

In this issue:

- 174 ECCA National CC Relays
- 175 Reigate Priory CC Relay
- 175 Women's Surrey CC League
 - Belles open up the lead
- 176 "Sweatshop" Men's Surrey CC League
 - Not so "Happy Valley"
- 176 Victory '5'
- 176 Results Roundup
- 177 News

Contributors in this issue: Catherine Eastham, Alan Mead

Road Running & Cross Country

ECCA National Cross Country Relays, Berry Hill Park, Mansfield, 4 November 2006.

Tagged in Mansfield

When David Anderson looked around him on the start line of the Senior Men's race, the last competition of the day, he couldn't help but be impressed by the number of top clubs and the quality of the runners who had supported the 19th running of the National cross country relays at Mansfield – the 21st time the event has been held all told. And it had been the same story in each of the preceding races.

Junior team in action

It was back in 1987 that we last lined up a Junior Men's squad – four to a team in those days, when the race was held at Crystal Palace – and we placed 7th with Matt and Justin Chaston, Matt Kinane and Glen Tiernan. A lot of water has gone under the bridge since then and how great it was to see a Belgrave team in action in this age group once more.

With not much more than a year of the sport behind him and only seven months of proper training, James Fairbourn faced up to the best of British under 20 middle-distance talent on the first leg. The pace was terrific and totally different to anything he'd encountered before, having started his running with a couple of marathons (including a 2:51 in Chicago, 2005). James never gave up fighting but was disappointed with his time; he needn't be, for we've already seen application and determination that will surely take him into our senior teams of the future.

Relishing the thought of a chase, Kris Gauson took over with Newham's Tom Bilham in close proximity and the two of them set about the field to record a couple of top ten times. Kris has upped his training load this winter and after being a little unhappy with early winter performances, had run a scorcher in the previous week's Scottish relays and pronounced himself very happy also with his run here at Mansfield.

The Bels were now in 17th but there was still plenty of scope for improvement as Greg Billington tore into the field ahead. Clocking a time just over nine minutes, he overtook eight men before running out of race and having to settle for a final team position inside the top ten and 25 seconds away from the medals. Greg's next outing was planned for the US championships in December. At 17 years of age he has two more winters in the age group and Kris has one – so look for fireworks this time next year!



Above: Less than a year after starting in athletics and with only seven months of training behind him James Fairbourn faced the top juniors in the country in the ECCA National Cross Country Relay at Mansfield.

8th again for the Senior men

Over four stages of 5k (two 2.5k laps for each stage), the aggression shown at the start of the men's race had to be seen to be believed. A short downhill charge over cropped grassland was followed by a rise and then a further roller coaster down and up again before dropping into the woods. David Anderson's progress continued well and he was well up in the leading half dozen with a Staffs Moorlands vest initially at the front before Stockport's Steve Vernon and Holmfirth's Nick Goodliffe took over. Dave handed over to Neil Speaight in 9th spot with few of the eventual top ten placers around him – apart from the ominous presence of Newham & Essex Beagles (4th) and Altrincham (5th). We didn't originally plan to run a B team but Pete Willis was keen to check his fitness and turned up to run first stage.

It was all change on leg two as Jason Ward took Altrincham into the lead and Michael Skinner raised Blackheath's stock by 17 points to go 2nd. It was great to welcome "Speaighty" into our team. Not a huge fan of cross country after an ankle injury earlier in his career, he was nevertheless exuberant at the start before suffering in the middle section of his stint, dropping back out of the top ten ... to 13th ... and maybe a couple more places. Then, in the final kilometre on the grass at the top of the course, Neil switched into track mode and pulled back all he had lost and more, moving our colours up to 6th. Great work – and we look forward to seeing him on the road in the spring.

Stage three – and still the ingredients of this exciting race were being mixed. With a quartet that had just four seconds between them, Bedford & County replaced Altrincham at the head of the field while a resurgent Tipton Harriers moved up to second place, Sale Harriers completing the frame. The only

constant in this turnover of colours at the front was the continued presence of the Beagles, never out of the first four. Phil Wicks' eager return from an injury-induced layoff had gone so well at Sutton Park, but two weeks later and a head cold had kicked in to pull him back again. He held 6th for as long as he could but eventually had to give way to a couple of opponents, including Aldershot's Ben Moreau and Mark Husdpath of the Morpeth Harriers who were positioning themselves to slingshot Nick McCormick on the final stage.

All up to Stephen Sharp then – but once again we had given our last man too much to do. Steve gamely chased McCormick and he pulled back two places to equal our position of 2005. Andy Vernon pulled AFD into the medals at the expense of Sale, with Tipton dropping from silver to bronze – but it was the Beagles again in front with Mark Warmby now setting his club up for a grand slam of winter titles.

For the first time results were produced using the Champion Chip method with all runners having to wear an ankle tag holding a computer chip with a unique coding that was captured as each runner crossed the line. This enabled the results to be produced to a previously unheard of accuracy in a national cross country race - giving Dave Anderson the huge pleasure of announcing to "Sharp" that he'd cracked his time by 35/100ths!

U20 Men's 3 x 3 km. 1 Bristol & West 27:12.95; 2 Owls AC 27:23.35; 3 Liverpool H 27:28.60; 4 Trafford AC 27:31.35; 5 City of Norwich AC 27:33.35; 6 Morpeth H & AC 27:45.75; 7 University of Birmingham 27:48.30; 8 City of Stoke AC 27:52.20; 9 Belgrave H 27:53.95; 10 Notts AC 28:14.35; 71 teams started; 51 teams finished.

J Fairbourn (49) 9:51.60; K Gauson (17) 8:58.45; G Billington (9) 9:03.90.

Fastest: 1 M Mashford (Aldersot F&D) 8:47.55; 2 T Minshull (Trafford) 8:49.10; 3 R Fraser (Owls) 8:49.95; 4 T Bilham (Newham & EB) 8:51.40; 5 A Derricott (City of Stoke) 8:52.55; 6 J Pepper (Uni Birmingham) 8:53.20; ... 11 K Gauson; 14 G Billington.

Senior Men's 4 x 5 km. 1 Newham & Essex Beagles 1:00:42.85; 2 Aldershot F&D AC 1:00:47.20; 3 Tipton H 1:00:54.05; 4 Morpeth H & AC 1:01:03.25; 5 Sale H Manchester 1:01:04.90; 6 Bedford & CAC 1:01:07.55; 7 Altrincham & DAC 1:01:36.00; 8 Belgrave H 1:01:42.35; 9 Owls AC 1:02:00.45; 10 Blackburn H 1:02:18.85; 159 teams started; 132 teams finished.

A team: D Anderson (9) 15:14.35; N Speaight (6) 15:29.75; P Wicks (10) 15:43.55; S Sharp (8) 15:14.70.

B team: P Willis (96) 17:28.65.

Fastest: 1 S Vernon (Stockport) 14:42.65; 2 M Warmby (Newham & EB) 14:44.20; 3 A Vernon (Aldersot F&D) 14:45.60; 4 M Skinner (Blackheath & B) 14:45.90; 5 N McCormick (Morpeth) 14:49.25; 6 N Goodliffe (Holmfirth) 14:50.70; ... 21 D Anderson; 22 S Sharp.

Reigate Priory Cross Country Relays, Priory Park, Reigate, 4 November 2006.

Second at Reigate

Sarah Murphy took the first leg, as is her preference, to battle it out up front. Posting the Belles fastest leg of the day, and 5th fastest leg overall, she brought the Belles home in 3rd spot. It was her fastest time ever over the Reigate course on a day when fast times were in evidence.

Tilly showed she was well on the road to full recovery, moving the Belles up one slot and ending up just 18 seconds down on her best ever at the Priory. Thinking that Arena's athlete was on her shoulder for the last mile Tilly pushed hard – although the guy who was struggling (but not managing) to get past wouldn't be pleased to hear she thought he was a girl.

And so to last leg, with the Belles a minute and a half down on SLH and with Caroline Hoyte of Arena heading off just after Catherine Bryson, there was tension in the air - could Catherine reel in such a big gap and fend off an aggressive attack from third spot? Unfortunately the SLH runner couldn't be seen throughout the race yet alone be caught, but Catherine

confidently held off Arena to bring the Belles home in 2nd slot, and captured the 7th fastest leg of the day.

1 South London H 46:36; 2 Belgrave H 48:21; 3 Arena 80 48:47.

S Murphy (3) 15:48; T Heaton (2) 16:40; C Bryson (2) 15:53.

Fastest: E Baker (South London) 14:05; G Bruinuels (Dorking & MV) 15:37; L Watson (Medway & M) 15:42; S Murphy (Belgrave) 15:48.

Surrey Women's CC League, Division One, Race 2, Lightwater, 11 November 2006.

Belles open up the lead

With the Belles fielding the same team plus extras that won Race 1 at Epsom just a few weeks before, there was an air of confidence and excitement in the team. Could this be a double win and a clear signal to the competition that the Belles were battling to regain the Surrey League title?

The race started well with Chrissie, Catherine and Sarah all up in the top 15 on the first short lap of the course. Naomi Warner and a couple of the Herne Hill girls had decided to make a quick start of the race, but Chrissie & co., weren't too far behind. By the time the group had come through the start area the second time Naomi had dropped back considerably much to the spectators' surprise. It turned out that both Naomi and Chrissie had taken a wrong turn at the end of lap one and whilst Chrissie managed to get back on track pretty quickly poor Naomi had not been so lucky.

Not one to let a little difficulty put her off Chrissie took advantage of the situation and began to make a clean break. Catherine Bryson was more cautious and there was a steady gap between her and Chrissie, which was filled by three or four rapidly tiring athletes. By the time the third lap was coming to an end and Chrissie headed round the final bend in the lead, Catherine had also had a storming breakthrough and sprinted home to provide the Belles with their first 1-2 since this team manager's been around.

And then came Sarah Murphy following just 30 seconds behind – the Belles 3rd runner – followed by Vicky Clarke, whom we welcomed back to the team after a racing absence of some months. Tilly Heaton closed the Belles team in with all five coming home the top 20; an awesome result.

Whilst our competitors were still trying to finish three or four athletes, our 6th and 7th runners were coming home in 30th and 34th spots respectively. Erica Fogg was a welcome late addition to the squad and Sarah Gailey continued to show her aptitude for distance running.

Helen Smethurst, suffering from a cold, finished in 45th; Louise Cooper, still suffering from the Snowdonia Marathon, came home some places further back than usual in 83rd; and new non-scoring team member, Marketa Johnson, finished in 90th spot. 140 Division 1 runners finished.

In terms of team results, the Belles had a clear win, scoring just 50 points. Whereas we only had a few points advantage after Match 1, the gap had widened, with Stragglers and Thames both scoring 108 points, and injury-stricken Ranelagh only managing 4th with 134 points.

Overall in the league, this places the Belles a clear first ahead of Thames and Ranelagh.

There is no room for complacency though and the Belles need to ensure that their 74 point margin isn't eroded over the next couple of fixtures.

In our own plate competition Chrissie Wellington is currently heading the table with a clean sweep of 40 points so far. Catherine Bryson and Sarah Murphy have both scored a 2nd and 3rd place to give them 37 points each. However, with four races still to go in this competition, all could change.

Megan Evans had some company in the U15 race for once as Krystal Galley (Junior's daughter) made a welcome appearance for the team. Considering this was her first cross country outing she made good ground, working with Megan over the first lap and then making a break to move ahead, finishing 9th to Megan's 10th position. Both girls have only moved up to this age group this year and were battling girls a couple of years older and stronger. Only one U17 girl finished ahead of this dynamic pair. If we could just attract a few more then we could turn out a reasonably strong squad in this age group.

Senior Women: 1 C Wellington 23:40; 2 C Bryson 23:48; 3 F Clarke (Reigate) 23:51; 11 S Murphy 24:23; 16 V Clarke 25:16; 20 M Heaton 25:40; 30 E Fogg 26:22; 34 S Gailey 26:36; 45 H Smethurst W40 27:25; 83 L Cooper 30:16; 90 n/s M Johnson 30:28; 140 finished.

Teams: 1 Belgrave H 50; =2 Stragglers AC and Thames H&H 108; 4 Ranelagh H 134; 5 Herne Hill H 150; 6 South London H 157; 7 West 4 160; 8 Wimbledon W 162; 10 Belgrave 'B' 237.

Overall: 1 Belgrave H 112; 2 Thames H&H 186; 3 Ranelagh H 201; 4

Under 15: 1 I Brinsden (E&E) 16:12; 2 G Shephard (E&E) 16:15; 3 A Tracy (G&G) 16:36; 9 K Galley 17:26; 10 M Evans 17:29.

Sweatshop Men's Surrey CC League, Division One, Race 2, Coulsdon, 11 November 2006.

Not so "Happy Valley"

Coulsdon might have come earlier in the season than usual but it produced its normal low take-up among Belgrave runners. Hallowed cross country ground Farthing Downs and Happy Valley might be, but there is definitely a feeling that this course with its flinty, rutty and rooty section, where ankles are already under strain thanks to the camber, is something to be avoided.

Unfortunately Phil Wicks, winner though he was in the end, wonders whether he will run this one again. He suffered from a turned ankle on lap one, having broken clear of the field along with guesting Huw Lobb (Bedford & C). Ignoring the pain he pushed on for a second lap and took 60 metres out of Huw but only a jog was possible the following day and no running at all the day after. He was obviously in good shape in spite of his recent shin splints and cold but problems had kept stacking up against him as his ever-nearing target, the U23 European Trial, approached.

John Kimaiyo was our second man for most of the race but, suffering on the far side of the final lap, found himself being swept up by the Skipper whose command to, "stick with me!" was willingly taken up. A powerful descent to the finish had the two of them racing it out and into the funnel almost together. Will was pleased to have edged Thames rival Nick Altmann ... and then came Tom Ellacott with a tremendous run.

Herne Hill are on a Surrey League roll and by now they had swamped the finish funnel with five men in before double figures had been reached, and their ten men home in 26; we were having to wait a little longer. Mark Humphrey, taking a break from the "Run Fat Boy Run" film set was delighted to have the beating of Knut Hegvold for his highest ever league place. Then behind Warren Lynch and James Fairbourn, Robert Norville DID make the ten this time - as did Matthew Taylor.

So, we reached the halfway stage over 400 points adrift of Herne Hill and the league seems pretty much sorted with Dulwich doomed to return to Division Two. But there's always a challenge to take up. Next race is on our home course, the other side of Christmas, where it would be nice to move back into second spot.

Senior Men. 5.44 miles. 1 P Wicks (Belgrave) 27:51; 2 H Lobb (guest) 28:04; 3 I Lockett (Herne Hill) 28:21; 17 J Kimaiyo 30:00; 18 W Cockerell 30:00; 20 T Ellacott 30:21; 39 M Humphrey 31:32; 41 K Hegvold 31:35; 48 W Lynch 32:03; 60 J Fairbourn U20 32:30; 92 R Norville 34:51; 113

M Taylor 36:42; 132 H Corbett 38:17; 139 P Cross 38:50; 145 L Rehn M40 39:44; 154 finished.

Teams: 1 Herne Hill H 130; 2 Thames H&H 268; 3 Belgrave H 396; 4 Reigate Priory AC 419; 5 Ranelagh H 430; 6 South London H 569; 7 Guildford & G AC 571; 8 Stragglers 607; 9 Dulwich R 705.

Overall: 1 Herne Hill H 287; 2 Thames H&H 663; 3 Belgrave 710; 4 Ranelagh H 808; 5 South London H 1021; 6 Reigate Priory AC 1026; 7 Stragglers AC 1106; 8 Guildford & G AC 1175; 9 Dulwich R 1394.

U17/U15. 2.72 miles. 1 D Altendorf (SLH U17); 6 S Etem (HHH 1st U15) 16:59; 10 J Taylor-Holland (4th U15) 17:40.

Portsmouth, 3 December 2006.

Victory '5'

Forty to fifty mile an hour squalls made for an interesting race at Portsmouth where the leaders ran nearly 6 minutes for the last mile. Phil Wicks' preparations for the race were turned upside down when a late arrival meant that he only had time for a 400m jog before the start. Willard Chinhanhu of Poole attempted an early break but Phil was in the bunch as the field set out along the waterfront with the wind behind them. Geele, Robinson and Mitchison were all prominent for the Beagles with our own Malachi Byansi, John Kimaiyo and Knut Hegvold also well forward.

But those windy conditions meant that whatever happened on the outward journey, the whole field was going to concertina at the end - and it did - with five men coming together at the 4 mile point in 19 minutes. Chinhanhu and Geele arrived back at the track together but were being chased hard by the next three and we had the first five all on the finish straight at the same time.

The wind had made a mockery of the times but there was no doubt that it was a terrific run from Phil who was just three seconds down on Andy Robinson and ahead of Dave Mitchison (both Beagles) and Cole (Medway & Maidstone). It was another good effort from Mal Byansi who had John Kimaiyo, a good six inches taller, trying to shelter behind him on the return. Knut had a powerful finish to overtake JK to become our third scorer and take second veteran's prize.

It was good to see Mark Miles there - he was working with the race sponsors - and we are happy to report that he has now shaken off his chest infection and is back to running.

Men. 1 W Chinhanhu (Poole) 24:50; 2 M Geele (Newham & EB) 24:51; 3 T Payne (Birchfield) 24:54; 5 P Wicks 25:01; 16 M Byansi 26:49; 23 K Hegvold M45 2-Vet 27:55; 24 J Kimaiyo 27:59; 44 D Mason 28:52; 68 M Humphrey 29:56.

Teams: 1 Newham & EB 25; 2 Belgrave 68; 3 Winchester 71.

Results Roundup

Road & Country

October 2006

- 15 **SIS Sandhurst Poppy Hill Trail 10 km.** Men. 11 P Cross 1st-M50 43:47.
- 22 **Stroud Half Marathon.** Men. 5 M Byansi 1:10:50.
- 22 **Maidstone Half Marathon.** Men. 1 P Hasler (Paddock Wood) 1:13:00; 89 P Cross 1:33:48.
- 28 **UK Cross Challenge, Senneleys Pk, Birmingham.** Women 6 km. 1 H Yelling (Windsor SE&H) 22:22; 28 C Wellington 24:29.
- 29 **Barns Green Half Marathon.** Men. 1 J Baker (Chichester) 1:09:56; 280 J Pritchard 1:40:20; 467 F Gander M70 1:46:59; 501 D McMillan M55 1:48:10; 879 A Lane M70 2:04:07.
- 29 **Folkestone Rotary Half Marathon.** Men. 1 J Creane (Folkestone) 1:12:50; 39 P Cross M50 1:32:52.

November 2006

- 1 **Algarve Challenge, Portugal.** Men. 1 E Malloch (WGwEL) 26:30; 5 W Cockerell 28:51.
- 1 **London Colleges League, Richmond Park.** Men. 1 A Vernon (St Mary's) 28:13; 24 A Marek 31:17.
- 4 **US Half Marathon, San Francisco.** Men. 1 B Poore (Belgrave) 1:09:19.
- 4 **Alan Scally Road Relays inc Scottish Universities Champs, Glasgow.** Women. 10th fastest C Bertram 30:22.
- 5 **adidas Run Through the Villages 8.44 miles, Wheelton.** Men. 1 P Freary 44:13; 2 R Hayman (Sale) 44:44.

- 5 **Ronhill Surrey Classic 10 km, Oxshott.** Men. 1 T Doran (Elmbridge) 32:58; 4 L Greatorex 34:39; 8 M Webb 35:39; 246 D Davies M65 55:16.
- 5 **Stevenage Half Marathon inc. SEAA Champs.** Men. 1 W Chinhnanhu (Poole) 1:05:40; 3 M Byansi 1:10:13; 71 P Cross M50 1:29:09.
Women. 1 J Kang'ara (Belgrave) 1:19:35.
- 5 **Marlow Half Marathon.** Men. 1 M Trees (Belgrave M40) 1:15:21; 395 D McMillan M55 1:51:56.
- 11 **Bushy Park Time Trial.** Women. 1 S O'Sullivan (Thames H&H) 18:05; 15 C Eastham 23:19.
- 12 **Frostbite League 5 miles multi terrain, Bushfield, Peterborough.** Men. 1 N Speaight 25:31.
- 12 **Hellrunner, Long Moor Army Camp.** Men. 1 R Jebb 1:02:48; 12 M Whiting 1:13:56.
- 12 **Leatherhead Fire Station 10 km.** Men. 1 K Quinn (Aldershot F&D) 32:38; 50 P Cross M50 41:01.
- 15 **London Colleges League, Wimbledon. 5.6 miles.** 1 A Vernon (St.M/Aldershot F&D) 32:47; 12 A Marek (gst) 36:38.
- 17 **Bahrain Marathon Relay.** 2.7 km N Speaight 7:52; 3.2 km N Speaight 10:38.
- 18 **Gauldry Gallop Open 8 km, Gauldry, Fife.** Men. 1 Y Colombet (G Heriot) 27:14; 4 G Oudney 27:41.
- 18 **VAC 5.2 miles, Wimbledon.** M70. 1 F Gander 45:35.
- 19 **Brooks Brighton 10 km, Brighton.** Men. 1 J Ward (Altrincham) 30:01; 2 S Sharp (1st SEAA) 30:13 (30:11 chip); P Cross M50 39:11; L Rehn M40 42:19.
- 19 **Jersey Spartan Half Marathon.** Men. 1 P Freary 1:08:57.
- 19 **Herbert's Hole Challenge 10 km multi-terrain, Chesham.** Men. 1 E O'Gorman (Chiltern) 40:53; 3 M Humphrey 41:09.
- 20 **NCAA Division 1 Champs, Terra Haute, IN USA.** Men's 10 km. 1 J Rohatinsky (BYU) 30:44.9; 137 D Gauson (Butler/Belgrave) 32:56.5.
- 25 **Wolverton 5 km, Milton Keynes.** Men. 1 D Mitchison (Newham &EB) 24:42; 10 J Kimaiyo 26:49.
- 25 **UK Cross Challenge, Sefton Park, Liverpool.** Men's 10 km. 1 F Tickner (Wells) 31:18; 48 P Wicks 34:01.
- 25 **South of Thames CC Assoc. 5 miles Team Race, Epsom Downs.** Men. 1 H Evans (Tonbridge) 29:03; 5 M Byansi 30:22; 20 W Cockerell 32:03; 40 M Humphrey 33:52; 100 H Corbett M45 38:50; 128 S Baxendale 41:54; 153 finished.
Teams: 1 Kent AC 40; 2 Reading AC 71; 3 Crawley AC 78; 9 Belgrave H 165; 29 teams closed in.
- 26 **Leeds Abbey Dash 10 km.** Men. 1 J Ndaysenga (Birchfield) 29:15; 55 P Willis 33:10; M Whiting 35:28.
- 26 **Hayling 10 miles.** Men. 1 T Payne (City of Portsmouth) 51:46; 121 P Cross M50 1:06:55.
- 26-29 **Club La Santa Running Week, Lanzarote.**
26th - 10 km. Women. 1 A McKeown (GER) 38:05; 7 T Heaton 39:47; 8 H Smethurst W40 40:45; 11 L Cooper 43:22.
27th - 13 km Ridge Run. Women. 1 A McKeown (GER) 49:46; 5 T Heaton 51:03; 7 H Smethurst W40 53:28; 17 L Cooper 58:30.
28th - 5 km Beach Run. Women. 1 J King (GBR) 20:47; 5 T Heaton 21:34; 6 H Smethurst W40 22:01; 21 L Cooper 24:42.
29th - 21km run. 1 A McKeown (GER) 1:21:27; 5 T Heaton 1:26:04; 6 H Smethurst W40 1:27:49; 16 L Cooper 1:36:01.
Overall Challenge Positions: 1 A McKeown (GER) 3:10:11; 5 T Heaton 3:18:27; 6 H Smethurst 1st-W40 3:24:01; 15 L Cooper 3:42:33.

December 2006

- 2 **Elswick H Norman Woodcock Memorial 6 miles, Newcastle.** Men. 1 N McCormick (Morpeth) 28:51; 2 D Anderson 30:04.
- 2 **SLH Pirie 10 miles.** Women. 1 C Wellington 1:03:38.
- 2 **Oxford vs Cambridge University Race, Wimbledon Common.** Men. 1 P Natali (Cambridge) 38:39; 3 J Blackledge (Oxford/Bel) 39:20.
- 2 **Bushy Park Time Trial 5 km.** Men. 1 W Clark (Epsom &E) 16:37; 2 W Cockerell 16:47.
- 3 **California International Marathon, Sacramento, USA.** Men. 1 J Ndambuki (Kenya) 2:14:56; 12 B Poore 2:21:51.
- 3 **Lanzarote Half Marathon.** Women. 1 A Critchlow (West 4) 1:23:24; 4 H Smethurst 1-W40 1:29:28.
- 3 **Thanet Coastal 10 miles.** Men. 1 A Mahieddine ((Thanet) 56:58; 31 P Cross 3rd-M50 1:06:54.
- 9 **USATF Junior National Olympic CC, Spokane, Washington State, USA.** U19 Men. 5k 1 G Billington U20 15:39.
- 9 **Hercules Wimb. AC 5 miles Club Race, Wimbledon Common.** Men. 1 A Bodin U20 27:52.
- 9 **SEAA U23 Inter-Counties** (held with London Champs, etc). Men. 1 P Wicks U23 32:37; 2 H Lobb 1-London (Bedford &C) 33:25; 3 A Livingstone 1-U20 (Thurrock) 33:32.
- 10 **Bedford H Half Marathon.** Men. 1 N Leighton (Bristol &W) 1:09:38; 154 P Cross M50 1:29:31.
- 17 **Longridge 7 miles, Nr. Preston.** Men. 1 P Freary 37:10.

- 17 **Reigate Priory Holly Run, Priory Park.** Men. 1 A Robinson (Newham &EB) 31:44; 8 P Buckley 35:16; 9 J Kimaiyo 35:20.
- 17 **Ronhill Surrey Classic 10 km, Horton Country Park.** Men. 1 W Clark (Epsom & Ewell) 32:59; 6 M Webb 35:23; 200 D Davies M65 51:59.
Women. 1 E Nelson (Epsom & Ewell) 35:59; 2 S Murphy 37:45.
- 23 **Bushy Park Time Trial 5 km.** Men. 1 J Trapmore (Shaftesbury B) 15:24; 2 R Ward 15:25.
- 25 **Lauriston Christmas Paarlauf, Wimbledon.** 1 Don Anderson (Belgrave) & A Przedzimirski (Herc. Wimb.) 5m 1405y; 3 W Cockerell (Belgrave) & D Cockerell (SW Bristol &W) 5m 1152y.
- 25 **Bushy Park Time Trial 5 km.** Men. 1 R Ward 15:30; 3 A Bodin U20 16:12.
- 26 **Hammersmith 3.3 miles.** Men. 1 R Marriott (South London) 17:44; 2 M Humphrey 18:24.
- 29 **Serpentine Last Friday 5k, Hyde Park.** 1 R Ward 15:07; 46 C Dickinson 1st-M55 18:40.
- 30 **Bushy Park Time Trial 5 km.** Men. 1 C Payne (Tortoise & Hare) 16:35; 5 R Stannard 17:08.
- 31 **Cliveden 6 miles CC, Bucks.** 1 M Trees M40 37:51.
- 31 **Ely New Year's Eve 10 km.** 1 R Joy 31:39; 2 N Speaight 32:36.

Race Walking

November 2006

- 4 **Addington Vase 7 miles.** Men. 1 M Easton (Surrey WC) 55:36; 4 P King M55 66:48.
- 11 **Enfield Open 10 km.** Women. 1 M Noel W40 1:08:51.
- 25 **Belgrave Open 7 miles, Wimbledon.** Men. 1 S Davis (Ilford) 54:51; 2 D Turner (Yorks RWC) 55:42; 3 T Jones (Hillingdon) 56:10; 7 T Watt (Steyning) 1:03:36; 8 C Lawton M55 1:05:15; 11 P King M50 1:06:27; 24 finished
Women. 1 M Noel (Belgrave) 1:08:30; 2 F Bishop (Aldershot F&D) 1:08:36; 3 A Belchamber (Hillingdon) 1:11:01; 6 finished.
Teams: 1 Ilford AC 15; 2 Hillingdon AC 33; 3 Belgrave H 36; 7 teams closed in.

December 2006

- 2 **Surrey Walking Club 5 km.** Men. 1 D Sharpe M50 (Ilford) 28:07; 2 C Lawton M55 28:11; 12 P King M50 30:04
- 9 **Cambridge Harriers League 5kms, Bexley.** Men. 1 A Goudie 23:56; 6 C Lawton M55 27:33; 11 P King M50 28:53.
Teams: 1 Ilford 18; 2 Belgrave 18.
- 23 **Enfield League 5 miles.** Men. 1 T Jones (Hillingdon) 40:02; 10 C Lawton M55 45:24.
Women. 1 T Boa (Harb) 45:07; 3 M Noel W40 48:52.
- 26 **Brighton & Hove 5.5 miles, Preston Park.** Men. 1 S Hales (Steyning) 47:16; 3 T Watt 52:07.

Triathlon

November 2006

- 27 **Club La Santa Running Week Aquathlon, Lanzarote.** 200m swim, 3km run. 1 J King (GBR) 05:13/11:46 - 16:59; 2 T Heaton 05:36 12:31- 18:07; 3 C Eastham 05:30 13:19 - 18:49.
Lee Geatorex and Louise Cooper competed as a team with Lee swimming 03:17 (incl transition) and 1st out of the pool. Louise ran 12:51, total 16:08. They were 3rd team and 4th altogether.

News

Aussie middle distance running alive and well

Our Pacific Correspondent writes: Over 100 starters turned out at Homebush for the New South Wales 3000m championship last weekend. While U2, in the middle of their "Vertigo" tour, were belting out music from the Telstra Stadium right next door, three men's races and two women's races were necessary to decide the championships.

AIS Distance coach Dick Telford stated beforehand, "Marty looks like the one to beat. Behind Craig Mottram, he is without a question the next best distance runner in the country."

And sure enough Marty Dent came out on top of the pile, winning his race in 8:04.59.

Marty, who plans to attempt to qualify for next year's World Championships in the 3000m Steeplechase was happy with his win.

"I was controlling the pace and knew that I had to keep it honest. I ran a really good final two kilometres. With the wind I didn't want to try to run a PB, I was happy to get through the first few laps without doing much damage."

Thanks Brian and Maureen for a great Club Dinner

Thanks to the superb organisation of Brian and Maureen Pritchard, around 80 members packed into Belgrave Hall for the Annual Dinner. An excellent meal was prepared by Chef Warren Caswell (one-time Belgrave high jumper) and those present ranged from the ageless Bill Lucas (who acted as toastmaster), runners from the 80s and 90s (John Gladwin, Mark Sinclair, Gerry Adams) through to a few from today's teams.

The new President David McMillan was introduced by the outgoing man Brian Pritchard, and Alan Mead gave a run down on the year's activities.

Four hundred metre star Ryan Thomas was present to receive the *Bill Merryman Trophy for the Young Belgravian of the Year*. The *Tommy Green Cup* for the best men's performance went to Phillips Idowu for his Commonwealth Games triple jump win and the *Centenary Cup* for women went to 400 metre hurdler Michelle Carey.

Brad Poore in good form.

Belgrave colours were first across the line as Brad Poore won the US Half Marathon from over 3,000 runners from all 50 US states and 13 countries. The race started along the historic Muni Pier on the San Francisco waterfront as the warm sun rose over the Golden Gate Bridge – a perfect setting for the 5th Anniversary US Half. The clear skies, cool morning weather and a sell-out crowd made this year's event the best yet. The weather was perfect for the 13.1 mile trek through the best of San Francisco including the beautiful Golden Gate Bridge.

There is a little doubt over the times, Brad's official winning effort being 1:09:40.8. Third was Herne Hill Harrier Matt Norminton, 1:10:27.7. It seems likely that the actual times were something a little under 1:09:20 and 1:10:10.

It was good going for Brad who had pulled a calf muscle only a month earlier when racing in the Twin Cities Marathon where he went through the "half" feeling fantastic in 68:55.

Earlier in the year Brad ran 2:24:28 in the ING Ottawa Marathon to place 3rd in a bizarre race won by Bouramdane of Morocco in 2:12:18. No fewer than fourteen runners were disqualified, thus boosting the Belgrave man's position. The problem was caused by volunteer pointsmen leaving their post, resulting in runners not knowing where to go next – and cutting some 400 metres off the route.

Brad subsequently improved his position at the top of our marathon ranking list for 2006, running 2:21:51 for 12th place in the California International Marathon – the so called "Fastest Course in the West".

The race started at 7am at the Folsom Dam, passed through the outlying Sacramento-area communities and finished at the historic California State Capitol building in Sacramento.

It was a nicely paced effort from the 28 year-old who went through the half marathon point in 1:09:59.

Brad last ran for us in 2002 when with Allen Graffin, Paul Freary and Will Cockerell he won a silver medal in the AAA 10k at Bradford. He returns to the UK in January and will be studying at Brunel.

Have you heard the one about ...

The two Englishmen, a Scotsman and a Welshman? They made all the difference to Butler University's challenge in the Horizon League Cross Country trophy in the US.

Butler University were awarded the trophy on 5th December 2006 and it was collected by their Captain, Englishman Scott Overall (Blackheath H). The team included two Englishmen, one Scot – our own Darren Gauson – and Alex Haines from Wales. We believe the second Englishman was Andy Rayner, also of Blackheath.

Darren will be in the UK over the Christmas/New Year period and hopefully compete for Scotland in Belfast at the UK Cross Challenge. On 13th January he runs in the 4k cross country to be held in Holyrood Park, Edinburgh, the venue for the 2008 World Cross Championships, and then returns to the USA to commence training for the indoor season.

A swim win for Anne Hegvold

We've told you about the great progress shown by our swimmers under the guidance of coach Dave Greatorex.

To anyone who has attended our swim sessions on a Thursday night, it's been obvious that our Norwegian Torpedo Anne Hegvold has just as much talent in the water as on the road. On December 9th she took part in her first swim competition for many a year. She won the backstroke and her team had a first and second in the relays. She won the individual medley as well but lack of experience caused her to do the wrong type of turn when going from breaststroke to backstroke; she wasn't dq'd but tells us that this won't happen again!

If you want to take part in our swim sessions – all standards are catered for. We've already picked up a couple of recruits for our triathlon team for 2007.

Billington tops in the US

At Plates Ferry Recreation Park, Spokane, Washington State, Greg Billington beat all the top Under 19 US runners to win the National Junior Olympic Cross Country title. In snow and rain, Greg led from the gun, pushing on to win over the 5 km course in 15:39 to the second placer's 15:52.

A minor knee problem failed to hold him back but Greg may now enjoy an easy spell before taking to the race course again for the Suffolk County Championships in January, followed by the World Cross Country Trials, the English National Championships at Sunderland – and maybe a place in the team for the World Championships in Mombasa, Kenya.

But if he makes it to the "Worlds", which nation will he represent? No doubt the US team would like him in their squad but now that he has dual UK nationality – thanks to some strong support from Belgrave Harriers – he could be in the UK team.

Phil's third year as SEAA U23 Champion

This year the SEAA U23 Inter-County Championship was held in conjunction with the U20 Inter-County race and the senior men's London Championship at Parliament Hill – and Phil Wicks headed the field at the finish by a monster 48 seconds.

The race took in two 2 km laps followed by two 3 km laps. By the end of the second short lap Phil had stretched away from the Beagles' Mark Warmby and Bedford's Huw Lobb. A lap later he was well clear of Warmby who then dropped back into the pack to eventually finish 5th. Lobb (33:25) came through to take second spot behind Phil (32:37) with Livingstone of Thurrock third (33:32).

Goodbye to "Bandana Man"

After living in the North East for nearly three years but still working occasionally in the South, Charles Herrington now has a job with Hartlepool Hospital and as a result his travels in a southerly direction are going to be even fewer than before. As a result he has decided to leave Belgrave and join the club he calls the "Belgrave of the North" – Morpeth Harriers.

Charles thanks everyone who made him so welcome when he became a Belgravian in 2001. He says that he has been honoured to be part of such a great team and delighted to have picked up South of England and AAA Gold Medals along the way.

We wish him well. It's been great to have him in the squad – and we look forward to seeing him race in a blue and white vest with matching bandana at Sutton Park.