

## Charlie Walker – The President

It was in early 1948 that Charlie Walker, recently demobbed from the Army where he had taken up running just to keep fit, was contemplating joining the Polytechnic Harriers. However it was our own Bob Taylor whom he had met in the army (along with John ‘Bomber’ Bromley another one of our stars from that era) who persuaded him to come along to Belgrave Hall. This he did, met Ernie Duffett our Road Running and Cross Country secretary at that time, and was promptly given a membership form. And so it was that on the 13th December 1948 Charlie became a member of Belgrave Harriers. The rest is now history.

Charlie went on to become another of our legends and star turn – in more ways than one!

He is known by young and old alike, not only in Belgrave but throughout the athletic world of the ‘50s through to the ‘70s and then more recently as a veteran; an irrepressible and enthusiastic enigma who just loved to run.

He quickly made his entry in to our teams, running his first London to Brighton Relay in 1950 and going on to keep his place in that team for the next 14 years up to 1964.

Charlie’s career has been a prodigious one to say the least. Serve it to say, he has run with success at the top level of competition when this country’s middle and long distance runners were household names and second to none!

In any other period he would no doubt have gained himself full international honours.

Gordon Pirie, Frank Sando, Alec Olney, John Parlett, Chris Chataway ... these are just some of the stars of the ‘50s & ‘60s with whom Charlie tangled with over track, road and cross country. He trained with them, raced against them, was beaten by them and on occasions beat them in return.

As well as the Brighton Relay, where he obtained 24 medals from 28 performances (we believe to be a record for anyone ever running in this event, not just Belgrave), Charlie won Surrey County Championships over all three disciplines and represented them in the Inter-Counties championships on many occasions.



Pictured in 1950, with only two years membership behind him, Charlie Walker has already amassed an impressive haul of trophies.

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### Annual Belgrave Dinner

November 17 - Belgrave Hall at 7pm.

Contact Brian Pritchard 01737 858344 for more details.

### Belgrave Darts Championship for the Denmark Pot

December 1 – Belgrave Hall at 7pm.

## Welcome ...

... to the following members who have joined us in the last few months. If you need any help or advice don’t hesitate to get in touch with the relevant person shown in your fixture card – or contact us via the website.

Lorraine Cooper – long distance running.

Rowan Crichton – middle distance, long distance, cross-country.

Robert Murkin – sprints, throws, hurdles, jumps.

Nicholas Goolab – middle distance, road running, cross-country.

Andrew Neail – middle distance, road running, long distance, cross-country, triathlon.

Clint Sullivan – middle distance, triathlon.

Rupert Walsh – long distance, cross-country, triathlon.

Sebastian Cockerell

## Road Running

Surrey County AA Road Relays, 8 September 2007.

### Bels hold on to Surrey Relay title

It was great to see some new and old faces on the roads of SW19 - and after some doubt as to whether our team would be strong enough to retain their title, and an intriguing battle with South London Harriers, the boys came away as champions again. In fact the senior men's category was the only one in which SLH didn't prevail - so well done to them.

Not quite sure of his fitness for a long run, Malachi Byansi elected not to go to Bristol for the half marathon the next day, deciding to test himself over three miles instead. It was a good move for the Bels as he brought us home in 3rd, just three seconds off the lead with Herne Hill and Dorking & Mole Valley in one and two.

Three weeks off with a foot injury meant that Richard Ward's return to fitness had been delayed somewhat but his decision to tackle the relay gave the team a boost and as Dorking dropped away Rich held us steady in second. Herne Hill were now 23 seconds to the good. Back in 12th spot for the 'B's the long lost "Gerry" Adams made a welcome return to the team - receiving his silver medal from 2000 before his leg commenced! And what a shock on stage two for the 'C' team - as British League Team Manager Bill Laws turned out, belying the fact that he faces his 70th birthday next year.

Ever improving James Fairbourn took charge of stage three. Herne Hill proved to be below their best and James took full advantage by moving the Bels ahead - but behind, South London H were also advancing. Our own Dave Mason set out with an 11 second advantage over the vastly experienced Jason Simpson. Dave battled well but was unable to hold a rampant Simpson who recorded the day's second fastest time.

But *the* day's fastest was about to be clocked by James Kelly, next up for the Bels. James relentlessly pulled back the 1 minute and 1 second to the lead and then set about securing a margin of all but half a minute over the "Irrepressibles". Great running, Jim, and a fine marker laid down for the SEAA relays three weeks hence.

So, it was veteran Knut Hegvold with a 29 second advantage up against SLH's Stuart Major. Stuart has been out of action for months and it was good to see him back on the road - but not so good to see that he had a Belgrave vest in his sights! No need to worry though. Knut might be the wrong side of 40 but as a one time Norwegian international he has faced all situations in his career. Knut went away a little and then when Stuart came back towards the end, all he had managed to achieve was a 4 second gain. The Bels were home and dry.

Many thanks to all those who chipped in to help with the organisation. Our own team manager was doing time "inside" producing the results and his place was taken for the afternoon by Captain Will, saving his energy for Bristol - but not his fingernails!

Senior Men. 1 Belgrave 1:30:29; 2 South London H 1:30:54; 3 Hercules Wimbledon AC 1:35:01; 4 Herne Hill H n/s 1:35:36; 5 Sutton R 1:38:02; 6 Walton AC 1:38:09; 11 Belgrave H 'B' 1:41:22.

A - M Byansi (3) 14:52, R Ward (2) 15:08; J Fairbourn (1) 15:31; D Mason (2) 15:47; J Kelly (1) 14:12; K Hegvold M40 (1) 14:59.

B - J Galley M40 (17) 16:22; G Adams (12) 16:46; M Humphrey (12) 17:06; W Lynch (12) 16:33; R Norville (11) 17:34; R Harding (11) 17:01.

C - M White (31) 17:28; W Laws M65 (52) 24:15; D McMillan M55 (50) 20:23.

Bristol Half Marathon inc. English Road Running Association & UKA Champs., 9 September 2007

### There's gold out West

The National Half Marathon Championship crops up at different venues each year and this time it was the turn of Bristol to host the English Road Running Association and UKA Championships. We'd already had a rewarding trip to the "Bristol Half" in 2006 when we swamped the head of the field with Belgrave vests. But this year, with the major championships incorporated, the race was no pushover. There were also changes to the course and in addition to the long drag out through the Avon Gorge, there were tricky hills, twists and turns to negotiate on some of the cobbled streets of the City.

There was no time to admire the masts and funnels of Brunel's S.S.Great Britain, moored in the harbour, as thousands of runners set out towards the Clifton Suspension Bridge. Kenyans Tewodros Shiferaw and Simon Tonui made a charge for the front but then came Phil Wicks, running alone in 3rd, about 200 metres down as they headed out alongside the River Avon after four miles. Simon Jones had plenty of company in around 10th - as did Mark Miles, 40 metres down on Simon.

Having reached the turn at 4.5 miles Billy Farquharson of Notts AC joined Phil in sprightly fashion and seemed inclined to press on ahead of him if he could; they remained locked together for the next few miles. Simon was duelling with Dave Mitchinson of the Beagles and then as Mark came through there seemed to be a flood of Notts AC vests, while our local rivals Thames Hare & Hounds were also well forward. Will Cockerell was sweeping up and keeping an eye on familiar Thames men around him - Phil Sly, Andy Weir, John McFarlane and Simon Wurr.



Simon Jones successfully duelled with Dave Mitchinson of Newham & Essex Beagles



Gold medals came wholesale for Phil Wicks – First in the ERRA & UKA individual championships and a member of the winning team in both championships as well.

Back into the city and the ups and downs and cobbled roadways began to take their toll and the Kenyans were slowed to around 5:15 per mile. Farquharson had gone back now but Winchester's Toby Lambert was intent on making an impression and he'd closed right down on Phil who had to push hard at the end to get away again.

It was 23 year-old Phil's first serious assault on the 13.1 mile event so not surprising that he notched up a huge personal best. As quoted after the race:

*"This was my debut half marathon so it was always going to be a personal best time for me today but I am really pleased. I really enjoyed the race. The course was tough at the end as there were lots of twists and turns but I am delighted to be the first Brit home.*

*There were great conditions today. I was able to run with some other Brits and was able to pull away in the last 800m so that was great. I came to run the qualifying time for the World Championships and just missed out but I'm still pleased."*

Also 23 years of age - but with a great deal of experience at half marathons, Simon Jones was equally delighted with his sub-66, chopping half a minute from a mature personal record but he'd run extraordinarily hard to do it - and claim Dave Mitchinson's scalp - feeling somewhat unwell as he entered the finish.

What can you say about Milesey? Only a few weeks of running behind him and his late decision to run clinched the team golds. And a gutsy run from Will Cockerell too, fighting hard to step into the three should anyone up ahead fail.

Men. 1 T Shiferaw (Kenya) 1:03:01; 2 S Tonui (Kenya) 1:03:08; 2 P Wicks 1-UKA, 1-ERRA (Belgrave) 1:04:43; 4 T Lambert (Winchester)

1:04:54; 5 B Farquharson (Notts AC) 1:05:22; 6 H Chepkwony 1:05:32; 7 S Jones (Belgrave) 1:05:58; 8 D Mitchinson (Newham & EB) 1:06:11; 9 G Raven (Sale H Manchester) 1:06:17; 10, B Hope (Woodford GwEL) 1:07:22; ... 14 M Miles 1:07:48; 29 W Cockerell 1:10:54; 255 C Hobbs 1:27:37.

ERRA & UKA Champs. 1 Belgrave H 3:18:29; 2 Notts AC 3:20:28; 3 Thames H&H 3:28:06.

Aldershot Road relays, inc. Men's SEAA 6-Stage Road Relay Championship, 29 September 2007.

## SEAA Champs - a fine race but the battle's not over

A year or more of generally being in the doldrums has coincided with rival teams growing in strength. No longer do we attend road races as odds-on favourites – it's more likely that we're regarded as the underdogs – but the sport is more interesting for that and when it all goes right then victory is even sweeter.

The team line-up wasn't settled until the preceding Tuesday evening when David Anderson and the Skipper had a "shoot out" over two laps of "the Bridges" - two laps of 3km with the protagonists running in opposite directions. As a result, come race day, David was back in the A team after too long an absence, taking charge of stage one.

A powerful start from Harrow's Adam Bowden took him well clear of a bunch of a dozen athletes that was gradually whittled down until Blackheath's Atkinson and our own Davy were alone in 2nd and 3rd. Eighteen-fourteen: not at all bad after what had variously been reported as "five weeks of running" or "one real session." The Beagles had a slow start and were down in 13th, half a minute behind the Bels although their B team were lying 8th. Bedford weren't far away though and dark horses Wells City were also close at hand.

Great things were expected of Mark Pollard – and they still are! But he wasn't quite firing on all cylinders on this occasion. Harrow and Blackheath slipped back but Ben Moreau of Aldershot came through strongly to head the field while Beagler Hepples was on a sub-18 rescue mission. Young Mitch Goose of Norwich also came by and the net result was that we'd dropped one place. Mark gave everything he had to finish his tour of duty – and although disappointed is quietly determined that he'll set the record straight next time out.

Enter Simon Jones, fighting for a spot in the National line-up and clashing with Newham's Michael East. Ok, East turned out to be a long way short of his best – but Simon wasn't to know that as he showed no fear and coolly cruised past all the men ahead. His 8:59 for the first circuit and 9:13 for his second gave the Bels a marvellous 25 second advantage; a "gutsy" and courageous run, acknowledged by all who watched it.

A relaxed Stephen Sharp gradually extended the lead until he was 34 seconds to the good, notching up second fastest for the stage. It was a two-horse race now and things were looking good for the Bels, but way down the field, Wells City's Frank Tickner was ripping out an astounding 17:11. It was the best time on the course since 1989, eclipsing performances by such luminaries as Keith Cullen and Mo' Farah. But this drama was a minute and a half off the front where Stephen had already sent a determined Phil Wicks on his way.

Phil's aggressive start yielded an 8:41 first lap. He'd gone for it big time, determined to record a startling time. But Rushmoor Arena bit back at him over the second circuit and much to his disappointment he could only record what ended up as fourth fastest of the day, fastest Belgravian, and an entry to the sub-18 club. Disappointed he may have been, but the Beagles were now left with the nigh on impossible task of pulling back a minute and a half.

The experienced Dave Mitchinson had been saved 'til last to put the Beagle boot in should things be close. There was a lot of pressure on Belgrave's James Kelly. Sure there was no way 91 seconds could be pulled back – but would the responsibility of a last leg run affect the newest member of our team? Far from it: our Anglo-American 24 year-old went out hard to make sure that there were no immediate inroads being made into his lead – and then switched into cruise control to make sure that all was safe. It was a mature run.

As a fine race by the Bels came to a conclusion the Beagles' team manager proffered a hand to his Belgrave counterpart – but make no mistake, the battle will be renewed with intensified vigour in three weeks time.

And before we consign this race to the history books - we must congratulate the Bs. They fought hard for the highest possible place and as third B team home earned the Bels the right to place two claret and gold vests on the start line at Sutton Park.

1 Belgrave H 1:49:39; 2 Newham & Essex Beagles 1:50:44; 3 Bedford & County AC 1:51:47; 4 Wells City H 1:52:14; 5 Aldershot, Farnham & D 1:52:33; 6 Newham & Essex Beagles 'B' 1:54:47; ... 27 Belgrave H 'B' 2:02:18; ... 89 teams started; 69 teams finished.

A – David Anderson (team position 3, ranking on stage 3) 18:14; M Pollard (4, 6) 18:34; S Jones (1, 1) 18:12; S Sharp (1, 2) 18:14; P Wicks (1, 1) 17:59; J Kelly (1, 4) 18:26.

B – W Cockerell (20, 19) 18:59; P Willis (19, 24) 19:53; K Hegvold M45 (19, 23) 19:52; J Fairbourn (21, 27) 20:36; D Mason (23, 31) 20:56; M Humphrey (27, 48) 22:02.

C – T Weeks (71) 21:30; Don Anderson M50 (79) 24:43.

Fastest: 1 F Tickner (Wells City) 17:11; =2 S Hepples (Newham & EB) and A Bowden (Harrow) 17:54; 4 P Wicks (Belgrave H) 17:59; 5 D Deed (Bedford & C) 18:02; 6 B Tickner (Wells C) 18:04; ... =9 S Jones 18:12; 12 D Anderson and S Sharp 18:14; ... =20 J Kelly 18:26.

## Hon. Secretary's Report to AGM 2007

As I address you this year I am reminded of Harold Macmillan's speech where he said:

“The wind of change is blowing through this continent, whether we like it or not ...”

If you substitute the word club for continent, you would be close to summarising where Belgrave Harriers are at in Autumn 2007. Some are afraid of change, and like to keep things as they are. But all successful organizations are flexible, and able to adapt with the changing times. We must be flexible too, because although our future is still bright and exciting, there are a number of issues we urgently need to address, to save ourselves becoming just another local athletics club, as opposed to one of the leading clubs in Britain.

More of this later, but first I must sadly record the deaths of three esteemed members this past year:

Jim Mote died on 20th June 2007. He had joined Belgrave Harriers when the club amalgamated with Surrey AC in 1982. His Surrey AC Vice President status was converted into a Life Membership and he ran the Young Athletes section until the late eighties.

Geoff Pearson passed away on 10th July, 2007. He was fourth scorer, in 21st position, in our winning National Cross Country team at Leamington Spa in 1946. He was enormously proud of running for Belgrave Harriers and many of our more senior members will have fond memories of running with Geoff across Wimbledon Common and into Richmond Park on Saturday afternoons.

Just recently we have heard of the death of Bill Weller. He was a key man in our road running teams in the '70s - one of Gordon Biscoe's lads whose teams featured highly in National Road Relays.

It has been another busy year in which although we have not enjoyed the success we are used to thus far this century, there are encouraging signs that this is just a temporary blip, and we have kicked off the new autumn/winter season in splendid style.

Starting with last season's road and country endeavours, it is to be reported that that four major road relays, are all, for now, out of our hands as we placed 3rd, 4th, 2nd and 3rd in the Southern and National 6 and 12 stages. All the races were exciting though and Belgrave can be proud that whenever we are defeated, we go down fighting. The most exciting race was the Southern 12-stage where the final stage runners went out separated by 4 seconds. As in 2006, we endured a rather torrid day at the National 12-stage as lady luck was against us again. The club's four finest runners were ill, well-below par, nursing an injury, and away. That's worth at least five minutes. We lost to a strong Leeds outfit, but were happy with our bronze. We performed quietly in the Surrey cross-country League, only managing 3rd again, but there was a rousing victory in the last match of the winter, and the team manager and captain are determined to mount a real challenge for this trophy in the months ahead.

There were two major highlights in December and January. First up, a dominating performance at the South of the Thames Championships, where we packed 6 men inside the top 25, and won the 12-to score race as well. For the Belles, although she was not backed up by a team, Chrissie Wellington won the women's race. We supplied the individual winner in Phil Wicks, a minute and a half up on David Anderson. Wicksy then produced a sensational run at the boggy morass that was Lloyd Park for the Surreys, and won by two-and-a-half minutes. An eagerly awaited showdown with double Southern champ Huw Lobb loomed at the SEAA race at Holkham Hall, and it did not disappoint, as the two treated the hilly 9-mile course like a 1500-metre race and duelled back and forth for 45 thrilling minutes, before Phil's strength was just too much and he prevailed by 16 seconds. Phil was backed up by a team of engine room boys, who ran well for us to finish 6th.

We had a raft of drop-outs in the fortnight before the National at Sunderland, and two in the race itself, and so were relieved that we finished the minimum quota of six runners to place 17th. Simon Jones won the Parker bowl in 71st.

The new road and country season began this past weekend and it was heady stuff. A terrific race with SLH at the Surrey road relay saw us prevail by just 24 seconds, and the following day we were crowned National half-marathon champions with a dominant performance at Bristol. Phil Wicks was delighted to win the AAA championships, narrowly edging out Toby Lambert. Such a euphoric start to the season has us dreaming that this could be one of the best in our history. We certainly have the momentum and the man-power, all we need now is the continued appetite.

Sarah Murphy and Catherine Bryson dominated the women's cross-country season, but they were sadly our only performers at the Southern and the National. However, they were backed up by a fine squad to comfortably take the Surrey League over Ranelagh. And they did the double over Ranelagh by taking the Surrey County Championships by a margin of just 14 points. The lady Belles were quiet in the road relays, although ended encouragingly with a gutsy top-ten finish at the National 6-stage, with Birhan Dagne placing 3rd on the opening stage.

In track and field, our defence of the British League was rather haphazard, and we actually came into the last match of the season in danger of relegation. That we narrowly stayed up was a source of real satisfaction and we hope to be back

competing for the title again next year. The new-fangled 10-in-100 cup competition failed to capture the imagination of our athletes and we did not make the final. We took a young and talented team to Albufeira, Portugal, for the European Champion Clubs Cup and although they ended up propping up the premier group of seven teams, in the face of extremely fierce competition several athletes secured pb's and we took heart-warming wins in the 4 by 100 relay and sprint hurdles. We have decided to re-enter the Southern League after a few years out. This means that the long climb back from division 4 has begun, but it is a challenge we shall look to tackle with relish. In the UK Women's league the managers struggled to find athletes willing to travel to Wigan for match one, which got us off to a very slow start, but at least we hung on to our spot in division two.

Our first summer of triathlon saw some encouraging performances, and we 'cashed' in the London League in 9th place. Our race walkers continue to perform regularly in races up and down the country, and it should be noted that Maureen Noel won the National 50k champs in July.

A couple of miscellaneous notes: We continue to help out where we can in the Surrey area, and our 5k in August and the Surrey Road Relay were both well-attended and ran very smoothly. Gordon Biscoe has been elected President of the South of England AA. We successfully raised funds for our impressive new Honours Board, which has been completed. We haven't had an official unveiling ceremony but its detail is well worth study when you have the time.

So what of these winds of change? It may surprise you to know that there are 27 separate parts of this athletics club, which require specific attention. They are: track sprints, track distance running, field throws, field jumps. Quadruple that number to include the women and juniors. Four sections of road running, four of cross-country, race-walking and triathlon.

Basically, it'd be nice if we had someone different in charge of all of these 27 sectors. But of course we don't. In fact the number is around six or seven! Is it any wonder that we often find ourselves stretched so thin? For many reasons, the golden age of being a volunteer is fading fast, as people's lives are busier and more hectic. We have not reached crisis point yet, and we still have tremendous things to offer British athletics, but must accept the old adage that if you go around trying to please everyone, you end up pleasing no-one. The time perhaps has come to consider doing three or four things really well, rather than eight or nine things quite well... The two areas where we are most fragile are our youths sections, and track and field. As things stand, we hope to keep them, but our limited resources are at breaking point, and although next summer we shall definitely appear in the British League, the future after that is murky. My personal view is that we should strive to hang on to things as they are until the London Olympics, since an interest in athletics could well blossom in the coming years. But the facts are clear: several of our club administrators have notched up over 40 years of club service, and they can't go on forever. An urgent injection of fresh blood is required to run the club in its present state.

*William Cockerell, Hon. Gen. Sec., Weds 12 Sept., 2007*

### Life Membership

At the Annual General Meeting, Life Membership of Belgrave Harriers was bestowed upon Catherine Eastham, a regular on our Committee and Team Manager of our women's road running and cross country teams, and Fred Paget, whose valued service to the club began over four decades ago.

## Results Roundup

### Road Running & Cross Country

#### May 2007

- 20 **Staines 10 km.** Men. 1 N Mapp (Owls) 31:57; 53 P Cross M50 40:47.  
 27 **Canterbury Half Marathon.** Men. 1 A Mahiaddine (Thanet) 1:13:40; 71 P Cross M50 1:34:15.

#### June 2007

- 10 **Southend Half Marathon.** Men. 1 M Muir (Ilford) 1:13:07; 34 M White 1:27:02; 81 P Cross M50 1:32:38; 239 L Rehn M40 1:44:21. Teams: 1 Springfield Striders 9; 11 Belgrave 354. Women. 1 V Clarke 1:23:48; S Spender 1:48:41.  
 17 **Penn & Tylers Green Penn 7 miles, High Wycombe.** 27 P Cross M50 48:51.

#### July 2007

- 1 **Hampstead Midsummer 10 km.** Men. 1 H Dodwell (Highgate) 32:49; 41 P Cross 2nd-M50 41:43.  
 8 **Felstead 10 km.** Men. 1 C Bloomfield (Billericay) 31:49; 72 P Cross M50 41:43.  
 11 **Reigate Priory AC Midsummer 10 km.** Men. 1 T Elsey (Herne Hill) 34:46; 3 J Wolf 35:46; 41 P Cross M50 42:29.  
 19 **BBC Running Club 10 km, Regents Park.** Men. 1 P Sanders (club not known) 36:47; 10 P Cross M50 2nd Vet. 44:49.  
 22 **Dinosaur 10 km, Deal Seafront.** Men. 1 M Coleman (Medway & M) 31:17; 85 P Cross M50 44:49.

#### August 2007

- 1 **Chorley Night Series 4 miles.** Men. 1 P Freary 20:25.  
 2 **Joan Rhodes & Fred Norris Memorial 5 km multi-terrain, Radcliffe.** Men. 1 P Freary 15:22.  
 5 **Harlow 10 miles.** Men. 1 S Powell (WGwEL) 55:03; 89 P Cross M50 1:13:48.  
 7 **Swansea Bay 5 km.** Men. 1 S Jones 15:29.  
 11 **Banstead Woods Time Trial.** Men. 1 J Wolf 16:38.  
 12 **She Runs He Runs Bluewater 10 km.** Men. 1 G Thompson (adidas) 30:49; 115 P Cross M50 43:07.  
 18 **London Pride 10 km, Hackney.** Women. 1 I Menzies (Aldershot F&D) 38:27; 1 W35 H Smethurst W40 40:50.  
 19 **Burnham Beeches Half Marathon.** Men. 1 A Buckley (Gateshead) 1:09:17; 39 M Clayton 1:23:57; 153 P Cross M50 1:33:54.  
 Women. 1 M Lee (unatt) 1:18:25; 7 E Fogg 1:31:26.  
 26 **Mersea Island 10 miles.** Men. 1 J Atkinson (Blackheath & B) 53:08; 38 P Cross M50 1:10:33.  
 28 **Serpentine R Last Friday 5 km.** Men. 1 H Lobb (Bedford & C) 15:16; 19 C Dickinson M55 17:56.

#### September 2007

- 2 **Kent Coastal Half Marathon.** Men. 1 S Cable (Istead & Ifield) 1:24:14; 19 P Cross 2nd-M50 1:34:31.  
 9 **Canvey Island Rotary 10 km.** Men. 1 H Zietsman (Strollers) 34:27; 19 P Cross 1st-M50 41:14.  
 10 **Self Transcendance 5km, Battersea Park.** Women. 1 M Evans 21:25.  
 15 **Banstead Woods Time Trial.** Men. 1 R Ward 16:27.  
 16 **Experian Robin Hood Half Marathon, Nottingham.** Women. 1 J Muia (Kenya) 1:14:00; 2 B Dagne 1:14:56.  
 16 **New Forest Half Marathon.** Men. 1 L Rodrigues (unatt) 1:10:48; 444 D McMillan M55 1:49:53. Women. 2 E Fogg 3:20:39.  
 16 **Faversham 10 km.** Men. 1 S Rigby (unknown) 34:23; 36 P Cross M50 41:35.  
 22 **Bushy Park Time Trial.** Men. 44 N Levy 19:27.  
 23 **Beckenham Trail 10 km.** Men. 1 M Clayton (Beckenham) 37:39; 13 P Cross 2nd-M50 42:41; 21 S Stracey SW 44:45.  
 28 **Serpentine R Last Friday 5 km.** Women. 94 M Noel W40 21:09.  
 29 **Lancaster 5km.** Men. 1 D Bannister (Shaftesbury BH) 14:49; 3 P Freary 15:45.  
 30 **Great North Run, Newcastle to South Shields.** Men. 1 M LeI (Kenya) 1:00:08; 1344 P Cross M50 1:35:07. Women. 1 K Goucher (USA) 1:06:57; 9 B Dagne 1:14:12; 19 C Bryson 1:20:55; 5252 L Horrobin 1:48:13.  
 30 **Berlin Marathon.** Men. 1 H Gebrselassie (Ethiopia) 2:04:26 (WR); 843 J Webb 2:57:23; 7386 L Rehn M40 3:37:59.