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AGM

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

XXVIII Olympiad – Athens 2004

An Olympic Bronze – from an unexpected quarter

The return of the Olympic games to the city that first hosted the festival in the modern era, in 1896, and the land where the Olympics were held in ancient times, was celebrated with the finest athletic meeting ever to be held. Predictions that the venues would not be ready and that security would have to be stifling to cope with possible terrorist threats proved to be well wide of the mark. Apart from the incident during the men's marathon and the crowd's actions before the men's 200 metres final where they had hoped to see their fallen idol defend his title, everything seemed to run smoothly. The standard of competition was higher than ever before with two world records, eleven Olympic records and superior performances in 28 of the 46 events compared to Sydney in 2000. Add in the magical ingredients of finishing the marathon races in the 1896 Panathinaiko Stadium near the Acropolis and holding the shot competitions at the home of the gods at Olympia and we ended up with a Games never to be forgotten.

Most Belgrave athletes at the Games (and there were twelve of them at the final count) could not be said to have been strong medal prospects so it is not surprising that the majority struggled to get beyond the opening rounds of their events. We are immensely proud of them for all that. Of concern is the fact that so many of the British athletes seemed to pick up injuries either at or just before arriving at the holding camp in Cyprus.

The major disappointment was Phillips Idowu in the triple jump final; but if we are disappointed, what must Phillips be feeling. He really was a potential medallist. We can only hope that this setback will act as a spur for future competition. Tessa Sanderson was distraught at failing to qualify for the javelin final in 1980 and was filmed sobbing at the edge of the stadium – four years later at Los Angeles she was Olympic Champion.

Friday 20 August

Men's Triple Jump – qualifying round

17.00 metres was the requirement for a certain place in the triple jump final and Phillips Idowu did this in style, leaping 17.33m into a 1.2 headwind with his very first attempt. At the end of this preliminary competition the Belgrave man was 4th best from the two qualifying pools. Also into the final was Julien Kapek, representing France, whose 16.91m came in the

third round and gave him the last available slot in the 12-man final.

Q = 17.00m or best 12. 1 C Olsson (SWE) 17.68/0.5; 2 Y Betanzos (CUB) 17.53/-0.4; 3 M Oprea (BLR) 17.44/0.6; **4 Phillips Idowu (GBR) 17.33/-1.2** (17.33/-1.2, -, -); ... **12 Julien Kapek (FRA) 16.91/0.8** (16.67/0.1, x, 16.91/0.8).

Men's 400m heats

With Caines and Davis both unable to do enough to progress to the semi-finals, British hopes centred on Belgrave's Tim Benjamin as the last of the eight heats got under way. With only the first two in each heat plus the eight fastest losers earning the right to compete the next day, Tim was going to have to run right up to form to make the grade. Drawn in lane three with his French rival Leslie Djhone just outside, Tim fought hard, holding third place in a tightly contested race. Less than three tenths of a second covered the leading positions and happily it was soon reported that Tim had qualified as a fastest loser.

It was later revealed that Tim had suffered a hamstring injury while training at the GB holding camp in Cyprus and had been forced to rest coming into the Games. "I have not trained for a week so tonight was a bit of a shock to the system. I can still feel it but it is not enough to stop me running. I will give it my absolute best in the semi finals."

8 heats; Q = 2+8. h8 1 L Djhone (FRA) 45.40; 2 E Sambu (KEN) 45.59; **3 Tim Benjamin (GBR) 45.69.**

Women's 800m heats

There were six heats for the women's 800 metres and while many British eyes were on Kelly Holmes and Jo Fenn, Belgrave fans had the additional pleasure of seeing the first ever female Belgravian taking part in Olympic competition. Tamsyn Lewis beat Shelley Newman to that honour by just over one hour and found herself in a loaded heat three along with Holmes, Miles Clark (USA) and Vriesde (SUR). Tamsyn would have to be very close to her season's best of 2:02.93 to have any chance of progressing. The Aussie girl gave it everything - and not only ran up to her recent best but exceeded it as she clocked 2:02.67 to break her own Belgrave record. In spite of this she was only 5th home in this hot race. Although faster than qualifiers by right in two of the other heats, Tamsyn ended up as one of the fastest runners NOT to go into the semi-finals.

6 heats; Q = 3+6. h3 1 K.Holmes (GBR) 2:00.81; 2 J Miles Clark (USA) 2:01.52; 3 M Ballentine (JAM) 2:01.52; ... **5 Tamsyn Lewis (AUS) 2:02.67.**

Women's Discus – qualifying round

Shelley Newman found that it was not to be her day - or should we say night, as her qualifying pool for the discus was in action as midnight approached. It would have taken a considerable improvement on her best ever throw to make the final with 62.50m being the target. Shelley's personal record is 61.22m, set in 2003, with a best this season of 60.34m. As it was, she started with a "no throw" and could only reach a best of 56.04m on her last effort. With the TV cameras concentrating on that last effort, she could only smile afterwards and mouth the word "terrible".

Q = 62.50m or best 12. 1 V Chechlová (CZE) 64.48; 2 N Sadova (RUS) 64.33; 3 Y Antonova (UKR) 64.20; last qualifying place 61.35; ... **33 Shelley Newman (GBR) 56.04.**

Saturday 21 August

Men's 400m – semi-finals

Three races made up the semi-final stage with Tim Benjamin going in the last race and drawn in lane 7. Only the first two and two fastest losers would reach the final and, realistically, all we could hope for was a personal record. But with the first two races run, it could be seen that with a very, very, low 45 second run our man might just squeeze through.

Normally Tim is strong in the final stages of a 400m and when he was not too far down around the final turn there were hopes that he might just do it; but no. Far from the stretch being one of his strengths, on this day he had nothing further to offer and faded to 8th place and a 46.28 clocking. Not at all happy with his performance, Tim didn't feel that his hamstring niggle had affected him in any way and was at a loss in trying to understand what had happened.

3 semi-finals; Q = 2+2. sf3 1 B.Simpson (JAM) 44.97; 2 O.Harris (USA) 44.99; 3 A.Francique (GRN) 45.08; ... **8 Tim Benjamin (GBR) 46.28.**

Men's 3000m Steeplechase - heats

Well, you've got to hand it to three-time Olympian Justin Chaston. He certainly ran a positive race, fighting hard to keep with the contenders in the third of the three heats. In spite of much chopping and changing in the running order, it wasn't until the very last lap that it began to seem sure that he would not be among the qualifiers. With his face showing signs of the effort, Justin came home in 8:28.35 - reasonably close to his season's best.

3 heats; Q = 3+6. h3 1 M Amer (QAT) 8:23.94; 2 A Jimenez (ESP) 8:24.13; 3 P.Koech (KEN) 8:24.68; ... **5 Justin Chaston 8:28.35.**

Sunday 22 August

Women's 100m hurdles - heats

Sarah Claxton was hoping to become one of the very few Britons to go sub-13 in the sprint hurdles. Having recently clocked 13.01 it was certainly a possibility. Drawn in the fourth of five heats she ran a sound race into a slight headwind but had to settle for 13.14. Had she achieved her target it is still unlikely that she would have progressed to the semi-finals.

5 heats; Q = 2+6. h4 (-1.4) 1 J Hayes (USA) 12.71; 2 N Kresova (RUS) 12.90; 3 A Trywińska (POL) 13.01; ... **6 Sarah Claxton (GBR) 13.14.**

Men's Triple Jump - final

It was a bad day for British athletics - with Paula Radcliffe unable to finish the marathon, no sprinter going beyond the 100m semi-finals and all three women failing to progress from the 400m semis. Phillips Idowu was unable to change that trend when he failed to produce a valid effort in the triple jump final – or at least, failed to produce one that was measured!

Having fouled once with an effort that was in the 17.70m region, his second effort was also initially judged to be a “no-jump”. A calm but firm protest from Phillips, who had not made a mark on the plasticene strip, changed the judge's mind but in the meantime the pit had been raked over and his landing point obliterated without being measured. The judges agreed to give him an additional attempt - which he then clearly did foul. What pressure then, as Phillips took back his start point and prepared for his next attempt – his last chance at qualifying for the final eight; and what agony as it all went horribly wrong and he arrived at the take-off board on his “wrong” foot.

Julien Kapek also opened with a no-jump. In the second round he cut the sand at 16.79m and added two more centimetres in round three - but that was not good enough to make the cut and he ended up placing 10th overall.

1 C Olsson (SWE) 17.79/1.4; 2 M Oprea (ROM) 17.55/0.6; 3 D Burkenya (RUS) 17.48/0.4; ... **10 Julien Kapek (FRA) 16.81/0.1** (x, 16.79, 16.81/0.1); **nj Phillips Idowu (GBR).**

Monday 23 August

Men's 400m hurdles - heats

The Olympic Stadium was erupting with noise as a Greek jumper moved into silver medal position in the women's triple jump and Matt Douglas went to his mark. Our man has had a difficult year, struggling with minor injuries, and reportedly suffering a calf injury while at the holding camp in Cyprus. (Holding camps seem to be dangerous places!) But as usual Matt committed himself to the race and after a strong first 300 metres entered the straight in 4th place - a semi-final qualifying position. He gave everything he could to hang on but was attacked first by Monteiro of Portugal and then was caught just before the line by the Saudi Al-Hamaidi. No semi-final this time around.

5 heats; Q = 4+4. h5 1 K Thompson (JAM) 48.66; 2 N Keita (FRA) 48.88; 3 O Cilliers (RSA) 49.12; ... **6 Matt Douglas (GBR) 49.77.**

Tuesday 24 August

Men's 200m - heats

When we last saw Chris Lambert in action at Crystal Palace he was totally in control, winning in 20.50. We looked forward to a reduction in his best ever time of 20.34 and progression to the semi-final stage at least. However, a hamstring injury was picked up by Chris a couple of weeks ago and when one saw him grimace when he was only halfway round the turn, one knew that he was in big trouble. Further pain was reflected in his face a few strides later and as the bend ended, Chris slowed to a stop, bitterly disappointed at being unable to perform properly.

Judging by this and other results, and in spite of the glowing words from everyone about the superb medical back-up, something seems to be seriously wrong with the British athletes' final preparations. Maybe it's just sheer bad luck.

7 heats; Q = 4+4. h3 (2.0) 1 F.Fredericks (NAM) 20.54; 2 M.Louahla (ALG) 20.67; 3 D.Canal (ESP) 20.72; ... **dnf Chris Lambert (GBR).**

Wednesday 25 August

Women's Javelin – qualifying round

An opening throw of 59.11m compared well with a best ever of 60.85m, set when winning the AAA and Olympic Trial this summer, but that turned out to be Goldie Sayer's best throw. With 61.00m the target, she was unable to improve, placing 9th in her group and 20th of the 44 throwers taking part. Goldie had every right to be upbeat about things. The women's 400m hurdles took place while she was in the stadium and the noise when Fani Halkiá of Greece took the gold medal was deafening. “I want some more of this,” said Goldie to herself, and we have no doubt that she will have more: it looks as if Goldie could be setting out on a long and illustrious career.

Q = 61.00 or best 12. 1 O Menéndez (CUB) 64.91; 2 N Břejchova (CZE) 64.39; 3 T Lyakhovich (UKR) 63.07; last qualifying place 60.97; ... **19 Goldie Sayers (GBR) 59.11** (59.11, 53.64, x).

Friday 27 August

Men's 4x400m relay - heats

Great running came from the British quartet in the first heat and it began to look as if this event could turn out to be the best chance in the games for a Belgrave runner to gain a medal. A fine first lap by the Tim Benjamin brought the team home right in contention for the lead and as the stagger on the first bend of the second lap unwound it could be seen that Sean Baldock had set off with a vengeance. Into the back straight and Sean took up station behind the leading team,

Germany. The take-over zone looked like a battlefield as second stage runners stopped in their tracks and balked outgoing third stage runners. Weaving through the traffic, Malachi Davis kept the Brits competitive in the leading bunch and a brilliant run by anchor man Matt Elias saw him come round the pack and into the lead along the home straight. Japan and Germany were the other qualifiers by right.

In the second heat the USA were dominant but Nigeria filled second place with Enee Udo-Obong running anchor leg. Fastest losers all came from heat one.

2 heats; Q = 3+2. h1 **1 GBR 3:02.40**; 2 Japan 2:02.71; 3 GER 3:02.77. GBR split times: **Tim Benjamin 44.83, Sean Baldock, 46.75**, Malachi Davis 45.27, Matt Elias 45.55. h2 1 USA 2:59.30; **2 NGR 3:01.60**; 3 BAH 3:01.74. (Manual splits given as 46.1, 45.4, 45.3, 45.5 and a similar discrepancy for legs 1 and 2 occurs in the final.) **Enefiok Udo-Obong's** split **45.50**.

Saturday 28 August

Men's 4x400m relay - final

On a fabulous night for British athletics with Kelly Holmes and the sprint relay squad striking gold, the 4x400 metre team were so close to medals, going from 3rd to 5th in the last few metres. And one of the teams coming past in the last couple of strides was Nigeria in the form of Enefiok Udo-Obong. A Belgravian therefore claimed an Olympic medal in the very last track event of the Games.

The British team order was identical to the heats and if there was nothing much between them in the earlier round, there was even less here. Tim Benjamin opened strongly and only the American team was clearly ahead at the end of the first lap with Tim right in the mix. Another battling run from Sean Baldock resulted in the team moving further up and they were still in 2nd place on lap three thanks to Malachi Davis. The USA team was out of reach by now but it was very tight for the minor positions and somehow, coming out of the last take-over, Britain found themselves in 4th with Australia (remember they only qualified as fastest losers) enjoying a marvellous run in 2nd. Matt Elias fought to get up to 3rd and held that place until almost the very end when Nigeria and Japan squeezed past.

1 USA 2:55.91; 2 AUS 3:00.60; **3 NGR 3:00.90**; 4 JPN 3:00.99; **5 GBR 3:01.07**; 6 BAH 3:01.88; 7 GER 3:02.22; 8 BOT 3:02.49. GBR split times: **Tim Benjamin 44.21, Sean Baldock 46.51**, Malachi Davis 45.14, Matt Elias 45.21. (Manual splits: 45.3, 45.3, 45.4, 45.3.) **Enefiok Udo-Obong's** split: **45.23**.

Golden Jubilee Cup Final

Bedford, 21 August 2004

The closest of finishes - goes against the Bels

With more than 50% of GB's Athens squad coming from the participating Cup teams it was inevitable that there would be some unexpected results in this closely fought match. And so it turned out as the lead constantly changed throughout the day and finally only 15 points covered the top four teams.

As we started we knew that the men had put together a competitive squad but the women were weak, without any top line sprinters or middle distance runners. Victory was not anticipated but a series of superb performances kept Belgrave in contention throughout and even leading by 2 points as we entered the last event, the men's long relay.

The day started with the first events at 10.30am. Up to the line came Bernard Yeboah in the men's long jump and he culminated a fine series with a big legal 7.62m to put him at the head of GB juniors, break his own junior club record and hopefully book a trip to Australia for the Commonwealth Youth Games in November. In the sprints Darren Chin clocked another sub 10.40 time even though his blocks slipped and Graham Beasley produced another sub 21sec

200m to win by a street. For the second match in succession we were without any specialist 400m men and decathlete Louis Eving-Jones ran well to get within one place of Birchfield's Du'aine Ladejo. Tim Bayley then won an exciting 800m, Jonathan Blackledge, drafted in at the last minute, acquitted himself well to get a fourth in the 1500m. Add to that Mark Thompson's second in the 5000m and Will Cockerell's third in the 10,000m plus his 2 valuable points in the chase. Then stir in two third spots in the high and long hurdles, and the men's track squad had performed above our best hopes. But they were eclipsed by our throwers with Mick Jones gaining an inevitable win in the hammer and Leith Marar throwing a season's best in the discus to win by 2 metres. Tom Dobbie was second in the javelin and the ever improving (Captain of our junior squad) Chris Gearing was once again going over 17m in the shot for third spot. That made 31 points out of the 36 on offer for these 4 events.

Samson Oni upped the anti with a fine win in the high jump while Cameron Johnston had a big clearance in the pole vault at 4.80 but then couldn't get the next height. His equal third with Christian North shows he will be cutting it with the big boys next year. And so to the relays with three superb legs and changes from Will Sharman, Graham Beasley and Wade Bennett Jackson. Darren Chin, still boiling from the 100, blasted out on the anchor leg but then had to slow and wait for the incoming Wade. What would have been a sub 40sec clocking and first place turned into a second spot and at the same time a red flag was raised by the take-over judge. Disaster changed to euphoria as the culprits turned out to be Windsor SE&H. And so to the long relay consisting of two decathletes (Will and Louis) followed by a 400m hurdler (Ryan) and an 800m runner (Tim). This makeshift squad had to finish no more than one place behind Birchfield for victory and a third consecutive Cup win. And with 200 to go it was Trafford ahead of Birchfield with Tim Bayley for Belgrave just behind. Down the finishing straight and to the cheers of a large crowd Du'aine edged Birchfield just ahead as the line approached and the worst possible scenario for us unfolded: victory to Birchfield by just 1 point. Well done to them. It was a truly exciting and nail-biting day of athletics.

There were a few excellent performances from the depleted women's team but the only win came from Julie Hollman in the long jump. Julie, now back after injury, was due to compete in a heptathlon the following week. But here she also gained valuable points in the javelin, high hurdles and long relay. She produced 18 points while Eva Massey gained 7 more with a second place in the shot and Jennifer Culley collected a good third spot in the 400 hurdles.

At the final reckoning we had totalled 198.5 points of which the men contributed an outstanding 132.5. Overall team manager John Jeffery does not take defeat well and his reaction made Matthew Pinsett appear like a wind-up comic. He was last seen in a darkened room.

1 Birchfield H 199.5; 2 Belgrave H 198.5; 3 Shaftesbury Barnet H 187; 4 Woodford Green w Essex L AC 184; 5 Trafford AC 177; 6 Sale H Manchester 167; 7 Windsor SE&H 146; 8 Newham & Essex Beagles 128.

Men

100m: 2 D Chin 10.39w/2.4. 200m: 1 G Beasley 20.98w/3.5. 400m: 4 L Eving-Jones 48.47. 800m: 1 T Bayley 1:50.94. 1500m: 4 J Blackledge 3:55.73. 5000m: 2 M Thompson 14:47.03. 10000m: 3 W Cockerell 32:34.95. 110mH: 3 W Sharman 14.00w/4.0. 400mH: 3 R Dinham U20 54.37. 3000mSC: 7 W Cockerell 10:25.96. HJ: 1 S.Oni 2.10. LJ: 2 B Yeboah U20 7.62/1.2. TJ: 5 D Wellstead 14.06w/2.9. PV: =3 C Johnston 4.80. SP: 3 C Gearing U20 17.02. DT: 1 L Marar 53.20. JT: 2 T Dobbie 61.55. HT: 1 M Jones M45 68.76. 4x100m: 2 Belgrave 40.99 (W Sharman, G Beasley, W Bennett-Jackson U20, D Chin). 4x400m: 3 Belgrave 3:15.65 (W Sharman 49.7, L Eving-Jones 48.5, R Dinham U20 49.4, T Bayley 48.1).

Women

100m: 8 M Nestor U20 13.26w/3.6. 200m: 8 J Culley 25.15w/3.2. 400m: 5 M Carey 55.50. 800m: 6 L Collier U17 2:19.20. 1500m: 7 L Horrobin 5:07.96. 3000m: 5 L.Cooper 10:40.19. 100mH: 5 J.Hollman 14.45w/2.5.

400mH: 3 J Culley 60.77. HJ: 4 M Nestor U20 1.55. LJ: 1 J Hollman 6.41w/2.5. TJ: 6 C Stead 12.00/0.8. PV: 6 J Searle 2.30. SP: 2 E Massey 15.69. DT: 7 L Fox 35.47. JT: 5 J Hollman 39.48. HT: 5 D Holden 48.90. 4x100m: 8 Belgrave 50.42 (C Stead, L Collier U17, M Nestor U20, M Carey). 4x400m: 5 Belgrave 3:49.69 (L Collier U17 61.4, M Carey 54.8, J Culley 57.3, J Hollman 56.3).

Semi-Final, Eton, 18 July 2004

1 Belgrave H 271.5; 2 Blackheath & Bromley AC 249; 3 Basingstoke & MH 167; =4 Walton AC & Southend AC 153; 6 Herne Hill H 144; 7 Bedford & CAC 89.5; 8 Swansea H 74.5.

Men

100m: 1 D Chin 10.7w/4.7. 200m: 3 J Hussain U20 21.9/1.1. 400m: 2 S Osho U20 48.7. 800m: 2 D Gauson 1:52.4. 1500m: 2 S Barden 3:47.4. 5000m: 1 M Thompson 14:20.5. 10000m: 4 M Byansi 35:27.2. 110mH: 1 W Sharman 14.2/0.3. 400mH: 5 P Beaumont M40 59.3. 3000mSC: 7 M Humphrey 11:21.2. HJ: 2 W Sharman 1.95. LJ: 1 D O'Farrell 7.11. TJ: 1 S Majekodunmi 15.11. PV: 1 C Johnston 4.60. SP: 1 S Thompson 15.78. DT: 1 S Thompson 54.03. JT: 1 T Dobbing 64.05. HT: 1 M Jones M40 71.05. 4x100m: 2 Belgrave 42.5 (G Selway U20, W Sharman, J Hussain U20, D Chin). 4x400m: 1 Belgrave 3:21.8 (G Selway U20 49.6, J Hussain U20 50.1, R Poulter 55.0, S Osho U20 47.1).

Women

100m: 3 T Hassan U17 13.1/1.5. 200m: 4 T Hassan U17 26.7/0.5. 400m: 2 J Culley 57.5. 800m: 3 L Collier U17 2:21.7. 1500m: 1 B Dagne 4:27.6. 3000m: 3 L Cooper 10:35.1. 100mH: 1 H Stares 14.4/2.0. 400mH: 1 H Stares 60.8. HJ: =4 H Stares 1.55. LJ: 4 A Abrams 4.83. TJ: 1 C Stead 12.20. SP: 2 S Newman 10.67. DT: 1 S Newman 56.89. JT: 4 A Forsyth 26.06. HT: 1 D Holden 50.04. 4x100m: 2 Belgrave 51.3 (A Forsyth, H Stares, A Abrams, T Hassan U17). 4x400m: 2 Belgrave 4:07.9 (L Horrobin 64.8, L Collier 61.2, A Forsyth 63.3, J Culley 58.7).

National Junior Athletics League



Above: Men's Captain Chris Gearing received the team trophy and the man of the match award from the NJAL Secretary – Wendy Daniel.

Southern Premier Division Qualifying match
Cophall Stadium, 29 August 2004

Men qualify for Premier Division but women must try again in 2005

With both our junior men and women topping the Brent Division of the National Junior Athletics League in 2004 they were invited to take part in the qualifying match for the Southern Premier Division. Placing in the first two teams here would enable them to compete in the top division in 2005 with a crack at the National final. It's been two years since the men dropped out of the Southern Premier, having won the National final in 2000 and placing second in 2001. The women have never been in the Southern Premier before – indeed 2004 was the first time we have taken part in any U20 competition for women.

In the qualifying match both the men's and women's teams were hit by absentees and clashing fixtures - but whereas the men's team was more than strong enough to overcome this

problem, the women's team was not. Unfortunately this means that next year our resources will be split. While the men compete in the Southern Premier Division, the women will continue in the Brent Division at a different venue on the same day - so we will have two lots of coach travel and have to supply two teams of officials. Nevertheless, it was a terrific achievement by the women who were present: there were only seven of them and yet half way through the meeting they were in second match position. As for the men, it was a super achievement to return to Premier competition, but let's face it, they are so strong at the moment that they would surely win the national final - if they were eligible. Team Managers Gerry Springs, Kim Collier and Paul Collier are to be congratulated on a successful 2004 campaign.

Captain Chris Gearing led from the front and collected the man of the match award for his performance in the shot. A huge impact was made in the match by international multi-eventers Kevin Sempers and Mark Allen who seemingly won events at will. In particular, what a superb effort from Mark in the shot.

Short of middle-distance runners, 400m man Gavin Selway and one lap hurdler Ryan Dinham volunteered for the 800 metres and both showed that they could make names for themselves here if they could be lured away from one lap events. Gavin showed no fear as he took up the running on the second lap, forcing the pace along until he started to tread water in the home straight. For Ryan, who studied his watch after the first lap as if trying to work out how long he'd got before his next event, it was considerably easier. He led the chasing pack, having allowed the leader to get away, but then turned on a long sprint on the second circuit which saw him canter home for a win some 30 seconds faster than his personal record (set years ago). Both these men could immediately go to very low 1:50s if they felt so inclined.

Sprint internationals Wade Bennett-Jackson and James Ellington were well in control of the sprints, taking things fairly leisurely - and we must say a word about Jamie Macrae and Paul Cowling who all summer have always been on hand to tackle whatever event is short of a man in a claret and gold vest.

Wins were less common for the women. Michelle Nestor was in good form, being not too far away from her U20 triple jump record and winning the long jump as well. Fran Gregory was busy, winning the B 100m, and tackling the 200m, 400m and both relays. As usual Toks Hassan scored well in the sprints and in the longer distances Imogen Ainsworth and Louise Collier both did well, encountering some stiffer competition than they have been used to in the Brent Division. Apart from Michelle, all these girls will still be eligible for U20 competition in 2005 and are sure to provide a powerful nucleus for next year's team.

U20 Men

1 Belgrave H 277; 2 Havering Mayesbrook AC 244; 3 Milton Keynes AC 225; 4 City of Norwich AC 201.5; 5 Ashford AC 188.5; 6 Kent AC 185; 7 Crawley AC 155; 8 Cheltenham 108.

100m: 1 W Bennett-Jackson 10.70; 1 J Ellington 11.40. 200m: 1 W Bennett-Jackson 23.1/-1.1; 3 J Regis 24.1/-1.3. 400m: S Osho 50.7; 1 J Hussain 50.2. 800m: 3 G Selway 1:59.9; 1 R Dinham 2:01.4. 1500m: 8 J Macrae 5:20.8; 8 R Collier 5:10.3. 3000m: 7 J Macrae 10:56.8; 6 P Cowling 11:56.5. 110mH: 2 R Dinham 15.2/-1.6; 1 K Sempers 15.2/-2.3. 400mH: 1 R Dinham 56.2; 4 P Cowling 68.9. 2000mSC: 7 J Macrae 8:05.5; 6 P Cowling 8:53.0. HJ: 1 K Sempers 1.90; 1 M Allen 1.85. LJ: 2 K Sempers 6.68; 1 G Wilson 6.64. TJ: 5 G Wilson 12.63; 3 R Collier 11.82. PV: cancelled. SP: 1 C Gearing 17.60; 1 M Allen 16.70. DT: 1 C Gearing 48.28; 1 M Allen 45.94. JT: 1 M Allen 50.54; 1 K Sempers 45.50. HT: 7 R Collier 22.86; 7 P Cowling 13.22. 4x100m: 1 Belgrave 43.0 (J Hussain, W Bennett-Jackson, J Regis, J Ellington). 4x400m: 1 Belgrave 3:26.7 (G Selway 53.0, J Hussain 51.1, S Osho 49.6, R Dinham 53.0).

U20 Women

1 Herts Phoenix AC 278; 2 Bournemouth AC 212; 3 Cambridge H 180.5; 4 Belgrave H 168.5; 5 Aldershot F&D AC 143; 6 Medway & Maidstone AC 135; 7 Cardiff AAC 133.

100m: 3 T Hassan 12.9; 1 F Gregory 13.2. 200m: 2 T Hassan 26.3/2.1; 5 F Gregory 28.6/-4.8. 400m: 4 L Collier 61.6; 2 F Gregory 66.1. 800m: 3 L Collier 2:23.6; 5 H Green 3:35.6. 1500m: 4 I Ainsworth 5:06.1. 3000m: 2 I Ainsworth 11:32.5. HJ: 3 M Nestor 1.50; =3 T Soji-Akingboye 1.35. LJ: 1 M Nestor 5.34/3.4; 3 T Hassan 4.73/0.6. TJ: 1 M Nestor 11.32. SP: 4 M Nestor 7.04; 4 H Green 6.63. DT: 6 L Collier 13.58; 5 I Ainsworth 12.49. JT: 6 T Soji-Akingboye 11.72; 6 H Green 9.38. HT: 5 H Green 13.73; 3 T Soji-Akingboye 8.06. 4x100m: 5 Belgrave 54.1 (T Soji-Akingboye, H Green, M Nestor, F Gregory). 4x400m: 3 Belgrave 4:19.0 (F Gregory 70.4, I Ainsworth 65.9, L Collier 61.5, T Hassan 61.2).

Results of Brent Division matches 2004:

Match 1, Carshalton Arena, Sutton, 25 April 2004

U20 Men.

1 Milton Keynes AC 287; 2 Belgrave H 278; 3 Reading AC 213; 4 Hillingdon AC 197; 5 Vale of Aylesbury AC 181; 6 Sutton & District AC 176; 7 Oxford City AC 160; 8 Thames Valley H 58.

100m: 4 J Regis 11.5. 200m: 3 S Osho 22.5; 1 J Hussain 22.1. 400m: 1 J Hussain 49.3; 1 G Selway 49.9. 800m: 5 L Sargeant 2:27.2; 2 J Macrae 2:08.8. 3,000m: ? J Macrae 10:44.3. 110mH: 2 R Dinham 15.2; 1 K Sempers 15.3. 400mH: 1 R Dinham 54.0; 3 P Cowling 68.6. SC: P Cowling; R Collier. HJ: 1 K Sempers 1.95; 1 M Allen 1.90. LJ: 4 R Collier 5.77; 3 P Cowling 5.14. PV: 1 M Allen 4.10; 1 K Sempers 3.80. SP: 1 C Gearing 18.14; 1 M Allen 14.47. DT: 1 C Gearing 46.29; 1 M Allen 45.28. JT: 1 M Allen 48.26; 1 R Collier 40.58. 4x100m: 2 Belgrave 45.7. 4x400m: 1 Belgrave 3:25.5 (J Hussain, S Osho, G Selway, R Dinham). Athlete of the match: C Gearing (joint).

U20 Women.

1 Belgrave H 200; 2 Thames Valley H 196; 3 Reading AC 184; 4 Harrow AC 147; 5 Hillingdon AC 120; 6 Vale of Aylesbury AC 93.

100m: 2 T Hassan 13.0; 2 S Murray-Burton 14.0. 200m: 1 T Hassan 26.2; 3 S McGregor 27.9. 400m: 3 A Forsyth 61.6; 3 L Collier 63.3. 1500m: 1 I Ainsworth 5:16.2. 3000m: 1 I Ainsworth 11:47.1. HJ: 1 M Nestor 1.60; 3 T Soji-Akingboye 1.30. LJ: 1 M Nestor 5.09; 2 T Hassan 3.83. TJ: 2 M Nestor 11.22; 2 S McGregor 8.18. SP: 3 H Green 6.10; 2 S Kemp 5.66. DT: 5 S Kemp 12.81; 5 S Murray-Burton 9.90. JT: 2 A Forsyth 30.26; 1 C Hopkins 18.55. HT: 4 T Soji-Akingboye 12.75. 4x100m: =1 Belgrave H 52.0 (T Hassan, S Murray-Burton, M Nestor, S McGregor). 4x400m: 2 Belgrave 4:22.4 (M Nestor 74.0, A Forsyth 60.9, L Collier 62.6, F Gregory 64.2).

Match 2, Battersea Park, 23 May 2004

U20 Men.

1 Belgrave H 380; 2 Milton Keynes AC 242; 3 Vale of Aylesbury AC 213.5; 4 Hillingdon AC 181; 5 Reading AC 140; 6 Oxford City AC 122.5; 7 Thames Valley H 79; 8 Sutton & Dist. AC 64.

100m: 1 W Bennett Jackson 10.62/1.8; 1 J Regis 11.41/1.8. 200m: 1 J Hussain 21.73/1.9; 1 J Regis 22.87w/2.5. 400m: 2 S Osho 49.23; 1 G Selway 50.09. 800m: 1 G Oudney 1:56.57; 1 K Gauson 1:56.94. 1500m: 1 K Gauson 4:20.50; 1 G Oudney 4:28.44. 3000m: 1 P McCloskey 9:28.51; 1 J Macrae 10:02.96. 110mH: 1 R Dinham 15.09/0.5. 1 M Allen 15.54/0.5. 400mH: 1 R Dinham 51.90 (league record); 1 P Cowling 67.70. 2000mSC: 1 P McCloskey 6:45.20; 1 J Macrae 7:31.25. HJ: 1 M Allen 1.90; 1 R Collier 1.75. LJ: 1 B Yeboah 7.39; 1 A Abiri 6.48. TJ: 1 A Abiri 12.88; 1 A George 11.87. PV: 1 M Allen 4.00; 1 R Collier 3.05. SP: 1 C Gearing 18.33 (league record); 1 M Allen 15.47. DT: 1 C Gearing 49.63; 1 M Allen 47.28. JT: 5 R Collier 36.09; 5 J Regis 16.65. HT: 3 R Collier 18.46; 2 P Cowling 14.96. 4x100m: 1 Belgrave 44.71 (R Collier, R Dinham, J Regis, W Bennett-Jackson). 4x400m: 1 Belgrave 3:17.32 (G Selway 51.58, S Osho 47.98, J Hussain 49.40, R Dinham 48.26 - note that the splits here are genuine electric times taken using photo-finish).

U20 Women.

1 Belgrave H 271; 2 Reading AC 179; 3 Thames Valley H 170; 4 Harrow AC 161; 5 Hillingdon AC 151; 6 Vale of Aylesbury AC 73; 7 Oxford City AC 53.

100m: T Hassan 12.66/1.4; 2 S McGregor 13.61/0.3. 200m: 1 T Hassan 25.85/-0.5; 2 S McGregor 27.82/0.8. 400m: 5 F Gregory 66.19; 1 T Hassan 61.51. 800m: 1 L Collier 2:27.19; 3 S McGregor 2:47.38. 1500m: 1 I Ainsworth 5:03.84; 3 O Carew 5:46.33. 3000m: 1 I Ainsworth 12:15.70. 100mH: 1 A Forsyth 16.95/1.7; 2 S Murray Burton 27.30/1.7. 400mH: 1 A Forsyth 65.61; 1 S Murray Burton 75.65. HJ: 2 O Carew 1.45; 1 T Collins 1.45. LJ: 2 M Nestor 4.98; 3 S McGregor 3.97. TJ: 1 M Nestor 10.97; 1 T Collins 8.82. SP: 3 M Nestor 6.85; 3 S Kemp 6.33. DT: 4 T Collins 19.55; 2 S Kemp 16.31. JT: 2 A Forsyth 27.44; 5 S Murray Burton 4.30. HT: 3 S Murray Burton 11.23; 1 S Kemp 11.02. 4x100m: 1 Belgrave 52.71 (S Murray-Burton, F Gregory, M Nestor, S McGregor). 4x400m: 1 Belgrave 4:06.90 (I Ainsworth 63.8, T Hassan 59.1, L Collier 61.7, A Forsyth 62.3).

Match 3, Palmer Park, Reading, 20 June 2004

U20 Men.

1 Belgrave H 299; 2 Milton Keynes AC 298; 3 Vale of Aylesbury AC 272; 4 Reading AC 210; 5 Hillingdon AC 195; 6 Oxford City AC 80; 7 Thames Valley H 51; 8 Sutton & Dist. AC 38.

100m: 6 J Regis 16.0; 1 K Sempers 11.3; n/s 1 J Hussain 11.1. 200m: 1 J Hussain 22.7. 400m: 1 G Selway 50.1; 1 S Osho 49.4. 800m: 4 J Macrae 2:11.6; 4 R Collier 2:14.2. 3000m: 4 J Macrae 10:58.1. 110mH: 1 K Sempers 14.6; 1 M Allen 15.6. 400mH: 4 L Sargeant 74.6; 2 J Macrae 68.8. 2000mSC: J Macrae 7:30.6. HJ: 1 K Sempers 1.90; 1 M Allen 1.75. LJ: 1 A Abiri 6.22; 4 L Sargeant 4.88. TJ: 1 A Abiri 13.37; 4 L

Sargeant 7.53. PV: 1 M Allen 4.20; 1 R Collier 9.87. SP: 2 M Allen 15.08; 3 R Collier 9.87. DT: 1 M Allen 46.30; 1 K Sempers 35.41. JT: 3 K Sempers 42.40; 3 J Regis 14.06. HT: 3 R Collier 35.41; 2 J Macrae 13.27. 4x100m: 1 Belgrave 44.9 (G Selway, J Regis, S Osho, J Hussain). 4x400m: 1 Belgrave 3:28.2 (R Collier 56.4, G Selway 50.1, J Hussain 50.1, S Osho 51.6).

U20 Women.

1 Belgrave H 228; 2 Reading AC 213; 3 Harrow AC 180; 4 Hillingdon AC 156; 5 Thames Valley H 129; 6 Vale of Aylesbury AC 92; 7 Oxford City AC 16.

100m: 2 T Hassan 12.9; 2 F Gregory 13.2. 200m: 1 T Hassan 26.5; 1 S McGregor 27.5. 400m: 2 L Collier 61.1; 2 F Gregory 66.0. 800m: 1 L Collier 2:21.7; 2 S McGregor 2:42.4. 1500m: 1 I Ainsworth 5:14.1; 3000m: 1 I Ainsworth 11:08.3. 100mH: 2 S Kemp 20.4. HJ: 2 M Nestor 1.50; 1 S McGregor 1.40. LJ: 1 M Nestor 5.12; 1 T Hassan 4.44. TJ: 1 M Nestor 11.07. SP: 3 M Nestor 6.92; 3 S Kemp 5.77. DT: 6 I Ainsworth 13.61. JT: 4 F Gregory 14.36; 2 L Collier 9.17. HT: 5 S Kemp 11.83. 4x100m: 2 Belgrave 53.0 (S Kemp, F Gregory, M Nestor, S McGregor). 4x400m: 2 Belgrave 4:14.2 (I Ainsworth 64.7, L Collier 63.4, F Gregory 67.6, T Hassan 58.5).

Match 4, Perivale, 25 July 2004

U20 Men

1 Belgrave H 315; 2 Milton Keynes AC 295; 3 Hillingdon AC 223; 4 Sutton & District AC 124; 5 Reading AC 114; 6 Vale of Aylesbury AC 109; 7 Thames Valley H 66.

100m: 1 W Bennett-Jackson 10.8; 5 J Regis 12.0; n/s S Osho 11.4. 200m: 1 W Bennett-Jackson 21.5; 1 J Ellington 21.4. 400m: 1 G Selway 49.2; 1 S Osho 50.0. 800m: 3 J Macrae 2:08.1; 3 P Cowling 2:23.7. 1500m: 1 M Marshall 4:18.8; R Collier 5:06.9. 3000m: J Macrae 11:07.2; P Cowling 11:52.1. 110mH: 1 K Sempers 14.9; 1 R Dinham 15.1. 400mH: 1 R Dinham 58.0; 2 R Collier 67.9. 2000mSC: 2 M Marshall 6:40.9; 2 J Macrae 7:18.4. HJ: 1 K Sempers 2.00; 1 M Allen 1.85. LJ: 2 G Wilson 7.14; 2 A Abiri 12.84. TJ: 3 G Wilson 13.31; 1 A Abiri 12.84. SP: 1 C Gearing 17.04; 1 M Allen 14.97. DT: 1 M Allen 47.69; 1 C Gearing 47.23. JT: 1 M Allen 49.42; 1 K Sempers 48.15. HT: 3 R Collier 22.85; 3 P Cowling 18.90. 4x100m: 1 Belgrave 43.5 (J Ellington, J Hussain, W Bennett-Jackson, J Regis). 4x400m: dq Belgrave 3:27.9 (G Selway 51.8, J Hussain 52.3, S Osho 52.7, R Dinham 51.0).

U20 Women

1 Belgrave H 230; 2 Harrow AC 181; 3 Hillingdon AC 158; 4 Thames Valley H 146; 5 Reading AC 139; 6 Vale of Aylesbury AC 24.

100m: 1 T Hassan 12.9; 2 F Gregory 13.6. 200m: 1 T Hassan 25.7; 2 S McGregor 27.3. 400m: 2 L Collier 61.2; 1 F Gregory 65.0. 800m: 1 L Collier 2:24.8; 2 S McGregor 2:56.7. 1500m: 1 I Ainsworth 5:07.6. 3000m: 1 I Ainsworth 14:38.7. 400mH: 2 S McGregor 76.7; 1 T Soji-Akingboye 93.7. HJ: =2 M Nestor 1.50; 3 T Soji-Akingboye 1.35. TJ: 2 M Nestor 10.61; 3 S McGregor 7.62. SP: 3 M Nestor 7.12; 3 H Green 6.32. DT: 3 S Kemp 18.03; 4 I Ainsworth 12.19. JT: F Gregory 15.42; 5 L Collier 6.48. HT: 5 T Soji-Akingboye 10.81; 2 H Green 9.41; 4x100m: 2 Belgrave 52.1 (T Soji-Akingboye, F Gregory, M Nestor, S McGregor). 4x400m: Belgrave 4:16.6 (F Gregory 68.0, I Ainsworth 65.8, T Hassan 60.1, L Collier 62.7).

Obituary

Sadly we have just heard news of the death of two people who, while not members of Belgrave Harriers, will certainly have been known by quite a few of our number.

Tom Mitchell, once of Mitcham AC, has passed away in his 90th year. Back in the late 1950s and early 1960s Tom was the coach and mentor of many of Mitcham's fine young athletes of that period when our own Tom Carter did a similar job for Belgrave. Tom was one of the three "Mitchell Brothers". Frank also coached in Mitcham AC while Ron was a Belgravian – a member to this very day..

Olympian Derek Johnson died on 30 August at the age of 71. He had been suffering from leukaemia. Derek showed prodigious athletic talent from an early age, running 48.8 to win the AAA Junior Championship at 440 yards at the age of 17. Four years later, in 1954, he won the Empire Games 880 yards and set a British 800m record of 1:47.7 in the European Championships. Twice more he improved that 800m record, taking it down to 1:46.6 in 1958, but he was probably best known for his silver medal in the 800m at the Melbourne Olympics of 1956. After retirement from competition he remained involved in the sport, becoming a leading light in the International Athletes Club and the South of England AAA. We have known him over the last ten years as a Starter at Battersea Park where he had become connected with Serpentine Runners.