



Photo by Alan Mead

Above: John Kipkemoi Kimaiyo leads Malachi Byansi at the 11 mile point in the Bristol Half Marathon but it was Malachi who prevailed, running to his best ever time of 1:10:35.

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Contributors in this issue: Catherine Eastham, Eric Hall, Alan Mead

Welcome ... to the following new members

- Megan Evans, 13, middle-distance, road running and cross country.
- Calypso Lawrence, 18, sprints, hurdles and jumps.
- David Mason, 22, road and cross-country (1st-claim Bournemouth AC).
- Michael Peacock, 33, sprints, rejoining after a few years in the Republic of South Africa.

Road Running

Surrey Road Relays, Wimbledon Park, 9 September 2006.

The season starts with a win

Well, it was a fraught old day as we took on a large share of the organisation of this event and also fielded six teams. But somehow we got through it – even if half our men's C team did all have to go off together to get a run after a mix-up on stage 2. We have a few ideas for improved organisation next time – but while we were conscious of the glitches here and there, a whole batch of emails from those representing the 19 clubs that entered and the 82 teams that ran outlined the enjoyment they'd gained from the event. Gordon Biscoe organised the officials, members of Hercules Wimbledon AC marshalled the course and Alan Mead took the entries and produced the results – so thanks to them for keeping this event in the calendar.

It was a gorgeous autumn day and the Belles ensured that it wasn't only going to be the men who carried the club's colours around the ups and downs of Wimbledon. Catherine Bryson is showing continuously improving form and she took on the battle of the first stage with plenty of men around her providing ample support and competition. Catherine brought the Belles home in second place, just pipped by Ranelagh's Cilla Pettersson, and clocked the third fastest time of the day behind Pettersson and Epsom's Emily Nelson. She now owns our second fastest time over this relay course, just behind Angela Walker's now defunct 2003 course record of 16.44.

Sarah Gailey knocked more than 2 minutes off her previous best with a powerful run that surprised even her and brought the Belles home in the lead. Following her great form on the track this summer, it looks like it will be a good winter for Sarah too.

Syreeta Stracey took on leg 3 and although she dropped a few places due to a lack of fitness, her time was surprisingly good for someone who hasn't trained or raced for a few years and we're sure it won't take Syreeta long to be back in the action! Tilly Heaton took on leg 4 despite not being at 100% fitness. Having just been diagnosed with anaemia, Tilly is hoping that a swift course of iron will soon help her get back to her old competitive self. A brave effort brought Tilly and the team back in a respectable 5th place, with Ranelagh the champions yet again.

The Belles weren't a scoring team as Catherine Bryson does not have a Surrey qualification at the moment, but despite coming 5th, the Belles clocked their fastest team time over this course, at 73:27, almost a minute quicker than 2002's previous best effort.

For the men, David Anderson led off for the Bs, checking on his fitness as he works himself back to good form. Approaching the finish some way down on Thames' John McFarlane, he sped round the oval to hand over with a two second lead, setting the fastest time of the day. We take it he was happy enough as he slid open the window of the results hut to grin and ask whether he'd done enough to claim a "six-stage place!" Not too far behind was A runner Padraic Buckley, giving our Surrey team a grand start, and he in turn was chased hard by Alex Bodin for the Cs. Charlie Dickinson gave the M50s a good shot at medals by placing 18th overall and second in the age group behind an already dominant South London Harriers.

The non-scoring B team extended their lead to nearly a minute on the second leg as Simon Jones ran what was meant to be the first of two evenly paced consecutive stages. His next run was due to be for the C team but as they failed to connect, his training session had to be adapted to include a further circuit without a race number. Mark Humphrey was disappointed with his run for the Surrey six but nevertheless, the team moved up to 4th spot.

Two veterans took charge of stage three – Knut Hegvold for the As took us up to second and leaders in the Championship stakes – while two minutes up the road the only team ahead was our non-scoring outfit in the charge of Peter Fallenius. Should these two ever team up with others (and there are other guys around or just approaching 40) they could form the nucleus of a devastating veteran team.

In great marathon form, McFarlane took to the road again for his second stint in a Thames team (this time their Bs) and he jumped up a couple of places to split the claret and gold vests. Will Cockerell felt his blast on the way through but was moving well enough himself and we headed the race for gold medals even though in third place with our own Bs, in the form now of Jason Webb, still enjoying a one minute advantage over the field. With the completion of stage four the veteran races came to an end: Terry O'Neill was on a charge, just failing to move our M50s from bronze to silver.

For the penultimate stage in the senior men's race young James Fairbourn found himself in the unenviable position of taking off in the lead with Hassan Raidi gunning for him. In one of the best runs of his short career James held up well but inevitably Hassan reeled him in and as they entered the track for the final takeover the As went ahead and order was established. Richard Ward had been regaled with stories of how Herne Hill's Dave Taylor had run down our leaders on the final lap in the past – but there was no such drama on this occasion and our sixth man did not have to extend himself to make sure of the win. Almost a minute behind, McFarlane was on his third outing – setting the third out of the five fastest times of the day – to bring the Thames non-scorers in ahead of our own.

Senior Men. 1 Belgrave (1st Surrey) 1:30:19; 2 Thames H&H (n/s) 1:31:15; 3 Belgrave 'B' (n/s) 1:32:02; 4 Ranelagh H (2nd Surrey) 1:33:26; 5 Hercules Wimbledon (3rd Surrey) 1:34:13; 6 South London (4th Surrey) 1:34:24.

A - P Buckley (6) 14:52; M Humphrey (4) 15:27; K Hegvold M40 (2) 15:36; W Cockerell (3) 15:14; H Raidi (1) 14:30; R Ward (1) 14:40.

B - David Anderson (1) 14:05; S Jones (1) 14:31; P Fallenius M40 (1) 15:16; J Webb (1) 15:52; J Fairbourn U20 (2) 16:05; W Lynch (3) 16:13.

C - A Bodin U20 (7) 14:54.

Fastest: David Anderson 14:05; J McFarlane (Thames H&H) 14:07; J McFarlane (Thames H&H) 14:19; J Hamblen (Walton) 14:23; J McFarlane (Thames H&H) 14:24.

M40. 1 South London (1st Surrey) 1:03:00; 2 South London 'B' 1:06:25; 3 Ranelagh (2nd Surrey) 1:06:47; 4 Thames H&H (n/s) 1:07:06; 5 Herne Hill (3rd Surrey) 1:08:36; 9 Belgrave 1:15:45.

S Zealey (8) 16:52; L Rehn (8) 19:09; H Corbett (10) 18:57; D McMillan M50 (9) 20:47.

Fastest: V Maughn (Herne Hill) 15:20; R Marriott (South London) 15:22; C Phelan (South London) 15:36.

M50. 1 South London 1:08:06; 2 Reigate Priory 1:09:05; 3 Belgrave 1:09:08.

C Dickinson (2) 16:19; M Nouch (3) 17:52; Don Anderson (3) 17:57; T O'Neill (3) 17:00.

Fastest: B Attwell (South London) 15:52; C Dickinson (Belgrave) 16:19; K Archer (Reigate Priory) 16:31.

Senior Women. 1 Ranelagh H 1:10:44; 2 Wimbledon Windmilers 1:11:43; 3 Herne Hill 1:12:12; 5 Belgrave 1:13:27.

C Bryson (2) 16:55; S Gailey (1) 17:48; S Stracey (4) 19:44; M Heaton (5) 19:00.

SEAA 6-Stage Road Relay

Aldershot Relays inc. SEAA Men's 6-Stage road Relay, Rushmoor Arena, 23 September 2006

Beagles and Wells beat the Bels

Missing Phil Wicks (injured), Spencer Barden (retired from top level competition), Jonathan Blackledge (on a break), Tim Watson (overseas with the Army) and Alaster Stewart (a long term viral problem) - only Stephen Sharp survived in the A squad from last year's winning outfit. Others unavailable included Kris Gauson (on a break followed up by being ill), Darren Gauson (at university in the USA) and David Anderson (at a wedding); and yet hopes were still high and a fifth consecutive win was certainly being targeted. On this day, however, it would have taken a superhuman effort to outrun Newham & Essex Beagles – and all credit to Wells City who operated at full strength to take silver medals. Our own run went a little haywire on stage two but many times were down on expectations and with the Beagles in full cry - maybe it was a good day to have a bad day!

For the first time prize money was available - £250 for the fastest lap with a £100 bonus for breaking the individual course record.

Stage 1

Should we start off with Richard Ward, on his first tour of duty in Rushmoor Arena, or Shugri Omar, fit after a late start to his track season but with no 5k form behind him? We went with the former – and it worked out right. Richard was close to his expected time and 7th place was a solid start – but up front another 1500 metre runner of note was making the early pace and came home in second place – Newham's Michael East. Stage winner was Poole's Willard Chinhanhu.

Stage 2

A good run in the previous week's Bristol Half Marathon cemented Hassan's place in the team but what we didn't know was that race day at Rushmoor coincided with the first day of Ramadan and Hassan was fasting. On his initial lap he slipped back and although he tried to respond to encouragement to pick it up over the second circuit, things did not get any better. Instead of moving up a place or two, Hassan found half a dozen men coming past him and he ran a minute slower than we might have thought. We were 13th and a minute and a half off the lead.

Newham had moved ahead by a pace or two from Wells City who were already impressing – the Somerset club were second in 2005 and once again they'd managed to attend Rushmoor Arena with a full strength team. Fastest on the lap was Angus MacLean of Southampton, a second ahead of Kent's Jermain Mays.

Stage 3

Well, it was all set up for Stephen Sharp with a string of men ahead to pull on. He felt good – but that speedy time didn't come. Stephen was fastest on the stage but his 18:28 was his slowest on this course and he probably has yet to settle down after a change in coaching regime. Newham's lesser-known runners were holding up well in front and there was still only a second in it between them and Wells City. Kent were into 3rd but six clubs had fallen to Stephen's stride and we were back to 7th – although still just over a minute down.

Stage 4

Paul Freary had been clocking up some good times recently and took the precaution of not running the half marathon the previous week. It paid off. He tells us that he's learned something over the years and that he's reigning himself in over the early stages of his races these days. Determined to go through the first kilometre no faster than 3 minutes, he nevertheless hit that mark in 2:50 and as a result still felt that

he “blew up.” Nevertheless, his tussle with Aldershot’s Ben Moreau resulted in a time only one second slower than his best and, more importantly, took us into 3rd place. Frank Tickner scorched a 17:59 to put Wells 45 seconds ahead but nobody had any thoughts that the race was over, seeing who the Beagles had lined up for their last two stages.

Stage 5

Always our star man, Mark Miles toed the line for stage five but the gaps were too large for us to dream of an advance to silver medals. Moumin Geele for Newham ripped into the Wells’ lead and just less than 18 minutes later moved a step ahead of Adrian Marriott to regain pole position. An isolated Mark pulled back 35 seconds on Marriott and gave us a cushion of a minute and a quarter on AFD. We weren’t going to win but we certainly didn’t want to end up out of the medals.

Stage 6

Mohammed Farah toyed with Wells’ Ben Tickner for a while but then turned on the after-burners to clock an outstanding 17:14 – 7 seconds away from a course record that dates back to 1989. Our own Simon Jones had come down with a cold after the previous weekend’s effort at Bristol where he had felt very sluggish. We had considered taking him out of the line-up but he was intent on putting down some sort of mark to be thrown into the National selection process. Our Skipper gamely took on the job of anchorman for the Bs, ready to switch teams should Simon feel too bad in warm up. As it turned out, and in spite of suffering somewhat, Simon clocked a respectable time and bronze medals became even more secure.

In this qualifier a top twenty-five placing is required to clinch a place on the start line at Sutton Park. Our B team were never lower than that mark and came through strongly to finally place 15th with Newham’s Bs 14th and Aldershot’s 16th.

1 Newham & Essex Beagles 1:49:20; 2 Wells City H 1:50:27; 3 Belgrave H 1:51:48; 4 Aldershot Farnham & D AC 1:53:10; 5 Kent AC 1:54:21; 6 Bedford & County AC 1:54:57; 15 Belgrave H 'B' 1:58:47; dnf Belgrave H 'C'; 91 teams started; 76 teams finished.

A – R Ward (7) 18:31; H Raidi (13) 19:36; S Sharp (7) 18:28; P Freary (3) 18:25; M Miles (3) 18:06; S Jones (3) 18:42.

B – S Omar (13) 18:48; K Hegvold M40 (24) 20:14; M Humphrey (25) 20:42; M Byansi (18) 19:24; P Willis (17) 20:01; W Cockerell (15) 19:38.

C – J Kimaiyo (16) 19:13; J Fairbourn U20 20:56; A Bodin U20 (36) 20:49; W Lynch (41) 21:33; D McMillan M55 27:24.

Competing for Bournemouth AC. D Mason 20:45 on stage 6.

Fastest: 1 M Farah (Newham &EB) 17:14; 2 A MacLean (T Southampton) 17:41; 3 J Mays (Kent) 17:42; 4 W Chinhañhu (Poole) 17:53; 5 M Geele (Newham &EB) 17:55; 6 M East (Newham &EB) 17:56; 10 M Miles 18:06; 17 P Freary 18:25; =18 S Sharp 18:28.

Results Roundup

Road & Country

April 2006

30 **Bluebell 10 km, nr Worthing.** Men. 1 J Baker (Chichester) 33:51; 32 P Cross M50 43:06.

May 2006

7 **Dorking Fun Run 10k, Denbies Estate.** Men. 18 P Cross M50 46:59.

21 **Staines 10 km.** Men. 1 C Bettmar (Headington) 32:46; 56 P Cross 41:23; 268 J Moore W45 54:06.

28 **Canterbury Half Marathon.** Men. 1 A Mahiaddine (Invicta) 1:10:34; 55 P Cross M50 45:29.

June 2006

4 **Beckenham 10 km.** Men. 1 N Kinsey (Blackheath &B) 35:20; 48 P Cross M50 43:29.

11 **Les Golding Memorial 10 km.** Men. 1 A Mahiaddine (Invicta) 32:56; 36 P Cross M50 45:29.

21 **Dulwich Runners Midsummer 5 km.** Men. M Shone (Woodford GwEL) 15:33; 3 A Bodin U20 16:38; 16 W Lynch 17:54; 66 P Cross M50 20:41; 83 S West M40 21:40; 184 L Lucas SW 25:50. Teams: 1 Dulwich R 43; 2 Belgrave 88.

25 **Orpington 10 km.** Men. 1 P Tucker (Blackheath &B) 33:50; 61 P Cross M50 42:56.

30 **Serpentine Last Friday 5k, Hyde Park.** Men. 1 R Cousins (London Heathside) 15:23; 3 P Fallenius M40 16:13; 62 H Corbett M45 20:06.

July 2006

1 **7th Annual "Barrathon", Isle of Barra, Outer Hebrides.** Men. 1 P Freary 1:13:13 (course record).

2 **Cranleigh 10 km.** Men. 1 C Paton (Aldershot F&D) 35:41; 30 P Cross M50 43:30.

2 **ASICS Half Marathon, Gold Coast, Australia.** Martin Dent took the ASICS Half Marathon in a time of 1:02:57, 34 seconds in front of Japan's Kurao Umeki (1:03:31) with another Japanese runner, Youchi Watanabe, taking third place (1:04:15).

"It's probably the biggest race in Australia, and I've just been building myself up to qualify for the Australian road race team," Dent said. "After the 20km mark I was pretty sure I was going to win."

Men. 1 M Dent 62:57.

9 **Cliffe Woods 10 km.** Men. 1 J Creane (South Kent) 33:07; 64 P Cross M50 42:24.

11 **Swansea 5k.** Men. 1 S Jones 14:40 (course record).

15 **Lord Mayor's City Centre Classic 5k, Norwich.** Men. 1 M Miles 14:17; 3 S Jones 14:51.

16 **Peckham 10k.** Men. 1 M Humphrey 34:33.

20 **Standard Chartered Great City Race 3.5 miles.** Women. 1 K Ellison (Richards Butler LLP) 18:32; T Heaton 20:01.

22 **Bushy Park 5 km.** Men. 1 R Ward 15:48; 5 M Humphrey 17:08.

23 **Dinosaur 10 km, Deal.** Men. 1 M Coleman (Medway &M) 31:44; 69 P Cross M50 44:12.

23 **Julie Button Elmbridge 10 km.** Men. 1 S Major (South London H) 32:05; 4 W Cockerell 33:13; 7 M Byansi 34:04; 144 L Rehn M40 42:57.

Women. 1 N Warner (Thames H&H) 35:27; 9 N Neal 39:05; 11 T Heaton 39:39.

23 **Next Generation Ekiden Relay, Woodbridge.** 10 km leg G Billington 33:50.

23 **Gloucester Half Marathon.** Men. 1 S Jones 71:03.

24 **Sri Chinmoy 2 miles, Battersea Park.** Men. 1 M Humphrey 10:31.

26 **Harrock Hill Race, 5.5 miles off road.** 1 P Freary 31:08.

27 **Sale Sizzler 5 km, Wythenshaw Park.** 1 P McGlory (Liverpool) 14:29; 5 P Freary 15:29.

28 **Serpentine 5 km, Hyde Park.** Men. 1 R Cousins (London H) 15:37; 3 P Fallenius M40 15:53.

Women. 1 A McKeown (N Herts) 17:54; 9 M Noel W40 21:36.

28 **Wedding Day 7 km, Bushy Park.** Men. 1 S Overall (Blackheath &B) 22:08; 328 D Davies M65 38:29.

29 **Bushy Park 5 km.** Men. 1 R Ward 15:38; 3 L Greatorex 16:42.

30 **Luton 10 km.** Men. 1 J Critchlow (Watford) 33:37; 62 P Cross M50 43:09.

31 **Sri Chinmoy 2 miles, Battersea Park.** Men. 2 M Humphrey 10:17.

August 2006

1 **Crystal Palace Canter 5 km.** Men. 1 M Humphrey 16:15.

2 **Woking 3 miles.** Men. 1 M Humphrey 15:20.

2 **Chorley Night Series 4 miles.** Men. 1 A Jones (Salford) 19:14; 3 P Freary 19:41.

5 **Joan Rhodes Memorial 5 km, Radcliffe.** Men. 1 P Freary 14:51.

5 **Bushy Park 5 km.** Men. 1 K Quinn (RR) 15:28; 3 M Humphrey 16:47.

6 **Harlow 10 miles.** Men. 1 N Thatcher (Harlow) 56:44; 90 P Cross M50 1:12:20.

9 **Horwich Jubilee 5 miles, Rivington.** Men. 1 C Mulvaney (Bolton) 25:04; 3 P Freary 25:11.

9 **Swansea Bay 5 km.** Men. 1 S Jones 14:51 (winner of the Swansea Bay Series).

9 **Promenade 5 km, Portsmouth.** Men. 1 J Blackledge 14:30.

10 **Reebok Manchester Sizzler 5 km.** Men. J Ward (Altrincham) 14:23; 6 P Freary 15:13.

11 **Danson Park 5 km, Bexleyheath.** Men. 1 M Humphrey 16:45 (record).

12 **Bushy Park 5 km.** Men. 1 R Ward 16:00; 3 A Bodin U20 16:43.

12 **Arncliffe 4 miles.** Men. 1 A Jones (Keighley &C) 21:12; 4 P Willis 21:48.

13 **Bearbrook Joggers 10 km.** Men. 1 O Jones (Team Southampton) 32:27; 99 P Cross M50 41:42.

13 **Boddington 50 km, Gloucestershire.** Women. 1 E Hawker (RRC) 3:23:13; 6 L Cooper 3:46:38.

13 **Alexandra Park 5 km, Manchester.** Men. 1 P Willis 16:14.

13 **Newark Half Marathon.** Men. 1 S Jones 1:09:19; 2 H Raidi 1:09:28.

13 **triandrùn Belgrave 5 km, Wimbledon.** Men. 1 H Dodwell (Highgate) 15:28; 2 R Ward (1-Surrey) 15:30; 3 J McMullan (Epsom Oddballs) 15:39; 14 P Buckley 16:28; 18 M Byansi 16:45; 22 K Hegvold (2-M40) 16:52; 23 A Bodin U20 17:02; 26 J Fairbourn U20 17:10; 97 H Corbett M40 20:06; 100 L Rehn M40 20:14; 123 J Pritchard 21:02; 176 finished.

- Open Team: 1 Stragglers 29; 2 Ranelagh 40; 3 Belgrave 42.
Surrey Team: 1 Belgrave 23; 2 Ranelagh 27; 3 Walton 29.
Women. 1 S Abel (Highgate) 17:18; 3 C Bryson 18:16; 16 T Heaton 20:20; 63 finished.
- 16 **Haig Hall 5 miles, Wigan.** Men. 1 P Freary 25:13.
- 18 **Poole Runners Summer Series 3.3 miles, Canford Heath.** M60. 2 R Bale 20:57.
- 19 **Burnsall 10 miles.** Men. 1 I Fisher (Otley) 52:08; 3 P Willis 56:18.
- 19 **Bushy Park 5 km.** Men. 1 S Arusei (Kenya) 14:35; 4 A Bodin U20 16:42.
- 19 **Race The Train 14 miles, Tywyn, Wales.** Men. 1 G Raven (Sale) 84:05; 8 H Raidi 93:54.
- 23 **Urenco Capenhurst 5 km, Chester.** Men. 1 P Freary 15:10.
- 25 **Serpentine Last Friday 5 km, Hyde Park.** Men. 1 R Couzens (London Heath) 15:33; 2 H Raidi 15:44; 8 M Humphrey 16:35; 22 C Dickinson M55 17:27.
- 26 **Bushy Park 5 km.** Women. 1 S O'Sullivan (Thames H&H) 17:13; 6 E Viljoen 20:52.
- 26 **Telstra Australian 12 km CC Champs, Brighton, Tasmania, Australia.** Men. 1 L Troop (Victoria) 36:36; 2 M Dent (ACT) 36:52; 4 E MacRae (ACT) 37:27; 30 A Leane (ACT) 40:04.
- 29 **Hammersmith Riverside 3.3 miles.** Men. 1 M Humphrey 17:30.

September 2006

- 2 **Bushy Park 5 km.** Men. 1 J Trapmore (Shaftesbury B) 16:07; 2 A Bodin U20 16:26.
- 3 **Shornwood multi-terrain 5 miles, Gravesend.** Men. 1 B Royden (Medway &M) 28:27; 5 M Humphrey 29:37.
- 3 **Carver Wolverhampton Half Marathon.** Men. 1 M Dalkins (Tipton) 71:11; 2 S Jones 71:16.
- 3 **Hydro Active Women's 5 km, Hyde Park.** Women. 1 B Adere (Ethiopia) 15:24; 21 C Bryson 18:31.
- 3 **HSBC Cardiff 10 km.** Men. 1 P Makau (Kenya) 29:57; 16 M Byansi 32:51.
- 5 **Crystal Palace Canter 5 km.** Men. 1 M Humphrey 15:50.
- 6 **Woking 3 miles.** Men. 1 M Humphrey 15:05.
- 9 **Bushy Park 5 km.** Women. 1 F Sams (Ranelagh); 3 E Viljoen 20:38.
- 10 **Experian Robin Hood Half Marathon.** Men. 1 S Kasimili (Kenya) 63:52; 9 J Kimaiyo 71:11.
- 10 **Trafford 10 km.** Men. 1 S Hepples (Newham & EB) 30:23; 2 P Freary 30:47; 13 P Willis 33:41.
- 10 **Cotswold Classic 10 miles, Witney.** Men. 1 S Jones 52:30 (course record).
- 15 **Rye 10 km.** Men. 1 J Creane (London Irish) 32:43; 2 M Humphrey 34:14.
- 16 **Bushy Park 5 km.** Men. 1 R Ward 15:23; 4 A Bodin U20 16:33.
- 16 **IAU 50 km, Winschoten, Holland.** Women. 1 Z Morrell (GBR) 3:31:19; 6 L Cooper 3:54:44.
- 17 **Guardian Cophall 5 miles multi-terrain, Epping.** Men. 1 M Humphrey 29:14.
- 17 **Bristol Half Marathon.** Men. 1 P Makau (Kenya) 1:03:37; 4 M Miles 1:05:48; 9 S Jones 1:08:22; 11 H Raidi 1:09:30; 15 M Byansi 1:10:35; 17 J Kipkemoi Kimaiyo 1:10:59. Teams: 1 Belgrave 39; 2 Bristol & West 159; 3 City of Bath 223; 101 teams closed in.
Women. 1 C Mutwa (Kenya) 1:12:33; 2 B Dagne 1:14:35.
- 23 **Bushy Park 5 km.** Women. 2 S Gailey 19:53.
- 24 **Swansea 10 km. BMAF Championship.** M55 1 J Exley (Oxford C) 35:43; 2 C Dickinson 36:08.
- 24 **Windsor Half-Marathon.** Men. 1 T Abyu (Salford) 1:06:25; 2 M Miles 1:07:58.
Women. 1 B Dagne 1:15:07.
- 30 **Bushy Park 5 km.** Men. 1 A Bodin U20 16:18; 2 W Cockerell 16:22; 22 N Levy 19:42.
Women. 1 C Pauzers (Herne H) 18:36; 3 E Viljoen 19:59

October 2006

- 1 **Highclere Castle multi-terrain 10 km.** Women. 1 L Cooper 39:48.
- 1 **BUPA Great North Run, Newcastle.** Women. 1 B Adere (Ethiopia) 1:10:03; 13 B Dagne 1:14:45.
- 1 **BMAF Northern Vets 10 miles.** M35. 1 P Freary 52:35.
- 1 **Wimbledon Audi 10 km.** Men. 1 T Kingsnorth (Thames H&H) 33:32; Belgrave men's positions not known. Teams: 1 Thames H&H 27; 2 Belgrave 54; 3 Wimbledon Windmilers 60. Women. 1 D James (unatt) 38:18; 4 S Gailey 40:14.

More on ...

Tommy Green – Olympic Champion

Each year we present the “Tommy Green” Cup to the male athlete who is judged to have produced the most meritorious performance of the year, thus perpetuating the memory of T.W. Green, our one and only Olympic Champion – winner of the 50 kilometres walk at Los Angeles in 1932.

Among my earliest memories of Belgrave Hall are a framed history of the Club which hung over the fireplace back in 1948. There was also the photograph of Tommy winning the “Brighton”. As a walker that picture has always had a special significance to me and, over the years, I have read much about the great man. A little while back the Club was asked to help in further research, by one of Tommy's daughters, in the hope that something may be published on an internet site.

During a recent visit to Eastleigh, where Tommy lived for many years, we visited the local Museum. There we found a folder of press cuttings and other memorabilia. From this we were able to add a little to the various articles in earlier issues of this magazine.

Tommy was born in Fareham, Hampshire, in 1894. After being demobbed in 1918, he went to work at the railway works. He kept fit by doing a little boxing and his first venture into walking was to act as pace maker to a local blind man in the first St Dunstons London to Brighton walk! He then entered a local walk over five miles and was unplaced. Not deterred by this he tackled the Worthing to Brighton which he won quite easily. He joined Belgrave after walking in the Croydon to Godstone and back race on Boxing Day 1926.

A newspaper cutting shows that in his career he won over 700 cups and prizes and became “one of the first flight of walkers in Great Britain.” Selected for the Olympic Games the paper reports that he had to fight off a temperature of 120 degrees - with no shade - and, not surprisingly, suffered an attack of sun stroke causing him to fall some way behind the leaders. He made a wonderful recovery, however, and fought back so much so that he won by over 7 minutes Even allowing for some poetic licence this was a remarkable achievement for a man of 38 who had only been racing for about six years.

After the Games Tommy was in great demand and raced all over the world it seems. *The Belgravian* records many of his triumphs. He possessed trophies presented by two dictators - the Hitler trophy won when he competed in a 25 km event in Berlin, and in 1927 he won the Mussolini medal for a similar race at Stamford Bridge. He was reported to have said that his worst time in any race came at about the 19 mile mark (sounds familiar to marathon runners?) which was reason enough to go for the longer distances. Looking at photographs of Tommy racing, and at a video I have of one event, it is hard to realise that he ever suffered. Always cheerful, ever relaxed and smiling, he just reeled off the miles.

In retirement Tommy was a great supporter of local sportsmen and a generous donator of trophies. He presented the Club with the trophy awarded each year for the best performance by a Belgravian. He also gave a trophy to encourage our junior walkers. He lived in a different age in many respects but, nevertheless, he gave of his best whenever he turned out be it in the London to Brighton or as an organiser, and competitor, in the Victory 50 kms at Eastleigh in 1945. To provide a contrast between those days and now it might be of interest to note that the Victory 50 kms took place over a course from Eastleigh to Southampton City Centre, out to Lyndhurst - and back! Made impossible today because of the traffic it should also be remembered that in recent years, in Britain, very few have managed to match Tommy's Olympic winning time.

Eric Hall