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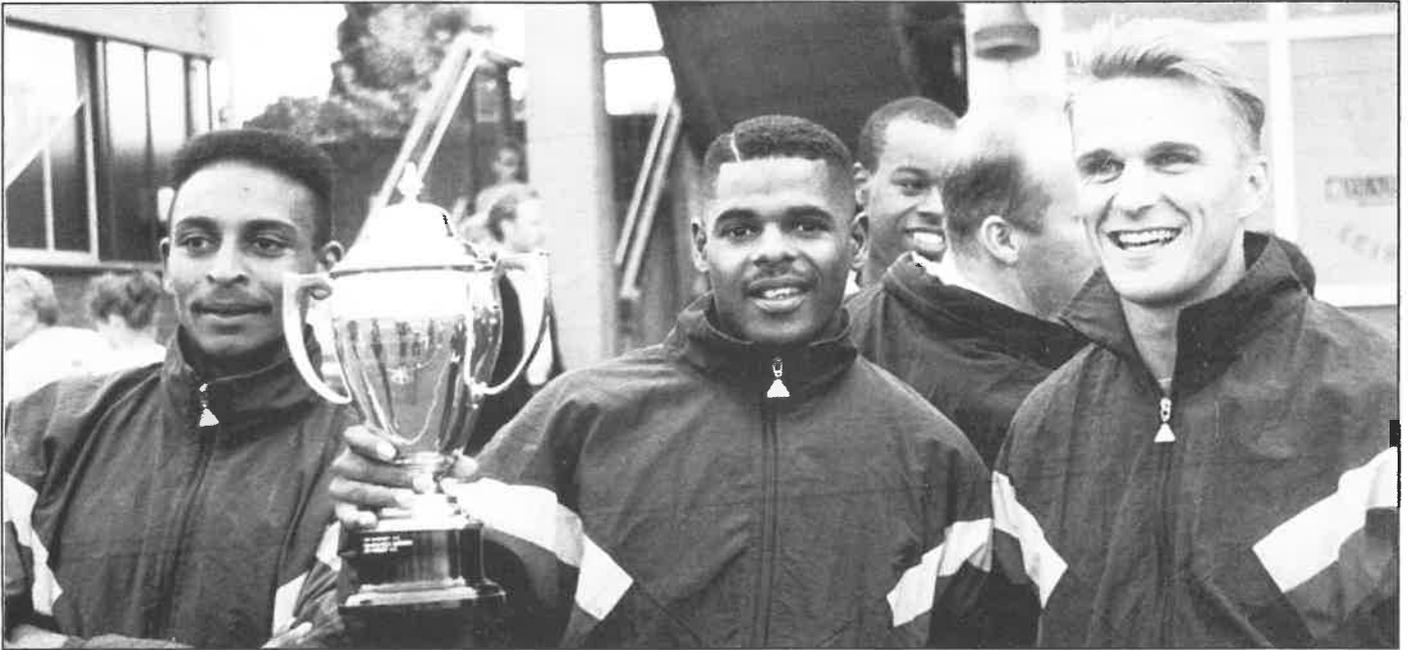
November 1992

Belgravian



The official gazette of Belgrave Harriers

Number 219



BELGRAVE HARRIERS

Track Suits

After many requests from members the Club have decided that shell suits as worn by the British League team (and as modelled above by Darrell Maynard, Lenny Paul and Jon Ridgeon) should be made available to all that are interested. Details are as given below and an order form will be enclosed with this magazine. Orders will take some time to be processed.

Material: Tactel, lined in poly/cotton
Colours: Navy jacket with top arm stripe gold, second stripe claret and with claret collar. Navy trousers.
Print: Back of jacket only - BELGRAVE HARRIERS - in gold
Sizes: X-Small, Small, Medium, Large, X-Large

Jacket will have full length zip plus two zipped pockets. Trousers will have ankle zips plus one zipped pocket.

Price £55

*Money with orders please, with cheque made out to Belgrave Harriers, to:
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The Belgravian

November 1992

Contents Number 219

From The Belgravian.....	4
Bob Bridges, President 1992-3.....	5
Write On!.....	6
Sidetracks.....	7
Surrey A.C.'s "Grand Old Man".....	7
Obituaries:	
Ted Stimpson.....	8
Robert Shelton.....	8
"Bob" Readman.....	8
T&F League Positions.....	10
Rapid Progress.....	10
Coaching News.....	11
Walking.....	12
Club Championships.....	14
Hard Working Helen.....	17
Women's Track & Field.....	18
The Statistics Corner:	
Women's Club Records.....	22
Men's Track & Field.....	24
Junior Men's Results.....	39
Young Athletes.....	40
Veteran's Results.....	44
1946 - The First Post War	
Athletics Season.....	46
A Very Unlikely Olympian.....	48
Road Running -Men and Women.....	50
Welcome.....	51

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What a fantastic season for our Men's Track and Field Section. The irresistible progress of the last dozen years has culminated in Belgrave Harriers becoming British League and Cup Champions in 1992 and has offered us the chance to fight to become European Champions in 1993.

Eight of the team competed for the United Kingdom in the Olympic Games - Marcus Adam, Nigel Bevan, Mike Edwards, Paul Edwards, Paul Evans, Du'aine Ladejo, John Regis and Max Robertson. Two others, Abi Ekoku and Ian Tullett would have performed in Barcelona's Montjuic Stadium, having finished first Britons in their trials, only to find that the Olympic qualifying mark was just out of reach. Yet two more who surely would have made the team were desperately unlucky to find that in Olympic year, injuries ruled them out. Of these two, European Games silver medallist Gary Staines is well along the road to recovery after an achilles tendon operation in Australia and is now planning his winter's racing, while Jon Ridgeon's hamstring niggles, although of a much more minor nature, were just enough to cost him valuable tenths at a crucial stage of the season when he might have been expected to claim Britain's third high hurdles spot. Jon, of course, has gone on to become the nation's fourth fastest 400 metre hurdles exponent of all time and join Phil Spivey, our Aussie hammer thrower, Paul Edwards and Du'aine Ladejo in Havana for the World Cup. Then there was young Stanley Osuide, fighting off injury to gain Junior World Championship selection.

Congratulations are due to everyone involved. Not just to those at the pinnacle now but to those who have "filled in", those who kept us moving up to ever higher levels but who have fallen away in the process, those who were around when the Southern League was all we had yet started the ball rolling. Two men in particular are worthy of special praise - Leo Coy and Bill Laws. It is their drive and single-mindedness that has kept us on course.

But there is still a good deal of the hill left to climb. We must beware of believing that we have "made it" when in actual fact there is so much to do. The *really* great clubs are good in *all* departments. Clubs not too far behind us in the GRE Cup competition can

also boast outstanding women's teams, Premier Division One young athletes' teams and cross-country teams second to none. As Leo himself has said, "When we get one of our ex-Young Athletes into the BAL team, *then* we will have succeeded."

Well, the signs are good. Our young men earned themselves promotion again in the summer and already have a couple of cross-country team wins under their belts this autumn. If you want to get good odds on our ladies making their way up the leagues then don't place your bet too late. With the current bubbling enthusiasm in this section this is one area where progress could be really rapid as long as we can round up some new faces to replace the youngsters who are due to move up the age-groups; (currently all age-groups score together in league matches). Finally, none of the other BAL Division One Clubs has a Walking Section; if we could find success in all areas, then we could consider that the summit had been attained.

Consistency required in "Games" judging.

A powerful run ... a mighty heave an anxious glance at the judge followed by an exclamation of fear. Sure enough the red flag went up and Nigel Bevan's Olympics were over. His third throw in the qualifying round saw his spear pierce the turf nearly a metre beyond the 80 metre line which guaranteed an appearance in the final, something that very few javelin throwers achieved in either of the qualifying pools. But the judge was adamant. Had Nigel's foot touched the line? We will never be sure.

It seems unfair when at the highest level of competition modern technology is used in some events to aid the judges while in others reliance falls solely upon the eye of a man or woman who have had to judge perhaps sixty other throws during the preceding hour or so. The sprint hurdles at the Olympics saw two men given the same time to 1/100th of a second while the photographic evidence split them as medallist and also-ran. How could that have been done by eye alone?

There must be some way in which foot-fouls could be identified with nigh-on

continued over page ...

Front page: Jackie Stone rounds the first turn of the flat 400 at Aldershot. As usual she had already completed the 400 hurdles and will just as likely run in both relays later on - normal Saturday afternoon activity for many of the competitors in our Women's Southern League team.

Back page: Helen Maskrey, heading for maximum points in the 3000 metres, also at Aldershot. Having set pbs ranging from 1500 metres up the marathon in 1992, Helen is now involved in regular track sessions which should see even greater improvements in 1993.

These and all other photos by Alan Mead unless otherwise indicated.

continued from Editorial page . .

100% accuracy. Why not use plasticine at the throwing line as is done in the horizontal jumps. The line is obviously longer and slightly curved but could be laid in metre wide segments. A "no-throw" caused by stepping on the line would only ever require one segment to be replaced.

What about using video cameras to back up a judges decision? Anyone who saw the TV replay of Decathlete Dave Johnson's shot putt knows that he hoodwinked the judge into allowing him another throw after the initial (and correct) call was for a foul throw when his foot landed across the perimeter of the throwing circle.

Furthermore, where there is some doubt about whether a throw is executed within the rules then that throw should still be measured pending evidence from the camera and a decision by the referee. Even if the judge's views on the validity of Nigel's effort had been successfully challenged, it was too late. The double "toot" of the warning hooter and the flourish of the red flag had already caused the javelin to be uprooted without measurement.

If measured, Johnson's third round putt could have consequently been classed legal or otherwise as a result of further enquiry and supplementary evidence. If still found to be valid then so be it, but the fact was that up to that point the American's technique had deserted him; it was not a long enough effort to make an impact on the competition. The extra throw that he was allowed over and above the rest of the competitors enabled him to get himself together and set a personal best.

No doubt Nigel would have liked as much help.

Few track and field fans will have been unaware this summer of the the allegations that two of the sport's luminaries - Katrin Krabbe and Harry "Butch" Reynolds - have been involved in the use of performance enhancing drugs. For two particular Belgravians, however, the interest is more than speculative. Michael Beloff QC and Mark Gay, solicitor of Herbert Smith are both lawyers involved on the IAAF's behalf in the arbitration over the allegations.

Do you hold a Club Trophy?

If you do, would you be so good as to contact the General Secretary (address and 'phone number on editorial page) and if you are not the current champion of the event for which it was awarded, then we need to get it to its rightful holder.

Leo Coy

1992 Belgrave Draw

Prize winners:

1st	E. Bruce	£300
2nd	Julie Bentley	£100
3rd	R. & J. Middleton	£50
4th	Fernandon Rego.....	£20
5th	Brian King	£20
6th	Doris Dean.....	£10

Highest number of tickets sold:

Cynthia and Ray James-130 books
Derek Browne -104 books
Profit to Belgrave Harriers
£1,237.00 (at last a glimmer of a smile on the Treasurer's face).

Thanks to everyone who participated, to those who donated, and a special thanks to Cynthia, Ray, Derek and the other "big sellers".

FACT: 220 members responded, 540 members in the Club - there must be potential for a much higher profit next year.

Bill Couzens

And thanks to you Bill for organising the whole thing.

Do Belgrave have the bottle ? You bet!

Belgrave were well represented recently when London Weekend Television's "You Bet" show invited four pole vaulters to accept a vaulting challenge called "Ten Green Bottles", writes IAN TULLETT.

Those of you who have seen the show know there is a celebrity panel. Among them our own John Regis was joined by Gary Mason, John Inman and Linda Lusardi. Host Matthew Kelly asked the panel to bet on the chances of success of the team being able to retrieve 10 bottles from the top of a wall in two minutes.

Ian Tullett from our club and Brian Hooper succeeded in clearing the 4.03m wall grabbing at three bottles each, whilst Andy Ashurst (Sale Harriers) and Mark Johnson (Haringey) managed to bring the wall down to the delight of the audience.

John R was correct as he bet against us. I guess he saw the Haringey man as a weak link!

From "THE BELGRAVIAN"

50 YEARS AGO October 1942

"The Southern Counties Junior Championships

It was pleasant indeed to escape for a short while from the midst of thousands of uniformed figures to the sports meeting at Chiswick. A large crowd had gathered at the Polytechnic Stadium; and it is certain that many went away sure that the Belgrave dual sprint Champion, Michael Broadbent, was destined for still higher honours in the future. There is little doubt that our friend will win A.A.A. titles against all comers.

Another Belgrave Champion was William Nankeville who won the 880 yards Championship. Here again is a youth of conspicuous promise whose future career will be followed with the greatest of interest. (Note: Bill Nankeville became one of Britain's top milers: a four times A.A.A. Mile champion and a European bronze medallist.)

There were several other Belgrave juniors competing, but all could not be winners. Our lads were a credit to the colours they wore.

In the Polytechnic marathon (held in conjunction) we had the distinction of supplying the second man home in Sydney Ring. The race was also important for the re-appearance of Gordon Doubleday, who celebrated his return to the London Area."

"Congratulations to our committee who have kept the club alive athletically; and in difficult days arranged fixtures and entered teams which have acquitted themselves well in the accustomed Belgrave tradition. And congratulations to all who have done something towards keeping the Club spirit that we know so well, alive; and ready to welcome us on our return from those far places to which war has compelled us - We are grateful."

"The Polytechnic Harriers have been invited to train from Belgrave Hall."

"Owing to the black-out it is very essential that white clothing be worn during evening training."

25 YEARS AGO September 1967

"The trophy win we needed so badly came our way on July 8th at Wimbledon Park where we won one of the season's premier contests - the BROCKMAN TROPHY. Success breeds success and, sure enough, we now have three further trophies to our credit. Belgrave took part in eighteen fixtures this season and won no less than sixteen, a record deserving of the highest praise and one that reflects credit on every single member of the track and field sections."

"As if in reply to our President's electoral speech our walkers presented him with the National 50 Kilometres team championship. Once again Belgrave showed that when the conditions get tough it is the other clubs who retire. 2, R.C.Middleton 4:33:28; 10, P.Duncan 4:53:32; 11, D.King 4:54:22; 42, J.Kewon 5:33:58; 46, B.Eglinton 5:37:53."

"At the A.A.A. Championships at White City in July the 3 miles race involved a battle royal to find the top Belgrave man. John Thresher, running as he never has before, took another eight seconds off his best time only to find himself beaten by Geoff North who returned 13:23.0. As if this was not enough a third Belgravian was hot on their heels. Peter Whewell continued his astounding progress over the 12-lap event with 13:36.2, a time that only a couple of years ago would have been a Club Record but could now only take him up to third Belgravian home. 1, Ron Clarke (Australia) 12:59.6; 2, L.Mecser (Hungary) 13:03.4; 11, Geoff North 13:23.0; 13, John Thresher 13:27.2; 15, Peter Whewell 13:36.2."

The Southern League men know their Team Manager Bob Bridges well, but DAVE MOTE reveals more about his old mate:

Bob Bridges - President of Belgrave Harriers 1992-93

It was the summer of '76 and the Surrey AC men's team were fighting a valiant rearguard action to stop themselves toppling out of their division of the Southern League.

"Bring on the young athletes," the cry went up - and so there we were, watching our men being trounced all round the Tonbridge track.

"Let me introduce you to Bob Bridges," said Dave Spragg, who coached some of the team. "He's just finished the 400 metres."

I was led over to the finish where a prone body lay face down on the grass.

I was introduced: "This is Dave Mote. He's going to help you with sprints."

"Good!" came the reply, as the huddle of humanity rolled over and we were greeted with the beaming, bearded grin with which we have all become so familiar. "You'd better get over to the 200," said Spraggy and with that, Bob staggered to his feet, grabbed his gear and tottered over to the other side of the track. What I didn't know then was that Bob had already run the 100 metres as well as the 400, was about to do the 200, and would finish the day by running legs of both the 4x100 and 4x400!

"Anyone can coach a natural runner and make them run faster," explained Dave, "but Bob - well he was a real challenge."

Bob had approached Dave while they both worked for the Greater London Council

and thrown down a gauntlet. "I want to be an athlete," Bob had said. And in my mind that is what he became. He didn't win county championships or smash any records but what elevated him above his more muscle bound mates was his unquenchable spirit, enthusiasm and drive. It is these three qualities that differentiate the true athlete from the gifted guy who gives up when the going gets tough.

Over the next five years with Spraggy's splendid coaching and Bob's support and encouragement I enjoyed my golden years in athletics. We are both now in the autumn of our athletic careers but throughout the sixteen years that I have trained, competed and suffered with him, shared his frustration when trying to make up and support a team when on paper the bodies are there but the wills are not, Bob has always been there - and always managed to smile.

Bob is part of a small army of men and women who without reward, or even praise, hold together the real world of athletics. He coaches, competes and organises two men's teams as well as working with the Southern League, and it is particularly relevant that a



Secretary to the Southern League, Divisions One and Six, Belgrave Southern League Team Manager, regular Coach at Battersea on Tuesday and Thursday evenings - Bob Bridges
Photo by Dave Mote

decade after Surrey AC and Belgrave joined forces, an old Surrey soak should be made President of what has become one of the most powerful clubs in the country.

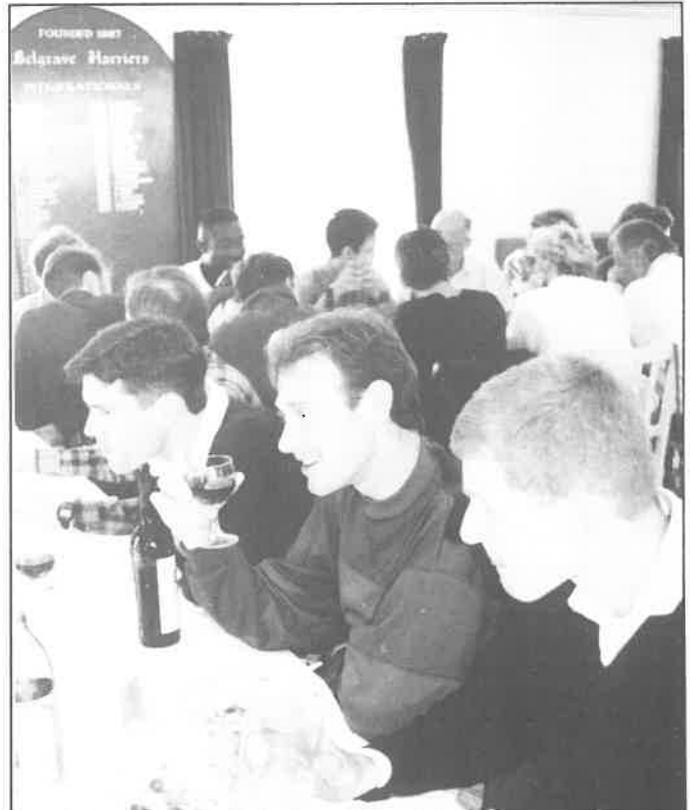
A lot of people owe Bob a great deal. On their behalf I'd like to thank Bob's family - who over the years have had to put up with his athletic idiosyncrasies. "Thanks for letting Bob come out and play!"



Belgrave's favourite sons of Italy, Marcello Bizio and Marco Mazzotta, pictured above, have both contributed to our Club's success in League and Cup by competing in the steeplechase.

But their support of the Club has not been restricted to the field of competition. Marcello, who has now taken over as Social Secretary, masterminded the brilliant idea of putting on Italian style lunches at Belgrave Hall on a couple of Sundays in the summer and has now gone on to entertain the British League team and supporters and to stage the Surrey Supper. Numbers attending have been as high as 60 and he has produced all this on an ordinary household cooker! Aided by Marco, Ollie Foote, Jacqui and Jackie (and we have seen Leo doing a bit of spud peeling), Marcello is putting a lot of heart into activities at our headquarters and deserves our full support.

Middle-distance men Mark Anderson and Roger Alsop make polite conversation after enjoying lunch at Marcello's while Marathoner James Ryle hungrily eyes a fourth helping of lasagne.



Our youngest Editor

Dear Editors,

I am sorry to hear that Micky Pyer is not well. I send him my warmest regards and best wishes for his recovery. He is one of the many Belgravians I greatly admire.

Thank you for sending me "*The Belgravian*" - a splendid production. I remember the first of them, thanks to the initiative of Harry Hare. When he had to give up as Editor, I took it on, rather than let it lapse, the youngest and most inexperienced Editor it has had, with problems of finance, printing and distribution, as well as putting it together.

I was also Walking Secretary and one of our winning team in the National 20 Miles Championship in 1929, gaining a standard medal (under 15 minutes) in the AAA 2 Miles in the same year. It was then a unique double for a 21 year old, thanks to training with Bob McMullen & Co.

My son John surpassed me as an athlete and was in many of the Club's winning teams. He has a room full of trophies at his home in Austin, Texas. At 53 he trains every day and still competes with success. Like many others we owe more to Belgrave than we can say. With his Belgrave experience John trains and encourages the youngsters of the Austin Road Runners Club. I am sure physical fitness brings mental fitness too.

I remember the stalwarts, and the youngsters of the old days. I recall we used to meet on Saturday evenings after the afternoon's training, and going to "The Crazy Gang" at the Paladium. Then we marched down to Regent Street and into the Cafe Royal to sample the ablutions and then out again! I believe cheeky chappie Tom Carter led the way. Does he remember? We went to dances at Harrington Hall. There were no "wall-flowers" after we arrived!

There were regular Sunday morning strolls led by Harry Hare. Tom Carter & Co. gave performances of "Little Nell" to gales of laughter at social evenings. Happy Days!

I am very impressed by the performances of the juniors and youths and the attention being given to them. It is a wholesome way of forming character.

I joined Belgrave in 1925 and am now 84, with happiest memories of my days with the



Club and all its good fellowship.

Ben Knifton, Vilamoura, Algarve, Portugal.

Now I have the motivation

Dear Editors,

What a great tonic - a copy of "*The Belgravian*" on a bleak and foggy winter's night. I was *thinking* of writing over the week-end. Now I have the motivation.

Since returning to NZ our lives have been very busy. We have moved back into our home after living at the beach for one month. This involved commuting three hours per day - so no running. Once back into the old home there were (and still are) an incredible number of jobs to be done. Boy do I miss renting in Wimbledon!

On June 1st I started running again. At the moment I am doing 30 minutes either flat or undulating every two days. Hopefully by the middle of the month I will be starting normal training, 5 to 6 days per week. However, a spanner has been thrown in the works. We may run out of power because of a drought that has reduced our hydro-electric lake storage levels to unprecedented lows. We are all subject to power cuts, ie. one tank of hot water per day and street lights switched off at 5am, so for my 6am runs it is pitch dark.

Vicki, Daniel and Christopher have settled back into NZ; we found England to be such a friendly and supportive place to live. Daniel still has his Pommie accent which brings a smile to a lot of people's faces. He misses the deer we used to see in Richmond Park.

I had a run and talk with Phil Sadgrove during my first week back (10k in 34-35 minutes!). Slow one for Phil. He says Hi! to everyone at Bels.

Say hello to everyone from me, especially John Mather, Chris Taplin and the Saturday afternoon crowd, Roger Alsop and the other guys I was chasing, Arthur Bruce and the Sunday morning guys, Trevor Williams and those ex-pat Kiwis.

Martin Lewington, Wellington, New Zealand

Charlie Henn, I'm a-coming

Dear Editors

May I congratulate the club for the very fine performances during the current year.

I saw Charlie Henn in the London Marathon, 100 metres ahead coming up to the tunnel on the Embankment. Using tunnel acoustics I called out "Charlie Henn, I'm a coming," which he acknowledged by raising a hand. A short while later I caught up with him and when he saw who it was he looked like he had seen a ghost. We hadn't seen each other for about eighteen years. We chatted about some of the Club members from the past and it brought back memories of the great times experienced at Belgrave; the best club in the world.

Eighteen months ago I made a comeback to speed skating after a break from putting on any form of skates for eighteen years. I won the Altrincham Ice Speed Club Championships this year (held over four races of different lengths) at 54 years of age. I am pretty certain I will never gain another GB vest but I am pleased

to be skating to a much better standard than I would have thought possible.

Best wishes to all at the Club. Regards to Charlie Manning, George Piddington, Bill Lucas, Clive Shippen, etc., and let's hope the boys perform well in the international clubs championship next year.

Chris Fairfield, Stalybridge, Cheshire

Bill thanks the Mums and Dads

Dear Editors

I would like to take this opportunity, through our splendid magazine, to thank all those Mums and Dads who have brought the boys along to the training nights and especially to the Young Athletes' Meetings, which this year have been spread from one side of London to the other, making life a bit fraught. By your efforts we have managed to put out some very strong teams which resulted in us once again gaining promotion, this time to the Premier League. This was an outstanding performance considering that up to two years ago the Young Athletes had never been out of the second division.

A big thankyou to the boys themselves. Some have been asked to run, jump and throw when this particular discipline was a bit foreign to them. We had boys coming back from injury who could not command a place at their usual event but filled in by doing something else. For example Ross Bentley had a bad injury which stopped all his winter training but he competed in most of the Y.A Meetings by doing 'B' events such as javelin, long jump and high jump, getting valuable points. Other boys did similar things and the overall team spirit was very good. You will always have the odd moan but by and large all the boys know that it's a team effort that wins these Y.A Meetings - and I think we have a great team.

It's now winter again and to make sure next season is a good one we must get down to some hard work during the winter months. Cross-country, road running and circuit training are the keys and your coaches will be putting you right on this. So good luck to all of you in your winter training.

William Bull, Coaching Secretary

Sidetracks

Saturday afternoons at Belgrave Hall were not the same without Arthur Penstone but we are pleased to say that he is back in circulation after his spell in hospital and a knee operation. He thanks everyone for their support while he was incapacitated and if you would like to engage him in conversation he might just show you his scar - it's a monster.

You will always find Win Shepherd and Jean Hutcherson in the caravan at Thameside leagues matches, beavering away with the results. It was a shock to find that during the final match Win had become ill and had to be taken to hospital. Luckily it was not a lasting problem and after an overnight stay was back home again. Win too would like to thank the people who were concerned for her welfare.

Some people will do anything to get an extra league point. Sophia Howard came back from holiday in Scotland, rucksack on her back, for our home Women's Southern League track match on 1st August. She ran 2nd in the 'B' 1500m, and then went back off on holiday again.

The regular social events of the summer have been the return trips from away meetings of the Women's Southern League. After a plentiful supply of wine during the afternoon, with the supporters getting more and more raucous, there is the pleasure of non-stop food being passed up and down the coach and yet more wine (for the seniors and supporters). Ray James's rock buns are delectable - your writer should know - he's had enough of 'em. And what with the coach being paid for by our enterprising ladies running a raffle at the home matches, well, it's a good day out.

Talking of the Women's League, Colin Pearson, who was at Battersea at our home match to help with the men's team, was much impressed with our ladies' fighting team spirit. When the final relay took place, with the result depending upon it, he had to cover his ears, the noise of the supporters was so great.

Graham Adams was back home from the US for a short while and called in for Brandon Reid's farewell/Jackie Stone's 21st birthday party. Graham will be back to the states soon and then hopes to get to New Zealand and 'Oz'. Colin says, "Good riddance".

As for Brandon, it's been great having him in our teams over the past couple of years, competing on road, country and track with distinction. Keep on running Brandon. We'll be looking in the overseas section of the athletics magazines for your results back home in Australia.

Tom Carter couldn't resist buying a new strain of fuschia at a horticulture show. It was named Marcus Graham, although *not*

after the two well known Belgravians Marcus Adam and Graham Adams.

Congratulations to Tom and Rose Morell on the occasion of their 60th wedding anniversary. One of the highlights of their day was a telegram from Buckingham Palace.

Arthur Penny is in fine fettle again and was at a recent Thameside match. His difficult operation to by-pass a heart valve went well, no doubt his active past standing him in good stead.

Anyone wearing anything like Belgrave colours was being stopped for an autograph at the final British League match at Cophthall and walker John Hall, on hand to take a few photographs, duly obliged before setting off on some Marathon training.

Dudley Gordon is now gradually recovering from his knee operation. For a while he found life most difficult but is now walking again. It looks as if it will be a little while before we see him running once more. The Yacht handicap this Autumn was not the same without him.

Old times were discussed at the Don Valley Stadium, Sheffield, during the GRE Cup final. Bill Dance is stadium manager there and looking very fit. He still runs regularly, finding that it enables him to cope with the stress of his job.

It was nice to see Micky Pyer up at the Hall with his daughter one Saturday in September.

Bob Glover was seen the other day in the vicinity of Lauriston Road, he looked pretty well but wouldn't call in at the Hall for a 'cuppa'.

Members may remember Dean Cunningham, one of our young athletes who moved on to other things. He is now an International at Karate, having gained a GB vest this year.

Another 'old' Belgravian met at the National Junior League was Tony Binda, whose nephew sprints for Reading AC. Tony reckons he is hoping to make a comeback - we'll see.

Fred Paget has had foot trouble of late which has curtailed his running somewhat but a little more worrying for him is a possible trip into hospital some time in 1993 for an eye operation. One thing is for sure. His mates at the Club will be thinking of him should it prove necessary.

Is there something special in the make-up of 400 metre hurdlers or is it just coincidence? Every one of Max Robertson, Paul Beaumont, Ian Wells and Neil Hammersley rides a big motorcycle - and when we say big were talking 'Goldwings', etc.

A new record was set at the BAL meeting at Edinburgh. Bill Laws and Leo Coy changed the 100m team no less than *eight* times before the eventual starters went to their marks.

The Radio Times Run for BBC Children in Need will start while this magazine is at the printers. Among the international team of runners involved in the journey from Manchester, which is due to finish on 20th November, is our own Gary Staines.

Surrey A.C.'s Grand Old Man of Athletics

When Belgrave Harriers and the men's section of Surrey AC amalgamated ten years ago in 1982, some fine athletes donned the "claret and gold" for competition before the summer season was out, relegating their more familiar white vests with blue and black bands to the bottom drawer - mementos now of an earlier era. As the "new" team came together it was easy to see the benefits of an all-round stronger club but less easy to identify was the merging of two Club histories; it was very simple to overlook the past of the party which lost its name in the marriage.

Perhaps we can redress the balance a little by remembering a man who was once described as "the Grand Old Man of Athletics," Mr. E.F. Vowles, founder of Surrey Athletic Club.

"V", as he was popularly known, had quite an effect on the sport of athletics and his full story would take rather more pages of this magazine than we could afford to use but it is worth recording one or two anecdotes. During an interview in 1946 with "Jimmy" Green, founder of "Athletics Weekly," "V" related the following:

"In September 1903, I founded the Malden Harriers and took the badge of the local council - a beehive - and later added the Latin motto 'Nil Sine Labore,' in English, 'Nothing without Labour.' We found the name too localised and in 1908 changed the name to Surrey Athletic Club."

"It is not generally known to present day athletes that I put Road Walking on the map as it is known and conducted today. Up to 1906, there was nothing for the walkers to do in the winter, so I promoted a 10 Miles Road Team Walk from the Railway Hotel, New Malden, to the Spring Hotel, Ewell. It was well supported and an immediate success. I had conversations with interested officials to form an association. A meeting was called in the Edinburgh Hotel, Strand, and the R.W.A. was formed."

"Up to 1934 starters always appeared in white coats, but were not easily distinguishable. My wife suggested to me that a pillar-box red coat and cap would be much easier to see by the timekeepers, and I duly appeared in this get-up at the White City in 1934. The officials were taken with the idea, and so the red coat became the accepted dress for starters."

His ideas seemed without number. The first London to Brighton Relay was organised by "V," as an experiment, with the idea of the Surrey Club making it an annual event. After going over the course, and arranging each section, his estimated time of 4 hours 40 minutes was only 1/5th of a second out. The cost of £70 was too expensive for the Club to promote and the following year the "News of the World" took it over and continued to promote it for many years to come.

Mr. Edward F. Vowles continued to be a dynamic dignitary in the sport of athletics until at least his eightieth year and we are sure that were he alive today, he would be proud of the contribution his clubmen have made in forming part of a team that has reached the highest levels of our sport.

Ted Stimpson 1916-1992

It is with deep regret that we record the sudden death of Ted Stimpson at the age of 76 years.

He was our President in 1967/68 - a year in which our runners finished 4th in the National Cross Country Championships and 3rd in the National Road-Relay. While the walkers took two National titles. But as a man who had been part of our successful teams of the 'thirties and 'forties he was disappointed. He always wanted the very best for Belgrave.

And he had been used to it. In 1939 he finished 4th in the "National" and gained International selection alongside Arthur Penny. His joy at making the England team was only matched by his pleasure at seeing Belgrave take the National team title.

Ted joined the club in 1934 and quickly made his mark. Within a year he had won the Middlesex Junior Cross-Country Championship and the Southern Junior titles. He was also a key member of the senior teams which won the South of the Thames title and the prestigious London to Brighton relay event.

Of his Southern Junior win at Sandown Park our scribe was led to write ".....running a clever race, using his head as well as his legs, and in perfect style came away in the last mile to win comfortably. Golden opinions were heard everywhere,

not only on the achievement but on the manner of its performance.'

Six months after his selection for England as a Senior the second World War descended on Europe and, like so many other runners, his career was cut short. He served in the Royal Artillery, married Evelyn in 1943 and was demobbed in 1945.

Following his return home Ted found, as did so many, the need to concentrate on his career and new life and whilst he still ran he could not find his old brilliance.

Other commitments kept him from Club life for a time but he returned with vigour as a Committee member and then worked hard on the social side of our affairs.

Neither did he forget his allegiance to Middlesex County A.A.A.; serving for many years on committee work and eventually being elected their President in the mid-eighties.

Ted was a member of Belgrave for 58 years. Throughout that time the club meant a great deal to him. He contributed to our successes in many ways, Whether as athlete, official, adviser or supporter. He will be sadly missed by so many Belgravians.

Our sympathies are extended to his wife, Evelyn, and family.

Clive Shippen



Vern Blowfield hands the baton over to Ted who sets off on the second leg of the "News of the World" London to Brighton Relay held on April 19th 1947. The Bels went on to win by over two minutes. Photo from Tom Carter's collection.

(Editor's note: Actually we have stuck our necks out here, for the same combination of runners were also involved in the first take-over in April 1950, with Ted "running a blinder". No doubt someone will correct us if necessary).

Robert Shelton

It is with much regret that we have to inform members of the tragic news about Robert Shelton. Aged 14, and a very promising high jumper from Richard Challoner School, Worcester Park, he died on 29th May 1992.

Robert was taken ill during our first Young Athletes meeting at Luton. He was taken into Kingston Hospital where he underwent many tests over a three week period but they could not diagnose the problem. Robert was by now gravely ill and was rushed to King's College Hospital where they specialise in kidney and liver complaints. Leo, Toby and I went to see him at King's on the Thursday but after many more tests and biopsies his young heart gave up and he died in the early hours of Friday morning.

The parents, boys and coaches all paid their respects by wearing black ribbons at our last Young Athletes' meeting. The club was represented by the coaches, Committee Members and athletes at Robert's funeral, a very moving ceremony held at St. James' Church, New Malden. The church was filled with family and friends and his school choir sang some beautiful hymns. School friends and teachers formed a Guard of Honour the full length of the road.

Robert was a super lad, the first to volunteer if a position needed filling at a Y.A. meeting. I knew him well and will miss him very much, as will the boys and coaches from the squad.

Our condolences to Katherine and David. Your loss is ours too.

Bill Bull

A. "Bob" Readman

With the death of Bob Readman at the age of 88 we have lost one of our oldest members. He joined us in the 1930's and soon made his mark as a walker. He was a policeman in B Division and lived in Fulham. He was a staunch member of the strong Police team and had been their captain and 10 mile Champion.

In 1938 and 1939 he was a member of the Belgrave teams which won the

Nijmegen Shield in the old 20 miles (now 35 km) Championships. Bob also won a Club Championship at that distance. In 1937 he was a member of the winning Middlesex team (6 to score) in the Inter-Counties 10 miles Championships. There was no National Championships at this distance until 1948 and this event was the only one which

brought together walkers from all over the country.

When war broke out in 1939, sport was encouraged and in the London area walking flourished. It is worthwhile to recall that Belgrave Hall remained open and the club welcomed athletes from other clubs. In addition to competing, Bob encouraged many of his local policemen to come along and many joined us.

After the war he was still in the teams and helped us to win the Nijmegen Shield again in 1948. The following year the Inter-Counties Championship was held in conjunction with the new National 10, and, with 4 to score he again helped Middlesex to win. When his active walking

continued at top of next page . . .

A. "Bob" Readman, continued

career was over Bob did some judging.

He eventually left London to live near Haywards Heath in Sussex. He was a quiet, friendly man, but on the road he was a formidable opponent. He will be remembered for his active contribution to our sport and by the many people he encouraged to join Belgrave. Also for his great helpfulness and kindness.

Gordon Doubleday

Athletics magazines wanted

Having given his magazines away over the years, Alan Mead is now trying to rebuild a collection of "Athletics Weekly" magazines from the very beginning in 1945 right up to date. Do you have any stacked away at the back of a cupboard that you don't really want? He is also looking for copies of "Athletic Review" and the very first issue of "Athletics Today" (when it was monthly in 1987). Phone Alan on 081-393 6474 or write to him at 29 Kingston Road, Ewell, Surrey KT17 2EG if you can help. Even the odd copy might just fill a gap.

Pat Duncan becomes a Centurion

"A Centurion is one who, as an Amateur, has walked in competition in Great Britain, 100 miles within 24 hours."

With the Club's history in long-distance walking it is natural that we should have many who, over the years, have qualified and been elected to this celebrated body.

In this year's "10", held on 31st July - 1st August from the village of Hungarton (near Leicester), Pat Duncan completed the course in 23hrs.01mins.1secs. to finish in the race which also incorporated the RWA Long Distance Championship.

The course was 18 laps of five and a half miles, with a small lap at the start to make up the distance. It was around pleasant country roads - definitely not flat - a real up and downer! Pat had obviously planned his race and walked steadily throughout with a brief rest at 89 miles. Over the later stages he was greatly helped by his wife Wendy who arrived during the morning. Also on the course was John Dunsford, already a Centurion, on a cycle and helping to look after competitors. Barbara Dunsford too was giving a helping hand.

In this type of race competitors usually have their bad patches, but at no stage did Pat look like packing it in. He had set his mind on achieving his goal which he did with credit.

Pat, who stands 6ft.6ins. has had a distinguished career as a member of our walking teams, both as a competitor and organiser. A member of many of our winning teams perhaps his highlight was the winning of the Manchester to Blackpool Walk (51.75 miles) in a new record time - the first walker to beat 8 hours for the course.

The event was organised by our old friends and rivals Leicester WC, and sponsored by Shoefayre. The weather was hot, so lots of drinks and sponges were the order of the day.

One of the founders of the Centurions in 1911 was Ernest Neville, who in 1952 started the Road Runners Club. Interested in long-distance running and walking (and a good performer) he died in 1972 in his 90th year. He was a member of many clubs, including our own, of which he was a Vice-President.

Gordon Doubleday

Forthcoming attractions at

Belgrave Hall

Saturday December 5th
The darts competition for the

"Denmark Pot"

and

Saturday 19th December

Christmas Disco

It was good to see Messrs. Gladwin, Staines and Sweeney training up at Battersea one Tuesday evening late in the season. John found himself getting pretty excited last summer when his training started to go like a dream. Like any international runner, John is fully aware of how his training would translate into racing and he reckons he was in 3:40 1500 metre shape with the possibility of getting down far below that - maybe even 3:34. Then calf trouble caused him to limp, which in turn gave rise to achilles tendon problems. It's tough being an oldie of 29, but seriously, wouldn't it be great to see "Gladders" back near the top of the pile again - especially when one considers the current dearth of Britons of real class in 1500/1 mile events.

Darrell fights back

Early on in the summer season Darrell, whose talent extends from 400 to 1500 metres on the track, was struggling to keep his place in Belgrave's first team and not best pleased when restricted to the 4 x 400 relay. But he kept at it, and training on a grass track at Harrowgate school he was able to notch up a fine session of 5 times 300 metres with just 30 seconds interval between each. At least, he says it was only 30 seconds, but then revealed to your reporter that he was signing autographs for the schoolkids in between each effort! Anyway, it must have worked, for within days he set a pb of 1:49.79 and claimed his place for the rest of the season, culminating in that fine win at Copthall.

Now out of the Army, Darrell is working in Wales as a PT and self-defence instructor for the Home Office.

Left: Darrell Maynard, en route to a deserved BAL win
Photo by Robin Nicholls

It's always pleasing to see Ian Wells get a win under his belt. That man finds himself on standby for all sorts of events at BAL meetings, ever ready to fill in at both hurdle events, flat 200 or 400 metres and the relays. In the Eastern Inter-Counties at Kings Lynn Ian won the long hurdle race, representing Norfolk.

Geoff Pearson competed in a 10k berglauf, a mountain race, while on a walking holiday in Switzerland. The first one and a half miles were flat but altogether the course rose 750 metres. There was a veterans' age group of 'over 40' only and Geoff quickly found himself at the back of the 100 or so competitors as he set off in his ordinary holiday clothes. But he had gained a few positions by the time the race was over. A good idea by the organisers, he found, were the superior quality linen numbers which were handed over at the end of the race in exchange for a competitor's plaque.



Track & Field League Positions 1992

British Athletics League Div.1

1, Belgrave H.....	1493	31
2, Haringey AC.....	1364	29
3, Birchfield H.....	1101	20
4, Shaftesbury Barnet.....	1070.5	19
5, Thames Valley H.....	1019	18
6, Caledon Park.....	985.5	14
7, Wolverhampton & Bils...	840.5	8
8, Old Gaytonians.....	696.5	5

Southern Women's League Div.3

1, Colchester & Tendring ...	1116	29
2, Herne Hill H.....	994	25
3, Aldershot, Farn. & Dist..	991.5	24
16, Belgrave H.....	852	16.5

Panasonic Men's Southern League Div.1

1, Borough of Hounslow.....	864	30
2, Highgate H.....	729.5	29
3, Peterborough.....	800	28
19, Belgrave H.....	605	15

Panasonic Men's Southern League Div.5

1, Bognor Regis & Chich...	805.5	29
2, Newquay & Par.....	815.5	28
3, Salisbury.....	799.5	27
=16, Belgrave H.....	605	15

National Junior League Div.5 South

1, Windsor, Slough & Eton...	457	18
2, Hercules Wimbledon.....	417	15
3, North London.....	334	11
4, Belgrave H.....	246	10

Thameside League

Boys

1, Croydon H.....	552	28
2, Belgrave H.....	392.5	21
3, Paddock Wood AC.....	344.5	19

Colts

1, Croydon H.....	445	27
2, Herne Hill H.....	365	23
3, Belgrave H.....	330	20

Girls

1, Herne Hill H.....	422.5	26.5
2, Queen's Park H.....	330	19.5
3, Paddock Wood AC.....	305	18
6, Belgrave H.....	216.5	11

Minors

1, Paddock Wood AC.....	297	22
2, Southwark AC.....	281	22
3, Queen's Park H.....	271	19
5, Belgrave H.....	182	12

Figures in columns represent match points and league points

RAPID PROGRESS

Young Athletes' Captain Toby Earl looks back and reviews our progress

Since I first joined Belgrave a few years ago, I have seen the team change in many ways. Of course, the most obvious change is the arrival of new athletes and new coaches. A couple of years ago, when the track season arrived, each athlete (and there were not many of them!) had to do at least two events just to ensure that we had one person in each event. Now, everybody in the team has to fight for their place.

With more coaches, training becomes more specialised and there are at least two coaches for sprinters and two for middle distance athletes at each training session. With more coaches and more athletes, the team has progressed rapidly and has now been recognised as being able to compete with the best and win. This is such a difference from when we had a weak team and seemed to have no chance of winning anything.

Despite these changes, the one thing that has stayed the same over the years has been the attitude of the athletes and the team spirit. The spirit has always been that if you do well, you are congratulated, but if you perform badly, you are encouraged and are not jeered at. The attitude of competitiveness and determination has remained present even through the darkest times.

As there are two training centres (an example of how many athletes we now have) the only way everyone in the team normally gets to mix is on the coach on the way to meetings. The coach journey is an enjoyable part of the day and without the standard food fights and D.Baffoe's "personal stereo", the journeys would not be the same.

This season has been the most successful ever. Out of all our Woolworth's Young Athletes meetings we came second twice and we won our other three matches. This has enabled us to be promoted to the Premier league for the first time. In our final league match we competed against Norfolk, the only team to have had a one hundred per cent record. We found out how. They have both an excellent track and field team. We also have an excellent team, but we lost out slightly on the throwing events on that day.

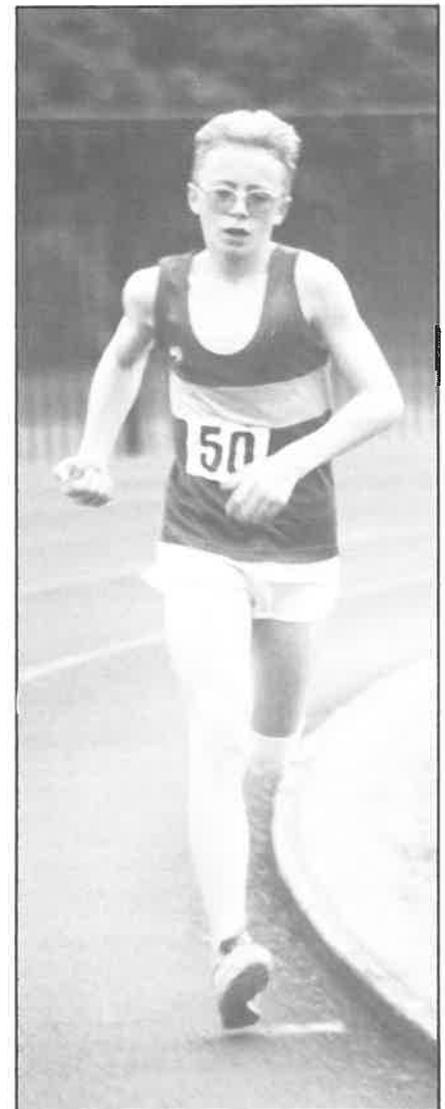
Our track events were all going well and we thought we were edging slightly ahead of Norfolk as the announcer declared we were winning and had a ten point lead over Norfolk; but the officials still had some track and field events to count up. That is why when we won four out of the five relays, we were amazed when we were told on the coach that we had come second.

Despite this, we gained promotion to the Premier League. On the coach on the way home, champagne was passed around

and everyone relaxed now that the season was over. But our encounter with Norfolk has prepared us for what we can expect in the Premier League. As Norfolk and our team are both quite evenly matched, our future meetings will be interesting as either Norfolk or ourselves could win. I feel everyone in our team will be determined to maintain its position in the Premier League. After all these years, our hard work and determination has finally paid off.

I would like to thank all the coaches for their hard work and all the time they give up and I think Leo Coy and Billy Bull deserve a special thank you.

Toby Earl, Young Athletes Captain



Toby was winner of our Youths' 1,500 metres Club Championship and is a regular over the barriers in league matches.

COACHING NEWS

We have had several coaches meetings now and I am pleased to say that the response from coaches, assistant coaches and our more senior coaches has been really good, with some fresh ideas, many of which have come from our newer coaches. Our aim is to get every coach, or prospective coach, involved. I do appreciate that it is difficult in the summer months to implement this but we can work on it during the winter. In fact it is beginning to work now.

Lutz, our coach from the former German Democratic Republic, has been seeing some of the boys and girls from the training group at Kingsmeadow. Chris Bentley is doing a fine job with the sprinters and relay teams from Battersea and Kingsmeadow. Our other section run by Chris Knight and Karen Drake adds further spice. Chris has some really good lads coming through and although the whole team only get together at meetings, the bond between them all is excellent.

We would like to hear from any parent or athlete that is willing to coach the youngsters, boys or girls. There are many starter courses, or if that is too big a jump then we have coaches in the club who will

put you on the right 'track'. Our Ladies Section needs some help; new members, new coaches and this section will flourish. Any ideas?

Our Junior Men have performed with honour. With only five of them we have had to ask for volunteers from our Youths squad to help out. Some of them have but being hopelessly outnumbered by other clubs we have struggled. But this is only the beginning. With many more Juniors coming up, next season will see us more competitive.

Over the past two years the Club's Young Athletes have become very successful, going from the second division to the first and now to the premier division. To stay in this position we will have to work very hard with our athletes over the winter period.

Once again we have the use of Beverley Boys' School sports hall. We start at the beginning of October with circuit training, fitness testing, etc. ALL club members are very welcome. Watch the notice boards for time and date of the first session. Look forward to seeing you all there!

Bill Bull, Coaching Sec.



Mark Davis and Coach Selami Simsek take a break at the YA meeting at Tonbridge.

☆ Mark Davis's hurdling is coming on well. He set a pb of 11.84 and was close to the club record in the 80 metre hurdles in the Boys section of the SoEAA under 20 championships. Unfortunately there was the slight matter of a 6.6mps following breeze!

☆ Several of our coaches have been busy studying for their coaching awards. Leo Coy is to take his Club Coach Award and Tony Gano the Senior Club Coach Award but particularly pleasing is the effort put in by Selami Simsek. A native of Turkey and still learning the English Language, he too has passed the first stage of his coaching exams.

☆ We have a group undertaking circuit training at Salesian College, Battersea, on Wednesday nights in term time. Cost is £1 per session for adults, 50p for youngsters and the evening's activities last from 6.45 until 8.15pm. The circuits involve drills with light weights and mat exercises, and follow a warm-up run around the school. The highlight of the evening, we hear, is the session of basketball that rounds off the night. The group is mostly made up of girls of all ages but all club members are welcome.

Ted Pallant has news of our official club kit.

NEW BELGRAVE STRIP

After the most successful track and field season the Club has ever had, details of which can be read in this edition of "The Belgravian", I am pleased to announce that the strip worn by members of the British League and Gold Cup team is now available to all.

The design is as pictured in colour in previous copies of the magazine.

Prices

Complete strip	£15.00
Vest	£8.50
Shorts	£7.50

Also still available:

Belgrave sports hats	£5.00
Belgrave car stickers	£1.20
Metal car badges	5.00

New

Golfing style umbrellas with claret and gold panels bearing club badge, carbon stays that won't wreck if blown inside-out - £15.00

**Wring or write with sizes to:
Ted Pallant, 83 Northwood
Avenue, Woking, Surrey GU21
2ES
Telephone 0483 488406**

Doug. Maughan can supply you with all you are ever likely to wear in the way of sports kit:-

- Lycra athletic clothing
Leotards, full or three-quarter length leggings, sprint suits, cycle shorts, etc.
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Catch Doug. at the Hall most Saturdays to talk to him about your requirements or contact him at:

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Uxbridge Road, London W3 9QP
Telephone 081-876 5818
Fax 081-392 9576**

DOUGLAS SPORTS

WALKING

PAUL WARBURTON and CARL LAWTON, in tandem, bring you up to date on the Belgrave Walking results

A return to main-stream track & field required?

Ten years ago almost to the day, I wandered into the pre-redesigned Belgrave Hall looking for someone called 'Carl Lawson'.

His name had been given to me by a John Bromley after an open race at Cophall. Having finished second I was keen to give racewalking a go. Needless to say in this state of euphoria, I obviously misheard the be-hatted strider's surname. And so would you! After all I had managed to have one of the more undistinguished running careers, although to be fair to myself, the mediocrity was topped off by a 2.34 first London Marathon.

When you're running just under 26 minutes for 5m, you expect to finish little higher than 93rd, which is what I had recently done in the 'Wolverton 5'. And here I was, second!

John had recommended Belgrave, as he did to all his fledgeling police cadets; and shortly after I had recovered from the sight of Carl's kit, which incidentally has been a motivating factor over the decade, (if you get far enough ahead in a training session, you can always deny you're with him), I proceeded to clean up team wise, backing up the likes of Paul Blagg, Richard Dorman, John's Hall and Newnham, and the annoyingly talented Lawton.

Needless to say, at the time, not one of the above was a vet, now not one of the following isn't

Our real problem is not having the likes of John Bromley around anymore. His supply of Belgravians like Paul Blagg is, for the time-being, irreplaceable. Our second problem, apart from Lawton's tracksuit, is Walking in general. It just ain't the flavour of the month...

I've already written in "Athletics Today" about the need to popularise the sport, starting, preferably, with the only distance gold medal won by a Briton in an Olympics being that of a walker - hands up, if you've never heard of Don Thompson? And then capitalising on this invaluable publicity with more of a push to making the event simply that: a part of track and field, as equal on the scene as other minimal events such as Hammer, Discus, Triple-jump or Shot. For Walking to be seen as no less normal than the named, emphasis on it as an Athletics event, rather than isolated to the domain of bum-wigglers, is essential not only for Belgrave, but for the Sport's robust future. And anyway, before it's too late, I want to join the boys on the podium with the GRE cup...

Meanwhile, the efforts of those that remain deserve a mention. For a start, provided it's no further than 200 metres from his house, and no longer than 8k, John Hall is becoming something of a Super-vet. His recent record makes us wonder what kind of supplements the man from the ministry is taking these days - and can the rest of us have some too!

Pat Duncan can seemingly survive any length of walk. His longevity in some gruelling races has been terrific, and has obviously influenced both Messrs. King and Lawton as can be seen from the results on these pages.

Paul Warburton

First to last in eighteen years!

Carl Lawton competing for Surrey finished last in the Inter Counties 10k at Corby on 25th May, it was 18 years ago at Crystal Palace that he won the event. This time around John Hall, competing for Middlesex, finished nearly a minute in front. Meanwhile at Bradford Pat Duncan was treading the old road in the 50 finishing in 6hrs. 5mins 31 sec. and won the handicap!

RYAN CUP 10 MILES, (Police vs Civil Service vs RAF), CHIGWELL, 1 APR

1, N.Carmody (Police) 76:15; 2, S.Martindale (CS) 81:37; 3, C.Bradley (gst) 83:30; ... 7, J.Hall (CS) 86:03.

...and on the same day elsewhere in Essexland, the...

ESSEX 10K CHAMPIONSHIPS, HORNCHURCH, 1 APR

... provided a track opportunity for Sharpie, Fotheringham and Scammell, albeit in their second claim colours.

1, M.Bell (Splott) 42:38.3 (Scottish record); 2, S.Phillips (Ilford) 43:30.2; 3, S.Davis (Ilford) 46:05.5; ... 12, M.Scammell (Ilford) 53:12.1; 17, D.Fotheringham (Woodford G) 55:14.4; 21, D.Sharpe (Loughton) 57:41.5.

Despite a Warburton cop-out, Lawton led a venerable looking Belgrave to the bronze medals at Basildon, three days later in the ...

RWA SOUTHERN AREA CHAMPS. 20k, BASILDON, 4 APR

1, J.Ball (Steyning) 1:30:45; 2, N.Carmody (Cambridge H) 1:38:26; 3, A.Seddon (Ilford) 1:42:00; ... 8, C.Lawton 1:49:11; 13, D.Fotheringham 1:56:34; 14, E.Crossingham 1:57:28; 17, J. Dunsford Bel 2:03:59
Teams: 1, Enfield 28; 2, Brighton & Hove 30; 3, Belgrave 38.

... while another Belgrave success was being recorded across the Estuary at Hayes.

STOCK EXCHANGE 25M, HAYES, 4 APR

1, P.King (Belgrave) 4:08:59; 2, T.Sliwinski (Surrey WC) 4:30:13; 3, S.Yearron (Unatt) 4:35:24.

Carl Lawton guested in a 15 mile walk at Steyning on April 11th and came home 3rd in 2:15:14. Winner was Noel Carmody who won the event in 2:01:18 and Doug Fotheringham placed 8th in 2:28:02.

BRIGHTON TRACK LEAGUE, 14 APR

Women's 3km: 1, J.Pope (Brighton & Hove) 15:08; 2, G.Trower (Steyning) 16:11; 3, K.Barker (Belgrave) 16:58.

LPR 9k SERIES, BLACKHEATH, 19 APR

In the second of this popular summer series of handicap races, Lawton, Fotheringham and Eddie Crossingham, recorded a comfortable team win, with Carl and Eddie recording the second and third fastest scratch times of the day.

1, K.Butler (Trowbridge) 41:13; 2, C.Lawton (Belgrave) 45:36; 3, E.Crossingham (Belgrave) 47:51; ... 7, D.Fotheringham 49:20.
Teams: 1, Belgrave 12; 2, Ilford 21; 3, Cambridge H 46.

Proving equally popular during the Summer was the...

VETS AC 5M WALK, BATTERSEA PARK, 28 APR

... and others of the same series which also allows those of the heel-and-toe persuasion to catch up with the rest of the Club who train on the track. These races saw their fair share of Bels circling the carriageway on a number of Tuesday evenings.

Men: 1, P.Hannell 38:51; 2, T.Watt (gst) 39:38; 3, C.Lawton 40:11; ... 7, P.King 44:15; 9, J.Dunsford 46:29; 11, P.Duncan 48:01.
Women: 1, S.Porter 50:29.

VET'S AC 3k WALK, BATTERSEA PARK 7 MAY

Men: 1, J.Hall (Belgrave) 14:31; 2, P.Cassidy (Loughton) 15:00; 3, P.King (Belgrave) 16:10.
Women: 1, S.Porter (Belgrave) 18:06.

CLUB 10k CHAMPS. inc MIDDLESEX & SURREY CHAMPS., BATTERSEA PARK, 8 MAY

1, J.Hall (Belgrave/1st Mdx) 48:57; 2, P.Hamell (Surrey WC) 49:37; 3, C.Lawton (Belgrave/2 Sry) 50:05; ... 5, P.Warburton (2 Mdx) 55:15; 6, P.King (4 Sry) 55:36; 7, D.Fotheringham (3 Mdx) 55:39; 10, R.Middleton (7 Sry) 57:23; 12, E.Crossingham (8 Sry) 58:17; 13, J.Dunsford (5 Mdx) 61:11.

RWA NATIONAL 20k & 10k CHAMPS, LANCASTER, 9 MAY

Aided by the Duncanmobile, which has a cruising speed akin to a small jet fighter, Belgrave's turn out in the far North was commendable; and nearly provided a surprise set of medals. On a day which saw 9 disqualified in pursuit of an Olympic place, one who dubiously got away, cost the men's team a bronze each; but such are the vagaries of the sport!

Women's 10k: 1, V.Lupton (Surrey WC) 46:04; 2, M.Brookes (Nun) 48:18; 3, V.Larby (Aldershot F&D) 49:24; ... 18, K.Barker 60:27; 19, G.Brackpool 61:16; 22, S.Porter 61:54

Teams: 1, Dudley & Stourbridge 32; 2, Sheffield RWC 32; 3, Manx H 36; ... 5, Belgrave 59.

Men's 20k: 1, C.Maddocks (Plymouth) 1:23:38; 2, A.Penn (Coventry) 1:24:37; 3, M.Bell (Splott) 1:25:42; ... 17, C.Lawton 1:46:01; 29, P.Warburton 1:52:58; 30,

P.King 1:54:02; 34, D.Fotheringham 1:55:46; 45, J.Dunsford
Teams: 1, Coventry RWC 45; 2, Manx H 63; 3, Sheffield RWC 91; 4, Belgrave 110.

Karen Barker walked to a 16:42.0 timing for 3k in the Brighton Summer Walk League on May 12th.

Having taken the Middlesex 3k title at Enfield in 13:50.4, the 10k Walk at the Inter-Counties Championships at Corby saw John Hall get up to 7th with 49:39.7 while Carl Lawton's 51:09.8 for Surrey brought him home 8th.

Over at Chesham John Dunsford was to be found in action in the Pednor 5 mile walk. He placed 4th in 48:14.

Eighth in the Essex County 3k on May 17th was Mike Scamell in 15:04.3.

The veterans' meetings at Battersea Park over the summer have seen most of our London based walkers turning out. These events do give the opportunity to battle with the runners competing over 5.25 miles on the same route and quite often the result is a fast time because the person you thought was a walker catching you, and who you managed to hold off, turned out to be a runner!

VAC WALK, BATTERSEA PARK, 26 MAY

Men: 1, T.Watt (Steyning guest) 39:26; ... 8, E.Crossingham 43:35; 10, P.Warburton 44:15; 11, P.King 44:55.
Women: 1, S.Brown (Surrey WC) 44:00; 2, S.Porter 49:44.

The Duncan comeback trail

● In the early 70's Pat Duncan held the record for the Manchester to Blackpool (51 miles). He gave it a rest for over twenty years but then this year on June 27th, remade the journey. His performance was not quite as it used to be for he finished 23rd in 10hrs. 14min. 54secs. This was over two hours slower than he recorded at his peak, but there were extenuating circumstances. He drove up from Guildford on the morning of the race (which started at 6.15am) and started half an hour late. Fortunately he knew the route!

● After his completion of the "Bradford" and the "Blackpool" there was no stopping Pat Duncan on his comeback trail. This time it was Leicester for the 100 miles. His previous encounters at this formidable distance were at Bristol and Ewhurst. In 1970 at Bristol he fell asleep at the roadside and retired; at Ewhurst a year later, when the event was won by the late John Moullin, Pat also retired, having started late and then going off too fast. This time he was well prepared, with his car parked on the 5 mile circuit and loaded with shandy. Of the 28 finishers Pat finished 23rd in 23:01:11. Winner was Sandra Brown - a lady! - just over 4 hours ahead. However, keeping him company in the race were the Olympic Champion of 1960, Don Thompson, and the 1966 Commonwealth Champion Ron Wallwork.

ESSEX COUNTY 20k COLCHESTER 31 MAY

9, M.Scamell 1:50:08. 15, D.Fotheringham 1:54:16

A pair of wins came for Belgrave at the Vets 5k walk at Cophthall on June 9th. John Dunsford was first M55 in 27:43.0 and Doug Fotheringham did a similar job in the M60 group with 27:03.6.

NATIONAL & INTER COUNTY 5k & 35k CHAMPS., COLCHESTER, 13 JUN

The Ladies started and finished a team in this event but were, unfortunately, outside the medals.

In the men's 35k Belgrave started a staggering seven competitors but this was whittled down to two by the finish due to retirements and the apparent disqualification of Pat Duncan. Our finishers were the same two that were finishing "Nationals" 25 years ago.

Women's 5k: 1, S.Black (Birchfield) 25:18; 14, K.Barker 32:20; 15, S.Porter 32:27; 20, G.Brackpool 34:19
Teams: 1, Steyning 20; 5, Belgrave 49.

Men's 35k: 1, L.Morton (Sheffield) 2:59:38; 20, R.Middleton 3:56:56; 36, G.Beecham 4:39:12.

VAC WALK, BATTERSEA PARK, 16 JUN

Men: 1, J.Hall 39:22; 5, P.Warburton 43:52; 6, D.Fotheringham 43:53; 9, P.King 44:57.
Women: 1, S.Porter 48:59.

Doug Fotheringham was 2nd M60 in the Birchfield 20k incorporating the BVAF Championship at Sutton Park on June 20th. He was 25th overall in 2:03:27. Up in 5th spot and 1st M45 was our old friend Allan Callow 1:42:21.

Representing the Civil Service John Hall placed 2nd in the City Charity Meeting 3k walk in 13:48.0.

At Monk's Hill on July 4th in Surrey WC's 6 mile event Paul King was 6th in 54:46 and at Battersea three days later for the Vet's AC 5 mile event he was 10th in 44:48. E.Crossingham was 6th in 42:47.

John Hall seems to be enjoying his veteran status. He won the Civil Service 3k walk championship held at West London on July 8th in a time of 13:43.1. Then a week later at Cophthall Stadium he was 2nd in the Sir Sefton Brancker Trophy, this time in 13:37.3.

BVAF CHAMPS., COPHALL STADIUM 18/19 JUL

John Hall was a minute clear of the second-placer Bob Care in the M40 3000 metres and the next day came back to take the 5000 metres in 22:41.28. John's times would put many half his age to shame.

3k: 1, J.Hall 13:07:2; 2, R.Care 13:17:9; 17, J.Dunsford 16:18; 18, R.Middleton 16:21; 19, S.Porter 17:25:04 (1st lady).

5k: 1, J.Hall 22:41:28; 2, R.Care 22:46:42; 16, J.Dunsford 25:55:50.

LPR 9k SERIES, BLACKHEATH, 22 JUL

5, P.Warburton 48:32; 6, E.Crossingham 48:51.

RWA SOUTHERN/ESSEX 50k CHAMPS., BASILDON, 15 AUG

A race notable for two milestones. Bob Dobson of Ilford recorded his 100th sub-5 hour 50k; the first in 1969 when he was still an international. The second was the 'phone call made by Lawton during the race. Does anyone know of a 'phone call made by any other competitor during a Championship? Unkind A.N. Others suggested it was for a taxi to take him the rest of the way; at 38k he was looking shaky. But after a quick use of the mobile and a blast of 'Ralgex', so fierce, it's a wonder his back didn't self combust, he led home a Belgrave win made possible by the excellent nursing job of Paul King by Pat Duncan who saw the former back to his feet again when Kingy looked all but finished.

1, B.Dowrick (Splott) 4:37:39; 2, N.Carmody (Camb H) 4:41:14; 3, R.Dobson (Ilford) 4:47:43; ... 6, C.Lawton 5:34:56; 7, P.King 5:43:11; 12, P.Duncan 6:03:18.
Teams: 1, Belgrave 21.

BVAF 10k TRACK CHAMPS., SOLIHULL, 16 AUG

M60: 2, D.Fotheringham 57:33.9.

VAC 5m WALK, BATTERSEA PARK, 18 AUG

1, J.Hall 39:00; 2, P.Hannell (Surrey) 39:25; 3, C.Lawton 39:43; 7, P.Warburton 43:00.

BELGRAVE/MAFF 3k, BATTERSEA, 7 SEP

1, S.Baker (Australia) 13:19.7; 2, C.Cheeseman (Surrey WC) 13:41.9; 3, J.Llewellyn (Belgrave) 14:16.0; 4, M.Scamell 14:36.4; ... 6, P.Warburton 15:33.0; 7, D.Fotheringham 16:08.2.

SURREY CHAMPS., KINGSMEADOW, 13 SEP

4, C.Lawton 14:59.2; 5, E.Crutcher 15:27.5; 6, P.King 16:33.8.

Carl questions the rules ...

Is the IAAF judging system too ridiculous for words? The BBC commentators, attempting to explain it to the general public from Barcelona, had not the faintest idea of how it worked. How can we possibly encourage new recruits if we have such a complicated system? If a disqualification is received who is going to spend time after the race trying to find the reason for the decision. With the sensible straight forward one-judge system then the reason was immediately explained.

I have fallen foul of a judges decision on four occasions: two resulting in disqualification (both on the single judge system), the third a single card under the IAAF system, which was a case of mistaken identity with the wrong number going on the card, and the fourth also a single card. In the latter case the judge, when approached after the race, probably could not remember the incident and was 'wooly' in his explanation.

Maybe we should go for scrapping the IAAF system and have two judges standing together and making a joint decision.

Moving on to the two reasons for a disqualification: loss of contact and the 'bent knee'. Maintaining contact was always the original definition of walking. Regrettably, due to the introduction of the 'shuffle' and flat foot contact instead of 'heel and toe', decisions were taken by those on high, to introduce the 'bent knee' rule. This has without doubt taken out from walking those we needed to keep in. If a 'bent knee' rule is needed then all it should say is "If the reaction of a bent knee clearly assists the progression of a walker then this should be reason for disqualification".

CLUB CHAMPIONSHIPS 1992

a - 11 May, b - 27 May, c - 10 Jun,
d - 22 Jun.

Senior Men

100m(b): 1, M.Bazire 10.8; 2, G.Corsini 11.0; 3, S.Ogilvie-Lang 11.6; 4, K.Mitcuen 11.9; 5, C.Brooks 12.8; 6, I.Atkins 12.9.
200m(b): 1, M.Bazire 22.9; 2, G.Corsini 23.3; 3, S.Ogilvie-Laing 24.0; 4, N.Phipps (guest) 27.5; 5, C.Brooks 27.7.
400m(c): 1, M.Bazire 50.6; 2, G.Corsini 51.9; 3, J.Busk 53.1; 4, C.Husbands 55.7.
800m(b): 1, D.Scott 1:54.3; 2, S.Paton 1:55.8; 3, Mark Anderson 1:56.8; 4, J.Booth 2:00.4; 5, R.Alsop 2:01.6; 6, J.Barry 2:10.9; 7, A.Stone 2:30.5.
1500m(c): 1, C.Ogle 3:59.0; 2, Mark Anderson 3:59.5; 3, R.Alsop 4:07.1; 4, S.Smullen 4:24.1; 5, M.Mazzotta 4:26.0.
5000m(d): 1, M.Bizio 15:23.0; 2, J.Ryle 15:41.3; 3, M.Mazzotta 15:44.5; 4, O.Lewes 15:56.4; 5, M.Coke 16:05.1; 6, M.Stevens 16:29.5; 7, I.Dent 16:30.7; 8, A.Gigg 17:10.7; 9, T.Williams 17:23.2; 10, A.Stone 17:47.1; 11, D.Savorani 18:03.5.
10000m(a): 1, C.Dickinson 32:41.7; 2, M.Webb 33:05.2; 3, M.Lake 33:21.1; 4, D.Williams (guest) 33:47.3; 5, S.Willimont 35:11.6; 6, T.Williams 35:22.4; 7, M.Miller (guest) 36:09.3; 8, R.Bale 37:12.6; 9, A.Stone 38:06.6; 10, T.Lawton 43:08.7.
3000mSC(b): 1, R.Harding 10:31.6; 2, T.Earle (Y) 11:48.7.
HT(b): 1, R.Bridges 22.26. JT(c): 1, S.Ogilvie-Laing 31.32.

Junior Men

100m(b): 1, I.Atkins 12.9.
200m(b): 1, S.Dominetti 24.4; 2,



M.Readhead 25.3; 3, C.Mitcuen (guest) 26.0; 4, I.Atkins 29.0; 5, C.Elmoudden (guest) 30.4.
400m(c): 1, M.Readhead 55.5; 2, I.Atkins 68.2. LJ(b): 1, S.Dominetti 6.39; 2, M.Readhead 5.33; 3, I.Atkins 4.53; 4, C.Elmoudden (guest) 4.15. TJ(b): 1, M.Readhead 11.06; 2, I.Atkins 8.58. JT(c): 1, I.Atkins 23.24.

Youths

100m(b): 1, C.Chirewa 11.9; 2, R.David 12.0; 3, T.Evbermata 12.2; 4, R.Auckloo 12.4; 5, N.Browning 12.7; 6, S.Booth 13.1.
200m(b): 1, R.David 25.0; 2, G.Mason 25.5; 3, R.Auckloo 25.6; 4, T.Evbermata 25.8; 5, S.Booth 26.1.
400m(c): 1, F.Niko 52.6; 2, G.Mason 53.2; 3, R.David 55.1; 4, B.Hamill 56.0; 5, C.Chirewa 58.0; 6, R.Head 58.2; 7, E.Vanson 62.0.
800m(b): 1, F.Niko 1:59.9; 2, G.Mason 2:01.1; 3, B.Hamill 2:08.5; 4, M.Millier

2:12.7.
1500m(c): 1, T.Earle 4:47.3; 2, E.Vanson 5:14.1.
110mH(c): 1, R.David 17.0. HJ(b): 1, R.David 1.60. LJ(b): 1, N.Browning 5.54; 2, T.Evbermata 4.89; 3, E.Hassan 4.38. 4, J.Selasie 3.98; 5, N.Whorlow 3.35; 6, A.Mason 3.18. TJ(b): 1, R.David 10.66. SP(c): 1, A.Barnett 9.20; 2, S.Pascoe 6.15. DT(c): 1, A.Barnett 22.58. JT(c): 1, S.Hain 39.92; 2, S.Pascoe 32.28; 3, R.David 23.50.

Boys

100m(b): 1, M.Dickson 12.1; 2, G.Mensah-Bonsu 12.8; 3, S.Scott 13.2; 4, M.Padfield 15.7.
200m(b): 1, M.Dickson 25.8; 2, G.Mensah-Bonsu 26.9.
400m(c): 1, R.Milner 55.5; 2, P.Lloyd 55.7; 3, M.Baldock 56.8; 4, R.Bentley 65.8.
800m(b): 1, R.Milner 2:17.5; 2, M.Davis 2:22.5; 3, D.Todd 2:29.2; 4, S.Scott 2:33.5; 5, J.Wilson 2:33.9; 6, R.Bentley 2:50.9.
1500m(c): 1, J.Wilson 5:00.0; 2, D.Todd 5:00.5.
80mH(c): 1, M.Davis 12.6; 2, R.Milner 13.2; 3, M.Baldock 13.2; 4, G.Mensah-Bonsu 13.3; 5, S.Scott 13.4. HJ(b): 1, M.Davis 1.55. LJ(b): 1, S.Scott 4.15; 2, M.Dickson 4.14; 3, R.Bentley 3.81; 4, M.Padfield 3.36. TJ(b): 1, M.Baldock 11.24; 2, S.Scott 9.75. SP(c): 1, M.Baldock 11.11; 2, R.Milner 8.65. JT(c): 1, M.Davis 41.54; 2, R.Bentley 19.58.

Colts

100m(b): 1, A.Hill 13.5; 2, E.Hassan 13.7; 3, D.Thompson 13.9; 4, N.Whorlow 16.1.
200m(b): 1, A.Hill 28.1; 2, E.Hassan 28.5.
400m(c): 1, D.Batchelard 76.7.
800m(b): 1, N.Whorlow 2:44.9; 2, D.Wilkinson 2:47.4; 3, A.Mason

Left: Everyone a timekeeper! It's fingers on buttons at the start of the Club 10k for Martin Lake, Tony Stone (behind), Charlie Dickinson (who knows they always time first place), Terry Lawton, Mike Webb, Trevor Williams, Steve Willimont and Rex Bale.

Opposite page (clockwise): With 300 metres to go in the 1500 it seemed that Mark Anderson (58) might just get on terms with Chris Ogle (65) but the gap remained the same to the line.

Marco Mazzotta, Roger Alsop, Mark and Chris at the 1500 metre start.

Jacinta Moore has broken away from the 1500 metre field by nearly a quarter of a minute.

The ladies 1500 metre line-up - Sophia Howard, Helen Maskrey, Jacqui Smiter and Jacinta.

Jackie Stone (42) has set a 400 metre pb this year and won several league races over the distance but got pipped by 1/10th in the championship by Jessica Dash (45).

Around the first turn in the 800 metres and Jacinta is already setting the pace from Jacqui Smiter (50), Jackie Stone (outside), Laura Wilson and Sophia Howard.

Vikki Smith placed 3rd in the Girls' shot.

Centre. Mike Webb cuts out the 10k pace but Charlie Dickinson, followed by guest Denis Williams and Martin Lake, is biding his time.

2:55.9. 1500m(c): 1, S.Vella 4:56.3; 2, N.Whorlow 5:50.4.
80mH(c): 1, N.Whorlow 22.1. HJ(b): 1, D.Thompson 1.35.

Senior Women (and Intermediates)
100m(b): 1, B.Kulidzan 13.1; 2, J.Dash (I) 13.3; 3, S.Scott (I) 13.3; 4, P.Friel (I) 13.5; 5, A.Patten 14.1; 6, P.Patten 14.5.
200m(b): 1, B.Kulidzan 27.2; 2, S.Scott (I) 28.0; 3, P.Friel (I) 28.2; 4, J.Dash (I) 28.6; 5, J.Stone 30.0; 6, S.Howard 32.7.
400m(c): 1, J.Dash 61.2; 2, J.Stone 61.3.
800m(b): 1, J.Moore 2:28.8; 2, J.Stone 2:31.2; 3, J.Smither 2:35.9; 4, L.Wilson (M) 2:39.0; 5, S.Howard 2:41.1.
1500m(c): 1, J.Moore 5:01.2; 2, H.Maskrey 5:15.7; 3, J.Smither 5:19.1; 4, S.Howard 5:28.5.
5000m(d): 1, J.Moore 19:30.7; 2, J.Smither 20:32.6.
100mH(c): 1, J.Dash 18.1; 2, B.Kulidzan 19.2; 3, A.Patten 19.9. HJ(b): 1, J.Smither 1.45; 2, A.Patten 1.40; 3, J.Dash (I) 1.30; 4, S.Howard 1.20. LJ(b): 1, J.Dash (I) 4.48; 2, A.Patten 4.29. SP(c): 1, A.Patten 7.91; 2, P.Keeler 7.51; 3, P.Mead 6.16.

continued over page ...



Angela Patten displays just one of the six Club Championship medals that made up her haul for 1992. She placed first in javelin and shot, second in discus, long and high jumps, and third in the 100 metre hurdles. Now she's competing in the cross country races!



CLUB CHAMPIONSHIPS

DT(c): 1, P.Keeler 22.68; 2, A.Patten 21.86; 3, G.Richardson 19.70; 4, J.Smiter 18.18; 5, P.Mead 16.04; 6, S.Howard 14.64. JT(c): 1, A.Patten 24.88; 2, G.Richardson 23.44; 3, C.Bazin 23.10; 4, J.Dash 16.64; 5, J.Smiter 14.84; 6, P.Mead 14.16.

Girls (and Minors)

100m(b): 1, S.Simon 13.3; 2, A.Mensah-Bonsu 13.6; 3, M.Simon 13.7; 4, L.Warbrick 14.2; 5, M.White (guest) 14.7; 6, M.Joslyn

(M) 15.2; 7, B.Simon (M) 15.4. 200m(b): 1, S.Simon 28.3; 2, A.Mensah-Bonsu 29.5; 3, M.Simon 29.9; 4, B.Simon 35.4. 75mH(c): 1, M.Simon 13.7; 2, A.Mensah-Bonsu 15.2. HJ(b): 1, L.Wilson 1.15. SP(c): 1, S.Milner (guest) 7.70; 2, S.Simon 6.17; 3, V.Smith 5.93; 4, H.Mead 5.36. DT(c): 1, S.Milner (guest) 14.90; 2, S.Simon 12.74; 3, V.Smith 12.52; 4, R.Dickinson 11.34. JT(c): 1, H.Mead 16.36; 2, A.Mensah-Bonsu 9.76; 3, S.Stracey 9.14.

Schools Results

LONDON SCHOOLS COMBINED EVENTS, BATTERSEA PARK, 8 MAY 1992

Carolyn Bazin seemed to be in control from the start, but with the final event, the 800 metres, Jessica Dash clinched the top spot.

Intermediate Girls

Hexathlon: 1, J.Dash (SP 6.21, 80mH 14.4, LJ 4.60, JT 13.82, HJ 1.50, 800m 2:39.0) 2649pts; 3, C.Bazin (7.40, 14.5, 4.45, 25.90 1.35, 2:53.6) 2583pts; 6, S.Scott (5.43, 14.9, 3.86, 8.24, 1.15, 2:57.6) 1729pts.

Junior Girls

Pentathlon: 6, S.Stracey (LJ 3.93, 75mH 16.7, SP 5.24, HJ 1.20, 800 3:04.3) 1438pts.

Junior Boys

Pentathlon: 3, M.Davis (80mH 12.9, SP 8.67, HJ 1.60, LJ 4.82, 800m 2:28.0) 2152pts; 15, D.Daldin (15.5, 7.66, 1.50, 4.57, 3:09.1) 1413pts.

LONDON CHAMPS., BATTERSEA, 12/13 JUN 1992

Intermediate Girls

300m: 1, J.Dash 45.1. 300mH: 1, J.Dash 47.3

Junior Girls

200m: 1, S.Simon 27.6.

Junior Boys

100m: 2, L.Nunoo 11.8. 800m: 1, P.Lloyd 2:13.5.

MIDDLESEX CHAMPS., COTTHALL, 12 JUN 1992

Intermediate Boys

800m: 1, B.Hamill 2:02.9. TJ: 1, J.Ganio 11.80.

SURREY CHAMPS., KINGSMEADOW, 11/13 JUN 1992

Senior Boys

HJ: 1, S.McLean 1.98

Intermediate Boys

800m: 1, F.Niko 1:57.3 (CBP); 3, G.Mason 1:58.0.

Junior Boys

200m: D.Jackman 25.6. 400m: 2, R.Milner 53.6. 1500m: 2, T.Evans 4:25.7. PV: 1, M.Baldock 2.80.

WANDSWORTH SCHOOLS, TOOTING 1 JUL 1992

100m: 1, L.Nunoo 11.8.



Above: New pole vault record holder Mark Baldock storms to a Thameside 400 metre win at Battersea in 55.6.

● Mark Shippen's Club pole vault record for the Boys' age-group was a good one at 3.20 metres but this year it got wiped out in a big way by Mark Baldock. Mark got close early on in the season with 3.15 in an open meeting at Horsham where he also took the shot competition with 10.82. Then, on July 19th at Thurrock in the YA League, came his monster improvement to 3.50. It was no flash in the pan either, for within three days he was over 3.40 at Crawley. What next? Our Youth record of 4.20?



Above: Laura Wilson, winner of the "Centenary Cup" for 1992.

● Some startling 1500 metre times have come from young Laura Wilson. At 12 years of age she was classed as a Minor on the track in 1992 but will still be in the same age group next year. However, she has regularly raced in the Girls' age group - and won. Her best time of 5:14.8 was set at St. Albans in the Southern League, a time that equals the Club record and places her third in our Women's rankings for 1992.

But athletic talent in the Wilson family is not confined to the female side. Brother John also enjoys being in the action over 1500 metres and currently has the upper hand with a 4:52.0 clocking. Already this winter he is carving up the cross-country fields to good effect.

Below: John Wilson leads Simon Vella and Darby Todd in the Boys' and Colts' Club 1500m.



TSB ENGLISH SCHOOLS CHAMPS., HULL, 10/11 JUL 1992.

Never have we had so many youngsters at the All England Schools. No less than twelve Belgravians, ten boys and two girls, made the long trip up to Hull for the meeting that covers as many events in two days as the Olympics does in a fortnight.

We were proud to find that Jessica Dash had been made Captain of her London team; she set a personal record in the 300 metre hurdles. Nearest of the Bels. to the "gold" was Stanley Osuide in the high jump where in poor conditions he was beaten only by Senior Olympic selection Brendan Reilly. Saskia Buckland was just 1cm down on her best in the Junior Girls' event. Javelin thrower Ben Cascoe gave no hint of what was to come a little later in the summer. Here he placed 13th with 41.28 but a month later in a Thameside match he launched a marvellous 51.16 that would have won him the English Schools title.

Intermediate Girls

300mH: hts. 4, J.Dash (London) 46.77.

Junior Girls

HJ: =10, S.Buckland (London) 1.51

Senior Boys

HJ: 2, S.Osuide (Essex) 2.07; 6, S.McLean (Surrey) 1.98.

Intermediate Boys

800m: hts. 3, F.Niko (Surrey) 2:00.9; 6, G.Mason (Surrey) 2:00.92; s-f 6, F.Niko (Surrey) 2:01.55.

Junior Boys

100m: hts. 4, L.Nunoo (London) 11.97; s-f 7, L.Nunoo 12.01. 400m: hts. 3, R.Milner 54.06; s-f 6, R.Milner (Surrey) 54.46. 800m: hts. 4, P.Lloyd (London) 2:07.5. TJ: 17, J.Ganio (Middlesex) 11.55. PV: 4, M.Baldock (Surrey) 3.15. JT: 13, B.Cascoe (London) 41.28.

Overheard . . .

"It's like the blinkin' Kenyan Championships out there. You're jogging along at 7 minute mile pace and then they're off again."

- Stu' Paton, on his return to the Hall one Sunday morning, worn to a shadow after a 57 minute cross-country '10' with John Ngugi and Richard Chelimo's younger brother.

"I don't know how he managed to get a fly in his eye. He runs along with one eye permanently shut and the other one just open for the odd second to see where he is."

- Terry Lawton on Keith Duckett, the latter having stopped to extricate the offending insect while Terry and the rest of the Thursday evening pack take the opportunity to grab a 50 metre break.

"It's him. It's his fault. He keeps putting me off."

- A laughing Angela Patten, having just parted the hair of the Belgravian photographer with an out of sector discus throw, when he had just switched from one side of the arc to the other after an earlier near miss.

It's "pbs" from the marathon down to 1,500 metres for

Hard working Helen

We all know that consistent and solid mileage will pay a distance runner dividends in the end but actually getting down to doing it on a regular basis, week in and week out, is another matter. One who has proved the theory to her own satisfaction is 25 year-old Helen Maskrey who this year has set a series of personal records ranging from the marathon down to 1,500 metres.

Born in Belper, Derbyshire, Helen's introduction to the sport was the inevitable 100 and 200 metres at school but it wasn't until she moved to London that she became involved with the athletics scene. Looking for something to do she picked up a booklet giving information on the facilities at the nearby Wanstead Leisure Centre and tucked in with it was an advertisement for the East London Runners. "Why not give running a try," she thought.

Early training in 1988 consisted of a single weekly jaunt of three to four miles,

and then a job change took her to the Sports Council where she met John Davies and fell in with this strange breed who seemed to want to go running in every spare moment. Runs became more frequent as she set out at lunchtime or in the evening with John, Mark Hutton and Paul Cooper. Soon Helen was fit enough to tackle a half-marathon and her first one, in the summer of 1988, was at Cambridge. She completed it in 1:53.49.

Soon afterwards Helen decided that she wanted to run in the next London Marathon and following a series of half-marathons in the autumn was not surprisingly persuaded to join the Bels. in late '88 to train for the race. Since those days the standard of her running seems to have relentlessly gone up and up and four years later there are no signs of a levelling out.

Now living in Southfields she gets up to the Club on Thursdays and Saturdays, runs from home on other days, and regularly clocks up 35 to 40 miles per week. Road running is her first love and this year has seen her win prizes in several events including a 2nd place in the Poly Marathon and a big one "back home", the Derby Ramathon, a race held over the half-marathon distance where she placed 5th in 87:00 and won a pair of running shoes. She has led our women's team to overall victory in the Surrey road race series and taken our own inaugural 10k event to boot.

But the track has also attracted her talent and she has been involved in Southern Women's League action over 3,000 and latterly 1,500 metres. Times dropped from the mid-11 minutes area to 10:59-odd without any specialised training and have led her now to include track sessions in her schedule - repetitions over distances from 600 down to 200 metres with Chris Christou's group at Battersea. In the late season Inter-Boroughs event, representing Wandsworth, the track sessions gave early proof of their worth with a further reduction of her 3k time down to 10:51. It is likely that she will continue with some track work throughout the winter and with the additional experience and sharpening up on the "all-weather oval" she should be able to bridge the gap between her current best and the lower reaches of the UK Rankings.

Cross-country hasn't really featured in her career so far but as the Surrey road racing series has underlined, we do have the ability to make a mark in team races and Helen admits to be "expecting to get roped in". No doubt Harry is reaching for the 'phone this very minute!

Alan Mead



WOMEN'S TRACK & FIELD

OSTEND INTERNATIONAL RELAYS

Belgrave sent a ladies team to Ostend for the third year on the trot, Jacintha Moore and Monica O'Brien being the only two of the original team in 1990. Each year we have improved, this year finishing 7th out of the 60-odd teams entered. Maybe next year we will come first and knock Ashford Ladies, winners in 1991 and 1992, off the top. A special mention must be made of Pamela Dowden who ran with a bad injury and collapsed on the line.

This year's team were: Jacintha Moore, Jessica Dash, Caroline Bazin, Monica O'Brien, Wendy Teahan, Jackie Stone, Jacqui Smiter, Barbara Kulidzan, Pamela Dowden and Angela Patten.

INTER-CLUB MATCH, BATTERSEA PARK, 11 APR

Seniors

100m: 4, J.Dash 13.9. 200m: 4, P.Friel 28.6. 400m: 2, J.Stone 65.1; 1, N.Alexander 67.7. 800m: 4, J.Moore 2:27.5; 3, J.Smiter 2:35.1. 1500m: 2, J.Moore 5:01.2; 2, S.Howard 5:33.6. 3000m: 5, N.Mills 11:35.7. 100mH: 3, J.Dash 19.3; 2, A.Patten 20.3. HJ: 4, J.Smiter 1.45. LJ: 6, J.Dash 3.74; 4, N.Alexander 3.45. SP: 6, B.Dunsford 4.92; 5, R.Elliot 4.47. JT: 6, A.Patten 21.94. 4x100m: 5, Belgrave 57.5. 4x400m: 2, Belgrave 4:31.5.

Girls

100m: 4, S.Scott 13.8; 3, M.Simon 14.2; n/s. S.Stracey 14.0; B.Simon 15.5. 200m: 3, S.Simon 28.7; 2, S.Stracey no time. 75mH: 4, A.Mensa-Bonsu 16.5. HJ: 3, A.Mensa-Bonsu 1.25; 2, L.Wilson

Many thanks to JACQUI SMITER and JACKIE STONE for putting together this section of the magazine.

Don't forget to let either of them know about your open meetings or school results so that we can record the details in future publications of "The Belgravian".

1.20. LJ: 2, S.Stracey 4.39. Teams: 1, Epsom & Ewell 261; 2, Kingston & Poly 208; 3, Croydon 201; 4, Belgrave 128; 7 teams took part.

SOUTHERN LEAGUE DIVISION 3 MATCH 1, BATTERSEA PARK, 25 APR

What a way to start a season. A win on home ground! Everything was on our side - good weather (except for a little downpour at the start), excellent teamwork, excellent atmosphere and not forgetting our excellent team managers Harry Porter and Cynthia James. At the end of the day ten personal bests had been achieved and the team went home with smiling faces. Well done ladies.

Seniors

100m: 3, C.Bazin 13.6; 3, S.Scott 13.8. 200m: 2, B.Kulidzan 27.3; 3, P.Friel 28.5. 400m: 1, J.Stone 63.0; 3, N.Alexander 69.1. 800m: 1, J.Moore 2:26.8; 2, J.Smiter 2:37.2. 1500m: 2, J.Moore 5:11.3; 1, J.Smiter 5:34.3. 3000m: 2, H.Maskrey 11:13.1; 4, T.Dowdall 14:53.0. 100mH: 4, J.Dash 19.0; 2, B.Kulidzan 19.6. 400mH: 1, J.Stone 71.1. HJ: 3, J.Smiter 1.40; 1, J.Dash 1.40. LJ: 3, C.Bazin 4.40; 3, S.Scott 4.10. SP: 4, S.Bradley 9.24; 2, P.Keeler 7.08.

DT: 3, S.Bradley 27.40; 3, P.Keeler 19.94. JT: 3, C.Bazin 25.30; 4, P.Mead 14.34. 4x110m: 3, Belgrave 54.2. 4x400m: 2, Belgrave (J.Stone, P.Friel ?, N.Alexander, J.Dash) 4:19.3.

Girls

100m: 4, A.Mensa-Bonsu 14.6; 2, M.Simon 13.8; n/s L.Warbrick 14.5; D.Archer 15.5; B.Simon 15.6; M.Powell 18.8. 200m: 1, S.Simon 28.0; 3, L.Warbrick 30.0. 800m: 2, E.Thompson 2:50.9; 4, T.De Cilia 2:57.8. 1500m: 1, L.Wilson 5:23.5. 75mH: 2, M.Simon 13.5; 2, A.Mensa-Bonsu 16.0. HJ: 1, S.Buckland 1.52; 1, L.Wilson 1.25. LJ: 1, S.Stracey 4.50; 3, A.Mensa-Bonsu 3.88. DT: 2, S.Simon 15.68; 2, M.Simon 11.02. JT: 2, H.Mead 17.84; 4, L.Wilson 5.58. 4x100m: 1, Belgrave 55.1; n/s 1, Belgrave 59.4. Teams: 1, Belgrave 164; 2, Camberley 163; 3, East Grinstead 145; 4, Havant 133; 5, Bexley 110.

THAMESIDE LEAGUE MATCH 1, BATTERSEA PARK, 9 MAY

The weather was against us with heavy rain on and off for the first Thameside League. But this didn't dampen the enthusiasm of our youngsters who notched up thirteen wins during the afternoon.

Girls

100m: 1, M.Simon 14.0; 1, L.Warbrick 14.1. 200m: 1, S.Simon 27.5; 1, S.Stracey 28.8. 800m: 3, S.Stracey 2:47.0. 75mH: 1, M.Simon 13.2. LJ: 1, L.Warbrick 4.28. SP: 5, H.Mead 5.28; 5, M.Simon 5.05. DT: 2, S.Simon 15.56. JT: 5, H.Mead 9.34. 4x100m: 1, Belgrave 60.0. Teams: 1, Richmond & Twickenham 75; 2, Herne Hill 61; 3, Queen's Park 59; 4, Belgrave 57.

Minors

100m: 2, D.Archer 15.0; 1, B.Simon no time. 200m: 1, A.Mensa-Bonsu 29.3; 1, D.Archer no time. 800m: 1, A.Mensa-Bonsu 3:02.6. 1500m: 1, L.Wilson 5:38.3. 70mH: 1, L.Wilson 1.23. 4x100m: 1, Belgrave 60.2. Teams: 1, Southwark 68; 2, Pad-dock Wood 61; 3, Belgrave 53.

Barbara Kulidzan tops our 100 and 200 metre ranking lists for 1992 but here she picks up some points in the long jump at St. Albans.

COUNTY CHAMPIONSHIPS

MIDDLESEX at ENFIELD, 17 MAY

Congratulations to Jessica and Pamela. Jessica gained a WAAA Grade III Standard to go with her silver medal in the hurdles, just missing the Grade II standard by half a second, while Pamela won a bronze in her first ever 400 metres.

Seniors

100m heats: B.Kulidzan 13.75. Intermediates 300m: 3, J.Dash 45.4. 400m: 3, P.Friel 63.5. 300mH: 2, J.Dash 47.9.

SURREY at CROYDON 16/17 MAY

No medals came our way but there were good performances all round. Serrita (200m), Jackie (400m), and Mellisa (75m hurdles), all ran their fastest times ever and Jacqui Smiter was just outside her personal bests in both the 800 and 1500 metres. A good run also came from Jacintha Moore in the 1500m.

Seniors

400m: 6, J.Stone 62.4; 800m: hts. 6, J.Smiter 2:34.7. 1500m: 5, J.Moore 4:56.6; 11, J.Smiter 5:20.0. 400mH: J.Stone 5, 71.0.

Girls

100m: s-f 8, L.Warbrick 14.5 (ht.14.2); 8, M.Simon 14.3 (ht.14.1). 200m: 5, S.Simon 27.7. 800m: hts. 9, E.Johnson 2:44.3. 75mH: 6, M.Simon 13.2.

ROSENHEIM LEAGUE DIV. WEST MATCH 1, KINGSMEADOW, 20 MAY

Out of six teams due to compete only four turned up which made it easy for us to win this first match. The best performance came in the 4 x 200 metres relay where we finished 200 metres in front of the next team, Epsom & Ewell.

100m: 1, P.Dowden 13.2. 200m: 1, B.Kulidzan 27.1. 400m: 1, J.Stone 63.4. LJ: 2, J.Smiter 4.23. 4x200m: 1, Belgrave 1:55.3.

Teams: 1, Belgrave 29; 2, Kingston & Poly 25; 3, Epsom & Ewell 20; 4, Walton 19.

SOUTHERN LEAGUE DIVISION 3 MATCH 2, COLCHESTER, 23 MAY

We headed to Colchester with a fairly strong team but a few faces were missing from our winning squad from match one. With only the relays left Belgrave were tying for third with two other clubs and it could have been third or last for the Bels. At the end of the day we came up tops!

Seniors

100m: 4, P.Dowden 13.6; 4, C.Bazin 14.1. 200m: 4, B.Kulidzan





Above: The Women's Team and supporters at St. Albans.
Back row: Derek Jones, Win Shepherd, Cynthia James, Jean Hutcherson, Richard James, Raymond James, Natalie Stracey, Sue Porter, Helen Maskrey, Peter Simon, Jenny Christou, Nina Mills, Sasha Kulidzan, Pat Mead, Mr. Powell, Michelle Powell, Hazel Mead, Carly Mullins, Veronica Simon.
Middle row: Pam Friel, Mellisa Simon, Serrita Simon, Abena Mensah-Bonsu, Sarah Scott, Syreeta Stracey, Vikki Smith, Petronell Keeler, Emma Sartain, Bianca Simon.
Bottom row: Harry Porter, Barbara Kulidzan, Angela Patten, Jackie Stone, Jacqui Smiter, Sophia Howard.

27.4; 3, P.Dowden 27.2. 400m: 3, J.Stone 64.3; 2, P.Friel 64.8. 800m: 4, J.Smiter 2:33.9; -, N.Alexander 2:48.0. 1500m: 4, J.Smiter 5:27.6; -, S.Howard 5:39.0. 3000m: 3, H.Maskrey 11:25.4; 2, N.Mills 12:07.0. 100mH: 2, J.Dash 17.5; 1, A.Patten 19.1. 400mH: 1, J.Stone 69.9; 1, J.Dash 69.0. HJ: 3, J.Smiter 1.50; 2, J.Dash 1.35. LJ: 4, C.Bazin 4.13; 5, S.Scott dist.not known. SP: 5, A.Patten 7.60; 4, P.Keeler dist. not known. DT: 4, A.Patten 21.78; 4, P.Keeler 19.62. JT: 4, A.Patten 28.12; 1, C.Bazin 25.20. 4x100m: 3, Belgrave 51.7. 4x400m: 3, Belgrave 4:21.2.

Girls
 100m: 4, M.Simon 14.2; 1, S.Simon 13.4; n/s B.Simon 15.4; M.Power 17.6. 200m: 3, S.Simon 27.6; 2, M.Simon 29.9. 800m: 4, T.De Cilia 2:51.5; 5, S.Bowdace 3:00.8. 1500m: 5, C.Udin 7:13.8. 75mH: 4, M.Simon 13.5; 3, L.Wilson 16.2. HJ: 5, S.Bowdace 1.20; 5, L.Wilson 1.05. LJ: 5, T.De Cilia 3.70; -, S.Bowdace dist.not known. SP: 5, H.Mead 5.32; 5, S.Stracey 4.77. DT: 5, S.Simon 10.78; 4, H.Mead 10.20. JT: 3, H.Mead 16.00; 5, S.Stracey 5.44. 4x100m: 4, Belgrave 58.5.
 Teams: 1, Colchester 201; 2,

Norfolk 145; 3, Belgrave 124; 4, Hayes 122; 5, Holland Sports 119.

THAMESIDE LEAGUE MATCH 2, BATTERSEA PARK, 30 MAY

Considering that we only had one Minor and five Girls turning up for the second match in the Thameside League, we did pretty well. Each girl covered more than one event and with our little squad both teams found themselves in 5th place overall after the two matches so far.

Girls

100m: 4, M.Simon 14.2; 2, L.Warbrick 14.3; n/s 1, B.Simon 15.9; 2, C.Mullins 16.6. 200m: 4, M.Simon 29.3; 3, L.Warbrick 29.5; n/s 2, B.Simon 33.2. 1500m: 2, S.Stracey 6:21.2. 75mH: 2, V.Smith 13.2. LJ: 5, L.Warbrick 3.96. SP: 4, V.Smith 6.46; 5, H.Mead 5.35. DT: 7, V.Smith 11.38; 5, H.Mead 10.88. JT: 5, V.Smith 7.82. 4x100m: 4, Belgrave 57.8.
 Teams: 1, Herne Hill 100.5; 2, Croydon 96; 3, Paddock Wood 86; ... 6, Belgrave 52.
 Minors
 1500m: 1, L.Wilson 5:30.3. 70mH: 1, L.Wilson 13.8. HJ: 1, L.Wilson 1.30.

Teams: 1, Croydon 107; 2, Paddock Wood 73; =3, Queen's Park & Southwark 67; ... 7, Belgrave 21.

ROSENHEIM LEAGUE DIV. WEST MATCH 2, WALTON, 3 JUN

1500m: 1, J.Smiter 5:22.7. HJ: 2, J.Smiter 1.40. JT: 4, J.Smiter 12.42.

Teams: 1, Kingston & Poly 50; 2, Epsom & Ewell 42; 3, Walton 41; 3, Belgrave 14.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 3, ALDERSHOT, 6 JUN

Before the match got under way we knew that we had a tough competition in front of us. With Belgrave placed 12th in the league, all the other teams were placed higher, but we didn't let our team spirit drop. Everyone battled their hearts out and even though we finished 5th our score was better than at Colchester where we were 3rd.

Seniors

100m: 4, B.Kulidzan 13.2; 3, S.Scott 13.5. 200m: 2, B.Kulidzan 26.9; 5, N.Alexander 31.1. 400m: 2, J.Stone 60.7; 3, P.Friel 64.6. 800m: 4, J.Moore 2:28.9; 3, J.Smiter 2:33.0. 1500m: 1, J.Moore 4:59.4; 3, S.Howard 5:25.7. 3000m: 1, H.Maskrey 10:59.8; 1, N.Mills 11:43.4. 100mH: 1, J.Dash 16.6; 2, A.Patten 20.0. 400mH: 2, J.Dash 67.8; 1, J.Stone 68.9. HJ: 5, J.Smiter 1.45; 5, J.Dash 1.30. LJ: 5, N.Alexander 3.84; 5, S.Scott 3.46. SP: 3, A.Patten 7.78; 3, P.Keeler 7.40. DT: 4, P.Keeler 23.38; 3, A.Patten 21.46. JT: 4,

A.Patten 20.64; 4, P.Mead 14.42. 4x100m: 5, Belgrave 54.3. 4x400m: 2, Belgrave 4:18.5.

Girls

100m: 3, S.Simon 13.2; 1, M.Simon 13.9. 200m: 4, S.Simon 27.8; 3, M.Simon 29.5. 800m: 5, R.Dickinson 3:21.3; 5, A.Mensah-Bonsu time not known. 1500m: 2, L.Wilson 5:41.4; 3, S.Stracey 6:05.6. 75mH: 2, M.Simon 13.1; 2, A.Mensah-Bonso 15.0. HJ: 2, L.Wilson 1.30; 5, A.Mensah-Bonso 1.15. LJ: 4, L.Warbrick 4.30; 3, S.Stracey 4.05. SP: 5, V.Smith 6.06; 5, H.Mead 6.02. DT: 5, S.Simon 12.50; 4, V.Smith 12.26.

Gabby Collison ran her fastest 3,000 of the year with 10:14.3 at Crawley in an open meeting on June 3rd but she clocked up another good one at Barry in August with 10:16.0. She also placed 2nd on the road over 10k at Ammonford on 30th August with 38:37.

Helen Maskrey placed 11th in 40:05 in the "Dysart Dash 10k on June 28th.

As you will read elsewhere, young Laura Wilson has been burning up the tracks. She started the season in April with 1:57.8 for a 600 metre event at Tooting - that's 2:37 pace for 800 - and at the Herne Hill Open at the end of August she had become strong enough to maintain that pace for a full two laps - 2:37.0 for her fastest ever 800.



Left: It's another win for the Simon family - this time the Girls' 100 metres at Aldershot with Mellisa (BB) crossing the line first. But Mellisa is just one of the "Sporting Simons". Sisters Serrita and Bianca also regularly compete successfully for Belgrave, youngsters Tequila and Max are bit small just yet but add their vocal support, Dad is Peter who trains a boxing team when he is not travelling with the team to urge them on and Mum is Veronica who has putt the shot for us before now.

WOMEN'S TRACK & FIELD

JT: 5, H.Mead 10.18; 5, V.Smith 8.12. 4x100m: 5, Belgrave 55.8.
Teams: 1, Herne Hill 161; 2, Aldershot, Farnham & Dist 160; 3, Horsham Blue Star 144; 4, Andover 137.5; 5, Belgrave 129.5.

ROSENHEIM LEAGUE DIV. WEST MATCH 3, KINGSMEADOW, 17 JUN

After a good start in this league we dropped down to 4th place due to a poor turn-out. Jacqui Smiter set a pb in the 1500 metres to win by 7 seconds but Angela Patten had trouble with her run up in the long jump and finished with four "no jumps", therefore gaining no points.

400m: 4, J.Stone 62.7. 1500m: 1, J.Smiter 5:16. DT: 4, A.Patten 19.34.
Teams: 1, Epsom & Ewell 46; 2, Walton 39; 3, Kingston & Poly 34; 4, Belgrave 12.

ROSENHEIM LEAGUE DIV. WEST MATCH 4, KINGSMEADOW, 1 JUL

100m: 1, J.Dash 13.6. 200m: 1, B.Kulidzan 28.0; n/s J.Dash 28.8. 400m: 1, J.Stone 63.3. HJ: 1, J.Smiter 1.40. JT: 4, J.Smiter 11.94. SP: 4, A.Patten 8.30. 4x200m: 2, Belgrave 1:52.9.
Teams: 1, Epsom & Ewell 40; 2, Walton 39; 3, Belgrave 35; 4, Kingston & Poly 13.

THAMESIDE LEAGUE MATCH 3, BATTERSEA PARK, 4 JUL

Girls
100m: 4, L.Warbrick 14.1. 200m: 4, L.Warbrick 29.1. LJ: 4, L.Warbrick 3.99. SP: 6, H.Mead 5.53. DT: 5, H.Mead 14.04. JT: 5,

H.Mead 9.26.

Teams: Herne Hill 118; 2, Queen's Park 111; 3, Richmond & Twickenham 107; ... 6, Belgrave 20.

Minors

100m: 4, D.Archer 14.7; 3, C.Mullins 16.2; n/s 1, A.Lawton 16.3; 2, L.Davidson 17.3; 4, C.Joyce 20.1. 200m: 3, D.Archer 30.1; 2, C.Mullins 34.3; n/s 2, A.Lawton 34.1; 6, L.Davidson 39.6. 1500m: 1, L.Wilson 5:27.7. 70mH: 1, L.Wilson 13.5. HJ: 2, L.Wilson 1.35. 1200mW: 3, C.Mullins 8:28.4; 2, L.Davidson 9:00.8. 4x100m: 2, Belgrave (C.Mullins, D.Archer, L.Wilson, A.Lawton) 62.8.
Teams: 1, Paddock Wood 83; 2, Queen's Park 78; 3, Croydon 69; 4, Belgrave 57.

ROSENHEIM LEAGUE DIV. WEST MATCH 5, ROEHAMPTON, 15 JUL

100m: 2, B.Kulidzan 13.8. 200m: 2, B.Kulidzan 28.0. 1500m: 1, J.Smiter 5:29.4. HJ: 2, J.Smiter 1.45. JT: 3, G.Richardson 23.33; n/s 4, J.Smiter 15.84.
Teams: 1, Epsom & Ewell 49; 2, Walton 37; 3, Kingston & Poly 33; 4, Belgrave 25.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 4, ST. ALBANS, 18 JUL

There were a few faces missing due to holidays but the remaining members of the team still battled to the best of their abilities. At the end it was a close score with only two points separating 3rd to 5th team places. We were unable to field competitors in several events and with one extra person we might well have got 3rd.

Congratulations to Laura Wilson for equalling the 12 year old Club Record for Minor Girls 1500 metres.

Seniors

100m: 4, B.Kulidzan 14.2; 3, J.Stone 13.7. 200m: 3, B.Kulidzan 26.8; 3, P.Friel 28.3. 400m: 2, J.Stone 64.2; 2, P.Friel 65.4. 800m: 5, J.Smiter 2:39.4; 4, S.Howard 2:51.3. 1500m: 4, J.Moore 5:16.4; 3, S.Howard 5:27.8. 3000m: 4, H.Maskrey 11:01.6; 3, N.Mills 11:50.7. 100mH: 4, B.Kulidzan 19.5; 4, J.Smiter 20.5. 400mH: 2, J.Stone 69.7; 1, J.Smiter 73.8. HJ: 3, J.Smiter 1.45; 4, S.Howard 1.25. LJ: 5, B.Kulidzan 3.90. SP: 5, A.Patten 7.97; 3, P.Keeler 6.86. DT: 2, P.Keeler 23.76; 2, A.Patten 22.46. JT: 1, A.Patten 26.64; 3, P.Mead 16.38. 4x100m: 4, Belgrave 54.7. 4x400m: 3, Belgrave 4:31.4.

Girls

100m: 3, S.Simon 13.7; 3, A.Mensah-Bonsu 13.7; n/s 5, B.Simon 15.3; 6, M.Powell 17.4; 7, C.Mullins 15.7; 6, E.Sartain 19.9. 200m: 3, S.Simon 27.2; 4, S.Stracey 31.1. 1500m: 1, L.Wilson 5:14.8. 75mH: 3, S.Simon 14.0; 2, A.Mensah-Bonsu 15.5. HJ: 3, A.Mensah-Bonsu 1.25; 4, L.Wilson 1.30. LJ: 5, S.Stracey 4.04; 4, M.Simon 3.95; n/s C.Mullins 2.88; E.Sartain 2.18. SP: 3, V.Smith 6.19; 3, H.Mead 5.71. DT: 3, V.Smith 13.64; 4, S.Simon 13.20. JT: 3, H.Mead 14.16; 5, V.Smith 7.28. 4x100m: 3, Belgrave 56.3; n/s Belgrave 70.8.

Teams: 1, Swindon 163; 2, St.Albans 162; 3, Newbury 126; 4, Highgate 125; 5, Belgrave 124.

ROSENHEIM LEAGUE DIV. WEST MATCH 6, ROEHAMPTON, 29 JUL

100m: 4, J.Stone 14.3; n/s 3, J.Dash 14.0. 200m: 3, J.Stone 28.9. 1500m: 2, J.Smiter 5:26.1. HJ: 1, J.Smiter 1.45. JT: 3, J.Smiter 16.66.
Teams: 4, Belgrave 22.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 5, BATTERSEA, 1 AUG

What a great day and another win on home territory although it was a close match down to the very end. In the final relay we had to finish in front of Tonbridge and the 4x400 metres squad proved that when under pressure they could do it (by 0.2 seconds). We thought at first that we had won the match outright but with a miscalculation in the scores we had to settle for equal first.

The meeting was held jointly with our men's division five team and I heard that they went home with headaches from all our screaming and shouting.

Seniors

100m: 4, S.Scott 13.9; 2, A.Abrams 13.3. 200m: 1, B.Kulidzan 26.5; 2, S.Scott 28.4. 400m: 2, J.Stone 63.4; 2, P.Friel 66.1. 800m: 4, J.Smiter 2:35.9; 5, T.Dowdall 3:10.0. 1500m: H.Maskrey 5:18.2; 2, S.Howard 5:33.1. 3000m: 4, H.Maskrey 11:05.2; 5, P.Mead 15:38.9. 100mH: 3, R.Pratt 16.4; 2, B.Kulidzan 18.6. 400m: 2, J.Dash 68.7; 1, J.Stone 69.4. HJ: 2, R.Pratt 1.50; 2, J.Smiter 1.45. LJ: 5, J.Dash 4.44; 4, A.Abrams 4.28. SP: 3, A.Patten 8.73; 4, P.Keeler 6.86. DT: 2, P.Keeler 27.68; 2, A.Patten 22.26. JT: 3, A.Patten dist. not known; 2, G.Richardson 21.00. 4x100m: 1, Belgrave 52.2. 4x400m: 2, Belgrave 4:17.7.

Girls

100m: 1, S.Simon 13.4; 2, S.Stracey 13.9; n/s B.Simon 15.2; C.Mullins 15.4; L.Davidson 18.4; E.Sartain 20.4; M.Jackson 13.5. 200m: 2, S.Simon 27.4; 2, S.Stracey 29.2. 800m: 3, T.De Cilia 2:50.5; 4, C.Udin 3:32.5. 1500m: 1, L.Wilson 5:16.6. 75mH: 3, M.Simon 13.0; 1, M.Jackson 12.6. HJ: 1, S.Buckland 1.56; 1, L.Wilson 1.30. LJ: 4, S.Stracey 4.35; 5, T.De Cilia 3.67; n/s S.Watson 4.53; L.Davidson 2.85; E.Sartain 2.25. SP: 5, H.Mead 5.80; 4, V.Smith 5.70. DT: 3, H.Mead 14.82; 3, V.Smith 11.42. JT: 5, H.Mead 14.78; 5, V.Smith 8.28. 4x100m: 2, Belgrave 55.9.

Teams: =1, Belgrave and Tonbridge 155; 3, Southend 144; 4, Watford 139; 5, Worthing 134.

THAMESIDE LEAGUE MATCH 4, BATTERSEA PARK, 8 AUG

Girls

100m: 3, M.Jackson 13.9; 3, S.Stracey 14.0. 200m: 3, S.Stracey 28.6; 4, M.Jackson 29.8. 75mH: 1, M.Jackson 13.9. LJ: 4, S.Stracey 4.08. SP: 6, V.Smith 5.93; 3, H.Mead 5.46. DT: 4, H.Mead 14.32; 3, V.Smith 12.54. JT: 6, H.Mead 13.04; 4, V.Smith 8.90. 4x100m: 4, Belgrave 57.8.
Teams: 1, Herne Hill 127; 2, Paddock Wood 77; 3, Queen's Park 75.5; 4, Croydon 58; 5, Belgrave 55.5; 6, Southwark 45; 7, Richmond & Twickenham 35.

Minors:

100m: 2, S.Watson 13.9; 3, N.Wells 15.4; n/s 4, L.Davidson 18.2; 3, A.Lawton 17.0; 3, M.Powell 18.2. 200m: n/s 3, A.Lawton 36.6; 6, L.Davidson 42.4. 1500m: 1, L.Wilson 5:24.5. 70mH: 1, L.Wilson 13.3. HJ: 1, L.Wilson 1.30. LJ: 2, S.Watson 4.42; 4, N.Wells 3.22. 1200mW: n/s 1, L.Davidson 9:38.4. 4x100m: n/s 2, Belgrave 62.3.

Teams: 1, Southwark 90; 2, Herne Hill 81; 3, Queen's Park 78; 4, Croydon 68; 5, Paddock Wood 67; 6, Belgrave 42.

INTER-BANKS CHAMPS., TOOTING, 22 AUG

Barbara Kulidzan's 100/200/400 efforts resulted in three personal bests and the winning sprint relay team, Barclays, included Jackie Stone and Jacqui Smiter.

100m: 2, B.Kulidzan 13.0. 200m: 2, B.Kulidzan 26.4. 400m: 3, J.Stone 70.8; 4, B.Kulidzan 74.4. HJ: 5, J.Smitem 1.45.

SOUTHERN WOMEN'S LEAGUE DIVISION 3 MATCH 6, BASINGSTOKE, 5 SEP

The end of the summer season has come around again. At the end of the day there were a few tired limbs but everyone had done well. It had been a tough match in which the lead kept changing between Belgrave and two other clubs and the final result left us third, just 10 points behind the winners.

Overall we placed 16th, clear of relegation and will stay in Division Three for next season. With a good hard winter's training behind us we will be fighting with the best of them next year.

Before I sign off I would like to say thank you to our team managers Harry Porter and Cynthia James, our group of officials led by Derek Jones, and the parents of our youngsters who came to give us their support.

Seniors

100m: 3, B.Kulidzan 13.1; 1, A.Abrams 13.5. 200m: 1, B.Kulidzan 26.9; 2, J.Dash 28.6. 400m: 3, J.Stone 64.3; 4, J.Smitem 67.8. 800m: 3, J.Smitem 2:38.1; 2, S.Howard 2:39.8. 1500m: H.Maskrey 5:03.2; 4, N.Mills 5:44.3. 3000m: 1, G.Collision 10:52.4; 2, J.Moore 11:34.0. 100mH: 1, J.Dash 18.7; 1, C.James 17.0. 400mH: 2, J.Dash 69.1; 1, J.Stone 71.8. HJ: 2, J.Smitem 1.45; 3, S.Howard 1.00. LJ: 1, A.Abrams 5.39; 5, S.Howard 3.83. SP: 2, A.Patten 9.04; 4, C.Bazin 7.31. DT: 4, A.Patten 25.28; 4, C.Bazin 16.14. JT: 2, A.Patten 29.98; 3, G.Richardson 23.82. 4x100m: 3, Belgrave 55.1. 4x400m: 3, Belgrave 4:24.9.

Girls

100m: 1, M.Jackson 13.7; 2, L.Worbrick 14.2. 200m: 4, S.Stracey 28.8; 5, A.Mensah-Bonsu 29.8. 800m: 4, S.Stracey 2:51.1; 5, C.Udin 3:22.8. 1500m: 2, L.Wilson 5:17.5. 75mH: 2, M.Jackson 12.7; 1, M.Simon 13.0. HJ: 2, S.Buckland 1.50; 4, L.Wilson 1.35. LJ: 2, S.Watson 4.40; 2, L.Worbrick 4.10. SP: 5, V.Smith 6.22; 4, H.Mead 5.68. DT: 5, V.Smith 13.38; 4, H.Mead 13.26. JT: 3, H.Mead 17.20; V.Smith 10.04. 4x100m: 1, Belgrave 54.9.

Teams: 1, Hertford & Ware 166.5; 2, Newquay & Par 164; 3, Belgrave 156.5; 4, Basingstoke & Mid

Hants 133; 5, Huntingdon 110.

LONDON BOROUGH, MILE END, 6 SEP

With tired legs after the final Southern League the day before, Helen Maskrey, Jacqui Smiter and Jackie Stone represented their Boroughs in cold and wintry conditions. Helen managed a personal best in the 3000 metres and the two J's battled against a strong wind in the 400 metres. Jacqui Smiter also ran a leg in the 4x100 relay.

Division 1 400m: 6, J.Stone (Merton).

Division 2 400m: 6, J.Smitem (Wandsworth). 3000m: 3, H.Maskrey (Wandsworth) 10:51

BELGRAVE OPEN MEETING, BATTERSEA PARK, 20 SEP

Seniors

100m: 1, B.Kulidzan 13.3; 3, A.Patten 14.3. 200m: 2, B.Kulidzan 26.3; 3, P.Friel 28.7. 800m: 2, J.Smitem 2:31.6; 3, J.Stone 2:33.7; 4, S.Howard 2:35.5. 100mH: 2, B.Kulidzan 19.4; 3, A.Patten 20.8. HJ: 2, J.Smitem 1.50; 3, S.Buckland 1.50; 5, J.Stone 1.40; 6, A.Patten 1.35; 7, S.Howard 1.30. LJ: 2, A.Patten 4.45. SP: 1, A.Patten 8.48; 3, P.Mead 6.42. DT: 2, P.Keeler 28.36; 3, A.Patten 24.72. JT: 4, A.Patten 27.74; 5, G.Richardson 25.00; 6, P.Mead 16.04; 7, H.Mead 15.28.

Intermediates

300m: 2, J.Dash 45.9. 300mH: 2, J.Dash 48.1.

Girls

100m: 1, M.Jackson 13.5; 2, A.Mensah-Bonsu 13.7; 3, S.Simon 13.8; 4, S.Stracey 13.9; 5, L.Warbrick 14.0; 7, M.Taylor 15.4. 200m: 1, S.Simon 28.2; 2, M.Jackson 28.5; 3, S.Stracey 28.7; 4, A.Mensah-Bonsu 29.0; 5, L.Warbrick 30.2; 6, M.Taylor 32.6

A Comeback for Cindy ?

If you're looking for pure talent in our club you needn't go further than Cindy James. Our multi club record holder in throws and relays from '85 to '87 is still only 21 and after several years out of the sport and no training at all you should have seen her in action at the final Women's League match. In the 'B' 100 metre hurdles she was more than a whole flight ahead as she took the last barrier, injured herself, almost came to a stop as she jogged in, and still won the race by a huge margin. The next problem was that our team managers had to explain why she was in the 'B' event when she had clocked a time nearly two seconds faster than the winner of the 'A' race. We hear that she is circuit training this winter so look out for her name in '93.

Sorry Sarah

Apologies to Sarah Scott whose best 100 metres for 1991 of 13.4 went unrecognised in the last issue of the magazine when we entered her in the ranking list as Sarah Swit. Well that's what it looked like on the results sheet, honest!

Below: A most welcome addition to our membership is Lutz Gundlach, formerly of the German Democratic Republic, and a specialist in coaching Junior Women to international standard.

Below: There can't be many events that Abena Mensah-Bonsu hasn't tackled this summer. It's usually sprints, hurdles or jumps but here she tries the 800 metres in the Southern League.



Senior Women**Track & Field**

100m	Jackie Harman (I)	11.84	31 Jul 1982	WAAA Champs. ht	Crystal Palace
200m	Jackie Harman (I)	24.14	30 Jul 1982	WAAA Champs. ht	Crystal Palace
400m	Carol Glasgow	56.91	19 Jun 1988	4th Southern Champs. ht	New River
800m	Hilary Baxter	2:12.8	15 Jul 1981	5th Highgate H Open	Parliament Hill
1500m	Hilary Baxter	4:31.4	29 Jul 1981	2nd Shaftesbury H Open	Copthall
1 mile	Hilary Baxter	4:55.0	14 Jun 1981	2nd Beretta Trophy	Parliament Hill
3000m	Wendy Cotterell	9:48.8	21 Aug 1991	1st Rosenheim Lg final	Tooting Bec
5000m	Rosemary Honeychurch	17:34.92	26 Jul 1985	13th WAAA Champs.	Birmingham
100m Hurdles	Ese Oshevire	14.7	24 Jun 1989	British Univ. Heptathlon	Cannock
400m Hurdles	Nina Christou	65.7	19 May 1990	4th Middlesex Champs.	Copthall
High Jump	Joanne Hilliard	1.81	26 Jul 1986	2nd Southern Inter-Counties	Enfield
Long Jump	Andrea Coore	6.26	17 Jun 1989	4th Southern Champs.	Enfield
Shot (4Kg)	Wendy Dunsford	13.55	19 Jun 1988	3rd Southern Champs.	New River
Discus (1Kg)	Joanne Hilliard	51.12	25 May 1986	4th UK Champs.	Cwmbran
Javelin (600g)	Tracey Denton	43.16	24 Nov 1986	1st Wandsworth Open	Tooting Bec
4x100m	Cindy James	48.8	22 Aug 1987	3rd Southern Champs.	Bournemouth
	Angela Abrams				
	Andrea Abrams				
	Alison Caulker				
4x200m	Ese Oshevire	1:42.9	17 Aug 1988	2nd Rosenheim Lg final	Tooting Bec
	Angela Abrams				
	Andrea Abrams				
	Andrea Coore				
4x400m	Dezrine Conard	4:02.4	29 May 1988	2nd GRE Cup 2nd Round	Bromley
	Angela Abrams				
	Alexis Wotherspoon				
	Carol Glasgow				
3x800m	Jacinta Coppinger	7:47.4	23 Aug 1987	1st Southern Champs.	Bournemouth
	Jackie Stone				
	Jacqui Smiter				

Walking

2000m	Sian Spacey	9:31.0	26 Apr 1988	1st London Univ. Champs.	Motspur Park
3000m	Sian Spacey	14:56.9	24 Apr 1988	1st Surrey Champs.	Woking
5000m	Sian Spacey	25:36	3 Mar 1990	1st Southern Champs.	Clacton
10000m	Sian Spacey	52:06	17 Mar 1991	13th National Champs.	Sheffield

Road Running

10 miles	Frances Guy	60:48	5 Oct 1986	21st National Champs.	Copthall
20 miles	Frances Guy	2:03:25	19 Jul 1986	1st Belgrave '20'	Wimbledon
Marathon	Frances Guy	2:49:30	20 Apr 1986	24th London Marathon	

Intermediates**Track & Field**

100m	Jackie Harman	11.84	31 Jul 1982	WAAA Champs. ht	Crystal Palace
200m	Jackie Harman	24.14	30 Jul 1982	WAAA Champs. ht	Crystal Palace
300m	Jessica Dash	45.1	13 Jun 1992	1st London Schools	Battersea
400m	Jackie Harman	60.1	24 May 1983	1st Wandsworth Schools	West London
800m	Vicky Mitchell	2:23.4	7 Sep 1985	1st Southern Lg Div 3 (S)	Battersea Park
1500m	Jenny Webb	4:52.6	7 Jul 1985	3rd London Youth Games	Crystal Palace
3000m	Jenny Webb	10:46.2	27 Jul 1985	9th WAAA Champs.	Birmingham
80m Hurdles	Angela Abrams	11.9	6 Jun 1987	6th Southern Champs.	Copthall
100m Hurdles	Angela Abrams	15.3	20 Jun 1987	2nd Southern Lg Div 2	Basildon
200m Hurdles	Angela Abrams	29.7	7 Jun 1987	4th Southern Champs.	Copthall
300m Hurdles	Jessica Dash	46.77	11 Jul 1992	4th All-England Schools ht	Hull
400m Hurdles	Angela Abrams	66.4	20 Jun 1987	2nd Southern Lg Div 2	Basildon
High Jump	Andrea Coore	1.60	14 Jul 1984	1st Club Champs.	Battersea Park
Long Jump	Andrea Abrams	5.52	14 Jun 1987	2nd GRE Cup 2nd Round	Kingsmeadow
Shot (4Kg)	Cindy James	9.26	18 Jul 1987	2nd Southern Lg Div 2	Bracknell
Discus (1Kg)	Cindy James	32.58	6 Sep 1986	1st Southern Lg Div 4	Battersea Park
Javelin (600gm)	Tracey Denton	37.24	10 Aug 1985	1st Southern Lg Div 3 (S)	Battersea Park
Hexathlon	Jessica Dash	2649	8 May 1992	1st London Schools	Battersea
4x100m	Sonya Jackson (G)	51.4	Jun 1979	4th Southern Champs.	Crystal Palace
	Pamela St.Ange (G)				
	Julie Reid (G)				
	Glenda Mahoney (G)				
	Cindy James (G)	51.4	20 Jul 1985	5th WAAA Champs.	Bournemouth
	Angela Abrams (G)				
	Andrea Abrams (G)				
	Diane Power (G)				
4x200m	Michelle McIntosh (G)	1:48.5	22 Aug 1987	1st Southern Champs.	Bournemouth
	Fiona Lambie (G)				
	Michelle Green (G)				
	Michelle De Leon (G)				
3x800m	Brenda Davies	7:59.4	14 Aug 1982	2nd Southern Champs.	Crystal Palace
	Suzanne Jordan				
	Shirley Daure				

Walking

1500m	Gail Porter	8:21.1	4 Jul 1984	n/s Midweek League	Southwark Park
2000m	Rachael Parrott (G)	11:11.0	2 Sep 1985	2nd MAFF Champs.	Battersea Park
3000m	Gail Porter	16:21	4 May 1985	14th English Schools	Keswick
5000m	Linda Nicholls	27:40	3 Mar 1979	1st Southern Champs.	Battersea Park
10000m	Linda Nicholls	58:51	24 Dec 1978	1st Ilford AC Open	Ilford

*Girls***Track & Field**

100m	Pamela St Ange	12.6	21 Jun 1980	1st Southern Lg Div 3 (S)	Eastbourne
	Lydia Montoute		18 Sep 1982	1st Lily B Lg Div 3	Guildford
200m	Lydia Montoute	25.7	4 Sep 1982	1st Southern Lg Div 3 (NE)	Battlebridge
800m	Jessica Dash	2:27.2	5 May 1990	2nd Thameside Lg	Battersea Park
1500m	Jackie Stone	5:03.2	8 Jun 1985	3rd Surrey Schools	Motspur Park
75m Hurdles	Pamela St Ange	11.8	5 Jun 1980	1st London Schools	Crystal Palace
80m Hurdles	Andrea Coore	13.5	10 Sep 1983	2nd Lily B Lg Div 3	Wimbledon Park
High Jump	Saskia Buckland	1.56	1 Aug 1992	1st Southern Lg Div 3	Battersea
Long Jump	Michelle McIntosh	5.39	19 Jun 1988	1st Southern Champs.	New River
Shot (3.25Kg)	Inoyo Etete	10.08	8 May 1982	1st Southern Lg Div 3 (NE)	Hornchurch
Discus (1Kg)	Diane Bowen	30.08	7 Sep 1985	1st Southern Lg Div 3 (S)	Battersea Park
Javelin (600g)	Anne-Marie Henry	29.64	2 Aug 1986	2nd Thameside Lg	Battersea Park
Pentathlon	Syreeta Stracey	1438	8 May 1992	6th London Schools	Battersea
4x100m	Sonya Jackson	51.4	Jun 1979	4th Southern Champs.	Crystal Palace
	Pamela St Ange				
	Julia Reid				
	Glenda Mahoney				
	Cindy James	51.4	20 Jul 1985	5th WAAA Champs.	Bournemouth
	Angela Abrams				
	Andrea Abrams				
	Diane Power				
4x200m	Michelle McIntosh	1:48.5	22 Aug 1987	1st Southern Champs.	Bournemouth
	Fiona Lambie				
	Michelle Green				
	Michelle De Leon				
3x800m	Suzanne Jordan	8:08.6	15 Aug 1982	6th Southern Champs.	Crystal Palace
	Tracey Johnson				
	Gail Porter				

Walking

1500m	Rachael Parrott	8:39.7	4 Jul 1984	1st Mid Week Lg	Southwark Park
1600m	Gail Porter	8:56.0	28 May 1983	2nd Lily B Lg Div 3	Aldershot
2000m	Rachael Parrott	11:11.0	2 Sep 1985	2nd MAFF Champs.	Battersea Park
2500m	Gail Porter	13:38	10 Sep 1983	3rd LPR Festival	Blackheath
3000m	Jane Pritchard	16:55	28 Aug 1976	5th Enfield Harriers Open	Enfield

*Minors***Track & Field**

100m	Pamela St. Ange	13.1	7 Jul 1979	2nd Club Champs.	Motspur Park
200m	Pamela St. Ange	27.0	14 Jul 1979	1st Southern Lg Div 4	Erith
	Tracey Ritson		30 Jun 1984	2nd Thameside Lg	Battersea Park
800m	Jackie Stone	2:36.7	14 Jul 1984	1st Club Champs.	Battersea Park
1500m	Lulu Bright	5:14.8	5 Jun 1980	5th London Schools	Crystal Palace
	Laura Wilson		18 Jul 1992	1st Southern Lg Div 3	St. Albans
70m Hurdles	Melissa Simon	13.1	3 Aug 1991	1st Thameside Lg	Battersea Park
75m Hurdles	Pamela St. Ange	12.6	17 Jun 1979	1st Lily B Lg Div 2	Croydon
80m Hurdles	Lorraine Chudek	17.4	13 Aug 1983	2nd Southern Lg Div 3 (S)	Bournemouth
High Jump	Michelle McIntosh	1.40	5 Jul 1986	1st Thameside Lg	Battersea Park
Long Jump	Pamela St. Ange	5.00	Jun 1979	7th Southern Champs.	Crystal Palace
Shot (3.25Kg)	Inoyo Etete	10.08	8 May 1982	1st Southern Lg Div 3 (NE)	Hornchurch
Discus (1Kg)	Inoyo Etete	20.20	17 Apr 1982	1st Southern Lg Div 3 (NE)	Bedford
Javelin (600g)	Rachael Parrott	16.98	1 Sep 1984	4th Southern Lg Div 3 (S)	Dartford
4x100m	Sonya Jackson	56.2	29 Jul 1978	1st Inter-club	Hastings
	Janet Bridges				
	Jackie Weldin				
	Pamela St. Ange				
4x200m	Team composition not known	2:02.3	29 Sep 1979	2nd Melbourne Trophy	Wimbledon Park

Walking

1000m	Rachael Parrott	5:41	3 Mar 1984	2nd Southern Champs.	Battersea Park
1200m	Rachael Parrott	6:36.2	28 Jul 1984	1st Thameside Lg	Battersea Park
1500m	Rachael Parrott	8:39.7	4 Jul 1984	1st Midweek Lg	Southwark Park
2000m	Rachael Parrott	11:21	1 Jul 1984	9th Steyning AC Open	Worthing
2500m	Rachael Parrott	14:24:68	8 Sep 1984	15th WAAA Champs.	Cophall
3000m	Rachael Parrott	19:20	25 Mar 1984	3rd Brighton & H Open	Brighton

Compiled by Derek Jones - as at 30th September 1992

MEN'S TRACK & FIELD

KINNAIRD & SWARD TROPHY MEETINGS, KINGSMEADOW, 12 APR

Once upon a time these two trophy meetings were among the plum fixtures available to the good club standard athlete. But times have changed. All other similar events have disappeared from the fixture card and as far as the Bels interest in them goes these last two might as well go the same way as the rest. With only five competitors it is not surprising that we placed a lowly 7th in both competitions.

400m: 5, S.Ogilvie-Laing 53.6. 1500m: 4, R.Alsop 4:19.3. LJ: 1, F.Salle 7.13. DT: 1, A.Ekoku 55.02; 1, L.Marar 44.44

SURREY CHAMPS PART I, KINGSMEADOW, 2/3 MAY

Decathlon: 1, G.McKernan 5481 (13.3, 6.17, 11.31, 1.92, 55.3, 18.8, 36.62, 3.20, 49.14, 4:54.3); 4, L.Marar 4431 (13.6, 5.23, 13.66, 1.53, 60.7, 20.9, 45.32, 2.70, 44.00, 5:42.3); 8, B.Taylor 3154 (13.9, 5.17, 7.97, 1.47, 61.9, 22.1, 24.10, 2.50, 26.74, 5:43.7).

REPRESENTATIVE MATCH, CRYSTAL PALACE, 6 MAY

800m: 8, R.Turner 1:53.56. SEAA 3000m Champ: 11, S.Paton 8:22.85; 14, S.Harris 8:31.66. 110mH: 1, J.Ridgeon 13.87. HJ: 1, W.Caswell 2.10. PV: 1, D.McDermott 4.60. SP: 2, C.Symonds 15.08. DT: 2, P.Edwards 50.64; 6, C.Symonds 47.70; 7, L.Marar 44.56.

PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 1, READING, 9 MAY

100m: 2, L.Campbell 11.4; 2, G.Corsini 11.7. 200m: 3, M.French 23.4; 1, M.Bazire 23.5. 400m: 4,

GRE British Athletics League and Gold Cup reports by BILL LAWS Southern League Division 5 reports by DAVE MOTE

M.Bazire 52.5; 4, S.Ogilvie-Lang 52.4. 800m: 5, M.Jackson 2:01.4; 4, J.Galley 2:10.3. 1500m: 4, D.Scott 4:11.4; 4, A.Paton 4:25.4. 5000m: 3, J.Estell 15:26.0; 2, A.Paton 15:37.9. 110mH: 1, A.Carter 15.1; 1, N.Hammersley 16.3. 400mH: 1, N.Hammersley 54.5; 5, J.Barry 70.6. 3000mSC: 2, M.Mazzotta 9:57.2; 4, J.Barry 11:01.5. HJ: =4, J.Barry 1.40. LJ: 1, T.Blanchard 6.60; 1, M.Bazire 6.10. TJ: 1, T.Blanchard 13.56; 1, A.Amadi 13.54. SP: 2, C.Symonds 14.37; 5, S.Ogilvie-Lang 8.95. DT: 1, C.Symonds 45.30; 4, S.Ogilvie-Lang 23.72. JT: 5, S.Ogilvie-Lang 35.12; 4, C.Symonds 32.80. HT: 2, C.Symonds 39.46; 4, R.Bridges 21.50. 4x100m: 1, Belgrave 44.6. 4x400m: 4, Belgrave 3:28.4. Teams: 1, 1, Southampton 117.5; 2, Reading 113; 3, Belgrave 105.5; 4, Medway 105; 5, Bedford 94.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 1, BEDFORD, 9 MAY

As Liverpool kicked the stuffing out of Sunderland at a sun-drenched Wembley the Belgrave third team was suffering a similar experience at a rain soaked Bedford. Old hands will know that the first match is always the worst match - but on this occasion that was an understatement.

The monsoon had arrived at Bedford hours before the Belgrave team, turned to hail, and actually stopped the match for half an hour as the lightning overhead threatened to strike the starter who was using his raised pistol as a poten-

tial lightning rod. Cold, wet and miserable Belgrave aquanauts fought the elements, injuries and other teams but were always on a loser.

Our distance men and throwers proved themselves the heroes of the day with an impressive string of successes. Sadly the sprints and jumps could not emulate their performances as the bitter weather struck them down.

Truly a day for ducks, divers and damp jock-straps.

100m: 5, S.Dominetti 12.4; 400m: 3, M.Chuter 55.2; 3, C.Husbands 56.5. 800m: 1, Mark Anderson 2:01.1; 1, M.Chuter 2:05.8. 1500m: 1, R.Alsop 4:22.5; 1, Mark Anderson 4:28.2. 5000m: 1, J.Ryle 15:39.3; 1, M.Lake 16:36.6. 110mH: 5, C.Brooks 24.9. 400mH: 5, R.Harding 68.4; 1, G.Teahan 64.4. 3000mSC: 1, G.Teahan 10:09.2; 1, R.Harding 10:49.6. LJ: 4, S.Dominetti 5.38; 5, C.Husbands 4.78. PV: =1, C.Husbands height not known; 2, D.Mote height not known. SP: 3, C.Brooks 9.98; 3, P.Lyttle 9.02. DT: 2, C.Brooks 31.76; 2, P.Lyttle 29.14. JT: 2, C.Brooks 42.34; 1, C.Mountfield 42.00. HT: 4, D.Mote 18.80; 5, P.Lyttle 8.14. Teams: 1, Bedford 123.5; 2, Horsham 117.5; 3, Salisbury 105; =4, Belgrave and Dorchester 90.5.

CLUB 10k CHAMPS., BATTERSEA PARK, 11 MAY

With the Belgrave run schools meeting over, tranquillity descended upon Battersea track on the evening of May 11th. The competitors planning to run the 10k plus our usual small band of officials and lookers-on contrasted strongly with the bedlam of a normal track meet or training night. Only the faint sound of traffic from Chelsea Bridge and the occasional "pinking" of a foraging blackbird punctuated the peace as the race for the "Tom Carter" trophy unfolded.

Our young all-rounder Sam Ogilvie-Laing has scored well for us in the Southern League, competing on the track from 100 to 400 metres and in all throwing events.

Mike Webb showed ahead of the eleven starters early on, breaking away by perhaps 30 metres at one time, but Martin Lake, guest runners Dennis Williams and Charlie Dickinson were working together in a tight little bunch and did not seem unduly worried, gradually reeling him in as they felt necessary. Steve Willimont had become detached and like each of the other runners behind spent most of the race in isolation.

The lead alternated between each of the front foursome with the exception of Charlie whose main aim this year has been the European Veterans' Championship over this very distance. As the race progressed it looked more and more as if it was just a matter of time before he stamped his authority on the field. Approaching his advisor "Boofer" Bruce down the back straight with five and a half laps to go the plan became apparent and a Brendan Foster-like surge left an ever-widening void behind. "When you go, you've got to go," he later said.

With his tempo now matching that of the repetition 1200 metre runs that he had been churning out in training, the three men behind were left to run for the minor places and Chas. was still moving away as he crossed the line. He confessed that he had a good half minute left in the tank, which augured well for Kristiansand in July.

The fastest finish was reserved for an immaculately turned out Terry Lawton, however, gaining a first taste of track competition and wittily communicating his findings on the sport to the lap scorers with every circuit. There's always one!

1, C.Dickinson 32:41.7; 2, M.Webb 33:05.2; 3, M.Lake 33:21.1.

Full result to be found under *Club Championships* elsewhere.

SURREY CHAMPS PART II, CROYDON, 16/17 MAY

Seniors

100m: 6, L.Campbell 11.6 (ht.11.5). 200m: ht. 7, N.Sutehall 23.9. 400m: 5, N.Sutehall 57.4; 6, S.Jakeman 58.6. 800m: 3, D.Scott 1:52.8; 7, B.Reid 1:57.8 (ht.1:56.5); hts. 6, A.Paton 2:00.1; 5, M.Anderson 1:58.3. 1500m: 3, B.Reid 3:50.6; 9, A.Paton 4:04.6; 10, R.Alsop 4:04.8. 5000m: 2, F.Ward 14:43.6; 3, O.Foote 14:43.8; 18, J.Galley 16:40.2. 3000mSC: 3, M.Bizio 9:35.0; 4, G.Teahan 10:03.9. LJ: 3, S.Wyld 6.82. HJ: 1, A.Hutchinson 2.10. SP: 2, L.Marar 13.99. DT: 2, L.Marar 45.60. HT: 2, P.Spivey 63.70.

Juniors

200m: ht. 6, I.Atkins 27.7. 1500m: 4, M.Jackson 4:05.5. SP: 5, L.Archer 9:13. JT: 5, L.Archer 46.54.



An historic BAL win

BIRMINGHAM, 9 MAY 1992

Blue sky, 70 degrees and a light wind. Ideal early season conditions. Well, that was Wednesday at Crystal Palace where final team selection for BAL match 1 was taking place. Three days later in Birmingham it was a totally different story, with temperatures just climbing over 50 degrees and a steady drizzle driven by a cold northerly wind.

The field events start early, at midday, in Division One, due to eight teams taking part and the resulting long programme. The pole vaulters, long jumpers and hammer men duly departed the hotel at 10.30am leaving the sprinters to the luxury of a massage in the capable hands of cycle racing "soigneur" Patrick Adams. It soon became apparent that the impermeable track and run-up areas could not cope with the steady rain and that performances would be adversely affected. Things were no better for the throwers where regular supplies of towels provided only short lived benefit.

And so the match unfolded. Fred Salle got us off to an exemplary start with a clear win over Britain's number one long jumper Stewart Faulkner. His winning leap of 7.50 legal was extraordinary in the circumstances. Meanwhile the pole vault had been suspended due to the dangerous conditions and was later abandoned. Ian Tullett and Dylan McDermott who were expected to win the 'A' and 'B' events were naturally disappointed while Haringey's team manager was clearly pleased as he had only one vaulter and would have lost about 20 points to us in that event alone. At the time we thought this piece of bad fortune could be decisive. Things were not going too well in the hammer either. Philip Spivey in his first competition since a knee operation was not keen to risk anything but gradually improved to move into 4th place with his last throw.

By now the high jump and discus had started. At least we believed the high jump had started because the officials were by the landing bed. The competitors were distant dots in the Nelson Stand emerging into the wet only when it was their turn to jump. A quick 20 metre sprint, check marker spotted, up, over and a 20 metre sprint back into the comparative warmth of the stand. The results reflected the conditions. Warren Caswell held on better than Hopeton Lindo who had been expecting to emulate his 2.16 winter indoor best.

Two wins in the discus 'A' and 'B' by Abi Ekoku and Darrin Morris and time for the first track event with new member Max Robertson setting off in the 'A' 400 hurdles. Despite the rain he looked the class competitor and ran untroubled to lower Paul Beaumont's Club Record. Paul, sadly is sidelined, another knee victim whose operation has not proved totally effective - but that's another story. Ian Wells gave his usual gutsy performance to get good points in the 'B' event and proceeded to wait in a state of readiness in case of last minute need.

Need soon became reality as the 100

metres got under way. There were all these super strong and fit sprinters, all just back from warm weather training and ready to put themselves against each other in both sprints. Well the cold won. Lenny Paul, up with Linford Christie and Jason Livingston at 60 metres, tweaked a muscle and slowed rapidly before the line. Ross Swess of Birchfield pulled up completely and the top men then withdrew from the 200. Marcus was too "wise" to extend himself and strutted his stuff with an exaggerated knee lift to coast home comfortably last in the 'B' 100.

Jon Ridgeon could have been forgiven for taking the same view in the high hurdles. Rain and a 2mps headwind would be enough to dampen the enthusiasm of anyone. But this man is made of tough stuff. A totally professional attitude combined with iron determination to mix it with the best this year and we should have known that we were in store for something special. Jon knew it would be tight as he lined up with fellow Olympic contender Dave Nelson. Fast and clean hurdling gave him victory by two metres with the scoreboard showing 13.71. Jon was delighted and then was over the moon when he learnt that the photo had reduced this to 13.62. Another Club Record. Apparently he had dipped under the electronic beam and the 13.71 was Dave Nelson's time.

Ikem Billy looked to have the 800 metres won but was piped by Nick Pearson. He made amends in the 'B' 400 running steadily and moving from last at 200 metres to hit the front 5 metres out. His time was faster than Steve Heard's in the 'A' race and Ikem felt that he had had a good day. Good too was the debut for us of Lewis Samuel in the 'A' 400. His time of 48.21 was excellent in the conditions and he left some classy contenders in his wake. To everyone's delight we had won both 400s - a very different picture from previous years.

The "retirement" of our recognised sprinters from the 200 left room for Jon Ridgeon to move up to the 'A' spot and Lewis Samuel duly took the 'B' slot. Jon again proved his fitness, blasting off in lane eight and opening up an eight metre gap on second place Sam Turay. By now the electric timing had succumbed to the conditions and Jon had to settle for a hand timed 20.9 into a head wind. The way hand timing goes these days that could well have been 20.8 and hits electric.

Steve Halliday made a steady debut for us in the 'A' 1500 metres while Stuart Paton seemed to be in a race designed for his kick finish but it was not to be. Next day he went down with 'flu.

Paul Evans, fresh from his exertions in the London Marathon and a 5k at Blackburn the previous Wednesday sat in the pack until five laps out when he stretched out with laps of 69, 65, 65, 64 and 68 to win the 5000 metres comfortably. Olly Foote ran reasonably well in the 'B' race pulling through after a slow start, but was disappointed with his time.

Perhaps his previous night's revelries and arrival at the hotel in the small hours of the morning had something to do with it. Fellow reveller Marcello Bizio similarly paid the price and having taken the lead in the steeplechase fell back dramatically at the end to be nearly caught by Graham Adams who won the 'B' race on his debut at the event.

While the track results were patchy, our powerhouse men - the throws squad - were putting matters beyond doubt. Paul Edwards, sporting his new tailor made 56 inch Belgrave vest, ignored the conditions to heave the shot 19.18 metres, while Abi settled for 2nd spot in the 'B'. Not to be outdone Nigel Bevan won the javelin with a throw 5 metres 30 further than the runner up making the match reasonably safe with just the two relays to go.

Abi had planned a leg in the sprint relay but the weather conditions had extended to the throwers. So Fred Salle was press-ganged into running the glory leg, which he did in style holding off a fast finishing Linford Christie for a respectable 3rd spot, two places clear of chasing team Haringey. There was now no chance of losing even if Haringey won the long relay and we were last. At the pre-match meeting we had planned to run Lewis Samuel, Ikem Billy, Max Robertson and Jon Ridgeon. The mixing and matching during the afternoon had meant that only Max was in a fit state to run so we added Ian Wells, Graham Adams and Darrell Maynard (who had travelled to Birmingham as reserve for any event from the 400 to the 5000). Darrell at last had got a run. Our other travelling reserve Peter Mercer was also pressed into use in the 'B' triple jump and so every point had been covered to give us our first BAL Division One victory.

Team Captain Lenny Paul had the honour of receiving the winners' plaque and Jon Ridgeon took the inaugural man of the match cup for the finest among many fine performances. A truly memorable day for the team and the many supporters who had travelled up hoping that this might be the day. It was, and no-one was more delighted than Tom Carter for whom the result was a slightly early but very welcome 84th birthday present.

100m: 5, L.Paul 10.7; 8, M.Adam 11.7. 200m: 1, J.Ridgeon 20.9; 5, L.Samuel 22.2. 400m: 1, L.Samuel 48.21; 1, I.Billy 49.04. 800m: 2, I.Billy 1:50.4; 3, R.Turner 1:56.15. 1500m: S.Halliday 3:57.2; 6, S.Paton 4:07.9. 5000m: 1, P.Evans 14:10.4; 3, O.Foote 15:06.5. 110mH: 1, J.Ridgeon 13.62 (Club Record); 2, M.Robertson 14.48. 400mH: 1, M.Robertson 51.3 (Club Record); 3, I.Wells 54.70. 3000mSC: 6, M.Bizio 9:38.90; 1, G.Adams 9:44.10. HJ: =3, W.Caswell 2.00; 2, H.Lindo 1.95. LJ: 1, F.Salle 7.50; 4, R.Hunter 6.41. TJ: 6, D.Browne 13.76w; 6, P.Mercer 12.40. SP: 1, P.Edwards 19.18; 2, A.Ekoku 15.98. DT: 1, A.Ekoku 53.02; 1, D.Morris 51.64. JT: 1, N.Bevan 74.30; 7, R.Hunter 32.68. HT: 4, P.Spivey 58.10. 7, A.Ekoku 23.94. 4x100m: 3, Belgrave (J.Ridgeon, L.Paul, M.Adam, F.Salle) 41.65. 4x400m: 7, Belgrave (I.Wells, D.Maynard, G.Adams, M.Robertson) 3:25.7.

Teams: 1, Belgrave 340; 2, Haringey 328; 3, Birchfield 288; 4, Shaftesbury 270; Thames Valley 226; Wolverhampton & Bilston 220; 7, Caledon Park 215; 8, Old Gaytonians 167.

MEN'S TRACK & FIELD

COUNTY CHAMPIONSHIP ROUNDUP

In the Essex Champs. at Colchester Neil Hammersley placed 2nd over the 400 metre hurdles event in 53.6, just one-tenth behind Havering AC's decathlete Mike Bishop.

Down at Portsmouth in the Hampshire's Myles Cottrell beat his own championship best with a 74.40 javelin throw. Myles continued his superb early season form a short while later by launching his spear out to 78.86 while representing the AAA at Loughborough.

Medals came Belgrave's way in the Norfolk Champs. at Norwich with four wins and a second. Ian Wells took both hurdle races with 16.1 and 54.5 timings and just for good measure ran 50 seconds exactly for the one lap flat race. Dennis Costello mopped up the 100 metres with 11.3 and cleared 2 metres to win the high jump.

Chris Symonds was in action in Oxfordshire, winning both shot and discus with a 15.22/46.68 double.

Max Robertson showed the sort of damage that a class 400 metre hurdler can inflict on an 800 metre field when he equalled the championship best performance in the Somerset meeting at Yeovil with 1:55.5.

And Club Captain Lenny Paul did the business in Ipswich to take the Suffolk sprints in 11.0 and 22.6, the shorter event also being a championship best.

ROSENHEIM LEAGUE DIV EAST MATCH 1, BATTERSEA PARK, 20 MAY

100m: 4, R.Warner 12.3; n/s 4, S.Dominetti 12.3; 5, F.Waing 12.7, 3, I.Atkins 13.9. 200m: 5, S.Dominetti 24.3; n/s 2, M.Bowers 26.3; 4, I.Atkins 28.6. 400m: 1, S.Ogilvie-Lang; n/s 2, D.Winson 52.7. 800m: 1, B.Reid 1:56.1; n/s 2, J.Booth 2:06.2; 5, A.Stone 2:27.6. 3000m: 6, D.Anderson 9:52.6; n/s 6, W.Teahan (W) 9:37.2; 14, A.Stone 10:34.6. TJ: 2, R.Warner 11.58; n/s 2, I.Atkins 8.41. DT: 2, M.Small 36.30; n/s 1, C.Brooks 33.66. HT: 4, M.Small 39.90. 4x200m: 2, Belgrave 1:34.2. Teams: 1, Herne Hill 47; 2, Mitcham & Sutton 42.5; 3, Hercules Wimb. 40; ... 5, Belgrave 36.

PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 2, BATTERSEA PARK, 23 MAY

100m: 3, L.Campbell 11.7; 2, M.French 11.6. 200m: 4, M.French 23.9; 2, T.Daley 23.6. 400m: 2, M.Bazire 50.6; 3, S.Ogilvie-Lang 53.3. 800m: 1, B.Reid 1:56.0; 1, Mark Anderson 1:56.9. 1500m: 3, R.Alsop 4:02.4; 3, A.Paton 4:10.6. 5000m: 2, J.Hobbs 15:25.9; 1, Martin Lake 15:56.8. 110mH: 5, T.Daley 18.5. 400mH: 1, T.Daley,



56.7; 4, M.Hayes 67.8. 3000mSC: 2, M.Mazzotta 9:53.5; 2, M.Hayes 10:20.0. HJ: 2, S.McLean 1.95; 1, S.Wyld 1.80. LJ: 4, T.Blanchard 6.63; 1, S.Wyld 6.58. TJ: 1, A.Amadi 13.66; 2, T.Daley 12.00. SP: 2, M.Small 11.52; 4, S.Ogilvie-Lang 9.57. DT: 2, M.Small 37.16; 5, S.Ogilvie-Lang 22.10. JT: 5, M.Small 42.60; 5, S.Ogilvie-Lang 31.76. HT: 1, M.Small 41.34; 5, S.Ogilvie-Lang 16.06. 4x100m: 1, Belgrave 43.4. 4x400m: 2, Belgrave 3:23.5. Teams: 1, Herne Hill 115; 2, Belgrave 114; 3, Portsmouth 107; 4, Blackheath 104; 5, Shaftesbury Barnet 93.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 2, BATTERSEA PARK, 23 MAY

100m: 2, M.Antoine 11.6; 2, N.Sutehall 12.5. 200m: 1, S.Dominetti 24.2; 1, N.Sutehall 24.7. 400m: 3, M.Chuter 54.2; 1, M.Fok 51.6. 800m: 1, D.Winson 2:02.0; 1, M.Chuter 2:05.2. 1500m: 1, J.Barry 4:11.2; 4, D.Anderson 4:42.8. 5000m: 3, C.Dickinson 16:34.3; 2, J.Galley 16:40.7. 110mH: 5, J.Druce 24.4; 4, J.Coy 24.8. 400mH: 4, R.Harding 69.3. 3, J.Coy 68.3. 3000mSC: 2, R.Harding 10:27.8. LJ: 1, M.Fok 6.32; 1, S.Dominetti 6.27. TJ: 2, J.Druce 12.40; 3, J.Coy 9.46. SP: 5, P.Lyttle 9.26; 5, J.Coy 5.52. DT: 2, P.Lyttle 32.62. JT: 2, C.Mountfield 44.68; 2, P.Lyttle 36.78. HT: 5, P.Lyttle 12.42. 4x100m: 1, Belgrave 46.4. 4x400m: 1, Belgrave 3:36.4. Teams: 1, White Horse 122; 2, Epsom & Ewell 106; 3, Belgrave 104; 4, Hertford 97; 5, North London 93.

INTER-COUNTIES CHAMPS., CORBY, 25 MAY

100m: 1, L.Paul (Suffolk) 10.54. 200m: 3, L.Paul (Suffolk) 21.13. 400m: ht. D.Maynard (Cambs) 49.26. 800m: 2, D.Scott (Surrey) 1:53.70. 110mH: ht. I.Wells (Norfolk) 16.09. 400mH: ht. I.Wells (Norfolk) 53.97. HJ: 4, A.Hutchinson (Surrey) 2.10. LJ: 5, D.Costello (Norfolk) 7.37. TJ: 2, D.Browne (Surrey) 15.38. PV: 5, D.McDermott (Surrey) 4.70. SP: 6, A.Ekoku (Surrey) 14.91. DT: 1, A.Ekoku (Surrey) 55.74; 4, D.Morris (Leics) 52.36. JT: 2, N.Bevan (Suffolk) 70.14.

ROSENHEIM LEAGUE DIV EAST MATCH 2, CRYSTAL PALACE, 3 JUN

100m: 5, I.Atkins 13.5. 200m: 5, C.Husbands 25.2; 6, I.Atkins 25.4. 400m: 1, M.Bazire 50.8; n/s 1, D.Christen 50.1; 2, D.Winson 53.0. 800m: n/s 1, J.Gladwin 1:53.0; 7, S.Booth 2:04.5; 1, M.Readhead 2:04.2; 3, S.Smullen 2:07.1; 7, C.Lloyd 2:10.6. 1500m: n/s 2, J.Gladwin 4:01.4. 3000m: 1, M.Bizio 8:47.4; n/s 17, S.Smullen 9:46.3; 26, A.Stone 10:20.0. LJ: 4, I.Atkins 4.44. SP: 5, I.Atkins 5.45.

PEARL EUROPEAN RELAYS, SHEFFIELD, 5 JUN

An international relay meeting along the lines of some of the college events held in the United States appeared, on the face of it, to be an exciting idea. Somehow, though, it didn't seem to take off. Perhaps it was the miserable weather or maybe it was the spectacle of the middle-distance relays turning into tactical events where the incoming runner invariably sprinted to gain a precious ten

How often does it come down to the 4x400 in league races? At our home Southern League Division 5 match on May 23rd Michael Bowers sends off Marcel Fok alongside the team from White Horse. Marcel had already run a 51.6 400m and long jumped 6.32m.

metres advantage only for the outgoing man to wait and then tuck into the bunch at the start of the next leg.

The tradition in recent years of there nearly always being a Belgravian in the nation's fastest sprint relay teams was maintained by Messrs. Paul, Regis and Adam as the more usual 4x100 and 4x400 were replaced by the more novel 4x200 and Swedish relays. Average leg in the former was 20.49 for a total time only a little short of the UK record.

Paul Evans ran his fastest ever 10k in a bid to gain Olympic selection and duly came home 3rd. At 7k the leading bunch was down to five and Paul went into the lead around this stage. With three laps to go Richard Nerurkar, Britain's 10k hero of last year's World Champs., threw in a 63 second lap in an attempt to shake off the ever threatening Eamonn Martin and Paul was unable to handle the increase in tempo. Coming home six seconds short of the Olympic qualifying mark, the Belgravian now had the unenviable task of looking for another race to give him the required time. All this just six weeks after his London Marathon epic.

4x200m: 1, GB (L.Christie, J.John, J.Regis, M.Adam) 1:21.97; 2, Russia 1:22.72. Swedish relay (100, 200, 300, 400): 1, Italy 1:49.54; 2, GB (L.Paul, M.Adam, A.Mafe, D.Grindley) 1:50.79. 10000m: 1, E.Martin (Basildon) 28:03.56; 2, R.Nerurkar (Bingley) 28:07.44; 3, P.Evans (Belgrave) 28:13.71.

PEARL UK CHAMPIONSHIPS, SHEFFIELD, 6/7 JUN

By the time the weekend was over we could count four Belgravians as UK Champions and as is often the case these days it was the field events that gave us the majority of our success.

Paul Edwards continued the busy schedule of competitions that seems to see him in a different country every week. He had no trouble in disposing of the domestic shot opposition, and Abi Ekoku saw off the other discus men, although he was pressed by a 19 year old who held the lead until Abi launched his winning third round effort.

Pressure on our pole vault champion, Mike Edwards, came from our own Ian Tullett. Both cleared the winning height of 5.30 with their second attempts and both failed at 5.41. But whereas

Mike had come in at 5.20 and was successful with his first vault, Ian had needed three shots at that height.

Showing all the confidence of a champion, Marcus Adam looked his scintillating best as he rounded the 200 metre turn, and with that characteristic high knee lift powered to the fastest time by a UK athlete in '92 - into a 2.5 metre headwind. He had faced seven races over the three days at Sheffield and could look back on his endurance work in the USA with satisfaction.

100m: 3, M.Adam 10.63; 6, L.Paul 10.82. 200m: 1, M.Adam 20.75. 400m ht: 2, L.Samuel 47.01. 800m hts: 4, D.Scott 1:51.80; 4, R.Turner 1:54.08; 2, D.Maynard 1:51.30. 1500m ht: 5, S.Halliday 3:49.34. 400mH: 2, M.Robertson 50.13; hts. 3, I.Wells 56.47; 4, N.Hammersley 53.81. 3000mSC: 6, J.Chaston 8:41.36. LJ: 3, F.Salle 7.66; 11, D.Costello 5.97. TJ: 6, D.Brown 15.84. PV: 1, M.Edwards 5.30; 2, I.Tullett 5.30; 11, D.McDermott 4.60. SP: 1, P.Edwards 18.77. DT: 1, A.Ekoku 56.42. JT: 4, N.Bevan 75.96; 5, M.Cottrell 73.42.

SOUTH OF ENGLAND AA CHAMPS., CRYSTAL PALACE, 13/14 JUN

Lenny Paul looked good in the "Southern", winning his heat in 10.62, before clocking his season's best of 10.42 in the semi behind Livingstone's 10.27. Come the final, though, and his race was ruined by the Shaftesbury man's blistering start. While Livingstone scorched to 10.09 Lenny was left trailing and wondering why there wasn't a recall.

A championship record came from Mike Edwards in the pole vault and this event saw what must have been another record with three Belgravians filling all the medal slots. It's not too often that we get a result like that.

Other wins came from Myles Cottrell, Max Robertson and Jon Ridgeon. Jon took his heat by night on a whole second in 13.79 and then ran 13.75 into a 2.4mps wind to beat Enfield's Hugh Teape. Unfortunately that win also earned him a sore hamstring at this most crucial point in the season.

Perhaps the most pleasing event of the weekend, however, was to see the clock turned back and the track graced by John Gladwin again. He reached the 'B' final to set a time of 1:50.80.

100m: 5, L.Paul 10.50 (sf.10.27). 800: B final 2, J.Gladwin 1:50.80;

Du'aine Ladejo trimmed our 400 metre club record to 45.70 while placing 2nd in the 'B' race at the Mt. SAC Relays Meeting at Walnut, California on April 18th. At College Station on May 2nd he was under 46 again - 45.82 and then at Austin, Texas a week later he was clocked at 45.37.

Also in action at the Mt. SAC meeting was Justin Chaston who limbered up for the season ahead with an 8:51.4 steeplechase. He too soon hacked a chunk off his 1992 best with 8:40.50 at Houston on May 8th.

6, D.Scott 1:53.20 (ht.1:52:13). 1500m: hts. 6, Mark Anderson 3:56.29. 5000m: 14, J.Hobbs 15:07.96. 110mH: 1, J.Ridgeon 13.75; hts. 3, I.Wells 15.32. 400mH: 1, M.Robertson 50.77; hts. 3, I.Wells 54.10; 4, N.Hammersley 54.18. HJ: 2, A.Hutchinson 2.10; =3, H.Lindo 2.05. TJ: 4, D.Browne 15.68 (+2.1). PV: 1, M.Edwards 5.35 (CBP); 2, I.Tullett 5.10; 3, D.McDermott 4.85. SP: 3, A.Ekoku 16.56; 7, C.Symonds 14.56. DT: 2, A.Ekoku 51.64; 8, C.Symonds 47.20. JT: 1, M.Cottrell 65.46. HT: 3, P.Spivey 63.50.

ROSENHEIM LEAGUE DIV EAST MATCH 3, TOOTING BEC, 17 JUN

100m: n/s 1, G.Schatz 12.0. 400m: 5, S.Jakeman 56.6; n/s 5, R.Milner (B) 55.2; 6, R.Alsop 56.0. 800m: 2, F.Niko 1:58.1; n/s 1, J.Booth 2:00.0; 3, B.Hamill 2:02.2; 4, G.Mason 2:02.5; 5, S.Booth 2:04.0. n/s 1, A.Painter 2:07.3; 2, D.Clack 2:08.1; 7, J.Pritchard 2:13.2. 1500m: 3, J.Hobbs 4:04.8; 5, M.Bizio 4:05.7; 9, J.Barry 4:07.4; 14, S.Smullen 4:22.0. 3000m: 4, A.Paton 8:50.7; 5, M.Bizio 8:57.4; 24, A.Stone 10:12.3. PV: 3, N.Browning 3.10. DT: 1, L.Marar 43.54.

Teams: 1, Herne Hill 58; 2, Croydon 45; 3, Mitcham & Sutton; ... 5, Belgrave 28.

GB v. KENYA, MEADOWBANK, 19 JUN

Du'aine Ladejo carried his US form back to the old country with a 45.1 split on leg three of the 4x400, fighting off Patrick Delice of Trinidad & Tobago. With Redmond, Akabusi and Black also in good form, Du'aine earned himself a share in the UK All-comers Record of 3:00.93. A few more runs like that and he is going to find himself a regular in the UK team.

Unsuccessful at shooting for a personal best of 5.51, Mike Edwards nevertheless took the pole vault from team-mate Ian Tullett. A best mark of the year came from Nigel Bevan but it only gained him 7th spot against some redoubtable competition.

100m: 2, M.Adam 10.47; 4, J.Regis 10.55. 200m: 2, J.Regis 20.62; 3, M.Adam 20.72. 110mH: 3, J.Ridgeon 13.89. 400mH: 3, M.Robertson 51.17. LJ: 4, F.Salle 7.31w. PV: 1, M.Edwards 5.40; 2, I.Tullett 5.30. JT: 7, N.Bevan 77.10.

Magic moments at Tooting

Just occasionally, the mid-week track matches throw up some magic moments. Aussie Ron Clarke, 12 times World Record holder over distances ranging from 3 miles up to the 1 hour, once turned out for the 800 metres in a Wednesday night inter-club meeting at Crystal Palace. And down at Wimbledon Park in an even earlier era, Mitcham AC's Tony Harris blasted a huge half-mile field to gain a "games" qualifying time.

Times and track surfaces have changed since Harris's run but the atmosphere of Rosenheim matches is still the same (as are some of the faces!) and once more, in 1992, a "time" was being sought by an Olympic hopeful.

In spite of being the fastest in the country and first Briton home in the "London", Paul Evans had been ruled out of his favoured event, the Olympic marathon, by the UK selection process. Not one to sit back and bemoan his fate, however, he and coach John Bicourt had got him into 10,000 metre track shape and six weeks later at Sheffield he ran to an Olympic berth - providing he could subsequently attain the qualifying standard of 28:07.0. The possibility of a race in the Norway fell through and as the deadline approached, instead of lining up for some superfast 10k in Scandinavia, Paul found himself on the start line at Tooting Bec on June 17th for a hastily arranged race when the normal Rosenheim events had been completed.

Conditions were fairly still but the air temperature was dropping as at five minutes to 9pm the Belgravian set out on his 25 lap trial with just Colin Reitz, Andy Bristow and Steve Harris for company. A discerning crowd of a couple of hundred were privileged to be able to watch the drama unfold; most had stayed on after competing in the earlier competitions while others, hearing of the attempt through the South London athletics grapevine had turned up specially.

Steve Harris went straight to the front and lap one ticked over in 67; an average of 67.3 per circuit was required for the whole journey. Steve had harboured his own hopes for Olympic selection at the beginning of the season but here, after reaching 2km in around 5:36, he lost interest in the proceedings and came out.

With not the slightest slackening in pace the Newham & Essex man Colin Reitz took over and churned out lap after lap at 67, spot on the required rhythm. The general feeling was that if Paul could get to half-way in close to 14 minutes, with his superb staying power he would be equal to the task. Tension heightened, therefore, when 5km saw "14:02.3" flash up on the auto-timer. Paul now surged into the lead for the first time while "Reitzzy" slowed and joggled to a halt. "I've done all I can. It's up to him now!"

What a run this was turning out to be. Only two men left on the track in the gathering gloom and one of them, Andy Bristow, was now falling away rapidly. No wonder either, for while it was being announced that the ground record for 5,000 metres had been blown away, Paul was now throwing in some devastating and maybe overfast circuits...66, 65, 66, 66, 66 ... Onlookers were now spaced around the entire perimeter to urge him on worried that he was overdoing it for a man going it all alone. The slightest signs of slowing were detected in the 8th kilometre - he was back to 67s, a 68, and then the first lap of 69 came up. If he dropped into the 70s he'd be in trouble. "Don't give it away now Paul. Just keep it going!" While some supporters moved towards the finish line, ready to be instantly assured that he had indeed achieved his quest, others ran to the quieter second bend to make sure that there was no respite from the cries of encouragement.

One of Paul's strengths, of course, is his ability to survive the suffering. A 68, a couple of 69s, and then came that storming last 400 in 65 with everyone crowded onto the outer lanes of the track to applaud him home. Not only was he under the qualifying mark but inside 28 minutes as well - something no Briton had done in his own country since 1986. That second 5km had taken a mere 13:57.5 for yet another update on the ground record.

How warm the applause was. Within seconds Paul was himself spontaneously smiling, waving and clapping to show his appreciation of the crowd now swarming all around him and the officials who had stayed on to help him. Magic moments indeed!

1, P.Evans (Belgrave) 27:59.8; 2, A.Bristow (Brighton & Hove) 28:52.6.

Alan Mead

Haringey bite back !

EDINBURGH, 20 JUN

The promotion of Caledon Park to Division 1 had meant one match in Scotland and this was it. Due to cost cutting measures half the team plus loyal supporters braved two 8 hour coach trips - not the best of preparation. The lucky ones either made their own way or stayed over from the previous night's International.

With Southern league teams out the same day we took the minimum of reserves and paid the price. Lennie Paul withdrew the day before - being one of a sprint relay squad sent mid week to Oslo for training in freezing temperatures! and, not surprisingly, all four had picked up injuries so our sprint capacity was diminished. Marcus turned up on the day and pronounced himself unfit so our hopes rested mainly on Philip Goedluck with John Regis agreeing to test himself in a star studded 100 metres plus sprint relay. Max Robertson also arrived limping and suddenly things didn't look too good. As it turned out, three league records were broken; Linford in the 100 metres, Mike Edwards in the pole vault and Belgrave's team managers who made 26 team alterations through the afternoon as problem followed problem and team members mixed and matched events as part of a damage limitation exercise. It looked as though we had failed as two thirds through the afternoon we were in 5th place and some 80 points behind Haringey. But a string of excellent performances spearheaded by our vaulters and throwers turned the situation around so that by the match end we were second only 17 points behind Haringey and virtually dead level in the league with all to play for.

Mike Edwards was voted Man of the Match also winning the 'B' long jump and anchoring our scratch sprint relay team to a fine second place. Abi Ekoku ran leg 3 and in the inside lane gobbled up the opposition. John Regis couldn't believe his eyes having insisted on running the first leg as he had doubts that the team would finish. Oh ye of little faith!

Everyone was a hero. No points were left uncontested with John Barry sweeping up where there were gaps. Myles Cottrell made an exciting and fruitful debut winning the 'B' javelin in fine style. Steve Halliday is beginning to look good in the 1500 while Lewis Samuel was still not happy with his pace judgement in the 400 metres. Nevertheless the long relay squad achieved a notable second and the late surge replenished spirits for the coach journey home, which for some finished at 5 am Sunday morning! Thank goodness the remaining two fixtures are in London.

100m: 3, J.Regis 10.42w; 1, P.Godluck 10.70w.
200m: 4, P.Godluck 21.52w; 7, I.Wells 22.63w.
400m: 3, L.Samuel 47.16; 6, D.Maynard 49.89.
800m: 4, I.Billy 1:50.19; 1, D.Scott 1:51.91.
1500m: 3, B.Reid 3:54.99; 1, S.Halliday 3:48.59.
5000m: 8, J.Estell 15:22.58; 5, R.Alsop 15:32.06.
110mH: 7, I.Wells 15.49w; 8, J.Barry 26.43.
400mH: 6, I.Wells 53.54; 8, M.Bizio

67.16. 3000mSC: 4, M.Bizio 9:26.0; 6, J.Barry 10:39.26. HJ: 2, A.Hutchinson 2.15; 3, W.Caswell 2.05. LJ: 5, F.Salle 6.99; 1, M.Edwards 6.83. TJ: 8, A.Amadi 12.93; 6, W.Caswell 12.60. PV: 1, M.Edwards 5.41 (BAL Record); 1, I.Tullett 5.15. SP: 1, P.Edwards 18.59; 1, A.Ekoku 16.02. DT: 1, A.Ekoku 58.28; 3, D.Morris 47:22. JT: 1, N.Bevan 72.38; 1, M.Cottrell 70.94. HT: 3, P.Spivey 61.58; 8, P.Edwards 25.22. 4x100m: 2, Belgrave (J.Regis, P.Godluck, A.Ekoku, M.Edwards) 41.86. 4x400m: 2, Belgrave (D.Scott, I.Billy, D.Maynard, L.Samuel) 3:14.21. Teams: 1, Haringey 346; 2, Belgrave 329; 3, Birchfield 293; 4, Thames Valley 277; 5, Shaftesbury Barnet 244.5; 6, Caledon Park 248.5; 7, Wolverhampton & Bilston 240.5; 8, Old Gaytonians 182.5.

Below: Belgrave's third highest points scorer of 1992 in British League and Cup matches is probably one of our most hardened travellers. Take last season, when Paul Edwards' quest for the perfect putt took him to Tokyo (Japan), Gainesville (USA), Oristana and Turin (Italy), Vladimir (Russia), Frankfurt (Germany), Seville (Spain), Zurich (Switzerland), Oslo (Norway), Paris (France) and Limerick (Ireland).

The man is also a Track & Field NUT and in between competitions can be found poring over the ATFS and BAF annuals. Two particular statistics must weigh heavily on his mind, the ones that keep him in third place on Britain's all-time list. While Paul has twice hit 20.33 he still has to go some to reach Geoff Capes' 21.68 and Mike Winch's 20.43.

At Eugene, Oregon, on May 16th, Mike Edwards sailed over 5.40 at his first attempt to win the pole vault at the 'Twilight Meeting'.

The IAAF Grand Prix season kicked off in Sao Paulo, Brazil, on May 17th and Paul Edwards did well in exalted company to place 3rd with 19.87, close up to the two leading Americans and ahead of the Swede Larsson who was 7th in the 1991 World Champs. A couple of days earlier Paul had hit 20.33 in a match against RMA Sandhurst.

The Welsh Championships were held at Cardiff on May 23rd and Justin Chaston had a dust-up with Bridgend's 'Brace the Race' in the 5000m. Justin got the better of Britain's Olympic Marathon man, 14:22.23 to 14:30.92, but Ian Hamer was well ahead with 13:57.87. Neil Hammersley took 4th in the 400m hurdles in 54.87.

Not too many men in the UK get the better of Abi Ekoku when it comes to heaving the discus but our Field Captain received a shock from the hands of a club-mate on May 13th when in a representative match at Hayes Darin Morris got the better of him, 57.64 to 57.50.

Jon Ridgeon's international comeback campaign took a knock in Floro, Norway, during another tight race with Wolverhampton & Bilston's David Nelson. Running into a 2.1 mps breeze, Jon hit the last hurdle hard and damaged a hamstring that was to put him out of competition for a while. His impetus took him to 2nd place in 13.91 to his rival's 13.86.



We had two champions in the Greater London Champs. Lenny Paul continued his programme of racing to peak fitness with a 10.8 clocking and Frank Ward took the 5000m in 15:01.0. Unfortunately our Treasurer then found himself suffering from an ankle injury.

What an amazing place the United States is for 400m talent. In the US National Collegiate Champs. on June 16th at Austin, Texas, Belgrave's Du'aine Ladejo, competing for Texas University, ran 45.25 in his heat and 45.37 in his semi-final just to get to the last round. There he was timed at 45.63 for 6th place. Quincy Watts won the race in 44 flat - the World's leading mark for the year at that point.

It was good to see Andy Lloyd in action in the UK again. He placed 4th over 3,000 metres with 8:08.80 in the England v Australia match at Corby. Other Belgravians involved were Jon Ridgeon, riding a 3.4 mps wind to a 13.69 clocking and 2nd place, and the ubiquitous Paul Edwards, winning another shot competition with 18.95.

Seasonal bests and two wins came from Warren Caswell, leaping 2.16m, and Leith Marar, hurling the discus 47.76m in the Hampshire v Army v Surrey match at Aldershot on June 24th. Leith was also 3rd in the shot with 14.34m. Both were representing Surrey as was Mike Edwards who took the pole vault with a 5.10m effort.

Darrell Maynard has been showing consistently good form this year with several sub-1:50 800m times. At the Midland Championships he placed 2nd with 1:49.88 while Les Antoine got to 7th in the semi-finals of the 400 with 51.10 after a 50.86 heat.

Lenny Paul made his presence felt in the Inter-Services Champs. by taking both sprints with a 10.4/21.2 double at Cosford on July 1st. The Army are going to miss the Belgrave Track Captain who returned to civilian life in September after giving over 18 years of service.

So near and yet so far! Abi Ekoku's search for the elusive 60 metre discus throw took him to the Rosenheim League at Kingsmeadow on July 1st but 55.36 was as near as he could get. A couple of days later and at the other end of the land for the Scottish Championships, held in miserable conditions, he was again beaten by Australia's Werner Reiterer, 53.70 to 60.74. July 5th saw him at Haringey and reaching 58.14 in the Eastern Electricity Games and then, finally, on the 6th, he fell just 1.20m short in an event put on during the Herne Hill Championships at Tooting. No Olympics for Abi.

Ian Tullett was involved in a similar quest - for a 5.50m vault which would get him to Barcelona. At Stoke on July 1st he cleared 5.30 for the 5th time this season but unhappily could get no higher.

Also competing at Meadowbank in the Scottish Champs was Darin Morris whose 53.48 discus was uncomfortably close to Abi's mark. Darrell Maynard placed 8th in the 800m in 1:55.2 after a 1:54.00 heat.

Eight Belgravians win Olympic selection at 1992 AAA Champs.

PANASONIC AAA CHAMPS & OLYMPIC TRIALS, BIRMINGHAM, 27/28 JUN

With places on the Olympic team up for grabs we enjoyed our finest ever AAA Championships and when the team was announced at the end of the weekend no fewer than eight seats on the plane to Barcelona were reserved for Belgravians with a further two being "named" subject to their achieving the qualifying standard.

As is most often the case Paul Edwards was far and away the most comfortable of our winners, hitting 19.08 in the first round of the shot; all five of his valid putts would have won the competition. Second in that shot competition was Enfield's Simon Williamson and he found himself behind another Belgravian, Abi Ekoku, in the discus. Abi's 5th round 58.02 gained him second to Reiterer of Australia but meant that he had to go searching for a 60 metre throw to ensure selection.

John Regis claimed that he did not see Linford Christie as a threat to him over 200 metres. It must be nice to be that confident and tight though it was, he made his point by holding off the Thames Valley man all the way down the straight to win by 2/100ths after gaining the slightest of advantages around the turn. Hay fever had been giving him some problems during the preceding weeks.

The 100 metres saw some brinkmanship as both Christie and Shaftesbury's Livingstone sat on their blocks in each of their semi-finals while the rest got away to what seemed perfectly fair starts. Each was lucky that the starter called the field back but Lenny Paul was hopping mad, feeling that Linford, in particular, was pushing his luck. The final showed who was leader of the pack, however. The Valley man was in a class apart but the three Belgrave finalists were right up in the fray fighting for the scraps. Marcus Adam got home 3rd in 10.36 with just 1/100th to spare over Newham's Jason John and 5th placed Regis who was given the same time. Then came Lenny in 6th, repeating his semi time of 10.45.

What better way is there to qualify for the Olympics than setting a personal best and cracking 80 metres, which also happened to be the qualifying standard, for the first time. At the end of the first round Nigel Bevan's 80.68 left him in 3rd spot behind Steve Backley's event winning 88.14 and Mick Hill's 81.56. Backley didn't improve but Hill peppered the 84 to 85 metre mark and our own Nigel had another big one in him - 81.70 in the last round - the sort of throw that could take him into the last 12 in the Montjuic Stadium.

Ian Tullett took pleasure in beating

club-mate Mike Edwards in the pole vault but is another who still needs to find the qualifying mark. He came in with a first time clearance at 5.10 but needed two shots at 5.20 while his rival entered at that height and took it first time. Ian countered by sailing over 5.30 on his first with Mike needing all three attempts to clear the bar. While Mike battled unsuccessfully at 5.35, Ian sat out that height but was, in turn, unable to get over 5.40. The title was Ian's on count-back.

British 400 metre running seems to be entering another exciting era with "45 and bits" times being turned in by several young pretenders. Another fine prospect has joined them in Du'aine Ladejo. Low 45 clockings in the United States were confirmed here as he ran to 4th, just behind Wigan's Grindley but ahead of internationals Richardson and Mafe. He may well have earned himself an Olympic relay leg as a result.

100m: 3, M.Adam 10.36; 5, J.Regis 10.37; 6, L.Paul 10.45; hts. 3, P.Goedluck 10.75; 7, L.Campbell 11.52. 200m: 1, J.Regis 20.27; 8, L.Paul 22.15 (ht.21.06); hts. 1, M.Adam 21.30; 4, P.Goedluck 21.72. 400m: 4, D.Ladejo 45.53; hts. 3, L.Samuel 47.39. 800m: hts. 7, D.Maynard 1:49.79; 3, I.Billy 1:47.78. 1500m: hts. 11, B.Reid 3:49.64; 8, S.Halliday 3:49.65. 5000m: 6, P.Evans 13:35.80; 12, A.Lloyd 13:49.70. 110mH: 6, J.Ridgeon 13.64. 400mH: 2, M.Robertson 50.46; hts. 5, I.Wells 53.9; 4, L.Antoine 53.6. 3000mSC: 6, J.Chaston 8:37.02. HJ: =11, W.Caswell, H.Lindo 2.10; no height A.Hutchinson (2.15-f). LJ: 6, F.Salle 7.50; 20, D.Costello 4.90. TJ: 10, D.Browne 15.21. PV: 1, I.Tullett 5.30; 2, M.Edwards 5.30. SP: 1, P.Edwards 19.08. DT: 2, A.Ekoku 58.02. JT: 3, N.Bevan 81.70; 7, M.Cottrell 74.42.

Larios take 1992 European Clubs Championship

The European Clubs' Championship was held in Birmingham this year with Haringey, representing the UK, finally placing 2nd - the highest ever by a British club. The Spanish club Larios were winners. Invitation events were held throughout the programme and Marcus Adam shone in the sprints. Linford Christie had the measure of him by just 3/100ths in the 100 metres, which took place in miserable conditions, Marcus' time being 10.45. Fifth was John Regis in 10.67. John then led the field as the straight was reached in the longer sprint but Marcus stormed to the fore to record 20.75 to John's 20.89. That run took our Commonwealth Games Champion to the fastest UK clocking of the year. Ikem Billy won the 'B' invitation 800 metres in 1:48.54 from Tirelli of Italy but our man from the Wirral's fastest time at this point had come in an event at Wythenshaw on May 20th when the first ten hit 1:50 or better. Ikem was 4th in 1:48.0.

MEN'S TRACK & FIELD**PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 3, KINGSMEADOW, 20 JUN**

100m: 4, L.Campbell 11.9. 200m: 4, G.Corsini 24.5; 5, L.Campbell 24.5. 400m: 5, M.Fok 51.6; 3, R.Turner 52.8. 800m: 3, R.Turner 1:56.7; 2, J.Chaston 1:58.6. 1500m: 3, J.Gladwin 4:04.3; 3, S.Paton 4:14.3. 5000m: 4, J.Hobbs 15:23.0; 5, O.Lewes 16:15.0. 110mH: 2, A.Carter 15.6. 400mH: 5, M.Mazzotta 70.4; 5, R.Bridges 77.4. 3000mSC: 2, M.Mazzotta 9:52.5. HJ: 1, S.Osuide 2.00; 4, G.Sagar 1.30. LJ: 5, G.Sagar 4.77; 5, R.Bridges 4.62. TJ: 5, J.Druce 11.71; 5, R.Bridges 9.04. PV: 5, N.Browning 3.00; 4, R.Bridges 1.60. SP: 1, C.Symonds 14.21; 1, L.Marar 13.93. DT: 1, C.Symonds 48.56; 1, L.Marar 44.98. JT: 5, L.Archer 44.34; 3, D.Mole 40.02. HT: 3, L.Marar 42.38; 3, C.Symonds 35.86. Teams: 1, Borough of Hounslow 131.5; 2, Highgate 125; 3, Guildford & Godalming 101.5; 4, Worthing 89.5; 5, Belgrave 79.5.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 3, READING, 20 JUN

Who said third time lucky! Whoever it was, writes Dave Mote, they should have been with us at what could have been a really rotten day at Reading. Little did we realise at the time that the 20th of June would be known as the Belgrave Southern League team's blackest Saturday.

With what seemed like half the club's active population struck down with a bad case of the

walking wounded, those that survived were left to cover empty and very unfamiliar events. But cover them they did - and with some style. With our throws sorted out by Snowy Brooks and a welcome guest appearance by Mike Small, it was down to the rest of us to do their efforts justice.

The match was started for us by Mark Lindsay-Bayley, making a flying visit from Paris to hop round the 400 hurdles with club stalwart Don Anderson, and the afternoon carried on in the same vein until we all staggered home at six o'clock. Outstanding "specialists" like Pat Lyttle in the triple jump and myself (landing on and demolishing the third hurdle from home) in the 110m hurdles - I'm still picking the splinters out of my shorts - proved that Belgavians are game for anything. Well almost anything, as there were no takers for the steeplechase, and looking at the contents of the water jump I'm not surprised.

A special mention should be made of our junior section. Danny Winson and Michael Bowers, who with the not so young Martin Chuter and rugby playing Jay Busk covered the 400, 800 and 4x400. And finally thanks to ML-B whose Jimmy Cricket impersonation persuaded me to persuade others to do things previously thought impossible.

Count the names mentioned and add Martin Lake who did the 1500 after his 5000 and you've got the team. Eleven bodies and a lot of semi-retired muscles covering 38 events!

100m: 4, J.Busk 11.7; 3, P.Lyttle 12.1. 200m: 4, P.Lyttle 25.4; 1,

D.Mote 23.8. 400m: 2, J.Busk 51.9; 3, M.Bowers 55.1. 800m: 2, D.Winson 2:01.6; 1, M.Chuter 2:03.0. 1500m: 3, M.Lake 4:28.5; 3, D.Anderson 4:42.8. 5000m: 1, M.Lake 15:37.1; 3, D.Anderson 16:48.5. 110mH: 4, M.Lindsay-Bayley 20.7; 4, D.Mote 30.8. 400mH: 4, M.Lindsay-Bayley 72.0; 4, D.Anderson 72.2. HJ: 3, M.Lindsay-Bayley 1.65. LJ: 4, M.Lindsay-Bayley 5.28; 4, P.Lyttle 4.79. TJ: 4, P.Lyttle 10.43; 4, M.Lindsay-Bayley 9.52. SP: 1, M.Small 12.25; 2, C.Brooks 9.68. DT: 1, M.Small 38.62; 1, C.Brooks 33.96. JT: 1, M.Small 48.12; 2, C.Brooks 37.03. HT: 1, M.Small 41.16; 4, C.Brooks 17.72. 4x100m: 3, Belgrave 54.0. 4x400m: 1, Belgrave 3:34.5. Teams: 1, Wycombe 139; 2, Newquay & Par 135; 3, Basingstoke & Mid Hants 109; 4, Belgrave 104; Camberley withdrew.

EASTERN ELECTRICITY GAMES, NEW RIVER, 5 JUL

Abi came close to his season's best and achieving the Olympic standard of 60 metres but was beaten by rival Simon Williams, the Enfield man scoring with 59.54. Once again Reiterer was the victor.

200m: 6, P.Goedluck 21.87. 400mH: 6, M.Robertson 51.96. LJ: 3, F.Salle 6.94w. PV: 2, I.Tullett 5.20. SP: 1, P.Edwards 19.11. DT: 3, A.Ekoku 58.14.

INTER-CLUB MATCH, ROEHAMPTON, 7 JUL

400m: 5, A.Painter 58.2. 800m: 3, A.Painter 2:12.3. 1500m: 5, A.Stone 5:03. 3000m: 5, A.Stone 10:46. HJ: 1, G.Sagar 1.40. JT: 2, G.Sagar 37.56. Teams: 1, Twickenham AC 135; 2, Hercules Wimbledon 126; 3, Kingston & Poly 121; ... 6, Belgrave 18.

TSB GAMES/IAAF MOBIL GRAND PRIX, CRYSTAL PALACE, 10 JUL

Regis had two metres to spare over US one lap specialist Danny Everett whose best is 20.08. It seems highly likely that the next time they clash could be last leg in the Olympic 4x400.

Marcus showed that his 100 metres form is coming good after a busy racing period in which his knee trouble seemed to be bothering him. He was hand-timed 1/10th behind Christie and Brazil's Robson da Silva.

Du'aine Ladejo continued his run of sub-45 timings in the most impressive one-lap line-up ever

seen in the UK. He was only a few metres down on Black, World Champion Pettigrew and British Record holder Derek Redmond, although Michael Johnson was in a class of his own with 43.98.

Paul Evans churned out a pb in the middle of the 5k pack knowing that he had another one lined up the following day in the British League - what a hero! Running mostly in the 6th/7th range he got swallowed up as the finish neared.

100m: 3, M.Adam 10.3; 'B' 2, L.Paul 10.62. 200m: 1, J.Regis 20.29. 400m: 7, D.Ladejo 45.95. 5000m: 13, P.Evans 13:30.83. 110mH: hts. 5, J.Ridgeon 13.81. 400mH: 8, M.Robertson 50.71. PV: nht. I.Tullett. DT: 2, A.Ekoku 55.40. JT: 8, N.Bevan 76.94.

PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 4, BATTERSEA PARK, 11 JUL

Four seasonal bests came from Southern League stalwart Mike Small and many others in the team, particularly the hurdlers, performed equally well. But we lost a minimum of four points simply by not having competitors in 'B' high jump, long jump, steeplechase and 4x400m. Four extra points would have given us 2nd team place instead of 4th and that in turn would have made us 11th overall instead of 18th of the 25 clubs in the league and uncomfortably within the relegation zone.

100m: 4, L.Campbell 11.5; 3, M.Bazire 11.4. 200m: 4, G.Corsini 23.2; 2, R.Hunter 23.5. 400m: 3, I.Wells 50.1; 5, N.Hammersley (finished but injured). 800m: 4, M.Anderson 1:54.8; 2, S.Paton 1:59.7. 1500m: 3, R.Alsop 4:03.3; 2, S.Paton 4:06.5. 5000m: 3, A.Paton 15:33.4; 2, G.Pitts 15:54.2. 110mH: 1, A.Carter 15.2; 1, R.Hunter 15.1. 400mH: 1, N.Hammersley 54.4; 1, I.Wells 54.7. 3000mSC: 4, M.Mazzotta 9:55.6. HJ: 1, W.Caswell 2.00. LJ: 2, T.Blanchard 6.29. TJ: 1, T.Blanchard 13.36; 1, A.Amadi 13.24. PV: 3, C.Husbands 2.60; =3, R.Bridges 1.50. SP: 4, M.Small 11.59; 5, R.Hunter 10.26. DT: 2, M.Small 38.26; 5, R.Hunter 20.86. JT: 5, M.Small 43.12; 2, D.Mole 40.84. HT: 2, M.Small 43.12; 3, R.Bridges 20.34. 4x100m: 2, Belgrave 43.6. Teams: 1, Basingstoke & Mid Hants 118; 2, Norfolk Olympiads 106; 3, North London 105; 4, Belgrave 103; 5, Brighton & Hove 102.



Having secured the lead, Marcel Fok places the baton in the safe hands of Danny Winson who takes the Bels to 1st place. Danny cracked 2 minutes for the 800m at Perivale in an Open Meeting late in the season with 1:59.6.



Australian Brandon Reid has contributed greatly to Belgrave teams over the past few seasons. Road relays ... Southern League 800s ... British League 1500s ... he has given his best in all of them. Now it's time to say goodbye as he heads back home. Best wishes Brandon. Let us know how your running progresses and let's hope you can make it back to Wimbledon some time.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 4, BATTERSEA PARK, 11 JUL

What a difference three weeks makes. With Reading well behind the Belgrave team, Battersea beckoned - but so did the rain we left back in Bedford. It's also amazing the difference a few extra bodies makes. With every event covered things looked a lot happier on what was to become another sodden Saturday.

Snowy, fresh from his front page exploits carrying a damaged Daley Thompson off the Crystal Palace track, was there to cover our throwing events and was ably supported by Pat Lyttle and a guesting David Mote. Newcomers Kenny Pereira and Chris Murrell joined old favourites John Druce in the triple jump and Jay Busk in the 100m. Jay then went on to win the 400, 200 and run legs in the 4x100 and 4x400.

To mention everybody on this occasion would be difficult but special note must be made of a certain long-legged Northerner who turned up to do the 400 hurdles and ended up doing a 200

and a 3000 steeplechase! We do not see a lot of Mike Ramshaw but when we do he certainly makes his mark.

The day finished with Belgrave winning the 4x400, both strings of the triple jump and the discus - and then the match itself. From last to first in two matches. A team of extremes, that's the boys from the Belgrave Southern 'B'.

100m: 2, C.Murrell 11.8; 1, J.Busk 11.6. 200m: 3, M.Ramshaw 24.3; 1, J.Busk 23.4. 400m: 1, J.Busk 51.8; 1, D.Winson 52.9. 800m: 2, M.Chuter 2:02.5; 3, M.Bowers 2:10.8. 1500m: 2, J.Ryle 4:18.8; 3, M.Readhead 4:35.8. 5000m: 5, D.Anderson 17:30.6; 3, T.Williams 17:34.3. 110mH: 5, D.Mote 25.7; 4, J.Coy 29.2. 400mH: 1, M.Ramshaw 61.8; 5, J.Coy 74.3. 3000mSC: 4, T.Dowdall 11:30.8; 4, M.Ramshaw 13:12.0. HJ: 4, M.Readhead 1.55; 2, J.Coy 1.10. LJ: 1, C.Murrell 6.11; 2, B.Taylor 4.90. TJ: 1, K. Pereira 12.40; 1, J.Druce 11.86. PV: 5, D.Mote 2.10. SP: 4, C.Brooks 9.77; 3, D.Mote 7.61. DT: 1, P.Lyttle 33.46; 1, C.Brooks 32.60. JT: 4, C.Brooks 38.36; 1, P.Lyttle 36.40. HT: 3, D.Mote 20.32; 3, C.Brooks 17.70. 4x100m: 1, Belgrave 46.0. 4x400m: 1, Belgrave 3:34.7. Teams: 1, Belgrave 122; 2, Fleet & Crookham 115; 3, Guildford & Godalming 104; 4, Crawley 95; 5, Luton 89.

WELSH GAMES, CWMBRAN, 12 JUL

Justin was first man from the home countries, representing Wales in this match vs. World Select and English teams. His was a tight finish with 2nd to 4th places all within 1/10th of a second.

100m: 2, L.Paul 10.55. 2000mSC: 4, J.Chaston 5:33.85.

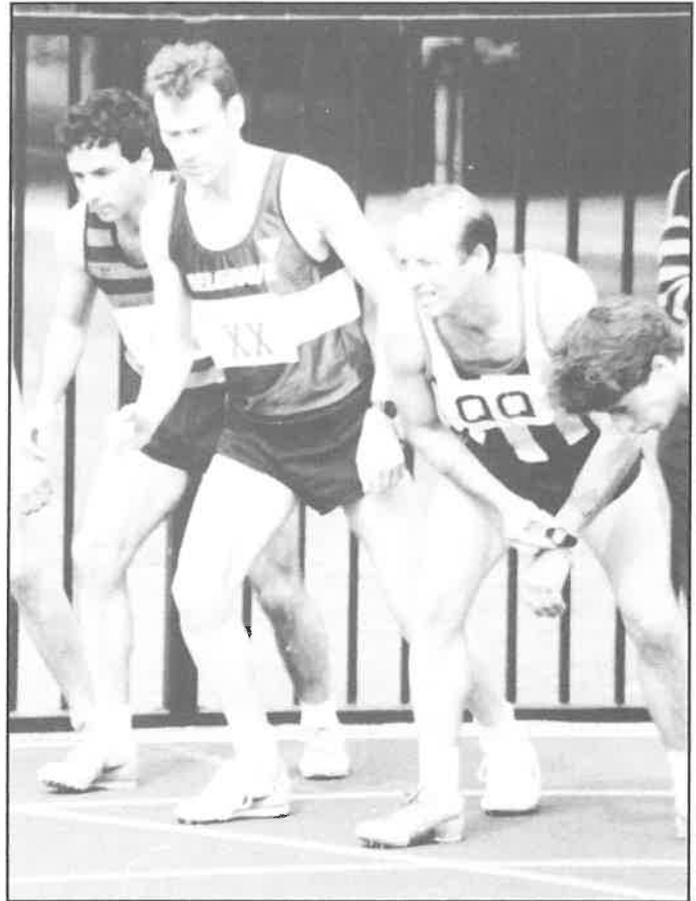
ROSENHEIM LEAGUE DIV EAST MATCH 5, TOOTING BEC, 15 JUL

100m: 4, T.Blanchard 12.1. 200m: 3, D.Browne 22.9. 800m: 2, F.Niko 2:00.6; n/s 1, B.Reid 1:54.5. 1500m: 3, M.Bizio 4:03.4. TJ: 3, T.Blanchard 13.60.

Teams: 1, Croydon 54; 2, Herne Hill 52; 3, Hercules Wimbledon 43.5; 4, Mitcham & Sutton 40; 5, South London 27.5; 6, Belgrave 20.

VAUXHALL INVITATION, GATESHEAD, 17 JUL

John Regis was supreme in the 300 metre event. He started as if it was a 100 and ripped away from the Seoul US Olympic 400 metre champion Steve Lewis. He was so fast that one felt sure he had over-cooked it but John's strength is holding on when under pressure and he broke the beam in a European, Commonwealth and UK All-Comers record time of 31.67



Roger Alsop is another of the "engine-room" boys to have made the victorious British League team this season. He has mostly featured in 1500 metre SL races this season but has ducked under 2 minutes for the 800 and picked up valuable points in the BAL Edinburgh match over 12.5 laps. Watch out for some reduction in his 5k times next summer.

still 15/100ths away from the American. He is now third on the World all-time list and surely it is conceivable that in the right race the Belgravian could hold on for another 100 metres in 12 seconds to become the first non-American to dip under 44 seconds for the full lap. Less than respectful, Lewis does not reckon Regis could make it as a 400 man: "His body is not built for it. He likes his Mars bars."

Now an 80 metre man, Nigel Bevan is operating on a different plateau, and on this occasion his 75 metre plus effort put him well up into the action.

Although an Olympic selection for the short sprint Marcus found himself running in the 'B' event and then got pipped by youngster Darren Campbell. Du'aine Ladejo continued his fine series of 400 metre races, finishing within a tenth of Delice of Trinidad, who has a best of 45.06, and Jon Ridgeon's experimentation with the long hurdle race found him trimming his time down to within striking distance of sub-50.

100m: 2, M.Adam 10.59; 3, L.Paul 10.84. 200m: 6, M.Adam 20.90. 300m: 1, J.Regis 31.67. 400m: 2, D.Ladejo 46.35. 400mH: 7, J.Ridgeon 50.89. 2000mSC: 6,

J.Chaston 5:37.88. PV: =11, M.Edwards 5.20; 13, I.Tullett 5.20. JT: 4, N.Bevan 75.78.

COMBINED SERVICES v SURREY v ACHILLES, ALDERSHOT 22 JUL

100m: 1, L.Paul (CS) 11.2. 3000mSC: 6, M.Bizio (gst) 9:45.6. HJ: 1, A.Hutchinson (Sy) 2.05; 2, S.Osuide (gst) 2.05; =3, W.Caswell (Sy) 2.00; 5, S.McLean (gst) 2.00. TJ: 2, T.Blanchard (Sy) 13.58. SP: L.Marar (Sy) 13.44.

ROSENHEIM LEAGUE DIV EAST MATCH 6, TOOTING, 29 JUL

100m: n/s 3, C.Chirewa 12.1; 6, R.David 12.1. 200m: 5, ? 24.2; n/s 6, A.Painter 27.9. 400m: 4, ? 54.0; n/s 3, R.David 53.1; 6, R.Milner 57.9; 1, M.Readhead 54.8; 6, Z.Higgins 60.0; 7, A.Mead 62.0. 800m: 4, R.Alsop 2:00.5; n/s 1, S.Smullen 2:05.5; 7, J.Pritchard 2:09.1; 8, J.Burke 2:09.2; 1, C.Ogle 1:55.3; 4, B.Hamill 2:02.8. 1500m: 6, ? 4:10.2; n/s 4, A.Painter 4:25.2; 10, D.Clack 4:30.5. 3000m: 4, J.Ryle 8:56.0; n/s 22, D.Anderson 9:40.6; 23, S.Willimont 9:42.1; 26, S.Booth 9:46.6; 30, Marlon Anderson 10:04.5; 31, A.Stone 10:12.1. HJ: 1, A.Hutchinson 2.06.

Back on top - but it's close

WEST LONDON, 11 JUL

Quite appalling weather with high speed rain gusting up to 4 metres per second against the runners in the home straight. A surfeit of pre-Olympic matches ensured our top sprinters would be watching only, but thanks to splendid back up from Lennie Paul, Phil Goedluck and Jon Ridgeon the speed men acquitted themselves well and indeed won the sprint relay in a time close to the club record.

The meeting had started with arch rivals announcing a strong team and confident of victory. We both knew that this match would probably decide the league and therefore which club would represent the UK in Europe in '93. Our team managers hadn't been idle and had issued a three line whip calling for maximum support. And what support they got!

Max Robertson recovered from injury won the 'A' 400 hurdles and ran the 'B' high hurdles in fine style. But the number one news story was Jon Ridgeon's debut at 400 hurdles which he accomplished in an excellent time of 51.30 despite a mistake at the number 6 barrier. Clearly there is a lot to shave off and it was not surprising that Jon was bubbling afterwards. Still on a high he won the 'A' 200 metres and 'A' 110 hurdles and led off the sprint relay team. Clearly Man of the Match he could not collect the honour as he had already done so in Match 1. For us that should have gone to Paul Evans who, the previous night, had run 13:30 for a p.b. in the Crystal Palace Grand Prix meet. His 13.57 was remarkable under the conditions and a final lap of 62 showed his speed is improving too. What a great preparation for the Olympic 10,000 metres.

Jim Summers made a welcome re-emergence in the hammer. He is now based at Petersfield. Our usually strong Pole Vault looked 'iffy' with Mike Edwards back in the States for pre-Olympic coaching and Dylan McDermott out with a pulled hamstring. Fortunately youth Neil Browning stepped in at the last minute, borrowed a pole and cleared a height to gain his first and very valuable points at this the highest level of club competition. Another first timer welcomed was Les Antoine who, recovering from injury, couldn't get a spot in his specialist event but covered the 'B' 400 and the long relay to ensure good points.

Our throws squad again came up trumps with Nigel Bevan throwing just once as he, like most of our heavy men, were suffering from too much competition. Surely we must have the best 'power house' of any club in the Country.

So, with every point contested to the full and cheered on by a good contingent of supporters including Patron Eddie Kulukundis,

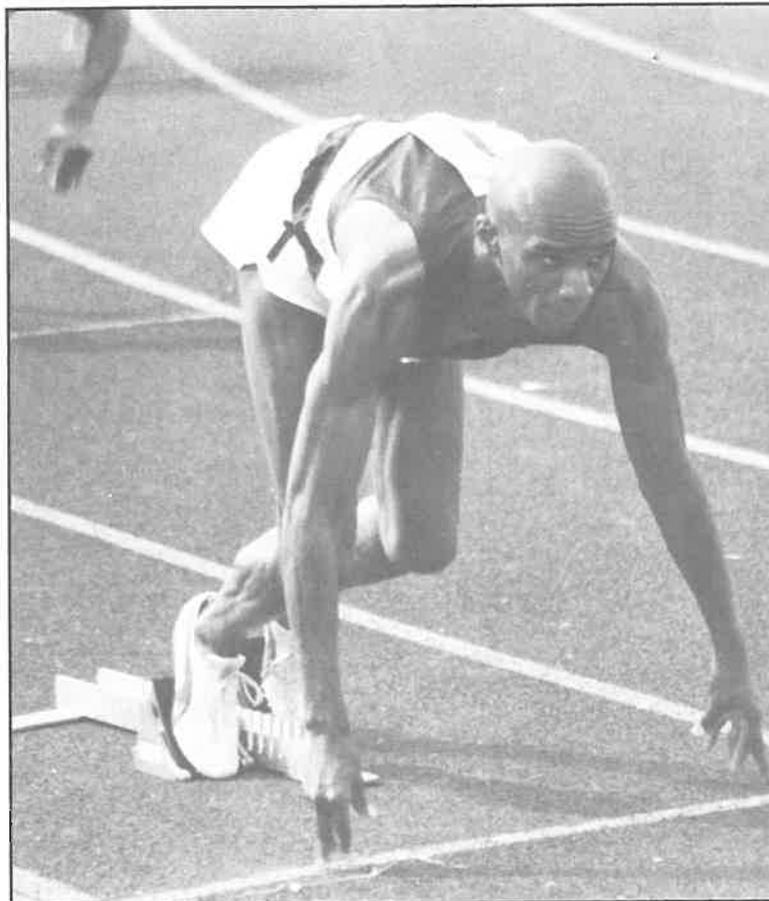
Built for speed!
Lewis Samuel sets off for a lightning tour of Copthall Stadium at the final BAL match. His best of 46.53 dates back to 1990, the year he reached the semi-final stage of the European Games at Split.

the team emerged victorious by 35 points. We enter the final match with Haringey needing to beat us by 31 points to retain their title. But first to the Olympics!

100m: 2, L.Paul 10.9; 3, P.Goedluck 11.13.
200m: 1, J.Ridgeon 21.15; 1, P.Goedluck 21.49.
400m: 3, L.Samuel 48.18; 6, L.Antoine 50.94.
800m: 3, D.Maynard 1:52.29; 3, R.Turner 1:54.97. 1500m: 2, S.Halliday 3:53.22; 3, B.Reid 4:01.43. 5000m: 1, P.Evans 13:57.33; 4, J.Estell 15:03.59. 3000mSC: 8, M.Bizio 9:45.1; 6, R.Harding 10:20.1. 110mH: 1, J.Ridgeon 14.13; 2, M.Robertson 14.61. 400mH: 1, M.Robertson 51.59; 1, J.Ridgeon 51.30. HJ: 4, H.Lindo 2.00; 2, A.Hutchinson 2.00. LJ: 2, D.Costello 7.06w; 1, F.Salle 7.01w. TJ: 5, D.Browne 14.48; 4, D.Costello 14.20. PV: 3, I.Tullett 5.00; 4, N.Browning 2.10. SP: 1, P.Edwards 18.25; 2, A.Ekoku 14.96. DT: 1, A.Ekoku 52.88; 1, D.Morris 49.20. JT: 1, N.Bevan 77.20; 1, M.Cottrell 67.70. HT: 3, P.Spivey 62.32; 4, J.Summers 45.90. 4x100m: 1, Belgrave (J.Ridgeon, P.Goedluck, L.Paul, M.Adam) 40.73. 4x400m: 3, Belgrave (P.Beaumont, L.Antoine, D.Maynard, L.Samuel) 3:15.65. Teams: 1, Belgrave 394; 2, Haringey 359; 3, Shaftesbury Barnet 286; 4, Caledon Park 273; 5, Birchfield 257; 6, Thames Valley 246; 7, Wolverhampton & Bilston 211; 8, Old Gaytonians 144.

One of the older fixtures in the card is the Sir Sefton Brancker Trophy Meeting. Lewis Samuel placed 2nd/1st in the 100m 11.0/200m 21.8 but left his speciality, the 400m to be won by Darrell, who came home in 49.4. Another Belgrave winner was Adrian Carter, 15.2 for the high hurdles.

Myles Cottrell helped the GB under 23 team to second place in the first ever Under-23 European Cup match at Gateshead, 17/18 July. His 71.36 javelin throw, achieved with his opening effort, placed him second to yet another fine Finnish prospect, Mika Parviainen, who won with 77.26.



A record 10.5 came from Lenny Paul in the Lillian Board Memorial Games at Perivale on August 9th. The previous day he had taken the 200m in 21.8. Derek Browne placed 3rd in the triple jump with 14.77.

Civil Service Championship wins came from Lewis Samuel with a 10.9/22.0 double at Birmingham in August.

Many British team members turned out in atrocious conditions to pay their respects to British Team Manager Les Jones at his Memorial Meeting at Belfast on August 31st. It was in the hurdle events that Belgrave competitors made their mark, Jon Ridgeon demolishing some fine sub-49 men in winning the 400m in 49.71 and John Regis getting up to 2nd in the rarely run 200 metre event with 23.69.

Back on the mainland on the same day two more Belgrave hurdlers got into the prizes in the Pearl Assurance Peterborough City Games. Rob Hunter was 2nd in the 'highs', 15.3, and Ian Wells won the 400 in 54.1.

Down at Portsmouth in the inter-counties match Warren Caswell and Dylan McDermott chalked up wins with 2.10 and 4.80 in the high jump and pole vault with Leith Marar scoring 4th and 3rd in shot and discus, 14.26/47.10.

The grass is never going to grow under Paul Edwards' feet. He took in two open meetings on August 30th and won the shot at both. At Harrow for the Old Gaytonian's meeting he reached 18.23 while at Tooting for Herne Hill's event he was 18.44.

GRE GOLD CUP SEMI-FINAL, MOORWAYS STADIUM, DERBY, 19 JUL 1992

We've never been very lucky with the Cup Semi Final locations and this year was no exception. Most of the team travelled the night before to Derby and had an enjoyable evening with a BBQ followed by a demonstration squash match between the UK's No. 1 and the World Junior Champion - both of whom turned out to be doppelgangers for Paul Evans and Ian Tullett. The next day was a different story with some team members suffering from food poisoning. Worst of all was Justin Chaston who ran the 3000 steeplechase speedily for reasons we can only surmise!

Jon Ridgeon opened accounts with a third pb in his third 400 hurdles to move to third spot on the 1992 UK list with an untroubled 50.5. We had stood down most of our senior throws squad for this match and Chris Symonds obliged with good points in the discus and shot following Phil Spivey's first hammer win for the club. A measure of our all round strength was 10 wins out of 20 events - enough to ensure a clear victory. But

the highlight for many was the 4 x 400 squad infiltrated by Derek Browne as part of the deal for winning the triple jump. Derek had spent a week insisting he could run a 48 second relay leg and eventually persuaded Lewis Samuel he was worth a try. So Paul Beaumont stepped down to give Derek his chance. We weren't disappointed. Taking over from Les Antoine, who was fifth on the stagger, Derek blasted the next 120 metres and came off the bend like a rocket pushing through to first spot which was retained by Darrell Maynard and Lewis Samuel in just a whisker outside the club record held by Stu Paton, John Regis, Marcus Adam and Lennie Paul. "That'll go in the Cup Final" promised Lewis. No-one argued with that.

100m: 1, L.Paul 10.8. 200m: 1, P.Goedluck 21.5 (-2.4). 400m: 2, L.Samuel 47.7. 800m: 3, D.Maynard 1:50.0. 1500m: 2, S.Halliday 3:54.3. 5000m: 7, M.Bizio 15:32.0. 10000m: 4, J.Estell 31:42.4. 110mH: 2, J.Ridgeon 13.8. 400mH: 1, J.Ridgeon 50.5. 3000mSC: 1, J.Chaston 8:46.3. HJ: 2, H.Lindo 2.10. LJ: 1, D.Costello 7.22. TJ: 1, D.Browne 14.93. PV: 1, M.Edwards 5.31 (GRE Cup Record). SP: 4, C.Symonds 14.47. DT: 3, C.Symonds 47.60. JT: 8, C.Symonds 27.60. HT: 1, P.Spivey 63.54. 4x100m: 1, Belgrave (J.Ridgeon, P.Goedluck, A.Ekoku, L.Paul) 41.7. 4x400m: 1, Belgrave (L.Antoine 50.5, D.Browne 48.4, D.Maynard 48.0, L.Samuel 46.9) 3:13.8.

Man of the match: Jon Ridgeon.

Teams: 1, Belgrave 143; 2, Enfield 111; 3, Havering 89; 4, Wolverhampton & Bilston 87; =5, Sheffield and Trafford 82; 7, Derby

Through to GRE Cup final



Club Champion over 1,500 metres this season, Chris Ogle chipped in with a fine 2nd place in the BAL match 4 'B' 800 metres.

European Results

Lisbon 10 Jun. SP: 1, P.Edwards 18.74; PV: 6, M.Edwards 5.10.

Dijon 13 Jun. Disregarding 'windy' marks the 200 metres resulted in a lifetime best from Marcus who ran a brilliant bend and then held on only to be beaten on the dip by John. 100m: 3, J.Regis 10.44; 5, M.Adam 10.55. 200m: 1, J.Regis 20.39; 2, M.Adam 20.41.

Budapest 13 Jun. 3000mSC: J.Chaston 8:36.13. JT: 1, N.Bevan 76.42.

Rome 16 Jun. 100m: 7, J.Regis 10.64. 200m: 5, J.Regis 20.82. SP: 7, P.Edwards 19.07

Oslo 17 Jun. 100m: 4, L.Paul 10.58. TJ: 7, D.Browne 15.27.

Helsinki 30 Jun. 110mH: 1, J.Ridgeon 13.66. SP: 6, P.Edwards 19.05.

Stockholm 2 Jul. 110mH: 3, J.Ridgeon 13.79.

Cork 3 Jul. SoEAA v Russia v Ireland 100m: 1, L.Paul 10.53; 4, P.Goedluck 10.61.

Ulm 4 Jul. Under 23 International M.Cottrell 68.72.

Oslo 4 Jul. Nigel Bevan reinforced his newly gained Olympic status by placing 3rd in the epic javelin competition which culminated in Zelezny setting a new world record of 94.74. Two previous world best setters were behind Nigel. PV: 2, I.Tullett 5.20. JT: 3, N.Bevan 81.48.

Lille 6 Jul. There was a slightly over the limit wind as John Regis came home in 20.17, again ahead of Trapp and with his French rivals well down but having to give best to a very much in form Fredericks of Namibia who took our man as the straight was approached and went on to clock 19.99. Surely a sub-20 is on the cards for John in Barcelona. 200: (+2.7) 2, J.Regis 21.17. 110mH: (+4.0) 8, J.Ridgeon 13.66. SP: 6, P.Edwards 19.03.

Lausanne 8 Jul. Continuing his fine series of races John Regis had a clear margin over Linford Christie in the 200m although in turn was 2 metres down on Messrs. Johnson and Adeniken. His 100m was a seasonal best. 100m: 6, J.Regis 10.32; 200m: 3, J.Regis 20.30. SP: 8, P.Edwards 18.76.

Monte Carlo 11 Aug. Just two days after the Olympics John managed to pip bronze medallist Michael Bates of the USA by 1/100th in a race won by Fredericks. 200m: (0.0) 2, J.Regis 20.28.

Cologne 16 Aug. 100m: (b) 5, M.Adam 10.53.

Zurich 19 Aug. 200m: 6, J.Regis 20.47; 7, M.Adam 20.76. SP: 11, P.Edwards 18.45.

Berlin 21 Aug. In windy conditions Paul Evans ran to the fastest 10k by a Briton since Eamonn Martin's British record in 1988. Several star Kenyans were behind him and Gary Staines's club record went by 41/100ths. The race was won by Mexico's Barrios in 27:34.60. 200m: 6, J.Regis 20.48; 8, M.Adam 20.98. 10000m: 3, P.Evans 27:48.32.

Vladimir 23 Aug. England v. Russia v. Kazakhstan v. Lithuania 100m: 3, L.Paul 10.69. LJ: 4, F.Salle 7.36. PV: 2, I.Tullett 5.30. SP: 3, P.Edwards 18.22. JT: 5, M.Cottrell 67.48.

Copenhagen 25 Aug. 200m: 4, J.Regis 20.53.

Brussels 28 Aug. 200m: 4, M.Adam 20.74. SP: 13, P.Edwards 17.56.

How they fared at Barcelona '92

Marcus Adam - 100m, 200m, 4x100m Relay

Although troubled by knee problems throughout the year, Marcus had revealed the odd flash of champion-like form; could he shake a few of the more fancied sprinters? Commonwealth Champion over 200m with 20.10w, it is a surprising fact that until this year he had not been under 20.63 without wind assistance.

The 100m saw him comfortably through the 1st round but the 2nd round involved him in the closest of finishes and he was just out of luck. With four to qualify for the semi-final, he was 1/100th down on 4th-placer Moriniere of France with 10.35, a time which would have taken him through in two of the other quarter-finals.

A 20.62 win in round 1 of the longer race showed that he meant business and then later in the day another victory came in the quarter-finals where 20.43 gave him a startling margin over the favourite, Michael Johnson of the USA. Semis at the Olympics are hotter than any Grand Prix but again Marcus came through with flying colours - 4th place, 20.63, into the final - and Johnson went out! Unluckily drawn in the outside lane in the final there was really nothing he could do to hold back the superb field on his left and by the time the straight was entered it was all over. Eighth and 20.80.

It was the old firm of John Regis to Marcus Adam on legs two and three in the heats of the 4x100m, as the British qualified in 2nd behind a sprightly looking Nigerian quartet. Jarrett and Christie made up our foursome, Frank Dick "having crawled over broken glass" to get the British team patched up after a season of differences. Come the final, though, and a switch to Marcus on the blocks and John on three didn't quite conjure up the sparkle we have come to expect. The US "Dream Team" smashed the world best and Nigeria and Cuba both crept ahead of the British, 4th in 38.08.

Nigel Bevan - Javelin

A man for the big occasion, Nigel put the frighteners on one or two when he got up to 4th and 79.70m in the 1990 "Commonwealths" with his last round throw. The event has come on since, of course, but then so has our ace spearman, with an 81-plus personal best at the AAA this season. Eighty metres was the passport to the Olympic final and throwing in the 2nd pool, Nigel had the comfort of knowing that only three men had achieved that target.

He fouled his first throw, got a mediocre 73.78 out with his second and then, for all time, his third went down on the judge's card as "foul". When the implement skewered the in-field at about 80.60 your chronicler nearly injured himself in his excitement but his

disappointment was obviously nothing to Nigel's, as the judge ruled that the thrower's toe had touched the line. A television replay could not confirm it either way.

Mike Edwards - Pole Vault

No British vaulter has got into the top 10 but if Mike could have repeated his form from Haringey in '91, when he cleared 5.50m and then came close at 5.66m, he might have done it. Dreams do not always come true, however, and it was a bitterly disappointed Belgravian who could only place 14th in his pool with 5.20m, failing at 5.30m.

Paul Edwards - Shot Putt

On his best form, a place in the top six beckoned. The competition was held on the opening day of the athletics program and Paul was in pool 1 with 19.80m or a place in the top 12 his qualifying target. An opener of 18.51m was promising and effort number two landed at 19.03m but he was unable to improve again, hitting 18.80m with his third. He really was tantalisingly close to equalling his World Championships success of getting to the final as a full complement failed to reach 19.80m and 19.65m got through. As it was, he had to be content with 8th in his pool and 15th overall.

Paul Evans - 10,000m

Paul's a toughie, no doubt about that. 26 degrees centigrade and 89% humidity is a world away from the cool of an English summer evening at Tooting. The first 7 plus 6 fastest losers would progress but Paul wasn't going to let it get down to as close a thing as that, coming home 3rd in 28:15.70 behind Koech (Kenya) and Silva (Mexico). Once again Basildon's Eamonn Martin was way out of it when it mattered.

Three days later it was even hotter for the final (31C/41%) and the Belgravian won the admiration of many a British distance runner as, with no thought of running a "safe" race, he got stuck into the pack to do some damage while he could. Inevitably he suffered towards the end and came away with 11th in 28:29.83 - 2nd European and 5th non-African.

Du'aine Ladejo - 4x400m Relay

Not every athlete who seeks his fortune across the Atlantic is able to return and compete at the same high standard in the UK. Du'aine seems to have achieved it. In perhaps Britain's most competitive event he brought his 45 second form back to the AAA championships and soon found himself in the supporting role of anchoring the British Olympic team to 2nd place in the heats for a team time of 3:01.20 and an individual clocking of 45.5. The old order is rapidly changing and subsequent seasons may well see him in the line-up for the final or even the individual event.

John Regis - 200m, 4x100m and 4x400m Relays

Going into the Games in good shape it seemed possible that John might get into the medals in his individual race and sub-20 might be on the cards. Round 1 was simple. It was a long wait until heat 9 but then an easy 20.63 took him clear of the field. Fast times cropped up in the next round with 20.08 from Marsh, and then 20.02 from Fredericks in John's race with our man 2nd in 20.16.

But if we thought the 2nd round was classy, the semis were stunning. Into the slightest of breezes the American Mike Marsh blitzed to 19.73, just 1/100th away from Pietro Mennea's 13 year-old altitude assisted world record, while rocking in the slipstream was John with his best ever run of 20.09 to equal Linford Christie's UK record. With Johnson's demise there now seemed only one winner and sure enough Marsh was unbeatable. The semis earlier in the day took a toll on all the finalists and times were down. John was away well but looked very tight coming out of the turn, finishing 6th in 20.55.

For the 4x100 see under Marcus Adam above.

The Americans were away and heading for their second world record of the day by the time John received the baton for the last leg in the long relay. He and Hernandez, 5th placer in the individual event hustled away together but the Cuban gained a metre or two which he held to the finish, 44.6 to John's 45.0. Bronze medals this time around.

Max Robertson - 400m Hurdles

There was great excitement down Bath way when it became apparent that Gordon Doubleday's near "neighbour" and now fellow-member had been selected for the Games.

Max was always going to have a difficult time getting through to the semi-finals with only two to qualify and two fastest losers from seven heats. It was then made completely impossible when as our man approached the final barrier a hurdle from the adjacent lane was uprooted by a competitor already well on his way to the finish. It tumbled fairly and squarely right into Max's path where he should have touched down. Max dnf'd!





MEN'S TRACK & FIELD

PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 5, LUTON, 1 AUG

100m: 4, L.Campbell 11.6; 3, K.Periara. 200m: 4, K.Periara 23.3; 4, C.Murrell 25.0. 400m: 4, M.Fani 52.3; 1, G.Corsini 51.8. 800m: 1, C.Ogle 1:54.1; 4, M.Mazzotta 2:16.0. 1500m: 5, M.Anderson no time; 5, G.Pitts 4:33.6. 5000m: 5, G.Pitts 16:04.4. 110mH: 1, A.Carter 15.4; 1, N.Hammersley 16.7. 400mH: 1, N.Hammersley 54.6. 3000mSC: 2, M.Mazzotta 9:49.6. HJ: 1, S.Osuide 2.00. LJ: 1, T.Blanchard 6.52; 1, C.Murrell 6.03. TJ: 2, T.Blanchard 13.39; 1, K.Periara 12.57. SP: 3, M.Small 11.49; 5, T.Blanchard 8.45. DT: 1, L.Marar 48.36; 1, M.Small 38.34. JT: 5, M.Small 42.44; 5, M.Fani 6.00. HT: 1, M.Small 42.16; 1, L.Marar 40.52. 4x100m: 3, Belgrave 44.8. 4x400m: 3, Belgrave 3:32.7. Teams: 1, Dartford 132; 2, Luton 118; 3, Ilford 105; 4, Belgrave 101; 5, Thurrock 66.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 5, BATTERSEA PARK, 1 AUG

The season has certainly been a roller-coaster ride for the Southern League teams and our penultimate match found us sharing Battersea with the Ladies Team.

What a strange day! Maybe it was the hot weather, holidays, the Olympics or the company, but one thing was for sure - we were not onto a winner.

As always everyone did more than their best - but it just didn't bear fruit. Newcomer Martin Readhead - whom I should have mentioned in my last report - won the 800m, the 'B' triple jump and gained us valuable points in the high jump. Stalwarts such as

Snowy, John Druce and Roger Alsop did their bit but we remained locked in third place with the same points as Highgate Harriers. Nothing could separate us as the day went on - nothing that is until the 3,000 steeplechase when not even the brave efforts of Tom Dowdall and Marlon Anderson (who had only turned up to run a non-scoring 800m but ended up coming 3rd in the 'B' scoring race) could keep us in contention. We ended up fourth - only 3 points behind the second team.

On the plus side - it was particularly nice to join the Ladies and compete as a Club instead of just a team. It was a great day. Everyone enjoyed themselves - the result just did not reflect the efforts. What a strange day!

100m: 4, J.Busk 11.9; 5, J.Druce 13.2. 200m: 3, J.Busk 23.9; 3, G.Sagar 25.0. n/s 1, M.Ramshaw 24.1; 3, C.Brooks 28.2. 400m: 2, J.Busk 51.3; 4, C.Husbands 55.5. 800m: 1, M.Readhead 2:03.2; 3, Marlon Anderson 2:11.7; n/s 1, A.Painter 2:07.4; 2, D.Clack 2:14.0. 1500m: 1, R.Alsop 4:06.0; 1, J.Ryle 4:15.9. 5000m: 3, C.Dickinson 15:55.0; 3, M.Lake 16:28.1. 110mH: 4, J.Druce 25.7; 4, C.Brooks 22.4. 400mH: 2, M.Ramshaw 62.0; 3, J.Coy 72.6. 3000mSC: 4, T.Dowdall 11:45.1; 4, Marlon Anderson 12:11.6. HJ: 5, M.Readhead 1.60; 3, D.Winson 1.60. LJ: 1, S.Dominetti 6.14; 4, C.Husbands 4.49. TJ: 1, J.Druce 12.27; 1, M.Readhead 11.35. PV: 4, C.Husbands 2.50. SP: 3, P.Lyttle 9.57; 1, C.Brooks 9.49. DT: 1, C.Brooks 31.76; 2, P.Lyttle 25.56. JT: 4, G.Sagar 40.82; 3, P.Lyttle 36.22. HT: 5, D.Mote 19.78; 3, C.Brooks 17.20. 4x100m: 3, Belgrave 46.8. 4x400m: 1, Belgrave 3:31.0.

Teams: 1, Worthing & Dist. 125; 2, Andover 119; 3, Highgate 114; 4, Belgrave 111; 5, Barnet 61.

Another league match, another barrier. Mike Hayes has given sterling service to the club over the years.

LUCOZADE GAMES, SHEFFIELD, 14 AUG

At last we were able to see what John Regis could do in top class competition over the full lap - and we were not disappointed. In gusty conditions he finished close up to the Trinidadian Morris and American Pettigrew although no-one troubled the new Olympic Champion Quincy Watts.

100m: 7, L.Paul 10.82. 200m: 2, M.Adam 20.77. 400m: 4, J.Regis 45.87; 5, D.Ladejo 46.38. 400mH: 5, J.Ridgeon 50.17; 7, M.Robertson 51.55. LJ: 6, F.Salle 7.56; 12, D.Costello 6.73. PV: 6, I.Tullett 5.00; M.Edwards n.ht. JT: 5, N.Bevan 77.42.

PANASONIC SOUTHERN LEAGUE DIV 1 MATCH 6, PETERBOROUGH, 15 AUG

100m: 5, G.Corsini 11.8; 4, C.Murrell 11.9. 200m: 5, G.Corsini 24.6; 5, W.Caswell 26.5. 400m: 3, I.Wells 51.1; 2, M.Fan 51.9. 800m: 4, A.Armstrong 2:12.3; 4, M.Fan 2:18.5. 1500m: 3, R.Alsop 4:09.8; 5, A.Armstrong 4:43.1. 5000m: 2, J.Ryle 15:55.8; 1, G.Pitts 16:19.1. 110mH: 2, I.Wells 16.5; 2, N.Hammersley 16.2. 400mH: 1, N.Hammersley 54.5; 1, I.Wells 56.1. HJ: 1, W.Caswell 2.10; 1, S.Osuide 2.00. LJ: 2, S.Wyld 6.97; 3, C.Murrell 6.28. TJ: 2, A.Amadi 13.47; 2, S.Wyld 12.54. PV: 4, R.Bridges 1.70; 3, I.Wells 1.70. SP: 2, M.Small 11.46; 4, W.Caswell 8.82. DT: 1, L.Marar 47.34; 1, M.Small 36.30. JT: 4, M.Small 44.07; 5, S.Wyld 30.42. HT: 4, M.Small 40.94; 5, R.Bridges 20.66. 4x100m: 4, Belgrave 44.9. 4x400m: 5, Belgrave 3:50.3. Teams: 1, Peterborough 158; 2, Ealing 103.5; 3, Belgrave 102; 4, Old Gaytonians 96; 5, Newham & Essex Beagles 65.5.

PANASONIC SOUTHERN LEAGUE DIV 5 MATCH 6, BRACKNELL, 15 AUG

100m: 3, S.Dominetti 12.2; 2, G.Sagar 12.5. 200m: 1, S.Dominetti 23.9; 3, G.Sagar 26.0. 400m: 3, R.David 55.7; 5, D.Anderson 65.0. 800m: 3, M.Jackson 2:03.2; 5, Marlon Anderson 2:13.9. 1500m: 3, M.Jackson 4:22.2; 4, M.Lake 4:50.3. 5000m: 4, M.Lake 16:33.4; 4, D.Anderson 17:17.1. 110mH: 4, C.Brooks 21.5. 400mH: 5, D.Anderson 78.6; 5, Marlon Anderson 74.0. HJ: 3, G.Sagar 1.55; 5, Marlon Anderson 1.20. LJ: 1, S.Dominetti 5.82; 4, Marlon Anderson 4.17. TJ: 4, G.Sagar 8.96. SP: 3, C.Brooks 9.65; 4, G.Sagar 7.49. DT: 3, C.Brooks 33.62; 1, P.Lyttle 31.94. JT: 2, D.Mole 41.16; 2, C.Brooks 37.68.

SL 5 Roundup

Dave Mote writes:

Where did the summer go? Sadly, I missed the final sortie at Bracknell but Belgrave, fighting a rearguard action, battled through to fourth. This settled our final league position as a safe seventeenth.

We had two main objectives for the '92 season. The first was to persuade the more senior (a nice way of saying old) athletes out one more time. The second was to stay in Division 5.

The good news was that we stayed snugly in the division but the bad news was that the senior athletes who swore never to return were good to their word.

I am sure that Bob will agree with me if I say the '92 season was a tough one! It may have been the Olympics, injuries, holidays, or even people deciding not to come out and play, but we were spread real thin. All the same, those who turned out had a good time and it was great to make some new friends. So on behalf of Bob and myself, thanks to all those superstars who competed in the Southern League this year. Also thanks to Bob for doing all the 'phoning, chasing and other donkey work.

HT: 5, C.Brooks 17.30; 5, P.Lyttle 11.86. 4x100m: 4, Belgrave 50.4. 4x400m: 4, Belgrave 4:03.1. Teams: 1, Bognor Regis & Chichester 148; 2, Bracknell 130; 3, Hillingdon 114; 4, Belgrave 75; 5, Invicta East Kent 47.

ROSENHEIM LEAGUE FINALS, TOOTING, 19 AUG

800m: 2, C.Ogle 1:55.4. 3000m: 4, B.Reid 8:31.9. HJ: 2, S.Osuide 2.00. DT: 1, L.Marar 47.58.

LONDON INTER-BOROUGH CHAMPS, MILE END, 6 SEP

Div.1 SP: 2, L.Marar (Croydon) 14.77. DT: 1, L.Marar (Croydon) 45.78. Div.2 HJ: 2, A.Hutchinson (Wands) 2.00. LJ: 1, F.Salle (Southwark) 7.34.

JERSEY GAMES, 12 SEP

Some great jumping came from Fred Salle whose 7.87 not only moved him up to second in the UK rankings for 1992 but also set new figures for our Club Record. Eight metres beckons in '93!

Inv.200m: 1, J.Regis 20.85. 400mH: 1, J.Ridgeon 50.46. HJ: 1, A.Hutchinson 2.09. LJ: 1, F.Salle 7.87.

Throws and jumps men save the day

GRE CUP FINAL, DON VALLEY STADIUM, SHEFFIELD, 15 AUG 1992

On paper our team looked strong enough to retain the Gold Cup which we had won the previous year for the first time. In the event it was a close and exciting match with the main challenge coming from Shaftesbury while Haringey were badly depleted due to several of the 'Chafford' stars being whisked away for European Grand Prix meets. We lost Marcus to the Zurich meeting while John Regis gave us moral support but due to a heavy race schedule preferred to give this one a miss. So the sprints were down to Lennie Paul and Philip Goedluck with disaster hitting early on as Lennie trailed in last in the 100 with a pulled hamstring.

We were already changing events for athletes in an attempt to recover points and while Steve Halliday acquitted himself well with a 3rd spot in the 5000m; Ikem Billy showed that he had not recovered from injury in a lack-lustre 1500m. Justin continued his trend of second spots in the steeplechase as Shaftesbury pulled a flanker by switching John Sherban for the 5000 to the 'chase.

And so as in most matches this year it was down to the throws and jumps section to retrieve the situation with such good effect that the match depended on the two relays with the final points score in doubt right up to the last second.

Man of the Match, Jon Ridgeon led off the makeshift sprint relay squad handing over to our only recognised sprinter Philip Goedluck, then to Mike Edwards and finally Fred

Salle. A reasonable 6th spot gave us all to aim for in the long relay and partly due to fine runs by Derek Browne, Darrell Maynard and Lewis Samuel, but aided by Haringey pushing Shaftesbury back into second spot, we were there by the smallest of margins. We could hardly believe the result and it took a TV reprise a week later to revive the excitement.

100m: 8, L.Paul 10.78; 200m: (+5.0) 4, P.Goodluck 21.75; 400m: 1, L.Samuel 47.56; 800m: 5, D.Maynard 1:51.47; 1500m: 7, I.Billy 4:05.99; 5000m: 3, S.Halliday 14.31.31; 10000m: 6, J.Estell 32:03.01; 110mH: (+2.1) 1, J.Ridgeon 13.80. 400mH: 1, J.Ridgeon 51.10. 3000mSC: 2, J.Chaston 8:52.84. HJ: 1, A.Hutchinson 2.10. LJ: 1, F.Salle 7.33. TJ: (+3.4) 3, D.Browne 15.61. PV: 2, M.Edwards 5.10. SP: 1, P.Edwards 18.24. DT: 3, D.Morris 53.74. JT: 2, N.Bevan 72.92. HT: 3, P.Spivey 63.86. 4x100m: 6, Belgrave (J.Ridgeon, P.Goodluck, M.Edwards, F.Salle) 42.20. 4x400m: 4, Belgrave (P.Beaumont, D.Browne, D.Maynard, L.Samuel) 3:16.67.

Teams: 1, Belgrave 122; 2, Shaftesbury Barnet 120; 3, Haringey 98; 4, Birchfield 96.5; 5, Newham & Essex Beagles 89; 6, Blackheath 82; 7, Woodford Green 75; 8, Borough of Enfield 55.5.

OPEN MEETING ROUNDUP

Crawley 18 Apr 3000m: 7, O.Foote 8:44.8. 3000mSC: 1, M.Bizio 9:52.0. HT: P.Spivey 57.28.

Crystal Palace 29 Apr 800m: 2, D.Scott 1:55.1; 4, B.Reid 1:55.8

Woodford 10 Jun 800m: 4, B.Reid 1:55.3.

West London 1 Jul 3000m: 5, B.Reid 8:40.3.

Solent Games Southampton 5 Jul 400mH: 1, P.Beaumont 53.8. HJ: 1, W.Caswell 2.10.

Walton 5 Jul SP: 1, P.Edwards 19.33.

Sheffield 22 Jul 60m: 1, L.Samuel 7.0. 300m: 1, L.Samuel 34.4.

Horsham 25 Jul 400mH: 1, N.Hammersley 54.5.

Harrow 26 Jul 400m: 1, J.Ridgeon 49.1.

Enfield 26 Jul 200mH: 2, R.Hunter 25.2; 5, N.Hammersley 25.9.

Loughborough 28 Jul 100m: b) 1, L.Samuel 10.95. 200m: a) 4, L.Samuel 21.7. 600m: b) 2, D.Maynard 1:18.23. 1500m: c) 9, J.Chaston 3:50.2.

Cardiff 5 Aug 300mH: 1, L.Antoine 39.9.

Horsham 9 Aug HJ: 1, W.Caswell 2.05.

Harrow 9 Aug 400mH: 1, J.Ridgeon 50.7.

Perivale 19 Aug 800m: D.Winson 1:59.5; R.Alsop 1:59.6.

Newham 23 Aug 400m: 1, J.Ridgeon 46.75. 1000m: 4, D.Maynard 2:27.5.

Harrow Aug 30 SP: 1, P.Edwards 18.23.

Tooting Aug 30 SP: 1, P.Edwards 18.44

Welwyn Garden City 31 Aug SP: 1, P.Edwards 18.04.

Perivale 16 Sep SP: 1, P.Edwards 18.87.

Parliament Hill 20 Sep 400mH: 2, N.Hammersley 54.7.

Belgrave Open Battersea 20 Sep 100m: 2,

R.Hunter 11.5; 3, C.Murrell 11.9. 200m: 2,

C.Murrell 23.8; 4, C.Husbands 25.2. 400m: 3,

A.Mead 60.5. 800m: 1, D.Winson 2:01.2.

1500m: 1, R.Alsop 4:17.5. 5000m: 3, R.O'Hara

15:31.2; 5, D.Anderson 17:04.8; 6, R.Bale

17:54.6. 110mH: 1, R.Hunter 15.0. 400mH: 1,

I.Wells 54.2. LJ: 2, C.Murrell 6.24. TJ: 1,

C.Murrell 12.59. PV: 6, C.Husbands 2.70. SP: 2,

R.Hunter 10.78. DT: 3, R.Hunter 30.90.

GUARDIAN ROYAL EXCHANGE GOLD CUP WINNERS FOR THE SECOND TIME





Steve Ovet interviews the winning Belgrave Captain Lenny Paul for television while Darrell Maynard, Andy Hutchinson, Jon Ridgeon and Derek Browne (both partly obscured), Nigel Bevan, Paul Beaumont, Darrin Morris (obscured) and Marcus Adam add to the confusion.

Europe here we come!

BAL DIVISION 1 MATCH 4, COPTHALL STADIUM, 29 AUG

We entered the title-deciding last match with Haringey team manager Phil Green's warning ringing in our ears. He had promised they wouldn't surrender their league championship without a fight; for our part we reviewed our casualties with some trepidation. The throws were depleted with Abi still side lined with an arm injury while Nigel's absence from the javelin, due to a groin strain, could prove costly. Nonetheless, such is our strength in the throwing events that, even though Chris Symonds was on holiday, we could still call on Leith Marar to cover all but the javelin which event Paul Edwards offered to compete in, but only for one throw.

The middle distance events looked more 'iffy'. We had sadly missed our key men all season and again Gary Staines, John Gladwin, Stuart Paton, Ollie Foote and Frank Ward were all still absent, added to which Ikem Billy was again injured while Steve Halliday was enjoying a 5 day prize holiday in Paris with Brandon Reid also on vacation. Fortunately, Paul Evans back from his fantastic 10,000 in Berlin agreed to double up and seemed delighted to run his first 1500m for 2 years - not only winning that and the 5000m but making the front cover of *Athletics Weekly* for his efforts. Luckily, Justin Chaston agreed to delay his return to the States and with Marco Mazzotta gaining a second in the 'B' steeplechase in his 'A' team debut - to add to Justin's win in the 'A', middle distance points were to be respectable. But who would have thought that Darrell Maynard would use this most important of meets to gain his first win in the 'A' 800 in appalling conditions in which his arch tormentor, Nick Pearson of Birchfield, could not make better than 4th. Darrell, famous for his prominent role in the previous week's televised recording of the Cup final could now claim star status - and no doubt will - but I guess he deserves it. What support he has given us this year! A blast from the past occurred with the welcome and

successful reappearance of Chris Ogle with family including new son. More valuable points in the 800m.

All these unexpected bonus points added to our customary excellent start. Ian Tullett, carrying an ankle injury, ably supported Mike Edwards to get maximum points in the pole vault. This competition was held up at a vital point because the new bed overlapped the steeplechase lane to the water jump and had to be removed when that event took place.

Jim Summers gave good backing to the ever reliable Phil Spivey in the hammer. Phil had just heard that he had been selected for Oceania in the World Cup. He had several 65m warm up throws but could not match them in the competition proper. Meanwhile Fred Salle had the long jump turned round halfway through to take advantage of the increasing wind and he was rewarded with a season's legal best of 7.66m. Dennis Costello won the 'B' and took three jumps in the triple jump before rushing off to Heathrow for Hong Kong and China. His support reflected the wonderful team spirit which has blossomed this year.

The track events started with the long hurdles and Jon Ridgeon, still experimenting with stride patterns, mastered the high winds, winning by over 1.2 seconds. Les Antoine gained second in the 'B' 400H as the wind increased. By the time the 100m started Lennie Paul was facing a 3.7mps head wind and his 10.61 was remarkable in the circumstances. The sprints had looked a problem an hour earlier. Philip Goedluck had injured himself during the week - an occupational hazard for fire fighters - and Paul Edwards, who had flown in from the previous night's Brussels Grand Prix, announced that Marcus had been left there in bed. By all accounts, in the words of David Mellor, Marcus was 'seriously knackered'. So it was down to Lewis Samuel in the 'B' and his sub 11.0 clocking also into a headwind showed that our 400 champion has plenty of speed

and strength.

As the fairytale of an afternoon unfolded the pleasant surprises continued as first John Regis arrived followed by Marcus Adam who had made it after all and the duo gave us the expected maximum points score in the 200m.

The retirement of Max Robertson has been greatly exaggerated and he was happy to win the 'B' high hurdles not realising that the 'B' 400 was almost immediately afterwards. More good points but he too joined Marcus' Seriously Knackered Club. Not so Lewis Samuel who wanted us in Europe more than most. Just pipped in the 'A' 400 he saved his best for the last leg of the long relay where his official split of 46.45 showed that there should have been a better flat 400 in him somewhere this season.

Anyway I'm rushing ahead. Our Patron Eddie Kulukundis had also joined us from Brussels and he was keeping a fast, accurate and detailed points tally for all 8 clubs. As we entered the two relays he announced our winning position was secure with 401 points after 17 events - already our best ever score. What's more the all time points record was achievable. All we needed was another 26 points from the relays.

Our large group of supporters got the message and first they and the team roared on Derek Browne, John Regis, Lennie Paul and Marcus Adam to a 16 point victory. Now fourth place in the 400 relay would do. In came Ian wells as lead off man. He had been warming up all afternoon to cover in case of problems and despite that he went off like a man possessed passing to Darrell Maynard in 4th spot, a position which Darrell improved to second. Les Antoine wasn't giving that up and so to Lewis Samuel who took over 5 metres down on Dave McKenzie. The roof nearly came off the stand as John Regis, Mike Edwards and the whole of the team shouted Lewis on as he hit the wind in the home straight right behind the Shaftesbury man. It seemed like slow motion. McKenzie's head went back as he fought to retain his lead but as it did he drifted into lane 2 and Lewis eased his slim frame through on the inside for full points, victory, and for a record league points score.

What a team effort. Every point had been contested. Jim Estall had run himself into the ground only a day after registering injured. He had run with a bruised foot. Myles Cottrell had injured his elbow after one throw in the

continued over page ...

Europe here we come!

javelin but it was good enough for second while Darrin Morris came down from Loughborough for the discus although still not fit and Paul Edwards had been keen to compete in as many events as possible. Truly a magnificent team effort. Well done everyone and commiserations if you didn't get your share of bubbly after the presentations. I wonder what it will be like when we do well in Europe? Better start planning now.

100m: 1, L.Paul 10.65 (-3.2); 3, L.Samuel 10.98; 200m: 1, J.Regis 21.19; 1, M.Adam 21.45 (-3.0). 400m: 2, L.Samuel 47.24; 4, M.Robertson 50.03. 800m: 1, D.Maynard 1:51.01; 2, C.Ogle 1:55.55. 1500m: 6, R.Turner 4:03.36; 1, P.Evans 3:52.57. 5000m: 1, P.Evans 14:17.76; 4, J.Estall 15:05.13. 110mH: 2, J.Ridgeon 14.14 (-2.8); 1, M.Robertson 14.64 (-2.4). 400mH: 1, J.Ridgeon 50.83; 2, L.Antoine 55.12. 3000mSC: 1, J.Chaston 8:53.93; 2, M.Mazzotta 9:42.28. HJ: =2, W.Caswell 2.10; 2, A.Hutchinson 2.10. LJ: 1, F.Salle 7.66; 1, D.Costello 7.20w. TJ: 5, D.Costello 14.28w; 3, D.Browne 14.28. PV: 1, M.Edwards 5.30; 1, I.Tullett 5.05. SP: 1, P.Edwards 18.05; 2, L.Marar 14.56. DT: 4, D.Morris 50.80; 1, P.Edwards 48.62. JT: 2, M.Cottrell 66.42; 3, P.Edwards 42.30. HT: 3, P.Spivey 61.92; 3, J.Summers 48.34. 4x100m: 1, Belgrave (D.Browne, J.Regis, L.Paul, M.Adam) 40.76. 4x400m: 1, Belgrave (I.Wells, D.Maynard, L.Antoine, L.Samuel) 3:15.45. Teams: 1, Belgrave 433 (League Record); 2, Haringey 331; 3, Thames Valley 272; 4, Shaftesbury Barnet 270; 5, Birchfield 263; 6, Caledon Park 249; 7, Old Gaytonians 202; 8, Wolverhampton & Bilston 169.

Our men in Havana

IAAF WORLD CUP, HAVANA, CUBA, 25-27 SEP

Whether this was the last World Cup competition or not (and nobody really seems to know) it was certainly a success from a Belgrave point of view with three of our men helping Britain to a best ever second team place in the steamy heat of the Cuban capital, and one other aiding the opposition.

Day one saw Jon Ridgeon very nearly pull off a staggering win in the 400 metre hurdles. Tropical storms had left the track sodden but in 91% humidity Jon raced to his second best time and only metres from the line looked as if he was going to claim an outstanding victory. But once again that man from Zambia, Samuel Matete, here representing the continent of Africa, used his outstanding finishing powers to get past the Belgravian, 48.88 to 49.01. In 3rd was Diagana and 5th Tverdokhle, 4th and 6th respectively in the Olympic final. Jon regarded the race as his best so far and as his coach Mike Whittingham reckons he still needs a full winter's conditioning and a better alternation of lead legs, we can look forward to an exciting performance in next year's World Championships.

Olympic champion Mike Stulce of the

US again got the best of the world's top shot putters with a 21.34 effort while Paul Edwards had a sequence of foul, 17.57, 18.40, 17.95, 18.61, foul, to take 5th place.

Hammer thrower Phil Spivey had been looking in good form at the final BAL match and on day two, with the temperature at 31 degrees Celsius and competing in Oceania's colours, he launched his best series since becoming a Belgravian, improving his club record to 66.68 with this following fine string of throws: 64.10, 65.06, 66.68, foul, 66.32 and 66.36. Amazingly this was only good enough for 8th but up at Belgrave Hall a few days later he expressed himself, "pretty pleased" with his performance.

And so to the long relay. Du'aïne Ladejo and Jon Ridgeon teamed up with Condon and Richardson to bring the British home in 3rd place and 3:03.32. Jon's split was a super 45.6. Just think what a club team of Ladejo, Ridgeon, Samuel and Regis, all in top form, could do to our Club Record of 3:13.25. Maybe sub-3:02, maybe in Budapest?

HOW THEY SCORED IN 1992

Leo's been at it again. No sooner is the season over than he is finding new ways to work out where the points went. Here are the scores for the 1992 season:

	BAL 1	BAL 2	BAL 3	BAL 4	Cup 1	Cup 2	Total
J. Ridgeon	35	-	48	30	18.25	18.75	150
L. Samuel	20	15.5	15	26	9.25	10.25	96
P. Edwards	16	17	16	36	-	9	94
A. Ekoku	28	31.5	26	-	2.25	-	87.75
M. Robertson	27.5	-	26	18	-	-	71.5
P. Goedluck	-	25.5	24	-	11.25	5.75	66.5
F. Salle	19	8	12	16	-	9.75	64.75
M. Edwards	-	31.5	-	16	9	7.75	64.25
L. Paul	11	-	18	20	11.25	1	61.25
P. Spivey	10	12	12	12	9	6	61
P. Evans	16	-	16	28	-	-	60
D. Maynard	1.5	6.5	15	20	8.25	5.25	56.5
N. Bevan	16	16	16	-	-	7	55
S. Halliday	12	12	14	-	7	6	51
D. Browne	6	-	8	12	11.25	7.25	44.5
A. Hutchinson	-	14	10	10	-	9	43
I. Billy	26	13.5	-	-	-	2	41.5
I. Tullett	-	12	12	12	-	-	36
J. Regis	-	15.5	-	20	-	-	35.5
W. Caswell	11	11	-	13	-	-	35
J. Chaston	-	-	-	16	9	7	32

Also: H.Lindo 27; I.Wells 26.5; M.Adam 24; J.Estall 24; M.Cottrell 24; M.Bizio 23; L.Antoine 22.5; R.Turner 22; B.Reid 20; D.Scott 15.5; J.Summers 14; G.Adams 13.5; C.Symonds 12; C.Ogle 10; M.Mazzotta 10; L.Marar 10; O.Foote 8; R.Hunter 8; N.Browning 6; P.Beaumont 4.25 and that's as far as he got before we went to press.



'Chaser Justin Chaston delayed his return to the States to compete in the final League match and gained maximum points to sneak him into the top twenty scorers.
Photo by Robin Nicholls

JUNIOR MEN'S RESULTS

National Junior League

This was the first year that we have entered a team in this League and we started off with a respectable showing. The team was, in the main, mostly made up of Youths, with a few Juniors in support. The disappointment was that some of our Juniors missed the opportunity of competing in this League. Next year we should have an influx of Youths including Francis Niko, Stuart Booth and Obi Megafu and they will concentrate on this and the Division 5 Southern League - that is if they don't make the BAL team.

Leo Coy

SURREY CHAMPS PART I, KINGSMEADOW, 2/3 MAY

800m: 7, M.Jackson 2:00.2; 10, M.Elliott 2:06.6. 3000m: 2, M.Jackson 9:03.8. DT: 4, L.Archer 25.50.

NATIONAL JUNIOR LEAGUE DIVISION 5 SOUTH THAMES MATCH 1, LUTON, 4 MAY

100m: 3, G.Schats 12.6; 3, D.Baffoe 12.7. 200m: 4, R.David 25.5; 4, T.Evbenata 26.5. 400m: 4, M.Readhead 55.4. 800m: 2,

M.Readhead 2:09.1. 110mH: 2, N.Browning 21.0. HJ: 5, R.David 1.55. LJ: 5, N.Browning 5.16; 5, I.Atkins 4.61. TJ: 3, M.Readhead 10.22; 3, I.Atkins 7.60. PV: 1, N.Browning 2.90. SP: 2, O.Megafu 10.59; 2, L.Archer 8.86. DT: 5, O.Megafu 25.62. JT: 4, L.Archer 42.42; 3, D.Baffoe 21.90. HT: O.Megafu 25.74; 2, L.Archer 17.10. 4x100m: 5, Belgrave 48.7
Teams: 1, Windsor, Slough & E 217; 2, Hercules Wimbledon 207; 3, North London 145; 4, Belgrave 107; 5, Watford 91.

SURREY CHAMPS PART II, CROYDON, 16/17 MAY

200m: ht. 6, I.Atkins 27.7. 1500m: 4, M.Jackson 4:05.5. SP: 5, L.Archer 9:13. JT: 5, L.Archer 46.54.

NATIONAL JUNIOR LEAGUE, DIVISION 5 SOUTH THAMES MATCH 2, WATFORD, 25 MAY

100m: 4, D.Baffoe 12.9; 4, I.Atkins 13.6. 200m: 4, D.Baffoe 26.3; 4, R.David 34.4; n/s 2, I.Atkins 30.0. 400m: 4, J.Wilson 58.3; 1, R.David 55.1. 800m: 2, M.Readhead 2:05.0; 1, S.Booth 2:07.7. 110mH: 4, N.Browning 21.2; 1, W.Burton 18.9. 400mH: 2, J.Wilson 64.3. HJ: 5, W.Burton 1.60; 4, R.David 1.50. LJ: 4, N.Browning 4.75; 4, I.Atkins 4.30. TJ: 2, W.Burton 11.84; 2, M.Readhead 11.15. SP: 3, O.Megafu 10.46; 2, L.Archer 8.96. DT: 5, O.Megafu 25.44; 3, I.Aitkins 15.94. JT: 2, L.Archer 46.80; 4, I.Atkins 19.84. HT: 1, O.Megafu 26.26; 2, L.Archer 19.16.
Teams: 1, Windsor S&E 240; 2, Hercules Wimbledon 210; 3, N.London 189; 4, Belgrave 139; 5, Watford 40.

NATIONAL JUNIOR LEAGUE DIV 5 SOUTH THAMES MATCH 3, HAYES, 2 AUG

100m: 2, C.Murrell 11.7; 2, S.Evbenata 11.8; n/s 1, B.Kehinde 11.9; 2, C.Chirewa 12.0; 3, R.David 12.2; 4, T.Evbenata 12.3. 200m: 5, S.Evbenata 24.6; 2, C.Chirewa 24.5; n/s 3, T.Evbenata 26.2. 400m: 3, R.David 54.6; 3, M.Readhead 55.5. 800m: 1, B.Hamill 2:04.8; 1, A.Pearl 2:05.4. 1500m: 1, M.Jackson 4:23.4; 1, V.Gache 4:48.0. 100mH: 2, R.David 20.5; 2, N.Browning 21.6. 200mSC: 3, M.Elliott 7:26.6; 2, G.Mitchell 7:32.9. HJ: 2, B.Kehinde 1.80; 3, R.David 1.55. LJ: 5, N.Browning 5.07; 4, S.Evbenata 4.66. SP: 3, B.Kehinde 10.00; 2, O.Megafu 9.97. JT: 5, O.Megafu 33.64. HT: 2, O.Megafu 26.58; 1, A.Barnett 21.28. 4x100m: Belgrave dq. 4x400m: 3, Belgrave (A.Pearl, C.Chirewa, M.Elliott, R.David) 3:51.4.
Teams: 1, Windsor, Slough & Eton 244; 2, Hercules Wimbledon 194; 3, Belgrave 142; 4, North London 119; 5, Watford 65.



Above: Mark Jackson won silver medal in the Surrey Champs Junior 3000 metres with 9:03.8 and has also run 2:00.2/4:05.5 for the 800/1500 metres.

Below: 'chasers' Guy Mitchell and Matthew Elliott on National Junior League duty.

Photos by Rob Nicholls

Stanley Osuide on his way back

A battle against injury was finally won by Stanley Osuide when as a result of a 2.14 jump at San Giuliano on August 9th in the Under-20 international, where he placed 3rd just 2cm behind the winner, he earned himself a trip to Seoul for the World Junior Championships. He confirmed his form with another clearance at that height in the match v. France and Spain. Not surprisingly a very much in-form Steve Smith took 1st with 2.20 but Stanley's first time clearances from 2.00 to 2.08, second timers at 2.11 and 2.14, followed by an attempt at 2.17, gave him the thorough work-out required before travelling to Korea. Going into the Games he was ranked 16th in the World - and that's where he finished having cleared 2.05 at first go but then failing at his next height - 2.14. Hopefully now clear of all injury problems we are looking forward to Stanley's second year in the Junior ranks in 1993.



Winner of the 'B' 800 metres at Hayes, Andrew Pearl. Photo by Rob Nicholls



YOUNG ATHLETES' RESULTS

Thameside League

The performances of our teams this year was down on last year but we nevertheless finished well up in each League. The outstanding performance was by Ben Cascoe with a Club Record Javelin throw of 51.16 metres which would have won him the English Schools. Also noteworthy was the Shot Putt of Damian Daldin which measured 12.40 metres.

Woolworths Young Athletes League

For many years we have dreamed of competing in the Premier Division of this League and this season our dreams have been fulfilled by finishing in second place in Division One South. Promotion in successive years does not just "happen" and it is the result of hard work by a number of people. In particular: Billy Bull, Chris Bentley, Martin Milner, Bart Mathias, Selemi Simcek, Bob Bridges, Jon Coy, Chris Knight, Karen Drake and Tony Ganio.

The success would not be possible without the support of the competitors and just a casual glance through the results will highlight the fact that we have some outstanding, talented, athletes, who have supported their club throughout the league campaign. They have performed well at all levels and have broken Club Records in abundance. Well done everybody and thanks for your support.

A special mention for Stuart Booth who has competed in the YAL since he was a Colt and for the past three years has been YA Captain. This is his final winter as a Youth as next summer he will be a Junior on the track. Thanks for your continued support Stuart. Your dedication to Belgrave is an example to everybody.

Leo Coy

INTER-CLUB MATCH, TOOTING BEC, 18 APR

Youths

300m: 1, G.Mason 39.5. 600m: 1, B.Hamill 1:33.7; 2, G.Mason 1:33.7. 4x200m: 1, Belgrave 1:41.8.

Boys

300m: 2, R.Milner 40.0. 600m: 1, P.Lloyd 1:37.0

WOOLWORTH'S YA LEAGUE, DIVISION SOUTH 1 EAST MATCH 1, LUTON, 26 APR.

Youths

100m: 2, S.Evbenata 11.6; 3, D.Baffoe 12.7; n/s C.Chirewa 12.2; R.David 12.3; S.Hain 12.4; R.Auckloo 12.6; T.Evbenata 12.8; S.Tilbury 13.1. 200m: 2, S.Evbenata 23.5; 3, D.Barton 25.4. 400m: 1, F.Niko 54.0; 1, S.Booth 57.1. 800m: 1, G.Mason 2:05.6; 3, M.Hancock 2:20.8; n/s M.Hillier 2:16.6. 1500m: 1, B.Hamill 4:30.8; 4, J.Selaisse 5:47.3. 3000m: 3, T.Earle 10:32.1; 2, E.Vanson 11:03.2. 100mH: 4, W.Burton 17.3; 1, R.David 19.8. 400mH: 1, F.Niko 64.9; 3, T.Evbenata 76.3. 1500mSC: 3, T.Earle 5:36.3; 3, N.Browning 5:58.0. HJ: 2, R.David 1.60; 1, R.Shelton 1.60. LJ: 1, W.Burton 5.58; 1, R.Shelton 5.02. TJ: 1, W.Burton 11.97; 2, R.David 9.39. PV: 2, N.Browning 2.80. SP: 4, S.Pascoe 6.34. DT: 4, A.Barnet 23.58; 2, S.Hain 21.32. JT: 3, S.Hain 41.38; 2, S.Pascoe 28.50. HT 2, A.Barnet 23.10; 1, S.Pascoe

15.42. 4x100m: 2, Belgrave (D.Baffoe, D.Burton, C.Chirewa, S.Evbenata) 47.8. 4x400m: 1, Belgrave (G.Mason, B.Hamill, S.Booth, F.Niko.) 3:43.9.

Boys

100m: 2, M.Dickson 12.5; 2, S.Scott 13.2; n/s H.Cavalier 13.5, T.Arnold-Nung 13.6. 200m: 2, M.Baldock 26.0; 1, J.Hilston 27.1. 400m: 1, R.Milner 57.2; 3, J.Hilston 63.3. 800m: 1, P.Lloyd 2:16.8; 2, J.Drake 2:27.7; n/s M.Elgar 2:45.5. 1500m: 4, S.Alexander 5:07.9; 3, C.Elliott 5:08.5. 3000m: 2, J.Wilson 11:01.2; 2, M.Padfield 11:31.8. 80mH: 1, R.Milner 13.7; 1, S.Scott 14.5. HJ: 1, J.Hain 1.50; 1, M.Davis 1.50. LJ: 1, J.Ganio 5.55; 2, J.Hilston 4.22. PV: 1, M.Baldock 3.00. SP: 1, M.Baldock 11.50; 3, H.Cavalier 6.58. DT: 3, M.Davis 21.38; 2, J.Hain 17.20. JT: 1, J.Hain 33.78; 1, M.Davis 31.50. HT: 3, H.Cavalier 14.66; 2, G.Mathias 9.10. 4x100m: 1, Belgrave (S.Scott, M.Dickson, J.Hilston, J.Ganio) 50.9. 4x400m: 1, Belgrave (R.Milner, J.Drake, J.Ganio, P.Lloyd) 3:49.2 (Club Record).

Colts

100m: 1, A.Hill 14.0; 1, D.Thompson 14.2; n/s S.Taylor 14.9; J.Pascoe 15.9; D.Ashdown 16.9; W.Blythe 15.0; E.Hassan 14.4; M.Johnson 15.7; C.Drake 16.3. 200m: 1, A.Hill 27.9; 1, D.Thompson 28.6. 800m: 3, A.Breeze 2:41.2; 2, R.Elgar 2:53.2; n/s E.Hassan 2:44.0; S.Taylor 3:04.6;

D.Ashdown 3:07.9; J.Pascoe 3:16.0. 1500m: 4, N.Whorlow 5:40.8; 3, A.Mason 6:02.2. 4x100m: 1, Belgrave (W.Blythe, D.Thompson, S.Taylor, A.Hill) 57.6.

Teams: 1, Belgrave 220; 2, Haringey 200; 3, Southend 131; 4, Thurrock 111.

SURREY CHAMPS PART I, KINGSMEADOW, 2/3 MAY

Youths

400m: 6, D.Ord 56.5. 800m: 1, F.Niko 2:00.0; 4, G.Mason 2:02.8; 5, S.Booth 2:04.3; 6, B.Hamill 2:05.8; 10, M.Hancock 2:09.0. 3000m: 12, T.Earle 10:35.3. PV: 6, N.Browning 2.70. JT: 5, B.Cooper 26.84. Pentathlon: 5, S.Debell 2190 (HJ-1.57, 200m-26.9, LJ-5.63, SP-7.23, 1500m-5:13.8); 7, W.Burton 2161 (1.66, 26.4, 5.68, 8.15, 5:56.2); S.Evbenata dnf (HJ-1.42).

Boys

400m: 2, R.Milner 55.4. 800m: 1, M.Baldock 2:11.5; 6, J.Drake 2:19.0. (hts. D.Todd 2:35.0). 3000m: 6, S.Alexander 10:27.6; 9, M.Padfield 11:06.6; 11, S.Bramson 11:16.1; 14, G.Mathias 12:03.1.

Colts

300m: 4, B.St.John 50.7 (hts. 49.5). 1500m: 3, A.Breeze 5:05.1. 75mH: 4, C.Drake 16.5.

THAMESIDE LEAGUE MATCH 1, BATTERSEA PARK, 9 MAY

Boys

100m: 1, M.Dickson 12.6; 1, R.Bentley 14.0. 200m: 1, J.Ganio 25.4; 2, M.Dickson 25.5. 400m: 2, R.Milner 58.2; 3, J.Drake 64.1. 800m: 4, G.Mathias 2:41.5; 2, S.Scott 2:43.0. 1500m: 2, M.Padfield 5:27.4. 80mH: 1, M.Davis 12.9; 1, S.Scott 15.2. HJ: 1, J.Ganio 1.62; 1, M.Davis 1.60. LJ: 1, J.Ganio 5.47; 2, S.Scott 4.23. JT: 1, M.Davis 32.18. 4x100m: 2, Belgrave 53.0.

Teams: 1, Croydon 129.5; 2, Belgrave 108; 3, Paddock Wood 89.

Colts

100m: 3, D.Thompson 13.8; 1, A.Hill 13.9. 400m: 3, J.Pascoe 80.0; 1, C.O'Driscoll 77.5. 80mH: 1, A.Hill 14.1; 2, C.Drake 17.5. 800m: 3, R.Elgar 2:47.4; 3, A.Breeze 2:57.0. HJ: 1, D.Thompson 1.25. LJ: 2, A.Hill 4.25; 1, W.Blythe 3.89. 4x100m: 2, Belgrave 58.9.

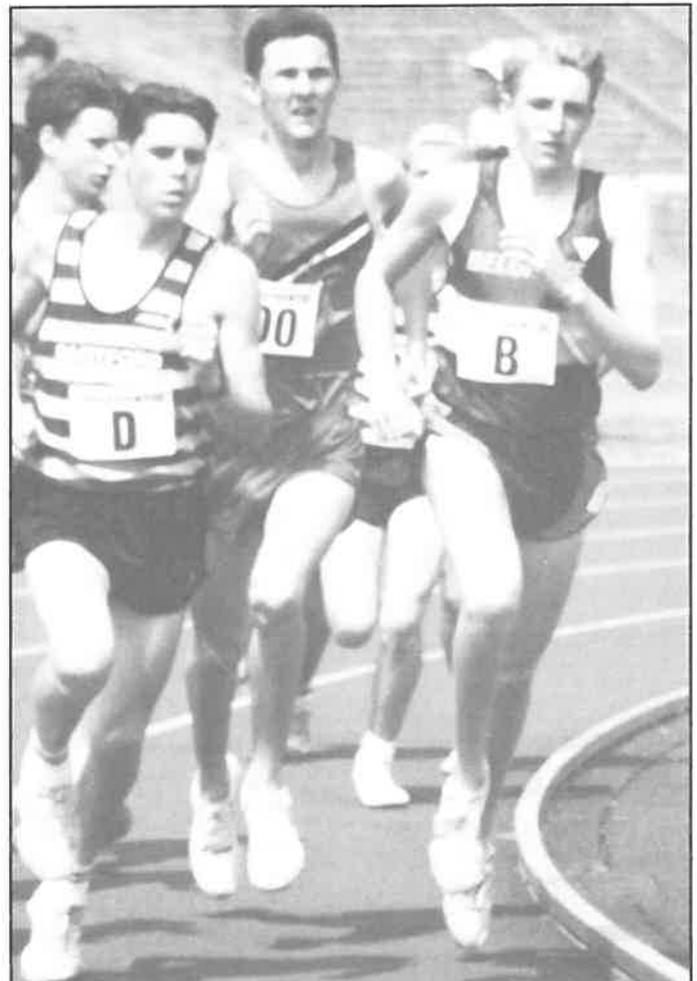
Teams: 1, Herne Hill 99; 2, Croydon 87; 3, Queen's Park 84; 4, Belgrave 73.

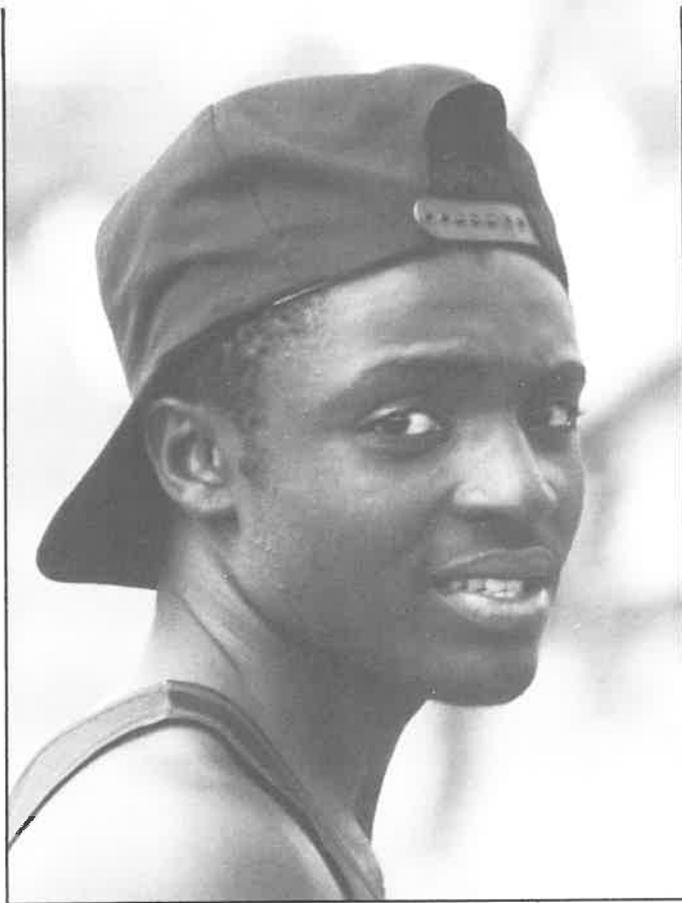
SURREY CHAMPS PART II, CROYDON, 16/17 MAY

Youths

200m: 3, T.Evbenata 25.4; 4,

Youth Gavin Mason prepares to strike in the Tonbridge 1500 metres. Gavin has had a great season over events ranging from 200 to 1500 metres. In the Surrey Schools he ran to 3rd place in the 800 metres with 1:58.0.





Sprints, throws and relays; keep throwing them Dave Baffoe's way and he's happy.

D.Ord 25.5; 6, E.Vanson 27.1. 1500m: 6, G.Mason 4:20.7; 10, F.Niko 4:25.6 (ht.4:24.2). HJ: 6, S.Debell 1.55. SP: 5, D.Ord 7.62. DT: 10, A.Barnet 18.20.

Boys

100m: 2, L.Nunoo 12.3 (ht.12.2); 5, M.Dickson 12.6; 8, D.Jackman 13.3. 200m: 2, L.Nunoo 24.5; 6, M.Dickson 26.0 (ht.25.5); hts. 5, D.Jackman 26.4. 1500m: 8, S.Alexander 4:54.9; 14, S.Bramson 5:16.6 (ht.5:14.5); hts. 8, G.Mathias 5:22.5; 10, T.Muts 5:53.7; 9, C.King 5:32.1. LJ: 2, J.Ganio 5.81. TJ: 1, J.Ganio 12.04. PV: 1, M.Baldock 3.00.

Colts

80m: 4, D.Thompson 11.6; hts. C.Drake 13.6. 150m: 1, A.Hill 20.1; hts. C.Drake 25.2. 600m: 2, A.Breeze 1:48.2.

WOOLWORTH'S YA LEAGUE, DIVISION SOUTH 1 EAST MATCH 2, MAYESBROOK, 24 MAY

Youths

100m: 3, D.Barton 12.4; 2, D.Baffoe 12.6. 200m: 4, S.Evbenata 25.2; 3, T.Evbenata 26.6. 400m: 1, F.Niko 52.8; 1, J.Wilson 57.1. 800m: 1, B.Hamill 2:09.6; 1, S.Debell 2:16.5. 1500m: 1, G.Mason 4:25.2. 3000m: 1, T.Earle 10:30.9. 100mH: 4, J.Wilson 18.4; 3, N.Browning 18.7. 400mH: 2, F.Niko 61.8; 2, J.Wilson 65.6. 1500mSC: 3, T.Earle 5:20.7; 2, N.Browning 5:46.3. HJ: 2, R.David 1.65; 1, S.Debell 1.55. LJ: 3, W.Burton 5.28; 3, S.Debell 5.20. TJ: 3, W.Burton 11.94. PV: 1, N.Browning 2.80; 1, R.Scott 2.10.

SP: 2, R.Scott 9.08; 2, Z.Higgins 8.84. DT: 2, S.Hain 22.70; 2, A.Barnett 20.12. JT: 2, S.Hain 34.64; 2, S.Pascoe 30.32. HT: 2, A.Barnes 22.20; 2, S.Pascoe 15.80. 4x100m: 3, Belgrave (S.Evbenata, D.Baffoe, D.Barton, R.David) 48.1. 4x400m: 1, Belgrave (G.Mason, B.Hamill, F.Niko, J.Wilson) 3:39.4.

Boys

100m: 3, L.Nunoo 12.0; 3, M.Dickson 12.8. 200m: 4, L.Nunoo 24.8; 2, M.Dickson 26.0. 400m: 2, R.Milner 55.1; 2, D.Daldin 63.9. 800m: 1, M.Baldock 2:19.8; 1, J.Drake 2:24.2. 1500m: 4, M.Padfield 5:24.9; 4, G.Mathias 5:37.7. 3000m: 2, J.Wilson 10:44.5; 4, M.Collins 15:06.5. 80mH: 2, M.Davis 12.5; 2, S.Scott 14.7. HJ: 1, J.Ganio 1.60; 1, M.Davis 1.60. LJ: 1, J.Ganio 5.57; 4, S.Scott 4.04. PV: 1, M.Baldock 2.90. SP: 1, M.Baldock 11.54; 1, D.Daldin 9.66. DT: 3, L.Nunoo 21.02. JT: 1, M.Davis 38.30. HT: 4, D.Daldin 13.80; 3, S.Scott 7.66. 4x400m: 2, Belgrave (R.Milner, R.Bentley, D.Daldin, M.Baldock) 4:00.6.

Colts

100m: 2, D.Thompson 14.3; 2, C.O'Driscoll 15.1. 200m: 2, D.Thompson 29.5; 3, C.O'Driscoll 31.7. 800m: 2, A.Breeze 2:39.2; 3, S.Taylor 2:48.3. 1500m: 2, N.Whorlow 5:19.6; 2, A.Mason 5:49.3. 4x100m: 2, Belgrave (D.Thompson, C.O'Driscoll, J.Pascoe, S.Taylor) 58.7. Teams: 1, Belgrave 198; 2, Newham & Essex Beagles 189; 3, Luton 164; 4, Havering 142.

Stevie Scott set many personal bests in '92 - look out for plenty more when next summer comes around

THAMESIDE LEAGUE MATCH 2, BATTERSEA PARK, 30 MAY

Boys

100m: 2, M.Dickson 12.6; 2, S.Scott 13.2. 200m: 1, M.Dickson 25.7; 1, G.Mensah-Bonsu 26.5. 400m: 1, M.Baldock 55.6; 2, R.Bentley 66.9. 800m: 6, S.Scott 2:32.1; 3, G.Mathias 2:36.3; 1500m: 1, J.Wilson 5:03.5; 2, S.Bramson 5:13.9. 80mH: 2, M.Davis 12.5; 1, G.Mensah-Bonsu 13.6. HJ: 1, M.Davis 1.60; 1, J.Hilston 1.50. LJ: 6, J.Hilston 4.28; 3, R.Bentley 3.97. SP: 1, M.Baldock 10.91; 3, S.Scott 5.85. DT: 3, M.Baldock 27.58. JT: 1, M.Davis 40.10. 4x100m: 1, Belgrave 51.0. Teams: 1, Croydon 141; 2, Belgrave 123.5; 3, Paddock Wood 96.5.

Colts

100m: 1, A.Hill 13.5; 3, S.Taylor 15.2; n/s 4, J.Hilston 13.7; 3, R.James 15.9; 5, N.Whorlow 16.1; 6, S.King 17.3. 200m: 4, B.Stark 33.7; 3, R.James 33.3. 400m: 3, R.Elgar 75.3; 2, C.Drake 83.5. 800m: 3, D.Wilkinson 2:38.8; 2, R.Elgar 2:42.3; n/s 2, M.Osifeso 2:34.3. 1500m: 3, D.Wilkinson 5:31.0; 2, N.Whorlow 5:36.6. 80mH: 3, S.Taylor 16.6; 2, C.Drake 17.4; n/s 1, S.Scott 13.8. HJ: 3, A.Hill 1.30; 2, S.Taylor 1.30; n/s 1, S.Hartwig 1.10. LJ: 5, B.Stark 3.42; 5, N.Whorlow 3.33. SP: 4, J.Scott 6.28; 3, S.Hartwig 4.93. 4x100m: 3, Belgrave 58.9. Teams: 1, Croydon 112; 2, Herne Hill 99; 3, Belgrave 96.

WOOLWORTH'S YA LEAGUE, DIVISION SOUTH 1 EAST MATCH 3, HORSHAM, 7 JUN

Youths

100m: 2, C.Chirewa 12.0; 3, T.Evbenata 12.7. 200m: 2, C.Chirewa 24.6; 3, M.Cooper 26.1. 400m: 4, S.Booth 57.1; 3, J.Wilson 56.0. 800m: 2, G.Mason 2:02.8. 1500m: 3, B.Hamill 4:23.7; 2, R.Head 4:45.3. 3000m: 2, E.Vanson 10:54.0; 2, J.Selaise 13:28.8. 100mH: 4, J.Wilson 19.9; 2,

N.Browning 18.2. 400mH: 4, J.Wilson 61.4; 2, T.Evbenata 71.7. 1500mSC: 3, T.Earle 5:05.5. HJ: 4, R.David 1.55; 4, S.Debell 1.50. LJ: 3, N.Browning 5.39; 4, C.Griffin 4.69. TJ: 4, R.David 10.31; 3, E.Vanson 10.06. PV: 1, N.Browning 3.00. SP: 2, O.Megafu 11.17; 1, S.Hain 9.00. DT: 2, O.Megafu 25.54; 1, S.Hain 23.36. JT: 2, S.Hain 38.64; 1, A.Barnett 18.62. HT: 2, O.Megafu 28.82; 1, A.Barnett 22.68. 4x100m: 3, Belgrave (M.Cooper, C.Griffin, T.Evbenata, R.David) 48.6. 4x400m: 1, Belgrave (R.David 55.1, S.Booth 54.3, B.Hamill 55.1, G.Mason 53.3) 3:37.8.

Boys

100m: 1, L.Nunoo 12.1; 1, M.Dickson 12.3. 200m: 1, L.Nunoo 25.2; 2, D.Jackman 26.3. 400m: 1, R.Milner 54.4; 1, M.Baldock 56.0. 800m: 1, P.Lloyd 2:11.1; 2, J.Drake 2:22.8. 1500m: 1, T.Evans 4:30.8; 2, J.Wilson 5:06.7. 3000m: 2, S.Alexander 10:32.5; 1, M.Padfield 11:36.2. 80mH: 1, M.Davis 12.7; 2, S.Scott 13.6. HJ: 1, J.Ganio 1.78; 1, M.Davis 1.50. LJ: 1, J.Ganio 5.62; 2, R.Bentley 4.00. PV: 2, M.Baldock 2.80. SP: 1, M.Baldock 11.70; 2, J.Ganio 7.10. DT: 3, L.Nunoo 21.18; 3, M.Dickson 16.90. JT: 1, M.Davis 40.70; 4, R.Bentley 18.40. HT: 4, P.Lloyd 12.66; 3, S.Scott 9.04. 4x100m: 2, Belgrave (M.Dickson, S.Scott, D.Jackman, L.Nunoo) 49.1. 4x400m: (R.Milner 56.6, M.Baldock 56.1, P.Lloyd 57.9, J.Ganio 55.8) 3:46.4. (Club Record).

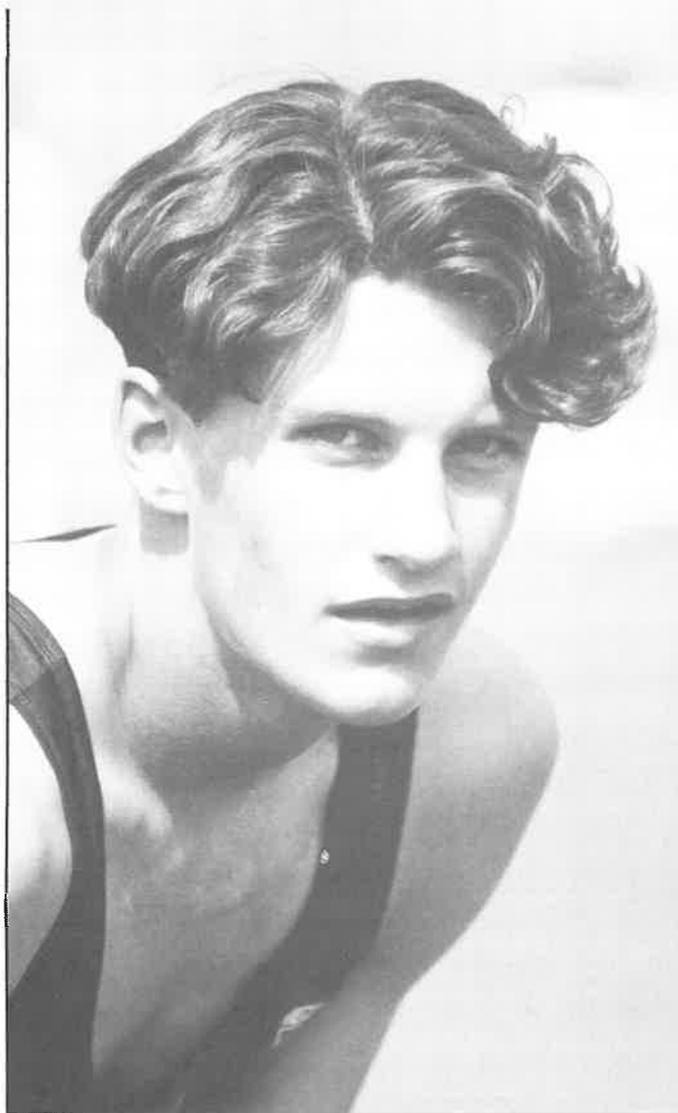
Colts

100m: 1, A.Hill 13.5; 2, D.Thompson 14.5. 200m: 1, A.Hill 27.8; 2, D.Thompson 30.4. 800m: 1, A.Hill 2:33.1; 1, A.Breeze 2:33.3. 1500m: 3, N.Whorlow 5:15.8; 1, A.Mason 5:51.3. 4x100m: 2, Belgrave (A.Hill, D.Thompson, C.O'Driscoll, N.Whorlow) 57.3.

Man of the Match: J.Ganio Boys' HJ 1.78

Teams: 1, Crawley 211; 2, Belgrave 209; 3, Stevenage 131; 4, Dartford 128.





Voted "Man of the Match" at the Horsham YA Meeting for his 1.78 high jump, James Ganio has made a big impact on the jumps, sprints and shot in our Boy's team.

WOOLWORTH'S YA LEAGUE, DIVISION SOUTH 1 EAST, MATCH 5, THURROCK, 19 JUL

Youths
100m: 2, S.Evbenata 11.7; 2, C.Chirewa 12.2. 200m: 4, D.Barton 26.0; 2, D.Baffoe 26.9. 400m: 3, F.Niko 51.8; 1, R.David 53.9. 800m: 1, G.Mason 2:03.4; 1, S.Booth 2:09.6. 1500m: 2, Marlon Anderson 4:38.1; 2, R.Head 4:38.1. 3000m: 2, M.Hillier 9:45.9; 1, B.Hamill 9:59.8. 100mH: 4, E.Vanson 21.2; 2, W.Burton 17.8. 1500mSC: 3, T.Earle 5:04.0; 2, A.Jones 5:08.6. LJ: 4, W.Burton 5.21; 3, M.Anderson 4.64. TJ: 2, W.Burton 12.01; 1, E.Vanson 10.42. SP: 3, S.Evbenata 9.62; 1, S.Hain 8.51. DT: 3, S.Hain 23.00; 3, S.Pascoe 18.24. JT: 3, S.Hain 40.62; 2, S.Pascoe 27.14. HT: 4, S.Pascoe 14.33; 4, T.Earle 10.05. 4x100m: 2, Belgrave (D.Baffoe, D.Barton, S.Evbenata, C.Chirewa) 47.2. 4x400m: 1, Belgrave (G.Mason, S.Booth, R.David, F.Niko) 3:36.7.

Boys
100m: 1, L.Nunoo 12.1; 2, B.Cascoe 12.4. 200m: 1, L.Nunoo 24.8; 1, M.Dickson 26.1. 400m: 1, R.Milner 56.0; 2, M.Davis 61.2. 800m: 1, P.Lloyd 2:11.2; 1, J.Drake 2:25.7. 1500m: 2, M.Parper 4:44.1; 2, C.Elliott 4:53.4. 3000m: 3, S.Alexander 11:05.5; 3, G.Mathias 11:51.6. 80mH: 1, M.Davis 12.5; 2, S.Scott 13.7. HJ: 3, L.Rolfe 1.55; 3, C.Vella 1.40. LJ: 1, J.Ganio 5.95; 1, M.Baldock 5.20. PV: 1, M.Baldock 3.50; 2, M.Padfield 1.70. SP: 2, J.Ganio 9.74; 1, M.Davis 9.43. DT: 2, L.Rolfe 29.74; 2, O.Hunt 22.54. JT: 1, B.Cascoe 42.36; 3, R.Milner 22.68. HT: 1, L.Rolfe 26.18; 2, B.Cascoe 20.47. 4x100m: 1, Belgrave (S.Scott, M.Dickson, D.Jackman, B.Cascoe) 48.4. 4x400m: 1, Belgrave (R.Milner, M.Baldock, P.Lloyd, M.Davis) 3:48.1.

Colts
100m: 1, A.Hill 13.8; 1, D.Thompson 14.2. 800m: 2, S.Greenwood 2:33.4; 1, A.Breeze 2:35.7. 1500m: 2, S.Vella 4:54.3. 4x100m: 1, Belgrave (A.Hill, D.Thompson, E.Hassan, C.Driscoll) 55.3. Man of the Match: M.Baldock Boys' PV 3.50
Teams: 1, Norfolk Olympiads 239; 2, Belgrave 229; 3, Verlea 131; 4, Horsham Blue Star 103.

INTER-COUNTY MATCH, BATTERSEA PARK, 2 AUG

Colts
80mH: a 6, E.Hassan 16.1. 100m: b 1, E.Hassan 13.5. LJ: b 2, E.Hassan 4.48.
Boys
100m: b 1, L.Nunoo 12.0. 400m: a 1, R.Milner 54.1. JT: a 2, B.Cascoe 43.12

THAMESIDE LEAGUE MATCH 4, BATTERSEA PARK, 8 AUG

Boys

80mH: 2, S.Scott 13.2; 3, G.Mathias 17.0. HJ: 3, C.Vella 1.30. LJ: 4, O.Hunt 4.77. DT: 2, L.Rolfe 28.00. JT: 5, R.Bentley 19.70. 4x100m: 3, Belgrave 54.9.
Teams: 1, Croydon 150; 2, Herne Hill 92; 3, Belgrave 82.

Colts
100m: 1, A.Hill 13.4; 5, D.Quinnell 15.8; n/s 2, R.James 15.7; 4, N.Whorlow 16.1. 200m: 1, A.Hill 27.2; 6, D.Quinnell 32.7; n/s 3, R.James 32.3; 4, J.Harris 35.1. 400m: 6, Steven Vella 84.7; 3, J.Harris 82.7. 800m: 1, Simon Vella 2:29.0; 3, Steven Vella 3:06.7; n/s 3, N.Whorlow 2:41.4; 6, J.Harris 2:55.7. 1500m: 1, Simon Vella 4:58.9; 2, N.Whorlow 5:33.0. 80mH: 2, A.Hill 13.9. HJ: 3, Simon Vella 1.30. SP: 5, N.Whorlow 4.71. 4x100m: 4, Belgrave 61.4.
Teams: 1, Croydon 116; 2, Queen's Park 89; 3, Herne Hill 86; 4, Belgrave 69.

SEAA UNDER 20 CHAMPS, CRYSTAL PALACE, 4/5 JUL

Youths
800m: 1, F.Niko 1:57.96; 6, G.Mason 2:01.01; 8, B.Hamill 2:03.98 (2:02.6 ht); hts., S.Booth 2:03.7.

Boys
400m: 3, R.Milner 53.92; 5, M.Baldock 54.61. 800m: hts., P.Lloyd 2:12.98. 80mH: 3, M.Davis 11.84. PV: 1, M.Baldock 3.10. JT: 3, M.Davis 39.60.

HERCULES WIMBLEDON YA MEMORIAL TROPHY, TOOTING, 8 JUL

Boys
100m: 3, M.Dickson 12.4; 1, B.Cascoe 12.2. 200m: 4, G.Hitchman 26.0; 1, H.Cavalier 26.4; n/s G.Mensah-Bonsu 26.5; O.Hunt 27.0. 400m: 3, J.Hilston 60.0; 1, M.Davis 59.5. 800m: 4, M.Parper 2:16.8. 1500m: 5, C.Elliott 4:52.2; 5, M.Padfield 5:22.4; n/s M.Parper 4:48.0. 80mH: 3, S.Scott 13.1. LJ: 5, J.Hilston 4.89; 6, G.Hitchman 3.98. SP: 5, O.Hunt 7.07. JT: 3, B.Cascoe 37.40; 1, M.Davis 37.26. 4x200m: 3, Belgrave 1:47.3.

Youths
100m: 5, L.Nunoo 12.0; 1, C.Chirewa 12.0. 200m: 2, C.Chirewa 24.1; 1, L.Nunoo 24.4. 400m: 2, R.David 53.9; 3, Z.Higgins 60.4. 800m: 2, S.Booth 2:04.4; 1, Marlon Anderson 2:08.4. 1500m: 5, Marlon Anderson 4:39.4; 1, T.Earle 4:41.2. LJ: 7, R.David 4.97; 6, S.Pascoe 4.32. SP: 6, Z.Higgins 7.74; 5, S.Pascoe 6.56. JT: 3, S.Pascoe 33.22; 2, R.David 28.02. 4x200m: 1, Belgrave 1:39.2.
Teams: 1, Croydon 225; 2, Belgrave 191; 3, Wimbledon College 181.

YOUTHS & BOYS RESULTS

WOOLWORTH'S YA LEAGUE, DIVISION SOUTH 1 EAST MATCH 4, TONBRIDGE, 28 JUN

Youths
100m: 1, C.Chirewa 11.9; 3, D.Baffoe 12.3. 200m: 1, C.Chirewa 24.6; 1, D.Barton 24.7. 400m: 1, F.Niko 52.2; 1, B.Hamill 56.5. 800m: 1, B.Hamill 2:05.5; 1, S.Booth 2:11.6. 1500m: 1, G.Mason 4:21.7; 1, S.Booth 4:35.2. 3000m: 2, T.Earle 10:22.7; 2, J.Wilson 12:20.0. 100mH: 4, N.Browning 19.2; 2, E.Vanson 20.6. 400mH: 2, F.Niko 60.9; 1, J.Wilson 62.3. 1500mSC: 3, N.Browning 5:44.5; 3, T.Earle 5:47.3. HJ: 1, D.Barton 1.70; 2, R.David 1.60. LJ: 2, S.Taylor 5.34; 3, J.Wilson 4.76. TJ: 3, R.David 10.84; 3, E.Vanson 9.63. PV: 1, N.Browning 2.45. SP: 3, D.Baffoe 8.52; 3, Z.Higgins 7.60. DT: 3, Z.Higgins 20.04; 3, E.Vanson 16.94. JT: 3, R.David 30.02; 3, D.Baffoe 23.82. HT: 4, Z.Higgins 10.75; 4, C.Chirewa 8.42. 4x100m: 1, Belgrave (C.Chirewa, D.Baffoe, D.Barton, Z.Higgins) 50.1. 4x400m: 1, Belgrave (F.Niko, S.Booth, G.Mason, R.David) 3:37.9.

Boys
100m: 2, M.Dickson 12.7; 3, D.Jackman. 200m: 2, M.Dickson 25.5; 2, D.Jackman 26.1. 400m: 1, R.Milner 54.6; 3, R.Bentley 63.8.

800m: 2, P.Lloyd 2:09.1; 3, J.Drake 2:23.0. 1500m: 2, T.Evans 4:27.1; 1, C.Elliott 4:49.9. 3000m: 3, J.Wilson 10:43.8; 3, M.Padfield 11:39.8. 80mH: 1, M.Davis 12.3; 2, S.Scott 13.4. HJ: 1, J.Ganio 1.65; 1, L.Rolfe 1.50. LJ: 1, J.Ganio 5.52; 3, S.Scott 4.30. SP: 2, J.Ganio 9.86; 1, M.Davis 8.98. DT: 2, L.Rolfe 27.44; 2, B.Cascoe 23.70. JT: 1, M.Davis 42.26; 1, B.Cascoe 38.32. HT: 3, L.Rolfe 21.04; 2, B.Cascoe 18.79. 4x100m: 1, Belgrave (S.Scott, M.Dickson, B.Cascoe, D.Jackman) 49.2. 4x400m: 2, Belgrave (R.Milner, P.Lloyd, J.Ganio, J.Drake) 3:53.9.

Colts
100m: 4, W.Blythe 15.8; 3, S.Taylor 15.5. 200m: 1, A.Hill 27.4; 1, S.Taylor 29.9. 800m: 1, A.Hill 2:33.2; 3, D.Wilkinson 2:37.1. 1500m: 1, S.Vella 4:58.9; 1, N.Whorlow 5:29.6. 4x100m: dq, Belgrave.
Man of the Match: R.Milner Boys' 400m 54.6
Teams: 1, Belgrave 213; 2, Bexley 180; 3, Tonbridge 178; 4, T.W & Langton 135.

THAMESIDE LEAGUE MATCH 3, BATTERSEA PARK, 4 JUL

Boys
100m: 6, O.Hunt 15.1; 3, S.Scott 13.0. 200m: 4, O.Hunt 27.6; 1, S.Scott 26.2. 400m: 3, M.Parper 64.5. 800m: 2, M.Parper 2:27.3; 2, G.Mathias 2:35.6. 1500m: 2, J.Wilson 4:52.0; 1, D.Todd 5:00.9.

100m: 3, M.Dickson 12.3. 400m: 3, D.Daldin 59.4; 2, S.Scott 62.2. 800m: 2, M.Parper 2:16.3; 3, ? 2:39.4. 1500m: 3, J.Wilson 4:58.0. 80mH: 4, G.Mensah-Bonsu 14.5; 1, S.Scott 14.0. HJ: 5, L.Murphy 1.35. SP: 1, D.Daldin 12.40. DT: 3, D.Daldin 27.20. JT: 1, B.Cascoe 51.16; 1, L.Murphy 24.58. 4x100m: 1, Belgrave 48.8. Teams: 1, Croydon 131.5; 2, Southwark 113.5; 3, Paddock Wood 80; 4, Belgrave 79; 5, Herne Hill 77; 6, Queen's Park 68.

Colts
100m: 2, D.Patterson 14.7; 4, S.Vella 16.1; n/s 1, D.Quinnell 15.7; 2, R.James 16.2; 5, W.Ayinla 15.7. 200m: 2, C.Patterson 30.0; 3, W.Ayinla 32.1; n/s 1, R.James 32.6; 3, D.Quinnell 34.3; 4, G.Mathias 31.0. 400m: 4, J.Harris 80.6; 3, S.Vella 80.6. 800m: 2, S.Vella 2:24.8; 2, N.Whorlow 2:42.3; n/s 1, C.Patterson 2:49.6. 1500m: 1, S.Vella 4:56.5; 1, N.Whorlow 5:24.4. HJ: 2, D.Patterson 1.25; 3, J.Harris 1.00. LJ: 2, C.Patterson 4.08; 5, J.Harris 2.16. SP: 4, J.Dixon 5.45; 3, J.Harris 4.22. 4x100m: 2, Belgrave 59.7. Teams: 1, Croydon 128; 2, Belgrave 91; 3, Herne Hill 80; 4, Paddock Wood 77; 5, Queen's Park 26; 6, Southwark 23.

AAA of ENGLAND UNDER 17 CHAMPS., CRYSTAL PALACE, 15/16 AUG

Youths
800m: (15th) hts. B.Hamill 2:02.72; G.Mason 2:03.05.

Whatever the meeting you can be sure that at some stage a baton wielding Richard David will be seen running down the opposition.
Photo by Robin Nicholls



Es Hassan has been showing great promise in the sprints, hurdles and long jump, representing Surrey in the Colts' Inter-County match at Battersea.
Photo by Rob Nicholls.

Thanks to Karen Drake for helping to put together the Young Athletes' results.

Boys
100m: (15) hts. (-2.5) L.Nunoo 12.03. 200m: (16th) 7, L.Nunoo 24.28 (ht. 24.23). 400m: (15) hts. R.Milner 55.26. JT: (16) 4, B.Cascoe 46.50 (the winner did 49.48, 3rd place 47.16).

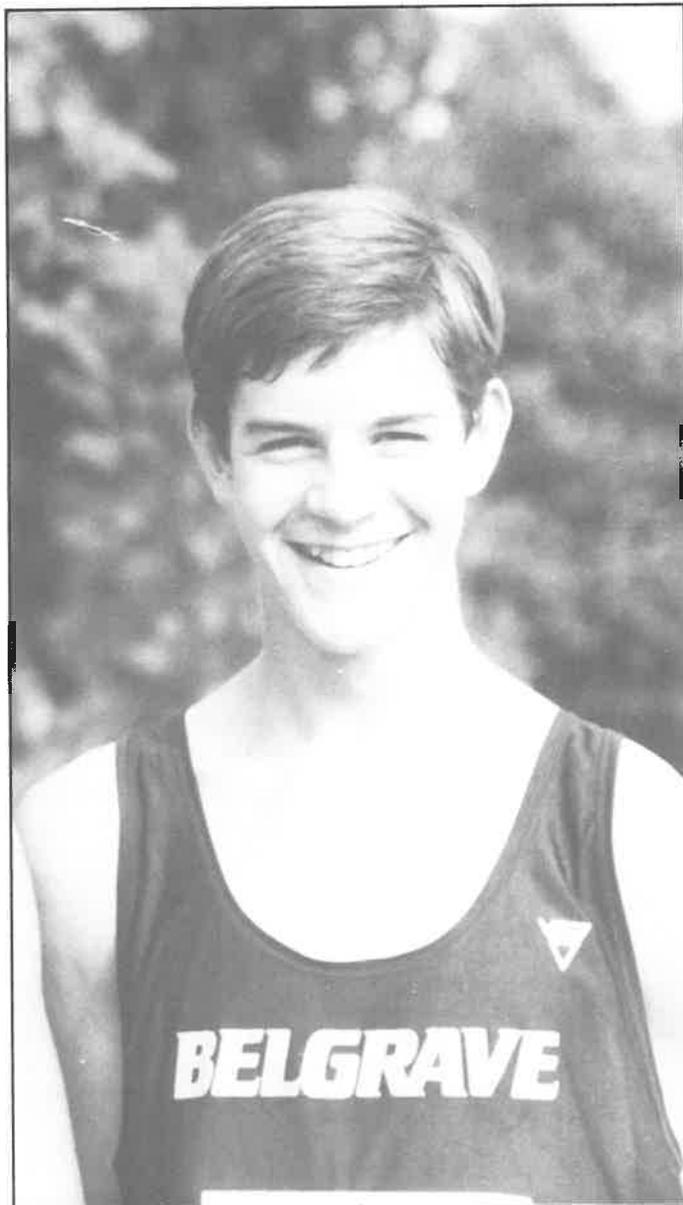
SURREY RELAY CHAMPS., KINGSMEADOW, 13 SEP

Youths
4x400m: 2, Belgrave (R.David 54.2, S.Booth 53.7; B.Hamill 55.0, G.Mason 52.0) 3:35.5.

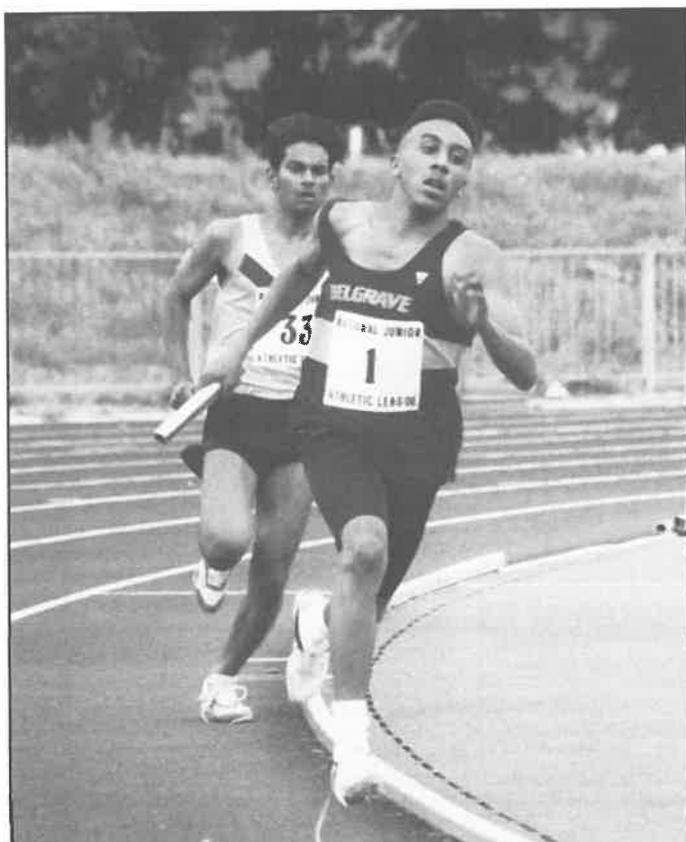
Boys
4x100m: dq, Belgrave 47.3 (ht. 47.5). 4x200m: 3, Belgrave 1:45.8.

BELGRAVE OPEN MEETING, BATTERSEA PARK, 20 SEP

Youths
400m: 2, R.David 62.0.
Boys
100m: 1, M.Dickson 12.4; 2, S.Scott 12.9; 3, A.Hill 13.7. 200m: 1, M.Dickson 25.1; 2, S.Scott 26.9; 3, A.Hill 27.9.



Above: A long but superb season has come from 400 metre man Robert Milner. As early as April 18th he clocked 40.0 for a 300 at Tooting and then, as the summer wore, on he chipped away at his one lap times with his best of 53.6 coming in June at Kingsmeadow. He was 'Man of the Match' at Tonbridge, placed 3rd in the South of England Boys' Champs in 53.92, won the Inter-County match at Battersea and placed 2nd in the Southern Inter-Counties at Hayes in late August with 53.7.



VETERANS' RESULTS

The old firm back in the medals

The Over Sixties

It has been the marvellous performances of the Belgrave M60's which have dominated the 1992 summer season of road and track. With Bert Stroud and Laurie O'Hara both turning 60 in June, an already strong team has now become truly world class. They won the Southern 4 stage road relay at Aldershot by an amazing NINE minutes. They won the silver team medal in the first World 10km road Championships in Birmingham; Laurie also came second in the individual race and has been selected to represent England in the international cross country race in Belfast in November.

These performances give a stark reminder of the strength of the Belgrave running teams of the fifties and sixties. But it is not only the ability of Laurie O'Hara, Charlie Walker, Pat Newall, Bert Stroud, and Arthur Bruce which is evident, it is their lifelong enthusiasm for Belgrave and the team which shines through and overshadows the other running sections of the club.

As a Veteran, Laurie O'Hara has always been outstanding. He has won National, European and World Championship gold medals on Track, Road and Cross Country and he still holds many British age group records for 1,500m, 5,000m, and 10,000m. In his first major outing as an M60 at the National Vets Track and Field Championships at Cophall in July, Laurie broke the British record in the 5,000m.

Charlie Walker is an inspiration to us all. Always trying to improve, always looking forward to the next race. It was Charlie who persuaded an unfit Arthur to turn out at Cardiff to make up the scoring three in the National last March. It was he who got Dennis Jones out at Dunsfold aerodrome when they won the silver in the National 5km road Championships. And every Sunday during the winter he gets Pat Newall to run with him from Clapham to Richmond, round the park and back!

Arthur Bruce has neglected his own fitness to spend at least two sessions per week coaching an ever increasing group of all ages. Under Arthur's eagle eye seniors such as Roger Alsop, Mark Anderson, and James Ryle have all produced PB's on the track this season. His training group includes many Vets too, of all speeds and abilities, and there is always room for others to join. Arthur's approach is very straightforward, but he also has an uncanny way of reading an athletes state of fitness and finding the recipe to bring out the best.

Bert Stroud has been a revelation at

60. With his long loping stride he appears to be running just as he did 20 or so years ago. It's just that everyone else at 60 is now running slower. Bert won the VAC 5 mile road race in June, his first Championship win, and achieved the fifth fastest time in the South of England relay at Aldershot, faster than Bob Belmore and Derek Wood of Barnet.

Although they race less competitively nowadays, mainly half Marathons, the influence of John Davies and Charlie Henn should not be overlooked. Both are mainstays of the 'Saturday Pack' which is an important feature of the club in its own right, but has also been a route to greater heights for many new members. (Helen Maskrey has been a recent example).

And finally there is the number one supporter, Fred Paget. Although Fred's injured foot prevents him from running competitively, he still joins the pack on Saturday and Sunday mornings and remains as enthusiastic as ever. Fred is very knowledgeable about running and fitness and also loves to watch and talk about races. He was wonderful company on the trip to Norway last June for the European Veterans' Track & Field Championships.

The 40's and 50's

Although there have been a number of encouraging individual performances from our over 40's and over 50's it has, on the whole, been a rather disappointing summer season.

The M50 team had to scratch from the National Vets' six stage relay in Manchester at the last moment, even though we had Tony Verdie and Laurie O'Hara, and we were similarly unable to field a team in the South of England 4-stage relay at Aldershot. Belgrave did manage to get a team out in the Surrey relays at Crystal Palace and were rewarded with the silver medal. Tony Verdie has had some good road results this summer, and Tony Stone has recovered from a jaded patch to compete as often and as competently as ever.

There were not enough M40's to even enter a team for the National and South of England relays. However, Alan Painter has produced some good track form, especially at 800m, Snowy Brooks is competing as well as ever, and it is good to see Alan Mead back on the track for the first time in fifteen years. We look forward to seeing him and new Vet Derek Clack next season.

Charlie Dickinson

Track & Field

VAC RESULTS, BATTERSEA PARK

Apr 22 - 1500m: 4, A.Painter 4:42.8.
 May 6 - 3000m: 9, A.Stone 10:23.4. 600m: 2, A.Painter 90.8.
 Jun 10 - 1 mile h'cap: 3, A.Painter 4:51.9; 8, A.Stone 5:15.2.
 Jun 24 - 5000m: 9, A.Stone 17:45.
 Jul 22 - 800m: 8, A.Mead 2:26.4. 5000m: 3, A.Stone 17:35.7.
 Aug 5 - 100m: race 2 2 5, C.Brooks 13.6; r3, 4, A.Mead 15.2 (pulled up injured). 400m: r2 2, C.Brooks 64.6. 1 mile, M40 6, A.Painter 4:53.1; M50 4, A.Stone 5:18.9.
 Sep 9 - 100m: r2, 1, C.Brooks 13.0, 200m, r2, 4, C.Brooks 27.3; 5, A.Mead 28.5. 1500m: M50 4, A.Stone 5:18.9. 3000m: 6, R.Bale 10:07.5; 8, A.Stone 10:20.0; 9, D.Clack 10:26.6

SCVAC T&F CHAMPS., WATFORD, 6/7 JUN

Although the Championships were held over two days for the first time by request, the number of entries and in some cases the standard of competition was disappointing. The outstanding race was the M40 1500m in which Pete Browne was beaten on the line by Pete Molloy both recording the same time of 4:04.8, a club record.

800m: M45 2, A.Painter 2:07.5. 1500m: M60 C.Walker 5:28.6. 5000m: M40 1, C.Dickinson 15:49.9; M60 C.Walker 20:42.3. 3000mSC: 3, L.Lyons 11:07.4. DT: M45 3, C.Brooks 31.88. JT: M45 3, C.Brooks 41.66. 5000mW: M55 2, J.Dunsford 26:44.7; M60 1, D.Fotheringham 26:44.7.

BVAF NATIONAL T&F CHAMPS., COPHALL STADIUM, 18/19 JUL

No less than seven gold medals for Belgrave athletes. In some events the level of entries were lower than usual but this should not detract from some fine performances particularly from Laurie O'Hara who sprinted past Eric Appleby on the last lap of the 5000m to record a new British M60 record of 17:10.9, and John Hall who won both M40 track walks.

800m: M45 8, A.Painter 2:11.02. 1500m: M60 2, C.Walker 5:23.60. 5000m: M50 6, A.Stone 17:50.8; M60 1, L.O'Hara 17:10.9 (British Record). 10000m: M40 1, C.Dickinson 32:59.09; M50 5, A.Stone 37:33.82. PV: M45 5, C.Brooks 2.80. SP: M45 7, C.Brooks 10.60. DT: M45 1, C.Brooks 35.30. JT: M45 7, C.Brooks 37.36. HT: W55 1, B.Dunsford 23.62. 3000mW: M40 1, J.Hall 13:07.2; M55 5, J.Dunsford 16:18.1; 6, R.Middleton 16:21.4; W45 1, S.Porter 17:25.4. 5000mW: M40 1, J.Hall 22:41.28; M55 6, J.Dunsford 27:55.50.

EUROPEAN VETS' T&F CHAMPS., KRISTIANSAND, NORWAY, 26 JUN/3 JUL

Kristiansand is a delightful little town surrounded on three sides by water. It is quite a busy port with ferries arriving regularly from Denmark. Food and accommodation wasn't anything like as expensive as we had been led to believe, in fact it was much cheaper than London. And everything was so clean.

The Championships were very well organised with both tracks easy to get to on public transport. We met a number of old friends and also made new ones. It was a very nice week.

5000m: M40 4, C.Dickinson 15:12.95. 10000m: M40 5, C.Dickinson 32:50.99. HT: W55 7,

B.Dunsford 24.72. 5000mW: M55 10, J.Dunsord 28:10.39; M60 2, D.Fotheringham 26:25.88

VAC T&F CHAMPS., WEST LONDON, 16 AUG

Highlight of the day was the three gold medals won by Alan Painter in the M45 400m, 800m, and 1500m.

400m/800m/1500m: M45 1, A.Painter 57.6/2:20.5/4:38.6. 1500m: M60 1, C.Walker 5:26.6. 5000m: M45 3, R.Bale 17:57.4; M50 1, A.Stone 17:41.3; M60 2, P.Newall 19:47.7

BVAF MULTI-EVENTS CHAMPS., SHEFFIELD, 12/13 SEP 1992

Winner in the M45 decathlon was Charlton from the local club who set a tremendous record of 6818 points. Third placer was our own Snowy Brooks with 5798 points made up from the following performances:

100m-12.5, LJ-5.63, SP-9.92, HJ-1.49, 400-62.3, 110mH-20.1, DT-32.94, PV-3.20, JT-40.58, 1500M-6:34.9.

● Watch out for a new departure next summer. For the first time Belgrave will be entering the Southern Veterans' Track & Field League. Full details are not yet to hand but there will be about four matches, each taking place on a Monday night on the tracks of South London. We need two over 40s and one over 50 competitor in all standard events and although not every event will be included in every match, we are looking for triple jumpers, sprinters, pole vaulters, hammer throwers etc.!

John Bicourt says he doesn't really have the urge to compete "as a veteran", preferring to run as he feels in the events that he fancies. He placed 2nd in the SLH "Near as damn it" 10k in 37:41.

Road Running

SOUTHERN VETS OPEN 10M, TOOTING, 4 MAY

There were good Belgrave performances all round in this 10 mile event held around Tooting Common. Tony Stone was particularly successful, coming home four and a half minutes clear in the M50s to pick up two titles and lead the team to victory over Barnet.

M40: 3, L.Lyons 57:55 (1st SVAVC Champ, 2nd VAC). M45: 8, R.Bale 62:26; 10, J.Wasbrough 64:29.

Team: 1, Belgrave 184.50; 2, Tooting Runners 234:32.

M50: 1, A.Stone 61:08 (1st SVAVC and VAC); 4, D.Davies 67:36; 6, L.Mann 68:51. M55: 4, E.Stroud 68:24 (2nd VAC). M60: 6, C.Manning 92:06. M70: 3, D.McMullen 101:26 (2nd SVAVC and VAC).

Teams: 1, Belgrave 198:23; 2, Barnet & District 206:21.

The Tadworth '5' was held in very warm conditions. Two Belgravians finished well up in the M50 age group - Tony Verdie was 2nd (42nd overall) in 28:13 and Tony Stone was 5th in 29:51.

The "Dysart Dash" at Richmond saw Tony Stone take the M50 prize home after touring the 10k course in 37:04.

Tony Verdie won the M50 section of the Sri Chinmoy 2 miles at Battersea on June 29th in 10:50. Tony Stone was 3rd in 11:17.

LARA 4x2k RELAY, MORDEN PARK, 1 JUL

1, Epsom & Ewell 31:45; 2, 26.2 32:12; 2, Belgrave 'A' (A.Painter 7:45, A.Verdie 8:01, A.Stone 8:05; J.Wasbrough 8:24) 32:15; ... 6, Belgrave 'B' (W.Laws 8:31; 2, A.Hardy 8:27; L.Coy 8:40; V.Butcher 8:41) 34:19; dnf Belgrave 'C' (T.Lawton 8:56; K.Duckett 8:55). Fastest: 3, A.Painter 7:45.

WORLD VETERANS' ROAD RACE CHAMPS., BIRMINGHAM NEC, 29/30 AUG

A small group of Belgravians made the journey up to Birmingham on a cold, wet Saturday in late August for the first World Veterans' Road Race Championships. Most of the familiar British runners took part despite the hefty entry fees and an awesome 10k M40 field, the race being won by Mick McLeod.

Entries from overseas, however, were very low, making this a domestic rather than truly International event. Also, the NEC was hardly an inspired choice as venue, with long walks to and from the car park and much of the organisation was, quite frankly, an embar-

assment in front of our colleagues from overseas.

Highlight was the M60 silver team medal won by the Belgrave team of Laurie O'Hara, Charlie Walker and Pat Newall. Arthur Bruce also ran but didn't score. Laurie came second in the individual M60 race in a time of 35:59, overtaking two other M60 runners in typical Laurie style in the final sprint finish. He was also a member of the winning Great Britain M60 team, so came home with a crop of three medals!

10k
M40 1, M.McLeod 30:40; 2, M.Fromant 30:51; 3, I.Senzburg (GER) 30:53.

M50 49, A.Stone 37:36.
M60 1, W.Stoddart (G W'Park) 35:23; 2, L.O'Hara 35:59; 23, C.Walker 40:31; 29, P.Newall 41:20.

M60 Teams: 1, Solihull & S 50; 2, Belgrave 65; 3, Sth West RR 87.

5k
M60 9, C.Walker 20:35.

BLACKHEATH ROAD 4x3M ROAD RELAY, CRYSTAL PALACE, 19 SEP

A good turn out for this inaugural event organised by Blackheath Harriers and held on an interesting and very testing course around the paths at Crystal Palace. The Belgrave M50 team came 3rd in the Open race and 2nd in the Surrey Championships despite not being at full strength. It was good to see an over 40's squad taking part.

M40
1, Cambridge H 65:22; 2, Hercules Wimbledon 66:07; 3, Blackheath 67:21; ... 11, Belgrave (D.Clack, A.Painter, R.Bale, C.Dickinson 16:29) 70:43.

Surrey Champs. 6, Belgrave.
M50
1, Cambridge H 74:02; 2, Hercules Wimbledon 74:33; 3, Belgrave (A.Stone 18:26, A.Hardy 19:16, E.Stroud 19:41, ??? 19:12) 76:35. Surrey Champs. 2, Belgrave.

Fresh from his exertions at Crystal Palace the previous day Tony Stone ran to a surprising 2nd M50 place in the hilly Wimbledon Half-Marathon with 85:36. The surprise was because he was beaten by 2 minutes by J.Long of Stragglers - someone he had not previously ever encountered.

RON HILL SOUTH OF ENGLAND VETS 4x6k ROAD RELAY, ALDERSHOT, 26 SEP

BELGRAVE SMASH BARNET IN THE OVER 60'S

The long reign of Barnet in the over 60's team came to an abrupt end when they were beaten by no less than nine minutes by the Belgrave squad. Led off by Charlie Walker, the Bels led throughout the four stage race and their dominance was such that they produced four out of the five

fastest individual legs.

Although, perhaps, Charlie swept off a little too fast running first leg with the M40's and M50's, he handed over a minute and a half clear of the next team in 24:14 to Pat Newall on stage two. Pat ignored the Barnet warnings that Laurie Forster was catching him and ran a blinder, pulling away even further and producing the second fastest leg of the afternoon (24:08). On stage three, Bert Stroud was only a fraction slower in 24:19, leaving Laurie O'Hara to complete the rout on stage four with an outstanding 21:46 fastest leg.

It is interesting to note that the M60 team would have finished in the top dozen in the M50 section.

It was unfortunate that Belgrave were unable to field teams in any of the other races - Seniors, M40's and M50's.

FLYING FOX BVAF VETERAN MARATHON CHAMPS., STONE, 4 OCT

The two Belgrave Marathon specialists, Richard Pearson and Tony Verdie made the long trip up to Stone for the BVAF championships very worthwhile with two excellent performances.

Tony often competes in this particular event. The timing is just about right for Summer and early Autumn evening long training runs, with sufficient recovery time from the London in the Spring. The Flying Fox is well organised too with a good course.

This year, Tony won the M55 title in a time of 2:49:04, and Richard came 7th in the M45 category in 2:46:53.

VAC 5.2 ROAD RACES, BATTERSEA PARK

Apr 28 - A.Stone 31:42; E.Stroud 34:19; M.Hutton 36:44.

May 26 - 9, J.Slough 30:49; 11, A.Stone 31:13; 29, D.Davies 34:18; 32, F.Barrett 35:45; 37, M.Hutton 36:55; 53, D.McMullen 51:33.

Jun 16 - Championship Race. An outstanding Championship win for Bert Stroud who ran 33:08 in his first race as an over 60. Bert overpowered a rather tired Charlie Walker who took the silver medal in 34:26. Tony Stone, running near his '91 best, had a well deserved win in the M50 race in a time of 30:20. 6, A.Stone 30:20 (1st M50); 12, R.Bale 31:12 (4th M45); 22, A.Stroud 33:08 (1st M60); 25, C.Walker 34:26 (2nd M60); 30, E.Stroud 35:24; 50, C.Manning 48:39; 51, D.McMullen 48:43.

Jul 7 - R.Bale 31:14, F.Barrett 36:27.

Aug 18 - 5, L.O'Hara 29:47 (M60 course record); 9, A.Stone 30:26; A.Stroud 32:39; D.Davies 35:05.

1946: The first post-war athletics season

ARTHUR BRUCE looks back nearly fifty years to review a season of athletics in a world returning to normality.

From the early copies of "Athletics Weekly" we were assured that for some time we would have to rely on pre-war stars returning from the services to represent Great Britain in the forthcoming international clashes. These were to climax in 1946 in the European Games to be held at the Bislet Stadium in Oslo.

The situation at the end of the war indicated the pre-eminence of those countries untouched by the conflict, especially Sweden with their great middle-distance stars Gundar Haegg and Arne Anderson, soon to fade from the scene, and the heir apparent Lennart Strand. Finland still appeared to maintain its reputation at the longer distances with the current world 10,000 metres record holder Viljo Heino, a worthy successor to that country's pre-war stars.

The remainder of Europe was generally in the same formative stage as the United Kingdom with just a few established stars and promising newcomers. Across the Atlantic the United States were still showing the same excellence at sprints and field events as before, although no established middle distance stars had yet appeared. A noteworthy change in the athletics scene there were the foreign athletes, especially Jamaican and Irish, on Athletic Scholarships at American Universities.

The contrast with today in the structure of athletics was marked by the absence of all-weather tracks, no grand prix series, World or European Cup, not even a closed UK championships!, and naturally no money



Blackheath's 31 year old Sydney Wooderson, a comparative novice at 3 miles, leads the Dutchman Willie Slykhuus on his way to victory in the 1946 AAA Championships in a British Record time of 13:53.2.

From Guy Butler's booklet "Sydney Wooderson" - Clive Shippen collection.

despite capacity crowds at the White City for such events like the British Games, Inter-Counties and AAA Championships. International events were limited to perhaps one or two matches against such traditional rivals as France or Germany.

The early months of 1946 brought the climax of the first Cross-Country season at Leamington Spa - "The National". Jack Holden reasserted his pre-war dominance despite his mature years on a tough, muddy, ten mile course. A Junior Championship did not yet exist but the Youths' Championship was won easily by G.B. Saunders who went on to win the "International" a few years later. Belgrave won the senior team race with six in twenty-four! and Leeds Harehills, in a close run finish against TVH and Belgrave, took the Youths' title.

Our National shortcomings were later exposed in the International Cross-County Championships at Ayr racecourse when the French and Belgians, reared on a diet of fast, flat courses, triumphed over our rugged ten-milers.

The track season was ushered in by the traditional Oxford v. Cambridge clash at the White City and it was evident that the pre-war preponderance of strength at the Universities had been eroded. The season progressed through county, district and AAA Championships which were highlighted by a magnificent win by Sydney Wooderson, who despite a

lapse of five years and army service, moved up to a new distance and broke the British 3 mile record, defeating the formidable Willie Slykhuus of Holland in the process. The third man was over half a minute behind the leading two.

The new sprint star was McDonald Bailey, probably the first of many world class Caribbean performers. Arthur Wint brought off the difficult 440/880 double prior to his Olympic success. Jim Peters emerged with a win in the 6 miles having not yet moved up to the marathon distance.

The AAA were followed by the first International match of the season against France at the White City, in which we surprisingly won by 72 to 57 points with Sydney Wooderson producing yet another classic 3 mile performance in defeating the future European Steeplechase Champion Raphael Pujazon. We also uncharacteristically won both the high and long jump.

The climax to the season was, as previously mentioned, the European Games at Oslo, the British team providing a surprisingly competent performance. A grand finale to his season came from Sydney Wooderson in the 5,000 metres. His time was the second best ever, coupled with the defeat of such great athletes as Gaston Reiff, Emil Zatopek, Viljo Heino and Slykhuus.

The surprise win for Great Britain was Jack Archer in the 100 metres. He was so often domestically in the shadow of McDonald Bailey but came into his own in Oslo. Other excellent British performances were: Tom White - a three second improvement on his best for a close 5th in the 800 metres, Derek Pugh's 3rd spot in the 400 metres, Alan Paterson's 2nd in the high jump, Forbest and Megnin 2nd and 3rd in the



"Athletics" magazine of November 1946 depicts the "new Wooderson" - Belgrave's outstanding Junior of the day - Derek Burfitt.

long walk and a close up 2nd in the 4x400 metre relay.

The small women's team performed well with Winnie Jordan being runner up in both 100 and 200 metres. Noteworthy was the appearance for the first time in international athletics of the Soviet Union team.

In meetings subsequent to the "Europeans" both Arthur Wint and McDonald Bailey produced best European times for the year at 400 and 100 metres.

It is interesting to note that in the British top ten rankings for the year that despite their reputation of primarily being a harrier club, Belgrave had one in the 800, two in the 1500, two in the 5,000, two in the 10,000 and one (Tom Carter) in the steeplechase.

Belgrave's share of athletics success during the year started with wins in both the Surrey and Middlesex Cross-Country team Championships, the Surrey win with only 16 points!, and an individual win by Derek Burfitt in the Middlesex Junior. This was followed by Tom Carter in the Southern Championships at Wimbledon, the team going to Belgrave with six in twenty. Derek matched the win with success in the Southern Junior. The cross-country season was rounded off with the National team win previously described, with Len Herbert making the international team. Our Youths, in finishing 3rd with three in nineteen, came within nine points of success.

The summer season showed Belgrave to be powerful on the track but showing the usual British weakness in the field. The County Championships provided plenty of success in our usual varied counties. Jimmy Wood and Len Herbert were winners of the

Surrey mile and 3 miles with a number of places gained in the field events.

The Juniors showed equal success with Derek Burfitt and Arthur Bruce winning the Middlesex and Surrey miles respectively. Derek continued his success with wins in the Southern and AAA Junior miles, the latter in record time.

Len Herbert just failed to catch Maurice Bingham in the Southern 3 miles at the White City. The AAA Championships produced a number of finalists but unhappily no winners.

Our serving members abroad continued Belgrave success with Bill Nankeville's 1500 win in the International Services 1500 at the Berlin Olympic Stadium and several good wins by Charlie Smart in Germany with the Control Commission.

The newly instituted London Championships produced a number of Belgrave successes, prominent among which was Charlie Smart's 3 miles win following his recent German successes.

Our walkers, led by Harry Churcher, recapturing his pre-war form, showed solid success throughout the season from the 20 miles to 50 kilo Road Championships to the track 2 and 7 mile championships.

One final thought on that promising season were the number of well supported Club Handicaps right through the spectrum, providing exciting finishes and some quality performances as in Len Marchant's 1:56 880 yards from scratch at the end of the season.



Belgrave's leading walker of 1946 was Harry Churcher. He went on to take 5th place in the 10,000 metres Walk at the 1948 Wembley Olympics. Clive Shippen collection.



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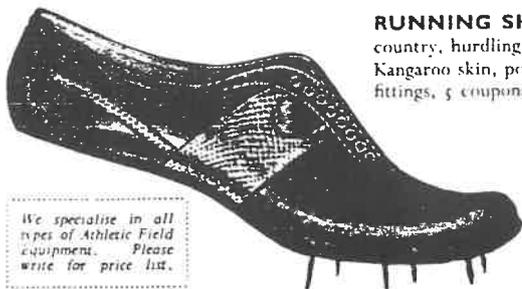
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Looking at a picture of TOMMY GREEN, it's hard to believe that this man won Belgrave Harriers' only Olympic gold medal. PAUL WARBURTON tells us more.

A very unlikely Olympian



Photo: Clive Shippen collection

It comes as a surprise to find out that Britain's premier club, currently riding the crest of a wave in track and field success, must look to a 38 year old, father of four, lucky to have walked at all, for its sole golden moment of Olympic success.

Thomas William Green was born on 30th March, 1894. Because of rickets, he was unable to walk until he was five years old. In 1906 he falsified his age in order to join the army but was invalided out of the Royal Hussars four years later as a result of injuries received from a falling horse. Then, after the start of World War I prompted the Army reserve into calling him back to action, he was wounded three times and badly gassed amongst the mud and blood of northern France.

After the War and a return to Civvy street, he resumed his earlier checkered life and went through a number of jobs before ending up at the Eastleigh Railway works, where he was again the victim of an accident sustained in the line of duty. This time, Green had his right thumb torn off by a piece of machinery. Throughout his athletic career, the Olympic gold medallist always wrapped a handkerchief around the disfigured hand during races. Percy Wright, who as a junior, first saw Green race the year after his L.A. triumph, was never sure if this was a touch of vanity; an aid to wiping the sweat; or some other mental "support". But other competitors, thinking it must magical properties, aped the champion and arrived at the start line with handkerchiefed hands. Finally, to complete this less than athletic scene, I have also never seen a picture of Green when he had his own teeth. Presuming he wore dentures, they must have been stowed prior to the starter's gun.

Given this catalogue of physical mishap, it takes some imagination to see this balding, toothless, bow-legged little man walking all the classic distance races, and winning the lot, in times that would hold up well today, while sweating in a foundry week after week.

To all that are alive today and remember him, he was a 'natural'. I've

always been suspicious of that tag. It never quite gives you the real picture of the relentless, tedious slog required by any champion. Most athletic 'naturals' are actually at pains to support Edison's reminder of "1% inspiration and 99% perspiration."

But Green realised early on that he had the indefinable extra the Gods reserve for the few mortals whom they decide will be Olympic champions.

His first experience of walking was as the guide for a war-blinded friend whom he had been helping to train for the St. Dunstan's London to Brighton. In 1926 and his first race, he surprised the locals by winning the 12 miles Worthing to Brighton.

It was after this encouraging start, that he joined Belgrave, then as now a top club; Gordon Doubleday remembers that he didn't want for supporters at big races. There was always a club 'retinue' as he puts it, who looked after Tommy. His second daughter, Lily, used to cycle alongside her father on his long training walks and from this base support the railwayman built up the impressive record which was to lead to the ultimate excursion: the 1932 Games in Los Angeles.

On the afternoon of August 3rd, 15 competitors paid the obligatory scant attention to the starter's orders before the first Olympic 50k walk. There had been no walks at the Amsterdam Games four years earlier and, not for the first or last time, walking had to justify its inclusion at the Olympics. The result was one long walk rather than the more contentious shorter 'sprints' which Italy's Ugo Frigerio had dominated in the early 20's. The colourful Italian was here in L.A. and keen to add to his three medal haul, but not relishing the prospect of a distance well beyond his normal scope. Germany's Paul Sievert, however, was the unofficial record holder of the distance at 4:34:00 and the Latvian, Janis Dalinsch, was also considered to be a part of the threat to Green's chances.

Apart from each other, the walkers also had to combat the intense heat. The temperature was in the 90's and on one part of the

road course near the Coliseum, the tarmac was blistering and sticking to shoes during the race. But Green had prepared well. In June, he had walked conservatively in the Manchester to Blackpool 50 miles, securing the third of his six successive victories 28 minutes quicker than the 1992 winning time!

He allowed another Italian, Francesco Pretti, to dominate the first few kilometres, but by 10k, Green and Frigerio had drawn level and were joined at the half-way point, reached in 2:23:11, by Dalinsch, who had wisely avoided the earlier pace. Shortly after, Frigerio fell away, realising that both distance and conditions were not the cakewalk of his earlier Olympic victories.

At 35k Green was also having a bad time and had lost nearly a minute on Dalinsch when, not for the first time, his revival was as dramatic as his subsequent victory was certain.

Gordon Doubleday remembers in one distance race, he was assisting Green, and reached into the tin bath on the roadside for a sponge. The walker who was going through a bad patch waved it away: "Never mind that - throw the bloody lot over me!" And here again in L.A. an impromptu douche provided the resurrection which added Tommy Green's name to the record books.

He caught Dalinsch, and applied the pressure in the last 10k which forced the Latvian to complain of stomach cramps, but just held off a resuscitated Frigerio for the silver medal. Meanwhile, 7 minutes down the road, the Briton, in the days before crowd control became necessary, walked into the arms of the spectators as he crossed the finishing line, and after his initial shock at the rapturous reception, recovered sufficiently to send one very important telegram.

Back in Eastleigh, Rose Green raced to the door to receive the envelope which brought news from a country that was a week's travel from Hampshire. How long now would it take for the entire World to hear of a sporting triumph? She had brought up four children on an often reduced pay

packet, because although the railway were able to let him go to races all over Europe - they certainly didn't pay her husband while he was away. And now she had more than a share in his fate ...

*"I won the Gold Medal. Very hot. See you all soon.
love Tom!"*

A week later the streets of Eastleigh were lined six and seven deep to hail the most unlikely conquering hero, who on three days a week training, and at the age of 38, had won the Olympic title.

Mrs. Lily Coakes, as she is now, remembers the police stopping her at the entrance to Eastleigh station. "You can't go in there. Only special dignitaries" they said. I said, "But I want to greet my Dad!" Fortunately, they believed me and let me through ...

Green was soon awarded the ultimate accolade when Players added him to their cigarette card issue. You had to be a famous film star or a famous footballer or a famous something to emerge from a cardboard packet of ten. And here a walker had managed to become a collector's item.

I suppose in the days before prize money and trust funds, a pub was a sound venture to make the most of your popularity and Green became publican of the Meadowbank Hotel on the Romsey Road. His sociable, generous spirit allowed him to make awards of trophies to local athletic organisations in later years, that at first sat behind the bar.

Before that he returned to his original sporting passion, boxing. Because of the size of some of the rooms at the Meadowbank, he was able to help out a fellow railwayman who was also a promising middleweight, by turning them into a makeshift gym.

Vince Hawkins also received a new trainer and the walker turned publican took the young boxer to the giddy heights of challenging the legendary Randolph Turpin for the British title.

Green himself continued to remain fit by organising local sporting events, and simply because he wanted to keep active, he had a rent collector's job at the age of 78. One morning on his round he was struck by a sports car while crossing a road. His first reaction was to ask his son Ray, to help him continue the collections. According to Lily, this injury prompted the stroke from which he was to die three years later on, one day short of his 81st birthday.

Some years before, Green had been presented by his club with a sculpted model, which was based on his cigarette card pose. At the foot was the inscription:

"To Tommy Green - the best of them all."

Right: What a cute little chap he is. But can you tell us WHO he is? In fact can you put a caption to the picture? We'll dig up a prize for the best one. Entries by the 31st December to the Editors, whose decision will be final.

George a glutton for punishment!

George Piddington is a busy man down in the Hampshire area. Already Press Liaison Officer and Young Athletes' League Team Manager for Havant AC, Team Manager for Hampshire and Team Manager for the YA Cross Country, George found himself taking on a little extra responsibility when Havant lost their Women's Cross-Country Team Manager. So that the Minors, Girls and Intermediates would not get neglected, George said he would help if someone else could keep an eye on things as well. A week later a file of papers, entry forms, etc. were given to him with a message from the Committee that they had unanimously agreed that he should be Team Manager for all the Young Athletes, male and female, and for the Senior Ladies as well.

George's reaction? "I love it," he says, "It gives me great satisfaction when I see

how our young lads' section has come on over the past four years. The squad has built up nicely with Colts coming into the side every year through contacts with local schools. I am now intending to build up our ladies' section."

He reckons that the early signs are that his ladies are going to be very good within another year and will be a match for any club including the Belgrave girls!

George sends his regards to all and relays a message from Gerry North. Gerry would like to know if Gary Staines is coming down with a Belgrave team to the Victory '5' at Portsmouth in December. Perhaps he might care to have a go at the course record held by Nick Rose who will be running - as will Mark Rowland, Steve Brace, Tom and Jack Buckner.

1992 Rankings

In the next issue of "The Belgravian," due out late Spring 1993, we will be publishing the Annual Club Rankings. In many events the lists are around 30 deep for each of the Women's, Young Athletes' and Men's Sections. How many clubs can list around 100 performers per event?

Whichever age-group or section you compete in, if you have a performance set in bona fide competition in 1992 which you think we may not know about, let us know by writing to Hazel Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG.

Into the computer age

You may have noticed that we are now mailing members using computer printed address labels. It makes life a little easier for Gordon Doubleday who has spent years laboriously writing each address by hand. All we have to do now is make sure that the details we have on computer for each person are correct.

You may be interested to know that the number that appears in brackets after your name on the label is your membership no. These will, in future, be allocated on joining and no number will be re-used. For existing members the numbers were assigned in sequence of date of joining (estimated where not recorded). For ex-Surrey AC members their date of joining that club has been used.

Thanks

Many thanks to all those members who made a contribution towards the "Magazine Fund" when they paid their subscriptions. And if you didn't pay then but feel you would like to do so now, don't delay, cheques payable to Belgrave Harriers but sent to the Editors (who are likely to be harassed by the Treasurer when he sees this issue).



ROAD RUNNING

Belgrave win Surrey Women's Road League

Reports by Jacqui Smiter

HORSHAM JOGGERS' 10km, 3 MAY

1, G.Collison (Belgrave) 38:16 (record); 2, K.Wapsott-Downer (Datchet) 39:35; 3, A.Chung (British Airways).

HERCULES WIMBLEDON 10km, WIMBLEDON PARK, 4 MAY

Four of us braved the hot and humid weather to attempt this very hilly course. It has been measured at 6.2 miles but it felt more like 7. Helen Maskrey led the Belgrave team home and she was closely followed by Jacinta Moore to give Belgrave a good team result of second.

1, C.Fielding (Heme Hill) 38:32; 2, L.Taylor (Collingwood) 39:26; 3, S.Alexander (S'ham) 39:47; 4, H.Maskrey 41:36; J.Moore 42:50; J.Smitem 51:33; 34, S.Porter 58:51.

Teams: 1, Collingwood 11; 2, Belgrave 17; 3, Tadworth 22.

TADWORTH '5', 31 MAY

In this second Surrey road race the weather was again hot and humid, making it a hard competition. That didn't stop Gabby Collison coming 4th to lead Belgrave to the team title well ahead of Thames Hare & Hounds.

1, S.Young (Parkside) 29:07; 2, A.Roden (South London) 29:08; 3, L.Taylor (Collingwood) 29:54; 4, G.Collison 30:07; ... 9, H.Maskrey 31:05; 11, J.Moore 32:10; 23, N.Mills 35:25; J.Smitem 38:05.

Men's Road Roundup

The organisers of the "Run for Rumania" 10 kms race at Blackheath on May 10th aimed to raise £1,000 for the needy orphans of Eastern Europe by putting on this cross-country race. Owain Lewes supported them with a winning 34:03 timing, a full minute ahead of second man Smythe of Cambridge H.

On the same day in the Alton '10' Martin Lake was clocked at 55:59 for 6th place with Don Anderson just over the hour at 60:22 for 24th.

The LARA Long Grove races have given many a Belgravians the chance of a mid-week outing. John

ELMBRIDGE 10km, WALTON, 19 JUL

In a strong competitive race with over 580 people taking part we did well to finish fourth team a result which takes us into the lead in the Surrey Road Race League.

1, C.Schmidt (Germany) 37:33; ... 7, H.Maskrey 40:34; 12, J.Moore 41:56; 18, N.Mills 42:55; 44, J.Smitem 47:20.

Teams: 4, Belgrave 16.

BELGRAVE 5k (Inc. Surrey Champs), WIMBLEDON, 9 AUG

A brilliant effort by everyone to give us our first title - and a well deserved one at that. Helen Maskrey was the first Surrey woman in the league and the Bels. took the Surrey League title from Collingwood. Thanks to all who took part in the series, particularly Jacinta Moore and Helen who both competed in all five events.

1, H.Maskrey (Belgrave) 18:14; 2, M.Pautard (Ranelagh) 18:52; 3, S.Rowland (Ranelagh) 19:03; ... 5, J.Moore 19:22; 9, J.Smitem 20:47; 15, P.Davies 23:19.

Surrey Champion: H.Maskrey.

Teams: 1, Ranelagh 20; 2, Belgrave 18.
Surrey League: 1, Belgrave 72; 2, Collingwood 68; 3, Thames H&H 65.

BELGRAVE 10k, WIMBLEDON, 13 SEP

1, H.Maskrey (Belgrave) 40:04; 2, J.Lodge (Hercules Wimbledon) 41:41; 3, J.Holmes (Collingwood) 43:11.

WIMBLEDON HALF- MARATHON, 20 SEP

1, L.Taylor (Collingwood) 86:45; 2, H.Maskrey (Belgrave) 88:40; 3, H.Baxter (Highgate) 91:41.

Barry availed himself of the 2 miles event on May 13th when he placed 6th with 10:42.

A week after running the 'A' 1500 in BAL match 1 at Birmingham Steve Halliday was back on the roads for the Halifax Courier 10k. He won it by a minute and a half in 30:53.

The City of Canterbury Half-Marathon on May 17th saw Steve Willimont get up to 23rd with 76:29.

In a sweltering 80 degrees Fahrenheit, Jim Estall came home 21st for Surrey in the Inter-Counties 20 miles race at Corby.

Pete Gardner ran a 5:02 in the Capital Road Mile in Hyde Park on May 20th.

Cool and overcast conditions for the Lensbury 10k at Teddington on June 7th resulted in some fast times for the leaders of the 800 strong field and Jim Estall's 31:19 gained him 21st place. The Turk's Head '10' was held along the towpath of the River Thames at Twickenham and hot conditions prevailed once more. Jim got up to 11th in 55:22. He was also up among some classy opposition in the Southwark '5' where his 25:09 gained him 5th.

As usual, Marcello likes to mix a bit of road running in with his track work and June 1st saw him winning the Sri Chinmoy 2 miles at Battersea in 9:29. Unfortunately it was about this time that "March" got struck down with a virus that gave him trouble on and off for the rest of the summer.

The Chemical Corporate Challenge was held in heat-wave conditions at Battersea Park on July 15th. Our second-claim member Chris Sweeney (16:16) was beaten to the tape by just 1 second by a team mate from British Gas. In fact the first three home all represented BG. Roger Alsop, running for Nat West Bank, was 28th in 17:40. There must have been some other Belgravians among the 3,500 runners but we don't know any other details.

At Davos in Switzerland on July 19th Paul Evans raced to 3rd in 23:37 behind Kenyans Omwoyo, 23:21, and Maritim, 23:29. Behind were Dos Santos and Steve Brace.

In the Sri Chinmoy races Marcello Bizio placed 3rd over 2 miles on July 13th, 9:43, and Marco Mazzotta was 7th, 9:56. A week later over 1 mile Roger Alsop was also 3rd, in 4:27. Marco got under 10 minutes again on 3rd August, with 9:59 while Tony Stone took 2nd in the M50's with 11:33. In September's race it was the turn of Gary Pitts to score with 3rd in 9:49.

Steve Halliday clocked 4:11 for the Leeds City Open Mile on August 11th but this was just a pipe opener for the Almondbury 10k at Huddersfield a week later. Here he came home well over a minute clear of the field in 32:14 to remove 9 seconds from the course record. Within four days he was in action again in the Burnsall 10 miles. This gave him his third win in the event, earlier victories coming in '88 and '89. His time was 51:16 from Otley's I.Fisher, 52:57.

Don Anderson ran to 8th place with 30:54 in the Dartmouth Regatta 5.1 miles event.

Mike Webb chased home Cambridge Harriers' Keith Penny in the British Heart Foundation 10k. His time of 33:30 put him just 9 seconds behind the winner.

LARA 8x2k RELAY, MORDEN PARK, 1 JUL

1, Collingwood 60:07; 2, Wimbledon Windmilers 60:25; 3, Sutton Runners 62:05; ... 6, Belgrave (O.Lewes 6:58, M.Anderson 8:17, I.Atkins 11:38, S.Willimont 7:31, M.Readhead 8:09, P.Whiston 7:26, J.Coy 8:19, A.Stone 8:14) 66:32.

BELGRAVE 5k (Inc. Surrey Champs), WIMBLEDON, 9 AUG

1, N.Pugh (Thames H&H) 14:37; 2, A.Reilly (Boxhill) 14:43; 3, D.Cowan (Boxhill) 14:56; ... 31, A.Stone 17:27; 45, J.Washbrough 18:18; 69, C.Henn 20:35; 78, M.Hutton 21:41.

Teams: 1, Boxhill 9; 2, Thames H&H 16; 3, Ranelagh 32; 10, Belgrave 108.

BELGRAVE 10k, WIMBLEDON, 13 SEP

1, W.Snelgrove (Thames H&H) 32:53; 2, J.Weightman (Boxhill) 33:02; 3, M.Goatley (Guildford & Godalming) 33:32; ... 7, M.Mazzotta 33:56; 9, R.Turner 34:18; 21, R.Pearson (M45) 36:02.

Teams: 1, Boxhill Racers 16; 2, Guildford & Godalming 18; 3, Belgrave 37.

BLACKHEATH H 6x3M ROAD RELAY, (Inc. Surrey Champs.), CRYSTAL PALACE, 19 SEP

1, Southampton City 92:03; 2, Blackheath 92:40; 3, Aldershot F&D 94:36; ... 14, Belgrave (G.Staines 14:46 1st, S.Willimont 16:57 9th, D.Scott 16:51 12th, J.Estall 15:44 11th, M.Mazzotta 16:35 11th, D.Anderson 17:58 14th) 98:51; 40 teams finished.

Surrey Champs: 1, Boxhill 95:27; 2, South London 95:57; 3, Herne Hill 97:34; ... 5, Belgrave.

Fastest: G.Arthey (Blackheath) 14:37; 2, G.Staines (Belgrave) 14:46; 3, M.de Freitas (Portsmouth) 14:51.

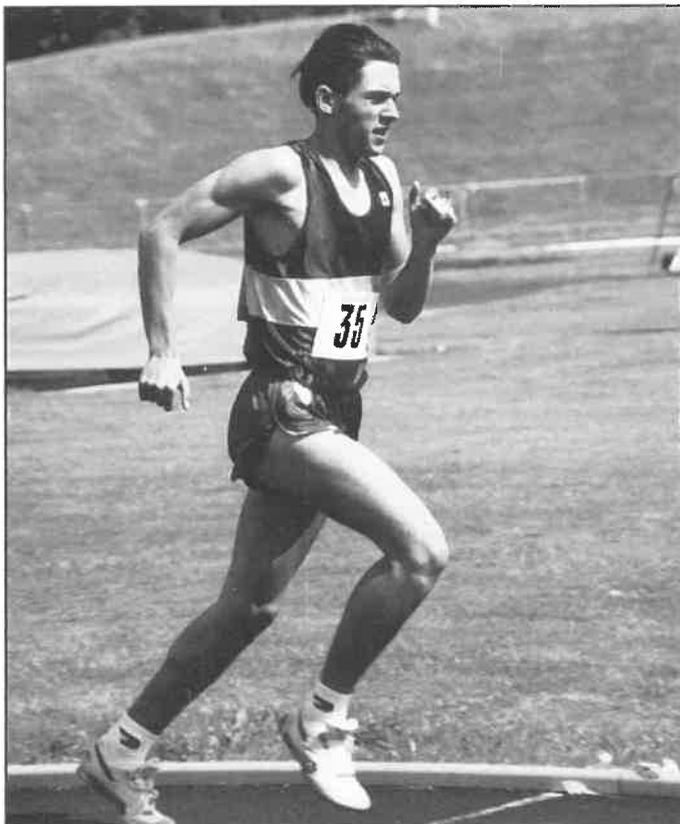
Well done Terry . . .

. . . Just what you want when you get back to the Hall after Thursday night's run - a pint - and a tasty pizza, or jacket potato and beans. Thanks to Terry Lawton's efforts Thursday night is turning into real Club night.

WELCOME...

... to the following new members who have joined us since last March (up to and including this October):-

Laura Appleby	Gavin Jones
Lee Appleby	Aaron Kendall
Luke Appleby	Byron Kendall
David Ashdown	Sasha Kulidzan
Reshad Aucklloo	Maureen Lawton
David Baffoe	Helen Lucas
Adam Barnett	Obi Megafu
David Bennett	Samantha Milner
Amanda Blades	Charles Mountifield
Sarah Bowdage	Carly Mullings
Stephen Bramson	Chris Murrell
John Burke	Ludwig Nunoo
Warren Burton	Monica O'Brien
Ben Cascoe	Paul O'Callaghan
Lee M. Chigbolu-Mawson	Chris O'Driscoll
Chip Chiwera	Sam Ogilvie-Laing
Julia Cockram	David Ord
Giacomo Corsini	Neil Owen
Eddie Crossingham	Michael Parper
Damian Daldin	Robyn Pratt
Richard David	Till Rogner
Luke Davids	Lee Rolfe
Louise Davison	Allan Rushforth
Tania de Cilia	Dominic St. George
Jon Dennis	Emma Sartain
Rosie Dickinson	Gregor Schatz
Evelyn Ekang	Jonas Selassie
Matthew Elliott	Vikki Smith
Marcel Fok	Crispin Stephens
Jean Gaunt	Kasse Tadaesse
Simon Greenwood	Bevis Taylor
Lutz Gundlach	Marsha V. Taylor
Eshref Hassan	Wendy Teahan 2nd-CI.
Zoran Higgins	Scott Thompson
Matt Hillier	Simon Vella
Ray Hooper	Julian Walker
Sophia Howard	Georgina Ward
Mable Jackson	Natalie Wells
Adam Jones	Dominic Wilkinson



New member Adam Jones competes in the National Junior League. Photo by Robin Nicholls.

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