



Above: The start of the inaugural AAA 5 km Road Championship, held in conjunction with the Horwich Carnival race. From left to right Peter Riley (107 Leigh H), Rob Whalley (90 Bristol & West AC), Andi Jones (51 Salford), David Anderson (88 Belgrave H) with Mark Miles on his left, behind Ian Mitchell (114 Tipton), the eventual winner Wilf Taragon (85 Birchfield), Mark Tucker (126 Australia), Birhan Dagne (217 Belgrave H) is on the right. Mark Miles placed second with the fastest time run by a Briton in Britain this year – 13:58 – and took the AAA Championship.

The Belgravian

Well, it was inevitable really. The costs of getting a magazine professionally printed are ever increasing, even if we do all the design and layout before passing it over to the print shop. Saving costs by restricting the production of *The Belgravian* to one issue per year means that much of the news is out of date by the time you see it, and working on such a mammoth is yet another time consuming and daunting job.

Over the last year our frequently published electronic newsletter has proved to be a successful way of getting recent results and topical information out to our members and because it is only published a few pages at a time, the burden of doing so is far less onerous. The Belgrave Committee has therefore taken the decision to allow the newsletter *eHarrier* to metamorphose into *The Belgravian* – produced and distributed electronically. Using computer technology means that we have done away with virtually all production costs as printing, if required, is down to you, the reader. We will also save a great deal on postage. Additional improvements over the “old” *Belgravian* are that we can make more use of colour – although to save you spending a fortune on inkjet or toner cartridges, should you want to print your copies, we won’t overdo it. If you don’t own a colour printer, then it still looks pretty good in monochrome. For the foreseeable future we should be back to the situation not seen for around seventy years when, in the 1930s, *The Belgravian* was produced for a while on a monthly basis.

Of course there is one draw back. You need a computer to receive and read *The Belgravian*. If you don’t own one, hopefully someone in your circle of family and friends will be

able to print copies for you. You could also visit your local library, print shop or Internet café where you can use their facilities for a small charge and almost certainly find someone there who will be able to offer you help if required. If all else fails then contact the Editor who will post copies to you on an occasional basis.

This information will be passed on to our members with each of our mail shots for AGM notices, fixture cards, etc., and will be sent to new members with their letter of welcome.

So, *The Belgravian* lives; and as we publish items that had been held up waiting for the “annual” issue that never came, it may well be that its appearance is even more frequent than we could have previously imagined.

In this issue:

- 69 Road Running – AAA 5k Championship
- 69 British Athletics League – Match 3
- 70 UK Women’s Athletics League – Match 2
- 70 National Junior Athletics League – Match 3
- 71 Results roundup
- 73 Top tips to help make the Race Director’s day

The Belgravian is the official newsletter of Belgrave. Articles and photos by the Editor unless otherwise stated. Copy may be sent to him at alan.mead@belgraveharriers.com.

To access a list of all copies of *eHarrier* or the new version of *The Belgravian* go to the Club’s website at www.belgraveharriers.com and click on *The Belgravian* icon on the right hand side of the page. A full list of all issues will then be shown and clicking on any issue will bring up the relevant production, allowing you to read it or print it.

Road Running



Mark Miles staged a terrific finish in the AAA 5k to all but catch Wilf Taragon (Birchfield/Kenya)

ASDA Horwich Carnival 5km, inc. AAA Championship, Horwich, Lancs., 26 June 2005.

Mark Miles wins AAA 5k title but Bels lose the team race on count back

Things couldn't have been tighter at the conclusion of this classy inaugural AAA 5 km road championship held in the West Pennine moorland town of Horwich.

Birchfield's Wilfred Taragon had made an early break with his club mate Abdulaziz Rahman in second, ahead of a large pack containing most of the Belgrave, Morpeth and Salford teams. Mark Miles was moving forward well over the second of the three laps with our other scorers David Anderson looking strong but Kassa Tadesse beginning to suffer.

Drama in plenty came on the final circuit as Bud Baldaro's familiar commentary whipped up excitement. On the long gradual climb to the finish Taragon was still ahead but, incredibly, "Milesy" was storming the hill behind him and closing him down all the way to the line. With £950 on offer for a win in a course record time there was much at stake; but it was Taragon who triumphed, with these two plus the next six men all inside the best ever time for the course.

Teamwise, Birchfield had a terrific start with 1st and 3rd but didn't have a third man in sight. Then three Salford vests came up the hill and across the line in close order – 10th, 11th and 12th – surely that clinched it for them – but maybe not! David Anderson was right on Salford's tail in 13th with Jonathan Blackledge, running his fastest ever 5k (road or track) having overtaken Kassa to become our last scorer.

A quick tally showed that we seemed to have nicked it with 2, 13, 17 (32) to Salford's 10, 11, 12 (33) and Birchfield's 1, 3,

34 (38). Not so! Fourth placed Mark Tucker (Australia) was not eligible for the AAA race and when his place was taken out of the result it was 30-30 to Belgrave-Salford with the latter prevailing in the championship due to closing in their team before us.

Strangely, the Birchfield Africans were eligible for the AAA team race but not for the individual event – so Mark Miles took the AAA title.

Birhan Dagne was on course for a place on the podium in the women's race but faded towards the end, losing positions as she crossed the line, due to a dizzy spell. She recovered sufficiently to head off to Stoke where a couple of hours later she proceeded to win the 1500 metres for our UKWAL team!

Men. 1 W Taragon (Birchfield/Kenya) 13:54; 2 M Miles (Belgrave) 13:58; 3 A Rahman (Birchfield/Sudan); 4 M Tucker (Australia) 14:10; 5 I Hudspith (Morpeth) 14:15; 6 M Smith (Tipton) 14:16 ... 10 A Jones (Salford) 14:28; 11 T Abyu (Salford/Ethiopia) 14:28; 12 S Winton (Salford/New Zealand) 14:29; 13 D Anderson (Belgrave) 14:30; 17 J Blackledge (Belgrave) 14:43; 28 K Tadesse (Belgrave) 15:04; 33 T Watson (Belgrave) 15:12.

Teams: 1 Salford (9, 10, 11) 30; 2 Belgrave (2, 12, 16) 30; 3 Birchfield (1, 3, 33) 37.

Women. 1 V Gill (Chorley) 16:05; 2 K Ramsey (Charnwood) 16:18; 3 P Powell (Blackburn) 16:28; 5 B Dagne (Belgrave) 16:34.

British Athletics League Division 1

League standings with one match to go

Woodford Green with Essex Ladies	22	986
Belgrave	19	949
Birchfield	18	885
Newham & Essex Beagles	15	839
Shaftesbury Barnet	12	757
Trafford	8	736
Border	8	714
Enfield & Haringey	6	683

Match 3, Sport City, Manchester, 25 June 2005.

Our worst score in nine years!

After 24 hours in a darkened room with a wet towel round his head, Bill Laws writes: - Travelling is not much fun these days. Friday driving out of London is a nightmare and believe it or not several cars took 8 to 9 hours to make the 250-mile trip to Manchester. A good night's sleep in a new hotel close to the stadium proved insufficient to rejuvenate tired bodies and the Belgrave performances were generally well below par resulting in a sub 300 points total – the first for 9 years. With four events to go in a very tight competition the team was in an unlikely second spot with chief rivals WGEL in fifth place but disqualification in the sprint relay and some poor results saw a final position with WGEL second to a resurgent Birchfield and Belgrave in fifth place.

Bright spots

There were several bright spots. With the Solihull BMC races on at the same time and the next days AAA's road 5km team championships we knew the middle distance would be weakened. But thanks to Jonathan Blackledge and Kassa Tadesse (who both ran the following day's road race too) and a season's best from Will Cockerell in the 5000 the middle distance boys came up to scratch. Tim Bayley ran a pb in the 1500 and Simon Marwood returned to the fold to gain an excellent third in the steeplechase. Darren Gauson had hoped for a fast time in the A 800 but a tactical first lap of 58 secs. put paid to that. Forced to lead out on lap 2 he opened up a small gap and was only pipped on the line by Alasdair Donaldson – a 1.47.3 man – so a great performance there. Eighteen-year-old Joe Van de Toorn (pictured right, 11) made an impressive debut in the B 800 but found the 53 second opener a bit daunting. Nonetheless he held on well to just miss out on a pb.

Decathletes performed well and welcome back to Matt

Our star decathletes both performed well as usual. Will Sharman followed an excellent 2m high jump with fourth spot in the sprint hurdles and then contributed to both relay teams. Kevin Sempers did the same events which was greatly appreciated as he has been selected for the GB multi events team to compete in Helsinki next weekend and could well have taken things easy. Matt Douglas flew in from Bangor where he had won the 400 hurdles the night before and chalked up another good win to provide respectability to an event which has been a disaster for us so far this year. He later completed a good 24-hour stint with second spot in the B 400. Sadly Andrew Bennett pulled up at hurdle 2 in the B 400 hurdles so the jinx on this event continues.

But throws below par ...

The throws were well below par with several names missing, which was not good news on a day when the opposition brought out their big guns. Mick Jones moved house in the week and it showed; but he came, and his support was greatly appreciated. A special mention for John Osazuwa who gained good points in the B hammer with a season's best effort of 59.22m, and long jumper Darragh O'Farrell who produced a 53.33m effort in the javelin. Darragh and Adrian Phillips had previously both gained second spots in the long jump. Darragh also filled the B slot in the triple jump and the last leg of the sprint relay squad. But disappointing points came in the triple and not much luck in the pole vault where Joe Ive finished ahead of a slightly injured Cameron Johnston on count back.

... and we suffered in the sprints

So, all round, points were drifting away, but it was the sprints where we really suffered. So far this year the 100, 200, and relay had amassed over 60 points in each match. This time the contribution was just 20 points. We knew that most of our excellent young sprinters would not be there due to next week's U20 and U23 AAA's Championships but the late withdrawal of Graham Beasley and an on-going injury to Darren Chin proved insurmountable problems. Darren wanted to run as he is short of race fitness but felt a niggle in the A 100 and eased as a precaution. To reduce pressure Jason Hussain moved to the A 200 and despite a poor start did well to finish fourth. But Darren fared no better in the B 200 and jogged the straight to avoid further problems. And so the sprint relay team consisted of just one recognised sprinter, two decathletes and a long jumper. With no baton practice it was odds on that the baton would not get round. And so it proved. With the red flag raised on the last exchange, the game was up.

Set Osho, who had previously set a new pb of 47.58 (a European Junior qualifying time) in the A 400, reluctantly joined the long relay squad including the ubiquitous decathletes William and Kevin and 800 man Darren Gauson; they produced a creditable time of 3.20.30.

Only 22 points covered 2nd to 5th

Frustratingly at the final count only 22 points covered the second to fifth spots. But WGEL now have a comfortable lead at the top of the table. It looks as though the real interest in the final match (which is now at Haringey) will be to do with relegation. For Belgrave, retaining the title is surely a bridge too far.

We offer special thanks to Belgrave's sports therapist Tony Ganio who again performed wonders to keep the team almost in one piece. At least Tony found the facilities at sports city ideal for both working and viewing the proceedings. We like to keep him happy.

100m: 6 D Chin 11.01/-0.4; 7 J Hussain 11.18/-1.6. 200m: 4 J Hussain 21.96/-0.4; 7 D Chin 23.06/-0.5. 400m: 5 S Osho U20 47.58; 2 M Douglas 48.21. 800m: 2 D Gauson 1:53.76; 5 J Van Der Toorn U20 1:53.17. 1500m: 3 T Bayley 3:48.15; 2 J Blackledge 3:54.72. 5000m: 4 K

Tadesse 15:14.87; 3 W Cockerell 15:19.57. 110mH: 4 W Sharman 14.31/-1.2; 4 K Sempers 14.80/1.6. 400mH: 1 M Douglas 51.23; dnf A Bennett. 3000mSC: 3 S Marwood 9:16.43; 2 T Watson 9:24.86. HJ: 5 K Sempers 2.00; 1 W Sharman 2.00. LJ: 2 D O'Farrell 7.24/nws; 2 A Phillips 7.15/0.5. TJ: 7 D Wellstead 13.54/0.4; 6 D O'Farrell 12.15/0.6. PV: 4 J Ive 4.60; 4 C Johnson 4.60. SP: 6 C Gearing U20 16.15; 3 S Thompson 15.11. DT: 3 S Thompson 49.07; 5 C Gearing U20 39.81. JT: 7 D O'Farrell 53.33; 6 S Thompson 50.41. HT: 3 M Jones M40 66.06; 2 J Osazuwa 59.22. 4x100m: dq Belgrave (W Sharman, J Hussain, K Sempers, D O'Farrell. 4x400m: 6 Belgrave 3:20.30 (W Sharman 48.7, D Gauson 50.7, S Osho U20 50.4, K Sempers 50.5).

1 Birchfield H 339; 2 Woodford Green wEL 306; 3 Newham & Essex Beagles 295; 4 Trafford AC 288; 5 Belgrave H 284; 6 Shaftesbury Barnet H 247; 7 Border H 228; 8 Enfield & Haringey AC 197.



Welcome back to Matt! Having won the previous evening in Bangor, Northern Ireland, Matt Douglas flew in to Manchester to do the business for the British League team. Photo by Pat Mead.

UK Women's Athletics League Division 4

Match 2, Stoke, 26 June 2005.

Promotion beckons

The long haul to Stoke and some dubious overnight accommodation did nothing to discourage the team who posted another convincing win. With just the one match to go now there would have to be an almighty disaster to halt the Belles' bid for promotion to division three in 2006.

Once again Hannah Stares set the tempo for the afternoon with a win in the opening track event – the 400 metre hurdles. Then, teaming up with fellow multi-eventer Julie Hollman, these two covered the sprint hurdles and high jump to pull in more maximum points. At this point Julie moved to the throws where yet another win came in the shot.

Double wins came in the horizontal jumps, Sarah Wellstead taking both A events with good backing from Michelle Nestor in the triple (a season's best) and Katryna Euridge in the long.

The flat 400 metres saw Captain Jennifer Culley powerfully sweeping up the field: as SEAA champion over the 400 hurdles surely she will smash the one minute "barrier" for her speciality, given the right conditions.

Claire Robinson is so solid over two laps, always turning out something in the 2:10-2:11 area, and this occasion was no different in spite of the fact that she'd run a best of 2:09.98 at Solihull in the BMC meet less than 24 hours earlier. A best ever 800 metres also came from Chrissie Foster who lost touch with the leader but finished strongly to claw back all but

half a metre by the finish line. In the 1500m Birhan Dagne set off a little more cautiously than she did in match 1, this time stretching away to a good win – in spite having placed 5th in the AAA 5k Championship that very morning.

And so to the relays. In the 4x100 TVH turned out a powerful quartette that proved to be 15 metres too good for us, but come the long race and the Belles finished off the day as they started – clear winners.

100m: 4 J Culley 12.8/-2.5; 2 K Euridge 13.0/-0.6. 200m: 6 R Lewis 26.9/-0.8; 2 C Foster 27.0/-1.9. 400m: 1 J Culley 56.1; 4 S Gailey 60.6. 800m: 3 C Robinson 2:11.3; 2 C Foster 2:15.4. 1500m: 1 B Dagne 4:39.5; 3 R Powell 5:02.0. 3000m: 4 S Gailey 11:33.2. 100mH: 1 J Hollman 14.5/-2.4; 1 H Stares 14.7/-0.6. 400mH: 1 H Stares 60.3; 5 V Goodwin 75.6. LJ: 1 S Wellstead 5.74; 1 K Euridge 5.52. HJ: 1 J Hollman 1.80; 1 H Stares 1.60. TJ: 1 S Wellstead 11.59; 1 M Nestor 11.31. PV: 2 J Searle 2.80. SP: 1 J Hollman 12.35; 2 L Fox 9.57. DT: 3 L Fox 36.79; 1 J Loney 34.84. JT: 7 J Loney 20.90; 4 H Mead 18.58. HT: 4 J Loney 40.51; 5 H Mead 17.35. 4x100m: 2 Belgrave 49.8 (R Lewis, H Stares, S Wellstead, K Euridge). 4x400m: 1 Belgrave 3:51.2 (J Culley 57.4, R Lewis 60.2, C Robinson 57.0, J Hollman 56.6).

1 Belgrave 224; 2 City of Stoke 163; 3 Thames Valley 161; 4 Blackheath & Bromley 158; 5 Medway and Maidstone 155; 6 Herts Phoenix 140; 7 Kingston Upon Hull 122; Radley withdrew.

League standings with one match to go

Belgrave Harriers	16	450
Blackheath & Bromley.....	12	341
City of Stoke AC	12	292
Thames Valley H.....	11	315
Herts Phoenix AC.....	9	312.5
Medway & Maidstone AC.....	7	266
Kingston upon Hull AC.....	4	229.5
Radley AC (withdrawn)	1	55

National Junior Athletics League

Men's Southern Premier Division Match 3,
Ware, 19 June 2005.

100m: 4 J Hussain 11.4; 6 A Mohammed 12.1. 200m: 3 J Hussain 22.2; 7 R Collier 24.8. 400m: 1 G Selway 49.5; 7 M Kirby 57.0. 800m: 8 T Barry U17 2:13.2. 110mH: 2 Z Sandell 16.1. 400mH: 3 Z Sandell 57.2. HJ: 8 J Harris U17 1.50; 8 M Kirby 1.45. LJ: 8 D Turner 5.53. TJ: 8 J Harris U17 9.28. PV: 2 Z Sandell 3.65. SP: 1 C Gearing 17.42; 2 Z Sandell 11.65; n/s C Scott 12.46. DT: 1 C Scott 43.61; 1 C Gearing 41.69. HT: 4 C Scott 48.48; 8 J Harris 15.26. 4x100m: 5 Belgrave 45.5 (A Mohammed, J Harris, R Collier, J Hussain).

Teams: 1 Enfield & Haringey 303.5; 2 Blackheath & Bromley 283; 3 Shaftesbury Barnet 260.5; 4 Windsor SE&H 249; 5 Harrow 242; 6 Bournemouth 194; 7 Belgrave 163; 8 Havering Mayesbrook 129.

Women's Brent Division Match 3, Perivale, 19 June 2005.

100m: 4 T Collins 15.6; 4 M Flores 15.1. 200m: 4 L Collier 28.7; 4 M Flores 32.5. 400m: 4 L Collier 65.9; 3 M Flores 82.5. 800m: 2 G Williams 2:33.6; 1 S Dolfe 2:38.2. 1500m: 1 I Ainsworth 5:18.9; 1 G Williams 5:40.9. 3000m: 1 I Ainsworth 12:34.3; 1 S Dolfe 13:20.9. 100mH: 3 T Collins 20.6; 2 I Ainsworth 21.1. 400mH: 1 G Williams 73.2; 1 S Dolfe 80.0. HJ: 3 T Collins 1.35; J Fitzpatrick. LJ: 4 L Collier 4.28; 3 M Flores 3.50. TJ: T Collins; J Fitzpatrick. SP: 3 C Sanderson 6.70; 1 L Collier 4.98. DT: 1 T Collins 18.50; 2 C Sanderson 21.80. JT: 2 C Sanderson 21.18; 3 J Fitzpatrick 3.81. HT: 3 I Ainsworth 13.79; 2 M Flores 8.26. 4x400m: 1 Belgrave 4:20.8 (S Dolfe 65.7; G Williams 63.7, I Ainsworth 66.1, L Collier 65.3).

Teams: 1 Belgrave 262; 2 Vale of Aylesbury 235; 3 Wycombe Phoenix 206; 4 Hillingdon 187; 5 Thames Valley 81.

Results Roundup

Track & Field

June 2005

- 8 **Army Champs, Aldershot.** SP: 3 J Osazuwa 13.11. DT: 7 J Osazuwa 35.00. HT: 1 J Osazuwa 55.42.
- 8 **Rosenheim League Match 3, Wimbledon Park.** All non-scoring. Men. 100m: 2r1 G Wilson 11.4; 3r1 K Adjepong 11.7; 4r1 M Debrah U20 11.8; 5r1 A Mohammed U17 11.8. 1r2 R Collier U20 12.1; 3r2 M Flores U17 12.5; 7 C Manning M75 24.6. 200m: 3r1 K Adjepong 23.5; 5r1 M Flores U17 24.8. 400m: 2 M Humphrey 56.8; 3 R McMillan 63.3. 800m: 1 T Ellacott 2:02.4; 2 M Humphrey 2:06.1. 1500m: 2 J Webb 4:27.6; 4 T O'Neill M50 4:36.2; 8 S Baxendale 4:58.9. HJ: R Collier U20 1.70; M Flores U17 1.50. Women. DT: J Loney 33.48. HT: J Loney 38.92; H Mead 16.05.
- 10 **Crystal Palace Classic, Crystal Palace.** Men. 100m: 2rA H Aikines-Ayreety U20 10.26w/3.6; 4rB L Oboh 10.87/2.0. 200m: 1rA W Bennett-Jackson U20 21.21w/2.1; 2rA J Ellington

- 21.53w/2.1; 2rB J Hussain U20 21.57/1.6; 6rB S Osho U20 21.92/1.6; 7rC G Selway U20 22.86w/3.3; 1rD R Thomas U20 22.08w/2.3. 110mH: 14.71w/2.8. LJ: 1 B Yeboah U20 7.32w/3.0; 4 E Ewulo 6.74w/2.5. U20 SP: 1 C Gearing 17.97. DT: 3 A Ekoku 48.04. U20 DT: 1 C Scott 50.74. Women. LJ: 1 S Wellstead 6.05w/3.1.
- 11 **Surrey Schools Champs, Kingsmeadow.** Senior Boys (U19) 100m: 1 H Aikines-Ayreety 11.0. 800m: 1 J Van Der Toorn 1:56.3. 110mH: 1 D Davis 15.2.
- 11 **Sussex Schools Champs, Crawley.** Senior Boys (U19) 100m: 1 J Hussain 11.03/0.0. 200m: 1 J Hussain 21.43/0.0 CBP (1h2 21.70/0.0); ht 1 S Osho 22.04/0.0. 400m: 1 G Selway 49.16. Senior Girls. 100m: 1 F Gregory 13.10/1.7.
- 11 **BMC Nike Grand Prix, Watford.** 800m: 10rA P Owor 1:52.15; 2rB T Bayley 1:49.92; 6rB G Oudney 1:51.31; 3rC R Ashe 1:50.95. 1500m: 16rA S Sharp 3:45.96; 7rB D Gauson 3:47.3 (manual time); 8rD P Wicks 3:53.86; 12rE K Nash 4:00.70.
- 11 **Northern Ireland Champs, Belfast.** Men. LJ: 1 D O'Farrell 7.32/1.4. Women. SP: 1 E Massey 15.69. DT: 1 E Massey 42.47.
- 11 **New York, NY USA.** Women. 5000m: 4 C Berry 16:09.48.
- 11-12 **Hexham Decathlon, Hexham (inc. AAA Champs).** Senior Men. 8 (AAA 4) K Sempers 6808 (11.46/1.6, 6.68/0.8, 11.30, 2.02, 50.73, 14.88/1.0, 33.82, 3.95, 49.25, 5:00.58). U20 Men. 6 (AAA 6) Z Sandell 6050 (11.73w/2.4, 6.19/-2.0, 12.70, 1.85, 51.71, 16.54/1.5, 27.46, 3.55, 43.41, 4:54.15).
- 12 **Janusz Kusocinski Memorial, Warsaw, POL.** 100m: 6r3 D Chin 10.69/-2.0. HJ: 9 B Challenger 2.10.
- 12 **Ulm, GER.** 200m: 4rA C Lambert 20.79/1.4. 400m: 1 T Benjamin 45.17.
- 12 **Bedford International Games, Bedford.** 100m: 1r4 W Bennett-Jackson U20 10.46w/2.5; 2r4 H Aikines-Ayreety U20 10.51/w/2.5; 7r5 J Ellington 10.50w/2.6; 8r5 G Beasley 10.59w/2.6. 200m: 5r2 J Hussain U20 21.62/1.9; 2r3 G Beasley 21.04w/3.4; 7h3 J Ellington 21.49w/3.4. 400m: 1r1 R Thomas U20 48.21; 7 G Selway U20 50.24. 110mH: 1r1 D Davis U20 14.39w/2.6; 1r2 D Girdler 13.84w/4.4; 3 W Sharman 13.93w/4.4. LJ: 4 B Yeboah 7.43w/2.3; 6 A Phillips 7.20w/3.5; 11 E Ewulo U20 6.80w/3.0. SP: 2 C Gearing 16.02. DT: 2 S Thompson 54.91; 3 L Marar 53.03; 8 K Brown 48.58.
- 12 **Vault to Music, Ashford.** PV: 1 J Ive U20 4.71.
- 12 **SCVAC Champs, Battersea Pk.** M60. PV: 2 S Brooks 2.50. W45. 800m: 2 J Searle 2:41.9. W50. SP: 1 V Thompson 10.27. HT: 1 V Thompson 28.21.
- 14 **Göteborg Grand Prix, Gothenburg, SWE.** 1500m: 8rA N Speaight 3:47.25. 400mH: 2 M Douglas 50.06.
- 14 **Tsikliritia Grand Prix, Athens, GRE.** Men. TJ: 6 P Idowu 16.96/0.9. Women. JT: 6 G Sayers 61.26.
- 15 **Watford Open Meeting, Watford.** BMC Gold Standard Races. 800m: 3r1 P Owor 1:49.57. 1500m: 1 T Bayley 3:49.90; 2 J Blackledge 3:50.20; 7 P Wicks 3:53.08; 9 J Van Der Toorn U20 3:59.38.
- 17-19 **European Cup Super League, Florence, ITA.** HJ: a 7 B Challenger 2.20.
- 18 **Bauhaus DLV-Juniorengala, Mannheim, GER.** 100m: 2 H Aikines-Ayreety 10.45/? (2h1 10.55/0.0; 1h2 W Bennett-Jackson 10.53/0.0.
- 18 **Bilbao, ESP.** 110mH: 2 D Girdler 14.19w/3.3 (2h1 14.00w/2.8)
- 18 **Herne Hill H Open Meeting, Tooting.** 100m: 7r3 C Taylor M70 16.6; 4r4 D Campbell U20 12.0; 5r5 A Campbell 14.4. 200m: D Campbell U20 23.9. 400m: 1 R Thomas U20 48.4. SP: C Taylor M70 10.29.
- 18-19 **European Cup Division One, Leira, POR.** Men. 400m: 1 D Gillick 45.96. LJ: 8 D O'Farrell 7.10/0.9. Women. 400mH: 2 M Carey 58.22.
- 18-19 **SEAA Champs., Ashford.** a=18, b=19. Men. 100m: a 2 G Beasley 10.48/1.8 (2s3 10.71/0.0, 1h3 10.87/-1.8); 7 J Ellington 10.61/1.8 (4s2 10.75/-0.3, 1h2 10.91/-0.8); 5h3 K Adjepong 11.37/-1.8; 5h6 G Wilson 11.40/-0.8. 200m: b 3 J Ellington 21.45/-1.2 (1s1 21.55/-1.7, 1h2 21.93/-2.6). 400m: a dnf s1 A Bennett (2h3 49.13). 1500m: b 1 T Bayley 3:50.92 (a 1h3 3:53.14); 6h2 C Axe 4:04.76; 9h3 K Nash 4:04.48. 5000m: b 21 J Clarke 16:31.95; dnf P Wicks, P Willis. LJ: a 1 A Phillips 7.33/0.9 (3Q1 7.04/1.2); 7 R Danso 6.96/1.8 (2Q2 6.91/0.7); nd E Ewulo (4Q2 6.56w/2.5; 6.36/1.0); 8Q1 G Wilson 6.46w/2.7, 6.38/1.5. TJ: b 7 D Wellstead 14.27/1.6. PV: b 1 C Johnston 4.90. DT: a 1 L Marar 53.22. JT: 7 J Everard 56.25. HT: b 5 K Chester 59.78. Women. 800m: a 4h1 C Foster 2:17.11. 100mH: b 6 H Stares 14.80/-0.4 (4h1 14.86/-1.8. 400mH: a 1 J Culley 60.69 (2h2 62.46); 4 H Stares 63.56 (1h2 60.06). LJ: b 1 S Wellstead 6.25w/2.3 (6.24/1.1 and 1.3); nd K Euridge. DT: b 7 L Fox 35.45.
- 19 **Scottish U23 Champs., Dumfries.** 800m: 1 D Watson 1:54.50; 2 G Oudney 1:54.23. 1500m: 2 C Watson 3:54.58.
- 19 **MCAA Champs., Birmingham.** Men. DT: 1 K Brown M40 49.33. Women. HJ: 2 J Hollman 1.81. JT: 2 J Hollman 39.79.
- 20 **SCVAC T&F League, Battersea Pk.** M40. 1500m: 2 R Alsop 4:31.5.
- 22 **Rosenheim League Match 4, Tooting.** All non-scoring. Men. 100m: 5r3 N Travers-Griffin 12.2; 7r3 C Manning M75 23.6. 200m: 2r2 K Adjepong 23.4; 4r2 N Travers-Griffin 24.5. 400m: 1r2 M Humphrey 55.5; 4r2 R McMillan 62.7. 1500m: 4r1 J Webb

- 4:25.7; 3r2 T O'Neill M50 4:41.5. 3000m: 5 A St Leger M40 9:37.3; 12 C Dickinson M55 10:19.9. LJ: J Tuson 5.94.
Women. 400m: 2 C Foster 59.1; 3 S Gailey 61.6.
- 22 **Royal Air Force Champs, Cosford, JT:** 1 T Dobbing 61.14.
- 23 **Reunión Internacional Gobiano de Aragón, Zaragoza, ESP.** 110mH: 2 D Girdler 14.19w/3.3 (ht 13.96w/2.8)
- 24 **North Down International Games, Bangor NI.** 400m: 1 D Gillick 46.72. 400mH: 1 M Douglas 51.39. wSP: 2 E Massey 15.36.
- 24 **Jamaican Champs, Kingston, JAM.** DT: 2 K Brown M40 49.85.
- 25 **BMC Nike Grand Prix, Solihull.** Men. 800m: 4rB G Oudney 1:50.96. 1500m: 6rA R Ashe 3:43.55; 9rA P Owor 3:44.29; 11rA S Sharp 3:44.81. 5000m: 5rA M Miles 13:56.13. 3000mSC: 11 K Nash 9:11.93.
Women. 800m: 7rB C Robinson 2:09.98.
- 25 **Southern League Div 4 (S), Dartford.** DT: 1 L Marar 51.26.
- 27 **Josef Odlozil Memorial, Prague, CZE.** HJ: 4 B Challenger 2.15. w1500m: 11 C Berry 4:20.60.
- 28 **Sollentuna Grand Prix, Sollentuna, SWE.** 400m: 1rA T Benjamin 45.11. 1500m: 5rA N Speaight 3:41.09.
- 29 **adidas Belgrave SPEED Grand Prix III, Battersea Pk.** 100m: Round 1. 3r1 S Ogunkoya 10.78/1.9; 4r3 G Wilson 11.88w/3.8; 2r4 A Mohammed U17 11.61/0.5; 3r4 L Sargeant U20 11.65/0.5; 4 J Lynch 11.69/0.5; 4r5 R Collier U20 12.11/-0.8; 5r5 M Flores U17 12.17/-0.8. Round 2 3r1 S Ogunkoya 10.76/0.8; 3r3 A Mohammed U17 11.79/-0.4; 4r3 J Lynch 11.81/-0.4; 1r4 L Sargeant U20 11.66/-0.4; 5r4 R Collier U20 12.19/-0.4; 6r4 M Flores U17 12.28/-0.4. 200m: 5r2 J Lynch 23.12/0.7; 1r3 L Sargeant U20 23.25/0.5; 3r3 R Collier U20 24.21/0.5; 2r4 M Flores U17 24.75/0.2; 3r4 M Kirby U17 26.02/0.2; 6r4 J Fitzpatrick U20w 34.04/0.2.

July 2005

- 1 **Atletissima 2005, Namur, BEL.** 110mH: 7rA D Girdler 14.84/0.2.
- 1 **Meeting Gaz de France, Saint-Denis Paris, FRA.** 400m: 4 T Benjamin 45.40.
- 2 **BUPA Cork City Sports, Cork, IRL.** Men. 1500m: S Sharp dnf. HJ: 1 B Challenger 2.18. Women. 3000m: 7 C Berry 9:07.26.
- 2 **Memorial Léon Buyle, Oordegem, BEL.** 110mH: 7 D Girdler 14.17/-0.2 (3h1 14.35/-0.1).
- 2 **London Inter-Club Challenge, New River, Haringey.** Men. 100m: 1r3 R Danso 11.15w/3.1; 2 K Adjepong 11.35w/3.1; 1r5 R McMillan 13.87. 200m: 5r2 K Adjepong 23.18w/2.3; 1r3 J Lynch 23.20/2.0; 1r5 R McMillan 27.92/1.8. 400m: 1r2 R McMillan 62.69. 800m: 1 C Axe 1:59.40. 3000m: 1 J Clarke 9:18.83. LJ: 2 R Danso 6.89/2.0. SP: 4 A Allen 8.14. DT: 5 A Allen 21.12. HT: 2 A Allen 31.53. Teams: 1 Enfield &H 134; 2 London Heathside 93; 3 Belgrave 83; 4 Woodford GwEL 72; 5 Shaftesbury B 69. Women. 400mH: 1 H Stares 60.15. SP: 1 J Loney 9.34. DT: 1 J Loney 36.38. HT: 3 J Loney 41.27. Teams: 1 Belgrave 40; 2 London Heathside 37; 3 Woodford GwEL 27; 4 Enfield &H 17; 5 Shaftesbury B 10.
- 2 **Herne Hill Open Meeting, Tooting.** 100m: 2r3 D Campbell U20 11.7; 2r7 A Campbell U13 14.6. 200m: 3r2 C Taylor M70 34.2; 2r3 D Campbell U20 23.8; 2r6 A Campbell U13 30.9. LJ: 4 D Wellstead 6.21; 6 E Yeboah 5.40. SP: C Taylor M70 10.25. JT: C Taylor M70 24.10.
- 2-3 **European Combined Events Cup First League, Jyväskylä, FIN.** Decathlon: 25 K Sempers 6925 (11.38/+0.8, 6.87/+0.9, 10.83, 2.04, 51.46, 14.99/0.0, 29.86, 4.20, 55.71, 4:56.72).
- 2-3 **European Combined Events Cup Super League, Bydgoszcz, POL.** Heptathlon: 13 J Hollman 5765 (14.17/+0.2, 1.66, 11.93, 24.73/+1.2, 6.30w/+3.0 (& 6.13/+1.8), 39.39, 2:18.92).
- 2-3 **AAA U23 & U20 Champs., Bedford, 2-3 July 2005.** a=2, b=3. U23M. 100m: a 2 J Ellington 10.42/0.4 (2s2 10.45/1.0, 1h2 10.58/0.5). 200m: b 5 J Ellington 21.66/0.3 (2h2 22.19/-1.0). 5000m: b dnf P Wicks. 110mH: b 2 W Sharman 13.95/-0.6 (1h2 14.27/0.8). LJ: 12 G Wilson 6.09/0.1. TJ: b 6 S Majekodunmi 14.78/0.6. U20M. 100m: 4 H Aikines-Ayretey 10.38/1.1 (1s3 10.37/1.7, 1h3 10.53/0.5); 5 W Bennett-Jackson 10.41/1.1 (1s2 10.34/1.4; 1h2 10.45w/2.5); 6s2 J Hussain 10.88/1.4 (5h2 10.90w/2.5); 6h1 P Doorgachum 11.17/1.8. 200m: b 3 W Bennett-Jackson 21.30/0.4 (1s1 21.42/1.7, 1h3 21.52/1.5); H Aikines-Ayretey dns (3s2 21.52/-0.2, 2h3 21.55/1.5); 6s2 J Hussain 21.91/-0.2 (3h3 21.67/1.5); 6h4 P Doorgachum 22.70/-0.7. 400m: b 4 S Osho 47.79 (2s2 47.77, 3h1 48.25); a 6s1 G Selway 49.65 (3h4 49.13); 5s2 R Thomas 48.35 (2h2 48.71). 800m: b 8 J Van Der Toorn 1:53.90 (a 3h3 1:53.42). 110mH: b 1 D Davies 14.60/1.2 (1h2 14.73/-0.1). LJ: a 2 B Yeboah 7.36w/2.4. TJ: 8 E Ewulo 12.54w/2.8. PV: a 4 J Ive 4.40. SP: b 3 C Gearing 17.68. DT: b 7 C Scott 44.71. HT: a 8 C Scott 52.56.
- 3 **Meeting Città di Padova, Padua, ITA.** 400mH: 4 M Douglas 50.89.

Race Walking

June 2005

- 12 **VAC 5 miles Champs., Battersea Park.** 1 S Allen (Ilford) 45:10; 2 C Lawton M55 45:33; 5 P King M50 47:56.
- 18 **Moulton 5 miles inc. Enfield League.** 1 N Sylvester (Aldershot) 41:53; 2 E Viljoen (1st woman) 42:07; 3 C Lawton M55 46:03; 8 P King 48:05.

July 2005

- 2 **London Inter-Club Challenge, New River, Haringey.** Men. 3000m: 2 P Warburton M50 17:12.78; 4 C Lawton M50 17:53.44. Women. 3000m: 1 V Lauer 16:09.11.

Road Running

May 2005

- 29 **Raby Castle 5.5 km, Durham.** 1 C Herrington (Belgrave) 17:31.

June 2005

- 1 **Chorley H Leyland Trucks 4 miles, Chorley.** 1 R Hayman (Sale) 19:57; 3 P Freary 20:04.
- 1 **Yateley 10 km, Yateley.** 1 D McCarthy (Aldershot F&D) 33:41; 5 T Hadfield 34:22.
- 5 **Graham Sykes 10 km, Exmouth.** 1 T Watson (Belgrave) 32:02.
- 5 **Stuttgart Half Marathon.** 2 E McRae 68:37
- 5 **Dorking 10 miles, Brockham.** Men. 1 J Simpson (South London) 52:48; 5 W Cockerell 54:37; 11 T Hadfield 57:51; 14 E Lyne 58:16; 15 W Lynch 58:17; 29 M Webb 1:01:32; 35 S Zealey 1:02:36; 37 G Reid M40 1:02:44; 51 D Patel M45 1:03:55; 103 P Cross M45 1:08:10; 435 finished.
Open Race: 1 South London H 38; 2 Belgrave 'A' 45; 3 Sutton Runners 98; 5 Belgrave 'B' 152.
Surrey Champs: 1 South London H; 2 Belgrave H.
Women. 1 M Synott-Wells (Ranelagh) 1:03:29; 6 M Heaton 1:04:40; 167 L Lucas 1:44:08; 181 finished.
- 6 **Tour of Epsom 3.3 miles, Horton Country Park.** Men. 1 S Major (South London) 16:50; 2 L Greatorex 17:07; 131 D Davies M65 27:11. Women: 1 E Nelson (Epsom &E) 18:02; 9 C Eastham 23:39.
- 7 **Tour of Epsom 4.4 miles, Nonsuch Park.** Men. 1 S Major (South London) 22:12; 2 L Greatorex 23:02; 131 D Davies M65 36:08. Women: 1 E Nelson (Epsom &E) 24:30; 14 C Eastham 31:54.
- 8 **Tour of Epsom, 4.4 miles Road Race, Alexander Park.** Men. 1 S Major (South London) 20:23; 2 L Greatorex 21:16; 131 D Davies M65 36:08. Women: 1 E Nelson (Epsom &E) 24:30; 14 C Eastham 31:54.
- 9 **Newcastle to Blaydon 5.7 miles.** Men. 1 S Tonui (Kenya) 26:43; 16 H Raidi 30:07; 21 M Miles 30:52. Women. 1 C Mutwa (Kenya) 31:20; 2 B Dagne 32:14.
- 9 **Tour of Epsom, 3 miles Time Trial, Epsom Downs.** Men. 1 S Major (South London) 16:21; 2 L Greatorex 17:05; 131 D Davies M65 36:08. Women: 1 E Nelson (Epsom &E) 18:28; 12 C Eastham 23:36.
- 10 **Tour of Epsom, George Gosens Memorial 4 miles Handicap, Horton Country Park.** Men. 1 S Major (South London) 19:42; 2 L Greatorex 20:46; Overall: 1 S Major (South London) 95:28; 2 L Greatorex 99:16. Women: 1 E Nelson (Epsom &E) 18:28; 14 C Eastham 28:03. Overall 1 E Nelson (Epsom &E) 105:32; 13 C Eastham 137:10.
- 12 **Norwich & Peterborough Half Marathon, Norfolk.** 1 N Molema (RSA) 1:03:59; 4 H Raidi 1:09:03.
- 12 **National Counties BS 10 km, Epsom.** 1 J Simpson (South London) 32:11; 2 J Charles 33:07; 7 M Marshall U20 34:58.
- 12 **Jim Peters Half Marathon, Southend.** Women. 1 T Ranson (unatt) 1:24:09; 4 H Smethurst W40 1:29:23.
- 12 **Wargrave 10 km.** 1 P Wicks (Belgrave) 31:40.
- 13 **Sri Chinmoy 2 miles, Battersea Park.** 1 K Agyei (Dulwich R) 9:57; 10 A Porteous 11:22.
- 18 **Bampton 10 km, Devon.** 1 T Watson 32:56.
- 19 **Dartmoor Vale 10 km, Devon.** 1 T Watson 34:25.
- 20 **Sri Chinmoy 2 miles, Battersea Park.** Women. 1 H Smethurst W40 (Belgrave) 11:58.
- 22 **Dulwich 5 km, Dulwich.** Men. 1 R Bentley (Blackheath &B) 15:29; 6 B Barton M40 16:58; 7 J Browne 16:59; 8 S Zealey 17:19; 14 W Lynch 17:56; 18 G Reid M40 18:15; 22 D Patel M40 18:31; 350 finished.
Women. 2 V Clarke 18:44 (24 overall); 5 L Cooper 20:00 (47).
- 24 **Serpentine Last Friday 5 km, Hyde Park.** 1 D Gitau (NYM/Kenya) 15:36; 6 T Hadfield 16:22.
- 25 **Shriners 8 km, Sacramento, CAL USA.** 1 R Boulet (Oakland) 24:12; 3 B Poore 24:20.
- 26 **Dysart Dash 10 km (inc. Surrey Champs), Petersham.** Men. 1 P Doyle (Ranelagh) 31:53; 2 S Major (South London) 32:38; 3 W Cockerell 32:54; 43 G Reid M40 38:01; 46 D Patel M40 38:11. Teams: 1 Thames H&H 17; 2 Epsom & Ewell 23; 3 South London 29; 5 Belgrave 84.
Women. 1 N Warner (Thames H&H) 35:23; 3 M Heaton 38:26; 5 E Fogg 40:00.
- 26 **Manchester YMCA 10km, Sport City, Manchester.** 1 S Arusei (Kenya) 29:40; 9 H Raidi; 1007 finished; no official times for positions 3 to 19.
- 27 **Sri Chinmoy 2 miles, Battersea Park.** Women. 1 H Smethurst W40 (Belgrave) 11:50.

July 2005

- 2 **British 10 km, Hyde Park Corner, London.** Men. 1 H Gebreselassie (Ethiopia) 28:12; 7 E McRae 31:13; 9 K Tadesse 31:32; 14 H Raidi 32:20.

Top tips to help make the Race Director's Day!

1. Ensure that your entry form is completed as illegibly as possible. This means that the Race Director and/or the results guy can have a good laugh on the morning of the race, trying to decipher your scrawl when they've nothing better to do. Also, if you belong to one club of several in a town, just mark the town name for the club. The organiser is bound to know which club you're in!
2. Don't mark your sex/age/date of birth on the form. Reason? See 1 above. It adds a bit of interest to an otherwise mundane job as you try to calculate an age category or to remember whether Frances and Lesley are male or female. Or just put an initial for your first name and don't tell us your sex. We can work this out from your handwriting.
3. Turn up with one minute to go before the "off" and insist on holding everyone up while you run to the start line, then run back to registration to get some pins, then find someone to put your number on your back, then on your front. No one minds a latecomer, especially if the rain is horizontal. After all, you're paying a premium for being a latecomer (maybe it should be £5 extra in the last 10 minutes....)
4. Wear your number on your back, inside your shorts, on your other jumper (the one in your car boot), on the tracksuit you left with your wife at the start. You spoil all the fun if you just pin it on the front of your vest! Or wear it upside down, for a bit of variety. This is especially good with numbers like 966, 161, 66 and so on. Some organisers spoil things, though, by printing stuff on the number in an effort to get you to wear it the right way up! But then, you could always fold up or cut off the silly printed bits and still get your number upside down...
5. After crossing the finish line, ignore those pointless chaps in the yellow jackets shouting at you to stay in line and keep moving. What do they know? You've just run a race, for goodness sake. They've just been idly standing around all morning. As soon as you've crossed the line, stand around yourself and have a good chat with your mates over the barrier. The results can easily be re-compiled after you've pointed out where everyone else came in behind you. Better still, just duck out of the funnel (see tip 8).
6. Don't just get your race souvenir and wander off for your hotpot. Why not jog back out to meet your friends who still have to finish and then run back in with them. After all, the timekeepers will recognise you from the first time you finished and they wouldn't be daft enough to note you down again, would they?
7. Alternatively, why bother to enter at all? Just put on your shorts and join in the fun. The event makes enough money anyway AND you get a free souvenir AND you didn't want to be on the results anyway (but you ran across the finish line just in case....)
8. Of course, if you don't want the souvenir you've paid for, just duck out under the funnel tape between the finish line and the number recorders. That way, you'll avoid the silly woman with the medals, mugs or whatever and it's a real hoot watching the faces in the results room when they try to work out where all the extra times have come from (it's usually the other way round, with more numbers than times, so you'll be correcting an imbalance, won't you?)
9. So that you can get away quickly, find out where the results are being compiled. The chap in there won't mind a bit of a rest for a few minutes from typing in all those numbers. He'll happily stop to chat with you and let you know where you came and what your time was. He'll also enjoy a lengthy discussion about whether your time was recorded correctly. In

fact, it would be an ideal opportunity to tell him that you actually finished several places ahead of where your number is on the sheet, because you stopped to have a chat or a stretch after the line. If you can't get to the results, the timekeepers usually don't mind being interrogated while you stand over their shoulders or in front of them or whatever.

10. At the prize-giving, it helps if you can wait until all the prizes have been distributed before you point out that your age category is wrong or that you ran in your wife's number and she had yours. But that should have been obvious to the marshals at the finish, shouldn't it? It's always easy to get prizes back.

11. There's the main race and there's the fun run. You've entered one but you fancy doing the other instead. No problem - just pin your existing number on and do whichever you want. Even more entertaining if the race organiser has used the same type and range of numbers for both races!

12. Don't forget to forget the SAE requested - nothing we like better than addressing and making up our own envelopes and paying for postage out of the tight race budget! Oh, and don't forget that you don't really have to sign that cheque you're sending (if you remember to enclose it!).

13. Isn't GPS a wonderful invention? Now you can plague the organiser before/during/after the race with how you dispute his distance(s) and that the course is really 250 metres long/short and that's spoilt your pb and you won't come back again next year because the course isn't accurate and anyway you didn't tell him there was a 50 metre climb at half way and (yawn!)

14. Back to the SAE - if it's self adhesive, make sure you fold it back on itself so that it's well and truly stuck together and it has to be ripped apart to use it. "Stamp?" - that's the S in SAE! And actually writing your name and address on the envelope just takes all the fun out of it!

15. Just so nothing gets lost, remember to staple EVERYTHING together when you send in your entry! Staple the cheque to the entry form; staple the entry form to the SAE (if you've remembered to enclose it) and then staple the flap down on your envelope so it goes right through the lot. There's nothing better than unpicking staples in front of a roaring log fire on a winter's evening

by **John Schofield** of www.ukresults.net

UK Athletics have announced the Norwich Union Great Britain and Northern Ireland Team for the European Under 23 Championships to be staged in Erfurt, Germany, on 14-17 July. James Ellington has been named for the 100 metres and Will Sharman the 110m hurdles.

Following Belgrave's powerful showing in the AAA 5 km Road Championship at Horwich, the Club plan to send a strong team to Bishop Auckland in the North East for the AAA 10 km event. We have a team record of silver, gold and silver medals in the last three years but we'll face another stiff challenge from Salford in our quest to get back on the gold standard. It is hoped that our women's team will also be in the hunt for championship medals.

Down - but not out. The best we can do is produce a powerful win in the final BAL match on July 30th; the rest is out of our hands. But with Birchfield sensing that they can overhaul Woodford Green, Trafford on the up and eager to avoid relegation and Newham & Essex Beagles also seeking to make an impression, the final league position is far from predictable.