

Belgrave Harrier newsletter

Volume 1, No. 1
5 August 2004

eHarrier

No News is Bad News

We are aware that we need to be better at getting information to our members. Whilst *The Belgravian* is excellent in many ways, the cost and man-power involved in producing it on a more regular basis, not to mention the postage involved, means that in its present format it is always likely to remain a publication that is less frequently published than we would like. So much goes on in our club that even if it went to print quarterly, we could never keep our membership up to date with all that happens.

It occurred to us the other day that while we are sending out team information by email on a regular basis, some of that information would be of interest to more than those expecting to toe the start line or turn up at the stadium. To make it more readable this information could be published in the form of a newsletter. Add in the most recent results and we have a topical bulletin that will keep our members up to date without waiting for the club magazine. This will assist greatly in the production of *The Belgravian* – which as we have said is very costly to produce and could become a year-book, carrying a review of the major landmarks in our club year, photographs, annual rankings and more articles of general interest.

So, here we offer the first *eHarrier*. What the future holds for it remains to be seen – but at the moment it seems like a good idea. You can print it and keep it, read it and delete it, or you can even delete it immediately and email us to tell us that you don't want to receive it any more! It's up to you.

Whilst this *eHarrier* might have a strong British League/UK Women's League bias, the next one might carry mostly road running news, be a mix of all activities, carry some up to date statistics or catch up on some of the long delayed results that go back to the date of the last *Belgravian*. There is no real reason why an electronic newsletter should not be published every month – or whenever is felt necessary.

Admittedly there are members who do not own a computer and have no wish to purchase one. If someone were to step forward and offer their services as a distribution manager, we could look into the possibilities of printing and posting to those members who are not able to download their own copy of *eHarrier* but do want to keep a detailed record of our activities. Postage costs would prohibit a mailing to all non-computerised members on a monthly basis but perhaps we could work something out. And let's face it – at the moment these members are getting no news at all.

In this issue:

- 1 eHarrier
BAL – Champions for an 8th successive year
- 3 UK Women's Athletics League
- 4 Road Races
People, Fixtures

Reports in this issue by Bill Laws and Alan Mead. Further reports, statistics and photographs will be found at the club's website from which copies of this newsletter may be downloaded. Contributions or comments to eHarrier@belgraveharriers.com Website: www.belgraveharriers.com



Above: Caroline Stead's double win at long and triple jump in the UKWAL match at Abingdon boosted the team's points – but promotion will have to wait for another year. Photo by Alan Mead

British Athletics League Division 1

League Table for 2004

1	Belgrave H.....	1297	29
2	Woodford Green with Essex Ladies.....	1224	25
3	Birchfield H.....	1101	17
4	Newham & Essex Beagles.....	1047	17
5	Enfield & Haringey AC.....	1031.5	16.5
6	Sale H Manchester.....	982	14
7	Shaftesbury Barnet H.....	1027.5	13
8	Thames Valley H.....	1002	12.5

Match 4, Terence McMillan Stadium, Plaistow, 31 July 2004.

Bels are British Champions for an 8th successive year

This, the last match of the season, promised to be hot in more ways than one, with air temperatures soaring above 30C (and the track too hot to walk on) plus a feast of high quality athletics. A strong Belgrave squad had been assembled in the knowledge that three teams were fighting to avoid relegation. As it turned out Belgrave were to cruise to a third successive win but a tremendous fight back by Sale was to result in TVH and a surprised Shaftesbury Barnet being relegated. Or maybe not, as Shaftesbury launched a complaint against the eligibility of one of Sale's athletes, which, if upheld, would radically alter the lower order positions – so close was the fight for points.

The opening four field events saw a lone Mick Jones again throw over 73m to win the hammer. A delayed pole vault (equipment failure) got to Cameron Johnston who ran through three times at 4.60 but junior Roy Collier produced a huge pb of 3.40 to gain unexpected points in the B comp. Leith Marar made a welcome return to Belgrave colours and gained good discus points, ably supported by Chris Gearing who produced a pb to ratchet up the points total. Chris was later to launch the shot to 16.99 for another personal best ever. Few of the spectators realised that he is still only 17 years old and ranked 5th in the world for his age. Meanwhile in a high quality long jump junior Bernard Yeboah produced a 7.48 pb into a headwind. Darragh O'Farrell backed up well to win the B and we were on our way. Darragh later showed his past decathlete credentials with a creditable support performance for Tom Dobbing in the javelin and also the shot.

The track events kicked off at 1.45pm and saw Matt Douglas, tired after his exertions at the previous night's Grand Prix, do enough to ensure max A points supported by a silver position from an over raced and tired Ryan Dinham in the B. Next up the A 800 with Tim Bayley guesting to help training partner, and Athens bound, Michael East to a fast 800 victory which was only .09 sec outside the League record set by Seb Coe in 1987. Steve Sharp followed through the opening lap in 53 secs (which was possibly a 400 best) and struggled thereafter. Tim Abeyie was another who had raced at Crystal Palace the night before; slipped blocks put paid to his 100m aspirations here, although he recovered for third spot, while Graham Beasley ran slightly faster to get fourth spot in the B – of such high quality was the sprinting. Wade Bennett Jackson (WBJ) then won the first of two guest 100's in a pb 10.45sec with zero wind – a time which would have won both the A and B events; another 17 year old proving that youth need not be a handicap! He later won the B 200 and contributed to the fastest Belgrave sprint relay time of the season.

Meanwhile Ben Challenger and Samson Oni were winning the high jump, A= and B, followed by near max points in the triple jump won by Julien Kapek, making his first appearance since joining Belgrave last year, and well backed by David Wellstead who had an effort close to 14.90m judged to be a marginal foul. Another 17 year old, Gavin Selway, got thrown into the deep end in the 400 A and ran close to his best while decathlete William Sharman ran his first 400 of the season to get good points in the B.

Spare some sympathy for the 5000m boys who ran in the heat of the day at 14.50 pm. Mark Miles sat on the leader for 10 laps before sprinting the last 800 to take 13 seconds off Irish International Fiachra Lombard. Jonathan Blackledge won the B race by a similar margin to ensure another max points result. More good points in the sprint hurdles with Dominic Girdler showing he is now fully recovered from an injury which has taken more than a year to mend. Graham Beasley then almost made it max points in the 200m. He was given second spot in the A in a fast time but couldn't be separated on time from the winner Paul Hession – it was that close.

Spencer Barden was determined to give Matt Shone a tough race by taking out the 1500 but Shone stuck like a leech only to produce his usual fast finish to grab victory – a quite remarkable effort after his earlier 800. Darren Gauson ran well in a physical scrap behind the leaders to get third B spot.

And so to the closing stages.

Dominic Girdler led out the sprint relay squad who had been instructed to get the baton round with safe changes. Then to Graham who ran his usual storming back straight with Wade taking the bend to hand over to Tim Abeyie in third spot. Tim gave it some welly to make up ground and while the team managers thought he hadn't quite made it, the photo finish equipment was to prove otherwise; a fine and fast win from an untried quartet. It was good to see Kevin Nash toe the line for

the chase having started training just a week ago following injury. Sadly he was the sole representative for Belgrave, which shows our lack of depth in this specialist event. (Mind you that rather reflects the position in the country as a whole.) Kevin has three weeks to regain some fitness for the Cup Final.

And so to the last event, the long relay, with all team managers checking the scores to see what was required. Our squad knew that there was no pressure but Graeme Oudney was out to prove a point after a disappointing B 800. He ran an excellent split of 49.4, as too did Tim Bayley with a pleasing 47.7 last leg to seal our match and League wins. President Don Anderson received the trophy for our 8th consecutive year as Champions and the target is now 10 in a row. With so many up and coming juniors who would bet against this squad! See you in 2005.

1 Belgrave H 340; 2 Woodford Green with Essex Ladies 308; 3 Birchfield H 285; 4 Sale H Manchester 264; 5 Enfield & Haringey AC 258; 6 Thames Valley H 258; 7 Shaftesbury Barnet H 254; 8 Newham & Essex Beagles 218.

100m: 3 T Abeyie 10.60/nwi; 4 G Beasley 10.59/nwi; n/s 1 W Bennett-Jackson 10.45/0.0. 200m: 2 G Beasley 21.00/0.9; 1 W Bennett-Jackson U20 21.40/-0.7. 400m: 7 G Selway U20 49.19; 4 W Sharman 49.03. 800m: n/s T Bayley 1:49.08; 6 S Sharp 1:52.10; 7 G Oudney U20 1:55.08. 1500m: 2 S Barden 3:47.57; 3 D Gauson 3:55.16. 5000m: 1 M Miles 14:10.76; 1 J Blackledge 15:01.85. 110mH: 2 D Girdler 14.18/nwi; 6 R Dinham U20 15.78/0.4. 400mH: 1 M Douglas 51.38; 2 R Dinham U20 52.91. 3000mSC: 6 K Nash 9:42.31. 4x100m: 1 Belgrave 40.61 (Dominic Girdler, Graham Beasley, Wade Bennett-Jackson U20, Tim Abeyie). 4x400m: 4 Belgrave 3:16.26 (G Selway U20, R Dinham U20, G Oudney U20, T Bayley). HJ: =1 B Challenger 2.20; 1 S Oni 2.15. LJ: 3 B Yeboah U20 7.48/-0.5; 1 D O'Farrell 7.09/1.0. TJ: 1 J Kapek 15.06/nwi; 2 D Wellstead 14.13. PV: 4 C Johnston 4.40; 5 R Collier U20 3.40. SP: 4 C Gearing U20 16.99; 8 D O'Farrell 11.82. DT: 4 L Marar 50.95; 4 C Gearing U20 44.52. JT: 3 T Dobbing 65.46; 5 D O'Farrell 47.26. HT: 1 M Jones M40 73.25.

Results of earlier BAL matches

Match 1, New River Stadium, Haringey, 8 May 2004.

1 Woodford Green with Essex Ladies 354; 2 Enfield & Haringey AC 311; 3 Newham & Essex Beagles 291; **4 Belgrave H 289;** 5 Thames Valley H 249; 6 Birchfield H 243; 7 Shaftesbury Barnet H 243; 8 Sale H Manchester 186.

100m: 6 D Donovan 10.96/0.4; 7 W Sharman 11.29/0.0. 200m: 4 J Ellington U20 21.19/0.0; 8 D Donovan 22.16/1.2. 400m: 5 G Dearman 49.30; 1 S Osho U20 49.07. 800m: 5 G Oudney U20 1:56.88; 3 D Gauson 1:54.72. 1500m: 2 S Sharp 3:55.03; 2 J Blackledge 3:57.83. 5000m: 7 R Ward 14:55.17; 4 W Cockerell 15:37.26. 110mH: 3 W Sharman 14.31/-0.4; 4 K Sempers 15.15/0.6. 400mH: 1 M Douglas 51.2; 1 R Dinham Belgrave U20 52.84. 3000mSC: 1 K Nash 9:06.75; 4 W Cockerell 10:24.05.47.8). HJ: =4 K Sempers U20 1.95; 3 L Evling-Jones U20 1.85. LJ: 6 W Sharman 6.63/0.9; 6 L Evling-Jones U20 6.52/?; n/s D O'Farrell 7.08/1.8. TJ: 5 J Flynn 14.71w/3.1; 6 L Evling-Jones U20 13.55/?w. PV: 2 P Williamson 4.80; 1 C Johnston 4.40. SP: 5 C Gearing U20 15.52; 6 M Allen U20 11.77. DT: 8 C Gearing U20 42.83; 7 M Allen U20 37.77. JT: 7 S Faben 47.61; 7 M Allen U20 45.30. HT: 1 M Jones M40 71.15 (UK M40 Record); 3 J Osazuwa 53.54. 4x100m: 5 Belgrave 43.77 (K Sempers U20, W Sharman, D Donovan, J Ellington U20). 4x400m: 3 Belgrave 3:18.70 (G Dearman 50.5, T Bayley 50.5, G Selway U20 49.9, R Dinham U20)

Match 2, Cophall Stadium, Enfield, 5 June 2004.

1 Belgrave H 333; 2 Shaftesbury Barnet H 291.5; 3 Newham & Essex Beagles 290; 4 Enfield & Haringey AC 266.5; 5 Woodford Green w Essex Ladies 265; 6 Sale H Manchester 251; 7 Thames Valley H 250; 8 Birchfield H 241.

100m: 4 T Abeyie 10.50/1.5; 1 G Beasley (Belgrave H) 10.54/1.9. 200m: 1 G Beasley 21.14/0.0; 8 J Hussain U20 22.38/1.9. 400m: 2 S Baldock 46.50; 2 G Selway U20 49.59. 800m: 1 C Moss 1:52.19; 1 S Sharp 1:52.56. 1500m: 1 T Bayley 3:49.83; 4 J Blackledge 3:55.89. 5000m: 8 M Trees M40 14:51.86; 7 R Alsop 15:30.63. 110mH: 3 D Girdler 13.99/1.5; 2 W Sharman 14.12/1.7. 400mH: 2 M Douglas 50.65; 7 P Beaumont M40 62.16. 3000mSC: 6 W Cockerell 9:47.00. HJ: =2 R Aspden; 3 W Sharman 1.95. LJ: 2 B Yeboah U20 7.43; 3 D O'Farrell 6.75. TJ: 8 L Evling-Jones U20 13.90; 6 D O'Farrell 13.05. PV: 4 C Johnston 4.80; 4 L Evling-Jones U20 3.80. SP: 3 C Gearing U20 16.60; 1 S Thompson 15.55. DT: 4 S Thompson 50.63; n/s L Marar 48.93; 1 A Ekoku 49.26. JT: 6 W Smith 53.76; 5 S Thompson 48.67. HT: 2 M Jones M40 70.99; 5 J Osazuwa 52.47. 4x100m: 1 Belgrave 41.12 (W Sharman, G Beasley, L Evling-Jones U20, T Abeyie). 4x400m: 2 Belgrave 3:13.50 (C Moss 50.2, N Levy 49.6, M Parper 47.4, S Baldock 46.4).

Match 3, Alexander Stadium, Birmingham, 03 July 2004.

1 Belgrave H 335; 2 Birchfield H 328; 3 Woodford Green with Essex Ladies 297; 4 Sale H Manchester 281; 5 Thames Valley H 245; 6

Newham & Essex Beagles 244; 7 Shaftesbury Barnet H 239; 8 Enfield & Haringey AC 196.

100m: 3 G Beasley 10.68w/2.6; 1 D Chin 10.55/+1.9. 200m: 8 G Dearman 22.48/1.3. 5 L Eving-Jones 22.24w/3.0. 400m: 4 G Dearman 48.91; 2 L Eving-Jones 48.61. 800m: 2 C Moss 1:50.59; 2 D Gauson 1:53.44. 1500m: 1 S Barden 3:52.11; 5 D Gauson 4:05.37. 5000m: 6 J Blackledge 14:46.92; 5 H Raidi 15:46.51. 110mH: 5 W Sharman 14.10/0.8; 7 M Allen U20 15.99/+1.3. 400mH: 1 N Levy 52.35; dnf L Eving-Jones. 3000mSC: 1 J Chaston 8:30.52 (League Record); 5 W Cockerell 10:09.33. HJ: 1 B Challenger 2.15; 1 S Oni 2.05. LJ: 2 D O'Farrell 7.13w/4.1; 2 W Sharman 6.73w/3.3. TJ: 3 S Majekodunmi 15.19; 4 D Wellstead 13.01. PV: 2 C Johnston 4.60; =2 M Allen U20 4.00. SP: 4 S Thompson 15.64; 5 A Ekoku 14.06. DT: 5 S Thompson 50.35; 1 A Ekoku 49.12. JT: 4 T Dobbing 65.80; 5 D O'Farrell 49.84. HT: 1 M Jones M40 72.17; 2 J Osazuwa 58.41. 4x100m: 1 Belgrave 41.28 (W Sharman, G Beasley, L Eving-Jones, D Chin). 4x400m: dns Belgrave.

UK Women's Athletics League Division 4

League Table for 2004

1	Havering Mayesbrooke AC	605	20
2	Cardiff AAC	595	20
3	Belgrave H	536.5	18
4	Kingston upon Hull AC	468.5	16
5	Radley AC	476	13
6	City of Stoke AC	406	11
7	Bournemouth AC	125	3
8	Pitreevie AC	0	0

Match 3, Abingdon, 31 July 2004.

What a nail-biter

With just the 4x400m to go Belgrave led the match. A slender half a point was the margin over Cardiff, with Havering & Mayesbrook half a point further adrift; a single point covering three teams! If only it could have all stopped there, for with those team positions combined with the results from earlier matches, Havering & Mayesbrook and Belgrave H would be promoted to Division Three. There were so many combinations of what *might* happen in that final 4 x 400m relay and in fact our team ran tremendously - but it was Cardiff that got home first with Belgrave second - and we stay in Division Four for another year.

We could have found two additional points in so many places: Diana Holden - a certain winner of the hammer got lost en route, Jacqui Smiter injured her arm practising the pole vault and couldn't take part (and later went to hospital where it was found she had a fracture), and in administering help to Jacqui, Gail Porter missed her last javelin throws and probably missed the cut as a result. The misfortunes were many. But as Hannah Stares reminded us when it was all over, "we might not have gained promotion but we've given it a pretty good go with a very small team".

Winner of the SEAA Heptathlon the previous week, Hannah was in good form, winning both B hurdle races and scoring well in the high jump as well. Caroline Stead, talking about retirement before next season, was a double jumps winner, and with Olympic Team member Shelley Newman turning out for the discus backed up by Laura Fox, and Northern Ireland Shot Putt Champion Eva Massey dominating her event accompanied by Belinda Heil, the throws gained us massive points. Still troubled by a hamstring problem, Captain Jennifer Culley nevertheless won the long hurdles race and placed second in the 200m, and another who has been suffering from injury, multi-eventer Julie Hollman, was busy winning the sprint hurdles, the B 200m, and having a nightmare long jump competition.

We were desperately short of specialist sprinters and middle-distance runners but thanks to those who are game for anything, the team sheet was full, and when one saw the effort put in by lead-off runner Liz Horrobin in the long relay, one can see that with determination like this, our halt along the road to the top division is sure to be a temporary one.

Of course, the scorers could easily have slipped up to the tune of one or two points - but as the team headed home the scores were announced as -

1 Cardiff 202; **2 Belgrave 201**; 3 Havering Mayesbrook 196.5; 4 Radley 179; 5 Kingston upon Hull 169.5; 6 Stoke 118.

100m: 6 S Gailey 13.7; 3 M Nestor U20 13.5. 200m: 2 J Culley 25.9/1.7; 1 J Hollman 24.6. 400m: 5 S Gailey 62.7; 6 L Cooper 74.7. 800m: 6 L Horrobin 2:32.2; 6 D Hearn 2:46.2. 1500m: 6 L Horrobin 5:08.9; 5 D Hearn 5:49.3. 3000m: 4 L Cooper 11:13.0; 3 C Eastham 13:08.3. 100mH: 1 J Hollman 14.4/0.0; 1 H Stares 14.5/0.6. 400mH: 1 J Culley 61.3; 1 H Stares 61.9. 4x100m: 6 Belgrave (D Hearn, M Nestor U20, S Gailey, J Hollman). 4x400m: 2 Belgrave 3:56.5 (L Horrobin 63.8, J Culley 57.7, H Stares 58.1, J Hollman 56.9)HJ: 3 H Stares 1.55; 2 M Nestor U20 1.50. LJ: 1 C Stead 5.50; 5 J Hollman 4.02. TJ: 1 C Stead 12.20/1.9; 2 M Nestor U20 10.77. PV: nht J Smiter; nht G Porter. SP: 1 E Massey 15.30; 1 B Heil 10.61. DT: 1 S Newman 55.01; 1 L Fox 38.96. JT: 5 B Heil 26.56; 4 G Porter 24.80. HT: 2 B Heil 38.85; 4 G Porter 27.94.

Results of earlier UKWAL matches

Match 1, Mayesbrook Park, 6 June 2004.

1 Cardiff 237; 2 Havering 215; **3 Belgrave H 169.5**; 4 Radley 146.5; 5 Kingston upon Hull 136; 6 Bournemouth 125; 7 City of Stoke 99; Pitreevie did not rake part.

100m: 2 C Harrison-Bloomfield W35 11.9/-1.4; 1 J Culley 12.5/-1.3. 200m: 1 C Harrison-Bloomfield W35 24.3/-0.9; 1 J Culley 25.4/-1.4. 400m: 7 S Gailey 63.9; no B string. 800m: 2 E Davies 2:11.0; 4 S Gailey 2:32.6. 1500m: 5 R Powell 5:06.1; 4 L Cooper 5:22.5. 3000m: 6 L Cooper 10:54.0; 4 M Heaton 11:01.6. 100mH: 6 A Forsyth U20 16.4/1.6; no B string. 400mH: 1 J Culley 60.7; 1 A Forsyth U20 65.8. HJ: =4 M Nestor U20 1.50; 6 J Smiter 1.25. LJ: 2 C Stead 5.60; 2 M Nestor U20 10.87. TJ: 1 C Stead 12.27; 2 M Nestor U20 10.87. PV: J Smiter 1.70; no B string. SP: 4 L Fox 10.38; 4 V Thompson W50 8.60. DT: 2 L Fox 39.08; 2 D Holden 32.60. JT: 5 A Forsyth U20 27.72; 5 V Thompson W50 21.34. HT: 5 V Thompson 21.55; 5 L Fox 18.13. 4x100m: no team. 4x400m: no team.

Match 2, Scunthorpe, 4 July 2004.

1 Kingston upon Hull 199.5; 2 Havering Mayesbrook 193.5; 3 City of Stoke 189; **4 Belgrave 171.5**; 5 Cardiff 156; 6 Radley 150.5; Pitreevie and Bournemouth did not take part.

100m: 6 S Gailey 13.5w/2.3; 6 L Horrobin 15.5. 200m: 6 S Gailey 28.4w/2.2. 400m: 1 J Culley 57.5; 3 S Gailey 63.3. 800m: 6 L Horrobin 2:34.4; 6 C Eastham 3:00.3. 1500m: 1 B Dagne 4:31.8; 3 L Horrobin 5:14.7. 5000m: 1 B Dagne 16:41.3 (Division Record); 2 C Eastham 23:28.1. 100mH 2 H Stares 14.4/1.8; 4 G Porter 22.0. 400mH: 1 H Stares 61.1. HJ: =4 H Stares 1.50. 2 M Nestor 1.45. LJ: 5 M Nestor 4.87; 5 H Mead 2.93. TJ: 4 M.Nestor 10.10/0.2. SP: 1 E Massey 15.56; 1 L Fox 10.67. DT: 1 L.Fox 38.52; 2 D Holden 30.97. JT: 3 G Porter 28.41; 6 H Mead 20.08. HT: 1 D Holden 49.73; 3 G Porter 26.76. 4x100m: 6 Belgrave (G Porter, L Horrobin, S Gailey, H Stares). 4x400m: 5 Belgrave 4:30.8 (B Dagne 64.0, C Eastham 78.6, L Horrobin 66.8, H Stares 61.4).

*Belgrave Harriers
Annual Dinner Dance
Saturday 20 November 2004
Reigate Manor Hotel
7.00pm
Tickets from Brian Pritchard
01737 858344
Bed & Breakfast available*

Road races

AAA 10k Road Race

Next week we travel to Bishop Auckland, County Durham for our defence of the AAA 10k Team Championship. The race takes place at Auckland Castle at 09:30am on Sunday 15 August. We have a strong team, at least three of whom are also entered for the Inter-County Championship being held in conjunction: David Anderson, Paul Freary, Charles Herrington (Bucks), Adam Leane (Surrey), Mark Miles, Kassa Tadesse (Surrey), Mark Thompson.

Apart from the team competition, hopefully we will feature among the individual honours where the prize structure includes: £1000, £500, £300, £200 for 1st to 4th in the Open Race and similar prizes, down to 6th, for British qualified runners. Note that runners can only pick up one individual prize.

Surrey Road League

We are currently lying in third place in the Surrey Road League, having entered a team – and won – in three of the four races held so far. The final league positions are calculated on the best four results out of the five races that make up the competition so it's important that for race five – Sunday 22 August at Wimbledon – we turn out a good team. If we win there then we'll have the best possible score and no other team can beat us. The distance is 5k. Anyone who can make this race will be more than welcome. You don't have to have a Surrey qualification to score in the league race but you do if you want to be included in the county team and individual 5k road championships, held in conjunction.

Changing accommodation and showers are available at Belgrave Hall and the start (10:00am) is 5 minutes jog away in Cottenham Park Road

European Champion Clubs Cup Half Marathon

We're still waiting to receive the invitation for this event. We have managed to find out that it will be held in Guadalajara in Spain on October 17th – that's the week before the National 6-Stage Road Relay.

There are several factors that will determine whether we send a team. For a start there will be no financial assistance from UKA – so can we afford it? And if we can get together enough funds to send a team – will it be a team worthy of spending that money? We already know of a couple of our men who will not be available and we must also bear in mind that we want to send a team to Europe after Christmas to take part in the ECCC Cross Country – an event where we probably have our best chance of success.

If you really want to take part in the ECCC Half Marathon, even to the extent of paying some of the costs, then let the team manager know.

Enter Captain Will

Our Captain for the last nine years, Roger Alsop, is convinced that it is time for a change (could it be that he is aiming to make an impact in veteran races in the near future?). Many thanks to Rog for seeing us through some exciting times and now welcome to our new Captain – Will Cockerell.

Although probably a little more at home on the roads, Will is very keen that we improve our standing in the Surrey CC League so no doubt he'll be badgering you into turning out for those events before too long.

Gaps on the start line

It's good to see that David Anderson is back in action, having had his track season wiped out by an Achilles tendon problem. Others on the comeback trail are Al Stewart – three steps forward and one step back – and Kevin Nash, who had positioned himself for a big impact on the steeplechasing

scene after his great 2003 season, only to find that this year he was beset by injury right at the crucial beginning of the track season. Kevin is talking about making the roads his main focus from now on.

We've missed Allen Graffin – another who has been suffering constant niggles, one season after another. In the end Allen decided that enough was enough and has taken a break from running. At the moment he has nothing planned regarding a comeback and has switched his attentions to decorating his home, but we can't believe that anyone with such talent can leave running alone completely.

SEAA 6-Stage Road Relay

As usual this event (25 Sep) clashes with the weekend of the Great North Run Half Marathon. This year we will have a significant presence in the half marathon – David Anderson, Will Cockerell and Hassan Raidi will be on the elite start line, together with Kassa Tadesse, if he doesn't opt for an alternate event. As Paul Freary will also be unavailable for the 6-Stage, we might be scratching around for a team to defend our relay title at Aldershot. Having lost our national 12-stage title, our rivals will be itching to take the SEAA 6-stage event off us as well.

Just to make things even more difficult, this is the time of year when many of our team take a break so are some way from their fittest.

People

Past President Reg Hopkins has undergone an operation recently. All went well and we hope to see him at his regular haunts soon – including supporting the Bels at the Golden Jubilee Cup Final.

Another who has had a spell in hospital is Brian Pritchard who had a quadruple heart bypass operation. Such are the wonders of medical science these days that Brian was soon back at home and, although taking things easy, is progressing well.

Yet another stalwart, George Flanagan, has been unwell during the early summer but we are pleased to report that he too seems to be on the road to recovery.

Percy Wright recently celebrated 70 years as a member of Belgrave Harriers, having joined the club on 1st May 1934. Our President Don Anderson visited him and his wife Kitty at their home in Southampton and presented Percy with some club memorabilia and a magnificent hamper.

Fixtures

August 2004

- 11 SEAA 10000m Championship, Withdean Stadium, Brighton.
- 15 AAA & CAU Inter-Counties 10k, Bishop Auckland.
- 21 Golden Jubilee Cup Final, Bedford.
- 22 Surrey CAA 5k, Wimbledon (Cottenham Park Road), 10:00am.
- 28 Surrey CAA 10000m inc. Belgrave Championship, Tooting.
- 29 National Junior Athletics League Southern Premier Division Qualifying Match, Cophthall Barnet.

September 2004

- 11 Surrey CAA 6 x 3miles Road Relay, Wimbledon Park, 12 noon (multiple teams, non-Surrey runners welcome).
- 25 SEAA 6 x 5k Road Relay, Rushmoor Arena, nr. Aldershot (multiple teams).
- 26 Great North Half Marathon, Newcastle-South Shields.

October 2004

- 09 "Sweatshop" Surrey CC League Race 1, Brockwell Park, 03:00pm.
- 10 BUPA Great South 10 miles, Portsmouth.
- 17 European Champion Clubs Cup Half Marathon, Guadalajara, Spain.
- 23 AAA 6 x 3 miles Road Relay, Sutton Park, Sutton Coldfield.

November 2004

- 06 ECCA "National" 4 x 2.5 miles CC Relay, Mansfield.
- 13 South of Thames CC 5m race.
- 20 London CC Champs. inc. European CC Trials.
- 27 "Sweatshop" Surrey CC League Race 2, Brockwell Park, 03:00pm.

December 2004

- 11 European CC Champs. Heringsdorf, Germany.
- 18 South of Thames CC 7.5 miles Champs. Wimbledon Common.