



They've done it again! National 6-Stage Road Relay Champions for a seventh time. Left to right above: Stephen Sharp (Captain), Nick Goolab, Steve Davies, Simon Jones, Phil Wicks, Neil Speaight.

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Road Running & Cross Country

Sweatshop Surrey Cross Country League, Petersham, 11 October 2008.

A depleted Belgrave men's team started the series off with a lowly seventh place in Richmond Park while Thames Hare & Hounds and Herne Hill Harriers began what turned out to be a regular head to head between them this winter. Phil Wicks was far and away the strongest individual, winning by 42 seconds from Ben Whitby (Herne Hill) and Phil Sly (Thames H&H). Will Cockerell was 11th but with other leading Belgravians resting up for the following day's National 10k Champs at Chichester ... and Richard Stannard unable to find a space in the car park and missing the start ... we struggled somewhat.

Men. 1 P Wicks (Belgrave) 28:01; 2 B Whitby (HHH) 28:43; 3 P Sly (Thames H&H) 28:49; 11 W Cockerell 30:09; 27 P Willis 31:04; 56 L

Greatorex 32:40; 59 M Byansi 32:45; 73 T Fordyce 33:39; 81 M Humphrey 33:52; 88 T Weeks 34:05; 106 G Adams M40 35:03; 116 R Norville 35:32; 120 S Zealey M40 35:52; 128 W Lynch M40 36:29; 133 A Luce M40 36:49; 140 M White 37:30; 146 M Taylor M40 37:57; 196 finished.

Teams: 1 Thames H&H 174; 2 Herne Hill 176; 3 Ranelagh 381; 4 South London H 409; 5 Hercules Wimb. 497; 6 Stragglers 508; 7 Belgrave 509; 8 Reigate Priory 718; 9 Dorking MV 723.

Surrey Women's Cross Country League, Nork Park, 11 October 2008.

How good it was to see Catherine Bryson back in the women's team after a spell in Australia and trouble with shin splints. Catherine unleashed a great sprint finish to overtake legend Sonia O'Sullivan in the finishing straight and ended up in 3rd spot. Sarah Murphy was 7th, Tilly Heaton 18th and Anne Hegvold showed a strong return to past form in 25th. The team finished in 6th on the day and there's plenty to build on for race 2.

Women. 1 F Clark (Reigate) 23:14; 2 G Bruinvels (South London) 23:24; 3 C Bryson (Belgrave) 23:51; 11 S Murphy 25:32; 24 M Heaton 26:27; 31 A Hegvold 26:41; 170 C Eastham 31:38.

Teams: 1 South London 68; 2 Herne Hill 145; 3 Ranelagh 145; 4 Reigate 149; 5 West 4 158; 6 Belgrave 162.

Welcome

To the following new members who joined us during October and November:

Kevin Gadd, road running and cross country.

Jody Chappell, long jump.

Stefan Henderson-Clarke, sprints.

Gilean Hogarth, cross country.

Ben Hurley, cross country and middle-distance.

Zoe Vail, road running and cross country.
Landa Eguia, road running, cross country, middle-distance.
Gillian Fairclough, honorary member
Lucy Scott, road running and cross country.
Matthew Threadgold, 400m hurdles.
Daniel Woodgate, road running.

Chichester Priory 10k inc. ERRA Championship,
12 October 2008.

Silver medals again in the National 10k

In the last seven years Belgrave have claimed silver medals in the National 10k Championship on no less than six occasions – an argent streak broken only by our golden strike of 2003. Tipton, Salford, Morpeth, Wells City, Newham & Essex Beagles and now Bedford have all taken turns as champions over that period – but the one consistent statistic as the race has been held up and down the country is the presence of the Belgrave squad on the podium.

In this year's championship, Simon Jones, Stephen Sharp and Jonathan Blackledge all ran a little slower than they'd have liked – as did James Kelly who was next Belgravian in behind our scoring trio – but up at the front of the race although not yet eligible to score, Russell Dessaix-Chin carried the Belgrave colours to a superb victory in a personal record of 29:38 (he has run 29:15 on the track).

Russell (pictured right) tested the leading group after 2k, hoping to provoke a reaction which might step the pace up to course record lick (29:02) but settled back into the group when he found no takers. Another little tester came at halfway which reduced his companions to just Ian Boneham (Notts AC) and Mark Draper (Bedford) but nobody could respond to the Belgrave man's decisive surge at 7k.

As an Australian, Russell has now won three national championships but none of them in his own country – the New Zealand track 10k, the New Zealand Cross Country and the English Road 10k.

Bedford's three scoring men clocked up a total of 90:28 while Belgrave's trio were 30:23, 30:48 and 30:54 for a total of 92:05.

Knut Hegvold won his M40 age group with 33:19 while Birhan Dagne was 5th individual in the women's race – 34:51.

Men. 1 R Dessaix-Chin (Belgrave) 29:38; 11 S Jones 30:23; 17 S Sharp 30:48; 19 J Blackledge 30:54; 25 J Kelly 31:30; 45 K Hegvold (1-M40) 33:19.

Women. 1 C Hoyte (Arena 80) 33:27; 5 B Dagne 34:51.



ERRA National 6-Stage Road Relay, Sutton Coldfield,
18 October 2008

Seventh heaven in Sutton Park

The traditional 6-stage events come at a funny time of year. Those runners that thrive on the road or country have barely got into their stride in September/October while those whose favoured terrain is the all-weather track are coming off post-summer breaks. This autumnal timing makes for unpredictability and the very best of teams can find it difficult to turn out a strong six.

No such problem for the Bels on this occasion though; they were more preoccupied with trying to squeeze a 12-stage foaming pint of talent into a half-pint 6-stage pot without spilling too much. There were three different faces from our victorious line-up of 2007 – Nick Goolab, Steve Davies and Neil Speaight – but it could so easily have been more had Russell Dessaix-Chin arrived in the UK a few weeks earlier or Dan Mulhare not been involved in following the Irish trail to the Euro-Cross.

The boys were confident of “getting up there” and maybe getting close to the course record – but were all too aware that even this might not be enough to hold off the improving Notts and Bedford teams, the ever-present Beagles, giants of former years Tipton and Blackheath, Southern rivals AFD and of course the massive depth of the machine that is Leeds City AC.

Sharpy's quest

Sutton Park was at its blustery best, although the runners were in no mood to admire golden leaves being plucked from swaying trees and gusted back into their faces. Stage one seemed more loaded than ever as runners undertook their pre-race rituals and our own “Sharpy” sucked in some deep breaths before starting the quest for his thirteenth National team gold medal – never mind the silvers, bronzes and area titles.

“Just come back in as close as you can to the lead, Skipper ... maybe 5th ... maybe 12th ... just a good solid start.”

In fact Stephen ended up 11th among a stream of runners with nothing much between them. Ryan McLeod of Elswick headed the bunch but his was a team of just one man while other outfits flattered by being patently “front-loaded”. In 20th place came James Kelly, improving on his recent form and taking our B squad ahead of expected rivals Notts AC, the Beagles and Aldershot. Leeds, however, were way off the pace in 60th and although they impressively recovered to 6th by the end, they were unable to get back to the real action.

Not yet 19, Nick Goolab was being exposed to the unpredictability of the second stage. Having seen the Skipper heading back towards the end of the first stage inside the top dozen, our spectators out on the course were startled to see Nick's unmistakable smooth style silhouetted on the ridge and moving into 4th ... and then 3rd. Andy Vernon was charging through the field to take Aldershot up 34 places, Pollock of Kent was on a rise of 32 but amidst typical stage two volatility some teams were dropping like stones with Severn plunging no fewer than 63 places! Nick was surfing along at the head of this turbulence and finally ran through the takeover zone in second place having set the fastest time ever by a Belgrave under-20.

But not everybody was enjoying themselves. Mark Pollard's five-week foray into foreign climes had not gone as planned, a foot injury curtailing his training just when he wanted to get some real miles in. “Polly” on the roads of Sutton Coldfield was not the man we have seen previously picking up team golds or twice winning Scottish cross-country titles. Like the Terminator – he'll, “be back. No problem!”

Winchester & District had been making great strides in the South – no doubt due to the efforts of coach Nick Anderson – but the surprise of seeing them at the head of the field after two stages was further increased when they were still to be seen leading the procession a lap later, thanks to Tom Payn; but the Hampshire club were only five seconds up on Aldershot with Bristol & West now in third, the Beagles in fourth and our own Steve Davies in 5th. Only fourteen seconds covered the leading five teams.

Steve sent out Simon Jones, another to have been experimenting with altitude training in Morocco throughout September. At the Great North and even the Chichester 10k he had been experiencing the slump that sometimes comes with a return to home conditions and was hoping that this day would be the one where things improved. Whilst being rock solid and moving the team forward to second again, seven seconds behind Newham & Essex Beagles, Simon still wasn't happy with his run. But times aren't always everything and the team was right where it ought to be.

"I need to open it up then ..."

But as Simon was nearing the end of his lap the Team Manager was outlining the state of play to Phil Wicks, due out next:

"This is going to be close. Sim's going to be very near the front but The Beagles have got Moumin Geele on the last stage – we really need to give Sp8y as much as we can."

"So I need to open it up a bit then," was Phil's understated reply – and then he was away.

How much would we need? What shape was Moumin in? The Beagles manager Bob Smith seemed to think that 30 seconds would be enough for their man to lock onto ours for the final tour of the Park.

The news came back that Phil had moved ahead and was 30 seconds clear and our own manager peered anxiously towards the distant gap in the trees, looking for a sighting before setting his own watch running. There was Phil. Now, what was the gap? Thirty seconds gone, thirty five ... "it's forty!" And by the time Neil Speaight was away it was a fraction over three-quarters of a minute. A fabulous run Phil – surely our first ever sub-17 – 16:58 or 59 by our calculations – but sadly, officially recorded as 17 dead.

Behind Phil, Ian Boneham of Notts had also run well, coming up five places, and Raeside (Notts) and Geele (Beagles) were away on the last leg more or less together. Could they work off each other and reel Neil in, surely not, but we never take anything for granted.

Showing an unusual amount of agitation now, the TM was screaming into his cell phone to Belgrave supporters out in the Park. "Give me some information. What's the gap? Are they catching him?"

Back came the reply: "They're approaching the out and back section now and it's ... 47 seconds ..."

"What! He's holding it." The Notts and Beagles boys seemed to be playing it a little cagey before finally ripping lumps off each other in the dying section of the stage; and all the time these two had been watching each other, Neil had been burying himself over the early part of the leg. "I didn't want them to even think that they might catch me." What an attitude and what a team.

Neil had gone through the finish and was receiving congratulations long before Bruce Raeside and Moumin came up the hill, shoulder to shoulder ... and then, just at the end, the Beagle faltered ... and Notts had the silver medals.

Consistency

Studying the times after the heat of the battle it was amazing to see the consistency of the Belgrave splits. Five men in the

'A' team had run within fifteen seconds of each other in the mid 17s, only Phil's outstanding club record of 17:00 being out of the norm. Every other team had strayed into eighteen minute territory. And in the 'B' team, Paul Freary had run 19:09 on three followed by Graeme Hyett just a second slower on four and then Shaun Moralee exactly matching Graeme's time on five. Will Cockerell, rounding off for the 'B's and torn between hanging on to see the outcome of the race and getting his own run under way, was a mere four seconds slower. So there we had five men within 26 seconds. James Kelly's first 'B' leg of 18:01 was worthy of a spot on any other team in the Park while 'A' runners Phil's and Nick's times were superb in the prevailing conditions.

1 Belgrave H 1:45:18; 2 Notts AC 1:45:50; 3 Newham & Essex Beagles 1:45:51; Bristol & West AC 1:46:41; 5 Sale H Manchester 1:47:11; 6 Leeds City AC 1:47:47; ... 34 Belgrave H 'B' 1:54:19; 79 teams started and 71 teams finished.

A – S Sharp (team position 11, ranking on stage 11) 17:37; N Goolab (2, 7) 17:34; S Davies (5, 10) 17:40; S Jones (2, 6) 17:51; P Wicks (1, 1); N Speaight (1, =3).

B – J Kelly (20, 20) 18:01; M Pollard (40, 57) 19:35; P Freary (39, 39) 19:09; G Hyett (35, 33) 19:10; S Moralee (35, 33) 19:10; W Cockerell (34, 27) 19:14.

Fastest: 1 A Vernon (Aldershot F&D) 16:49; 2 S Overall (Blackheath & B) 16:54; 3 P Wicks (Belgrave) 17:00; 4 K Gerrard (Newham & EB) 17:05; =5 R McLeod (Elswick), T Russell (Bristol & W) 17:06.

ERRA National 4-Stage Road Relay, Sutton Coldfield, 18 October 2008

Belles maintain a solid record in Sutton Park

The Belgrave record in this event, first tackled in 2001, is pretty solid. In that first attempt we were 7th with what remains our fastest time of 1:01:32. The standard goes up every year and with around 100 teams usually taking part we can be pretty pleased with our record of never dropping out of the top third of the field and usually placing around 20th. So it was again in 2008.

Sarah Murphy was given the role of setting the Belgrave team going and as arms flailed and elbows jabbed in the rush down the initial slope she was giving as good as she got. Things are so tight on this first leg and around 75 teams all finished within three minutes of the leader. Sarah completed her stint in a bunch all sharing the same time and sent Birhan Dagne on her way.

With a stream of runners ahead of her, Birhan set about picking off as many as she could and had reeled in 29 by the end of her run. Now it was time for Tilly Heaton to take her turn before dashing off down south again to visit her dentist for root canal treatment – ooh!

We were now in 26th and last stager Catherine Bryson ran a cracking 15:10, although she'd have been happier if it had been faster, to run the Belles through the line in 20th place, maintaining our solid record in the event – 6th Southern club.

1 Aldershot F&D 57:24; 2 Charnwood AC 59:09; 3 Chester-le-Street & D 59:16; ... 20 Belgrave H 1:03:27; 100 teams started and 81 finished.

S Murphy (team position 46, ranking on stage 46) 16:07; 17 B Dagne (17, 9) 14:51; T Heaton (26, =42) 17:19; C Bryson (20, 6) 15:10.

Fastest: F Murray (Chester-le-Street) 13:50; C Purdue (Aldershot F&D) 13:54; C Hoyte (Arena 80) 14:09.

ECCA National Cross Country Relay, Berry Hill Park, Mansfield, 1 November 2008

Back to earth at Mansfield

Belgrave performances at the National Cross Country Relay Championships at Berry Hill Park tend to match the switchback terrain: one year up and the next one down. There's absolutely no margin for any error or weakness as so many clubs can turn out four men to run a fast 5k each. In 1996 we turned up for the first time with Messrs Gerry Adams, Matt Yates, Darren Mead and Gary Staines feeling confident we'd win it. What a shock that turned out to be as we could get no higher than 5th while Bingley and Coventry Godiva both ran 59:56 to set a course record. It took seven years before we turned up again, this time with Steve Sharp, Spencer Barden, Paul Freary and David Anderson, whose 59:36 was a winning time that still stands as the record today. Since then we've managed 2nd, 8th, 8th and 1st.

With many men missing for one reason or another, we were down to only three regular front liners with one more man to be pulled in from the Sutton Park 'B' team to face up to the speedsters, either on first leg or last. Paul Freary eventually got the nod and he opted for first leg. Our aim was a final place in the top ten and if everything went like a dream, maybe a sniff of the medals.

Paul had been storing a special pair of spikes for the day he got back into the cross country relay team. For two years they'd been sitting on a shelf but when the day came they didn't bring him any luck. A position in the 50s was expected with a time somewhere in the high 15s. Ok 75th was down a bit further back than we'd thought ... but Paul's time was way down on what we all hoped for. It was going to be "interesting". As usual, Steve Vernon's yellow Stockport vest had led the field.

Charging through the throng on leg two Stephen Sharp raised our colours a staggering 41 places, overtaking at will on the broader paths and still pulling back places as he approached the end, his eyes scanning the massed crowd of outgoing runners for Nick Goolab who was waiting to slap hands before he took his turn. Forty-one places ... and yet, curiously, it was Steve's slowest ever run on the circuit.

Celebrating the award of an Under 20 England vest for the following week's Lotto Cross Cup race in Belgium, Nick was eager to let rip. It was so difficult to know where we were now as runners were being lapped wholesale. Several times Nick had to bide his time in the woods, unable to get past on the narrow paths and then pushing his foot to the floor when a gap opened. But his was a cracking run and we were up to 17th.

Wells City Harriers were now in charge, going through the takeover area six seconds ahead of Morpeth Harriers. Sadly for them they had been unable to raise a fourth man for their squad and their show was over. The Beagles and Notts AC weren't far behind but, "You know who's going to do this? It's gonna be Bedford." was the opinion of those in the know.

What a courageous run from our master-blaster Phil Wicks, full of head cold but still prepared to give everything he'd got to raise us further still. By now he was among the best clubs on the course ... Tipton, Blackheath, Coventry, Aldershot ... they all fell to his stride. Running 8th best time of the day Phil achieved our aim, taking the Bels into 7th place.

It was a terrific effort and a real achievement but of course it was tinged with a measure of disappointment that on this occasion we'd been unable to reach the heights to which we've become accustomed. And the times were strange, too, surely slowed by the severe wind at the top end of the lap. Interestingly, if we'd front-loaded the team, which was always a possibility, we would have set out on the last leg in

first place as Wells fell by the wayside. Would we then have placed 7th? Who knows? But you can't win 'em all ... and getting pushed out of the medals certainly sharpens the appetite for further success.

Men's 4 x 5k: 1 Bedford & County AC 1:01:09.80; 2 Newham & Essex Beagles 1:01:29.20; 3 Morpeth H & AC 1:01:36.60; 4 Notts AC 1:01:43.50; 5 Sale H Manchester 1:02:19.65; 6 Leeds City AC 1:02:24.80; 7 Belgrave H 1:02:57.10.

P Freary M40 16:47.95 (75); S Sharp 15:45.65 (34); N Goolab U20 15:22.50 (17); P Wicks 15:01:00 (7).

"Sweatshop" Surrey Cross Country League Race 2, Wimbledon Common, 8 November 2008.

Better... and a glimpse back to 1998

There used to be a time when a team could win a Surrey League race with a score of somewhere around 250 and anything less than 200 was exceptional. Nowadays, with Herne Hill Harriers and Thames Hare & Hounds locked in a deadly embrace, trying to annihilate each other in our local league, they monopolise the top thirty places and on this occasion both scored less than 140. It was Thames that just had the advantage, as they did in match one, but there were only seven points between them.

This was a much better performance by the Bels. We just had the measure of "HW", placing 3rd on the day and moving up to 4th overall (from seventh!) – and that was without the assistance of Australian race winner Russell Dessaix-Chin who still has two weeks to go before his two months residence is completed and he is eligible to score for us. Russell made his intentions obvious from the start. He was clear of the chasing pack after 100 metres and had stretched his lead to about a minute by the end. The following week he was due to head up to Gateshead for a real test in the McCain's UK Cross Challenge.

Six-stage Relay hero Neil Speaight made a very welcome appearance to place 4th, scoring 3rd, and it was great to receive James Fairbourn, Tom Ellacott and Mike Trees back into the "ten" after they have been sidelined for some time. It was Kevin Gadd's first outing for the Bels.; his 42nd place after coming off "nights" was a good start and having sampled the après-race lemon drizzle cake he vows he'll be back.

The last time we ran on this Hercules Wimbledon course was November 1998 and some of the names from those days stir the memory. Larry Matthews (Thames) was the winner with Stuart Major (South London) 3rd. Stu' still excels in 2008 – placing 6th. Scoring Belgravians included Clive Gilby, Rob McHarg, Lee Hurst, Ray Foley, Paul Coughlan, our under-20 Captain Kevin Quinn ... and Will Cockerell, our only survivor from that race a decade ago. Will was 75th then and after ten years of occupying a slot mostly in the teens and twenties, was a good 17th this time in spite of suffering from a cold. In those far off days, Thames and Belgrave were fighting for supremacy, Aldershot still contested the Surrey League, Borough of Hounslow AC and Boxhill Runners flourished, and Hercules Wimbledon were just about to spend some time in the lower reaches of the league.

Men. 1 R Dessaix-Chin (Belgrave n/s) 26:01; 2 J McMullen (Thames H&H) 26:57; 3 P Sly (Thames H&H) 27:05; 4 N Speaight 27:14; 18 W Cockerell 28:27; 40 T Ellacott 29:15; 42 K Gadd 29:21; 47 J Fairbourn 29:39; 50 T Weeks 29:49; 52 M Trees M45 29:52; 58 K Hegvold M45 30:16; 71 M Byansi 30:49; 109 J Webb 32:22; 110 R Norville 32:23; 129 M Humphrey 33:31; 130 T O'Neill M50 33:32; 152 M Taylor M45 35:19; 160 P Marsh M50 36:13; 171 P Cross M50 37:21.

Teams: 1 Thames H&H 132; 2 Herne Hill H 137; 3 Belgrave H 393; 4 Hercules Wimbledon AC 398; 5 South London H 541; 6 Ranelagh H 588; 7 Reigate Priory AC 588; 8 Dorking & Mole Valley AC 641; 9 Stragglers 677.

After two matches: 1 Thames H&H 306; 2 Herne Hill H 313; 3 Hercules Wimbledon AC 895; 4 Belgrave H 902; 5 South London H 950; 6 Ranelagh H 969; 7 Stragglers 1185; 8 Reigate Priory AC 1306; 9 Dorking & Mole Valley AC 1364.

Surrey Women's Cross Country League Race 2, Lightwater, 8 November 2008.

Belles up to second

A super turnaround came for the Belles in league match 2. After 6th team place in the opening match they took the team win at Lightwater and shot up the table to runners-up spot, still a way off South London due to that club's huge earlier victory.

Women. 1 J Heslop (Clapham) 22:50; 6 S Murphy 24:43; 12 Z Vail 25:24; 18 A Hegvold W40 25:46; 19 M Heaton 25:51; 37 V Goodwin 26:58; 102 J Beecroft 30:16; 130 C Eastham 32:04.

Teams: 1 Belgrave H 92; 2 South London H 106; 3 Herne Hill H 112; 4 Ranelagh H 117; 5 Woking AC 135; 6 Dulwich R 183.

Overall: 1 South London 174; 2 Belgrave H 254; 3 Herne Hill H 257; 4 Ranelagh H 262; 5 Reigate Priory 346; 6 Woking AC 347.

South of the Thames 5 miles Team Race, Lloyd Park, 15 November 2008.

Medals again in the South of Thames

We're beginning to get a nice little bunch of local runners together and when they meet up at a race the prizes are not far away. Mike Trees, Mal Byansi and Tim Weeks battled it out to close in the 'A' team and their rivalry ensured that our fourth (and last) scoring man was ahead of Epsom's, thus earning us a set of bronze medals. Tim got shunted out of the four but led home our 'B' team ... where Don Anderson's spirited finish to close in that quartet resulted in the Bels pipping Epsom again at eight to score.

Pete Willis is slowly getting back to form and gave the team a boost by placing 10th (scoring 9th) but for Phil Wicks it was a training run although he had some surprising company in the shape of Newham & Essex Beagle Mark Warmby in a Herne Hill vest for the first lap.

Men. 1 P Wicks 27:01; n/s M Warmby (HHH gst) 27:19; 3 S Connor (Aldershot F&D) 28:42; ... 9 P Willis 30:14; n/s L Eguia gst 31:12; 23 M Trees M45 31:21; 24 M Byansi 31:23; 25 T Weeks 31:27; 46 R Norville 33:32; 59 D Mason 34:51; 102 D Anderson M50 40:23.

Teams (4 to score): 1 Aldershot F&D 45; 2 Herne Hill H 52; 3 Belgrave H 57; 4 Epsom & Ewell H 57; 14 Belgrave H 'B' 232; 24 teams closed in.

(8 to score): 1 Herne Hill H 225; Belgrave H 289; 3 Epsom & Ewell H 291; 7 teams closed in 8 runners.

News

Belgravians star in Lotto Cross Cup at Mol, Belgium

Nick Goolab missed a win on his international debut on 9 November by a single second. In the Junior Men's race over 6.4k he was just beaten by Jeroen D'Hoedt of Belgium 20:50 to 20:49. In the 9.5k Senior Men's race first Brit home with a fine run was Phil Wicks in 8th spot, ahead of compatriots Bowser, Humphries and McLeod. Winner was Ethiopian Faisa Dame Tasama 30:10 with Phil 31:07. Running for Ireland was Daniel Mulhare and his 23rd place in 32:37 made him third man home for his country.

Justin Chaston medals in Masters' International

A lot of water has gone under the bridge since Justin Chaston's Olympic appearances as a steeplechaser and countless runs in club colours, but the man is still mixing it at the front end of fields in endurance events. At Swansea he competed in the British Masters' International Cross Country Championships over 8k in the M40 age group – and came away with 3rd place after a hard fought race. Justin, racing for Wales, held second place early in the contest but finally had to hold off a fast finishing John Downes (Ireland).

Alex is Young Belgravian of the year

Not yet eighteen years old, Alex Wright placed second in the 89th Belgrave Open Seven Miles Walk, in spite of treating it as a training spin.

Alex has beaten some long standing U20 Club Records this

year and got up to 3rd in the UKA Senior Men's 5000m Championship at Birmingham back in the summer. He has been awarded the Cup for the Young Belgravian of the Year.

Catherine second on Parliament Hill

Belgrave only had one representative in the London Cross Country Championships at Parliament Hill on 22 November but Catherine Bryson (20:28) made a bold effort to place second to Clapham's Justina Heslop (20:07) in the 6000m Senior Women's event.

European Championship Trials

Great news came from Sefton Park, Liverpool, setting for the European Championship Trials on 29 November in cold and miserable conditions with the temperature barely crawling above zero.

In the under 20 race Nick Goolab ran so well to place second to St. Helen's David Forrester. Many commented on how confident Nick looked in his running.

Phil Wicks and Russell Dessaix-Chin lined up in the senior men's race over 9.8k. Russ (who placed 17th) tells us that he has never felt so cold or been in so tough a race – but that's what he's in the UK for – to learn as much as he can about cross country running. Up with the leaders over the first lap, Phil Wicks took up the pace on the second circuit in an effort to break things up. It worked to a certain extent and he was well in contention in a slightly smaller leading group for the final lap, holding on to sixth place while struggling to stop himself from "heaving" over the last 300 metres.

Results Roundup

Track & Field

November 2008

29 Brunel Indoor Jumps & Speed Meeting, 29 November 2008.

Men. 60m: 6h5 M Peacock 7.86.

Women. PV: 2 S Smith 3.60.

December 2008

7 Windsor SE&H Open, Eton.

Men. PV: 1 S Colgate 4.20; N Phipps M55 3.00.

7 Data Connection Games, Lee Valley.

Women. 800m: 1r1 M Hutchison 2:09.3. PV: 2 S Smith 3.30.

12 EIU Early Bird, Charlestone, Illinois, USA.

Men. 1000m: 1 K Gauson 2:28:58.

Race Walking

November 2008

1 Addington Vase 7 miles, Monks Hill.

Men. 1 M Easton (Surrey) 56:10; 3 P King M55 68:05; 8 C Lawton M60 69:51.

8 Enfield Open 7 miles.

Men. 1 D Stone (Steyning) 51:22; 26 P King M55 67:12; M Culshaw 46:54 at 5 miles.

22 Belgrave Open 7 miles.

Men. 1 D Stone (Steyning) 50:12; 2 A Wright U20 54:55; 5 E Viljoen 1-W35 60:41; 6 J Hall 1-M55 61:48; 11 C Lawton 1-M60 65:12; 13 P King M55 66:30; 19 M Noel 3-W45 68:35.

Teams: 1 Belgrave 13; 2 Steyning 13; 3 Ilford 42; 4 Belgrave 'B' 43; 5 Enfield 44; 6 Surrey WC 59.

29 Enfield League 5 miles.

Men. 1 N Silvester (Aldershot F&D) 40:21; 7 C Lawton M60 46:20; 22 D Fotheringham 56:08.

December 2008

6 Cambridge H Winter League 5k, Bexley.

Men. 1 A Wright (Belgrave) U20 22:53; 5 C Lawton M60 27:52.

Teams: 1 Ilford; 2 Cambridge H; 3 Belgrave.26 **Boxing Day 5k Walk, Pickett's Lock.**

Men. 1 S Crane (Surrey WC) 26:03; 2 J Hall M55 26:04.

13 Birchfield 5k Christmas Handicap, Parry Park.

Men. 1 G Chapman (Head) 29:19; 2 D Fotheringham M75 33:42.

13 Surrey WC 5k Christmas Cup, Monk's Hill.

Men. 1 M Easton (Surrey WC) 23:59; 5 C Lawton M60 28:14.

20 Alf Palmer Memorial Walks, Horsham.

Men's 5k. 1 A Wright U20 22:26.

21 Ilford Christmas 10k Walks.

Men. 1 S Crane (Surrey WC) 54:36; 2 J Hall M55 54:43; 5 M Culshaw M40 58:26.

Women. 1 H Middleton (Enfield &H) 58:28; 2 M Noel W45 1:02:31.

Road & Country

October 2008

- 4 **Belgrave 5k Yacht Handicap.**
1 B Hurley elapsed time 29:53, delay 12:45, actual time 17:08; 2 J Webb 29:55, 12:20, 17:35; 3 J Beecroft SW 29:55, 7:30, 22:23; 4 M Byansi 30:04, 12:45, 17:19; 5 R Dessaix-Chin 30:04, 15:15, 14:49; 6 D McMillan 30:15, 8:00, 22:15; 7 L McLean 30:23, 4:30, 25:53; 8 M Lesley 30:25, 6:00, 24:25; 9 P Power 30:29, 12:00, 18:29; 10 G Collins 30:34, 4.30, 26:04; 11 T Gray 30:48, 10:00, 20:48; 12 R Mann 30:58, 10:00, 20:58; 13 A Luce 31:01, 12:00, 19:01; 14 W Lynch 31:08, 11:00, 20:08; 15 L Mann 31:56, ---, 31:56; 16 D Anderson 35:59, 12:20, 23:39.
- 4 **McAndrew Relays, Glasgow.**
Men. 3.25 miles G Hyett 16:47.
- 4 **Great North Run 1 mile, Newcastle.**
Men. 1 M Farah (Newham &EB) 4:13; 12 S Davies 4:20.
- 4 **JP Morgan Chase Corporate Challenge, New York.**
Men. 1 T Setone (Transnet, RSA) 16:03; 3 P Wicks (Legal & General) 16:08; 79 T Chidgey (L&G) 19:36.
- 4 **Bridgedale Coniston Sport Trail 5k, Lake District.**
Men. 1 S Fortnum (Severn) 21:02; 4 P Cross M50 25:37.
- 5 **Sony Run to the Beat Half Marathon, London.**
Men. 1 J McFarlane (Thames H&H) 1:10:12; 3 H Raidi 1:11:08; 4 K Tadesse 1:13:03; 6 K Hegvold M45 1:14:30; 7 W Cockerell 1:14:37.
Women. 1 B Dagne 1:18:22; 3 V Knight 1:22:01.
- 5 **Great North Run Half Marathon, Newcastle to South Shields.**
Men. 1 T Kebede (Ethiopia) 59:45; 29 S Jones 1:07:31; 1088 P Cross M50 1:33:26.
- 11 **Bushy Park 5k Time Trial.**
Men. 1 C Walmsley (Stragglers) 17:36; 222 J Hilston 24:39.
- 11 **Manchester University Relays.**
Men. Fastest: 1 A Jones (Salford) 10:18; 11 N Goolab 10:37.
- 12 **Northern Veterans 10m Championship, Lytham St. Annes.**
Men. 1 P Freary 54:51.
- 12 **Givaudan Ashford 10k.**
Men. 1 M Coleman (Medway) 30:58; 114 P Cross M50 41:17.
- 18 **Surrey County Veterans CC Champs., Petersham.**
Men. 1 D McDonald (Ranelagh) 35:17; 21 S Zealey M40 39:09; 49 M Taylor M45 42:58; 90 A Lane M70 59:27; 91 A Stone M65 62:53.
- 18 **Wimbledon Common 5k Time Trial.**
Men. 1 L White (Herc Wimb) 16:56; 3 M Humphrey 17:30.
- 19 **Tadley Runners 10 miles, Hurst.**
Men. 1 M King (unatt) 55:44; 28 P Cross M50 1:07:48.
- 19 **Jerry Farnan 5m CC, Phoenix Park, Dublin.**
Men. 1 M Christie (Mullingar) 25:12; 5 D Mulhare (North Laoise/Belgrave) 25:44.
- 19 **Great Cumbrian Half Marathon.**
Men. 1 D Kirkland (Aln) 70:42; 2 K Tadesse 71:00.
- 19 **Wimbledon Audi 10k.**
Men. 1 H Raidi (Belgrave) 31:19.
- 19 **Cardiff Half Marathon.**
John Muriithi (Kenya) went off like a rocket to grab a big lead but he suffered in the wind and when Simon went after him at 8 miles and then hammered the last mile or so, the African had no answer.
Men. 1 S Jones (Belgrave) 1:07:48.
- 19 **Cabbage Patch 10 miles.**
Men. 1 S Overall (Blackheath &B) 48:28; 7 K Hegvold M45 53:50.
Women. 1 M Mukunzi (Kenya) 56:48; 2 B Dagne 57:55.
- 25 **Cambridge University H&H v RAF v Eastern Counties, Magog Down, Cambridge.**
Men. 1 J Kelly (Camb/Belg) 34:18.
- 25 **Bushy Park 5k Time Trial.**
Men. 1 M Trees M45 16:19; 18 B Barton M40 17:55; 163 D Anderson M50 22:23.
- 25 **Wimbledon Common 5k Time Trial.**
Men. 1 K Kyereme (Shaftesbury Barnet) 15:43; 6 M Humphrey 17:50.
- 26 **Great South 10 miles, Southsea.**
Men. 1 B Kipyego (Kenya) 46:43; 20 J Blackledge 50:44; 37 K Gadd 56:40; 279 P Cross M50 1:08:26.

November 2008

- 1 **Reigate Priory Relay.**
Men 6 x 2.5 miles. 1 Herne Hill H 86:33; 2 Tonbridge AC 88:23; 3 Cambridge H 90:19; 22 Belgrave H 108:37.
T Weeks (6) 14:47; K Gadd (4) 14:48; D Anderson M50 (13) 19:19; R Norville (11) 16:11; T Weeks (19) 22:28; D Anderson M50 (22) 21:04.
Fastest: D Lacy (Cambridge H) 13:25; K Quinn (Herne Hill) 13:46; 3 J Hamblen (Walton) 13:55.
- 1 **Thames H&H v Cambridge University H&H, Wimbledon Common.**
Men. 1 P Natali (Camb) 38:02; 2 J Kelly (Camb/Belg) 38:49; 8 W Cockerell (Thames/Belg) 41:45.
- 1 **Wimbledon Common 5k Time Trial.**
Men. 1 C Parr (Gateshead) 16:20; 5 M Humphrey 17:53.

- 1 **Horizon League CC Champs., Green Bay, Wisconsin, USA.**
Men. 1 A Baker (Butler) 24:55; 4 K Gauson 25:20.
- 2 **Stevenage Half Marathon.**
Men. 1 G Saqui (Highgate) 1:11:36; 103 P Cross M50 1:31:38.
- 2 **Marlow Half Marathon.**
Men. 1 E O'Gorman (Chiltern) 1:14:42; 2 M Trees M45 1:15:57; 3 P Willis 1:16:18; 16 M Whiting 1:23:52; 492 D McMillan M60 1:54:35.
Women. 1 L Whiley 1:28:20; 16 R Trees 1:40:29.
- 2 **Rainforest 10k, Finsbury Park.**
Men. 1 M Byansi 36:19.
- 2 **Ron Hill Surrey Classic 10k, Nonsuch Park.**
Men. 1 T Elsey (Herne Hill) 33:51; 3 M Webb M40 35:52; 61 R Mann M40 43:16; 163 D Davies M65 53:15; 226 L Mann M65 1:08:10.
- 9 **Leatherhead Fire Station 10k.**
Men. 1 H Raidi 34:38; 5 M Webb M40 36:03.
- 9 **Bexhill Seafront Poppy Half Marathon.**
Men. D Anderson (?) 1:14:59 37 P Cross M50 1:35:55.
- 9 **Lotto CrossCup, Mol, Belgium.**
Men's 9.5k. 1 D Tasama (Ethiopia) 30:10; 8 P Wicks 31:07; 23 D Mulhare 32:37.
Under 20 Men's 6.4k. 1 J D'hoedt (Belgium) 20:49; 2 N Goolab 20:50.
- 15 **NCAA Great Lakes Regional, West Lafayette, Indiana, USA.**
Men's 10k. 49 K Gauson 32:34.
- 15 **British Masters CC Champs., Swansea.**
Men's 8k. 1 T Hartley (Eng) 28:04; 3 J Chaston (Wales) 28:46.
- 15 **Richmond Park 5k Time Trial.**
Men. 1 N Stoddart (St. Mary's) 17:58; 2 R Stannard 18:22.
- 15 **McCain's UK Cross Challenge, Sefton Park, Liverpool.**
Men. 1 M Butter (Netherlands) 28:18; 9 R Dessaix-Chin 29:09.
One lap Race: 1 J Brewer (Cheltenham) 4:49; 9 N Speaight 4:56; 11 S Davies 5:01.
- 16 **Brooks Brighton 10k.**
Men. 1 J Blackledge 30:25; 2 S Sharp 30:31; 189 N Stevenson 39:36; 225 P Cross M50 40:15.
- 16 **Epsom 10 miles, Epsom Downs.**
Men. 1 B Whitby (Herne Hill) 53:18; 2 H Raidi 53:46.
- 16 **Preston 10 miles.**
Men. 1 G Butler (Preston) 54:29; 2 P Freary M40 55:28.
- 22 **Richmond Pk 5k Time Trial.**
Men. 2 R Stannard 17:53.
- 22 **Bushy Pk 5k Time Trial.**
Men. 1 M Trees M45 16:23; 323 J Hilston 27:34.
- 22 **London CC Champs, Parliament Hill.**
Women's 6k. 1 J Heslop (Clapham) 20:07; 2 C Bryson 20:28.
- 23 **Leeds Abbey Dash 10k.**
Men. 1 M Janes (Bedford) 29:32; 35 J Fairbourn 33:04.
- 23 **Saab Saloman 16k Turbo Cross X, Bordon.**
Men. 1 R Hope (Saloman) 59:23; 7 K Gadd 1:06:01.
- 23 **EAS Castle Combe 10k.**
Men. 1 D Hall (?) 34:25; 40 P Cross M50 42:20.
- 24 **NCAA Div 1 CC Champs., Terre Haute, Indiana, USA.**
Men. 1 G Rupp (Oregon) 29:04; 179 K Gauson 31:32.
- 29 **McCain UK Cross Challenge & European Trials, Sefton Park, Liverpool.**
Men's 9.8k. 1 A Vernon (Aldershot) 29:34; 6 P Wicks 29:45; 17 R Dessaix-Chin 30:35; 140 J Fairbourn 34:36.
U20 Men's 6.7k. 1 D Forrester Sutton St. Helen's) 20:29; 2 N Goolab 20:36.
- 29 **Thames H&H v Ranelagh, Roehampton.**
Men. 1 J McMullen (Thames H&H) 41:26; 12 W Cockerell 46:44.
- 29 **Veterans AC 5.8 miles CC, Wimbledon.**
Men. 1 B Attwell (South London) 34:18; 14 R Mann M40 40:07; 32 A Lane M70 57:39; 33 L Mann M65 69:31.
- 29 **Richmond Pk 5k Time Trial.**
Men. 1 N Aitken (Clapham) 17:07; 6 T O'Neill M55 18:20.
- 30 **Beddington Park 10k.**
Men. 1 T Elsey (Herne Hill) 31:47; 2 M Humphrey 35:51.
- 30 **Crowborough 10k.**
Men. 1 W Levett (Tonbridge) 33:42; 64 P Cross 44:17.

December 2008

- 6 **Oxford Uni. vs Cambridge Uni., Wimbledon Common.**
Men. 1 R Franzese (Oxford) 38:33; 3 J Kelly (Camb/Belg) 38:56.
- 6 **Scottish East CC Champs., Cupar.**
Men. 1 R Russell (Central) 34:08; 2 D Mulhare 34:47.
- 6 **Scottish West CC Champs., Irvine.**
Men. 1 T Mengistab (Shettleston) 30:00; 4 M Pollard 31:03.
- 6 **Richmond Park 5k Time Trial.**
Men. 1 N Stoddart (St. Mary's Rich) 17:13; 4 T O'Neill M55 18:06.
- 6 **Banstead Woods 5k Time Trial.**
Men. 1 R Stannard 17:36.
- 7 **Fukuoka Marathon, Japan.**
Men. 1 T Kebede (Ethiopia) 2:06:10; 13 M Dent 2:14:46.
- 7 **Tadley Runners Christmas 5.3 miles Run.**
Men. 1 M King (unatt) 31:45; 23 P Cross M50 39:23.