

March 1998

The **Belgravian**



The official gazette of Belgrave Harriers

Number 226

ATHLETIC MASSAGE

Massage by a qualified therapist
can help you to:

- ★ reach peak performance sooner and sustain it longer
- ★ improve muscle flexibility
- ★ reduce the chance of injury
- ★ rejuvenate muscles after an intense workout / event
- ★ relax and recuperate more quickly

Treatment is tailored to meet your individual needs

**Special half price introductory offer
with this advert**
One hour massage £10
6 treatments £50

For further details ring
Andrew Hain on 0181 549 1784
26 Orchard Road, Kingston, Surrey

EUROPEAN CHAMPION CLUBS T&F CUP 1998

Great Britain was relegated to Group B in 1997. This time around Belgrave Harriers will be representing the Nation in attempt to gain promotion back to Group A. The competition will take place in Belgrade, Yugoslavia on Saturday 30th May. We will be up against the top clubs from Portugal, Israel, Greece, Turkey, Slovakia, Denmark and Germany.

We have reserved British Airways flights for £210 for any supporters who want to come along.
Out: depart Gatwick flight BA2888 Fri. 29 May 10:15 arrive 14:05.
Back: depart flight Mon. 31 May, times to be advised.
Details of hotel are awaited.

Anyone interested should contact Bill Laws 01372 724344 (office) A deposit of £50 is required, cheques made payable to Belgrave Harriers - first come first served.

Club Kit

✪ Tracksuits	
In Tactel lined with Poly-Cotton	£59.00
✪ Belgrave Racing Strip (Men)	
Complete (singlet and shorts)	£16.00
Singlet (most sizes)	£8.50
Shorts (most sizes)	£8.50
Cross Country Racing Tops (long sleeves, warm and light)	£12.50
✪ Belgrave-Nike Rainsuits	
Superb value (£1.50 postage)	£30.00
✪ Also	
Belgrave Polo Shirts (£1.00 postage)	£12.50
Belgrave Sweatshirts (£1.50 postage)	£15.00
Belgrave Golf Umbrellas	£15.00
Belgrave Car Stickers	£1.25
Belgrave Cloth Badges	£1.25
Belgrave "Baseball" Caps	£4.00
Belgrave Club Ties	£6.00
Belgrave Bow Ties	£7.50
Belgrave "College" Scarves	£14.00

All the above are available from:
Ted Pallant, 83 Northwood Avenue, Knaphill, Woking,
Surrey GU21 2ES. Telephone: 01483 488406
Add £1.00 for post and packing except for tracksuits and
umbrellas (ask for P&P price).

✪ Belgrave Racing Strip (Women)	
Complete (singlet and shorts)	£16.00
Singlet (most sizes)	£8.50
Shorts (most sizes)	£8.50
These are available from Jacqui Smiter:	
243 Frensham Drive, Putney Vale, London SW15 3EE.	
Telephone: 0181-789 4396, mobile 0802 743545.	
Jacqui will also be able to advise on Women's "all-in-one" suits.	

MARSHALLS WANTED

Belgrave Harriers have been asked to supply 10 course marshalls for the 'Race For Life' at Battersea Park on Wednesday 3rd June 1998. If you are interested in helping and would like to earn a little money for the Club please contact John Jeffery (leave a message on 0181-946 6859) or see him at Battersea Park track.

This race was first held in 1994 and since then over 45,000 women have taken part and raised £2million for the Imperial Cancer Research Fund. If you want to take part in this women only 5k race - entry forms will be found at Belgrave Hall in due course or contact John as above.

Cover photos.

Race Walking is alive and well in Belgrave Harriers. Our young men and women show every sign of re-establishing the club as force to be reckoned with thanks to the efforts of the 'Whorlow' camp from down South and the 'Graham' crowd from East Anglia.

Front page: It's seven years ago since a little shrimp from the South Coast arrived at Battersea Park to take part in the national Run for Africa. He saw the coloured photographs of top Belgrave athletes cut from the pages of this magazine and pinned on the notice board. He declared there and then that he was going to join the Bels. The intervening years have seen Nigel Whorlow grow to well over 6 feet and make a huge impact as one of Britain's top young walkers. Already an "age-group" international and still only 17, he has a tremendous future ahead of him. We take great pleasure from the fact that it was images from this magazine that set him on the road to success - now it's time for his own picture to go on the board!

Back page: Laura Fryer is also making a name for herself, winning races all around the country and ranking among the very top athletes in her event.

Both pictures taken at the Belgrave Open Seven Miles at Wimbledon on 22nd November by Alan Mead.

The Belgravian

Number 226

March 1998

Many, many thanks to those Belgravians who have donated sums of money towards this magazine's production. We can't name you all – and we know that some of you don't want public recognition – but without that little extra contributed alongside your subscription, the 344,315 characters making up 70,870 words in these pages would never have seen print. We mention "that little extra", and certainly every £1 helps, but some members have been very generous indeed.

It's been another marvellous year of athletics for Belgrave Harriers with the Track & Field squad carrying off the 1997 Gold Cup and British Athletics League Division One title. Among the Junior Men we have some truly amazing athletes who individually gained international honours with Dwain Chamber's European 100 metres win in World Junior Record time being the highlight. Combined as a team they contributed greatly towards the Club's promotion to the National Junior League Premier Division.

But we are tight for space in this magazine and have therefore regretfully had to omit the full details of our progress in the Under 20

Track & Field team competitions. Those areas are covered in depth in Belgrave's *Youth In Action* magazine but we must at least record in these pages that apart from the Junior men's promotion:

The McDonald's League Team (under 17 men, under 15 and under 13 boys) placed 6th of the sixteen teams in the Southern Premier League and thus just missed out on going to Birmingham for the Auxiliary National Final. The Thameside League saw our under 15 girls place 5th and the under 13s 7th, while both boys teams were 5th. If you want to know more about these activities then get in touch and while stocks last we will attempt to get a *Youth In Action* to you.

Now, for *all* the Senior action and for Road Running, Cross Country and Race Walking for all ages – read on!

As we have said, we are tight for space. As the originator of these pages also has a strong bias towards running of the cross country variety he now makes no apology at all for high-jacking the rest of the white space on this sheet for his own purposes.

We have just about come to the end of the second of two successful seasons on the country. We've slipped a little in the Reebok Surrey League – from 2nd in 1996-97 to this winter's 4th – but to be honest, that is not so important as the fact that we have solidly entrenched ourselves again in the top division. The South of Thames Cross Country Association victories were superb. It's most unusual for a club to carry off both titles in one season, the sort of thing that comes from a team on the way up, but the amazing thing is that we could do it again next winter if we put our minds to it. We do need to strengthen our middle order up a bit (health problems and injuries hit us here) but top guns Gary Staines and Kassa Tadesse have done us proud. Clive Gilby has fitted into the team very nicely while tough guy Jim Estall has had an astonishing few months.

Now for the big road relays. We *may* be missing a few faces for the 12-Stage events as the alternative attractions of warm weather training and the London Marathon kick in. However, it's about time that we avoided getting hung up about the Thurrock event and remembering that it is only the 'Southern' – the qualifying race for the National 12-Stage at Sutton Coldfield. We must treat it as just that and when success in the event comes along one day then all well and good. But some of our guys have never once run around Sutton Park and measured themselves up against the lads from clubs like Tipton and Bingley. Let's qualify and pencil in a good day out at Sutton Park on April 18th.

Contents

From The Belgravian	4	Track & Field continued	
The President Writes	5	Gold Cup	40
Welcome	5	International	41
A Profile of The President	6	Southern League - Men	44
Sidetracks	7	Southern League - Women	46
Hon. Sec's Report to A.G.M. ...	8	Club Champs	48
More Sidetracks	9	Rosenheim	49
Laurie O'Hara, obituary.	11	Domestic Results	51
Jack Goswell, obituary	12	Ranking Lists	
Race Walking	14	Track & Field - Men	54
Bill Lucas, A Bold Spirit	18	Track & Field - Women	59
Born To Run	20	Road Running -	61
Road & Cross Country	24	Race Walking	62
Track & Field		Late Results	63
British League	36		

Patron: Sir Eddie Kulukundis, O.B.E.

President: Lionel Mann R.V.M.

Hon. General Secretary: Charles Henn, 23 Breamwater Gardens, Ham, Richmond, Surrey TW10 7SF. ☎ 0181-940 9449.

Hon. Treasurer: Derek Manning, 1 Bourg de Peage Ave., East Grinstead, West Sussex RH19 3YD. ☎ 01342-312930.

Hon. Membership Secretary: Carl Lawton, 50 Bramblewood Close, Carshalton, Surrey SM5 1PG. ☎ 0181-669 0971.

Hon. Editors of The Belgravian: Alan Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG. ☎ 0181-224 2657 e-mail AlanMead@compuserve.com and Charles Dickinson, 20 Broadhinton Road, Clapham, London SW4 0LU. ☎ 0171-720 1062.

Thanks to Charlie Manning and Lionel Mann who have provided some of the more obscure road running results and to Peter Mulholland for helping with the area Track & Field results.

FROM THE BELGRAVIAN

25 Years Ago ... 1973

IT IS WITH GREAT SORROW that we have to record the death of Alf Harley, a man who worked tremendously hard for his Club and athletics in general and who in return was held by all who knew him in high regard. Whatever the event, Alf Harley always seemed to be there and it is almost impossible to visualise Belgrave's future without his dignified presence.

SURREY C.C. LEAGUE DIVISION 1. With the coming of Aldershot, Farnham & District to the Surrey Cross Country League it was hoped that a little more excitement would be injected into what, for the past seven years, has become a bit of a procession. It certainly was!

In the 3rd match at Streatham Common we were beaten by a mere 8 points with Les Presland, running with even more vigour since his move from Surrey A.C. [to A.F.&D], providing the individual winner.

So, we went into the final act of this desperately close struggle just 18 points up and with our grip on the trophy gradually being loosened. With Gerry North still suffering from tonsillitis, John Stow stuck in a train at Raynes Park and our veterans girding themselves for the following day's National Veterans' race, our chances became even slimmer. Over the Coulsdon course, still patchy with snow, the men from west Surrey romped home 30 points clear and gained an overall lead of 12 points.

Final League Position. 1, Aldershot, Farnham & Dist. 863; 2, Belgrave H 875; 3, Hercules Wimbledon AC 1464; 4, South London H 1466; 5, Croydon H 1481; 6, Herne Hill H 1793; 7, Ranelagh H 1998.

[Editor: Belgrave H have found themselves unable to win this competition ever since ...]

NATIONAL VET'S CHAMPIONS. February 18th 1973 - Perry Bar Park, Birmingham.

By winning the third National Championship for veteran runners on this cold and windy Sunday afternoon, Belgrave annexed the team trophy for the first time and furnished the individual champion also in the sprightly form of Laurie O'Hara.

Laurie didn't just win - he slaughtered the opposing runners. Belgrave didn't just win - they annihilated the opposing teams. It was that sort of day, Claret and Gold all the way. And it was really like the old days to hear the whistles of surprise at the presentation ceremony when our winning score of 29 points was announced.

1, L.O'Hara 32:35; 10, C.Shippen 34:30; 18, P.Newell 35:08.

Teams: 1, Belgrave H 29; Springburn 87; 3, TVH 94.

THE CLUB have been pleased to accept the kind offer of Mrs. Churcher of the late Harry Churcher's medals and have agreed to hold them in trust during her life time, after which they will become the property of the Club.

THE END OF AN ERA ... Sandy Law closes up his shoe making business to move to Eastbourne. For many years athletes have gone to Sandy's shop in Revelstoke, Road Wimbledon for a pair of hand made to measure running shoes, possibly his most famous customer being Roger Bannister, the first man to run a mile in under four minutes. Unfortunately in today's world manufacturers like Sandy find it increasingly difficult to compete with the mass production of shoes by the giants of the sports shoe business.

and, 50 Years Ago ... 1947/48

THE SOUTHERN COUNTIES C.C. CHAMPIONSHIPS. ... were held at Aylesford on February 28th ... The senior race was over a 10 miles course and from the start Sydney Wooderson went in front followed by Vic Blowfield, with Ted Stimpson also well up. Len Herbert was coming through well and Frank Abberton and Tom Clinton were also well placed.

Albert Frost unfortunately had a bad time but Tom Carter was

running well and eventually became our sixth scoring man with Les Stokell unluckily missing a winner's medal by two places.

We also won the Odling-Smee Cup, awarded to the first Surrey club to finish a complete team of twelve.

Our positions were as follows:- 3 V.S.Blowfield 56:46; 4 E.S.Stimpson 57:24; 7 L.W.Herbert 57:50; 10 F.J.Abberton 58:05; 15 T.P.Clinton 58:20; 36 C.T.Carter 60:01; 38 C.L.Stokell 60:05; 65 R.W.Tobin 61:37; 84 S.R.Eales 62:25; 90 A.E.Frost 62:50; 106 A.F.Mitchell 63:28; 132 G.M.Pearson 64:15.

Team result: 1 Belgrave H., 75 points; 2 Blackheath H., 113.

THE ENGLISH C.C. CHAMPIONSHIPS. These were held in Graves Park, Sheffield, on March 13th, and being a fine day a very large crowd watched the racing.

Once again Sydney Wooderson was up the front but this time there was a small bunch of runners with him including our own Vic Blowfield. On the last lap Wooderson made his effort but Vic kept with him stride for stride and then about half-a-mile from the finish Vic made a gallant attempt to get away from his man and succeeded up to a point. The only snag was that there was further to go than Vic had thought and Wooderson came again to beat Vic up the finishing straight.

Len Herbert had run well throughout as had Ted Stimpson, now getting back to his pre-war form, and with Frank Abberton also making a last lap effort, and Tom Carter and Tommy Clinton coming along well we found to our satisfaction that we had beaten Sutton Harriers, the holders, to record our fourth National victory.

Les Stokell was once again a good 7th man and Albert Frost and Dick Tobin completed our team.

Positions were: 2 V.S.Blowfield; 12 L.W.Herbert; 15 E.S.Stimpson; 27 F.J.Abberton; 41 C.T.Carter; 57 T.P.Clinton; 64 C.L.Stokell; 95 A.E.Frost; 132 R.W.Tobin.

Team scores were: 1 Belgrave H., 154; 2 Sutton H., 174; 3 Blackheath H., 183.

In the Junior race Eddie Short was again our first man home in 7th position, and to gain such a high place in this race speaks well for Eddie's strength and determination. Mike Heard also ran well in finishing 40th and Arthur Bruce ran pluckily on a damaged foot to be 56th, with Eric Bishop 65, R.Garwood 112, L.C.Bishop 117, and L.A.Adams 138. In the team race we were placed 8th out of an entry of 30 clubs so can be well satisfied.

WITH THE WALKERS. And so to the National 20 at Sudbury. Our teams were supported by what must have been the biggest crowd of Club Members and friends ever seen at a road race. Our Road Captain Charlie Churcher surprised most people by not adopting his usual get-a-way method and the opening stages of the race were unusually slow. Later on, however, Charlie developed stomach trouble and was obliged to fall back. About the same time Colin Sutton had trouble with his shoes and lost a lot of ground. In the centre of the field, however, our Vice Captain, Jack Bidgood, was doing some excellent work holding together about half a dozen of our walkers which no doubt had much to do with the ultimate result of the race. On recovering from his trouble, Colin Sutton battled bravely on recovering position after position and eventually caught up on Jack Bidgood and Co. Charlie, however, had continued to drop back and with our old friends, Surrey W.C., holding two places in the first five, a win for us seemed out of the question. Eventually our lads finished in a procession with five consecutive placings from 18 to 22 and backed up by George Bentley, Joe Wilson and Joe Coleman, we succeeded in taking the Nijmegen Shield with our eight walkers in the first 48, an excellent performance on which all are to be congratulated.

WORLD'S RECORD FROM HARRY CHURCHER. And so to the most notable success in the Club's history for many years - our Track [Walking] Captain's achievement in setting up a new World's Record for 5 miles.



Photo: Alan Mead

The President writes:-

I find that I am now about halfway through my presidential year and am amazed at how quickly the time has passed.

It is a great honour to be elected to the office of President of our famous club and I much appreciate the fact.

During the past few months I have tried to attend as many committees and functions as possible. While attending committee meetings I have been pleased to see how many hard working and diligent committee members we have, working for the good and upward mobility of Belgrave Harriers. These several committees are of course run by their separate secretaries but so well held together by the Belgrave Committee Chairman (Alan Mead) that the club has a great sense of united direction. I believe that it is of paramount importance to our club that we do maintain this sense of union amongst our various athletic disciplines and club interests. It would be a poor reflection on Belgrave Harriers if we should be seen by people outside the club to be disunited within. As officers and members we should always be so aware that by working ever closer together whether in committee room or the competitors' arena, we can retain and even improve the greatness of Belgrave Harriers.

In this, my first opportunity of a "Presidential Address", I would like to thank imme-

diately Past President Ted Pallant for the smooth efficiency of his handover to me, with all his helpful advice and support. Thanks also go particularly to all those other club stalwarts who have been my friends over so many years and especially over these past few months of my presidential term.

Highlights of my year so far have been, and I must of course start with, the proposal and election to President, quickly followed by a superb Club Dinner and the Youth Awards evening at the Polka Theatre – all this before Christmas. Since then we have enjoyed the increasingly popular Burns Supper which I am pleased to help organize with the ever-energetic Derek Manning and his team.

I was amazed at the quality and content of the Youth Scheme's magazine, a really superb production which can only complement the Belgravian; although the thought does cross my mind that they could both reach a wider audience if they were put together and perhaps produced twice a year. Food for thought perhaps.

In closing I would like to extend to all Belgravians everywhere my very best wishes for a successful 1998 season, whatever your particular discipline or standard of competition.

Lionel Mann R.V.M.
President of Belgrave Harriers 1997-98

Welcome

to the following new members who have joined us since January 1997

Gideon Agbanoma Track, Field	Dwane Fitzmaurice Field	Timothy Kitney Field	Jemma Parker Track, Field
Reuben Agbanoma Track, Field	Benjamin Flint Field	Daniel Lambert Track, Field	John Patrick Track, Field
Crofton Alexander Track, Field	Julian Flynn Field	Nathan Laud Track, Road	Michael Peacock Track
Paul Allen Track, Field	Thomas Fordrey Track, Field	Mark Leefe Road, C.C. Track	Gregory Perkins Track, Field
Edward Ashmore Track, Field	Stephen Fowler Road, C.C.	Camille Le Poutier C.C., Road	Imogen Powley Track, Field
James Aufenast Track	Nicholas Freer Track	Jason Lobo Track	Sumit Rai Field
Kevin Baker Road, Walking	John Garber Track	Killian Lonergan C.C, Road	Peter Ranford C.C
Sean Baldock Track	Clive Gilby Track, Road	Alexander Marek Track, Field	Christopher Reed Track
Steven Baldock Track	James Gross Track, Field	Genia Marek Track, Field	Sarah Roberts Track
Richard Banks-Martin Road	Kim Hagger Track, Field	Obadiah Matthew Track, Field	Michael Rolfe Road
Simon Beatson Track	Jonathan Hall Track, Field	Matthew McKelvey Track, Field	Lee Russell Track
Ryan Blake Track	James Hanscombe Field	Alasdair McLean C.C, Road Track	Richard Sear Track
Darren Blown Field	David Harmon Track	Emma McNally Walking	Jane Searle Road
Gary Blown Field	Lizzy Hodges Track	Bernard Mensah Track	Dominic Shillingford Track
Andrew Bremner Road	Barnaby Hodgson Track, Field, C.C, Road, Walking	Mark Miles Track, C.C	Toni-Anne Shipton Track
Keith Brown Track	Charlotte Hopkins Track, Field	Wesley Minett ... Road, Track C.C	Marcella Simon Field, Track
Patrick Burke Road, C.C	Diane Hopkins Road, C.C	Nicholas Molloy Track	Kierron Sinclair Track, Field
Ben Challenger Field	Lucy Hopkins Track, Field	Ikiaus Morris Track	James Skilbeck-Nelson .. C.C, Road
Nicholas Cooper Track	Peter Hunt-Davis Road	Jennica Mortstedt Track, Field	Charles Sparks ... Track, Field, C.C
Benjamin Copeland-Nuttall Track	Amy Hutchinson Walking	Philip Mortstedt Track, Field	Nicholas Sparks Track, Field
Cynthia Corbett Road	Courtney Hutchinson Track	Jonathan Mote Track, Field	Nicola Surguy Track, Field
Rachael Counihan C.C, Road	Peter Hutchinson Track	Kevin Nash C.C, Road	Ruben Tabares Track
Karlene de'Lemos Track, Field	Patricia Igbon Track, Field	Michelle Nestor Track	Ian Thomas Track, Coaching
Lesley Earle Official	Alan Jones Official	Eliud Ngugi C.C., Road	Naomi Thomas Field
Terry Earle Official	Michael Jones Field	Patrick Nolan Track	Darren Thompson Track, Field
Marvin Eghan Track	Sebastian Jones C.C, Road	Chinedum Odogwu Track, Field	Greig Urquhart Field
Giacomo Eskanazi Track	Maurice Joyce Field	Robert Oglander Field	Ronald Urquhart Field
..... Track, Field, Road, C.C	Danielle Kandaros Track, Field	Erica Okuns Field, Track	Nicholas Von Christierson T&F
Charles Ewujowoh Track, Field	Sean Keane Road, C.C	Jerome Ollu C.C, Road	Edward Walsh Track, Field
Scott Exley Track, Field	Kirk King Track	Victor Orji Track, Field	Phillip Walsh Track, Field
Austin Ferns Track		Samuel Pantling Track	Rachel Weston Road, C.C

A Profile of The President

written by Gordon Biscoe

It was during the anniversary celebrations for Bill Lucas last April when it was realised that an almost complete London to Brighton relay team of yesteryear was present and that a reunion photograph would be a good idea. It fell to me to try and get them all into one place for a few moments, but when I tried to shepherd Lionel alongside the others I was told "But I never ran the Brighton – before my time!"

The point is that Lionel has become such a part of the 'Belgrave furniture', such an integrated member of the road and cross country scene that, in spite of all those years as secretary and team manager I could not reconcile as to him not having been in the team.

It was in fact 1965 when Lionel was spotted training at Battersea Park by our immediate Past President Ted Pallant and Joe Dooley *. They were told, when they approached him, that he was only training to keep fit for football. Always on the look out for potential talent, Ted's persuasive tongue went to work and Lionel was duly signed for Belgrave – and

what a signing that turned out to be.

Never one to stand on ceremony or do things by halves, Lionel quickly made his mark in our teams, both on the track and the road, as well as over the country. No mean feat in itself considering the middle and long distance talent we had in those days. By 1967 he was 'runner up' in the Club 20 mile Road Championship and earned himself his first representative appearance for his native county Beds & Hunts.

So started an outstanding career in athletics with some of his achievements only just falling short of international recognition, as the recorded times below bear witness. Space does not allow a complete examination of his successes over the years but a brief summary, which must suffice, shows Lionel as having: –

- ♦ Competed on road, on the track and over the country at all distances from 400 metres to 37½ miles, as well as a number of hill races in Scotland – only small things mind you, like Ben Nevis at 4,406 feet in 2hrs 18m 33secs!

- ♦ Been Club Champion sixteen times (and runner up on another eighteen occasions) at 5 ¾ miles; 20 miles and Marathon on the road; 5km and 10km on the track and 7½ and 10 miles cross country.
- ♦ Been Bedford & Huntingdonshire County Champion four times over 5km, 10miles and 20 miles; Civil Service Champion at 5km and Marathon and Vets AC Champion three times at different age groups over 10 miles on the road.
- ♦ Represented the Civil Service, Kingston Borough and HMY Britannia on numerous occasions.

Lionel leads Bob Smith, Dick Piotrowski, and Adrian Major during the Belgrave 7½ miles Cross Country Championship of 1968 but all four had to give way to Tony Fairclough (1st), Laurie O'Hara (2nd) and Pat O'Connor (3rd) by the finish. The field was 36 strong.



Photo: Ron Linstead

Sidetracks



• We were very concerned to hear that Pam Davies had been taken ill while running from Belgrave Hall one Saturday in late January. Pam was taken to St. George's Hospital where she was soon discharged. The following day, at home, she didn't seem too bad at first but as the day progressed she did become very unwell and eventually suffered a stroke. After a week in intensive care Pam was allowed out of bed and at the time of writing, at the end of February, she is undergoing physiotherapy. Still in hospital, steady progress is being made and all Belgravians will want to join in sending her best wishes for her journey down the road to full fitness and health. We look forward to seeing you back at the Hall again soon Pam.

• The cross country crowd is growing. Recently we welcomed two week old Matthew Gilby to his first cross country race where his dad ran to 5th in the South of Thames Championship. Congratulations to Jodie and Clive on the safe arrival of their baby Matthew, a brother for Daniel.

• Baby Thomas Staines made his entrance on Sunday 22nd February and weighed in at 7lbs 2oz. We hear that he's got a fair old pair of legs on him – but then with a mum and dad like Linda and Gary he would have, wouldn't he. Our very best wishes to the Staines family. We are very pleased for you.

• "Suffolk" Mick Graham has recently passed the first stage of his Race Walking coaching examination; we hear that he is well on the way towards qualifying as a judge as well. All this alongside finding himself, in the space of a couple of seasons, promoted from cross country "also ran" to county champion walker. Yes – he picked up the Suffolk 10 mile title to go with his track 3k title a few weeks ago. Who says you can't teach an old dog new tricks!

♦ Achieved personal best times of:

800m	1:57.8
1 mile	4:16
10km	30:45
10 miles	48:48
Half Marathon	1:08:53
20 miles	1:44:45
Marathon	2:24:07

♦ Has to date run around 1720 races and a total distance of approximately 85,000 miles – equivalent to 2½ times round the world – these figures subject to 'update' as he has not stopped yet!

Alongside this active career, which earned him a Club Honours Badge in 1968, he has combined official duties as well. Lionel was a committee member 1968/69; Road Running Captain 1969/76 and medals secretary 1987 to the present day. His club efforts were rewarded with election to Life Membership in 1989.

While all this was going on, Lionel still found time to marry his charming wife Pat, raise a family, (Robert, Katherine and James who have also turned out in Club Colours) and advance his career as a chef with the Royal Household. This he has done with great success, having now attained the position of Chief Chef at Buckingham Palace and the award of the Royal Victorian Medal.

Needless to say such a career has led to many unsociable hours and days but from the start Lionel was determined not to let the training suffer, so whenever he goes on Royal du-

ties throughout the world, the kit goes too. In his more competitive days when alongside the likes of Pat O'Connor and Bill Weller they were the scourge of the road running scene, Lionel could often be spotted by the early riser, keeping the mileage up by running, cycling or even pushing the bike between his home in Molesey and Buckingham Palace!

As if all this was not enough he has for many years helped run a Scout Venture Group near his home and acted as a lynch pin for the Royal Household Sports and Social Club, organising many of their functions and occasionally returning to his first love by turning out for their football team. In latter years he has also been joining forces with Derek Manning in master-minding the Club's Burns Night suppers.

Lionel Mann is now known throughout the athletic fraternity, particularly 'on the road' where he was at his formidable best. During his time he has not only been an uncomplicated loyal member, but a great ambassador for Belgrave as well as for athletics in general; truly an athlete, athlete.

It was typical of Lionel when told of his nomination as our President for 1997/98 to comment, "well, if I am going to do the job I aim to do it properly". We could want for no better man for the task!

* Older members may remember Joe Dooley, referred to above, who regularly trained at Battersea and who for many years owned and wore that 'famous' Club vest which was a series of holes, held together by pieces of material in faded Belgrave colours!

• Dave McMillan is training well. The last time we heard, he was regularly up to 10 miles on a Saturday afternoon in his quest to return to the London Marathon field. He recently completed the Hogs Back race and a small celebration was held afterwards to salute his progress. Some might not have walked again after those awful injuries. Incidentally, the paramedic who saved his life at the roadside received an award for his marvellous work.

• We must record our thanks to Mervyn Dessa for many years work as a track judge. Mervyn, who has not been keeping too well of late, has decided to retire from judging this summer and will be sorely missed. He tells us that he has been with the Club for seven years during which time he has greatly enjoyed our company and friendship.

• Win Shepherd is another stalwart at our track meetings, churning out the result sheets in the "caravan". Win is troubled badly by arthritis in her hands which makes recording the results very difficult. She would very much like to pass on her expertise to someone else. Any offers? Many thanks to you also Win – how many points you totted up for us over the years?

• Yet again Bill Couzens carried off the Denmark Pot for the Darts Championship. It was Bill's eleventh win in the 34 years that the event has been held. Next nearest is John Martin on five wins.

More sidetracks on page 9



Hon. Secretary's Report to the 1997 Annual General Meeting

Sadly, three long-standing members of the Club died during the year: Lovell Cole, Jack Goswell (President 1964/65) and Laurie O'Hara.

One matter of Club administration: the Committee have approved a procedure for handling any future disciplinary case. It includes among other things the right to appeal to a panel made up of Committee members who took no part in the original disciplinary hearing; it will be for this panel to decide in the light of the written appeal whether there are grounds for an actual appeal hearing. I will provide a copy of the statement of procedure for any member who wishes.

In terms of athletic competition, the past year has overall been possibly our most successful ever.

I will start at senior level. Our men have had yet another extremely successful track and field season. Under the team management of John Jeffery and Bill Laws they won both the First Division of the British League and the British League Cup by big margins. Despite the difficulties caused by the British League team always having first claim on athletes, the men's Southern League team managed by Bob Bridges have maintained their membership of Division 2 to which they were promoted last year. In the Rosenheim League, with Pat Mead as team manager, we won all but one match in our division and went on for the fourth successive year to win the league final. Our women's Southern League team, managed by Jacqui Smiter and Cynthia James, have subject to confirmation achieved their aim of gaining promotion to Division 2; and Sarah Roberts (400m) became our first female T&F international for a good few years.

Seven first-claim members of the Club were selected for the World Championships in Athens: Darren Campbell (100m); both he and Dwain Chambers (still a junior) in the 4x100m relay, for which they received bronze medals; Chris Rawlinson (400m hurdles); Brendan Reilly (HJ); Dave Smith (hammer); Andy Tulloch (110m hurdles); and Matt Yates (1500m). Add to that Adrian Passey, second-claim, in the 5000m. And Geoff Dearman (4x400m), Matt Douglas (400m hurdles) and Stuart Faben (javelin) gained selection for the European U23 championships.

Last year's very welcome improving trend over the country has continued. Our senior men, managed by Alan Mead, were second in Division 1 of the Surrey League, and indeed won the last match. We were second team in the South of the Thames Senior, and became Surrey team champions for the first time since 1967, with Gary Staines winning the individual race. The women, managed by Harry Porter, did enough to remain in Division 1 of their Surrey League. On the road, Belgrave won the men's team race in last September's Great North Run; and Paul Evans went on to win the Chicago Marathon in a very fine 2:08:52 (with Gary Staines fifth) and to return 2:09:18 in the London Marathon in April.

I turn to the younger age groups. What we hope will become the highlight of the season for our younger teams is still to come – at Cophthall Stadium on Sunday 21st September, in the promotion match in the National Junior League. Finishing in the top two [in the event they were first!] would see the Belgrave U20 men's team, which has been managed by John Powell, into the Premier Division for the first time ever. The young athletes team, now managed by Laurence Rogers, fell marginally short of equalling last year's feat of reaching the McDonald's Young Athletes League national finals, but remain one of the top sides in the country.

Individually the highlight of the season at junior level was Dwain Chambers's gold medal in the European Junior Championships, in the world U20 record time of 10.06 seconds. (You can see Dwain in action at Cophthall on Sunday, where he has agreed to run 100m, 200m and the relay for the Club.) Three other Belgrave Harriers were selected for these championships: Philips Idowu, who narrowly missed a medal when fourth in the triple jump, Michael Parper (400m) and James Hilston (4x400m). Other very fine performances during the season included Michael Parper's win in the Surrey County senior 400m, while still a junior, in a championship best time; and Philips Idowu's championship best triple jump at the English Schools' meeting. Marlon Kerr and Chris Lambert also gained selection for England in the schools international meeting.

Our young walkers, from the youngest age-groups through to the U20s, have also gone from strength to strength under the management of Steve Whorlow, and latterly also Mabon Dane. Times have been set that have not been seen since the '60s and '70s, and international honours have been awarded to several, spear-headed by Nigel Whorlow.

The Schoolslink project has again been a great success, with Belgrave coaches visiting many local schools, and our relationship with the local authority in Wandsworth has been further cemented with a second year of the borough's schools track and field competition. A schools liaison officer has now been appointed.

After this story of success I need, I am afraid, to end by repeating the concluding remarks of my report at the last AGM. More help is needed in the work that it takes to operate the Club and to provide the services – of all kinds – that members expect. All too few people are doing the jobs that need doing – on the Committee, as coaches, managing teams, or officiating at meetings. Several are doubling up on jobs in the Club, and frequently they are working full time to earn a living as well.

As you can see from the agenda, a number of Committee posts remain vacant.

We are beginning to be recognised as a club that never fails to turn out its quota of officials, and a good number of them are making the effort to reach higher graded status; but we take part in so many fixtures that we have to draw very deeply – too deeply – on the time of our most dedicated men and women, one or

two of whom have judged at over 40 club matches. We badly need more officials, especially those prepared to travel to away meetings.

Moreover, some of those coaching and team managing – particularly among the younger age-groups – are extremely hard-pressed. I gather very worryingly that nobody is prepared to manage our young male cross-country teams in the season that is shortly to begin. [In fact Reg. Hopkins stepped in to fill the breach.] In any of these areas, if you think you can help, or even know someone who might, please let the appropriate person know. Anyone who can spare the time to help in any of these roles will be very welcome.

C. Henn 18 September 1997.

Belgrave vs. Birchfield 1935

Continuing his quest for items of sporting historical interest Eric Hall recently purchased a programme for the British Games of 10th June 1935.

There was a 3 Mile Match between Belgrave and Birchfield and the introduction states that Belgrave "prior to the Great War did littlesince, however, their rise to fame has been remarkable". It then lists the various wins both cross country and walking. The Captain that day was Bert Footer and the rest of the team were Allum, Carter, Flower, Ginty, Parker, Patience, Shaw, Ring, Rice, Shields and Taylor. The June/July 1935 *Belgravian* reports that "the race will be long remembered by those who had the pleasure to witness it. At 1 mile Birchfield led; at 2 miles we were leading handsomely, but in the last lap our Midland friends managed to pack in together and inflict a 4 points defeat upon us." Jim Ginty won the event with a time of 14 mins 43 secs.

Another item in the programme took my eye and seems quite relevant even today!

An Open Flash Relay provided a "novel competition....and ideal practice for fast passing of the baton. Errors in this respect have more than once put us out of Olympic and International events". The race was for teams of three with a run up of 40 yards; exchange 15 yards; run 40; exchange 15 and run in 40 yards. A Belgrave team of Dyke, Bone and Mewes was entered. Evidently it was a regular race as previous times of 10.8 etc are given and winners had been Poly and Blackheath. It does seem, however, that although it was well intentioned the lessons on baton changing need to be revived! The Surrey AC team included a G. H. G. Dyson who became the national coach post war and was then responsible for the relay teams who still, occasionally, made a mess of things.

Sidetracks

● Eagle-eyed Pete Mulholland spotted a little howler in our last issue. On page 59 we showed Jim Estall running past the Peace Pagoda during a VAC 5.2-miler and mentioned that the edifice had only seen one faster run by a veteran – and that by Laurie O’Hara. Knowing that we are sticklers for accuracy, Pete says, “I would point out that Laurie’s 26:26 for the Veterans 5.2 in Battersea Park was set in 1976 – before the Peace Pagoda was built!” It’s good to know that every word of our magazine is devoured by those outside our club as well!

● Another non-Belgravian to read our mag., Dave Cocksedge, points out a couple of adjustments that should be made to our 1996 T&F Rankings. Phil Goedluck’s 10.88 100m was windy (+3.3) while we failed to record that Jon Ridgeon had a 47.7 400m at Barn Elms on 8 Sep and Ben Cascoe a 52.22m javelin throw at Croydon on 8 Jun. Thanks Dave.

● Deniz Gezgin, our popular young 400 metre runner, returned to his home country of Turkey for the summer and at Ankara ran in Junior European Clubs Cup 200 metres where he clocked 21.8. Not one to let grass grow under his feet he is now at Arkansas University but is keeping in touch via coach Bob Bridges.

● Janine Brown from Folkestone became an outstanding young middle-distance runner during her time with us. She is now competing for her local club Ashford AC and we were delighted to see her representing them in the SMC National Junior League promotion match. She sends her best wishes to all those in the Club who knew her.

● Not surprisingly Dwain Chambers received plenty of accolades after his success in retaining the European Junior 100m Championship in World Junior Record time. Among his awards were the George Hogflesh Trophy as the top English T&F Junior of 1997 (World Junior 100m record 10.06) and the Joe Turner Memorial Trophy for best male U20 AAA Champion (100m in 10.32).

● Seen training from Belgrave Hall: Hendrick Ramaala, Republic of South Africa 10k record holder and winner of the Great North Run ending a run of six Kenyan victories. Pity we can’t turn him out for the “12-Stage”.

● We hear that Ron Severn has regretfully had to step down as organizer of our Annual Club Dinner. We thank you greatly Ron for your efforts in making sure that this event has continued to be among the highlights of our club year. Good news is that someone has already stepped in to take up the reins – our ever energetic Hon. Treas-

urer Derek Manning. Derek informs us that the 1998 Dinner will again be held at The Preston Cross Hotel, on Saturday 14th November. Ticket prices remain unchanged at £27.

● Jacqui Smiter has had a short spell in hospital for a wrist operation. We hope that her recovery is swift and look forward to her teaming up with Cynthia James again this summer to capitalize on our promotion to the Women’s Southern League Division Two.

● Arthur Penny, Empire Games 6 miles Champion in 1934, recently reached his 90th birthday and is just coming up to 70 years of continuous club membership. Arthur underwent an operation for gallstones recently but we hear that he is keeping well and we are looking forward to a little get-together at the Hall soon when we can celebrate his long and illustrious time as a Belgrave Harrier.

● Talking of birthdays – here’s a few that might stun you: Charlie Manning, Charlie Walker, Arthur Bruce and Reg Hopkins all reach their three-score and ten in 1998. Just think, a whole new age-group in which to record Club Best Performances!

● Does anyone know the whereabouts of Frank Ward, our Life Member and ex-Hon. Treasurer? Please contact the Membership Secretary Carl Lawton 0181-669 0971 if you have Frank’s ‘phone number or address.

● Steve Williams writes from deepest Sussex. A true statistician, the article about the Christmas Paalauf in our last issue prompted him to inform us that he has now, on his own, achieved the combined ages of John Gladwin and himself when they won the event (and it seems like yesterday).

Having taken early retirement, Steve says that the days and weeks run into one another at a pace never experienced when getting on the Northern Line five days a week! In spite of being surrounded by superb downlands and cliffs, he no longer runs or jogs due to a hip problem; his heart and mind are willing but his skeleton isn’t. Nevertheless, he and Sue get in plenty of walks, especially now that they have re-housed a 5 year-old Labrador/Golden Retriever cross.

Work now seems an even dirtier word than ever it was and although they live their lives along principles established by Mr. Micawber, Steve says that there’s a smug look on his face when he reflects on former colleagues now chained to desks in Coventry when, on a sunny afternoon, he sups his half of Sussex bitter at the Golden Galleon while overlooking the meandering Cuckmere River.

Steve and Sue send their best wishes to all.

● A member of our veterans’ T&F team in 1996 was Ian Vaughan-Arbuckle, a mem-

ber of Ryston Runners but second-claim Belgrave due to the fact that he lived and worked in London during the week. Unfortunately our old friend “Von Carbunkle” has been forced to quit running due to persistent knee problems.

● At a southern league match last summer we ran into old second-claim Belgravian Peter Hall, now a stalwart (and field event referee) with the host club on that day, Milton Keynes.

It wasn’t long before tales of the “old days” were being recalled. As a Polytechnic Harrier he was a keen supporter of the London-Brighton relay where Belgrave, Poly, and other rival clubs met up at the Black Swan at Pease Pottage on the way back to town. There they would attempt to out-sing each other with ever more doubtful ditties. One year even the coach driver got so drunk that a Poly member with an HGV licence had to drive the Poly bus back home.

Peter passes on his best wishes to old training mates, particularly those from the Hurlingham days: Fred Paget, Lionel Mann, Pat Newell and Chas. Walker.

● Too late for the Winter Fixture List we received the names of the Captains of our young women’s winter teams: Under 20 Women – Debbie Hearn and Under 15 Girls – Rebecca Lester.

● We have recently heard from John Thresher a regular first team man on track and country in the ‘60s who has been living in Toronto, Ontario for many years now. John has remained very much involved with the sport of athletics and has just accepted the position of President and Chief Executive Officer of Athletics Canada. What a hot seat to sit in. John will be establishing a new executive office for Athletics Canada in Toronto but the national office will remain in Ottawa for the time being so he’ll have to get used to a fair bit of commuting. And then there’s the Commonwealth Games in Kuala Lumpur, the “Worlds” in Seville, the Olympics in Sydney – tough eh! John is still running four times a week but only about four miles at a time.

● Our Life Member Doris Nice tells us that she enjoys reading the Belgravian, particularly the bits and pieces about the older members she has known through many years in the sport. When she read the feature on our immediate Past President Ted Pallant she felt that it was like reading her own history. “I always thought I knew the name when I saw it on the fixture cards,” she writes, “but now I can see that Ted and I went to the same schools.” Doris was born in Battersea and trained regularly for athletics in Battersea Park but as Belgrave didn’t have a ladies section in the ‘50s, joined Surrey AC. Then, as a respected member of Surrey AC she automatically became a Life Member of Belgrave when both clubs amalgamated.

GEORGE'S 50TH MARATHON ACHIEVED

As previously reported, George Piddington, a member of the Bels. for nigh-on 40 years, suffered a heart attack while out running and training for that elusive 50th marathon. Left with Parkinson's disease one might have been forgiven for thinking – "Well that's it, he'll never do it now". Never underestimate a marathoner, however, and also, never underestimate the friends one makes in this great sport of ours. Living on Hayling Island since 1965, George has also been with Havant AC for the last twenty-seven years and nine of his gallant colleagues from that club rallied round and took turns to push him around the South Coast Marathon, collecting for the Parkinson's Disease Society along the way.

In his NHS Mk I rear-engined wheelchair, George clocked 3 hrs. 31 mins., eight minutes short of his pb, with his team of "pushers" truly delighted to take on three mile stints each to help him complete his 50th.

"He has done so much to help athletes at the club over the years and it was a great way of saying thankyou to him."

The run was not without incident. At one changeover point the support car's doors be-

came locked with the car keys on the inside and the support team on the outside. As a "pusher" and George sped off into the distance the next leg runner was left behind – with transport but unable to get inside it. After some quick thinking she raced off after George on a borrowed bike, leaving behind a panicking support crew.

The RAC were summoned but couldn't promise to arrive for three quarters of an hour. An Irish runner, stopping to unwrap a boiled sweet, offered some advice, and after poking about with an old coat hanger, miraculously sprang all the car door buttons. Faster than one could blink (or remove the coat hanger) the car was full and being driven off in hot pursuit.

The rest of the changeovers went like clockwork and the team, consisting of George and all nine of his club-mates, crossed the finishing line together – with George just a fraction ahead. You know, it didn't seem to matter how hard they ran, old George always seemed to maintain his position in front!

Adapted from an article in Havant AC's *Track Record*

Gwen Couzens

Very sadly we must announce that Gwen Couzens passed away before Christmas after a prolonged and courageous battle with illness.

Like many another lady who married a member of our club, she immediately became a "Belgravian", long before our doors were officially opened to female members. Looking back over the years we can see her helping our club in so many ways. She was there lending a hand when the jumble sales were one of our methods of raising additional cash. Social functions just did not seem to take place without Gwen's cheerful presence. She supported Bill through his athletic days in the Southern League, hosted those marvellous New Year parties, saw both her children become members of the Club and was bound up with the fortunes of the Bels. as we rose through leagues.

A true sign of our regard for Gwen was that the chapel at Lower Morden was packed with family, friends and club members, many of those present falling into more than one of those categories. We will all miss her and we offer our deepest sympathy to her family, particularly Bill, Tina and David.

Bill Couzens writes:

To my fellow Belgravians and friends,

Thank you for the many cards and letters of sympathy and the lovely floral and written tributes in memory of my dear wife Gwen.

This has been a great comfort to myself and my family at this sad time. Your kindness is deeply appreciated.



We also regret to record that two other Belgravians have passed on recently.

Len Adams had not kept up his membership in recent years but was a regular runner with us in the 'fifties and 'sixties and was a good friend of the late Tom Carter. He must have always kept Belgrave close to his heart for his last wishes were that "... there should be no flowers but donations to be made to the Belgrave Harriers". Leo Coy kindly represented us at his funeral in Dartford.

Tony Whincup died in October aged 75. We hadn't seen a lot of Tony in recent years but, a Belgravian since 1948, he was one of those myriad members who have remained true to his club over a long period. Like many others he got little back for his annual subscription other than the pleasure of knowing that his contribution went towards keeping the club moving forward.

Clive Shippen writes from Sydney

How time flies: we have to remind ourselves that it will soon be two years since he left these shores. Clive's business is now off the ground and he is a Fellow of the Institute of Engineers Australia. Still jogging three times a week, he also finds time to assist in pole vault coaching at Homebush track where he advises Peter Banks who won the Aussie decathlon title with 7915 points. Peter is being tipped to reach 8500 by Sydney 2000. Another lad aided by Clive also has outstanding potential – a 6'2" 17 year-old whose talent has already taken him to a 49.50m discus throw, an 11.05 100m, 6.80m long jump and 17.2 high hurdles. Note the name – Peter Elvy.

Clive tells us of an old Belgravian that he ran into:

'I attended Homebush recently for a pole vault session with Peter. I was wearing my Belgrave track-suit, cap and carrying a Belgrave bag (how ostentatious!). An old grey-haired gentleman, in the process of coaching a girl vaulter, spotted my track-suit, approached me and said, "What's Belgrave doing out here then?" I looked baffled. "Jim McGrath is the name," he said. "You probably won't know me but I used to belong to Belgrave before emigrating in 1961."

It took a while for the penny to drop and for my brain cogs to turn back to that era, and then I remembered. Impossible to recognize him of course, but I well remember how invaluable he was to us in trophy meetings with his decathlon skills.'

Jim featured well up in our ranking lists for 1959 in every field event except the triple jump and hammer and was also our best high hurdler for the year. By 1960 he was our top high jumper, long jumper, discus thrower, pole vaulter – and need we say – decathlete.

Mabon gets a boost

Mabon Dane writes to tell us that he has had a boost to his walking thanks to a sponsorship deal with his employers Crowe Insurance Group who are covering some of his travel and kit costs to the tune of £1000.

Attracted to the club after seeing the successes of the club's juniors and the enthusiastic turnouts of the seniors in races during 1995. Mabon joined early in 1996 and was followed within months by the current junior international Andrew Goudie. Full of enthusiasm, Mabon tells us that the Belgrave walking section from U20 above is about to see its best period in well over 10 years in the forthcoming season. Fast improving Nigel Whorlow moved up to the U20 age group in September 1997 while Andrew Goudie, already an U20, recently gained a second international vest when he represented Great Britain in Germany. Mick Graham, father of the current U13 National Champion, Paul Graham, is another fast improver having recorded his first sub 15 minute 3 km walk at the 1997 Belgrave track championships. He will be a force to be reckoned with over the next year. As for Mabon, he hopes to significantly improve on his existing times in a quest for selection for the 1998 Commonwealth Games.

LAURIE O'HARA

(1932-1997)

It is with much sadness that Belgrave Harriers announce the death of Laurie O'Hara at the age of 65 years. He died only the day after attending a social function at Belgrave Headquarters.

Laurie was probably the most consistent middle-distance veteran runner during the period 1972-75 when he recorded personal bests of 3:58.5 (1500m), 8:22.0 (3000m) and 14:28.2 (5000m). In 1973 he won the British Veterans National Cross Country title and led Belgrave to the team title in 1973 and 1974; it was in that latter year that he topped the World rankings at 3,000 metres and 5,000 metres.

He was a late starter. During his twenties he played football for Harrow, Leatherhead and then, on amateur forms, for Reading FC. He kept fit during the summers by running at Hurlingham track and it was there that a Belgrave training pack discovered just how good he was at interval work. Laurie was a natural at such training and soon abandoned football to take up athletics at the late age of 29 years. Within weeks he was competing for the first team and after only a few months he recorded a fastest stage time in the London to Brighton Relay, gaining a team gold into the bargain. For the next ten years he was a familiar figure up and down the country; running through each year's fixture list with gay abandon, making up for his late start. Laurie reached veteran status in 1972, just as the World Veteran Association was formed. The inaugural international meetings at Crystal Palace and Cologne brought together for the first time teams from Canada, USA and Australia, sparking interest across Europe.

Laurie made his mark on the International scene swiftly by scoring fine wins in the 5,000 metres events at both venues.

Housed inside that diminutive 5 foot 4 inches, 8 stone frame of his was a ferocious finishing kick. Many of his winning margins were achieved in the last 150 metres and for this he gained quite a reputation. Medals continued to come his way as he moved up through the age categories but a persistent virus problem never gave him the chance to tackle the M65 group. Laurie was a quiet unassuming man, well respected and much liked. He will be sadly missed by his club and the veteran fraternity in general. Belgrave Harriers extend their condolences to his wife and family.



Photo: Ray O'Donoghue

Clive Shippen

We will always remember Laurie O'Hara as a winner.

The Dysart Dash 10k at Petersham on June 30th 1996 was one of Laurie's very last races and yet again he was the first man home in his category.



Photo: Ron Linstead

Laurie O'Hara traverses Farthing Downs, Coulsdon, during the final Surrey Cross Country League fixture of the 1969-70 season. Belgrave took the team race and topped the League for the 5th consecutive year.

Memories of Laurie ...

TVH Road Relay, Cranford, mid '60s.

One hears runners talking of 'flying' when they are running at their best. Whilst among the runners milling about near takeover area I looked up and saw the leaders come into sight over the bridge. The sun was low in the sky and there was Laurie's distinctive and diminutive figure, silhouetted for a brief moment as he crested the rise. He was in full flow and I would swear that not once did his shoes touch the ground as he headed for home. A full twelve inches of golden sunlight shone between his shoes and the tarmac. Laurie was flying! (CEM)

Southern Road Relay, London - Brighton, 1963.

Portsmouth AC with their international runners were the team in those days. In the Southern Road Relay Laurie was on the 7th stage and took the baton from a youthful Tony Fairclough who had run his socks off to move up to within ten seconds of the leader. Laurie set off like a man with a mission and as the Gatwick Airport stretch was reached, came up to the Pompey runner's shoulder. The whole thing was recorded by a Belgrave movie camera team on a motor-bike. As the two runners approached a short underpass our man's last action before the two runner disappeared for an instant into the shadows was to turn his head and cheekily wink at the camera crew. Ten seconds later and out into the sunlight again - Laurie was 5 yards ahead and going away. Belgrave went on to win the Southern Road Relay that day to interrupt Portsmouth's domination of the event. (ARM)

JACK GOSWELL, R.I.P.

Just before Easter, Jack Goswell, Past President and Life Member of Belgrave Harriers, died after a short period in hospital.

Jack was a great Belgravian. He had two driving ambitions; to enhance the name of Belgrave and improve the organisation of the Race Walking Association Championships. Although not a top competitor, he was one of the all-time greats of race walking. He did take part in a few club races and the Nijmegen Marches.

Jack joined Belgrave Harriers in April 1951 and within 17 months became the Hon. Race Walking Secretary. But he was much more than a Secretary, being coach, adviser and a brilliant team manager.

Around a nucleus of champions like Stan Vickers, Eric Hall, Ray Middleton and Ray Hall, he built teams which, during his 15 years as Walking Secretary finished first on 18 occasions, second 13 times and third on seven occasions for Belgrave Harriers in Senior R.W.A. national road walking championships. In 1957 the club, under his guidance, took first place in all the R.W.A. championships in one year; 10 miles at Coventry, 20 miles at Hendon and 50k at Leyland, a feat never achieved before by any club. The 20k championship was not added to the championship programme until 1965.

One can only marvel at the drive and enthusiasm which formed those teams and those which, on eight successive years between 1955 and 1962, won the Nijmegen Shield awarded then to the first club finishing a full team of eight walkers in the National 20 miles. Belgrave's and Jack's success was incredible when you remember that every walker who started must finish and none could afford to incur a judge's displeasure as each judge in a national championship then had the power to disqualify a competitor. Today the team size has been reduced to 6 and it takes 3 judges to disqualify a competitor.

Jack's success was due to his in depth knowledge of his walkers and the opposition, an ability to generate intense team spirit, absolute faith in his team selections, enough determination to drive exhausted walkers to give 101% and to take full advantage of the rules of competition. In those days feeding stations were far apart so competitors had to depend on help from club supporters or on the generosity of others to survive. Today national championships are held on multi-lap courses with fixed feeding stations every 5kms.

The Milan Trophy was awarded for the first time in 1962 to the club finishing the first full team of eight walkers in the R.W.A. 50k Championship. Belgrave, spearheaded by Ray Middleton, 2nd and Ray Hall, 3rd and marshalled by Jack, took the trophy.

Another job performed by Jack, with the help of his wife Joan, was organising the annual Belgrave Open 7 Miles Road Walk each November at Wimbledon. He undertook this task for over 25 years.

He was President of Belgrave Harriers in 1964-65 and for many years organiser of the '200' Club which helped to ensure that the club's finances were kept on a sound footing.

In December, 1953 Jack was elected to the R.W.A. (Southern Area) Committee. He became Chairman in 1961-2 and President in 1963-4.

On the death of Alf McSweeney (Highgate H) Jack became R.W.A. Hon. Championships Secretary in September, 1962. His experience of organising the Belgrave Open '7' and various other road walking races in the South, coupled with the invaluable support of his wife Joan, enabled him to carry out the duties of Hon. Championships Secretary with distinction. He held the post until the R.W.A. A.G.M. in September, 1967.

For over 20 years Jack and Joan compiled the results of all 'nationals' and produced on-the-spot results for distribution to everyone free of charge.

In 1971-72 Jack became R.W.A. National President and in September, 1973 he was made a R.W.A. Life Member for long exceptional and meritorious service to the Association. His wife Joan received the same honour a few years later.

Jack was a perfectionist, which meant some people found he was not easy to work with when producing results. Finishing lists (numbers and times) had to be checked and re-checked. He expected all names, numbers and times to be accurate, no matter what the weather conditions on race day. He expected everyone helping to compile results, including Joan (usually the 'typist'), to be constantly alert. As I was frequently one of those involved I saw Jack's annoyance when some mistake caused a hold-up in the production of results. I discovered that Joan was a lady of infinite patience.

Over a period of some 25 years I had the privilege of serving on the R.W.A. Southern and National committees and various sub-committees with Jack and found him to be a very hard worker with a wide knowledge of current and past walkers and personalities in athletics. I think that he was disappointed that his abilities as a team manager were not put to the test as a G.B. walking team manager.

Unfortunately during the last few years constant leg trouble made it difficult for Jack who was a Grade I walking judge to attend races. This, combined with the fact that he was a very independent character who liked to keep his personal life private meant that he had very little contact with the race walking scene in recent years. I, like many of those who attended his funeral, was surprised to learn that Jack had a twin brother Tom. Our condolences to Tom and his family.

I shall always remember Jack as a great Belgravian, a man of great integrity who made sure that any task which he undertook for the Club or athletics was tackled with great drive and enthusiasm and completed satisfactorily.

May his soul rest in peace.

John Keown

The Race Organiser: Where would athletics be without the dedication and enthusiasm of those like Jack Goswell, pictured here at the Metropolitan Police Open 7 Miles at Imber Court, January 12th 1974.



Photo: L. A. Meison & Son

... he was "Mr. Belgrave"

For those of us who were lucky enough to be members of Belgrave during the period when Jack was Race Walking Secretary he was the man we looked to for everything to do with our sport - he was Mr. Belgrave so far as we were concerned.

Recollections flood in and they cover the whole range of sporting activity and emotions. He took over as Race Walking Secretary at a time when our fortunes were, comparatively, low. We had great teams pre and post war but by the early fifties many had retired. Jack's arrival on the scene, firstly as a competitor in 1951, and then only a short while later as Secretary changed all that. It is easier to give reasons for the change than it is to point to a date when things changed. Jack was first and foremost a motivator, a man you could not let down. Normally quiet encouragement was all he required but if need be he could use the whip to good effect. Jack always knew instinctively just what I needed, and I am sure I speak for many others. He was the team manager and unofficial coach who persuaded us to apply discipline to our training methods.

Tuesday evenings, in the winter, almost without exception, found him at Wimbledon. He counted us out and waited patiently for us all to return! A quick cup of tea and a rush down hill for the train home. In the summer he watched us on the track while the longer distance men did "the bridges". Once home he had to reconcile his little black book with the money he had collected for race entries, outings, the Race Walking Record or the Club football competition. We would often hear of how late he, and Joan, worked to ensure that all ran smoothly.

Race days saw him arrive early to organise our teams and, if it was a home fixture, sort out the officials and recording in readiness for the printing of the results and the prize giving. He took great pride not only in Belgrave's sporting successes but also in maintaining a very high standard of race promotion. He was more than ably supported by his wife, Joan, who was often to be found in cold, uncomfortable, venues ever ready with the typewriter and duplicator to ensure we all had a fully completed result sheet before we left for home. The pair of them were also a very formidable Belgrave team. Naturally enough both were pressed into service by the RWA, and other bodies, and so they became a corner stone of race walking at many venues.

An all day stroll with Jack was an entertainment especially if Harry Shields was in the party. No matter how short of breath, or how tired the legs, one or other was ready with a quick remark which not only made it all worthwhile but also took our mind off what later became known as "the pain barrier"! We were not averse to playing tricks and I will always remember the day when Jack, this time on his faithful bicycle, rode ahead of us to the next cross roads to take a rest. We found a short cut across a field which meant that we avoided the cross roads and it was some while before we heard Jack's voice some 400 yards behind us telling us exactly what he thought of us! As he was carrying our lunches he would have had the last laugh anyway. It was not unusual for one or other of us to 'phone him on a Thursday to talk about the Saturday race and just before putting the receiver down we would assure him that we would be at Waterloo in good time for the 8.30am to Salisbury - the race being in Sheffield! Only Joan knew just what he had to put up with from an unruly pack of athletes all intent on having a good time - Jack it was though who added the necessary ingredient to ensure that success came our way.

During a race he would inform you of progress if he thought you needed to know or could do something about improving the position. For some of the time I was Club Captain which was a sinecure and Jack never once gave me bad news - always encouragement, always persuasion but never ever a moan.

He led us to great heights during the period from 1955 to 1965 and I was very fortunate to be a member of many of those teams and please

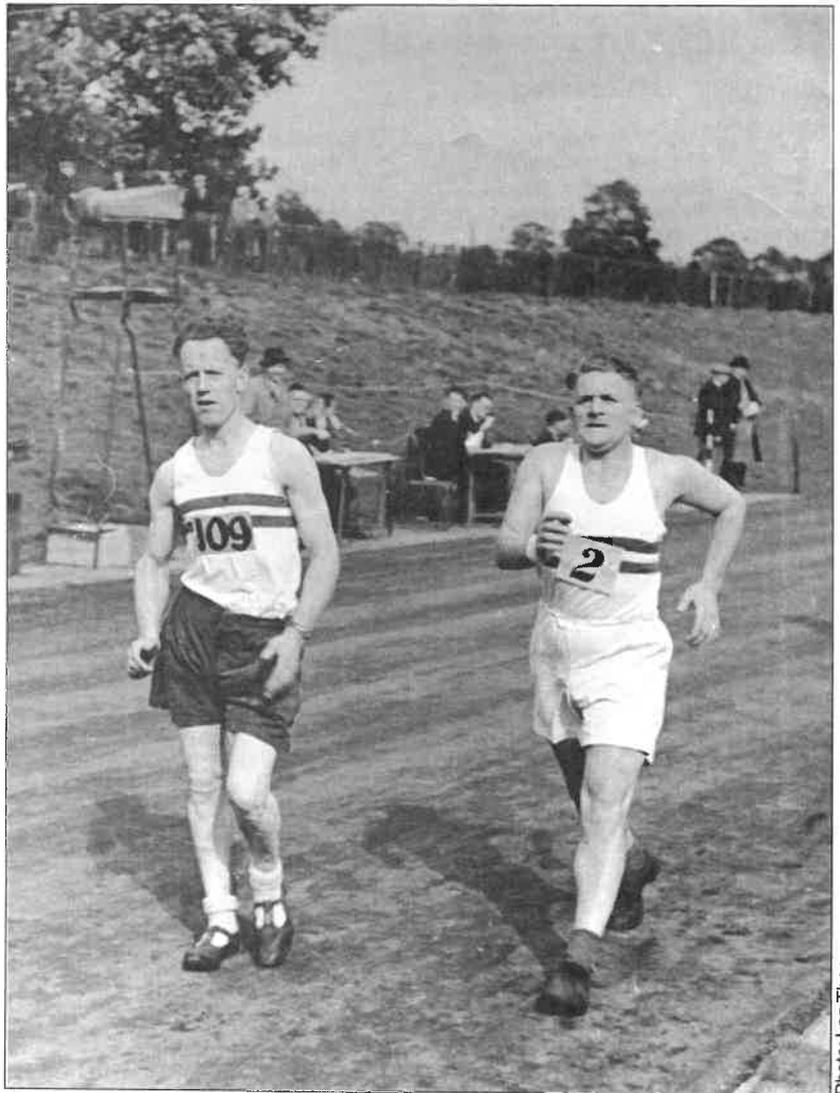


Photo: Len Thorpe

The Competitor: It's 1953 and Jack, wearing no. 2, competes alongside Patsy Logan at Parliament Hill in the Highgate Harriers 1 Hour Track Race.

bear in mind that, in those days, Belgrave turned out nearly 60 walkers - rather more than many total fields these days. Jack organised the teams and had in mind handicap prizes as well as National titles. We had more than our share of both and to us went the glory, the trips overseas and the prizes, but Jack shared in our satisfaction and fulfilled the prophesy made by Alf Harley, when he took the job on, that in a year or so he could have a great team! Given that you could wear a British vest and not make the Belgrave "A" team it was a fair forecast but if anything pleased Jack most of all I like to think it was the long sequence of wins in the Nijmegen Shield given for the first team to get all eight men home in the National 20 mile walk - Belgrave won it eight years in a row! He was also very proud of the National Championships he put on at Wimbledon which meant a considerable amount of work - including course measuring involving sweeping snow off the road in order to paint white mile marks!

The only occasions when Jack was absent from an event was if it clashed with an international at Twickenham - somehow he managed to get tickets every time but would never reveal the source.

Well Jack, as I have said in the past, Many Thanks for just being there and doing so much for so many of us. I am confident that you will soon be organising the recording angels into some sort of order with the aim to beat everyone else in getting the celestial handicap results out!

You could get contributions from many people and mount an issue of *The Belgravian* just dedicated to him - I have enough memories to fill a small book myself.

Eric Hall

The light at the end of the tunnel is now dazzling

Two years ago I said there was a light at the end of the Club's Race Walking "tunnel". That light is now shining bright and the Club has regained its status as a major force in the event. The Young Athletes Walking section has played a large part in this renaissance. They have joined the other sections of the Club in making the Bels one of the most successful all-round athletic clubs in the U.K.

1997 was expected to be fairly quite for the club after one or two of our teenage walkers had found life a bit more interesting elsewhere but it didn't turn out that way. The youngsters have gone from strength to strength, bringing back the spoils of competition time after time. It has been a busy year, with visits to the Midlands and the North being a regular occurrence. Sheffield was the venue for a Grand Prix, the National Road Walking Championships and the Inter-Area Match.

The Club has produced county road & track champions, regional road champions and national champions and medallists. We are now gaining rewards throughout the country and with others coming in at the lower age groups and some joining at senior level, the new athletic year will hopefully bring even further success right across the age range.

Andrew Goudie gained his Great Britain Junior Vest this year in a match in Germany and was joined by Nigel Whorlow who received his call to represent England at the end of September. Our younger athletes also got a taste of International racing by competing for the RWA 'Young England' team vs. Ireland in

Dublin; Laura Fryer (for the second time), Paul Graham and Sam McNally were the Bels representatives in this match.

For first time Race Walking was included in the Schools International Athletic Match (England vs. Ireland vs. Scotland vs. Wales). The event was held in Dublin and Nigel Whorlow represented the English Schools and gained the bronze medal. To compete in this event is the highest representative honour available in Schools Athletics.

Six of our youngsters were picked for the Southern Area in the Inter-Area Match but due to prior engagements only two of them were able to take up the invitation. This did not stop Paul Graham winning the U13 Boys event. We also had representatives in the U15, U20 and senior Inter-County matches, with Nigel gaining a U.K. All-Time Top Ten time in the 3,000m at Crawley. Our regional and county representation is strong and is likely to get even stronger over the coming year. We also had many national, regional and county champions - too many to name them all here but they are all listed in the race reports. Overall we have gained 4 county golds and 2 silvers followed by 2 regional golds, 3 silvers and 2 bronze. On the national ranking scene we have quite a few young athletes at or near the top of the lists

All looks well for the future of Race Walking within the Club. We have now established ourselves as one of the top three walking clubs in the country, both of the clubs above us being dedicated solely to walking. With the success we have

been having the Race Walking section within the Club now stands proudly alongside all the other sections who have done the Bels proud over the past couple of years.

One of the problems with Race Walking is the lack of encouragement from other sections of the Club. Youngsters who want to try out various events rarely get pointed in the 'walking' direction. It must seem very strange to those outside our Club when they see that all our youngsters in the race walking section live miles from London. I am sure that we must be able to get some of our other young athletes interested in the event. We have young walkers in Kent and Suffolk but none from our home county of Surrey.

Finally thanks must go to those seniors who have helped coach our youngsters to their present high standard. They include Mabon Dane, Mick Graham, Dave Sharpe and Ray Hall.

I look forward to another successful year.

Stephen Whorlow

Young Athletes Race Walking Team Manager

Young Belgrave Walkers pose after the 2 kilometres event at the Belgrave Open '7' at Wimbledon, 22nd November 1997. Back row - Steve Whorlow Jnr., Laura Fryer, Kevin Baker - front row - Sam McNally, Lucy Asling and Paul Graham.

CAMBRIDGE HARRIERS WINTER LEAGUE BEXLEY, 8 MAR 1997

The final match of the League at Bexley included the SRWA YAG Champs. and again the Bels. youngsters were up for the honours. It was much the same for the Seniors, once at the forefront of Race Walking in the South.

In the YAG races young Sam McNally was able to score in both the U11 and U13 events due to the unique rules of the competition. He won the race and the overall competition in the under 11s and then went on to take 4th place in the under 13/15 race. In the girls' race Lucy Asling took 3rd in the race which also gave her 3rd overall.

The under 13/15 race was a two in one event, with under 13 only counting for the RWA Champs. Paul Graham took the Regional Championship, with Sam racing to the silver and Stephen Whorlow coming home 4th to help the Club take the team title. In the girls' under 15 event Laura Fryer continued her competition against fellow Kent athlete Nichola Phillips from Dartford - a challenge that was to last throughout the season. Laura took the silver medal.

Nigel Whorlow was in a class of his own in winning the under 17 title, leading all the way. Andrew Goudie found the going tough against the winner in the under 20 age group but still managed to earn the silver medal.

SRWA positions in brackets. Senior Men 10km. 4, M.Dane 47:56; 5, A.Goudie (2, U20M) 49:40; 11, P.King (M45) 56:35. League overall team result: 1, Belgrave.

U17M 5km. 1, Nigel Whorlow (1) 23:50, 2, R.Metalle (2) 35:06. U15B 2.5km. 3, P.Graham (1, U13B) 14:06; 4, S.McNally (2, U13B) 15:08; 6, S.Whorlow (4, U13) 17:29. League overall team result: 2, Belgrave (1, U13B). U15 Girls 2.5km. 2, L.Fryer (2) 13:27. U11B 1km. 1, S.McNally no time. U11G 1km. 3, L.Asling 7:59.

DUDINSKA' PATDESIATKA 50K SLOVAKIA, 16 MAR 1997

Mabon Dane, wanting some International and distance experience, decided that a trip over to Slovakia was the order of the day. Although his time was not as quick as he had hoped for, he survived the judges and the distance which both managed to diminish the field throughout the day. Coming home in 9th place with a time of 5:21.37 was not as important as the experience he gained.



Photo: Alan Mead

National Under 13 Champions

B.A.F. U20 CHAMPS. & YA GRAND PRIX (Road) SHEFFIELD, 12 APR 1997

Up North again for the Sheffield Grand Prix, this being a rehearsal for the Young Athletes National Championships a fortnight later. A 7am start for a five hour trip does not lend itself to the best performances but the Bels. team again acquitted themselves very well. The event had been moved from Chesterfield to Don Valley Stadium and with a Girls' McDonalds League match on the track and Race Walking around the rim of the stadium it was a good day's sport for athletes and spectators alike. When it came to the prize giving, the statutory Easter awards of chocolate eggs were given out and although tasty, did not leave much for the youngsters to remember after a good day's racing.

Our only winner was Paul Graham but with five others in the prize lists, the team still goes on from strength to strength. Sam McNally chased Paul round the course only to be beaten on the line by one second. Lucy Asling confirmed herself as one of the leading under 11 girls in the country with her 2nd place.

Open 10k: 14, M.Graham 64:02.
U20M 10km. 5, A.Goudie 50:14.
U17M 10km. 2, N.Whorlow 51:09.
U15G 3km. 3, L.Fryer 16:38.
U13B 2km. 1, P.Graham 10:32; 2, S.McNally 10:33; 6, S.Whorlow 13:52. Team: 1, Belgrave 9.
U11B 1km. 2, A.Graham 6:17.
U11G 1km. 2, L.Asling 6:04; 4, E.McNally 7:06.

RWA YA NATIONAL CHAMPS. inc. YOUNG ENGLAND v. IRELAND (Road) SHEFFIELD, 26 APR 1997

Back to Sheffield for the second time in a fortnight and the team had high hopes of taking some of the rewards on offer. The under 13 boys' event became the most successful. Paul Graham took the gold to become the National Champion, Sam McNally won the silver and with Stephen Whorlow Jnr. filling out the team in 6th. The Club took the team championship. In the under 15 girls' race Laura Fryer fought well to catch and take the bronze medal position in a club record time. The under 17 men's race produced our second silver medal with Great Britain Junior Squad member Nigel Whorlow well ahead of the third placed walker and struggling to try and catch the Leicester WC winner. England and Great Britain Junior International Andrew Goudie walked steadily and after seeing the likely winners disqualified, went on to take 2nd, proving that in championships, style rather than speed is the order

of the day. Including the U13 team win, we had no less than six members on the rostrum.

Championship results (match results shown in brackets.)

U20M 10km. 2, A.Goudie (3) 48:05.
U17M 5km. 2, N.Whorlow (2) 23:52; 8, R.Metalle 29:33.
U13M 2km. 1, P.Graham 10:52;
3, S.McNally 11:21; 6, S.Whorlow 14:43. Team: 1, Belgrave 10pts.
U15G 3Km. 3, L.Fryer 16:00.

INTER-AREA MATCH SHEFFIELD, 1 MAY 1997

Belgrave originally had Andrew Goudie, Nigel Whorlow, Laura Fryer, Paul Graham, Sam McNally and Stephen Whorlow Jnr (reserve) selected for the South for this match but because of other commitments such as exams and over racing, only Paul and Sam were able to accept. But Mabon Dane was later called up and Mick Graham was pulled out of the stand at the last minute to make up the South's team.

Paul Graham and Sam McNally confirmed their number 1 and 2 National Rankings in the under 13 age-group by taking 1st and 2nd. In the Senior Men's race the surprise of the day came when Mick Graham passed the Club's number one walker 50 metres from the line. Credit must be given to Mabon who, after having a poor race with two warnings already on the board, wisely slowed down to ensure that he finished to score those much needed points. Senior Men 10km. 7, M.Graham (M45) 54:09.9; 9, M.Dane 54:11.6.
U13B 2km. 1, P.Graham 10:34.4; 2, S.McNally 10:59.3.
Match Result: 1, Midlands 81; 2, South 78; 3, North 60.

MICKY BROWN OPEN & YA GRAND PRIX STEYNING, 22 JUN 1997

The trip to Steyning was made very difficult due to the races being held well off the beaten track. Nevertheless, with three trains and a bus journey for the Folkestone Squad and our boys from Haverhill staying overnight nearby to ensure they were there on time, the Club did very well to get the numbers out and provide the other teams with some stiff competition. It was well worth the effort as nearly everyone scored a pb. in spite of it being one of the wettest days of the year and many of the day's spoils went to the Bels. team.

Starting with the under 11 girls, Lucy Asling had not only to contend with the worst of the weather but with some of the competitors who still needed a bit more coaching in the 'niceties' of Race Walking. She managed to come home in 2nd place with a big pb. In the under

Reports by Stephen Whorlow

11 boys' event we had our young 7 year old Andrew Graham showing how the event should be walked and he joined Lucy as one of the best stylists in the younger age groups as well as also getting 2nd place in another pb. Newcomer Jeremy Dawson also showed that he has the stamina and courage for the event. Among the under 13 boys young Paul Graham has started to put plenty of space between himself and the rest. Again he was 1st and with Sam McNally 3rd and Stephen Whorlow 5th (with a massive pb knocking over 1½ minutes off his previous best) the winning team prize was theirs once more.

Laura Fryer's was the best race of the day. In the under 15 girls' event she chased the National Champion, Nicola Phillips of Dartford, all the way to the line. Laura had actually beaten her rival and friend the previous week in the Kent Schools Championships but here just lost out by 10 metres in spite of reducing her best ever time by another 18 seconds.

The under 17 men's 5km race went to Nigel Whorlow who learned a lesson about even paced racing. He had worked out his lap times exactly and kept to them for the whole race but couldn't understand why he had not achieved his expected time. Oh dear! He had forgotten to add on a bit for the additional 200m at the beginning, making it a costly mistake in respect of his time. Racing at the same time, but in the U20M group was Andrew Goudie who gained a very respectable 3rd place to become our first member home in a race that also included the senior men and veterans. In the senior event Mick Graham (M50) set off like a train but was caught by Carl Lawton half way through the race. Mick, now one of the country's top veterans, also finished with a best ever time. Senior/U20M/U17M 5km. (age group positions in brackets) 6, A.Goudie (3, U20M) 23:15; 7, N.Whorlow (1, U17M) 23:31; 8, C.Lawton (M45) 25:01; 9, M.Graham (M45) 25:04; 10, P.Warburton (M45) 26:22.
U15G 3km. 2, L.Fryer 15:48.
U13B 2km. 1, P.Graham 10:25; 3, S.McNally 11:23; 5, S.Whorlow 12:02.
U11B 1km. 2, A.Graham 5:48; 6, J.Dawson 7:10.
U11G 1km. 2, L.Asling 5:42.
M.Brown Trophy: 1, Steyning 67; 2, Belgrave 33; 3, Dartford 21.

ALAN FLEAR WALKS (Track) COVENTRY, 2 AUG 1997

The final Grand Prix event of the year at the Warwick University track confirmed the Grand Prix standings. On a bright sunny afternoon everyone



Photo: Alan Mead

Little Miss Dynamite - still not eleven years of age, Lucy Asling wins almost every time she turns out.

was in the mood to enjoy themselves but many from the South were holding themselves back for the next day's SEAA Champs. at Enfield. A good day's racing was had by all our youngsters, with 5 first places and 5 others of our 13 entries getting into the frame.

Laura Fryer produced the best result of the day after a race long tussle with the eventual runner-up. The lead changed hands every lap until Laura decided to head for home at the lap and half point, winning with a comfortable margin of 23 secs. There were also other events on the track apart from walking which makes a nice change.
U17M/Senior Men 5km. 9, N.Whorlow (1, U17M) 25:05, 10, M.Dane 25:33; 13, M.Graham (M45) 25:46; 16, D.Sharpe 27:23.2; R.Metalle (2, U17M) 31:34; J.Stevens (3, U17M) 31:38.
U15G 2km. 1, L.Fryer 10:26.
U13B 2km. 1, P.Graham 10:39; 3, S.McNally 11:32.
U11B 800m. 1 A.Graham 4:32; 2, J.Dawson 5:49; 3, C.Read 6:58.
U11G 800m. 1, L.Asling 4:31.
1 mile run. 1, N.Whorlow 5:26.3; L.Asling 7:13.4; C.Read 7:18.2.



Race Walking

AAA U15/U17 CHAMPS. BIRMINGHAM, 17 AUG 1997

We were well represented in the Championships this year. As previously the under 13s had to compete as under 15s and again they acquitted themselves well. But it was in the older age groups that we took our medals. Laura Fryer fought for the whole of her 3,000m race with Dartford's Nichola Phillips and Solihull's Kelly Mann. Unfortunately her early race tussles with the Dartford girl used up her reserves and her rival from Solihull caught and passed her on the last lap. Nevertheless, Laura can be very proud of the bronze medal she took home.

In the under 17 men's event Nigel Whorlow decided that the position was more important to him than the time. As the day heated up it was decided to put water out in this 5,000m event. The Irish had sent over their big gun in the guise of David Kidd and with Tommy Taylor of Leicester also in the race it was to be a repeat of the Schools International only three weeks earlier in Dublin. Taylor blazed off but after 5 of the 12½ laps Kidd caught him and the positions stayed that way until the end, although as the Leicester man flagged Nigel began to get his sights on him until he ran out of time.

U15B 3km. 7, P.Graham 16:36.60; 12, S.McNally 17:49.09; 16, S.Whorlow 21:59.94 (all U13B).
U15G 3km. 3, L.Fryer 16:00.92.
U17M 3km. 3, N.Whorlow 24:27.3.

INTER-COUNTIES MATCH CRAWLEY, 30 AUG 1997

In a 3,000m track race with four Belgrave athletes competing for three different counties it was hard to know who to shout for, but the race did produce one of the finest inter-counties races for a long time. As far as the Bels athletes were concerned it developed into two separate races. Andrew Goudie vs. Nigel Whorlow (both Kent), and John Hall (Middx) vs. Mick Graham (Suffolk). Nigel and Andrew were side by side for the first 3 laps and then, as if something had startled him, Nigel took off and produced his race of the season. He almost passed Andy O'Rawe from Essex and produced a time that puts him in the top ten Under 17 All Time U.K. List. Andrew followed him home in 5th place while Mick decided that tagging closely onto John would give him a personal best.

4, (3rd in match) N.Whorlow 13:11.5; 5, A.Goudie 13:24.6; 7, J.Hall (M45) 14:22.8, 8 M.Graham (M45) 14:25.4.

BELGRAVE OPEN '7' WIMBLEDON, 22 NOV 1997

The 78th edition of the Belgrave Open Seven Mile Walk resulted in a close win for the home club. Mark Easton of Surrey Walking Club

stamped his authority on the race from the very outset. He was tracked by Steyning's Gareth Brown for the first half of the race but took the West Wimbledon hills in his stride as he went on to win by nearly a minute. The Sussex based club provided the second and third men home and with only four to score the team race looked to be heading Steyning's way but although out of the individual medals, the Belgrave squad packed their top competitors into 5th, 6th, 8th and 9th places to pip the Sussex men by three points - 28 points to 31.

Junior Andrew Goudie was the Bels. first man home (54:45), one place ahead of club-mate Nigel Whorlow (55:37), still only an under 17. Mabon Dane was 8th (58:30) with veteran Team Manager Carl Lawton closing in the quartet (58:49). It was a tremendous effort for Carl who had been up until 4am dismantling the scaffolding and seating erected in Covent Garden for the Children in Need appeal. With little rest he then masterminded the race - and took home a first team prize to boot.

Many of the Club's younger walking stars were also in action over the 2 kilometre course and between them they made virtually a clean sweep by winning every age group but one. Kevin Baker was the first under 17 in 10:41 but was actually pipped on the line by the outstanding Paul Graham whose 10:40 gave him the under 13 boys' title. Laura Fryer won the under 15 girls' event in 10:54 while Steve Whorlow took the boys' race in 13:12. Lucy Asling, only in her eleventh year, was 3rd in the girls' under 13 event in 14:04.

Men

- 1, M.Easton (Surrey WC) 49:23
- 2, G.Brown (Steyning) 50:26
- 3, M.Hales (Steyning) 53:09
- 5, A.Goudie (U20) 54:45
- 6, N.Whorlow (U17) 55:37
- 8, M.Dane 58:30
- 9, C.Lawton (M45) 58:49
- 17, P.King (M40) 62:46
- 18, D.Sharpe (M40) 63:11

Teams:

- 1, Belgrave (5, 6, 8, 9) 28
- 2, Steyning (2, 3, 4, 22) 31
- 3, Ilford (7, 10, 14, 15) 46
- 4, Surrey WC 54; 5, London Vidarians 127.

Women

- 1, L.Kehler (Wolv. & B) 56:30
- 2, B.Tisshaw (Dartford) . 62:57
- 3, C.Reader (Ryston) 63:18

Under 17 Men

- 1, K.Baker (Belgrave) 10:41

Under 15 Boys

- 1, S.Whorlow 13:12

Under 13 Boys

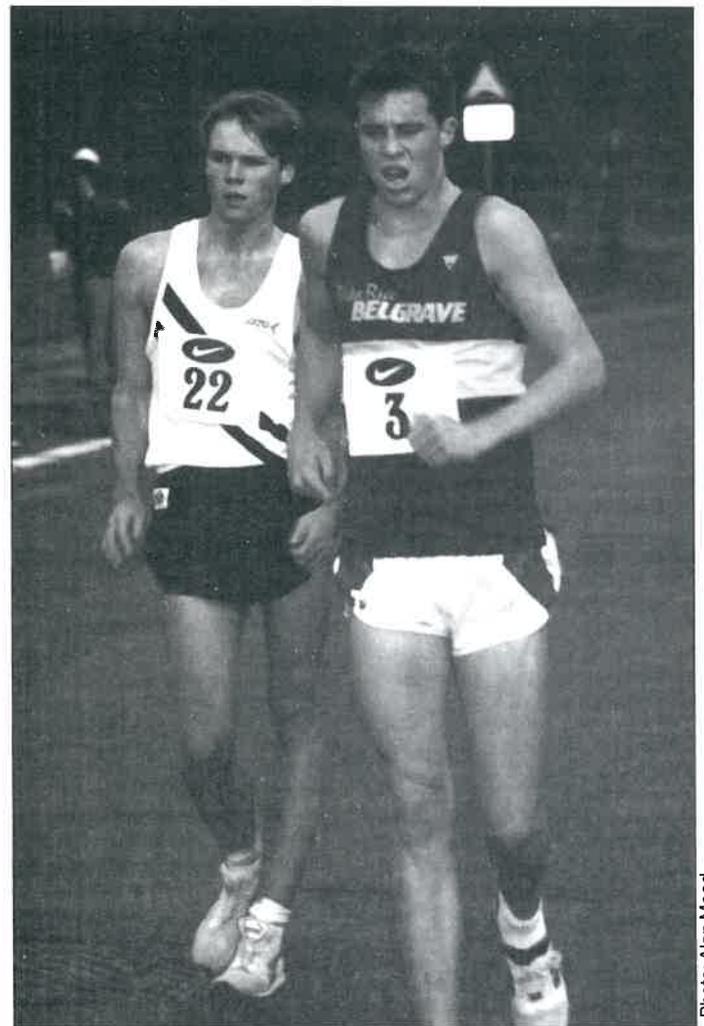
- 1, P.Graham (Belgrave) .. 10:40
- 2, S.McNally (Belgrave) . 11:57

Under 15 Girls

- 1, L.Fryer (Belgrave) 10:54

Under 13 Girls

- 1, C.Curtis (Dartford) 12:01
- 3, L.Asling (Belgrave) 14:04



First Belgravian home in the Club's Open '7', Andrew Goudie had a rare old tussle with fellow Under 20, Steyning's Matthew Hales.

Photo: Alan Mead

Race Walking Results Roundup

February 1997

- 8 Bexley, Cambridge H Open 10k. 1, M.Easton (Surrey WC) 42:41; ... 6, M.Dane 47:29; 7, A.Goudie 47:32; 9, C.Lawton 53:31; 10, D.Sharpe 54:00. Team: 1, Surrey WC 12; 2, Belgrave 22; 3, Ilford 28. U17M 5k: 1, N.Whorlow 23:58. U15B 2.5k: 4, P.Graham (U13B) 13:13. Team: 1, Colchester 6; 2, Belgrave 23. U11B 1k. 1, S.McNally 7:24. U15G 2.5k: 2, L.Fryer 13:56.
- 13 Colchester 1 mile Handicap. 2, E.McNally (U11G) 11:37; 5, A.Graham (U11B) 11:05; 6, S.McNally (U13B) 9:27; 7, M.Dane 6:59; 8, M.Graham (M45) 7:41; 12, P.Graham (U13B) 8:37.
- 15-16 Birmingham NIA, AAA of E U20 Indoor Champs. 3000mW: 6, N.Whorlow (U17M) 13:53.01.
- 16 Basingstoke 10m Walk. 6, M.Dane 76:31; 8, C.Lawton 86:47; 17, P.King 92:56. Team: 1, Steyning 20; 2, Belgrave 31; 3, Weymouth 36.
- 22 Monks Hill, Kent & Surrey County AA 10 miles. 2, C.Lawton 87:12; 6, P.King 94:12.
- 28-2 March, Birmingham NIA, European Veterans' Indoor Champs. M65 3000m Walk: 2, D.Fotheringham 16:39.60.

March 1997

- 1 Blackheath, LPR 9k. 3, P.Warburton 49:59; 11, A.Goudie 47:30; 14, D.Sharpe 55:30; 15, C.Lawton 52:17. Team: 1, Belgrave 11; 2, Ilford 17.
- 2 Coventry, Molly Barnett Races. 10k: 1, M.Bell (Splott) 42:47; 8, N.Whorlow (U17M) 52:38; 9, M.Graham 52:35. U15B/U13B 2k: 10, S.McNally 11:40; 15, S.Whorlow 13:39. U15G/U13G 2k: 3, L.Fryer 10:52.
- 5 Basildon, RWA 50k. 1, M.Dane (Belgrave) 4:56:22; 2, R.Dobson (Ilford) 4:56:58; 3, P.King (Belgrave) 5:25:05.
- 6 Blackheath, LPR Handicap 9k. 4, D.Sharp 50:30.
- 13 Colchester 1mile Handicap. 2, E.McNally (U11G) 11:00; 4, A.Graham (U11G) 10:30; 5, S.McNally (U13B) 9:05; 7, M.Dane 6:45; 9, P.Graham (U13B) 8:40; 10, M.Graham 7:51. Overall Winter League positions: 1, S.McNally 133; 2, E.McNally 127.
- 15 Stoneleigh, BAF 20k. 37, D.Fotheringham 2:07:50.
- 26 Hornchurch, Essex 10k Track Champs. The Essex Championship was held in conjunction with the Essex League race and again Mabon Dane was in the medals, just hold-

ing on to the silver by 3 seconds. Mabon and Mick Graham both scored for Tiptree in the league. 4, M.Dane 46:56; 13, P.King 58:26; 16, M.Graham 58:52.

- 31 Tonbridge Open. 3km. 2, M.Dane 13:08.4; 3, A.Goudie (U20M) 13:57.7; 4, N.Whorlow (U17M) 14:20.0; 6, C.Lawton 15:40.3; L.Fryer (U15G) 17:38.7; 11, R.Metalle (U17M) 17:48.1. 2km: 1, S.Whorlow (U13B) 12:51.8; 2, L.Asling (U11G) 15:00.9.

April 1997

- 5 Basildon, SRWA & BVAF 50km. Mabon Dane drew on his Slovakian experience to enable him to take the Southern title and continue to head the Essex League. 1, M.Dane 4:56:22; 2, P.King 5:25:05.
- 6 Blackheath LPR 9km. H'cap. 1, D.Sharpe 50:33.
- 17 Colchester, 2k Handicap. 2, A.Graham (U11B) 12:34; 8, P.Graham (U13B) 11:04; 10, S.McNally (U13B) 12:03; 12, M.Graham 11:47. Girls 800m: 1, E.McNally (U11G) 6:25.
- 19 Battersea Pk., Belgrave Open. 3000m Walk: 1, A.Goudie 13:33.2; 2, N.Whorlow 13:49.7; 3, M.Graham 15:40.3; 4, D.Sharpe 16:03.5; 5, P.Graham 16:06.1; 6, S.McNally 17:46.3.
- 23 Monks Hill, Croydon, SRWA 20k. 3, M.Dane 1:47:23; 11, P.King 2:09:29.
- 27 Tiptree, SRWA 30k & Essex 20m. Avoiding entanglement with a couple of cars along the route, Mabon Dane won both these events. 1, M.Dane 2:38:58/2:51:16; 7, P.King 3:05:05/3:19:34; 8, M.Graham 3:09:01/3:26:02. Team: 1, Belgrave 16; 2, Ilford 21; 3, Weymouth St. Pauls 28.
- 29 Battersea Park, VAC 5m Walk. 5, P.King 45:46.
- 30 Battersea Park, Counties & Belgrave 10k Club Champs. D.Fotheringham 58:37.1; P.King 59:52.1. Women: S.Porter 72:00.8.

May 1997

- 11 Crystal Palace, Kent AA Champs. U20M 3000m: 1, A.Goudie 13:50.48; U17M 3000m: 1, N.Whorlow 14:07.3; 2, R.Metalle. U13B 2.5k Walk: 1, S.Whorlow 17:46.03. U15G 2.5km. 2, L.Fryer.
- 11 Basildon, Essex 3000m Champs. 2, M.Dane 14:19; 12, D.Sharpe 16:55.
- 11 Basildon, Suffolk 3000m Champs. (inc. in Essex Champs). 3000m Walk: 1, M.Graham 15:51.3. U13B: 1, P.Graham 17:01.1; 2, S.McNally 18:49.2.
- 11 Enfield, Middlesex Champs. 3000m Walk: 1, J.Hall 16:06.0.
- 13 Chesham, Pednor 5m Walk. 1, C.Lawton 44:15.
- 13 Colchester, Essex 50k. 1, M.Dane 108:09; 6, M.Graham 116:41; 10, D.Sharpe 121:55; D.Fotheringham 124:48.
- 17 Victoria Park, RWA National 10m. 9, M.Dane 83:07; 25, M.Graham 93:15. Team: 1, Road Hoggs 28; ... 5, Belgrave 91.
- 21 Woodford Green Open. 3000m Walk: 1, M.Dane 13:29.2; 10, M.Graham 15:20.?. 1k: 1, P.Graham (U13B) 4:59.0; 3, A.Graham (U11B) 6:21.?.
- 22 Colchester 2k Handicap Walk. 1, S.McNally (U13B) 11:13; 2, P.Graham (U13B) 10:30; 7, M.Graham 10:05; 8, M.Dane 9:00.
- 26 Colchester, Essex 20km. 1, M.Dane 1:48:09; 6, M.Graham 1:56:41; 10, D.Sharpe 2:01:55; 12, D.Fotheringham 2:04:48.
- 31 Sheffield, Inter-Area Walks. 10k: 7, M.Graham 54:09.9; 9, M.Dane 54:11.6. U13 2k: 1, P.Graham (U13B) 10:34.4; 2, S.McNally (U13B) 10:59.3.

June 1997

- 4 Blackheath. LPR 9k Walk. 3, D.Fotheringham 50:30; 5, M.Graham 47:24; 6, D.Sharpe 49:49; 7, M.Scammell (M40) 48:13. Team: 1, Ilford 12; 2, Belgrave 18.
- 9 Battersea Park, London Business Houses 3000m Walk. 1, J.Hall 14:40.6.
- 14 Deangate, Kent County Schools

Champs. In a combined event with the results being sorted into age groups after the race, Nigel Whorlow led the field home at a comfortable pace with Laura Fryer beating the National Champion to take the girls' title. 2.5km. Inter-Boys. 1, N.Whorlow 11:39.6. Junior Boys 1, S.Whorlow 17:34.6. Junior Girls. 1, L.Fryer 13:12.2.

14 Sutton Park, BVAF 20k Walk. D.Fotheringham 2:00:38.

18 Woodford 3k Walk. 4, M.Graham 15:13.

28/29 Blackpool, National Veterans' Champs. M65 3,000m: 1, D.Fotheringham 16:27.7. 5,000m: 1, D.Fotheringham 27:30.98.

July 1997

- 2 Blackheath, LPR 9k Handicap. 12, M.Graham 47:22; 15, M.Scammell 48:31.
- 5 Bedford, AAA U20 10k Walk: b 5, N.Whorlow 51:52:29.
- 13 Selsdon, Don Griggs 10km. 2, P.King 56:45.
- 15 Battersea Park, Vets AC 5 miles Walk. 2, C.Lawton 43:10; 8, P.King 47:14.
- 16 Woodford, 3k. 2, M.Dane 14:25.4; 3, M.Graham 14:52.4.
- 19 Dublin, Nestlé Schools International. 3000m Walk: 3, N.Whorlow 13:42.15.
- 23 Bromley, Johnson Bowl 4 miles. 3, P.King 36:47.

August 1997

- 3 Enfield, SEAA Walks. U17M 5k 1, N.Whorlow 24:26.1. U15G 3k: 2, L.Fryer 16:19.64.
- 6 Cricklefields, Ilford 10km. 4, M.Dane 14:37.5; 7, M.Graham 52:35; 12, P.King 60:10.
- 19 Blackheath, LPR 9k Handicap. 6, M.Graham 47:11; 14, P.King 53:20. U15B 1.8k: 3, P.Graham (U13B) 9:38; 4, S.McNally (U13B) 11:38.
- 20 Woodford, 3k: 1, M.Dane 14:37.5; 2, M.Graham 14:43.0; 5, E.Hall 16:57.7. 1k: 1, P.Graham (U13B) 4:55.9; 2, E.McNally (U11G) 5:33.1. Team: 1, Belgrave.
- 20 Norbury, Surrey WC 2 miles. 4, P.King 18:30.
- 20 Withdean, Brighton 1mile Walk: 3, N.Whorlow (U17M) 6:58.8; Women 3, L.Fryer (U15G) 8:15.6.
- 24 Barnet Copthall, SEAA U20 Inter-Counties. 3000m Walk: 1, N.Whorlow 13:29.28. U15 3000m Walk: 2, P.Graham 15:46.68 (first year U13 and inside CBP by 0.1).
- 25 Copthall, U20 Inter-County Meet. 3000m Walk: 1, N.Whorlow 13:39.
- 25 Kingsmeadow, Vets AC Champs. M45 3000m: 1, P.Warburton (gst) 15:08.4; 2, C.Lawton 15:12.9. M65 3000m: 1, D.Fotheringham 16:54.6 (CBP).

September 1997

- 3 Blackheath, Civil Service 7m Walk. 2, J.Hall 57:36.
- 17 Woodford. Track 3k Walk: 2, N.Whorlow (U17M) 13:25.3; 3, M.Dane 14:10.3; 4, M.Graham 14:49.9
- 20 Derby, English Schools Champs. Sen. Boys 5k: 2, A.Goudie 23:17:36. Inter Boys 5k: 2, N.Whorlow 23:24.01. Jun. Girls 3k: 2, L.Fryer 15:53.90.
- 21 Southend 5 mile Walk. 1, A.O'Rawe (R.Hoggs) 36:22; 3, M.Dane 38:22; 4, M.Graham 40:52; 6, C.Lawton

41:33; 10, D.Sharpe 44:53; 13, E.Hall 47:02. Teams: 1, Belgrave 23; 2, Ilford 31; 3, Colchester 47.

October 1997

- 11 Chippenham to Calne 6m. 1, D.Stone (Steyning) 40:35; ... 10, A.Goudie (U20M) 46:02; 13, M.Graham 50:27; 14, C.Lawton ? time. Team: 1, Steyning 25; 2, Coventry 29; 3, Belgrave 65.
- 12 Blackheath LPR 9k Walk. 2, P.King 51:32; 6, M.Graham 47:10; 12, D.Sharpe 51:06. Team: 1, Ilford 10; 2, Belgrave 14; 3, London Vidarians 36.
- 12 Briery Hill, Claire Powell Meeting. Men's 5k. 5, N.Whorlow (U17M) 23:34.3; 10, K.Baker (U17M) 29:41.0. U15B 2k: 4, S.Whorlow 13:11.8. Team: 1, Leicester 166; 2, Sheffield 109; 3, Belgrave 103. U15G 2k: 1, L.Fryer 10:18.2. U13G 2k: 1, L.Asling 12:11.1. Team: 1, Solihull & Smallheath 107; 2, Sheffield 105; 3, Dudley & Stourbridge 63; 4, Belgrave 40.
- 26 Eastway, Lea Valley, VAC & Essex League 5k Walk. 2, M.Dane 24:03; 3, M.Graham 24:55; 4, C.Lawton 25:31; 12, D.Sharpe 27:36; 14, P.King 28:08.

November 1997

- 1 Steyning Open 10k Walk. 7, C.Lawton 52:27.
- 1 Solihull, Midland Winter League. 10k: 10, N.Whorlow (U17M) 48:06. U15 3k: 2, S.Whorlow 19:09. U17W 3k: 1, L.Fryer 15:42. U15G 2k: 1, L.Asling (U13G) 12:02.
- 8 Monks Hill, Addington Vase 7 miles Walk. 3, C.Lawton 61:00; 6, P.King 64:07.
- 16 Blackheath, LPR 9k Walk. 2, A.Goudie (U20M) 46:10; 5, M.Graham 50:25; 6, C.Lawton 50:49; 7, P.King 50:55; 8, D.Sharpe 51:06. Team: 1, Belgrave 13.

December 1997

- 6 Calne, Pewsey Cup 7 miles. 3, N.Whorlow (U20M) 55:21; 5, C.Lawton 58:16.
- 10 Monks Hill, Surrey WC 10k. 2, D.Sharpe 56:26.
- 13 Bexley, Cambridge H Winter League. 10k: 1, M.Hayles (Steyning) 46:45; 2, N.Whorlow (Belgrave U17M) 47:05; 3, A.Goudie (Belgrave U20M); 4, M.Dane; 9, D.Sharpe ? time; 10, P.King 55:58. Teams: 1, Belgrave 7; 2, Cambridge H 54; 3, Loughton 63. U17M 5k: 2, K.Baker 27:35. U15B 2.5k: 3, S.Whorlow 14:44; 4, S.McNally 14:56. Teams: 1, Belgrave 14. U11B 1.2k: 1, A.Graham 7:50; 2, J.Dawson 9:20. U15G 2.5k: 1, L.Fryer 13:47;; 6, L.Asling (U13G) 15:25. Teams: 1, Steyning 18; 2, Dartford 27; 3, Belgrave 27.
- 20 Chigwell, Ilford 10k. 2, M.Dane 49:44; 5, C.Lawton 52:58; 7, M.Graham 54:42; 12, D.Sharpe 55:59; 13, P.King 56:31. Team: 1, Belgrave 14; 2, Ilford 15; 3, Colchester 30.
- 20 Perry Park, Birchfield 10k. 1, N.Whorlow 49:06 - he won by nearly four minutes! U13B 2.5k. 1, S.Whorlow 15:43. U15G 5k. 1, L.Fryer 29:11.

Walking Results Roundup continues on page 63.



Pipped on the line! Paul Graham just manages to squeeze past Kevin Baker at the end of the Young Athletes 2k event at Wimbledon on 22nd November.

Photo: Alan Mead

BILL LUCAS

"... a bold spirit in a loyal breast "

It was in 1948 in the AAA Championships at White City that Bill first came to my notice. My 14 yrs. old classmates and I had been taken there by our enthusiastic P.E. teacher ("killer" Clark of SLH and later Hercules AC) to witness our first major meeting. We knew no-one of course, so when the 3 miles field swept round the first bend we decided to pick our winners rather like viewing horses in the pre-race paddock. I opted for a tall, stylish runner who looked a thoroughbred compared with many of the others. He was entered in the programme as W.E. Lucas, Belgrave H.; right next to G.F. Lucas of the same club. My ignorance soon became apparent when Sydney Wooderson became the first Briton to break 14 minutes for the distance, closely followed by the flying Dutchman Willie Slykhuis. Fortunately betting was strictly forbidden, as Bill was well out of the medals.

Not until the following

year's visit did W.E. Lucas come to mind again. There he was once again in the programme together with G.F. Lucas (Bels) and L.W. Herbert (Bels). Once again I was out of luck; Lucas was in the medals alright (3rd) but it was the wrong Lucas!

In 1948 I hovered. This year the Championships were also the Olympic trials. Willie Slykhuis must be favourite surely and Alec Olney was already making a name for himself. I decided to back Bill for 3rd (one of my class-mates had decided to run a book this year). This time my loyalty paid off: Bill finished a brilliant 3rd and I made 5 shillings! As a result of his run Bill was selected for Great Britain in the 1948 Olympic Games.

Four years later, coincidentally, I found myself a member of Belgrave Harriers. An early visit to Belgrave Hall found me enquiring who the fellow was with the clip-board: he looked familiar. On being told it was Bill Lucas I can still remember bursting out with "Not the W.E. Lucas". I was looked at rather oddly as Belgrave Harriers were blessed with several classy runners at that time and Bill would have been ribbed no end if Tom Carter, Footer and Co. had heard my utterance. Fortunately they didn't hear about my five

Left: Ted Pallant, President, congratulates Past President Bill Lucas on his achievements.

Right: Suzy and Leo Coy, Denny Manning, Snowy Brooks, Don Turner, Alan Black (obscured), Alan Mead, Charlie Henn and Marianne Black listen to the speeches.

bob win either.

For the next 40 years or so Bill's imposing figure strode the stage of athletics fixtures and committees throughout England and I often wonder how many others have said "Not the W.E. Lucas!" There would have been many different reasons for saying this of course, for Bill has always been noted for speaking his mind; whether it

be to a recalcitrant team member or the fully arraigned South of England Committee. He has been respected for it. But above all is his deep loyalty to Belgrave.

He could so easily have become an international track referee, but he preferred to support Belgrave fixtures. He fought for Belgrave's interests in every forum. And can anyone

remember a Belgrave Dinner without his presence? The Club has benefitted immensely from his membership these last 61 years.

And should he ever reach those Pearly Gates and announce himself in his toastmaster style, no doubt a voice will be heard to boom "Not the W.E. Lucas!"

CLIVE SHIPPEN



Left: Enjoying the occasion. Pat Mead, Tony Binda, Marianne Black, Gerry North, Alan Black, the late Laurie O'Hara, George Piddington, Charlie Henn, Ted Pallant, Chris Steer, Charlie Manning.

Sadly this was the last time that we saw Laurie O'Hara. He died the following day while out running.

Left: Bill Lucas attempts to work his way through the field during the Boxing Day 2 miles handicap 1948. Tooting Common was covered in frost and the cinder track was bone hard.

Below: Snowy Brooks, Ted Pallant and Sheila, Bill Lucas and Sheena enjoy the festivities at Belgrave Hall on April 19th.



A fine gathering of Belgravians turned out at Belgrave Hall on April 19th to celebrate Bill's 80th birthday and over 60 years of continuous service to the Club (with no signs of his letting up just yet!).

A succession of articulate speakers took us back to the days of Bill's running, his selection for and appearance at the 1948 Olympics in the 5,000m, then his years of announcing at the White City. Verbal battles at Southern Counties A.A.A. were recalled, anecdotes of his exploits as an official: "... get those toes behind the line Overtt or I'm disqualifying you and your whole team!" – and two terms as President of our Club. Thanks to the wonders of

modern technology Clive Shippen was able to telephone from Australia at exactly the right point in the proceedings with his words being broadcast to all present.

With Bill having spent a considerable period as Belgrave's and Surrey's Cross Country Team Manager it was fitting that many of his team were able to attend or send messages: Gerry North, Alan Black, Laurie O'Hara were there – even Chris Steer had managed to fly in from North America. How wonderful to see George Piddington back at the Hall as well.

Gordon Biscoe and Charlie Manning masterminded the event with Derek Manning arranging the catering. Well done chaps – and well done Bill.



Above: Ted Pallant and Denis Brickwood recall old days and enjoy the 'spread'.

Photographer unknown. It was Ted Pallant's camera that produced these shots but he couldn't possibly be the man clicking the shutter - he's in all the pictures!

You Had Better Believe It!

Memory plays funny tricks – or so it is said. Can we believe what we read? The facts are twisted on occasions no doubt but when they are recorded in official reports it should be possible to rely on them, or at the very least there should be some acceptable explanation for the discrepancies.

For many years one of my hobbies has been historical research, and, as some may recall, an earlier interest was race walking. This last year gave me the chance to combine the two and given that during a visit to an Internet site a year or so ago we found that our own Stan Vickers was said to be German I was ready for anything.

The Olympic Museum in Lausanne, Switzerland, has a marvellous collection of exhibits depicting all aspects of the history of the Games and, in addition, there is a fine library and film archive containing records of every Games of the modern era. The library is open to all during normal opening hours and some video footage is available on screens either free of charge or for a small fee. In addition, by prior notice, it is possible to view other films from the archives and, if your pocket is deep enough, one may also purchase copies for personal use.

During two days spent in the library and studios Mavis and I were able to relive our visit to Rome in 1960; see the Melbourne footage of my own and Stan's events, plus we had time to look through Games reports produced by the host cities and other National Olympic Committees. It was here that my memory proved fallible – or was it?

Starting with an event which means much to a Belgravian but which took place in the year I was born we checked the Tommy Green story in two publications. The British Olympic Association report states that only seven of the fifteen starters finished and that Tommy and Dalinsch of Latvia were together only a mile from home. "The Latvian complained of cramp in his side, and the Italian (Frigerio) began to catch him. Dalinsch, responding gamely, fought off the challenge but, meanwhile, Green was forging ahead to finish more than seven minutes in front of the Latvian, who had a two minute lead of Frigerio, who collapsed on crossing the line".

The German Olympic report on the same race has much the same story except that Tommy got away in the last three kilometres but it shows ten finishers! The other interesting point about the German report is that there are two photographs purporting to be of the same event – in one Tommy is wearing his British vest and number 98 (on his shorts which is not allowed today!) and in the other he is wearing a half sleeved vest, no number, but, possibly, a Belgrave badge! This latter picture also appears in the British report and is likely to have been an agency photograph I would think.

Moving on to 1960, and the 20 kilometre walk, there may be some members of the Belgrave party who made the trip to Rome who would like to know that according to a photograph in the German report Stan Vickers is shown as winning the 50 kilometres although the title is Don Thompson! The American report of 20 kms. notes that "Vickers sinks exhausted to the turf. Two overzealous Italian medical orderlies lift him up and before he knows what is happening he is whisked off in a Red Cross van to hospital where some British officials discover him hours later in perfect health. The Italian orderlies had failed to understand Vickers' protestations – in English – that there was nothing on earth the matter with him".

Garbled to say the least but it must be official – the Americans say so! For those of you who have been brought up on a different account of events I prefer the British report which, correctly, states that it was Matthews who finished up in hospital after retiring at halfway. It is true that Stan's Italian was not too good but then what could you expect of someone who was described as being a German anyway!

Don't always believe what you read – the truth is stranger than fiction but fiction is said to be more interesting – sometimes!

Eric Hall

Born to run

The Tarahumara Indians of northern Mexico do no training, wear home-made sandals, smoke cheap cigarettes and drink corn beer - and still thrash the gringo opposition in 100-mile ultra-marathon events.

By Richard Grant.

Photos by Richard D. Fisher, R. Glenn, Leadville Picture Company.

With acknowledgement to Esquire magazine in which this article first appeared

Standing there, silent and perfectly still in the pre-dawn darkness, the seven Tarahumaras look like men from another time, marooned in the late twentieth century. They are dressed in loincloths and loose white tunics, their bodies small and light, copper-brown faces calm and impassive. As usual, I have no idea what they are thinking. I have spent the last two weeks with these men, journeying from their homeland in the Sierra Madre mountains of northern Mexico here to Leadville, Colorado, sharing accommodation, campfires, meals and beers, and I have come to know them not at all. A vast and seemingly unbridgeable cultural gulf lies between us. The Tarahumaras are what the anthropologists call a "non-verbal people", who value silence over speech, and I live by the word.

Today they will run a 100-mile race over mountain trails, at altitudes of between 10,000 and 12,640 feet. I find this inconceivable, but they do not seem to regard it as any big deal. For the last few days they have sat around smoking cheap, harsh, filterless Mexican cigarettes, and making their running sandals from old tyres scavenged at the Leadville City Dump. Yesterday, I asked them in Spanish how they felt about the race, and after a long silence, one of them nodded and said, "We will win." I wrote it down solemnly, the best quote of the day.

Hundreds of professional and amateur ultramarathon runners, mostly white Americans in polypropylene clothing and hundred-dollar shoes, are milling around the start line, backslapping and gladhanding, smiling at the television cameras, yelling last-minute instructions to their support crews. Next to the stoic, silent Indians, they look like caricatures of themselves: noisy, brash, goofy, spoilt, histrionic, anxiety-ridden.

And the words just pour out of them. I ask them what it takes to be an ultrarunner and fill my notebook with talk of total dedication, short-twitch muscle fibre, positive mental attitude, the importance of sound nutrition and a scientific training programme incorporating track, trail, strength and speed work. When I tell the white runners about the crude sandals and the pile of cigarette butts in the Tarahumaras' quarters, some of them smile and sigh and shake their heads. Others get sour and hos-

tile. The Indians are getting "special treatment". They are destroying the sense of "community" among American ultra-runners. They have no place running in American races because they don't speak the language or share the culture.

The Tarahumara Indians may well be the best long-distance runners on the planet but they follow no training schedule. In fact, they avoid running altogether, unless it is after wild game, or to win bets during inter-village races. For a Tarahumara, sound nutrition means avoiding starvation between corn harvests, and, consequently, they eat deer, skunks, coatimundis, squirrels, rats, lizards, snakes, eels, grasshoppers and worms; in short, anything that walks, flies, swims or crawls. Sixty per cent of them have tuberculosis, they all seem to smoke, and their drinking habits are almost as legendary as their running activities. Once or twice a week, from childhood to the grave, Tarahumaras get falling-down drunk on a home-brewed corn beer known as *tesguino*.

Their powers of physical endurance have long puzzled our scientists, and several physiological studies have been carried out. The results are not conclusive but suggest that their running ability is not a genetic talent, but a state of physical conditioning resulting from the arduousness of daily life in their homeland. Tarahumaras routinely walk 40 or 50 miles in a day with heavy loads, through mountain and canyon country too steep and rugged for horses. They live a hard, dirt-poor, primitive existence considered to be the most traditional Indian lifestyle left in North America.

In 1992, a photographer and wilderness guide from Tucson, Arizona named Richard Fisher brought a contingent of Tarahumara runners to race in the Leadville 100 for the first time. They dominated the early part of the race, then all mysteriously dropped out at the 40-mile mark. Last year, Fisher tried again, and to his astonishment Tarahumaras finished first, second and fifth, running in their home-made rubber sandals or *huaraches*, and stopping off for beers at the 87-mile mark. The winner, Victoriano Churro, was 55 years old and ran the hundred miles of trail in 20 hours and three minutes.

Manuel Luna, the fifth-place finisher, is the only member of the 1993 team to return this year. Recruiting Tarahumaras to race is an extremely haphazard process and Fisher knows virtually nothing about the other six runners under his charge. They come recommended by their village chieftains, and showed no signs of fatigue after a 25-mile trial run at 11,000 feet, but otherwise they are an entirely unknown quantity. They could be undiscovered world-class athletes or just along for the ride.

None of the sports journalists here in Leadville give the Indians a chance of winning the race. Everyone's money is on Ann Trason, a 33-year-old Californian who holds six women's ultramarathon world records, and has won five races outright. "When she is at her best," according to a recent *Sports Illustrated* profile, "ultra-marathon's gender gap becomes the distance between her and the men eating her dust." she is the epitome of the modern scientific athlete, under sponsorship from Nike, trained by professional coaches, enslaved to the stopwatch.

"Go Ann! Go Ann! Go Ann!" At precisely 4am the 1994 Leadville Trail 100 gets underway. The great pack of runners, 349 in total, surges forward into the darkness and illuminates it with their torch beams. Ann Trason is up near the front, a small wiry woman with lean, muscular, beautiful legs. The Tarahumaras are running as a group on the outside of the pack, white tunics flowing out behind them, fluid and graceful as the movement of clouds.

The year is 1892, and a genial Norwegian naturalist and explorer named Carl Lumholtz is leading an expedition into the mountains of north-western Mexico, a remote, mysterious, bandit-infested range known as the Sierra Madre. He is chasing a rumour about a lost tribe of cliff-dwelling Indians, possibly descended from the people who abandoned the great cliff citadels of the American south-west. The country is wild and forbidding, a place of steep-sided gorges, rock pinnacles and sudden storms. It is January and the trails are obliterated by snow.

Lumholtz finds no cliff-dwellers, but does come across a large tribe of cave- and hut-dwelling Indians, who call themselves the Raramuri, or "Foot-runners". The local Mexicans hire them to run wild horses into corrals and know them by the mispronunciation "Tarahumara". "Their endurance is truly phenomenal," Lumholtz writes. "They will run down a deer, following it for days through snow and rain, until the animal is cornered and easily shot with arrows, or until it is overtaken, utterly jaded and its hoofs dropping off."



Left to right: Traditional running gear in the Mexican hills; cutting out a tyre to make running sandals; the Leadville 100; Ann Trason, women's ultrarunning champion

He witnesses races between different villages, in which runners cover 100 miles, 130 miles, 170 miles, kicking a carved wooden ball the whole way. The villagers gamble heavily on the outcome of the races, and employ shamans to cast spells and hexes on the opposition. Some of the runners take peyote before they race, believing that the plant's spirit will safeguard them against witchcraft. "A race is never won by natural means," notes Lumholtz drily. "The losers always say they have been bewitched by the others."

He is charmed and fascinated by the Tarahumaras, and in 1894 he returns to the Sierra alone and lives with them for eighteen months. He learns their language, takes peyote with their shamans, records the ceremonial songs, and attends numerous corn-beer binges, or *tesguinadas*. At the end of it he concludes, "The Tarahumara in his native condition is many times better off, morally, mentally and economically than his civilised brother - but the white man will not let him alone as long as he has anything worth taking away... It may take a century yet before they will be made servants of the whites and disappear..."

A century later, I am riding a rat-infested, first-class train through the Sierra Madre and reading Lumholtz's *Unknown Mexico*. I put down the book and look out the window. The sky is full of vultures, soaring above rock spires and thousand-foot waterfalls, the mountains covered with a strange forest of cactus and thorn trees. The armed guards that come with a first-class train ticket stand up and take positions between the carriages. Bandits are still a menace in these mountains. They hold up the train on a regular basis, stripping passengers of their money and jewellery, then riding away on horseback. Two months ago they shot the conductor, while tourists looked on and took photographs.

At Divisadero, I see the first Tarahumaras. The women are weaving baskets from wild grasses and cooking up greasy goat-meat tacos, babies nursing at their breasts. I buy a stuffed squirrel and a hand-carved violin and stand on the rim of the *barrancas*, a convoluted system of eroded river canyons, deeper and wider than the Grand Canyon of Arizona. This wild, primeval, remote country is the last refuge of the traditional Tarahumaras. The high forested plateau has been invaded by logging companies, bringing roads Mexican settlers, environmental catastrophe and cultural upheaval. The best arable land has been seized at gunpoint by the Mexican drug cartels in order to cultivate marijuana and opium poppies. But down in the *barrancas*, there are still Tarahumaras living as Lumholtz left them, wearing the loincloth, hunting with the bow and arrow, running down their game, living in caves and grass-thatched huts. It is from these traditional communities that Richard Fisher tries to recruit runners for Leadville.

"Go Ann! Go Ann! Go Ann!" At the 13.5-mile aid station, Ann Trason comes through in the lead, a few minutes ahead of a Californian runner named Kurt Madden and two Tarahumaras 42-year-old Martimiano Cervantes and 25-year-old Juan Herrera. The Tarahumaras say Martimiano is very strong, and has won many kickball races for his village. He certainly looks like a tough old bastard, and bears an uncanny resemblance to Geronimo. Yesterday morning he came down to breakfast in a pink, floppy-brimmed woman's hat he had found somewhere, looking stern and stoical as ever, then breaking into a broad grin. Juan has emerged as the group's leader and spokesman. He speaks excellent Spanish and has experienced the world beyond the Sierra before, visiting his modernised relatives in the foul slums of Chihuahua

City, Cuauhtemoc and Juarez. I have ascertained nothing about his running abilities, but his confidence is unshakable. I hand him a banana and ask him how he's doing. "I will catch her and win," he says, then runs off into the dawn.

The other five Tarahumaras all come through in the top 20, and none of them have yet broken sweat. They began the race with their splayed, bark-like feet encased in trail shoes, donated by the sponsors of the race, but have since changed into *huaraches* and are running effortlessly. At this early stage, everything seems to be going smoothly, but Tarahumara racers have a way of confounding people's expectations of them.

There have been several attempts this century to prove the Tarahumaras' running prowess outside its cultural context, and most of them have failed. At the 1928 Olympics, Mexico entered two Tarahumaras in the marathon, and imagined the gold and silver to be a foregone conclusion. But the coaches made the mistake of using words describe the distance of the race, rather than taking the Tarahumaras around the route and showing them. The runners failed to understand that the race was a mere 26 miles, and paced themselves for the much longer races they were accustomed to. They crossed the finish line a few minutes behind the winner and kept on running until the officials stopped them. "Too short, too short," they said.

The Leadville 100, an ultramarathon over rugged mountain trails, would seem ideally suited to their talents, but Fisher has run into countless unforeseen problems. In 1992, they ran at night with their torches pointing upwards, as they do with burning pine brands in the races back home. They considered it rude to take food or water from the aid stations, unless it were offered to them by hand first. He still doesn't fully understand why they all dropped out at 40 miles, because none of them seemed to be fatigued. Last year, he invited runners from rival villages and this, he thinks, was the key to the team's success. The Tarahumaras were racing against each other, and just happened to pass all the gringos along the way. This year he has promised a ton and a half of corn and half a ton of beans to the village whose runners perform the best. This, we think, is their primary motivation for racing, but they have also heard all about Ann Trason, and seem interested in beating her. The rumour in the Tarahumara camp is that she is a sorceress of some kind, and that this explains her phenomenal success in running against men. The rumour circulating around Ann Trason's camp is that the Tarahumaras will drop out, or somehow freak out, if they are passed by a woman during the race.

At 30 miles, she is well inside course-record pace, grim-faced and sweaty, but running with great poise and grace. Juan and Martimiano are sitting right on her heels. Fisher is worried that the pace is too fast for them, that they will burn themselves out but, to me, the Indians look impossibly fresh. Thirty miles and neither of them has a bead of sweat to show for it. They take turns pressing Ann Trason, harrying her, overtaking and dropping back, working her like a deer.

The village is called Tatahuiche and consists of a few wooden huts around a sawmill. Next to the sawmill is a huge mound of saw-dust, wood shavings and logging slash, and perhaps a hundred Tarahumaras are sitting on it, silent and motionless. The young men are in polyester slacks and Western shirts, but the old men are still wearing loincloths, bright-coloured headbands and baggy, puffed-sleeve shirts. The first shirts the Tarahumaras saw were worn by the Spanish conquistadors and they have stuck with the style ever since. The women are swathed in shawls and head-scarves, and wear three or four skirts at once. When the outside one gets dirty, they move it to the inside. When I approach them they scoop up their children and disappear into what remains of the forest. Long and bitter experience, from the conquistadors to the present day, has led Tarahumara women to regard all white and Mexican men as potential rapists.

The kickball racing has died out in this village, as it always does when the logging roads come, but today there will be an attempt to revive the tradition. The state Tarahumara Co-ordination Agency has invited runners here from all over the Sierra. After the race, Rick Fisher plans to take the best of them to the Leadville race. It seems like a simple, logical plan - but this is Mexico. The men's race was supposed to begin yesterday, and then this morning, and now it is mid-afternoon and the Indians show no sign of stirring. They have been sitting like this for four or five hours, for no reason that Rick and I can fathom. They seem to inhabit some alternative reality, to which we have no point of access.

The Tarahumaras call us, whites and Mexicans alike, *chabochis*, "the bearded ones", and believe we are all the children of the Devil. We have no respect for the natural world or our fellow human beings and create disharmony wherever we go. We are to be pitied for this rather than scorned because, as children of the Devil, we cannot help the way we are. The Tarahumaras have no conception of our linear, empirical systems of thought, and do not share our devotion to the word, or our enslavement to the clock. Theirs is a world where time moves in seasons, where shamans flit in and out of animal forms and the souls of the dead deliver messages in dreams, where night is the day of the moon.

Fisher is an intelligent, perceptive man who has spent twelve years around Tarahumaras and has read all the ethnographies: "What I have come to realise is that whatever you or I are thinking at a particular moment, they are thinking something entirely different. We know a little about their philosophy and religion, but there is something fundamental to the way they perceive reality that we don't understand at all."

Sometime in the mid-afternoon, the Tarahumaras all rise as one, although nothing has been said and no signal been given. The village *gobernador* walks over to us and says, "Now we race." Rick Fisher has been angling for a long, gruelling men's race, to mimic the conditions in Leadville, but now there is no time and the Tarahumara want to stage a boys' race first. Everyone ambles over to a rocky plateau, the course is laid out by pointing at various streams, cornfields and hillsides, and then the gambling begins. A mound of bets piles up at the feet of the village *gobernador*: beads, dresses, skirts, and cash money.

The boys' race lasts two hours, and generates considerable excitement. They have not seen a race here for fifteen years, and have forgotten the proper procedures for staging one, but everyone seems to enjoy themselves immensely. Boys, young men and grandfathers all join in the race, running alongside their team, shouting encouragement, pointing out the position of the wooden ball - doing everything in their power to try to win their bets. When the race is over, the winning boys sit

down on their own, and receive no cheers, applause, congratulation or even acknowledgement. People collect their winnings and pay the runners no attention whatsoever.

By now, it is late afternoon and the sky is dark with thunderheads. They decide to run a brief exhibition men's race. There are two runners from Norogachic, Martimiano Cervantes and Juan Herrera, against two from Samachique, Gabriel Bautista and Martin Ramirez. The race is a mere 20 miles or so, no use to Rick Fisher, but a beautiful spectacle nonetheless. The runners wear traditional clothing and seem to flow over the rugged terrain, barely pausing to flick the heavy, wooden ball forward with their feet. By the closing stages, 40 or 50 anxious gamblers have joined in. One of them stops, pulls a skirt off his wife to increase his stake, then carries on, chanting something like "*Huite, huite, huite*" to spur his team on.

Afterwards, there is a feast in the village. A bloody goat hide hangs dripping from the rafters of the sawmill, the animal's guts floating in a big cauldron of evil-smelling soup. Fisher has a problem. The train bringing runners from Urique has derailed. The truck sent to fetch runners from Choguita has broken down. None of last year's Leadville racers

have shown up except Manuel Luna. He needs five more runners to fulfil his contract with the race sponsors in Leadville, and has to leave tomorrow morning. He wants the best runners in the Sierra, but at this stage, anyone will do. It requires long, elaborate negotiations with the village chieftains, and repeated sorties deep into his wallet, but he manages to secure the four runners from the exhibition race. The next day, to my utter amazement, a taxi appears with two more Norogachic runners, and we are headed for Leadville.



She is the epitome of the modern, scientific, sponsored athlete.

The Leadville 100 is not, as its sponsors suggest, the toughest ultramarathon in America, but it is tough enough. After running 40 miles, the runners are confronted by a huge, towering wall of mountain, and the dispiriting knowledge that they must run up it to Hope Pass, at 12,640 feet, and down the other side to the Winfield mid-point. Then they have to turn around and run back over the mountain again. The Winfield aid station looks like a war-zone field hospital. Runners are collapsing in agony, wailing and

moaning, puking and pissing blood. Many of the amateurs drop out at this point, unable to face the prospect of Hope Pass again. Ann Trason comes through here looking preternaturally strong and determined, having run over the pass in record-breaking time and opened up a four-minute lead over Juan Herrera, and ten minutes on Martimiano. Kurt Madden, in fourth place, is half an hour off the pace now, and falling further and further behind.

The runners are allowed pacers for the last 50 miles of the race, to run alongside them and offer support. Martimiano, who is suffering from stomach problems, is joined by a good-natured, hippie ex-prizefighter named Micah True. On the way back up Hope Pass, Martimiano stops, throws his guts up, and says he wants to quit. Micah, who has run the Leadville 100 before, and lost his breakfast on Hope Pass before, tries to talk him through it: "It's hard for every-one. This is the worst of it. I know you can do it. If you can make it to May Queen, you can have a beer." Martimiano is soon back up and running, and Micah swears that it was the prospect of a beer which spurred him on.

Ann Trason, I decide, is bionic. She goes back over Hope Pass at the same relentless speed, opening up a huge gap. At the 60-mile mark, she has 21 minutes on Juan, 46 minutes on Martimiano, and looks unstoppable. Juan is hurting desperately now, his face contorted in pain, his legs beginning to hobble. His pacer, a renowned ultrarunner from

San Diego named Jamie Williams, calls for chocolate, coffee, ginseng and *pinole*, a roasted corn mixture which is a staple of the Tarahumara diet. "And we need Advil," he says. "He'll never make it without painkillers."

Were close to the border now and the lights of Juarez and El Paso stretch as far as the eye can see, drowning out the stars. Juan has been here before, and Manuel passed through last year, but for the rest of them, this is a sight beyond the limits of their imagination. Their eyes are wild, excited, terrified, and they start at the sound of klaxons and squealing brakes. The cars are like ants, they say, and the traffic frightens them because it moves so fast, in patterns they cannot understand. At the border, they get out of the truck in full traditional dress - loincloths, tunics and headbands - and walk into the US Immigration building. For some of them, this is their first experience of air-conditioning, electric strip lights and polished tile floors.

An obese immigration officer interviews them in Spanish about their running, and extols the cheap and easy virtues of American women. He wishes them luck in both regards, waves them through and we are in Texas. We buy a bag full of double cheeseburgers and a case of Budweiser and spend the night camped in a country club out-side El Paso.

For the Tarahumaras, it has been a long bewildering day, but for sheer culture shock, nothing compares to their first experience of a modern American bathroom. In the Sierra, they bathe in the streams and rivers; you see the water and climb in it. Here, there is a mysterious array of knobs, buttons, handles and taps that call forth jets of scalding water, sprays of freezing water, and all manner of strange whooshing sounds.

Light comes from a switch, heat comes in a hot dry blast, and instead of squatting in the forest, one sits atop a strange porcelain throne. The next days are taken up by the long drive north, and more cultural adjustment. Every social interaction among Tarahumaras is conducted with politeness and quiet formality, but here, people are forever charging up to them, seizing their hands in a death grip, and firing off lights into their eyes. The Tarahumaras hate having their picture taken, but say nothing in protest. They know that we cannot help our rude, disrespectful ways. We are, after all, the children of the Devil.

Whether it's chocolate, *pinole*, ginseng or the Advil I do not know, but Juan is miraculously back from the dead, and gaining ground on Ann Trason. At 76.5 miles, he has cut her lead from 21 minutes to 16, and Jamie is screaming for more painkillers, more *pinole*, a cup of sugared coffee. As I scramble to get these things ready, one of the race officials says to me, "Relax. Your boy's never gonna catch her. I'll give you 10-1 she wins it."

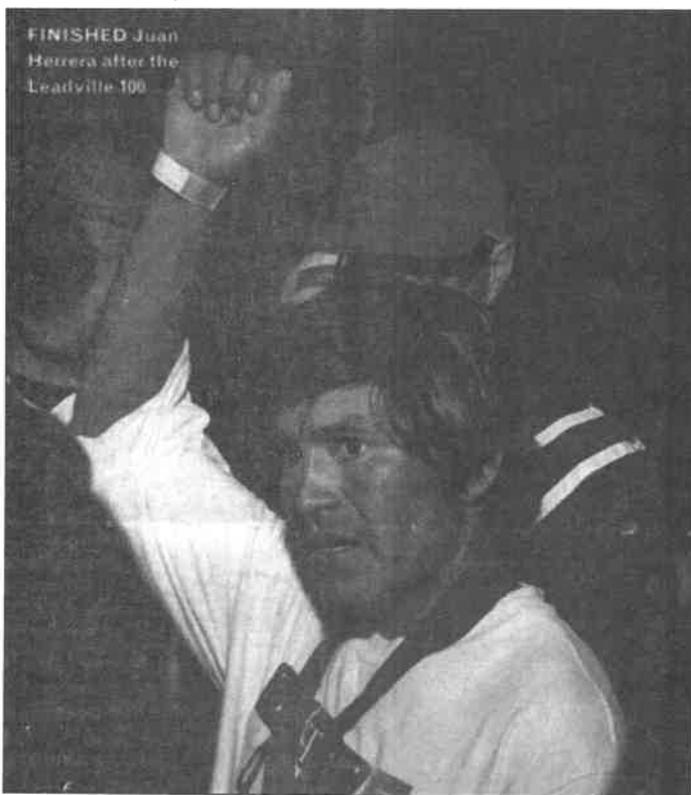
They take off flying down the trail, Jamie manic and crazed, ranting in Spanish for help from the wind, the elements, the Tarahumara gods. Juan seems far far away, cocooned in some private world of his own. His body must be flooded with endorphins now, the natural opiates which the body releases to fight prolonged pain. Mixed with the adrenaline pumping during a race, the effect is said to be something akin to a speed-ball. This is what ultrarunners get addicted to, the waves of euphoria, the heightening of the senses, the feeling of leaving the body. Running a hundred miles, they say, is like living a life in a day.

Rick Fisher and the rest of the support crew are far behind now, and it looks like I will be crewing Juan and Jamie to the finish line. At the May Queen aid station, 86.5 miles, I line up bottles of *pinole*, water,

painkillers, flashlights, and wait. The television helicopter is hovering over Sugarloaf Mountain, tracking Ann Trason and Juan, and calling through radio reports to the ground crew. She's five minutes ahead. She's two minutes ahead. The lead is 50 seconds. The excitement at May Queen is electric. Peter Severance, from the magazine *Running Wild*, is freaking out. "He's gone over Sugarloaf like no one has ever gone over Sugarloaf. This is incredible." And I'm thinking, "He's running her down like a deer."

The lead stays at 50 seconds for some time. Juan and Jamie refuse to pass her on the mountain, but stay right behind, pressing and harrying again, trying to upset her rhythm and concentration. It's not until they are down off the mountain that they speed past her, Jamie letting out a wild, blood-curdling war whoop at the moment of glory. By the time they reach May Queen, Juan has a six-minute lead over Ann Trason, and is 45 minutes inside course record time. Martimiano is more than an hour behind in third place, and the rest of the field are at least two and a half hours off the pace. I make the high-speed drive to the next crew access point, ruing that 10-1 bet the whole way.

At 93 miles, Juan is 20 minutes ahead and Jamie is struggling desperately to keep up with him, despite the 50-mile head start. "He comes and goes. He's incredible. I don't know if I can make it," he says, between great gapes of air and gulps of water. I drive on to the finish line. If Juan, in his exhausted, hypersensitive state, thinks he will soon be able to sit quietly on his own, like the runners after a Tarahumara kickball race, he is in for an ugly surprise. The approach to the finish line is an avenue of howling crowds, high-powered lights and television cameras. As he comes into view, a disembodied, grotesquely amplified voice starts screaming out his name into the night, "Let's give it up for JUAN HERRERA! He is 25 years old and running at Leadville for the first time. JUAN HERRERA! He has smashed the course record! Let's have a big Leadville welcome home for JUAN HERRERA!"



Completely shattered, nauseous, he looks like a rabbit caught in the headlights.

He crosses the finish line in 17 hours and 30 minutes, 25 minutes inside the course record. He is completely shattered, nauseous and looks like a rabbit caught in the headlights. Jamie and Rick Fisher are weeping and hugging him, and the film crews and photographers are shoving and jostling around him, the cameras coming for him again. He finds refuge in the medical tent, sits down and dry heaves for a while. Ann Trason comes in 36 minutes later, having beaten her own women's course record by more than two hours. Martimiano finishes third and appears only lightly fatigued. He sits down, drinks a couple of beers, and goes to sleep. All seven Tarahumaras finish in the top eleven, and all except Juan drank beers at May Queen.

It is a bad day for the white men. Kurt Madden, their leading representative, finishes in sixth place, more than three hours behind Juan. He shakes his head and smiles and offers them congratulations, but not everybody is so gracious. There is a lot of unseemly sniping and griping after the race, a mixture of racism and sore-loserism. Drinking beer, smoking cigarettes, never training, and finishing first, third, fourth, fifth, seventh, tenth and eleventh, the Tarahumaras have made a mockery of the hallowed principles of the ultrarunning community, and there is a building sentiment that they shouldn't be allowed to compete next year. The corporate sponsors of the Leadville Trail 100, I notice, are conspicuously silent when it comes to the matter of congratulating the winners. This surprises me, but I suppose it shouldn't. The sponsor manufactures hundred-dollar running shoes and sells them to affluent Americans. The race was dominated by dirt-poor Mexican Indians, running in pieces of old tyre strapped to their feet with leather thongs.

South of Thames 'Silver'

SOUTH OF THAMES CCA CHAMPIONSHIP
FARTHING DOWNS, COULSDON, 8 FEB 1997

- 1, Medway (1, 2, 6, 7, 37, 42) 95
- 2, Belgrave (5, 15, 19, 21, 26, 34) 120
- 3, South London (3, 24, 29, 31, 51, 57) 195
- 16 teams closed in.

South of the Thames Hon. Treasurer and Belgravian Jim Heathfield turned up at Coulsdon wearing his club sweater in anticipation of the Bels being involved in the presentation – and like all good accountants he got it right! We had actually anticipated being in with a chance of taking the team title but had reckoned without the powerful Medway squad who turned out in force to back up their main man Barry Royden. But while the Kent club's white and red vests packed out the early positions, our claret and gold was also well to the fore and we were pleased enough with our team silvers. Moreover, having got a sight of the magnificent shield that is awarded to the SoT Champions our lads started planning immediately for the 1998 race.

We had made great efforts in our attempt to put twelve men on the start line but only managed ten on the day, a pity, because just two teams managed to finish all 12 men – Thames and SLH – and we were leading them right down the line until we ran out of bodies.

- 1, B.Royden (Medway) ... 36:20
- 2, I.Hamilton (Medway) 37:17
- 3, S.Major (SLH) 37:30
- 5, K.Tadesse 37:44

- 15, D.Beaver 39:28
- 19, B.Barton 39:48
- 21, R.Alsop 40:02
- 26, R.Foley 40:16
- 34, C.Dickinson 40:54
- 39, M.Webb 41:12
- 78, R.Harding 43:28
- 100, D.Anderson 44:53
- 167 finished

SURREY WOMEN'S CC LEAGUE WIMBLEDON, 15 FEB 1997

Sorry ladies but these bare results are all that we have managed to track down.

- 1, E.Danilova (SLH n/s) ... 20:46
- 2, C.Pauzers (HHH) 21:10
- 3, A.Fletcher (Dulwich) ... 21:14
- 16, N.Haines 23:31

Overall Position ?

- 1, South London 38
- 2, Herne Hill 37
- 3, Dulwich 33
- 8, Belgrave 15

U17 Women

- 1, Sutton & Dist 22; 2, Woking 27; 3, Hercules Wimb. 17; 6, Belgrave 78.

U13 Girls

- 1, A.Surtees (Herc. Wimb) 12:23
- 9, A.Ragouzardis-Clark 13:21

A Surrey League Win

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 4
FARTHING DOWNS, COULSDON, 22 FEB 1997

- 1, Belgrave (1, 3, 4, 17, 18, 28, 30, 31, 47, 52) 231
- 2, Boro Hounslow (6, 7, 10, 15, 19, 23, 25, 44, 57, 70) 276
- 3, Thames H&H 9, 11, 12, 16, 33, 34, 38, 40, 53, 54) 300
- 4, Herne Hill (22, 24, 29, 35, 49, 50, 60, 61, 71, 74) 475
- 5, Boxhill (8, 14, 39, 41, 46, 55, 58, 69, 88½, 88½) 507
- 6, South London (5, 27, 36, 45, 59, 63, 75, 79, 80, 84) 553
- 7, Aldershot F&D (26, 32, 43, 51, 56, 64, 65, 68, 76, 78) 559
- 8, Croydon (13, 37, 42, 48, 62, 67, 72, 77, 83, 85) 586
- 9, Hercules Wimbledon. (2, 20, 21, 66, 73, 81, 82, 86, 88½, 88½) 608

Back to Farthing Downs and what a treat for the Belgrave faithful that have been waiting patiently for such a day. The Belgrave tide came in at full flood with Gary Staines leading us to our first Division One win since the 1986/87 season. It was in that same season that we last placed as high as 2nd overall – a position that this outstanding victory allowed us to equal as we leaptfrogged over the boys from Aldershot. Our progression over the last two seasons since our return to Division One now reads: 1994/95 – 8th, 7th, 7th, 5th; 1995/96 – 8th, 7th, 5th, 4th; 1996/97 – 3rd, 5th, 2nd, 1st. Can we keep it going in 1997/8?

It was great to see Darren Mead back in action over the country for the Bels. while 24 year-old Lee Hurst, on his debut, took the chance to measure himself up against some of the London Lads. Tony Barden will not be eligible to score for us until next season – what a great asset he will be for future league races – and then it was Jim Estall, leading home the engine room and collecting the Veterans' prize as well. At the back end of our 'ten' it was another vet., Chas. Dickinson, who closed in for us, making up ground strongly at the end and showing that he still has the beating of four or five of our young dogs.

- 1, G.Staines (Belgrave) ... 27:03
- 2, A.Marriott (H.Wimb) 27:51
- 3, D.Mead (Belgrave) 27:58
- 4, L.Hurst 28:09
- 11, A.Barden (n/s) 28:51
- 18, J.Estall (M40) 29:13
- 19, R.Foley 29:21
- 21, K.Jacques (n/s) 29:25
- 30, R.Alsop 29:47
- 32, B.Barton 29:58
- 33, D.Beaver 30:01
- 49, M.Kazimierski 30:41
- 54, C.Dickinson (M45) 30:55
- 58, S.Hewes 31:11
- 59, M.Webb 31:12
- 60, S.Chettati 31:15
- 61, P.Carstairs 31:16
- 64, Mark Anderson 31:30

Left: Mark Anderson - a regular in our track, road and cross country teams for the past 7 years - is now back in his native New Zealand. Good luck for the future Mark and as you've taken an English wife back with you, perhaps you'll be good enough to send a few athletic Kiwis in our direction.

- 92, J.Ollu 32:51
- 98, D.Anderson (M40) 33:06
- 100, P.Gilbey (M45) 33:24
- 103, S.Paton 33:54
- 119, M.Graham (M45) 40:19
- 126 finished

Under 17 Men/Under 15 Boys

- 1, M.Farah (Hounslow) .. 14:54
- 18, R.Metalle 17:27
- 21, C.Morris 17:35
- 31 finished

Teams:

- 1, Aldershot F&D 24
- 2, Boro Hounslow 38
- 3, Herc. Wimb. 74
- 5, Belgrave 252

Under 13 Boys

- 1, G.Russ (Ald. F&D) 16:48
- 16, P.Graham 19:49
- 19, G.McEwan 20:21
- 22, S.Whorlow 21:29
- 23, S.McNally 21:32
- 25 finished

Teams:

- 1, Hercules Wimbledon 26
- 2, Aldershot F&D 36
- 3, Boro Hounslow 67
- 4, Belgrave 104½
- 5, South London 144
- 6, Herne Hill 155

REEBOK SURREY C.C. LEAGUE DIVISION ONE 1996/97

Senior Men

- 1, Boro Hounslow 1147
- 2, Belgrave 1410
- 3, Thames H&H 1507
- 4, Aldershot F&D 1556
- 5, Herne Hill 1798
- 6, Boxhill 2007
- 7, Croydon 2179
- 8, South London 2346
- 9, Hercules Wimbledon 2430

Under 15 Boys

- 1, Aldershot F&D 183
- 2, Boro Hounslow 189
- 3, Hercules Wimbledon 324½
- 4, Belgrave 379½
- 5, South London 485½
- 6, Herne Hill 621

Under 13 Boys

- 1, Aldershot F&D 189
- 2, Boro Hounslow 214
- 3, Belgrave 383
- 4, Hercules Wimbledon 407
- 5, South London 469½
- 6, Herne Hill 610

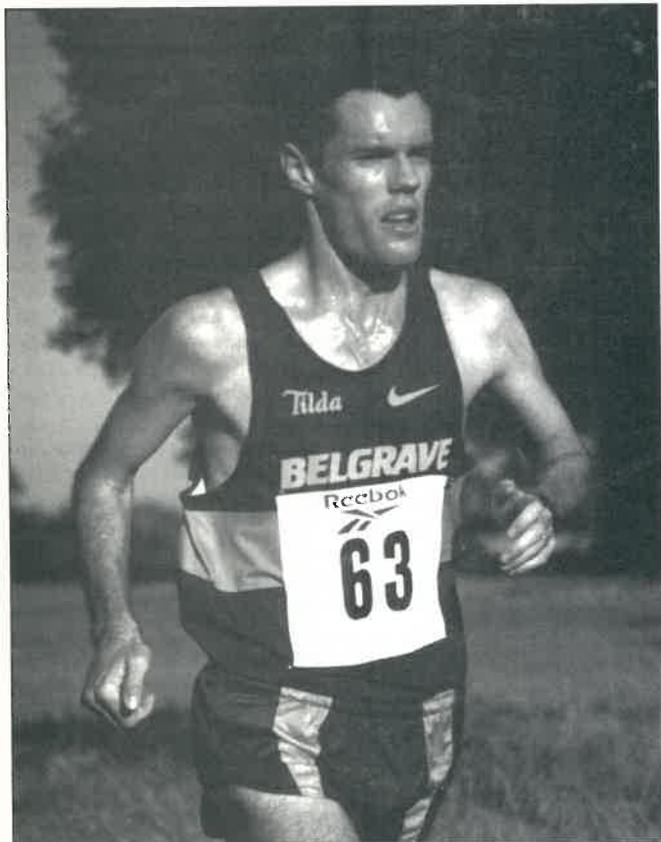


Photo: Alan Mead

**NATIONAL CC CHAMPS.
STAUNTON PARK, HAVANT
8 MAR 1997**

The rules these days allow clubs to enter and run as many men as they like (although one still has to nominate the scorers) but while Midland clubs like Tipton had travelled all the way to the South Coast to turn out dozens of green and white hooped runners, we could only manage three. Our local rivals SLH, Herne Hill and Thames Hare & Hounds all seem to get it on for the 'National' but 9 miles of cross country and Belgrave just don't currently seem to mix.

All credit to Mike Webb though, who had a good run to get his name on the Parker Bowl yet again - although he says he has some way to go yet before he catches up with G.North! Gerry, incidentally was Course Director at Staunton Park. Kevin Quinn was no more than "satisfied" with his effort in the Junior Race but will still be around in the same age group next season when he should be looking at the top 50. As for the Under 15 Boys and females of every age group - we had none!

1, S.White (Cov.Godiva) 45:53
256, M.Webb 54:19
92, R.Harding 58:01
784, D.Anderson 61:40
1529 finished.

Teams:
1, Tipton..... 162

Under 20 Men

1, S.Wilkinson (Stourp.) ... 32:11
92, K.Quinn 36:58
dnf A.Jones
171 finished

**PUMA CELL EKIDEN RELAY
CRYSTAL PALACE
22 MAR 1997**

With Thames Valley's road relay back on the calendar and this Puma sponsored event taking place on the same day as our own road relay, the Belgrave race received very few entries so a late decision was taken to scrap it and take the team over to Crystal Palace instead. The Ekiden, held over the marathon distance, was an interesting race and the big prize money had attracted some top clubs from around the country but when one considered the high standard of runners taking part, there was a surprising lack of atmosphere and it remains to be seen whether the race will be promoted again.

Without any big stars, the Belgrave lads did well in such company, particularly Said Chettati who raced himself into 12-Stage reckoning. As we have never done an Ekiden before our performance must be rated as an inaugural Club Record - although a couple of our top marathon guys might just be able to get inside our 2hrs. 16mins. 35secs. for the marathon distance on their own!

1, Bingley 2:06:01
2, Southampton RC 2:06:56

3, Boro Hounslow 2:09:00
9, Belgrave 'A' 2:16:35
18, Belgrave 'B' 2:27:19
21 teams finished

Stages: 7.195k, 5k, 10k, 5k, 10k, 5k.

Belgrave 'A'
R.Alsop 22:55
B.Barton 16:15
R.Foley 32:07
D.Pamah 15:59
G.Adams 33:05
M.Anderson 16:14

Belgrave 'B'
P.Carstairs 24:27
K.Quinn 16:45
R.Harding 34:56
S.Chettati 16:11
D.Anderson 37:57
M.Webb 17:03

**TVH 5 x 3¼ m ROAD RELAY
STOCKLEY PARK, HAYES
29 MAR 1997**

Bels were the first ever winners of TVH's relay in 1945 and then shared the spoils with Birchfield until 1950 when the home club got their first look in. One has to go back to 1951 since this event was last won by a Belgrave outfit although our veterans won the over 40 3-stage race in 1973.

A new course in the Stockley Business Park gave a traffic free circuit and as the first leg was completed there was little between the first eleven teams with Windsor leading the procession. Aldershot took a stranglehold on the race on stage two when Kendall turned in his 15:39 and when they followed up with runners who placed 2nd and 3rd on the list of the day's fastest, the result was a foregone conclusion.

We were mixing it well with Shaftesbury, London Irish, etc. but suffered a setback when one of our lads failed to turn up and an unfit Steve Hewes had to be drafted into 'A' team. But then it was Said Chettati churning out another fine run to put us right back into the fight for the prizes.

As Dave Beaver went into the final stage he had Old Gaytonians and London Irish 39 and 25 seconds ahead respectively with Oxford City and Windsor breathing down his neck. The 'City' man, Rashid, immediately leapt ahead but they both overtook the Irish team. Old 'Gayts' were gradually being pulled back and with a mile to go the only certainty was that Aldershot would win. 800 metres and Dave piled on the pressure with Rashid now having to hang on. Turning the final corner, Old 'Gayts' were still clinging on to second place and they just made it by the skin of their teeth while Dave Beaver and Rashid finished as they had set out - three seconds between them and both having run the same time.

1, Aldershot F&D 1:20:34
2, Old Gaytonians 1:24:07
3, Belgrave 'A' 1:24:13
19 teams finished

Fastest:
J.Kendall (Aldershot F&D) 15:39

Belgrave 'A'
G.Adams (5) 16:25
M.Anderson (6) 16:58
S.Hewes (8) 17:44
S.Chettati (4) 16:32
D.Beaver (3) 16:34

Belgrave 'B'
K.Quinn (12) 17:10
P.Gilbey (13) 17:40
S.Fowler (11) 17:41
R.Bale (17) 20:54

*Samantha Northey
Just Misses the
Medals*

**TSB ENGLISH SCHOOLS CC
CHAMPS., NEWARK
1 MAR 1997**

The Senior Girls' race was held over 4.5k and Sam Northey, competing in the colours of Dorset Schools, ran to our highest ever position in this event and actually made the inset picture on the front page of AW. Ok so the picture was small but have any other "Belles" made it to the front page yet?

Derbyshire's Karen Fletcher was a clear winner in 14:47 but the silver and bronze medals were won in 14:53 and 54, just 9 seconds ahead of our Sam's 15:03.

Kevin Quinn was our only other representative, placing an unhappy 239th for Surrey in the Senior Boys' 8k race in around 26 mins 45 secs.

FLASHBACK!
1970



It's 14th February 1970 and Tony Binda takes over from John Stowe at the start of stage three of the Mitcham Young Athletes Relay in Morden Park. Belgrave placed 5th. Tony is still picking up Surrey County medals 28 years later. How does he look today? See centre pages

Photo: Ron Linstead

**SEAA 12-STAGE ROAD RELAY
THURROCK, 6 APR 1997**

After recent successes even AW writer Martin Duff was tipping Belgrave as 'dark horses' – and that's just how we saw ourselves as late as the Thursday night before the race. Then the rot set in. As long stage runners dropped out, short stagers were moved up to their less preferred distance and the reserves came in. Come Saturday and we had just about gone through our entire allowance of 24 entries. Twelve months earlier we had been delighted with our 8th. Now we were looking for something in the top five and came away disappointed with 10th.

But let us look at it another way. Study the times and the day's rankings for each of our runners and you will soon see how unhappy our long stagers were. Most of them were looking for a short run. Jim Estall was not feeling on top form while injured Nigel Powley was a wrecked shadow of himself. Of our short stage men, Gary Staines, the day's fastest, was most certainly not looking for a head to head over the long stage vs. his marathon rivals with London just 7 days away and we were pleased that he ran at all. Bruce Barton was not at his healthi-

est and Kevin Quinn was being thrown into the lion's den at 17 years of age; both were not originally scheduled to run yet both held up well. In spite of all this we still finished 10th. Convinced? Your Team Manager is. Sooner or later the luck will be running with us for this race.

1,	Boro Hounslow	3:44:35
2,	Southampton RC	3:45:21
3,	Chelmsford	3:45:44
10,	Belgrave	3:51:03
62	teams started	
58	teams finished	

**BELGRAVE NONSUCH RELAYS
NONSUCH PARK, 10 JUL 1997**

What a pleasant bit of mid-summer fun this Thursday evening race was. Organised by Dave Denton and sponsored by our own Bill Laws' company, the Belgrave Nonsuch Relay took in four stages of just over 2 miles of tree-lined, traffic-free road and firm grassland. With the Bels claiming seven of the top eight times (and Donny at equal 13th) one might be led to believe that the race lacked excitement. Far from it!

Dave Beaver was claiming to be only in 'B' team shape – so went in the 'B' team. Ray Foley, as course record holder with 10:45, arrived as the race started and the 'A's already chosen, so he also went into the 'B' quartet. After two stages the 'B's were ahead by 1 second – was it possible that veteran Don could keep close enough to Junior Galley to give Ray a fighting chance? Unfortunately for Don, that's just the sort of pressure that Junior thrives on and it was not to be. Marcello, too, had his pride at stake and although Ray was just two seconds outside his own record, he gained no more than that on the 'A' team.

With a fish and chip supper to follow, the only flaw to the evening's activities was the theft of Don Anderson's IBM van. He had placed his keys in his kit bag near the finish so the thief must have watched him do this and then gone to his bag while Don was running. The moral: give your car keys to the Team Manager.

1,	Belgrave 'A'	43:48
2,	Belgrave 'B'	44:55
3,	Collingwood AC	48:48
25	teams finished (inc Vets, etc.)	

Belgrave 'A'

K.Quinn	(1) ..	10:57
B.Barton	(2) ..	11:03
J.Galley	(1) ..	10:59
M.Bizio	(1) ..	10:49

Belgrave 'B'

M.Nouch	(2) ..	11:07
D.Beaver	(1) ..	10:52
D.Anderson	(2) ..	12:09
R.Foley	(2) ..	10:47

Fastest:

R.Foley	10:47
---------------	-------

**Johnny G
finally does it!**

At last. On 21st February 1998, previously supposed confirmed bachelor John Gladwin did the right thing and married Caroline, a deputy head school teacher from Hampton. The wedding was at Burton on Trent and the best man was Mark Sinclair. The Belgrave troops went up "mob-handed" to give their support. Congratulations to you both.

SEAA 12-Stage Road Relay

Long stage ~ 4m 1448y (7.761k)

Short stage ~ 2m 1260y (4.371k)

Stage	Ranking	Team	Time
1	R.Alsop	67th(22) ..	24:19
3	S.Chettati	106th(19) ..	24:59
5	J.Estall	76th(17) ..	24:30
7	N.Powley	137th(16) ..	25:22
9	G.Adams	147th(11) ..	25:28
11	D.Beaver	127th(10) ..	25:14

Stage	Ranking	Team	Time
2	K.Quinn	97th(23) ..	14:06
4	D.Pamah	22nd(16) ..	13:24
6	M.Anderson	71st(16) ..	13:52
8	G.Staines	1st(10) ..	12:26
10	B.Barton	68th(11) ..	13:50
12	R.Turner	31st(10) ..	13:33

Second claimers:

3	A.Barden (Basildon)	62nd	24:17
5	K.Jacques (Lnd. Irish)	83rd	24:32

Fastest:

K.Cullen (Chelmsford)	22:08
B.Royden (Medway)	22:26
M.O'Dowd (Swindon)	22:49

G.Staines (Belgrave)	12:26
S.Sharp (Hillingdon)	12:43
L.Mangleshot (Woodford)	12:44

360 long stage runners

357 short stage runners

London Marathon '97

13 APR 1997

Hopes were high for the Belgrave pairing of Gary Staines and Paul Evans after their Chicago exploits and with Jim Estall and Mike Kazimierski to back them up as a team, we plunged into the hot water of rules & regulations, registered vests, etc. Gordon Biscoe, holidaying in Cornwall during the previous week, spent a great deal of time on the 'phone talking to the SEAA and race referee and once again they allowed our boys to run in a combination of Belgrave vests and Nike Elite vests.

The early pace seemed suicidal. Two Portugese pacemakers took the star-studded field through 5 miles in 24:02 and 10 miles in 48:20 but by Tower Bridge the chances of retaining our team title had gone. Paul Evans was still well in contention but Gary was nowhere to be seen. Eventually a despondant Gary Staines limped past. "Calf muscle's gone," he called out. He'd only kept going because there was no other way to get back to the Tower Hotel but walk and hobble.

The leaders took the half-

marathon in 1:03:26 and 20 miles in 1:37:41. There were now only six involved in the chase: Britons Evans and Richard Nerurkar, the Olympic Champion Thugwane of South Africa, Kimaiyo (Kenya), Baldini (Italy) and Pinto (Portugal). With two miles to go the British runners had slipped back and for Paul it was a case of hanging in there on a damage limitation exercise. Pinto also seemed to be in trouble but on the Embankment found a new lease of life to move past Nerurkar, the Kenyan and then get up to the leading pair. Incredibly he still had something left and as Thugwane succumbed to the pressure, he finally outsprinted Baldini as the finish was approached.

We have yet to find out where the Belgrave team placed although they were certainly not in the first three. Kazimierski was about 4½ minutes down on last year's run while Estall was 3½ minutes faster and for some days Don Anderson (the next Belgravian in a club vest) was on tenterhooks in case he might have just sneaked a AAA bronze.

Very many thanks to Lisa Thompson of London Marathon Limited who kindly provided the Belgrave results.

1,	A.Pinto (POR)	2:07:55
2,	S.Baldini (ITA)	2:07:57
3,	J.Thugwane (RSA) ..	2:08:06
8,	P.Evans	2:09:18
94,	A.Barden (2nd-Cl) ..	2:29:07
156,	J.Estall	2:32:14
219,	M.Kazimierski	2:36:18
837,	A.Robertson	2:52:10
839,	D.Hutton	2:52:11
1166,	D.Anderson	2:56:37
1628,	M.Dane	3:01:31
2273,	R.Pearson	3:08:52
2718,	S.Paton	3:12:54
4702,	M.Dwomoh	3:27:00
5705,	L.Mann	3:32:39
9068,	F.Gander	3:49:51
11838,	D.Manning	4:01:32
13349,	D.Davies	4:09:17
15740,	P.Roche	4:20:30
18764,	T.Newell	4:36:18
19254,	E.Derouet	4:38:40
19618,	J.Slough	4:40:38

Mini-Marathon 16-17 Boys

6,	K.Quinn	
----	---------	--

In the frame and Surrey Champions

HEWITT-JONES WALTON AC 6 x 3m 600y ROAD RELAY inc. SURREY COUNTY CHAMPS., WALTON, 13 SEP 1997

A new season began and we wondered what our fortunes would be over the next six months or so. This race was to give us a good start. Last year we placed third with a team that did not qualify for the Surrey Road Relay Championship held in conjunction. From that team only Roger Alsop remained in our 1997 'A' squad.

Boro' of Hounslow went over half a minute clear on the first stage through Hugh Brasher but the next five teams, headed by Dorking & Mole Valley were all together with Jim Estall nicely positioned at the back of the bunch and handing over to our Junior Captain Kevin Quinn. A 'B' team runner last year, Kev proceeded to reduce his best time for the circuit by 42 seconds, leading the chasing field into the take-over area; gosh! doesn't it do you good to see a young man enjoying his running and with his athletics career all before him!

There were some good guys out on the road for stages three and four. Herne Hill's Jon Solly raced to the day's fastest and sub-16 minute performances also came from Aldershot and Thames Hare & Hounds. In the face of this onslaught Tony Binda and Junior Galley could do little but restrict the damage to a minimum although Tony took 37 seconds off the time he recorded in 1996 as a member of the Belgrave veterans' team.

The field was now a little strung out. Hounslow were out of sight while the Bels were back in 6th but there was tons of excitement

to come as the whole lot concertina'd again on stage 5. Sure we were still 6th but Ray Foley was right on the back of the pack, just 2 seconds behind 5th. AFD were looking fairly certain of 2nd but both the first two teams were fielding non-Surrey runners and Thames were believed to have turned out a second-claimer, so that County title was within reach. It was all down to Roger.

Not at his fittest, our Vice-Captain played it cagey and then pounced at the right time. We were in the frame, County Champions, and it had been a bit of real team work. Nice one!

- 1, Boro' Hounslow 1:36:02
 - 2, Aldershot F&D 1:39:01
 - 3, Belgrave 1:40:58
 - 21 teams started, 16 finished.
- Surrey:
- 1, Belgrave 1:40:58
 - 2, Herne Hill 1:41:03
 - 3, Boxhill R 1:42:04

- Belgrave 'A'
- J.Estall (M40) (6) .. 16:16
 - K.Quinn (U20M) (2) .. 16:48
 - A.Binda (M40) (6) .. 17:38
 - J.Galley (6) .. 17:13
 - R.Foley (6) .. 16:39
 - R.Alsop (3) .. 16:24

- Belgrave 'B'
- D.Anderson (17) .. 18:30

- Fastest:
- J.Solly (Herne Hill) 15:21

GREAT NORTH RUN NEWCASTLE-NORTH SHIELDS, 14 SEP 1997

What a trio of pbs! Paul Evans's 60:09 from Marrakesh in 1995 has always been suspect due to doubts about the length of the course so his run here where he ended up the first Briton for the fifth consecutive year has got to be given all due credit. Nevertheless, there's no doubt though that Paul would actually like to be first across the line one of these days. With a previous best of 63:28, Gary Staines' sub-62 also broke new ground but there was more than a small element of frustration here as our man suffered again from an attack of stitch that resulted in him losing ground at a critical stage of the race.

For Kassa Tadesse everything seems to be coming together at last. In 1994 on this same road Kassa became World Junior Champion with 63:54 but in spite of a National Junior Cross Country win in the intervening years, he has not really fulfilled his potential. Now, it seems, those good times are just around the corner.

- 1, H.Ramaala (RSA) 60:25
- 2, W.Cheruoyot (Ken) 60:41
- 3, S.Korir (Ken) 60:43
- 4, P.Evans 61:18
- 7, G.Staines 61:57
- 12, K.Tadesse 62:51
- 45, A.Barden (2nd-Cl) 68:16
- 98, M.Yates 72:21

SEAA 6-STAGE ROAD RELAY ALDERSHOT, 27 SEP 1997

A bit of a 'downer' this, as far as the Bels. were concerned. Teams like Bideford from North Devon turned out three teams, all our regular rivals were there and Hercules Wimbledon had an amazing run to place 7th of the 73 teams that finished. The only bodies that we could get on the tarmac were those of the Team Captain, Vice-Captain and Assistant Team Manager.

- 1, Southampton R 1:48:25
 - 73 teams finished.
 - Belgrave team incomplete:
 - G.Adams 19:20
 - R.Alsop 19:31
 - D.Anderson 22:13
- Fastest:
- C.Finnerty (London Irish) .. 17:43

YACHT HANDICAP 3m 120y, WIMBLEDON, 4 OCT 1997

It was 74 years ago that we ran our first 3 mile handicap around and across Wimbledon Common. Over the years there have been some massive fields but fears for our remaining 'traditional' run were growing as we went into the '90s and the numbers taking part dropped dramatically. The last few races have seen an improvement, however, and the latest running of the the 'Yacht' saw no less than twenty-eight competitors setting out at intervals spread over an amazing 17½ minutes. That spread seems to be getting bigger and bigger but our handicapper know's exactly what he's doing and the whole field finished within 3 minutes.

First back was 17 year-old Wesley Minett in his first Club outing. Wesley, an apprentice chef at Buckingham Palace couldn't have a more knowledgeable tutor when it comes to cooking or running, for his apprentice-master is none other than Lionel Mann, Head Royal Chef and President of Belgrave Harriers.

Judy Oakley placed second and not surprisingly also carried off the prize for fastest woman. Fastest man overall was 43 year-old Jim Estall, looking for a sharpener to celebrate his recent selection for the England Veterans' Cross-Country.

Look out for an old favourite in next year's race. Dave McMillan was just watching this time but within a week or two he was out doing 6 and then 10 mile runs with the Sat-



In his first outing in a Belgrave race young Wesley Minett caught the handicapper a beauty.

Photo: Rex Bale

urday crowd. Just what sort of handicap will 'Boofer' give him when he's already carrying a fair bit of metal to hold him together after his accident? Yep! that'll be worth watching ... but there's a little matter of the 1998 London Marathon to deal with first.

	Watch	Delay	Actual
1, W.Minett	31:30	13:00	16:25
2, Judy Oakley	31:41	12:30	19:11
3, S.Keane	32:00	9:30	22:30
4, R.Hearn	32:11	7:30	24:41
5, Helen Maskrey	32:22	12:30	19:52
6, Cathy Eastham	32:36	9:30	23:06
7, P.Carstairs	32:41	16:50	15:51
8, J.Slough	32:43	14:00	18:43
9, C.Manning	32:44	0:00	32:44
10, D.Manning	32:47	9:30	23:17
11, R.Burnip	32:48	13:00	19:48
12, J.Estall	32:54	17:25	15:29
13, A.Stone	32:56	12:00	20:56
14, M.Anderson	32:59	16:30	16:29
15, L.Mann	32:59	11:30	21:29
16, G.Collins	33:00	11:00	22:00
17, R.Alsop	33:04	17:25	15:39
18, C.Taplin	33:09	14:00	19:09
19, Cathy Bruce-Burgess	22:12	12:00	21:12
20, J.Mather	33:36	15:30	18:06
21, M.Leeffe	33:45	14:30	19:15
22, Jacqui Smiter	34:05	9:30	24:35
23, M.Farrelly	34:08	7:30	26:38
24, M.Lesley	34:09	11:30	22:39
25, H.Corbett	34:31	14:00	20:31
26, P.Ranford	34:39	11:30	23:09
27, Debbie Hearn	34:56	12:00	22:56

Disappointing start to league campaign

REEBOK SURREY CC LEAGUE DIV ONE & WOMEN'S SURREY CC LEAGUE
BROCKWELL PARK, 18 OCT 1997

1, Thames H & H	(6, 8, 17, 23, 28, 29, 41, 45, 50, 51)	298
2, Ranelagh	(3, 10, 11, 22, 42, 46, 49, 55, 56, 59)	353
3, Aldershot F & D	(5, 25, 30, 32, 33, 38, 39, 52, 57, 68)	379
4, Croydon	(1, 4, 31, 35, 40, 44, 60, 64, 76, 85)	440
5, Belgrave	(13, 16, 18, 27, 34, 53, 62, 63, 80, 82)	448
6, Boro' Hounslow	(2, 7, 9, 19, 26, 61, 84, 86, 87, 88)	469
7, Met Police	(12, 14, 47, 48, 65, 70, 71, 73, 78, 81)	559
8, Boxhill R	(20, 24, 36, 37, 43, 67, 79, 83, 89, 90)	568
9, Herne Hill	(15, 21, 54, 58, 66, 69, 72, 74, 75, 77)	581

Hopes of improving on last winter's Reebok Surrey League runners-up position took a nose-dive as we slumped to 5th place in the opening fixture at Brockwell Park. Most clubs were short of runners but with the Festival of Running being held in Edinburgh and the Chicago Marathon also being held on the same weekend, we missed our stars more than anyone - except Hounslow!

An administrative error resulted in Herne Hill accepting a home match in the Women's Surrey League Race and Men's Reebok Surrey League on the same day. They decided to go ahead with both sets of races but the afternoon was too crowded and it's unlikely that this will be repeated. The home club suffered a disastrous men's race. The burden of organization plus the fact that their cross-country team manager was getting married and had invited half their team to the celebrations resulted in them placing stone bonkers last.

After a one minute silence in remembrance of Aldershot's Ian Logan the charge was on. Clive Gilby was first Belgravian up the hill

and from there on he always headed the Belgrave contingent to finish with a fine 13th place. Coming back from injury problems and running way over his favourite 800 metre distance, he was delighted with his run. Veteran Jim Estall was close behind in 16th and with Roger Alsop 18th the team packed well enough to stay reasonably close on points even though we were unhappy with our lowly team position.

Thames Hare & Hounds took the honours from a surprising Ranelagh Harriers outfit only just promoted from Division Two. Aldershot were 3rd while favourites Borough of Hounslow were only 6th so it's still wide open.

At the time of writing we have still not received results of the Young Athletes races. We do know that the ever-reliable Christian Morris was our only youngster in action and can only hope that he receives a little more support in the forthcoming events.

Our women's teams have slipped since that glorious 1993/94 season when they were unbeatable in local competition. Of the scor-

ers from those days only Helen Maskrey is still turning out in league competition and it looks as if it will be a struggle to avoid relegation this time around. But at least we had runners in each of the age groups and Debbie Hearn in the under 17 race and Alice Ragouzardis-Clark in the under 13s both impressed with their 6th places. Incredibly Alice is actually only eleven and if her interest is maintained she could have a brilliant future.

Men

1, J.McCallum (Croydon)	30:13
2, S.Haughian (BoH U20)	0:23
3, H.Jones (Ran H M40)	0:28
13, C.Gilby	31:26
16, J.Estall (M40)	31:35
18, R.Alsop	31:43
29, G.Adams	32:23
37, C.Dickinson (M45)	32:42
56, M.Anderson	33:42
65, R.Foley	34:12
66, M.Nouch (M40)	34:18
95, N.Webster	35:57
99, P.Carstairs	36:06
101, D.Anderson (M40)	36:07
118, S.Paton	39:14
120, W.Minett (U20)	39:41
131, H.Corbett	44:03
133, L.Mann (M55)	45:01
134	finished

Women

1, C.Pauzers (Herne Hill)	23:38
2, A.Fletcher (Dulwich R)	23:48
3, R.Totman (S L H)	24:19
28, H.Maskrey	26:49
56, C.Bruce-Burgess	28:43

59, T.Sturton	28:49
99, C.Eastham	30:58
114, J.Smiter	32:03

Belgrave positions above are for combined Division 1 and 2 races.

Teams:

1, Dulwich R	41
2, South London H	60
3, Herne Hill H	73
8, Belgrave H	173
10	teams closed in

Under 17 Women

1, H.Bongers (Holland S)	21:51
6, D.Hearn	24:12
17, D.Kandaros	28:22

Teams:

1, Guildford & G	34
2, Woking	39
3, Sutton & D	41
4, Belgrave H	81
8	teams closed in

Under 15 Girls

1, A.Lucas (Sutton & D)	17:17
25, R.Lester	21:56

Teams:

1, Hercules Wimb.	17
2, Sutton & D	54
3, Epsom & Ewell	66
10, Belgrave H	130

Under 13 Girls

1, L.Vyse (Woking)	14:40
6, A.Ragouzardis-Clark	15:45
36, M.Nester	20:24

Teams:

1, Woking	43
10	teams closed in.

Second place at The Priory

REIGATE PRIORY 6 x 2½ miles C.C. RELAY
REIGATE, 1 NOV 1997

Belgrave made an early strike on the first lap when Clive Gilby set the day's third fastest time to lead the field home with 13 mins. 13 secs. Clive confessed after his stint to having been, "... a little bit lazy ... I should have gone earlier." Knowing that he had the legs of Reigate Priory's Alister Moses, he had left it until the last 400m and then took 10 seconds out of him!

Team Captain 'Gerry' Adams found himself pushed into 2nd place by the Priory's Ellis-Smith and then Ray Foley briefly regained the lead on the third stage only for international Jon Solly of Herne Hill Harriers to storm past with an aggressive 12 mins. 59 secs.

From that point on Herne Hill held all the aces with Simon Jones' 13:18, and Ian Munt's 12:56 putting them beyond the reach of the Belgrave outfit which nevertheless continued to draw away from the rest of the field of 39 teams thanks to determined running from Roger

Alsop, Junior Galley and Dave Beaver. Good old Dave: a team manager's dream. Not really fit and not really wanting an 'A' run, he nevertheless accepted that he was likely to be a minute faster than the next man even if he ran 'steady' - silver medals were ours as a result.

For the second year in succession Alan Black turned up to watch but ended up making up the numbers. Next year he says he'll not be wearing running kit.

Absolutely brilliant to see Matt Hillier out for us. Now there's a man with talent and if he could just get back into the harness ...

Our young team of Debbie Hearn, Cathy Eastham and Tania Sturton made up the Belles 'A' trio. Most of our local rivals manage to turn out men's and women's teams at the same venues these days and making the effort of getting a team together is half the battle. Success is sure to come sooner or later.

Men

1, Herne Hill H	1:21:27
2, Belgrave H 'A'	1:23:44
3, Windsor, Slough & E1	24:54
27, Belgrave H 'B'	1:42:13
33	teams finished.

Belgrave 'A'

C.Gilby	(1) .. 13:13
G.Adams	(2) .. 13:56
R.Foley	(2) .. 13:48
R.Alsop	(2) .. 13:24
J.Galley	(2) .. 14:44
D.Beaver	(2) .. 14:39

Belgrave 'B'

R.Harding	(25) .. 16:12
D.Anderson	(22) .. 15:30
M.Hillier	(18) .. 15:33
L.Mann	(27) .. 20:08
D.Anderson	(25) .. 15:37
A.Black	(27) .. 19:13

Fastest:

I.Munt (Herne Hill)	12:56
J.Solly (Herne Hill)	12:59
C.Gilby (Belgrave)	13:13

Women

1, South London H	51:33
2, Windsor, Slough & E.	51:59
3, Herne Hill H	52:53
15, Belgrave H 'A'	58:32
21	teams finished.

Belgrave 'A'

D.Hearn	(16) .. 19:07
C.Eastham	(15) .. 19:49
T.Sturton	(15) .. 19:36

Belgrave 'B'

S.Symonds	(19) .. 19:46
J.Smiter	(20) .. 20:44

Fastest:

P.Morrall (Brighton & H)	16:37
--------------------------	-------

Tania Sturton (U20W) and Debbie Hearn (U17W) have both been selected to represent Surrey in the Inter-County Championships to be held at Cardiff on March 1st. Also, keep a look out for Rachel Weston who has been awarded an Elite number for the Flora London Marathon.

South of the Thames "Junior" Win

SOUTH OF THE THAMES C.C. ASSOCN. "JUNIOR" 5 MILES CRAWLEY, 8 NOV 1997

- 1, Belgrave H (5, 6, 14, 15) 40
- 2, Brighton & Hove (2, 3, 9, 28) 42
- 3, Ranelagh H (1, 10, 22, 26) 59
- 21 teams closed in.

Brent Shield (8 to score)

- 1, Belgrave H (5, 6, 14, 15, 20, 47, 52, 76) 235
- 2, City of Portsmouth (8, 17, 19, 24, 29, 31, 67, 71) 266
- 3, Kent AC (13, 21, 25, 27, 43, 69, 77, 146) 421
- 9 teams closed in

It's so pleasing when we set out to achieve something, come through the difficulties and then still hit the target. Always pretty sure that we had a good chance of taking this race, we were also hoping to provide the individual winner in Clive Gilby. But Clive knew he had a tough job on – quite apart from the 5 miles of slippery grass and woodlands of Tilgate Forest – he was moving home on the Friday and had a great deal of furniture shifting to do. Not surprisingly, he was pretty stiff and tired come Saturday and regretfully we were going to have to do the job without him.

Now Gerry likes a fast start while Ray Foley prefers to come through as the race progresses, so it was a surprise when the runners poured out of the woods at the end of lap one and it was Ray heading our Captain as they slithered across the muddy playing fields in the bunch chasing Ranelagh's Dave Benton. Among this knot of runners there were also no less than three red and black Brighton singlets. A quick tally of points though and we were happy that things were going our way. We had a trio of runners around the twenty mark from which only two would score while Brighton had to go back

to 50 for their fourth man.

A mile or so later and the Team Manager was more inclined to bite his fingers than use them to keep score. Phil Carstairs and Steve Fowler, who had only decided to race a few minutes before the "off" due to sore tendons, had both made up several places but the veteran Ulliott, last scorer for the south coast club, was going like a train and was now just about to go into the 30s.

And so the chase went on to the finish: the two Brighton lads held on to their medal positions but were hotly pursued by two Belgrave vests, the third Brighton man and then the rest of our scorers. Just enough men from other clubs now got to the line before our rivals closed in. We'd done it with a two point margin.

The backing from the rest of the team was great although one had to feel sorry for Mark Anderson who ran well but missed out on the medals. Their reward was to capture the Brent Shield as the team scoring least with all eight men – first time we've ever held it.

- 1, D.Benton (Ranelagh) ... 27:45
- 2, S.Morley (Brighton).... 28:03
- 3, P.Whitcombe (Bright'n)28:10
- 5, R.Foley 28:14
- 6, G.Adams 28:15
- 14, P.Carstairs 28:39
- 15, S.Fowler (M40) 28:40
- 20, M.Anderson 28:53
- 47, M.Nouch (M40) 30:10
- 52, T.Binda (M40) 30:32
- 76, D.Anderson (M40)..... 31:51
- 92, M.Leeffe 32:56
- 151 finished.

Kassa Tadesse made a lot of difference to us – what a boon that he managed to fit in a league race in the middle of a heavy run of road outings – and Tony Barden's presence was also appreciated. We also relied heavily on Jim Estall, just a week on from his 2nd place in the Veteran's International, feeling a little heavy legged here and getting jumped on by Met. Police's M40 Thomas as well as Hugh Jones.

While Herne Hill took the fast track up the league ladder, Croydon moved just as swiftly to the bottom. In the midst of this the Bels held steady on 5th. It's just about possible for us to win the league – but unlikely. Very pleasing, however, was the organization of the event. We had plenty of marksmen out on the course, dealt with the obstruction caused by a fallen tree and produced the results in good time. Well done boys.

Men

- 1, D.Taylor (HHH) 25:32
- 2, J.Solly (HHH) 25:43
- 3, B.Whitby (Hounslow) 25:45
- 4, K.Tadesse 26:34
- 17, J.Estall (M40) 27:45
- 27, G.Adams 28:17
- 29, A.Barden 28:34
- 37, P.Carstairs 28:44
- 49, M.Anderson 29:11
- 52, D.Beaver 29:14
- 61, R.Alsop 29:33
- 78, J.Galley 30:01
- 79, M.Nouch (M40) 30:02
- 90, N.Webster 30:42
- 94, A.Binda (M40) 30:50
- 124, M.Dane 33:24
- 131, W.Minett (U20) 34:04
- 145, H.Corbett 37:02
- 147, L.Mann (M55) 39:48
- 148, R.Harding 39:59
- 149 finished

... but another 'average' league result ...

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 2 WIMBLEDON, 15 NOV 1997

Now this was disappointing. As a couple of our men went down with 'flu', Herne Hill turned out for our home match en masse. Not only did they decimate the field with their 1, 2, 6, 8, ..., they had enough men out to for an unofficial 'B' team that would have beaten their first race score. The result – they moved up from last to third in the league competition.

Under 17 Men and Under 15 Boys

- 1, M.Farah (Hounslow) .. 14:25
- 3, M.Garcia 14:46
- 18, C.Morris 16:12
- 29, R.Biscoe (U15) 19:35
- 30, A.Hadji (U15) 22:19

Teams:

- 1, Boro' Hounslow 32
- 2, Ranelagh H 35
- 3, Aldershot F&D 90
- 4, Belgrave 95

Under 13 Boys

- 1, Q.Scott (Ranelagh) 15:56
- 4, P.Graham 17:29
- 15, B.Hodgson 23:08

Teams:

- 1, Boro' Hounslow 29
- 2, Ranelagh H 44
- 3, Belgrave H 104½

- 1, Herne Hill H (1, 2, 6, 8, 12, 23, 26, 34, 39, 42) 193
- 2, Thames H & H (11, 15, 19, 21, 24, 25, 35, 50, 55, 57) 312
- 3, Aldershot, F & D (5, 13, 20, 22, 32, 46, 58, 61, 65, 69) 391
- 4, Belgrave H (4, 17, 27, 29, 37, 48, 51, 59, 72, 73) 417
- 5, Ranelagh H (10, 14, 38, 41, 43, 44, 53, 63, 71, 77) 454
- 6, Boro' Hounslow (3, 18, 28, 31, 45, 52, 70, 75, 81, 83) 486
- 7, Boxhill R (7; 9, 30, 49, 56, 62, 64, 67, 68, 78) 490
- 8, Met. Police AC (16, 33, 40, 54, 60, 74, 76, 82, 84, 85) 604
- 9, Croydon H (36, 47, 66, 79, 80, 86, 87, 88, 89, 90) 748

Photo: Jeremy Hemming



Wearing the English Rose, M40 Jim Estall (220) grafts away at the head of the Home Countries International Veterans' Cross Country Champs. at Ballymena on November 8th. It's the fourth of five laps and still no-one has been able to dominate the field. However, the tattooed Rob Wise, close up behind Jim at this point, was soon to make a decisive move. Gerry Brady (211) of Ireland was unable to respond while Mike Hagar and Jim gave chase. On the final lap the Belgravian overtook Hagar to gain a clear 2nd in 31:55 but Wise at 31:37 was out of reach.

Charlie Dickinson, suffering from a heavy cold during the preceding week, was pleased with his 8th place among the M45s in 33:49 and both Belgravians contributed greatly to England's team wins.

The Box Hill-Billies Return!

SURREY C.C. CHAMPIONSHIPS, FRIMLEY, 13 DEC 1997

Herne Hill were reckoned to be our Senior Men's big rivals as the Surrey Champs. returned to Frimley for what could be the last time. But as it turned out, Boxhill Racers, with their first man only 10th, managed to get all their runners home before any other club and their close packing carried the day. All credit too to South London Harriers, currently leading the second division of the Surrey League team but here only six points away from pulling off a surprise victory.

For the Bels. it was a missed opportunity to put our name on the *F. N. Pickett Cup* in successive seasons. Sickness hit our team hard with two of our men being unable to turn out at all. But then again, the fact that we were disappointed is a sign of how far we've come - a few years ago we'd have been thrilled to bits with bronze medals. Behind the teams in medal positions came Herne Hill on 149 and Dorking & Mole Valley 156 - any of the clubs in second to fourth positions could have collected the title if they had one more strong runner, it was that close.

The reason that we will probably not return to Frimley is the fact that the sports field on which all the races had previously started and finished, was suddenly made unavailable during the week before the event. The organisers were faced with the task of finding a suitable start point in the woods and reorganising the circuits so that the required distance was covered. A finishing funnel was erected among the closely packed pine trees and each of the races started close by - apart from the senior men whose 200 starters were hemmed into a path on the ridge just 5 metres wide. Needless to say the start was ferocious as those with serious intentions were forced into an all out sprint to secure a forward position.

At the end of the first small lap it was Roger Alsop, floating over the brow of the hill and looking for all the world as if would be quite happy to break away. Kassa Tadesse followed some 10 metres behind with Herne Hill's Jon Solly, South London's Stuart Major and Hercules Wimbledon's Adrian Marriott in close attendance. Then it was Solly taking the initiative with Marriott and Major both dropping away

while Roger Alsop had gone back into the pack around 12th place. For the rest of the race the leading pair relentlessly increased the gap on the field until Kassa, running in flats, eased away on the final lap for a comfortable win. Frimley has been a happy hunting ground for Kassa for it was here that he claimed the Surrey Junior title in 1993. Nowadays he is not content with one big win per weekend and after the race it was off to an hotel in Guildford to prepare himself for winning the following day's Hog's Back Road Race.

Roger came back again to enter the funnel 10th and thus claim an Inter-Counties slot and veteran Steve Fowler proved yet again what tough guy he is, shoring up the team in 28th. Both Ray Foley and Gerry Adams went into the race below par and poor Gerry suffered badly as the distance covered increased. It was only the attentions of Mike Webb, delighted to be in the scoring six, that kept him going at the end.

While the senior men felt a little deflated, two of our young women were extremely pleased with their performances. Debbie Hearn's 6th place among the Under 17 Women was very encouraging. She looks every inch a runner and is sure to go further up the result sheets in the next few seasons. The Under 20 Women's race was held in conjunction with the seniors and Tania Sturton's 30th place overall gave her an unexpected bronze medal. Both these ladies were selected to represent Surrey in the Inter-County event.

Our more established female runners could not be tempted into action and it's all credit to those that ran that we closed in a team.

Around the Counties

At Clayton Vale, over 7 miles, the Greater Manchester Championships gave Lee Hurst the chance to fly the Belgrave flag. He finished just 3 seconds outside the medals as Sale's



Tania Sturton runs to 3rd place in the Surrey County CC Champs for Under 20 Women.

Photo: Ray O'Donoghue

What a race - but Surrey League now out of reach

REEBOK SURREY C.C. LEAGUE DIVISION ONE, RACE 3, SPARROWS DEN, 17 JAN 1998

Only one club in the league has the potential to come back from a position of 5th halfway through the series and 250-odd points behind the leaders - us! Doing it is another matter though. Still, travelling over to the Met. Police venue at West Wickham hopes were high. Gary was back in the squad, returning from his pre-Christmas complete layoff. Lee Hurst was down from Manchester and raring to go while Roger Alsop and Jim Estall were known to be in cracking form.

But this is a topsy-turvy season. The opening match, invariably the strongest for all clubs, had proved to be of a much lower standard than normal, whereas the first run of the new year - when you'd bet your shirt on the field being at its weakest - turns out to be an absolute cracker.

After the charge around the playing fields Herne Hill's Dave Taylor had already made his intentions plain. A few yards behind came Solly, Staines and a knot of Hounslow boys at the head of a bunch that included half a dozen claret and gold vests. As the colourful mass swerved off the playing fields and up along the narrow paths through the woods onto the hilly section, team managers, dogs, wives (some conspicuously pregnant) and other supporters scrambled through leafy shortcuts to get a view of the runners halfway round the first lap.

Taylor was clear and Jon Solly had a comfortable gap on the chasing group; Herne Hill one and two. The youthful Hounslow trio of Whitby, Haughian and Simpson were no respecters of Gary's reputation and were now in front of the Belgrave man. Lee Hurst was breathing down his neck while Estall, Alsop and Clive Gilby were also claiming good positions. Our forward placers were certainly outscoring Herne Hill even though they had two in front. Then there was a whole posse of red and black vests to complete their ten with runners to spare before our last scorer ran through.

"Ten in 48," shouted Hill's Stan Allen in your correspondent's direction, "What about you?"

"We're inside 60," was the reply, followed by a barely audible "but I think we've got it!"

The second half of the race unfolded and now began our troubles. A couple of our guys were starting to look uncomfortable but Steve Fowler was losing positions by the score. A suspect ankle had really gone nasty on him and as he dropped back in great pain, now our tenth man, he

Kevin McKay grabbed 3rd in 36:49 to the Belgravian's 36:52. At Chigwell Tony Barden was 15th in the Essex Champs in 45:44 (winning time 42:00) while at Gillingham the Kent title was won in 38:18 by Medway's Royden with our own Phil Carstairs 18th in 42:15.

Senior Men 7½ miles

1, K.Tadesse (Belgrave) ..	37:15
2, J.Solly (Herne Hill)	37:26
3, A.Marriott (Herc.W.)	38:13
10, R.Alsop	39:48
28, S.Fowler	41:30
37, R.Foley	42:13
45, M.Webb	42:43
47, G.Adams	42:58
66, A.Binda	44:56
97, D.Anderson	47:09
195 finished	

Under 15 Boys

18, C.Morris	25:00
40 finished	

Senior Women

1, R.Disley (T H&H)	24:00
2, E.Danilova (SLH)	24:01
3, Z.Hyde (Woking)	24:02
30, T.Sturton	29:27
52, S.Symonds	32:13
54, C.Eastham	32:21
63, J.Smiter	33:24
74 finished	

Under 17 Women

6, D.Hearn	20:40
------------------	-------

Senior Men

1, Boxhill R	(10, 13, 22, 25, 26, 33)	129
2, South London H	(3, 15, 19, 27, 34, 37)	135
3, Belgrave H	(1, 8, 23, 31, 39, 43)	143
15 teams closed in		

Senior Women

1, Herne Hill H	(4, 9, 10, 14)	37
2, South London H	(2, 13, 17, 20)	52
3, Holland Sports	(5, 6, 19, 50)	80
10, Belgrave H	(23, 40, 42, 51)	156
10 clubs closed in.		

1, Aldershot F&D AC	(8, 9, 20, 21, 25, 31, 32, 42, 45, 56)	289
2, Herne Hill H	(1, 2, 11, 28, 33, 37, 41, 44, 47, 48)	292
3, Belgrave H	(6, 7, 10, 12, 19, 39, 43, 54, 58, 69)	317
4, Boro' Hounslow	(3, 4, 5, 14, 15, 40, 57, 61, 62, 75)	336
5, Thames H&H	(17, 18, 22, 26, 29, 30, 46, 49, 53, 55)	345
6, Ranelagh H	(13, 27, 50, 52, 60, 66, 68, 70, 73, 74)	553
7, Met. Police	(24, 34, 38, 59, 63, 72, 79, 81, 83, 84)	617
8, Boxhill Racers	(16, 23, 51, 65, 71, 78, 87, 88, 89, 90)	658
9, Croydon H	(35, 36, 64, 67, 76, 77, 80, 82, 85, 86)	688

was just praying that another Belgravian would come past and allow him to pull out. It didn't happen until it was too late and by that time they were approaching the finish.

At the funnel Taylor had eased off to allow Solly to get within 3 seconds of him. Then came the three Hounslow lads with Lee Hurst almost chasing down Haughian at the end. Gary Staines was next home - what a champ. turning out when far from fit - then two Aldershot men followed by the first veteran Jim Estall and Roger Alsop - great running from these two. It was 6, 7, 10, 12, 19, and when 'Gerry' and Phil Carstairs came in (good run from Phil) we went into the lead.

We knew it was going to be close - and nowhere near the claw-back of points that we needed - and as it happened Herne Hill, with their men still all in 48, took another 26 points out of us on the day but both of us were surprised by the Aldershot team who packed so solidly in the 20s and early 30s.

That's it. We moved up to 4th in the league but it looks as if Hare & Hounds, with that huge advantage gained in race 1, will be the overall winners with only Aldershot in with a chance of catching them.

Things are picking up slowly in the Youths and Boys sections thanks to hard work from Reg. Hopkins. With Manuel Garcia and Robert Metalle both claiming forward positions and the ever-present Christian Morris 21st, we only wanted one more lad to begin to make an impact in the under 17 race.

1, D.Taylor (Herne Hill)	22:36
2, J.Solly (Herne Hill)	22:39
3, M.Simpson (BoH)	22:51
6, L.Hurst	23:16
7, G.Staines	23:26
10, J.Estall (M40)	24:01
12, R.Alsop	24:06
19, C.Gilby	24:20
39, G.Adams	25:06
43, P.Carstairs	25:11
55, A.Barden	25:30
63, M.Kazimierski	25:44
78, D.Beaver	26:06
79, C.Dickinson (M45)	26:07
90, S.Fowler (M40)	26:27
101, J.Galley	26:56
105, A.Binda (M40)	27:04
114, R.Harding	28:27
119, S.Paton	29:03
133, L.Mann (M55)	38:20
134 finished	

Under 17 Men and Under 15 Boys

1, M.Farah (BoH, U15)	14:35
5, M.Garcia	15:38

7, R.Metalle	15:49
21, C.Morris	17:10
23 finished.	

Teams:

1, Aldershot F&D	28
2, Ranelagh	53
3, Boro Hounslow	60
4, Belgrave	98

Under 13 Boys

1, G.Russ (Aldershot)	16:03
11, S.Whorlow	19:10

WOMEN'S SURREY C.C. LEAGUE DIVISION ONE WITLEY COMMON 24 JAN 1998

A good day, fast course and an eight-woman team toeing the start-line of the senior race - but the other clubs also had much stronger teams than have been the norm and the net result was that we placed 10th on the day. With one race to go in the series it looks like Division Two for the Belles next year. Nevertheless it was good to get so many runners out; there's nothing worse for a team manager than not having enough runners to make up the squad. Success will come again as long as we keep the numbers up and enjoy the sport.

Star of the day for us was Debbie Hearn who continued her progress with a very promising 4th in the under 17 women's race while Tania Sturton, a junior, led our seniors home. Below we show as much of the result as we have been able to piece together.

1, E.Danilova (SLH)	19:14
46, T.Sturton	
52, C.Bruce-Burgess	
? C. Le Poutier	
? C.Eastham	
? R.King	
? J.Stone	
? S.Howard	

Teams:

1, South London	37
2, West 4	79
3, Epsom & Ewell	105
10, Belgrave	202

Under 17 Women

1, H.Bongers (Holland S)	14:45
4, Debbie Hearn	15:49
15, D.Kandaros	

Teams:

1, Sutton & Dist	38
4, Belgrave	81

Under 13 Girls

1, L.Vyse (Woking)	9:41
22, L.Asling	
2 others, names unknown	

SOUTHERN C.C. CHAMPS. PARLIAMENT HILL FIELDS 31 JAN 1998

A disappointing day this one. For some years now we have failed to field a full team - in fact two seasons ago we had no-one on the start line at all. Somehow or other our rival South London Clubs seem to put ten or even twenty men in the start pens. It doesn't really matter if we finish well down as a team - it would just be nice to complete one. How can we begin to call ourselves a cross-country club when we don't have a cross country team to turn out for the standard events. Other clubs seem to have men's and women's teams out supporting each other in this feast of harrier racing while past runners stride the course with muddy boots and ruddy faces to cheer their teams on. For Belgrave it is a non-event. No Belgrave women were entered in any age-group, no young male Belgravians (although we note that an enterprising Christian Morris gate-crashed his way into the Youths' race without a number), and although £40 was spent on entry fees for the senior men, only four turned out.

Anyway, let's stop whinging and savour a fine run by Lee Hurst. Around 20th after the first loop, Lee worked his way through some of the top runners from the South of England. Thirteenth after two laps, he had a group of five in his sights as he went into the last circuit, a group that included SLH's Stuart Major, having a superb run, and Adrian Marriott of Hercules Wimbledon who can always be relied upon for an all-out effort. It was a hard slog and in spite of his efforts only one more man succumbed to his attack.

Very good running came from Phil Carstairs, competing in the vain hope that he would be our 6th scorer, while both Rob Harding and Don Anderson improved on their 1997 runs.

Junior Kevin Quinn, still in only the second of his three seasons as an under 20 (subject to possible age-group rule changes) was delighted with his 51st.

Senior Men's 15k

1, D.Buzza (Cornwall)	45:05
2, B.Royden (Medway)	45:12
3, S.Newport (Black'th)	45:18
12, L.Hurst	47:10
86, P.Carstairs	50:24
311, R.Harding	55:38
507, D.Anderson	59:22
1041 finished	

Teams:

1, Blackheath	109
83 teams closed in	

Under 20 Men's 8k

1, S.Haughian (BoH)	24:40
51, K.Quinn	28:08

Under 17 Men

179, C.Morris	27:51
215 finished	

Road & Country

Clockwise starting from top left corner.

(a) Walton AC's Hewitt-Jones and Surrey Road Relay, 13th September 1997. Junior Galley (75) takes over from veteran Tony Binda (74). Junior has left his staff in charge at the record store to help the Bels to a Surrey 'gold'. Surely Tony would never have dreamed that he'd be back winning Senior Surrey medals again.

(b) Ray Foley, becoming one of the cornerstones of our teams on road and country - "right on the back of the pack".

(c) The opening Reebok Surrey League lineup at Brockwell Park. Left to right are - Jim Estall (66), Club President Lionel Mann (64), Phil Carstairs (behind), Wesley Minett (65), Mark Anderson (behind), Harry Corbett (hidden), Clive Gilby (72), Mike Kazimierski (77), Rob Harding (78), Charlie Dickinson (75), Tony Binda (shades), Dave Beaver (black shirt), ?Webster (69), Neil Webster (74), Stuart Paton (70), Roger Alsop (standing), 'Gerry' Adams (68), Christian Morris (51), Don Anderson (67).

(d) Phil Carstairs, only 99th here but running better and better as the season progressed.

(e) Clive Gilby with a 1:47.33 800m to his name from 1995 was our first man home. Clive was only just our fastest two-lapper in the race though - Stuart Paton has a 1:47.43 from 1989.

(f) The ever present Vice Captain Roger Alsop.

(g) In his last week as Club President 1996-97, Ted Pallant checks out Team Manager Alan Mead's calculations - "... yes, we've just moved into 1st place in the Surrey Road Relay."

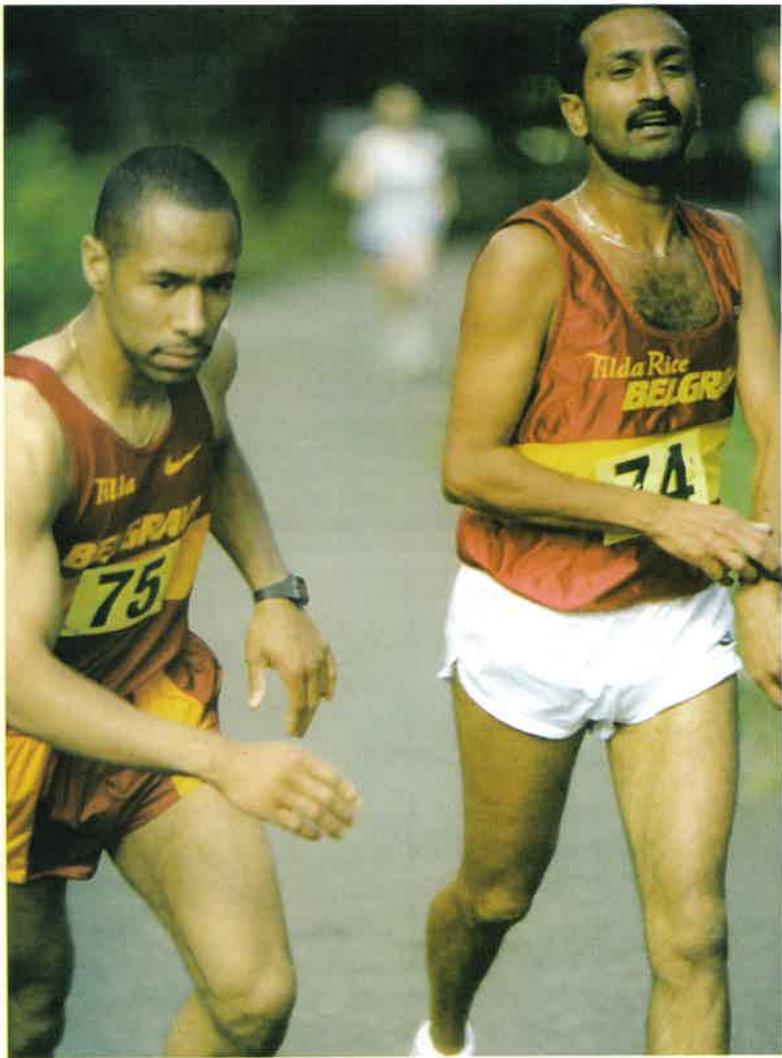
(h) Surrey League start. Clive Gilby (72), flanked by Phil Carstairs (76) and Roger Alsop (61) makes a bold start, while Jim Estall (66) tracks Wayne Oxborough (Thames H&H).

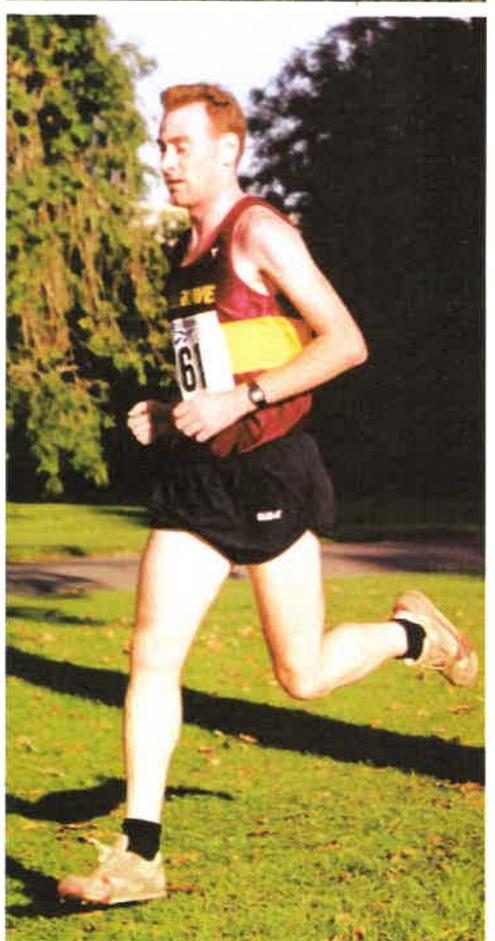
(i) Another veteran whose performances belie his age, Mike Nouch gets stuck into lap two at Brockwell Park.

(j) "Skipper" Gerry Adams. (k - centre) The final league race at Cousdon, 1996-97, with Darren Mead (80) at the head of the field and Gary Staines (81) and Tony Barden in close attendance.

Photographs by:
Ray O'Donoghue (a, b, g, k).
Rex Bale (c, d, f)
Alan Mead (e, i, j)







Best South of Thames win since 1895

SOUTH OF THAMES C.C. CHAMPIONSHIP RICHMOND PARK, 14 FEB 1998

1, Belgrave H	(1, 2, 3, 5, 13, 27)	51
2, Brighton & H	(4, 6, 10, 28, 40, 46)	134
3, Ranelagh H	(9, 15, 25, 26, 56, 82)	213
15 teams closed in		

In conditions more reminiscent of early summer rather than those expected just two weeks into February, the 99th running of the South of Thames Championship saw Belgrave totally dominate the proceedings. As race time drew near the Belgrave runners just kept on coming and by the time SoT President Bill Bird brought down his handkerchief no fewer than sixteen claret and gold vests packed the starting pens.

As usual Clive Gilby showed ahead at the very beginning (does this man know any other way of running) but as the first of the two 3¼ mile laps unwound a bunch of four began to detach themselves: Gary Staines, Jim Estall, Rathbone of Brighton & Hove and Kassa Tadesse loping along in predatory fashion just behind. Clive was holding up well as our fourth scorer, Ray Foley was setting himself up for a high position and ... what was this ... eighteen year-old Kevin Quinn, fresh from a fine run in the Surrey Schools was our 6th man. It was going to take an absolute disaster to stop us taking the team race and on the face of it Kevin was about to get himself barred from the Junior event next Autumn when we were thinking of using him as the cornerstone of the team! Belgrave vests continued to stream past as the field circled the plantation near Pembroke Lodge to complete lap one. The twelve man trophy must surely be ours also – and dreams of a clean sweep of the individual medals also began to formulate.

Only recently returned from several weeks of training in Kenya, Kassa was indeed the man in form and over the second circuit he put half a minute between himself and Gary Staines. Now he went away to consider his options regarding the 'National' in four weeks time.

Gary's fitness is returning nicely and it always gives the team such a boost when he turns out for us; but it was no easy race for him. Maybe it was the warm conditions bringing on a touch of his asthma but Jim Estall did him no favours at all. We can admit now that Jim had to be "leaned on" to turn out for this race. He wasn't really keen on doing it and had been talking of a 90% effort. All that was thrown to the winds as soon as the race got under way and, already in a medal position, he began to attack Gary mercilessly. It says a lot for Gary's character that suffering as he was, there was no way that he was going to let another Belgravian past him – and a veteran at that! "If it had been anyone else," he later admitted, "I'd have let them go."

Jim's effort was indeed *the* run of the day and he was delighted.

Muttering that he'd not known it was going to be 7½ miles Clive Gilby held on grimly to his 5th spot while Ray Foley "the longer and tougher it is the better" and Mike Webb closed in the six. Mike seems to be making a habit of completing our medal winning teams.

Young Kev faded a little as the race wore on but kept ahead of a cruising Matt Yates and Graham Adams. As he finished just out of our winning six he missed the ban and can tackle that "Junior" race after all. Did he feel the distance or was he being clever?

Chas. Dickinson, Junior Galley and Mike Kazimierski completed our 12 man team and here we must pay tribute to the men who didn't score but still turned out. Having these lads on hand was what ensured that the *Coleman Cup* was going to be ours come what may. The total score of all sixteen of our men would still have seen us winners.

One has to go back to 1895 to find such a commanding performance. In that year on Norbury Common, with Queen Victoria still having six years of her reign ahead of her, Portsmouth Harriers took the first three medals and won the team race with 48 points. Those ancient Pompey Harriers might have pipped us by three points but did they have sixteen men out and twelve in 49?

Nearer to our own time, we have to count back 34 years to find Belgrave's previous win (Alan Black was in the twelve in 1964) and a further nine, to 1955, for the one before that (with Gordon Biscoe among the scorers). Our parenthesised Belgravians were both on hand to witness the events of 1998.

1, K.Tadesse (Belgrave)	39:32
2, G.Staines (Belgrave)	40:04
3, J.Estall (Belgrave M40)	40:11
5, C.Gilby	41:26
13, R.Foley	43:09
27, M.Webb	44:05
29, K.Quinn (U20M)	44:20
30, M.Yates	44:28
32, G.Adams	44:31
39, C.Dickinson (M45)	44:58
42, J.Galley	45:04
49, M.Kazimierski	45:27
55, M.Nouch (M40)	46:05
59, A.Binda (M45)	46:34
90, D.Anderson (M40)	49:15
133, R.Harding	53:43
174 finished.	

Coleman Cup (12 to score)

1, Belgrave H	272
2, Herne Hill	882
3, Paddock Wood	1404

WOMEN'S SURREY C.C. LEAGUE SHIRLEY, 21 FEB 1998

In spite of an improved team performance for this last race of the series, our women's team found themselves unable to do enough to get out of the relegation zone and therefore face the prospect of a spell in Division Two. All is not doom and gloom though. Rachel Weston's fine 7th place shows what an asset she is going to be for the club while Tania Sturton, our second runner home, took the silver medal for overall second place in the Junior Women's category. With Debbie Hearn also having regularly claimed forward placings in the under 17 races, we surely have the makings of a team that will soon be back.

1, A.Fletcher (Dulwich)	20:56
7, R.Weston	22:39
26, T.Sturton	
37, N.Mills	
38, C.Le Poulter	
39, C.Eastham	

Teams:

1, South London H	42
2, Dulwich R	68
3, Epsom & Ewell	85
7, Belgrave H	150

Under 17

1, H.Bongers (Holland S) ..	20:28
7, D.Hearn	23:10
14, D.Kandoros	

Under 13

1, L.Vyse (Woking)	13:45
4, A.Ragouzardis Clark	15:07
?, L.Asling	

Jim Estall overall league winner

REEBOK SURREY C.C. LEAGUE DIV. ONE, RACE 4 PETERSHAM, 28 MAR 1998

Surprisingly the following day's Inter-Counties and British Trial didn't affect the race as much as it might have done. Hounslow certainly suffered the most but with Gary and Kassa pushing along the pace and Herne Hill's Solly and non-scoring Pherrson in attendance there was still plenty of class up the front. Gary in particular looked much more at ease after a few more weeks of training and it wasn't long before the two Belgravians forged away and then ran around together, crossing the line with linked hands held aloft to warn the judges that they did not want to be separated on this occasion.

Jim Estall certainly noted the difference in Gary between this race and the SoT two weeks earlier. He found the early pace beyond him but was then able to maintain his speed when many of the others began to fall back. The run took him up to 95 miles for the week – yet another week of high mileage – and more importantly, not only took him to the veterans title but also made him the overall individual winner. His face was a picture when it was announced that he had won the Mitchell Cup; he had not dreamed that he was in the reckoning. Only three Belgravians have ever won this trophy: Gerry North (1968), Adrian Major (1970) and John Wright (1987).

Once again we missed our middle order runners (ill, buying houses and injured) and then we had Roger Alsop, Kevin Nash, Alex Hutchinson and Clive Gilby in action at Cardiff the following day so had to go back

to the 60s to close in. It's there though and one of these days we'll pull it off.

Things are gradually looking up in the younger age groups. Not only was 18 year-old Kevin Quinn our fourth man in the senior race but Manuel Garcia ran away from the Under 17 field for his first Surrey League victory. 'Manny' is on a hot streak at the moment having won both the London Schools and the Inter-County Schools titles. Good running too from Robert Metalle in 4th.

=1, G.Staines (Belgrave)	27:26
=1, K.Tadesse (Belgrave)	27:26
3, A.Phersson (n/s HHH) ..	27:44
6, J.Estall	28:31
43, K.Quinn (U20M)	30:02
47, C.Dickinson (M45)	30:14
53, M.Webb	30:34
56, A.Barden	30:46
72, M.Nouch (M40)	31:35
76, A.Binda (M45)	31:46
78, P.Carstairs	31:54
94, D.Anderson (M40)	32:50
96, G.Parish	33:05
103, J.Curtat	33:41
105, S.Paton	34:07
112, J.Mather (M40)	35:23
118, A.Painter (M50)	35:55
119, D.Clack (M45)	36:04
122, R.Harding	36:34
126, W.Minett (U20M)	38:00
129 finished	

Under 17 Men

1, M.Garcia (Belgrave)	15:01
2, A.Ali (Hounslow)	15:12
3, I.Wallace (AFD)	15:24
4, R.Metalle	15:50
16, C.Morris	17:14

1, Thames Hare & Hounds	(6, 7, 10, 12, 19, 23, 24, 27, 34, 35) ...	197
2, Herne Hill H	(3, 4, 11, 13, 22, 30, 31, 32, 38, 43) ...	227
3, Belgrave H	(1, 2, 5, 41, 44, 48, 51, 62, 66, 68) ...	388
4, Ranelagh H	(9, 29, 33, 36, 39, 46, 61, 63, 77, 79) ...	472
5, Aldershot Farnham & D ...	(17, 21, 26, 37, 42, 53, 64, 69, 74, 85) ...	488
6, Boro Hounslow	(8, 25, 28, 47, 54, 56, 58, 67, 70, 86) ...	499
7, Croydon H	(15, 16, 50, 52, 55, 60, 71, 83, 89, 89) ...	580
8, Met. Police	(18, 20, 57, 59, 65, 72, 73, 75, 76, 81) ...	596
9, Boxhill R	(8, 25, 28, 47, 54, 56, 58, 67, 70, 86) ...	648

January 1997

- 11 Wimbledon, Vets AC 4.8m CC. L.Mann 35:43.
- 12 Egmond on a Zee, Netherlands, Nike Half Marathon. 3, P.Evans 1:05:28. Race was held in fog and snow over a beach including sand dunes!
- 19 Mitcham 25k. L.Mann 2:01:10.
- 31 Serpentine 5k. P.Newell 19:48.

February 1997

- 2 Chaffield Ford, Alsager 5m. 19, L.Hurst 24:13.
- 2 Watford Half Marathon. 276, J.Slough 1:35:11; 559, L.Mann 1:46:47; 836, C.Henn 2:01:24; 856, Pam Davies 2:04:53.
- 2 Hook Arena, Ewell, 26.2 10k. 1, G.Staines 30:09; D.Anderson 36:05. Women: C.Eastham 48:11.
- 8 Wimbledon, VAC 4.8m CC. 5, M.Nouch 27:13; C.Taplin 29:45; P.Newell 31:33; R.Bale 32:38; F.Barrett 33:41; C.Walker 37:03.
- 8 Houston, USA, 10k. 1, J.Chaston 29:52; 5, G.Adams 31:56. Stacy Ware was winner of the Women's race in 34:28; a week later Justin and Stacy were married.
- 9 Albufeira, Portugal. IAAF Cross Challenge 10k. 10, P.Evans 30:04.
- 9 Chelmsford, Essex 20m. 8, M.Kazimierski 1:56:11; L.Mann 2:41:54.
- 12 Guildford, London Colleges 5.2m CC. 9, D.Onoufriou 31:53; 11, A.Jones 32:14.
- 12 Westminster, Lensbury Bridges 2.3m. 1, K.Quinn 12:46.
- 22 Aldridge Stadium, Birmingham CC League Div 1. 7, A.Passey 31:13.
- 23 Camberley Half Marathon. 1, K.Tadesse 1:07:28.
- 23 Fleet & Crookham Open 9k CC. 4, M.Chuter 34:06.
- 23 Scouts CC. R.Mann 24:15; L.Mann 27:58.

March 1997

- 2 Worthing 20m. L.Mann 2:45:02.
- 6 Blackpool, 5.5k. 1, L.Hurst 16:40 to win by 7 seconds. The race was intended to be held over 5k but the runners did an extra lap in error.
- 9 Wimbledon 10k: 7, R.Foley 32:02; 10, M.Kazimierski 33:20; R.Bale 39:24. Team: 1, Belgrave 105; 2, Ranelagh 194; 3, Collingwood 255. Women: C.Eastham 49:50.
- 9 Chesterfield, Ron Hill Isostar 10m: 1, L.Hurst 51:03.
- 15 Hyde Park, Westminster 5k. 16-17 Boys 1, K.Quinn 15:51. 14-15 Boys 2, S.Quinn 18:36.
- 15 Wimbledon, VAC 4.8m CC. 3, M.Nouch 26:46; 4, R.Harding (gst) 26:53; 21, R.Bale 31:54; 33, F.Barrett 34:22; 35, C.Cross 34:38.
- 16 Reading, Yellow Pages Half Marathon. 29, M.Kazimierski 1:11:03; 75, P.Gilbey 1:16:33.
- 16 Cranleigh 21m. L.Mann 2:52:57.
- 22 Crystal Palace, London 10k Champs. R.Bale 41:04.
- 22 Silksworth, BVAF CC Champs. 21, C.Dickinson (2nd M45) 34:23.
- 23 Fleet Half Marathon. 1, G.Staines 1:03:37.
- 23 Wilmslow Half Marathon. L.Hurst 1:07:06.
- 23 Hillingdon Half Marathon. L.Mann 1:39:26.
- 28 Maidenhead 10m. L.Mann 1:12:36.
- 31 Welwyn Garden City, Puma Cell 5m. 1, L.Cheroni (Kenya) 22:14; 2, P.Evans 22:18; 3, A.Passey 22:59; 25, K.Tadesse 24:45; 50, M.Bizio

- 26:50. World and British best negated as course eventually found to be 10.6 yards short. Team: 1, Birchfield 71; 2, Belgrave 77, 3, Vauxhall 134. April 1997
- 6 Kingston Pepsi Max 10k. Women: C.Eastham 49:08.
- 6 Towpath 10m. L.Mann 1:14:37.
- 9 Westminster, Lensbury Bridges 2.3m. 1, K.Quinn 12:02.
- 20 Staines 10k. L.Mann 44:40.
- 22 Battersea Park, VAC 5.2m. 2, M.Nouch 27:45; 15, C.Taplin 31:30; J.Slough 32:05; R.Bale 32:38; P.Newell 33:41; D.Davies 35:54; L.Mann 37:10.
- 25 Serpentine Last Friday 5k. 6, R.Cookson 17:05.
- 26 Manchester H 5m. 2, L.Hurst 25:02.
- 27 Thetford 10k. 1, D.Mead 30:27.
- 27 Westfield, Sheffield Half-Marathon. 1, K.Tadesse 1:05:45.
- 27 Marlow 5m. L.Mann 35:28.
- 28 Battersea Park, Sri Chinmoy 2m. 1, K.Quinn 10:02; 2, M.Bizio 10:16.

May 1997

- 4 Bristol Half-Marathon. 1, K.Tadesse 1:04:52.
- 4 Bracknell Half-Marathon. 169, L.Mann 1:41:47.
- 4 Horsham, Sun Alliance 10k. Women: 1, G.Collison 36:36.
- 4 Chandlers Ford, Norwich Union 10k. 14, M.Webb 34:21.
- 4 Wimbledon Park, Barry Jones Hercules Wimbledon 10k. 1, M.Bizio 34:41; 22, R.Bale 42:14.
- 4 Bracknell Half Marathon. 1:41:47.
- 5 Hook, Epsom Fun Day 5m. 1, G.Staines 24:09; 6, P.Gilbey 26:28; L.Mann 36:55. Women: 4, L.Staines 32:20.
- 11 Coombe Hill 5m. 1, G.Staines 24:04 (course record); 7, M.Bizio 26:42; 9, P.Gilbey 27:48.
- 11 Ranelagh Half Marathon. L.Mann 1:38:46.
- 12 Battersea Park, Sri Chinmoy 2m. 1, M.Bizio 9:53.
- 13 Battersea Park, VAC 5.2m. 1, J.Estell 26:30; 30, L.Mann 39:28.
- 15 Morden, Ron Hill 5k. Women. 2, J.Oakley (2nd-CI) 19:23.
- 17 Bedford 10m. L.Mann 1:09:50.
- 18 Bognor, Eurotek 10k. Women. 1, G.Collison 35:55.
- 18 Sutton, Securicor 10k. R.Bale 40:49.
- 20 Epsom Allsports 5k. Women: C.Eastham 23:52.
- 22 City of London, Wilde Sapte 3.5m 8, P.Carstairs 17:11.
- 24 Vienna, Austria. Marathon. 17, G.Staines 2:25:44.

June 1997

- 1 Epsom, National Building Soc. 10k. 7; P.Gilbey 35:08.
- 1 St. Albans Half Marathon. L.Mann 1:41:32.
- 2 Battersea Park, Sri Chinmoy 2m. 2, M.Bizio 9:56; 4, M.Kazimierski 10:15. Women. 1, K.Houston 11:09.
- 4 Battersea Park, Imperial Cancer Race for Life 5k. Women. 12, L.Staines 19:41; C.Eastham 23:05.
- 8 Dorking 10m. 11, M.Kazimierski 57:18; 18, M.Webb 58:50; 19, M.Bizio 58:51; A.Verdie 1:05:34.
- 8 Basingstoke Half Marathon. L.Mann 1:37:33.
- 12-20 Tour of Epsom, Horton Country Park, 4m. 1, R.Foley 19:56.
- 14 Battersea Park, Sri Chinmoy 5m. L.Mann 37:32.
- 15 Wandsworth 4m. Women 4, A.Hearn 31:32.
- 15 Lensbury 10k. 1, K.Tadesse 29:39.
- 16 Battersea Park, Sri Chinmoy 2m. 1,

- K.Quinn 10:00; 2, M.Kazimierski 10:17; 4, B.Barton 10:35.
- 17 Battersea Park, VAC 5.2m 1, J.Estell 26:31; 2, M.Nouch 28:03; 18, P.Newell 33:49.
- 22 Hampstead, Mid-Summer 10k. 12, M.Kazimierski 35:04.
- 22 Borehamwood Half Marathon. L.Mann 1:38:03.
- 23 Battersea Park, Sri Chinmoy 2m. 2, M.Bizio 9:56; 3, K.Quinn 9:57; 4, A.Becirhodzic 10:12; 5, B.Barton 10:14. Women: 1, K.Houston 11:07; 5, D.Hearn 13:22.
- 28 Battersea Park, Sri Chinmoy 10k: 2, K.Quinn 34:08; L.Mann 43:59.
- 29 Datchet 10k. 12, G.Adams 33:00; L.Mann 45:42.
- 29 Dysart Dash 10k. L.Mann 45:42.
- 30 Battersea Park, Sri Chinmoy 2m 1, M.Bizio 9:55; 4, M.Kazimierski 10:08.

July 1997

- 6 Harry Hawkes 8m L.Mann 57:00.
- 7 Battersea Park, Sri Chinmoy 3 miles. 3, M.Bizio 15:42; 4, M.Kazimierski 15:43.
- 9 Battersea Park, Chase Corporate Challenge 3.5 miles. 17, A.Barden 17:37.
- 10-11 Chipstead, Elmore 7 miles. M60 A.Verdie 45:18.
- 13 Bradford, Hindu Half Marathon. 3, K.Tadesse 1:07:19.
- 14 Battersea Park, Sri Chinmoy 2 miles. 4, M.Bizio 9:57; 5, M.Kazimierski 10:08.
- 15 Battersea Park, Vets AC 5.2 mile Road Race. S.Chettati (gst) 28:05; 2, M.Nouch 28:22; P.Newell 34:44; L.Mann 36:58.
- 20 Dulwich Charity 10k 3, M.Bizio 33:15.
- 20 Elmbridge, Julie Button 10k. C.Cross 44:32; L.Mann 43:10.

- 21 Battersea Park, Sri Chinmoy 1m. 2, K.Quinn 4:32; 4, M.Kazimierski 4:41; 5, M.Bizio 4:44.
- 23 Hainault Country Park, Ilford 5 miles. 1, G.Staines 24:27 (rec); 5, M.Yates 26:14.
- 25 Bushy Park 7k. L.Mann 31:10.
- 26 Castelbuono, Spain, Giro Podistico International. 6, P.Evans 33:20.
- 28 Battersea Park, Sri Chinmoy 3 miles. 2, M.Bizio 15:24; 3, M.Kazimierski 15:30.

August 1997

- 2 Aboyne Hill 8m. R.Mann 52:00; L.Mann 60:00.
- 4 Loch Muick 8m R.Mann 67:30; L.Mann 70:00.
- 9 Tarland Hill 5m. R.Mann 28:00; L.Mann 32:00.
- 14 Ballater Hill 3m. L.Mann 28:04.
- 16 Tap O'Noth Hill Race, 6 miles 1220 feet climb. 33, L.Mann 59:16.
- 19 Battersea Park, Vets AC 5.2 mile Road Race. 1, M.Nouch 27:38.
- 24 Glasgow, Irn Bru Great Scottish Run Half-Marathon. 10, K.Tadesse 1:05:56.
- 30 Hyde Park, Serpentine Last Friday 5k. Women 1. J.Oakley 19:07.

September 1997

- 2 Battersea Park, Carlton 6k. 3, P.Evans 16:48; 5, G.Staines 17:14; 9, M.Yates 18:11; 21, K.Quinn (U20M) 19:45; 36, A.Binda (M40) 20:32; 59, L.Lyons (M45); 62, D.Anderson 21:17; 138, C.Morris (U17B) 23:28. Women: C.Eastham 28:14.
- 7 Docklands, Women's London Run 10k. C.Eastham 49:28.
- 13 Cairn William Hill 6m. L.Mann 1:09:00.
- 17 Gelder Race 4m. W.Minett 24:15; J.Mann 25:12; L.Mann 27:49.
- 20 Overton Festival 5m. 1, G.Staines 23:45.
- 20 Morven Hill 5m. L.Mann 58:59.
- 21 Amsterdam to Zaandem Dam to Dam 10 miles. 6, P.Evans 46:35.
- 21 Wimbledon Half-Marathon. 9, M.Bizio 1:15:33. Women: 10, R.Weston 1:29:54.
- 21 Swansea 10k. 6, K.Tadesse 29:30.
- 24 Gelder Race 4m. W.Minett 23:46; J.Mann 26:29; L.Mann 27:05.
- 25 Ballater 8m. L.Mann 1:08:41.
- 26 Hyde Park, Last Friday 5k. 3, R.Banks-Martin 16:36. M65 P.Newell 19:56.
- 28 Teddington, Cabbage Patch 10m. 3, J.Estell (1st M40) 52:56.
- 28 Nottingham, Robin Hood Half marathon. Women: C.Eastham 1:55:00.
- 29 Gelder Race 4m. W.Minett 23:39; L.Mann 27:56; J.Mann 29:06.

October 1997

- 4 Wimbledon Common, VAC 4.8 miles CC. 27, P.Newell 32:06.
- 5 Rushmoor Arena, Aldershot, Logan's Run 5 miles. 3, A.Barden 25:33.
- 5 Portsmouth, Great South Run 10 miles. 2, P.Evans 46:57; 4, G.Staines 47:54; 26, M.Yates 54:18; 101, G.Collison (6th woman) 57:57.
- 5 Wimbledon 10m. D.Clack 1:09:20. 4m Fun Run L.Mann 34:20.
- 5 Battersea, Comets 10k. Women: C.Eastham 48:41.



Kevin Quinn sets off on his stage of the Walton Road Relay where he moved our team into 2nd place.

More Road & Cross Country results on page 61

British Athletics League Division One '97

The Gameplan

Following two tantalisingly close and ultimately unsuccessful attempts at the League and Cup double, plans were formulated early season to make certain that 1997 would see both trophies on Belgrave's shelves.

You may recall that in 1995 we finished as League Champions and tied the Cup Final with Newham and Essex Beagles – only to lose out with fewer winners. You can't get much closer than that to gaining the double.

And 1996 was almost as tight. Sure enough we won the Cup comfortably but this time tripped up to lose the League by a mere 3 points to Sale!

This year, we decided that the League should be given top priority early season. No more late season catching up. A couple of quick wins in Matches 1 and 2 and we hoped that the opposition would roll over. Sir Eddie promised us all help, by getting our US based athletes back for the first two matches and with this promise we planned confidently for a good start and a relaxing year for the joint team managers. Fat chance!

To find out how events panned out read on!

Reports and stats. by Bill Laws

New boys get started ...

MATCH 1 ~ ENFIELD, 3 MAY 1997

At the start of the week the team score was predicted to be 361. But as time progressed, late withdrawals made this seem unlikely and our hopes fell. Key losses were potential big points scorers: John Regis, Dave Smith in the hammer and Matt Yates in the 800, all suffering from post warm weather training injuries. With Phil Spivey also carrying a shoulder injury, our customary early big points in the hammer had disappeared. 1996 points leader Kevin Brown, picked up the hammer for the first time on the previous Thursday and achieved a very creditable 40m in the match competition but nevertheless our usual 28 points were down to 9.

Then the new boys started! First Stuart Clark in the long jump and then Matt Douglas in both hurdles contributed valuable points. So too did Matt Simson, winning the 'A' shot in his first competition for Belgrave. We also welcomed Nick Dawson who gained a creditable 4th in the 'B' 200.

Added to this were returns to 'A' Team competition for Noel Levy, Jason Fergus, Marcello Bizio and not least old hand Darrell Maynard in the 'A' 800. While the injured Matt Yates gave vocal support, Darrel produced the best judged race that we had seen him run, moving from 7th at 600 with a startling change of pace to win in 1.51.8 after a 57 first lap. His reward - a picture in AW.

On target

Slowly it was dawning on us that every one was performing above expectations and even with Ian Tullett pulling up in the pole vault with a ham-

string injury without clearing a height, we were still on target for a respectable final score.

Maximum points in the discus, high jump, and shot backed up by individual wins from Darrell Maynard ('A' 800), Matt Douglas ('B' 400), Justin Chaston ('A' 3000 s/c), James Hilston ('B' 400) and Philip Idowu ('A' triple jump) moved us well clear of the opposition. David Pamah contributed good points with fine runs in both the 800 and 1500. Simon Shirley showed the value of having a multi-eventer in the team as he plugged gaps and contributed 22 points to the final total. The relays were a formality with a scratch sprint squad performing well to finish second and ahead of Shaftesbury – much to the delight of Sir Eddie who, it seems, this year has a side bet on with the Team Manager of Shaftesbury. He has wagered that our sprint relay boys will outperform Shaftesbury over the 4 matches. Well they did this time, but only by 3/100ths.

And so at the end of an exciting afternoon's competition, Matt Douglas (in his 3rd event of the day) crossed the line to anchor our long relay squad to a solid performance and to give a final points score of 363.

100m: (+2.0) 2, J.Fergus 10.55; (+1.4) 4, P.Goedluck 10.88. 200m: (+3.6) 7, P.Goedluck 21.72; (+2.2) 4, N.Dawson 21.92. 400m: 2, D.Nolan 48.23; 1, J.Hilston 48.32. 800m: 1, D.Maynard 1:51.8; 2, D.Pamah 1:53.4. 1500m: 4, D.Pamah 3:59.3; 5, R.Turner 4:03.7. 5000m: 3, K.Tadesse 14:27.8; 4, J.Estell 15:27.9. 110mH: (+1.8) 4, M.Douglas 14.72; (+1.7) 3, S.Shirley 16.05. 400mH: 4, N.Levy 52.74; 1, M.Douglas

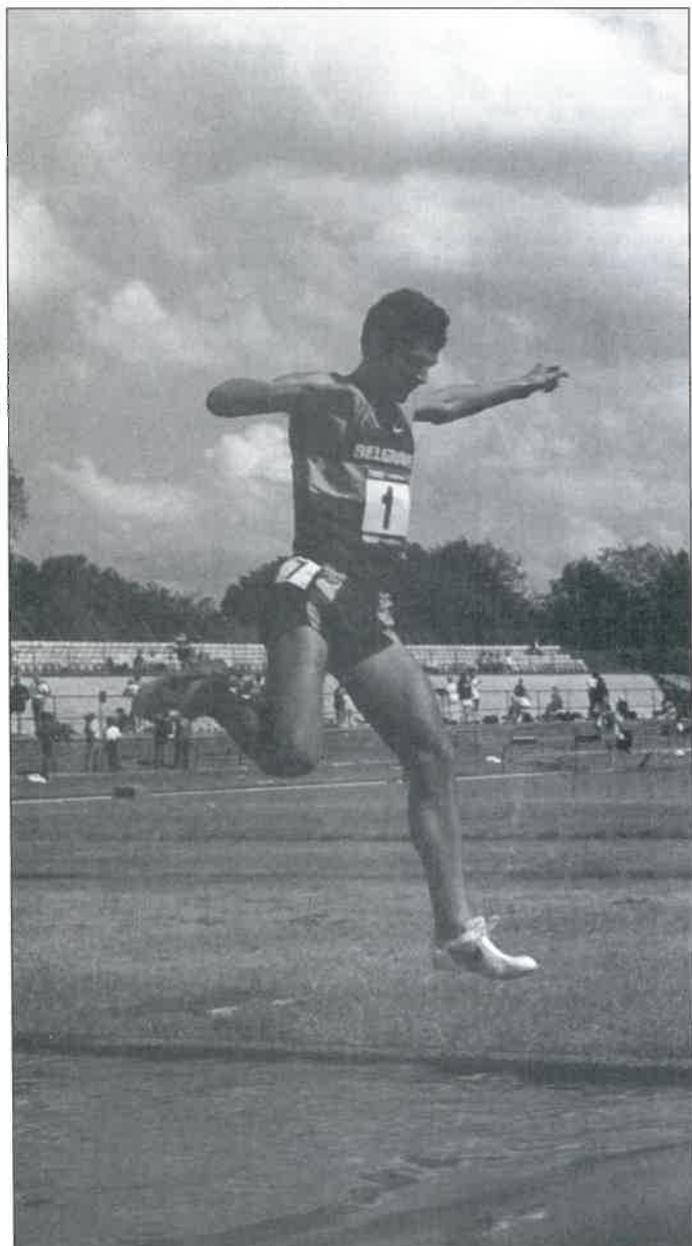


Photo: Bill Laws

52.54. 3000mSC: 1, J.Chaston 8:49.06; 3, M.Bizio 10:05.64. HJ: 1, B.Reilly 2.20; 1, R.Aspden 2.00. LJ: 5, S.Clark 6.99; 2, S.Shirley 6.62. TJ: 1, P.Idowu 15.66; 6, S.Clark 13.05w. PV: 2, M.Edwards 5.20; I.Tullett no ht. SP: 1, M.Simson 18.77; 1, L.Newman 17.31. DT: 1, L.Newman 54.14; 1, K.Brown 53.58. JT: 2, N.Bevan 71.04; 5, S.Shirley 54.02. HT: 6, P.Spivey 57.94; 6, K.Brown 40.42. 4x100m: 2, Belgrave (N.Dawson, P.Goedluck, J.Fergus, A.Walcott) 41.36. 4x400m: 5, Belgrave (J.Hilston, D.Maynard, R.Turner, M.Douglas) 3:18.47.

Teams: 1, Belgrave 363; 2, Puma TVH 286; 3, Newham & Essex Bgls 284; 4, Sale H Manchester 280; 5, Birchfield 271; 6, Shaftesbury Barnet 257; 7, Woodford Green 240; 8, Blackheath 198.

Jetting over from the U.S.A. for the first three BAL matches, Justin Chaston steeplechased his way to maximum points on each occasion.

Armless fun?

A mass tug-of-war in Taiwan went disastrously wrong when two of the 1,600 participants had their arms ripped off when the rope snapped. Chen Ming-kuo and Yang Chung-ming each wrapped the rope around their left arms to improve their grip. However, they were simply yanked from their sockets when the rope snapped seconds into the contest. Another 45 people were slightly injured. Amazingly doctors at a Taipei hospital were able to reattach the men's arms in seven hour operations. They are expected to recover around 70 per cent full usage of their arms.

Missing the kids!

MATCH 2 ~ COPTHALL STADIUM, 7 JUN 97

It all started so well. Dave Smith, back from injury, muscled the hammer over 70m and new member, John Urquhart secured a good fourth place in the 'B' event to ensure better points than Match 1. Then Chris Rawlinson, keen to secure a Europa Cup place, lined up with Gary Cadogan in his sights in the 'A string 400H. Overcoming a daunting 4m/s headwind he left the opposition trailing as he clocked a lifetime best, a League record and a World qualifying time of 49.92. The ever reliable Matt Douglas coasted home to win the 'B' 400H in relaxed style. Good points in the 800 from Matt Yates and a slightly injured Darrell Maynard and we looked to be on course for a big score.

Cracks appeared

Then the cracks appeared. Thirty minutes before the long jump and still no Fred Salle. It transpired that food poisoning had suddenly laid him low. Mike Edwards stepped in at short notice while Stuart Clark had two fouls and then a disastrous third attempt to gain two points. Soon after, Jason Fergus struggled in the 100 with a hamstring tug and Marlon Dickson effectively did the same in the 'B'. No more racing for them today! This left us without a 'B' 200 runner while our 'A' specialist Nick Dawson also struggled with injury as the cold, windy weather took its toll. The sprinters were down and out and the afternoon was spent trying to find a foursome for the sprint relay squad.

Meanwhile maximum points came in the discus with Kevin Brown turning the tables on Lee Newman and top marks also in the high jump although Brendan Reilly was having problems with an achilles tendon. The 3000 steeplechase provided the unique sight of our pair finishing first and second to gain maximum points. Justin had jetted over from Houston, USA and welcomed new member and Inter-Counties Champion Lee Hurst who had flown in from Manchester, UK.

A great sight to see both these classy performers with Justin handling the windy conditions the better of the two. Good points in the high hurdles were followed by excellent 400 metre points with Dave Nolan running a season's best and Matt Douglas confirming what a great attribute he is - another young man to watch for in the future.

Matt Yates doubled up to win the 'B' 1500 and a first team performance for Stuart Faben saw him get the better of Nigel Bevan in the javelin. Kassa Tadesse ran a big pb in the 5000 despite the poor conditions and Jim Estall equalled his Match 1 time which meant a much

better run. Mark Proctor of N&E pulled out one of those rare long putts which the rotational specialists seem to manage, so Matt Simson had to settle for second with Lee Newman winning the 'B'. And so we came to the relays with a lead of 16 points. By now Andrew Walcott had arrived and was drafted into both events. It needed Kevin Brown in the sprint relay and Ian Wells, who was still recovering from a broken foot (obtained while warm weather training, so no sympathy from the Team Management), to complete the squads. Two seventh spots were enough to see our lead drift away. Not the happiest of endings and we were rueing the fact that four of our brilliant youngsters were in Germany contributing to a great U20 GB team performance.

We had thought we would be strong enough without the youngsters. We weren't!

100m: (-4.7) 7, J.Fergus 11.33; (-2.5) 7, M.Dickson 11.25. 200m: (-3.5) 8, N.Dawson 22.41. (-4.2). 400m: 2, D.Nolan 46.93; 1, M.Douglas 47.94. 800m: 2, M.Yates 1:51.37; 3, D.Maynard 1:54.72. 1500m: 7, D.Pamah 3:59.7; 1, M.Yates 3:53.42. 5000m: 3, K.Tadesse 14:16.07; 6, J.Estall 15:28.01. 110m: (-3.2) 4, C.Rawlinson 15.04; (-4.2) 4, N.Cooper 15.54. 400mH: 1, C.Rawlinson 49.92; 5, R.Tabares (2nd-Cl) 53.11; 1, M.Douglas 51.67. 3000mSC: 1, J.Chaston 8:50.89; 1, L.Hurst 9:09.12. HJ: 1, B.Reilly 2.15; 1, R.Aspden 2.05. LJ: 6, M.Edwards 6.80 (+4.0). TJ: 8, M.George 13.19(w); 5, S.Ahmed 12.80(w). PV: 2, M.Edwards 5.00; 3, J.Webb 4.40. SP: 2, M.Simson 18.67; 1, L.Newman 16.29. DT: 1, K.Brown 54.58; 1, L.Newman 52.76. JT: 3, S.Faben 69.68; 1, N.Bevan 67.96. HT: 2, D.Smith 70.12; 4, J.Urquhart 52.78. 4x100m: 7, Belgrave (A.Walcott, K.Brown, N.Cooper, S.Clark) 44.19. 4x400m: 7, Belgrave (A.Walcott, D.Pamah, A.Daniel, I.Wells) 3:27.58.

Teams: 1, Sale 339; 2, Belgrave 337; 3, Newham & Essex Bgls 289½; 4, Shaftesbury Barnet 289; 5, Puma TVH 269; 6, Woodford Green 218; 7, Blackheath 217½; 8, Birchfield 208.

After 2 matches - League Points (Match Points)

1, Belgrave 15 (700); 2, Sale 13 (619); 3, Newham & Essex B 12 (573.5); 4, Puma TVH 11 (555); 5, Shaftesbury Barnet 8 (546); 6, Birchfield 5 (479); 7, Woodford Green 5 (458); 8, Blackheath 3 (415.5).

An impregnable position

MATCH 3 ~ SOLIHULL, 5 JUL 1997

Originally scheduled to be held at the refurbished Alexander Stadium, this match was re-directed to the Norman Green Stadium at Solihull where the throwing circles are notoriously poor. So we were looking to the track for the outstanding performances of the day. Matt Douglas and Noel Levy got us off to a good start in the 400H and immediately afterwards Tom Lerwill and Dave Pamah provided near maximum points in the 800m, so already things were looking good.

With Matt Yates chasing a World Cup place and producing a season's best to win the 1500m, plus maximum points from Justin Chaston and Lee Hurst in the steeplechase, and then further maximum points in the 5000m from Paul Evans and Kassa Tadesse, we looked invincible. Backed by solid performances in the sprints and relays, the only season's outing by Fred Salle and solid jump performances, we coasted home a comfortable 90 points clear of Birchfield to go 6 league points clear at the top of the

League. We moved to the last fixture at Crystal Palace in an impregnable position.

100m: (-0.5) 3, J.Fergus 10.5; (+1.4) 7, P.Goedluck 10.9. 200m: (+0.3) 2, A.Walcott 21.3; (-0.8) 1, J.Fergus 21.2. 400m: 2, D.Nolan 46.9; 3, D.Maynard 48.2. 800m: 2, T.Lerwill 1:50.0; 1, D.Pamah 1:55.1. 1500m: 1, M.Yates 3:40.7; 8, D.Pamah 4:32.4. 5000m: 1, P.Evans 13:55.6; 1, K.Tadesse 14:28.7. 110mH: (-1.8) 2, C.Rawlinson 14.4; (-1.8) 3, N.Cooper 15.2. 400mH: 3, M.Douglas 52.4; 2, N.Levy 53.0. 3000mSC: 1, J.Chaston 8:42.5; 1, L.Hurst 8:56.4. HJ: =2, B.Reilly 2.10; 3, R.Aspden 1.95. LJ: 2, F.Salle 7.45; 3, S.Shirley 6.62. TJ: 7, J.Tuson 13.57; 5, M.George 13.21. PV: 4, J.Webb 4.20; 2, S.Shirley 4.20. SP: 1, M.Simson 18.50; 1, L.Newman 16.39. DT: 2, K.Brown 56.42; 1, L.Newman 54.32. JT: 2, S.Faben 69.38; 5, K.Brown 48.34. HT: 3, D.Smith 67.14; 3, P.Spivey 57.24. 4x100m: 4, Belgrave (L.Paul, C.Lambert, A.Walcott, P.Goedluck) 42.00. 4x400m: 2, Belgrave (N.Levy, D.Maynard, C.Rawlinson, P.Goedluck) 3:13.3.

Teams: 1, Belgrave 393; 2, Birchfield 282½; 3, Puma TVH 277½; 4, Shaftesbury Barnet 264; 5, Sale H Manchester 258; 6, Newham & Essex Bgls 255; 7, Woodford Green 240; 8, Blackheath 187.

After 3 Matches - 1, Belgrave 23 (1093); 2, Sale 17 (877); 3, Puma TVH 17 (832); 4, Newham & Essex 15 (828); 5, Shaftesbury Barnet 13 (810); 6, Birchfield 12 (761); 7, Woodford Green 7 (698); 8, Blackheath 4 (602).

Footnotes

This match was probably the farewell fixture for ex-Captain Lennie Paul. Still beautifully preserved for his age and no doubt about to make a big impression in the Vets ranks, Lennie can only hack it up to 60m - thereafter he is not a pretty sight! In the sprint relay Lennie handed over to Chris Lambert making his BAL team debut (along with another 16 year old James Tuson in the TJ). Chris has either the fastest start since Ben Johnson or Lenny hit the wall at 60m in the sprint relay. (Make certain the old fella is sitting down before he reads this!)

Kevin Brown made a convincing debut in the javelin. Unfortunately Paul Evans had his car steering broken at the Birmingham Airport Hotel where some of the team stayed and was delivered home (along with masseur Ken Brickell) by courtesy of the AA.



1997 saw Under 20 Michael Parper head the Belgrave Rankings over 400 metres - no mean feat!



Photo: Robin Nicholls

Europe here we come

MATCH FOUR ~ CRYSTAL PALACE, 16 AUG 1997

We entered this last match knowing that we only had to finish 7th to be sure of winning the League. At the bottom end Blackheath were certain of relegation and Woodford Green also looked sure to repeat their yo-yo of up and down cycles and disappear into Division 2 for 12 months.

With this background and pressure on some members to compete the following day in a televised event at the same venue, it was difficult to get anything like a full strength team out. So thanks to all the stalwarts who made it on one of the hottest and stickiest days of the year. Pride of place goes to Paul Evans who front ran the 5000 to break the League record of 13.49.6 set by John Davies of TVH in 1974 by 2 seconds. Once again Kassa Tadesa ensured maximum points in the 5000.

Our only other track win was by Lee Hurst in the 'A' Steeplechase, although Tom Lerwill only lost the 800 by a vest thickness (according to the official photograph) being given the same time of 1.49.19 as the winner - Justin Swift Smith of Shaftesbury Barnet. The jumps were weaker than usual, so much so that we could not muster either a 'B' vaulter or a 'B' high jumper. The welcome return by Phillips Idowu boosted morale of the horizontal jumpers, the average age of which was 17 years. All four in the long and triple came from our Youth and Junior squads!

The throwers produced their normal solid performances and to the surprise of the Team Managers we snatched victory from the jaws of defeat to finish up winning the Match and the League by a very remarkable record margin. So into Europe in 1998!

Well done to everyone who completed through the season.

100m: (-1.2) 6, M.Dickson 10.73; (+1.0) 8, D.Pamah 12.74. 200m: (+1.4) 5, A.Walcott 21.56; (-0.5) 4, C.Rawlinson 21.77. 400m: 3, D.Nolan 47.02; 1, R.Tabares (2nd-CI) 48.01; 7, I.Wells 52.64. 800m: 2, T.Lerwill 1:49.19; 2, M.Kloiber 1:52.24. 1500m: 8, D.Pamah 4:11.16; 8, J.Galley 4:15.02. 5000m: 1, P.Evans 13:47.54; 1, K.Tadesa 14:34.96. 100mH: (-1.8) 2, C.Rawlinson 14.82; (-0.1) 4, N.Cooper 15.06. 400mH: M.Douglas 51.58; 6, I.Wells 56.58. 3000mSC: 1, L.Hurst 9:00.77; 4, B.Barton 10:11.13. HJ: 1, B.Reilly 2.20. LJ: 6, D.Thompson 7.06; 4, M.Kerr 6.73. TJ: 1, P.Idowu 15.22(w); 3, C.Igbon 14.14. PV: 5, J.Webb 4.40. SP: 2, M.Simson 18.38; 1, L.Newman 16.44. DT: 2, K.Brown 55.06; 1, L.Newman 54.04. JT: 2, S.Faben 67.28; 7, K.Brown 48.18. HT: 7, P.Spivey

59.26; 4, J.Urquhart 55.26. 4x100m: 2, Belgrave (S.Scott, M.Dickson, A.Walcott, N.Cooper) 41.66. 4x400m: 5, Belgrave (T.Lerwill, L.Hurst, M.Kloiber, D.Nolan) 3:16.89.

Teams: 1, Belgrave 312; 2, Birchfield 306; 3, Shaftesbury Barnet 286; 4, Woodford Green 282; 5, Blackheath 259; 6, Puma TVH 246; 7, Sale 238; 8, Newham & Essex Bgls 235.

Footnotes

It was a matter of pride that we should win this last League fixture and that we did so was due in no small measure to Matt Kloiber. Matt cut short his holiday in Scotland at two days notice to strengthen our middle distance squad.

Less notice was given to Ian Wells who arrived at Crystal Palace planning a day out at the zoo with his family. Fortunately for us, Ian had his kit with him and despite limited training following a broken bone in his foot (obtained while on the dreaded warm weather training), Ian added more points to his BAL totals moving him ahead of John Regis on the all-time list!

Photo: Robin Nicholls



In spite of injury problems, Ian Wells moved two places further up the all-time top 50 in 1997.

BRITISH LEAGUE DIVISION ONE 1997

1,	Belgrave Harriers	1405	31
2,	Puma Thames Valley Harriers	1078½	20
3,	Sale Harriers Manchester	1115	19
4,	Shaftesbury Barnet Harriers	1096	19
5,	Birchfield Harriers	1067½	19
6,	Newham & Essex Beagles	1063½	16
7,	Woodford Green Athletic Club	980	12
8,	Blackheath Harriers	861½	8

1997 Rankings By Event

Once again we have ranked our BAL team performances by event. The maximum four match points for all A + B events are 112, whereas for the sprint and long relays* the maximum points attainable in the four matches total 64.

Just to remind you, the complete scoring for a British League Match is as follows:

A String:	16,14,12,10,8,6,5,4.
B Sting:	12,10,8,6,4,3,2,1.

The points totals and rankings for 1997 show quite a change from 1996. (1996 rankings in brackets.)

1=	(1=)	Discus	108
1=	(7)	Shot	108
3	(13=)	3000 s/c	102
4	(4)	800	98
5	(15=)	High Jump	93
6=	(15=)	5000	89
6=	(19)	400H	89
8	(5)	400	88
9=	(6)	110H	76
9=	(13=)	Javelin	76
11	(9)	4x100m	43*
12	(8)	Pole Vault	64
13	(3)	4x400m	35*
14=	(1=)	Hammer	60
14=	(18=)	Long Jump	60
14=	(12)	Triple Jump	60
17	(10)	200	55
18	(11)	1500	53
19	(17)	100	48

Total Points 1405

The considerable changes to the rankings in just 1 year show how important are the presence of strong A string competitors. The big improvements in: the Shot (Matt Simpson), 3000 Steeplechase (Justin Chaston and Lee Hurst), High Jump (Brendan Reilly), 5000 (Paul Evans), and 400H (Matt Douglas), show how big points can be accumulated by key individuals. Events which dropped down the rankings due to injury of key competitors were: Pole Vault (Ian Tullett and Mike Edwards), Hammer (Dave Smith), and Long Jump (Fred Salle).

Several leading juniors such as Phillips Idowu (TJ) were detained elsewhere for the best of reasons. But it is the sprints where the best potential remains for improvement. This is not going to be easy because the standards of the BAL Div 1 sprints are up to Grade A International level and the competition is very tough.

Belgrave's All-Time British League Top 50 (1968-1997)

Two years have passed since Leo Coy updated our All-Time BAL points scorers. The updated list is tabled below. Out go: Warren Caswell (now with Woodford Green), Simon Maynard, Philip Okoro and Aham Amadi. In come; Darren Mead (48), Lewis Samuel (41), Kevin Brown (36) and Lee Newman (29). Relative newcomers Kevin and Lee have made massive contributions in their first 2 years with Belgrave and are bound to make further impressive gains next season.

Team Captain Phil Goedluck moves into all-time 2nd spot, but nobody approaches his 40 appearances for the Club in top level team competition. Stalwarts Mike Edwards and Nigel Bevan each move up 2 places to 6th and 7th respectively, while Ian Wells still grinds out the points to move up to 13th spot. Biggest jump is by Simon Shirley who moves up 24 places while Justin Chaston advances 18 places to 24th spot.

	Appearances	Points	Previous Pos.		
1	Abi Ekoku	30	656.5	1	
2	Phil Goedluck	40	601	3	+1
3	Ken Onuaguluchi	23	575	2	
4	Lenny Paul	25	450.25	4	
5	Derrick Williams	22	423.5	5	
6	Mike Edwards	24	379.5	8	+2
7	Nigel Bevan	26	361	9	+2
8	Stuart Paton	26	332	6	
9	Marcus Adam	17	307.75	7	
10	Mark Lindsay Bayley	21	289.5	10	
11	Darrell Maynard	25	273.25	12	+1
12	Leith Marar	15	259	13	+1
13	Ian Wells	27	250.25	15	+2
14	John Regis	18	249.75	11	
15	Derek Browne	25	233	14	
16	Philip Spivey	23	233	23	
17	Paul Evans	13	222	24	+11
18	Neil Owen	12	218.5	26	+8
19	Simon Shirley	12	210.5	43	+24
20	Olly Foote	25	208	16	
21	Kassa Tadessa	16	207	30	+9
22	Gary Staines	16	196.5	17	
23	Darrin Morris	13	183	25	+2
24	Justin Chaston	15	180	42	+18
25	Mike Hayes	17	176	18	
26	Jay Busk	21	175.5	19	
27	Ernest Obeng	10	173.75	20	
28	Jon Ridgeon	6	172.5	21	
29	Lee Newman	8	170	-	(New)
30	Phil Lovell	16	170	22	
31	Paul Beaumont	13	169	27	
32	Ian Tullett	13	160	32	
33	Haroun Korjie	8	155.5	50	
34	Marcello Bizio	24	154	28	
35	Fred Salle	12	153	41	
36	Kevin Brown	8	146.25	-	(New)
37	Andy Hutchinson	3	143.25	29	
38	Mark Sinclair	19	140.5	31	
39	Rob Turner	15	139	38	
40	John Gladwin	11	135.25	33	
41	Lewis Samuel	9	129.25	51	+10(New)
42	Paul Edwards	7	129	34	
43	Dennis Costello	9	127	35	
44	Chris Cornwell	18	126	36	
45	Max Robertson	7	125.5	37	
46	Mark Shippen	17	125	39	
47	Mike Small	12	124	40	
48	Darren Mead	7	114	-	(New)
49	Myles Cottrell	9	110	44	
50	Chris Ogle	12	109.5	45	



Photo: Bill Laws

Darrell Maynard, Chris Rawlinson, Phil Goedluck and Noel Levy find enough energy to smile for the camera at Solihull after their 2nd place 4x400 metres relay.

Belles falter at the first

JUBILEE CUP ROUND 1, BATTERSEA PARK 29 JUN 1997

We had hoped that the Belles would make it through the first round with this home match but the West Londoners Ealing, Southall & Middlesex and Borough of Hounslow were both on song and the best we could do was 4th. Angela Abrams and Gabby Collison both proved to be event winners and we had several second places but our attack on the higher reaches of the "Cup" will have to wait for another year.

1, G.Collison 17:26.1. 100mH: 4, J.Cockram 18.5. 400mH: 5, D.Mukasa 75.3. HJ: 2, J.Cockram 1.55. LJ: 1, A.Abrams 5.29. TJ: 6, J.Smiter 9.24. SP: 6, A.Patten. DT: 5, A.Patten 24.04. JT: 3, G.Porter 29.98. HT: 3, G.Porter 28.22. 4x100m: 3, Belgrave (D.Mukasa, S.Roberts, A.Abrams, S.Scott) 51.0. 4x400m: 5, Belgrave (D.Mukasa, D.Hearn, J.Stone, S.Roberts) 4:26.3.

100m: 3, S.Scott 12.5. 200m: 2, S.Scott 25.8. 400m: 2, S.Roberts 57.2. 800m: 5, J.Stone 2:34.7. 1500m: 3, J.Oakley 5:13.2. 5000m:

Teams: 1, Ealing, Southall & Middx 120; 2, Borough Hounslow 106; 3, Newham & Essex Bgls 100; 4, Belgrave 93; 5, Puma Thames Valley 88; 6, Bracknell 69.

Thanks to Robin Nicholls

In this and the last few editions of *The Belgravian* we have featured many photographs taken by Robin Nicholls of Basildon, including the tremendous shot on the back page of the last issue showing Richard David handing over to Marlon Dickson in a 4x100m at Battersea Park.

Sadly Robin died suddenly towards the end of 1997.

He was to be found at many track & field meetings throughout the South of England, shooting his way through reel after reel of film and then searching out Team Managers to hand over huge quantities of pictures taken the previous week. He always refused payment - suggesting that some charity of our own choice should benefit from whatever sum we thought fit.

We don't suppose that he was often thanked properly for his efforts so the least that we can do is record our debt to him in our magazine which benefitted so much from his work.

Another Small Improvement

As you will see above, Mike Small still shows up in the All-Time British League points list. Now he is pumping out the shot, hammer, javelin and discus as a veteran in Southern League and vet's meetings. It might just be worth keeping him on the British League Register though. At Horsham's Indoor Open meeting on March 1st he upped his best as a veteran to 13.22m for the shot and will be looking for more still when he gets outdoors in the summer.

Cup Victory Gives Double Joy

Numero Uno!

We entered the 1997 Gold Cup competition as holders knowing that a victory would most probably seal the League and Cup double. Here's how we fared.

GOLD CUP FINAL, BEDFORD, 30 AUG 1997

With seven First Division clubs plus Team Solent taking part, the 1997 Cup Final promised some startling performances and we were not disappointed. We had our usual good start but Birchfield's new signing and former Olympic finalist, Nikulin made sure that Dave Smith had to fight for his hammer victory. Another solid performance from Matt Douglas earned him the bronze medal spot in the long hurdles and this, followed by Tom Lerwill's gun to tape victory in the 800m, moved us into *numero uno* position – which we were not to relinquish all afternoon.

steplechase followed by wins for Matt Simson in the shot and Matt Yates in the 1500m increased our lead as Shaftesbury, Birchfield and Newham fought out the minor places. Stuart Faben chose this match to return to form in the javelin while Kassa Tadesse fought bravely for fourth spot in the 5000m. The sprint relay squad drafted in high hurdler Nick Cooper to secure a speedy second place and the long relay squad could then take it easy, knowing that our lead was unassailable. The return of James Hilston after an injury marred season was good to see and it was left to the Team Managers to make themselves scarce as 'Yates' and his cohorts took the Cup and sought out victims for their celebrations!

The sprinting as usual proved of the highest quality with Roger Black lining up against our own Junior World record holder Dwain Chambers in the 100m. After several false starts Dwain gained bronze. Roger Black could only manage 6th spot but sought recompense in the 200m. There he had to settle for silver in the same time as the winner, Thomas of Woodford Green, clocking 20.82. Iwan Thomas was a close third just ahead of Andrew Walcott who was showing a late season return to form. In the 10000m Jim Estall, fresh from holiday and claiming to be unfit, had a good tussle with former record holder Julian Goater and moved our point score along nicely.

At this point a great shout from the infield announced a big pb by Kevin Brown in the discus to set a new club record, eliminating that of LeeNewman set earlier in the year. Dave Nolan's gold in the flat 400m, then Lee Hurst's silver in the

100m: (+2.7) 3, D.Chambers 10.24. 200m: (+1.9) 4, A.Walcott 21.19. 400m: 1, D.Nolan 47.10. 800m: 1, T.Lerwill 1:50.99. 1500m: 1, M.Yates 3:45.71. 5000m: 4, K.Tadesse 14:34.06. 10000m: 6, J.Estall 32:20.23. 110mH: (+3.7) 5, N.Cooper 14.78. 400mH: 3, M.Douglas 51.92. 3000mSC: 2, L.Hurst 9:07.71. HJ: 5, S.Oni 1.90. LJ: 6, D.Thompson 6.92 (+4.4). TJ: 4, C.Igbon 14.18 (+2.3). PV: 4, J.Webb 4.40. SP: 1, M.Simson 18.03. DT: 2, K.Brown 61.10. JT: 2, S.Faben 71.66. HT: 1, D.Smith 72.04. 4x100m: 2, Belgrave (J.Fergus, N.Cooper, A.Walcott, D.Chambers) 41.04. 4x400m: 3, Belgrave (T.Lerwill 48.3, M.Douglas 47.9, J.Hilston 51.4, D.Nolan 46.7) 3:14.3.

20 points clear in the 'Semi'

SEMI-FINAL, NEW RIVER STADIUM, HARINGEY, 27 JUL 1997

Not too bad a draw with Blackheath from BAL Division 1 and contenders Team Solent and Haringey from Div 2. A blend of youth and experience was the order of the day and we were never troubled after a fine start with Dave Smith returning from illness to gain an easy victory in the hammer. Next, junior Darren Thompson won the long jump on countback from Mark Faulkner of Team Solent. Jim Estall's silver in the 10000m moved us further ahead while Samson Oni equalled the winning high jump height and was unlucky to finish 3rd on countback.

Matt Douglas looked the class act in the 400m hurdles, coasting to a 1.5 second victory over Haringey's Lawrence Lynch. Matt Kloiber jetted down from holiday in Scotland to strengthen our middle distance squad and sat on Tony Whiteman as the pair raced through 400m in 52 and bits. It was a brave effort which failed only in the last 100m as Matt got pipped for second – but it was clear to see that a sub 1.50.0 was now a matter of time.

A marginal illegal wind cost Jason Fergus a season's best in the 100m while his sub 21.0 sec 200m concluded a good afternoon's work. Ex-Belgravian Marcus Adam showed

a brilliant return to form as he won in the second fastest legal time by a Brit in 1997 – 20.44. Unfortunately for him, too late for World Cup selection.

A clean sweep in all the throws, with a remarkable 19.30 for Matt Simson in the shot, left us with a comfortable 20 points victory over Div 1 contenders Team Solent.

100m: (+2.1) 3, J.Fergus 10.49. 200m: (+1.3) 2, J.Fergus 20.91. 400m: 1, D.Nolan 47.48. 800m: 3, M.Kloiber 1:52.31. 1500m: 3, D.Pamah 3:54.28. 5000m: 4, J.Galley 15:53.22. 10000m: 2, J.Estall 32:32.77. 110mH: (+0.9) 4, N.Cooper 14.88. 400mH: 1, M.Douglas 51.52. 3000mSC: 1, L.Hurst 9:07.57. HJ: 3, S.Oni 1.95. LJ: 1, D.Thompson 7.08 (+3.0). TJ: 5, M.George 13.33. PV: 3, J.Webb 4.40. SP: 1, M.Simson 19.30. DT: 1, L.Newman 54.20. JT: 1, S.Faben 65.50. HT: 1, D.Smith 66.58. 4x100m: 6, Belgrave 42.63. 4x400m: 3, Belgrave 3:15.47.

Teams: 1, Belgrave 139; 2, Team Solent 119; 3, Haringey 115; 4, Blackheath 98; 5, Havering 69; 6, Windsor, Slough & E 68; 7, GEC Avionics 59; 8, Herne Hill 58.

Photo: Robin Nicholls



BRITISH ATHLETICS LEAGUE GOLD CUP 1997

1,	Belgrave H	125
2,	Shaftesbury Barnet H	109
3,	Newham & Essex Bgls	108
4,	Woodford Green AC	94
5,	Birchfield H	92
6,	Puma TVH	73
7,	Team Solent	61

Enfield, 3rd May 1997 and Matt Douglas finds himself sandwiched between Lloyd Cowan (Shaftesbury Barnet) on the far side and Kirk Harries (Puma TVH). Matt came home 3rd in 14.68.

Eight Bels. earn Athens tickets

**BUPA BRITISH CHAMPS. inc.
WORLD CHAMPS. TRIALS
BIRMINGHAM, 11-13 JUL 1997**

In a season riddled with politics during which the A.A.A. Championships seemed to get pushed to one side, the BUPA British Champs became *the* domestic meet of the season, incorporating as they did the trials for the World Championships.

As number one on times this season Chris Rawlinson went into the long hurdle race as favourite. He handled the additional pressure superbly and came away from the field to win with a handsome margin and take his best ever time down a few more notches in his quest to make certain of selection for the World Champs.

Another Belgravian to earn his trip to Athens in style was Brendan Reilly. Twelve months ago he was recovering from two operations on a snapped achilles tendon. Now here he was soaring over 2.28m to top second man Dalton Grant by 8cm.

Three silver medals came from our throwers. Last year's shot putt winner Matt Simson came up against an in-form Shaun Pickering and in spite of setting a season's best in the last round, found that he was unable to get on terms with the Haringey man. It was also a last round effort that took Kevin Brown into the Discus medals where an awesome Bob Weir had the beating of the field with every one of his six throws.

The World Champs. qualifying standard for the hammer was 74 metres and in spite of the fact that the Newham & Essex Beagles man Paul Head held up best on this occasion and came away with a win, it would be Belgrave's Dave Smith being awarded the ticket for Athens, he being the only Briton to have achieved the standard (last season but still within the required time period).

Among the six heat winners of the 100m Darren Campbell and Dwain Chambers looked the most dominant and in the semi-finals too, they both came up again as race leaders. Desperate measures were necessary in the final where Campbell was so close to pulling off a fine win but could not survive a last ditch onslaught from Scotland's Ian Mackie who just shaded the Belgravian by 1/100th of a second. Campbell crashed to the track in his efforts to hold on, while 19 year-old Chambers almost bent double in his successful bid to outlean Shaftesbury's Jason Livingston and snatch the "bronze".

A headwind failed to stop Darren from reducing his best 200m time in the "semis", held less than one hour after the 100m final, but five previous sprints during the meet-

WORLD JUNIOR RECORD FOR DWAIN CHAMBERS

**EUROPEAN JUNIOR CHAMPS., LJUBLJANA, SLOVENIA
24-27 JUL 1997**

How proud we were when we learned that four of our Junior Men had earned themselves selection for the European Junior Championships. But when the news broke back home that Dwain Chambers had won the 100 metres gold in a World Junior Record time, well, frankly we were stunned. 10.06! Amazing! There have been some superb world sprinters in the last decade - Burrell, Lewis, Fredericks, Christie, Bailey, etc. - and the current crop is tremendous - Ato Boldon, Maurice Greene - but none of them have run faster than the Belgrave boy at 19 years of age. What a future. And what a task to keep one's feet on the floor in the face of the ensuing hype.

Don't let's underestimate the distance to travel yet to become as successful as a senior. All sorts of things have to be just right - mental, physical, luck, timing. But Dwain knows what it's all about and he seems to be keeping his head together nicely.

As the reigning European Champion you'd expect Dwain to qualify comfortably from the first round and this he did on the opening day of the Championships with 10.51. Round two later in the day

ing was beginning to take its toll and he faded to 5th in the final.

Lee Hurst just missed the medals in the steeplechase while second-claimer Adrian Passey held all the aces in the 5k.

100m: b (-1.4) 2, D.Campbell 10.29; 3, D.Chambers 10.42; sf (-0.3) 5, J.Fergus 10.67 (ht 10.58 -1.1). 200m: c (+2.3) 5, Campbell 21.06 (ht b 20.84 -1.4); 8, J.Fergus 21.61 (ht b 21.13 -1.3); sf c 6, A.Walcott 21.56 -2.8. 400m: sf b 6, D.Nolan 47.30 (ht a 47.03). 800m: sf b 6, D.Maynard 1:52.01 (ht a 1:50.87); hts a 7, C.Gilbey 1:52.26; 6, M.Kloiber 1:52.87. 1500m: c 3, M.Yates 3:40.66. 5000m: c 1, A.Passey 13:38.21; 12, G.Staines 14:22.05 (ht a 13:54.67). 110mH: b (-1.8) 3, A.Tulloch 13.85; hts b 4, N.Cooper 14.97 -1.1) 400mH: c 1, C.Rawlinson 49.69; hts 4, N.Levy 52.46. 3000mSC: c 4, L.Hurst 8:50.74. HJ: c 1, B.Reilly 2.28. SP: b 2, M.Simson 19.11. DT: c 2, K.Brown 59.44; 5, L.Newman 54.72. HT: c 2, D.Smith 70.92.

was no problem either as he stretched his way to 10.42, the sort of time we have been accustomed to seeing from him this summer. In hindsight, however, we noted that this was into a stiffish breeze of 2.8 metres per second, so maybe we should have been looking for something a little special in the final; perhaps something to crack Jamie Henderson's 10 year-old British Record?

Friday 25th July. The final. Perhaps Dwain's biggest rival was fast starting Welshman Christian Malcolm but it was expected that our man would come on strong at around 70 metres. Wrong! With the race around 20 metres old the Belgrave Harrier was away from the field and looking a class apart with his controlled, upright, driving style. Across the line and initial disbelief hit everyone as the timing device showed 10.05. Then utter delight when the official time came through at 10.06 with the wind reading dead on the maximum allowed at 2 metres per second. A new star had been found for the World's athletic stage.

Gone was Barbadian Obadele Thompson's three year-old world mark, the European Record set in 1988 by East German Sven Matthes, the EJ Championship best set with a strong following wind in 1981, the British Junior Record, John Regis' senior club record set in Budapest in 1994 and the complete annihilation of Marcus Adam's best Belgrave Junior time of 10.42.

There were high hopes too for our 400 metre men. Michael Parper had done everything right throughout the season, picking up all the domestic titles and inching his way down to 46.54 while representing Great Britain vs. Germany in June. Close behind him in almost every encounter had been James Hilston, familiar with every physio's couch in South London and here, unhappily only selected for the relay after a desperate fight back from a mid-season hamstring problem.

The opening round came on day one and Michael coolly strode to 47.65 looking every inch a medalist although the Spaniard Canal

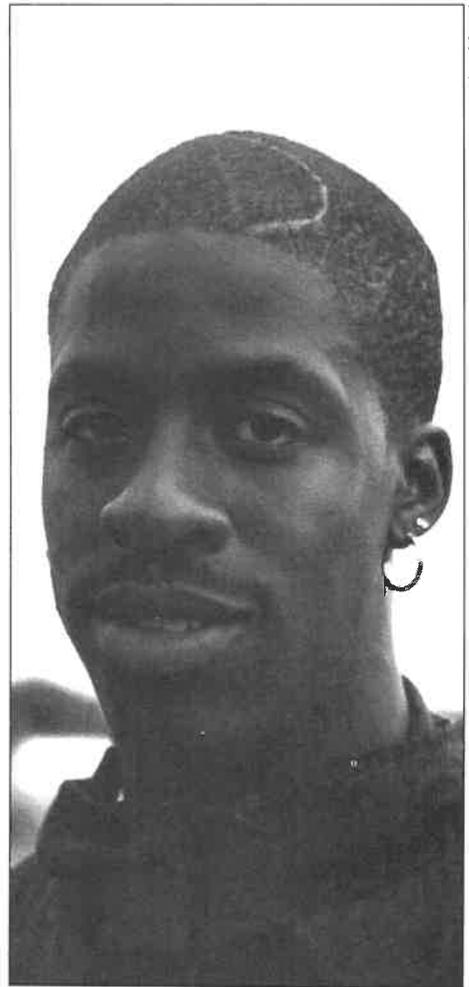


Photo: Alan Mead

Above: The fastest teenager on Earth. "There's no place for me to hide any more. When the big guys beat me I can't just go back to the juniors. I have to get down to some serious work, but I'm sure I'm up to it."

was still the favourite. Back the following day for the final and perhaps for the first time in the season the pressure got to Michael. For three-quarters of the race he looked good but as the final curve unwound the chance was gone and in an amazingly tight race he had to settle for a final position of 8th. Canal was the victor after all but little more than a second covered the field and less than 4/10ths the positions 4 to 8!

At least he was able to come away with a medal when the British team picked up bronzes in the 4 x 400m relay, Michael's split being 46.98. For James Hilston it was over before it started, his hamstring problem rearing up again before the meet got under way and thus ruling him out of the foursome.

Saturday saw the qualifying rounds of the Triple Jump get started and drawn in pool A, Phillips Idowu needed 15.50 to make the cut. No problem. He marked the sand at a nice neat 15.60 with his first effort and



European Junior Champs ...

was away to rest before the final on the last day of the championships.

Guschchinksiy – yes a Russian – led the triple jump final from round 1 with a mighty 16.78 but Phil's opening bound of 16.34, a best ever for him, put him in second place and a medal looked on. What a tremendous leap. You know it's not so long ago that distances like this won medals in senior major championships. Sadly a +3.3m wind reading meant that he was unable to remove our oldest (by far) senior club record – Derek Boosey's 16.21 from 1968.

Two no-jumps followed but still Phil remained in second spot. In round 4 the Belgravian was back on the board with 15.48 but the Rumanian Punga pulled out a 16.43 and Phil was down to bronze. Then round 5 saw Perez of Spain improve from 16.23 to 16.40 and in spite of our boy's best efforts it was to be that worst position of all – 4th.

a-d = 24th-27th.

100m: b 1, D.Chambers 10.06 (WJR). 400m: b 8, M.Parper 47.94 (ht a 47.65). TJ: d 4, P.Idowu 16.34 (16.34 +3.3, x, x, 15.48 +2.7, 15.07 +2.4, 15.69 +1.7).

Below: One time "Gladiators" contestant, Chris Rawlinson made great inroads into his 400 metre hurdles best in 1997

Photo: Paul Beaumont



THE
IAAF WORLD
CHAMPIONSHIPS



ATHENS '97

IAAF WORLD CHAMPIONSHIPS, ATHENS, 1-10 AUG 1997

Darren Campbell – 100m

Going into the Games in good form, Darren Campbell continued to impress. In round 1 on the first day of competition he needed a place in the first three to be certain of progressing. Not only did he come up with 3rd but he was only just outside his best ever time of 10.17. Back on the track later in the day and 2nd place or one of the four fastest losers was the target as he lined up against Montgomery of USA and

world record holder Donovan Bailey. Fast times had already been thrown up as Boldon and Greene had gone to 9.87 and 9.90 in heat 1 but the Belgravian raised his game again and this time broke new ground with a 10.13. If it hadn't been for the exploits of young Mr. Chambers a few days earlier Darren would have been the new club record holder.

Darren's "final" had been and gone; in the semis he got blown away by Boldon, Ezinwa and Marsh – and now looked forward to the relay.

Round 1, 2nd Aug., 13 heats, first 3+9, heat 10 (+0.7), 3rd, 10.21.

Round 2, 2nd Aug., 6 heats, first 2+4, heat 3 (+1.2), 3rd, 10.13 (pb). Semi-final 3rd Aug., first 4, semi-final 1 (-0.8), 8th, 10.37.

Matt Yates – 1500m

The controversy surrounding Matt's selection ahead of Tony Whiteman rumbles on and no doubt the fact that he failed to go beyond round 1 in these championships gave added weight to the arguments of his critics. One would have thought that a sub-3:39 should have been good enough for a place in the first five but that was always going to be difficult with El Guerrouj, Cacho and Di Napoli booking three of the available slots. Equalling his season's best would have given Matt a place among the fastest five losers but the violently fluctuating pace of a "games" 1500m rough-house made that unlikely and he actually ended up as 7th fastest loser.

Round 1, 3rd Aug., 4 heats, first 5+4, ht 4, 7th, 3:38.34.

Relay Bronze!

Adrian Passey – 5000m

Having run marvellously in the trials and with a best ever in the 13:22 region, Adrian must have been desperately disappointed with his performance here, running way outside what he had hoped for.

Round 1, 8th Aug., 2 heats, first 5+5, ht 2, 14th, 14:07.49.

Andy Tulloch – 110mH

Third place in his opening round gave Andy a comfortable passage to the next series of races but from here on it was going to take something far in excess of his pb of 13.52 to take him further as semi-final slots went to athletes churning out times around 13.20.

Round 1, 5th Aug., 6 heats, first 5+2, heat 2 (+0.8) 3rd, 13.69

Round 2, 5th Aug., 4 heats, first 3+4, heat 2 (+1.2) 7th, 13.63.

Chris Rawlinson – 400mH

Having come down from a best of 50.36 in 1996 to 49.92 in June and then 49.69 in July to qualify for these games, Chris Rawlinson had already done marvels but there was no way that he was in Athens to just to enjoy the scenery and he was determined to run to his current limits. By the time his race came up in heat 3 he was needing a place in the first three or sub 49.9 to have any hope of advancing. There was tough opposition to chase in the form of Matete of Zambia and the Czech Muzik and both of them went under 49 to set the fastest and third fastest times of the opening round. Chris was so close to his best ever time – what more could you ask – and although 5th, was actually among the fastest losers until heat four got on the track.

Round 1, 2nd Aug., 7 heats, first 3+3, heat 3, 5th, 49.72.

Brendan Reilly – HJ

A repeat of his tremendous leap in the trials would see Brendan in the final but things were looking a little shaky at 2.23 where he needed three attempts to stay in the hunt. Up another three centimetres and twice more bar clattered down onto the landing bed before the Belgrave man decided to cut his losses at that height and put everything he could into a solitary attempt at the required 2.28. It didn't come off. Ten men went on to clear 2.28 and two were taken into the final with 2.26.

Qualifying, 4th Aug., 2.28 or best 12, Group A, 13th, 2.23 (2.19o, 2.23xxo, 2.26xx-, 2.28x).

Dave Smith – Hammer

Only five men from the two pools achieved the standard needed to go straight into the final but after them, throws in the 75 metre range were two a penny and Dave Smith's 70.94 was good enough only for 14th in his pool. Our 22 year-old giant was learning plenty though and is sure to be a regular for Britain for a long while to come in an event where athletes continue improving right through their thirties.

Qualifying. 2nd Aug., 76.50 or best 12, Group B, 14th, 70.94 (70.94, 68.66, x). 5 beat 76.50 best 12 went to 75.28.

Darren Campbell & Dwain Chambers – 4x100m Relay

Apart from 'old man' Darren Braithwaite this was a new young British relay squad and our own Darren Campbell featured in the action all the way through to the final. World Junior Record holder Dwain Chambers was 'only' reserve for the first round but came in for the semis when Devonish had trouble with a hamstring. With the US team failing to pass the baton in the first round most onlookers rightly favoured the Canadian squad for the final although the battle for lesser medals appeared wide open. Darren's back straight run had the GB team fighting for the lead although ground gained in full flight seemed to be lost at each changeover. Rounding the final turn the Canadians had a winning advantage from Nigeria but after that our lads were right in the hunt for the bronze medal. Welshman Walker popped a hamstring as he handed on to last man Julian Golding but still the chance was there and at the end the Blackheath boy just outleaped the Cuban to take the medal on the line by 1/100th. The boys, including our own two, were delighted.

Round 1, 9th Aug., 4 heats, first 3+4, heat 3 1st, 38.74 - Campbell, Devonish, Braithwaite, Golding. Semi-final, 9th Aug., semi-final 1, 2nd, 38.25 - Chambers, Campbell, Braithwaite, Golding. Final, 10th Aug., 1st, Canada 37.86; 2nd, Nigeria 38.07; 3rd, Great Britain 38.14 - Braithwaite, Campbell, Walker, Golding.

WORLDWIDE

February 1997

- 20 Melbourne, Australia, Nike Classic. 200m: 5, J.Regis 21.16.
- 20 Sydney, Australia, Botany Bay 120m H'cap. 3, D.Campbell (off 0.75m); race won by Christie (scr) 12.03.

March 1997

- 27 Pietersburg, S.Africa. HJ: 2, B.Reilly 2.20.

April 1997

- 2 IAAF GP II, Pretoria, S.Africa. HJ: 2, B.Reilly 2.20.
- 8 Engen GP, Cape Town, S.Africa. HJ: =1, B.Reilly 2.20.
- 9 International Meet, Marsa, Malta. 200m: 3, J.Hilston 22.05. 400m: 1, J.Hilston 49.51; 3, J.Panton 52.82. 110mH: 3, S.Scott 15.82. 400mH: 2, I.Wells 56.44. TJ: 1, S.Ahmed 13.68. U20M 200m: 3, J.Panton 23.82.
- 24 Doha, Qatar. 100m: 6, D.Campbell 10.33.
- 26 Philadelphia, USA, Penn Relays. JT: 1, N.Bevan 73.86.

May 1997

- 8 Celjje, Slovenia. 110mH: A.Tulloch 13.83.
- 11 University Park, USA. JT: N.Bevan 76.98.
- 21 Salinas, USA. DT: 7, N.Sweeney 59.44.
- 24 Florø, Norway. 110mH: (-1.1) 3, A.Tulloch 13.88.
- 27 Lidingo, Sweden. 400m: 2, G.Dearman 47.06; 3, M.Douglas 48.09.
- 28 Ostrava, Czech Republic, EAA Golden Spike. 100m: (+1.0) 4, D.Campbell 10.36.
- 30 Riga, Latvia. 110mH: (+0.6) 3, A.Tulloch 13.82.

June 1997

- 8 Mannheim, Germany. Germany v Great Britain U20. Parper moves to 3rd in Europe. 100m: (+3.1) 1, D.Chambers 10.27. 400m: 1, M.Parper 46.54; 2, J.Hilston 47.47. TJ: 1, P.Idowu 15.69.
- 10 Bratislava, Slovakia, IAAF GP. 100m: (+0.4) 2, D.Campbell 10.28 (10.24 ht +1.7). 110mH: (+0.6) 6, A.Tulloch 13.90 (13.78 ht +0.2).
- 13 Nuremberg, Germany. 100m: (+0.6) 7, D.Campbell 10.31.

- 14 Tønsberg, Norway. 200m: (+0.3) 4, J.Regis 20.87.
- 14 Hexham, Great Britain v Germany v France U23. 400m: b 2, G.Dearman 47.02. 400mH: 4, M.Douglas 52.35.
- 21 Palafrugell, Spain. 5000m: 2, A.Barden 13:43.84.
- 21/22 Munich, Germany, Spar European Cup. 400mH: 5, C.Rawlinson 51.06. Development Races 100m: (-0.2) 1, D.Campbell 10.29.
- 22 Cork City Sports. 400m: 2, D.Nolan 46.79. 5000m: 2, A.Passey 13:38.0. HJ: 3, B.Reilly 2.15; 6, R.Aspden 2.05.
- 24 Lucerne, Switzerland. 200m: (-0.8) 3, J.Regis 21.07.

July 1997

- 2 Lausanne, Switzerland. 200m: J.Regis dnf.
- 5 Izmir, Turkey, Turkish Junior Champs. 400m: 1, D.Geugin 49.55.
- 5 Santry, Irish National Champs. DT: 1, N.Sweeney 57.90.
- 10-11 Turku, Finland, European U23 Champs. 400mH: ht 4, M.Douglas 52.14. 4x400m: ht 3, Archer, G.Dearman, Budden, Hylton 3:12.7.
- 19 Hechtel, Belgium. 100m: (+0.2) 8, A.Walcott 10.72 (prelim race 1, 10.80 -2.0). 1500m: 2, M.Yates 3:36.36. 5000m: 7, A.Passey 13:20.09.
- 19 Dublin, Nestlé Schools International. 200m: 3, C.Lambert 22.03.

August 1997

- 13 Zurich, Weltklasse. 100m: B 4, D.Campbell 10.34. C 1, D.Chambers 10.24 (Carl Lewis 4th).
- 17 Crystal Palace, Spar Challenge. 100m: (+0.20) 3, D.Chambers 10.31. 400mH: 3, C.Rawlinson 50.04. TJ: 5, P.Idowu 15.54 (+0.40). DT: 6, K.Brown 57.40. JT: 5, S.Faben 65.98. 400m: 3, D.Nolan 46.79.
- 17 Ankara, Turkey, Turkish Junior Champs. 200m: 2, D.Geugin 22.0.
- 20 Malmo, Sweden. 1500m: 3, M.Yates 3:39.15.
- 22 Brussels, Ivo Van Damme Meet. 5000m: 11, A.Passey 13:51.37. 10000m: 8, P.Evans 27:53.35.
- 24 La Chaux-de-Fonda, Switzerland. 100m: (+0.9) 2, D.Chambers 10.18 (10.22ht).
- 26 Berlin, ISTAF Meeting. 100m: (-0.7) 5, D.Chambers 10.33.
- 27-31 Sicily, World Student Games. 400mH: ht. C.Rawlinson 51.41.

September 1997

- 6 Istanbul, Turkey Cezuni Memorial. 100m: (+3.1) 2, J.Fergus 10.62; 4, D.Nolan 10.79. 200m: (+1.8) 2, D.Nolan 21.39; 3, J.Fergus 22.13.
- 7 Gateshead, BUPA IAAF GP II. 100m: (+4.1) 5, D.Campbell 10.27. 1500m: 11, M.Yates 3:46.91. 110mH: (+0.8) 5, A.Tulloch 13.73. 400mH: 5, C.Rawlinson 51.73. DT: 7, K.Brown 55.70.
- 19 Kingston, Jamaica. 100m: (+0.3) 5, D.Campbell 10.30.
- 26 Ankara, Turkey. European Junior Clubs. 200m: D.Geugin 21.8.

Indoor

February 1997

- 1 Budapest, Hungary. 1500m: 6, M.Yates 3:47.34.
- 1 Karlsruhe, Germany, Junior International v. Germany. 60m: 1, D.Chambers 6.74.
- 10 Tampere, Finland. 110mH: A.Tulloch.
- 12 Ghent, Belgium, Ricoh Grand Prix. 1m: 6, M.Yates 4:03.08 (3:45.30 at 1500m when in 4th position).

March 1997

- 1 Chemnitz, Germany, U20 International, Germany v GB v France. 60m: D.Chambers 6.70 and 6.67. Women. 400m: 6, S.Roberts 57.42.
- 7-9 Paris, World Indoor Champs. SP: M.Simson 18.30.

January 1998

- 30 Dortmund, Germany. 60m: 6, D.Chambers 6.71 (6.67 ht). 200m: 2, D.Chambers 21.65

February

- 1 Stuttgart, Germany, 400m: 2, D.Ladejo 47.41.
- 8 Balingen, Germany. HJ: =15, B.Reilly 2.15.
- 22 Lievin, France. HJ: 6, B.Reilly 2.22.
- 27 - 1 March, Valencia, Pain, European Champs. 60m: sf5, D.Chambers 6.66 (6.64 ht). 400m: 6, S.Baldock 50.05 (46.59 sf). 60mH: 7, A.Tulloch 7.66 (7.55 sf after a 7.56 heat - both Club Records) HJ: =10, B.Challenger 2.22 (2.24 qual.)

The running man

This one will run and run. A new world six-day running record was set recently by Sri Lankan Suresh Joachim who covered 636 miles (the equivalent of four marathons a day) beating the old record of 633 miles with four hours still on the clock. Joachim survived on a diet of chocolate, cheese and apple juice and eschewed sleep for most of his attempt, getting just 10 hours of shut-eye in the six days. Rather than run at home he chose to lap a sports field in Sydney in Australia, bizarrely citing its climate as the main attraction.

Joachim clearly has a penchant for ridiculous endurance records. He holds

the world record for continuous standing on one leg, an impressive 76 hours, 40 minutes, and says his next record breaking attempt will be on the 24-hour walking backwards standard. "The record is 95 miles in 24 hours, I hope to cover 99," he says confidently. This time he will fly out to Canada for the walk, but there is no suggestion that he regards it as a backward country.

Providing he does not suffer a reverse in that attempt, his next step will be the world non-stop ballroom dancing record. The current record is an astounding 215 days, which allows for a daily three-hour break for sleep. To break it would appear to be a debilitating challenge for any athlete. Not for Joachim, however. He claims that gaining the record, which he will attempt in the year 2000, will be "a piece of cake".

We hang on in Division Two and gain promotion in Division Eight - but changes lie ahead

We have the numbers on our membership list to turn out three Men's Southern League teams but when it comes down to it we seem to struggle to put one good squad together. Several times throughout the summer we found our Division Two men battling for the lead with most of the match gone, only for the final scores to place us 4th or 5th because we had no runners to tackle 1500m, 5000m or 3000m steeplechase. Just take a look at the result below for match two at Ilford. A mere two points more and we would have won the meeting - and that with no men in the 800m, 5,000m and just one 'chaser. Two men jogging round for the point would have done it.

After two years of arguing the case back and forth we have now regretfully decided to drop our Division Eight team. Pretty ironic when you consider that "Eighthers" actually gained promotion to Division Seven! The trouble is that it really is a distraction. Middle-distance stalwart Don Anderson, Team Managing for the "Eighthers" has often been sorely missed as a points scorer in Division Two. Additionally, we cannot provide a full com-

plement of officials for two Southern League teams and there is no doubt that some clubs love to point out that a "big club" like Belgrave is falling down on this score - never mind that there is a British League match and Thameside League on at the same time and with a National Junior League due tomorrow. Also, in today's busy world it is often a temptation to slip down to the nearest meeting to home for competition and then get back for that DIY when the "Twoers" are struggling for men in some far flung corner of the South.

So, our Division Eight team has gone. It's an experiment. If it doesn't work then we can resurrect it again in 1999. Sure we have a few athletes who will be looking around for a competition now but what we must do is make sure that all slots in Division Two are filled and that non-scoring sprints and middle distance events are held as they should be. Additionally there are the six Rosenheim League matches where we can turn out as many competitors as we like in non-scoring events while for veterans we have the Southern Counties Veterans' League.

DIVISION 2 MATCH 1 NORMAN PARK, 3 MAY 1977

100m: 3, S.Scott 11.4; 1, B.Williams 11.1. 400m: 2, D.Gezzgin 51.2; 1, D.Akinbogun 52.1. 200m: 2, B.Williams 22.5; 3, C.Edozie 24.0. 800m: 3, G.Adams 2:04.2; 3, S.Beaver 2:18.7. 1500m: 4, P.Carstairs 4:16.7; 3, D.Beaver 4:21.7. 5000m: 3, G.Adams 16:25.0; 3, S.Paton 17:12.5. 110mH: 1, S.Scott 15.8. 400mH: 3, G.Adams 64.3; 3, S.Paton 71.7. HJ: 5, J.Webb 1.10. LJ: 4, W.Smith 5.94. TJ: 4, W.Smith 11.33; 4, C.Edozie 10.75. SP: 3, M.Small 11.68; 3, P.Lyttle 9.94. DT: 2, M.Small 38.10; 2, P.Lyttle 34.06. JT: 4, M.Small 38.24; 4, P.Lyttle 34.88. HT: 2, M.Small 42.48; 4, R.Bridges 19.62. 4x100m: 1, Belgrave (S.Scott, W.Smith, C.Edozie, D.Akinbogun) 44.7. 4x400m: 1, Belgrave (W.Smith 54.1, D.Gezzgin 51.8, R.David 50.1, D.Akinbogun 53.9) 3:29.9.

Teams: 1, Swindon 122½; 2, Kent 122; 3, Worthing 107; 4, Belgrave 98; 5, Sutton & Dist. 72½.

DIVISION 8 MATCH 1 WALTHAMSTOW, 3 MAY 1997

100m: 3, N.Whorlow 13.3. 200m: 3, D.Crook 27.5. 400m: 5, N.Whorlow 63.7. 800m: 3, D.Anderson 2:22.1. 1500m: 3, R.Metalle 4:47.1. 5000m: 3,

D.Anderson 17:35.6. 400mH: 3, D.Crook 75.0. 3000mSC: 2, N.Whorlow 11:58.0. HJ: 4, G.Sagar 1.43. TJ: 2, N.Whorlow 10.62. PV: 1, S.Brooks 2.60. SP: 2, S.Brooks 9.46. DT: 2, S.Brooks 29.18. JT: 3, S.Brooks 33.20. HT: 2, N.Whorlow 16.90. 4x100m: 4, Belgrave (D.Anderson, R.Metalle, N.Whorlow, D.Crook) 45.5. 4x400m: 4, Belgrave (K.Adjepong, R.Metalle, D.Crook, N.Whorlow) 4:14.6.

Teams: 1, Norwich 151; 2, Muswell Hill 107; 3, Belgrave 104; 4, Serpentine 90; 5, Paddock Wood 71; 6, Thurrock 3.

DIVISION 2 MATCH 2 ILFORD, 17 MAY 1997

100m: 2, B.Williams 11.1; 2, J.Tuson 11.5. 200m: 2, A.Daniel 23.2; 2, J.Squirrell 23.1. 400m: 2, D.Akinbogun 51.9; 1, J.Panton 50.9. 1500m: 3, A.Becirhodzic 4:07.4; 3, S.Chettati 4:20.1. 110mH: 2, J.Squirrell 16.3. 400mH: 1, J.Squirrell 56.9; 1, A.Daniel 60.1. 3000mSC: 2, R.Harding 10:11.6. HJ: 3, J.Tuson 1.80; 3, J.Squirrell 1.60. LJ: 5, W.Smith 5.25; 5, J.Webb 4.45. TJ: 2, S.Ahmed 13.78; 1, W.Smith 12.31. PV: 1, J.Webb 4.40; 4, A.Daniel 1.50. SP: 1, J.Urquhart 11.95; 1, M.Small 11.43. DT: 1, M.Small 40.22; 1, J.Urquhart 35.16. JT: 5, M.Small 38.22; 5, J.Urquhart

34.82. HT: 1, J.Urquhart 56.68; 1, M.Small 39.60. 4x100m: 2, Belgrave (D.Akinbogun, W.Smith, J.Squirrell, A.Daniel) 45.0. 4x400m: 1, Belgrave (D.Akinbogun 51.9, A.Daniel 53.8, J.Panton 50.8, R.David 49.0) 3:25.5.

Teams: 1, Ilford 115; 2, Belgrave 113½; 3, Puma TVH 110; 4, Dartford 98; 5, Thurrock 90½.

DIVISION 8 MATCH 2 WYCOMBE, 17 MAY 1997

100m: 4, D.Crook 13.5. 200m: 4, N.Whorlow 27.4. 400m: 5, D.Anderson 67.6. 800m: 3, D.Anderson 2:16.0. 1500m: 2, D.Anderson 4:40.1. 5000m: 2, A.Binda 17:05.3. 400mH: 4, D.Crook 74.7. 3000mSC: 4, N.Whorlow 12:43.6. HJ: 2, D.Crook 1.50. LJ: 2, N.Whorlow 4.74. TJ: 1, D.Crook 10.75. PV: 1, S.Brooks 2.60. SP: 2, S.Brooks 9.90. DT: 1, S.Brooks 31.80. HT: 3, S.Whorlow 19.80. 4x100m: 4, Belgrave 56.8. 4x400m: 5, Belgrave 4:24.9.

Teams: 1, Newton Abbot 126; 2, Belgrave 110; 3, Wycombe 107; 4, Maidenhead 101; 5, Serpentine 92.

DIVISION 2 MATCH 3 MILTON KEYNES, 31 MAY 1997

100m: 3, M.Parper 11.7; 3, B.Williams 11.5. 200m: 3, M.Parper 23.5; 1, B.Williams 23.2. 400m: 4, D.Akinbogun 51.2; 4, J.Webb 59.8. 800m: 3, A.Becirhodzic 2:00.6; 1, M.Anderson 2:00.5. 1500m: 4, K.Quinn 4:14.5; 5, R.Harding 4:52.8. 5000m: 3, S.Fowler 16:28.6. 400mH: 3, A.Daniel 62.1. 3000mSC: 3, R.Harding 10:12.2. HJ: 5, W.Smith 1.50; =4, J.Webb 1.10. LJ: 2, W.Smith 6.33; 5, J.Webb 4.27. TJ: 3, W.Smith 12.40. PV: 1, J.Webb 4.40; 3, A.Daniel 1.50. SP: 1, M.Small 12.48; 1, P.Lyttle 10.57. DT: 1, M.Small 39.80; 1, P.Lyttle 32.00. JT: 5, M.Small 39.78; 5, P.Lyttle 29.30. HT: 1, M.Small 43.86; 2, R.Bridges 23.18. 4x100m: 5, Belgrave (D.Akinbogun, W.Smith, M.Parper, B.Williams) 59.7. 4x400m: (A.Becirhodzic 54.5, W.Smith 53.1, J.Webb 60.4, D.Akinbogun 52.6) 3:40.6.

Teams: 1, Ealing, S&M 112; 2, Newham & Essex B 110½; 3, Milton Keynes 108½; 4, Kingston & Poly 104½; 5, Belgrave 90½.

DIVISION 8 MATCH 3 ENFIELD, 31 MAY 1997

100m: 2, S.Brooks 13.1. 200m: K.Adjepong 22.8. 400m: 5, D.Crook 64.3. 800m: 4, R.Metalle 2:22.3. 1500m: 4, R.Metalle 4:46.0. 5000m: 4, D.Anderson 17:25.8. 110mH: 2, J.Druce 23.8. 400mH: 3, D.Crook 74.6. HJ: 3, D.Crook 1.45. LJ: 2, J.Druce 5.32. TJ: 2, J.Druce 11.88. PV: 1, S.Brooks 2.80.

SP: 2, S.Brooks 9.72. DT: 1, S.Brooks 33.50; JT: 2, S.Brooks 38.40. HT: 2, S.Whorlow Snr 19.68. 4x100m: 2, Belgrave 52.6. 4x400m: 4, Belgrave 4:26.8.

Teams: 1, Norwich 148; 2, Belgrave 115; 3, Tonbridge 98; 4, Muswell Hill 96; 5, Paddock Wood 60.

DIVISION 2 MATCH 4 BATTERSEA PARK, 5 JUL 1997

100m: 4, K.Adjepong 11.5; 3, D.Akinbogun 11.3. 200m: 2, R.David 22.5; 3, K.Adjepong 23.0. 400m: 2, M.Peacock 51.7; 2, D.Akinbogun 50.8. 800m: 1, M.Anderson 1:59.7; 2, J.Panton 2:04.2. 1500m: 3, K.Quinn 4:08.1; 1, G.Adams 4:12.5. 5000m: 1, G.Staines 14:05.4; 2, R.Harding 16:48.6. 400mH: 3, G.Adams 63.5. 3000mSC: 2, B.Barton 9:53.9; 1, M.Bizio 10:00.1. HJ: 2, S.Oni 1.85; 5, G.Adams 1.50. LJ: 1, S.Clarke 6.65; 1, W.Smith 5.69. TJ: 1, S.Clarke 12.87; 2, J.Druce 12.03. SP: 2, M.Small 12.67; 2, J.Urquhart 12.27. DT: 1, M.Small 38.74; 3, L.Campbell 30.22. JT: 3, M.Small 40.50; 5, P.Lyttle 36.10. HT: 1, J.Urquhart 56.72; 1, M.Small 43.72. 4x100m: 2, Belgrave 44.9. 4x400m: 2, Belgrave 3:35.8.

Teams: 1, Belgrave 122; 2, Team Solent 118; 3, Richmond & Twickenham 116; 4, Epsom & Ewell 92; 5, Andover 83.

DIVISION 8 MATCH 4 BATTERSEA PARK, 5 JUL 1997

100m: 3, B.Mensah 11.8. 200m: 3, B.Mensah 24.1. 400m: 2, R.McMillan 63.3. 800m: 3, J.Stevens 2:24.2. 1500m: 4, D.Crook 5:05.9. 5000m: 2, P.Carstairs 17:17.5. 110mH: 3, D.Crook 22.3. 400mH: 2, D.Crook 68.8. HJ: 3, D.Crook 1.30. LJ: 3, N.Whorlow 4.73. TJ: 3, D.Crook 11:47. PV: 1, S.Brooks 2.80. SP: 1, S.Brooks 9.80. DT: 1, S.Brooks 32.58. JT: 1, S.Brooks 37.94. HT: 3, S.Whorlow Snr 17.80. 4x400m: 3, Belgrave 4:16.3.

Teams: 1, Newton Abbot 143; 2, City Norwich 119; 3, Belgrave 112; 4, Paddock Wood 70; 5, Oxford 46.

DIVISION 2 MATCH 5 BRACKNELL, 26 JUL 1997

100m: 2, R.David 11.3; 1, D.Akinbogun 11.4. 200m: 2, R.David 23.1; 4, C.Husbands 26.2. 400m: 1, M.Peacock 51.4; 1, D.Akinbogun 52.1. 1500m: 3, G.Adams 4:03.1; 4, M.Anderson 4:19.9. 5000m: 2, S.Fowler 16:03.2. HJ: 5, C.Husbands 1.20; 4, T.Lawton 1.20. LJ: 5, C.Husbands 4.85; 5, T.Lawton 3.63. TJ: 5, C.Husbands 9.08. PV: cancelled. SP: 2, M.Small 11.81; 2, J.Urquhart 10.95. DT: 4, M.Small 36.94; 5, C.Husbands 23.48. JT: 5, M.Small 34.00; 5, C.Husbands 20.60. HT: 1, J.Urquhart

51.44; 1, M.Small 40.64. 4x100m: 2, Belgrave 45.6. 4x400m: 1, Belgrave 3:33.5.

Teams: 1, London Irish 136½; 2, Bracknell 113½; 3, Chelmsford 112; 4, Southampton 79; 5, Belgrave 78.

**DIVISION 8 MATCH 5
TONBRIDGE, 26 JUL 1997**

100m: 4, R.McMillan 13.8. 200m: 4, R.McMillan 27.5. 400m: 3, D.Crooks 60.1. 800m: 4, J.Stevens 2:28.9. 1500m: 3, R.Metalle 4:37.1. 5000m: 1, P.Carstairs 16:23.2. 110mH: 1, I.Wells 16.5. 400mH: 1, I.Wells 57.8. 3000mSC: 1, I.Wells 12:56.2. HJ: 2, D.Crook 1.50. LJ: 3, N.Whorlow 5.03. TJ: 2, N.Whorlow 10.32. SP: 1, P.Lyttle 10.20. DT: 1, P.Lyttle 31.56. JT: 3, P.Lyttle 32.26. HT: 3, S.Whorlow, Snr. 18.64. 4x100m: 2, Belgrave 50.7. 4x400m: 4, Belgrave 4:19.5.

Teams: 1, Norwich 144; 2, Belgrave 114; 3, Muswell Hill 88; 4, Tonbridge 78; 5, Paddock Wood 74; 6, Serpentine 66.

**DIVISION 2 MATCH 6
HARLOW, 16 AUG 1997**

100m: 2, D.Akinbogun 11.4; 2, L.Campbell 11.8. 200m: 2, D.Akinbogun 22.6; 2, B.Mensah 23.6. 400m: 1, J.Panton 51.2; 1, M.Peacock 50.4. 800m: 4, J.Aufenast 2:04.6; 4, K.Quinn 2:26.8. 1500m: 2, M.Anderson 4:04.1; 3, K.Quinn 4:15.9. 5000m: 1, A.Barden (Basildon) 15:39.5; 4, D.Beaver 16:11.9. 110mH: 5, J.Druce 27.8. HJ: 4, C.Husbands 1.50; 5, T.Lawton 1.20. LJ: 4, L.Campbell 5.63; 3, C.Husbands 4.96. TJ: 3, J.Druce 11.99; 4, C.Husbands 9.65. PV: 3, T.Lawton 2.90; 1, C.Husbands 2.90. SP: 1, M.Small 12.88; 1, P.Lyttle 10.52. DT: 3, M.Small 36.40; 3, P.Lyttle 28.10. JT: 2, M.Small 43.96; 4, P.Lyttle 34.88. HT: 1, M.Small 44.10; 3, R.Bridges 27.02. 4x100m: 1, Belgrave 44.4. 4x400m: 1, Belgrave 3:25.3.

Teams: 1, Cambridge & Coleridge 115; 2, Harrow 112; 3, Basildon 103; 4, Belgrave 101; 5, Harlow 85.

**DIVISION 8 MATCH 6
HARLOW, 16 AUG 1997**

100m: 5, J.Walsh 13.6. 200m: ? R.McMillan 27.0. 400m: 5, R.McMillan 61.1. 800m: 3, D.Anderson 2:20.1. 5000m: 1, D.Anderson 18:41.8. HJ: 3, J.Walsh 1.45. LJ: 5, R.McMillan 4.21. SP: 6, D.Anderson 5.27. DT: 5, R.McMillan 16.74. 4x100m: 4, Belgrave 54.1. 4x400m: 4, Belgrave 4:17.2.

Teams: =1, City of Norwich and Newton Abbot 138; 3, Muswell Hill 97; 4, Belgrave 50; 5, Harlow 42; 6, Wycombe 20.

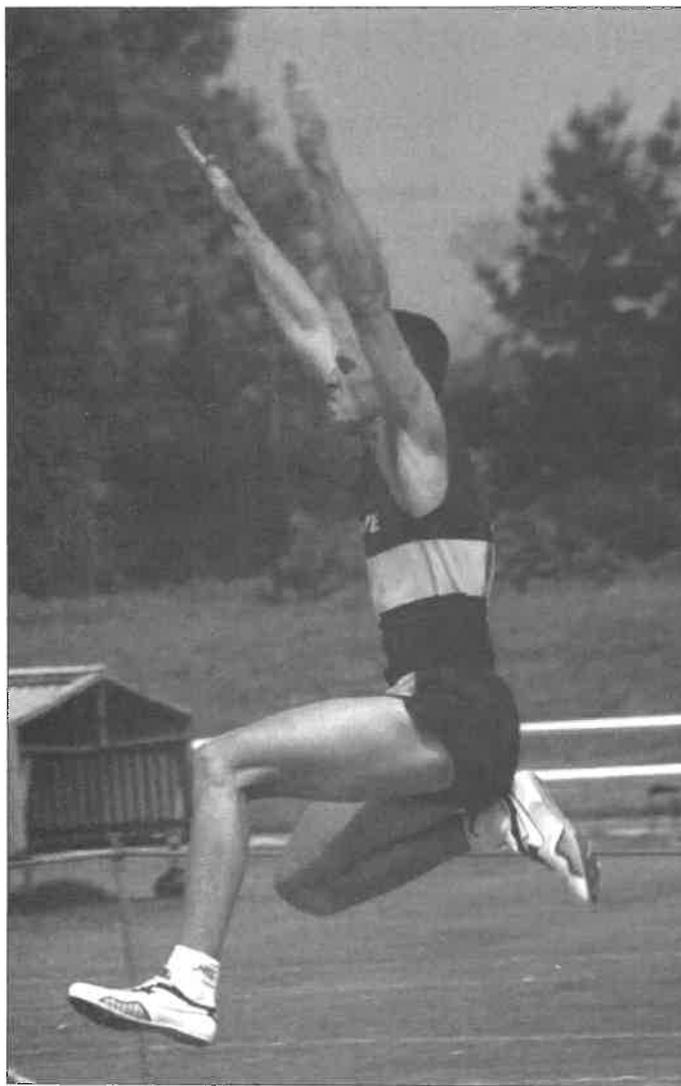


Photo: Robin Nicholls

British League regular Stuart Clark competed in the Southern League at Battersea and came up with a double win in long and triple jumps.

**Men's Southern League
Division 2 - 1997**

1, Ilford	760½ ... 27
2, Team Solent	790 ... 26
3, Richmond & T	735½ ... 25
4, Dartford	716½ ... 24
5, Puma TVH	712½ 23½
6, Swindon	728 ... 23
7, London Irish	716 ... 23
8, Chelmsford	687 ... 21
9, Worthing & Dist ...	666½ ... 20
10, Newham & Essex B ...	655 ... 20
11, Harrow	646½ ... 19
12, Epsom & Ewell	651½ ... 18
13, Cambridge & Col. ...	645½ ... 18
14, Bracknell	600½ ... 18
15, Basildon	627½ ... 16
16, Kent	615½ 15½
17, Belgrave H	603 ... 15
18, Milton Keynes	591½ ... 14
19, Sutton & Dist.	581½ ... 14
20, Ealing S&M	560 ... 14
21, Kingston & Poly ...	595½ ... 13
22, Thurrock H	592½ ... 13
23, Andover	543½ ... 13
24, Southampton City ...	460 ... 10
25, Harlow	417½ 6

**Men's Southern League
Division 8 - 1997**

1, City of Norwich	851½ 46½
2, Newton Abbott	841 46½
3, Muswell Hill	633 .. 39
4, Belgrave H	605 .. 38
5, Wycombe Phoenix ...	540 .. 36
6, Serpentine R	586 .. 32
7, Paddock Wood	504 .. 30
8, Tonbridge	316½ .. 19
9, Maidenhead	137 .. 10
10, Chichester R	33 6
11, Oxford City	46 6
12, Harlow	42 4
13, Thurrock H	3 3

World Veterans' Championships

Several of the Bels Veteran Team travelled to Durban, South Africa, at the end of July to compete in the 12th World Veteran Championships. Over 550 race walkers (male & female) started the events in which the age groups ran from W35/M40 up to M90. The oldest competitor was a 93 year old man who competed in both the 5 & 20km. Our own Dave Sharpe and Doug Fotheringham are of course relative youngsters. Doug just missed the gold in the 5km. by a mere 3.4 secs. but took the silver comfortably by over 34 secs. in a field that started with 29 walkers and finished with 22.

Snowy Brooks continues to make his presence felt in World Veteran Decathlon circles. A bronze medal came his way in the M50 event with 6354 points. Winner was Germany's Rolfe Gees, 7713, from John Gordon of Australia, 6428.

5km. Road Walk. M40 6, D.Sharpe 27:55.54. M65 2, D.Fotheringham 27:43:42.

20km. Road Walk. M40 10, D.Sharpe 2:00:30.7. M65 4, D.Fotheringham 2:09:39.1

Snowy's Decathlon Stats.

Event	Perf.	Wind reading	Points	Age graded perf.	Lifetime best
100m	13.27	(-1.8)	679	11.86	10.7
Long J	5.5	(+2.8)	859	7.19	7.06
Shot Putt	10.98		675	13.13	13.99
High J	1.48		670	1.85	1.89
400m	63.15		588	55.27	49.8
Day 1			3471		
100mH	17.15	(+0.2)	693	16.36	
Discus	34.82		615	37.56	40.74
Pole Vault	3.00		606	3.96	3.70
Javelin	37.56		643	53.64	52.00
1500m	6:33.23		326	5:45.58	4:47.0
Total			6354		

League promotion at last for Women's team

Mission accomplished – promotion to Division Two! It was far from easy though, and now we'll really have our work cut out to stay up but there is one way of ensuring that we don't see Division Three again and that's aiming for Division One. It'll be a long haul but what an achievement that would be. For now though, let's get back to 1997 and offer our congratulations to Team Managers Cynthia James and Jacqui Smiter. Our thanks also to all those behind the scenes who did so much to help and of course a big "Well Done" to every member of the team.

A winning start at home

MATCH 1, BATTERSEA PARK, 26 APR 1997

With match one at home we were looking for nothing less than a win – and got it. Leading from the very first event, the 400 metre hurdles, we just got stronger and stronger. Sabrina Scott's sprinting and jumping contributed tremendously to the score (as it did in each of the following matches) and the 3,000 metres turned out to be really exciting as Sam Northey attempted to blast away from the field with two laps to go, only to get caught by the experienced Highgate runner around the last bend.

There were just a few gaps in the team and that's all it took to stop us going to the very top of the league after the first round. Two clubs in the league had better scores so we had to be satisfied with 3rd overall.

Senior Women

100m: 1, S.Scott 12.6; 4,

K.Delamos 15.0. 200m: 1, S.Scott 26.4; 1, S.Roberts 26.1. 400m: 3, S.Stracey 69.0; 3, D.Mukasa 69.4. 800m: 3, D.Hearn 2:44.8; 3, T.Sturton 2:53.0; n/s S.Howard 2:53.6. 1500m: 3, S.Symonds 5:29.0; 3, C.Eastham 5:56.3. 3000m: 2, S.Northey 10:40.4; 2, J.Oakley 11:11.5. 100mH: 4, J.Smiter 21.6. 400mH: 1, J.Stone 75.9; 1, J.Smiter 84.0. HJ: 2, J.Smiter 1.40; 1, K.Delamos 1.40. LJ: 1, S.Scott 5.24; 1, S.Stracey 4.73. TJ: 1, A.Patten 9.55; 1, J.Smiter 9.14. PV: 1, M.Jones 1.70. SP: 2, A.Patten 8.59; 3, G.Richardson 6.83. DT: 4, A.Patten 23.14; 1, G.Richardson 19.96. JT: 1, A.Patten 30.20; 1, G.Richardson 27.32. HT: 2, G.Richardson 26.64; 2, C.James 14.36. 4x100m: 4, Belgrave 56.0. 4x400m: 3, Belgrave (D.Mukasa 67.8, S.Stracey 66.1, J.Stone 66.0, S.Roberts 57.9) 4:17.8.

Under 17 Women

80mH: 2, D.Hearn 18.0.

Under 15 Girls

100m: 1, H.Payne 13.4; 1, B.Simon 13.9. 200m: 2, H.Payne 27.8; 3, H.Kingsnorth 30.6. 800m: 3, R.Lester 2:39.5; 5, N.Boakye 2:58.0; n/s A.Ragouzardis-Clark 2:53.0. 75mH: 1, D.Briggs 13.6. HJ: 1, D.Briggs 1.35; 2, H.Kingsnorth 1.30. LJ: 2, H.Payne 4.60; 1, D.Briggs 4.47. SP: 2, B.Simon 7.52; 2, I.Powley 6.97. DT: 4, I.Powley 15.36; 2, N.Adjei 12.68. JT: 3, I.Powley 14.16; 3, N.Adjei 8.70. 4x100m: 1, Belgrave 55.1; n/s Belgrave 61.1.

Teams: 1, Belgrave 202; 2, Highgate 177; 3, Southend 145; 4, Yeovil 122; 5, Chelmsford 95.

Wet weekend!

MATCH 2, CARN BRAE, CORNWALL, 17 MAY 1997

We badly needed that good start because match two was just about as far away as you can be sent in the Southern League. This was always going to be the difficult one and in the pouring rain of windswept Cornwall it was only fourth place for the Belles prior to a long coach journey home in soaking clothes. Angela Patten and Gail Richardson put up their normal solid show in the field events and there was a very nice double win from Harriet Payne in the under 15 sprints. Sabrina Scott was awesome in the 200 metres setting a new personal best.

When the results came in from around the South we found that only Enfield and Huntingdon had kept their unbeaten records while we had slipped to 8th overall – still within range of a top five position and promotion. The Women's Southern League is unusual in that every match score is added together to give the league positions, league points only coming into play if there is a tie. Just to show what can be done with a full team on home ground – Newquay & Par's 229½ points rocketed them from 21st in the league table to 5th!

Senior Women

100m: 1, S.Scott 12.7; 4, K.Delamos 14.4. 200m: 1, S.Scott

25.6; 2, K.Delamos 29.8. 400m: 5, J.Stone 69.9; 5, S.Stracey 70.4. 800m: 4, D.Hearn 2:48.6; 4, T.Sturton 2:49.4. 1500m: 5, D.Hearn 5:47.6; 4, C.Eastham 6:15.8. 3000m: 5, T.Sturton 13:04.7; 5, C.Eastham 13:19.6. 100mH: 3, J.Cockram 20.3; 4, J.Smiter 21.2. 400mH: 3, J.Stone 82.3; 4, J.Smiter 84.8. HJ: 3, J.Cockram 1.40; J.Smiter 1.30. LJ: 3, S.Stracey 4.65; 5, J.Cockram 4.15. TJ: 5, A.Patten 9.10; 2, J.Smiter 8.35. PV: 1, J.Cockram 2.40. SP: 2, A.Patten 8.80; 3, G.Porter 6.42. DT: 3, A.Patten 24.16; 3, G.Porter 19.32. JT: 2, G.Porter 26.30; 1, A.Patten 24.48. HT: 2, G.Porter 29.46; 1, A.Patten 23.10. 4x100m: 3, Belgrave (K.Delamos, S.Stracey, J.Smiter, S.Scott) 54.8. 4x400m: 4, Belgrave (T.Sturton, D.Hearn, J.Stone, S.Stracey) 4:51.7.

Under 17 Women

80mH: 5, D.Hearn 19.0.

Under 15 Girls

100m: 1, H.Payne 13.3; 3, H.Kingsnorth 15.2. 200m: 1, H.Payne 27.3; 2, J.Raji 28.8. 800m: 3, M.Simon 2:36.2; 3, R.Lester 2:51.2. 75mH: 4, R.Lester 17.7. HJ: 4, H.Kingsnorth 1.20; 2, R.Lester 1.20. LJ: 3, H.Payne 4.57; 4, J.Raji 2.94. SP: 4, H.Kingsnorth 6.68; 5, M.Simon 4.23. DT: 5, M.Simon 10.58; 3, J.Raji 9.92. 4x100m: dsq. Belgrave (H.Payne, M.Simon, J.Raji, R.Lester).

Teams: 1, Newquay & Par 229½; 2, North Devon 176; 3, Bexley Borough 142; 4, Belgrave 136½; 5, Richmond & Twickenham 127.

Ten wins from the Under 15's

MATCH 3, ST. ALBANS 7 JUN 1997

We are always used to seeing Team Manager Jacqui Smiter in action but the third meeting at St. Alban's saw Cynthia James also leading by example. Huge cheers accompanied her every throw in the hammer and they were points well earned because we became match winners again. Junior International Sarah Roberts boosted the points tally in the sprints and in the younger age group Marcella Simon had a great run in the 800 metres with Rebecca Lester picking up the 'B' event – both recorded best ever times. Good sprinting too from Joy Raji who gained her first ever win in Southern League competition. In fact our under 15's really did us proud and provided no less than ten wins on the afternoon. As a team we moved back into con-



Photo: Ray O'Donoghue

Debbie Hearn - just one of our girls who competed in every league match in 1997.

tention for promotion with 4th place in the league table.

Senior Women

100m: 3, S.Scott 12.6; 1, S.Roberts 12.7. 200m: 1, S.Scott 25.2; 1, S.Roberts 25.6. 400m: 4, D.Mukasa 66.8; 4, D.Hearn 72.7. 800m: 5, S.Symonds 2:46.3; 3, J.Stone 2:35.9; n/s S.Howard 2:46.6; C.Eastham 2:49.7. 1500m: 5, J.Oakley 5:15.9; 1, S.Symonds 5:42.0. 3000m: 3, J.Oakley 10:59.8; 3, T.Sturton 13:33.0. 100mH: 2, J.Cockram 18.6; 2, J.Stone 20.3. 400mH: 4, J.Stone 73.7; 1, D.Mukasa 74.1. HJ: 2, J.Cockram 1.50; 3, K.Delamos 1.35. LJ: 2, S.Scott 5.08; 2, S.Stracey 4.86. TJ: 3, A.Patten 9.57; 1, J.Smiter 8.71. PV: 1, J.Cockram 2.80. SP: 4, A.Patten 8.57; 4, Cynthia James 7.19. DT: 4, A.Patten 26.72; 5, J.Smiter 17.06. JT: 5, A.Patten 27.86; 4, J.Smiter 17.60. HT: 3, A.Patten 25.84; 3, Cynthia James 17.86. 4x100m: 2, Belgrave (D.Hearn, K.Delamos, S.Roberts, S.Scott) 51.4. 4x400m: 3, Belgrave (D.Mukasa, J.Stone, S.Stracey, S.Roberts) 4:25.2.

Under 17 Women

80mH: 4, D.Hearn 17.9; 4, K.Delamos 16.8.

Under 15 Girls

100m: 1, H.Payne 13.0; 1, B.Simon 13.5; n/s J.Raji 13.2; A.Sweeney-Low 14.6; G.Marek 14.9. P.Boakye 15.4; I.Powley 16.0. 200m: 3, H.Payne 27.4; 1, J.Raji 26.8. 800m: 1, M.Simon 2:29.6; 1, R.Lester 2:38.1. 1500m: 5, G.Marek 5:47.6; 4, K.Low 7:29.1. 75mH: 2, D.Briggs 13.0; 1, A.Sweeney-Low 14.2. HJ: 1, D.Briggs 1.42; 2, H.Kingsnorth 1.20. LJ: 1, H.Payne 4.71; 1, D.Briggs 4.71. SP: 3, B.Simon 7.19; 2, K.Low 6.28. DT: 3, I.Powley 16.05; 4, K.Low 14.20. JT: 4, I.Powley 18.34; 3, A.Sweeney-Low 10.12. 4x100m: 1, Belgrave (H.Payne, H.Kingsnorth, J.Raji, B.Simon) 53.4; n/s (M.Simon, P.Boakye, D.Briggs, R.Lester) 58.4.

Teams: 1, Belgrave 190; 2, Blackheath 174; 3, Worthing & Dist 171½; 4, Aldershot F&D 153; 5, St.Albans 135½.



Photo: Alan Mead

It's been fine Autumn for Gabby Collison. Coming off the track with a trio of sub-10 minutes 3,000m races and a 16:52.1 5,000m at Crawley in September, she then transferred her attentions to the road. The Great South Run at Portsmouth saw her unleash a marvellous 57:57 to remove over 2½ minutes from the Club Record for 10 miles and two weeks later her season's best for 10k came down to 35:50 at Basingstoke's Klix '6'. The AAA and Inter-County 10k Championship was held at Barnsley on November 2nd and representing Surrey she improved again to 35:22 for a superb 8th place in this top class race. A win at one of her local events at Preston Park came seven days later and was followed on November 16th by 1st place in the Brighton & Hove 10k in 34:46 – just 14 seconds short of her own and Belgrave's best ever performance set in 1995. Then on to the Victory '5' at Portsmouth where another of her marks from 1995 barely survived as she clocked 27:57 for the 5 mile course.

It's oh! so close at Oxford

MATCH 4, ABINGDON, 19 JUL 1997

The opposition in Oxfordshire for match four gave us a very close contest where just nine points covered the first three teams – and we ended up 2nd.

Yet again the sprints were our strong point, although on this occasions the times were down a little. The jumps, too, gave us some good scores with Julia Cockram taking the senior high jump and pole vault, Jacqui Smiter taking the 'B' high jump and Sabrina Scott notching up yet another long jump victory. Showing that it's not just the seniors who can leap, Hazel Kingsnorth and Rebecca Lester pulled off another double win in the under 15 long jump.

So, 2nd team on the day but we dropped a league position to 5th with just two matches to go.

Senior Women

100m: 2, S.Scott 13.0; 1, S.Roberts 13.0; n/s D.Kandaros 15.3. 200m: 1, S.Scott 26.1; 1, S.Roberts 26.2. 400m: 5, D.Mukasa 68.0; 5, T.Sturton 73.6. 800m: 5, J.Stone 2:39.1; 5, D.Hearn 2:46.9; n/s T.Sturton dnf. 1500m: 5, S.Howard 5:45.0; 4, C.Eastham 6:10.0. 3000m: 2, S.Symonds 12:34.5; 2, A.Hearn 13:04.0. 100mH: 3, J.Cockram 19.3; 2, J.Smiter 20.7. 400mH: 3, J.Stone 75.2; 1, D.Mukasa 77.7. HJ: 1, J.Cockram 1.50; 1, J.Smiter 1.45. LJ: 1, S.Scott 5.11; -, S.Stracey 3nj. TJ: 4, J.Cockram 9.34; 2, J.Smiter 9.30. PV: 1, J.Cockram 2.70. SP: 5, Cynthia James 6.99; 4, G.Porter 6.63. DT: 2, G.Porter 22.74; 3,

D.Kandaros 19.72. JT: 3, G.Porter 27.82; 2, J.Smiter 20.80. HT: 2, G.Porter 28.72; 3, Cynthia James 15.68. 4x100m: 2, Belgrave (D.Hearn, S.Roberts, S.Stracey, S.Scott) 53.3. 4x400m: 4, Belgrave (J.Stone, S.Stracey, S.Symonds, S.Roberts) 4:36.7.

Under 17 Women

80mH: 4, D.Hearn 18.0; 1, D.Kandaros 17.2.

Under 15 Girls

100m: 2, H.Payne 13.4; 2, B.Simon 14.0; n/s N.Richardson 15.6; U.Opara 15.8. 200m: 2, H.Payne 27.3; 1, R.Lester 28.6. 800m: 3, R.Lester 2:40.1; 2, C.Lourenco 3:15.9. 75mH: 5, U.Opara 20.0; 4, C.Lourenco 19.0. HJ: 3, H.Kingsnorth 1.30; 1, M.Nestor 1.25. LJ: 1, H.Kingsnorth 4.31; 1, R.Lester 3.98; n/s C.Lourenco 3.75; N.Boakye 3.50; N.Richardson 3.32. SP: 4, B.Simon 7.23; -, M.Nestor 3nt. DT: 5, M.Nestor 14.30; 5, N.Boakye 14.14. JT: 3, H.Payne 18.66; 5, N.Boakye 8.04. 4x100m: 2, Belgrave (R.Lester, H.Payne, H.Kingsnorth, B.Simon) 54.4; n/s (C.Lourenco, U.Opara, N.Boakye, M.Nestor) time not known.

Teams: 1, Ipswich 173; 2, Belgrave 168; 3, Radley Ladies 164; 4, Cambridge H 145; 5, Colchester 140.

MATCH 5, STEVENAGE, 2 AUG 1997

It was great to see Gabby Collison back in the team and running away from good class opposition in the 3000m to score a notable win while Judy Oakley made it a double for the Belles by taking 'B' race as well. But what we gained on the swings we lost on the roundabouts and we were not so strong this time in our normally high-scoring sprints. Apart from young Joy Raji that is, who is coming on in leaps and bounds and here raced away to a marvellous 100m/200m double in the girls' events. Another young lady catching the eye was Marcella Simon, winning again over 800m.

Herne Hill Harriers turned out a surprisingly strong team for this meeting (although they were unable to provide a single official of any description) and with the home club also at full strength we found ourselves 3rd at the end of the day but nevertheless moving up to 4th overall.

Senior Women

100m: 2, S.Scott 13.0; 5, K.Delamos 15.2; n/s D.Kandaros 14.6. 200m: 3, S.Scott 26.1; 4, K.Delamos 31.0. 400m: 4, D.Mukasa 70.0; 4, T.Sturton 74.3. 800m: 4, S.Howard 2:41.3; 4, A.Hearn 3:03.2. 1500m: 4, D.Hearn

5:23.9; 2, S.Symonds 5:34.1. 3000m: 1, G.Collison 9:57.6; 1, J.Oakley 11:08.2. 100mH: 3, G.Porter 20.7; 2, A.Patten 19.2. 400mH: 3, D.Mukasa 76.7; 3, J.Stone 80.7. HJ: 5, K.Delamos 1.35; 4, G.Porter 1.30. LJ: 4, A.Patten 4.27; 5, C.Eastham 3.15. TJ: 4, D.Mukasa 8.86; 4, C.Eastham 8.04. PV: 2, M.Jones 1.70. SP: 3, A.Patten 8.55; 3, D.Kandaros 6.62. DT: 4, A.Patten 25.66; 1, G.Porter 23.88. JT: 2, G.Porter 26.92; 1, A.Patten 20.98. HT: 2, G.Porter 28.78. 1, M.Jones 24.14. 4x100m: 4, Belgrave (D.Hearn, K.Delamos, D.Kandaros, S.Scott) 55.2. 4x400m: 4, Belgrave (J.Stone 69.5, T.Sturton 74.3, C.Eastham 74.3, G.Collison 64.3) 4:42.4.

Under 17 Women

80mH: 4, D.Hearn 17.3; 2, D.Kandaros 16.8.

Under 15 Girls

100m: 1, J.Raji 13.6; 2, Y.De Grath 14.6. 200m: 1, J.Raji 28.0; 1, R.Lester 28.5. 800m: 1, M.Simon 2:30.9; 1, R.Lester 2:44.9. 1500m: 3, G.Marek 6:42.5. 75mH: 5, M.Nestor 18.0; 2, G.Marek 16.5. HJ: 3, M.Nestor 1.25; 3, C.Lourenco 1.20. LJ: K.Frazer-Smith 4.13; 4, Y.De Grath 2.74. SP: 3, K.Frazer-Smith 7.59; 4, G.Marek 5.01. DT: 4, N.Boakye 14.82; 5, M.Simon 10.66. JT: 4, C.Lourenco 14.74; -. N.Boakye 3nt. 4x100m: 4, Belgrave (K.Frazer-Smith, R.Lester, Y. De Grath, J.Raji) 60.9; n/s (G.Marek, M.Nestor, M.Simon, N.Boakye 56.9.

Teams: 1, Herne Hill 207; 2, Stevenage 188; 3, Belgrave 162; 4, Hastings 143; 5, Tonbridge 90.

The match that never was

MATCH 6, BATTERSEA PARK 6 SEP 1997

Due back at home for the final fixture we felt that we had a great chance to show up well in a clash against a couple of other clubs that were also seeking promotion. However, with Diana, Princess of Wales', untimely death and her funeral arranged for this very date, virtually every other sporting event in the country was called off. We felt that it would be very insensitive to hold our meeting in Battersea Park – actually being used as an emergency parking area for those attending the funeral. The trouble was that with ourselves being in a promotion position already, cancelling the meeting could be seen by others as an easy way to avoid facing the other clubs in the league race.

The league organisers were particularly unfeeling and unhelpful, insisting that the meeting should go ahead. Alternatively, a couple of the clubs involved told us that they would not be coming anyway. With the BAF and SEAA unable to give a lead to the sport we took the decision ourselves to cancel the meeting. If the Women's Southern League said that we would forfeit promotion as a result then so be it – at least we would have done what we felt was right.

By the Thursday before the match, the intransigent WSL hierarchy eventually found themselves totally out of tune with the rest of the country and grudgingly decided themselves to cancel the last round of the league entirely. End of season results would stand as they were after the fifth round. We were up!

Women's Southern League Division 3 – 1997

1, Huntingdon	24	983
2, Boro' Enfield.....	21½	908
3, Worthing & Dist. 15½	897	
4, Belgrave H	19	.859½	
5, Herne Hill H	17	846
6, Blackheath H.....	18	.841½	
7, North Devon	16	.833½	
8, South London H..	19½	.821½	
9, Ipswich	19½	.811½	
10, Dartford	17½	799
11, Stevenage &NH ..	18½	796
12, Aldershot F&D	16	794
13, Highgate H	12	.791½	
14, Newquay & Par	11	784
15, Bexley Borough	13	778
16, Cambridge H	12	.748½	
17, Richmond & Twick 13	743	
18, Colchester &T	10½	737
19, Chelmsford	16	733
20, Southend-on-Sea	12	733
21, Radley	11	.727½	
22, St. Alban's	11	724
23, Hastings.....	11	720
24, Yeovil Olymp.	10½	716
25, Tonbridge	5	507

CLUB CHAMPIONSHIPS 1997

inc. BMC 800m Races and Invitation Events ~ Battersea Park ~ 15 June *

* 5000m 11 Jun., 10000m 10 Sep.

Senior Men

100m: 1, K.Adjepong 11.4; 2, D.Akinbogun 11.6; 3, W.Smith (U20M) 11.9; S.Booth (gst) 12.0; 5, M.Sparks (M40) 13.4.
200m: 1, K.Adjepong 23.1; 2, M.Peacock 23.3; 3, D.Akinbogun 23.3; 4, N.Molloy 24.5; 5, C.Husbands 26.5; 6, M.Sparks (M40) 27.1; 7, R.McMillan 27.7.
400m: 1, M.Peacock 51.0; 2, D.Akinbogun 52.0; 3, S.Smullen 56.9; 4, R.McMillan 63.5; 5, C.Boyd 68.6.
800m: 1, S.Smullen 2:06.6.
1500m: 1, R.Harding 4:28.7.
5000m: 1, P.Carstairs 16:08.2; 2, M Bizio 16:18.8; 3, M.Nouch 16:19.5; 4, C.Dickenson 16:26.2; 6, A.Binda 17:05.4; 7, L.Mann 21:46.9.
10000m: 1, J.Estall 32:05.7; 2, P.Carstairs 32:59.5; 3, C.Dickinson 33:02.4; 4, K.Quinn 33:22.0; 5, M.Nouch 33:37.7.
3000m Walk: 1, M.Dane 13:48.9; 2, G.Everett (gst) 13:53.4; 3, M.Graham (M45) 14:47.4; 4, C.Lawton (M45) 15:06.4; 5, P.Warburton (M45) 15:46.9; 6, D.Sharpe (M40) 16:14.3; 7, V.Scholier (gst) 16:14.4; 8, A.Scholier (gst) 19:21.9.
LJ: S.Hair (gst Australia) 7.76 (Ground Record); 1, W.Smith (U20M) 6.60. Previous record 7.38, D.Costello (Norfolk Olympiads) 31 Aug 1991.
TJ: 1, W.Smith (U20M) 12.21.
SP: 1, P.Lyttle 9.77; 2, B.Green 7.25; 3, S.Whorlow Snr. 6.88.
DT: 1, P.Lyttle 32.92; 2, B.Green 15.52; 3, S.Whorlow Snr. 15.24.
HT: 1, S.Whorlow Snr. 18.22; 2, B.Green 17.46.

Under 17 Men

100m: 1, N.Daniel 11.7; 2, D.Crook 13.5; 3, R.Metalle 13.8.
200m: 1, N.Daniel 23.5.
400m: 1, D.Crook 63.4.
800m: 1, R.Metalle 2:17.4.
1500m: 1, N.Freer 4:59.7.
100mH: 1, D.Crook 16.7.
400mH: 1, D.Crook 67.0.
3000m Walk: 1, N.Whorlow 13:43.7.
HJ: 1, D.Crook 1.50.
LJ: 1, D.Crook 5.26.
TJ: 1, D.Crook 10.71.
SP: 1, G.Urquhart 9.28; 2, D.Blown 8.85; 3, N.Whorlow 8.40.
DT: 1, G.Urquhart 35.04; 2, D.Blown 26.78; 3, N.Whorlow 23.72.
JT: 1, A.Stanley-Clarke 52.70.
HT: 1, G.Urquhart 29.92; 2, N.Whorlow 22.94.

Under 15 Boys

100m: 1, C.Alexander 12.2; 2, M.Sparks 12.3; 3, A.Mian 12.7; 4, A.Gilbert 12.9; 5, A.Agyekum 15.1.
200m: 1, M.Sparks 24.9; 2, A.Gilbert 26.9; dnf, C.Alexander.
400m: 1, A.Lambert 55.4; 2, P.Graham (U13B) 73.4; dnf S.Whorlow (U13B).
800m: 1, A.Agyekum 2:29.1; 4, K.Baker 2:29.6.
80mH: 1, B.Asante 16.8; 2, A.Agyekum 17.4.
HJ: 1, A.Lambert 1.50; 2, B.Asante 1.35; =3, A.Agyekum 1.10, B.Amofa 1.10.
LJ: 1, M.Sparks 5.43; 2, C.Alexander 5.30; 3, A.Gilbert 4.84; 4, B.Asante 4.65.
SP: 1, B.Amofa 6.77; 2, K.Baker 6.34; 3, A.Agyekum 4.87; 4, B.Asante 4.43.
DT: 1, B.Amofa 19.96; 2, S.Whorlow Jnr (U13B) 12.40.
JT: 1, B.Amofa 15.82; 2, A.Agyekum 11.48.
HT: 1, K.Baker 14.18.

Under 13 Boys

2000m Walk: 1, P.Graham 11:00.3; 2, S.Whorlow 12:40.6; K.Baker (U15B) 12:43.3.
SP: 1, S.Whorlow, Snr. 4.93.

Senior Women

100m: N.Peris (gst Australia) 11.9; 1, S.Howard 15.8.
200m: N.Peris (gst Australia) 23.9.
800m: 1, T.Sturton (U20W) 2:45.1; 2, C.Eastham 2:52.7.
400mH: 1, S.Howard 80.6.
LJ: 1, A.Abrams 5.27; 2, D.Mukasa 3.99; 3, C.Eastham 3.65; 4, T.Sturton 3.60.
TJ: 1, D.Mukasa 9.16; 2, C.Eastham 8.24; 3, S.Howard 7.35.
SP: 1, Cindy James 8.95; 2, Cynthia James (W50) 6.95.
DT: 1, Cindy James 27.94; 2, Cynthia James (W50) 19.48; 3, S.Howard 14.92.

Under 17 Women

1500m: 1, D.Hearn 5:43.1.
100mH: 1, D.Hearn 21.7.
LJ: 1, D.Hearn 3.68.

Under 15 Girls

100m: 1, H.Payne 13.1.
200m: 1, H.Payne 27.4.
3000m Walk: 1, L.Fryer 17:32.0.
SP: 1, L.Fryer 7.01.
DT: 1, L.Fryer 14.58.

Under 13 Girls

100m: M.Nester 14.5; 2, G.Marek 14.8; 3, D.Johnson 16.8; 4, S.Lubbock 17.3.
200m: 1, M.Nester 30.9; 2, G.Marek 31.0; 3, D.Johnson 37.5; 4,

S.Lubbock 37.8.
800m: 1, A.Ragouzardis 2:57.8.
2000m Walk: 1, L.Asling 13:59.6.
LJ: 1, L.Asling 3.19; 2, S.Lubbock 3.15; 3, D.Johnson 3.03.
HJ: 1, G.Marek 1.15; 2, S.Lubbock 1.05.

Invitation 400m: 1, K.Ochieng (Nigeria) 45.8 (Ground Record); 2, D.Donovan (Team Solent) 48.7; 3, S.Booth (gst) 53.7. Previous record 47.7, A.Walker, Edinburgh SH, 23 Aug 1986.

BMC 800m A: 1, P.Ndururi (Kenya) 1:45.2 (Ground Record); 2, R.Kibet (Kenya) 1:46.2; 3, B.Kisilu (Kenya) 1:46.8; 4, A.Hart (Coventry) 1:46.8; 5, K.McKay (Sale) 1:47.2; 6, T.Whiteman (GEC) 1:47.7; 7, J.Swift-Smith (Shaftesbury Barnet) 1:48.4; 8, G.Cuddy (Sale) 1:48.7; 9, T.Lerwill (Belgrave) 1:49.1; 10, A.Chirchir (Kenya) 1:49.3; 11, A.Young (Loughborough) 1:49.9; 12, C.Gilby (Belgrave) 1:50.5. Time at 400m 50.7, pacemaker leading. Previous record 1:46.4, J.Gladwin (Belgrave) 23 Aug 1986.

BMC 800m B: 1, N.Kirk 1:49.8; 2, J.Thompson 1:50.3; 3, M.Kloiber (Belgrave) 1:50.3; 4, D.Hall 1:50.6; 5, M.Forder 1:50.7; 6, R.Ashe 1:51.5; 7, N.Benton 1:52.7; 8, ? 1:53.0. Time at 400m 53.3, pacemaker leading.

BMC 800m C: 1, S.Crowe 1:55.4; 2, L.Ramsey 1:55.7; 3, T.Johnson 1:56.1; 4, A.Wray 1:56.3; 5, K.Worlock 1:56.9; 6, C.Godfrey 1:57.4; 7, M.Anderson (Belgrave) 1:58.2; 8, C.Jones 1:59.1. Time at 400m: 56.3, Johnson leading.

BMC Women's 800m: 1, N.Andrews (Shaftesbury B) 2:10.2; 2, O.Vertsa (R. South Africa) 2:11.5; 3, K.Nott (Cambridge H) 2:15.0. Time at 400m: 59.1 pacemaker leading.

Invitation 1500m: 1, N.Comerford (Cardiff) 3:43.4 (Ground Record); 2, A.Passey (Bromsgrove/Belgrave) 3:44.5; 3, K.Cullen (Chelmsford) 3:46.1; 4, J.Mills (Chelmsford) 3:46.6; 5, S.Sharp (Hillingdon) 3:46.9; 6, J.Verster (S.Africa) 3:48.0; 7, N.Raamala (S.Africa) 3:48.6; 8, P.Drake (BAC) 3:50.1; 9, J.Beceage (Kingston & Poly) 3:50.6; 10, R.Simon (Cardiff) 3:52.0; 11, C.Keelong (Kenya) 3:52.2; 12, S.Snow (Highgate) 3:55.9; 13, P.McCartney (Sale) 4:03.3; 14, J.Winey (L.Irish) 4:06.0. Previous record 3:45.74, A.Bunce (New Zealand) 10 Jul 1989. Times at: 300m 42.6 pacemaker leading; 700m 1:44.7 Keelong; 1100m 2:47.5 Passey.

It's four in a row for the "Rosenheimers"

The Rosenheim Plate came Belgrave's way for a fourth consecutive year but our winning streak came to an end after 15 matches during torrential rain at Tooting.

For match one at Battersea it was as you were in '96, '95 and '94 as our talented Juniors racked up some startling performances. Jon Squirrell was our nominated scorer in the 400m hurdles, the very first event, and his 56.4 was more than good enough to take top points but running as a non-scorer our second-claimer Ruben Tabares had already got home to clock 54.8, reducing the league record by 3 tenths. Marlon Dickson's 10.7 and James Hilston's 21.9 in the sprints were also superb in the cold conditions; unfortunately both were to suffer from injury as the season progressed.

Other wins came from Wesley Smith in the triple jump and Jamie Webb in the pole vault while Richard David cracked the 50 second mark in his first one-lap run of the year.

It was a lot closer at Tooting for match two where Herne Hill equalled our score on the track but lost seven points to us on the field where Samson Oni, Wesley Smith and veteran Mike Small each won their events. The 3,000 metres, while not giving us a win, did bring much pleasure as under-20s Amir Becirhodzic and Kevin Quinn turned in a couple of handy times.

No league records but Alan Painter decimated our own M50 best ever performance. Just one week into the age-group his sub-2:15 for the 800m reduced the previous mark by 10 seconds. Two matches gone, two wins and a two point gap over Herne Hill; the pattern for the season had been set.

Croydon is probably our least popular venue in this league and for the first time in a good while we were unable to cover every event when we failed to unearth anyone prepared to tackle ten flights of high hurdles.

One man who never fails to turn out when he gets the chance is vaulter Jamie Webb. In unhelpful conditions Jamie at last managed to sail over the 4.60 mark he has been attacking for so long. Both Wesley Smith and James Hilston were event winners for the third meeting in a row - as were our relay runners.

Sutton & District and Croydon both surprised by getting up to second and third team positions and with Herne Hill coming in last, our Eastern Division lead suddenly opened right out to a 7 point margin.

Match four was enlivened by the appearance of a guesting team of Indian internationals. Junior Galley had a most uncomfortable 1500m run when he found himself being overtaken by Rosa Kutty with just over a lap to go. She was intent on setting a ground record while Junior had a battle on his hands to avoid being beaten by a woman. On this occasion there was no question of "ladies first" as Junior outkicked her down the straight.

It was an unusual match for the Bels. Not so strong as usual in the sprints we were nevertheless tremendously boosted in the other events as all-rounder Simon Shirley won shot, long jump and javelin, Gary Staines made the 3,000m his own, British League regular Richard



Eighteen year-old Kevin Quinn continues to carve a niche for himself. 1997 saw him competing in Southern Men's, National Junior, and Rosenheim Leagues. He is the Junior Men's Cross Country Champion and he has already been voted the 1998 Junior Men's T&F Captain.

Aspen took care of the high jump (but couldn't equal 400m man James Hilston's league high jump record) and Ruben Tabares took the 400m hurdles record down another peg to 54.2. Matt Yates tore the 800m field apart with a solo 1:50.7 and another league record came from Linda Staines in the 400m.

In spite of this onslaught our winning margin was only nine points.

Only two event winners at Sutton's ground but plenty of second places meant that we were up to fifteen wins in a row. It was getting closer all the time though as Herne Hill picked up their fourth runners-up spot

and the other clubs battled for the remaining two places in the final.

Noel Levy (400m) and Jamie Webb again were our winners but Dotun Akinbogun shone in the 100m and non-scoring 400m where he and Joe Panton were neck and neck all down the finish straight. There was a nice little posse of 3k men out and we must mention Mike Small; where would we be in this league if it was not for our big veteran thrower turning out every single time.

At last it happened. We were beaten. In monsoon-like conditions there seemed to be some consideration as to whether the match should be held at all. But with Hercules Wimbledon lying in 5th place in the league and currently out of the final, they desperately wanted to get back on terms with Croydon and Sutton & District who were just ahead of them. With the track and high jump fan awash the meet went on! Our own

in the final for a good spell. For the Bels. there were also good signs as two 16 year-olds won their events: Roy Hart, long jump, and Antony Stanley-Clarke, javelin. We look forward to many more points from them over the years.

And so to the final. Ruben Tabares set the ball rolling with his third league record of the season - 54.0 - and from there on it was a run away victory. Back from injury came Marlon Dickson for a 100m/200m double, Michael Peacock came good in the 400m and Clive Gilby made a successful track debut in the two-lap race. Darren Thompson and Jamie Webb had big wins in long jump and pole vault and Antony Stanley-Clarke just missed 50 metres with the senior men's javelin.

To round off a memorable victory the sprinters then turned on a performance which stood up as the third fastest in the country for 1997.

MATCH 1, BATTERSEA PARK 21 MAY 1997

100m: 1, M.Dickson 10.7; n/s J/Hilston 10.9. n/s a 2, K.Adjepong 11.3; 5, A.Daniel 11.9. n/s b 2, W.Smith 12.1; 6, C.Manning 19.6. 200m: n/s J.Hilston 21.9; 2, M.Dickson 22.1. n/s 1, K.Adjepong 23.2; 2, C.Edozie 23.7; 4, M.Peacock 24.0. 400m: 2, R.David 49.6. 800m: 2, A.Becirhodzic 2:01.0. 1500m: 4, S.Smullen 4:24.2; dnf M.Manning. 3000m: 4, S.Chettati 9:19.1; n/s M.Bizio dnf. 400mH: n/s R.Tabares 54.8; 1, J.Squirrell 56.4. TJ: 1, W.Smith 11.80. PV: 1, J.Webb 4.20. DT: 2, M.Small 38.84; n/s 1kg Gail Porter 22.14. HT: 2, M.Small 43.68; n/s 4kg Gail Porter 30.08. 4x200m: 1, Belgrave (C.Edozie, J.Webb, A.Daniel, R.David) 1:35.2.

Teams: 1, Belgrave 62; 2, Herne Hill 50; 3, South London 34; =4, Hercules Wimbledon, Sutton & Dist. 27; 6, Croydon 22.

MATCH 2, TOOTING 4 JUN 1997

100m: 2, R.David 11.2; n/s (b) 3, K.Adjepong 11.5; 4, D.Akinbogun 11.8; 6, J.Tuson 12.0; n/s (c) 7, C.Manning 20.1. 200m: 1, J.Hilston 22.3; n/s (a) 1, R.David 22.3; 3, K.Adjepong 23.1; 5, D.Akinbogun 23.5; n/s (b) 2, J.Tuson 23.5; 6, C.Manning 42.2. 400m: 2, J.Panton 52.6; n/s M.Peacock 52.7. 800m: 4, S.Smullen 2:05.2; n/s 3, A.Painter 2:14.4; 4, D.Clack 2:14.5. 1500m: 5, M.Bizio 4:32.1. 3000m: 3, A.Becirhodzic 8:53.3; n/s K.Quinn 8:55.2; P.Carstairs 9:13.9; J.Galvan 9:16.3; S.Smullen 9:50.7; R.Bale 11:12.0. 2000mSC: 2, M.Bizio 6:42.7. HJ: 1, S.Oni 1.90. LJ: 1, W.Smith 6.26. SP: 1, M.Small 12.67; n/s P.Lyttle 10.56. JT: 3, M.Small 41.50. 4x200m: 1, Belgrave



Track & Field - Rosenheim League

(D.Akinbogun, J.Panton, R.David, J.Hilston) 1:31.1.

Teams: 1, Belgrave 58; 2, Herne Hill 51; 3, Croydon 40; 4, Sutton & Dist. 37; 5, Hercules Wimbledon 29; 6, South London 26.

MATCH 3, CROYDON 18 JUN 1997

100m: 1, J.Hilston 11.2; n/s a 1, S.Scott 11.5; 2, D.Akinbogun 11.8; 3, L.Campbell 11.8; 4, W.Smith 11.8; n/s b 1, K.Adjepong 11.7; 4, B.Mensah 12.1; 6, C.Manning 19.3. 200m: 4, B.Williams 23.2; n/s 1, K.Adjepong 24.0; 2, B.Mensah 24.3. 400m: 2, M.Peacock 52.5. 800m: 2, S.Smullen 2:05.5. 1500m: 3, J.Galley 4:25.9. 3000m: 2, M.Bizio 9:09.4; n/s C.Dickinson 9:36.9. TJ: 1, W.Smith 12.58. PV: 1, J.Webb 4.60. DT: 3, M.Small 40.10. HT: 2, M.Small 43.02. 4x200m: 1, Belgrave (J.Hilston, D.Akinbogun, B.Mensah, W.Smith) 1:34.3.

Teams: 1, Belgrave 55; 2, Sutton & Dist. 48; 3, Croydon 45; 4, South London 33; 5, Hercules Wimb. 26; 6, Herne Hill 22.

MATCH 4, TOOTING 2 JULY 1997

100m: 6, B.Mensah 11.9; n/s 1 4, M.Peacock 11.9; n/s 2 1, D.Akinbogun 11.5; 3, S.Shirley 11.7; 6, C.Manning (M65) 18.9. 200m: 5, B.Mensah 24.5; n/s 1, M.Peacock 23.6. 400m: 1, J.Panton 52.2; n/s L.Staines (W) 55.1. n/s 1 1, D.Akinbogun 52.6; 5, R.McMillan 64.8. 800m: 1, M.Yates 1:50.7; n/s 3, S.Smullen 2:05.8. 1500m: 4, J.Galley 4:15.9. 3000m: 1, G.Staines 8:16.2; n/s B.Barton 9:17.4; J.Galvan 9:27.2. 400mH: 1, R.Tabares 54.2 (League Record). HJ: 1, R.Aspden 1.95; n/s S.Shirley 1.90; S.Oni (U17M) 1.90. LJ: 1, S.Shirley 6.70. SP: 1, S.Shirley 14.18. JT: 1, S.Shirley 50.58. 4x200m: 2, Belgrave (J.Panton, B.Mensah, M.Peacock, D.Akinbogun) 1:34.8.

Teams: 1, Belgrave 59; 2, Herne Hill 50; 3, Croydon 45; 4, Hercules Wimbledon 36; 5, Sutton & Dist. 26; 6, South London 25.

MATCH 5, SUTTON ARENA 16 JUL 1997

100m: 2, D.Akinbogun 11.2; n/s C.Manning (M65) 18.4. 200m: 4, M.Peacock 23.6; n/s N.Levy 24.3. 400m: 1, N.Levy 49.5; n/s J.Panton 51.3; D.Akinbogun 51.4; R.McMillan 62.5. 800m: 2, K.Quinn 2:01.2; n/s S.Smullen 2:05.8. 1500m: 2, J.Galley 4:21.2; n/s D.Beaver 4:24.2. 3000m: 3, M.Bizio 9:03.9; n/s R.Foley 9:07.1; S.Fowler 9:14.0; B.Barton 9:15.7. 2000mSC: 2, J.Galley 6:40.3. TJ: 2, M.George 13.39; n/s J.Druce 11.91. PV: 1, J.Webb 4.30. DT: 3, M.Small 40.46. HT: 2, M.Small 43.88. 4x200m: 3, Belgrave 1:35.2.

ROSENHEIM LEAGUE RECORDS 1997

Men

100m	10.6	Martin Giraud	Hercules Wimbledon AC	E	Tooting Bec	31 May 1995
200m	21.5	Phil Goedluck	Belgrave H	E	Tooting Bec	23 Aug 1995
400m:	47.8	David Simpson	Croydon H	E	Tooting Bec	21 Aug 1991
800m	1:50.1	Matthew Yates	Belgrave H	E†	Kingsmeadow	29 May 1996
1500m	3:47.7	Ken Penney	Croydon H	E	Tooting Bec	8 Jun 1988
3000m	7:59.0	Jon Solly	Herne Hill H	E	Tooting Bec	1 Aug 1990
110m Hurdles	14.9	Clarence Allen	Herne Hill H	E	Tooting Bec	27 Jul 1994
		Clarence Allen	Herne Hill H	E	Wimbledon Park	12 Jun 1996
400m Hurdles	54.0	Ruben Tabares	Belgrave H	E	Tooting Bec	20 Aug 1997
2000m S'chase	5:51.9	Tom Conlon	Herne Hill H	E	Tooting Bec	18 Aug 1988
4x200m Relay	1:27.7		Croydon H	E	Tooting Bec	19 Aug 1987
High Jump	2.00m	Marlon Huggins	Hercules Wimbledon AC	E	Tooting Bec	19 Aug 1992
		Chris Cornwell	Kingston & Poly H	W	Kingsmeadow	5 Jul 1989
		Warren Caswell	British Airways	W	Walton	29 May 1996
		James Hilston	Belgrave H	E	Tooting Bec	21 Aug 1996
		John Shepherd	Mitcham & Sutton AC ‡	E	Tooting Bec	18 Aug 1988
Long Jump	7.38m	Ademola Oyediran	Herne Hill H	E	Tooting Bec	16 Aug 1989
Triple Jump	15.34m	Mike Edwards Snr	Belgrave	E	Battersea Park	15 May 1996
Pole Vault	5.45m	Paul Edwards	Walton AC	W	Walton	3 Jun 1992
Shot Putt	18.91m	Nick Woolcott	British Airways	W	Kingsmeadow	15 Jun 1994
Discus Throw	51.14m	Mark Francis	Sutton & District AC	E	Tooting Bec	20 Aug 1997
Javelin Throw	62.94m	Gareth Cook	Mitcham & Sutton AC ‡	E	Tooting Bec	18 Jul 1990
Hammer Throw	64.32m					

Women

100m	11.9	Christine Bloomfield	Herne Hill H	E	Tooting Bec	19 Aug 1992
200m	24.2	Christine Bloomfield	Herne Hill H	E	Tooting Bec	19 Aug 1992
400m	55.1	Linda Staines	Belgrave H	E	Tooting Bec	2 Jul 1997
800m	2:11.0	Jeina Mitchell	Croydon H	E	Tooting Bec	19 Aug 1992
1500m	4:27.4	Zahara Hyde	Woking AC	W†	Tooting Bec	13 Jul 1988
3000m	9:36.3	Zahara Hyde	Woking AC	W†	Tooting Bec	4 Jun 1997
400m Hurdles	56.1	Gowry Retchakan	Herne Hill H	E	Tooting Bec	4 Jun 1997
4x200m Relay	1:42.0		Walton AC	W	Kingsmeadow	31 May 1995
High Jump	1.85m	Julia Bennett	Epsom & Ewell H	W	Tooting Bec	22 Aug 1990
Long Jump	5.75m	Elizabeth Ghojefa	Epsom & Ewell H	W	Tooting Bec	21 Aug 1991
Triple Jump	12.34m	Elizabeth Ghojefa	Epsom & Ewell H	W†	Tooting Bec	15 Jul 1992
Pole Vault	3.00m	Susan Drummie	Belgrave H	E	Tooting Bec	14 Jun 1995
Shot Putt	17.45m	Judith Oakes	Croydon H	E	Crystal Palace	1 Jun 1994
Discus Throw	46.18m	Sarah Winckless	Epsom & Ewell H	W	Tooting Bec	19 Aug 1992
Javelin Throw	47.46m	Scholastica Mujawamaria	Hercules Wimbledon AC	E	Tooting Bec	22 Aug 1991
Hammer Throw	49.82m	Janet Smith	British Airways	W	Kingsmeadow	21 May 1997

E = Eastern Division, W = Western Division.

E† = Eastern Division athlete competing as a guest in Western Division.

W† = Western Division athlete competing as a guest in Eastern Division.

‡ = Mitcham & Sutton AC is now Sutton & District AC

Compiled by Peter Mulholland and Dave Cocksedge

Teams: 1, Belgrave 57; 2, Herne Hill 51; 3, Hercules Wimbledon 42; 4, Sutton & Dist 41; 5, Croydon 38; 6, South London 12.

MATCH 6, TOOTING 6 AUG 1997

100m: 2, D.Akinbogun 11.5; n/s a B.Mensah 11.8; b 6, C.Manning M65 19.2. 200m: n/s 3, R.Hart (U17) 23.8; 4, B.Mensah 25.0. 400m: 3, J.Panton (U20) 50.9; n/s 4, R.McMillan 61.8. 800m: BMC 6, M.Anderson 1:56.9. 1500m: 2, J.Galley 4:19.4; n/s A.Painter (M40) 5:02.2. 3000m: 4, B.Barton 9:31.3. LJ: 1, R.Hart (U17) 5.77. SP: 1, M.Small (M40) 12.22. JT: 1, A.Stanley-Clarke (U17) 46.86; n/s M.Small (M40) 37.98.

Teams: 1, Hercules Wimbledon 52; 2, Sutton & Dist 42; 3, Croydon 39; 4, Herne Hill 38; 5, Belgrave 35; 6, South London 27.

ROSENHEIM LEAGUE FINAL TOOTING, 20 AUG 1997

100m: 1, M.Dickson (U20) 10.9; n/s 2, D.Akinbogun 11.4; 5, B.Mensah 11.5; 6, M.Peacock 11.7. 200m: 1, M.Dickson (U20) 21.6; n/s a 2, D.Akinbogun 23.2; b 2, B.Mensah 23.6. 400m: 1, M.Peacock 50.6; n/s 1, J.Panton 51.4; 6, R.McMillan 61.4. 800m: 1, C.Gilby 1:54.5; n/s S.Smullen 2:06.1; BMC 3, M.Kloiber 1:49.8. 1500m: 2, M.Anderson 4:04.5. 3000m: 5, P.Carstairs 9:13.2; n/s 3, K.Quinn (U20) 9:04.4; 14, D.Anderson (M40) 10:13.5. 400mH: 1, R.Tabares (U20M) 54.0 (record). LJ: 1, D.Thompson (U20) 6.90. PV: 1, J.Webb 4.50. SP: 4, M.Small (M40) 12.20. JT: 2, A.Stanley-Clarke (U17) 49.76. 4x200m: 1, Belgrave (M.Peacock, D.Akinbogun, J.Panton U20, M.Parper U20) 1:30.2.

Rosenheim League Eastern Division 1997

1, Belgrave H 326 32
2, Herne Hill H 263 24
3, Sutton & Dist AC 221	.. 19½
4, Hercules Wimb. AC 212	.. 19½
5, Croydon H 229 19
6, South London 127 11

Rosenheim League Final 1997

1, Belgrave H 102
2, Herne Hill H 71
3, Sutton & Distr. AC 65
4, Walton AC 63
5, Hercules Wimbledon AC 59
6, Kingston & Poly. H 40
7, Bank of England 36
8, Epsom & Ewell H 15

**COUNTY CHAMPIONSHIPS
10-11 MAY**

The County Championships were held in blustery conditions right across the country. At Surrey the gusts were so strong that the pole vault standards were blown down several times and at Basildon Jason Fergus had to battle a 5.2 metre headwind as well as the opposition to take the 200m.

There's some good 400 metre talent in Wales these days. Darrell Maynard took advantage of Jamie Baulch going for a 100/200 double and picked up a nice little win over one lap for a change. The real 400m fireworks were at the "Surreys", however. Belgrave young guns Michael Parper and James Hilston disdainfully ignored their own junior age group and went for the senior men's 400 metres race. Michael came out on top and in spite of the atrocious conditions equalled the championship best and raced to a Euro Junior and Euro U23 Champs qualifying time, beating Tom Lerwill's U20 Club Record along the way.

Lee Newman found the form of his life at Crystal Palace, spinning the discus out to 60.48 to break John Hillier's 21 year-old Kent County record of 56.46 and top Abi Ekoku's Belgrave best by 40cm. Meanwhile, down at Crawley, what a super triple from Nick Dawson - obviously heading for a fine season.

Buckinghamshire at Milton Keynes
400mH: 1, M.Douglas 55.9; LJ: 1, M.Douglas 6.87.

Essex at Basildon.
100m: (-3.4) 2, J.Fergus 10.9.
200m: (-5.1) 1, J.Fergus 22.6.

Gloucestershire
U20W 200m: 1, S.Roberts 25.7.

Gtr. Manchester at Stretford
3000mSC: 1, L.Hurst 9:06.

Gwent at Cwmbran
400m: 1, D.Maynard 49.6.

Herefordshire at Hereford
100m: 1, K.Pereira 13.5. TJ: 1, K.Pereira 12.81.

Kent at Crystal Palace
400m: 3, C.Gilbey 49.9. 10000m (18th Jun at Bromley) 2, P. Carstairs 32:56.6. 110mH: 2, N.Cooper 15.48. 400mH: J.Squirrel 57.15. SP: 1, L.Newman 17.32. DT: 1, L.Newman 60.48 (CBP). HT: 2, J.Uquhart 57.20.

U20M 200m: 1, R.Tabares 22.64. 400mH: 1, R.Tabares 55.13. U17M 200m: 1, N.Daniel 23.80. 400m: 2, N.Daniel 52.5. DT: G.Urquhart 38.?

Middlesex at Enfield
400m: G.Dearman 47.8. 110mH: 2, S.Scott 15.5. U17M 100m: M.Sparks 12.4. 200m: M.Sparks 24.9.

Surrey at Wimbledon Park, 10th (a) 11th May (b)
SM 100m: b sf D.Akinbogun 11.7 (+0.7); C.Edozie 11.4 (-2.1) ht 11.2 (+4.7); hts S.Shirley 12.1 (+0.9). 200m: a (+0.8) 2, P.Goedluck 22.0. 400m: b 1, M.Parper 47.2 (=CBP); 3, J.Hilston 48.3. 5000m: a 3, R.Alsop 15:04.2; 5, S.Chettati 16:01.1; 9, S.Fowler 16:32.0. HJ: a 2, R.Aspden 2.00. LJ: 4, S.Shirley 6.63. PV: 2, J.Webb 4.20. U20M 400m: a 1, D.Gezgin 51.7. 3000m: b 2, K.Quinn 9:17.2. U17M 100m: b (+0.4) 2, C.Lambert 11.1; 5, R.Danso 11.8. 200m: a (-2.3) 1, C.Lambert 22.6; 3, R.Hart 23.5. LJ: 1, R.Danso 6.65 (CBP).

Sussex at Crawley
U20M 100m: (-3.5) 1, N.Dawson 11.32. 200m: (-1.9) 1, N.Dawson 21.9 (CBP). 400m: 1, N.Dawson 49.37.

Wiltshire at Swindon
400m: 1, M.Kloiber 50.2.

Yorkshire at Cudworth
200m: 1, C.Rawlinson 22.5. 110mH: 1, C.Rawlinson 15.87.



Above: The Rosenheim League Final and Clive Gilby flows away from the 800m field to win in 1:54.5

SCVAC VETERANS' T&F LEAGUE

1997 was a far cry from our first days in the SCVAC League when we carried away the Trophy as top men's Veteran T&F Team in the South and our women also made the final. We still have many veteran athletes among our numbers but now seem to be unable to get them to commit themselves to the four matches that make up this league. In common with the senior Southern League we have to face the handicap of going into every match almost completely without male middle distance runners. An additional problem has been the need to travel to Colindale and Harrow for a 6:30pm start after work - in fact no-one bothered at all for the latter fixture.

Next season should be different. Hercules Wimbledon, Herne Hill and ourselves each stated our intention not to go so far afield in future, even if it meant withdrawing from the League and forming our own competition. The result has been that our Mid-London Division will now have all four matches at Battersea which should make things considerably easier. Serpentine Runners and Met. Police are both happy with the idea while Parkside Harrow have gone into another division. We have two new Team Managers in Maureen Jones and Terry Lawton. In fact Maureen has already been busy spending the winter rounding up likely competitors. You never know, Serpentine Runners might even get a bit of competition this time round.

**MATCH 1, BATTERSEA PARK
28 APR 1997**

Men Over 40
100m: dnf R.Bridges. 400m: 6, D.Anderson 67.2; B.Laverick (Serp) 61.2. 1500m: 2, P.Gilbey 4:32.9; 3, D.Anderson 4:48.5; n/s A.Painter 5:00.2; D.Clack 5:01.2. HJ: 2, B.Laverick (Serp) 1.50. SP: 1, M.Small 11.48; 2, B.Laverick (Serp) 7.69. HT: 1, M.Small 42.14; n/s R.Bridges 23.78. 2000m Walk: 3, M.Graham 10:20. 4x100m: 5, Belgrave (P.Gilbey, M.Small, D.Anderson, S.Brooks) 57.9.

Men Over 50
1, S.Brooks 13.0; n/s C.Manning 20.5. 400m: 2, S.Brooks 64.2. 1500m: 4, A.Stone 5:37.6. HJ: 1, S.Brooks 1.45. SP: 1, S.Brooks 10.81. HT: 3, J.Jeffery 7.80.

Women Over 35
100m: 1, K.Hagger 13.4. 2000m Walk: 1, S.Porter 12:21. HJ: 1, K.Hagger 1.60; TJ: 1, K.Hagger 10.26. SP: 3, K.Hagger 9.68. HT: 4, M.Jones 17.84

Women Over 50
2000m Walk: 2, C.James 15:27. HJ: 1, M.Jones 1.10. SP: 1, C.James 7.91.

Women Over 60
HT: 1, B.Dunsford 19.16.

**MATCH 2, BATTERSEA PARK
19 MAY 1997**

Men Over 40
800m: 3, A.Painter 2:19.0; 3, D.Clack 2:17.1. 2000mSC: 1, P.Gilbey 6:49.0. LJ: 5, P.Gilbey 3.70. TJ: 5, M.Lyons 7.10. PV: 3, M.Lyons 2.40. DT: 1, M.Small 39.68.

Men Over 50
200m: 2, S.Brooks 28.2; n/s C.Manning 43.0. 800m: 2, J.Garber 2:28.8. LJ: 1, C.Brooks 5.01. TJ: 1, S.Brooks 9.89. PV: 1, S.Brooks 2.80. DT: 1, S.Brooks 32.38.

Teams: 1, Serpentine 130; =2, Belgrave & Met. Police 88; 4, Hercules Wimbledon 81; 5, Herne Hill 56.

Women Over 35
200m: 1, K.Hagger 28.4. LJ: 1, K.Hagger 5.69. DT: 2, K.Hagger 29.02. JT: 2, K.Hagger 27.20.

Women Over 50
200m: 1, M.Jones 38.7. 800m: 2, M.Jones 4:23.5. LJ: 1, M.Jones 2.74. DT: 1, C.James 18.36. JT: 1, M.Jones 16.54.
Teams: 1, Serpentine 97; 2, Belgrave 69; 3, Parkside 14.

**MATCH 3, COLINDALE
16 JUN 1997**

Men Over 40
100m: 2, M.Sparks 13.3; 4, C.Manning (M65) 19.5. 400m: 3, M.Sparks 61.8. SP: 1, M.Small 11.62. JT: 1, M.Small 39.92. HT: 1, M.Small 40.26.

Men Over 50
100m: 1, S.Brooks 13.6. 400m: 1, S.Brooks 63.6. 1500m: 3, A.Stone 5:44.7. 3000m: 2, A.Stone 12:27.2. SP: 1, S.Brooks 10.17. JT: 1, S.Brooks 38.34.

Teams: 1, Serpentine 149; 2, Met. Police 133; 3, Belgrave 95; 4, Harrow 80; 5, Hercules Wimbledon 39; 6, Herne Hill 15.

Women's results not received.

**MATCH 4, HARROW,
8 JUL 1997**

No Belgrave competitors turned up.

Mike in good shape

M40 Mike Small is wintering well. At Crystal Palace at the beginning of February he sent the 7.26kg shot out to 13.07 to place 2nd in the SCVAC Indoor Champs. - better than he achieved all last summer outdoors. He's regularly been hitting 44-45 metres with the hammer in training and has bench pressed his best for 10 years - 5 times over 300 lbs.

Track & Field - Domestic Results Roundup

January 1997

- 11 Crystal Palace, Puma GP. U17M TJ: J.Tuson 12.45.
18 Bedford, SEAA, HJ: 1, R.Aspden 2.10. SP: 1, L.Newman 17.67.
19 Horsham, SEAA. PV: 4, J.Webb 4.00.

February 1997

- 1 Crystal Palace, Puma GP. LJ: 4, S.Clarke 6.77. SP: 1, L.Newman 18.11. U17M HJ: J.Tuson 1.75.
2 Birmingham NIA, Midland Champs. 60m: 6, A.Walcott 6.95 (6.94 ht); hts D.Powell 7.19. 200m: 2, A.Walcott 21.29; hts D.Powell 22.45. U17M LJ: W.Smith 5.70. U20W 400m: 1, S.Roberts 57.27.
8-9 Birmingham NIA, BAF Trials. 60m: 6, D.Chambers 6.74; 7, D.Ladejo 6.76 (6.68 ht). 200m: hts A.Walcott 22.08. 400m: 6, G.Dearman 48.07 (47.96 ht). 800m: 2, M.Yates 1:50.19; hts M.Kloiber 1:54.26; C.Gilbey 1:58.19. HJ: 9, R.Aspden 2.08. SP: 1, M.Simson 19.34.
9 Crystal Palace, SCVAC Indoor Champs. M40 SP: 2, M.Small 11.72. M50 60m/60mH/LJ/SP: C.Brooks 8.0(2nd)/9.6/5.10/11.05 (all 1st).
15-16 Birmingham NIA, AAA of E U20 Indoor Champs. 60m: a 1, D.Chambers 6.66 (=UK U20M Rec); 5, M.Dickson 7.01 (6.98 sf). 200m: b 5, M.Dickson 22.20 (21.85 sf); 6, N.Dawson 22.56 (22.13 sf). 400m: b 5, J.Hilston 57.84 (50.15ht). 60mH: a S.Scott dnf (8.56ht). U17 1500m: R.Metalle 4:59.8. Women. 400m: b 2, S.Roberts 56.05.
16 Cardiff Open. 150m/600m: D.Maynard 18.3/1:25.0.
22 Horsham, Sussex Champs. LJ: S.Clarke 6.75. Open PV: J.Webb 4.20. SP: M.Small 11.89.
22-23 Crystal Palace, Kent & Surrey Indoor Champs. Kent. 60mH: a 2, N.Cooper 8.6 SP: b 1, L.Newman 17.99 (CBF). Surrey. U20M PV: a 1, A.Hill 3.00. U15B PV: 1, C.Carter 2.30 (CBP).
23 Kings Lynn, Norfolk Indoor Champs. 60m/60mH: I.Wells 7.7/9.1.
23 Birmingham NIA, BUPA Grand Prix. 60m: 5, D.Chambers 6.63 (UK U20M Rec).
26 Birmingham NIA, Invitation Meet. 300m: D.Nolan 35.21. HJ: R.Aspden 2.05.
28 - 2 March, Birmingham NIA, European Veterans' Indoor Champs. M50 60mH: 6, S.Brooks 9.91. SP: 6, S.Brooks 11.54.

March 1997

- 9 Glasgow, HJ to Music. B.Reilly 2.21.
15-16 Glasgow, British Universities Indoor Champs. 60mH: 1, C.Rawlinson 8.17; 6, N.Cooper 8.50. HJ: 2, R.Aspden 2.10.
22 Crawley Open, SP: 1, M.Small 11.85.
23 Mayesbrook Park, Open Meet. 150m: 1, J.Fergus 15.7.
30 Crawley, Tom Lintern Meet. U17M 100m: 2, R.Hart 11.8. 200m: 1, R.Hart 23.5.

April 1997

- 12 Crawley Open Meet. HT: 2, P.Spivey 58.78.
19 Battersea Park, Belgrave Open Meet. Men. 100m: (a) 5, B.Mensah 11.6; 6, K.Adjepong 11.8. (b) 2, C.Edozie 11.9; 3, J.Tuson 11.9. (c) 2, D.Akinbogun 12.1; 6, M.Sparks, Snr. 13.8. (d) 1, M.Sparks, Jnr. 12.5; 4,

S.Eaton 13.1. 200m: (a) 2, J.Hilston 21.9; 6, J.Squirrel 23.0. (b) 3, D.Geugin 23.3. (d) 1, M.Sparks, Jnr. 26.0; 3, M.Sparks, Snr. 28.6. 400m: (a) 1, J.Hilston 49.2; 2, M.Peacock 52.8; 3, D.Akinbogun 53.5; 4, B.Laverick 57.7. BMC 600m: (25.6 at 200m) 3, D.Maynard 1:20.1. 800m: (b) 1, M.Anderson 2:01.4; 4, A.Becirhodzic 2:04.8. 2 miles: 3, D.Pamah 9:43.9; 6, K.Quinn (U20M) 10:11.9; 7, J.Ollu 10:16.9; 9, N.Freer 11:23.2; 11, R.Metalle 11:27.6. HJ: 1, J.Tuson 1.70; 3, A.Harris 1.45; S.Opoku no ht. TJ: 1, P.Idowu (U20M) 14.82. SP: 2, P.Lyttle 10.21. 5kg. 1, D.Blown 9.40; 2, N.Whorlow 9.12. DT: 1, L.Newman 55.24. 1.5kg. S.Brooks 35.50; N.Whorlow 30.86. JT: 700gr. 1, R.Metalle 19.78; 2, N.Whorlow 19.00. Women. 100m: (b) 4, R.Lester 14.7. 200m: (b) 4, D.Hearn 32.9. 400m: 6, D.Mukasa-Oyaka 68.7. BMC 600m: (28.5 at 200m) 1, L.Staines 1:29.4. 800m: 2, J.Stone 2:32.1; 5, S.Symonds 2:42.2; 6, D.Hearn; 7, R.Lester 2:49.8; 8, S.Howard 3:00.7. 3000m Walk: 3, G.Broderick 19:40.9. LJ: 2, S.Stracey 4.77; 3, S.Howard 3.96; 4, N.Boakye 3.49. SP: 4, S.Howard 6.02. DT: 2, S.Howard 16.32. JT: 1, S.Howard 17.62.

- 26 Cosford, Invitation Meet. 400m: 1, M.Kloiber 49.57.
27 Colindale, West London Hammer School Meet. HT: B 4, J.Urquhart 58.34. Throwers Club Decathlon, 1, L.Newman 7363.
30 Crawley, Haywards Heath Open. PV: 1, J.Webb 3.80.

May 1997

- 3 Sutcliffe Park, Nike BMC Meet. 1000m: 1, C.Gilbey 2:28.6.
3-4 Millfield School, Somerset Schools Decathlon. 1, S.Exley 100m: 11.5. LJ: 5.95. SP: 10.16. HJ: 1.87. 400m: 54.0, 110mH: 16.4, DT: 35.26. PV: 2.60. JT: 26.30, 1500m: 5:05.0. 5451pts. Senior implements and hurdles used throughout.
3-5 Antrim, N.Ireland, British University Champs. 110mH: (+1.5) 2, C.Rawlinson 14.20. 400mH: 1, C.Rawlinson 51.14. HJ: =3, R.Aspden 2.00.
5 Portsmouth, Inter-County Veterans Meet. W50 PV: 1, M.Jones 1.70. HT: (3.25kg) 1, M.Jones 27.54.
5 Hemel Hempstead Open. 100m/200m: 1, M.Douglas 11.2/21.9.
5 Millfield School Open Meet. 800m: 1, D.Maynard 1:54.1. U20M HJ: E.Willers 1.90. DT: (2kg) S.Exley 32.12. U17M 100m: C.Lambert 10.9. J.Tuson 11.3. 200m: C.Lambert 22.2. HJ: J.Tuson 1.75. 400m: S.Pantling 52.9.
11 University Park, USA. JT: N.Bevan 76.98.
14 Wythenshawe, Nike BMC 800m: 7, C.Gilbey 1:50.2. Women: 3, L.Staines 2:05.9.
14 Kingsmeadow, VAC Meet. 100m: C.Manning 20.4. 800m: A.Painter 2:15.8; D.Clack 2:18.8. 3000m: R.Bale 11:05.9. DT: M.Small 40.94; R.Baie 19.66.
18 Loughborough, Adidas International. England v Loughborough v GB Students v GB Juniors. 100m: 4, J.Fergus (Eng) 10.56; 7, D.Chambers (GBJ) 10.96. Dev. Race 6, D.Nolan 10.90. 200m: B (+0.9) 5, M.Douglas 21.77. 400m: B 3, G.Dearman 46.97; 4, J.Hilston (GBJ) 47.24. BMC 1000m: 4, D.Maynard 2:26.52. 110mH Dev

- Race: (99cm) 1, S.Scott 14.43. 400mH: 1, C.Rawlinson (Lough) 50.87; 3, M.Douglas 52.05. 3000mSC: 3, L.Hurst 8:54.82. HJ: 1, B.Reilly (Lough) 2.15. TJ: 4, P.Idowu (GBJ) 15.59 (+1.5). DT: 2, K.Brown (Eng) 58.50. HT: 1, D.Smith (Eng) 68.66. The long relay featured a 46.85 relay leg from James Hilston in which he held off Dave Nolan and Loughborough's Jennings. Women: 400m: B 5, S.Roberts (GBJ) 56.98.
18 Ashford, Julie Rose Stadium Opening. 100m: (-2.6) 1, P.Goedluck 11.01. 200m: 4, N.Dawson 22.5. SP: 1, L.Newman 17.41.
22 Loughborough, Students v Army v Police. 100m: 2, D.Nolan 11.1. 200m: 2, D.Nolan 21.7. DT: 1, L.Newman 58.30; K.Brown 54.68.
24-25 Crystal Palace, SEAA U20 Champs. This was the day that Nick Dawson got one over European Junior Champion to be Dwain Chambers! In the heats it had been the other way round as Chambers got home by 1/100th with 21.96/21.97. Both Marlon Dickson and Dwain Chambers were heat winners in the short sprint but whereas Marlon could only go a fraction faster in the final, hampered by a foot injury, Dwain cruised in for a fine win. The 400 heats were hot with James Hilston 48.54 and Michael Parper 48.97 both heading their races. Come the final and Michael again committed himself early. Hilston came back as they came out of the final turn but could not get on terms with Parper who jumped through the line in elation, missing the CBP by 1/100th. Under 20 Men. 100m: b (+0.3) 1, D.Chambers 10.78; 2, M.Dickson 10.86. 200m: a (+0.7) 1, N.Dawson 21.48; 2, D.Chambers 21.54. 400m: b 1, M.Parper 47.00; 2, J.Hilston 47.39. TJ: a 1, P.Idowu 15.54 (+3.4) 15.33 (+1.4). 400mH: b 1, R.Tabares (2nd-CI) 53.55. Under 17 Men. 100m: a (-1.2) 1, C.Lambert 11.11 (11.05 ht -0.4). 200m: b (+0.8) 1, C.Lambert 22.04; 4, N.Daniel 23.11 (23.01 ht +0.6). 400m: a ht 3, N.N.Daniel 52.29. LJ: b 1, M.Kerr 6.41 (-0.4). TJ: a 1, J.Tuson 13.39 (+3.2) 13.30 (+0.7). Under 15 Boys. PV: b 2, C.Carter 2.70. Under 20 Women. 100m: b (-0.6) 7, S.Scott 12.68 (12.46 ht +2.1). LJ: a 3, S.Scott 5.36 (+2.8) 5.28 (+1.4); 7, S.Stracey 4.58 (+1.9).
24 Tooting, Surrey Veterans Champs. M40. 200m: 2, B.Laverick (2nd-CI) 25.8. 400m: 1, M.Chuter 55.8. 800m: 4, D.Clack 2:12.6. HJ: 2, B.Laverick 1.55. LJ: 2, B.Laverick 4.96. TJ: 2, B.Laverick 10.52. SP: 1, M.Small 12.78. DT: 1, M.Small 41.08. HT: 1, M.Small 44.00. M45. 800m: 2, A.Painter 2:11.9. 3000m Walk: 1, P.King 16:57.4. M50. 100m: 2, S.Brooks 13.2. 100mH: 1, S.Brooks 17.9. LJ: 1, S.Brooks 4.97. PV: 1, S.Brooks 3.00. M55. 400m: 2, J.Garber 65.9. 800m: 1, J.Garber 2:27.2. M65. 100m: 1, C.Manning 19.2.
25-26 Bedford, Inter-County Champs. 25th a, 26th b. 200m: b (+3.2) 3, J.Fergus (Essex) 21.02. 400m: a 5, G.Dearman (Midxx) 47.33; hts 5, N.Dawson (Sussex) 49.23; 4, D.Maynard (Gwent) 48.42. 800m: b 3, M.Kloiber (Avon & Somerset) 1:53.73 (1:51.83 ht). 400mH: b 1, M.Douglas () 52.0. 3000mSC: a 1,

- L.Hurst (G.Manchester) 8:50.41. DT: a 2, L.Newman (Kent) 56.74; 4, L.Marar (Surrey) 54.18. HT: 1, D.Smith (Humberside) 68.22; 8, J.Urquhart (W.Scotland) 58.12.
28 Crawley Open. U17M 100m: 2, R.Hart 11.6. 200m: 2, R.Hart 23.4. LJ: 1, R.Hart 5.63.
31 Cardiff, Welsh Games. 100m: (-0.3) 1, D.Campbell 10.30. b (+2.1) 1, D.Chambers 10.59. 200m: (-0.8) 1, D.Campbell 20.85 (Ground Rec). 800m: 2, D.Maynard 1:52.48. SP: 1, L.Newman 16.80. DT: 2, L.Newman 57.00. Women's 400m: 4, S.Roberts 57.44.
31 Bedfordshire International Games. 100m: =4, A.Walcott 11.08. 200m: b 1, A.Walcott 21.88. 400m: 1, G.Dearman 46.65. 800m: 1, M.Yates 1:51.05. 110mH: 6, N.Cooper 15.41. 400mH: 1, M.Douglas 50.98. HJ: 5, R.Aspden 2.00.

June 1997

- 3 Loughborough, BMC/Nike GP. 800m: 3, T.Lerwill 1:50.3; 6, C.Gilbey 1:51.1. b 2, M.Kloiber 1:51.0. Women's 800m: 1, L.Staines 2:06.3.
6 Linford Christie Stad., TVH Open. 200m: 1, M.Peacock 24.0.
8 Ashford, SCVAC Champs. M40 SP/DT: 1, M.Small 12.70/41.60. M50 100m/PV/LJ/DT: S.Brooks 13.4(-3.2)/3.00/5.29/42.40.
11 Battersea Park, VAC Meet. M40 100m: (b) 1, M.Sparks 13.4; (d) 2, C.Manning 18.7. 400m: (a) 5, M.Sparks 61.4; (b) 2, A.Painter 59.7; 3 D Clack 62.2; 5, S.Brooks 63.1. SP: 1, M.Small 12.66. HT: 1, M.Small 42.00. M50 SP: 2, S.Brooks 10.75. W50 SP: 1, B.Dunsford 6.16. HT: 1, B.Dunsford 19.68.
11 Loughborough, v Midlands v RAF. 100m: 4, A.Walcott 10.8. 200m: 1, A.Walcott 21.6. 400m: 1, T.Lerwill 48.5. DT: 2, K.Brown 57.44. Women 400m: 2, S.Roberts 57.1.
12 Sutcliffe Park, Cambridge H Club Champs. HT: 1, J.Urquhart (gst) 58.32. U17M SP: 1, G.Urquhart (gst) 10.26.
14 County Schools Champs Berkshires at Bracknell. Senior Boys TJ: 1, C.Igbon. Inter Boys JT: 1, A.Stanley-Clarke 55.98. Kent at Rochester. Senior Boys 3000m: 1, A.Becirhodzic 9:16.5. Inter Boys 400m: 2, N.Daniel 52.3. LJ: 1, M.Kerr 6.72. TJ: 2, J.Tuson 13.26. London at Croydon. Senior Boys 200m: 2, R.Tabares 22.1. 110mH: 1, S.Scott 14.4. TJ: 1, P.Idowu 15.59 (or was it 15.29?). SP: D.Stone 11.27. Inter Boys 200m: 1, C.Lambert 22.1. 800m: 3, O.Matthew 2:10.1. 1500m: 4, D.O'Sullivan 4:50.2. 3000m: 1, A.Uddin 11:11.5. HJ: 2, S.Oni 1.94. TJ: 4, H.Wismeyer 12.79. DT: 8, S.St.Luce 21.70. HT: 8, S.St.Luce 24.72. Junior Boys: 100m: ht L.Lawrence 13.3. 200m: 2, N.Urmatum 24.6. ht, Al.Arce 25.4. 400m: 1, A.Lambert 55.3. 1500m: 1, M.Garcia 4:36.6. 80mH: 1, B.Copeland 12.6; 2, An.Arce 12.7. TJ: 2, An.Arce 11.74; 14, B.Asantie 10.45. HJ: 2, T.Abeyie 1.72; 3, J.Hanscombe 1.69. SP: 1, C.Alexander 13.53. DT: 2, N.Urmatum 34.36; 3, C.Alexander 32.54. Inter Girls 100m: 4, B.Simon 13.4. Junior Girls 75mH: 3, D.Briggs 13.7

(13.2 ht). LJ: 2, D.Briggs 4.73. Middlesex at Cophthall. Senior Boys JT: 1, A.Newberry 47.02. Somerset at Yeovil. Senior Boys 110mH: 1, S.Exley 15.0. Inter Boys 400m: 1, S.Pantling 53.0. Surrey at Kingsmeadow. Senior Boys 200m: 3, B.Mensah 24.2. 400m: 1, J.Hilston 48.6 (CBP). 1500m: 3, J.Venning 4:29.3. 3000m: 3, K.Quinn 9:23.1. Inter Boys 200m: 3, R.Hart 23.4. 400mH: 2, M.Dalrymple 63.0. LJ: 1, R.Danso 6.73. SP: 3, M.Egan 12.38. DT: 1, O.Jones 28.80; 2, D.Staveley 27.86. JT: 1, C.Mosieri 44.52. Junior Boys LJ: 1, J.Mote 5.35; 3, N.Ashmore 5.23. Senior Girls 200m: 3, S.Scott 26.1. 800m: 4, T.Sturton 2:44.7. Sussex at Crawley. Senior Boys 200m: 1, N.Dawson 22.1.

15 Leeds, Busellato International. 400m: 4, C.Rawlinson 48.18. 110mH: (-1.4) 2, A.Tulloch 14.16. HT: 2, D.Smith 71.28.

16 Kingsmeadow, London Prep Schools Champs. U13B 800m 1, F.Lewis 2:23.7.

18 Rugby, Cresta Turbines Open. DT: 3, L.Marar 54.38; 4, L.Newman 53.14.

21-22 Crystal Palace, SEAA Champs. There was a huge line up of Belgrave sprinters on show. Duaine Ladejo headed Dwain Chambers in the heats of the 100m, both clocking 10.7 into a 5.7m wind. John Regis won his heat and then Jason Fergus placed 2nd in his first round race. Ladejo qualified for final as a fastest loser but then didn't show up for the race in which young Chambers raised a few eyebrows with his 10.44. No shows were regular occurrences in the cold conditions. John Regis was fastest man in the 200m semi-finals but didn't fancy the final, won by our old mate Marcus Adam in 21.24. James Hilston pulled up with a hamstring niggle in Regis' semi. and Geoff Dearman was fastest 400m man in the first round but then he also left the weekend's activities at that.

100m: (-0.4) 1, D.Chambers 10.44; 2, J.Regis 10.57; 2nd round 4, H.Korjije 11.28 (-3.8); 3, J.Fergus 10.89 (-4.0) (10.8 ht -5.7); 2, D.Ladejo 10.78 (-2.2) (10.7ht -5.7); hts L.Campbell 12.1 (-2.9); J.Hilston 11.1 (-1.5); C.Edozie 11.5 (-0.7). 200m: 3, J.Fergus 21.39; 2nd round (-1.5) 1, J.Regis 21.04. hts 2, J.Hilston 21.9. 400m: hts 1, G.Dearman 47.55. 1500m: 12, M.Anderson 4:05.82. 110mH: ht (-2.5) 4, N.Cooper 15.35; 8, S.Shirley 16.23. 400mH: 1, M.Douglas 51.12 (ht 50.7); hts 3, R.Tabares 53.1. HJ: 6, S.Shirley 1.85. LJ: 12, S.Clark 6.38 (+2.4). PV: 3, J.Webb 4.40; 4, S.Shirley 4.40. SP: 1, M.Simson 19.04. DT: 1, L.Marar 55.68. JT: 2, S.Faben 67.30. HT: 5, J.Urquhart 58.02.21

25 Cwmbarn, Welsh Champs. 800m: 1, D.Maynard 1:51.69. SP: 2, L.Newman 16.18. DT: 1, L.Newman 55.48 (CBP). JT: 1, N.Beavan 67.14.

25 Watford, BMC Nike 800m: 2, M.Yates 1:49.0; 8, M.Kloiber 1:51.0. Women 1, L.Staines 2:05.7.

25 Woking, Representative Meet. 100m: 1, D.Nolan 10.8.

26 Tooting, S.London Schools Champs. U15B SP/JT: 1, C.Alexander 14.05/37.18.

26/27 Cophthall, Independent Schools

Champs. U17M 800m: 2, S.Pantling 2:03.8. U15B 200m: 1, N.Urmatum 24.0.

28 Cudworth, NEAA Champs. 110mH: (+3.9) 1, C.Rawlinson 14.25. 3000mSC: 3, L.Hurst 9:03.37 (fell at last water jump). HT: 1, D.Smith 69.02.

28 Tooting, HHH Open Meet. DT: 3, L.Marar 53.16. U20 200m: 1, M.Parper 22.4.

28/29 Blackpool, National Veterans' Champs. M40 SP: 4, M.Small 12.28. DT: 2, M.Small 36.68. HT: 2, M.Small 43.90. M45 10,000m: 3, C.Dickinson 33:19.56. M50 100mH: (+0.1) 2, S.Brooks 16.36. LJ: 2, S.Brooks 5.15. W50 PV: 1, M.Jones 1.90.

29 Don Valley, Sheffield, Securicor IAAF GP. 150m: 4, D.Campbell 15.47; 6, J.Regis 15.58. HJ: 4, B.Reilly 2.25. 400mH: 3, M.Douglas 50.83; 7, N.Levy 53.45.

July 1997

1 Finsbury Park, N.London Open. BMC 800m: 1, M.Yates 1:49.6.

2 Portsmouth, Inter-Services. 100m: 2, D.Nolan 11.04. 400m: 1, D.Nolan 47.21.

5-6 Bedford, AAA U20 Champs. Incorporating European Junior Championship Trials. Fresh from beating seniors Regis and Braithwaite in SEAA Senior, Dwain Chambers three times beat the European Junior qualifying standard in the short sprint as he unleashed himself upon the best of British Under 20s. Michael Parper won his one-lap heat comfortably enough in 48.80 but come the final he was up against a tremendous field. No less than six men ducked under 48 seconds but Michael's unbeaten championship record was extended as he headed the lot with 47.10. Phillips Idowu led through rounds one and two in the triple jump thanks to his opening 15.25. He improved again in round three with 15.33 but Birchfield's Wallace came through into the number one spot with his 15.35. Phil was far from finished though and came back with a whacking 15.86 to seal the event in the last round.

100m: a (-2.4) 1, D.Chambers 10.41 (s-f 10.32 +1.7). 200m: b (+3.3) 4, N.Dawson 21.43; ht (+3.2) 2, D.Chambers 21.41. 400m: b 1, M.Parper 47.10. 110mH: (+2.3) 6, S.Scott 15.07 (ht 15.20 + 2.0). 400mH: 2, R.Tabares 53.47 (ht a 53.26) TJ: a 1, P.Idowu 15.86 (+1.7). Women: 400m: a 6, S.Roberts 57.12 (ht 56.6).

5 Solihull. 1500m: M.Yates 3:41.1. SP: M.Simson 18.50.

5 Santry, Irish National Champs. DT: 1, N.Sweeney 57.90.

9 Crystal Palace, SLH Open. 200m: 2, D.Ladejo 21.8.

11-12 Sheffield, English Schools Champs. Junior Boys. 200m: b sf (-1.1) 7, N.Urmatum 24.58 (a ht 5, 24.44 - 1.3); 400m: a sf 4, A.Lambert 53.66 (a ht 1, 52.95). SP: 9, J.Hall 13.01. a qual. round 9, C.Alexander 12.34. Intermediate Boys. 200m: b (+3.1) 2, C.Lambert 21.79 (a ht 1, 22.32 - 1.8); 400m: a ht 7, N.Daniel 52.42. HJ: b 7, S.Oni 1.94. LJ: a 2, M.Kerr 7.03 (+3.0); 4, R.Danso 6.86 (+2.90); 6, K.King 6.81 (+1.20). TJ: q J.Tuson 13.34. JT: 5, A.Stanley-Clarke 53.88. Senior Boys. 200m: b 3, N.Dawson 21.88 (+2.2) (a ht 1, 22.14 -1.3). 400m: b 1, M.Parper 47.19; 3,

J.Hilston 47.59. 110mH: b (+0.8) 6, S.Scott 14.40; ht S.Exley 15.61. 400mH: b 1, R.Tabares 52.95. HJ: 6, C.Odogwu 1.98. LJ: 2, D.Thompson 7.36 (+0.70). TJ: 1, P.Idowu 16.22 (+2.40); 6, C.Igbon 14.63 (+1.3). Senior Girls. 200m: a ht (-1.8) 7, S.Scott 25.99.

16 Hayes, Sir Sefton Brancker Trophy. 400m: 1, D.Maynard 49.2.

17 City of Bath Open. SP: 1, M.Simson 19.30.

20 Portsmouth, Services v Hants. v Surrey. 400m: 2, D.Nolan 47.82. 400mH: B 1, P.Beaumont 54.05. PV: 2, J.Webb 4.40.

23 Battersea Park, Vets AC Meet. 100m/200m: C.Manning (M65) 19.1/43.5. 600m: 3, A.Painter (M50) 1:40.1. 3000m: 2, S.Fowler (gst) 9:22.2; 3, M.Nouch 9:27.6. DT/JT: M.Small 38.14/40.92. Women. DT: 2, P.Mead 17.70.

27 Horsham Open. 100m/200m: M.Bazire 11.8/23.8.

August 1997

2-3 Birmingham, Midland Counties. 400m: 4, M.Kloiber 48.21. DT: 1, K.Brown 52.66. Women's 400m: 3, S.Roberts 55.97.

3 Norfolk, Great Yarmouth Trophy. 200mH: 1, I.Wells 26.5.

7 Swindon, BMC Nike GP. 800m: 3, T.Lerwill 1:48.3; 8, D.Maynard 1:50.8. B 1, M.Kloiber 1:50.0.

8 Mountbatten Stadium, Portsmouth. U17 Inter-County. LJ: 1, M.Kerr 6.80; 2, R.Danso 6.37.

9 Cambridge, Eastern Counties AA Champs. 400mH: 1, I.Wells 56.4. JT: 2, S.Faben 64.14.

13 Battersea Park, Vets AC Meet. 100m/200m: C.Manning (M65) 18.5/41.8. M50 1 mile: 2, A.Painter 5:22.6.

16-17 Birmingham, AAA U17 Champs. 100m: b (+0.5) 4, C.Lambert 11.10 (sf 3, 11.08 -0.8). 200m: ht a 2, C.Lambert 22.98. 100mH: ht a (+2.0) 4, P.Walsh 14.26. HJ: b 2, S.Oni 2.00. TJ: a 5, J.Tuson 13.38 (-1.0).

17 Crystal Palace, Spar Challenge Farewell to the Palace. 100m: (+0.20) 3, D.Chambers 10.31. 400mH: 3, C.Rawlinson 50.04. TJ: 5, P.Idowu 15.54 (+0.40). DT: 6, K.Brown 57.40. JT: 5, S.Faben 65.98. 400m: 3, D.Nolan 46.79.

20 Withdean, Brighton SEAA 3000m Champs. 3, G.Collison 9:45.4.

24-25 Birmingham, AAA Champs. a=24th, b=25th. 100m a: 2nd rnd (+2.5) 4, J.Fergus 10.74 (ht 10.78 +1.1). 200m b: 2nd rnd (-0.1) 4, A.Walcott 21.32. 400m b: 3, D.Nolan 47.35. 800m a: 2nd rnd 4, M.Kloiber 1:52.88; 7, T.Lerwill 1:53.90 (1:51.50 ht). 110mH b: ht (+1.3) 4, N.Cooper 15.26. 400mH b: 3, M.Douglas 51.70. 3000mSC b: L.Hurst dnf (ht a 2, 9:01.69). HJ a: 2, B.Reilly 1.15. SP a: 4, L.Newman 16.27. DT b: 2, K.Brown 57.30. JT b: 3, S.Faben 65.04.

24 Colindale WLHS Meet. HT: 1, J.Urquhart 55.60.

24 Barnet Cophthall, SEAA U20 Inter-Counties. 100m: (+1.9) M.Dickson 11.03. 400mH: 1, R.Tabares (2nd-C) 54.04. LJ: 3, R.Danso 6.67 (+3.5).

25 Cophthall, U20 Inter-County Meet. 100m: (-1.9) 1, M.Dickson 11.0 (ht 11.06). 110mH: (-2.1) 4, S.Exley 15.6. 400mH: 1, R.Tabares 54.04. LJ: 7, S.Exley 6.27.

25 Kingsmeadow, Vets AC Champs. M40 SP/DT/JT/HT: 1, M.Small 12.67(CBP)/38.08/40.02/43.44. M40 5000m: 1, S.Fowler (gst) 16:00.4; 2,

M.Nouch 16:08.8. M45 5000m: 1, C.Dickinson 15:58.2 (CBP). M50 400m/800m: 1, A.Painter 60.9/2:18.8. M65 100m/200m: C.Manning 18.8/41.7. M65 1500m: C.Manning 9:56.5. M75 1500m: D.McMullen 9:56.2.

27 Watford Open. 100m/200m: M.Douglas 11.2/22.2. BMC 800m: 1, M.Yates 1:49.5.

27 Leeds. HT: D.Smith 70.60.

30 Bristol, BMC GP Final. 800m: 4, M.Kloiber 1:49.56

30 Crawley, Inter-County. 3000m: 1, G.Collison 9:51.2.

30 Tooting, HHH Open. 400m: 2, M.Peacock 50.7.

September 1997

7 Braintree, England v International Select. JT: 2, S.Faben 72.44. HT: 1, M.Jones 70.24.

17 Crawley Club Champs. 5000m: 1, G.Collison 16:52.1; J.Oakley 19:01.4.

20 Tooting, HHH Open Meet. 200m: D.Akinbogun 23.5. 400m: 1, D.Akinbogun 52.2. PV: 1, T.Lawton (M50) 2.90.

27 Tooting, Dave Wheeler Memorial Throws Triathlon. 1, M.Small 2018 (SP 11.83, DT 41.32, HT 44.14).

Indoor

December 1998

20 Crystal Palace, Puma GP. LJ: 3, S.Clark 6.68.

January 1998

10 Wakefield, NEAA Champs. PV: 1, B.Flint 4.90.

10 Crystal Palace, Puma GP. 60mH: R.Sear 8.4.

14 Crystal Palace, Puma GP. 60m: 1, D.Chambers 6.8. U20. B.Mensah 7.4.

17 Crystal Palace, Puma GP. HJ: 1, R.Aspden 1.96. LJ: 4, S.Clark 6.62. SP: 1, L.Newman 16.51. U20 LJ: J.Tuson 6.07.

17 Don Valley, Sheffield, NEAA Champs. 60m: hts D.Nolan 6.97

25 Birmingham Games. 60m: 2, D.Chambers 6.61; hts. J.Regis 6.99. 400m: B 1, M.Douglas 48.15; 2, M.Parper 48.86; hts. C.Rawlinson 48.10. 800m: 2, J.Lobo 1:53.14. 1500m: 3, M.Miles 3:50.8. 60mH: 1, A.Tulloch 7.79 (7.78 ht). HJ: 1, B.Challenger 2.20.

25 Bedford, SEAA Champs. HJ: 1, R.Aspden 2.10.

February 1998

1 Crystal Palace, SCVAC. M40 SP: 2, M.Small 13.07.

1 Birmingham, Midland Open. 60m: M.Parper 7.35. 200m: G.Dearman 22.08; M.Parper 22.55. 400m: M.Douglas 48.37; G.Dearman 48.45.

7-8 Birmingham, AAA Indoor Champs. 60m: 2, D.Chambers 6.58. 200m: sf1 4, M.Dickson 21.83 (ht 21.64); sf2 3, D.Chambers 21.26; 6, G.Dearman 22.22 (ht 22.17). 400m: 2, S.Baldock 46.11; 6, M.Parper 49.11 (sf 48.07); sf2 5, G.Dearman 48.18 (ht 48.00). 800m: hts 3, S.Baldock 1:54.7; 2, J.Lobo 1:53.10. 1500m: hts M.Miles dnf. 60mH: 2, A.Tulloch 7.66. HJ: 1, B.Challenger 2.27; 8, R.Aspden 2.03.

11 Crystal Palace, Puma GP. 60m: H.Korji 6.8. U20M B.Mensah 7.4.

14 Crystal Palace, Puma GP LJ: 3, S.Clark 6.76.

Rankings 1997 - Track & Field - Men

- There are a few venues and dates missing from this year's mammoth T&F ranking list... if you can fill in any of the blanks do let us know.
- Figures in brackets after the athlete's name indicate National Ranking for the age group - where two figures are shown the first is the position in the Senior National Rankings.
- We show superior wind assisted performances (greater than +2.0 metres per second) on a separate line after the athlete's name except where no other performance is known.
- Where an athlete's best time for the season is manual but a slower electrical time is also known, then that is also shown on an additional line. Where a performance is blatantly 'windy' but a wind gauge was not used, or if the wind reading was known to be over the limit but is not known, then 'w' is shown.

100 metres

10.06	+2.0	Dwain Chambers (2/1)	U20M	5-4-78	Ljubliana	25Jul
10.13	+1.2	Darren Campbell (3)		12-9-73	Athens, GRE	2Aug
10.55	+2.0	Jason Fergus (27)		11-10-73	Enfield	3May
		10.5 -0.5			Solihull	5Jul
		10.49 +2.1			Haringey	27Jul
10.57	-0.4	John Regis (29)		13-10-66	Crystal Palace	21Jun
10.58		Andrew Walcott (32)		11-1-75		
10.73	-1.2	Marlon Dickson (9)	U20M	17-11-78	Crystal Palace	16Aug
		10.7			Battersea Pk	21May
10.78	-2.2	Du'aine Ladejo		14-2-71		
		10.7/10.52w				
10.79		Dave Nolan		25-7-69	Istanbul TUR	25Aug
10.88	+1.4	Phil Goedluck		10-9-67	Enfield	3May
10.9		James Hilston	U20M	25-2-79	Battersea Pk	21May
10.9		Chris Lambert (7)	U17M	8-4-81	Enfield	18May
		10.7w			Harrow	1Jun
		11.05 -0.4			Crystal Palace	24May
10.9		Nick Dawson	U20M	19-5-78	Sutcliffe Pk	27Jul
11.1		Ben Williams		3-6-73	Norman Pk	3May
11.2		Matt Douglas		26-11-76	Hemel Hemp'd	5May
11.2		Richard David		15-8-77	Tooting	4Jun
11.2		Michael Parper		20-5-78	Watford	22Jun
11.2		Dotun Akinbogun		14-8-74	Sutton	16Jul
11.28	-3.8	Haroun Korjie		18-2-72	Crystal Palace	21Jun
11.3		James Tuson	U17M	7-1-81	Millfield	5May
11.3		Kwadjo Adjepong		28-8-71	Battersea Pk	21May
11.3		Scott Exley	U20M	9-2-78	Street	8Jun
11.4		Steve Scott	U20M	5-6-79	Norman Pk	3May
11.4	-2.1	Chido Edozie		28-7-65	Wimbledon Pk	11May
		11.2 +4.7				
11.4		Phillips Idowu	U20M	30-12-78	Watford	22Jun
11.4		Kirk King	U17M	20-9-80	Copthall	26Jun
11.5		Roy Hart	U17M	3-11-80	Battersea Pk	4May
11.5		Bernard Mensah	U20M	6-4-79	Tooting	20Aug
11.6		Marlon Kerr	U17M	3-4-81	Crawley	31Aug
11.7		Nick Daniel	U17M	18-1-81	Battersea Pk	15Jun
11.7		Richard Danso	U17M	24-12-81	Watford	22Jun
11.7		Simon Shirley		3-8-66	Tooting	2Jul
11.7		Michael Peacock		7-12-72	Tooting	20Aug
11.8		Peter Hutchinson	U17M	8-10-81	Enfield	18Jun
11.8		Wesley Smith	U20M	14-2-80	Croydon	18Jun
11.8		Lincoln Campbell		20-10-64	Croydon	18Jun
11.8		Darren Thompson	U17M	6-11-79	Crawley	31Aug
11.8		Mike Bazire		17-3-61	Horsham	27Jul
11.9		Adam Daniel		22-8-77	Battersea Pk	21May
12.0		Neil Urmatum	U15B	10-1-83	Crystal Palace	29Jun
12.1		Jon Hall	U15B	6-12-82	Harrow	1Jun
12.1		Martin Sparks Jnr	U15B	29-10-82	Battersea Pk	12Jul
12.1		Andrew Arce	U15B	2-11-82	Copthall	20Jul
12.2		Alfie Arce	U15B	2-11-82	Enfield	18May
12.2		Crofton Alexander	U15B	7-1-84	Battersea Pk	15Jun
12.2		Alex Lambert	U15B	22-12-82	Battersea Pk	23Aug
12.3		Charles Ewujowuh	U15B	25-5-83	Copthall	20Jul
12.4		Lee Russell	U15B	1-12-82	Battersea Pk	12Jul
12.5		Oliver Trenchard	U15B	8-12-82	Enfield	18May
12.7		Anwar Mian	U15B		Battersea Pk	15Jun
12.74		Dave Pamah		27-11-64	Crystal Palace	16Aug
12.9		Anwar Gilbert	U15B	16-6-83	Battersea Pk	15Jun
13.0		Oscar Barrientos	U15B	23-12-82	Southampton	27Apr
13.0		Snowy Brooks	M50	19-8-44	Battersea Pk	28Apr
13.0		Lesimba Lawrence	U13B	12-12-84	Crystal Palace	29Jun
		12.9w			Harrow	1Jun
13.1		Sean Eaton	U15B	3-8-84	Battersea Pk	19Apr
13.3		Nigel Whorlow	U17M	26-11-80	Walthamstow	3May
13.3		Martin Sparks Snr	M40	11-6-57	Colindale	16Jun
13.5		Kenny Pereira		4-7-64	Hereford	10May
13.5		Danny Crook	U17M	27-4-82	Wycombe	17May
13.6		J.Walsh			Harlow	16Aug
13.6		Victor Orji	U13B	17-3-85	Battersea Pk	23Aug
13.8		Robert Metalle	U17M	14-1-82	Battersea Pk	15Jun
13.8		Richard McMillan		23-11-75	Tonbridge	26Jul
14.3		Chris Roberts	U13B	12-11-84	Enfield	18May
14.3		Reuben Agbanoma	U13B	6-10-84	Battersea Pk	23Aug
14.5		Daniel Lambert	U13B	2-7-85	Battersea Pk	12Jul
14.6		Paul Graham	U13B	17-2-86	Battersea Pk	12Jul

14.6		Darren Edwards	U13B	27-6-85	Battersea Pk	23Aug
14.8		Ed Walsh	U13B	21-10-85	Copthall	20Jul
15.1		Aaron Agyekum	U15B	30-12-83	Battersea Pk	15Jun
15.6		John Patrick	U13B	22-9-84	Crystal Palace	29Jun
16.3		Sam McNally	U13B	26-3-86	Harrow	1Jun
16.3		Tyrone Nestor	U13B		Battersea Pk	23Aug
16.7		O.Hilliard	U13B		Battersea Pk	13Sep
17.1		Keiron Sinclair	U13B	28-6-85	Southampton	27Apr
18.4		Charlie Manning	M65	8-1-28	Sutton	16Jul

200 metres

20.84	-1.4	Darren Campbell (13)		12-9-73	Birmingham	12Jul
20.87	+0.3	John Regis (14)		13-10-66	Tønsberg NOR	14Jun
20.91	+1.3	Jason Fergus (16)		11-10-73	Haringey	27Jul
21.19	+1.9	Andrew Walcott (28)		11-1-75	Bedford	30Aug
21.39	+1.8	Dave Nolan (36)		25-7-69	Istanbul TUR	6Sep
21.48	+0.7	Nick Dawson (=46/5)	U20M	19-5-78	Crystal Palace	24May
		21.43 +3.3			Bedford	5Jul
21.54	+0.7	Dwain Chambers (8)	U20M	5-4-78	Crystal Palace	24May
		21.41w				
		21.42 +3.2			Bedford	6Jul
21.6		Marlon Dickson (9)	U20M	17-11-78	Tooting	20Aug
21.77	+0.9	Matt Douglas		26-11-76	Loughborough	18May
21.77	-0.5	Chris Rawlinson		19-5-72	Crystal Palace	16Aug
21.8		Chris Lambert	U17M	8-4-81	Crystal Palace	29Jun
		22.03 (3)			Dublin IRL	19Jul
		21.79 +3.1			Sheffield	12Jul
21.8		Du'aine Ladejo		14-2-71	Crystal Palace	9Jul
21.8		Deniz Gezgin	U20M	7-2-78	Ankara TUR	26Sep
21.9		James Hilston	U20M	25-2-79	Battersea Pk	19Apr
22.0	+0.8	Phil Goedluck		10-9-67	Wimbledon Pk	10May
		21.72 +3.6				
22.3		Richard David		15-8-77	Tooting	4Jun
22.5		Ben Williams		3-6-73	Norman Pk	3May
22.1		Reuben Tabares 2-cl	U20M	22-10-78	Rochester	14Jun
22.4		Michael Parper	U20M	20-5-78	Tooting	28Jun
22.6		Dotun Akinbogun		14-8-74	Harlow	16Aug
22.8		Kwadjo Adjepong		28-8-71	Enfield	31May
23.0		Jon Squirrel		16-12-75	Battersea Pk	19Apr
23.01	+0.6	Nick Daniel	U17M	18-1-81	Crystal Palace	25May
23.2		Adam Daniel		22-8-77	Ilford	17May
23.2		Roy Hart	U17M	3-11-80	Copthall	20Jul
23.3		Michael Peacock		7-12-72	Battersea Pk	15Jun
23.5		James Tuson	U17M	7-1-81	Tooting	4Jun
23.6		Bernard Mensah	U20M	6-4-79	Harlow	16Aug
23.7		Chido Edozie		28-7-65	Battersea Pk	21May
23.8		Mike Bazire		17-3-61	Horsham	27Jul
23.82		Joe Panton	U20M	25-11-78	Marsa, MAL	9Mar
24.0		Neil Urmatum	U15B	10-1-83	Copthall	26Jun
24.3		Noel Levy		22-6-75	Sutton	16Jul
24.5		Nick Molloy		15-2-74	Battersea Pk	15Jun
24.7		Peter Hutchinson	U17M	8-10-81	Enfield	18May
24.8		Martin Sparks Jnr	U15B	29-10-82	Battersea Pk	12Jul
25.0		Timothy Abeyie	U15B		Copthall	20Jul
25.2		Andrew Arce	U15B	2-11-82	Harrow	1Jun
25.4		Alex Lambert	U15B	22-12-82	Battersea Pk	23Aug
25.6		Crofton Alexander	U15B	7-1-84	Battersea Pk	24May
25.8		Barry Laverick 2-cl	M40	12-8-54	Tooting	24May
26.2		Chris Husbands		2-5-61	Bracknell	26Jul
26.9		Anwar Gilbert	U15B	16-6-83	Battersea Pk	15Jun
27.0		Richard McMillan		23-11-75	Harlow	16Aug
27.1		Martin Sparks Snr	M40	11-6-57	Battersea Pk	15Jun
27.2		Ikiaus Morris	U15B	1-4-84	Battersea Pk	23Aug
27.4		Sean Eaton	U15B	3-8-84	Southampton	27Apr
27.4		Nigel Whorlow		26-11-80	Wycombe	17May
27.5		Danny Crook	U17M	27-4-82	Walthamstow	3May
28.2		Snowy Brooks	M50	19-8-44	Battersea Pk	19May
28.5		Freddie Lewis	U13B	12-7-85	Crystal Palace	29Jun
29.6		Chris Roberts	U13B	12-11-84	Enfield	18May
29.7		Daniel Lambert	U13B	2-7-85	Crystal Palace	29Jun
29.7		Keiron Sinclair	U13B	28-6-85	Copthall	20Jul
30.2		Paul Graham	U13B	17-2-86	Harrow	1Jun
30.4		Charlie O'Brien	U13B		Enfield	18May
30.5		Ruben Agbanoma	U13B	6-10-84	Battersea Pk	12Jul
33.2		Sam McNally	U13B	26-3-86	Battersea Pk	13Sep
35.5		Charles Sparks	U13B	5-4-86	Southampton	27Apr
41.7		Charlie Manning	M65	8-1-28	Kingsmeadow	25Aug

400 metres

46.54		Michael Parper (14/1)	U20M	20-5-78	Mannheim GER	7Jun
46.65		Geoff Dearman (17)		4-8-77	Bedford	31May
46.79		Dave Nolan (20)		25-7-69	Cork IRL	22Jun
47.24		James Hilston (29/5)	U20M	25-2-79	Loughborough	18May
47.64		Matt Douglas (42)		26-11-76		
48.01		Reuben Tabares 2-cl (13)	U20M	22-10-78	Crystal Palace	16Aug
48.18		Chris Rawlinson		19-5-72	Leeds	15Jun
48.2		Darrell Maynard		21-8-61	Solihull	5Jul

Men - Track & Field - Rankings 1997

48.21	Matt Kloiber	22-11-71	Birmingham	2Aug	2:47.3	Ruben Agbanoma	U13B	6-10-84	Battersea Pk	12Jul
48.5	Tom Lerwill	17-5-77	Loughborough	11Jun	2:53.8	Andrew Graham	U11B	19-12-89	Colchester	
49.23	Nick Dawson	U20M	19-5-78	Bedford	25May	2:58.6	J.Reed	U13B	Battersea Pk	13Sep
49.5	Noel Levy		22-6-75	Sutton	16Jul	2:59.5	Sam McNally	U13B	26-3-86	Colchester
49.55	Deniz Gezgin	U20M	7-2-78	Izmir TUR	5Jul	3:02.3	Charles Sparks	U13B	5-4-86	Southampton
49.6	Richard David		15-8-77	Battersea Pk	21May	3:07.4	Christopher Reed	U13B	25-7-87	Battersea Pk
49.9	Clive Gilby		24-2-66	Crystal Palace	10May					
50.4	Michael Peacock		7-12-72	Harlow	16Aug					
50.9	Joe Panton	U20M	25-11-78	Ilford	17May	1500 metres				
50.8	Dotun Akinbogun		14-8-74	Battersea Pk	5Jul	3:36.36	Matt Yates (4)		4-2-69	Hechtel BEL
51.3	Andrew Hilston	U20M	24-3-80	Watford	22Jun	3:44.5	Adrian Passey 2-cl (34)	2-9-64		Battersea Pk
51.5	Dominic St. George	U20M	12-10-79	Copthall	26Jun	3:54.28	Dave Pamah		27-11-64	Haringey
51.8	Scott Exley	U20M	9-2-78	Yeovil	28Jun	4:03.1	Graham Adams		10-6-68	Bracknell
52.29	Nick Daniel	U17M	18-1-81	Crystal Palace	24May	4:03.7	Rob Turner		4-10-70	Enfield
52.64	Ian Wells		18-2-62	Crystal Palace	16Aug	4:04.1	Mark Anderson		10-9-67	Harlow
52.95	Alex Lambert	U15B	22-12-82	Sheffield	11Jul	4:07.4	Amir Becirhodzic	U20M	23-11-79	Ilford
52.9	Sam Pantling	U17M	1-3-81	Millfield	5May	4:08.1	Kevin Quinn	U20M	24-7-79	Battersea Pk
53.2	Roy Hart	U17M	3-11-80	Watford	22Jun	4:15.02	Junior Galley		24-5-62	Crystal Palace
52.6	James Gross	U20M	30-9-78	Copthall	26Jun	4:16.7	Phil Carstairs		7-7-60	Norman Pk
55.6	Lee Russell	U15B	1-12-82	Crystal Palace	29Jun	4:13.3	Alasdair McLean Foreman	U17M	10-11-81	Sutcliffe Pk
55.8	Martin Chuter	M40	1-1-55	Tooting	24May	4:20.1	Said Chettati		26-12-64	Ilford
55.9	Marvin Egan	U17M	23-11-80	Copthall	20Jul	4:21.7	Dave Beaver		22-8-59	Norman Pk
56.1	James Tuson	U17M	7-1-81	Enfield	18May	4:24.2	Steve Smullen		23-9-58	Battersea Pk
56.9	Steve Smullen		23-9-58	Battersea Pk	15Jun	4:27.1	Laurence Chandy	U20M		Copthall
56.9	Dominic Shillingford	U15B	16-12-83	Battersea Pk	12Jul	4:28.7	Rob Harding		13-9-64	Battersea Pk
57.7	Barrie Laverick 2-cl	M40	12-8-54	Battersea Pk	19Apr	4:29.3	James Venning	U20M	6-1-80	Kingsmeadow
57.9	Alfie Arce	U15B	2-11-82	Southampton	27Apr	4:29.8	Leon Nation	U17M	17-3-80	Southampton
58.6	Mabon Dane		19-7-71	Colchester		4:30.9	Simon Beatson	U17M	5-1-82	Crawley
59.3	Sam Murray	U17M	7-9-80	Watford	22Jun	4:31.3	Sebastian Jones	U17M	12-12-80	Watford
59.7	Alan Painter	M50	27-5-47	Battersea Pk	11Jun	4:32.1	Marcello Bizio		1-8-64	Tooting
59.8	Jamie Webb		18-12-75	Milton Keynes	31May	4:32.9	Pete Gilbey	M45	12-4-51	Battersea Pk
60.1	Danny Crook	U17M	27-4-82	Tonbridge	26Jul	4:36.6	Manuel Garcia	U15B	3-8-83	Croydon
61.1	Richard McMillan		23-11-75	Harlow	16Aug	4:37.1	Robert Metalle	U17M	14-1-82	Tonbridge
61.4	Martin Sparks Snr	M40	11-6-57	Battersea Pk	11Jun	4:38.9	Leon Britton	U15B		Crystal Palace
61.6	Dale Holmes	U15B	23-10-82	Southampton	27Apr	4:40.1	Don Anderson	M40	10-5-55	Wycombe
61.8	Martin Sparks Jnr	U15B	29-10-82	Southampton	27Apr	4:42.2	Nick Freer	U17M	19-4-82	Enfield
62.2	Derek Clack	M40	13-9-52	Battersea Pk	11Jun	4:46.5	Scott Exley	U20M	9-2-78	Yeovil
63.6	Snowy Brooks	M50	19-8-44	Colindale	16Jun	4:50.2	Danny O'Sullivan	U17M		Croydon
63.7	Nigel Whorlow	U17M	26-11-80	Walthamstow	3May	4:53.0	Obie Matthew	U17M	20-12-80	Harrow
65.9	John Garber 2-cl	M55	20-10-41	Tooting	24May	4:58.9	Steve Beaver	U17M	10-9-81	Southampton
67.2	Don Anderson	M40	10-5-55	Battersea Pk	28Apr	5:00.2	Alan Painter	M45	27-5-47	Battersea Pk
73.4	Paul Graham	U13B	17-2-86	Battersea Pk	15Jun	5:01.2	Derek Clack	M40	13-9-52	Battersea Pk
						5:05.9	Danny Crook	U17M	27-4-82	Battersea Pk
						5:06.4	James Skilbeck-Nelson	U15B	1-12-83	Copthall
						5:07.9	Denny DeEmmony	U15B	19-11-83	Enfield
						5:15.4	Bernard Asante	U15B	24-7-83	Copthall
						5:24.6	Kevin Baker	U15B	4-2-83	Battersea Pk
						5:25.2	Gary McEwan	U15B	24-6-84	Southampton
						5:25.4	Charlie O'Brien	U13B		Southampton
						5:28.4	Paul Graham	U13B	17-2-86	Enfield
						5:37.6	Tony Stone	M55	9-12-40	Battersea Pk
						5:37.7	Steve Whorlow Jnr	U13B	20-5-85	Battersea Pk
						5:47.0	Ruben Agbanoma	U13B	6-10-84	Southampton
						5:49.4	Dean Craig	U13B		Copthall
						5:51.3	Asa Harris	U15B	29-3-84	Harrow
						5:56.5	Sam McNally	U13B	26-3-86	Enfield
						7:25.5	Samson Oni	U17M	25-6-81	Harrow
						9:56.2	Dave McMullen	M75	8-9-20	Kingsmeadow
						9:56.5	Charlie Manning	M65	8-1-28	Kingsmeadow
						3000 metres				
						7:53.0e+	Adrian Passey 2-cl (4)		2-9-64	
						8:16.2	Gary Staines		3-7-63	Tooting
						8:53.3	Amir Becirhodzic	U20M	23-11-79	Tooting
						8:55.2	Kevin Quinn	U20M	24-7-79	Tooting
						9:03.9	Marcello Bizio		1-8-64	Sutton
						9:07.1	Ray Foley		3-6-68	Sutton
						9:13.2	Phil Carstairs		7-7-60	Tooting
						9:14.0	Steve Fowler	M40	2-4-57	Sutton
						9:15.7	Bruce Barton		2-2-64	Sutton
						9:19.1	Said Chettati		26-12-64	Battersea Pk
						9:27.6	Mike Nouch	M40	20-6-54	Battersea Pk
						9:36.9	Charlie Dickinson	M45	26-4-48	Croydon
						9:48.3	Leon Nation	U17M	17-3-80	Enfield
						9:50.7	Steve Smullen		23-9-58	Tooting
						9:55.3	Peter McDonald	U20M	2-9-79	Watford
						10:10.2	Nick Freer	U17M	19-4-82	Crystal Palace
						10:13.5	Don Anderson	M40	10-5-55	Tooting
						10:51.5	Ed Ford	U17M	12-12-80	Copthall
						11:04.1	James Skilbeck-Nelson	U15B	1-12-83	Crystal Palace
						11:05.9	Rex Bale	M50	29-11-45	Kingsmeadow
						11:07.1	Bernard Asante	U15B	24-7-83	Crystal Palace
						11:11.5	Afsa Uddin	U17M		Croydon
						11:21.1	Aaron Agyekum	U15B	30-12-83	Enfield
						11:27.6	Robert Metalle	U17M	14-1-82	Battersea Pk
						12:14.8	Markand Patel	U17	5-3-81	Crystal Palace
						12:27.2	Tony Stone	M55	9-12-40	Colindale

Rankings 1997 - Track & Field - Men

5000 metres

13:20.09	Adrian Passey 2-cl (3)	2-9-64	Hechtel BEL	19Jul
13:45.6+	Paul Evans (13)	13-4-61		
13:54.67	Gary Staines (24)	3-7-63	Birmingham	11Jul
14:05.8	Kassa Tadesse (36)	21-8-74	Northumberland	Sep
15:04.2	Roger Alsop	16-1-65	Wimbledon Pk	11May
15:27.9	Jim Estall	M40 9-8-54	Enfield	3May
15:39.5	Tony Barden 2-cl	15-10-60	Harlow	16Aug
15:53.52	Junior Galley	24-5-62	Haringey	27Jul
15:58.2	Charlie Dickinson (3)	M45 26-4-48	Kingsmeadow	25Aug
16:00.4	Steve Fowler	M40 2-4-57	Kingsmeadow	25Aug
16:01.1	Said Chettati	26-12-64	Wimbledon Pk	11May
16:08.2	Phil Carstairs	7-7-60	Battersea Pk	11Jun
16:08.8	Mike Nouch	M40 20-6-54	Kingsmeadow	25Aug
16:11.9	Dave Beaver	22-8-59	Harlow	16Aug
16:18.8	Marcello Bizio	1-8-64	Battersea Pk	11Jun
16:25.0	Graham Adams	10-6-68	Norman Pk	3May
16:48.6	Rob Harding	13-9-64	Battersea Pk	5Jul
17:05.3	Tony Binda	M40 3-1-53	Wycombe	17May
17:12.5	Stuart Paton	24-5-63	Norman Pk	3May
17:25.8	Don Anderson	M40 10-5-55	Enfield	31May
21:46.9	Lionel Mann	M55 21-9-40	Battersea Pk	11Jun

10000 metres

27:53.35	Paul Evans (2)	13-4-61	Brussels	22Aug
32:05.7	Jim Estall	M40 9-8-54	Battersea Pk	10Sep
32:56.6	Phil Carstairs	7-7-60	Norman Pk	18Jun
33:02.4	Charlie Dickinson (3)	M45 26-4-48	Battersea Pk	10Sep
33:22.0	Kevin Quinn	U20M 24-7-79	Battersea Pk	10Sep
33:37.7	Mike Nouch	M40 20-6-54	Battersea Pk	10Sep

110 metres Hurdles (106.7 cm)

13.63 +1.2	Andrew Tulloch (3)	1-4-67	Athens, GRE	27Jul
14.32	Matt Douglas (10)	26-11-76		
14.82 -1.8	Chris Rawlinson (31)	19-5-72	Crystal Palace	16Aug
		14.25 +3.9		
		14.2		
14.88 +0.9	Nick Cooper (=33)	4-2-77	Haringey	27Jul
		14.78 +3.7	Bedford	30Aug
15.20 +2.0	Steve Scott (=48/9)	U20M 5-6-79	Bedford	6Jul
		15.07 +2.3	Bedford	6Jul
15.8	Scott Exley	U20M 9-2-78	Dorset	11May
16.05 +1.7	Simon Shirley	3-8-66	Enfield	3May
16.3	Jon Squirrell	16-12-75	Ilford	17May
16.5	Ian Wells	18-2-62	Tonbridge	26Jul
22.3	Danny Crook	U17M 27-4-82	Battersea Pk	5Jul
23.8	John Druce	16-4-58	Enfield	31May

110 metres Hurdles (99.0 cm)

14.40 +0.8	Steve Scott	U20M 5-6-79	Sheffield	12Jul
15.0	Scott Exley	U20M 9-2-78	Yeovil	14Jun
16.8	Samson Oni	U17M 25-6-81	Cophthall	21Sep
20.1	Wesley Smith	U20M 4-2-80	Battersea Pk	4May
20.7	Joe Pantan	U20M 25-11-78	Battersea Pk	4May

100 metres Hurdles (91.4 cm)

14.26	Phillip Walsh	U17M 26-10-81	Birmingham	16Aug
14.6	Samson Oni	U17M 25-6-81	Cophthall	20Jul
16.2	Obie Matthew	U17M 20-12-80	Harlow	1Jun
16.36 +0.1	Snowy Brooks	M50 19-8-44	Blackpool	28Jun
16.7	D.Brewer	U17M	Battersea Pk	4May
16.7	Danny Crook	U17M 27-4-82	Battersea Pk	15Jun
19.1	Gideon Agbanoma	U17M 20-2-82	Southampton	27Apr

80 metres Hurdles (84.0 cm)

12.2	Alfie Arce	U15B 2-11-82	Crystal Palace	29Jun
12.6	Ben Copeland-Nuttall	U15B 8-4-83	Croydon	14Jun
12.7	Andrew Arce	U15B 2-11-82	Croydon	14Jun
		12.5w	Harlow	1Jun
13.7	Oliver Trenchard	U15B 8-12-82	Enfield	18May
15.4	Paul Allen	U15B 5-9-83	Cophthall	20Jul
15.9	Bernard Asante	U15B 24-7-83	Battersea Pk	23Aug
17.4	Aaron Agyekum	U15B 30-12-83	Battersea Pk	15Jun

75 metres Hurdles (76.2 cm)

14.3	Victor Orji	U13B 17-3-85	Battersea Pk	13Sep
14.6	Daniel Lambert	U13B 2-7-85	Battersea Pk	23Aug
14.6	A.Graham	U13B 19-12-89	Colchester	
14.6	Dean Craig	U13B	Colchester	
15.6	Stephen Whorlow Jnr	U13B 20-5-85	Battersea Pk	24May
17.1	Gregory Perkins	U13B 3-8-86	Battersea Pk	13Sep

400 metres Hurdles (91.4 cm)

49.69	Chris Rawlinson (1)	19-5-72	Birmingham	13Jul
50.72	Matt Douglas (8)	26-11-76		
		50.7		
52.46	Noel Levy (15)	22-6-75	Birmingham	13Jul

52.5	Reuben Tabares 2-cl (=18/3) 52.95	U20M 22-10-78	Cophthall	7Jun
54.05	Paul Beaumont (46)	27-3-63	Portsmouth	20Jul
56.4	Jon Squirrell	16-12-75	Battersea Pk	21May
56.4	Ian Wells	18-2-62	Cambridge	9Aug
58.5	Steve Scott	U20M 5-6-79	Crawley	31Aug
58.7	James Gross	U20M 30-9-78	Crawley	31Aug
60.1	Adam Daniel	22-8-77	Ilford	17May
63.5	Graham Adams	10-6-68	Battersea Pk	5Jul
63.8	Marlon Kerr	U17M 3-4-81	Battersea Pk	4May
65.1	Joe Pantan	U20M 25-11-78	Watford	22Jun
68.8	Danny Crook	U17M 27-4-82	Battersea Pk	5Jul
68.8	Scott Exley	U20M 9-2-78	Sutcliffe Pk	27Jul
71.7	Stuart Paton	24-5-63	Norman Pk	3May
75.0	Don Anderson	M40 10-5-55	Walthamstow	3May
75.6	James Tuson	U17M 7-1-81	Battersea Pk	4May

400 metres Hurdles (84.0 cm)

59.5	Marlon Kerr	U17M 3-4-81	Southampton	27Apr
62.5	Obie Matthew	U17M 20-12-80	Enfield	18May
62.6	Roy Hart	U17M 3-11-80	Enfield	18May
63.0	Mark Dalrymple	U17M 15-6-81	Kingsmeadow	14Jun
64.5	Ed Ford	U17M 12-12-80	Crystal Palace	29Jun
66.9	Sam Murray	U17M 7-9-80	Crystal Palace	29Jun
67.0	Danny Crook	U17M 27-4-82	Battersea Pk	15Jun
71.6	Anthony Blackstock	U17M 24-10-81	Harlow	1Jun

1500m Steeplechase

5:04.6	Sebastian Jones	U17M 12-12-80	Crstal Palace	29Jun
5:15.8	Ed Ford	U17M 12-12-80	Crystal Palace	29Jun
5:18.0	Leon Nation	U17M 17-3-80	Enfield	18May
5:21.7	Nick Freer	U17M 19-4-82	Cophthall	20Jul
5:46.4	Markand Patel	U17M 5-3-81	Southampton	27Apr
6:21.9	Marvin Egan	U17M 23-11-80	Harlow	1Jun

2000m Steeplechase

6:34.8	Amir Becirhodzic	U20M 23-11-79	Cophthall	21Sep
6:40.3	Junior Galley	24-5-62	Sutton	16Jul
6:42.7	Marcello Bizio	1-8-64	Tooting	4Jun
6:49.0	Pete Gilbey	M45 12-4-51	Battersea Pk	19May
6:51.1	Kevin Quinn	U20M 24-7-79	Sutcliffe Pk	27Jul
7:11.2	Peter McDonald	U20M 2-9-79	Watford	22Jun
7:13.1	Alisdair McLean Foreman	U17M 10-11-81	Cophthall	21Sep
7:24.7	Ed Ford	U17M 12-12-80	Battersea Pk	4May
8:11.1	Laurence Chandy	U20M	Sutcliffe Pk	27Jul

3000m Steeplechase

8:42.5	Justin Chaston (2)	4-11-68	Solihull	5Jul
8:50.41	Lee Hurst (4)	29-7-72	Bedford	25May
9:03.10	Kevin Nash (21)	6-2-77		
9:53.9	Bruce Barton	2-2-64	Battersea Pk	5Jul
10:00.1	Marcello Bizio	1-8-64	Battersea Pk	5Jul
10:11.6	Rob Harding	13-9-64	Ilford	17May
11:58.0	Nigel Whorlow	26-11-80	Walthamstow	3May
12:56.2	Ian Wells	18-2-62	Tonbridge	26Jul

High Jump

2.28	Brendan Reilly (3)	23-12-72	Birmingham	13Jul
2.15i	Hopeton Lindo (=11)	25-8-70	Birmingham	4Jan
2.15i	Richard Aspden (=11)	15-10-76	Birmingham	1Feb
2.03	Samson Oni (=44/=4)	U17M 25-6-81	Cophthall	20Jul
1.98	Chini Odogwu	U20M 25-9-78	Sheffield	12Jul
1.90	E.Willers		Millfield	5May
1.90	Simon Shirley	3-8-66	Tooting	2Jul
1.89	Scott Exley	U20M 9-2-78	Yeovil	28Jun
1.85	James Tuson	U17M 7-1-81	Battersea Pk	4May
1.85	Charles Igbon	U20M 20-4-79	Sutcliffe Pk	27Jul
1.85	Sumit Rai	U20M 25-2-80	Croydon	14Jun
1.72	Timothy Abeyie	U15B	Croydon	14Jun
1.69	James Hanscombe	U15B 7-9-82	Croydon	14Jun
1.65	Dale Holmes	U15B 23-10-82	Enfield	18May
1.65	Richard Danso	U17M 24-12-81	Cophthall	20Jul
1.60	Lee Russell	U15B 1-12-82	Battersea Pk	12Jul
1.55	Barrie Laverick 2-cl	M40 12-8-54	Tooting	24May
1.50	Danny Crook	U17M 27-4-82	Wycombe	17May
1.50	Wesley Smith	U20M 14-2-80	Milton Keynes	31May
1.50	Alex Lambert	U15B 22-12-82	Battersea Pk	15Jun
1.50	Graham Adams	10-6-68	Battersea Pk	5Jul
1.50	Chris Husband	2-5-61	Harlow	16Aug
1.45	Asa Harris	U15B 29-3-84	Battersea Pk	19Apr
1.45	Snowy Brooks	M50 19-8-44	Battersea Pk	28Apr
1.45	J.Walsh		Harlow	16Aug
1.45	Bernard Asante	U15B 24-7-83	Battersea Pk	23Aug
1.43	Guy Sagar	M40 18-11-55	Walthamstow	3May
1.40	Stephen Opoku	U15B 21-3-83	Southampton	27Apr
1.35	Anwar Gilbert	U15B 16-6-83	Battersea Pk	13Sep
1.25	Daniel Lambert	U13B 2-7-85	Battersea Pk	23Aug

Men - Track & Field - Rankings 1997

1.25	Paul Graham	U13B	17-2-86	Battersea Pk	13Sep
1.20	Terry Lawton	M55	27-5-41	Bracknell	26Jul
1.10	Jamie Webb		18-12-75	Norman Pk	3May
1.10	Aaron Agyekum	U15B	30-12-83	Battersea Pk	15Jun
1.10	Bernard Amofa-Akuoko	U15B	20-9-84	Battersea Pk	15Jun

Long Jump

7.45	Fred Salle (13)		10-9-64	Solihull	5Jul
7.36 +0.70	Darren Thompson (21/5)	U20M	6-11-79	Sheffield	12Jul
6.99	Stuart Clark		16-10-75	Enfield	28Apr
6.94	Charles Igbon	U20M	20-4-79	Sutcliffe Pk	27Jul
6.89	Marlon Kerr	U17M	3-4-81	Dublin IRL	19Jul
	7.03 +3.0 (3)			Sheffield	11Jul
6.87	Matt Douglas		26-11-76	Milton Keynes	10May
6.81 +1.2	Kirk King (10)	U17M	20-9-80	Sheffield	11Jul
6.80 +4.0	Mike Edwards, Jnr.		19-10-68	Copthall	7Jun
6.79	Richard Danso	U17M	24-12-81	Enfield	18May
	6.86 +2.9 (6)			Sheffield	11Jul
6.70	Phillips Idown	U20M	30-12-78	Battersea Pk	4May
6.70	Simon Shirley		3-8-66	Tooting	2Jul
6.60	Wesley Smith	U20M	14-2-80	Battersea Pk	15Jun
6.30	Scott Exley	U20M	9-2-78	Yeovil	14Jun
6.10	Roy Hart	U17M	3-11-80	Enfield	18May
5.97	Gabriel Aboya-Dana	U17M	21-11-81	Battersea Pk	4May
5.63	Lincoln Campbell		20-10-64	Harlow	16Aug
5.52 w?	Alfie Arce	U15B	2-11-82	Harrow	1Jun
5.48 w?	Oliver Trenchard	U15B	8-12-82	Harrow	1Jun
	5.45	U15B		Crystal Palace	29Jun
5.43	Martin Sparks Jnr	U15B	29-10-82	Battersea Pk	15Jun
5.35	Jonathon Mote	U15B	17-10-82	Kingsmeadow	14Jun
5.33	Crofton Alexander	U15B	7-1-84	Copthall	20Jul
5.32	John Druce		16-4-58	Enfield	31May
5.26	Danny Crook	U17M	27-4-82	Battersea Pk	15Jun
5.23	Ned Ashmore	U15B	1-9-82	Kingsmeadow	14Jun
5.29	Snowy Brooks	M50	19-8-44	Ashford	8Jun
5.03	Nigel Whorlow	U17M	26-11-80	Tonbridge	26Jul
4.96	Barry Laverick 2-cl	M40	12-8-54	Tooting	24May
4.96	Chris Husbands		2-5-61	Harlow	16Aug
4.94	Andrew Arce	U15B	2-11-82	Copthall	26Jun
4.85	Anwar Gilbert	U15B	16-6-83	Battersea Pk	12Jul
4.84	Bernard Asante	U15B	24-7-83	Battersea Pk	23Aug
4.82	L.Morris	U15B		Battersea Pk	13Sep
4.70	Oscar Barrientos	U15B	23-12-82	Southampton	27Apr
4.45	Jamie Webb		18-12-75	Ilford	17May
4.35	Daniel Lambert	U13B	2-7-85	Copthall	20Jul
4.34	Lesimba Lawrence	U13B	12-12-84	Harrow	1Jun
4.32	Darren Edwards	U13B	27-6-85	Battersea Pk	23Aug
4.21	Richard McMillan		23-11-75	Harlow	16Aug
4.15	Paul Graham	U13B	17-2-86	Harrow	1Jun
4.15	Nigel Miller	U13B		Crystal Palace	29Jun
4.12	Freddie Lewis	U13B	12-7-85	Crystal Palace	29Jun
4.07	Ed Walsh	U13B	21-10-85	Copthall	20Jul
3.83	Gregory Perkins	U13B	3-8-86	Battersea Pk	13Sep
3.75	Ruben Agbanoma	U13B	6-10-84	Southampton	27Apr
3.70	Pete Gilbey	M45	12-4-51	Battersea Pk	19May
3.65	Ziad Kwiss	U15B	24-5-84	Battersea Pk	23Aug
3.64	Victor Orji	U13B	17-3-85	Battersea Pk	12Jul
3.63	Terry Lawton	M55	27-5-41	Bracknell	26Jul
3.32	Stephen Whorlow Jnr	U13B	20-5-85	Battersea Pk	24May
3.03	Sam McNally	U13B	26-3-86	Battersea Pk	13Sep

Triple Jump

15.86 +1.7	Phillips Idown	U20M	30-12-78	Bedford	5Jul
	16.34w (6/1)				
14.63 +1.3	Charles Igbon (37/7)	U20M	20-4-79	Sheffield	12Jul
13.78	Syful Ahmed	U20M	25-10-79	Ilford	17May
13.59	James Tuson (20)	U17M	7-1-81	Copthall	21Sep
13.39	Matt George		24-9-77	Sutton	16Jul
13.27	Marlon Kerr	U17M	3-4-81	Crystal Palace	29Jun
12.87	Stuart Clark		16-10-75	Battersea Pk	5Jul
	13.05w			Enfield	3May
12.81	Kenny Pereira		4-7-64	Hereford	10May
12.44	Richard Danso	U17M	24-12-81	Harrow	1Jun
12.58	Wesley Smith	U20M	14-2-80	Croydon	18Jun
12.03	John Druce		16-4-58	Crystal Palace	5Jul
11.74	Andrew Arce	U15B	2-11-82	Croydon	14Jun
11.47	Danny Crook	U17M	27-4-82	Battersea Pk	5Jul
11.24	Alfie Arce	U15B	2-11-82	Copthall	26Jun
10.75	Chido Edozie		28-7-65	Norman Pk	3May
10.62	Nigel Whorlow	U17M	26-11-80	Walthamstow	3May
10.52	Barry Laverick 2-cl	M40	12-8-54	Tooting	24May
10.45	Bernard Asante	U15B	24-7-83	Croydon	14Jun
9.89	Snowy Brooks	M50	19-8-44	Battersea Pk	19May
9.65	Chris Husbands		2-5-61	Harlow	16Aug
7.10	Mike Lyons 2-cl	M50	1-12-43	Battersea Pk	19May

Pole Vault

5.35iA	Mike Edwards Jnr (6)				19-10-68
	5.20				
4.60	Jamie Webb (=31)		18-12-75	Croydon	18Jun
4.40	Simon Shirley (=45)		3-8-66	Crystal Palace	22Jun
3.00	Andrew Hill	U20M	5-2-80	Battersea Pk	4May
3.00	Snowy Brooks	M50	19-8-44	Tooting	24May
3.00	Scott Exley	U20M	9-2-78	Watford	22Jun
2.90	Terry Lawton	M55	27-5-41	Harlow	16Aug
2.90	Chris Husbands		2-5-61	Harlow	16Aug
2.85	Chris Carter (15)	U15B	2-9-83	Enfield	18May
2.80	Marlon Kerr	U17M	3-4-81	Copthall	21Sep
2.40	Mike Lyons 2-cl	M50	1-12-43	Battersea Pk	19May
2.30	Alex Lambert	U15B	22-12-82	Southampton	27Apr
2.00	Nick Daniel	U17M	18-1-81	Southampton	27Apr
1.95	Ed Ford	U17M	12-12-80	Copthall	20Jul
1.70	Stephen Opoku	U15B	21-3-83	Enfield	18May
1.50	Adam Daniel		22-8-77	Ilford	17May

Shot Putt (7.26kg)

19.41i	Matt Simson (3)		28-5-70		
	19.30			Bath	17Jul
18.11i	Lee Newman (7)		1-5-73	Crystal Palace	1Feb
	17.89 (also 18.18 in training competition)				
14.18	Simon Shirley		3-8-66	Tooting	2Jul
12.88	Mike Small	M40	31-3-54	Harlow	16Aug
12.27	Jon Urquhart		14-11-77	Battersea Pk	5Jul
10.57	Pat Lyttle		19-4-64	Milton Keynes	31May
10.16	Scott Exley	U20M	9-2-78	Millfield	3May
9.90	Snowy Brooks	M50	19-8-44	Wycombe	17May
7.69	Barrie Laverick 2-cl	M40	12-8-54	Battersea Pk	28Apr
7.25	Bernard Green		11-10-61	Battersea Pk	15Jun
6.88	Steve Whorlow Snr	M50	13-11-47	Battersea Pk	15Jun
5.27	Don Anderson	M40	10-5-55	Harlow	16Aug

Shot Putt (6.25 kg)

12.14	Oliver Jones	U20M		Copthall	21Sep
11.90	Scott Exley	U20M	9-2-78	Yeovil	28Jun
11.54i6kg?	Snowy Brooks	M50	19-8-44	Birmingham	28Feb
	10.81			Battersea Pk	28Apr
11.50	Daniel Stone	U20M	2-6-79	Battersea Pk	4May
10.80	Marvin Egan	U17M	23-11-80	Watford	22Jun
9.45	Robert Oglander	U17M	2-5-81	Watford	22Jun
8.78	Chuk Mosieri	U17M		Watford	22Jun
8.59	Alex Newberry	U20M	21-2-80	Battersea Pk	4May
6.93	Ed Ford	U17M	12-12-80	Sutcliffe Pk	27Jul

Shot Putt (5 kg)

12.47	Marvin Egan	U17M	23-11-80	Crystal Palace	29Jun
10.26	Greg Urquhart	U17M	14-6-82	Sutcliffe Pk	12Jun
9.48	Darren Blown	U17M	23-5-81	Crystal Palace	29Jun
9.12	Nigel Whorlow	U17M	26-11-80	Battersea Pk	19Apr

Shot Putt (4 kg)

14.19	Crofton Alexander (7)	U15B	7-1-84	Crystal Palace	29Jun
13.01	Jon Hall	U15B	6-12-82	Sheffield	11Jul
12.10	Dwain Fitzmaurice	U15B	20-4-83	Battersea Pk	13Sep
10.54	Mauricio Antonelli	U15B		Harrow	1Jun
9.70	Oscar Barrientos	U15B	23-12-82	Southampton	27Apr
6.77	Bernard Amofa-Akuoko	U15B	20-9-84	Battersea Pk	15Jun
6.34	Kevin Baker	U15B	4-2-83	Battersea Pk	15Jun
4.87	Aaron Agyekum	U15B	30-12-83	Battersea Pk	15Jun
4.43	Bernard Asante	U15B	24-7-83	Battersea Pk	15Jun

Shot Putt (3.25 kg)

5.55	Christopher Reed	U13B	25-7-87	Battersea Pk	13Sep
5.33	Steve Whorlow Jnr	U13B	20-5-85	Battersea Pk	12Jul
5.22	Max Simon	U11B		Battersea Pk	24May

Discus (2 kg)

61.10	Kevin Brown (4)		10-9-64	Bedford	30Aug
60.48	Lee Newman (5)		1-5-73	Crystal Palace	10May
59.44	Nick Sweeney		26-3-68	Salinas USA	21May
55.68	Leith Marar (7)		7-11-68	Crystal Palace	22Jun
41.60	Mike Small	M40	31-3-54	Ashford	8Jun
35.26	Scott Exley	U20M	9-2-78	Millfield	4May
35.16	Jon Urquhart		14-11-77	Ilford	17May
34.06	Pat Lyttle		19-4-64	Norman Pk	3May
33.50	Snowy Brooks	M50	19-8-44	Enfield	31May
30.22	Lincoln Campbell		20-10-64	Battersea Pk	5Jul
23.48	Chris Husbands		2-5-61	Bracknell	26Jul
16.74	Richard McMillan		23-11-75	Harlow	16Aug
15.96	Joe Panton	U20M	25-11-78	Battersea Pk	21May
15.52	Bernard Green		11-10-61	Battersea Pk	15Jun
15.24	Steve Whorlow Snr	M45	13-11-47	Battersea Pk	15Jun

Rankings 1997 - Track & Field - Men

Discus (1.75kg)

37.58	Scott Exley	U20M	9-2-78	Crawley	31Aug
37.44	Oliver Jones	U20M		Crawley	31Aug
32.04	Charles Igbon	U20M	20-4-79	Sutcliffe Pk	27Jul
32.82	Daniel Stone	U20M	2-6-79	Battersea Pk	4May
31.20	Greg Urquhart	U17M	14-6-82	Copthall	21Sep
30.44	Robert Oglander	U17M	2-5-81	Watford	22Jun
29.36	Chuk Mosieri	U17M		Watford	22Jun
27.86	Dominic Staveley	U20M		Kingsmeadow	14Jun
24.74	Andrew Hill	U20M	5-2-80	Watford	22Jun
24.72	Marvin Egan	U17M	23-11-80	Watford	22Jun
21.88	Joe Pantom	U20M	25-11-78	Watford	22Jun
12.72	Michael Parper	U20M	20-5-78	Battersea Pk	4May

Discus (1.5 kg)

42.40	Snowy Brooks	M50	19-8-44	Ashford	8Jun
38.??	Greg Urquhart	U17M	14-6-82	Crystal Palace	10May
	37.72			Copthall	20Jul
30.86	Nigel Whorlow	U17M	26-11-80	Battersea Pk	19Apr
30.56	Ian Watkins	U17M	3-3-81	Southampton	27Apr
28.80	Oliver Jones	U17M		Kingsmeadow	14Jun
27.86	Dominic Staveley	U17M		Kingsmeadow	14Jun
26.78	Darren Blown	U17M	23-5-81	Battersea Pk	15Jun
26.28	Anthony Stanley-Clarke	U17M	10-10-80	Copthall	20Jul
21.70	Solomon St.Luce	U17M	11-2-82	Croydon	14Jun
19.66	Rex Bale	M50	29-11-45	Kingsmeadow	14May

Discus (1.25 kg)

38.52	Crofton Alexander (11)	U15B	7-1-84		
36.00	Dwain Fitzmaurice	U15B	20-4-83	Battersea Pk	12Jul
34.46	Neil Urmatum	U15B	10-1-83	Southampton	27Apr
26.44	Mauricio Antonelli	U15B		Copthall	20Jul
19.96	Bernard Amofa-Akuoko	U15B	20-9-84	Battersea Pk	15Jun
12.40	Steve Whorlow Jnr	U15B	20-5-85	Battersea Pk	15Jun
11.48	Aaron Agyekum	U15B	30-12-83	Battersea Pk	15Jun

Javelin (800 gm)

76.98	Nigel Bevan (5)		3-1-68	Univ. Pk USA	11May
72.96	Stuart Faben (7)		28-2-75		
54.02	Simon Shirley		3-8-66	Enfield	3May
49.96	Anthony Stanley-Clarke	U17M	10-10-80	Crawley	31Aug
48.34	Kevin Brown		10-9-64	Solihull	5Jul
47.02	Alex Newberry	U20M	21-2-80	Copthall	14Jun
45.60	Chuk Mosieri	U17M		Watford	22Jun
43.96	Mike Small	M40	31-3-54	Harlow	16Aug
42.44	Christopher Johnson	U20M	13-4-78	Watford	22Jun
41.26	Nick Dawson	U20M	19-5-78	Crawley	31Aug
36.10	Pat Lyttle		19-4-64	Battersea Pk	5Jul
34.82	Jon Urquhart		14-11-77	Ilford	17May
38.40	Snowy Brooks	M50	19-8-44	Enfield	31May
32.96	Scott Exley	U20M	9-2-78	Yeovil	29Jun
31.92	Tom Savage	U20M		Battersea Pk	4May
31.88	Roy Hart	U17M	3-11-80	Sutcliffe Pk	27Jul
29.24	Marlon Kerr	U17M	3-4-81	Sutcliffe Pk	27Jul
20.60	Chris Husbands		2-5-61	Bracknell	26Jul

Javelin (700 gm)

55.98	Ant. Stanley-Clarke (9)	U17M	10-10-80	Bracknell	14Jun
55.64	Chuk Mosieri (10)	U17M		Crystal Palace	29Jun
38.04	Obie Matthew	U17M	20-12-80	Harrow	1Jun
32.58	Ian Watkins	U17M	3-3-81	Southampton	27Apr
31.10	Kirk King	U17M	20-9-80	Copthall	20Jul
31.00	Ben Apps	U17M	20-11-81	Southampton	27Apr
22.70	Nick Daniel	U17M	18-1-81	Enfield	18May
19.78	Robert Metalle	U17M	14-1-82	Battersea Pk	19Apr
19.00	Nigel Whorlow	U17M	26-11-80	Battersea Pk	19Apr
9.94	Richard Danso	U17M	24-12-81	Enfield	18May

Javelin (600 gm)

38.70	Crofton Alexander	U15B	7-1-84	Crystal Palace	29Jun
38.54	Jon Hall	U15B	6-12-82	Harrow	1Jun
37.54	Chris Carter	U15B	2-9-83	Southampton	27Apr
29.84	Richard Whelan	U15B		Copthall	26Jun
28.75	Jonathon Mote	U15B	17-10-82	Crystal Palace	29Jun
28.30	Lee Roberts	U15B		Enfield	18May
20.04	Gary Brown	U15B	5-9-83	Southampton	27Apr
15.82	Bernard Amofa-Akuoko	U15B	20-9-84	Battersea Pk	15Jun
11.48	Aaron Agyekum	U15B	30-12-83	Battersea Pk	15Jun

Hammer (7.26 kg)

73.88	Dave Smith (1)		2-11-74		
70.24	Michael Jones (4)		23-7-63	Braintree	7Sep
59.26	Phil Spivey (26)		15-5-61	Crystal Palace	16Aug
58.34	Jon Urquhart (29)		14-11-77	Colindale	27Mar
46.08	Mike Small	M40	31-3-54	Battersea	1Nov
40.42	Kevin Brown		10-9-64	Enfield	3May
27.02	Bob Bridges	M45	17-8-49	Harlow	16Aug

19.80	Steve Whorlow Snr	M50	13-11-47	Wycombe	17May
17.46	Bernard Green		11-10-61	Battersea Pk	15Jun
16.90	Nigel Whorlow	U17M	26-11-80	Walthamstow	3May
13.98	Mabon Dane		19-7-71	Colchester	

Hammer (6.25 kg)

24.26	Scott Exley	U20M	9-2-78	Crawley	31Aug
24.08	Oliver Jones	U20M		Copthall	21Sep
22.82	Ed Ford	U17M	12-12-80	Battersea Pk	4May
22.42	Daniel Stone	U20M	2-6-79	Copthall	21Sep
19.78	Robert Oglander	U17M	2-5-81	Watford	22Jun
19.72	James Tuson	U17M	7-1-81	Battersea Pk	4May

Hammer (5 kg)

31.96	Greg Urquhart	U17M	14-6-82	Copthall	20Jul
24.96	Ed Ford	U17M	12-12-80	Crystal Palace	29Jun
24.72	SolomonSt.Luce	U17M	11-2-82	Croydon	14Jun
24.50	Marvin Egan	U17M	23-11-80	Copthall	20Jul
22.94	Nigel Whorlow	U17M	26-11-80	Battersea Pk	15Jun
19.44	Darren Blown	U17M	23-5-81	Enfield	18May

Hammer (4 kg)

40.44	Dwain Fitzmaurice	U15B	20-4-83	Crystal Palace	29Jun
22.64	Sean Obileye	U15B	10-10-82	Enfield	18May
21.14	Mauricio Antonelli	U15B		Copthall	20Jul
20.98	Jon Hall	U15B	6-12-82	Crystal Palace	29Jun
16.20	Gary Brown	U15B	5-9-83	Southampton	27Apr
14.18	Kevin Baker	U15B	4-2-83	Battersea Pk	15Jun

Decathlon

6408	Matt Douglas (18)		26-11-76		
5451*	Scott Exley	U20M	9-2-78	Millfield	3-4May
* also reported as 5362 – information required					

Decathlon (U20M implements)

6032	Scott Exley	U20M	9-2-78	Yeovil	28-29Jun
------	-------------	------	--------	--------	----------

4x100m Relay

41.04	Jason Fergus		11-10-73	Bedford	30Aug
	Nick Cooper		4-2-77		
	Andrew Walcott		11-1-75		
	Dwain Chambers	U20M	5-4-78		
41.9	Steve Scott	U20M	5-6-79	Watford	22Jun
	Chris Lambert	U17M	8-4-81		
	Nick Dawson	U20M	19-5-78		
	Dwain Chambers	U20M	5-4-78		
44.5	Roy Hart	U17M	3-11-80	Crystal Palace	29Jun
	Richard Danso	U17M	24-12-81		
	James Tuson	U17M	7-1-81		
	Chris Lambert	U17M	8-4-81		
48.8	Charles Ewojowuh	U15B	25-5-83	Copthall	20Jul
	Neil Urmatum	U15B	10-1-83		
	Alfie Arce	U15B	2-11-82		
	Andrew Arce	U15B	2-11-82		
56.1	Ed Walsh	U13B	21-10-85	Copthall	20Jul
	Daniel Lambert	U13B	2-7-85		
	Paul Graham	U13B	17-2-86		
	Lesimba Lawrence	U13B	12-12-84		
57.9	Pete Gilbey	M45	12-4-51	Battersea Pk	28Apr
	Mike Small	M40	31-3-54		
	Don Anderson	M40	10-5-55		
	Snowy Brooks	M50	19-8-44		

4x200m Relay

1:30.2	Michael Peacock		7-12-72	Tooting	20Aug
	Dotun Akinbogun		14-8-74		
	Joe Pantom	U20M	25-11-78		
	Michael Parper	U20M	20-5-78		

4x400m Relay

3:13.3	Noel Levy		22-6-75	Solihull	5Jul
	Darrell Maynard		21-8-61		
	Chris Rawlinson		19-5-72		
	Phil Goedluck		10-9-67		
3:26.7	Nick Daniel 54.6	U17M	18-1-81	Battersea Pk	4May
	James Hilston 49.4	U20M	25-2-79		
	Joe Pantom 53.6	U20M	25-11-78		
	Michael Parper 49.1	U20M	20-5-78		
3:37.1	Obie Matthew 57.8	U17M	20-12-80	Enfield	
	Chris Lambert 54.7	U17M	8-4-81		
	Roy Hart 53.5	U17M	3-11-80		
	Nick Daniel 51.2	U17M	18-1-81		
3:54.7	Andrew Arce 60.6	U15B	2-11-82	Crystal Palace	29Jun
	Lee Russell 57.1	U15B	1-12-82		
	Alex Lambert 57.4	U15B	22-12-82		
	Manuel Garcia 59.6	U15B	3-8-83		

Women - Track & Field - Rankings 1997

100 metres

12.5	Sabrina Scott	U20W		Battersea Pk	29Jun
	12.46 +2.1			Crystal Palace	25May
	12.68 -0.6			Crystal Palace	25May
12.7	Sarah Roberts	U20W	25-6-78	St. Albans	7Jun
13.0	Harriet Payne	U15G	22-5-83	St. Albans	7Jun
13.1	Bianca Simon	U15G	28-10-82	Battersea Pk	12Jul
13.2	Joy Raji	U15G		St. Albans	7Jun
13.4	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	28Apr
13.4	Marcella Simon	U15G	21-2-83	Battersea Pk	23Aug
13.8	Serena Raymond	U13G	14-11-84	Battersea Pk	12Jul
14.1	Rebecca Lester	U15G	16-6-81	Battersea Pk	23Aug
14.2	Michelle Nestor	U15G	18-2-85	Battersea Pk	13Sep
14.4	Karlene de'Lemos	U17W	2-9-81	Carn Brae	17May
14.6	Alex Sweeney-Low	U15G		St. Albans	7Jun
14.6	Yvonne De Grath	U15G		Stevenage	2Aug
14.6	Danielle Kandaros	U17W	31-5-81	Stevenage	2Aug
14.8	Genia Marek	U15G	10-5-85	Battersea Pk	15Jun
15.0	J.Parker	U15G		Battersea Pk	13Sep
15.2	Hazel Kingsnorth	U15G	17-11-82	Carn Brae	17May
15.3	S.Burgess Bryan	U15G		Battersea Pk	23Aug
15.4	Nana Boakye-Adjei	U15G	23-2-84	St. Albans	7Jun
15.6	Natasha Richardson	U11G		Abingdon	19Jul
15.8	Sophia Howard		18-11-67	Battersea Pk	15Jun
15.8	Uzo Opara	U15G		Abingdon	19Jul
16.0	Imogen Powley	U15G	15-9-82	St. Albans	7Jun
16.2	C.Allen	U13G		Battersea Pk	23Aug
16.8	Tequila Simon	U13G		Battersea Pk	24May
16.8	Danielle Johnson	U13G	25-5-86	Battersea Pk	15Jun
17.3	S.Lubbock	U13G		Battersea Pk	15Jun

200 metres

25.2	Sabrina Scott	U20W		St. Albans	7Jun
	25.99 -1.8			Sheffield	11Jul
25.6	Sarah Roberts	U20W	25-6-78	St. Albans	7Jun
26.8	Joy Raji	U15G		St. Albans	7Jun
27.3	Harriet Payne	U15G	22-5-83	Carn Brae	17May
28.2	Bianca Simon	U15G	28-10-82	Battersea Pk	24May
28.3	Rebecca Lester	U15G	16-6-81	Battersea Pk	13Sep
28.4	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May
28.7	F.Ayabo	U15G		Battersea Pk	23Aug
28.8	Danielle Briggs	U15G	28-12-82	Battersea Pk	24May
29.8	Karlene de'Lemos	U17W	2-9-81	Wycombe	17May
30.6	Hazel Kingsnorth	U15G	17-11-82	Battersea Pk	26Apr
30.7	Genia Marek	U13G	10-5-85	Battersea Pk	12Jul
30.8	E.Owles	U13G		Battersea Pk	23Aug
30.9	Michelle Nestor	U15G	18-2-85	Battersea Pk	15Jun
32.9	Debbie Hearn	U17W	1-4-82	Battersea Pk	19Apr
33.8	C.Allen	U13G		Battersea Pk	23Aug
37.5	Danielle Johnson	U13G	25-5-86	Battersea Pk	15Jun
37.8	S.Lubbock	U13G		Battersea Pk	15Jun
38.7	Maureen Jones	W50	30-9-46	Battersea Pk	19May

400 metres

55.1	Linda Staines 2-cl (22)		26-12-63	Tooting	2Jul
55.97	Sarah Roberts (40)	U20W	25-6-78	Birmingham	2Aug
66.8	Diana Mukasa-Oyaka		29-11-69	St. Albans	7Jun
69.0	Syretta Stracey	U20W	5-7-78	Battersea Pk	26Apr
69.9	Jackie Stone		31-10-71	Carn Brae	17May
72.7	Debbie Hearn	U17W	1-4-82	St. Albans	7Jun
73.6	Tania Sturton	U20W	19-12-78	Abingdon	19Jul

600 metres

1:29.4	Linda Staines 2-cl		26-12-63	Battersea Pk	19Apr
--------	--------------------	--	----------	--------------	-------

800 metres

2:05.7	Linda Staines 2-cl (14)		26-12-63	Watford	25Jun
	2:05.12i				
2:29.6	Marcella Simon	U15G	21-2-83	St. Albans	7Jun
2:32.1	Jackie Stone		31-10-71	Battersea Pk	19Apr
2:33.0	Rebecca Lester	U15G	16-6-81	Battersea Pk	13Sep
2:41.3	Sophia Howard		18-11-67	Stevenage	2Aug
2:42.2	Samantha Symonds		23-6-72	Battersea Pk	19Apr
2:44.8	Debbie Hearn	U17W	1-4-82	Battersea Pk	26Apr
2:49.7	Cathy Eastham		10-5-71	St. Albans	7Jun
2:44.7	Tania Sturton	U20W	19-12-78	Kingsmeadow	14Jun
2:53.0	Alice Ragouzardis-Clark	U13G	29-1-87	Battersea Pk	26Apr
2:58.0	Nana Boakye-Adjei	U15G	23-2-84	Battersea Pk	26Apr
3:03.2	Angela Hearn	U20W	7-9-79	Stevenage	2Aug
3:03.8	Lucy Asling	U13G	28-5-87	Battersea Pk	24May
3:15.9	Christina Lourenco	U15G		Abingdon	19Jul
3:44.6	Danielle Johnson	U13G	25-5-86	Battersea Pk	12Jul
4:23.5	Maureen Jones	W50	30-9-46	Battersea Pk	19May

1500 metres

5:13.2	Judy Oakley		10-9-65	Battersea Pk	29Jun
--------	-------------	--	---------	--------------	-------

5:29.0	Samantha Symonds		23-6-72	Battersea Pk	26Apr
5:23.9	Debbie Hearn	U17W	1-4-82	Stevenage	2Aug
5:37.9	Marcella Simon	U15G	21-2-83	Battersea Pk	23Aug
5:45.0	Sophia Howard		18-11-67	Abingdon	19Jul
5:56.3	Cathy Eastham		10-5-71	Battersea Pk	26Apr
6:12.1	Rebecca Lester	U15G	16-6-81	Battersea Pk	23Aug
5:47.6	Genia Marek	U15G	10-5-85	St. Albans	7Jun
7:29.1	Katy Low	U15G	22-9-82	St. Albans	7Jun

3000 metres

9:45.4	Gabby Collison (38)		10-2-66	Brighton	20Aug
10:40.4	Samantha Northey	U20W	18-4-80	Battersea Pk	26Apr
10:59.8	Judy Oakley		10-9-65	St. Albans	7Jun
12:34.5	Sam Symonds		23-6-72	Abingdon	19Jul
13:04.0	Angela Hearn	U20W	7-9-79	Abingdon	19Jul
13:04.7	Tania Sturton	U20W	19-12-78	Carn Brae	17May
13:19.6	Cathy Eastham		10-5-71	Carn Brae	17May

5000 metres

16:52.1	Gabby Collison (24)		10-2-66	Crawley	17Sep
19:01.4	Judy Oakley		10-9-65	Crawley	17Sep

70 metres Hurdles

14.5	Michelle Nestor	U13G	18-2-85	Battersea Pk	13Sep
------	-----------------	------	---------	--------------	-------

75 metres Hurdles

13.0	Danielle Briggs	U15G	28-12-82	St. Albans	7Jun
14.2	Alex. Sweeney-Low	U15G		St. Albans	7Jun
16.5	Genia Marek	U15G	10-5-85	Stevenage	2Aug
17.7	Rebecca Lester	U15G	16-6-81	Carn Brae	17May
18.0	Michelle Nestor	U15G	18-2-85	Stevenage	2Aug
19.0	Christina Lourenco	U15G		Abingdon	19Jul
20.0	Uzo Opara	U15G		Abingdon	19Jul
20.6	Laura Fryer	U15G	3-12-83	Battersea Pk	24May

80 metres Hurdles

16.8	Karlene de'Lemos	U17W	2-9-81	St. Albans	7Jun
16.8	Danielle Kandaros	U17W	31-5-81	Stevenage	2Aug
17.3	Debbie Hearn	U17W	1-4-82	Stevenage	2Aug

100 metres Hurdles

18.5	Julia Cockram		1-1-68	Battersea Pk	29Jun
19.2	Angela Patten		24-3-72	Stevenage	2Aug
20.3	Jackie Stone		31-10-71	St. Albans	7Jun
20.7	Jacqui Smiter		19-6-72	Abingdon	19Jul
20.7	Gail Porter		21-9-68	Stevenage	2Aug
21.7	Debbie Hearn	U17W	1-4-82	Battersea Pk	15Jun

400 metres Hurdles

73.7	Jackie Stone		31-10-71	St. Albans	7Jun
74.1	Diana Mukasa-Oyaka		29-11-69	St. Albans	7Jun
80.6	Sophia Howard		18-11-67	Battersea Pk	15Jun
84.0	Jacqui Smiter		19-6-72	Battersea Pk	26Apr

High Jump

1.60	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	28Apr
1.55	Julia Cockram		1-1-68	Battersea Pk	29Jun
1.42	Danielle Briggs	U15G	28-12-82	St. Albans	7Jun
1.45	Jacqui Smiter		19-6-72	Abingdon	19Jul
1.40	Karlene de'Lemos		2-9-81	Battersea Pk	26Apr
1.30	Hazel Kingsnorth	U15G	17-11-82	Battersea Pk	26Apr
1.30	Gail Porter		21-9-68	Stevenage	2Aug
1.30	S.Kiobec	U15G		Battersea Pk	23Aug
1.30	Michelle Nestor	U13G	18-2-85	Battersea Pk	23Aug
1.25	Katy Low	U15G	22-9-82	Battersea Pk	24May
1.25	Genia Marek	U13G	10-5-85	Battersea Pk	12Jul
1.20	Rebecca Lester	U15G	16-6-81	Carn Brae	17May
1.20	Christina Lourenco	U15G		Stevenage	2Aug
1.10	Maureen Jones	W50	30-9-46	Battersea Pk	28Apr
1.05	S.Lubbock	U13G		Battersea Pk	15Jun

Long Jump

5.69	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May
5.36	+2.8 Sabrina Scott	U20W		Crystal Palace	24May
	+1.4 5.28			Crystal Palace	24May
5.29	Andrea Abrams		7-5-71	Battersea Pk	29Jun
4.86	Syretta Stracey	U20W	5-7-78	St. Albans	7Jun
4.73	Danielle Briggs	U15G	28-12-82	Croydon	14Jun
4.71	Harriet Payne	U15G	22-5-83	St. Albans	7Jun
4.32	Serena Raymond	U13G	14-11-84	Battersea Pk	12Jul
4.31	Hazel Kingsnorth	U15G	17-11-82	Abingdon	19Jul
4.27	Angela Patten		24-3-72	Stevenage	2Aug
4.15	Julia Cockram		1-1-68	Carn Brae	17May
4.13	Kim Frazer-Smith	U15G		Stevenage	2Aug
3.99	Diana Mukasa-Oyaka		29-11-69	Battersea Pk	15Jun
3.98	Rebecca Lester	U15G	16-6-81	Abingdon	19Jul

Rankings 1997 - Track & Field - Women

3.96	Sophia Howard		18-11-67	Battersea Pk	19Apr	16.54	Maureen Jones	W50	30-9-46	Battersea Pk	19May
3.75	Christina Lourenco	U15G		Abingdon	19Jul	14.74	Christina Lourenco	U15G		Stevenage	2Aug
3.72	Laura Fryer	U15G	3-12-83	Battersea Pk	23Aug	10.12	A.Sweeney-Low	U15G		St. Albans	7Jun
3.68	Debbie Hearn	U17W	1-4-82	Battersea Pk	15Jun	10.04	Nana Boakye-Adjei	U15G	23-2-84	Battersea Pk	24May
3.65	Cathy Eastham		10-5-71	Battersea Pk	15Jun	9.48	Katy Low	U15G	22-9-82	Battersea Pk	24May
3.60	Tania Sturton	U20W	19-12-78	Battersea Pk	15Jun	Hammer 3 kg					
3.56	Natash Richardson	U11G		Battersea Pk	13Sep	27.54(3.25kg)	Maureen Jones	W50	30-9-46	Portsmouth	5May
3.50	Nana Boakye-Adjei	U15G	23-2-84	Abingdon	19Jul	19.68	Barbara Dunsford	W60	20-9-35	Battersea Pk	11Jun
3.29	Lucy Asling	U13G	28-5-87	Battersea Pk	23Aug	Hammer 4 kg					
3.18	C.Allen	U13G		Battersea Pk	23Aug	30.08	Gail Porter		21-9-68	Battersea Pk	21May
3.17	Danielle Johnson	U13G	25-5-86	Battersea Pk	23Aug	25.84	Angela Patten		24-3-72	St. Albans	7Jun
3.15	S.Lubbock	U13G		Battersea Pk	15Jun	24.14	Maureen Jones	W50	30-9-46	Stevenage	2Aug
3.13	J.Parker	U15G		Battersea Pk	13Sep	17.86	Cynthia James	W50	20-6-44	St. Albans	7Jun
2.94	Joy Raji	U15G		Carn Brae	17May	4 x 100 metres Relay					
2.74	Maureen Jones	W50	30-9-46	Battersea Pk	19May	51.0	Diana Mukasa-Oyaka		29-11-69	Battersea Pk	29Jun
2.74	Yvonne De Grath	U15G		Stevenage	2Aug		Sarah Roberts	U20W	25-6-78		
Triple Jump							Andrea Abrams		7-5-71		
10.26	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	28Apr		Sabrina Scott	U20W			
9.57	Angela Patten		24-3-72	St. Albans	7Jun	53.3	Angela Hearn	U20W	7-9-79	Abingdon	19Jul
9.34	Julia Cockram		1-1-68	Abingdon	19Jul		Sarah Roberts	U20W	25-6-78		
9.30	Jacqui Smiter		19-6-72	Abingdon	19Jul		Syretta Stracey	U20W	5-7-78		
9.16	Diana Mukasa-Oyaka		29-11-69	Battersea Pk	15Jun		Sabrina Scott	U20W			
8.24	Cathy Eastham		10-5-71	Battersea Pk	15Jun	53.4	Harriet Payne	U15G	22-5-83	St. Albans	7Jun
7.35	Sophia Howard		18-11-67	Battersea Pk	15Jun		Hazel Kingsnorth	U15G	17-11-82		
Pole Vault							Joy Raji	U15G			
2.80	Julia Cockram (=35)		1-1-68	St. Albans	7Jun		Bianca Simon	U15G	28-10-82		
1.90	Maureen Jones	W50	30-9-46	Blackpool	28Jun	61.7	Team unknown	U13G		Battersea Pk	12Jul
Shot Putt 2.75 kg						4 x 200 metres Relay					
6.09	Genia Marek	U13G	10-5-85	Battersea Pk	12Jul	1:52.8	Joy Raji	U15G		Battersea Pk	21May
4.71	Danielle Johnson	U13G	25-5-86	Battersea Pk	12Jul		Bianca Simon	U15G	28-10-82		
Shot Putt 3 kg							Marcella Simon	U15G	21-2-83		
7.91	Cynthia James	W50	20-6-44	Battersea Pk	28Apr		Rebecca Lester	U15G	16-6-81		
6.16	Barbara Dunsford	W60	20-9-35	Battersea Pk	11Jun	4 x 400 metres Relay					
Shot Putt 3.25 kg						4:17.8	Diana Mukasa-Oyaka	67.8	29-11-69	Battersea Pk	26Apr
7.59	Kim Frazer-Smith	U15G		Stevenage	2Aug		Syretta Stracey	66.1	5-7-78		
7.52	Bianca Simon	U15G	28-10-82	Battersea Pk	26Apr		Jackie Stone	66.0	31-10-71		
7.34	Laura Fryer	U15G	3-12-83	Battersea Pk	23Aug		Sarah Roberts	57.9	25-6-78		
6.97	Imogen Powley	U15G	15-9-82	Battersea Pk	26Apr	Discus 1 kg					
6.68	Hazel Kingsnorth	U15G	17-11-82	Carn Brae	17May	29.02	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May
6.28	Katy Low	U15G	22-9-82	St. Albans	7Jun	27.94	Cindy James		2-5-71	Battersea Pk	15Jun
6.11	J.Parker	U15G		Battersea Pk	13Sep	26.72	Angela Patten		24-3-72	St. Albans	7Jun
5.73	Marcella Simon	U15G	21-2-83	Battersea Pk	23Aug	23.88	Gail Porter		21-9-68	Stevenage	2Aug
5.01	Genia Marek	U15G	10-5-85	Stevenage	2Aug	19.84	Katy Low	U15G	22-9-82	Battersea Pk	24May
Shot Putt 4 kg						19.72	Danielle Kandaros	U17W	31-5-81	Abingdon	19Jul
9.68	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	28Apr	19.48	Cynthia James	W50	20-6-44	Battersea Pk	15Jun
8.95	Cindy James		2-5-71	Battersea Pk	15Jun	17.70	Pat Mead	W50	12-2-45	Battersea Pk	23Jul
8.80	Angela Patten		24-3-72	Carn Brae	17May	17.06	Jacqui Smiter		19-6-72	St. Albans	7Jun
7.19	Cynthia James	W50	20-6-44	St. Albans	7Jun	16.32	Sophia Howard		18-11-67	Battersea Pk	19Apr
6.83	Gail Porter		21-9-68	Battersea Pk	26Apr	16.05	Imogen Powley	U15G	15-9-82	St. Albans	7Jun
6.62	Danielle Kandaros	U17W	31-5-81	Stevenage	2Aug	14.82	Nana Boakye-Adjei	U15G	23-2-84	Stevenage	2Aug
6.02	Sophia Howard		18-11-67	Battersea Pk	19Apr	14.58	Laura Fryer	U15G	3-12-83	Battersea Pk	15Jun
Discus 1 kg						14.44	S.Burgess-Bryan	U15G		Battersea Pk	23Aug
29.02	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May	14.30	Michelle Nestor	U15G	18-2-85	Abingdon	19Jul
27.94	Cindy James		2-5-71	Battersea Pk	15Jun	11.18	Rebecca Lester	U15G	16-6-81	Battersea Pk	23Aug
26.72	Angela Patten		24-3-72	St. Albans	7Jun	10.98	Portia Berkye	U15G		Battersea Pk	24May
23.88	Gail Porter		21-9-68	Stevenage	2Aug	10.66	Marcella Simon	U15G	21-2-83	Stevenage	2Aug
19.84	Katy Low	U15G	22-9-82	Battersea Pk	24May	9.92	Joy Raji	U15G		Carn Brae	17May
19.72	Danielle Kandaros	U17W	31-5-81	Abingdon	19Jul	Javelin 600 gm					
19.48	Cynthia James	W50	20-6-44	Battersea Pk	15Jun	30.20	Angela Patten		24-3-72	Battersea Pk	26Apr
17.70	Pat Mead	W50	12-2-45	Battersea Pk	23Jul	29.98	Gail Porter		21-9-68	Battersea Pk	29Jun
17.06	Jacqui Smiter		19-6-72	St. Albans	7Jun	27.20	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May
16.32	Sophia Howard		18-11-67	Battersea Pk	19Apr	20.80	Jacqui Smiter		19-6-72	Abingdon	19Jul
16.05	Imogen Powley	U15G	15-9-82	St. Albans	7Jun	18.66	Harriet Payne	U15G	22-5-83	Abingdon	19Jul
14.82	Nana Boakye-Adjei	U15G	23-2-84	Stevenage	2Aug	18.34	Imogen Powley	U15G	15-9-82	St. Albans	7Jun
14.58	Laura Fryer	U15G	3-12-83	Battersea Pk	15Jun	17.62	Sophia Howard		18-11-67	Battersea Pk	19Apr
14.44	S.Burgess-Bryan	U15G		Battersea Pk	23Aug	Photo: Alan Mead					
14.30	Michelle Nestor	U15G	18-2-85	Abingdon	19Jul						
11.18	Rebecca Lester	U15G	16-6-81	Battersea Pk	23Aug	<i>Sam McNally: ranked at number two in the country over 2k on the track behind our own Paul Graham. Both these lads have another year in the age group and have a fine future ahead of them if they stick at it.</i>					
10.98	Portia Berkye	U15G		Battersea Pk	24May						
10.66	Marcella Simon	U15G	21-2-83	Stevenage	2Aug						
9.92	Joy Raji	U15G		Carn Brae	17May						
Javelin 600 gm											
30.20	Angela Patten		24-3-72	Battersea Pk	26Apr						
29.98	Gail Porter		21-9-68	Battersea Pk	29Jun						
27.20	Kim Hagger 2-cl	W35	2-12-61	Battersea Pk	19May						
20.80	Jacqui Smiter		19-6-72	Abingdon	19Jul						
18.66	Harriet Payne	U15G	22-5-83	Abingdon	19Jul						
18.34	Imogen Powley	U15G	15-9-82	St. Albans	7Jun						
17.62	Sophia Howard		18-11-67	Battersea Pk	19Apr						

Rankings 1997 - Race Walking - Men and Women

800 m Track

4:31	Lucy Asling	U11G	28-05-87	Coventry	2Aug
4:32	Andrew Graham	U11B	19-12-89	Coventry	2Aug
5:49	Jeremy Dawson	U11B		Coventry	2Aug
6:58	Chris Read	U11B	25-07-87	Coventry	2Aug

1 km Track

4:45.1	R	1	Paul Graham	U13B	17-02-86	Woodford	16Jul
5:17.6			Sam McNally	U13B	26-03-86	Woodford	17Sep
5:43.1		1	Andrew Graham	U11B	19-12-89	Woodford	18Jun
5:52			Stephen Whorlow	U13B	20-05-85	Birmingham	14Dec
5:57.2		1	Lucy Asling	U11G	28-05-87	Brierly Hill	13Oct
6:26.4			A.Steel	U13B		Woodford	17Sep
6:28.5			Emma McNally	U11G	02-05-88	Woodford	17Sep

1 km Road

4:53			Paul Graham	U13B	17-02-86	Dublin, IRL	27Sep
5:19			Sam McNally	U13B	26-03-86	Dublin, IRL	27Sep
5:42	R	2	Lucy Asling	U11G	28-05-87	Steyning	22Jun
5:43			Stephen Whorlow	U13B	20-05-85	Dublin, IRL	27Sep
5:44		3	Andrew Graham	U11B	19-12-89	Dublin, IRL	27Sep
6:26		9	Emma McNally	U11G	02-05-88	Tamworth	1Dec
7:10		17	Jeremy Dawson	U11B		Steyning	22Jun

1.2 km Track

6:02.0	R		Paul Graham	U13B	17-02-86	Battersea Pk	12Jul
6:38.0			Sam McNally	U13B	26-03-86	Battersea Pk	12Jul
7:07.3	R		Lucy Asling	U11G	28-05-87	Battersea Pk	13Sep

1.6 km Track

8:26.2	R		Laura Fryer	U15G	03-12-83	Battersea Pk	12Jul
--------	---	--	-------------	------	----------	--------------	-------

1 mile Track & Road

6:45		2	Mabon Dane	SM	19-07-71	Colchester	13Mar
6:54.8		1	Nigel Whorlow	U17M	26-11-80	Brighton	20Aug
8:15.6			Laura Fryer	U15G	03-12-83	Brighton	20Aug
8:30.4			Kevin Baker	U15B	04-02-83	Brighton	20Aug
8:31			Paul Graham	U13B	17-02-86	Colchester	13Jan
9:05			Sam McNally	U13B	26-03-86	Colchester	13Mar
10:30			Andrew Graham	U11B	19-12-89	Colchester	13Mar

2 km Track

9:00			Mabon Dane	SM	19-07-71	Colchester	22May
9:40			Mick Graham	M45	08-04-48	Colchester	10Jul
10:25	R	1	Paul Graham	U13B	06-12-83	Colchester	10Jul
10:26	R	2	Laura Fryer	U15G	03-12-83	Coventry	2Aug
10:59.3		2	Sam McNally	U13B	26-03-86	Sheffield	31May
11:34			Kevin Baker	U15B	04-02-83	Coventry	2Aug
12:16			Eric Hall	M60	15-09-32	Colchester	10Jul
12:21			Sue Porter	W45	14-07-47	Battersea Pk	28Apr
12:27.3			Vicky Parker-Smith	U15G	09-08-92	Brierly Hill	13Oct
12:40.6			Stephen Whorlow	U13B	20-05-85	Battersea Pk	15Jun
13:53.9			Sophie Read	U15G	20-05-83	Brierly Hill	13Oct
13:59.6	R		Lucy Asling	U11G	28-05-87	Battersea Pk	15Jun
15:04.7			Natasha West	U13G		Brierly Hill	13Oct
15:23.6			Cheryl Robinson	U13G		Brierly Hill	13Oct
15:27			Cynthia James	W50		Battersea Pk	28Apr
17:00.3			Sarah Reynolds	U13G		Brierly Hill	13Oct

2 km Road

9:30		2	Nigel Whorlow	U17M	26-11-80	Wimbledon	23Nov
10:03		2	Paul Graham	U13B	17-02-86	Leicester	10Sep
10:09		3	Laura Fryer	U15G	03-12-83	Dublin, IRL	27Sep
10:32			Kevin Baker	U15B	04-02-83	Dublin, IRL	27Sep
10:33		3	Sam McNally	U13B	26-03-86	Sheffield	12Apr
11:18			Tara Gorman	U17W	09-05-82	Wimbledon	23Nov
12:02		9	Stephen Whorlow	U13B	20-05-85	Steyning	22Jun
12:50			Daniel Bond	U17M	11-02-82	Wimbledon	23Nov
13:57			Amy Hutchinson	U17W	02-07-82	Wimbledon	23Nov

2.5 km Road

13:13	R	1	Paul Graham	U13B	17-02-86	Bexley	8Feb
13:27	R	2	Laura Fryer	U13B	03-12-83	Bexley	8Mar
14:24		3	Sam McNally	U13B	26-03-86	Bexley	7Dec
17:01		5	Stephen Whorlow	U13B	20-05-85	Bexley	8Feb
18:07			Sophie Read	U15G	20-05-83	Bexley	19Oct

3 km Track

13:11.5	R	1/13	Nigel Whorlow	U17M	26-11-80	Crawley	30Aug
13:18.4		14	Mabon Dane	SM	19-07-71	Tonbridge	31Mar
13:24.6		3/16	Andrew Goudie	U20M	04-10-78	Crawley	30Aug
14:22.8		26	John Hall	M45	18-01-49	Crawley	30Aug
14:25.4		27	Mick Graham	M45	08-04-48	Crawley	30Aug
15:06.4		35	Carl Lawton	M45	20-01-48	Battersea Pk	15Jun
15:08.4			Paul Warburton	M45	20-01-52	Kingsmeadow	24Aug
15:46.58	R	1	Paul Graham	U13B	17-02-86	Cophthall Barn.	23Aug
15:53.90	R	3	Laura Fryer	U15G	03-12-83	Derby	20Sep
16:03.5			Dave Sharpe	M40	13-09-53	Battersea Pk	19Apr
16:20.7		7	Kevin Baker	U15B	04-02-83	Cophthall Barn.	23Aug
16:27.70		60	Doug, Fotheringham	M65	18-04-36	Blackpool	28Jun
17:46.3			Sam McNally	U13B	26-03-86	Battersea Pk	19Apr

17:48.1			Robert Metalle	U17M	14-01-82	Tonbridge	31Mar
18:27.14	i		Tara Gorman	U17W	09-05-82	Birmingham	16Feb
19:14.4		5	Stephen Whorlow	U13B	20-05-85	Derby	20Sep
19:40.9			Gill Broderick	SW	18-05-62	Battersea Pk	19Apr
22:01.4		12	Amy Hutchinson	U17W	02-07-82	Brierly Hill	13Oct

Other performances

13:53.01	i		Nigel Whorlow	U17M	26-11-80	Birmingham	16Feb
----------	---	--	---------------	------	----------	------------	-------

3 km Road

14:33		6	Mick Graham	M45	08-04-48	Dublin, IRL	27Sep
15:48	R	3	Laura Fryer	U15G	06-12-83	Steyning	22Jun
16:31		14	Dave Sharpe	M40	13-09-53	Dublin	27Sep
18:10		6	Robert Metalle	U17M	14-01-82	Tonbridge	31Mar
18:28		7	Tara Gorman	U17W	09-05-82	Coventry	2Mar
20:04		9	Amy Hutchinson	U17W	02-07-82	Coventry	2Mar

5 km Track

23:06.6			Mabon Dane	SM	17-07-71	Brierly Hill	13Oct
23:17.6		4/8	Andrew Goudie	U20M	04-10-76	Derby	20Sep
23:24.01	R	2	Nigel Whorlow	U17M	26-11-80	Derby	20Sep
25:46		11	Mick Graham	M45	08-04-48	Coventry	2Aug
27:50.48		20	Doug Fotheringham	M65	18-04-36	Blackpool	29Jun
29:01.5		7	Chris Stanford	U17M	19-02-82	Brierly Hill	13Oct
30:24.4		8	Daniel Bond	U17M	11-02-82	Brierly Hill	13Oct
31:34			Robert Metalle	U17M	14-01-82	Coventry	2Aug
31:38			Jason Stevens	U17M	05-04-82	Coventry	2Aug
34:38.9			Francis Lloyd	U17M	04-09-80	Brierly Hill	13Oct

5 km Road

23:15		4/9	Andrew Goudie	U20M	04-10-78	Steyning	22Jun
23:31		2/10	Nigel Whorlow	U17M	26-11-80	Steyning	22Jun
24:47		14	Mabon Dane	SM	19-07-71	Eastway	27Oct
25:01		15	Carl Lawton	M45	20-01-48	Steyning	22Jun
25:04		16	Mick Graham	M45	08-04-48	Steyning	22Jun
26:13		6	Chris Stanford	U17M	19-02-82	Bradford	9Nov
27:43.42		37	Doug Fotheringham	M65	18-04-36	Durban, RSA	Jul
27:55.54		42	Dave Sharpe	M40	13-09-53	Durban, RSA	Jul
29:15		10	Daniel Bond	U17M	11-02-82	Tamworth	26Nov
31:53			Tara Gorman	U17W	09-05-82	Bexley	7Dec
32:24			Robert Metalle	U17M	14-01-82	Bexley	8Feb
33:39			Francis Lloyd	U17M	04-09-80	Tamworth	26Nov
34:35			Amy Hutchinson	U17W	02-07-82	Bexley	1Feb

5 miles Road

38:02			Mabon Dane	SM	19-07-71	Harlow	20Oct
40:52			Mick Graham	M45	08-04-48	Southend	21Sep
41:33			Carl Lawton	M45	20-01-48	Southend	21Sep
44:53			Dave Sharpe	M40	13-09-53	Southend	21Sep
46:13			Paul King	M45	04-02-51	Battersea Pk	17Jun
46:45			Doug Fotheringham	M65	18-04-36	Battersea Pk	17Jun
47:02			Eric Hall	M65	15-09-32	Southend	21Sep

9 km Road

44:20			Andrew Goudie	U20M	04-10-78	Blackheath	7May
47:11			Mick Graham	M45	08-04-48	Blackheath	13Aug
48:13			Mike Scamell	M40	16-08-54	Blackheath	4Jun
49:49			Dave Sharpe	M40	13-09-53	Blackheath	4Jun
49:59			Paul Warburton	M45	20-01-52	Blackheath	2Mar
50:30			Doug Fotheringham	M65	18-04-36	Blackheath	4Jun
52:17			Carl Lawton	M45	20-01-48	Blackheath	2Mar
53:20			Paul King	M45	04-02-51	Blackheath	13Aug

6 miles Road

47:37			Mabon Dane	SM	19-07-71	Calne	12Oct
51:21			Carl Lawton	M45	20-01-48	Calne	12Oct
56:21			Doug Fotheringham	M60	18-04-36	Calne	12Oct

10 km Track

46:56		6	Mabon Dane	SM	19-07-71	Homchurch	26Mar
49:18.4	R	2/14	Nigel Whorlow	U17M	26-11-80	Crawley	13Sep
54:09.9		20	Mick Graham	M45	08-04-48	Sheffield	31May
58:26		26	Paul King	M45	04-02-51	Homchurch	26Mar

10 km Road

47:02		26	Mabon Dane	SM	19-07-71	Bexley	7Dec
47:32		4/31	Andrew Goudie	U20M	04-10-78	Bexley	8Feb
50:50		45	Mick Graham	M45	08-04-48	Leicester	14Sep
51:09	R	2/47	Nigel Whorlow	U17M	26-11-80	Imber Court	12Jan
51:30		51	John Hall	M45	18-01-49	Chigwell	21Dec
52:36		56	Carl Lawton	M45	20-01-48	Bexley	7Dec
??:??		67	Dave Sharpe	M40	13-09-53	Imber Court	12Jan
56:39		100	Doug Fotheringham	M60	18-04-36	Solihull	16Nov
57:03		108	Paul King	M45	04-02-51	Bexley	19Oct
66:09			Ray Middleton	M60	09-09-36	Imber Court	12Jan

**Race Walking Rankings compiled for the athletic year
1st Sep 1996~31st Aug 1997
by Steve Whorlow Snr. and Nigel Whorlow**

7 miles Road

53:53	Mabon Dane	SM	19-07-71	Wimbledon	23Nov
54:11	Andrew Goudie	U20M	04-10-78	Wimbledon	23Nov
61:39	Dave Sharpe	M40	13-09-53	Wimbledon	23Nov
63:21	Paul King	M45	04-02-51	Wimbledon	23Nov
64:07	Doug Fotheringham	M60	18-04-36	Wimbledon	23Nov
73:37	Ray Middleton	M60	09-09-36	Wimbledon	23Nov
77:52	George Beecham	M65	26-02-31	Wimbledon	23Nov

10 miles Road

1:16:31	Mabon Dane	SM	19-07-71	Basingstoke	15Feb
1:26:47	Carl Lawton	M45	20-01-48	Basingstoke	15Feb
1:32:56	Paul King	M40	04-02-51	Basingstoke	15Feb
1:33:15	Mick Graham	M45	08-04-48	Victoria Pk	17May
1:37:57	Dave Sharpe	M40	13-09-53	Chigwell	22Feb
1:38:24	Doug Fotheringham	M60	18-04-36	Chigwell	22Feb

20 kms Road

1:42:30	26 Mabon Dane	SM	19-07-71	Dublin, IRL	27Sep
1:56:41	52 Mick Graham	M45	08-04-48	Colchester	26May
2:00:30.7	55 Dave Sharpe	M40	13-09-53	Durban, RSA	Jul
2:00:38	58 Doug Fotheringham	M65	18-04-36	Sutton Pk	14Jun
2:02:29	66 Paul King	M40	04-02-53	Croydon	17May

30 kms Road

2:38:58	Mabon Dane	SM	19-07-71	Basildon	27Apr
3:05:05	Paul King	M40	04-02-53	Basildon	27Apr
3:09:01	Mick Graham	M45	08-04-48	Basildon	27Apr

20 miles Road

2:51:16	Mabon Dane	SM	19-07-71	Basildon	27Apr
3:19:34	Paul King	M40	04-02-53	Basildon	27Apr
3:26:02	Mick Graham	M45	08-04-48	Basildon	27Apr

50kms Road

4:54:22	13 Mabon Dane	SM	19-07-71	Basildon	5Apr
5:25:05	17 Paul King	M40	04-02:53	Basildon	27Apr

Reebok Surrey C.C. League 1997~98 Final Positions

1,	Thames Hare & Hounds	1152
2,	Herne Hill H	1293
3,	Aldershot Farnham & D	1547
4,	Belgrave H	1570
5,	Boro' Hounslow	1790
6,	Ranelagh H	1832
7,	Boxhill R	2364
8,	Met. Police	2376
9,	Croydon H	2456

Road & Cross Country

November 1997

- 23 Epsom Marathon Windows 10 miles. 28, D.Anderson 61:21; 159, C.Cross 74:27; 246, L.Mann 80:12; 248, D.Manning 80:18; 273, D.Davies 82:15; 353, H.Morris 91:16; 405, C.Manning 111:00; 407 finished.
- 29 Wolverton 5 miles. 2, K.Tadesse 24:06.
- 29 Wimbledon, Vets AC 4.8 miles CC. 2, M.Nouch 27:04; 23, A.Painter 31:57.
- 29 Battersea Park, Sri Chinmoy 5 miles. 4, M.Kazimierski 27:53; W.Minett 32:45; L.Mann 37:28.

December 1997

- 7 Cardiff, Reebok Cross Challenge 8.3k. 7, A.Passey 26:52.
- 7 Portsmouth, Victory 5 miles. 6, K.Tadesse 23:51; 28, J.Estall 25:00; 94, E.Ngugi 27:13; 96, M.Kazimierski 27:27. Team: 6, Belgrave 224. Women: 3, G.Collison 27:57.
- 14 Hogs Back 8.8m. 1, K.Tadesse 45:24; 313, J.Slough (M45) 1:06:52; 412, L.Mann 1:10:13; 458, M.Lesley (M40) 1:11:34; 482, G.Collins (M50) 1:12:33; 489, D.Davies (M50) 1:12:58; 500, D.Manning (M60) 1:13:42; 551, C.Henn (M60) 1:15:57; 564, D.McMillan (M50) 1:16:52. Vets' Teams: 30, Belgrave 1132. Women: 20, C.Bruce-Burgess 1:07:04; 107, P.Davies 1:16:31.
- 19 Hyde Park, Serpentine Last Friday 5k. U17M 1, C.Morris 19:33.
- 20 Wimbledon, VAC 4.8 miles CC. 2, M.Nouch 27:33; 16, A.Painter 32:06; 17, D.Clack 32:18; 21, P.Newell 32:50 24, A.Stone 33:21; 35, L.Mann 36:47.
- 21 Reigate Priory Park. Holly Run. Women's 3 miles 2, J.Oakley 19:00.
- 25 Wimbledon, Lauriston 30 minute Paarlaf. 1, M.Yates/M.Miller (H/W) 5m 1554y; 3, R.Alsop/D.Williams (H/W) 5m 1367y; 4, G.Staines/J.Outhwaite (H/W) 5m 1223y; 7, G.Adams/J.Booth 5m 1065y; 12, S.Paton/A.Grimes (H/W) 5m 583y.
- 26 Bedford Boxing Day 10m. 8, P.Carstairs 57:26
- 26 Southampton, John Dukes Memorial 5m. 2, D.Onoufriou 16:11.
- 28 Tadworth 10m. 203, L.Mann 1:22:54; 222, D.Davies 1:28:04. 5m 1, R.Foley 27:10.

January 1998

- 3 Durham International CC. 3.7k 22, M.Yates 13:58.
- 10 Wimbledon, Vets AC 4.8miles CC. 2, M.Nouch 26:57; P.Newell 32:00; D.McMullen 79:27.
- 11 Egmond Aan Zee, Netherlands, Half Marathon: 4, P.Evans 1:03:23.
- 20 Morden, Merton Schools Champs. 3.2m. 2, K.Quinn 18:38.
- 21 London Schools Inter-Boys 6k. 1, M.Garcia 19:07.

- 25 Belfast, IAAF/Coca-Cola International. 8k. 21, P.Evans 27:46.
- 25 Mitcham 25k. 7, M.Kazimierski 1:27:55.

February 1998

- 1 Ewell, 26.2 10k. 1, G.Staines 31:04; 2, K.Nash 31:42.
- 7 County Schools Champs. Dorset, Senior Girls. 3, S.Northey 18:03. Somerset. Inter Boys, 2, A.McLean-Foreman 16:39. Surrey, Senior Boys, 2, K.Quinn 25:46.
- 8 Dewsbury, Puma Cell 10k. 5, K.Tadesse 29:36.
- 8 Boxhill 7.5m/1,700ft 3, R.Foley 50:49.
- 8 Welwyn, Metropolitan Lg. 5.25 miles 8, M.Yates 29:56.
- 11 Guildford, London Colleges Lg. 5.2 miles. 8, D.Onoufriou 29:41.
- 14 Inter Counties Schools. Inter Boys 6.4k. 1, M.Garcia 19:10.
- 15 Wimbledon, Vets AC 4.8 miles CC. P.Newell 31:58.
- 15 Rochford, Essex 20m. Women 2, R.Weston 2:21:56 (started 1:00 late)
- 22 Fleet & Crookham 9k. 8, M.Chuter 34:53.
- 22 Hillingdon 5 miles. 9, K.Tadesse 23:51; 11, A.Hutchinson 23:54; 19, K.Nash 24:30; 28, R.Alsop 25:14. Teams: 1, Belgrave 67; 2, Basildon 72; 3, Aldershot F&D 161.

March 1998

- 1 Cardiff, Inter-Counties. 34, L.Hurst 37:34; 38, K.Nash 37:40; 112, R.Alsop 39:24. U20W. 83, T.Sturton 26:46. U17W 104, D.Hearn 22:57.

Race Walking

January 1998

- 1 Victoria Pk., City of London Races. 10k. 2, M.Dane 49:01; 4, N.Whorlow (U20M) 49:50; 6, A.Goudie (U20M) 51:46; 10, C.Lawton 53:52; 15, P.Warburton 55:55; 17, D.Sharpe 56:26; 19, P.King 57:03. Team: 1, Belgrave 12; 2, Surrey WC 22; 3, Ilford 28. U13B 2.5k 1, P.Graham 13:43; 2, S.McNally 15:04; 3, S.Whorlow 14:59. U11B 1k. 1, A.Graham 5:41; 2, B.Craig 5:43. Team 1, Belgrave 7. U15G 2.5k. 2, L.Asling 17:31. Reg Jacobs Trophy 1, Belgrave 581; 2, Colchester 234; 3, Aldershot Farnham & Dist. 193.
- 11 Imber Court, Met. Police 10k. 7, M.Dane 48:12; 8, A.Goudie 48:38; 11, N.Whorlow 51:17; 18, P.King 56:29; 30, R.Middleton 1:13:35. Teams: 1, Steyning 20; 2, Belgrave 20; 3, Surrey WC 24.
- 17 Steyning 15k. 8, A.Goudie 1:17:18.

Greatly reduced prices

TRACK & FIELD SHOES



**Nike Rotational (discus-shot)
£26 (normal retail price £89)**

Nike Javelin Boots £30 (retail £90)

Nike high Jump £26 (retail £75)

**Nike Zoom V
Eldoret
Shift**

Rival D all £22 (retail £49-69)

For sizes available and orders contact John Jeffery 0181 393 9295 (home) or 0181 946 6859 (Belgrave Hall)

Tell your friends
Offer not restricted to Belgrave Harriers

