



Above: A purple patch to finish the last match of the 2007 league. Chris Lambert sends Wade Bennett-Jackson away for a sprint relay win.

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## British Athletics League Premiership

Match Four, Copthall Stadium, Barnet, 4 August 2007.

### Back from the brink

#### *Belgrave aim to emulate "Shaftesbury"*

Shaftesbury Barnet Harriers have a reputation for turning out weak-ish teams for the first three BAL matches, hover around the relegation zone, and then pull out a great team to cause all kinds of mayhem in the final match. As our plight after three

#### Final Premier League Table – 2007

1	City of Manchester	27	1243
2	Birchfield Harriers	24	1196
3	Woodford Green wEL AC	23	1166
4	Shaftesbury Barnet H	17	1095
5	Newham & Essex Beagles	17	1059
6	Belgrave Harriers	15	1047
<b>Relegated</b>			
7	City of Sheffield	14	1042
6	Trafford AC	7	843
<b>Promoted from Division One</b>			
1	Enfield & Haringey AC		
2	Windsor Slough Eton & Hounslow AC		

lack lustre matches was to be in the relegation zone with Shaftesbury we knew we would need some special performances to avoid the drop to Division 1.

#### *Golden oldies in the throws*

With top point scorers William Sharman and Darren Chin on their way to the World Student Games and Joe Ive injured, we cast the net wide to chase every point. Soon matters seemed dire as multi event throwers Scot Thompson and Mark Allen reported their unavailability. Fortunately our golden oldies came up trumps. First Mick Jones agreed to return from

holiday on the Isle of Wight and Abi Ekoku and Leith Marar agreed to cover discus – in Abi’s case the shot too. Veteran Chris Privett was delighted to make his BAL debut in the hammer and was rewarded with a big pb and good points in the B event. In the A hammer Mick Jones put together his best series of the year to snatch second spot providing a welcome boost. Not to be outdone Leith threw a season’s best in the discus and Abi worried the 50m mark having not trained this year. But the standard was high, the wind ideal and all throwers revelled in the competition won by Woodford’s Emeka Udechuku in a new league record of 63.37m. Sadly bad luck again dogged the pole vault as Keith Higham picked up a nasty injury in the warm up but Cameron Johnston made some amends by finishing a commendable third in windy conditions.

#### ***And then to the barriers***

The first event the 400m hurdles has been a disaster this year and both Ryan Dinham and Matt Douglas were using this last match to make their first League appearances of the season. But then Ryan Dinham twisted his ankle by stepping on the track kerb during warm up and looked a non starter in the A event. Just as the team managers were despairing the gun went and lo! and behold there was Ryan leading at hurdle 5. A miracle! Lack of race fitness saw him drop back to fourth but at least he kept going despite a visibly swollen ankle, which was to eliminate him from the forthcoming high hurdles and long relay. With Matt Douglas running the B at the end of an injury wrecked season we were expecting more good points and this seemed highly likely as he cleared hurdle 9 well ahead; but he got the last one totally wrong and pushed it over by hand - instant disqualification! Perhaps driving down from York on the morning of the race had affected his legs. Embarrassed, he agreed to replace Ryan in the high hurdles where he was joined by Louis Evling-Jones to score useful points.

City of Manchester’s international steeplechaser Stuart Stokes took command of the longest “barrier” event but the Bels were solid here with Sam Aldridge clocking the best Belgrave BAL time of the season and Will Cockerell – again running an event that he does not particularly enjoy – scoring enough points to make him our latest BAL-100-pointer – and he’d driven all the way from Somerset on the morning of the race to do it!

#### ***While on the flat ...***

Paskar Owor was doubling the 800m and 1500m and hung back in the shorter race as the leaders jogged through in 61 seconds. Badly placed and unable to match the sprinters he finished in fifth spot having run 54 for the second lap. The B race was faster from the start and Jonathan Blackledge continued his return to fitness with a good second spot. Paskar made amends by placing second in the 1500m where tragically Darren Gauson was tripped and suffered such a serious knee injury that father Bryan had to drive him back to Edinburgh instead of flying back.

#### ***Big points in the sprints and long jump***

The sprints were to be the first of our big points scorers with the welcome sight of Chris Lambert winning the A and Wade Bennett Jackson the B 100m into huge head winds. Celebrating the first double victory of the season Chris went on to win the A 200m in a time faster than the British sprinters in the previous night’s London Grand Prix – and into a bigger headwind. Manchester’s Andy Turner was a full four metres adrift. With further additions to the World Champs still to be announced we wondered if Chris had done enough for the selectors to give him the nod for a 200m spot.

Meanwhile former AAA’s decathlon champion Louis Evling-Jones was embarking on the most hectic two hours of his athletic career. First the long jump where in the sixth round he

leapt a mighty 7.37m to enable Adrian Phillips to win the B event with 7.07m. Then to the high hurdles where he ran 15.30 into a 2.7m/s headwind followed by an unscheduled shot (a late injury prevented Chris Gearing from competing) where an 11.43m putt was good enough for sixth spot in the B. Abi avoided the wooden spoon in the A shot but the points from this event were well down on pre-match expectations.

***“...the relegated clubs will be Belgrave and Trafford!”***

It was about this point in time that announcer Tony Miller gave the match point scores concluding with “if those positions stand the relegated clubs will be Belgrave and Trafford!” Things were not looking good.

#### ***But a purple patch to finish***

But then a purple patch and just four events transformed the team positions. We’d just received the excellent long jump result (22 points), then a stunning 5000m (24 points) where Phil Wicks ground the opposition into a seriously hot track as air temperatures hit the 30-degree mark. Kenyan John Nyasanga couldn’t stay with him and, winning in style, Phil glanced back to see Simon Jones sprinting down the home straight to grab second spot in the B event. These were remarkably determined efforts from youngsters Phil, who just a few weeks before had set a big pb over 10km, and Simon, who has also been close to his best on the roads at both 5k and 10k.

Then came the high jump with Samson Oni clearing 2.23m with ease, and just failing on two of his attempts at 2.27m, backed by the ubiquitous Louis Evling-Jones winning the B high jump with 2.00m (28 points). Following this was a scintillating winning sprint relay squad comprising junior Idowu Akindele, Jason Hussain, and Chris Lambert with Wade Bennett Jackson running the glory leg. Their winning time of 40.82 compared favourably with Belgrave’s winning time of 40.37sec in the Euroclubs Cup 2007.

By now we were in third spot with a shell shocked Sheffield in seventh. But still there was a twist to keep everybody on the edge of their seats. Our third placed long relay squad were disqualified for a claimed faulty hand over (0 points) and then the triple jump results came in where javelin man James Everard backed up an injured Gary Wilson. James had a knee operation seven weeks ago and his colleague in the javelin – Wes Smith – had had a similar operation just four weeks ago. Nonetheless they contributed 12 points and we were home and dry. But what a rollercoaster day of competition that saw a constant shifting of team places. Our commiserations to Sheffield who must now realise that match 4 is where it all happens. The fat lady sang and went home happy. The team managers were relieved that that’s it for this year.

And finally thanks to the Belgrave supporters and to Tony Ganio, sports masseur, whose magic hands once again eased tired legs and kept the team on track.

**Results:** 100m: 1 C Lambert 10.79/-3.9; 1 W Bennett-Jackson 10.73/-2.2. 200m: 1 C Lambert 21.05/-2.1; 3 J Hussain 22.18/-1.7. 400m: 3 S Osho 47.75; 6 I Deeth 50.07. 800m: 5 P Owor 1:55.22; 2 J Blackledge 1:52.26. 1500m: 2 P Owor 3:51.38; dnf D Gauson; 5000m: 1 P Wicks 14:18.15; 2 S Jones 14:46.96. 110mH: 6 M Douglas 15.18/-2.2; 4 L Evling-Jones 15.30/-2.5. 400mH: 4 R Dinham 53.02; dq M Douglas. 3000mSC: 6 S Aldridge 9:37.34; 6 W Cockerell 10:19.62. HJ: 1 S Oni 2.23; 1 L Evling-Jones 2.00. LJ: 4 L Evling-Jones 7.37w/3.0 (7.12/1.3); 1 A Phillips 7.07/1.1. TJ: 8 G Wilson 13.55; 6 J Everard 11.92/1.1. PV: 3 C Johnston 4.40; dns K Higham. SP: 7 A Ekoku M40 12.67; 6 L Evling-Jones 11.43. DT: 6 L Marar 53.16; 4 A Ekoku M40 49.59. JT: 6 J Everard 60.41; 4 W Smith 52.87. HT: 2 M Jones M40 65.61; 5 C Privett M45 44.27. 4x100m: 1 Belgrave H 40.82 (I Akindele U20, J Hussain, C Lambert, W Bennett-Jackson). 4x400m: dq Belgrave H (I Akindele U20, I Deeth, S Osho, J Hussain).

**Teams:** 1 Shaftesbury Barnet H 357; 2 Woodford Green wEL AC 316; 3 Belgrave Harriers 291; 4 Birchfield Harriers 273; 5 City of Manchester 265; 6 City of Sheffield 246; 7 Newham & Essex Beagles 244; 8 Trafford AC 173.

## UK Women's Athletics League Division 2

Match Three, Milton Keynes, 5 August 2007.

Final league table for 2007

Promoted to Division One			
1	Windsor Slough Eton & Hounslow AC	24	682.5
2	Rugby & Northants	20.5	541
Remaining in Division Two			
3	Marshall Milton Keynes AC	17	496
4	Team Southampton	14	450
5	Havering & Mayesbrook AC	13.5	426
6	Belgrave H	10	386.5
Relegated			
7	Wakefield H AC	3	321.5
8	Wigan & District AC	3	237.5



A team of twelve was all it took to keep Belgrave afloat in Division Two of the UKWAL. Here are seven of them: Jacqui Loney, Hannah Douglas, Vikki Goodwin, Hazel Mead, Christine Bertram, Sarah Gailey and Catherine Bryson.

### Safe at Milton Keynes

For one reason or other it was another small team journeying up the M1 to Milton Keynes for the final match in the league series; but with everyone fighting hard for every point, the Belles ended up with their best position of the season and comfortably maintained their Division Two status.

Hannah Douglas was in action in the first track event of the day, the 400 hurdles, where she now seems able to clip 60 seconds at will, and the last, where she pulled back two places in the long relay with a 56 second split.

One of our highest points scorers of 2007 is Susan Bovill who has had a good season. She took care of the 200/400 and was scheduled for both relays but had to pull out of the 4x400m having limped across the line on last leg of the short relay. Michaela Hutchison, fresh from two 800m pbs at the UK Championships, was devastating in the 1500m and with Catherine Bryson backing up well to win the B race they gave us our only maximum points of the afternoon.

One time multi-eventer Christine Bertram made her 2007 league debut with an unlikely combination of 3000m, 100m hurdles, javelin and long relay, and Katryna Euridge was also in action all over the arena, stringing together long and triple jumps, shot and relay. That triple jump was our second best event of the day with two second places from Katryna and Michelle Nestor.

But as we've already said, everyone happily contributed towards the final score and with just a few more athletes the team could easily be well into the top half of the table.

**Results:** 200m: 3 S Bovill 24.8/2.1; 8 V Goodwin 31.3/0.4. 400m: 2 S Bovill 55.3; 6 S Gailey 63.3. 800m: 5 S Gailey 2:18.8; 6 V Goodwin 2:37.6. 1500m: 1 M Hutchison 4:29.7; 1 C Bryson 4:43.9. 3000m: 2 C Bertram 10:57.7; 4 S Gailey 11:57.1. 100mH: 3 H Douglas 14.6/-2.3; 8 C Bertram 20.6/-0.1. 400mH: 1 H Douglas 59.6.HJ: 7 H Douglas 1.50; 4 M Nestor 1.40. LJ: 4 K Euridge 5.23; 3 M Nestor 5.00. TJ: 2 K Euridge 10.88; 2 M Nestor 10.61. SP: 7 K Euridge 9.64; 6 J Loney 8.80. DT: 5 J Loney 34.34; 7 H Mead 15.99. JT: 7 C Bertram 27.52; 8 H Mead 17.69. HT: 5 J Loney 40.43; 6 H Mead 16.79. 4x100m: 6 Belgrave 52.0 (K Euridge, H Douglas, S Gailey, S Bovill). 4x400m: 4 Belgrave 4:09.5 (M Hutchison 60.3, C Bryson 65.8, C Bertram 67.4, H Douglas 56.0).

**Teams:** 1 Windsor SE&H 205; 2 Rugby & Northants 184; 3 Marshall Milton Keynes 167; 4 Team Southampton 160; 5 Belgrave H 131; 6 Havering & Mayesbrook 126; 7 Wakefield H 115; 8 Wigan & D 94.

World Student Games, Thammasat University, Bangkok  
9-14 August 2007

### "Chinny" makes the final in Thailand

Arguably only third in quality to the Olympics and World Championships, the World Student Games opened in torrid conditions in Bangkok. Strangely the sprint relay took place on day one and in the cool of the morning the GB team cruised effortlessly into the final as firm favourites. Sadly in a blanket finish they were edged out of the bronze medal spot by 0.01sec with only 0.16 secs covering the first four teams. Belgrave's Darren Chin ran the third leg and will be disappointed that silverware evaded the team in this event.

Also competing on day one was William Sharman who cruised through his heat securing third spot for a place in the semi's. Unfortunately he false started and then dwelt in the blocks (0.235 sec reaction time) trailing in last in his slowest time of the year.

In the 200m Darren relentlessly worked his way through four races, setting a season's best in the quarter final and twice equalling his best ever of 21.11, the second time for 6th in the final.

4x100m: a 1 Thailand 39.15; 2 RSA 39.20; 3 China 39.30; 4 GB&NI 39.31 (1h1 39.78).

110mH: a 8s2 W Sharman 14.05/0.0 (3h2 14.00/-0.9).

200m: d 6 D Chin 21.11/0.2 (5s1 21.11/0.8, c 3q2 21.23/-0.1, 3h3 21.56/-0.8)

11th IAAF World Champs, Osaka, Japan  
25 August – 2 September 2007

### Medals out of reach for Bels in Osaka

#### Phillips 6th in triple jump final

The opening day of the Games saw Phillips Idowu dispel fears that he was still injured. He leapt into the final with a 17.07m opening effort. 17.10m was the automatic qualifier but Phillips was, rightly, confident that his initial mark would be sufficient and he sat out the remaining two rounds. Competing for France, Julien Kapek was unable to qualify.

Two days later came the final. After two rounds Phillips Idowu was lying 4th with 17.07m – that hoped for early "big one" hadn't materialised. Nelson Évora of Portugal nailed the competition with 17.74m in the next series of jumps but the Belgrave man was unable to improve until a last round effort of 7.09m gave him a final position of 6th.

"It was a long day and a long competition and I came into it very positively. After qualifying I thought I had a 17 metre jump in me, but I wasn't sure how many.

"I was comfortable with my hop and step phase, but I missed the snap at the end. I enjoyed it as a couple of weeks ago I didn't even know if I would jump at all.

"I owe a big thanks to the doctors and physios as they have helped me so much and without them I wouldn't have even been out there tonight."

Running for Ireland Michelle Carey (Ireland) was unable to make an impact in her 400m hurdles heat, finishing 8th in 57.10.

#### David Gillick close to his best

Only the first three in each heat of the 400m gained automatic qualification to the next round and some big names fell by the wayside.

Indoor European Champion David Gillick of Ireland came up against out-and-out USA favourite Jeremy Wariner in heat 2 but ran well to place 3rd, pushing GBR's Martin Rooney out of a qualifying spot in the process! Gillick's time of 45.35 compared well with his Irish Record of 45.23 set in Berne in May and we looked for that record going again in the next round.

With only two athletes to qualify from each of the three 400m semi-finals, only the very best could afford to hold anything back. But unfortunately David was unable to raise his game any further, placing 6th in the second semi with 45.35.

### **No joy for Goldie**

A lacklustre performance from Goldie Sayers meant that the Belgravian missed out on a place in the javelin final. Placed fourth on the world lists for 2007 with 65.05m, she opened with 55.40m, could manage only 54.78m with her second effort, and finally speared the turf at 57.23m for 9th place in her qualifying group - 18th overall.

"To be honest I did not sleep a wink last night and whether that had something to do with it I have no idea. I just felt absolutely flat and couldn't wake my legs up," she said.

"My legs were so dead and I couldn't attack the line, I feel really tired and I did not have it in my legs at all. I feel I belong in the final with the way I have been throwing all year, but it would have taken a miracle to be in it."

Men. 400m heats (28th) 3h2 D Gillick (Ireland) 45.35. Semi-final (29th)

6s2 D Gillick 45.37.

Triple Jump. Qualifying (25th). TJ: 11gA J Kapek (France) 16.55/0.4; 1gB P Idowu 17.07/-0.1. Final (27th) 1 N Evora (Portugal) 17.74/1.4; 2 J Gregorio (Brasil) 17.59/0.3; 3 W Davis (USA) 17.33/1.0; 6 P Idowu (GB&NI) 17.09/-0.9 (16.63/0.2, 17.07/0.5, 16.66/0.0, 16.88/0.4, 16.85/1.0, 17.09/-0.9).

Women. 400mH heats (27th) 8h3 M Carey 57.10.

Javelin. Qualifying (29th) 9gA (18 overall) G Sayers 57.23.

## **From The Belgravian**

### **75 years ago ... 1932**

The infant "Belgravian" ran to 7 issues in 1932 and recorded some very momentous events.

Early issues concentrated on cross country where it is noted that Surrey AC had wrested our Surrey County title from us but, nevertheless, we had two men in the Surrey team for the Inter Counties race which clashed with the Club 10 mile championship. Our juniors won the Surrey title and several went on to make names for themselves in the senior ranks. The winner was Dennis Brickwood of Mitcham AC who later became a Club member.

Two great names from the walking world appear in the January issue - Harry Churcher had completed his first race as a Belgravian while Tommy Green had defended his tile in the Godstone walk. Both were to go on to greater wins - Tommy later in the year.

Possibly of most significance in the first issue was a letter, from W H Hare, the Hon. Treasurer. At a recent Committee meeting it had been proposed that we should make an effort to obtain our own clubhouse. Ever a practical man the Treasurer said that if all our 600 members were to save halfpenny (a' penny) coins, and the resulting sum be placed in a Building Society Account then we could soon have enough money to place as a deposit with a mortgage being raised for the balance. Almost immediately the Committee approved the idea and the Building Fund was established. Although years were top pass before the dream was fulfilled it happened - "from little acorns great oaks grow."

Club vests were available either short sleeved, long sleeved or sleeveless - 17.5p each, ties cost 12.5p each.

The National CC saw us finish 10th, the Brighton Relay found us in 3rd at the finish with every man in the team setting a new Club record for their leg. Only Salford and Birchfield were in front of us in a very fast race. The walkers continued on their merry way but still failed to win the Surrey 10 team title!

## **News**

We know that spearmen are tough guys and put everything into their throws – witness James Everard throwing against some of the best in the world in Albufeira early this year just weeks after having had an operation – and still managing to get over 60 metres

But, throwing in Finland late in the season, Wesley Smith looks as if he's capped the lot by putting so much into his throwing that he actually broke his arm while doing it.

He tells us: "I don't know for sure yet but it looks like my javelin career may be over. I didn't do anything particularly wrong but I got an awful lot more power into the throw than usual and my arm just couldn't take it. The bone on the outside of the forearm is broken near the elbow and it will have to be pinned.

Soon after we learned this, he went in for surgery and is now in a six month spell before they take the pins out. He'll surely be out for next season.

Wez first competed for Bels, in 1998 and in all that time he says he's never achieved what he set out to do due to injuries – "maybe that's why I've never lost my thirst for it. I've got to say though that this last season has been the most frustrating to date and I don't want to end my career in this way..."

## **Results Roundup**

### **Track & Field**

#### **August 2007**

- 3 **IAAF Grand Prix, Crystal Palace.** Men. 100m: 8h2 J Ellington 10.63/-0.6. 400m: 6r2 R Thomas 48.06. 1500m: 12 N Speaight 3:45.80.  
Women. 400mH: 5 H Douglas 59.81.
- 4 **Men's Southern League Division 4 (S), Crawley.** 100m: 1 M Anukam U17 11.6; 1 K Adjepong 11.5; n/s 1 T Kennedy 11.7. 200m: 2 T Kennedy 23.9; dnf M Peacock; n/s 1 K Adjepong. 400m: 1 J van der Toorn 52.0; 1 M Anukam 51.5. 800m: 2 P Willis 2:01.1; 2 M Humphrey 2:05.0. 1500m: 1 P Willis 4:22.2; 1 M Humphrey 4:31.7. HJ: 2 K Menyah 1.40; 2 R Murtin 1.30. LJ: 3 R Norton 5.45; 3 K Menyah 5.03. TJ: 3 K Menyah 11.53. PV: R Murtin 2.40. SP: 4 M Peacock 8.98. DT: 4 R Murtin 20.92. JT: 3 M Peacock 39.14; 3 R Murtin 23.10. HT: 4 M Peacock 21.31. 4x100m: 3 Belgrave 48.3 (T Kennedy, J van der Toorn, K Menyah, M Anukam). 4x400m: 2 Belgrave 3:40.5 (M Anukam 52.9, K Menyah 60.9, P Willis 54.5, J van der Toorn 52.2). Teams: 1 Crawley 180; 2 Horsham 140; 3 Belgrave/Sutton 126.
- 4 **BAL Division One, Cophall Barnet.** SP: 4 B Morse 14.28; SP: 4B M Small M50 12.69. DT: 1 B Morse U20 55.65; 3B M Small M50 40.41. HT: 4B M Small 40.56.
- 4 **BAL Division Two, Derby.** HT: 2 M Richards 55.84.
- 8 **Watford Open.** Men. 1500m: 3rD J Fairbourn 4:15.40; 8 D Mason 4:18.76. BMC Gold Races. 800m: 2rA J van der Toorn 1:52.36; 4 S Omar 1:53.83.  
Women. 100m: 3 H Douglas 12.76/-2.5. 200m: 3rE mx H Douglas 25.61/0.1. BMC Gold Races. 800m: 2 M Hutchison 2:04.86
- 9 **Woking AC Open Meet.** Men. PV: 1 C Johnston 4.60. JT: 1 K Sempers 53.79.
- 11 **Tullamore, Ireland.** Women. SP: 1 E Massey 15.00.
- 11 **London Inter-Club Challenge, Haringey.** Men. 400m: 4r1 I Deeth 50.69; 3r2 M Anukam U17 52.47.  
Women. SP: 1 J Loney 8.51. DT: 1 J Loney 36.23. HT: 1 J Loney 41.32.
- 11 **Memorial Rasschaert, Ninove, Belgium.** Men. 1500m: 13 J Blackledge 3:43.62. 5000m: 8 S Sharp 14:06.59.
- 11 **LEAP, Loughborough.** Men. 100m B final: 5 I Akindede 10.76/0.8 (2h3 10.81/2.5). HJ: 3 S Oni 2.20. LJ: 4 B Yeboah 7.34; 4 L Evling-Jones 7.33. SP: 5 B Morse U20 13.94. DT: 5 L Marar 50.55; 6 B Morse U20 49.21.  
Women. 400mH: 1r2 H Douglas 59.58. DT: 3 J Nicholls 47.41.
- 11-12 **Scottish Champs., Glasgow.** Men. 200m: b 5s2 L Sargeant 22.97w/4.4 (3h2 22.78/-1.8). 800m: b 2 G Oudney 1:52.23. SP: b 2 S Thompson 15.85. DT: b 4 S Thompson 48.88.
- 12 **Inter-Counties Match, Portsmouth.** Men. 100m: 2 W Bennett-Jackson (Sx) 10.5/2.0. 200m: 1 W Bennett-Jackson (Sx) 21.4w/2.3. 800m: 3 S Omar (Mx) 1:55.6. 1500m: 6 M Humphrey (Sy) 4:25.1. JT: 3 J Everard (Ex) 61.31.  
Women. 1500m: 3 C Bryson (Sy) 4:33.7. LJ: 6 J Fielden (Kt) U20 5.23/1.9. TJ: 3 J Fielden (Kt) U20 11.44w/2.9 (11.09/1.6).

- 12 **Resisprint, La Chaux-de-Fonds, Switzerland.** Men. 400m: 3 D Gillick 45.59.
- 15 **Civil Service Masters Champs., Battersea Park.** Men. HT: C Privett gst-M45 46.22.
- 15 **Rosenheim League Final, Kingsmeadow.** Men. 100m: 1 I Akindele 10.9; 3 T Gilling 11.3. 1500m: 1 M Humphrey 4:33.2. Women. 1500m: S Murphy 4:51.5. 3000m: S Murphy 10:32.9.
- 15 **Brighton & Hove Open Meeting.** Men. BMC 800m: 3r2 J van der Toorn 1:53.7.
- 18 **Men's Southern League Match 5, Sutton.** 100m: +5.8 1 T Gilling 11.09. 200m: +1.8 1 T Kennedy 23.70. 1 I Akindele 22.60; 7 R McMillan 28.91. 400m: 3 M Anukam 52.80; 4 R McMillan 1:03.97. 800m: 1 P Willis 2:02.81; 2 M Humphrey 2:07.95. 1500m: 1 P Willis 4:22.81; 1 M Humphrey 4:35.34. 5000m: 1 R Stannard 15:47.88; 1 M Byansi 16:17.46. 3000mSC: 2 D Mason Belg 10:58.21. 4x100m: 1 Belgrave/Sutton 45.00. 4x400m: 4 Belgrave/Sutton 3:55.34. LJ: 1 B Yeboah 7.36/0.5; 2 K Menyah 5.06. HJ: 6 K Menyah 1.30; 3= R McMillan 1.00. TJ: 4 K Menyah 11.44. SP: 1 L Marar (R&SB) 12.61; 2 R Collier 12.07; 1 C Privett 10.33. DT: 1 L Marar (R&SB) 49.54; 2 C Privett 32.49; 2 R Collier 30.00. JT: 2 R Norton 43.27. 1 R Collier 41.47. HT: A 1 P Spivey (E Grin) 52.43; 2 C Privett 42.49; 3 R Collier 17.55. Teams: 1 E Grinstead 180; 2 Belgrave/Sutton 156.5; 3 Serpentine R 141.5; 4 Holland Sports 131; 5 Redhill & Surrey Beagles 126.5; 6 Bracknell AC 100.5; 7 Kingston & Poly H 78.
- 18 **South German Championships, Saabrücken, Germany.** Women. 5000m: 6 C Bertram 19:07.59.
- 18 **Mile End.** Women. 1500m: V Goodwin 5:16.2.
- 22 **BMC Regional Races, Eltham.** Men. 800m: 6 M Humphrey 2:05.8.
- 25 **BMC Nike Grand Prix Final, Crystal Palace.** Men. 800m: 4rC J van der Toorn 1:51.48. 1500m: 1rD N Goolab U20 3:55.81. 1 mile. 7 J Blackledge 4:01.84. 5000m: 2 P Wicks 13:56.50; dnf S Sharp. Women. 7rA M Hutchison 2:09.76; 2rD S Gailey 2:15.28.
- 25 **UK Challenge Final, Crystal Palace.** Men. 100m: 3 D Chin 10.47/-0.9; 4 J Ellington 10.54/-0.9. 200m: 4 D Chin 21.30/-0.4. 110mH: 1 W Sharman 13.82/-0.8. HJ: 1 S Oni 2.28. PV: 4 J Ive 4.91. DT: 5 L Marar 52.02. Women. 400mH: 4 H Douglas 59.65. DT: 4 J Nicholson 48.01.
- 25 **Herne Hill H Open Meeting, Tooting.** Men. 100m: 1r1 I Akindele 10.74; 6r7 M Peacock 12.49. 200m: 1r1 I Akindele 21.72.; 1r4 I Akindele 21.73. 400m: 4r2 M Peacock 55.19; 6r2 R McMillan 63.90. 800m: 3r3 M Humphrey 2:02.10. 10000m inc Surrey Championship: 2 W Cockerell 33:19.08; 5 D Mason 35:20.52. Women. 400m: mx 7r2 N Miller SW 68.49. DT: 2 J Loney 35.85. W55. SP: 1 V Thompson 10.33.
- 27 **VAC Champs., Kingsmeadow.** W55. SP/DT/HT/JT: 1 V Thompson 10.64/22.32/29.12/22.82).

#### September 2007

- 4-15 **World Masters Champs., Riccione, Italy.** W55. JT: 8 V Thompson 24.69 (q6 23.59). WT: 7 V Thompson 11.33. Weight Pentathlon. 9 V Thompson 3370 (10.70, 21.98, 27.50, 23.05, 9.69).
- 5 **Watford Open, BMC Gold Standard Races.** Men. 800m: 2 J van der Toorn 1:52.51. Women. 1500m: 2 C Bryson 4:26.33.
- 8 **Welsh T6 Throwing Circle, Aberdare.** U20M. SP: 2 B Morse 15.52. DT: 1 B Morse 53.51. DT Comp 2: 1 B Morse 50.20.
- 8 **Javfest, Bedford.** Men. 3 J Everard 63.82.
- 8-9 **Home Countries Combined Events Int., Stoke.** Men. Decathlon: 3 K Sempers (England B) 7347 (10.86/3.8, 6.91/1.6, 11.83, 1.99, 50.48, 14.80/? , 36.11, 4.45, 59.34, 5:02.35).

#### Race Walking

##### August 2007

- 11 **London Inter-Club Challenge, Haringey.** 3000m: 2 M Culshaw M40 17:37.60.
- 12 **Inter-Counties Match, Portsmouth.** Men. 3000m: 2 A Goudie (Kt) 14:02.1.
- 14 **VAC 5 miles, Battersea Park.** Men. 1 T Jones (Hillingdon) 41:58; 2 J Hall M55 43:09.

##### September 2007

- 4-15 **World Masters Champs., Riccione, Italy.** M55. 5000m: 7 J Hall 25:58.70; M Graham 33:46.80. 10km: J Hall 53:18. 20km M Graham 2:21:50. M75. 5000m: 2 D Fotheringham 29:40.60. 10km: 2 D Fotheringham 1:06:33.

#### Triathlon

##### June 2007

- 17 **22 km Bike Time Trial, Richmond Park.** 1 Charlie Dickinson M40 40:27; 2 Anne Hegvold W40 42:35; 3 Dee Patel M40 46:00; 4 Harry Corbett M45 50:21.
- 23 **Surrey Masters Swimming Championships, Haslemere.** 100m Butterfly: 1 Anne Hegvold. 100m Backstroke: 1 Anne Hegvold. 200m Freestyle: 1 Anne Hegvold
- 24 **Times Women Only Triathlon, Eton Dorney.** 800m open water swim, 30.6km bike, 7.5km run. 1st M Fleming (F30-39) 19.10 48.03 26.58 - 1.34.13. 2nd overall/1st in cat. Anne Hegvold (F40+) 11.28 (1/1) 58.30 (9/1) 32.25 (14/3) - 1:42:25. 67/37 Catherine Eastham (F30-39) 17.00 (61/31) 1.14.07 (105/51) 34.32 (29/15) - 2.05.42

##### July 2007

- 15 **Hillingdon Triathlon.** 600m swim, 6km run/ 25km bike. 88 Sam Baxendale 13:17 32:31 53:21 - 1:39:09. 93 (14th Female) Catherine Eastham 13:34 30:54 56:40 - 1:41:08.
- 17 **Royal Windsor Triathlon.** 19th overall/6th in cat. Tom Fordyce 26:35 1:06:57 36:45 - 02:10:19 (out of 1600)
- ? Upton. 1st overall/1st in cat. Tom Fordyce - 2:06:20.
- 22 **Big Cow MK Tri, Milton Keynes.** 1500m swim/35km bike/9.3km run. 22nd overall/6th in cat. Tom Fordyce 24:28 58:12 32:00 - 1:56:20.
- 29 **Open Water Swim Aquathlon, Liquid Leisure, Datchet.** 750m swim/5k run. 1st overall/1st in cat. Lee Greatorex 11:19 (inc trans) - 28:38. 5 female/4 in cat. Catherine Eastham 15:40 21:42 - 37:22.

##### August 2007

- 7 **East Grinstead Cycle Club 10 miles Time Trial, Course G10/97.** Juliette Clark 25:30.
- 18 **Clash of the Tritons, Colfe's Leisure Centre, Horn Park Lane.** 500m swim /5km run. 5th. Lee Greatorex Swim 7:12 inc. transition, 17:59 run - 25:11. 22 overall/ 1 Female Vet/ 4 Female. Anne Hegvold 6:41 20:58 run - 27:39. 80 Sam Baxendale. 9:47 23:10 run - 32:57. 83/23 Female. Catherine Eastham 10:25 22:37 run - 33:02.

##### September 2007

- 24 **Open Water Swim Aquathlon, Liquid Leisure, Datchet.** 1500m swim/40k bike/10k run (Olympic distance). 28th overall/1st in category Anne Hegvold 20:52, 1:17:34, 44:16. - 2:22:44.
- 24 **Dorney Lake Classic.** 750m swim/5k run. 1st overall/1st in category Lee Greatorex 10:43 (inc transition) 18:00 - 28:38. 31st /8th female Catherine Eastham 15:16 22:47 - 38:03.

#### Triathlon London League Rankings 2007

Club	Rd	Rd	Rd	Rd	Rd	Rd	Best
	1	2	3	4	5	6	
1 Thames Turbo		30	30	30		29	90
2 Ful-On Tri	30	27	29	21	28	30	89
3 SLH Tri	28	24	28	29	29	22	86
4 Optima Racing	29	29		24		23	82
5 Serpentine		28	27	25			80
6 Met Police Tri	26	25		20		24	75
6 Crystal Palace		23		26		26	75
6 Greenwich Trit			24	23		28	75
9 Belgrave H			26	22		25	73
E. London Tri	27			27			54
Hillingdon Tri					30		30
Tri London				28			28
Trent Park RC						27	27
Kingfisher Tri		26					26
W. Windmilers			25				25