

Track & Field

Belgrave are champions again



Alan Mead

Above: 400 metre specialist Ryan Thomas has had a super season. Still a junior, he made his league debut at Birmingham in match two, scored good points in match three and then astounded everyone with a personal record in match four – 47.22.

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Annual General Meeting
of
Belgrave Harriers
Wednesday 20 September 2006
at Belgrave Hall
7.00pm

British Athletics League Premiership – 2006

1	Belgrave Harriers	1339	30
2	Woodford Green with Essex Ladies	1200½	25
3	City of Manchester	1177	21
4	Newham & Essex Beagles	1089½	18
5	Birchfield Harriers	1056½	16
6	Shaftesbury Barnet Harriers	1054	15
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7	Enfield & Haringey AC	1033½	15
8	Thames Valley Harriers	718	4

British Athletics League National One – 2006

1	Trafford AC	1458	31
2	City of Sheffield	1431	29
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3	Border	1104	21
4	WSE&H	1158	19
5	Cardiff AAC	962	15
6	Blackheath and Bromley	1027	13
7	Bedford and County	757	9
8	City of Edinburgh	744	7

British Athletics League reports by Bill Laws

Match Three, Alexander Stadium, Birmingham, 1 July 2006

On top - but it was far from over

Prologue

Just as Match 1 presented troubles with getting athletes back from warm weather training so Match 3 presented the joint team managers with the usual problems of finding out which athletes were popping over to central Europe in answer to the siren calls emanating from our new governing body – England Athletics Ltd. Nothing new in this. On the recognised fixtures calendar there were no England representative matches this weekend. But we knew from past experience that AAAoE would suddenly announce small teams to attend European fixtures at the last minute much to the displeasure of clubs trying to take BAL competition seriously. This we thought had changed especially as UKA Ltd were using BAL matches to mount their Challenge series.

But with the last of the AAAoE staff being moved over to England Athletics Ltd on June 1st we should have known better. Old habits die hard and sure enough, two weeks before this fixture, the phones started ringing and clubs began to lose athletes to yet another late and unscheduled England Athletics initiative. So much for the bright new world of joined up planning by the sport's Governing Bodies.

A number of Belgrave athletes turned down their invitations. Dominic Girdler accepted one match, competing in Hungary on Friday evening, but then got up at 3am to catch the red eye back to Luton, followed by a train to Loughborough and car to Birmingham. His Herculean efforts, despite illness, typified the Belgrave approach to this match.

To the match itself

Another hot day and another early start for the field events in a tight and action packed programme designed to accommodate a combined fixture with the UKWAL Div 1. Just like match 2 the discus men got relegated to the outside area. Whereas Manchester had a serious downhill slope this one had an equally bad uphill lie. If you got a record on this it would count and be a minor miracle at the same time.

Nonetheless Scot Thompson and Mark Allen acquitted themselves well with Mark winning the B comp. Good points followed with our best pole vault result this year. Joe Ive once again cleared 5m while Cameron Johnson fresh from his final law exams squeezed over in his first competition of the year to gain valuable points in the B. And then to the track with Matt Douglas winning the A 400m hurdles in a season's best and gaining man of the match award to boot. Chris Minn looked out of sorts in the B but struggled gamely to keep the points score moving along. Then to the 800m where Graeme Oudney tried new front running tactics and just got reeled in down the home straight. But his third spot and Joe van der Toorn's fourth placing again meant above average points.

City of Manchester pull a flanker

So after a good start we awaited the first match points update with interest. "And in reverse order ... second Belgrave with City of Manchester leading by nine points". What? We had been counting Woodford's points and here was CoM pulling a flanker. We knew they were serious when we saw Darren Campbell warming up for the sprints and Darren Ritchie for the long jump. Big headwinds made sprinting difficult and with strong fields and five false starts Darren Chin struggled in the A 100 but the situation was immediately recovered when Wade Bennett Jackson won the B race.

The steeplechase followed and thankfully Bruce Barton and Mark Humphrey travelled by train on the day to do the best they could. With Birchfield having no entries they delivered seven points which was well above expectations. Good lads.

And then a golden spell which was to move us briefly into the lead. First in the long jump we clocked two second spots with Darragh O'Farrell registering a legal pb of 7.45m closely followed by Richard Danso with another best of 7.44m – a wind reading of +2.1 mps prevented it being a pb for him too. Then to the hammer with a slimmed down Mick Jones gaining third in the A closely followed by John Osazuwa who won the B. Back on the track, William Sharman again eased to victory in the A 110 hurdles clocking a fine 13.85 secs into a big headwind. A tired Dom Girdler dragged himself over the barriers to win the B and complete yet another max points performance for our sprint hurdlers. The 400m saw a welcome introduction to the team for junior Ryan Thomas who ran well for third in the B. With a shortage of one lap specialists the recently injured decathlon champion Louis Eving-Jones held on well in the A race but faded in the home straight and had clearly lost a lot of fitness. Meanwhile, nineteen year old Chris Gearing gained third in the A shot while Mark Allen, about to celebrate his twenty-first birthday, won the B shot to add to his good discus points.

Middle-distance men suffer in the heat

We'd been struggling to get all our middle distance specialists together to make an impact on the BAL points and this time we called on Darren Gauson, recovering after injury, to back up Phil Wicks in the 1500m. Darren who is a sub 3.45 man at his best found this high-class race run in soaring temperatures a baptism of fire and struggled from the gun. The field were caught napping early on as a runner broke clean away and as usual it was Phil Wicks taking the responsibility of getting the pack back on track; not surprisingly, he was unable to kick off this and lost a couple of places on the run in. But if that was tough, the 5000m men really suffered, as the mercury climbed in to the low 30's C. Jon Blackledge handled the conditions well and stayed with the breakaway group of three but blistered in the last two laps to fall back and take third in the A. Simon Jones' marathon experience showed as he picked his way through the field to gain a fine second position in the B. A wise head on very young shoulders! And in the 200's Wade and Darren swapped places resulting in a fourth place in the A for Wade. In the B Darren Chin lost the plot as he

entered the home straight but whereas in recent races he has faded this time he surged to close on winner Darren Campbell to snatch second spot; again big headwinds.

The team competition was still close but once again we paid the price for not having any fit specialist high jumpers. The javelin too suffered, even though Scot Thompson contributed with a "best for two years". James Everard was the first to express disappointment with his javelin but high jumping just before was not the ideal preparation.

Woodford Green would not lie down!

And still Belgrave and City of Manchester were neck and neck with one field event and the two sprint relays to go.

Things were looking good in the triple jump with Farel Mepandy second in the A and David Wellstead, back from University in the USA, taking a valuable second spot in the B event. It was coming down to the relays and a quick check showed Woodford behind Newham and Essex who had moved into third spot as they tried to recover their league position after their poor first two match results. But Woodford Green would not lie down and to their credit won both relays. Our young sprint squad ran a season's best to almost catch a fine City of Manchester quartet but our 400m squad contained only Ryan Thomas as a specialist one lapper. Their final fifth spot was magnificent in the circumstances due particularly to a 47.8 secs last leg from 800m specialist Graeme Oudney. And as we waited for the final points score we realised that both Newham and Enfield & Haringey had been disqualified in the sprint relay. Suddenly Woodford had moved two points above Newham and given themselves a chance to win the league at the last match where they would need to beat Belgrave by 48 points.

So after a gutsy performance from a very young team Belgrave had moved clear to head the league. But with one demotion position still to be decided, the last match of the season would be strongly contested and could still throw up some major surprises.

Results. 100m: 5 D Chin 10.74/0.3; 1 W Bennett-Jackson U20 10.50/-1.2; n/s 2r2 J Hussain 11.00/mwr.. 200m: 4 W Bennett-Jackson U20 21.63/-2.3; 2 D Chin 21.54/-1.2. 400m: 6 L Eving-Jones 49.62; 3 R Thomas U20 48.45. 800m: 3 G Oudney 1:49.94; 4 J van der Toorn U20 1:54.91. 1500m: 4 P Wicks 3:50.81; 7 D Gauson 3:59.66. 5000m: 3 J Blackledge 14:38.34; 2 S Jones 15:02.55. 110mH: 1 W Sharman 13.85/2.1; 1 D Girdler 14.45/-1.8. 400mH: 1 M Douglas 50.54; 7 C Minn 57.50. 3000mSC: 7 B Barton M40 11:06.10; 7 M Humphrey 11:36.8. HJ: 5 W Sharman 1.90; 4 J Everard 1.85. LJ: 2 D O'Farrell 7.45/1.7; 1 R Danso 7.44w/2.1. TJ: 2 F Mepandy 14.99/1.4; 2 D Wellstead 13.28/0.7. PV: 2= J Ive 5.00; 3= C Johnson 4.20. SP: 3 C Gearing 16.25; 1 M Allen 16.06. DT: 5 S Thompson 48.60; 1 M Allen 45.49. JT: 7 J Everard 58.32; 4 S Thompson 52.76. HT: 3 M Jones M40 62.94; 1 J Osazuwa 59.13. 4x100m: 3 Belgrave 41.00 (W Sharman, J Hussain, D Chin, W Bennett-Jackson U20). 4x400m: 5 Belgrave 3:21.02 (C Minn 53.8, R Thomas 49.2, J Hussain 50.2, G Oudney 47.8).

Teams: 1 City of Manchester 351; 2 Belgrave 342; 3 Woodford GwEL 269; 4 Newham & Essex Beagles 267; 5 Birchfield H 257.5; 6 Enfield & Haringey 246.5; 7 Shaftesbury Barnet H 245; 8 Thames Valley H 190.

Match Four, Eton, 5 August 2006

A perfect day

Prologue

Experienced Team managers know from past results that the last League match of the season can produce big surprises. With the competition still on for the title and theoretically any of four teams facing relegation alongside the already demoted Thames Valley Harriers, the Belgrave team managers were leaving nothing to chance.

And just to remind you that after match 3 the mid-table positions were:- 4, Enfield and Haringey 13; 5, Shaftesbury Barnet 12; 6, Newham and Essex Beagles 11; 7, Birchfield 10. On the day, with the Beagles fielding a strong team, both the Shaftesbury and Birchfield team managers were predicting

disaster for their squads. (Woe and thrice woe – a bit like “Up Pompeii with Geoff Morphitis playing Lurkio or Frankie Howard if you prefer.) But as the match progressed, once again we were to be treated to an amazing escape act. Belgrave attention was initially on arch-rivals Woodford who were reported to be spoiling for a fight but they spiralled into a most uncharacteristic collapse. Remarkably Shaftesbury and Birchfield both avoided the drop, leaving Enfield & Haringey with the second wooden spoon.



Patricia Mead

Above: Maximum points in the 5000 metres. At the halfway point Mark Miles was closely shadowed by John Nysagina (Birchfield) and our own Stephen Sharp but by the end of the race the gap was 11 seconds with Stephen heading the B race by 20 seconds.

To the match itself

For the first time ever the Monday team held up and amazingly there were no changes to the team sheet as we arrived to a bright, warm, sunny day at Eton. Mind you Justin Chaston was booked to fly in from Denver, USA, Darragh O’Farrell from Dublin and Kris Gauson and Graeme Oudney from Edinburgh. Clearly no expense was being spared as our effort to regain the title started. Again the field started at 11.00 am and the track at 12.00 noon, because this was once again a double fixture with the UK Women’s League Division 1.

It was encouraging to welcome decathlete Kevin Sempers back in to the squad and he was immediately in action with Cameron Johnston to gain solid points in the pole vault, At the

same time Leith Marar was striving for points in the A discus while Scot Thompson regained a bit of form to win the B event. Emeka Udechuku won for WGwEL but their B man disappointed and we came out of this scrap a point ahead. And then another win in the 400 hurdles by Matt Douglas kept our points on target, backed by Chris Minn. Soon thereafter we got the news of two good results in the long jump with Darragh O’Farrell taking the lead in the sixth round. Richard Danso had big fouls and finished second in the B on count back – again ahead of the WGwEL men. Mick Jones then had a good series in the hammer and was ably supported by event debutant Mark Allen and still we were on our predicted points target as attention switched to the track. The next hour would be critical.

800 lads looking for fast times

James Ellington wanted a stiff test in the A 100 and got it. Only 4/100ths covered the first four and it was James just out of the ‘medal’ positions. In the B race Darren Chin started badly and got up well to finish second. Both were ahead of our rivals. Later they swapped places in the A and B 200 with Darren gaining third spot in a fast race won by Leon Baptiste. James won the B in fine style and but for a 2mps headwind would have run a season’s best. Our 800 lads had been looking for fast times and had to take out their respective races as the field dawdled from the gun, In the A race Graeme Oudney opened up a ten metre gap with 300 to go and almost made it as a fast finishing Tom Settle of Manchester pipped him on the line. Kris Gauson tried the same tactics and was too strong for the chasing group, winning by a second.

The steeplechase proved the next highlight. How would “old man” Chaston perform after only three weeks training and a nine hour flight from Denver? Many of his fans arrived to watch and included old sparring partners Mark Sinclair and Graham Adams. And they were amazed to see the same elegant style and smooth hurdling that have always characterised Justin’s running. As he and Stuart Stokes swapped the early lead the field dropped back one after the other with the exception of Stokes; he had a point to prove, having failed to gain selection for the European championships. Not quite the fairy tale ending but Justin finished strongly with an 8:50 effort which puts him top of this year’s Welsh rankings. The WGwEL man was last so we waited the points score after 9 events with interest, Sure enough we were 43 points clear of our championship rivals. But what was this? Newham were leading us by 16 points. We were in second spot after all those fine performances. “Don’t worry,” said Beagles Boss Bob Smith, “We’ve had our strong events”. Good.

Fabulous pb from Ryan Thomas

With William Sharman in Gothenberg, Dom Girdler seamlessly stepped into the A 110 hurdles and despite lack of training due to heavy work commitments finished a good second in the A race. In the B race Kevin Sempers waited for the recall after an apparent false start and paid the price. But more good points although Newham had extended their lead. The flat 400 proved no better as Newham gained second and first. In the A race it was clear that Set Osho still has a hamstring injury and we pulled him out of the long relay. But in the B 400 what a race! Junior Ryan Thomas, who was injured early season, took nearly a second off his pb and was only caught on the line by Fernandez of Newham. Great jubilation and phone calls to anybody who would listen. His breakthrough, if it had occurred two weeks ago, would have meant selection for the World Juniors in Beijing.

Then to the 1500 which included our surprise – Neil Speaight – who has been busy on the International circuit for the last few years and was making a welcome return to our team backed by Jon Blackledge who had run a pb in Belgium a few

days earlier. Neil duly obliged easing into the lead 20m out (having made all the early running) and Jon finished second in the B in a time which reflected the tactical nature of the race. So a first and second. We were no longer looking at WGwEL we were looking at Newham and they were second in the A and first in the B. So no gains there. And then another points announcement and Newham were 12 points ahead of us still. "Don't worry," said Bob Smith, "We've had our strong events." Oh Yes? Pull the other one!

Max points in the 5k

But so it proved. With Chris Gearing fourth in the A shot and Mark Allen winning the B followed by Mark Miles winning the A 5000 and Stephen Sharp the B 5000 we were beginning to make inroads. Wes Smith and James Everard outgunned the Newham lads in the javelin and we were away. We welcomed Samson Oni back for the high jump after injury and although he narrowly missed 2.20 his 2.15 clearance was good enough for second in the A competition while the ubiquitous Sempers added more points, finishing fourth in the B event. The triple jump had been delayed by 45 minutes by the women's competition; this was unfortunate as Farel Mepandy had to catch the 5.00pm local train in order to get to a Scunthorpe for a wedding the next day. His busy social life meant he had just one jump. Fortunately it was good enough for third spot in the A match. If David Wellstead had repeated last week's winning mark in the cup semi he would of won the B but it was not to be and he had to settle for fifth.

And so to the relays with Dom Girdler leading off the sprint team, which gained a creditable third place, followed by the long relay where fifth place was just fine. And then to the final scores where our late surge had ensured a clear win by 48 points over Newham. Meanwhile much nail biting in the other camps and eventually it transpired that Enfield were for the drop failing to stay up by a mere 22 match points. By such small margins victories are won and lost.

Thanks once again to Julie and Tony Ganio for keeping the semi injured useable. Much appreciated by all.

Footnote

I guess we all think policemen are getting younger. Well to the team managers the Belgrave team is looking younger – and that's because it is. Out of a team of 27 in this last Premiership league match of the season 15 have competed in or are still competing in the Junior League for Belgrave – home grown talent of which we are very proud. And that includes old man Chaston who was a junior in 1985!

Results: 100m: 4 J Ellington 10.48/-0.1; 2 D Chin 10.64/1.8. 200m: 3 D Chin 21.29/1.6; 1 J Ellington 21.55/-2.0. 400m: 5 S Osho 48.23; 2 R Thomas U20 47.22. 800m: 2 G Oudney 1:50.50; 1 K Gauson U20 1:52.46. 1500m: 1 N Speaight 3:48.23; 2 J Blackledge 3:51.01. 5000m: 1 M Miles 14:15.15; 1 S Sharp 14:39.13. 110mH: 2 D Girdler 14.27/nwi; 5 K Sempers/nwi. 400mH: 1 M Douglas 50.88; 6 C Minn 56.26. 3000mSC: 2 J Chaston 8:50.80; 8 B Barton 11:26.20. HJ: 2 S Oni 2.15; 4 K Sempers 1.90. LJ: 1 D O'Farrell 7.34; 2 R Danso 7.12. TJ: 3 F Mepandy 14.70; 5 D Wellstead 13.69. PV: 6 C Johnston 4.20; 5 K Sempers 4.20. SP: 4 C Gearing 16.85; 1 M Allen 16.14. DT: 5 L Marar 51.02; 1 S Thompson 49.90. JT: 7 W Smith 58.15; 2 J Everard 57.33. HT: 4 M Jones 64.63; 6 M Allen 41.98. 4x100m: 3 Belgrave 41.20 (D Girdler, J Hussain, D Chin, J Ellington). 4x400m: 4 Belgrave 3:17.67 (R Thomas 48.5, K Gauson U20 50.1, J Hussain 50.9, G Oudney 48.2).

Teams: 1 Belgrave H 358; 2 Newham & Essex Beagles 309; 3 Birchfield H 292; 4 City of Manchester 281; 5 Woodford Green w EL 267; 6 Shaftesbury Barnet H 262; 7 Enfield & Haringey AC 238; 8 Thames Valley H 170.

Results Roundup

Track & Field

June 2006

- 17 **Herne Hill Open Meeting, Tooting**. Women. 800m: 1 C Shanklyn 2:22.4.
24 **Berne, Switzerland**. Men: TJ: 8 P Idowu 16.58/-1.1.
24 **Inter-Territory Match, Birmingham**. Men. 400mH: 1 R Dinham (South) 51.87. LJ: 3 R Danso (S) 7.28/0.3. PV: 1 K Higham

- (North) 5.15; 2 J Ive U20 (S) 5.00. SP: 1 C Gearing (S) 17.08; 4 M Allen (Midlands) 15.78. DT: 4 C Gearing (S) 42.30; 6 M Allen (M) 41.11. Women. 400mH: 3 H Stares (S) 59.2. HJ: 3 S Rainford (S) 1.70. LJ: 3 S Rainford (S) 5.68/1.1.
28 **Oxford & Cambridge vs Penn & Cornell Universities, Cambridge**. Men. 1500m: 2 J Blackledge 3:50.24.
28 **adidas Belgrave SPEED Grand Prix, Battersea Pk**. Men. 100m: Round 1 4r6 A Campbell U13 14.58/-1.8; Round 2 6r6 A Campbell U13 14.86/-0.9. 3000m: 4 A Bodin U20 9:15.59.
28 **Pitreavie AAC 50th Anniversary Meeting, Pitreavie**. Women. JT: 3 C Bertram 28.84.
28-29 **SPAR Europa Cup, Málaga, Spain**. Men. 100m: a 2 D Chambers 10.19w/2.6; n/s 7rB H Aikines-Ayretey 10.50/1.9. TJ 3 J Kapek (FRA) 16.80/?w. Women. JT: a 7 G Sayers 56.75.
30 **SEAX Trophy, Hendon**. Women. 800m: 1 M Hutchison 2:10.1.
30 **Bp. Honved Nemzetkozi, Budapest, Hungary**. Men. 110mH: 5 D Girdler 14.29/1.9 (3h2 14.56/1.6). 400mH: 1r1 R Dinham 51.01. TJ: 1 P Idowu 16.79w/3.2 (&16.00/0.7). PV: 1 K Higham 5.30.

July 2006

- 1 **Cork City Sports, Cork, Ireland**. Men. 200m: 6 D Gillick 21.60w/3.7. 800m: 2r1 T Bayley 1:49.42.
1-2 **European Combined Events Cup First League, Yalta Ukraine**. Men. Decathlon: 15 K Sempers 7158 (11.26/-0.3, 7.07/0.4, 12.39, 1.92, 50.25, 15.01/-1.7, 355.60, 4.30, 57.46, 5:04.54).
2 **MASZ International Meeting, Sombathely, Hungary**. Men. 400mH: 1r1 R Dinham 50.12.
2 **Finsbury Park Open**. Men. 1500m: 2 M Humphrey 4:16.8.
6 **Spitzen Leichtathletik Luzerne, Lucerne Switzerland**. Men. 1500m: 9 N Speaight 3:43.67. 110mH: 5 W Sharman 13.78/-0.6. TJ: 8 P Idowu 16.58/-1.1.
6 **Arhus Games, Arhus, Denmark**. Men. 800m: 2 T Bayley 1:49.05. 400mH: 4 M Douglas 50.96. Women. JT: 3 G Sayers 60.41.
7 **Deutscher Leichtathletik-Verband Junioren-Gala 2006, Mannheim, Germany**. Men. 100m: 1 H Aikines-Ayretey 10.39/1.1 (1h4 10.49/0.3); 2 W Bennett-Jackson 10.40/1.1 (1h5 10.43/1.5). 200m: 1r1 H Aikines-Ayretey 21.07.
7 **EWE Athletics, Cuxhaven, Germany**. Men. PV: 5 K Higham 5.30.
7-8 **English Schools Champs., Gateshead**. Senior Boys. 110mH: 1 D Davis (Surrey) 14.75/-1.1 (2h1 14.66/-0.7). Inter Boys. 100m: 8s2 A Mohammed 11.48/-1.0 (3h3 11.30/1.9). 800m: 4h4 T Barry (Dorset) 2:01.31.
8 **Meeting Gaz de France, Saint-Denis, France**. Men. TJ: 1 J Kapek 16.54/-0.2.
8 **Southern League Division 3, Tooting**. Men. 1500m: 1 M Humphrey (gst) 4:18.5.
8 **Southern League Division 4S, Tooting**. Men. DT: 1 L Marar 47.94.
8-9 **BMAF T&F Champs, Birmingham**. M50. SP: b 1 M Small 14.33. DT: a 1 M Small 46.88.
9 **Reunión Internacional Isla de Tenerife, La Laguna, Spain**. Men. 400m: 2 T Benjamin 46.38.
11 **Athletissima 2006, Lausanne, Switzerland**. Men. TJ: 7 P Idowu 17.06/0.7.
12 **Rosenheim League, Tooting**. all non-scoring events. Men. 3000m: 1 M Humphrey 9:40.8. Women. 3000m: G Williams U17W 12:00.4.
12 **Watford Open Meeting**. Men. 400m: 4rA I Deeth 51.11; 5rB J Blackledge 52.73; 3rD C Minn 53.03; 6rE R Poulter 56.97. 800m: 3rA S Omar 1:53.58; 7rB K O'Connell 1:58.80. Women. 8rI (mixed) C Shanklyn 2:22.29.
15 **Women's Southern League Division One, Sutton**. HJ: 1 J Fielden 1.58. LJ: 1 J Fielden 5.33. TJ: 1 J Fielden 12.22.
15 **FICEP Games, Essen, Germany**. Women. DT: C Bertram 21.75.
15-16 **Norwich Union European Trials & AAA Champs., Sport City Manchester**. a=15, b=16
Men. 100m: a dns D Chambers (2s1 10.25/1.1, 1h4 10.58/0.0); 5s2 D Chin 10.39w/3.3 (3h3 10.67/0.9). 200m: b 5s1 D Chin 21.11/1.2 (3h1 21.42/0.6); 5s2 C Lambert 21.31/1.6 (2h3 21.54/-0.1); 5h4 J Hussain 21.70/0.9. 400m: b 1 T Benjamin 46.00 (a 1s1 45.92, 1h2 46.94); 7s2 S Osho 48.28 (3h1 47.92). 800m: b 3 T Bayley 1:47.98 (a 2h2 1:48.98); 3h3 G Oudney 1:51.47. 1500m: b 3 N Speaight 3:43.17 (a 3h1 3:44.30); 11h2 R ashe 3:50.08; 12h2 D Gauson 3:57.76. 5000m: a 11 S Sharp 14:20.73. 110mH: a 2 W Sharman 13.45w/2.7 (1h1 13.76/0.7); 6 D Girdler 13.97w (2h3 14.20/-0.5); 5h2 K Sempers 15.13/0.6. 400mH: b 3 M Douglas 50.09 (a 1h3 50.48). HJ: b 7= S Oni 2.12. LJ: a 6 D O'farrell 7.30w/2.4 (7.27/1.8); 11 R Danso 6.93/0.2. TJ: b 1 P Idowu 17.50/0.5. PV: a 4 K Higham 5.15; J Ive nh. SP: a 3 C Gearing 17.12; 6 M Allen 15.81; 7 S Thompson 15.43. DT: a 8 L Marar 51.59; 12 S Thompson 45.02. Women. 800m: a 5h1 M Hutchison 2:08.31; 5h4 C Robinson 2:05.89. 110mH: a 3h2 S Porter 14.13/0.5. 400mH: 3 M Carey 56.68 (a 1h1 59.08); 6h2 H Stares 63.99; 4h4 J Culley 62.13. LJ: b 12 S Wellstead 5.73/0.5. PV: b J Whitlock nh. SP: b 2 E Massey 15.59. DT: b 8 J Lally 40.40. JT: a 1 G Sayers 58.81.

- 19 **adidas Belgrave SPEED Grand Prix IV, Battersea Park.** Men. 100m: Round 1. 1r4 B Yeboah 11.19/0.1; 2r5 L Sargeant U20 11.63/-1.3. Round 2. 1r3 B Yeboah 11.17/-0.2; 5r4 L Sargeant U20 11.64/0.0. 200m: 1r1 J Ellington 21.93; 5r3 M Kirby U17 24.92/0.7. 5000m: 3 W Cockerell (1st Belgrave Championship for Griffin Cup) 15:08.65; 10 M Byansi 16:23.23.
- 19 **BMC Regional Races, Sutcliffe Park.** Men. 800m: 2rA J Blackledge 1:53.4. 1500m: 5rB M Humphrey 4:25.9.
- 22 **KBC Nach van de Atletiek, Heusden, Belgium.** Men. 400m: 6 T Benjamin 45.61.
- 22-23 **AAA U23 & U20 Champs., Bedford.** a=22, b=23
U23 Men. 100m: a 2 J Ellington 10.37w/2.4 (1h2 10.76/-2.9); 5h2 J Hussain 11.25. 200m: b 2 J Ellington 21.48/1.6 (1h2 21.71/1.3); 4 J Hussain 21.78/1.6 (2h1 21.86w/2.4). 400m: a dq S Osho (2h1 48.03). 800m: b 2 G Oudney 1:53.17 (1h1 a 1:54.31). 5000m: a 2 P Wicks 14:45.64. 110mH: b 1 W Sharman 13.49/0.8 (1h1 13.55/1.8). SP: a 1 C Gearing 17.12; 2 M Allen 16.88. DT: a 3 M Allen 46.33.
U20 Men. 100m: a 1 H Aikines-Ayreetey 10.49/-0.5 (1s2 10.46/1.1, 1h2 10.87/0.0); 2 W Bennett-Jackson 10.50/-0.5 (1s1 10.39w/3.1, 1h1 10.68/0.3). 200m: b 3 A Aikines-Ayreetey 21.40/1.8 (1h2 21.95/0.2). 400m: b 6 R Thomas 48.34 (3s2 a 48.36, 2h1 48.97). 800m: a 6h1 J van der Toorn 1:56.70. 1500m: b 1 K Gauson 3:50.31 (3h1 a 3:53.0). 5000m: a 2 G Billington 14:51.4. 110mH: b 6 D Davis 14.29/1.0 (4h1 14.28w/3.3). PV: 2 J Ive 5.05.
U23 Women. 800m: a 7h2 C Bryson 2:17.55. 1500m: b 5 M Hutchison 4:25.11.
U20 Women. HJ: b 5 S Rainford 1.78. TJ: a 10 J Fielden 11.19/1.8. DT: b 1 J Lally 46.60.
- 22-23 **AAI "All Ireland" Champs, Dublin.** Men. 100m: ht D O'Farrell 11.59. 400m: b 1 D Gillick 45.67 (1h a 47.38). 400mH: 6 C Minn 57.27 (h 56.24). LJ: a 2 D O'Farrell 7.40/0.1. JT: 8 D O'Farrell 49.78. Women. 400m: 2 M Carey 52.67 (h 56.48). SP: b 1 E Massey 15.45. DT: a 3 E Massey 41.42.
- 22-23 **International Multi Events Meeting, Berne, Switzerland.** Men. U23 Decathlon: 5 K Sempers 7084 (11.10/0.7, 6.80/0.8, 11.99, 1.98, 50.90, 14.79/0.2, 37.55, 4.00, 54.41, 5:01.39). 100m: 8 C Lambert 11.15/-1.2 (3h1 10.74/-1.0). 200m: 6 C Lambert 21.17/1.6. 400mH: 5 M Douglas 50.82. HJ: 2 S Oni 2.07.
- 24 **Olympic Meeting, Thessaloniki, Greece.** Men. 400m: 2rA T Benjamin 45.40.
- 24-25 **European Veterans Champs., Poznan, Poland.** M55. 1500m: (24) 9 C Dickinson 4:49.22. 5000m: 8 C Dickinson 17:38.68.
- 25 **DN Galan, Stockholm, Sweden.** Men. TJ: 8 P Idowu 16.49/-1.3.
- 26 **GE Money GP, Helsinki, Finland.** Men. 100m: 7 W Bennett-Jackson 10.64/0.5.
- 26 **Watford Open Meeting.** Men. 1500m: 8rC J Fairbourn U20 4:25.27. JT: 3 J Everard 55.89. BMC Gold Standard Races (South). 800m: 7rB P Wicks 1:54.85. 1500m: 5rA D Gauson 3:48.46; 5rB K O'Connell 3:57.62. Women. 1500m: 3 M Hutchison 4:34.85.
- 26 **Loughborough European Athletics Permit Meeting.** Men. 100m: 5rA J Ellington 10.46/1.6. 110mH: 8rA D Girdler 14.18/0.5 (3h3 14.09/0.9). 400mH: 1r1 R Dinham 50.57; 2 M Douglas 50.73. LJ: 5 R Danso 7.14/0.2. Women. 400mH: 1r1 M Carey 56.31; 2r2 H Stares 60.20; 4r2 J Culley 61.47.
- 28 **Norwich Union Grand Prix, Crystal Palace.** Men. 100m: 8h2 J Ellington 10.61/-1.3. 400m: 6 T Benjamin 45.38. 800m: 3 T Bayley 1:47.77. 1500m: 13 N Speaight 3:52.91. TJ: 2 P Idowu 17.06/0.9; 3 J Kapek 16.93/1.4. Women. PV: 6 J Whitlock 4.35. JT: 3 G Sayers 56.83.
- 29 **Herne Hill Open Meeting, Tooting.** Men. 1500m: 6 M Humphrey 4:14.23.
- 29 **Throwsfest, Birmingham.** Men. SP: 6A C Gearing 17.17; 5B S Thompson 14.89. DT: 11A S Thompson 48.50. HT: 10A J Osazuwa 60.09. Women. SP: 2A E Massey 15.55. DT: 11A J Lally 44.56.
- 29 **BMC Nike Grand Prix, Cardiff.** Men. 800m: 5rA G Oudney 1:50.77. 1500m: 3rC K O'Connell 4:00.65. 3000m: 1 M Miles 8:06.12; 11 D Gauson 8:28.67. Women. 800m: 3 C Robinson 2:05.18.
- 29 **Memorial Geert Rasschaert, Ninove, Belgium.** Men. 1500m: 4r3 J Blackledge 3:47.53.
- 29-30 **BUSA Combined Events, UWIC Cardiff.** Men. 1 K Sempers 6617 (11.65/-2.0, 6.83w/3.0, 11.20, 1.95, 52.06, 15.63/-1.5, 36.34, 4.40, 49.13, 5:16.44).
- August 2006**
- 2 **adidas Belgrave SPEED Grand Prix V, Battersea Park.** 100m: Round. 1 3r3 B Yeboah 11.04/1.4; 5r4 M Debrah U20 11.72w/2.9. Round 2. 6r2 B Yeboah 11.15/1.1; 4r4 M Debrah U20 11.90/0.9.
- 12 **LICC Match 4, Battersea Park.** Men. 100m: 3r3 L Sargeant U20 11.8; 5r5 R Poulter 13.0; 3r6 A Campbell U13 14.2. 200m: 4r4 R McMillan 29.4. 5r2 R McMillan 64.5; 3r2 R Poulter 56.2. HJ: 1 D Edwards 2.15. HT: 1 C Privett M40 44.07. Women. 800m: mx 1 S Gailey 2:16.1.
- 12 **Jumpsfest, Stoke on Trent.** Men. HJ: 1 S Oni 2.24. LJ: 5 R Danso 7.17w/4.9; LJ: A 5 G Wilson 6.79w/4.4. TJ: 4 G Wilson 13.62w/2.4. Women. HJ: 4 J Hollman 1.60. LJ: A 1 J Hollman 6.27w/3.7.
- 12 **BMC Nike Grand Prix, Sport City Manchester.** Men. 1 mile: 12 N Speaight 4:20.19.
- 12 **Women's Southern League, Sutton.** HJ: 1 S Rainford 1.70.
- 12 **Women's Southern League, Kingsmeadow.** 100mH: 1 S Porter 14.9. HJ: 1 J Fielden 1.60. LJ: 1 S Wellstead 6.10; 1 J Fielden 5.19. TJ: 1 J Fielden 11.52.
- 12-13 **Sunday Mail Scottish Champs, Scotstoun.** a=12, b=13
Men. 800m: b 1 G Oudney 1:50.35 (1h2 a 1:52.64). 1500m: b 1 K Gauson U20 3:49.71; 5 D Gauson 3:52.67. SP: b 2 S Thompson 15.58. DT: b 1 S Thompson 51.10.
- 12-13 **SEAA Multi-Events Champs, Bedford.** Women. Heptathlon: 3 H Stares 4909 (14.26/3.1, 1.53, 9.83, 25.12/3.8, 5.38/2.3, 28.94, 2:22.04).
- 13 **Southern Inter-Counties Match, Crawley.** Men. 100m: 2rA J Ellington (Kent) 10.45w/2.2; 4rA J Hussain (Sussex) 10.94; 4rB S Osho (Sussex) 11.12/1.2. 200m: 1rA J Ellington 21.36/1.3; 2rA D Chin (Middx) 21.45; 3rA J Hussain (Sussex) 21.51. 400m: 1 S Osho (Sussex) 47.83; 3 R Thomas (Surrey) 48.01. 1500m: 1rA S Omar (Middx) 3:54.95; 4rB M Humphrey (Surrey) 4:10.98. 110mH: 2A D Davies (Surrey U20) 14.93/1.2. 400mH: 5rA C Minn (Surrey) 56.01. PV: 2A C Johnston (Surrey) 4.20. TJ: 3A D Wellstead 14.63. SP: 1A C Gearing (Kent) 16.77. DT: 1B L Marar (Surrey) 50.26; 3B C Gearing 36.10. HT: 3B C Privett (Surrey M40) 37.90.
Women. 800m: 3B M Noel (Middx W40) 3:00.83. 400mH: 1rA J Culley 61.81. HJ: 2A J Fielden (Kent U20) 1.60. LJ: 4A J Fielden (Kent U20) 5.51. TJ: 3 J Fielden (Kent U20) 11.53. DT: 2 J Lally (Oxford U20) 47.34.
- 16 **BMC Regional Races, Sutcliffe Park.** Men. 3000m: 4 M Humphrey 9:17.8.
- 16 **Rosenheim League Final, Tooting.** Men. 100m: n/s 4 D Davis 11.0; C Manning M75 24.4.
- 16 **Woking Open Meeting.** Men. DT: (1.5kg) 1 M Small 47.27.
- 16 **Brighton & Hove Open Meeting.** Men. 100m: 1r1 J Hussain 10.8; 2 S Osho 11.1. 200m: 1 J Hussain 21.6. 800m: 2r1 J Blackledge 1:52.4. TJ: 1 D Wellstead 13.87.
- 17 **Celtic Cup, Grangemouth.** Men. 600m: 2 G Oudney 78.36. 1 mile: 7 K Gauson U20 4:12.61. Women. 400m: 3 M Carey 55.60.
- 19-20 **Norwich Union International, Birmingham.** a=19, b=20
Men. 100m: a 3 D Chambers 10.43/-1.5. 100m Inv: a 4 J Ellington 10.63/-0.5. 400m: a 3 T Benjamin 45.93. 400mH: b 7 R Dinham 52.43. TJ: b 1 P Idowu 17.10/0.7.
Women. PV: 7 J Whitlock 4.10. JT: 3 G Sayers 58.10.
- 20 **Weight Pentathlon, Bournemouth.** Women. H Arbutnot 1848 (HT: 34.74, SP: 7.45, DT: 18.15, JT: 21.65, WT: 7.19).
- 20 **Horsham Blue Star Open Meeting, Horsham.** Men. TJ: 1 D Wellstead 13.68. SP (6kg) M Small M50 14.29. DT: 1 L Marar 51.13; (1.5kg) M Small M50 48.61. JT: (800gm) M Small M50 40.92. Women. LJ: 1 S Wellstead 5.77. PV: 1 T Grant 3.80.
- 20 **Scottish Men's League Division One, Linwood.** Men. 400m: 1 G Oudney 48.87.
- 23 **Watford Open Meeting.** Men. BMC 1500m: 4 S Omar 3:50.23; 5 J Blackledge 3:50.49. Open 1500m: 9r1 G Billington 4:06.51.
- 26 **U20 Inter-County Match, Eton.** Men. 100m: 1 H Aikines-Ayreetey (Surrey) 10.39; 2 W Bennett-Jackson (Sussex) 10.43. 200m heats: W Bennett-Jackson (Sussex) 21.18/-1.7. 1500m: 6 A Bodin (Surrey) 4:06.62. PV: 1 J Ive (Surrey) 5.00. Women. HJ: 1 S Rainford (Surrey) 1.74.
- 26 **Internationaal Antwerps Atletiek Gala, Merksem Belgium.** Men. 1500m: 3 K Gauson U20 3:43.10. Women. 400mH: 1r3 J Culley 61.09.
- 26 **Herne Hill Open Meeting, Tooting.** Men. 100m: 1r2 D Davis U20 11.04/0.0. 1r3 I Akindele U20 11.17/-0.7. 200m: 4r1 D Davis U20 22.22/-0.8; 1r2 I Akindele U20 21.91/-0.1. 1000m: 3 M Byansi 33:33.9 (2 Surrey Champs, 1 Belgrave Champs); M Humphrey and R Harding dnf. Women. PV: 1 T Grant 3.70.
- 27 **VAC Champs, Kingsmeadow.** M45. HT: 1 C Privett 44.13. M50. PV: 1 N Phipps 3.30. SP: 1 M Small 14.33. DT: 1 M Small 50.36 (CBP); 2 N Phipps 34.61. JT: 1 M Small 42.95. HT: 1 M Small 47.69.
- 27 **UKA Challenge Final, Manchester.** Men. 200m: 2 D Chin 21.21/0.2. 400m: 2 R Thomas U20 48.34. HJ: 4 S Oni 2.11. LJ: 6 R Danso 7.03. DT: 4 L Marar 51.34. Women. 800m: 2 C Robinson 2:04.23. 100mH: 3 S Porter 14.12/-2.6. 400mH: 4 J Culley 60.96. LJ: 1 J Hollman 6.24/-0.5.
- 28 **Blue Islands British Challenge Cup, St. Peter Port, Guernsey.** Men. 1 mile: 6 J Blackledge 4:10.48.
- 28 **Marshall Peugeot Games, Peterborough.** Women. SP: 2 J Hollman 12.12.

Gothenburg Diary

Day 1. Apart from Portugal's Francis Obikwelu, Dwain Chambers looked the pick of the bunch in the opening round of the 100m but was more than a little shaky in his second round heat where a ragged start hindered him and he ended up in last automatic qualifying slot. The 400m heats saw a Belgrave 1-2 in heat two as Tim Benjamin and David Gillick easily had the measure of the rest of the field. Michelle Carey placed 5th in her 400m hurdles heat.

Men. 100m: Round 1. 1h4 D Chambers 10.24/1.3. Round 2. 4h1 10.39/0.8. 400m: 1h2 T Benjamin 46.10; 2h2 D Gillick 46.16. Women. 400mH: 5h3 M Carey 57.61.

Day 2. The semi-finals of the 100m saw Dwain Chambers again making a less than convincing run and he qualified for the final in 4th. Portugal's Obikwelu was by now the obvious favourite and sure enough he romped the final with Chambers a disappointing 7th.

Tim Benjamin and David Gillick ended up in the same semi-final of the 400m where Tim grabbed last automatic qualifying slot and David out of it this time in 7th.

Men. 100m: 7 D Chambers 10.24/1.3 (4s2 10.25/1.5). 400m: 4s1 T Benjamin 45.67; 7 D Gillick 46.84.

Day 3. With nowhere near enough preparation due to a groin injury that delayed his start to the season, Tim Benjamin did well to place 6th in the final of the 400m. He fought well in the home straight and was once again not so far from his season's best - but on this occasion he was nowhere near the form required to tackle France's Marc Raquil.

A nervous looking Ryan Dinham faced up to his first major international event in heat one of the 400 metre hurdles but was hit by a dq. Drawn in the outside lane, the early part of his race was fine but he tightened when overtaken by the race favourites just inside him and made a mess of hurdle six while changing his stride pattern.

Men. 400m: 6 T Benjamin 45.89. 400mH: dq h1 R Dinham.

Day 4. In qualifying group A of the triple jump, Phillips Idowu sailed through to the final with a second effort of 17.01 metres. Not so lucky was Frenchman Julien Kapek, in group B, whose best of 16.74 metres came with his third and last jump. This placed him 13th overall with the 12th and last qualifying place having been bagged at 16.75! What a disappointment for the man who recently won the French Championship with 17.38. Also in group B was the favourite Christian Olsson of Sweden; his very first effort took him out to 17.51 metres - best of the day by a long way.

Men. TJ: 3 Qual A P Idowu 17.01 (16.44/1.5, 17.01, -1.0); 7 Qual B J Kapek 16.74 (16.35/1.0, 16.04/1.0, 16.74/0.4).

Day 5. Drawn in the first heat of the sprint hurdles William Sharman was up against the outstanding Frenchman Ladji Doucouré but it was the Swede Kronborg who made the running. Will's time of 13.85 for 4th, into a headwind, stood up as one of the fastest losers for a couple of races but by the time the last heat was run the wind had changed to become following at 2.0mps and Will's time was eclipsed by others.

Men. 110mH: 4h1 W Sharman 13.85/-1.2.

Day 6. Goldie Sayers qualified for the javelin final - just - with 7th in group A and 12th spot overall; only four competitors reached the automatic qualifying distance. The triple jump was as good as over when Christian Olsson of Sweden opened up with 17.20m and followed with 17.67m on his second effort. Phillips Idowu went into third in round two with 17.01m and then improved by 1 centimetre in round three - but by this time his compatriot Nathan Douglas was firing on all cylinders - reaching out to 17.12m and then 17.21m. Phillips was unable to improve and when the Rumanian Oprea leaped 17.18m Phillips was left in 5th.

Men. TJ: 5 P Idowu 17.02 (x, 17.01/0.3, 17.02/0.3, x 16.40/0.7, x). 4x100m: 1s1 GBR (D Chambers, D Campbell, M Devonish, M Lewis-Francis) 38.77. 4x400m: 1s2 GBR 3:02.51 (R Tobin, R Williams, G Hedman, T Benjamin). Women. JT: 7 Qual A G Sayers 58.65 (56.60, 58.65, x).

Day 7. This was not Goldie's day. Unable to do herself justice, she said: "My body didn't hold up after qualifying yesterday. In warm up, I pulled my adductor and I knew I wouldn't be able to throw properly." But the Games finished with medals coming the way of Britain and Belgravians. Dwain Chambers took lead-off leg for the British quartet who struck gold in the final of the sprint relay and Tim Benjamin ran anchor leg for the 4 x 400 metre outfit who took silver medals.

Men. 4x100m: 1 GBR (D Chambers, D Campbell, M Devonish, M Lewis-Francis) 38.91. 4x400m: 1s2 GBR 3:01.63 (R Tobin, R Williams, G Hedman, T Benjamin). Women. JT: 12 G Sayers 54.70 (54.70, x, x).

Times change – or do they?

It is more than likely that the awarding of the 2012 Olympic Games to London will lead to comparisons being made with the first Games to be held in the capital in 1908. Belgrave, founded in 1887, was still in its infancy and we have nothing in the way of actual Club records from those days. The earliest minutes to have survived date from September 1908.

Before continuing with comparing the Club of 1908 to that of today it is interesting to read that the White City Stadium, used for several events in 1908, was erected in just over a year! How much would Lord Coe give for that time scale? The Games began in June with polo and ran on through the summer and into October when the football, rugby, hockey, lacrosse and skating titles were decided - London saw the introduction of a form of "winter event" years before there were official Winter Games. Once the Games finished there was no question of destroying the athletic facilities and many Club members will recall competing on the White City track until the early 1960s.

Returning to the Club minutes we read that at the 1908 AGM it was reported that the club had the grand sum of £7.75 in hand. A big loss had been made on races promoted and members were urged to turn out. A profit had been made on the boxing show. Congratulations were offered to Mr G F Piper and H Evans. The former may have been the Club's earliest Olympian while the latter was an outstanding walking judge and committee member for many years. The minutes were signed by H T Blackstaffe, our President in 1909, who had won a gold medal for the single sculls in 1908!

The next AGM, 1909, might well be written last year - races not supported, subscriptions unpaid and also, perhaps surprisingly, 85 new members were approved by the committee in the year. The attendance at the AGM would also ring true today in that about 50 members were present.

Eric Hall

Welcome ...

... to the following members who have recently joined.

Melvyn Anukam, 15 – sprints.

Philip Burkart, 23 – middle distance running.

Keith Higham, 20 – pole vault.

John Kipkemoi Kimaiyo, 32 – road running.

Shelly Macphail, 27 – hurdles, jumps and road running.

Tanya O'Connor, 30 – road running and long distance.

Louis Samms, 25.

Anthony Sutherland, 42.

Edward Taylor, 32 – middle and long distance running.

Max Turner, 15 – jumps.

Hamid Zayouna, 26 – sprints.