2:35.3; 3, A.Mason (u13) 2:53.1. HJ: 1, J.Hilston 1.65; 2, D.Patterson 1.35; 3, Simon Vella 1.30; 4, S.Taylor (u13) 1.25; 5, Stephen Vella (u13) 1.10. LJ: 1, J.Hilston 5.40.

U13

100m: 1, R.James 15.7; 2, N.Whorlow 15.8.
200m: 1, N.Whorlow 32.0; 2, R.James 32.3. LJ: 1, A.Mason 3.54; 2, N.Whorlow 3.48; 3, R.James 3.36.

BATTERSEA PARK, 9 JUN

Women

400m: 1, J.Stone 64.0; 2, G.Husbands 65.6.
1500m: 1, G.Collins 4:55.7; 2, J.Moore 5:19.2.
100mH: 1, Cindy James 16.8; 2, J.Dash (u17) 17.2; 3, B.Kulidzan 18.9; 4, A.Patten 19.0; 5, J.Stone 20.2; 6, J.Cockram 21.4. SP: 1, Cindy James 9.35; 2, A.Patten 8.52; 3, G.Richardson 7.45; 4, Cynthia James 7.25; 5, P.Mead 6.69; 6, J.Smitter 5.60. DT: 1, Cindy James 29.54; 2, A.Patten 27.24; 3, G.Richardson 22.80; 4, J.Cockram 19.72; 5, P.Mead 19.28; 6, Cynthia James 17.16; 7, J.Smitter 15.30; 8, C.Bazin 14.34; 9, B.Kulidzan 13.12. JT: 1, G.Richardson 27.30; 2, A.Patten 24.84; 3, C.Bazin 23.16; 4, J.Smitter 18.76; 5, P.Mead 15.84; 6, J.Cockram 14.38; 7, B.Kulidzan 14.32.

U17

400m: 1, J.Dash 61.6; 2, P.Friel 64.9. SP: 1, P.Patten 7.13; 2, S.Simon 6.01; 3, H.Mead 5.75. DT: 1, P.Patten 17.12; 2, J.Dash 15.50; 3, H.Mead 14.06; 4, S.Simon 11.28. JT: 1, H.Mead 20.82; 2, J.Dash 14.36.

U15

1500m: 1, L.Wilson 5:17.7. 75mH: 1, M.Simon 12.5; 2, A.Mensah-Bonsu 15.3. DT: 1, A.Mensah-Bonsu 13.54.

U13

SP: 1, B.Simon 4.34. DT: 1, B.Simon (u13) 8.56.

Men

400m: 1, C.Husbands 55.1. 1500m: 1, R.Alsop 4:05.0; 2, R.Draper 4:05.8; 3, A.Luce 4:27.8; 4, L.Mann 5:57.3. SP: Gst, N.Phipps 12.98; 1, M.Small 12.23; 2, G.McKernan 12.03; 3, R.Bridges 7.43. DT: 1, M.Small 37.00; Gst, N.Phipps 36.62; 2, G.McKernan 34.14; 3, C.Brooks 32.82; 4, C.Husbands 24.66; 5, R.Bridges 17.38. JT: 1, G.McKernan 47.48; 2, M.Small 45.20; Gst, N.Phipps 40.38; 3, C.Brooks 39.56.

U20

110mH: 1, R.David (u17) 16.8; 2, M.Holder 16.8; 3, M.Miller (u17) 18.8. 1500m: 1, M.Anderson 4:18.2; 2, M.Readhead 4:36.0; 3, J.Wilson (u17) 4:40.7; 4, W.Swaffer (u17) 5:11.0; 5, L.Jenner (u17) 5:16.0.

U17

400m: 1, L.Jenner 56.4; 2, N.Scamp 56.5; 3, C.Paine 58.1; 4, W.Swaffer 61.6. 100mH: 1, N.Scamp 17.9; 2, L.Jenner 19.5; 3, C.Paine 19.6; 4, D.Sprigg 19.7. TJ: 1, N.Scamp 11.06; 2, C.Paine 10.76; 3, D.Sprigg 10.10. DT: 1, C.Vella 19.02; 2, N.Scamp 18.92; 3, D.Sprigg 16.44; 4, C.Paine 14.56; 5, W.Swaffer 10.76; -, L.Jenner no valid throws. JT: 1, R.David 39.32; 2, C.Vella 22.44.

U15

400m: 1, R.Bentley 60.5; 2, O.Bazin (u13) 67.4. 1500m: 1, Simon Vella 4:39.6; 2, O.Bazin (u13) 4:58.0; 3, N.Whorlow (u13) 5:29.0. 80mH: 1, A.Hill 14.7; 2, S.Taylor (u13) 17.2; 3, N.Whorlow (u13) 18.5. DT: 1, Simon Vella 20.84; 2, A.Hill 19.66; 3, D.Patterson 16.06; 4, S.Taylor (u13) 13.18; 5, Steven Vella (u13) 12.78; 6, N.Whorlow (u13) 9.88. JT: 1, Simon Vella 28.24; 2, R.Bentley 22.74; 3, D.Patterson 21.02; 4, Steven Vella (u13) 17.06.



Horse racing evening -
Belgrave Hall - Saturday 19th March



Women's Track & Field

WELLINGTON INTERNATIONAL RELAYS

OSTENDE, BELGIUM, 18 APR

Just like the previous three years the weather for the International Relays was against us but with an early night on the Saturday, the ladies' team were fresh and ready to face the tough competition on the Sunday morning.

Lead-off for us was Jackie Stone, who had the easiest of the long legs with the wind behind her. But then on the next three stages, Angela, Caroline and Monica had the unpleasant task of trying to fight their way through the Belgian breeze. Jessica was away next, handing over to Jacinta who had the toughest job of all, 600 metres of running into the teeth of the gale all the way. Georgina and Barbara kept us going and then Jacqui had one of the easy legs, a mere 150 metres with the wind behind her. Finally, but not forgotten was new member Alex who brought us home in 15th position, lower down than last year but faster than two years ago.

600m	J.Stone	1:46.40
150m	A.Patten	22.75
150m	C.Bazin	22.85
200m	M.O'Brien	28.61
300m	J.Dash	47.33
600m	J.Moore	2:03.57
300m	G.Husbands	50.56
200m	B.Kulidzan	32.95
150m	J.Smitter	20.80
100m	A.Barber	13.53

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 1 BOURNEMOUTH, 24 APR

With a 15 minute late start at Battersea due to one of the girls not turning up, road works around Wandsworth plus more road works on the motorway, we got to the meeting just after 1pm thinking we had missed the first race. Lucky for us some of the other clubs were delayed as well so the start had been postponed for half an hour. This just gave time for the 400 metre hurdlers to do a quick warm up and put on their spikes.

After six events we were fourth and there we stayed until the end of the day but we did well, considering that most of our girls had moved up an age group into senior competition. And of course, we may not have won the match but as usual we were certainly the noisiest team.

A special mention must be made of Alex Barber and Angela Patten who were persuaded to do the triple jump. This is the first time the event has been brought into the Women's Southern League and Alex has now set the record to beat.

Seniors

100m: 4, B.Kulidzan 13.2; 3, A.Barber 13.5; n/s L.Warbrick 14.0; S.Stracey 13.9; M.White 13.5. 200m: 4, B.Kulidzan 27.6; 3, S.Simon 27.4. 400m: 4, J.Stone 65.9; 3, P.Friel

63.9. 800m: 3, J.Smitter 2:38.4; 4, J.Moore 2:39.6. 1500m: 4, J.Moore 5:27.2; 4, J.Smitter 5:31.7. 3000m: 4, M.Ryan 11:09.6; 3, S.Porter 14:21.0. 100mH: 3, J.Dash 18.5; 3, A.Patten 20.0. 400mH: 2, J.Stone 70.1; 1, J.Dash 70.8. HJ: 2, J.Cockram 1.55; 1, J.Smitter 1.50. LJ: 4, L.Warbrick 4.70; 4, S.Stracey 4.14. TJ: 4, A.Barber 9.05; 1, A.Patten 8.59. SP: 4, A.Patten 8.31; 4, P.Keeler 7.33. DT: 4, A.Patten 25.68. JT: 3, C.Bazin 26.55; 3, G.Richardson 26.00. 4x100m: 4, Belgrave 52.8. 4x400m: 4, Belgrave 4:19.2.

U17

n/s 80mH: M.White 13.6.

U15

100m: 3, A.Mensah-Bonsu 13.4; 1, M.Simon 13.7; n/s B.Simon 15.0; R.Letang 15.0. 200m: 4, A.Mensah-Bonsu 29.4; 3, M.Simon 28.8. 1500m: 2, L.Wilson 5:33.?? 75mH: 2, M.Simon 12.7; 3, A.Mensah-Bonsu 14.6. HJ: 3, L.Wilson 1.38. SP: 5, V.Smith 6.28. DT: 4, R.Letang 20.00; 4, V.Smith 16.22. JT: 5, R.Letang 13.98; 5, V.Smith 9.34. 4x100m: 4, Belgrave 56.8. Teams: 1, Boumemouth 204; 2, Thurrock 167; 3, Walton 145; 4, Belgrave 118; 5, Camberley & Dist. 83.

GRE JUBILEE CUP 1ST ROUND KINGSMEADOW, 25 APR

After the Southern League the day before, five brave but tired ladies did more than their share of events. We were not the only club suffering, for Richmond and Guildford had both withdrawn from the competition and the other three clubs were also very short.

It was good to see Georgina Husbands back in action over 400 metres after the birth of baby Lauren. The 100m hurdles saw Jackie Stone making her debut, although she said afterwards that she would stick to the one lap hurdles race in future. Angela Patten and Gail Richardson covered the throws between them leaving Jacqui Smitter to fill in all the gaps. The two "J's", Georgina and Angela finally managed to compete in both relays with about 10-15 minutes rest.

At the end of the day we finished a satisfactory fourth, very close to Kingston & Polytechnic. Then it was round to the Christou's house for food and wine after the christening of Charlotte's son Samuel.

100m: 4, J.Stone 14.9. 200m: 3, J.Smitter 30.5. 400m: 4, G.Husbands 65.4. 800m: 4, J.Smitter 2:41.4. 100mH: 3, J.Stone 19.8. 400mH: 3, J.Stone 71.0. HJ: 3, J.Smitter 1.45. LJ: 4, A.Patten 4.59. DT: 3, A.Patten 28.40. SP: 4, A.Patten 8.34. JT: 3, G.Richardson 27.36. 4x100m: 3,

Belgrave 57.6. 4x400m: 3, Belgrave 4:39.6.

Teams: 1, Epsom & Ewell 130; 2, Walton 98; 3, Kingston & Poly 74; 4, Belgrave 73.

THAMESIDE LEAGUE MATCH 1 BATTERSEA PARK, 8 MAY

U15

100m: 2, M.Simon 14.3; 2, A.Mensah-Bonsu 14.5. 200m: 3, M.Simon 29.1; 1, A.Mensah-Bonsu 29.1. 75mH: 1, M.Simon 13.2; 1, L.Wilson 14.0. HJ: 1, L.Wilson 1.35. LJ: 3, A.Mensah-Bonsu 4.33. SP: 6, V.Smith 6.15. DT: 4, V.Smith 15.36. JT: 6, V.Smith 10.20. 1600mW: 4, M.Dransfield 11:58.3. 4x100m: 2, Belgrave 58.3.

Teams: 1, Camberley 158; 2, Paddock Wood 131.5; 3, Belgrave 89; 4, Herne Hill 86; 5, Queens Park 49; 6, Richmond & Twickenham 40; 7, Croydon 31.5; 8, Southwark 8.

U13

100m: 3, B.Simon 15.5; 1, R.Letang 15.3. n/s L.Davison 17.0. 200m: 3, B.Simon 31.9; 2, R.Letang 32.1. SP: 2, R.Letang 6.23; 2, B.Simon 3.20. Teams: 1, Southwark 112.5; 2, Camberley 87; 3, Croydon 86.5; 4, Paddock Wood 61; 5, Queens Park 51; 6, Belgrave 41; 7, Herne Hill 21; 8, Richmond & Twickenham 17.

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 2 NORWICH, 22 MAY

Considering that we were up against three teams from the top seven in the league, plus two others that were ahead of us, we should have finished in last position - but the mighty Belgrave ladies proved the bookies wrong and we were pleased to end the day in 3rd position. Right through the match it was so close between the 3rd, 4th and 5th teams.

Norfolk is Ian Wells country and sure enough our British League hurdler was there to cheer us on as his local team, Norfolk Olympiads, ran out winners.

Athlete of the match for us was Syreeta Stracey. She bravely volunteered to do a leg of the 4x400 relay, her first ever attempt at racing a full lap, but unfortunately she suffered a major asthma attack afterwards. Were we worried!

Angela Patten was keen to have another go at the triple jump, taking our best on record up by another 72cms. Our javelin throwers Gail Richardson and Hazel Mead both set personal bests in gaining two 2nds and both led their strings until the final round.

Seniors

100m: 4, S.Simon 13.6; 3, B.Kulidzan 14.1. 200m: 3, S.Simon 27.7; 3, B.Kulidzan 28.1. 400m: 4, P.Friel 64.1; 3, G.Husbands 66.3. 800m: 5,



Left: Having already made her mark on the roads, Martina Ryan has regularly turned out to run 800 to 3000 metres on the track.

Right: Some of the team take the opportunity to see if international Kelly Holmes' star qualities will rub off onto them.

Left to right - Hazel Mead, Sarah Scott, Petronell Keeler, Kelly Holmes, Mellisa Simon, Pam Friel, Serrita Simon and Bianca Simon.



J.Stone 2:41.0; 3, J.Moore 2:39.0. 1500m: 4, J.Moore 5:16.2; 2, M.Ryan 5:21.4. 3000m: 3, M.Ryan 10:57.4; 3, S.Porter 14:30.9. 100mH: 4, J.Smiter 20.0; 4, M.White 21.1. 400mH: 1, J.Stone 70.3; 4, J.Smiter 79.3. HJ: 2, J.Smiter 1.45; 1, J.Cockram 1.40. LJ: 4, J.Cockram 4.51; 2, S.Stracey 4.14. TJ: 2, A.Patten 9.77, 2, J.Cockram 8.32. SP: 4, A.Patten 9.08; 3, P.Keeler 7.77. DT: 4, P.Keeler 25.12; 2, A.Patten 23.78. JT: 2, G.Richardson 27.64; 2, H.Mead 24.12. 4x100m: 2, Belgrave 52.4. 4x400m: 4, Belgrave 4:25.0.

U15
100m: 3, A.Mensah-Bonsu 14.4; 2, M.Simon 14.1. 200m: 4, M.Simon 29.2; 3, A.Mensah-Bonsu 29.6. 1500m: 4, L.Wilson 5:15.4. 75mH: 2, M.Simon 12.7; 3, L.Wilson 13.9. HJ: 3, L.Wilson 1.35; 5, T.Adefuye 1.10. LJ: 5, A.Mensah-Bonsu 3.96; 5, T.Adefuye 3.67. SP: 5, V.Smith 6.50; 4, R.Letang 5.78. DT: 5, V.Smith 17.10; 4, R.Letang 13.54. JT: 5, R.Letang 9.80; 4, V.Smith 9.60. 4x100m: 3, Belgrave 55.6
Teams: 1, Norfolk Olympiads 201; 2, Hercules Wimbledon 165; 3, Belgrave 131; 4, St. Albans 128; 5, Watford 115.

THAMESIDE LEAGUE MATCH 2 BATTERSEA PARK, 29 MAY

U15
100m: 4, M.Simon 13.8; 2, A.Mensah-Bonsu 13.7. 200m: 3, M.Simon 28.4; 1, A.Mensah-Bonsu 28.5. 1500m: 1, L.Wilson 5:06.9. 75mH: 1, M.Simon 12.5; 1, L.Wilson 13.6. HJ: =2, L.Wilson 1.35. LJ: 5, A.Mensah-Bonsu 3.64. SP: 4, V.Smith 6.36. DT: 3, V.Smith 16.54. JT: 6, V.Smith 8.56. 4x100m: 2, Belgrave 57.8.

Teams: 1, Camberley 148; 2, Paddock Wood 124; 3, Croydon 84; 4, Belgrave 81.5; 5, Queens Park 69; 6, Heme Hill 49; 7, Richmond & Twickenham 14.5.

U13
100m: 3, T.Adefuye 14.4; 1, B.Simon 15.1. 200m: 4, B.Simon 31.3; 4, T.Adefuye 36.0. LJ: 3, T.Adefuye 3.80; 5, L.Davison 2.46. SP: 7, B.Simon 4.34.
Teams: 1, Croydon 104; 2, Paddock Wood 91; 3, Camberley 90; 4, Southwark 80; 5, Queens Park 39; 6, Belgrave 36; =7, Heme Hill and Richmond & Twickenham 12.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 3 BATTERSEA PARK 19 JUN

There's nothing like a home match to bring out the best in our ladies team. It was really close all afternoon and while our men's team were fighting to win their event, held at the same time as ours, we came within just one point of doing the same.

The 3000 metres was one of the most exciting events, even though there was no way anyone but Belgrave were going to win it. Helen Maskrey and Gabrielle Collison had broken away from the rest of the field and were running shoulder to shoulder as the last lap unreeled. In the end it was Gabby who just had the edge in the final sprint.

Jacqui Smiter did her usual round of the events, taking in the 800m, high jump and triple jump - no rest for her just because it was her 21st birthday.

Our small under 15 team did their part with Laura Wilson managing to win three events - the unlikely combination of 1500m, high jump and the 'B' 75m hurdles. A name to watch for the future is Rhian Letang. She scored good points in the throws but has two more years in the age group being just 12 years old.

Seniors

100m: 3, M.White 13.4; 1, B.Kulidzan 13.5. n/s S.Simon 13.4; S.Scott 13.7; S.Stracey 14.0. 200m: 4, M.White 27.6; 1, S.Simon 27.1. 400m: 3, P.Friel 61.8; 1, J.Dash 64.0. 800m: 5, J.Smiter 2:40.6; 4, J.Stone 2:38.9. 1500m: 3, M.Ryan 5:02.2; 4, J.Moore 5:24.0. 3000m: 1, H.Maskrey 10:29.9; 1, G.Collison 10:30.3. 100mH: 3, J.Dash 17.4. 400mH: 1, J.Dash 67.9; 1, J.Stone 68.7. HJ: 2, J.Smiter 1.50; 1, J.Cockram 1.45. LJ: 2, J.Dash 4.85; 3, C.Bazin 4.35. TJ: 4, J.Smiter 9.02; 3, J.Cockram 8.80. SP: 3, C.James 8.75; 2, P.Keeler 7.54. DT: 4, P.Keeler 24.80; 2, C.James 21.64. JT: 3, C.Bazin 28.08; G.Richardson no valid throw. 4x100m: 1, Belgrave

51.8. 4x400m: Belgrave (P.Friel 62.9, G.Husbands 64.3, J.Dash 63.8, J.Stone 62.8) 4:13.8.

U15

100m: 4, A.Mensah-Bonsu 13.8; 2, M.Simon 13.5. n/s B.Simon 14.7; R.Letang 15.4; L.Davison 16.5. 200m: 4, M.Simon 28.2; 2, A.Mensah-Bonsu 28.8. 1500m: 1, L.Wilson 5:08.3. 75mH: 1, M.Simon 12.4; 1, L.Wilson 13.9. HJ: 1, L.Wilson 1.37. LJ: 2, M.Simon 4.37; 3, A.Mensah-Bonsu 3.97. SP: 2, R.Letang 7.86; 1, V.Smith 7.37. DT: 3, R.Letang 17.62; 2, V.Smith 17.24. JT: 5, R.Letang 12.16; 4, V.Smith 9.86. 4x100m: 3, Belgrave 55.1.

1, Ealing & Southall 163; 2, Belgrave 162; 3, Worthing 150; 4, Newbury 132; 5, Peterborough 115.

THAMESIDE LEAGUE MATCH 3 BATTERSEA PARK, 3 JUN

U15

100m: 3, M.Simon 13.5; 3, A.Mensah-Bonsu 13.6. 200m: 4, M.Simon 27.7; 3, A.Mensah-Bonsu 28.6. 800m: 4, H.Revill 2:45.4. 1500m: 1, L.Wilson 5:04.0. 75mH: 2, M.Simon 13.0; 2, L.Wilson 13.9. HJ: 5, A.Butler 1.15. LJ: 4, H.Revill 4.05; 4, A.Butler 2.29. SP: 3, V.Smith 6.95. DT: 3, V.Smith 16.74. JT: 5, V.Smith 11.50. 4x100m: 1, Belgrave 54.6.

Teams: 1, Camberley 128; 2, Paddock Wood 125; 3, Croydon 102; 4, Richmond & Twickenham 93; 5, Belgrave 88; 6, Queens Park 37; 7, Heme Hill 27; 8, Southwark 12.

U13

100m: 4, B.Simon 14.4; 2, R.Letang 14.8. 200m: 2, B.Simon 30.0; 2, R.Letang 31.5. 800m: 3, K.Phillips 2:58.1; 3, L.Revill 3:26.0. 70mH: 4, S.Blanche 14.7. HJ: 5, S.Blanche 1.05. LJ: 7, L.Revill 3.01; 5, K.Phillips 2.82. SP: 1, R.Letang 7.92; 3, B.Simon 4.79. 4x100m: 4, Belgrave 60.8.

Teams: 1, Croydon 109; 2, Paddock Wood 101; 3, Belgrave 72; =4, Queens Park and Southwark 65; 6, Camberley 38; 7, Richmond & Twickenham 20; 8, Heme Hill 11. 33:26.34.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 4 HORSHAM, 24 JUL

We went to Horsham looking for a second place but our already small band of youngsters was further depleted due to the start of the summer holidays. Kriss Akabusi was training with our own Paul Beaumont when we arrived and as soon as their session was over he was busy signing autographs for enthusiastic fans.

Another of our British athletes was also present - Kelly Holmes - and we soon found that we would actually be competing against her as she belongs to Middlesex Ladies. Pam Friel came up against her in the 400m and the Belgravian rose to the occasion by setting a personal best and coming 2nd.

Well done Gabby Collison. She had been on holiday in Wales but drove all the way back that day, arriving during the match to earn us some valuable points in the 1500m.

A future superstar is on our hands. Bianca Simon is just ten years old yet she broke 30 seconds for the 200m. She is going to be a flier so watch out for her in future Olympics.

We had some good wins, among them Cindy James' and Mellisa Simon's customary hurdles victories, and double wins came in the 3000m, from Helen Maskrey and Martina Ryan, and long jump, from Angela Abrams and Jessica Dash. Our sprint relay runners looked great in winning their race but for me the climax was the 4x400m relay with Kelly Holmes doing the anchor leg for Middlesex Ladies. Would she blast her lap and beat us? No fear! Our relay squad did the business. From the gun we were in control and after three legs we had built up such a lead that even Stuttgart bound Kelly, steaming through the field, couldn't catch us.

Seniors

100m: 4, S.Simon 13.4; 1, A.Barber 13.6. 200m: 3, S.Simon 27.6; 2, S.Stracey 29.1. 400m: 2, P.Friel 61.2; 1, J.Stone 64.0. 800m: 4, J.Smiter 2:36.3; 3, S.Porter 3:28.0.

Southern League reports by Jackie Stone

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1500m: 3, G.Collison 4:51.2; 2, M.Ryan 5:07.9. 3000m: 1, H.Maskrey 10:21.6; 1, M.Ryan 10:57.7. 100mH: 1, Cindy James 15.8; 1, J.Dash 17.0. 400mH: 2, J.Dash 67.7; 1, J.Stone 68.8. HJ: 3, J.Cockram 1.50; 2, J.Smiter 1.45. LJ: 1, A.Abrams 5.29; 1, J.Dash 4.44. TJ: 2, A.Barber 9.41; 2, J.Cockram 8.91. SP: 4, P.Keeler 7.70; 4, Cynthia James 6.56. DT: 5, P.Keeler 21.58; 2, P.Mead 17.78. JT: 4, G.Richardson 28.42; 3, H.Mead 17.04. 4x100m: 1, Belgrave (S.Scott, S.Stracey, S.Simon, C.James) 52.5. 4x400m: 1, Belgrave (J.Dash, P.Friel, J.Smiter, J.Stone) 4:17.3. U17 n/s 100m: S.Scott 13.8; S.Stracey 14.5.

U15
100m: 2, M.Simon 14.2; 2, B.Simon 14.5. 200m: 4, M.Simon 29.9; 2, B.Simon 29.5. 800m: 5, D.O'Sullivan 2:46.9. 75mH: 1, M.Simon 12.3. LJ: 5, D.O'Sullivan 2.81. SP: 3, R.Letang 7.17. DT: 4, R.Letang 18.90. JT: 5, R.Letang 19.80. 4x100m: 5, Belgrave (B.Simon, M.Simon, R.Letang, D.O'Sullivan) 58.0

Teams: 1, Horsham 188; 2, Tonbridge 158; 3, Andover 147; 4, Belgrave 143; 5, Middlesex L 87.

THAMESIDE LEAGUE MATCH 4 BATTERSEA PARK, 31 JUL

U15

100m: 4, H.Revill 14.5. 800m: 1, L.Wilson 2:35.0; 2, H.Revill 2:46.5; n/s K.Phillips 2:55.4. 75mH: 1, M.Simon 12.5; 3, A.Butler 15.2. 1600mW: 2, A.Butler 11:26.5. HJ: 5, A.Butler 1.20. LJ: 5, H.Revill 3.61. SP: 3, V.Smith 6.82. DT: 3, V.Smith 17.30; 2, L.Wilson 12.44. JT: 5, V.Smith 10.42. 4x100m: 2, Belgrave 59.4.

Teams: 1, Camberley 133; 2, Richmond & Twickenham 100; 3, Paddock Wood 94; 4, Belgrave 79; 5, Heme Hill 77; 6, Queens Park 48; 7, Croydon 5.

U13

100m: 3, B.Simon 14.4; 1, R.Letang 15.0; n/s S.Blanche 15.8. 200m: 2, B.Simon 30.5; 1, D.O'Sullivan 29.3. 800m: 4, D.O'Sullivan 2:48.1. 70mH: 5, S.Blanche 14.1. LJ: 6, K.Phillips 3.24; 5, L.Revill 3.08. SP:



Left: Serrita Simon in full flight around the 200 metre curve at Horsham. At fifteen years old, Serrita was our top 200 metre runner in the Club for 1993 with 26.7.

4x400m: 2, Belgrave (P.Friel 63.5, G.Collison 65.0, J.Smiter 67.4, R.Fyffe 62.8) 4:18.7.

U15

100m: 3, M.Simon 14.4; 4, B.Simon 14.5. 200m: 4, B.Simon 29.7; 5, A.Butler 33.8. 800m: 5, K.Phillips 2:58.4. 1500m: 3, L.Wilson 5:12.2. 75mH: 1, M.Simon 12.7; 2, L.Wilson 13.8. HJ: 5, A.Butler 1.20; 4, K.Phillips 1.15. LJ: 5, S.Lavelle 3.75; 5, K.Phillips 3.37. SP: 3, V.Smith 7.45; 4, S.Lavelle 5.40. DT: 2, V.Smith 17.78; 1, A.Blades 17.74. JT: 2, S.Lavelle 19.00; 4, V.Smith 11.10. 4x100m: Belgrave, dsq.

Teams: 1, Portsmouth 160; 2, Jersey Spartan 151; 3, Belgrave 146.5; 4, Highgate 144.5; 5, Swindon 142.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 6 BASILDON, 4 SEP

last round. Keeping with the throws, U15 Amanda Blades had never thrown the discus before and hadn't got a clue what she was doing but when she got the hang of it she did really well. It took a pb from Vikki Smith to stay in front of her and only 4cms separated them at the end.

By looking at the results you can see that the senior field eventers outshone the track runners the lowest position being a 3rd. Well done jumpers and throwers.

Seniors

100m: 4, S.Simon 13.1; 4, S.Scott 13.9. 200m: 4, S.Simon 27.0; 3, M.Jackson 28.2. 400m: 4, P.Friel 62.9; 5, J.Smiter 70.3. 800m: 4, M.Ryan 2:33.4; 1, R.Fyffe 2:32.3. 1500m: 3, G.Collison 4:51.5; 2, M.Ryan 5:08.3. 3000m: 2, H.Maskrey 10:16.7; J.Moore dnf. 100mH: 1, Cindy James 16.2; 2, A.Patten 19.1. 400mH: 3, J.Smiter 74.8; M.Jackson dsq. HJ: 2, J.Cockram 1.50; 2, J.Smiter 1.50. LJ: 3, A.Patten 4.80; 1, A.Abrams 4.78. TJ: 3, A.Patten 9.76; 3, J.Cockram 8.94.

SP: 2, R.Fyffe 9.12; 2, Cindy James 8.16. DT: 1, P.Keeler 25.58; 1, R.Fyffe 23.16. JT: 2, G.Richardson 29.34; 2, H.Mead 18.70. 4x100m: 2, Belgrave 52.9.

All the way through the meeting it was announced that we were lying last and even going into the relays we were still trailing. What was going wrong? We had a lot of 1sts, 2nds and 3rds and our youngsters were doing extremely well considering there were only seven of them. At last the answer: a little mishap with the scores, a confusion between Basingstoke (who wear letter 'B') and ourselves ('X'). We had been getting their points and they had been getting ours.

Angela Patten had some bad luck in the hurdles. Somehow she got mixed up and was taking the barriers with her wrong leg. Unable to maintain her speed she ended up knocking over several hurdles and instead of winning came home 2nd. The judges decided that she had gained an advantage by knocking them down - and disqualified her!

There were many personal bests achieved and it was nice to finish the meeting off with wins in both relays and the final news that we had won the match. It was nice to finish the season on a high. Thanks to all who turned out to compete during the summer. We stay in Division 3 for next season so train hard during the winter and we'll see you all again in 1994.

Seniors

100m: 1, M.Smith 12.6; 2, M.White 13.2; n/s A.Abrams 13.3. 200m: 2, M.Smith 27.0; 1, M.White 27.4. 400m: 1, P.Friel 61.5; 2, J.Dash 66.0. 800m: 4, R.Fyffe 2:31.7; 3, S.Stracey 2:52.9. 1500m: 1, H.Maskrey 4:54.1; 1, J.Moore 5:13.0. 3000m: 1, G.Collison 10:04.5; 3, J.Stone 12:52.0. 100mH: 1, Cindy James 15.6; A.Patten dsq. 400mH: 1, J.Dash 70.9; 2, J.Smiter 78.3. HJ: 2, J.Cockram 1.45; 2, J.Smiter 1.45. LJ: 1, A.Abrams 5.18; 1, J.Dash 4.58. TJ: 2, A.Patten 9.96;

2, R.Letang 7.68; 2, B.Simon 5.04. 4x100m: 2, Belgrave 58.5.

Teams: 1, Croydon 116; 2, Camberley 100; 3, Paddock Wood 82; 4, Belgrave 74; 5, Queens Park 54; 6, Southwark 47; 7, Heme Hill 16; 8, Richmond & Twickenham 9.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 5 PORTSMOUTH, 7 AUG

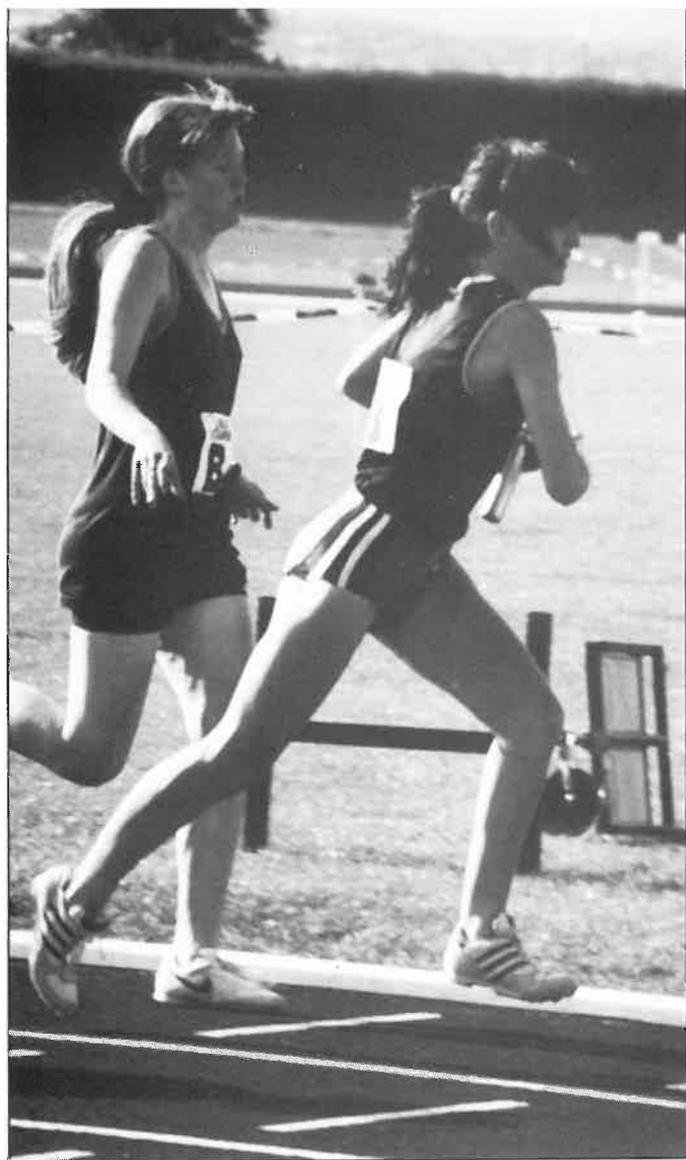
Newcomer Rosemary Fyffe got an excellent score of 14 out of a possible 15 points. She has never run an 800m before but took the lead straight away in the 'B' race and when the rest of the field came at her with 250m to go she just would not let them past her, winning from the front. She also got 2nd in the shot, won the 'B' discus, and to finish the day ran our fastest leg in the 4x400m. Welcome to the team!

We had a rare double win in the discus with good throwing from Petronell Keeler - the first time she has won maximum points - and Gail Richardson set a pb in the javelin where she was leading until the very



Left: Our winning 4x100 metre team at Horsham - Serrita Simon, Syreeta Stracey, Sarah Scott and Cindy James.

2, J.Cockram 8.49. SP: 2, R.Fyffe 12.3; 1, L.Wilson 13.2. LJ: 5, B.Simon 3.61; 5, L.Davison 2.79. SP: 4, R.Letang 7.31; 2, V.Smith 7.19. DT: 3, R.Letang 19.58; 1, V.Smith 19.38. JT: 5, R.Letang 16.30; 4, V.Smith 13.04. 4x100m: 5, Belgrave 57.3.
 Teams: 1, Belgrave 169; 2, Verlea 161; 3, Cambridge 151; 4, Southend 138; 5, Basingstoke & MH 134.



Above: Pam Friel sends Gabby Collison off on the second leg of the 4x400m at Portsmouth.
 Photo: Ian Roberts.

Around the tracks

Battersea Park, 19 May. Rosenheim League non-scorers. 400m: 6, G.Husbands 66.2. 800m: 13, J.Stone 2:33.3. JT: G.Richardson 19.48.

Southampton 6 Jun. Interflora Solent Games. Evette Finikin placed 5th with 13.03, first British girl behind two Hungarians and two Italians in a close competition won in 13.49. Sue Drummie set an inaugural Club best being the first Belgrave woman on record to compete in the pole vault. She cleared 2.60 metres.

Crystal Palace 12/13 Jun. Pearl Assurance British Champs. TJ: 3, E.Finikin 13.3w.

Crystal Palace, 26/27 Jun. SoEAA Champs. TJ: 2, E.Finikin 13.06. U17 300m: hts P.Friel 43.9. U15 75mH: 7, M.Simon 12.44 (12.34 ht).

Oxford, 27 Jun. YA non-scoring 800m: L.Wilson 2:26.1 - Club Record.

Croydon, 30 Jun. Rosenheim League non-scorers. 400m: 3, G.Husbands 66.8. 3000m: G.Collison 10:48.3.

Woking, 7 Jul. PV: 1, J.Cockram 2.00; 2, J.Smiter 1.80.

Harrow, 11 Jul. TJ: 1, E.Finikin 12.88.

Horsham, 11 Jul. 400m: 3, J.Stone 62.7. HJ: 1, J.Smiter 1.53; 2, J.Cockram 1.50; 3, J.Stone 1.35. PV: 3, S.Drummie 2.40; 4, J.Smiter 2.00; 5, J.Cockram 2.00.

Sutton Arena, 14 Jul. Rosenheim League non-scorers. 3000m: H.Maskrey 10:31.0.

Bannister Stadium, 25 Jul. PV: J.Smiter 2.00.

Tooting, 28 Jul. Rosenheim Lg. 1500m: G.Collison 4:56.7.

Birmingham, 7-8 Aug. AAA U17 Champs. U17 Girls. 300mH: hts 4, J.Dash 47.40.

Tooting, 8 Aug. U13 Inter-Counties. SP: B 2, R.Letang (Surrey) 7.97.

Tonbridge, 10 Aug. U15 100m: H.Revill 14.8; A.Butler 16.2. 800m: H.Revill 2:43.8. LJ: A.Butler 3.37. U13. 100m: L.Revill 14.8. 800m: S.Blanche 2:57.4. LJ: L.Revill 3.09.

Kingsmeadow, 21 Aug. 26.2 Meeting. 400m: P.Friel 60.8.

Woking, 25 Aug. PV: 1, S.Drummie 2.80.

Tooting, 29 Aug. Herne Hill H Open. 100m/200m: 1, R.Wilson 13.0/26.5. 1500m: G.Collison 4:36.6. PV: 1, S.Drummie 2.80. U15 1500m: H.Revill 5:54.2. U13 100m: L.Revill 16.1. 800m: K.Phillips 2:56.8. HJ: K.Phillips 1.10. LJ: L.Revill 3.24.

Stoke on Trent, 5 Sep. UK Pole Vault Assoc. Champs. 1, J.Cockram 2.30. W35 3, M.Jones 1.50.

Kingsmeadow, 5 Sep. London Boroughs Champs. 1500m: 1, H.Maskrey (Wands) 4:58.9. 3000m: 1, H.Maskrey 10:15.7. U15 75mH: 1, M.Simon (Wands) 12.5.

Crawley, 8 Sep. Gabby Collison competed in a men's 5000 metre race but arranged with the timekeepers to take her time at 3k where she was going to finish. It was certainly worth setting up because she was clocked at 9:48, not only a magnificent pb but a time that rates favourably against Wendy Cotterell's Club Record of 9:48.8.

Wimbledon Park, 12 Oct. PV: 1, J.Cockram 2.30; 2, J.Smiter 2.20.

◆ It was great to have three Belgians competing in one of the newest of events - the pole vault - at the WAAA Championships. It must have been pretty nerve-wracking, competing before such a large crowd when one's experience of the event is limited, but they came through it well and we'll be looking for a couple of 3 metre vaults in 1994. Sue Drummie was 8th with 2.50, Julia Cockram 9th with 2.30 and Jacqui Smiter was unable to clear her opening height - just the sort of

problem Mike Edwards sometimes has! Of course our second-claim member Evette Finikin was also in action, triple jumping out to 13.05m.

◆ Another sign of the times is that we had several women in the national rankings for the first time in a few years. Sue Drummie was 5th in the pole vault with her 2.90 while Julia Cockram's 2.30 gave her 22nd. Jessica Dash was 11th in the Intermediate 300m hurdles with the 45.63 she recorded at Blackpool.

"Determination and teamwork" says Harry P

Just a few words to sum up the Southern League meeting in 1993. Determination and team work reaped their reward - a just reward of a tremendous win at the very last match with 19 'firsts'. We have always enjoyed a first rate Senior team, and the small but enthusiastic Junior team finally came through.

Teamwork has also been the basis of the success of the Surrey Cross Country League team. Gabby Collison, in peak form, together with Helen Maskrey, Martina Ryan, Jacinta Moore and Nina Mills are currently only two league points behind the league leaders Thames Hare & Hounds in this their very first season in Division One. In fact Gabby (Seniors) and Laura Wilson (under 15s) are both leading individuals in the league. With everyone out and running for the last two meetings we stand a very good chance of winning the series.

Gabby, Helen and Morag Andrews have also come good in the Reigate Priory relays as the first

Surrey club home in second place behind Hounslow.

With the possibility of such a fine finish to the winter season, the effect on morale can give the team a strong impetus for the start of the summer league season; our most important team competition of the year. Nineteen-ninety-four looks like being a good year to compete.



Men's Track & Field

SWARD TROPHY KINGSMEADOW, 18 APR

1, Sutton & Dist 178; 2, Hercules Wimbledon 132; 3, Kingston & Poly 126; ... 7, Belgrave 10.

KINNAIRD TROPHY KINGSMEADOW, 18 APR

1, Windsor, Slough & Eton 250; 2, Kingston & Poly 218; 3, Hercules Wimbledon 98; ... =6, Belgrave 30.

PANASONIC SOUTHERN LEAGUE DIVISION 1 MATCH 1 BASILDON, 8 MAY

If there was a Southern League Division One match that we ought to

have won in 1993 then this one was it. The opposing teams were not strong and on paper we do have a powerful SL squad to back up our British League team but life is never that simple is it! With many of our top men still overseas or unavailable for other reasons our SL team was hit hard in the last few days before this opening match as men were drafted out to compete in the premier competition at Kingsmeadow. As a result we had great difficulty in covering events and Bob Bridges, sore tendons and all, found himself filling in all over the arena - not so much to secure odd points, but to

ensure that we had a competitor in at least 50% of the events to avoid the penalty of relegation that is automatically incurred should a club not be able to do that.

But let's look at some of the more positive aspects. Thanks to some solid work by Mike Small and decathlete Gary McKernan we beat all but Bracknell in the throws. Mike hits the veteran ranks next season and will be a welcome addition to our over-40s T&F team should he feel so inclined.

Late last season Marcel Fok was suffering from a stress fracture possibly made worse by his exploits in the 400 hurdles but a change of emphasis in his training during the off-season and a switch of events has brought him early success in the 800m. He and second string Robert Cookson train with Frank Horwill's squad and that uncompromising coach's tough attitude showed through as each led their races from the gun into the teeth of the blustering Basildon breeze and each ran away from the field over the last 200 metres. Within a short space of time both were back for the 400m to score heavily again.

Neil Hammersley was not happy with his 2nd place 400m hurdles race but worked it out of his system by spending the rest of the afternoon popping up in all sorts of jumps and sprints, while new member John Mackenzie made a big impact in the triple jump by winning the event with nearly two metres to spare.

100m: 5, L.Campbell 11.5. 200m: 5, L.Campbell 23.1; 4, N.Hammersley 24.9. 400m: 2, M.Fok 52.1; 1, R.Cookson 53.2. 800m: 1, M.Fok 1:58.8; 1, R.Cookson 2:04.3. 1500m: 5, D.Anderson 4:56.0. 5000m: 5, D.Anderson 18:01.5. 110mH: 3, N.Hammersley 16.6. 400mH: 2, N.Hammersley 56.1. HJ: 4, G.McKernan 1.75; 4, R.Bridges 1.10. LJ: 5, N.Hammersley 5.20; 5, R.Bridges 3.21. TJ: 1, J.Mackenzie 15.14; 3, N.Hammersley 12.03. PV: 3, G.McKernan 3.40; =2, R.Bridges 1.35. SP: 5, G.McKernan 11.40; 1, M.Small 10.93. DT: 4, M.Small 38.50; 3, G.McKernan 33.26. JT: 2, G.McKernan 48.08; 3, M.Small 40.42. HT: 2, M.Small 41.94; 4, R.Bridges 21.56. 4x100m: Belgrave dnf.

Teams: 1, Bedford 118; 2, Southend 117; 3, Bracknell 114; 4, Shaftesbury Bamet 97; 5, Belgrave 76.

PANASONIC SOUTHERN LEAGUE DIVISION 5 MATCH 1 PERIVALE, 8 MAY

100m: 2, J.Busk 12.0; 2, P.Lyttle 12.5. 200m: 4, D.Mote (?) 25.5; 1, J.Busk 24.5. 400m: 4, J.Busk 55.5; 1, C.Knight 52.6. 800m: 3, A.Paton 2:04.0; 2, M.Chuter 2:16.4. 1500m: 1, R.Draper 4:10.9. 5000m: 1, M.Webb 16:05.5. 110mH: 2, A.Johnson 20.7; 4, D.Mote 26.3.

400mH: 2, C.Knight 59.8; 4, M.Anderson (?) 77.2. 3000mSC: 3, R.Draper 10:58.1; 3, T.Dowdall 11:40.0. HJ: 5, G.Sagar 1.55; =4, A.Johnson 1.30. LJ: 5, G.Sagar 4.25; 5, A.Johnson 3.83. TJ: 2, K.Pereira 12.32; 1, J.Druce 12.21. PV: 3, D.Mote 1.80; 2, A.Johnson 1.80. SP: 2, P.Lyttle 10.10; 1, A.Johnson 9.40. DT: 1, C.Brooks 34.92; 1, P.Lyttle 32.09. JT: 3, G.Sagar 36.62; 3, P.Lyttle 35.64. HT: 5, D.Mote 19.84; 5, P.Lyttle 11.28. 4x100m: 5, Belgrave 54.2. 4x400m: 3, Belgrave 3:42.4.

Teams: 1, Thurrock 125; 2, Team Solent 118; 3, Belgrave 108.5; 4, Queens Park 92.5; 5, White Horse 76.

ROSENHEIM LEAGUE BATTERSEA PARK, 19 MAY

100 n/s: 5, C.Fatoyimbu 12.5. 400m: 3, C.Husbands 54.5. n/s 1, G.Mason 52.8; 2, R.Milner 53.7; 3, M.Readhead 55.9; 5, K.Wainwright 62.8. 800m: 2, R.Draper 1:59.1. n/s 1, S.Booth 2:01.6; 3, A.Paton 2:02.0; 11, J.Burke 2:13.4. 1500m: 5, J.Jay 4:29.1. 3000m: 2, M.Bizio 8:53.0. n/s 2, M.Mazzotta 8:59.3. DT: 2, M.Small 40.30. n/s C.Brooks 33.40. HT: 2, M.Small 42.70. n/s R.Bridges 20.70.



Early season in the USA . . .

College Station, USA, Mar. SP: 2, P.Edwards 19.62.

Berkley, USA, 27 Mar. 400m: D.Ladejo 47.1.

Austin, Texas, USA, 1-3 Apr. Texas Relays. 5000m: 3, J.Chaston 14:13.29. 4x400m: D.Ladejo contributed a 44.6 leg towards Texas University's 3:05.26.

Los Angeles, USA, 10 Apr. 100m: (+1.4) 1, M.Adam 10.40; 2, J.Regis 10.48. 200m: 1, J.Regis 20.4; 3, M.Adam 20.6

Austin, Texas, USA, 14 Apr. 400m: D.Ladejo 46.49.

Walnut, California, USA, 17 Apr. Mount SAC Relays. Having already teamed up with Marcus Adam, Tony Jarrett and Jamaica's Ray Stewart to form a Commonwealth 4x100 team that clocked 38.37 to the full strength Santa Monica's 38.00, John Regis turned out in the individual 400m. He was 21.0 at halfway, 5 metres up entering the straight, and hung to win in 45.48. But it was close - 2nd place Rouser was given the same time. John is now rated at no. 21 of all time taking into consideration the 100/200/400. All the big names feature in the list, headed by Michael Johnson and ranging from Tommie Smith in '68 through to Quincy Watts in '92. John's figures are 10.20/20.09/45.48. Justin Chaston also ran at the relay meet, recording 8:37.2 for 4th in the 'chase.

Philadelphia, USA, 22-24 Apr. Penn Relays. John Regis travelled from his California training base with Tony Jarrett and this time teamed up with Drummond of the USA and Ray Stewart to form the winning Penn All-Stars quartet. Their 4x100 was 39.00 and 4x200 1:22.4. At the same meet Du'aine Ladejo ran a 45.2 4x400 leg for Texas and Jon Dennis was timed at 3:44.1 for his stint in the 4x1500, running for S. Florida.

Stephensville, USA, 24 Apr. PV: M.Edwards 5.30.

College Station, USA, 1 May. Fast 400m times continued when just 3 days after John Regis's 45.48, Du'aine Ladejo trimmed his Club Record to 45.2, winning the race by 2/10ths.

Madison, USA, 1 May. 5000m: J.Dennis 13:48.28.

Arlington, USA, 1 May. PV: M.Edwards 5.30.

Abilene, USA, 8 May. PV: M.Edwards 5.50.

Austin, USA, 8 May. Du'aine Ladejo ran to a 5th place 20.96 over 200m behind Carl Lewis's winning 20.16.

Indianapolis, USA, 8 May. 3000mSC: J.Dennis 8:42.95.

Modesto, USA, 8 May. 100m: 8, M.Adam 10.36 (+3.6). 200m: 1, J.Regis 20.48. 4x100m: Belgrave/Haringey (Adam, Jarrett, Regis, Braithwaite) 39.42.

Abilene, USA, 15 May. Great early season form came from vaulter Mike Edwards. At a College All-Comers meeting he opened at 5.35 and soared cleared at his first attempt. Next up was 5.50, which he took at his 2nd, and he then went on to set new Club Record figures with 5.52. With the World Championships qualifying height just 3cm more at 5.55, a good summer seems to be in prospect. For good measure Mike improved his long jump best from 6.97 to 7.23 at the same meeting.

Austin, Texas, USA, 20/21 May. 400m: 4, D.Ladejo 46.53.

Austin, Texas, USA, 27/29 May. NCAA PV: 1, M.Edwards 5.45.

New Orleans, 2/5 Jun. 400m: 6, D.Ladejo 45.98. 5000m: 1, J.Dennis 13:59.00.



Paul Evans leads from Boutayeb in Budapest but it was Italy's Lambruschini who had the measure of the 5000m field.

Bels. finish runners-up

If someone had said six years ago that we would finish second in Division 1 of the GRE British Athletics League as well as runners up in the Cup Final we would have been over the moon.

So great has been the improvement over recent years that these results were greeted with less than euphoria and indeed many were suggesting that the wheels were beginning to fall off our 'A' team.

Well, let's put the whole thing in perspective. 1992 was the ultimate. The league and cup double was bound to put our rivals on their mettle. We knew that Haringey would put out a four line whip and it was noticeable that in the key matches they were able to draw on their considerable pool of international athletes.

Difficult even before it started

For our part the season was looking difficult even before it had fully started. Lewis Samuel was the first major casualty, snapping an achilles tendon while on warm weather training. At the same time we heard that Jon Ridgion was having difficulties in the States with brief returns to the UK for specialist treatment. Sadly, after a fine opening 400 hurdles in our European Clubs Cup Final, he broke down in Bratislava and two of our highest points scorers from '92 were sidelined for the season. Our short distance track events were looking decidedly "iffy" what with Phil Goedluck having a second knee operation, Marcus Adam resigning to join Haringey and Max Robertson enjoying his retirement from top level competition. John Gladwin remained sidelined with niggling injuries and the after effects of M.E. while Ikem Billy added to our woes by reporting injured and looked doubtful for the whole season.

The middle distance was not much better with Gary Staines recovering from injury and Paul Evans concentrating on the marathon and keeping track racing to a minimum. Jim Estall, like many others, never fully recovered from the London Marathon and was missed by our middle distance track squad.

Not all gloom and doom

But it was not all gloom and doom. A combination of excellent performances by our throwing and jumps squads gave us the base to perform soundly in all our matches where strength in depth told as Abi Ekoku, suffering from a shoulder injury (sustained it was rumoured during a rugby league trial), was out and Nigel Bevan struggled with an abductor pull which was only tested at the end of the season. Paul Edwards broke Mike Edwards record of consecutive league wins by asserting his superiority in all of the shot competitions. But the revelation was Leith Marar who was in his first full year competing in our 'A' squad. He performed admirably in both the discus and shot to head the points rankings. Darrin Morris, fresh from winning the UK discus championship performed well all season and enjoyed himself to boot.

Fortune smiled

Our jumps produced the goods but again it was not as straightforward as the team managers might have hoped. Fred Salle, clearly the UK No. 1 this year, managed one long jump competition in the league as his programme dictated priorities elsewhere. Dennis Costello fresh from injury (and not so fresh from

honeymoon) improved as the season progressed while Derek Browne triple jumped to a pb and eventually an England vest. Fortune smiled, however, as first we recruited John Mackenzie - a Scottish emigré from Australia - who immediately gained a Scottish vest and t.j'd to 16.04m. And then we signed Michael Morgan who has returned to the UK from Australia to seek both Welsh and GB qualifications. Michael is an 8.01 jumper with a good turn of speed and, as we were to discover in the Cup Final, other talents! At last real depth in the horizontal jumps.

The high jump has been one of our best events over recent years. Warren Caswell started well with 2.18 but injury struck in early season and the casualty list lengthened. Andy Hutchinson, as ever, remained the mainstay but again in the latter part of the season, where historically he improves, his performances were reduced by illness. Hopeton Lindo - out early season due to finals examinations - came through strongly at the end, so all in all the high jumpers retained their excellent points contributions but it was touch and go!

The pole vault too has in recent years been a "good little points earner". This year not so. Mike Edwards missed the first match and was probably pleased so to do, as he cleared a club record of 5.52m in the US Collegiates. He then no-heighted in two matches while Ian Tullett was added to the hobbling wounded as a foot bone fracture re-occurred. Ian was operated on immediately but nonetheless was out for the season. Dylan McDermott made a valuable contribution early season and although by tradition he breaks at least one bone in his body per annum, fortunately managed to leave this to late season. (Callous lot these team managers.)

Middle distance

The middle distance events, like the curate's egg, were good in parts. Kasse Tadesse has supported the Club well during his first season and indeed ran his first ever 5000m and 10000m on the track in Belgrave colours. Backed by an improving Roger Alsop the points gained in the 5000m this year were good. Not so the 'chase where the opposition were hot and we were not. The 800s and 1500s promised a lot but apart from the odd gem were basically disappointing. In Division 1 of the BAL where the races are often slow there are a lot of good kickers about and our men just missed out in the league matches. Elsewhere Steve Halliday and Rob Turner produced excellent 1500m times while Darrell Maynard suffered niggling injuries and never realised his potential (although he did gain a Welsh vest) and Dave Scott made a welcome return from his year's globetrotting.

So when you weigh it up and list the wounded and other absentees, you can see it was a miracle that we did as well as we did. A measure, you might say, of our good depth; a good sign for the future with several excellent young athletes coming in to the top echelons.

Agreed.

Add to this the desire by many of those sidelined this year to "do the business" next year and you could argue that we will be back on the top perch. Well, that's me convinced. How about you team?

Bill Laws

HARINGEY HAMMER US AT HOME

BRITISH LEAGUE DIV 1, MATCH 1 KINGSMEADOW, 8 MAY

Our first home fixture since making Division One did not provide us with the winning advantage we had hoped for. With several of our top men abroad it was the new members who made their mark. Scott Thompson provided good backing to Phil Spivey and in winning the 'B' event ensured our best ever hammer points. Neil Owen in the high hurdles was streets ahead of the rest and looked set for a good season. Leith Marar made a big impact in the throws while Paul Edwards insisted on adding the pole vault to his repertoire (Ok, he was a decathlete) and gained 4th in the 'B' vault. Kasse Tadesse made a winning debut in the 5000m, running from the front in windy conditions.

But pride of place must go to 16 year-old Gavin Mason who was drafted into the 'B' 800 as a last minute replacement. Expected to gain only a single point he ignored the reputations of the opposition, raced well and was rewarded with an excellent pb and 4 points.

100m: 3, L.Paul 10.7w; 7, F.Salle 11.34. 200m: 3, L.Paul 22.2; 8, M.Bazire 23.41. 400m: 8, L.Antoine 50.85; 7, R.Hunter 51.04. 800m: 4, D.Maynard 1:52.8; 5, G.Mason 1:57.74. 1500m: 4, R.Turner 3:54.82, 6, J.Barry 4:18.20. 5000m: 1, K.Tadesse 14:35.09; 7, F.Ward 16:02.63. 110mH: 1, N.Owen 14.22; 3, R.Hunter 15.15. 400mH: 4, P.Beaumont 53.2; 4, I.Wells 54.7. 3000mSC: 7, M.Bizio 9:39.2; 6, M.Mazzotta 9:55.5. HJ: 2, W.Caswell 2.10; 2, A.Hutchinson 2.00. LJ: 6, D.Costello 6.85; 5, R.Hunter 6.39. TJ: 3, D.Browne 14.90; 4, D.Costello 13.88. PV: 7, D.McDermott 4.00; 4, P.Edwards 2.05. SP: 1, P.Edwards 18.35; 2, L.Marar 14.99. DT: 1, D.Morris 55.78; 2, L.Marar 50.82. JT: 3, N.Bevan 73.40; 1, M.Cottrell 71.54. HT: 3, P.Spivey 64.56; 1, S.Thompson 49.18. 4x100m: 5, Belgrave (N.Owen, A.Ekoku, F.Salle, L.Paul) 42.44. 4x400m: 6, Belgrave (P.Beaumont, D.Maynard, M.Bazire, L.Antoine) 3:22.28. Teams: 1, Haringey 361; 2, Belgrave 303; 3, Woodford Green 293; 4, Thames Valley 282; 4, Birchfield 264; Shaftesbury Barnet 262; Newham & Essex 226; Edinburgh Southern 190.

PANASONIC SOUTHERN LEAGUE DIVISION 1 MATCH 2 SOUTHAMPTON, 22 MAY

Some welcome old warriors returned to the fray for match 2 at Southampton.

Femi Abejide has been out of action for some time and admitted to being a little rusty but relatively fit and looking forward to the afternoon's competition. First event for him was the long jump where in a close competition he found Team Solent's Captain Todd Bennett just getting the better of him, but in his speciality, the triple, he comfortably leapt out to 14.68 for an easy 'B' win. With John Mackenzie far and away the 'A' winner this gave us our only maximum points of the day.

Back on the track in the 1500m was John Gladwin. He really looked the class of the field as the race unwound, always on the leader's shoulder. With 200m remaining the pace picked up fiercely as Southampton's Glenton made the running. Only John could go with him and we

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still expected the Belgravian to glide into the lead as the straight was reached. But there is no hiding place in athletics when you're not race-sharp. The change of pace was just not there and our man had to accept 2nd.

An interesting series of events was strung together in the space of 70 minutes by Surrey 10k Champ. Roger Alsop. Not having long jumped since school, he suddenly felt the urge to make the 1993 club rankings in "something different". Considering that his run-up was conducted at middle-distance training pace, 4.40m wasn't too bad. And it was a nice warm up for the 'B' 800m - one of those strange 'B' races that come along every once in a while where the first lap is 55 and no-one slows down! After an isolated 2:01 he joined the line-up for the next event, the 5k. Still blowing hard, he was not surprisingly last for the first couple of laps, but gradually he picked up as the race progressed and by the end of his stint had totalled a hard earned five points.

100m: 4, L.Campbell 11.6; 4, J.Busk 12.1. 200m: 4, L.Campbell 23.4. 400m: 5, J.Busk 54.1; 3, C.Knight 52.4. 800m: 5, M.Jackson 2:05.0; 5, R.Alsop 2:01.2. 1500m: 2, J.Gladwin 3:57.6; 2, G.Adams 4:05.0. 5000m: 5, O.Lewes 16:14.5; 3, R.Alsop 16:20.1. 110mH: 4, G.McKernan 18.2. 400mH: 3, C.Knight 57.8; 2, A.Grant 59.8. 3000mSC: 3, M.Sinclair 9:44.9. HJ: 2, G.McKernan 1.85; 5, R.Bridges 1.10. LJ: 3, F.Abejide 6.83; 5, R.Alsop 4.40. TJ: 1, J.Mackenzie 15.60; 1, F.Abejide 14.68. PV: 3, G.McKernan 3.60; 5, R.Bridges 1.40. SP: 5, M.Small 12.13; 2, G.McKernan 11.41. DT: 4, M.Small 38.74; 1, G.McKernan 37.90. JT: 2, G.McKernan 49.28; 1, M.Small 43.22. HT: 2, M.Small 42.74; 4, R.Bridges 20.73. 4x100m: 4, Belgrave (L.Campbell, J.Busk, F.Abejide, C.Knight) 46.0. Teams: 1, Team Solent 128; 2, Basingstoke 112.5; 3, Southampton 107; 4, Highgate 99; 5, Belgrave 88.5.

PANASONIC SOUTHERN LEAGUE DIVISION 5 MATCH 2 BASINGSTOKE, 22 MAY

100m: 3, T.Daley 12.0; 2, K.Pereira 12.2. 200m: 3, T.Daley 24.2; 4, K.Pereira 25.0. 400m: 4, M.Chuter 54.9; 2, C.Husbands 54.2. 800m: 4, M.Chuter 2:04.2; 1, B.Barton 2:04.9. 1500m: 2, R.Draper 4:10.6. 5000m: 3, P.Gilbey 17:04.4; 2, D.Anderson 17:36.1. 110mH: 4, J.Druce 27.4. 400mH: 3, R.Draper 73.7; 5, P.Gilbey 74.6. 3000mSC: 1, B.Barton 10:19.5; 3, T.Dowdall 11:17.9. HJ: 4, T.Daley 1.60; 4, G.Sagar 1.60. LJ: 5, P.Lyttle 5.10; 5, C.Husbands 4.81. TJ: 1, J.Druce 12.37; 1, K.Pereira 11.96. PV: 3, C.Husbands 2.80; 3, J.Druce 1.20. SP: 2, P.Lyttle 9.93; 2, J.Druce 8.51. DT: 1, C.Brooks 32.62; 1, P.Lyttle 31.00. JT: 2, P.Lyttle 39.60; 2, G.Sagar 36.28. HT: 4, J.Druce 16.78; 2, P.Lyttle

LEAGUE deficit grows

BRITISH LEAGUE DIV 1 MATCH 2, BIRMINGHAM, 5 JUN

We needed a good win to keep our league title hopes alive and knew that competing fixtures at Portsmouth and Southampton would take several of our key men. So once again we were well below strength. Max Robertson came out of retirement to help and surprised even himself with an excellent time in the 400 hurdles. Neil Owen continued his winning ways in the sprint hurdles while Steve Halliday, fresh from his good performance in Budapest, scored maximum points in both the 'B' 800 and the 'A' 1500.

Newcomer John Mackenzie finished a good 3rd in the triple jump ahead of Derek Browne who still seems to find consistency a problem. Kasse Tadesse, Paul Edwards and Leith Marar repeated their first match wins with Paul again covering gaps, this time the 'B' javelin. Ian Tullett won the pole vault as Mike Edwards no-heighted.

So despite everyone's best efforts we couldn't make up for so many missing names and even with Andy Hutchinson running a leg in

16.68. 4x100m: 2, Belgrave 47.5. 4x400m: 4, Belgrave 3:39.9. Teams: 1, Hertford & Ware 134; 2, Basingstoke 120; 3, Belgrave 109; 4, Hillingdon 96; 5, Crawley 72.

ROSENHEIM LEAGUE TOOTING, 2 JUN

100m: n/s 4, E.Hassan 13.2. 200m: 6, T.Lawton 29.4. 400m: 2, G.Mason 52.2. 800m: 5, A.Jones 2:03.2; n/s 5, G.Adams 2:07.2; 6, D.Clack 2:07.2; 11, J.Pritchard 2:15.2; 13, E.Hassan 2:36.5. 1500m: 2, R.Alsop 4:05.2; n/s 2, M.Bizio 4:11.0. 3000m: 3, R.Draper 8:54.2. Teams: Hercules Wimbledon 94; 2, Herne Hill 88; 3, South London 86; 4, Croydon 72; 5, Sutton & Dist 54; 6, Belgrave 43.

PEARL ASSURANCE BRITISH CHAMPIONSHIPS CRYSTAL PALACE, 12/13 JUN

100m: hts. 3, L.Paul 10.86; L.Campbell 11.38. 200m: (+2.5) 1, J.Regis 20.21. 400m: 1, D.Ladejo 46.14. 800m: hts. D.Maynard 1:50.58. 1500m: hts. R.Turner 3:49.67; S.Halliday 3:50.38. 3000m: 14, R.Alsop 8:39.37. 10000m: 1, P.Evans 28:17.49; G.Staines dnf. 110m: 3, N.Owen 14.03. 400mH: hts. P.Beaumont 52.75; N.Hammersley 55.39; L.Antoine 54.68; I.Wells 54.54. 3000mSC: 2, J.Chaston 8:32.79. HJ: 6, W.Caswell 2.10; 8, H.Lindo 2.10. LJ: 2, F.Salle 7.55. TJ: 7, D.Browne 15.95; 10, J.Mackenzie 15.26. PV: 2, M.Edwards 5.30; 4, I.Tullett 5.00. SP: 1, P.Edwards 19.06. DT: 1,

the sprint relay, we were beaten by 44 points. The overall deficit to Haringey had reached substantial proportions!

100m: 2, L.Paul 10.65; 7, I.Wells 11.58. 200m: 2, L.Paul 21.23; 7, P.Beaumont 23.52. 400m: 7, I.Wells 49.86; 5, D.Maynard 48.79. 800m: 3, R.Turner 1:52.10; 1, S.Halliday 1:51.70. 1500m: 1, S.Halliday 3:52.94; 3, J.Chaston 3:58.52. 5000m: 1, K.Tadesse 14:25.29; 3, R.Alsop 14:53.50. 110mH: 1, N.Owen 14.24; 5, M.Robertson 14.68. 400mH: 4, M.Robertson 51.80; 2, P.Beaumont 53.38. 3000mSC: 7, M.Bizio 9:51.82; 6, M.Mazzotta 10:00.55. HJ: 4, A.Hutchinson 2.00. LJ: 6, M.Edwards 6.42; 6, D.Browne 6.18. TJ: 3, J.Mackenzie 15.38; 2, D.Browne 14.57. PV: 1, I.Tullett 4.80; -, M.Edwards no ht. SP: 1, P.Edwards 17.56; 2, L.Marar 14.45. DT: 2, D.Morris 53.50; 1, L.Marar 51.72. JT: 2, M.Cottrell 70.56; 7, P.Edwards 41.86. HT: 3, P.Spivey 64.16; 4, S.Thompson 48.96. 4x100m: 7, Belgrave 44.03. 4x400m: 6, Belgrave 3:21.91.

Teams: 1, Haringey 359; 2, Belgrave 315; 3, Birchfield 308.5; 4, Shaftesbury 277; 5, Thames Valley 273; 6, Newham & Essex Bgls 247; 7, Woodford Green 227; 8, Edinburgh Southern 189.5.

D.Morris 57.70; 6, L.Marar 53.04. JT: 8, M.Cottrell 69.08.

ROSENHEIM LEAGUE TOOTING, 16 JUN

100m: 1, P.Goedluck 10.9. 200m: 1, P.Goedluck 22.3. 400m: G.Mason 52.0. 1500m: 4, R.Alsop 4:02.8. HT: 5, M.Small 40.50. 1, South London 51; 2, Hercules Wimbledon 44; 3, Herne Hill 44; 4, Belgrave 34; 5, Croydon 27; 6, Sutton & Dist 22.

PANASONIC SOUTHERN LEAGUE DIVISION 1 MATCH 3 BATTERSEA PARK, 19 JUN

We needed something special by the time match 3 came around, two last places having already set the good ship Belgrave on what seemed to be a clear course towards relegation. But Cap'n Bob's efforts at changing tack seemed to be dashed at the very outset when Neil Hammersley pulled a muscle warming up for the 400 hurdles and Andy Paton, looking for spare points in the 'B' race, suddenly found himself promoted to the 'A' string and a possible 7 or 8 points became just 1!

All was not lost, however. One of the advantages of the British League team having temporarily lost the services of some of our more experienced hands at the previous BAL match through injury and other commitments meant that they were now available for SL duty. Together with regulars Gary McKernan and Mike Small, Abi Ekoku, Warren

Caswell and Simon Shirley wreaked havoc on the field, pushed us to a match winning situation and had the unhappy Ilford team manager requesting the previous BAL team sheet to check that we weren't pulling a fast one.

Returning old favourites were not confined to the competitors, however. Arthur Penny was wielding the starting pistols to share duties with Sue Porter and it was great to see Ted Pallant enjoying the afternoon and looking in pretty good nick considering his recent illness.

Abi might not be discus fit but there are not many around with such all round condition. Having "left-armed" the shot to 14.70 he hopped, stepped and jumped his way onto the '93 ranking list with a 2nd placing 13.07m that left our expert Aham Amadi to comfortably sort out the 'B' competition. A personal record came from Bruce Barton in the steeplechase - under 10 minutes for the first time - and yet another came from Rob Draper in the 'B' race in spite of the fact that he had already raced over 1500m.

Only ten days after his massive 7944 decathlon in California, Simon Shirley was mightily impressive. He notched up hurdles and high jump wins, placed 2nd only to North London's ace, Ganda, in the long jump and was finally let loose on the last leg of the long relay to run down a huge gap to give the Bels a resounding victory in the final event and the match.

100m: 4, L.Campbell 11.5; 3, M.Bazire 11.4. 200m: 4, M.Bazire 23.4; 3, L.Campbell 23.5. 400m: 5, R.Cookson 52.3; 1, M.Fok 51.6. 800m: 2, G.Adams 1:57.1; 2, M.Fok 1:58.1. 1500m: 3, R.Draper 4:03.8; 1, M.Jackson 4:11.6. 5000m: 4, G.Pitts 16:46.9. 110mH: 1, S.Shirley 15.3; 3, G.McKernan 17.3. 400mH: 5, A.Paton 63.9. 3000mSC: 2, B.Barton 9:59.6; 3, R.Draper 10:42.9. HJ: 1, W.Caswell 2.15; 1, S.Shirley 2.00. LJ: 2, S.Shirley 6.85; 5, C.Husbands 4.60. TJ: 2, A.Ekoku 13.07; 1, A.Amadi 13.00. PV: 2, G.McKernan 3.60; 2, C.Husbands 2.60. SP: 1, A.Ekoku 14.70; 1, M.Small 12.04. DT: 1, M.Small 39.52; 1, G.McKernan 38.10. JT: 3, G.McKernan 50.44; 3, M.Small 44.78. HT: 3, M.Small 42.16; 4, R.Bridges 25.64. 4x100m: 2, Belgrave 44.5; 4x400m: 1, Belgrave (R.Cookson 53.0, M.Fok 50.6, M.Bazire 51.2, S.Shirley 49.3) 3:24.1.

1, Belgrave 122; 2, Ilford 116; 3, Dacorum 102; =4, Guildford and North London 98.

PANASONIC SOUTHERN LEAGUE DIVISION 5 MATCH 3 ANDOVER, 19 JUN

100m: 2, J.Busk 11.8; 4, G.Sagar 12.2. 200m: 2, J.Busk 23.4; 4, G.Sagar 24.9. 400m: 5, O.Lewes 63.7; 3, M.Readhead 55.7. 800m: 4, J.Barry 2:07.2; 4, M.Readhead 2:10.5. 1500m: 4, J.Barry 4:22.5; 3,

M.Anderson 4:35.1. 5000m: 5, D.Anderson 17:32.9; 5, T.Williams 18:13.5. 110mH: 5, J.Druce 24.2; 3, C.Brooks 23.7. 400mH: 2, D.Grant 60.0; 5, J.Barry 69.6. 3000mSC: 5, O.Lewes 10:54.2; 1, J.Barry 10:54.7. HJ: 4, M.Readhead 1.55; 4, P.Mercer 1.50. LJ: 1, P.Mercer 6.63; 5, M.Anderson 4.43. TJ: 1, P.Mercer 12.74; 1, J.Druce 12.21. SP: 4, C.Brooks 9.93; 4, P.Mercer 6.21. DT: 4, C.Brooks 30.06; 3, P.Mercer 19.82. JT: 4, C.Brooks 36.86; 3, G.Sagar 34.44. HT: 5, J.Druce 14.62; 5, M.Anderson 5.26. 4x100m: 2, Belgrave 47.2. 4x400m: 4, Belgrave 3:49.4.

Teams: 1, Highgate 145.5; 2, Horsham 139; 3, Andover 98; 4, Belgrave 84; 5, Southend 71.5.

**SoEAA CHAMPS
CRYSTAL PALACE, 26/27 JUN**

200m: 5, P.Goedluck 21.48. 1500m: 3, R.Turner 3:47.97. 110mH: 2, N.Owen 14.02. 400mH: hts I.Wells 55.18. HJ: 2, W.Caswell 2.10; 3, A.Hutchinson 2.05. TJ: 4, D.Browne 15.52 (+2.1) PV: 1, M.Edwards 5.25; 5, I.Tullett 4.80. DT: 1, L.Marar 51.54.

Midland Champs.
110mH: 4, L.Antoine 15.39. 400mH: 5, L.Antoine 54.75 (54.09 ht).

Northern Champs.
HT: 12, S.Thompson 49.14.

**ROSENHEIM LEAGUE
CROYDON, 30 JUN**

200m: 5, C.Husbands 25.0. 400m: 1, G.Mason 50.7; n/s 4, R.Milner 52.9; 5, A.Grant 53.7. 1500m: 3, M.Sinclair 4:06.5; n/s 1, R.Draper 4:05.5; 3, B.Barton 4:09.0; 5, J.Barry 4:11.2; M.Hillier 4:12.3.

Teams: 1, Croydon 61; 2, South London 50; 3, Herne Hill 46; 4, Hercules Wimb. 40; 5, Sutton & Dist 17; 6, Belgrave 12.

**PANASONIC SOUTHERN
LEAGUE DIVISION 1 MATCH 4
HORSHAM, 3 JUL**

Cash bonuses are awarded at the end of the season in the Southern League to the clubs that score most heavily throughout the summer in throws and jumps. Mike Small and Gary McKernan kept the pressure up for us in the heavy events in this fourth match by never being out of the first three and each picking up a win. With Gary, as you might expect from a decathlete, also making appearance in the jumps and on the track, you can see that we rely mightily on these two stalwarts.

Travelling down to Horsham with his second-claim team on the Norfolk Olympiads coach was Ian Wells; a welcome boost to the team. Surprisingly though, Ian did not have things all his own way in his favourite event, the 400m hurdles. Peterborough turned out a man who had a 53 second effort in him - an unusually fast time for the SL - and Ian was left to take maximum points only in the 110m event.

A good sign was the arrival of fresh blood from the Young Athletes ranks in the form of Richard David, Stuart Booth and Neil Browning. Sadly, though, a fourth place for the team meant that we were back near the relegation zone in 18th spot.

100m: 3, L.Campbell 11.5; 4, R.David 11.8. 200m: 4, L.Campbell 23.4; 2, M.Bazire 23.2. 400m: 4,

M.Bazire 52.3; 3, R.David 52.0. 800m: 5, S.Booth 2:06.8; 5, R.Draper 2:05.6. 1500m: 4, J.Galley 4:24.7; 4, R.Draper 4:28.5. 5000m: 4, J.Galley 16:34.9; 3, G.Pitts 16:41.5. 110mH: 1, I.Wells 15.4; 3, G.McKernan 17.4. 400mH: 2, I.Wells 54.3; 3, A.Grant 60.1. HJ: 3, G.McKernan 1.80; 4, P.Mercer 1.50. LJ: 3, P.Mercer 6.48; 4, M.Bazire 5.96. TJ: 4, A.Amadi 12.59; 3, P.Mercer 12.05. PV: 2, G.McKernan 3.40; 2, N.Browning 3.00. SP: 3, M.Small 11.89; 2, G.McKernan 11.71. DT: 3, M.Small 39.26; 1, G.McKernan 37.98. JT: 2, G.McKernan 48.66; 2, M.Small 43.42. HT: 1, M.Small 43.64; 4, R.Bridges 17.66. 4x100m: 2, Belgrave 44.3. 4x400m: 3, Belgrave (I.Wells 51.2, P.Mercer 55.2, R.David 51.9, M.Bazire 51.1) 3:29.4.

Teams: 1, Peterborough 139; 2, Worthing 114.5; 3, Norfolk Olympiads 108; 4, Belgrave 103.5; 5, Chelmsford 68.

**PANASONIC SOUTHERN
LEAGUE DIVISION 5 MATCH 4
GUILDFORD, 3 JUL**

100m: 2, J.Busk 11.6; 2, G.Sagar 12.3. 200m: 1, J.Busk 23.6; 4, G.Sagar 28.4. 400m: 3, D.Winson 54.3; 3, M.Readhead 55.4. 800m: 3, J.Barry 2:05.7; 1, M.Readhead 2:02.7. 1500m: 2, Marlon Anderson 4:13.4; 4, J.Barry 4:36.6. 5000m: 4, A.Stone 18:17.8; 4, T.Williams 18:29.8. 110mH: 4, C.Brooks 22.2. 400mH: 4, O.Lewes 75.3; 4, C.Brooks 70.6. 3000mSC: 3, D.Anderson 10:41.5; 1, O.Lewes 10:54.4. HJ: 2, M.Readhead 1.65; 4, G.Sagar 1.50. LJ: 4, M.Readhead 5.28; 4, Marlon Anderson 3.34. TJ: 4,

M.Readhead 11.04. SP: 4, C.Brooks 10.24; 4, Marlon Anderson 4.39. DT: 4, C.Brooks 28.20. JT: 3, C.Brooks 38.62; 4, G.Sagar 31.78. HT: 4, G.Sagar dist. not known; 3, Marlon Anderson 6.88. 4x100m: 4, Belgrave 48.9. 4x400m: 4, Belgrave 3:43.4.

Teams: 1, Wycombe 137; =2, Guildford & Godalming and Victoria Park 135; 4, Belgrave 85.

>>>>

**Eat in with
Marcello**



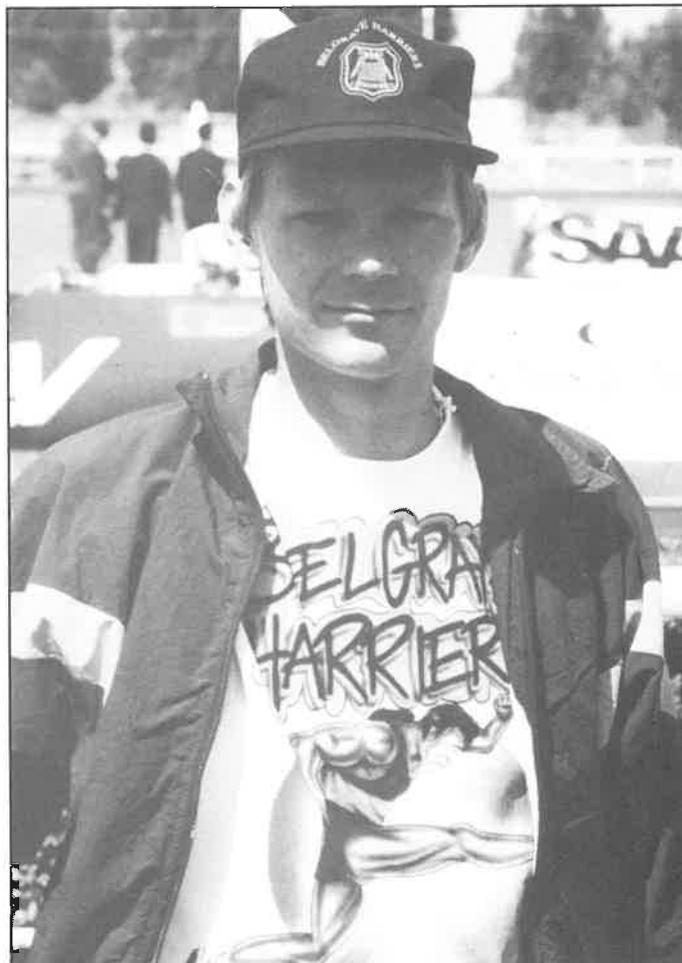
23rd January
and 10th April



*Introducing
Ian Wells*

Ever present at our British League and Cup matches, Ian is sometimes known as the 'warm-up' man. He warms up for the 400 hurdles, in case someone pulls a muscle and so that he can step straight into the breach; warms up for the sprint hurdles ... and similarly for the 200m ... and the 400m ... and the relays. Yes, he does get the odd run! And this year saw him set seven personal bests including a second place in the Norfolk County Decathlon Championship.

One of the nicest guys in the team, he has even been seen to thank the track judges and time-keepers at the end of the meeting - now that's something you only normally see at the conclusion of field events.



Now Birchfield GET IN ON THE ACT

BRITISH LEAGUE DIV 1 MATCH 3, ENFIELD, 3 JUL

The BAL goes to great lengths each year to arrange fixtures and locations to create the least inconvenience. This match at Enfield followed an international the night before which was held in Edinburgh, (note that our fourth match was to be held in Edinburgh!) and so we were uncertain who might make it back on Saturday morning. Well, not many, is the short answer to that.

Simon Shirley, making a welcome return, won the 'B' long jump while Dennis Costello looked a different man as he had a marginally windy 7.39m to finish 4th in the 'A' string. John Mackenzie again out jumped Derek in the TJ while near maximum points in the high jump continued the excellent points record of the jumps squad even though Mike Edwards again no heighted in the pole vault. Ian Tullett had his last competition before a foot operation.

In the throws the hammer was down on earlier performances as Scott Thompson was competing in the U20 Championships. Leith Marar took the opportunity to score yet more points, adding the hammer to the discus and shot, which Paul

Edwards (back from Edinburgh) again won easily. Paul again covered the 'B' javelin for a point.

The sprints were 'tasty' this time and Simon Shirley supported Phil Goedluck in the 100m, won by Linford Christie who continued with a heavy racing schedule. Lenny Paul had arrived with a poisoned foot - the size of a rugby ball - and sat frustrated as the points drifted away. Some good results temporarily raised hopes with the long and sprint hurdlers again producing excellent performances. Neil Owen ducked under 14 secs. in the 'highs' for the first time and didn't mind the 3mps tailwind as he cruised to another victory.

Marcello pulled a calf muscle in the 5000m and a sick Steve Halliday doubled up in the 1500 and 5000m but it all proved too much and we drifted to 3rd but retained overall 2nd place in the league. In our heart of hearts we knew that we now had no chance of holding on to our league title.

100m: 7, P.Goedluck 10.84; 7, S.Shirley 11.31(+2.1). 200m: 8, P.Goedluck 21.4 (+5.0); 7, L.Antoine 22.50 (+3.4). 400m: 6, D.May-

nard 49.55; 5, S.Shirley 49.74. 800m: 6, R.Turner 1:53.06; 5, D.Scott 1:56.1. 1500m: 4, G.Staines 3:49.11; 2, S.Halliday 3:55.08. 5000m: 2, K.Tadesse 14:36.34; 7, S.Halliday 16:03.39. 110mH: 1, N.Owen 13.99 (+3.0); 3, M.Robertson 14.75. 400mH: 2, M.Robertson 51.97; 3, L.Antoine 54.32. 3000mSC: 7, B.Barton 9:51.82. HJ: 2, W.Caswell 2.10; 1, A.Hutchinson 2.00. LJ: 4, D.Costello 7.37w; 1, S.Shirley 6.84w. TJ: 3, J.Mackenzie 15.88w; 5, D.Browne 13.26w. PV: 2, I.Tullett 5.00; M.Edwards no ht. SP: 1, P.Edwards 17.91; 4, L.Marar 14.37. DT: 2, D.Morris 53.58; 2, L.Marar 52.24. JT: 3, M.Cottrell 63.96; 8, P.Edwards 38.94. HT: 5, P.Spivey 61.86; 6, L.Marar 41.98. 4x100m: 8, Belgrave (D.Browne, P.Goedluck, A.Ekoku, N.Owen) 43.67. 4x400m: 6, Belgrave (L.Antoine, D.Maynard, G.Mason, R.Turner) 3:22.1.

Teams: 1, Haringey 369; 2, Birchfield 307; 3, Belgrave 278; 4, Newham & Essex Bgls 274; =5, Shaftesbury Barnet and Woodford Green 252; 7, Edinburgh Southern 237; 8, Thames Valley 235.

M.Parper 10:52.6. LJ: 1, M.Richards 7.32. JT: 3, B.Cascoe 44.12.

Teams: 1, Hercules Wimbledon 51; 2, Herne Hill 48; 3, South London 43; 4, Belgrave 41; 5, Croydon 36; 6, Sutton & Dist 24.

PANASONIC SOUTHERN LEAGUE DIVISION 1 MATCH 5 READING, 31 JUL

A much stronger team saw the Bels come home with a second team place that had us shooting up the league table again. We had only three wins in the previous match but here we had no less than eleven. From the first event things looked better with double wins from Messrs. Wells and Hammersley in the 'long' hurdles race. Later Ian teamed up with Richard Hunter for another double win in the 'highs'.

For a change it was the jumping events where we picked up most points, not dropping a single mark in long jump (with Pete Mercer getting his first win for us), high jump (where Hopeton Lindo was close to the division record) and pole vault. In the 'triple' we had two 2nds in spite of Aham Amadi nursing a muscle pull.

Needless to say Gary McKernan was involved in jumping action and had a good day all round as he bested Mike Small in the throwing events - albeit by only 4cms in the discus and just 2cms in the shot.

Public Schools 400m winner Joe Nicholson turned out for us for the first time, getting 2nd in the individual event and then helping the

4x400 team to the same position to round off the match.

100m: 4, L.Campbell 11.6; 2, R.Hunter 11.8. 200m: 4, L.Campbell 24.0; 2, I.Wells 23.3. 400m: 2, J.Nicholson 51.0; 4, M.Howick 55.1. 800m: 3, M.Fok 1:56.6; 3, R.Cookson 2:03.2. 1500m: 5, R.Draper 4:08.4; 5, M.Feni 4:48.4. 5000m: 5, G.Pitts 15:43.7; 4, C.Dickinson 15:52.1. 110mH: 1, R.Hunter 15.1; 1, I.Wells 15.7. 400mH: 1, I.Wells 54.9; 1, N.Hammersley 54.8. 3000mSC: 5, J.Barry 10:22.3. HJ: 1, H.Lindo 2.05; 1, G.McKernan 1.85. LJ: 1, P.Mercer 6.65; 1, R.Hunter 6.10. TJ: 2, A.Amadi 13.11; 2, P.Mercer 12.80. PV: 1, D.McDermott 4.40; 1, G.McKernan 3.00. SP: 5, G.McKernan 11.48; 4, M.Small 11.46. DT: 4, G.McKernan 37.60; 1, M.Small 37.56. JT: 3, G.McKernan 48.84; 2, M.Small 43.54. HT: 2, M.Small 41.34; 4, R.Bridges 25.36. 4x100m: 2, Belgrave 44.7. 4x400m: 2, Belgrave (R.Hunter 51.6, M.Fok 50.0, J.Nicholson 51.0, I.Wells 52.4) 3:25.0. Teams: 1, London Irish 127; 2, Belgrave 119; 3, Portsmouth 116; 4, Blackheath 93; 5, Reading 59.

PANASONIC SOUTHERN LEAGUE DIVISION 5 MATCH 5 BRACKNELL, 31 JUL

100m: 2, J.Busk 11.9; 1, K.Pereira 12.2. 200m: 1, J.Busk 23.6; 2, K.Pereira 24.6. 400m: 1, C.Knight 54.1; 3, G.Sagar 56.0. 800m: 2, D.Winson 1:58.9; 3, D.Clack 2:07.5. 1500m: 4, A.Luce 4:20.2; 3, M.An-

British League and Cup reports by Bill Laws

AROUND THE TRACKS

Cosford, 3 Mar. SP: P.Edwards 19.42i.

Peterborough, 28 Mar. 110mH: 1, I.Wells 16.1.

Woking, 12 Apr. SP: 1, P.Edwards 18.13.

Crawley, 17 Apr. SP: 1, P.Edwards 19.23 (ground rec). DT: 1, P.Edwards 49.28. HT: 2, P.Spivey 64.24.

Haringey, 1 May. Inter-area match. 100m: (-1.7) 3, L.Paul 11.00. 110mH: (-1.8) 2, N.Owen 14:57; 4, I.Wells 15.58. HJ: 1, W.Caswell 2.15; 2, A.Hutchinson 2.05. TJ: 1, D.Browne 14.80 (+0.7). SP: 5, L.Marar 15.54. DT: 1, L.Marar 50.04.

Herts., 3 May. 400mH: 1, I.Wells 54.8.

Edinburgh, 3 May. UAU Champs. 110mH: 1, N.Owen 14.07; ... 5, R.Hunter 14.99.

Oxford, 9 May. DT: 1, D.Morris 52.34.

Loughborough, 19 May. Loughborough v WLI v London U. 1500m: 6, R.Turner 3:51.74. 110mH: 4, R.Hunter 15.28. SP: 1, L.Marar 14.86. DT: 1, D.Morris 52.88; 2, L.Marar 52.56. JT: 1, N.Bevan 74.10. HT: 3, L.Marar 44.46.

Birmingham, 19 May. 800m: 6, D.Maynard 1:53.79. 110mH: 4, N.Owen 14.17. 400mH: 4, P.Beaumont 52.93. HJ: 1, A.Hutchinson 2.05.

Harrow, 30 May. Old Gaytonians Open. 400mH: 1, N.Hammersley 55.8.

Corby, 31 May. Inter-Counties Champs. 110mH: 3, L.Antoine (War) 15.87. SP: 7, L.Marar (Sry) 14.96. DT: 3, L.Marar (Sry) 51.86. 10kW: 4, J.Hall (Mdx) 47:47.99.

derson 4:23.2. 5000m: 5, T.Williams 17:52.3; 4, A.Stone 17:54.0. 110mH: 5, J.Druce 31.7; 5, P.Gilbey 25.4. 400mH: 1, C.Knight 61.9; 4, P.Gilbey 71.1. 3000mSC: 1, P.Gilbey 10:42.0; 3, D.Anderson 11:48.0. HJ: 4, G.Sagar 1.55; 3, J.Druce 1.30. LJ: 3, K.Pereira 5.57; 1, J.Druce 5.22. TJ: 2, J.Druce 12.28; 1, K.Pereira 11.65. SP: 5, G.Sagar 8.22; 4, J.Druce 7.77. DT: 1, P.Lyttle 33.44; 4, J.Druce 19.16. JT: 1, C.Mountfield 47.08; 5, G.Sagar 31.82. HT: 5, J.Druce 14.26; 4, G.Sagar 14.00. 4x100m: 3, Belgrave 48.0. 4x400m: 3, Belgrave 3:45.4.

Teams: 1, Fleet 126; 2, Belgrave 105; 3, Medway 103; 4, Great Yarmouth 102; 5, Bracknell 98.



Into the Cup final

GRE GOLD CUP SEMI-FINAL WEST LONDON, 1 AUG

With the first four finalists of the previous year seeded not to meet each other in the four semi-finals we usually expect a trouble free ride into the cup final. But not this year. Our semi was a home Fixture for TVH and they came out with guns blazing. We thought that we had made a good start what with Phil Spivey's second place in the hammer, John Mackenzie gaining second in his only long jump in the season, Kasse winning the 10,000m running the second half in 14:26, followed by Paul Edwards' victory in the shot. And still we were second to TVH after five events. Do what we would we couldn't close the gap and it was only after the match had finished did we learn that the shot had been scored in throwing order rather than result order. Paul had been credited with his throwing order - 6th place. If Sir Eddie had been there we would have discovered the error earlier and may well have altered our relay teams to sneak victory. Anyway, our place in the final was assured and we would put TVH to the test again.

The best race was the 1500m with Rob Turner showing his new found confidence as he sat in and kicked into a strong headwind to win by 13/100ths. Closely following this

was Phil Goedluck's excellent sprinting, while Neil Owen outclassed the field - hurdling into an enormous headwind. Myles Cottrell won the javelin by an even greater margin and Mike Edwards was happy to beat the up and coming Buckfield of Crawley, the heights confirming how difficult the wind conditions were. Hopeton Lindo tied for first spot as both jumpers agreed not to fight it out with attempts at reducing heights.

100m: (-2.2) 2, P.Goedluck 10.94. 200m: (-2.2) 2, P.Goedluck 21.44. 400m: 4, D.Maynard 49.02. 800m: 5, D.Scott 1:54.15. 1500m: 1, R.Turner 3:52.17. 10000m: 1, K.Tadesse 30:06.37. 110mH: (-2.0) 1, N.Owen 14.59. 400mH: 3, P.Beaumont 53.01. 3000mSC: 7, B.Barton 9:45.78. HJ: =1, H.Lindo 2.05. LJ: 2, J.Mackenzie 7.25. SP: 1, P.Edwards 18.39. DT: 1, D.Morris 54.32. JT: 1, M.Cottrell 71.74. HT: 2, P.Spivey 61.24. 4x100m: dsq. Belgrave. 4x400m: 4, Belgrave 3:19.70. Wheelchair events. 100m : 5, M.Coleman 21.7. 400m: 2, M.Coleman 72.5. Teams: 1, Thames Valley 140; 2, Belgrave 134; 3, Sheffield 93; 4, Crawley 90; 5, Highgate 80.5; 6, Old Gaytonians 77; 7, Croydon 68.5; 8, Nottingham 52.

MORE FROM BRITISH TRACKS

St. Ives, 5 Jun. Eastern Electricity Games. 400mH: 2, N.Hammersley 55.2.

Loughborough, 20 Jun. Loughborough v GB Students v AAA. JT: 3, M.Cottrell 68.72.

Cwmbran, 10 Jul. Welsh Champs. 800m: 4, D.Maynard 1:51.72. JT: 1, N.Bevan 70.32. **Grangemouth 11 Jul.** Scottish Champs. 110mH: 1, R.Hunter 14.98 (+3.7).

Horsham, 11 Jul. PV: 2, I.Tullett 4.85.

Harrow, 11 Jul. 400mH: 2, N.Hammersley 54.8.

Enfield, 14 Jul. 300m: R.Hunter 36.4. 200mH: 1, I.Wells 24.0; 2, R.Hunter 25.7.

Roehampton, 14 Jul. SP: 1, P.Edwards 18.47.

West London, 21 Jul. Sefton Brancker Trophy. SP: 1, P.Edwards 18.86. DT: 2, P.Edwards 50.80.

Bedford, 24 Jul. Eastern Electricity International Games. SP: 1, P.Edwards 18.72. LJ: 5, F.Salle 7.58.

Cardiff, 25 Jul. British Gas Welsh Games. 800m: 6, D.Maynard 1:52.84. 1mile: 12, J.Chaston 4:14.26. PV: =5, I.Tullett.

25 Jul. Representative Match. 400H: 4, N.Hammersley (Esx) 55.2.

Bannister Stadium, 25 Jul. Old

Gaytonians Open. 800m: 1, D.Scott 1:54.3.

Horsham, 25 Jul. 3000m: M.Hillier 9:10.1. SP: 1, P.Edwards 18.62. DT: 1, L.Marar 54.58; 2, P.Edwards 50.46.

Roehampton, 27 Jul. SP: 1, P.Edwards 19.49.

West London, 7 Aug. TVH Open. BMC 5000m: 1, K.Tadesse 14:24.5.

Walton, 8 Aug. SP: 1, P.Edwards 19.84.

Wrexham, 8 Aug. Inter area match. 3000mSC: 1, J.Chaston (Wales) 8:49.24. TJ: 1, J.Mackenzie (Scotland) 16.04w?, 15.62 (1.3).

Braintree, 10 Aug. Cantabrian Grand Prix. DT: 1, L.Marar 53.34.

Walton, 10 Aug. Walton Open. SP/DT: 1, P.Edwards 18.84/49.76.

Brighton, 11 Aug. Brighton Open. 800m: 4, G.Adams 1:54.6.

Tooting, 18 Aug. Rosenheim League Final. N/s events. 100m/200m: 1, P.Goedluck 10.9/22.0

Ipswich 22 Aug. Eastern Electricity Trophy. 400H: 2, I.Wells 54.3. LJ: 1, D.Costello 7.19.

Woking, 25 Aug. 800m: 2, G.Adams 1:53.1.

Hendon, 28-29 Aug. SoEAA Decathlon. 5, G.McKernan 5770.

Harrow, 29 Aug. Old Gaytonians Open. SP: 1, P.Edwards 19.09.

Kingsmeadow, 5 Sep. London Boroughs Champs. 3000m: 2, R.Alsop (Merton) 8:33.7. HJ: 1, A.Hutchinson (Wands) 1.95.

Thurrock, 12 Sep. Tilbury Games. 100m: 2, J.Regis 10.91. SP: 8, L.Marar 13.39.

West London, Sep. 800m: D.Winson 1:57.7.

St. Clements, 18 Sep. Jersey Games. LJ: 1, F.Salle (gst) 7.87w (7.73 legal). HJ: 2, F.Salle 2.09 behind D.Grant 2.24. 110mH: 2, N.Owen (SEAA) 14.29. DT: 3, L.Marar (SEAA) 50.32.

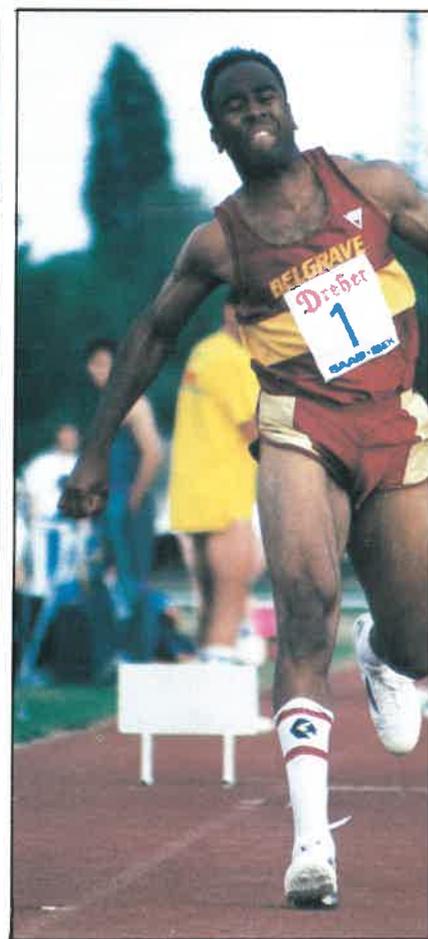
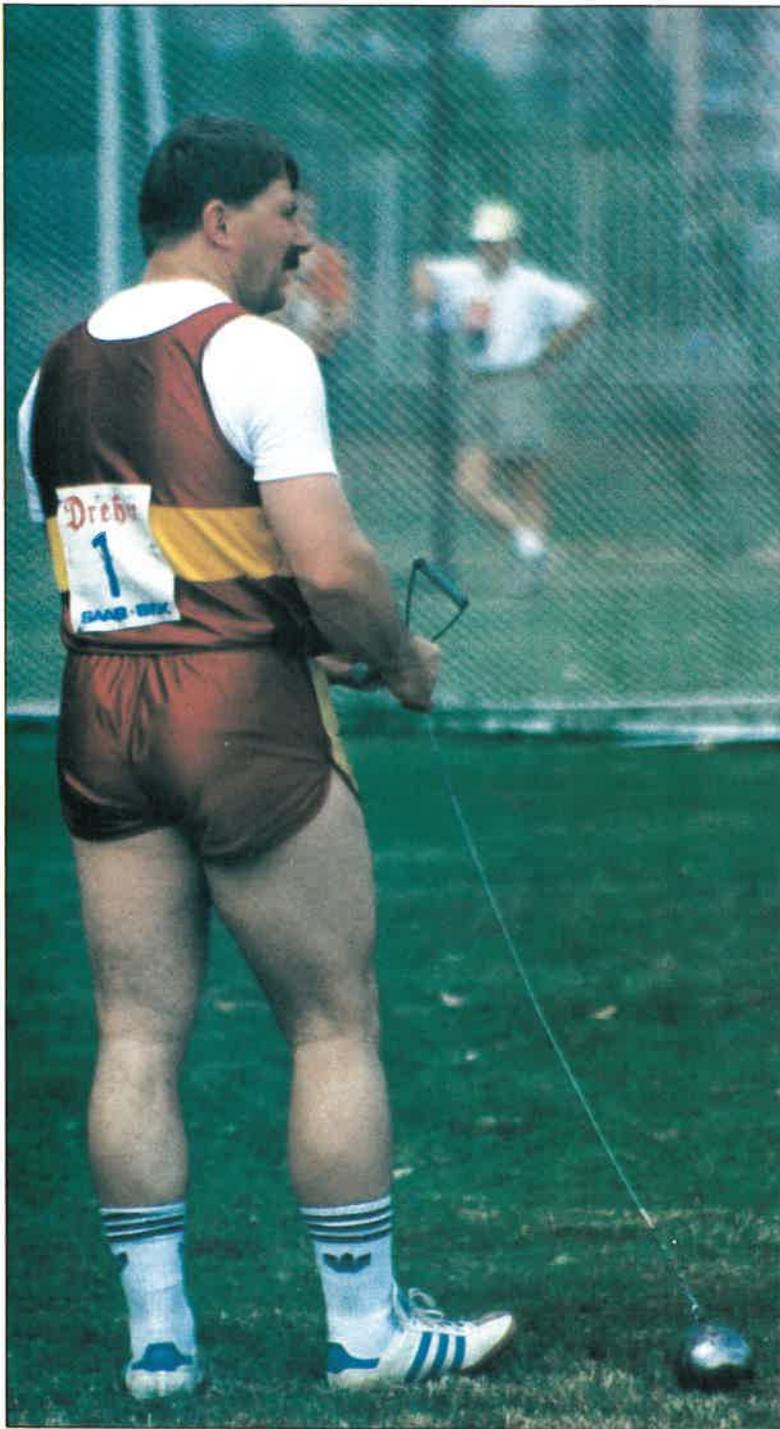
Carshalton, 26 Sep. Sutton Open. SP: 3, L.Marar 13.77. HT: 2, P.Spivey 62.24.

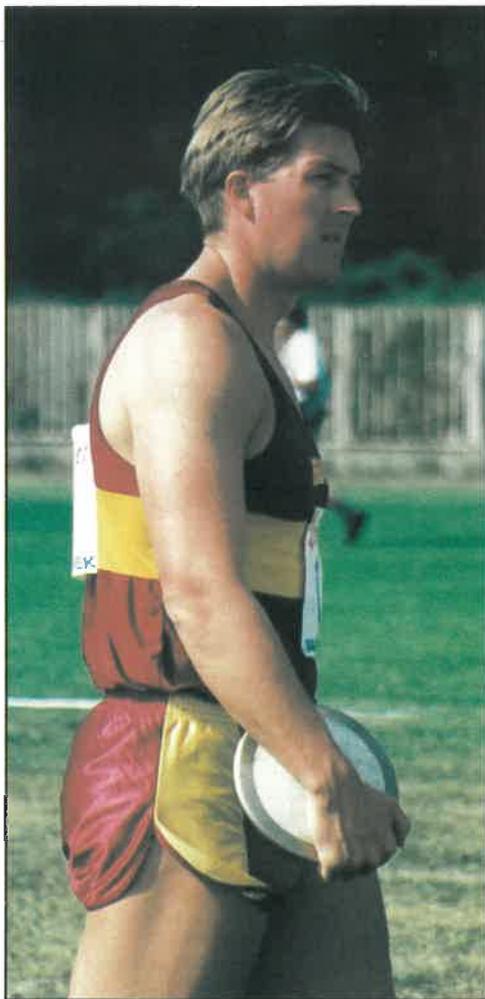
Wimbledon Park, 12 Oct. Pole Vault Comp. 1, G.McKernan 3.40.



Above: Darrin Morris explains some of the finer points of the throwing events to Paul Edwards during the reception at the British Ambassador's residence in Budapest!

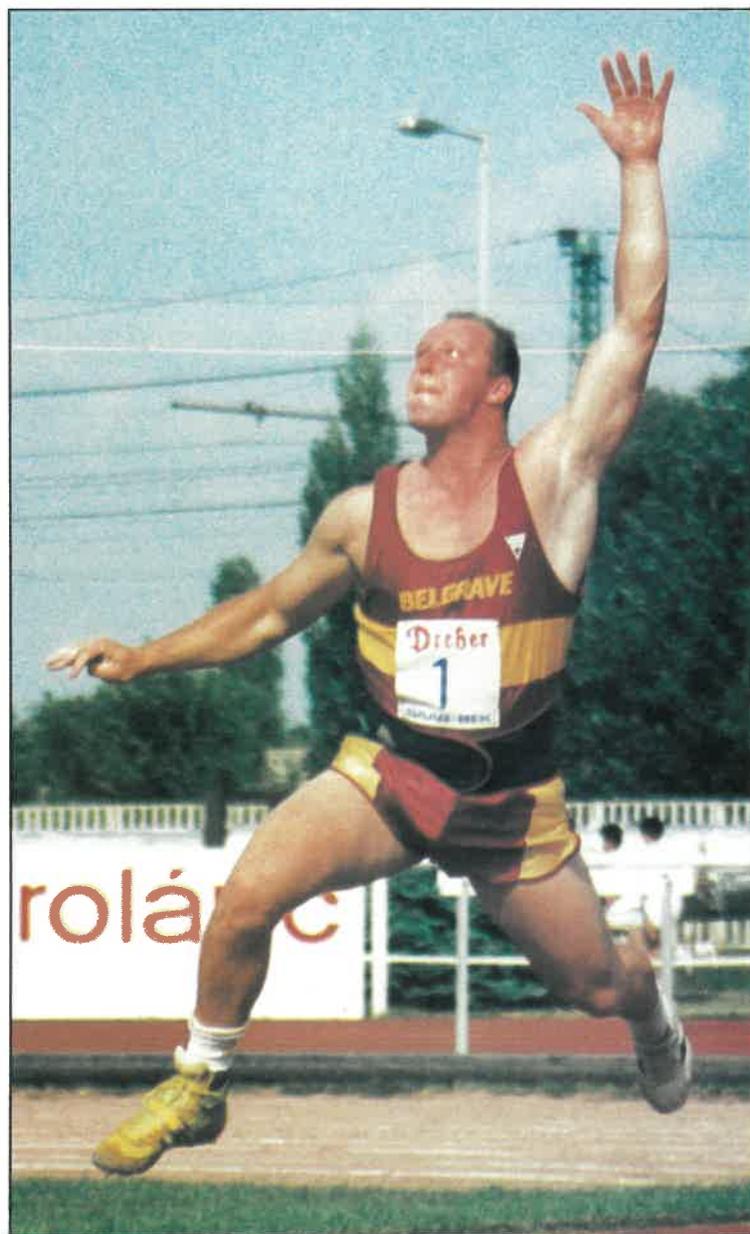
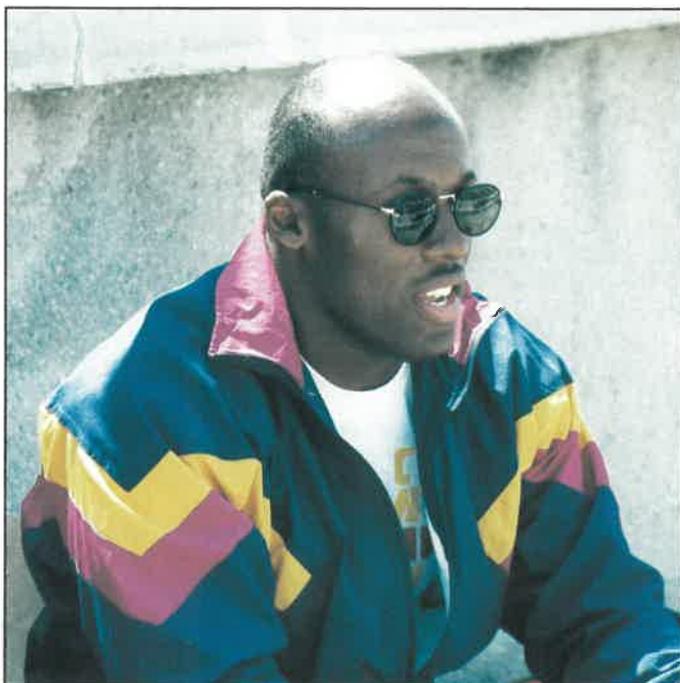
♦ Duane Hart, who ran 400 metres for us a couple of seasons ago, has written from Brisbane where he is now permanently settled. He sends greetings to all Belgravians. Duane is involved with *Sporting Images*, a photographic agency and library, and he sent two fine colour transparencies of Belgrave athletes in action at the World Championships in Stuttgart. Unfortunately they arrived too late to be included in this magazine. He also mentions that he will be in Canada in August 1994 and hopes to catch up with any Bels. over there for the Commonwealth Games.

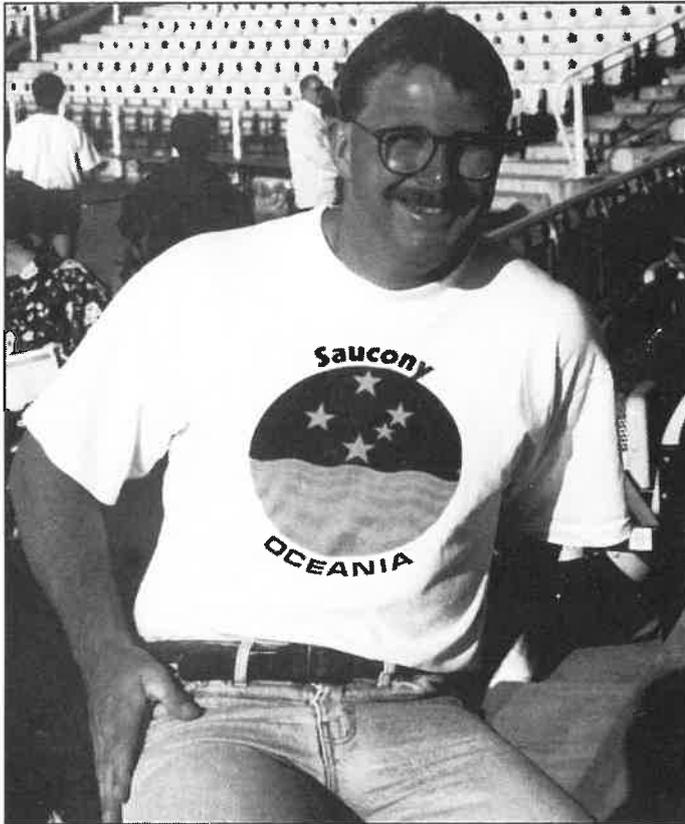




BELS IN BUDAPEST

Top (left to right): Phil Spivey watches Racing Club's Yuri Sedykh put the competition beyond anyone else's reach while preparing for his own throw. While eventual chase winner Lambruschini lopes along at the back, Justin Chaston is in the thick of the action. Discus thrower Darrin Morris placed 5th. A "home team" decision may have cost shot-putter Paul Edwards 2nd place. Bottom: Neil Owen surges through the high hurdles field after his blocks slipped. Derek Browne had five no jumps before a superb last effort overtook a class field including one time Olympic Champion Khristo Markhov. John Regis relaxes in the shade before a scintillating 10.15 100m - as a non-scorer! Spearman Nigel Bevan fires a 3rd-placing 71.78. Photos by Alan Mead. Colour-spread sponsored by Tom Carter.





Left: Our 1992 World Cup hammer thrower Phil Spivey will be looking for Commonwealth Games selection in 1994.

Bels. wind up 2nd in BRITISH LEAGUE

BRITISH LEAGUE DIV 1, MATCH 4, EDINBURGH 7 AUG

A return flight on the day was a lot better than the previous year's coach trip. Myles Cottrell was bumped off our scheduled flight and sat with the pilots as the next full flight nearly went without him. He was still at 5000 feet as he took advantage of an injured Nigel Bevan to fill the 'A' javelin slot.

Phil Goedluck scored his best points of the season in the sprints and was backed up convincingly in the 100m by Du'aïne Ladejo who celebrated his first appearance for us with 2nd spot in the 'B' 100m. Sadly he ground to a halt in the 400m with a 'hammy' twinge in the cold conditions. Sensibly, in view of his forthcoming races in the World Championships, Du'aïne jogged to a halt after 80m but that was a blow not only to him but also to our relay squads.

The high quality of our jumps and throws teams again came to the rescue. Notably Hopeton Lindo won the 'A' high jump in his first league appearance of the year. Mike Edwards came good to win the pole vault with further good points from Dylan McDermott in the 'B'. Another 1-2 in the long jump from Fred and Dennis while Paul Edwards again did the business!

In the middle distance events Kasse Tadesse returned to winning ways with a pb in the 5000m but

despite all our efforts it was 3rd spot on the day but with the satisfaction that we were a clear second in the league some four league points clear of Birchfield.

100m: (+1.9) 5, P.Goedluck 10.76; (+4.1) 2, D.Ladejo 10.82. 200m: (+2.2) 3, P.Goedluck 21.31; (+1.3) 8, L.Antoine 23.28. 400m: D.Ladejo dnf; 4, D.Maynard 49.62. 800m: 4, R.Turner 1:55.77; 3, D.Scott 1:56.96. 1500m: 2, R.Turner 3:58.89; 6, R.Draper 4:09.85. 5000m: 1, K.Tadesse 14:24.02; 6, R.Alsop 15:12.85. 110mH: (+1.9) 6, R.Hunter 15.14; (+2.2) 4, I.Wells 15.35. 400mH: 7, I.Wells 54.12; 4, L.Antoine 55.49. 3000mSC: 8, B.Barton 9:47.54. HJ: 1, H.Lindo 2.05; 3, A.Hutchinson 1.90. LJ: 1, F.Salle 7.49w; 2, D.Costello 7.10w. TJ: 5, D.Costello 14.12w; D.Browne nj. PV: 1, M.Edwards 5.20; 2, D.McDermot 4.40. SP: 1, P.Edwards 18.26; 3, L.Marar 13.93. DT: 4, L.Marar 52.90; 2, D.Morris 52.24. JT: 3, M.Cottrell 70.66; 1, N.Bevan 69.54. HT: 4, P.Spivey 61.72; 4, S.Thompson 45.90. 4x100m: 6, Belgrave (R.Hunter, P.Goedluck, L.Antoine, M.Edwards) 43.22. 4x400m: 6, Belgrave (I.Wells, D.Scott, M.Edwards, R.Hunter) 3:24.69.

Teams: 1, Haringey 359; 2, Thames Valley 302; 3, Belgrave 298; 4, Newham & Essex B 294; 5, Birchfield 280; 6, Shaftesbury Barnet 251; 7, Woodford Green 223; 8, Edinburgh Southern 179.

PANASONIC SOUTHERN LEAGUE DIVISION 1 MATCH 6 TOOTING, 14 AUG

'Gerry' Adams had been running into good track form with a 1:54.6 800m at Brighton just a couple of days earlier and at Tooting he confirmed his return by placing 3rd in the two lap race and then winning the 1500m.

The longer events also saw Treasurer Frank Ward and our Italian steeplechasing duo back in action but we were somewhat depleted in other areas in spite of this being virtually a 'home' match. Good scores came in shot, discus, javelin and hammer but Herne Hill were much too strong for us as they romped away. We placed 3rd for a final league position of 17th - just high enough to hold on to first division status - and the end of season analysis of 'how we scored' showed that out of the 25 clubs in the league we had placed equal 4th in the throws and 6th in the jumps.

100m: 5, J.Busk 12.1; 5, A.Amadi 14.8. 200m: 5, M.Fok 23.3; 5, J.Busk 24.1. 400m: 4, R.Cookson 51.7; 4, A.Grant 54.8. 800m: 3, G.Adams 1:58.3; 1, M.Fok 2:00.1. 1500m: 1, G.Adams 3:57.0; 4, J.Barry 4:25.9. 5000m: 3, F.Ward 15:09.4; 3, G.Pitts 16:03.2. 110mH: 4, G.McKernan 17.5. 400mH: 1, N.Hammersley 55.2; 2, A.Grant 59.8. 3000mSC: 2, M.Bizio 9:55.4; 2, M.Mazzotta 10:26.6. HJ: 2, G.McKernan 1.85; R.Bridges nht. LJ: 5, N.Hammersley 5.02; 5, J.Busk 4.10. TJ: 3, A.Amadi 12.45; 5, R.Bridges 9.24. PV: 1, G.McKernan 3.40; 2, N.Browning 2.00. SP: 2, M.Small 11.97; 2, G.McKernan 11.96. DT: 2, M.Small 38.08; 2, G.McKernan 34.54. JT: 3, G.McKernan 47.34; 1, M.Small 43.40. HT: 3, M.Small 42.14; 2, R.Bridges 26.94. 4x100m: 5, Belgrave (R.Cookson, M.Fok, J.Busk, A.Grant) 50.6. 4x400m: 4, Belgrave (G.Adams, J.Busk, J.Barry, A.Amadi) 3:40.1.

Teams: 1, Herne Hill 150; 2, Dartford 129; 3, Belgrave 101; =4, Ealing & Southall and Hillingdon 73.

PANASONIC SOUTHERN LEAGUE DIVISION 5 MATCH 6 MAIDENHEAD, 14 AUG

100m: 5, C.Mountfield 12.0; 1, P.Lyttle 11.8. 400m: 3, C.Mountfield 54.7; 4, G.Sagar 56.2. 800m: 3, M.Anderson 2:06.0; 5, D.Anderson 2:19.6. 1500m: 4, A.Luce 4:21.5; 5, M.Anderson 6:02.0. 5000m: 5, D.Anderson 19.08. 110mH: 5, P.Gilbey 23.2; 4, C.Brooks 21.0. 400mH: 5, P.Gilbey 64.44; 4, C.Brooks 70.20. 3000mSC: 2, P.Gilbey 10:24.0; 5, D.Anderson 11:53.0. HJ: 3, G.Sagar 1.55; 5, P.Gilbey 1.20.

LJ: 4, P.Lyttle 5.34; 4, M.Anderson 4.99. PV: 4, C.Husbands 2.50; 2, T.Lawton 2.30. SP: 2, C.Brooks 10.15; 1, P.Lyttle 9.82. DT: 1, C.Brooks 33.76; 1, P.Lyttle 31.06. JT: 1, C.Mountfield 43.26; 1, C.Brooks 43.06. HT: 4, P.Lyttle 18.80; 5, D.Mote 14.34. 4x100m: 3, Belgrave 46.8.

Teams: 1, Dorchester 141; 2, Maidenhead 124; 3, N.London 98; 4, Worthing 91; 5, Belgrave 78.

STUTTGART '93

It is a very great pity that lack of space means that we are unable to bring you a blow by blow account of our athletes' performances at the IAAF World Championships. No doubt you will have read of their achievements in the press so perhaps we can just record a few statistics for posterity.

John Regis: 200m, 4x100m

Double silver medallist.

Round 1 (17/8) 2, 20.67. R2 (19/8) 2, 20.39. Sf (19/8) 3, 20.16.

Final (20/8) 1, F.Fredericks (Namibia) 19.85; 2, J. Regis 19.94 UK Record; 3, C.Lewis (USA) 19.99. Wind +0.3, temp. 25C, humidity 39%.

Headed the field down the home straight. Fastest ever by a European apart from Mennea's altitude assisted world record.

100/150m splits: Regis 10.28, 14.93; Lewis 10.31, 14.97; Capobianco 10.36; Fredericks 10.39, 14.99. 4x100 relay
Final (22/8) 1, USA 37.49; 2, GBR 37.77 European Record (Jackson, Jarrett, Regis, Christie); 3, Canada 37.83.

Du'aïne Ladejo: 400m, 4x400m

semi-finalist.

R1 (14/8) 5, 46.17 (fastest loser). R2 (15/8) 4, 46.51. Sf 7, 46.33.

4x400 relay:

R1 (21/8) 4, GBR 3:02.15. (Ladejo 45.9, Bullock 45.8, McDonald 46.2, Mafe 44.3).

Paul Evans: Marathon

(14/8) 3rd after 1.5hrs; contesting 2nd with eventual winner at 1hr 43min; came out towards the end due to dehydration.

Temp. 25C, humidity 63%.

Fred Salle: Long Jump

Group B 15, 7.60. 8.10 or first 12 to qualify.

Mike Edwards: Pole Vault

Group B 16, 5.45. 5.75 or first 12 to qualify. Took 5.25 (1), 5.35 (3) and 5.45 (2) before failing at what would have been a pb - 5.55.

Paul Edwards: Shot Putt

Group B 9, 19.00. 20.00 or first 12 to qualify.



It's close but the Gold Cup slips away

GRE GOLD CUP FINAL SHEFFIELD 30 AUG

Again this event followed a previous night's Gala Meet which had welcomed the UK's medal winning athletes from Stuttgart. The TV cameras stayed over and the Cup Final was televised on Channel Four the following Friday. The good news is that Belgravians got excellent coverage. The bad news is that we failed to defend our title but only by a tantalising 10 point margin.

Again we couldn't have wished for a better start. Phil won silver in the hammer, Max stormed to a season's best in the 400m hurdles to gain bronze and Fred Salle confirmed his number 1 UK long jump spot by winning easily. Kasse, who was recovering from flu and hadn't run for 5 days, was instructed to hang on in the 10,000m for as long as possible. We feared the worst as he dropped off a breakaway group of four only to re-establish contact and then to sprint away for the gutsiest win of the day.

An unfit Lenny Paul was our only recognised sprinter as Phil Goedluck had been detained at his Fire Station over the Bank Holiday. It was a credit to our captain that he gave it everything although he declined a stage in the long relay.

Darrin Morris and Paul Edwards again distinguished themselves with clear wins. The javelin looked a weak event. Nigel Bevan had started a course of injections, Myles Cottrell had been called to an International Meet in the Ukraine - along with Derek Browne - and we were delighted when Youth Ben Cascoe (who had hurled the senior implement 52m) agreed to join the team at short notice. About an hour before the event, we heard that our new long jumper, Michael Morgan, was a dab hand. Ben agreed to step down, Michael agreed to throw and the rest, as they say is history.

Fourth place ensured that the throws squad had again performed to expectations.

As the afternoon passed by our weaknesses were matched by Haringey's strengths and so inevitably our lead was whittled away. Going into the relays meant we needed our very best team to stand a chance. With only Lenny as our recognised sprinter in the short relay backed by two long jumpers and a high hurdler we expected to be creamed. 42.05 was highly respectable considering that the baton changing was only marginally better than that of the UK World Championships squad.

The long relay looked better on paper, especially as we searched the crowd and press-ganged Ikem Billy who claimed not to have touched a track since Budapest. The ubiquitous Ian Wells ran a blinder as the squad raced to Belgrave's second fastest time of the season. Lewis Samuel supporting from the stand vowed the long relay record would get slaughtered next year. I'll believe that when I see it.

100m: (+0.2) 4, L.Paul 10.95. 200m: (-0.9) 5, L.Paul 22.02. 400m: 3, D.Ladejo 46.67. 800m: 5, D.Scott 1:54.15. 1500m: 6, R.Turner 4:03.38. 5000m: 6, R.Alsop 15:07.62. 10000m: 1, K.Tadesse 30:02.70. 110mH: (+0.5) 3, N.Owen 14.11. 400mH: 3, M.Robertson 51.66. 3000mSC: 8, S.Halliday 9:52.65. HJ: 3, H.Lindo 2.05. LJ: 1, F.Salle 7.41. TJ: 3, J.Mackenzie 15.68. PV: 1, M.Edwards 5.20. SP: 1, P.Edwards 18.77. DT: 1, D.Morris 54.96. JT: 4, M.Morgan 60.64. HT: 2, P.Spivey 63.84. 4x100m: 5, Belgrave 42.05. 4x400m: 4, Belgrave (M.Robertson, I.Billy, I.Wells, D.Ladejo) 3:15.52. Teams: 1, Haringey 126; 2, Belgrave 116; 3, Shaftesbury Barnet 103; 4, 4, Birchfield 93.5; 5, Woodford Green 79; 6, Cardiff 77; 7, Thames Valley 75; 8, Edinburgh Southern 68.



WORLDWIDE

Tel Aviv, Israel, 26 May. Israel v Wales, v Scotland. 3000mSC: 1, J.Chaston (Wales) 8:39.70. DT: 3, D.Morris (Scotland) 53.00.

Bratislava, Slovakia, 1 Jun. IAAF Grand Prix. Little did we think, when bidding John Ridgeon farewell in Budapest, that he was heading for a disaster in his first major hurdle race of the year. Lying third at the last flight of hurdles behind Samuel Matete and Winthrop Graham, he tragically damaged an achilles tendon again and failed to finish. Reports differed as to the true extent of his injury but what was made clear was that he was out for the season.

Portsmouth, 5 Jun. Pearl European Relays. 3000m: Gary Staines seemed full of running, making a strong bid around the final turn. But from the look on his face, he was fully expecting Steve Cram's final onslaught down the stretch. Gary held on for 2nd and 7:54.22.

Southampton 6 Jun. Interflora Solent Games. 200m: 2, M.Adam 21.26. 110mH: 7, N.Owen 14.41. LJ: 2, F.Salle 7.69. SP: 4, P.Edwards 18.26.

Belfast, 19 Jun. Les Jones Memorial Games. 100m: 3, M.Adam 10.68. 300m: 1, J.Regis 31.98; 3, D.Ladejo 33.00. 3000m: 13, G.Staines 8:01.15. 110mH: 5, N.Owen 14.11.

Pau, France 26 Jun. 3000mSC: 7, D.Mead 8:37.68.

Rome, 26/27 Jun. European Cup. 200m: 1, J.Regis 20.38. LJ: 7, F.Salle 7.63. SP: 6, P.Edwards 18.33. 4x400m: 1, GBR D.Ladejo, 45.8, K.Akubusi (Team Solent), J.Regis 44.7, D.Grindley (Wigan) 3:00.25.

Edinburgh, 2 Jul. GB v USA. 100m: 4, J.Regis 10.21. 200: 1, J.Regis 20.08 (+2.1). 400m: 6, D.Ladejo 46.47. 3000mSC: 4, J.Chaston (gst) 8:37.26. LJ: 5, F.Salle 7.58 (+2.0). PV: 4, M.Edwards 5.40. SP: 3, P.Edwards 18.87. DT: 5, D.Morris 56.80.

Stockholm, Sweden, 5 Jul. IAAF Mobil Grand Prix. In the wake of Kenyan Richard Chelimo's world record breaking 27:07.91 came Paul Evans, working on his speed for the World Champs. marathon and reducing his personal and Club record by just over half a second to 27:47.79. Paul placed 4th, with ex-world record holder Barrios and Portugal's Domingo Castro filling the slots just ahead. 200m: (+2.0) 7, M.Adam 21.28.

Lausanne, Switzerland, 7 Jul. IAAF Mobil Grand Prix. John Regis warmed up with a 10.45 'hundred' (+0.9) and then faced Carl Lewis, Michael Johnson, Mike Marsh, etc. in the 200m (+1.1). His 20.25 for 4th was impressive as he was more or less line abreast with his rivals as they hit the straight. Lewis went to a 1993 world-leading 19.99 to win from Johnson but John had the pleasure of beating Olympic Champion Marsh. Paul Edwards was 11th with 18.00 in the shot.

Cork, Ireland, 9 Jul. Dairy Gold Sports. DT: 3, L.Marar 52.28.

Oslo, Norway, 10 Jul. Bislett Games. 400m: 6, Du'aine Ladejo found himself mixed up in one of the hottest one lap races outside of the Olympics. He came home 6th with 47.55. Shot putter Paul Edwards ended up in the most unusual position of being beaten by a fellow Briton. His 10th placing 18.49 was topped by 1 cm by Matt Simson.

Valladolid, Spain, 10-11 Jul. European Cup 'B' Decathlon. Representing Britain as one of a four man team, Simon Shirley had the misfortune to pick up an injury in the long jump and was unable to finish the first day's events. 100m/11.6, LJ/6.92, SP/12.33, HJ/1.92.

Buffalo, NY State, USA, 14-18 Jul. World University Games. 110mH: (+1.9) s-f 5, N.Owen 14.12. PV: =7, M.Edwards 5.40.

Crystal Palace, 23 Jul. IAAF Mobil Grand Prix. 200m: 1, J.Regis 20.59. Regis led from the gun into a 2 mps headwind with a classy American challenge consisting of five non-Stuttgart bound men not getting a look in. 5000m: 11, G.Staines 13:35.9; 26, D.Mead 14:12.08. PV: 12, M.Edwards 5.30.

Moscow, Russia, 24 Jul. U23 International 110mH: (-1.4) 3, N.Owen 14.68.

Sestriere, Italy, 28 Jul. (2,080m altitude). 400m: D.Ladejo 45.92.

Gateshead, 30 Jul. Vauxhall International. 300m: 4, J.Regis 32.12. Not much in it off the turn and into the straight but then Michael Johnson pattered away from the crowd to win in 31.72, leaving Olympic Champions Watts and Marsh together with the Belgrave man to fill 2nd to 4th places all within 5/100ths. 3000m: 3, G.Staines 7:51.86. Gary was outpaced in the final 200m by Nuttall, 7:51.58 and Australia's O'Donoghue, 7:51.70. PV: 7, M.Edwards 5.30. SP: 1, P.Edwards 18.71.





Zurich, Switzerland, 4 Aug. IAAF Mobil/ Weltklasse Grand Prix. SP: 10, P. Edwards 18.21.
Monte Carlo, 7 Aug. IAAF Mobil Grand Prix. 200m: (-0.3) 3, J. Regis 20.27.
Berlin, 27 Aug. IAAF Mobil Grand Prix. SP: 10, P. Edwards 18.38.

Kiev, 28-29 Aug. Ukraine v England. It was a good match for last ditch efforts! Triple jumper Derek Browne fouled the take-off board five times before a 15.42 effort got him up into 4th, while Myles Cottrell's 6th round 71.96 gave him a season's best, just 2cm behind 2nd place.

Sheffield, 29 Aug. McDonalds Games. 200m: (+1.1) 4, J. Regis 20.54. 400m: 5, D. Ladejo 47.00. 110mH: B (+2.0) 2, N. Owen 14.01. PV: 8, M. Edwards 5.30. LJ: 3, F. Salle 7.82 +3.9; 7, M. Morgan 7.21.

Lambertseter, Oslo, 15 Jun. 110mH: 3, N. Owen 14.09.

Gävle, Sweden, 8 Jul. 5000m: 1, G. Staines 13:33.42.

Rovereto, Italy, 1 Sep. 3000m: 3, G. Staines 7:48.97.

Brussels, 3 Sep. Ivo Van Damme Memorial. 200m: (+1.0) 2, J. Regis 20.43. 10000m: 12, P. Evans 28:11.53. SP: 7, P. Edwards 18.68.

Rieti, Italy, 5 Sep. 200m: 3, J. Regis 20.33.

Crystal Palace, 10 Sep. Grand Prix Final. 200m: (0.0) 1, Fredericks 20.34; 2, Regis 20.34; 3, Johnson 20.41.

Fukuoka, Japan, 18 Sep. 200m: 3, J. Regis 20.42.

Shirley takes decathlon record and looks for 8100 points

Two years ago Simon Shirley presented a sorry sight. Everything had gone wrong. From aspiring to be Britain's No.1 decathlete he had suffered a string of misfortunes which had effectively wrecked his sporting future.

The problem stemmed first with the '91 AAA Decathlon Championship when he fell between the pole vault landing mats and not only sustained severe bruising but also ruled out a finish and a chance to make a name for himself.

Later in the year he travelled to an indoor meet in Berlin to compete in a multi-events match. Again the pole vault proved to be his undoing but this time in a more serious way. A broken wrist put paid to short term aims but as month followed month and the injury failed to heal it was clear that the problem was far more serious.

Of all athletes the multi-eventers need financial help to live and train. For Simon money was running out and London was no place to spend a miserable winter. In late '91 he departed these shores to visit his parents in Brisbane and to all intents and purposes it was 'Adieu' not 'Au Revoir'.

Well, so it was until May 1993 when Simon 'phoned from California to announce that he had recovered, was back in full training, and had achieved a five event one day score of 4,000 plus points. Furthermore he was about to complete his first decathlon since injury and was planning to return to the UK in mid-June.

The next call was awaited with interest and it was with some relief that we heard Simon had won, with a World 'A' standard qualifying score, plus a new Club

Record of 7944 points. Perhaps the most satisfying event was a clearance in the pole vault of 4.70m. The shot and discus were still below par due to the wrist injury but were expected to improve so 8100 points was not out of the question - at least in Simon's plans.

Simon's return to the UK meant a welcome boost, first to our Southern League Division One team and then to the British League Division One squad. During these intervening weeks Simon had been selected as part of the GB four man squad for the European Cup Decathlon Championships which took place on 10th and 11th July in Spain - his first GB vest since changing to GB eligibility in 1990. But again the gremlins did their work - this time a broken bone in the foot. Back to the UK, foot in plaster and a pin inserted into the previously broken wrist which had still not fully healed. This tale of woe would have daunted any normal athlete but not Simon. He's planning to be back next year with a promise of 8100 points.

We can only wish him well. It's about time he had some good fortune!

Azuza, California 6/7 Jun. 7994 points:- 100m 11.06, LJ 2.18, SP 12.38, HJ 2.09, 400 49.90, 110mH 15.12, DT 39.70, PV 4.70, JT 65.70, 1500m 4:24.70.

Footnote: The wind conditions were gusting to 3.4 m/sec following but for the decathlon the legal limit for a following wind is 4m/sec for record purposes so Simon's final score was valid.

Bill Laws

100km International Relay

Verriers 13 June 1993

Laurie O'Hara and myself were invited to join an over 50's veterans team for this annual relay held on the southern outskirts of Paris. The other members of the party were Ealing's Dave Case, who was the organiser, Malcolm Legg, who did the driving, and Charlie Crump from Woodford Green.

We took the 7.00am ferry from Dover. When we arrived in Calais it was raining and the weather deteriorated further during the drive to Paris. There were warnings of very high winds. Arriving in Paris around 12.30pm we were met by members of the race committee and introduced to our hosts who were to put us up for the Saturday night. Some of the party went into Paris but the traffic was almost at a standstill and all they managed to do was see Notre Dame.

In the evening we were driven to where the race was to take place to attend a reception at the Town Hall. Among the British clubs taking part were Cambridge Harriers, Dartford and Swanley and there were also clubs from Hungary, Poland, Belgium, Holland and Czechoslovakia. All the drinks including wine and beer were free.

The following day we were up early as the race was to start at 9.00am. Again the weather was bad and at some stages there were torrential downpours. However, just before the start the rain stopped and the sun appeared. For the rest of the day it

stayed sunny apart from a few showers later in the race.

This relay consists of 6 legs. The first runner does 15km and the others all do 20km. The final leg is done by the whole team as a group. The course consisted of a loop of 5km and it had a rather steep hill. Thus, if you were on the 20km leg, you had this hill four times.

After a slow start and being well down the field (Malcolm had only just recovered from an ankle injury) we pulled through and eventually finished 53rd out of about 250 teams. We were the first over 50's team and about the 10th Vet's team. The times of Laurie and myself were respectively 1:18.03 and 1:21.25.

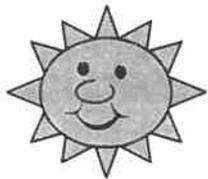
That evening we attended a buffet followed by a disco and again the drinks were on the house. As we had to be away early next morning and to avoid having to gather from all over Paris, we stayed overnight at the local school with the rest of the British clubs. After getting up at 4.00am, we drove to Calais, and took the 8.45am ferry back to England. A good time was had by all - except for having to get up early and the stay being too short.

I would like to take a Belgrave group out next year so if any one is interested please let me know. It doesn't have to be a vets team and it can also be a mixed team. I also have a list of other races in France if anyone is interested in a change of scenery. Some of them can be done on a day trip.

Tony Stone



Above: It's winter again. The Under 17s are missing Matt Hillier in the County Champs but have a scoring four right at the front. Left to right are Gavin Mason (9), Toby Earle (1), Scott Walsh, and Adam Jones (6)



Caribbean Evening

Saturday 18th June

Arrivaderci Marco

◆ We are sad to have to say goodbye to Marco Mazzotta who has competed for us on track, road and country during the past few seasons. Marco is returning to Italy on January 4th but has promised to come back every once in a while to keep in touch and perhaps turn out in competition. Thanks for your support Marco and best wishes for the future from all of us.

◆ Gareth Allison, who hurdled for us in the late eighties, is still the holder of our under-20 110m hurdles record although he lost his under-17 400m hurdles record to Rob Milner last summer. Gareth is still keeping in trim, and was sitting on the substitutes' bench at Twickenham for the Oxford v Cambridge rugby match recently.

◆ Going back a further ten years, Charlie Gillett and Nick Kirmatzis were always in the thick of things in our Southern League teams of the seventies. Both have kept fit, although Charlie has had to get through a bout of ill-health. They

were spotted jogging at Battersea Track and the news that we had a veterans track & field team starting up made Charlie's eyes light up - but he managed to resist the temptation to compete.

◆ The Quiz Night on 11th December was a great success. Many thanks to John Wasbrough and his family and Pete Mulholland and Richard Xerri of Hercules Wimbledon for organising what turned out to be a highly entertaining evening. Once again Marcello did the catering - how does that man cook for so many on such primitive equipment? They're lining up another one for some time in the Spring so keep your eyes open for details.

◆ Many thanks to Bill Couzens for organising the 1993 Belgrave Draw. His efforts raised £834.60 for the Club - a sum that he was a little disappointed with as it was some way down on the previous draw. As Bill says, "If only everyone just sold a couple of books each ...". The person who sold most books was another indefatigable worker for the Bels. - Derek Manning - 76 books!

Is there anyone out there?



Now, turn to page 6 of the Spring 1993 issue of "The Belgravian" and we'll give you the winner of the "name the faces in the photograph" competition.

The winner is - well, we're afraid we don't actually know her name! Eric Hall sent in her entry and tells us that she isn't actually a member - but was born on National Cross-Country Day in 1939 and gave

birth to a son on National 10 mile road walk day in 1962. Sounds like yet another competition to us.

Anyway, a prize will shortly be on its way to Eric - a copy of the book "More Than Winning", reviewed elsewhere in this magazine and kindly donated by Doug Maughan.

Our winner managed to name thirteen of the delirious supporters celebrating on the front at Brighton after a Belgrave win in the London to Brighton Relay. The names she came up with were Bert Mitchell, Peggy Sandell, Win Shepherd, Mrs. Savage, Vi Savage, Molly Savage, Jack Lacey, John Bromley, John Burr, Ray Tooby, Frank Kemp and the two Duffett daughters Marie and ?

Well done - and thanks to Win Shepherd who loaned us the picture. We didn't have to resort to using Win as a judge because Eric's friend's entry -

was the only one!

T&F LEAGUE TABLES 1993



British League Division One

1, Haringey AC	32
2, Belgrave H	26
3, Birchfield H	20
4, Thames Valley H	17
5, Shaftesbury Barnet	15.5
6, Newham & Essex Beagles	15
7, Woodford Green AC	13.5
8, Edinburgh Southern	5

Southern Womens' League Division 3

1, Norfolk Olympiads	28
2, Bournemouth	27
3, Thurrock	29
4, Horsham Blue Star	28
5, Walton AC	20
6, Peterborough	18
15, Belgrave H	19



Young Athletes Southern Premier League

1, Blackheath H	20
2, Old Gaytonians AC	19
3, Croydon H	18
4, Shaftesbury Barnet H	16
5, Boro' of Enfield H	16
6, Medway AC	15
7, Oxford City AC	15
8, Belgrave H	13

Thameside League U15 Girls

1, Camberley & Dist AC	32
2, Paddock Wood AC	27
3, Belgrave H	20
4, Richmond & Twick. AC	17
5, Croydon H	16
6, Herne Hill H	14
7, Queen's Park H	14
8, Southwark AC	2

1, Croydon H	30
2, Paddock Wood AC	25
3, Camberley & Dist AC	23
4, Southwark AC	20.5
5, Belgrave H	17
6, Queen's Park H	16.5
7, Herne Hill H	6.5
8, Richmond & Twick. AC	5.5

1, Croydon H	32
2, Herne Hill H	23
3, Paddock Wood AC	22
4, Belgrave H	20
5, Queen's Park H	18
6, Southwark AC	17
7, Richmond & Twick. AC	8

U13 Boys

1, Herne Hill H	31
2, Croydon H	29
3, Paddock Wood AC	22
4, Belgrave H	18.5
5, Southwark AC	16.5
6, Queen's Park H	15
7, Richmond & Twick. AC	2



Panasonic Southern Men's League Division 1

1, Team Solent	30
2, Peterborough	29
3, Bedford	27
4, Basingstoke & MH	25
5, Highgate H	24
6, Southend	21
17, Belgrave H	16

Panasonic Southern Men's League Division 5

1, Highgate	29
2, Dorchester	28
3, Wickham	28
4, Hertford & Ware	26
5, Team Solent	26
6, Horsham	25
17, Belgrave	15

National Junior League Surrey Div 3.

1, Aldershot, Farnham & Dist	17
2, Basingstoke & Mid Hants	16
3, Belgrave H	12
4, Windsor, Sough & Eton	10
5, Cambridge H	5

Rosenheim League

1, Herne Hill H	29
2, Hercules Wimbledon AC	29
3, South London H	26
4, Croydon H	18
5, Sutton & District AC	1
6, Belgrave H	10

Southern Counties Veterans T&F League

Mid-London Division Men

1, Metropolitan Police	32
2, Serpentine Runners	27
3, Thames Valley H	21
4, Belgrave H	20
5, Hercules Wimbledon AC	19
6, Herne Hill H	14

1, Serpentine Runners	32
2, Metropolitan Police	28
3, Belgrave H	24
4, Herne Hill H	20

1993 Belgrave Draw - Prize Winners

1st	60321	R.D. Merritt	£300
2nd	17661	T. Pallant	£100
3rd	02241	M.F. Dixon	£50
4th	12880	C. Henn	£20
5th	12931	C. Butler	£20
6th	04457	F. McInnes	£10

Juniors and Young Athletes

NATIONAL JUNIOR LEAGUE SURREY DIVISION 3 MATCH 1 HAYES, 25 APR

Our Junior Men's team still needs a lot of filling out and no doubt this will take place over the next few seasons. The great thing is that as far as our male athletes are concerned, now that we also compete as a junior team, we have a "ladder" which can take our competitors all the way from the Thameside to the British League with no missing rungs along the way.

Three Bels who have stepped up from the under 17 ranks since last season gave a good account of themselves. Neil Browning broke a leg during the winter but gave no sign of a shortage of training as he cleared 3 metres in the vault. Stuart Booth was a comfortable 2nd in the 800m and Marlon Anderson, our only winner, smashed his 3,000m pb by nearly half a minute to take the race by a clear 10 seconds.

100m: 5, M.Miller 12.7; 5, I.Atkins 13.7. 200m: 5, M.Miller 28.1; 5, I.Atkins 29.3. 800m: 2, S.Booth

2:02.6. 1500m: 3, B.Hamill 4:21.3. 3000m: 1, M.Anderson 9:39.0. 110mH: 4, M.Holder 19.7. HJ: 4, M.Miller 1.60. LJ: 5, I.Atkins 4.12; 5, M.Anderson 3.84. TJ: 4, I.Atkins 8.30. PV: 2, N.Browning 3.00. JT: 5, I.Atkins 22.38.

Teams: 1, Aldershot F&D 239; 2, Windsor S&E 203; 3, Basingstoke &MH 201; 4, Cambridge H 88; 5, Belgrave 62.

MCDONALDS YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 1, BATTERSEA, 2 MAY

 Team Manager Leo Coy was a bit apprehensive approaching this match. After promotion to the tough Southern Premier Division at the end of '92 he felt that our youngsters had been a bit thin on the ground during Spring training sessions. He needn't have worried. With some great performances which included no less than 27 wins, two club records and a man of the match award for U13 long jumper Warren Stewart, who was wearing his McDonalds sweat shirt with pride at the next training ses-

sion, the Bels came good to beat our rivals from last year, Norfolk Olympiads, and end up within reach of the powerful Croydon team. The level of competition was astounding with over 60 standard certificates being awarded by the end of the day.

Now in the U17 age group, 400 metre man Robert Milner is branching out into the long hurdle race. After a silver medal winning 58.6 in the Surrey Championships the previous day he lined up here at Battersea with another improvement in mind. It was not to be, however. Challenging for the lead at the last barrier he fell heavily, staggered up and then fell again. It was a slightly worrying sight for Gavin Mason, waiting to make his debut in this event in the 'B' race as Rob limped home for the point.

Marlon Dickson was delighted with his 100 metres pb of 11.8 to equal Ludwig Nunoo's Club Record and he also scored heavily in the 200m and long jump. Our other record came from Olivier Bazin who equalled Simon Vella's 4:54.3.

Two U15 wins came from

James Hilston with a 400m/high jump double while another high scorer was Richard David who took both the U17 400m and 100m events. Both of Richard's 'A' wins were followed minutes later by 'B' wins for the Bels thanks to Rob Milner, thankfully not too bruised from his fall, and Chipo "Terminator" Chirewa". One who didn't win but who nonetheless destroyed his pb was Ben Hamill who reduced his previous 3,000m time by an amazing 42 seconds!

U17

100m: 1, R.David 11.9; 1, C.Chirewa 12.2. 200m: 4, T.Forest 26.3; 4, D.Daldin 27.7. 400m: 1, R.David 52.8; 1, R.Milner 54.1. 800m: 4, C.Elliott 2:17.2; 4,

Below: Richard David - Numero Uno! Here he takes the winner's points in the under 17 100m at the third YA League match at Deangate. Richard is ranked at number 9 in the club over the short sprint.

Tally Ho! Onward and upward!

Although it was feared that the team might be spread a little thin, the Belgrave young athletes again showed resilience and excellent team spirit as we entered our first season in the Premier League. We found the competition undeniably harder, as we expected, but there was no need for immediate concern over team size as our squad comprising of the Battersea "lot" and the Kingston "lot" came through and became slightly larger with the arrival of the Folkestone "unknowns".

With our own team (sort of) settled, we were able to turn our attentions to our opponents. ... And in the blue corner were our rivals from last season, Norfolk Olympiads ... However, we beat them at Battersea (the fanatical home crowd played their part by intimidating the opposition) but having disposed of one threat we discovered other good teams like Old Gaytonians, Croydon and Enfield. Nevertheless we refused to be overwhelmed (fear has been burnt out of us by Bill and only his training sessions scare us: the only thing we have to fear is fear itself etc. ...).

In the season we achieved two third places and three seconds which was excellent as at least once we were slightly understaffed. Although we did not reach the league finals, we have comfortably achieved our primary aim which was to stay in the Premier League. It should also give next year's team something to aim for and who knows, the rate at which we're thundering along, we could (and SHOULD) be well up with the rest.

As I mentioned earlier, the team is growing and this bodes well for the future. The most obvious example of our team growing is that we have more athletes coming to meetings to compete but our team is also growing in experience (NOT maturity - rest assured there is still some way to go before that happens). Another indication of how our team is growing stronger is that many people are attaining pb's and setting new club records which can only be healthy.

Turning briefly trackside, though unfortunately we don't have Baff's stereo to uplift us, the support for our team is growing as people bring down family and friends to cheer. This is encouraging to see and it is also great for the athletes as they are cheered on whilst competing. All in all it's been a fabulous season and has been enjoyed by all (I think). We do the business on the track, have food fights on the coach and are given new hairstyles: there's been boxing and swimming and generally a good friendly atmosphere. The weather's been great except at Southampton where it poured but even that did not dampen our spirits (in fact some were very jovial).

I would like to thank Leo Coy, Billy Hull and all of the other coaches. Tally ho! onward and upward, the sky's the limit, etc. ...

Toby Earle



M.Hughes 2:32.9. 1500m: 1, G.Mason 4:12.2; 2, T.Evans 4:24.5. 3000m: 2, B.Hamill 9:17.1; 1, A.Jones 9:27.8. 400mH: 4, R.Milner (fell) 68.5; 1, G.Mason 62.0. 1500mSC: 4, E.Vanson 6:00.1. HJ: 3, J.Ganio 1.65; =1, M.Davis 1.55. LJ: 1, J.Ganio 5.82; 4, E.Vanson 4.63. TJ: 4, A.Jones 10.61; 3, E.Vanson 9.35. SP: 3, D.Daldin 11.42; 2, M.Davis 10.46. DT: 3, A.Barnett 25.66; 3, D.Daldin 21.04. JT: 2, M.Davis 39.42; 3, A.Barnett 15.42. HT: 2, A.Barnett 26.02; 3, A.Jones 15.48. 4x100m: 2, Belgrave (T.Forest, R.David, C.Chirewa, J.Ganio) 47.8. 4x400m: 1, Belgrave (R.David, B.Hamill, R.Milner, G.Mason) 3:36.7.

U15
100m: 1, M.Dickson 11.8; 2, S.Scott 12.6. 200m: 1, M.Dickson 24.2; 1, E.Hassan 26.0. 400m: 1, J.Hilston 56.1; 3, A.Hill 65.9. 800m: 1, J.Drake 2:16.2; 4, A.Breeze 2:33.0. 1500m: 3, M.Parper 4:42.2; 1, S.Alexander 4:45.1. 3000m: 3, G.Jones 10:19.9; 1, G.Walsh 10:29.3. 80mH: 1, S.Scott 12.8; 2, E.Hassan 16.6. HJ: =1, J.Hilston 1.60; 3, O.Hunt 1.25. LJ: 2, M.Dickson 5.27; 2, E.Hassan 4.64. SP: 1, O.Hunt 10.73. DT: 3, O.Hunt 19.40; 4, A.Hill 14.62. JT: 4, J.Drake 25.02; 2, S.Taylor 23.24. HT: 2, S.Scott 13.60; 2, S.Taylor 10.44. 4x100m: 1, Belgrave (S.Scott, A.Hill, J.Hilston, M.Dickson) 48.7. 4x400m: 1, Belgrave (M.Parper, J.Drake, J.Hilston, E.Hassan) 3:59.3.

U13
100m: 1, D.Thompson 13.7; 2, W.Stewart 13.8. 200m: 2, D.Thompson 28.0; 2, W.Stewart 28.2. 800m: 4, A.Mason 2:50.5; 3, M.Boyle 2:57.2. 1500m: 1, O.Bazin 4:54.3; 1, N.Whorlow 5:19.7. LJ: 1, W.Stewart 4.71; 4, A.Mason 3.14. 4x100m: 3, Belgrave (C.O'Driscoll, M.Boyle, D.Thompson, F.Kelly) 58.0. Teams: 1, Croydon 216; 2, Belgrave 193; 3, Norfolk O 172; 4, Basildon 163.

**THAMESIDE LEAGUE MATCH 1
BATTERSEA PARK, 8 MAY**

U15
100m: 1, M.Dickson 12.0; 1, S.Scott 12.6. 200m: 1, S.Scott 25.7. 1500m: 1, Simon Vella 4:49.0. 80mH: 1, S.Scott 12.6. LJ: 2, M.Dickson 5.18. Teams: 1, Croydon 169; 2, Herne Hill 124; 3, Paddock Wood 120; 4, Belgrave 47; 5, Queen's Park 38; 6, Southwark 30; 7, Richmond & Twickenham 17.

U13
100m: 2, W.Stuart 14.2; 1, D.Thompson 14.4. n/s R.James 15.7; N.Whorlow 15.9; A.Langton 16.5. 200m: 2, W.Stuart 29.6; 3, R.James 31.6. 400m: 3, C.O'Driscoll 73.9. 800m: 1, N.Whorlow 2:34.5; 2, M.Boyle 2:57.9. 1500m: N.Whorlow 5:19.4; 2, A.Cox 5:49.4. 80mH: 2, W.Stuart 16.9; 2, M.Boyle 17.1. HJ: 2, Steven Vella 1.25. 4x100m: 2, Belgrave 62.4. Teams: 1, Herne Hill 122; 2, Croydon 116; 3, Paddock Wood 104; 4, Belgrave 845, Southwark 34; 6,



Left: Olivier Bazin started the summer off by equalling Steven Vella's under 13 1500 metre record of 4:54.3. He then went on to improve the figures to 4:52.6 at Enfield and then 4:49.5 at Oxford.

Queen's Park 5.

**MCDONALDS YA LEAGUE
SOUTHERN PREMIER DIVISION
MATCH 2, ENFIELD, 23 MAY**



With our first meeting behind us, where we had come second, we were feeling quite confident and felt that we could do well here at Enfield. Unfortunately, there were a few other teams that also wanted to do well, among them Old Gaytonians who are rather good. They showed us and the other teams how good they were by finishing 58 points ahead of Oxford and by winning three out of five relays quite convincingly. However, we refused to be intimidated and carried on to give another good performance.

This time, when Robert Milner ran the 400m hurdles he did not fall, thus he returned to his winning form, and Gavin Mason won the B race. After equalling the U13 1500m Club Record at the last meeting, Olivier Bazin broke it by nearly two seconds, gaining victory in the process. In the U15 1500m, Gavin Jones and Gavin Walsh won the A and B strings respectively and in the U13 100m, Warren Stewart and Duncan Thompson also both won their strings.

With these performances Belgrave achieved a respectable third place, 17 points ahead of Ipswich and only 26 points behind Oxford whilst the Old Gaytonians came first 58 points clear.

U17
100m: 2, Z.Higgins 12.1; 3, B.Cascoe 13.6. 200m: 2, R.David 24.5; 1, G.Mason 24.8. 800m: 2, G.Mason 1:59.7. 1500m: 4, A.Jones 4:26.7; 3, C.Elliott 4:36.9. 3000m: 4, B.Hamill 9:38.6; 3, J.Wilson 10:20.5. 100mH: 2, M.Davis 15.3; 3, R.David 16.4. 400mH: 1, R.Milner 61.1; 1, G.Mason 62.4.

11.76. DT: 3, B.Cascoe 24.80; 4, Z.Higgins 16.16. JT: 2, B.Cascoe 46.86; 2, M.Davis 37.48. HT: 3, A.Jones 13.58. 4x100m: 4, Belgrave (J.Ganio, M.Davis, Z.Higgins, M.Miller) 50.6. 4x400: 2, Belgrave (G.Mason, R.Milner, T.Forest, R.David) 3:38.2.

U15
100m: 2, D.Jackman 12.9; 1, H.Cavalier 13.0. 200m: 2, D.Jackman 26.3; 1, H.Cavalier 26.6. n/s 2, E.Hassan 26.5. 400: 2, J.Hilston 55.6. 800m: 3, J.Drake 2:14.9. 1500m: 1, G.Jones 4:38.4; 1, G.Walsh 4:56.0. 80mH: 2, S.Scott 12.2; 2, A.Hill 15.2. HJ: 3, J.Hilston 1.55; 3, A.Hill 1.35. LJ: 3, E.Hassan 5.06; 2, G.White 4.92. SP: 4, S.Alexander 5.31; 4, C.Drake 5.24. DT: 4, A.Hill 19.22; 4, C.Drake 14.34. JT: 3, J.Drake 25.52; 2, A.Bentley 19.72. HT: 3, S.Scott 15.22; 4, S.Taylor 9.50. 4x100m: 1, Belgrave (S.Scott, J.Hilston, D.Jackman, H.Cavalier) 48.2. 4x400m: 1, Belgrave (E.Hassan, J.Hilston, J.Drake, M.Parper) 3:54.3.

U13
100m: 1, W.Stuart 13.9; 1, D.Thompson 14.5. 200m: 2, W.Stuart 29.2; 2, D.Thompson 30.7. 800m: 2, N.Whorlow 2:33.4; 3, M.Boyle 2:48.1. 1500m: 1, O.Bazin 4:52.6; 2, A.Cox 5:35.6. LJ: 4, W.Stuart 4.12; 4, R.Miller 3.64. 4x100m: 3, Belgrave (N.Whorlow, D.Thompson, M.Boyle, O.Bazin) 58.0. Teams: 1, Old Gaytonians 250; 2, Oxford City 192; 3, Belgrave 166; 4, Ipswich 149.

**THAMESIDE LEAGUE MATCH 2
BATTERSEA PARK, 29 MAY**

U15
100m: 5, W.Smith 13.2; 5, S.Taylor 14.5. 200m: 5, A.Hill 28.2. 800m: 3, C.Alexander 2:21.1. 80mH: 5, A.Hill 14.0. HJ: 3, S.Taylor 1.40. LJ: 4, W.Smith 4.58. SP: 5, A.Hill 6.29; 3, S.Scott 6.23. 4x100m: 3, Belgrave

52.1. Teams: 1, Croydon 174; 2, Herne Hill 89; 3, Paddock Wood 68; 4, Belgrave 64; 5, Southwark 58; 6, Queen's Park 47; 7, Richmond 35. U13
100m: 5, N.Whorlow 15.7. 200m: 4, N.Whorlow 32.8. 800m: 1, N.Whorlow 2:33.3; 1, Steven Vella 2:56.1. HJ: 4, Steven Vella 1.20. LJ: 5, A.Gaines 3.15. 4x100m: 4, Belgrave 62.3. Teams: 1, Herne Hill 139; 2, Croydon 111; 3, Paddock Wood 97; =4, Belgrave and Southwark 39; 6, Queen's Park 3.

**SoEAA U20 CHAMPS.
MAYESBROOK PARK, 29/30
MAY**

A nice weekend's work gave James Hilston a double victory. He was just 2/100ths clear of Enfield's Jackson in the 200m but had a far more comfortable six or seven metres gap in the one lap sprint. James was not our only finalist, however, as Marlon Dickson picked up a 'silver' in the 100m and made that Club Record his own property alone in slicing off another 1/10th.

U17
800mts: G.Mason 1:58.80. U15
100m: (+1.9) 2, M.Dickson 11.70. 200m: (+2.7) 1, J.Hilston 24.32. 400m: 1, J.Hilston 54.31.

**MCDONALDS YA LEAGUE
SOUTHERN PREMIER DIVISION
MATCH 3, DEANGATE, 6 JUN**

Although there were no record breaking performances at this meeting we had a fine team effort that enabled us to finish second. With 21 victories, four out of five relays won ... (we don't need to boast, you get the idea) we were only 24 points behind Medway and 25 points ahead of Hillingdon.

In the U15 age group, we again had a winning double from Gavin Jones and Gavin Walsh in the 1500m and also in the U15 we won both pole vault strings thanks to Andrew Hill and Stevie Scott. James Hilston and Gavin Jones also gave us a double victory in the U15 high jump. There was an excellent performance from James Ganio, an U17, who won both the triple and the long jumps. Then to the relays. One of the most exciting was the U15 4x400m where James Hilston clawed back Medway's substantial lead on the final leg to win.

To celebrate our excellent performance we had the first food fight of the season on the way back home.

U17
100m: 1, R.David 11.7; 2, L.Nunoo 11.8. n/s 2, L.Jenner 13.6. 200m: 4, L.Nunoo 24.4; 3, C.Chirewa 24.9.

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400m: 4, M.Parper 56.9; 4, L.Jenner 58.4. 800m: 2, B.Hamill 2:02.2; 2, A.Jones 2:04.6. n/s 1, L.Jenner 2:13.6; C.Paine 2:14.3. 1500m: 2, G.Mason 4:15.6; 3, M.Parper 4:35.3. 3000m: 3, J.Wilson 10:03.8; 3, W.Swaffer 10:19.4. 100mH: 2, M.Davis 15.0; 1, R.David 15.4. 400mH: 3, R.Milner 60.9; 1, G.Mason 61.2. 1500mSC: 2, M.Hillier 4:38.4; 4, S.Young 5:32.8. HJ: 4, R.David 1.55; 3, M.Davis 1.55. LJ: 1, J.Ganio 6.08; 4, E.Vanson 4.47. TJ: 1, J.Ganio 12.03; 4, E.Vanson 9.49. PV: 2, M.Padfield 1.75. SP: 3, L.Welsh 9.81; 2, Z.Higgins 8.66. DT: 2, B.Cascoe 29.16; 3, Z.Higgins 17.76. JT: 2, B.Cascoe 43.36; 1, M.Davis 40.80. HT: 3, A.Barnett 24.10; 3, Z.Higgins 15.46. 4x100m: 1, Belgrave (L.Nunoo, C.Chirewa, M.Davis, J.Ganio) 46.5. 4x400m: 2, Belgrave (G.Mason, R.David, L.Jenner, M.Parper) 3:37.5.

U15

100m: 3, D.Jackman 12.6; 2, P.Sowten 12.4. 200m: 3, D.Jackman 25.4; 2, P.Sowten 25.9. 400m: 1, J.Hilston 54.6; 4, A.Hill 63.1. 800m: 1, J.Drake 2:18.5; 3, S.Bramson 2:27.2. 1500m: 1, G.Jones 4:29.9; 1, G.Walsh 4:51.5. 3000m: 2, S.Vella 9:51.0; 3, S.Alexander 11:28.3. 80mH: 3, G.Walsh 14.8; 1, A.Hill 14.3. HJ: 1, J.Hilston 1.60; 1, G.Jones 1.45. LJ: 3, P.Sowten 5.18; 2, E.Hassan 4.86. PV: 1, A.Hill 1.95; 1, S.Scott 1.50. SP: 3, W.Smith 9.04; 4, S.Scott 5.90. DT: 3, S.Vella 20.70. 3, C.Drake 15.58. JT: 4, S.Vella 24.56; 2, J.Drake 22.96. HT: 3, S.Scott 17.90; 3, W.Smith 7.78. 4x100m: 1, Belgrave (D.Jackman, J.Hilston, R.Bentley, P.Sowten) 48.1. 4x400m: 1, Belgrave (E.Hassan, J.Drake, R.Bentley, J.Hilston) 3:50.9. U13

100m: 1, W.Stuart 13.4; 3, C.Chanlok 16.0. n/s 3, N.Whorlow 14.2. 200m: 1, W.Stuart 28.4; 3, C.Chanlok 32.1. 800m: 4, N.Whorlow 2:36.4; 4, S.Vella 3:00.7. 1500m: 4, A.Mason 5:43.8. LJ: 3, N.Whorlow 3.57; 2, A.Mason 3.41. 4x100m: 1, Belgrave (A.Mason, C.Chanlok, S.Vella, N.Whorlow) 57.7.

Teams: 1, Medway 220; 2, Belgrave 196; 3, Hillingdon 171; 4, Aldershot 165.

NATIONAL JUNIOR LEAGUE SURREY DIVISION 3 MATCH 2 BASINGSTOKE, 20 JUN

For the first time we saw Scott Thompson in action and wow - did we like what we saw. The best distance we had on record for the under 20 hammer throw was a 19.72 mark from 1978, admittedly set with the 7.26Kg senior implement. Scott launched the correct specification 6.25Kg ball and wire to such good effect that it was still going up as it crossed the 20m and 30m arcs, finally curving back to earth to hit the turf at a staggering 54.64! Further demolition jobs were carried out by the young Geordie in the shot and discus and with points like these coming in, the match was running our way.



Tremendous back-up came from some of our youths competing in the older age-group. Among them, Richard David smashed Mark Lindsay-Bayley's best by an under 17 for the junior 110m hurdles by a full second, a record that was set when Richard had not reached his first birthday! Neil Browning continued his winning ways in the vault, another pb came from distance man Marlon Anderson and Adam Barnett collected some good points as 'B' thrower. Youth Rob Milner was another winner, equalling our best on record for an under 17 competing over 91.4cm barriers ... and so it went on until it was finally declared that the Belgrave Juniors had won their first ever league match - and Scott Thompson, surprise, surprise, got man of the match to boot.

100m: 3, R.David 11.5; 3, C.Chirewa 12.0. 200m: 3, R.David 23.3; 2, L.Nunoo 24.2. 400m: 2, R.Milner 54.1; 4, L.Jenner 59.2. 800m: 3, B.Hamill 2:05.9; 1, L.Jenner 2:17.7; n/s C.Paine 2:16.6. 1500m: 2, G.Mason 4:16.3; 3, J.Wilson 4:45.1. 3000m: 1, M.Anderson 9:24.0; 2, W.Swaffer 9:59.4. 110mH: 1, R.David 16.1; 2, M.Miller 17.4. 400mH: 1, R.Milner 60.4; 2, A.Jones 67.5. 2000mSC: 2, A.Jones 6:48.3; 3, L.Jenner 7:53.4. HJ: 2, M.Miller 1.75; 3, M.Readhead 1.60. LJ: 5, L.Nunoo 5.16; 4, C.Paine 5.07. TJ: 3, N.Scamp 11.53; 2, C.Paine 10.60. PV: 1, N.Browning 3.40. SP: 1, S.Thompson 12.29; 1, A.Barnett 8.89. DT: 1, S.Thompson 38.65; 3, A.Barnett 21.39. JT: 5, N.Scamp 27.18; 4, N.Browning 18.42. HT: 1, S.Thompson 54.64; 2, A.Jones 13.76. 4x100m: 3, Belgrave 47.2. 4x400m: 2, Belgrave 3:36.3.

Teams: 1, Belgrave 219; 2, Basingstoke & Mid Hants 196; 3, Aldershot F&D 195; 4, Windsor S&E 146; 5, Cambridge H 84.

H.A.C. MEMORIAL MEETING WIMBLEDON PARK, 23 JUN

U17

100m: 2, R.David 11.8; 1, L.Nunoo 11.8. 200m: 2, R.David 23.4; 1, L.Nunoo 24.4. 400m: 2, G.Mason 51.5; 4, M.Parper 56.7. 800m: 1, B.Hamill 2:03.0; 1, A.Jones 2:07.1. 1500m: 1, M.Hillier 4:17.1; 2, J.Wilson 4:41.1. 100mH: 2, R.David 15.2. LJ: 4, L.Nunoo 4.95; 3, M.Parper 4.87. SP: 4, B.Cascoe 9.17; 3, A.Jones 9.16. JT: 1, B.Cascoe 51.46; 3, M.Hillier 8.24. 4x200m: 2, Belgrave 1:34.3.

U15

100m: 1, D.Jackman 12.2; 1, P.Sowten 12.4. 200m: 1, D.Jackman 24.2; 2, E.Hassan 25.8. 400m: 3, R.Bentley 58.6. 800m: 2, G.Walsh 2:15.9. 80mH: 3, E.Hassan 15.5; 2, G.Walsh 14.2. LJ: 1, P.Sowten 5.52; 1, E.Hassan 4.85. SP: 1, O.Hunt 11.53; 4, S.Vella 6.24. JT: 1, O.Hunt 38.04; 2, S.Vella 26.42. 4x200m: 1, Belgrave 1:43.4.

Teams: 1, Belgrave 166; 2, Sutton & Dist 165; 3, Croydon 164; 4, Hercules Wimbledon 116; 5, Herne Hill 39; 6, Epsom & Ewell 21.

MCDONALDS YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 4, OXFORD, 27 JUN

Bright and vibrant as ever The Belgrave YA team and numerous supporters, including a Russian from Moscow, arrived in sunny Oxford to participate in another meeting. Again we encountered a team that we will look forward to beating next season.

Left: With determination etched into his face, Mark Davis sets about another 100 metre hurdle field. Mark topped our 1993 under 17 sprint hurdle rankings and set Club Records in two multi-events.

The team was Blackheath, who scraped a victory by finishing 64 points clear of second place Shaftesbury on 196 points and Belgrave third on 162 points.

Earlier in the season Olivier Bazin Equalled the U13 1500m record at Battersea and then he broke it at Enfield. Not yet satisfied, he broke the record yet again by a further three seconds. At the beginning of the season that record stood at 4:54.3 - it is now 4:49.5. He did not win here but it was still a great performance.

In the U17 group, Ben Hamill won the 800m and John Wilson a first year U17 ran a pb of 9:52.4 in the 3000m. In the relays we only won two out of five (U17 4x100 and U17 4x400) But a club record was broken by the U15 4x100m team who lost their "fastest team in Britain" tag to Team Solent in spite of improving again. On the field Ben Cascoe finally broke through in the U17 javelin. After second placing in earlier meetings, he came first with a throw of 49.90m.

In the U15 non-scoring 800m we unleashed Laura Wilson who was not content to sit and watch. She got some funny looks from the boys lined up against her but they were the ones who were in trouble as she came home 2nd in yet another Club Record.

Trackside the ambre solaire was being poured on as we revelled in the glorious weather. Adam Jones and Gavin Mason decided it was time for us to see their new french plaited hairstyles and although they were not particularly aerodynamic, they did look nice. Lovely!

U17

100m: 2, R.David 11.8; 3, L.Nunoo 12.1; n/s N.Scamp 12.9; C.Paine 13.6; A.Rainer 14.2. 200m: 1, R.David 23.5; 3, L.Nunoo 24.6. 400m: 1, G.Mason 51.3; 1, R.Milner 53.2. 800m: 1, B.Hamill 2:03.0; 3, M.Parper 2:17.6; n/s C.Paine 2:12.0; A.Rainer 2:29.7. 1500m: 2, M.Hillier 4:15.3; 1, A.Jones 4:19.4. 3000m: 3, J.Wilson 9:52.4; 2, W.Swaffer 10:04.3. 100mH: 3, R.David 15.6; 3, M.Miller 17.3. 400mH: 2, R.Milner 59.4; 1, G.Mason 60.1. 1500mSC: 2, A.Jones 4:48.7; 1, W.Swaffer 5:00.5. HJ: 3, M.Miller 1.63; 4, N.Scamp 1.50. LJ: 2, J.Ganio 6.06; 4, L.Jenner 4.61. TJ: 4, J.Ganio 12.58; 3, N.Scamp 11.09. SP: 3, A.Barnett 9.60; 3, R.Peacock 7.58. DT: 4, B.Cascoe 22.82; 3, A.Barnett 19.68. JT: 1, B.Cascoe 49.90; 3, N.Scamp 27.96. HT: 3, A.Barnett 22.16; 4, R.Peacock 17.12. 4x100m: 1, Bel-

grave (R.David, L.Nunoo, J.Ganio, M.Miller) 45.5. 4x400m: 1, Belgrave (G.Mason, M.Hillier, B.Hamill, M.Parper) 3:37.5.

U15
100m: 2, D.Jackman 12.1; 4, P.Sowten 12.5; n/s R.Rugman 13.5. 200m: 1, D.Jackman 24.4; 2, P.Sowten 25.5. 400m: 1, J.Hilston 54.0; 3, R.Bentley 59.5. 800m: 4, J.Drake 2:15.2; 4, A.Hill 2:44.2. 1500m: 2, G.Jones 4:31.9; 3, D.Petch 6:19.9. 3000m: 2, S.Alexander 10:15.8; 2, S.Bramson 10:55.6. 80mH: 1, S.Scott 12.3; 3, R.Haigger 15.4. HJ: 3, J.Hilston 1.65; 2, T.Shackleton 1.55. LJ: 4, E.Hassan 4.67; 4, W.Smith 4.57. PV: 3, A.Hill 2.10. SP: 4, W.Smith 7.93; 4, C.Drake 5.16. DT: 4, A.Hill 17.38; 4, C.Drake 16.58. JT: 3, J.Drake 22.84; 3, R.Haigger 3.22. HT: 4, W.Smith 12.34. 4x100m: 2, Belgrave (D.Jackman, J.Hilston, R.Bentley, P.Sowten) 47.4. 4x400m: 3, Belgrave (J.Hilston, R.Bentley, J.Drake, E.Hassan) 3:52.9.

U13
100m: 3, S.Erskine 13.5; 4, N.Whorlow 16.0. 200m: 3, S.Erskine 28.0; 4, A.Mason 32.7. 800m: 3, N.Whorlow 2:34.8; 4, A.Mason 2:49.9. 1500m: 2, O.Bazin 4:49.5. LJ: 4, S.Erskine 3.94; 4, A.Mason 3.27. Teams: 1, Blackheath 260; 2, Shaftesbury 196; 3, Belgrave 162; 4, Team Solent 122.

THAMESIDE LEAGUE MATCH 3 BATTERSEA PARK, 3 JUL

U15
100m: 6, R.Rugman 13.7; 1, P.Sowten 12.5. 200m: 4, R.Rugman 27.6; 1, P.Sowten 25.5. 400m: 4, D.Petch 79.0. 1500m: 2, S.Vella 4:36.5; 3, D.Petch 6:26.3. 80mH: 6, R.Haigger 16.3; 2, R.Rugman 15.2. LJ: 3, P.Sowten 5.22; 3, R.Rugman 3.92. Teams: 1, Croydon 169.5; 2, Queen's Park 109; 3, Herne Hill 87.5; 4, Southwark 69; 5, Belgrave 64; 6, Paddock Wood 55; 6, Richmond & Twickenham 44.

U13
100m: 1, S.Erskine 13.3; 3, N.Whorlow 16.1; n/s S.Whorlow 20.8. 200m: 2, S.Erskine 27.2. 800m: 3, N.Whorlow 2:38.2; 2, A.Mason 2:59.2. HJ: 4, S.Vella 1.20. LJ: 5, S.Erskine 3.70; 2, A.Mason 3.46. SP: 3, N.Whorlow 5.52. 4x100m: 2, Belgrave 61.1. Teams: 1, Herne Hill 130; 2, Croydon 94.5; 3, Paddock Wood 92.5; 4, Southwark 84; 5, Belgrave 63; 6, Queen's Park 7.

MCDONALDS YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 5, SOUTHAMPTON 18 JUL

The last meeting in our first season of the Premier League arrived and sadly it also meant for second year youths that their competitions in the YA Leagues had finished. It was their last chance to show off.

Although we were unable to qualify for the league finals, Belgrave had secured its position in the Premier League and our athletes produced an excellent performance which saw 24 wins, including three out of five relays. Present at this meeting were two of our athletes who had won at the English Schools Championships - James Hilston who had won the Junior Boys 400m and Gavin Mason who won the Intermediate boys 800m. James found him-

self up against the Junior boys 800m Champion in the 400m but James won with a time of 53.4. Gavin only took part in the 4x400m relay as he had rushed back from Dublin, where he had been competing in the Schools International, to Heathrow to Southampton.

On the track, Richard David attained a pb of 51.9 in the U17 400m, despite the rain and wind. He later won the 100m hurdles B race in 15.4 seconds. Simon Vella also set a pb of 9:46.1 in the U15 3000m where he won the A string. Gavin Walsh won the B string. In the U17 3000m Adam Jones won with a time of 9:19.1, lulling the enemy into a false sense of security by telling them that he had never run at the distance before.

In the U15 100m Marlon Dickson and Hugo Cavalier gave us a double victory and in the U13 event Stuart Erskine and Warren Stewart did the same thing. In the U17 4x400m relay, the team attempted to break the club record but failed by six tenths of a second - not bad considering the howling wind and rain.

It has been an excellent season, perhaps one of Belgrave's best, and I'm sure we could propel ourselves to even dizzy heights next season now that we have become acclimatised to life in the Premier League. I would like to thank all the athletes and, of course all the coaches that have made us into this superb team.

U17
100m: 4, D.Sprigg 12.9; 4, T.Santer 13.1. 200m: 4, D.Sprigg 26.3; 4, T.Santer 25.8. 400m: 1, R.David 51.9; 3, N.Scamp 56.2. 800m: 4, L.Jenner 2:13.3; 4, C.Paine 2:15.0; A.Rainer 2:30.4. 1500m: 3, T.Evans 4:24.8; 3, C.Elliott 4:45.1. 3000m: 1,

A.Jones 9:19.1; 2, J.Wilson 9:53.3. 100mH: 2, M.Davis 15.2; 1, R.David 15.4. 400mH: 2, R.Milner 57.9; 2, A.Jones 66.9. 1500mSC: 1, M.Hillier 4:40.3; 2, W.Swaffer 5:10.7. HJ: 3, N.Scamp 1.50; 2, D.Sprigg 1.50. LJ: 1, J.Ganio 6.26; 2, M.Davis 5.65. TJ: 2, J.Ganio 12.69; 1, N.Scamp 11.49. PV: 4, M.Padfield 1.75. SP: 2, D.Daldin 10.77; 3, R.Peacock 7.03. DT: 4, R.Peacock 16.74; 4, A.Jones 11.84. JT: 4, M.Davis 42.08; 2, D.Daldin 38.98. HT: 4, R.Peacock 15.28; 3, D.Daldin 13.02. 4x100m: dq, Belgrave. 4x400m: 1, Belgrave 3:36.1.

U15
100m: 1, M.Dickson 12.3; 1, H.Cavalier 12.5. 200m: 1, D.Jackman 24.6; 3, P.Sowten 25.9. 400m: 1, J.Hilston 53.4; 2, R.Bentley 58.6. 800m: 4, J.Drake 2:19.6; 4, S.Bramson 2:28.7. 1500m: 3, G.Jones 4:47.3; 2, S.Alexander 4:49.5. 3000m: 1, S.Vella 9:46.1; 1, G.Walsh 10:28.4. 80mH: 1, S.Scott 12.6; 2, R.Haigger 15.5. HJ: 3, J.Hilston 1.60; 3, D.Patterson 1.35. LJ: 1, P.Sowten 5.33; 1, E.Hassan 5.30. SP: 1, O.Hunt 11.00; 3, J.Drake 7.72. DT: 2, O.Hunt 24.16; 4, C.Drake 9.96. JT: 1, O.Hunt 38.30; 4, C.Drake 15.32. HT: 4, S.Scott 18.24. 4x100m: 1, Belgrave 48.3. 4x400m: 1, Belgrave 3:58.0.

U13
100m: 1, S.Erskine 13.8; 1, W.Stewart 14.0. 200m: 1, W.Stewart 27.9; 4, C.Chanlock 30.7. 800m: 3, N.Whorlow 2:32.6; 3, M.Boyle 2:45.7. 1500m: 1, O.Bazin 4:55.9; 3, T.Pepper 5:58.1. LJ: 4, S.Erskine 3.96; 4, A.Mason 3.32. 4x100m: 4, Belgrave 61.1. Teams: 1, Borough of Enfield 237; 2, Belgrave 185.5; 3, Brighton 183; 4, GEC Avionics 152.5.

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Left: Lee Jenner runs everything from 100 metres to cross-country.



Right: Lead-off man Es Hassan likes nothing better than to start our under 15 4x400 relay machine.



Left: Gavin Jones ran a personal best of 4:29.9 to win the 1500 metres at Deangate, a performance that made him our top under 15 for the event in 1993.

into the frame and here at Battersea, racing in under 20 conditions (which means higher barriers) he came away with a fine victory and a further reduction on our under 17 record.

Marcus Holder also gained maximum points in his sprint hurdle race - in spite of the last row of obstacles being out of position - and in fact of all our men who raced over barriers, from 110 to 2000 metres, no-one finished lower than 2nd.

Personal bests came from Ludwig Nunoo (down to 11.6 in the 100m), Wesley Swaffer (steeplechase) and Scott Thompson was again launching missiles like there was no tomorrow. One of the most pleasing performances of the afternoon, however, was tucked away in the 4x400m relay. Michael Parper is often seen loping along in mid-field in the 1500 metres only to turn in a blistering last lap that sometimes carries him into the places. Here he took a leg in the long relay and looked absolutely at home as he turned in a super 52.5 effort.

100m: 5, R.David 12.7; 1, L.Nunoo 11.6; n/s 1, M.Miller 12.3; 2, T.Santer 12.5; 3, R.Peacock 13.0. 200m: 5, L.Nunoo 23.8; 4, D.Sprigg 25.3. 400m: 2, R.Milner 53.4; 3, M.Elliott 55.6. 800m: 3, S.Weston 2:04.8; 1, M.Parper 2:06.5; n/s 1, A.Jones 2:07.9; 2, C.Solorz 2:10.2. 1500m: 2, G.Mason 4:06.9; 1, M.Hillier 4:15.9; n/s 1, C.Solorz 4:47.2. 3000m: 2, M.Anderson 9:24.2; 2, M.Readhead 9:59.7; n/s 1, T.Evans 9:38.0; 2, B.Hamill 9:59.7; 3, W.Swaffer 10:00.6; 4, J.Wilson 10:06.9. 110mH: 1, M.Holder 16.0. 400mH: 1, R.Milner 59.3; 2, L.Jenner 64.1. 2000mSC: 2, A.Jones 6:48.6; 2, W.Swaffer 7:05.0; n/s 1, M.Hillier 6:35.2; 2, C.Paine 7:19.4. HJ: 5, D.Sprigg 1.70; 2, M.Miller 1.70. LJ: 5, L.Nunoo 5.39; 5, C.Paine 4.86; n/s 1, R.Peacock 4.57. TJ: 4, T.Santer 10.39; 4, R.Peacock 9.54. SP: 3, S.Thompson 11.64; 1, O.Megafu 10.57. DT: 3, S.Thompson 34.28. JT: 5, S.Thompson 32.82; 3, I.Atkins 25.06. HT: 1, S.Thompson 54.78; 1, O.Megafu 28.92; n/s 1, R.Peacock 15.84. 4x100m: 4, Belgrave 47.0. 4x400m: 2, Belgrave (R. Milner 55.0, M.Parper 52.5, L.Jenner 56.0, G.Mason 50.3) 3:33.8.

Teams: 1, Basingstoke & MH 251; 2, Aldershot F&D 188; 3, Belgrave 177.5; 4, Windsor S&E 128; 5, Cambridge H 124.5.

AAA U17 CHAMPS. BIRMINGHAM 7-8 AUG

Just 4 centimetres separated Ben Cascoe from a new under 17 Club Record as he rifled the javelin out to 54.58. He was less than a metre from the medals too - not bad for his first year in the age group! In the under 15 category Daniel Jackman competed in both 100 and 200 metres, setting a personal best in the longer event which took him to the top of the '93 under 15 Club rankings (although he already had a faster clocking from the All-England Schools where the wind was over the limit).

U17
JT: 5, B.Cascoe 54.58.

U15
100m: hts 4, D.Jackman 12.01(-1.0). 200m: hts 3, D.Jackman 24.02(+1.2). 400m: 5, J.Hilston 55.18 (55.53 ht). 1500m: hts 9, G.Jones 4:41.32.

NATIONAL JUNIOR LEAGUE SURREY DIVISION 3, MATCH 4 ELTHAM, 22 AUG

Unfortunately we do not have the full results of the final NJ match but we do know that there were some

good performances by our sprinters, while Ben Cascoe was again outstanding in the javelin. Only last year he was throwing the 600gm spear in competition; now he is beating his 1992 marks not only with the under 17 700gm implement, but with the full weight senior/junior 800gm one as well. Nathan Scamp was also in pb mode, putting the shot pretty close to the 12 metre line.

Once more we finished third in the match and there is no doubt that in 1994, with an influx of new talent from the under 17 ranks, we are going to be in contention for overall victory.

100m: D.Newman 11.7. 200m: D.Sprigg 23.7; D.Newman 24.8. 400m: 1, G.Mason 52.4. LJ: S.Randall 5.39; R.Peacock 4.80. PV: 1, N.Browning 3.00. SP: N.Scamp 11.63. JT: 1, B.Cascoe 52.52; C.Wilson 28.70. HT: R.Peacock 15.94. 4x100m: 3, Belgrave 45.8. 4x400m: 3, Belgrave 3:31.0.

Teams: 1, Aldershot F&D 209; 2, Basingstoke & MH 207; 3, Belgrave 176; 4, Windsor S&E 163; 5, Cambridge 104.

Ⓡ Around the tracks

Crystal Palace, 3 Apr. Hercules Wimb. AC. U17 800: 3, B.Hamill 2:03.6. U15 200/HJ: 1, J.Hilston 24.8/1.60.

Tonbridge Open, 12 Apr. U13 600m: N.Whorlow 1:59.0. 1000m: N.Whorlow 3:29.4.

Crawley, 3 Jun. U15 100m: J.Hilston 12.2.

Bedford, 3 Jul. AAA U20 Champs HT: 10, S.Thompson 49.80.

Crystal Palace, 18 Jul. London Youth Games. U17 800m: 1, M.Parper 2:08.6.

Middlesborough 31 Jul. Anniversary Open Meeting. U20 HT: 1, S.Thompson 57.52.

Tooting, 8 Aug. U13 Inter-Counties. Boys SP: B 1, A.Barnett 8.87. DT: B 1, A.Barnett 22.64. Representing Surrey.

Tonbridge, 10 Aug. U20. 800m: C.Solorz 2:07.1. U17. 100m: D.Sprigg 12.9; R.Peacock 13.2. 800m: A.Rainer 2:30.3. 1500m: W.Swaffer 4:33.0. LJ: R.Peacock 5.06; D.Sprigg 4.54; A.Rainer 4.00. U15. 100m: P.Hills 13.5; R.Haigler 14.2. LJ: P.Hills 4.53; R.Haigler 3.81. U13. 100m: P.Knight time not known. 800m: N.Whorlow 2:35.1; P.Knight 2:47.3. 1500m: N.Whorlow 5:39.8; P.Price 6:02.0. LJ: P.Knight 3.97; N.Whorlow 3.52; P.Price 2.92. DT: N.Whorlow 13.02.

U11. 80m: G.Maycock 14.3; S.Whorlow 16.4. **Middlesborough 14 Aug.** NE England Hammer School. U20 4, S.Thompson 54.42.

Hendon, 15 Aug. SoE U15 Inter-Counties. 200m: 5, D.Jackman (Sry) 24.2.

Sheffield, 29 Aug. McDonalds Games. U15 4x100m: 1, Sale 44.62; 2, Blackheath 45.22; 3, Belgrave (H.Cavalier, M.Dickson, E.Hassan, D.Jackman) 45.98.

Tooting, 29 Aug. Herne Hill H Open. U20. 100m: D.Newman 12.2. 200m: D.Newman 25.4. 100mH: D.Newman 20.7. U17. 800m: R.Peacock 2:12.4; C.Paine 2:14.4. 1500m: W.Swaffer 4:32.9. LJ: S.Randall 5.66; n/s R.Peacock 4.88. U15. 100m: P.Hills 13.2. 200m: P.Hills 27.9. LJ: P.Hills 4.58. U13 200m: N.Whorlow 33.1. 800m: N.Whorlow 2:36.0; T.Pepper 2:49.4; S.Whorlow 3:31.5. HJ: N.Whorlow 1.20. LJ: P.Knight 4.20. SP: T.Pepper 6.03. DT: N.Whorlow 13.02.

Sunderland, 2 Sep. DSD Hammer Open. 1, S.Thompson 59.96.

Andover, 5 Sep. Inter-League. U13. 100m: S.Erskine 13.8. 200m: S.Erskine 29.3. 800m: N.Whorlow 2:34.9. 1500m: P.Knight 5:44.9. 3000m: N.Whorlow 13:24.6. LJ: P.Knight 4.10. JT: P.Knight 15.74.

Crystal Palace, 12 Sep. Inter-area U20 Match. HT: 4, S.Thompson (North) 56.50. **Carshalton, 26 Sep.** Sutton Open. U17 JT: 1, B.Cascoe 53.54.

Wimbledon Park, 12 Oct. Pole Vault Comp. U20 1, N.Browning 3.00.

THAMESIDE LEAGUE MATCH 4 BATTERSEA PARK, 31 JUL

U15
100m: 1, D.Jackman 11.7; 1, J.Hilston 11.8. 200m: 1, D.Jackman 24.1; 2, P.Sowten 25.1. 400m: 1, E.Hassan 57.9; 3, S.Taylor 71.1. 800m: 2, R.Bentley 2:22.3; 3, S.Vella 2:23.4. 80mH: =1, S.Scott 12.3; 3, R.Haigler 17.5. HJ: 2, J.Hilston 1.60; 2, S.Taylor 1.40. LJ: 3, P.Sowten 5.19; 1, E.Hassan 5.16. JT: 1, S.Vella 30.00; 1, D.Petch 22.52.

Teams: 1, Croydon 140; 2, Paddock Wood 126; 3, Belgrave 115.5; 4, Southwark 88.5; 5, Queen's Park 66; 6, Herne Hill 60.5; 7, Richmond & Twickenham 29.5.

U13
100m: 5, P.Knight 14.9; 3, R.James 15.1; n/s G.Maycock 17.1; S.Whorlow 20.7. 200m: 3, P.Knight 31.0; n/s G.Maycock 38.6. 400m: 2, N.Whorlow 69.6. 800m: 2, N.Whorlow 2:38.5; 1, F.McManus 2:46.3; n/s G.Maycock 2:56.3. 1500m: 4, T.Pepper 6:13.5. HJ: 4, A.Mason 1.15. LJ: 4, P.Knight 3.92; 3, A.Mason 3.41. SP: 3, N.Whorlow 6.12; 2, T.Pepper 6.85. 4x100m: 4, Belgrave 61.4.

Teams: 1, Croydon 136; 2, Herne Hill 131; 3, Queen's Park 79; 4, Belgrave 77; 5, Paddock Wood 69; 6, Southwark 40; 7, Richmond & Twickenham 7.

NATIONAL JUNIOR LEAGUE SURREY DIVISION 3 MATCH 3 BATTERSEA PARK, 1 AUG

Our first ever home match in the National Junior League did not, unfortunately, give us another win. There were some great performances again but whereas we had nine winners at the previous match, here we just slipped a bit to seven while Basingstoke were at full strength.

Considering that Rob Milner is a first year youth, he runs a mighty mature 400 hurdles. Whatever the competition he seems to find his way

Sidetracked again ...

• Daye Donovan visited London in April - one of her regular visits from East 38th Street, New York. She entertained Elizabeth and Clive Shippen to lunch and was keen to hear all about Belgrave's latest exploits. Clive had unearthed from the Club Minutes of 1912 the entry recording Edmund Donovan's acceptance into membership, his election as Hon. Auditor at the AGM of 1913, and his departure for active service within days of the outbreak of World War I. Edmund was twice wounded and after the War sailed for the USA and a career in New York.

Daye gratefully received copies of these records and asked that her best wishes be passed on to all Belgravians.

• How nice to see Gill and Tony Fairclough at our veterans track & field league fixtures. They travelled all the way from Medway on Monday nights to boost our team of officials, Gill taking charge of the field events and Tony, on the verge of competing, occupying the track judges' stand. Many thanks to you both.

• Previously a member of the IAAF's Press & Information Department and our own Track & Field Secretary, Vikki Peckham has been appointed Assistant Manager of England Commonwealth Games Team.

• Gordon Doubleday, in his capacity of President of Centurions AC, had the pleasant duty of chatting to all and sundry at the 200 kilometre event at Battersea last August. One non-walker he was pleased to encounter was our old friend and long-time member Joe Dooley (with whom we seem to have lost touch). In his own words, 'Doub' tends to hibernate during the winter but is still very much involved with timekeeping throughout the rest of the year.

• Congratulations to Sharon and Ernest Obeng on the safe arrival of their second son Daniel - a competitor for older brother Adam to race against in a few years. Mum and Dad are reported to be delighted and we look forward to meeting all four of them at League matches next summer.

• Discus man Abi Ekoku is already making a name for himself in rugby league circles, scoring tries in every match for London Crusaders and having a particularly good game against Featherstone in the RL Challenge Cup. Just mind how you go Abi. We need you in one piece next season - or will we be able to use him now that he is a professional?

• It seemed that Bill Couzens had organised his last Club Dinner Dance, and how nice it was for one of our hard workers to leave a position on a really high note. Not only was our 1993 Dinner acclaimed widely as one of "the best ever", but Bill had actually found someone else willing to take over the reins. However, when Bill returned to the Preston Cross Hotel to make a provisional booking for the 1994 event he began to realise that it was going to be a bit like chopping off his

right arm. Gwen thinks he's mad but ... Bill has decided that he can't let go just yet and will continue as the organiser of our premier social function. Not that he had intended to rest on his laurels, for he has also assumed responsibility for that regular earner for us - The '200' Club.

• Past President Jack Goswell has done us proud in running that '200' Club year in and year out, swelling the Club's funds by thousands of pounds so that we can meet the many bills that face us in running a club of our size. What would we have done without him. As a mark of our appreciation of Jack's achievements, a special presentation is planned for some time soon.

• Cross country runners will be aware by now that Colin Pearson stepped down from the position of Cross Country Secretary at the A.G.M. We can't let that pass without acknowledging the very great effort that Colin has put into that area of the Club over past years. Belgrave Harriers is a very important part of Colin's life so it must have been a move he thought long and hard about. Happily he is not lost from the scene as he is now assisting new man Don Anderson while he settles into the job. Thanks again Colin!

• For a long time in the '60s and '70s Past President Reg Hopkins was the man in charge of our Young Athletes. And what a wealth of experience he had as well, being a Youth Officer working in inner South London. Well, Reg has now retired from from the Youth service and we at Belgrave are delighted that he has decided that he can now spend more time with us again. He has offered to help Leo Coy with the younger sections of our Club and with his special training, particularly in the areas of motivation, he is going to be a most welcome addition to the team.

• The Elliot brothers are making a name for themselves - and not only in athletics. Christian is at Epsom College and already has earned a double cap for Surrey in Rugby and Hockey. Up at Oxford University, Matthew is also well thought of in Rugby circles, playing in the second 15 and being called to the bench against Leicester for the full Oxford first. Both lads are competent 800m, 1500m and cross country runners. Not only are Mum and Dad, Linda and Peter very proud of them but so is Billy Bull who coaches both boys.

• By the time you read this, John Gladwin will probably have been in hospital for an operation on both achilles tendons. Both are to be stripped of scar tissue using keyhole surgery. John intends to be back running within a couple of weeks and hopes that this will enable him to have a crack at those currently entrusted with Britain's middle distance events. All Belgravians will be wishing him luck with his rehabilitation and would love to see that flowing stride grace the tracks regularly again.

Coaching Notes

Now that our winter training programme is well underway it is good to look back to the many successes of last summer and use these to build on.

At Battersea last year Arthur Bruce's group joined my own from Kingsmeadow on Tuesdays evenings and many of these athletes competed well at all levels from Young Athletes to the Southern and British Leagues. As usual Bob Bridges continued his hard work and again provided his usual crop of athletes.

One of the real achievements of last season was our third place in the Premier league and the many individual fine performances of our young athletes. Much credit here should go to the coaches of these athletes. They were: Bob Bridges, John and Leo Coy, Tony Ganio, Selami Simsek and Martin Milner. Also Chris Bentley who did an enormous amount of work with the sprint relay squads. No less than ten of our youngsters were selected to compete in the English Schools Championships with only Blackheath from London providing more. This was the result of three years hard work and commitment by the coaches concerned.

A real problem with the Juniors though is our shortage of throws coaches. So many times last season we had to make up points in the Junior League by asking lads to 'have a go'. This should not be necessary, we need to develop the coaching in this area.

Another area worth reporting on is the two sessions we had with our new friends from Folkestone. Stephen Whorlow has developed quite a large group of very enthusiastic boys and girls down there so John and Leo Coy our two captains Toby Earle and Gavin Mason and I went down to Kent for a good coaching session. A few weeks later there was an even better session held at Battersea when we were joined by Bob Bridges and Mike Bazire. I think that Steve and Dave were very pleased with the result so we hope to repeat the session in the future. It would be nice to see more coaches there next time!

We are using Belgrave Hall for our winter programme of coaching. On Sunday we meet at 10.30 and join the senior pack for an organised run or fartlek over Wimbledon Common and Richmond Park. Monday is Circuit Training, Tuesday a hill session, and Thursday another pack run over Wimbledon Common. All these sessions start at 6.30.

It is essential for coaches to get their athletes to either these sessions or their own similar sessions throughout the winter. Remember, you reap what you sow!

So we can look back to the many successes of last season to inspire us to even greater heights in 1994. Thanks to all those who put in the hard work and good luck next season!

Bill Bull

Veterans' Results

VAC & SVAC 10m CHAMPS. TOOTING 2 MAY

1, B.Sewell (Thurrock) 54:29 (record); 2, S.Birkin (Cambridge H) 56:12; 3, D.Alexander (Hercules Wimb) 56:16; 24, C.Taplin 64:05; 29, A.Stone 64:55; 32, R.Bale 65:23; 34, J.Wasbrough 65:52; 36, P.Newell 66:34; 47, C.Walker 69:07; 50, A.S-troud 69:45; 52, L.Mann 71:00; 65, D.Manning 78:19; 88, C.Manning 97:03.

VAC Champs.

M50. 2, A.Stone; 3, J.Wasbrough. Team: 1, Belgrave 3:21:47.

M60. 3, P.Newell. Team: 1, Belgrave 3:25:36.

SVAC Champs.

M60. 3, C.Walker

NATIONAL VETS R. RELAYS SUTTON PARK, 9 MAY

"You're not going all the way to Birmingham just to run three miles are you?"

This was heard at Belgrave Hall a week before the relays and is the attitude of many veterans who enjoy the occasional local race but don't like to travel or spend the whole day away. But those dozen Belgravians who did make the journey to Sutton Park were treated to an outstanding day of athletics with many familiar faces from the past taking part, a silver medal from our over sixties team and a lap record by Laurie O'Hara. In addition, Fred Paget and Arthur Bruce came along in an advisory capacity. "Come on Chas, get a move on!"

Unfortunately, Belgrave were unable to muster either an M40 or M50 team so in the end it was decided to combine the eight runners we did have available to compete in the M40 event. Team spirit was good and many thanks to everyone who turned out. In spite of the 'scratch' team with many runners missing, Belgrave finished with their highest placing in this event. The competition was stronger than ever with Tipton winning their first National Veterans title from Swansea and Salford. Further down the field Dave Moorcroft ran the sixth leg for Coventry Godiva in 14:28 just missing the vets record for this course.

Belgrave, with Laurie O'Hara in the team for the first time as an over 60, had high hopes for the M60 title. There had even been selection problems with Pat Newell running into form in the VAC '10' the week before and getting the verdict over a slightly less fit Bert Stroud.

Barnet played their trump card on the opening stage by running Ron Higgs. He had a blinding run, setting a new record time of 17:27. Charlie Walker ran hard to hold Barnet to a minute and a half and on the next leg Pat Newell pulled 8 seconds back on Laurie Forster. However, Laurie had an impossible task and although he closed to within 13

seconds of J. D. Wood at the finish, breaking the lap record again with a wonderful 17:19, the gap proved to be just too great. All credit to the Barnet team who all ran above form.

Our men had all run well too, with Charlie and Pat both recording faster times than two years before. It was a cracking race and we were just beaten by the better team on the day.

M40 8x5k

1, Tipton 2:05:09; 2, Swansea 2:05:22; 3, Salford 2:06:52; ... 66, Belgrave (7, C.Dickinson 15:28, 26, D.Clack 17:11, 60, A.Fairclough 18:46, 64, P.Roche 18:08, 64, A.Stone 17:47, 59, R.Pearson 17:13, 66, M.Newton 19:03, 66, D.McMillan 18:16) 2:21:52.

Fastest: 1, D.Moorcroft (Coventry) 14:28; 2, M.Rees (Swansea) 14:34; 3, D.Fowles (Cardiff) 14:43; ... 39, C.Dickinson 15:28.

M60 3x5k

1, Barnet & D 55:09; 2, Belgrave (C.Walker 18:58; P.Newell 19:05, L.O'Hara 17:19) 55:22; 3, Solihull & SH 57:30.

Fastest: 1, L.O'Hara; 2, R.Higgs (Barnet) 17:27; 3, P.Morris (Solihull) 18:00; 8, C.Walker 18:58; 9, P.Newell 19:05.

◆ Tongue in cheek quote from Laurie O'Hara to Charlie Walker after the Bels just missed winning the M60 National Vets Road Relay: "Well you had the ideal preparation really - a hard 10 miler the week before!"

◆ The VAC 5.2 mile Road Champs. held in Battersea Park had rather a thin turn out generally, and especially for Belgrave. Our only medal was the silver won by Tony Stone in the M50. In fact as far as the Bels. were concerned, the whole summer series seemed less popular this year. Regulars, however, were Tony Stone and Rex Bale, the latter returning to his best form. Nice to see Lionel Mann running again after his lengthy injury problems.

◆ "No. There's got to be a mistake. You girls can't be veterans." Starter Kevin Kelly's comment as he gathered the ladies together for the start of another Vets T&F League race would have brought a smile to the face of the most ardent feminist. It was also typical of the easy going atmosphere that prevails at these matches for both our male and female athletes. Not that the competitors don't take their sport seriously, it's just that the mood is one of enjoying the evening in a cel-

Road race round-up

Battersea Park, 27 Apr. VAC 5.2miles. 8, A.Stone 31:04; 11, C.Taplin 31:21; 12, R.Bale 31:43; 16, A.Stroud 33:39.

Battersea Park, 18 May. VAC 5.2miles. 13, W.Morris 30:56; 14, A.Stone 30:58; 17, R.Bale 32:19.

Morden, 19 May. Cobra Sports 10k. M50 1, A.Stone 38:12.

Tadworth, 23 May. 5 miles. A.Verdie 28:45; A.Stone 30:03. Tony Verdie was placed 2nd in the age graded result.

Battersea Park, 15 Jun. VAC Champs. 5.2miles. 18, A.Stone (2nd M50) 31:34; 38, F.Barrett 36:20.

Ham, 27 Jun. Dysart Dash 10k. M50 1, L.O'Hara 36:33 (in spite of actually being an M60); 4, A.Stone 38:01.

Battersea Park, 6 Jul. VAC 5.2m. R.Mann (gst) 30:42; 8, R.Bale 31:12; 11, A.Stone 31:50; 16, L.Mann 34:01.

Chipstead, 17 Jul. Elmore '7'. 16, R.Pearson 40:24; 19, A.Verdie 41:03; R.Faithful 53:31; G.Pearson 70:03.

Perivale, 3 Aug. Runnersworld 5k. 17, L.O'Hara 17:06.

West Wimbledon, 8 Aug. Surrey 5k. 29, R.Bale 17:02. M50 2, A.Stone 17:53.

Battersea Park, 17 Aug. VAC 5.2miles. 10, R.Bale 30:50; 12, J.Slough 30:59; 13, A.Stone 31:05; 32, D.Maughan 34:39.

Perivale, 18 Aug. Runnersworld 10k. 18, L.O'Hara 17:07.

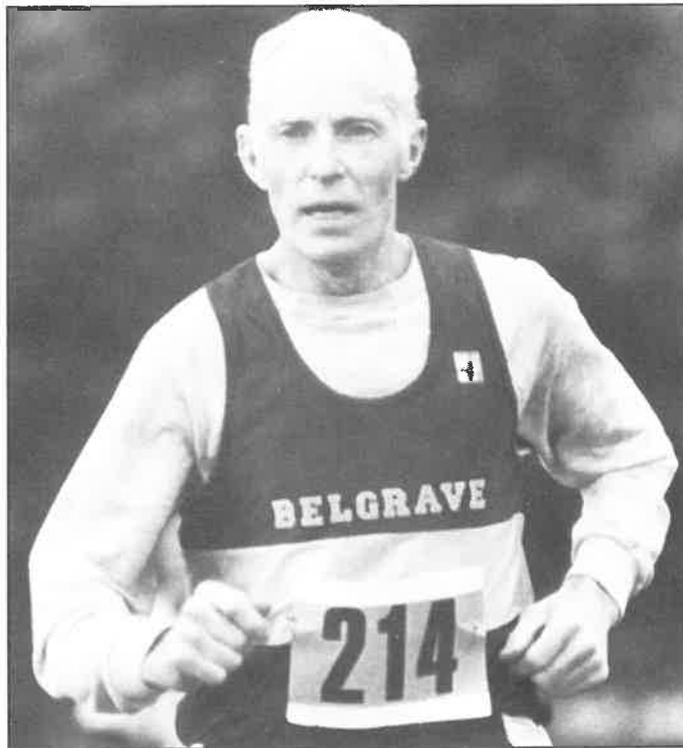
Battersea Park, 5 Sep. Wandsworth Charity Trust 10k. 8, R.Bale.

Hyde Park, 9 Sep. Pat Newell ran well in the last 'Friday of the month' 5km where he won the M60 race in a fine time of 19:02.

Edinburgh, 12 Sep. Princes Street Mile. Past Masters: 9, J.Bicourt 5:12.0.

Battersea Park, 13 Sep. Sri Chinmoy '2'. M60 1, C.Walker 12.45.

Amersham 19 Sep. BUPA '5'. 17, C.Dickinson 27:12 (2nd M45).

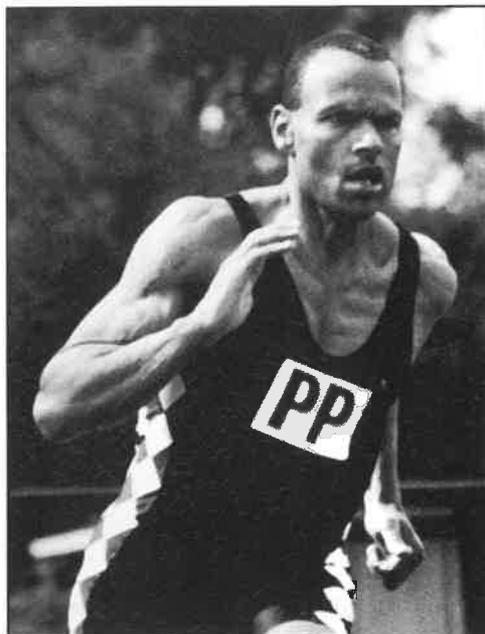


Above: Pat Newell nears the end of the Belgrave 10k on October 24th where he clocked up 38:23 for first M60.
Photo: Richard Xeri

bration of fitness - in spite of being just beyond the very first bloom of youth.

◆ Charlie Walker had a spell out through injury during the summer when he stubbed his big toe on a rock while running round the

path on Clapham Common. The stone had been washed to the surface after heavy rain. Good old Pat Newell. He went out with his lump hammer the very same evening to remove the offending obstacle. Better keep your eyes on the path Charlie.



Left: Our 1972 Olympic Decathlete, Snowy Brooks is still going strong, scoring points in Southern and Vets Leagues.

Vets' Track & Field

SOUTHERN VETS T&F LEAGUE MID-LONDON DIV. MATCH 1 COLINDALE, 26 APR

With just a small team we placed third in both the men's and women's competitions in our first ever Veterans' League match. Unfortunately the effort of getting fit for this series had resulted in a rare old crop of injuries and while potential points winners were at home nursing ice-packs, some unlikely candidates stepped into the breach. Who'd have thought we'd ever see John Dunsford running a 100 metres!

Derek Clack and Bob Bridges are part of our "only-just-40" brigade and they scored heavily but Bob paid the penalty and was still limping a week later due to a sore achilles tendon. The 2k walk gave us our most convincing win, thanks to Sue Porter, but the performance that got the most mileage in dressing room discussion for the next few days was Tony Stone's 400 metres - ahead of daughter Jackie in the 1993 rankings!

M40
100m: 3, R.Bridges 13.4; 5, D.McMillan 15.4. 400m: 2, D.Clack 59.0; 2, R.Bridges 61.4. 1500m: 3, D.Clack 4:40.6. 2, D.McMillan 5:05.6. 2000m Walk: 2, C.Lawton 9:34.0; 2, R.Middleton 11:16.2; n/s Pat Duncan 11:26.6. HJ: 2, R.Bridges 1.30. SP: 4, R.Bale 5.67. HT: 1, R.Bridges 21.42.
M50
100m: 3, J. Dunsford 16.7. 400m: 1, A. Stone 64.8. 1500m: 2, A.Stone 5:04.3. 2000m Walk: 3, J.Dunsford 11:31.8
4x100m: 4, Belgrave 60.6.
Men's teams: 1, Met. Police 179; 2, Serpentine R 129; 3, Belgrave 127; 4, Thames Valley 77; 5, Heme Hill 55; 6, Hercules Wimbledon 40.
W35
100m: 3, P.Mead 17.7; 3, S.Porter 20.8. 2000mW: 1, S.Porter 11:31.8. HJ: 2, P.Mead 1.00. SP: 3, B.Duns-

ford 4.97. HT: 3, B.Dunsford 15.96. Women's teams: 1, Met. Police 120; 2, Serpentine R 118; 3, Belgrave 49; 4, Heme Hill 12.

SOUTHERN VETS T&F LEAGUE MID-LONDON DIV. MATCH 2 BATTERSEA PARK, 24 MAY

Serpentine Runners had been seen training in droves in the few weeks before this meeting and although it was our home match, surprisingly our men had their worst result of the series as we failed to cover several of the events and lost any chance of a high placing in the league. Our women's team, however, repeated their 3rd place of the opening match and actually crept closer to the opposition.

We had more female sprinters than the other teams but unfortunately the relay was a medley - 2x200+400+800 - and not surprisingly no-one wanted to run either of the last two legs. Natalie Tracey and Pat Mead drew the short straws and both vowed never to race those distances again!

Poor Arnold Bentt turned out for the first time in around 15 years - and went home nursing a pulled hamstring after just one effort in the 'triple'. Another on the injured list was Snowy Brooks but a damaged shoulder wasn't going to stop him from getting into the action somewhere and he managed to sprint with his bad arm tucked up on his chest.

For Terry Lawton this was where it all started. With his gymnastic tendencies he was an obvious candidate for the pole vault and a little thing like "but I've never even touched a pole before" cut little ice with the team manager. Not only did he end up getting 3rd, but he enjoyed it to the extent that he hasn't stopped talking about it ever since.

M40
200m: 6, D.McMillan 30.2; 5, C.Brooks 29.0. 800m: 3, D.Clack

2:08.9; 5, P.Roche 2:32.7. 3000mSC: 6, D.McMillan 13:22.9; gst M.Bizio 9:48.0. LJ: 4, A.Bentt 3.74. DT: 1, C.Brooks 33.74. Medley relay: 2, Belgrave 4:21.3.

M50
200m: 3, T.Lawton 29.2. 800m: 1, A.Stone 2:26.8. LJ: 6, A.Stone 2.85. PV: 3, T.Lawton 2.20. DT: 4, J.Dunsford 19.10.
Teams: 1, Met. Police 235; 2, Serpentine 164; 3, Thames Valley 160; 4, Hercules Wimb. 139; 5, Belgrave 128; 6, Heme Hill 114.

W35
200m: 2, S.Scott 33.2; 2, P.Mead 36.9; n/s N.Stracey 36.1. LJ: 3, N.Stracey 2.44. DT: 3, C.James 18.06. JT: 3, P.Mead 15.40. Medley relay 3, Belgrave (C.James, S.Scott, N.Stracey, P.Mead) 6:11.5.
Teams: 1, Serpentine 124; 2, Met. Police 97; 3, Belgrave 69; 4, Heme Hill 32.

SCVAC T&F CHAMPS. CROYDON ARENA, 6 JUN

Held on one day again after last year's two day experiment at Watford, the warm weather produced some fine performances and strong competition in many events. Laurie O'Hara wisely chose the 1500m on such a hot day and ran away from the field to record a new M60 CBP of 4:42.3. Charlie Walker was second in 5:31.4 and Tony Stone also got a silver in the M50 event in a time of 4:58.8.

Charlie went one better in the M60 5000m winning in 20:15.3, a good time in the hot conditions, although at M65 Steve Charlton flew round in an amazing 18:04.7 recording a new CBP.

In the combined M40, M45, M50 race, after a fast start several of the early leaders either dropped out or fell back, the heat again taking its toll. Charlie Dickinson nearly suffered the same fate after pulling away with 1000m to go. On the last lap Edwin Cooke closed the gap and looked set to pounce but Charlie just managed to hold him off in the final sprint, recording 16:01.3. Tony Stone finished 4th in the M50's in 18:11.4.

Barbara Dunsford threw 18.72 for 2nd in the W55 Hammer behind Evaun Williams who broke the World record with a throw of 37.90.

SOUTHERN VETS T&F LEAGUE MID-LONDON DIV. MATCH 3 TOOTING 21 JUN

Amazing! They do say that the reason for the dearth of officials these days is the number of athletes

taking part in veteran competition. This argument was turned on its head at Tooting where Belgrave actually provided more officials than male competitors. We were a mere five in number, with only two in the 40-50 bracket and both of them sprinters. With two to score per running event we were slaughtered - stone bonkers last. Good old Tony Stone kept our end up in the over 50s, back from a racing holiday in Belgium just hours before the match, but new man Bill Morris didn't do himself justice in the 1500m, developing severe breathing difficulties after being up with the leaders.

Life-member Snowy was our only winner of the evening, although judging from the lack of a recall shot in his 100m, the starter must have been a little short of ammunition.

As far as our women were concerned, it was pbs all round in the track events with Sally Scott kicking off with a very respectable 100m.

M40
100m: 5, R.Bridges 13.1; 1, C.Brooks 13.1. 400m: 6, R.Bridges 66.1. HJ: 3, C.Brooks 1.50; n/s R.Bridges 1.30. SP: 2, C.Brooks 9.90. JT: 1, C.Brooks 37.84. HT: 2, R.Bridges 22.04.

M50
1500m: 4, W.Morris 5:56.3. 5000m: 2, A.Stone 18:28.1. HJ: 4, J.Dunsford 1.25. JT: 6, J.Dunsford 12.14.

Teams: 1, Met. Police 239; 2, Serpentine Runners 217; 3, Hercules Wimbledon 194; 4, Thames Valley 182; 5, Heme Hill 173; 6, Belgrave 122.

W35
100m: 2, S.Scott 15.2; 3, P.Mead 17.0. 400m: 4, N.Stracey 82.4; 2, P.Mead 84.8. HJ: 3, P.Mead 1.10; n/s S.Scott 1.15. JT: 3, P.Mead 13.98.

Teams: 1, Serpentine Runners 125; 2, Met. Police 117; 3, Belgrave 59; 4, Heme Hill 44.

SOUTHERN VETS T&F LEAGUE MID-LONDON DIV. MATCH 4 BATTERSEA, 5 JUL

At last we had something like a team. Bob Bridges and Snowy Brooks were mopping up points everywhere, and with additional winners in the form of Derek Clack, Laurie O'Hara and our 'bankers' the walkers, we came close to winning the match. This time the ladies were unable to attend in force and Sue Porter found herself getting involved in some unfamiliar events to support Cynthia James after she took her customary first place in the walk.

For sheer excitement the men's 4x200m relay couldn't be beaten. Our three fast men were looking for one other to join them. Laurie was in the shower by now and the ubiquitous Tony Stone, with a 3000/800 metres double still in his legs, was entrusted with the anchor stage.

Snowy, Bob and Derek built up what seemed like a huge lead for our favourite road runner - but it was asking too much and he got all but blown away as a 25 second powerhouse of a policeman tore past him in the straight.

Men M40

200m: 3, R.Bridges 26.5; 1, C.Brooks 28.0. 800m: 1, D.Clack 2:14.2. 3000m: 6, A.Stone (M50) 10:40.1; 4, R.Bale 11:29.0. LJ: 2, R.Bridges 4.96. TJ: 5, R.Bridges 8.37. PV: 2, R.Bridges 2.20. DT: 1, C.Brooks 34.92. JT: 1, C.Brooks 39.10. 2000mW: 1, P.Warburton 10:19.6; 1, C.Lawton 10:29.3. 4x200m: 2, Belgrave (C.Brooks, R.Bridges, D.Clack, A.Stone) 1:53.8. M50

800m: 1, A.Stone 2:30.2. 3000m: 1, L.O'Hara 10:12.5. DT: 4, J.Dunsford 20.34. JT: 4, H.Porter 26.90. 2000mW: 1, D.Fotheringham 10:34.4.

Teams: 1, Met. Police 260; 2, Belgrave 221; 3, Serpentine Runners 211; 4, Thames Valley 195; 5, Hercules Wimbledon 172; 6, Herne Hill 153.

W35
200m: 4, C.James 39.3; 3, S.Porter 40.9. 800m: 4, S.Porter 3:30.6. LJ: 3, S.Porter 2.31. SP: 2, C.James 7.76. DT: 2, P.Mead 18.61. 2000mW: 1, S.Porter 11:21.9; 2, H.Miller 14:28.1.

Teams: 1, Serpentine Runners 151; 2, Met. Police 111; 3, Belgrave 89; 4, Herne Hill 32.

BVAF T&F CHAMPS. JARROW, 17/18 JUL

Few Southerners made the long journey to Jarrow for this year's Vets Track and Field Championships. Strong winds and coolish temperatures didn't help most events but there were still some outstanding performances in a friendly well organised meeting.

The Dunsfords were there, of course, John finishing 2nd to Doug Fotheringham in both the M60 3000m and 5000m events. Doug recorded 15:59.82 and 27:33.68, John 17:58.98 and 30:10.22. Barbara came 2nd in the W55 Hammer with a throw of 19.88.

Charlie Dickinson managed two 3rd places in the M45 5000m and 10000m with times of 15:50.06 and a tired 33:26.34.

VAC T&F CHAMPS. WEST LONDON, 29 AUG

Derek Clack ran his best 1500m of the season, gaining a bronze medal in the M40 event in a time of 4:20.8. John McGlashan took the lead from the gun at the perfect pace of about 68 seconds per lap and Derek appeared to be very comfortable sitting in behind the leader and Paul Toms. On the last lap McGlashan increased the pace slightly but just enough to lose Derek, perhaps suffering from his week's holiday in Tunisia with no running. Toms, in excellent form at present, won the sprint down the

home straight. Rex Bale also won the bronze in the M45 race.

1500m: M40 3, D.Clack 4:20.8. M45 3, R.Bale 4:48.0. 5000m: M40 2, L.Lyons 17:01. M45 1, C.Dickinson 16:07.0 (CBP). M50 2, A.Stone 18:31.7.

SOUTHERN VETS T&F LEAGUE 'C' FINAL, HENDON, 5 SEP

Although we were unable to compete as a Belgrave outfit in either men's or women's competitions (we needed to place first or second in our division to do that), we nevertheless had plenty of clubmates to cheer for in the Southern Vets T&F Final as a good deal of the men's composite team representing Mid-London were Belgravians, and the equivalent women's team was all Belgrave except one. To get some idea of the keenness of those who had survived this far into the season, it is worth pointing out that Tony Stone had decided to miss the Bolbec half-marathon for this track meet - and he's won it for the past three years!

Our walkers were supreme. Double 1st in the men's over 40 with

Messrs. Lawton and Warburton, 1st in the men's over 50 thanks to Doug. Fotheringham, 1st and 4th in the women's race through Sue Porter and Heather Miller - the points started piling up nicely.

Snowy was strutting his stuff as normal (in a very nice black one-piece outfit, trimmed with white harlequin side stripes and embellished with a sequin "Snowy" motif) and with our Hercules men scoring well on the field and our Herne Hill men doing likewise in the sprints, the chance of winning the final was there. Sadly, Pete Browne of Thames Valley was unable to turn out for the 400/800 due to injury and own Derek Clack, game though he was, was carrying a hamstring injury that did not allow him to get anywhere full stretch. The result was that we went down fighting just 10 points short of victory.

Our nine-strong ladies outfit were in good form, bolstered by a return to racing by Nina Mills, now over her injury but short of fitness, and Jacinta Moore, fresh into the vets' scene and raring to go. Our old friend and life-member Gerry North was ladies team manager for the

rival Hants & Mid-Surrey team and much was the excitement as at first we edged his girls out in the sprints. Pbs again came from our sprinters with Sally Scott's 31.5 likely to get her up to reserve status for the Southern League team. Jacinta won the two lap race as she pleased but was a little extravagant at the start of the 3000 and had to finally settle for 3rd.

We had a full complement of throwers with Barbara Dunsford forsaking the microphone for a while to heave the hammer. Pat Mead excitedly popped a discus over 20 metres in warm-up but then couldn't quite repeat it in the competition while Cynthia James got 4th in the shot.

M40

100m: 4, C.Brooks 13.0. 200m: 5, C.Brooks 27.3. 400m: 7, D.Clack 65.3. 800m: 3, D.Clack 2:12.4. 110mH: 3, C.Brooks 19.9. LJ: 4, C.Brooks 5.05. DT: 2, C.Brooks 31.78. JT: 5, C.Brooks 40.26. 2kW: 1, C.Lawton 9:47.5; 1, P.Warburton 10:02.3.

M50

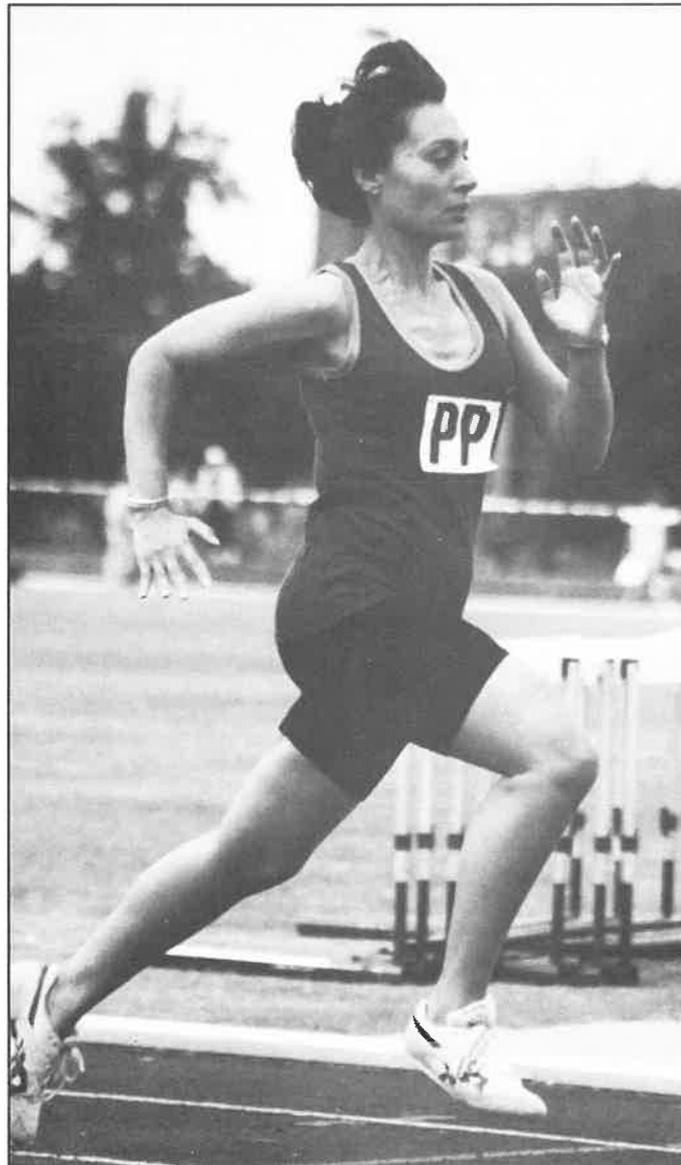
800: 7, A.Stone 2:37.5. 1500m: 2, A.Stone 4:57.2. 3000m: 3, A.Stone 10:45.1. 2kW: 1, D.Fotheringham 10:16.1.

Teams: =1, Hants & Surrey and Sussex 393; 3, Mid-London 383.

W35

100m: 4, S.Scott 15.3; 5, N.Stracey 17.0. 200m: 5, S.Scott 31.5; 4, N.Stracey 35.3. 400m: 4, P.Mead 84.6. 800m: 1, J.Moore 2:35.4. 3000m: 3, J.Moore 11:33.2; 2, N.Mills 12:28.4. LJ: 4, S.Scott 3.51. SP: 4, C.James 6.65. DT: 5, P.Mead 18.08. JT: 6, P.Mead 15.78. HT: 4, B.Dunsford 17.64. 2kW: 1, S.Porter 11:11.1; 4, H.Miller 14:24.7.

1, Hants & Surrey 245; 2, Western 236; 3, Sussex 226; ... 5, Mid-London 177.



Belgrave Half-Marathon Sunday March 13th

We're looking for a big entry. Pester John Wasbrough for entry forms now and make sure every runner you know has one.

You can catch John at the Hall on Saturday afternoons or on 081-641 4304

Left: Natalie Stracey, here running 100 metres in the Southern Vets. League Final, shows good sprint technique in her first ever season of athletics.

Veterans' track & field round-up

Battersea Park, 21 Apr. VAC Meeting. 1500m: A.Stone (M50) 4:59.3.

Battersea Park, 5 May. VAC Meeting. 3000m: 7, D.Clack 10:13; 10, W.Morris 10:38; 11, A.Stone 10:49.

Battersea Park, 9 Jun. VAC Meeting. 1mile yacht handicap: 7, A.Stone actual time 5:22.9.

Battersea Park, 21 Jul. VAC Meeting. 5000m: 5, L.O'Hara 17:22.7; 6, A.Stone 17:48.0; 7, R.Bale 18:22.2.

Battersea Park, 4 Aug. VAC Meeting. 1 mile: M40 4, D.Clack 4:46.2; 10, R.Bale 5:23.5. M50 4, A.Stone 5:18.9.

West London, 14 Aug. SoEAA Veterans Champs. M40. 1500m: 3, D.Clack 4:22.4.

5000m: 1, C.Dickinson 16:10.8. Exeter, 22 Aug. Inter-area Vets Match. M50 3000m: 1,

C.Dickinson (South) 9:16.1. Chas didn't seem particularly pleased with his 7.5 lap effort - but something he is trying to keep quiet is the fact that he ran around 59 for his stint in the 4x400m - could he make the Vets' League team next year?

Battersea Park, 8 Sep. VAC Meeting. 800m: 8, A.Stone 2:31.6. 10000m Champs: 10, L.Lyons 35:53.5; 12, R.Bale 37:21.8; 17, A.Stone (2nd M50) 38:39.7; 23, D.Maughan 42:27.0.

Sheffield, 11/12 Sep. BVAF Decathlon Champs. Snowy Brooks was going well until he came down in box in the pole vault, landing on his bad leg and bruising his heel. He went on to throw the javelin but after a lap of the 1500 with his heel now bothering him badly, decided not risk another bout of physiotherapy just to collect a medal and came out.

100m/12.8, LJ/5.39, SP/10.17, HJ/1.49, 400m/63.0, 110mH/19.5, DT/31.66, PV/3.00, JT/40.52.

SoEAA 4-STAGE VETS' RELAY ALDERSHOT, 25 SEP

September is always a difficult time to get teams out, people are either resting up after the summer track or beginning their heavy winter mileage. It was therefore pleasing to be able to compete in all three age group races on a day in which competition was particularly strong.

In the M40 race Aldershot led from the second leg and Bernie Ford, after an 18:59 third leg, handed over to Ernie Cunningham on the last. But Brighton and Hove, nearly a minute down had Nigel

Gates who stormed round in 17:58 to come home a good 40 seconds clear.

It was good to see Leo Lyons back for Belgrave after a long time off through injury. He ran very well on the first leg clocking 20:22. Belgrave finished 20th.

We did better in the M50 race in spite of fielding a rather unfit team. The course is rather too tough to just 'jog' round, as Alan Black found, but it was particularly good of him and Bill Laws to come and make up the team. All four finished within threequarters of a minute of each other and the team was 14th.

We had high hopes in the M60 race. Perhaps we could get revenge for the National defeat by Barnet in May, but it was not to be. Again the Barnet four all ran better than recent form would have suggested. On the first leg, Charlie Walker did his best to hang on to Bob Belmore who suprised everyone with a 24:00 leg after a summer of little racing. Charlie handed over to Pat Newell 48 seconds down and in third place just behind Ron Franklin of TVH. With Steve Charlton in such magnificent form at present running 22:28, TVH led at the end of the second leg, just over a minute clear of Barnet who were just under a minute ahead of Belgrave. There was no change after the third leg except that the gaps extended. Arthur Bruce had been called in at the last minute after Bert Stroud had gone down with flu and did well to run round in 25:43 but at the front Pulman of TVH ran 23:20 and Wood of Barnet 23:43.

So on the last leg Laurie O'Hara took over four and a half minutes down on TVH and nearly three minutes down on Barnet. He stormed round in 21:39 to overtake TVH but Barnet, with Ron Higgs also running very well, were too strong and held on for the gold.

In all an excellent day and a good practice for next May's relays which are at the same venue.

M40. 1, Brighton & Hove 1:16:51; 2, Aldershot F&D 1:17:19; 3, Cambridge H 1:17:36; ... 20, Belgrave (L Lyons 20:22, C Dickinson 19:49, R Bale 21:46, R Pearson 21:25) 1:23:21.

M50. 1, Verlea AC 1:27:09; 2, Cambridge H 1:27:55; 3, Overton H 1:28:08; ... 14, Belgrave (A.Stone 23:21, W.Laws 23:57, J.Wasbrough 23:34, A.Black 24:07) 1:34:59.

M60. 1, Barnet & D 1:34:07; 2, Belgrave (C Walker 24:48, P Newell 24:23, A Bruce. 25:43, L O'Hara 21:39) 1:36:33; 3, TVH 1:42:15. Fastest: M40. N.Gates (B&H) 17:58. M50. R Davidson (Cambridge) 20:32. M60. L O'Hara (Belgrave) 21:39

SURREY COUNTY VETS CC CHAMPS PETERSHAM, 9 OCT

The weather was not as kind as usual for this popular event, with very heavy early October rain and a strong cold wind blowing off the lake making the course tough and times slower than for several years. The early October date too makes the race easier for those who have raced on the roads over the summer rather than the track.

It was another good turn out for Belgrave both in terms of competitors and support. We had an individual silver from Pat Newell in the M60 race, together with team gold, and a surprise bronze for the under strength M50 team. In the Ladies 5km race Jacinta Moore ran well for 7th place with Nina Mills in 20th. We only needed one more for the team!

Dave Hill won the men's race for the third consecutive year. He got away early with the rest of the pack, apart from Steve Badgery, reluctant to follow. Mike Farmery, also from Thames H&H, came through strongly on the second lap and got quite close to Hill at the end. He was followed by that old war-horse Bob Gevers of South London, the 1987 winner.

At M50 the Belgrave trio of Tony Stone, John Wasbrough and Tony Hardy, racing again after a long time out through injury, all packed well and finished within 15 seconds of each other. It was a very good performance.

Pat Newell ran a great race in the M60's. He seems to enjoy this course, repeating his 1992 silver behind Jim Chandler of Waverley. Neither Charlie Walker or Bert Stroud were in the best of form but stuck it out and the team were just strong enough to take first place from Epsom and Ewell.

Women

1, M Statham (Holland S) 20:32; 2, A Roden (SLH) 20:43; 3, J.Davies (E&E) 21:31; ... 7, J.Moore 22:11; 20, N.Mills 23:55.

Men

M40. 1, D.Hill (TH&H) 33:47; 2, M.Farmery (TH&H) 33:58; 3, R.Gevers (SLH) 34:20; 4, C.Dickinson 34:38; 30, R.Bale 37:19; 32, P.Roche 37:25; 51, A Painter 39:46; 59, C.Taplin 40:11; 66, D.Clack 40:58; 73, D.Maughan 42:54; 80, L.Coy 44:09; 84, M.Hutton 45:15.

M50. 1, K.Spacie (TH&H) 36:49; 2,

R.Dickson (Croydon) 37:11; 3, J.Thomas (HW) 37:52; ... 9, A.Stone 40:16; 11, J.Wasbrough 40:30; 12, A.Hardy 40:31; 19, A.Black 41:48; 30, F Barrett 55:10.

M60. 1, J.Chandler (Waverley) 40:00; 2, P.Newell (Belgrave) 41:28; 3, J.McQuillon (E&E) 42:19; ... 5, C.Walker 43:26; 9, A.Stroud 45:08.

Teams: M40. 1, Thames H&H 10; 2, Hercules Wimb 26; 3, South London 42; ... 5, Belgrave 64. M50. 1, Woking 15; 2, Hercules Wimb 26; 3, Belgrave 32. M60. 1, Belgrave 13; 2, Epsom & E 15; 3, Ranelagh 17.

HOME COUNTRIES VETS INTERNATIONAL CC CHAMPS. CARDIFF, 6 NOV

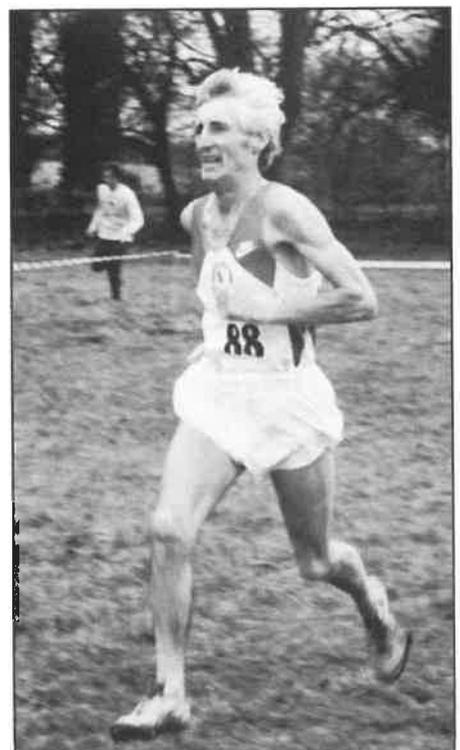
Laurie O'Hara, M60, and Charlie Dickinson, M45, were selected to run for the England team in the Veterans Home International at Cardiff. The course seemed to be specially designed to suit the strong Welsh teams at M40 and M45 and was marked out over rough farm land with one very tough hill on each of the three laps.

Laurie ran a cagey race, sitting behind the tall Eric Appleby until the last hill. Eric's long legs buckled at the top and Laurie pounced and sped away down to the finish to win by a hundred metres. Ron Higgs who had travelled to Cardiff with Laurie and Charlie also ran very well and was delighted to finish in third place in front of Maurice Morrell.

Although the Welsh won the individual races at M40, M45, and M50, England again dominated the team races with a clean sweep.

M45. 1, A.Roper (Wales) 30:08; 2, B.O'Neil (N Ireland) 30:21; 3, H.Mathews (Eng) 30:32; 12, C.Dickinson (Eng) 31:52.

M60. 1, L.O'Hara (Eng) 35:08; 2, E.Appleby (Eng) 35:25; 3, R.Higgs (Eng) 35:50.



Laurie O'Hara still has always had a devastating finish. Here he storms home in the Home Countries M60 International, having just taken 17 seconds out of Eric Appleby in the final burst.

Photo by Jeremy Hemming

Why Belgrave ? Book review

Some forty or fifty people were gathered in the Executive Club in Folkestone on Friday November 26th - young Belgrave athletes, girls and boys with their families - there to receive the various awards they had earned through sporting sweat and toil throughout the summer of 1993. If it hadn't been for the 'flu epidemic there might have been nearer seventy present. Between them they had won twenty English AA Standard Badges, ranging from Grade III right up to Grade I.

This group have travelled some 3,000 miles by coach and mini-bus during the summer months. Paper rounds, window-cleaning jobs and sponsored challenges have been undertaken to put together the cash to finance their travels. All of these youngsters contribute £4 towards the costs with every trip.

Many people have asked the question, "Why Belgrave Harriers, isn't there another club nearer to Folkestone? Belgrave's home is seventy miles away!"

Let's let Stephen Whorlow (a Dad) and Dave Mallender (a Teacher) take up the story and tell us how it came about.

Yes there is another club nearby, quite a few in fact, but our children, Shepway's leading group of young athletes, wanted something special.

How did it all get started? Well, a little ten year old boy started it just over two years ago when he took part in the Run for Africa sponsored run at Battersea Park. He went onto the track at Battersea - and was then drawn to the notice-board where colour pages from "The Belgravian" had been cut out and

pinned up. There were pictures of his heroes on those pages - the people he had seen on television competing across Europe and in the Games. So this was where they came from.

"I want to join their club", came the not so little voice. And so it began, the joining of the club, the weekly treks to their track and cross country meetings.

The better competition and training produced some good results, trophies and medals were won and he became known locally as a reasonable runner. When the summer of 1993 came round he invited a school teacher friend to watch him compete in some of the club's events. This man returned to his school and encouraged other athletes to get involved. They did. Six of them joined Belgrave Harriers and then more joined ... and more ... and more. Now we have twenty five budding athletes in the making. Make they did, with a coach who at the time was bewildered by the sudden growth of the group. They travelled the country leaving warnings wherever they went and standards were improved at every meeting.

Questions were asked around the houses of Kent. Kent County AA asked the question, other clubs asked the question, even some Belgrave Harriers were asking the question, "Who are they?" Eventually the message got round. They are some of the best, hardest working, dedicated, drive-you-crackers athletes in their area.

Belgrave Harriers have arrived in Shepway and in Kent, and our hand of friendship goes out to all fellow athletes in other clubs, but look out on the track, these young Belgravians are coming.

Book review

"I have run a phenomenal mileage, and the only thing I have learned from that is DON'T, because when you do your greatest mileage you have the worst results."

This piece of advice might not seem extraordinary until you learn that the words were spoken by Gordon Pirie in his interview with Alastair Aitken in 1989 just a couple of years before his death. Alastair had immediately homed in on the very questions that every runner would wish to ask, about Gordon's training methods and his attitude towards the athletes of his time as well as those of the present day.

"More than Winning" is a collection of interviews with top athletes put together over nearly thirty years. When I first met Alastair a few years ago after running in the Surrey Vets, he explained to me that interviewing was a little hobby of his. This book is rather more than just a hobby. With his knack of asking just the right questions and then pursuing these questions perhaps in another interview several years later he has produced one of the best books on athletics that I have read.

Nor was this an easy book to get published. Although well known for his articles in "Athletics Today" and "Athletics Weekly", it took a great deal of perseverance by Alastair and much understanding by his publishers, Temple House Books, to produce such a work in times when minority books are being squeezed out of the market.

In fact it isn't just a book to read, it is one you continually pick up and dip into. I must have read the chapters on Ian Stewart and Lasse Viren half a dozen times. Then there is David Hemery on how he worked out pre-race tactics for each round of the 400m hurdles in the Mexico Olympics, and Ron Clarke on how

he used to skip training sessions. There are over sixty interviews, each a mine of information.

Just a couple more quotes from the book, the first is from Lynn Davies who was interviewed in 1964, 1968 and 1970.

"I first took it up for fun when I entered the school sports in the long jump at the age of eighteen. I ran down, not knowing which leg I was going to jump off with. My first jump

MORE THAN WINNING

was twenty one foot two and a half inches." (Nearly six and a half meters.)

And lastly, a philosophy about athletics which we should all be reminded of, from Tommy Smith, best remembered for his 'Black Power' salute when collecting the 200m Olympic gold medal in Mexico.

"An awful lot of people tend to lose their identity when they are blessed with success; they lose self-control, poise, and just become gushing and big headed. I believe that athletics is a real test of mental attitude; not just to training, but to a person's attitude to life; to people and things. If you succumb to the rigorous self-control needed, and follow the advice of your coach, who is not training to create a big-head, then you will succeed as an athlete - but more importantly as a person."

More Than Winning, Interviews with Great Athletes, by Alastair Aitken, published by Temple House Books ISBN 0 86332 741 9.

Charlie Dickinson

Left: The young man who started it all, Nigel Whorlow, receives an award from Eamonn Martin



Statisticians love to play games with the ranking lists. Looking through the national lists for 1993 it is obvious that we had more men than ever making it to the country's top 50. Forty Belgravians set sixty-two performances to put at least one of our members in every one of the standard senior mens' events. We had no fewer than seven in the long jump down to just one in each of the 800 metres and hammer. We had four at the very top of their lists, three 2nds and three 3rds. Taking all events we filled ten positions in the top three in the country, fifteen in the top five ... and no fewer than twenty-eight in the top ten.

Using the old trick of allocating 50 points for a first place down to 1 for 50th we can work out our strongest and weakest events. For the record this is how they stand.

200m	193	5000m	128	3000m	87
Long jump	176	400m hurdles	110	110m hurdles	80
High jump	172	Javelin	108	Hammer	43
Discus	171	Shot putt	101	1500m	13
100m	152	Triple jump	96	800m	1
Pole vault	143	400m	93		
3000mSC	135	10000m	90		

Women's Road and Cross Country

SEAA ROAD RELAY CHAMPS ALDERSHOT, 16 OCT

1, Shaftesbury Barnet 38:43; 2, Bedford 39:03; 3, Parkside 40:14; ... 7, Belgrave (H.Maskrey 13:59, M.Andrew 14:09, G.Collison 13:19) 41:27.

SURREY WOMEN'S CC LEAGUE, RACE 1 WIMBLEDON, 23 OCT

What a brilliant start to the cross country season. The Belgrave women's team celebrated the award of a home fixture for the first time in some five years and their return to division one of the league with a fine second team position and two individual winners.

Laura Wilson is in her first winter season as an under-15. Fresh from the summer's track exploits and fit from training at the Hall with the boys, she held on to a three second victory after grabbing the lead not far from the finish. The Woking girl came back at her in the last few yards but there was no way Laura was going to relinquish number one spot and she fought her way to the line to shock the opposition.

Another to stun our rivals was Gabby Collison, although those with an eye on recent open track meeting results might have expected something special after she had clocked 4:38 and 9:48 for 1500 and 3000 metre races. Halfway around the course Gabby decided to stamp her authority on the race and climbing the hill away from the playing fields she was still going away from Hare & Hounds' Rachel Disley and super-vet Maggie Statham (actually scoring in the division two race held in conjunction. For quite a while now Gabby has been feeling far from satisfied with the returns from her training and after taking medical

advice and having her problem identified as anaemia has found that a course of iron tablets has done wonders.

Helen Maskrey was another to finish strongly up that hill, a slope known by her so well, it being the return route home from Richmond Park fartlek sessions. With Morag Andrews out of action on this occasion and new member Debbie Whitty only qualified to watch this time round, we should be looking for a division one win before the winter is out.

U15

1, L.Wilson (Belgrave) 16:49; 2, A.Hartney (Woking) 16:50; 3, R.Roome (Sutton & D) 17:07.

Seniors

1, G.Collison (Belgrave) 21:18; 2, R.Disley (Thames H&H) 21:56; 3, H.Maskrey (Belgrave) 22:06; ... 9, M.Ryan 23:21; 22, J.Moore 24:24; 48, N.Mills 26:40; 62, E.Finikin 28:04; 63, J.Stone 28:11; 78, J.Cockram 35:26.

Teams: 1, Thames H&H 54; 2, Belgrave 77; 3, South London 83; 10 teams closed in.

U15

1, L.Wilson (Belgrave) 16:47; 2, M.Hartney (Woking) 16:50; 3, R.Roome (Sutton) 17:07.

PRIORY 3x2.6m CC RELAY REIGATE, 6 NOV

We're looking for great things from Gabby Collison each time out now and once again she thrilled Belgrave supporters by running the Reigate ridge faster than anyone else on her stage, coming home to hand over to Morag Andrew 46 seconds clear of Thames Hare & Hounds. Morag had no trouble keeping the white vest and blue cross of 'Thames' at bay but must have been stunned by

Addis of Hounslow who set the fastest time of the day to storm past and give her club a lead that could not be wrested back. A last lap by Helen Maskrey ensured that the Bels. would go home with second place prizes - our best ever in this event.

It was good to get Morag back in the team. She has been suffering from injury problem's recently but as Helen aptly commented after the race: "She's say's she's unfit but she's running faster than I am!"

Just take a look at the fastest times will you? Gabby was in front of some very well-known names in running circles.

1, B of Hounslow 47:08; 2, Belgrave (G.Collison 1st 15:16; M.Andrew 2nd 16:14; H.Maskrey 2nd 16:17) 47:47; 3, Thames H&H 49:20; ... 12, Belgrave 'B' (M.Ryan 8th 17:02, J.Moore 10th 18:22, N.Mills 12th 19:10) 54:34.

Fastest: 1, R.Addis (B of Hounslow) 15:08; 2, G.Collison (Belgrave) 15:16; 3, P.Fudge (B of Hounslow) 15:42; 4, J.Mitchell (Croydon) 15:46.

SURREY WOMEN'S CC LEAGUE, RACE 2 BROCKWELL PK, 13 NOV

Olympic 3,000m silver medallist Wendy Sly, now running for Thames Hare & Hounds, seemed intent on leaving the rest of the field for dead as she crested the top of the starting hill, clear of the pack. But this was a three lap course and Gabby Collison, now brim-full of confidence, calmly hunted the Olympian down over the second circuit and then moved away to win in even more impressive style than she did in race one. The Belgravian's margin of victory at the end of the hilly, twisting course was virtually half a minute.

The standard of this race was much higher than in the opening fixture and Helen Maskrey's 5th was a fine effort that put her 20 seconds ahead of the previous second-placer, Thames' Rachel Disley. Similarly, Martina Ryan, too, found herself a couple of places down on her Wimbledon run and with Thames Hare & Hounds having turned out their top women, they again took the team race.

Once again Laura Wilson ploughed a lonely furrow for the Bels., single-handedly facing up to the rest of the county's under 15s. And once again she gave a good account of herself, this time being

pipped at the post by just one second with the 3rd placed girl a further tick of the watch behind.

U15

1, K.Hays (Croydon) 17:35; 2, L.Wilson (Belgrave) 17:36; 3, S.Badham (Hercules Wimb) 17:37.

Seniors

1, G.Collison (Belgrave) 24:41; 2, W.Sly (Thames H&H) 25:10; 3, J.Mitchell (Croydon) 25:12; ... 5, H.Maskrey 25:53; 13, M.Ryan 26:57; 27, J.Moore 28:49, 51, E.Finikin 32:45; 68, A.Patten 37:36.

Teams: 1, Thames H&H 41; 2, Belgrave 88; 3, Herne Hill 89.

... on the road again

Oct '92. Cabbage Patch Patch '10'. H.Maskrey 62:30.

Wimbledon, 14 Mar. Belgrave Half-Marathon. 1, H.Maskrey 1:22:07.

Woking '10'. H.Maskrey 60:33. Helen went 15 seconds inside Frances Guy's Club Record that has stood since 1986.

Wimbledon, 3 May. Hercules Wimbledon 10k: 3, H.Maskrey 38:08; 8, M.Ryan 41:18.

Sutton, 9 May. Sutton Runners 10k. 3, G.Collison 37:56.

Tadworth, 23 May. 5 miles. 1, C.Diss (Herne Hill) 27:52; 6, H.Maskrey 30:47; 14, M.Ryan 32:54; J.Moore 35:38. Team: 1, Herne Hill 365; 2, Stragglers 431; 3, Elmbridge 443; 4, Belgrave 465.

Southwark, 13 Jun. BUPA Southwark 5m. 5, G.Collison 30:16.

Ham, 27 Jun. Dysart Dash 10k. 5, H.Maskrey 39:22.

Wimbledon Common, 11 Jul. Windmilers 10k. 6, G.Collison 40:51.

Perivale, 12 Sep. Renault/London Gazette 10K. An entry on the day cost Gabby Collison dearly. She was a clear 2nd with 36:11 but the £100 prize on offer for that position was only available to those who had entered earlier!

Wimbledon 19 Sep. Wimbledon Half-Marathon. 3, H.Maskrey 1:27:01.

Ashford, 3 Oct. Julie Rose 10k. 2, G.Collison 36:12.

Cabbage Patch, 17 Oct. 10 miles. M.Ryan 67:35.

Wimbledon, 24 Oct. 10k. M.Ryan 40:26.

Brighton, 7 Nov. Brighton Phoenix races. U15 3.8k: 8, A.Butler 22:03.

Oxshott, 21 Nov. Surrey Classic 10k. 3, M.Andrew 38:42.



Left: Gabby Collison (2), Jacinta Moore (6) and Martina Ryan (just visible behind and to the right of 37) are well involved in the initial rush across the playing fields in the Surrey Cross-Country Champs at Frimley.

Young Athletes' Road & Country

SURREY YA RELAYS GUILDFORD 3 OCT

With Belgrave running out winners in the U17 and U15 categories, and James Drake picking up fastest lap of the day in the younger group, what more could you ask from the opening winter fixture. Great stuff!

U17

1, Belgrave A (M.Parper 6:14 3rd, M.Hillier 5:46 1st, A.Jones 6:06 1st, G.Mason 5:51 1st) 23:58; 2, Croydon 24:14; 3, Reigate Priory 24:23; 4, Belgrave B (B.Hamill 6:12 2nd, T.Earle 6:20 4th, R.Milner 6:29 4th, T.Earle 6:46 4th) 25:47.

U15

1, Belgrave A (S.Bramson 6:37 2nd, J.Drake 6:22 1st, J.Hilston 6:33 1st, S.Alexander 6:23 1st) 25:55; 2, Oxsted County School 26:17; 3, Croydon 26:29; Belgrave B (A.Breeze 7th 7:07).

James Drake was equal fastest.

SURREY CC LEAGUE RACE 1 EPSOM DOWNS, 16 OCT

With our big guns saving themselves for the following day's road relay, one might have thought that this first Surrey League race was going to be picked up by one of the opposing teams. Our young cross country runners had different ideas, however. Wes Swaffer came home only eight seconds out of the frame but, more importantly, spearheaded a Belgrave

assault that packed all four scorers in between 4th and 8th places. The Bels. win again!

U17

1, G.Russell (Epsom &E) 15:12; 2, J.Newall (Guildford &G) 15:21; 3, A.Ward (Sutton&D) 15:38; 4, W.Swaffer 15:46; 5, T.Earle 16:00; 7, J.Wilson 16:03; 8, G.Jones 16:09; 11, L.Jenner 16:36; 15, R.Milner 17:16; 24, T.Santer 18:06; 27, M.Padfield 18:41; 28, R.Peacock 18:45; 31 finished.

Teams: 1, Belgrave 34; 2, Sutton &D 59; 3, Epsom &E 76; 9 teams closed in.

U13

1, D.Beales (Mole Valley) 16:42; 2, N.Hendy (Mole Valley) 17:41; 3, S.Sayers (Woking) 18:26; ... 10, P.Knight 19:30; 13, N.Whorlow 19:46; 17, M.Boyle 20:56; 18, A.Cox 20:57; 19, P.Brice 21:11; 23 finished.

Teams: 1, Mole Valley 40; 2, Sutton &D 43; 3, Epsom &E 73; 4, Belgrave 74; 9 teams closed in.

MCDONALDS ROAD RELAYS ALDERSHOT, 17 OCT

Fortunes were mixed on this cold afternoon of relays at Rushmore Arena. It was pleasing to see Belgrave teams in all three races and our youngest outfit set the ball rolling by giving us 19th place. Now what could the U15's do?

Sussex based Gavin Jones was in the pack after the first circuit, handing over to a determined James Drake and we were up to 9th by mid-way. Now it was the turn of Simon Vella, a lad who is growing in confidence with every race. He stormed through the field to set our fastest time and with Simon Alexander on the final lap running a good anchor leg the Bels had a completely unexpected 5th place.

The big question before the under 17 race was whether to run Ben Hamill in the 'A' team; he had been suffering from a heavy cold. As it turned out, the decision to pitch him in was right, for he was our fourth fastest of the day, but poor Ben just didn't look happy and he paid dearly for hanging on to the leaders up the starting slope. In good form he might have expected to have been



Left: Simon Vella, having brought the Bels up five places at Rushmore Arena, sends Simon Alexander off on his way to complete the team.

Right: Ben Hamill had an 'off day', running after a bout of illness. He handed over to Wesley Swaffer who made up eight places for the U17 team. Wesley was voted Shepway Young Athlete of the Year for 1993 and has improved his best 1500m from 5:11.0 down to 4:32.9 in his first season.

half a minute faster. Wesley Swaffer, like some of our other lads, was up from Folkestone for the second consecutive day. He steadily picked up eight places and was followed by Gavin Mason, who took another six, but we were just that bit too far back to do any real damage now, even with Matt Hillier setting the day's 7th fastest time on the last leg.

U17

1, Tonbridge 38:01; 2, Medway 38:04; 3, Invicta 38:52; ... 13, Belgrave 'A' (B.Hamill 10:39 30th, W.Swaffer 10:16 22nd, G.Mason 9:57 16th, M.Hillier 9:31 13th) 40:23; 32, Belgrave 'B' (R.Peacock 11:41, R.Milner 11:18, L.Jenner 10:45, J.Wilson 10:44) 44:28.

Fastest: A.Graffin (Tonbridge) 9:10; ... 7, M.Hillier.

U15

1, Cornwall 40:48; 2, GEC Avionics 41:21; 3, Haringey 41:50; ... 5, Belgrave (G.Jones 10:32 13th, J.Drake 10:43 9th, S.Vella 10:18 4th; S.Alexander 10:34 5th) 42:07.

U13

1, Portsmouth 44:38; 2, Bedford 45:29; 3, Old Gaytonians 45:38; ... 19, Belgrave (P.Price 13:50 31st, N.Whorlow 12:08 25th, P.Knight 12:09 20th, A.Mason 13:35 19th) 51:42.

Fastest: T.Berhe (Thames Valley) 10:31.

SOUTH EASTERN CC LEAGUE RACE 1, THURROCK, 23 OCT

U17

1, S.Allen (Thurrock) 19:59; 2, A.Graffin (Tonbridge) 19:59; 3, D.Trice (Tonbridge) 20:47; ... 11, G.Mason 22:11; 17, J.Wilson 29:48; 28, W.Swaffer 23:53; 38 finished.

Teams: 1, Tonbridge 14; 2, Thurrock 46; 3, GEC 72; ... 7, Belgrave 95; 12 teams closed in.

U15

1, S.Vella (Belgrave) 17:00; 2, P.King (Thurrock) 17:02; 3, N.Bangs (Thurrock) 17:12; ... 5, G.Jones

17:57; 31 finished.

Teams: 1, Bexley 37; 2, Thurrock 38; 3, Belgrave 70; 11 teams closed in.

U13

1, S.Frost (Thurrock) 12:52; 2, M.Evans (Thurrock) 13:05; 3, S.Coombes (Dartford) 13:24; ... 22, N.Whorlow 14:52; 33 finished.

Teams: 1, Medway 30; 2, Thurrock 30; 3, Sutton 63; ... 11 Belgrave 124; 13 teams closed in.

SOUTH EASTERN CC LEAGUE RACE 2, WIMBLEDON, 13 NOV

U17

1, A.Graffin (Tonbridge) 21:14; 2, S.Allen (Thurrock) 21:30; 3, L.Newby (Medway) 21:31; ... 8, A.Jones 22:34; 20, J.Wilson 23:55; 21, T.Earle 23:56; 28, W.Swaffer 24:31; 40, R.Peacock 28:19; 40 finished.

Teams: 1, Tonbridge 26; 2, Medway 57; 3, Havering 63; ... 13, Belgrave 'B' 163; 13 teams closed in.

U15

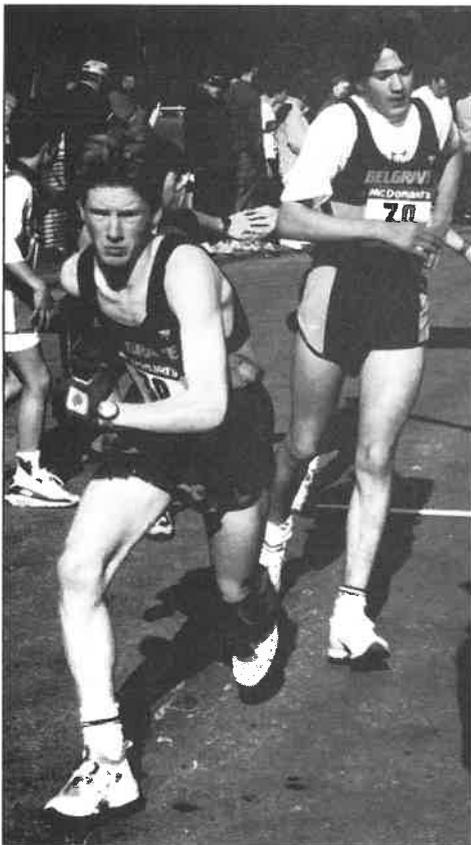
1, S.Vella (Belgrave) 17:12; 2, N.Cannon (Thurrock) 17:22; 3, M.Norman (GEC) 17:23; 4, G.Jones 17:25; 30 finished.

Teams: 1, Medway 40; 2, GEC 51; 3, Shaftesbury 73; 4, Belgrave 73; 12 teams closed in.

U13

1, S.Frost (Thurrock) 12:16; 2, H.Evans (Thurrock) 12:26; 3, D.Septon (GEC) 12:29; ... 14, N.Whorlow 13:25; 16, F.McManus 13:27; 20, P.Knight 13:38; 34, P.Price 14:36; 38, T.Pepper 15:53; 42 finished.

Teams: 1, Thurrock 22; 2, Medway 27; 3, GEC 46; ... 6 Belgrave 84; 12, Belgrave 'B'; 12 teams closed in.



Gavin Jones hands over to James Drake at the end of the first stage of the U15 McDonald's Road Relay

Right: Matt Hillier ran 7th fastest of the day in the highly competitive U17 McDonalds Road Relay

SURREY CC LEAGUE RACE 2 OCKHAM COMMON, 20 NOV

Dog walkers on the frozen wastes of Ockham Common must have thought that to be a cross country runner one had to wear a claret vest with gold hoop. At least half the field seemed to be so clad as the young athletes' field set off on the small loop that preceded the main circuit. With much of the 'going' made up of frozen hoof prints along the horse rides of the Common, Matt Hillier later said that the jarring on his legs made him feel as if he had 'shin-splints' up to his waist.

Gavin Mason headed the field after the loop, with Matt and Adam Jones in tow not far behind. Already we looked set for another team win. But after another ten minutes of running and taking in the major climb, it was Matthew that appeared first to run strongly up the final finishing slope and enter the funnel. Gavin was only eight seconds adrift and with Adam next in followed by new man Scott Walsh in 5th the race was sewn up with only one member

of the opposing eight clubs having reached home. For those who like to savour the statistics we had 7 in 10 and 11 in 20. Nice work boys!

Apart from competing at school, Scott Walsh is new to the sport, having been introduced by his swimming team colleague Gavin Mason. What a way to start - filling out our scoring team.

Well done also the Kent and Sussex contingent, packing men in to such good effect that they could have placed second team in their own right.

U17

1, M.Hillier (Belgrave) 14:30; 2, G.Mason (Belgrave) 14:38; 3, A.Jones 14:59; ... 5, S.Walsh 15:45; 7, S.Alexander 16:02; 8, W.Swaffler 16:12; 9, L.Jenner 16:23; 13, G.Jones 16:31; 16, J.Drake 17:08; 18, S.Bramson 17:21; 20, A.Breeze 17:37; 21, T.Santer 17:49; 27, R.Peacock 19:25.

Teams: 1, Belgrave 18; 2, Epsom & E 73; 3, Croydon 96; 9 teams closed in.

U15

1, A.Franklin (Sutton & D) 17:02; 2, P.Bailey (Croydon) 17:14; 3, S.Tomkins (Epsom & E) 17:35; 11, P.Knight 19:37; ... 13, A.Mason 20:46; 17, N.Whorlow 24:11.

Teams: 1, Sutton & D 36; 2, Croydon 101; 3, Belgrave 102; 9 teams closed in.

Result roundup

Paynes Poppets '5'. Junior: 1, A.Pearl 27:40. **Youth:** 1, T.Earle 30:01.

Worthing, 26 Sep. Worthing & Dist. Parkland Races. U15 2miles: 4, G.Jones 9:19.

Paddock Wood, 10 Oct. U17 4k. 5, W.Swaffler 14:30. **Team:** 1, Belgrave 24.

Stanley Park 10k, 10 Oct. 5, A.Jones (1st U17) 36:53.

Lancing, 31 Oct. Sussex CC League U15 2m 1, G.Jones 10:27.

Hendon, 7 Nov. London Youth Games. U15 3k 3, S.Vella 10:28.

Brighton, 7 Nov. Brighton Phoenix Races. U11 2k: 36, S.Whorlow 9:07. U13 2k: 6, N.Whorlow 7:07; 10, P.Knight 7:29. U17 7.3k: 3, W.Swaffler 27:03; 5, L.Jenner 28:53; 6, R.Peacock 32:47. U20 7.3k: 4, D.Newman 35:54.

Margate, 21 Nov. Thanet C.C Races. U11 1k: 24, S.Whorlow 4:28. U13 2k: 5, P.Knight 12:13; 6, N.Whorlow 12:16. U15 2k: 14, P.Hills 12:36. U17 4k: 5, W.Swaffler 14:55; 6, L.Jenner 15:21; 10, N.Scamp 15:34.

◆ Once again we were well represented in Mini-marathon preceding the London Marathon. For Richmond, Ben Hamill was 19th in the under 17 event in 12:30 and for the same team in the under 15 race Tom Evans was 4th in 12:57. Laura Wilson was in the girls event somewhere but details are not known.

◆ Stephen Vella is becoming a fine middle-distance runner but it seems that athletics is not his favourite sport. His first love is soccer and he plays for Wimbledon F.C.'s Youth squad so it is likely that in the next year or two he may have to make a decision about which sport he is going to pursue. Whatever his choice, we wish him luck and every success.

◆ Another who competes in two sporting spheres is Gavin Mason. Gavin competes regularly as a swimmer and a couple of months ago he retained his club breast-stroke championship. We know that he also competes in biathlons - the swimming/running variety - qualifying for the national championships along with Scott Walsh who has also joined Belgrave. Perhaps we can combine the two events for them by offering them slots in the steeplechase for next season's National Junior T&F League.

◆ Four young Belgrave athletes appeared on BBC TV in May on Parallel 9, a Saturday morning program for children. This involved a day of rehearsal followed by the real thing, "live" on the Saturday. Our lucky quartette were Mellisa Simon, Laura Wilson, Andrew Hill and Steve Scott. Apart from meeting the stars of the show and Colin Jackson, they met Florence and Dougal from the Magic Roundabout and Belgrave even got its name in the credits.

◆ As you will have read elsewhere, our Shepway group is going strong and at the end of November they held a presentation evening to hand out the many certificates, grade badges and medals that had been won throughout the summer of 1993. Pride of place among the awards, however, was the one to be made to the "Shepway Young Athlete of the Year". The winner was chosen by Leo Coy and Bill Bull and although performance in the field of competition does come into it, they had also been looking for an athlete with determination, someone who puts in the effort and has the attitude to do well. After the background to the award had been read out by our President, in true award ceremony style he opened the envelope and announced that the winner was - Wesley Swaffler. Leo and Billy couldn't have made a better choice.



Men's Road Running & Cross Country

Road race results . . .

Denver, Colorado, USA, 25 Apr. Cherry Creek Sneak 5m. Gary Staines, winner of the event in 1991, placed 8th this time around with 24:59.

Chandler's Ford, 2 May. 10k: 13, M. Webb 33:00.

Dublin, 2 May. 5m: Kasse Tadesse placed 5th in 23:33 behind a quartet of talented Kenyans who were spearheaded by Ishmael Kirui, 22:08.

Bamburgh, 5 May. Northumberland Castles Challenge. Paul Evans received the call to compete for England in the second race of this imaginative three race series - ran to 10th place in 19:09 - and thus forfeited his eligibility to compete for Scotland (he was born in Glasgow).

Ainwick, 8 May. Northumberland Castles Challenge. South Africa's Shadrack Hoff won his second race and clinched the series by sprinting away from the best of the rest which included Paul Evans, 8th in 18:21, who passed a fading Steve Cram just before the line.

Kingston, 9 May. Fullers Coombe Hill 10k. 4, J. Gladwin 32:32; 10, P. Gilbey 34:35.

Battersea, 17 May. Sri Chinmoy 2m. 7, M. Anderson 10:44.

Morden, 19 May. Cobra Sports 10k. 4, M. Webb 33:52.

Aberdeen, 22 May. BUPA International 5k. Olympic 10k champion Khalid Skah won as he pleased but Paul Evans was the pick of the Brits., racing home to 2nd place, 19 seconds behind in 13:58, to go to the top of the road rankings.

Effingham, 22 May. Ranelagh Half-Marathon. 31, R. Mann 86:04; 50, J. Wasbrough 90:15; 62, L. Mann 93:46.

Ropley, 30 May. 10k. 7, M. Lake 34:11.

Dorking, 6 Jun. 10m. 6, M. Webb 54:46.

Battersea Park, 7 Jun. Sri Chinmoy 2m. 6, O. Lewes 10:08.

Waterloo, 8 Jun. Lensbury Bridges 4x2.7m. 3rd fastest M. Kinane 13:06.

Southwark, 13 Jun. BUPA 5m. 38, J. Galley 27:42.

Battersea Park, 14 Jun. Sri Chinmoy 2m. 2, M. Bizio 9:57; 7, M. Anderson 10:29.

Battersea Park, 10 Jul. Sri Chinmoy 10m. 5, R. Mann 60:15.

New Forest 10 miles, 11 Jul. 6, M. Webb 53:36.

Sydney, Australia, 8 Aug. City to Surf 8.7miles. 1, Andy Lloyd was 50 seconds clear of the second-placer in 40:29 with his wife C. Schuwalow taking the women's race in 47:39.

Yateley, 8 Aug. Grand Prix 10k. 6, M. Lake 32:31; 8, M. Webb 32:36.

Almondbury 10k, 18 Aug. 2, S. Halliday 32:27.

Burnsall, 21 Aug. 10miles. 1, S. Halliday 52:16.

Redditch, 21 Aug. PGE 10k. 2, J. Dennis 29:31. Won by 50 seconds.

Wimbledon, 22 Aug. Lauriston Lunchtime '6'. 6, P. Roche 33:47.

Wimbledon Common, 2 Sep. Lauriston Lunchtime '6' Series. 5, P. Roche 33:33. Overall positions: 4, P. Roche 80; 7, J. Wasbrough 64; 9, J. Mather 56.

Epsom, 12 Sep. Half-marathon. 4, M. Webb 1:13:52; 18, P. Lee 1:23:20.

Newbury, 12 Sep. Kerridge 10 miles. 19, M. Lake 55:31.

Crystal Palace, 19 Sep. British Heart Foundation 10k. 1, M. Webb 34:14.

Paynes Poppets '5'. 1, B. Barton 25:15; 2, R. Draper 26:17; 3, J. Jay 27:20.

Totton, 3 Oct. Totton Arco Wessex 10k. 22, M. Webb 32:58.

Dulwich, 10 Oct. Dulwich 10k. 4, J. Estall 32:28; 8, O. Lewes 33:13; 16, M. Bizio 34:21.

Barnsley, 17 Oct. Barnsley 10k. After a comfortable win in the opening Surrey League race the day before, Kasse Tadesse lined up against some of Britain's and Kenya's best road runners in this classic Yorkshire race. He placed 11th in 29:02 with Jon Brown of Sheffield reducing the course record to 28:05.

Camberley, 17 Oct. Julian Farrell Memorial 10k. 2, S. Harris 31:03.

Twickenham, 17 Oct. Cabbage Patch 10m. 8, J. Estall 52:48.

Morden Park, 31 Oct. Surrey Classic 10k. 5, M. Webb 33:52.

Brighton, 21 Nov. Reebok 10k. 6, D. Mead 30:17; 15, R. Turner 31:28.

Paul Evans wins British Half-Marathon Championship

Newcastle, 22 Sep. Great North Run.

There were strong winds against the runners for the 1993 edition of the race, this time incorporating the BAF Half-Marathon Championship. A pack went through the first mile in 4:29 and then 2 miles in 9:08 but before long Moses Tanui of Kenya went clear and was not to be caught. With the chasers splitting up, Paul Evans headed a small group made up of the British elite but soon only Richard Nerurka was with him,

shoulder to shoulder until the final mile. With less than 800m to go the Norfolk Belgravian urged Richard to, "Give it a go then," but it was our man who had the most speed in his legs, finishing 8 seconds ahead of his rival to win the British title but trail Tanui by 30 seconds.

1, M. Tanui (Kenya) 1:00:15; 2, P. Evans (Belgrave) 1:01:45; 3, R. Nerurka (Bingley) 1:01:53.

Staines is back!

Birmingham, 26 Sep.

Great Midland Run 10k.

A bunch of seven passed the 5k mark together in 14:46 but by 8k it was down to three who swept through in 23:15. Gary did all he could to get away but lost out to Davies-Hale and the Kenyan in the last 1000 metres. After the race our man admitted to feeling pleased that he is now getting into good shape.

1, P. Davies-Hale (C&S) 28:37; 2, J. Kibor (Kenya) 28:37; 3, G. Staines (Belgrave) 28:42.

Edinburgh, 3 Oct.

BUPA Great Caledonian 10k.

Staines is back! A week after being bested by Davies-Hale and Kibor, Gary ran home in first place to equal the 1993 UK best performance for 10k on the road. Ireland's John Treacy headed the bunch early on but all the leading contenders were in close attendance. 1k and 2k were passed in 2:24 and 5:25 but by the half-way point Gary was pushing on ahead in 14:26. 6k came up in 17:11 and at the 7k time check the Belgravian was 5 seconds clear of Kibor in 20:17. The Kenyan made a huge effort to catch Gary with 1,000 metres to go but failed to get past and then couldn't respond to our man's final kick. This time Davies-Hale was 44 seconds down.

Now at the stage where he is able to think about making plans to reclaim his place in the British team, Gary is off to Australia for their track season, returning in January with the aim of working towards a 10,000m berth in the European Championships at Helsinki. 1, G. Staines (Belgrave) 28:37; 2, J. Kibor (Kenya) 28:43; 3, J. Treacy (Ireland) 29:04.

Portsmouth, 10 Oct.

BUPA Great South Run 10 miles.

What a purple patch Gary Staines is having. With only a week gone since setting 1993's fastest 10k clocking, he zipped to the top of the 10 mile list with a 46:11, a time which has only ever been beaten by Ian Stewart at his best (and over a suspect course). The Kenyan pair of Masya and Miano sped through the opening mile in 4:18 with Kasse Tadesse heading the rest, Two miles



Above: Simon Alexander brought our Under 15 team home 5th in the McDonald's Road Relay



Above: Some of the 1993/94 cross country gang at the Epsom Downs Surrey League fixture. From left to right, standing: Leo Coy, John Wilson, Kasse Tadesse, Toby Earle, Marcello Bizio, Rob Milner, Stuart Booth, Roger Alsop, John Booth, Cross Country Captain Graham Adams, ?, Charlie Dickinson, Colin Pearson, Steve Willimont, Trevor Williams, Mike Webb, Larry McLean, ?, Marlon Anderson, Martin Readhead, Rex Bale, Jim Estall, Phil Carstairs, Trevor Santer, Owain Lewes. Kneeling: Mark Padfield, Don Anderson, Martin Lake, Marco Mazzotta, Paul Knight, Paul Price, Stephen Whorlow, Adam Cox, ?, Nigel Whorlow.

WALTON 6x3.1m ROAD RELAY 11 SEP

1, Borough of Hounslow 93:30; 2, Boxhill Racers 94:06; 3, South London 99:58; 14, Belgrave 113:49. Full result not currently available. Fastest: T.Bignell (Boxhill) 15:07.

YACHT 3m HANDICAP WIMBLEDON 2 OCT

After an improvement last year, again the number taking part in the 'Yacht', once regarded as a 'classic', took a dive. With just ten minutes remaining before the 'off', entrants could be counted on the hands of just one recorder, and with six folk rounded up to do the honours with watch and result sheet this seemed a bit of overkill. Luckily a few late-comers swelled the ranks a little.

It was good to see Jim Estall competing again, recovering from a back complaint and attempting to modify his running style which appears to have been at the root of his problems. He and Roger Alsop took off together as back-markers but while Roger tore through the pack to get within five seconds and one place of a rare complete sweep through the field, Jim's lack of sharpness, although giving him the day's second fastest time, restricted him to a mid-field finishing position. 'Wassie' was the man who made the most of his handicap to take first prize and Jim Slough filled third spot.

	H'cap	Allow	Act.
1, J.Wasbrough	26:02	7:30	18:32
2, R.Alsop	26:07	11:00	15:07
3, J.Slough	26:19	8:30	17:49
4, J.Mather	26:24	9:15	17:09
5, P.Carstairs	26:27	10:45	16:42

6, C.Taplin	26:36	8:00	18:36
7, J.Estall	26:40	11:00	15:40
8, M.Nouch	26:52	10:00	16:52
9, D.Anderson	27:02	9:30	17:32
10, M.Anderson	27:17	10:00	17:17
11, P.Roche	27:32	9:15	18:17
12, T.Earle	27:41	8:45	18:56
13, A.Black	27:45	8:30	19:15
14, T.Lawton	27:59	7:00	20:59
15, L.Coy	29:13	8:00	21:13
16, E.Derouet	31:17	7:30	23:47

SURREY CC LEAGUE RACE 1 EPSOM DOWNS, 16 OCT

After a couple of weeks when new man at the tiller Don Anderson must have been disappointed to have been unable to turn out full teams, there was a big sigh of relief all round when a large Belgrave contingent gathered at Tattenham Corner for the "off". You know it could just be that a year in the second division will do us no harm at all; get us used to winning ways again while strength is built up.

Conditions were bright and the going firm as the field set out, Captain 'Gerry' Adams at the head of the field and Frank Ward at the back, still divesting himself of his training kit while 150 metres into the race. It's easy to underestimate a course like this. Some of those Epsom Downs slopes are deceptively long and with a stiff breeze and the longish grass to contend with, there were some tired legs by the time half-way had been reached. Kasse was loping along on the heels of the leading bunch while Phil Carstairs had also gained a forward position. A smiling Roger Alsop was some way down, amused by the comments regarding his comfortable berth surprisingly adrift of the leaders, but

fully in control of the situation and about to unleash a second circuit that must have been as fast as anyone else's in the race.

In fact all the Bels. made up ground as the race progressed and with the runners touring the open fields of the race-course to approach the finish, our supporters were pleased to see that not only had Kasse put a 100 metre buffer between himself and fellow top-class Junior Bruno Witchalls of Mole Valley, but that the rest of our lads were queuing up to fill out the scoring ten. A quick run through the results sheets afterwards showed that our 10th to 20th men home would not have been last in the team race.

Well done Don and Val! May your efforts continue to be rewarded - and what a great idea to organise a tea urn and home made cakes to round off the afternoon.

1, K.Tadesse (Belgrave) 29:21; 2, B.Witchalls (Mole V) 29:45; 3, E.Hurley (Guildford & G) 29:52; ... 8, R.Alsop 30:30; 9, J.Estall 30:34; 14, P.Carstairs 30:51; 17, M.Kinane 31:07; 20, O.Lewes 31:22; 23, F.Ward 31:31; 25, G.Adams 31:35; 26, M.Webb 31:36; 27, M.Lake 31:47; 28, C.Dickinson 31:50; 42, M.Bizio 32:38; 52, M.Mazzotta 33:12; 57, Marlon Anderson 33:26; 66, P.Gilbey 33:51; 78, D.Anderson 34:28; 80, S.Willimont 34:32; 84, M.Readhead 34:57; 109, R.Bale 36:06; 119, T.Williams 37:16; 127, P.Cross 37:32; 133, L.Maclean 37:57; 137, S.Booth 38:09; 156, L.Coy 41:13; 171 finished.

Teams: 1, Belgrave 170; 2, Croydon 333; 3, Woking 338; 4, Sutton & D 347; 5, Guildford & G 465; 6, Mole Valley 527; 7, Epsom & E 546; 8, British Airways 606; 9, Phillips City 763.

PRIORY 6x2.6m CC RELAY REIGATE, 6 NOV

1, Boro Hounslow 1:19:33; 2, Boxhill Racers 1:19:56; 3, Blackheath 1:21:19; ... 11, Belgrave 1:26:28. Full result not currently available. Fastest D.Smith (Blackheath) 12:37; =5, P.Carstairs (Belgrave) 12:57.

SOUTH OF THAMES JUNIOR CC CHAMPS. WIMBLEDON, 13 NOV

A good piece of pack running by the Belgrave 'A' team provided great excitement for the many supporters on a wet windy afternoon on Wimbledon Common. The result was a fine second team position for the scoring four, one better than last year's race at Margate.

It was new captain Graham Adams, far happier and fitter on the home course than on the hills of Epsom in October, who led the Belgrave charge down over the golf course and through the woods to the muddy playing fields at the bottom. Next came Owain Lewes running so well at present, then Jim Estall and perhaps rather too conservatively Phil Carstairs and Roger Alsop just in the top thirty.

This is a 'follow the leader' course and the leaders were already away, the Blackheath pair of Tim Dickinson and Liam Bulson ran neck and neck to the very end followed closely by Hyde of Windsor, Slough & Eton.

It is particularly difficult to 'come through' up the narrow winding paths on the far hill, but Phil and Roger managed to do this on the first lap although the Belgrave positions hadn't changed by the beginning of the second. By the time they reached the fields next time around, Roger Alsop had worked his way past the determined Owain Lewes, pulling Phil Carstairs with him, but it wasn't until the golf course at the top that he really began to fly, aiming for a top ten position. Here he overtook Graham Adams who had hung on so well in spite of the tough conditions, and finished in a good 9th place with Graham just two places further back. Then came Phil in 13th and Owain completed the scoring four in 18th, just ahead of Jim Estall who has not yet quite got back to full fitness after his long lay off through injury.

Further down the field there was a fair representation of Belgrave vests with Juniors Stuart Booth and Marlon Anderson both having good runs.

In the end, Blackheath, with their leading pair, won the team prize with 36 points to Belgrave's 51. We really needed someone in the placings to have won. However, it was a good 'engine room' performance from our team, and one on which we can build for the future.

1, T.Dickinson (Blackheath) 26:48; 2, L Bulson (Blackheath) 26:48; 3, J Hyde (Windsor S&E) 26:52; ... 9, R.Alsop 27:29; 11, G.Adams 27:43; 13, P.Carstairs 27:53; 18, O.Lewes 28:07; 19, J.Estall 28:12; 56, R.Draper 29:30; 67, J.Galley 29:52; 79, A.Luce 30:06; 80, Marlon Anderson 30:07; 104, D.Anderson 30:49; 114, M.Readhead 31:11; 127, S.Booth 31:35; 134, J.Mather 31:47; 219, A.Stone 36:39; 237 finished. Teams: 1, Blackheath 36; 2, Belgrave 51; 3, Thames H&H 59; ... 20, Belgrave 'B' 432; 35 teams closed in.



**SURREY CC LEAGUE RACE 2
OCKHAM COMMON, 20 NOV**

Winter took a grip on the cross country season for this second league fixture. Brightly clad, woollen hatted figures climbed the paths through the Surrey pine forest, heading for the clearing marked on Don's map as OS 187:078587. Breath came in steamy clouds by the time the start had been found.

The course consisted of three laps of sandy horse rides and gullies, frozen into ankle wrenching corrugations in places and dusted liberally in the open sections by Jack Frost. There was a steep climb to the old Royal Navy semaphore tower while on the lower reaches, muddy puddles were topped by a thin coating of ice. It was euphemistically described by our Team Manager as, "Real cross-country!"

Roger Alsop was reported to be looking for a win but it was 'Gerry' Adams that led his men in the stampede away from the start. Nobody, though, seemed to have taken account of Dave Bond of Woking who commanded a 20 metre lead by the time the first lap was completed. Roger was lying second at this point, followed closely by Phil Carstairs, Gerry, and a steady stream of Belgrave vests among the next couple of dozen places.

A lap later, Bond had made a big effort and was over 150 metres clear of Phil. Gerry, running among a small bunch of rivals, had also got past Roger who, perhaps, having seen the winner get away, seemed to have settled for a steady run. Jim Estall had moved ahead of Owain Lewes while vet Charlie Dickinson was getting close enough to appear as if he would like a crack at the

Welshman himself before too long.

The positions remained the same until the end with Marco Mazzotta, in his last weeks with us before returning to Italy, and the Anderson trio filling out the scoring ten. It was a solid team run with all of our men fighting to hold off any attackers up that last stretch to the finish - the sign of a team with spirit. Tea and cakes all round again - thanks Val!

1. D.Bond (Woking) 31:07; 2, P.Carstairs (Belgrave) 31:41; 3, G.Adams (Belgrave) 31:45; ... 8, R.Alsop 32:04; 12, J.Estall 32:18; 15, O.Lewes 32:33; 18, C.Dickinson 32:37; 32, M.Mazzotta 34:01; 35, Mark Anderson 34:16; 37, Marlon Anderson 34:25; 39, D.Anderson 34:36; 72, J.Mather 36:23; 120, A.Stone 41:57; 142 finished.

Teams: 1, Belgrave 201; 2, Woking 303; 3, Croydon 353; 4, Guildford & Godalming 395; 5, Sutton & Dist 484; 6, British Airways 511; 7, Mole Valley 556; 8, Epsom & Ewell 580; 9, Phillips City Striders 712.

**CLUB 7.5m CC CHAMPS. FOR
THE "BLACKSTAFFE SHIELD"
WIMBLEDON, 27 NOV**

The fixture card stated that there would be a 'mob match' held in conjunction. Now in the good old harrier days, of which we are often reminded, a mob match was the time when everyone scored - 50, 75, maybe more runners per team - and if you didn't have your full quota then you took the last scoring positions in the match. There would be astronomical scores as everyone was pressed into action. Anyone running round to finish 156th was better than being given last place of 300 for



Above: Good old Val had the kettle on again - and rock buns too!

being one man short.

Well, those days seem all but unrepeatable now, as we turned out five men for the match against five other clubs - and ended up 2nd team!

All credit to Graham Adams. He shared the lead with the opposition for the first two laps of the Common but went away over the final 2.5 mile circuit for a clear win. Sporting a serious new haircut, a 'Steve Jones' as he later described it, Owain Lewes was our silver medalist, and Team Manager Don Anderson put in some good work for 3rd.

Yet again the handicap was close. Only 20 seconds covered the first three but poor Arthur Bruce must wonder whether it's worth the effort. He had worked out allowances for nigh on 100 runners who might have turned up!

Actual Allow H'cap

1, G.Adams	41:37	2:45	38:52
2, O.Lewes	43:07	4:00	39:07
3, D.Anderson	46:12	7:00	39:12
4, M.Graham	52:46	8:45	44:01
5, J.Wasbrough	53:57	9:15	44:42

Left: Making an impact on the Belgrave cross country scene is Phil Carstairs, back in the UK after living in the USA for seven years.

Below: Graham Adams (33) likes to get to the front early and here heads the field soon after the start at the Epsom league match.



Don't miss the next quiz night - Saturday March 5th

Late news

Burnie, Australia, 19 Sep. 10k. Andy Lloyd ran to 2nd place in 28:46, 7 seconds behind Moneghetti.

Wimbledon, 2 Oct. VAC 4.8m CC. 4, R.Bale 28:45; 6, D.Clack 29:23; 9, A.Painter 29:54.

Wimbledon, 31 Oct. VAC Men's 4.8m. 7, R.Bale 28:49; 11, A.Painter 29:17; 17, C.Taplin 30:15; 21, J.Wasbrough 30:39.

Women's 2.5m 7, J.Moore 16:28.

Houston, Texas, 6 Nov. 5k road race. 1, J.Chaston 14:20

Battersea Park, 13 Nov. Sri Chinmoy 10k. M60. 1, P.Newell 39:20.

Wimbledon, 14 Nov. VAC 4.8m CC. We should not let this race result slip by without remarking how good it is to see that Leo Lyons is back on song again - not a bad time either! 1, L.Lyons 27:19; 6, A.Painter 29:43; 9, C.Taplin 31:13; 12, J.Wasbrough 31:48; 14, C.Walker 32:10; 18, L.Mann 33:09; 28, D.Maughan 37:05.

Oxshott, 21 Nov. Surrey Classic 10k. L.Mann 42:24.

Australia, 21 Nov. Gary Staines continues along the path to top flight athletics. He won the Olympic Dream 10k in 28:29, just 9 seconds outside Steve Moneghetti's course record.

New York Marathon, 21 Nov. Paul Evans was reported "very satisfied" with his 2:13:36 for 7th in a race run in humid conditions. He must have been relieved too, having failed to finish in his other two outings at 26.2 miles this year. Now he's looking forward to relaxing for a while before beginning the groundwork to gain selection for next year's European or Commonwealth Games.

Bexhill, 27 Nov. Sussex League 2.5m U15. 4, G.Jones 14:36

Tilford, 27 Nov. Waverley Open. 8.5k 6, M.Chuter 32:29.

Norwich, 28 Nov. BUPA 10k. 1, D.Mead 30:30.

Bolbec, France, 29 Nov. Junior 6.5k. 19, M.Anderson 23:07.

Wimbledon, 4 Dec. Vets AC Champs. Laurie O'hara placed 10th in the 4.8 miles race held on the Common, setting an M60 record of 27:58. 16, R.Bale 29:21; also A.Hardy 30:10; and A.Stroud 31:18.

Wimbledon, 5 Dec. Surrey Winter League 5k. Men. 3, O.Lewes 15:14; Belgrave 4th 34 pts.

Women. 4, J.Moore 19:04; 5, M.Ryan 19:08; Belgrave 2nd 19pts.

Godalming, 12 Dec. Hogs Back Road Race. 11, J.Estell 49:43; 32, M.Lake 52:32; 43, J.Galley 53:45.

Women. 5, H.Maskrey 57:17.

BELGRAVE 10K ROAD RACE WIMBLEDON, 24 OCT

1, S.Stockwell (Hercules Wimb) 31:03; 2, F.Ward (Belgrave) 32:23; 3, E.Thomas (Met. Police) 32:29; ... 5, M.Bizio 33:00; 6, M.Mazzotta 33:10; 10, Marlon Anderson 34:24; 20, R.Bale 36:30; 21, P.Cooper 36:43; 25, J.Slough 37:49; 26, C.Taplin 38:05; 28, P.Newell 38:23; 36, C.Walker 39:45; 41, M.Ryan (5th Woman) 40:27; 43, C.Cross 40:44; 44, J.Moore (6th W) 41:04; 52, N.Mills (10th W) 43:09 56, E.Derouet 46:21; 61 finished.

Teams:
Men 1, Belgrave 13; 2, Hercules Wimbledon 18; 3, Belgrave 'B' 51; 8, Belgrave 'C' 79; 11, Belgrave 'D' 135.
Women 1, Belgrave 21; 2, Epsom & Ewell 21; 3, Tadworth 29.

*Keep
"The Belgravian"
going*

 You've got to admit it, our magazine is worth a couple of pounds of anyone's money. If you are enjoying the read and haven't made a donation to the magazine fund with your subs. (although we won't refuse if you want to give some more) why not write out a cheque now to Belgrave Harriers and send it to the Editors at 29 Kingston Road, Ewell, Surrey KT17 2EG. Alternatively you can give cash to Alan or Charlie when you next see them.

"Oop hill, and against the wind"

When C.A. Bradley, of Huddersfield, entered for the A.A.A. 100 Yards Championship at Northampton in 1893, he was informed before the race that as the track was a shade downhill, and the wind was blowing in the same direction, if he made a record under those circumstances it would probably not be passed by the A.A.A. On hearing this, Bradley looked up from his reclining position in the dressing-room and exclaimed with great determination: "Then I'll run oop hill, and against the wind, and then nobody can say nowt against it." He did this, and won in 10 sec.! In fact on referring to the A.A.A. programmes, this anecdote is confirmed by a * opposite the 100 Yards result in 1893, and the word "Uphill," which does not appear against any other performance in the 100 Yards.

This anecdote may be, perhaps, an inspiration to us all. For when we meet with difficulties, or are told that something is "impossible," we will be able to say: Then we'll run oop hill, and against the wind."

How they scored in 1993

Name	BAL 1	BAL 2	BAL 3	BAL 4	GRE semi	GRE final	Total
P. Edwards	22	18	17	16	9	9	91
L. Marar	22	22	19	18	-	-	81
K. Tadesse	16	16	14	16	9	9	80
D. Morris	16	14	14	10	9	9	72
N. Owen	18	17.5	17	-	9	7	68.5
R. Turner	10	13.5	7.5	24	10.25	3	67.25
L. Paul	26	29.26	-	-	-	10	65.25
M. Cottrell	12	14	12	12	9	-	59
P. Spivey	12	12	8	10	7	7	54
M. Edwards	-	7.5	-	19	10.25	9	45.75
P. Goedluck	-	-	10	21.5	14	-	45.5
M. Robertson	-	14	22	-	-	7.25	43.25
A. Hutchinson	10	11.25	12	8	-	-	41.25
S. Halliday	-	28	12	-	-	1	41
D. Costello	12	-	10	18	-	-	40
D. Browne	12	14.25	5	-	7	-	38.25
J. Mackenzie	-	12	12	-	7	6	37
D. Maynard	11.5	5.5	7.5	6	6.25	-	36.75
P. Beaumont	11.5	13.5	-	-	6	-	31
F. Salle	4	-	-	16	-	10	30
I. Tullet	-	16	14	-	-	-	30
H. Lindo	-	-	-	16	8	6	30

W. Caswell 28, I. Wells 26.75, N. Bevan 24, S. Thompson 24, D. Scott 22.75, R. Hunter 21.5, R. Alsop 20, S. Shirley 18, D. Ladejo 17.25, L. Antoine 15.5, D. McDermott 15, B. Barton 11, G. Staines 10, M. Bizio 10, J. Chaston 8, M. Morgan 6, M. Mazzotta 6, G. Mason (U17) 5.5, A. Ekoku 3, J. Barry 3, R. Draper 3, M. Bazire 2.5, F. Ward 2, I. Billy 1.5.

In 1992 it was the one-lap racers who led the way with Jon Ridgeon scoring a massive 150 points followed by Lewis Samuel on 96. Then came the throwers with Paul Edwards on 94 and Abi Ekoku on 87.75.

Well, we've missed those two injured men Jon and Lewis badly and in the mean time the throwers have strengthened their hold on the points table, taking over positions 1, 2 and 4. Nice work from hurdler Neil Owen - straight in at no. 5 and middle-distance man Rob Turner has shot up from 29 to no. 6.

But what about Kasse Tadesse? As a 10 and 5k man he is only ever likely to compete in just one event at these meetings - and yet he got up to no. 3. What a runner!

KASSE WINS IN ITALY

Kasse Tadesse won his first marathon in Livorno, Italy, on November 14th in 2 hours 19 minutes 14 seconds. Still only nineteen years of age, this man is going to be one of the all-time greats if he continues in this vein. Need we add that the time represented yet another staggering Junior Club Record! Good news for Kasse is that the proposed age-group changes have not been carried out and he remains a junior for the remainder of the whole winter season. In other words he is eligible for the National Junior Cross-Country Championships at South Shields on March 12th. Can he improve on last year's second place?

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Belgrave Track & Field Rankings 1993 - Men

80 metres

14.3	G.Maycock	U13 Tonbridge	10Aug
16.4	S.Whorlow	U13 Tonbridge	10Aug

100 metres

10.15	R J.Regis	Budapest HUN	29May
10.32	L.Paul	Budapest HUN	29May
10.40	M.Adam	L.Angeles USA	10Apr
10.73	P.Goedluck	Budapest HUN	29May
11.2	M.Richards	Battersea	27Mar
11.34	F.Salle	K'meadow	8 May
11.38	L.Campbell	Crystal Palace	12Jun
11.4	M.Bazire	Battersea	19Jun
11.5	R.David	U17 Basingstoke	20Jun
11.58	I.Wells	Birmingham	5Jun
11.6	J.Busk	Guildford	3Jul
11.6	L.Nunoo	U17 Battersea	1Aug
11.70	R M.Dickson	U15 Barking	29/30May
11.7	D.Jackman	U15 Battersea	31Jul
11.7	D.Newman	U20 Eltham	22Aug
11.8	J.Hilston	U15 Battersea	31Jul
11.8	P.Lytle	Maidenhead	14Aug
12.0	T.Daley	Basingstoke	22May
12.0	C.Chirewa	U17 Basingstoke	20Jun
12.0	C.Mountifield	Maidenhead	14Aug
12.1	Z.Higgins	U17 Enfield	23May
12.2	K.Pereira	Basingstoke	22May
12.2	G.Sagar	Andover	19Jun
12.3	A.Reid	U17 Battersea	27Mar
12.3	M.Miller	U17 Battersea	1Aug
12.3	m G.McKernan	Copthall	28Aug
12.4	P.Sowten	U15 Deangate	6Jun
12.5	C.Fatoyinbu	Battersea	19May
12.5	P.Lytle	Perivale	8May
12.5	H.Cavalier	U15 Southampton	19Jun
12.5	T.Santor	U17 Battersea	1Aug
12.6	S.Scott	U15 Battersea	2May
12.6	C.Husbands	Battersea	26May
12.9	N.Scamp	U17 Oxford	27Jun
12.8	C.Brooks	M45 Sheffield	11Sep
12.9	D.Sprigg	U17 Southampton	18Jul
13.0	R.Peacock	U17 Battersea	1Aug
13.1	E.Hassan	U15 Croydon	16May
13.1	R.Bridges	M40 Tooting	21Jun
13.2	W.Smith	U15 Battersea	29May
13.2	P.Hills	U15 Tooting	29Aug
13.3	S.Erskine	U13 Battersea	3Jul
13.4	W.Stewart	U13 Deangate	6Jun
13.5	R.Rugman	U15 Oxford	27Jun
13.6	B.Cascoe	U17 Enfield	23May
13.6	L.Jenner	U17 Deangate	6Jun
13.6	C.Paine	U17 Oxford	27Jun
13.7	I.Atkins	U20 Hayes	25Apr
13.7	D.Thompson	U13 Battersea	2May
14.2	N.Whorlow	U13 Deangate	6Jun
14.2	A.Rainer	U17 Oxford	27Jun
14.2	R.Haigiger	U15 Tonbridge	10Aug
14.5	S.Taylor	U15 Battersea	29May
14.9	P.Knight	U13 Battersea	31Jul
15.1	R.James	U13 Battersea	31Jul
15.4	D.McMillan	M45 Colindale	26Apr
15.5	S.Taylor	U13 Battersea	26May
16.0	C.Chanlok	U13 Deangate	6Jun
16.5	A.Langton	U13 Battersea	8May
16.7	J.Dunsford	M50 Colindale	26Apr
17.1	G.Maycock	U13 Battersea	31Jul
20.7	S.Whorlow	U13 Battersea	31Jul

wind-assisted

10.36	M.Adam (+3.6)	Modesto USA	8May
10.73	D.Ladejo (+4.1)	Edinburgh	7Aug
11.06	m S.Shirley (+3.3)	Azusa USA	9Jun

200 metres

19.94	R J.Regis	Stuttgart GER	20Aug
20.89	i M.Adam	Birmingham	20Feb
20.96	D.Ladejo	Austin USA	8May
21.23	L.Paul	Birmingham	5Jun
21.44	P.Goedluck	West London	1Aug
22.75	N.Owen	Budapest HUN	30May
23.04	I.Wells	Budapest HUN	30May
23.1	L.Campbell	Basildon	8May
23.2	M.Bazire	Horsham	3Jul
23.28	L.Antoine	Edinburgh	7Aug
23.3	R.David	U17 Basingstoke	20Jun
23.3	M.Fok	Tooting	14Aug
23.4	J.Busk	Andover	19Jun

23.52	P.Beaumont	Birmingham	5Jun
23.7	D.Sprigg	U17 Eltham	22Aug
23.8	L.Nunoo	U17 Battersea	1Aug
24.0	D.Jackman	U15 Birmingham	7/8Aug
24.1	G.Mason	U17 Battersea	26May
24.2	M.Dickson	U15 Battersea	2May
24.2	T.Daley	Basingstoke	22May
24.5	J.Hilston	U15 Croydon	16May
24.6	K.Pereira	Bracknell	31Jul
24.8	J.Ganio	U17 Battersea	26May
24.8	D.Newman	U20 Eltham	22Aug
24.9	N.Hammersley	Basildon	8May
24.9	M.Readhead	U20 Battersea	26May
24.9	C.Chirewa	U17 Deangate	6Jun
24.9	G.Sagar	Andover	19Jun
25.0	A.Reid	U17 Battersea	27Mar
25.0	C.Husbands	Croydon	30Jun
25.1	P.Sowten	U15 Battersea	31Jul
25.2	D.Ord	U17 Croydon	16May
25.5	D.Mote ?	Perivale	8May
25.7	S.Scott	U15 Battersea	8May
25.7	H.Cavalier	U15 Battersea	26May
25.8	E.Hassan	U15 Wimbledon Pk	23Jun
25.8	T.Santor	U17 Southampton	18Jul
26.3	T.Forest	U17 Battersea	2May
26.5	R.Bridges	M40 Battersea	5Jul
27.2	S.Erskine	U13 Battersea	3Jul
27.3	C.Brooks	M45 Hendon	5Sep
27.4	M.Miller	U17 Battersea	27Mar
27.5	E.Vanson	U17 Battersea	26May
27.6	R.Rugman	U15 Battersea	3Jul
27.7	D.Daldin	U17 Battersea	2May
27.9	W.Stewart	U13 Southampton	18Jul
27.9	P.Hills	U15 Tooting	29Aug
27.9	D.Clack	M40 Battersea	26May
28.0	D.Thompson	U13 Battersea	2May
28.2	M.Anderson	U20 Battersea	26May
28.2	A.Hill	U15 Battersea	29May
29.2	T.Lawton	M50 Battersea	24May
29.3	I.Atkins	U20 Hayes	25Apr
30.2	D.McMillan	M45 Battersea	24May
30.7	C.Chanlok	U13 Southampton	18Jul
31.0	P.Knight	U13 Battersea	31Jul
31.6	R.James	U13 Battersea	8May
31.8	S.Taylor	U13 Battersea	26May
32.0	N.Whorlow	U13 Battersea	26May

32.7	A.Mason	U13 Oxford	27Jun
38.6	G.Maycock	U13 Battersea	31Jul
<i>hand timed</i>			
20.6	M.Adam	L. Angeles USA	10Apr
<i>wind-assisted</i>			
21.15	P.Goedluck (+4.0)	Cork IRE	9Jul
22.50	L.Antoine (+3.4)	Enfield	3Jul
23.77	D.Jackman (+3.7)	Blackpool	9/10Jul
24.32	J.Hilston (+2.7)	Barking	29/30May

300 metres

31.98	J.Regis	Belfast	19Jun
33.00	D.Ladejo	Belfast	19Jun
36.4	R.Hunter	Enfield	14Jul

400 metres

45.48	J.Regis	Walnut USA	17Apr
45.92	A D.Ladejo	Sestriere ITA	28Jul
48.68	I.Billy	Budapest HUN	29May
48.79	D.Maynard	Birmingham	5Jun
49.74	S.Shirley	Enfield	3Jul
49.86	I.Wells	Birmingham	5Jun
50.5	D.Scott	Tooting	28Jul
50.7	G.Mason	U17 Croydon	30Jun
50.85	L.Antoine	K'meadow	8 May
51.04	R.Hunter	K'meadow	8 May
51.6	M.Fok	Battersea	19Jun
51.7	R.Cookson	Tooting	14Aug
51.9	R.David	U17 Southampton	18Jul
52.3	M.Bazire	Horsham	3Jul
52.4	C.Knight	Southampton	22May
52.48	R J.Hilston	U15 Blackpool	9/10Jul
52.9	R.Milner	U17 Croydon	30Jun
53.7	A.Grant	Croydon	30Jun
54.1	J.Busk	Southampton	22May
54.2	C.Husbands	Basingstoke	22May
54.3	D.Winson	Guildford	3Jul
54.7	C.Mountifield	Maidenhead	14Aug
54.9	M.Chuter	Basingstoke	22May
55.4	M.Readhead	U20 Guildford	3Jul
55.4	m G.McKernan	Copthall	28Aug
55.6	M.Elliott	U20 Battersea	1Aug
56.0	G.Sagar	Bracknell	31Jul
56.2	N.Scamp	U17 Southampton	18Jul
56.4	L.Jenner	U17 Battersea	9Jun
56.7	M.Parper	U17 Wimbledon Pk	23Jun
57.3	D.Ord	U17 Croydon	16May
57.9	E.Hassan	U15 Battersea	31Jul
58.0	m M.Davis	U17 Bracknell	26Jun
58.1	C.Paine	U17 Battersea	9Jun
58.6	R.Bentley	U15 Wimbledon Pk	23Jun
59.0	D.Clack	M40 Colindale	26Apr
61.4	R.Bridges	M40 Colindale	26Apr
61.6	W.Swaffer	U17 Battersea	9Jun
62.8	K.Wainwright	U17 Battersea	19May
63.0	m C.Brooks	M45 Sheffield	11Sep
63.1	A.Hill	U15 Deangate	6Jun
63.7	O.Lewes	Andover	19Jun
64.8	A.Stone	M50 Colindale	26Apr
67.4	O.Bazin	U13 Battersea	9Jun
69.6	N.Whorlow	U13 Battersea	31Jul
71.1	S.Taylor	U15 Battersea	31Jul
73.9	C.O'Driscoll	U13 Battersea	8May
79.0	D.Petch	U15 Battersea	3Jul

hand timed

45.2	D.Ladejo	College Stn USA	1May
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600 metres

1:59.0	N.Whorlow	U13 Tonbridge	12Apr
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800 metres

1:50.58	D.Maynard	Crystal Palace	12Jun
1:51.70	S.Halliday	Birmingham	5Jun
1:52.10	R.Turner	Birmingham	5Jun
1:52.6	D.Scott	Horsham	22Aug
1:53.1	G.Adams	Woking	25Aug
1:54.59	I.Billy	Budapest HUN	30May
1:55.36	G.Mason	U17 Blackpool	9/10Jul
1:57.7	D.Winson	West London	Sep
1:58.1	M.Fok	Battersea	19Jun
1:59.1	R.Draper	Battersea	19May
2:01.2	S.Booth	U20 Battersea	27Mar
2:01.2	R.Alsop	Southampton	22May
2:02.0	A.Paton	Battersea	19May
2:02.1	B.Hamill	U17 Battersea	26May
2:02.7	M.Readhead	U20 Guildford	3Jul
2:03.2	A.Jones	U17 Tooting	2Jun



Above: Always near the top of our sprint rankings, Phil Goedluck takes the curve in a Budapest non-scoring 200m.

Belgrave Track & Field Rankings 1993 - Men

2:03.5	M.Andersón	U20	Tooting	28Jul
2:04.2	M.Chuter		Basingstoke	22May
2:04.3	R.Cookson		Basildon	8May
2:04.8	S.Weston	U20	Battersea	1Aug
2:04.9	B.Barton		Basingstoke	22May
2:05.0	M.Jackson		Southampton	22May
2:05.7	J.Barry		Guildford	3Jul
2:06.5	M.Parper	U17	Battersea	1Aug
2:07.1	C.Solorz	U20	Tonbridge	10Aug
2:07.2	D.Clack	M40	Tooting	2Jun
2:07.2	S.Smullen		Tooting	28Jul
2:07.9	J.Jay		Battersea	26May
2:09.3	J.Drake	U15	K'meadow	12Jun
2:12.0	C.Paine	U17	Oxford	27Jun
2:12.2	R.Mann		Battersea	26May
2:12.4	R.Peacock	U17	Tooting	29Aug
2:12.5	J.Burke		Tooting	28Jul
2:13.3	L.Jenner	U17	Southampton	18Jul
2:15.2	J.Pritchard		Tooting	2Jun
2:15.9	G.Walsh	U15	Wimbledon Pk	23Jun
2:17.2	C.Elliott	U17	Battersea	2May
2:19.6	D.Anderson		Maidenhead	14Aug
2:21.1	S.Alexander	U15	Battersea	29May
2:22.1	G.Jones	U15	Battersea	27Mar
2:22.3	R.Bentley	U15	Battersea	31Jul
2:22.7	S.Vella	U15	Battersea	26May
2:26.8	A.Stone	M50	Battersea	24May
2:26.9	m M.Davis	U17	Battersea	7May
2:27.2	S.Bramson	U15	Deangate	6Jun
2:29.7	A.Rainer	U17	Oxford	27Jun
2:32.6	N.Whorlow	U13	Southampton	18Jul
2:32.7	P.Roche	M45	Battersea	24May
2:32.9	M.Hughes	U17	Battersea	2May
2:33.0	A.Breeze	U15	Battersea	2May
2:34.9	S.Scott	U15	Battersea	27Mar
2:36.5	E.Hassan	U15	Tooting	2Jun
2:44.2	A.Hill	U15	Oxford	27Jun
2:45.7	M.Boyle	U13	Southampton	18Jul
2:46.3	F.McManus	U13	Battersea	31Jul
2:47.3	P.Knight	U13	Tonbridge	10Aug
2:49.4	T.Pepper	U13	Tooting	29Aug
2:49.9	A.Mason	U13	Oxford	27Jun
2:56.1	Steven Vella	U13	Battersea	29May
2:56.3	G.Maycock	U13	Battersea	31Jul
3:31.5	S.Whorlow	U13	Tooting	29Aug

1000 metres

3:29.4	N.Whorlow	U13	Tonbridge	12Apr
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1,500 metres

3:45.14	J.Dennis	USA		29May
3:45.23	R.Turner		Loughborough	29Jun
3:46.77	S.Halliday		Budapest HUN	29May
3:49.11	G.Staines		Enfield	3Jul
3:55.3	G.Adams		Horsham	22Aug
3:57.6	J.Gladwin		Southampton	22May
3:58.52	J.Chaston		Birmingham	5Jun
4:02.2	M.Jackson		Croydon	16May
4:02.8	R.Alsop		Tooting	16Jun
4:03.8	R.Draper		Battersea	19Jun
4:06.5	M.Sinclair		Croydon	30Jun
4:06.9	G.Mason	U17	Battersea	1Aug
4:09.0	B.Barton		Croydon	30Jun
4:10.6	J.Barry		Tooting	28Jul
4:11.0	R.Alsop		Tooting	2Jun
4:12.3	M.Hillier	U17	Croydon	30Jun
4:13.4	M.Anderson	U20	Guildford	3Jul
4:17.7	S.Booth	U20	Croydon	16May
4:19.4	A.Jones	U17	Oxford	27Jun
4:20.2	A.Luce		Bracknell	31Jul
4:20.8	D.Clack	M40	West London	29Aug
4:21.3	B.Hamill	U17	Hayes	25Apr
4:24.5	T.Evans	U17	Battersea	2May
4:24.7	J.Galley		Horsham	3Jul
4:24.70	m S.Shirley		Azusa USA	10Jun
4:29.1	J.Jay		Battersea	19May
4:29.9	G.Jones	U15	Deangate	6Jun
4:32.9	W.Swaffer	U17	Tooting	29Aug
4:35.3	M.Parper	U17	Deangate	6Jun
4:36.0	M.Readhead	U20	Battersea	9Jun
4:36.5	Simon Vella	U15	Battersea	3Jul
4:36.8	m I.Wells		Norwich	19Sep
4:36.9	C.Elliott	U17	Enfield	23May
4:40.7	J.Wilson	U17	Battersea	9Jun
4:42.3	L.O'Hara	M60	Croydon	6Jun
4:44.6	S.Alexander	U15	Croydon	16May

4:47.2	C.Solorz	U20	Battersea	1Aug
4:48.0	R.Bale	M45	West London	29Aug
4:48.4	M.Feni		Reading	31Jul
4:49.5	R O.Bazin	U13	Oxford	27Jun
4:51.5	G.Walsh	U15	Deangate	6Jun
4:56.0	D.Anderson		Basildon	8May
4:57.2	A.Stone	M50	Hendon	5Sep
5:01.1	m M.Davis	U17	Bracknell	27Jun
5:05.6	D.McMillan	M45	Colindale	26Apr
5:16.0	L.Jenner	U17	Battersea	9Jun
5:19.7	N.Whorlow	U13	Battersea	2May
5:31.3	C.Walker	M60	Croydon	6Jun
5:34.9	A.Mason	U13	Croydon	16May
5:35.6	A.Cox	U13	Enfield	23May
5:44.9	P.Knight	U13	Andover	5Sep
5:56.3	W.Morris	M50	Tooting	21Jun
5:57.3	L.Mann	M50	Battersea	9Jun
5:58.1	T.Pepper	U13	Southampton	18Jul
6:02.0	P.Price	U13	Tonbridge	10Aug
6:19.9	D.Petch	U15	Oxford	27Jun

1 mile

4:14.26	J.Chaston		Cardiff	25Jul
4:46.2	D.Clack	M40	Battersea	4Aug
5:18.9	A.Stone	M50	Battersea	4Aug
5:23.5	R.Bale	M45	Battersea	4Aug

3,000 metres

7:48.97	G.Staines		Rovereto ITA	1Sep
7:57.34	D.Mead		Portsmouth	5Jun
8:33.7	R.Alsop		K'meadow	5Sep
8:34.0	K.Tadesse	U20	Tooting	28Jul
8:53.0	M.Bizio		Battersea	19May
8:54.2	R.Draper		Tooting	2Jun
8:55.8	F.Ward		Tooting	28Jul
8:59.3	M.Mazzotta		Battersea	19May
9:10.1	M.Hillier	U17	Horsham	25Jul
9:16.1	C.Dickinson	M40	Exeter	22Aug
9:17.1	B.Hamill	U17	Battersea	2May
9:19.1	A.Jones	U17	Southampton	18Jul
9:24.0	M.Anderson	U20	Basingstoke	20Jun
9:38.0	T.Evans	U17	Battersea	1Aug
9:46.1	R Simon Vella	U15	Southampton	18Jul
9:52.4	J.Wilson	U17	Deangate	6Jun
9:55.5	S.Smullen		Tooting	28Jul
9:58.5	W.Swaffer	U17	Kent	12Jun
9:59.7	M.Readhead	U20	Battersea	1Aug
10:12.5	L.O'Hara	M60	Battersea	5Jul
10:13.10	D.Clack	M40	Battersea	5May
10:15.8	S.Alexander	U15	Oxford	27Jun
10:19.7	R.Bale	M45	Tooting	28Jul
10:19.9	G.Jones	U15	Battersea	2May
10:28.4	G.Walsh	U15	Southampton	18Jul
10:31.4	A.Stone	M50	Tooting	28Jul
10:38.	W.Morris	M50	Battersea	5May
10:52.6	M.Parper	U17	Tooting	28Jul
10:55.6	S.Bramson	U15	Oxford	27Jun
13:24.6	N.Whorlow	U13	Andover	5Sep

5,000 metres

13:33.42	G.Staines		Galve SWE	7Jul
13:40.63	P.Evans		Birmingham	16Jul
13:48.28	J.Dennis		Madison USA	1May
14:12.08	D.Mead		Crystal Palace	23Jul
14:13.29	J.Chaston		Austin USA	1/3Apr
14:24.02	R K.Tadesse	U20	Edinburgh	7Aug
14:53.50	R.Alsop		Birmingham	5Jun
14:57.9	S.Halliday		York	16May
15:09.4	F.Ward		Tooting	14Aug
15:38.9	M.Bizio		Battersea	24Jun
15:43.7	G.Pitts		Reading	31Jul
15:50.6	C.Dickinson	M45	Jarrow	17Jul
16:05.5	M.Webb		Perivale	8May
16:10.7	B.Barton		Croydon	16May
16:14.5	O.Lewes		Southampton	22May
16:34.9	J.Galley		Horsham	3Jul
17:01.0	L.Lyons	M40	West London	29Aug
17:04.4	P.Gilbey	M40	Basingstoke	22May
17:19.5	L.O'Hara	M60	Battersea	24Jun
17:31.4	J.Slough	M40	Battersea	24Jun
17:32.9	D.Anderson		Andover	19Jun
17:41.2	A.Stone	M50	Battersea	24Jun
17:50.7	T.Williams		Battersea	24Jun
18:22.2	R.Bale	M45	Battersea	21Jul



Above: Ranked at number 2 under 17 in the country over 800 metres, Gavin Mason prepares for a leg in a McDonalds YA League 4x400m.

20:15.3	C.Walker	M60	Croydon	6Jun
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10,000 metres

27:47.79	R P.Evans		Stockholm NOR	5Jul
30:33.7	R.Alsop	U20	Budapest HUN	29May
30:33.7	R.Alsop		Wimbledon Pk	2May
33:07.7	C.Dickinson	M45	Battersea	17May
35:53.5	L.Lyons		Battersea	8Sep
36:42.7	A.Armstrong		Battersea	17May
37:21.8	R.Bale	M45	Battersea	8Sep
37:29.9	T.Williams		Battersea	17May
38:00.4	R.Mann		Battersea	17May
38:39.7	A.Stone	M50	Battersea	8Sep
42:27.0	D.Maughan	M45	Battersea	8Sep
42:36.1	T.Lawton	M50	Battersea	17May
43:03.5	L.Mann	M50	Battersea	17May

80 metres Hurdles (84.0cm)

12.2	S.Scott	U15	Enfield	23May
14.0	A.Hill	U15	Battersea	29May
14.2	G.Walsh	U15	Wimbledon Pk	23Jun
15.2	R.Rugman	U15	Battersea	3Jul
15.4	R.Haigler	U15	Oxford	27Jun
15.5	E.Hassan	U15	Wimbledon Pk	23Jun
16.9	W.Stewart	U13	Battersea	8May
17.1	M.Boyle	U13	Battersea	8May
17.2	S.Taylor	U13	Battersea	9Jun
18.5	N.Whorlow	U13	Battersea	9Jun

100 metres Hurdles (91.4cm)

15.0	M.Davis	U17	Deangate	6Jun
15.2	R.David	U17	Wimbledon Pk	23Jun
17.3	M.Miller	U17	Oxford	27Jun
17.9	N.Scamp	U17	Battersea	9Jun
19.5	L.Jenner	U17	Battersea	9Jun
19.6	C.Paine	U17	Battersea	9Jun
19.7	D.Sprigg	U17	Battersea	9Jun

110 metres Hurdles (106.7cm)

14.01	N.Owen		Sheffield	29Aug
14.65	M.Robertson		Birmingham	5Jun
15.14	R.Hunter		Edinburgh	7Aug
15.3	I.Wells		Norwich	11Apr
15.3	S.Shirley		Battersea	19Jul
15.39	L.Antoine		Birmingham	26Jun
16.6	N.Hammersley		Basildon	8May
17.3	G.McKernan		Battersea	19Jun
19.5	m C.Brooks	M45	Sheffield	12Sep
20.7	A.Johnson		Perivale	8May
23.2	P.Gilbey	M40	Maidenhead	14Aug
24.2	J.Druce		Andover	19Jun
26.3	D.Mote		Perivale	8May

wind-assisted

13.99	N.Owen (+3.0)		Enfield	3Jul
14.98	R.Hunter (+3.7)		Grangemouth	11Jul
15.12	m S.Shirley (+2.9)		Azusa USA	10Jun

Men's rankings presented by Hazel Mead

Belgrave Track & Field Rankings 1993 - Men

110 metre Hurdles (99.0cm)

16.0	M.Holder	U20	Battersea	1Aug
16.1	R.R.David	U17	Basingstoke	20Jun
16.8	M.Holder	U20	Battersea	9Jun
17.4	M.Miller	U17	Basingstoke	20Jun
20.7	D.Newman	U20	Tooting	29Aug

200 metres Hurdles

24.9	I.Wells		Enfield	11Jul
25.7	R.Hunter		Enfield	14Jul

300 metres Hurdles

39.0	I.Wells		Peterborough	28Mar
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400 metres Hurdles (91.4cm)

50.42	J.Ridgeon		Budapest HUN	30May
51.66	M.Robertson		Sheffield	30Aug
52.75	P.Beaumont		Crystal Palace	12Jun
54.09	L.Antoine		Birmingham	26Jun
54.08	I.Wells		Birmingham	17Jul
54.8	N.Hammersley		Harrow	11Jul
57.8	C.Knight		Southampton	22May
59.3	R.Milner	U17	Battersea	1Aug
59.8	A.Grant		Southampton	22May
63.9	A.Paton		Battersea	19Jun
64.4	P.Gilbey	M40	Maidenhead	14Aug
67.5	A.Jones	U17	Basingstoke	20Jun
69.6	J.Barry		Andover	19Jun
70.2	C.Brooks	M45	Maidenhead	14Aug
73.7	R.Draper		Basingstoke	22May
75.3	O.Lewes		Guildford	3Jul
77.2	M.Anderson	U20	Perivale	8May

400 metres Hurdles (84.0cm)

57.31	R.Milner	U17	Blackpool	9/10Jul
60.1	G.Mason	U17	Oxford	27Jun
64.1	L.Jenner	U17	Battersea	1Aug
66.9	A.Jones	U17	Southampton	18Jul

1500 metres Steeplechase

4:38.4	R.M.Hillier	U17	Deangate	6Jun
4:48.7	A.Jones	U17	Oxford	27Jun
5:00.5	W.Swaffer	U17	Oxford	27Jun
5:32.8	S.Young	U17	Deangate	6Jun
5:49.9	E.Vanson	U17	Enfield	23May

2000 metres Steeplechase

6:30.0	R.Draper		Carshalton	13Jul
6:35.2	M.Hillier	U17	Battersea	1Aug
6:48.3	A.Jones	U17	Basingstoke	20Jun
7:05.0	W.Swaffer	U17	Battersea	1Aug
7:19.4	C.Paine	U17	Battersea	1Aug
7:53.4	L.Jenner	U17	Basingstoke	20Jun

3,000 metres Steeplechase

8:32.67	J.Chaston		Oslo NOR	10Jul
8:37.68	D.Mead		Pau FRA	26Jun
8:42.95	J.Dennis		Indianapolis USA	8May
9:39.2	M.Bizio		K'meadow	8 May
9:44.9	M.Sinclair		Southampton	22May
9:45.78	B.Barton		West London	1Aug
9:52.65	S.Halliday		Sheffield	30Aug
9:55.5	M.Mazzotta		K'meadow	8 May
10:22.3	J.Barry		Reading	31Jul
10:24.0	P.Gilbey	M40	Maidenhead	14Aug
10:26.2	R.M.Hillier	U17	Battersea	26May
10:41.5	D.Anderson		Guildford	3Jul
10:42.9	R.Draper		Battersea	19Jun
10:54.2	O.Lewes		Andover	19Jun
11:17.9	T.Dowdall		Basingstoke	22May
13:22.9	D.McMillan	M45	Battersea	24May

High Jump

2.18	W.Caswell		Croydon	16May
2.15	i H.Lindo		Birmingham	7Feb
2.09	m S.Shirley		Azusa USA	9Jun
2.09	F.Salle		St.Clements	18Sep
2.06	i A.Hutchinson		Lievion FRA	21Feb
1.90	D.Costello		Norwich	15/16May
1.90	G.McKernan		Croydon	16May
1.75	M.Miller	U17	Basingstoke	20Jun
1.70	M.Davis	U17	Battersea	26May
1.70	D.Sprigg	U17	Battersea	1Aug
1.68	I.Wells		Norwich	18Sep
1.65	J.Ganio	U17	Battersea	2May
1.65	J.Hilston	U15	Croydon	16May
1.65	M.Readhead	U20	Guildford	3Jul

1.60	T.Daley		Basingstoke	22May
1.60	G.Sagar		Basingstoke	22May
1.55	R.David	U17	Deangate	6Jun
1.55	T.Shackleton	U15	Oxford	27Jun
1.50	P.Mercer		Andover	19Jun
1.50	C.Brooks	M45	Tooting	21Jun
1.50	N.Scamp	U17	Oxford	27Jun
1.45	G.Jones	U15	Deangate	6Jun
1.40	S.Taylor	U15	Battersea	29May
1.35	A.Hill	U15	Enfield	23May
1.35	D.Patterson	U15	Battersea	26May
1.30	R.Bridges	M40	Colindale	26Apr
1.30	A.Johnson		Perivale	8May
1.30	S.Vella	U15	Battersea	26May
1.30	J.Druce		Bracknell	31Jul
1.25	O.Hunt	U15	Battersea	2May
1.25	Steven Vella	U13	Battersea	8May
1.25	S.Taylor	U13	Battersea	26May
1.25	J.Dunsford	M55	Tooting	21Jun
1.20	P.Gilbey	M40	Maidenhead	14Aug
1.20	N.Whorlow	U13	Tooting	29Aug
1.15	A.Mason	U13	Battersea	31Jul

Long Jump

7.96	F.Salle		Glasgow	30Jan
7.42	M.Morgan		Birmingham	17Jul
7.32	M.Richards		Tooting	28Jul
7.25	J.Mackenzie		West London	1Aug
7.19	D.Costello		Ipswich	22Aug
6.92	S.Shirley		Valladolid SPA	10Jul
6.83	F.Abejide		Southampton	22May
6.65	P.Mercer		Reading	31Jul
6.39	R.Hunter		K'meadow	8 May
6.26	J.Ganio	U17	Southampton	18Jul
6.18	D.Browne		Birmingham	5Jun
5.99	m G.McKernan		Cophall	28Aug
5.96	M.Bazire		Horsham	3Jul
5.85	i I.Wells		Kings Lynn	20Feb
5.74	m M.Davis	U17	Battersea	7May
5.66	S.Randall	U17	Tooting	29Aug
5.65	m I.Wells		Norwich	18Sep
5.57	K.Pereira		Bracknell	31Jul
5.52	P.Sowten	U15	Wimbledon Pk	23Jun
5.40	J.Hilston	U15	Battersea	26May
5.39	L.Nunoo	U17	Battersea	1Aug
5.39	m C.Brooks	M45	Sheffield	11Sep
5.34	P.Lyttle		Maidenhead	14Aug



Above: More great triple jumping came from James Ganio in 1993.

5.30	E.Hassan	U15	Southampton	18Jul
5.28	M.Readhead	U20	Guildford	3Jul
5.27	M.Dickson	U15	Battersea	2May
5.22	J.Druce		Bracknell	31Jul
5.20	N.Hammersley		Basildon	8May
5.07	C.Paine	U17	Basingstoke	20Jun
5.06	R.Peacock	U17	Tonbridge	10Aug
4.99	M.Anderson	U20	Maidenhead	14Aug
4.96	R.Bridges	M40	Battersea	5Jul
4.92	G.White	U15	Enfield	23May
4.87	M.Parper	U17	Wimbledon Pk	23Jun
4.81	C.Husbands		Basingstoke	22May
4.71	W.Stewart	U13	Battersea	2May
4.63	E.Vanson	U17	Battersea	2May
4.61	L.Jenner	U17	Oxford	27Jun
4.58	W.Smith	U15	Battersea	29May
4.58	P.Hills	U15	Tooting	29Aug
4.54	D.Sprigg	U17	Tonbridge	10Aug
4.40	R.Alsop		Southampton	22May
4.25	G.Sagar		Perivale	8May
4.20	P.Knight	U13	Tooting	29Aug
4.12	I.Atkins	U20	Hayes	25Apr
4.10	J.Busk		Tooting	14Aug
4.00	A.Rainer	U17	Tonbridge	10Aug
3.96	S.Erskine	U13	Southampton	18Jul
3.92	R.Johnson	U15	Battersea	3Jul
3.83	A.Ahmed		Perivale	8May
3.81	R.Haigiger	U15	Tonbridge	10Aug
3.74	A.Bent	M40	Battersea	24May
3.64	R.Miller	U13	Enfield	23May
3.57	N.Whorlow	U13	Deangate	6Jun
3.54	A.Mason	U13	Battersea	26May
3.36	R.James	U13	Battersea	26May
3.15	A.Gaines	U13	Battersea	29May
2.92	P.Price	U13	Tonbridge	10Aug
2.85	A.Stone	M50	Battersea	24May

wind-assisted

7.87	F.Salle (+3.8)		St.Clements	18Sep
7.37	D.Costello (+3.6)		Enfield	3Jul
7.23	M.Edwards		Abilene USA	15May
7.18	m S.Shirley (+3.4)		Azusa USA	9Jun

Triple Jump

15.95	D.Browne		Crystal Palace	12Jun
15.68	J.Mackenzie		Sheffield	30Aug
14.68	F.Abejide		Southampton	22May
14.41	D.Costello		Norwich	15/16May
13.11	A.Amadii		Reading	31Jul
13.07	A.Ekoku		Battersea	19Jun
12.80	P.Mercer		Reading	31Jul
12.69	J.Ganio	U17	Southampton	18Jul
12.37	J.Druce		Basingstoke	22May
12.32	K.Pereira		Perivale	8May
12.03	N.Hammersley		Basildon	8May
11.53	N.Scamp	U17	Basingstoke	20Jun
11.04	M.Readhead	U20	Guildford	3Jul
10.76	C.Paine	U17	Battersea	9Jun
10.61	A.Jones	U17	Battersea	2May
10.39	T.Santor	U17	Battersea	1Aug
10.10	D.Sprigg	U17	Battersea	9Jun
9.54	R.Peacock	U17	Battersea	1Aug
9.49	E.Vanson	U17	Deangate	6Jun
9.24	R.Bridges	M40	Tooting	14Aug
8.30	I.Atkins	U20	Hayes	25Apr

wind-assisted

16.04	J.Mackenzie		Wrexham	8Aug
15.72	D.Browne (+4.0)		Budapest HUN	30May

Pole Vault

5.52	R M.Edwards		Abilene USA	13May
5.10	I.Tullett		Woking	12May
4.70	m S.Shirley		Azusa USA	10Jun
4.60	i D.McDermott		Birmingham	9Jan
3.60	G.McKernan		Southampton	22May
3.40	N.Browning	U17	Basingstoke	20Jun
3.00	m C.Brooks	M45	Sheffield	12Sep
2.80	C.Husbands		Basingstoke	22May
2.70	i T.Lawton	M50	Crystal Palace	5Dec
2.30	m I.Wells		Norwich	19Sep
2.20	R.Bridges	M40	Battersea	5Jul
2.10	A.Hill	U15	Oxford	27Jun
2.05	P.Edwards		K'meadow	8May
1.80	D.Mote		Perivale	8May
1.75	M.Padfield	U17	Deangate	6Jun
1.50	S.Scott	U15	Deangate	6Jun
1.20	J.Druce		Basingstoke	22May

Belgrave Track & Field Rankings 1993 - Men

Shot Putt (7.26Kg)

19.84	P.Edwards	Walton	8Aug
16.13	L.Marar	Tooting	25Apr
14.70	A.Ekoku	Battersea	19Jun
12.38	m S.Shirley	Azusa USA	9Jun
12.23	M.Small	Battersea	9Jun
12.03	G.McKernan	Battersea	9Jun
10.24	C.Brooks	M45 Guildford	3Jul
10.10	P.Lyttle	Perivale	8May
9.40	A.Johnson	Perivale	8May
8.51	J.Druce	Basingstoke	22May
8.22	G.Sagar	Bracknell	31Jul
7.82	m I.Wells	Norwich	18Sep
7.43	R.Bridges	M40 Battersea	9Jun
6.21	P.Mercer	Andover	19Jun
5.67	R.Bale	M40 Colindale	26Apr
4.39	M.Anderson	U20 Guildford	3Jul

Shot Putt (6.25Kg)

12.29	S.Thompson	U20 Basingstoke	20Jun
10.57	O.Megafu	U20 Battersea	1Aug
8.89	A.Barnett	U17 Basingstoke	20Jun

Shot (5Kg)

11.63	N.Scamp	U17 Eltham	22Aug
11.42	D.Daldin	U17 Battersea	2May
10.97	m M.Davis	U17 Bracknell	27Jun
9.81	L.Welsh	U17 Deangate	6Jun
9.60	A.Barnett	U17 Oxford	27Jun
9.17	B.Cascoe	U17 Wimbledon Pk	23Jun
9.16	A.Jones	U17 Wimbledon Pk	23Jun
8.66	Z.Higgins	U17 Deangate	6Jun
7.58	R.Peacock	U17 Oxford	27Jun

Shot (4Kg)

11.53	O.Hunt	U15 Wimbledon Pk	23Jun
9.04	W.Smith	U15 Deangate	6Jun
6.29	A.Hill	U15 Battersea	29May
6.24	S.Vella	U15 Wimbledon Pk	23Jun
6.23	S.Scott	U15 Battersea	29May
5.31	S.Alexander	U15 Enfield	23May
7.72	J.Drake	U15 Southampton	18Jul
5.24	C.Drake	U15 Enfield	23May

Shot (3.25Kg)

6.85	T.Pepper	U13 Battersea	31Jul
6.12	N.Whorlow	U13 Battersea	31Jul

Discus (2Kg)

57.70	D.Morris	Crystal Palace	12Jun
54.68	A.Ekoku	Battersea	27Mar
54.58	L.Marar	Horsham	25Jul
52.84	P.Edwards	Walton	8Aug
40.30	M.Small	Battersea	19May
39.70	m S.Shirley	Azusa USA	10Jun
38.10	G.McKernan	Battersea	19Jun
34.92	C.Brooks	M45 Perivale	8May
33.44	P.Lyttle	Bracknell	31Jul
24.66	C.Husbands	Battersea	9Jun
21.20	m I.Wells	Norwich	19Sep
20.34	J.Dunsford	M55 Battersea	5Jul
19.82	P.Mercer	Andover	19Jun
19.16	J.Druce	Bracknell	31Jul
17.38	R.Bridges	M40 Battersea	9Jun

Discus (1.75Kg)

38.65	R S.Thompson	U20 Basingstoke	20Jun
21.39	A.Barnett	U17 Basingstoke	20Jun

Discus (1.5Kg)

29.16	B.Cascoe	U17 Deangate	6Jun
29.10	L.Roffe	U17 West London	12Jun
28.30	m M.Davis	U17 Bracknell	27Jun
25.66	A.Barnett	U17 Battersea	2May
21.04	D.Daldin	U17 Battersea	2May
19.02	C.Vella	U17 Battersea	9Jun
18.92	N.Scamp	U17 Battersea	9Jun
17.76	Z.Higgins	U17 Deangate	6Jun
16.74	R.Peacock	U17 Southampton	18Jul
16.44	D.Sprigg	U17 Battersea	9Jun
14.56	C.Paine	U17 Battersea	9Jun
11.84	A.Jones	U17 Southampton	18Jul
10.76	W.Swaffer	U17 Battersea	9Jun

Discus (1.25Kg)

24.16	O.Hunt	U15 Southampton	18Jul
20.84	Simon Vella	U15 Battersea	9Jun

19.66	A.Hill	U15 Battersea	9Jun
16:58	C.Drake	U15 Oxford	27Jun
16.06	D.Patterson	U15 Battersea	9Jun

Discus (1.25Kg)

13.18	R S.Taylor	U13 Battersea	9Jun
13.02	N.Whorlow	U13 Tooting	29Aug
12.78	Steven Vella	U13 Battersea	9Jun

Javelin (800gm)

74.10	N.Bevan	Loughboro'	19May
71.96	M.Cottrell	Kiev, UKR	28Aug
65.00	m S.Shirley	Azusa USA	10Jun
60.64	M.Morgan	Sheffield	30Aug
52.52	B.Cascoe	U17 Eltham	22Aug
50.44	G.McKernan	Battersea	19Jun
47.08	C.Mountfield	Bracknell	31Jul
45.20	M.Small	Battersea	9Jun
43.06	m C.Brooks	M45 Maidenhead	14Aug
41.86	P.Edwards	Birmingham	5Jun
39.60	P.Lyttle	Basingstoke	22May
36.62	G.Sagar	Perivale	8May
32.82	S.Thompson	U20 Battersea	1Aug
30.30	m I.Wells	Norwich	19Sep
28.70	C.Wilson	U17 Eltham	22Aug
27.18	N.Scamp	U17 Basingstoke	20Jun
26.90	H.Porter	M55 Battersea	5Jul
25.06	I.Atkins	U20 Battersea	1Aug
18.42	N.Browning	U20 Basingstoke	20Jun
12.14	J.Dunsford	M55 Tooting	21Jun

Javelin (700gm)

54.58	B.Cascoe	U17 Birmingham	7/8Aug
45.48	m M.Davis	U17 Bracknell	26Jun
39.32	R.David	U17 Battersea	9Jun
38.98	D.Daldin	U17 Southampton	18Jul
27.96	N.Scamp	U17 Oxford	27Jun
22.44	C.Vella	U17 Battersea	9Jun
15.42	A.Barnett	U17 Battersea	2May

Javelin (600gm)

38.30	O.Hunt	U15 Southampton	18Jul
30.00	Simon Vella	U15 Battersea	31Jul
25.52	J.Drake	U15 Enfield	23May
23.24	S.Taylor	U15 Battersea	2May
22.74	R.Bentley	U15 Battersea	9Jun
22.52	D.Petch	U15 Battersea	31Jul
21.02	D.Patterson	U15 Battersea	9Jun
17.06	S.Vella	U13 Battersea	9Jun
15.74	P.Knight	U13 Andover	5Sep
15.32	C.Drake	U15 Southampton	18Jul

Hammer (7.26Kg)

65.10	P.Spivey	Croydon	16 May
49.18	S.Thompson	U20 K'meadow	8 May
44.46	L.Marar	Loughboro'	19May
43.64	M.Small	Horsham	3Jul
26.94	R.Bridges	M40 Tooting	14Aug
19.84	D.Mote	Perivale	8May
18.80	P.Lyttle	Maidenhead	14Aug
16.78	J.Druce	Basingstoke	22May
14.00	G.Sagar	Bracknell	31Jul
13.76	A.Jones	U17 Basingstoke	20Jun
6.88	M.Anderson	U20 Guildford	3Jul

Hammer (6.25Kg)

59.96	R S.Thompson	U20 Sunderland	2Sep
28.92	O.Megafu	U20 Battersea	1Aug
15.94	R.Peacock	U17 Eltham	22Aug

Hammer (5Kg)

26.02	A.Barnett	U17 Battersea	2May
17.12	R.Peacock	U17 Oxford	27Jun
15.46	Z.Higgins	U17 Deangate	6Jun
15.48	A.Jones	U17 Battersea	2May
13.02	D.Daldin	U17 Southampton	18Jul

Hammer (4Kg)

18.24	S.Scott	U15 Southampton	18Jul
10.44	S.Taylor	U15 Battersea	2May
12.34	W.Smith	U15 Oxford	27Jun

Decathlon

7944	R S.Shirley	Azusa USA	9/10Jun
5770	G.McKernan	Cophall	28/29Aug
4993	I.Wells	Norwich	18/19Sep

Octathlon

4215	R M.Davis	U17 Bracknell	26/27Jun
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Hexathlon

3004	R M.Davis	U17 Battersea	7May
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4 x 100 metres

40.05	R L.Paul	Budapest HUN	29May
	P.Goedluck		
	J.Regis		
	N.Owen		
45.2	Team unk.	U17 Walton	9Sep
45.5	R.David	U17 Oxford	27Jun
	L.Nunoo	U17	
	J.Ganio	U17	
	M.Miller	U17	
45.8	R P.Sowten	U15 Walton	9Sep
	M.Dickson	U15	
	J.Hilston	U15	
	D.Jackman	U15	
57.7	A.Mason	U13 Deangate	6Jun
	C.Chanlok	U13	
	Steven Vella	U13	
	N.Whorlow	U13	
60.6	A.Shore	M50 Colindale	26Apr
	D.McMillan	M45	
	R.Bale	M45	
	R.Bridges	M40	

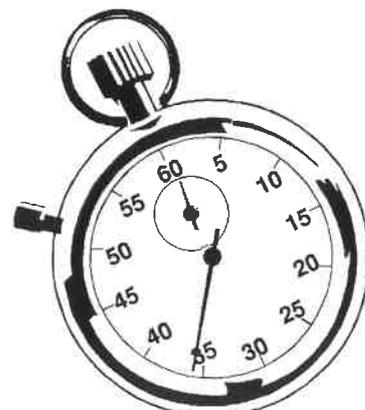
4x200 metres relay

1:34.3	R Team unk.	U17 Wimbledon Pk	23Jun
1:36.9	R P.Sowten	U15 Walton	9Sep
	M.Dickson	U15	
	J.Hilston	U15	
	D.Jackman	U15	
1:53.8	C.Brooks	M45 Battersea	5Jul
	R.Bridges	M40	
	D.Clack	M40	
	A.Stone	M50	

4 x 400 metres

3:12.90	R J.Ridgeon	Budapest HUN	30May
	D.Maynard		
	R.Turner		
	P.Goedluck		
3:15.52	M.Robertson	Sheffield	30Aug
	I.Billy		
	D.Ladejo		
3:25.5	+ R.David	U17 Walton	9Sep
	M.Parper	U17	
	R.Milner	U17	
	G.Mason	U17	
3:33.8	R.Milner	U17 Battersea	1Aug
	M.Parper	U17	
	L.Jenner	U17	
	G.Mason	U17	
3:50.9	E.Hassan	U15 Deangate	6Jun
	J.Drake	U15	
	R.Bentley	U15	
	J.Hilston	U15	

+ Team disqualified for being encouraged from inside arena.
R Club record
m Performance set during multi-event
A Altitude
i Indoors



Belgrave Track & Field Rankings 1993 - Women

100 metres

12.6	M.Smith	Basildon	4Sep
13.1	S.Simon	U17 Portsmouth	7Aug
13.2	B.Kulidzan	Bournemouth	24Apr
13.2	M.White	U17 Basildon	4Sep
13.3	A.Abrams	Basildon	4Sep
13.4	A.M-Bonsu	U15 Bournemouth	24Apr
13.4	A.Barber	U20 West London	12Jun
13.5	M.Simon	U15 Battersea	19Jun
13.5	S.Scott	U17 Horsham	24Jul
13.8	P.Friel	U17 Battersea	26May
13.9	S.Stracey	U17 Bournemouth	24Apr
13.9	L.Warbrick	U17 Croydon	16May
14.0	M.Jackson	U17 Battersea	27Mar
14.0	J.Dash	U17 Battersea	26May
14.3	D.O'Sullivan	U13 Basildon	4Sep
14.4	A.Patten	Battersea	27Mar
14.4	T.Adefyue	U13 Battersea	29May
14.4	B.Simon	U13 Battersea	3Jul
14.5	G.Husbands	Battersea	26May
14.5	H.Revill	U15 Battersea	31Jul
14.8	R.Letang	U13 Battersea	3Jul
14.8	L.Revill	U13 Tonbridge	10Aug
14.9	J.Stone	K'meadow	25Apr
14.9	N.Alexander	U20 Battersea	26May
15.2	S.Scott	W35 Tooting	21Jun
15.3	M.Joslyn	U15 Battersea	26May
15.3	A.Butler	U15 Portsmouth	7Aug
15.8	S.Blanche	U13 Battersea	31Jul
16.5	L.Davison	U13 Battersea	19Jun
17.0	P.Mead	W45 Tooting	21Jun
17.0	N.Stracey	W35 Hendon	5Sep
20.8	S.Porter	W45 Colindale	26Apr

Below: Sixteen year old Pam Friel was our top 400 metre runner of 1993, just failing to nip under the 60 second barrier.



200 metres

26.7	S.Simon	U17 West London	
27.0	M.Smith	Basildon	4Sep
27.4	M.White	U17 Basildon	4Sep
27.6	B.Kulidzan	Bournemouth	24Apr
27.7	M.Simon	U15 Battersea	3Jul
27.8	P.Friel	U17 Battersea	26May
28.2	M.Jackson	U17 Portsmouth	7Aug
28.3	J.Dash	U17 Battersea	26May
28.5	A.M-Bonsu	U15 Battersea	29May
28.9	Cindy James	Battersea	26May
29.0	J.Stone	Battersea	26May
29.1	S.Stracey	U17 Horsham	24Jul
29.3	D.O'Sullivan	U13 Battersea	31Jul
29.5	B.Simon	U13 Horsham	24Jul
29.6	Sarah Scott	U17 Battersea	26May
29.9	G.Husbands	Battersea	26May
30.5	J.Smiter	K'meadow	25Apr
31.5	R.Letang	U13 Battersea	3Jul
31.5	Sally Scott	W35 Hendon	5Sep
32.7	M.Joslyn	U15 Battersea	26May
33.8	A.Butler	U15 Portsmouth	7Aug
35.3	N.Stracey	W35 Hendon	5Sep
36.0	T.Adefyue	U13 Battersea	29May
36.9	P.Mead	W45 Battersea	24May
39.3	Cyn.James	W45 Battersea	5Jul
40.9	S.Porter	W45 Battersea	5Jul

300 metres

43.5	R J.Dash	U17 West London	12Jun
43.9	P.Friel	U17 Crystal Palace	26Jun

400 metres

59.1	E.Finikin 2nd-CI	Croydon	16May
60.8	P.Friel	U17 Kingsmeadow	15Aug
61.6	J.Dash	U17 Battersea	9Jun
62.7	J.Stone	Horsham	11Jul
65.4	G.Husbands	K'meadow	25Apr
70.3	J.Smiter	Portsmouth	7Aug
82.4	N.Stracey	W35 Tooting	21Jun
84.6	P.Mead	W45 Hendon	5Sep

800 metres

2:23.5	G.Collison	Swansea	21Jul
2:26.1	R L.Wilson	U15 Oxford	27Jun
2:31.7	R.Fyffe	Basildon	4Sep
2:32.0	J.Stone	Battersea	26May
2:33.4	M.Ryan	Portsmouth	7Aug
2:35.1	m J.Dash	U17 Battersea	7May
2:35.4	J.Moore	W35 Hendon	5Sep
2:36.3	J.Smiter	Horsham	24Jul
2:43.8	H.Revill	U15 Tonbridge	10Aug
2:46.9	D.O'Sullivan	U13 Horsham	24Jul
2:49.9	S.Howard	Battersea	27Mar
2:52.9	S.Stracey	U17 Basildon	4Sep
2:55.4	K.Phillips	U13 Battersea	31Jul
2:57.4	S.Blanche	U13 Tonbridge	10Aug
3:26.0	L.Revill	U13 Battersea	3Jul
3:28.0	S.Porter	W45 Horsham	24Jul

1500 metres

4:38.4	G.Collison	Tooting	29Aug
4:54.1	H.Maskrey	Basildon	4Sep
5:02.2	M.Ryan	Battersea	19Jun
5:04.0	L.Wilson	U15 Battersea	3Jul
5:13.0	J.Moore	W35 Basildon	4Sep
5:31.7	J.Smiter	Bournemouth	24Apr
5:54.2	H.Revill	U15 Tooting	29Aug

3000 metres

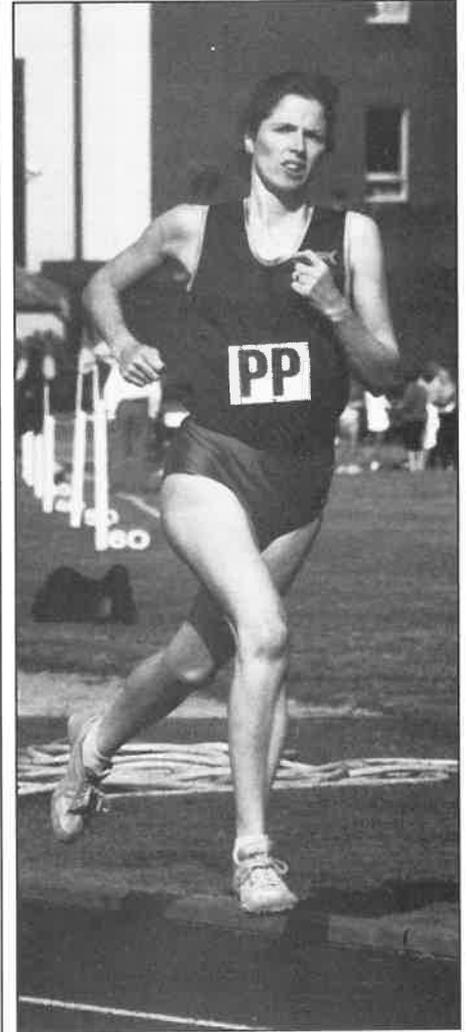
9:48.0	G.Collison	Crawley	8Sep
10:15.7	H.Maskrey	K'meadow	5Sep
10:57.4	M.Ryan	Norwich	22May
11:33.2	J.Moore	W35 Hendon	5Sep
12:28.4	N.Mills	W45 Hendon	5Sep
12:52.0	J.Stone	Basildon	4Sep
14:21.0	S.Porter	W45 Bournemouth	24Apr

5000 metres

18:14.3	H.Maskrey	Battersea	24Jun
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70 metres Hurdles

14.1	S.Blanche	U13 Battersea	31Jul
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Above: Jacinta Moore - back in flight again after maternity leave and competing regularly over track, road and country.

75 metres Hurdles

12.1	M.Simon	U15 Tooting	
13.2	L.Wilson	U15 Basildon	4Sep
14.6	A.M-Bonsu	U15 Bournemouth	24Apr
15.2	A.Butler	U15 Battersea	31Jul

80 metres Hurdles

13.6	M.White	U17 Bournemouth	24Apr
13.8	m J.Dash	U17 Battersea	7May

100 metres Hurdles

15.6	Cindy James	Basildon	4Sep
17.0	J.Dash	U17 Horsham	24Jul
18.9	B.Kulidzan	Battersea	9Jun
19.0	A.Patten	Battersea	9Jun
19.8	J.Stone	K'meadow	25Apr
20.0	J.Smiter	Norwich	22May
21.1	M.White	U17 Norwich	22May
21.4	J.Cockram	Battersea	9Jun

300 metres Hurdles

45.63	R J.Dash	U17 Blackpool	10Jul
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400 metres Hurdles

67.7	J.Dash	U17 Horsham	24Jul
68.7	J.Stone	Battersea	19Jun
74.8	J.Smiter	Portsmouth	7Aug

Women's rankings presented by Derek Jones

Belgrave Track & Field Rankings 1993 - Women

High Jump

1.55	J.Cockram	Bournemouth	24Apr
1.53	J.Smiter	Horsham	11Jul
1.40	m J.Dash	U17 Battersea	7May
1.38	L.Wilson	U15 Bournemouth	24Apr
1.35	G.Richardson	Battersea	26May
1.35	B.Kulidzan	Battersea	26May
1.35	J.Stone	Horsham	11Jul
1.30	A.Patten	Battersea	26May
1.20	A.Butler	U15 Portsmouth	7Aug
1.15	S.Scott	W35 Tooting	21Jun
1.15	K.Phillips	U15 Portsmouth	7Aug
1.10	P.Mead	W45 Tooting	26Apr
1.10	T.Adefuye	Norwich	22May
1.10	K.Phillips	U13 Tooting	29Aug
1.05	S.Blanche	U13 Battersea	3Jul

Long Jump

5.29	A.Abrams	Horsham	24Jul
4.85	J.Dash	U17 Battersea	19Jun
4.80	A.Patten	Portsmouth	7Aug
4.76	L.Warbrick	U17 Croydon	16May
4.51	J.Cockram	Norwich	22May
4.37	M.Simon	U15 Battersea	19Jun
4.35	C.Bazin	U20 Battersea	19Jun
4.33	A.M-Bonsu	U15 Battersea	29May
4.30	J.Smiter	Battersea	26May
4.14	S.Stracey	U17 Bournemouth	24Apr
4.05	H.Revill	U15 Battersea	3Jul
3.94	G.Richardson	Battersea	26May
3.80	T.Adefuye	U13 Battersea	29May
3.75	S.Lavelle	U15 Portsmouth	7Aug
3.61	B.Simon	U13 Basildon	4Sep
3.51	S.Scott	W35 Hendon	5Sep
3.37	K.Phillips	U13 Portsmouth	7Aug
3.37	A.Butler	U15 Tonbridge	10Aug
3.24	K.Phillips	U13 Battersea	31Jul
3.24	L.Revill	U13 Tooting	29Aug
2.87	D.O'Sullivan	U13 Horsham	24Jul
2.79	L.Davison	U13 Basildon	4Sep
2.44	N.Stracey	W35 Battersea	24May
2.31	S.Porter	W45 Battersea	5Jul

Triple Jump

13.06	E.Finikin 2nd-CI	Crystal Palace	26Jun
9.96	R A.Patten	Basildon	4Sep
9.41	A.Barber	U20 Horsham	24Jul
9.02	J.Smiter	Battersea	19Jun
8.94	J.Cockram	Portsmouth	7Aug
<i>wind-assisted</i>			
13.31	E.Finikin (+2.4)	Crystal Palace	13Jun

Pole Vault

2.90	R S.Drummie	Welwyn	30Aug
2.30	J.Cockram	Birmingham	16Jul
2.20	J.Smiter	Wimbledon Pk	12Oct
1.50	M.Jones	W45 Stoke on Trent	5Sep

Shot(2.72kg)

7.97	R.Letang	U13 Tooting	8Aug
5.04	B.Simon	U13 Battersea	31Jul

Shot (3.25Kg)

7.90	V.Smith	U15 Basildon	4Sep
7.86	R.Letang	U13 Battersea	19Jun
5.40	S.Lavelle	U15 Portsmouth	7Aug
4.34	B.Simon	U13 Battersea	9Jun

Shot (4Kg)

9.35	Cindy James	Battersea	9Jun
9.12	R.Fyffe	Portsmouth	7Aug
9.08	A.Patten	Norwich	22May
7.77	P.Keeler	U17 Norwich	22May
7.76	C.James	W45 Battersea	5Jul
7.45	G.Richardson	Battersea	9Jun
7.13	P.Patten	U20 Battersea	9Jun
6.69	P.Mead	W45 Battersea	9Jun
6.65	m J.Dash	U17 Battersea	7May
6.01	S.Simon	U17 Battersea	9Jun
5.60	J.Smiter	Battersea	9Jun
4.97	B.Dunsford	W55 Colindale	26Apr
5.75	H.Mead	U17 Battersea	9Jun

Discus (1Kg)

29.54	Cindy James	Battersea	9Jun
28.40	A.Patten	K'meadow	25Apr
25.58	P.Keeler	U17 Portsmouth	7Aug

25.12	R.Fyffe	Basildon	4Sep
23.00	G.Richardson	Battersea	27Mar
20.00	R.Letang	U13 Bournemouth	24Apr
19.72	J.Cockram	Battersea	9Jun
19.38	V.Smith	U15 Basildon	4Sep
19.28	P.Mead	W45 Battersea	9Jun
18.08	Cyn. James	W45 Battersea	27Mar
17.74	A.Blades	U17 Portsmouth	7Aug
17.12	P.Patten	U20 Battersea	9Jun
16.62	H.Mead	U17 K'meadow	20May
15.50	J.Dash	U17 Battersea	9Jun
15.30	J.Smiter	Battersea	9Jun
14.34	C.Bazin	U20 Battersea	9Jun
13.54	A.M-Bonsu	U15 Battersea	9Jun
13.12	B.Kulidzan	Battersea	9Jun
12.44	L.Wilson	U15 Battersea	31Jul
11.28	S.Simon	U17 Battersea	9Jun
8.56	B.Simon	U13 Battersea	9Jun

Javelin (600gm)

33.??	E.Finikin 2nd-CI	Battersea	27Mar
29.34	G.Richardson	Portsmouth	7Aug
28.08	C.Bazin	U20 Battersea	19Jun
24.84	A.Patten	Battersea	9Jun
24.12	H.Mead	U17 Norwich	22May
19.80	R R.Letang	U13 Horsham	24Jul
19.00	S.Lavelle	U15 Portsmouth	7Aug
18.76	J.Smiter	Battersea	9Jun
15.84	P.Mead	W45 Battersea	9Jun
14.38	m J.Dash	U17 Battersea	7May
14.38	J.Cockram	Battersea	9Jun
14.32	B.Kulidzan	Battersea	9Jun
13.04	V.Smith	U15 Basildon	4Sep

Hammer (4Kg)

19.88	B.Dunsford	W55 Jarrow	17/18Jul
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Hexathlon (SP, 80mH, LJ, JT, HJ, 800 metres)

2656	R J.Dash	U17 Battersea	7May
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1600m Walk

11:26.5	A.Butler	U15 Battersea	31Jul
11:58.3	M.Dransfield	U15 Battersea	29May

2000 metres Walk

11:11.1	S.Porter	W45 Hendon	5Sep
14:24.7	H.Miller	W40 Hendon	5Sep

2500m Walk

19:13.8	M.Dransfield	U15 Walton	19Sep
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3000 metres Walk

17:28.8	S.Porter	W45 West London	29Aug
18:27.6	G.Brackpool	Battersea	27Mar

10000 metres Walk

1:02:11.5	S.Porter	W45 Battersea	5May
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4 x 100 metres Relay

51.8	S.Simon	U17 Battersea	19Jun
	B.Kulidzan	U17	
	M.White	U17	
	M.Jackson	U17	
52.5	Sarah Scott	U17 Horsham	24Jul
	S.Stracey	U17	
	S.Simon	U17	
	Cindy James		
56.8	B.Simon	U13 Bournemouth	24Apr
	M.Simon	U15	
	L.Wilson	U15	
	A.M-Bonsu	U15	
58.5	L.Revill	U13 Battersea	31Jul
	R.Letang	U13	
	B.Simon	U13	
	D.O'Sullivan	U13	

4 x 400 metres Relay

4:13.8	P.Friel (62.9)	U17 Battersea Pk	19Jun
	G.Husband (64.3)		
	J.Dash (63.8)	U17	
	J.Stone (62.8)		

Medley Relay

2:25.5	R M.White	U17 Walton	9Sep
	M.Jackson	U17	
	S.Simon	U17	
	J.Dash	U17	



Above: Rhian Letang - twelve years of age and around 20 metres with discus and javelin



Denni-Vet

PEARL
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