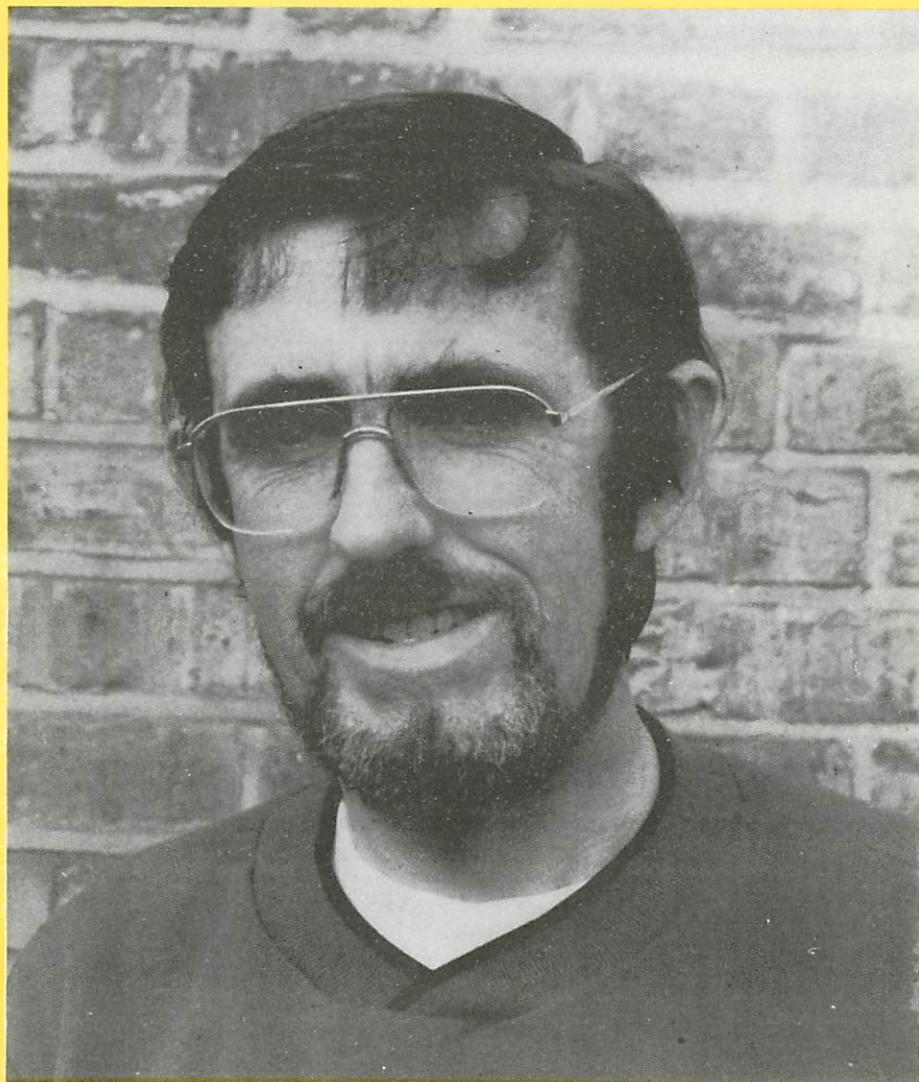


THE

MARCH 1989

# BELGRAVIAN



□ The Official Gazette of Belgrave Harriers □

## OFFICIALS

As always we are still short of officials for all forthcoming fixtures. You need not be qualified to help - it is your time we are after!! Feel like giving a hand? Please phone Derek Crookes on 01 330 0132.

### Correspondence:

BILL SPENSER - Ex Met. Police now retired and living near Bury St. Edmunds was one of our Road Running stalwarts, but writes to say that he got a bit tired of walking around the country lanes so decided to get on his bike. So after a lapse of 50 years and at the age of 70 he has resumed Road Time-Trials Cycle Racing and intends to keep it up until - as he puts it - to the end of the chapter. Last October he cycled to Newmarket to see Stan Davies and sends regards to all and in particular Frank Webb, Norman Dewberry and Arthur Penstone,

BERNARD EGLINTON - Ex R.A.F. regular who joined the club as a runner from Derby AC and eventually excelled as a walker and scored in a number of National 50kms and 20mls R.W.A. Championship teams wins for the Bels, writes from his home in Colwyn Bay, Clwyd, N.Wales with Welsh flavoured fervour and sends greetings to all.

## \* Preliminary Announcement. \*

.. ~ Belgrave Harriers ~ ..

~ Annual Dinner - Dance ~

~ 1989 ~

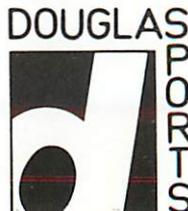
Mount Royal Hotel, Marble Arch

.. ° Saturday, November 4th. ° ..

SPORTS CLOTHING AND EQUIPMENT  
AT DISCOUNT TERMS TO CLUB MEMBERS  
CONTACT DOUG MAUGHAN (01-876-5818)

SPECIALISTS IN SUPPLYING CLUB COLOURS. SEND REQUIREMENT DETAILS.

DOUGLAS SPORTS: ST. MARTIN'S HOUSE, 16, ST. MARTIN'S LE GRAND, LONDON, EC1A 4EP



# THE BELGRAVIAN

NUMBER 213



Semper Paratus

FOUNDED 1887

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STOP PRESS - WORLD CHAMPION

JOHN REGIS bounced back to his best form when he won the World Indoor 200m with a record 20.54 secs. at Budapest on 4th March. His win was Britain's first and so far only victory in these World Indoor Championships and augurs well for the summer. John has agreed to be Track and Field Captain this season!

The Editor thanks those who contributed articles for this issue of the Belgravian and to Bill Laws for his photographic assistance.

In respect to items conspicuous by their absence, the Editor would remind those whose promises were not forthcoming, despite many requests, that he cannot be held in any way responsible for any club activities not reported.

J.G.C.

— IN THIS ISSUE. —

- |                  |                        |
|------------------|------------------------|
| 4. NEW MEMBERS   | 18. TRACK and FIELD    |
| 6. THE PRESIDENT | 31. YOUNG ATHLETES     |
| 9. IN MEMORIAM   | 34. X-COUNTRY and ROAD |
| 10. GRAPEVINE    | 47. LADIES             |
| 14. RACE WALKING | 58. BOXING DAY         |

# NewMembers.

BELGRAVE HARRIERS NEW MEMBERS SINCE MAY 1987 TO DECEMBER 1988

Femi Abejide  
 Oliver Austen  
 Andrea Banfi  
 Dennis Baptiste  
 Oliver Bazin  
 Jermaine Beckward  
 Raymond Bedwell  
 Roger Bello  
 Nigel Bevan  
 Trevor Blanchard  
 Ian Bland  
 Adrian Bowyer  
 Joseph Brady  
 George Bratty  
 Scott Brisley  
 Adam Broer  
 Henry Buchanan  
 Simon Buchanan  
 Ruggero Calo  
 Sean Carroll  
 Adrian Carter  
 Alan Celine  
 Ossie Cham  
 Paul Chong  
 Simon Chong  
 Gary Clark  
 Rodney Clark  
 Peter Conaghan  
 Stephen Conning  
 Ben Cooper  
 Jon Corbett  
 Giacomo Corsini  
 Adam Dabrowski  
 Colin Dalton  
 Michael Deamer  
 Sam Debell  
 Philip Dibsall  
 Charles Dickenson  
 Alex Douglas-Home  
 Paul Evans  
 Alex Evelyn  
 Neil Featherby  
 Geoff Fitzgerald  
 Simon Fletcher  
 Marcel Fok  
 Nicolas Forzy  
 Abdel Forzy  
 Robin Garrett  
 Ken Giles  
 Barry Ginley  
 Bruce Goulden  
 Marlon Graham  
 Patrick Graves  
 Christopher Griffin  
 Darren Hall  
 Bertram Hall  
 Harry Hamilton  
 Grant Hardy

LeRoy Haughton  
 Alan Henderson  
 Jon Hobbs  
 Javed Hossein  
 Christopher Husbands  
 John Hutchinson  
 Michael Hylton  
 David Irvine  
 James Ireland  
 Raymond James  
 Shane Lawrence  
 Martin Loftus  
 Robin Lyons  
 Stephen Lyons  
 Colin McDonald  
 Anders Madsen  
 Ikram Majdoub  
 Rachid Majdoub  
 Michael Marshall  
 Darrell Maynard  
 Darren Mead  
 Thomas Mullen  
 Peter Noble  
 Fred Ocrash  
 John Offord  
 Chris Ogle  
 Akin Oguns  
 Philip Okoro  
 Alastair Owen  
 David Pamah  
 Mark Parker  
 Daniel Paul  
 Lenny Paul  
 Graham Platt  
 Jason Pushman  
 Ronald Quicke  
 Phil Quigley  
 Michael Ramshaw  
 Scott Reid  
 Matthew Roles  
 Gregory Sabat  
 Philip Sadgrove  
 Mattieu Sari  
 Daniel Shinerock  
 Benjamin Siino  
 Adam Smith  
 David Smith  
 Marcus Solo  
 Matthew Stickels  
 Paul Stuart-Smith  
 James Summers  
 Stuart Tansey  
 David Thomas  
 Ian Thomas  
 Stephen Tooby  
 Philip Turner  
 Nigel Urquart  
 John Vearncombe

Jason Wallace  
 Ian Wells  
 Steve Willimont  
 Mike Winch

## LADIES

Imoni Akpofure  
 Karen Barker  
 Lynn Bayliss  
 Caroline Bazin  
 Angela Bowskill  
 Marilyn Bruce-Mitford  
 Menike Caesar  
 Coralie Crawford  
 Colette Colisimo  
 Roma Davis  
 Morag Dunlop  
 Fiona Elias  
 Sandrine Foex  
 Michelle Green  
 Murshad Hossein  
 Zoe King  
 Dorota Krystkiewicz  
 Fiona Lambie  
 Pauline Marshall  
 Alicia Martindale  
 Sarah Morton  
 Judy Oakes  
 Elizabeth O'Brien  
 Maureen Okolo  
 Louise Oehl  
 Rachel Owen  
 Ella Robertson  
 Megan Shorey  
 Delphine Siino  
 Sian Spacey  
 Shelby Taliadoras  
 Linda Wilson

WELCOME TO MATTHEW STICKLES

With fine performances in the Surrey League and Junior Southern C.C. Championship Matthew Stickles has shown what a fine athlete he is to Belgrave's middle distance ranks.

Born in February 1969, Matthew is still a junior in the Country in the UK, but is too old now to compete as an International under the different International age groupings. He started running at the age of 12 and has performed with distinction at all age groups. In 1987 he was 3rd in the Junior AAA's 3000m in a p.b. of 8.18 and gained his first GB Junior vest as a result when he ran 8.20 in a W.Germany & Swiss triangular match. He came third in the '88 Junior later. Counties and his track p.b's include 800 - 1.53.7 and 1500 - 3.51.2. He has never run a 5000m although under Coach Steve Gosling's guidance this will be remedied in 1989. Certainly Matthew has wintered well, including a strengthening programme under the aegis of Mike Winch at the Belgrave Gym. We look forward with anticipation to Matthew's summer performances.

NORFOLK WELCOMES BELGRAVE AND BELGRAVE WELCOMES NORFOLK

Five years ago we had a Cup Match in Norwich and past President, Tom Morrell and his family, who had moved to the area many years earlier, backed up our travelling supporters. At that time a few of us could have anticipated that in 1988 several of Norfolk's top runners would chose Belgrave as their club. Bill Laws has talked to our latest batch of Internationals who you will be seeing in action in the near future.

PAUL EVANS - Age 27:

Paul Evans started running to get fit for football which he played for Lowestoft.

His training involved 2 days per week and it was with some reluctance that he entered his first road race - a Carnival 10km in August 1986. To everyone's surprise he finished 7th in 33.33. A month later he ran 32.30 and was hooked. Hugh Elder took over as coach and within 6 months Paul had run two  $\frac{1}{2}$  marathons, the second one in 65.30. In August '87 he gained his first England vest when he ran in a Home Counties  $\frac{1}{2}$  marathon in Scotland. He finished a very creditable 6th reducing his p.b. to 64.31. In 1988 he ran his first 3000m and became the first Brit. to run a sub 8.00 in a debut race. Since then he has represented the ECU in several overseas races. His track p.b's (as of February 1989) are: 1 mile - 4.02, 3000m - 7.57, 2 miles - 8.32.2, 5000m - 13.57, 10,000m - 29.08.

NEIL FETHERBY - Age (stopped counting at 27)

Neil Fetherby is a true ultra-distance runner who thrives on the 120+ miles/week training schedules imposed by coach Bud Bolders. His International career started in 1986 when he represented England in the Aberdeen Marathon. He ran the Berlin Marathon twice and on the second occasion set a p.b. of 2.17.35. He gained a full GB vest in the 87 Koscite Marathon following wins in the Wolverhampton and Norfolk Marathons. Since joining Belgrave in 1988 he has been dogged by injury and only now is getting back to past form. His 10KM is 30.20.

DARREN MEAD - Age 20 years

Darren Mead is a legend in his own young life time. Twice winner of the Youths National C.C. Championship he gained his first England vest in the 1986 Junior World Championships where he finished 12th. He gained a GB vest in 1986 where he ran the World Junior and ran 14.12.3 for 5000m at the age of 17. 1987 saw a period of re-trenchment and it was not until 1988 that Darren started to re-gain form. He finished 2nd in the National Junior C.C. Championships and following a move to Sutton joined Belgrave and immediately made our British League Team running 800, 1500 and 5000m. His current p.b's confirm a surprising turn of speed which could well prove his most valuable weapon in the years ahead. At present he is self-coached and self-employed in the carpet business.  
P.b's: 200m: 23.7, 400m: 50.5, 800m: 1.52.6, 1500m: 3.45.8, 3000m: 8.08.0,  
5000m: 14.12.3, 10,000m: 29.20, 10 Miles 49.03.

IAN WELLS - Age 26

Ian Wells has been the Civil Service 400mH champion for the last 4 years. He has joined Belgrave to increase his opportunities for top class competition which is limited in the Great Yarmouth area. His choice of Belgrave was as a result of meeting fellow Civil Service athletes Abi Ekoku, Jay Busk and Derrick Williams. He aims to train at Battersea Park with Bob Bridges squad at least once per month. His p.b's are: 110H: 15.5, 400H: 54.72, 400m: 50.6 and Decathlon 4602 pts.

## Leo Coy, President 1989.

The election in September 1988 of Leo Coy as President gave particular pleasure to those who know how much work he has put into reviving Belgrave's Track and Field fortunes.

Like so many of our officials Leo's arrival at Belgrave and involvement in the management side was as a result of a series of coincidences. He started running seriously in 1968 following encouragement from TVH's International 800m man Peter Browne. He so easily could have joined TVH. But no, he 'phoned the AAA's who thought he might consider Belgrave, met Alf Harley at Battersea and in 1969 was in!

Belgravian reports of the time spotted this 'new talent' and he was soon making teams which included past greats like Gerry North, Bill Curtin, and Peter Carton. He ran in two 6 stage National road relay teams and five Southern 12 stage road relay teams. Somewhat later he won the Club 3000m s/c Champs.

But already other interests were encroaching. In Charlie Manning's Presidential Year - the 'infamous '74' - Leo was cajoled to organise a fund raising fashion show and did so with great success. In '75 he became an official NUT and since then has been responsible for compiling the UK Top 100 performances in the steeplechase 5000 and 10,000m. In '77 he was elected assistant Hon. Gen. Sec. first to Peter Hillier and then Ray Hall.

In 1980 when our 'A' team T&F side were struggling at the bottom of Southern League Div.1 Leo decided something had to be done and embarked on a team rebuilding exercise which virtually put paid to his own serious training plans. The success of his efforts could be seen as Belgrave moved from 35th in the National Rankings to its current 3rd place in Div.1 of the British Athletics League. 8 years of solid hard work. Add to that 4 years as Young Athletes Secretary and his current job as Coaching Secretary and you will appreciate just how much Leo has done for Belgrave.

During all this he has been ably and loyally supported by his family who on many occasions have been seen together at T&F matches looking after entries, recording, scoring and the myriad of jobs needed to ensure successful organisation. While wife Sue and daughter Nemone are strictly back-room helpers, son Jon has run for Belgrave over many years and is a rapidly improving Junior.

So well done Leo, you thoroughly deserve the Honour.

Bill Laws

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W.E.LUCAS    D.F.C.

I do not think we should let Memory of our Centenary Year fade too far from our minds without remembering our 'Centenary' President.

We were singularly lucky in having a man of that calibre to front our Club. There are many opinions of Bill - not all see him as sweetness and light (I'm one myself) - some think him high handed (yea' I'll go along with that too) most of us have felt the rough edge of his tongue, he doesn't suffer fools gladly and gives short shrift to incompetence idleness and excuses.

Hell of a downside isn't there! But the Past Presidents and Committee and Officers put him forward confident that he could serve us. This he has done with distinction.

Bill is one of those rare people who are gifted with an abundance of qualities - I won't mention his 1948 Olympic selection - or his war record - or his announcing at International meets - or even his position on the 3 A's Executive Committee.

What I will say is "Thank you Bill, you've been a great President during an historic period of our Club - your energy - your dedication - your loyalty to Belgrave Harriers, your personal standing in the broad spectrum of athletics - your impartial enthusiasm for every aspect of our activities - is a tribute to yourself, a benefit to the Club and an inspiration to us all.

Thank you.

CHARLIE MANNING

## From the President.

Thank you for electing me President of this great Club. I am deeply honoured to undertake this role for this great Club. The position of President in the Club is unique in that you are not given a description of what you should be doing, you are elected and left to get on with it. There are a number of things that I would like your help to achieve, that will be enjoyable for you and very beneficial to the Club.

### Belgrave Hall

One of my aims as President will be to increase the use of Belgrave Hall by Club Members. The Hall is being given a much needed facelift, thanks to the efforts of Tom Carter. Mike Winch is basing all his activities under one roof at Belgrave Hall and this will give us a boost in income and make it a unique Centre of Excellence.

A spin-off from this is that the Hall will be open for training on seven days a week. So, get up to the Hall as often as possible, get out for a run, and have a cup of tea or a pint afterwards.

### New Members

For a Club with a membership of over 600 you may be surprised to learn that we desperately need new members, of all ages, particularly young athletes, male and female. All new members should be encouraged to train from Belgrave Hall or from Battersea Park Track and this in turn will develop a foundation for the Club to progress in the future.

### Belgrave Committee

The organisation of Belgrave is placed by you in the hands of the Committee which is elected each year at the AGM. There are about six people who sit on this Committee, that virtually run Belgrave with very little input or ideas from the Club Membership. Should one of these stalwarts decide that they have had enough and cease their activities, then the club would be in real difficulties. We need new administrators, new ideas and more Club Members involved in running Belgrave. If you can spare an hour a week please let me or a Committee Member know. Any help however small would be much appreciated.

### Young Athletes

At one time we had a regular influx of youngsters to fill our teams. This influx has dried up and we now have very few young athletes, girls or boys. We have also got nobody to organise the Young Athletes, which is an unbelievable situation for a Club as distinguished as ours. It is for you to decide whether we continue with running a Young Athletes Section, if nobody comes forward in the very near future then we will have no alternative but to restrict the age of our new members. Please help us to avoid this happening.

Thank you for your time and your support so far in my year of office. Remember that no club can survive for long if everybody just turns up for a race or a training run. We need your help now to form a solid foundation for this our second century.

We have a great deal going for us at present, the performances of our Junior Cross-Country Teams throughout the eighties is the envy of most other clubs in the country, our Track and Field Team is our best ever. Have you been to support our Juniors or Track and Field side? You don't know what you are missing.

Good luck throughout 1989.

LEO COY  
President

## From THE BELGRAVIAN

### 25 years ago....

"April 1967 - our combined record in Youths, Juniors and Senior E.C.C.U. Championships this year was second only to one other Club - Coventry Godiva H. We were 12th in the Youths race (of 120 Clubs); 9th in the Junior (of 105 Clubs) and 8th in the Senior (of 135 Clubs) - a really splendid combined effort in which we can take great pride. In addition, our congratulations go to Gerry North on his sixth place in the Senior and on International selection; to Tony Fairclough - 5th in the Junior Championship; and to John Bicourt, seventh in the Youths event. All this magnificent running in fields of fantastic size, and its promise for the future.

In the recent ballot for the Committee of the Southern Counties Amateur Athletic Association our General Hon. Sec. Alf Harley was placed equal third in the voting, Les Cohen was 5th and Harry Shields equal 14th of the twenty elected members. Bill Lucas, our President, represents the Southern Cross-Country Association and Frank Jarvis the Race Walking Association, Southern Area."

### and 40 years ago.

"June 1949 - THE OVERSEAS TROPHY - Percy Wright says:- 'Remember it? We planned it for after the war with the money that we made on those Airgraphs you chaps sent me. Unfortunately the man that bought the Airgraphs died and this source of income died with him. We had, however, succeeded in getting quite a tidy sum - £6. 19s. 6d., to be exact. I had hoped to plan something else to raise the money to a sufficient sum to purchase a suitable trophy, but my present distance from the Club quarters is not convenient. It has been suggested to me that I make an appeal to all those who served overseas and would like to see the idea of the Overseas Cup materialise to send along a subscription. Well, lads! what about it? Send your cheque, postal order or stamp, either to me or the Hon. Treasurer, not forgetting to mention what it is for. We should also be pleased to have any suggestions on how the trophy shall be awarded.' "

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(The "Overseas Cup" was designated the Championship Trophy for the Youth cross-country event.)

#### OFFICIALS:

During recent months our starter of very many years - Arthur Penny (and 81 years young) - has been upgraded.

Ken Giles (Field), Dave Davies (Track) and Sue Morrison (Time-Keeper) have passed tests and are now graded. This summer the club is involved in 42 fixtures on the Track - often 3 or 4 at the same weekend. We need more help with officiating - whether or not you are graded - if we are to honour our commitments.

The more willing people we have (male or female) we have, more fixtures can be shared out. Please contact me by 'phone on 01-330-0132 if you are able to help.

DEREK CROOKES  
(Officials Hon. Sec.)

# † IN MEMORIAM

R.M. 'MEL' THORPE  
(Born March 1938 - died November 1988)

It is with sadness that we must report the death of Mel Thorpe. Mel was an integral part of the Belgrave running teams of the 1960's and, with his wife Mary, ever present at the numerous social functions the team enjoyed in those days.

When he knew he would be moving South from Coventry Godiva Harriers he joined Belgrave and was elected to membership in August 1963. By the time he had got himself settled in it was March 1964 and his first appearance for us was at the Bexley Relay where he was put in the 'C' team as a 'feeler'. His performance proved to the selectors that he was a serious candidate for our 1st team and he confirmed that view in his first season with us.

His enthusiasm for running carried him across a wide spectrum of distances, from one mile on the track to 20 miles on the road, all in that first season with us which culminated in Mel helping the Bels to a fine second place in the News of the World "Southern" London to Brighton Relay.

From then on he was ubiquitous, cramming in to four seasons what many would take double that time to achieve. Hardly a team was fielded without his presence. His best performances on the track were 4:19.8 for the mile, 9:04 for two miles and 14:13 for three miles. In the "5 3/4" he ran 28:34 and in the Yacht '3' the second fastest time ever of 14:37, only Gerry North having run faster.

But after 4 years of wearing Belgrave colours over track, country and road - and giving us sterling support in all our affairs - his job took him back to Coventry. He retained second-claim membership of Bels for very many years and he and Mary always looked forward to their re-union visits South.

The Belgravian of March 1967 wrote:-

"We suppose it was inevitable. To hope to hang on to Mel Thorpe indefinitely when he now lives in distant Coventry was too good to be true .... he will now probably run against us in the National Road Relay wearing the colours of Godiva. Mel writes 'I thank all those at Belgrave for the happiest four years of my life'. It was a pleasure to have you Mel".

Our condolences are extended to Mary, Karen and Richard.

CLIVE SHIPPEN

Our commiserations are extended to our Patron, Eddie Kulukundis, who lost his cousin Minos in the Lochabie air disaster. The occasion was particularly tragic as Eddie and Minos were travelling by separate flights to the USA to attend the funeral of another cousin. Our condolences go to the whole family.

L.A. MITCHELL (LEN) - passed away January 9th, 1989 aged 82. Len became a member of Belgrave only in the last couple of years, but had been a good friend of the club for many years. He had served the Race-Walking sport at all levels, both as a competitor and official. He had been President of the R.W.A. national and also Southern Area and had also held secretarial positions in the R.W.A. and Surrey County AAA.

He moved to Trowbridge on 14 December, 1988 after a lifetime in the Croydon area only to survive a matter of weeks. He was cremated at Bath on January 18th and a number of club members attended.

We extend our sincere condolences to Mrs. B. Mitchell and family.

# grapevine

Our congratulations go out to our Patron, EDDIE KULUKUNDIS, on his OBE in the New Year Honours List. The award, for his services as Chairman of the Sports Aid Foundation and to Athletics, was highly deserved. His deep knowledge of athletics and his enthusiasm for helping promising youngsters is well known. Many established internationals have benefitted from his past help and many future teams will spring from his present support. We feel sure that his association with athletics will be long and fruitful.

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DAYE DONOVAN writes from New York and reciprocates our wishes for a Happy New Year. She recently enjoyed an intoxicating trip around India, but did not see Rangit Bhatia in her travels. She hopes to be in England again in May and looks forward to seeing us again.

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RANJIT BHATIA, professor of mathematics at Delhi University, sends best wishes to all his former club-mates at Belgrave. Rangit writes and broadcasts on athletics and was in Seoul for the Olympics, where he met Eddie Kulukundis and cheered on John Regis with full Belgrave partiality. His knowledge of athletics won him an Addidas forecast prize and a round-the-world trip. He still carries his Belgrave vest over the roads of India.

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How good it was to see three Belgrave vests up in the first eight of the Southern Cross-Country Championships at Basingstoke. Matthew Stickles, Darren Mead and Justin Chaston ran superbly and are certain to pull each other through to many successes in the future. Steve Webster carried a heavy burden as 4th scorer in such a team, but he performed with great credit to clinch second place for Belgrave, only 4 points behind the winners.

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CLIVE SHIPPEN was elected a vice-President of the Southern Counties AA in 1988. Bill Lucas (now 72) continues to shoulder the burden of Chairman during a period of much change and controversy at Area and National level.

\*\*\*\*\*

EDDIE KULUKUNDIS is the new publisher of ATHLETICS TODAY. The magazine is now appearing weekly and is produced by a formidable team of journalists and athletes. It is probably the best magazine on athletics to ever hit the British market. We wish Eddie and his team every success in their enterprise.

Race Walking Association - National President 1989.

Congratulations to Cyril Gittens on his election to this top post. Cyril has been a second claim member for 36 years and other than a competitor has given yeoman service to the club as an official and in particular as time keeper.

1989 should be an exciting year for Ernest Obeng. He has recently started a Sport Promotions Business which offers, among other things, a low cost electronic timing system for track meets. And in May he marries Sharon whom he met as a post graduate student at Loughborough University. Sharon gained her Doctorate last summer.

Marriage next too for fellow sprint star Lenny Paul who we understand is planning 'To tie the knot' before the '89 track season.

Not to be left behind middle distance junior star, Darren Mead has recently announced his engagement to Donna. Just to show what a small world it is, Donna who lives in Norfolk, is the niece of former Surrey C.C.Champ. John Roberts.

You may have read in the press of John Gladwin's M.E. illness. In a final attempt to free himself of the debilitating after effects, John is to spend 5 months 5 months in Australia at the same Canberra Sports Institute that initiated the remarkable breakthrough of Gary Staines in 1987. In both cases the trips were financed by our patron Eddie Kulukundis.

Congratulations to John and Jane Barry who are expecting their first child in May.

JOINT SECRETARIES

Club Officials are liable to get 'phone calls at all hours and awkward times and our Gen.Hon.Sec., Sue Morrison is no exception.

Christmas Day Dinnertime made no difference when she literally received a ring from The Ladies Section Hon. Sec., Harry Porter. Having popped the proposal between courses and they are happy to announce their engagement. Congratulations to Sue and Harry!!

Dave Davies Perpetuated (Not a painful operation)

On September 6th, 1988 at a function following a Kent Police and City of London Police 10 Miles Road Running Championships Race, the following report appeared in The City Police Magazine "City '88" - New Trophy - The presentation Buffet followed with unveiling of the new trophy, "The Dave Davies Trophy" presented by The City of London Police Athletic and Social Club - Athletics Section, to be competed for annually by Kent and City of London Police athletes in the 10 Miles Road Race. It was pointed out that it had been inaugurated to acknowledge Dave's 23 years as Secretary to the Athletics Section, a post from which he retired last year.

Retiring fellow Dave who, when not road running for the club pulls pints behind our Club Bar.

Vertebrae (Can be painful)

Sheena (Mrs Bill) Lucas and Harry Porter have both recently undergone operations on their troublesome backs and we wish them a complete and speedy recovery. It will be nice to see them moving freely around again.

Belgravian is President of Middlesex AAA. Congratulations to Doug Fotheringham on his election to this high office. Doug joined the Bels in September 1953 whilst serving with the Met. Police. He has walked for the club ever since that date and has featured in our championship teams at National level. In recent years he has had considerable success in Veteran events and has competed in several World Championships.

EDDY BOTJLER

Eddy Botjler is a Belgrave Coach and coaches many of the athletes at the Army School of Physical Training at Altershot. His expertise spans all the Track and Field events and his army athletes have competed with distinction.

Belgravians will immediately recognise the names of Dave Armstrong and Lenny Paul in the sprints and the distance running star John Wright. Eddy has recently been appointed official trainer of the British Bob-Sleigh teams and has sent in the following report.

BELGRAVE HARRIERS - BRITISH BOBSLEIGH CHAMPIONS?

Through the 'Belgravian' I would like to record the sporting achievements of certain members of Belgrave Harriers. Normally they are seen exploding out of blocks or being part of our sprint relay team in the British League. I am of course referring to Dave Armstrong and Lenny Paul who, in November of this year, were part of the team which, travelling at speeds of around 70 mph, won the British Bobsleigh Championships in Austria.

The 'Two-Man' competition saw Dave Armstrong as the brakeman, with Mark Tout as driver, win the British Two-Man Championship. Two weeks before, this highly regarded team, scored another success by breaking the British record for the 'Two-Man Push Start' competition at Winterberg.

Both Dave Armstrong and Mark Tout were joined by Audley Richards and Lenny Paul to a very comfortable victory in the 'Four-Man British Championship. (Mark Tout being a decathlete while Audley Richards is a 49 seconds - 400 metre runner, both plan to be members of Belgrave Harriers next season.

These results mean that for the remaining competitions this season which includes the World Cup - European Championship and World Championship, we will go into the draw as Great Britain 1 and will, therefore, always be in the top section which is a very important factor.

For those who may be unaware, the purpose of the crew is to accelerate a Bobsleigh weight, either 390 kgs Two-Man or 630 kgs Four-Man, over a distance of approximately 50 metres. The greater the speed that can be achieved at the start, the faster the 'bob' should travel on its downward path over 1500 metres. Hence the need for sprinters with strength.

Competition between teams to gain the fastest push-start is very competitive with some teams recruiting athletes of the highest standard. The Canadians boast of two athletes that were part of their sprint relay team in Seoul, plus a Canadian decathlon champion. The Swiss two-man bobsleigh team has the Swiss spring champion as their brakeman.

If there are any readers who think that they might like to have the opportunity to bobsleigh and believe they possess the necessary physical qualities, bearing in mind the need to become used to warming up in temperatures of minus 10 degrees centigrade and feel they would like the challenge of sitting in a bobsleigh travelling at about 70 mph they should contact the author of this article for further information.

Eddy Bojtler  
Trainer  
British Bobsleigh Team

ME ... ME ... ME ... ME!

For one minute consider the "doers", "the gogetters", "the action men" (and women) lets forget "the wingers", "the whats in it for me" the selfish who, only, put their own interests first.

One particular strata of our club show enormous self sacrifice in the amount of time, energy and skill they put in on your behalf.

Most of them are officers of the club.

Many of you are unaware of the debt you owe.

How many for instance do the daily round of work, school or whatever. The evening spent training or "out" or comfortably in front of the T.V. So for one minute spare a thought and reflect that somewhere one of your club mates is beavering away for you.

It may be at a meeting where he or she is representing your interests or they may be physically working on our Hall. They may be using "their time" to sort out the paperwork, in organizing fixtures, getting quotes, transportation, enrolment, the Belgravian, hire agreements, the accounts, the bar, cleaning, socials etc. etc. etc.

Consider the shower room - taking out old sinks - rewiring - retiling - extra changing facility, this and a few other things cost £3,000 and you didn't pay a single penny - it was paid for by an old and well loved Belgravian. (He also gave £1,000 for the Centenary Invitation Cross Country Race).

Next time you want to criticise, ask yourself what you have done, how you have supported your officers and committee whether its paying your subs without a reminder - turned up to fixtures - marked courses - how many times do you go to a race and expect someone else to send a comprehensive report to the Editor and Sectional Secretary.

We cannot all match the generosity of certain people, but we can often put the club, my club, your club, our club before personal considerations.

CHARLES MANNING

The Belgrave Harriers "200" Club still has vacancies. It costs £12 per annum to participate in the monthly prize draw in which several prizes from £5 to £50 are to be won each month and in June and November the £50 prize is upped to £100.

The promoter is Jack Goswell, 7 Faversham Court, Faversham Road, Catford, London SE6 4XG  
Tel: 01-890-4679 and he will be only too pleased to furnish the details and take your money, Tom Carter and Bill Cousens will also advise.

# Race Walking.

BELGRAVIAN WALKING SECTION REPORT by Carl Lawton

## WALKING RESUME

The last year has not been a success, certainly the worst for many years. We have been unable to start teams let alone finish them in the mens, but the ladies have been more productive and with Sian Spacey finishing 3rd in the National 10kms it has not been absolute disaster. It does seem possible that things will be better this winter but only if we get full turn outs where it matters. If walking in general is to keep its head above water we must try and keep numbers up in all races. Not only are we suffering in numbers of competitors but also numbers of officials without whom we cannot hold races, not just recorders, timekeepers and judges but the simple pointsmen are required, with smaller fields it is that much easier for a walker to go off course if not correctly directed.

Other performances of note have been Gill Brackpool's 5th in the National 15kms, Sue Morrison and John Hall winning the Civil Service 3kms. A welcome return to John Llewellyn after injury and long lay off and hopefully Paul Warburton making some sort of comeback but regrettably no younger faces to the side.



Walking Royal - Members of our Ladies Walking Section training in Windsor Great Park, by kind permission of Sue Morrison - (they started from Sue's cottage at Englefield Green). L-to-R Sian Spacey, Liz Kay, Karen Barker, Sue Morrison, Gill Brackpool and Charlotte Christou.

WALKING

31 OCTOBER 1987 BEXLEY LEAGUE MEETING

Womens 5 kms: 5.G.Brackpool 28.00; 7.S.Morrison 29.29;  
Girls 2.5 kms: 5.C.Mann 14.46;  
Mens 10 kms: 3.C.Lawton 47.20;

14 NOVEMBER 1987 ENFIELD OPEN 7 MILES

1.F.Reis (Ilf) 48.32; 2.J.Ball (Soton) 48.31; 3.S.Johnson (Splott) 49.18;  
 10.J.Hall 53.38; 11.C.Lawton 54.03; 26.D.Fotheringham 57.46; 33.J.Dunsford 59.42;  
 35.M.Scammell 59.49; Team: 1.Splott 29; 2.BELGRAVE 80; 3.Brighton 89.

28 NOVEMBER 1987 WIMBLEDON OPEN 7 MILES

On a revised (yet again) course the turn out was poor, even Belgrave could only muster six starters in the mens, but we did win. The ladies also turned out a winning team. The novices 5 miles proved a moderate success and will be repeated next year.

Mens 7 Miles: 1.J.Ball (Soton) 49.46; 2.D.Jones (Weymouth) 50.49; 3.G.White (Brighton) 51.51; 8.J.Hall 53.57; 10.C.Lawton 54.25; 20.J.Newnham 57.27; 21.P.Warburton 57.36; 24.M.Baker 59.55; 50.G.Beecham 71.53; Team: 1.BELGRAVE 59; 2.Brighton 64; 3.Surrey 101.

Ladies 7 Miles: 1.B.Sworowski (Sheff) 57.10; 5.G.Brackpool 63.55; 7.S.Morrison 71.32; 8.G.Borthwick 72.47; Team: 1.BELGRAVE 20.

Novices 5 Miles: 8.P.Borthwick 52.55;

In the World Veterans Championships held in Melbourne, John Dunsford (50) and Doug Fotheringham (55) recorded the following times - 5kms: 11th 26:59.4; 5th 25:43.3; 20kms: 7th 111.36; 4th 108.39;

19 DECEMBER 1987 CHIGWELL ILFORD 10 KMS

1. J.Hall 47.40; 4. C.Lawton 48.22; 22. D.Sharpe 61.01;

1 JANUARY 1988 CITY OF LONDON NEW YEAR'S DAY MEET

Ladies 5 kms: 4.G.Brackpool 27.32; 11.E.Kaye 33.40;  
Mens 10 kms: 4.C.Lawton 48.35; 11.M.Baker 53.06; 17.D.Fotheringham 54.23;  
 28. J.Keown 65.24; 30. J.Morris 66.37.

10 JANUARY 1988 IMBER COURT MET. POLICE OPEN 11 KMS

1.D.Stone (Steyning) 47.11; 2.J.Ball (Soton) 49.02; 3.G.White (Brighton) 50.37.  
 9.C.Lawton 52.32; 10.J.Hall 52.42; 29.D.Fotheringham 60.33; 54.J.Morris 70.59; 55.J.Keown 71.00.

23 JANUARY 1988 MONKS HILL, CROYDON SURREY WALKING CLUB 10 MILES

Due to falling fields the Belgrave 10 miles was incorporated in this event which was fortunate as we only had five starters.

1. N.Carmody (Camb) 78.10; 2.C.Bradley (Medway) 78.36; 3.C.Lawton 80.14; 4.J.Jall 81.55;  
 11. D.Fotheringham 91.16; 31.J.Morris 105.00; 33.J.Keown 107.44.

13 FEBRUARY 1988 BATTERSEA PARK LONDON 10 MILES M 5 KMS W

1. G.White (Brighton) Guest 72.08; 3.S.Phillips (Ilford) 1st London 76.24;  
 6. C.Lawton 79.45; 13. P.Warburton 85.46; 15. M.Baker 86.15; 26. J.Dunsford 94.30;  
 37. J.Morris 101.30; Team: 1.B.of Enfield 54; 2. BELGRAVE 63; 3. Surrey WC 69.

20 FEBRUARY 1988 BASINGSTOKE 10 MILES

1. J.Ball (Soton) 72.35; 6. C.Lawton 77.50; 14. J.Dunsford 89.05;

27 FEBRUARY 1988 CHATTENDEN KENT SURREY, SUSSEX & KENT 10 MILES

1. M.Easton (SWC) 67.14; 7. C.Lawton 80.25;

HENDON MIDDLESEX 10 MILES

1. J.Hall 77.20; 5. J.Dunsford 91.22;

5 MARCH 1988 BATTERSEA SA CHAMPIONSHIPS

Mens 10 Miles: 1.N.Carmody (Camb) 75.28; 2. J.Hall 75.55; 4. C.Lawton 76.53;  
22. J.Dunsford 90.05; 38. J.Morris 102.26; Team: 1. Brighton 2. Medway 3. BELGRAVE

Ladies 5 Kms: 1. J.Drake (Brighton) 23.55; 5.G.Brackpool 26.38; 15. S.Morrison 29.45;  
16. C.Mann 30.05; 26. C.Christou 36.45; Team: 3. BELGRAVE

Normally a national championship would merit a good mention, however, the National 10 at Sheffield on March 10th only had two starters from Belgrave, 27th C.Lawton 78.18 and 73rd J.Dunsford 89.22; In the Ladies 15 Kms held over the same tough course Gill Brackpool was 5th in 85.12.

2 APRIL 1988 BRIGHTON SOUTHERN 20 KMS M, 10 KMS W

Ladies: 1. S.Spacey 53.16; 2. G.Trower (Steyning) 55.30; 3. V.Larby (Ald) 56.03;  
6. G.Brackpool 57.31; 8. S.Morrison 61.19.  
Team: 1.BELGRAVE 15; 2.Aldershot 16.

Men: 1. J.Ball (Soton) 91.48; 6. C.Lawton 101.13; 7. J.Hall 101.21; 16. J.Dunsford 112.36;

The Southern 50 Kms at Basildon on April 9th won by R.Dobson (Ilf) 4:28.08; saw John Dunsford finish 14th in 5:17.22.

The Southern 20 miles at Chigwell on 23rd April won by S.Phillips (Ilf) 2.46.28 provided only two Belgrave finishers 4th C. Lawton 2.55.59; 13. J.Dunsford 3.15.11.

5 MAY 1988 BATTERSEA PARK BELGRAVE/COUNTY 10 KMS

1. A.Pryor (Splt) 46.16; 2. C.Lawton 46.49; 3. N. Carmody (Camb) 47.21; 5. J.Hall 48.40;  
9. P.Warburton 53.24; 10. M.Baker 53.43; 11. J.Dunsford 55.09;

Ladies: 1. S.Morrison 62.39.

On the 8th May Carl Lawton won the Eastbourne 7 miles in 54.25.

21 MAY 1988 HODDESDON NATIONAL 20 KM M, 10 KM W

Congratulations to Sian Spacey on placing 3rd in the Womens 10 Kms the first senior individual medal for a lady in Belgrave. We also finished a ladies team but could only place 5th. In the mens we had a poor day and did not close in.

Ladies: 1. J.Drake (Brighton) 49.26; 2. B.Sworowski (Sheff) 49.39; 3. S.Spacey 52.27;  
22. G.Brackpool 59.31; 25. S.Morrison 60.39.

Men: 1. I.McCombie (Camb) 83.31; 23. C.Lawton 99.16; 30. J.Hall 101.44; 52. J.Dunsford 112.29.

On 30th May Catherine Mann was 5th in 16.54 in the SCWAA 3 Kms U.20.

4 JUNE 1988 ASHTON PLAYING FIELDS, WOODFORD SOUTHERN TRACK CHAMPIONSHIP

The lack of juniors once again prevented us from winning this meeting and it was a surprising defeat from Basingstoke who had made an all round effort to get a team out.

3kms: 2. J.Dunsford 15.46; 3. D.Sharpe 17.13;

5kms: 5. S.Stevens 27.45; 6. D.Fotheringham 27.56.

10kms: 1. C.Lawton 49.57 Team: 1.Basingstoke 90; 2.BELGRAVE 81; 3.Steyning 63.

11 JUNE 1988 LEICESTER NATIONAL 35KMS M, 5KMS W.

Again it was the ladies that finished a team but only our 'B' squad.

Ladies: 1. B.Sworowski (Sheff) 23.43; 22. s.Morrison 28.43; 23. C.Mann 28.54;  
39. C.Christou 35.54; Team: BELGRAVE 7th

Men: 1. C.Maddocks (Plymouth) 2.45.09; 28. J.Dunsford 3.40.14;

5 SEPTEMBER 1988 BATTERSEA PARK BELGRAVE 3KMS

1. J.Hall 13.25.9; 2. C.Lawton 13.49.3; 3. S.Lightman (SWC) 14.13.7; 4. J.Llewellyn 14.17.9; 5. M.Scammell 15.02.3; 6. J.Dunsford 15.17; 8. N.Yannakopoulos 16.30.4.

Ladies: 1. G.Brackpool 16.28.6; 2. K.Barker 17.50; 3. C.Christou 20.41.2;

25 SEPTEMBER 1988 SOUTHEND OPEN 5 MILES

1. M.Sweeney (Ilf) 37.20; 2. J.Hall 39.30; 5. C.Lawton 38.24; 7. J.Llewellyn 40.01;

8. P.Warburton 41.08; 21. N.Yannakopoulos 47.14; 22. D.Sharpe 47.17; Team: 1.BELGRAVE

1 OCTOBER 1988 WIMBLEDON INTER-CLUB 5 MILES

1. N.Carmody (Camb) 37.49; 2. C.Lawton 38.08; 3. T.Watt (Steyning) 40.09; 9. J.Dunsford 44.22; 11. N.Yannakopoulos 46.45; 13. P.Warburton 49.11; 14. R.Middleton 50.50; 16. G.Beecham 51.34; 17. J.Morris 52.41;

Ladies: 1. S.Morrison 47.40; 2. G.Brackpool 49.11.

At Aldershot on 1st October Catherine Mann finished 3rd in 30.37 in the Intermediate 5kms and Charlie Christou 6th in 37.39 in the Junior ladies 5kms.

8 OCTOBER 1988 CHIPPENHAM TO CALNE 6 MILES

For the first time for a few years we actually finished a team, in fact two teams, ladies and men. Our mens team was certainly not our best available, but had it been then there would have been every possibility of winning, the ladies was possibly the best and finished a good third.

Ladies: 1. B.Soworski (Sheff) 48.44; 6. S.Spacey 52.19; 10. G.Brackpool 57.28;  
11. S.Morrison 57.50; 13. K.Barker 59.38; Team: 1.Sheffield 11; 2. Steyning 26; 3. BELGRAVE 27;

Men: 1. A.Penn (Cov) 41.58; 26.P.Warburton 49.39; 44. J.Dunsford 54.12; 48.

D.Fotheringham 54.59; 77. D.Sharp 61.27.

# Track and Field.

## SOUTHERN LEAGUE ROUND-UP by Bob Bridges

The season got off to a bad start when I had to struggle to get a team out, even though the fixture was in London, but all credit to those who did, especially those who 'doubled' or 'trebled' up who threw or jumped 'out of event' as we managed to finish 3rd.

The second match being at Battersea I had no trouble getting a team out and we appeared to romp home winners, but Norfolk O. who were very strong in the distance events and the discus, gave us a late fright.

The third match was cancelled due to a waterlogged track at Huntingdon which we were declared the winners due to Belgrave being the highest placed in the league of the clubs involved in that fixture.

Our fourth match at Portsmouth was going to be our toughest match as two of the teams were 2nd and 4th in the division and so it proved as we finished equal third. We seemed to be getting stronger on the track and weaker in the throws. This match saw for the first time in Belgrave colours, Phil Sedgrove who sprinted the final 100m to win an exciting 5000m and Trevor Blanchard who won the Long Jump and injured himself on his first Triple Jump but still managed to finish 2nd.

For the fifth match we had to travel to Reading. Although we won 12 out of the 20 track races, due to athletes getting stuck in traffic and British Rail being British Rail, we virtually had no throwers (yet again) and very few jumpers and lost the match to South London Harriers by just 3 points.

We had to win the last match at Battersea to gain promotion. This was always going to be difficult as Milton Keynes were the division leaders and though there were only two teams in it there was only one winner ... and it weren't us. This match saw the debut of Matthew Stickles in Belgrave colours in which he won a physical and later a verbal 1500m and was also placed 2nd in the 800m. A look through the results will show the high standard of this match and that we did not give up without a fight with many pb's or seasons best being performed, notably Chris Cornwalls 2.03m in the high jump.

Although it was a disappointing season in the fact that we just missed out on promotion there were several encouraging performances that looks good for the future, notably Trevor Blanchard in the long and triple jump, Alistair Grant in the 400H, Gareth Allison who amazes with his talent and versatility, the French twins in the sprints and Joe Minetti who was finding his old form and discovering he could also run 400 just before he got injured towards the end of the season. Among others who serve a mention are Andy Paton, he turned out in every match and gave 100% plus every time including the 110H! and the ever youthful Snowy Brooks. We need more throwers and pole vaulters and I am indebted to our ex 400m and 400m runners who filled these events during the season.

Southern League dates for the 1989 season are: 6th May: 27th May: 24th June:  
8th July and 5th August.

\* We have now entered a 'C' team in the Southern League Division 7 Sth. for next season.

Southern League Division 2 1988

Match Code: 1 Copthall 6th May; 2 Battersea 27th May; 3 Huntingdon 4th June;  
4 Portsmouth 2nd July; 5 Reading 23rd July; 6 Battersea 13th August.

|   | <u>A</u>         |         | <u>B</u>     |         | <u>A</u>           |         | <u>B</u>      |         |
|---|------------------|---------|--------------|---------|--------------------|---------|---------------|---------|
|   | <u>100m</u>      |         |              |         | <u>200m</u>        |         |               |         |
| 1 | 2 J Minetti      | 11.6    | 1 G Warr     | 12.0    | 2 J Minetti        | 23.0    | 1 G Warr      | 23.5    |
| 2 | 2 J French       | 11.6    | 1 M Abrahams | 11.8    | 2 J French         | 23.3    | 1 G Sagar     | 24.1    |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 1 J Minetti      | 11.3    | 2 J French   | 11.7    | 1 J Minetti        | 23.1    | 1 M French    | 23.2    |
| 5 | 2 M Bazire       | 11.6    | 1 M French   | 11.6    | 2 M Bazire         | 22.9    | 1 M French    | 23.0    |
| 6 | 2 M Bazire       | 11.1    | 1 M French   | 11.1    | 2 M Bazire         | 22.5    | 2 M French    | 22.7    |
|   | <u>400m</u>      |         |              |         | <u>800m</u>        |         |               |         |
| 1 | 2 M Bazire       | 51.1    | 1 C Knight   | 50.6    | 2 J Chaston        | 1.58.6  | 1 A Paton     | 1.59.5  |
| 2 | 3 A Paton        | 52.5    | 1 S Garcia   | 51.7    | 3 J Booth          | 1.58.7  | 3 A Paton     | 1.58.9  |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 4 M Bazire       | 52.1    | 3 G Sagar    | 52.6    | 5 M Chaston        | 1.59.9  | 3 A Paton     | 2.00.5  |
| 5 | 1 S Garcia       | 51.5    | 1 M Chuter   | 52.3    | 1 A Moore          | 1.53.6  | 1 A Paton     | 1.59.0  |
| 6 | 2 C Knight       | 49.9    | 3 S Garcia   | 51.4    | 2 M Stickle        | 1.55.3  | 1 J Chaston   | 1.58.4  |
|   | <u>1500m</u>     |         |              |         | <u>5000m</u>       |         |               |         |
| 1 | 2 J Chaston      | 4.06.1  | 5 L O'Hara   | 4.37.2  | 5 D Anderson       | 16.49.0 | -             |         |
| 2 | 3 M Forrester    | 4.11.3  | 3 J Booth    | 4.18.6  | 2 M Lake           | 15.19.7 | 1 D North     | 15.28.9 |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 2 J Barry        | 4.06.5  | 1 M Chuter   | 4.11.0  | 1 P Sadgrove       | 14.55.8 | 4 L Lyons     | 16.49.5 |
| 5 | 1 P Sadgrove     | 3.58.4  | 1 M Hayes    | 4.05.0  | 4 M Lake           | 15.54.1 | 5 L Lyons     | 16.41.6 |
| 6 | 1 M Stickle      | 4.04.5  | 1 A Paton    | 4.09.8  | 1 M Lake           | 15.32.5 | 3 Forrester   | 16.18.  |
|   | <u>3000s/c</u>   |         |              |         | <u>110mH</u>       |         |               |         |
| 1 | 3 M Bizio        | 9.49.4  | 3 Anderson   | 10.56.9 | 5 R Bridges        | 25.2    | 5 A Paton     | 22.3    |
| 2 | 5 D Anderson     | 10.57.8 | -            |         | 2 M L. Bayley      | 16.1    | 1 A Johnson   | 17.1    |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 2 C McDonald     | 9.52.4  | 4 Anderson   | 10.42.0 | 2 G Allison        | 16.7    | 1 A Grant     | 16.2    |
| 5 | 3 Anderson       | 10.23.8 | 3 J Barry    | 10.40.0 | 2 A Grant          | 16.5    | 1 G Allison   | 16.3    |
| 6 | 4 J Barry        | 10.03.6 | 4 Anderson   | 10.54.5 | 2 G Allison        | 16.0    | 4 A Johnson   | 17.8    |
|   | <u>400mH</u>     |         |              |         | <u>Triple Jump</u> |         |               |         |
| 1 | 1 C Knight       | 58.2    | 4 J Coy      | 69.5    | 1 A Amadi          | 13.80   | 1 J Druce     | 12.95   |
| 2 | 2 A Johnson      | 59.4    | 5 M Scott    | 65.0    | 1 J Druce          | 13.35   | 3 M L. Bayley | 11.28   |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 3 A Grant        | 57.5    | 1 G Allison  | 59.1    | 2 T Blanchard      | 13.97   | 1 J Druce     | 12.70   |
| 5 | 2 A Grant        | 59.4    | 1 A Johnson  | 59.3    | 4 J Mole           | 12.55   | 2 G Allison   | 12.55   |
| 6 | 2 C Knight       | 59.9    | 1 G Allison  | 57.9    | 1 T Blanchard      | 14.24   | 2 J Druce     | 12.93   |
|   | <u>High Jump</u> |         |              |         | <u>Long Jump</u>   |         |               |         |
| 1 | 1 B Gardiner     | 1.90    | 4 G Sagar    | 1.60    | 2 M Bazire         | 6.14    | 2 C Brooks    | 5.39    |
| 2 | 3 M L. Bayley    | 1.70    | 3 G Sagar    | 1.55    | 1 M L. Bayley      | 6.15    | 1 C Brooks    | 5.92    |
| 3 |                  |         |              |         |                    |         |               |         |
| 4 | 4 G Allison      | 1.75    | 5 J Minetti  | 1.60    | 1 T Blanchard      | 6.86    | 1 C Gaynor    | 6.64    |
| 5 | 3 B Gardiner     | 1.75    | 2 G Allison  | 1.60    | 4 M Bazire         | 5.88    | 5 A Grant     | 4.85    |
| 6 | 1 C Cornwall     | 2.03    | 1 B Gardiner | 1.90    | 2 T Blanchard      | 6.56    | 1 M Bazire    | 6.20    |

## Southern League Division 2 1988

|   | <u>A</u>  | <u>B</u>          | <u>A</u>                           | <u>B</u>         |
|---|---|-------------------|------------------------------------|------------------|
|   | <u>Discus</u>   |                   |                                    |                  |
| 1 | 2 C Brooks 31.42  | 5 G Sagar 21.40   |                                    |                  |
| 2 | 3 C Brooks 34.52  | 5 M Hewson 17.44  |                                    |                  |
| 3 |   |                   |                                    |                  |
| 4 | 5 J Martin 28.82  | 5 G Allison 23.28 |                                    |                  |
| 5 | 5 J Martin 27.94  | 4 G Allison 23.54 |                                    |                  |
| 6 | 3 C Brooks 34.18  | 2 A Johnson 32.76 |                                    |                  |
|   | <u>Pole Vault</u>   |                   |                                    |                  |
| 1 | 4 C Brooks 2.60   | R Bridges no ht   | 5 I Thomas 8.86                    | 5 C Brooks 8.67  |
| 2 | 3 C Brooks 3.00   | 3 M Shippen 3.00  | 5 I Thomas 8.84                    | -                |
| 3 |   |                   |                                    |                  |
| 4 | 5 R Bridges 2.00  | -                 | 4 G Allison 10.92                  | 4 J Martin 9.96  |
| 5 | 3 R Bridges 2.30  | A Johnson no ht   | 3 G Allison 10.98                  | 3 J Martin 9.94  |
| 6 | 3 M Shippen 3.20  | 3 C Brooks 3.00   | 2 G Allison 11.00                  | 3 C Brooks 9.40  |
|   | <u>Hammer</u>   |                   |                                    |                  |
| 1 | 4 I Thomas 22.56  | 5 R Bridges 16.70 | 2 G Sagar 39.06                    | 2 C Brooks 37.00 |
| 2 | 2 T Welsh 37.54   | 3 I Thomas 25.58  | 2 A Owen 47.70                     | 3 M Hewson 39.80 |
| 3 |   |                   |                                    |                  |
| 4 | 5 J Martin 18.42  | 5 R Bridges 16.20 | 5 G Sagar 37.30                    | 5 M Bazire 32.14 |
| 5 | 5 R Bridges 18.40   | 5 D Mote 15.02    | 4 J Martin 42.10                   | 2 D Mole 42.10   |
| 6 | 5 R Bridges 18.44   | 5 D Mote 13.12    | 4 A Owen 43.78                     | 4 C Brooks 40.48 |
|   | <u>4x400m</u>   |                   |                                    |                  |
| 1 | 2 Sagar Knight Paton Bazire   | 3.29.0            | 1 M French J French Bazire Minetti | 43.8             |
| 2 | 1 A N Other Mote Garcia Paton   | 3.28.9            | 2 Abrahams French French Sagar     | 45.9             |
| 3 |   |                   |                                    |                  |
| 4 | 2 Grant Chuter Minetti Paton  | 3.26.1            | 1 Sagar French Bazire Gaynor       | 43.7             |
| 5 | 1 Bazire Moore Chuter Paton   | 3.26.1            | 1 Johnson Garcia Bazire French     | 44.3             |
| 6 | 1 Knight Garcia Bazire Paton  | 3.22.3            | 2 Sagar French Bazire Blanchard    | 43.9             |
|   | <u>4x100m</u>   |                   |                                    |                  |
| 1 | Dartford 135. Southend 118. <u>Belgrave</u> 112. Swindon 94. Epsom&Ewell 72.        |                   |                                    |                  |
| 2 | <u>Belgrave</u> 119.5. Norfolk 0 115. Farham 104.5. Enfield 101. Old Gayts 95.      |                   |                                    |                  |
| 3 | <u>Belgrave</u> 119.5. Basingstoke 114. QPH 108.5. Ipswich 102. Huntingdonshire 96. |                   |                                    |                  |
| 4 | Peterborough 136. Havant 117. <u>Belgrave</u> 109. Chelmsford 109. Twick & Rich 65. |                   |                                    |                  |
| 5 | SLH 123.5. <u>Belgrave</u> 120.5. Reading 110. Hert & Ware 96. Invicta 75.          |                   |                                    |                  |
| 6 | Milton Keynes 159. <u>Belgrave</u> 133. Ealing & S 104. Crawley 88. Newbury 54.     |                   |                                    |                  |

| <u>Final Table:</u> |                   |      |       |                     |         |
|---------------------|-------------------|------|-------|---------------------|---------|
| 1                   | Milton Keynes     | 29   | 875.5 | .....               |         |
| 2                   | Peterborough      | 28.5 | 850.5 | .....               |         |
| 3                   | Dartford H        | 28.5 | 819.5 | .....               |         |
| 4                   | Chelmsford        | 25.5 | 741   | .....               |         |
| 5                   | South London H    | 24   | 721   | 24 Richmond & Twick | 7 390.5 |
| 6                   | <u>Belgrave</u> H | 23.5 | 713.5 | 25 Epsom & Ewell    | 7 380.5 |

THE G.R.E. GOLD CUPLeo Coy reports ...

This year's competition had us travel much further afield than ever before and also saw us reach the final for the first time.

The Second Round on May 29 took us to Warley in the Midlands and with a strong looking team we turned out comfortable winners. Individual wins were recorded by Marcus Adam in the sprints, Femi Abejide the Triple Jump, Marcello Bizio the Steeplechase and Jimmy Summers and Abi Ekoku mopping up the Throws. The "French" twins, M & J, made a winning debut in the 4x100m relay and with their progress this year it looks well for the future.

The Semi-final had us on the road again, this time to Stoke-on-Trent. Most went up overnight (with thanks to W.R.L.) and savoured the delights of Stoke on a Saturday night and despite the "Cuff" strip tease before the match, everything went very well on the day and we easily qualified for the final by finishing second to Wolverhampton & Bilston 139-137 pts.

Individual wins were recorded by Ernie Obeng 100m, Marcus Adam 200m, Stu Paton 1500m, Mike Hayes 3000 S/C, Femi Abejide Triple Jump and Nigel Bevan, Javelin Throw and the 4x400m Relay Team of Cuff, Busk, Maynard and Paton.

The Final was held at Haringey on 21st August and was televised on Channel 4.

We turned out what was probably our best ever team on paper, but alas, on the day Dame Fortune failed to smile on us and despite the fact that we were facing perhaps our toughest opposition so far, we had two individual winners in Marcus Adam in the 200m and surprise, surprise - John Regis in the 400m, in which he set a new club record of 46.57 secs. Mike Small performed well in the Hammer Throw with 3 throws over 49 mtrs. - NEXT YEAR PERHAPS!!

29 MAY 1988WARLEYGRE CUP SECOND ROUND

100m: 1.M.Adam 11.4; 200m: 1.M.Adam 22.7; 400m: 4.J.Busk 49.7; 800m: 2.J.Booth 1.57.2; 1500m: 3.J.Barry 4.10.8; 5000m: 3.S.Maynard 15.10.6; 10,000m: 4.D.Anderson 34.46.2; 3000 S/C: 1.M.Bizio 9.46.5; 110H: 2.P.Chong 15.1; 400H: 2.I.Bland 55.0; LJ: 4.F.Abejide 6.54; HJ: 2.B.Gardner 1.85; TJ: 1.F.Abejide 15.06; PV: 4.B.Gardner 2.80; HT: 1.J.Summers 53.22; SP: 1.A.Ekoku 15.32; DT: 1.A.Ekoku 48.68; JT: 5.A.Ekoku 38.20; 4x100: 1.BELS 44.6 (M.French, J.French, F.Abejide, M.Adam); 4x400: 3.BELS 3.22.6 (Cuff, Busk, Adam, Bland).

Team Results: 1.BELGRAVE 142; 2.Stoke 133; 3.Colwyn Bay 106½.

31 JULY 1988NORTHWOOD STADIUM, STOKEGRE GOLD CUP, SEMI-FINAL

100m: 1.E.Obeng 10.6; 200m: 1.M.Adam 21.3; 400m: 3.J.Busk 49.7; 800m: 2.D.Maynard 1.52.4; 1500m: 1.S.Paton 3.50.2; 5000m: 5.D.Mead 14.50.9; 10000m: 3.S.Maynard 31.32.3; 3000 S/C: 1.M.Hayes 9.08.5; 110H: 4.T.Pamah 17.1; 400H: 3.I.Bland 54.8; LJ: 3.F.Abejide 6.89; HJ: 3.O.Cham 2.10; TJ: 1.F.Abejide 14.89; PV: 6.R.Lyons 3.80; HT: 3.J.Summers 52.96; DT: 3.K.Onuaguluchi 51.52; SP: 3.K.Onuaguluchi 14.27; JT: 1.N.Bevan 70.98; 4x100: 2.BELS 42.5 (French, Abejide, Blanchard, Adam); 4x400: 1.BELS 3.15.1 (Cuff, Maynard, Paton, Busk).

Team Results: 1.Wolverhampton 139; 2.BELGRAVE 137;

21 AUGUST 1988HARINGEY STADIUMGRE GOLD CUP

100m: 4.L.Paul 10.62; 200m: 1.M.Adam 21.01; 400m: 1.J.Regis 46.57; 800m: 2.S.Paton 1.50.51; 1500m: 6.C.Ogle 3.58.77; 5000m: 7.P.Sadgrove 14.42.29; 10000m: 7.J.Wright 31.24.80; 3000 S/C: 3.M.Hayes 9.08.20; 110H: 7.P.Chong 14.65; 400mH: 7.I.Bland 55.42; LJ: 5.F.Abejide 7.30; HJ: 7.L.Haughton 2.00; TJ: 2.F.Abejide 15.84; HT: 8.M.Small 49.84; SP: 6.A.Ekoku 15.82; DT: 4.K.Onuaguluchi 54.42; JT: 2.N.Bevan 69.98; 4x100: BELS (Disq.) 4x400: 4.BELS 3.15.22

Team Results: 1.Haringey 124; 2.Shaftsbury 106; 3.Wolverhampton 100; 4.Birchfield 95½; 5.TVH 86; 6.BELGRAVE 81; 7.Blackheath 75½; 8.ESH 67.

## ROSENHEIM LEAGUE RESULTS

25 MAY 1988

TOOTING

MATCH 1

100m: 2.J.French 11.5; N/S M.Abraham 11.9; S.Rice 12.1; G.Skipper 11.8; J.Hutchinson 13.5.  
 200m: 1.M.French 23.0; N/S D.Browne 23.8; G.Skipper 24.3;  
 400m: 1.J.Booth 52.0; N/S M.Bowers 52.7; D.Robin 52.8;  
 800m: 4.J.Rodd 2.12.2; N/S D.Ricks 2.16.0; D.Ludlow 2.18.0.  
 1500m: 1.C.Ogle 3.54.8 N/S A.Paton 3.59.7; M.Bizio 4.11.9 HJ: 1= B.Gardner 1.95.  
 N/S 300m: J.Rodd 9.44.0; A.Stone 9.52.0; D.Ricks 10.35.0; D.Ludlow 10.49.0.

Results: 5.BELGRAVE 31½.

8 JUNE 1988

TOOTING

MATCH 2

2000 S/C: 1.M.Bizio 6.15.0; 100: 1.D.Armstrong 11.1; N/S N.Urquhart 11.2; J.Minetti 11.4; J.Busk 11.4; M.Abrahams 11.6; 200: 2.J.Minetti 22.8; N/S D.Armstrong 22.3; J.Busk 22.9; N.Urquhart 23.6; 400: 4.N.Kidd 59.4. 800: 3.A.Painter 2.02.9; 1500: 2.S.Maynard 4.00.8; N/S C.Ogle 3.48.2; M.Chaston 3.49.0; J.Booth 3.55.4; M.Hayes 3.57.2; A.Paton 3.58.0; 8000: 7.M.Forrester 8.47.0; N/S M.Bizio 8.35.0; J.Bicourt 9.01.0; J.Rodd 9.24.0; P.Stuart-Smith 9.50.0; A.Stone 9.53.0; B.Kolse 10.18.0; D.Ricks 10.19.0.  
 800: N/S M.Bower 2.01.4; A.Gayton 2.06.1; S.Williams 2.07.8; S.Herbert 2.08.6; S.Gordon 2.13.3; J.Rodd 2.12.3; D.Ricks 2.16.7; D.Ludlow 2.18.5; C.Manning 3.15.7.  
 PV: 1.R.Lyons 3.80; TJ: 3.D.Browne 14.03; DT: 2.M.Small 42.58; HT: 1.M.Small 47.42;

Results: 1.BELS 55.

22 JUNE 1988

TOOTING

MATCH 3

400H: A.Grant 58.8; 100m: 2.M.French 11.3; N/S J.Busk 11.4; J.French 11.7;  
 SP: 1.A.Ekoku 15.41; N/S K.Onuaguluohi 14.39; M.Small 12.57; 800m: 1.M.Bowers 2.00.6;  
 N/S A.Painter 2.01.6; S.Herbert 2.10.6; HJ: 1.L.Haughton 1.96. 1500: 3.M.Bizio 4.15.5;  
 400: 2.A.Grant 52.3; JT: 2.M.Small 43.70; 200: 2.J.Busk 22.9; N/S M.French 23.0;  
 J.French 23.7; A.Painter 25.9; 3000: 3.A.Paton 8.43.9; N/S M.Bizio 9.09.0; C.Dickenson 9.12.0; D.Anderson 9.20.0; T.Williams 9.34.0; A.Stone 9.58.0; 4x200: 1.BELS 1.32.5;  
 LJ: 1.D.Williams 6.92; N/S S.Wyld 6.72.

Results: 1.BELS 64.

6 JULY 1988

BATTERSEA PARK

MATCH 4

110H: 2.A.Pamah 17.4; N/S A.Grant 16.00; 100m: 1.J.Minetti 11.4; HT: 1.M.Small 47.52;  
 800: 1.J.Busk 1.59.2; 1500: 1.P.Sadgrove 4.01.6; 400: 2.A.Grant 52.6; 200: 2.M.Bazire 23.1; N/S P.Cuff 22.9; S.Paton 23.2; DT: 1.M.Small 44.14; 3000: 5.A.Paton 9.00.0;  
 4x200: 1.BELS 1.34.1; N/S 200: J.Minetti 22.5; J.Hutchinson 27.6; M.Scott 25.2; R.Bello 25.9; N/S 100: M.Bazire 11.4; P.Cuff 11.5; P.Lyttle 11.9; M.Bartlett 12.6; N/S 3000:  
 C.Dickenson 9.11.0; D.Anderson 9.13.0; T.Stone 10.06.0. N/S 800: S.Paton 1.54.3;  
 J.Chaston 1.56.3; M.Chaston 1.57.3; J.Booth 2.01.0; S.Maynard 2.01.1; M.Bizio 2.04.5;  
 P.Stuart-Smith 2.05.5; S.Gordon 2.13.2; C.Manning 3.10.8.

Results: 1.BELS 53.

20 JULY 1988

TOOTING

MATCH 5

800: 1.C.Ogle 1.52.7; 3.M.Chaston 1.56.3; 3000: 2.J.Chaston 8.26.7;  
 No other results available.

Results: 2.BELS 52.

3 AUGUST 1988

TOOTING

MATCH 6

400H: 1.A.Pamah 56.1; 100: 2.M.French 11.5; N/S F.Ocrah 11.6; G.Skipper 12.0;  
 200: 2.M.French 22.9; N/S F.Ocrah 23.6; G.Skipper 24.0; M.Bowers 24.4; 800: 3.M.Bowers 2.00.9; 3000: 3. 8.45.0; DT: 1.M.Small 42.40; HT: 1.M.Small 46.36;  
 800: N/S C.Ogle 1.52.7; A.Paton 1.56.4; P.Sadgrove 1.58.4; S.Smith 2.02.2; J.Rodd 2.08.2;  
 S.Gordon 2.11.4; J.Coy 2.14.0; D.Ricks 2.16.7; D.Ludlow 2.17.2; 1500: N.S P.Sadgrove 4.06.2; R.Blick 4.20.7; A.Painter 4.24.0; 400: N/S R.Bello 56.2; J.Hutchinson 60.9;

Results: =2 BELS 41.

17 AUGUST 1988

TOOTING

Rosenheim League Final

100: 5.G.Sagar (BE) 11.8; 200: 3.M.French 22.7; 400: 4.A.Paton 51.8; G.Sagar 52.4;  
 800: 4.M.Stickels 1.56.6; 1500: 4.R.Blick 4.15.6; 3000: 6.M.Lake 9.04.3; 2 S/C:  
 2.S.Maynard 5.55.9; SP: 3.M.Small 12.08; JT: 2.M.Small 46.28;  
 No other results available.

Results: 6. BELS 30.

13 JULY 1988

HAC TROPHY

Youths: 100H: 3.D.Cooper 19.9; 100m 'A': F.Ocrah 11.5; 'B': 2.M.Sari 12.1; LJ: 3.W.Chu  
 4.96; DT 'A': 3.J.Ireland 31.76; 'B': 2.G.Dorrell 24.96; 400: 5.D.Cooper 66.3;  
 SP: 3.J.Ireland 12.10; 200 'A': 2.F.Ocrah 23.7; 'B': 1.W.Chu 25.4; 1500 'A':  
 5.J.Wallace 4.45.0; 'B': 4.D.Winson 5.01.2; 800 'A': 2.M.Bowers 2.03.7; 'B':  
 5.J.Fairhurst 2.20.6; 4x200: 4.BELS 1.42.4; (Chu, Bowers, Ocrah, Sari)

Boys: 100mH: 4.S.Booth 14.7; LJ: A4: S.Booth 4.15; B4: O.Austien 3.74;  
 DT: 4.H.Buchanan 16.42; SP: 2.G.Dorrell 8.19; 200: 2.S.Abeysinger 25.4;  
 1500: 5.O.Austien 5.17.3; 800: 2.S.Abeysinger 2.16.1;

Results: 4. BELS 142.

13 JULY 1988

BANK OF ENGLAND MEETING

100m: 1.P.Cuff 11.2; 200m: 2.P.Cuff 22.6; 400m: 5.J.Booth 54.6; 5000m: 1.M.Chaston  
 15.17.4; HJ: 2= M.Chaston 1.60; SP: 1.M.Small 12.34; JT: 2.M.Small 45.39;

6 AUGUST 1988

BATTERSEA PARK

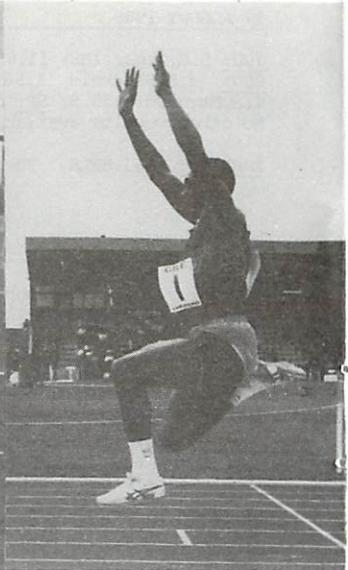
BELGRAVE HARRIERS - CLUB CHAMPIONSHIPS

Senior Men: 100m: 1.F.Ocrah (Y) 11.5; 2.D.Williams 11.5; 3.J.Busk 11.6; 4.N.Kidd 13.0;  
 5.J.Hutchinson 13.5;  
 200m: 1.J.Busk 23.2; 2.D.Williams 23.2; 3.A.Pamah 23.9; 4.A.Paton 24.3;  
 5.E.Tettem (B) 28.4;  
 400m: 1.J.Busk 50.8; 2.R.Bale 55.7; 3.A.Painter 57.2; 4.J.Rodd 58.5;  
 5.N.Kidd 58.9; 6.D.Ricks 59.6; 7.A.Geynes 60.4; 8.D.Ludlow 61.4.  
 800m: 1.A.Ross (Y) 2.06.4; 2.A.Painter 2.08.5; 3.S.Ledin 2.09.8;  
 4.J.Coy (J) 2.12.0; 5.A.Stone 2.24.1;  
 1500m: 1.M.Lake 4.13.8; 2.R.Buck (J) 4.20.0; 3.D.Anderson 4.25.6;  
 4.L.Lyons 4.30.9; 5.N.Khan (J) 4.39.1; 6.L.Coy 4.46.9; 7.A.Stone 4.49.9;  
 8.R.Bale 4.50.5; 9.P.Lyttle 6.30.8;  
 110H: 1.A.Pamah 16.3;  
 LJ: 1.T.Blanchard 6.69; 2.D.Williams 6.67; 3.P.Lyttle 4.83.  
 Javelin: 1.K.Onuaguluchi 52.50; 2.M.Small 43.74; 3.B.Green 12.80.  
 Shot: 1.M.Small 12.52; 2.B.Green 8.07; 3.G.Piddington 4.42.  
 Discus: 1.K.Onuaguluchi 52.86; 2.M.Small 44.50; 3.B.Green 18.08.  
 Triple Jump: 1.T.Blanchard 14.47; 2.D.Williams 14.24

Youths: 400m: 1.M.Bowers (Y) 54.3; 2.J.Fairhurst (Y) 62.3; 3.D.Cooper (Y) 65.1;  
 4.S.Booth (C) 67.4;  
 850m: 1.M.Bowers 2.08.6; 2.J.Fairhurst 2.23.7; 3.D.Cooper 2.33.3;  
 4.B.Cooper 2.52.4; 5.A.Maidment 3.03.8.  
 Javelin: 1.G.Dorrell 32.48;  
 Shot: 1.G.Dorrell 8.31;  
 Hammer: 1.M.Small 48.28;

Junior Men: 400m: 1.A.Ross (Y) 52.8  
 LJ: 1.E.Tetteh 4.49  
 Hammer: 1.G.Dorrell (Y) 22.44

Colts: 100m: 1.S.Booth 14.7; 2.A.Maidment 16.9; 3.D.Cooper 17.0  
 LJ: S.Booth 4.20; 2.B.Cooper 3.55.



Ossie Cham and Stu Paton

Nigel Bevan

Femi Abejide

Welcome to new members to our teams, Ossie Cham, Femi Abejide, Nigel Bevan and Lennie Paul.

You are always assured of a great welcome to our Track and Field team. Stu Paton demonstrates with aid of Ossie Cham.

Darrell Maynard has not only turned in some fast 400m and 800m times but is good up to 5000m on the road. Another man to watch in '89.

Darrell Maynard

Lennie Paul



BRITISH ATHLETICS LEAGUE (DIVISION I)

21 MAY 1988 ALEXANDER STADIUM, BIRMINGHAM BRITISH ATHLETICS LEAGUE DIV. I, MATCH 1

Teamwise this was our least successful and we finished in 7th place, just one point ahead of the last team - TVH.

Stars of the day were Lenny Paul who beat a good field in the 100m and John Regis who ran a blistering 45.4 sec. leg in the long relay. There were ten new faces in our team on the day and all felt that we were capable of much better.

|             | <u>'A'</u>  | <u>'B'</u>            |
|-------------|---|-----------------------|
| 100m:       | 1.L.Paul 10.85  | 8.S.Lyons 12.02       |
| 200m:       | 6.L.Paul 22.13  | 7.J.Busk 23.20        |
| 400m:       | 5.J.Busk 48.89  | 7.I.Bland 51.84       |
| 800m:       | 5.S.Paton 1.50.82   | 8.C.Ogle 1.52.99      |
| 1500m:      | 6.M.Chaston 3.52.18   | 4.J.Chaston 3.53.87   |
| 5000m:      | 4.J.Wright 14.11.24   | 7.M.Bizio 15.32.01    |
| 3000 S/C:   | 4.M.Hayes 9.04.26   | 4.S.Maynard 9.20.70   |
| 100H:       | 5.P.Chong 15.27   | 6.G.Allison 16.53     |
| 400H:       | 7.I.Bland 54.53   | 7.G.Allison 59.26     |
| LJ:         | 6.D.Williams 6.88   | 5.S.Wyld 6.59         |
| HJ:         | 7.L.Haughton 2.00   | 8.B.Gardner 1.90      |
| TJ:         | 6.D.Browne 14.65  | 5.A.Amadi 13.39       |
| PV:         | 7.S.Lyons 3.60  | - R.Lyons             |
| HT:         | 5.J.Summers 53.12   | 8.A.Ekoku 27.30       |
| SP:         | 4.E.Ekoku 15.65   | 3.K.Onuaguluchi 13.77 |
| DT:         | 3.K.Onuaguluchi 53.14   | 2.A.Ekoku 49.24       |
| JT:         | 2.N.Bevan 69.16   | 5.K.Onuaguluchi 54.72 |
| 4x100:      | 6.BELS (L.Paul, D.Williams, D.Hall, L.Haughton) 41.88;  |                       |
| 4x400:      | 4.BELS (J.Busk 50.3; D.Hall 48.5; J.Regis 45.4; C.Ogle 50.01) 3.14.15.  |                       |
| Team Result | 1.Haringey 409; 2.Birchfield 342; 3.Shaftesbury 279; 4.W&B 259; 5.ESH 235; 6.Blackheath 221; 7.BELGRAVE 217; 8.TVH 216. |                       |

12 JUNE 1988 HARINGEY STADIUM BRITISH ATHLETICS LEAGUE DIVISION 1, MATCH 2

Saw the return of our sprinters. Lenny Paul again won the 100m and Marcus Adam got his beak in front in the 200m, and Chris Ogle in his first race in Bels colours, won the second string 800m. Darren Mead partnered Chris in the 1500m and both gave very good accounts of themselves. Femi Abejide made his debut as a Belgrave man on his former "home track" and made a vast difference to our "jumps" section. His 16.30m TJ was excellent as was Derek Browne's 15.15m. Nigel Bevan was 2nd in the Javelin with a 70.42m throw and Jimmy Summers had a 54.58m Hammer Throw. Jimmy also teamed up with Bob Bridges to get valuable points in the Pole Vault.

|              | <u>'A'</u>  | <u>'B'</u>            |
|--------------|---|-----------------------|
| 100m:        | 1.L.Paul 11.04                                    | 2.M.Adam 11.3         |
| 200m:        | 3.P.Goedluck 22.46                                | 1.M.Adam 21.96        |
| 400m:        | 7.J.Busk 48.97                                    | 6.P.Cuff 49.79        |
| 800m:        | 3.S.Paton 1.51.28                                 | 1.C.Ogle 1.53.10      |
| 1500m:       | 5.D.Mead 4.01.80                                  | 4.C.Ogle 4.07.18      |
| 5000m:       | 5.J.Wright 14.38.88                               | 4.J.Chaston 14.55.99  |
| 3000S/C:     | 7.S.Maynard 9.37.2                                | 5.M.Bizio 10.06.7     |
| 110H:        | 5.P.Chong 15.78                                   | 7.M.L-Bayley 16.78    |
| 400H:        | 8.T.Pamah 55.78                                   | 6.A.Grant 57.88       |
| LJ:          | 4.F.Abejide 7.23                                  | 3.D.Williams 6.84     |
| HJ:          | 6.C.Cornwell 1.95                                 | 3.L.Haughton 1.90     |
| TJ:          | 2.F.Abejide 16.30                                 | 2.D.Browne 15.15      |
| PV:          | 8.R.Bridges 1.96                                  | 8.D.Summers 1.96      |
| HT:          | 6.J.Summers 54.58                                 | 6.M.Small 44.36       |
| SP:          | 4.A.Ekoku 16.09                                   | 3.K.Onuaguluchi 13.97 |
| DT:          | 2.K.Onuaguluchi 54.10                             | 2.A.Ekoku 51.48       |
| JT:          | 2.N.Bevan 70.42                                   | 7.A.Owen 43.42        |
| 4x100:       | 41.00 (L.Paul, M.Adam, P.Goedluck, D.Armstrong)   |                       |
| 4x400:       | 3.20.06 (J.Busk, P.Cuff, S.Paton, D.Williams)     |                       |
| Team Result: | 1.Haringey 426; 2.Birchfield 345; 3.BELGRAVE 284. |                       |

2 JULY 1988

MEADOWBANK

BRITISH ATHLETICS LEAGUE

DIVISION 1 - MATCH 3

A long and expensive trip. Fifth team place was a good result but we had hoped for better. Blackheath shaded us by one point. Ernest Obeng was in great tune for the 100m and was leading the field when he had to pull up and that not only ended this race early but also put an end to his Olympic ambition. John Regis broke the Div.1 record in winning the 200m in 20.88, Lenny Paul won the 100m 'B' in 10.64. Star of the day was Ken Onuaguluchi who almost missed his return flight to London, he had a brilliant competition in the Shot Putt, Discus Throw and as a back up to Nigel Bevan in the Javelin.

|              | 'A'  |  | 'B'             |          |
|--------------|--|--|-----------------|----------|
| 100m:        | 8.E.Obeng  | NT   | 1.L.Paul        | 10.64    |
| 200m:        | 1.J.Regis  | 20.88                                      | 4.D.Armstrong   | 22.04    |
| 400m:        | 6.J.Busk   | 49.36                                      | 4.P.Cuff        | 49.25    |
| 800m:        | 8.S.Paton  | 1.56.49                                    | 4.D.Mead        | 1.52.61  |
| 1500m:       | 4.C.Ogle   | 3.50.34                                    | 5.J.Chaston     | 3.54.74  |
| 5000m:       | 6.J.Wright   | 14.27.11                                   | 6.M.Sinclair    | 15.36.45 |
| 3000S/C:     | 6.S.Maynard  | 9.24.27                                    | 4.M.Bizio       | 9.48.31  |
| 110H:        | 5.P.Chong  | 14.76                                      | 6.M.L-Bayley    | 19.85    |
| 400H:        | 5.I.Bland  | 54.61                                      | 3.T.Pamah       | 56.98    |
| LJ:          | 5.D.Williams   | 6.84                                       | 5.S.Wyld        | 6.35     |
| HJ:          | 5.L.Haughton   | 1.95                                       | 2.C.Cornwell    | 1.90     |
| TJ:          | 4.D.Browne   | 15.19                                      | 5.D.Williams    | 13.31    |
| PV:          | 8.J.Summers  | 2.10                                       | 8.M.L-Bayley    | 2.10     |
| HT:          | 4.J.Summers  | 51.08                                      | 5.M.Small       | 44.00    |
| SP:          | 3.A.Ekoku  | 15.97                                      | 2.K.Onuaguluchi | 14.76    |
| DT:          | 4.K.Onuaguluchi  | 53.02                                      | 3.A.Ekoku       | 50.70    |
| JT:          | 2.N.Bevan  | 67.30                                      | 3.K.Onuaguluchi | 59.04    |
| 4x100:       | 3.BELS 41.26   | (L.Paul, D.Armstrong, J.Regis, D.Williams) |                 |          |
| 4x400:       | 7.BELS 3.21.29   | (C.Knight, P.Cuff, T.Pamah, J.Busk)        |                 |          |
| Team Result: | 1.Haringey 367; 2.W&B 360; 3.Birchfields 334;<br>4.Blackheath 265; 5.BELGRAVE 264. |  |                 |          |

13 AUGUST 1988

WEST LONDON STADIUM

BRITISH ATHLETICS LEAGUE

DIVISION 1, MATCH 4

Back to London for the final fixture at the West London Stadium at Wormwood Scrubs. We fielded what was probably our best team ever. It also contained three new faces who were gracing our team for the first time and Andy Moore making a winning return to the team in the 'B' 1500m.

Darryl Maynard had a fine debut in the 'A' 800m. Ossie Cham made an impressive entrance with a brilliant 2.10m for 2nd place in the High Jump being ably backed up by Leroy Haughton. Paul Sadgrove had a really outstanding run in the 5000m and was only just out-kicked on the final lap.

Ernest Obeng managed to get fit again for this match and got a third place. Individual winners were Lenny Paul 100m 'B', Femi Abejide TJ 'B'. So - with fine backing up performances by Stu Paton, Nigel Bevan, Ken Onuaguluchi, Mike Hayes, Abe Ekoku and Mike Small who all gained 2nd or 3rd places and all the others as shown in the final result, we had a fine old day - finishing up only second team on the day to the Mighty Haringey. So ended the British Athletic League Div.1 for 1988.

|          | 'A'          |          | 'B'           |          |
|----------|--------------|----------|---------------|----------|
| 100m:    | 3.E.Obeng    | 11.02    | 1.L.Paul      | 10.96    |
| 200m:    | 1.M.Adam     | 21.44    | 2.D.Armstrong | 21.87    |
| 400m:    | 8.J.Busk     | 50.01    | 4.P.Cuff      | 48.64    |
| 800m:    | 5.D.Maynard  | 1.53.13  | 1.C.Ogle      | 1.52.89  |
| 1500m:   | 3.S.Paton    | 3.52.8   | 1.A.Moore     | 3.56.31  |
| 5000m:   | 2.P.Sadgrove | 14.30.96 | 5.M.Sinclair  | 15.53.40 |
| 3000S/C: | 2.M.Hayes    | 9.02.19  | 4.S.Maynard   | 9.31.12  |
| 110H:    | 8.M.L-Bayley | 16.83    | 6.T.Pamah     | 18.27    |
| 400H:    | 7.I.Bland    | 55.15    | 5.T.Pamah     | 55.9     |
| LJ:      | 7.F.Abejide  | 6.61     | 6.S.Wyld      | 6.45     |
| HJ:      | 2.O.Cham     | 2.10     | 2.L.Haughton  | 2.00     |
| TJ:      | 5.D.Browne   | 14.87    | 1.F.Abejide   | 14.77    |
| PV:      | =7.J.Summers | 2.10     | 5.A.Aitken    | 2.10     |
| HT:      | 6.J.Summers  | 50.56    | 3.M.Small     | 46.06    |

13 AUGUST 1988

WEST LONDON STADIUM

MATCH 4 (Cont ..)

|                            | 'A'   |        | 'B'                            |       |
|----------------------------|---|--------|--------------------------------|-------|
| <u>SP:</u>                 | 4.A.Ekoku   | 15.31  | 3.K.Onuaguluchi                | 13.95 |
| <u>DT:</u>                 | 4.K.Onuaguluchi   | 51.94  | 2.A.Ekoku                      | 47.84 |
| <u>JT:</u>                 | 2.N.Bevan   | 67.78  | 3.K.Onuaguluchi                | 49.12 |
| <u>4x100:</u>              | 2.BELS  | 41.39  | (Cuff, Armstrong, Adam, Obeng) |       |
| <u>4x400:</u>              | 4.BELS  | 3.16.9 | (Cuff, Maynard, Paton, Busk)   |       |
| <u>Team Result:</u>        | 1.Haringey 344; 2.BELGRAVE 316½; 3.Birchfield 310½.   |        |                                |       |
| <u>Final League Table:</u> | 1.Haringey 1546; 2.Birchfield 1331½; 3.BELGRAVE 1081½; 4.Wolverhampton.<br>5.Blackheath; 6.Shaftesbury & B; 7.TVH; 8.Edinburgh Sth. |        |                                |       |

A very gratifying result, but with some "if only's" we could have made it - Roll on 1989.

Leo Coy

So ended the 1988 British Athletic League - Division 1 and the Club had had its best ever track season. Now let us give due accord to those two men who had engineered this success.

In alphabetical order Leo Coy and Bill Laws are the two Team Managers.

To organise two teams of track and field men for four matches each of 19 events, the whole gambit of disciplines, is no mean task and considering such things in a club such as ours where members live and work over such a wide area, co-ordinating the travel arrangements for at least 30 per match is only the start of things after the team has been selected and agreed.

The venues for the matches meant that in one case flights to Edinburgh had to be arranged, plus accommodation, Birmingham had different arrangements and the two London fixtures likewise. At least 50 different men took part in the Belgrave teams for the events and in some cases a number of our men competed in 3 events and some doubled up in the one day.

All this organising was done by Bill and Leo, at great expense in time and energy and no doubt money and also considering that they have their own professions to consider, we owe them a great debt of thanks and gratitude for a marvellous job well done. Thanks Leo and Bill. This tribute to Bill Laws and Leo Coy is in line with the sentiments expressed by the General Committee of Belgrave Harriers.

Before bringing these comments to a close it would be ungracious not to bring to the members notice the "behind the scenes" activities of our Patron, Eddy Kulukundis O.B.E. who not only made some financial arrangements for us, but also certain facilities such as accommodation.

On December 14th Eddy showed his appreciation to our B.A.L. team by inviting them to a Dining evening out.

Thank you Eddy - we truly appreciate your Patronage.

J.G.C. (Ed.)

14/15 MAY 1988 TOOTING BEC SURREY CHAMPIONSHIPS

400m: 2.S.Paton 49.2; 800m: 1.S.Paton 1.49.6; 4.C.Ogle 1.50.7;  
3000 S/C: 4.S.Maynard 9.25.5; HJ: 1.O.Chan 2.15 (CR); LJ: 2.S.Wyld 6.70.

SUSSEX CHAMPIONSHIPS DORSET CHAMPIONSHIPS WILTS CHAMPIONSHIPS  
400m: 2.M.Bizire 49.5; 110H: 1.P.Chong 14.8 400m: 1.J.Busk 49.3:

NORFOLK CHAMPIONSHIPS  
5000m: 1.D.Mead 14.39.0

28/29 MAY 1989 CRYSTAL PALACE SOUTHERN U20 CHAMPIONSHIPS

1500m: 2.M.Stickels 3.57.22

17/18 JUNE 1988 CRYSTAL PALACE SOUTHERN SENIOR CHAMPIONSHIPS

100m: 2.L.Paul 10.46; 200m: 1.M.Adam 21.17; 800m: 7.C.Ogle 1.51.09;  
1500m (Standard) 6.S.Paton 3.50.90; 7.D.Mead 3.51.29 ) 3.50.29 ht); 110H: 4.P.Chong 14.47;  
400H: Ht. I.Bland 54.56; HJ: =8.L.Haughton 2.00; Shot: 4.Ekoku 16.20; DT: 5.A.Ekoku 50.50

25/26 JUNE 1988 STOKE AAA U20 CHAMPIONSHIPS

5000m: 5.M.Stickels 14.24.82

9 JULY 1988 GATESHEAD BRITISH FIRE BRIGADES CHAMPIONSHIPS

100/200m: 1.P.Goedluck 10.7/22.0

8 JULY 1988 CRYSTAL PALACE SOUTHERN JUNIOR 3000M CHAMPIONSHIP

1.M.Stickels 8.33.48

25th July 1988 BATTERSEA PARK BELGRAVE 10KM TRACK CHAMPIONSHIP

| Position | Competitor   | Champ.<br>Postn. | Time  | H'cap<br>Allow. | H'cap<br>Time | H'cap<br>Postn. |
|----------|--------------|------------------|-------|-----------------|---------------|-----------------|
| 1        | M.Bizio      | 1                | 32:06 | 1:00            | 31:06         | 3               |
| 2        | M.Lake       | 2                | 32:19 | 1:20            | 30:59         | 2               |
| 3        | C.Dickinson  | 3                | 32:26 | 2:20            | 30:06         | 1               |
| 4        | T.Williams   | 4                | 34:40 | 3:00            | 31:40         | 4               |
| 5        | S.Herrington | Guest            | 34:42 | -               | -             | -               |
| 6        | M.Head       | 5                | 34:51 | 1:40            | 33:11         | 6               |
| 7        | M.Miller     | Guest            | 35:23 | -               | -             | -               |
| 8        | L.Coy        | 6                | 36:59 | 3:20            | 33:39         | 7               |
| 9        | R.Bale       | 7                | 37:03 | 4:00            | 33:03         | 5               |
| 10       | J.Sullivan   | Guest            | 37:44 | -               | -             | -               |
| 11       | L.Mann       | 8                | 39:40 | 5:40            | 34:00         | 8               |

4/5 JUNE 1988

UK CHAMPIONSHIPS MOORWAY'S STADIUM, DERBY

100M WIN FOR REGIS

John Regis tried his hand at some early speed work, and a late charge saw him win the 100 metre title in 10.65 sec. running into a 2m/sec. headwind. Gary Staines made his debut at 10,000 metres and finished 3rd in 28.12.93. In the field new member Femi Abejedi finished 2nd in the triple jump with 15.86, whilst a pb throw of 74.60m in the javelin for Nigel Bevan was only enough for 4th.

100m: 1.J.Regis 10.65 (10.56 sf); 5.L.Paul 10.79 (10.70 sf); sf 5.P.Goedluck 10.84;  
200m: ht 2.P.Goedluck 21.71; 400m; ht 7.J.Busk 49.68; 10000m: 3.G.Staines 28.12.93;  
HJ: 5.O.Cham 2.15; TJ: 2.F.Abejedi 15.86; SP: 10.A.Ekoku 15.70; JT: 4.N.Bevan 74.60.  
(ht = heat sf = semi-final)

6/7 AUGUST 1988

AAA CHAMPIONSHIPS G.B. OLYMPIC TRIALS  
ALEXANDER STADIUM, BIRMINGHAM

REGIS &amp; STAINES QUALIFY

John Regis and Gary Staines are going to Seoul. Gary qualified with an easy 2nd in the 5000m whilst John made it with a late charge in the 100m and a 2nd in the 200m where Bels had three qualifiers for the final. Stuart Paton set pb's in both the heat and the semi of the 800m.

100m: 2.J.Regis 10.41; (w+1.25); sf 3.P.Goedluck 10.59 (w+0.42); sf 5.L.Paul 10.64 (10.63 ht); sf 4.E.Obeng 10.40 (w+2.09); 200m: 2.J.Regis 20.56 (20.53 sf) (w-1.54); 6.M.Adam 21.47 (20.86 sf); 7.P.Goedluck 21.64 (21.47 sf); ht 5.D.Armstrong 21.83 (w-2.04); 800m: 6.S.Paton 1.47.43; ht 6.D.Maynard 1.54.01; 5000m: 2.G.Staines 13.51.33;  
HJ: =4.O.Cham 2.15; TJ: 6.F.Abejide 16.01; SP: 6.A.Ekoku 15.69; DT: 13.A.Ekoku 47.76;  
JT: 7.N.Bevan 71.88. sf = semi-final ht = heat w/+ = wind speed.

OLYMPIC GAMES - SEOUL

REGIS RELAY SILVER

John Regis strikes relay silver! John, Elliott Bunney, Mike McFarlane and Linford Christie set a new UK record of 38.28 secs to finish 1/10 sec. behind the USSR.

Things didn't go so well for John in the 100m, a late tackle by an aspiring Portugese rugby player meant he failed to get beyond the 1st round of the 100m. Better progress was made in the 200m where he qualified for the semi-final.

Gary meanwhile surprised himself by qualifying for the final of the 5000m, but later said he'd run out of steam by then. He also said later that the Olympic stadium lacked atmosphere!

100m: r1 4.J.Regis 10.76; 200m: r1 1.J.Regis 20.90; r2 2.J.Regis 20.61;  
sf 7.J.Regis 20.69; 400m: r1 5.F.Sandy 46.82; 5000m: r1 1.G.Staines 13.47.81;  
sf 4.G.Staines 13.24.51; F 13.G.Staines 13.55.00; 4x100m: r1 2nd GB 39.17; (Bunny, Regis, McFarlane, Callender), sf 2nd GB 38.52 (Bunny, Regis, McFarlane, Christie), F. 2nd GB 38.28; (Bunny, Regis, McFarlane, Christie).

11 SEPTEMBER 1988

CRYSTAL PALACE

25 x 1 MILE RELAY

'A' Team 1.M.Sinclair 4.23; 2.O.Foote 4.41; 3.R.Blick 4.40; 4.J.Busk 5.03;  
Stages: 5.T.Pamah 4.34; 6.M.Hayes 4.23; 7.J.Biscourt 4.40; 8.A.Gayton 4.48;  
9.A.Dabrowski 5.12; 10.A.Paton 4.32; 11.M.Bowers 5.08; 12.J.Rodd 4.58;  
13.J.Barry 4.35; 14.J.Coy 4.56; 15.J.Mather 4.49; 16.S.Herbert 4.55;  
17.C.Dickenson 4.43; 18.J.Booth 4.44; 19.D.Maynard 4.25; 20.D.Anderson  
4.53; 21.D.Ricks 5.05; 22.D.Ludlow 5.09; 23.M.Head 5.13; 24.M.Forrester  
4.44; 25.S.Maynard 4.24;

'B' Team: 1.L.Coy 5.11; 2.A.Stone 5.20; 3.W.Laws 5.17; 4.M.Head 5.11; 5.D.Ricks 5.04;  
6.D.Ludlow 5.11; 7.C.Lawton 5.23; 8.T.Williams 5.16;

Team Placings: Crystal Palace - Bels 2nd. Nationally - Bels 3rd.  
Team Overall Time: 1.59.37

## Track and Field Ranking List 1988

| 100m                  | 200m                   | 400m                | 800m                 | 1500m                 |
|-----------------------|------------------------|---------------------|----------------------|-----------------------|
| 10,31 J Regis         | 20:32 J Regis          | 46,57 J Regis       | 1:47,43 S Paton      | 3:40,92 G Staines     |
| 10,38 E Obeng         | 20,86 M Adam           | 46,82 F Sandy       | 1:50,2 C Ogle        | 3:48,2 C Ogle         |
| 10,46v L Paul(10,62)  | 21,47 P Goedluck       | 48,64 P Cuff        | 1:52,4 D Maynard     | 3:49,0 M Chaston      |
| 10,59 P Goedluck      | 21,6 D Armstrong       | 48,7 D Maynard      | 1:52,61 D Mead       | 3:50,2 S Paton        |
| 10,6v D Armstrong     | 22,13 L Paul           | 48,89 J Busk        | 1:53,5 A Moore       | 3:50,29 D Mead        |
| 10,9 N Urquhart       | 22,5 M Bazire          | 49,2 S Paton        | 1:55,3 M Stickels(J) | 3:51,97 M Stickels(J) |
| 11,1 M Bazire         | 22,5 J Minetti         | 49,5 M Bazire       | 1:56,3 M Chaston     | 3:53,87 J Chaston     |
| 11,1 M French(J)      | 22,6 P Cuff            | 49,9 C Knight       | 1:56,3 J Chaston     | 3:55,4 J Booth        |
| 11,2 P Cuff           | 22,7 M French(J)       | 51,4 S Garcia       | 1:56,4 A Paton       | 3:56,31 A Moore       |
| 11,3 J Minetti        | 22,9 J Busk            | 51,8 A Paton        | 1:57,2 J Booth       | 3:57,2 M Hayes        |
| 11,3 M Adam           |                        |                     |                      |                       |
| 3000m                 | 5000m                  | 10000m              | 110m                 | 400m                  |
| 7:46,06 G Staines     | 13:24,51 G Staines     | 28:12,93 G Staines  | 14,47v P Chong       |                       |
| 8:10,59 S Paton       | 14:11,24 J Wright      | 29:43,5 J Wright    | 16,0 G Allison(J)    |                       |
| 8:16,31 J Wright      | 14:24,82 M Stickels(J) | 31,25,6 F Ward      | 16,0 A Grant(J)      |                       |
| 8:23,56 M Stickels(J) | 14:30,96 P Sadgrove    | 31:32,3 S Maynard   | 16,1 M L-Bayley      |                       |
| 8:26,7 J Chaston      | 14:39,0 D Mead         | 3S/C                | 17,1 A Johnson       |                       |
| 8:35,0 M Bizio        | 14:55,99 J Chaston     | 8:59,89 M Hayes     | 17,4 A Panah         |                       |
| 8:43,9 A Paton        | 15:10,6 S Maynard      | 9:20,7 S Maynard    | 54,53 I Bland        |                       |
| 9:01,0 J Bicourt(V)   | 15:17,4 M Chaston      | 9:48,31 M Bizio     | 55,78 A Panah        |                       |
| 9:04,3 M Lake         | 15:19,7 M Lake         | 9:52,4 C McDonald   | 57,5 A Grant(J)      |                       |
| 9:11,0 C Dickinson(V) | 15:28,9 D North        | 10:03,6 J Barry     | 57,9 G Allison(J)    |                       |
|                       |                        |                     | 58,2 C Knight        |                       |
|                       |                        |                     | 59,3 A Johnson       |                       |
| HJ                    | PV                     | LJ                  | TJ                   |                       |
| 2,15 D Cham           | 4,40 R Lyons           | 7,30 F Abejide      | 16,30 F Abejide      |                       |
| 2,03 C Cornwall       | 3,60 S Lyons           | 6,92 D Williams     | 15,66 D Browne       |                       |
| 2,00 L Haughton       | 3,20 M Shippen         | 6,86 T Blanchard    | 14,47 T Blanchard    |                       |
| 1,95 B Gardner        | 3,00 C Brooks(V)       | 6,72 S Wylde        | 14,24 D Williams     |                       |
| 1,75 G Allison        | 2,80 B Gardner         | 6,64 C Gaynor       | 13,80 A Awaadi       |                       |
| 1,75 N Forzy (B)      |                        | 6,20 M Bazire       | 13,35 J Druce        |                       |
| 1,70 A Banfi (Y)      |                        | 6,15 M L-Bayley     | 12,55 G Allison(J)   |                       |
| 1,70 M Sari (Y)       |                        | 5,92 C Brooks(V)    | 12,55 J Mole         |                       |
| 1,70 M L-Bayley       |                        | 5,83 A Banfi (Y)    | 11,67 J Bedward(Y)   |                       |
| SP                    | HT                     | DT                  | JT                   |                       |
| 16,60 A Ekoku         | 55,78 J Summers        | 55,18 K Onuaguluchi | 75,48 N Bevan        |                       |
| 15,44 M Parker        | 49,84 M Small          | 52,32 A Ekoku       | 59,04 K Onuaguluchi  |                       |
| 14,76 K Onuaguluchi   | 37,54 T Welsh          | 44,50 M Small       | 48,00 J Ireland(Y)   |                       |
| 14,10 P McKay         | 28,28 G Dorrell(Y)     | 34,52 C Brooks(V)   | 47,70 A Owen         |                       |
| 12,75 J Ireland (Y)   | 27:30 A Ekoku          | 32,76 A Johnson     | 46,28 M Small        |                       |
| 12,57 M Small         | 25,58 I Thomas         | 31,76 J Ireland(Y)  | 42,10 J Martin(V)    |                       |
| 11,00 G Allison(J)    |                        | 28,82 J Martin(V)   | 42,10 D Mole(V)      |                       |
| 9,96 J Martin(V)      |                        | 27,68 J Bedward(Y)  | 40,48 C Brooks(V)    |                       |
| 9,40 C Brooks(V)      |                        |                     | 39,06 M Hewson       |                       |
| 8,86 I Thomas         |                        |                     | 39,06 G Sagar        |                       |

# Young Athletes.

1 MAY 1988

BATTERSEA PARK

GIROBANK YOUNG ATHLETES LEAGUE - MATCH 1

| YOUTHS       |                |                                  |  | BOYS           |                  |  |   |
|--------------|----------------|----------------------------------|--|----------------|------------------|--|---|
|              | A              |                                  | B  |                | A                |  | B |
| 100m:        | 1.F.Ocrah      | 11.9;                            | -  | -              | -                | -                                      | - |
| 200m:        | 2.A.Munro      | 25.5;                            | -  | S.Abbey singer | 26.6;            | -                                      | - |
| 400m:        | 1.A.Munro      | 55.5;                            | -  | -              | -                | -                                      | - |
| 800m:        | 1.A.Ross       | 2.05.9;                          | 1.M.Bower                                | 2.07.5;        | -                | -                                      | - |
| 1500m:       | 2.G.Finnegan   | 4.51.2;                          | 2.J.Fairchild                            | 5.03;          | 3.O.Austien      | 5.17.3;                                | - |
| LJ:          | 5.R.Affleck    | 4.89m;                           | -  | -              | 4.O.Austien      | 3.75m;                                 | - |
| HJ:          | 1.M.Sari       | 1.70m;                           | -  | -              | 1.S.Abbey singer | 1.55m;                                 | - |
| TJ:          | 3.R.Affleck    | 10.61m;                          | -  | -              | -                | -                                      | - |
| DT:          | 2.J.Ireland    | 27.80m;                          | -  | -              | -                | -                                      | - |
| HT:          | 3.G.Durrell    | 22.52m;                          | -  | -              | -                | -                                      | - |
| JT:          | 1.J.Ireland    | 48.00m;                          | 1.G.Durrell                              | 27.58m;        | -                | -                                      | - |
| Shot:        | 1.J.Ireland    | 12.75m;                          | 1.G.Durrell                              | 9.38m;         | -                | -                                      | - |
| 4x100:       | 3.BELS         | 52.0;                            | (Fairhurst, Affleck,<br>Finnegan, Ocrah) | -              | 2.BELS           | 61.0 (Booth,<br>Griffin, Bedwell,Paul) | - |
| 4x400:       | 2.BELS         | (Affleck, Finnegan, Bowers,Ross) | -  | -              | -                | -                                      | - |
| Team Result: | 3.BELGRAVE 87; |                                  |  |                |                  |  |   |

22 MAY 1988

NORBITON

GIROBANK YOUNG ATHLETES LEAGUE - MATCH 2

| YOUTHS       |             |          |                                       | BOYS             |                  |  |                    |
|--------------|-------------|----------|---------------------------------------|------------------|------------------|--|--------------------|
|              | A           |          | B                                     |                  | A                |  | B                  |
| 80mH:        | -           | -        | -                                     | 2.S.Quintavaille | 17.1;            | -  | -                  |
| 100m:        | 1.Ocrah     | 11.9;    | -                                     | 4.J.Pushman      | 15.00;           | -  | -                  |
| 200m:        | 1.F.Ocrah   | 23.7;    | 1.W.Chu                               | 26.4;            | 4.J.Pushman      | 29.7;  | -                  |
| 400m:        | 4.D.Cooper  | 64.7;    | -                                     | -                | -                | -  | -                  |
| 800m:        | 2.D.Winson  | 2.21.2;  | 2.J.Wallace                           | 2.27.9;          | 1.S.Abbey singer | 2.18.5;  | 1.H.Webster 2.31.7 |
| 1500m:       | 3.M.Bowers  | 4.27.1;  | -                                     | -                | 4.S.Quintavaille | 5.31.2;  | -                  |
| 3000m:       | 1.J.Wallace | 10.26.1; | -                                     | -                | -                | -  | -                  |
| LJ:          | 4.D.Winson  | 4.38;    | 4.J.Fairhurst                         | 3.32m;           | 2.J.Pushman      | 4.56m;   | 1.H.Buchanan 3.31; |
| HJ:          | -           | -        | -                                     | -                | 1.S.Abbey singer | 1.40;  | -                  |
| DT:          | 2.W.Chu     | 25.28m;  | 1.J.Ireland                           | 24.00m;          | -                | -  | -                  |
| JT:          | 1.J.Ireland | 45.64;   | 1.G.Durrell                           | 30.88;           | -                | -  | -                  |
| HT:          | 1.G.Durrell | 21.18;   | -                                     | -                | 1.H.Buchanan     | 10.16;   | 1.S.Quintavaille   |
| Shot:        | 1.J.Ireland | 12.62;   | 2.G.Durrell                           | 8.59;            | -                | -  | -                  |
| 4x100:       | 2. BELS     | 48.8;    | (Ocrah, Bower, Chu, Cooper);          | -                | -                | -  | -                  |
| 4x400:       | 3.BELS      | 4.28.3   | (Cooper, Ocrah,<br>Fairhurst, Winson) | -                | 1.BELS           | 4.28.9 (Pushman, Webster,<br>Abbey singer, Quintavaille) | -                  |
| Team Result: | 3.BELS 116. |          |                                       |                  |                  |  |                    |

5 JUNE 1988

HORSHAM

GIROBANK YOUNG ATHLETES LEAGUE - MATCH 3

| YOUTHS       |             |         |                                       | BOYS    |             |         |   |
|--------------|-------------|---------|---------------------------------------|---------|-------------|---------|---|
|              | A           |         | B                                     |         | A           |         | B |
| 100mH:       | 1.D.Cooper  | 21.2;   | -                                     | -       | -           | -       | - |
| 100m:        | -           | -       | -                                     | -       | -           | -       | - |
| 200m:        | 2.D.Cooper  | 29.4;   | -                                     | -       | -           | -       | - |
| 400m:        | 1.D.Cooper  | 68.00;  | -                                     | -       | -           | -       | - |
| 800m:        | 1.M.Bowers  | 2.07.3; | 2.J.Bedward                           | 2.23.2; | -           | -       | - |
| 1500m:       | 2.D.Winson  | 4.47.5; | 2.J.Fairhurst                         | 5.06.8; | 2.O.Austien | 5.17.7; | - |
| LJ:          | 2.D.Winson  | 4.12;   | 2.J.Fairhurst                         | 3.67;   | 3.O.Austien | 3.73;   | - |
| HJ:          | 1.J.Bedward | 1.55;   | -                                     | -       | -           | -       | - |
| TJ:          | 1.J.Bedward | 11.55;  | -                                     | -       | -           | -       | - |
| DT:          | 1.J.Ireland | 31.06;  | 1.J.Fairhurst                         | 12.68;  | 4.O.Austien | 10.90;  | - |
| HT:          | 2.G.Durrell | 28.28;  | -                                     | -       | -           | -       | - |
| JT:          | 1.J.Ireland | 45.54;  | 1.G.Durrell                           | 35.10;  | -           | -       | - |
| Shot:        | 1.J.Ireland | 11.70;  | 1.G.Durrell                           | 9.28;   | -           | -       | - |
| 4x400:       | 2.BELS      | 4.06.3; | (Bedward, Bowers,<br>Cooper, Winson); | -       | -           | -       | - |
| Team Result: | 3.BELS 88.  |         |                                       |         |             |         |   |

## 26 JUNE 1988 DEANSGATE GIROBANK YOUNG ATHLETES LEAGUE - MATCH 4

|        |   | YOUTHS               |   | BOYS   |                         |
|--------|---|----------------------|---|--|-------------------------|
|        | A   |                      | B | A  | B                       |
| 80mH:  | -   |                      | - | 2.S.Quintavaille 15.9;                           | -                       |
| 100m:  | 3.M.Sari 12.6;                                      |                      | - | 4.J.Rushman 14.8;                                | -                       |
| 200m:  | 3.M.Sari 25.9;                                      |                      | - | 3.S.Abbeysinger 26.1; 4.J.Rushman 30.1           |                         |
| 400m:  | 3.R.Affleck 61.0;                                   |                      | - | 1.S.Abbeysinger 56.7*                            | -                       |
| 800m:  | 2.D.Winson 2.19.9;                                  | 1.J.Fairhurst 2.25.5 |   | 1.S.Abbeysinger 2.15.5; 1.S.Quintavaille 2.22.5; |                         |
| 1500m: | 2.J.Wallace 4.40.4;                                 |                      | - | -  | -                       |
| LJ:    | 1.A.Fanfi 5.21;                                     | 2.R.Affleck 5.03;    |   | 2.J.Pushman 4.15;                                | -                       |
| HJ:    | 1.A.Fanfi 1.65;                                     |                      | - | -  | -                       |
| HT:    | -   |                      | - | 3.H.Buchanan 11.50;                              | 2.S.Quintavaille 10.08; |
| Shot:  | 3.D.Winson 6.63;                                    | 2.J.Fairhurst        |   | 3.H.Buchanan 6.08;                               | -                       |
| DT:    | 3.J.Fairhurst 15.80;                                | 2.D.Winson 14.50;    |   | 3.H.Buchanan 14.56;                              | -                       |
| 4x400: | 2.BELS 4.19.5 (Wallace, Winson, Fairhurst, Affleck) |                      |   |  |                         |

\* Best Performance Award (S.Abbeysinger 56.7; Boys 400m)

Team Result: 3.BELS 83.

## 24 JULY 1988 NORBITON GIROBANK YOUNG ATHLETES LEAGUE - MATCH 5

|        |   | YOUTHS                |   | BOYS   |   |
|--------|---|-----------------------|---|--|---|
|        | A   |                       | B | A  | B |
| 100mH: | 3.D.Cooper 19.6;                                  |                       | - | -  | - |
| 100m:  | 2.M.Bowers  |                       | - | -  | - |
| 200m:  | -   |                       | - | 1.S.Abbeysinger 27.2;                            | - |
| 400m:  | 3.D.Cooper 64.5;                                  | 1.R.Affleck 62.00;    |   | -  | - |
| 800m:  | 1.D.Winson 2.20.2;                                | 1.J.Fairhurst 2.21.4; |   | 1.S.Abbeysinger 2.21.3;                          | - |
| 1500m: | 1.M.Bowers 4.27.2;                                |                       | - | -  | - |
| 3000m: | 3.J.Wallace 10.32.7;                              |                       | - | -  | - |
| LJ:    | 1.A.Banfi 5.83;                                   | 1.R.Affleck 4.77;     |   | -  | - |
| HJ:    | 1.A.Banfi 1.70;                                   | 1.J.Bedward 1.60;     |   | 2.S.Abbeysinger 1.45;                            | - |
| TJ:    | 1.J.Bedward 11.67;                                | 1.R.Affleck 10.74;    |   | -  | - |
| HT:    | 3.G.Durrell 27.29;                                |                       | - | 1.H.Buchanan 13.00;                              | - |
| DT:    | 3.J.Bedward 27.68;                                |                       | - | 2.H.Buchanan 17.08;                              | - |
| JT:    | 4.G.Durrell 28.64;                                |                       | - | -  | - |
| SP:    | 3.G.Durrell 8.52;                                 |                       | - | 3.H.Buchanan 6.11;                               | - |
| 4x100: | 1.BELS 52.3 (Banfi, Bedward Bowers, Cooper D.)    |                       |   | 1.BELS 61.0 (Buchanan, Bedwell, Cooper B, Booth) |   |
| 4x400: | 2.BELS 4.05.8 (Cooper D, Bowers, Affleck, Winson) |                       |   | -  | - |

Team Result: 3.BELS 104.

Colts Results: (Included in team results) and A and B string order where applicable).

## MATCH 1 - BATTERSEA PARK:

100m: 3.S.Booth 15.2; 1.G.Griffin 14.9; 200m: 3.S.Booth 31.00; 3.R.Bedwell 34.5;  
800m: 3.S.Tansey 2.49.7; 3.A.Paul 3.03; 1500m: 3.N.O'Brien 5.56.7; 4x100m: 2.BELS 61.0;  
(Booth, Griffin, Bedwell, Paul).

## MATCH 2 - NORBITON:

100m: 3.R.Bedwell 16.8; 3.B.Cooper 19.0; 200m: 2.S.Booth 30.5; 1.S.Tansey 33.3;  
800m: 3.S.Booth 2.B.Cooper 2.50.7; 1500m: 3.M.Loder 5.26.7.

## MATCH 3 - HORSHAM:

100m: 4.S.Tansey 15.5; 3.R.Bedwell 16.2; 200m: 4.S.Tansey 32.4; 1.S.Booth 29.6;  
800m: 3.S.Booth 2.54.1; 1500m: 4.R.Bedwell 5.41.5; 2.S.Booth 5.49.1.

## MATCH 4 - DEANSGATE

100m: 1.S.Buchanan 17.3; 200m: 1.S.Buchanan 29.8; 3.S.Booth 36.6;  
800m: 2.S.Booth 2.43.0.

GIROBANK YOUNG ATHLETES LEAGUE (continued)MATCH 5 - NORBITON      24 JULY 1988

100m: 2.S.Booth 14.7; 3.R.Bedwell 17.0; 200m: 2.S.Booth 29.7; 1.R.Bedwell 32.6;  
800m: 4.R.Bedwell 2.50.9; 1500m: 3.B.Cooper 5.48.3; 3.R.Bedwell 6.24.10.  
4x100m: 1.BELS 61.00 (Buchanan, Bedwell, Cooper, Booth).

Final League Position: (TOTAL 5 MATCHES) 11th, Overall Match Points: 478. League Points: 9.

7 MAY 1988THAMESIDE LEAGUE

Colts: 100 'A': 4.S.Booth 15.1; 100 'B': 3.H.Bandon 16.0; 200 'A': 1.S.Booth 31.2;  
'B': 3.H.Banden 33.5; 800: 7.R.Bedwell 2.59.6; 8.A.Daniels 3.03.6; 1500:  
4.M.Loder 5.22.8; 4x100: 2.BELS 59.8; LJ: 3.S.Tansey 3.64; 2.H.Buchanan 3.42;  
SP: 1.H.Buchanan 7.12; 2.S.Tansey 6.39; HJ: 2.A.Daniel 1.15; 2.S.Tansey 1.10;

Boys: 100 'A': 6.J.Pushman 15.1; 100 'B': 3.R.Calo 15.1; 200: 6.J.Pushman 31.2;  
800: 8.N.Copeman 2.48.9; LJ: 4.J.Pushman 4.27; 5.R.Bedwell 3.56;  
HJ: 2.N.Forzy 1.60;

2 JULY 1988THAMESIDE LEAGUE

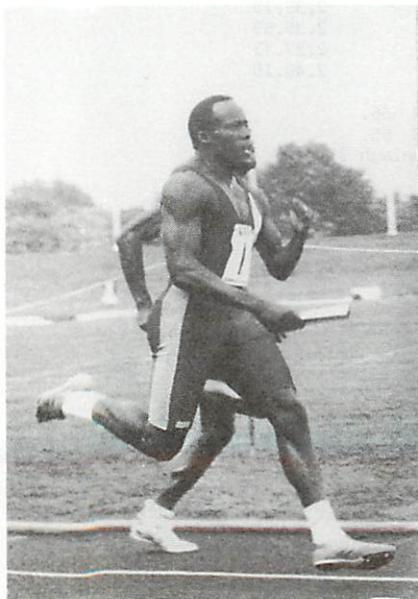
Colts: SP: 1.H.Buchanan 7.03; 1.S.Tansey 4.35; HJ: 3.S.Tansey 1.25;

Boys: HJ: 1.N.Forzy 1.75;

30th JULY 1988THAMESIDE LEAGUE

Colts: 100 'A': 4.S.Booth 14.2; 'B': 3.R.Bedwell 14.9; 200 'A': 6.B.Cooper 34.5;  
200 'B': 5.A.Maidment 36.4; 400 'A': 3.S.Booth 66.9; 'B' 2.A.Anion 75.0;  
800: 9.M.Deamer 3.08.1; 4x100: 4.BELS 63.3; 100 N/S 3.B.Cooper 16.6;  
LJ: 5.B.Cooper 3.16; HJ 'A': 2.S.Booth 1.25; 'B' 1.R.Bedwell 1.20.

Boys: 200 'A': 2.S.Abbeyssinger 26.2; 400 'A': 1.S.Abbeyssinger 57.0;  
800: 3.S.Abbeyssinger 2.21.4.



OSSIE CHAM

An "unfit" John Regis was persuaded to run a 400m relay leg in the first B.A.L. Match at Birmingham and clocked an impressive 45.36 split - wearing his new "1 piece".

# Cross Country and Road

## CROSS COUNTRY AND ROAD RUNNING

This report of the "Centenary" Race was, unfortunately, mislaid. The Editor regretfully requests your indulgence in this matter.

18 JULY 1987

BELGRAVE OPEN 20 MILES ROAD RACE  
(INCLUDING SURREY AAA AND SOUTHERN CAA CHAMPIONSHIPS)

| POS. | OPEN | S.C. | SY | BELS. |                        | TIME    |
|------|------|------|----|-------|------------------------|---------|
| 1    | 1    | -    | -  | -     | P.Lushington (Ipswich) | 1.46.12 |
| 2    | 2    | -    | -  | -     | T.Green (Nene V.)      | 1.51.14 |
| 3    | 3    | -    | -  | -     | P.Sugden (Reading)     | 1.51.30 |
| 5    | 5    | 2    | 1  | -     | M.Lake BELGRAVE        | 1.52.42 |
| 18   | 18   | 8    | 2  | -     | R.Pearson "            | 2.00.20 |
| -    | -    | -    | 3  | -     | Frances Guy "          | 2.04.53 |
| 38   | 37   | 17   | 4  | -     | A.Stone "              | 2.07.20 |
| 49   | 47   | 21   | 5  | -     | M.Grham "              | 2.13.15 |
| 50   | 48   | 22   | 6  | -     | F.Gander "             | 2.13.18 |
| 51   | 49   | 23   | 7  | -     | M.Newton "             | 2.13.20 |
| 52   | 50   | 24   | 8  | -     | J.Wasborough "         | 2.14.16 |
| 62   | 59   | 29   | 9  | -     | A.Grant "              | 2.17.29 |
| 66   | 62   | 30   | 10 | -     | J.Lambert "            | 2.19.10 |
| 72   | 68   | 33   | 11 | -     | L.McLean "             | 2.21.30 |
| 74   | 70   | 35   | 12 | -     | C.Cross "              | 2.22.54 |
| 80   | 76   | 39   | 13 | -     | A.Lane "               | 2.25.56 |
| 83   | 79   | 42   | 14 | -     | F.Barrett "            | 2.28.03 |
| 84   | 80   | 43   | 15 | -     | M.Hutton "             | 2.28.36 |
| 90   | 86   | 45   | 16 | -     | L.Mann "               | 2.31.58 |
| 96   | 92   | 48   | 17 | -     | G.Bratty "             | 2.35.15 |
| -    | -    | -    | 18 | -     | Pamela Davies "        | 2.35.53 |
| 97   | 93   | 49   | 19 | -     | G.Piddington "         | 2.37.43 |
| 99   | 95   | 51   | 20 | -     | C.Henn "               | 2.40.19 |

Teams: OPEN 1.SLH 54; 2.BELGRAVE 61; 3.TVH 66.  
SOUTHERN 1.SLH 54; 2.BELGRAVE 60; 3.TVH 65.  
SURREY 1.SLH 27;\* 2.BELGRAVE 27;\* 3.Ranelagh 37.

\* Winning team decided by placing third man i.e. SLH 13; BELGRAVE 17.



14 JANUARY 1989 . BASINGSTOKE.

Southern Counties "Junior" C.C.  
Darren Mead and Matthew Stickles  
chase Newham's Julien Gentry for  
the medals.



Gary Staines, fresh from his Olympic 5000m final spearheaded a fine Belgrave team effort in the first Surrey C.C. League Match. Gary (21), Jean Paul Wright (8), followed by Mark Sinclair, Matthew Stickles, Mike Hayes (20), Francis Ward, Marcello Bizio (15) and Ollie Foote (11).

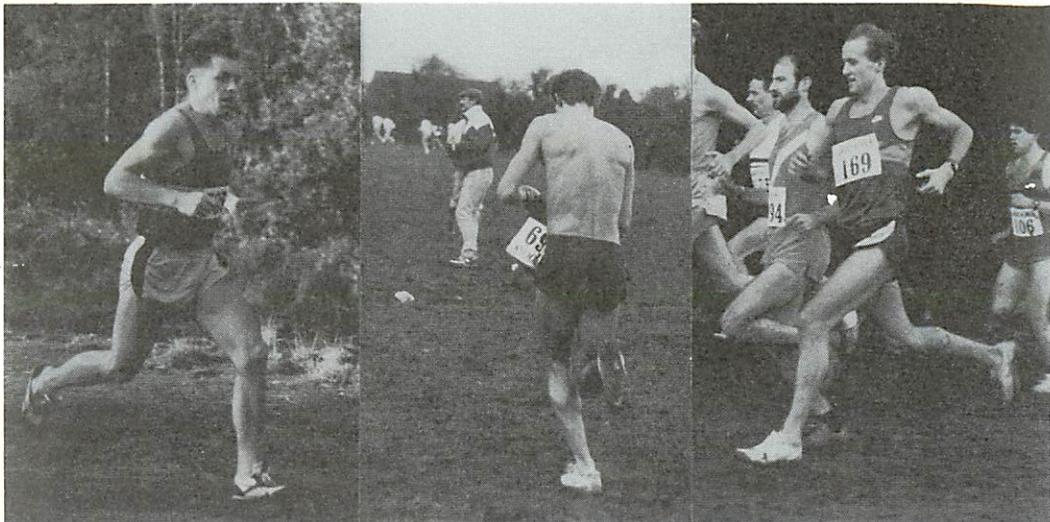
14 OCTOBER 1987                      CRYSTAL PALACE                      E.C.C.U. JUNIOR CROSS COUNTRY RELAY (4 x 3kms)  
1st Stage: M.Kinane 9.33 (2); 2nd Stage: G.Tiernan 9.06 (3); 3rd Stage: M.Chaston 8.52;  
4th Stage: J.Chaston                      Teams: 1.Aldershot 2.Stretford 3.GEC Avionics 7.BELGRAVE

24 OCTOBER 1987                      WIMBLEDON                      BROOKS SURREY CROSS COUNTRY LEAGUE (1st Race)  
Teams: 1.Aldershot 224; 2.Boxhill 311; 3.Thames H 376; 4.HHH 404; 5.Ranelagh 420  
6.Herc.Wimb. 465; 7.Woking 467; 8.BELGRAVE 573.

Justin Chaston won the individual race after competing earlier same day in the E.C.C.U. Junior Cross Country Relay.

1 NOVEMBER 1987                      BRISTOL                      "MIKE SULLY" CROSS COUNTRY RACES  
Junior Race: Winner J.Dennis 25.24;  
BELGRAVE PLACINGS: 7.J.Chaston 25.58; M.Chaston 26.07; 14.G.Adams 26.32; 25.S.Maynard  
27.08; 35.M.Kinane 27.38; Teams: 1.BELGRAVE 55; 2.Loughboro' 62; 3.Bracknell 137;  
Seniors: BELGRAVE PLACINGS 12.J.Wright 25.12; 46.D.North 26.27;

7 NOVEMBER 1987                      REIGATE PRIORITY                      CROSS COUNTRY RELAY  
1. Brighton & Hove 2.Boxhill 3.A.F.D. 6.BELGRAVE  
Fastest Leg: A.Bristow (Brighton); Fastest: BELS. J.Wright 8.44.



Darren Mead ran one of the fastest legs to bring Belgrave into 2nd place in the Reigate Priory relays - despite going off course.

Mike Hayes missed the start of the Southern C.C. "Senior" race but worked his way through a large field to finish our top scorer in 85th place.

14 NOVEMBER 1987 SWINDON SOUTH OF THE THAMES "JUNIOR" CROSS COUNTRY CHAMPIONSHIP

Individuals: 1.P.Hennessy (WSE) 27.24; 2.K.Penny (Boxhill) 27.28; 3.J.Chaston 27.53; 15.S.Maynard 28.42; 33.M.Bizio 29.29; 38.G.Adams 29.46.

Teams: 1.Boxhill 25; 2.A.F.D. 35; 3.Reading 77; 4.BELGRAVE 89.

21 NOVEMBER 1987 WIMBLEDON BROOKS SURREY CROSS COUNTRY LEAGUE (2ND RACE)

Individual Race: 1.J.Wright (Bels) Teams: 1.Aldershot 242; 2.Boxhill 316; 3.Woking 319; 4.HH 406; 5.Ranelagh 477; 6.Herc.Wimb. 484; 7.Thames HH 486; 8.BELGRAVE 510.

Bels lying 8th overall to date require a low total of 186 points in next race to gain 6th position and avoid relegation.

5 DECEMBER 1987 WIMBLEDON CLUB 7½ MILES CROSS COUNTRY CHAMPIONSHIP

| <u>Position</u> |              | <u>Act.<br/>Time</u> | <u>Handicap<br/>Allow.</u> | <u>Time</u> | <u>Pos.</u> |
|-----------------|--------------|----------------------|----------------------------|-------------|-------------|
| 1               | M.Bizio      | 45.55                | 2.00                       | 43.55       | 4           |
| 2               | M.Lake       | 46.44                | 2.00                       | 44.44       |             |
| 3               | D.Anderson   | 47.43                | 4.45                       | 42.58       | 2           |
| 4               | T.Williams   | 48.27                | 4.15                       | 44.12       |             |
| 5               | A.Stone      | 49.47                | 5.30                       | 44.17       |             |
| 6               | J.Rodd       | 50.36                | 7.45                       | 42.51       | 1           |
| 7               | L.Coy        | 50.40                | 7.00                       | 43.40       | 3           |
| 8               | D.Macmillan  | 51.26                | 6.30                       | 44.56       |             |
| 9               | D.Ricks      | 53.02                | 7.45                       | 45.17       |             |
| 10              | F.Riack      | 53.02                | 5.30                       | 47.32       |             |
| 11              | J.Wasborough | 53.30                | 7.00                       | 46.30       |             |
| 12              | L.Mann       | 55.22                | 7.45                       | 47.37       |             |
| 13              | S.Barrett    | 55.23                | 7.45                       | 47.38       |             |
| 14              | D.Ludlow     | 55.23                | 7.45                       | 47.38       |             |
| 15              | A.Grant      | 56.11                | 7.45                       | 48.26       |             |
| 16              | S.Moss       | 56.18                | 8.30                       | 47.48       |             |
| 17              | J.Hutchinson | 57.19                | 8.30                       | 48.47       |             |
| 18              | A.Lane       | 57.55                | 9.30                       | 48.25       |             |
| 19              | D.Davies     | 58.08                | 11.30                      | 46.38       |             |
| 20              | D.Maughan    | 60.14                | 6.30                       | 53.44       |             |
| 21              | C.Manning    | 60.46                | 17.00                      | 43.46       | 5           |

12 DECEMBER 1987 COULSDON SURREY AAA CROSS COUNTRY CHAMPIONSHIPS

Juniors: 3.S.Maynard; 9.G.McGurran; 10.S.Webster; 13.J.Booth; 15.M.Forrester;  
23.A.Horton; M.Smith. Teams: 1.BELGRAVE 13; 2.Mitcham & Sutton 26.

Seniors: 9.S.Paton; 16.M.Hayes; 37.D.North; 40.P.Saunders; 56.M.Bizio; 67.F.Ward;  
74.S.Zealy; 76.D.Anderson; 113.A.Gayton; Teams: 1.AFD 92; 2.Woking 96;  
3.Boxhill 97; 5.BELGRAVE 211.

12 DECEMBER 1987 HAPPY VALLEY SURREY CHAMPIONSHIPS

Colts: 54.J.Rand 16.19.

Boys: 52.B.Khan 18.00; 54.J.Fairhurst 18.04; 56.D.Winson 18.27; 58.D.McKerrell 18.34

Team: 10th

Youths: 30.S.Herbert 24.49; 40.M.Egerickx 25.33; 42.R.Blick 25.42; 46.N.Khan 26.58;  
55.P.Whiston 30.37

Team: 8th

9 JANUARY 1988 TRENT PARK SOUTHERN COUNTIES CROSS COUNTRY CHAMPIONSHIPS

Juniors: 1.J.Dennis (Camberley) 33.14; 2.R.Denmark (Basildon) 33.23; 3.T.Hewson  
(Plymouth) 33.27; 15.S.Maynard (Bels) 34.43; 18.J.Chaston (Bels) 34.49;  
19.M.Kinane (Bels) 34.52; 21.G.Adams (Bels) 35.06; 35.M.Chaston (Bels) 35.35;  
66.G.McGurran (Bels); 75.S.Webster (Bels); 79.M.Forrester (Bels).  
Teams: 1.BELGRAVE 73; 2.Newham & Essex 99; 3.GEC Avonics 100.

Seniors: 1.C.Robson (RN) 48.20; 2.J.Sherban (Shafts); 3.B.Ford (AFD); 105.P.Saunders  
(Bels); 160.D.North (Bels); 212.F.Ward (Bels); 215.M.Lake (Bels); 294.M.Head  
(Bels); 302.D.Anderson (Bels).

Teams: 1.Invicta 197; 2.Haringey 263; 3.AFD 267; 25.BELGRAVE 1288.

23 JANUARY 1988 SPARROWS DEN SOUTH OF THAMES SENIOR CROSS COUNTRY CHAMPIONSHIP

Individuals:

1.D.Swain (Bels) 41.28; 2.K.Penney (Box) 42.44; 3.G.Plumpton (Ports) 42.49;  
BELS: 14.M.Hayes 43.57; 18.J.Chaston 44.19; 32.D.North 44.53; 44.M.Bizio 45.23;  
51.G.Adams 45.35; 59.P.Saunders 45.58; 67.M.Chaston 46.25; 73.S.Zealy 46.41; 83.M.Sinclair  
47.06; 87.F.Ward 47.23; 90.D.Anderson 47.33.

Teams: (6 to score) 1.Boxhill 73; 2.BELGRAVE 160; 3.AFD 193.

(12 to score) 1.Boxhill 505; 2.BELGRAVE 618; 3.Ranelagh 823.

30 JANUARY 1988 BELGRAVE HARRIERS CLUB 10 MILES CHAMPIONSHIP

Scratch Race

|    |              |       | <u>Allow.</u> | <u>Time</u> | <u>Pos.</u> |
|----|--------------|-------|---------------|-------------|-------------|
| 1  | F.Ward       | 63.28 | 2.30          | 60.58       | 3           |
| 2  | M.Lake       | 63.49 | 2.30          | 61.29       | 4           |
| 3  | C.Dickinson  | 64.46 | 8.00          | 56.46       | 1           |
| 4  | A.Painter    | 67.05 | 6.15          | 60.50       | 2           |
| 5  | L.O'Hara     | 68.24 | 5.15          | 63.09       | 5           |
| 6  | T.Williams   | 68.35 | 5.45          | 63.50       | 6           |
| 7  | L.Coy        | 70.27 | 6.15          | 64.12       | 7           |
| 8  | D.Anderson   | 72.28 | 3.15          | 69.13       | 11          |
| 9  | M.Graham     | 73.17 | 8.00          | 65.17       | 8           |
| 10 | D.Macmillan  | 73.20 | 6.15          | 67.05       | 10          |
| 11 | L.McClean    | 76.37 | 9.45          | 66.52       | 9           |
| 12 | J.Hutchinson | 80.26 | 10.45         | 69.41       | 12          |
| 13 | E.Stroud     | 81.50 | 8.00          | 73.55       | 14          |
| 14 | D.Davies     | 85.50 | 13.00         | 72.50       | 13          |
| 15 | G.Piddington | 87.28 | 13.00         | 74.28       | 15          |

6 FEBRUARY 1988BROCKWELL PARKSURREY LEAGUE

Individuals: 1.B.Ford (AFD) 27.25; 2.J.Wright (BELS) 27.40; 3.H.Jones 27.46; 4.S.Paton  
(BELS) 27.48; 13.J.Chaston 28.15; 32.M.Chaston 28.57; 33.M.Hayes 29.04;  
41.F.Ward; 52.A.Paton; 56.M.Lake; 57.S.Maynard; 63.R.O'Hara;  
70.M.Forrester; 72.C.Dickinson; 75.J.Booth; 76.M.Sinclair; 79.G.McGurran;  
87.O.Foote; 90.M.Head; 96.S.Webster; 100.S.Zealy; 104.T.Williams;  
157.L.McClean; 163.J.Hutchinson.

Teams:

Today's Race - 10 to score:

1.AFD 229; 2.BELGRAVE 325; 3.Ranelagh 333; 4.Boxhill 392; 5.HHH 401;  
6.Thames HH 473; 7.Herc.Wimb. 529; 8.Woking 558.

Overall Position after 3 Races: 1.AFD 695; 2.Boxhill 1019; 3.HHH 1211;  
4.Ranelagh 1230; 5.Thames HH 1335; 6.Woking 1344; 7.BELGRAVE 1408;  
8.Herc.Wimb. 1478.

| 20 FEBRUARY 1988      |                     | NEWARK  | NATIONAL CROSS COUNTRY CHAMPIONSHIPS |
|-----------------------|---------------------|---|--------------------------------------|
| <u>Juniors:</u>       | <u>Individuals:</u> | 1.S.Mugglestone (Westbury) 31.13; 2.D.Mead (Thetford) 32.08; 3.S.Brooks (Bingley) 32.21.  |                                      |
| <u>Bels Placings:</u> |                     | 26.S.Maynard 33.49; 40.M.Chaston 34.07; 45.J.Chaston 34.16; 67.M.Forrester 34.52; 123.G.Adams 35.49; 261.G.McGurran 38.01.          |                                      |
| <u>Teams:</u>         |                     | 1.Aldershot 132; 2.Westbury 151; 3.Newham & Essex Beag. 174; 4.BELGRAVE 178   |                                      |
| <u>Seniors:</u>       | <u>Individuals:</u> | 1.D.Clarke (Herc.Wimbl) 44.14; 2.D.Lewis Ross 45.00; 3.C.Mochrie Leic. C. 45.12.  |                                      |
| <u>Bels Placings:</u> |                     | 390.M.Lake 52.22; 462.M.Bizio; 518.S.Zealy; 843.M.Head; 1013.A.Painter; 1016.T.Williams; 1034.D.Anderson; 1367.L.Coy; 1469.A.Stone. |                                      |
| <u>Teams:</u>         |                     | 1.Birchfield H. 258; 2.Tipton H. 369; 3.Blackheath 516; 88.BELGRAVE 4242.   |                                      |

We had expected to do better in the Junior Race, but three of our team had "off" days. Not much to say about the "Senior" result except at least we finished with nine runners.

Youths Results: BELS 66th Team 1509 points.

292.S.Herbert; 364.J.Coy; 313.N.Khan, 480.R.Afflecks

| 5 MARCH 1988             |  | RICHMOND PARK  | SURREY CROSS COUNTRY LEAGUE (FINAL RACE) |
|--------------------------|--|--|--|
| <u>Individuals:</u>      |  | 1.E.Condway (Her.Wimb.) 26.06; 2.B.Attwell (Boxhill) 26.20; 3.M.Riley Ranelagh 26.23.  |  |
| <u>Bels Placings:</u>    |  | 19.J.Chaston 27.09; 34.S.Maynard 27.40; 40.F.Ward 27.53; 41.M.Forrester 27.54; 45.G.Adams 28.00; 56.A.Paton 28.14; 62.M.Bizio 28.29; 69.D.North 28.45; 73.P.Saunders 28.57; 75.C.Dickinson 29.00; 94.M.Head 29.54; 97.J.Booth 30.06; 112.L.Coy 31.09; 116.A.Stone 31.44; 126.J.Hutchinson 34.36. |  |
| <u>Teams:</u>            |  | 1.Aldershot 246; 2.Boxhill 311; 3.Herc.Wimb. 369; 4.HH 409; 5.Thames HH 458; 6.Ranelagh 464; 7.Woking 483; 8.BELGRAVE 500.   |  |
| <u>Overall Positions</u> |  | at end of series of four races: 1.Aldershot 941; 2.Boxhill 1330; 3.HH 1620; 4.Ranelagh 1694; 5.Thames HH 1793; 6.Woking 1827; 7.Herc.Wimb.1847; 8.BELGRAVE 1908.   |  |

By virtue of their final placings BELGRAVE and Hercules Wimbledon were relegated.

12 MARCH 1988 WIMBLEDON BELGRAVE 5 <sup>3</sup>/<sub>4</sub> MILES CHAMPIONSHIP RACE  
Course Record - Geoff North 27.14 (1966)

|     |               | <u>True Time</u> | <u>H'cap Allow</u> | <u>H'cap Time</u> | <u>H'cap Position</u> |
|-----|---------------|------------------|--------------------|-------------------|-----------------------|
| 1.  | F. Ward       | 28.59            | 1.15               | 27.44             | 2                     |
| 2.  | M. Bizio      | 29.33            | 1.45               | 27.48             | 4                     |
| 3.  | R. O'Hara     | 30.01            | 2.15               | 27.46             | 3                     |
| 4.  | M. Head       | 30.28            | 2.00               | 28.28             | 9                     |
| 5.  | C. Dickenson  | 30.37            | 2.00               | 28.37             | 11                    |
| 6.  | D. Anderson   | 31.20            | 2.45               | 28.35             | 10                    |
| 7.  | T. Williamson | 31.44            | 2.45               | 28.59             | 13                    |
| 8.  | S. Williamson | 31.46            | 3.45               | 28.01             | =5                    |
| 9.  | M. Nouch      | 32.16            | 4.15               | 28.01             | =5                    |
| 10. | J. Rodd       | 32.41            | 3.30               | 29.11             | 14                    |
| 11. | B. Webster    | 33.13            | 6.30               | 26.43             | 1                     |
| 12. | L. Coy        | 33.36            | 3.45               | 29.51             | 17                    |
| 13. | A. Stone      | 33.49            | 5.30               | 28.19             | 7                     |
| 14. | R. Bale       | 34.04            | 4.45               | 29.19             | 16                    |
| 15. | D. Ricks      | 34.51            | 6.30               | 28.21             | 8                     |
| 16. | F. Barrett    | 35.12            | 6.00               | 29.12             | 15                    |
| 17. | L. Mann       | 36.30            | 6.30               | 30.00             | 19                    |
| 18. | C. Cross      | 37.09            | 8.30               | 28.39             | 12                    |
| 19. | G. Piddington | 40.25            | 10.30              | 29.55             | 18                    |

The 1988 Championship 5<sup>3</sup>/<sub>4</sub> was won by Frank Ward - whose main problem appeared to be in following the correct route. Soon after leaving the common, Frank and runner-up Marcello went off course. Thankfully, the pair soon realised their error and rejoined the race having lost about 15 seconds. The handicapper did a good job in restricting the small field to a spread of only 3.17. Unfortunately, the small turnout for what was intended as a selection race for the 12 stage relay made that particular task more difficult than it need be! The continuation of this type of closed club race could be put into doubt unless more members participate.

23RD BELGRAVE RELAY - 26th MARCH 1988

Stuart Paton started us off in this years relay and what an excellent start he gave us coming in second place and recording our fastest long leg of the day 24.34.

Graham Adams took over from Stuart and justified his selection into the team with his run 16.33 coming in six place "cries of come on me ole cocker" could be heard on his run in.

Francis Ward ran the third leg not a bad run from Frank proving to me that he can run well when he gets his act together, but also losing places coming in eleventh place with 26.12.

Martin Forrester played his part well holding onto eleventh place running 16.33 on the fourth leg a time which most seniors would have been proud of Martin should be a contender for a long leg next year Seniors beware these Juniors mean business.

Mike Hayes ran the fifth leg also holding onto eleventh place with 26.07 Mike gave a good chase but just failed to catch the Exeter man.

Not the usual scene for John Booth three miles? but showing the strength of character to run 17.02 on the six stage John lost one place finishing twelfth always willing to show his loyalty to the club.

The seventh leg was run by Dave North in 27.18 Dave was well under par for this years race, feeling the effects of little training and moving house, coming in 17th place we all know Dave can run better than this and hope to see him fitter next year.

Simon Maynard set off with a vengeance gaining four places giving us the lift we needed at this the Eighth Stage 16.19 faster than I had expected from him, showing the experience of a seasoned relay runner, unlucky not to catch the Luton man in front.

John Wright ran our second fastest long stage 24.49. I was impressed with John's run even though he had run a half marathon the week before, he took us up to Sixth place on the Ninth Stage.

Matthew Chaston running the Tenth Stage was another runner who excelled my expectations with 16.01 proving a point to me that he is a natural relay runner.

Marcello Bizio ran the penultimate stage 26.52 lost one place to Exeter, a good engine room run from Marcello who had to run most of his stage on his own.

Steve Zealy ran the last stage although losing three places held on to bring us in Ninth after only being included in the team at the last minute.

Aldershot won the race in 4 hours 7 minutes 18 seconds, 2nd: Haringey 4.08.19; 3rd: Blackheath 4.09.40; 4th: Shaftesbury 4.12.42; 5th: Exeter 4.13.24; 6th: Luton 4.15.42; 7th: Highgate 4.15.55; 8th: Newham & Essex 4.16.05; 9th: BELGRAVE 4.16.10; 10th: Invicta 4.16.30.

As you can see apart from the first three teams it was a close race, I can only stop to think for a moment what might have been if Justin Chastin, Ollie Foote, John Gladwin, Gary Staines, David Swain had been available we could win this race?

Yours,

Frustrated Team Manager  
COLIN PEARSON

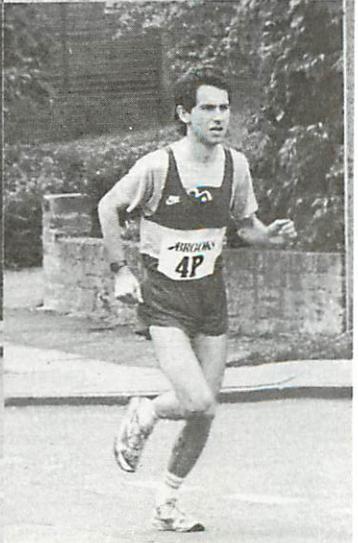
26 MARCH 1988 WIMBLEDON BELGRAVE/SOUTHERN COUNTIES 12 STAGE ROAD RELAY

Course Record - Shaftesbury Harriers 4.04.45 (1986)

Overall Result: 1. Aldershot 4.07.18; 2. Haringey 4.08.19; 3. Blackheath 4.09.40; 4. Shaftesbury 4.12.42; 5. Exeter 4.13.24; 6. Luton 4.15.42; 7. Highgate 4.15.55; 8. Newham & EB 4.16.05; 9. BELGRAVE 4.16.10; 10. Invicta East 4.16.30; 11. London Irish 4.16.49; 12. Thames Valley 4.17.32; 13. Herne Hill 4.18.00; 14. Box Hill Racers 4.18.33; 15. Brighton & Hove 4.18.43;

Stage/Fastest/Belgrave: 1. M. Harris 24.13; S. Paton (Bels) 24.34.

2. S. Ovett 15.03; G. Adams (Bels) 16.33; 3. I. Cornford 24.29; F. Ward (Bels) 26.12; 4. J. Sherban 15.17; M. Forrester (Bels) 16.33; 5. B. Ford & B. Foster 24.44; M. Hayes (Bels) 26.07; 6. D. Cowan 15.59; J. Booth (Bels) 17.02; 7. P. Klimes 24.24; D. North (Bels) 27.18; 8. S. Coe 15.24; S. Maynard (Bels) 16.19; 9. S. Harris 24.05; J. P. Wright (Bels) 24.49; 10. D. Heath 15.43; M. Chaston (Bels) 16.01; 11. C. Tall 25.15; M. Bizio (Bels) 26.52; 12. A. West 15.46; S. Zealy (Bels) 17.50;





## The BELGRAVE 12 Stage Relay.

" THE START "

4T STU PATON. 4A GRAHAM ADAMS. 4W FRANCIS WARD. 4J MARTIN FORRESTER. 4Z MIKE HAYES. 4D JOHN BOOTH. 4P DAVE NORTH. 4N SIMON MAYNARD. 4X JOHN WRIGHT. 4E MATTHEW CHASTON. 4C MARCELLO BIZIO. 4Y STEVE ZEALY. The "ODD MAN" out is Sue Morrison, the Belgrave Harriers Hon. Gen. Sec. suitably garbed against the wind. Her only complaint was that she could not find time for a tea. (or at least that,s what it sounded like).

17 SEPTEMBER 1988

WIMBLEDON

CLUB 5<sup>3</sup>/<sub>4</sub> MILES ROAD RACE

|     |              | <u>Actual</u> | <u>Allowance</u> | <u>Handicap Time</u> | <u>Position</u> |
|-----|--------------|---------------|------------------|----------------------|-----------------|
| 1.  | F.Ward       | 29.37         | 1.30             | 28.07                | 6               |
| 2.  | C.Dickenson  | 29.59         | 2.00             | 27.59                | 5               |
| 3.  | P.Saunders   | 30.40         | 1.30             | 29.10                | 16              |
| 4.  | J.Mather     | 30.54         | 2.30             | 28.24                | 12              |
| 5.  | A.Madson     | 31.13         | 1.45             | 29.28                | 17              |
| 6.  | M.Head       | 31.37         | 2.30             | 29.07                | 15              |
| 7.  | D.Anderson   | 32.01         | 3.30             | 28.31                | 13              |
| 8.  | A.Gayton     | 32.42         | 2.30             | 30.12                | 22              |
| 9.  | M.Nouch      | 32.45         | 4.30             | 28.15                | 9               |
| 10. | A.Stone      | 32.53         | 5.30             | 27.23                | 4               |
| 11. | B.Webster    | 33.41         | 5.30             | 28.11                | 8               |
| 12. | T.Williams   | 33.55         | 4.00             | 29.55                | 20              |
| 13. | M.Barratt    | 34.10         | 4.30             | 29.40                | 18              |
| 14. | J.Coy        | 34.16         | 8.00             | 26.16                | 2               |
| 15. | L.Coy        | 34.23         | 6.00             | 28.23                | 11              |
| 16. | F.Barratt    | 34.35         | 7.30             | 27.05                | 3               |
| 17. | P.Roach      | 35.26         | 5.30             | 29.56                | 21              |
| 18. | L.Mann       | 36.13         | 7.30             | 28.43                | 14              |
| 19. | K.Duckett    | 36.50         | 8.30             | 28.20                | 10              |
| 20. | D.Davies     | 37.12         | 11.00            | 26.12                | 1               |
| 21. | S.Tooby      | 37.24         | 6.30             | 30.54                | 24              |
| 22. | G.Collins    | 37.38         | 9.30             | 28.08                | 7               |
| 23. | D.Maughan    | 37.46         | 6.30             | 31.16                | 25              |
| 24. | A.Lane       | 39.21         | 8.30             | 30.51                | 23              |
| 25. | G.Piddington | 42.19         | 12.30            | 29.49                | 19              |

8 OCTOBER 1988

WIMBLEDON

CLUB 3 MILES "YACHT" HANDICAP

|     |            | <u>Fin.Time</u> | <u>Allowance</u> | <u>True Time</u> | <u>True Postn</u> |
|-----|------------|-----------------|------------------|------------------|-------------------|
| 1.  | W.Laws     | 22.16           | 5.00             | 17.16            | 10                |
| 2.  | J.Mather   | 22.18           | 6.30             | 15.48            | 4                 |
| 3.  | O.Foote    | 22.21           | 7.10             | 15.11            | 1                 |
| 4.  | P.Saunders | 22.32           | 7.10             | 15.22            | 2                 |
| 5.  | S.Zealy    | 22.35           | 6.30             | 16.05            | 5                 |
| 6.  | S.Tooby    | 22.38           | 4.00             | 18.38            | 18                |
| 7.  | T.Mullen   | 22.43           | 5.15             | 17.28            | 13                |
| 8.  | M.Bizio    | 22.44           | 7.20             | 15.24            | 3                 |
| 9.  | A.Bruce    | 23.00           | 4.15             | 18.45            | 19                |
| 10. | B.Webster  | 23.02           | 6.00             | 17.02            | 8                 |
| 11. | D.Davies   | 23.03           | 4.15             | 18.48            | 20                |
| 12. | P.Roach    | 23.05           | 5.15             | 17.50            | 15                |
| 13. | M.Head     | 23.07           | 6.30             | 16.37            | 6                 |
| 14. | C.Henn     | 23.13           | 4.00             | 19.13            | 22                |
| 15. | T.Palmer   | 23.14           | 6.00             | 17.14            | 9                 |
| 16. | T.Williams | 23.17           | 6.00             | 17.17            | 11                |
| 17. | D.McMillan | 23.18           | 5.15             | 18.03            | 16                |
| 18. | K.Duckett  | 23.25           | 4.15             | 19.10            | 21                |
| 19. | A.Stone    | 23.29           | 6.00             | 17.29            | 14                |
| 20. | A.Grant    | 23.37           | 5.00             | 18.37            | 17                |
| 21. | A.Rosan    | 23.50           | 6.30             | 17.20            | 12                |
| 22. | J.Plummer  | 23.54           | 0.50             | 23.04            | 27                |
| 23. | D.Pamah    | 23.59           | 7.10             | 16.49            | 7                 |
| 24. | Pam Davies | 24.24           | 2.15             | 22.09            | 26                |
| 25. | J.Davies   | 24.24           | 3.00             | 21.24            | 24                |
| 26. | S.Carroll  | 25.35           | 4.00             | 21.35            | 25                |
| 27. | J.Slough   | 25.58           | 6.00             | 19.58            | 23                |

23 OCTOBER 1988

## ZATOPEK ROUND THE THAMES RELAY

BELGRAVE 'A': 1.M.Sinclair 16.47; 2.P.Sanders 17.15; 3.O.Foote 16.55;  
4.M.Bizio 17.07; 5.J.Wright 16.17; 6.M.Hayes 16.52;  
Time Total: 101.23.

BELGRAVE 'B': 1.A.Madson 17.46; 2.M.Lake 17.37; 3.D.Maynard 17.47;  
4.M.Head 19.10; 5.D.Anderson 18.24; 6.L.Coy 20.01  
Time Total: 110.45

Teams: 1.Highgate 100.35; 2.Luton 101.00; 3.BELGRAVE 101.23;  
4 New/Essex 102.22; 5.WLIHE 102.26; 6.Hillingdon 104.27; 7.Cambridge  
105.28; 8.Haringey 106.42; 9.Thames H 107.48; 10.Ilford 108.43;  
11.BELGRAVE 'B' 110.45; 12.Herne Hill 110.48.

I must express my sincere thanks to three smashing club members, for on the day of this race Mike Hayes came all the way from Nottingham, John Wright from Birmingham, and Darrell Maynard, for those who do not know Darrell is 800 metre, 1500 metre man and has represented the club in the British League, also willing to travel from Cambridge to support Belgrave.

We finished third less than a minute behind Highgate, even the Club President ran so we could finish two teams.

COLIN PEARSON

29 OCTOBER 1988

WIMBLEDON

REEBOK SURREY LEAGUE - DIV.II

BELS: 1.G.Staines (Bels) 24.50; 2.P.Clark (Herc.Wimbledon) 25.40;  
3.J.Wright 25.55; 5.M.Hayes 26.02; 7.M.Stickles 26.24; 8.O.Foote 26.38;  
11.M.Bizio 26.46; 13.M.Sinclair 27.03; 16.F.Ward 27.11; 21.P.Sanders 27.44;  
27.P.Gilbey 27.58; 29.A.Paton 28.03; 34.R.O'Hara 28.19; 37.M.Lake 28.24;  
43.M.Head 28.48; 46.L.O'Hara (VET) 29.00; 47.A.Madson 28.06; 60.J.Hobbs 29.40;  
68.D.Anderson 30.09; 82.B.Quintavalle 30.41; 83.J.Ross 30.43; 91.J.Coy 31.43;  
96.D.Ludlow 31.48; 101.S.White 32.00; 102.A.Stone 32.00; 109.J.Hutchinson 32.23;  
116.A.Bowyer 32.50; 130.J.Slough 34.31; 145.J.Broad 43.27;

Teams: 1.BELGRAVE 112; 2.Herc.Wimbledon 167; 3.Mitcham & Sutton 326; 4.Croydon H 439;  
5.Dulwich R. 448; 6.Waverley H. 500; 7.Redhill & Surrey B 526; 8.Walton 676.

Welcome back to Gary from his Olympic debut leading the club to a good win in the first of the league races this season. Good packing by the rest of the scoring ten, and welcome to Matthew Stickles who will be a useful addition to the Junior Team. Nice to see Pete Gilbey back after a long lay off. A good run also from Andy Paton who lead the chase for the last scoring place.

COLIN PEARSON

19 NOVEMBER 1988

REEBOK SURREY LEAGUE - DIVISION II

BELS: 1.G.Staines 25.15; 2.S.Paton 26.05; 3.J.Wright; 26.07  
7.M.Stickles 26.36; 8.O.Foote 26.42; 14.M.Bizio 27.33; 17.P.Sanders 27.40;  
19.P.Gilbey 27.44; 28.J.Mather 28.24; 32.F.Ward 28.31; 37.A.Paton 28.50;  
51.M.Head 29.32; 52.S.Webster 29.41; 61.T.Williams 30.09; 85.L.Coy 31.13;  
93.T.Mullen 31.47; 104.S.White 32.44; 105.J.Hutchinson 32.45; 136.J.Broad 36.10.

|               |                    | Total Match<br>Points |                    | Total Match<br>Points |
|---------------|--------------------|-----------------------|--------------------|-----------------------|
| <u>Teams:</u> | 1.BELGRAVE         | 131                   | 5.Redhill & Sutton | 439                   |
|               | 2.Herc.Wimbledon   | 222                   | 6.Dulwich R.       | 500                   |
|               | 3.Croydon          | 283                   | 7.Waverley H.      | 532                   |
|               | 4.Mitcham & Sutton | 437                   | 8.Walton           | 696                   |
|               |                    | 243                   |                    | 965                   |
|               |                    | 389                   |                    | 948                   |
|               |                    | 722                   |                    | 1032                  |
|               |                    | 809                   |                    | 1372                  |

Gary again led the club to win this second league race, Stu Paton ran well for second, John Wright again third gave Bels a clean sweep of the first three places. Matthew and Ollie claimed their same positions as the first race, Peter Sanders gained four while Peter (Geronimo) Gilbey took some more scalps on his way back to fitness. John Mather also showing improving form, Andy was scoring after the first lap, alas he had to be contented with first non-scorer. The turnout was not as good as the first match. I hope it won't decline in the last two. (146 points in front).

COLIN PEARSON

5 NOVEMBER 1988 - SATURDAY

REIGATE

PRIORITY RELAY

BELGRAVE 'A': 1.S.Paton 13.04; 2.M.Bizio 13.34; 3.D.Mead 12.58; 4.O.Foote 13.12;  
5.M.Hayes 13.16; 6.J.Wright 12.48.

BELGRAVE 'B': 3.A.Paton 14.06; 7.D.Maynard 13.42; 2.D.North 14.13; 2.R.O'Hara 13.46;  
2.P.Sanders 13.31; 2.P.Gilbey 13.58;  
1st 'B' Team

BELGRAVE 'C': 28.D.Anderson 14.36; 22.J.Mather 14.16; 22.D.N.F.

Teams: 1.Brighton & H; 77.59; 2.BELGRAVE 78.52; 3.Boxhill 80.22;  
16.BELGRAVE 'B' 83.16; 1st: 'B' Team

Congratulations to both teams. The 'A' team finishing second to Brighton, but beating Boxhill by 1½ minutes. The 'B' team finished sixteenth, but were the first 'B' team home. What a tremendous feeling to see the club spirit running so high as members of both teams were eager to see each other times. Nice to see new Junior member Darren Mead running our second fastest time. Thanks lads.  
COLIN

6 NOVEMBER 1988

BRISTOL

JUNIOR RACE - MIKE SULLY CROSS COUNTRY

1.G.Tromans (Coventry) 25.03; 2.M.Burdiss (Birch) 25.04; 3.C.Old (Weston) 25.08; 6.M.Sticklas (BELS) 25.34; 8.J.Chaston (BELS) 25.39; 69.J.Coy (BELS) 31.27.

Teams: 1.Coventry 113 pts. 2.Oxford U A 115; 3.Plymouth 117.  
Belgrave did not close in A Team.

With one more junior runner in the first 29 places we would have retained the cup for winning this race.

12 NOVEMBER 1988

READING

SOUTH OF THE THAMES (JUNIOR RACE)

1.S.Newport (Blackheath) 24.08; 2.T.Booth (Woking) 24.32; 3.A.Powe (Brighton & Hove) 24.37; BELS: 21.M.Bizio 25.30; 30.P.Sanders 25.45; 34.J.Mather 25.50; 47.R.O'Hara 26.16; 73.S.Zealy 26.53; 108.M.Barrett 27.41; 112.D.Anderson 27.49; 123.T.Williams 28.10;

Teams: 1.AFD 56; 2.Portsmouth 61; 3.South/East 63; 4.Blackheath 79; 5.Brighton & Hove 92; 6.Boxhill 112; 7.BELGRAVE 132.

I was a bit disappointed we should have done better than 7th team. When I sent in the entry of 36 names, I thought we should have a good chance of medals - alas only 8 runners turned out. Marcello lead the team home, a good run from club Captain, John Mather.

3 DECEMBER 1988

BELGRAVE 7½ MILE CROSS COUNTRY CHAMPIONSHIP

|                  | <u>Act.Time</u> | <u>H'cap Time</u> | <u>H'cap Allow.</u> | <u>H'cap Pos.</u> |
|------------------|-----------------|-------------------|---------------------|-------------------|
| 1. C.Dickenson   | 45.24           | 41.24             | 4.00                | 4                 |
| 2. J.Mather      | 46.51           | 42.51             | 4.00                | 7                 |
| 3. T.Williams    | 48.28           | 42.43             | 5.45                | 6                 |
| 4. B.Webster     | 49.53           | 43.08             | 6.45                | 9                 |
| 5. A.Stone       | 50.20           | 43.35             | 6.45                | 10                |
| 6. L.Coy         | 50.45           | 44.00             | 6.45                | 13                |
| 7. J.Rodd        | 51.00           | 44.15             | 6.45                | 15                |
| 8. D.Ludlow      | 51.13           | 39.58             | 11.15               | 2                 |
| 9. J.Broad       | 51.40           | 39.25             | 12.15               | 1                 |
| 10. J.Hutchinson | 52.46           | 41.01             | 11.45               | 3                 |
| 11. F.Barrett    | 53.01           | 43.46             | 9.15                | 11                |
| 12. L.Mann       | 53.09           | 41.54             | 11.15               | 5                 |
| 13. D.Ricks      | 53.17           | 44.02             | 9.15                | 14                |
| 14. D.Maughan    | 53.27           | 42.57             | 10.30               | 8                 |
| 15. D.McMillian  | 55.58           | 47.58             | 8.00                | 18                |
| 16. K.Duckett    | 56.05           | 43.50             | 12.15               | 12                |
| 17. D.Davies     | 56.12           | 45.42             | 10.30               | 16                |
| 18. A.Lane       | 57.40           | 45.45             | 11.45               | 17                |
| 19. E.Stroud     | 58.30           | 48.00             | 10.30               | 19                |

YOUTHS 2½ MILE CLUB CHAMPIONSHIP

COLTS 2½ MILE CLUB CHAMPIONSHIP

1.J.Wallace 16.18; 2.M.Bowers 17.30;

1.S.Dubell 18.04; 2.B.Cooper 18.27.

10 DECEMBER 1988

SURREY CROSS COUNTRY CHAMPIONSHIPS

SENIOR RACE 7½ MILES

1.B.Treadwell (Red/Sur) 38.36; 2.M.Boyle (HHH) 38.39; 3.C.Payne (AFD) 38.48;  
BELS: 7.M.Hayes 39.10; 16.O.Foote 39.58; 18.M.Bizio 40.11; 34.P.Sanders 41.15; 41.P.Gilbey  
 41.39; 158.J.Hutchinson 50.05;

Teams: 1.Boxhill 124; 2.AFD 151; 3.SLH 170; 4.HHH 175; 5.Ranelagh 243.

JUNIOR RACE: 1st M.Stickles - disqualified. You cannot complete for two counties  
 in same calendar year.

YOUTHS RACE:

1.D.Bond (Woking) 21.38; 2.I.Taylor 21.46; 3.M.Wilkins (Ranelagh) 22.22;  
BELS: 9.M.Egerickx 23.14; 32.J.Wallace 25.00; 44.S.Afflecks 28.00; 45.M.Bowers 29.02;

Teams: 1.Oxted County School 38; 2.Epsom & Ewell 41; 3.Ranelagh 47. 6.BELGRAVE 82.

7 JANUARY 1989

HERNE HILL HARRIERS CENTENARY CROSS COUNTRY

10 to ScoreAct.Place

|      |                    |       |     |  |                 |     |
|------|--------------------|-------|-----|--|-----------------|-----|
| -    | M.Ferguson (Guest) | 25.51 |     |  | <u>Teams:</u>   |     |
| 1.   | S.Paton (Bels)     | 26.02 |     |  | 1. HHH          | 242 |
| 2.   | M.Boyle (HHH)      | 26.03 |     |  | 2. H/W          | 308 |
| 3.   | K.Jacobs (H/W)     | 26.09 |     |  | 3. Blackheath   | 324 |
|      | <u>BELS:</u>       |       |     |  | 4. Massey Ferg. | 424 |
| 4.   | M.Hayes            | 26.12 |     |  | 5. BELGRAVE     | 429 |
| 10.  | P.Sanders          | 26.38 |     |  | 6. Sefton       | 528 |
| 13.  | P.Sudgrove         | 26.56 |     |  | 7. Dundee       | 535 |
| 56.  | C.Dickenson        | 28.37 | 61  |  | 8. SLH          | 665 |
| 60.  | F.Ward             | 28.47 | 65  |  |                 |     |
| 62.  | S.Zealy            | 28.58 | 68  |  |                 |     |
| 66.  | G.McGurran         | 29.09 | 72  |  |                 |     |
| 72.  | T.Williams         | 29.34 | 80  |  |                 |     |
| 85.  | L.Coy              | 31.18 | 118 |  |                 |     |
| 127. | D.Smith            | 31.47 |     |  |                 |     |
| 130. | A.Stone            | 32.06 |     |  |                 |     |
| 144. | J.Hutchinson       | 32.31 |     |  |                 |     |
| 145. | L.Mann             | 32.37 |     |  |                 |     |
| 178. | D.Andrew           | 38.30 |     |  |                 |     |

10 TO SCORE

14th February 1989

Epsom

ST. VALENTINE'S DAY RACES

Liz McColgan ran the 3000m and 1500m in the indoor World Champs with 20  
 minutes separation and finished with a silver and a 6th place.

In the St. Valentine's Day Races in Epsom Ollie Foote ran the 2.2 miles  
 and 4.4 miles races with only 10 min. separation and finished with 2  
 silvers. What does that prove? Nothing, except that Oliver is  
 gradually getting back to some sort of fitness.

Mens 2.2 miles

1. M.Nelson (HW) 10.31, 2. O.Foote (BELS) 10.31, 3. A. Flett (COLL) 10.47  
 - 77 finished.

Vets O/40 6. L. Mann (BELS) 13.18  
 O/50 1. W. Laws (BELS) 12.33

Mens 4.4 miles

1. L. Zone (BURN) 21.48, 2. O. Foote (BELS) 22.03, 3. J. Dear (E/E Vet)  
 22.10 - 70 finished.

Vets O/40 12. L. Mann (BELS) 27.35



# The Ladies.

## Report from Harry Porter

Firstly, I would like to congratulate Leo Coy, on behalf of the Ladies Section, on his election as Club President for 1988/89.

Once again, there was a disastrous start to the Women's Southern League Division 2, in the first match, when at Kings Park, Bourne-mouth, we failed to field our best team. Again we struggled in the following matches to maintain our usual mid-league position. Instead, we were fighting against relegation until the last meeting at Battersea Park which took us back to a respectable mid-table position for the end of the season. However, if we had had good results in our first meetings, by starting in mid-table, we may have finished at the top, rather than as we did, start at the bottom and finish in the middle. Also, of course, we have a depleted Junior side, meaning that every Junior is needed to turn out and support the team from the beginning of the season.

So - come on Ladies, let us start 1989 with a show of strength from both age groups.

Following on from that, our Senior Ladies once again did us proud in the G.R.E. competition. They were the only Non-Division I League Team to reach the semi-final where we duly finished 8th. We were congratulated by three or four of these leading clubs on our reaching the semi-final stage.

In the Rosenheim League we won all of the meetings except the final. That was a very close match indeed and we were piped in the last event by Epsom's win in the Javelin by two points.

This means, of course, that we failed to the trophy that we had won for the first time in 1987, the inaugural year for the Ladies Competition also the Belgrave Harriers Centenary Year.

In the Thameside League, there is 'little one can say because of our lack of strength in the girls and minor girls, having only a few members in this.

This can also be said for the Boys and Colts sections. So if anyone reading this paragraph knows of any Girl or Boy in these age groups - please bring them along we need them to help ensure the club's continuing success in the future. Therefore, I would like to charge every member, male or female, to introduce one girl or boy in these younger age groups into the club this season. If everyone made an effort on the Club's behalf, we would be the envy of all the club's in the Southern Counties.

The Ladies Walking Section has continued to gain in strength and success, winning several team and individual awards for the club during the year.

Well done Ladies - keep it up.

There have been several good performances this year, most notably by Sian Spacey who finished third in the National 10K Road Walk. She also set new club records in the 2K, 3K, 5K and 10K Walking in the space of 3 months.

Andrea Coore, after being out of action, injured, all the winter 1987/88 and half of the summer following with a knee injury, came back with a bang to break the Club Long Jump record 3 times in 3 consecutive jumps bring it up to near the 6 mtr. mark with 5.86m.

Congratulations also, to Cindy James for winning the "Endeavour" Cup for amassing the most points throughout the summer season and for supporting every meeting. Well done and thank you Cindy. Runner up in the "Endeavour" Cup was Michelle McIntosh.

## "Centenary Cup"

This prestigious cup is awarded, in the judgement of the committee, for the best performance by any female Belgrave Harrier in the year. The 1988 award went to Sian Spacey for her excellent 3rd place in the R.W.A. Womens 10Kms Road Walk Championship.

Runner up, once again was Michelle McIntosh for her fine win in the Southern Counties Girls Long Jump.

At this point, I would like to thank, firstly, Derek Jones for all the "backroom" work and for organising the meetings; an endless and thankless task which few people appreciate has to be done. Keep up the good work Derek, and many thanks on behalf of myself and the club.



8 MAY 1988

ALEXANDRA PARK, PORTSMOUTH

GRE CUP ROAD 1

Results: 1.BELGRAVE 115; 2.Havant AC 98; 3.Guildford & Godalming 97;  
4.E.Grinstead & Dist. 90; HHH (did not attend)

100m: 1.M. De Leon 13.2; 200m: 1. Y.Cole 26.9; 400m: 1.C.Glasgow 57.2;  
800m: 3.G.Husbands 2.30.2; 1500m: 2.J.Coppinger 5.08.0; 3000m: 1.J.Webb 10.13.0; 100H: 1.  
C.James 16.6; 400H: 3.N.Christou 71.9; HJ: 3.E.O'Brien 1.45; LJ: 1.E.O'Brien 4.97;  
Shot: 1.W.Dunsford 12.78; Discus: 1.W.Dunsford 33.50; Javelin: 1.T.Denton 34.86; 4x100  
Relay: Disqualified (C.James, A.Coore, M.De Leon, Y.Cole); 4x400 Relay: 1. 4.04.3  
(D.Conard, G.Husbands, A.Wotherspoon, C.Glasgow).

14 MAY 1988

ENFIELD

MIDDLESEX COUNTY CHAMPIONSHIPS

200m: Final 5.Cindy James 26.8; 8.Alexis Wotherspoon 26.8;  
3000m Walk: 1.Sian Spacy 15.34.9; Catherine Mann 17.17; Sue Morrison 17.25.9;  
Shot: 1.Wendy Dunsford 13.34; Discus: 3.Wendy Dunsford 32.50;

14/15 MAY 1988

TOOTING BEC

SURREY COUNTY CHAMPIONSHIPS

Girls: 1500m: 10.S.Lodm 5.31.8;

Seniors: Shot: 1.H.Kemp 12.23; Discus: 5.H.Kemp 26.74; Javelin: 1.T.Denton 37.90;

Inters: Javelin: 2.C.Collins 30.76;

21 MAY 1988

HODDESTON

NATIONAL 10KM WALKING CHAMPIONSHIPS

1. J.Draka (Brighton) 49.26; 2.B.Sworoski (Sheff) 49.39; 3.S.Spacy 52.27  
Also walked - G.Brackpool, S.Morrison

Results: 1.Brighton 17; 2.Sheffield 24; 3.Bromsgrove 35.

25 MAY 1988

TOOTING BEC

ROSENHEIM LEAGUE

Results: 1.BELGRAVE 2.Croy H 3.HHH 4.Wimbledon W 5.S.London H  
6.Redhill & Surrey B

100m: 1.M.De Leon 13.0; 200m: 1.A.Coore 27.2; 400m: 2.G.Husbands 64.1;  
100H: 1.C.James 16.7; LJ: 2.A.Coore 4.69; 4x200 Relay: 1. 1.49.0 (C.James, A.Coore,  
G.Husbands, M.De Leon)

28 MAY 1988

KING GEORGE STADIUM, GRAYS

WOMENS SOUTHERN LEAGUE - DIV.2

Results: 1.Thurrock H 186; 2.BELGRAVE 146; 3.Worthing 140; 4.Nenevalley 126;  
5.Oxford City 123;

Girls: 100m: 1. M.McIntosh 13.2; 1.M.Okolo 13.9; 200m: 1.M.McIntosh 27.2; 2.M.Okolo  
29.7; 800m: 5.N.Fenyoe 2.47.5; 75H: 1.P.Mendelsohn 13.4; LJ: 1.M.McIntosh 5.34;  
1.M.Okolo 4.21; Shot: 3.P.Mendelsohn 7.96; 1.N.Fenyoe 5.98; Discus: 4.N.Fenyoe  
12.64; Javelin: 3.P.Mendelsohn 23.32; 4x100 Relay: 4. 55.2 (M.McIntosh,  
P.Mendelsohn, N.Fenyoe, M.Okolo)

Seniors: 100m: 4.Y.Cole 13.4; 2.A.Wotherspoon 13.5; 200m: 2.C.Glasgow 26.2; 2.Y.Cole  
28.0; 400m: 2. A.Wotherspoon 60.5; 4.G.Husbands 63.5; 800m: 5.G.Husbands 2.31.4;  
3.J.Stone 2.35.7; 1500m: 1.J.Webb 4.44.2; 5.J.Stone 5.41.2; 3000m: 4.J.Coppinger  
11.10.7; 4.S.Morrison 13.50.1; 100H: 2.E.Oshevire 15.4; 1.A.Abrams 17.7;  
400H: 2.E.Oshevire 71.0; 3.A.Abrams 73.3; HJ: 5.E.O'Brien 1.40; 4.J.Stone 1.30;  
LJ: 1.E.Oshevire 5.84; 3.E.O'Brien 4.80; Shot: 1.W.Dunsford 12.93; 1.H.Kemp  
11.63; Discus: 2.W.Dunsford 31.46; 1.H.Kemp 27.12; Javelin: 1.T.Denton 39.34;  
2.C.Collins 31.18; 4x100 Relay: 1.50.4 (A.Wotherspoon, Angela Abrams,  
E.Oshevire, Y.Cole); 4x400 Relay: 4. 4.19.4 (A.Wotherspoon, J.Webb, G.Husbands,  
C.Glasgow).

28 MAY 1988                      WITHEAN STADIUM, BRIGHTON                      WOMENS SOUTHERN LEAGUE DIV.4 (N & E)

Results: 1.Ilford 225; 2.Crawley 'B' 190; 3.Haywards Heath 173½; 4.Horsham Blue Star 130½; 5.BELGRAVE 121. Folkestone AC did not attend.

Seniors: 100m: 3.A.Coore 12.8; 1.Andrea Abrams 13.2; 200m: 3.Andrea Coore 26.4; 2.F.Lambie 27.8; 400m: 1.D.Conard 61.1; 2.N.Christou 67.8; 800m: 3.J.Smiter 2.49.0; 1500: 4.J.Smiter 5.45.0; 3000m: 1.G.Collinson 11.05.9; 4.A.Bowskill 14.11.1; 100H: 2.C.James 17.1; 1.N.Christou 17.4; 400H: 2.N.Christou 72.7; 1.C.James 71.8; HJ: 2.Andrea Abrams 1.50; 1.J.Smiter 1.45; LJ: 2.Andrea Abrams 5.24; 1.A.Coore 5.06; Shot: 4.M.Green 4.92; 4.F.Lambie 4.34; Discus: 4.C.James 19.70; 3.A. Bowskill 15.06; Javelin: 5.Andrea Abrams 14.06; 4.J.Christou 9.30; 4x100 Relay: 1. 51.2 (Andrea Abrams, F.Lambie, M.Green, A.Coore); 4x400 Relay: 1.4.17.0 (D.Conard, N.Christou, A.Coore, C.James).

29 MAY 1988                      NORMAN PARK, BROMLEY                      GRE CUP - ROUND 2

Results: 1.Bromley Ladies 117; 2. BELGRAVE 95; 3.Medway 86; 4.Portsmouth 85; 5.Cambridge H 70; Havant AC - Did not attend.

100m: 4.Y.Cole 13.2; 200m: 4.A.Coore 27.7; 400m: 1.C.Glasgow 57.7; 800m: 3.J.Coppinger 2.27.3; 1500m: 4.J.Coppinger 5.15.5; 3000m: 5.J.Stone 12.02.6; 100H: 2.C.James 16.8; 400H: 3.A.Abrams 70.4; HJ: 5.A.Abrams 1.45; LJ: 4.E.O'Brien 4.68; Shot: 1.W.Dunsford 13.11; Discus: 1.W.Dunsford 30.74; Javelin: 2.T.Denton 33.88; 4x100 Relay: 2. 50.6 (C.James, A.Coore, A.Abrams, Y.Cole); 4x400 Relay: 2.4.02.4 (D.Conard, A.Abrams, A.Wotherspoon, C.Glasgow).

8 JUNE 1988                      TOOTING BEC                      ROSENHEIM LEAGUE

1.BELGRAVE 37; 2.Croydon 30; 3.Redhill & Surrey 26; 4.Wimbledon W. 19; 5.South London 14; 6.HHH 8;

100m: 2.Y.Cole 12.9; 200m: 1.A.Wotherspoon 26.6; 400m: 2.A.Coore 63.7; 800m: 3.J.Coppinger 2.26.5; 1500: 2.J.Stone 5.11.3; Discus: 1.C.James 31.58; 4x200 Relay: 1. 1.48.7 (C.James, A.Coore, A.Wotherspoon, Y.Cole).

11 JUNE 1988                      MOTSPUR PARK                      SURREY SCHOOLS CHAMPIONSHIPS

Junior Girls: 100: 1.M.McIntosh 13.5;

Inters: Javelin: 1.Clara Collins 33.52

11th JUNE 1988                      WEST LONDON STADIUM                      LONDON SCHOOLS CHAMPIONSHIPS

Inters. Girls: 100m: 1.M.De Leon 12.6.

11 JUNE 1988                      COPTHALL                      MIDDLESEX SCHOOLS CHAMPIONSHIPS

Inters. Girls: 100m: 3.F.Lambie

12 JUNE 1988                      BATTERSEA PARK                      THAMESIDE LEAGUE

Minors: 1.Croydon 90; 2.Paddock Wood 64; 3.Queens Park 40; 4.Richmond & Twickenham 20; 5.Herne Hill 15; 6.BELGRAVE 8.

100m/200m: 2.N.Pearce 15.0 / 4th 31.9.

Girls: 1.Herne Hill 106; 2.Richmond & Twickenham 65; 3.Croydon 58; 4.Paddock Wood 52; 5.BELGRAVE 50; 6.Queens Park 11.

100m: 1.M.McIntosh 13.4; 2.M.Okolo 14.0; 200m: 1.M.McIntosh 27.1; 1.M.Okolo 29.7; 75H: 1.P.Mendelsohn 13.2; LJ: 1.M.McIntosh 5.07; Shot: 3.P.Mendelsohn 8.17; Javelin: 2. P.Mendelsohn 25.28; 4x200 Relay: 1. 55.0 (M.McIntosh, P.Mendelsohn, N.Pearce, M.Okolo).

18/19 JUNE 1988                      NEW RIVER STADIUM                      SOUTHERN COUNTIES WOMENS AAA CHAMPIONSHIPS

Girls:     100m: 6.McIntosh Final 13.30 (13.06 Heat); LJ: 1.McIntosh 5.39;

Inters:    100m: 4. (Ht) M.De Leon 13.28; 200m: 8. (Final) M.De Leon 26.46 (26.09 Ht)  
3000m Walk: 2.C.Mann 16.55.89; Javelin: 5.C.Collins 32.02

Seniors:   100m:     Y.Cole            200m: 5. (Ht) C.Glasgow 26.21; 400m: 4. (Ht) C.Glasgow  
56.91; 100mH: 6. (Ht) Angela Abrams 17.54; Shot: 3.W.Dunsford 13.55 \*  
3000m Walk: 7. S.Morrison 16.57.1; 8.G.Blackpool 17.01.91;  
\* This distance is disputed by Wendy who feels it should be LESS!

22 JUNE 1988                      TOOTING BEC                      ROSENHEIM LEAGUE

Results: 1.BELGRAVE 57; 2.Redhill & Surrey 44; =3.Croydon 16; =3.Herne Hill 16;  
5.S.London 12

100m: 1.Y.Cole 13.1; 200m: 1.A.Coore 26.0; 400m: 2.A.Wotherspoon 61.3; 800m: 1.G.Collinson  
2.25.2; 400H: 2.C.James 71.2; HJ: 2.J.Smiter 1.45; LJ: 1.Andrea Abrams 5.44; Shot:  
1.C.James 9.90; Javelin: 2.Andrea Abrams 16.20; 4x200 Relay: 1. 1.47.1.

25 JUNE 1988                      NORTHGATE TRACK, IPSWICH                      WOMENS SOUTHERN LEAGUE - DIV.2

1.Boro of Enfield 172; 2.Ipswich 159; 3.Cambridge & Coleridge 148; 4.BELGRAVE 115  
5.ANDOVER 114;

Girls:     100m/200m: 2.M.Okolo 14.0/3rd 29.2; 75mH: 4.P.Mendelsohn 13.8;  
Shot: 2.P.Mendelsohn 8.57; Javelin: 3.P.Mendelsohn 25.28

Seniors:   100m: 1.A.Coore 12.9; 1.Y.Cole 13.4; 200m: 1.A.Coore 26.3; 2.A.Wotherspoon  
27.7; 400m: 1.C.Glasgow 57.4; 2.A.Wotherspoon 60.6; 800m: 5.J.Coppinger 2.36.2;  
3.G.Husbands 2.36.5; 1500m: 5.J.Stone 5.43.1; 100H: 2.Angela Abrams 16.9;  
1.C.James 16.8; 400mH: 2.Angela Abrams 68.5; 1.C.James 71.0; HJ: 4.Andrea Abrams  
1.50; 3.J.Stone 1.35; LJ: 2.A.Coore 5.57; 1.Andrea Abrams 5.49; Shot:  
1.W.Dunsford 13.13; 1.C.James 9.86; Discus: 2.W.Dunsford 31.94; 2.C.James 30.88;  
Javelin: 3.C.Collins 29.36; 3.Angela Abrams 22.10; 4x100m Relay: 1. 504.  
4x400m Relay: 1. 4.07.4.

25 JUNE 1988                      CRAWLEY LEISURE CENTRE                      WOMENS SOUTHERN LEAGUE - DIV.4 (N & E)

1.Crawley 'B' 209; 2.Cambridge & Coleridge 'B' 166; 3.Diss 142; 4.Boreham Wood 121;  
5.BELGRAVE 87                      Folkestone AC did not compete.

Seniors:   100m: 2.M.Green 13.4; 1.F.Lambie 13.2; 200m: 1.M.Green 27.9; 1.F.Lambie 28.5;  
1500m: 1.G.Collinson 5.02.8; 1.J.Smiter 5.59.5; 3000m: 2.G.Blackpool 13.26.6;  
100H: 2.F.Lambie 22.1; HJ: 1.J.Smiter 1.45; LJ: 2.J.Smiter 4.33; Shot: 3.C.James  
7.59; 3.M.Green 5.18; Discus: 2.C.James 18.70; Javelin: 4.C.James 14.28;  
3.J.Christou 10.58; 4x100m Relay: 1. 55.8 (M.Green, F.Lambie, J.Smiter,  
G.Collinson); 4x400m Relay: 2. 4.34.5 (M.Green, F.Lambie, J.Smiter,  
G.Collinson)

2 JULY 1988                      BATTERSEA PARK                      THAMESIDE LEAGUE

Minors:    1.Paddock Wood 74; 2.Croydon 65; 3.Herne Hill 40; 4.Richmond & Twickenham 30;  
5.queens Park 20; 6.BELGRAVE 11.

100m/200m: Nicola Peace 1st 14.2/2nd 30.2

Girls:     1.HH 113; 2.Richmond & Twickenham 85; 3.Croydon 67; 4.BELGRAVE 54;  
5.queens Park 25; 6.Paddock Wood 20.

100m: 1.McIntosh 12.9; 2.M.Okolo 13.5; 200m: 1.McIntosh 26.9; 2.M.Okolo 29.1;  
75H: 1.P.Mendelsohn 13.2; 2.M.Okolo 14.3; LJ: 1.McIntosh 4.97; Shot: 2.P.Mendelsohn  
8.74; Javelin: 2.P.Mendelsohn 27.82; 4x100m Relay: 2. 53.8 (M.McIntosh, P.Mendelsohn,  
C.Peace, M.Okolo);

6 JULY 1988

BATTERSEA PARK

ROSENHEIM LEAGUE

1.BELGRAVE 46; 2.Wimbledon Windmillers 24; 3.HHH 16; 4.South London 5;

100m: 1.A.Coore 12.7; 200m: 1.A.Wotherspoon 27.0; 400m: 1.Angela Abrams 63.7;  
 800m: 2.G.Collinson 2.24.8; 1500m: 2.J.Stone 5.26.0; 100H: 1.C.James 17.1; Discus:  
 1.C.James 29.30; 4x200m Relay: 1. 1.51.3 (P.Mendelsohn, C.James, Andrea Abrams, Angela Abrams).

9 JULY 1988

ALDERSHOT

100m: 1.A.Coore 12.6; 3.Andrea Abrams 13.3; 200m: 2.Andrea Coore 26.1;  
 400m: 5.A.Wotherspoon 61.2; 1500m: 3.G.Collinson 4.57.3; 4.J.Stone 5.24  
 100H: 4.C.James 17.4; 400H: 1.Angela Abrams 68.4; HJ: 4.Andrea Abrams 1.45;  
 LJ: 1.A.Coore 5.24; 1.Andrea Abrams 5.21; Shot: 4.C.James 9.05;  
Discus: 4.C.James 30.66; Jav: 4.Angela Abrams 25.18. 4 x 100 Relay: 1st 49.8.

16 JULY 1988

SHEERWATER TRACK, WOKING

WOMANS SOUTHERN LEAGUE DIV.2

Results: 1.Guildford & Godalming 175½; =2 BELGRAVE 154; =2 Epsom & Ewell 154;  
 4.Milton Keynes 116; 5.Kingston & Poly 114½;

Girls: 100m: 1.M.McIntosh 12.9; 3.M.Okolo 13.8; 200m: 1.M.McIntosh 27.2; 2.M.Okolo  
 29.1; 800m: 5.N.Fenyoe 2.49.8; 75H: 3.M.Okolo 14.8; LJ: 1.M.McIntosh 5.20;  
 3.N.Peace 3.66; Shot: 2.P.Mendelsohn 8.34; 2.N.Fenyoe 5.82; Discus:  
 2.P.Mendelsohn 20.60; 2.N.Fenyoe 13.52; Jav: 1.P.Mendelsohn 27.42;  
4x100 Relay: 2nd 54.9 (M.Okolo, P.Mendelsohn, N.Peace, M.McIntosh)

Seniors: 100m: 3.A.Coore 12.4; 1.M.De Leon 12.9; 200m: 3.A.Coore 25.7; 1.M.De Leon 26.2;  
 400m: 3.A.Wotherspoon 61.8; 3.C.James 64.4; 800m: 3.G.Collinson 2.24.7;  
 4.A.Wotherspoon 2.36.9; 1500m: 4.J.Stone 5.28.8; 3000m: 4.J.Smith 12.23.5;  
 100H: 1.E.Oshvire 14.9; 1.Angela Abrams 15.8; 400H: 3.Angela Abrams 68.7;  
 4.J.Stone 76.3; HJ: 3.Andrea Abrams 1.50; 2.J.Smiter 1.45; LJ: 1.A.Coore 5.34;  
 1.Andrea Abrams 5.27; Shot: 1.W.Dunsford 12.32; 1.E.Oshvire 10.57;  
Discus: 1.W.Dunsford 33.32; 1.C.James 31.14; Jav: 1.E.Oshvire 34.30; 2.T.Denton  
 30.00; 4x100 Relay: 1st 49.0; 4x400 Relay: 3rd 4.13.0

16 JULY 1988

BROADBRIDGE HEATH, HORSHAM

WOMENS SOUTHERN LEAGUE - DIV.4 (NE)

Results: 1.Ilford 233; 2.Haywards Heath 203; 3.Cambridge & Coleridge 'B' 179½;  
 4.Horsham Blue Star 178½; 5.BELGRAVE 63.

Seniors: 100m: 4.F.Lambie 13.3; 2.M.Green 13.6; 200m: 3.M.Green 27.8; 3.F.Lambie 27.6;  
 400m: 5.L.Oehl 81.1; 2.N.Christou 68.3; 100H: 1.N.Christou 17.5;  
 400H: 1.N.Christou 73.7; LJ: 5.J.Christou 2.32; Shot: 4.C.James 7.50; 3.F.Lambie  
 5.19; Discus: 3.C.James 19.40; 3.N.Christou 14.72; Jav: 5.L.Oehl 15.18;  
 2.J.Christou 10.20; 4x100 Relay: 3rd 55.8 (F.Lambie, L.Oehl, M.Green,  
 N.Christou).

20 JULY 1988

TOOTING BEC

ROSENHEIM LEAGUE

1.Herne Hill 37; 2.BELGRAVE 36; 3.South London 24; 4.Croydon 12; 5.Redhill &amp; Surrey 5;

100m: 1.A.Coore 12.4; 200m: 1.A.Coore 25.5; 400m: 1.C.Glasgow 58.5;  
 3000m: 1.J.Coppinger 10.54.2; LJ: 1.A.Coore 5.68; 4x200m Relay: 1. 47.6 (A.Wotherspoon,  
 G.Husbands, C.Glasgow, A.Coore)

30 JULY 1988

BATTERSEA PARK

THAMESIDE LEAGUE

Girls: 1.Herne Hill 100; 2.Croydon 66; 3.Richmond & Twickenham 58;  
 4.BELGRAVE 30; 5.Paddock Wood 24; 6.Queens Park 19;

100m: 2.M.McIntosh 12.9; 1.M.Okolo 13.4; 200m: 1.M.McIntosh 26.9; 1.M.Okolo 28.1;  
 LJ: 1.M.McIntosh 4.17; 3.M.Okolo 3.62; Shot/Discus/Javelin: P.Mendelsohn  
 3rd 8.34/4th 20.18/no distance.

3 AUGUST 1988

TOOTING BEC

ROSENHEIM LEAGUE

Results: 1.BELGRAVE 29; 2.Croydon 27; 3.Wimbledon 24; 4.HHH 15; 5.South London 4.

100m: 1.A.Coore 12.8; 200m: 1.A.Coore 26.4; 400m: 2.N.Christou 63.8;

Discus: 1.C.James 29.62; 4x200 Relay: 1st 1.46.3 (C.James, A.Wotherspoon, Andrea Abrams, A.Coore).

6 AUGUST 1988

BATTERSEA PARK

CLUB CHAMPIONSHIPS

Girls: 100m: 1.M.McIntosh 13.1; 2.M.Okolo 13.5; 200m: 1.M.McIntosh 27.7; 2.M.Okolo 29.4; 800m: 1.N.Fenyo 2.54.1; LJ: 1.M.McIntosh 4.84 (Championship Best); M.Okolo (no distance); Shot: 1.Y.Denton 4.81; Jav: 1.Y.Denton

Seniors: 100m: 1.A.Coore 12.4 (Championship Best); 2.Andrea Abrams 13.0; 3.Angela Abrams 13.0; 400m: 1.A.Wotherspoon 61.9; 200m: 1.A.Coore 25.4; 2.Andrea Abrams 26.6; 3.A.Wotherspoon 26.7; 4.C.James 27.1; 5.N.Christou 27.9; 800m: 1.J.Coppinger 2.33.2; 2.J.Stone 2.35.6; 1500m: 1.J.Coppinger 5.10.6; 2.J.Stone 5.38.2; 100H: 1.Angela Abrams 15.6; 2.C.James 15.8; 3.N.Christou 17.3; HJ: 1.J.Smiter 1.45; LJ: 1.A.Coore 5.24; 2.Andrea Abrams 5.10; Shot: 1.C.James 8.88; 2.C.Collins 8.16; 3.N.Christou 7.63; Discus: 1.C.James 29.14; 2.C.James 16.78; 3.N.Christou 14.12; Jav: 1.C.Collins 29.64; 2.T.Denton 28.70; 3.Angela Abrams 23.80; 4.Andrea Abrams 15.82;

13 AUGUST 1988

CRAWLEY LEISURE CENTRE

WOMENS SOUTHERN LEAGUE - DIV.4 ( N &amp; E)

Results: 1.Crawley 'B' 249; 2.HHH 131; =3. Boreham Wood 90; =3.Chiltern Runners 90; 5.Polkstone 87; 6.BELGRAVE 'B' 71.

Seniors: 100m: 2.C.James 13.5; 2.N.Christou 14.2; 200m: 2.C.James 28.1; 1.N.Christou 29.0; 100H: 1.C.James 16.8; N.Christou (Disq.) 400H: 3.N.Christou 71.3; LJ: 5.J.Christou 2.69; 5.C.Christou 1.42; Shot: 2.C.James 9.08; 2.C.Collins 7.78; Discus: 1.C.James 29.52; 1.C.James 17.84; Jav: 2.C.Collins 30.30; 3.J.Christou 10.74; 4x100 Relay: 2nd 57.4 (C.James, C.Collins, C.James, N.Christou).

13 AUGUST 1988

GLOUCESTER PARK, BASILDON

WOMENS SOUTHERN LEAGUE - DIV.2

Results: 1.Southend on Sea 163½; 2.Luton United 162; 3.BELGRAVE 139; 4.Havant 130½; 5.Stevenage & North Hants 106.

Girls: 100m: 1.M.McIntosh 13.0; 1.M.Okolo 13.6; 200m: 2.M.Okolo 28.8; LJ: 1.M.McIntosh 5.04; 3.M.Okolo 4.08;

Seniors: 100m: 1.Andrea Abrams 12.7; 1.M.De Leon 13.0; 200m: 1.A.Coore 26.9; 1.Andrea Abrams 27.5; 400m: 1.A.Wotherspoon 61.9; 1.Angela Abrams 63.5; 800m: 2.A.Wotherspoon 2.34.5; 5.C.Crawford 2.56.1; 1500m: 2.J.Coppinger 5.04.0; 3.S.Morrison 6.25.6; 3000m: 3.J.Coppinger 10.58.3; 1.J.Stone 11.47.7; 100H: 1.E.Oshevire 15.0; 1.Angela Abrams 17.4; 400H: 2.Angela Abrams 67.3; 5.J.Stone 76.0; HJ: 4.Andrea Abrams 1.40; 3.J.Stone 1.30; LJ: 2.E.Oshevire 5.77; 1.A.Coore 5.64; Shot: 1.W.Dunsford 11.93; 1.E.Oshevire 9.83; Discus: 1.W.Dunsford 31.58; 5.J.Coppinger 11.08; Jav: 1.E.Oshevire 36.32; 1.T.Denton 32.60; 4x100 Relay: 1st 49.3 (E.Oshevire, Angela Abrams, Andrea Abrams, A.Coore). 4x400 Relay: 2nd 4.20.6 (J.Stone, J.Coppinger, A.Wotherspoon, A.Coore).

17 AUGUST 1988

TOOTING BEC

ROSENHEIM LEAGUE - FINAL

Results: 1.Epsom & Ewell 55; 2.BELGRAVE 50½; 3.Croydon 35½; 4.HHH 33; =5.Walton 23; =5.Herc.Wimbledon 23.

100m: 3.A.Coore 12.3; 200m: 3.E.Oshevire 25.4; 400m: 2.A.Wotherspoon 61.6; 800m: 4.N.Christou 2.40.7; 1500m: 3.J.Stone 5.19.7; 3000m: 2.J.Coppinger 10.39.0; HJ: =3.E.Oshevire 1.50; LJ: 1.A.Coore 5.81; Shot: 1.W.Dunsford 12.52; Jav: 2.E.Oshevire 34.22; 4x200m Relay: 2nd 1.42.9 (E.Oshevire, Angela Abrams, Andrea Abrams, A.Coore).

3 SEPTEMBER 1988

BATTERSEA PARK

WOMENS SOUTHERN LEAGUE - DIV.2

Results: 1.Bedford County 174; 2.Chelmsford 172; 3.BELGRAVE 157; 4.Colchester & T. 115; 5.Newbury 99;

Girls: 100m: 2.M.McIntosh 12.9; 2.M.Okolo 12.4; 200m: 2.M.McIntosh 27.0; 1.M.Okolo 28.0; 800m: 4.N.Fenyoe 2.55.5; 1500/75H/HJ: 3rd 5.39.7/3rd 15.7/4th 1.35.  
LJ: 1.M.McIntosh 4.86; 4.N.Peace 3.33; Shot: 3.M.Mendelsohn 7.96; 4.N.Fenyoe 5.88; Discus: 3.P.Mendelsohn 21.70; 1.N.Fenyoe 18.24; Jav: 2.P.Mendelsohn 28.72; 5.Y.Denton 9.70; 4x100 Relay: 4th 57.3 (M.Okolo, N.Fenyoe, S.Loom, M.McIntosh).

Seniors: 100m: 1.A.Coore 12.3; 2.Andrea Abrams 12.8; 200m: 1.A.Coore 25.3; 2.Andrea Abrams 26.8; 400m: 3.A.Wotherspoon 61.3; 2.N.Christou 62.8; 800m: 3.G.Collinson 2.25.0; 3.A.Wotherspoon 2.29.7; 1500m: 3.J.Coppinger 5.02.6; 3.J.Stone 5.29.5; 3000m: 2.M.Dunlop 10.44.0; 4.J.Smiter 12.10.2; 100H: 2.Angela Abrams 16.0; 1.C.James 16.1; 400H: 2.Angela Abrams 68.3; 1.N.Christou 69.0; HJ: 3.J.Smiter 1.45; 3.Andrea Abrams 1.40; LJ: 1.A.Coore 5.56; 1.Andrea Abrams 5.29; Shot: 2.W.Dunsford 12.14; 3.C.James 8.00; Discus: 5.W.Dunsford 30.66; 2.C.James 28.68; Jav: 3.T.Denton 35.34; 2.C.Collins 31.80; 4x100 Relay: 2nd 49.9 (C.James, Angela Abrams, Andrea Abrams, A.Coore). 4x400 Relay: 3rd 41.46 (G.Collinson, Angela Abrams, N.Christou, A.Wotherspoon).

3 SEPTEMBER 1988

BATTERSEA PARK

WOMENS SOUTHEND LEAGUE - DIV.4 (N &amp; E)

Results: 1.Crawley 'B' 222; 2.Vale of Aylesbury 189; 3.Horshal Blue Stars 180; =4. BELGRAVE 70; =4.Boreham Wood 70.

Girls: 100/200m: N.Peace 5th 14.3/5th 30.9.

Seniors: 100m: 2.F.Lambie 13.5; 200m: 2.F.Lambie 27.4; 400m: 3.S.Morrison 82.5; 3.J.Christou 99.7; 800m: 2.G.Blackpool 3.02.2; 2.C.James 3.53.8; 1500m: 2.A.Coppinger 5.45.9; 1.G.Blackpool 5.58.1; LJ: 5.J.Christou 2.63; 5.S.Morrison 2.23; Shot: 4.C.James 7.26; 3.G.Husbands 6.67; Discus: 2.M.Carsan 29.34; 3.C.James 18.28; Jav: 5.J.Christou 10.64; 5.S.Morrison 6.40; 4x100 Relay: 4th 64.0 (F.Lambie, G.Blackpool, S.Morrison, C.James).

4 SEPTEMBER 1988

COPTHALL

LONDON BOROUGHS CHAMPIONSHIPS

400m: A.Wotherspoon 61.3; N.Christou 61.8; J.Stone 71.0; 100H: Angela Abrams 16.6; HJ: Andrea Abrams 1.45; LJ: M.McIntosh 5.15.

10 SEPTEMBER 1988

COPTHALL

W.A.A.A. 10KM WALK

1.B.Sworowski (Sheffield) 50.12.0; 9. K.Barker 62.43.5;

11 SEPTEMBER 1988

CRYSTAL PALACE

BLACKHEATH HARRIERS 25 x 1 MILE RELAY

|                  |      |                |      |                 |                |
|------------------|------|----------------|------|-----------------|----------------|
| 1. S.Morrison    | 6.42 | 10. C.Crawford | 7.01 | 19. J.Coppinger | 5.26           |
| 2. J.Stone       | 6.04 | 11. C.James    | 8.38 | 20. J.Stone     | 6.04           |
| 3. A.Wotherspoon | 6.12 | 12. N.Christou | 6.48 | 21. C.Crawford  | 6.58           |
| 4. J.Smiter      | 6.28 | 13. J.Barry    | 5.52 | 22. C.James     | 7.50           |
| 5. G.Blackpool   | 6.34 | 14. J.Christou | 9.35 | 23. G.Blackpool | 6.33           |
| 6. K.Barker      | 6.45 | 15. N.Fenyoe   | 6.56 | 24. N.Christou  | 6.50           |
| 7. E.Roberton    | 6.24 | 16. C.Christou | 9.13 | 25. J.Coppinger | 5.35           |
| 8. Angela Abrams | 6.49 | 17. L.Oehl     | 8.11 |                 |                |
| 9. Andrea Abrams | 7.51 | 18. W.Dunsford | 7.10 |                 |                |
|                  |      |                |      |                 | <u>2.54.29</u> |

## 1988 RANKING LIST TOP 10

| <u>100m</u>       |      | <u>200m</u>       |      | <u>400m</u>       |       |
|-------------------|------|-------------------|------|-------------------|-------|
| 1. A.Coore        | 12.3 | 1. A.Coore        | 25.3 | 1. C.Glasgow      | 56.91 |
| 2. M.De Leon (I)  | 12.6 | 2. E.Oshevire     | 25.4 | 2. A.Wotherspoon  | 60.5  |
| =3. Y.Cole        | 12.8 | 3. M. De Leon (I) | 26.0 | 3. D.Conard       | 61.1  |
| =3. Andrea Abrams | 12.8 | 4. C.Glasgow      | 26.2 | 4. N.Christou     | 61.8  |
| 5. M.McIntosh     | 12.9 | 5. C.James        | 26.5 | =5. Angela Abrams | 63.5  |
| 6. Angela Abrams  | 13.0 | =6. A.Wotherspoon | 26.6 | =5. G.Husbands    | 63.5  |
| =7. F.Lambie (I)  | 13.2 | =6. Andrea Abrams | 26.6 | 7. A.Coore        | 63.7  |
| =7. A.Wotherspoon | 13.2 | 8. Y. Cole        | 26.7 | 8. C.James        | 64.4  |
| 9. C.James        | 13.3 | 9. M.McIntosh (G) | 26.9 | 9. J.Stone        | 65.4  |
| 10. M.Okolo (G)   | 13.4 | 10. F.Lambie (I)  | 27.4 | 10. J.Coppinger   | 66.9  |

| <u>800m</u>      |        | <u>1500m</u>       |        | <u>3000m</u>   |         |
|------------------|--------|--------------------|--------|----------------|---------|
| 1. G.Collinson   | 2.24.7 | 1. J.Webb          | 4.44.2 | 1. J.Webb      | 10.07.7 |
| 2. J.Coppinger   | 2.26.5 | 2. G.Collinson     | 4.56.3 | 2. J.Coppinger | 10.39.0 |
| 3. A.Wotherspoon | 2.29.7 | 4. J.Stone (I)     | 5.11.3 | 3. M.Dunlop    | 10.44.0 |
| 4. G.Husbands    | 2.30.2 | 3. J.Coppinger     | 5.02.6 | 4. G.Collinson | 11.05.9 |
| 5. J.Stone (I)   | 2.31.1 | 5. J.Smiter (I)    | 5.29.8 | 5. J.Stone (I) | 11.47.7 |
| 6. S.Loder (G)   | 2.40.4 | 6. S.Loder (G)     | 5.31.8 | 6. J.Smiter    | 11.58.6 |
| 7. N.Christou    | 2.40.7 | 7. A.Coppinger (I) | 5.45.9 | 7. J.Gould     | 12.52.6 |
| 8. N.Fenyoe (G)  | 2.47.4 | 8. J.Brackpool     | 5.58.1 | 8. G.Brackpool | 13.26.6 |
| 9. J.Smiter (I)  | 2.47.7 | 9. S.Morrison      | 6.25.6 | 9. S.Morrison  | 13.50.1 |
| 10. C.Crawford   | 2.56.1 | 10. -              | -      | 10. A.Bowskill | 14.11.1 |

| <u>75m HURDLES</u>  |      | <u>100m HURDLES</u> |      | <u>400m HURDLES</u> |      |
|---------------------|------|---------------------|------|---------------------|------|
| 1. P.Mendelsohn (G) | 13.2 | 1. E.Oshevire       | 14.9 | 1. A.Abrams         | 67.3 |
| 2. M.Okolo (G)      | 14.3 | 2. Angela Abrams    | 15.6 | 2. N.Christou       | 69.0 |
| 3. S.Loder (G)      | 15.7 | 3. C.James          | 15.8 | =3. E.Oshevire      | 71.0 |
| 4. A.Blackier (G)   | 16.2 | 4. N.Christou       | 17.3 | =3. C.James         | 71.0 |
|                     |      | 5. P.Mendelsohn (G) | 21.5 | 5. J.Stone (I)      | 73.1 |
|                     |      | 6. G.Richardson     | 21.6 |                     |      |
|                     |      | 7. F.Lambie (G)     | 22.1 |                     |      |

| <u>HIGH JUMP</u>  |      | <u>LONG JUMP</u>       |      | <u>SHOT (3.25Kg)</u> |      |
|-------------------|------|------------------------|------|----------------------|------|
| =1. Andrea Abrams | 1.50 | 1. A.Coore (CR)        | 5.86 | 1. P.Mendelsohn (G)  | 8.74 |
| =1. E.Oshevire    | 1.50 | 2. E.Oshevire          | 5.84 | 2. N.Fenyoe (G)      | 6.12 |
| =3. J.Smiter (I)  | 1.45 | 3. Andrea Abrams       | 5.49 | 3. Y.Denton (MG)     | 4.81 |
| =3. E.O'Brien     | 1.45 | 4. M.McIntosh (G) (CR) | 5.39 |                      |      |
| =5. S.Loder (G)   | 1.35 | 5. E.O'Brien           | 4.97 |                      |      |
| =5. J.Stone (I)   | 1.35 | 6. J.Smiter (I)        | 4.33 |                      |      |
|                   |      | 7. Angela Abrams       | 4.28 |                      |      |
|                   |      | 8. M.Okolo (G)         | 4.21 |                      |      |
|                   |      | 9. A.Blackier (G)      | 4.10 |                      |      |
|                   |      | 10. S.Loder (G)        | 3.92 |                      |      |

| <u>SHOT (4Kg)</u> |       | <u>DISCUS (1Kg)</u> |       | <u>JAVELIN (600g)</u> |       |
|-------------------|-------|---------------------|-------|-----------------------|-------|
| 1. W.Dunsford     | 13.55 | 1. W.Dunsford       | 33.50 | 1. T.Denton           | 39.34 |
| 2. H.Kemp         | 12.23 | 2. C.James          | 31.58 | 2. E.Oshevire         | 36.32 |
| 3. E.Oshevire     | 10.57 | 3. H.Kemp           | 30.40 | 3. C.Collins (I)      | 33.52 |
| 4. C.James        | 9.90  | 4. M.Caesar (I)     | 29.34 | 4. P.Mendelsohn (G)   | 28.72 |
| 5. C.Collins (I)  | 8.16  | 5. P.Mendelsohn (G) | 21.76 | 5. Angela Abrams      | 25.18 |
| 6. N.Christou     | 7.63  | 6. C.James          | 19.96 | 6. G.Richardson       | 21.02 |
| 7. C.James        | 7.59  | 7. N.Fenyoe (G)     | 18.24 | 7. Andrea Abrams      | 16.20 |
| 8. G.Husbands     | 6.67  | 8. Andrea Abrams    | 17.30 | 8. L.Oehl             | 15.18 |
| =9. M.Green       | 5.19  | 9. N.Christou       | 16.22 | 9. N.Christou         | 14.82 |
| =9. F.Lambie      | 5.19  | 10. F.Lambie        | 15.88 | C.James               | 14.28 |

## LADIES SECTION CLUB RECORDS TO 30.9.1988.

## MINOR GIRLS (11-12 Years)

|             |   |          |           |      |                           |                |
|-------------|---|----------|-----------|------|---------------------------|----------------|
| 100m:       | P. St.Ange  | 13.1     | 7.7.1979  | 2nd  | CLUB CHAMPIONSHIPS,       | MOTSPUR PARK   |
| 200m:       | P. St.Ange  | 27.0     | 14.7.1979 | 1st  | SOUTHERN LEAGUE DIV.4,    | ERITH          |
|             | T.Ritson  | 27.0     | 30.6.1982 | 2nd  | THAMESIDE LEAGUE          | BATTERSEA PARK |
| 800m:       | J.Stone   | 2.36.7   | 14.7.1984 | 1st  | CLUB CHAMPIONSHIPS        | BATTERSEA PARK |
| 1500m:      | L.Bright  | 5.14.8   | 5.6.1980  | 5th  | LONDON SCHOOLS            | CRYSTAL PALACE |
| 75m H:      | P. St.Ange  | 12.6     | 17.6.1979 | 1st  | LILY B LEAGUE DIV.2       | CROYDON        |
| 70m H:      | S.Loder   | 13.5     | 9.5.1987  | 1st  | THAMESIDE LEAGUE          | BATTERSEA PARK |
| 80m H:      | L.Cruder  | 17.4     | 13.8.1983 | 2nd  | SOUTHERN LEAGUE DIV.3 (S) | BOURNEMOUTH    |
| HJ:         | M. McIntosh   | 1.40     | 5.7.1986  | 1st  | THAMESIDE LEAGUE          | BATTERSEA PARK |
| LJ:         | P. St.Ange  | 5.00     | 6.1979    | 7th  | SCWAAA CHAMPIONSHIPS      | CRYSTAL PALACE |
| SHOT:       | I. Etete  | 10.08    | 8.5.1982  | 1st  | SOUTHERN LEAGUE DIV.3 (N) | HORNCHURCH     |
| DISCUS:     | I. Etete  | 20.20    | 17.4.1982 | 1st  | SOUTHERN LEAGUE DIV.3 (N) | BEDFORD        |
| JAVELIN:    | R.Parrott   | 16.98    | 1.9.1984  | 4th  | SOUTHERN LEAGUE DIV.3 (S) | DARTFORD       |
| 4x100m R:   |   | 56.2     | 29.7.1978 | 1st  | INVER CLUB                | HASTINGS       |
|             | (Sonya Jackson, Janet Bridges, Jackie Welden, Pamela St.Ange) |          |           |      |                           |                |
| 4x200m R:   |   | 2.02.3   | 25.9.1979 | 2nd  | MELBOURNE TROPHY          | WIMBLETON PARK |
| 100m WALK:  | R.Parrott   | 5.41     | 3.3.1984  | 2nd  | RWA SOUTHERN AREA         | BATTERSEA PARK |
| 1200m WALK: | R.Parrott   | 6.36.2   | 28.7.1984 | 1st  | THAMESIDE LEAGUE          | BATTERSEA PARK |
| 1500m WALK: | R.Parrott   | 8.39.7   | 4.7.1984  | 1st  | MIDWEEK LEAGUE            | SOUTHWARK PARK |
| 2000m WALK: | R.Parrott   | 11.21    | 1.7.1984  | 9th  | STEYNING AC OPEN          | WORTHING       |
| 2500m WALK: | R.Parrott   | 14.24.68 | 8.9.1984  | 15th | WAAA CHAMPIONSHIPS        | COPTHALL       |
| 3000m WALK: | R.Parrott   | 19.20    | 25.3.1984 | 3rd  | BRIGHTON AC OPEN          | BRIGHTON       |

## GIRLS (13-14 Years)

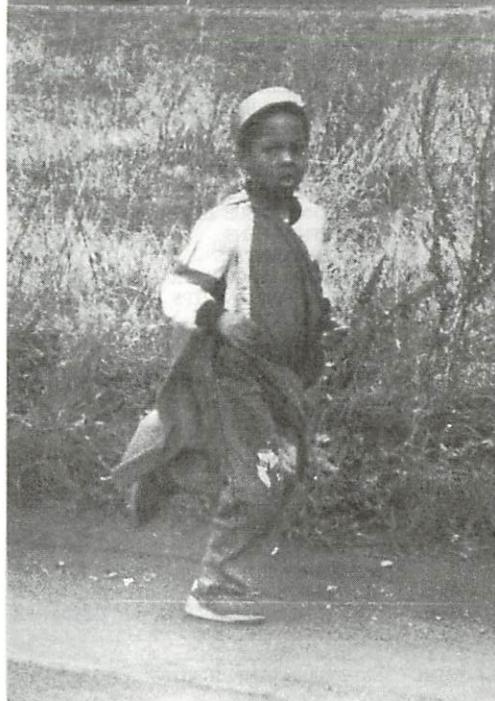
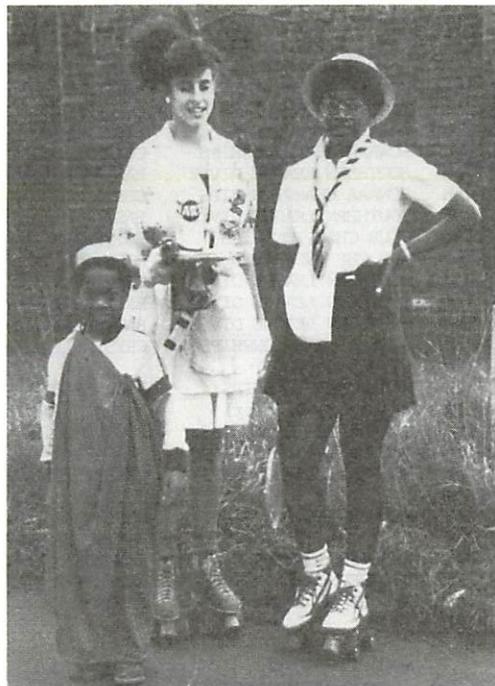
|           |  |         |           |     |                           |              |
|-----------|--|---------|-----------|-----|---------------------------|--------------|
| 100m:     | P. St.Ange                                       | 12.6    | 21.6.1980 | 1st | SOUTHERN LEAGUE DIV.3 (S) | EASTBOURNE   |
|           | L.Montoute                                       | 12.6    | 18.9.1982 | 1st | LILY B LEAGUE DIV.3       | GUILDFORD    |
| 200m:     | L.Montoute                                       | 25.7    | 4.9.1982  | 1st | SOUTHERN LEAGUE DIV.3 (N) | BATTLEBRIDGE |
| 800m:     | J.Stone  | 2.28.2  | 27.4.1986 | 5th | SURREY CHAMPIONSHIPS      | TOOTING BEC. |
| 1500m:    | J.Stone  | 5.03.2  | 8.6.1986  | 3rd | SURREY SCHOOLS            | MOTSPUR PARK |
| 75m H:    | P. St.Ange                                       | 11.8    | 5.6.1980  | 1st | LONDON SCHOOLS            | CRYSTAL PAL. |
| 80m H:    | A.Coore  | 13.5    | 10.9.1983 | 2nd | LILY B LEAGUE DIV.3       | WIMBLETON PK |
| HJ:       | L.Montoute                                       | 1.50    | 18.9.1982 | 2nd | LILY B LEAGUE DIV.3       | GUILDFORD    |
| LJ:       | M. McIntosh                                      | 5.39    | 19.6.1988 | 1st | SCWAAA CHAMPIONSHIPS      | NEW RIVER    |
| SHOT:     | I. Etete (G)                                     | 10.08   | 8.5.1982  | 1st | SOUTHERN LEAGUE DIV.3 (N) | HORNCHURCH   |
| DISCUS:   | D.Bowen  | 30.08   | 7.9.1985  | 1st | SOUTHERN LEAGUE DIV.3 (S) | BATTERSEA PK |
| JAVELIN:  | Anne M.Henry                                     | 29.64   | 2.8.1986  | 2nd | THAMESIDE LEAGUE          | BATTERSEA PK |
| 4x100m R: |  | 51.4    | 6.1979    | 4th | SCWAAA CHAMPIONSHIPS      | CRYSTAL PAL. |
|           | (S.Jackson, P.St.Ange, J.Reid, G.Mahoney)        |         |           |     |                           |              |
|           |  | 51.4    | 20.7.1985 | 5th | WAAA CHAMPIONSHIPS        | BOURNEMOUTH  |
|           | (C.James, Angela Abrams, Andrea Abrams, D.Power) |         |           |     |                           |              |
| 4x200m R: |  | 1.48.5  | 22.8.1987 | 1st | SCWAAA CHAMPIONSHIPS      | BOURNEMOUTH  |
|           | (M.McIntosh, F.Lambie, M.Green, M.De Leon)       |         |           |     |                           |              |
| 3x800m R: |  | 8.08.6  | 15.8.1982 | 6th | SCWAAA CHAMPIONSHIPS      | CRYSTAL PAL. |
|           | (S.Jordan, T.Johnson, G.Porter)                  |         |           |     |                           |              |
| 1500m Wk: | R.Parrott (M)                                    | 8.39.7  | 4.7.1984  | 1st | MIDWEEK LEAGUE            | SOUTHWARK PK |
| 1600m Wk: | G.Porter   | 8.56.0  | 28.5.1983 | 2nd | LILY B LEAGUE DIV.3       | ALDRSHOT     |
| 2000m Wk: | R.Parrott  | 11.11.0 | 2.9.1985  | 2nd | MAFF CHAMPIONSHIPS        | BATTERSEA PK |
| 2500m Wk: | G.Porter   | 13.38   | 10.9.1983 | 3rd | LPR FESTIVAL ON WALKING   | BLACKHEATH   |
| 3000m Wk: | J.Pritchard                                      | 16.55   | 28.8.1976 | 5th | ENFIELD HARRIERS OPEN     | ENFIELD      |

INTERS (15-16 Years)

|                   |  |           |            |      |                          |              |
|-------------------|--|-----------|------------|------|--------------------------|--------------|
| <u>100m:</u>      | J.Harman   | 11.84     | 31.7.1982  | (Ht) | WAAA CHAMPIONSHIPS       | CRYSTAL PAL. |
| <u>200m:</u>      | J.Harman   | 24.14     | 30.7.1982  | (Ht) | WAAA CHAMPIONSHIPS       | CRYSTAL PAL. |
| <u>400m:</u>      | J.Harman   | 60.1      | 24.5.1983  | 1st  | WANDSWORTH SCHOOLS       | WEST LONDON  |
| <u>800m:</u>      | V.Mitchell                                       | 2.23.4    | 7.9.1985   | 1st  | SOUTHERN LEAGUE DIV.3    | BATTERSEA PK |
| <u>1500m:</u>     | J.Webb   | 4.52.6    | 7.7.1985   | 3rd  | LONDON YOUTH GAMES       | CRYSTAL PAL. |
| <u>3000m:</u>     | J.Webb   | 10.46.12  | 27.7.1985  | 9th  | WAAA CHAMPIONSHIPS       | BIRMINGHAM   |
| <u>80m H:</u>     | Angela Abrams                                    | 11.9      | 6.6.1987   | 6th  | SCWAAA CHAMPIONSHIPS     | COPTHALL     |
| <u>100m H:</u>    | Angela Abrams                                    | 15.3      | 20.6.1987  | 2nd  | SOUTHERN LEAGUE DIV.2    | BASILDON     |
| <u>200m H:</u>    | Angela Abrams                                    | 29.7      | 7.6.1987   | 4th  | SCWAAA CHAMPIONSHIPS     | COPTHALL     |
| <u>400m H:</u>    | Angela Abrams                                    | 66.4      | 20.6.1987  | 2nd  | SOUTHERN LEAGUE DIV.2    | BASILDON     |
| <u>HJ:</u>        | A.Coore  | 1.60      | 14.7.1984  | 1st  | CLUB CHAMPIONSHIPS       | BATTERSEA PK |
| <u>LJ:</u>        | Andrea Abrams                                    | 5.52      | 14.6.1987  | 2nd  | GRE CUP 2ND ROUND        | NORBITON     |
| <u>SHOT:</u>      | C.James  | 9.26      | 18.7.1987  | 2nd  | SOUTHERN LEAGUE DIV.2    | BRACKNELL    |
| <u>DISCUS:</u>    | C.James  | 32.58     | 6.9.1986   | 1st  | SOUTHERN LEAGUE DIV.4    | BATTERSEA PK |
| <u>JAVELIN:</u>   | T.Denton   | 37.24     | 10.8.1985  | 1st  | SOUTHERN LEAGUE DIV.3(S) | BATTERSEA PK |
| <u>4x100m R:</u>  |  | 51.4 (G)  | 6.1979     | 4th  | SCWAAA CHAMPIONSHIPS     | CRYSTAL PAL. |
|                   | (S.Jackson, P.St.Ange, J.Reid, G.Mahoney)        |           |            |      |                          |              |
|                   |  | 51.4 (G)  | 20.7.1985  | 5th  | WAAA CHAMPIONSHIPS       | BOURNEMOUTH  |
|                   | (C.James, Angela Abrams, Andrea Abrams, D.Power) |           |            |      |                          |              |
| <u>4x200m R:</u>  |  | 1.48.5(G) | 22.8.1987  | 1st  | SCWAAA CHAMPIONSHIPS     | BOURNEMOUTH  |
|                   | (M.McIntosh, F.Lambie, M.Green, M.De Leon)       |           |            |      |                          |              |
| <u>3x800m R:</u>  |  | 7.59.4    | 14.8.1982  | 2nd  | SCWAAA CHAMPIONSHIPS     | CRYSTAL PAL. |
|                   | (B.Davies, S.Jordan, S.Daure)                    |           |            |      |                          |              |
| <u>1500m Wk:</u>  | G.Porter   | 8.21.1    | 4.7.1984   | N/S  | MIDWEEK LEAGUE           | SOUTHWARK PK |
| <u>2000m Wk:</u>  | R.Parrott (G)                                    | 11.11.0   | 2.9.1985   | 2nd  | MAFF CHAMPIONSHIPS       | BATTERSEA PK |
| <u>3000m Wk:</u>  | G.Porter   | 16.21     | 4.5.1985   | 14th | ENGLISH SCHOOLS          | KESWICK      |
| <u>5000m Wk:</u>  | L.Nicholls                                       | 27.40     | 3.3.1979   | 1st  | SOUTHERN AREA RWA        | BATTERSEA PK |
| <u>10000m Wk:</u> | L.Nichols  | 58.51     | 24.12.1978 | 1st  | ILFORD AC OPEN           | ILFORD       |

SENIORS (17 Years and over)

|                   |   |          |            |          |                        |              |
|-------------------|---|----------|------------|----------|------------------------|--------------|
| <u>100m:</u>      | J.Harman (I)  | 11.84    | 31.7.1982  | (Ht)     | WAAA CHAMPIONSHIPS     | CRYSTAL PAL. |
| <u>200m:</u>      | J.Harman (I)  | 24.14    | 30.7.1982  | (Ht)     | WAAA CHAMPIONSHIPS     | CRYSTAL PAL. |
| <u>400m:</u>      | C.Glasgow   | 56.91    | 19.6.1988  | 4th (Ht) | SCWAAA CHAMPIONSHIPS   | NEW RIVER    |
| <u>800m:</u>      | H.Baxter  | 2.12.8   | 15.7.1981  | 5th      | HIGHGATE HARRIERS      | PARLIAMENT   |
|                   |   |          |            |          | OPEN MEETING           | HILL FIELDS  |
| <u>1500m:</u>     | H.Baxter  | 4.31.4   | 29.7.1981  | 2nd      | SHAFTESBURY HARRIERS   | COPTHALL     |
|                   |   |          |            |          | OPEN MEETING           |              |
| <u>3000m:</u>     | R.Honeychurch                                       | 9.50.0   | 22.7.1985  | 2nd      | SCWAAA OPEN            | ALDRESHOT    |
| <u>5000m:</u>     | R.Honeychurch                                       | 17.34.92 | 26.7.1985  | 13th     | WAAA CHAMPIONSHIPS     | BIRMINGHAM   |
| <u>100mH:</u>     | E.Oshvire   | 14.73    | 2.8.1987   | 3rd      | GRE CUP SEMI FINAL     | WEST LONDON  |
| <u>400mH:</u>     | Angela Abrams (I)                                   | 66.4     | 20.6.1987  | 2nd      | SOUTHERN LEAGUE DIV.2  | BASILDON     |
| <u>HJ:</u>        | J.Hilliard  | 1.81     | 26.7.1986  | 2nd      | SOUTHERN WOMENS        | ENFIELD      |
|                   |   |          |            |          | INIER COUNTIES         |              |
| <u>LJ:</u>        | A.Coore   | 5.86     | 17.8.1988  | 1st      | ROSENHEIM LEAGUE FINAL | TOOTING BEC  |
| <u>SHOT:</u>      | W.Dunsford  | 13.55    | 19.6.1988  | 3rd      | SCWAAA CHAMPIONSHIPS   | NEW RIVER    |
| <u>DISCUS:</u>    | J.Hilliard  | 51.12    | 25.5.1986  | 4th      | UK CLOSED CHAMPS.      | CUMBRAN      |
| <u>JAVELIN:</u>   | T.Denton  | 43.16    | 24.11.1986 | 1st      | LB OF WANDSWORTH       | TOOTING BEC  |
|                   |   |          |            |          | FLOODLIT OPEN MEETING  |              |
| <u>4x100m R:</u>  |   | 48.8     | 22.8.1987  | 3rd      | SCWAAA CHAMPIONSHIPS   | BOURNEMOUTH  |
|                   | (C.James, Angela Abrams, Andrea Abrams, A.Chawker)  |          |            |          |                        |              |
| <u>4x200m R:</u>  |   | 1.42.9   | 17.8.1988  | 2nd      | ROSENHEIM LEAGUE FINAL | TOOTING BEC  |
|                   | (E.Oshvire, Angela Abrams, Andrea Abrams, A.Coore)  |          |            |          |                        |              |
| <u>4x400m R:</u>  |   | 4.02.4   | 29.5.1988  | 2nd      | GRE CUP 2ND ROUND      | BROMLEY      |
|                   | (D.Conard, Angela Abrams, A.Wotherspoon, C.Glasgow) |          |            |          |                        |              |
| <u>3x800m R:</u>  |   | 7.47.4   | 23.8.1987  | 1st      | SCWAAA CHAMPIONSHIPS   | BOURNEMOUTH  |
|                   | (J.Stone, J.Smiter, J.Coppinger)                    |          |            |          |                        |              |
| <u>2000m Wk:</u>  | S.Spacay  | 9.31.0   | 26.4.1988  | 1st      | LONDON UNIVERSITY      | MOTSPUR PK   |
|                   |   |          |            |          | CHAMPIONSHIPS          |              |
| <u>3000m Wk:</u>  | S.Spacay  | 14.56.9  | 24.4.1988  | 1st      | SY. COUNTY CHAMPS.     | WOKING       |
| <u>5000m Wk:</u>  | S.Spacay  | 25.45    | 10.2.1988  | 1st      | LONDON WALKING CHAMPS. | BATTERSEA PK |
| <u>10000m Wk:</u> | S.Spacay  | 52.27    | 21.5.1988  | 3rd      | NATIONAL WALKING       | HODDESTON    |
| <u>10 Mile</u>    |   |          |            |          | CHAMPIONSHIPS          |              |
| <u>Road Race:</u> | F.Guy   | 60.48    | 5.10.1986  | 21st     | NATIONAL CHAMPIONSHIPS | COPTHALL     |
| <u>20 Mile</u>    |   |          |            |          | ROAD RUN               |              |
| <u>Road Race:</u> | F.Guy   | 2.04     | 19.7.1986  | 1st      | BELGRAVE 20 MILE       | WIMBLEDON    |
| <u>Marathon:</u>  | F.Guy   | 2.49.30  | 20.4.1986  | 24th     | LONDON MARATHON        |              |





"George Flanagan takes the whip to Bert Stroud".



Boxing Day Meeting - A.D.Pyer (Mick) Belgrave's Grand Old Man receives some advice from T.C.(Chas) Jones at the corner of Lauriston Road. Mick, now regrettably near sightless, was our 1 mile champion in 1922 and Surrey AAA Champion in 1923 whilst Charlie, a veritable bean-pole at the time, was Surrey 440 yds Hurdles Champion in 1931.

← PAGE 58. Boxing Day 1988

#### Family Participation - Enthusiasm Personified

Part of the very fine support given to the club's general activities is shown here by two of the families who give all the year round support to the Bels.

Cindy James as a St. Trinians Terror and young brother Richard, as an "Imp" and Nina and Charlotte Christou as the Martini Girl and Clown in the Boxing Day event.

Parents Cynthia and Ray James are ever present at our meetings, Cynthia is Ladies Section Assistant Team Manager and Jenny and Chris Christou likewise always around. Chris is now a graded coach. Both families also help with a very welcome "Chuck Wagon" at Ladies Track fixtures.

#### Back Cover Photograph--- "MR. PRESIDENT 1989" DIGS IN.

Leo Coy puts the final touches to planting of the Belgrave Harriers Centenary Tree watched by Carl and Barbara Lawton, Harry Porter, Chas Manning and Tom Carter. The tree which is on Wimbledon Common opposite No. 30 Parkside, was planted on the 3rd. of November 1989. Also in attendance was Gordon Biscoe who had made all of the arrangements. "THANK YOU" Gordon. Photo by Joe Coleman who was also present.

