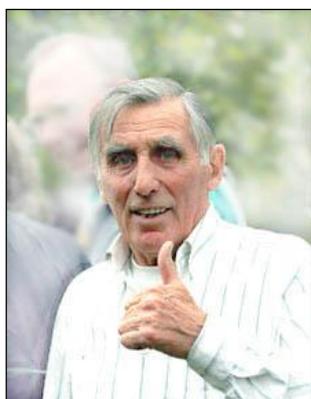




Phil Wicks makes a fast start in the 2008 English National Cross Country Championship at Alton Towers. He placed second, only the third Belgravian in our history to do so (the others being Vic Blowfield in 1948 and Allen Graffin in 2002. Birhan Dagne has won the women's race and Kassa Tadesse the junior men's race – but we patiently wait for a senior men's winner! Photo by Alan Mead.



Charlie Walker 1929-2008

It is with very great sadness that we have to tell you that our President Charlie Walker died suddenly on Wednesday 13th February. He was in his 79th year.

When Charlie was elected last September and he spoke to those present at the Annual General Meeting, one couldn't

help thinking that a more worthy President would be difficult to find. It was something he had dreamed about for many years, and pride and pleasure radiated from him as he described what the Club meant to him.

A regular at our fixtures this winter, he met old friends from all the local clubs and made new ones as he was introduced to today's runners – stars and engine room boys. He shivered with the rest of us on cold Saturday afternoons, delighted in seeing his old Belgrave colours at the head of the South of Thames Championship field, witnessed the drama of the South of England race at Parliament Hill, and no doubt looked forward to the excitement of the 12-Stage Relays – all events that he knew so well from his own racing days.

The lives of many in our sport are poorer with his passing but we console ourselves knowing that he brought colour to the days we shared with him and he died a happy man.

Our condolences go to his wife Betty and sons Stephen and Graham.

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Wright Record

One of our club records went the other day. Ok, that's not exactly headline news – but this was a Race Walking record and there's not too many of those been set in the last decade.

Racing at Bexley on 1st March in the Cambridge Harriers Winter League 5k, 17 year-old Alex Wright, barely into the Under 20 category, not only won the race from Nick Silvester of Aldershot, Farnham & District by two seconds, he also ducked under our best ever U20 time for the distance.

Alex clocked 23:03 to shave six seconds off the previous mark set by Richard Dorman on 16 September 1978.

The young Belgravian is far from being a "one trick pony" for the day after his race walking record, he won the Lambeth trial for the London Mini Marathon, racing in Brockwell Park, and next weekend he'll be in Liverpool for the English Schools cross country.

County Cross Country Champs, 5 January 2008.

Another huge win for Phil Wicks

It was "as you were" in the "Surreys" at Lloyd Park where Phil Wicks, having seen girlfriend Emily Adams retain her senior women's title, stormed away from the men's field to win by the huge margin of two and a half minutes. His time was nearly half a minute faster than in 2007 and we can probably put this down to the better than normal conditions under foot. It was only after the race that Phil revealed that he was not feeling at all well as he disappeared off home to get into the warm and to try to shake off a bug that is troubling him.

It wasn't only Phil that was under the weather. James Fairbourn had also been bothered by sickness over the last few days and each time he completed a circuit, resisted the temptation to come out. A tough guy, though, he stuck it out to the end and finished an impressive 18th to confirm his form of recent months. We look forward to seeing James at his best when the distance goes up to 15k at Parliament Hill at the end of the month.

James Kelly turned in a masterful performance. Surrounded by Thames and Herne Hill vests for the first lap, he nursed himself through the opening kilometres, opened up a little bit more on the second circuit, and then went for it over the final loop to take a fine bronze medal. What a find this man is - and hasn't he contributed to the Belgrave team over the last six months.

Knut Hegvold and Tim Weeks both looked comfortable working their way through as the race progressed; and we were delighted that new man Richard Merrick turned out in this, his toughest race to date, closing in the scoring six. But we missed four or five men through sickness or the knowledge that 12k in their current state of fitness was too far, and as a result missed out on medals and, dare we say, the chance of a win. As it was, Herne Hill Harriers notched up their seventh consecutive victory while we haven't seen the podium since 1996.

Always a fighter, Sarah Murphy battled away in the senior women's race and was rewarded with a worthy fifth place, while Katherine Swanson made a great debut for the Belles, getting into the top 20.

Evan Langmuir was the first Belgravian in action on this long day. Right at the very bottom of the under 13 age group (being barely 11), he impressed us all with his 27th place. Megan Evans and Jo Foxley ran well in the under 15 girls' event and an unfit Alex Bodin made a last minute decision to race - coming away with the bronze medal in the junior men's race.

Nick Goolab and Neil Speaight also County Champions

Trent Park was the scene of the Middlesex event. Not yet eighteen years of age, the Steve Sharp advised Nick Goolab had his first stab at the under 20 men's title and came away with a fine win. Highgate's Saningo Martin got level with him with 200 metres to go but Nick had the power to sprint to victory.

Sharpy himself wasn't quite as successful as his protege. Winner for the past two editions of the race, Steve came under severe pressure from Hillingdon's Dan Dalmedo over the last lap and had to settle for second place.

At St. Neots in Cambridgeshire, Neil Speaight was a comfortable winner of his county championship while Nikki Neale travelled from Guernsey to place 8th in the Hampshire race at Dibden Inclosure, Applemore.

Cambridgeshire at St. Neots

Senior Men. 1 N Speaight 32:26.

Hampshire at Appledore

Senior Women - 8k. 1 L Damen (Winchester &D) 27:44; 8 N Neale 30:47.

Middlesex at Trent Park

Senior Men - 12k. 1 D Dalmedo (Hillingdon) 41:04; 2 S Sharp 41:26.

Under 20 Men. - 8k. 1 N Goolab (Belgrave) 28:58.

Surrey at Lloyd Park

Senior Men - 12k. 1 P Wicks (Belgrave) 41:20; 2 W Clark (Epsom & Ewell) 43:50; 3 J Kelly (Belgrave) 44:23; ... 18 J Fairbourn 47:18; 23 K Hegvold 47:53; 30 T Weeks 49:16; 87 R Merrick 56:58; dnf R Norville. Teams: 1 Herne Hill H 60 (4, 9, 10, 11, 12, 14); 2 Thames H&H 148 (5, 6, 7, 13, 51, 66); 3 Hercules Wimbledon AC 156 (15, 20, 25, 28, 32, 36); 4 Belgrave H 162 (1, 3, 18, 23, 30, 87).

Under 20 Men - 6.5k. 1 S Connor (Aldershot F&D) 22:58; 3 A Bodin 24:38.

Under 13 Boys - 3.25k. 1 S Knuckey (Aldershot F&D) 12:20; 27 E Langmuir 14:31.

Senior Women - 8k. 1 E Adams (Aldershot F&D) 32:54; 5 S Murphy 34:13; 19 K Swanson 37:22.

Under 15 Girls - 4k. 1 E Gorecka (Aldershot F&D) 15:53; 15 M Evans 19:23; 30 J Foxley 22:08.

Women's Surrey CC League Division One, Reigate Priory Park, 12 January 2008.

Slipping down the table ...

With three matches now gone in the 2007-2008 series, things are beginning to look a little desperate as we begin to drift towards the relegation zone.

One runner short of a full squad for the previous match, we found this time that we were two bodies down. Maureen Noel had heeded the call and turned down a Southern Area RWA 10k at Croydon to turn up at Reigate - but unfortunately a missed rail connection at Redhill meant that she was an hour behind schedule and was too late for the race.

Sarah Murphy made a bold start, chasing Epsom's Emily Nelson away from the gun, and occupied a forward position throughout the race. Entering the finishing field in fourth, about 25 metres down on third, she gained on the two immediately ahead of her all the way to the funnel and just missed out on a podium place by two seconds. She ruefully admitted that she might have picked up the places ahead of her if she'd been a little less tentative on the severe downhill slopes.

Vicky Goodwin, suffering from a cold, and Jennifer Beecroft both did the best they could, but picking up maximum points to fill out the two blanks in the team meant that we slipped to 22nd on the day and 12th overall. With the Team Manager at home suffering from a bad back, it was not the best of weekends for the Belles.

1 E Nelson (Epsom &E) 23:43; 2 F Clark (Reigate P) 23:59; 3 N Warner (Thames H&H) 24:01; 4 S Murphy 24:03; ... 67 V Goodwin 28:53; 154 J Beecroft 34:45.

Teams: 1 South London H 83; 2 Ranelagh H 103; 3 Thames H&H 117; 4 The Stragglers 140; 5 Herne Hill H 144; 6 Reigate Priory 152; ... 22 Belgrave H 527.

Overall: 1 Ranelagh H 265; 2 Herne Hill H 339' 3 Thames H&H 420; 4 South London H 469; 5 The Stragglers 473; 6 West Four H 523; 12 Belgrave H 953.

Men's Surrey CC League Division One, Reigate Priory Park, 12 January 2008.

"Ropey" at "Reigers"

With not a lot at stake, a crop of colds and attractive fixtures elsewhere, we were rather short at the sharp end of this race. Our squad was, however, boosted by a couple of our swim-bike-runners. World Aquathlon Champ. Richard Stannard nearly missed the start as he got himself ready for the race but, skipping across the front of the line-up as the gun was fired, ended up grinning from ear to ear as he got the best of starts. It was great to see Mike Trees in action as well. One time World Duathlon Champ., Mike recently had a nasty accident

in Japan when training on his bike; a car stopped dead in front of him while he was travelling at speed and the driver's door was flung open in his path. Broken ribs were followed by a chest infection but he's gradually recovering and had a gentle, and we suspect slightly painful, tour of Reigate's Priory Park.

Thames' Huw Lobb gunned it from the start and with their next man, McMullen, occupying second spot had a great start in their efforts to keep Herne Hill at bay. But the Black and Red tide was sweeping in behind them to carry the day and the result is that there are now only 29 points between them with one fixture to go.

For the Bels only Alex Bodin can be said to have had a good run, most others occupying places somewhat lower than we might have expected. With newly promoted Hercules Wimbledon AC suddenly finding the wind in their sails and improving three places from match two, we found ourselves shunted into fifth. Overall we hold onto third place in the League but shouldn't be too complacent about keeping this position as the Ranelagh Talbot has scented Belgrave blood.

It was a pleasure to see Evan Langmuir enjoying yet another race. At barely eleven and placing 4th in the under 13 category he has a great running career ahead of him if he can keep at it.

1 H Lobb (Thames H&H) 26:55; 2 J McMullen (Thames H&H) 27:52; 3 K Quinn (Herne Hill H) 27:59; ... 20 R Stannard 29:15; 24 A Bodin U20 29:38; 34 J Fairbourn 30:13; 36 K Hegvold M45 30:21; 45 W Cockerell 30:47; 61 M Byansi 31:30; 73 M Trees M45 32:05; 86 S Zealey M40 32:49; 89 T Weeks 32:59; 91 W Lynch 33:02; 92 R Norville 33:02; 99 A Sentance 33:49; 130 M Humphrey 36:09; 143 L Rehn M45 37:37; 147 P Cross M50 38:41.

Teams: 1 Herne Hill H 131; 2 Thames H&H 194; 3 Hercules Wimb. 307; 4 Ranelagh H 485; 5 Belgrave H 501; 6 South London H 545; 7 Guildford & G 567; 8 Reigate Priory 571; 9 Wimbledon W 794.

Overall: 1 Thames H&H 551; 2 Herne Hill H 578; 3 Belgrave H 1019; 4 Ranelagh H 1122; 5 Hercules Wimb. 1370; 6 Reigate Priory 1698; 7 South London H 1757; 8 Guildford & G 1872; 9 Wimbledon W 2318.

Under 13 Boys. 1 J Amoroso (Guildford & G) 16:32; 4 E Langmuir 17:52.

SEAA Cross Country Champs.,
Parliament Hill, 26 January 2008.

Mud, blood & guts at "Parly" Hill

It's the one we love to hate – for the senior men, nine and a quarter miles of bog, hills, mud, blood, guts ... and hopefully one day ... glory. Sadly our younger age group runners were depleted as sickness and injury took their toll but Megan Evans and Jo Foxley turned out in the Under 15 Girls' race and seemed to enjoy themselves. A depleted women's team was led home by Sarah Murphy who wasn't happy with her run, but 23rd in such a large field seemed pretty useful to us supporters, especially with a half marathon the previous week and a dodgy ankle to contend with. Tilly Heaton struggled to halfway but then things clicked and she moved well in the latter part of the race to place inside the top 60. For Jennifer Beecroft the "Southerns" was her biggest ever race and she came out of it well.

Hopes of a set of medals

There were hopes of a set of team medals for the men as we creep closer to the frame each year. Powering up the hill, our reigning champion Phil Wicks was already locked in battle at the front alongside Wells City's Frank Tickner, with other contenders Huw Lobb (Bedford) and Andy Vernon (Aldershot) electing to let these two rip chunks out of each other. But a mile later it was obvious that our man had a problem – he'd dropped back to fourth and Tickner was clear away, never to be threatened again. Last winter's Scottish Champion Mark Pollard was well forward, and conservative starting Simon Jones was just inside 40. Already the team race was clearly a Beagles v Bedford affair but with three

Belgravians – James Fairbourn, Rich Stannard and Will Cockerell in the 80s, third place might just have been ours.

Phil was suffering

Phil was suffering, he thought at the time, from a stitch that he just could not shake off in spite of attempts to breathe deeply. As he struggled on, a few more men came by and one began to wonder whether he'd call it a day. And as Phil struggled, Mark and Simon appeared ever stronger. While Simon found himself being waved back "on course" as he sought out the firmest ground, Mark took a line as straight as an arrow, eyes focused steadily on the terrain ahead as his legs soaked up the ruts and boggy ground like a pair of shock absorbers. Skipper Will was on the move now and was leading Richard and James but there was nothing between them as they worked off each other until – disaster – Jim went down like a sack of potatoes, tripping badly on the edge of a path and badly cutting both knees. It was a ghastly moment. Shocked, he was up again, but the crash had taken every ounce of breath out of him and in the next half mile he came out, destined to finish the course in an ambulance.

So, who was now the sixth man? Tim Weeks and Matt Whiting were close together at around 220 and on being apprised of the situation Tim was galvanized; only a lap and a half to go but somehow "Weeks" made up about 50 places.



Left: What a fighter – Mark Pollard placed 7th

A typical Pollard "gutsy" performance

Down to the finish to count them in, then, and it was Mark first home in 7th for the Bels with a typical Pollard "gutsy" performance – what a fighter! And still struggling but just as determined to finish as well as he could, Phil was two places behind him. His problem was still with him slightly in following days it became apparent that it was more likely a slight muscle pull under his rib

age. As a self-professed hater of cross-country Simon Jones was superb in 18th. Amazingly, in spite of losing Jim, we were still, finally, 4th, with track rivals Woodford Green nicking the bronze medals ahead of us. But after the heat of the battle, when the statisticians got their calculators out, it became apparent that even if our man had not fallen, 4th place would still have been our lot.

But as we said earlier, we edge ever closer to the frame – and for the first time in many a year we won the "Odling Smeed Cup" as the first Surrey team to finish nine men. Well done Messrs. Whiting, Hadfield and Lynch. Jim is out running again, Phil will hopefully shake off his muscle pull quickly – and the show moves on to the "National" at Alton Towers in four weeks time.

Special thanks to Brian Pritchard for ferrying men across London and apologies to SEAA President Gordon Biscoe, to whom we were unable to grant the honour of awarding the Bels medals!

Senior Men's 15k. 1 F Tickner (Wells City H) 46:14; 2 A Vernon (Aldershot F&D) 46:44; 3 K Gerrard (Newham &EB) 47:00; 4 H Lobb (Bedford &C) 47:41; 5 D Deeds (Bedford &C) 47:47; 6 K Heywood (Bristol &W) 47:53; 7 M Pollard 48:08; 9 P Wicks 48:18; 18 S Jones 49:34; 82 W Cockerell 53:38; 85 R Stannard 54:09; 177 T Weeks 57:17; 234 M Whiting 58:56; 271 T Hadfield 1:00:21; 276 W Lynch 1:00:39; 285

R Harding (Met Police/Belgrave) 1:01:02; 286 S Zealey M40 1:01:06; 466 R Merrick 1:06:02; 543 R Poulter 1:08:11; 566 M Humphrey 1:09:06; 577 L Rehn M45 1:09:16; dnf J Fairbourn; 832 finished.

Teams: 1 Bedford & County AC 109; 2 Newham & Essex Beagles 115; 3 Woodford Green wEL 280; 4 Belgrave H 378; 5 Wells City H 434; 6 Winchester & Dist. 434; ... 86 teams closed in.

Senior Women's 8k. 1 R Townend (Winchester &D) 31:36; 2 L Damen (Winchester &D) 31:49; 3 R Felton (Shaftesbury BH) 32:25; 23 S Murphy 35:40; 58 M Heaton 37:43; 222 J Beecroft 46:45.

Under 15 Girls' 4k. 1 E Gorecka (Aldershot F&D) 16:44; 2 M Hawtin (Oxford C) 17:08; 3 E Wallbank (Bedford &C) 17:08; 61 M Evans 20:19; 181 J Foxley 26:26.

Women's Surrey CC League Division One,
Petersham, 9 February 2008.

Belles stay up

On a day when we didn't have much to celebrate in Richmond Park young Megan Evans delighted as she ran to another good performance in the Surrey League. She was planning to run a schools inter-counties event but somehow or other there was a mix-up with the entry and a run at Petersham gave her an alternative outing. Next winter Megan will be in the under 17 age group but year on year her prowess is growing and we look forward to fine things in the future.

Throughout the winter our senior women had struggled to get teams out that would do justice to our status as 2006/2007 league winners - but such are the vagaries of our sport. For this last match we needed to complete a team to stay up - and with a Team Manager who is prepared to don racing kit when it matters, we did what was required.

With Sarah Murphy away, Tilly Heaton led the team and Jennifer Beecroft moved to within striking distance of winning the Plate competition; it's all down to the "National" now. Great to see Sarah Gailey back from Australia.

1 E Nelson (Epsom &E) 20:50; 2 N Warner (Thames H&H) 21:02; 3 C Elms (Dulwich) 21:15; 22 M Heaton 23:15; 28 S Gailey 23:47; 70 V Goodwin 26:06; 88 J Beecroft 27:15; 92 C Eastham W35 27:34.

Teams: 1 Herne Hill H 86; 2 South London H 91; 3 Ranelagh H 104; 4 Thames H&H 120; 5 Reigate Priory 129; 6 West 4H 130; ... 11 Belgrave H 295; 34 teams closed in.

Final League positions: 1 Ranelagh H 369; 2 Herne Hill H 425; 3 Thames H&H 540; 4 South London H 560; 5 West 4H 653; 6 Stragglers 659 ... 12 Belgrave H 1276.

Under 15 Girls. 1 H Edwards (Herne Hill H) 16:58; 4 M Evans 18:02.

"Sweatshop" Men's Surrey CC League Division One,
Petersham, 9 February 2008.

It's third again in the Surrey League

With the whole world and his wife enjoying the Richmond Park sunshine it was a challenge simply to get into the Pembroke Lodge car park and as race time neared we still had guys queued up in the traffic. But somehow we got thirteen onto the start line - with our unlucky thirteenth, Robert Norville, arriving just as the field were about to be sent away. The one or two minutes delay as we attempted to get Robert a number gave our rivals the chance launch into a bit of "end of series" banter - "Just take your time Belgrave, we've got all afternoon!"

The main talking point was whether Herne Hill Harriers could pull back the 29 points that separated them from Thames. One thing was for sure though: Belgrave were far beyond making a challenge and indeed had their work cut out to remain among the top three teams. As it turned out we were a poor sixth on the day but did manage to hang onto third place overall.

And as for Herne Hill, there were red and black vests to spare in the top thirty and at the end of the series, after two hours and twenty miles of racing, they had managed to overhaul the Hare & Hounds by just six points.

Our own Stephen Sharp was in fine fettle, taking it steady for the first lap, albeit leading by thirty metres, before letting it rip over the second circuit and stretching his lead to beyond half a minute at the finish. The Skipper is getting back into good shape and was well up, but we had to go too far back before the bulk of our runners were in and lost a lot of ground to Ranelagh, South London - and Hercules Wimbledon, who seem to be fighting back well after a long spell in the lower divisions. If we want to be serious about challenging for the league title in the next few years we are going to have to change our attitude somewhat.

1 S Sharp 28:10; 2 N Talbot (Thames) 28:44; 3 K Quinn (Herne H) 28:54; 14 W Cockerell 29:55; 45 K Hegvold M45 31:18; 46 M Byansi 31:20; 65 T Weeks 32:03; 67 J Fairbourn 32:11; 85 D Mason 33:01; 91 J Webb 33:22; 98 R Norville 33:51; 111 S Zealey M40 34:33; 130 M Humphrey 35:52; 135 R Poulter M40 36:12; 160 P Cross M50 38:53.

Teams: 1 Herne Hill H 152; 2 Thames H&H 185; 3 Hercules Wimbledon 423; 4 South London H 437; 5 Ranelagh H 437; 6 Belgrave H 500; 7 Guildford &G 563; 8 Reigate Priory AC 637; 9 Wimbledon W 761.

Final League positions: 1 Herne Hill H 730; 2 Thames H&H 736; 3 Belgrave H 1519; 4 Ranelagh H 1559; 5 Hercules Wimbledon AC 1793; 6 South London H 2194; 7 Reigate Priory AC 2335; 8 Guildford &G 2435; 9 Wimbledon W 3079.

English National CC Champs.,
Alton Towers, 23 February 2008.

Phil's finest hour – so far!

At the end of a tough day at Alton Towers a stream of tired Belgrave runners made their way back from the finishing funnel to the tent, each one asking Phil Wicks how he got on: and there was plenty of back slapping and handshaking when the answer was received. For only the third time since we first contested this race in 1920, our leading man was placed 2nd – Vic Blowfield in 1948, Allen Graffin in 2002 and now 23 year-old Phil Wicks.

As a team we were only strong enough to scrape into the top twenty but we were 12th at nine to score and couldn't help feeling satisfied that our squad of engine-room men plus one star had done a great job in upholding the tradition of the last decade that no matter what our expectations on the day, it's imperative that we travel to the "national", wherever it is, and fill out a team. From such efforts spring the occasional gem – 28th in 2003 followed by 1st in 2004!

Throughout that decade one man has attended every race – our current Skipper Will Cockerell, running his last cross country race as Captain. But although stepping down from the captaincy after four years we have no doubt that he'll remain a fixture in the team, for in 2011 we have every expectation that our erstwhile Skip will take the club record for the most consecutive number of National outings. Well done William and thanks for all you have done – now, what other job can we give you!

But back to the race. After the normal fast start a bunch of six started moving away from the field as they descended to the lowest point of the very undulating course. Salford's Andi Jones was at the front with favourite Tom Humphries a step behind and then Steve Vernon (Stockport), Mike Skinner (Blackheath & Bromley), Phil Wicks and Matt Watson of Bingley, all bouncing off each other in their efforts to keep close to the leaders; and then came the climb! We can't remember a tougher ascent in any "National". Three hundred metres of ever-steepening terrain was topped by a final thirty metres that had mortals scrambling on hands and knees to get over the top. A huge crowd had assembled at the summit where gasping runners in severe oxygen debt were urged to keep going.

Tough it was, but it was a circuit that suited our Phil, and in fact many said how good it was to race over a "real" cross country course even though it was a mile shorter than the

expected distance. Soon Humphries surged past Jones and the foursome behind split asunder with Phil moving into second spot. The Cannock & Staffs man seemed to have a winning lead but Phil was working very hard – and had to, with Steve Vernon still eyeing up something better than bronze. But if anything it was Phil, now, perhaps moving the fastest, as he closed to within 13 seconds of a majestic Humphries by the finish. A fabulous run from our man – his best race ever – and one which surely gives a hint that one day a Belgravian may win this event.

Further down the field our engine-room boys excelled themselves. Will got the better of veteran Knut Hegvold who had a marvellous race. Malachi Byansi was running with a hamstring niggle but came through strongly over the final lap while James Fairbourn, in his first senior “national” could be at the beginning of a long love affair with the event. Our scoring six was closed in by the irrepressible Tim Weeks who had turned down a chance to star as “break-dancing Billy the Badger” at Fulham Football Club’s match. It was Tim’s last run before an operation to sort out a dodgy ankle but he tells us that his enthusiasm for running has never been stronger.

As normal Will waltzed off with the men’s cross country plate with “Weeksy” in runner-up spot and James Fairbourn in third. All three had taken part in every plate race (and more).

Team manager Catherine Eastham donned her racing shoes to join Jennifer Beecroft in a depleted women’s team and Jennifer had the pleasure of winning the women’s plate – another runner to take part in every constituent race.

Men. 1 T Humphries (Cannock & Stafford) 32:03; 2 P Wicks (Belgrave) 32:16; 3 S Vernon (Stockport H) 32:32; ... 191 W Cockerell 37:31; 223 K Hegvold M45 37:59; 237 M Byansi 38:13; 257 J Fairbourn 38:25; 318 T Weeks 39:12; 392 D Mason 40:22; 462 M Whiting 41:22; S Zealey M40 41:54.

Teams - 6 to score: 1 Leeds City AC 183; 2 Notts AC 192; 3 Bristol & West 303; 4 OWLS AC 367; 5 Newham & Essex Beagles 395; 6 Bedford & County AC 417; ... 19 Belgrave H 1228.

Teams: 9 to score: 1 Leeds City AC 377; 2 Notts AC 395; 3 Bedford & County AC 350; 4 OWLS AC 979; 5 Sale H Manchester 1149; 6 Blackheath & Bromley H 1314; 12 Belgrave H 2580.

Women. 1 L Yelling (Bedford & County AC) 23:44; 2 G Miles (Kendall AC) 24:25; 3 R Townend (Winchester) 24:29; ... 333 C Eastham 34:54; 354 J Beecroft 35:39.

Results Roundup

Road & Country

January 2008

- 1 **Wyomondham 10k.** Women. 1 D Nimmo (City of Norwich) 36:53; 2 N Neale 37:51.
- 1 **Serpentine New Year's Day 10k, Hyde Park.** Men. 1 S Farah (Newham & EB) 32:32; 3 K Tadesse 34:16. Women. 1 V Knight (Belgrave) 37:58; 3 H Smethurst W40 41:04.
- 5 **Brighton & Hove 5k Time Trial.** Men. 1 R Ward 15:38.
- 5 **Bushy Park 5k Time Trial.** Men. 1 J Harrison (unatt) 16:55; 3 R Stannard 17:39; 9 M Trees 18:11.
- 6 **Cwmafan 10k.** Men. 1 S Jones 30:42.
- 6 **Tadworth 10 miles.** Men. 1 B Whitby (Windsor SE&H) 54:12; 104 P Cross M50 1:12:29.
- 12 **Richmond Park 5k Time Trial.** Men. 1 R Ward 16:09.
- 12 **BUPA Great Edinburgh International CC.** Men's 4.4k 1 A Baddeley (Harrow) 12:52; 6 N Speaight 13:02; 8 M Miles 13:07; 14 M Pollard 13:24.
- 13 **Rough 'n' Tumble Multi-terrain 10 miles, Marlborough.** Men. 1 S Herring (City of Salisbury) 1:07:57; 175 P Cross M50 1:37:46.
- 18 **Bermuda Elite Mile, Hamilton, Bermuda.** Men. 1 D Freeman (USA) 4:08.9; 3 N Speaight 4:09.5.
- 19 **Birmingham League, Coventry.** Men. 1 K Deighton (Loughborough) 28:18; 64 P Burkhart 31:41.
- 19 **Bermuda 10k, Hamilton, Bermuda.** Men. 1 P Koech (Kenya) 29:13; 10 N Speaight 32:26.
- 19 **Bushy Park 5k Time Trial.** Men. 1 B Markham (Aldershot F&D) 16:44; 2 R Stannard 16:46.
- 20 **Les Witton Memorial Dartford 10 miles.** Men. 1 C Bloomfield (Billericay) 53:38; 87 P Cross M50 1:09:10.
- 20 **Shell Four Villages Half Marathon, Helsby.** Women. 1 N Archer (Vale R) 1:16:05; 9 S Murphy 1:24:16.

- 25 **Serpentine Last Friday 5k, Hyde Park.** Women. 1 M Scholes (Channel Is) 18:38; 7 V Goodwin 20:59.
- 26 **Banstead Woods 5k Time Trial.** Men. 1 R Ward 15:55.
- 27 **2000 Perch 6.25 miles, Epsom.** Men. 1 V van Woerken (Epsom O) 36:44; 5 M Webb M40 37:14.
- 27 **Romsey 5 miles.** Men. 1 J Blackledge 24:28.
- 27 **Barretts Canterbury 10 miles.** Men. 1 J Atkinson (Blackheath & BH) 51:51; 96 P Cross M50 1:08:52.

February 2008

- 2 **BUSA CC Champs., Swansea.** Men. 1 A Vernon (St. Mary's) 33:16; 13 J Kelly (Cambridge/Belg) 34:35; 23 J Blackledge (Oxford B/Belg) 35:11; 89 A Bodin U20 UWIC/Belg) 38:03.
- 3 **Great Bentley Half Marathon, nr. Clacton.** Men. 1 C Bloomfield (Billericay) 1:10:48; 148 P Cross M50 1:31:22.
- 3 **Alsager 5 miles.** Men. 1 P Wicks 23:50; 3 N Speaight 24:14; 7 S Sharp 24:25.
- 3 **Renfrewshire 5 miles Champs.** 1 M Pollard 24:45.
- 3 **Pennine Bridleway Relay, Rossendale, Lancs.** The race covers 47 miles, climbing 6,300 feet and there are five stages with runners from each team racing in pairs. Second team were Horwich RMI whose team included Paul Freary and Rick Hayman, running together.
- 3 **Watford Half Marathon.** Men. 1 J Lawler (Bedford & C) 1:10:24; 35 T Hadfield 1:20:20. Women. 1 N Harvey (South London) 1:14:25; 5 V Knight 1:22:14.
- 10 **Dover Half Marathon.** Men. 1 P Anthony (Invicta) 1:10:14; 38 P Cross M50 1:30:56.
- 10 **Wokingham Half Marathon.** Men. 1 T Lambert (Winchester) 1:05:41; 91 S Ryan 1:21:22; 294 L Rehn M45 1:30:04. Women. 1 L Yelling (Bedford & C) 1:11:09; E Fogg 1:24:58.
- 10 **26.2 Valentines 10k.** Men. 1 G Price (Shaftesbury B) 31:08; 10 M Webb M40 35:49.
- 16 **Hampshire League CC, Wimbourne.** Men. 1 B Lindsay (Aldershot F&D) 27:50; 24 D Mason 31:20; 25 J Charles 31:22.
- 16 **Bushy Park 5k Time Trial.** Men. 1 J Trapmore (Shaftesbury BH) 15:47; 2 R Stannard 16:14; 6 W Cockerell 16:31.
- 17 **AT&T Austin Marathon, USA.** Men. 1 J Frey 2:20:38; 7 B Poore 2:24:49.
- 17 **Cathedral Relays, Durham.** Men. Fastest: J Walsh (BSAC) 9:35; 6 S Moralee 9:58.
- 17 **Sussex Beacon Half Marathon.** Men. 1 D Carter (Phoenix) 1:11:17; 31 T Hadfield 1:20:19; 265 P Cross M50 1:30:55; 1598 D McMillan M60 1:50:57.
- 17 **Round the Houses 10k inc Scottish Universities Race, Grangemouth.** Women. 1 R Moore (?) 35:10; 6 C Bertram 40:22.
- 17 **Lytchett Manor 10 miles.** Men. 1 W Chinnanhu (Poole) 52:44; 13 D Mason 59:53.
- 21 **Armagh 5k.** Men. 1 C Hesch (USA) 13:57; 15 S Sharp 14:32; 20 S Davies 14:37.
- 22 **24k race, Thailand.** 1 J Kimaiyo 1:17:??
- 23 **Bushy Park 5k Time Trial.** Men. 1 R Ward 15:49; 138 D Anderson M50 22:12.
- 24 **Tunbridge Wells Half Marathon.** Men. 1 B Noad (Highgate) 1:09:48; 128 P Cross M50 1:31:57.

March 2008

- 1 **Bushy Park 5 km Time Trial.** Men. 1 R Ward 16:02.
- 2 **Reading Half Marathon.** 1 P Makau (Kenya) 1:01:19; 2 M Miles 1:04:47; 53 L Greatorex 1:13:47; 82 W Lynch 1:16:13; 2602 C Hobbs 1:45:59. Women. V Knight 1:20:06; N Neale 1:25:15; G Marek 1:36:18
- 2 **Eastbourne Half Marathon.** 1 D Anderson (Hastings) 1:14:21; 74 P Cross M50 1:34:39.

Race Walking

January 2008

- 5 **Enfield League 5 miles, Enfield.** Men. 1 N Silvester (Aldershot F&D) 40:26; 5 J Hall M55 44:46; 12 C Lawton M55 47:46; 14 P King M55 49:16; 22 D Fotheringham M75 53:41; dq A Wright U20. Women. 1 C O'Rawe-Hobbs (Castle P) 46:22; 4 M Noel W40 50:21.
- 6 **SRWA 10k, Monk's Hill.** Men. 1 N Silvester (Aldershot F&D) 50:07; 13 C Lawton M55 59:14; 15 P King M55 1:00:20.
- 27 **Steyning 15k.** Men. 1 D Stone (Steyning) 1:09:23; 9 C Lawton M60 1:31:37.

February 2008

- 2 **London Open, Victoria Park.** Men. 10k. 1 D King (Colchester) 45:18; 10 J Hall M55 54:06. Women. 10k. 1 D Bradley (Tonbridge) 54:57; 6 M Noel W40 62:14. Women. 5k. 1 V Snook (Aldershot F&D) 26:42; 8 M Noel W40 31:14. Teams: 1 Tonbridge AC 341; 2 Surrey WC 113; 3 Belgrave 109.
- 9-10 **SCVAC Champs., Lee Valley.** Men. 3000m: 1 N Silvester (Aldershot F&D) 13:37.7; 3 J Hall M55 14:51.0.

- 16 **National 10 miles Champs., Pickett's Lock.** Men. 1 D Stone (Steyning) 1:13:41; 9 J Hall M55 1:25:58; 23 M Culshaw M40 1:34:33; 24 C Lawton M60 1:35:15; 27 P King M55 1:38:08. Women. 1 A Bellchambers (Hillingdon) 1:37:37; 3 M Noel W40 1:38:31. Teams: 1 Steyning; 2 Ilford AC; 3 Belgrave H.
- 23-24 **BMAF Champs., Lee Valley.** Men. 3000m: M55 1 J Hall 14:46.54.

March 2008

- 1 **Cambridge H Winter League 5 km, Bexley.** Men. 1 A Wright U20 (Belgrave) 23:03; 9 C Lawton M60 28:37; 11 P King M55 29:46.

Track & Field

January 2008

- 12 **Scottish Indoor Closed Champs., Sheffield.** Men. 800m: 1 G Oudney 1:52.25. 1500m: 4 G Oudney 4:07.54.
- 12-13 **England Athletics Indoor Multi-Event Champs., Sheffield.** Men. Heptathlon. 3 L Eving-Jones 5663 (7.16, 7.14, 13.32, 1.96, 8.33, 4.45, 2:38:48).
- 19 **Seattle WA USA.** Men. 3000m: 1 T Bayley 8:10.28.
- 19 **Loughborough Indoor Open Meet.** Men. HJ: 1 L Eving Jones 2.00. SP: 2 S Thompson 16.44.
- 19-20 **SEAA Indoor Champs., Lee Valley.** Men. 60m: a 5q4 G Wilson 7.24 (2h4 7.14); 6h9 R Murkin 8.66. 200m: b 1s3 R Thomas 22.11 (1h5 22.6, dns in final). 400m: 6s2 J Hussain 51.28 (1h1 50.71). HJ: b 1 D Edwards 2.20; =2 S Oni 2.20. TJ: b 1 P Idowu 17.06. PV: a nht J Ive (attempting 5.10).
- 20 **Midland CAA Indoor Champs, Part 1, Birmingham NIA.** Men. 60mH: 1 W Sharman 7.97.
- 26 **Brunel Indoor Jumps & Sprints Meet, Uxbridge.** Men. 60m: 3r1 W Bennett-Jackson 6.90; 4r2 G Wilson 7.10; 1r3 I Akindede 6.98; 3r3 T Gilling U20 7.08; 5r6 K Adedoyin U20 7.28; 1r7 J Hussain 7.17; 2r12 I Akindede 6.95; 5r16 T Gilling U20 7.11; 2r17 G Wilson 7.06; 6r18 J Hussain 7.30; 1r20 K Adedoyin 7.17; 5r27 W Bennett Jackson 6.91. HJ: 1 D Edwards 2.25; 2 S Oni 2.20. LJ: 2 B Yeboah 7.08. PV: 8 N Phipps M55 3.20; nht J Ive 15.56.
- 26 **Welsh Indoor Champs, UWIC Cardiff.** Men. SP: 1 B Morse 15.56.
- 27 **Indoor City Challenge, Sport City Manchester.** Men. 400m: 6 G Oudney 49.51. SP: S Thompson 16.42.
- 29 **Indoor Classic, Vienna.** Women. LJ: S Wellstead 5.79.

February 2008

- 1 **Yellow Pages Series II, Potchefstroom, RSA.** Women. JT: 3 G Sayers 56.69.
- 2 **Windsor SE&H Indoor Open.** Men. 60m: 5r1 G Wilson 7.11.
- 2 **Loughborough Open.** Men. SP: 2 S Thompson 16.27.
- 2 **Indoor City Challenge, Cardiff.** Men. 200m: 2 J Hussain 22.16. 1500m: 2 R Ward 3:53.13. HJ: 1 S Oni 2.25.
- 2-3 **Combined Events Indoor International, Sheffield.** Men. 2 K Sempers 5749 (6.99, 7.18, 12.90, 8.14, 4.70, 2:49.98); 4 L Eving-Jones 5500 (individual performances not known)
- 2-3 **Birmingham Indoor Games.** Men. 60m: a 1 D Chambers 6.60 (1s1 6.62, 1h1 6.70). 60mH: b 2 W Sharman 7.80 (2h1 7.80). HJ: 3 D Edwards 2.15. LJ: a 1 B Yeboah 7.07.
- 3 **Celtic Cup Indoor Meet, Cardiff.** Men. 800m: 1 G Oudney 1:54.91.
- 9 **SCVAC Indoor Champs., Lee Valley, 9 February 2008.** M35. 200m: 3 M Peacock 25.32. 400m: 2 M Peacock 56.45. M55. PV: 1 N Phipps 3.20. W55. SP: 1 V Thompson 10.78.
- 9-10 **Norwich Union World Indoor Trials & UK Champs.** Men. 60m: b 1 D Chambers 6.56 (1s1 6.60, 1h6 6.60); 6s2 W Bennett-Jackson 6.84 (3h5 6.90). 200m: a 3s2 J Hussain 21.67 (2h1 21.98). 400m: a 4h3 R Thomas 48.88. 800m: a 5h2 G Oudney 1:52.87. 1500m: b 5 T Bayley 3:48.35 (3h2 a 3:56.42); 9h1 a R Ward 3:57.66. 3000m: a 8 J Blackledge 8:32.84. 60mH: a 4 W Sharman 7.83 (2h1 7.80). HJ: a 1 S Oni 2.30. LJ: a 5 B Yeboah 7.28; L Eving Jones nm. TJ: b 1 P Idowu 17.24.
- 10 **Eastern Veterans Indoor Champs., Lee Valley.** M40. 60m: 5h6 R Murkin 8.60.
- 16 **Norwich Union Birmingham Indoor Grand Prix.** HJ: 2 S Oni 2.26. TJ: 1 P Idowu 17.21.
- 16 **Brunel Indoor Sprints/Hurdles Meet, Uxbridge.** 60m: 5h2 T Gilling U20 7.09; 6h7 M Peacock 7.93. Round 2 1h2 T Gilling U20 7.04; 4h14 M Peacock 7.88.
- 17 **Indoor City Challenge Final, Sheffield.** 200m: 1 J Hussain 21.32. 400m: 6 R Preddy 49.92. SP: 7 B Morse 14.50.
- 23-24 **BMAF Indoor Champs., Lee Valley.** M35. 60m: 4 K Adjepong 7.26 (3h1 7.38). 200m: 4 M Peacock 24.72. 400m: 5 M Peacock 55.36. M40. 60m: 5h2 R Murkin 8.57. 200m: 6h1 R Murkin 28.15. SP: 5 R Murkin 7.13. M45. Wt: 2 C Privett 13.86. HT: 3 C Privett 43.22. M50. SP: 1 M Small 14.02. Wt: 2 M Small 17.00. PV: 1 N Phipps 3.30. W55. SP: 1 V Thompson 10.90. Wt: 1 V Thompson 11.13.

Triathlon

February 2008

- 16 **Central Sussex Memorial 17.5M Cycle Time Trial (Course GS/985).** Juliette Clark competed in this event under Belgrave's name – and the result was our first to appear in "Cycling Weekly" as she won in 45:41. Not bad at all, considering Juliette had clocked up 30 miles in the morning and had a few technical difficulties with her new bike during the time trial.

Men's Cross Country Plate 2007-2008

	SLg1	SLg2	SLg3	SEAA	SLg4	ECCA	Total
1	Will Cockerell	19	18	16	17	19	108
2	Tim Weeks	11	12	12	15	16	81
3	James Fairbourn	15	15	18	-	15	79
4	Knut Hegvold	16		17		18	69
5	Steve Zealey	8	11	13	11	11	66
6	Richard Stannard	18		20	16		54
7	Malachi Byansi			15		17	49
8	Stephen Sharp		20			20	40
9	Phil Wicks				19	20	39
10	Warren Lynch	10	-	11	12		33
11	Robert Norville		10	10		12	32
12	Mark Humphrey	-	5	8	8	10	31
13	Neil Speaight	13	17				30
14=	Mike Trees	14		14			28
14=	Dave Mason					14	14
16	Matt Whiting				14	13	27
17	Lee Greatorex	12	14				26
18	Peter Cross	4	6	6		8	24
19	Jason Webb	9				13	22
20=	James Kelly	20					20
20=	Lars Rehn	2	4	7	7		20
20=	Mark Pollard				20		20
23=	Nick Goolab		19				19
23=	Alex Bodin			19			19
25=	Richard Merrick		8		10		18
25=	Simon Jones				18		18
25=	Rob Poulter				9	9	18
28	Pete Willis	17					17
29	Kassa Tadesse		16				16
30=	Joe van der Toorn		13				13
30=	Tom Hadfield				13		13
32	Matthew Taylor	3	7				10
33=	Alex Marek		9				9
33=	Andrew Sentence			9			9
35	Frank Ward	7					7
36	Charles Hobbs	6					6
37	Andrew Neail	5					5
38	Harry Corbett	1					1
39=	Dave McMillan	-					0
39=	Tony Stone	-					0
39=	Tom Ellacott	-					0

Women's Cross Country Plate 2007-2008

	SLg1	SLg2	SLg3	SEAA	SLg4	ECCA	Total
1	Jennifer Beecroft		17	18	18	19	89
2	Sarah Murphy	19	20	20	20		79
3	Catherine Eastham	16	18			16	70
4	Tilly Heaton	18			19	20	57
5	Vicki Goodwin			19		18	37
6	Erica Fogg	17	19				36
7	Catherine Bryson	20					20
8	Sarah Gailey					19	19

Welcome ...

... to the following new members who have joined Belgrave Harriers since January.

John Stow – social – one of our regular A team runners from the 1970s.

Martin Blencowe – sprints.

Andrew Nicholson – long and triple jump.

Sean Reidy – 110m and 400m hurdles.

Jean-Charles Roghi – 400m hurdles.

25 Years Ago ... 1983

Having merged with Surrey AC the previous year Editor Bill Laws was noting that with increased interest in indoor athletics our sport was becoming an all year round of hard work for officials as well as competitors.

There are still survivors of those hectic days. One in the same job now as then is Gordon Biscoe who noted that we finished 5th in the Surrey Cross Country League after a patchy start to the season. In the final match John Gladwin led the team home. The Surrey Junior championship was won by Stu Paton from David North, John Gladwin and Paul Richley taking the first four places and the Club took the team title for the third year in succession. This was followed by 3rd in the Southern and 8th in the National.

As a result of the merger with Surrey we were invited to compete in a multi medley relay in Ostend against 50 teams. The "legs" were of varying distances and required strong support from track specialists. This unusual competition saw us finish 6th. Some things just never change (is that a watchword for "historians") as the report of the Haig Relay, promoted by the Club, notes that "seven days before the event we had the makings of a good team" but last minute changes weakened us and we fell away to finish 23rd of the 41 teams entered. The juniors, and other younger sections, were all showing good progress but we were lacking ladies especially seniors.

A dock strike at Tilbury and a very wet April hindered the completion of a new All Weather track at Battersea but an Opening Ceremony was planned for June and a full summer fixture list was scheduled.

80 Years Ago ... 1928

The March/April 1928 edition heralded our first placing (3rd) in the South of Thames race in 24 years! Reading AC took the title well ahead of South London H with ourselves giving them a run for their money. The Southern and National races found us well down the field. We had hopes of a place in the Trial Relay for the Brighton race and "although none of the team put up exceptionally fast times" we came home over 2 minutes ahead of the field and beat the 1927 winning time by more than 3 minutes. That was team work which we, seemingly, adopted as our trademark.

Questions were being asked about the basis for awarding cross country Club medals and how points in the Club championships were calculated. A suggestion had been made to allow members entry to Battersea by season ticket rather than paying (1½d) on each occasion – it was noted that some used the facilities three times a week.

The social side was well catered for and a serious debate on the advantages of beer drinking over smoking was overheard! In addition to well-attended dances the Annual Dinner was held at Clapham Junction at the end of April, cost per ticket 5 shillings (25p).

An advertisement shows an "Athletic Outfitter" offering shoes, similar to those "worn by 200 competitors at the 1924 Olympics". He also boasted of being the sole maker of "Steel Sprung Running Shoes". Unfortunately no prices are given. New Club vests of a lighter material in four sizes were available.

The National "Junior" walk team was led home by Joe Scammell with the team finishing 3rd. Joe was followed into our teams by his son and grandson Mike. The latter was competing until fairly recently.

Belgrave win the Flyder Cup

One would be forgiven for thinking that after slogging over Hampstead Heath to contest the SEAA Cross Country Championships we'd all had enough competition for the day; not so. There was the little matter of the challenge thrown the way of Thames Hare & Hounds – a darts match at Belgrave Hall between the aforesaid ladies and gentlemen and their Belgrave counterparts.

While the Bels rushed away from Parliament Hill to get the food prepared the bulk of the Thames players got into the mood by visiting the taverns of Highgate before heading back to south London for, as their "arrers" captain Larry Mathews put it – The Brawl in the Hall.

It was a great evening, full of noisy rivalry, and in the end it all came down to the final match – "1001 down - all in" – to decide the destination of The Flyder Cup ...

Belgrave took an early lead – up to 4-1 ... Thames came back with simultaneous matches finishing within seconds with our rivals clocking out on doubles to hoots of delight ... suddenly it was 6-6. Nip and tuck then, through the doubles, until at 9-9 it was down to that final game. Now it was Thames making the pace, right until the home straight, only to be denied when a final Belgrave flourish took the home club ahead with Knut Hegvold's killer finish being a double 11 check-out.

It was an occasion well worth repeating. Many thanks to Will for getting it off the ground - to Pat for rustling up a score or more helpings of home-made lasagne and chilli con carne, to Maureen and Brian for providing the baked potatoes and to Cynthia for helping in the kitchen.

And of course many thanks to our guests Thames Hare & Hounds for rising to the challenge. We've no doubt that Larry Mathews is even now organising training sessions for his boys with a view to Thames lifting the Flyder in 2009.

Belgrave Harriers v. Thames Hare & Hounds

Singles matches

Snowy Brooks lost to Simon Molden
Knut Hegvold beat Darren Talbot
Dave McMillan beat Megan Clark
Mark Pollard beat Dave Symons
Hazel Mead beat Dorchie Cockerell
Alan Mead lost to Larry Mathews
Maureen Pritchard beat Andy Weir
Brian Pritchard lost to Nick Gould
John Martin lost to James McMullen
Pete Willis beat Nick Altmann
Simon Jones lost to Alun Johns
Cynthia James lost to Allison Carpenter

Score 6-6

Doubles matches

Matt Whiting & Will Cockerell lost to Darren Talbot & James McMullen
Alan Mead & Anne Hegvold beat Simon Molden & Megan Clark
Dave McMillan & John Martin beat Dorchie Cockerell & Alun Johns
Maureen Pritchard & Mark Pollard beat Nick Gould & Nick Altmann
Brian Pritchard & Pete Willis lost to Alison Carpenter & Larry Mathews
Simon Jones & Hazel Mead lost to Andy Weir & Dave Symons

Score 9-9

1001 Finale – everyone in

Belgrave Harriers beat Thames Hare & Hounds

Final score 10-9

MVP'S (Most valuable players):-

Of the 27 players on parade, six managed to win two matches:

Belgrave's double victors were:-

Mark Pollard,
Maureen Pritchard,
Dave McMillan.

Thames's double victors were:-

James McMullen,
Allison Carpenter,
Larry Mathews.