



Harry Aikines-Aryeety (Sutton & District AC), Bernard Yeboah (Belgrave H), Julian Thomas (Birchfield H) and Wade Bennett-Jackson (Belgrave H) give the traditional sprinters' salute after winning the Commonwealth Youth Games 4 x 100 metres relay for England.

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Commonwealth Youth Games

Bendigo, Victoria, Australia, 2-3 December 2004

Junior stars strike gold in Australia

Competing in the old gold mining town of Bendigo, Belgrave's junior stars (under 19 in this case) came up with gold of their own at the Commonwealth Youth Games – not to mention silver and bronze – and all this in spite of competing out of their normal athletic season.

Wade Bennett-Jackson had been hampered by a quad injury but in the opening heat of the 100 metres he won in an impressive 10.89 feeling "really, really relaxed". A few minutes later Harry Aikines-Aryeety of Sutton & District AC took heat two just a shade faster and things were looking very good for medals in the final. Lurking in the third heat and keeping a low profile was Australian Brandan Galic with a mere 11.10 for second place. The final saw a transformation in the Aussie who had a clear win into a stiff breeze. Harry

collected the silver medal with a disappointed WBJ just out of the frame in fourth.

Gold later came for both Harry and Wade as they teamed up with Belgrave long jumper Bernard Yeboah and Birchfield's Julian Thomas to take the sprint relay.

"It was good to get a medal in the relay," said Wade, "especially as I was running the anchor leg."

It's highly likely that we'll see Harry Aikines-Aryeety in Belgrave colours in 2005 as the Sutton athlete will be eligible to compete in our teams under the higher claim competition rule.

England's (and Belgrave's) team captain Chris Gearing only lost out on gold in the very last round of the shot competition. His 18.30m seemed that it might be enough to win but India's Sourabh Vij got it together perfectly with his final effort, sending the 6kg ball out to 18.45m. Try as he could, Chris couldn't respond: "Silver is good, but it's gutting to lose out in the last round."

A last minute decision to enter the discus paid off for Chris. His 50.81m was his best ever and earned him the bronze medal.

Adding a silver to that relay gold, Bernard Yeboah had a terrific long jump competition, leaping to within 2cm of his own Belgrave U20 record.

100m: 2 H.Aikines-Aryeety 10.81/-2.5 (1h2 10.85/-1.8); 4 W.Bennett Jackson 10.94/-2.5 (1h1 10.89/-1.6).
LJ: 2 B.Yeboah 7.60/-0.3. SP: 2 C.Gearing 18.30. DT: 3 C.Gearing 50.81.

4x100m: 1 England (B.Yeboah, J.Thomas, H.Aikines-Aryeety, W.Bennett-Jackson) 40.90.

Road & Country

European Clubs Championship Trial/Reebok Cross Challenge/European Cross Trial/London Championships, Parliament Hill, 20 Nov 2004

Confusion at European Clubs Championship Trial

A disappointing afternoon at Parliament Hill saw Belgrave apparently ruled out of the European Clubs Cross Country Championship by just 1 point after two dnfs hit our team score badly. As English Champions we had to beat the top Northern Irish, Scottish and Welsh clubs in this trial event, held in conjunction with the Reebok Cross Challenge and European Trial. Annandale Striders decided not to take part and Cardiff only had one runner so it came down to a match between Ron Hill Cambuslang (Scotland) and Belgrave (England).

The cold and wintry conditions were miserable and when Kassa Tadesse came out of the race after one lap spirits sank even further. Spenny was battling it out with a mob of about a dozen runners up at the front, Mark Miles was a little way back and not looking too comfortable while Tim Watson had made a brilliant start. The conditions were not best suited to Jonathan Blackledge who had a slight niggles but was racing to keep our European hopes alive after several drop outs during the week had reduced our seemingly invincible team.

Going into the last lap Tim was still going great guns but then we were hit by a bombshell as Mark Miles, feeling generally run down recently, came out of the race - it seemed all over. Tom Hadfield was still plugging away down in the "hundreds" so at least we still had four runners to close in a team.

At the conclusion of the race only Spen and Tim were satisfied with their runs. The only weapon missing from Spencer's armoury was the additional turn of speed, which will come as his training progresses throughout the winter. As for Tim, congratulations on his unexpected upturn in form simply evoked the response: "It's getting there."

When cross country official Ian Byett told us "Sorry, you've lost it by one point," the disappointment was complete - although the joy on the faces of the Scottish supporters and runners eased the despair a fraction; they had brought a nine-strong team all the way to London, in their words, "to get hammered by Belgrave," and were going back as UK Champions with the chance to compete in Italy.

However, perusal of the results next day showed that we had scored 17 points to Ron Hill Cambuslang's 21. (See panel for more on this.)

In the women's race Getenesh Tamirat had a fine run to place 7th and earn a reserve slot for the European Championships. Catherine Bryson again showed tremendous potential by placing 35th, just 15 seconds behind Birhan Dagne. Belgrave were announced as third team in the London Championship, with Sarah Gailey closing in the team, but again there was a mix-up and the final result had the Belles out of the medals.

Men. 10k 1 M Farah (Windsor SE&H) 30:03; 10 S Barden 30:53; 38 T Watson 32:15; 53 J Blackledge 32:55; 154 T Hadfield 37:21; 326 finished.

ECCC Trial: Official Result: 1 Ron Hill Cambuslang (3, 4, 6, 8) 21; 2 Belgrave (1, 2, 5, 14) 22; 3 Cardiff (only one runner, placing 7th). Unofficial result: 1 Belgrave (1, 2, 5, 9) 17; 2 Ron Hill Cambuslang (3, 4, 6, 8) 21.

Women. 1 H Yelling (Windsor SE&H) 16:47; 7 G Tamirat 17:27; 28 Birhan Dagne 18:14; 35 C Bryson 18:29; 137 S Gailey 22:46; 178 finished.

So what did happen with the scoring?

The scoring conditions to be used in the trial for the European Clubs Championship at Parliament Hill on November 20th were clearly laid out before the event in a letter advising team managers of race details.

"... clubs can enter and run as many as they wish but only the first four will count and score. ... Runners not in the team of four will not be counted."

Our enquiry as to the result after the race was met with: "Sorry, you've lost it by one point," and having had two dnfs we were not surprised at this statement.

It was only when typing the results for the website and working out the scores for ourselves (they had not been published anywhere) that we found great difficulty in seeing how we had lost by one point. Surely we had won by four points. The only way we could come up with a loss by 1 point was by including all five non-scoring Ron Hill Cambuslang runners to push back our last man - a situation quite at odds with the pre-race details.

Immediate enquiries revealed that the non-scoring Cambuslang runners had indeed been included and when we got to speak to the organiser and scorer, who had already been made aware of the situation, he agreed that a mistake had been made and we had indeed won. He had already contacted Cambuslang to give them the bad news and naturally they were extremely disappointed; they announced that they would appeal against the corrected result.

The organisers of the European Clubs Championship have now been asked by UKA representatives whether both teams will be allowed to participate - but three weeks have gone by and no news has yet been received on this. Sooner or later the UK selectors are going to have to make a final decision because with no UKA financial support and air fares rising as the date of the competition nears, it could well be that neither club will eventually be able to afford to take part.

Women's Surrey CC League Division One Race 2, Richmond Park, 27 November 2004

Belles win in the Park

Ranelagh had taken a clear lead in the opening match on Wimbledon Common but Belgrave's women fought back with a powerful win in race two to set up an exciting series.

Catherine Bryson showed no ill-effects after racing in the Reebok Challenge the previous week and with tremendous backing in the form of Tilly Heaton, "Jules" Clark, Syreeta Stracey and Rosie Powell, she led our team to victory by a clear margin and they reduced Ranelagh's overall lead by 33 points. One more race like that and we'll go into the final race with the slenderest of leads.

Our ever growing band of female endurance athletes was boosted by the arrival of Chrissie Foster - more of a 400 metre runner really - but looking to run some 800s as well. Not yet eligible to score in this event, Chrissie will be a great asset to the team.

Senior 6k. 1 L Hassell (TH&H) 24:12; 2 D Lee (Thames H&H) 24:45; 3 E Nelson (Epsom &E) 25:00; 4 C Bryson 25:13; 7 M Heaton 26:10; 9 J Clark W40 26:40, 15 C Foster n/s 27:31; 16 S Stracey 27:33, 17 R Powell 27:34; 20 C Bertram 28:07; 35 V Edwards 29:01; 44 A England 29:53; 51 D Hearn 30:37; 57 S Gailey 31:00; 67 C Eastham 31:40; 135 J Poloni 37:23; V Jones dnf; 159 finished.

1 Belgrave 51; 2 Ranelagh 84; 3 Thames H&H 107; 4 South London H 124; 5 Woking 167; 6 Stragglers 183.

After two matches: 1 Ranelagh 123; 2 Belgrave 145; 3 Thames H&H 206; 4 South London H 230; 5 Woking 379; 6 Dulwich R 385.
 U17 5k. 1 K Mertens 21:12; 2 Z Shannon (Dorking MV) 21:28; 3 L Webb (Sutton) 22:34; 8 L Collier 24:10.
 U15G 3.9k. 1 Y Goater (G&G) 15:45; 2 B Gardner (Dorking MV) 15:54; 3 B Beale (Dorking MV) 16:05; 5 G Williams 16:41; 13 S Dolfe 17:13.
 Under 13G 3.9k 1 M Evans 15:56.

“Sweatshop” Surrey CC League Division One Race 2, Roehampton, 27 November 2004

Thames take the initiative on the Common

With the injury list longer than we'd like and work commitments and alternate races also playing a part, a predicted score of around 300 for race two proved to be spot on. Combine this with the fact that Thames took full advantage of their home course by packing their scoring ten into the first twenty four places – and we saw our initial race advantage swept away.

Two new Belgravians got their first taste of The Butts, and the delightful 5 miles of squelch that Thames reserve for Surrey League races – a long “5” at that. Eliot Lyne came home in Skip's wake and Andrew Porteous was also well into the “ten”. No doubt we'll see a lot more of these two men in races to come.

Reigate's Ali Moses seemed well in control at halfway and went on for a comfortable win but it was a delight for the Bels to see Royal Marine bandsman Tim Watson underline the fact that that he's working his way back into great shape. He led our team home with second individual place.

Mal Byansi is now training regularly with John Bicourt's squad and is looking for some high positions in the big races to come. He completed the first lap well and from the Bels only Kevin Nash, missing training through regularly working 12 hour days, got the better of him on lap two.

An unfit Mike Trees had had his arm twisted until he turned out – and it's a good job he did. Now enthused, and with the prospect of the South of Thames Championship ahead, Mike will be sure to make big advances in the intervening weeks.

So, after an interesting day on the Common we were 129 points adrift at the league's halfway point; the final result is far from being predictable.

1 A Moses (Rei) 28:45; 2 T Watson (Bel) 29:00; 3 N Altmann (TH&H) 29:10; 10 K Nash 30:00; 16 M Byansi 30:24; 26 M Trees M40 30:53; 28 W Cockerell 30:59; 29 E Lyne 31:10; 32 J Wolf 31:15; 51 W Lynch 32:39; 57 A Porteous 32:53; 63 T Hadfield 33:08; 73 T St Leger 33:45; 93 M Kazimierski 34:29; 123 P Carstairs M40 36:19; 124 A Bicourt 36:36; 142 J Webb 38:31; 147 H Corbett M45 39:13.

1 Thames H&H (3, 4, 6, 7, 12, 17, 20, 22, 23, 24) 138 - 357 - 1st overall
 2 Herne Hill H (5, 13, 15, 21, 30, 31, 33, 38, 44, 45) 275 - 578 - 3rd
 3 Belgrave H (2, 10, 16, 26, 28, 29, 32, 49, 54, 59) 305 - 486 - 2nd
 4 South London H (9, 11, 27, 35, 40, 46, 57, 58, 62, 65) 410 - 855 - 4th
 5 Guildford & G (34, 37, 39, 42, 43, 47, 51, 53, 60, 63) 469 - 1014 - 6th
 6 Reigate Priory AC (1, 8, 25, 48, 56, 67, 68, 72, 79, 86) 510 - 1070 - 5th
 7 Ranelagh H (14, 18, 50, 64, 70, 71, 74, 76, 78, 81) 596 - 1123 - 7th
 8 Aldershot F&D (19, 41, 52, 55, 69, 80, 87, 89, 89, 89) 670 - 1235 - 8th
 9 Dulwich R (36, 61, 66, 73, 75, 77, 82, 83, 84, 85) 722 - 1472 - 9th

Oxford University vs Cambridge University, Wimbledon Common, 4 December 2004

Belgrave Blues

Not one, but two Belgravians featured in the 114th Varsity race held on Wimbledon Common, run over a course that still goes through Beverley Brook – a practice we abandoned around 1960. Jonathan Blackledge had the misfortune to badly turn his ankle while checking out the course the previous weekend and it was touch and go as to whether he'd be able to turn out. He did – and with a fine run threw up the

rare occurrence of a fresher placing in the first three. It was so good to see Richard Ward back in action after suffering from glandular fever. With a lot of work to do to get back to top fitness Richard was back in 15th for most of the race but came on strong towards the end to move up to 8th.

7.5 miles. 1 F Thompson (Oxford) 38:14; 2 J Blackledge (Oxford/Bel) 38:32; 8 R Ward (Cambridge/Bel). Teams: 1 Oxford 38; 2 Cambridge 42.

Victory 5 miles road race, Portsmouth, 5 December 2004.

5 mile rankings take a bashing at Pompey

In good running conditions a group of about twenty runners went through the first mile in 4:40 and they were still together after three miles where Dereje Kebede (Hercules Wimbledon), Paskar Owor (Uganda), Haggai Chepkwony (Kenya/Army) and Kassa Tadesse started injecting short bursts at the front. That fourth mile was the quickest of the race and resulted in the leading pack disintegrating until it was Stephen Sharp going into the last mile in the lead. The race was far from over though and, still feeling the effects of his international debut at Roeselare, Belgium, the previous week, Stephen had to give way to Chepkwony who hit the front with 1000 metres to go and held it to the finish.

Birhan Dagne has advanced a lot since her last race but she still had to give best to Getenesh Tamirat who smashed our club record by 47 seconds. Birhan was also comfortably inside the old mark, Gabby Collison's 27:54 from 1995.

Men. 1 H Chepkwony (Army) 23:35; 2 S Sharp (Belgrave) 23:46; 3 A Mclean (Team Southampton) 23:48; 6 K Tadesse 23:59; 14 T Watson 24:33; 25 K Hegvold M40 25:30; 32 M Byansi 25:59; 33 W Cockerell 26:00. Team: 1 Belgrave 47; 2 Aldershot F&D 100; 3 City of Portsmouth 218.

Women. 1 G Tamirat (Belgrave) 27:07; 2 B Dagne 27:12; 3 A Whitcombe (Harrow) 27:26.

5 mile Rankings 2004

Women

27:07	Getenesh Tamirat	11.07.77	Portsmouth	05Dec
27:12	Birhan Dagne	08.04.78	Portsmouth	05Dec
31:21	Imogen Ainsworth	U17 24.07.88	Tatsfield	10Oct
37:28	Helen Alsop	W35 23.09.67	Derby	01Jan

Men

23:46	Stephen Sharp	31.12.75	Portsmouth	05Dec
23:59	David Anderson	02.10.77	Alsager	01Feb
23:59	Kassa Tadesse	21.08.74	Portsmouth	05Dec
24:33	Tim Watson	28.06.73	Portsmouth	05Dec
25:19	Paul Freary	03.04.68	Alsager	01Feb
25:30	Knut Hegvold	M40 19.09.61	Portsmouth	05Dec
25:49	Simon Marwood	06.04.78	Alsager	01Feb
25:59	Malachi Byansi	20.10.74	Portsmouth	05Dec
26:00	Will Cockerell	19.11.73	Portsmouth	05Dec
26:55	John Clarke	30.09.71	Victoria Pk	27Mar
28:54	Roger Alsop	16.01.65	Derby	01Jan
29:57	Nigel Clarke	M40 07.09.60	Battersea Pk	19Jun

Results Roundup

Road & Country – in Belgium

Nigel Clarke, now living in Belgium, has gathered a small but growing group of runners around him and what could be more natural than the fact that they'd like to race together as a club. As a result his friends have joined Belgrave Harriers and now Christine Dawson, Paul Dunkley, Steven Stewart, Didier Warin and Heather Wilson have been regularly introducing Claret & Gold to the road and cross country races of Belgium. Maybe we should arrange a weekend visit and hit some races together.

February 2004

07 **Challenge: La Hulpe, BEL,** 12.5 km CC. 49 P Dunkley M45 48:35; 528 C Dawson W45 (56th female) 1:09:34; 650 finished.
 14 **Challenge: Sainte Gertrude Nivelles, BEL,** 10.53 km CC. 35 P Dunkley M45 40:32; 62 N Clarke M40 41:34; 486 C Dawson W45 (42nd female) 58:04; 630 finished.
 21 **Challenge: De Perwez, BEL,** 11 km CC. 53 P Dunkley M45 40:41; 668 finished.

March 2004

13 **Challenge :Chaumont-Gistoux, BEL**, 12 km CC. 50 P Dunkley M45 49:39; 520 C Dawson W45 (45 female)1:06:16; 7 H Wilson (90th female) 1:17:50; 671 finished.

April 2004

24 **Challenge: Jogging Du Pisselet, BEL**, 12.5 km CC. 24 P Dunkley M45 46:28; 89 N Clarke M40 43:32; 321 C Dawson W45 (20th female) 1:03:38; 512 finished.

May 2004

01 **Challenge: La Charge de Napoleon, BEL**, 11 km CC. 26 P Dunkley M45 42:02; 44 N Clarke M40 43:32; 321 C Dawson W45 (25th female) 57:17; 448 H Wilson (63rd female) 1:49:16; 482 finished.

08 **Challenge: A L'Heze Grez Doiceau, BEL**, 13.75 km CC. 26 P Dunkley M45 53:24; 34 N Clarke M40 54:11; 293 C Dawson W45 (20th female) 1:13:31; 380 finished.

29 **Challenge: Jogging De Ceroux (Ottognies), BEL**, 13.6 km CC. 310 C Dawson W45 (26th female) 1:01:47.

30 **20K de Bruxelles Road Race, BEL** (20.65 km). 298 P Dunkley M45 1:18:08; 732 N Clarke M40 1:24:36; 7920 C Dawson W45 1:50:35; 25000 finished.

June 2004

05 **Self-Transcendence 2 miles, Battersea**. 11 N Clarke M40 11:01; 45 finished

06 **Challenge: Foulees Lasnoises Maransart, BEL**, 11.1 km CC. 14 P Dunkley M45 41:59; 23 N Clarke M40 43:55; 234 C Dawson W45 (17th female) 56:35; 251 S Stewart M45 58:05; 359 H Wilson (42nd female) 1:10:06; 396 finished.

12 **Challenge: Louvain La Neuve, BEL**, 12 km CC. 22 P Dunkley M45 47:12; 25 N Clarke M40 47:39; 310 C Dawson W45 1:01:47; 326 S Stewart M45 1:03:30; 540 finished.

19 **Self-Transcendence 5 miles, Battersea**. 8 N Clarke M40 29:57; 70 finished.

19 **Challenge: Baisy-Thy, BEL**, 14 km CC. 14 P Dunkley M45 54:55; 205 C Dawson W45 (13th female) 1:11:19; 207 S Stewart M45 1:11:21; 343 finished.

26 **Challenge: De Jauche, BEL**, 12.2 km CC. 24 N Clarke M40 49:00; 131 S Stewart M45 58:02; 151 C Dawson W45 (10th female) 1:00:12; 292 finished.

July 2004

10 **Challenge: Jogging D'Oisquercq, BEL**, 12.35km CC. C Dawson W45 (11th female) 1:00:30; S Stewart M45 1:00:30.

August 2004

21 **Challenge: Jogging De Nil-Saint Vincent, BEL**, 10.65 km CC. 37 N Clarke M40 41:10; 181 C Dawson W45 (10th female) 48:55; 472 finished.

27 **Challenge: Jogging Nocturne de Genappe, BEL**, 10.47km CC. 7 P Dunkley M45 40:35; 9 N Clarke M40 41:10; 66 C Dawson W45 (3rd female) 49:38; 69 S Stewart M45 50:01; 139 H Wilson (15th female) 1:02:02; 152 finished.

September 2004

04 **Challenge: Jean-Marie Peeters Gastuche, BEL**, 12.4 km CC. 15 P Dunkley M45 50:01; 47 N Clarke M40 55:45; 105 S Stewart M45 1:02:06; 114 C Dawson W45 (7th female) 1:02:38; 342 finished.

11 **Challenge: Sart Risart, BEL**, 12.1 km CC. 12 N Clarke M40 46:14; 93 S Stewart M45 53:40; 111 C Dawson W45 (8th female) 55:02; 312 finished.

18 **Holle Wegen Jogging Hoegaarden, BEL**, 15 km CC. 14 P Dunkley M45 57:14; 16 N Clarke M40 57:24; 113 S Stewart M45 1:07:37; 151 C Dawson W45 (8th female) 1:11:00; 368 finished.

22 **Trophee Daniel Smet Beauvechain, BEL**, 11.6 km CC. 17 P Dunkley M45 42:43; 94 S Stewart M45 49:23; 139 C Dawson W45 (5th female) 51:31; 338 H Wilson (36th female) 1:07:01; 391 finished.

October 2004

02 **Filwaloo, BEL**, 10 km CC. 51 P Dunkley M45, S Stewart M45, C Dawson W45 43:28.

10 **ING Brussels** 11.45 km road race, BEL. 3 P Dunkley M45 40:41; 11 N Clarke M40 41:33; 60 S Stewart M45 46:59; 884 finished.

10 **ING Brussels Marathon, BEL**. 458 D Warin M40 3:21:58; 1805 finished.

16 **Challenge: Course Contre La Montre, BEL**, (two man relay) 10.65 km CC. 3 Belgrave (P Dunkley M45, N Clarke M40) 38:17; 19 Belgrave 'B' (S Stewart M45, C Dawson W45) 47:13; 38 teams finished.

30 **Challenge Ceroux Mousty, BEL** 10.9 km CC. C Dawson W45 (3rd female) 48:02.

Road & Country

November 2004

20 **British & Irish Masters CC**, Lloyd Pk. M55 8 km. 1 B Lloyd (Eng) 30:41; 6 C Dickinson 31:11.

21 **Brighton 10 km**, Brighton. Women. 9 H Smethurst W40 38:32.

23 **Inter-Financial Services CC Champs**, Richmond Pk. 5.75 miles. 1 S Major (L&G) 30:04; 5 R Alsop 31:42.

25 **Thanksgiving Day 4.78 miles**, Manchester CT USA. Women. 1 K Smith (Exeter RI) 24:47; 5 C Berry 25:35.

26 **Serpentine Last Friday 5 km**, Hyde Pk. 1 P Owor (Uganda) 15:03; J Hall (1 M55) 18:56.

28 **Lotto Crosscup van West-Vlaanderen**, Roeselare, Belgium., 8.9k CC. 1 T van Hooste 29:13; 11 S Sharp 30:27.

December 2004

11 **Hercules Wimbledon I-Club 5 miles CC**, Wimbledon. 1 J Trapmore (HW) 27:28; 13 M Nouch M50 32:16; 46 Don Anderson M50 36:06.

Race Walking

November 2004

27 **Belgrave Open 7 miles**, Wimbledon. Men. 1 D Stone (Steypning) 49:23; 2 N Ball (Steypning) 51:44; 6 T Watt (Steypning) 58:55; 7 J Hall M55 59:52; 9 C Lawton M55 62:19; 12 P King M50 63:50. Team: 1.Steypning 9; 2. Belgrave 28; 3. Ilford 37. Women. 1 M Noel (Belgrave) 67:11; 2 A Belchamber (Hillingdon) 67:15; 3 F Bishop (Aldershot) 67:48.

December 2004

04 **Enfield League 5 miles**, Enfield. 1 N Silvester (Aldershot F&D) 39:37; 5 C Lawton M55 44:08; 18 D Fotheringham M70 50:44; 23 E Hall M70 53:29.

04 **Christmas Cup 5 km**, Monk's Hill. 1 M Easton (Surrey WC) 22:54; 2 A Goudie 23:03; 4 P King M50 28:29.

11 **Cambridge H Winter League 10 km**, Bexley. 1 A Goudie 47:17; 5 C Lawton 54:08; 7 P King 57:04.

Grapevine

• We recently heard from the son of A.A. Bird, who competed in Belgrave teams in the 1930s. Checking through our records we soon found that Alby, otherwise known as "Pidge" Bird, competed in cross country matches during his first season with the club in 1934/35. By 1938 *The Belgravian* reported that Arthur Albert Bird was "a very good middle distance runner and club half mile champion. At his best he could beat two minutes". He won the Belgrave quarter mile and half mile championships in 1937 and the half mile again in 1938.

During the war Alby was stationed in Bolton for a spell on a gun fitting course at a local factory and it was at this time that he met his future wife. When the war finished he settled in Bolton where he has remained to this day. In spite of some sixty years spent in the location he has never lost his London accent; that takes some doing living in Lancashire.

Arthur Albert Bird will be 90 in 2005 and his family tells us that one of the treats that they have in store for him is a visit to Belgrave Hall one Saturday afternoon where he can, perhaps, have a look around his old haunt and enjoy a cup of tea and a bun in the tea room. He is in good health and might even visit us at a race when we are in his locality. We are told by his family that they will try to persuade him to leave his spikes at home!

• Another family to get in touch with us via the website was that of one of our members from the post-war years through to the 'sixties – Dick Tobin, who hailed originally from Co. Cork. Sadly Dick, a prolific road runner in his time, passed away a couple of years ago.

• We were pleased to hear that Cecil Gittins is back at home again after a spell in Kingston and then St. George's Hospitals due to blood poisoning that caused his hand to swell and give considerable pain.

New Year Dinner at Belgrave Hall

Saturday 22 January 2005

Menu:- Cream Cheese and fresh Herb Pate on Tomato and Orange Salad, with Orange Vinaigrette, served with roll & butter; Breast of Chicken in Mushroom Cream Sauce, New Potatoes, French Beans & Sweetcorn; Chocolate Profiteroles served with Fresh Double Cream; Coffee & Mints. Cost £20 per person.

Tickets from Don Anderson, 020 8974 2713