



In this issue:

- 35 AAA Men's 6-Stage Road Relay
- 36 Six Stage Stats.
- 36 AAA Women's 4-Stage Road Relay
- 37 Reigate Priory Relays
- 37 ECCA National Cross Country Relay
- 38 South of Thames 5 miles Team Race
- 39 Recent results
- 39 Club partnership announced
- 39 John Jeffery 1944-2004

Road & Country

AAA Men's 6-stage Road Relay Champs
Sutton Park, Sutton Coldfield, 23 October 2004

A record equalling fourth successive AAA 6-Stage title

As favourites and with a team two thirds comprised of men who had done it all before – and who'd set the fastest three times on the course – you'd have thought we'd be totally comfortable going into the race. Somehow, though, the pressure rises as the success goes on; favourites sometimes fail – we certainly have – and wins can never be taken for granted.

Paul Freary knows just how the pressure builds. For a couple of months he'd worked hard to get into top shape for this race and yet his team place, like that of others, was never guaranteed. Here he was, sixteenth in the National Cross last February yet unsure of his slot in this event until ten days beforehand. Delighted to be "in the six" he planned to tune up with a final race but instead of providing the finishing touch to his form, that race gave him the nightmare of a "twanged" calf muscle. The problem improved considerably throughout the final week but he was fully aware that he could not now go to the start line totally confident that he could offer every sinew in his body to the cause. In spite of the fact that this had been his goal for months, Paul stepped out of the squad. That's called "putting the team first" and far from letting it get to him, he curbed his disappointment and was out on the course to cheer on the six.

The strong winds of the previous day had died away by race time but a steady drizzle that began early in the women's race just got worse throughout the afternoon until the roadways were rivulets and the area around the take-over zone a morass.

Pre-race hype and irreverent mockery on an Internet message board had added spice to the occasion but in the face of this our lads were calmly confident and were about to put on a display that was clinical in its execution.

Stage 1

On the front rank, a slightly nervous Kevin Nash prepared for his task to bring us home as close as possible to the leaders. The officials walked the starters down to the line – a brief silence – and then they were away. Having survived the onslaught of 128 opposing elbows Kevin took up station in the leading bunch as the field careered down the slope, round the loop and off up the hill. Information coming back to take-over area gave no indication of our position for the next fifteen minutes – in fact every club but Belgrave seemed to be mentioned by the announcer. Eventually it was Tipton charging through the zone in the form of Matt Shaw. Aldershot and Highgate had both got great starts, coming

through within three seconds of the lead but then, good as gold, in a tight bunch just 19 seconds back came "Nasher". First stage times can fluctuate wildly from one year to the next and although Kev would have liked something faster, we were right where we wanted to be.

Stage 2

Jonathan Blackledge immediately injected some pace and men ahead began to wilt. Along the ridge he was into the top ten and then coming back along the bottom it was top five with Aldershot and Wells City in the last stages of being pulled back but Basingstoke's Tulba coming up behind like a train. By the end of his stint young Jonathan had caught all but Tipton and Sale while giving way to Tulba who had come up nineteen places. Again, we had a man who felt he hadn't run as well as he'd hoped – but all we can say is heaven help the opposition when he feels just right.

Stage 3

A stony-faced Spenny Barden moved out onto the road, a mere 16 seconds and three men away from the lead. If this operation was "clinical" then Spen was the surgeon; swift and skilful were the incisions he made into the opposition. By the top of the hill there was nothing in it and then out along the top he moved ahead and relentlessly began to pull away. How many times have we put this man on "three" and seen him take us unto the lead. Much was happening behind. Sale were hanging on to 2nd, Ellis brought Aldershot's red and green colours back into the frame, Derby came up 12 places and Highgate, who had sagged badly on the second stage, yo-yoed back up to 5th with Keith Cullen pulling back 19 men. Illustrious names down the field failed to make an impression: Birchfield's Kenyan Wilfred Taragon ran 17:44 while Blackheath's man-of-the-moment Mike Skinner could only pull the Heathens up to 11th with a 17:28. ... And all the while Spencer worked away at the front until a wonderful 45 seconds advantage was ours.

Stage 4

It was all over and yet we still had a three-man finish that could have dealt with anything that British athletics could throw at us. Usually preferring to chase, "Sharp" took on the role of front runner with an assurance that had the lead going up to over a minute – and that from a Morpeth team who were now well into contention thanks to Nick McCormick's astonishing 16:41. Frazer Thompson, a training partner now of Jonathan B at Oxford University, matched Jon's 17:41 to keep Aldershot in the hunt but it was desperately close for the minor medals, four seconds covering 2nd to 4th and then another six teams in the next 20 seconds. Stephen's time was his best ever – superb running considering the conditions.

Stage 5

David Anderson gives every impression of enjoying a "scrap" but that pleasure wasn't on offer on this occasion. Maybe we can give him an early stage another time. As it was, he cruised along in the teeming rain working that lead out to over a minute and a quarter from a Birchfield team that were boosted by Kahara of Kenya. More significant was the fact that Aldershot, with Chris Thompson to go on the last stage, were a further 30 seconds adrift.

Stage 6

The weather was by now at its most atrocious and yet we were treated to a couple of the fastest times of the day. Our own Mark Miles runs so well from the front, and wearing the

broadest of grins he tore past his coach Bud Baldaro giving him a “high five” on the way to a 17:02 clocking – a new club record to eclipse his own 17:08 and 17:09. Awesome! Behind, Aldershot’s Chris Thompson was going even faster, his 16:39 being the second best ever for the lap but the Belgrave lead had actually gone up again and “Milesy” took our colours to the tape in a magnificent 1:44:35, just eleven seconds off our own course record and giving us a fourth successive win and the best four times for the race.

1 Belgrave H 1:44:35; 2 Aldershot F&DAC 1:45:55; 3 Birchfield H 1:46:49; 4 Bristol & West AC 1:47:29; 5 Morpeth H&AC 1:47:37; 6 Salford H 1:47:53; 65 teams started; 63 teams finished.

Belgrave: K Nash (13) 17:44; J Blackledge (4) 17:41; S Barden (1) 17:18; S Sharp (1) 17:23; David Anderson (1) 17:27; M Miles (1) 17:02.

Fastest: 1 C Thompson (Aldershot F&DAC) 16:39; 2 N McCormick (Morpeth H&AC) 16:41; 3 K Cullen (Highgate H) 17:01; 4 M Miles (Belgrave H) 17:02; 5 K Zahara (Birchfield H) 17:10; 6 S Hepples (Newham &EB) 17:12; 7 S Barden (Belgrave H) 17:18; 8 R Whalley (Bristol &WAC) 17:19; 9 G Tromans (Coventry G) 17:22; =10 S Sharp (Belgrave H) and P Tulba (Basingstoke &MH) 17:23; =16 David Anderson 17:27; =33 J Blackledge 17:41; =39 K Nash 17:41.

Six Stage Stats

The course length was standardised at 5847 metres in 2001 so only performances from that date are included. In the lists below, the column after the time shows the all-performance ranking and the next gives the best-performance ranking. The column after the date of birth shows the stage on which the performance was set and this is followed by a figure indicating that the performance is the athlete’s second or subsequent best.

Individual Belgrave times 2001-2004

17:02	1	1	Mark Miles	24.03.77	6	23Oct2004
17:08	2		Mark Miles		5	26Oct2002
17:09	3		Mark Miles		4	3 25Oct2003
17:12	4	2	Spencer Barden	31.03.73	3	26Oct2002
17:14	5	3	David Anderson	02.10.77	2	25Oct2003
17:15	6	4	Allen Graffin	20.12.77	4	26Oct2002
17:18	7		Spencer Barden		3	2 23Oct2004
17:23	8	5	Stephen Sharp	31.12.75	4	23Oct2004
17:25	9		Spencer Barden		3	3 25Oct2003
17:26	=10		Stephen Sharp		3	2 27Oct2001
	=10	6	Paul Freary	03.04.68	1	25Oct2003
17:27	12		David Anderson		5	2 23Oct2004
17:28	13	7	Kassa Tadesse	21.08.74	4	27Oct2001
17:29	14		Spencer Barden		6	4 27Oct2001
17:30	=15		Paul Freary		2	2 27Oct2001
	=15		David Anderson		6	3 26Oct2002
17:31	17		Stephen Sharp		2	3 26Oct2002
17:40	18		Stephen Sharp		6	4 25Oct2003
17:41	19	8	Jonathan Blackledge U23	15.09.84	2	23Oct2004
17:44	20	9	Kevin Nash	06.02.77	1	23Oct2004
17:46	21	10	Alaster Stewart	05.10.72	5	7Oct2001
17:48	22	11	Richard Ward U23	05.05.82	1	26Oct2002
17:49	23	12	Lee Hurst	29.07.72	1	27Oct2001
18:28	24	13	Martin Dent	08.07.79	5	25Oct2003

Individual all-club top 25 times 2001-2004

16:25	1	1	Chris Davies (Telford AC)		2	25Oct2003
16:39	2	2	Chris Thompson (Aldershot F&DAC)		6	23Oct2004
16:41	3	3	Nick McCormick (Morpeth H&AC)		4	23Oct2004
16:53	4		Chris Thompson (Aldershot F&DAC)		4	2 26Oct2002
16:54	5	4	Sam Haughian (Windsor SE&H)		4	27Oct2001
16:58	6	5	Mohamed Farah (Windsor SE&H)		6	27Oct2001
17:00	7	6	Rob Whalley (City of Stoke)		2	25Oct2003
17:01	=8	7	G. Van Hest (Bedford & County AC)		4	25Oct2003
	=8	8	Keith Cullen (Highgate H)		3	23Oct2004
17:02	=10		Chris Thompson (Aldershot F&DAC)		3	2 27Oct2001
	=10	=9	Ian Hudspith (Morpeth H&AC)		6	27Oct2001
	=10	=9	Mark Miles (Belgrave H)		6	23Oct2004
17:03	13		Ian Hudspith (Morpeth H&AC)		4	2 26Oct2002
17:08	=14	=11	Fiachra Lombard (Woodford G/EL)		1	26Oct2002
	=14		Mark Miles (Belgrave H)		5	2 26Oct2002
17:09	16		Mark Miles (Belgrave H)		4	3 25Oct2003
17:10	=17	12	Zach Kahara (Birchfield H)		5	23Oct2004
17:12	=18	=13	Rod Finch (Southampton R)		2	27Oct2001
	=18	=13	Spencer Barden (Belgrave H)		3	26Oct2002
	=18	=13	Steve Hepples (Newham &EB)		2	23Oct2004
17:13	21	16	Mark Morgan (Swansea H)		3	27Oct2001
17:14	22	17	David Anderson (Belgrave H)		2	25Oct2003
17:15	=23		Rob Whalley (City of Stoke)		2	2 27Oct2001
	=23	18	Allen Graffin (Belgrave H)		4	26Oct2002
17:17	25	19	Rob Birchall (Birchfield H)		4	26Oct2002

Top 25 team times 2001-2004

1:44:24	1	1	Belgrave H		1	26Oct2002
1:44:35	2		Belgrave H		1	2 23Oct2004
1:45:22	3		Belgrave H		1	3 25Oct2003
1:45:28	4		Belgrave H		1	4 27Oct2001
1:45:32	5	2	Windsor, Slough, Eton & Hounslow		2	27Oct2001
1:45:55	6	3	Aldershot, Farnham & D AC		2	23Oct2004
1:46:21	7	4	Salford H		2	25Oct2003
1:46:24	8	5	Morpeth H & AC		2	26Oct2002
1:46:31	9	6	Cardiff AAC		3	27Oct2001
1:46:49	10	7	Birchfield H		3	23Oct2004
1:46:52	11		Birchfield H		3	2 26Oct2002
1:47:01	12		Salford H		4	2 26Oct2002
1:47:04	13	8	Newham & Essex Beagles		4	27Oct2001
1:47:11	14		Birchfield H		5	3 27Oct2001
1:47:21	15	9	Bedford & County AC		3	25Oct2003
1:47:25	16		Morpeth H & AC		4	2 25Oct2003
1:47:29	=17		Salford H		6	3 27Oct2001
	=17	10	Bristol & West AC		4	23Oct2004
1:47:36	19		Birchfield H		5	4 25Oct2003
1:47:37	20		Morpeth H & AC		5	3 23Oct2004
1:47:48	21		Morpeth H & AC		7	4 27Oct2001
1:47:50	22	11	Blackheath H Bromley		8	27Oct2001
1:47:53	23		Salford H		6	4 23Oct2004
1:47:56	24		Blackheath & Bromley HAC		7	2 23Oct2004
1:47:59	25	12	Leeds City AC		8	23Oct2004

AAA Women’s 4-stage Road Relay Champs, Sutton Park, Sutton Coldfield, 23 October 2004

Belles find it tough at Sutton Park

A top 20 place was hoped for, but despite solid performances from all of the girls it wasn’t to be for the Belles. In all seriousness, an international athlete of Birhan or Getenesh’s calibre will be needed to bring the team home in a top 15 position from now on as this competition has seriously picked up. It just reinforces the strength and depth of our men’s team as they continue to make winning look so easy.

Stage 1

The rain had started just before Tilly took on the challenge of stage one, and it didn’t stop all day. Although Tilly is one of our stronger runners at present and up for this gruelling first leg, the jostling at the start and the sheer quality of the field meant that despite a 14 second improvement from last year, Tilly brought the team back in 46th place.

Stage 2

Local girl Vicky Edwards took on the second leg with the aim of pulling the team up a few places. But the challenges of the hilly course and the bad weather meant that Vicky battled throughout. More used to longer distances and the challenges of triathlon it was a tough short sprint for Vicky who has been missed from the Wimbledon Park training group this past year.

Stage 3

Bristol now had a large and growing lead at the front of the pack and Windsor and Wakefield began the battle for the minor places. Louise Cooper for the Belles, meanwhile, pulled the Belles up 11 places into 36th place with another pb over the course, this time an improvement of almost one minute from her 2002 time

Stage 4

With the Belles down in 36th, team captain Juliette Clark was told to do only as much as she wanted on last leg, after all she was running a half marathon the next day! But in true Juliette style our captain valiantly picked up the baton and proceeded to work her way through the field, clocking the Belles’ fastest leg of the day to give us our first sub-16 minutes run since 2002. Kate Reed from Bristol also clocked a fast last leg with the fastest of the day to bring Bristol home in a superb first position.

Statistical analysis:

Our fastest time in 2001, which earned us 7th place then, would only have brought us home in 11th place in 2004. 2002’s time of 64.41 would have achieved 23rd place rather

than 15th and 2003's time of 64.32 would also have achieved 23rd place had those times been run this year. If we had our four fastest girls together, in form, repeating their previous bests, then we would have clocked 59.51 which would have earned us 3rd place this year. The dream is not impossible.....

1 Bristol & West AC 57:46; 2 Windsor, Slough, Eton & Hounslow AC 59:20; 3 Wakefield District H & AC 59:59; ... 28 Belgrave H 1:05:50; 93 teams started; 74 teams finished.

Belgrave: M Heaton (46) 16:03; V Edwards (47) 17:13; L Cooper (36) 16:39; J Clark (28) 15:55.

Fastest: 1 K Reed (Bristol & West AC) 13:59; 2 H.Yelling (Windsor, SE&H) 14:03; 3 J.Bleasdale (Hillingdon) 14:14.

Reigate Priory Relays, Priory Park, 6 November 2004

Belles run a stormer to retain Reigate title

Although much hoped for, such results can never be guaranteed. Nevertheless the Belles pulled a storming performance out of the bag to win the Reigate Priory Relays title in the club's best ever time. This was our second Priory win and enabled us to retain our Reigate title despite tough opposition. It was also the first time that the Belles had managed to field four teams and it should be noted that all of these finished ahead position-wise and time-wise compared to our B team from last year.



Above: standing are Amy England, Debbie Hearn, Catherine Eastham, Juliette Clark, Sarah Murphy, Catherine Bryson and Christine Bertram; kneeling are Tilly Heaton, Helen Smethurst, Louise Cooper, Sarah Gailey. Photo courtesy of Christine Bertram.

Stage 1

The first leg set off into the drizzle with the front runners including Sarah Murphy and Tilly Heaton. These two had been closely matched in the last cross country race but this time it was Sarah who had the edge and brought the Belles A team home in a solid 3rd position. Tilly followed in 6th, less than 20 seconds down, despite carrying a strapped ankle from a recent injury. Christine Bertram in the C team also proved resilient with a strong 14th position, whilst team manager Catherine Eastham struggled home in 31st. Eleanor Baker had given SLH a good lead of about a minute at the handover.

Stage 2

Although a few last minute changes had been made to the teams due to athletes not being available, the A team's selection was never in question. Catherine Bryson, our new member who is just 19, made a great impression on her team mates and the supporters as she went from about a minute down on SLH to bringing the Belles home in the lead with a huge surge round the last bend (although she was judged to be 2nd at the actual handover line). It was a superb performance and she's a fabulous addition to the team. Helen Smethurst just missed out on a sub-17.00min time bringing the B's back in 7th. Sarah Gailey for the C's had a steady run and brought the team in in 15th whilst another new member, Amy England

moved our D team up 5 places into 26th.

Stage 3

As Catherine sprinted in to the handover, so Juliette Clark took off. The difference in speed between the Belles and SLH was phenomenal. Juliette knew she had the edge over SLH's last leg runner Ruth Hutton, but Arena's Caroline Hoyte was also on the final leg. Team captain "Jules" was not going to put up with anything less than a win and managed to extend the lead to just over a minute; and not content with just a win, she managed to clock the Belles 3rd fastest time ever for the course, behind Catherine Bryson and Gabby Collison's 15:16 from back in 1993. Louise Cooper came home just outside her best time for the course, to bring the Belles B team back in 6th place – the first B team home. Sarah Murphy's second run of the day, for the C team, in the place of Vicky Clarke who unfortunately didn't show due to a mix-up, was incredibly just 3 seconds slower than her earlier run; she brought the Cs up to 11th, completely unaware that up front her A team had won. Last of the Belles, but definitely not least, Debbie Hearn proved she was returning to form as she pulled the D team up another 5 places.

1 Belgrave H 'A' 47.21; 2 South London H 48.29; 3 Medway & Maidstone AC; 6 Belgrave 'B' 50.44; 11 Belgrave 'C' 53.31; 21 Belgrave 'D' 57.52.

A – S Murphy (3) 16:03; C Bryson (2) 15:22; J Clark (1) 15:56.

B – M Heaton (6) 16:22; H Smethurst (7) 17:04; L Cooper (6) 17:18.

C – C Bertram (14) 17:31; S Gailey (15) 19:04; S Murphy (11) 16:06.

D – C Eastham (31) 20:00; A England (26) 19:14; D Hearn (21) 18:38.

Fastest: 1 E Baker (South London H) 14:59; =2 C Bryson Belgrave 15:22 and A Simkova (Medway &M) 15:22.

ECCA "National" Cross Country Relays,

Berry Hill Park, Mansfield, 6 November 2004

What a race - Morpeth win after a titanic struggle

Having been regular winners of various major endurance events over the last few seasons our victories are now sometimes labelled as "boring". But we are beatable - as Aldershot and now Morpeth have shown. A team does have to raise their game to do it but that can only be good for the sport and it certainly makes sure that running fans get a hugely entertaining race.

Injury had sidelined David Anderson and Paul Freary, and with Spencer Barden competing in Belgium, only "Sharp" was available from last year's winning team - but we still felt we could win.

Stage 1

With a black ribbon pinned to his vest, in memory of "JJ", Kevin Nash trotted to the start line ready to "give it some". The start was ferocious. Nasher was driving his legs as fast as he could but as the field tore down the first slope and then up and around the lake on the first of the two laps that made up each stage, he was placed in the high 20s. A group of five had broken away as the second circuit began, with Newham, Tipton, Harrow, Sale and Notts AC vests prominent. Kevin was now around 20th but moving strongly and overtaking runners as the distance began to tell. Through the woods and then up onto the high ground at the back of the course our man was still picking men off until the very end. His 11th place had given us a great start.

Stage 2

A tough race in the Birmingham Reebok Challenge the previous weekend hadn't done Jonathan Blackledge any favours and he had to work very hard to keep the team's forward momentum going. Blackheath's Mike Skinner came tearing past on his way to the day's third fastest, taking the Heathens into the lead in the process. Sale Harriers were making a good showing in second while Derby were also in contention along with Harrow for whom our second-claimer

Richard Ashe was running 15:48.

Although the air was still and the rain had kept off, conditions were very sticky underfoot and it appeared that times were somewhat slower than the norm. Jonathan ran 15:22 in 2003 and one would have put money on him going faster this time round. Working oh! so hard he pulled back two places but had to settle for a return of 15:35. We were 9th – but 45 seconds off the lead.



Stephen Sharp took the Bels from 9th to 2nd. Photo by Alan Mead.

Stage 3

It was beginning to look as if we would find it very difficult to get to the front but Stephen Sharp is going through a superb spell at the moment and is brim full of confidence. Immediately disposing of Tipton and Altrincham, he floated up to Windsor and then they too fell away.

“Who’s that!” gasped Morpeth’s team manager Jim Alder. “Stephen Sharp,” came the swift reply from a Belgrave supporter.

“Whor! Of course. Thanks Lass.”

Still described as a “great club man” in the athletics press, Stephen’s fame is beginning to spread.

In front, Ian Hudspith for Morpeth was also going well and as leaders Blackheath, Sale and Derby sagged, the whole field became prey to Stephen who was a man on a mission. Morpeth and Belgrave colours were side by side during much of this battle but eventually it was our man coming out on top and as the final hand-over was reached only Harrow were a stride or two ahead – and incredibly, they did not have a fourth man.

Stage 4

Hero of so many of our races, Mark Miles set out at the head of the pack with Sale seven seconds in arrears and Morpeth, in the form of Nick McCormick who ran so brilliantly in Sutton Park a fortnight earlier, just two seconds further back. What pressure for Mark, not feeling too confident after a disappointing 8th in Birmingham seven days earlier.

McCormick ripped into Sale’s advantage and within half a mile was a few strides behind “Milesy”. They were locked together as the first lap was completed, and setting out again the advantage now swung towards the Belgrave man. McCormick had definitely overcooked his initial charge and with spectators racing from one side of the course to the other to witness this titanic struggle, Mark went ahead. Two metres became ten ... ten became twenty ...

The Tipton lads were screaming on their training partner “Milesy” as the pair raced through the woods. The Newham

boys back at the finish felt that Mark would have the edge; but with this race proving to be a thriller to the end there was more drama to come. Already, poor Mark was running close to the edge. McCormick overcame his bad patch and the gap came down ... and down ... until 50 metres out on the short sharp rise towards the finish, Morpeth’s blue and white colours went ahead. Mark’s legs had gone. It was pure memory and will power that kept him moving over the last few metres until, with legs buckling, he sank to his knees as the line was crossed.

Minutes passed before he could get up. Mark had given everything, and the respect he had earned (yet again) from the rest of the team was immense. It was a terrific run when he hadn’t felt at his best – and he was our fastest man. Such is the talent and courage in young Mark’s frame that one of these days he is going to do something unbelievable.

What a race!

1 Morpeth H&AC 1:01:06; 2 Belgrave H 1:01:12; 3 Altrincham & DAC 1:01:44; 4 Aldershot F&DAC 1:01:57; 5 Blackheath & Bromley 1:02:24; 6 Sale H Manchester 1:02:50; 150 teams started; 120 finished.

A - K Nash (11) 15:31; J Blackledge (8) 15:35; S Sharp (2) 15:07; M Miles (2) 14:59.
B - R Alsop (57) 16:50.

Fastest: 1 C Thompson (Aldershot F&DAC) 14:30; 2 M Skinner (Blackheath & Bromley) 14:42; 3 N McCormick (Morpeth H&AC) 14:43; 5 M Miles (Belgrave) 14:59; 6 A Bowden (Harrow) 15:04; ... 8 S Sharp 15:07.

South of Thames 5 miles Team Race,
Petersham, Richmond Park, 13 November 2004

Tilly leads team to bronze

Over the years, the size of the field in this race has dwindled and the barring clauses, which once upon a time prevented a winning individual or member of a victorious team from ever taking part again, have been tinkered with until this year they were finally removed altogether. The result was a welcome upturn in numbers at Petersham, the 200 plus finishers (men and women) beginning to echo the 300 and more that competed in the men only races of the ’50s and ’60s.

Tilly Heaton ran well to take the individual silver medal and led our women’s team to third place. Those bronze medals were won against the odds. Louise Cooper had to abandon her car way out near the M3 with a puncture and yet still made it to Richmond Park for the race; Sarah Gailey, much preferring shorter distances, came to a halt after the first lap of 2.5 miles – but then got going again. With four to score and only four Belgrave women present both these actions turned out to be medal winning efforts.

In the men’s race new member Tom Ellacott led the Bels home with another promising run. We might have got close to team medals here too but for an unfortunate incident which befell Knut Hegvold. Suddenly feeling faint, Knut dropped to the ground for an instant before wisely calling it a day.

Knut’s absence gave Bruce Barton the chance to close in the team and it was good to welcome Mike Kazimierski back into the fold.

Men. 1 D Kebede (Herc Wimb) 28:39; 2 J Mays (Kent) 28:42; 3 E Robinson (Aldershot F&D) 28:47; 15 T Ellacott 30:18; 17 R Alsop 30:36; 22 J Wolf 31:02; 30 B Barton M40 31:54; 33 L Greatorex 32:09; 53 M Kazimierski 33:35; 61 S Zealey 33:52; 66 W Lynch 34:22; 72 A Bicourt 34:44; 124 Don Anderson M45 37:51; 131 H Corbett 38:18; 147 L Rehn M40 39:36; K Hegvold M40 dnf.

Teams: 1 Kent AC 31; 2 Thames H&H 33; 3 Aldershot F&D 59; 4 Belgrave H ‘A’ 80; 14 Belgrave H ‘B’; 33 teams closed in. Eight to score: 1 Kent AC 229; 2 Thames H&H 301; 3 Ranelagh H 305; 4 Belgrave H 333; 9 teams closed in.

Women: 1 A Outram (Thames) 33:14; gst D Lee (Bristol & West) 33:50; 2 T Heaton (Belgrave) 35:09; 13 L Cooper 38:26; 26 S Gailey 41:46; 29 V Jones 42:03.
Teams: 1 Thames H&H 33; 2 Ranelagh H 42; 3 Belgrave 70; 8 teams closed in.

Recent Results

Road & Country

October 2004

- 16 **Surrey County Veteran CC Champs**, Petersham, Richmond Pk. Men. 1 M Tennyson (Guildford &G) 35:12; 10 T St Leger (7-M40) 36:54; 22 T O'Neill (13-M40) 38:05; 37 B Barton (19-M40) 39:35; 93 Don Anderson (23-M45) 44:06; 118 G Collins (4-M65) 50:40; 127 C Henn (2-M70) 53:14; 131 A Lane (3-M70) 55:17; 134 A Stone (16-M60) 56:17. Teams: M40 1 Guildford & Godalming 18; 5 Belgrave 52. M60 1 Thames H&H 10; 5 Belgrave 45. Women. 1 J Ray (Dorking &MV) 23:19; 3 J Clark (3-W40) 23:58; 10 H Smethurst (7-W40) 25:10.
- 16 **Scotland East Relays**, Floors Castle, Kelso. Senior Men 2.5m: 3rd fastest D Gauson 12:44. U17M 1.5m: Fastest: K Gauson 7:09.
- 17 **Woburn Rhino 10k**, Woburn Safari Park. 1 S Barden 30:32. Women. L Horrobin 42:07.
- 17 **Cabbage Patch 10 miles**, Twickenham. 1 P Sly (Thames H&H) 49:33; 5 K Hegvold M40 52:41.
- 17 **Ronhill Surrey Classic Series 10 km**, Nonsuch Park, Cheam. 1 P Mainwaring (Guildford &G) 33:26; 10 M Webb 36:41; 46 I Broderick M40 40:37.
- 23 **Scottish Relay Champs**, Cumbernald. Fastest: D Naylor (Hunters) 13:00; 3 D Gauson 13:12. U17M Fastest: K Gauson 8:47.
- 24 **Griffiths Marshall Half Marathon**, Stroud. 1 Z Kihara (Birchfield/Kenya) 64:11; 5 K Tadesse 1:06:24. Women. 1 M Otworik Mutwa (Kenya) 76:02; J Clark W40 1:26:53; H Smethurst W40 1:28:08.
- 24 **adidas Dublin Marathon**, Dublin IRL. 1 L Kimutai (Kenya) 2:13:8; 31 J Clarke 2:35:59.
- 29 **Heptagonal Games**, USA. 8 km. 23 A McLean-Foreman 25:32.
- 30 **Reebok Cross Challenge**, Senneleys Park, Birmingham. 10 km 1 M Lole (Coventry G gst) 35:22; 6 M Miles 36:18. U17M 5 km 1 A Derricott (City of Stoke) 19:31; 11 K Gauson 20:23.
- 31 **Eurocity Marathon**, Frankfurt GER. 1 B Kimaiyo (Kenya) 2:09:10; 22 W Cockerell 2:31:02.
- 30 **Hampshire League**, Goodwood. 1 A Toward (Aldershot F&DAC) 27:25; 5 T Watson 27:50.
- 30 **VAC 5.8 miles**, Wimbledon Common. 1 S Smyth (Dulwich R) 34:16; 3 M Nouch M50 36:11.
- 31 **Barns Green Half Marathon**. 1 D Taylor (Blackheath &B) 1:06:45; 145 P Cross M45 1:30:00; 642 D McMillan M55 1:49:26; 666 J Pritchard 1:50:28; 797 A Lane M70 1:55:04.

November 2004

- 07 **New York Marathon**, New York NY USA. 1 H Ramaala (RSA) 2:09:27; 241 A Leane 2:53:23.
- 07 **Lotto Crosscup van Vlaanderen**, Ghent, BEL, 8500m CC. 1 W Chemwebo (Kenya) 23:30; 13 S Barden 24:20.
- 07 **Ronhill Surrey Classic Series 10 km**, Oxshott. 1 N Covington (Guildford &G) 33:26; 249 D Davies M65 53:27.
- 07 **Marlow Half Marathon**. 1 O Jones (Chiltern) 1:13:57; 434 D McMillan 1:49:25.
- 14 **BMC 4 km Classic Cross Country**, The Downs, Bristol. 1 R Whalley (Bristol & West) 11:41; 2 C Moss 11:54.
- 14 **Stebbing 10 miles**, Stebbing. 1 C McMillan 55:36.

Race Walking

October 2004

- 11 **Enfield 5 km**, Enfield. 1 N Silvester (Aldershot F&D) 24:15; 5 J Hall M55 25:47; 9 C Lawton M55 27:23; 22 D Fotheringham M70 30:55. Team: 1 Ilford AC 25; 2 Belgrave 28; 3 Enfield 46.
- 16 **Cambridge H Winter Lg 5 km**, Bexley. 1 D Stone (Steyning) 21:12; 4 A Goudie 24:40; 6 T Watt 24:53; 8 C Lawton M55 27:31; 10 P King M50 28:38; 12 D Fotheringham M70 30:29. Team: 1 Belgrave 22; 2 Medway & Maidstone 34; 3 Steyning 39.
- 25 **Gazette Cup 4 miles**, Monks Hill. 1 M Easton 31:08; 2 C Lawton M55 36:45; 4 P King M50 37:44.
- 30 **Steyning 10 km**, Steyning. 1 D Stone (Steyning) 44:34; 7 T Watt 54:43; 8 C Lawton M55 55:50.
- 31 **Essex League 5 miles**, East Colne, Colchester. 1 P Ryan (Sheffield) 40:24; 7 C Lawton M55 44:52.

November 2004

- 07 **LPR 9 km Handicap**, Blackheath. 1 D Sharpe (Ilford) 56:40; 15 C Lawton M55 50:48; 16 D Fotheringham M70 57:07.
- 14 **Enfield 7 miles**, Enfield. 1 Z Pollinger (USA) 55:35; 5 T Watt 57:53; 6 J Hall M55 59:54; 11 C Lawton M55 63:09. Team: 1 Ilford 27; 2 Belgrave 35; 3 Enfield & Haringey 62. Women: 1 S Foster (Dartford) 64:20; 5 M Noel W35 68:50.

Belgrave Harriers Darts Championship for the "Denmark Pot" will be held at Belgrave Hall on Saturday 4th December at 8pm.
Entries taken on the night. Hot food available

Club partnership announced

Belgrave Harriers and Sutton & District Athletic Club have announced they will be working together in partnership. Both clubs recognize that athletics is undergoing a period of change and both clubs are eager to demonstrate that they are prepared to move with the times and search for new ways to help develop the sport.

Each club will continue to operate as a completely separate, autonomous organisation so there is no question of amalgamating, changing racing colours or the changing of constitutions. However, where appropriate, each club will facilitate second-claim membership of the other, and will be taking advantage of recent UK Athletics and track & field league rule changes that allow athletes to compete for more than one club. The officials of both clubs - timekeepers, judges, etc. - plan to get together to help each other fulfil their commitments at home and away matches. Similarly, the intention is that coaches will be able to pool their resources to assist each other. Future development plans will be integrated to maximise benefits to both clubs.

As things stand, a huge benefit of this initiative is that a track or field athlete competing for Sutton & District AC would be able to stay with his or her original club for the whole of their career, if they so wished, without having to face the move to a larger club to open up the avenue of competition in the men's British Athletics League or UK Women's Athletics League.

Belgrave Harriers have already agreed to host a home British League Division One match at Sutton Arena in 2005, thus bringing top class athletics to the London Borough of Sutton. It is likely that some other league matches will also be held at this venue.

John Vernon, Sutton & District AC Vice Chairman, said:

"My committee and I welcome the partnership between our two clubs. We see this development as part of an evolutionary change in the way in which the sport of athletics must move forwards. The partnership will allow the members of Sutton & District access to all the benefits that go with being a member of Belgrave Harriers without any loss to our identity as a regional club with a long and successful history. Pooling our resources can only benefit both clubs and I'm sure this will be reflected in our competitive performances in the years to come."

British League Team Manager and Past Belgrave President, Bill Laws, added:

"The very recent loss of our own John Jeffery has brought home once again how grass roots athletics is dependant on a very experienced but ageing group of hard working volunteers. We believe that in coming years a contracting volunteer force together with changes in social patterns will force re-organisation and rationalisation of grass roots structures. The Belgrave/Sutton Partnership initiative is a far sighted step which may well form the pattern for other similar initiatives."

John Jeffery 1944-2004

We were all quite stunned to hear of the death of John Jeffery on Wednesday, 27 October. Only a couple of days earlier he had been running around Sutton Park supporting our teams at the National 6 and 4-Stage Road Relays.

Many tributes have been received to John who was so deeply involved in many aspects of our club - in particular sharing the management of our British League team with Bill Laws.

An obituary will be found on the club's website and it will also be published in the next issue of the Belgravian. In the meantime we work hard to fill the gaps in our organisation left by this loss. Our deepest condolences go to John's family.