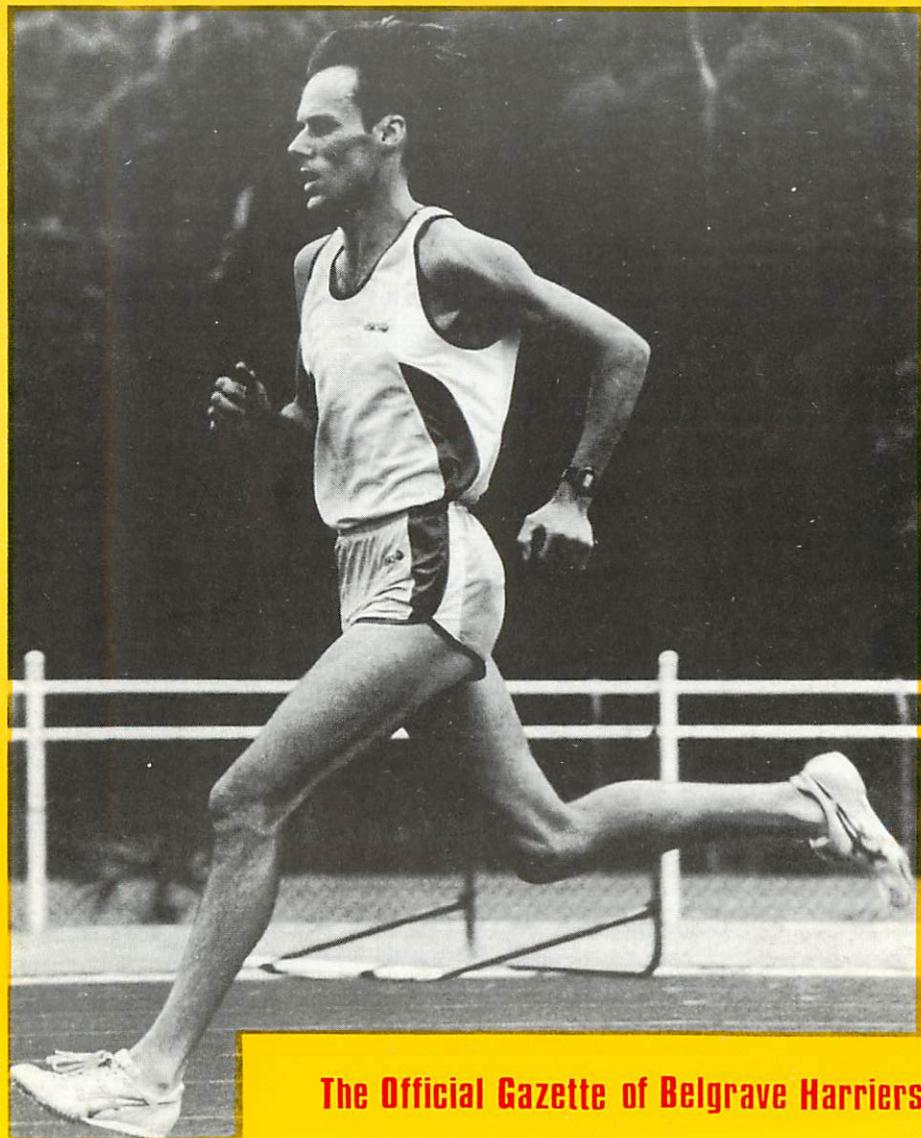


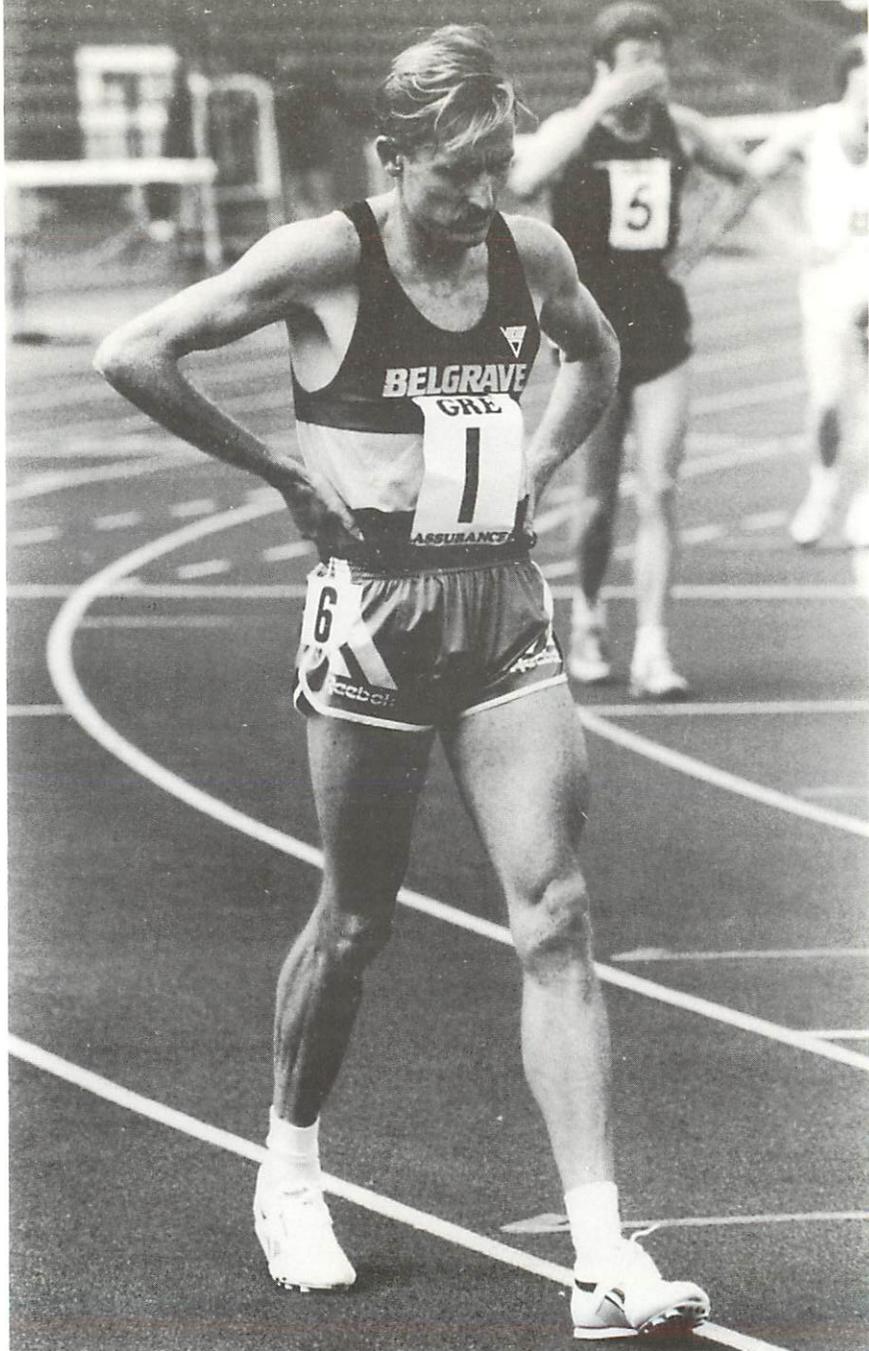
THE

MARCH 1991

BELGRAVIAN



The Official Gazette of Belgrave Harriers.



FRONT COVER: In 1990 Gary Staines had his best ever season achieving a Silver in the European Championships and also running a 13:14.28 5000m to put him 4th on the U.K. all time list. Photo : Kevin Sturman.

ABOVE: Andrew Lloyd has provided a great boost to our Middle Distance Squad. He followed up his exciting victory in the Commonwealth 5000m with a string of P.b's including a new Oz record for the 3000m with a 7:45.95 effort which erased the long standing time set by Ron Clarke. Photo : Kevin Sturman.

THE BELGRAVIAN



SemperParatus

FOUNDED 1887

NUMBER 214

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END OF BELGRAVIAN FAMINE

It is nearly two years since Joe Coleman passed away. At the time nobody could have known that the March 89 Edition of Belgravian was to be the last under his Editorship. That issue of the magazine was itself a fine tribute to a man who worked so hard for the good of others. You will read in this issue of the loss of many Belgravians and it brings home to all of us that a great Club such as ours cannot survive without the introduction of new faces. Fortunately you will also read of a new Younger Committee and the involvement of several of our stars giving their time and efforts in support of us all.

In collating this Edition of the Belgravian I have decided to use material prepared in 89 although parts of it may have been overtaken by events in 90. To ease back into a more regular reporting situation I have set a cut off point at the end of the 1990 Track and Field Season, that is September 90. Hopefully it will not be too long before you are reading of events of Winter 90 and the 91 Season.

Your new Editor
Charles Dickinson

— IN THIS ISSUE. —

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OFFICIAL'S CORNER.

BELGRAVE MEMBERSHIP

In 1989 there were 93 new elections, 20 resignations, 63 deletions. Membership at 31st December 1989 stood at 570, a net gain of 10 for the year. The total comprised ; 65 Life Members, 23 Vice Presidents and 482 Ordinary Members.

A WORD FROM THE TREASURER

I have recently inherited the duties of Treasurer. At present the Club's finances are in a healthy state. This is due to the hard work and immense foresight of a few and the generosity of many.

Our survival is not a divine right and all of us should strive to find ways to advance the Club. We must not only adapt to change which in itself is a great asset but we should lead.

Due to past experience and with an eye on the future it has been decided to create a "Belgrave Harriers Hall Maintenance Fund". Donations can be sent to me or to the Hall and will be greatly appreciated.

I hope I can follow the fine example set by my predecessors. On behalf of the members I would like to thank all those who give financial support to the Club, however small or large.

Frank Ward

SECRETARY'S ADDRESS / FORWARD / SCRIBBLINGS / REPORT

It is very pleasant to be able to take this opportunity to go into print. This is my first office as General Secretary and, so I am told, I am Belgrave Harriers' first female to hold this office. This is not surprising though as females have only been allowed to be members of the club since 1977.

I took over the reins from Joe Coleman on the first of January 1988, and I am still getting to grips with the ins and outs of a prestigious athletics club, how its run, and how it fits in with regional and national athletics. I am trying to become familiar gradually with various sections of the club: road running; track and field; cross country etc. So far I've managed to extend out from my own section, race walking, towards the ladies section and even to running a 3000m race and throwing the javelin in the Womens Southern League.

Unfortunately, some of my races clash with major fixtures in the mens section and it is not possible for me to spectate and support as often as I should wish. Timekeeping for the Thameside League and the Ladies Southern League also keeps me busy. It is very enjoyable, even though hard work and time consuming, but certainly not dull and boring. If circumstances allow I may be able to look forward to being General Secretary for the next few years at least; the record secretaryship is held by A.Harley at 34 years, only another 32 years to go!

Needless to say, I am also proud to be a member of such a prestigious and historic club and to be involved as Belgrave starts its second hundred years. In a period when so much in athletics is changing it is important to continue to encourage grassroots athletics through schools and locally organised events. Continual upsurge of young potential in the area nourished by organised coaching schemes and supported by enthusiastic members can ensure an equally successful second hundred years for the club. I'm glad to be part of it !

.....Sue Porter.....

Bill Laws - PRESIDENT 1990.

It is sometimes difficult to realise that many of our officials hold down responsible jobs, so hard do they work on behalf of our active members. Bill Laws, our 89/90 President, has worked continuously on the Belgrave Committee since 1974 mainly as a result of a good natured provocation from Charlie Manning. He has held most offices including Hon. Sec. and Coaching Sec. He organised the Club Dinner for 5 years and edited the Belgravian for 6 years but is best known as part of a double act, partnered by Leo Coy, which in 10 years has taken our 'A' Track and Field Squad from 35th ranking to No. 2 in the country. During this time he persuaded the GLC to upgrade our home track to an all weather surface and obtained grants and acted as project manager for the Belgrave Hall rebuild in the late 70's.

Bill is a graduate Mechanical Engineer who worked for British Steel for 17 years. In 1977 he established a private engineering Company developing new products for the Metallurgical Industries. In 1987 the Metals Society awarded him the Dowding Medal for his improvements to hot steel rolling and in 1989 his Company was one of only three U.K. companies to obtain both Queen's Awards for Technology and Export.

Bill joined Belgrave in 1952 while at Emmanuel School. He moved away; his membership lapsed but he rejoined in 1963. His athletic achievements he would describe as average Club Standard. However in 1978 as a vet he achieved some success finishing 2nd in the Club 20 mile Championships, 5th in the Surrey Vets Cross Country and with Laurie O'Hara and Brian Gorman won the Southern Counties Vets 10 mile team Championship. He ran 54.36 for 10 miles and that year made our 12 stage relay team.

He still has the ability to surprise and recently had the distinction (our Hon. Handicapper says 'Doubtful' distinction) of winning the Yacht 3 handicap in 2 consecutive years.

But it is on the management side that Bill has made the biggest contribution. Let's hope his best is yet to come !



FROM THE PRESIDENT

Most Presidents write before the Belgravian is published and express hopes for the future. I write with the benefit of hindsight. You will read of the tremendous efforts in 1990 and I echo the congratulations of all members to officials and athletes alike. Hopefully with this magazine you will receive notice of a brand new Charity - The Belgrave Coaching Foundation. Please support it in the years ahead. With my best wishes to you all.

Bill Laws

† IN MEMORIAM

JOE COLEMAN

(October 1911 - April 1989)

Many of us saw Joe early in April, as usual busy helping things to run smoothly. We were all shocked to hear of his death in mid-April.

He had been involved in athletics for over sixty years - almost a lifetime.

Born in October 1911, he joined Belgrave Harriers in 1927 as a runner, taking part in handicap races, so popular in those days, and he was no mean shot putter. He then switched his attention to walking and gradually worked his way up the fields to become one of the country's leading performers over the shorter distances.

He was a regular member of the very successful Belgrave teams before World War II and also figured in a winning team for the Nijmegen Shield in the RWA 20 miles.

His dead heat with his brother, the late Len Coleman, in winning the RWA ten miles "junior" (based on performance) at Hampstead Garden Suburb in 1938, was a triumph he greatly enjoyed.

He was a loyal Surrey County supporter, winning the ten miles walk in 1939 and going on to finish second in the inter-counties 10. In those days there was no senior championship at ten miles, and this event brought all of the countries' top men at this distance together.

He was a regular competitor on the track, contesting the AAA Championships with distinction. Thanks to constant, hard and regular training, and attention to style, he gained a "Fowler-Dixon" award for style in the championships.

Then came the 1939-45 war when he served in the R A F but with the post war resumption of championships he soon got back to form and when RWA decided to hold a senior ten miles championship Joe scored in the winning team.

So he kept on for many years, helping many a newcomer with his advice.

On retirement from racing he took up judging. Over recent years he got much involved in the administrative side of the club taking over the Hon General Secretary's job at short notice, a job he did with his customary good natured efficiency. He also took on the job of editing the club magazine "The Belgravian".

His jovial and friendly manner will be missed by all who knew him. The respect in which he was held by Belgrave was demonstrated by his election to Life Membership, and in 1984 the ultimate honour of the Club Presidency.

Gordon Doubleday

(The above appeared in Race Walking Record and is re-produced by their kind permission).

JOAN GOSWELL R.I.P

Joan was neither an athlete nor an official yet with her husband Jack she provided the sport of race walking over 30 years with a very reliable recording and results service. Joan probably attended more R.W.A. National Championships and Open races than many active competitors. I doubt if she saw many of these races except the start as she spent many, many Saturday afternoons tucked away in some small room often without heat or refreshment banging away at a typewriter in order to ensure that competitors could receive a complete result sheet shortly after the end of a race. I don't think that race walking fully appreciated the excellent service which Joan and Jack provided free of charge until it ceased a couple of years ago because of Joan's failing eyesight. Now it is no longer the norm to receive result sheets at Nationals in fact sometimes results are only available some days afterwards.

Although Joan was a very quiet lady she was held in high esteem by walkers who recognised her as one half of a very unique partnership which did much for race walking. The presence of Jack at a race without Joan usually drew the comment, "where is Joan?".

Rather belately in 1986 the Race Walking Association awarded Joan 'Life Membership', an honour which had been bestowed on her husband Jack in 1973.

Joan was a great lady who for the benefit of others was generous with her talents and free time and who, with Jack, gave yeoman service to Belgrave Harriers, the Race Walking Association and the sport of race walking.

Our condolences to Jack on his great loss.

John Keown

A.F. "BERT" MITCHELL (1907 - 1989)

We regret to announce the death of Bert Mitchell, donor of the Club's "Mitchell Shield" for the Belgrave Marathon Championship.

It was in 1931 that Ken O'Kell signed up Alf Taylor and Bert Mitchell, after beating the former in a 1 mile race at AEC Southall. After moving to Ford's Dagenham in 1932, Ken discovered that both lads were also Ford workers.

When Bert turned to marathon running he found that the alternating shift system at the works prevented him from training properly, particularly as he travelled by train from Wandsworth to Dagenham daily. He struck a bargain with his foreman. He could do a permanent early shift (6a.m to 2p.m) provided he agreed to produce 180 axle shafts a shift instead of the standard 160.

So he left home at 3.30a.m and arrived home at 4.00p.m each day. He never grumbled, never sought promotion; always said how lucky he was to have a job and to have time to train.

In the late thirties he achieved a second place in the prestigious Manchester to Blackpool Marathon. Because his fellow workers paid for his trip he wore a FORD Sports Club vest, a decision which brought a rebuke from that fiery little Belgrave Captain, Bert Footer!

One of his most prized awards was a special oak plaque, formed and carved by the King's woodcarver from Windsor Castle oak, presented for the Windsor to Chiswick marathon.

Bert was not one of our star runners in the highly successful teams of the thirties, but he was always there to provide back-up when needed. His will left a legacy of £100 to the Club: he always was a 100% Belgravian.

With acknowledgements to Ken O'Kell

F. RICKARDS

We are sorry to learn of the passing of one of our oldest members, Fred Rickards, one of our long-distance walking "greats". He was over ninety and had been a member for nearly sixty-five years. We recall the number of wins he had in the Police Barking to Southend Walk - eight in all, 1924, '25, '26, '30, '32, '33, '35 and '39 and helping his team, K Division to victory.

He also had a great record as a team man, being in our winning teams in the R.W.A 20 miles Championship in 1925, '28, '38 and '39 and taking second individual place in 1934. He also helped the Club to win the Nijmegen Shield (for the complete team of eight) in '32, '38 and '39. Likewise in the 50 Kilos Championship he helped us to win in '34 (where he was third Individual), '35, '36 and '38. In addition he helped us to gain many team placings. He won the Club 20 miles Championship on a number of occasions, and had some fine performances on the London to Brighton Road to his name.

On retirement from the Police he spent his last years living at Jarvis Brook, near Crowborough, in Sussex. He was of a sturdy build and a powerful walker. He took his sport seriously and trained hard and conscientiously for the big events. His cheerfulness and ready smile plus a warmth of character made him many friends and admirers. He recently wrote expressing his pleasure at seeing the successes of our track runners as shown on television. Obviously a great team man to the end. Its been great knowing you Fred, you have helped in no small way in making Belgrave the great Club that it is.

R.F. TOWNDROW

Gordon Doubleday

It is sad to think that Dick Towndrow died in September, a few weeks before attaining 50 years of membership of the Club. Born in 1908 and living at Barnes he enjoyed running in Richmond Park and on Wimbledon Common which he regarded as his "second-home".

His first club was Ashcombe AC which had their Headquarters near the Sheen Gate of Richmond Park. Later they became amalgamated with St. George's Services A.C, but this combination didn't last many years and he then joined the Poly. A good cross-country and road runner he was a formidable opponent and had many fine runs to his credit.

World War 2 broke out in September 1939 and in the November he joined us. He served in the Army and was able to continue his running. There were, of course, no championships but I remember a seven mile race over the old two lap Blackstaffe Shield course which he won.

After the war he represented us in many races. His best effort must have been when he won the Wigmore Open 15 miles in 1948. This race was held over a hilly course from Parliament Hill and his time of 87m.20s. was a very good one for those days. In the mid-fifties he moved to Mere, near Warmminster, Wiltshire. His enthusiasm for the Club was such that he continued his membership.

A schoolmaster by profession he was a quiet modest and unassuming person, dedicated to his running and held in high regard by all. We have lost another of our long-standing stalwarts who many will remember with affection.

Gordon Doubleday

DANNY WISEMAN

(18.12.44 - 22.08.88)

David "Danny" Wiseman died of cancer at the early age of 44 last August.

Danny joined the Club in 1954 at the tender age of 9 years. In 1959 he was second in the Boys Medal Competition, taking both the 100 and 800 events.

Alf Wilkins began coaching him in 1963, the year he first broke two minutes for the half mile. The following year he was a surprise winner at the NUTS winter track meeting at Hurlingham in a personal best of 1:54:4. He also represented Cambridge University against Oxford that year at the White City, a match which was televised live. He clocked a lifetime best of 1:52:2 for 880 yards in the 1965 Surrey Championships and gained a silver medal in the Maccabiah Games 800m.

The following year he was elected secretary of the Cambridge University AC but owing to injury did not complete again in the varsity match.

In 1973 Danny made a brief racing comeback and was very quickly into form. The following year he won the Club Championships in 1:54.7.

He remained a keen follower of athletics and attended all the recent World and European Championships and was planning to visit both Gateshead and Barcelona for the European and World Cups before his illness became so bad.

Our deepest sympathy is extended to his wife, Diane, and his two young daughters.

(with acknowledgements to Alf Wilkins)

DONALD MACLEAN

We regret to record the death of Don Maclean who died recently following an accident. He was 57.

Don and his brother were signed up for Belgrave by Tom Carter in 1948 when Don was 15 years old. Micky Pyer gave him a training schedule which soon began to show results, and the following season he ran three sub-5 minute miles. Improvement was dramatic the following year. He won the LAC Schools mile in the third fastest ever time of 4:28.2 (something special in those days), finished 2nd in the All-England Schools and beat Peter Driver in the Surrey Junior Mile with a record 4:25.6. He represented London versus Paris winning the 1500 metre and 2000 metres in the home and away fixtures.

Following military service in Korea he resumed training in late 1954 and went to Oxford University where he studied philosophy, politics and economics. He gained a 'blue' over the country and reduced his mile time to 4:14:7; but a troublesome stomach ulcer plagued his performances after that and his form deteriorated steadily. However, he still produced some very good runs for the Club and could claim that he had never dropped out of a race.

Don was an ardent Belgravian : the Club meant a great deal to him. Our sympathies are extended to Jennifer and her family.

LAURISTON COTTAGE SOLD

After 54 years of residence at Lauriston Cottage ARTHUR WHITEHEAD has returned to the land of his youth, Sedbergh, in the heart of the Cumbrian Fells.

Older members will recall running around the lawns of Lauriston House when Lady Fell, Arthur's step grandmother, was in residence. On her death the large house was demolished to make way for the housing estate which now occupies the land. Arthur retained the old stable block which, over the years, he converted to two dwellings and a running facility.

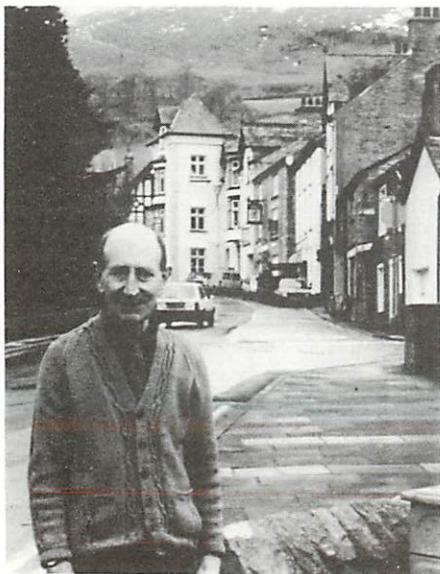
It was in 1945 that he had returned to Lauriston after being badly wounded in Normandy. His unique determination to rehabilitate himself led to his joining Belgrave. Gradually he built his weight up from 6½ stone and with regular, though painful, training runs and early morning swimming in Queensmere he eventually turned to competition road-running.

In 1953 Arthur achieved the performance that meant more to him than it could possibly mean to anyone else, he won a Belgrave Honours Badge in the A.A.A. Marathon of 1953. Following a successful completion of the London to Brighton Road Race he retired from competition to work for Belgrave and the newly formed Road Runners Club, of which he was a founder member. His contribution to our cross-country and road-running programme in the fifties and sixties was considerable, and his premises have always been at the disposal of Belgrave for the 12-stage relay and open '20' events.

The Belgrave Committee presented him with a limited edition of a new book on the history of Wimbledon, which is so dear to his heart. The leather-bound boxed presentation copy contained the following tribute:

"To Arthur, in appreciation of your 44 year
long association with Belgrave Harriers
(1945 - 1989)"

(Signed) W.R. Laws, President.

ARTHUR'S SEDBERGH RETIREMENT

Charlie Manning visited Sedbergh in late Feb. and made the presentation on the Club's behalf. The photograph shows Arthur (now 77 years) in Finkle Street with his house in the terrace behind. Arthur writes :-

"Today I had a delightful surprise visit from Charlie Manning who brought with him the magnificent gift from Belgrave who are much too generous to me. The book is a wonderful record of Wimbledon and will always bring back happy memories. Every good wish and many thanks".

For those interested Arthurs new address is :-
3, Finkle Street,
Sedbergh,
CUMBRIA LA10 5BZ.

grapevine



— Congratulations to Sharon and Ernest Obeng on the birth of a 6½lb boy. John Regis and Marcus Adam should look out for the name Adam Obeng in about 15 years time.

— Our somewhat belated best wishes go to Donna and Darren Mead on their wedding. They have moved back to Norfolk where they have set up home. Sadly Darren has found that to continue as a first claim member of Belgrave is not practical and he has joined Norfolk Gazelles. We wish him all the best.

— Kevin Sturman has returned from the U.S.A. where he has been working as a Professional Photographer. He is setting up as a freelance photographer in the U.K. undertaking all types of industrial, fashion and sports assignments. Kevin has supplied most of the photo's in this edition of the Belgravian. If you need his Professional Services you can ring him on 081 643 2315.

— Bar income has returned to more respectable levels since Stuart Paton was successfully headhunted as our Hon.Social Sec. A series of Discos at which he was aided and abetted by John Gladwin and Gary Staines have proved wildly successful so keep an eye open for some more outrageous entertainment from the terrible trio. See notice board (Page 67)

— Serving behind the bar at Belgrave Hall can be quite an experience. It is quite easy to mishear a conversation. One story circulating is that at the time of the fall of the Berlin wall one punter was heard to remark " I see the Honecker's are off!". "Can't understand that"said the barman"I only put a new barrel on last night".

— Have you spotted that we have not changed our Gen. Hon. Sec. but that Sue has changed here name. Our very best wishes to Sue and Harry Porter.(See Page 63).

— Following a tremendous track season Andrew Lloyd has returned home for an enforced break. He will be having another foot operation to remove bone injured several years ago in a car accident. We wish him a speedy recovery.

* * * * *

ATHLETES FOOTNOTES

Lenny Paul's top posting.

As we enter the '91 T & F Season Lenny Paul takes up a new post as 'A' team Captain. The Sectional Captain's jobs remain and are :- Sprints - John Regis, Throws - Abi Ekoku, Jumps - Derek Browne, Distance - Stuart Paton.

Philip Goedluck gets serious.

After 3 years building his career in the Fire Service Philip Goedluck has decided to concentrate for a while on his sprinting. Having run 5th in the Junior World Championship 200m some 4 years ago Philip would be the first to admit he has not fulfilled early promise. He has moved to coach John Isaacs and now trains with Marcus Adam and John Regis.

The Ladies .

1989 was highlighted by three ladies gaining international honours:

Andrea Coore	-	Great Britain	: Long Jump
Morag Andrews	-	Scotland	: Cross Country
Sian Spacey	-	Wales	: Racewalking

Well done Andrea, Morag and Sian!

However, our success in the Women's Southern League was dulled by injuries to both sprinters and middle distance Seniors and also by having only a few Junior Ladies. The Schools' meetings held in Battersea Park over the early summer attracted a few more girls, and we strengthened our links with local schools.

We also had three Senior Ladies appearing in the UK 1989 rankings:

Wendy Dunsford	: Shot
Andrea Coore	: Long Jump
Ese Oshivire	: Heptathlon

Well done Wendy, Andrea, and Ese, who also holds the British Universities Record for the Heptathlon.

Again due to injuries, 1989 was the first time in three years' competitions that Belgrave Ladies failed to reach the semifinals of the GRE cup.

Scoring in the Women's Southern League matches is by both Senior and Junior Ladies, unlike the position in the Men's Southern League matches which are for Senior Men only. This year, our lack of Juniors together with injuries to the Senior Ladies meant that Belgrave were relegated to Division Three for 1990, after four years in Division Two. This has also happened to three or four other London clubs who similarly suffer from a lack of Juniors, or even Juniors but a lack of Seniors. I have each year tried to have the rules changed, but so far nothing has been done to help clubs in the same position as us. We cannot rely on just one or two people to strengthen the Ladies Section, but need to encourage a concerted effort from all sections of the club, both normal club members and also committee members.

The Ladies Section has a fine supporting group of Mums and Dads, officials and helpers. My thanks go to all those who regularly support the Ladies Team, but especially to Wyn Shepherd and Jean Hutchinson who compile the results for home matches, Thameside League and others, Derek Jones who organises fixtures for Thameside and Interclub meetings as well as being our field official, Derek Crookes, our tireless timekeeper/marksman assisted by Sue Morrison, Arthur Penny, our perennial home base starter and assistant Eric Crutcher, plus the field team of Johnny Morris, Ken Giles, Ray James and Carl Lawton. And a very special 'thank you' to my assistant Cynthia James, and the support of her family, Ray, Andy and Richard, and Chris and Jenny Christou. There are also members of other clubs who also keep with our matches, among these John Gebbels and Cyril Gittens especially.

Well done everybody and thank you all very much for your support throughout the year, and good luck for 1990; we will need it!

Harry Porter

8 April 1989

BATTERSEA PARK

INTER CLUB

Results: 1.Kingston AC & Polytechnic Harriers 197; 2. Croydon Harriers 195; 3.Camberley & District AC 190; 4.Herne Hill Harriers 103; 5.Belgrave Harriers 75;6.Woking AC 60.

Seniors: 100m (A) 1.Yvonne Cole 12.7; (B) 2.Cindy James 12.9. 200m(A) 2.Yvonne Cole 26.7; (B) 1.Cindy James 26.5. 400m (A) 2.Ella Robertson 59.9; (B) 3.Natalia Fenyo 71.4. 800m (A) 6.Jacqui Smiter 2:53.7. 1500m (A)3.Rosalind Elliott 5:09.8. 3000m (A) 1.Morag Andrews 10:18.2. 100mH (A) 1.Cindy James 15.6;(B) 1.Nina Christou 16.4. 400mH (A) 2.Nina Christou 67.9. High Jump (A) 3.Jacqui Smiter 1.45. Shot (A) 6.Georgina Husbands 6.20; (B)5. Natalia Fenyo 5.23. Discus (A) 3.Cindy James 27.20. 4x100m Relay 2nd. 51.4. Ella Robertson,Cindy James,Nina Christou, Yvonne Cole.

15 April 1989

BATTERSEA PARK

INTER CLUB

Results: 1.Croydon Harriers 224; 2.Epsom & Ewell Harriers 216; 3.Luton United AC 148; 4.Herne Hill Harriers 109; 5.Belgrave Harriers 84.

Girls: 100m (A) 3.Caroline Bazin 14.8; (B) 5.Rae David-Whall 19.2 Long Jump (A) 3. Caroline Bazin 4.03.

Seniors: 100m (A) 2.Cindy James 13.2; (B) 4.Sarah Mulvey 17.6. 200m (A) 3.Cindy James 27.2. 400m (A) 1.Nina Christou 60.7; (B) 4.Natalia Fenyo 71.7. 800m (A) 4. Jacqui Smiter 2:55.3; (B) 4.Kate Mulvey 2:59.0. 1500m(A) 5.Kate Mulvey 6:29.9 (B) 2.Sarah Mulvey 6:37.5. 100mH (A) 1.Cindy James 15.5. High Jump (A) 5. Jacqui Smiter 1.45. Long Jump (A) 1.Andrea Coore 5.86. Shot (A) 2.Wendy Dunsford 12.26; (B) 2.Debbie Whall-Roberts 10.45. Discus (A) 3.Wendy Dunsford 30.62; (B) 2.Debbie Whall-Roberts 21.40. Javelin (A) 2.Clare Collins 30.88. 4x100m Relay 5th 54.2 Cindy James,Nina Christou,Debbie Whall Roberts,Jacqui Smiter.

29 April 1989

BATTERSEA PARK

WOMENS SOUTHERN LEAGUE DIV 2

Results: 1.Bracknell AC 165; 2.Wycombe Phoenix Harriers 163½;3.Cambridge Harriers 151½; 4.Thurrock Harriers 149; 5.Belgrave Harriers 56.

Girls: 100m (A) 5.Caroline Bazin 14.2; (B) 5.Delfine Siino 15.0. Long Jump (A)1. Caroline Bazin 4.35; (B)4. Delfine Siino 3.64.

Seniors 100m (A)3.Andrea Coore 12.4; (B)3.Cindy James 13.0.200m (A)5.Nina Christou 27.0; (B) 5.Sarah Mulvey 37.6.400m (A)5.Natalia Fenyo 74.3; (B) 5.Jacintha Coppinger 67.8. 800m (A)5.Jacintha Coppinger 2:28.3; (B) 5.Sarah Mulvey 3:07.6. 1500m (A) Jacqui Smiter 5:58.0; (B) 5.Kate Mulvey 6:07.6. 3000m (A)1.Morag Andrews 10:22.1; (B) 4.Sue Morrison 14:12.C.

13 May 1989

LEICESTER

NATIONAL 15K WALKING CHAMPIONSHIPS

Results: 1.V.Lupton Sheffied 1.22.00; 2.Sian Spacey 1.22.14; 10.Gill Brackpool 1.32.14 12.Sue Morrison 1.33.02; 13.Karen Barker 1.33.51.

4th May 1989

BATTERSEA PARK

BELGRAVE 10K TRACK WALK

Gill Brackpool 59.55

20/21 May 1989

ENFIELD

MIDDLESEX CHAMPIONSHIPS

400m Hurdlers 4.Nina Christou 67.1; Shot 1.Wendy Dunsford 12.81; Discus 6. Wendy Dunsford 33.30.

20/21 May 1989

TOOTING BEC

SURREY CHAMPIONSHIPS

100m 1.Andrea Coore 12.1, 3. Yvonne Cole; Long Jump 1.Andrea Coore 5.98.

3/4 June 1989

JARROW

HFC BANK UK CHAMPIONSHIPS

Shot 10. Wendy Dunsford 12.84

21 June 1989 TOOTING BEC ROSENHEIM LEAGUE - MATCH 3

Results: 1. Herne Hill Harriers 34; 2. Belgrave Harriers 11; 3. Wimbledon Windmilers 6; 4. South London Harriers 4

5th July 1989 BATTERSEA PARK ROSENHEIM LEAGUE - MATCH 4

Results: 1. Herne Hill Harriers 40; 2. Belgrave Harriers 18; 3. South London Harriers 6.

100m 1. Andrea Abrams 13.2. Shot/Discus 1. Wendy Dunsford 12.47/1.32.12.

1st July 1989 DENGATE RIDGE COMPLEX, HOO WOMENS SOUTHERN LEAGUE DIV 2

Results: 1. Medway AC 192; 2. Worthing & District Harriers 162; 3. Mitcham & Sutton AC 121½; 4. Norfolk Olympians 118½; 5. Belgrave Harriers 101.

Girls: 100m 5. Delfine Siino 14.4. 200m 4. Caroline Bazin 29.8; 5. Lorraine Spaine 29.9. 800m 5. Lotte Debell 30:5.4; 5. Debra Ferron 3:22.1. 1500m 4. Tammy Dowdall 6:27.9. High Jump 3. Delfine Siino 1.20. Long Jump 5. Caroline Bazin 4.37 3. Delfine Siino 3.89. Shot 2. Lorraine Spaine 7.94. Discus 3. Lorraine Spaine 16.48; 4. J. Salton 7.04. Javelin 5. Tammy Dowdall 2.18. 4x100m 5. Lorraine Spaine, Lotte Debell, Delphine Siino, Caroline Bazin 56.0.

Seniors 100m 1. Andrea Coore 12.3; 2. Yvonne Cole 12.7. 200m 2. Andrea Coore 25.3; 1. Yvonne Cole 26.5. 400m 1. Ella Robertson 59.3; 5. Natalia Fenyo 72.0. 800/1500m 5. Sue Morrison 3:16.3/5. 6:45.8. 100m Hurdles 2. Ese Oshevre 15.0; 3. Francis Conway 19.8. 400m Hurdles 5. Frances Conway 75.6; 2. Angela Abrams 73.6. Shot (A) 3. Wendy Dunsford 12.23; 2. Ese Oshevre 11.15. Discus 3. Wendy Dunsford 29.74; 3. Claire Collins 20.00. Javlin 3. Ese Oshevre 31.54; 2. Claire Collins 30.00. 4x100m Relay 1. 49.9 Ese Oshevre, Yvonne Cole; Angela Abrams; Andrea Cole. 4x400m Relay 4. 4:52.8 Frances Conway, Sue Morrison, Natalia Fenyo, Ella Robertson.

15 July 1989 MELBOURNE PARK CHELMSFORD WOMENS SOUTHERN LEAGUE DIV 2

Results: 1. Chelmsford AC 191; 2. Southend on Sea 166; 3. Camberley & District 152; 4. Havant AC 110; 5. Belgrave Harriers 79.

Girls: 800m/Discus /Javelin 5. Tammy Dowdall 3:06.3/5.6.98/5.1.98

Seniors 100m 1. Andrea Coore 12.4; 1. Andrea Abrams 12.9. 200m 2. Andrea Abrams 26.5; 5. Wendy Husbands 30.5. 400m 4. Georgina Husbands 67.5; 4. Natalie Fenyo 72.0. 800m 3. Morag Andrews 2:24.7; 3. Jacintha Coppinger 2:33.1. 1500m 2. Morag Andrews 4:53.5; 1. Jacintha Coppinger 5:09.2. 3000m 5. Jacqui Smiter 12:49.9; 4. Emma Bowles 13:04.7. High Jump 3. Jacqui Smiter 1.40. Long Jump 1. Andrea Coore 5.84. 1. Andrea Abrams 5.35. Shot 2. Wendy Dunsford 11.95. 2. Debbie Whall-Roberts 9.60. Discus 2. Wendy Dunsford 32.92. 4. Cindy James 24.42. Javelin 4. Angela Abrams 25.06. 3. Wendy Dunsford 17.54. 4x100m Relay 1.51.8 Andrea Abrams, Cindy James, Debbie Whall-Roberts, Andrea Coore. 4x400m 4.4:34.0 Georgina Husbands, Natalia Fenyo, Jacintha-Coppinger, Morag Andrews.

19 July 1989 TOOTING BEC ROSENHEIM LEAGUE

Results: 1. Belgrave Harriers 34; 2. Herne Hill Harriers 20; 3. South London Harriers 17; 4. Croydon Harriers 11; 5. Wimbledon Windmilers 8.

100m 2. Yvonne Cole 12.3. 200m Georgina Husbands 30.3. 400m Emma Bowlers 71.6. 1500m 1. Fiona Russell 5:18.3. Long Jump 1. Andrea Abrams 5.56. Discus 2. Cindy James 28.80 4x200m 1. 1:54.8. Andrea Abrams, Natalia Fenyo, Georgina Husbands, Nini Christou.

2 August 1989 TOOTING BEC ROSENHEIM LEAGUE

Results: 1. Herne Hill Harriers 39; 2. Belgrave Harriers 21; 3. Croydon Harriers 20, 4. Redhill & Surrey Beagles 6; 5. Wimbledon Windmilers 5.

100/200 2. Andrea Coore 12.5/1.25.4 1500/Javlin 1. Sue Morrison 6.31.3/3-13.32.

29 July 1989 THE GARRISON, COLCHESTER WOMENS SOUTHERN LEAGUE DIV 2

Results: 1.Portsmouth AC 171½; 2.Colchester & Tendring AC 163; 3.Hayes Phoenix LAC 147½; 4.Andover & District AC 132; 5.Belgrave Harriers 97.

Girls: 100m/Long Jump 5.Debra Ferron 15.2/5th 3.17 High Jump/Shot Denise Ferron No Height/5th 6.11. 800m/Discus/Javelin Tammy Dowdall 5th/5th 6.74/5th 3.35.

Seniors 100m 1.Andrea Coore 12.1;1.Yvonne Cole 12.5. 200m 1.Yvonne Cole 26.5;4.Angela Abrams 29.2. 400m 5.Georgina Husbands 65.9; 5.Natalia Fenyo 73.5. 800m 2. Morag Andrews 2:28.5; 1.Jacintha Coppinger 2:27.7. 1500 4.Jacqui Smiter 5:37.2; 4.Emma Bowles 5:48.1 3000 1.Morag Andrews 10:31.8; 2.Jacintha Coppinger 11:17.7. 100m Hurdles 3.Nini Christou 17.8;2.Angela Abrams 17.6. 400m Hurdles 3.Nina Christou 69.5;2.Angela Abrams 72.6. High Jump 4.Jacqui Smiter 1.40.Long Jump 1.Andrea Coore 5.66 Shot 2.Wendy Dunsford 11.55; 1.Debbra Whall Roberts 10.01. Discus 2.Wendy Dunsford 29.38.1.Debra Whall Roberts 24.10.Javelin 2.Claire Collins 30.48. 5.Wendy Dunsford 15.60.4x100m Relay 3rd. 51.6 Angela Abrams,Yvonne Cole,Debbie Whall Roberts,Andrea Coore. 4x400m Relay 4th 4:26.7 Georgina Husbands,Morag Andrews,Jacqui Smiter,Nina Christou.

19 August 1989 TOOTING BEC THAMESIDE LEAGUE

Results: 1.Croydon Harriers 111; 2.Herne Hill Harriers 38; 3.Paddock Wood 32, 4. Belgrave Harriers 14.

100m/Shot/Discus 3rd. 14/4/2nd 8.10/2nd 19.42 - Lorraine Spaine.

16 August 1989 TOOTING BEC ROSENHEIM LEAGUE - FINAL

Results: 1.Epsom & Ewell Harriers 62; 2.Belgrave Harriers 57; 3.Herne Hill Harriers 44; 4.Hercules Wimbledon AC 33; 5.Walton AC 24; 6.South London Harriers 14;

100m 1.Andrea Coore 12.6. 200m 4.Georgina Husbands 29.9. 400m 3. Nini Christou 63.1. 800m 5.Georgina Husbands 2:33.0. 1500m 1.Jacintha Coppinger 4:54.8. 3000m 1.Morag Andrews 10:00.3. 100m Hurdles 2.Wendy Dunsford 23.0 High Jump 4.Andrea Coore 1.50. Long Jump 1. Andrea Coore 5.72. Shot 1.Wendy Dunsford 12.15. Discus 3.Wendy Dunsford 31.92. 4x200m Relay 1. 1:47.2 Cindy James,Nina Christou,Angela Abrams,Andrea Coore.

2 September 1989 KINGSMEADOW ATHLETIC STADIUM,KINGSTON WOMENS SOUTHERN LEAGUE DIV 2

Results: 1.Peterborough AC 200; 2.Harlow AC 164; 3.Guildford & Godalming AC 151; 4.Epsom & Ewell Harriers 145; 5.Belgrave Harriers 51.

2 September 1989 HAYES STADIUM GRE CUP 2nd ROUND

Results: 1.Bromley Ladies AC 110; 2.Epsom & Ewell Harriers 85; 3.Cambridge Harries 84; 4.Atalanta Fareham AC 83; 5.Belgrave Harriers 76; 6.Bournemouth AC 69.

100m/Long Jump 2.Andrea Coore 12.2/2.5.76. 200m/100m Hurdles 3.Ese Oshevire 25.4/2.14.8. 400m 3.Ella Robertson 59.0. 800m 6.Sue Morrison 3:18.7. 1500m 6.Jacqui Smiter 5:45.0. 3000m 5.Jackie Stone 13:53.7 400m Hurdles 6.Frances Conway 79.4. High Jump 6.Andrea Abrams 1.45. Shot/Discus 2.Wendy Dunsford 12.38/3.32.24. Javelin 4.Claire Collins 30.78. 4x100m Relay 3.50.0 Ella Robertson,Ese Oshevire,Andrea Abrams,Andrea Coore. 4x400m Relay 6. 5:10.7 Francis Conway,Sue Morrison,Jackie Stone,Jacqui Smiter.

9 July 1989 BATTERSEA PARK THAMESIDE LEAGUE

Results: Croydon Harriers 86; Paddock Wood AC 67; 3.Richmond & Twickenham AC 53; Minors 4.Herne Hill Harriers 42; 5.Queens Park Harriers 37; 6.Belgrave Harriers 12.

200m 6.Tammy Dowdall 37.9; 3.Phoebie Greenwood 36.4 800m 3.Tammy Dowdall 3:02.9 Long Jump 6.Tammy Dowdall 2.73;5.P.Greenwood 2.54.

17/9/89 Dairy Crest International Friendship Games Tooting

100 6.C.James 13.3; 200 7.N.Christou 27.5; B.5.W.Husbands 29.7; 400 8. G.Husbands 65.4; 800 2.J.Coppinger 2:23.5; 1MILE 8.J.Coppinger 5:20.6, B.7.J.Smiter 6:13.5; 100H 3.A.Abrams 17.8; HJ 10.J.Smiter 1.40; LJ 3. A.Adams 5.55; SP 9.W.Dunsford 31.40; 4x200 8. 1:53.4 Bels 9th 82 Points

Jacintha Coppinger had a very good year in 1989. She came 2nd in the Hertfordshire 3000m championships in 10.40 on 1/5/89, and 5th in the 1500m in 5.03 on 21/5/89. She came 3rd in the Irish 1500m trial in 4.55 on 28/8/89 and 10th in the Inter Counties 3000m on 22/7/89 in 11.16.

26TH AUGUST 1989CLUB CHAMPIONSHIPSTOOTING

100 A.Coore 12.1 (CBP) 400 1. N.Christou 63.1, 2. G.Husbands 65.0, 3. J.Coppinger 66.0
800 1. J.Coppinger 2:25.8, 2. G.Husbands 2:27.3, 3. J.Smiter 2:45.8(Girl)
100H 1. N.Christou 17.7 HJ 1. J.Smiter 1.40 SP W.Dunsford 12.23 DT W.Dunsford 31.42

CROSS COUNTRY

29TH OCTOBER 1989 ST ALBANS SUNDAY LEAGUE J.Coppinger 1st 16.32
9TH DECEMBER 1989 HERTFORDSHIRE CROSS COUNTRY CHAMPS. J.Coppinger 7th
25TH NOVEMBER 1989 SURREY CROSS COUNTRY LEAGUE TILFORD
Seniors J.Coppinger 20th 23.39, R.Elliott 26th 24.19, team 12th
Girls First Bels - J.Dash Minors First Bels - T.Dowdall
20TH JANUARY 1990 SURREY CROSS COUNTRY LEAGUE LLOYD PARK CROYDON
Seniors J.Coppinger 13th 23.24 Minors J.Dash 24th 13.10, 44th T.Dowdall
24TH FEBRUARY 1990 SURREY CROSS COUNTRY LEAGUE BROCKWELL PARK
Seniors R.Elliott 7th 26.29, J.Coppinger 14th 27.35, G.Husbands 55th 31.50
E.Bowles 77th 33.56, S.Morrison 91st
Minors J.Dash 12th 17.51, 46th T.Dowdall
17TH FEBRUARY 1990 NATIONAL CROSS COUNTRY CHAMPIONSHIPS RICKMANSWORTH
Seniors R.Elliott 120th, J.Coppinger 147th, G.Husbands 370th
Minors J.Dash 173rd, T.Dowdall 371st
7TH FEBRUARY 1990 LONDON COLLEGES CROSS COUNTRY RICHMOND PARK
R.Elliott 2nd 18.30

OTHER EVENTS

13TH JANUARY 1990 INDOOR MEETING CRYSTAL PALACE LJ 2nd E.Oshivire 5.5
5TH/6TH MAY 1990 ANTRIM 400H 4th N.Christou 66.32
16TH MAY 1990 MOTSPUR PARK 100 2nd N.Christou 14.0 200 3rd N.Christou 30.0 1500 1st S.Spacey 5:30.0 HJ 3rd N.Christou 1.25
18TH MARCH 1990 ULAC CHAMPS TOOTING 400 3rd N.Christou 62.4 400H 1ST N.Christou 69.5 2000W 1st S.Spacey 9:36.1
25TH MARCH 1990 ULAC CHAMPS TOOTING 200 3rd N.Christou 27.9 3000 1st R.Elliott 10:46.5 100H 1st N.Christou 17.9

19&20 MAY 1990Middlesex County ChampionshipsCoptall

400H 4.N.Christou 65.7; 3000W 1.S.Spacey 15:12.4 (CBP), 2.S.Morrison 16:58.9;

29&30 SEPT 1990Essex/Middx Multievents Waltham Forest

1.Middx (2.Open) E.Oshivire 4682 Pts. (100H 15.2, HJ 1.58, SP 11.16, 200 26.34, LJ 5.82, JT 33.94, 800 2:31.4)

25/26 AUG 1990Southern Counties Multievents Waltham Forest

2. E.Oshivire 4917 Pts. (100H 15.26, HJ 1.58, SP 11.16, 200 26.34, LJ 5.82, JT 33.94, 800 2:31.24)

22/8/90 Rosenheim League Final Tooting

100 2.C.James 13.3; 200 3.C.James 27.0; 400 4.G.Husbands 64.9; 800 4.J.Stone 2:32.0; 1500 1.J.Coppinger 4:53.1; 3000 4.J.Smiter 11:59.0; 400H 2.A.Abrams 70.0; HJ 3.J.Smiter 1.50; LJ 2.A.Abrams 5.52; SP 1.S.Bradley 9.75; JT 3.A.Patten 28.86; 4x200 2. 1:48.4 Bels 3rd 53 Points

24/6/90 GRE CUP 2ND ROUND CROYDON

100 4.A.Adams 13.6; 200 4.A.Adams 28.6 400 6.A.Adams 64.1; 800 5.J.Stone 2:32.0; 1500 3.W.Cotterell 4:38.9; 3000 4.J.Cottinger 10:46.0; 400H 4.N.Christou 70.8; LJ 3.A.Abrams 5.59; SP6.N.Christou 7.72; JT 4.A.Abrams 25.38; 4x100 4. 51.3 Bels 6th 52 Pts

JUNIORSTHAMESIDE LEAGUE MATCHES - BATTERSEA PARK

Minors 5/5/90 100 A.4.S.Simon 15.0; 200 A.3.S.Simon 32.1, B.1.S.Stracey 33.2; 800 A.4.L.Debell 3:02.8, B.4.C.Uddin 3:31.2. Bels 6th 19 Points
16/6/90 100 A.3.S.Simon 15.1; 200 A.2.S.Simon 30.9; 800 A.4.C.Uddin 3:20.3; 4x100 63.2. Bels 4th 28 Points
15/7/90 100 A.4.M.Simon 15.2, B.2.S.Stracey 15.0; 200 A.4.S.Simon 29.8, B.2.S.Stracey 30.5; LJ A.4.S.Simon 3.88, B.4.D.Hampson 2.71; 4x100 1.57.7 Bels 4th 30 Points
11/8/90 100 A.2.S.Scott 13.9, B.1.M.Simon 15.0; 200 A.2.S.Scott 30.0, B.2.S.Simon 30.0; LJ A.2.S.Simon 4.05, B.1.M.Simon 3.36 Bels 2nd=32 Points
Girls 5/5/90 100 A.2.C.Bazin 13.9, B.2.S.Sinno 14.4; 200 A.4.P.Friel 29.8, B.1.C.Bazin 28.7; 800 A.2.J.Dash 2:27.2, B.1.T.Dowdall 2:49.9 HJ 3.D.Sinno 1.20; LJ 2.C.Bazin 4.22; SP 4.R.Davis-Whall 5.27; DT 5.R.Davis-Whall 9.76; JT 5.R.Davis-Whall 3.54; 4x100 1.55.9 Bels 3rd 52 Points
16/6/90 100 A.2.C.Bazin 13.9, B.2.D.Sinno 13.9; 200 3.P.Friel 29.8; HJ 3.D.Sinno 1.30; LJ 2.D.Sinno 4.19 SP 4.R.Davis-Whall 5.66 DT 3.R.Davis-Whall 9.04; JT 4.R.Davis-Whall 9.06; 4x100 3.59.0 Bels 4th 37 Points
15/7/90 100 A.4.P.Friel 14.3, B.4.A.Mensa-Bonsin 15.1; 200 A.4.P.Friel 29.8, B.2.A.Mensa-Bonsin 31.0; 800 5.T.Dowdall 2:48.9; 75H 4.S.Martin 17.4; DT 6.T.Dowdall 9.30; 4x100 4.62.3 Bels 5th 21 Points
11/8/90 100 A.2.C.Bazin 13.9, B.2.P.Friel 14.5; 200 2.? 29.9; 800 4.? 2:46.8; LJ 2.C.Bazin 4.40; SP 2.? 7.71; DT 4.? 7.68 Bels 3rd 31 Pts

SENIORSROSENHEIM LEAGUE

23/7/90 Battersea Park 100 1.C.James 13.1; 200 1.C.James 26.9; 400 3.J.Coppinger 64.0; 800 2.J.Stone 2:35.8; 1500 J.Smiter 5:29.5; DT 1.S.Bradley 32.06; 4x200 1.55.7 Bels 2nd 38 Points
6/6/90 Walton 200 3.J.Smiter 31.6; 400 4.J.Stone 66.5; 800 J.Stone 2:35.8; 1500 1.W.Cotterell 4:44.3; Bels 4th 18 Points
20/6/90 Walton 200 4.J.Smiter 31.2; 800 1.W.Cotterell 2:17.6; 1500 2.J.Smiter 5:27.3; 3000 3.J.Stone 13:03.1; LJ 3.J.Smiter 3.88 DT 1.S.Bradley 34.84; 4x200 3.2:04.1 Bels 3rd 32 Points
4/7/90 Tooting 100 3. C.James 13.5; 400 4.J.Smiter 69.2; 800 3.J.Smiter 2:35.9; HJ 2.P.Patten 1.35; SP 1. S.Bradley 10.30; JT 2.A.Patten 21.90
18/7/90 Kingston 100 1.C.James 13.5; 200 3.J.Smiter 30.6; 400 3.J.Husbands 66.5; 800 2.J.Stone 2:29.7; 1500 3.J.Smiter 5:19.4; LJ 3.A.Patten 4.23 DT 2.A.Patten 24.08; 4x200 1.1:52.8 Bels 1st 38 Points
1/8/90 Roehampton 100 1.N.Christou 14.2; 200 1. N.Christou 28.4; 400 3.J.Stone 75.7; 1500 1. J.Smiter 5:32.3; SP 1.S.Bradley 10.42; JT 3.S.Bradley 19.14 Bels 3rd 35 Points

WALKING RESULTS

2/12/89 Pewsey Cup 7 miles Chippenham 6. S.Morrison 65.06, 7. G.Brackpool 67.35, 8. K.Barker 67.44 (2nd team)
10/2/90 GLC London Champs. 5k 1. S.Spacey 25.36, 5. S.Morrison 28.37
3/3/90 SCRWA Championships 5k 1. S.Spacey 25.36, (Bels 2nd team)
17/3/90 National RWA Champs. 10k 1st Bels; S.Morrison 60.53
31/3/90 Southern RWA Champs. 10k 1st S.Spacey 55.48
24/4/90 Surrey County Champs. 10k Woking 4. S.Morrison
3/5/90 Surrey/Middx inter club 10k track 1st Bels; S.Morrison 60.28
17/6/90 Southern WAAAS Crystal Palace 3k 3rd S.Morrison 16:44.38
15/7/90 National Vets Champs. Glasgow 3k 1st (W40) S.Morrison 16:53.8
4/8/90 WAAAS Champs. Birmingham 5k 1st Bels; S.Spacey 26.54

28th April 1990 Battersea Park		26th May 1990 Yeovil		30th June 1990 Horsham		21st July 1990 Yeovil		18th August 1990 Horsham		8th Sept. 1990 Basingstoke	
GIRLS											
100 A	1. C.Bazin 14.0	3. C.Bazin 14.4	4. C.Bazin 13.7	5. M.Simon 14.7	2. C.Bazin 14.4	5. C.Bazin 13.8					
B	4. D.Silino 14.8	5. S.Stracey 16.1	5. S.Stracey 15.2	4. S.Stracey 14.7	3. S.Scott 14.5	3. S.Scott 13.8					
200 A	4. P.Friel 30.0	4. C.Bazin 29.6	3. P.Friel 29.2	4. S.Simon 29.9	2. S.Simon 29.8	5. P.Friel 29.5					
B	3. S.Stracey 33.4	3. P.Friel 30.1	4. S.Simon 29.8	4. S.Stracey 30.1	3. S.Simon 32.5	5. S.Simon 30.7					
800 A	5. L.Debill 3:11.3	4. S.Simon 3:00.5	1. J.Dash 2:32.9	-	5. S.Stracey 2:53.2	5. S.Simon 2:48.6					
B	4. C.Ukiddin 3:36.4	S.Stracey dnf	5. C.Ukiddin 3:35.0	-	-	5. S.Stracey 2:57.6					
1500A	2. J.Dash 5:40.1	3. J.Dash 5:23.7	5. F.Turquet 6:03.1	-	3. T.Dowdall 6:06.2	4. T.Dowdall 5:38.6					
B	1. T.Dowdall 5:47.9	3. T.Dowdall 5:43.0	5. T.Dowdall 6:08.5	-	-	5. J.Dash 5:48.4					
75H A	-	3. J.Dash 15.4	3. J.Dash 13.6	5. S.Stracey 20.2	5. S.Scott 16.1	2. J.Dash 13.4					
B	-	V.Kay dnf	5. S.Martin 18.0	5. S.Martin 17.7	-	4. S.Stracey 17.4					
HJ A	4. D.Silino 1.25	-	3. F.Turquet 1.35	3. P.Patten 1.32	2. P.Patten 1.30	4. P.Patten 1.30					
B	-	-	-	D.Hampson nh	-	3. A.M-Bonsu 1.30					
LJ A	3. C.Bazin 4.20	1. C.Bazin 4.35	5. C.Bazin 3.99	2. P.Patten 4.51	2. P.Patten 4.38	3. P.Patten 4.56					
B	5. S.Simon 3.31	5. M.Simon 2.96	5. S.Simon 3.40	3. S.Simon 3.76	1. C.Bazin 4.24	1. C.Bazin 4.52					
SP A	4. R.D-Whall 5.50	5. R.D-Whall 5.76	5. R.D-Whall 5.50	5. S.Martin 5.43	4. C.Bazin 7.17	5. P.Friel 4.71					
B	-	-	5. P.Friel 4.67	D.Hampson nd	-	5. S.Simon 4.41					
DT A	4. R.D-Whall 10.36	5. R.D-Whall 10.10	5. R.D-Whall 9.98	5. S.Simon 11.24	5. T.Dowdall 8.58	3. C.Bazin 18.88					
B	-	5. V.Kay 6.18	5. T.Dowdall 6.24	5. M.Simon 8.12	5. M.Simon 7.32	4. M.Simon 10.54					
JT A	R.D-Whall nd	5. R.D-Whall 7.86	2. C.Bazin 21.68	5. A.M-Bonsu 9.26	5. S.Simon 8.34	5. S.Simon 7.30					
B	-	3. T.Dowdall 4.54	5. R.D-Whall 8.36	S.Martin nd	5. T.Dowdall 3.25	5. S.Scott 4.52					
4x100	4. 59.7	4. 57.1	3. 56.3	dsq	3. 58.0	3. 55.2					
SENIORS											
100 A	4. C.James 13.5	3. C.James 13.8	1. And.Abrams 13.0	3. And.Abram 13.1	1. And.Abram 13.1	2. And.Abrams 12.7					
B	3. Ang.Abrams 13.4	3. Ang.Abrams 14.0	5. C.James 13.1	1. C.James 13.2	1. C.James 13.6	2. C.James 12.9					
200 A	5. C.James 27.6	3. C.James 27.6	4. C.James 27.0	2. C.James 26.6	1. C.James 27.1	4. C.James 27.5					
B	2. Ang.Abrams 28.1	2. N.Christou 27.3	2. Ang.Abrams 27.2	2. Ang.Abrams 26.8	1. Ang.Abrams 27.2	1. Ang.Abrams 26.6					
400 A	2. E.Bowles 63.7	3. G.Husbands 63.9	2. E.Bowles 63.2	4. G.Husbands 65.1	4. G.Husbands 64.2	3. G.Husbands 63.8					
B	2. G.Husbands 63.3	2. E.Bowles 64.0	1. G.Husbands 67.4	2. J.Copping, 63.9	5. R.Elliott 77.4	4. E.Bowles 66.8					
800 A	3. G.Husbands 2:29.7	2. J.Copping, 2:22.9	1. W.Cottler 2:22.1	4. J.Copping, 2:24.8	2. J.Copping, 2:25.9	3. J.Copping, 2:20.5					
B	4. J.Stone 2:46.5	1. J.Copping, 2:33.2	1. J.Copping, 2:29.6	3. J.Stone 2:37.0	2. J.Stone 2:33.3	1. W.Cottler 2:28.6					
1500A	4. J.Smiter 5:35.0	1. W.Cottler 4:41.3	2. W.Cottler 4:56.0	1. W.Cotter, 4:39.7	3. J.Copping, 5:07.6	1. W.Cottler 4:52.6					
B	5. K.Mulvry 6:03.3	1. J.Copping, 4:59.3	1. J.Copping, 5:05.7	1. J.Copping, 5:02.0	2. J.Smiter 5:29.6	1. J.Copping ?					
3000A	1. R.Elliott 10:20.4	1. R.Elliott 10:31.6	1. R.Elliott 11:01.5	1. J.Smiter 11:49.9	3. R.Elliott 10:51.1	2. R.Elliott 10:39.5					
B	1. J.Copping 10:58.7	4. J.Smiter 12:11.7	1. J.Smiter 11:51.0	2. S.Morris, 14:25.5	4. S.Morris, 12:32.1	2. J.Smiter 12:13.6					
100H A	4. N.Christou 17.7	1. C.James 17.4	1. C.James 15.4	2. C.James 15.5	1. Ang.Abrams 16.0	1. C.James 16.1					
B	1. C.James 15.8	1. Ang.Abrams 17.4	1. Ang.Abrams 15.8	1. Ang.Abrams 16.7	1. Ang.Abrams 16.4	1. Ang.Abrams 15.8					
400H A	3. N.Christou 70.8	1. N.Christou 67.4	1. Ang.Abrams 68.4	3. Ang.Abrams 67.7	1. Ang.Abrams 68.1	2. Ang.Abrams 68.6					
B	3. Ang.Abrams 70.3	1. Ang.Abrams 69.1	4. J.Stone 75.6	4. J.Stone 78.7	-	1. J.Stone 70.4					
HJ A	-	5. N.Christou 1.35	4. J.Stone 1.40	2. J.Smiter 1.45	2. J.Smiter 1.50	4. J.Smiter 1.45					
B	-	2. J.Stone 1.25	4. N.Christou 1.30	2. J.Stone 1.35	3. J.Stone 1.30	1. J.Stone 1.35					
LJ A	5. K.Mulvry 3.41	4. J.Smiter 4.40	1. And.Abrams 5.70	1. And.Abrams 5.49	1. And.Abrams 5.40	1. And.Abrams 5.53					
B	-	5. G.Husbands 3.98	4. C.James 3.69	A.Patten nd	3. A.Patten 4.17	2. A.Patten 4.36					
SP A	2. D.W-Roberts 9.94	1. D.W-Roberts 9.82	2. S.Bradley 10.15	2. S.Bradley 10.41	3. A.Patten 7.72	4. A.Patten 7.74					
B	1. S.Bradley 9.54	1. S.Bradley 9.74	1. D.W-Roberts 9.08	1. A.Patten 7.73	3. A.Patten 7.19	2. C.James 7.61					
DT A	1. S.Bradley 32.28	1. S.Bradley 33.50	1. S.Bradley 36.30	1. S.Bradley 34.64	4. A.Patten 21.84	4. C.James 20.30					
B	1. D.W-Robert 21.32	1. D.W-Rober, 23.24	5. D.W-Rober, 16.26	3. A.Patten 23.06	4. A.Patten 18.84	3. A.Patten 19.06					
JT A	5. G.Husbands 10.48	4. S.Bradley 17.18	4. Ang. Abram, 20.70	3. Ang.Abrams 23.06	3. A.Patten 26.00	2. A.Patten 25.82					
B	5. K.Mulvry 6.17	D.W-Roberts nd	2. A.Patten 19.34	1. A.Patten 21.32	3. Ang.Abram 21.08	2. Ang.Abrams 22.60					
4x100	2. 52.5	3. 53.3	1. 52.8	3. 52.6	1. 52.1	2. 52.1					
4x400	4. 4:23.7	3. 4:16.8	2. 4:39.3	4. 4:17.5	2. 4:17.7	4. 4:19.6					

Bels Final League Position - 16th

WOMENS SOUTHERN LEAGUE DIV. 3

Road

1989 ROUND-UP

Several results for early '89 arrived too late for last year's Belgravian. The following Round-Up summarises the most important omissions.

Jan. 1st 1989 - CITY OF LONDON - 10 MILES

A number of late entries resulted in Bels providing both the overall winner (Marcello Bizio) and the official winner (Charles Dickenson) who also won the Vets /40 prize.

1. M. Bizio (N/S) 52.56, 2. A. Harran (HHH) (N/S) 3.10, 3. C. Dickenson 53.19, 8. M. Head 55.29, 27. A. Stone 61.21, 29. M. Newton (V50(N/S)) 61.54, 42. A. Bruce (V60) 65.30, 44. C. Cross (V50(N/S)) 65.42, 45. L. McLean (V40) 65.58.

Teams 1. Ranelagh H. 168.39, 2. BELGRAVE 'A' 170.09, 3. LRRC 'A' 183.59,

Feb. 19th 1989 - HILLINGDON - 5 MILES

1. N. Tennant (Luton) 22.48, C.R., 2. M. Flint (Tel) 22.57, 3. I. Manners (High) 23.22 Bels S. Paton, M. Bizio 25.39, A. Paton 25.49, M. Head 25.49, J. Mather 25.58, L. O'Hara, B. Webster (V40) 29.00, A. Bruce (V60), 520 finished.

Feb. 26th 1989 - WOKING - 10 MILES

1. S. Brace (Brid) 48.55, 2. M. Fromont (W&B) 49.29, 3. T. Booth (Wok) 49.51, Bels 23. M. Head 53.32, 230 A. Bruce (V60) 65.43, 288. D. Manning (V55) 68.37, 435 finished.

March 19th 1989 - FLEET - HALF MARATHON

1. N. Boyle (HHH) 1.06.01, 2. G. Jerwood (HHH) 1.06.17, 3. K. Hayes (Mil K) 1.06.32, Bels 34. M. Lake 1.12.10, 109. M. Head 1.16.59.

Teams 1. HHH 15 pts., 2. Para Regt. 49 pts., 3. AFD 76 pts., 22. Belgrave 367 pts.

March 19th 1989 - EASTLEIGH - DRAPER 10 KM

1. M. Rowland (Ph) 28.52 (C/R), 2. M. Harris (Ports) 28.53, 3. A Bristow (B&H) 29.06, Bels 22. O. Foote 31.17, 35. M. Bizio 32.09, 37. C. Dickenson (V40) 32.26 (2nd Vet), 80. D. Anderson 35.00.

Teams 1. Brighton & H. 31 pts., 2. Southampton City 47 pts., 3. Portsmouth AC 56 pts., 4. BELGRAVE 94 pts.

March 29th 1989 - NEWCASTLE - GENERAL PORTFOLIO 10 KM

As seen on TV! 32 invited athletes competed. Gary Staines led with a lap to go round this tight twisting course which continually breaks the rhythm. Tim Hutchings and a fast finishing Steve Cram stole the honours however.

1. T. Hutchings (Craw) 13.43, 2. S. Cram (J&H) 13.45, 3. M. Rowland (Ph) 13.46, 4. D. Lewis (Ross) 13.47, 5. G. Staines 13.50.

May 14th 1989 - ALTON - 10 MILES

1. I. van. Lokven (Burn J) 552.35, 2. B. Dawkins (South) 53.35, 3. M. lake (Bels) 53.53, Bels 9. M. Head 55.23, 18. J. Mather 56.31, 26. T. Williams 58.21, 103. D. Maugham 62.55, 142. J. Slough 65.53, 373. G. Piddington 69.34.

Teams 1. BELGRAVE 30 pts., 2. Alton 39 pts., 3. Wessex 47 pts.

 BELGRAVE 5½ MILES CHAMPIONSHIP - 11th March, 1989

	T/Time	H'cap All	H'cap Time	H'cap Pos'n
1, F. Ward	28:43	2:00	26:43	1
2, O. Foote	28:57	2:00	26:57	2
3, M. Bizio	29:32	2:10	27:22	4
4, J. Mather	29:34	2:30	27:04	3
5, G. Adams	29:57	2:20	27:37	8
6, M. Head	30:07	2:40	27:27	6
7, D. North	30:20	2:30	27:50	9
8, D. Anderson	30:37	2:40	27:57	11
9, G. McGurren	31:07	2:30	28:37	= 15
10, T. Williams	31:35	2:50	28:45	18
11, M. Nouch	32:12	3:10	29:02	20
12, S. Herbert	32:34	3:10	29:24	21
13, S. White	33:14	5:40	27:34	7
14, B. Webster	33:33	5:00	28:33	14
15, A. Stone	33:52	5:00	28:52	19
16, D. Ludlow	33:55	6:00	27:55	10
17, F. Barratt	33:56	5:40	28:16	13
18, D. Ricks	34:06	6:40	27:26	5
19, L. Coy	34:32	3:10	31:22	23
20, D. Maughan	34:57	6:20	28:37	= 15
21, J. Hutchinson	35:04	6:20	28:44	17
22, D. Davies	35:28	7:30	27:58	12
23, D. Clack	36:22	4:00	32:22	24
24, A. Lane	37:52	8:00	29:52	22

A CASE OF 12.

You may have read that Oddbins were voted Wine Merchants of the year in 1989. At Xmas their colourful brochure dropped onto the mat and its contents made mouth watering reading. As usual there was the standard hyperbole. Strangely many of the descriptions seemed appropriate to our Road Running members and as my mind wandered yet again to the day when we might get our 12 best into the AAAs road relay I found the team selecting itself- and quite a presentation pack it made. Judge for yourself.

1. **Thetford Mead 68.** -High quality performer. Early hint of class now being confirmed. Stunning. Will mature further to give much pleasure in years ahead.

2. **Vouvray Paton 84.** -Light and sparkling. Vibrant. Refreshing up-front with a long aftertaste. Low alcohol makes it suitable for parties.

3. **Chateau la Foote 63.** -A fine performer with no delusions of grandure. Excellent balance. Considered by many to rank as best buy.

4. **St Julien Chaston 68.** -A favourite rouge with plenty of tannin(g). Elegant and rich with an excellent body.

5. **St Matthew Chaston 67.** -The second label of the famous Welsh lineage. Little to distinguish from its more up-front relation. A fine buy.

6. **Coonawara Staines 87.** -A tough customer produced by the best of Aussie knowhow. Travels well. A rarely seen vintage but a prize winner none the less.

7. **Frascati Bizio Superiore.DOC. 85.** -A clean and natural white- fresh from Italy. Careful preparation is now beginning to pay off with a good chance of true greatness. A long term investment.

8. Zinfandel Gladwin Blush 88. -Proves that local products can take on the best. Gold medallist. Classy, attractive, clean and quite long. Now making a comeback after several poor vintages.

9. Ward Cru Bourgeois 85. -Fruity and pleasant but can be unpredictable. Pushing some of the better names for recognition. Needs company for the best results.

10. Paul Masson Evans 88. -Not a Californian but a Northerly British equivalent. Distinct local flavour which has surprised Continental experts with its fine finish.

11. Gilbey NV(Non Vintage). -Ripe, ready now, will soon be over the hill. Full aromatic flavour-not to be sniffed at.

12. Clos de Hayes 89. -A good year following a poor growth. Frequently up and down but should eventually reward those who can wait.

GRAN RESERVES.

Also recommended with a good chance of making the top 12.

Saunders Shiraz 88. A newcomer who has outclassed several established names.

Sinclair 2nd Cru 84. Yet to obtain the standard of its illustrious forebear. Could be stunning.

Penfold LLOYD 88. Another great from Oz. Finding it difficult to get UK recognition. Needs time(about 3 months).

Schloss Maynard 86. Top of the list at Waitrose for past few years. Bold and inviting.

Darrell Mead 88. Disappointing year. Better 87"s

Adams Reserve 89. May confirm earlier promise but avoid the 89"s.

Fonseca Forrester 89. Ripe and round. Full bodied.

And there is more being laid down right now. But that is another story.

WAYNE RACK.

BELGRAVE 20 MILES - 15th July, 1989

Open		SCAA	Surrey	Belgrave
1	C. Sweeney (Tipton H)	1:49:15	-	-
2	T. Mitchell (Fife AC)	1:51:53	-	-
3	R. Allison (Collingwood)	1:55:42	1	1

Belgrave:-

11	R. Pearson (V40)	2:06:22	9	5	1
19	M. Lake	2:12:48	16	11	2
31	F. Riach	2:18:52	28	17	3
45	A. Verdie (V50)	2:28:41	41	21	4
46	A. Stone (V45)	2:28:45	42	22	5
51	L. Mann (V45)	2:32:47	47	26	6
63	M. Hutton	2:38:08	59	34	7

86 Runners (including 3 ladies) finished

Over 130 runners set out on the Belgrave 20 miles road race, but with temperatures up in the 80's, the re was a drop-out rate of around 33%.

SOUTHERN COUNTIES AA 12 STAGE CHAMPIONSHIPS COMBINED WITH THE
BELGRAVE HARRIERS 12 STAGE RELAY - WIMBLEDON

Perhaps the only advantage in producing a delayed issue of the Belgravian is that the 1989 and 1990 relay results can be directly compared without the need to refer to an earlier edition. While 1989's 6th place was our best result for nearly 20 years 1990 was a corker with Bels winning to celebrate the silver jubilee of our popular relay.

Sponsors are now 'Athletics Today' and if anyone needed proof that team wins make big news this magazine's report said it all plus fine pictures by Mark Shearman.

The truly outstanding runs of the 1990 event were the 2 fast long leg efforts by Gary Staines (pulling through the field) and Paul Evans (front running in probably the best effort of the day). John Gladwin ran 4th fastest short leg while Justin Chaston was just a gnat's tickle behind.

April 15th 1989

April 28th 1990

1.	F. Ward	26.08	(27)	F. Ward	26.13	(30)
2.	S. Paton	16.19	(21)	A Paton	16.28	(15)
3.	M. Bizio	26.47	(22)	P. Sanders	26.52	(24)
4.	M. Stickels	16.27	(19)	S. Paton	16.17	(20)
5.	O. Foote	26.02	(17)	M. Bizio	26.10	(15)
6.	A. Paton	16.34	(16)	J. Gladwin	15.40	(7)
7.	D. Mead	25.02	(10)	G. Staines	23.48	(2)
8.	S. Maynard	16.30	(8)	M. Chaston	16.13	(1)
9.	M. Hayes	27.16	(10)	P. Evans	23.52	(1)
10.	M. Chaston	16.10	(9)	M. Hayes	16.56	(1)
11.	J. Wright	26.24	(9)	O. Foote	25.57	(1)
12.	J. Chaston	15.50	(6)	J. Chaston	15.44	(1)

Teams 52 Finished - First 10 qualify for National.

1.	Blackheath	4.09.17	1.	<u>Belgrave</u>	4.10.10
2.	Haringey	4.13.27	2.	Highgate	4.11.25
3.	Luton AC	4.13.53	3.	Shaftesbury B	4.12.18
4.	Boxhill R	4.14.15	4.	Boxhill R	4.14.20
5.	Basildon AC	4.14.20	5.	Aldershot FD	4.14.29
6.	Belgrave	4.15.29	6.	Haringey	4.14.35
7.	Aldershot FD	4.15.37	7.	Invicta	4.16.31
8.	Highgate	4.15.42	8.	Herne HH	4.18.00
9.	Exeter	4.16.43	9.	Blackheath	4.18.12
10.	Herne HH	4.17.55	10.	Luton AC	4.19.36

NATIONAL 12 STAGE RELAY - SUTTON PARK

The last time we considered ourselves good enough to turn out in the National Road Relay was in the early 70's when we finished 17th. By coincidence our 1989 return resulted in a similar position while in 1990 we improved to 14th despite the absence of 5 of our winning Southern team. Paul Evans astounded everyone by running the fastest long leg by a 20 sec. margin while Andy Lloyd made a welcome return to finish 2nd fastest on the short leg followed by Justin Chaston 3rd fastest and a somewhat surprised Stuart Paton in 6th fastest place on the short leg. John Hobbs, Martin Lake, Gary Pitts and Mike Webb all acquitted themselves well at this their first taste of the big time. They should be well fired up for next year.

Our continuing improvement augers well for the National 6 stage and for next year's 12 stage - that is if the athletes get together and decide to give these races priority. Whatever the future 1990 will be remembered as the year when Belgrave again became a name to be respected on the Road.

April 15th 1989

1.	D. Mead	26.07	(8)
2.	S. Paton	14.29	(4)
3.	N. Featherby	27.37	(16)
4.	J. Chaston	14.28	(14)
5.	O. Foote	27.21	(17)
6.	M. Stickels	15.12	(17)
7.	S. Maynard	27.36	(16)
8.	M. Hayes	14.43	(16)
9.	F. Ward	29.04	(17)
10.	A. Paton	15.00	(17)
11.	M. Bizio	28.44	(17)
12.	D. Maynard	15.07	(17)

April 28th 1990

M. Bizio	27.37	(31)
J. Chaston	14.03	(19)
P. Evans	24.58	(1)
A. Lloyd	14.01	(1)
P. Sanders	28.43	(8)
S. Paton	14.13	(5)
M. Lake	28.39	(13)
O. Foote	14.35	(12)
J. Hobbs	28.31	(14)
G. Pitts	15.15	(14)
F. Ward	27.49	(14)
M. Webb	15.46	(14)

<u>Teams</u>	1st	Tipton	4.03.49	1st	Tipton	4.03.34
	2nd	Wolverhampton	4.05.00	2nd	Wolverhampton	4.07.09
	3rd	Birchfield	4.05.46	3rd	Coventry	4.07.52
	17th	Belgrave	4.14.28	14th	Belgrave	4.14.11
<u>Fastest Long</u>	E. Martin	24.47		P. Evans	24.58	
	P. Taylor	25.16		S. Mugglestone	25.18	
	C. Mochrie	25.17		N. Adams	25.34	
<u>Fastest Short</u>	Manners	13.59		R. Denmark	13.42	
	Newport			A. Lloyd	14.01	
	R. Denmark	14.00		J. Chaston	14.03	

* * * * *

CITY POLICE ROAD RELAY - 20th August 1989

1, Woodford Green AC	53:55
2, Belgrave Harriers 'A'	55:13
3, Victoria Park Harriers 'A'	55:31

10, Belgrave Harriers 'B' 1:02:30
25 Teams finished

Belgrave 'A':-

P. Gilbey 13:44, P. Sanders 13:25, D. Anderson 14:30, J. Mather 13:34

Belgrave 'B':-

A. Stone (V45) 15:09, T. Dowdall 16:27, M. Head 15:20, A. Stone (V45) 15:34

Fastest individual - J. Goldring (Woodford Grn) 13:03

Fastest Veteran - R. Black 14:38

This event was only given the go-ahead half an hour before the official start time of 11am - the reason being the sinking of the Thames riverboat 'Marchioness' during the previous night. As a result, it was decided that although the event would take place, no results would appear in the national or local press.

Belgrave 'A' team ran well to take second place behind a strong team from Woodford Green who were never troubled. Bels did have a fright though, as, VPH closed to within 1 second at the final changeover.

The City Police laid on a magnificent buffet lunch for the competitors after the race and a lucky few were shown around the stables before leaving. Peter Sanders deserves a special word - not only for his fast leg, but also for turning out immediately before departing on holiday...he went directly to the airport on leaving the race.

August 30th 1989 - MORDEN PARK - BELS/LARA RELAYS

Bels won both the senior and vets team prizes in this inaugural event held over 2.2 km laps.

1.	BELGRAVE 'A'	59.33.	F. Ward 6.56, P. Gardner 7.54, S. Doohan 7.51, S. Herbert 7.25, J. Rodd 7.19, D. Anderson 7.16, M. Head 7.49, J. Mather 7.03.
2.	Wimbledon Windmilers	60.56	
3.	Epsom and Ewell	61.07	
<u>Vets</u>	1. Bels.	31.35.	W. Laws 8.02, A. Painter 7.28, A. Stone 8.00, J. Rimmer 8.05
	2. Epsom and Ewell	31.48	
	3. Colingwood Ac	31.59.	

Belgave Vets 'B' DNF R. Bale 7.58, E. Thorpe 8.20, K. Duckett 8.42

SEPT. 9TH 1989 - WIMBLEDON PARK - SURREY ROAD RELAY

If it hadn't cost us team medals, Marcello's achievement in going off course while in 3rd spot would have been the week's funniest event. We still don't know how he managed it on what was essentially a tight left hand circuit.

Teams 1. Herne Hill 75.27, 2. Boxhill 75.56, 3. South London 78.25, 5. Belgrave 88.53.

A Team M. Sinclair 12.41, F. Ward 12.51, M. Lake 13.07, J. Gladwin 12.14, P. Sanders 12.46, M. Bizio 15.14 (went off course)

B Team 1. A. Stone 14.57, 2. W. Laws, 15.14, 3. L. Coy 16.38

BELGRAVE HARRIERS 5½ MILE ROAD RACE

<u>WIMBLEDON 16TH SEPTEMBER 1989</u>		<u>Time</u>	<u>H/Cap All</u>	<u>H/Cap Time</u>	<u>H/Cap Pos.</u>
1.	P Sanders	29.31	2.10	27.21	1
2.	J Mather	30.58	2.30	28.28	3
3.	M Head	32.13	2.40	29.33	7
4.	M Nouch	32.23	3.10	29.13	6
5.	J Rooney (Guest)	33.07	2.50	30.17	
6.	B Webster	33.19	5.00	28.19	2
7.	T Williams	33.40	2.50	30.50	
8.	M Barrett	33.46	3.10	33.36	
9.	A Stone	33.51	5.00	28.51	5
10.	B McCrae	33.56	3.10	30.46	
11.	F Riach	34.03	4.00	30.03	9
12.	J Wasborough	34.14	5.40	28.34	4
13.	W Laws	34.56	5.00	29.56	8
14.	F Barrett	36.11	5.40	30.31	
15.	B Stroud	36.53	6.40	30.13	10
16.	R Bale	37.06	5.00	32.06	
17.	L Coy	37.57	3.10	34.47	
18.	T Dowdall	38.52	3.10	35.42	

BELGRAVE 3 MILE YACHT HANDICAP - 6TH OCTOBER 1989

Position	Name	Watch Time	Allow.	Actual Time
1	J.Mather	22.18	7.00	15.18
2	O.Foote	.21	7.45	14.36
3	R.Alsop	.23	6.00	16.23
4	D.Davies	.44	4.00	18.44
5	M.Bizio	.53	7.45	15.08
6	A.Madsen	.56	7.00	15.56
7	P.Cooper	23.02	4.45	18.17
8	B.Webster	.03	6.15	16.48
9	P.Sanders	.05	8.00	15.05
10	C.Taplin	.11	5.15	17.56
11	P.Gilbey	.12	7.15	15.57
12	T.Dowdall	.14	5.30	17.44
13	T.Williams	.17	6.45	16.32
14	M.Nouch	.18	6.30	16.48
15	P.Gardner	.27	6.00	17.25
16	D.Jones	.32	2.00	21.32
17	J.Whelen	.34	4.45	19.04
18	W.Laws	.43	6.00	17.43
19	H.Maskray(W)	.46	2.00	21.46
20	D.Anderson	.52	7.00	16.52
21	C.Bond	.55	6.30	17.25
22	D.McMillan	.58	5.45	18.13
23	J.Plummer	.59	0.45	23.14
24	J.Davies	24.04	3.15	20.49
25	P.Davies(W)	.04	2.00	22.04
26	J.Coy	.15	5.45	18.30
27	K.Duckett	.23	4.15	20.08
28	B.Gorman	.31	5.30	18.53
29	L.Coy	25.07	6.00	19.07
30	C.Manning	.41	0.00	25.41
31	C.Henn	.43	3.15	22.28

3rd MARCH 1990BELGRAVE CLUB 5 3/4 MILE ROAD CHAMPIONSHIPS

	Name	Time	H.Cap Allow	H.Cap Time	H.Cap Posit.
1.	F.Ward	29.00	1.00	28.00	14
2.	P.Sanders	29.14	1.30	27.44	12
3.	Martin Lake	30.11	2.20	27.51	13
4.	Mike Lake	30.29	3.30	26.59	7
5.	R.Alsop	30.57	4.10	26.47	3
6.	M.Lewington	31.05	3.30	27.35	10
7.	A.Madsen	31.09	3.30	27.38	11
8.	D.North	31.14	3.10	28.04	15
9.	A.Clayton	31.38	3.30	28.08	16
10.	D.Anderson	31.45	3.30	28.15	17
11.	T.Williams	31.50	5.00	26.50	6
12.	R.Bale	32.48	6.00	26.48	4
13.	P.Gardner	33.06	7.30	25.36	2
14.	M.Nouch	33.08	3.50	29.18	20
15.	P.Akker	33.39	4.30	29.09	18
16.	L.Mann	34.03	8.30	25.33	1
17.	D.Denton	34.06	7.00	27.06	8
18.	D.Maughan	34.25	7.00	27.25	9
19.	A.Stone	34.41	5.30	29.11	19
20.	A.Stroud	35.19	8.30	26.49	5
21.	D.McMillan	37.51	8.00	29.51	21
22.	G.Piddington	43.22	12.00	31.21	22



1990 Southern
12-Stage Relay

Justin Chaston anchors
the Belgrave winning
team. Later in the year
he transferred to Texas
where no doubt he wore
Union Jack shorts!

PAUL EVANS

1990 has seen Paul Evans, one of Belgrave's newer members, poised to make a great international breakthrough in athletics. He is perhaps best known for his fine performance recently in finishing 5th in the 20-stage Sun Life Great Race. However it should not be overlooked that Paul also headed the 1990 road 10,000m rankings and only missed the European Championship 10,000m qualifying time by a few seconds.

Paul came to athletics relatively late in life, only starting to train seriously in 1985 after running 33 minutes in a local 10 km fun run in his home town of Lowestoft. This was when he was 24. By the time he joined Belgrave in October 1988 he already had the reputation of being a very successful road runner, and had been Eastern Counties cross country champion. In the summer of 1989 Paul established himself as an important member of the Belgrave British League track team often racing 800, 1500 and 5000m for the club and picking up valuable first place points.

Paul begun 1990 with an impressive 2nd place in the New Year's Day Morpeth to Newcastle road race, just behind Paul Cuskin, but claiming the scalps of Steve Jones, Steve Brace and Geoff Wightman amongst others. Unfortunately a period of injury forced him to miss the major cross country championships and the World cross country trial. But in April Paul returned with an excellent 2nd fastest long stage in the Southern 12-stage relay, just behind Gary Staines and helping the Belgrave team to victory. Shortly after this he ran the fastest leg in the National 12-stage.

On the track Paul won his third consecutive Southern Counties 10,000m title at the end of April running a solo 28:36.2. A week later he broke the Southern Counties record in winning the 3000m in 7:58.82. He was rewarded with his first British International vest and won the 10,000m against Finland in Helsinki on June 7th. Here he lowered his PB to 28:18.94 a massive 45 second improvement from the previous year and only seconds away from the European qualifying standard of 28:15.

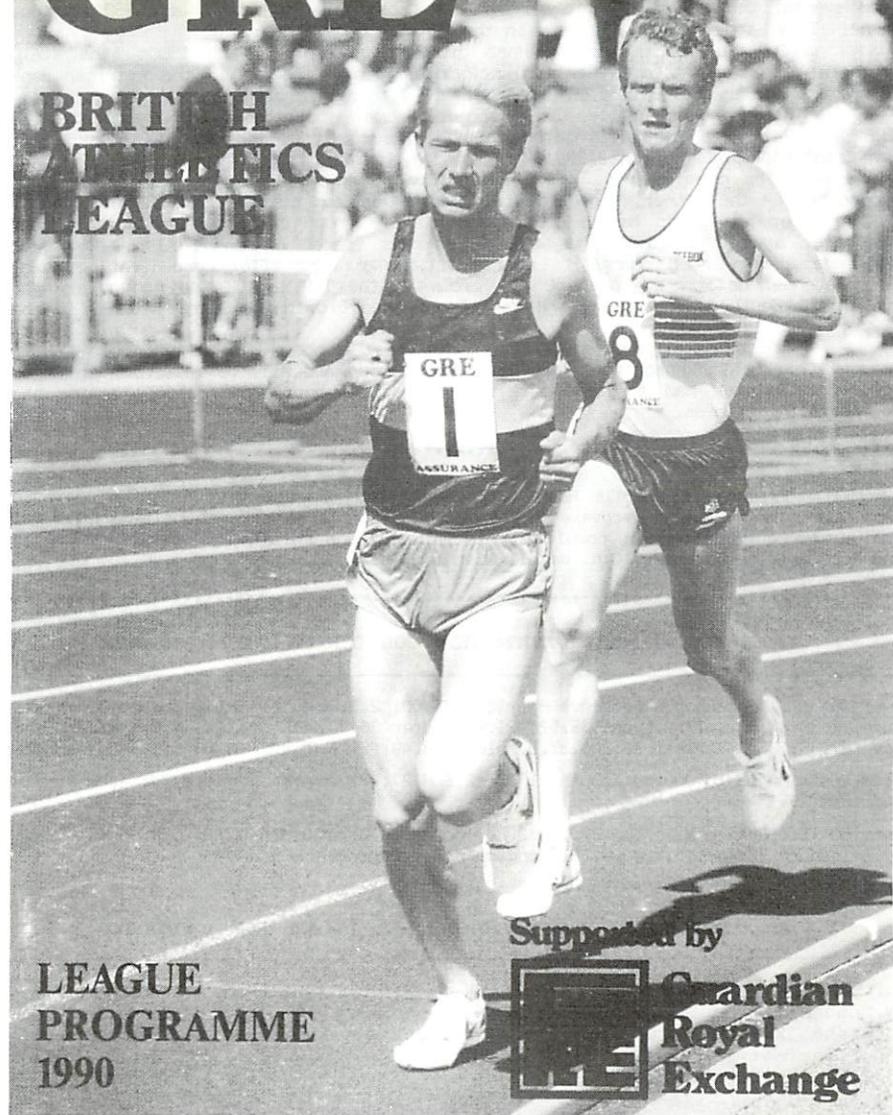
Paul was disappointed not to make the standard or the British team for Split. He thought possibly too many hard track races had taken their toll as he finished only 14th in the U.K. trial at Gateshead. However, by August he had returned to his best form producing the top U.K. 10 km road time in 1990 with 28:29 in Copenhagen.

Paul was uncertain whether to run in the 20-stage Sun Life Great Race in early September, but was persuaded by close friends and family. For the first week he mainly stayed in the pack not contesting the leadership. The eighth day, however, proved to be a landmark in Paul's athletic career. He had been given an ultimatum by his employer to return to work on this day or lose his job. Paul decided to stay and run. He produced his first remarkable stage win that day which was followed by victories on stages 12, 14, 15 and 17. He was only just pipped at the post in the final stage at Westminster. His efforts were rewarded with a total of £15,000 prize money for his 5th overall place. As the first Brit home he had averaged sub 5 minute mileing for the whole 240 miles.

Will this success in the Great Race point to future marathon career ? Although many people think so, Paul is still very determined to break 28 minutes for 10,000m on the track, a time so rarely achieved by British athletes. We wish Paul luck and are very glad that he is running in Belgrave colours.

GRE

BRITISH ATHLETICS LEAGUE



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Captured for posterity on the front cover of the British League Programme in 1990, Paul Evans went on to be 1st Brit. in the Great Race from Glasgow to London in which he averaged sub 5 minute miling.

Veterans

There were some very good results in the Cross Country Road, and Track. In the Cross Country 88/89 season Charles Dickenson was very good with a win in the Surrey 2nd in the V.A.C. Championship, 2nd in a Cross Country race at Haywards Heath and well placed in the Southern Vets in which we were also placed in the Team events. Leo Lyons in the Southern Vets Cross Country League was the individual winner. Tony Stone won the 45 group in the V.A.C. Championship.

On the Track Laurie O'Hara did a hat trick in the 1500m (the V.A.C., Southern Vets and National Vets). Alan Painter had a fine win in the American Banks Vets mile at Chrystal Palace on September 3rd with a time of 4.50.

On the Road Charles Dickenson had some good races - 2nd Vet in the 1988 Hogs Back, 2nd Vet in the Drapers Tool 10K. He also ran the second fastest leg in the Cranford Relay. He ran 2:33 in the London Marathon and also won both the V.A.C. 5 and 10 miles championship. He won the City 10 on New Years day (he actually was second but as the winner, Marcello Bizin had entered on the day which did not count). In the older age group Laurie O'Hara won his age group at Battersea Vets, and that was after a road accident plus some fine runs (races unknown). Also Mike Newton has made a very good change to short distance running after concentrating mainly on marathons. He won the over 50 age group in the T.V.H. 10K and had a very good run in the Southern Vets relay. He was also placed 3rd in the Surrey Vets in October '89.

Unfortunately we missed 2 of our best members for 89/90 Cross Country season. Charlie Dickenson went away on a world tour and will be returning in August '90. Alan Painter had to have a hernia operation, and is now slowly coming back to his racing fitness.

 Friends of Charlie Henn will be pleased to know that after an operation last April he has now recovered well and has completed several half-marathons in the autumn culminating in completing the St. Albans marathon on December 3rd and the Hogs Back on December 10th. We all wish him well.

SURREY CROSS-COUNTRY CHAMPIONSHIPS on 30th OCTOBER 1988 at PETERSHAM

Over 40 1.C.Dickenson - Belgrave Harriers 33.00; 2.B.Gevers - S.L.H 33.32; 3.C.France Boxhill 33.44;17.L.Lyons 35.52; 21.B.Webster 36.30; 26.A.Stone 37.07; 32.J.Wasborough 37.35; 35.F.Barrett 38.20; 37.L.Mclean 38.49; 51.A.Grant 40.40; 62.D.Maughan 42.49.

Team Position (3 to score) 1.Boxhill 21; 2.SLH 27; 3.Croydon Harriers 34; 4.Belgrave Harriers 39.

Over 50 1.T.Ryan - N.London 37.13; 2.B.O'Gorman - Blackheath 37.28; 3.R.Gomez - Vale of Aylesbury 38.46.....43.G. Piddington - Belgrave Harriers 54.44.

Team Position 1.Vale of Aylesbury 16; 2.Havering 19; 3.Portsmouth 30.

V.A.C. CROSS-COUNTRY CHAMPIONSHIPS on 14th JANUARY 1989 at WIMBLEDON

1.P.Hamilton - Blackheath 25.37; 1.C.Dickenson - Belgrave 26.02; 3.T.Ryan - N.London 26.23;6.L.Lyons - Belgrave 26.43; 9.A.Painter 27.24; 20.A.Stone 28.16 (1st over 45); 27.A.Hardy 28.55; 31.L.Mann 29.14; 34.F.Barrett 29.26; 45.D.Maughan 30.25; 55.C.Wather 31.28; 79.E.Stroud 33.11; 108.D.McMullen 43.41.

* * * * * Reports by; Tony Stone

SOUTHERN COUNTIES VETS CROSS-COUNTRY CHAMPIONSHIPS

on 29th JANUARY 1989 at LEIGH PARK PORTSMOUTH

1.P.Lindsell - Oxford 35.33; 2.R.Morgan - Bournemouth 35.38; 3.R.O'Mahoney - Brighton 35.50; 4.C.Dickenson - Belgrave 35.50;.....20.L.Lyons 38.09; 24.A.Painter 38.48; 29.A.Stone 39.48(9th "45");30.L.Coy 40.13; 31.R.Pearson 40.23; 40.A.Fairclough 41.42 (13th "45").

Team Position (3 to score)

1.Oxford 14 ; 2.Verlie 19; 3.Belgrave Harriers 27.
(6 to score) 1.Oxford 59; Belgrave Harriers 81.

Over 50 1.F.O'Gorman - Croydon 34.01; 2.K.Spacie - T.H & H 35.09; 3.D.Claxton H.H.H. 35.42; 4.W.Laws- Belgrave Harriers 36.34;15.A.Bruce 40.42;28.C.Walker 42.39; 30.E.Stroud 43.03.

Team Position 1.Herne Hill 29; 2.Waverly 31, 3.Ranelagh 35...6.Belgrave Harriers 44.

CRANFORD RELAY (VETS) 25th MARCH 1989

1. London Irish "A" 53.50; 2.Oxford "A" 53.51; 3. T.V.H. "A" 54.41....7th Belgrave "A" 55.36; C.Dickenson 17.39 (2nd Fastest lap), A. Painter 19.14, L.O'Hara 18.43.
26. Belgrave "B" 60.08, A.Stone 19.45, W.Laws 20.12, F.Barrett 20.11.
Belgrave "C" incomplete - M.Newton 20.40.

V.A.C. ROAD CHAMPIONSHIPS 10 MILES - ON 6th MAY 1989 at WIMBLEDON

1.C.Dickenson - Belgrave 55.45; 2.C.Woodhams - Woking 56.20; 3. M.Herring 56.22.....
22.A.Stone 64.25(3rd over 45), 23.L.Mann 64.32, 25.F.Barrett 64.42, 32.D.Davies 66.24, 33.D.Maughan 67.27, 41.E.Stroud 64.28, 51.P.Davies 76.00 (Lady -1st over 50), 52.D.Gordon 76.00, 61.D.McMullen 90.01(3rd over 65).

V.A.C. ROAD CHAMPIONSHIPS 5 MILES ON 20th JUNE 1989 - BATTERSEA

1.C.Dickenson - Belgrave 27.40; 2.M.Fuller -Hercules 28.18(1st over 45); 3.D.Williams -Hercules 28.39;....10.A.Stone - Belgrave 31.03(3rd over 45), 17.F.Barrett 31.56, 25.D.Davies 33.56, 28.D.Maughan 34.12, 31.E.Stroud 34.40, 50.D.McMullen 46.09(3rd over 65).

SOUTHERN VETS TRACK & FIELD RESULTS - BROMLEY - 4th JUNE 1989

1500m. M.40 2.A.Painter 4:21.1; 10.L.Lyons 4:31.14.

M.45 4.A.Stone 5:02.2

M.55 1.L.O'Hara 4:39.4

3000m Steeplechase M.40 1.L.Lyons 10:43.0 **Shot** 1.C.Brookes 10.56 **800m M.40** 4.A. Painter 2:07.2 **5000m M.45** 6.A.Stone 17:29.5

NATIONAL VETS - READING - 8 & 9th JULY 1989

800m M.60 6.C.Walker 2:35.7 **1500m M.55** 1.L.O'Hara 4:35.8 **M.60** 4.C.Walker 5:16.3

5000m M.45 9.A.Stone 17:07.6 **10,000m M.45** 5.A.Stone 35:27.7 **5000 Walk M.55** 2. J. Dunsford 25:47.8; 4.D.Fotheringham 26:23.7. **M.40** 2.J.Hall 13:21.20 **3,000m Walk M.55** 2. J.Dunsford 15:16.00; 3.D.Fotheringham 15:26.70

V.A.C. TRACK & FIELD CHAMPIONSHIPS WEST LONDON STADIUM

800m M.40 3.A.Painter 2:04.0 **1500m M.40** 4.A.Painter 4:34.4; **M.45** 2. A.Stone 4:48.2 **M.55** 1.L.O'Hara 4:43.7. **5000m M.45** 2.A.Stone 17:34.6.
3000m WALK M.55 1.J.Dunsford 15:31.4; **W.40** I.S.Morrison 16:50.3

GENERAL PORTFOLIO VETS 10K ON 30th JULY 1989 AT BATTERSEA

1.E.Cunningham - Aldershot 32.15; 2.P.Sugden - Reading 32.51; 3.E.Cooke Woking 33.18;.....18.L.O'Hara - Belgrave 35.15 (1st over 50), 51.M. Newton 37.53, 56.R.Bale 38.00, 58.A.Stone 38.03, 68.L.Mann 38.26.
(Note :- On the way to the race Laurie O'Hara was involved in an accident. At some light a lorry went into the back of his car. Therefore he did exceptionally well considering what he had gone through).

SOUTHERN ROAD RELAY ON 30th SEPTEMBER 1989 AT ALDERSHOT

Over 40 1.Aldershot 76.01; 2.Brighton 76.34, 3.Oxford 77.52;30.Belgrave "A"86.36 A.Stone 21.36, A.Fairclough 21.07, J.Wasborough 21.43, W.Laws 22.01. 43.Belgrave"B" 91.35, D.Maughan 23.18, D.McMillan 22.58, R.Bale 22.38, A.Stone 22.45.

Over 50 1.Cambridge 84.48; 2.Ealing 84.56, 3.Havering 86.28. 45. Belgrave "C"(over 50 team) 94.56 (8th over 50), C.Cross 23.39, M.Newton 22.00, A.Bruce 24.30, C.Walker 24.47.

SURREY VETS CROSS-COUNTRY CHAMPIONSHIPS ON 15th OCTOBER 1989 AT PETERSHAM

1.G.Taylor - Chessington 33.18; 2.F.Bell - Woking 34.01; 3.D.Mitchell - Epsom 34.0629.B.Webster - Belgrave 36.57, 33.A.Store37.29, 35.J.Wasborough 37.55, 38.M.Newton 38.02(3rd over 50), 41.F.Barrett 38.33, 46.A.Hardy 39.09, 47.D.Maughan 39.15, 61. B.Stroud 39.56(50), 62.P.O'Connor 40.02(50), 63.C.Cross 40.35(50), 70.E.Stroud 41.11(50) 79.C.Walker 43.01(2nd over 60), 93.J.Plummer 50.44(50), 94.G.Pearson 50.54(70), 95.C. Manning 55.58(60).

Teams Over 40 1.Woking 16; 2.Hercules 20; 3.Epsom 31;7. Belgrave 83. Over 50 1. Belgrave 20; 2.Ranelagh 21; 3. Redhill 35.

NATIONAL VETERANS ROAD RELAYS ON 13th MAY 1990 AT ALDERSHOT.

OVER 40 - 8 x 4mile stages

1. Oxford City 2:48:15, 2. Elswick Harriers 2:48:27, 3.Aldershot f&D 2:49:08

Note : Tipton disqualified 2:47:46

43. BELGRAVE 3:08:03 (R.Pearson 22.04, A.Painter 22.58, J.Wasbrough 24.07, A. Fairclough 22.47, R.Bale 22.18, D.McMillan 25.06, D.Maughan 25.28, A.Stone 23.15)

OVER 50 - 6 x 4mile stages.

1. Wirral 2:17:51, 2. Havering 2:18:36, 3.Cambridge H 2:18:41,.....11. BELGRAVE 2:28:35 (D.Crookes 24.48, A.Verdie 22.56, C.Cross 26.39, M.Newton 23.52, A. Hardie 24:16, E.Stroud 26.04)

OVER 60 - 3 x 4mile stages.

1. Barnet & District 1:14:10, 2. IVH 1:17:03, 3. Hillingdon 1:21:37.....5. BELGRAVE 1:24:18, (A.Bruce 25.53, D.Jones 29.30, C.Walker 28.55).

* * * * * COMMONWEALTH GAMES - How they performed. * * * * *

* 100m : 4th Marcus Adam 10.14w, 7th John Regis 10.22w. *
* 200m : 1st Marcus Adam 20.10w(Games Record), 2nd John Regis 20.16w. *
* 400m : Semi-Final Felix Sandy 47.21(46.89ht). *
* Sprint Relay 4x100m : 1st England (With Marcus and John) 38.67(Games Record) *
* 5000m : 1st Andrew Lloyd 13:24.86. P.V. : 2nd Ian Tullett 5.25 *
* 10000m : 4th Gary Staines 28:13.62 S.P. : 6th Abi Ekoku 17.45 *
* J.T. : 4th Nigel Bevan 79.70(Welsh Rec.).D.T. : Abi Ekoku 3NT. *
* Subsequent to the Games Phil Spivey who won bronze in the Edinburgh Games HT *
* and finished 4th in Auckland emigrated from Australia to England with his *
* wife, Kathy. They now live in East Grinstead. Phil's brother competes for *
* Bristol AC where he is a multi-eventer. *
* * * * *

COMMONWEALTH GAMES REPORT - (or 'The Eddie Experience!')by Bill Laws

The best laid plans of mice and men!

The start was inauspicious. Thursday 25th January turned out to be the day of the big storm. Gatwick Airport was closed and our New Zealand Airways flight eventually took off 22 hours late. As a result I missed the heats of the 100 and Gary's epic run in the 10,000m. Ron and Anne Wyld had been in New Zealand for 4 days and gave a full account of Gary trying to break a pack of 5 over the closing stages. A strong headwind down the back straight didn't help and he paid the penalty. He was inconsolable for a few days but was cheered by the genuine support of the various coaches and sports press who felt it was his best run to date.

Marcus Adam only just made the semi-final of the 100. Ron thought him lame but it turned out to be a loose spike plate. A change of shoes and he looked much sharper.

The Games, for me, started after 5 hours kip.

Sunday January 28th. The Sultan of Brunei had taken a floor of our hotel while our Patron Eddie K had staked his claim with a scattering of coaches and friends. My first pleasant surprise was the transport. Eddie had arranged for 2 stretch limo's - darkened glass, air conditioning, Union and New Zealand flags, the lot - to provide transport for the week. And that set the tone for what was to be a fantastic Games in more ways than one.

At the Stadium there was a brief parade and Don Anderson took over the responsibility of siting the Belgrave banner. Advised by former Belgravian Graham Seatter, who was working on the TV commentaries, he did a great job only losing it on the final day as Gary Staines and Andy Lloyd paraded it at the Closing Ceremony. Ron Wyld eventually recovered it from the Games Village so it will still be around this year.

On the track the final of the 100 was the highlight. All day the wind down the home straight hovered around 2.3m/s so that most sprint times were not valid for record purposes. John Regis managed a legal personal best, finishing 4th in 10.25 in the second semi-final, while Marcus Adam ran 10.31 to finish second in the 1st semi but easing over the middle 50m. In the final it was a different story with Marcus blasting from the gun in lane one to finish 2-100ths off bronze in a slightly windy legal personal best of 10.14 with John 7th in 10.22. The first day of the Mens Decathlon provided much excitement and in the Womens 3000m Carolyn Schuwalow (Mrs. Andy Lloyd who last summer trained from Belgrave Hall) ran a splendid personal best of 8:53.89 to finish a creditable 5th.

Monday January 29th. The sprinters were back in action with the first and second round of the 200. Marcus was brimming with confidence and John knew he was back at his best. The races were a procession as follows: Round 1 Heat 1. 1st J. Regis 20.80; Heat 6. 1. M. Adam 21.00; Round 2 Heat 2. 1st J. Regis 20.40; Heat 4. M. Adam 20.35. Although windy the opposition were getting worried and the Games record of 20.43 was in danger; if only the wind would drop a bit from that tantalising 2.3 m/s.

Following the conclusion of the mens decathlon in which England's late entry Eugene Gilkes gained bronze, we awaited the heats of the 5000m. Belgrave cheers were for Andy Lloyd who finished a comfortable 4th in the second heat in 13:52.63. In the 800 heats and semi's Seb Coe was looking tired and new boy Matthew Yates did what we had seen so many times in last year's British League matches - left it late and kicked with devastating effect over the last 140m to ease into the final. Sadly in the Womens Shot Judy Oakes could only just manage Silver, much to her and our disappointment.

Tuesday January 30th. With this day devoted to the Men's Marathon we thought it was the one to watch on TV as all coast roads had been closed to traffic. Not to be beaten, Eddie had hired a Cruiser to follow the race, hopping ashore as appropriate. The limo's arrived at 6.30 and off we went with a fair sprinkling of names; Harry Wilson, Ron Roddan, Chris Brasher, Ann and Ron Wyld, Kevin Reed and so on. Despite misgivings everyone took to the water like hardened seafarers and apart from the marathon we got a guided tour of the Whitbread Round the World yachts which were due to race in the 3rd leg from Auckland the following Sunday - see what I mean about the Eddie experience!

Wednesday January 31th. Lisa Martin left them for dead from the gun in the Womens Marathon. We listened to the race on the car radio as the Belgrave contingent drove to Rautarua to view the volcanic activity and spouting 'geezers'. Well thats what we called them

until the locals pointed out that 'geezers' came from the East End of London and we had better call them 'guysers'! We hurried back for an evening party for U.K. athletes hosted by Eddie K, President of the Sports Aid Foundation. Guest of honour was President Elect of the Commonwealth Games - HRH Prince Edward.

Thursday February 1st. The track and field programme was hotting up with an increasing number of finals. Sadly in the discus Abi Ekoku got it all wrong and had 3 no throws each of them out of the sector to the right. The first and last time we hope. Totally disconsolate, Abi was to learn that Neil Gray had hurt his back and that he would get a 'reprieve' and fill the 3rd England spot in the shot on the closing day. Time enough to get himself sorted out!

In the 200 semi's Marcus won the first in 20.33 and John striding effortlessly won the second in 20.35 - both windy but it looked good for the final. Later in the day the final was won by Marcus in a blistering 20.10 and John recording a windy personal best of 20.16, back to his very best; and to complete Englands medal tally Ade Mafe finished third with 20.26 - a truly great race and one of the highlights of the Games for me.

By now, Belgrevians were homing in on the banner, first Paul Cuff then Charles Dickenson (Surrey Vets C.C. Champ of '88) together with his family came for a chat. They are on a world tour for 2 years and following a stay in the USA are now enjoying their sojourn down under. He's racing well but finding the competition tough. And believe it or not just sitting in front of me one day was Joe Dooley who I trained with at Battersea and last saw 15 years ago. Small world is'nt it?

And so to the 800 where Matthew Yates surprised all the critics with an excellent 3rd spot. We still had the 5,000m to look forward to. The event is now history, the series of trips, Ngugi's rush from his fall back into the lead and the thrilling last 200 in 24.2 seconds by Andy Lloyd to give him victory by the narrowest of margins. The Belgrave contingent were hoarse with excitement as the scoreboard proclaimed: 1. A.Lloyd (Aus) 13:24.86, J. Ngugi (Ken) 13;24.94, 3. I. Hamer (Wal) 13:25.63. Another great day!

Friday February 2nd. To represent one's Country for the first time, and to set a personal best is all one can hope. But to come away with a Silver medal is just a fairytale - and that fairytale happened to Ian Tullett in the pole vault following a slightly hesitant start in a difficult cross wind. The opposition quickly fell by the wayside as Ian cleared 5.25m to be assured of a medal. New Zealand decathlete Simon Poelman passed 5.25 and failed at 5.30 to give Ian Silver. The bar went to 5.35 and at this height he just failed by the narrowest of margins. Another Belgrave medal.

The heats of the 4x100m next with Marcus resting due to a slight groin strain. A red flag on the second handover caused a stir as John Regis was just on the line as Jarrett took the baton, but it was Ghana who were disqualified.

Saturday 3rd. Belgrave interest centred on Paul Edwards and Abi Ekoku in the shot. Paul, favourite for a medal did not disappoint with 18.17 for the bronze. But it was Abi who surprised us to throw a personal best in the fourth round with 17.45 for sixth spot. You could just see how that made up for the discus and he could enjoy the celebrations later.

Meanwhile in the javelin Nigel Bevan was looking menacing in the warm up throws. His coach Peter Byrne had been supervising his last minute preparations and we had been hearing rumours of 82/83m efforts. But in this highest level competition the very best would be needed for a medal. Buckley opened with 84.90, Hill with 81.32 and the New Zealand pair pushing 78.00. Nigel could only manage 70.42, improving to 75.66. Going with the last round he found himself in 6th spot and it was here that his competitive nature took over. Everything was perfect as he launched a mighty throw - nearly the last of the competition - which soared towards the 80m mark. The New Zealand spectators held their collective breaths to see if the bronze was safe. It was, but only just, as Nigel's throw was measured at a new personal best of 79.70 to further extend his Welsh record.

Marcus came into the England squad for the 4x100 final and despite imperfect changing it was Linford Christie who ensured golds for the squad members in 38.57.

The Belgrave medal and points haul had risen to 4 Gold, 2 Silver, 1 Bronze, 3 fourths and a sixth. An achievement which put us top of the England Clubs, ahead of most Countries and one which was beyond our wildest dreams. Well done everyone.

And so it was over. A wonderful closing ceremony; totally more exciting than the Television portrayal. For me there are a host of wonderful memories, all pleasant, many amusing. I shan't forget John Bicourt arriving jet lagged at the Games Village in a downpour. The ever friendly Kiwi officials gave him the standard transparent thin blue mac - tight fitting, no arms just a small circle for the face. John was looking for athletes to race in Java. The last we saw of him he was trudging damp and miserable, towards the athletes quarters. Christ! I thought, he's missed his true vocation, he looks like an advert for safer sex! Farewell from the friendly Games.



Above : An Eddiemobile.

Below : Don Anderson, Bill Laws and Charles Dickenson find things a bit hot!!



Cross Country

14th JANUARY 1989 SOUTHERN COUNTIES CROSS COUNTRY CHAMPS.

Results:

Seniors: 1. J.Barton (Blackheath) 44.58; 2. N.Trainer (N.London) 45.25; 3. A.Bristow (Brighton) 45.26.

Belgrave: 85. M.Hayes 48.45; 118. O.Foote 49.38; 202. P.Gilbey; 283. J.Mather; 364. S.Zealy; 425. D.Anderson; 433. T.Williams; 499. D.North; 607. L.Coy.

Teams: 1. Brighton & Hove 211; 2. Invicta 254; 3. Bournemouth 274. 24. Belgrave 1477.

Juniors: 1. J.Gentry (Newham) 30.10; 2. M.Stickles (Belgrave) 30.17; 3. D.Mead (Belgrave) 30.25.

Belgrave: 8. J.Chaston 31.04; 51. S.Webster 33.47.

Teams: 1. GEC Avionics 60; 2. Belgrave 64; 3. Plymouth 109.

21st JANUARY 1989 MITCHAM COMMON REEBOK SURREY LEAGUE DIV. 2.

Results: 1. K.Jaques (H/W) 26.24; 2. R.Treadwell (RED/SUR) 26.27; 3. P. Stenning (H/W) 26.31.

Belgrave: 9. M.Chaston 27.25; 11. P.Sudgrove 27.34; 17. O.Foote 28.03; 22. P.Gilbey 28.24; 25. A.Paton 28.33; 29. F.Ward 28.53; 34 J.Mather 29.07; 41. G.Adams 29.28; 43. G.McGurren 29.30; 49. D.Anderson 29.48; 50. M.Head 29.51; 58. T.Williams 30.18 92. L.Coy 31.58; 99. A.Stone 32.27; 111. S.White 33.07; 115. D.Ludlow 33.38; 117. J.Hutchinson 33.53; 122. D.Ricks 34.27.

Teams: 1. H/W 98; 2. Belgrave 245; 3. Croydon 332.

Overall: 1. H/W 487; 2. Belgrave 488; 3. Croydon 1054.

28th JANUARY 1989 DERBY INTER COUNTIES CHAMPIONSHIPS

Darren Mead was a fine winner of the Junior title. Justin Chaston was well positioned in 25th place.

Our only representative in the Senior race was Olly Foote who finished 240th.

4th FEBRUARY 1989 SOUTH OF THAMES SENIOR CROSS COUNTRY CHAMPS.

Result: 1. M.Harris (Portsmouth) 41.25; 2. J.Watson (TH&H) 42.11; 3. D.Glassborrow (HHH) 42.15.

Belgrave: 7. P.Sudgrove 42.52; 21. O.Foote 43.44; 22.M.Bizio 43.46; 25. F.Ward 43.55; 36.S.Maynard 44.00; 104.D.Anderson 47.18.

Teams: 1. HHH 51; 2. TH&H 168; 3. Ranelagh 174. 5. Belgrave 215.

25th FEBRUARY 1989 EWELL ENGLISH CROSS COUNTRY CHAMPIONSHIPS

Results:

Seniors: 1. D.Lewis (Rossendale) 44.26; 2. S.Tunstall (Preston) 44.47; 3. D.McNeilly (Bristol) 44.51.

Belgrave: 279. O.Foote 50.08; 303. P.Sudgrove 50.20; 460. F.Ward 51.43 461. J.Mather 51.44; 721. M.Lake 53.26.

Juniors: 1. S.Brooks (Bingley) 29.51; 2. J.Dennis (Camberley) 30.19;
3. D.Mead (Belgrave) 30.22.

Belgrave: 8. J.Chaston 30.41; 56. M.Stickles 32.07; 148. M.Barrett
33.53; 153. G.McGurran 33.58; 232. S.Webster 36.05.

Teams: 1. Bingley 85; 2. AFD 124; 3. Sale 196.
5. Belgrave 215.

25th FEBRUARY 1989 HAWICK SCOTLAND SCOTTISH CROSS COUNTRY CHAMPS.

Result: 1. T.Murrey (Green) 44.52; 2. P.Evans (Spring/Bels) 45.15;
3. P.Fox (Dundee) 45.20; 4. S.Ovett (Annan) 45.30.

4th MARCH 1989 WAVERLEY REEBOK SURREY LEAGUE DIV. 2.

Results: 1. D.Clarke (H/W) 26.30; 2. K.Jaques (H/W) 28.11;
3. R.Treadwell (S&R) 28.17.

Belgrave: 6. M.Hayes 28.45; 11. S.Maynard 29.16; 13. O.Foote 29.24;
16. F.Ward 29.34; 18. M.Bizio 29.52; 19. G.Adams 29.57;
25. D.Maynard 30.34; 30. J.Bicurt 30.55; 35. J.Mather 31.19;
37. D.Anderson 31.29.
39. M.Lake 31.35; 42. D.North 31.48; 46. B.Gray 31.58;
49. T.Williams 32.04; 56.A.Painter 32.42; 58. J.Hobbs 32.48;
61. S.Herbert 32.53; 82.A.Stone 34.10; 85. L.Coy 34.25;
99. J.Hutchinson 36.21.

Teams: 1. H/W 83; 2. Belgrave 204; 3. M&S 375.

Final Position: 1. H/W 570; 2. Belgrave 692; 3. Croydon 1519.

19th MARCH 1989 STRAVANGER, NORWAY WORLD CROSS COUNTRY CHAMPS.

Gary Staines finished in 14th place.

20th MARCH 1989 AMOREBIETA, SPAIN INTERNATIONAL CROSS COUNTRY

Result: 1. Tim Hutchins; 2. H.Bulbula; 3. A.Gomez; 4. Gary Staines.

5th FEBRUARY 1989 HANNUT, BELGIUM WEST ATHLETIC CROSS COUNTRY

Result: 13. Justin Chaston.

11th FEBRUARY 1989 GATESHEAD McVITIE'S WORLD CROSS COUNTRY TRIAL

Result: 1. T.Hutchins (Crawley) 35.07; 2. E.Martin (Basildon) 35.14;
3. G.Staines (Belgrave) 35.16.
17. P.Evans (Belgrave) 36.13.

25th MARCH 1989 CRANFORD THAMES VALLEY HARRIERS 5x3 $\frac{1}{2}$ ROAD RELAY

Belgrave 'A': M.Bizio (26) 17.21; F.Ward (15) 16.58; C.Ogle (13)
17.27; M.Hayes (12) 17.19; M.Chaston (9) 16.40.

Belgrave 'B': A.Paton (22) 17.05; D.Maynard (17) 17.31; J.Mather (19)
17.42; S.Herbert (21) 18.48; J.Coy (33) 21.03.

Belgrave 'C' L.Looney (10) 16.41.

Teams: 1. Swansea 81.32; 2. Haringey 83.30; 3. Swansea 'B' 83.50
9. Belgrave 'A' 85.45.

PRIORY BLUES

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Team Manager Colin Pearson didn't know whether to laugh or cry after Belgrave's run-away win in the Priory Relays. After a 2 minute victory over Southern Champions Brighton and Hove he was seen pulling out his hair! "What a team! - we could have charged a fortune if this had been televised! - and it didn't cost me a penny!".

11TH FEBRUARY 1989 WIMBLEDON BELGRAVE 10 MILE CROSS COUNTRY CHAMPS.

<u>Pos.</u>	<u>Name</u>	<u>Time</u>	<u>H.Cap Allow</u>	<u>H.Cap Time</u>	<u>H.Cap Pos</u>
1.	F. Ward	59.42	3.30	56.12	2
2.	C. Dickinson	60.37	3.10	57.27	5
3.	M. Lake	61.38	4.10	57.28	6
4.	M. Head	62.31	5.10	57.21	4
5.	T. Williams	62.53	5.40	57.13	3
6.	L. Lyons	63.31	8.00	55.31	1
7.	Mike Lake	64.55	5.10	59.45	9
8.	M. Nouch	67.10	8.00	59.10	8
9.	L. Coy	68.50	9.00	59.50	10
10.	J. Hutchinson	70.50	9.00	61.50	12
11.	D. Davies	70.55	13.00	57.55	7
12.	L. McLean	72.37	12.00	60.37	11
13.	F. Barrett	73.06	10.00	63.06	14
14.	J. Slough	73.52	8.00	65.52	15
15.	A. Lane	76.56	14.00	62.56	13
16.	D. McMillian	77.31	9.00	68.31	16

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23rd SEPTEMBER 1989 SPARROWS DEN BLACKHEATH CROSS COUNTRY RELAYBelgrave 'A': P.Sanders 9.44; J.Mather 10.14; M.Bizio 9.40;
O.Foote 9.31; M.Head 10.29; J.Mather 11.05.Belgrave 'B': T.Williams 10.52; T.Dowall 11.36; A.Stone 11.28;
L.Coy 12.01; DNFTeams: 1. Boxhill 57.37; 2. Brighton & Hove 59.02; 3. Cambridge 59.10
9. Belgrave 60.43 disq. for using same runner twice.28th OCTOBER 1989 PETERSHAM REEBOK SURREY LEAGUE DIVISION 1.Results: 1. S.Rayner (H/W) 27.40; 2. K.Penney (Box) 27.43;
3. T.Crossman (Box) 27.45.Belgrave: 15. M.Chaston 29.01; 21. P.Sanders 29.07; O.Foote 29.12;Belgrave: 15. M.Chaston 29.01; 21. P.Sanders 29.07; 25. O.Foote 29.12;
38. M.Bizio 29.41; 61. M.Sinclair 30.20; 62. P.Gilbey 30.23;
72. M.Lake 30.37; 85. J.Bicourt 31.01; 102. D.Anderson 31.35.
109. M Lewington 31.49; 112. T.Williams 32.07; 117. A.Madsen
32.19; 126 R.Alsop 32.51; 129. S.Herbert 33.02; 153. A.Stone
34.12; 155. B.Quintavalle 34.17; 157. J.Wasborough 34.23;
161. C.Taplin 34.32; 177. M.Forrester 35.41; 178. D.Forrester
35.41; 190. R.Bale 36.48; 197. E.Stroud 37.45.Teams: 1. Boxhill 196; 2. Ranelagh 313; 3. Aldershot 347.
6. Belgrave 431.9th DECEMBER 1989 PRIMLEY SURREY CROSS COUNTRY CHAMPIONSHIPSResults: 1. K.Penney (Boxhill) 39.39; 2. T.Butler (Woking) 39.41;
3. A.Izzatt (SLH) 39.52.Belgrave: 12. M.Bizio 41.17; 24. P.Sanders 41.49; 36. F.Ward 42.44;
37. P.Gilbey 42.46; 40. J.Mather 42.54; 48. M.Lake 43.32;
49. M.Kinane 43.35; 57. G.McGurren 44.06; 64. D.Anderson
44.33; 154. A.Stone 50.50.Teams: 1. Boxhill 89; 2. HHH 115; 3. SLH 126; 4. Belgrave 157.Juniors: 1. J.Dennis (Camberley) 29.54; 2.
16. P.Histon (Belgrave) 36.16; 20. J.Coy (Belgrave) 37.51.

4th NOVEMBER 1989 REIGATE REIGATE PRIORY CROSS COUNTRY RELAY

Belgrave 'A': S.Paton (10) 13.27; D.Mead (1) 12.30; L.Looney (2) 13.28; O.Foote (1) 12.54; J.Gladwin (1) 12.56; G.Staines (1) 12.40.

Belgrave 'B': M.Sinclair (13) 13.28; P.Gilbey (15) 13.47; M.Bizio (11) 13.20; A.Madsen (17) 15.15; D.Waynard (15) 14.06; J.Mather (14) 14.08.

Belgrave 'C': M.Kinnane (15) 13.40; R.Alsop (29) 14.46; D.Anderson (26) 14.18; T.Williams (30) 14.43; J.Coy (36) 16.05; M.Forrester (40) 16.49.

Teams: 1. Belgrave 77.55; 2. Brighton & Hove 80.00; 3. Blackheath 80.08.

1st 'B' team: Belgrave Harriers.

Fastest Legs: 1. A.Bristow Brighton & Hove 12.23; 2. D.Mead (BELS) 12.3
2. D.Mead (Belgrave) 12.30.

11th NOVEMBER 1989 SEVENOAKS SOUTH OF THAMES JUNIOR CROSS COUNTRY

Peter Sanders was really on form for this race and only missed winning a medal by nine seconds. Try again next year Pete! Our new signing from New Zealand Martin Lewington showed me up by beating three 'A' team runners. Had I placed him in the 'A' team we would have been fourth team. Roger Alsop was another surprise also beating three 'A' team runners; lets hope they both keep improving!

Results: 1. J.Thompson (HHH) 25.36; 2. S.Wilson (Boxhill) 25.44; 3. C.Knight (GEC) 25.52; 4. P.Sanders (Belgrave) 26.00.

Belgrave: 24. J.Mather 'A' 26.55; 64. M.Lake 'A' 27.54; 77. M.Lewington 'B' 28.18; 95. R.Alsop 'B' 28.40; 114. M.Head 'A' 29.06; 149. S.Zealy 'A' 30.00; 152. A.Madsen 'A' 30.03; 182. A.Stone 'B' 31.04; 221. D.McMillan 'B' 32.51.

Teams: 1. Boxhill 28; 2. GEC 37; 3. Reading 79; 9. Belgrave 'A' 206; 33. Belgrave 'B' 578.

18th NOVEMBER 1989 WOKING REEBOK SURREY LEAGUE DIV. 1. MATCH 2.

Results: 1. R.Partridge (AFD) 26.00; 2. J.Barton (TH&H) 26.11; 3. K.Penney (Boxhill) 26.24.

Belgrave: 9. J.Chaston 27.00; 18. O.Foote 27.23; 40. M.Bizio 28.23; 42. J.Mather 28.25; 46. M.Kinnane 28.27; 65. M.Lake 29.36; 86. M.Lewington 30.20; 91. M.Head 30.35; 94. D.Anderson 30.50; 98. R.Alsop 30.56; 105. Guest 31.16; 111. A.Madsen 31.46; 123 P.Gardner 33.31; 127. J.Wah 33.46.

Teams: 1. Boxhill 167; 2. AFD 233; 3. TH&H 302.
5. Belgrave 504.

Overall: 1. Boxhill 363; 2. AFD 580; 7. Belgrave 935 (after 2 matches)

2ND DECEMBER 1989 WIMBLEDON BELGRAVE 7 1/2 MILE CROSS COUNTRY

John Mather ran well above his current form to win his first Club Championship but somehow only managed 7th in the handicap. Arthur Bruce must have this man down as someone to watch. Martin Lake ran slightly outside his best for this course to finish second in the handicap but young Gary McGurran confirmed that he will be one to watch in the future with an excellent run and a fine win in the handicap.

Pos.	Name	Time	H.Cap Allow	H.Cap Time	H.Cap Pos
1.	J. Mather	44.22	3.00	41.22	7
2.	Martin Lake	44.30	4.30	40.00	2
3.	G. McGarren	45.59	6.00	39.59	1
4.	Michael Lake	46.06	4.30	41.36	8
5.	M. Lewington	46.28	6.00	40.28	3
6.	M. Nouch	49.22	6.30	42.52	11
7.	P. Gardner	50.08	9.30	40.38	4
8.	C. Taplin	50.17	9.30	40.47	5
9.	J. Wah	50.44	9.00	41.44	9
10.	A. Stone	51.18	9.00	42.18	10
11.	R. Bale	52.40	11.30	41.10	6
12.	F. Barrett	53.17	9.30	43.47	12
13.	T. Dowdall	53.31	9.00	44.31	13
14.	L. Mann	56.53	11.30	45.23	14
15.	J. Sexton	62.32	13.00	49.32	15

SOUTHERN COUNTIES CROSS-COUNTRY CHAMPIONSHIPS - 13th JANUARY 1990

1.A.Bristow - Brighton 44.25; J.Downes - London Irish 44.43; 3.D.Laughlin - Chelmsford 45.00;19.D.Mead - Belgrave 46.13; 33.O.Foote 46.47, 118.M.Bizio, 135.P.Sanders 184.P.Gilbey, 194.M.Lake, 230.J.Mather, 255.M.Head, 397.R.Alsop, 409.D.Anderson, 526.T.Williams.

Team Result 1.Brighton & Hove 195; 2.Highgate Harriers 213; 3.Blackheath 275; ...11. Belgrave 683.

With Paul Evans injured we just failed to close in with the twelve man team. Darren was our first scorer home in 19th, a bout of illness no doubt caused him not to perform to his usual high standard. O.Foote put in a good effort to finish 33rd, the rest of the team mostly ran to form. It was a good club turn out which needs to be sustained in the future.

Colin Pearson

REEBOK SURREY CROSS-COUNTRY LEAGUE DIV I ON 20th JANUARY 1990 AT WIMBLEDON

1.S.Rayner H/W 25.17, 2.K.Penney Boxhill 25.34; 3.T.Crossman Boxhill 25.36;10.J.Chaston Belgrave 25.56, 13.O.Foote 26.08, 32.P.Sanders 26.50, 40.J.Hobbs 27.07, 43.A.Paton 27.18, 52.M.Bizio 27.42, 53.J.Mather 27.44, 57.M.Lake 27.50, 64.M.Webb 28.06, 73.R.Blick 28.22, 77.M.Head 28.33, 81.R.Alsop 28.38, 97.M.Lewington 29.14, 111.T.Williams 30.10, 114.S.Herbert 30.25, 116.A.Stone 30.33, 121.R.Bale 30.55, 131.C.Taplin 31.26, 138.T.Dowdall 32.29, 143.L.Mann 33.07, 144.R.Mann 33.33.

Team Result 1.Boxhill 186; 2.Ranelagh 358; 3.Hercules 379; 4.Herne Hill 390; 5.Belgrave Harriers 421; 6.Aldershot 488; 7.Woking 506; 8.Thames H.H. 512.

Team Result After 3 Matches 1.Boxhill 549, 2.Aldershot 1068; 3.Ranelagh 1187; 4.Herne Hill 1226; 5.Hercules 1301; 6.Thames H.H. 1353; 7.Belgrave Harriers 1356; 8.Woking 1680.

BELGRAVE 10 MILE CLUB CHAMPIONSHIP & H/CAP ON 27th JANUARY 1990

Pos.	Name	Time	Allow.	H/Cap Time	H/Cap Pos.	Pos.	Name	Time	Allow.	H/Cap Time	H/Cap Pos.
1.	F.Ward	63.29	3.00	60.29	7	7.	P.Alker	71.00	-	-	-
2.	M.Lake	65.14	4.00	61.14	8	8.	M.Newton	71.08	13.00	58.08	4
3.	M.Lewington	66.06	6.00	60.06	6	9.	L.Mann	74.59	15.30	59.29	5
4.	R.Alsop	67.19	9.15	58.04	2	10.	D.Maughan	75.22	14.30	61.22	9
5.	R.Bale	67.57	12.00	55.57	1	11.	E.Stroud	77.29	14.30	62.59	10
6.	A.Stone	70.05	12.00	58.05	3	12.	D.MacMillian	80.58	14.30	66.28	11

SOUTH OF THE THAMES CROSS-COUNTRY SENIOR RACE 7½ MILE ON 3rd FEBRUARY 1990

1.B.Reynolds - Tonbridge 39.10; 2.C.Payne - Aldershot 39.17; 3.T.Conlon - H.H.H. 39.34; 4.O.Foote -Belgrave 40.10;...11.P.Sanders 40.52, 41.M.Webb 42.14, 53.M.Lake 42.58, 64.F.Ward 43.22, 80.P.Gilbey 44.00, 93.J.Mather 44.25.

Team Result 1.H.H.H. 90; 2.Boxhill 147, 3.Reading 242, 4.Belgrave 253.

REEBOK SURREYLEAGUE CROSS-COUNTRY DIV I ON 10th FEBRUARY 1990 AT BROCKWELL PARK

1.S.Rayner - H/W 26.00; 2.J.Barton - THH 26.13; 3.K.Penney - Box 26.17; ...17.D.O'Hara - Belgrave 27.17; 26.P.Sanders 27.30; 29.O.Foote 27.40; 30.A.Paton 27.42; 44.R.Blick 28.25; 48.M.Webb 28.34; 52.M.Lake 28.47; 61.F.Ward 28.56; 62.J.Mather 28.57; 78.R.Alsop 29.38; 88.G.McGurran 29.56; 91.T.Williams 30.09; 101.M.Lewington 31.18; 103.T.Dowdall 31.31; 104.D.Anderson 31.33; 111.R.Bale 32.12; 130.L.Coy 35.28; 135.T.Lawton 39.15.

Team Result 1.Box 207; 2.HH 295; 3.TH 297; 4.AFD 409; 5.Belgrave 436; 6.Ranelagh 465; 7.H/W 539; 8.Woking 592.

Team Overall Result 1.Boxhill 756; 2.AFD 1477; 3.HH 1521; 4.TH 1650; 5.Ranelagh 1652; 6.Belgrave 1792; 7.H/W 1840; 8.Woking 2272.

Individual (Sen/Jun)

1. K. Penny (Box)	2 + 3 + 2 + 3	=	10	(Mitchell Cup)
2. S. Rayner (H/W)	1 + 8 + 1 + 1	=	11	
3. T. Crossman (Box)	3 + 5 + 3 + 6	=	17	

Individual (Vets)

1. C. Hughes (THH)	3 + 3 + 3 + 1	=	10	(Plaque)
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YOUTH/BOY TEAM (3 matches only)

1. Woking AC	44 + 34 + 30	=	108	(Belgrave Shield)
2. Herc/Wimb AC	64 + 65 + 34	=	163	
3. Ranelagh H	51 + 46 + 132½	=	229½	
4. Belgrave H	115 + 111½ + 118	=	344½	
5. Boxhill Racers	124 + 121 + 108	=	353	
6. Aldershot F & D	122 + 147½ + 132½	=	402	
7. HH	150 + 147½ + 132½	=	430	
8. THH	150 + 147½ + 132½	=	430	

Individual

1. M. Duncan (WOK)	1 + 1 + 1	=	3	(Pawsey Cup)
2. S. Gregory (BOX)	4 + 3 + 2	=	9	

COLT TEAM (3 matches only)

1. Woking Ac	24 + 15 + 17	=	56	(Shippen-French Cup)
2. Herc/Wimb AC	99 + 61 + 42	=	202	
3. Belgrave H	55 + 60 + 90	=	205	
4. Herne Hill H	99 + 124 + 121	=	344	
5. Ranelagh H	123 + 140 + 137½	=	400½	
6. ALD/BOX/THH	140 + 140 + 137½	=	417½	

Individual

1. R. Wall (WOK)	1 + 2 + 1	=	4	(Plaque)
2. A. Groat (WOK)	2 + 1 + 2	=	5	
3. R. Crossan (WOK)	6 + 3 + 3	=	12	

Race Walking.

The past twelve months have not been a wonderful success, when the ladies have turned out a team they have usually been in the scoring three with Sian Spacey collecting some individual positions. The men have been erratic, when we have had a full team out then we have usually been placed but for much of the early part of this year that has been seldom. John Hall in his first year as a vet has shown some excellent form, Paul Warburton has been plagued by injury problems and Carl Lawton was off the road for much of the early part of the year.

10TH OCTOBER 1988 CHIPPENHAM TO CALNE 6 MILES

Here our ladies placed 3rd with Sian Spacey (6th.52:19), Gill Brackpool (10th.57:28), Sue Morrison (11th.57:50), Karen Barker (13th.59:38). Unfortunately the men failed to start a team. Paul Warburton (26th.49:18), Doug Fotheringham (48th.54:29), Dave Sharpe (77th.61:27).

Carlotte Christou finished 6th in the Junior Ladies 5kms Southern Area Younger Age groups Championships at Aldershot in 37:39 on 1st October 1988.

12TH NOVEMBER 1988 ENFIELD OPEN 7 MILES

Carl Lawton (8th.53:51), John Hall (9th.54:19) John Llewelin (20th.56:55), John Dunsford (32th.60:53), Fotheringham (34th.61:20), Sharpe (46th.65:34), George Beecham (54th.71:53)
Team 1. Surrey W.C. 59, 2. Belgrave 69.

20TH NOVEMBER 1988 BELGRAVE OPEN 7 MILES WIMBLEDON

J. Ball, Southampton (1st.51:05), G. Brown, Steyning (2nd.51:42), D. Jones, Weymouth (3rd.52:26), Lawton (5th.55:38), Warburton (8th.56.06), Hall (11th.56:22), Llewelin (10th. 57.07), Fotheringham (28th.62:22), Dunsford (39th.67:31).
Team 1. Belgrave 37, 2 Steyning 43, 3. Brighton 77.

Ladies 1. H. Elleker, Sheffield, 58:44, 8. G. Brackpool 67:31.

3RD DECEMBER 1989 PEWSEY CUP 7 MILES CALNE

Ladies Spacey (1st.59:27), Brackpool (2nd.63:58), Barker (8th.68:44)

17TH DECEMBER 1988 ILFROD 10KMS CHIGWELL ROW

Lawton (3rd 47:18), Hall 4th.48:22), Llewelin (9th.49:27), King (28th.58:42), Sharpe(30th.59:02, Geoff Fitzgerald (32th.59:25)
Team 1. Ilford 36 2. Belgrave 46

1ST JANUARY 1989 CITY OF LONDON WALKS

1. F. Reis, Ilford, 44:50. Lawton (3rd. 47:18) Warburton (8th. 50:42), Fotheringham (13th.53:33), Paul King (18th 56:54), Sharpe (19th.57.09), John Morris (32th.64:42).

Team 1. Belgrave 24, 2. Surrey 29, 3. Medway 42.

FEBRUARY 1989 LONDON CHAMPIONSHIPS BATTERSEA PARK

Mens 10 miles:- Hall (4th.79:08), King (20th.90:50), Ray Middleton (38th.100:58), Morris (40th.103:57).

Ladies 5kms:- Spacey (1st.25:32), Brackpool (6th.27:57), Morrison (7th.29:20), Barker (8th.29:20), Catherine Mann (10th.29:59), Christou (15th.35:33).

1ST APRIL 1989 METROPOLITAN W.C. 20kms BATTERSEA PARK

Fotheringham (13th.113:37), King (15th.114:16), Dunsford (20th 119:07), Fitzgerald (22nd.119:33), Sharpe (32nd.127:06).

Ladies 10kms:- Morrison (6th.60:19), Brackpool (7th.61:53)

The Belgrave 20 miles held in conjunction with the Southern 20 miles at Steyning on 22nd April 1989 was won by John Hall 3.00:16, King (2nd.3:11:32), Fitzgerald (3rd.3:20:12).

7TH MAY 1989 BELGRAVE 10KMS BATTERSEA PARK

1. J. Hall 47:57, 2. N. Carmody, Cambridge H. 48.02, 3. S. Lightman S.W.C. 49:59, Fotheringham (10th.55:04), King (56:42), Dunsford (12th.57:12), Sharpe (13th.57:28), Morris (17th.65:40).

13TH MAY 1989 NATIONAL WOMENS 15KMS LEICESTER

1. V. Lupton, Sheff. 82:00, 2. Spacey 82:14, 3. B. Lupton, Sheff. 82:28, Brackpool (10th.92:14), Morrison (12th.93:02), Barker (13th.93:51).
Team Belgrave 3rd.

Paul King won both the Stock Exchanges 25 miles and London to Brighton, the first Belgravian to win the latter since Ray Hall.

3RD JUNE 1989 SOUTHERN TRACK LEAGUE FINSBURY PARK

3Kms 4th. Lawton, 7th. Sharpe.
5Kms 4th. Warburton, 7th Fotheringham.
10Kms 10th. King.

10TH JUNE 1989 NATIONAL 35KMS AND WOMENS 5KMS COLCHESTER

Lawton (11th.3:18:15), King (25.3:32:34), Fotheringham(41th.3.50:04 Fitzgerald (46th.3:55:23). Brackpool (30th.30:42), Christou (39th.36:51)

15th JULY 1989 SCAA 10KMS/ SCWAAA 5KMS WALTHAM FOREST

Lawton (5th.52:37.9), King (9th.57:29.4), Sharpe (10th.62:15.6)

Morrison (7th.29:28.9)

Geoff Fitzgerald joined the ranks of the Centurions when at Hendon on June 24/25th he completed 100 miles in 22 hours 4 mins and 58 seconds.

Gill Brackpool won the womens 7 miles at Briantspuddle 6th August in 74:14, Carl Lawton was 3rd in the mens in 58:22.

16TH SEPTEMBER 1989 HIGHGATE HOUR PARLIAMENT HILL

Warburton 11429m, Scamell 10943, Sharpe 10468, King 10304, Beecham 8595.
Belgrave 3rd.

24TH SEPTEMBER 1989 SOUTHEND 5 MILES

Hall (3rd.37:39), Lawton (6th.39:36), Warburton (40:17, Sharpe (20th.44:56), King (23rd.45:24)

Womens 1. Jane Lewry 47:30

14TH OCTOBER 1989 CHIPPENHAM TO CALNE 6 MILES

Womens Spacey (6th.62:35), Lewry (9th.66:25), Morrison (12th.67:48) Barker (13th.70:04), Brackpool (15th.72:50)
Team Belgrave 2nd.

11TH NOVEMBER 1989 ENFIELD OPEN 7 MILES

Hall (4th.53:03), Lawton (12th.57:05), Warburton (13th.57:13) Llewelin (14th.57:23), King (28th.62:06), Sharpe(29th.63:31) Dunsford (34th.63:32)

Team 1. Belgrave 57, 2. Brighton 77, 3. Sheffield 81.

Womens: 2 Lewry 63:08, 5. Morrison 67:41.

25TH NOVEMBER 1989 BELGRAVE OPEN 7 MILES WIMBLEDON

D. Stone, Steyning, (1st.49:00), S.Phillips, Ilford,(2nd.50:36), Buchanan, Brighton,(3rd.52:08), Hall(4th.53:00), Llewelin(8th.55:05 Warburton (9th.55:26), Lawton(11th.56:23, King(20th.60:49) Sharpe(27th.62:18), Dunsford(28th.62:19), Middleton(30th.64:18), Fotheringham(33rd.64:55), Crutcher(36th.66:30)

Team: 1. Belgrave 32, 2. Steyning 33, Brighton 58

Womens 1. Lewry 65:47, 3. S.Morrison 66:38 5. G. Brackpool 69:27.

16TH DECEMBER 1989 ILFORD 10KMS CHIGWELL ROW

Hall(5th.49:32), Lawton(9th.50:13), Llewelin(11th.51:01) Sharpe (24th.57:34), Fotheringham(29th.58:37)

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1990

WALKING SECTION UPDATE

Many thought that 1989 was bad. 1990 has been almost non existant. We have been thin on the ground for a couple of years but this year with injury problems to two active walkers has put paid to virtually all team competition and it has been left to Doug Fotheringham and John Dunsford to keep some sort of notification that Belgrave still has a mens side.

The ladies have also had problems and we have not done as well as in previous years. One of the problems is getting enough out when they are needed.

Being optmistic we could be on the up, we really cannot go any lower, and 1991 could see increased numbers out in both men and womens races. To do this we have to co-ordinate better and endeavour to make a concerted effort to enter races and TURN UP.

Carl Lawton



Marcello Bizio was rewarded with a 5000m and 3000m S/C double in the 1989 BAL Div 1 Match 3 due to the non appearance of our 'A' string man.
Photo, Kevin Sturman



Darrell Maynard has promised to establish himself both on the track and on the road and is the man to look out for on 1991.

Photo, Kevin Sturman

Track and Field.

The last issue of the Belgravian dealt with the 1988 Track and Field season. In the following pages we have compressed the subsequent two years results concentrating mainly on team performances as the fine exploits of many of our top athletes have been recorded elsewhere and will be familiar to you. Our 'A' team continued to make steady progress in Division 1 of the GRE British Athletics League although the team performances never quite achieved the sum total of the individual strengths. In '89 the 'B' team again just missed promotion to Division 1 of the Southern League but finally achieved its aim in 1990. 1989 was the first year we put out a 'C' team in Division 7 of the Southern Lge and it immediately gained promotion to Division 6. It is fair to say that now we can offer anybody summer competition at whatever level is required.

Our Cup performances continue to disappoint. Although we have made the finals for 3 consecutive years the attraction of a televised meet does not seem to act as a spur to those just below Super Star standard while the big guns are generally looking for a rest. One day it may all come together!

We have been fortunate over the last two seasons in that many of this Country's top athletes have chosen Belgrave as the Club at which they wish to further their careers. In this issue we have given a brief rundown on the new names and we look forward to watching their progress in the years ahead.

1989

SOUTHERN LEAGUE ROUNDUP

First the bad news, once again we have failed to gain promotion to division one. This was the third year running that we have finished sixth, (the top five gaining promotion) although it was by the slimest of margins, the same league points as the fifth club but falling short on match points. Perhaps 1990 will be our year, I certainly believe we can do it, we just need to be a little more consistent.

Now the good news, our 'C' team won promotion to division six. This was the first season that we have had a 'C' team in the Southern League, so we had to start at the bottom, winning all our matches. This was not always easy with everybody having to cover several unfamiliar events, but all enjoying themselves immensely. The age of competitors in this team can vary quite considerably, with father and son competing along side each other on numerous occasions.

I would to thank all those who did turn out this season and hope to see you all again next year. A look at the results will show who did what and where. Listed below is the dates and venues for the 1990 season and as can be seen there is not a great deal of travelling to be done, so lets see if both teams can win promotion this coming season. So give me a ring and let me know when you are available and what you would like to do.

Bob Bridges

Southern League Division 2 1989

Match Code: 1 Kingston 6th May; 2 Battersea 27th May; 3 Ealing 24th June; 4 Ipswich 8th July;
5 Battersea 22nd July; 6 West London 5th August.

A		B		A		B		A		B	
100m				200m				400m			
1 4 J French	11.6	4 G Warr	12.0	3 J French	24.0	2 G Warr	23.8	2 S Garcia	51.0	4 A Paton	53.0
2 2 M Bazire	11.1	3 P Okora	12.0	2 S Garcia	23.2	1 M Fok	23.0	2 M Bazire	50.4	1 M Fok	50.1
3 3 G Warr	11.5	4 M Fok	11.9	4 G Warr	23.6	3 I Wells	23.7	3 M Fok	50.1	3 M Chuter	52.4
4											
5 4 G Warr	12.1	1 A Harvey	11.6	2 A Harvey	22.8	5 G Warr	23.9	1 S Garcia	50.9	1 M Ramshaw	51.3
6 4 F Ocrach	11.7	4 G Warr	11.6	4 F Ocrach	23.2	4 G Warr	23.7	3 A Ross	51.6	4 A Paton	53.3
800m				1500m				5000m			
1 1 J Chaston	1.56.7	1 A Paton	1.57.6	1 J Chaston	4:04.2	1 M Chuter	4:13.4	2 J Bicourt	14:58.6	2 F Ward	15:32.8
2 5 N Clarke	2.04.0	3 J Barry	2.02.4	5 M Chuter	4.13.0	5 N Clarke	4.21.5	1 O Foote	15.13.8	1 M Lake	15.32.3
3 3 G Adams	1:56.4	3 A Paton	1:57.8	1 L Looney	3:56.3	1 J Chaston	3:56.9	2 P Saunders	15:21.5	1 M Lake	15:30.5
4											
5 4 C Knight	2.02.2	2 A Paton	2.04.5	2 M Stickle	4:05.8	4 M Chuter	4.19.0	1 F Ward	15:21.2	1 Saunders	15:24.7
6 2 S Paton	1.56.5	2 J Chaston	1.58.2	1 M Stickle	3.58.3	2 R Blick	4.04.2	1 F Ward	15:14.3	3 Saunders	15:16.3
3000s/c				110mH				400mH			
1 1 M Bizio	9.43.4	1 Anderson	10.32.1	3 G Allison	16.8	2 A Johnson	17.3	2 M Fok	56.9	1 G Allison	59.4
2 2 P Gilby	9.58.8	1 J Barry	10:05.5	1 P Chong	15.2	1 G Allison	16.5	1 S Chong	56.2	1 D Thomas	57.9
3 1 M Bizio	9:29.2	4 L Lyons	10:20.2	2 I Wells	16.1	1 G Allison	16.5	2 I Wells	55.8	1 G Allison	59.0
4											
5 5 L Lyons	10.40.1	4 Anderson	10.55.6	- A Pamah	dnf	3 A Amadi	20.3	2 M Ramshaw	57.8	1 A Pamah	58.5
6 2 M Bizio	9.33.6	3 L Lyons	10.43.7	1 I Wells	16.1	1 D Thomas	19.7	1 I Wells	55.5	1 D Thomas	59.6
High Jump				Long Jump				Triple Jump			
1 5 G Allison	1.60	-	-	3 M Fok	6.25	-	-	1 T Blanchard	14.31	4 M Fok	11.99
2 5 G Allison	1.60	5 M Fok	1.55	1 P Okora	6.75	5 J Druce	5.46	1 A Amadi	13.76	2 J Druce	12.90
3 1 L Haughton	1.90	2 G Allison	1.70	3 M Fok	6.25	4 J Druce	5.56	1 A Amadi	13.94	2 J Druce	12.86
4											
5 5 A Amadi	1.70	4 M L. Bayley	1.60	3 M L Bayley	5.95	3 A Amadi	5.65	1 A Amadi	14.09	3 M Ramshaw	12.45
6 4 A Amadi	1.70	4 G Sagar	1.60	2 S Hyld	6.68	3 I Wells	5.78	1 A Amadi	13.13	1 J Druce	12.44
Pole Vault				Shot				Discus			
1 5 M Shippen	3.10	4 A Johnson	2.30	5 J Martin	9.94	4 A Johnson	9.62	5 A Johnson	25.08	5 J Martin	23.98
2 4 R Bridges	1.54	-	-	4 M Small	11.60	3 C Brooks	10.13	3 M Small	39.50	3 C Brooks	32.68
3 5 A Amadi	2.30	4 R Bridges	2.30	3 M Small	12.08	2 C Brooks	10.73	1 M Small	40.12	1 C Brooks	34.28
4											
5 2 M Shippen	3.00	3 A Amadi	2.30	2 M Small	12.39	3 J Martin	10.18	1 M Small	40.80	4 J Martin	27.52
6 4 A Amadi	1.50	3 R Bridges	1.50	1 M Small	11.83	1 J Martin	10.64	1 M Small	41.38	2 J Martin	28.10
Hammer				Javelin				4x100m			
1 5 J Martin	21.08	5 A Johnson	17.40	4 D Mole	43.96	4 J Martin	36.94	3	45.5		
2 3 M Small	45.88	4 R Bridges	17.20	2 M Small	44.56	1 C Brooks	44.14	3	46.0		
3 3 M Small	46.20	4 R Bridges	19.28	3 C Brooks	42.60	2 M Small	41.78	4	45.4		
4											
5 2 M Small	45.16	4 J Martin	20.96	4 M Small	45.04	1 D Mole	44.92	1	45.1		
6 1 M Small	44.78	2 J Martin	22.28	2 M Small	47.62	1 J Martin	42.64	2	44.8		
4x400m				Match Result							
1 1	3.26.9			Guildford & G 120.5. Crawley 117. <u>Belgrave 104</u> . Brentwood 97. Kingston & P 96.5							
2 1	3.25.8			<u>Belgrave 122</u> . Mitcham & Sutton 117. Nene V H 103.5. Reading 99.5. Southend 93.							
3 3	3.23.5			Harlow 128. <u>Belgrave 126</u> . Haringey 114.5. Ealing & S 111. Yeovil 56.5.							
4				Match cancelled due to bad weather.							
5 1	3.25.6			Basingstoke 134. Old Gayts 121. <u>Belgrave 120</u> . Cambridge H 88. Havant 72.							
6 3	3.32.8			<u>Belgrave 137</u> . QPH 126. TVH 105. Swindon 81.5. Exeter 73.5.							

Final Table:	1 Harlow	30	822
	2 Norfolk o.	27	774.5
	3 Guildford & G	25	731.5
	4 Old Gaytonians	24.5	748
	<u>5 Basingstoke</u>	<u>24</u>	<u>746</u>
	6 Belgrave H	24	731

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24 Exeter	7.5	447
25 Swindon	7	451

Compiled by;

Bob Bridges

Southern League Division 7 Nth 1989

Match Code: 1 Norbiton 6th May; 2 Battersea 27th May; 3 Watford 24th June; 4 West London Stadium 8th July;
5 Battersea 22nd July.

A		B		A		B		A		B	
100m				200m				400m			
1 5 C Husbands	12.1	1 G Sagar	12.1	5 C Husbands	24.7	2 G Sagar	25.0	1 C Husbands	54.6	2 G Sagar	55.8
2 1 G Warr	11.8	1 F Ocrach	11.8	1 F Ocrach	23.6	1 C Husbands	24.7	1 G Adams	52.0	1 C Husbands	54.0
3 1 F Ocrach	11.6	1 P Lyttle	11.9	1 F Ocrach	23.8	1 C Husbands	25.1	1 C Husbands	54.1	2 J Coy	58.9
4 1 A Harvey	11.8	1 P Lyttle	12.3	1 A Harvey	23.4	1 C Mills	23.7	1 C Mills	52.6	2 C Husbands	54.2
5 1 S Heskett	12.1	1 L Kouassi	12.2	1 M Alleyne	23.0	1 C Husbands	24.9	1 J Abadon	53.6	1 M Bowers	53.8
800m				1500m				5000m			
1 1 G Adams	2:01.5	1 M Bowers	2:06.8	1 J Hobbs	4:16.7	1 A Painter	4:30.3	1 M Lake	15:40.7	1 J Mather	16:??
2 1 R Blick	2:02.0	2 M Bowers	2:06.7	1 J Hobbs	4:15.8	1 L Lyons	4:22.0	1 P Saunders	16:09.4	1 J Mather	16:15.2
3 1 R Blick	2:00.5	1 M Bowers	2:04.7	1 F Ward	4:10.2	1 J Hobbs	4:12.3	1 D Anderson	16:11.1	1 L Coy	19:25.0
4 3 J Coy	2:13.6	4 J Druce	2:24.9	1 J Mather	4:21.9	3 M Head	4:54.7	1 J Mather	?	1 M Head	?
5 1 A Ross	2:02.0	1 J Booth	2:02.0	2 G McGurran	4:29.4	2 S Smullen	4:31.1	1 M Lake	15:41.1	1 M Head	17:32.6
3000s/c				110mH				400mH			
1 1 P Gilby	10:23.1	2 S Lidden	10:53.3	3 F Dolan	22.2	2 J Coy	23.2	3 J Coy	73.1	2 S Lidden	67.5
2 1 D Anderson	10:46.8	1 S Leddin	10:55.2	1 A Johnson	17.4	2 J Coy	21.7	2 A Johnson	61.1	2 J Coy	70.2
3 1 D Anderson	11:05.8	1 J Coy	12:48.4	1 A Pamah	16.7	1 A Johnson	17.0	1 A Pamah	61.9	2 J Coy	70.7
4 1 M Bizio	9:30.8	2 L Coy	12:07.9	1 D Thomas	20.1	3 J Coy	28.0	1 D Thomas	63.0	1 J Coy	69.2
5 2 S Leddin	11:05.1	1 T Dowell	11:52.9	1 A Johnson	17.1	2 J Coy	24.0	2 F Dolan	70.1	1 J Coy	71.7
High Jump				Long Jump				Triple Jump			
1 1 F Dolan	1.60	1 G Sagar	1.60	5 C Husbands	5.05	4 D Mote	4.06	3 F Dolan	10.27	2 R Bridges	9.20
2 2 G Adams	1.60	1 J Hobbs	1.00	3 J Pritchard	5.16	2 C Husbands	4.36	3 P Lyttle	11.66	1 A Johnson	10.58
3 3 A Johnson	1.60	2 J Coy	1.20	2 P Lyttle	5.42	3 C Husbands	4.74	3 P Lyttle	11.24	1 A Johnson	10.87
4 4 J Coy	1.25	-	-	1 S Dominetto	5.46	1 J Pritchard	5.10	1 J Druce	11.93	-	-
5 2 F Dolan	1.55	1 A Johnson	1.50	1 P Lyttle	5.66	2 J Pritchard	4.88	1 A Johnson	11.57	1 F Dolan	10.55
Pole Vault				Shot				Discus			
1 1 R Bridges	2.30	1 F Dolan	2.10	2 F Dolan	8.67	1 G Sagar	8.64	3 G Sagar	21.01	3 F Dolan	17.87
2 2 D Mote	2.50	1 A Johnson	2.30	3 D Mote	8.05	4 B Green	6.11	2 A Johnson	25.14	2 B Green	16.16
3 2 A Johnson	2.10	-	-	1 J Martin	11.15	2 P Lyttle	9.93	1 A Johnson	28.72	1 J Martin	25.80
4 -	-	-	-	3 C Husbands	7.76	3 J Coy	6.10	3 P Lyttle	24.58	1 J Druce	24.44
5 1 A Johnson	2.10	1 R Bridges	2.10	1 P Lyttle	9.22	1 F Dolan	8.80	1 A Johnson	25.70	1 P Lyttle	23.54
Hammer				Javelin				4x100m			
1 3 D Mote	20.46	3 R Bridges	19.36	2 G Sagar	37.42	2 F Dolan	22.32		2	48.7	
2 1 A Johnson	22.56	-	-	1 D Mole	44.48	1 P Lyttle	37.50		2	48.0	
3 3 A Johnson	23.40	2 J Martin	22.86	2 J Martin	40.70	3 P Lyttle	33.26		1	47.1	
4 4 P Lyttle	15.98	4 J Druce	14.44	3 P Lyttle	31.58	2 C Husbands	30.04		1	46.8	
5 1 R Bridges	18.82	1 A Johnson	18.82	1 P Lyttle	37.18	1 G Durrell	30.44		1	46.8	

4x400m		Match Result	
1 1	3:42.1	<u>Belgrave 108</u>	Milton Keynes 104; Brentwood 87; Chesham 45:
2 1	3:35.6	<u>Belgrave</u>	
3 1	3:44.2	<u>Belgrave 122</u>	Braintree 106; Borehamwood 56:
4 2	3:37.9	<u>Belgrave 99</u>	Trent Park 93.5; QPH 87.5 Harlow 65:
5 1	3:38.6	<u>Belgrave 137</u>	Muswell Hill 106; Southwark - :

Final Table:		1	20	586.5
		2	Milton Keynes	18 608
		3	Stevenage	17 523
		4	Southend	16.5 510

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13	Borehamwood	8	275
14	Southwark	2	34

Compiled by;

Bob Bridges

Match 1 Alexander Stadium Birmingham 13 May 1989.

A solid start to the new league season with 4th place at the end of the afternoon. Fine wins were recorded by Marcus (200m) and Nigel (Javelin) and by the 4x100 really team (Lenny, Dave, John, Phil), who showed all the other teams how to run a relay. This 4x100 time and the 4x400 were to be our best times for the season. The most welcome sight was to see John Gladwin back in the Belgrave vest on the track, after a long illness. Nigel and Abi covered all the throws in a busy afternoon. One prediction came true in that we easily beat Haringey!

Match 2 Haringey 10 June 1989.

Another good result put us third in the league behind Birchfield and Haringey. John Gladwin, running the A string, showed that he is back to his best with a superb win over a good class field. Other wins came from Marcus (200), Simon (B S/C), Femi (a magnificent 16.38 TJ), and Andy Hutchinson (HJ). The high jump proved to be our top points event with Ossie and Andy for a 2nd and 1st. Paul Evans led all the way in the 5k to be caught on the line by Steve Harris. The pole vault proved to be controversial with the leading vaulters opting out, because of a dangerous take off box. Jimmy Summers would have none of it and proceeded to finish 4th in the A string and gained more points than in the Hammer!

Match 3 Alexander Stadium Birmingham 15 July 1989

With hopes high of consolidating our position we were brought down to earth by a disappointing 7th place, on our 2nd visit to Birmingham. We did not have a bad team on paper, but everybody else was at full strength. Femi and Phil Okoro combined well for a 2nd and 1st in the triple jump. Lenny was a hero with two sprint wins and he was ably backed by Phil Goedluck. Best performance of the day came from Andy Lloyd, who front ran the 1500 and left everybody for dead as he stretched out a very high class field. Marcello made an unbelievable breakthrough in the chase and was rewarded by being asked to run the 5000, where he finished a brave 6th.

Match 4 Enfield 5 August 1989

The final match was switched to Enfield and there was still a possibility that we could be relegated. As it turned out, this proved not to be the case - at one point towards the end of the meeting, it was Blackheath who were looking very worried. We were again hit by having no sprinters to back Lenny - with Phil, Ernest and Mike Bazire injured and John and Marcus competing elsewhere. John Gladwin again won the 800 in a magnificent 1:48.21. Lenny had another sprint double and Andy Lloyd won the 1500 B. Other winners were Abi (DT), and Chris Cornwell (HJ B).

Abi proved to be our biggest points scorer and did not miss a match all season including the GRE Cup. Lenny won most points in a match with 33% at Enfield. They both combined great performances with a great team spirit and were a fine example to everybody. Neil Hammersley and Jay Busk were also ever present all season.

A mention should be made of our supporters who supplied liberal heaps of sandwiches throughout the season. This group included Ted from Lowestoft, who will probably have a lot to say for himself once he gets to know everybody!

GRE GOLD CUP REPORT

Semi Final Cwmbran 30 July 1989

Victims of the dreaded random draw, we were forced to travel down to South Wales and compete against fellow Division One clubs Blackheath and Shaftsbury. The first two teams would progress through to the final. We lay in 5th place for most of the afternoon with steady performances from everybody. Towards the end of the day came 'le grande surge' and we leapfrogged into 2nd place. This came from wins in the TJ (Femi), Discus (Abi), Javelin (Nigel), and the 4x100 relay team. Highlights of the afternoon were the new club record set by Neil Hammersley, on home soil, in the 400h, breaking Mel Ford's old mark. The 4x400 also ended in excitement with Nigel from Blackheath and Jay fighting out the last leg. This followed a cool 47.5 from Marcus. Blackheath won the Meeting and the relay.

Final Stoke-on-Trent

This was our 2nd final and with a better looking team we fancied a place at the very least. Unfortunately, it was not to be - Abi got caught up in the dreaded M6 traffic and missed the Discus and we were disqualified in the 4x100 relay, having been yards up at the last change. Our 7th place could so easily have been 2nd or 3rd. Marcus proved to be our only winner with an excellent 200m, but other good performances came from Andy Hutchinson, with a great 2.15 high jump, Paul Evans 2nd place in the 10000 and Femi's 2nd place in the triple jump. Next Year !!!

BAL 1 ALEXANDER STADIUM 13TH MAY 1989

100 A. 2. L.Paul 10.86, B. 3. D.Armstrong 11.09; 200 A. 1. M.Adam 21.49, B. 4. P.Goedluck 22.16; 400 A. 5. J.Busk 50.38, B. - ; 800 A. 7. C.Ogle 1;54.21, B. 4. J.Gladwin 1;54.70; 1500 A. 3. S.Paton 3;52.24, B. 3. J.Chastin 3;55.83; 5000 A. 3. D.Mead 14;19.80, B. 6. F.Ward 15;47.88; 3000 S/C A. 6. S.Maynard 9;37.32, B. 6. M.Bizio 9;55.93; 110H A. 6. A.Carter 15.62, B. 7. T.Pamah 18.59; 400H A. 3. N.Hammersley 53.80, B. 4. T.Pamah 56.90; LJ A. 5. S.Wyld 6.59, B. 4. C.Cornwell 6.33; HJ A. 3. O.Cham 2.05, B. 2. C.Cornwell 1.95; PV - TJ A. 3. F.Abejide 15.44, B. 3. D.Browne 14.12; DT A. 2. A.Ekoku 53.74, B. 8. N.Bevan 34.64; SP A. 4. A.Ekoku 15.63, B. 8. N.Bevan 11.78; JT A. 1. N.Bevan 76.82, B.7. A.Ekoku 43.52; HJ A. 8. A.Ekoku 23.78, B. 7. N.Bevan 17.50; 4x100 1. (L.Paul, J.Regis, P.Goedluck, D.Armstrong) 41.00; 4x400 2. (J.Busk, J.Regis, S.Paton, M.Adam) 3;16.38.

Match result - 4th Bels 272 Points

BAL 2 HARINGEY 10TH JUNE 1989

100 A. 3. P.Goedluck 10.81, B. 4. M.Bazire 10.98; 200 A. 1. M.Adam 21.26, B. 2. P.Goedluck 21.86; 400 A. 5. J.Busk 49.40, B. 7. S.Garcia 50.43; 800 A. 1. J.Gladwin 1;48.94, B. 4. S.Paton 1;54.23; 1500 A. 5. C.Ogle 3;50.59. B. 2. D.Mead 3;47.30; 5000 A. 2. P.Evans 14;06.41, B. 7. O.Foote 15;23.72; 3000S/C A. 4. M.Hayes 9;11.50, B. 1. S.Maynard 9;19.80; 110H A. 7. A.Carter 15.21, B. 2. P.Chong 14.98; 400H A. 7. N.Hammersley 54.14, B. 4. S.Chong 54.88; LJ A. 5. P.Okoro 6.81, B. 2. S.Wyld 6.69; HJ A. 2. O.Cham 2.15, B. 1. A.Hutchinson 2.10; TJ A. 1. F.Abejibe 16.38, B. -; PV A. 4. J.Summers 2.10, B. -; DT A. 2. A.Ekoku 53.34, B. 8. A.Hutchinson 16.06; SP A. 3. A.Ekoku 16.83, B. 8. M.Hayes 6.50; JT A. 2. N.Bevan 74.38, B. 7. A.Ekoku 45.80; HT A. 8. J.Summers 49.30, B. -; 4X100 4. (M.Bazire, D.Williams, P.Goedluck, M.Adam) 42.40; 4x400 8. (M.Ramshaw, S.Garcia, M.Bazire, J.Busk) 3;28.40

Match result - 3th Bels 290 Points

BAL 3 ALEXANDER STADIUM 15TH JULY 1989

100 A. 1. L.Paul 10.51w, B. 4. P.Goedluck 10.77; 200 A. 4. P.Goedluck 21.69, B. 1. L.Paul 21.47; 400 A. 6. D.Maynard 50.03, B. 4. J.Busk 50.14; 800 A. 6. L.Looney 1;55.63, B. 8. G.Adams 2;01.92; 1500 A. 1. A.Lloyd 3;47.08, B. 3. M.Chaston 3;58.23; 5000 A. 7. O.Foote 14;55.52, B. 6. M.Bizio 15;51.31; 3000S/C A. 5. S.Maynard 9;29.07, B. 1. M.Bizio 9;33.33; 110H A. 7. A.Carter 15.46, B. 7. D.Baptiste 16.34; 400H A. 6. N.Hammersley 54.67, B. 3. I.Wells 55.71; LJ A. 5. F.Abejide 7.19, B. 3. P.Okoro 6.54; HJ A. 6. C.Cornwell 1.95, B. 6. P.Okoro 1.85; PV A. 8. J.Summers 2.10, B. -; TJ A. 2. F.Abejide 15.88, B. 1. P.Okoro 14.40; DT A. 2. A.Ekoku 55.92, B. 8. J.Summers 21.84; SP A. 2. A.Ekoku 15.71, B. 8. J.Summers 8.01; JT A. 7. J.Summers 30.78, B. 7. A.Carter 21.12; HT A. 7. J.Summers 48.66, B. 7. A.Ekoku 24.36; 4x100 DSQ 4X400 4. (M.Bazire,I.Wells,J.Busk,D.Maynard) 3;23.28

Match result - 7th Bels 245 Points

BAL 4 ENFIELD 5TH AUGUST 1989

100 A. 1. L.Paul 10.55w, B. 8. J.Busk 11.68; 200 A. 1. L.Paul 21.46, B. 8. A.Carter 22.9; 400 A. 5. J.Busk 49.16, B. 6. M.Ramshaw 50.27; 800 A. 1. J.Gladwin 1;48.21, B. 3. P.Evans 1;51.04; 1500 A. 5. G.Staines 3;47.37, B. A.Lloyd 3;46.19; 5000 A. 4. D.Mead 14;37.79, B. 3. O.Foote 14;39.20; 3000S/C A. 3. M.Hayes 9;11.59, B. 2. S.Maynard 9;23.87; 110H A. 6. P.Chong 15.40, B. 3. A.Carter 15.22; 400H A. 4. N.Hammersley 53.28, B. 4. S.Chong 54.43; LJ A. 6. P.Okoro 6.67, B. -; HJ A. 2. A.Hutchinson 2.00, B. 1. C.Cornwell 2.00; PV A. 8. M.Shippen 3.20, B. -; TJ A. 4. F.Abejide 15.68, B. 3. P.Okoro 13.99; DT A. 1. A.Ekoku 55.12, B. 8. M.Ramshaw 13.94; SP A. 2. A.Ekoku 16.24, B. 8. M.Hayes 6.94; JT A. 8. D.Mole 44.12, B. 8. M.Shippen 24.54; HT - 4X100 6 P.Chong, A.Carter, J.Busk, L.Paul 42.57; 4x400 5. S.Chong, M.Ramshaw, M.Sinclair, J.Busk 3;22.00

Match result - 4th Bels 264 Points

FINAL LEAGUE POSITIONS.

1. Birchfield 1362Pts(31 League Pts), 2. Haringey 1162(22), 3. Shaftesbury 1040(19), 4. Newham 1097(18), 5. BELGRAVE 1071(18)
6. Blackheath 1008(15), 7. Wolverhampton 1009(14), 8. Sale 897(7).

GRE CUP SEMI-FINAL CWMBRAN 30TH JULY 1989

100 1. L.Paul 10.90; 200 3. P.Goedluck 21.90; 400 2. J.Busk 50.00; 800 4. C.Ogle 1;54.20; 1500 1. P.Evans 3;47.00; 5000 5. M.Bizio 15;43.80; 10000 5. O.Foote 32;24.30; 3000S/C 4. M.Hayes 9;14.50; 110H 4. A.Carter 15.60; 400H 3. N.Hammersley 53.10; LJ 3. F.Abejide 7.23; HJ =2. A.Hutchinson 2.05; PV -; TJ 1. F.Abejide 15.76; DT 1. A.Ekoku 55.66; SP 4. A.Ekoku 15.07; JT 1. N.Bevan 75.96; HT 8. A.Ekoku 24.58; 4x100 1. L.Paul, M.Adam, M.Bazire, P.Goedluck. 41.40; 4x400 2. J.Busk, M.Bazire, M.Adam, M.Ramshaw. 3;16.80

Match result - 2th Bels 121 1/2 Points

GRE CUP FINAL STOKE-ON-TRENT AUGUST 1989

100 3. L.Paul 10.67; 200 1. M.Adam 21.29; 400 7. J.Busk 49.59; 800 4. J.Gladwin 1;50.58; 1500 6. D.Mead 3;52.58; 5000 4. O.Foote 14;40.28 10000 2. P.Evans 29;28.66; 3000S/C 5. M.Hayes 9;22.65; 110H 8. A.Carter 15.47; 400H 5. N.Hammersley 53.56; LJ 4. P.Okoro 7.20; HJ 2. A.Hutchinson 2.15; PV -; TJ 2. F.Abejide 15.86; DT -; SP 4. A.Ekoku 16.17; JT 8. M.Small 45.58; HT 7. M.Small 43.62; 4x100 DSQ 4X400 8. J.Busk, M.Ramshaw, N.Hammersley, D.Maynard. 3;23.17

Match result - 7th Bels 74 Points

Match 1 Depleted in several areas we travelled to Cophthall with some trepidation. Fortunately other teams were experiencing similar early season problems and we finished on equal points with Shaftesbury but were awarded 2nd Match place due to our superior number of wins. Lennie Paul was a clear winner in the 'A' 100 and 200, Abi in the 'A' discus, Andy Lloyd in the 'A' 1500, Paul Evans in the 'A' pole vault while Mike Edwards arrived jet lagged straight from the U.S.A. to set a pb and a new Club Record by winning the 'A' pole vault with 5.30. His father, Mike Edwards Senior, did not stand idly by but scored good points in the 'B' pole vault. Phil Goedluck scored a win in the 'B' 200 and our sprinters surprised Haringey in the 4 x 100 to win with Adrian Carter proving a remarkable substitute for an unfit Marcus Adam. The other notable performance was by one of our remarkable youths - 6 ft. 4 Stanley Osuide finishing second in the 'B' high jump. A quite remarkable debut for this young man in the U.K.'s Premier League.

Match 2 Crystal Palace could almost be classified as a home fixture but it proved unlucky. As with most home fixtures athletes made their own transport arrangements and the team managers were reduced to gibbering wrecks as several athletes failed to appear or announced late illness. Badly hit were the sprints with John Regis our only top ranked man losing a tight battle with Linford Christie in the 100. Norman Shute travelled at late notice from Gateshead but travel plus the competition proved quite a problem for him. Our middle distance men rallied well with Darryl Maynard standing in at 20 minutes notice to gain good 800 m points while we won both 1500m's with Stuart Paton gaining a faster win in the 'B' than Andy Lloyd in 'A' - but Andy then ran the 'A' 5000 some 30 minutes later to record a very creditable 14.04. Abi again scored maximum points in the discus and shot and Phil McKay made a welcome return to ensure a clean sweep in the shot. Our javelin was again below par with Nigel Bevan still sidelined with injury. Mike Edwards junior edged the Club pole vault record higher as he continued his quest for maximum points through the season. All in all the team did well to finish 3rd and held onto 2nd place in the League.

Match 3 We travelled to Birmingham in the knowledge that several of our stars had performed in Edinburgh at the previous night's International Match. Marcus Adam made a game effort to boost our results following a good performance in Edinburgh but it was soon apparent that lack of deep down fitness had caught him out and he just walked in in the 200. Gary Staines used this match to assess fitness after injury and his winning performance looked good for the future. But the big surprise was Olly Foote winning the 'B' to make it a first time double in BAL Division 1 5000 m's. Another double in the shot but Abi just couldn't master the wind in the discus and settled for second. Our 400 hurdlers produced a record number of points as Paul Beaumont set a new Club Record in his debut while previous record holder Neil Hammersley showed a return to form in the 'B' race. Mike Edwards continued his winning ways in the pole vault and Lenny Paul clocked up two 'B' string sprint wins. Another 3rd place for the team to narrowly maintain our 2nd League place but Birchfield look determined to catch us.

Match 4 Our traditional poor start was at least reversed as Phil Spivey made his debut for us to gain 4th place in the hammer followed immediately by a fine 2nd in the 'A' 400H by Paul Beaumont. Neil Hammersley gained his first 'B' 400H win with a sub 53.0 clocking to show there's life in the old dog yet. Our long sprints were a disappointment considering the depth we have in the 200m but Jay Busk performed above expectations to gain a 4th in the 'A' 400. Other than another fine win for Mike Edwards the highlight was a javelin double win to herald the return to fitness of Nigel Bevan and a new model Jason Bridges who has proved an enthusiastic competitor willing to fill in as required - a boon to team managers which is also exhibited by Darryl Maynard, Ian Wells, Abi Ekoku among others. But despite their support there were too many gaps to prevent us finishing 3rd in the League. Our final points score was some 200 points higher than our previous best.

BRITISH ATHLETIC LEAGUE 1990BAL 1 MAY 12TH 1990 COPTHALL

100 A. 1. L. Paul 10.50, B. 4. P. Goedluck 10.8; 200 A. 1. L. Paul 21.10, B. 2. P. Goedluck 21.70; 400 A. 7. J. Busk 50.00, B. 6. D. Maynard 50.90; 800 A. 5. C. Ogle 1:53.7, B. 5. G. Adams 1:57.3; 1500 A. 1. A. Lloyd 3:49.5, B. 2. M. Chaston 3:54.1; 5000 A. 1. P. Evans 14:01.9, B. 4. O. Foote 14:39.3; 3 S/C A. 2. J. Chaston 8:54.8, B. 3. M. Bizio 9:41.8, 100H A. 4. A. Carter 14.80, B. 2. P. Chong 15.20; 400H A. 5. N. Hammersley 54.4, B. 6. T. Pamah 56.10; HJ A. 4= C. Cornwell 1.90, B. 2. S. Osuide 1.90; LJ A. 3. P. Okoro 6.99, B. S. Wyld 6.44; PV A. 1. M. Edwards 5.30, B. 6. M. Edwards 3.60; TJ A. 4. P. Okoro 14.79, B. 6. S. Wyld 12.79; HJ A. 8. A. Ekoku 23.85, B. P. Lyttle 13.36; SP A. 2. A. Ekoku 15.69, B. 8. P. Lyttle 9.62; DT 1. A. Ekoku 57.32, B. 5. J. Bridges 37.40; JT A. 4. J. Bridges 57.44, B. 8. P. Lyttle 38.34 4 x 100 1. (A. Carter, J. Regis, L. Paul, P. Goedluck) 41.7; 4 x 400 8. (T. Pamah, D. Maynard, C. Ogle, J. Busk) 3:24.4

Match Result - 2 Bels 309 Points

BAL 2 JUNE 10TH 1990 CRYSTAL PALACE

100 A. 2. J. Regis 10.37, B. 7. N. Shute 11.02; 200 A. 7. N. Shute 22.44, B. 7. J. Busk 22.85; 400 A. 8. J. Busk 49.780, B. 4. D. Hall 49.84; 800 A. 6. C. Ogle 1:52.28, B. 4. D. Maynard 1:51.50; 1500 A. 1. A. Lloyd 3:48.2, B. 1. S. Paton 3:47.19; 5000 A. 2. A. Lloyd 14:04.95, B. 2. O. Foote 14:33.29; 3 S/C A. 2. M. Hayes 9:21.72, B. 2. M. Bizio 9:32.95, 110H A. 6. A. Carter 14.78w, B. 3. P. Chong 14.75w; 400H A. 3. N. Hammersley 53.29, B. 6. I. Wells 53.97; HJ A. 6 A. Hutchinson 2.05, B. 5. C. Cornwall 1.90; LJ A. 5. P. Okoro 7.06, B. 2. S. Wyld 6.92w; PV A. 1. M. Edwards 5.31, B. 4. M. Edwards 3.60; TJ A. 3. D. Brown 15.13, B. 2. T. Blanchard 14.53w; HJ A. 6. P. McKay 44.20; SP A. 1. A. Ekoku 15.90, B. 1. P. McKay 15.41; DT A. 1. A. Ekoku 58.70, B. 7. P. McKay 36.22; JT A. 8. A. Ekoku 44.34, B. 8. P. McKay 19.76 38.34 4 x 100 3. (D. Browne, J. Regis, N. Shute, L. Paul) 41.42; 4 x 400 6. (I. Wells, D. Maynard, J. Busk, S. Paton) 3:18.58

Match Result - 3 Bels 397 Points

BAL 3 JULY 7TH 1990 ALEX STADIUM

100 A. 3. M. Adam 10.71, B. 1. L. Paul 10.66; 200 A. 6. M. Adam 22.44, B. 1. L. Paul 21.43; 400 A. 5. J. Busk 49.63, B. 7. M. Bazire 51.04; 800 A. 2. D. Maynard 1:53.10, B. 4. C. Ogle 1:54.20; 1500 A. 2. S. Paton 3:51.27, B. 5. D. Scott 4:09.98; 5000 A. 1. G. Staines 13:58.01, B. 1. O. Foote 14:37.60; 3 S/C A. 4. M. Hayes 9:19.30, B. 4. M. Bizio 9:40.72, 110H A. 5. A. Carter 15.17, B. 3. I. Wells 15.29; 400H A. 2. P. Beaumont 52.73, B. 3. N. Hammersley 54.31; LJ A. 5. P. Okoro 6.89, B. 3. S. Wyld 6.20; TJ A. 6. P. Okoro 14.36, B. 6. S. Wyld 12.95; HJ A. 6. S. Osuide 1.95, B. 2. S. McLean 1.95; PV A. 1. M. Edwards 5.25, B. 4. M. Edwards 3.40; SP A. 1. A. Ekoku 16.00, B. 1. P. McKay 15.93; DT A. 2. A. Ekoku 53.60, B. 8. J. Bridges 34.20; JT A. 4. J. Bridges 58.92, B. 8. P. McKay 24.66; HT A. 6. P. McKay 40.83, B. 6. A. Ekoku 23.16; 4 x 400 4. (P. Beaumont, D. Maynard, I. Wells, S. Paton) 3:18.14

BAL 4 AUGUST 11TH 1990 PLAISTOW

100 A. 2. M. Adam 10.78, B. 1. L. Paul 10.79; 200 A. 8. N. Shute 23.09, B. 7. P. Beaumont 23.14; 400 A. 4. J. Busk 49.71, B. 6. I. Wells 51.14 800 A. 4. D. Maynard 1:52.60, B. 6. C. Ogle 1:57.44; 1500 A. 2. S. Paton 3:49.08, B. 6. D. Maynard 4:03.81; 5000 A. 7. P. Sanders 15:23.19, B. 6. F. Ward 15:31.43; 110H A. 4. A. Carter 14.81, B. 4. I. Wells 15.79; 400H A. 3. P. Beaumont 52.66, B. 1. N. Hammersley 52.90; LJ A. 3. P. Okoro 7.19, B. 5. S. Wyld 6.69; TJ A. 6. P. Okoro 14.38; HJ A. 4= S. Osuide 2.00, B. 2. A. Hutchinson 1.95; PV A. 1. M. Edwards 5.20, B. 4. M. Edwards 3.60; SP A. 4.

A. Ekoku 14.90, B. 5. P. Spivey 12.29; DT A. 3. A. Ekoku 52.22, B. 6. J. Bridges 35.44; JT A. 1. N. Bevan 73.02, B. 1. J. Bridges 59.62; HT A. 4. P. Spivey 63.56; 4 x 100 4. (A. Carter, M. Adam, N. Shute, L. Paul) 42.62; 4 x 400 3. (J. Busk, D. Hall, I. Wells, M. Maynard) 3:17.40
 Match Result. 4. Bels 286... FINAL League Positions : 1. Haringey 32(1393), 2. Birchfield 25(1250), 3. BELGRAVE 23½(1201), 4. Shaftesbury 18½(1101), 5. IVH 18(1113), 6. Newham 15(1067½), 7. Old Gates 8(840½), 8. Blackheath 4(772)
GRE CUP SEMI FINAL 15TH JULY 1990 ALEX STADIUM, BIRMINGHAM

100 1. L. Paul 10.70; 200 1. L. Paul 21.40; 400 7. J. Busk 50.10; 800 1. D. Maynard 1:51.2; 1500 1. S. Paton 3:46.4; 5000 1. P. Evans 14:05.2; 10,000 J. Hobbs; 3 S/C 7. M. Bizio 9.44.3; 110H 4. A. Carter 15.5; 400H 5. P. Beaumont 53.4; LJ 6. P. Okoro 6.46 HJ 2. S. Osuide 2.05; TJ 2. P. Okoro 14.52; PV 7. M. Edwards Snr. 3.60; DT 1. A. Ekoku 55.38; SP 1. A. Ekoku 15.59; JT 1. J. Bridges 63.62; HT 2. P. Spivey 63.56; 4 x 100 7. (A. Carter, D. Maynard, J. Busk, L. Paul) 43.2; 4 x 400 5. (P. Beaumont, D. Hall, D. Maynard, S. Paton) 3:15.3

MATCH RESULT : 1. Shaftesbury 119, 2. BELGRAVE 117, 3. Caledon Park 117, 4. Enfield 99, 5. Sheffield 87, 6. Havering 75½, 7. Liverpool 61½, 8. Derby 61. (Bels 2nd by more wins!!).

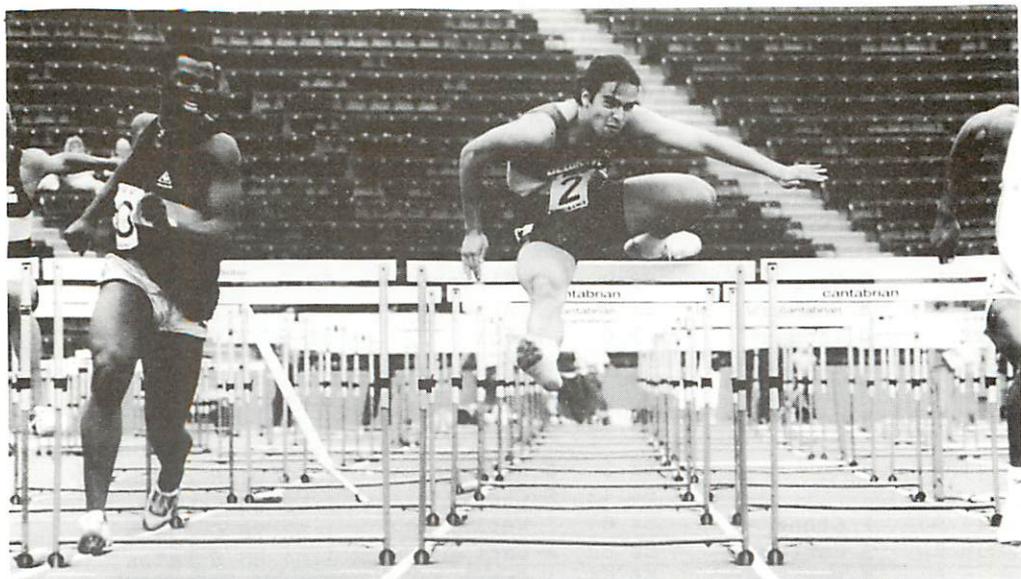
GRE CUP FINAL 1990 18TH AUGUST 1990 GATESHEAD

100 3. P. Paul 10.67; 200 2. P. Goedluck 21.76; 400 8. D. Hall 50.39; 800 4. D. Maynard 1:53.22, 1500 7. M. Sinclair 3:57.27; 5000 6. S. Paton 14:22.83; 10000 8. F. Ward 31:46.52; 3 S/C 2. J. Chaston 8:45.17; 100H 7. A. Carter 15.27; 400H 5. P. Beaumont 52.54; LJ 2. W. Hinchcliffe 7.50; TJ 4. D. Browne 15.19; HJ 7. S. Osuide 1.95; PV 1. M. Edwards 5.15; HT 5. P. Savey 61.40; DT 2. A. Ekoku 53.42; SP 4. A. Ekoku 15.16; JT 1. N. Bevan 75.44; 4 x 100 2. (W. Hinchcliffe, J. Regis, M. Adam, L. Paul) 40.26 CR; 4 x 400 7. (J. Busk, P. Beaumont, I. Wells, M. Ranshaw) 3:19.87

RESULTS. 1. Haringey 122, 2. Birchfield 111½, 3. Wolves & Bil. 97½, 4. BELGRAVE 95, 5. Shaftesbury 89½, 6. TVH 81, 7. Woodford 73, 8. Newham 69½.



Norman Shute has made a welcome contribution to our promotion winning Southern League team as well as our Div. 1 British League team. (K. Sturman)



Paul Chong has held form over the high hurdles this season despite giving his studies priority until mid-season. Photo : Kevin Sturman.



Oliver Foote has had one of his best ever points score for our British and achieved a long held ambition to win the Surrey 5000m title to add to the 10000m wins achieved several years ago. Here he leads a classy Div.1 BAL field with Andrew Lloyd just behind him . Photo : Kevin Sturman.

100m	200m	400m
10.28 M Adam	20.35 J Regis	46.71 F Sandy
10.39 J Regis	20.37 M Adam	49.16 J Busk
10.51 L Paul	21.1 L Paul	49.6 S Garcia
10.67 P Goedluck	21.69 P Goedluck	50.03 D Maynard
10.98 M Bazire	22.00 D Armstrong	50.1 M Fok
11.08 G Corsini	22.4 M Bazire	50.27 M Ramshaw
11.09 D Armstrong	22.8 A Harvey	50.4 M Bazire
11.5 G Warr	22.9 A Carter	50.6 I Wells
11.5 M Ramshaw	23.0 M Alleyne	51.4 A Ross J
11.6 D Thomas	23.0 M Fok	51.5 A Grant J
11.6 J Abadon Y		
11.6 J French J		
11.6 F Ocrach J	400h	800m
	53.1 N Hammersley	1:48.21 J Gladwin
110H	54.43 S Chong	1:51.04 P Evans
14.98 P Chong	54.6 I Wells	1:52.28 C Ogle
15.1 A Carter	55.8 A Carter	1:53.78 G Adams
15.5 I Wells	56.64 A Grant J c	1:54.23 S Paton
15.71 A Grant J	56.9 M Fok	1:54.3 L Looney
16.34 D Baptiste	56.9 A Pamah	1:56.7 J Chaston
16.5 G Allison J	57.8 M Ramshaw	1:56.7 M Chaston
16.7 A Pamah	57.9 D Thomas	1:57.6 A Paton
17.0 A Johnson	59.0 G Allison J	1:58.6 D Maynard
		1:59.4 R Blick J
		2:00.5 J Busk
1500m	3000 S/C	2:00.8 A Moore
3:40.40 J Gladwin	9:08.67 M Hayes	2:01.3 J Hobbs
3:45.4 P Evans	9:19.8 S Maynard	2:01.6 F Ward
3:46.19 A Lloyd	9:29.2 M Bizio	2:02.0 A Ross J
3:47.30 D Mead	9:29.7 G.Pitts	2:02.0 J Booth
3:47.37 G Staines	9:58.8 P Gilbey	2:02.1 S Herbert J
3:50.59 C Ogle	10:05.5 J Barry	
3:52.24 S Paton	10:20.2 L Lyons V	5000m
3:53.59 M Chaston	10:32.1 D Anderson	13:20.92 G.Staines
3:53.9 J Chaston		13:48.35 A.Lloyd
3:56.3 L Looney	10,000m	13:50.53 P.Evans
3:58.3 M Stickles		14:19.80 D.Mead
4:03.0 J Barry	28:17.54 G Staines	14:39.20 O.Foote
4:04.2 R Blick J	29:02.2 P Evans	14:58.6 J.Bicourt(V)
4:07.1 F Ward	31:41.0 O Foote	15:21.5 P.Saunders
4:08.0 M Bizio	33:07.5 M Lake	15:25.0 M.Lake
4:09.91 A Moore	33:39.5 J Hobbs	15:32.0 M.Bizio
4:10.1 J Booth	33:48.0 M Head	15:32.8 F.Ward
4:10.9 J Hobbs	33:56.0 P Saunders	15:45.0 J.Mather
4:11.1 S Herbert J	34:08.0 T Williams	15:51.0 C.Dickenson(V)
4:12.5 N Clarke		
4:13.0 M Chuter		
4:13.4 O Foote		

1989 - MEN'S RANKINGS

Long Jump

7.23	F Abejide
7.20	P Okoro
6.95	D Williams
6.83	S Wyld
6.78	M Davies
6.61	M Fok
6.47	A Aitken
6.33	C Cornwell
6.02	S McLean B

High Jump

2.20	O Cham CR
2.15	A Hutchinson
2.05	L Haughton
2.05	C Cornwell
1.90	S Osuide B
1.85	P Okoro
1.81	S McLean B
1.78	N Forzy E
1.70	G Allison J
1.70	A Amadi
1.63	I Dearlove B

Triple Jump

16.38w	F Abejide
15.65i	D Browne
14.80	P Okoro
14.31	T Blanchard
14.09	A Amadi
13.73	D Williams
13.37	A Aitken
12.90	J Druce
12.45	M Ramshaw

Pole Vault

5.26	M Edwards CR
5.20	I Iuliett
4.00	R Lyons
3.20	M Shippen
2.50	D Mote
2.30	A Amadi
2.30	B Bridges
2.30	A Johnson

Hammer

50.90	J Summers
46.20	M Small
44.98	P McKay
24.84	A Johnson
24.58	A Ekoku
22.86	J Martin V

Javelin

79.56	N Bevan CR
59.12	J Bridges
47.62	M Small
45.80	A Ekoku
44.92	D Mole V
44.14	C Brooks V
42.64	J Martin V
37.50	P Lyttle
37.42	G Sagar

Shot

17.37	A Ekoku
15.18	P McKay
14.	M Parker
12.39	M Small
11.78	N Bevan
11.15	J Martin V
10.73	C Brooks V

Discus

56.82	A Ekoku CR
55.98	K Onuaguluchi
53.20	F Edwards
41.83	M Small
39.63	P McKay
34.64	N Bevan
34.28	C Brooks V
28.72	A Johnson

Two of our long serving "A" team stalwarts. Stuart Paton receives the baton from Jay Busk who has competed in every British League match since we gained entry 7 years ago.

photo by Kevin Sturman.



Southern League Division 2 1990

Match Code: 1 Ealing 5th May; 2 Battersea 26th May; 3 Haringey 23rd June; 4 Battersea 7th July;
5 Reading 21st July; 6 Tonbridge 11th August.

A		B		A		B		A		B	
100m		200m		400m		800m		1500m		5000m	
1 4 M French	11.5	4 I Wells	11.9	3 D Hall	22.5	5 S Garcia	23.5	2 S Garcia	50.7	1 A Pamah	51.1
2 2 M Bazire	11.6	2 I Wells	11.9	2 G Alveranga	dnf	2 M Bazire	23.2	1 S Garcia	50.5	1 S Paton	50.6
3 1 M Adam	10.6	2 M Bazire	11.2	1 M Adam	21.2	1 M Bazire	23.0	4 M Bazire	52.4	4 D Thomas	54.1
4 5 D Baptiste	12.2	2 P Chong	11.5	2 G Alveranga	22.7	2 D Hall	22.8	2 S Garcia	51.1	3 I Bland	53.6
5 1 N Shute	11.4	2 J Abadon	Y 11.3	1 N Shute	22.9	2 G Alveranga	22.9	1 D Hall	50.3	1 S Garcia	51.0
6 2 M Bazire	11.4	1 J Abadon	Y 11.6	3 F M Bazire	22.7	2 J Abadon	Y 23.0	4 M Ramshaw	51.1	3 I Bland	52.1
3000s/c		110mH		400mH		High Jump		Long Jump		Triple Jump	
1 1 M Bizio	9:38.8	1 G Pitts	9:44.0	3 I Wells	15.8	4 C Brooks	20.6	3 A Pamah	55.0	1 I Wells	55.2
2 2 G Pitts	9:51.0	2 J Barry	10:10.0	2 I Wells	15.9	4 A Amadi	20.8	1 I Wells	54.6	1 I Bland	54.8
3 2 C Millbank	9:34.2	2 L Lyons	10:24.4	4 M L.Bayley	18.8	3 D Thomas	19.1	3 G Alveranga	58.8	1 D Thomas	58.2
4 2 J Barry	9:57.9	- C Millbank	disq	1 P Chong	15.1	1 D Baptiste	16.2	1 I Bland	56.0	1 G Alveranga	57.2
5 2 C Millbank	9:38.9	4 T Dowdell	11:12.9	3 A Johnson	17.5	1 D Thomas	19.2	1 I Bland	55.4	1 D Thomas	57.3
6 2 C Millbank	9:20.9	2 A Paton	9:54.7	2 M L.Bayley	16.5	2 A Amadi	18.4	1 I Bland	54.6	1 G Alveranga	56.6
1 1 O Osuide	1.85	5 F Dolan	1.30	5 S Wilde	6.28	5 C Brooks	5.52	4 F Dolan	9.79	4 R Bridges	9.17
2 1 Hutchinson	2.11	3 A Aitken	1.60	2 M Bazire	6.36	2 A Aitken	6.28	1 A Amadi	13.30	1 A Aitken	12.65
3 1 O Osuide	1.85	3 M L.Bayley	1.70	4 A Aitken	6.19	3 M L.Bayley	5.72	1 A Amadi	13.55	1 A Aitken	12.34
4 2 L Haughton	1.90	1 P Chong	1.80	2 D Baptiste	6.22	1 A Aitken	6. ?	2 A Amadi	13.69	3 A Aitken	11.13
5 5 A Johnson	1.20	=3 C Millbank	1.20	5 S Garcia	5.38	5 A Johnson	4.94	3 N Bevin	12.73	4 A Johnson	11.57
6 1 C Cornwall	2.00	1 S McLean	1.95	2 M L.Bayley	6.17	3 S McLean	6.02	1 A Amadi	13.41	4 M L.Bayley	10.47
Pole Vault		Shot		Discus		Hammer		Javelin		4x100m	
1 1 M Edwards	V3.50	2 C Husbands	2.30	4 C Brooks	10.39	1 J Martin	9.77	4 C Brooks	35.44	3 J Martin	27.54
2 3 C Brooks	2.70	2 A Aitken	2.70	1 M Small	12.37	3 C Brooks	10.60	1 M Small	38.84	2 C Brooks	34.20
3 5 A Aitken	2.70	3 R Bridges	1.03	2 M Small	11.68	2 C Brooks	10.11	1 M Small	41.06	1 C Brooks	36.18
4 4 A Aitken	2.50	3 A Amadi	1.50	3 M Small	11.52	2 C Brooks	10.36	3 M Small	38.18	3 C Brooks	30.06
5 5 A Johnson	1.40	5 C Millbank	1.40	5 P Spivey	12.04	4 M Small	10.18	2 M Small	38.22	2 P Spivey	33.56
6 2 C Husbands	2.70	2 A Amadi	2.50	3 M Small	11.58	2 C Brooks	10.40	3 M Small	37.66	2 C Brooks	34.34
1 4 J Martin	20.10	4 R Bridges	16.92	4 J Martin	38.96	4 C Brooks	37.82	4	45.4		
2 2 M Small	45.34	3 R Bridges	19.56	2 M Small	46.00	2 C Brooks	39.72	1	44.7		
3 2 M Small	45.82	4 R Bridges	20.70	5 M Small	41.86	4 C Brooks	41.20	2	45.2		
4 1 M Small	42.48	3 R Bridges	20.96	4 M Small	45.50	2 C Brooks	41.90	5	48.6		
5 1 P Spivey	64.76	1 M Small	43.36	1 N Bevin	65.32	2 M Small	44.70	2	44.7		
6 1 M Small	44.64	3 R Bridges	20.52	5 M Small	45.84	1 C Brooks	43.88	4	49.6		

Match Result

1	1	3:22.4	T.V.H. 118, Ealing 117.5	<u>Belgrave 111</u> , Plymouth 109, Southend 81
2	1	3:28.0	<u>Belgrave 148</u> , Yeovil 112, Brent 106.5, Nene V H 89.5, Fareham 80.	
3	1	3:24.0	<u>Belgrave 125</u> , Haringey 123, Woking 105, Kingston 102, Aldershot 73.	
4	2	3:26.1	<u>Belgrave 134</u> , Portsmouth 129, Cambridge H 109, Crawley 82, LAC 79.	
5	1	3:30.0	Reading 125, <u>Belgrave 123</u> , Thurrock 116, Mitcham & S 90, Braintree 81	
6	2	3:26.9	Tonbridge 138, <u>Belgrave 130</u> , Brighton & H 128, QPH 83, Enfield 46.	

Southern League Division 6 1990

Match Code: 1 Tooting 5th May; 2 Battersea 26th May; 3 Basingstoke 23rd June; 4 Battersea 7th July;
5 Battersea 21st July; 6 Rochester 11th August.

A		B		A		B		A		B		
100m				200m				400m				
1	S Dominetti	12.0	1 N Sutehall	12.0	1 S Dominetti	24.7	1 N Sutehall	24.4	1 C Knight	51.6	1 M Chuter	54.7
2	1 S Dominetti	12.0	1 G Warr	12.0	1 G Warr	24.5	1 S Dominetti	24.4	1 M Ramshaw	51.7	1 C Husbands	55.0
3	2 G Warr	12.9	2 S Dominetti	12.1	4 G Warr	26.4	4 S Dominetti	27.2	3 M Chuter	54.0	3 D Mote	58.3
4	3 S Dominetti	12.0	2 N Sutehall	12.4	3 N Sutehall	24.4	2 S Dominetti	25.2	2 C Husbands	55.0	2 D Lyes	57.0
5	2 S Dominetti	12.2	2 N Sutehall	12.3	2 S Dominetti	24.3	2 N Sutehall	26.1	1 G Sagar	56.8	1 D Lyes	57.6
6	1 R H.Bobb	11.4	1 G Sagar	11.7	1 R H.Bobb	23.4	2 A Shoyombo	25.0	4 A Shoyombo	56.4	3 G Sagar	56.2
800m				1500m				5000m				
1	3 M Chuter	2:06.3	4 M Bowers	2:10.5	3 D Anderson	4:19.8	2 S Smullen	4:25.7	2 A Clayton	16:47.9	2 Williams	17:18.1
2	2 M Bowers	2:11.3	2 S Maynard	2:09.3	2 A Clayton	4:18.0	1 D Winson	4:28.3	1 R Alsop	16:04.2	1 Williams	16:44.6
3	2 M Chuter	2:06.0	2 M Bowers	2:08.2	2 J Barry	4:17.2	2 D Winson	4:31.0	1 P Sanders	15:24.3	2 M Webb	16:21.9
4	1 J Booth	2:05.9	1 D Winson	2:06.6	1 M Sinclair	4:03.9	1 R Blick	4:09.0	1 G Pitts	15:39.7	1 R Alsop	15:57.5
5	3 ?	2:08.5	-	-	2 R Alsop	4:15.5	-	-	2 T Williams	17:02.8	-	-
6	1 M Chuter	2:01.0	2 Armstrong	2:09.2	3 M Chuter	4:31.2	2 N Clarke	4:41.6	2 D Anderson	16:07.0	-	-
3000s/c				110mH				400mH				
1	4 D Anderson	11:15.9	3 J Coy	11:56.0	1 A Johnson	17.1	2 D Mote	25.9	1 C Knight	58.9	1 A Johnson	60.9
2	1 L Lyons	10:22.6	2 Anderson	10:51.0	1 A Johnson	18.6	1 D Thomas	20.0	2 M Ramshaw	55.0	1 D Thomas	59.1
3	2 D Anderson	10:37.6	-	-	1 G Allison	16.4	2 A Johnson	18.0	2 G Allison	59.0	4 D Anderson	73.0
4	1 L Lyons	10:20.2	1 T Dowdell	11:10.7	1 M L.Bayley	17.3	1 D Thomas	19.3	1 D Thomas	60.6	2 D Lyes	65.4
5	-	-	-	-	1 M L.Bayley	18.1	3 ?	22.8	1 D Lyes	66.5	1 M L.Bayley	72.9
6	3 T Dowdell	11:17.1	3 Armstrong	11:49.6	1 A Johnson	16.7	1 D Thomas	19.0	1 D Thomas	59.1	3 D Lyes	67.2
High Jump				Long Jump				Triple Jump				
1	2 G Sagar	1.55	1 A Johnson	1.50	1 P Lyttle	5.99	2 G Sagar	5.02	4 A Johnson	11.17	1 P Lyttle	10.81
2	4 A Johnson	1.55	2 F Dolan	1.55	2 J Druce	5.54	4 F Dolan	4.56	1 J Druce	12.14	2 F Dolan	10.54
3	5 A Johnson	1.50	5 P Lyttle	1.10	4 J Druce	5.58	4 D Mote	4.51	3 J Druce	12.42	4 A Johnson	9.65
4	1 M Sinclair	1.70	1 M L.Bayley	1.70	2 M L.Bayley	5.91	5 N Sutehall	4.21	-	-	-	-
5	2 M L.Bayley	1.70	2 G Sagar	1.60	3 M L.Bayley	5.78	2 C husbands	5.23	2 M L.Bayley	11.32	5 M Shippen	9.51
6	2 G Sagar	1.61	1 A Johnson	1.20	3 A Johnson	5.49	3 D Mote	4.19	4 A Johnson	10.08	4 G Sagar	9.78
Pole Vault				Shot				Discus				
1	2 A Johnson	1.50	-	-	-	-	-	-	2 A Johnson	29.02	5 D Mote	14.64
2	3 C Husbands	2.50	2 D Mote	2.30	1 A Johnson	10.51	4 D Mote	8.33	1 A Johnson	30.68	5 B Green	16.44
3	5 A Johnson	1.50	4 D Mote	1.50	5 A Johnson	8.91	4 D Mote	7.66	3 A Johnson	29.24	3 P Lyttle	22.40
4	3 C Husbands	2.70	3 D Mote	1.50	3 J Martin	9.87	2 P Lyttle	9.63	3 P Lyttle	29.20	3 J Martin	29.12
5	2 M Shippen	2.90	1 C Husbands	2.50	2 J Martin	10.00	1 P Lyttle	9.27	1 P Lyttle	28.36	1 J Martin	27.24
6	3 A Johnson	2.10	2 D Mote	1.30	1 J Martin	10.26	1 A Johnson	10.03	2 A Johnson	29.02	1 J Martin	26.66
Hammer				Javelin				4x100m				
1	4 A Johnson	18.58	4 D Mote	14.88	1 P Lyttle	40.28	1 G Sagar	38.20	1	46.8	-	-
2	3 A Johnson	23.06	4 D Mote	16.40	5 A Johnson	30.02	4 F Dolan	24.72	2	46.2	-	-
3	4 A Johnson	24.64	5 P Lyttle	18.64	5 P Lyttle	33.78	5 A Johnson	29.52	3	47.6	-	-
4	4 J Martin	20.14	4 D Mote	15.42	3 J Martin	41.28	3 P Lyttle	39.74	4	47.0	-	-
5	2 J Martin	21.68	3 B Green	17.14	3 J Martin	38.22	1 P Lyttle	36.40	5	47.5	-	-
6	1 A Johnson	24.40	1 J Martin	22.80	3 J Martin	40.14	3 G Sagar	31.20	6	46.7	-	-

4x400m

Match Result

1	1	3:36.2	<u>Belgrave 132</u> ; Langton 106.5; Newham & E B 96.5; S.L.H. 95.5; Stevenage 76.5;
2	1	3:34.4	<u>Belgrave 143.5</u> Worthing 117; Chelmsford 115.5; Sevenoaks 95; Herts & Ware 48;
3	-	-	Aldershot Services 168; White Horse H 113.5; Basingstoke 95; <u>Belgrave 94</u> ; Thurrock 66.5;
4	1	3:34.1	Guildford & G 135; <u>Belgrave 133.5</u> ; Milton Keynes 128; Gravesend 89.5; Loughton 36;
5	2	3:44.5	<u>Belgrave 127</u> ; Winchester 122.5; W Suffolk 99.5; Biggleswade 89; Lowestoft 76;
6	1	3:37.3	GEC Avonics 147.5; <u>Belgrave 137.5</u> ; Mitcham & S 119.5; Bexley 71.5;

30TH MAY 1990

BELGRAVE CLUB CHAMPIONSHIPS

BATTERSEA PARK

Ladies Results

100m 1. C.Bazin 13.8, 2. D.Siino 14.2, 3. P.Friel 14.6, 4. S.Stacey 15.3, 5. M.Simon 15.7 200m 1. C.Bazin 29.3, 2. P.Friel 29.9, 3. S.Simon 31.1, 4. S.Stracey 31.5, 5. M.Simon 34.1 800m 1. J.Dash 2:32.9, 2. T.Dowdall 2:50.1, 3. S.Simon 2:56.8, 4. S.Stracey 2:59.0 HJ 1. D.Siino 1.25 LJ 1. C.Bazin 4.29, 2. D.Siino 4.11

13TH JUNE 1990 (2ND PART)

1500m 1. J.Dash 5:48.6; 2. T.Dowdall 6:17.2
75mH 1. J.Dash 14.4, 2. D.Siino 15.9 SP 1. C.Bazin 7.47 JT 1. C.Bazin 18.60, 2. T.Dowdall 4.96

100m SM/JM 1. B.? 11.6, 2. P.Lytle 11.9, 3. S.Dominetti 12.0, 4. K.Laurent 12.5 200m SM 1. J.Busk 23.0, 2. G.Alveranga 23.5, 3. R.Bello 25.2, 4. A.Oshoyombo 26.4, 5. P.Gardner 26.5, 6. R.Also 26.6 200m JM 1. S.Dominetti 24.5, 2. D.Winson 25.7, 3.S.Booth 25.9, 4. S.Buchanan 33.3 400m SM/JM 1. J.Busk 50.4, 2. T.Everett 51.3, 3. G.Alveranga 52.3, 4. M.Bowers(J) 55.1 800m SM/JM 1. J.Busk 1:56.9, 2. T.Everett 1:57.8, 3. R.Blick 2:00.6, 4. D.Winson(J) 2:04.6, 5. M.Bowers(J) 2:04.7, 6. R.Also 2:05.9, 7. C.Bond 2:06.9, 8. A.Gayton 2:09.2 1500m SM/JM/Ladies 1. G.Pitts 4:08.3, 2. R.Blick 4:08.3, 3. C.Millbank 4:09.6, 4. R.Also 4:14.9, 5. G.Teahan 4:15.9, 6. S.Smullen 4:18.3, 7. T.Clayton 4:18.7, 8. S.Zealey 4:20.8, 9. G.McGurren 4:22.2, 10. D.Winson(J) 4:24.2, 11. T.Williams 4:26.4, 12. A.Armstrong 4:27.9, 13. J.Garber 4:38.6, 14. W.Cotterell(L) 4:43.1, 15. T.Dowdall 4:45.6, 16. T.Stone 4:54.4, 17. J.Coppinger(L) 4:59.0 3000m S/C 1. C.Millbank 9:57.0, 2. G.Teahan 10:28.0, 3. T.Dowdall 11:06.2 110 H 1. A.Carter 15.4 JT SM 1. G.Teahan 40.64, 2. P.Lytle 35.54, 3. D.McLean(V) 10.72 JT JM 1. T.McLean 19.90 JT Ladies 1. S.Bradley 19.90 SP SM 1. P.Lytle 10.54 SP Ladies 1. S.Bradley 9.71 DT SM 1. P.Lytle 24.20 DT JM 1. T.McLean 17.88 DT Ladies 1. S.Bradley 34.68 HT SM 1. P.Butler 18.34, 2. B.Green 4.72 LJ SM 1. P.Lytle 5.05 LJ JM 1. L.Beadon 6.07, 2. S.Booth 4.95 HJ JM 1. L.Beadon 1.75, 2. S.Booth 1.40

CIVIL SERVICE/BELGRAVE HARRIERS

The unofficial Belgrave club championships were very kindly organised by the Civil Service at New River Stadium on 9 August. Highlight of the day for Belgrave athletes was Ian Well's 5th successive win in the 400m hurdles, celebrated in a vulgar display of arm waving! Ian also took 2nd in the high hurdles and Jay Busk won the 400m. In the field Chris Cornwell won the high jump and Phil Okoro the long jump. Phil did manage to jump a lot further after the competition but that's another story. Jay Busk also had a hand (leg?) in his department's winning relay team.

Belgrave athletes took part in all Civil Service matches and formed a strong part of some very successful teams although records of results are a little sketchy. (lack of concentration on behalf of your correspondent).

3/5/89	CS v SCAA v RAF v WLIHE	400m	Jay Busk	3rd	49.35
17/5/89	CS v London Univ v Navy	400m	Jay Busk	1st	50.1
19/7/89	Sefton Brancker	400mh	Ian Wells	1st	?
		400m	Jay Busk	1st	49.9
		LJ	Phil Okoro	1st	?
9/8/89	Civil Service Champs	400mh	Ian Wells	1st	56.5
		110mh	Ian Wells	2nd	15.6
		400m	Jay Busk	1st	50.1
			Martin Chuter	7th	53.8
		HJ	Chris Cornwell	1st	1.95
		LJ	Phil Okoro	1st	7.12

1990 - MENS RANKINGS.

100M	800M	2000 S/C	J	HIGH JUMP
10.07 J REGIS	1:48.44 J GLADWIN	8:45.17 J CHASTON	2.11 A HUTCHINSON	
10.14 M ADAM	1:49.42 S PATON	9:19.30 M HAYES	2.05 S OSUIDE Y	
10.31 L PAUL	1:51.2 D MAYNARD	9:29.0 M BIZIO	2.00 C CORNWELL	
10.7 P GOEDLUCK	1:52.28 C OGLE	9:34.2 C MILLBANK	1.99 S MCLEAN Y	
11.02 N SHUTE	1:53.6 A MOORE	9:44.0 G PITTS	1.90 L HAUGHTON	
11.2 M BAZIRE	1:56.9 J BUSK	9:47.00 G TEAHAN	1.90 G MCKERNAN	
11.3 J ABADON Y	1:57.3 G ADAMS	9:57.9 J BARRY	1.80 P CHONG	
11.4 R H-BOBB Y	1:57.3 R BLICK J	10:20.0 L LYONS V	1.70 M L-BAYLEY	
11.4 L CAMPBELL	1:57.8 D SCOTT	10:37.6 D ANDERSON	1.70 M SINCLAIR	
11.5 A HARVEY	1:57.8 T EVERITT	10:51.0 T DOWDALL		
11.5 M FRENCH J	1:58.0 A PATON		LONG JUMP	
11.5 P CHONG	1:58.2 M CHUTER	5000M		
11.6 P LYTTLE	1:59.3 M BARRETT		7.50 W HINCHCLIFFE	
11.7 G SAGAR	2:02.2 C MILLBANK	13:14.28 G STAINES	7.35 P OKORO	
11.7 M ADJEI	2:04.1 M BOWERS J	13:24.86 A LLOYD	6.92 S WYLD	
11.9 I WELLS	2:04.6 D WINSON J	13:40.16 P EVANS	6.83 L BEADON J	
12.0 G WARR	2:04.9 A GAYTON	14:16.161 J GLADWIN	6.36 M BAZIRE	
12.0 S DOMINETTI J	2:05.6 R ALLSOP	14:22.83 S PATON	6.28 A AITKEN	
	2:05.9 J BOOTH	14:29.8 O FOOTE	6.22 D BAPTISTE	
200M	2:06.3 N CLARKE	14:42.0 J WRIGHT	6.19 S MCLEAN Y	
		14:48.0 F WARD	6.17 M L-BAYLEY	
20.10 M ADAM	1500M	15:09.9 P SANDERS	5.99 P LYTTLE	
20.11 J REGIS		15:14.0 G PITTS	5.801 C BROOKS V	
21.17 L PAUL	3:35.3 J GLADWIN	15:20.4 J HOBBS		
21.5 P GOEDLUCK	3:36.60 A LLOYD	15:27.6 M BIZIO	TRIPLE JUMP	
22.44 N SHUTE	3:46.4 S PATON	15:40.0 M LAKE		
22.5 D HALL	3:49.14 M CHASTON	15:57.5 R ALLSOP	15.74 D BROWNE	
22.7 M BAZIRE	3:50.55 C OGLE		14.98 T BLANCHARD	
22.7 G ALVERANGA	3:57.27 M SINCLAIR	10,000M	14.79W P OKORO	
22.85 J BUSK	4:02.8 A PATON		13.69 A AMADI	
22.8 G CORSINI	4:03.2 G ADAMS	28:13.62 G STAINES	12.79 S WYLD	
23.0 J ABADON Y	4:03.7 J HOBBS	28:18.94 P EVANS	12.73 N BEVAN	
23.14 P BEAUMONT	4:03.81 D MAYNARD	28:39.85 A LLOYD	12.65 A AITKEN	
23.4 A CARTER	4:08.3 G PITTS	30:47.7 O FOOTE	12.42 J DRUCE	
23.4 S GARCIA	4:08.3 R BLICK J	31:46.52 F WARD	11.57 A JOHNSON	
23.4 R H-BOBB Y	4:08.81 A MOORE		11.32 M L-BAYLEY	
	4:09.6 C MILLBANK			
	4:09.98 D SCOTT	110H		
400M				
46.89 F SANDY	3000M	14.72W A CARTER	POLE VAULT	
49.07 D HALL		14.75 P CHONG		
49.54 J BUSK	7:41.79 G STAINES	15.29 I WELLS	5.31 M EDWARDS	
49.7 D MAYNARD	7:45.94 A LLOYD	16.2 D BAPTISTE	5.25 I TULLETT	
50.4 D SCOTT	7:58.161 J GLADWIN	16.4 G ALLISON J	3.80 G MCKERNAN	
50.5 S GARCIA	7:58.82 P EVANS	16.5 M L-BAYLEY	3.60 M EDWARDS SNR V	
50.6 S PATON	8:15.91 S PATON	16.7 A JOHNSON	2.90 M SHIPPEN	
51.04 M BAZIRE	8:35.0 J HOBBS	18.4 A AMADI		
51.14 I WELLS	8:38.8 G PITTS	19.0 D THOMAS	SHOT	
51.1 A PAMAH	8:41.9 F WARD	20.6 C BROOKS V		
51.1 M RAMSHAW	8:57.8 P SANDERS		17.45 A EKOKU	
51.6 C KNIGHT	9:01.6 G TEAHAN	400H	15.93 P MCKAY	
	9:05.5 M BIZIO		12.37 M SMALL	
MILE		51.81 P BEAUMONT	12.29 P SPIVEY	
		52.90 N HAMMERSLEY	11.30 G MCKERNAN	
3:53.65 J GLADWIN	2000 2 S/C	53.97 I WELLS	11.00 C BROOKS V	
3:53.82 G STAINES		54.6 I BLAND	10.56 P LYTTLE	
3:56.52 A LLOYD	5:36.56 J CHASTON	55.0 A PAMAH	10.51 A JOHNSON	
4:07.2 M CHASTON	6:10.8 M HAYES	55.7 G ALVERANGA	10.46 J MARTIN V	
4:08.3 J CHASTON	6:22.9 C MILLBANK	57.3 D THOMAS		
4:08.39 S PATON	6:25.1 S MAYNARD	57.7 M RAMSHAW		
		57.8 T EVERITT		
		58.9 C KNIGHT		

DISCUS		HAMMER		JAVELIN		RELAYS
60.08	A EKOKU	64.76	P SPIVEY	79.70	N BEVAN	4x100m.... 40.26.
56.40	K ONJAGULUCHI	45.82	M SMALL	65.12	J BRIDGES	W.HINCHCLIFFE,J.REGIS,
41.06	M SMALL	44.22	P MCKAY	59.90	R CHAMBERI	M.ADAM,L.PAUL.
40.28	G MCKERNAN	24.64	A JOHNSON	46.00	M SMALL	
38.58	P MCKAY	23.84	A EKOKU	44.34	A EKOKU	4x200m.... 1:38.4
37.40	J BRIDGES	22.80	J MARTIN V	43.88	C BROOKS V	4x400m.... 3:15.3.
36.18	C BROOKS V			41.28	J MARTIN V	P.BEAUMONT(49.6),D.HALL
				40.64	G TEAHAN	(48.9),D.MAYNARD(48.2),
				40.28	P LYTTLE	S.PATON(48.6).

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BELGRAVE HARRIERS CLUB CHAMPIONSHIPS ON 26th AUGUST 1989 AT TOOTING BEC

<u>Discus Ladies</u>	1. W.Dunsford 31.42	<u>Discus S.Men</u>	1. B.Green 17.24
<u>Discus Boys</u>	1. H.Buchanan 18.82		
<u>Hammer S.Men</u>	1. A.Johnson 24.84;	<u>Hammer Youth</u>	1. G.Durrell 17.88
<u>Long Jump S.Men</u>	1.P.Okoro 6.65;	<u>Long Jump Youth</u>	1.S.Dominetto 5.83
<u>Long Jump Boys</u>	1.S.McLean 5.41; 2. S.Booth 4.72; 3.I.Dearlove 4.63; 4.A.Labega 4.37.	<u>Long Jump Ladies</u>	1.J.Smiter 4.34; 2.J.Coppinger 2.80;
<u>Shot Ladies</u>	1. W.Dunsford 12.23	<u>Shot S.Men</u>	1.B.Green 7.04.
<u>Shot Youth</u>	1.G.Dorrell 10.10	<u>Shot Boys</u>	1.Buchanan 8.22 .
<u>Javelin S.Men</u>	1.C.Husbands 26.64	<u>Javelin Youth</u>	1.G.Dorrell 25.28.
<u>Javelin Boys</u>	1.S.Osuide 28.94; 2. H.Buchanan 25.22; 3.S.McLean 21.14.		
<u>High Jump Ladies</u>	1.J.Smiter 1.40	<u>High Jump S.Men</u>	1.P.Okoro 1.75
<u>High Jump Boys</u>	1.S. Osvide 1.90; 2.S.McLean 1.75; 3.I.Dearlove 1.55.		
<u>800m S.Men</u>	1.F.Ward 2:01:6; 2.S.Garcia 2:02;2, 3.J.Mather 2:05.5; 4.R.Alsop 2:07.0; 5.J.Rodd 2:09.0; 6.J.Coy(J) 2:14.5; 7.D.Ricks 2:17.6; 8.D.Ludlow 2:20.3; 9.T.Dowdall 2:23.5. 10.A.Stone 2:25.3; 11. C.Manning 3:25.9.		
<u>1500m S.Men</u>	1.F.Ward 4:07.1; 2.M.Bizio 4:10.3; 3.O.Foote 4:13.4; 4.J.Mather 4:21.8; 5.J.Rodd 4:39.3; 6.A.Stone 4:53.8; 7.T.Dowdall 4:56.7; 8.D.Ricks 5:03.6; 9.Lady (No.2) 5:54.0.		
<u>200m S.Men</u>	1.M.Lowndes 26.5.	<u>200m Boys</u>	1.S.McLean 26.7; 2.S.Booth 26.9; 3.C.Johnson 27.0; 4.L.Johnson 36.4(Colt)
		<u>400 S.Men</u>	1.J.Busk 50.2; 2.I.Wells 51.3; J.Abadon 53.2(Youth); 4.A.Pamash 53.5; 5.C.Husbands 53.9; 6.R.Alsop 56.6; 7.E.Opuminji 59.9.
		<u>400m Boys</u>	1.S.McLean 58.9; 2.C.Johnson 62.2
		<u>400m Ladies</u>	1.N.Christou 63.1; 2.G.Husbands 65.0; 3.J.Coppinger 66.0.
		<u>800m Boys</u>	1.C.Johnson 2:16.0; 2.S.Booth 2:20.7
		<u>800 Colts</u>	1.L.Johnson 3:02.8
		<u>800m Ladies - Senior</u>	1.J.Coppinger 2:25.8; 2.G.Husbands 2:27.3; 3.J.Smiter 2:45.8
		<u>800m Ladies - Junior</u>	1.A.Goodwin 2:54.5
		<u>100m Junior</u>	1.F.Ocram 11.7
		<u>Youth</u>	1.S.Dominetto 12.1.
		<u>Boys</u>	1.A.Ladega 14.8
		<u>Colts</u>	1.A.Evelyn 14.3
		<u>S.Ladies</u>	1.A.Cooke 12.1.
		<u>100m S.Men</u>	1.M.Ramshaw 11.5; 2.J.Abadon 11.5(Youth)
			3.A.Johnson 12.0; 4.C.Husbands 12.2; 5.E.Immanuel 12.2; 6.E.Bennett 12.6; 7.M.Lowndes 12.8.
		<u>110H</u>	1.I.Wells 15.7.
		<u>100H - Ladies</u>	1.N.Christou 17.7

1000 CHAMPIONSHIP 31ST MAY 1989

1. M.Lake 33:07.5; 2. J.Hobbs 33:39.5; 3. M.Head 33:48.00; 4. P.Saunders 33:56.0; 5. T.Williams 34:08.0; 6. D.Anderson 35:10.0; 7. T.Stone 35:52.0; 8. M.Andrew 36:38.1; 9. D.Maughan 38:19.0; 10. L.Mann 38:59.0; 11. R.Bale 39:07.0; 12. J.Coppinger (lady) 39:14.0; 13. D.Davies 39:40.0

5000 CHAMPIONSHIP JUNE 1989

1. M.Bizio 15:25.0; 2. M.Lake 15:32.0; 3. J.Mather 15:45.0; 4. P.Saunders 15:51.0; 5. C.Dickinson 15:54.0; 6. M.Head 16:36.0; 7. T.Williams 16:47.0; 8. D.Anderson 17:14.0; 9. ? 17:29.0; 10. R.Alsop 18:12.0; 11. D.Andrew 20:49.0

LADIES RANKINGS - 1990.

	100m	400mH	HJ	Shot	
				4kg.	
And Abrams	12.7	N.Christou 65.7	E.Oshevire 1.58	E.Oshevire	11.16
C.James	12.9	Ang Abrams 67.7	J.Smiter 1.50	S.Bradley	10.42
Ang Abrams	13.4	J.Stone 70.4	N.Christou 1.35	D.W.Roberts	9.98
C.Bazin(G)	13.7		J.Stone 1.35	A.Patten	7.74
S.Scott(M)	13.8	400m	F.Torquet(G)1.35	N.Christou	7.72
D.Siino(G)	13.9		P.Patten(G) 1.35	C.James	7.61
N.Christou	14.0	N.Christou 61.5	D.Siino(G) 1.30	(W.Dunsford 13.05	
P.Friel(G)	14.3	E.Bowles 63.2	A.M.Bonsu(G)1.30	prior to resigning)	
G.Husbands	14.4	G.Husbands 63.3		3.25kg	
M.Simon(M)	14.4	J.Coppinger 63.9	LJ	C.Bazin(G)	7.71
	200m	Ang Abrahms 64.1	E.Oshevire 5.82	R.D-Whall(G)	5.76
		J.Stone 66.5	Ang Abrams 5.70	S.Martin(G)	5.43
		J.Smiter 69.2	P.Patten(G) 4.56	P.Friel(G)	4.71
E.Oshevire	26.1	800m	C.Bazin(G) 4.52	S.Simos(M)	4.41
C.James	26.6		J.Smiter 4.40		Discus
And Abrams	26.6	W.Coterill 2.17.6	A.Patten 4.36	1 kg	
Ang Abrams	26.8	J.Copping. 2.20.5	D.Siino(G) 4.19	S.Bradley	36.30
N.Christou	27.3	J.Dash(G) 2.27.2	S.Simon(M) 4.05	A.Patten	24.08
C.Bazin(G)	28.7	G.Husbands 2.29.7	G.Husbands 3.82	D.W-Roberts	23.24
E.Bowles	28.9	J.Stone 2.29.7	C.James 3.69	C.James	20.30
P.Friel(G)	29.2	E.Oshevira 2.31.2		C.Bazin(G)	18.88
J.Copping.	29.4	J.Smiter 2.33.4	Javelin	S.Simon(M)	11.24
S.Simon(M)	29.8	T.DowdallG 2.45.9	E.Oshevire 33.94	M.Simon(M)	10.54
	400m	S.Simon(M) 2.48.6	A.Patten 28.86	R.D-Whall(G)	10.36
		S.Stracy(M)2.53.2	Ang Abrams 25.38	*****	
N.Christou	61.5	1500m	C.Bazin(G) 21.68		
E.Bowles	63.2		S.Bradley 19.90	G.Husbands	10.48
G.Husbands	63.3	W.Coterill 4.38.9	*****		
J.Copping.	63.9	J.Coppinger4.59.0			
Ang Abrams	64.1	J.Smiter 5.19.4			
J.Stone	66.5	J.Stone 5.20.0			
J.Smiter	69.2	J.Dash(G) 5.23.7			
	75mH	T.Dowdall(G)5.38.6			
		F.Torquat(G)6.03.1			
J.Dash(G)	13.4	S.Spacey 5.30.0			
D.Siino(G)	15.9	K.Mulvey 6.03.3			
S.Scott(M)	16.1				
S.Martin(G)	17.4	3000m			
S.Stracy(M)	17.4				
	100mH	R.Elliott 10.20.4			
		J.Copping.10.39.8			
E.Oshevire	15.2	J.Smiter 11.49.9			
C.James	15.4	S.Morrison12.32.1			
Ang Abrams	15.8	J.Stone 13.03.1			
N.Christou	17.1	K.Mulvey 14.00.2			

LADIES SECTION AMALGAMATION

Sue Morrison and Harry Porter have for years worked hard to promote our Ladies Section. Familiarity has led to wedding bells, and soon after the end of the 1990 Track and Field season the formal amalgamation was declared and a name change registered. Our very best wishes for a long and happy partnership.

Young Athletes.

Round-up 1990

The most outstanding achievements for our track and field season were the performance of our two outstanding high jumpers - Stanley and Sean. They finished first and second in the English Schools Champs and were rewarded by gaining Schools International Caps. They both regularly competed for the British League Team and were instrumental in our B team gaining promotion to Southern League Div. 1.

John Abadon also represented his school at the English Schools and also ran for our promotion winning Southern League team.

Our season in the Woolworths Young Athletes was somewhat disappointing, our best result was in the first match and after that we steadily went downhill.

The Colts section were quite magnificent and almost achieved maximum points in every match. The team spirit among the Colts was really very good and we look forward to this being carried forward into the 1991 season. Peter Lloyd had a magnificent season and narrowly missed breaking the Club record for 800m. He has carried this form into the Winter CC season.

The Boys age group also performed well and with a great spirit. For example, Ben Cooper could not run because of injury, so he turned up and threw the javelin. Equally Toby Earle volunteered to throw the hammer and finally succeeded, but it may be for the last time !!

The Youths section was weak because of lack of numbers. Stanley and Sean turned out in most matches and we were lucky to find a new sprinter in Rickie. He competed in two YAL matches, as a first year Youth and we look forward to him playing an important role in this year's league matches.

The Thameside League was very disappointing with only a very small number of athletes turning out in each match. We could do well but it would need everybody being committed to turning out in every round.

The coming season should be one of our best ever with a lot of new faces in the Boys and Colts sections and a few more Youths to strengthen our team. If everybody pulls together and we cover all events then we will get promoted, so volunteers please for pole vault, hammer, steeplechase, 400h, etc., etc.

Finally thanks to Chris Knight for his help and to all the parents who assisted in the field events, with a special thanks to Andrew Hill's Dad for looking after the Thameside League.

Leo Coy

1990 - YOUNG ATHLETES RANKINGS

100M	400M	3000M	80H.100H
11.3 J ABADON Y		11:20.5 D HEENEY Y	13.0 C GRIFFIN B
11.7 R H-BOBB Y	55.9 S BOOTH B	12:07.2 T EARLE B	14.2 A LADEGA B
12.5 S BOOTH B	57.5 S ABEYSINGER Y		14.6 A EVELYN C
12.8 D WILLIS Y	60.2 D JOSEPH B		16.2 A HILL C
13.0 C GRIFFIN B	62.5 S DEBELL B	TRIPLE JUMP	17.2 L MADDEN C
13.5 B BIEDEN Y	73.6 T EARLE B		17.8 W COURAGE C
13.6 S DONALDSON Y	76.4 A HOUGHTON B	11.94 S OSUIDE Y	
13.7 S SCOTT C	84.6 D COURAGE C	9.89 A LADEGA B	SHOT
13.8 A EVELYN C		9.79 I DEARLOVE Y	
14.0 G WHITE C		9.69 C GRIFFIN B	10.43 S OSUIDE Y
14.5 A HILL C	800M	9.12 S DEBELL B	10.13 O MEGAFU Y
14.5 T REGIS C			10.02 D FALLON B
15.3 B MARIJETIC C	2:11.0 S BOOTH B		8.66 H BUCHANAN
15.4 I ATKINS Y	2:22.0 S DEBELL B	HIGH JUMP	8.04 A BIELICH E
15.5 S TAYLOR C	2:22.8 D JOSEPH B		7.10 S TANSEY B
16.0 L MADDEN C	2:23.0 P LLOYD C	2.05 S OSUIDE Y	6.27 S DEBELL B
17.5 A KENNEDY C	2:35.5 R DOWNS B	1.99 S MCLEAN Y	6.16 B COOPER B
17.7 R JAMES C	2:38.1 J DRAKE C	1.61 A LADEGA B	5.03 L BAZIN C
19.1 J DEBELL C	2:39.4 C KING C	1.50 S DEBELL B	4.91 R LADEGA C
19.5 R DOWNS C	2:43.6 T EARLE B	1.50 S BOOTH B	3.71 R DOWNS C
	2:43.70 A KING C	1.35 P LLOYD C	
	2:51.1 A MAIDMENT B	1.35 C WILLIAMS C	DISCUS
200M	3:06.1 C DRAKE C	1.30 O MEGAFU Y	
	3:19.8 W COURAGE C	1.20 R LADEGA C	24.34 O MEGAFU B
23.0 J ABADON Y	1500M		22.14 S MCLEAN Y
23.7 R H-BOBB Y		LONG JUMP	17.20 H BUCHANAN
25.2 S BOOTH B			13.90 A HOUGHTON
25.6 D WILLIS Y	4:47.0 S DEBELL B	6.19 S MCLEAN Y	JAVELIN
26.8 C GRIFFIN B	5:01.6 M ANDERSON B	5.00 S BOOTH B	
27.7 S DONALDSON Y	5:01.9 D JOSEPH B	4.50 O MEGAFU Y	23.24 O MEGAFU Y
28.0 A EVELYN C	5:03.2 P LLOYD C	4.45 S DEBELL B	21.76 S TANSEY B
28.5 A HILL C	5:09.5 T EARLE B	4.42 G WHITE C	20.58 S OSUIDE Y
28.9 G WHITE C	5:19.6 C KING C	4.34 A LADEGA B	19.28 R DOWNS B
29.2 S SCOTT C	5:23.6 D HEENEY Y	3.90 T REGIS C	18.62 B COOPER B
30.4 T REGIS C	5:23.9 L BLACK Y	3.87 I ATKINS Y	17.24 A MAIDMENT
31.3 I ATKINS Y	5:24.2 M EMMETT C	3.82 L MADDEN C	
31.8 S TAYLOR C	6:31.0 C DRAKE C	3.75 T EARLE B	HAMMER
33.1 W JITUROH C		3.58 C WILLIAMS C	
35.1 W COURAGE C	MILE	3.60 R LADEGA C	20.54 O MEGAFU Y
38.2 F SIMPSON C		3.43 L BLACK Y	4.74 T EARLE B
	5:39.80 P LLOYD C		
RELAYS			
COLTS ; 4X100M	56.7 S SCOTT,S TAYLOR,A HILL,P LLOYD.		
BOYS :	53.1 A LADEGA,C GRIFFIN,S DEBELL,SBBOOTH.		
YOUTHS :	50.6 S MCLEAN, S ABEYSINGER,D WILLIS,S DONALDSON.		
BOYS : 4X400	4:40.9 S BOOTH,D JOSEPH,S DEBELL,T EARLE.		
YOUTHS	4:15.5 D WILLIS,S DONALDSON,L BLACK,S ABEYSINGER.		

LATE RESULT

27TH AUGUST-1ST SEPT. 1990 XVth EUROPEAN CHAMPIONSHIPS SPLIT

KING JOHN

As the UK turned the tables on the opposition and finished with a record breaking 9 golds and a total medal tally of 18, the star of the European Championships was John Regis. Bronze in the 100m (10.07w), winner of the 200m in a legal 20.11, silver medal with Marcus in the 4x100 in a new UK record of 37.98, and another gold in the 4x400 with John running an incredible 43.93 split as the quartet sped to a new European record of 2:58.22

In the 5000m Gary Staines lived up to our highest hopes taking the lead with 100m to go, but having to succumb to Antibo's final burst still to finish with a fine silver in 13:22.45.

Many of the pole vaulters failed to qualify and among several of the elite who missed the cut was Mike Edwards who only managed a disappointing 5.10. Abi Ekoku also turned in a below par performance with injury reducing his best discuss throw to 53.80.

1990 BOXING DAY 1 MILE HANDICAP

Gordon Biscoe's hot claret punch proved too strong an attraction for many supporters but the specialist middle distance boys gave this one a miss. The format may be reviewed next year! (Handicap times in brackets).

1. J.Coy 5:22.1 (4:22.1), 2. D.Clack 5:31.2 (4:21.2), 3. T.Stone 5:47.0 (4:47.0), 4. T.Earle 6:04.0 (4:19.0), 5. J.Pritchard 6:15.0 (4:15.0), 6. R.Downs 6:29.0 (4:44.0), 7. B.Cooper 6:31.0 (4:36.0), 8. J.Smiter 6:39.0 (4:49.0), 9. D.Clack 7:00.0 (4:50.0), 10. S.Pascoe 7:33.0 (5:13.0), 11. R.Downs 9:20.0 (6:00.0)

ADDITION BAL MATCH 4 1990

3000m S/C A. 7. G.Teahan 9:47.00, B. 4. G.Pitts 9:54.86

<p>subs</p> <p>The following members still owe their subs for LAST year!</p> 	<p>NOTICE BOARD</p>	<p>SPECIAL EVENTS</p> <p>6th APRIL 1991 Southern 12 Stage Relay DISCO!!!</p> <p>4th MAY 1991.</p> <p>An evening of high class entertainment for the discerning adult male. Acts hand picked by your one and only Social Secretary</p>
<p>Tickets for all Social events may be obtained from either Stuart Paton or Gary Staines.</p> <p>subscriptions due july 1st</p>		

