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### AGM

The Annual General Meeting of Belgrave Harriers will be held on Wednesday 22 September 2004 at Belgrave Hall, Denmark Road, Wimbledon, commencing at 7:00pm.

### Road Running

The "winter" season begins in earnest this coming Saturday with the Surrey Road Relays, held from the athletic track in Wimbledon Park, starting at 12 noon. For senior men the race involves six stages of three miles; for senior women and veterans it is 4 stages also of 3 miles. Scoring teams are made up from Surrey qualified athletes only but all are welcome and we run as many teams as we can. For Team Managers it's the ideal opportunity to assess who should be in which team when it comes to the South of England AA Road Relays two weeks later.

As mentioned previously, we have a very strong men's team scheduled to take part in the Newcastle to South Shields Great North Half Marathon on Sunday 26 September. Latest news is that Andy Graffin will also be in the line-up and joining David Anderson, Will Cockerell, Hassan Raidi and possibly Kassa Tadesse.

### Surrey Road Relay stats 1998-2003

#### Men

#### Top twenty Belgrave runners (and stage/team)

13:46	1	David Anderson	1b	2003
13:53	2	Martin Dent	4a	2003
14:02	3	Alaster Stewart	3a	2001
14:17	4	Will Cockerell	1a	2002
14:23	5	Roger Alsop	6a	1999
14:24	6	Paul Freary	6b	2000
14:38	7	Steve Clarke	2b	2000
14:40	8	James Browne	3a	2002
14:42	9	Kevin Quinn	2a	2000
14:43	10	Paul Coughlan	1a	1998
14:47	11	Yacin Yusuf	3a	2000
14:48	=12	Jim Estall M45	3a	1999
	=12	Joachim Wolf	1b	2001
14:49	=14	Lloyd Catley	4a	2001
	=14	Simon Marwood	3a	2003
14:50	=16	Rob McHarg	3b	2000
	=16	Padraic Buckley	2c	2002
14:51	=18	Najibe Hliouat	2a	1998
	=18	Junior Galley	4a	1999
14:54	20	Richard Hayman	1b	2000

#### Top ten all club runners

13:33	1	Dave Taylor (Herne Hill H)	6a	1999
13:44	2	Larry Matthews (Thames H & H)	5b	2001
13:46	3	David Anderson (Belgrave H)	1b	2003
13:52	4	John Downes (Herne Hill H)	1b	2002
13:53	5	Martin Dent (Belgrave H)	4a	2003
13:54	6	Nick Altmann (Thames H&H)	2b	2002
13:55	7	Stuart Major (South London H)	1a	2002
14:02	=8	Alaster Stewart (Belgrave H)	3a	2001
	=8	Ed Prickett (Reigate Priory AC)	2a	2002
14:03	=10	Jason Simpson (South London H)	6a	2002
	=10	Paul Haywood (Boxhill R)	1a	2003

#### Top ten team times (and team positions)

87:11	1	South London H	1	2000
88:48	2	Belgrave H	2	2001
89:10	3	Herne Hill H	1	2002
89:17	4	Belgrave H	2	2000
89:18	5	Belgrave H	1	2003
89:23	6	Belgrave H	2	2002
89:39	7	Borough of Hounslow AC	1	1998
90:15	8	Herne Hill H	1	1999
90:34	9	Belgrave H	2	1999
90:42	10	South London H	3	2002

#### Women

#### Top ten Belgrave runners (and stage/team)

16:44	1	Angela Walker	1a	2003
17:48	2	Helen Maskrey	1a	1999
17:55	3	Vicky Edwards	1a	2002
18:09	4	Tania Sturton	1a	2001
18:46	5	Syreeta Stracey	3a	2002
18:51	6	Kate Houston	4a	1999
19:56	7	Kate Dillane W35	2a	2001
20:08	8	Catherine Eastham	3a	1999
22:58	9	Jo Poloni	2b	2002
23:16	10	Jacqui Smiter	3a	2001

#### Top ten all club runners

16:44	1	Angela Walker (Belgrave H)	1a	2003
16:52	2	M.Clark (Thames H & H)	1b	1999
16:54	3	A.Mellowdew (Epsom & Ewell H)	4	2000
16:57	4	C.Evans (South London H)	1	2000
16:59	5	S.Seal (Ranelagh)	1	2003
17:08	6	S.Robson (Hercules Wimbledon AC)	1	2003
17:13	7	M.Clark (Herne Hill H)	4	1999
17:16	=8	G.O'Connor (South London H)	4	2002
	=8	Ceri Diss (Herne Hill H)	4	2002
17:22	10	L.Kipling (Ranelagh H)	4	2002

#### Top ten team times (and team positions)

70:14	1	South London H	1	2000
71:42	2	South London H	1	1999
72:23	3	South London H	1	2001
72:31	4	Ranelagh H	1	2003
72:46	5	South London H	1	1998
73:18	=6	South London H	1	2002
	=6	South London H	2	2003
73:24	8	Epsom & Ewell H	2	2000
74:08	9	Ranelagh H	2	2002
74:24	10	Belgrave H	3	2002

### AAA 10 km

Auckland Castle 10km, 15 August 2004  
inc. AAA Champs & CAU Inter-Counties Champs

### A second AAA title slips away!

For a brief period in April this year we were champions at every national endurance team event: AAA 10k, AAA half marathon, AAA 6-Stage road relay, AAA 12-stage road relay, ECCA National CC Relay and ECCA National CC Champions. (Ok the men weren't the AAA Marathon Champions – but the women were!). Sadly we weren't able to bask in that glory for very long as a bad day at Sutton Park for the 2004 12-stage had us placing "only" second to an Aldershot squad at full stretch and now, up in the North East, the AAA 10k team race slipped away from us as well. It just goes to show that it is even tougher staying at the top than getting there!

One would have thought that we had the team in Bishop Auckland to handle any eventuality. Announcer Bud Baldaro certainly thought we were out and out favourites, but with Kassa Tadesse sagging badly in the second half of the race and Mark Miles getting to the furthest point away from the finish and finding that "there was nothing in the tank," we lost two forward positions. Mark Thompson ran stride for stride

with Milesy on lap one but had a bad time between 5 and 7 km; he got through it though and picked up well in the closing stages to run home the leading Belgravian.

David Anderson is highly thought of in his native North East (as he is in London, of course) and he made further good progress on this tough course, coming back nicely from his injury although still feeling slight Achilles twinges that he admits to having to “manage”. He was “gutted that we were only second”.

It was unusual for Paul Freary not to be in the scoring team. He caught Kassa with 100 metres to go only to find our man in the Surrey singlet waking from his trance at the sight of a Belgrave vest alongside him and picking up the pace again. Even at the presentation Paul was announced as third scorer for a third-placed Belgrave team. Swift investigation by the Team Manager revealed that the recorders had not counted Mark Thompson as a Belgrave man. Protests had to wait until the end of the presentation when it was agreed that we should be placed ahead of Morpeth and only 2 points behind winners Salford - in spite of our problems! Unfortunately the Morpeth boys had gone home with their “silvers” by then.

South London’s Natalie Harvey was in superb form, storming away from the female opposition to set the fastest 10k time in Britain in 2004. The Surrey men’s and women’s teams travelled and stayed with us over the weekend and included another SLH lady and with one other also present on the day, South London were amazed to find themselves AAA Champions. For good measure the Surrey women’s team (not including Birhan Dagne and Natalie Harvey) ran so solidly that they took the Inter-County title. Our own Birhan was second in the AAA race after battling with the Kenyan opposition but suffered a groin strain which hampered her slightly.

So, all in all, a disappointing race for us. We have a chance to make amends next year when once again the AAA 10k will be held in Bishop Auckland.

#### Men.

Open Race. 1 E Kimeli (KEN U20) 28:56; 2 J Kimtai (KEN/Tipton) 29:29; 3 K Katui (KEN) 29:33; 4 T Eticha (SUI) 29:40; 5 G Tromans (Coventry) 29:50; 6 M Smith (Tipton) 30:07; .... 13 M Thompson (AUS/Belgrave) 30:53; 19 David Anderson 31:39; 21 K Tadesse 31:53; 23 P Freary 31:56; M Miles dnf.

AAA Team Race. 1 Salford H 51 (10 T Abyu, 11 A Jones, 30 L Dunn) 2 Belgrave H 53 (13 Thompson, 19 Anderson, 21 Tadesse), 3 Morpeth H 60 (16 M Hudspith, 17 N Wilkinson, 27 D Swinburne).

Inter-County. 1 Greater Manchester; 2 North Eastern Counties; 3 Warwickshire; ... 6 Surrey (Tadesse, D Symonds Thames H&H, R Reeder Stragglers).

#### Women.

Open Race. 1 N Harvey (SLH) 33:02; 2 M Wangari (KEN) 33:44; 3 M Otworl (KEN) 33:56; 4 B Dagne (Belgrave) 34:24.

AAA Team Race. 1 South London H; 2 Derwentside, 3 Newton Aycliffe. Inter-County. 1 Surrey; 2 Norfolk; 3 North Eastern Counties.

### Surrey Road League 2004

A shiny new “silver” plate sits behind the bar in Belgrave Hall – the trophy for the winning team in the Surrey Road League 2004. It’s the first time we have ever won this competition which involves five road races in the Surrey area: the Sutton 10k, Dorking 10 miles, Dysart Dash 10k, Elmbridge 10k and Wimbledon 5k. The winners are the club with the best score in four of the five races. In spite of Kassa Tadesse winning the opening event we didn’t really get into the competition until race 2, but from there on won each of the remaining races to end up with the best possible score of 112. Our other individual open race winners were Hassan Raidi in the Dysart Dash and Kassa again at Elmbridge where he and Mark Thompson broke the course record. As several of the Surrey County AA Championships were held in conjunction we also ended up as county team victors at 10 miles and 5k, and silver

medallists at 10k. Will Cockerell was individual champion at 10 miles, second at 10k and Roger Alsop was third at 5k.

#### Surrey Road League – top ten clubs 2004

	Sutton	Dorking	Dysart	Elmbridge	Wimb.	Total
1 Belgrave H	15	28	28	28	28	112
2 Ranelagh H	28	23	27	27	27	109
3 Stragglers	27	24	26	26	26	105
4 Sutton R	26	18	24	23	24	97
5 Striders	23	20	23	24	22	95
6 Dorking MV	25	22	25	22	21	94
7 Elmbridge	20	19	21	21	18	81
8 Herc. Wimb.	12	4	18	25	25	80
9 Thames H&H	-	25	20	20	15	80
10 Epsom Odd.	19	11	16	18	23	76
28 teams took part						

### Road & Country Results Backlog

Go to [www.belgraveharriers.com](http://www.belgraveharriers.com) for race reports and occasional photos. Major events will be featured in the next issue of **The Belgravian**.

#### October 2003

18 **Surrey CC League Div 1, Race 1**, Kingston Gate, Richmond Park, 1 M Dent (Belgrave) 25:42; 2 P Sly (Thames H&H) 25:56; 3 S Sharp (Belgrave) 26:14; 12 W Cockerell 27:08; 26 K Hegvold M40 28:20; 27 J Wolf 28:24; 34 R Alsop 28:48; 52 L Catley 29:48; 53 W Lynch 29:49; 58 C Dickinson M55 29:54; 59 M Humphrey 30:14; 66 S Zealey 30:53; 68 R Poulter 30:58; 71 P Carstairs 31:07; 72 R Marcus 31:11; 86 J Charles 31:38; 92 T O’Neill M50 32:10; 119 J Clamp 34:33; 121 Don Anderson 34:38; 126 H Corbett M40 35:18; 148 finished; C Axe dnf.

Teams: 1 Thames H&H 208; 2 Herne Hill H 269; 3 Belgrave H 317; 4 Aldershot F&D 321; 5 Ranelagh 418; 6 South London H 505; 7 Reigate Priory 609; 8 Stragglers 718; 9 Boxhill R 730.

18 **Surrey Women’s CC League Division 1 Race 1**, Kingston Gate, Richmond Park.

1 L Hassell (Thames H&H) 21:09; 2 A O’Neill (Ranelagh) 22:16; 3 A Walker (Belgrave) 22:40; 7 R Powell 23:09; 10 B Dagne 23:28; 13 L Cooper 23:38; 23 S Tracey 24:42; 27 J Clark W35 24:49; 31 H Alsop W35 25:16; 37 H Smethurst W35 25:42; 116 J Patterson 32:23; 117 N Mills W55 32:27.

Teams: 1 Belgrave H A 56; 2 South London H 79; 3 Thames H&H 95; 4 Ranelagh H 102; 5 Dulwich R 119; 6 Epsom & Ewell H 169; Belgrave H B 328.

#### November 2003

01 **Reigate Priory Women’s 3 x 2.5 miles CC Relay**.

1 Belgrave A 49:38; 2 South London H 50:22; 3 Ranelagh 50:43; 22 Belgrave B 61:07.

A – L Cooper (5) 17:09, M Heaton (2) 16:22, A Walker (1) 16:07.

B – C Eastham (24) 19:08, J Patterson (28) 23:03, N Hull (22) 18:56.

Fastest: 1 A Walker (Belgrave) 16:07; =2 M Heaton (Belgrave) and S Seal (Ranelagh) 16:22.

08 **ECCA National Cross Country Relay**, Berry Hill Park, Mansfield.

1 Belgrave 59:36 (record); 2 Morpeth H & AC 1:00:14; 3 Aldershot F&D AC 1:00:15; 4 Salford H 1:01:05; 5 Trafford AC 1:01:09; 6 Bedford & County 1:01:30; 13 Belgrave H ‘B’ 1:02:10; 127 teams started, 101 teams finished.

Belgrave A – S Sharp (2) 14:56; S Barden (1) 14:46; 3 P Freary (1) 15:12; David Anderson (1) 14:42.

Belgrave B – W Cockerell (30) 15:54; R Ward (19) 15:31; J Blackledge U20 (14) 15:22; T Watson (13) 15:23.

Fastest: C Thompson (record) 14:18; P Riley (Trafford) 14:25; M Skinner (Blackheath) 14:39; David Anderson 14:42; G Reid (Trafford) 14:44; =6 S Barden (Belgrave) & G Tromans (Coventry Godiva) 14:46.

27 **Thanksgiving Day 4 miles**, Manchester CT USA. Women. 1 E Mondor (Canada) 23:59; 4 C Berry 24:47.

28 **Serpentine 5 km**. 1 J Anderson (unatt) 15:38; 8 P Carstairs M40 17:09; 20 J Charles 17:55.

29 **Scottish University Champs.**, Dundee. 1 A Lemoncello (Stirling Uni) 23:33; 7 D Gauson (Napier Uni/Belg) 24:50.

29 **Thames H&H v Ranelagh Mob Match**. 1 J MacFarlane (TH&H) 38:44; 6 W Cockerell (TH&H/Belg) 40:40.

30 **Roeselare Cross Country**, Roeselare, BEL. U20 5.8 km 1 A Moran (ENG) 17:44, 2 J Blackledge (ENG/Belgrave) 17:48.

#### December 2003

05 **Bahrain Marathon Relay**. 2.8 km leg N Speaight 7:47.

06 **Kent Masters CC, Swanley**. 1 P Carstairs M40 33:21.

07 **Victory 5 miles**, Portsmouth. 1 S Sharp 24:12; 3 T Watson 24:21; 45 R Poulter 27:42; 108 Don Anderson M45 30:34. Teams: 1 Aldershot F&D 121; 2 City of Portsmouth 138; 3 Belgrave 145.

Women. 1 L Elliott (Shaftesbury B) 26:58; 11 L Cooper 30:33.

07 **Christmas 10 km**, Christchurch, Dorset. Women. 1 E Fogg 36:58.

07 **Guys 10 miles**, Preston. 1 P Freary 50:55.

07 **Centurion 5 miles**, Solihull. 1 M Miles 24:46.

## Road & Country Results Backlog

- 13 **Surrey CC League Division 1, Race 2**, Reigate Priory Park, 1 Andy Graffin (Belgrave) 26:16; 2 D Taylor (Herne Hill) 26:21; 3 A Moses (Reigate Priory) 26:46; 9 M Dent 27:28; 26 W Cockerell 29:02; 31 R Alsop 29:08; 40 K Hegvold M40 29:38; 58 W Lynch 30:50; 59 M Humphrey 30:52; 64 B Barton 30:59; 77 R Marcus 31:45; 80 F Ward M45 31:53; 94 A Bicourt 32:56; 96 N Rumsey 32:58; 110 C Smith 33:53; 125 A Cowmeadow 35:07; 126 H Corbett M45 35:07; 129 J Charles 35:43; 149 finished.  
Teams: 1 Thames H&H 212; 2 Herne Hill H 239; 3 Aldershot F&D 292; 4 Belgrave H 401; 5 Reigate Priory 502; 6 South London H 515; 7 Ranelagh H 613; 8 Stragglers 615; 9 Boxhill R 706.  
Under 17/Under 15 2.5 miles.  
1 M Lloyd (South London) 14:52; 14 R Collier 17:27; 15 P Cowling 17:51.  
Teams: 1 South London 19; 2 Ranelagh 81; 3 Herne Hill 88; 4 Belgrave 109.5.
- 13 **Surrey Women's CC League Division 1, Race 2**, Lightwater. 1 E Baker (South London) 23:43; 2 E Nelson (Epsom &E) 24:03; 3 A Walker (Belgrave) 24:19; 5 M Heaton (Belgrave) 24:46; 7 J Clark W35 25:05; 9 E Fogg 25:11; 12 R Weston 25:28; 18 S Stracey 26:04; 21 L Cooper 26:24; 31 H Smethurst W35 27:12; 36 R Powell 27:31; 63, D Hearn 29:56; 65 C Eastham 30:10; 95 finished.  
Teams: 1 Belgrave H 36; 2 South London H 45; 3 Ranelagh H 71; 4 Herne Hill H 104; 5 Belgrave H B 169; 6 South London B 176; 19 Belgrave H C 485.  
U20W 1 A Beverley U17 (Ranelagh) 17:15; 2 I Ainsworth U17 7:42; 5 L Collier U17 18:20.  
U15G 1 K Mertens (Woking) 13:03; 16 K Burns 14:54.
- 13 **Surrey Cross Country League Division 3**, Richmond Park (Sheen). 1 J Hamblen (Walton) 27:19; 14 L Greatorex 2-cl 30:42.
- 14 **European Cross Country Champs.**, Holyrood Park, Edinburgh. 1 S Lebid (UKR) 30:47; 48 David Anderson 32:36.
- 19 **Serpentine 5 km**, Hyde Park. Men. 1 L Merrien (Guernsey) 15:10; 10 W Lynch 16:40; 11 J Charles 17:17. Women. 1 J Bleasdale (Hillingdon) 16:33; 5 H Smethurst W35 19:13.
- 21 **Iris Belgium Lotto Cross Cup**, Brussels, Belgium. Women. 1 G Burka (Ethiopia) 21:05; 35 G Tamirat 24:01.
- 25 **Lauriston Christmas Day Paarlauflauf**. 1 A Weir (TH&H)/M O'Halloran (Herc.Wimb) 5m 1567y; 10 R Alsop/A Turner (Herc. Wimb) 5m 764y.
- 26 **Witham RC 5 miles**. M40 1 G Harden (Sun) 28:27; 2 P Carstairs M40 29:04.
- 27 **Horne to Chalton 7.2 miles**. 1 T Watson 39:22.
- 27 **Lauriston/Herc Wimb 7 miles**. (road) 1 R Ward 34:40 (rec).
- January 2004**
- 01 **Serpentine New Year's Day 10 km.**, Hyde Park. Women. 1 A Emmerson (B'end) 34:21; 6 H Smethurst W35 40:32.
- 01 **adidas New Year's Day 5 miles**, Whatstandwell, Derbyshire. Men. 1 R Alsop 28:54. Women. 1 C Howard (Matlock) 33:54; 2 H Alsop W35 37:28.
- 03 **Great North Cross Country**, Newcastle. 8.6 km: 1 S Sihine (Ethiopia) 26:15; 6 David Anderson 28:14; 22 H Raidi 29:44. 4 km: 1 B Whitby 11:36; 5 Andy Graffin 11:42.
- 03 **Surrey Cross Country Champs**. Senior Men 12 kms: 1 D Taylor (Herne Hill) 40:22; 2 K Nash (Belgrave) 40:35; 22 W Cockerell 44:16; 35 W Lynch 46:47; 97 Don Anderson M45 52:58; 169 finished.  
U20 Men 8km: 1 P Wicks (Windsor SE&H) 27:31; 3 M Humphrey (Belgrave) 30:32.  
Senior Women 8 kms: 1 J Kelsey (Woking) 31:27; 6 M Heaton 33:31; 8 J Clark W35 34:12; 10 A Walker 34:19; 11 E Fogg 34:22; 22 S Stracey 36:17 69 N Mills W55 44:44; 83 finished.  
Teams: 1 Belgrave (6, 8, 9, 10) 33; 2 Ranelagh (3, 7, 11, 12) 33; 3 South London (2, 5, 14, 16) 37.  
U20 Women 4.8km: 1 G Carter (Guildford & Godalming) 19:11; 5 R Powell 21:05.  
U17 Women 4.8km: 1 D Christmas (Crawley) 20:02; 6 L Collier 23:12.
- 03 **Berkshire Cross Country Champs**. Prospect Park, Reading. Senior Men. 1 R Lee (Windsor SE&H) 37:06; 3 M Trees M40 37:23.
- 03 **Dorset Cross Country Champs**, Cranford Magna. U15 Boys: 1 M Clarke (Poole) 11:01; 2 T Barry 11:15.
- 03 **Lancashire Cross Country Champs**, Witton Park, Blackburn. Senior Women. 1 S Willimott (Blackburn) 22:48; 16 L Cooper 26:10.
- 10 **Surrey CC League Division 1, Race 3**, Richmond Park. 1 D Taylor (Herne Hill) 28:09; 2 R Vint (Aldershot F&D) 28:29; 3 M Dent (Belgrave) 28:40; 15 W Cockerell 30:02; 23 M Trees M40 30:58; 25 K Hegvold M40 31:03; 50 C Axe 32:27; 51 W Lynch 32:30; 52 A Leane 32:36; 59 M Humphrey 33:00; 62 P Carstairs M40 33:12; 64 S Zealey 33:25; 71 R Marcus 33:50; 76 R Poulter 33:59; 95 T O'Neill M50 35:17; 98 A Bicourt 35:47; 112 M Nouch M45 36:43; 120 A Cowmeadow 37:49; 122 H Corbett M45 38:00; 124 S Baxendale 38:06; 144 J Sturge U20 47:16.  
Teams: 1 Herne Hill 173; 2 Thames H&H 216; 3 Belgrave 368; 4 South London 411; 5 Ranelagh 423; 6 Aldershot F&D 507; 7 Reigate Priory 531; 8 Stragglers 663; 9 Boxhill R 803.  
Under 17/Under 15: 1 M Lloyd (South London) 16:06; 7 J Macrae 17:53; 13 P Cowling 19:56.

- Teams: 1 South London 22; 2 Ranelagh 74; 3 Belgrave 105; 4 Herne Hill 109.  
Overall: 1 South London 170; 2 Herne Hill 211; 3 Ranelagh 334; 4 Belgrave 365.
- 10 **Surrey Women's CC League Division 1, Race 3**, Richmond Park. 1 M Pannett (Dulwich R) 20:47; 2 A O'Neill (Ranelagh) 20:58; 3 E Nelson (Epsom & Ewell) 21:33; 9 J Clark W35 22:14; 10 M Heaton 22:20; 15 A Hegvold W35 22:38; 21 V Edwards 22:57; 24 H Smethurst W35 23:19; 26 L Cooper 23:25; 28 S Stracey 23:39; 38 H Alsop 24:23; 46 R Powell U20 24:59; 87 N Mills W55 29:35.  
Teams: 1 Belgrave 79; 2 Ranelagh 81; 3 South London 82; 4 Herne Hill 98; 5 Dulwich R 150; 6 Thames H&H 157; 11 Belgrave B 225; 24 teams closed in.  
Under 20/Under 17. 1 A Beverly (Ranelagh) 18:20; 3 L Collier U17 19:23.  
Under 15. 1 K Mertens (Woking) 14:11; 14 G Williams 16:21; 18 C Sanders 20:34.  
Under 13. 1 S Cowper (Redhill &SB) 14:42; 21 V Clark 17:06.
- 10 **Manchester & Dist. League**, Wythenshawe Park, 9.6 km. 1 P Green (Sale) 30:17; 8 R Ward 31:54.
- 10 **Reebok Cross Challenge. Race 5** Stormont, Belfast. 8 km: 1 P Tergat (Kenya) 28:27; 9 Andy Graffin 29:31; 11 David Anderson 29:39; 22 Allen Graffin 30:53.
- 17 **Reebok Cross Challenge**, Bute Park, Cardiff, 4 km. 1 K Shephard (Tipton) 12:06; 20 J Blackledge U20 12:55.
- 17 **VAC Champs**, Wimbledon Common. 1 M Boyle (Herne Hill) 30:14; 3 C Dickinson M55 33:10 (M55 record).
- 18 **Four Villages Half Marathon**, Helsby, Cheshire. Women. 1 T Morris (Valley Striders) 74:22; 7 L Cooper 1:24:25.
- 18 **Epsom Oddballs 10.05 km multi-terrain** Epsom Downs. 81 P Cross M45 44:40. Women. 1 E Nelson (Epsom &E) 38:24; 3 E Fogg 40:42.
- 24 **SEAA Cross Country Champs.**, Parliament Hill. Senior Men's 15 km: 1 H Lobb (Bedford) 47:14; 2 D Mitchinson (Newham &EB) 47:16; 3 M Warmby (Newham &EB) 47:38; 65 W Cockerell 51:40; 134 T Hadfield 54:41; 186 P Carstairs M40 56:04; 194 W Lynch 56:15; 550 Don Anderson M45 66:45; 800 finished.  
Under 17 Men's 6 km: 1 K Hardy (Ipswich) 22:07; 139 J MacRae 28:09; 158 R Collier 29:42; 161 P Cowling 31:35.  
Senior Women's 8 km: 1 L Damen (Bournemouth) 31:03; 2 J Bleasdale (Hillingdon) 32:44; 3 A Gascoigne (Wells City) 32:52; 38 J Clark W35 35:59; 80 V Edwards 37:49; 297 finished.  
Under 17 Women's 5 km: 1 M Foley (Havering) 20:31; 67 L Collier 25:05.
- 24 **Celtic International & Scottish Inter-District**, Craigie College, Ayr. 1 P Mowbray (SCO E) 27:52; 12 D Gauson U23 (SCO E/ Belgrave) 28:53. U17M. 1 B O'Neill (IRL) 14:01; 7 K Gauson (SCO/Belgrave) 14:22.
- 31 **Belgrave Supernova 5 km**, Crystal Palace. 1 K Nash (Belgrave) 15:32; 3 J Blackledge U20 15:58; 7 R Alsop 16:43; 9 S Zealey 18:02; 11 A Bicourt 18:49; 12 S Connor 19:49; 25 D McMillan M50 22:52. Women. 1 A Pickup (Dulwich R) 20:23; 3 S Stracey 21:01; 10 J Paterson 28:02.
- 31 **N.Ireland CC Champs**, Coleraine. 12 km: 1 D Donnelly (Annandale) 37:40; 27 A Leane 43:02.

## February 2004

- 01 **Watford Half Marathon inc. SEAA Champs**. 1 K Tadesse 1:10:26.
- 01 **Alsager 5 miles**. 1 C Davies (Telford) 23:29; 3 David Anderson 23:59; 13 S Sharp 24:35; 26 P Freary 25:19; 36 S Marwood 25:49; 912 finished. Teams: 1 Morpeth 30; 2 Belgrave 41; 3 Notts AC 66; 35 teams closed in.
- 04 **Surrey CC League Division 1, Race 4**, Farthing Downs. 1 S Barden (Belgrave) 27:26; 2 J Downes (Herne Hill) 27:44; 3 K Nash (Belgrave) 28:06; 7 A Passey (Belgrave gst) 28:24; 27 W Cockerell 30:12; 31 K Hegvold M40 30:25; 32 J Beech 30:27; 33 R Alsop 30:31; 45 W Lynch 31:12; 53 T Hadfield 31:56; 57 C Axe 32:03; 63 M Humphrey U20 32:20; 71 C Dickinson M55 32:52; 77 R Marcus 33:11; 104 C Smith 35:20; 105 S Connor 35:24; 123 S Baxendale 37:45; 124 H Corbett 37:48; 136 finished.  
Teams: 1 Thames H&H 197; 2 Herne Hill H 199; 3 Belgrave H 311; 4 Aldershot F&D 457; 5 South London H 486; 6 Ranelagh H 495; 7 Reigate Priory AC 502; 8 Stragglers 703; 9 Boxhill R 745; Final league positions: 1 Thames H&H 833; 2 Herne Hill H 864; 3 Belgrave H 1395; 4 Aldershot F&D 1577; 5 South London H 1910; 6 Ranelagh H 1945; 7 Reigate Priory AC 2136; 8 Stragglers 2690; 9 Boxhill R 3030.
- 07 **Surrey Women's CC League Division 1, Race 4**, Lloyd Park. 1 A O'Neill (Ranelagh) 22:05; 2 D Lee (Thames H&H) 22:23; 3 L Hasell (Thames H&H) 22:27; 7 M Heaton 23:16; 10 J Clark W35 23:31; 11 V Clarke 23:32; 13 V Edwards 24:11; 18 L Cooper 24:52; 20 S Stracey 25:03; 26 R Powell U20 25:35; 33 H Alsop W35 26:31; 68 N Mills W55 29:29; A Hegvold dnf.  
Teams: 1 Belgrave H 59; 2 South London H 73; 3 Dulwich Runners 91; 4 Ranelagh H 119; 5 Herne Hill H 138; 6 Thames Hare & Hounds 138; 9 Belgrave H B 240.  
Final league result: 1 Belgrave H 230; 2 South London H 274; 3 Ranelagh H 370; 4 Herne Hill H 522; 5 Dulwich Runners 569; 6 Thames Hare & Hounds 713; Relegated to Division 2: Wimbledon Windmilers.

## Road & Country Results Backlog

- Surrey Women's CC League Division 1, Race 4 (continued)**  
Individuals standings (Best three of four): 1 E Nelson (Epsom & E) 8; 2 S Seal (Ranelagh) 12; 3 M Heaton (Belgrave) 17  
Veterans: 1 A O'Neill (Ranelagh) 3; 2 C Evans (South London) 5; 3 J Clark (Belgrave) 10  
U20. 1 C Best (Crawley gst) 16:12; 5 L Collier (Belgrave U17) 18:45.  
U13. 1 S Cowper (Redhill & SB) 12:32; 8 M Rose (Belgrave) 13:27.
- 07 **Bucks Cross Country Champs.**, RAF Halton. 1 A Bowden (M.Keynes) 39:12; 3 C Herrington (M.Keynes/Belgrave) 40:21.
- 08 **Wokingham Half Marathon**. 1 J Claeys (Highgate) 1:08:37; 3 J Wolf 1:12:34.
- 08 **PUMA Woburn 10 km**. 1 P Freary 32:36.
- 15 **Lotto CrossCup de Dour**, Dour BEL. 1 T Van Hooste (BEL) 27:50; 5 S Barden 28:25; 10 David Anderson 28:33.
- 15 **26.2 Valentine's 10 km**, Chessington. 1 A Shepherd (Morpeth) 31:42; 150 P Cross M45 43:28.
- 21 **ECCA National Cross Country Champs.**, Temple Newsam, Leeds. Senior Men's 11.8 km. 1 G Tromans (Coventry G) 41:24; 2 W Farquharson (Mansfield) 41:45; 3 D Bannister (Shaftesbury B) 41:47; 4 R Birchall M35 (Notts) 42:14; 5 S Barden (Belgrave) 42:26; 6 Allen Graffin (Belgrave) 42:29; 7 K Cullen (Highgate) 42:31; 8 D Mitchinson (Newham & EB) 42:41; 9 A Jones (Salford) 42:42; 10 D Taylor M40 (Blackheath & B) 42:45; 16 P Freary 43:06; 22 K Nash 43:23; 48 H Raidi 44:24; 73 S Sharp 44:58; 99 W Cockerell 45:41; 158 S Marwood 47:17; 211 R Alsop 48:16; 255 T Hadfield 48:54; 257 J Wolf 48:55; 291 W Lynch 49:37; 957 Don Anderson M45 59:29; 1399 finished.  
Teams: 1 Belgrave H 160; 2 Leeds City 254; 3 Sale H Manchester 258; 4 Bedford & County 283; 5 Bingley H 423; 6 Newham & EB 451; 7 Morpeth H 483; 8 London Irish 495; 9 Salford H 580; 10 Tipton H 595; 116 teams closed in.  
Teams: (9 man) 1 Leeds City 614; 2 Belgrave H 620; 3 Bedford & County 744; 50 teams closed in.  
Senior Women's 8.1 km. 1 B Dagne (Belgrave) 32:28; 2 L Damen (Bournemouth) 32:51; 3 J Potter (Charnwood) 33:10; 454 finished.  
Teams: 1 Bristol 100; 2 Sale H Manchester 112; 3 Tipton H 155.  
Under 20 Men's 9 km. 1 P McGlory (Liverpool) 31:17; 2 T Humphries (Cannock & Staff) 31:25; 3 T Sharland (Ipswich) 31:42; 86 M Humphrey 36:16; 147 finished.
- 21 **Scottish Cross Country Champs.**, Perth. U20 Men's 8 km. 1 J Newsome (Pitveavie) 23:37; 12 D Mallin (Giffnock North/Belgrave) 25:13.
- 22 **Sussex Beacon Half Marathon**, Brighton. 369 P Cross M45 1:36:52.
- 28 **Belgrave Supernova 10 km**, Crystal Palace. 1 David Anderson (Belgrave) 30:29; 3 H Raidi 31:20; 4 J Blackledge 31:54; 42 D McMillan 45:54.  
Women. 1 L Hasell (Thames H&H) 36:12; 3 R Weston 41:32; 5 S Stracey 41:52; 8 N Hull W35 45:20; 18 J Paterson 53:36.
- 29 **Bramley 20 miles**. 1 H Lobb (Bedford) 1:44:34; 4 W Cockerell 1:50:51.
- 29 **Bramley 10 miles**. 1 R Street (B'brook) 54:45; 3 P Stuart-Smith M40 56:34.
- 29 **Lostock 6 miles**. 1 P Freary 30:02 (record).
- 29 **Marie Curie 10 km**, Castle Ashby, Northants. 1 M McKay (R&N) 32:25; 3 C Herrington 33:12.
- 29 **Dundalk**, IRL. Women. 6 km CC 3 C Berry 20:46.
- 29 **Eastbourne Half Marathon**. 6 W Lynch 1:17:29; 168 P Cross M45 1:39:23. Women. 1 M Heaton (Belgrave) 1:24:19; 2 V Clarke 1:26:31; 4 J Clark W35 1:27:03; H Smethurst W35 1:35:26; dnf V Edwards.
- 29 **Frank Harmer 10 km**, Herne Hill. 1 J Trapmore (Shaftesbury Barnet) 31:29; 2 K Tadesse 31:37; 5 R Alsop 33:08.
- March 2004**
- 02 **Chingford League 5 km**, Eastway. 1 R McCormick (Barnet) 15:50; 22 P Carstairs M40 17:40.
- 06 **Inter-Counties & World Cross Trial**, Nottingham.  
Men's 4km. 1 Andy Graffin (Belgrave) 11:56; 19 J Blackledge 12:31.  
Men's 12 km. 1 G Tromans (Coventry) 36:25; 7 David Anderson 37:10; 12 Allen Graffin 37:34; 17 P Freary 38:01; 32 H Raidi 38:44; 36 A Passey 38:48; 161 M Trees 42:20.  
Women's 8 km. 1 K Butler (Scot E) 27:04; 7 C Berry 28:37.
- 07 **adidas Half Marathon**, Silverstone. 1 M Smith (Tipton) 1:06:57; 3 J Wolf 1:12:52; 8 J Beech 1:14:40; 418 P Cross M45 1:33:55. Women: 1 B Dagne (Belgrave) 1:15:54.
- 07 **Team Solent 5 km**, Ocean Village, Southampton. 1 S Sharp 14:31; 2 H Raidi 14:49; 11 L Greatorex 15:57; 13 M Humphrey 16:02; 25 R Marcus 17:12; 28 T St Leger M40 (1 M40) 17:28; 30 R Poulter 17:30; 35 C Smith 17:56; 41 A Cowmeadow 18:19; 65 L Morris M60 (1 M60) 20:32. Team. 1 Belgrave 27; 2 Southampton R 48, 3 Windsor SE&H 60. Women. 1 K Crickmore (WSE&H) 18:08; 3 R Powell 19:13.
- 07 **Reading Half Marathon**. 1 J Kimtai (Kenya) 1:01:38; 64 M Kazimierski 1:17:39; 65 A Porteous 1:17:45. Women. 1 G Ignatyeva (RUS) 1:14:27; 5 L Cooper 1:20:44.
- 13 **Colorado Springs USA 5 km** (altitude) 1 J Chaston 14:31.
- 13 **VAC 5.8 miles CC**, Wimbledon. Men. 2 P Carstairs 33:31.
- 13 **South of Thames CC Championship**, Stanmer Park, Brighton. 1 H

- Raidi (Belgrave) 38:22; 2 J Kidger (Crawley) 38:31; 3 P Rogers (Crawley) 39:24.
- 14 **Trafford 10 km**. 1 P Freary 31:02.
- 14 **Bath Half Marathon**. 1 J Riri (Kenya) 62:20; 17 K Tadesse 1:07:22.
- 14 **Ashby 20 miles**, Ashby-de-la-Zouch. 1 W Cockerell 1:55:04; 5 A Porteous 2:04:10; 443 finished.
- 14 **Hastings Half Marathon**. 1 F Mogaka (Kenya) 1:04:23; 471 P Cross M45 1:37:28; 1075, E Asiedu 1:48:22; 1118 D McMillan M55 1:49:09. Women. Z Barnes 2:06:08.
- 14 **Fleet Half Marathon**. Men. 1 H Chepkwony (21st Sig) 1:07:57; J Galley M40 1:17:45.
- 14 **Hillingdon 5 miles**. 1 S Sharp (Belgrave) 24:12.
- 16 **Rochdale Road 1 mile**. 1 P Freary 4:14.
- 20 **World Cross Country Champs.**, Brussels, BEL. 4 km: 1 K Bekele (ETH) 11:31; 37 Andy Graffin 12:19.
- 20 **Thames Valley Road Relays**, Stockley Park.  
Senior men 5 x 3.5 miles.  
Belgrave A - C.Moss (1) 17:34; David Anderson (1) 17:05; H Raidi (1) 18:03; S Sharp 17:19; J Blackledge 17:30.  
Belgrave B - R Alsop (9) 18:28; M Humphrey (7) 19:18; M Trees (3) 17:58; R Marcus 20:23; R Poulter (6) 20:50.  
Fastest of the day: David Anderson 17:05; S Sharp 17:19; J Blackledge 17:30; C Moss 17:34.  
1 Belgrave H 1:27:31; 2 Windsor, Slough, Eton & Hounslow AC 1:31:32; 3 Ealing, Southall & Middx. AC 1:34:23; 6 Belgrave B 1:36:57.  
Veterans 3 x 3.5 miles  
B Barton (2) 19:39; Don Anderson (8) 22:08; T St Leger (5) 21:04.  
Fastest: V Maughan (HHH) 19:36; B Barton (Belgrave) 19:39; I Munt (HHH) 19:48.  
1 Reading AC 59:43; 2 Aldershot F&D AC 1:01:28; 3 Harrow 1:01:58; 5 Belgrave 1:02:51.
- 21 **adidas Breakfast Runs**, Kingston. 16 miles: 1 P Sly (TH&H) 1:24:12; 6 W Lynch 1:34:26; 25 M Byansi 1:40:14. Women. 8.2 miles: 1 S McLean (Optima) 49:50; 3 R Weston 53:30. Women. 16 miles: 1 L Hasell (TH&H) 1:37:45; 4 M Heaton 1:45:41; 5 V Clarke 1:45:52; 6 H Smethurst W35 1:47:52; J Clark and A Walker dnf.
- 21 **Watwick Half Marathon**. 51 P Cross M45 1:36:02; D McMillan M55 1:46:43.
- 26 **Serpentine 5 km**, Hyde Park. 1 N Altmann (TH&H) 15:21; 20 J Charles 16:54; 3M40 T St Leger 17:11.
- 28 **Wimbledon Premier 10 km**. 1 R Alsop 31:56; 19 S Zealey 35:17; 125 P Cross M45 42:36.
- 28 **Wilkinson Ackworth Half Marathon**, Ackworth, Yorkshire.  
Open Race: 1 S Malakwen (Kenya) 1:04:49; 2 S Tonui (Leamington/Kenya) 1:05:21; 3 David Anderson 1:05:32; 4 J Mutai (Bromsgrove & Redditch/Kenya) 1:06:36; 5 R Birchall (Notts AC) 1:06:52; 6 H Raidi (Belgrave) 1:07:00; 7 P Freary 1:07:11; 9 K Tadesse 1:07:48; 16 W Cockerell 1:10:06; 23 J Wolf 1:12:37; 64 M Byansi 1:18:35; dnf K Nash; 679 finished.  
Team: 1 Belgrave 13 (2 Anderson, 5 Raidi, 6 Freary); 2 Otley AC (7, 25, 27); 3 Leamington 61 (1, 14, 46); 37 teams closed in.  
AAA Champs.  
Individual: 1 D Anderson; 2 R Birchall (Notts AC); 3 H Raidi.  
Team: 1 Belgrave H 3:19:43 (Anderson, Raidi, Freary); 2 Leamington 3:31:31; 3 Otley AC 3:32:17.  
CAU Inter-counties  
Individual: 1 D Anderson (North East); 2 R Birchall (?); 3 P Freary (Gtr Manchester).  
Team: 1 Yorkshire 3:24:29; 2 Surrey 3:26:31 (Tadesse, A Marriott (Herc Wimbledon), Cockerell).

## April 2004

- 03 **Great BUPA Ireland Run 10 km.**, Dublin. 1 C Mottram (AUS) 29:11; 3 Andy Graffin 30:04; 9 David Anderson 30:54.
- 04 **SEAA Men's 12-Stage Road Relay**, Milton Keynes.  
1 Belgrave H 4:10:53; 2 Bedford & C AC 4:12:15; 3 Aldershot F&D AC 4:13:37; 4 Thames H&H 4:18:57; 5 Shaftesbury B H 4:21:41; 6 Newham & Essex Beagles 4:24:25; 23 Belgrave B 4:42:45; dnf Belgrave C.  
Belgrave A - M Trees (4) 24:12; R Alsop (3) 17:16; C Herrington (4) 25:19; S Sharp (1) 16:22; H Raidi (2) 24:43; J Beech (2) 17:39; K Nash (2) 24:40; R Ward (1) 16:38; P Freary (1) 24:43; S Marwood (1) 17:17; W Cockerell (1) 25:23; J Blackledge (1) 16:41.  
Belgrave B - L Greatorex (38) 26:50; M Humphrey (27) 18:20; J Galley (29) 27:08; C Axe (25) 18:31; W Lynch (24) 27:11; R Poulter (24) 19:33; T St Leger (24) 28:35; R.Marcus (23) 19:23; M Byansi (24) 29:10; C Smith (23) 19:41; C Dickinson (23) 28:14; N Rumsey (23) 20:09.  
Belgrave C - J Charles (48) 28:80; R Partridge (37) 18:31; S Zealey (39) 28:41; Don Anderson (40) 21:04.  
Short stage 5.506 km, long stage 7.978 km. 58 teams started; 45 teams finished.  
Fastest short stages overall (among top 50):  
1 S Hepples (Newham & Essex) 16:18 (stage 4); 2 S Sharp (Belgrave) 16:22 (4); 3 R Ward (Belgrave) 16:38 (8); 4 E Jackson (Aldershot F&D) 16:39 (4); 5 J Blackledge (Belgrave) 16:41 (12); 6 L Bowron (Ealing S&M) 17:01 (2); 14 R Alsop (Belgrave) 17:16 (2); 15 S Marwood (Belgrave) 17:17 (10); 28 J Beech (Belgrave) 17:39 (6).

## Road & Country Results Backlog

- SEAA Men's 12-Stage Road Relay (continued)**  
Fastest long stages overall (among top 50):  
1 K Cullen (Highgate) 23:24 course record (3); 2 D Mitchinson (Newham & Essex) 23:48 (1); 3 D Bannister (Shaftesbury B) 23:50 (5); 4 S Body (Bedford & County) 23:59 (5); 5 M Janes (Bedford & County) 24:05 (1); 6 M Coleman (Medway & Maidstone) 24:09 (1); 8 M Trees (Belgrave) 24:12 (1); 16 K Nash (Belgrave) 24:40 (7); 17 P Freary (Belgrave) 24:43 (9); 18 H Raidi (Belgrave) 24:43 (5); 41 C Herrington (Belgrave) 25:19 (3); 44 W Cockerell (Belgrave) 25:23 (11).
- 04 **SEAA Women's 6-Stage Road Relay**, Milton Keynes.  
1 Bedford & C AC 1:56:51; 2 Shaftesbury B H 2:00:42; 3 Highgate H 2:06:01; 7 Belgrave H 2:06:54.  
Belgrave – J Clark W35 (6) 20:10; H Alsop W35 (12) 21:47; H Smethurst W35 (12) 21:20; R Powell (11) 21:27; M Heaton (8) 21:31; L Cooper (7) 20:39.  
Distance 5.506 km. 32 teams started; 23 teams finished.  
Fastest times (among top 50):  
1 L Yelling (Bedford & C) 17:47 (stage 5); 2 M McCallum (Winchester) 19:00 (1); 3 E Baker (South London) 19:05 (1); 4 K Wootton (Bedford & C) 19:07 (4); 5 M Lee (Milton Keynes) 19:09 (6); 6 J Wright (Shaftesbury B) 19:10 (3); 21 J Clark (Belgrave) 20:10 (1); 39 L Cooper (Belgrave) 20:39 (6).
- 04 **Croydon 10 km.**, Lloyd Park. 123 P Cross M45 42:34.
- 09 **Southport Good Friday 4 miles.** 1 P Freary 19:26.
- 10 **Sussex County Relays**, Christ's Hospital. Fastest (2m 104y). 1 T Bayley 9:51.
- 10-12 **Isle of Man Running Festival**, Peel, IoM. 5.5 miles Road Race (10th): 1 A Norman (Altrincham) 27:17; 3 R Ward 27:42. 3.8 miles Hill Race (11th): 1 Norman 20:34; 5 Ward 21:09. 4x3 miles Relay (12th): Fastest - 1 Norman 14:58; 2 Ward 15:06.
- 18 **London Marathon.**  
Men. 1 E Rutto (Kenya) 2:06:18; 60 W Cockerell 2:27:18; 95 T Hadfield 2:33:31; 114 W Lynch 2:35:10; 144 C McMillan 2:37:07; 165 J Wolf 2:38:35; 389 A Porteous 2:47:52; 548 M Byansi 2:51:44; 581 J Beech 2:52:32; 824 J Galley M40 2:56:46; 5239 H Corbett M45 3:37:52; 5358 P Cross M45 3:38:36; 12822 A Lane M65 4:17:50; 14637 D McMillan M55 4:27:41; 18599 D Davies M65 4:54:22; 20660 G Spriggins 5:16:07; 21562 T Newell M65 5:30:49.  
Team: 1 Thames H&H 7:08:20; 2 Bedford & C 7:18:22; 3 Leeds City 7:25:31; 7 Belgrave 7:35:59.  
Women: 1 M Okayo (Kenya) 2:22:35; 11 B Dagne 2:34:45; 36 L Cooper 2:54:58; 87 M Heaton 3:03:35; 127 V Clarke 3:08:03; 160 H Smethurst W35 3:11:41.  
Team: 1 Belgrave H 8:33:18; 2 Bristol AC 8:39:35; 3 Serpentine RC 8:53:38.
- 18 **Canberra AUS, Marathon.** M Dent 2:15:13.
- 18 **Smith Knight May Audi 10 km.** Bolton. 1 P Freary 31:00.
- 24 **AAA Men's 12-Stage Road Relay**, Sutton Park, Sutton Coldfield.  
1 Aldershot F&D AC 4:10:15; 2 Belgrave H 4:11:47; 3 Salford H 4:13:09; 4 Bedford & C AC 4:18:44; 5 Cardiff AAC 4:21:00; 6 Morpeth H 4:21:04.  
Belgrave – A Leane (30) 28:17; C Herrington (25) 15:08; T Watson (21) 28:43; R Ward (18) 14:26; P Freary (9) 26:54; S Sharp (6) 14:14; M Miles (3) 25:48; S Marwood (2) 15:02; K Nash (3) 27:12; R Alsop (3) 15:15; S Barden (2) 26:15; J Blackledge (2) 14:33.  
Fastest short stages:  
1 C Davies (Telford) 13:23; 2 N McCormick (Morpeth) 13:53; 3 J Mays (Kent) 14:09; 4 M Skinner (Blackheath) 14:12; 5 N Pollock (Kent) 14:13; 6 S Sharp (Belgrave) 14:14.  
Fastest long stages:  
1 C Thompson (Aldershot F&D) 25:27; 2 K Cullen (Highgate) 25:47; 3 M Miles (Belgrave) 25:48; 4 J Ward (Hallamshire) 26:00; 5 I Mitchell (Tipton) 26:03; 6 M Lole (Coventry Godiva) 26:11; 7 S Barden (Belgrave) 26:15.
- 24 **AAA Women's 6-Stage Road Relay**, Sutton Park, Sutton Coldfield.  
1 Coventry Godiva H 1:42:46; 2 Tipton H 1:43:13; 3 Shaftesbury B 1:45:51; dnf Belgrave H.  
Belgrave – R Powell (29) 18:54; J Clark W35 (21) 17:44; H Alsop W35 (19) 19:12; L Cooper (20) 19:21; C Eastham (21) 21:41.
- 30 **Serpentine 5 km**, Hyde Park. Women. 1 M Myers (Headington) 18:29; 2 J Clark W40 18:34.
- May 2004**
- 02 **Securicor Sutton Runners 10 km**, Wallington. Men. 1 K Tadesse 31:28; 89 P Cross M45 41:30.
- 02 **Roseclere Cancer 5k**, Preston. 1 P Freary (Belgrave) 15:33; 2 R Hayman (Sale) 15:42.
- 03 **Barry Jones 10 km**, Wimbledon Park. 1 J Trapmore (Shaftesbury B) 32:50; 8 M Byansi 36:12. Women. 1 A Watkins (Windmilers) 41:12; 2 H Alsop 41:18.
- 05 **Parkland 4 x 3 miles CC Relay**, Richmond Park.  
1 Belgrave H 60:54; 2 Thames H&H 61:45.  
Belgrave – R Marcus 16:25 (3); M Thompson 14:03 (1), K Hegvold M40 15:16 (1); W Cockerell 15:10 (1).
- 05 **Race for Life 5 km**, Battersea Park. Women. 1 J Clark W40; 14 C Eastham; times not known.
- 06 **Dave Clarke 5 km**, Morden Park. Men. 1 S Major (South London) 15:41; 9 S Zealey 17:04.

- 08 **Balmoral Road Races**, 1 mile: 1 M East 4:08; 6 C Moss 4:11. 5 km: 1 C Mottram (AUS) 13:21; 7 Andy Graffin 13:57; 11 M Miles 14:14.
- 12 **Haig Hall 5 miles.** 1 P Freary 25:21.
- 16 **Ranelagh Half Marathon.** 1 P Doyle 72:24; 129 P Cross M45 98:56.
- 23 **BUPA Great Manchester 10 km.** 1 C Mottram (AUS) 27:54; 7 Andy Graffin 29:06.
- 23 **95.8 Capital FM BUPA Feetbeat 10 km.** 84 P Cross M45 42:06.
- 23 **Chester Half Marathon.** Women. 1 L Cooper 83:05.
- 29 **Wirksworth Well Dressing 4.2 miles.** 1 R Alsop 23:06.
- June 2004**
- 02 **Yately 10 km.** 1 J Hamblen (Walton) 31:53; 10 T Hadfield 34:02.
- 05 **Peter Lowe Memorial 5 km**, Hollins Green, Cheshire. 1 R Ward 14:56.
- 06 **Dorking 10 miles.** 1 H Lobb (Bedford & County) 52:56; 3 W Cockerell 54:33; 6 J Wolf 56:35; 10 T Hadfield 58:18; 16 A Leane 59:01; 26 L Greatorex 60:31; 40 M Webb 63:17; 119 P Cross M45 72:21.  
Open team race: 1 Belgrave 35; 2 Guildford & Godalming 53; 3 Stragglers 116; 19 teams closed in.  
Surrey County Individual Championship: 1 Cockerell.  
Surrey County Team Championship: 1 Guildford & Godalming; 2 Belgrave.
- 06 **Beckenham 10 km.** 1 A Green (Dartford) 33:25; 5 J Galley M40 35:53 (1st Veteran).
- 06 **Coombe Hill 3.75 miles**, Wendover, Bucks. Women. 1 H Smethurst W35 30:09.
- 08 **Tour of Epsom 4.4 miles**, Nonsuch Park. 1 S Major (SLH) 22:50; 3 L Greatorex 23:43.
- 09 **Haig Hall Pringles Jewellers 5 miles.** 1 P Freary 26:55.
- 09 **Blaydon 5.7 miles.** 1 J Kintai (Kenya) 27:15; 3 K Tadesse 27:49. Women. 1 M Wangari (Kenya) 30:51; 2 B Dagne 30:56.
- 10 **Tour of Epsom 3.25 miles time trial**, Epsom Downs. 1 S Major (SLH) 17:03; 2 L Greatorex 17:39.
- 11 **Tour of Epsom George Gosens Handicap**, Horton Country Park. 1 L Greatorex 20:13.
- 13 **National Counties Building Soc 10 km**, Epsom. 1 P Rodgers (Crawley) 31:48; 74 P Cross M40 42:37.
- 13 **Evening News City of Norwich Half Marathon.** Women. 1 B Dagne 1:19:14; 5 H Smethurst W35 1:30:18.
- 13 **3M Newton Aycliffe 10 km.** 1 T Wall (Morpeth) 32:28; 2 C Herrington 32:57.
- 15-20 **Tour of Horwich & Rivington.**  
Lever Pk 10 km (15th): 1 P Freary 33:37.  
Horwich Jubilee 4 miles (16th): 1 B Fish (Blackburn) 20:47; 2 P Freary 21:09.  
Two Lads Fell Race 5 miles/900ft (17th): 1 R Burney (Chorley) 31:34; 5 P Freary 32:52.  
Holts Brewery 4 miles Cross Country, Eridgmont Pk, Chorley (18th): 1 P Freary 22:27.  
Georgia Pacific Horwich Carnival 5 km (20th) 1 P Freary 15:24.  
Overall: 1 P Freary.
- 16 **Selsey 10 km.** 1 M Hargreaves (Bournemouth) 32:25; 63 P Cross 40:48.
- 16 **Dulwich 5 km.** 1 B Noad (Highgate) 14:53; 3 H Raidi 15:44; 11 W Lynch 16:56. Women. 1 J Ronaldson (Ranelagh) 17:37; 2 J Clark W40 18:29; 5 L Cooper 18:58; 7 V Clarke 19:24; 8 H Smethurst W35 19:48.
- 20 **Chris Brasher Memorial 10 km**, Richmond Pk. 1 H Raidi 31:42; 2 W Cockerell 32:04; 7 T Hadfield 34:25.
- 20 **Sailin' Shoes 5 km**, Colorado Springs, USA (altitude). 1 J Chaston 14:48; 29 Don Anderson M45 20:22 (2nd in age group).
- 27 **Dysart Dash 10 km**, Petersham. 1 H Raidi 32:19; 2 P Doyle (Ranelagh) 32:43; 3 W Cockerell 33:12; 4 J Wolf 33:49; 8 T Hadfield 34:19; 16 M Byansi 35:26; 20 M Humphrey 35:43; 21 R Marcus 36:03; 107 P Cross M45 41:17.  
Open team race: 1 Belgrave H (Raidi, Cockerell, Wolf) 8; 2 Ranelagh H 36; 3 Stragglers.  
Surrey Individual Championship: 1 Doyle (Ranelagh); 2 Cockerell; 3 D Symonds (Thames).  
Surrey Team Championship: 1 Ranelagh H; 2 Belgrave H (Cockerell, Byansi, Humphrey); 3 Stragglers.
- July 2004**
- 01 **Nonsuch 4 x 2.2 miles Relay**, Nonsuch Park, Cheam.  
1 Belgrave 42:55; 2 Guildford & Godalming 44:24; 3 Epsom & Ewell 45:53; 6 Belgrave 'B' & guest 48:22.  
Belgrave A – A Leane (4) 11:04; L Greatorex (2) 10:57; M Thompson (1) 9:55 (course record); R Alsop (1) 10:59.  
Belgrave B – R Marcus (7) 11:27; J Browne (4) 10:49; R Maclachlan (Elmbridge) 14:42; A Leane (6) 11:24.
- 01 **Sale Sizzler 5 km**, Wythenshaw. 1 M Shaw (Tipton) 14:45; 3 R Hayman (Sale) 15:02; 5 P Freary 15:05.
- 03 **Datchet Dash 10 km**, Dorney Lake, Berks. 1 C Bradfield (Datchet) 33:26; 2 J Wolf 33:44. Women. 1 L Shelley (AUS) 36:32; 4 J Clark W40 37:58.
- 07 **Chorley H 4 miles**, Chorley, Lancs. 1 B Fish (Blackburn) 19:47; 2 P Freary 19:56; 3 R Hayman 20:07.
- 09 **West Cheshire 5 km**, Upton. 1 A Vaughan (Eyri) 14:47; 3 R Hayman (Sale) 14:59; 5 P Freary 15:15.

## Road & Country Results Backlog

- 10 **Norwich Evening News/Lord Mayors Carnival 5 km Classic**, Norwich. 1 M Miles 14:30; 11 H Raidi 15:47. Women. 1 B Dagne 16:27.
- 11 **Blackpool Beach 10 km**, Blackpool. 38 P Cross M45 43:31.
- 11 **Platt Fields 10 km**, Manchester. 1 R Ward 31:49.
- 15 **Haig Hall 5 miles**, Wigan. 1 P Freary 26:20.
- 21 **Horwich RMI Jubilee Night Series 4 miles**, Rivington, nr. Bolton. 1 R Hayman (Sale) 20:50; 2 P Freary 21:02.
- 23 **GWR Towpath 10 km**, Bristol. 1 A McLean-Foreman 32:09.
- 25 **Elmbridge 10 km**. 1 K Tadesse 30:33; 2 M Thompson 30:34; 3 David Anderson 31:23; 4 H Raidi 32:25; 8 R Alsop 33:17; 13 L Greatorex 34:20; 15 T Hadfield 34:39; 28 M Humphrey 36:32; 48 M Bizio 37:58; 150 P Cross 42:01. Open team race: 1 Belgrave; 2 Ranelagh; 3 Belgrave 'B'.
- 30 **Serpentine Last Friday 5k**, Hyde Park. 1 D.Gitau (N.York) 15:02; 6 W.Lynch 16:42.
- 30 **Wedding Day 7 km**, Bushey Park. 1 S.O'Sullivan (Thames H&H SW) 22:47; 7 L.Greatorex 23:54; 9 B.Barton M40 24:04.
- 31 **Munich Half Marathon**, GER. 1 A.Beckmann (GER) 1:24:26; 3 H.Smethurst W35 1:26:28.

### August 2004

- 22 **Surrey County 5 km**, Wimbledon. 1 P.Sly (Thames H&H) 14:47; 2 D.Fricks (Highgate) 15:19; 3 P.Doyle (Ranelagh) 15:34; 4 R.Alsop 15:39; 6 J.Wolf 15:49; 8 L.Greatorex 15:57; 9 J.Clarke 16:01; 14 M.Byansi 16:22; 19 W.Lynch 16:55; 30 A.Barden 2-cl M40 17:33; 101 P.Cross M45 20:01; 156 D.Hearn SW 22:58.  
Individual Surrey Champ: 1 P.Sly (Thames H&H); 2 P.Doyle (Ranelagh); 3 R.Alsop.  
Open team race: 1 Belgrave H (Alsop, Wolf, Greatorex) 13; 2 Ranelagh H 28; 3 Stragglers 36.  
Surrey Team Champ: 1 Belgrave H (Alsop, Greatorex, Byansi); 2 Ranelagh H; 3 Stragglers.

### September 2004

- 05 **Flora Lite Women's 5 km**, Hyde Park. 1 S O'Sullivan (Thames H&H) 15:06; 27 J Clark W40 18:46; 30 H Smethurst W35 19:15; 32 E Davies 19:19; 33 L Cooper 19:20.

## Grapevine

♦ Just recently two Belgrave medals were listed on eBay by a dealer in Darlington, in the North East. Unable to resist the urge to increase our stock of archive material, a bid was made which proved to be successful. Two medals eventually became five – all owned once by A.E. Frost and won by him during the 1946-48 period. Three were Standard medals won over 1 mile in Club Championship races and the others were awarded to him by the Club when he was a scoring member of our teams that won the Coleman Cup (1947) and Odling Smee Cup (1948). The Coleman Cup is the trophy presented to club with the best 12 to score total in the South of Thames Cross Country Championship. The Odling Smee Cup is the trophy awarded to the first Surrey club to finish a complete team of twelve in the "Southern" cross country.

Further communication with the dealer resulted in the information that he bought them at an auction, together with several other items that had been the property of A.E. Frost: a silver plate, presented to him by the *Daily Telegraph*, and a couple of trophies presented by Liverpool Pembroke AC.

Albert was present in the team (though not in the scoring six) when we won the National Cross Country Championship at Sheffield in 1948. Does anyone know what happened to him?

♦ Hopefully the Surrey Road Relays will see James Browne back in action. He was to have taken part in the Wimbledon 5k but a recent holiday spent rock climbing in Yellowstone Park in the USA was marred by a fall from some considerable height resulting in an injury that required 26 stitches.

♦ Those watching the Olympic Games on television might have caught sight of Ernie Obeng, busy in the Olympic Stadium mixed zone at the end of the finishing straight. Ernie joined us as a teenager in the '70s and became a Ghanaian international with best 100m times of 10.1/10.21. He was one of our key team members at the time our T&F squad broke out of the Southern League and into the British Athletics League in the '80s. We believe he now works for the IAAF and lives in Monte Carlo.



Above: For a brief period in April 2004 Belgrave were champions at virtually every national endurance team event: AAA 10k, AAA Half Marathon, AAA 6 Stage road relay, AAA 12-stage road relay, ECCA National CC Relay and ECCA National CC Champions. The personnel shown in the picture were just some of the runners involved: Simon Marwood, Tim Watson, Roger Alsop, Stephen Sharp, Will Cockerell, Richard Ward (front), Spencer Barden, Paul Freary, Charles Herrington (front), Kevin Nash, Jonathan Blackledge, Adam Leane.

Trophies: SEAA 12-Stage (2002, 2003, 2004), National CC - first team from South - (2004), Parker Bowl - first Belgravian home in National CC (Spencer Barden 2004), National CC Champs. (2004), SEAA 6-Stage Road Relay (2002, 2003), London-Brighton Trophy for National 12-Stage Road Relay (2002, 2003), AAA 6-Stage Road Relay (2001, 2002, 2003). Trophies not on show - Solent 5k plate, ECCU CC Relays trophy, TVH Road Relay.