

February 1995

The **Belgravian**



The official gazette of Belgrave Harriers

Number 222

Tilda[®]

— R I C E —

TILDA RICE SPONSORSHIP DOUBLE

Leading rice specialists, Tilda Rice, are to be the official club sponsor for the Belgrave Harriers.

With over 20 Athletes of International standard, Belgrave has, over the last three years, provided more Athletes for major Championships than any other British Club.

Tilda will be supporting the Belgrave Harriers at a grass roots level through involvement with a special 'Sports-Link' scheme being set up for schools by the club. Additional funding is also being supplied by Government run 'Sportmatch Award Scheme' which will match Tilda's sponsorship pound for pound.

The proposed programme will provide basic fitness training for secondary school children outside school hours with the aim of increasing participation in sports in general and athletics in particular.

Fifteen secondary schools in the London Borough of Wandsworth are set to benefit from this alliance which will include initial coaching, pupil and school awards, grading schemes, and after year 1, a full inter-schools Athletics League.

Club members and visitors will soon see the Tilda Rice logo adorning athletics vests and on the perimeter advertising hoardings to mark the partnership.

As part of a double sponsorship arrangement, Tilda Rice has also announced its sponsorship of 400m star Du'aine Ladejo in the year that he aims for a World Championships Medal.

Tilda Rice is Du'aine's Vest Sponsor and in return, Du'aine along

with the Belgrave Harriers will be helping to raise awareness of Tilda rice as a delicious, versatile energy food, a must for the modern athlete.

The Tilda logo will feature on the Belgrave Harriers teams vests as they compete at major sports events this season and Du'aine will be carrying out a number of public appearances for the brand including a personal appearance on Tilda's stand at the 1995 International Food Exhibition at Earls Court in April and special celebrity role at the annual Tilda Rice 'Fun Run' held close to the company's offices in Rainham, Essex.

Commenting on their Sponsorship activities, Kay McCarthy of Tilda Rice said, "We are proud to be involved with the Belgrave Harriers and Du'aine Ladejo - more and more people are looking to rice as a versatile energy food and we believe that our new association with the rising stars of track and field will further enhance the image of rice in all its forms and varieties."

The new sponsorship means that club members can look forward to experiencing rice at its very best. Tilda will be introducing the complete range of Tilda rices and will be highlighting the convenience of rice - the 90's complex carbohydrate, an excellent energy food for athletes. Look out for a variety of exciting and wholesome rice meal ideas which will appear in regular recipe slots in The Belgravian magazine and 'rice parties' prior to Club Events.

TRY THIS TILDA RICE RECIPE --

~ Perfectly Easy Pilaff ~

Full of high energy, complex carbohydrate, Tilda Rice and lean chicken combine to make this high protein, low fat dish that anyone can put together whether they can cook or not!

25g/8oz TILDA Basmati or American Long Grain Rice

2 tablespoons olive oil

250g/8oz skinless, boneless chicken breast cut in small pieces

1 medium onion, chopped

1 small red or green pepper, seeded & chopped

2 cloves garlic, crushed

2 teaspoons mild curry powder

1/4 teaspoon dried thyme

600 ml/1 pint stock

1 tablespoon mango chutney

2-3 tablespoons chopped fresh parsley (optional)

3 tablespoons natural yoghurt, to serve

salt and ground black pepper

- 1) Heat the oil in a large saucepan and brown the chicken chunks for about 2 minutes. Add the onion, peppers and garlic and cook, stirring for another three minutes.
- 2) Stir in the Tilda Rice, cook for a minute then mix in the curry powder and thyme.
- 3) Pour in the stock, add the chutney and seasoning to taste then bring to the boil, stirring. Cover, turn down to a gentle simmer and cook for about 10 minutes if using Basmati, 12 minutes if using Long Grain. Allow to stand for 5 minutes before forking through the fresh herbs and serving topped with dollops of yoghurt.

Serves 2-3

Vegetarian Option: Replace chicken with 420g/10oz can of chick peas and lentils.



SPECIAL OFFER FOR BELGRAVE HARRIERS

Tilda[®]

— R I C E —

We have 50 free cartons of Tilda Basmati Rice to give away to Club Members. Write to Marketing Dept., Tilda Rice Ltd., Coldharbour Lane, Rainham, Essex, RM13 9YQ and the first 50 names picked out will be sent a complementary 500g carton.

The Belgravian

Number 222 February 1995

It's been a long time ...

The Belgravian is an expensive item and with Club finances stretched to a point that was more than comfortable in 1994, we had to keep to our promise to the Hon. Treasurer to keep to just the one issue during the Club year. We then planned for a Christmas-time publication date, but with the promise of great news to be announced just around the corner, a further delay was well worthwhile. We hope you enjoy the final result.

Before we go any further we must wholeheartedly thank those members who contributed towards the magazine fund with their annual subscription. Without their support, production of a magazine in this format would be impossible.

These are very exciting times but sadly our delight in moving the Club forward has been tempered by the loss of some truly great Belgravians. In 1994 we said farewell to Micky Pyer, a great champion in his prime, who went on to become President of our Club and our longest ever serving member. Joe Scamell and Len Marchant were also staunch Belgravians; Joe's family continues to be represented on the walking scene through son Mike and although we had not seen much of Len recently, his exploits were still remembered and talked of by the older runners. Then just before Christmas came the terrible news that Tom Carter had died in his sleep while in hospital due to a chest infection. At the present time it seems impossible to accept that this greatest ever supporter of our Club will not be around any more. Appreciation of these men is

expressed at greater length in the pages of this magazine but we also bring news of the death of Norman Dewberry, our oldest member at 92 years of age. Norman died early in January. Just a week or two beforehand when one of our number called in to see him he had been mending a puncture on his bicycle. A tribute to Norman will appear in the next issue of *The Belgravian*.

To repeat: these are very exciting times. Those who are involved in driving the Club forward know much effort is being expended to bring our hopes and plans to fruition but one sometimes wonders just how much the general member is aware of these strivings. Now, then, is the time broadcast some of our achievements and targets.

Our new Partners - Tilda Rice

Above all else we are delighted to announce a partnership between Tilda Rice and Belgrave Harriers. Tilda had already made plans to sponsor our European Champion Du'aine Ladejo but thanks to a coming together of Alison Thorne-Enwezoh of Quiet Storm Associates, who is managing Du'aine's affairs, Kay McCarthy of Tilda, and members of our own management team we can now announce a major sponsorship of our Club.

Tilda Rice are a family firm based in Essex and have already had a little to do with athletics in the way of sponsorship of a "fun-run". You may have noticed their advertisements on television
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Patron: Sir Eddie Kulukundis, O.B.E.

President: Colin Pearson.

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

Hon. Treasurer: Derek Manning, 1 Bourg de Peage Avre, East Grinstead, West Sussex RH19 3YD. Tel. 0342-312930.

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

Hon. Editors: Alan Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG. Tel. 0181-224 2657 and

Charles Dickinson, 20 Broadhinton Road, Clapham, London SW4 0LU. Tel. 0171-720 1062

Front page: ... And to think that we used to know him as "little Marlon". Shown here at the McDonald's YA League at Peterborough matching strides out of the blocks with Blackheath's Mark Findlay, Marlon Dickson had a great 1994 season. At 15 years of age he set personal bests of 11.36 and 23.1 and ran anchor leg for our U17M record breaking 4x100 quartette. He looks set to make a name for himself in 1995 when he remains in the same age-group and has already clocked 7.1 for an indoor 60m at the 'Palace'. Each season so far he has chopped 4/10ths off his 100m best. Another improvement like that would give him 10.96. Phil Goedluck's U17M record? - 10.96!
This and other photos by Alan Mead unless otherwise stated.

but now they are looking to promote their name and products while also assisting grass roots athletics and sport in the community. Worthy aims indeed.

Tilda Rice will be sponsoring Belgrave Harriers for a fixed sum of £20,000 over a two year period and it is anticipated that we should be able to double this figure thanks to the Government's Sports Match Scheme. The sponsorship will be administered within our Club by our Finance Management Committee, a group made up of representatives from all sections of the Club, who will place their recommendations before the main Belgrave Harriers' Committee for final approval.

For our part in this union Tilda will be acknowledged as our "Official Club Sponsor" on all Club and public promotional material including banners, letter headings, etc. The Tilda Rice logo will be incorporated within our club kit which will remain in the traditional colours of claret and gold. The company will be providing us with at least six mobile banners which all of our teams will take with them to display wherever they compete - women's and men's Southern League teams, cross-country teams, McDonald's YA teams, Walking, British League, Rosenheim, Thameside, the lot! They will also be providing self supporting hoardings which we will display at our home matches.

Individually our members will, wherever possible, wear Tilda branded clothing at all interviews, press conferences and other public appearances.

We said it was exciting but there is more. As we will be wearing the Tilda brand on our racing strip (in strict accordance with IAAF/BAF rules) Quiet Storm Associates are also placing the case for re-kitting our teams with a well known sports clothing manufacturers who are currently showing an interest in the project.

While all this has been going on we have also been progressing elsewhere. We are able to announce a major initiative with the launching of the Belgrave Harriers' Youth Scheme. The intention is that it covers all the competitive sections of the Club. Over 50 schools have been circulated and made aware of our coaching scheme for young girls and boys which now takes in Battersea, Crystal Palace, Kingsmeadow and other venues as far south as

Folkestone! We intend to promote an inter-schools track & field meeting at Crystal Palace in May while continuing with our existing schools league in a different format. We have stated our aim that we would like to place a girls' team in the McDonald's League. We are aiming to give our McDonald's teams a strong identity by awarding a team sweatshirt to each athlete scoring for us in the league - and doing something similar for our Thameside League teams. Participation in indoor athletics is being helped along by the double-decker bussing of athletes to the National Indoor Arena - at negligible cost to the Club - and we are appointing a coordinator to ensure that we provide massive turn-outs in the County and area track & field championships. Our road and cross-country people are also getting involved in this area and if there is any other field that you believe we should explore then get in touch with our Youth Development Scheme Director John Powell or any other Club Officer ... and by the way, we do need your commitment!

What else is going on? Let's just list a few items:

- There is the possibility that our Club Championships, while keeping broadly to last year's successful format, will also include an element of international competition for young athletes (by city as opposed to country).
- We are planning to raise the profile of our Belgrave Open 10k and Half-Marathon road races.
- We will be installing central heating in Belgrave Hall - soon.
- We have published a Club Rule Book again - for the first time in years.
- We are looking at the production of new Club clothing items - superior quality Belgrave casual wear sweat tops, bow ties ...
- We have produced a brochure/poster advertising ourselves and our facilities in an aim to boost membership.
- And while on the subject of membership we have set ourselves a target of 1,000 members by next year.
- One scheme for installing a proper gymnasium at Belgrave Hall has been received and examined and we are now measuring it against other options to achieve the same.

Athletics in Belgrave Harriers is alive and well!

Welcome to the following new members who have joined since December 1993

Leila Abrams	Liam Dray	Richard Hearn	Stelios Mytilineos	Genea Sampson
Andrea Abrams	Sharon Dray	Deborah Hearn	Kelly-Ann Neiles	Jonathan Scott
Angela Abrams	Ian Duncan	Angela Hearn	Gemma Newman	Moses Semakula
Mark Arend	Chido Edozie	Andrew Hilston	David Nolan	Ben Shepherd
Stephen Beaver	Andrew Edwards	Abimbola Ilo	Jill Norman	Bill Silvester
Meseret Bekele	Tighe Ejoh	Andre Johnson	Samantha Northey	Bianca Simon
Melissa Bantt	Andrew Empson	Lee Jones	Samuel Nosike	Wayne Simper
Christopher Bantt	Chris Fatoyinbo	Stephen Jupe	Geoffrey Ojok	Shelley Skippen
Patricia Bantt	Steven Foster	Adam Kassim	Benjamin Oloya	Wesley Smith
Robert Bignall	Paul Fox	Anthony King	Glen Palmer	Elizabeth Smythe
Karl Bignell	David Francis	Hazel Kingsnorth	David Pamah	Christian Solorz
Christher Blelvin	Laura Fryer	Matthew Kloiber	Kelly-Anne Parker-Smith	Louise Spencer
Daniel Bond	Junior Fuller	Tamara Klopenstein	Adrian Passey	Kevin Stephenson
Rebecca Brown	Simon Fuller	Haroun Korjie	Rachel Permaul	Jason Stevens
Janine Brown	Anthony Fuller	Toby Laws	Dale Permaul	Michelle Stock
Kevin Brown	Kathi Gallagher	Amy Lawton	Craig Permaul	Callum Taylor
Said Chettati	Darrel Gates	Michael Livingstone	Ronald Permaul	Simon Thomas
Wayne Chisnall	Mathias George	Mark Louis-Sidney	Jasmin Petch	Abigail Timmis
Simon Cole	Daniel Gomme	Patrick Lyttle	Demian Petch	John Timmis
Jacob Cole	Claire Goymour	Jesper Madsen	Nikki Phobi	Bekele Tolla
Matthew Cope	Abigail Gray	Michael Manning	Dylan Powell	Emanuel Walcott
Daniel Crook	Terence Gray	Robert Mason	John Powell	Laura Walden
Adam Daniel	Bernard Green	James Mason	Dalton Powell	Simon Weston
Mark Darley	Andrea Green	Natalie Masters	Brendan Reilly	James Wilkinson
Jaqueline Davenport	Tim Grey	Edward Maxwell	Thomas Reynolds	Ben Williams
James Davis	Elizabeth Gyekye	Andrew McGillivray	Iain Richards	Richard Wood
John Dawson	Emmanuel Gyekye	Michael Miller	Bryan Richards	Kelly Wraight
David Denyer	Nikki Haines	Marcus Miller	Laurence Rogers	George Wraw
Toby Dolman	Roy Hart	Christian Morris	Ereana Rowbottom	Panayiotis Zeniou
Matthew Dray	Frazer Hazlett	Richard Muckle	Matthew Sackett	•••

From the outside , looking in

*How does the public view our sport after the latest round of revelations regarding alleged drug abuse in athletics?
Abi Ekoku highlights some of the issues.*

The image that British Athletics is not beset with the alleged drug problems of many other nations has been shattered by the revelations of the past few months from Helsinki and Victoria.

Public perception/appreciation of athletic performance is very tainted at present, and the all-time low the sport achieved following the 1988 Ben Johnson affair in Seoul has been closely matched by the recent close media scrutiny of British T&F.

The media do not need much encouragement to promote the negative (often interesting) sides of the sport. This trend is best seen prior to major championship events, where the sport is constantly maligned through numerous documentaries highlighting the issue of drugs.

The diversity of opinion surrounding this issue is a feature that whilst promoting stimulating discussion, often adds to the confusion and cynicism of those who merely enjoy the spectacle of T&F.

Contrasting views

Such diversity of opinion is not restricted to those viewing the sport from differing perspectives - coaches/administrators/spectators/athletes. Two ex-world record holders, both middle-distance runners, both having competed internationally (mid '70s to mid '80s), both now TV pundits/analysts, have recently voiced completely contrasting views on the issue of drug-taking! Dave Moorcroft feels that despite the current climate, the sport is far 'cleaner' now than it was 15 years ago. The increased frequency and stringency of testing procedures and processes is the reason given for the recent rise in positive tests. Conversely, Steve Ovett maintains that the current level of cheating is greater now than at any other time in history. This he believes is largely down to greater financial rewards, and the increased pressure on athletes to produce high level performances with far greater regularity on an ever more congested calendar.

Having conducted a previous study in this area, my view lends itself more to the Moorcroft school of thought. Many I have spoken to regarding Ovett's opinion view it as being very blinkered. Whilst money is an obvious motivating factor in the cheating stakes, the will to win, the glory, acclaim, affection, all rank at least equal to this.

Hence the prominence of cheating long before large financial rewards could be accrued from the sport. Indeed, I wonder how anybody regularly travelling and competing between 1970 and 1988 can compare these two periods in the sport. The ease with which many British and foreign athletes openly flouted the laws of the sport in that period are very well known.

This notwithstanding, T&F is far too often cast as the villain of international sport. In reality, it is one of the few sports to have seriously tackled the issue of drugs, and unfortunately has only achieved notoriety as a result of its high profile revelations over the past decade. Those interested need only analyse the statistics of those tested against positive results to see the unfair image the sport has created for itself.

Badge of dishonour

However, the image of British athletics still has that badge of dishonour pinned to its vest! Solomon Wariso and Colin Mackenzie's minor indiscretions have been widely publicised, the onus is still on Diane Modahl to clear her name (many have tried, but few succeed), while Paul Edwards has recently decided against what would have been a very futile appeal. Luckily these revelations came near the end rather than the beginning of a very important season!

Innuendo and suspicion has long been prevalent in T&F. When athletes suspect each other it is rarely based on hard fact, but when accusations are levelled from media, public, et al, it becomes even harder to swallow. Rapid improvement is rarely credited to honest sweat and toil due to this constant cynical cloud. The late Cliff Temple in 1988 encapsulated in a single statement what many now unfortunately believe,

"The age of innocence is truly over, and cynicism is here to cloud our joy."

The time has come for athletes (past and present), the athletic authorities, and the athletics press to cultivate a new image for what I truly believe to be the 'purest' sport of all.

Fred Denny, President of the R.W.A.

Over the years Belgravians have played a major role in the administration of Race Walking and now we congratulate Fred Denny upon his election as President of the Race Walking Association.

Fred joined us in 1955 and regularly turned out for us (and against us as a member of the Metropolitan Police team) in 'mob' matches and 'opens.' His burly build made him a strong walker, developing a style which eliminated any wasteful and unnecessary movements. He acquired a good knowledge of style and technique which stood him in good stead when he retired from competition and became a judge. So, he became a familiar figure on the roadside, progressing to become a Grade I and Chief Judge.

One of his priorities as President is to help and encourage younger walkers. We all wish Fred a happy and successful term of office.

Make a note in your diary now:-

11th November 1995

Belgrave Harriers Annual Dinner Dance

Preston Cross Hotel, Little Bookham - £22.50 (no increase)

George Piddington III

As we go to press we have sorry news to tell you of George Piddington. George is very ill indeed, in Alexandra Hospital, Portsmouth, after collapsing from a heart attack while out on a lunch-time run. Our long time Press Secretary, even though domiciled many miles away on Hayling Island, George has always been committed to his Club life. He has held a variety of posts in Belgrave, usually connected with our younger members and still has a fierce competitive streak left in him having several times competed for us last summer on Monday evening Veterans' T&F League matches (in spite of a round trip

of 160 miles on the night). He still talks about that 'one more marathon' he wants to do.

At his local Club Havant AC he is held in very high esteem. One only has to take a cursory glance through their Club Newsletter to see how involved he still is with athletics: organising teams, writing up results, judging at track meets, etc. His pride and joy are his Young Girls teams and just recently he has been writing excitedly to his old friends in Belgrave to let us know how well they are coming on.

Come on George. Pull through. We are all thinking of you.

Sidetracks

- Congratulations to Martina and Andy Ryan on the arrival of son Cathal on 1st October. Cathal weighed in at a massive 11lb 1½oz! We look forward to receiving *him* into the McDonald's League as a shot putter in the year 2007. Martina is looking well, running again and is already planning a cross country outing before the winter is over. On October 31st baby Rebecca Kulidzan made her debut, daughter of sprinter Barbara and husband Sasha. Congratulations again ... we look forward to seeing all three of you at the Women's Southern League come the summer.
- Jackie Stone had a spell in hospital for a throat operation back in August but it's impossible to keep a Stone out of the action for long. Released from hospital on a Saturday morning, within two hours she was down at Crawley supporting the British League boys. We did notice that the old volume control had been turned down a bit though. Unfortunately 'Jacks' will be back in hospital for another op. at just about the time this magazine goes to press. We look forward to seeing you back in circulation again soon Jackie and in the meantime all your friends at the track and at Belgrave Hall will be thinking of you and wishing you well.
- It was ironic that Bob Bridges, who had arranged for the Club to purchase instant "ice-packs" in case someone should pull a muscle, was to find that that the very first beneficiary was to be - himself!
As Southern League Team Manager Bob still scores plenty of points for the Club by stepping in to any event where we find ourselves short. His favoured event is the hammer and down at Portsmouth it was amusing to see him throwing reasonably well only to come last while a single effort for a point in the pole vault resulted in an equal first place.
- Veteran Alan Painter has been troubled by injury on and off for some time and his last race back on 15th January '94 resulted in the recurrence of a problem that not only put him out of contention for the Vets T&F League in the summer, but had him saying that he was giving up altogether! Nice to see him out for a jog on Christmas morning, however ...
- Also on Christmas morning it was good to see two long time Belgravians turning up to watch the Lauriston Paarlauf. Ron and Tom Mitchell. Ron is coming up to 50 years of membership with the Club.
- We've heard of some party games in our time - but musical pole vault! Back on March 28th at Ewell, Julia Cockram cleared a pb of 2.70 while young Michael Miller made it a Belgrave twosome by winning the U13 event.
- When it came to the Guardian Gold Cup Final in September we were scratching around for steeplechasers and an unfit Matt Hillier was called into action. Unfortunately for Matt, one of our young men with really great potential, he chose that day to have an absolutely terrible run - a personal worst by minutes - and of course it was covered by Sky TV... and to complete his misery it just so happened to be broadcast when his mates were watching ...
Happily Matt is now working his way back to form again and once more has qualified for a Surrey vest in the Inter-Counties CC - without running in the County Champs! Last year his train was held up; he missed the Youths' race but ran to an unofficial 4th in the Junior event. This year, in his first winter as a Junior, he didn't turn up at all, being ill in bed. Still got picked though - while Belgrave team mate Adam Jones who finished a worthy 9th was only rewarded with a reserve spot.
- Budget cuts have forced the South of England AA to look closely at their administration and unfortunately this has resulted in Administrator John Jeffery being forced out. The "Southern's" loss is our gain, however, as John has found more time to help in the running of our Club. As a Senior Coach he has boosted the strength of our coaching set-up at Battersea this winter, he now occupies a place on our main committee, and has fitted very nicely into several of our current projects.
- Veteran Tony Fairclough must be proud of the achievements of daughter Jo. A student in the USA at Iowa State University, she won their memorial 5k cross country race at Indian Creek in 17:51, having placed 7th in 17:38 at Minnesota a fortnight earlier over the same distance.
- The British Athletics League has been taking a long look at itself in an attempt to solve the problems of gaining further publicity and avoiding the fixture clashes that often result in the top athletes missing league events. A mid-week super league has been discussed, along with changing the events in matches, changing the number of matches, holding them on Sundays and amending the time-table to coincide with results time on TV.
No proposed amendments have found universal approval so far, however, and the set-up remains the same for Nineteen ninetyfive.
- Here's an athletic trivia question that should get you guessing. Who was the leading Belgravian in the 1994 London Marathon as the field headed over Tower Bridge?
Well, Gary Staines was doing the pace making at that point although also near the leaders were Paul Evans and Kassa Tadesse - must be Gary.
Wrong. We didn't say anything about running! Swaying about on the back of the photographer's truck was Graham Adams, getting a grandstand view of his three team-mates as they mixed it with the world's best.
Unfortunately all three of them came out over the next few miles leaving Jim Estall to take our Club Championship with a marvellous run for 70th place. If he can reproduce that form next year when he is 40 then he is going to surprise a lot of people.
- The new Great Britain coaching line-up for 1995, unveiled in November '94, includes Belgravians Ray Hall, Race Walking, and Denis Costello, moving on from under-23 responsibilities to Long Jump. Stretching a point, we could claim an interest in Alan Lerwill, also coaching Long Jump. Alan was with us as a 2nd-claim member back in the late 60s, was the first Englishman over 26 feet (7.92m) and wasn't he the first (or one of the first) Briton over 7 feet in the high jump?
- Rob Milner is collecting claims to fame. He's got two so far - sat on the toilet at Crystal Palace after Frankie Fredericks had used it and took Du'aïne Ladejo's place in the Gold Cup final 4x400 relay.
- "You will reach the top only through pain. The more troubles, the bigger the thrill of victory."
So said Juha Vaatainen one of the 'greats' of Finnish distance running but the philosophy applies equally to all walks of our sport.
Fraser Hazlett was all for giving up after rupturing an achilles tendon around the last turn of the 400m in the final British League match at Crawley. Incredibly he still managed to finish in a little over 50 seconds but what particularly disappointed him was the fact that it had been a long hard haul to get into the team and he had been running well. Would he ever get into a race of that standard again?
But five days later he wandered down to Battersea track once more ...

SUB-3 4 x 400 METRES ?

Now here's a challenge - a sub 3 minutes Belgrave 4x400 quartette. Our team would have to compete as part of an international field to be pulled out to their full potential but what a superb bonus it would be for our sponsors if we could pull it off - perhaps with TV coverage. Can someone, somewhere fix it for an all Belgrave squad to run against a British and/or other nations field in 1995?

Based on this year's rankings (and a conservative estimate for Mr. Regis) we could turn out a team for the 4 x 400 metres relay as follows:

Lewis Samuel.....	47.65
Du'aine Ladejo.....	44.94
John Regis.....	45.00
Phil Goedluck.....	48.70
Club Record.....	3:06.29

But counting best or possible relay splits and remembering that NZ ex-400 metre Champion Callum Taylor has joined us (and he's been running low 47s in straight races):

Lewis Samuel.....	47.00
Du'aine Ladejo.....	44.00
John Regis.....	44.00
Phil Goedluck.....	46.00
Club Record.....	3:01.0

Membership Committee News:

Nina is our new Welfare Officer

Ted Pallant is now heading up the Membership Management Committee. That is not to say that he is the person responsible for answering membership enquiries, recording of members' names, addresses and subscriptions, sending out fixture cards and magazines and all the one hundred and one other jobs that Carl Lawton has done for years - all that is still under the wing of Carl, our Membership Secretary. It's just that we now have a group meeting regularly to discuss and co-ordinate all matters to do with membership and Ted is the man who chairs those meetings.

The group has already taken on board the responsibility for production of a small poster/brochure to be distributed to libraries, schools, tracks and anywhere else that might be a good place to advertise our facilities. The aim is to get our membership figures to top the 1,000 mark in the next eighteen months; currently we have around 650 on the books. Another task is the production and sale of Club kit.

But one of the more innovative projects that has been started is the monitoring of the welfare of our members. All too

often in the past we have lost track of those who have become ill and no longer able to keep in contact with the Club by attendance at our meetings. There have also been cases of those who have become long term injured and who would have appreciated the odd enquiry as to their progress and recovery. In the past this task has often fallen between the cracks in our overworked administrative set-up. Now we have someone whose specific task it is to keep an eye on this situation and keep in touch with those who would appreciate the occasional letter.

Nina Mills has kindly volunteered to be our 'Welfare Officer' but she can only do a good job if she is kept informed of those who are having problems. So, if you know of anyone who is in poor health or would appreciate additional contact from the Club, then a 'phone call to Nina will set the wheels in motion.

Nina Mills' address is 13 Charminster Road, Worcester Park, Surrey. Telephone 0181-715 0694.

She's waiting to hear from you.

Kassa's letter says it all

Fed up with turning out to judge events in the pouring rain? Just had a disagreement with someone on Committee because of differing views on how we should organise our affairs? Well, sometimes something will occur to make us realise why we do it, why it is all so very much worth while.

A special award was made to Kassa Tadesse at the Club Dinner, to show how highly we regarded his Junior National Cross Country win. Our young hero responded with the following:

Respected Ladies and Gentlemen of Belgrave Harriers,

This is the first time in my life I have been given an honour like this. Your appreciation of my efforts for the Club, and personally, is very moving.

It lifts my morale and also increases my love of Belgrave Harriers and its members!

But I haven't reached my goals yet. I have a lot more to do.

For political reasons, I am here in London, and away from my country and my family. But I have found another family in the Harriers. Your support helps to make up for what I am missing.

In return I promise to run more great races for Belgrave and encourage the rest of you, my friends, to victories too!

Thanks to everyone for the honour you give me by this presentation.

Good Luck!

Kassa Tadesse

A dozen Bels. in Inter-County Cross Country Champs. '94

Luton, 15 Jan 94.

"Always look on the bright side of life." There's a lot of sense in the old adage and while we might occasionally bemoan our lowly status in cross country circles it's worth noting that at the beginning of last year (seems a long time ago now we'll grant you) we had no fewer than twelve Belgravians in the Inter-Counties, more than ever before and surely as many as most clubs can claim. In the Women's 6k race Gabby Collison slipped and fell, taking a little less

interest in proceedings thereafter, while Matt Hillier would have placed somewhat higher in the Men's Under 17 event if he hadn't caught his shorts on the fencing and lost half a minute disentangling himself and wondering whether to go on without them!

Senior Men's 12k: 1, A.Pearson (Yrks) 36:48; ... 15, D.Mead (Nflk) 38:15; 226, R.Alsop (Sry) 42:29; 297, O.Lewes (Dyfed) 43:56.

U17 Men's 6k: 1, 1, J.Forshaw (Ssx) 19:16; ... 57, M.Hillier (Sry) 20:27; 105, A.Jones (Sry) 20:56 119, G.Mason 21:04.

U15 Boys 4.5k: 1, P.Morby (Wrks) 14:37; ... 61, S.Alexander 15:32; 244, G.Jones (Ssx) 16:41; 271, J.Drake 16:53.

Senior Women's 6k: 1, S.McGeorge (Ssx) 20:35; ... 71, G.Collison 23:10; 88, H.Maskrey 23:23; 142, M.Ryan 24:05.

YOU CAN HELP - Pin up your poster

Included with this magazine is a one-page colour photograph of Du'aine Ladejo with a brief description of our Club and facilities on the reverse. See if you can arrange to get it pinned up somewhere prominent - perhaps on the school noticeboard or in the local library - but make sure you get permission first! If it is possible for you to get a photocopy of the text on the reverse and display this next to the picture that would be even better. We want to attract as many new members as possible.

Colin Pearson

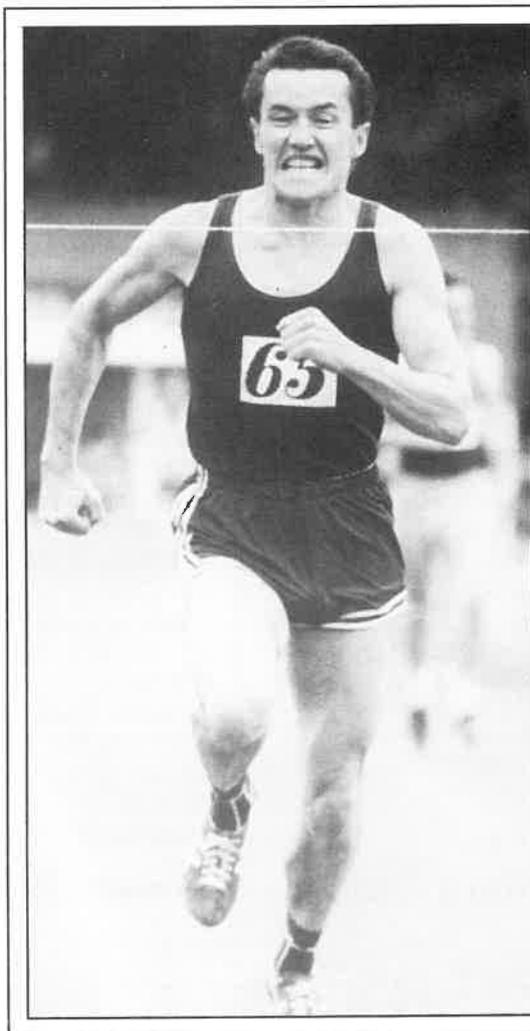
President 1994 ~ 95

by Charlie Dickinson

Nothing in life has come on a plate for Colin Pearson. Everything he has achieved has been by his own efforts. So to come up from the roots of the club to become President is no mean achievement; it is a position Colin holds with the utmost pride.

Colin was born in 1943 in South London. When he was three his mother left home and his father, who had been injured in the war, was unable to look after him. As a result his Primary years were spent in a children's home in Croydon. At the age of eleven his father, living on a war pension, moved into a house in Earlsfield and rescued Colin from the home. He now attended Southfields Secondary school on the Merton Road and it was at this time that Colin first met Brian Gorman who later introduced him to Belgrave. It was at Southfields that he ran his first cross country race at the age of 13, winning in his age group and having his name announced in assembly.

At 15 Colin started work as an apprentice printer in Baker Street at £2. 4s. 7d per week. Although not yet running, he got fitter at this time by cycling to work every day. He didn't complete his apprenticeship however, and at 18 joined the Army and was stationed at Aldershot. After five weeks the new recruits were given a fitness test; the standard was to run



Left: Another tigerish performance from Colin in a Club Championship 800 metres. He has twice won this title but on this occasion, in 1974, the verdict was given to Pete Carton (out of the picture on the right hand side. Both were given the same time. Photo by Ron Linstead.

Right: Colin (133) and Bill Laws (10) stride out together in the 1969 Walton '10'. Photographer unknown.

Wardour Street and living in Penwith road Earlsfield. Here he bumped into Brian Gorman again and was persuaded to join Belgrave. This was in the Spring of 1968 when Colin was 25 and that summer he joined the likes of Jim Rimmer, John Martin, Adrian Major, John Kelly, Philip Gee, the Hamilton twins, Phil Smith and Alan Mead in some of the Tuesday, Thursday and Sunday sessions at Battersea track, organised by Tom Carter.

After all this training he had the shock of his life the following winter when he attempted cross country for the first time. All the others streaked away from him. It was Gerry North who quietly pointed out to him that the others were all training seven days a week, not just on club training nights. So Colin increased his mileage.

a mile in six minutes. Colin managed to keep up with the instructor and got nearer to five.

Later he was instructed in heavy transport driving and became attached to the Royal Engineers at Bicester. He was also stationed in Cyprus as a UN soldier during the troubles there.

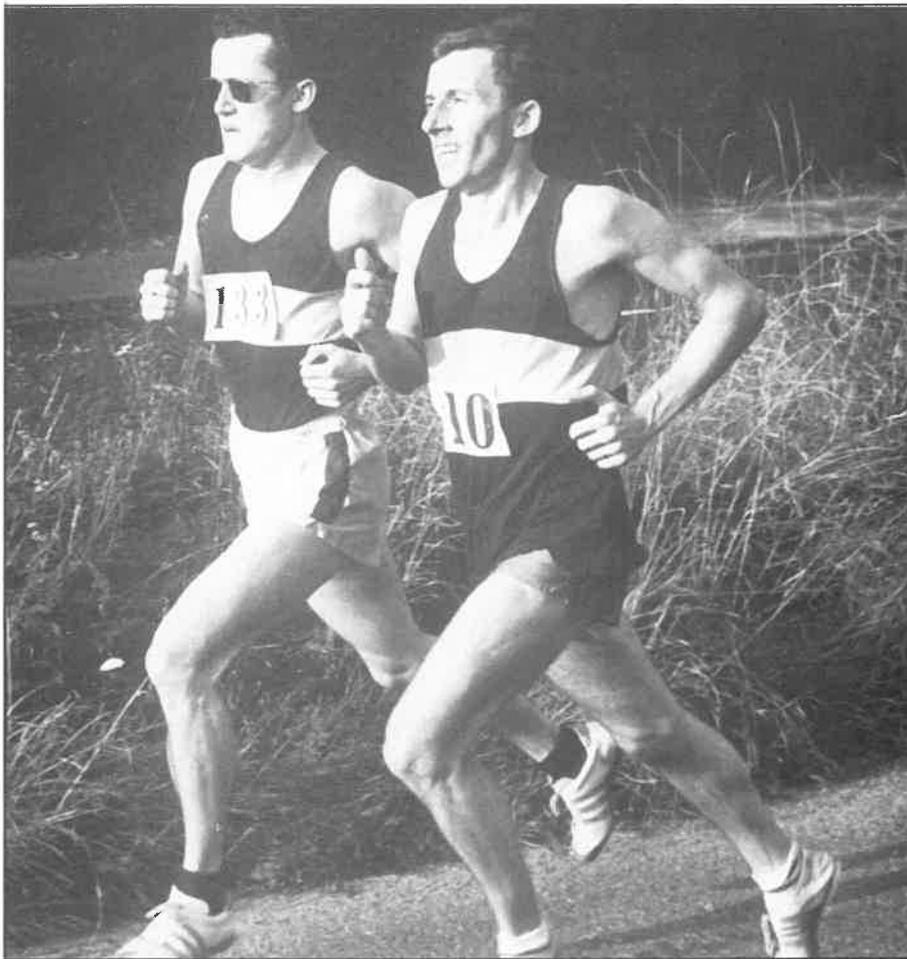
It was in the army that Colin won his first running trophy. He ran the anchor leg for his regiment in a 4 x 440 yard relay beating the local staff for the first time ever. This was done off no serious training and in selecting the team, the instructor had just lined every one up and shouted go; the first four to finish were in the team.

After three years in the army he was back in the print trade working for a firm in

had become a very good club athlete. The breakthrough came in 1971 when he ran 28:45 for the '5¼'. Bill Lucas praised him, congratulating him for breaking 30 minutes, assuming that he had run 29:45, and later was amazed to find that he had in fact run a full minute quicker. This performance put Colin into the 12-stage team ahead of Bill Kerr, much to the astonishment of Charlie Walker and the more established runners. In the following years he won two Southern 12-stage medals, ran in the National relay and won his County vest running in the Mitcham '15'.

Colin never felt as happy on the track and took part more for fun. He did





however run under 2 minutes for 800m, 4:05 for 1500m and found that he could get into the team by running the Steeplechase in which he got down to just over 10 minutes.

Now driving for a living, it was at work that Colin had an accident jumping down off the back of a lorry which caused a very bad back injury that still plagues him. Although he tried several times to get back to running, the injury forced him to retire in 1980 and he began, instead, his wider involvement with the club.

An active committee member for the last fifteen years, Colin first managed the Young Athletes' team, whose members at that time included: John Gladwin, Mark Sinclair, Mark Waller and Stuart Paton. Later he took over as Cross Country Team Manager from Gordon Biscoe, a position he held until last year. By now working nights on the newspapers, he used his Dormobile to ferry the team around and also helped organise club socials - and even cleaned out the changing rooms! Not surprisingly he was elected a life member of the Club.

During the mid to late 'eighties Colin became heavily involved in the print unions. He was made deputy father of the chapel at Smith's in Wimbledon and was health and safety rep. for his firm. He was proud of and dedicated to his union work that involved hours of meetings. The hardest times were during the demonstrations at Wapping in the late 'eighties, events which changed the print trade and left Colin with bitter memories. His back problems became worse and

eventually Colin retired from work through ill health in June 1991. Unfortunately, since then problems such as ME and other related viruses have affected his health - but luckily not his cheeky sense of fun nor his love for Belgrave.

The highlights? So many memories; but among his best achievements as Road and Cross Country Manager was the outstanding Southern 12-stage victory in 1991. Colin had craftily kept his stars for the second half of the race. They ran five minutes quicker than the first six, storming through the field to surprise the pundits who had criticised his tactics before the race. He still has Justin Chaston's medal, given as a keepsake in recognition of his part in the victory.

Then there was the time, back in the 'seventies, when as pack leader he pushed Jim Rimmer into Queensmere pond when he had dared to go to the front, disobeying Tom Carter's instructions. (Another one of Tom's tricks Colin learnt was to suddenly change direction when one of the youngsters was getting away.)

Colin is proud of these memories and his involvement with Belgrave over the years. As President he would dearly love to see the distance running section improve and win the trophies they so often did when he was running in the 1970s.

He is proud, too, to have his name as President on the board with those international distance stars from the past whom he has admired so much: Tom Carter, Bill Lucas and Arthur Penny. ● ● ●

Club Rules a century ago

Preparing for the issue of a new Club Rule Book and examination of old books to compare the contents has brought to light some interesting items. The rules in force for the season 1895-96 included the following:

13—That any member violating the rules or guilty of misconduct, may be expelled from the Club by the votes of two-thirds of the members present at a special general meeting, which must be called for that purpose; and that any member absenting himself from the above meeting be fined 6d., unless a reasonable excuse be sent to the Secretary.

14—That the Club when out for a run shall be under control of a Pace-maker, such Pace-maker to be appointed by the Secretary or the senior member of the committee present.

15—That no member when out for a run shall be allowed to go a-head of the Pace-maker, unless the run be a racing one, or the signal having been given by the Pace-maker for a race home.

In those far off days, just eight years after formation, the Club held meetings at their head-quarters, the "Kings Arms," Ranelagh Road, each Wednesday and Friday evening at 8.30 p.m. sharp. Club Colours were dark and light blue.

COMPETITION TIME

The photograph at the bottom of the opposite page shows Colin Pearson at the head of the field soon after the start of a cross country race. That's the easy part. What we would like to know are the names of as many of the runners as possible.

The prize for the person who can identify the most runners is a copy of Alastair Aitken's book "More Than Winning". All entries to be received at 29 Kingston Road, Ewell, Surrey KT17 2EG by 31st March 1995. In the event of a tie the person who got his or her entry in first will be declared the winner.

And let's have a few more entries this time. Our last photo competition drew only two attempts!

A.D. 'Micky' Pyer (1903 - 1994)

It is with sadness that we record the death of Micky Pyer. He was in his 73rd year of Belgrave membership - a record.

Micky joined Belgrave on 21st October 1921: he was just eighteen years old and the First World War had finished only three years earlier. The shock of that War and its decimation of Britain's Youth had hit the country hard and it was well over a year before sports bodies were able to pick up the pieces and plan organised competition. The Area and National Cross Country Championships did not resume until 1920.

Belgrave Harriers had survived the war, thanks to the sterling efforts of Bob Ricketts and Harry Hare, but it was not easy to build new teams. It was with much delight then that they received this new young member; and he wasted no time in showing them what he could do. Eyebrows were raised when he was our third scorer in a seven-club cross country race. Who was this new face? They were raised still further when he took the bronze medal in the Belgrave '7'!

Jimmy Flatt joined the same day as Micky, and within eight months they had been joined by Bert Footer and Wally Bayliss. We now had a team that meant business, and

when Ken O'Kell came along twelve months later it could safely be said that Belgrave had recovered from World War I.

Micky never looked back; going on to win track and cross country Club titles and being a constant scorer for our championship teams.

Eventually the claims of work took him away for a while but when he returned he took a particular interest in young athletes; qualifying as a AAA running coach and in later years as a AAA javelin coach. One of his protégés won the Surrey County Javelin title at both Junior and Senior level.

For many years Micky was a familiar sight at Battersea Park, surrounded by youngsters of all ages. He was a kindly figure, regarded with much affection by all, and never had an unkind word for anyone. His loyalty to Belgrave was paramount and in recognition of his services he was elected President of Belgrave Harriers in 1971/72.

Seventy-two years of membership is a very long time. Our Club has been fortunate indeed to enjoy his presence for so long; but we can be sure that his memory will remain with us for many years yet.

Our sympathies are extended to his family.

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April 1924 and A.D. 'Micky' Pyer proudly poses alongside the trophies he had amassed after less than three years of membership. Photo by Boyd's Studios, 34 Battersea Park Road.



Len Marchant (1921 - 1994)

We were very sorry to hear of the death Len Marchant, who died on October 26th after a period of illness. He had been a member since November 1936.

Len was a bit of an outcast when I knew him in the '50s because he was in direct conflict with the A.A.A. He was aware of the damage that it would do to his amateur status but being a very good county standard runner he didn't see why he shouldn't capitalise on his talent. He took part in a couple of professional races over 880 yards but soon found that the rough tracks used for these events didn't allow him to get anywhere near his best times and, disillusioned, he tried to get back into amateur club running.

Desperately he tried to get reinstated but the A.A.A. were adamant - even though he offered to pay back the few shillings he'd made. After a while, and by now living in Essex, he was allowed back into the sport - not to compete but to help set up the newly formed Basildon Athletic Club.

Len regularly trained at Lauriston Cottage and I used to go with him. Ron Linstead was a particular friend of his (in fact Ron always used to tell me that Len would say, "Is that bloke Manning still with us?" and if the answer was, "Yes," then he'd put in a burst and drop me). Len always went to Arthur's davenport before a run to take the stopwatch.

One Sunday (Len was always in control) we had been

in the Park. Well, we'd had days of very heavy rain and the Brook was full. In those days the brick bridge wasn't there and we used to have to go through the Brook on all cross country runs at about that spot (200 yards west of the single track bridge).

The regulars knew you could leap off the bank, three or four strides and up the other side. Normally we wouldn't cross it in training but on this occasion Arthur Whitehead said, as Len headed towards the footbridge, "Not going through the Brook then Len?"

Len, feeling his leadership challenged, immediately struck out to the left and towards the brook. After the incessant rain the 'Beverley' was in full spate and was above the banks, so we didn't know where in the swirling, muddy waters the

banks were. Faced with yards more water to cross than normal, we had to guess where to expect the big drop.

I remember that I saw Len disappear completely except for one long arm, it was like Excalibur but with a stopwatch instead of a sword! Simultaneously I saw Steve Boreham sink entirely and as he came up (I didn't think he could swim) I grabbed him as he was being carried away and just dumped him clear of the water on the other side.

Needless to say, we all survived.

Our sympathy goes to Len's widow, Rose.

Chas. Manning

Changes in line-up at AGM

The AGM in September saw a few alterations in our management line-up.

Sue Porter had warned us nearly a year earlier that she would be standing down as General Hon. Secretary after a long stint as the main point of contact for all Club business. Sue is now helping to co-ordinate the deployment of our officials while Charlie Henn has stepped confidently into the breach.

Our Hon. Treasurer Frank Ward has also retired back out of the limelight after a period looking after our finances that saw him make great savings for us while the job of managing the books gradually expanded to become the equivalent of running a small business. Frank has promised us that he will not fade completely into the background - perhaps he can concentrate on getting really fit again - and Derek Manning has now begun to ease himself into the hot seat.

We thank both these very hard working people whose efforts on behalf of the Club have been invaluable.

Two members were elected Vice-Presidents of Belgrave Harriers, both from entirely different sections of the Club. Pete Sutton has been a regular member of the Saturday crowd for longer than he would probably care to mention. He is one of those people who quietly gets on with helping out whenever and wherever he can. He still regularly has a jaunt over the Common but nowadays gets back early to "put the kettle on" for his customers. From the Coaching team Billy Bull has had a great deal to do with the effort we have been making to organise this side of our affairs - and like many of our coaches his care of our youngsters extends far beyond the onerous responsibility of making sure that he turns out in all weathers, several times a week, all year round; he is advisor, chauffeur and motivator too.

The Committee have the scope to propose not more than two members for Life Membership in any year and on this occasion they came up with their full quota. The names of Frank Ward and John Regis, M.B.E. have now been duly added to the Life Members' Honours Board and we wholeheartedly congratulate them both.

Bels star on video

Did you catch the 10 minute film made by the all-Belgrave collaboration of Alistair Johnson and ex-International sprinter Ernie Obeng? It was shown on ITV on 12th January and seeing that it featured several of Ernie's poems it was aptly titled "Just Ten".

The film conveyed the dedication and hard work applied by young people to achieve their athletic dreams but it was presented in an almost mystical way with the rhythm of the workouts being matched by the words and music. There were some great shots of Colin Jackson skimming the "Sticks In My Lane" but the boys and girls starting out on the hard road to success were all young Belgravians: Milton Holder, Syreeta Stracey, Marlon Dickson, Pam Friel and James Hilston.

Watch out for another video shortie featuring Belgrave Harriers and filmed by one of the Cable TV companies. The sequence is nicely started by Clive Shippen talking about our Club's early beginnings while

the camera zooms in on those old photographs taken outside the King William IV. Leo Coy then tells tales of today's British League team with the South of England AA Champs at Crystal Palace as the back-drop and the piece is concluded with a few minutes of dear old Tom Carter the link between the good old days and the good new ones.

Thanks to Al Rockall

What do you think of our new "house-front"?

The design for the front page of our magazine was put together some time back by Al Rockall of the SP Creative Design Agency.

Al was a collaborator with Clive Shippen on "Veteris" in the 1970s and we are delighted to use his work.

Top Middlesex post for Glimpy

Our congratulations go out to Maurice "Glimpy" Jones who has been elected President of Middlesex County AAA. He may be referred to as Maurice by most of his acquaintances these days but to Belgravians he has always been affectionately known as "Glimpy".

Elected to Belgrave in 1948 as a 16 years old runner, he had already spent a couple of years mixing with athletes from both Belgrave and TVH; and it was something of a toss-up as to who he would join. His interest had been sparked by the "Kings of Speed" cigarette card series which featured Wooderson, Whitlock, Owens, etc.; and when he heard that Wooderson was to run at Tooting Bec in a ¼ mile record attempt he cycled there especially to witness one of his heroes.

Travelling was in his blood and he became probably the most widely-travelled follower of major events. Since 1950 he has rarely missed an Olympic, European, Commonwealth or World Championship; and in 1952 he drove to Helsinki in an old car - quite an event in itself in those days.

His own running did not reach the levels he was accustomed to watching but he ran regularly for our Junior team, finishing third in the L.C.C. Championships 880 yards one year.

In 1961 he qualified as a coach at middle-distance and steeplechase, serving on the Belgrave Committee as both Coaching Hon. Sec. and Field Events Hon. Sec.

Glimpy became our representative on the Middlesex Committee in the late 1970's and has served the County ever since. For seven years he was County Officials Secretary: a position he relinquished only when he became Middlesex County A.A.A. President for 1993/94.

He follows in the footsteps of men like Alf Harley, Doug. Fotheringham and Ted Stimpson and we know he will maintain the standards they set.

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The Belgravian - a binding service

How would you like to ensure that your club magazines are kept safe for all time. We can get them professionally stitched, trimmed and bound into a hard cover with gold leaf titling on claret buckram for just £17.50. Think how nice that would look on your bookshelf! If you apply early you don't even need to dig out your old copies as we should have enough left over from all seven of the colour A4 issues. All the results since 1991 - 340 pages.

Send a cheque for £17.50 made out to Belgrave Harriers to Belgravian Binding, 29 Kingston Road, Ewell, Surrey KT17 2EG or 'phone on 0181-224 2657 for further details.

If you need your bound copies to be posted on to you then we will have to come to some arrangement about postage. The job will be placed with the Bookbinders at the end of March - then allow about 6 weeks for completion.

Joe Scamell

We are sorry to learn of the death in August, after a long illness, of Joe Scamell. He was seventy years old and joined us in 1944. No doubt he was encouraged by his father (also Joe) who walked for us between the two World Wars. Joe represented us for a number of years and enjoyed the seven and ten miles events on the road and regularly supported Club Handicaps on the track.

Many will remember him as a quiet but enthusiastic walker, modest and always a pleasure to meet at an event.

We extend our sympathies to his son Michael (still walking) and family. One lasting memory is that of Joe (senior), Joe, and Michael all competing in the same race - three generations of one family.

The funeral took place at the City of London Crematorium, Manor Park.

R.I.P.

'Doub'

TOM CARTER

1908-1994

AN APPRECIATION

Has the ubiquitous Tom Carter really left us? Is it conceivable that he has departed the Club he loved so dearly? Was he not indestructible?

Alas he was, and has gone - after 64 years of membership. His passing has left a void in this great Club of ours; an emptiness which will never quite be filled.

No more shall we see that familiar ruddy faced, fair-haired figure at our meetings. No more that mischievous smile, that twinkling eye and that tugging arm as he conveyed with enthusiasm his latest race report - keeping the listener on tenterhooks to the very end so he could savour the result all the more. No more that wit and humour which brightened so many lives.

All of these characteristics are irretrievably lost; but all are indelibly printed in our hearts and memories. How can it be otherwise when during his 64 years of membership he hardly ever missed a Club Dinner, Committee Meeting or Championship event?

It was as a novice that he joined Belgrave in 1930 and he immediately made his mark on the Club scene. With Bert Footer and Arthur Penny he formed the nucleus of our teams and in 1935 they took us to our first

National Cross Country title. It says much for Tom's perseverance that he should repeat this feat 13 years later at the age of 40. We have not won a "National" since.

Tom had a special rapport with young athletes. He spoke their language. For several years, in the sixties and seventies he coached them through to our Senior Championship teams. They are now veterans and they too remember him with much affection.

His personality made him eminently suitable for organising our social events and for a time he was our Social Secretary. A rose or carnation invariably adorned his button hole, and under his influence the Club literally bubbled.

In recognition of his service to Belgrave Harriers he was made our President in 1956 and again in 1983. It is a rare occurrence to be elected twice, and it illustrates just how much he was in the forefront of our affairs during that 27 years period. His second

presidency at the age of 75 did not herald his retirement to the "back benches": far from it. His only retirement was from his own building firm, after which he spent even more time on Club affairs, devoting much of it to the well-being of Belgrave Hall.

His generosity was legion and his home was an open house to Belgravians. Much Club business was chewed over at 50, Covington Way and much advice given.

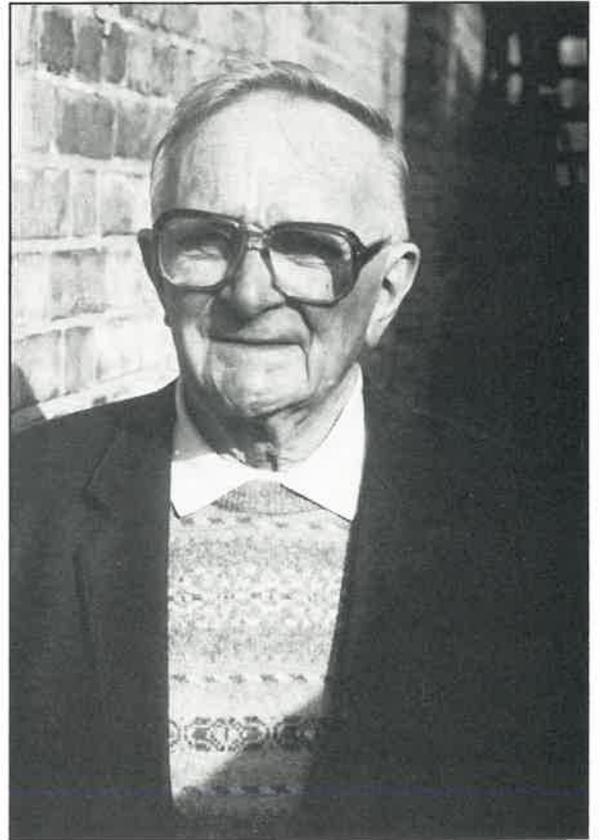
Tom seemed to know everyone and everything that was going on; probably because so many wanted to share their joys or sorrows with him. He was that kind of man: sympathetic, understanding and with a sense of humour that soon brought a smile to the most miserable of faces.

Over 200 mourners attended his funeral at Thornton Heath on 4th January. They bade him farewell with the closing hymn "The Old Rugged Cross". In many respects Belgrave Harriers was Tom's old rugged cross; a cross to which he clung right to the end. We shall miss him dearly.

*"So I'll cherish the old rugged cross
Till my trophies at last I lay down:
I will cling to the old rugged cross
And exchange it someday for a crown"*

To Kitty and Barry we offer our heartfelt sympathies.

Clive Shippen



Has he just fixed the lock again, been on the roof to check the guttering - or has he simply called in to keep an eye on the place before setting off to Battersea for a home meeting?

Photo by Charlie Manning.

Below: Twenty four year old Tom Carter (B1) gets a good start in the London to Brighton Relay of 1932. He placed fourth on that first stage, inside the previous course record and setting the team up nicely for a set of bronze medals. Photo: The "Topical" Press Agency.



The following article, reproduced from Athletics (the monthly forerunner to Athletics Weekly), May 1946, shows that we were far from the only ones to appreciate Tom's sterling qualities

PORTRAIT GALLERY

No. 6—C. T. CARTER

The first experience Tom Carter had of running was in 1929, at the age of 21, when the local parson, who ran the football team in which Tom played, asked him to run in the 440 yards and mile in the London Federation of Boy's Clubs Sports at Chelsea.

To everyone's surprise, including his own he won both events. The following year he ran second in the mile at the London Championships of the Junior Imperial League, and fourth in their National Championships when representing London.

Tom very nearly joined Ashcombe AC, but, strangely enough, he liked the Belgrave vest and joined the 'Bels' in September 1930. Two months later he ran in his first real championship, the South of the Thames, and coming in 8th, was the first Belgrave man to finish. In his first Surrey county race he finished 12th, one of the winning team, and was a reserve for Surrey in the Inter-County event. He also ran in the Belgrave team in the Southern and National in his first season over the country.

Ever since that year Tom Carter has been in Surrey's Inter-County team and in the Belgrave team for the County, Southern and National races. But it was not until 1936 that he really showed his best form. In that year he gained his first A.A.A. vest and England colours. He also ran third in the A.A.A. 10 Miles Championship when the late W.E. Eaton broke

Shrub's long standing record

In the seventeen years he has been running he has won the Surrey 6 miles track championship, in a record time that still stands, Southern Counties 6 Miles, Inter Counties, British Workers National Championship (record time) and twice finished second in the Southern Steeplechase. Season 1940/41 was probably his best, with fourteen 'firsts' and one second in fifteen races.

Few people realise the debt which Belgrave Harriers owe to Tom Carter, particularly during the war years when his infective enthusiasm and experience have been largely responsible for keeping the club to the forefront of British athletics. Always willing to help another athlete whether he be a novice, junior or senior, Tom is first and foremost a club man. Times beyond number he has led the 'Bels' to team victory, but he never hesitated to relegate himself to the 'B' team if, for any reason, he was not running well enough at the time.

It was fitting when this year he won the Southern Cross-Country Championship, an honour which had previously eluded him. It is doubtful if there has ever been a more popular victory and, from the way he is running at the moment it looks as if there is plenty of life in the old dog yet. A real sportsman, and a popular one, it would seem strange to find the name of Carter missing from the sport down South.



Above: Tom and his trophies, circa 1936
Photographer unknown



Tom always managed to keep our feet on the ground and serious moments never lasted long with him nearby. Take the Belgrave Committee meeting before the 1994 A.G.M.:

"Well I must say," said Bill Lucas, "that in 107 years of Club history I don't think there has ever been an occasion before when the books have not been audited in time for the A.G.M.!"

Quick as a flash from the other side of the room came Tom's rejoinder:

"Well then, that's a Club Record isn't it?"

We thought at first he was Nurmi

Charlie Jones recalled 1930, the year when Tom joined the Club: "Tom Morell and I were down at Battersea track and we saw this slim blonde chap running round and looking really good. We thought at first it was the Finnish runner Nurmi. Neither of us had a membership form on us and when we went back to the track on later occasions he wasn't there. I didn't see him again all summer and heard a rumour that he had joined Surrey Athletic Club. Imagine my surprise then, when I turned up at the Club in the autumn for the Yacht '3' and saw him there - someone had got a form to him after all."

Next page ...

"... it's a long straight old son"

" ... it's a long straight old son "

TOM CARTER

1908-1994

AN APPRECIATION

I didn't know that Tom had been an international when I first met him but he still quickly became a hero. I was just one of a bunch of lads of similar age who seemed to become gathered together under his wing. He was the first adult I had come across who could chat to a youngster as a comrade; could laugh freely at the same jokes and run with an ease that totally belied his age. I was fourteen and he was fifty.

Across the Common and into the Park we ran with Tom, a pack of young hounds cheerfully, and scarcely, kept in check by the old dog. We ran on Saturdays around Spankers Hill Wood or the Isabella Plantation, stopping off at the drinking fountain at Robin Hood Gate on the way back. We ran on summer evenings, Tuesdays and Thursdays, and never missed

for any reason, even when the Common was ablaze and the fire engines had sucked the ponds dry; we ran along the Beverley Brook from bridge to bridge, eight or nine of us, splashing through the water and frightening the ducks before setting off again up the 'Toast Rack', legs streaked with mud and dust.

Our mentor advised us on how to breathe while on the run ... length of stride ... the way to run up a hill and over the top. There were lung bursting relays around wooded, hilly circuits and sometimes, in the intervals between the sprints, we lay on our backs with legs supported by some old tree trunk as we let some of the 'tiredness' run back out of our lower limbs. At these times, with our backs cushioned by last year's bracken and with chests heaving, we gazed up through a green, lacy canopy to the blue sky beyond. This was a freedom never tasted before ... and rarely since.

Even on winter nights we still ran on the Common, following the horse-rides, and when the mist masked out every glimmer of moon and stars we found our way by the feel of the path under our feet and the memory of daylight runs over the same route.

Four or five years passed in this way. Tom no longer found it easy to keep pace with his pack and used every trick in the book to ensure that we had to put in more effort than he did. He slipped more into the role of advisor from the trackside and took great pride in the fact that he had taken an

ordinary bunch of South London boys and turned them into a team that was now winning Surrey and Southern Cross Country team medals and reaching a tantalising 4th place in the National. Individually one or two of his lads were now knocking at the door of international competition on the track and the country.

I was fourteen and he was fifty. Now I am fifty ... and he has gone. The intervening years saw him as coach, advisor, father figure, employer, 'matchmaker', ... true friend. It seemed a very special relationship, and it was; but the most amazing thing was that he was exactly the same with everyone he encountered. He was a unique man.

A favourite piece of advice from way back, invariably given while one was stripping off for a quarter or half-mile race and accentuated by the way he gripped and pulled at one's elbow, was: "Now don't forget, it's a long straight old son". Incredibly, he delivered the same line in the same way just a couple of seasons ago before a veterans' race.

Well old chap, you've reached the end of your 'long straight' now, while we are just beginning to feel it's bite. But I'll bet my old spikes that when the time comes for us to cross that 'line', then your familiar old figure will be waiting just beyond the finishing post as it always has since we were young; waiting with some cheerful quip and ready to show us the way onward again.

Until then, Tom, we'll miss you!

Alan Mead

Tom Carter

<i>Born:</i>	18 May 1908
<i>Died:</i>	22 December 1994
<i>Joined Belgrave Harriers:</i>	4 September 1930
<i>Belgrave President:</i>	1956-57 and 1983-84
<i>First race:</i>	<i>Yacht '3', October 1930, 4th fastest</i>
<i>Championships:-</i>	
<i>National Cross Country:</i>	<i>Individual: 12th, 13th, 18th, 19th (best 4), Finch Waite Cup for 1st Southern man 1935</i>
<i>Southern Cross Country:</i>	<i>Team: 4 gold, 2 silver, 1 bronze</i> <i>Individual: 1 gold, 2 5th places</i> <i>Team: 3 gold, 2 silver, 1 bronze</i>
<i>Surrey County Cross Country:</i>	<i>Individual: 2 silver, 1 bronze, 5th, 6th, 7th, 8th</i> <i>Team: 7 gold, 2 silver, 1 bronze</i>
<i>Inter-Counties Cross Country:</i>	<i>Team: 1 gold, 2 silver</i>
<i>London to Brighton Relay:</i>	<i>Team: 5 gold, 2 silver, 2 bronze</i>
<i>Blackstaffe Shield (7 miles):</i>	<i>3 gold, 1 silver, 2 bronze</i>
<i>Macher Shield (10 miles):</i>	<i>1 gold, 2 silver, 2 bronze</i>
<i>A.A.A. Track 10 miles:</i>	<i>1 bronze</i>
<i>S.C.A.A.A. 2 miles s'chase:</i>	<i>2 silver</i>
<i>S.C.A.A.A. 6 miles:</i>	<i>1 gold</i>
<i>Surrey County 6 miles:</i>	<i>1 gold</i>
<i>Representative vests:</i>	<i>England, A.A.A., S.C.A.A.A., Surrey Co. A.A.A.</i>
<i>Belgrave Captain:</i>	<i>1937 - 1946</i>



Above: Always full of enthusiasm, Tom, Club Captain in the '30s and '40s, celebrates the Guardian Gold Cup win in 1992 with Track & Field Captain of the '90s - Lenny Paul.

Write on!



I shall always treasure his memory

Dear Editors,

I learned with very much regret of the passing of Tom Carter. To me, Tom represented that great period of Belgrave history, when the London to Brighton Relay was "the" event of the year. In those days we were on opposite sides of the fence, before Surrey A.C. amalgamated with the Bels.

There were many in Belgrave who knew Tom better than I, but from those early days there was an empathy which led to a life-long friendship. I came to know Tom well during the War years when we were both running for the Bel's two-miles team all over the country and which, I seem to remember, was never beaten throughout the War.

The last time I spoke to Tom was on the 'phone when he was trying to find out more of the death and last days of my old RAF colleague Charlie Smart, a task which was to prove unsuccessful.

Tom was a year older than me, but I shall always treasure his memory - a fine runner, a very good friend, and a great Belgravian.

Sincerely,

P.W. "Jimmy" Green

We are not absolutely sure but it seems likely that "Portrait Gallery", reproduced on page 13 from the magazine "Athletics" of 50 years ago, was almost certainly penned by "Jimmy" Green.

Tom would have been proud

To all Tom's wonderful friends and fellow Belgravians.

I would like to express my sincere thanks for the wonderful attendance at Tom's funeral and for the many beautiful letters and cards and flowers. He would have been so proud. As you all know, Belgrave was his life, his whole life. I can honestly say I don't think a day ever went by without Belgrave being mentioned in some way or other.

Many, many thanks to one and all.

Yours sincerely,

Kitty Carter

A message from Marco

Dear Belgravians,

I miss you and all the fantastic races that I had run in England. I want to be again a Belgravian racer in the future and so please not forget me. Let me know the calendar of the races. I want to invite you to Italy for races (I am investigating the possibilities!). Marcello knows my address.

Marco Mazzotta, Italy

Unfortunately the gremlins got hold of our letters page in the last magazine and succeeded in removing the name of the writer of the final letter - "I thought it was a rambling club!" It was of course that of our old friend Eric Hall.

Chris running well

Dear Editors,

Just a line to say that I have had my best season for 7 or 8 years, with 3:13:31 in the London Marathon after having my legs taken from behind by another runner at 15 miles and losing 20 minutes whilst having treatment, and two 1:20 half-marathons. I cannot puzzle why but seem to be getting better, winning 2nd places in both the Manchester YMCA 10k and the Hyde '7' in the over 55 age group on successive weeks. This coming after running both for over 20 years and never having a sniff of the prizes in all that time. Makes me feel there's still life in the old dog yet.

Best of luck to all at the Club.

Chris Fairfield, Stalybridge, Cheshire

Simply Centurions

Dear Editors,

With respect one correction! You refer to the "Centurions AC." The name is simply Centurions. It dates back to 11th May 1911 when a group of walkers who had walked 100 miles inside 24 hours, in amateur competition, decided to form a fraternity of those who had accomplished this feat, to be called the Centurions. They are not affiliated to any organisation and do not promote events - although any 100m/24hrs walk will always have a few Centurions playing a large part on the organisational side.

The recall of past Belgravians who suddenly make contact always interests me. I remember Jack Frost - a sprinter during World War II and Albert Frost - a regular member of our cross-country and road relay teams just after the War. Going back another decade I notice the name of Stan Scarsbrook amongst the new members. He must be the chap who in 1934 won the AAA 2m Steeplechase, followed by a win in the Empire (now Commonwealth) Games Steeplechase. Both events were held at the White City. - Another 1934 Empire Games winner was a certain A.W. Penny.

Gordon Doubleday, Bath



Above: Tom Carter always had a thought for his fellow club-mates. As a way for the Club to say thank you to Jack Goswell for all his hard work in fund raising over the years, first running the football competition and then the "200 Club", Tom organised a little ceremony at Belgrave Hall where Jack was presented with a carriage clock by our 1993/94 President. Left to right: Trevor Williams, John Davies (hidden), Dave Davies, Alan Mead, the late Tom Carter and Jack Goswell

FROM THE BELGRAVIAN

British M50 record for Snowy

50 YEARS AGO

. . . . October 1944

"This edition might well be called the "Flying Bomb Number," as much of what is recorded took place whilst Southern England, and particularly London, was under attack by these missiles. In conjunction with Polytechnic Harriers, a full and ambitious programme had been arranged. A number of fixtures had to be cancelled, whilst the remainder were contested by scratch teams from either side. This was not surprising as Police and Civil Defence were fully occupied. A number of members were able to find or make the time to turn out for the Club, and we are all grateful to those who helped to keep Belgrave to the fore during most trying times.

A glance at the Club address book shows that we have many members living in some of the most heavily damaged areas. No serious injuries to members have been reported, but many of our members' homes have been damaged, some completely destroyed. To all who have suffered the Club offers their deepest sympathy, and we hope that lost and damaged homes will be quickly restored. We also extend condolences to those who have lost relatives and friends."

25 YEARS AGO

. . . . December 1969

"The 1969 track season was extremely disappointing and was climaxed by our relegation from the third division of the National League to the first division of the Southern League. We only managed to annexe one trophy, The Jim Peters Trophy, which we only won with the considerable assistance of a strong contingent of juniors and youths."

"I am sure that everybody knows that Belgrave are relegated from the National League. This time last year we were considering which club would be promoted with us into the second division, but when it came to it we fizzed out like a damp firework." (Field Event Captain).

"During the RWA year 1968-69 Belgrave Harriers' Walking Section equalled, if not surpassed, the achievements of the great club teams of 1957 and 1960. The year ended with the club having won many races including the classic London to Brighton and three of the four National Senior Road Walking Championships. The walkers also secured second place in the remaining Senior event and a fourth place in the National Junior 5 miles. In 1957 and 1960 when Belgrave teams won all three Senior titles (a fourth, the National 20 Kilos, was added in 1965), the club had the advantage of being able to call upon the services of such internationals as Stan Vickers, Eric Hall and George Williams. Today, with only one international, Ray Middleton, among the active club walkers, success depends more on the efforts of the ordinary clubman."

"Ray Middleton finished 5th in the European Championships 50Km Walk for the second time. After nearly 4½ hours of effort he crossed the line only 4 minutes away from a bronze medal. He already owns a Commonwealth Silver Medal."

Forget the National Lottery!

With the Belgrave Harriers '200' Club, for a £1 per month stake you have a 40 to 1 chance of winning something between £50 and £5 every month with an additional

£100 prize available in June and December.

Prize money paid out in 1994 totalled £1,180.

Phone Bill Couzens 0181-394 1410 for details.

Snowy Brooks won the BVAF Decathlon Champs. at Sheffield on 24/25 September by night on 400 points from Angus of the USA with the first Briton 600 points behind in 4th. His 6736 was an M50 British Record even though he felt that none of his individual performances was outstanding and that a couple, by his standards, were quite poor. It was also his first competition with the lighter M50 implements and Snowy feels he did not achieve all that he might have with them, being unused to the weights. Training partner Nick

Phipps took the M40 event with our second-claim member Pan Zeniou 5th, 5176.

Having achieved this year's target, Snowy is now aiming for the World Championships in Buffalo, USA, in 1995 and he must have a good chance of a high placing, for Angus, well behind him here in Sheffield, has been the US M50 Champ for the last two years.

100m/12.5, LJ/5.69 (+5.3), SP/11.87, HJ/1.52, 400m/63.3, 100mH:/16.0, DT/38.40, PV/2.60, JT/44.24, 1500m/6:40.2.

A new racing machine for Matthew Coleman

As you will know, Matthew is a wheelchair competitor for Belgrave and this year I've had the pleasure of meeting him several times at the Guardian Junior Wheelchair Grand Prix events. It's wonderful to see him determined to perform at his best in the colours of our club.

Born in Newport Pagnell on 11th November 1977, Matthew, although handicapped, was determined to take part in sport, his first interest being basketball, followed by wheelchair short-court tennis. In 1992 he became involved in wheelchair racing, joining the British Wheelchair Racing Association and the British Sports Association for the Disabled.

During 1993 he qualified to compete for East Anglia, winning the 100, 200, 400, 800 and 1500 metres in the trials, and represented the Area in the B.S.A.D. 1993 National Champs. in which he won the 400 and 800 metres.

Having recently completed his G.C.S.E.s and passing the "City & Guilds" in Business Studies, he is now at college in Huntingdon, taking the B.Tech National Computer Studies course. Other interests in his life are music - and occasionally he can be found alongside the river, fishing.

And lastly, after a very successful season, at the Guardian Gold Cup Final in Bedford, our Patron Sir Eddie Kulukundis, OBE., who has taken a great interest in Matthew's sporting career, had pleasure in presenting a very excited young man with a new racing wheelchair that he had kindly donated.

Ted Pallant



Matthew Coleman grins while on the receiving end of a few words of encouragement from Ted Pallant. Photographer unknown.

"Southern" centenary

**SOUTH OF ENGLAND CC CHAMPS.
PARLIAMENT HILL, 29 JAN 94**

The "Southern" celebrated one hundred years of existence in 1994 and it was also 40 years ago that the race was first held at Parliament Hill. It seemed fitting, then, that such a landmark should be celebrated with something a little different and for the first time the men's and women's events came together to make a very full afternoon's racing. Unfortunately Belgrave could not add much to the event in the way of team competition, being unable to complete a squad in any race except the U17M and U15B categories and even there high hopes were devastated by the 'flu' bug which knocked several of our leading youngsters out before the start.

The last Belgrave runner to win the Southern must have been Gerry North in 1965 - so long ago that Dave Bedford was a mere Youth (as was our own Chas Dickinson running for TVH in those days). That year the mud on Parliament Hill was far worse, ankle deep at the bottom along to the finish by the running track.

Nowadays the drainage seems improved in spite of the winter rains; the going was soft and the course tough, but perhaps better than expected.

The Women's race over 6.5 kilometres saw Gabby Collison making an impression among the best cross country runners that the South can offer. Her very creditable 16th was followed up by good runs from Martina Ryan and Jacinta Moore ... but there it stopped. One more runner and it is highly likely that we would have placed 4th or 5th in the team race.

It was Belgrave star Kassa Tadesse who stirred the memories of the faithful Belgrave supporters with a run-away win in the Junior race. After biding his time for the first mile or so, Kassa seemed to change gear at the back of the course to surge clear of the talented young Blackheath runner Mark Steinle. By the three mile mark he was 70 yards up and he forged on to finish nearly a minute clear. Although Kassa



Above: Kassa Tadesse out on his own on the second lap of the SEAA Junior Cross Country Championship.

Photo by Jeremy Hemming

hates the English mud, he was simply in a different class from the rest.

In the Senior race Jim Estall had a fine run finishing in 44th position. After a long period of injury last summer, Jim has worked hard to improve his running style. He has cut back on his usual heavy racing schedule, particularly on the roads, and the Autumn saw him race sensibly at about 90% effort. Jim looked very relaxed throughout his run and intended to follow up with a PB in the London Marathon.

Elsewhere among the Seniors there were steady runs from Owain Lewes, Mike Webb and Mike Lake (running for Alton), but Belgrave were unable to field a scoring six and a half fit Tony Stone turned out as fifth scorer.

Senior Men

1, J.Downes (London Irish) 44:53; 2, A.Bristow (Brighton & Hove) 45:02; 3, D.Bannister (Shaftesbury Barnet) 45:59; ... 44, J.Estall 49:28; 193, O.Lewes 52:49; 195, M.Lake (Alton) 52:49; 209, M.Webb; D.Anderson and A.Stone also finished; 494 finished.

Teams: 1, Blackheath 117; ... Bels did not complete a team.

U20M

1, K.Tadesse 31:31; 2, M.Steinle (Blackheath) 32:27; 3, T.Machin (Old Gaytonians) 32:46; Marlon Anderson ? ; 116 finished.

Team: 1, London Irish 45; ... Bels did not complete a team.

U17M

1, S.Gay (Dorchester) 22:55; ... 30, A.Jones 24:33; 63, G.Mason 25:32; other runners not known; 174 finished.

Team: 1, Tonbridge 115; ... 11, Belgrave 319.

U15B

1, S.Hawthia (Boro Hounslow) 16:13; .. 36,

Kassa - our first ever "National" winner

**ENGLISH CC CHAMPS
NORTH SHIELDS, 12 MAR**

A very small Belgrave presence at North Shields was treated to a historic occasion as Kassa Tadesse became the first Belgrave Harrier ever to win an English National Cross Country title.

Kassa has been troubled by a persistent knee injury and in the week leading up to the event it seemed pretty doubtful whether he would compete. However, an easy few days followed by a trial run beforehand showed that the problem wasn't getting any worse and the decision was taken: the nation's under 20s were to find the race that much tougher as a result.

The Belgrave runner was handily placed as the race got away and by the end of the first lap, together with Bruno Witchalls of Mole Valley and the City of Stoke runner Ben Sutton, a gap was beginning to open up before other pretenders to the title came through. Bruno had already met defeat by Kassa in the Surrey League and County Championships but the Mole Valley man showed no sign of an inferiority complex, attempting to make a telling effort even while the Belgravian was pushing the pace. It was too much for Sutton who dropped back a little although holding his place ahead of the pack. But as the second lap unwound it was now Witchalls under pressure. A ten metre gap became twenty ... and then thirty ... and Kassa was away ... to achieve something that no Belgravian has ever done before.

Senior: 1, D.Lewis (Rossendale) 42:35; 2, J.Nuttall (Preston) 42:51; 3, J.Downes (London I) 43:18; ... 391, M.Lake (Alton) 50:02; 375, M.Webb 49:54; 1550 finished.

Teams: 1, Blackheath 171; 2, Bingley 203; 3, Morpeth 214; ... 165 teams closed in but Bels didn't.

U20M

1, K.Tadesse 29:54; 2, B.Witchalls (Mole Valley) 30:07; 3, B.Sutton (City of Stoke) 30:11; ... 131 M.Anderson 35:19; 186 finished.

Teams: 1, Coventry God. 68; 2, London Irish 116; 3, Wirral 199; ... 15 teams closed in but Bels didn't.

U17M

1, A.Oldfield (kettering) 28:02; 2, K.Nash (Aldershot F&D) 28:05; 3, R.Brown (Elswick) 28:26; ... 21, M.Hillier 29:22; 73, A.Jones 30:44; 206, W.Swaffer 33:43; 242, L.Jenner 35:52; 255 finished.

Teams: 1, Aldershot F&D 105; 2, Oadby & Wigston 139; 3, Solihull & Smallheath 169; ... 21, Belgrave 542; 33 teams closed in.

"SOUTHERN" continued ...

S.Vella 17:35; 69, J.Drake 18:20; 80, G.Jones 18:28; other runners not known; 226 finished.
Team: 1, Cornwall 35; ... 11, Belgrave 346.

Senior Women

1, K.Bailey (New Forest) 24:48; ... 16, G.Collison 26:43; 52, M.Ryan 29:01; 145, J.Moore 32:20.

Team: 1, Bournemouth 196; ... Bels did not complete a team.

Left: Jim Estall, 44th and first senior home in the "Southern". "I tried to relax and keep nice and springy," he said after the race.

Photo by Jeremy Hemming

Copies of Jeremy's pictures can be obtained by writing to him at 40 Balvernie Grove, London SW18 5RU or phoning 0181-874 1645



Belgrave T&F Championships 1994 - Battersea Pk

Saturday 10 July

For the first time in quite a few years we reverted to the format of holding all our main championship events on a single afternoon. Comment was almost unanimously favourable and it is expected that we will do the same again in 1995. The weather was beautiful and the atmosphere was rather like a huge family picnic. Burgers were on sale and there was a plentiful supply of drinks (alcoholic and otherwise) for our hard working officials - and when it came to stock taking at the end of the day the meeting organiser was astounded to find out just how many officials there must have been!

As to the actual athletics: 99 Belgravians took part, entering an average 2.3 events each - 33 women and 66 men. The sprints fared particularly well with no less than 10 taking part in the senior men's 100 metres but it has to be said that the great majority of competitors were either under 20 or over 40. What's the matter with you seniors - scared of a drubbing!

Senior Men

100m: 1, J. Dawson 11.4; 2, M. Holder 11.4; 3, D. Newman 11.5; 4, A. King 12.1; 5, T. Santer 12.5; 6, C. Brooks 13.0; 7, R. Bridges 13.4; 8, C. Bleunven 13.8; 9, E. Derouet 13.8; 10, A. Bentt 13.9. 200m: 1, J. Dawson 23.8; 2, M. Holder 24.0; 3, D. Newman 24.4; 4, M. Readhead 24.8; 5, M. Livingstone; 6, C. Husbands 25.6; 7, R. Permaul 26.2; 8, R. Bridges 26.9; 9, C. Brooks 27.2. 400m: 1, J. Dawson 51.9; 2, G. Adams 53.1; 3, M. Readhead 53.8; 4, D. Sleet 56.3; 5, C. Bleunven 60.9; 6, R. McMillan 61.9; 7, L. Coy 67.6. 800m: 1, J. Dawson 2:04.7; 2, S. Smullen 2:09.7. 1500m: 1, K. Tadesse 3:58.8; 2, R. Alsop 3:58.9; 3, G. Mason 4:05.6; 4, S. Chettati 4:17.7; 5, A. Luce 4:19.6; 6, C. Solorz 4:33.6. 2000mSC: 1, L. Lyons 6:40.9; 2, W. Swaffer 6:43.8; 3, S. Vella 6:58.6; 4, G. Jones 7:52.8. HJ: 1, G. Adams 1.60; LJ: 1, M. Livingstone 5.15; 2, R. Permaul 4.02. TJ: 1, T. Santer 10.16. PV: 1, J. Webb (Guest) 3.10; 2, T. Lawton 2.80; 3, C. Husbands 2.60. SP: 1, E. Derouet 9.37; 2, A. Bentt 8.56; 3, C. Bleunven 8.06; 4, S. Whorlow 7.58; 5, B. Green (Guest) 6.46. DT: 1, C. Husbands 23.00; 2, S. Whorlow 20.22; 3, R. Green (Guest) 17.54; (W. Swaffer U20 1.75kg 20.46). JT: 1, W. Swaffer 21.98. HT: 1, R. Bridges 26.32; 2, R. Green (Guest) 16.74; (B. Peacock U17 5kg 20.80).

U17 Men

100m: 1, D. Jackman 12.1; 2, G. Ojok 12.1; 3, P. Fox 12.2; 4, D. Permaul 12.7. 200m: 1, M. Dickson 23.1; 2, J. Ganio 23.9; 3, P. Fox 24.5; 4, D. Jackman 24.9. 400m: 1, D. Permaul 56.2. 800m: 1, G. Jones 2:12.4. TJ: 1, B. Peacock 9.75. SP: 1, B. Peacock 8.41. DT: 1, B.

Peacock 20.80.

U15 Boys

100m: 1, P. Hills 12.9; 2, W. Smith 12.9; 3, N. Whorlow 15.1; 4, J. Scott 15.1. 200m: 1, R. Haigger 28.0; 2, J. Scott 33.5. 400m: 1, P. Hills 58.7; 2, C. Permaul 60.5; 3, N. Whorlow 70.4. 800m: 1, S. Vella 2:15.5; 2, C. Permaul 2:20.5; 3, M. Bloor 2:34.0; 4, N. Whorlow 2:34.1. 1500m: 1, T. Laws 5:25.7. 80mH: 1, J. Scott 17.7; 2, N. Whorlow 21.5. HJ: 1, R. Haigger 1.55; 2, N. Whorlow 1.35; 3, A. Mason 1.10. LJ: 1, W. Smith 4.83; 2, C. Permaul 4.57; 3, T. Laws 4.29. SP: 1, C. Permaul 9.40; 2, P. Hills 7.78; 3, N. Whorlow 7.42; 4, J. Scott 6.96; DT: 1, N. Whorlow 19.42; 2, J. Scott 17.16; JT: 1, S. Vella 30.82; 2, C. Permaul 29.18; 3, J. Scott 22.16; 4, N. Whorlow 20.38.

U13 Boys

100m: 1, M. Semakula 13.8; 2, F. Hughes 14.6; 3, E. Gyekye 14.7; 4, J. Stevens 14.8; 5, K. Bignall 15.1; 6, D. Bond 15.3; 7, D. Crook 15.5; 8, I. Richards 15.7; 9, J. Wilkinson 16.4; 10, C. Bentt 16.8; 11, S. Whorlow 20.4. 200m: 1, M. Semakula 27.4; 2, E. Gyekye 29.7; 3, F. Hughes 30.6; 4, R. Bignall 32.0; 5, D. Crook 32.1. 800m: 1, S. Fuller 2:33.4; 2, J. Stevens 2:37.6; 3, D. Bond 2:39.8; 4, C. Morris 2:40.5; 5, S. Whorlow 3:07.3; 6, R. Wood 3:11.0. 1500m: 1, R. Bignall 5:23.5; 2, C. Morris 5:32.5; 3, S. Whorlow 6:37.5; 4, R. Wood 7:00.6. HJ: 1, F. Hughes 1.25; 2, R. Wood 1.15; 3, J. Wilkinson 1.10; 4, K. Bignall 1.10; 5, J. Stevens 1.05; 6, C. Bentt 1.00. LJ: 1, D. Crook 4.19; 2, D. Bond 3.90; 3, F. Hughes 3.79; 4, K. Bignall 3.77; 5, J. Wilkinson 3.51; 6, M. Dray 3.12. JT: 1, M. Semakula 31.76; 2, R. Bignall 14.76; 3, J. Stevens 11.80.

Senior Women

100m: 1, J. Stone 14.4; 2, E. Smythe 15.8; 3, S. Dray 18.1. 200m: 1, J. Dash 27.6; 2, J. Stone 29.4; 3, E. Smythe 37.1; 4, S. Dray 41.0. 400m: 1, J. Dash 65.1; 2, J. Moore 67.6; 3, N. Alexander 69.9. 800m: 1, J. Moore 2:38.2; 2, S. Howard 2:48.3. 1500m: 1, H. Maskrey 4:58.7; 2, J. Moore 5:23.9; 3, N. Mills 5:30.7. 100mH: 1, J. Dash 16.2; 2, J. Cockram 20.3; 3, S. Dray 23.9. HJ: 1, J. Cockram 1.45; 2, J. Smiter 1.40; 3, J. Stone 1.40; 4, A. Patten 1.35. LJ: 1, A. Patten 4.59; 2, J. Cockram 4.50; TJ: 1, A. Patten 10.15; 2, J. Cockram 9.24. PV: 1, J. Cockram 2.60. SP: 1, A. Patten 9.30. DT: 1, A. Patten 26.92; 2, G. Richardson 21.56; 3, J. Smiter 17.50; 4, S. Howard 14.90. JT: 1, G. Richardson 27.90; 2, A. Patten 26.96; 3, L. Smythe 21.14; 4, J. Smiter 17.34. HT: 1, P. Keeler 28.60; 2, G. Richardson 23.94.

U17 Women

100m: 1, H. Mead 14.4. 400m: 1, S. Stracey 67.5. 80mH: 1, M. Simon 12.8; 2, H. Mead 17.2. LJ: 1, S. Stracey 4.47; 2, R. Letang 3.63. SP: 1, H. Mead 6.32. DT: 1, H. Mead

13.56. JT: 1, H. Mead 22.24. HT: 1, H. Mead 13.32.

U15 Girls

100m: 1, M. Bentt 13.6; 2, B. Simon 13.7; 3, D. O'Sullivan 13.8; 4, L. Kreitzman 15.1; 5, L. Walden 15.2; 6, E. Gyekye 15.6; 7, L. Davison 16.4. 200m: 1, M. Bentt 28.7; 2, D. O'Sullivan 29.0; 3, B. Simon 29.4; 4, E. Gyekye 30.8; 5, R. Brown 32.9; 6, C. Wraight 34.3; 7, L. Davison 35.6. 800m: 1, J. Brown 2:50.3. 1500m: 1, A. Gray 5:34.9. 75mH: 1, A. Butler 16.6; 2, R. Brown 17.8. HJ: 1, A. Lawton 1.20; 2, R. Letang 1.20. SP: 1, M. Stock 8.70. DT: 1, M. Stock 24.52; 2, R. Letang 20.18; 3, A. Butler 13.94; 4, J. Brown 13.16. JT: 1, R. Brown 13.90. 2, K. Wraight 12.74; 3, J. Brown 11.24.

Wednesday 20 July

Club 5,000m Championship for the *Griffen Cup*.

A strange race this one. Phil Carstairs took the lead from the gun to set the gentlest of paces and yet the field immediately became strung out with Roger Alsop 30 metres in arrears. After four laps the field concertina'd again and with six to go Roger burst ahead aggressively to take a 40 metre lead in one lap and then stretch it to 100 metres in two. With Phil now flagging, Said Chettati and Marcello Bizio were left to alternate in 2nd and 3rd spots until the latter ran across the line clearly in 2nd place. Said was delighted with his first ever Belgrave medal - it will not be his last - but less happy was young Rob Draper who had arrived in time for a 7 o'clock start and had to bitterly watch the medals go to his rivals who had been sent on their way at half past six: he had to settle for a 9:20 run as a guest of VAC in the 3k.

Young Athletes multi-event competitions

25th July

U15B - 70mH(68.2cm) (non-standard event)/LJ/SP(4kg)/HJ/800m
E.Hassan 11.7/5.52/8.24/1.60/2:44.7

M.Louis-Sidney 12.6/3.85/7.61/1.30/3:01.6

U13B - 70mH(68.2)(non-standard event)/LJ/SP(3.25kg)/HJ/600m

R.Biscoe 18.2/3.08/3.46/1.00/2:35.4

C.Bentt 25.6/3.12/6.00/1.00/2:55.9

26th July

U17W - 80mH(76cm)/LJ/SP(4kg)/200m/HJ/JT(600gm)/800m

H.Mead 16.8/3.65/6.45/31.3/1.20/20.90/3:27.5

U15 - 80mH(76cm)/LJ/SP(3.25kg)/200m/HJ/JT(600gm)/800m

M.Bentt 16.6/-/7.50/-/14.62/-

Boys

U20M - 100mH(91.4cm)/LJ/SP(5kg)/200m/HJ/JT(700gm)/800m

R.Milner 15.4/5.32/8.42/24.4/1.50/22.66/-

G.Mason 17.0/5.35/8.74/24.2/1.50/27.46/2:17.6

M.Miller 19.0/4.79/8.84/24.8/1.75/24.94/3:24.6

M.Readhead 20.4/5.40/25.7/1.70/28.28/2:27.5

U15B - 80mH(84cm)/LJ/SP(3.25kg)/200m/HJ/JT(600gm)/800m

M.Louis-Sidney 16.7/4.01/7.85/28.8/1.30/11.94/2:58.5

U13B - 80mH(76cm)/LJ/SP(2.72kg)/200m/HJ/JT(500gm)/800m

C.Bentt 19.8/3.28/6.16/37.5/-/16.42/-

1, R. Alsop 15:20.8; 2, M. Bizio 15:51.6; 3, S. Chettati 15:55.8; 4, P. Carstairs 16:13.4; 5, D. Williams (gst) 17:05.4; 6, M. Manning 18:27.9; 7, R. Bale 19:37.9.

Wednesday 7 September

Club 10,000m Championship for the *Tom Carter Trophy*.

The pleasure of circuiting the Battersea oval 25 times (26 insisted one aged competitor) on a cold evening in September was shared with Veterans AC as we combined our 10k track championship with theirs. It did at least make for some exciting lap scoring! Some nine sets of scorers, each checking off the laps of four runners should have made for an easy job but with athletes getting lapped time and time again, and with the light failing ...

All problems were settled in the end and there never was any doubt about the Belgrave competitors who headed the field. Roger Alsop was well in control and added the *Tom Carter Trophy* to his collection with ease, throwing in a 65 second last lap as a final flourish in this fastest run in our championship for no less than 19 years!

And whose time was it back in '75, still standing up well against today's? Why, none other than the man placing 7th in the latest edition of the event. Laurie O'Hara is still knocking out fast times and on this occasion he removed no less than 40 seconds from Bob Belmore's VAC M60 record set in 1988.

10000m: 1, R. Alsop 31:43.3; 2, P. Carstairs 32:30.1; 3, S. Chettati 33:06.2; 4, M. Webb 33:18.1; 5, L. Lyons 34:38.3; 6, A. Armstrong 35:50.8; 7, L. O'Hara 36:21.4; 8, Marlon Anderson 37:33.6; 8, T. Williams 38:32.7.

INDOOR TRACK & FIELD

December '93

- 9 Horsham. 50m: 2, M.Bazire 6.4.
- 11 Crystal Palace. Women's LJ: E.Finikin 5.47.
- 15 Crystal Palace. Open. 60m: 1, P.Goedluck 6.9. Women's 60m: E.Finikin 8.0.

January

- 2/3 Birmingham NIA, Midland Counties Open. 60m: 2, P.Goedluck 6.97. 200m: 1, P.Goedluck 21.64.
- 7/8 Birmingham NIA, Indoor Games. (7th) 200m: hts. 2, D.Powell 22.18; 2, P.Goedluck 21.62. sf. 1, P.Goedluck 21.41; 4, D.Powell 22.01. Final 2, P.Goedluck 21.24. (8th) 60m: hts. 3, F.Salle 7.10; 3, P.Goedluck 6.88; 2, H.Korjic 6.94; 3, D.Powell 7.03. s-f. 2, P.Goedluck 6.87; 3, H.Korjic 6.92; 7, D.Powell 7.06. Final. 5, P.Goedluck 6.84; 8, H.Korjic 6.90. 60mH: hts. 1, N.Owen 8.16. Final 2, N.Owen 8.01. TJ: 2, J.Mackenzie 16.13 (Scottish Indoor Record); 3, D.Browne 15.20.
- 15 Crystal Palace Open. SP: 1, P.Edwards 19:27. Women's TJ: 1, E.Finikin 12.51.
- 15 Haringey Woodford Green AC Open. 60m: 2, P.Goedluck 6.9; 4, H.Korjic 7.0.
- 19 Crystal Palace Open. 60m: 1, P.Goedluck 6.9.
- 19 Sheffield Open. 60m: L.Samuel 6.90.
- 23 Glasgow, Kelvin Hall, Scottish Indoor Champs. 400m; 2, L.Samuels 49.02. LJ: 1, J.Mackenzie 7.13.
- 23 King's Lynn, W. Norfolk AC Open. 60mH: 1, I.Wells 8.08.
- 29 Birmingham NIA, GB v Russia. 400m: 2, D.Ladejo 46.61. LJ: 4, F.Salle 7.51. SP: 2, P.Edwards 19.21.
- 30 Crystal Palace, SEAA Indoor Champs. 60mH: 1, N.Owen 8.0 (CBP). U20 60mH: 2, D.Holden 8.8. U17 60m: 4, M.Dickson 7.3.
- 30 Horsham, SEAA Indoor Champs. Women's PV: 1, J.Cockram 2.60.

February

- 6 Stuttgart. 200m: 2, J.Regis 20.87.
- 6 Birmingham NIA, Midland Open. 60m: N.Owen 7.21. U15 200m: J.Hilston 24.35.
- 6 Vienna, Austria v Czechoslovakia v England. 200m: 4, P.Goedluck 21.46. LJ: 4, F.Salle 7.57. TJ: 4, D.Browne 15.72. SP: 1, P.Edwards 19.47.
- 12 Glasgow, GB v USA. Inv. 60m: 4, P.Goedluck 6.82. 200m: 1, J.Regis 20.74. 400m: 4, D.Ladejo 46.43. SP: 3, P.Edwards 19.38.
- 12 Crystal Palace Open. U20 60mH: D.Holder 9.2.
- 18 Birmingham NIA. AAA Indoor Champs. Rounding into the form of his life, Phil Goedluck raced to a marvellous AAA 200 metres title, 1/100th ahead of Braithwaite of Haringey. Going progressively faster through the rounds, Phil won his heat in 21.66 and semi-final in 21.27 before clinching his first ever AAA title with a best ever 21.16. Paul Edwards and Du'aine Ladejo also won to make up a trio of Belgrave gold medallists on the first day of the Champs. 200m: 1, P.Goedluck 21.16. 400m: 1, D.Ladejo 46.54; hts. 3, L.Samuel 48.55; 3, D.Powell 50.20; sf. 2, L.Samuel 49.20. SP: 1, P.Edwards 18.95.
- 19 Birmingham NIA, AAA Indoor Champs. 60m: hts. 3, H.Korjic 7.04; 2, P.Goedluck 6.88. s-f. 4, H.Korjic 6.83; 3, P.Goedluck 6.83. 60mH: hts. 1, N.Owen 7.93; final 3, N.Owen 7.86. LJ: 3, F.Salle 7.39. TJ: 9, D.Browne 14.15. Women's PV: 7, S.Drummie 2.80; 9, J.Cockram 2.60.
- 19 Horsham Open. SP: 1, P.Edwards 18.72.
- 26 Birmingham NIA, Koolpak Inter-Regional Meet. 800m: 2, D.Maynard (Wales) 1:53.88. 60mH: 1, N.Owen (South) 7.88. Women's. PV: 5, J.Cockram 2.65.
- 26 Birmingham NIA, TSB Indoor International. Du'aine Ladejo faded a little but still clocked a low 46 run after following Michael Johnson's blistering pace, the American preferring the Euro circuit to that of the US. Poor Phil Goedluck got blown away, with others, in the Christie v Fredericks clash over one lap. 200m: 6, P.Goedluck. 400m: 3, D.Ladejo 46.27.60mH: ht. 4, N.Owen 7.96.
- 26 Crystal Palace, Surrey Indoor Champs. PV: 1, P.Duquenay 4.20 (CBP)
- 27 Birmingham NIA, TSB Schools International. James Hilston ran a storming 400 metres to win the Junior Boys' race by getting on for a full second in 51.63. His previous best was an outdoor 52.48 set last summer.
- 27 Crystal Palace, Surrey Indoor Champs. U20 60m: 3, R.David 7.4. 60mH: 2, D.Holder 8.8 =CBP with winner. PV: 2, J.Webb 3.40. U17. 60m: 3, M.Dickson 7.4.

March

- 5 Atlanta, USA, US Indoor Champs. John Regis clocked 20.89 in his heat to become 4th fastest qualifier and was rewarded with inside lane for the final - a track too tight for the powerful Belgravian who had to ease back on the throttle to keep between the lines for 20.97 and 4th.
- 5 Kings Lynn, Eastern Indoor Champs. 60mH: 2, I.Wells 8.7.
- 13 Crystal Palace, Southern Counties VAC Indoor Champs. 60m/60mH: C.Brooks 8.1/9.5.

**BELGRAVE OPEN MEETING
BATTERSEA PARK, 9 APR**

Senior Men

- 100m: (2) 6, M.Fani 12.1; (4) 2, C.Brooks 12.9; 3, R.Bridges 13.0.
- 200m: 4, R.Bridges 26.8; 5, S.Brooks 27.4. 400m: 1, G.Mason 51.0; 3, M.Fok 51.6. 3000m: 1, R.Draper 8:58.4. DT: 5, C.Brooks 34.30. HT: 4, R.Bridges 22.84. 3000m Walk: 3, C.Lawton 15:12.1; 4, D.Fotheringham 16:13.0; 5, P.King 16:45.7.
- U17M
100m: 2, S.Scott 12.3. 800m: 1, M.Parper 2:01.1; 2, S.Weston 2:11.6. 100mH: 2, S.Scott 15.0.
- U15B
100m: 2, K.Stephenson 12.6; 5, D.Powell 15.8.
- Senior Women
100m: 4, P.Friel 13.5; 5, S.Scott

- 14.2; 6, A.Patten 15.0. 200m: (1) 4, P.Friel 27.6; (2) 3, J.Stone 31.1. HJ: 1, J.Cockram 1.60; 2, A.Patten 1.35. LJ: 1, A.Patten 4.72; 2, S.Stracey 4.50. SP: 2, A.Patten 7.70; 3, H.Mead 7.09; 4, B.Dunsford 5.49. DT: 2, A.Patten 24.82; 3, G.Richardson 23.02; 4, H.Mead 16.96; 5, B.Dunsford 12.80. JT: 2, A.Patten 30.58; 3, G.Richardson 27.20; 4, H.Mead 18.72. HT: 5, S.Milner 20.42; 6, P.Keeler 19.58; 7, B.Dunsford 18.20; 8, H.Mead 13.96.
- U17W
100m: 3, M.Simon 13.7. 200m: 2, S.Simon 28.1.
- U15G
100m: 1, B.Simon 14.1; 6, L.Kreitzman 15.6. 200m: 6, A.Lawton 34.3. 800m: 1, L.Wilson 2:29.9.

Du'aine Ladejo - European Indoor Champion

Paris, 11-13 March

Du'aine Ladejo - European 400m Champion. Has a nice ring to it doesn't it, especially with the more prestigious outdoor event coming up later in the year. A very comfortable 47.33 saw Du'aine through round one with 3rd place in his heat but it was in the semis where Europe had a first glimpse of the Briton's potential when he unleashed a 46.26 to win and make sure of a berth in the final. As it happened, that sort of pace could not be matched by any of the opposition and a 46.53 clocking carried him to the "gold".

Paul Edwards came oh! so close to qualifying for the shot putt final. A place in the first 12 or 18.80 was the target and Paul found it just beyond him as he reached 18.49 and 14th. Two hundred metre man Phil Goedluck also failed to go beyond the first round, in spite of nearing his best ever with 21.31.

Membership statistics as at 30th June 1994

Female	Male
U13G..... 9	U13B..... 20
U15G..... 16	U15B..... 37
U17W..... 16	U17M..... 44
U20W..... 9	U20M..... 30
Senior Women..... 75	Senior Men..... 399
Not active..... 3	Not active..... 10
Total..... 128	Total..... 540

Total membership 668

During the twelve months ending 30th June 1994 we accepted 123 applications for membership but during the same period lost 141 who had resigned, been deleted, etc. - a net loss for the year of 18.

New annual subscription rates were agreed at the Annual General Meeting. As from 1st July 1995 the rates will be:

£25.....	20 years of age or over on 1st July
£15.....	17 years of age but not yet 20 on 1st July
£15.....	Associate members and second-claim members
£10.....	under 17 on 1st July

Current figures are £20, £10 and £6

Special rates exist for Family membership and Husband/Wife or Partners. Contact Carl Lawton 0181-669 0971 for details.

WORLDWIDE

December '93

- 2 Melbourne, Australia, 5,000m: 2, G.Staines 13:48.32.
16 Melbourne, Australia, Twilite Zatopek Meet. 10,000m: In an exciting finish, Gary Staines split Patrick and Moneghetti with a time of 28:02.24.
18 Texas, USA, 3000mSC: 1, J.Chaston 8:43.03.

March

- 12 Fargo, USA, NAIA Champs. PV: 1, M.Edwards 5.30.
18 Pietersbourg, South Africa. JT: M.Cottrell 70.80.
3 Port Elizabeth, South Africa. JT: 5, M.Cottrell 72.22.

April

- 15 Walnut, California, USA. Mount San Antonio College Relays. Super early season form saw John Regis race to a 19.1 clocking as he chased Carl Lewis home on the last leg of the 4 x 200m. Lewis was anchoring for Santa Monica in their world record breaking run of 1:18.68 but John, running for John Smith's All-Star team which included Drummond, Jarrett and Mitchell, closed dramatically on that last stage and brought his team home also inside the old figures. Justin Chaston geared up for a further season of improvement, heading a class 3,000m steeplechase field with 8:31.0.

May

- 7 Austin, Texas, USA. 100m: 3, J.Regis 10.23.
21 Istanbul. Israel v Scotland v Wales v Turkey. 800m: 1, D.Maynard (Wal) 1:53.09. DT: 2, D.Morris (Sco) 56.38. JT: 3, N.Bevan (Wal) 68.04.
22 New York, USA. IAAF Mobil Grand Prix. 200m: John Regis opened up his '94 GP campaign by running USA's Braunskill to within 3/100ths with 20.76, edging Olympic Champ. Marsh into 3rd.
28 Gotzis, Austria: Simon Shirley missed his Club record by a mere 8 points with his rival for "Games" places this summer, Alex Kruger, topping the magic 8000pts for 7th. 11, S.Shirley 7,936 (10.92, 7.31, 12.89, 2.05, 49.24, 15.37, 41.62, 4.60, 61.12, 4:27.45.)

June

- 1 Bratislava. IAAF Grand Prix II. 200m: 3, J.Regis 20.51. 3000m: 8, D.Mead 7:56.39.
3 Budapest, Hungary. 400m: 1, D.Ladejo 45.99.
18 Dublin, SEAA v Republic of Ireland v International Select. 110mH: 2, N.Owen 14.39. JT: 1, M.Cottrell 66.72.

- 25 Cork, Dairygold Sports. 5000m: 9, D.Mead 13:50.86.

July

- 1 Gateshead. 200m: 7, P.Goedluck 21.63. 400m: 4, D.Ladejo 45.74. 110mH: (-2.7) 6, N.Owen 14.76.
6 Lausanne, Switzerland, IAAF Grand Prix. John was delighted with his 2nd place 20.17, fastest for the year so far behind Fredericks' world leading 20.10. It was a good night for sprinting all round for Privalova set a Women's European Record and Burrell took the World 100m Record.
8 Edinburgh, TSB Challenge. A new Club Record for Du'aine as he finished ahead of a trio of Americans including Olympic Gold Medallist from Seoul, Steve Lewis. 200m: (+0.20) 2, J.Regis 20.50. 400m: 1, D.Ladejo 45.16. PV: 6, M.Edwards 5.30.
13 Nitra, Slovenia International. 5000m: 2, D.Mead 13:59.66. PV: 1, M.Edwards 5.20. LJ: 1, F.Salle 7.83.

- 15 Crystal Palace, TSB Games/IAAF Grand Prix. Aided by a blistering start, Regis gained revenge over recent conqueror Jeff Williams and he also took a leg of the 38.68 sprint relay team that defeated a good US squad with Phil Goedluck competing for the GB 'B' outfit. Du'aine Ladejo took his personal and Club Record further into new territory and was delighted to beat Roger Black into the bargain. A useful time was clocked up by Paul Evans in the 5k but William Sigei's UK All-comers of 13:06.72 made the Europeans look pedestrian. 400m: 2, D.Ladejo 45.00. 200m: (-0.4) 1, J.Regis 20.42. 5000m: 18, P.Evans 13:47.21. PV: 10, M.Edwards 5.20.

- 16-17 Brussels, SEAA v Belgium. TJ: 1, D.Browne 15.50. DT: 4, L.Marar 50.74. HT: 6, P.Spivey 61.80.
18 Nice, Nikaia-Mobil IAAF Grand Prix. 3000mSC: 9, J.Chaston 8:23.90.
20 Gateshead, 20 Jul., GB v USA. 200m: (+1.5) 1, J.Regis 20.44; 5, P.Goedluck 20.97. 400m: 2, D.Ladejo 45.61. 5000m: 2, G.Staines 14:03.06; 3, D.Mead 14:05.2. LJ: 2, F.Salle 8.10 (+4.70). PV: 5, M.Edwards 5.20. SP: 4, P.Edwards 18.98.
23 Colwyn Bay, 23 Jul. Wales v Scotland v North England. DT: 1, D.Morris (S) 54.76. JT: 1, N.Bevan (W) 70.38. TJ: 1, J.Mackenzie (S) 15.43.
24 St. Petersburg, Russia,

Goodwill Games. An enormous upset was almost caused by Du'aine Ladejo as he closed on Olympian Quincy Watts at the line, both being awarded the same time. Many felt that he had actually won.

- 200m: 3, J.Regis 20.31. 400m: 2, D.Ladejo 45.21. 3000mSC: 6, J.Chaston 8:29.49.
26 Lappeenranta, Finland, 3000m: 5, G.Staines 7:51.26.
30 Ostrava, Czech Republic. U23 European Cup. 110mH: 2, N.Owen 13.97 (Wind speed not known).
31 Sestriere, Italy. A superb new UK and Club Record came from John Regis as he charged his way to a time just 15/100ths away from winning a Ferrari Testarossa for the world record. His time was also only 2/100ths from Fredericks' Commonwealth mark. 100m: (+3.5) 3, J.Regis 10.10. 200m: (+1.8) 1, J.Regis 19.87. Fredericks 2nd in 19.97.

August

- 2 Monte Carlo, IAAF/Mobil Grand Prix. This must be regarded as one of John's finest ever runs, with no wind or altitude assistance. The race was won by Michael Johnson in 19.94 with Fredericks 3rd - the second time he had been beaten by Regis in a week. What a brilliant night for fast Belgrave times, for Du'aine Ladejo made a third improvement on his best one lap time while equalling Black's fastest British time for the year and levelling the score to two all as his rival came home 4th. 200m: (0.0) 2, J.Regis 20.01. 400m: 3, D.Ladejo 44.94.
17 Zurich, Switzerland, IAAF Grand Prix. 5000m: 13, G.Staines 13:45.57.
24 Goteborg, IAAF Permit Meet. 2 miles: 6, G.Staines 8:29.12.

September

- 3 Paris, IAAF Grand Prix Final. As with others who had contested the European and Commonwealth Games, jet lag began to catch up on Ladejo. Americans, Roger Black and Kenyan Kitur who had all stayed in Europe got the better of our man. 400m: 7, D.Ladejo 45.80.
4 Sheffield, McDonald Games. 150m: (+0.9) 2, J.Regis 15.15 (behind Christie's 14.97 National Record). 300m: 3, D.Ladejo 32.73. JT: 12, N.Bevan 64.82.
6 Madrid, IAAF Permit Meet. 200m: 2, J.Regis 20.35.
13 Poona, India, IAAF Permit Meet. 5000m: 4, G.Staines 13:56.6.
15 Tokyo, Toto International. 200m: 3, J.Regis 20.55.

EUROPA CUP COMBINED EVENTS BRESSANONE, ITALY, 2-3 JUL.

Shirley confirms form

Simon Shirley entered his second decathlon in Europe for the year when he represented GB in the Europa Cup for Combined Events in stifling heat at Bressanone, Italy. The GB team put together a solid performance finishing 2nd, ahead of Russia. Simon succumbed to the heat on the second day having ended day one with 4,230 points but held on well to finish 4th overall just six points light of his Club Record with 7938 points.

The team performance gained GB promotion to next year's "Super League" Division of the Europa Cup. The "Super League" Cup was held the same weekend in Lyon, France, and it is worth noting that the GB team performance would have placed them a respectable 5th in that competition.

1, V.Kolpakov (UKR) 8257; 2, L.Lobodin (UKR) 8176; 3, A.Kruger (GBR) 7963; 4, S.Shirley (GBR) 7938 (10.94, 7.52, 13.75, 2.04, 48.83/14.99, 38.04, 4.60, 57.54, 4:31.47).

Teams: 1, Ukraine 24,204; 2, Great Britain 23,464; 3, Russia 23,136.

EUROPEAN CUP BIRMINGHAM, 25-26 JUL

Chaston looks the part

Justin Chaston is really beginning to look the part as an international steeplechaser. His sub-8:30 run had him dicing with Steffan Brand of Germany but it must be said that the Italian Alessandro Lambroschini was in a class apart from the rest.

Other Belgravians were less than ecstatic about their performances, however. John Regis was only operating at 95% effort in the sprint relay after pulling out of the 200m with an achilles niggle; a worrying sign with the major championships just around the corner. Not at all happy either with his day's work was Paul Edwards who only allowed two of his efforts to be measured and Gary Staines' confidence also took a knock in the 10k as he barely cracked the half-hour. In the vault Mike Edwards sailed over his early heights of 5.00 and 5.20m but once again 5.40 the sort of height needed to get into big 'Games' finals, proved to be just out of reach.

(a) - 25th, (b) - 26th

10000m (a): 5, G.Staines 29:57.27. 3000mSC (b): 3, J.Chaston 8:29.99. PV (b): =5, M.Edwards 5.20. SP (b) 7, P.Edwards 18.10.

Euro gold for Ladejo

Helsinki, Finland, 7-14 Aug

Helsinki: largest city, capital and chief seaport of Finland: but as far as the athletic cognoscenti are concerned, home of the 1952 Olympics, scene of so many glorious athletic feats over the years and the setting for the 1994 European Games. Eight Belgravians earned the right to represent their country but Decathlete Simon Shirley turned down the opportunity so that he could concentrate on the Commonwealth competition while we were kept guessing about John Regis' intentions, troubled as he was by injury problems.

10,000 metres

The opening day of competition saw a much better race from Gary Staines than he had put together recently. Just bear in mind that four years ago this man was silver medallist in Split, Yugoslavia, over 5,000m but has since then been travelling a hard road littered with set-backs. The horrendous scar left by an operation on one of his achilles tendons makes one realise just how much determination there is in an athlete who competes at this level. Here he was again at Europe's premier athletic event, battling with the best that the 'old world' could offer.

After an opening circuit of 72 secs. the Belgian Rousseau threw in a sub-60 and a "guttty" race was truly under way. The pack was tightly knit as Franke of Germany took on most of the leading, none of the main players falling away. At 7k Gary was right in the thick of it and felt that he had as much chance of a medal strike as anyone else, but a kilometre later a 62.5 lap split the field and from there on it was a case of fighting for survival. Gary did well to come up with his season's best.

1, A.Anton (Spain) 28:06.03; 2, V. Rousseau (Belgium) 28:06.63; 3, S.Franke (Germany) 28:07.95; ... 15, G.Staines 28:25.60.

200 metres

It was a disappointment to learn that our Champion John Regis would not be taking part due to his achilles tendon problems, and rumours that he may later run just in the sprint relay also proved to be unfounded. The way was left clear therefore for Geir Moen who won the final in 20.30, part of a startling upsurge in Norwegian athletics. Phil Goedluck, having the season of his life, went successfully through the heats with a 3rd place 21.01 and then a second round 4th in 20.99 before coming to the end of the road with 7th and 21.11 in his semi-final.

400 metres

Cards were kept pretty close to the chest during the opening round. Defending Champion Roger Black was clear in his heat with 45.88 while in the next race on the track our own Du'aine Ladejo ran a throttled back 46.50 to shade the Italian Aimar. Next day a similar game was played out. This time Ladejo ran first with a cruising 45.70 and when Black took semi-final 2 just 9/100ths slower we knew that a superb final was in prospect with the two Britons head and shoulders above the rest.

And so to act three of the drama: the day of the final. Black was drawn two lanes inside the Belgravian and he went out hard, fully believing in himself as a Champion should and coming out of the final bend just ahead of the field. But nowadays Ladejo believes he can handle any type of situation and so it proved. He had the strength to run down the leader over the last 50m and crossed the line with arms outstretched almost as wide as his smile. Britain 1st and 2nd in a classic confrontation and a 'gold' for Belgrave.

1, D.Ladejo 45.09; 2, R.Black 45.20; 3, M.Rusterholz (Switz) 45.96.

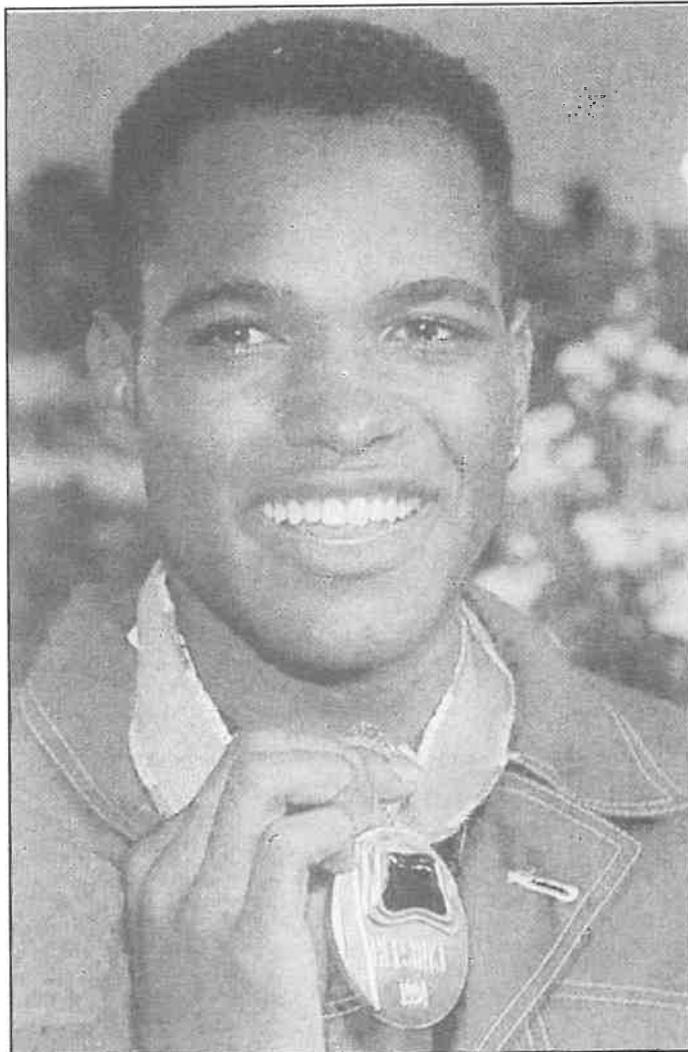
3000 metres Steeplechase

John Bicourt's record lives on. With Justin Chaston now in the sort of territory where he is capable of living with a fast pace it was a possibility that he might get dragged out here to a low 8:20s clocking. With the first four and four fastest to progress from the semi's, Justin's 7th and 8:31.08 in the fastest of the preliminaries earned him a run in the next day's final where Italy's Lambruschini was the outstanding favourite. Nothing is ever cut and dried in athletics, however. The Italian had the misfortune to fall after only one and a half laps. Compatriot Panetta helped him to his feet and they gradually eased back into a pack that had lost momentum without them. Lambruschini still had enough in hand to see him to the 'gold' but Chaston suffered during the severe acceleration towards the end. He was 3rd Briton behind a resurgent Mark Rowland (4th) and Tom Hanlon (10th).

1, A.Lambruschini (Italy) 8:22.40; 2, A.Carosi (Italy) 8:23.53; 3, W.van Dijk (Belgium) 8:24.86; ... 11, J.Chaston 8:36.83.

Pole Vault

A vault of 5.65m was needed to guarantee a place in the final, 13cm higher than Mike Edwards has ever



The name Du'aine Ladejo became infinitely better known to the public after his golden exploits in Helsinki. Three times the 23 year-old reduced our 400m Club Record in 1994 but it doesn't look as if it's going to stop there for he was quoted after the European Championships final as saying, "You haven't seen anything yet". Daily Express photo.

4x400 metres Relay

done and 35cm better than his '94 best. Opening up at 5.20m, our man needed all three attempts to lever himself over the bar with the subsequent 5.40m proving just out of reach. Mike had to be satisfied with =12th in his pool. Gataullin of Russia eventually took gold at 6.00m with no fewer than six former Soviets among the final twelve.

Shot Putt

This is another event where qualification has been made tougher by the break-up of the Soviet Union - but overall the standard was not that high. Paul Edwards missed out on a berth in the final by just 10cm as he hit 18.54m. Ukrainian Aleksandr Klimenko won at 20.78m with two others from his country making it a clean sweep for the Eastern European plainmen.

Usually one of the most competitive of events, the 4x400m relay did not provide as much as excitement as normal with only a straight final being required in spite of the fact that a record 48 nations were taking part in Games. With individual gold and silver medals already in the bag the British should have been invincible, and so they were. The race was set up nicely by McKenzie and Whittle, and then Black stormed away from the field with a 43.96 stint to leave Du'aine Ladejo the honour of a lonely last lap of 44.19 for his second 'gold'. To decimate the field even further, France and Russia were then disqualified, leaving a massive 4 second gap to the next team home - Italy. Later they were reinstated giving: 1, G.Britain 2:59:13; 2, France 3:01.11; 3, Russia 3:03.10.

Five medals for Bels in Victoria

22-28 August, Victoria, Canada, 1994 Commonwealth Games.

The Commonwealth Games might be classed as friendly, but once the gun fires they are as competitive as any and as far as the track events go the standard is only lower than the Olympic Games and the World Championships. Our top two men both found themselves scalped by Africans - but what about that medals table - Belgrave ranked 5th among the nations and with just a little more luck that medal haul could have been even higher.

Of course we were greatly saddened to hear news of Paul Edward's positive drugs test. But while Paul was raised from his sickbed where he had been suffering from a stomach complaint and made his way home, we followed the progress of the remaining nine Belgravians.

200 metres

John Regis had been through several weeks without competition. He had missed the "Europeans" with an achilles tendon niggle, the most recent in a series of problems. Nevertheless, he was the fastest man in the World for 1994 with that scintillating 19.87 British Record at Sestriere. Would his injuries hold up; would he be sharp enough to withstand the African onslaught?

Round 1 had him cruising to an easy 21.01 win in the 8th of 9 heats and a few hours later it was time to test the Regis body a little more - the result a 20.36 Games Record. He wasn't the only one to impress though, for Nigeria's Oluyemi posted a 20.39 and Fredericks a 20.40.

Come the semis after a rest day and the two main contenders were rightly separated, both keeping a little in store for the final but both winning. And so they went to their blocks for the showdown. World Champion Fredericks drawn just inside the Belgravian and shooting him a final glance before going through the ritual of coiling up into the starting position.

Normally, at the starting signal, Regis makes great inroads into the field, and so he did again here in spite of straining an adductor only 50 metres out. But the Namibian was the one man who held him perfectly and entering the straight, now they were into Frederick's favourite territory. He floated to the lead and once there gave an awesome display of high knee lift to stretch away to the title. (+1.5) 1, F.Fredericks (Namibia) 19.97; 2, J.Regis (England) 20.25; 3, D.Effiong (Nigeria) 20.40.

400 metres

Another four rounds of major championship 400m running in two days may just have stretched Du'aine Ladejo too far after Helsinki. He looked so comfortable

with 47.90, 46.26 and 45.23 as he progressed to the final but a certain cool customer from Kenya had yet to show his hand. Charles Gitonga was not worth a mention in the T&F Bible "Athletics 94" but we should all know that any Kenyan in a final is a threat. Du'aine drew lane six but could make no impression on the African out on the perimeter of the track. At 300m they were level but from there on the race belonged to Gitonga.

A defeat did not seem to do our man any harm. He was obviously disappointed but his demeanour in accepting his fate won him many more admirers.

1, C.Gitonga (Kenya) 45.00; 2, D.Ladejo (England) 45.11; 3, S.Bada (Nigeria) 45.45.

Long Jump

Fred Salle's pb of 7.97 dated back to 1986, the year when he last made an appearance in this competition, winning silver in Edinburgh. But the 1994 Freddie had been looking sharp all summer and he pulled out a wind legal 7.85 jump in Group A that placed him 4th of the 12 qualifiers and updated his Club Record.

The Nigerian Eregbu had flown to a record 8.22 for his qualifying leap and his very first effort in the final, while not huge, proved to be more than anyone else would reach. Fred opened well with 7.87 for =2nd place with Culbert but then slipped to 3rd in round 2 when the Australian got in a back-up jump while Fred nj'd. As the competition wound on a bronze seemed more and more hopeful, especially when the Belgravian improved to 7.88 in round 5 but last ditch efforts from Ayodele of Nigeria and James of Canada, using a 2.7 tailwind to great advantage, turned bronze into 5th. Bad luck Fred but three improvements in the Club Record in one competition can't be bad.

1, O.Eregbu (Nigeria) 8.05; 2, D.Culbert (Australia) 8.00; 3, I.James (Canada) 7.93; ... 5, F.Salle 7.88 (+1.9) (7.87, x, 7.67, 7.67, 7.88, 7.63).

Triple Jump

Wearing the blue and white of Scotland John Mackenzie produced his longest ever outdoor leap of 16.12 to place 14th of the 12 qualifiers. As Scottish indoor record holder he has an indoor mark of 16.13 to his name and although he must have been disappointed at not reaching the final, particularly as 7th place went as cheaply as 16.02, you can't ask for more than a pb.

Pole Vault

Mike Edwards opened at 5.20 and went clear at his first attempt to share the lead but a handful of men were also successful at subsequent

attempts and ominously the outstanding favourite from South Africa, Okert Brits, and the Aussie Miller had yet to come in. The tactics now began in earnest as Winter sat the next round out, Brits still waited, and the rest attempted 5.30. An early clearance here and Mike could start thinking seriously about a medal - but it wasn't to be. Three men went clear at their first or second shots while for Mike it was three goes and out.

Welshman Winter surprised at 5.40 with another first time effort. Miller failed at 5.45, and incredibly Brits, with a pb of 5.85, found his opening height of 5.50 beyond him. Dramatic stuff.

1, N.Winter (Wales) 5.40; 2, C.Heywood (Canada) 5.30; 3, J.Miller (Australia) 5.30; ... 5, M.Edwards (England) 5.20 (5.200, 5.30xxx).

Discus

This was always going to be a difficult event for an outsider to break into. Reiterer and Olukoju both launched 60 metre throws in round one and with Birchfield and England's Bob Weir putting the platter over the same line in round three, no one else came near. Darrin Morris held 6th place after the first time through the card, and then made the cut for three more throws by holding on to 8th after three rounds, but although peppering the field at 53-54 metres was unable to find the extra metre that would move him up any further.

1, W.Reiterer (Australia) 62.76; 2, A.Olukoju (Nigeria) 62.46; 3, R.Weir (England) 60.86; ... 8, D.Morris (Scotland) 54.98 (53.08, x, 54.98, 53.38, 54.42, 52.96).

Javelin

The bare facts say that Nigel Bevan was 4th from the end of round 1 and was still there at the end - but it was much more exciting than that. Hill's opening 81.84 stood up as best until Backley put one out to 82.74 in the third with the Kiwi Lovegrove also unleashing his best at this stage. The big Belgrave man was giving it everything but he couldn't quite hit it right and while fouling in his efforts slipped to 5th.

Round four and at last he got everything in line. The spear clearly landed over the 80 metre line; it didn't look gold but could well have been a medal winning distance. The few seconds wait until the electronic display flashed up the distance agonisingly ticked away and then, frustratingly, the news was spelled out - 80.38 - just 4cm from bronze.

Nobody improved in the last two rounds and just as in the Auckland Games four years earlier Nigel was in that unluckiest position of all, 4th, with the first four positions all identical to 1990.

1, S.Backley (England) 82.74; 2, M.Hill (England) 81.84; 3, G.Lovegrove (New Zealand) 80.42; 4, N.Bevan (Wales) 80.38 (75.32, 76.38, x, x, 80.38, x).

Decathlon

For the TV comentators it was all Alex Kruger (England) and Jamie Quarry (Scotland) as far as the home countries were concerned. It took three-quarters of the competition before they woke up to the fact that the top Briton was going to be neither of these and that not only was he *not* an Australian turned Brit but was born in Nottingham. When you think of it, although Australian record holder, Belgravian Simon Shirley is as English as anyone in the team.

Canada's Mike Smith was always in the driving seat but it was very tight for the minor places. The two Australians Winter and Smith looked the most likely 2nd and 3rd placers and Simon was struggling with an ankle injury that was giving him great pain. With a couple of events to go he was within an ace of pulling out but the team physio worked a little magic, he hung on in there, and a super 63.80 javelin throw carried him to within one point of third place.

Now all you distance runners might well think the 1,500 metre race a doddle, but when it is the last of ten events and you weigh in at 91kg and measure 1.90m in your socks (that's 14½ stone and 6ft 3ins for you oldies!) it aint no joke. Before you read on though, take a look at the 1,500m rankings towards the back of this magazine and then remember that this man runs 10.89 for the 100 as well.

MEN'S MEDAL TABLE

	G	S	B
England *	6	8	6 20
Australia	4	3	2 9
Kenya	5	2	1 8
Canada	2	3	2 7
BELGRAVE H	1	2	2 5
Wales	2	0	2 4
Nigeria	1	1	2 4
Zimbabwe	0	2	1 3
Namibia	1	0	1 2
Zambia	1	0	1 2
Jamaica	0	2	0 2
South Africa	0	1	0 1
Bermuda	0	0	1 1
New Zealand	0	0	1 1
Scotland	0	0	1 1
Trinidad & Tob.	0	0	1 1

* includes Belgrave medals.

Including the women's events then Belgrave would be positioned 8th.

There was no doubt now that it was all or bust for Simon. Gradually working into the race, by the time he entered the back straight for the last time he was flying. It was an heroic run as he went away from the pack, clinched the bronze medal, set new club figures and came so close to the 8,000 barrier.

1, M.Smith (Canada) 8326; 2, P.Winter (Australia) 8074; 3, S.Shirley (England) 7980 (10.89 885, 7.11 840, 14.16 738, 2.04 840, 48.90 866, 14.87 865, 38.38 632, 4.60 790, 63.80 795, 4:32.4 729).

4x100m

With none of its recognised stars in the line-up the England team looked a bit makeshift but a 39.51 in the semi-final gave them a 2nd place to Canada that raised hopes a little. Our own 200 metre specialist Phil Goedluck was entrusted with the second bend and with Surrey 100 metre champion Terry Williams showing the form of his life they went even faster in the final for a completely unexpected set of bronze medals. One felt so pleased for Phil, on the verge of top class competition for years but still keeping up the day job (and night job too, no doubt) on Battersea Firestation's Blue Watch.

1, Canada 38.39; 2, Australia 38.88; 3, England (J.John, T.Box, P.Goedluck, T.Williams) 39.39.

4x400metres

The long relay never lacks drama, whether at club level or in the big championships. With a single circuit remaining Jamaica, with Garth Robinson carrying the baton, had a huge lead on the bunch - possibly more than 15 metres. Du'aine Ladejo had been rested up in the first round but then so had Robinson. It must be all over.

Into the home stretch, however, and Ladejo was eating up the ground. A couple of metres away from the line and the impossible was achieved. England took the last gold of the Games with a meeting record and the Belgravian's gold and individual leg of 44.1 must have gone a long way towards making that defeat in the individual event earlier in the week just a small blip on the road to glory.

1, England (D.McKenzie, P.Crampton, H.Patrick, D.Ladejo) 3:02.14. Ladejo contributed a 44.1 leg.

New charges at Battersea

Charges for the use of Battersea Track have been revised and the new figures were due to come into force on January 1st:- adults - £1.20, children (under 16) and adults over 60 - £0.60, use of weights room (adults) - £1.30. An adult season ticket now costs £56.00, children and over 60s £28.00.

Super Salle sets World Cup Alight

Crystal Palace, 9-11 Sep., IAAF World Cup

As Belgravians, we knew that Long Jumper Fred Salle was having a good summer but overnight he became a household name as he set the World Cup final alight as far as the British men's team was concerned.

Jumping in miserable conditions and ranked only seventh of the eight competitors, therefore only expected to gain 2 points at most, he immediately took the lead with a windy 7.89m - his best of the year. Commonwealth champion Eregbu for Africa wasn't far behind with 7.87m but with a second pass through the jumping order it was still the Belgrave man heading the field.

De Souza for the Americas came up with 7.96m in round 3 to push Fred down to 2nd but we were more than happy that his opening jump stood up through rounds 4 and 5 as the leading positions remained unchanged.

Surely no one in the stadium could have been prepared for what happened in the last round, however. Hitting the board just right and leaping into a slight headwind the Briton cut the sodden sand at a mega 8.10m causing the Crystal Palace crowd

to erupt. It was the best jump of his life and the fourth best ever by a Briton. The American Bentley improved to 7.93m but that was it. Fred was the outstanding winner - eight points in the bag and what a way to prelude to his 30th birthday celebrations the following day.

* * *

Day two and more Belgrave action came from John Regis and Du'aine Ladejo. 1991 World Champ. USA's Antonio Pettigrew suddenly brought his 1994 season to life and coming out of the last turn he was 2 metres clear of Ladejo and in no mood to relinquish a single centimetre. It was the end of a tiring season for our Club Record holder - well not quite the end as there was the little matter of over an hour of autograph signing and then the next day's relay.

John was back to his old position of second bend man in the sprint relay. Britain had never previously won any relay in this competition but when Regis handed the baton to last leg man Christie the British team were already ahead of the field and going away. Would the currently injury prone Belgrave Harrier turn out for the 200m next day? With the Great British team slugging it out with Africa for the major honour of Champions of the World we suspected - yes.

And we were right. Once more

we were treated to a Fredericks vs. Regis head to head. Fredericks had finished a stride clear in Madrid during the week but back on British soil the home town man hit the straight clearly ahead, wreaked revenge on Fredericks for that Commonwealth Games defeat and reminded Norwegian Moen who would have won the European Games if niggling injuries had not kept him out.

With Du'aine Ladejo contributing a 45.2 leg towards Britain's third relay win of the meeting it was quite staggering to work out that Belgrave athletes had contributed a massive 27 points towards the nation's outstanding score of 111 to Africa's 116.

200m (11th): -1.4. 1, J.Regis 20.45; 2, F.Fredericks (Africa) 20.55; 3, G.Moen (Europe) 20.72. 400m (10th): 1, A.Pettigrew (USA) 45.26; 2, D.Ladejo 45.44; 3, I.Sene (Americas) 45.67. LJ: (9th) 1, F.Salle (GBR) 8.10 (-0.2) (7.89w, x, 7.87, 7.82, x, 8.10); 2, D.De Souza (Americas) 7.96; 3, D.Bentley (USA) 7.93. 4x100m (10th): 1, GBR (D.Braithwaite, A.Jarrett, J.Regis, L.Christie) 38.46; 2, Africa 38.97; 3, USA 39.33. 4x400m (11th): 1, GBR (D.McKenzie, D.Ladejo, J.Baulch, R.Black) 3:01.34; 2, Africa 3:02.66; 3, Europe 3:03.26.

Flashback! - 1968

John Bicourt (30) takes the water jump in the Inter-Counties Championships of 1968. John finished 7th in 8:51.2; but five years later he became the UK's fastest 'chaser with 8:26.6. He finished 4th in the Commonwealth Games of 1974 (Christchurch, New Zealand). John's association with Kenyan athletes dates back further than many of us realise!

Winner of that race back in 1968 was John Jackson (Staffs) in 8:38.

Photo by Ed. Lacey



Men's Track & Field

Shaky start at Wigan

BRITISH ATHLETICS LEAGUE DIVISION 1 MATCH 1, WIGAN, 7 MAY

Every year we write to the 'A' team men twice before the start of the season. The message is always the same. The first match is the most important and invariably decides the final outcome of the league. Every point is critical and this year was to prove no exception as, after a fine match, only 13 points separated the first five clubs. Sadly we were 5th but all was not lost as main rivals Haringey also had problems and finished 3rd.

The match started well for us. Phil Spivey finished 3rd in the hammer having earlier in the week declared that he couldn't throw due to a hand injury. Scott Thompson won the 'B' - good points. The pole vault looked good but we had a worry that Sale and Crawley would raise the overall standard. So it proved with the main consolation for fewer than expected points being that Ian Tullett now seems recovered from his bone pinning operation.

The jumps we knew would not live up to last year's high points contribution. A combination of illness, warm weather training, injuries and other more pressing plans meant that Stanley Osuide was our only 'A' team regular. Partial saviour was Mark Richards who on no training stepped in at the last minute and scored well in the long, triple and high jumps - plus he ran first leg in the sprint relay.

The 800 and 1500 were like a Who's Who of star names. All races were slow with kick finishes. Darryl Maynard earned a Welsh vest in the subsequent Turkey match after doubling up while Youth Gavin Mason opened the season by equalling his 800 pb to the 1/100th sec.

AAA's indoor champ Phil Goedluck rushed back to his Fire Brigade night shift after putting in solid performances in all sprint races. Lewis Samuel doubled up in the 'B' 200 due to Lennie Paul's non-appearance and concluded an excellent afternoon with a 47.38 split in the long relay.

The throws were once again our saviour led by Paul Edwards. What a truly fantastic squad.

Last year's worst event was the 3000m steeplechase. No more! Darren Mead cruised round to a clear win acknowledging the need to pay more attention to his extravagant clearances of all barriers. Mark Sinclair suffered from the opposite problem, hitting a barrier at full speed on lap four while easily leading the 'B' pack. He gamely staggered on - went from first to last and 11 vital points went down the drain. He'll have to decide before next match whether to concentrate on the 'chase or take up limbo dancing!

Subsequently Darren doubled up in the 5000 and looked very relaxed, coasting to win the 'B' in a respectable 14:35. Kassa did the business in the 'A' 5000 gradually winding up before a good kick to cross the line for a clear win. The hurdles results were as expected. Paul Beaumont returned briefly from a posting in Germany to perform well in the 400 hurdles while Neil Owen was slightly below par due to travelling up from Cardiff on the day. The night before he had received a special award at Cardiff University so couldn't join the team at its pre-match hotel.

And so we entered the relays a close third. Sadly, due to all the doubling up and a shortage of sprinters two bad results saw us slip to 5th and possible oblivion! It doesn't take a genius to work out that just one more 'A' team man would have lifted us to 1st or 2nd. If only Dalton Powell and Haroun Korjje (both of whom supported the team from the stand) had been eligible to compete. They will be available for match two and could make a vital difference to keep us in contention.

100m: 3, P.Goedluck 10.9 (-0.6); 8, N.Owen 11.48 (-3.3). 200m: 2, P.Goedluck 21.22 (-1.1); 3, L.Samuel 21.98 (-1.8). 400m: 4, L.Samuel 47.94; 4, P.Beaumont 49.74. 800m: 5, D.Maynard 1:52.32; 7, G.Mason 1:55.32. 1500m: 7, G.Adams 4:02.06; 5, D.Maynard 3:58.00. 5000m: 1, K. Tadesa 14:27.32; 1, D.Mead 14:35.32. 110mH: 2, N.Owen 14.48; 4, I.Wells 15.60. 400mH: 5, P.Beaumont 52.90; 5, L.Antoine 56.12. 3000mSC: 1, D.Mead 8:53.30; 8, M.Sinclair 10:31.98. HJ: 2, S.Osuide 2.05; 5, M.Richards 1.75. LJ: 6, M.Richards 6.76; 7, I.Wells 5.89w. TJ: 7, M.Richards 14.47. PV: 5, I.Tullett 4.70; 4, D.McDermott 4.00. SP: 1, P.Edwards 18.36; 5, L.Marar 13.39. DT: 2, D.Morris 52.84; 1, L.Marar 50.40. JT: 2, N.Beavan 72.42; 1, M.Cottrell 70.32. HT: 3, P.Spivey 60.38; 1, S.Thompson 50.80. 4x100m: 6, Belgrave (M.Richards, P.Beaumont, N.Owen, P.Goedluck) 42.92. 4x400m: 7, Belgrave (L.Antoine, G.Mason, J.Dawson, L.Samuel) 3:20.78.

Teams: 1, Birchfield 312.5; 2, Newham & Essex Bgls 308; 3, Haringey 307; 4, Thames Valley 306; 5, Belgrave 299; 6, Shaftesbury 253.5; 7, Sale 244; 8, Crawley 166.

SOUTHERN LEAGUE DIVISION 1 MATCH 1 PARLIAMENT HILL, 7 MAY

The first league match of the season - and the first utter soaking for officials and competitors alike. The pole vault was an early casualty, conditions being far too dangerous. But if the atmosphere was wet and cold, the competition was hot; we were up against some of the tougher clubs and by the end of the first round of matches throughout the South, Highgate, winners here, topped the league. Our own start was more modest but definitely better than last year's. We were 18th overall at the end of the day.

Mark Arend and Bill Silvester scored well to open for us in the 400 hurdles, and minutes later we were treated to a totally controlled 800 from Marcel Fok. Unfortunately we will soon be losing Marcel's services as he is due to move to a new job and home in Switzerland.

Our own human Alp, not very aptly going under the nomenclature of Mike Small, was not at his best. Mike moved through the curtains of rain from throw to throw but is suffering from a back complaint these days and was unable to do himself justice. The pick of our jumpers was Dr. Aham Amadi. He continues to defy *anno domini* and opened his 1994 season with a triple jump 13cm further than his best for last season.

Back on the track Gary Staines was one of only three winners for the Bels., a strong last lap in the 1500 getting him home ahead of a pack of good class club runners who were snapping at his heels down the straight. Roger Alsop ran to a pb for 'B' points in the same race. You know, he might just have gone under four minutes but for a slight lapse in the middle of the race.

100m: 3, L.Campbell 11.7; 3, M.Bazire 11.8. 200m: 3, L.Campbell 25.0; 3, R.Cookson 24.0. 400m: 3, M.Bazire 52.5; 5, C.Mountfield 55.0. 800m: 1, M.Fok 1:55.1; 3, R.Cookson 2:00.6. 1500m: 1, G.Staines 3:52.9; 2, R.Alsop 4:01.0. 5000m: 4, O.Lewes 15:56.2. 110mH: 2, W.Silvester 18.6; 3, M.Holder 18.9. 400mH: 2, M.Arend 56.7; 1, W.Silvester 59.3. 3000mSC: 3, M.Bizio 10:11.0; 3, L.Lyons 10:45.3. HJ: 4, M.Arend 1.70. LJ: 4, M.Bazire 5.86; 4, R.Bridges 3.02. TJ: 2, A.Amadi 13.24. PV: Cancelled. SP: 5, M.Small 11.49; 5, R.Bridges 7.25. DT: 4, M.Small 33.24; 5, R.Bridges 15.54. JT: 5, C.Mountfield 42.34; 3, M.Small 36.80. HT: 3, M.Small 41.60; 4, R.Bridges 22.86. 4x100m: 3, Belgrave (L.Campbell, M.Fok, R.Cookson, M.Holder) 46.9. 4x400m: 4, Belgrave (R.Cookson 55.1, W.Silvester 53.0, G.Staines 53.4, M.Bizio 61.7) 3:43.2. Teams: 1, Highgate 133.5; 2, Blackheath 116.5; 3, Chelmsford 104.5; 4, Belgrave 92; 5, Met. Police 84.5.

SOUTHERN LEAGUE DIVISION 5 MATCH 1 HAYES, 7 MAY

Our third team, contesting the lower reaches of the league, is a most extraordinary outfit with team members' ages ranging from 17 to ... well ... into the 50s. Representing the younger element, Martin Readhead picked up our first win with a 'B' 800 victory. Triple jumper John Druce gave us win number two, good points from our Division Five Captain, but *the* event of the day was the 1500 metres where a back to form John Booth tore the heart out of the field for a winning margin of no less than 12 seconds.

Looking for 3 metres every

AROUND THE TRACKS

March

27 Peterborough Open. 300mH: 1, I.Wells 40.1.

April

2 Middlesbrough, Cyril Elliott Memorial Meet. HT: 2, S.Thompson 52.10.

24 Woodford Green. 200m: 1, H.Korjje 21.7.

27 Crystal Palace Open: 800m: R.Draper 2:01.0. 300m: M.Errand 36.6; F.Hazlett 36.7. PV: C.Husbands 2.90.

May

2 Bracknell, SEAA match. 200m: 2, H.Korjje 21.33; 3, P.Goedluck 21.36. HJ: 1, S.Osuide 2.05. LJ: 1, F.Salle 7.77. DT: 3, L.Marar 52.26.

8 Horsham, Open. SP: 1, P.Edwards 18.65. DT: 1, L.Marar 51.40.

11 Hayes, Universities Match. SP: 2, L.Marar 14.26; 4, D.Morris 13.76. DT: 1, D.Morris 57.72; 2, L.Marar 50.62. JT: 1, N.Beavan 72.96.

23 Wimbledon Park, Herc. Wimbledon Open. 800m: 1, R.Draper 2:00.8.

29 Crawley, Reebok Track Challenge. 100m: 3, P.Goedluck 10.76. 200m: 1, P.Goedluck 21.23. 1500m (b) 6, G.Adams 3:55.06.

29 Harrow Open. 1500m: O.Lewes 4:19.4.

29 Corby, Counties Athletics Union Champs. (29th/30th)

100m: 8, L.Paul (Suffolk) 11.05 (10.9ht). 200m: 8, D.Powell (Notts) 22.12 (22.01ht). 400mL 6, L.Samuel (Yorks) 47.98. 110mH: 2, N.Owen (Surrey) 14.36; hts I.Wells (Norfolk) 15.68. 400mH: hts I.Wells (Norfolk) 55.82. DT: 2, D.Morris (Leics) 54.58. JT: 3, M.Cottrell (Hants) 68.98.

time out, the father of the team, Terry Lawton, left the pole vault area under the impression that he had it won at 2.60. What he didn't know was that there was one final competitor still to come in at a height beyond his or any other competitor's comprehension!

Fourth team place gave us 19th position out of the 25 teams in the league.

100m: 4, K.Pereira 12.1; 2, G.Sagar 12.6. 200m: 5, G.Sagar 26.5; 3, D.Sprigg 25.2. 400m: 5, D.Sleet 57.8; 2, M.Readhead 55.9. 800m: 4, D.Sleet 2:12.3; 1, M.Readhead 2:08.5. 1500m: 1, J.Booth 4:07.2. 5000m: 4, Marlon Anderson 16:59.3; 4, W.Swaffer 19:00.9. 110mH: 3, C.Brooks 21.9. 3000mSC: 3, W.Swaffer 11:27.6; 3, T.Dowdall 12:23.0. HJ: 2, D.Sprigg 1.65; =2, C.Brooks 1.30. LJ: 3, K.Pereira 5.47; 4, C.Brooks 4.60. TJ: 1, J.Druce 11.98; 2, T.Santer 10.84. PV: 2, T.Lawton 2.60. SP: 3, C.Brooks 10.33. DT: 2, C.Brooks 30.49; A.N.Other 20.89. JT: 3, C.Brooks 39.42; 2, G.Sagar 34.30. 4x100m: 3, Belgrave 49.2.

Teams: 1, Hillingdon 113.5; 2, Thurrock 110.5; 3, Guildford 109.5; 4, Belgrave 84.5; 5, Colchester 82.

ROSENHEIM LEAGUE EAST DIVISION MATCH 1 BATTERSEA PARK, 18 MAY

For the first time in a few years we entered the competition with a Rosenheim League team manager and the result was - a win! Four individual winners gave us a margin of victory which was fairly substantial but it has to be said that the backing up by making sure that we had every event covered was the key to victory. John Booth confirmed his fitness with an outstanding 1500m win and young Jamie Webb travelled all the way from the other side of Essex to chip in with full points in the vault. What a talent that Mark Richards has though; triple jump and 200m winner on no training - and precious little warm up either - it makes you sick.

100m: 4, L.Nunoo 12.0; n/s (1) 4, M.Holder 12.2; (2) 3, C.Mountfield 12.3; 4, A.Richards 13.4 (3) 2, A.King 12.2. 200m: 1, M.Richards 22.6; n/s 6, M.Fani 24.2. 400m: 2, F.Hazlett 50.8; n/s (1) 1, M.Parper 51.4; 4, R.McMillan 63.1 (2) 1, M.Readhead 53.7; 2, D.Sleet 56.8; 3, S.Smullen 58.2. 800m: 5, Marlon Anderson 2:10.5; n/s 7, S.Smullen 2:14.9. 1500m: 1, J.Booth 4:04.7; n/s 1, R.Draper 4:09.9; 6, J.Wilson 4:33.8. 3000m: 3, P.Carstairs 9:09.8; n/s 3, M.Bizio 9:18.9; 17, T.Williams 10:20.3; 20, M.Manning 10:41.6. 400mH: 2, M.Arrend 56.6. TJ: 1, M.Richards 14.17. PV: 1, J.Webb 3.50; n/s 1, T.Lawton 2.80. DT: 4, C.Brooks 33.96. HT: 2, R.Bridges 21.90. 4x200m: 1, Belgrave 1:34.1.

Teams: 1, Belgrave 53; 2, Herne Hill 45; 3, Croydon 41; 4, Hercules Wimb. 39; 5, Sutton & Dist. 34; 6, South London 29.

ROSENHEIM LEAGUE EAST DIVISION MATCH 2 CRYSTAL PALACE, 1 JUN

In the bleak confines of an empty 'Palace' we dropped to 3rd in the match and 2nd overall. We had no winners but the team had a very pleasing look of youth about it as our U20s and U17s, led by Ben Cascoe and Gavin Mason joined the old war-horses of the Southern League. The top four in the league progress to the final at the end of the season but take points based on league positions in with them, so this was as low as we wanted to go.

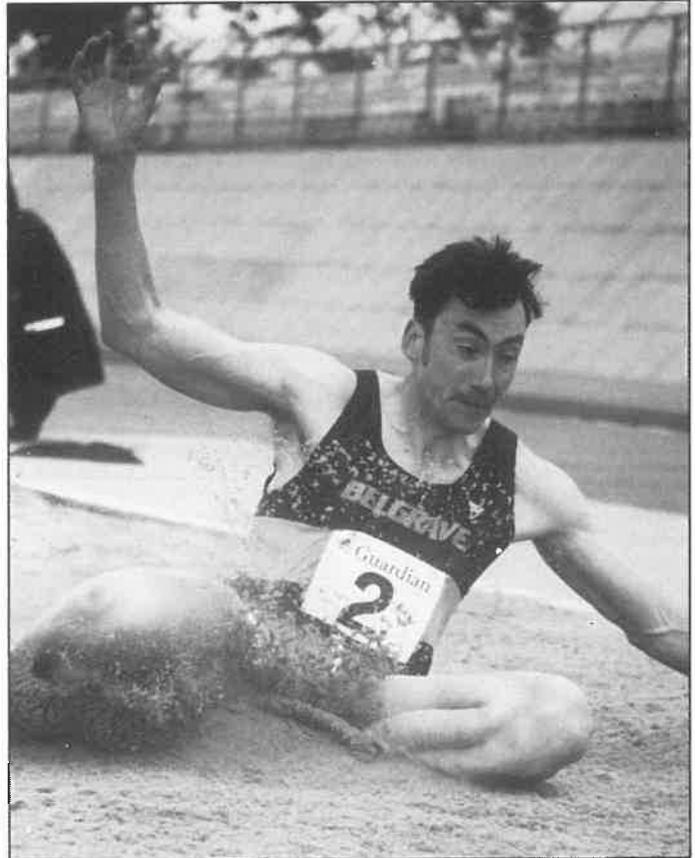
100m: 3, M.Bazire 11.7. 200m: 3, M.Bazire 23.6; n/s C.Mountfield 24.6. 400m: 2, G.Mason 49.9; n/s D.Gomme 51.4; R.Milner 53.2; M.Readhead 53.5; D.Sleet 56.7; 800m: 5, A.Jones 2:16.5; n/s M.Anderson 2:07.7. 1500m: 4, T.Evans 4:19.0; n/s S.Smullen 4:37.9. 3000m: 4, P.Carstairs 9:03.7; n/s 6, M.Hillier 9:14.9; 7, J.Galley 9:18.7; 11, J.Wilson 9:55.2; 16, T.Williams 10:39.5; 17, M.Manning 10:51.3. 2000mSC: 3, M.Bizio 6:36.6; n/s M.Hillier 6:18.6. LJ: 4, C.Brooks 5.10; n/s M.Livingstone 4.77. SP: 3, C.Brooks 9.63. JT: 2, B.Cascoe 48.58. 4x200m: 3, Belgrave (M.Readhead, G.Mason, D.Gomme, M.Bazire) 1:33.3.

Teams: 1, Herne Hill 66; 2, Croydon 50; 3, Belgrave 42; 4, Hercules Wimb. 32; 5, South London 28; 6, Sutton & Dist. 24.

SOUTHERN LEAGUE DIVISION 1 MATCH 2 PORTSMOUTH, 4 JUN

We were short of officials and athletes for this one. Add to this the fact that it was bitterly cold with the rain falling almost constantly in sheets; we had no recognised throwers at all (they preferred to compete at Battersea in Division 5), Rob Cookson missed the start of the 800, Mike Bazire fell heavily when completing his 400m relay leg, no high jumpers or steeplechasers ... sometimes track & field seems such hard work. Luckily George Piddington showed up to lend a hand with the judging, it being his local track, and Lincoln Campbell's partner Sari sportingly agreed to help judge the jumps (and take the calls on Junior's mobile phone while he was racing). It was also good to see Gerry North buzzing around, preparing for the evening's road race.

Owain Lewes had clocked a 5k pb in the opening match and the rain here seemed to suit him as he tussled for the lead before falling away but still knocking a chunk more off his best. Captain Mike Bazire was everywhere "filling in" instead of concentrating on his favoured events and with wins from Gavin "Sunshine" Mason (would you believe it - he was the only one who managed to compete without getting a soaking), Aham Amadi, Neil Hammersley and Jamie Webb, we managed to avoid last place but dropped three more places to 22nd



It's been a good year for John Mackenzie who started off in January by breaking the Scottish Indoor Triple Jump Record with 16.13m, followed up by winning the Scottish Indoor Long Jump Championship, and finished by representing Scotland in the Commonwealth Games in Victoria where he leapt to his longest outdoor mark of 16.12m. John is pictured above at Cophall in BAL Match 2 where he took the 'B' long jump with 7.36m

overall.

At home in the comfort of the warm and dry, thoughts about combining our S. League teams began surface. Reworking the scores, assuming that everyone in the Division 5 match would have been available to compete at Portsmouth, gave the surprising result that we would have finished exactly where we did - 4th!

100m: 3, L.Campbell 11.9; 3, M.Bazire 12.2. 200m: 4, L.Campbell 24.0; 3, M.Bazire 24.0. 400m: 1, G.Mason 49.9; 2, R.Cookson 52.0. 800m: 5, R.Draper 2:01.5. 1500m: 4, R.Also 4:02.9; 2, J.Booth 4:05.9. 5000m: 4, O.Lewes 15:45.2; 2, J.Galley 16:13.4. 110mH: 3, N.Hammersley 17.6. 400mH: 2, N.Hammersley 56.1. LJ: 2, J.Ganio 6.25; 2, M.Bazire 5.84. TJ: 1, A.Amadi 12.79; 1, N.Hammersley 11.63. PV: 1, J.Webb 3.20; =1, R.Bridges 1.62. SP: 5, M.Bazire 6.86; 5, R.Bridges 6.34. DT: 5, A.Amadi 20.26; 5, M.Bazire 17.96. JT: 5, M.Bazire 19.20; 5, R.Bridges 18.58. HT: 5, R.Bridges 22.48; 5, A.Mead 7.06. 4x100m: 3, Belgrave (L.Campbell, M.Bazire, R.Draper, G.Mason) 46.5. 4x400m: 4, Belgrave (R.Draper 57.3, G.Mason 50.9, M.Bazire 73.7, O.Lewes 63.1) 4:05.0.

Teams: 1, Portsmouth 133.5; 2, Hercules Wimb. 118.5; 3, London

Irish 111; 4, Belgrave 80.5; 5, Ilford 71.5.

SOUTHERN LEAGUE DIVISION 5 MATCH 2 BATTERSEA, 4 JUN

Veterans Snowy Brooks and Mike Small had a field day in more ways than one as they cleaned up in the throws. But in spite of this and wins from Martin Readhead Chris Knight, our 4th here echoed activities down on the south coast - no 'chasers, no 200 metre men - and down to 21st in the league.

100m: 5, C.Husbands 12.5; 2, C.Knight 12.2. 400m: 4, D.Sleet 56.8; 1, M.Readhead 54.8. 800m: 2, D.Empson 2:03.1; 2, M.Readhead 2:08.8. 1500m: 3, A.Luce 4:20.4; 3, W.Swaffer 4:24.5. 5000m: 5, D.Anderson 17:22.8. 110mH: 4, C.Brooks 20.7. 400mH: 1, C.Knight 62.2. LJ: 5, C.Brooks 4.95; 3, C.Husbands 4.81. TJ: 1, J.Druce 11.98. PV: 3, C.Husbands 2.60; 1, C.Brooks 2.40. SP: 1, M.Small 12.12; 1, C.Brooks 10.22. DT: 1, M.Small 37.80; 1, C.Brooks 30.16. JT: 1, C.Brooks 41.44; 1, M.Small 41.38. HT: 1, M.Small 42.22. 4x100m: 2, Belgrave 49.5. 4x400m: 3, Belgrave 3:51.4.

Teams: 1, W.Norfolk 121; 2, Maidenhead 107.5; 3, Basingstoke 106.5; 4, Belgrave 93; 5, London Irish 72.

AROUND THE TRACKS

June

- 5 Loughborough. AAA v Lough. LJ: 1, F.Salle 7.51
 8 Loughborough, Lough. v AAA v Students. LJ: 1, F.Salle 7.61.
 18 Cwmbran, Welsh Champs. 800m: 1, D.Maynard 1:54.87. 5000m: 1, J.Chaston 14:01.73. JT: 1, N.Bevan 68.68.
 29 Aldershot, Rep. Match. 1500m: R.Alsop (Surrey) 3:58.?

July

- 3 Wrexham, Welsh Games. LJ: 1, F.Salle 7.68; 2, M.Morgan 7.66. SP: 1, P.Edwards 19.02 (Games Record). JT: 3, N.Bevan 69.84.
 5 Roehampton, Bank of England Inv.SP: 1, P.Edwards 18.98.
 9 Kings Lynn, Norfolk, U23 England v. Australia. 110mH: 2, N.Owen 14.38. SP:P.Edwards (gst) 18.89.
 9 Woking AC Open. PV: 1, I.Tullett 4.90. U20 1, J.Webb 3.60.
 10 Team Solent Salisbury Challenge. 400mH: 2, I.Wells 54.0. SP: 1, P.Edwards 18.55. DT: 1, P.Edwards 48.46.
 15-16Stoke on Trent, Midland Champs. 200m: b 3, D.Powell 22.12. DT: 3, D.Morris 54.06.
 20 Enfield, Data Connection Open. SP/DT: 1, L.Marar 14.74/53.30.
 20 Battersea Park, VAC Meet. 3000m: 1, R.Draper (Non-Veteran guest) 9:20.0.
 23 Ipswich, Eastern Champs. 400mH: 1, I.Wells 55.2.
 23 Bournemouth, Open. SP: 1, P.Edwards 18.56.
 31 Horsham Blue Star Open. SP/DT: 1, L.Marar 14.73/52.50.

August

- 7 Charnwood, Open. DT: 2, L.Marar 53.52.
 9 Tonbridge, Tonbridge Open. DT: 1, L.Marar 52.08.
 10 Brighton, Open. 200m: 1, D.Gomme 23.6.
 14 North East Hammer School Champs. 1, S.Thompson 49.80.
 20 Wakefield, GB Hammer Meet. 8, S.Thompson 50.50.
 20 Horsham Open. 200m: 1, G.Palmer 22.6.
 21 Tooting, HHH Open. DT: 1, A.Ekoku 53.16; 2, L.Marar 51.62.
 29 Sutcliffe Park, Southern Inter-Counties. 400m: 4, D.Gomme 50.3.
 29 Peterborough City Games. 400mH: 3, I.Wells 54.6.

September

- 4 Southampton, Solent Grand Prix. 400mH: 3, I.Wells 54.7.
 4 Manchester, NW Hammer School Champs. 5, S.Thompson 51.20.
 10 Saffron Lane, Battle of Britain Inter-Counties. 200m: 2, D.Powell (Notts) 22.1.
 11 Southampton, City Medal Meet. M40 PV: M.Edwards 3.20.
 18 Sutton Arena, Sutton & Dist. Open. DT: 1, L.Marar 53.34.



Back from the brink

BRITISH ATHLETICS LEAGUE DIVISION 1 MATCH 2, COPTHALL, 4 JUN

As we entered this match we felt that to stand any chance of final league success we would need to beat both Birchfield and Haringey. Newham & Essex Beagles were also a target as Sir Eddie had a season's side bet with their President and was losing after the first match. As it turned out we entered the final event of the day level with Thames Valley but whereas they finished 1st, we couldn't get any of our top 400 men to the start line and finished in last place. The match result fulfilled our key targets. We beat our main rivals to finish in 2nd place on the day but could progress no further up the league, remaining in 5th place but with the top bunching closer.

Highlights of the day were:- the first Club appearance of Mike 'Mad Dog' Morgan who won the long jump in impressive style; Haroun Korjie also in Belgrave colours for the first time and clocking an excellent 10.53; the same time to 1/100th for Du'aine Ladejo and Phil Goedluck in the 'A' and 'B' 200 metres; Neil Owen's pb in the high hurdles, and the whole throws squad who once again pulled us back from the brink.

100m: 3, H.Korjie 10.53 (+0.9); 1, L.Paul 10.63 (0.0). 200m: 2, D.Ladejo 21.57 (+3.5); 1, P.Goedluck 21.57 (-0.5). 400m: 4, L.Samuel 48.32; 5, S.Shirley 49.60. 800m: 8, M.Fok 1:55.51; 6, J.Dawson 1:56.80. 1500m: 8, R.Turner 4:03.90; 2, G.Adams 4:03.64. 5000m: 1, K.Tadesse 14:28.50; 5, J.Estell 15:36.68. 110mH: 1, N.Owen 13.80 (w n/t); 6, L.Antoine 15.35. 400mH: 7, P.Beaumont 54.48; 7, I.Wells 55.31. 3000mSC: 8, M.Bizio 10:29.96. HJ: =6, S.Shirley 1.95; 4, M.Morgan 1.90. LJ: 1, M.Morgan 7.59; 1, J.Mackenzie 7.36w. TJ: 5, D.Browne 15.29; 3, J.Mackenzie 14.50. PV: 1, M.Edwards 5.30; 1, I.Tullett 5.00. SP: 1, P.Edwards 19.02; 4, L.Marar 13.17. DT: 1, D.Morris 54.46; 1, L.Marar 51.88. JT: 3, N.Bevan 69.12; 2, M.Cottrell 64.78. HT: 6, P.Spivey 59.40; 5, L.Marar 41.42. 4x100m: 1, Belgrave (L.Paul, H.Korjie, N.Owen, P.Goedluck) 40.83. 4x400m: 8, Belgrave (I.Wells, L.Antoine, M.Fok, G.Adams) 3:27.74. Teams: 1, Thames Valley 331; 2, Belgrave 320; 3, Haringey 319; 4, Newham & Essex Bgls 289; 5, Birchfield 263; 6, Shaftesbury Barnet 263; 7, Sale 212; 8, Crawley 2.

League positions after two matches: 1, Thames Valley 13; 2, Haringey 12 (626); 3, Newham & Essex Bgls 12 (597); 4, Birchfield 12 (576); 5, Belgrave 11; 6, Shaftesbury Barnet 6; 7, Sale 4; 8, Crawley 2.

AAA CHAMPIONSHIPS

BIRMINGHAM, 11-12 JUN

The first day of the champs. saw Fred Salle lose his title to Cannock & Stafford's 39 year old Barrington Williams who found 7.77m good enough. Our own Mike Morgan put the pressure on Freddie as well. He led the competition by popping out his best jump of 7.59m in round one while the other two came up with their best leaps in round 6!

As usual, most of finals were scheduled for the second day and two of them went the way of Belgrave athletes. In the steeplechase the first two runners went under the European qualifying time with Justin Chaston 20m clear of Spencer Duval at the final water jump but only just holding him off as the line was reached. His time was a personal record and moved him a fraction closer to John Bicourt's now ancient club best of 8:22.82. Paul Edwards was over a metre clear of the rest to win the shot while a pb from came from Darren Mead in the 5k as he ran in to 2nd place.

Du'aine Ladejo just had the edge as favourite after the first two rounds of the 400 metres having set the fastest heat time of 46.50 and then running 1/100th faster than Roger Black in the semis with 45.82. When it came to the final,

though, he hadn't bargain for such a powerful start from the old master whose 44.94 gave him a comfortable victory.

Another second place for the Bels came with Phil Goedluck's fine series of 200m runs. He started with 21.29 in the heat and then ran his first pb in the event since 1986 as he clocked a legal 20.90 in the semi-final. An 'over the limit' wind blew him to an even quicker 20.83 in the concluding race where Solomon Wariso got the better of him.

a = 11/6, b = 12/6

100m: (a) s-f 3, L.Paul 10.57 (10.48ht); 5, P.Goedluck 10.49; hts 8, B.Williams 11.58. 200m: (b) (+3.2) 2, P.Goedluck 20.83. 400m: (b) 2, D.Ladejo 45.36; hts (a) 4, L.Samuel 47.65. 800m: hts (a) 7, D.Maynard 1:51.17. 5000m: (b) 2, D.Mead 13:54.08. 110mH: (b) 4, N.Owen 14.11. 400mH: hts (a) 6, P.Beaumont 54.59; 8, L.Antoine 56.36. 3000mSC: (b) 1, J.Chaston 8:28.28. LJ: (a) 2, F.Salle 7.60; 3, M.Morgan 7.59; 7, S.Shirley 7.29. TJ: (b) 6, J.Mackenzie 15.99; 7, D.Browne 15.64. PV: (b) =2, M.Edwards 5.20; =4, I.Tullett 5.10. SP: (b) 1, P.Edwards 18.32. DT: (a) 6, D.Morris 53.14; 8, L.Marar 51.82. JT: (b) 4, M.Cottrell 74.30; 8, N.Bevan 70.10.

Left: Haroun Korjie made his debut for the Bels at Cophthall by running to 10.53 for 3rd in the 'A' 100m.

ROSENHEIM LEAGUE EAST DIVISION MATCH 3 TOOTING, 15 JUN

It was so close. Five clubs all finished the evening within 8 points but with the opposition being up and down from one match to another the Bels were able to reap the reward of consistent performances by moving back into the position of league leaders, 2 points clear. The regular Wednesday rail strikes were making things difficult for all teams but with guys like Phil Carstairs who had ridden 30 miles on his bike to make sure that he could line up for the 3k, the ever-reliable Jamie Webb never missing an opportunity to take in another vaulting competition and reserves queuing up to fill in, we have a great mid-week outfit. Some of those non-scoring results deserve close attention: 3 metres from M50 Terry Lawton in the pole vault, Junior Galley and Said Chettati racing out every centimetre of the 3k together to finish within 2/10ths, and Dan Gomme and Martin Readhead winning their 400m races. 100m: 4, M.Dickson 11.7; n/s 5, A.King 12.4. 200m: 5, J.Dawson 24.2; n/s 2 3, M.Dickson 23.6; n/s 3 2, P.Fox 25.6. 400m: 2, G.Mason 49.6; n/s 1 1, D.Gomme 51.1; 4, R.Milner 52.8; 5, M.Fani 54.2; n/s 2 1, M.Readhead 53.8. 800m: 1, G.Adams 2:00.3; n/s 1, T.Dolman 1:57.8; 3, M.Anderson 2:04.5. 1500m: 1, R.Alsop 4:04.0. 3000m: 4, P.Carstairs 9:07.1; n/s 2, J.Galley 9:14.5; 3, S.Chettati 9:14.7; 14, T.Williams 10:22.4; 18, M.Manning 10:47.6. 110mH: 3, M.Holder 16.9. TJ: 1, M.Richards 14.84. PV: 1, J.Webb 3.70; n/s 2, T.Lawton 3.00. DT: 6, R.Bridges 15.50. HT: 5, R.Bridges 25.86. 4x200m: 4, Belgrave 1:35.6. Teams: 1, Hercules Wimb. 49; 2, Belgrave 47; =3, Croydon and South London 45; 5, Herne Hill 41; 6, Sutton & Dist 19.

SOUTHERN LEAGUE DIVISION 1 MATCH 3 WOODFORD, 18 JUN

League ladders are funny things. Our Division One squad placed last here - and yet somehow moved up a place overall to 21st. Meanwhile our Division 'Fivers' at Crawley did well to notch up 3rd place with a small team - and dropped a league place as a result!

A great double win came from high jumpers Mark Arend and James Ganio, and Jamie Webb again did the business in the pole vault but once more the team had a makeshift look about it as we had to get people competing 'just for the point'; when did you last see Guy Sagar and Bob Bridges forming our 800m line-up?

We've always said that Junior Galley is more suited to middle distance track work rather than marathons. With his turn of speed he should be running more 5ks and even 1500 metres. Suddenly he seemed to have got the speed bug in a bad way, turning out in the 4x400

and even taking last leg in the 4x100 while our young sprinters and jumpers were off playing football at the other side of the park and missing the start!

100m: 4, L.Campbell 11.4; 3, M.Dickson 11.4. 200m: 4, L.Campbell 24.6; 2, M.Bazire 23.1. 400m: 4, M.Bazire 52.0; 2, W.Chiswell 53.3. 800m: 5, R.Bridges 2:40.6; 5, G.Sagar 2:55.6. 1500m: 2, R.Alsop 4:06.9; 3, P.Carstairs 4:33.6. 5000m: 3, P.Carstairs 16:21.6; 3, J.Galley 16:21.9. 110mH: 4, M.Holder 16.3. 400mH: 3, M.Arend 57.8. 3000mSC: 4, L.Lyons 10:34.1. HJ: 1, M.Arend 1.95; 1, J.Ganio 1.80. LJ: 3, J.Ganio 6.24; 3, M.Bazire 5.94. TJ: 2, A.Amadi 13.43; 3nj, R.Bridges. PV: 1, J.Webb 3.90; 4, R.Bridges 2.00. SP: 5, G.Sagar 8.04; 5, R.Bridges 7.50. DT: 5, A.Amadi 25.16; 4, R.Bridges 18.20. JT: 5, G.Sagar 31.76; 5, R.Bridges 22.96. HT: 5, R.Bridges 24.78; 5, M.Bazire 6.52. 4x100m: 5, Belgrave (L.Campbell, M.Bazire, R.Bridges, J.Galley) 48.7. 4x400m: 4, Belgrave (J.Galley 56.6, L.Campbell 58.5, R.Alsop 55.2, M.Bazire 51.5) 3:41.8.

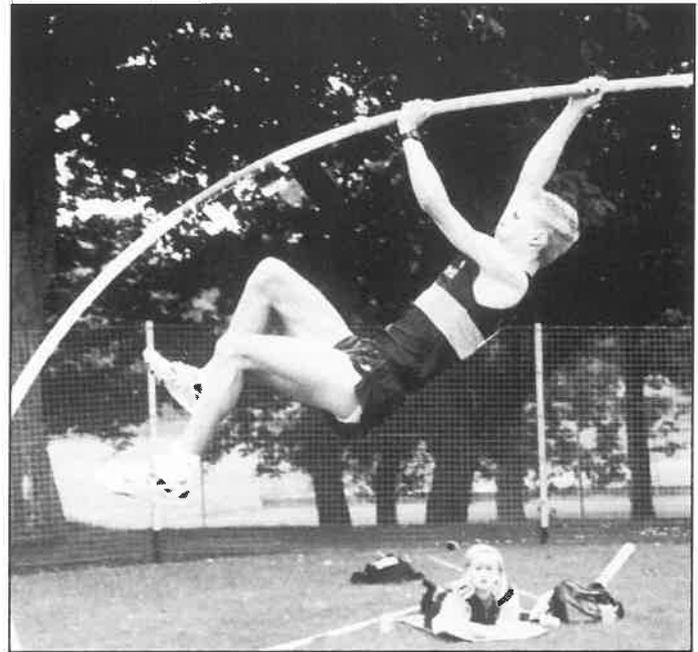
Teams: 1, Bedford 157; 2, Woodford Green 110.5; 3, Dartford 102.5; 4, Cambridge 87; 5, Belgrave 78.

SOUTHERN LEAGUE DIVISION 5 MATCH 3 CRAWLEY, 18 JUN

There were some good individual wins from the Bels but a dire shortage of sprinters in a closely fought match - only 9 points covered the first four teams at the end - meant that we had to settle for 3rd team. When you consider that we had no 100m runners at all and correspondingly no team in the 4x100m it's easy to see that it was at this match that we lost our battle to avoid relegation. A win here at Crawley would have kept us up.

Snowy Brooks managed to pack three-quarters of a decathlon into one afternoon and was delighted to win the 'A' long jump with his debut as an M50 just a few weeks away. We have come to expect Snowy and Mike Small to turn the throws into high points earners but we also had a good pairing in the 'triple' where Kenny Pereira and John Druce picked up the maximum 10 points. Other good signs were the continuing metamorphosis of Alex Druce from jogger to serious track man, and the emergence of young talent prepared to have a go in senior competition in the form of James Drake.

200m: 4, K.Pereira 24.9; 5, D.Anderson 31.0. 400m: 1, C.Knight 52.8; 2, J.Drake 56.7. 800m: 4, J.Drake 2:10.3; 1, D.Anderson 2:18.8. 1500m: 2, A.Luce 4:18.2; 4, D.Anderson 4:48.6. 5000m: 5, T.Williams 18:25.1; 5, D.Anderson 19:05.2. 110mH: 3, C.Brooks 20.3; 4, J.Druce 24.5. 400mH: 1, C.Knight 60.5. 3000mSC: 1, J.Barry 11:06.4. HJ: 5, C.Brooks 1.10. LJ: 1,



Another athlete who could be classed "a team manager's dream," Jamie Webb lives out Essex way but travels to Tooting or Battersea for mid-week Rosenheim meets and anywhere you care to name for a Southern or National Junior League. No reminders necessary - he'll be there! At Basildon on 30th July he upped his best twice to finish on 4 metres.

Photo by Robin Nicholls.

C.Brooks 5:43. TJ: 1, K.Pereira 12.16; 1, J.Druce 12.05. PV: 2, T.Lawton 2.80; 2, C.Brooks 2.60. SP: 1, M.Small 12.31; 2, C.Brooks 10.37. DT: 1, M.Small 37.92; 2, C.Brooks 33.72. JT: 2, C.Brooks 42.58; 1, M.Small 42.02. HT: 1, M.Small 42.86; 2, D.Mote 20.20. 4x400m: 3, Belgrave 4:05.4. Teams: 1, Crawley 111; 2, Southend 110; 3, Belgrave 106; 4, Great Yarmouth 102; 5, Medway 93.

SEAA CHAMPIONSHIPS CRYSTAL PALACE, 25-26 JUN

(25th) 100m: 5, H.Korjic 10.70 (10.46 sf); sf 4, L.Paul 10.75; ht 6, L.Campbell 11.54. 800m hts: 4, M.Fok 1:56.31. 1500m hts: 9, R.Turner 4:00.54; 11, G.Adams 4:11.06. 5000m: 11, R.Alsop 14:35.27. 400mH hts: 1, P.Beaumont 54.14; 5, I.Wells 55.59. PV: 4, S.Shirley 4.50. SP: 8, S.Shirley 13.15. DT: 2, L.Marar 51.92; 12, S.Shirley 38.40. (26th) 200m: (+0.5) 2, P.Goedluck 21.11; 3, H.Korjic 21.53. 110mH: (-2.2) 4, N.Owen 14.60. 400mH: 4, P.Beaumont 52.81. TJ: 5, D.Browne 15.16 (+1.9). HT: 1, P.Spivey 62.26.

ROSENHEIM LEAGUE EAST DIVISION MATCH 4 CROYDON, 29 JUN

As our athletes gathered at Croydon Arena it became apparent that we were only a very small outfit at this unpopular venue. Team Manager Pat Mead had her work cut out to make sure that all events were covered throughout the match and had to use all her persuasive powers to get a 4x200 team to their marks for the last event. It was initially announced

that we had placed 4th but the scoring was so tight that after checking it became apparent that we had in fact won by a single point with the first four clubs close up behind!

It underlines just how important everyone's contribution is. Take poor Snowy: he crashed badly at the third barrier in the 400 hurdles and lay on the track stunned until he heard someone call, "Go for it - the Belgrave man's fallen." That was like waving a red rag to a bull. Our 'iron-man' got up, staggered into action again and managed to cover the rest of the lap with blood running from his legs, now minus several square inches of skin. His two points made all the difference even though he was out of action for a fortnight.

100m: 3, M.Bazire 11.4; n/s 2, A.King 12.2. 200m: 2, M.Richards 22.7; n/s (1) 4, M.Bazire 23.1; (2) 3, M.Livingstone 25.0. 400m: 1, G.Mason 50.9; n/s 3, M.Readhead 54.2; 5, A.Armstrong 58.6. 800m: 5, A.Luce 2:06.6. 1500m: 5, A.Jones 4:38.0; n/s 4, S.Small 4:34.4. 3000m: 3, J.Galley 9:14.7; n/s 1, S.Chettati 9:17.2; 12, M.Manning 10:43.7. Invitation 5000m: 3, D.Mead 13:50.7. 400mH: 5, C.Brooks. 4x200m: 3, Belgrave 1:38.8. HJ: 4, M.Readhead 1.60. LJ: 5, M.Richards 5.54; n/s 3, M.Livingstone 4.96. SP: 1, M.Small 11.74. JT: 2, B.Cascoe 48.28; n/s 2, M.Small 45.10.

Teams: 1, Belgrave 45; 2, Croydon 44; 3, South London 43; 4, Herne Hill 42; 5, Hercules Wimbledon 40; 6, Sutton & D 30.

League Record from Regis but the 'Valley' pip Bels

BRITISH ATHLETICS LEAGUE, DIVISION 1 MATCH 3
LINFORD CHRISTIE STADIUM, 2 JUL

It was at this match that we finally realised that TVH represented the real threat to our league hopes. Their excellent strength in depth and a strong 4x400 squad was to be our undoing. In this match we actually entered the long relay one point in the lead but the Valley repeated their previous victory. Our squad was not disgraced as our youngest ever team finished 4th ahead of some classy opposition. Well done to Gavin Mason (17), Marcel Fok (20), John Dawson (20) and Ian Wells (don't ask) who ran a pb split of 49.1. We were just pipped by Haringey in the sprint relay - not surprising as they fielded Mensah, Jarrett, Callender and Wariso.

Michael Morgan repeated his long jump victory to put down a

marker for the opposition and cleared 2 metres in the high jump to gain valuable points. John Regis won the 'A' 100 metres into a massive headwind and then ran 20.69 into a 1.7 mps wind to smash the league 200 metre record. His season suddenly seemed to be coming good. Paul Evans pleased all his fans by making a welcome appearance. Kassa tried to stay with him, blew up, and was pushed down into 2nd place in the 'B' - a bit different from his accustomed 'A' slot victory. Max Robertson's welcome return in the 'B' high hurdles gave good points but we frustratingly just missed out again. If only Haroun's blocks hadn't slipped in the 100 and if only Ian Tullett had managed a height in the pole

vault. But that's the name of the game. If only.

Finally, a special mention Juniors Matthew Hillier and Wesley Swaffer who gained valuable points in the steeplechase. With their help we moved to a clear 2nd spot in the league.

100m: (-2.2) 1, J.Regis 10.55; (-1.3) 5, H.Korjie 10.99. 200m: (-3.3) 2, H.Korjie 21.43; (-1.7) 1, J.Regis 20.69. 400m: 7, G.Mason 48.89; 6, M.Edwards 51.50. 800m: 6, R.Turner 1:54.75; 5, M.Fok 1:54.28. 1500m: 6, R.Alsop 3:56.83; 7, R.Turner 4:14.91. 5000m: 1, P.Evans 14:24.49; 2, K.Tadesse 14:54.51. 110mH: (-0.1) 2, N.Owen 14.25; (-0.6) 1, M.Robertson 14.93. 400mH: 7, I.Wells 55.47; 4, L.Antoine 56.71. 3000mSC: 5,

M.Hillier 10:17.07; 3, W.Swaffer 11:08.63. HJ: 5, M.Morgan 2.00; 2, D.Costello 1.95. LJ: 1, M.Morgan 7.55; 2, J.Mackenzie 7.21. TJ: 7, D.Costello 13.93; 5, P.Edwards 9.93. PV: 2, M.Edwards 5.10; no ht. I.Tullett. SP: 1, P.Edwards 18.84; 2, L.Marar 14.33. DT: 4, L.Marar 50.68; 5, P.Edwards 43.08. JT: 2, N.Bevan 70.08; 2, M.Morgan 56.50. HT: 4, P.Spivey 62.46; 6, L.Marar 43.10. 4x100m: 2, Belgrave (L.Paul, H.Korjie, J.Regis, N.Owen) 40.50. 4x400m: 4, Belgrave (G.Mason, M.Fok, J.Dawson, I.Wells) 3:19.50. Man of the match: J.Regis. Teams: 1, Thames Valley 325; 2, Belgrave 319; 3, Shaftesbury 292; 4, Birchfield 284; 5, Haringey 257; 6, Newham & Essex B 251; 7, Sale 243; 8, Crawley 183.

SOUTHERN LEAGUE DIVISION 1 MATCH 4 NEWHAM, 2 JUL

Bob Bridges' hopes of a resurgence in our Southern League hopes were dashed when calls upon his squad by the British League team in the preceding hours had him shuffling the pack again; a re-deal resulted in no 400 metre runners or high jumpers. Still, we had some of our young stars in the team and particularly pleasing were the pbs from 15 year olds Marlon Dickson and Geoffrey Ojok. These two, together with Ben Cascoe, 16, and Mike Bazire, the 'old man' of the quartette, put together a fine 44.7 in the sprint relay. Geoffrey also put in some great jumping and a fastest ever 400 leg in the long relay.

Some of our other youngsters did not have such a good afternoon, however. James Ganio had the misfortune to turn his ankle on his very first long jump attempt, while James Hilston's back problem had him unable to compete at all.

A massive pb came from Junior Galley in 5k. He steadily became more confident as the race progressed and was boosted when he overtook club-mate and rival Owain Lewes who was suffering from the heat after going off with the leaders.

The performance of the afternoon, though, had to be the one set by Rob Draper - not in the 800, no, not the 1500 either. The high pressure hose used to fill the steeplechase water-jump was inadvertently dropped by the groundsman and seemed to take on the life of something from the *Book of Revelations* as it thrashed about spraying water over everyone within a 20m radius. If we didn't distinguish ourselves in the match at least we provided Rob, the man to wrestle with and hold down the soaking serpent while the tap was turned off

100m: 4, L.Campbell 11.9; 3, M.Dickson 11.6. 200m: 4, M.Dickson 23.2; 3, G.Ojok 23.7. 400m: 2, M.Bazire 50.6; L.Campbell 60.6. 800m: 4, R.Draper 2:02.0. 1500m: 4, R.Draper 4:17.7; 4, O.Lewes 5:03.6. 5000m: 3, J.Galley 15:52.8; 2, O.Lewes 16:05.6. 110mH: 3, D.Holder 16.8; 5, R.Bridges 25.0. 3000mSC: 4, L.Lyons 10:21.2. HJ: =4, R.Bridges 1.20; =2, M.Bazire 1.20. LJ: 4, G.Ojok 5.84; 4, J.Ganio 5.76. TJ: 3, G.Ojok 12.88; 4, R.Bridges 9.00. PV: 2, J.Webb 3.70; =4, R.Bridges 1.50. SP: 4, M.Small 11.53; 4, P.Lytle 10.04. DT: 4, M.Small 38.52; 3, P.Lytle 28.54. JT: 5, B.Cascoe 41.62; 2, M.Small 41.54. HT: 3, M.Small 43.50; 4, R.Bridges 23.30. 4x100m: 3, Belgrave (B.Cascoe, M.Bazire, G.Ojok, M.Bazire) 44.7. 4x400m: 4, Belgrave (R.Draper 59.3, G.Ojok 54.3, M.Bazire 50.6, O.Lewes 61.2) 3:45.4.

Teams: 1, Herne Hill 147.5; 2, Worthing 118; 3, Newham & EB 108.5; 4, North London 83.5; 5, Belgrave 76.5.

SOUTHERN LEAGUE DIVISION 5 MATCH 4 ALDERSHOT, 2 JUL

Battersea on a match Saturday is like a hiring fair. Belgrave athletes turn up counting on a lift to Newham or Aldershot - and may well end up competing somewhere more exotic. On this occasion Wesley Swaffer and Matt Hillier expected to be on Southern League duty but found themselves whisked away to Linford Christie Stadium to compete in the British League. At least they were spared the troubles that beset the Division 'Fivers'; a broken down mini-bus caused a late arrival at the meeting which had already started, no Snowy due to Wednesday's fall - and a not surprising last place in the match.

400m: 5, M.Readhead 56.9; 4, R.Peacock 55.8. 800m: 4, J.Drake 2:10.2; 1, M.Readhead 2:07.1. 1500m: 1, A.Empson 4:17.3; 1, P.Carstairs 4:20. 5000m: 1, P.Carstairs 15:50.6; 4, T.Williams 18:43.7. 400mH: 1, C.Knight 59.7. HJ: 5, G.Sagar 1.50. LJ: 5, J.Druce 4.72. TJ: 3, J.Druce 11.86; 3, R.Peacock 9.82. SP: 3, G.Sagar 9.00; 3, D.Mote 7.94. DT: 5, R.Peacock 13.26. JT: 3, G.Sagar 35.72. HT: 5, D.Mote 19.70; 5, G.Sagar 12.08. 4x100m: 4, Belgrave 50.2. 4x400m: 5, Belgrave 3:48.9. Teams: 1, Tring 136; 2, Aldershot 124; 3, Verlea 108.5; 4, Worthing 98.5; 5, Belgrave 55.

ROSENHEIM LEAGUE EAST DIVISION MATCH 5 SUTTON ARENA, 13 JUL

Yet another close match as Croydon hacked down our overall lead from 3½ points to 1½. We lost a few marks when the 'chase was cancelled due to the groundsman having failed to fill the water jump; poor old Marcello had made every effort to arrive early for it was well. Gavin Mason cruised a very comfortable two laps to give us our only scoring track win and then showed the enthusiasm that our young team exudes by filling in as a triple jumper!

Our other winner was Jamie Webb - but he was lucky. Not that he had any trouble clearing 3.70m in the pole vault, it's just that he competed in a non-club vest (with the judge's permission) and then had the meeting organiser querying his lack of 'claret and gold'. He got away with it but one has to be so careful.

100m: n/s (2) 3, M.Livingstone 12.4. 200m: 5, C.Husbands 25.6; (2) 4, S.Smullen 26.9. 400m: 2, M.Parper 52.5; n/s 1, M.Readhead 54.5.

800m: 1, G.Mason 2:00.9; n/s M.Anderson 2:07.4; 2, A.Luce 2:08.3. 1500m: 2, R.Draper 4:10.7. 3000m: 2, P.Carstairs 9:10.8; n/s 1, S.Chettati 9:15.3; 6, M.Manning 10:28.9. TJ: 3, G.Mason 12.13. PV: 1, J.Webb 3.70. DT: 5, C.Husbands 21.28; n/s 5, R.Bridges 17.04. HT: 4, R.Bridges 22.70. 4x200m: 4, Belgrave 1:36.5. Teams: 1, South London 48; 2, Hercules Wimb. 46; 3, Croydon 43; 4, Belgrave 41; 5, Sutton & Dist 27; 6, Herne Hill 14.

Sensational year for "Tommy Green" Cup award

The "Tommy Green" Cup is awarded annually for the most meritorious performance by a male Belgrave athlete. As the results come in throughout the year members of the committee make mental notes of any performances that seem to fit the bill. 1994 was sensational. As Leo Coy said at the Club Dinner:

"When Kassa won the National Junior Cross Country I thought - that's it. But then Du'aine Ladejo triumphed in the Indoor Europeans and I wondered, no, that might be it. Then John Regis smashed the British 200 metre record and went below 20 seconds surely there was no doubt now - that's got to be it. But then Du'aine won the European outdoor 400 metre title! Finally Fred Salle got in on the act and leapt that amazing 8.10m in the World Cup Final to set the British team on an almighty high."

In the end the award went jointly to Fred Salle and Du'aine Ladejo.

**ROSENHEIM LEAGUE
EAST DIVISION MATCH 6
TOOTING, 27 JUL**

We made it! By the skin of our teeth our men won their division of the 'Rosenheim' for the first time ever, earning 6 match points to take into the final although our margin of victory over Croydon was down to just half a point at the end. The standard of competition was particularly high, especially in the sprints where Hercules Wimbledon's 16 year-old Martin Giraud ran 10.8 and Herne Hill's White clocked a 21.8 - not bad for a mid-week league!

Chris Ogle made a welcome appearance in the team, taking the non-scoring 800m while Mr. Mason did the business in the match race. We were also strengthened by the showing of Ben Williams who took top points in the long jump. Rob Draper was looking for a fast race in the 1500m but got more than he bargained for as the leaders toured the route in well under 4 minute pace.

As darkness gathered there was some doubt about whether we had actually pulled off the overall victory and the last event, the 4x200 relay, added even more excitement to the situation. Michael Parper, Ben Williams and Gavin Mason got the baton to Frazer Hazlett in the lead but with the opposition queuing up to run him down. The Croydon man reached him first and they raced the final stretch with nothing between them as Giraud pulled them both back hand over fist. At the line Frazer just had enough of a lean to get the verdict although Croydon were given an identical time with H/W 2/10ths in arrears. A fitting finale.

100m: 4, M.Dickson 11.6; n/s (1) 1, B. Williams 11.7; (2) 3, M.Livingstone 12.2; (4) 3, A.King 12.8. 200m: 4, F.Haslett 23.8; n/s (2) 3, C.Husbands 25.7. 400m: 2, M.Parper 51.6; (2) 6, S.Smullen 56.9. 800m: 1, G.Mason 1:57.6; n/s (1) 1, C.Ogle 1:58.6; 5, A.Luce 2:04.3; (2) 1, M.Readhead 2:05.0; 2, S.Smullen 2:06.4. 1500m: 5, R.Draper 4:11.4; n/s 6, A.Armstrong 4:24.6. 3000m: 4, P.Carstairs 9:09.5; n/s 3, J.Galley 9:03.4; 4, S.Chettati 9:06.4; 11, D.Anderson 9:56.3. 110mH: 4, M.Holder 16.8. HJ: 6, M.Readhead 1.60. LJ: 1, B.Williams 6.50; n/s 4, M.Readhead 5.35; 6, M.Livingstone 4.94. SP: 3, M.Small 11.77. JT: 4, M.Small 43.78. 4x200m: 1, Belgrave (M.Parper, B.Williams, G.Mason, F.Hazlett) 1:32.5.

Teams: 1, Herne Hill 55; 2, Croydon 49; 3, Hercules Wimbledon 47; 4, Belgrave 45; 5, South London 39; 6, Sutton & Dist. 15.

**SOUTHERN LEAGUE
DIVISION 1 MATCH 5
BASILDON, 30 JUL**

Traffic conditions were diabolical as our team made their way to Essex for the penultimate match. Mike Small arrived with the third round of the hammer already under way, dashed to the hammer cage - and dumped one out just far enough to get into the final six, thus earning three more efforts. With his adrenaline now pumping our big man then put the ball and chain out to his best distance in years.

Jamie Webb had no such problems, this being his side of the country, but he was also on a 'high'. Having already set a pb in the 'vault', he had the bar set at 4 metres and was delighted with yet another clearance.

On the track our day started well as Neil Hammersley put the opposition well behind him in the 400m hurdles - but almost immediately our team was shown to have flaws as we failed to turn out a 'B' runner. Still, we were much stronger in the middle-distances than normal.

As Helsinki bound Gary Staines lined up for the 800 he was described by the announcer as "a flash sort of guy". But there's a lot of difference between the 25 laps of Gary's specialist distance and the two circuits demanded here - especially when the league throws up athletes that delight in 'having a pop' at a 'name'. The Belgravian made a mistake in not turning up the pace early enough and paid for it when two of the opposition outkicked him over the last 200m. No such mistake in the 1500, however, as a last lap of 55 seconds destroyed anyone's hopes of doing it again. Graham Adams picked up winning points in both 'B' races.

Ben Williams was around 7 metres with marginal fouls in the long jump and with Aham Amadi showing him how to do it, won his first ever triple jump, with his tutor keeping just far enough in front to take the 'A'. Talking of Aham, he had turned up without his trainers but as a true team manager Bob went barefoot for the rest of the afternoon.

Another man with his sights on a major games was decathlon man Simon Shirley. His jumps and throws at Basildon were the first leg of a two day effort that would take in the Guardian Cup the following day.

100m: 3, B.Williams 11.7; 4, M.Parper 12.5. 200m: 4, B.Williams 23.2; 5, J.Webb 26.9. 400m: 5, M.Parper nt; 4, R.Milner 52.4. 800m: 3, G.Staines 1:56.2; 1, G.Adams 1:59.1. 1500m: 1, G.Staines 3:59.8; 1, G.Adams 4:11.7. 5000m: 2, R.Draper 15:58.5; 1, O.Lewes 16:15.9. 110mH: 5, N.Hammersley 19.1; 3, A.Amadi 21.3. 400mH: 1, N.Hammersley 56.6. HJ: 1, S.Shirley 2.05. LJ: 2, B.Williams 6.60. TJ: 1, A.Amadi 13.41; 1, B.Williams 13.26. PV: 1,

THE GREAT ESCAPE!

**GUARDIAN GOLD CUP SEMI-FINAL
KINGSMEADOW, 31 JUL**

Entry to the Cup Final is from four semi-finals with the first two teams of each match progressing. An element of seeding takes place in that the first four teams in the previous year's final are seeded into separate matches. As these are invariably division one clubs it is theoretically possible to have one of the semis with five division one clubs (one of the top four plus the remaining four division one clubs). The odds on this happening are enormous. Well Belgrave had a home fixture (at Kingsmeadow) which included four division one clubs so we knew we would need a strong ride to progress further.

The selection from available members looked strong enough. All that we needed was an early morning trip to Gatwick to collect those who had competed in Belgium the night before and we were on our way. Well, we weren't. A plane had blocked the single runway and flights were delayed for four hours. Back at Kingsmeadow panic was setting. There were no reserves for the pole vault so Mike Edwards Snr. was press-ganged into action with borrowed kit and pole. John Mackenzie stood in for Mike Morgan in the long jump and Mike repaid the favour in the triple jump, his first and last triple jump competition ending in injury. After six events we were trailing in 6th place. Paul Beaumont had driven back from

Germany for the 400 hurdles and it showed as he trailed home in 7th spot. Abi Ekoku did well to finish 3rd in his first shot for two years but the 800, 10,000 and steeplechase saw our hopes tumbling only to rise again as Simon Shirley dead-heated in the high hurdles. Almost immediately afterwards Darrin Morris won the discus, Kassa won the 5000 and Nigel Bevan eased to a clear win in the javelin. Darren Mead ran the best 1500 by a Belgravian for the year, finishing a close 3rd. Silver for Haroun in the 200m and double wins in the relays saw us safely home. But once again the team managers were looking like limp rags.

100m: (+2.4) 1, P.Goedluck 10.5. 200m: (+2.8) 2, H.Korjie 21.1. 400m: 5, G.Mason 49.3. 800m: 6, R.Turner 1:56.2. 1500m: 3, D.Mead 3:48.7. 5000m: 1, K.Tadesse 14:32.9. 10000m: 5, R.Alsop 32:04.0. 110mH: 3, S.Shirley 14.7. 400mH: 7, P.Beaumont 55.6. 3000mSC: 7, M.Bizio 9:57.3. HJ: 2, F.Salle 2.00. LJ: 2, J.Mackenzie 7.41w. TJ: 4, M.Morgan 14.52w. PV: 7, M.Edwards 3.20. SP: 3, A.Ekoku 14.91. DT: 1, D.Morris 52.66. JT: 1, N.Bevan 70.36. HT: 4, P.Spivey 59.92. 4x100m: 1, Belgrave (S.Shirley, D.Powell, H.Korjie, P.Goedluck) 40.8. 4x400m: 1, Belgrave (G.Mason 50.2, P.Goedluck 46.3, S.Shirley 48.4, I.Wells 49.1) 3:13.9.

J.Webb 4.00; =2, R.Bridges 1.30. SP: 3, S.Shirley 13.75; 3, M.Small 11.43. DT: 3, S.Shirley 40.70; 1, M.Small 38.38. JT: 4, M.Small 40.42; 5, R.Bridges 21.26. HT: 2, M.Small 43.66; 5, R.Bridges 18.44. 4x100m: 4, Belgrave (J.Webb, ?, M.Parper, B.Williams) 47.6. 4x400m: 5, Belgrave (R.Milner 54.3, M.Parper 50.8, R.Draper 56.8, O.Lewes 60.1) 3:42.0. Teams: 1, Southend 118; 2, Reading 113; 3, Basingstoke 105; 4, Belgrave 99.5; 5, Shaftesbury 88.5

**SOUTHERN LEAGUE
DIVISION 5 MATCH 5
BATTERSEA PARK, 30 JUL**

100m: 3, M.Livingstone 12.1; 4, K.Pereira 12.0. 400m: ? 55.3; 5, D.Sleet 58.0. 800m: 4, M.Readhead 2:07.5; 4, J.Drake 2:11.8. 1500m: A.Luce 4:16.9; 5, F.Ward 4:59.7. 5000m: 4, T.Williams 17:25.2; 3, F.Ward 19:25.4. 400mH: 2, C.Knight 61.4; 5, R.Peacock 74.5. 3000mSC: 5, T.Dowdall 13:13.3; 5, R.Peacock 13:35.8. HJ: 4, M.Readhead 1.60. LJ: 4, K.Pereira 5.91; 5, M.Livingstone 4.95. TJ: 1, K.Pereira 12.96; 1, J.Druce 12.36.

PV: 2, M.Edwards 3.20; 3, C.Brooks 2.60. SP: 4, C.Brooks 10.20. DT: 2, C.Brooks 32.52; 2, P.Lyttle 32.24. JT: 4, C.Brooks 39.58; 3, P.Lyttle 34.48. HT: 4, P.Lyttle 16.18. 4x100m: 3, Belgrave 46.4. 4x400m: 4, Belgrave 3:40.2.

Teams: 1, Andover 140; 2, Horsham 123; 3, Winchester 119; 4, Belgrave 74; 5, Victoria Park 71.

**SOUTHERN LEAGUE
DIVISION 1 MATCH 6
BATTERSEA PARK, 13 AUG**

Dalton Powell was in town for a few days on a photographic assignment and took the opportunity to line up with the Southern League boys. His presence in the sprints with good backing from Ben Williams, Captain Mike Bazire and Richard David (good to see him back from injury) meant that we were top dogs in the short distances but in spite of pbs from Alex Luce (1500m) and Chris Husbands (pole vault) we were too short elsewhere to get out of 5th team place.

Another best ever came from Owain Lewes in the 5k - his third or fourth improvement of the season -

but sadly this was the last time he was to run for the Bels as he has decided to don 'Dennis the Menace' colours and switch allegiance to Herne Hill Harriers.

100m: 1, D.Powell 11.1; 2, M.Bazire 11.4. 200m: 1, D.Powell 22.4; 2, B.Williams 23.1. 400m: 2, R.David 51.3; 1, M.Bazire 52.3. 800m: 4, G.Adams 1:57.5; 2, C.Ogle 2:02.6. 1500m: 5, A.Luce 4:11.0; 5, P.Carstairs 4:30.6. 5000m: 5, O.Lewes 15:30.0; 3, P.Carstairs 15:54.3. 110mH: 4, M.Holder 16.4; 5, R.David 22.9. 400mH: 5, W.Swaffer 70.5; 5, R.Peacock 76.6. 3000mSC: 5, W.Swaffer 11:10.1. LJ: 1, B.Williams 6.59; 5, C.Husbands 4.91. TJ: 5, J.Webb 8.96. PV: 3, J.Webb 3.60; 3, C.Husbands 3.00. SP: 5, S.Whorlow 7.18; 5, R.Peacock 4.97. DT: 5, C.Husbands 22.10; 5, S.Whorlow 17.56. JT: 5, W.Swaffer 26.16; 4, C.Husbands 25.48. HT: 4, R.Bridges 23.62; 5, R.Peacock 7.56. 4x100m: 1, Belgrave 44.8. 4x400m: 3, Belgrave 3:34.7.

Teams: 1, Oxford City 124; 2, Hillingdon 123; 3, Norfolk Olympiads 108.5; 4, Bracknell 104.5; 5, Belgrave 76.

SOUTHERN LEAGUE DIVISION 5 MATCH 6 BASINGSTOKE, 13 AUG

100m: 2, M.Livingstone 11.8; 1, K.Pereira 11.9. 200m: 3, K.Pereira 24.5; 4, G.Sagar 26.3. 400m: 4, G.Sagar 70.0; 4, D.Anderson 67.0. 800m: 4, D.Anderson 2:25.2; 4, G.Sagar 3:09.0. 1500m: 3, D.Anderson 4:51.2. 5000m: 3, D.Anderson 17:33.1. 110mH: 4, C.Brooks 21.5; 3, D.Mote 23.9. 400mH: 4, D.Anderson 83.0. HJ: 3, G.Sagar 1.50; =2, D.Mote 1.00. LJ: 1, K.Pereira 5.84; 1, C.Brooks 5.35.

TJ: 1, K.Pereira 12.60. PV: 1, M.Edwards 3.40. SP: 1, M.Small 11.47; 1, C.Brookes 10.42. DT: 1, M.Small 36.46; 1, C.Brooks 31.54. JT: 1, M.Small 45.12; 1, C.Brooks 43.96. HT: 1, M.Small 43.26; 2, C.Brooks 24.04. 4x100m: 2, Belgrave 49.1. 4x400m: 4, Belgrave 4:11.6.

Teams: 1, Fleet & Crookham 142; 2, Tunbridge W&L 121; 3, Bracknell 109; 4, Belgrave 106; N.London did not show.

Rosenheim League Dates '95

1. 17 May..... Battersea
 2. 31 May..... Crystal Palace
 3. 14 Jun..... Tooting
 4. 5 July..... Croydon
 5. 19 July..... Sutton
 6. 2 Aug..... Tooting
- Final**
- 23 Aug..... Tooting

Women may compete as guests in each match in our division.

Matches 1, 3, 5:
Hammer, Pole Vault, Discus, Triple Jump.

Matches 2, 4, 6:
High Jump, Shot Putt, Javelin, Long Jump.

Matches 1, 4:
400 hurdles.

Matches 2, 5:
2,000m Steeplechase

Matches 3, 6:
110m hurdles.

All matches:
100m, 200m, 400m, 800m, 1500m, 3000m, 4x200m relay.

Bels win the "Rosenheim" after a 30 year wait

ROSENHEIM LEAGUE FINAL TOOTING, 17 AUG

When Rosenheim League founder Jim Braben presented team manager Pat Mead with the *Rosenheim Plate* for our win in the Eastern Division, plus a brand new trophy for winning the Final, news-hound Pete Mulholland couldn't help commenting, "... thirty years before Belgrave could win it ... and it's taken a woman to bring it off!" Not only did we win it - but it was a record score as well, as some of our heavyweights joined in the action.

Pat was quick to point out, though, that the success was really due to the regular support of the younger middle-order competitors and the fact that we had plenty of non-scorers to step into the breach whenever required; guys like Martin Readhead, Marlon Dickson, etc. A good example was Adam Armstrong. He didn't actually score in any of the events throughout the summer but was usually there offering to do anything to make sure we didn't lose a point. On holiday in Northern Ireland while the final was on, his first knowledge of our success came when he purchased a copy of "AW" in an Irish newsagent's. His yelp of, "Yes" and clenched fist while still in the shop must have had other shoppers wondering what was going on.

Speed man Dalton Powell was still around and scored well for us but what super backing he got as young Belgrave sprinters won each of the following non-scoring events

and filled positions 1 to 4 in the first n/s 200m. Our 4x200 squad ran to the country's 6th fastest time of the year and we had one and a half non-scoring teams as well.

Rob Turner gave us an 800 win while Abi Ekoku and Phil Spivey joined in the fun on the field. It was Abi's last competition for us before signing up for a season with the London Broncos.

Well, we set out our aim at the beginning of the season and our campaign paid off for the 30th Anniversary of the League. Can we do it again in '95? There'll be a few clubs out there intending to make sure that we don't!

100m: 2, D.Powell 11.5; n/s (1) 1, M.Dickson 11.9; (2) 1, B.Williams 11.9; 2, R.David 12.0. 200m: 1, D.Powell 22.2; n/s (1) 1, G.Palmer 22.5; 2, R.David 23.2; 3, B.Williams 23.2; 4, M.Bazire 23.6; (2) 1, J.Dawson 23.6; 3, M.Readhead 24.7. 400m: 3, G.Mason 50.1; n/s 1, D.Gomme 51.0; 2, M.Parper 52.5. 800m: 1, R.Turner 1:57.5; n/s (1) 4, S.Smullen 2:07.6; (2) 1, J.Hilston 2:11.9. 1500m: 3, A.Luce 4:18.8; n/s 1, J.Galley 4:17.0; 2, J.Wilson 4:27.8. 3000m: 2, R.Alsop 8:41.7. 2000mSC: 6, P.Carstairs 7:39.7. HJ: 2, J.Hilston 1.80. TJ: 2, A.Amadi 13.17. DT: 1, A.Ekoku 48.46. HT: 1, P.Spivey 59.94. 4x200m: 1, Belgrave 1:31.8; n/s Belgrave 1:35.2.

Teams: 1, Belgrave 77; 2, Croydon 62; 3, Herne Hill 57; 4, Hercules Wimb. 42.5; 6, Kingston & Poly 40.5; 7, Epsom & Ewell 23.

Last leg of the 4 x 100 metres under threatening skies at the Guardian Gold Cup Final at Bedford. Belgrave Harriers on the inside lane, with Phil Goedluck in command, head the charge for the line and they won the race in 41.17 but overall winners were Thames Valley Harriers. Photo by Adam Scott of The Independent.



Track & Field League Positions 1994

British League Division One

1,	Thames Valley H.....	29.....	1313
2,	Belgrave H.....	25.....	1267.5
3,	Birchfield H.....	24.....	1094
4,	Newham & Essex Beagles.....	20.....	1103
5,	Shaftesbury Barnet H.....	16.....	1026.5
6,	Haringey.....	15.....	1110
7,	Sale H.....	8.....	878
8,	Crawley AC.....	4.....	724

Southern League Division One

1,	Highgate H.....	30.....	826
2,	Bedford.....	28.....	831.5
3,	Herne Hill H.....	27.....	801.5
23,	Belgrave H.....	9.....	502.5
24,	Met. Police AC.....	8.....	481.5
25,	Ilford AC.....	8.....	439

Southern League Division Five

1,	Andover.....	29.....	855.5
2,	Horsham Blue Star.....	29.....	841
3,	Winchester.....	26.....	833.5
23,	Belgrave H.....	12.....	518.5
24,	London Irish AC.....	8.....	413.5
25,	North London AC.....	4.....	176

Rosenheim East Division

1,	Belgrave H.....	27.....	273
2,	Croydon H.....	26.5.....	272
3,	Herne Hill H.....	23.....	263
4,	Hercules Wimbledon H.....	23.....	253
5,	South London H.....	18.5.....	232
6,	Sutton & District AC.....	8.....	149

Rosenheim Final

1,	Belgrave H.....	77
2,	Croydon H.....	62
3,	Herne Hill H.....	57
4,	Hercules Wimbledon AC.....	42.5
6,	Kingston & Polytechnic AC.....	40.5
7,	Epsom & Ewell H.....	23

Physiotherapy for £5 at Tooting

Did you know that you can receive physiotherapy treatment for as little as £5! If you have a problem there is no excuse for not getting it treated.

The Club has joined with Herne Hill Harriers and Hercules Wimbledon AC in paying for a physiotherapist to attend Tooting Track every Tuesday night from 6.30pm until 8.30pm. All you have to do is take along your Club Rule Book or some other proof that you are a Belgrave member and you will be treated for just £5.

COUNTY T&F CHAMPS '94

• Herefordshire

Hereford, 14/15 May.
SM. TJ: 1, K.Pereira 11.87. U17
800m/1500m: 1, G.Jones 2:12.4/
4:37.9.

• Kent

Part One
Crystal Palace, 13/14 May.
U15B. 3000m Walk 1,
N.Whorlow 24:09.1.
U17M. 400m: 5, R.Peacock 54.9
(54.3ht). 800m: hts. R.Peacock
2:14.9. JT: 5, C.Wilson 33.18.
U20M. 1500m: hts. W.Swaffer
4:25.1. 2000mSC: 3, W.Swaffer
6:51.5.
U15G. 2500m Walk: 3, A.Butler
20:04.3.

Part Two
Sutcliffe Park 19 Jun.
U13B. 80m: hts. K.Bignell 11.9;
D.Crook 12.7; R.Wood 15.3.
150m: hts. D.Crook 24.1. 600m:
3, J.Stevens 1:51.4. 1500m:
R.Bignell 5:26.7. LJ: D.Crook
3.88; R.Bignell 3.47.
U15B. 100m: 4, P.Hills 12.6; hts.
P.Knight 15.4; J.Scott 15.5. 200m:
4, P.Hills 25.8. 800m: 7,
N.Whorlow 2:31.0. HJ: 7,
N.Whorlow 1.30. LJ: P.Hills 4.67.
SP: 6, J.Scott 7.67; 7, N.Whorlow
7.24.
U20M. 3000m: W.Swaffer
10:01.8.

• Middlesex

Enfield, 14/15 May.
SM. 100m: 1, H.Korjie 10.5.
200m: 2, H.Korjie 21.8. 3k Walk:
1, J.Hall 13:52.6.
U17M. LJ: 1, J.Ganio 6.21.
U20W. 400m: 1, P.Friel 60.4.
U15G. 800m: 2, L.Wilson 2:27.8.

• Norfolk

Great Yarmouth, 14/15 May.
SM. 110mH: 1, I.Wells 15.7
(CBP). 400mH: 1, I.Wells 54.8.
HJ: 1, D.Costello height not
known. TJ: 1, D.Costello 13.99.

• Nottinghamshire

Harvey Hadden Stadium, 14/15
May.
SM. 200m: 1, D.Powell 21.3
(CBP). 400m: 4, D.Powell 49.6.

• Suffolk

Ipswich
SM. JT: 1, N.Bevan 72.48
(CBP).

• Surrey

Part One
Wimbledon Park 7/8 May.
U13B. 100m: hts 5, B.Boniface
15.0. HJ: 4, B.Boniface 1.25.
U15B. 100m: 2, E.Hassan 12.0.
800m: hts 5, M.Bloor 2:30.8. LJ:
1, E.Hassan 5.24.
U17M. 100m: 4, M.Dickson 11.6
(11.5ht); hts 3, J. Hilston 11.7.
800m: 1, M.Parper 1:59.4; hts 3,
J.Drake 2:08.4. 3000m: 6,
S.Alexander 10:05.5.
U20M. 3000m: 2, M.Hillier
9:01.3; 7, A.Jones 9:52.3.

M40 10,000m: 1, C.Dickinson
33:26.5.

SW. 3000m: 2, G.Collison 9:42.6.
10000m: 1, M.Andrew 38:09.2.
W35. 800m: 1, J.Moore 2:31.3
(CBP).

W45 3000m: 3, N.Mills 12:10.1.
Part Two

Croydon, 14/15 May
U15B. 1, E.Hassan 24.9. 400m: 1,
E.Hassan 55.4. 1500m: hts 7,
M.Bloor 5:20.5.

U17M. 200m: 2, M.Dickson 23.8
(23.4ht). 400m: 2, J.Hilston 51.3.
1500m: 8, J.Drake 4:29.6; 9,
S.Alexander 4:32.8.

U20M. 2000mSC: 2, M.Hillier
6:17.7. PV: 2, J.Webb 3.80.

SM. 100m: 2, P.Goedluck 10.9; 7,
D.Browne 11.5 (11.4ht); hts 5,
L.Campbell 11.7. 200m: 1,
P.Goedluck 21.3 (=CBP). 800m:
3, G.Adams 1:57.4 (1:56.4ht).
1500m: hts 5, M.Anderson 4:07.0.
5000m: 2, R.Alsop 14:51.9.
110mH: 5, M.Holder 17.0. TJ: 1,
D.Browne 15.29.

U13G. 75m: (+4.4) 1, B.Simon
10.4 (CBP) (10.6ht -1.4).

U17W. 200m: 6, S.Simon 27.1.
U20W. 400mH: 2, J.Dash 68.8.

SW. 1500m: 2, G.Collison 4:36.1.
400mH 6, J.Stone 71.3. PV: 1,
S.Drummie 2.90 (CBP); 2,
J.Cockram 2.40.

W35 1500m: 1, J.Moore 5:21.3
(CBP).

Part Three

Sutton Arena, 10 Sep.
U20M 4x100m: 1, Belgrave
(M.Miller, G.Ojok, A.Hill,
R.David) 44.9. 4x200m: 1,
Belgrave (M.Livingstone,
L.Nunoo, G.Ojok, R.David)
1:34.6.

SW. 3kW: 1, S.Porter 17:48.1.

• Warwickshire

Leamington.
SM. 110mH: 3, L.Antoine 15.2.
400mH: 2, L.Antoine 55.5.

• Yorkshire

Sheffield.
SM. 200m: 2, L.Samuel 21.85.
400m: 1, L.Samuel 47.7.

*30 County
Champions*

Note: In 1995 we will be pushing round the entry forms with much more energy. The Track, Field & Track Walking Management Committee are hoping to appoint someone to co-ordinate entries - possibly even sending in block entries. Keep in touch with your coach or Bob Bridges (0181-309 7315) for further details.

Young Athletes' Track & Field

NATIONAL JUNIOR LEAGUE DIVISION 3, MATCH 1 TONBRIDGE, 17 APR

Now in the depths of winter, writes *Toby Earle*, I'll reminisce about happier, warmer, sunnier times ... but unfortunately I have to start with the meeting at Tonbridge where it was cold, wet and windy. The weather was as unpleasant then as it is now - hardly a ray of sunshine all day - and the team performance was no better. I suppose that's slightly unfair as the team consisted of about twelve people, so we couldn't have really expected to do very well. Reasons for the poor turnout? In the morning there had been the London Mini-Marathon but apart from that it seemed as if everyone else was in hibernation until the weather improved.

As most of the track athletes have solar panels to trap and use the sun's energy there were not many exceptional performances ... but there were a few. For example, Simon Weston's 800m was a really good run; he clocked 60.0 on his first lap and then continued to pull away. But there were other incidents that showed it was not going to be Belgrave's day, the most memorable being the 4x100m relay in which we were disqualified at two of the three changeovers!

We ended up a measly fifth out of six teams with effectively all promotion chances knocked on the head - our main aim for the season already in tatters.

100m: 6, A.King 12.4. 200m: 4, M.Dickson 23.9. 400m: 1, G.Mason 51.1; 3, J.Hilston 52.6; n/s D.Sleet 60.2. 800m: 2, M.Readhead 2:08.4; 1, S.Weston 2:03.2. 1500m: 2, W.Swaffer 4:37.3. 3000m: 2, M.Readhead 10:04.8. 110mH: 1, M.Holder 17.2. 2,000mSC: 3, W.Swaffer 7:03.6; 1, T.Earle 7:26.6. LJ: 5, R.Peacock 4.46. SP: 5, C.Wilson 7.30; 3, R.Peacock 6.97. DT: 5, R.Peacock 15.00; C.Wilson

no dist. registered. 4x100m: Belgrave (J.Hilston, A.King, M.Dickson, M.Holder) dsq. 4x400m: 1, Belgrave (D.Sleet 60.1, S.Weston 54.1, J.Hilston 55.4, G.Mason 52.8) 3:42.4.

Teams: 1, Invicta 185; 2, Hounslow 168; 3, Ealing & Southall 148; 4, Hernë Hill 107; 5, Belgrave 102; 6, Cambridge H 86.

NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 1 BATTERSEA PARK, 1 MAY

We had some great individual performances at our home McDonalds match but the standard in the Premier Division is very tough and overall we were well last. But let's take a look at a few of those individual efforts.

Michael Parper had a fantastic afternoon as he strung together a 50.1 individual 400m, a 2:02.8 800m and a 50.7 400m leg in the long relay - all pbs and not surprisingly he was voted track man of the match.

Not to be outdone, however, was Ben Cascoe whose winning javelin throw earned him the field events man of the match award and at last destroyed Peter Crosbie's 20 year old Club Record. The old mark of 54.62 had eluded him by just 4cm last year but with the 1994 season hardly started it looked as if 60m was a possibility before long.

Super triple jumping came from James Ganio and James Hilston and Marlon Dickson was looking really hot in the sprints in his first year in the age group.

U17M
100m: 1, M.Dickson 11.8; 2, L.Nunoo 12.0. 200m: 1, M.Dickson 23.8; 1, J.Hilston 24.3. 400m: 1, M.Parper 50.1; 2, R.Peacock 55.4. 800m: 1, M.Parper 2:02.8; 1, J.Drake 2:12.3. 1500m: 2, T.Evans 4:19.4; 1, G.Jones 4:30.7. 3000m: 3, J.Wilson 9:37.0. 100mH: 2, S.Scott 15.1; 4, P.Fox 18.2. LJ: 1, J.Ganio

6.18; 3, D.Permaul 4.52. TJ: 1, J.Hilston 12.70; 2, J.Ganio 11.59. SP: 4, R.Peacock 7.50. DT: 4, G.Dauley 21.76; 4, S.Taylor 14.48. JT: 1, B.Cascoe 56.18; 4, J.Drake 22.96. HT: 4, R.Peacock 18.98. 4x100m: 1, Belgrave 48.4. 4x400m: 1, Belgrave (J.Hilston 54.2, J.Drake 56.8, J.Ganio 55.0, M.Parper 50.7) 3:36.7.

U15B
100m: 3, E.Hassan 12.3; 2, P.Hills 13.0. 200m: 4, A.Hill 26.6; 3, P.Hills 26.5. 400m: 4, N.Whorlow 66.6; 4, P.Knight 70.2. 800m: 4, N.Whorlow time not known; 4, M.Bloor 2:36.7; 1500m: 3, A.Breeze 5:08.7; 3, T.Laws 5:41.8. 3000m: 4, A.Mason 12:21.0; 4, P.Knight 12:44.3. 80mH: 3, A.Hill 13.8; 3, S.Taylor 14.9. HJ: 3, A.Hill 1.45; 3, J.Fuller 1.25. LJ: 2, E.Hassan 5.42; 4, P.Hills 4.58. PV: 3, G.Dauley 1.90; 2, S.Taylor 1.90. SP: 4, J.Tanner 9.14; 4, N.Whorlow 6.80. 4x100m: 4, Belgrave 51.8. 4x400m: 4, Belgrave (A.Mason 79.8, N.Whorlow 69.8, A.Hill 61.8, E.Hassan 63.2) 4:34.6.

U13B
100m: 4, W.Simper 16.9; 4, R.Bignall 16.6. 200m: 4, W.Simper 36.6; 4, B.Richards 34.4. 800m: 1, S.Fuller 2:31.9; 2, J.Stevens 2:42.6. 1500m: 2, R.Bignall 5:18.3. LJ: 4, B.Richards 3.68; 4, J.Stevens 3.33. 4x100m: 4, Belgrave 62.1.
Teams: 1, Old Gaytonians 225; 2, Croydon 208; 3, Crawley 175; 4, Belgrave 129.

NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 2 MAYESBROOK PARK, 22 MAY

If we had any hopes of improving our league position they were blown away in the wintry squalls at Mayesbrook Park where a lot of things seemed to go wrong. Take Michael Parper for instance - three weeks ago he was on the verge of going sub-50 but here he fell in the 400m while over-reaching for the

line and then 'blew up' in the 800m.

Es Hassan made a great impression in the U15s 100m/200m and wasn't far off a hat trick as he leaped to 2nd in the long jump. We had a double win in the U13 800m where Simon Fuller ran one of the most laid back races ever seen; running along in last place to start with, every time the man in front of him started to tail off the pace he moved up a position - until coming into the straight for the last time Simon took lead. The distance events were well taken care of. John Wilson and Simon Alexander ran strongly in the U17 3k and Simon Vella had no problems in the U15 1500m.

In fact, in the upper age-group we were as strong as any team but our younger lads were giving away years, many of them being eligible for the same age group for a good while to come yet and that's the sort of disadvantage that is difficult to overcome. Their time will come!

U17M
100m: 2, M.Dickson 11.4; 2, L.Nunoo 12.0. n/s D.Permaul 12.5. 200m: 2, J.Hilston 23.4; 2, L.Nunoo 24.1. 400m: 4, D.Permaul 57.1; 4, M.Parper 58.3. 800m: 4, M.Parper 2:10.0; 4, J.Drake 2:13.1. 1500m: 3, T.Evans 4:16.8. 3000m: 1, J.Wilson 9:46.6; 1, S.Alexander 10:???. 100mH: 3, A.Fuller 19.8. 400mH: 4, A.Fuller nt. 1500mSC: 2, C.Elliott 4:54.4. HJ: 1, J.Hilston 1.70; 1, M.Parper 1.60. LJ: 2, J.Ganio 5.92; 4, L.Nunoo 5.10. TJ: 1, J.Hilston 12.57. SP: 3, B.Cascoe 9.86; 3, R.Peacock 8.13. DT: 1, B.Cascoe 31.90; 1, R.Peacock 16.82. JT: 1, B.Cascoe 50.40; 3, J.Drake 19.54. HT: 3, R.Peacock 17.30; 2, S.Scott 14.48. 4x100m: 1, Belgrave (M.Dickson, J.Hilston, L.Nunoo, J.Ganio) 45.7. 4x400m: 4, Belgrave (J.Ganio 55.7, J.Drake 57.3, D.Permaul 57.6, M.Parper 55.4) 3:46.0.

U15B
100m: 1, E.Hassan 12.0; 1, N.White 12.7. n/s P.Baker 13.2; J.Tanner 13.6; J.Scott 15.4. 200m: 1, E.Hassan 24.4; 2, K.Stephenson 25.6. 400m: 4, A.Hill 61.0; 3, K.Stephenson 63.2. 800m: 4, N.Whorlow 2:31.8; 4, T.Laws 2:48.9. n/s C.Permaul 2:27.0. 1500m: 1, S.Vella 4:41.1. 80mH: 3, ? 13.3; 3, A.Hill 15.4. HJ: 1, R.Haigger 1.45; 2, S.Taylor 1.35. LJ: 2, E.Hassan 5.16; 2, W.Smith 4.74. PV: 3, A.Hill 2.20; 3,



Left: James Ganio hits the sand at Deangate in Kent to win the Southern Premier McDonald's League long jump. On the same afternoon James competed in the high jump, triple jump and ran a leg in the 4 x 400 metres. This outstanding U17 athlete placed 8th in our 1994 long jump rankings and, =8th in the high jump.

G.Dauley 1.80. SP: 2, J.Tanner 9.71; 3, J.Scott 7.48. DT: 2, G.Dauley 20.06; 2, I.Watkins 19.46. JT: 4, G.Dauley 22.34; 4, S.Taylor 5.02. HT: 4, J.Watkins 14.52; 3, S.Taylor 13.08. 4x100m: 2, Belgrave (E.Hassan, W.Smith, K.Stephenson, N.White) 50.0. 4x400m: 4, Belgrave (A.Hill 62.0, G.Dauley 65.0, K.Stephenson 63.0, S.Vella 59.8) 4:09.8.

U13B
100m: 4, W.Simper 16.4; 4, R.Wood 18.4. n/s K.Bignall 15.2; J.Stevens 15.4; R.Bignall 16.1; R.Baker 16.4; S.Tanner 17.2; S.Whorlow 18.8. 200m: 4, S.Fuller 30.0; 3, W.Simper 33.0. 800m: 1, S.Fuller 2:32.9; 1, J.Stevens 2:35.7. n/s K.Bignall 2:59.1; S.Whorlow 3:12.1; R.Wood 3:13.7. 1500m: 4, R.Bignall 5:22.2; 3, C.Morris 5:23.4. LJ: 3, D.Crook 3.80; 4, C.Morris 3.26. 4x100m: 4, Belgrave (S.Fuller, W.Simper, C.Morris, R.Bignall) 62.5. Teams: 1, Havering 202; 2, Brighton & Hove 197; 3, Medway 179; 4, Belgrave 165.

SEAA U20 CHAMPS. CRYSTAL PALACE 28/29 MAY

Our top medallist at the Southern Championships was Es Hassan, competing in the under 15 group and taking home two gold medals by winning the 200 metres and long jump.

Gavin Mason put a disappointing 800 metre performance in Cyprus behind him by racing to a pb by nearly two seconds. In Nicosia for the World Schools Games he had clocked 1:56.65 but did not progress to the final. Back in Britain however, he was in the medals and still has two more years in the same age group.

Another best ever came from James Hilston in the under 17 400 metres. Several of the opposition set faster times in the heats but the rangy young Belgravian, still only lightly trained, shaved his previous best set indoors in February. Behind him was Epsom's Steve Mitchell, victor in the County Champs with a sub-50 clocking.

A gutsy performance came from Rob Milner in the long hurdles race. Rob has hardly had the best of preparation for the '94 season, what with appendicitis and shin splints, but his 56.39 here not only gave him 3rd place, it reduced his Club Record by virtually one whole second. And talking of Club Records, Ben Cascoe upped his 700gm Javelin mark by another 62cm.

U20M 800m: 3, G.Mason 1:53.60. U17M 400m: 3, J.Hilston 50.56; 6, M.Parper 52.09. 400mH: 3, R.Milner 56.39. TJ: 4, J.Hilston 12.95w/+2.6 (12.29/+1.0). JT: 3, B.Cascoe 56.80. U15B 100m: 4, E.Hassan 11.85. 200m: 1, E.Hassan 23.59. LJ: 1, E.Hassan 5.53.

THAMESIDE LEAGUE MATCH 1 BATTERSEA PARK, 28 MAY

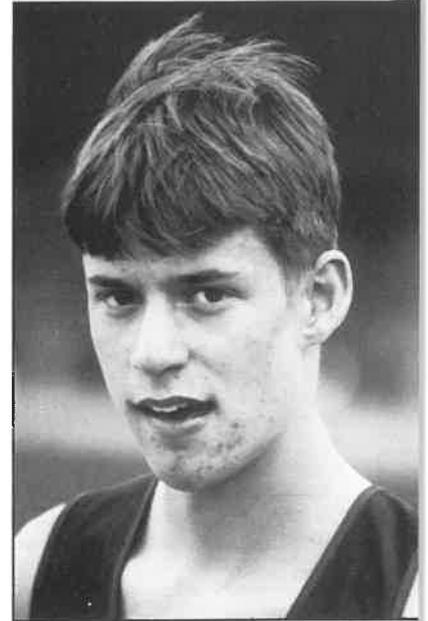
U15B
100m: 4, J.Tanner 16.0; 4, J.Scott 15.9. 200m: 4, R.Haiggar 28.3; 4, P.Knight 31.9. 400m: 4, T.Laws 72.2; 4, P.Knight 71.4. 800m: 3, C.Permaul 2:24.6; 2, N.Whorlow 2:29.8. 80mH: 3, R.Haiggar 15.2. HJ: 3, R.Haiggar 1.40; 2, N.Whorlow 1.20. LJ: 3, T.Laws 3.96; 2, J.Scott 3.42. SP: 4, J.Scott 7.02; 3, I.Watkins 6.89. DT: 3, I.Watkins 20.68; 2, N.Whorlow 18.06. JT: 3, I.Watkins 19.80; 2, P.Knight 17.32. 4x100m: 4, Belgrave 59.0. Teams: 1, Croydon 235; 2, Herne Hill 211; 3, Belgrave 171; 4, Paddock Wood 123; 5, Queen's Park 70; 6, Richmond & Twick 27; 7, Camberley 21.

U13B
100m: 6, S.Ince 16.0; 2, K.Bignall 15.4. 200m: 5, J.Stevens 31.8; 1, D.Crook 31.8. 800m: 1, J.Stevens 2:36.7; 2, S.Whorlow 2:41.2 (some doubt about this time). 1500m: 3, R.Bignall 5:20.9; 4, R.Wood 6:01.3. 80mH: 4, R.Bignall 17.9; 1, D.Crook 17.3. HJ: 3, R.Wood 1.10; 2, S.Desmond 1.10. LJ: 6, D.Crook 3.73; 3, S.Desmond 3.60. SP: 4, J.Stevens 5.05; 2, K.Bignall 4.93. 4x100m: 3, Belgrave 61.5. Teams: 1, Herne Hill 174; 2, Belgrave 145; 3, Paddock Wood 138; 4, Camberley 136; 5, Croydon 88; 6, Queen's Park 28; 7, Richmond & Twick 27.

NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 3 HARROW, 5 JUN

At last we managed to lift ourselves out of 4th spot with some really heavy scoring in the oldest age group where we had no less than fourteen wins. Once again the sprinters and jumpers were nigh on invincible and both under 17 relay teams moved to within striking distance of Club Records.

U17M
100m: 1, M.Dickson 12.0; 1, L.Nunoo 12.2; n/s 2, D.Permaul 12.9. 200m: 1, M.Dickson 24.2; 1, J.Hilston 23.8. 400m: 1, R.Milner 53.1; 2, R.Peacock 56.0. 800m: 2,



Above: Nathan Scamp has competed in sprints and jumps this year but gained his A.A.A. Grade III standard in the 400 metres hurdles, winning the 'B' event in the McDonalds YA League at Deangate.

S.Weston 2:04.2. 1500m: 3, G.Jones 4:38.7. 3000m: 4, J.Wilson 9:45.0; 4, S.Alexander 11:28.2. 400mH: 1, R.Milner 59.9; 1, N.Scamp 63.9. 1500mSC: 1, T.Evans 4:46.7. HJ: 4, G.Wilson 1.45; 3, M.Parper 1.40. LJ: 1, J.Ganio 6.31; 2, N.Scamp 5.47. TJ: 1, N.Scamp 11.48; 1, R.Peacock 10.22. SP: 4, C.Wilson 9.16; 4, L.Nunoo 8.80. DT: 4, B.Cascoe 27.48; 4, M.Parper 15.12. JT: 1, B.Cascoe 49.44; 3, C.Wilson 35.22. HT: 4, R.Peacock 20.32. 4x100m: 1, Belgrave (M.Dickson, L.Nunoo, J.Hilston, B.Cascoe) 45.4. 4x400m: 1, Belgrave (J.Hilston, S.Weston, R.Peacock, R.Milner) 3:35.7.

U15B
100m: 2, E.Hassan 12.4; 4, J.Scott 16.0; n/s 5, J.Tanner 13.9. 200m: 1, E.Hassan 24.7; 4, J.Scott 32.9. 400m: 4, A.Hill 61.8; 3, N.Whorlow 63.7. 800m: 2, S.Vella 2:14.4; 3, C.Permaul 2:21.8; n/s 6, T.Laws 2:47.2. 1500m: 1, S.Vella 4:40.6; 3, T.Laws 5:39.9. 3000m: 4, P.Knight 12:40.4; 3, A.Mason 13:08.7. 80mH: 1, A.Hill 14.0; 3, R.Haiggar 15.6. HJ: 1, R.Haiggar 1.55; 1, S.Taylor 1.25. LJ: 2, E.Hassan 5.37; 3, T.Laws 3.99. PV: 3, A.Hill 2.10; 2, S.Taylor 1.90. SP: 3, J.Tanner 9.86; 4, J.Scott 6.06. DT: 4, J.Tanner 21.58; 3, N.Whorlow 17.26. JT: 4, N.Whorlow 17.00; 3, P.Knight 16.04. HT: 4, P.Knight 12.72; 3, S.Taylor 11.96. 4x100m: 4, Belgrave (E.Hassan, J.Scott, A.Hill, R.Haiggar) 53.4. 4x400m: 4, Belgrave (N.Whorlow, C.Permaul, S.Taylor, S.Vella) 4:37.4.

U13B
100m: 4, K.Bignall 16.2; 3, D.Crook 16.0; n/s 4, I.Ashley 17.1; 5, ?Tanner 17.9; 6, S.Whorlow 19.3. 200m: 4, K.Bignall 31.5; 1,

Results Roundup

April

- 4 Tonbridge Open.
U20M 1000m: 4, L.Jenner 3:03.1. 3000m: 7, C.Solorz 10:32.2; 11, W.Swaffer 10:47.3.
U17M 600m: 6, R.Peacock 1:38.3. SP: 4, R.Peacock 7.35.
U15B 150m: 1, P.Hills 20.7; 3, N.Whorlow 24.7; 5, T.Laws 25.3.
600m: 5, N.Whorlow 1:54.4. 1000m: 9, T.Laws 3:40.5. SP: 2, N.Whorlow 6.24. DT: 3, N.Whorlow 9.90.
U13B 150m: 3, D.Crook 25.0; 4, R.Bignell 25.9. 600m: 3, R.Bignell 2:09.1; 4, D.Crook 2:21.2. LJ: 1, D.Crook 3.48; 4, R.Bignell 2.98.
U11B 60m: 4, S.Whorlow 12.5. 600m: 5, S.Whorlow 2:29.5.
10 Crystal Palace, Hercules Wimbledon Young Athletes' Open Meeting.
U17M 100m: 2, M.Dickson 11.7. 800m: 4, R.Peacock 2:12.8. U15B. 200m: 1, E.Hassan 25.5. LJ: 1, E.Hassan 5.75.

July

- 14 Enfield, YA Inter-Counties. U17M 400m: 4, J.Hilston 50.6. 800m: 1, M.Parper 1:58.6.
20 Crawley Open U15B 100m/200m/LJ: R.Hart 13.1/26.0/5.31.
30 Birmingham, AAA U17 Champs. U17M 100m hts (30th): M.Dickson 11.48. U15B 1500m (31st): 10, S.Vella 4:28.7 (4:21.16 ht).

August

- 7 Copthall, SEAA U20 Inter-Counties. U20M PV: 4, J.Webb 4.00. U15 400m: 6, E.Hassan 54.09.
9 Tonbridge Open.
U20M DT: 1, W.Swaffer 22.34.
U15B 100m: 1, P.Hills 12.6. U13B 100m: 1, K.Bignall 13.1.
20 Horsham Open. U17M 800m: 1, J.Drake 2:08.2.
24 Woking Open. U20M PV: 1, J.Webb 4.00.
27 Hendon, Arthur Kendall Trophy. U20M 800m: 4, G.Mason 1:55.93.
28 Crawley, Seeboard Games. U15B 100m: 1, E.Hassan 11.9. 200m: 1, E.Hassan 24.0. LJ: 1, E.Hassan 5.68.
28 Newham, Tate & Lyle YA Meeting.
U17M 200m: 4, J.Scott 33.2. LJ: 5, R.Peacock 4.81. SP: 3, R.Peacock 8.29. DT: 5, R.Peacock 19.76. HT: 6, R.Peacock 18.20. U11B 100m: (1) 4, M.Dray 18.2; (2) 4, L.Jones 17.1; 5, S.Whorlow 18.6; 6, J.Timmis 19.3; (4) 6, O.Kleinman 21.0. 800m: 5, L.Jones 2:54.0; 7, S.Whorlow 3:05.0; 10, J.Timmis 3:35.2. LJ: 10, L.Jones 2.87; 11, M.Dray 2.81; 14, S.Whorlow 2.63; 16, O.Kleinman 2.21; 17, J.Timmis 2.20. SP: 2, M.Dray 4.67; 3, L.Jones 4.28; 6, O.Kleinman 3.33; 7, S.Whorlow 3.20.
U15B 100m: 8, J.Scott 15.5. 400m: 3, N.Whorlow 68.9. HJ: 4, N.Whorlow 1.50. SP: 5, J.Scott 7.85. JT: 4, J.Scott 23.10; 5, J.Davis 22.86; 6, N.Whorlow 18.72; 7, L.Dray 12.22. DT: 8, N.Whorlow 19.94.
U13B 100m: (1) 5, D.Crook 15.9; (2) K.Bignell 14.5. 800m: 3, D.Bond 2:39.5. HJ: 4, R.Bignell 1.10. LJ: 5, R.Bignell 3.61; 6, K.Bignell 3.58; 7, D.Crook 3.52; 8, D.Bond 3.49. SP: 4, K.Bignell 5.31; 5, L.Dray 5.26.

September

- 4 Woking YA Open. U20M PV: 2, J.Webb 3.60. U17M 400m: 1, R.Milner 50.8.

J.Stevens 31.8. 800m: 3, J.Stevens 2:38.6; n/s 10, S.Whorlow 3:40.8. 1500m: 2, R.Bignall 5:29.3. LJ: 3, R.Bignell 3.79; 2, D.Crook 3.69. 4x100m: 3, Belgrave (K.Bignall, D.Crook, J.Stevens, R.Bignall) 61.6. Teams: 1, Shaftesbury Barnet 237; 2, Peterborough 176; 3, Belgrave 163; 4, Hounslow 156.

NATIONAL JUNIOR LEAGUE DIVISION 3, MATCH 2 ALDERSHOT, 12 JUN.

Toby Earle reports. Well, as the cliché states, surely things could only get better. The weather at Aldershot was warm and sunny but not even the fair weather could coax more athletes into action. Once again we were few in number and could only loosely be termed a "squad". This time the numbers were low due to the county schools being held the previous day, and if we didn't lose athletes to that event then they were injured. I fell into the latter category (turning my attentions from the track onto the field) and so too did Rob Milner. Rob had fallen badly during the previous day's Surrey Schools 400mH, but he soldiered on. The biggest surprises of the day were Geoffrey Ojok's performances - he had never thrown a javelin before but finished third in that event and also ran a brilliant leg in the 100m relay in flat shoes.

Our final standing was exactly the same as at Tonbridge; fifth out of six but only two points adrift from fourth place. Things must get better, musn't they?

100m: 4, M. Dickson 11.5; 3, A.King 12.2. 200m: 4, R.Milner 24.0. 400m: 2, G.Mason 50.2; 2, D.Sleet 56.8. 800m: 4, M.Readhead 2:07.1. 1500m: 1, M.Hillier 4:16.7. 400mH: 2, R.Milner 63.7. LJ: 3, G.Ojok 5.81; 3, M.Livingstone 5.25. PV: 2, J.Webb 3.20. SP: 6, M.Dickson 8.54; 5, T.Earle 6.66. DT: 6, M.Dickson 21.90; 5, T.Earle 15.26. JT: 3, G.Ojok 37.60; 5, T.Earle 14.90. HT: 5, T.Earle 10.90. 4x100m: 2, Belgrave (M.Livingstone, R.Milner, G.Ojok, M.Dickson) 46.6. 4x400m: 1, Belgrave (M.Readhead 54.9, D.Sleet 57.2, M.Hillier 56.6, G.Mason 50.6) 3:39.3.

Teams: 1, Boro Hounslow 197; 2, Ealing & Southall 177; 3, Cambridge H 119; 4, Herne Hill 104; 5, Belgrave 102; 6, Invicta 70.

THAMESIDE LEAGUE MATCH 2 BATTERSEA PARK, 18 JUN

U15B
200m: 5, J.Tanner 27.7. 400m: 1, G.Dauley 62.2. 800m: 4, M.Bloor 2:29.0. 1500m: 1, S.Vella 4:28.1. HJ: 1, G.Dauley 1.50. LJ: 1, G.Dauley 5.21. SP: 3, J.Tanner 9.28. DT: 5, J.Tanner 20.28.

Teams: 1, Herne Hill 214; 2, Croydon 211; 3, Paddock Wood 118; 4, Belgrave 99; 5, Richmond & T 97; 6, Queens Park 64; 7, Camberley 22.

U13B
100m: 5, F.Hughes 14.8; n/s 5,



Above: Martin Readhead is a regular in the Rosenheim, Southern League and National Junior League teams, racing over 200 to 3,000m and popping out the odd triple, high or long jumps!

S.Whorlow 18.5; 6, K.Bignall 19.5. 200m: 5, F.Hughes 31.6. 400m: 4, C.Morris 75.6. 800m: 4, C.Morris 2:45.6; n/s 11, K.Bignall 3:35.0. 1500m: 3, C.Morris 5:43.0. LJ: 5, F.Hughes 3.76. Teams: 1, Croydon 178; 2, Herne Hill 176; 3, Camberley 175; 4, Paddock Wood 130; 5, Belgrave 64; 6, Richmond & T 57; 7, Queens Park 20.

HAC MEMORIAL WIMBLEDON PARK, 23 JUN

U17M
100m: 2, M.Dickson 11.4. 200m: 4, G.Ojok 25.0. 400m: 2, J.Drake 56.2; 3, O.Hunt 61.3. 800m: 3, G.Jones 2:08.0. Adrian Trowell Memorial 1500m: 1, J.Wilson 4:29.0; 1, M.Parper 4:33.1. 100mH: 1, S.Scott 14.5. LJ: 3, G.Ojok 5.98; 1, O.Hunt 5.73. SP: 2, O.Hunt 10.58; 1, B.Cascoe 10.35. JT: 2, B.Cascoe 51.82; 1, G.Ojok 45.16. 4x200m: 1, Belgrave (M.Dickson, S.Scott, M.Parper, G.Ojok) 1:35.2.

U15B
100m: 4, E.Hassan 12.2. 200m: 1, E.Hassan 24.2. 400m: 4, G.Dauley 62.8. 80mH: 3, A.Hill 14.5; 4, S.Taylor 15.1. LJ: 1, E.Hassan 5.49; 1, G.Dauley 4.97. SP: 6, S.Taylor 6.14; JT: 4, G.Dauley 26.80; 4, S.Taylor 18.94.

Teams: 1, Sutton & Dist 232; 2, Wimbledon College 219; 3, Belgrave 166; 4, Croydon 127; 5, Hercules Wimbledon 99; 6, Herne Hill 66; 7, Southwark 54.

100 miles in 12 hours relay challenge

One of Steve Whorlow's group's fundraising activities has been their 100 miles in 12 hours attempt. As well as raising funds for travel, there was also the challenge to complete the task. In 1993 they completed 96¼ miles in the 12 hours, being hampered by another event being held in the park on the same day.

March 1994 was another story. Eighteen runners aged from 8 to 18 years assembled at 8am and the challenge began. Each athlete took turns to run one lap of Radnor Park (measured by the R.R.C. as being 945 metres). This meant nearly 171 laps during the day. By 6.30pm the task was nearly over and at 6.43pm the 100 miles was complete.

The challenge now goes out to any group of up to twenty five youngsters to travel to Folkestone in March and compete against them, to better this time. The average age must be 13½ years.

The 1994 individual best times were: U17 Bobby Peacock, 2:48 (12th lap), U15 Nigel Whorlow, 3:26 (10th lap), U13 Jason Stevens, 3:26 (9th lap). Each athlete completed 14 or 15 laps. Those competing were Robert Bignall (12), Paul Price (12), Stephen Whorlow Jnr (8), Jason Stevens (12), Danny Crook (12), Nigel Whorlow (12), Paul Knight (12), Toby Laws (13), Bobby Peacock (16), Nathan Scamp (15), Wesley Swaffer (16), Lee Jenner (16), Chris Wilson (15), Trevor Santer (16), Amy Butler (14) and Katherine Phillips (13).

NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 4 DEANGATE, 26 JUN

This was more like it. We filled out more of the events and the under 13 team was boosted by the first appearance of sprinter Moses Semakula - a great prospect. With Marlon Dickson, James Hilston, Geoffrey Ojok, Es Hassan and the Pauls Fox and Hills all winning their sprints, it was not surprising that we also did well in the relays. The under 17 4x100m quartet actually broke our ten year old Club Record with a 44.7 timing - until they found that they had been disqualified for running out of lane at one point.

Again we provided a Man of the Match in Rob Milner, for his 58.0 400m hurdles run and Captain Steven Scott, much more at home over sprint hurdles, played a real Captain's role by offering to do the 1500m steeplechase as well - pity he sprinted for the line a lap too early to turn it into a really painful episode!

U17M
100m: 1, M.Dickson 11.4; 3, D.Permaul 12.6. 200m: 1, J.Hilston 23.0; 1, G.Ojok 23.5. 400m: 1, J.Hilston 52.1; 1, P.Fox 55.6. 800m: 2, S.Weston 2:05.8; 1, G.Jones 2:10.1. 1500m: 3, G.Jones 4:25.4; 1, M.Parper 4:27.8. 3000m: 3, J.Wilson 9:52.3; 2, S.Alexander 9:56.1. 100mH: 1, S.Scott 14.4; 2, P.Fox 18.2. 400mH: 1, R.Milner

58.0; 1, N.Scamp 63.4. 1500mSC: 4, S.Scott 5:34.3; 2, J.Wilson 5:39.3. HJ: 3, J.Ganio 1.80; 4, N.Scamp 1.30. LJ: 1, J.Ganio 5.94; 2, G.Ojok 5.92. TJ: 2, J.Ganio 11.82; 2, N.Scamp 11.24. PV: 4, S.Scott 2.35. SP: 5, C.Wilson 9.14; 3, R.Peacock 7.24. DT: 4, B.Cascoe 25.25; 4, R.Peacock 17.62. JT: 1, B.Cascoe 51.86; 1, G.Ojok 41.08. HT: 4, R.Peacock 19.70; 3, C.Wilson 18.28. 4x400m: 1, Belgrave 3:38.7. 4x100m: dq Belgrave. 4x400m: 1, Belgrave (M.Parper, P.Fox, J.Ganio, R.Milner) 3:38.7.

U15B
100m: 1, E.Hassan 12.1; 1, P.Hills 12.5. 200m: 1, E.Hassan 24.3; 1, P.Hills 25.4. 400m: 4, C.Permaul 60.6; 4, N.Whorlow 69.2. 800m: 3, C.Permaul 2:19.5; 4, N.Whorlow 2:43.5. 1500m: 1, S.Vella 4:29.4; 3, M.Bloor 5:08.5. 3000m: 4, T.Laws 11:52.5. 3, P.Knight 12:41.3. 80mH: 4, S.Taylor 18.3; 2, P.Knight 14.9. HJ: 2, G.Dauley 1.50; 2, N.Whorlow 1.35. LJ: 1, E.Hassan 5.36; 2, P.Hills 4.50. PV: 3, S.Taylor 2.10; 1, C.Dauley 2.10. SP: 3, J.Tanner 9.46; 4, J.Scott 8.01. DT: 3, J.Tanner 24.56; 3, J.Scott 15.72. JT: 4, S.Vella 27.82; 3, J.Scott 20.96. HT: 4, J.Tanner 17.62; 4, P.Knight 15.06. 4x100m: 2, Belgrave (E.Hassan, P.Hills, S.Taylor, G.Dauley) 51.1. 4x400m: 2, Belgrave (C.Permaul, G.Dauley, N.Whorlow, ?) 4:14.0.

U13B
100m: 1, M.Semakula 13.2; 4,

F.Hughes 14.7. 200m: 2, M.Semakula 27.4; 2, F.Hughes 29.8. 800m: 4, J.Stevens 2:38.1; 4, K.Bignall 3:09.6. 1500m: 3, C.Morris 5:17.1; 2, R.Bignall 5:23.1. LJ: 4, D.Crook 3.78; 3, B.Richards 3.56. 4x100m: 3, Belgrave (M.Semakula, F.Hughes, K.Bignall, D.Crook) 58.2. Teams: 1, GEC Avionics 213; 2, Belgrave 190; 3, Oxford City 172; 4, Hillingdon 170.

THAMESIDE LEAGUE MATCH 3 BATTERSEA PARK, 2 JUL

U15B
100m: 2, P.Hills 12.6. 200m: 2, P.Hills 25.7. 400m: 2, P.Hills 59.2; 3, T.Laws 70.5. 800m: 2, C.Permaul 2:18.8; 2, N.Whorlow 2:32.6. 1500m: 3, T.Laws 5:49.6. 80mH: 3, J.Scott 18.1; 3, N.Whorlow 19.4. HJ: 2, R.Haigger 1.55; 3, N.Whorlow 1.20. LJ: 5, T.Laws 3.97; 3, J.Scott 3.45. SP: 4, C.Permaul 8.99; 3, J.Scott 7.04. JT: 4, C.Permaul 28.46. 4x100m: 2, Belgrave 54.3.

Teams: 1, Croydon 204; 2, Herne Hill 203; 3, Belgrave 164; 4, Paddock Wood 146; 5, Queens Park 78; 6, Richmond & Twickenham 21. U13B

100m: 1, M.Semakula 13.5; 4, K.Bignall 15.2; n/s (1) 2, A.Kuypers 15.4; 3, I.Richards 15.4; 4, C.Morris 16.0; (2) 2, J.Wilkinson 16.6; 3, M.Simon 17.6; 4, S.Whorlow 17.8. 200m: 1, M.Semakula 28.2; 4, K.Bignall 31.5. 400m: 2, M.Sackett 67.2; 3, D.Bond 69.3. 800m: 3, J.Stevens 2:35.8; 5, S.Whorlow 3:09.6. 1500m: 3, R.Bignall 5:28.9. 80mH: 3, D.Crook 15.9; 3, R.Bignall 17.3. HJ: 6, K.Bignall 1.10. LJ: 1, D.Crook 4.37; 2, R.Bignall 3.75. SP: 1, M.Semakula 9.77; 1, J.Stevens 6.26. 4x100m: 3, Belgrave 58.1.

Teams: 1, Camberley 180; 2, Herne Hill 173; 3, Belgrave 158; 4, Croydon 156; 5, Paddock Wood 126; 6, Richmond & Twickenham 59.5; 7, Queens Park 54.5.

NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION MATCH 5 PETERBOROUGH, 17 JUL

And so to the last match of the series. We were lying 14th out of the 16 clubs involved in the Southern Premier Division and needed to win to have a snowball in hell's chance of staying up. However, in Blackheath (winners for the previous 9 years) and Borough of Enfield we were up against two of the toughest sets of opponents throughout the whole McDonald's League and in our heart of hearts we knew it was going to be impossible. Unfortunately, in spite of

repeated attempts, we have been unable to obtain a set of results from the organisers but we can point out a couple of the outstanding events as far as we were concerned.

Marlon Dickson was up against 10.88 man Mark Findlay and not surprisingly had his work cut out in the individual 100m. The sprint relay was something else! Ben Cascoe, Geoffrey Ojok and James Hilston had built up a 6 metre lead to give Marlon an outside chance of holding on to beat the 'Heathens'. And for 98 metres of that last leg we thought he was going to pull off a famous victory but that Findlay is a powerful man and he just got his chest ahead of the Belgrave runner before the line. But at last our under 17 Club Record had gone ... by 7/10ths of a second ... and no take-over infringements either.

One of the members of that 1984 relay team was Clive Gardner and he was lucky to keep his name on the under 17 record books at all because Steve Scott matched his 100m hurdle record time identically. Well done Captain. Admittedly there was a bit of a following breeze but in inter-club competition we rarely have the luxury of a wind gauge (who is to say Gardner's run was not aided by a gale?) so all such times without a wind reading must go down on the record lists.

U17M

100m: 2, M.Dickson 11.4. 400m: 1, J.Hilston 51.9. 100mH: 2, S.Scott 14.3. 400mH: 2, R.Milner 58.0. JT: 1, B.Cascoe 47.26. 4x100m: 2, Belgrave (B.Cascoe, G.Ojok, J.Hilston, M.Dickson) 44.2.

Teams: 1, Blackheath 250; 2, Boro of Enfield 201; 3, Norfolk Olympiads 167.5; 4, Belgrave 136.

THAMESIDE LEAGUE MATCH 4 BATTERSEA PARK, 23 JUL

U15B

100m: 4, M.Louis-Sidney 14.2; 3, R.Ashby 16.8. 200m: 5, K.Mighty 31.8; 4, R.Ashby 43.4. 400m: 2, G.Dauley 59.7; 2, N.Whorlow 66.6. 800m: 1, S.Vella 2:10.2; 1, C.Permaul 2:19.9. 1500m: 4, A.Hilston nt. 80mH: 4, R.Ashby 27.6. HJ: 4, G.Dauley 1.45; 3, N.Whorlow 1.40. LJ: 2, G.Dauley 5.51. SP: 4, C.Permaul 9.12; 3, J.Scott 7.32. DT: 5, N.Whorlow 17.84; 2, J.Scott 14.54. JT: 5, J.Davis 18.86. 4x100m: 3, Belgrave 52.0.

Teams: 1, Herne Hill 223; 2, Croydon 217; 3, Belgrave 173; 4, Paddock Wood 143; 5, Queens Park 93; 6, Richmond & Twickenham 30; 7, Camberley 21.

U13B

100m: 4, M.Miller 14.9. 200m: 7, A.Green 34.0; 2, M.Sackett 30.3.

400m: 3, M.Sackett 69.6; 2, B.Asante 71.7. 800m: 1, J.Stevens 2:34.7. 1500m: 2, R.Bignall 5:27.4; 5, J.Wilkinson 7:12.1. 80mH: 5, D.Crook 16.7; 5, R.Bignall 18.6. HJ: 3, A.Green 1.30; 3, J.Wilkinson 1.10. LJ: 4, D.Crook 4.10; 4, D.Bond 4.00. SP: 4, K.Bignall 6.04; 4, J.Stevens 5.65. 4x100m: 4, Belgrave (M.Miller, M.Sackett, B.Asante, A.Green) 59.8. Teams: 1, Herne Hill 180; 2, Camberley 178; 3, Croydon 143; 4, Paddock Wood 142; 5, Belgrave 141; 6, Richmond & Twickenham 60; 7, Queens Park 20.

NATIONAL JUNIOR LEAGUE DIVISION 3 MATCH 3 FELTHAM, 24 JUL

With our under 20 men's team bolstered by many of our outstanding under 17s, for the first time we showed what we are capable of in this league. The standard of competition was really high but we got within a mere 4 points of carrying the day. In fact, going into the relays it was announced that we had a 1 point advantage over Borough of Hounslow and Team Manager Leo Coy had a frantic few minutes pulling athletes back from all over the arena to make sure that he could field our strongest squad. We won them both - so how the final scores showed us just out of 1st place we'll never know.

Richard David was back from injury, although still just a little wary of his hamstring, and it was great to have him back in the team. Marcus Miller strengthened our jumps and hurdles events and we owe so much to guys like Martin

Readhead who are prepared to have a go at everything from triple jump to 3k.

Rob Milner made a big break through in the flat one-lap race, surprising even himself as he came down from 52.8 to 51.6 - and just to prove it was no fluke went faster again in the relay.

100m: 3, M.Dickson 11.8; 2, R.David 11.4; n/s 1, M.Miller 11.9; 3, M.Livingstone 12.1; 4, S.Nosike 12.4; 5, A.King 12.8. 200m: 3, J.Hilston 22.9; 1, G.Ojok 24.0; n/s 1, S.Nosike 25.0. 400m: 2, R.Milner 51.6; 3, D.Sleet 55.2. 800m: 1, G.Mason 2:01.5; 3, M.Anderson 2:06.3; n/s 1, J.Webb 2:35.1. 1500m: 6, M.Anderson 4:31.7; 3, R.Peacock 5:10.0. 3000m: 3, M.Readhead 10:02.6. 110mH: 2, R.David 17.0; 1, M.Miller 18.0. 400mH: 1, R.Milner 59.0; 2, A.Jones 72.7. 2000mSC: 3, W.Swaffer 7:13.9; 3, J.Wilson 7:15.8. HJ: 2, M.Miller 1.80; 1, J.Hilston 1.75. LJ: 3, M.Livingstone 5.57; 2, G.Ojok 5.45. TJ: 4, M.Readhead 10.56; 3, R.Peacock 9.91. PV: 2, J.Webb 3.40. SP: 4, C.Wilson 8.99; 3, A.Jones 7.79; n/s S.Nosike 8.82. DT: 4, M.Dickson 21.52; 5, A.Jones 16.22; n/s 1, W.Swaffer 21.30; 2, R.Peacock 14.64. JT: 3, G.Ojok 40.22; 1, R.David 35.56. HT: 5, R.Peacock 15.66; 3, A.Jones 15.46. 4x100m: 1, Belgrave (M.Miller, R.David, J.Hilston, M.Dickson) 44.6. 4x400m: 1, Belgrave (M.Readhead 55.6, 2, R.David 50.3, R.Milner 51.3, G.Mason 51.8) 3:28.9.

Teams: 1, Boro of Hounslow 202; 2, Belgrave 199; 3, Cambridge H 134; 4, Invicta 126; 5, Ealing & Southall 103; 6, Herne Hill 89.



Right: A regular in McDonalds League competition, Simon Alexander ended the season with a 3,000 metre best of 9:56.1 in his first year as a U17.

**NATIONAL JUNIOR LEAGUE
DIVISION 3 MATCH 4
TOOTING, 28 AUG**

With no possibility of promotion, the last match of the season was taken fairly light-heartedly and yet we still managed 3rd place in a tight competition. Next year!

100m: 3, M.Dickson 11.4; 2, S.Nosike 12.0; n/s 1, M.Miller 11.5; 2, M.Livingstone 11.8. 200m: 3, R.David 23.2; 2, G.Ojok 23.5. 400m: 2, M.Parper 51.6; 2, D.Sleet 56.0. 800m: 1, G.Mason 1:57.7. 3000m: 2, J.Wilson 9:42.3. 400mH: 1, R.Milner 58.3; 1, M.Readhead 65.8. HJ: 2, M.Miller 1.80. LJ: 6, G.Ojok 5.75. 2, M.Livingstone 4.97. TJ: 4, G.Mason 11.54; 4, A.Jones 10.72. PV: 1, J.Webb 3.80. SP: 4, S.Nosike 9.00. DT: 5, M.Dickson 22.28. 4x100m: 1, Belgrave (M.Miller, G.Ojok, R.David, M.Dickson) 45.2. 4x400m: 1, Belgrave (R.Milner 52.8, G.Mason 55.4, M.Parper 54.1, M.Readhead 52.9) 3:35.2.

Teams: 1, Boro' of Hounslow 182; 2, Invicta 167; 3, Belgrave 133; 4, Herne Hill 125; 5, Ealing 122; 6, Cambridge H 89.

Parliament Hill was the setting for the '94 London Championships where our best performer was Simon Vella, romping home to win the Junior Boys' event. Jessica Dash led her Lycee Francais team to victory in the Senior Girls' race but is not a great lover of cross-country and did not take up her opportunity to run for London in All-England.

Senior Boys
6, M.Anderson 24:33.
Inter Boys
5, J.Wilson 22:06; 31, M.Parper.
Junior Boys
1, S.Vella 13:42. Senior Girls:
7, J.Dash 18:26. Junior Girls: 2, L.Wilson 11:54.

At Reigate in the Surrey Champs. we had three Belgrave runners in the first eight in the Senior Boys' race. Matt Hillier and Adam Jones gave South Surrey a great start but it was Gavin Mason's Central Surrey team that took the winners' trophy.

TSB County Schools C.C. Champs. '94

Senior Boys
3, M.Hillier 27:16; 5, A.Jones 27:32; 8, G.Mason 27:50; 17, S.Walsh; T.Earle also ran.

Inter Boys
9, S.Alexander 20:53; J.Drake and S.Bramson also ran.

Ben Hamill ran in the Middlesex race but we don't know his position, while Gavin Jones came home 7th Inter Boy in 18:28 in the Sussex event at Brighton.

Simon Vella won again when it came to the Schools Inter-Counties at Southampton on February 12th. Running for London his margin of victory was four seconds in the Junior Boys' 4.8k race won in 14:56. Of the Junior Girls' Laura Wilson placed 11th in the 3k event,

also for London, in 13:20.

Simon Alexander was 2nd under 16 in the 2.75k Croydon Advertiser schools race at Lloyd Park on March 5th in 16:17.

Meanwhile, up at Sefton Park, Liverpool, the English Schools CC Champs. were taking place with six Belgravians taking part.

Sen. Boys' 8k
126, G.Mason (Sry) 29:12; 147, M.Hillier (Sry) 29:25; 200, A.Jones (Sry) 29:57.
Inter Boys' 6.5k
237, G.Jones (Ssx) 23:43.
Jun Boys' 5k
6, S.Vella (Lon) 16:28.
Jun Girls' 3.5k
L.Wilson (Lon) 13:59.

Track & Field League Positions 1994

Thameside League

Under 13 Boys

1, Herne Hill H	26	704
2, Camberley AC	22	669
3, Croydon H	19	565
4, Belgrave H	17	508
5, Paddock Wood	16	536
6, Richmond & Twickenham	7	203.5
7, Queens Park H	5	122.5

Under 15 Boys

1, Croydon H	26	867
2, Herne Hill H	26	857
3, Belgrave H	19	609
4, Paddock Wood	17	529
5, Queens Park H	11	305
6, Richmond & Twickenham	9	175
7, Camberley AC	3	164

**National Junior League Southern Division 3
(S.Thames)**

1, Boro of Hounslow	749
2, Invicta East Kent	???
3, Ealing & Southall	550
4, Belgrave H	536
5, Herne Hill H	425
6, Cambridge H	428

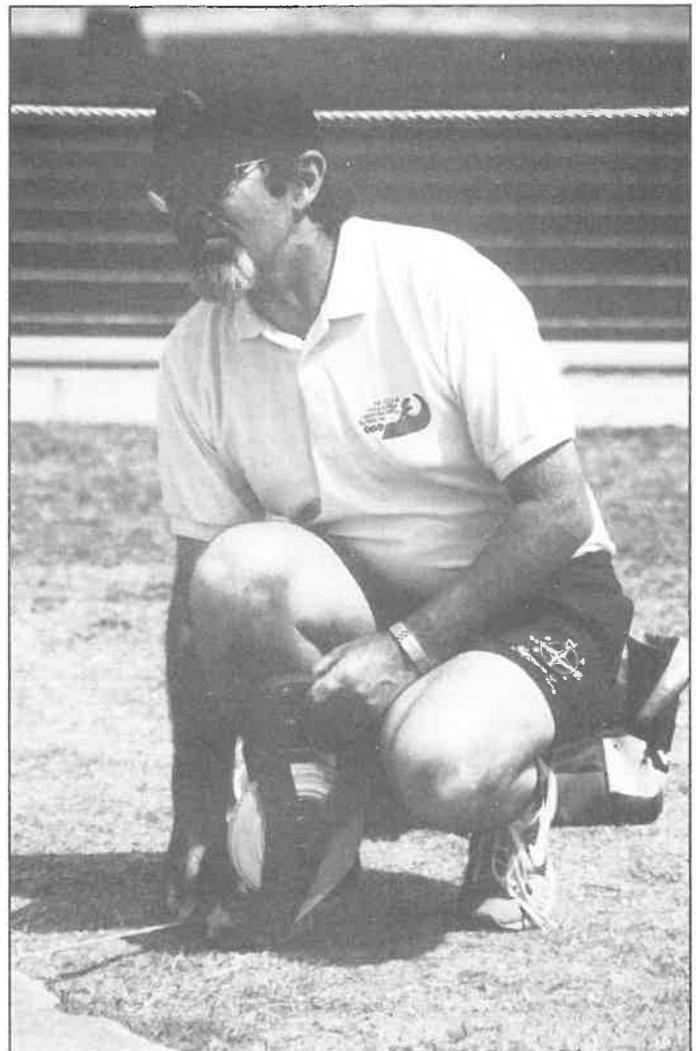
**McDonalds League
Southern Premier Division**

1, Blackheath H	1297
14, Belgrave H	784

Indoor records for Cockram and Owen

The Puma Open meetings at Crystal Palace gave the chance for a couple of Belgravians to shine in spite of the winter gloom. On January 14th Neil Owen three times ran a Club Record 8.1 over the 60 metre hurdles and Julia Cockram cleared 2.80 in the pole vault to equal Susan Drummie's indoor Club Record. Neil also ran 7.3 for the flat 60m on the 11th.

John Mackenzie and Mike Morgan have also been in action, turning in 7.26 and 7.22 efforts on January 14th at Woodford.



Right: Without officials, there would be no athletics. Leo Coy's job doesn't stop at giving out the numbers and pins!

Schools results

CENTRAL SURREY CHAMPS

19 May, Kingsmeadow

Belgrave swept the board on the track with winners in the 400m to 1500m plus steeplechase. Some great triple jumping came from James Hilston - although he was later to pay for it with a persistent knee problem. Simon Weston was particularly impressive in the 800m, going it alone with a 57 second first lap and continuing for an aggravating final clocking of 2 minutes dead - a championship best.

Inter Boys. 100m: 4, H.Cavalier 12.4. 400m: 1, J.Hilston 53.1; 3, P.Fox 56.1. 800m: 1, S.Weston 2:00.0 (CBP). 1500m: 1, T.Evans 4:16.6. 100mH: 3, P.Fox 17.6. 1500mSC: 1, C.Elliott 5:05.3. TJ: 2, J.Hilston 13.06.

Inter Girls. SP: 5, H.Mead 7.06. JT: 2, H.Mead 21.12.

COUNTY SCHOOLS CHAMPS

London at L Christie Stadium.

Inter Boys 3000m: 1, J.Wilson 9:46.7. 100mH: 1, S.Scott 14.7. JT: 1, B.Cascoe 51.76.

Junior Boys 1500m: 1, S.Vella 4:27.8. PV: 1, A.Hill 2.60.

Senior Girls 400mH: 1, J.Dash 69.9.

Inter Girls 80mH: 1, M.Simon 12.6. DT: V.Smith 21.64

Surrey at Kingsmeadow

The hard luck story of the champs was that of 400 metre hurdler Robert Milner. A possible winner, he over rotated at a hurdle going into the back straight and fell badly, lying on the deck for a considerable length of time before recovering his composure and getting up to finish a battered and disappointed 4th.

The senior boys' 800 saw last year's leading inters Toby Dolman (Crawley AC and now 2nd-claim Belgrave) and Gavin Mason matching strides again. In '93 it was Toby who got to the line first by a whisker. In this year's clash an initial circuit of 55 seconds by Gavin was not enough to shake off his rival but lengthening his stride into the back stretch, daylight began to open and his final 1:53.8 lopped a pleasing chunk off his pb.

Senior Boys 800m: 1, G.Mason 1:53.8; 2, T.Dolman 1:56.0. 3000m: 1, M.Hillier 9:09.3.

Inter Boys 800m: 1, S.Weston 2:00.7. 1500m: 2, T.Evans 4:18.4. 1500mSC: 3, C.Elliott 4:53.7.

Junior Boys 200m: 1, E.Hassan 24.7.

Inter Girls JT: 7, H.Mead 21.96.

TSB ENGLISH SCHOOLS CUP FINAL

2 July. Sheffield

Inter Boys PV: 7, A.Hill (Dulwich) 2.40.

TSB ENGLISH SCHOOLS CHAMPS

8-9 Jul. Telford

This year we had eight at the championships but although there were some good performances from our young Bels., we nevertheless came away from Telford without a winner.

In his first year as an intermediate, James Hilston ran his fastest ever (50.15) in the heats, ensuring progression to the next round by chasing home Slocumbe of Dorset who clocked 49.94. The first five were all under 51 - super running from 15 and 16 year-olds. Another hard run came in the semis where James (50.21) was up against Slocumbe again (49.76) and not surprisingly it was the Dorset man who eventually took the final in 49.71. Baird of Humberside was 2nd in 49.96 while James in 3rd beat the only other man to have broken 50 during the competition. Can we expect 48 and bits from James in '95?

Marlon Dickson ran an 11.58 for 2nd in his heat - into a 2.0 wind! Later he was able to take advantage of a following breeze to get down to 11.36 in final. And great sprinting also came from Es Hassan in the 200m; he ran 23.9 against a 2.6 wind to win his heat and then went to 23.34 (+3.4mps) and 23.30 (+5.9) as the wind direction changed.

Gavin Mason disappointingly only got up to 5th in the opening heat of the 800m. His time, within 7/10ths of the winner, would have won any of the other heats. Michael Parper had earlier been our long shot for an intermediate win after running 50.1/1:59 in early season competition but he was short of training after a knee problem, while Rob Milner did well to reach the 400 hurdles semis after health troubles earlier in the year.

Senior Boys 800m: s-f 8, T.Dolman (Surrey) 1:59.26 (1:55.87 ht); hts 5, G.Mason 1:54.91.

Intermediate Boys 100m: s-f (+2.6) 6, M.Dickson (London) 11.36. 400m: 3, J.Hilston (Surrey) 50.38 (50.15 ht). 800m: hts 7, M.Parper (London) 2:02.82. 400mH: s-f 5, R.Milner (Surrey) 57.04 (56.70 ht). JT: Qual. round 9, B.Cascoe (London) 49.76.

Junior Boys 200m: (+5.9) 7, E.Hassan 23.30. 1500m: ht 7, S.Vella (London) 4:21.36.

WANDSWORTH SCHOOLS CHAMPS

13 July. Tooting Bec

LJ: 1, G.Ojok 5.74. 400m: 1, G.Ojok 54.2.



Above: With the familiar backdrop of Battersea Power Station, 15 years-old James Hilston pauses for a photo call during a summer training session. In his first year in the Intermediate Boys age group James picked up 3rd place medal at the All-England Schools Champs. and ended the season with sprint pbs of 11.7, 22.9 and 50.15. Photo by Clive Shippen

YOUNG BELGRAVIANS

Captions to photographs on the next two pages:

Top row (left to right): Laura Wilson on her way around two laps during the Women's Southern League match at Perivale. She clipped her own U15G 800m Club Record by 1/10th in 1994, taking it to 2:26.0.

Matthew Coleman races for the line during one of the wheelchair races at the Cophall British League match.

Rebecca Brown, Shelley Skippen, Abigail Gray and Laura Walden pose between events at Perivale.

Pictured racing over 200 metres for a change, at Aldershot in the National Junior League, Rob Milner took nearly a whole second off his 400m hurdles Club Record in 1994 with 56.39.

Centre: Robert Bignall, under 13 Boys' Cross Country Captain, is just as determined when it comes to track racing.

John Wilson and Simon Alexander both scored well for us in the McDonald's League distance races; on this occasion, at Deangate, they both went well under 10 minutes for the 3,000 metres..

Bottom: Undeterred by the shattered hurdle in the next lane at the first flight of barriers, Captain Steve Scott went on to equal our ten year old Club Record of 14.3 for the U17M 100m hurdles.

Surely U15B Es Hassan must have scored more points than anyone during summer. An All-England Schools 200 metre finalist, he ended the season with pbs at 11.85, 23.59 and 54.09 in the sprints, and 5.75 in the long jump. He took three gold medals and one silver in the Surrey County T&F Champs.

Simon Weston and Gavin Jones took 2nd and 1st places respectively in the 'A' and 'B' U17M 800 metre races at Deangate.

And what a talent this young man has. Moses Semakula has been taking the U13B sprints by storm. Moses won A.A.A. Grade 1 Awards in 100m, 200m and shot putt during the summer, the latter with a Club Record distance of 9.77.

All photos by Alan Mead



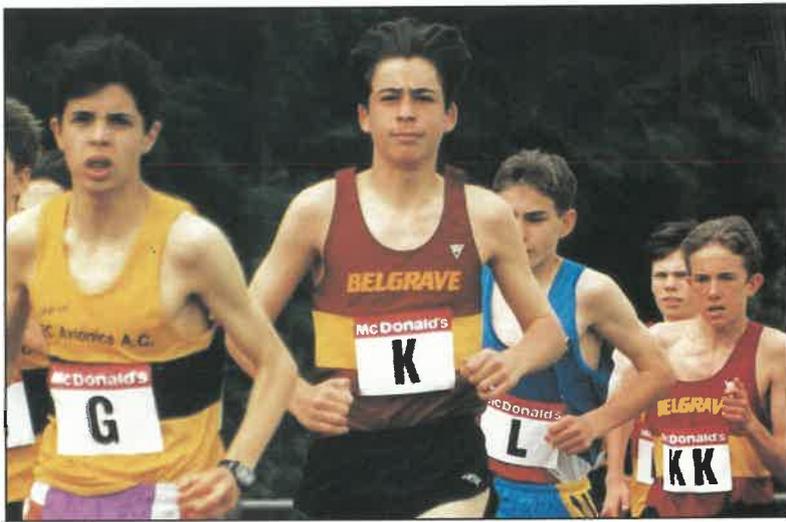
YOUNG BELGRAVE

Always one to support and encourage young athletes, the school is also a generous sponsor of The Belgravian. In memory then, than a centrespread showing sportsmen and women, the Belgravians. See previous page for more.

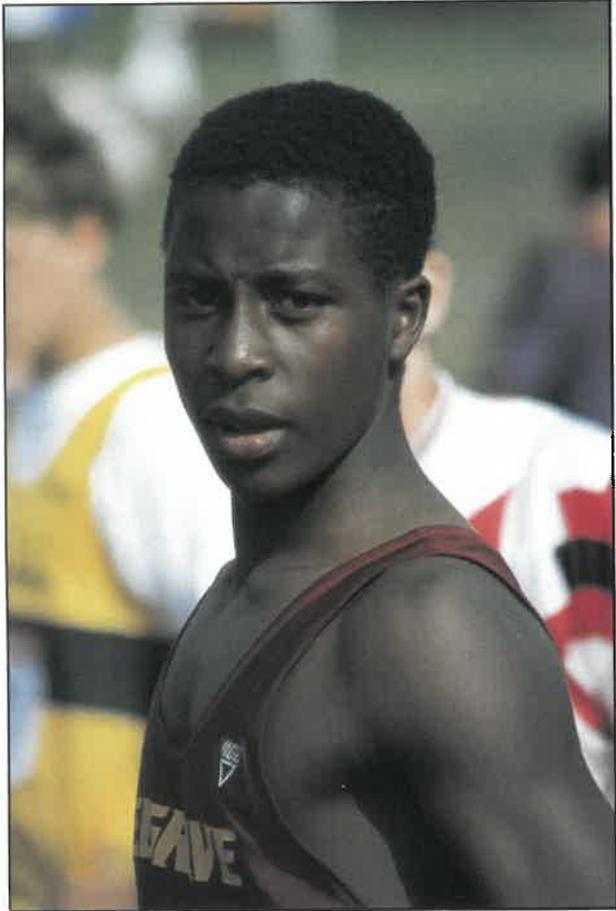




VIAMINS
 ... Tom Carter was
 ... tribute to his
 ... of today's Young
 ... tions.



*In memory of
 Tom Carter*



Women's Track & Field

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 1 WORTHING, 23 APR

The cinder track took most of our team by surprise - some of them didn't even seem to have seen one before. They should have been here a generation earlier when all tracks were cinder except a few like this one at Worthing which was then grass!

Sutton & District were the revelation of the match. Newly promoted from Division 4, they surprised even themselves by starting their 1994 campaign where they left off last year - with a win. We were pleased enough with our 4th place among some good clubs, being very short through illness and expecting to come last.

Among the highlights were a long jump pb from Syreeta Stracey and an exciting come-back by Jacinta Moore in the 1500m after being some 30m off the pace. Pam Friel was well in command in the 400m and given still conditions and a few more races under her belt looked set fair for a sub-60 clocking in the next few weeks. It was interesting to note that our senior 100 metres pair were both daughters of our lady veterans' team 100m runners - a family sport this athletics.

Seniors

100m: 5, S.Scott 14.3; 4, S.Stracey 14.2. 200m: 3, P.Friel 29.0; 4, S.Stracey 29.5. 400m: 1, P.Friel 61.3; 4, J.Dash 67.0. 800m: 4, R.Fyffe 2:37.5; 2, J.Moore 2:36.0. 1500m: 1, J.Moore 5:20.5; 5, S.Porter 7:25.9. 3000m: 3, N.Mills 12:11.6; 4, S.Porter 15:24.8. 100mH: 3, J.Dash 18.1; 4, A.Patten 20.5. 400mH: 3, J.Dash 71.5; 3, J.Stone 75.4. HJ: 2, J.Cockram 1.45; 2, J.Stone 1.30. LJ: 3, A.Patten 4.66; 3, S.Stracey 4.53. TJ: 2, A.Patten 9.83; 2, J.Cockram 8.87. SP: 3, R.Fyffe 8.44; 3, H.Mead 6.66. DT: 3, R.Fyffe 28.70; 2, A.Patten 24.78. JT: 4, G.Richardson 26.84; 3, H.Mead 20.74. HT: 3, S.Milner 20.02; 3, P.Keeler 18.18. 4x100m: 5, Belgrave (S.Scott, A.Patten, J.Cockram, S.Stracey) 56.8. 4x400m: 2, Belgrave (J.Stone 69.2, J.Dash 68.5, P.Friel 61.7, R.Fyffe 63.8) 4:23.2.

U15G

100m: 4, D.O'Sullivan 15.1; 4, J.Newman 18.2. 200m: 4, D.O'Sullivan 31.6; 5, L.Walden 38.9. 800m: 1, L.Wilson 2:33.0; 4, L.Walden 3:17.7. 1500m: 4, J.Brown 5:45.4. 75mH: 2, L.Wilson 13.8. LJ: 5, J. Newman 2.80; 5, L.Walden 3.13. SP: 4, J.Newman 5.61. DT: 3, R.Letang 17.38; 2, J.Brown 12.44. JT: 3, R.Letang 18.90; 2, L.Wilson 14.96. 4x100m: 5, Belgrave (L.Wilson,

D.O'Sullivan, R.Letang, L.Walden) 68.0.

Teams: 1, Sutton & Dist. 191; 2, Verlea 187; 3, Worthing 184; 4, Belgrave 140; 5, Ilford 90.

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 2

PARLIAMENT HILL, 21 MAY

Plenty of excitement came our way as we got yet another soaking at this North London venue. Does it always rain at Parliament Hill?

The coach very nearly got stuck while manoeuvring through the narrow entrance, a para-medical helicopter landed next to the track in mid-competition, the tent sheltering our shivering team got all but blown away and, oh! yes, we won the match!

Jessica Dash and Jackie Stone set the afternoon up with double wins in the 400m hurdles but although we had several other winners and a good sprinkling of 2nds the result was in doubt until the last relay was over. Gail Richardson was pleased with her javelin win and although Julia Cockram must have been just as happy with her maximum score in the high jump, there is surely a more enjoyable way to spend an afternoon than Fosbury flopping onto one's back into a three inch deep puddle in the middle of the landing bed.

Gabby Collison had a rare excursion over 800m but this was just the warm up for a battle royal with international road runner Danielle Sanderson over 1500m. The Watford runner had also had a loosener earlier on - over 3k - and there was nothing in it for the first three laps. But the Belgravian is showing a fair old turn of speed these days and when the pace was upped for the run home it was the claret vested runner who won the day.

Just as exciting, but for different reasons, was the 4x100m where we went into the last takeover ahead of a closely packed field. Along the straight the whole field evened up until they crossed the line with virtually nothing between them. A difficult one for the judges (which included our own George Piddington representing Havant) and on this occasion it didn't go our way as we had gone from 1st to 5th right on the line.

We must make a special mention of our under 15 girls. Only seven in number and four of these all the way from Folkestone, we couldn't have won the match without them.

Seniors

100m: 3, S.Simon 13.5; 3, M.Simon 13.9. 200m: 2, S.Simon 27.1; 3, S.Stracey 29.1. 400m: 2, P.Friel 61.2; 3, J.Stone 65.2. 800m: 2, G.Collison 2:21.0; 3, J.Moore 2:31.7. 1500m: 1, G.Collison 4:44.7; 2, J.Moore 5:20.2. 3000m: 5, N.Mills 11:54.4; 4, S.Howard

13:28.5. 100mH: 1, J.Dash 16.6; 3, A.Patten 19.6. 400mH: 1, J.Dash 70.7; 1, J.Stone 73.0. HJ: 1, J.Cockram 1.53; 1, J.Stone 1.30. LJ: 3, A.Patten 4.62; 2, S.Stracey 4.18. TJ: 2, A.Patten 9.40; 1, J.Cockram 8.77. SP: 4, C.Bazin 6.79; 3, H.Mead 6.50. DT: 2, A.Patten 25.??; 3, V.Smith 17.18. JT: 1, G.Richardson 25.98; 3, H.Mead 19.76. HT: 2, P.Keeler 20.72; 3, G.Richardson 17.26. 4x100m: 5, Belgrave (S.Simon, M.Simon, M.White, C.Bazin) 54.7. 4x400m: 2, Belgrave (J.Dash, S.Stracey, P.Friel, J.Stone) 4:26.1.

U17W

80mH: 1, M.Simon 13.0.

U15G

100m: 4, B.Simon 13.9; 5, L.Walden 16.5. 200m: 3, B.Simon 28.6; 5, A.Butler 35.5. 800m: 2, L.Wilson 2:29.3; 3, J.Brown 2:47.4. 75mH: 3, L.Wilson 14.9; 2, A.Butler 17.1. HJ: 2, A.Butler 1.15; 2, R.Letang 1.15. LJ: 5, J.Newman 2.85; 5, L.Walden 2.74. SP: 5, J.Newman 5.77; 5, B.Simon 4.44. DT: 2, R.Letang 17.50; 4, J.Brown 12.02. JT: 3, R.Letang 16.06; 1, L.Wilson 15.62. 4x100m: 4, Belgrave (L.Wilson, A.Butler, R.Letang, B.Simon) 58.9.

Teams: 1, Belgrave 171; 2, Watford 168; 3, Highgate 162; 4, Cambridge & Coleridge 157; 5, Havant 136.

THAMESIDE LEAGUE

MATCH 1

BATTERSEA PARK, 28 MAY

U15G

100m: 2, D.O'Sullivan 14.4. 800m: 1, L.Wilson 2:29.8; 2, J.Brown 2:44.7. 75mH: 4, A.Butler 16.9. HJ: 4, A.Butler 1.15. DT: 6, J.Brown 11.10. JT: 4, L.Wilson 14.78. 1600mW: 3, A.Butler 10:53.9. Teams: 1, Paddock Wood 181; 2, Camberley 172; 3, Croydon 155; 4, Richmond & Twick. 130; 5, Herne Hill 89; 6, Belgrave 86.

U13G

100m: 2, B.Simon 14.1. 200m: 1, B.Simon 28.9; 2, L.Walden 33.1. LJ: 6, L.Walden 2.99. SP: 2, B.Simon 5.80. Teams: 1, Paddock Wood 160; 2, Camberley 154; 3, Croydon 78; 4, Queen's Park 65; 5, Herne Hill 57; 6, Belgrave 55.

WOMEN'S SOUTHERN LEAGUE

DIVISION 3 MATCH 3

SUTCLIFFE PARK, 4 JUN

It was back to 4th team place once more at Sutcliffe Park in yet another rain soaked match. Again a double 400m hurdle win from gave us a good start and we didn't drop a single point over 1500 and 3000 metres as we turned out the super quartet of Helen Maskrey, Nina Mills, Morag Andrew and Nikki Haines. But there were a couple of gaps in the team where we had no-one to line up with the opposition - and that's all it takes.

A Club Record was set by

AROUND THE TRACKS

April

- 4 Tonbridge Open. U13G LJ: 1, G.Newman 3.51. SP: 3, G.Newman 5.05. U15G 3000m Walk 2, A.Butler 24:00.7.
27 Crystal Palace, SEAA Women's 5000m: 3, G.Collison 17:16.1. Open events. 150m: P.Friel 20.5. 300m: P.Friel 43.6.

May

- 18 Battersea Park, Rosenheim events. 100m: P.Friel 13.3. 200m: P.Friel 26.7
22 Barn Elms Open. PV: 2, S.Drummie 2.80; 3, J.Cockram 2.60.
29 Crawley, Reebok Track Challenge. 5000m: 3, G.Collison 16:44.58.

June

- 1 Crystal Palace, Rosenheim events. 200m: 3, S.Stracey 29.0. SP: 2, V.Smith 6.83; 3, H.Mead 6.72. JT: 1, H.Mead 24.18.
12 Birmingham, 12 Jun., AAA Champs. PV: 9, S.Drummie 2.60; 10, J.Cockram 2.60.
15 Tooting, Rosenheim events. 3000m: H.Maskrey 10:32.0. PV: J.Cockram 2.20. DT: J.Cockram 17.72; J.Smiter 16.90.
25 SEAA Champs. 3000m: 9, G.Collison 9:50.65.
29 Croydon, Rosenheim events. JT: H.Mead 18.42.
29 Aldershot, Representative Match. 1500m: 2, G.Collison (Surrey) 4:37.1.

July

- 27 Tooting, 27 Jul., Rosenheim Lg. 400m: 4, S.Stracey 67.5.

August

- 24 Woking Open. 1500: 1, G.Collison 4:33.1.
28 Newham, Tate & Lyle YA Meeting. U11G 100m: 5, R.Andrews 20.1. 800m: R.Andrews 4:11.7. SP: 2, K.Wraight 6.47. U13G 100m: (1) 4, A.Timmis 17.0; (2) 4, L.Walden 15.2; 5, N.Masters 17.8. 200m: (2) 6, A.Timmis 38.1; (3) 5, N.Masters 38.1. LJ: 5, L.Walden 3.56. U15G 100m: 6, K.Wright 15.4. 200m: (2) 7, R.Brown 33.6. 800m: 3, J.Brown 2:44.7; 9, K.Parker-Smith 2:59.5. 1500m: 8, A.Gray 5:51.9. LJ: 11, K.Wraight 3.48; 12, R.Brown 3.42; 13, K.Parker-Smith 3.32. JT: 4, R.Brown 14.56; 5, J.Brown 14.50. DT: 5, J.Brown 14.96.
29 Sutcliffe Park, Southern Inter-Counties. 3000m: 2, G.Collison 9:39.8.

September

- 18 Sutton Arena, Sutton & Dist. 1500m: G.Collison 4:31.5.

Laura Wilson in the under 15 800 metres. She played with the opposition before striding away to reduce her best ever to 2:26.0 - 1/10th below the mark she set last year. Over one lap Pam Friel also improved her best - by 6/10ths to a tantalising 60.2.

Another Club best came from Petronell Keeler, now getting to grips with the hammer and two others who tackled brand new events (for them) were Julia Cockram in the 400m and Hazel Mead in the 80m hurdles. Once a team manager sees you do something new, you're down on the books as a likely reserve for ever!

Senior
100m: 4, A.Abrams 14.0; 3, M.Simon 13.7. 200m: 2, S.Simon 27.5; 3, J.Stone 29.0. 400m: 1, P.Friel 60.2; 3, J.Cockram 71.7. 800m: 5, N.Alexander 3:04.5. 1500m: 1, H.Maskrey 5:04.2; 1, N.Mills 5:36.3. 3000m: 1, M.Andrews 10:48.9; 1, N.Haines 10:52.7. 100mH: 2, J.Dash 16.9; 2, A.Patten 20.7. 400mH: 1, J.Dash 69.9; 1, J.Stone 71.0. HJ: 2,

J.Cockram 1.53; 2, J.Stone 1.25. LJ: 2, A.Abrams 4.97; 2, A.Patten 4.66. TJ: 2, A.Patten 9.50; 1, J.Cockram 8.70. SP: 5, H.Mead 6.63; 3, V.Smith 6.44. DT: 2, A.Patten 28.70; 2, P.Keeler 23.22. JT: 3, G.Richardson 25.68; 2, H.Mead 20.28. HT: 4, P.Keeler 22.78; 2, G.Richardson 18.76. 4x100m: 3, Belgrave (S.Scott, M.Simon, A.Abrams, S.Simon) 53.9. 4x400m: 3, Belgrave (J.Dash 66.1, N.Alexander 72.6, J.Stone 66.8, P.Friel 61.8) 4:27.5.

U17W
80mH: 1, M.Simon 12.8; 3, H.Mead 18.2.
U15G
100m: 3, B.Simon 14.6; 4, R.Letang 15.2. 200m: 3, B.Simon 29.0; 4, L.Walden 32.9. 800m: 1, L.Wilson 2:26.0. 75mH: 2, L.Wilson 14.2. HJ: 4, R.Letang 1.10. LJ: 4, L.Walden 2.82; 4, J.Newman 2.80. SP: 5, B.Simon 5.30; 5, J.Newman 5.46. DT: 3, R.Letang 15.90; 4, J.Brown 11.78. JT: 3, L.Wilson 15.56; 3, J.Newman 7.08. 4x100m: 3, Belgrave (L.Walden, B.Simon, R.Letang, L.Wilson) 59.0.

Teams: 1, Bexley 192; 2, Peterborough 186; 3, Tonbridge 167; 4, Belgrave 166; 5, Cambridge 68.

THAMESIDE LEAGUE MATCH 2 BATTERSEA PARK, 18 JUN

U15G
800m: 1, L.Wilson 2:28.1. HJ: 6, R.Letang 1.20. LJ: 6, R.Letang 3.79. Teams: 1, Croydon 195; 2, Paddock Wood 145; 3, Camberley 134; 4, Herne Hill 116; 5, Richmond & T 91; 6, Queens Park 36; 7, Belgrave 32.
U13G
100m: 1, B.Simon 13.7; 4, L.Davison 16.1. 200m: 1, B.Simon 28.4. LJ: 5, L.Kreizman 3.35. SP: 3, B.Simon 6.06; 3, C.Edwards 4.10. Teams: 1, Paddock Wood 157.5; 2, Herne Hill 124.5; 3, Camberley 118; 4, Croydon 110; 5, Richmond & T 72; 6, Belgrave 59; 7, Queens Park 23.

GUARDIAN JUBILEE CUP SECOND ROUND KINGSMEADOW, 19 JUN

100m: 4, M.Smith 12.7. 200m: 6, S.Stracey 29.1. 400m: 6, N.Alexander 72.9. 800m: 4, J.Moore 2:32.8. 1500m: 1, H.Maskrey 5:01.2. 3000m: 5, J.Moore 11:43.9. 400mH: 3, J.Dash 70.4. HJ: =2, J.Cockram 1.50. LJ: 2, A.Abrams 5.42. TJ: 5, A.Patten 9.96. SP: 5, H.Mead 6.98. DT: 4, A.Patten 30.68. JT: 3, G.Richardson 28.74. 4x100m: 3, Belgrave (C.James, A.Abrams, A.Abrams, M.Smith) 51.5. 4x400m: 5, Belgrave (N.Alexander 72.4, S.Stracey 67.5, A.Patten 75.2, J.Moore 70.9) 4:46.0. Teams: 1, Team Solent 114.5; 2, Epsom & Ewell 101; 3, BT Pitreavie 91; 4, Radley 90; 5, Belgrave 77.5; 6, Basingstoke 46.

THAMESIDE LEAGUE MATCH 3 BATTERSEA PARK, 2 JUL

U15G
800m: 4, J.Brown 2:46.9. 1500m: 1, L.Wilson 5:23.1. DT: 7, J.Brown 11.86. JT: 4, L.Wilson 15.78; 4, J.Brown 5.16.
Teams: 1, Croydon 195; 2, Camberley 160; 3, Paddock Wood 155; 4, Herne Hill 116; 5, Queens Park 94; 6, Belgrave 55; 7, Richmond & T 48.
U13G
100m: 1, B.Simon 13.8; 3, L.Kreizman 14.9; n/s (1) 4, L.Fryer 17.6; 5, T.Simon 18.0; (2) 2, L.Walden 15.7. 200m: 1, B.Simon 28.6; 4, L.Davison 35.1. 800m: 4, L.Fryer 3:11.6; 2, L.Davison 3:19.1. 70mH: 4, S.Skippen 14.3. HJ: 2, S.Skippen 1.15. LJ: 3, L.Walden 3.81; 2, L.Kreizman 3.61. SP: 3, B.Simon 6.00; 2, L.Kreizman 4.68. 4x100m: 2, Belgrave 60.6. Teams: 1, Paddock Wood 157; 2, Herne Hill 142; 3, Camberley 137; 4, Belgrave 126; 5, Croydon 62; 6, Richmond & T 13.

WOMEN'S SOUTHERN LEAGUE DIVISION 3 MATCH 4 PERIVALE, 16 JUL

At last the sun came out for what turned out to be a blistering afternoon. The home club were at full strength and having recently amalgamated with Middlesex Ladies proved that they are going to be a force in WSL athletics. As far as the Bels were concerned, our team was just that bit stronger - and needed to be to gain us a 3rd team place which took us to 11th overall.

Having already won the Guardian Jubilee Cup 1500m in a personal best, Helen Maskrey now took another whopping eight seconds off and is really beginning to look a track runner as she tucked in with the leading bunch, pushed the pace along at the leader's shoulder, and then stretched away over the last 300m for a clear win.

As normal Angela Patten popped up everywhere - jumps, throws - it's all the same to her, and Gail Richardson also scored well with wins in the discus and hammer. It was good to have Jacqui Smiter



Above: Melissa Bentt (B), daughter of all-rounder Arnold from the Southern League teams of 20 years back, rounds the turn in the under 15 Girls 200 metres at Perivale.



Right: Taking care of the senior 200 metres at the same venue was Andrea Abrams.



Above: Helen Maskrey prepares to launch a fast last 300m to see off the opposition in the Perivale 1500m and set a pb of 4:53.5 into the bargain.

back in the team after months of problems with shin splints and we welcomed two new under 15s to bolster our younger section - thrower Michelle Stock and sprinter Melissa Bentt.

Seniors

100m: 3, M.Smith 13.2; 4, M.Simon 13.9. 200m: 5, A.Abrams 28.1; 5, J.Smiter 32.0. 400m: 3, P.Friel 60.4; 5, G.Husbands 70.2. 800m: 4, J.Moore 2:33.7; 4, S.Howard 2:47.7. 1500m: 1, H.Maskrey 4:53.5; 2, J.Moore 5:22.0. 3000m: 3, N.Haines 10:52.6; 2, N.Mills 12:21.2. 100mH: 1, J.Dash 16.9; 3, J.Cockram 20.2. 400mH: 2, J.Dash 70.0; 1, J.Stone 72.4. HJ: 2, J.Cockram 1.45; 1, J.Smiter 1.40. LJ: 3, M.Smith 4.63; 2, A.Patten 4.40. TJ: 3, A.Patten 9.96; 1, J.Cockram 9.15. SP: 2, A.Patten 9.39; 4, H.Mead 6.47. DT: 3, A.Patten 27.52; 1, G.Richardson 21.94. JT: 4, G.Richardson 27.50; 2, A.Patten 26.70. HT: 1, G.Richardson 21.86; 3, H.Mead 14.54. 4x100m: 3, Belgrave (A.Abrams, M.Simon, J.Smiter, M.Smith) 53.9. 4x400m: 5, Belgrave (J.Dash, J.Cockram, N.Alexander, J.Stone) 4:35.7.

U17W

80mH: 1, M.Simon 13.3; 1, H.Mead 17.1.

U15G

100m: 3, M.Bentt 13.8; 3, B.Simon 13.8. 200m: 4, M.Bentt 30.0; 3, B.Simon 28.7. 800m: 2, L.Wilson 2:29.5; 4, L.Davison 3:26.9. 1500m: 4, A.Gray 5:42.4; dnf, S.Skippen.

75mH: 5, L.Wilson 14.6; 2, S.Skippen 15.3. HJ: 5, R.Letang 1.20; 4, A.Lawton 1.15. LJ: 5, B.Simon 3.92; 4, L.Wilson 3.56. SP: 3, M.Stock 8.94; 2, R.Letang 7.82. DT: 2, M.Stock 27.70; 2, R.Letang 19.28. JT: 5, L.Wilson 11.66; 3, R.Brown 11.10. 4x100m: 4, Belgrave (B.Simon, R.Letang, L.Wilson, M.Bentt) 56.9. Teams: 1, Ealing & Southall 213; 2, Hercules Wimbledon 190.5; 3, Belgrave 163; 4, Southend 128.5; 5, Haywards Heath 102.

THAMESIDE LEAGUE MATCH 4 BATTERSEA PARK, 23 JUL

U15G

100m: 2, L.Spencer 15.8. 800m: 1, L.Wilson 2:28.4; 1, J.Brown 2:46.6. 1500m: 1, A.Gray 5:37.4. HJ: 1, L.Wilson 1.50; 2, R.Letang 1.20. SP: 1, M.Stock 8.66; 1, T.Ejoh 8.16. DT 2, M.Stock 22.40; 1, T.Ejoh 19.48. JT: 4, R.Letang 18.84; 1, J.Brown 17.06.

Teams: 1, Croydon 192; 2, Camberley 148; 3, Belgrave 127; 4, Herne Hill 90; 5, Richmond & T 69; 6, Queens Park 25.

U13G

100m: 2, B.Simon 14.4; 3, L.Walden 15.8. 200m: 1, B.Simon 30.3 n/s 3, C.Edwards 34.0. 800m: 4, L.Davison 3:17.0. 70mH: 5, S.Skippen 14.8. HJ: 3, S.Skippen 1.15. LJ: 2, B.Simon 4.17; 2, L.Walden 3.69.

Teams: 1, Paddock Wood 175; 2,

Camberley 146; 3, Herne Hill 125; 4, Belgrave 84; 5, Croydon 82; 6, Richmond & T 42; 7, Queens Park 19.

WOMEN'S SOUTHERN LEAGUE

DIVISION 3 MATCH 5 CARN BRAE, 13 AUG

Ten hours in a coach is long enough for anybody and don't forget, some of the team had been up since dawn to get from Folkestone to London! It was with relief that we passed through the granite entrance way of Henry VIII's Pendennis Castle, our "home" for the next couple of nights.

Away matches to Cornwall really are a long way away but we weren't the only London team to have made the long haul for in our competition we came up against Richmond & Twickenham and in the men's Southern League held in conjunction Thames Valley were in action. The biggest cheer of the afternoon came before the match had got under way - when we were welcomed as the club for which new European Champion Du'aine Ladejo competes.

Our best performances came in the throws where under 15s Michelle Stock and Tigho Ejoh came up with double wins in the shot and discus. These two are going to be great assets in the years to come. Rhiann Letang set a pb in the javelin and with Melissa Bentt and Laura Wilson also winning in this age group, for the first time in a long while it was the seniors who struggled most to score points.

Not surprisingly the local club were by far the strongest. But 3rd place for the Bels, getting on for 300 miles from home, gave us plenty to celebrate - and celebrate we did with "Fish & Chips for forty please" and an impromptu party on the beach.

Seniors

100m: 1, S.Simon 14.0; 3, A.Abrams 13.2. 200m: 4, S.Simon 27.8; 5, S.Stracey 29.1. 400m: 3, P.Friel 63.1; 4, G.Husbands 72.5. 800m: 5, G.Husbands 3.07; 5, N.Stracey 4:01.3. 1500m: 5, S.Porter 7:12.8. 3000m: 5, J.Smiter 14:10.8; 5, S.Porter 15:57.9. 100mH: 5, J.Smiter 20.7; 4, G.Richardson 20.6. 400mH: 5, J.Stone 82.8; 3, J.Smiter 81.9. HJ: 5, G.Richardson 1.25; 2, J.Smiter 1.25. LJ: 4, A.Abrams 4.78; 2, S.Stracey 4.55. TJ: 3, J.Smiter 8.64; 3, H.Mead 7.30. SP: 5,

C.James 6.83; 4, V.Smith 6.46. DT: 4, G.Richardson 18.46; 4, V.Smith 17.26. JT: 3, G.Richardson 25.78; 3, V.Smith 13.68. HT: 2, G.Richardson 24.32; 4, S.Porter 11.48. 4x100m: 4, Belgrave (H.Mead, M.Simon, A.Abrams, P.Friel) 54.7. 4x400m: 4, Belgrave (S.Simon, G.Husbands, S.Stracey, J.Stone) 4:50.5.

U17W

80mH: 1, M.Simon 12.8; 2, H.Mead 16.8.

U15G

100m: 1, M.Bentt 13.6; 3, L.Walden 15.3. 200m: 2, M.Bentt 28.8; 4, L.Walden 31.9. 800m: 1, L.Wilson 2.30; 3, L.Davison 3:30.3. 1500m: 3, K.Parker-Smith 6:29.9; 3, L.Spencer 8:21.4. 75mH: 3, S.Skippen 15.7; 3, M.Bentt 16.4. HJ: 4, R.Letang 1.20; =2, S.Skippen 1.20. LJ: 3, R.Letang 4.07; 3, G.Newman 3.08; n/s K.Parker-Smith 3.43; L.Walden ?. SP: 1, M.Stock 8.63; 1, T.Ejoh 8.00. DT: 1, M.Stock 27.24; 1, T.Ejoh 21.92. JT: 2, R.Letang 22.64; 4, G.Newman 8.96. 4x100m: 2, Belgrave (L.Walden, M.Bentt, R.Letang, L.Wilson) 57.9.

Teams: 1, Newquay & Par 230.5; 2, Andover 179; 3, Belgrave 148.5; 4, Richmond & Twickenham 121; 5, Portsmouth & Dist. 95.

WOMEN'S SOUTHERN LEAGUE

DIVISION 3 MATCH 6 BATTERSEA PARK, 3 SEP

Back on our home ground to finish off the season we came so close to another win. As it was, we had to be satisfied with a 2nd place that took us to a creditable final 9th place in the league. With things looking



Right: Regular scorer in the Women's Southern League, Gail Richardson prepares to launch the 600gm spear in match 3 but it was in the hammer and discus that she picked up wins.

stronger in the younger age-group and some good winter training we could be shooting for an even higher position next year.

We managed to round up eleven under 15s - our best for the summer - and they scored well with our strong girls Michelle and Tigho again in good form. Rhiann Letang is another reliable competitor; she has competed in every Southern League match this season, usually taking in three or four events in an afternoon.

Among the seniors we saw a hammer record from Petronell Keeler, Angela Abrams getting to the front of the 100 metres field and some very strong performances by the middle distance runners. Star of the track had to be Gabby Collison, however. Her 1500 metres win was absolutely devastating. She is now four seconds faster than last year and well within reach of Hilary Baxter's classy record of 4:31.4 set in 1981.

Seniors
 100m: 1, A.Abrams 13.1; 3, H.Mead 14.4. 200m: 4, S.Stracey 29.4; 4, H.Mead 31.4. 400m: 4, G.Husbands 70.6; 2, N.Alexander 72.4. 800m: 2, J.Moore 2:29.6; 2, B.Siwoku 2:25.8. 1500m: 1, G.Collison 4:34.4; 2, N.Haines 5:18.5. 3000m: 1, N.Haines 10:42.5; 1, N.Mills 12:15.2. 100mH: 2, C.James 17.0; 1, J.Dash 16.9. 400mH: 2, J.Dash 76.0; 3, J.Smiter 83.3. HJ: 2, J.Cockram 1.35; 4, J.Smiter 1.35. LJ: 2, A.Abrams 4.97; 1, S.Stracey 4.39. TJ: 1, A.Patten 10.03; 3, J.Cockram

Right: Jacqui Smiter, back into the team after shin splints hands the baton over to the powerful Maxine Smith, our top ranked 100 metre runner for the year.

7.91. SP: 2, A.Patten 9.00; 3, G.Richardson 7.07. DT: 3, P.Keeler 26.38; 1, G.Richardson 20.00. JT: 2, G.Richardson 26.52; 3, A.Patten 22.02. HT: 2, P.Keeler 29.22; 3, G.Richardson 17.70. 4x100m: 2, Belgrave (S.Scott, C.James, A.Abrams, S.Stracey) 54.4. 4x400m: 3, Belgrave (J.Dash 70.7, G.Husbands 71.3, J.Smiter 71.4, S.Stracey 65.1) 4:38.5.
 U17W
 80mH: 4, H.Mead 17.1.
 U15G
 100m: 4, M.Bentt 13.7; 4, L.Kreitzman 15.8. 200m: 3, M.Bentt 29.0; 4, L.Spencer 34.0. 800m: 3, J.Brown 2:41.3; 4, M.Masters 3:27.9. 1500m: 4, R.Brown 6:11.7; 2, K.Parker-Smith 6:28.2. 75mH: 4, M.Bentt 16.3; 4, R.Brown 19.7. HJ: 3, R.Letang 1.20; 4, A.Norton 1.20. LJ: 3, R.Letang 3.90; 4, K.Parker-Smith 3.43. SP: 1, M.Stock 8.69; 1, T.Ejoh 7.89. DT: 1, M.Stock 25.84; 1, T.Ejoh 23.30. JT: 2, R.Letang 20.30; 2, J.Brown 16.06. 4x100m: Belgrave (A.Lawton, L.Kreitzman, R.Letang, M.Bentt) dsq.
 Teams: 1, Newham & Esses Beagles 190; 2, Belgrave 184; 3, Swindon 181; 4, St.Albans 152; 5, Queens Park H 33.



Above: Kit Carrier Rhian Letang, one of the regulars in the Women's Southern League under 15 section spares a few minutes for some guy who's just run in the World Cup Final 400 metres - fellow Belgravian Du'aine Ladejo!
 Photo by Vikki Smith

Track & Field League Positions 1994

Womens' Southern Track & Field League Division 3

1, Sutton & District	27 .. 1242.5
2, Ealing, Southall & Middx.....	27 1176
3, Andover	25 ..1167..5
9, Belgrave	19 ...972..5

Out of 25 clubs.

Thameside League

Under 13 Girls	
1, Paddock Wood.....	28 649.5
2, Camberley	23 555
3, Herne Hill.....	19 440.5
4, Croydon	14 340
5, Belgrave	11 324
6, Richmond & T.....	6 127
7, Queens Park	6 107
Under 15 Girls	
1, Croydon	26 737
2, Camberley	23 614
3, Paddock Wood.....	18 481
4, Herne Hill.....	15 421
5, Richmond & T.....	11 338
6, Belgrave	10 290
7, Queens Park	7 155

Walking Results

December '93

- 11 Bexley, Cambridge H. Winter League 10k: 1, N.Carmody (Camb.H) 46:38; 8, P.King 55:58; 11, D.Fotheringham 56:45. Women's 5k: 1, S.Porter 29:44.
19 Chigwell, Lynx Shower Gel 10k: 1, M.Easton (Surrey WC) 44:25; 12, J.Hall 55:31; 16, P.King 56:33; 19, D.Fotheringham 57:59. Team: 1, Southend 17; 2, Ilford 20; 3, Belgrave 47.

January

- 1 City of London, 10k: 9, P.King 56:15; 11, D.Fotheringham 56:56. Team: 1, Ilford 18; 2, Surrey WC 19; 3, Belgrave 36.
9 Imber Court, Met. Police 11k: 1, M.Easton (Surrey WC) 46:47; 4, J.Hall 53:33; 19, P.Warburton 1:01:46; 22, P.King 1:02:13. Teams: 1, Surrey WC 26; 2, Steyning 47; 3, Trowbridge 62; ... 5, Belgrave 80. Women: 1, S.Porter 1:09:02.
22 Monk's Hill, Inter-club 10m: 1, J.Hall 1:21:42; 3, P.King 1:32:39.
29 Regents Park, Stock Exchange 7k: 2, P.King 63:14.

February

- 12 Bexley, Cambridge H Winter League. Women's 5k: 2, S.Porter 28:25.
27 Enfield, Middlesex Champs. 10m: John Hall recorded his 5th consecutive win, coming home in 79:16. Doug.Fotheringham was 7th but he do not have his time.

March

- 5 Wimbledon, SRWA 10m Champs: 1, C.Cheeseman (Surrey WC) 72:26; ... 9, D.Fotheringham 94:17. Teams: 1, Surrey WC 13. Women's 5k: 1, C.Van Doorn (Sutton & Dist) 29:24; 2, S.Porter 30:00; ... 5, G.Broderick 31:38. Team: 1, Sutton & Dist.
12 Bexley, Cambridge H Winter League. 10k: 11, P.King 56:06; 12, D.Fotheringham 56:39. Women's 5k: 2, S.Porter 29:30.
15 Stanmore, Met. Police v RAF 10k: 8, D.Fotheringham 56:12.
30 Hornchurch, Essex 10k: 8, M.Scamell 55:51; 12, D.Fotheringham 57:46.

April

- 2 Hayes, Kent, Stock Exchange 25m: 1, P.King 4:05:11.
6 Stanmore, Inter-Services Champs. Men's 10m: 3, J.Hall 77:41. Women's 5k: 2, S.Porter 31:59.
13 Battersea Park, Vets AC 5m: 5, P.King 44:56. Women 2, S.Porter 49:16.

May

- 5 Battersea Pk. County and Belgrave Champs.: Men's 10k: 4, J.Hall (1st Middx) 49:55.1; 12, P.Warburton (3rd Middx) 56:05.0; 17, D.Fotheringham (5th Middx) 57:42.0; 18, P.King (4th Surrey) 59:18. Women's 10k: 2, S.Porter (1st Surrey) 62:49.2.
11 Battersea Park, Vets AC 5m: 3, D.Fotheringham 44:20; 6, P.King 45:09.
21 Birmingham, RWA 20k Champs.: 1, C.Cheeseman (Surrey WC) 89:11; ... 23, D.Fotheringham 115:56.
21 Stock Exchange London to Brighton 54m: 1, P.King (Belgrave) 9:22:44.
29 Colchester, Essex 20k Champs.: 14, D.Fotheringham 121:38.
30 Chesham, Pednor 5m: 2, P.Warburton 44:49.
29 Corby, Counties Athletics Union Champs.: 10k: 5, J.Hall (Middx) 48:52.1.

June

- 4 Monks Hill, Selsdon Cup 6m: 3, P.King 56:00.
7 Canvey Island 3k: 3, G.Beecham 19:53.3.
8 Athens, 8 Jun., IX European Vets Walking Champs. Doug. Fotheringham placed 5th in the M60 5k track race, won by the Ukrainian Lykov in 25:46.53. Thirteenth was John Dunsford in 32:13.10. When it came to the 20k Road Walk, held in very humid conditions, Doug was up to 3rd in 2:01:56 (alternatively reported as 2:01:36). Once more the winner was Lykov.
14 Battersea Park, VAC 5m Champs.: 2, J.Hall (1st in Championship) 39:31; 9, C.Lawton 43:48; 11, P.Warburton 44:08; 12, D.Fotheringham 44:59; 18, P.King 46:42.
18 Brighton to Steyning 20k: 4, C.Lawton 112:46; 8, P.Warburton 117:47; 9, P.King 120:10. Team: 1, Belgrave 21; 2, Medway 25; 3, Brighton & H 28.

- 20 Battersea Park, DTI Meeting. 2k Walk: 1, J.Hall 9:10.0.

July

- 2 Selsdon, Don Griggs Trophy: 1, P.King 55:36.
3 Blackheath, LPR 200th 9k: 9, C.Lawton 47:11; 18, M.Scamell 51:06; 19, P.King 51:19; 27, P.Warburton 53:28; 30, D.Sharpe 55:07. Teams: 1, Ilford 24; 2, Southend 32, 3, Belgrave 46.
5 Battersea Park, Vet's AC 5m: 3, D.Fotheringham 45:09; 5, P.King 47:03.
9 Victoria Park, National RWA 10m: 1, C.Cheeseman (Surrey WC) 73:17; 2, M.Easton (Surrey WC) 74:29; 3, A.O'Rawe (Southend) 78:33 ... 11, J.Hall 83:49; 28, P.King 93:13; 31, D.Fotheringham 94:40; 32, P.Warburton 95:29; 40, D.Sharpe 100:18. Teams: 1, Leicester 44; 2, Surrey WC 58; 3, Steyning 64; ... 5, Belgrave 102.
16-17 Bedford, British Veteran's Champs.: M60 3k Walk/5k Walk: 1, D.Fotheringham 15:43.04/26:54.98.
26 Ilford, 26 Jul., Essex League 10k: 14, P.Warburton 57:09; 16, D.Sharpe 57:41.
31 Toronto, Canada, World Veterans' 20k Road Walk Champs.: M60 2, D.Fotheringham 1:59:33.

August

- 13 Basildon, 13 Aug., Southern RWA 50k. 1, C.Bradley (Trowbridge) 4:59:07; 2, G.Hunwicks (Ilford) 5:03:15; 3, R.Dobson (Ilford) 5:03:59; 4, P.King 5:22:13.
16 Battersea Park, VAC 5m: 7, P.King 47:11.
24 Blackheath, LPR 9k: 5, M.Scamell 47:51; 7, P.Warburton 50:06. Teams: 1, Belgrave 23; 2, Colchester 24; 3, Ilford 37.
25 Colchester 3k: 6, D.Sharpe 16:33.
28 L.Christie Stadium, 28 Aug., VAC Champs. 3000mW: M40 1, D.Sharpe 16:12.2; M65 3, C.Gittins 22:48
29 Sutcliffe Park, Southern Inter-Counties 3k: 2, C.Lawton 14:25.5.

September

- 5 Battersea Park, London Business Houses Champs.: 3000mW 1, J.Hall 13.36.
5 Battersea Park, Belgrave 3k Champs.: 1, J.Hall 13:36.0; gst, S.Allen (Ilford) 14:01.2; 2, J.Llewellyn 14:42.9; 3, C.Lawton time not known; 4, D.Sharpe 15:49.2; 5, D.Fotheringham 16:07.7. Women: guest, P.Phillips (Ilford) 18:59.8.
5 Battersea Park, Civil Service Vets Champs. 3k: 1, J.Hall 14:18.0.
17 Hendon, 17 Sep., Bert Angell 7 miles. 4, P.Warburton 59:20.
21 Chigwell, Dunkley Cup: 5, P.King 93:47; 8, D.Fotheringham 98:58.
25 Southend 5 miles: 1, A.O'Rawe (Southend) 35:53; 10, M.Scamell 43:25; 11, P.Warburton 44:39; 12, D.Sharpe 45:21; 15, D.Fotheringham 46:31. Team: 1, Southend 26; 2, Ilford 34; 3, Belgrave 48.



Left: Steve Whorlow Jnr., Robert Bignall, Nigel Whorlow and Laura Fryer (11) for Belgrave get among the Steyning and Colchester vests at the start of the 2 kilometre Young Athletes' event.



Left: Two old warhorses and '64 Olympians cast an eye over today's walkers. Ken Matthews, 20k gold medallist, and our own Ray Middleton who was 13th in the 50k in 4:25:49.2, a time which was just outside the previous Olympic record.

Right: Manxman Steve Partington crosses the line in a record breaking 47:57 in the Belgrave Open '7'.



October

- 8 Chippenham to Calne 6m: 16, C.Lawton 50:51. Women: 7, G.Broderick 62:29; 9, S.Porter 63:05.
- 9 Blackheath, LPR 9k: 7, P.Warburton 49:13; 8, D.Sharpe 49:58; 10, D.Fotheringham 52:46. Teams: 1, Belgrave 25; 2, London Vidarians 42; 3, Cambridge H 48.
- 16 Horsham, Steyning Races. Women's 1 hour. 5, K.Barker 9,038m; 6, G.Broderick 9,001m.
- 22 Bexley, Cambridge H Winter League. Senior (10k) 1, D.Stone (Steyning) 43:19; ... 14, D.Sharpe 56:21; 16, P.King 57:42. U17 (5k) 3, R.Peacock 36:29. U13 (2.5k) 4, N.Whorlow 14:59; 7, J.Stevens 17:21; 9, R.Bignell 17:22; 10, S.Deacons 19:08. Team: 1, Belgrave 19; 2, Colchester Joggers 23. U11 (1.5k) 4, S.Whorlow 9:18.

November

- 2 Chigwell, Archer Cup 10k. 4, D.Fotheringham 58:50.
- 5 Surrey WC '7'. 4, P.King 64:22.
- 6 Southend, Essex League 5k. 8, D.Sharpe 27:48.
- 19 Brighton, G.Hewitt Trophy 10k: 8, D.Fotheringham 57:33.
- 20 Blackheath, LPR 9k: 8, D.Sharpe 50:04; 9, P.Warburton 51:37; 12, D.Fotheringham 52:29. Final individual: 1, D.Sharpe 201; 2, A.O'Rawe (Southend) 184; 3, G.Beattie (Medway) 177. Final teams: 1, Medway 491; 2, London Vid 445; 3, Cambridge H 401; 4, Belgrave 387.

December

- 4 Monk's Hill Xmas Cup Open 10k: 1, P.King 56:01.
- 11 Bexley, Cambridge H Winter League. Senior (10k) 1, T.Wall (Steyning) 47:44; ... 4, C.Lawton 51:20; 12, P.King 55:51; 13, D.Sharpe 55:53; 14, D.Fotheringham 57:59. Teams: 1, Belgrave 43; 2, Enfield 48; 3, Surrey WC 49. U17 5k: 5, R.Peacock time not known. U11 1.2k: 3, S.Whorlow Jnr 8:59.
- 18 Chigwell, Lynx Shower Gel 10k: 11, D.Sharpe 55:40; 12, P.King 56:12; 17, D.Fotheringham 58:27.

January '95

- 1 Victoria Pk, City of London Walking Races. 10k. 15, D.Sharpe 55:07; 16, M.Scammell 55:51; 17, P.King 56:05; 19, P.Warburton 57:24; 22, D.Fotheringham 59:14. Teams: 1, Surrey WC 22; ... 5, Belgrave 48.

BELGRAVE OPEN '7', WIMBLEDON, 26 NOV

The Belgrave Open '7' is always a time when old friends meet up and view the passing of the years. The 1994 version of the event was special even by these terms, however. It was the 75th holding of the event and 1964 Olympic 20k Champion Ken Matthews attended as guest of honour, presenting the prizes and adding lustre to the proceedings. Athletes from all over the country came along to compete, *Athletics Weekly* provided a little in the way of sponsorship and instead of the normal "break even" on the finances, race organiser Carl Lawton was able to show a handsome profit at the end of the day - 9 pence - subject to audit of course!

Manx Harrier Steve Partington was the dominant force as far as the race was concerned. He immediately took the initiative, chased by Plymouth's Chris Maddocks and, for a while, Chris Cheeseman of Surrey. There was no doubting Maddocks' determination to hang on as the race progressed but a small gap was mercilessly levered to become a bigger one until Partington eventually crossed the line in Cottenham Park Road with a 50 seconds advantage, well under Mark Easton's inaugural record of 1993.

A 2 kilometre event was also held for the younger age-groups and Steve Whorlow's lads and lasses made a good showing for the Bels. with Laura Fryer recording the home club's only win of the day. 1, S.Partington (Manx) 47:57 (rec); 2, C.Maddocks (Plymouth) 48:47; 3, C.Cheeseman (Surrey WC) 50:40; ... 6, J.Hall 55:22; 19,

D.Sharpe 61:49; 22, P.King 63:20; 27, D.Fotheringham 64:22.

Teams: 1, Steyning 40; 2, Belgrave 74; 3, Surrey WC 76.

Women: 1, K.Horwill (D&S) 61:25. Teams: Steyning 19.

2k

U15B: 1, M.Hayles (Steyning) 9:46; 3, N.Whorlow (Belgrave) 13:19.

U13B: 1, D.King (Colchester J) 11:06.

U11B: 1, B.Pullen (Lough) 13:19; 2, R.Bignell (Belgrave) 13:35; 3, S.Whorlow Jnr. 15:31.

U11G: 1, L.Fryer (Belgrave) 13:35.

Right: Two more youngsters who turned out for the Belgrave Open. George Beecham and Stuart Bennett find time to smile for the camera in spite of facing the climb up Cambridge Road.



Men's Road and Country

SURREY CC LEAGUE DIVISION 2 RACE 3 LLOYD PARK, 8 JAN

A fine win by Graham Adams, a welcome return to fitness and form by Jim Estall, and another solid performance by Phil Carstairs were the highlights of this third match in the Surrey league series. But in spite of finishing three in the first four and five in the first twelve, Belgrave, missing several of their middle order runners, were pipped for first place by home team Croydon. However, the Bels. retained the overall lead by a comfortable 294 points as they prepared for the final match at Wimbledon.

Lloyd Park always is tough and muddy but the incessant winter rain had made conditions about as bad as they could be. Older and

wiser heads brought 18mm Javelin spikes for the occasion. This year the start was moved to a much improved position at the top of the playing fields and Belgrave captain Graham Adams soon showed at the front of the field as the runners tackled the first long hill.

Leading for the first mile, Gerry was then caught by Gary McIlroy of Epsom and Belgrave's Jim Estall, and the three fought tooth and nail, swapping the lead over the next three miles. Further back, Phil Carstairs was just off the pace, followed by Roger Alsop, perhaps a little wary before the Inter-Counties the following week. Half way through the final lap it looked as if McIlroy might be the stronger, but as the leaders left the strength sapping mud at the top of the course it was Adams who was able to change gear on the downward run in for home over the last half mile to win by 4 seconds from the Epsom man.

Jim Estall hung on for third (what an encouraging run after nearly a year of injury problems), ahead of Phil Carstairs who inched into the overall individual lead after three matches. Then Roger Alsop, a good 7th, and further back a steady run from Mark Anderson in 34th. Scoring for Belgrave for the first time Alex Luce, in 42nd, battled away very courageously. That made five for the Arthur Bruce squad out of the ten scorers (Colin Pearson please note)

However, Belgrave were missing several middle order runners and with Croydon packing well with their first ten runners finishing in 28, it was the home team who took the match by 21 points. Perhaps more worrying is the fact that in division one Belgrave would probably have scored well over 600 points, a position not unlike last year's.

1, G.Adams 30:22; 2, G.McIlroy (Epsom and Ewell) 30:26; 3, J.Estall 30:33; 4, P.Carstairs 30:49; 7, R.Alsop 31:18; 12, C.Dickinson (M45) 31:40; 22, Mike Lake 32:18; 30, R.Harding 32:58; 34, Mark Anderson 33:10; 43, A.Luce 33:50; 46, D.Anderson 33:56; 56, J.Galley 34:28; 77, J.Mather 35:33; 79, P.Sargent 35:41; 87, Marlon Anderson (J) 36:20; 92, A.Painter (M45) 36:41; 93, T.Williams 36:43; 108, J.Day 38:00; 111, M.Elliott 38:14; 115, S.Booth (J) 38:27; 129, D.Clack (M40) 40:54; 141, T.Lawton (M50) 43:32; 145, E.Derouet.

Teams: 1, Croydon 173; 2, Belgrave 194; 3, Woking 359; 4, Epsom & Ewell 429; 5, Sutton & Dist. 455; 6, British Airways 512; 7, Mole Valley 638; 8, Guildford & Godalming 664; 9, Phillips City S 671.

BELGRAVE 10 m CC CHAMP. MACHER SHIELD WIMBLEDON 22 JAN

A new two-lap course starting and ending at the top of Lauriston Road failed to tempt more Belgravians into taking part in the race for the *Macher Shield*; not surprising really when the course change only became apparent 30 minutes before the off! It actually turned out to be 10.2 miles for most of the field but who knows what distance the three leaders actually covered, for as they began the run towards home on the first lap they were somewhat confused to find that the rest of the field had unaccountably got ahead of them. The two Andersons and Leo Lyons completed the first circuit shoulder to shoulder and seemed to be discussing the route to be taken for the rest of the tour while two others had evidently had enough and headed for the showers leaving a mere six to set out once more. With his current state of fitness there was only going to be one winner and Leo Lyons duly obliged by going clear of Mark

Anderson to earn the right to have his name placed on the shield.

Who will be the next winner? Well we may have some time to wait before we find out. With only six finishers "AW" correspondent Pete Mulholland was moved to point out: "This must be the first time you've had the whole result printed in *Athletics Weekly*," and those that run the Men's Road & Cross Country section have decided to put the race in limbo until such times as we have a reasonable number of club runners who again want to test themselves with 10 miles over the country.

1, L.Lyons 62:32; 2, Mark Anderson 62:59; 3, Marlon Anderson 65:18; 4, T.Williams 67:02; 5, D.McMillan 70:37; 6, J.Wasbrough 72:31.
H'cap: 1, D.McMillan (23:30) 47:07; 2, L.Lyons (9:15) 53:17; 3, Mark Anderson (7:15) 55:44

SURREY CC LEAGUE DIVISION 2 RACE 4 WIMBLEDON, 12 FEB

Belgrave swept aside the opposition in the last Surrey League match on our home course at Wimbledon to win the match by over 200 points and the overall title by 500.

Led by stars Gary Staines and Kassa Tadesse in 1st and 2nd places, both happy to run in spite of the heavy mud, then came our engine room boys, Jim Estall, Graham Adams, Roger Alsop and Phil Carstairs, fighting it out for the overall individual award and all finishing in the first eleven. The scoring ten were completed by Matt Kinnane, Owain Lewes and Matt Hillier, who had a very fine first outing in the senior race.

With Alex Luce, Mike Lake, Mike Webb, Mark Anderson and Frank Ward all close behind, Belgrave would have made up for the loss at Croydon even without their stars. There was again a good team atmosphere and excellent turnout to crown team manager Don Anderson's first year in charge.

The private battle between Adams, Alsop, Carstairs and Estall for the overall individual shield was won narrowly by the man in form, Jim Estall, after his excellent 5th place. Phil Carstairs never recovered from a poor start. He simply couldn't hear the starter and spent most of the race moving through the field nursing a pulled calf muscle. Roger Alsop came through well after a three week lay off but seemed to have his mind on road and track.

The only real disappointment was the presentation. After such a fine team effort it was a pity that so few went back to Belgrave Hall for the results and presentations. There was no championship trophy (it hadn't been returned from last year) and only one of the three individual winners was present. No mention was made of the runners who came

DISTANCE DIARY

December '93

- 19 Dulwich Park, Turkey Trot
10.2k: 1, K.Tadesse 32:22.
19 Epsom, 'AW' Surrey 10k
Series: 6, M.Webb 35:00.
19 Reigate, Holly Run.
Men's 6m: 6, P.Carstairs
32:37.
U17 4m: 2, A.Jones 22:37.
U15 3m: 4, S.Alexander
17:08; 9, G.Jones 17:44.
19 The Hague, Holland, 10m:
2, P.Evans 48:21.
25 Wimbledon, Lauriston
Christmas Day Paarlauf: 3,
G.Adams/M.Jones (HW)
5m1424y; 4, G.Mason/
A.Turner (HW) 5m1401y; 6,
D.Anderson/J.Phelan (HW)
5m1305y; 9, S.Sinnott
(HW)/J.Wasbrough 5m1160y;
10, S.Booth/S.Instone (Ran)
5m1062y.
27 Bedford, Boxing Day 10m:
5, P.Carstairs 53:23.
31 Mountain Ash, Nos Galan
1.5m: 5, D.Maynard 6:06.

January

- 1 Durham, International
Challenge 9k CC: 17, P.Evans
27:12; 30, K.Tadesse 27:58.
2 Tadworth, Legal & General
10m: 195, R.Mann 1:07:49;
449, E.Derouet 78:34.
9 Belfast, World Cross
Challenge, 8k: 19, D.Mead
24:34; 34, K.Tadesse 25:17.
9 Sir Sefton Brancker Trophy
6.25m CC: 22, J.Estall 31:38.
16 Hastings 10k: 4, R.Turner
32:53.
19 Wimbledon, London Regional
College Champs. Men's 7.5k:
6, B.Hamill (Richmond)
33:26; 3, Marlon Anderson
(Sth Thames) 31:15.
23 Tokyo Half-Marathon:
11, A.Lloyd 62:54.
29 Houston, USA. 5k:
1, J.Chaston 14:21.



First home in the Lloyd Park league race, Cross Country Captain Graham Adams here cruises the downhill section towards the end of his short stage in the National 12-Stage Road Relay. Graham is currently undergoing training with the London Fire Brigade.

such a close second and third. People felt that all their efforts over the four races had gone unnoticed.

- 1, G.Staines (Belgrave) 25:25; 2, K.Tadesse (Belgrave) 26:09; 3, M.Duncan (Woking) 26:50; ... 5, J.Estall 27:29; 6, G.Adams 27:38; 10, R.Alsop 27:59; 11, P.Carstairs 28:02; 16, M.Kinane 28:14; 23, O.Lewes 28:50; 25 C.Dickinson (M45) 28:53; 26, M.Hillier (U17) 28:54; 29, ... 29:12; 33, M.Webb 29:25; 36, M.Lake 29:33; 40, J.Galley 29:40; 42, F.Ward 29:44; 44, Mark Anderson 29:51; 46, S.Walker 30:02; 158 finished.
- Teams: 1, Belgrave 125; 2, Croydon 332; 3, Woking 337.
- Individuals: 1, J.Estall 29; 2, P.Carstairs 31; 3, R.Alsop 33. M40: 1, C.Dickinson 4.

Surrey C.C. League Division 2 - 1993/94

- 1, Belgrave690
- 2, Croydon1191
- 3, Woking.....1337
- 4, Sutton & Dist1793
- 5, British Airways2055
- 6, Epsom & Ewell2081
- 7, Mole Valley2151
- 8, Guildford & Godalming2208
- 9, Philips City Striders.....2874

HILLINGDON '5' 27 FEB

A traditionally large and strong field once again assembled for this major event on the road racing calendar, writes Mark Anderson. They all finished truly in the wake of an awesome Rob Denmark who literally ran away with the race in one of the fastest times seen over this undulating course.

A handful of claret and gold vests were prominent in the race, with Roger Alsop performing the best. He held on well after a 4:40 first downhill mile to finish in the top 30 with a similar time to last year's. Phil Carstairs admitted he felt rather dead during the race but he gused it out, however, over the last uphill mile to hold off Mark Anderson by 12 seconds. Alex Luce and Owain Lewes had a similar tussle with Alex managing to pull away towards the end. Alex has had a solid winter diet of cross-country racing and training with Arthur Bruce's squad and is now showing the benefits of his added strength. Laurie O'Hara completed the contingent with his usual solid run. His vast racing experience provided a welcome contrast to the youth and relative inexperience of the other Belgrave competitors.

- 30, R.Alsop 25:14; 57, P.Carstairs 26:18; 64, Mark Anderson 26:31; 74, A.Luce 27:07; 79, O.Lewes 27:14; 93, L.O'Hara (M60) 28:08.

BELGRAVE '5¼' CHAMP. WIMBLEDON, 5 MAR

Graham Adams had it all his own way, cruising to a comfortable win while Charlie Dickinson, now well into his M45 age group, clocked a

very pleasing best ever of exactly half an hour - pleasing, but what wouldn't he have given for a time just 1 second faster. A newcomer to the race was Hilary Saw, until now better known for holding a watch at the finish. Her run was remarkable for the fact that she had not a clue where the course went, ran the route entirely on her own and did not get lost!

Others who most certainly could not be classed as newcomers were Pat Newell and Charlie Walker. Our Hon. Handicapper Arthur Bruce recalled the day 45 years earlier when he and Chas first met. They battled their way up the "kiss of death" together with the latter chattering incessantly as the ascent was made. As the summit was reached his: "Are we going the right pace?" was finally met with Arthur's breathless, "I don't know who you are but for goodness sake shut up!"

- 1, G.Adams 29:10; 2, C.Dickinson 30:00; 3, O.Lewes 30:58; 4, J.Mather 32:21; 5, D.Anderson 33:24; 6, T.Williams 34:31; 7, P.Newell 36:41; 8, C.Walker 38:02; 9, D.Maughan 39:54; 10, H.Saw (W) 46:31.
- Handicap: 1, C.Dickinson (2:40) 27:20; 2, G.Adams (1:30) 27:40; 3, J.Mather (3:00) 27:58.

SOUTH OF ENGLAND 12 STAGE ROAD RELAY THURROCK, 3 APR

The Belgrave team qualified for the National 12-Stage by finishing 13th in the Southern event which for the second year was held at Thurrock. Some might consider this the Belgrave 'B' team with only Darell Maynard surviving from the victorious team of four years ago and only Kassa Tadesse of our current stars performing. However, this was mainly the team that had supported the club so well in the winter Surrey League cross country races, many of whom train and race together, and it was fitting that they should represent the club in the relay and very pleasing that they ran well enough to qualify.

Thurrock really is a bleak venue for what at Wimbledon had been such an outstanding event. The long leg runners disappear somewhere towards the A13 and it is impossible to catch sight of them again until they return through the housing estate just before entering the stadium. The short leg was even shorter this year, only about 2¼ miles and dead flat. The only test was the very blustery wind.

Belgrave decided to kick off with their strongest runners - although it didn't look that way when Kassa, with one bandaged knee, ambled out of the stadium on the first leg about three places from the back of the field. Just over 20 minutes later he came back into the arena three from the front in a cracking time of 23:05 to hand over to Roger Alsop. Roger ran a 'blinder', the fastest of our short leg runners, pulling Belgrave through to 2nd with a time of 13:10. It looks as

if Roger will really make inroads into his 5,000m pb this summer.

Jim Estall took over on leg three, keeping the team in touch with the leaders with another excellent leg. Then to Mark Anderson, lightly raced this winter and nursing a weak knee. Mark did well to hang on to the group in front until the very end and was pleased with his time of 13:45 (according to Colin Pearson's watch which was of course far more accurate than the official times!).

With the big stars from other teams appearing in the middle order, Belgrave slowly slipped down the field but with each member of the team running well there seemed every possibility of hanging on to a qualifying place in the first fifteen. Junior Galley, full of marathon training, ran over a minute faster than his time for Dulwich Runners last year, and he was followed by 800m man Rob Turner who floated round in 13:31. Over then to Phil Carstairs on the next long one, not at all confident of his form but good enough to run 25:19 - third fastest of our team.

On leg eight the wind which had been blustery all day turned to gale force. This and other factors such as age, wrong shoes, no lunch, etc., gave our runner (your correspondent) a time, corrected according to the George Stacey conversion table, at least one and a quarter minutes faster than the official one!

Leg nine saw our new Kiwi recruit Steve Walker, just back from a tour of Europe, running an excellent leg off long steady runs and no speed work. Alex Luce, fast changing from fun runner to real club athlete, returned a very respectable 14:16 and then Owain Lewes kept going at the back of the course, running himself almost to a standstill to get under 26:00.

By this time we were in 15th position as Owain handed over to Darrell Maynard for the last leg. Darrell likes to take the glory leg and it was a fine sight to see him outspurt two runners in the finishing straight to move the Bels up to 13th at the end.

- Teams: 1, Boxhill Racers 3:40:51; 2, Blackheath 3:42:50; 3, Boro' of Hounslow 3:43:26; ... 13, Belgrave 3:53:05; 50 teams finished.

Long stage:

- K.Tadesse 23:05
 - J.Estall 24:26
 - J.Galley 25:16
 - P.Carstairs 25:19
 - S.Walker 26:06
 - O.Lewes 25:52
- Fastest: 1, B.Royden (Medway) 22:27; ... 6, K.Tadesse 23:05.

Short stage:

- R.Alsop 13:10
 - Mark Anderson 14:10
 - R.Turner 13:31
 - C.Dickinson 14:20
 - A.Luce 14:16
 - D.Maynard 13:34
- Fastest: M.Barnes (Boro' of Enfield) 12:14.

DISTANCE DIARY

February

- 5 Gainesville, USA. 5k: 1, J.Dennis 14:31.
- 6 Watford Half-Marathon: 6, J.Estall 70:18.
- 19 Alnwick, World CC 12k Trial: Darren Mead was just 3 seconds from a Budapest World Championship qualifying place as he came home 9th, closing fast on '93 Southern Champion Barry Royden at the finish.
- 19 Houston, Texas, USA. Conoco Rodeo 10k: The Moroccan Sitte had been sticking to Justin Chaston like a shadow, never showing ahead, but as the finish was neared it was the Belgravian who had the best change of pace to gain a 15 second margin of victory in 31:00.
- 19 Roehampton, South of Thames Senior: Amazing to find that for this classic race that dates back to 1888 we had just one representative - John Mather - and unfortunately we don't even have his position.

March

- 13 Denver, Colorado: In the "Running of the Green" 7k Gary Staines' mile splits were 4:50, 9:07 and 14:16. Not for nothing is the one time gold mining town of Denver known as "Mile High City", for Gary found himself suffering from the altitude as the race unfolded. He hung on well, however, to clock 20:42 for a 7 second victory over Dickson of the US.
- 13 Hastings Half-Marathon: 135, P.Sargent 1:26:06; 2263, D.McMullen (M70) 2:35:22.
- 13 Wimbledon, Belgrave Half-Marathon: 1, S.Stockwell (Herc. Wimb.) 1:11:12; 2, R.Thompson (Herc. Wimb) 1:12:30; 3, A.Brannen (Sutton & Dist) 1:16:07; ... 15, C.Taplin 1:25:40; L.Mann 1:31:56. Teams: 1, Hercules Wimbledon 10; 2, Thames H&H 56; 3, Belgrave 105.
- 19 Chingford 5x3.75m Road Relay: 1, Woodford Green 1:27:31; 2, Haringey 1:29:15; 3, Chelmsford 1:30:06; ... 5, Belgrave (G.Adams 17:16, R.Alsop 16:54, P.Carstairs 17:59, A.Luce 18:13, T.Williams 20:25) 1:30:47. Fastest J.Mills (Chelmsford) 16:50; R.Alsop 16:54.
- 26 Budapest, World CC Champs.: Darren Mead fully justified his call up from the reserves by placing 7th Briton for 132nd place in 37:24.
- 26 Sydney, Australia, Fosters GP. 3.9k road race. 3, A.Lloyd 10:40.8.
- 26 Cranford, TVH 5x3.5m Road Relay: 1, Hounslow 81:19; 2, Swansea 82:07; 3, Boxhill 82:22; ... Belgrave. Fastest M.Simpson (Hounslow) 15:59. Vets 3x3.5m. 1, Swansea 51:59; 2, Oxford City 54:03; 3, Southampton 54:22. Fastest: A.Roper (Swansea) 16:56.

DIADORA NATIONAL 12 STAGE ROAD RELAY SUTTON PARK, 30 APR

As the majority of our team stretched their legs in the glorious sunshine after the minibus ride from Wimbledon to Birmingham there was a prevailing feeling of some nervousness. Not that we expected to win or, to be honest, get anywhere near the top 25% of the field. It's just that when you get outstanding runners like Darren and Kassa in the outfit, those engineering boys who take over from such luminaries have to face the prospect of racing in exalted company and in these circumstances one can get swept along - only to die.

From the gun it was obvious that Kassa was in no mood for messin'. He stormed the hill just after the start in such a fashion that only three others could match him. London Irish's Burke hung on the longest and even attempted to come up to the Belgravian's shoulder as they swept past the pool towards the end of the lap. That was the last straw for the aggressive Kassa who later said, "I go fast - he come up to me - I go faster again!". Bels in the lead after lap one!

Roger Alsop seemed to enjoy the situation of setting out ahead of the cream of the land's road relay runners - perhaps it was the presence of the motorcycle borne cameramen filming his progress vs. Morpeth's international 1500m runner Terry West who was soon breathing down his neck. Roger held up well in spite of the pressure and was still in 2nd having run 10th fastest on his stage but with

the favourites all close up behind it was inevitable that Phil Carstairs, in spite of running our second fastest long stage, found team after team slipping past him.

By the time a very fit looking Darren Mead took over to end the first half of the race we were in 29th. He was obviously in great shape having just returned from altitude training in Albuquerque but no-one was prepared for the staggering 13:49 that he unleashed. It might have been faster still but for the fact that he overdid it a bit early in the leg. By now the gaps had opened significantly, however, and even this fine run could only bring us up to 22nd. From there we settled into the second half of the field and at the end of the day, with team manager Donnie bringing us home in 34th before driving us back down the M40, we did not feel too dispirited.

1, Swansea 4:06:26; 2, Boxhill Racers 4:07:28; 3, Blackheath 4:07:47; ... 34, Belgrave 4:26:19; 54 teams finished.

Long stage:

K.Tadesse 25:50
P.Carstairs 28:35
J.Galley 29:36
Mark Anderson 28:59
O.Lewes 29:29
M.Webb 30:11
Fastest: 1, R.Denmark (Basildon) 24:30; ... 9, K.Tadesse 25:50.

Short stage:

R.Alsop 14:43
G.Adams 15:10
D.Mead 13:49
A.Jones 17:11
M.Sinclair 16:00
D.Anderson 16:46
Fastest: 1, J.Hobbs (Cardiff) 13:40; 2, D.Mead 13:49.

DISTANCE DIARY

April

- 1 Maidenhead, Holiday Inn 10m: After reaching halfway in 24:30, a minute clear of the field, Paul Evans made the best of the following wind in the closing stages to speed up to 48:31 at the finish, 2:23 ahead of Tim Hutchings and over half a minute inside the record.
- 1 Folkestone Prom 10 miles: 109, C.Solorz 67:48.
- 3 Ford Castle, Northumberland, Castles Challenge. 16, G.Staines 19:29.
- 6 Great Yarmouth 5m. Paul Evans was surprisingly beaten in this loosener 11 days before the London Marathon. But there was more to it than meets the eye for Paul had given the entire field a 90 second start down the Marina Centre Parade before he set off in pursuit. It proved insufficient for all except one man who still had a 35 second advantage at the line. Paul's time was 25:12.
- 24 Morden Little League 10k. 4, J.Mather 36:18.
- 24 Elmbridge Half-Marathon 1:28:07.

May

- 8 Coombe Hill '5': 10, P.Gilbey 27:40; 14, D.Anderson 28:30.
- 15 West Middlesex Half-Marathon: 1:35.08.
- 22 Aberdeen, BUPA Road Races: 5k. Darren Mead ran well inside his best track time with 13:55 for 6th place. Considering the turns and gradients encountered over the Aberdeen circuit, his 14:02.74 on the all-weather circuit is surely due for revision.
- 29 St. Neots, Zanussi Half-Marathon: Formerly the Junior World Half-Marathon Champion, Kassa Tadesse ran to a personal best of 63:54 and third place in spite of pulling over to be sick with a mile to go and racing with his nagging knee problem. Muindi of Kenya won in a record 63:01 while behind the Belgravian came a mob of Kenyans and Shahanga of Tanzania.

June

- 5 Dorking 10m (inc. Surrey Champs): 5, M.Webb 56:12.
- 26 BUPA Southwark '5': 5, J.Estell 25:26.
- 26 Petersham, Dysart Dash 10k: 27, A.Gayton 39:35; M50 6, C.Cross 42:17; 14, C.Henn 45:49; 17, R.Faithful 47:57. Teams: 7, Belgrave 91pts.
- 27 Battersea Park, Sri Chinmoy '2': 6, M.Bizio 10:00.

July

- 4 Battersea Park, Sri Chinmoy Grand Prix '3': 7, M.Bizio 15:38.
- 18 Battersea Park, Sri Chinmoy GP Mile. 5, M.Bizio 4:34.
- 24 Great Yarmouth, BUPA East Coast Half Marathon: 1, D.Mead 67:55 (rec).
- 25 Battersea Park, Sri Chinmoy GP 3m: 6, M.Bizio 15:12.



Above: Phil Carstairs followed up a successful cross country and road season by turning out regularly on the track in Southern and Rosenheim League matches.

Jim Estall wins Club Marathon Champs

LONDON MARATHON, APRIL 17

JIM ESTALL retained the *A.F.Mitchell Shield* as first Belgrave runner with a fine 2:25:22 on a bitterly cold day. At the half-way mark there were no less than three Belgrave stars ahead of Jim and it looked as if we might even pull off the team prize.

Gary Staines was there to act as pace-maker for Eamon Martin and at Tower Bridge was leading a very large pack which included a slightly unhappy looking Paul Evans and about a minute further back was Kassa Tadesse. At this point Jim looked very controlled and comfortable. Then came a determined looking Leo Lyons followed closely by Junior Galley.

It wasn't long before Gary dropped out as planned, but Paul departed too, knowing that this was not his race, and at 19 miles Kassa felt his bad knee getting worse and also decided to call it a day.

The usual large band of Belgrave supporters at Southwark saw a wonderful race at the front end. At least the cold wind was with the runners as they came along the Embankment. Jim still looked good at this stage, concentrating hard, while Junior had passed Leo and

was running strongly - his 2:29:44 was excellent for a 1500m man!

Leo has had an excellent season over the country and road but perhaps had a lack of mileage in his legs. At 23 miles it was a case of the mad staring eyes and it was guts and determination that got him to the finish as 3rd Belgravian in 2:44:44.

Then, very close together came Tony Verdie, 7th M55 and Richard Pearson. Both men are so experienced at running marathons and know how to get the most out of themselves whatever state of fitness they are in. Tony was

delighted with his run and has lately stuck to a successful formula of the Autumn's Dublin Marathon and the Spring's London.

No doubt there were a few other Belgravians among the throng but the only ones we managed to spot in results shown in *The Times* during the next few days were:

70, J.Estell 2:25:22; 379, J.Galley 2:39:44; 621, L.Lyons 2:44:44; 1088, A.Verdie 2:52:02; 1103, R.Pearson 2:52:09; 2717, M.Graham 3:07:01; 4912, L.Mann 3:21:54; 13250, E.Derouet 4:01:21; 13654, D.Manning 4:03:26.

Watch out for news of a road running points competition which be held over the next couple of months. The best three runs out of five in the Surrey Road League will earn points for Belgrave athletes which will be totted up at the end of the series. Prizes to the value of £30, £20 and £15 will be awarded to the top three men and women. Contact Derek Crooks, 0181-395 1582 for further details.



Above: Roger Alsop tours the short stage of the National 12 Stage Road Relay - still in first place but with International 1500m runner Terry West of Morpeth breathing down his neck.

July continued ...

- 31 Cardiff, BUPA Great Welsh Run 10k: 1, P.Evans 28:23. Paul, disappointed at not being selected for either of the major games, beat Helsinki bound Richard Nerurkar by 2 seconds.

August

- 1 Battersea Park, Sri Chinmoy 2m: 7, D.Anderson 10:49.
20 Redditch, PGE/Adidas 10k. 4, D.Mead 29:31.

September

- 10 Overton, 5 miles: 1, D.Mead 23:32.
11 Great Yarmouth, John Franklin Memorial 10k: 1, P.Evans 31:06.
25 Windsor to Chiswick Polytechnic Marathon: 23, S.Chettati 2:45:27; R.Pearson 2:57:43.

October

- 2 Totton, Arco Wessex 10k: 14, M.Webb 32:31.
2 Eastbourne, Adidas 10k: 4, R.Turner 32:19.
9 Dulwich Charity 10k: Kassa Tadesse beat the course record by over a minute and the second place man by over two minutes as he led home a Belgrave team to 2nd place. 1, K.Tadesse 29:21; ... 10, J.Estell 32:37 (1st M40); 16, J.Galley 33:35; 18, M.Bizio 33:46. Teams: 1, Kent AC 40; 2, Belgrave 45; 3, Blackheath 77.
9 Ashford, Julie Rose 10k: 12, R.Turner 32:22.
9 Felixstowe, Schlumberger Half-Marathon: Paul Evans picked up the Eastern Counties and Suffolk titles in winning this event in 65:27.
16 Twickenham, Cabbage Patch 10m. 14, M.Bizio 54:24.
29 Surrey Classic 10k. 13, R.Mann 38:41.
29 Surrey Classic 10k. 13, R.Mann 38:41.
30 Marseilles to Cassis Half Marathon. 26, K.Tadesse 64:35.

GREAT AUTUMN RUNS

Great Scottish Run Half Marathon

August 21st, Glasgow.

Although placing 4th in 1:03.56, just 2 seconds slower than his best ever, Kassa Tadesse was reportedly not particularly happy with his performance. Kamau of Kenya had run out the winner in 1:02:53 but the race for the minor places was only decided after a four man sprint towards the line. Wildbrood of Tanzania got one second clear of Rossendale's Dave Lewis for 2nd in 1:03:47 and Kassa was similarly 1 second ahead of McLoughlin of Liverpool.

Erewash Classic 10 miles

September 4th

Two Belgravians were among the 1100 strong field to contest what has been described as "the classiest 10 miler ever on British roads". Kassa Tadesse loves to stir up the pace and after two miles covered in 9:39 he burst from a pack that included Kenyans Kibor and Kamau, Willboard of Tanzania and many of the top Brits, to cover the third mile in 4:30. He eventually wound up 7th in 48:45 with Darren Mead 10th in 49:09. Another class runner and we would have "walked" the team race.

Half Marathon Record goes again

BUPA Great North Run

September 18th, Newcastle

Paul Evans' Club Record of 61:30, 4 seconds inside his previous best set last year, moved him clearly to number 1 in the UK rankings for '94 and allowed him to retain his British title. Superb running - but those Kenyans are something else again, sprinting for the line after almost exactly one hour's running and needing TV video replays to determine the actual winner.

- 1, B.Masya (Ken) 60:02; 2, M.Tanui (Ken) 60:03; 3, P.Tergat (Ken) 60:42; 4, P.Evans (Bel) 61:30.

Kassa outkicked

BUPA Great Caledonian Run 10k

October 2nd, Edinburgh

Gary Staines and one time World CC Champ Treacy were forcing the pace at 3k in 8:31, heading a bunch of seven that included Kassa and Rossendale's Dave Lewis. 5k was reached in 14:40 and at 6k, 17:32, Staines and Strizhakov of Russia were dropped when Treacy applied even more pressure. Kassa was still in contention with only 1000m remaining but it was Lewis who managed to dig deepest for victory.

- 1, D.Lewis (Rossendale) 28:56; 2, J.Treacy (Ireland) 28:58; 3, K.Tadesse (Belgrave) 29:05; ... 5, G.Staines 29:16.

A scorcher from Staines

BUPA Great South Run 10m

October 9th, Portsmouth

Gary Staines returned to the scene of his British Record breaking 10 mile run of 1993, took on some fine talent and ended up the winner again. Reportedly, he will be back again in '95 to go for a hat trick of wins. Kenya's Douglas Wakihuri turned up the heat at around 4 miles but they were back together again at halfway, reached in 23:22. Reaching 6 miles in 28:03 Gary held a slight advantage but his big effort came at 8 miles when he smoothly ran away from the Kenyan to earn a 23 second advantage by the finish on

Southsea Esplanade. Third-placer Treacy of Ireland didn't get a look in this time.
1, G.Staines 47:00; 92, G.Adams 58:16.

"Rest of the World" just pip Bels.

BUPA Great Midland Run 10k

October 16th, Coventry

Kassa streaked away from the start line to make the first Belgrave showing but it was Gary Staines who crossed the finish line first with arms outstretched in pleasure at picking up another great win. Gary had sped through the first three kilos in 2:46, 5:39 and 8:36, setting the leading bunch going at a goodly pace until yet another Belgravian, Paul Evans, lobbed in a shocking 2:38 stretch from 5 to 6k that burst the field asunder. Only Staines and Dave Lewis could cope with that pace as the rest stretched out in their wake. At 8k Gary made an attempt to get away that proved indecisive but finished off by sprinting the last 400m to win by a single second. With Belgrave positions 1, 3 and 10 we can construct an unofficial team race v. the Rest of the World - Bels just three points in arrears of Lewis (England), Wakihuri (Kenya) and Treacy (Ireland).

- 1, G.Staines 28:40; 3, P.Evans 28:45; 10, K.Tadesse 29:24; 52, J.Gladwin 33:56.

Below: Bronzed and fit from altitude training in Alberquerque, Darren Mead returned to run a National 12 Stage relay leg of 13:49 - second fastest short stage of the day.



**BELGRAVE 10k
WIMBLEDON, 23 OCT**

You know, this is a race with a lot of potential. Starting on the Causeway, the accurately measured course consisted of one loop more or less following our Yacht '3' route, plus a longer lap down to Tibbets and then back across the Common on to the "Yacht" again to finish near the Village.

One hundred and eleven completed the race; fairly modest compared with other road races these days but contrast it with the bare ten or so that we now expect to turn out for the '5¼'. Times have changed and perhaps the days of ordinary Club Championships are numbered. Runners now expect large fields and even the 50-strong fields that we recall running in our road race champs. in the good old days would now be considered small beer - even if they were all Belgrave Harriers.

Nineteen of the field were women and 46 were not members of any athletic club - think of that potential membership.

As soon as the race began one could see that there was only going to be one winner. Blackheath's Simon Baines is no stranger to the Common having twice won the Varsity CC title there. He was never headed at any point and set a new best time for the event to take home the brand new shield awarded to the winner and donated by meeting organiser John Wasbrough. Marcello Bizio, gradually picking up fitness again, was first Belgravian - but only by three seconds from the ubiquitous Mike Webb. Our 'A' team was completed by Peter Lee, and these three were pipped for the team title by a Hercules Wimbledon outfit that was spear-headed by Steve Stockwell in 4th. "Come-backers" Mike Manning and Tony Binda were among several other Bels. to run well.

Good work "Wassie", in putting on this event - and thanks also go to Hercules Wimbledon's Pete Mulholland for producing the results.

1, S.Baines (Blackheath) 29:58 (record); 2, E.Hurley (Fleet & C) 31:26; 3, B.Attwell (Shaftesbury) 32:28; ... 6, M.Bizio 33:44; 7, M.Webb 33:47; 14, P.Lee 37:33; 15, M.Manning 38:08; 16, R.Mann 38:16; 19, C.Cooper 38:27; 25, P.Newell 39:40; 34, L.Mann 40:51; 43, A.Kassim 42:18; 47, R.Bale 42:50; 53, C.Walker 43:25; 63, E.Derouet 45:09; 111 finished. Teams: 1, Hercules Wimb. 23; 2, Belgrave 'A' 27; 3, Belgrave 'B' 49; 4, Belgrave 'C' 78.

Women: 1, L.Caplan (Unattached) 43:00; 2, J.Daley (Proactive) 43:36; 3, B.Andrews (Chesham) 48:07.

Evans and Staines in bid for "World Cross" ?

Not recently having shown a great liking for the country, Paul Evans, at the age of 33, has started to exhibit the sort of confidence that he has always had in abundance when racing on the road. He turned down a spot in the European Championship race at Alnwick but grabbed 6th place in Algiers over 9,450 metres (27:07.7) in the IAAF World Cross Challenge on 4th December. Two weeks later in Brussels he was 6th again in the same series, this time covering the 10.5k in 32:07. But it wasn't so much his final position that caught the eye, even if he was first Briton home, it was the way

he got there. He was way down the field in 47th spot after the first of the seven 1.5k laps but then swept to 15th on the second circuit, 10th on the third and 7th by the end of lap four. So pleased was he with his performance that afterwards he was stated to be looking to make England's World Championships team in March before switching back to the roads again.

Gary Staines has also been running into good winter form following his super series of Autumn runs on the road and both turned out to compete in the Durham International Cross

Country Race on the last day of 1994. The course took in 9.2 kilometres of 'proper' cross country and included a hill that had some of the back-markers resting hands on knees as they endeavoured to keep going up its severe slope on their fifth and sixth ascents. Both Paul and Gary raced exceptionally well, showing great strength as the race progressed to place 4th, 30:20, and 6th, 30:42. The course, with minor alterations is to be used for the World Championships and what a superb prospect it would be to see both of them racing for the UK in the premier cross country event.

Belgrave road runners rated 4th in UK

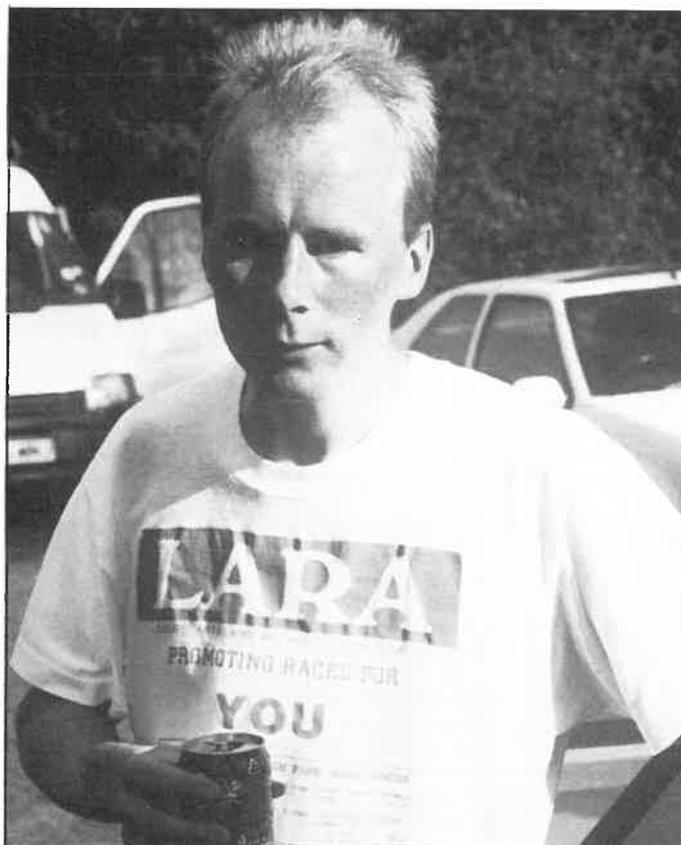
Examination of the national points table at the end of the Star Rank Road Running Series brought up some interesting facts. The table was headed by miles by Bridgend's Steve "Brace the Race" who competed in no less than eleven of the designated events to score a massive 1,290 points. The next most prolific racer was Clark of Poole who turned out eight times but only scored 790 points for 3rd while Omega's Udall gained 834 from four events for 2nd.

Belgrave were very well represented: Kassa Tadesse ranked 8th with five races and 607 points, Darren Mead 24th from four races

with 393, and Gary Staines 49th from two races with 246. Only Bridgend and Westbury had four runners in the top fifty with the Bels joining Swansea and Omega on three.

Total points earned by clubs would seem to indicate that based on this competition Belgrave are rated number four road running club in the country!

Bridgend.....	2,396
Westbury.....	1,741
Omega.....	1,411
Belgrave.....	1,296
Brighton & Hove.....	1,135
Swansea.....	1,087



Right: If there's a 10k road race on then it's a pretty fair bet that Mike Webb is in the field there somewhere.

DISTANCE DIARY

November

- Bristol, Mike Sully CC Races. 3, A.Passey 24:07.
- Barnsley 10k. 11, K.Tadesse 29:30.
- Richmond Park, Civil Serice Champs. 10k. 6, J.Estall 34:31.
- Preston Park, Brighton, Phoenix CC Races. 7.3k. 5, R.Turner 23:29.
- City of London, Lord Mayor's Challenge. 5, M.Kinnane 17:14.
- City of Norwich BUPA '5'. 1, P.Evans 23:46; 2, D.Mead 24:18.
- Brighton, AAA Reebok 10k. 67, R.Turner 32:24.
- Basingstoke, Klix Six 10k. 1, G.Staines 29:24.

December

- Battersea, Sri Chinmoy 5m. 8, S.Chettati 27:48.
- Portsmouth, Saucony Victory '5'. 4, K.Tadesse 24:04.
- Wimbledon, Surrey Winter League 5k. 1, M.Bizio 16:08.
- Norwich, Sport Village JVC 10k. 1, D.Mead 29:52 (Rec).
- Guildford, Hogs Back '9'. 1, K.Tadesse 45:15.
- Epsom, Surrey Classic 10k. 7, M.Webb 33:32; 28, R.Mann 38:31.
- Reigate, Holly Run 6m. 10, M.Hillier 34:02.
- Perivale 5k. 3, P.Carstairs 15:13.
- Lauriston Paarlauf. 1, M.Sinclair/M.Ciglia (HW) 6m 164y; 3, G.Adams/F.Green (HW) 5m 1538y; 4, H.Brasher (Hounslow)/P.Warburton 5m 1508y; 8, G.Mason/J.Phelan (HW) 5m 1283y.
- Durham International Cross Country. 9.2k. 4, P.Evans 30:20; 6, G.Staines 30:42.
- HW/Lauriston '7'. M50 3, J.Wasbrough 48:13.

YACHT HANDICAP WIMBLEDON, 1 OCT

It's worth being up at the Hall before the 'Yacht' just to hear the insults flying about. Who'd be the handicapper when Dave McMillan's in the race. Charlie Manning's assertion that Dave must be Hon. Handicapper 'Boofer' Bruce's illegitimate son and that he might as well be presented with first prize before the start, brought forth the retort: "Look it's no use you moaning Chas. - I give you an extra minute every year - in a few year's time you're going to have to set out on Friday night!"

In actual fact Dave literally is getting faster as he gets older. Regular training has lightened his 47 year old frame considerably and this autumn he set a pb in placing 30th in the Maidenhead Half-Marathon. His 17:18 around the Common equalled his best ever - although his agent John Martin says that he should have been credited with a 17:13 a few years back when there was an error in the arithmetic. If Mike Farrelly hadn't glanced nervously over his shoulder in the last stretch and seen him coming, Dave would have pulled it off yet again.

It was good to see Tony Binda racing again after an absence of too many years, while for new member Jesper Madsen it was his first time in competition with us. Fastest of the day was Phil Carstairs, a fact that didn't go down too well with Mr. Alsop who didn't seem to think it at all possible.

Watch Allow. Actual

1, M.Farrelly	26:21	0:45	25:36
2, D.McMillan	26:33	9:15	17:18
3, A.Binda	27:06	9:00	18:06
4, P.Carstairs	27:09	11:50	15:19
5, J.Madsen	27:21	10:45	16:36
6, P.Gilbey	27:27	10:45	16:43
7, T.Williams	27:29	9:00	18:29
8, R.Alsop	27:45	12:20	15:25
9, T.Earle	28:07	8:00	20:07
10, J.Martin	28:07	7:30	20:37
11, D.Anderson	28:16	10:30	17:46
12, D.Manning	29:26	7:15	22:11
13, C.Manning	32:04	0:00	32:04

SURREY CC LEAGUE DIV. 1 MATCH 1 WIMBLEDON, 15 OCT

It was not the start Belgrave had been hoping for in Division One.

Several meetings by the Road and Cross Country Committee to discuss ways of improving our distance running, many letters, phone calls and a lunchtime get together did produce a turnout of twenty Belgravians, but with no stars, the 'engine room' unfit or off form and only eight finishing in the first hundred, the result was a disappointing 8th place.

On the positive side, the team was led home by a very solid run from Matt Kinane in 33rd. It was good to see Rob Turner and Mark Sinclair running, and Matt Hillier and 1500m runner Junior Galley scored for the first time. It was, however, left to those old stagers

Leo Lyons and Pete Gilbey, combined age 88 years, to complete the scoring in 114th and 115th positions. Pete was his old crafty self, working through the field picking off scores of runners as the race progressed.

1, S.Rayner (Hercules Wimb) 25:24; 2, M.Simpson (Boro' Hounslow) 25:31; 3, L.Matthews (Thames H&H) 25:33; ... 33, M.Kinane 27:21; 53, G.Adams 28:07; 57, J.Estell 28:21; 59, R.Turner 28:24; 60, M.Sinclair 28:25; 71, J.Galley 28:37; 73, M.Hillier 28:44; 85, P.Carstairs 28:57; 114, L.Lyons 30:00; 115, P.Gilbey 30:11; 118, Mark Anderson 30:16; 129, B.Tolla 30:38; 136, Michael Lake 30:54; 137, M.Nouch 30:58; 162, Martin Lake 31:58; 167, T.Williams 32:21; 190, L.Mann 34:17; 195, T.Earle 35:26; 196, W.Swaffer 35:26; 205 finished.

Teams: 1, Thames H&H 227; 2, Herne Hill 287; 3, Boxhill R 338; 4, Borough of Hounslow 352; 5, Aldershot F&D 413; 6, Hercules Wimb 539; 7, South London 559; 8, Belgrave 657; 9, Croydon 723.

Belgrave Champs:

Seniors 1, G.Adams; 2, J.Estell; 3, R.Turner.

U20 1, M.Hillier; 2, T.Earle; 3, W.Swaffer.

PRIORY CC RELAY REIGATE, NOV 5

1, Medway AC 82:00; 2, Boxhill R 83:15; 3, South London 83:36; ... 13, Belgrave (G.Adams 14:02; M.Anderson 14:58, P.Carstairs 14:14, S.Chettati 15:10, A.Jones 15:26, D.Anderson 15:40) 89:30. Fastest: B.Royden (Medway) 12:43.

SOUTH OF THAMES JNR WEST WICKHAM, 12 NOV

1, J.Pugsley (Boxhill) 26:13; 2, S.Allen (Reading) 27:19; 3, K.Nash (Aldershot F&D) 27:25; ... 15, P.Carstairs 28:47; 18, M.Hillier 29:01; 55, L.Lyons 31:22; 58, A.Jones 31:29; 82, M.Nouch 32:15; 113, D.Anderson 33:29; 114, R.Draper 33:31; 122, T.Williams 33:47; 183 finished.

Teams: 1, Aldershot F&D 36; 2, Basingstoke & MH 72; 3, Kent 94; ... 9, Belgrave 146; 25 teams closed in.

8 to score 1, South London 280; 2, Kent 534; 3, Belgrave 577; 7 teams closed in.

SURREY CC LEAGUE DIV. 1 MATCH 2 BROCKWELL PARK, 19 NOV

This was a better performance by the Belgrave team. With several middle order runners beginning to find their fitness after the Autumn lay off it only needed an appearance from one or two of our top runners for Belgrave to have finished with quite a good score. As it was, Belgrave came 7th on the day ahead of Croydon and Hercules.

Again Matt Kinane led the team home in 20th position after a very good run. Then came Graham Adams, Jim Estall, Roger Alsop, Phil Carstairs and Matt Hillier all



Left: Junior Galley tackled everything from Marathon down to 4x400 in 1994.

SURREY CC LEAGUE DIV. 1 MATCH 3 LLOYD PARK, 7 JAN

Lying in 7th spot in the league with two clubs behind us we really needed a good effort to draw us clear of the relegation zone and with two of our 'aces' among the 170-odd starters we were hopeful of a 5th or 6th team place. It didn't work out that way.

Kassa headed the field at the first rise with Aldershot's Jackson in close attendance, but a pack of serious contenders were not far behind and keeping an eye on the leaders. Whereas Kassa was in command, however, the Aldershot man had already overcooked things and by the end of the first circuit it was a cool and calm looking Gary Staines who had joined Kassa along with Harris of Boxhill. Jim Estall was well forward but it was a long and ominous wait until our next scorers came by in the late 60s.

Heading out into the country again Matt Hillier was our fourth scorer ahead of Graham Adams. Matt fell on a slippery descent, but no sympathy came from our Captain who pointedly told him to, "get up and get on with it!"

Out on the back of the course Gary put the boot in and broke clear of his rivals, allowing himself the luxury of a gentle run in to the finish. Kassa saw that he had shut the power off and sprinted hard as the funnel was approached but Gary had it all under control, smiling as he kept one second between them.

Belgrave one and two! Jim Estall was soon in at 18th, just one place down on fellow veteran Dave Hill, but then it was a long, long wait for our fourth man. Belgrave supporters' brains and fingers were doing overtime as they struggled with the maths but it was clear by the time that our ten were in that we had done no better than in the previous two races. We do seem to be just about keeping our heads above water in Division One but if Gary and Kassa hadn't turned out we would have been last on the day - and LAST IN THE LEAGUE! Engine-room? With no disrespect to anyone who took part (the scorers included three veterans and two first year juniors) - what engine-room?

1, G.Staines 27:48; 2, K.Tadesse 27:49; 3, S.Harris (Boxhill) 27:49; 18, J.Estell 29:15; 62, G.Adams 31:01; 64, M.Hillier 31:05; 81, M.Webb 31:34; 97, P.Carstairs 32:15; 111, A.Jones 32:54; 115, M.Nouch 33:04; 129, J.Mather 33:55; 151, W.Swaffer 36:01; 170, T.Earle 43:19; 170 finished.

Teams: 1, Thames H&H 228; 2, Aldershot F&D 305; 3, Herne Hill 323; 4, Boxhill 375; 5, Boro' Hounslow 477; 6, Croydon 552; 7, Belgrave 557; 8, South London 584; 9, Hercules Wimbledon 694.

fairly close and swapping positions throughout the race. Out of these it was Captain Graham who just finished the strongest. They are now really the backbone of our side and can all improve to inside the top thirty when fully fit.

Then a gap before Said Chettati and Junior Galley who had a fine battle, stirring memories of their races over 3000m in the Rosenheim League last summer.

Adam Jones suffered from starting too fast, not wise on this very tough undulating course, but he will learn and improve. Then good old Mike Lake, up from Hampshire for the day, completed the scoring in 112th.

Further back, Mike Nouch, now a veteran and gradually regaining his fitness, was in 129th, and Trevor Williams was only just behind Don Anderson in 156th.

Only 16 Belgravians completed the race.

1, S.Rayner (Hercules Wimb) 24:51; 2, L.Matthews (Thames H&H) 24:52; 3, T.Bignell (Boxhill) 25:02; ... 20, M.Kinane 25:59; 33, G.Adams 26:28; 34, J.Estell 26:30; 41, R.Alsop 26:40; 48, P.Carstairs 26:57; 52, M.Hillier 27:07; 81, S.Chettati 27:38; 87, J.Galley 27:50; 107, A.Jones 28:34; 85, M.Lake 28:43; 126, G.Mason 29:19; 129, M.Nouch 29:30; 134, M.Lake 29:52; 150, W.Swaffer 30:43; 153, D.Anderson 30:49; 156, T.Williams 31:00; 184 finished.

Teams: 1, Thames H&H 266; 2, Boxhill Racers 268; 3, Herne Hill 365; 4, Boro of Hounslow 396; 5, Aldershot F&D 402; 6, South London 508; 7, Belgrave 544; 8, Croydon 662; 9, Hercules Wimbledon 684.

Women's Road & Country

WOMEN'S SURREY CC LEAGUE DIVISION 1 RACE 3 EWELL COURT, 22 JAN

The turning point in the 1993-94 league was reached on the flat but treacherously slippery course that takes in an unwelcome dip into the River Hogsmill. A heavy fall took the wind out of Gabby's sails but great packing gave the Belgrave girls a well earned team victory while Thames Hare & Hounds, victors in the two preceding races, crashed to 4th. As a result Belgrave took a narrow lead in the series with one match to go - 28 points to Thames' 27 and Herne Hill's 24. 1, Z.Hyde (Woking) 19:12; 2, A.Parry (Croydon) 19:58; 3, M.Eldridge (Vets AC) 19:59; 4, G.Collison 20:19; 9, H.Maskrey 21:09; 11, M.Ryan 21:18; further Belgrave positions unknown. Teams 1, Belgrave 78; 2, Herne Hill 86; 3, South London 111; 4, Thames H&H 118.

WOMEN'S SURREY CC LEAGUE DIVISION 1 RACE 4 REIGATE PRIORY, 19 FEB

And so to the playing fields and massive climb that make up the Reigate course. A good turn-out by Thames Hare & Hounds could have got them back to win the series and we were without Gabby Collison so the scene was set for a nail-biting finish. Once the field set out, however, it was obvious that it was Woking AC that were at full strength and looked likely to be comfortable team winners. At the half-way stage, running through the woods at the foot of the hill, it was Morag Andrew leading our contingent but close behind were Helen Maskrey and Martina Ryan and a little further back again was Nikki Haines making her debut in Belgrave colours. By the finish Helen had eased past Morag to lead the Bels. in with 5th, 6th, 8th and 18th places (Nikki full of apologies

for only being 18th!). Woking had indeed clinched the team spot by occupying 2nd, 3rd and 4th before getting their last scorer home just in front of ours. Now the marathon part of the proceedings began as the final scores were worked out for all the age-groups in both divisions with the entire burden seeming to fall on the shoulders of the league secretary Ron Gobey of Herne Hill. Eventually Belgrave were declared overall winners of division one with match positions of 2nd, 2nd, 1st and 2nd - a historic victory. But the awards didn't stop there. Gabby was declared outright individual winner (three best performances out of the four score in this) - and Helen was second. 1, A.Fletcher (Dulwich R) 17:29; 2, L.Taylor (Woking) 17:46; 3, R.Fay (Woking) 17:48; ... 5, H.Maskrey 17:51; 6, M.Andrew 17:54; 8, M.Ryan 18:13; 18, N.Haines 18:46 ... Teams: 1, Woking 57 2, Belgrave 59; 3, Herne Hill 88.

Overall individuals: 1, G.Collison 5; 2, H.Maskrey 12; 3, R.Disley (Thames H&H) 16. U15: 13, L.Wilson 11:58.

Surrey Womens' C. C. League 1993/94 Division One

- 1, Belgrave H 59
- 2, Herne Hill..... 32
- 3, Thames H&H..... 30
- 4, South London 27
- 5, Dulwich R 26



Above: At Reigate for the last of the 1993/94 Womens" Surrey League races Morag Andrew (25) heads the main pack which includes Martina Ryan (27) and Helen Maskrey (26) but it was Helen who was first home for the Belles in 5th place. Photo by Jeremy Hemmings

Gabby 2nd in opening race

SURREY WOMEN'S CC LEAGUE, DIVISION 1 RACE 1 PUTNEY VALE, 22 OCT

This had to be one of the toughest courses ever seen on Wimbledon Common. It started and finished innocently enough on the playing fields near Beverley Brook but with the rain falling in stair-rods and causing the most slippery of conditions, the circuit took in long stretches of horse-ride and the muddy, near vertical climbs in the

woods on the far side of Queensmere Pond. West 4's Sutherland (on loan from Serpentine Runners who don't have a Surrey Cross Country team, and running in the Division Two match held in conjunction) made the running immediately the gun was fired. Gabby was in close attendance and as the race progressed became

the only real challenger with even Croydon's Jeina Mitchell finding the pace too hot. But the West 4 runner just seemed to get stronger and stronger until, at the climb on the last lap, it became a damage limitation exercise for the Belgrave girl who had to be content with 2nd. Good forward running came from from Nikki Haines and Jacinta Moore, and modern pentathlete Kate Houston surprised a few with her 37th but with a few absences through injury and maternity, it was 5th place overall for the Bels. The following results have had

Division 2 runners taken out. 1, G.Collison (Belgrave) 23:15; 14, N.Haines 26:04; 15, J.Moore 26:20; 24, K.Houston 26:47; 45, N.Mills 29:12; 61, J.Smiter 29:53; 63, H.Saw 30:06; 84, J.Stone 34:04. Teams: 1, Herne Hill 86; 2, Dulwich Runners 91; 3, Stragglers 93; ... 5, Belgrave 122; ... 10 teams closed in. U15. 22, L.Wilson 13:04. SEAA INTERNATIONAL MARGATE, 13 NOV U15 17, J.Brown 11:29; 31, A.Gray 12:15; 54, K.Parker-Smith 13:27. U13 21, L.Walden 10:43; 65,

A.Timms 16:04.

U11 8, L.Fryer 3:40. Teams: 5, Belgrave 72.

SURREY WOMEN'S CC LEAGUE DIVISION 1 RACE 2 WOKING, 12 NOV

1, C.Pauzers (Herne Hill) 23:52; 2, S.Edwards (Epsom & E) 24:13; 3, J.Storey (Stragglers) 24:19; ... 8, N.Haines 25:15; 19, J.Moore 26:39; 49, N.Mills 29:13; other positions not known.

Teams: 1, Herne Hill 53; 2, Epsom & E 85; 3, Stragglers 86; ... 8, Belgrave 176; 10 teams closed in.

The award of the Centenary Cup was a pretty straightforward affair for 1994. Gabby Collison was outstanding during the summer, carrying over her new level of performance from the cross-country season onto the track and road.

She topped our rankings at everything from 800 to 5,000 metres plus 5 miles, 10k and half-marathon on the road. Her runs in the Reebok Track Challenge 5,000m at Crawley

(16:44.58) and Southern Inter-Counties 3,000m at Sutcliffe Park where she was 2nd (9:39.8) both constituted Club Records. The 5k was a full 50 seconds faster than Rosemary Honeychurch's mark from 1992 while New Zealander Wendy Cotterell lost her 3k Belgrave best by 9 seconds. At 1,500m she fell just 1/10th short of Hilary Baxter's 14 year old Belgrave best of 4:31.4. Gabby's 5 mile race at Victoria Park back in April places her 5th

in the country for 1994 and while the situation for Club Bests for Women on the Road is not clear at the moment (we need some statistical work in this area) one thing is for sure - all of her road marks must be in contention for record status.

The Belgrave Committee had no trouble at all in agreeing that the Centenary Cup should be awarded to Gabrielle for her outstanding Club Record of 16:44.58 for the 5,000 metres.

Officials will score in Women's SL matches

New moves have been made in the Women's Southern T&F League to attempt to ensure that clubs bring along their correct quota of officials. Each Club is supposed to provide three field officials, one track judge and a timekeeper - and almost invariably we do. Many clubs do not, however and in 1995, for the first time, five points will be awarded at each match for each official supplied. These will go towards the clubs' scores on the day. Five officials means an extra 25 points and as an added bonus each club can take along an extra official to gain an additional five points. It will be interesting to see what effect this new rule has.

Sports injuries lecture at Belgrave Hall

Back in September we welcomed Debbie Annett, Sports Therapist, along to Belgrave Hall where she and our own Tony Ganio, talked enthusiastically about sports injuries - how to avoid them and what action to take when they arise. The talk was mainly aimed at Team Managers and Coaches so that they should at least know the basic treatment required when their athletes run into problems. The main failing we all have, it seems, is not getting expert advice when problems first arise. It's so much easier to ignore it and run on for a few weeks to see if it goes away!

Also on hand was Mike Bazire demonstrating mobility exercises. Mike often runs the mobility sections of the South of England Coaching Sessions - he's well known for his flexibility. Half an hour of Mike's gentle torture had the writer stiff as a board for the next few days but frankly, it's the part of training that most runners completely disregard. Correct stretching before violent activity goes a long way to ensuring that those injuries don't crop up in the first place.

It was good to pick up on the expert advice from these people and we must make sure that the evening is repeated.

In the meantime, should you require any sports injury treatment don't hesitate to get in touch with Debbie at the following address. She will give 20% discount if you show proof that you are a Belgrave club member.

SPORTS INJURY THERAPY SERVICES

OWEN HARRIS & DEBBIE ANNETT

"The Surgery", Brunswick Lodge

199A Ewell Road, Surbiton, Surrey KT6 6BB

Tel: 0181-399 4627

Sunday Emergency Tel: 0181-337 6014

RESULT ROUNDUP

February

6 Hook Arena, 26.2 Road Runners 10k: 7, M.Andrew 37:22; 20, M.Ryan 40:01; ... J.Moore.

March

13 Wimbledon, Belgrave Half-Marathon: 1, N.Haines 1:27:42; 2, M.Jones (Herc.Wimb) 1:36:22; 3, O.Seear (Wimb. Windmilers) 1:49:14.

26 Cranford, TVH 3x3.5m Road Relay: 1, Shaftesbury 58:25; 2, Belgrave 59:41; 3, Hounslow 61:09. Fastest: L.Elliott (Shaftesbury) 18:29; G.Collison 19:04.

27 Horley, Touche Ross Half-Marathon: Gabby Collison continued her superb winter season into the Spring by winning in a course record of 81:39, nearly a quarter of an hour ahead of second place. Boyfriend Geoff Hill won the men's race, also in a record, and both took home £100 for setting the best ever times.

1 Folkestone Prom Junior 2 miles. 75, G.Newman 22:41.

April

10 Victoria Park 5m: Holden of Chelmsford had finished 2nd in a previous year's attempt at this race and was intent on going one place better. She was a pace or two ahead of Gabby in the earlier stages but towards the end of the first lap the Belgravian pushed on ahead and came home 12 seconds clear in 27:23.

24 Leatherhead, QFED Diamond Jubilee 10k Road Race. 1, M.Andrew 38:35.

29 Camberley Half-Marathon. Women. Nikki Haines finished well over five minutes clear of the second woman home with 1:24:25.

June

19 Reigate Hill, Rotary '5'. 1, M.Andrew 31:40.

July

13 Reigate Priory 10k: 3, M.Andrew 40:04.

August

7 Hook Arena, 26.2 Summer 10k. 2, H.Maskrey 37:46.

September

18 Wimbledon Half-Marathon. Women: 3, M.Andrew 86:25.

October

16 Camberley, Julian Farrell 10k. A super 35:31 saw winner Gabby Collison scorch to a course record and 13th place overall among the 350 men and women contesting the event.

29 Asics Southern Women's CC League, Frimley. 41, N.Haines 22:06; around 200 finished.

November

20 Brighton, Reebok 10k. 12, G.Collison 36:44.

26 Parliament Hill, London CC Champs., 5k. 15, N.Haines 19:48.

December

4 Portsmouth, Saucony Victory '5'. 11, G.Collison 28:36.



Ranjit Bhatia, a member for over 37 years now, made a brief trip from New Delhi to London during the summer and arranged to meet up with old sparring partner Clive Shippen. And what better place to meet than at Battersea track on a Club night.

Young Athletes' Road & Country

1993-94

SURREY CC LEAGUE DIV 2, MATCH 3 LLOYD PARK, 8 JAN

1, M.Hillier (Belgrave) 15:46; 2, A.Warsame (Croydon) 16:06; 3, A.Jones 16:06; 4, G.Mason 16:09; 6, S.Alexander 16:49; 8, T.Evans 17:02; 9, T.Earle 17:08; 13, S.Walsh 17:50; 17, C.Elliott 18:06; 18, W.Swaffer 18:07; 20, J.Drake 18:21; 21, B.Hamill 18:37; 22, R.Milner 18:37; 30, R.Peacock 20:06; 34, P.Hills 20:59.

Teams: 1, Belgrave 22; 2, Croydon 54; 3, Epsom & Ewell 103.

SURREY CC LEAGUE DIVISION 2 RACE 4 WIMBLEDON, 12 FEB

U17

1, G.Mason (Belgrave) 14:02; 2, A.Jones (Belgrave) 14:32; 3, G.Dickenson (Mole Valley) 14:35; ... 5, B.Hamill 15:29; 8, W.Swaffer 15:52; 11, L.Jenner 16:16; 13, R.Milner 16:37. Teams: 1, Belgrave 27; 2, Woking 72; 3, Guildford & Godalming 104.

Individuals: 1, W.Swaffer 31.

U15

1, A.Bradley (Croydon) 17:13; 2, S.Tomkins (Epsom & Ewell) 17:5; 3, J.Garbutt (Sutton & Dist) 17:28; ... 5, P.Knight 17:58; 6, N.Whorlow 18:21.

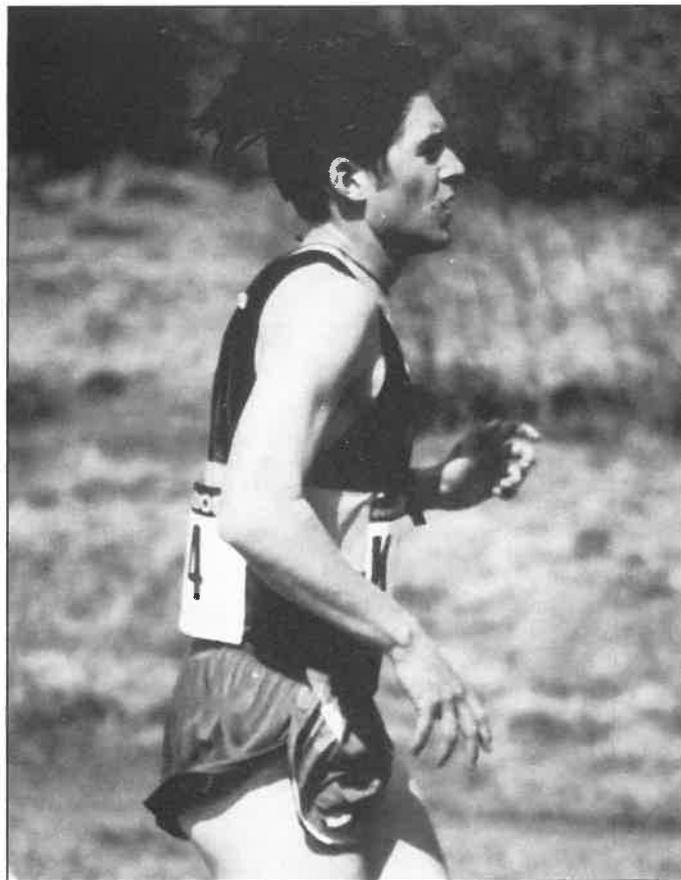
Surrey Cross Country League Division Two 1993/94

Under 17

1, Belgrave	101
2, Epsom & Ewell	379
3, Woking	385
4, Sutton & Dist	422
5, Croydon	477
6, Guildford & God	499
7, Mole Valley	532

Right: A regular member of the Under 17 team last winter, Adam Jones has now moved up to the Junior ranks where he is making a niche for himself in the scoring ten in the Senior Belgrave team when it comes to the Surrey CC League.

Adam earned himself a place in our National 12-Stage Relay in 1994 and placed 9th in the recent Surrey CC Junior Championships.



YA Results Roundup

February

19 Wimbledon, Belgrave Champs. U17 4m: 1, A.Jones 23:30; 2, J.Wilson 25:02; 3, W.Swaffer 25:15; 4, L.Jenner 26:27. U15 3m: 1, S.Vella 17:50; 2, P.Hills 22:39. U13 2m: 1, N.Whorlow 13:12; 2, P.Knight 13:21; 3, R.Bignall 13:29; 4, J.Stevens 13:38.

March

13 Hastings Mini-Run 2k. (Boys and Girls). 6, W.Swaffer 7:11; 11, N.Scamp 7:36; 13, N.Whorlow 7:39; 14, R.Peacock 7:41 (These four won the overall team prize); 37, P.Hills 8:11; 38, R.Haigger 8:11; 42, R.Bignell 8:17; 46, J.Stevens 8:21; 55, P.Knight 8:30; 92, D.Crook 9:00; 118, S.Whorlow Jr. 9:35; 132, Hannah Revill 9:48; 133, Katherine Phillips 9:48; 169, Lucy Revill 10:52; dnf, L.Jenner, 208 finished.

20 Tonbridge, Cross Country Meeting. U11B (1k) 27, S.Whorlow 5:46. U13B (2.5k) 4, R.Bignell 9:48; 6, N.Whorlow 10:10; 7, P.Knight 10:20; 8, J.Stevens 10:21; 12, D.Crook 11:13. Teams: 1, Belgrave 17. U20M (4k) 5, W.Swaffer 15:33.

April

1 Folkestone Prom. Junior 2 miles (9-15ys). 5, N.Whorlow 12:44; 12, P.Hills 13:30; 14, T.Laws 13:35; 15, R.Bignell 13:35; 26, D.Crook 14:45; 33, P.Knight 15:16; 70, S.Whorlow Jr. 19:45; 76 finished. 10 Sutton Park, Sheffield, McDonalds YA National Road Relay Champs. U17: 1, Solihull & SH 49:23; 2, Liverpool 49:55; 3, Portsmouth 49:57; ... 29, Belgrave 54:00. Fastest AC Graffen (Tonbridge) 11:49.

October

9 Paddock Wood Whitbreads Races: U13 2.25k 3, R.Bignell 8:20.

November

20 Cross International Du Couaines. U17M 3,760m: 22, G.Jones (Sussex) 13:31.

December

18 Reigate, Holly Run 3m. 9, G.Jones 24:06.

SURREY CC LEAGUE DIV. 1 MATCH 1 WIMBLEDON, 15 OCT

John Wilson showed how well he is progressing with his running by coming home 2nd in this well supported opening fixture of the Surrey Cross Country League, not only leading his team to victory but picking up the Belgrave under 17 championship to boot. With Messrs. Alexander, Jones and Drake filling positions 7 to 9 we comfortably wrapped up the team race. Nigel Whorlow took our U15B title.

In the Under 13 group there was some more good packing from the Bels. with Captain Robert Bignell having to give way to C. Morris by just 1 second in the championship.

U17M

1, S.Haughian (Boro' Hounslow) 13:50; 2, J.Wilson (Belgrave) 14:28; 3, T.Pitt (South London) 14:33; ... 7, S.Alexander 15:13; 8, G.Jones 15:15; 9, J.Drake 15:37; 15, R.Mifner 17:19; 16, N.Whorlow 17:46; 18, R.Peacock 17:52; 23, A.Cuypers 18:59.

Teams: 1, Belgrave 41; 2, South London 63; 3, Herne Hill 88; 4, Hercules Wimb 98; 5, Borough of Hounslow 104; 6, Thames H&H 146.

U13B

1, P.Lake (Herne Hill) 16:04; 2, S.Stevens (Hercules Wimb) 16:27; 3, T.Savile (Hercules Wimb) 16:40;

4, C.Morris 16:41; 5, R.Bignell 16:58; 11, D.Bond 18:13; 14, J.Stevens 19:00; 15, L.Jones 19:35; 16, D.Crook 19:40; 17, K.Bignell 19:43; 18, S.Whorlow 20:06.

Teams: 1, Hercules Wimb 41; 2, Belgrave 49; 3, South London 63; 4, Herne Hill 107.

Belgrave Champs.

U17M 1, J.Wilson; 2, S.Alexander, 3, G.Jones.

U15B 1, N.Whorlow; 2, A.Cuypers.

U13B 1, C.Morris; 2, R.Bignell; 3, D.Bond.

SEAA INTERNATIONAL MARGATE, 13 NOV

U20 38, W.Swaffer 21:14.

U17M 24, R.Peacock 17:02.

U15B 24, N.Whorlow 11:54.

U13B 10, R.Bignell 9:28; 15, J.Stevens 9:36; 21, D.Bond 10:06; 27, D.Crook 10:36; 32, K.Bignell 10:50; 39, R.Wood 11:22. Teams: 3, Belgrave 73.

U11 5, L.Jones 3:26; 6, S.Whorlow 3:29; 40, J.Timmis 4:10; 46, M.Dray 4:24. Teams: 3, Belgrave 51.

SURREY CC LEAGUE DIV. 1 MATCH 2 BROCKWELL PARK, 19 NOV

Under grey skies our youngsters tackled the rolling hills of Brockwell Park in South London - a tougher course than might be supposed from a first glimpse, as there is hardly a flat section anywhere. Once again John Wilson was our first man but this time he

was chased home by Tom Evans. The under 13 section saw Steve Beaver turning out for us for the first time and he raised a few eyebrows as he raced to the line first of the Bels, leading the team to a fine win. He just pipped Christian Morris by a single second.

Belgrave head the division in both U17 and U13 age-groups with two races in the four race series completed.

U17M

1, S.Haughian (Boro' of Hounslow) 13:18; ... 5, J.Wilson 13:59; 6, T.Evans 14:06; 10, S.Alexander 14:21; 12, S.Weston 14:22; 32, R.Peacock 17:25; 34, N.Whorlow 17:31; 39 finished.

Teams: 1, Croydon 59; 2, Belgrave 61; 3, Boro' of Hounslow 66; 4, South London 111; 5, Aldershot F&D 126.

Belgrave lead after two races.

U13B

1, A.Hogan (Herne Hill) 15:42; ... 6, S.Beaver 16:18; 7, C.Morris 16:19; 10, R.Bignall 16:37; 13, D.Bond 16:54; 18, D.Crook 17:42; 21, S.Whorlow Jnr. 18:03; 23, K.Bignall 18:15; 26 finished.

Teams: 1, Belgrave 54; 2, Aldershot F&D 69; 3, Hercules Wimb 75; 4, Croydon 89; 5, Herne Hill 89.

SURREY CC LEAGUE, DIV. 1 MATCH 3, LLOYD PARK, 7 JAN

Bels lead both age-groups in Surrey League

Two second team places meant that both our under 17s and under 13s keep substantial leading margins in the league with just one race to go. Hounslow's Haughian kept up the pressure in the individual U17 event with his third straight win but just outside the frame there was a real 'ding-dong' between three Belgravians. Gavin Jones was the man attempting to break away early in the lap but as the runners came out of the woods and into the finishing straight it was Simon Alexander who had got ahead. Simon is running into form nicely with the big championships just around the corner - and this with another year in the age group. He was just clear of Gavin and Tom Evans who fought a desperate struggle to the very last.

Simon is lying 3rd in the individual competition with Nigel Whorlow 2nd of the under 15s.

Another example of the Belgrave lads fighting to be the first in for their club came when the under 13s started streaming in. Christian Morris was ahead of

Robert Bignall by a whisker and stayed that way, both being given the same time. Their battle carried them to 1st and 2nd positions in the race and they currently lie 3rd and 5th in the individual stakes after three races.

U17B

1, S.Haughian (Boro' Hounslow) 15:10; 4, S.Alexander 15:55; 5, G.Jones 15:57; 6, T.Evans 15:57; 10, S.Weston 16:29; 25, N.Whorlow 19:59; 32, R.Peacock 23:11; 33 finished.

Teams: 1, Croydon 48; 2, Belgrave 50; 3, Boro' Hounslow 66; 4, South London 79; 5, Hercules Wimbledon 92; 6, Herne Hill 152.5; =7, Thames H&H and Boxhill 182.5.

U13B

1, C.Morris 18:25; 2, R.Bignall 18:25; 16, S.Whorlow Jnr. 21:56; 18, D.Crook 22:08; 21, J.Stevens 23:11; 22, K.Bignell 24:34.

Teams: 1, South London 51; 2, Belgrave 56; 3, Hercules Wimbledon 92; 4, Croydon 95; 5, Herne Hill 116.5; 6, Boro' Hounslow 137; =7, Thames H&H and Boxhill 162.5.

Canterbury, Parkwood League.

With two results gone in the chase for team honours in the Midland Bank Parkwood League, Belgrave were lying 6th in the combined boys and girls all age-groups table. Highest of our teams at that point were the under 13 girls in 4th spot. Our young runners from Kent even earned a special mention in the league newsletter for their consistent efforts in this Invicta East Kent AC organised event.

2 Oct - full results not available.

U13B. 5, R.Bignell 10:26.

U15B. N.Whorlow 10:51.

U15G. J.Brown 11:09.

6 Nov.

U17M. 21, R.Peacock 22:14.

U15B. 19, N.Whorlow 10:51; 23, P.Hills 10:55.

U15G. 4, J.Brown 10:56; 9, A.Gray 11:35; 17, K.Parker-Smith 13:33.

U13B. 14, D.Bond 11:19; 15, J.Stevens 11:19; 16, R.Bignell 11:19; 24, L.Jones 12:00; 26, D.Crook 12:12; 27, K.Bignell 12:13; 33, B.Shepherd 13:49.

U13G. 7, L.Walden 10:42.

A full year at Shepway

We have an unwritten agreement in Shepway and that being - "We will all work together to support each other". It works. There are no best or worst, rich or poor, friend or foe, just "Club-mates". We may not always agree with each other, or even be friends all the time, but we do support each other during training and competition.

So how is it done? Well, the longer standing athletes help with newcomers and older athletes help coach the younger ones. Every athlete knows that they are needed in one form or another. This way the group grows, all learning from each another. There is no jealousy, just admiration of those that have achieved recognition.

During the first year the group grew to about 35, with 25 of them being active. Now there are 60 (15 girls and 45 boys/youths) of which 48 have represented the Club during the track season. Fortytwo have renewed their membership while others have either taken up other activities or just lost interest in athletics. This gives us an active membership in the group of 69%, which when measured against other youth activities is a good ratio.

Adult membership has also grown. We now have five seniors helping with coaching and two wives who have joined as family members. I look after shot, discus and middle distance, and then we have Ron Permaul (sprinting), Sharron Dray (hurdles and sprinting), Liz Smythe (javelin and long jump), and Steve (long jump and triple jump), with all of us filling in as required.

As mentioned earlier the older athletes also help with the training sessions. This has led to Wesley Swaffer, Bobby Peacock, Chris Wilson, Nathan Scamp and Daniel Newman wanting to undertake coaching courses during the winter.

Returning to the subject of membership, each new member is introduced to the club through the other members or their activities. Up until now no adult has asked a potential club member to join. This must be to the credit of each and every member of the group in Shepway, that their successes and activities alone is the inspiration for others.

The only exception to this has been the "Startrack" scheme run by the B.A.F. in August. The group was asked by the local authority to run the event on their behalf. It was a great success and has produced some U13 boys and girls for the club's coming winter and summer seasons. As a result of this scheme we now hope to start a U11 group with the intention of having a feeder group for the U13's. If we can encourage this younger group to grow then it can only have a good result in the years to come.

During the past-fifteen months we have had our successes although we all realise that it will take a couple of years to produce athletes of the highest quality. But we have had some cases where athletes have been called upon to compete in the higher leagues because others have not been available. Being available at the right time is one of the ways to the top.

Wesley Swaffer competed in the British League and also in the Southern League along with Bobby Peacock. There have been medals in the Kent county championships - Nigel Whorlow, 3000m walk (gold), Wesley Swaffer, 2000m steeplechase (bronze), Amy Butler, 2500m walk (bronze), Jason Stevens, 600m (bronze) as well as two finalists, Paul Hills (100m and 200m - 4th in both) and Bobby Peacock (400m - 5th). A county vest was won by Nigel Whorlow for the U15 Inter-Counties 2000m walk (3rd) and a week later he competed as an U17 in the Inter-Counties at Enfield (2nd). This was followed by his selection for the Kent County Schools team at the English Schools Walking championship. (Not bad for someone who took up walking just to pass the time.)

Moses Semakula took the Thameside League Boys' best performance 1994, as well as gaining three Grade I standards as an U13.

In the last year's cross country season Wesley Swaffer took the individual title in Surrey League with Bobby Peacock runner up, and Nigel Whorlow was runner up in the U13 group. We also won the team event at the Tonbridge Open (U13Boys) in March.

On the road the group won the team event in the Hastings Half Marathon Mini-run (2km) - Wesley 6th, Nathan 11th, Nigel 13th and Bobby 14th. There were 208 finishers in the event which puts the boys' successes into perspective.

Although the group's success is only relative to the competition available at the time, and in the N.Y.A.L we only managed a scattering of wins and placings, we are sure that this first full year of competition has been a process of learning. Hopefully we can all improve for the coming year.

One thing that has been enjoyed by the whole group is the travel to the many places. When you remember that we are 75 miles from Battersea, each and every trip is an adventure for the younger athletes. We have noted how far we have been during the last year and to our surprise it has totalled over 7000 miles. We only missed 2 matches out of 35 cross country, track and field.

Finally, it's not only the youngsters that have been competing. Sharon Dray and Liz Smythe have competed in club events as well as Stephen Whorlow Snr and Ron Permaul, just to show the youngsters that there's life in the oldies yet.

Many thanks from all in Shepway for making it possible for us to compete in so many events and at a level that suits all ages and abilities. We will continue to give the club our total support for many years to come.

Steve Whorlow

Veterans' Results

BVAF OPEN NATIONAL CC CHAMPS. TUNBRIDGE WELLS, 27 MAR

An outstanding win by Laurie O'Hara and a team gold medal by the Belgrave M60 boys were the highlights of these championships, so well organised by David Coward of VAC in the playing fields next to his school in Tunbridge Wells.

This year no long haul up to Burnley or Cardiff so a fairly relaxed start from Belgrave Hall with a scattering of runners from the different age groups plus Arthur Bruce and Fred Paget but disappointingly only one team.

Although very late in the cross country season, the winter rain had continued right up to the last to produce a very tough, saturated grassy course with some short undulations on a long haul up to the finish on each of the three laps, and thick mud in one or two places. A strong wind made conditions over the six and a half miles very testing.

The ladies were the first to run and unfortunately our new star Jacinta Moore had to withdraw after being up all night with her baby. So Sue Porter decided not to come (she had gamely agreed to make up the scoring three) and this left Nina Mills as Belgrave's sole runner. Nina ran well to finish 42nd, 11th in the W45 category.

Next came the combined M50 and M60 race. Laurie ran a blinder. He finished an amazing 31st in the actual race, easily first in the M60 event and over 80 seconds ahead of Maurice Morrell who had gone past a tired looking Ron Higgs in the latter stages of the race. Although he looked rough on the first lap, Pat Newell came through strongly to

overtaking Cardiff winner Harry Mathews, but finally had to settle for 5th. Leo Lyons was a little disappointed with his run after such a good season in the VAC races. Perhaps he hadn't fully recovered from his half marathon the week before. But good to see Leo competing in a National for the first time.

M45

1, A.Roper (Swansea) 34:08; 2, B.O'Neil (Aldershot & F) 34:36; 3, P.Probin (Imperial) 35:17; ... 5, C.Dickinson 35:28; 26, L.Lyons 37:55.

M50

1, L.Davies (Gloucester) 36:31; 2, S.James (City of Hull) 36:34; 3, A.Jeffries (Swansea) 36:43; ... 78, A.Hardy 43:00; 126, A.Stone 47:37.

M60

1, L.O'Hara (Belgrave) 39:23; 2, M.Morrell (Wirrell) 40:46; 3, R.Higgs (Barnet) 41:12; 10, P.Newell 44:02; 11, C.Walker 44:43; 15, A.Stroud 45:53.

Teams: 1, Belgrave 38; 2, Tipton 68; 3, Blackheath 83.

W45

1, P.Gallagher (Westbury) 27:09; 2, F.Garland (Redhill) 27:49; 3, J.Norris (Holbeach) 28:22; ... 11, N.Mills 32:02.

BVAF NATIONAL 5000m ROAD CHAMPIONSHIPS DUNSFOLD AIRFIELD, 24 APR

The National Veterans' 5000m Road Championships returned to Dunsfold Airfield after an absence of two years - a return to the usual windy conditions, this time "against" all the way down the far side of the course. Although very well organised by our friends from VAC, this event has never been over popular with Belgrave runners.

Road & Country

finish 10th, finding the course much more to his liking than the long hills of Burnley last year. Pat was less than half a minute behind the in form M65 winner Steve Charlton. Next was Charlie Walker, running a great deal better than he himself believed. Charlie did more than enough to keep ahead of Barnet's Laurie Forster. Bert Stroud is not quite as fit as last year but did well to finish 15th although he did look very tired on the last lap.

Neither Tony Stone or Tony Hardy are fully fit after long injury problems but both completed the course; Tony Hardy in 78th and Tony Stone 126th. The latter was also helping with the results.

The M40 to M49 race saw an excellent victory for the new supervet Nigel Gates of Brighton & Hove. Belgrave had just two competitors, both in the M45 section. Charlie Dickinson looked to be getting close to the bronze half way through the race after

In fact it was only the M60 team which ran on the day, just losing out by one point to close rivals Barnet. Laurie O'Hara took the individual M60 title by over a minute in a new record time of 17:41. Until about 900 metres to go it looked as if the M60 team race was in the bag. Laurie was well out in front, Pat was running strongly ahead of Laurie Forster of Barnet, and Charlie Walker, with his bad leg holding out well, was just behind Derek Wood. But then it all changed. Pat and Charlie went back, Forster and Wood came through and with Ron Higgs 3rd it ended up with Barnet shading Belgrave by a point.

M60

1, L.O'Hara 17:41; 2, J.Portsmore (Fleet & Crk) 18:44; 3, R.Higgs (Barnet) 18:49; ... 9, P.Newell 19:44; 12, C.Walker 20:26.

Teams: 1, Barnet (2,4,6) 12; 2, Belgrave (1,5,7) 13; 3, Cambridge (3,8,12) 23.

BAF & BVAF NATIONAL ROAD RELAY CHAMPIONSHIPS., RUSHMOOR ARENA, 21 MAY

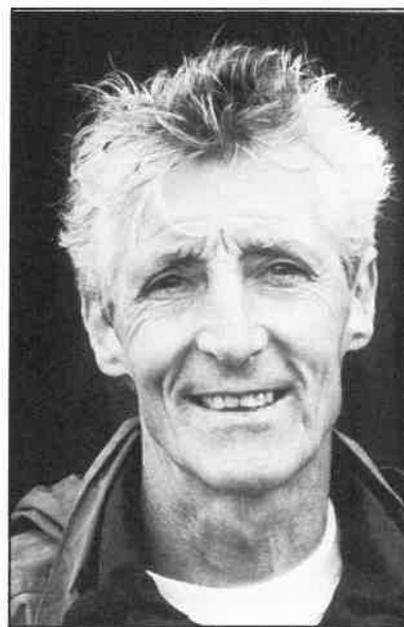
A magnificent run by Laurie O'Hara swept the Belgrave M60 stars into the gold medal position on the final leg and made the journey to Aldershot on a cold, wet and windy day worthwhile. At last we had beaten Barnet in the relay! A rather unfit M50 team completed the race too, and did well to finish 21st. The usual last week drop outs meant that we only had threequarters of an M40 team which was a pity because we were lying 38th, our best ever position, after 6 legs.

So in all it was a good day for Belgrave in spite of the appalling conditions, lack of facilities and the sense of occasion generated when the relay is held at Sutton Park. It was a pity that there were noticeably fewer teams competing, particularly from the North.

In the first race the M50's, M60's and women set off together. For Belgrave, Tony Verdie, fresh from a very good Tadworth '5' and seen lately doing speedwork on the track at Battersea, sat confidently at the rear of the leading pack as the runners came up the first hill. Further back was Pat Newell with his eyes on J.D. Wood of Barnet. By the end of the first leg Tony had moved through to 12th with Pat a steady 4th in the M60's behind Spink of Bingley, Abel of Stonemasters, and only 13 seconds behind Wood of Barnet.

Mike Newton showed that all his natural speed had not disappeared with his lack of fitness and returned an excellent 24:19 on leg two of the 50's. Charlie Walker, perhaps still not at his best after recent injury, nevertheless kept Belgrave well in touch in the 60's losing another 44 seconds to Barnet's Laurie Forster, but more importantly keeping the gap to less than a minute. At this stage the leaders were still Bingley - just.

A year ago at Sutton Park it was the excellent first leg by Barnet's Ron Higgs, only 8 seconds slower than Laurie, that lost Belgrave the race. This year it was a different story. Ron isn't running as well and Laurie is running even better. In fact, even though we have never seen him run badly, surely Laurie has never shown so much determination and aggression. Both runners soon overtook the Bingley man and the Barnet lead of 57 seconds had been reduced to less than 25 after the first lap. All eyes looked to the far side of the field as the leaders came into sight at the top of the final hill. Laurie swept down the incline past poor Ron Higgs and then sprinted the final half mile to win by no less than 27 seconds. It was an outstanding performance and Laurie very nearly caught Alan Black running third in the 50's.



Mr. Dependable - Laurie O'Hara.
Photo: Jeremy Hemmings

Belgrave M50s remained in the low 20's for the final three legs run by Bill Laws, John Wasbrough and Carl Cross. It was a solid performance with so many of the team not as fit as they would like.

It was disappointing again not to have a full M40's team. Such a good start too with Charlie Dickinson 4th on the first leg in 19:36 handing over to the man in form, Leo Lyons, who had a great battle all the way round with the Bromsgrove runner before forging into the lead up the final hill. Then of course it was a gradual drop but a solid team of Richard Pearson, John Mather (running in his first veteran event), Rex Bale and Tony Stone were in 38th place at the end of the sixth stage. At the front there was a magnificent race with Mike Hager and John Wheway both running well under 19 minutes and moving Tipton up from 7th to 1st on the final two legs.

M40 8 x 6k

1, Tipton 2:38:30; 2, Swansea 2:38:34; 3, Wirral 2:39:14; Belgrave dnf (C.Dickinson (4) 19:36, L.Lyons (1) 19:53, R.Pearson (13) 21:54, J.Mather (18) 21:24, R.Bale (30) 24:11, T.Stone (38) 24:52).

M50

1, Bingley 2:10:15; 2, Woking 2:13:40; 3, Thames H&H 2:13:43; 21, Belgrave 2:26:06 (A.Verdie (12) 21:51, M.Newton (21) 24:19, A.Black (22) 24:47, B.Laws (24) 25:46, J.Wasbrough (23) 24:04, C.Cross (21) 25:19).

M60 3 x 6k

1, Belgrave 1:11:06 (P.Newell (4) 24:19; C.Walker (3) 24:59; L.O'Hara (1) 21:48); 2, Barnet 1:11:33; 3, Bingley 1:15:51. Fastest: 1, L.O'Hara, 2, G.Spink (Bingley) 21:53, 3, J.McLennan (Stonemasters) 22:50.

Vets Road & Country Round-up

December '93

- 4 Wimbledon, Vets AC 4.8m CC. 9, L.O'Hara 27:58 (M60 record); 17, R.Bale 29:21; 23, A.Hardy 30:10; 28, J.Wasbrough 30:49; 30, A.Stone 31:15; 31, A.Stroud 31:18; 39, A.Black 32:10; 53 finished.
18 Wimbledon, Vets AC 4.8m: 1, L.Lyons 27:19; 3, L.O'Hara 28:02; 5, A.Painter 29:13; 7, R.Bale 29:36; 17, J.Wasbrough 31:24; 19, P.Newell 31:41; 21, A.Stone 32:00; 32, C.Walker 35:00; 33, L.Mann 35:08; 39, D.Manning 36:48; 45 finished.

January

- 1 Hyde Park, 10k: M50 1, A.Hardy 39:20; L.Mann 44:59.
2 Tadworth, Legal & General 10m: 36, A.Verdie 59:24 (1st M55); 276, L.Mann 1:10:49; 445, D.Manning 1:18:19; 463, R.Faithfull 1:19:06; 675, C.Manning 1:35:04.
15 Wimbledon, Vets AC 4.8m: 1, L.Lyons 26:39; 9, A.Painter 28:52; 31, J.Wasbrough 31:55; 53, F.Barrett 36:32; 66 finished.
23 Mitcham 25k: L.Mann 1:58:40.
28 Hyde Park, Last Friday of Month Series. 10, P.Newell 19:34; 11, C.Walker 19:54.

February

- 5 Wimbledon, Vets AC 4.8m CC. 1, L.Lyons 26:31; 9, A.Painter 28:59; 13, C.Taplin 30:39; 14, P.Newell 31:13; 19, C.Walker 32:06; 31, D.Maughan 34:41; 35, T.Lawton 35:50; 49 finished.
6 Watford Half-Marathon: 403, L.Mann 92:17; 1129, P.Davies 112:18; 1130, C.Henn 112:19
13 Ruislip, Southern Counties Vets. AC Champs. Laurie O'Hara's 41:16 was not only good enough to carry him to the M60 title - he beat all the M50s as well!
13 Wokingham Half-Marathon: L.Mann 1:32:47.
26 Wimbledon, Vets AC 4.8m CC. Leo was looking for his 5th win of the winter season around this course but had to face super-vet Nigel Gates - 4th in the Southern and fresh from a world record 3k the week before. Gates got away by 26 seconds. 2, L.Lyons 26:32; 28, D.Maughan 32:45; 39, F.Barrett 35:23; 52 finished.
27 Bury 20m: 361, L.Mann 2:28:01; 647 R.Faithfull 2:49:21.

March

- 6 Tunbridge Half-Marathon: L.Mann 1:29:59.
13 Hillingdon Half-Marathon: M60: 1, L.O'Hara 1:18:42.
13 Belgrave Half-Marathon: L.Mann 1:31:56.
19 Wimbledon, Vets AC 4.8m CC. 12, C.Taplin 29:47, J.Wasbrough 31:37.
20 Worthing 20m: L.Mann 2:18:36.
27 Stevenage 10m: L.Mann 1:05:41.

April

- 1 Maidenhead 10m: L.Mann 1:05:00.
2 Isle of Wight, Newport to Ryde 7m: Laurie O'Hara placed 15th overall and smashed the M60 record with 42:26.
4 Feltham 5m: L.Mann 34:54.
11 Flitwick 10k: L.Mann 41:30.
17 Harrow, Reebok 10k: 98, L.O'Hara 35:18 (1st M60 and actually 2nd man home over 50)
24 Elmbridge Half-Marathon: L.Mann 1:28:07.
26 Battersea Park, Vets AC 5.2m Road Race: 1, L.Lyons 28:19; 16, J.Wasbrough 32:15; 18, A.Stone 32:59; 21, R.Bale 33:16.

May

- 1 Kingston Half-Marathon: L.Mann 1:30:00.
2 Luton 10k: L.Mann 41:25.
7 Barton 10k: L.Mann 41:09.
15 West Middlesex Half-Marathon. L.Mann 1:35:08.
15 Tadworth 'S'. M55. 1, A.Verdie 28:28, 2nd in overall age graded result.
17 Battersea Park, Vets AC 5.2m Road Race. 1, L.Lyons 28:00; 13, J.Wasbrough 32:17; 22, R.Bale 34:02.
29 St. Neots Half-Marathon: L.Mann 1:34:30.

June

- 5 Teddington, Lensbury 10k. M60 1, L.O'Hara 35:41.
5 Dorking 10m: M50 1, A.Verdie (M55) 59:21.
14 Battersea Park, VAC 5.2m Road Race Champs. 2, L.Lyons 28:41; 8, L.O'Hara 29:58; 25, J.Wasbrough 32:36; 29, A.Stone 33:08; 37, C.Walker 33:50.
Battersea Park, Sri Chinmoy '2'. M60 2, C.Walker 12:14.

July

- 5 Battersea Park, Vets AC 5.2m Road Race. 13, R.Bale 34:05; 21, D.Davies 36:15.
10 Claygate Country 5m: L.Mann 33:14.
16 Elmore 7m: L.Mann 45:25.
17 Elmbridge 10k: L.Mann 40:52.
23 Sri Chinmoy 5m: L.Mann 32:20.
25 Battersea Park, Sri Chinmoy GP 3m. M50 B.Morris 18:27.
31 Luton Half-Marathon. 66, L.Mann 1:34:35.

A good year for "gutsy" Leo

Leo Lyons has been running for Belgrave for many years and has always had a reputation for training and racing hard. A very determined and "gutsy" distance runner, he has had more than his fair share of injuries which have often interrupted the flow of good performances; the usual leg injuries have been most common but Leo has also suffered from sciatica and two years ago cracked his shinbone on a steeplechase barrier.

Now just turned 45 and at last free from major injury, Leo has been enjoying his best and most consistent form as a veteran with fine wins over the country in VAC events last winter, good times at the half and full marathon and lately, his best ever veteran performances on the track.

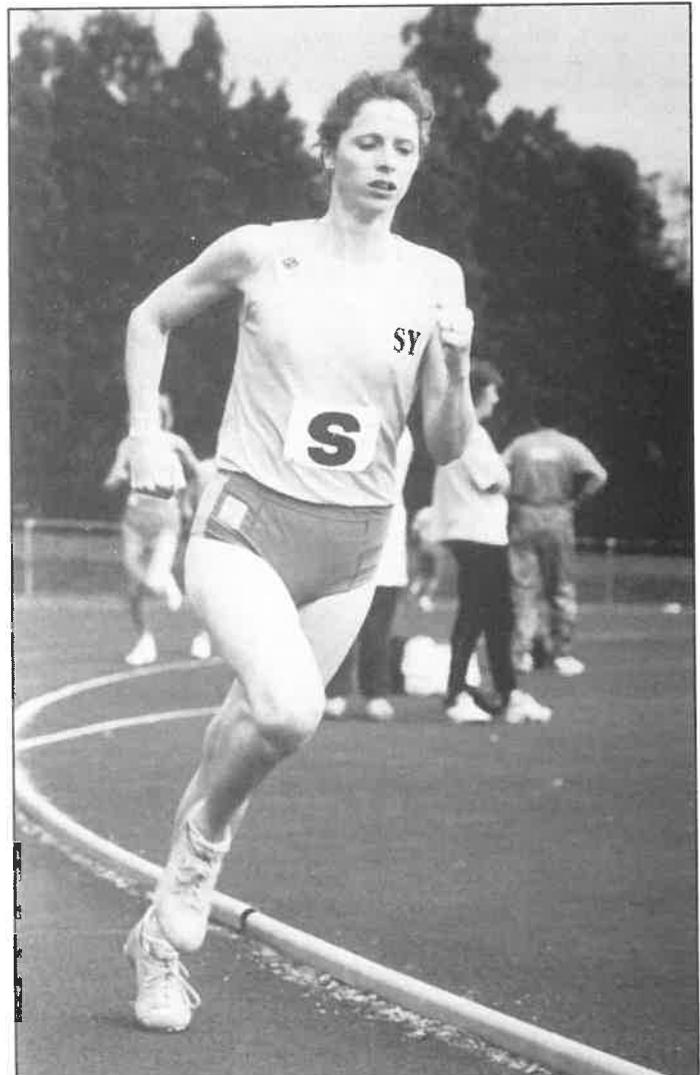
In fact he won no less than four of those popular VAC cross country races, with a best time of 26:32, and was only beaten in the fifth by Brighton's Nigel Gates. Leo also collected last season's Belgrave 10 mile cross country shield and ran in the BVAFF championships at Tunbridge Wells in March.

On the road he was 5th overall and first vet. in the Swanley half-marathon with 73:04. He took the VAC title and beat Keith Penny into the bargain. His 2:44:44 in the London Marathon gave him the bronze medal in the Belgrave Championship and a cracking second leg run in the National Veterans' Road Relay at Aldershot brought the Bels. a very exciting and rare (although brief) lead.

Under 4:30 for 1500m and just over 16 minutes for 5000m on the track, it was in the steeplechase that he had his most notable performances of the 1994 season. Not the smoothest of hurdlers, Leo relies on his strength to get him through this the toughest of all events. With a good win behind him in the Vets' T&F League, he romped home in the SCVAC Champs at Swindon in 10:16 to set a new record by over a minute. His main target for the 1994 track season, however, was the BVAFF 3k 'chase at Bedford in July, and it's good to be able to report that he achieved what he set out to do by winning the M45 race in 10:31.25.

Well done Leo. Good luck - and keep injury free.

Below: Entering her first summer as a veteran, Jacinta Moore soon found representative honours coming her way with a run for Surrey at 800 metres and 400 metres in the Inter-County match at Crawley. Photo by Jeremy Hemming



SCVAC T&F LEAGUE MID-LONDON DIV., MATCH 1 BATTERSEA PARK 25 APR

Last year we thought we were going to do well but then blew it with a couple of very poor turn-outs. We now felt that our men's and women's were stronger all-round, so what would the 1994 season bring us?

From the very beginning of the meeting bad luck hit us with a "double-whammy" when Bob Bridges pulled a calf muscle simply limbering up for the 100 metres - and then John Jeffery, really looking forward to the 400, "popped" a ham string when nearing the tape in his over 50's 100 dash. Tough luck on both of them and we could only hope they would both recover before the season was over.

Serpentine Runners, with a competitor in virtually every event, were run away winners in the women's match. But with new team members Marcia Harewood, Maureen Jones and Jacinta Moore to bolster us, we surprised the Met. Police by pushing them down to 3rd. Jacinta was devastating, clearly winning the 400 and then within 25 minutes doing another demolition job on the 1500 field. She picked up 32 points for that double and then chipped in with a relay leg. Barbara Dunsford, our sole over 50 representative, was another 32 pointer and with Sue Porter leading the walkers home we were pleased with our start to the season.

It was very tight indeed in the men's match. Mike Small enjoyed his very first veteran competition and would have been our highest scorer but for the fact that he took a non-scoring role in the shot, allowing new member Pan Zeniou, an international level decathlete from a few years back, to get some points on the board. Messrs. Warburton, King and Fotheringham gave us a nigh on maximum score in

P.Zeniou, D.McMillan, C.Brooks) 57.6.

Over 50

100m: 3, J.Jeffery 14.3. 1500m: 1, A.Stone 5:14.1. 2k Walk: 1, D.Fotheringham 10:30.5. HT: 6, G.Piddington 4.14.

Teams: 1, Met. Police 211; 2, Belgrave 182; 3, Serpentine 178; 4, Thames Valley 171; 5, Herne Hill 130; 6, Old Gaytonians 105; 7, Hercules Wimb 85.

Women over 35

100m : 2, S.Scott 15.6; 3, M.Harewood 16.0. 400m: 1, J.Moore 67.3; 2, P.Mead 85.9. 1500m: 1, J.Moore 5:26.8; 2, S.Porter 6:58.3. 2k Walk: 1, S.Porter 11:40.7; 3, H.Miller 14:45.0. 4x100m: 2, Belgrave (N.Stracey, M.Harewood, P.Mead, S.Scott) 65.8. HJ: 3, M.Jones 1.10. SP: 3, C.James 7.73. HT: 3, M.Jones 15.24.

Over 50

SP: 1, B.Dunsford 6.03. HT: 1, B.Dunsford 21.64.

Teams: 1, Serpentine 285; 2, Belgrave 170; 3, Met. Police 156.

SCVAC T&F LEAGUE MID-LONDON DIV., MATCH 2 BATTERSEA PARK 16 MAY

"Yep! Sometimes it's good being an old lady," chuckled Barbara Dunsford, nudging our team manager in the ribs after his congratulations to her on three more wins. It was another enjoyable evening for the Old Bels. although the men's team, looking for a win, were surprised to find themselves only third with Serpentine and Thames Valley getting the jump on them.

Leo Lyons is running better than ever. The winter has seen him tearing away from the field at the start of every veterans' race in which he has taken part, laying down a challenge to all participants. It's a habit he's carried over onto the track and, running in flat shoes, he left the rest of the steeplechasers in his wake while removing a further

after her 3k race. Now it was all up to Jacinta on the final 800 metre leg. Imperceptibly she closed over the first lap but was still 50 metres down at the bell. Remember, she had already won the 800 and 3,000. Surely this was just *too* much. But she continued to close ... quicker ... and quicker ... until, to the delight of all those present who were not wearing red vests with two yellow hoops, she tore past and into the lead.

In match one our women ended up 115 points down on Serpentine Runners but here the gap was down to 51. Our women were on their way - and we had a secret weapon up our sleeves for match three!

Men over 40

200m: 4, P.Zeniou 26.3; =1, C.Brooks 27.0. 800m: 5, C.Dickinson 2:14.3; 4, D.McMillan 2:29.4. 3000mSC: 1, L.Lyons 10:16.3; 1, P.Gilbey 10:44.5. LJ: 4, P.Zeniou 5.06. TJ: 6, D.McMillan 7.20. PV: 2, C.Brooks 2.40. DT: 1, M.Small 36.54. Medley Relay (200, 200, 400, 800) 3, Belgrave (C.Brooks, P.Zeniou, P.Gilbey 63.3, C.Dickinson 2:14.2) 4:11.4.

Over 50

200m: 4, T.Lawton 29.9. 800m: 5, A.Stone 2:36.6. LJ: 5, G.Piddington 2.71. TJ: G.Piddington no dist. recorded. PV: 1, T.Lawton 2.80. DT: 4, A.Mead 19.46.

Teams: 1, Serpentine 184.5; 2, Thames Valley 176; 3, Belgrave 164.5; 4, Met. Police 155; 5, Old Gaytonians 114; 6, Hercules Wimb. 113; 7, Herne Hill 109.

Women over 35

200m: 4, N.Stracey 35.7; 2, P.Mead 35.8. 800m: 1, J.Moore 2:39.9; 2, P.Mead 3:31.3. 3000m: 1, J.Moore 11:26.6; 2, N.Mills 12:21.2. LJ: 3, N.Stracey 2.93. JT: 3, C.James 14.38. DT: 3, C.James 16.40. Medley Relay (200, 200, 400, 800) 1, Belgrave (N.Stracey, P.Mead, N.Mills 79.4, J.Moore 2:35.7) 5:07.0.

Over 50

LJ: 1, B.Dunsford 1.69. DT: 1, B.Dunsford 13.00. JT: 1, B.Dunsford 10.88.

Teams: 1, Serpentine 214; 2, Belgrave 163; 3, Met.Police 100; 4, Old Gaytonians 16.

SCVAC T&F CHAMPIONSHIPS SWINDON, 29 MAY

Only three Belgravians made the long journey to Swindon for this year's SCVAC Championships but Snowy Brooks, Leo Lyons and Charlie Dickinson all came away with a gold medal apiece, with Snowy collecting four second places as well.

Although the rain mostly held off, it was a blustery day on a very exposed track next to the new Swindon Town football stadium. Although not too well supported in numbers there were many outstanding performances and championship bests, including a 10.16.7 run by Leo Lyons in the M45 Steeplechase where he sliced over a minute off the previous best.

Elsewhere we were treated to a

54.78m hammer throw by BBC commentator Paul Dickenson, a 4.30m pole vault by Brian Hooper, and an 11.6/23.5 sprint double by Alastair Ross.

Snowy won the M45 long jump with a leap of 5.31m, came second in the 100m and 200m in 13.0 and 27.1, and also gained 2nds in the discus and shot with throws of 33.60m and 10.34m. Charlie Dickinson was beaten in the 5000m by new vet Bill Bailey, an army man from Aldershot, but easily won the M45 category in 15:46.7.

SCVAC T&F LEAGUE MID-LONDON DIV., MATCH 3 HENDON, 27 JUN

Our women's team had their best competition yet, beginning to look a sure bet to be our first ever Vets team to reach the SCVAC final as they consolidated 2nd position overall. With two ladies now operating in the W50 group we scored heavier than ever before, our points differential with the Serps now down to a mere 22 in this match. Barbara Dunsford rushed back from Bruges to set four pbs and was joined for the first time by our secret weapon, Cynthia James fresh into the age group. Another best ever came from Sally Scott, her 15.1 getting her frighteningly within range of a slot in Southern League relay teams.

It was not such a happy story in the men's match. Work commitments kept a couple of our key competitors away and Leo Lyons ran with back trouble, making all the difference between 1st team place and 3rd in a tightly scored match. Bob Bridges and Snowy Brooks were able to put their rivalry to the test in the sprints and ended the evening being just tenths apart when the times were added up. Bob also broke new ground in the hammer - and what do you think of young Georgie Piddington - all the way up from Hayling Island on the South Coast for an evening filling in as reserve!

Men over 40

100m: 5, C.Brooks 13.0; 3, R.Bridges 13.0. 400m: 6, C.Brooks 62.5; 3, R.Bridges 63.0. 1500m: 3, L.Lyons 4:32.8; 7, D.McMillan 5:22.7. 5000m: 3, L.Lyons 16:50.0; 2, D.McMillan 18:47.7. HJ: 2, C.Brooks 1.45. SP: 1, M.Small 11.57; n/s P.Zeniou 10.85. JT: 1, P.Zeniou 44.08, n/s M.Small 45.08. HT: 1, M.Small 42.64; n/s R.Bridges 27.62. 4x400m: 6, Belgrave (C.Brooks 64.3, R.Bridges 62.3, L.Coy 67.3, L.Lyons 62.9) 4:16.8.

Over 50

100m: 5, J.Jeffery 15.1. 400m: 5, G.Piddington 82.7. 1500m: 4, A.Stone 5:48.1. 5000m: 4, A.Stone 19:48.3. HJ: 2, J.Jeffery 1.30. SP: 4, J.Jeffery 7.32. JT: 2, J.Jeffery 20.72. HT: 5, J.Jeffery 11.06.

Teams: 1, Met. Police 242; 2, Serpentine 226; 3, Belgrave 209; 4, Thames Valley 192; 5, Herne Hill 160; 6, Old Gaytonians 133; 7, Hercules Wimb. 39.

Women over 35

Track & Field

the walk - what a pity there are no more walks until match three - but not surprisingly, our top male scorer was Captain "Snowy" Brooks, in the thick of the action on track and field. We had great support from the distance men (we fell down there last season) and it was a delight to see Charlie Dickinson take off in the 400 like it was a 10k, passing 200 metres in last position and then all but reeling in the entire field along the home stretch.

Men over 40

100m: 5, C.Brooks 13.0; 6, D.McMillan 15.0. 400m: 2, C.Dickinson 58.5; 2, C.Brooks 62.8. 1500m: 2, L.Lyons 4:30.0; 1, C.Dickinson 4:43.4. 2k Walk: 3, P.Warburton 10:29.4; 1, P.King 11:03.4. HJ: 1, C.Brooks 1.45. SP: n/s M.Small 11.57; 1, P.Zeniou 11.09. HT: 1, M.Small 43.10. 4x100m: 4, Belgrave (G.Piddington,

half a minute off his M45 Club Record. What a treat it was, too, to see tough-guy Pete Gilbey back in action. A great technician over the barriers, Pete took the 'B' race by a street and was good enough to win this and probably any other SCVAC 'chase, but for clashing with an in-form Leo. He must have been pleased with himself too, because news of his run soon spread to the East Street Gym in Epsom where Pete does a lot of his workouts.

Natalie Stracey and Nina Mills made their '94 debuts in individual events and both were involved in the final race, a medley relay that had competitors and officials from all clubs jumping with excitement. Pat Mead ran her socks off on the second 200 stint to keep us in contention with the "Serps" but they had a strong 400 runner who got away from Nina, still blowing hard

100m: 2, S.Scott 15.1; 2, M.Harewood 15.9. 400m: 1, J.Moore 66.2; 3, S.Porter 91.2. 1500m: 1, J.Moore 5:13.4; 2, N.Mills 5:39.3. HJ: 1, S.Scott 1.25. TJ: 3, N.Stracey 5.80. JT: 3, P.Mead 15.88; n/s C.Zeniou 22.???. HT: 3, S.Porter 10.94. 4x400m: 2, Belgrave (P.Mead 81.5, S.Scott 77.4, N.Mills 79.0, J.Moore 73.3) 5:11.2.

Over 50
100m: 1, C.James 17.5. 400m: 2, C.James 97.1. HJ: 1, B.Dunsford 0.90. TJ: 2, B.Dunsford 4.61. JT: 1, B.Dunsford 10.60 (W35 implement). HT: 1, B.Dunsford 25.22.
Teams: 1, Serpentine 246; 2, Belgrave 224; 3, Met. Police 123; 4, Old Gaytonians 22.

**SCVAC T&F LEAGUE
MID-LONDON DIV., MATCH 4
TOOTING, 25 JUL**

And so to the last matches in our division. The men had to win by miles to get through to the final but all our women needed to do was to turn up on the night. As it happened, both teams won handsomely for our first ever victories but as far as the men were concerned there just weren't quite enough points in the bag.

A SCVAC T&F League Record for M50s came from Mike Edwards in the pole vault with a fine 3.20. Leo Lyons was back in form and good points were scored in the throws by Mike Small and Pani Zeniou. Paul Warburton did the business for us in the 2k walk, backed up well by Lionel Mann and Johnny Morris. Once again, however, poor Bob Bridges had to resort to the Koolpak - a pulled hamstring in the 100m!

As for the women - they were great! We had just about every event covered for the first time, even the over 50's 5k where Pam Davies must have found it difficult to believe that she was back competing on Tooting track where her athletic career started in the 1950s. Sue Porter, Heather Miller and Margaret Stroud gave us a treble in the walk and Cynthia James mopped up points all over the arena but the hardest won victories came from Jacinta Moore.

Jacinta took the 5,000 metres and then lined up for the 800, the very next event, and not surprisingly had to dig down exceedingly deep to stay ahead down the home straight - but it wasn't over yet. We needed to win the relay to clinch the match and that 4x 200 metres turned out to be so exciting that it was still being talked about months afterwards. Sally Scott was neck and neck with the Serpentine runner on leg one, passing the baton to Pat Mead just a stride down. Pat tore into the lead but our rivals crept back ahead on leg three as Natalie Stracey gave everything to keep close. The Serps. had a good sprinter in Jane Searle on their final stage and she must have fancied her chances against a Jacinta that was still blowing from the last two races. Both entered the straight together

but with everyone from all the clubs leaping with excitement it was the Belgrave girl that got to the line first. Who could ever have imagined that veteran athletics could conjure up such thrills. Captain Snowy was delighted and Herne Hill's Byron Gray is still talking about it being the best race of the year - World Cup and all!

Men over 40
200m: 4, C.Brooks 26.8; 2, R.Bridges nt. 800m: 2, L.Lyons 2:19.0; 2, D.McMillan 2:25.7. 3000m: 1, L.Lyons 9:26.6; 4, L.Mann 12:10.4. 2000mW: 1, P.Warburton 10:05.1; 1, L.Mann 12:24.4. LJ: 3, C.Brooks 5.09. TJ: 5, C.Brooks 9.20. PV: 2, C.Brooks 2.50. DT: 1, M.Small 37.98. JT: 1, P.Zeniou 47.12. 4x200m: 3, Belgrave (L.Lyons, D.McMillan, C.Brooks, J.Jeffery) 1:57.3.

Over 50
200m: 7, G.Piddington 35.2. 800m: 5, A.Stone 2:44.5. 3000m: 1, L.O'Hara 10:13.9. LJ: 4, M.Edwards 4.02. TJ: 2, M.Edwards 9.01. PV: 1, M.Edwards 3.20. DT: 4, J.Jeffery 22.58. JT: 3, J.Jeffery 20.40. 2000mW: 3, J.Morris 13:17.5.
Teams: 1, Belgrave 263; 2, Serpentine 249; 3, Met. Police 246; 4, Thames Valley 175; 5, Herne Hill 100; 6, Hercules Wimb. 98; 7, Old Gaytonians 88.
Women over 35
200m: 2, J.Scott 31.7; 2, N.Stracey

Southern Veterans T&F League 1994 Mid-London Division		
Men		
1,	Serpentine Runners.....	28..... 837.5
2,	Met. Police AC	27..... 854
3,	Belgrave H.....	27..... 818.5
4,	Thames Valley H.....	22..... 714
5,	Herne Hill H	14..... 452
6,	Old Gaytonians AC.....	12..... 487
7,	Hercules Wimbledon AC.....	10..... 335
Women		
1,	Serpentine Runners.....	31..... 978
2,	Belgrave H.....	29..... 808
3,	Met. Police AC	24..... 450
4,	Old Gaytonians AC.....	15..... 38

33.9. 800m: 1, J.Moore 2:44.7; 2, P.Mead 3:31.1. 5000m: 1, J.Moore 19:53.0; 2, S.Porter 26:22.6. LJ: 3, N.Stracey 3.08. SP: 3, P.Mead 5.61. DT: 3, P.Mead 15.76. 2000mW: 1, S.Porter 11:36.2; 1, H.Miller 14:19.9. 4x200m: 1, Belgrave (S.Scott, P.Mead, N.Stracey, J.Moore) 2:10.1.
Over 50
200m: 1, C.James 36.7. 800m: 2, C.James 4:04.0. 5000m: 2, P.Davies 25:08.5. LJ: 1, C.James 2.37. SP: 1, C.James 7.70. DT: 1, C.James 17.68.

2000mW: 1, M.Stroud 14:18.6.
Teams: 1, Belgrave 251; 2, Serpentine 249; 3, Met. Police 58.

**SCVAC T&F LEAGUE FINAL
COLINDALE, 4 SEP**

Well done ladies! Our ten strong team, six of whom had never competed in club athletics during their younger days, had achieved their aim for the year in reaching the final and showed just what could be done with a little team spirit.

Women over 35
100m: 4, S.Scott 15.2; 3, M.Harewood 15.5. 200m: 4, M.Harewood 33.0; 4, N.Stracey 35.1. 400m: 2, J.Moore 66.5; 3, P.Mead 82.9. 800m: 1, J.Moore 2:33.1; 5, S.Porter 3:27.7. 1500m: 1, J.Moore 5:20.6; 2, N.Mills 5:52.3. 3000m: 5, H.Saw 13:17.4; 5, S.Porter 15:00.1. 2000m Walk: 2, S.Porter 11:34.0. HJ: =3, S.Scott 1.00. LJ: 6, N.Stracey 2.96. TJ: 6, N.Stracey 5.67. SP: 6, P.Mead 5.89. DT: 5, P.Mead 15.52. JT: 4, P.Mead 14.90. HT: 5, P.Mead 15.40. 4x100m: 4, Belgrave (M.Harewood, H.Saw, P.Mead, S.Scott) 63.3.
Over 50
100m: 3, C.James 17.4. 200m: 3, C.James 36.3. 400m: 2, C.James 91.0. 2000m Walk: 6, B.Dunsford 17:51.1. HJ: no ht. B.Dunsford. LJ: 6, C.James 2.59. TJ: 4, B.Dunsford 4.70. SP: 1, B.Dunsford 7.32. DT: 1, C.James 19.12. JT: 2, C.James 13.46. HT: 1, B.Dunsford 24.62.
Teams: 1, Verlea 471; 2, Aldershot F&D 446; 3, Radley 388; 4, Dartford 307; 5, Belgrave 305; 6, Arena 80 289.

VET'S ON TRACK

March

20 Kelvin Hall, Glasgow, British Vets. Indoor Champs.: M45 60mH: 1, S.Brooks 9.19.

26 Bedford, BVAF Indoor Pentathlon: M45. 5, S.Brooks 2459.

April

13 Battersea Park, Vets AC Meet. 1500m: 1, L.Lyons 4:27.0.

May

11 Battersea Park, Vets AC Meet. 800m: 4, L.Lyons 2:20.5. 5000m: 1, L.Lyons 16:11.0.

21 Barn Elms. 100m: S.Brooks 13.24. 200m: S.Brooks 26.86.

June

15 Perivale, TSB Open. W50 HT: 1, B.Dunsford 22.84.

29 Battersea Park, Vets AC Track Meet. SP: M40 R.Bale 6.15.

? Athens, European Vets Pentathlon. M40 3, P.Zeniou 3187.

July

5 Crawley, Veterans Inter-Counties. M40. LJ: B 1, S.Brooks 5.35. 3k Walk: B 1, C.Lawton 14:29.8. W35. 400m: 3, J.Moore 65.9. 800m: 1, J.Moore 2:29.1. W45. PV: 1, M.Jones 1.70. 3k Walk 1, S.Porter 19:10.7.

9 L.Christie Stadium, SEAA Veteran's Champs. LJ: 3, S.Brooks 5.49. DT: 2, S.Brooks 34.22.

16 Bedford, British Veteran's Championships. M45. 100m/200m/110mH/400mH/LJ/SP/DT/JT: S.Brooks 13.03/26.68/19.95/66.91/5.00/10.41/33.48/45.74. Snowy was winner in the long jump and 2nd in the javelin and discus. 3000mSC: 1, L.Lyons 10:31.25. M60. 1500m: 3, L.O'Hara 4:50.84. M65. 1500m: 2, C.Walker 5:29.92. W55. HT: 3, B.Dunsford 24.10.

20 Battersea Park, Vets AC Track Meet. 800m: 6, W.Morris 2:31.1.

August

3 Battersea Park, VAC Meet. 100m: 2, S.Brooks 13.1. 3000m: M50 2, W.Morris 10:43.4; 6, R.Bale 11:09.6.

24 Reading Open. PV: 2, M.Edwards (M40) 3.45.

28 L.Christie Stadium, VAC Champs. 5000m: M45 1, L.Lyons 17:03.3; M60 1, L.O'Hara 18:01.1.

29 Verlea Open Meet. JT/DT: M.Small 45.82/39.08.

September

7 Battersea Park, VAC Meet. 100m: (1) 3, S.Brooks 13.5. (3) 3, P.Mead (W) 16.4.

11 Barn Elms, Richmond & Twick. Open Vets Meet. M50 JT: S.Brooks 38.80. W55 SP/JT/HT: B.Dunsford 7.11/13.15/22.48.



REEBOK SOUTHERN VETERANS' ROAD RELAY ALDERSHOT, 24 SEP

The Belgrave over sixties stars won back the South of England title they lost last year to Barnet, but it was a pretty close thing with Laurie O'Hara outspringing Ron Higgs in the final straight winning by a mere six seconds.

Pat Newell had got Bels off to a great start with his fastest ever 60's leg in 23:57 nearly a minute ahead of Cambridge and two and a half minute clear of Bob Belmore of Barnet. But with Laurie Forster and John Wood back to their best, Charlie Walker not going too well and Bert Stroud rather unfit after his holiday, it was Barnet who had pulled into a 26 second lead by the end of the third leg.

After the first lap Laurie had not appeared to have made much impression on the leader Ron Higgs, and even as the runners came into view at the top of the far hill there seemed too much for him to do. But as they raced down the hill on the far side of the playing fields the gap became visibly smaller and as Charlie screamed his instructions to Laurie to "get a move on", Laurie shifted gear at the final bend and the rest, as they say, was history.

M60 1, Belgrave 1:35:56 (P.Newell 23:57, C.Walker 25:36, A.Stroud 24:48, L.O'Hara 21:35); 2, Barnet & Dist. 1:36:02; 3, Cambridge H 1:41:26.

Fastest: L.O'Hara (Belgrave) 21:35; R.Higgs (Barnet & Dist) 22:08; D.Wood (Barnet & Dist) 23:40.

SURREY COUNTY VETERANS CC CHAMPS RICHMOND PARK, 8 OCT

It was back to the usual lovely Autumn sunshine for this year's popular county championships after the cold day last year. New winners in all categories came from a somewhat reduced field of 157 runners.

An equestrian event on part of the usual course forced the organisers to stage this year's race on the lower Petersham course. This meant climbing that terrible hill on each of the three laps. Another change was to allow the ladies race time to finish before starting the men's and this provided a far better atmosphere for the ladies.

Jacinta Moore ran very well for 5th place, with Nina Mills in 15th and completing the team, Hilary Saw in 21st. Belgrave finished just outside the medals in 4th place.

In the men's race it was again our over sixties who won the medals. Pat Newell, fit at the moment but hating the hill, won the bronze, but the team of Pat, Charlie Walker and Bert Slough again took the team gold with a mere ten points. We even had a fourth scorer in Derek Manning.

Best of the rest was a very characteristically determined run from John Mather in 7th place and an epic struggle between Tony Stone

and John Wasbrough in the M50's. John went faster up the hills and Tony overtook when they went down. In the end it was Tony's long legs that prevailed in the sprint to the line.

Belgrave numbers were down on previous years and most hoped the race would return to the old course next year.

Men
1, B.Attwell (South London) 32:17; 2, C.Hughes (Thames H&H) 34:18; 3, R.Roath (Woking) 34:37; ... 7, J.Mather 35:30; 24, M.Nouch 37:14; 43, A.Binda 39:43; 65, P.Newell (3rd M60) 40:54; 69, A.Stone (17th M50) 41:25; 70, J.Wasbrough (18th M50) 41:27; 84, A.Stroud (6th M60) 43:01; 92, C.Cross 27th M50) 43:46; 97, C.Walker 11th M60) 44:41; 116, D.Manning 18th M60) 48:10; 123 finished.

Teams:
M40 1, Thames H&H 18; 2, Hercules Wimb. 25; 3, Dorking & MV 43; ... 6, Belgrave 57; 13 teams closed in.

M50 1, Hercules Wimb.; 2, South London 25; 3, Thames H&H 31; ... 4, Belgrave 45.

M60 1, Belgrave 10; 2, Epsom & E 14; 3, South London 22.

Women
1, J.Davies (Epsom & E) 19:01; 2, B.Gash (Woking) 19:43; 3, L.Taylor (Dorking MV) 20:11; ... 5, J.Moore 20:37; 19, N.Mills 22:55; 25, H.Saw 24:06; 34 finished.

Teams: 1, Epsom & E 15; 2, Woking 17; 3, South London 39; 4, Belgrave 41; 8 teams closed in.

Vets' T&F League up and running

Richard Turner, organiser of the Southern Counties Veterans' T&F League was forced to stand down at the end of the '94 season due to pressure of work and it seemed for a while that the league might fold up. We are still not sure if there is going to be a final in 1995, or even if the other areas are going to continue with their divisions - but the Mid-London Division is up and running again. It is highly likely that each of the clubs we met last year will take part and the likely dates are as follows:

Mon April 24th.....Belgrave
Mon May 15th.....Serpentine
Mon June 26th.....Met. Police
Monday July 24thHercules Wimb.

Events are likely to be as in 1994 and once again all clubs are to provide a field judging team, track judge and timekeeper, with the host club taking on all the extra duties.

Mann of the Mountains

If you examine the road running results shown in the pages of this magazine you'll spot the name Mann turning up with startling frequency. Shown below, however, are a whole series of results chalked up by the Mann family - Royal Chef Lionel with sons Robert and James - presumably while accompanying Ma'am on her hols. north of the border this summer. They certainly seem to pick out the tough ones! Two runners went missing on the downhill section of the Cairn William race. At Nairn they placed 8th as a Belgrave team, racing alongside Scottish clubs Lochaber, Arbroath and Inverness (18th were Blackheath), and many times came up against the quaintly named outfit - Cosmic Hillbashers.

26 Jun., Cairngorm 10m Hill Race: L.Mann 1:58:35.

27 Jul., Irish Coasters. 10k. 41, L.Mann 42:46 (15th veteran).

6 Aug., 8 mile Hill Race. 9, R.Mann 47:15; 15, L.Mann 53:00.

11 Aug., Ballater 3 mile Hill Race. 9, R.Mann 21:20; 15, L.Mann 24:45.

13 Aug., Nairn Half Marathon. 21, R.Mann 1:22:18; 48, L.Mann 1:28:43 (27th M50). 107 finished.

27 Aug., Lonach 4 miles Hill Race. 9, R.Mann 24:00; 16, L.Mann 27:00.

3 Sep., Morrone 5 miles Hill Race 16, R.Mann 31:50; 24, L.Mann 35:00.

10 Sep., Ballater, Aberdeenshire, Morven 6.5 miles Hill Race. 25, R.Mann 50:22; 32, L.Mann 57:02

14 Sep., Gelder 4 miles Hill Race. 1, R.Mann 22:59; 3, L.Mann 24:35, 5, J.Mann 25:50.

17 Sep., Merrymusk, Aberdeenshire, Cairn William 6.5 miles Hill Race. 27, L.Mann 58:06 (8th veteran).

Going the distance

August

16 Battersea Park, VAC 5.2m Road Race. 6, L.O'Hara 30:26; 14, J.Slough 31:26

September

11 Perivale, Renault/London Gazette 10k. M60 1, L.O'Hara 36:36.

12 Battersea Park, Sri Chinmoy 2 miles. M50 1, W.Morris 12:04.

25 Welwyn Half-Marathon: L.Mann 1:32:44.

October

1 Wimbledon, VAC 4.8m CC: 8, L.Lyons 27:53; 9, M.Nouch 28:20; 10, L.O'Hara 28:22; 16, C.Taplin 30:26; 19, J.Wasbrough 31:07; 36, F.Barrett 34:43; 48, D.McMullen 51:34.

2 Stone, BVAF Marathon Champs. M55 1, A.Verdie 2:53:34.

29 Wimbledon, VAC 4.8m CC: 1, L.Lyons 27:10; 2, J.Mather 28:05; 3, M.Nouch 28:35; ... 11, C.Taplin 30:41; 14, L.Mann 31:18; D.McMullen (M70) 49:27.

Women's 2.5m: 2, J.Moore 16:55; 12, H.Saw 19:39; 17, P.Mead 23:36. Team 1, Belgrave 10; 2, Bromley 11.

November

12 Sri Chinmoy 10k. L.Mann 41:37.

20 Epsom Marathon Windows 10m. 14, L.Lyons 57:59; L.Mann 69:00.

25 Hyde Park, Serpentine 5k. P.Newell 19:56.

26 Wimbledon, VAC 4.8m CC: 3, L.Lyons 26:53; 4, M.Nouch 27:35; L.Mann 32:02.

December

3 Battersea, Sri Chinmoy 5m. M50 3, L.Mann 33:03.

11 Hogs Back 9m. Men. 86, R.Pearson 55:56; 142, J.Slough 58:31; 241, L.Mann 61:31; 825, T.Newell 80:51; 853, C.Henn 82:03. Teams 12, Belgrave 469; 52 veteran teams finished.

Women. 158, P.Davies 82:02

18 Wimbledon, VAC 4.8m CC: 2, L.Lyons 27:40; 3, M.Nouch 27:45; 15, C.Taplin 30:17; 23, J.Wasbrough 33:14; 37, D.Maughan 35:03; 50, C.Manning 49:06; 51, D.McMullen 49:30.

18 Horton 10k. L.Mann 42:20.

January

8 Tadworth 10m. L.Mann 70:00.

14 Wimbledon, VAC 4.8m CC Champs. 11, M.Nouch 27:39; C.Walker 33:10. Women 7, J.Moore 33:11.

THE
HOGSMILL BAND

BACK AT BELGRAVE HALL
SATURDAY MARCH 4TH - 7.30PM
OLD ENGLISH ROCK 'N' ROLL

Judging by the letters and comments we receive, *Arthur Bruce's* reminiscences of athletics after World War II are among the most popular items in our magazine so we have pleasure in continuing with:

ATHLETICS IN 1950

by Arthur Bruce

The year of 1950 was one of transition for Great Britain. The rationing era was ending and the improvisation of the immediate post-war years was ending. More important, the generation of pre-war stars that had carried on after the war such as Sydney Wooderson and Don Finlay were now being supplanted by a new generation of athletes, some of whom were only at the beginning of high calibre careers. The climax to the year for British athletes would be the British Empire Games in New Zealand in February followed by the European Games at the Heysel Stadium, Brussels, in August. Both were to show the steady improvement of performances throughout the athletic world.

The winter season preceding the Empire Games produced several new young cross country performers coupled with those making their mark from previous winters. The first major event of the year was the Inter-Counties

Championship held at Leicester and it produced a clear win for Dr. Frank Aaron the Yorkshire Champion who pulled clear of the young prodigy Geoff Saunders who only four years previously had won the first National Youths' Championship. They were followed in by the T.V.H. star Alec Olney and another young rising luminary Walter Hesketh from Manchester A.C. Lancashire were clear in the team championship with a fifty points margin over Warwickshire.

The Inter-Counties were followed in February by the district championships, the Southern at Eastbourne surprisingly won by Harry Hicks (Hampstead) in front of more experienced performers with T.V.H. taking the team honours in front of Aylesford Paper Mills, Blackheath and Belgrave. An interesting newcomer to the Juniors was Gordon Pirie, over a minute in front of his rivals, including brother Peter, South London H also taking the team honours.

The Midland at Great Barr the same day went to the veteran performer Bobby Reid of Birchfield by only a second from team mate Ted Dalton with their club comfortably taking the team title. Inter-County Champion Aaron was the victor of the Northern at Horwich from Geoff Saunders and Don Birch of Leeds with the quality small club Sutton Harriers clear in the team event.

The following month at Aylesbury the National Championships were resolved. The "Senior" produced another convincing win by Frank Aaron from Alec Olney, Reg. Gosney and Harry Hicks, with the team title

going again to the excellent packing of the Northern Champions Sutton Harriers whose first five scorers were home in twentyfive places! Second were Harehill Liberals and then the Scottish Champions Shettleston Harriers. The "Junior" went to the powerful running of Walter Hesketh from Green of Reading and Jack Eastham of Bolton, team title going to East Cheshire Harriers. Youth winner was Ike Williams, clear of his rivals with Sutton Harriers taking the team title.

Our team for the international at Brussels at the end of March, stronger and younger than immediate post-war years, was not fast enough to cope with the track oriented French and Belgian teams spearheaded by Alain Mimoun and Lucien Theys. Although Aaron and Olney ran well for 4th and 7th places respectively, the winning time of 45 minutes told it all - a different conception of cross-country running.

The Empire Games

The winter season was bisected by the timing of the Empire Games which took place in Eden Park, Auckland, New Zealand, in the first week of February. Despite competing out of season against the in season Australian and New Zealand performers the Home Countries did well with fines wins by John Parlett in the 880 yds, Len Eyre in the 3 miles, Dorothy Tyler in the high jump, Tim Anderson in the pole vault and Jack Holden in the marathon. Other sterling performances were those of Les Lewis, 2nd in the 440 yds, Alan Chivers, 2nd in the 6 miles, and Dr. Moody in the shot. Our teams took runners up spot in both relays. Our women's team, however, suffered from the very high level of performances set by the Australians and New Zealanders.

The track season begins

The track season was preceded by the usual short road relay period culminating in April with the London to Brighton Relay. A closely fought battle in the shortened version of the race, starting at Mitcham, resulted in a win by T.V.H. from Blackheath and Reading. The opening shots of the track season were fired at the White City on 18th March being the Inter-Varsity



"Athletics Weekly" first made its appearance in 1950, before that year being only a monthly publication. Editor was P.W. "Jimmy" Green - now a Life Member of Belgrave Harriers. The cover picture for March 25th 1950 shows Dr. Frank Aaron leading the Senior National Cross Country Championship at Aylesbury after 2 miles. Others in the picture are Hicks, behind Aaron, Olney (811), Birch (343) and Eyre (349).

ATHLETICS 1950 continued ...

match between Oxford and Cambridge. The outstanding performer was Roger Bannister in the mile in 4:14.8, a new Inter-Varsity record and an indication of better things to come. Other names to go on to better things were John Wilkinson and J.M.K. Finley in the sprints, Angus Scott in the 880 and Chris Brasher in the 3 miles.

The first major meeting of the year at which the shape and strength of British Athletics would be expressed was the annual Inter-Counties Championship coupled with selected invitation international events; these were held at the White City over the Whitsun weekend. The first day again showed E. McDonald Bailey to be our outstanding sprinter, winning the invitation 200 metres in 21.3 by five metres and close to the British record. The other international event, the 800, was won by the massive Canadian performer Bob McFarlane. The domestic events resulted in good wins by Harry Whittle in the 440 hurdles, Alec Olney in the 3 miles and a new British 7 miles walk record in 51:21 by Lol Allen of Sheffield by four minutes. The second day's programme produced a record equalling run in the domestic 220 by McDonald Bailey in 21.2, a good 440 yds win by Olympic Champion Arthur Wint in 48.1 and the first of many wins by John Disley in the 2 mile steeplechase.

Another prominent early season meeting, the Kinnaird Trophy, which some regarded as the English Club Championship meeting and was promoted by Polytechnic Harriers in conjunction with the annual Poly Marathon from Windsor to Chiswick, provided good early season competition and a British record equalling long jump of 25' 2¼" by S. Williams of the Polytechnic. Jack Holden won the marathon in confident style by over five minutes from A. Lawton of Leeds Harehill. Polytechnic Harriers took the team honours of their own promotion.

A.A.A. Championships

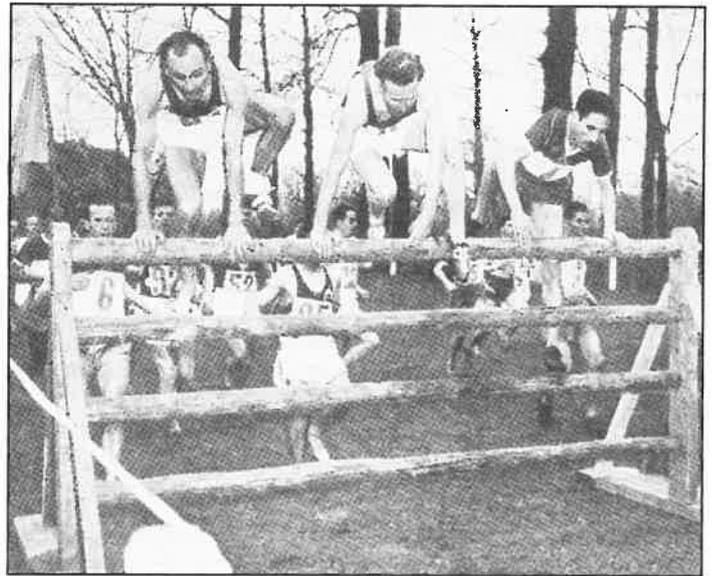
The A.A.A. Championships followed in July being the selection meeting for the forthcoming European Games in Brussels. The Friday night's events provided a usual hors d'oeuvre for the main events on the Saturday, with a sparkling 6 miles in which Frank Aaron fought an exciting duel with Van de Wattyne the Belgian Champion, finally drawing away for a new British Record of 29:33.6 with Mihalic of Yugoslavia 3rd. The other prominent final on Friday was Duncan McCl Clarke's new British hammer record of 178'4½" from Gubijan of Yugoslavia.

Saturday started with a British record in the 7 miles walk of 50:11.6 by Roland Hardy of Sheffield closely followed by his team mate Lol Allen. The half mile produced the expected battle between Arthur Wint the Olympic 400 metre Champion and Roger Bannister the future World mile record holder with John Parlett,

The International Cross-Country Race 1950 style. Lucien Theys of Belgium (centre) was the eventual winner and Alain Mimoun of France (right) was 2nd.

An estimated 20,000 spectators turned up to watch the race, held in Brussels.

Photo from World Sports.



the Empire Games 880 yds Champion thrown in for luck! Wint came home in 1:51.6 to equal the Championship Record from Bannister and Parlett. The field events continued to slowly improve with a close high jump battle between Alan Paterson and Ron Pavitt, victory going to the former with a record equalling leap. The 440 yds produced its usual tight finish with Les Lewis getting home from Derek Pugh in a record equalling 48.2. The mile, which was considered to be very open, showed a return to form of the holder Bill Nankeville who won in 4:12 from Empire Games Champion Len Eyre and Alan Parker. The 3 miles provided another great battle with Lucien Theys of Belgium, a popular visitor here, beating Alec Olney and a fast finishing Andy Ferguson in 14:09. Another title going overseas went to Segedin of Yugoslavia in the 2 mile steeplechase although John Disley, in finishing a close 2nd, indicated a future Olympic medal winner's potential. McDonald Bailey collected his usual double in the sprints to maintain his control of the British sprint scene. The final event, the 440 yds hurdles produced a class battle between Harry Whittle and Angus Scott and a win for the former but providing us with two good representatives at Brussels.

Climax of the season

And so to the climax of the season for British Athletics: The European Games at Stade Heysel in Brussels in late August. In the first final at which good results were expected, both British hopes Lol Allen and Roland Hardy were disqualified after finishing 2nd and 3rd respectively in the

10kms track walk. The less said about the standard of judging the better! Our lesser hopes in the 50kms walk were confirmed although Alf Cotton and John Proctor walked well to finish 5th and 6th.

The superiority of the Russian women in the power events was early established by Nina Doumbadze in the women's discus, winning by some six metres from her nearest rival. However, British hopes were revived by Sheila Alexander and Dorothy Tyler in the high jump where they placed 1st and 2nd with our third string Betty Crowther finishing 5th.

Our men swung into action in a nail-biting 800 metres in which Roger Bannister and Marcel Hansenne swept past new Norwegian discovery Audun Boysen only to have a flying John Parlett take the title right on the line in 1:50.5. Meanwhile Maureen Dyson, refighting her 1948 Olympic battle with Fanny Blankers-Koen, again collected the silver medal in the 80 metres hurdles, although the margin was greater.

Zatopek!

Zatopek's 10,000 metre win on the first day was significant in that on a 400 metre track he would have lapped the whole field, showing his tremendous superiority at this distance. The 5,000 metres final was eagerly awaited by the home crowd supporting their hero Gaston Reiff, the Olympic Champion renewing his Olympic battle with Emil Zatopek. The race took on a predictable course with the elegant Reiff stretching Zatopek on the rack for eleven laps only to have him race past in

Does anything change?

"Belgrave Harriers started the winter season well by winning the Chelmsford Road Relay last Saturday. Will they regain their former position in cross-country circles this season? Much may depend on the willingness of some of their track stars to take their winter sport seriously . . ."

Athletics Weekly, November 11th 1950

irresistible style with only a lap to go, a dismayed Reiff fading to be caught on the line for second place by a fast finishing Mimoun of France. Alex Olney ran his usual solid race for 8th place in 14:51.

Our fortunes in the sprints were mixed. Despite looking a finalist in the 100 metres, won by Bally of France, Brian Shenton, showing the best form of his life, repeated his 21.5 best performance in semis and final for a totally unexpected win in the 200 metres. This was followed by the ever-consistent Alan Paterson taking the high jump in 1.96, one place better than his 2nd in Oslo in 1946. Another fighting performance from Harry Whittle gaining bronze in a good quality 400 metres hurdles final made you wonder what he would do if he could only hurdle!

Fanny Blankers-Koen kept up her winning ways in the 200 metres, drawing away from Setchenov of the Soviet Union with Dorothy Hall taking third spot. The metric mile provided another storming finish with Bill Nankeville breaking clear of the field with 400 to go only to be collared close to home by Willi Slijkhuis of Holland and El Mabrouk of France in 3:47.2, the favourite Lennart Strand of Sweden not even finishing.

The steeplechase produced another Czech in the Zatopek mould. Jan Roudny pulled clear of all the expected favourites in 9:05.4 including our own John Disley who finished 10th, having an uncommon off day.

The relays again produced mixed fortunes for us as Britain did not make the first three in the sprint relay but were led by our new European Champion Derek Pugh in a tight finish with the Italians. A surprise win by our women's relay team after some sloppy baton changing by the Dutch and Soviet teams gave us an unexpected victory.

Comparing our overall performances with the previous European Games indicated the progress made in our track and field standards, especially regaining our power in middle distance running, but our weaker events remained as before on the field.

And what of Belgrave?

And so we come to Belgrave's position in the span of British Athletics in 1950. The athletic scene over 40 years ago, our objectives and standards, were so different from what we observe today. No women's section, no British League, no Grand Prix Series and only a small percentage of the road races that we enjoy today.

However, athletics in 1950 did have a structure which enabled athletes to fasten on to their priorities. For Belgrave 1950 was also a year of transition. Our strength, especially over the country, immediately after the War was the result of the quality performers from pre-war that were still available or inherited when athletics recommenced in 1945. By the year 1950 most of these stars were at the end of their

careers and the junior talent that had joined immediately after the war had not yet come through. The cross country season indicated the situation as to this decline first in the County Championships. Belgrave were 2nd in the Surrey Champs. both in the team and individual, Len Herbert following Stone of Dorking St. Pauls and with only two in the first ten. Our performers in Middlesex under the name of Cadogan AC slipped to 4th team, only Derek Burfitt, 9th, and Vic Blowfield, 10th, making the county team. We did, however, have Jack Brown in 6th place in the Kent Championship. This situation was confirmed a few weeks later in the Inter-Counties, our first scorer in 52nd place being Bill Lucas - Surrey's third man. The Belgrave 10 mile Cross Country Championship at this time resulted in a win for Jack Brown in 59:31 from Steve Charlton and Bill Lucas.

The Southern Champs the following month at Eastbourne at which the Club usually made a strong showing resulted in another 4th place behind T.V.H., Aylesford and Blackheath, our first man home being Les Stokell with a good performance by evergreen Ted Stimpson in 21st place. Our Juniors were a solid 5th with Charlie Walker 24th while our Youths were runners up with Don Maclean a good 4th in the individual.

The National Cross Country Champs in March only reflected for Belgrave their previous performances. Eighth place would be considered today a good performance, especially with the scoring six in 100 places. Les Stokell was first home in 47th place. Sutton Harriers again proved their solidarity with their scoring six in 67 places. The Juniors were back in 21st with a solid run from Charlie Walker in 40th place and the Youths performed creditably in 7th spot with Don Maclean in 20th position.

Meanwhile our walkers put up a good performance in the RWA 10 mile Championship, being 2nd to Sheffield with ever-consistent Harry Curcher second individual to Lol Allen and a good follow up performance by Charlie Churcher in 5th place.

It's interesting to see the result of the '5/4' Road Championship that year with a win by Vic Blowfield in 29:09 from Bill Lucas and Charlie Walker.

The Southern Clubs' London to Brighton Relay enabled Belgrave to display their strength in depth with a close up 4th and good runs by Derek Burfitt, Charlie Walker, Len Herbert and Bill Lucas.

Our walkers continued their string of good performances with a close 2nd in the National 20 mile Championship to Woodford Green with Harry Clayton in 4th spot.

The track season started annually with the County Champs. In the Surrey Bill Lucas won the 3 miles with 3rd places in the mile by Charlie Walker, the steeplechase by Eddie Short and in both sprints by Bas. Walden. Our only notable performances in the subsequent Inter-County Championships at the White City was a good win by Harry Churcher in the 2 mile walk and a fighting 2nd in the 3 miles by Len Herbert.

Our performers in the other county champs. did well with Derek Burfitt and Vic Blowfield 1st and 3rd in the Middlesex 1 mile and Jack Brown 3rd in the Kent senior mile.

In the RWA 50k Championship Belgrave maintained their good record in walking champs with 2nd team to Woodford Green, Clayton again walking well to take 3rd place.

And so to the AAA Championships at the White City in July with a notable performance by veteran Charlie Smart in the 6 miles, finishing 5th overall but 3rd Englishman home! This was matched by Readman's 5th place in the 7 mile track walk behind Roland Hardy's British record. Our only other performance of note on the main day was from Bill Lucas, who always timed his best performances for championships. He finished a close 4th in the 3 miles, only 2 seconds behind winner Lucien Theys of Belgium, timed at 14:09. Bill subsequently represented Britain in the triangular meeting against USA and Turkey at the White City.

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Wimbledon Common c.1950, with Len Coleman (far left) and Harry Churcher (second from right) race walking four abreast along The Causeway with not the slightest need to worry about the traffic. Photographer unknown.



1994 Rankings - Mens' Track & Field

60 metres

6.78	i	Haroun Korjie	U23	18-2-72	Birmingham NIA	31Dec
6.82	i	Phil Goedluck		10-9-67	Glasgow	12Feb
6.90	i	Lewis Samuel		12-2-66	Sheffield	19Jan
7.03	i	Dalton Powell		20-8-63	Birmingham NIA	8Jan
7.10	i	Fred Salle		10-9-64	Birmingham NIA	8Jan
7.21	i	Neil Owen	U23	18-10-73	Birmingham NIA	6Feb
7.3	i/R	Marlon Dickson	U17	17-11-78	Crystal Palace	30Jan
7.4	i	Richard David	U20	15-8-77	Crystal Palace	27Feb
8.1	i	Snowy Brooks	M45	19-8-44	Crystal Palace	13Mar
12.5		Stephen Whorlow, Jnr	U11	20-5-85	Tonbridge	4Apr

80 metres

11.9		Karl Bignall	U13	30-10-82	Sutcliffe Pk	19Jun
12.7		Daniel Crook	U13	27-4-82	Sutcliffe Pk	19Jun
15.3		Richard Wood	U13	1-6-82	Sutcliffe Pk	19Jun

100 metres

10.10a	+3.5	John Regis		13-10-66	Sestriere, ITA	31Jul
10.23		John Regis		13-10-66	Austin, Tex, USA	7May
10.46		Haroun Korjie	U23	18-2-72	Crystal Palace	25Jun
10.48		Lenny Paul		25-5-58	Birmingham	11Jun
		Phil Goedluck		10-9-67	Crawley	6Aug
10.89	m	Simon Shirley		3-8-66	Victoria, CAN	23Aug
11.1		Dalton Powell		20-8-63	Battersea Pk	13Aug
11.36		Marlon Dickson	U17	17-11-78	Telford	8Jul
11.4	w	Ian Wells		18-2-62	Gt. Yarmouth	30Mar
		Derek Browne		28-9-66	Croydon	14May
		Lincoln Campbell		20-10-64	Woodford	18Jun
		Mike Bazire		17-3-61	Croydon	29Jun
		John Dawson	U20	26-1-76	Battersea Pk	10Jul
		Milton Holder	U20	3-8-76	Battersea Pk	10Jul
		Richard David	U20	15-8-77	Feltham	24Jul
11.48		Neil Owen	U23	18-10-73	Wigan	7May
11.5		Daniel Newman	U20	8-7-75	Battersea Pk	10Jul
		Marcus Miller	U17	14-7-78	Tooting	28Aug
11.58		Ben Williams	U23	3-6-73	Birmingham	11Jun
11.7		James Hilston	U17	25-2-79	Wimbledon Pk	8May
11.8		Michael Livingstone	U20	17-4-76	Tooting	28Aug
11.85		Es Hassan	U15	7-12-79	Crystal Palace	28May
11.9		Kenny Pereira		4-7-64	Basingstoke	13Aug
12.0		Ludwig Nunoo	U17	19-2-78	Battersea Pk	1May
		Sam Nosike	U20	19-1-75	Tooting	28Aug
12.1		Anthony King	U20	21-1-77	Battersea Pk	10Jul
		Daniel Jackman	U17	3-11-78	Battersea Pk	10Jul
		Geoffrey Ojok	U17	19-5-79	Battersea Pk	10Jul
12.2		Christopher Knight		19-11-64	Battersea Pk	4Jun
		Paul Fox	U17	12-12-78	Battersea Pk	10Jul
12.3		Charles Mountfield		2-11-68	Battersea Pk	18May
		Steven Scott	U17	5-6-79	Battersea Pk	9Apr
12.4		Hugo Cavalier	U17	26-9-78	Kingsmeadow	19May
12.5		Dale Permaul	U17	27-10-79	Mayesbrook Pk	22May
		Chris Husbands		2-5-61	Battersea Pk	4Jun
		Paul Hills	U15	6-11-79	Deangate	26Jun
		Trevor Santer	U20	9-4-77	Battersea Pk	10Jul
		Michael Parper	U17	20-5-78	Basildon	30Jul
	m	Snowy Brooks	M50	19-8-44	Sheffield	24Sep
12.6		Guy Sagar		18-11-55	Hayes	7May
		Kevin Stephenson	U15	6-2-80	Battersea Pk	24Sep
12.7		Wesley Smith	U15	14-2-80	Battersea Pk	10Jul
12.9		Damian Sprigg	U17	22-1-78	Crystal Palace	9Apr
13.0		Bob Bridges	M40	17-8-49	Hendon	27Jun
13.1		Roy Hart	U15	3-11-80	Crawley	21Jul
13.2		Moses Semakula	U13	10-12-81	Deangate	26Jun
13.6		Jason Tanner	U15	26-12-79	Mayesbrook Pk	22May
13.8		Ross Haigger	U15	21-2-80	Crystal Palace	9Apr
		Christher Bleunven		5-8-69	Battersea Pk	10Jul
		Eric Derouet		20-9-64	Battersea Pk	10Jul
13.9		Arnold Bentt	M40	22-9-50	Battersea Pk	10Jul
14.2		Mark Louis-Sidney	U15	12-3-81	Battersea Pk	23Jul
14.3		John Jeffery	M50	12-1-44	Battersea Pk	25Apr
14.5		Karl Bignall	U15	30-10-82	Newham	28Aug
14.6		Fred Hughes	U13	16-12-83	Battersea Pk	10Jul
14.7		Emmanuel Gyekye	U13	4-10-82	Battersea Pk	10Jul
14.8		Jason Stevens	U13	5-4-82	Battersea Pk	10Jul
		Paul Knight	U15	12-8-81	Crystal Palace	9Apr
15.0		Dave McMillan	M45	9-11-47	Battersea Pk	25Apr
		Nigel Whorlow	U15	26-11-80	Deangate	26Jun
15.1		Jonathon Scott	U15	1-7-81	Battersea Pk	10Jul
15.3		Daniel Bond	U13	11-2-82	Battersea Pk	10Jul
15.4		Iain Richards	U13	7-2-83	Battersea Pk	2Jul
15.5		Daniel Crook	U13	27-4-82	Battersea Pk	10Jul
15.8		Dylan Powell	U13	2-12-82	Battersea Pk	9Apr
15.9		Robert Bignall	U13	14-1-82	Deangate	26Jun
16.0		Christian Morris	U13	15-7-82	Battersea Pk	2Jul
16.4		Wayne Simper	U13	21-3-83	Mayesbrook Pk	22May
		James Wilkinson	U11	21-4-84	Battersea Pk	10Jul
16.6		Stephen Whorlow, Jnr	U11	20-5-85	Battersea Pk	2Jul
16.8		Christopher Bentt	U11	16-12-83	Battersea Pk	10Jul
17.1		Lee Jones	U11	1-1-84	Newham	28Aug
17.2		Simon Tanner	U11	6-6-85	Mayesbrook Pk	22May
18.2		Matthew Dray	U11	25-11-84	Newham	28Aug
18.4		Richard Wood	U13	1-6-82	Mayesbrook Pk	22May
19.3		John Timmis	U13	28-3-82	Newham	28Aug

150 metres

15.15		John Regis		13-10-66	Sheffield	4Sep
20.7		Paul Hills	U15	6-11-79	Tonbridge	4Apr
24.1		Daniel Crook	U13	27-4-82	Sutcliffe Pk	19Jun
24.7		Nigel Whorlow	U15	26-11-80	Tonbridge	4Apr
25.3		Toby Laws	U15	29-1-81	Tonbridge	4Apr
25.9		Robert Bignall	U13	14-1-82	Tonbridge	4Apr



Above: Twenty two year old Haroun Korjie, second only to John Regis over 100 metres in 1994.

Key - applies to all rankings

R	Club Record
BR	British Record
i	Performance set indoors
a	Performance set at altitude
m	Performance set during multi-event
+n.n	Illegal wind reading of more than 2mps (4mps multi-events)
w	Known to be wind assisted but actual reading not known
3/1	The number before / indicates world ranking, the number after / is UK ranking. Where a single number is shown without a preceding / then it indicates UK ranking only. The UK ranking is for the age-group specified in the age-group column. Note, however, that at the time of printing the majority of UK rankings are not known. World rankings courtesy of Mel Watman and Athletics International.

Age groups

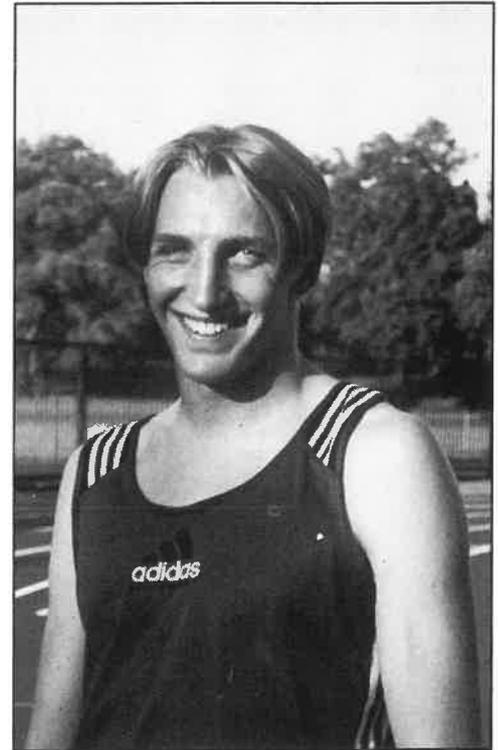
U13	Born 1-9-81 or later
U15	Born 1-9-79 to 31-8-81
U17	Born 1-9-77 to 31-8-79
U20	Born 1-1-75 to 31-8-77
U23	Born 1-1-72 to 31-12-74
M40	Or W35, etc. Athlete's age falls in 5 year band starting with figure shown in age-group (on day of competition)

? means that further details required. Please contact compiler.
 Where an athlete sets performances in two age groups during the one year (ie a veteran changing from M40 to M50 then best in both age-groups is shown.
 Where a performance is wind-assisted then the athletes best non wind assisted performance is also shown.
 Best indoor and outdoor performances are also shown. Errors and omissions - write to "Belgrave Rankings", 29 Kingston Road, Ewell, Surrey KT17 2EG or 'phone 0181-224 2657

200 metres

19.87a/1/1/BR/R	John Regis		13-10-66	Sestriere, ITA	31Jul	
20.01	John Regis		13-10-66	Monte Carlo	2Aug	
20.74	i	John Regis	13-10-66	Glasgow	12Feb	
20.79		Phil Goedluck	10-9-67	Crawley	6Aug	
21.1	+2.8	Haroun Korjie	U23	18-2-72	Kingsmeadow	31Jul
21.16	i	Phil Goedluck		10-9-67	Birmingham NIA	18Feb
21.3		Dalton Powell		20-8-63	Nottingham	14May
21.31		Haroun Korjie	U23	18-2-72	Crawley	6Aug
21.57	+3.5	Du'aine Ladejo		14-2-71	Cophthall	5Jun
21.85		Lewis Samuel		12-2-66	Sheffield	15May
22.01	i	Dalton Powell		20-8-63	Birmingham NIA	7Jan
22.12	i	Haroun Korjie	U23	18-2-72	Birmingham NIA	31Dec
22.5		Glen Palmer (2nd-CI)	U23	8-11-74	Tooting Bec	17Aug
22.6		Mark Richards		1-7-70	Battersea Pk	18May
22.9		James Hilston	U17	25-2-79	Feltham	24Jul
23.1		Mike Bazire		17-3-61	Woodford	18Jun
		Marlon Dickson	U17	17-11-78	Battersea Pk	10Jul
		Ben Williams	U23	3-6-73	Battersea Pk	13Aug
23.2		Richard David	U20	15-8-77	Tooting Bec	17Aug
23.30	+5.9	Es Hassan	U15	7-12-79	Telford	9Jul
23.3		Ian Wells		18-2-62	Gt. Yarmouth	30Mar
23.5		Geoffrey Ojok	U17	19-5-79	Deangate	26Jun
23.59		Es Hassan	U15	7-12-79	Crystal Palace	29May
23.6		Dan Gomme (2nd-CI)		17-11-71	Brighton	10Aug
		John Dawson	U20	26-1-76	Tooting Bec	17Aug
23.8		Frazer Hazlett		24-4-66	Tooting Bec	27Jul
23.9		James Ganio	U17	19-9-77	Battersea Pk	10Jul
24.0		Robert Cookson		28-6-69	Parliament Hill	7May
		Lincoln Campbell		20-10-61	Portsmouth	4Jun
		Rob Milner	U17	28-11-77	Aldershot	12Jun
		Milton Holder	U20	3-8-76	Battersea Pk	10Jul
24.1		Ludwig Nunoo	U17	19-2-78	Mayesbrook Pk	22May
24.2	m	Gavin Mason	U20	6-4-77	Battersea Pk	26Jul
24.35	i	James Hilston	U15	25-2-79	Birmingham NIA	6Feb
24.4		Daniel Newman	U20	8-7-75	Battersea Pk	10Jul
24.5		Paul Fox	U17	12-12-78	Battersea Pk	10Jul
		Kenny Pereira		4-7-64	Basingstoke	13Aug
24.6		Charles Mountifield		2-11-67	Crystal Palace	1Jun
24.7		Martin Readhead	U20	12-6-75	Tooting Bec	17Aug
24.8	m	Marcus Miller	U17	14-7-78	Battersea Pk	26Jul
24.9		Daniel Jackman	U17	3-11-78	Battersea Pk	10Jul
25.0		Michael Livingstone	U20	17-4-76	Croydon	29Jun
		Sam Nosike	U20	19-1-75	Feltham	24Jul
25.2		Damien Sprigg	U17	22-1-78	Hayes	7May
25.4		Paul Hills	U15	6-11-79	Deangate	26Jun
25.6		Kevin Stephenson	U15	6-2-80	Mayesbrook Pk	22May
		Chris Hubbands		2-5-61	Battersea Pk	10Jul
26.0		Roy Hart	U15	3-11-80	Crawley	21Jul
26.2		Ronald Permaul		16-12-55	Battersea Pk	10Jul
26.3		Pan Zeniou (2nd-CI)	M40	7-2-53	Battersea Pk	16May
		Guy Sagar		18-11-55	Basingstoke	13Aug
26.5		Trevor Santer	U20	9-4-77	Hayes	7May
26.6		Andrew Hill	U15	5-2-80	Battersea Pk	1May
26.68		Snowy Brooks	M45	19-8-44	Bedford	16Jul
26.8		Bob Bridges	M40	17-8-49	Battersea Pk	9Apr
26.9		Jamie Webb	U20		Basildon	30Jul
		Steve Smullen		23-9-58	Sutton Arena	13Jul
27.3		Nathan Scamp	U17	28-8-78	Crystal Palace	9Apr
27.4		Moses Semakula	U13	10-12-81	Battersea Pk	10Jul
27.7		Jason Tanner	U15	26-12-79	Battersea Pk	18Jun
28.0		Ross Haigier	U15	21-2-80	Battersea Pk	10Jul
28.8	m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	26Jul
29.7		Emmanuel Gyeke	U13	4-10-82	Battersea Pk	10Jul
29.8		Fred Hughes	U11	16-12-83	Deangate	26Jun
29.9		Terry Lawton	M50	26-5-41	Battersea Pk	16May
30.0		Simon Fuller	U13	4-5-82	Mayesbrook Pk	22May
30.3		Matthew Sackett	U13	30-1-82	Battersea Pk	23Jul
31.0		Don Anderson		10-5-55	Crawley	18Jun
31.5		Karl Bignall	U13	30-10-82	Harrow	5Jun
31.8		Jason Stevens	U13	5-4-82	Battersea Pk	28May
		Daniel Crook	U13	27-4-82	Battersea Pk	28May
31.9		Paul Knight	U15	12-8-81	Battersea Pk	28May
32.0		Robert Bignall	U13	14-1-82	Battersea Pk	10Jul
32.9		Jonathon Scott	U15	1-7-81	Harrow	5Jun
33.0		Wayne Simper	U13	21-3-83	Mayesbrook Pk	22May
34.4		Bryan Richards	U15	29-4-82	Battersea Pk	1May
35.2		George Piddington	M55	4-4-37	Tooting Bec	25Jul
37.5	m	Christopher Bentt	U11	16-12-83	Battersea Pk	26Jul
300 metres						
32.73	6/2	Du'aine Ladejo		14-2-71	Sheffield	4Sep
36.6		Mark Arend	U23	22-10-73	Crystal Palace	27Apr
36.7		Frazer Hazlett		24-4-66	Crystal Palace	27Apr
400 metres						
44.94	9/2/R	Du'aine Ladejo		14-2-71	Monte Carlo	2Aug
46.26	i	Du'aine Ladejo		14-2-71	Paris, FRA	13Mar
47.65		Lewis Samuel		12-2-66	Birmingham	12Jun
48.55	i	Lewis Samuel		12-2-66	Birmingham NIA	18Feb
48.70		Phil Goedluck		10-9-67	Bedford	18Sep
48.83	m	Simon Shirley		3-8-66	Bressanone, ITA	2Jul

Right: Gavin Mason pauses between reps while Clive Shippen gets busy with the camera. When Gavin clocked 48.89 to place 7th in the British League 'A' 400 metres on 2nd July he further complicated a little statistical anomaly. John Gladwin's Under 20 Club Record set in 1989 is a hand timed 48.9, but going back to 1977 Dave Mote also ran 48.9 as a Junior for Surrey AC. Surrey amalgamated with Belgrave in 1982 and therefore Dave had a 50% (and little known) claim on that record.



48.89	R	Gavin Mason	U20	6-4-77	L Christie Stad	2Jul
49.6		Dalton Powell		20-8-63	Nottingham	15May
49.74		Paul Beaumont		27-3-63	Wigan	7May
50.1	10	Michael Parper	U17	20-5-78	Battersea Pk	1May
50.15	12	James Hilston	U17	25-2-79	Telford	8Jul
50.20	i	Dalton Powell		20-8-63	Birmingham NIA	18Feb
50.3		Dan Gomme (2nd-CI)		17-11-71	Sutcliffe Pk	29Aug
50.52		John Dawson	U20	26-1-76	Crawley	6Aug
50.6		Mike Bazire		17-3-61	Newham	2Jul
50.8		Frazer Hazlett		24-4-66	Battersea Pk	18May
		Rob Milner	U17	28-11-77	Woking	4Sep
50.9		Ian Wells		18-2-62	Gt. Yarmouth	14Aug
51.3		Richard David	U20	15-8-77	Battersea Pk	13Aug
51.50		Mike Edwards Jnr		19-10-68	L Christie Stad	2Jul
51.6		Marcel Fok		3-6-68	Battersea Pk	9Apr
51.63	i	James Hilston	U15	25-2-79	Birmingham NIA	27Feb
52.0		Robert Cookson		28-6-69	Portsmouth	4Jun
52.8		Chris Knight		19-11-64	Crawley	18Jun
53.1		Graham Adams		10-6-68	Battersea Pk	10Jul
53.3		Wayne Chisnall		29-10-69	Woodford	18Jun
53.5		Martin Readhead	U20	12-12-78	Crystal Palace	1Jun
54.2		Geoffrey Ojok	U17	19-5-79	Tooting Bec	13Jul
54.09		Es Hassan	U15	7-12-79	Cophthall	7Aug
54.3		Bobbie Peacock	U17	12-1-78	Crystal Palace	13May
55.0		Charles Mountifield		2-11-67	Parliament Hill	7May
55.2		Dave Sleet	U20	26-7-75	Feltham	24Jul
55.6		Paul Fox	U17	12-12-78	Deangate	26Jun
56.2		Dale Permaul	U17	14-4-79	Battersea Pk	10Jul
		James Drake	U17	18-12-78	Wimbledon Pk	23Jun
56.9		Steve Smullen		23-9-58	Tooting Bec	27Jul
57.0		Nathan Scamp	U17	28-8-78	Shepway	10May
58.5		Charles Dickinson	M45	26-4-48	Battersea Pk	25Apr
58.6		Adam Armstrong		21-3-66	Croydon	29Jun
58.7		Paul Hills	U15	6-11-79	Battersea Pk	10Jul
60.5		Craig Permaul	U15	??-?-??	Battersea Pk	10Jul
60.6		Lincoln Campbell		20-10-64	Newham	2Jul
60.9		Christher Bleunven		5-8-69	Battersea Pk	10Jul
61.0		Andrew Hill	U15	5-2-80	Mayesbrook Pk	22May
61.3		Oliver Hunt	U17	5-9-78	Wimbledon Pk	23Jun
62.5		Snowy Brooks	M45	19-8-44	Hendon	27Jun
63.0		Bob Bridges	M40	17-8-49	Hendon	27Jun
63.2		Kevin Stephenson	U15	6-2-80	Mayesbrook Pk	22May
63.3	m	Snowy Brooks	M50	19-8-44	Sheffield	24Sep
63.7		Nigel Whorlow	U15	26-11-80	Harrow	5Jun
67.0		Don Anderson		10-5-55	Basingstoke	13Aug
67.2		Matthew Sackett	U13	30-1-82	Battersea Pk	2Jul
67.6		Leo Coy	M45	22-5-46	Battersea Pk	10Jul
69.3		Daniel Bond	U13	11-2-82	Battersea Pk	2Jul
70.0		Guy Sagar		18-11-55	Basingstoke	13Aug
70.2		Paul Knight	U15	12-8-81	Battersea Pk	1May
70.5		Toby Laws	U15	29-1-81	Battersea Pk	2Jul
75.6		Christian Morris	U13	15-7-82	Battersea Pk	18Jun
82.7		George Piddington	M55	4-4-37	Hendon	27Jun

1994 Rankings - Mens' Track & Field continued

600 metres

1:38.3	Bobbie Peacock	U17	12-1-78	Tonbridge	4Apr
1:51.4	Jason Stevens	U13	5-4-82	Sutcliffe Pk	19Jun
1:54.4	Nigel Whorlow	U15	26-11-80	Tonbridge	4Apr
2:09.1	Robert Bignall	U13	14-1-82	Tonbridge	4Apr
2:21.2	Daniel Crook	U13	27-4-82	Tonbridge	4Apr
2:29.5	Stephen Whorlow, Jnr	U11	20-5-85	Tonbridge	4Apr
2:35.4	Richard Biscoe	U11	31-8-84	Battersea Pk	25Jul
2:55.9	Christopher Bentt	U11	16-12-83	Battersea Pk	25Jul

800 metres

1:51.17	Daryl Maynard		21-8-61	Birmingham	11Jun
1:53.33	Gavin Mason	U20	6-4-77	Crawley	6Aug
1:53.32 i	Daryl Maynard		21-8-61	Birmingham NIA	31Dec
1:54.28	Marcel Fok		3-6-68	L Christie Stad	2Jul
1:54.26	Rob Turner		4-10-70	Crawley	6Aug
1:55.87	Toby Dolman (2nd-Cl)	U20	28-1-77	Telford	8Jul
1:56.2	Gary Staines		3-7-63	Basildon	30Jul
1:56.4	Graham Adams		10-6-68	Croydon	15May
1:56.80	John Dawson	U20	26-1-76	Cophthall	5Jun
1:58.3	Chris Ogle		6-3-62	Tooting Bec	27Jul
1:58.6	Michael Parper	U17	20-5-78	Enfield	14Jul
2:00.0	Simon Weston	U17	29-9-77	Kingsmeadow	19May
2:00.3	Ian Wells		18-2-62	Norwich	27Jul
2:00.6	Robert Cookson		28-6-69	Parliament Hill	7May
2:00.8	Rob Draper		14-1-71	Wimbledon Pk	23May
2:03.1	A.EMPSON	U20	17-5-75	Battersea Pk	4Jun
2:04.3	Alex Luce		18-7-64	Tooting Bec	27Jul
2:04.5	Marlon Anderson	U20	6-11-75	Tooting Bec	15Jun
2:05.0	Martin Readhead	U20	12-6-75	Tooting Bec	27Jul
2:06.4	Steve Smullen		23-9-58	Tooting Bec	27Jul
2:08.0	Gavin Jones	U17	31-1-79	Wimbledon Pk	23Jun
2:08.2	James Drake	U17	18-12-78	Horsham	20Aug
2:09.6	Chris Solorz	U20	11-2-76	Brighton	21Jun
2:10.2	Simon Vella	U15	19-9-79	Battersea Pk	23Jul
2:11.9	James Hilston	U17	25-2-79	Tooting Bec	17Aug
2:12.3	Dave Sleet	U20	26-7-75	Hayes	7May
2:12.8	Bobbie Peacock	U17	12-1-78	Crystal Palace	10Apr
2:14.3	Charles Dickinson	M45	26-4-48	Battersea Pk	16May
2:16.5	Adam Jones	U20	23-7-77	Crystal Palace	1Jun
2:18.8	Don Anderson		10-5-55	Crawley	18Jun
	Craig Permaul	U15	??-?-??	Battersea Pk	2Jul
2:20.5	Leo Lyons	M45	17-10-48	Battersea Pk	13Apr
2:25.7	Dave McMillan	M45	9-11-47	Tooting Bec	25Jul
2:29.0	Matthew Bloor	U15	3-1-80	Battersea Pk	18Jun
2:29.8	Nigel Whorlow	U15	26-11-80	Battersea Pk	28May
2:31.1	William Morris	M50	20-12-40	Battersea Pk	20Jul
2:31.9	Simon Fuller	U13	4-5-82	Battersea Pk	1May
2:34.7	Jason Stevens	U13	5-4-82	Battersea Pk	23Jul
2:35.1	Jamie Webb	U20		Feltham	24Jul
2:36.6	Tony Stone	M50	9-12-40	Battersea Pk	16May
2:39.5	Daniel Bond	U13	11-2-82	Newham	28Aug
2:40.5	Christian Morris	U13	15-7-82	Battersea Pk	10Jul
2:40.6	Bob Bridges	M40	17-8-49	Woodford	18Jun
2:44.7 m	Es Hassan	U15	7-12-79	Battersea Pk	25Jul
2:47.2	Toby Laws	U15	29-1-81	Harrow	5Jun
2:54.0	Lee Jones	U11	1-1-84	Newham	28Aug
2:55.6	Guy Sagar		18-11-55	Woodford	18Jun
2:58.5 m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	26Jul
2:59.1	Karl Bignall	U13	30-10-82	Mayesbrook Pk	22May
3:05.0	Stephen Whorlow, Jnr	U11	20-5-85	Newham	28Aug
3:11.0	Richard Wood	U13	1-6-82	Battersea Pk	10Jul
3:24.6 m	Marcus Miller	U17	14-7-78	Battersea Pk	26Jul
3:35.2	John Timmis	U13	28-3-82	Newham	28Aug

1000 metres

3:03.1	Lee Jenner	U20	14-7-77	Tonbridge	4Apr
3:40.5	Toby Laws	U15	29-1-81	Tonbridge	4Apr

1500 metres

3:48.7	Darren Mead		4-10-68	Kingsmeadow	31Jul
3:52.9	Gary Staines		3-7-63	Parliament Hill	7May
3:55.06	Graham Adams		10-6-68	Crawley	28May
3:55.80	Kassa Tadesse	U23	21-8-74	Crawley	6Aug
3:56.83	Roger Alsop		16-1-65	L Christie Stad	2Jul
3:58.00	Daryl Maynard		21-8-61	Wigan	7May
4:00.54	Rob Turner		4-10-70	Crystal Palace	25Jun
4:04.7	John Booth		3-2-68	Battersea Pk	18May
4:05.6	Gavin Mason	U20	6-4-77	Battersea Pk	10Jul
4:07.0	Mark Anderson		10-9-67	Croydon	14May
4:09.9	Rob Draper		14-1-71	Battersea Pk	18May
4:11.0	Alex Luce		18-7-64	Battersea Pk	13Aug
4:16.6	Tom Evans	U17	17-9-77	Kingsmeadow	19May
4:16.7	Matthew Hillier	U20	10-8-77	Aldershot	12Jun
4:17.0	Junior Galley		24-5-62	Tooting Bec	17Aug
4:17.3	A.EMPSON	U20	17-5-75	Aldershot	2Jul
4:17.7	Said Chettati		26-12-64	Battersea Pk	10Jul
4:19.4	Owain Lewes		9-7-67	Harrow	29May
4:19.6	Gavin Jones	U17	31-1-79	?	?
4:20.0	Phil Carstairs		7-7-60	Aldershot	2Jul

4:21.0	Chris Solorz	U20	11-2-76	Brighton	11Jun
4:21.16 R	Simon Vella	U15	19-9-79	Birmingham	30Jul
4:24.5	Wesley Swaffer	U20	9-6-77	Battersea Pk	4Jun
4:24.6	Adam Armstrong		21-3-66	Tooting Bec	27Jul
4:27.0	Leo Lyons	M45	17-10-48	Battersea Pk	13Apr
4:27.45 m	Simon Shirley		3-8-66	Gotzis,AUT	29May
4:27.8	Michael Parper	U17	20-5-78	Harrow	5Jun
	John Wilson	U17	24-11-77	Tooting Bec	17Aug
4:29.6	James Drake	U17	18-12-78	Croydon	15May
4:32.8	Simon Alexander	U17	12-10-78	Croydon	15May
4:31.7	Marlon Anderson	U20	6-11-75	Feltham	24Jul
4:34.4	Steve Smullen		23-9-58	Croydon	29Jun
4:38.8	Adam Jones	U20	23-7-77	Croydon	29Jun
4:43.4	Charles Dickinson	M45	26-4-48	Battersea Pk	25Apr
4:48.6	Don Anderson		10-5-55	Crawley	18Jun
4:50.84 2	Laurie O'Hara	M60	18-6-32	Bedford	16Jul
5:08.5	Matthew Bloor	U15	3-1-80	Deangate	26Jun
5:08.7	Alex Breeze	U15	24-10-79	Battersea Pk	1May
5:10.0	Bobbie Peacock	U17	12-1-78	Feltham	24Jul
5:14.1	Tony Stone	M50	9-12-40	Battersea Pk	25Apr
5:17.1	Christian Morris	U13	15-7-82	Deangate	26Jun
5:18.3	Robert Bignall	U13	14-1-82	Battersea Pk	1May
5:22.7	Dave McMillan	M45	9-11-47	Hendon	27Jun
5:25.7	Toby Laws	U15	29-1-81	Battersea Pk	10Jul
5:29.92 2	Charlie Walker	M65	31-5-29	Bedford	16Jul
5:47.3	Jason Stevens	U13	5-4-82	Crystal Palace	9Apr
6:01.3	Richard Wood	U13	1-6-82	Battersea Pk	28May
6:37.5	Stephen Whorlow, Jnr	U11	20-5-85	Battersea Pk	10Jul
6:40.2 m	Snowy Brooks	M50	19-8-44	Sheffield	25Sep
7:12.1	James Wilkinson	U11	21-4-84	Battersea Pk	23Jul

3000 metres

7:51.26	Gary Staines		3-7-63	Lappeenranta,FIN	26Jul
7:56.39	Darren Mead		4-10-68	Bratislava, SVK	1Jun
8:41.7	Roger Alsop		16-1-65	Tooting Bec	17Aug
8:58.4	Rob Draper		14-1-71	Battersea Pk	9Apr
9:01.3	Matthew Hillier	U20	10-8-77	Wimbledon Pk	8May
9:03.4	Junior Galley		24-5-62	Tooting Bec	27Jul
9:03.7	Phil Carstairs		7-7-60	Crystal Palace	1Jun
9:06.4	Said Chettati		26-12-64	Tooting Bec	27Jul
9:18.9	Marcello Bizio		1-8-64	Battersea Pk	18May
9:26.6	Leo Lyons	M45	17-10-48	Tooting Bec	25Jul
9:37.0	John Wilson	U17	24-11-77	Battersea Pk	1May
9:46.3	Don Anderson		10-5-55	Tooting Bec	27Jul
9:52.3	Adam Jones	U20	23-7-77	Wimbledon Pk	8May
9:56.1	Simon Alexander	U17	12-10-78	Harrow	5Jun
10:01.8	Wesley Swaffer	U20	9-6-77	Sutcliffe Pk	19Jun
10:02.6	Martin Readhead	U20	12-6-75	Feltham	24Jul
10:13.9	Laurie O'Hara	M60	18-6-32	Tooting Bec	25Jul
10:20.3	Trevor Williams		3-9-62	Battersea Pk	18May
10:28.9	Michael Manning		15-8-57	Sutton Arena	13Jul
10:32.2	Chris Solorz	U20	11-2-76	Tonbridge	4Apr
10:43.4	William Morris	M50	20-12-40	Battersea Pk	3Aug
11:09.6	Rex Bale	M45	29-11-45	Battersea Pk	3Aug
11:15.2	Bobbie Peacock	U17	12-1-78	Sutcliffe Pk	19Jun
11:52.5	Toby Laws	U15	29-1-81	Deangate	26Jun
12:10.4	Lionel Mann	M45	21-9-40	Tooting Bec	25Jul
12:21.0	Adam Mason	U15	16-8-81	Battersea Pk	1May
12:40.4	Paul Knight	U15	12-8-81	Harrow	5Jun

5000 metres

13:45.57	Gary Staines		3-7-63	Zurich, SUI	17Aug
13:47.21	Paul Evans		13-4-81	Crystal Palace	15Jul
13:50.7	Darren Mead		4-10-68	Croydon	29Jun
14:01.73	Justin Chaston		4-11-68	Cwmbran	18Jun
14:17.70	Kassa Tadesse	U23	21-8-74	Crawley	6Aug
14:35.27	Roger Alsop		16-1-65	Crystal Palace	25Jun
15:30.0	Owain Lewes		9-7-67	Battersea Pk	13Aug
15:36.68	Jim Estall		9-8-54	Cophthall	5Jun
15:46.7 =3	Charles Dickinson	M45	26-4-48	Swindon	29May
15:50.6	Phil Carstairs		7-7-60	Aldershot	2Jul
15:51.6	Marcello Bizio		1-8-64	Battersea Pk	20Jul
15:52.8	Junior Galley		24-5-62	Newham	2Jun
15:55.8	Said Chettati		26-12-64	Battersea Pk	20Jul
15:58.5	Rob Draper		14-1-71	Basildon	30Jul
16:11.0	Leo Lyons	M45	17-10-48	Battersea Pk	11May
16:59.3	Marlon Anderson	U20	6-11-75	Hayes	7May
17:22.8	Don Anderson		10-5-55	Battersea Pk	4Jun
18:01.1	Laurie O'Hara	M60	18-6-32	L Christie Stad	28Aug
18:25.1	Trevor Williams		3-9-62	Crawley	18Jun
18:27.9	Michael Manning		15-8-57	Battersea Pk	20Jul
18:47.7	Dave McMillan	M45	9-11-47	Hendon	27Jun
19:00.9	Wesley Swaffer	U20	9-6-77	Hayes	7May
19:37.9	Rex Bale	M45	29-11-45	Battersea Pk	20Jul
19:48.3	Tony Stone	M50	9-12-40	Hendon	27Jun

10000 metres

28:25.60	Gary Staines		3-7-63	Helsinki, FIN	7Aug
29:31.99	Andy Lloyd			Venue unk, AUS	15Dec
31:43.3	Roger Alsop		16-1-65	Battersea Pk	7Sep

31:38.70	Junior Galley		24-5-82	Bedford	18Sep
32:30.1	Phil Carstairs		7-7-60	Battersea Pk	7Sep
33:06.2	Said Chettati		26-12-64	Battersea Pk	7Sep
33:18.1	Mike Webb		4-10-87	Battersea Pk	7Sep
33:26.5	Charles Dickinson	M45	26-4-48	Wimbledon Pk	8May
34:38.3	Leo Lyons	M45	17-10-48	Battersea Pk	7Sep
35:50.8	Adam Armstrong		21-3-66	Battersea Pk	7Sep
36:21.4 2	Laurie O'Hara	M60	18-6-32	Battersea Pk	7Sep
37:33.6	Marlon Anderson	U20	6-11-75	Battersea Pk	7Sep
38:32.7	Trevor Williams		3-9-62	Battersea Pk	7Sep

60 metres Hurdles 106.7cm

7.86	i/R	Neil Owen	U23	18-10-73	Birmingham NIA	19Feb
8.08	i	Ian Wells		18-2-82	Kings Lynn	23Jan
9.19	i	Snowy Brooks	M45	19-8-44	Glasgow	20Mar

60 metres Hurdles 99.0cm

8.8	i/R	Milton Holder	U20	3-8-76	Crystal Palace	30Jan
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80 metres Hurdles 84.0cm

13.8		Andrew Hill	U15	5-2-80	Battersea Pk	1May
14.9		Stephen Taylor	U15	17-7-80	Battersea Pk	1May
15.2		Ross Haiggar	U15	21-2-80	Battersea	28May
15.9		Daniel Crook	U13	27-4-82	Battersea Pk	2Jul
16.7	m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	26Jul
17.3		Robert Bignall	U13	14-1-82	Battersea Pk	2Jul
17.7		Jonathon Scott	U15	1-7-81	Battersea Pk	10Jul
18.3		Paul Knight	U15	12-8-81	Deangate	26Jun
19.4		Nigel Whorlow	U15	26-11-80	Battersea Pk	2Jul
19.8	m	Christopher Bentt	U11	16-12-83	Battersea Pk	26Jul

100 metre Hurdles 91.4cm

14.3		Steven Scott	U17	5-6-79	Peterborough	17Jul
15.4	m	Rob Milner	U17	28-11-77	Battersea Pk	26Jul
16.0	2/m	Snowy Brooks	M50	19-8-44	Sheffield	25Sep
17.0	m	Gavin Mason	U20	6-4-77	Battersea Pk	26Jul
17.6		Paul Fox	U17	12-12-78	Kingsmeadow	19May
19.0	m	Marcus Miller	U17	14-7-78	Battersea Pk	26Jul
19.8		Anthony Fuller	U17	26-7-79	Mayesbrook Pk	22May
20.4	m	Martin Readhead	U20	12-6-75	Battersea Pk	26Jul

110 metres Hurdles 99.0cm

17.0		Richard David	U20	15-8-77	Feltham	24Jul
17.2		Milton Holder	U20	3-8-76	Tonbridge	17Apr
18.0		Marcus Miller	U17	14-7-78	Feltham	24Jul

110 metres Hurdles 106.7cm

13.80	w	Neil Owen	U23	18-10-73	Copthall	5Jun
14.10		Neil Owen	U23	18-10-73	Crystal Palace	1May
14.7		Simon Shirley		3-8-66	Kingsmeadow	31Jul



*Left:
New under 17
Club Record
holder at 56.39
and 10th best
in the country
for his age,
Rob Milner
also competed
regularly over
the 91.4cm
barriers and
set a Club
Best for a 17
year-old of
58.3.
Photo by
Robin Nicholls*

14.93		Max Robertson		27-12-63	L Christie Stad	2Jul
15.2		Les Antoine		16-12-65	Leamington	14May
15.60		Ian Wells		18-2-62	Wigan	7May
16.3		Milton Holder	U20	3-8-76	Woodford	18Jun
17.6		Neil Hammersley		10-6-59	Portsmouth	4Jun
18.6		Bill Silvester		30-4-67	Parliament Hill	7May
19.95		Snowy Brooks	M45	19-8-44	Bedford	16Jul
21.3		Aham Amadi		26-7-60	Basildon	30Jul
22.9		Richard David	U20	15-8-77	Battersea Pk	13Aug
23.9		Dave Mote		21-1-60	Basingstoke	13Aug
24.5		John Druce		16-4-58	Crawley	18Jun
25.0		Bob Bridges	M40	17-8-49	Newham	2Jul

200 metres Hurdles 76.2cm?

25.5		Ian Wells		18-2-62	Gt. Yarmouth	14Aug
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300 metres Hurdles 91.4cm

40.1		Ian Wells		18-2-62	Peterborough	27Mar
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400 metres Hurdles 91.4cm

52.81		Paul Beaumont		27-3-63	Crystal Palace	26Jun
53.71		Ian Wells		18-2-62	Bedford	17Sep
55.5		Les Antoine		16-12-65	Leamington	15May
56.6		Mark Arend	U23	22-10-73	Battersea Pk	18May
		Neil Hammersley		10-6-59	Basildon	30Jul
58.3	R	Rob Milner	U17	28-11-77	Tooting	28Aug
59.3		Bill Silvester		30-4-67	Parliament Hill	7May
59.7		Chris Knight		19-11-64	Aldershot	2Jul
65.8		Martin Readhead	U20	12-5-76	Tooting Bec	28Aug
66.91		Snowy Brooks	M45	19-8-44	Bedford	16Jul
70.5		Wesley Swaffer	U20	9-6-77	Battersea Pk	13Aug
72.7		Adam Jones	U20	23-7-77	Feltham	24Jul
74.5		Bobbie Peacock	U17	12-1-78	Battersea Pk	30Jul
83.0		Don Anderson		10-5-55	Basingstoke	13Aug

400 metre Hurdles 84.0cm

56.39	10/R	Rob Milner	U17	28-11-77	Crystal Palace	29May
63.4		Nathan Scamp	U17	28-8-78	Deangate	26Jun

1500 metres Steeplechase

4:46.7		Tom Evans	U17	17-9-77	Harrow	5Jun
4:53.7		Christian Elliott	U17	31-10-77	Kingsmeadow	11Jun
5:34.3		Steven Scott	U17	5-6-79	Deangate	26Jun
5:39.3		John Wilson	U17	24-11-77	Deangate	26Jun

2000 metres Steeplechase

6:17.7		Matthew Hillier	U20	10-8-77	Croydon	14May
6:36.6		Marcello Bizio		1-8-64	Crystal Palace	1Jun
6:40.9		Leo Lyons	M45	17-10-48	Battersea Pk	10Jul
6:43.8		Wesley Swaffer	U20	9-6-77	Battersea Pk	10Jul
6:58.6	R	Simon Vella	U15	19-9-79	Battersea Pk	10Jul
7:15.8		John Wilson	U17	24-11-77	Feltham	24Jul
7:26.6		Toby Earle	U20	2-9-76	Tonbridge	17Apr
7:39.7		Phil Carstairs		7-7-60	Tooting Bec	17Aug
7:52.8		Gavin Jones	U17	31-1-79	Battersea Pk	10Jul

3000 metres Steeplechase

8:23.90	29/3	Justin Chaston		4-11-68	Nice, FRA	18Jul
8:49.76		Darren Mead		4-10-68	Crawley	6Aug
9:50.40		Marcello Bizio		1-8-64	Crawley	6Aug
10:16.3	1	Leo Lyons	M45	17-10-48	Battersea Pk	16May
10:17.07		Matthew Hillier	U20	19-8-77	L Christie Stad	2Jul
10:31.98		Mark Sinclair		10-4-62	Wigan	7May
10:44.5		Pete Gilbey	M40	12-4-51	Battersea Pk	16May
11:06.4		John Barry		??-?-??	Crawley	18Jun
11:08.63		Wesley Swaffer	U20	9-6-77	L Christie Stad	2Jul
12:23.0		Tom Dowdall		14-5-55	Hayes	7May
13:35.8		Bobbie Peacock	U17	12-1-77	Battersea Pk	30Jul

High Jump

2.10		Fred Salle		10-9-64	Crawley	6Aug
2.05		Stanley Osuide	U23	30-11-74	Bracknell	2May
	m	Simon Shirley		3-8-66	Gotzis, AUT	28May
2.00		Mike Morgan		30-7-66	L Christie Stad	2Jul
1.95		Mark Arend	U23	22-10-73	Woodford	18Jun
		Dennis Costello		3-12-63	L Christie Stad	2Jul
1.85		James Hilston	U17	25-2-79	Crawley	6Aug
1.80		James Gano	U17	19-9-77	Woodford	18Jun
		Marcus Miller	U17	14-7-78	Feltham	24Jul
1.75		Mark Richards		1-7-70	Wigan	7May
1.70	m	Martin Readhead	U20	12-6-75	Battersea Pk	26Jul
1.65		Damien Sprigg	U17	22-1-78	Hayes	7May
1.60		Michael Parper	U17	20-5-78	Mayesbrook Pk	22May
		Graham Adams		10-6-68	Battersea Pk	10Jul
	m	Es Hassan	U15	7-12-79	Battersea Pk	25Jul
1.55		Ross Haiggar	U15	21-2-80	Battersea Pk	10Jul
1.52	3/m	Snowy Brooks	M50	19-8-44	Sheffield	24Sep
1.50		Guy Sagar		18-11-55	Aldershot	2Jul
	m	Rob Milner	U17	28-11-77	Battersea Pk	26Jul
	m	Gavin Mason	U20	6-4-77	Battersea Pk	26Jul
		Nigel Whorlow	U15	26-11-80	Newham	28Aug

1994 Rankings - Mens' Track & Field continued

1.45	Andrew Hill	U15	5-2-80	Battersea Pk	1May
	Chris Wilson	U17	31-3-78	Harrow	5Jun
1.35	Stephen Taylor	U15	17-7-80	Mayesbrook Pk	22May
1.30	John Jeffery	M50	12-1-44	Hendon	27Jun
	Nathan Scamp	U17	28-8-78	Deangate	26Jun
m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	25Jul
1.25	Junior Fuller	U15	16-3-81	Battersea Pk	1May
	Fred Hughes	U13	16-12-83	Battersea Pk	10Jul
1.20	Bob Bridges	M40	17-8-49	Newham	2Jul
	Mike Bazire		17-3-61	Newham	2Jul
1.15	Richard Wood	U13	1-6-82	Battersea Pk	10Jul
1.10	Adam Mason	U15	16-8-81	Battersea Pk	10Jul
	James Wilkinson	U11	21-4-84	Battersea Pk	10Jul
	Karl Bignall	U13	30-10-82	Battersea Pk	10Jul
	Robert Bignall	U13	14-1-82	Newham	28Aug
1.05	Jason Stevens	U13	5-4-82	Battersea Pk	10Jul
1.00	Christopher Bentt	U11	16-12-83	Battersea Pk	10Jul
m	Richard Biscoe	U11	31-8-84	Battersea Pk	25Jul
	Dave Mote		21-1-60	Basingstoke	13Aug

Long Jump

8.10	=31/1/R	Fred Salle	10-9-64	Crystal Palace	9Sep
7.66		Mike Morgan	30-7-66	Wrexham	3Jul
7.57	i	Fred Salle	10-9-64	Birmingham NIA	6Feb
7.52	m	Simon Shirley	3-8-66	Bressanone, ITA	2Jul
7.41	w	John Mackenzie	23-8-65	Kingsmeadow	31Jul
7.36		John Mackenzie	23-8-65	Copthall	5Jun
6.76		Mark Richards	1-7-70	Wigan	7May
6.60		Ben Williams	3-6-73	Basildon	30Jul
6.34		Mike Edwards Jnr	19-10-68	Crawley	6Aug
6.31		James Ganio	19-9-77	Harrow	5Jun
5.94		Mike Bazire	17-3-61	Woodford	18Jun
5.98		Geoffrey Ojok	19-5-79	Wimbledon Pk	23Jun
5.91		Kenny Pereira	4-7-64	Battersea Pk	30Jul
5.89	w	Ian Wells	18-2-62	Wigan	7May
5.75		Es Hassan	7-12-79	Crystal Palace	10Apr
5.73		O.Hunt	5-9-78	Wimbledon Pk	23Jun
5.69	+5.3/2/m	Snowy Brooks	19-8-44	Sheffield	24Sep
5.57		Michael Livingstone	17-4-76	Feltham	24Jul
5.49		Snowy Brooks	19-8-44	L Christie Stad	9Jul
5.47		Nathan Scamp	28-8-78	Harrow	5Jun
5.40		Bobbie Peacock	12-1-78	Tonbridge	17Apr
m		Martin Readhead	12-6-75	Battersea Pk	26Jul
5.35	m	Gavin Mason	6-4-77	Battersea Pk	26Jul
5.32	m	Rob Milner	28-11-77	Battersea Pk	26Jul
5.31		Roy Hart	3-11-80	Crawley	21Jul
5.10		Ludwig Nunoo	19-2-78	Mayesbrook Pk	22May
5.06		Pan Zeniou (2nd-Cl)	7-2-53	Battersea Pk	16May
4.91		Chris Husbands	2-5-61	Battersea Pk	13Aug
4.83		Wesley Smith	14-2-80	Battersea Pk	10Jul
4.79	m	Marcus Miller	14-7-78	Battersea Pk	26Jul
4.72		John Druce	16-4-68	Aldershot	2Jul
4.67		Paul Hills	6-11-79	Sutcliffe Pk	19Jun
4.57		Craig Permaul	??-?-??	Battersea Pk	10Jul
4.52		Dale Permaul	14-4-79	Battersea Pk	1May
4.37		Daniel Crook	27-4-82	Battersea Pk	2Jul
4.29		Toby Laws	29-1-81	Battersea Pk	10Jul
4.02		Ronald Permaul	16-12-55	Battersea Pk	10Jul
		Mike Edwards Snr	16-12-41	Tooting Bec	25Jul
4.01	m	Mark Louis-Sidney	12-3-81	Battersea Pk	26Jul
4.00		Daniel Bond	11-2-82	Battersea Pk	23Jul
3.89		Paul Knight	12-8-81	Crystal Palace	9Apr
3.79		Fred Hughes	16-12-83	Battersea Pk	10Jul
		Robert Bignall	14-1-82	Harrow	5Jun
3.77		Karl Bignall	30-10-82	Battersea Pk	10Jul
3.68		Bryan Richards	29-4-82	Battersea Pk	1May
3.51		James Wilkinson	21-4-84	Battersea Pk	10Jul
3.45		Jonathon Scott	1-7-81	Battersea Pk	2Jul
3.33		Jason Stevens	5-4-82	Battersea Pk	1May
3.28	m	Christopher Bentt	16-12-83	Battersea Pk	26Jul
3.26		Christian Morris	15-7-82	Mayesbrook Pk	22May
3.12		Matthew Dray	25-11-82	Battersea Pk	10Jul
3.08	m	Richard Biscoe	31-8-84	Battersea Pk	25Jul
3.02		Bob Bridges	17-8-49	Parliament Hill	7May
2.87		Lee Jones	1-1-84	Newham	28Aug
2.71		George Piddington	4-4-37	Battersea Pk	16May
2.63		Stephen Whorlow, Jnr	20-5-85	Newham	28Aug
2.20		John Timmis	28-3-82	Newham	28Aug

Triple Jump

16.17		John Mackenzie	23-8-65	Bedford	18Sep
16.13	i	John Mackenzie	23-8-65	Birmingham NIA	8Jan
15.72	i	Derek Browne	28-9-66	Vienna, AUT	6Feb
15.64		Derek Browne	28-9-66	Sheffield	12Jun
14.84		Mark Richards	1-7-70	Tooting Bec	15Jun
14.52	w	Mike Morgan	30-7-66	Kingsmeadow	31Jul
13.99		Dennis Costello	3-12-61	Great Yarmouth	15May
13.43		Aham Amadi	26-7-60	Woodford	18Jun
13.26		Ben Williams	3-6-73	Basildon	30Jul
13.06		James Hillston	25-2-79	Kingsmeadow	19May



Above: Aussie Mike "Mad Dog" Morgan was hoping to make the Commonwealth Games team for Wales in the Long Jump. Unfortunately he found out that they insist that their athletes must have competed in the Welsh Championships for at least two years. "It's bloody embarrassing," he said, "I might have to consider becoming a flamin' Pom!"

12.96		Kenny Pereira	4-7-64	Battersea Pk	30Jul
12.88		Geoffrey Ojok	19-5-79	Newham	2Jul
12.36		John Druce	16-4-68	Battersea Pk	30Jul
12.13		Gavin Mason	6-4-77	Sutton Arena	13Jul
11.82		James Ganio	19-9-77	Deangate	26Jun
11.75		Nathan Scamp	28-8-78	Shepway	10May
11.63		Neil Hammersley	10-6-59	Portsmouth	4Jun
11.36		Phil Spivey	15-5-61	Crawley	6Aug
10.84		Trevor Santer	9-4-77	Hayes	7May
10.72		Adam Jones	23-7-7	Tooting	28Aug
10.56		Martin Readhead	12-6-75	Feltham	24Jul
10.22		Bobbie Peacock	12-1-78	Harrow	5Jun
9.93		Paul Edwards	16-2-59	L Christie Stad	2Jul
9.20		Snowy Brooks	19-8-44	Tooting Bec	25Jul
9.01		Mike Edwards Snr	16-12-41	Tooting Bec	25Jul
9.00		Bob Bridges	17-9-49	Newham	2Jul
8.96		Jamie Webb	??-??-??	Battersea Pk	13Aug
7.20		Dave McMillan	9-11-47	Battersea Pk	16May

Pole Vault

5.42	2	Mike Edwards Jnr	19-10-68	?	?
5.30	i	Mike Edwards Jnr	19-10-68	Fargo, USA	12Mar
5.10		Ian Tullett	15-8-69	Sheffield	12Jun
4.60	m	Simon Shirley	3-8-66	Gotzis, AUT	29May
4.00		Dylan McDermott		Wigan	7May
		Jamie Webb		Basildon	30Jul
3.45	3	Mike Edwards Snr	16-12-41	Reading	24Aug
3.40	i	Jamie Webb		Crystal Palace	27Feb
3.00		Terry Lawton	27-5-41	Tooting Bec	15Jun
		Chris Husbands	2-5-61	Battersea Pk	13Aug
2.70	m	Andrew Hill	5-2-80	L.Christie Stad	11Jun
		Snowy Brooks	19-8-44	Sheffield	25Sep
2.60		Stephen Taylor	17-7-80	L.Christie Stad	11Jun
2.35		Steven Scott	5-6-79	Deangate	26Jun
2.30		Michael Miller	15-5-??	Sutton	18Sep
2.00		Bob Bridges	17-8-49	Woodford	18Jun

Shot Putt 7.26kg

19.94	28/1	Paul Edwards	16-2-59	?	?
19.47	i	Paul Edwards	16-2-59	Birmingham NIA	6Feb
14.91		Abi Ekoku	13-4-66	Kingsmeadow	31Jul
14.74		Leith Marar	7-11-68	Enfield	20Jul
13.84		Mike Morgan	30-7-66	Bedford	18Sep
13.76		Darrin Morris	28-7-67	Hayes	11May
14.16	m	Simon Shirley	3-8-66	Victoria, CAN	23Aug
12.31		Mike Small	31-3-54	Crawley	18Jun
11.09		Pan Zeniou (2nd-Cl)	7-2-53	Battersea Pk	25Apr
10.42		Snowy Brooks	19-8-44	Basingstoke	13Aug
10.04		Pat Lyttle	19-4-64	Newham	2Jul
9.37		Eric Derouet	20-9-64	Battersea Pk	10Jul
9.00		Guy Sagar	18-11-55	Aldershot	2Jul
8.56		Arnold Bentt	22-9-50	Battersea Pk	10Jul
8.06		Christher Bleunven	5-8-69	Battersea Pk	10Jul
7.94		Dave Mote	21-1-60	Aldershot	2Jul
7.58		Stephen Whorlow, Snr	13-11-47	Battersea Pk	10Jul

7.50	Bob Bridges	M40	17-8-49	Woodford	18Jun
6.86	Mike Bazire		17-3-61	Portsmouth	4Jun
6.15	Rex Bale	M40	29-11-45	Battersea Pk	28Jun
4.97	Bobbie Peacock	U17	12-1-78	Battersea Pk	13Aug

Shot Putt 6.25kg

11.87	m	Snowy Brooks	M50	19-8-44	Sheffield	24Sep
9.00		Sam Nosike	U20	19-1-75	Tooting	28Aug
8.99		Chris Wilson	U17	31-3-78	Feltham	24Jul
8.54		Marion Dickson	U17	17-11-78	Aldershot	12Jun
7.79		Adam Jones	U20	23-7-77	Feltham	24Jul
7.32		John Jeffery	M50	12-1-44	Hendon	27Jun
6.97		Bobbie Peacock	U17	12-1-78	Tonbridge	17Apr
6.66		Toby Earle	U20	2-9-76	Aldershot	12Jun

Shot Putt 5kg

10.58		Oliver Hunt	U17	5-9-78	Wimbledon Pk	23Jun
10.35		Ben Cascoe	U17	26-12-77	Wimbledon Pk	23Jun
9.16		Chris Wilson	U17	31-3-78	Harrow	5Jun
8.84	m	Marcus Miller	U17	14-7-78	Battersea Pk	26Jul
8.80		Ludwig Nunoo	U17	19-2-78	Harrow	5Jun
8.74	m	Gavin Mason	U20	6-4-77	Battersea Pk	26Jul
8.42	m	Rob Milner	U17	28-11-77	Battersea Pk	26Jul
8.41		Bobbie Peacock	U17	12-1-78	Battersea Pk	10Jul

Shot Putt 4kg

9.86		Jason Tanner	U15	26-12-79	Harrow	5Jun
9.40		Craig Permaul	U15	??-??-??	Battersea Pk	10Jul
8.24	m	Es Hassan	U15	7-12-79	Battersea Pk	25Jul
8.01		Jonathon Scott	U15	1-7-81	Deangate	26Jun
7.78		Paul Hills	U15	6-11-79	Battersea Pk	10Jul
7.61	m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	25Jul
7.42		Nigel Whorlow	U15	26-11-80	Battersea Pk	10Jul
6.14		Stephen Taylor	U15	17-7-80	Wimbledon Pk	23Jun

Shot Putt 3.25kg

9.77	R?	Moses Semakula	U13	10-12-81	Battersea Pk	2Jul
7.85	m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	26Jul
6.26		Jason Stevens	U13	5-4-82	Battersea Pk	2Jul
6.04		Kari Bignall	U13	30-10-82	Battersea Pk	23Jul
6.00	m	Christopher Bentt	U11	16-12-83	Battersea Pk	25Jul
5.26		Liam Dray	U13	28-11-81	Newham	28Aug
3.46	m	Richard Biscoe	U11	31-8-84	Battersea Pk	25Jul

Shot Putt 2.72kg

4.67		Matthew Dray	U11	25-11-84	Newham	28Aug
4.28		Lee Jones	U11	1-1-84	Newham	28Aug
3.20		Stephen Whorlow, Jnr	U11	20-5-85	Newham	28Aug

Discus 2kg

57.72		Darrin Morris		28-7-67	Hayes	7May
53.52		Leith Marar		7-11-68	Charnwood	7Aug
53.16		Abi Ekoku		13-4-66	Tooting Bec	20Aug
48.46		Paul Edwards		16-2-59	Salisbury	10Jul
41.62	m	Simon Shirley		3-8-66	Gotzis, AUT	29May
39.08		Mike Small	M40	31-3-54	Verlea	29Aug
34.30		Snowy Brooks	M45	19-8-44	Battersea Pk	9Apr
32.24		Pat Lyttle		19-4-64	Battersea Pk	30Jul
25.16		Aham Amadi		26-7-60	Woodford	18Jun
23.00		Chris Husbands		2-5-61	Battersea Pk	10Jul
20.22		Stephen Whorlow, Snr	M45	13-11-47	Battersea Pk	10Jul
18.20		Bob Bridges	M40	17-8-49	Woodford	18Jun
17.96		Mike Bazire		17-3-61	Portsmouth	4Jun
14.18		John Hall	M45	18-1-49	Battersea Pk	5Sep
13.26		Bobbie Peacock	U17	12-1-78	Aldershot	2Jul

Discus 1.75kg

22.34		Wesley Swaffer	U20	9-6-77	Tonbridge	9Aug
22.28		Marlon Dickson	U17	17-11-78	Tooting	28Aug
16.22		Adam Jones	U20	23-7-77	Feltham	24Jul
15.00		Bobbie Peacock	U17	12-1-78	Tonbridge	17Apr
15.26		Toby Earle	U20	2-9-76	Aldershot	12Jun

Discus 1.5kg

38.40	m	Snowy Brooks	M50	19-8-44	Sheffield	25Sep
31.90		Ben Cascoe	U17	26-12-77	Mayesbrook Pk	22May
22.58		John Jeffery	M50	12-1-44	Tooting Bec	25Jul
20.80		Bobbie Peacock	U17	12-1-78	Battersea Pk	10Jul
19.46		Alan Mead	M50	31-3-44	Battersea Pk	16May
15.12		Michael Parper	U17	20-5-78	Harrow	5Jun

Discus 1.25kg

24.56		Jason Tanner	U15	26-12-79	Deangate	26Jun
19.94		Nigel Whorlow	U15	26-11-80	Newham	28Aug
17.16		Jonathon Scott	U15	1-7-81	Battersea Pk	10Jul
14.48		Stephen Taylor	U15	17-7-80	Battersea Pk	1May

Javelin 800g

80.38	37/3	Nigel Bevan		3-1-68	Victoria, CAN	28Aug
74.30		Myles Cottrell		22-11-70	Birmingham	12Jun
63.80	m	Simon Shirley		3-8-66	Victoria, CAN	24Aug
61.62		Michael Morgan		30-7-66	Crawley	6Aug

48.58		Ben Cascoe	U17	26-12-77	Crystal Palace	1Jun
45.82		Mike Small	M40	31-3-54	Verlea	29Aug
45.74		Snowy Brooks	M45	19-8-44	Bedford	17Jul
45.12		Pan Zeniou (2nd-CI)	M40	7-2-53	Tooting Bec	25Jul
44.24	m	Snowy Brooks	M50	19-8-44	Sheffield	25Sep
42.34		Charles Mountifield		2-11-67	Parliament Hill	7May
40.22		Geoffrey Ojok	U17	19-5-79	Feltham	24Jul
35.72		Guy Sagar		18-11-55	Aldershot	2Jul
35.56		Richard David	U20	15-8-77	Feltham	24Jul
34.48		Pat Lyttle		19-4-64	Battersea Pk	30Jul
26.16		Wesley Swaffer	U17	9-6-77	Battersea Pk	13Aug
25.48		Chris Husbands		2-5-61	Battersea Pk	13Aug
22.96		Bob Bridges	M40	17-8-49	Woodford	18Jun
20.72		John Jeffery	M50	12-1-44	Hendon	27Jun
19.20		Mike Bazire		17-3-61	Portsmouth	4Jun
14.90		Toby Earle	U20	2-9-76	Aldershot	12Jun
13.98		George Piddington	M55	4-4-37	Sandown	Sep

Javelin 700g

56.80	10	Ben Cascoe	U17	26-12-77	Crystal Palace	28May
45.16		Geoffrey Ojok	U17	19-5-79	Wimbledon Pk	23Jun
35.22		Chris Wilson	U17	31-3-78	Harrow	5Jun
28.28	m	Martin Readhead	U20	12-6-75	Battersea Pk	26Jul
27.46	m	Gavin Mason	U20	6-4-77	Battersea Pk	26Jul
24.94	m	Marcus Miller	U17	14-7-78	Battersea Pk	26Jul
22.96		James Drake	U17	18-12-78	Battersea Pk	1May
22.66	m	Rob Milner	U17	28-11-77	Battersea Pk	26Jul

Javelin 600g

30.82		Simon Vella	U15	19-9-79	Battersea Pk	10Jul
29.18		Craig Permaul	U15	??-??-??	Battersea Pk	10Jul
23.10		Jonathon Scott	U15	1-7-81	Newham	28Aug
22.86		James Davis	U15	3-2-81	Newham	28Aug
20.38		Nigel Whorlow	U15	26-11-80	Battersea Pk	10Jul
18.94		Stephen Taylor	U15	17-7-80	Wimbledon Pk	23Jun
17.32		Paul Knight	U15	12-8-81	Battersea Pk	28May
12.22		Liam Dray	U15	28-11-81	Newham	28Aug
11.94	m	Mark Louis-Sidney	U15	12-3-81	Battersea Pk	26Jul

Javelin 400g

31.76	R	Moses Semakula	U13	10-12-81	Battersea Pk	10Jul
14.76		Robert Bignall	U13	14-1-82	Battersea Pk	10Jul
11.80		Jason Stevens	U13	5-4-82	Battersea Pk	10Jul

Hammer 7.26kg

62.70		Phil Spivey		15-5-61	Crawley	6Aug
52.10		Scott Thompson		29-9-74	Middlesborough	2Apr
43.66		Mike Small	M40	31-3-54	Basildon	30Jul
43.10		Leith Marar		7-11-68	L Christie Stad	2Jul
27.62		Bob Bridges	M40	17-8-49	Hendon	27Jun
24.04		Snowy Brooks	M45	19-8-44	Basingstoke	13Aug
20.20		Dave Mote		21-1-60	Crawley	18Jun
16.18		Pat Lyttle		19-4-64	Battersea Pk	30Jul
12.08		Guy Sagar		18-11-55	Aldershot	2Jul
7.56		Bobbie Peacock	U17	12-1-78	Battersea Pk	13Aug

Hammer 6.25kg

15.66		Bobbie Peacock	U17	12-1-78	Feltham	24Jul
15.46		Adam Jones	U20	23-7-77	Feltham	24Jul
11.06		John Jeffery	M50	12-1-44	Hendon	27Jun
10.90		Toby Earle	U20	2-9-76	Aldershot	12Jun
4.14		George Piddington	M55	4-4-37	Battersea Pk	25Apr

Hammer 5kg

20.80		Bobbie Peacock	U17	12-1-78	Battersea Pk	10Jul
18.28		Chris Wilson	U17	31-3-78	Deangate	26Jun
14.48		Steven Scott	U17	5-6-79	Mayesbrook Pk	22May

Hammer 4kg

17.62		Jason Tanner	U15	26-12-79	Deangate	26Jun
15.06		Paul Knight	U15	12-8-81	Deangate	26Jun
13.08		Stephen Taylor	U15	17-7-80	Mayesbrook Pk	22May

Pentathlon

3187		Pan Zeniou (2nd-CI)	M40	7-2-53	Athens, GRE	29Jun
2459	i	Snowy Brooks	M45	19-8-44	Bedford	26Mar

Decathlon

7980	37/2/R	Simon Shirley		3-8-66	Victoria, CAN	23/24Aug
6736		Snowy Brooks	M50	19-8-44	Sheffield	24/25Sep

4x100m Relay

40.50		Lenny Paul		25-5-58	L Christie Stad	2Jul
		Haroun Korjie	U23	18-2-72		
		John Regis		13-10-66		
		Neil Owen	U23	18-10-73		
40.8		Simon Shirley		3-8-66	Kingsmeadow	31Jul
		Dalton Powell		20-8-63		
		Haroun Korjie	U23	18-2-72		
		Phil Goedluck		10-9-67		

1994 Rankings - Mens' Track & Field continued

40.83	Lenny Paul	25-5-58	Copthall	5Jun	3:41.8	Junior Galley (56.6)	24-5-62	Woodford	18Jun
	Haroun Korjie	U23 18-2-72				Linc. Campbell (58.5)	20-10-64		
	Neil Owen	U23 18-10-73				Roger Alsop (55.2)	16-1-65		
	Phil Goedluck	10-9-67				Mike Bazire (51.5)	17-3-61		
44.2	R Ben Cascoe	U17 26-12-77	Peterborough	17Jul	3:42.0	Rob Milner (54.3)	U17 28-11-77	Basildon	30Jul
	Geoffrey Ojok	U17 19-5-79				Michael Parper (50.8)	U17 20-5-78		
	James Hilston	U17 25-2-79				Rob Draper (56.8)	14-1-71		
	Marlon Dickson	U17 17-11-78				Owain Lewes (60.1)	9-7-67		
44.6	Marcus Miller	U17 14-7-78	Feltham	24Jul	3:43.2	Robert Cookson (55.1)	28-6-69	Parliament Hill	7May
	Richard David	U20 15-8-77				Bill Silvester (53.0)	30-4-67		
	James Hilston	U17 25-2-79				Gary Staines (53.4)	3-7-63		
	Marlon Dickson	U17 17-11-78				Marcello Bizio (61.7)	1-8-64		
46.5	Lincoln Campbell	20-10-64	Portsmouth	4Jun	3:45.4	Rob Draper (59.3)	14-1-71	Newham	2Jul
	Mike Bazire	17-3-61				Geoffrey Ojok (54.3)	U17 19-5-79		
	Rob Draper	14-1-71				Mike Bazire (50.6)	17-3-61		
	Gavin Mason	U20 6-4-77				Owain Lewes (61.2)	9-7-67		
46.9	Lincoln Campbell	20-10-64	Parliament Hill	7May	4:09.8	Andrew Hill (62.0)	U15 5-2-80	Mayesbrook Pk	22May
	Marcel Fok	3-6-68				Gareth Dauley (65.0)	U15 ??-??-??		
	Robert Cookson	28-6-69				K.Stephenson (63.0)	U15 6-2-80		
	Milton Holder	U20 3-8-76				Simon Vella (59.8)	U15 19-9-79		
48.7	Lincoln Campbell	20-10-64	Woodford	18Jun	4:16.8	Snowy Brooks (64.3)	M45 19-8-44	Hendon	27Jun
	Mike Bazire	17-3-61				Bob Bridges (62.3)	M40 17-8-49		
	Bob Bridges	M40 17-8-49				Leo Coy (67.3)	M45 22-8-46		
	Junior Galley	24-5-62				Leo Lyons (62.9)	M45 17-10-48		
50.0	Es Hassan	U15 7-12-79	Mayesbrook Pk	22May					
	Wesley Smith	U15 14-2-80							
	Kevin Stephenson	U15 6-2-80							
	N.White	U15 ??-??-??							
57.6	George Piddington	M55 4-4-37	Battersea Pk	25Apr					
	Pan Zeniou (2nd-Cl)	M40 7-2-53							
	Dave McMillan	M45 9-11-47							
	Snowy Brooks	M45 19-8-44							
58.2	Moses Semakula	U13 10-12-81	Deangate	26Jun					
	Fred Hughes	U11 16-12-83							
	Karl Bignall	U13 30-10-82							
	Daniel Crook	U13 27-4-82							
4x200m Relay									
1:32.5	Ben Williams	U23 3-6-73	Tooting Bec	27Jul					
	Michael Parper	U17 20-5-78							
	Gavin Mason	U20 6-4-77							
	Frazer Hazlett	24-4-66							
1:35.0	Marlon Dickson	U17 17-11-78	Tooting Bec	22Jun					
	Steven Scott	U17 5-6-79							
	Michael Parper	U17 20-5-78							
	Geoffrey Ojok	U17 19-5-79							
1:57.3	Leo Lyons	M45 17-10-48	Tooting Bec	25Jul					
	Dave McMillan	M45 9-11-47							
	Snowy Brooks	M45 19-8-44							
	John Jeffery	M50 12-1-44							
4x400m Relay									
3:13.9	Gavin Mason (50.2)	U20 6-4-77	Kingsmeadow	31Jul					
	Phil Goedluck (46.3)	10-9-67							
	Simon Shirley (48.4)	3-8-66							
	Ian Wells (49.1)	18-2-62							
3:17.36	Gavin Mason	U20 6-4-77	Crawley	6Aug					
	Daryl Maynard	21-8-61							
	Simon Shirley	3-8-66							
	Ian Wells	18-2-62							
3:19.50	Gavin Mason	U20 6-4-77	L Christie Stad	2Jul					
	Marcel Fok	3-6-68							
	John Dawson	U20 26-1-76							
	Ian Wells	18-2-62							
3:20.21	Gavin Mason (49.7)	U20 6-4-77	Bedford	18Sep					
	Dalton Powell (50.3)	20-8-63							
	Ian Wells (49.6)	18-2-62							
	Rob Milner (50.7)	U17 28-11-77							
3:20.78	Les Antoine	16-12-65	Wigan	7May					
	Gavin Mason	U20 6-4-77							
	John Dawson	U20 26-1-76							
	Lewis Samuel	12-2-66							
3:27.74	Ian Wells	18-2-62	Copthall	5Jun					
	Les Antoine	16-12-65							
	Marcel Fok	3-6-68							
	Graham Adams	10-6-68							
3:28.9	R Mart. Readhead (55.6)	U20 12-6-75	Feltham	24Jul					
	Richard David (50.3)	U20 15-8-77							
	Rob Milner (51.3)	U17 28-11-77							
	Gavin Mason (51.8)	U20 6-4-77							
3:35.7	James Hilston	U17 25-2-79	Harrow	5Jun					
	Simon Weston	U17 29-9-77							
	Bobbie Peacock	U17 12-1-78							
	Rob Milner	U17 28-11-77							
3:36.7	James Hilston (54.2)	U17 25-2-79	Battersea Pk	1May					
	James Drake (56.8)	U17 18-12-78							
	James Ganio (55.0)	U17 19-9-77							
	Michael Parper (50.7)	U17 20-5-78							
Medley Relay (200, 200, 400, 800)									
4:11.4	Snowy Brooks	M45 19-8-44	Battersea Pk	16May					
	Pan Zeniou (2nd-Cl)	M40 7-2-53							
	Peter Gilbey (63.3)	M40 12-4-51							
	C. Dickinson (2:14.2)	M45 26-4-48							

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1994 Rankings - Womens' Track & Field

75 metres

10.4	+4.4	Bianca Simon	U13	28-10-82	Croydon	15May
10.6		Bianca Simon	U13	28-10-82	Croydon	15May

80 metres

12.6		Laura Walden	U15	9-9-82	Sutcliffe Pk	19Jun
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100 metres

12.7		Maxine Smith		10-12-66	Kingsmeadow	19Jun
13.1		Andrea Abrams		7-5-71	Battersea Pk	3Sep
13.3		Pamela Friel	U20	24-3-77	Battersea Pk	18May
13.5		Serrita Simon	U17	16-9-77	Parliament Hill	21May
13.6		Melissa Benitt	U15	22-5-80	Battersea Pk	10Jul
13.7		Melissa Simon	U17	3-1-79	Sutcliffe Pk	4Jun
		Bianca Simon	U13	28-10-82	Battersea Pk	18Jun
13.8		Danielle O'Sullivan	U15	29-1-81	Battersea Pk	10Jul
14.0		Syreeta Stracey	U17	5-7-78	Carn Brae	13Aug
14.2		Sarah Scott	U20	24-8-77	Battersea Pk	9Apr
14.4		Hazel Mead	U17	14-9-77	Battersea Pk	10Jul
		Jackie Stone		31-10-71	Battersea Pk	10Jul
14.9		Leah Kreitzman	U13	10-9-82	Battersea Pk	2Jul
15.0		Angela Patten	U23	24-3-72	Battersea Pk	9Apr
15.1		Sally Scott	W35	17-1-57	Hendon	27Jun
15.2		Rhiann Letang	U15	13-10-80	Sutcliffe Pk	4Jun
		Laura Walden	U15	9-9-82	Battersea Pk	10Jul
15.3		Amy Lawton	U13	1-10-82	Perivale	16Jul
15.4		Kelly Wraight	U15	22-10-82	Newham	28Aug
15.5		Marcia Harewood	W35	7-8-56	Hendon	4Sep
15.6		Elizabeth Gyeke	U15	4-10-82	Battersea Pk	10Jul
15.8		Elizabeth Smythe	U23	26-5-72	Battersea Pk	10Jul
		Louise Spencer	U15	18-11-79	Battersea Pk	23Jul
15.9		Louise Davison	U13	10-4-82	Perivale	16Jul
16.2		Rebecca Brown	U15	9-6-81	Perivale	16Jul
16.4		Pat Mead	W45	12-2-45	Battersea Pk	7Sep
17.0		Abigail Timmis	U13	20-9-82	Newham	28Aug
17.4		Cynthia James	W50	??-?-44	Hendon	4Sep
17.6		Laura Fryer	U13	3-9-83	Battersea Pk	2Jul
17.8		Natalie Masters	U13	14-4-83	Newham	28Aug
18.1		Sharon Dray	W35	11-6-57	Battersea Pk	10Jul
18.2		Gemma Newman	U15	21-10-81	Worthing	23Apr

150 metres

20.5		Pamela Friel	U20	24-3-77	Crystal Palace	27Apr
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200 metres

26.7		Pamela Friel	U20	24-3-77	Battersea Pk	18May
27.1		Serrita Simon	U17	16-9-77	Croydon	14May
27.6		Jessica Dash	U20	10-9-76	Battersea Pk	10Jul
28.1		Andrea Abrams		7-5-71	Perivale	16Jul



Left: Twelve years old Louise Davison was a regular scorer in the youngest age group in the Southern League.

28.4		Bianca Simon	U13	28-10-82	Battersea Pk	18Jun
28.7		Melissa Benitt	U15	22-5-80	Battersea Pk	10Jul
29.0		Syreeta Stracey	U17	5-7-78	Crystal Palace	1Jun
		Jackie Stone		31-10-71	Sutcliffe Pk	4Jun
		Danielle O'Sullivan	U15	29-1-81	Battersea Pk	10Jul
30.8		Elizabeth Gyeke	U15	4-10-82	Battersea Pk	10Jul
31.3	m	Hazel Mead	U17	14-9-77	Battersea Pk	26Jul
31.7		Sally Scott	W35	17-1-57	Tooting Bec	25Jul
31.8		Leah Kreitzman	U13	10-9-82	Battersea Pk	10Jul
31.9		Laura Walden	U15	9-9-82	Carn Brae	13Aug
32.0		Jacqui Smiter		19-6-72	Perivale	16Jul
32.9		Rebecca Brown	U15	9-6-81	Battersea Pk	10Jul
33.0		Marcia Harewood	W35	7-8-56	Hendon	4Sep
33.9		Natalie Stracey	W35	15-1-58	Battersea Pk	16May
		Louise Spencer	U15	18-11-79	Battersea Pk	3Sep
34.3		Kelly Wraight	U15	22-10-82	Battersea Pk	10Jul
		Amy Lawton	U13	1-10-82	Battersea Pk	9Apr
35.0		Amy Butler	U15	29-5-80	Shepway	10May
35.1		Louise Davison	U13	10-4-82	Battersea Pk	2Jul
35.8		Pat Mead	W45	12-2-45	Battersea Pk	16May
36.3		Cynthia James	W50	??-?-44	Hendon	4Sep
37.1		Elizabeth Smythe		26-5-72	Battersea Pk	10Jul
38.1		Abigail Timmis	U13	20-9-82	Newham	28Aug
		Natalie Masters	U13	14-4-83	Newham	28Aug
38.9		Gemma Newman	U15	21-10-81	Worthing	23Apr
41.0		Sharon Dray	W35	11-6-57	Battersea Pk	10Jul

300 metres

42.9	R	Serrita Simon	U17	16-9-77	L Christie Stad	8Jun
43.6		Pamela Friel	U20	24-3-77	Crystal Palace	27Apr

400 metres

60.2		Pamela Friel	U20	24-3-77	Sutcliffe Pk	4Jun
65.1		Jessica Dash	U20	10-9-76	Battersea Pk	10Jul
65.2		Jackie Stone		31-10-71	Parliament Hill	21May
65.9		Jacinta Moore	W35	12-7-58	Crawley	5Jul
67.5		Syreeta Stracey	U17	5-7-78	Battersea Pk	10Jul
69.9		Noreen Alexander	U20	30-3-76	Battersea Pk	10Jul
70.2		Georgina Husbands		30-5-63	Perivale	16Jul
71.7		Julia Cockram		1-1-68	Sutcliffe Pk	4Jun
82.9		Pat Mead	W45	12-2-45	Hendon	4Sep
91.0		Cynthia James	W50	??-?-44	Hendon	4Sep
91.2		Sue Porter	W45	14-7-47	Hendon	27Jun

800 metres

2:21.0		Gabby Collison		10-2-66	Parliament Hill	21May
2:25.8		Bola Siwoku		24-3-62	Battersea Pk	3Sep
2:26.0	R	Laura Wilson	U15	14-11-79	Sutcliffe Pk	4Jun
2:29.1		Jacinta Moore	W35	12-7-58	Crawley	5Jul
2:37.5		Rosemary Fyffe		25-12-70	Worthing	23Apr
2:41.3		Janine Brown	U15	8-7-81	Battersea Pk	3Sep
2:47.7		Sophia Howard		8-11-67	Perivale	16Jul
2:59.5		Kelly Parker-Smith	U15	10-2-81	Newham	28Aug
3:04.5		Noreen Alexander	U20	30-3-76	Sutcliffe Pk	4Jun
3:07.0		Georgina Husbands		30-5-63	Carn Brae	13Aug
3:11.6		Laura Fryer	U13	3-9-83	Battersea Pk	2Jul
3:17.0		Louise Davison	U13	10-4-82	Battersea Pk	23Jul
3:17.7		Laura Walden	U15	9-9-82	Worthing	23Apr
3:27.5	m	Hazel Mead	U17	14-9-77	Battersea Pk	26Jul
3:27.7		Sue Porter	W45	14-7-47	Hendon	4Sep
3:27.9		Natalie Masters	U13	14-4-83	Battersea Pk	3Sep
3:31.3		Pat Mead	W45	12-2-45	Tooting Bec	25Jul
4:01.3		Natalie Stracey	W35	15-1-58	Carn Brae	13Aug
4:04.0		Cynthia James	W50	??-?-44	Tooting	25Jul

1500 metres

4:31.5		Gabby Collison		10-2-66	Sutton Arena	18Sep
4:53.5		Helen Maskrey		23-9-67	Perivale	16Jul
5:13.4		Jacinta Moore	W35	12-7-58	Hendon	27Jun
5:18.5		Nikki Haines		30-11-71	Battersea Pk	3Sep
5:23.1		Laura Wilson	U15	14-11-79	Battersea Pk	2Jul
5:30.7		Nina Mills	W45	7-9-46	Battersea Pk	10Jul
5:34.9		Abigail Gray	U15	6-11-80	Battersea Pk	10Jul
5:45.4		Janine Brown	U15	8-7-81	Worthing	23Apr
6:11.7		Rebecca Brown	U15	9-6-81	Battersea Pk	3Sep
6:28.2		Kelly Parker-Smith	U15	10-2-81	Battersea Pk	3Sep
6:58.3		Sue Porter	W45	14-7-47	Battersea Pk	25Apr
8:21.4		Louise Spencer	U15	18-11-79	Carn Brae	13Aug

3000 metres

9:39.8	R	Gabby Collison		10-2-66	Sutcliffe Pk	29Aug
10:32.0		Helen Maskrey		23-9-67	Tooting Bec	15Jun
10:37.2		Morag Andrew		25-3-61	Battersea Pk	9Apr
10:42.5		Nikki Haines		30-11-71	Battersea Pk	3Sep
11:26.6		Jacinta Moore	W35	12-7-58	Battersea Pk	16May
11:54.4		Nina Mills	W45	7-9-46	Parliament Hill	21May
13:17.4		Hilary Saw	W40	7-3-50	Hendon	4Sep
13:28.5		Sophia Howard		8-11-67	Parliament Hill	21May



Above: Morag Andrew, here competing in the final Surrey CC League of the 93/94 season at Reigate, set new club figures while winning the Surrey County 10,000m Championship.
Photo by Richard Xerr.

400 metres Hurdles					
68.8	Jessica Dash	U20	10-9-76	Croydon	15May
71.0	Jackie Stone		31-10-71	Sutcliffe Pk	4Jun
81.9	Jacqui Smiter	U23	19-6-72	Carn Brae	13Aug
High Jump					
1.60	Julia Cockram		1-1-68	Battersea Pk	9Apr
1.50	Laura Wilson	U15	14-11-79	Battersea Pk	23Jul
1.40	Jacqui Smiter	U23	19-6-72	Battersea Pk	10Jul
	Jackie Stone		31-10-71	Battersea Pk	10Jul
1.35	Angela Patten	U23	24-3-72	Battersea Pk	10Jul
1.25	Sally Scott	W35	17-1-57	Hendon	27Jun
	Gail Richardson		21-9-68	Carn Brae	13Aug
1.20	Amy Butler	U15	29-5-80	Crystal Palace	9Apr
	Rhiann Letang	U15	13-10-80	Battersea Pk	18Jun
	Amy Lawton	U15	1-10-82	Battersea Pk	10Jul
m	Hazel Mead	U17	14-9-77	Battersea Pk	26Jul
	Shelley Skippen	U15	9-11-81	Carn Brae	13Aug
1.15	Danielle O'Sullivan	U15	29-1-81	Worthing	23Apr
1.10	Maureen Jones	W45	30-9-46	Battersea Pk	25Apr
0.90	Barbara Dunsford	W55	20-9-35	Hendon	27Jun
Long Jump					
5.42	Andrea Abrams		7-5-71	Kingsmeadow	19Jun
4.72	Angela Patten	U23	24-3-72	Battersea Pk	9Apr
4.63	Maxine Smith		10-12-66	Perivale	16Jul
4.55	Syreetta Stracey	U17	5-7-78	Carn Brae	13Aug
4.50	Julia Cockram		1-1-68	Battersea Pk	10Jul
4.17	Bianca Simon	U13	28-10-82	Battersea Pk	23Jul
4.07	Rhiann Letang	U15	13-10-80	Carn Brae	13Aug
3.81	Laura Walden	U15	9-9-82	Battersea Pk	2Jul
3.65	Hazel Mead	U17	14-9-77	Battersea Pk	26Jul
3.61	Leah Kreitzman	U13	10-9-82	Battersea Pk	2Jul
3.56	Laura Wilson	U15	14-11-79	Perivale	16Jul
3.51	Gemma Newman	U15	21-10-81	Tonbridge	4Apr
3.49	Amy Butler	U15	29-5-80	Crystal Palace	9Apr
3.48	Kelly Wraight	U15	22-10-82	Newham	28Aug
3.45	Shelley Skippen	U15	9-11-81	Perivale	16Jul
3.43	Kelly Parker-Smith	U15	10-2-81	Carn Brae	13Aug
3.42	Rebecca Brown	U15	9-6-81	Newham	28Aug
3.08	Natalie Stracey	W35	15-1-58	Tooting Bec	25Jul
2.59	Cynthia James	W50	??-?-44	Hendon	4Sep
1.69	Barbara Dunsford	W55	20-9-35	Battersea Pk	16May
Triple Jump					
12.51	i	Evette Finnikin (2-CI)	25-9-62	Crystal Palace	15Jan
10.15	R	Angela Patten	24-3-72	Battersea Pk	10Jul
9.24		Julia Cockram	1-1-68	Battersea Pk	10Jul
8.64		Jacqui Smiter	19-6-72	Carn Brae	13Aug
7.30	R	Hazel Mead	14-9-77	Carn Brae	13Aug
5.80		Natalie Stracey	15-1-58	Hendon	27Jun
4.70		Barbara Dunsford	20-9-35	Hendon	4Sep
Pole Vault					
2.95	R	Susan Drummie	19-6-71	Holzminden GER	?Sep
2.80	i/R	Susan Drummie	19-6-71	Birmingham NIA	19Feb
2.70	i	Julia Cockram	1-1-68	Ewell	28Mar
2.60		Julia Cockram	1-1-68	Barn Elms	22May
1.70		Maureen Jones	30-9-46	Crawley	5Jul
Shot Putt 4kg					
9.39		Angela Patten	24-3-72	Perivale	16Jul
8.44		Rosemary Fyffe	25-12-70	Worthing	23Apr
7.73		Cynthia James	??-?-44	Battersea Pk	25Apr
7.09		Hazel Mead	14-9-77	Battersea Pk	9Apr
7.07		Gail Richardson	21-9-68	Battersea Pk	3Sep
6.83		Vikki Smith	21-2-79	Crystal Palace	1Jun
6.79		Caroline Bazin	6-3-76	Parliament Hill	21May
5.89		Pat Mead	12-2-45	Hendon	4Sep
5.49		Barbara Dunsford	20-9-35	Battersea Pk	9Apr
Shot Putt 3.25kg					
8.94		Michelle Stock	21-5-80	Perivale	16Jul
8.16		Tigho Ejoh	8-2-81	Battersea Pk	23Jul
7.82		Rhiann Letang	13-10-80	Perivale	16Jul
7.70		Cynthia James	??-?-44	Tooting	25Jul
7.50	m	Melissa Bentt	22-5-80	Battersea Pk	26Jul
7.32		Barbara Dunsford	20-9-35	Hendon	4Sep
6.23		Gemma Newman	21-10-81	Crystal Palace	9Apr
5.30		Bianca Simon	28-10-82	Sutcliffe Pk	4Jun
Shot Putt 2.72kg					
6.47		Kelly Wraight	22-10-82	Newham	28Aug
6.06		Bianca Simon	28-10-82	Battersea Pk	18Jun
4.68		Leah Kreitzman	10-9-82	Battersea Pk	2Jul
Discus 1kg					
30.68		Angela Patten	24-3-72	Kingsmeadow	18Jun
28.70		Rosemary Fyffe	25-12-70	Worthing	23Apr
27.70		Michelle Stock	21-5-80	Perivale	16Jul
26.38		Petronell Keeler	17-9-76	Battersea Pk	3Sep
23.30		Tigho Ejoh	8-2-81	Battersea Pk	3Sep
23.02		Gail Richardson	21-9-68	Battersea Pk	9Apr

1994 Rankings - Womens' Track & Field continued

14:10.8	Jacqui Smiter	U23	19-6-72	Carn Brae	13Aug
15:00.1	Sue Porter	W45	14-7-47	Hendon	4Sep
5000 metres					
16:44.58 R	Gabby Collison		10-2-66	Crawley	29May
19:53.0	Jacinta Moore	W35	12-7-58	Tooting Bec	25Jul
25:08.5	Pam Davies	W60	30-5-34	Tooting Bec	25Jul
26:22.6	Sue Porter	W45	14-7-47	Tooting Bec	25Jul
10000 metres					
38.09.2 R	Morag Andrew		25-3-61	Wimbledon Pk	8May
70 metres Hurdles					
14.3	Shelley Skippen	U15	9-11-81	Battersea Pk	2Jul
75 metres Hurdles					
13.8	Laura Wilson	U15	14-11-79	Worthing	23Apr
15.3	Shelley Skippen	U15	9-11-81	Perivale	16Jul
16.3	Melissa Bentt	U15	22-5-80	Battersea Pk	3Sep
16.6	Amy Butler	U15	29-5-80	Battersea Pk	10Jul
17.8	Rebecca Brown	U15	9-6-81	Battersea Pk	10Jul
80 metres Hurdles					
12.6	Melissa Simon	U17	3-1-79	L Christie Stad	11Jun
16.6	m	Melissa Bentt	22-5-80	Battersea Pk	26Jul
16.8	Hazel Mead	U17	14-9-77	Carn Brae	13Aug
100 metres Hurdles					
16.2	Jessica Dash	U20	10-9-76	Battersea Pk	10Jul
17.0	Cindy James		2-5-71	Battersea Pk	3Sep
19.6	Angela Patten	U23	24-3-72	Parliament Hill	21May
20.2	Julia Cockram		1-1-68	Perivale	16Jul
20.6	Gail Richardson		21-9-68	Carn Brae	13Aug
20.7	Jacqui Smiter		19-6-72	Carn Brae	13Aug
23.9	Sharon Dray	W35	11-6-57	Battersea Pk	10Jul

21.64	Vikki Smith	U17	21-2-79	L Christie Stad	11Jun
20.18	Rhiann Letang	U15	13-10-80	Battersea Pk	10Jul
17.72	Julia Cockram		1-1-68	Tooting Bec	15Jun
19.12	Cynthia James	W50	??-?-44	Hendon	4Sep
17.50	Jacqui Smiter	U23	19-6-72	Battersea Pk	10Jul
16.96	Hazel Mead	U17	14-9-77	Battersea Pk	9Apr
15.76	Pat Mead	W45	12-2-45	Tooting Bec	25Jul
14.96	Janine Brown	U15	8-7-81	Newham	28Aug
14.90	Sophia Howard		8-11-67	Battersea Pk	10Jul
13.94	Amy Butler	U15	29-5-80	Battersea Pk	10Jul
13.00	Barbara Dunsford	W55	20-9-35	Battersea Pk	16May

Javelin 600gm

30.58	Angela Patten	U23	24-3-72	Battersea Pk	9Apr
28.74	Gail Richardson		21-9-68	Kingsmeadow	19Jun
24.18	Hazel Mead	U17	14-9-77	Crystal Palace	1Jun
22.64	Rhiann Letang	U15	13-10-80	Carn Brae	13Aug
21.14	Elizabeth Smythe	U23	26-5-72	Battersea Pk	10Jul
17.34	Jacqui Smiter	U23	19-6-72	Battersea Pk	10Jul
17.06	Janine Brown	U15	8-7-81	Battersea Pk	23Jul
15.88	Pat Mead	W45	12-2-45	Hendon	27Jun
15.78	Laura Wilson	U15	14-11-79	Battersea Pk	2Jul
14.62 m	Melissa Bentt	U15	22-5-80	Battersea Pk	26Jul
14.56	Rebecca Brown	U15	9-6-81	Newham	28Aug
14.38	Cynthia James	W45	??-?-44	Battersea Pk	16May
13.68	Vikki Smith	U17	21-2-79	Carn Brae	13Aug
13.15	Barbara Dunsford	W55	20-9-35	Barn Elms	11Sep
12.74	Kelly Wraight	U15	22-10-82	Battersea Pk	10Jul
8.96	Gemma Newman	U15	21-10-81	Carn Brae	13Aug

Hammer 4kg

29.22 R	Petronell Keeler	U20	17-9-76	Battersea Pk	3Sep
24.32	Gail Richardson		21-9-68	Carn Brae	13Aug
20.42	Samantha Milner	U20	9-10-75	Battersea Pk	9Apr
18.20	Barbara Dunsford	W55	20-9-35	Battersea Pk	9Apr
15.40	Pat Mead	W45	12-2-45	Hendon	4Sep
15.24	Maureen Jones	W45	30-9-46	Battersea Pk	25Apr
14.54 R	Hazel Mead	U17	14-9-77	Perivale	16Jul
11.48	Sue Porter	W45	14-7-47	Carn Brae	13Aug

Hammer 3kg

25.22	Barbara Dunsford	W55	20-9-35	Hendon	27Jun
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4x100 metre Relay

51.5	Cindy James	2-5-71	Kingsmeadow	19Jun
	Andrea Abrams	7-5-71		
	Angela Abrams	7-5-71		
	Maxine Smith	10-12-66		



Left: Club Record holder Petronell Keeler takes a break from hammer training at Battersea. Photo by Vikki Smith

Right: The guys who keep the Saturday afternoon crowd plied with refreshments - Keith Duckett, Brian Gorman, Graham Parr and Pete Sutton.

54.7	Serrita Simon	U17	16-9-77	Parliament Hill	21May
	Mellisa Simon	U17	3-1-79		
	Marjorie White	U17	14-12-77		
	Caroline Bazin	U20	6-3-76		
56.9	Bianca Simon	U13	28-10-82	Perivale	16Jul
	Rhiann Letang	U15	13-10-80		
	Laura Wilson	U15	14-11-79		
	Melissa Bentt	U15	22-5-80		
63.3	Marcia Harewood	W35	7-8-56	Hendon	4Sep
	Hilary Saw	W40	7-3-50		
	Pat Mead	W45	12-2-45		
	Sally Scott	W35	17-1-57		

4x200 metre Relay

2:10.1	Sally Scott	W35	17-1-57	Tooting Bec	25Jul
	Pat Mead	W45	12-2-45		
	Natalie Tracey	W35	15-1-58		
	Jacinta Moore	W35	12-7-58		

4x400 metre Relay

4:23.2	Jackie Stone (69.2)	31-10-71	Worthing	23Apr	
	Jessica Dash (68.5)	U20	10-9-76		
	Pamela Friel (61.7)	U20	24-3-77		
	Rosemary Fyffe (63.8)		25-12-70		
5:11.2	Pat Mead (81.5)	W45	12-2-45	Hendon	27Jun
	Sally Scott (77.4)	W35	17-1-57		
	Nina Mills (79.0)	W45	7-9-46		
	Jacinta Moore (73.3)	W35	12-7-58		

Medley Relay (200, 200, 400, 800)

5:07.0	Natalie Tracey	W35	15-1-58	Battersea Pk	16May
	Pat Mead	W45	12-2-45		
	Nina Mills	W45	7-9-46		
	Jacinta Moore	W35	12-7-58		

Kassa beats huge field over 17.5k

Kassa Tadesse produced further confirmation of his steady improvement as a road racer when he won the inaugural 17.5k Pont de Normandie Classic on 21st January, writes Bill Laws. Over 10,000 lined up as part of the celebrations to mark the opening of what is now the world's longest bridge spanning the Seine estuary at Le Havre. A six hour storm-swept ferry crossing did not deter the tough 21 year old from defeating a strong select field competing in a race held in high winds and driving rain. The bad weather ensured a steady start. After 4k a small group of five broke away with Kassa tucked in. At the 8k point Kassa surged up a sharp incline and a gap appeared which he gradually extended until by the finish he was over a minute clear of former French half marathon champion Didier Bernard. 1, 1, K.Tadesse 51:56; 2, D.Bernard 53:01.

Tragic death of Michael Coleman

Michael Coleman, who over the last few years has been mentor and manager to Kassa Tadesse, tragically collapsed and died while jogging. By a cruel twist of fate his untimely death occurred in Brockwell Park just hours after Kassa had won the Pont de Normandie Classic and Michael was never to receive the news which would have given him so much pleasure.



1994 Rankings - Road Running - Men and Women

5 km

13:55	Darren Mead	4-10-68	Aberdeen	22May
14:21	Justin Chaston	4-11-68	Houston, Texas, USA	29Jan
14:31	Jon Dennis	25-6-70	Gainesville, Florida, USA	5Feb
15:13	P. Carstairs	7-7-60	Perivale - Diadora Xmas Run	21Dec
16:08	Marcello Bizio	1-8-64	Wimbledon - Surrey Winter Lg	4Dec
19:34	Pat Newell	M60 29-2-30	Hyde Park - Last Friday Run	28Jan
19:54	Charlie Walker	M60 31-05-29	Hyde Park - Last Friday Run	28Jan

5 miles

23:32	=9 Darren Mead	4-10-68	Overton	10Sep
23:46	17 Paul Evans	13-4-61	Norwich - BUPA	13Nov
24:04	37 Kassa Tadesse	U23 21-8-74	Portsmouth - Saucony Victory	4Dec
25:14	Roger Alsop	16-1-65	Hillingdon	27Feb
25:26	Jim Estall	9-8-54	Southwark - BUPA	26Jun
26:18	Phil Carstairs	7-7-60	Hillingdon	27Feb
26:31	Mark Anderson	10-9-67	Hillingdon	27Feb
27:07	Alex Luce	18-7-64	Hillingdon	27Feb
27:14	Owain Lewes	9-7-67	Hillingdon	27Feb
27:23	5 Gabby Collison	W 10-2-66	Victoria Park	27Apr
27:40	Pete Gilbey	M40 12-4-51	Coombe Hill	8May
27:48	Said Chettati	26-12-64	Battersea - Sri Chinmoy	3Dec
28:08	Laurie O'Hara	M60 18-6-32	Hillingdon	27Feb
28:08	Tony Verdie	M55 25-7-36	Tadworth	15May
28:30	Don Anderson	10-5-55	Coombe Hill	8May
31:40	Morag Andrew	W 25-3-61	Reigate Hill - Rotary	19Jun
31:50	Robert Mann	23-8-68	Morrone - Hill Race	3Sep
32:20	Lionel Mann	M50 21-9-40	Battersea Pk - Sri Chinmoy	23Jul

10 km

28:23	40/1 Paul Evans	13-4-61	Cardiff - BUPA Gt. Welsh	31Jul
28:40	7 Gary Staines	3-7-63	Coventry - BUPA Gt. Midland	16Oct
28:58	13 Kassa Tadesse	U23 21-8-74	Edinburgh - BUPA Gt. Scottish	20Oct
29:13	18 Adrian Passey	2nd-CI 2-9-64	Coventry - BUPA Gt. Midland	16Oct
29:31	29 Darren Mead	4-10-68	Redditch - PGE/Adidas	20Aug
31:00	Justin Chaston	4-11-68	Houston, USA	19Feb
32:19	Rob Turner	4-10-70	Eastbourne - Adidas	20Oct
32:31	Mike Webb	4-10-67	Totton - Arco Wessex	20Oct
32:37	Jim Estall	M40 9-8-54	Dulwich - Charity	9Oct
33:35	Junior Galley	24-5-62	Dulwich - Charity	9Oct
33:46	Marcello Bizio	1-8-64	Dulwich - Charity	9Oct
33:56	John Gladwin	7-5-63	Coventry - BUPA Gt. Midland	16Oct
35:18	Laurie O'Hara	M60 18-6-32	Harrow - Reebok	17Apr
35:31	Gabby Collison	W 10-2-66	Camberley - Julian Farrell	16Oct
36:18	John Mather	M40 6-4-54	Morden - Little League	24Mar
37:22	Morag Andrew	W 25-3-61	Hook - 26.2	6Feb
37:46	Helen Maskrey	W 23-9-67	Hook - 26.2 Summer	27Aug
37:54	Robert Mann	23-8-68	Oxshott	13Nov
39:20	Tony Hardy	M50 10-2-40	Hyde Park	1Jan
39:35	Anton Gayton	11-10-64	Petersham - Dysart Dash	26Jun
40:01	Martina Ryan	W 2-10-66	Hook - 26.2	6Feb
40:52	Lionel Mann	M50 21-9-40	Elmbridge	17Jul
42:17	Carl Cross	M55 3-11-35	Petersham - Dysart Dash	26Jun
45:49	Charlie Henn	M60 11-7-31	Petersham - Dysart Dash	26Jun
47:57	Ron Faithfull	M60 24-5-33	Petersham - Dysart Dash	26Jun

10 miles

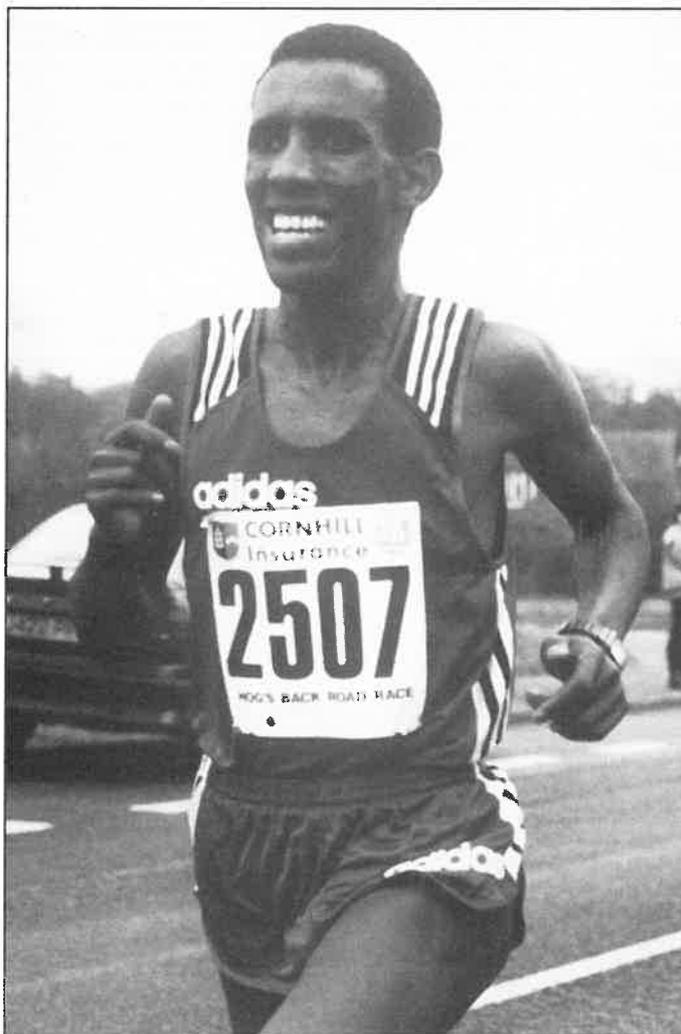
47:00	1 Gary Staines	3-7-63	Portsmouth - BUPA Gt South	9Oct
48:31	13 Paul Evans	13-4-61	Maidenhead - Holiday Inn	1Apr
48:45	16 Kassa Tadesse	U23 21-8-74	Erewash - Classic	4Sep
49:09	26 Darren Mead	4-10-68	Erewash - Classic	4Sep
54:24	Marcello Bizio	1-8-64	Twickenham - Cabbage Patch	16Oct
56:12	Mike Webb	4-10-67	Dorking	5Jun
57:59	Leo Lyons	M45 17-10-48	Epsom - Marathon Windows	20Nov
58:16	Graham Adams	10-6-68	Portsmouth - BUPA Gt South	9Oct
59:21	Tony Verdie	M55 25-7-36	Dorking	5Jun
1:04:54	Robert Mann	23-8-68	Epsom - Marathon Windows	20Nov
1:05:00	Lionel Mann	M50 21-9-40	Maidenhead - Holiday Inn	1Apr
1:07:48	Christian Solorz	U20 11-2-76	Folkestone - Prom	1Apr
1:08:34	Eric Derouet	20-9-64	Tadworth	2Jan
1:18:19	Derek Manning	M60 28-3-33	Tadworth	2Jan
1:19:06	Ron Faithfull	M60 24-5-33	Tadworth	2Jan
1:35:04	Charlie Manning	M65 8-1-28	Tadworth	2Jan

Half-Marathon

1:01:30	18 Paul Evans	13-4-61	Newcastle, BUPA Gt. North	18Sep
1:02:54	Andy Lloyd		Tokyo, JAP	23Jan
1:03:54	15 Kassa Tadesse	U23 21-8-74	St. Neots - Zanussi	29May
1:07:55	Darren Mead	4-10-68	Great Yarmouth - BUPA	24Jul
1:10:18	Jim Estall	9-8-54	Watford	6Feb
1:18:42	2 Laurie O'Hara	M60 18-6-32	Hillingdon	13Mar
1:21:39	Gabby Collison	W 10-2-66	Horley - Touche Ross	27Mar
1:22:18	Robert Mann	23-8-68	Nairn - Highland Games	13Aug
1:24:25	Nikki Haines	WU23 30-11-71	Camberley	29May
1:25:40	Chris Taplin	M40 11-2-51	Wimbledon - Belgrave	13Mar
1:26:06	Paul Sargent	31-10-55	Hastings	13Mar
1:26:25	Morag Andrew	W 25-3-61	Wimbledon	18Sep
1:27:07	Dave McMillan	M45 9-11-47	Marlow	6Nov

Ok. So we know we're on a hiding to nothing here in presenting the first set of Club Road Rankings for many a year. No doubt as this list is perused there will be mutterings of, "Oil! They haven't got my 2hours 17minutes for the Dog and Duck Half Marathon held last St. Swithin's Day." And of course, the mutterer will be right. The lists can only be based on the results we receive. So let us know of any additions by all means but next year make sure you keep us up to date with all your performances. Send your results to Belgrave Rankings, 29 Kingston Road, Ewell, Surrey KT17 2EG or phone 0181-224 2657.

And by the way, many thanks to Chas. Manning, Derek Crookes and Lionel Mann who have passed on the odd result sheets that they have come across.



Above: Kassa Tadesse en route to victory in the Hog's Back '9' in 45:15. Photo by Jeremy Hemming.

1:28:07	Lionel Mann	M50 21-9-40	Elmbridge	24Apr
1:52:18	Pam Davies	W55 30-5-34	Watford	6Feb
1:52:19	Charlie Henn	M60 11-7-31	Watford	6Feb
2:35:22	Dave McMullen	M70 8-9-20	Hastings	13Mar

Marathon

2:25:22	Jim Estall	9-8-54	London	17Apr
2:39:44	Junior Galley	24-5-62	London	17Apr
2:44:44	Leo Lyons	M45 17-10-48	London	17Apr
2:45:27	Said Chettati	26-12-64	Windsor to Chiswick - Poly	25Sep
2:52:02	Tony Verdie	M55 25-7-36	London	17Apr
2:52:09	Rich. Pearson	M45 3-3-46	London	17Apr
3:07:01	Mike Graham	M45 8-4-48	London	17Apr
3:13:31	Chris Fairfield	M55 27-1-38	London	17Apr
3:21:54	Lionel Mann	M50 21-9-40	London	17Apr
4:01:21	Eric Derouet	20-9-64	London	17Apr
4:03:26	Derek Manning	M60 28-3-33	London	17Apr

Road Rankings compiled by Alan Mead

BELGRAVE HARRIERS

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Belgrave Harriers was founded over one hundred years ago - in 1887 - and in those early days our headquarters actually were in Belgravia while our races were held along the Embankment of the River Thames and over the Common lands of South London.

Nowadays our members come from all around the globe but our spiritual home is still South London.

Battersea Park athletic track is where many of our track and field athletes train - come rain or shine, all the year round. We also use Kingsmeadow (near Kingston), Crystal Palace and various other stadiums.

At Wimbledon, just a couple of hundred metres from Wimbledon Common and available to all members, is our own Club Headquarters with separate changing facilities and showers for men and women, a refreshment room and gymnasium (for which a complete upgrade is planned).

We have coaches to assist you in whatever event you prefer but we are also looking for people who would like to help us to organise our club: timekeepers, judges, coaches, administrators . . . and then there are our social events.

Membership will cost you:
£25* a year if you are over 20,
£15* if you are 17 to 20 and
£10* if you are under 17.
Special rates exist for husband/wife or family membership.
(* £20, £12 and £6 if you apply before 1st July 1995)

- ♦ **Some of the greatest athletes in the world compete for Belgrave Harriers.**
- ♦ **Du'aine Ladejo (pictured over page) set the tracks of Europe alight in 1994, scorching around the 400 metre circuit to become European Champion. The powerful John Regis set a staggering British Record of 19.87 secs. for the 200 metres and a dozen others from our Club jumped, threw or ran at international level.**
- ♦ **We in Belgrave are proud of them all but so too are we proud of our slower men and women, girls and boys. As long as there are people prepared to "have a go", to enjoy the thrill of competition or a simple jog or walk around the roads, commons or parklands, our mission will always be to help them and show them how.**

Main league events in which Belgrave Harriers compete:

- ♦ **Track & Field**
British League Division One - Senior Men.
Southern Women's League Division Three - for ages 11 to adult.
Southern Men's League Divisions Two and Six - for ages 15 to adult.
Rosenheim League - for ages 15 to adult, men and women.
Thameside League - for ages 11 to 14, boys and girls.
Young Athletes (McDonalds) League - boys aged 11 to 16.
National Junior League - boys aged 15 to 19.
Southern Veterans' League - Men over 40 and over 50, Women over 35 and over 50.
- ♦ **Cross Country - Surrey Men's and Women's CC Leagues Division One - All age groups.**
- ♦ **Road and Track Walking - many events - men and women all age groups. Road Running - Surrey Winter and Summer Leagues - men and women.**

For more information about Walking or membership in general contact:
The Membership Secretary, Carl Lawton, 50 Bramblewood Close, Carshalton, Surrey SM5 1PG. Telephone 0181-669 0971.

For information about Track & Field contact:
Bob Bridges, 31 Kimberley Drive, Sidcup, Kent DA14 4PP.
Telephone 0181-309 7315 or meet him at Battersea Track (or ask for any Belgrave Harrier).

For information about Road Running or Cross Country contact:
Gordon Biscoe, 23 Cheam Road, Ewell, Epsom, Surrey KT17 1QX.
Telephone 0181-393 7398.

Find us at: **Belgrave Hall, Denmark Road (off Ridgway), Wimbledon, London SW19 4PG.** Telephone 0181 946 6859.
on Tuesday and Thursday evenings at 6.30pm, Saturday afternoons at 2pm and Sunday mornings at 10.15am for distance running, jogging or walking, or at **Battersea Park Athletic Track**, Tuesday and Thursday evenings at 6.30pm.

Photo (over page) by Gray Mortimore/Allsport. Du'aine Ladejo of Belgrave Harriers brings Britain home to a gold medal in the 1994 European Games 4 x 400 metres relay in Helsinki



Tilda
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