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Saturday 9 October at Belgrave Hall, Denmark Road.

QUIZ NIGHT

Always a popular night and your chance to team up and put your general knowledge skills to the test. Traditional fish and chip supper. Teams limited to a maximum of eight people please.

Tickets cost £6.50 and are available now from Helen Alsop (020 8870 5148) and Nina Mills (020 8715 0694)

Road & Country

Trial for European Clubs Cross Country Cup

As English Cross Country Champions, our men's team has now received an official invitation to take part in the trial to determine which club goes forward to represent the United Kingdom in the European Clubs Cross Country Cup in 2005.

The trial will be held in conjunction with the Reebok Challenge event, on Saturday November 20th at Parliament Hill, London. The clubs representing the other regions are Cardiff AAC (Wales), Ron Hill Cambuslang (Scotland) and Annadale Striders (Northern Ireland).

This Reebok Challenge will also incorporate the trial for the European Cross Country Championships and the London Championships. If you want to be included in the 'Reebok Challenge' competition then you'll need to enter yourself in the normal way. A team from those who are eligible to score in the London Championships (i.e. they live or work in London) will be entered by the Club.

The date and location of the European Clubs Cross Country Cup has yet to be revealed - but it normally takes place on the first weekend in February and the venue will be decided in October.

European Clubs Cup Half Marathon

The date for this event gets closer and closer and still, in spite of persistent reminders and questions, we have not received an invitation. Our information is that the race will take place on October 17th at Guadalajara in Spain. The Policy & Support Team who deal with the invitation on behalf of UK Athletics have had the details since July but reportedly passed the invitation on to Thames Hare & Hounds who were winners of the London Marathon. It was to go to Thames because as there was no UK Half Marathon Championship for 2003/2004 they have given the invitation to the UK Marathon Team Champions. Never mind the fact that we are the AAA Half Marathon Champions (with enough men backing up in that race to have "unofficially" placed second with our "B" team) - never mind that selecting a half marathon team based on a marathon event is like selecting the British 4 x 400 metre relay team based on the AAA 800 metre results. Even more curious is the fact that our communications with the Thames boys reveals that they don't seem to know anything about it.

Further questions at SEAA level have uncovered the possibility that Sale Harriers Manchester might have been invited. If, as English Champions we have not been considered, then why the invitation would go to other English clubs instead we can't imagine.

South of the Thames Cross Country Association

At the recent South of Thames Cross Country Association AGM a proposal that all barring clauses for this organisation's two cross country races - the South of Thames "Junior" race and the South of Thames Championship - should be removed was carried.

In the "old days" individual medalists and members of the winning team in either event were barred from competing in that event ever again. There were other barring clauses such as one that ruled out those who placed highly in the Area or National Cross Country Championships. The races have long been seen as stepping-stones to aid in the development of runners and teams, and they certainly helped our present team grow, as these were two early titles that we collected at the beginning of our current climb to the top. In spite of losing six men to barring clauses in each year, we won the championship race on three successive occasions - 1998, 1999 and 2000 - the first time a hat-trick had been achieved since Queen Victoria's days - back in the 1890s.

The proliferation of alternative events has resulted in the size of the fields of the two South of Thames races gradually dwindling. To combat this the barring clauses have been progressively relaxed - and now they have gone completely. Another change is that for the coming season both SoT races will be held before of Christmas. The old "Junior" race (meaning junior by standard, not by age) has now been renamed the South of Thames 5 mile Team Race and will be held in Richmond Park on Ranelagh Harriers' course on Saturday 13 November. Teams are four to score and "B" and "C" teams are eligible for medals. In theory a club could win the gold, silver and bronze team medals! The South of Thames Championship, held over 7.5 miles will take place on Saturday 18th December on our own course at Wimbledon. In recent years December has been short of races whereas January has been overcrowded.

The new President of the South of Thames Cross Country Association is our own Men's Team Manager Alan Mead. It would be nice for him to present the prizes to some Belgrave teams!

Belgrave's South of Thames CC Association Officials

Presidents

1928-1929	W.H.Hare	1977-1978	C.E.Shippen
1937-1938	H.Parker	1983-1984	G.I.Biscoe
1951-1952	E.A.Duffett	1986-1987	D.R.Crookes
1957-1958	L.J.Cohen	1991-1992	A.J.Heathfield
1960-1961	H.W.Shields	2004-2005	A.R.Mead
1966-1967	W.E.Lucas DFC		

Hon Secretaries

1976- D.R.Crookes

Hon Treasurers

1978-1979 D.R.Crookes 1984- A.J.Heathfield

Life Members

D.R.Crookes A.J.Heathfield

Surrey County Road Relays

Wimbledon Park, 11 September 2004

Autumn season starts with a win

The season kicked off with a fine afternoon's racing at Wimbledon Park - the seventh occasion the Surrey relays have been held at this venue. For the Belgrave men it was seventh heaven as a second successive win continued a tremendous sequence that started with a low point (an incomplete team) in 1998, and then followed up with 2nd, 2nd, 2nd, 2nd, 1st and 1st. The women's team have picked up bronze medals three times in that period but on this occasion finished just out of the frame. Their sequence now runs: 3rd, 2nd, 6th, 3rd, 3rd and 4th for the last six races.

And maybe it's about time that we recorded our thanks to Herne Hill's John Gebbels. With an able band of helpers, he has organised the event on each occasion at Wimbledon, after the race moved from the busy roads around Walton (and of course he was much involved before the move).

By the time the starter's whistle blew at 12 noon, twenty-four Belgrave men and six women had gathered for the race - which must itself be a record. The weather was ignoring the meteorologists' predictions and remained sunny and warm - but a mischievous wind took delight in lurking around corners and viciously leaping up to blast the runners when they least expected it, reserving its strongest gusts for each ascent of the hill past the tennis courts. It became apparent that all times were about ten seconds slower than might have been run in calmer conditions.

For the men's A team it was solid running right the way through the squad, nothing outstanding but no more than 30 seconds covering the lot of them. Several men ran slower than might have been expected but it was obvious that the windy conditions had much to do with that. Mark Humphrey suffered on leg one as he went off too fast but nevertheless came home inside his expected time. It was great to see Essex Team Manager Tony Barden back in action and when he was followed up by our old Captain "Gerry" Adams it was quite like old times - except that between them they were about three stone heavier and three minutes slower than they were a few years ago.

Measuring his progress towards top fitness, B-runner David Anderson provided fireworks on leg two as he set out after the fourteen men ahead of him and succeeded in picking off the lot. His 13:50 was over half a minute faster than anyone else achieved - and that in spite of leaping a steeplechase barrier as his stage commenced, forced to get into the take-over zone the hard way when officials decreed that he was entering the area from the wrong direction, and then hurdling a fence to avoid running down a mother and baby while running on the paths within the park towards the end of his lap.

Adam Leane had made good progress for the 'A's so with two stages gone Belgrave occupied 1st and 3rd - with the teams the wrong way round! A true Geordie, David was again in the non-scoring 'B' outfit to preserve his North Eastern Counties qualification.

The correct order was established by the halfway mark as Lee Greatorex moved the 'A's into second place. Thames were away in front but Roger Alsop had one of our best runs of the day as he closed the gap to just 1 second, leaving Will Cockerell to open up a winning margin. Veteran Knut Hegvold ran well on the final leg to double our advantage as Thames faded and South London Harriers came through to win the "silvers".

Others to impress, among the 'B's, were James Browne - who surely would have been in the first team but for a climbing accident in Yellowstone Park a month earlier - and Junior

Galley who never seems to have a bad run in relays but does worry the supporters sometimes: on this occasion Junior was still clad in full tracksuit as Dave Anderson entered the arena in the lead.

Anne Hegvold has been out for some time through injury and was apologetic for "only" offering 8th place after the first leg, but Syreeta Stracey was delighted when she found she was close to her previous best for the course in spite of having "not done much lately". Syreeta's effort brought the Belles up three places and Helen Alsop and Rachel Weston kept that forward momentum going - but there were no medals this time around.

Men

1 Belgrave H 'A' 1:30:58; 2 South London H 1:33:50; 3 (n/s) Belgrave H 'B' 1:34:46; 4 Guildford & Godalming AC 1:35:05; 22 teams started and 19 teams finished.

A - M Humphrey (10) 15:29; A Leane (3) 15:08, L Greatorex (2) 15:15; R Alsop (2) 15:00; W Cockerell (1) 15:03; K Hegvold M40 (1) 15:03.

B - A O'Beirne (14) 16:22; David Anderson (1) 13:50; J Galley M40 (3) 15:52; J Webb (4) 16:40, S Zealey (3) 16:26; J Browne (3) 15:36.

C - A Barden (15) 16:28; G Adams (16) 17:13, T Watt (14) 17:20; P Doyle (Ranelagh guest) (11) 15:07.

Fastest: 1 David Anderson (Belgrave) 13:50; 2 I Harkness (Thames) 14:30; =3 A Moses (Reigate P) & S Major (South London) 14:32; 5 N Altmann (Thames) 14:34.

Skipper's man of the match - Lee Greatorex.

Veterans - A Binda (4) 16:54, H Corbett (9) 19:11, R Walsh (12) 20:40.

Women

1 Ranelagh H 1:11:10; 2 South London H 1:11:27; 3 Wimbledon Windmilers 1:12:17; 4 Belgrave H 1:14:51; 18 teams started and 15 teams finished.

A - A Hegvold W35 (8) 18:25; S Stracey (5) 18:47; H Alsop W35 (5) 19:34, R Weston (4) 18:05.

B - S Gailey (10) 19:59; C Eastham (11) 21:32.

Fastest: 1 J Ronaldson (Ranelagh) 16:30; 2 L Crawford (South London) 16:50; 3 N Buckley (Wimbledon W) 17:18; 4 R Disley (Thames) 17:23; 5 C Evans (South London) 17:26.

Road & Country Results

September 2004

- 04 **Overton 5 miles.** 1 P Tulba (Basingstoke & MH) 25:07; 8 T Watson 27:02.
05 **Rufford 10 km,** Ormskirk, Lancs. 1 P Freary 32:35.
12 **Bristol Half Marathon.** 1 S Tonui (Kenya) 64:18; 3 K Tadesse (1st UK) 65:27; 14 Andy Graffin 68:17.
12 **British Masters 10 km,** Portsmouth. 1 D Taylor (Blackheath & B) 31:04; 36 C Dickinson (1 M55) 35:39.

Race Walking Results

December 2003

- 07 **Enfield 5 miles.** 1 N Silvester (Aldershot F&D) 40:17; 5 J Hall M55 42:38.
13 **Cambridge H Winter League,** Bexley. 10km: 1 M Easton (Surrey WC) 45:54; 2 T Watt (Steyning/Belgrave) 50:51; 4 C Lawton M55 54:32; 7 P King M50 58:34.
21 **Ilford 10k,** Chigwell. 1 D King (Col H) 48:40; 6 J Hall M55 53:49; 7 C Lawton M55 54:09; 10 P King M50 58:25. Teams: 1 Colchester H 6; 2 Belgrave 26.

January 2004

- 01 **Loughton AC Walks,** Victoria Park. 1 A Ellam (Colchester) 51:53; 4 P King M50 59:24.
10 **Enfield 5 miles.** 1 N Silvester (Aldershot F&D) 40:47; 4 J Hall M55 42:11.
11 **Met. Police 10kms,** Imber Court. 1 Dom King (Colchester) 42:34; 6 A Goudie 46:25; 13 C Lawton M55 53:24; 15 S Sharp M45 54:51; 21 P King M50 57:46; 33 D Fotheringham M70 64:02. Teams: 1 Steyning 14; 2 Colchester 23; 3 4 Belgrave 34.
17 **Surrey WC 10 miles,** Monks Hill. 1 M Easton (SWC) 72:56; 3 C Lawton M55 89:36; 6 P King M50 94:52.
24 **Steyning Races,** Steyning, 15 km 1 D Stone (Steyning) 73:27; 4 C Lawton M55 79:44.

February 2004

- 01 **London Walks 10 km,** Victoria Park. 1 A Goudie (Belgrave) 48:39; 2 T Watt (Steyning/Belgrave) 50:28; 5 C Lawton M55 52:58; 15 P King M50 59:12. Team: 1 Ilford 21; 2 Belgrave 21; 3 Belgrave 25.
07 **Enfield League 5 miles.** Two and a half hours after crossing the finish line in Horsham, Sussex, the ubiquitous Carl Lawton turned up at Enfield, North London, for this five miler. That's got to be a record for crossing London on a Saturday.

- 1 P Ryan (Sheffield) 39:37; 5 J Hall M55 41:22; 10 C Lawton M55 44:47; 25 M Noel SW (2nd) 50:36.
- 07 **Slater Bryce 10 km**, Horsham. 1 A Goudie (Belgrave) 47:34; 2 T Watt 50:20; 3 E Viljoen SW 50:25; 7 C Lawton M55 53:49.
- 14 **Cambridge H League 5 km**, Bexley. Men. 1 M Easton (Surrey WC) 21:21; 2 A Goudie 23:04; 7 C Lawton M55 25:32; 10 P King M50 28:07. Team: 1 Belgrave 19. Women. 1 E Viljoen 23:53.
- 15 **Irish Indoor Champs**, Belfast. Tim Watt took on the Olympic Champion and held him to 5 laps! 5000m: 1 R Korzemiowski (POL) 18:38.9; 7 T.Watt 23:35.40.
- 21 **BMAF Indoor Champs**, Cardiff. Men. 3000m: 1 J Hall 14:11.
- 22 **Middlesex 10 miles**, Chigwell. Men. 1 T Jones (Hillingdon) 85:16; 2 J Hall 88:09. Women. 2 M Noel 102:30.
- 28 **Southern Area RWA 20 km**, Littlehampton. Men. 1 A Goudie 102:47; 3 T Watt 105:31.
- 28 **Isle of Man 20 km**. Women. 1 E Viljoen 105:47.

March 2004

- 06 **Molly Barnett Meeting**, Leamington Spa. UKA 10 km. 1 D King (Colchester) 41:30; 14 C Lawton M55 53:02; 21 P King M50 58:17.
- 07 **LPR 9 km**. Men. 1 T Jones (Hillingdon) 46:30; 2 C Lawton M55 48:28.
- 13 **World Masters Indoors**, Sindelfingen GER. M70 3000m: 4 D Fotheringham 18:13.82.
- 13 **Cambridge Harriers League**, Bexley. Final Meeting. Senior Men's 10kms. 1 T Watt, 50:33; 2 C Lawton M55 52:43; 7 P King M50 57:50. Team 1 Ilford 20; 2 Belgrave 39. Overall. 1 M Easton (SWC) 3; 2 S Uttley (Ilford) 12; 3 C Lawton 13. Team 1 Ilford; 2 Belgrave.
- 20 **Leamington GP**. Senior Men 20 km: 1 J Malysa (CZE) 90:43; 14 A Goudie 103:33; 22 P King M50 123:14. Legends 1 mile: 1 M Rush 7:02; 4 C Lawton 8:13. U15B 3km 4 A Graham 16:36. Veteran Men 3 km: 1 N Silvester (Aldershot F&D) 14:54; 6 C Lawton M55 16:07; 9 P King M50 17:27. Veteran Women 3 km: 1 V Lauer (gst) 16:31
- 27 **Enfield League 5 miles**. Men. 1 N Silvester (AFD) 39:59; 2 T Watt 40:04; 5 J Hall 41:36; 6 C Lawton M55 42:18; 14 P King M50 46:53; 19 D Fotheringham M70 48:50. Women. 1 A Lewis (AFD) 47:04; 2 M Noel 49:42 (PB)

April 2004

- 04 **LPR 9 km Handicap** Blackheath. Men. 1 R Bain (Blackheath & Brom) 45:54; 3 C Lawton M55 50:41.
- 10 **Enfield 5 miles**. Men. 1 N Silvester (Aldershot F&D) 40:17; 3 J Hall M55 41:52; 7 S Sharpe M40 44:41. Women. 1 F Bishop (Aldershot F&D) 49:16; 2 M Noel W35 49:56. Team: 1 Ilford 28; 2 Belgrave 28; 3 Enfield & Haringey 32.
- 12 **Steyning 15 miles**. Men. 1 C Barrett (NZL) 1:49:04; 6 T Watt 2:12:57.
- 17 **Durban, RSA**. Women's 20km Road Walk. 2 E Viljoen 1:45:13.
- 28 **VAC 10000m Walk inc. Belgrave Champ**, Battersea Park. Men. 1 M Easton (Surrey WC) 44:25.8; 3 J Hall M55 (1st Belgrave) 52:34.0; 5 S Sharp M45 55:23.6; 18 D Fotheringham M70 62:50.5. Women. 1 S Carnell W40 (Surrey WC) 59:09.5; 2 M Noel W40 (1st Belgrave) 62:01.2.

May 2004

- 01 **London Inter Club Challenge**, Copthall. Men's 3000m: 2 C Lawton M55 15:53.62. Women. 1 M Noel 18:08.61.
- 02 **Pednor 5 miles**. 1 R Emsley (Steyning) 40:17; 2 E Viljoen 1st Woman 40:24; 4 C Lawton M55 46:23; 5 S Sharp M40 46:36; 11 M Noel 4th Woman 52:06.
- 12 **Enfield 3 kms**. 1 N Silvester AFD 14:26; 2 J Hall 14:42; 11 M Noel 17:46 (1st W).
- 16 **Surrey County Champs**. Kingsmeadow. 3000m: Men 1 T Watt 14:29.9; 2 C Lawton M55 15:35.1. Women. 1 E Viljoen 13:56.6; 3 G Broderick W40 21:14.5.
- 18 **Vets AC 5 miles**, Battersea Park. 1 J Hall M55 42:52; 3 C Lawton M55 46:47; 5 P King M50 48:49; 8 M Noel (1st W) 50:36.

June 2004

- 01 **Bill Collins Memorial 3 km.**, Tonbridge. 1 A Goudie 14:26.
- 05 **Essex 20 km Champs**, Basildon. 1 S Uttley (Ilford) 1:57:17; 3 P King M50 2:03.26.
- 06 **Mickey Brown Walks**, Steyning. U15B 3 km: 1 A Graham 16:54.
- 14 **London Business Houses Championships**, Battersea Park. 3000m: 1 J Hall M55 Civil Service 15:08; 4 C Lawton M55 Guest 15:52; 8 M Noel Civil Service (1st W) 18:58.
- 15 **Vets 5miles**, Battersea Park. 1 S Lightman SWC 44:25; 2 C Lawton M55 46:06; 6 P King M50 48:10.
- 19 **Enfield 5miles**. 1 N Silvester AFD 39:57; 4 C Lawton M55 44:52; 11 P King M50 48:18; 17 E Hall M70 54:20. Team: 1 Ilford 21; 2 Belgrave 32; 3 Aldershot F&D 32.
- 20 **South Western Veterans Champs**, Exeter. 3000m: 1 S Sharp 15:31.
- 26 **London Inter Club Challenge**, Battersea Park. Men's 3000m: 1 C Lawton M55 15:41.75. Women. 1 V Lauer 15:49.62.

July 2004

- 03 **Moulton 5 miles**, Newmarket. 1 P Ryan (Sheffield) 40:27; 3 J Hall M55 41:43; 23 D Fotheringham M70 49:53. Team: 1 Ilford; 2 Belgrave.

- 11 **BMAF 10 km**, Solihull. 1 R Elmsley (VAC) 50:18.9; 13 D Fotheringham M70 63:33.
- 24 **SEAA U15 Champs 3 km**, Bedford. 1 A Graham 17:11.19.
- 26 **European Veterans Champs**, Aarhus DEN. M70 5 km: (26th) 3 D Fotheringham 30:11.52. 20 km: (29th) D Fotheringham 2:14:05.90.

August 2004

- 07 **London Inter Club Challenge**, Woodford Green. Men's 3000m: 1 C Lawton M55 16:20.68; 4 E Hall M70 19:42.35.
- 15 **Southern Inter-Counties**, Hemel Hempstead 3000m: 1 A Goudie 14:12.0.
- 15 **AAA U15 Champs**, Birmingham 3000m: 2 A Graham 16:38.66.

September 2004

- 04 **VAC Champs**, Battersea Park. M55 3000m: 1 C.Lawton 15:39.0.
- 05 **Jim Sharlott Walks**, Abbey Park, Leics. 10 km: 1 L.Finch U20 (Leics WC) 51:23; 18 D.Fotheringham M70 65:00. U20M 3 km: 1 L.Finch (Leics WC) 13:22; 4 A.Graham U15 16:12.
- 11 **Enfield League 5 miles**, Enfield. 1 N Aymes (New Zealand) 39:38; 7 C Lawton M55 45:21. Women. 1 A.Belchamber (Hill) 47:36; 3 M.Noel W40 48:54.
- 12 **Civil Service Champs. 7 miles**, Blackheath. 1 D Turner (Yorks RWC) 58:58; 2 J Hall M55 60:01. Women's 5 km. 1 M Noel W40 30:29.

Grapevine

◆ In the recent Great Liverpool Triathlon, the national championship, Vicky Edwards placed 12th woman overall and 5th in her age group with a time of 2 hours 19 minutes 28 seconds.

◆ In our last edition of *eHarrier* we carried a piece about Albert Frost and some of his medals which had appeared for sale on eBay. Investigation has now revealed that Albert rose in business to become the Finance Director of ICI. He had to undergo a hip operation in recent years after a fall and his wife is also not too well. He has recently moved to a care home. If any reader of this column has connection with Albert then we ask them to pass on best wishes from all at Belgrave.

◆ For the past few years Belgrave Harriers have been awarded the George French Trophy, currently awarded to the club that makes the best showing in the AAA Track & Field Championships including both men's and women's events.

Clive Shippen was astonished to learn of this because he has carried out considerable research on George French, not in connection with athletics, although it was known that he did have an interest in the women's side of the sport, but as a well-known Music Hall entertainer. Clive wrote an article about George, which was published in the Spring 1996 edition of *Evergreen*.

And the reason for Clive's interest in the first place was that his business partner Neil French had discovered a huge pile of Music Hall memorabilia when clearing out his deceased aunt's house. George French was Neil's grandfather.

More on this when we publish *The Belgravian*.

◆ The September issue of *Best of British*, a monthly magazine devoted mostly to a nostalgic view of the '40s, '50s and '60s, includes an article about our own Stan Vickers.

Brian Tohill, a schoolboy friend of Stan, contacted us through the website and told us that as a cycling supporter he had accompanied Stan on his first ever London to Brighton Walk in 1955. Brian's intention was to write an article about his boyhood friend and happily we were able to put them in touch again. The magazine article was duly completed and includes pictures of Stan racing at Battersea and on the Brighton Road.

The London to Brighton race had been organised since 1903 by the London Stock Exchange where Stan had started work as a "blue button" after national service. Stan showed great talent that day by placing 5th and of course went on to become one of Britain's greatest ever race walkers – an Olympian at the Melbourne Games of 1956 and again at Rome in 1960 where he won the bronze medal in the 20 kilometre walk.