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The Belgravian is the official newsletter of Belgrave Harriers and may be downloaded from the Club's website www.belgraveharriers.com. Copy is welcomed by the Editor alan.mead@belgraveharriers.com. Articles and photos by the Editor unless otherwise stated.

Road Running

Nonsuch 4 x 2.2 miles Relay, Nonsuch Park, 7 July 2005.

Local heroes

It was a slightly subdued group of runners, gathering in the Cheam corner of Nonsuch Park after the day's terrorist activity in London. A moment of silence preceded the race and then came the best possible reaction to such atrocities – carrying on with normal daily life, which in our case means – running.

Injury had taken our team down below the necessary four a couple of days earlier. The Skipper stepped into the breach, only to find that due to the transport shut-down he was not able to get to the start. An unfit Don Anderson promised to get round somehow but a tentative call was made to the Ward household to see if Richard was back from University – and if he was, had he done any running recently? The call came up trumps. Coincidentally he was in this neck of the woods, because the following day he was setting off for his brother's stag "do" in Budapest. With only three hours warning it was Richard Ward to the rescue. The quest for our ninth consecutive win was on again.

Very light rain started falling as Junior Galley set out on leg one. Epsom & Ewell led the field home with Guildford close up in second and the Bels in third, 28 seconds off the pace. The leading two teams switched places on the second circuit while Steve Zealey kept the Bels just about in striking distance, now 50 seconds behind. Stage three and it was Epsom's turn to go ahead again, while some way back, "Wardy" skated the circuit perhaps a minute slower than he would if fit, but nevertheless closing on the leaders. The gap was still 38 seconds and a win seemed a lot to ask of Phil Wicks, only just recovering from illness. Organiser Dave Denton raised a quizzical eyebrow in the direction of our Team Manager – maybe the win streak was over.

But Phil's not keen on coming anything but first. In spite of a 24 second advantage, the Guildford man was caught after a little over half a mile of running and taking the right-angle bends wide to avoid slipping on the greasy surface, the Belgrave man began pulling the Epsom runner back as well. A mile out, on the grassy stretch, a Belgrave vest went ahead for the first time of the evening. It was all over, and from the look of young Phil at the race end, he was well over his illness and could no doubt have gone close to ten minutes in dry conditions.

1 Belgrave 44:37 (J Galley M40 11:25, S Zealey 11:43, R Ward 11:08, P Wicks 10:21); 2 Epsom & Ewell 45:03; 3 Guildford & Godalming 45:04; 50 teams finished.

Julie Button 10 km, Elmbridge, 24 July 2005.

It's Wicks in the wet

With only two races to go in the Surrey Road League we had some work to do to get on a par with South London Harriers but in spite of the steady drizzle the omens looked good as our course record holder Kassa Tadesse was on hand to defend his title. It was a hard race for Kassa last year, when he had to hold off club-mate Mark Thompson, and this year, too, his toughest opposition came from men wearing claret and gold strip.

Phil Wicks made the early pace but as they raced towards Hampton Court, Kassa took up the challenge in the third kilometre and then Erwin McRae led throughout the fourth. The Belgrave trio were now clear but as they reached the halfway mark in 15:38 and turned for home, it was Phil increasing the pressure. Erwin fell away at 6 km as they raced onto the towpath along the Thames – and then Kassa also could hold on to his young challenger no longer.

Phil had a comfortable winning margin of 18 seconds by the finish and in spite of the rain and the loose surface over the last few kilometres was within half a minute of his best ever time of 30:29 – a mark that may well be improved when he races for the SEAA in the forthcoming Cardiff 10 km.

John Charles equalled his best ever time to become Belgrave's fourth scorer in the open race, and with the perfect score in the three to count road league we moved up to share top spot in the league table

Men. 1 P Wicks (Belgrave) 30:54; 2 K Tadesse 31:12; 3 E McRae 31:14; 8 J Charles 33:07; 14 J Clarke 33:41; 16 L Greatorex 34:08; 43 G Reid M40 36:45; 133 P Cross M50 40:22; 538 finished. Team: 1 Belgrave 8; 2 South London 20; 3 Ranelagh 27.

Women. 1 L Watson (Stragglers) 36:02; 3 M Heaton 37:24; 462 L Lucas 56:41.

Surrey County 5 km, Wimbledon, 14 August 2005.

Different course, different challenger – same winner

Hassan Raidi was back from a spell of training in Morocco where he had been getting himself into shape for the following week's Auckland Castle 10 km, but on the tough Wimbledon course used by Surrey County for their 5km Championship he was unable to stop a rampant Phil Wicks from continuing his winning ways.

The race starts in Cottenham Park Road and immediately climbs for 500 metres, taking in what we used to know as "the kiss of death" in our old 5 ¼ mile road race, until Christ Church on the corner of Copse Hill is reached.

There was nothing much between the pair in the early stages, or when they strode out down Copse Hill, but when they turned near the bottom and entered Cottenham Park Road at the very bottom of the hill to begin the second ascent, Phil was showing signs of pulling away. At the end of the lap he was about 10 seconds clear but up by the church the gap had extended to around half a minute – and it grew.

Lee Greatorex ran well to close in our winning men's Surrey Championship team and we kept our grasp on the Surrey Road League as a result.

The women's team also featured in the county medals with Tilly Heaton leading the way and picking up individual bronze as well. She ended up as equal winner overall for the summer series. We also welcomed Heidi Cayzer into the team for the first time and look forward to seeing her at many more events in the future.

Men. 1 P Wicks (Belgrave) 15:09; 2 H Raidi 15:48; 8 L Greatorex 16:13; 9 K Hegvold M40 16:18; 10 R Alsop 2-cl M40 16:21; 26 C Dickinson M50 17:14; 27 M Whiting 17:16; 49 G Reid M40 18:02; 119 L Rehn M40 21:13; 146 C Cross 24:23; 162 finished. Teams: 1 Belgrave 10; 2 Herne Hill H 22; 3 South London H 42; 4 Striders of Croydon 42.

Women. 1 J Peterson (Stragglers) 17:16; 3 M Heaton 18:26; 10 H Cayzer 20:15; 31 C Eastham 23:44; 55 finished. Teams: 1 Ranelagh H 8; Striders of Croydon 25; 3 Belgrave H 26.

SURREY ROAD LEAGUE 2005	
(best four results from five race series)	
Men	
1	Belgrave H.....25, 24, 21, 25, 25..... 99
2	South London H.....23, 25, 23, 24, 23..... 95
3	Ranelagh H.....24, 23, 22, 23, 20..... 92
4	Dorking & MV 87; 5 Thames H&H 81; 6 Epsom & Ewell H 80; 7 Sutton R 77; 8 Striders of Croydon 71; 9 Herne Hill H 68; 10 Stragglers 67; 25 clubs took part.
Women	
1	Ranelagh H.....20, 22, 22, 15, 22..... 96
2	Stragglers.....21, 20, 21, 22, 19..... 84
3	Wimbledon W.....22, 21, -, 19, 12..... 74
4	Striders of Croydon 73; 5 Sutton R 71; 6 Herne Hill H 70; 7 Epsom & Ewell H 65; 8 Elmbridge R 62; 9 South London H 57; 10 26.2 RRC 56; 12 Belgrave H (-, 8, 10, 12, 21) 51; 20 clubs took part.

Results Roundup

Race Walking

July 2005

16-17 **BMAF Champs, Birmingham.** M55. 3000m: a 1 J Hall 14:54.13; 2 M Graham 18:17.92. 5000m: b 1 J Hall 25:22.68; dq M Graham. M75. 5000m: b 1 D Fotheringham 31:13.39. W40. 3000m: a 1 M Noel 18:08.32. 5000m: b 1 M Noel 30:19.71.

Road Running

July 2005

3 **Harry Hawkes 8 miles, Thames Ditton.** Men. 1 P Sly (Thames H&H) 39:52; 15 G Reid 1 M40 48:49; 26 D Patel 2 M45 50:40.
 4 **Self Transcendence 2 miles, Battersea Park.** 1 M Pannett (Tonbridge) 11:04; 2 H Smethurst W40 11:49.
 6 **Yateley 10 km.** 1 K Nash (Belgrave) 32:34.
 9 **Lord Mayor's City Centre 5 km, Norwich.** Women. 1 B Dagne (Belgrave) 17:08.
 10 **Wycombe Half Marathon.** 1 A Stewart (Belgrave) 71:57.
 24 **Wharf to Wharf 6 miles, Santa Cruz to Capitola CA USA.** 1 W Kigeni (Kenya) 27:36; 9 B Poore 29:21.
 29 **Serpentine Last Friday 5 km, Hyde Park.** 1 E McRae (Belgrave) 15:21; 2 J Charles 16:01; 6 T Hadfield 16:24.
 29 **Wedding Day 7 km, Bushey Park.** 1 S Overall (Blackheath &B) 21:50; 10 L Greatorex 23:42; 12 B Barton M40 24:10.

August 2005

1 **Sri Chinmoy Self Transcendence 2 miles, Battersea Park.** Women. 1 H Smethurst W40 11:44.
 7 **Eloughton 10 km, Humberside.** 1 N Molema (RSA) 30:12; 2 A Swearman 31:54.
 7 **Governor's Bay to Lyttleton 10 km Handicap, NZL.** Fastest M Bailey (New Brighton) 30:48; 9 P Coughlan 34:37.
 8 **Sri Chinmoy Self Transcendence 2 miles, Battersea Park.** Women. 1 H Smethurst W40 11:46.

ROAD RUNNING FIXTURES

September 2005

10 Surrey County Road Relays, Wimbledon Pk.,
 - Senior Men 6x3 miles 12 noon.
 - Veteran Men and Veteran Women 4 x 3 miles 12 noon.
 18 Great North Run Half Marathon.
 24 SEAA Road Relays, RushmoorArena, nr. Aldershot
 - Veterans 4 x 6k 12:30 pm,
 - Senior Men 6 x 6k 2:30 pm.
 25 SEAA Road Relays, RushmoorArena, nr. Aldershot
 - Senior Women and Veteran Women 4 x 3.851k 3:55 pm.

Marty makes waves at Bondi - beats veteran Steve Moneghetti

He ran into a London fence two years ago, ran a marathon in Chicago last year and ran into the record books yesterday as the first Australian across the line in the 2005 City to Surf race in Sydney.

Canberra's Martin Dent conquered Heartbreak Hill and sprinted away from semi-retired Steve Moneghetti.

However, the 26-year-old failed to drop defending champion Patrick Nyangelo or Dickson Marwa, who finished one-two for Tanzania in the 14km race. Only seven seconds separated Dent and Nyangelo, who claimed his third City to Surf victory.

"The times were close," Dent said. "But I think particularly the guy that won, he wasn't flat out, I don't think he was stretched out at all. He's won the past two years, so it wasn't a fluke."

Before the race, Dent said it would be a tough feat just to beat 43-year-old Moneghetti, who finished fourth, but hoped his youth would win out. "He'll be a year older so maybe he might be a bit easier to beat."

After sharing the lead with the three-time Olympian, Dent broke away with the Africans as Moneghetti dropped off the pace on the 3km descent into Bondi Beach.

"It's good for Australian running. I think but someone had to beat him to stop the domination. When the best runners are 43 years old it's a bit of a shame," Dent said.

While his finishing time was still adrift of Moneghetti's race record 40min 03sec, Dent recorded 41:19 which was a one minute improvement on last year's performance and a personal best for the distance.

"It wasn't easy," Dent said. "I wasn't really sure how I'd go so obviously it was a lot better than my expectations."

The City to Surf race was his first major competition since placing 13th in the Chicago Marathon last October.

Having trained through a problematic Achilles injury for most of this year, Dent said he ran pain free yesterday.

He also explained how such injuries can often be a blessing.

"Having a break has been good as your body can fully recover from what you've done to it and sort of build up again stronger and faster. In the past I sometimes got a bit too obsessed with getting runs in, and running up to 180km a week, but lately I've been running as much as I've felt comfortable with."

Dent left his finance office on Friday as a policy advisor for the Australian Government, but will return today as a minor celebrity.

"It's good for corporate recognition at work. You could come third at World Champs and everyone would be impressed obviously, but coming third in the City to Surf would be just as big for them."

However, there was no hope of Dent retiring to pursue a running career full-time as no prize money was offered for the event.

"I got a trophy," he said. Dent would also reward himself with an "easy week" of training before aiming to break the course record at Dunrissol Drive in the ACT Cross Country competition next weekend.

Rebecca Wiasak, Canberra Times, Monday, 15 August 2005

Footnote: 12th in the City to Surf race was Erwin McRae in 43:52. Belgrave must have been within a whisker of winning the team event!

The President – Gerry North

At each AGM we honour a Belgrave Harrier by electing him or her President for the year. Last September Gerry North became the latest in a long line of Belgravians so honoured.

Born in Chester, Cheshire on 1st May 1936, Gerry spent his early days living successively in Coventry and Wallasey before moving to Blackpool with his family, where his athletics career first took off.

Although he has become something of an athletic legend in his own lifetime it is not so well known that that Gerry's sporting aspirations could have taken a completely different path. He proved to be a very successful young footballer, playing for a youth team in Blackpool, alongside the likes of George Eastham and Jimmy Armfield (both of whom went on to become internationals). However, winning races at school and local level, at distances from a half mile upwards, had a distinct appeal to Gerry's competitive nature and so running won the day.

Leaving school at 15, he served his National Service in the Army from 1956 to 1958, after which he took employment with the Atomic Energy Authority near Preston. It was in 1958 that his name really came to the fore when he won the English National Junior Cross Country title, to be followed by the 'Senior' in 1962. Both titles came in the colours of Blackpool and Fylde A C.

Following his success in the 'National' Gerry, joined Belgrave in the summer of 1962, to be followed by brother Geoff the following year, when his family moved south from Lancashire. Gerry became involved the Sports Sales business, with fellow international Stan Eldon.

He soon integrated and absorbed himself into Belgrave life and went on to have an illustrious career as an international, representing Great Britain on the track, road and cross-country.



Gerry is pictured after his win in the Southern Counties AAA 6 miles track championship at Motspur Park on 25 April 1964. He won in 28:40.4, beating Ron Gomez of Southgate.



The International Cross Country Championships, Leopardstown Racecourse, Dublin, 21st March 1964. *Photo by Mark Shearman*

The Belgrave Cross Country Captain Gerry North, representing England, leads Jim Hogan of Polytechnic H & Ireland. They finished a fine 4th and 5th respectively. England won the race with 38 points from France, 96, and Morocco, 149.

Although competing at the highest-level Gerry always remained a real clubman and true Belgravian, moulded in the same image as some of our past legends such as Tom Carter, Arthur Penny and Bert Footer.

During his active career Gerry led our road and cross-country teams not only by example in his running, but also by enthusiasm and inspiration. Both Bill Lucas and Gordon Biscoe, the team managers during Gerry's reign, have acknowledged his integrity and the important role he played as Team Captain during that period, and for which he was duly honoured with Life Membership.

At the end of his active career Gerry moved to West Sussex, which took him out of the circle of everyday Belgrave life, but 'you can't keep a good man down' and he was able to join forces with Portsmouth A C, playing a major role in their coaching, management and promotions. He continued to support us and visit us whenever possible, both at social events like the dinner dance, as well as at major championships such as the Southern and National CC and road relays etc. During 2003/2004 he willingly came on board with his acknowledge and expertise on road running, spending several days at Battersea Park and Crystal Palace, assisting in planning the courses for our Super Nova series of road races.

Since retiring Gerry has involved himself in various areas of athletics administration an organisation. He has thus kept in touch with the modern scene and has very strong opinions as to how current athletics is being run!

In 2003 Gerry was among many sportsmen and women nominated for honours in a 'Sports Awards' event promoted

by the Portsmouth Evening News, and sponsored by several local businesses. There were numerous categories up for contention covering both individuals and teams, in sports ranging from netball to rifle shooting and football to synchronised swimming.

Gerry's success came in the 'Grass Roots Award' for his 'Services to Athletics'. In a glowing tribute paid to him at the award ceremony, he was described as "eating, drinking and sleeping athletics."

He is known and respected by many throughout the UK and is truly a great ambassador not only for Belgrave but our Sport as a whole.

Gordon Biscoe

Gerry's athletic career – some facts

- Gerry is the only person to have achieved the triple of becoming National Cross Country Champion as a Junior (1958), as a Senior (1962) and as a Veteran (1986).
- He ran for England in the International CC Championships (now the World Championship) six times, scoring in the winning team five times (15th in 1960, 8th in 1962, 4th in 1964, 12th in 1965 and 19th in 1966).
- Gerry was twice the winner of the Inter-Counties CC (1960, 1962),
- won the Northern CC title three times, the Southern CC title once, the Lancashire Senior CC title three times, the Surrey CC title four times.
- On the track Gerry won both the Northern and Southern Six Miles Championships.
- In the days when the Southern and National Road Relay Champions were held over the London-Brighton course, Gerry set the record of 28:29 for stage 8 – the longest stage.
- His main career spanned eleven years from 1954 to 1964 and during this period he ran 359 track races and 258 road or cross country races – an average of more than one race per week!
- Gerry continued to run as a veteran until the age of 50 when he won the Vets National CC title (he is rumoured to be currently planning a comeback – aged 65!)

Best performances :-

Track

1 mile	4:14.5
2 miles	8:52
3 miles	13:37
6 miles	28:05
10,000 metres	29:07.4
10 miles	48:38.2

Road

20 miles	1:42:11
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Positions in athletics currently held by Gerry

- SEAA Men's Road Team Manager.
- Hampshire CC Team Manager for senior and U20 men.
- Hampshire Team Manager for the Women's Masters.
- City of Portsmouth A C Men's Southern League Team Manager.
- Middle Distance Coach, for the City of Portsmouth A C
- Race Director for the Victory 5, D-Day 10k and the Promenade 5k series road races.
- Member of the SEAA Road Running Management Committee.
- Member of the Hampshire County Executive Committee
- When not involved with the above he coaches young athletes in Portsmouth.
- Frequently called upon as a Road Race Referee.

Grapevine

- A short while ago we heard from John Stow, a member of Belgrave Harriers as a young athlete through to senior status, 1968 until 1978. He is married now with three children – David, 20, Jacquie, 17 (and a hammer thrower), and Michael who is 13. John works for Aon in Romford.

He recalls that in 1970 we had a very strong youth team that included Peter Carton, Bill Curtin, John himself and Tony Binda, with whom he still keeps in contact. These four won the Surrey Youths CC Championship twice, getting four runners in the first six on one occasion, and twice they were 2nd in the Southern and had a best National placing of 4th. They were coached by Ron Linstead.

John is keen to make contact with those who remember him – in particular Colin Pearson, Brian Gorman, Gordon Biscoe and Reg Hopkins who was his team manager.

John is now at Harlow AC, coaching twenty youngsters doing sprints and middle distance.

He says "Hello," to everyone and tells us that he loved his days at Belgrave and even today looks upon the Bels as his "main club".

- The Ely 10km was open to walkers and runners alike. During the race, inevitably some runners found it easier to walk and after about 8k one runner was encouraged, by a walker, to start running again just to keep warm. He moved away only to fall back after a few hundred metres. This happened twice more before the finish was reached. The runner thanked the walker, who had beaten him home, for keeping him moving – and that might have been the end of it.

Not quite, however, as that evening the walker received a telephone call from the runner to thank him once again and to enquire whether he knew another walker by the name of Hall?

The answer was that there were, or had been, several of that name, and when asked the reason for the enquiry the runner replied that his step cousin, of whom he had not heard for over 40 years, was Eric Hall.

There was a stunned silence before Eric owned up to being one and the same person as had spoken to the runner. It is a very small world.

The moral of this tale is, be kind to those you are passing as you never know who they are related to!

Eric Hall, via Essex Walker



Mike Blackledge captured what at first was thought to be a protest after the result of the AAA 5km at Horwich was announced. The Horwich Carnival Parade was led by ... a group of men dressed in claret and gold, dancing about and aggressively waving sticks! But no, it wasn't Miles, Anderson & Co. venting their frustration at being pipped by Salford Harriers – it was the world famous Horwich RMI Clog Dancers.

We liked the claret caps with gold tassels but felt the velvet shorts and gold sashes might not be suitable for cross-country.