

In this issue:

- 1 Honours Board appeal  
Road Running & Cross Country  
Belles start 2007 with a win  
Aggressive run takes Phil Wicks to Surrey title
- 2 "Sharpy" takes the Middlesex race  
Women's Surrey League far from over  
Bels in subdued mood on the Common
- 3 Wicks the Wizard lands SEAA title
- 4 From The Belgravian  
Results Roundup
- 5 Skipper's Corner

Contributors in this issue:

Will Cockerell, Eric Hall, Alan Mead

### *Honours Board appeal*

Those who attend our club house will be familiar with the large honours board dedicated to the memory of Alf Harley and showing team successes going back to the 1920s. The only trouble is that it is woefully out of date and doesn't reflect any of our track & field glory over the last 25 years both in the UK and in Europe; it also doesn't show any of our road running and cross country success of the last decade.

The reason, quite simply, is that there isn't room to include these events! Therefore, after much discussion, we have agreed on a new design for the board, removing some of the championships of lesser importance and thus making room for the more recent significant wins and placings.

Work is due to start very soon - and this is where your help comes in. We need to raise £2500 to cover the costs of this and a new board showing the achievements of our women's teams.

If you would like to play your part in recording our history, please send a donation, however small, to Alan Mead at 29 Kingston Road, Epsom, Surrey KT17 2EG. Cheques should be made payable to Belgrave Harriers with "Honours Board" written on the back.

### **Road Running & Cross Country**

Surrey County CC Champs,  
Lloyd Park, Croydon, 6 January 2007.

#### **Belles start 2007 with a win**

In spite of missing Chrissie Wellington who was on a triathlon training stint in Switzerland, hopes were high for a forward women's team placing to back up the success being achieved in the Surrey League. Birhan Dagne lent her talent to the team but when the gun fired it was Catherine Bryson making the early running at the head of the field with Sarah Murphy close behind and Birhan inside the top ten.

After a kilometre Birhan had moved through to the front group and Sarah too had slipped ahead of Catherine. By the end of the first 4 km lap, with conditions under foot atrocious, Birhan was looking as strong as any of the others around her in the leading bunch - but it was a telling second circuit and the Aldershot duo of Emily Adams and Susie Bush both got the better of the Belgrave woman.



Above: Sarah Murphy and Catherine Bryson tackle the SEAA Cross Country Championship at Holkham Hall, Norfolk, like every other race they've been in this winter - fighting for positions near the front of the field.

The rest of the team had held up well over the full 8 km. Sarah and Catherine fought hard to give us three in the top ten and with Tilly Heaton powerfully closing in the team in 16th - and Sarah Gailey not too far away as back-up - it was a clear win for the Belles to start 2007.

Under 15s Megan Evans and Joanna Foxley (in her first ever cross country race) are at the bottom end of their age-group and did well in the mud. Megan's powerful finish held several girls at bay and with luck these two plus a couple of others, will be fighting for team medals in twelve months time.

The under 15 boys race saw Joe Taylor-Holland in action but a lost shoe and a bout of sickness put paid to his hopes and he was happy just to get the race over. Alex Bodin in the junior men's event was also suffering and came out on the second lap.

#### **Aggressive run takes Phil Wicks to the Surrey men's title**

And so, with the course now a quagmire, the light failing and the rain increasing in intensity, the men's 12 km race got under way. Phil Wicks was immediately at the head of the procession but last year's winner John McFarlane of Thames Hare & Hounds was right on his shoulder and just easing ahead as the runners poured down the steep slope at the end of the early loop. Phil wasn't having any of this though, and after 1500m as the leaders tackled the sharp climb to go out on the main loop, our man was confidently pushing forward.

On the drift back down the slope to finish the first lap Phil had a lead of over 30 seconds and as he set about the climbs on the second circuit, knees lifting and legs driving into the inclines, it looked for all the world that he was on a "hill session". Mike Trees, Malachi Byansi and Will Cockerell were battling things out in the teens, Dave Mason had started hard but was finding the conditions tricky, while Richard Stannard, not as fit as when we saw him last in October, had gone off steadily but was working his way through.

After 8 km Phil's lead was around 1:45 and far from being content with that, he stretched it to two and a half minutes exactly by the finish – a really dominating performance. His 41:46 compared well with winning times over previous years, especially considering the slippery state of the course. Mike Trees belied his approaching 45th birthday to get home in the top dozen (unfortunately for us not scoring) and having had a short break Mal Byansi showed that he had lost little over the Christmas period.

A special word for Don Anderson who closed in the six - having run the newly instigated Wimbledon Common Time Trial in the morning. As a result we placed 5th as a team - but with a little more support we could so easily have picked up silver medals.

**Senior Men 12 km.** 1 P Wicks (Belgrave) 41:46; 2 J McFarlane (Thames H&H) 44:16; 3 I Lockett (Herne H) 44:20; 12 M Trees M40 46:33; 15 M Byansi 47:16; 19 W Cockerell 47:31; 32 R Stannard 50:05; 49 D Mason 51:56; 149 Don Anderson M50 1:04:00; 186 finished.

Teams: 1 Herne Hill 79; 2 South London 199; 3 Thames H&H 205; 4 Hercules Wimb. 255; 5 Belgrave 265; 16 teams closed in.

U15 Boys 4 km. 1 J Hay (Aldershot F&D) 15:08; 40 J Taylor-Holland 18:55.

**Senior Women 8 km.** 1 E Adams (Aldershot F&D) 32:26; 2 S Bush (Aldershot F&D) 32:53; 3 B Dagne (Belgrave) 33:09; 9 S Murphy 35:09; 10 C Bryson 35:23; 16 T Heaton 36:39; 34 S Gailey 39:50; 98 finished.

Teams: 1 Belgrave 38; 2 Ranelagh 52; 3 South London 87; 4 Thames H&H 88; 5 Kingston & Poly 154; 11 teams closed in.

U15 Girls 4 km. 1 G Shepherd (Epsom & E) 17:12; 16 M Evans 19:06; 49 J Foxley 24:33.

---

Middlesex CC Champs, Horsenden Hill, 6 January 2007.

### **"Sharp" takes the Middlesex race**

Stephen Sharp described the conditions at Horsenden Hill as the worst he had ever experienced in the UK and the race was a far cry from the easy outing he had had over Wormwood Scrubs to take the title last year.

The Belgrave man sat with the leading group for the first half of the four lap race but then moved ahead on lap three with only London Irishman John Downes able to stay the pace. A fall briefly took the wind out of Stephen's sails and Downes was strong enough to take the lead towards the finish but Stephen's superior speed meant that he was able to move away comfortably over the last 300 metres.

Senior Men's 12 km. 1 S Sharp (Belgrave) 43:50; 2 J Downes (London Irish) 43:53; 3 M Blunden (Notts) 44:32.

---

Surrey Women's CC League,  
Wimbledon Common, 13 January 2007.

### **Women's Surrey League far from over**

Catherine Bryson entered the finishing field at the Richardson Evans Playing Fields on the far side of Wimbledon Common a little way down on the leaders but produced a sparkling finish to take two important scalps and win her first ever Surrey League race. With further forward running from Sarah Murphy and Tilly Heaton – and the welcome appearance of Juliette Clark – the Belles were assured of a high team placing to maintain their push for the league title. But Ranelagh were pushing even harder and took their first team victory of the season. The Women's League is scored on league points, not

accumulated team scores, so the Belles' overall lead of 69 as shown below is not strictly correct. They still have a good advantage with two wins and a second place to Ranelagh's 4th, 2nd and 1st – but to be sure of the title they must finish not more than two places behind their Petersham based rivals who will be on their home course for the remaining fixture.

Senior Women. 1 C Bryson 23:16; 2 L Watson (Stragglers) 23:20; 3 E Nelson (Epsom & E) 23:22; 9 S Murphy 24:21; 14 M Heaton 24:32; 24 J Clark W40 25:35; 32 H Smethurst W40 26:25; 38 S Gailey 26:46; 71 L Cooper 28:49; 107 M Noel W40 30:47; 130 J Beecroft 32:17; 167 finished.

Teams: 1 Ranelagh H 60; 2 Belgrave H 80; 3 Stragglers 101; 4 South London H 114; 5 Thames H&H 161; 6 Herne Hill H 175.

Overall: 1 Belgrave H 192; 2 Ranelagh H 261; 3 Thames H&H 347; 4 Stragglers 374; 5 South London H 480; 6 Herne Hill H 481.

Under 15 Girls. 1 G Shepherd (Epsom & E) 18:01; 10 M Evans 19:38; 22 J Foxley 22:59; 33 finished.

---

"Sweatshop" Men's Surrey Cross Country League,  
Wimbledon Common, 13 January 2007.

### **Bels in subdued mood on the Common**

On a wind-wracked Common it was left to veterans Mike Trees and Knut Hegvold to lead home the Belgrave band. But if we were missing a few right up at the sharp end, it was good to welcome back Sean Ryan and Jason Webb, both after a long period of absence.

With a thin team, even the Cockerpillar was in subdued mood, dragging himself from his sickbed to run round one hundred or more positions lower than normal - and fail to score - simply to keep his plate hopes alive and Surrey League sequence intact.

Thames' John McFarlane had the race completely under his control but no club currently seems interested in chasing Herne Hill's squad; their dense packing and solid support seem unlikely to be challenged in the near future.

Our own score of 400 for 4th place now drops us to a point within range of Ranelagh Harriers as we go to the fourth and final race in the series on their home patch at Petersham in Richmond Park in a few weeks time.

In the Young Athletes race Joe Taylor-Holland's swift return to racing after a torrid time in the county championships was rewarded with a much better run here where he was fourth home in his U15 age group.

The challenge for the Bels on this afternoon came in the form of organising the race and here we must pay tribute to Gordon Biscoe who masterminded the officials and start/finish areas, Don Anderson who marked the course, and the Belgravians who stood out in the elements for an hour or so to point out the way. Thanks too to the Thames Hare & Hounds Chief Pioneer Wendy Lynas who kept us informed of the latest position regarding fallen trees and blocked paths.

Senior/Junior Men. 1 J McFarlane (Thames H&H) 26:44; 2 I Lockett (HHH) 27:02; 3 A Barnes (HHH) 27:25; 12 M Trees M40 28:16; 16 K Hegvold M40 28:30; 19 M Byansi 28:38; 31 R Stannard 29:16; 37 A Bodin U20 29:39; 60 J Webb 30:55; 61 T Fordyce 31:03; 61 S Ryan 31:08; 84 J Fairbourn U20 32:11; 101 T O'Neill M50 33:11; 105, R Norville 33:38; 113 M Taylor M45 34:14; 131 W Cockerell 36:17; 134 P Cross M50 36:23; 144 C Moynihan 38:00; 155 finished.

Teams: 1 Herne Hill H 173; 2 Thames H&H 221; 3 Ranelagh H 341; 4 Belgrave H 400; 5 Guildford & G AC 422; 6 Stragglers AC 554; 7 South London H 583; 8 Dulwich R 693.

Overall: 1 Herne Hill H 460; 2 Thames H&H 884; 3 Belgrave H 1110; 4 Ranelagh H 1149; 5 Guildford & G AC 1597; 6 South London H 1604; 7 Stragglers AC 1660; 8 Reigate Priory AC 1734; 9 Dulwich R 2087.

U17/U15. D Sellman U17 SLH 14:33; 7 J Taylor-Holland 4th U15 16:19.

SEAA Cross Country Championships,  
Holkham Hall, Norfolk, 27 January 2007.

## Wicks the Wizard lands SEAA title



Above: A mile gone in the men's race and Barry Royden (847 Medway & Maidstone) holds a narrow lead with Matt Ashton (3 Aldershot F&D), Darren Deed (61 Bedford & C) and Phil Wicks (100 Belgrave) in echelon. Just behind Royden is Huw Lobb (Bedford), Dominic Bannister (Shaftesbury) and Andy Robinson (Newham & Essex Beagles).

Going into the men's 15,000 metres race with a good winning streak behind him, Phil Wicks was being talked up by the pundits but he's still only 22 and there were others equally determined to win with more experience of the nine mile slog that is the Southern Cross under their belts and sharing the mantle of "favourite". The young man was certainly going to give it a go though and planned to take up the running even though he knew that it was unlikely that he'd be able to drop his main rivals. The course was deceptively tough – three laps of firm grassland across Holkham Hall's deer park, a few wooded paths and long, long open slopes to test all but the fittest.

It was Aldershot's Matt Ashton who reached the top of the first climb with a clear 10 metres advantage, Phil heading the rest; but with a mile gone all the favourites were gathered together in the top ten as the field set out on the main loop over Howe Hill to the distant tower of St Withburga's Church. By the time they returned, the pattern of the race had been set with Huw Lobb (Bedford) pushing on at the front, Phil a pace or two behind and then Dominic Bannister (Shaftesbury Barnet) another two steps in arrears. Already they had built up a huge advantage over the rest.

As the second lap unreeled, the elastic attaching Bannister to the leaders snapped, unable to withstand Lobb's surging running tactics. The Belgrave man also appeared to be drifting back a pace or two occasionally but on the other hand, he looked comfortable enough and always closed up immediately. The pair were far ahead now and onlookers gasped at the sheer pace of these two: "How can they possibly run that fast for 15k?"

Going out to the church for the third time Lobb put in a monster effort and the gap went up to 10 metres. Was this it? Then up the climb near the church at the furthest point Phil just had the feeling that maybe Huw was beginning to weaken. He drew up alongside, moved ahead and then, approaching a sharp little rise, pushed again. The Bedford man was a few metres adrift now but all that was left was the long climb to the top of the course and the drop back down to the finish – perhaps half a mile in all.

The duo had been lapping runners constantly throughout their last circuit and as they began the final long rise Phil went past Sam Baxendale, his own journey far from complete but happy

to expend valuable energy on an encouraging shout. Phil tore up that long slope, removing any chance of a come back by Huw Lobb, turned, and then allowed momentum to give wings to his raking stride. The winning margin at the end was 80 metres.

"A classic race," AW correspondent Martin Duff exclaimed. Indeed it was; and all credit to Huw Lobb who had done everything in his power but nevertheless had to accept a fourth defeat from Phil this winter.

It was only the fifth time that a Belgravian had won the event: Bert Footer in 1933, Tom Carter in 1946, Len Herbert in 1947 and Gerry North in 1967.

As a team we placed a respectable 6th. Malachi Byansi is piling in the miles in preparation for the London Marathon and impressed here with 52nd. The Skipper had his sights on Mal and Pete Willis some 30 places ahead of him for most of the race and got the better of Pete as the finish neared only to have to give way again: "I made him hurt though!" Also pleased with his run was Dave Mason; his 122nd was considerably higher than he had ever achieved before.

Of our women's team only Sarah Murphy and Catherine Bryson made the trip to northernmost Norfolk but both ran extremely well, contesting very high places in the early stages of the race. Normally racing over shorter distances, Sarah has plenty to offer at the longer events and is planning to run "London" in April. Catherine's versatility is becoming legendary. In the last few weeks she's enjoyed a Surrey League win followed by a gold medal winning scamper in the SEAA 3000 metres Indoor Championships. Here her run was particularly courageous as she picked up a stone in her shoe at the beginning of the race – an unfortunate and painful incident that made a mess of her foot over the ensuing 8k.

Men 15k. 1 P Wicks (Belgrave) 45:55; 2 H Lobb (Bedford & C) 46:11; 3 D Bannister (Shaftesbury B) 46:46; ... 52 M Byansi 50:52; 84 P Willis 52:38; 85 W Cockerell 52:39; 118 J Kimaiyo 54:34; 122 D Mason 54:49; 159 M Whiting 56:36; 459 S Baxendale 1:10:22; 507 E Taylor 1:14:20; 553 finished.

Teams. 1 Bedford & C 68; 2 Newham & Essex B 92; 3 Shaftesbury B

134; 4 Herne Hill H 232; 5 City of Norwich 448; 6 Belgrave 462; 38 teams closed in.

Women 8k. 1 L Damen (Poole) 28:19; 2 S Bush (Aldershot F&D) 28:53; 3 V Webster (Shaftesbury B) 29:04; ... 17 C Bryson 31:09; 25 S Murphy 31:40; 203 finished.

### Southern Cross Country Championship Belgrave's Individual Medallists

1931	Shenfield	Arthur Allum	2nd
1932	Beaconsfield	H.E. "Bert" Footer	3rd
1933	Chingford	H.E. "Bert" Footer	1st
		Arthur W. Penny	3rd
1934	Taplow	Arthur W. Penny	2nd
1946	Wimbledon	C.T. "Tom" Carter	1st
		David J. Main	3rd
1947	Ascot	Len W. Herbert	1st
1948	Aylesford	V.S. "Vic" Blowfield	3rd
1964	Parliament Hill	G.A. "Gerry" North	2nd
1967	Parliament Hill	G.A. "Gerry" North	1st
1968	Parliament Hill	G.A. "Gerry" North	2nd
2007	Holkham Hall	Phil Wicks	1st

## Welcome ...

... to the following who joined Belgrave Harriers in January.

Sarah Parkes, 19, middle distance, road running, cross country.

Christine Wicks, supporter

Steve Wicks, photographer and supporter.

## From the Belgravian

### 60 Years Ago ... April 1947

The 101st issue of "The Belgravian" recorded that even after the war years little seemed to have changed in athletics generally nor in the atmosphere to be found at Belgrave Hall. The writer looked forward to great things from Club members with the London Olympics only a year away.

The repairs to the Hall (war damage) had been completed and social events were planned; the Club Dinner had been a resounding success with a record attendance. One of the interesting features of reading through the magazine is the number of times the names are familiar and some of those recorded can still be found at the Hall from time to time. Len Bishop and Arthur Bruce (winning handicap prizes!) were prominent in our successful Junior teams, two others performing at a high level were to compete in the 1948 Olympics, Bill Nankeville and Bill Lucas. All four were at Bill Lucas's 90th birthday party held at the Hall recently!

The depth in cross country running in the Club was demonstrated by winning the South of the Thames "Junior" race for the second successive year. The rules back then meant that a winning team was unable to compete again as "Juniors". We won the Surrey Senior title and were third in the Middlesex race with runners competing in the Kent and Herts. Championships with ten starting in the Inter Counties race at Nottingham.

The walkers started the year, as they had finished 1946, by sweeping all before them led by Harry Churcher, Jack Rutland and Joe Coleman.

Some aspects of Club, and athletic life, have changed - the Boxing Day track meeting has not been held now for many years but, in 1946, it attracted a large crowd of spectators at Tooting Bec. If crowds could be attracted to meetings in such numbers nowadays more might think about taking part in the sport - it was never possible to charge supporters even though Tooting Bec had banking along the home straight.

As a final reminder 1947 saw the Club celebrate its Diamond Jubilee and it was noted that "Sixty years is a long time for a Club such as ours to have been in existence ... it is flourishing, winning and expanding like no other Club in England today" ... *Some things just never change!!*

### 50 Years Ago ... January 1957 - Not quite a walkover

January 1957 found the Belgravian in the capable hands of three editors! The Bishop brothers were well qualified as their running career covered all distances. They took over at a time when the track team were suffering in lack of numbers but the walkers were in the ascendancy. 1956 had finished with two of them travelling to Melbourne for the Olympic Games.

The year started with the road runners winning the Mitcham 15 led by the individual winner Jack Brown. Then followed a third place in the Southern race at Epsom. March 9th was a day to remember in some respects. At Parliament Hill Fields the runners placed 11th in the senior race but it was the junior event which took the eye. Gerry North (from Blackpool in those days) "slammed the field" and "was a revelation". The report noted that he deserved his international vest and that "None of our lads looked very happy in the mud". Nevertheless George Flanagan "ran extremely well to finish 40th".

The same day the walkers were sent to Coventry - where, in incessant rain, Stan Vickers led the field of 150 home with Eric Hall 2nd and we regained the team title from Sheffield after a number of years. This fulfilled the forecast, made by Alf Harley, a few years earlier, to the team manager Jack Goswell, that "you will have a champion or champions come

along". Two months later and the walkers were at Hendon for the National 20 a race in which we had won the team title on many occasions but the individual title had eluded us since the race was first held in 1908. Despite a high-class field of 140 starters we had hopes. The race lead was held by Eric Hall almost throughout but although, in the early stages, the team title was in doubt the final outcome was more a matter of which of our men would make up the winning team. We finished 4 in 16 and also took the Nijmegen Shield for having eight men home before any other Club. This was our third successive win and a feat we were to equal in each of the next five years.

For the last of the National walks that year a long trip took us to Leyland, then the home of lorry and 'bus building. An extremely hot day created havoc but our men survived better than other teams. Eric Hall led by a second after the first of the three laps but fell away dramatically to 10th before retiring, one of the 26 to do so. This seemed to spur the rest of the team on to great things and the fourth man came home in 7th place completing a team win in the lowest team score to date. As a result the two Georges, Checkley and Beecham, gained international vests.

Earlier in the year the runners had finished third in the Brighton relay and the Polytechnic marathon where the team included two of the editing trio.

## Results Roundup

### Road & Country

#### January 2007

- 1 **New Year's Day 10 km, Hyde Park.** Men. 1 J Powell (Durham C) 32:30; 6 M Byansi 33:41; 30 M Kazimierski 37:40. Women. 1 L Andreucci (ITA) 36:51; 7 H Smethurst 1st-W40 40:25.
- 1 **Wymondham New Year 10 km, Norfolk.** Women. 1 J Clarke (Norfolk G) 38:32; 3 N Neal 39:52.
- 6 **Suffolk CC Champs, Holbecks Park, Hadleigh.** U20 Men. 1 G Billington 28:29.
- 6 **Yorkshire CC Champs, Skipton.** Men. 1 D Webb (Leeds) 40:13; 29 P Willis 44:50.
- 6 **Wimbledon Common Time Trial 5 km.** Men. 1 D Talbot (Thames H&H) 16:49; 15 D Anderson M50 20:35.
- 7 **Tadworth 10 miles.** Men. 1 K Quinn (RR) 57:27; 3 A Bodin U20 58:29; 56 P Cross M50 1:11:04.
- 13 **Chiltern League, Slough.** Men. 1 P Wicks 26:58.
- 13 **Wimbledon Common Time Trial, 5 km.** Men. 1 K Quinn (RR) 15:58; 17 D Anderson M50 21:05.
- 13 **2007 Edinburgh Great Run.** Men. 4 km. 1 S Lebed (Ukraine) 12:20; 19 J Blackledge 13:24; 22 D Gauson 13:31. Women. 6.1 km. G Burka (Ethiopia) 23:25; 20 B Dagne 26:12.
- 14 **International 1 mile, Hamilton, Bermuda.** Men. 1 N Speaight time not known.
- 14 **Garstang 10 km.** Men. 1 A Thake (Lancs) 31:55; 7 P Freary 34:45.
- 21 **Four Villages Half Marathon, Helsby, Cheshire.** Men. 1 T Abyu (Salford) 1:04:56; 2 M Miles 1:06:10; 4 P Freary 1:09:02. Women. 1 L Gardner (Lancs & Morecambe) 1:16:59; 11 L Cooper 1:26:25.
- 21 **38th Sprintcross, Breda, Netherlands.** Women. 1 F Kiplagat (Kenya) 18:43; 5 B Dagne 20:32.
- 21 **UK Cross Challenge, Blackweir Park, Cardiff.** U20 Men. 1 L Carey (Nuneaton) 26:26; 3 G Billington 27:02.
- 26 **Last Friday 5 km, Hyde Park.** Women. 1 C Wilding (Serpentine) 17:56; 4 H Smethurst (W40) 19:06; 15 M Noel W40 22:09.
- 27 **Bushy Park Time Trial.** Men. 1 R Stannard 16:32.
- 28 **Scottish Athletics 4 km CC Champs., Bellahouston Park.** Men. 1 A Hay (Central) 12:28; 5 K Gauson (1st U20) 12:45.
- 28 **Bluewater 4 km Time Trial, Greenhithe.** Men. 1 M Humphrey 14:28.
- 28 **Romsey 5 miles, Hants.** Men. 1 M Trees M40 26:34. Women. 1 E Sheldon (Soton) 28:31; 10 R Trees 32:47.

#### February 2007

- 1 **17th Armagh International 5 km.** 1 C Hesch (USA) 14:07.8; 6 S Sharp 14:18.2; 8 J Blackledge 14:25.2; 17 S Jones 14:39.6.
- 3 **BUSA Champs & World Cross Trial, Bath.** Men. 11.28 km. 1 F Tickner (Wells) 33:13; 7 P Wicks 33:47. BUSA B race: 7.64km 1 S Perkins (Birmingham) 23:16; 100 M Humphrey 27:19; 219 finished.
- 4 **Alsager 5 miles.** Men. 1 J Mays (Kent) 23:39; 8 N Speaight 24:07.

- 4 **Watford Half Marathon.** 1 T Abyu (Salford) 1:04:50; 2 M Miles 1:06:04; 5 H Raidi 1:09:12; 16 K Tadesse 1:13:58.

## Race Walking

### January 2007

- 6 **Monk's Hill 10 km.** Men. 1 S Utley (Ilford) 54:44; 4 C Lawton M55 58:25; 9 P King M55 1:00:46.  
 13 **Surrey WC 10 miles.** Men. 1 P Ryan (Ilford) 1:29:24; 2 C Lawton M55 1:36:34; 6 P King M55 1:38:26.  
 20 **Steyning 15 km.** Men. 1 A Goudie 1:15:09; 7 C Lawton M55 1:30:26.  
 27 **Enfield 5 miles.** 1 N Sylvester (Aldershot F&D) 39:43; 2 E Viljoen W35 41:11; 10 C Lawton M55 46:07; 11 J Hall M55 46:11; 13 M Culshaw M40 47:11; 16 P King M55 48:28; 17 M Noel W40 48:48; D Fotheringham M70 52:32.  
 Teams: 1 Ilford AC 17; 2 Belgrave H 31.

## Indoor Track & Field

### January 2007

- 6-7 **Welsh Indoor Open, Cardiff.** U20 Men. SP: 1 B Morse 14.20.  
 7 **Windsor SE&H Indoor Open, Eton.** Men. 60m: 2r4 K Sempers 7.17. M50 SP: M Small 14.10.  
 13 **Loughborough Indoor Open.** Men. 60m: 2r4 K Sempers 7.17. M50 SP: M Small 14.10.  
 13-14 **England Athletics Indoors Combined Events, Sheffield.** Senior Men. Heptathlon (60m, LJ, SP, HJ, 60mH, PV, 1000m) 1 K Sempers 5367 (7.15, 6.87, 11.93, 2.02, 8.24, 4.25, 2:54.41).  
 14 **DM Hall Indoor Scottish Champs, Glasgow.** Men. 800m: 1 G Oudney 1:52.95.  
 14 **SPAR Sprints Initiative, Brunel.** Men. 60m: Series 1 2r1 H Aikines-Ayretey 6.83; 4r8 D Davis 7.09; 1r17 A Onuora SW 7.68. Series 2 4r2 B Yeboah 7.03; 5 D Davis 7.07. 60mH: Series 1 2 D Davis 8.49; Series 2 2 D Davis 8.30. LJ: 1 R Danso 7.11; 4 A Phillips 6.74. TJ: 2 D Wellstead 13.82. Women. PV: 1 T Grant 3.80.  
 20 **Inter-University Match, Cardiff.** U20 Men. SP: 2 B Morse 13.93.  
 20 **Scottish Open Champs, Glasgow.** Men. 800m: 1 G Oudney 1:54.17 (1h3 1:51.15).  
 20-21 **SEAA Indoor Champs, Lee Valley.**

A whole crop of exciting indoor performances were thrown up at the SEAA Indoor Champs at the new Lee Valley Centre. Catherine Bryson and Claire Robinson took the 3000m and 800m with HCAs Michaela Hutchison winning the 1500 and Sarah Wellstead the long jump. Tracey Grant was 2nd in the pole vault and it was good to see Amala Onuora back in action in the 60m sprint.

It was a jumps clean sweep for the men. Commonwealth Champion Phillips Idowu and Samson Oni set Championship Bests in triple and high jumps, Bernard Yeboah took the long jump while the pole vault saw a 1-2 from Joe Ive and Cameron Johnston. On the track Richard Ward lost out in the 1500m by three tenths of a second and entertained with a spectacular "blow-up" in the 3000m where he chased Bowden and Merrien for a mile, nevertheless holding on for bronze.

Senior Men. 60m: a sf J Ellington dns (round 2 1h4 6.86, 2h2 6.86); 3h1 B Yeboah 7.03. 400m: b R Dinham dns (1s1 50.15, 1h4 50.62). 1500m: b 2 R Ward 4:03.81. 3000m: a 3 R Ward 8:37.00; 11 D Mason 9:12.7. 60mH: a 3 D Davis 8.38. HJ: 1 S Oni 2.25 CBP; LJ: a 1 B Yeboah 7.38; 4 A Phillips 6.80. TJ: b 1 P Idowu 16.48 CBP. PV: a 1 J Ive 5.00; 2 C Johnston 4.60. Under 20 Men. 60m: a 1 H Aikines-Ayretey 6.67 (1s1 6.82, 1h1 6.86).

Senior Women. 60m: a 4 A Onuora 7.68 (2s2 7.70, 1h3 7.67). 400m: b 5 C Robinson 58.44 (3s1 57.42, 2h1 58.29). 800m: a 1 C Robinson 2:11.4 (1h2 2:16.2). 1500m: b 1 M Hutchison 4:35.46. 3000m: a 1 C Bryson 10:10.9. LJ: 1 S Wellstead 5.79. PV: 2 T Grant 3.80.

- 26 **Budapest, Hungary.** Men. 60m: 4 H Aikines-Ayretey U20 6.74 (6.76ht).  
 27 **Boston, Massachusetts, USA.** Men. 1000m: T Bayley 2:22.29.  
 27 **Norwich Union International, Glasgow.** Men. TJ: 1 P Idowu 17.03.  
 27-28 **International Combined Events Meeting, Zaragoza, ESP.** Men. Hep: 9 K Sempers 5440 pb and 14th UK all-time (7.12, 7.00, 11.60, 2.01, 8.30, 4.40, 2:51.32).  
 28 **SPAR Sutton & Dist AC Open Meeting, Sutton Arena.** Men. 60m: Series 1. 2r6 D Davis 7.05; 3r9 K Adjepong 7.45. Series 2 (all-ages). 1r1 A Campbell U15 8.64; 3r10 K Adjepong 7.46; 1r17 I Akindele U20 7.03; 1r19 D Davis 6.99. 60mH: Series 1. 1r1 D Davis 8.23; Series 2. 1r1 D Davis 8.21. LJ: 1 A Phillips 6.79. PV: comp 1. 1 J Ive 5.05; comp 2. 1 J Ive 5.05. SP: 6kg 1 M Small M50 14.52. U20M. 60m: 1r5 I Akindele 7.11. U15B 60m: 3r1 A Campbell 8.66. Women. 60m: Series 1. 1r2 A Onuora 7.68. Series 2. 2r10 A Onuora 7.63. LJ: 4 K Euridge 5.30. TJ: 4 K Euridge 10.75.  
 28 **Indoor Inter-City Challenge, Picketts Lock.** Men. 60m: 1 D Chin 6.69. 60mH: 1 W Sharman 7.87. HJ: gst S Oni 2.26. PV: C Johnson nh. Guest events. 60m: 3s2 W

Sharman 6.89; 4s4 B Yeboah 7.07; 5s4 T Gilling 7.14. Women. 800m: 2 M Hutchison 2:09.19; 4 C Robinson 2:12.28. HJ: 5 S Rainford 1.64. LJ: 2 S Wellstead 5.80. TJ: 5 J Fielden 11.41. PV: 2 T Grant 3.80.

- 28 **Welsh Athletics U20 Champs., Cardiff.** Men. SP: 2 B Morse 15.19.  
 28 **Bratislava, Slovakia.** Men. 60m: 3r1 H Aikines-Ayretey U20 6.73; r3 J Ellington 6.85.

## Skipper's Corner

### *A classic day of sport - January 27, 2007*

Against the odds, given the remote location, the Southern produced a classic day of sport, and the 20 strong Belgrave gaggle that made the journey up to The Wash surely have no regrets. Holkham Hall is a sublime place and made for one of the top ten most enjoyable day's racing of my career. The course was mercifully kind, and the uphill drags aside was very straightforward. However, that meant everyone found it easy and at one stage I was duelling with a 1:46 800-metre runner, a 1,500 metre man, a purist 5k man, a 43-year-old, and me the creaking marathoner... that's cross-country for you – a melting pot of everyone who thrives on a challenge and loves to run.

### *One of the cross-country duels of the Century*

I knew the Lobster and the Wickster were set up for one of the cross-country duels of the Century. Yes, there have been others: Openshaw and Haughian at the '01 National, Lobb and Mitchinson at the '04 Southern spring to mind, but this was always going to be stellar. Phil has been running incredibly as we know, and Huw is at the top of his game with the Tokyo Marathon looming large. He put in a lightning track session Tuesday night and when asked if he was gonna take it easy on Wednesday replied: "I'll just do 7 miles in the morning... and then 5 laps of Hampstead Heath in the afternoon for a 22-mile day." Gulp. My heart said Phil would win, my head said Lobb.

Our team performance was almost our best for a generation and more – but for City of Norwich surprisingly duffing us up – all credit to them. Our 6th place matched our return from 2000 – where we scored 452 points to Saturday's 462. The Southern is nearly the ultimate litmus test of the state of a club's cross-country team and our results since 1991 make quite painful reading, but the evidence is there that we have potential to medal in these championships one day in the next five years. For this edition's stat attack, here are Belgrave's Southern positions since 1991: 51st, 21st, 43rd, no team, no team, no team, no team, no team, 16th, 6th, 9th, 14th, 10th, no team, 8th, no team, 6th.

### *You'll love the National*

However, note the word *nearly*! The ultimate test of a club's cross-country pedigree is of course the National, and this century our record has been magnificent as we've been the fifth most successful club in England. Let's keep that record going in Sunderland on March 10th. I hope we'll send a team of at least a dozen runners, and if the team spirit and camaraderie is anything like it was on Saturday then it'll be a terrific day, as, frankly, the National always is. For those who haven't sampled it, disregard the journey to get there: if you like running, you'll love the National. I have noted that our win at Leeds three years ago was the "cream of all days", let's go and chase more glory.

Before that, another treat on February 10th with the final Surrey League at Petersham, and Ranelagh's fast, beautiful and historic course. We had a trio of fine wins there in '99, '00 and '01; perhaps we can end our quiet league campaign with a flourish.

Skip