



In this issue:

- 52 AAA Half Marathon Championship
- 52 SEAA Women's 6-Stage Road Relay
- 53 Men's 12-Stage Road Relay
- 55 Results Roundup

Hastings Half Marathon inc. AAA, SEAA, Inter-County & Surrey Champs, Hastings., 13 March 2005

AAA Half Marathon

"I'm happy with that," said Erwin McRae when he consulted his watch at the end of the race. And so he should have been. Hastings is a tough, tough course with a severe hill after a couple of miles and a two-mile slog into the wind along the seafront to finish. Erwin has a sub-30 10k, a 2:22 marathon and a 66-odd half on his athletic CV so he's a good man to have in the mix.

We had just enough fire power to be in with a chance of retaining our AAA team title but Medway & Maidstone turned out a strong squad and although we got our last scoring man home ahead of theirs, the Kent club's first man, Michael Coleman, took too much time out of us. Our record in the AAA Half Marathon Team race now reads gold-silver-gold-silver in the last four years.

One might have expected the Belles to have picked up silver in the SEAA race, held in conjunction, but there, we later found, it was four to score and Hastings and Thanet got into the frame ahead of us. Will Cockerell earned a full set of medals: gold in the inter-county event, silver in the AAA and bronze (individual) in the Surrey championship.

1 F Mogaka (Kenya) 1:04:10; 10 E McRae 1:10:23; 16 H Raidi 1:11:49; 17 W Cockerell 1:11:56; 450 P Cross M45 1:35:25; 1003 E Asiedu M40 1:46:22; 1275 D McMillan M50 1:50:32.

AAA Championship: 1 Medway & Maidstone AC; 2 Belgrave H
SEAA Championship: 1 Medway & Maidstone AC; 2 Hastings AC; 3 Thanet; 4 Belgrave H.

CAU Inter-Counties Championship: 1 Surrey; 2 Kent; 3 Sussex.

Surrey Championship: 1 A Weir (Thames H&H); 2 P Doyle (Ranelagh); 3 W Cockerell (Belgrave). Team: 5 Belgrave.

SEAA Women's 6-Stage relays, Milton Keynes, 3 April 2005

First ever Southern road relay medals for the Belles

Catherine Eastham writes: A couple of weeks ago we thought that this could be the Belles' year for doing well at the "Southerns". Then, as athlete after athlete pulled out, the forecast was looking less promising, with expectations adjusted to a hopeful top 5 placing. Even when Birhan Dagne decided to join the team, it seemed highly unlikely that we'd make the top three. But hey, it just goes to show that you can never underestimate the Belles.

In the event, 2005 saw Belgrave's women earn Silver medals, their first ever in this competition, with bonus bottles of wine for being the most improved team. On top of that, Birhan Dagne claimed the fastest overall leg of the day, and the Belles almost completed their first B team in this race. Coupled with the men's A and B team wins, it was very nearly a Claret and Gold clean sweep!

Stage 1

Hoping for a fast, competitive race, Birhan Dagne elected to take the first leg. Her marathon training stood her in good

stead and she quickly took the lead. Finishing a couple of seconds clear of SLH's Eleanor Baker, the Belles came home, as expected, in first place. Now it was down to the rest of the team to hold on. Louise Cooper, a surprising choice for the B team also finished strongly in 19th place with a faster than predicted run given her recent heavy mileage. Had Louise been selected for the A team and performed the same time, the medals could have been of golden hue.

1 Belgrave 18:48; 2 South London 18:50; 3 Headington 19:21; 19 Belgrave B 21:12; 34 teams started.

Fastest: 1 B Dagne (Belgrave) 18:48; 2 E Baker 18:50; 3 A Hirst (Headington) 19:21; 19 L Cooper (B) 21:12.

Stage 2

Our experienced captain Juliette Clark has been in this position on many previous occasions. A regular first or second leg runner for the Belles, Jules was not at all fazed by Birhan's leading run and struck out on the 5.5km course with determination. The competition amongst the Belles is getting ever tougher and having achieved three of Belgrave's top six times over this course, Jules could be relied upon to keep the team near the top. She came in just one place down on SLH's runner and had the Belles in a better than hoped for place. Shaftesbury's runner had gained seven places to move into 3rd, just 12 seconds down. Back in the B team, Jayne Lawrence reminded herself just how tough the 5.5km course was as she was buffeted by strong winds. Another of our marathon runners, the distance felt, for her, somewhat short!

1 South London (+1) 39:31; 2 Belgrave (-1) 39:44; 3 Shaftesbury Barnet (+7) 39:56; 20 Belgrave B (-1) 43:41.

Fastest: 1 C Lodwig (Blackheath & B) 19:39; 2 M Cooper (Shaftesbury Barnet) 19:47; 3 J Kelsey (Winchester & D) 19:49; 9 J Clarke (Belgrave A) 20:56; 20 J Lawrence (B) 22:29.



Above: Southern Road Relay medallists for the first ever time. Standing – Vicky Clarke, Birhan Dagne, Helen Smethurst, Christine Bertram. Kneeling – Catherine Eastham (Team Manager), Tilly Heaton and Sarah Gailey.

Stage 3

Based back in Germany now, it was good news for the Belles that Christine Bertram had to be back in the UK this weekend. Having had an excellent cross country season and being focused more on the shorter distances, Christine was faced with the unenviable task of trying to maintain the Belles second spot. Gaining on the SLH runner ahead of her Christine then had to face Wells' Gascoigne storming past and gaining four places to take the lead. The gap between the top five had narrowed though and four runners were lining up behind Christine at 10-second intervals as she remained in second and handed over to Helen Smethurst. Sarah Gailey had a good individual run for the B's maintaining a place just outside the top 20. At this stage, the Belles were also the first B team, over two minutes clear of the next, Ealing.

1 Wells City (+4) 1:00:47; 2 Belgrave (0) 1:01:24; 3 South London (-2) 1:01:34; 21 Belgrave B (-1) 1:07:36.
Fastest: 1 A Lethbridge (Aldershot F&D) 19:59; 2 S Davey (Phoenix) 20:30; 3 C Dickie (Windsor SE&H) 20:33; 7 C Bertram (Belgrave A) 21:40; 25 S Gailey (B) 23:55.

Stage 4

With nerves of steel Helen Smethurst started down the hill. Whether she looked behind and saw her rivals lining up behind her we'll never know. Helen deserves the athlete of the day prize for not letting the pressure get to her during such a potentially hazardous leg. The honest expectation was that we'd drop two or three places and come back in around fifth, but to see Helen coming up the hill in the lead and looking exceptionally strong brought a murmur of excitement to the waiting crowd. The Belles were back in the lead with only two legs to go. Another brave athlete battling the course for the B team was David Lucas' daughter, Liz. In her first competitive outing she helped to almost complete a B team.

1 Belgrave (+1) 1:22:06; 2 Highgate (+3) 1:22:13; 3 Shaftesbury Barnet (+1) 1:22:20; 30 Belgrave B (-9) 1:37:50.
Fastest: 1 J Booth (Ealing S&M) 18:54; 2 S Morris (Bedford &C) 19:00; 3 M McCallum (Winchester &D) 19:15; 8 H Smethurst (Belgrave A) 20:42; 30 L Lucas (B) 30:14.

Stage 5

What would Tilly Heaton be able to do, taking a very narrow advantage into leg 5? This could be the danger leg and Tilly's task was to try and maintain a top three position to give our last runner a fighting chance and, as always, she played it by the book. As both Highgate and Shaftesbury runners went past, Tilly fought on, until at the finish there was less than a minute separating the top three places. Meanwhile, somewhere out on the course, team manager Catherine Eastham was having a battle of her own. When you're running around sorting out two teams and getting rather excited about your A team's position, it's rather hard to get around to warming-up, stretching and getting yourself into any fit state to race...

1 Highgate (+1) 1:41:30; 2 Shaftesbury Barnet (+1) 1:41:55; 3 Belgrave (-2) 1:42:22; 27 Belgrave B (+3) 2:02:17.
Fastest: 1 S Abel (Highgate) 19:17; 2 V Webster (Shaftesbury Barnet) 19:35; 3 K Hazlitt (Winchester &D) 19:35; 4 M Heaton (Belgrave A) 20:16; 21 C Eastham (B) 24:27.

Stage 6

With the B team's 5th leg runner still out on the course in front of the leading teams who were now nearing the finish, it was quite understandable that passers-by assumed that the figure plodding along in the Belgrave vest might just be that of the lead runner. Cheers of "Go on Belgrave", "Well done Belgrave" echoed in the team manager's ears, only to be followed by the side comment "She can't be in the lead at that pace...". Still, for a moment there... Not far behind and rapidly closing, Shaftesbury's Rachel Felton had moved into the lead. Vicky Clarke had set out with a 50 second deficit on the leader and 30 seconds behind Shaftesbury. Stride by stride Vicky began to reel them both in. Soon we were into

second and the gap to the leader was still shrinking as the runners went into the straight past the Belgrave tent. As the cheers echoed around her Vicky made one last ditch attempt up the hill, but the gap was just too great. Collapsing on the line just behind the team manager (who'd only just finished herself and got pipped by winners Shaftesbury by 2 seconds), the Belles were ecstatic. Yes, lessons will be learned from the race and there were lots of what "ifs" and "maybes", which could have seen us win Gold. But for now, let's just relish this outstanding performance and hope it's the first of many.

1 Shaftesbury Barnet (+1) 2:02:15; 2 Belgrave (+1) 2:02:33; 3 Winchester &D (+1) 2:04:09; 28 teams finished.
Fastest: 1 J Tarrant (Barnet &D) 19:32; 2 N Sykes (Bedford &C) 19:36; 3 V Clarke (Belgrave A) 19:11.

Fastest Overall:

1 B Dagne (Belgrave) 18:48; 2 E Baker (South London) 18:50; 3 S Morris (Bedford &C) 19:00; 4 M McCallum (Winchester &D) 19:15; 5 S Abel (Highgate) 19:17; 6 A Hirst (Headington) 19:21; 26 V Clarke 20:11; 28 M Heaton 20:16; 42 H Smethurst W40 20:42; 47 J Clark W40 20:56.

SEAA 12-Stage Road Relay, Milton Keynes, 3 April 2005.

A cracking race in Southern 12-Stage – and now it's four wins in a row

With the team feeling a little vulnerable in the face of a predicted onslaught from the Beagles and Bedford, things weren't made any more comfortable when AW reporter Martin Duff announced that he'd already written the first two paragraphs of his report – describing a double win from Bedford & County. A challenge from Aldershot seemed less probable as, like us, they had athletes on duty for their universities in the Oxford/Cambridge vs Harvard/Yale match in the USA.

Stage 1

Skipper set the Belgrave ball rolling but found his hopes for time and position beyond him on this occasion as he finished vomiting and a little disappointed. Some startling action from the front-runners meant that we just over two minutes off the front but Bedford hadn't started as well as they'd have liked and Newham & Essex Beagles were half a minute behind us in 23rd.

Lee Greatorex, back after a calf problem, found that troublesome muscle tightening badly as he limped home for the Bs.

1 Woodford GwEL 23:36; 2 Reigate P 23:38; 3 Harrow 24:19; 16 Belgrave A 25:38; 32 Belgrave C 26:32; 45 Belgrave B 27:45; 61 teams started.
Fastest: F Lombard (Woodford GwEL) 23:36; 2 A Moses (Reigate P) 23:38; 3 G Blackman (Harrow) 24:19; 16 W Cockerell (Belgrave A) 25:38; 32 T Weeks (C-gst) 26:32; 45 L Greatorex (B) 27:55.

Stage 2

A good indoor season by Chris Moss had been followed by a foot problem requiring a few weeks off training; but no worries here as he blasted through the field to pick up 13 places and claim a slice of "National" action. Bedford followed in "Mossy's" wake and moved to fourth but the Beagles made no advance at all.

Two days earlier an email from Paul Freary, still in Tokyo, had announced that he was "flying back to run for the B team" and, arriving at Heathrow the previous day, he was as good as his word. Coming off the longest lay-off in his athletic career due to a trapped nerve in his neck since last November, he'd had only had a handful of runs since starting again in February. It wasn't one of his quickest relay runs – but it was probably one of his most painful!

1 Woodford GwEL (0) 40:10; 2 Blackheath &B (+4) 41:28; 3 Belgrave A (+13) 42:08; 33 Belgrave C (-1) 45:32; 38 Belgrave B (+7) 46:11.
Fastest: 1 C Moss (Belgrave A) 16:30; 2 E Malloch (Woodford GwEL) 16:34; 3 L Bowron (Ealing S&M) 16:51; 16 P Freary (B) 18:16; 30 J Van Der-Toom (C) 19:00.

Stage 3

Highgate's Keith Cullen made most long stage runners feel totally inadequate as he stormed out to the lake and back in 23:16. It was the day's fastest and a new course record, lifting his team 30 places. Dave Mitchinson also made great inroads to bring the Beagles up into the top half dozen while up ahead Blackheath sagged and Hassan Raidi, ready for a break from racing but gamely turning out for us, moved up a place to second. The passing years seem to have little effect on veteran marathoner Junior Galley – yet another run in the 26s and a few more miles under his belt as he approached London.

1 Woodford GwEL (0) 1:06:05; 2 Belgrave A (+1) 1:07:37; 3 Basildon (+8) 1:07:50; 33 Belgrave B (+5) 1:13:04; 39 Belgrave C (-6) 1:14:15.
Fastest: 1 K Cullen (Highgate) 23:16; 2 D Mitchinson (Newham &EB) 23:55; 3 N Wetheridge (Basildon) 24:14; 6 H Raidi (Belgrave A) 25:29; 24 J Galley M40 (B) 26:53; 43 M Whiting (C) 28:43.

Stage 4

One of the rotten jobs as a team manager is telling a man that he's reserve or maybe not in the team at all. But there are good things too and none better than phoning a young improving runner to tell him he's in the squad. Hard work has brought John Charles on a bundle and first leg for the C team in 2004 has been converted in a mere 12 months to a place in the A team as he lined up with Woodford's international Matt Shone and Newham's Steve Hepples. Ignoring these two, John did all that was asked of him. Hepples came past on his way to the day's fastest short stage and Basildon crept by as well but 4th place at this stage of the race was beyond our earlier dreams.

It was all Essex in front as Woodford Green were two minutes clear of Newham, then a further 40 seconds back to Basildon followed by the Bels., but Woodford had front loaded their stars and even the more economical Beagles had laid two of their aces down on the table.

1 Woodford GwEL (0) 1:22:38; 2 Newham &EB (+4) 1:24:37; 3 Basildon (0) 1:25:16; 4 Belgrave A (-2) 1:25:22; 28 B Belgrave B (+5) 1:32:02; 36 Belgrave C (+3) 1:33:21.
Fastest: 1 S Hepples (Newham &EB) 16:16; 2 M Shone (Woodford GwEL) 16:33; 3 J Atkinson (Blackheath &B) 17:15; 6 J Charles (Belgrave A) 17:45; 23 B Barton (B) 18:58; 26 T Elsey (C-gst) 19:06.

Stage 5

It was concertina time. Woodford still led but Stu Major closed up for the Beagles until they were only half a minute down. Moving even faster was our own Tim Watson who blasted the first half of his lap, overtook Basildon to move into third, and then paid for it as Thames Hare & Hounds came past and into the reckoning for the first time. Bedford had so far seemed subdued but were now in 5th and only a minute and three-quarters covered the top six.

Tenth fastest on the stage was our B team man Eliot Lyne, one of a trio of marathoners, all in heavy mileage mode but providing a huge boost to our second dozen who were now pushing minutes clear of the nearest B team opposition.

1 Woodford GwEL (0) 1:49:20; 2 Newham &EB (0) 1:49:53; 3 Thames H&H (+3) 1:50:04; 4 Belgrave A 1:50:23; 24 Belgrave B (+4) 1:58:25; 46 Belgrave C (-10) 2:07:25.
Fastest: 1 J McFarlane (Thames H&H) 24:01; 2 A Vernon (Aldershot F&D) 24:58; 3 T Watson (Belgrave A) 25:01; 10 E Lyne (B) 26:23; 56 H Corbett (C) 34:04.

Stage 6

As is often the case at Milton Keynes, it was turning decidedly breezy as the afternoon wore on; and it wasn't just the weather that was changing. For the first time a new team headed the field. Woodford began the slide that was to eventually take them back to 15th and Newham, too, faltered, as Tom Ellacott passed them both and began to reel in the Thames man who had taken over at the front. As the gap came down it seemed that Tom might even go ahead but he'd put in a lot of graft over the first 4k of his lap and this tough Charlie Dickinson trained 1500m runner had to dig deep for

the remainder of the circuit. And just in case this wasn't enough to get the supporters going, Chris Axe was running 7th fastest for the Bs to take them into an extraordinary 15th place from over 50 teams – four minutes clear of Aldershot's B team.

1 Thames H&H (+2) 2:07:42; 2 Belgrave A (+2) 2:07:50; 3 Newham &EB (-1) 2:08:07; 15 Belgrave B (+9) 2:16:39; 48 Belgrave C (-2) 2:29:23.
Fastest: =1 T Ellacott (Belgrave A) and D Shane (Basildon) 17:27; 3 T Stanley (Bedford &C) 17:37; 7 C Axe (B) 18:14; 50 Don Anderson M45 (C) 21:58.

Stage 7

Halfway. Our first six men had been given the task of getting the team to within a minute or so of the leaders, from which position the next three could pull us into the lead and, perhaps, give the last three a 1 minute cushion. In fact the early runners had done so much more than was asked of them and as Phil Wicks set off down the slope he had a mere 8 seconds to pull back on Thames before it was open road. This he duly did, giving Belgrave a first taster of the lead, but Bob Smith's Beagles were far from done. As Phil drew away from Thames, on his way to our day's fastest long stage, so too was he hunted down by Mark Warmby. This was some race! It was inevitable that the Beagles would go ahead by the end of the leg but Phil's claret and gold team debut was a cracker and he is surely a cert. now for our National twelve.

1 Newham &EB (+2) 2:32:03; 2 Belgrave A (0) 2:32:11; 3 Thames H&H (-2) 2:33:39; 17 Belgrave B (-2) 2:44:31; 51 Belgrave C (-3) 3:03:52.
Fastest: 1 M Warmby (Newham &EB) 23:56; 2 P Wicks (Belgrave A) 24:21; 3 (Medway &M) 24:52; 25 W Lynch (B) 27:52; 52 S Baxendale (C) 34:29.

Stage 8

Now it was "Sharp" pressing home the attack and it was decisive. The 8-second gap was immediately obliterated and as he pushed on ahead the lead grew. Radio contact with our spotters out on the course relayed through the details: "It's 34 seconds." "He's 50 seconds clear." And finally the watches of those at the takeover area showed that Stephen had opened up a full minute's advantage as the "heavies" were wheeled out for leg 9 ...

1 Belgrave A (+1) 2:48:32; 2 Newham &EB (-1) 2:49:34; 3 Bedford &C (+2) 2:51:15; 20 Belgrave B (-3) 3:03:59.
Fastest: 1 S Sharp (Belgrave A) 16:21; 2 L Cadman (Bedford &C) 16:41; 3 J Mills (Blackheath &B) 17:06; 21 C Dickinson M50 19:28.

Stage 9

... And among those "heavies", David Anderson was the third prong in our sustained assault for a winning margin. Still some way from peak fitness after a year or more of Achilles tendon troubles, Dave is learning to manage his problem and after little more than two months of training his 24:34 in the increasingly windy conditions was just what we needed. He took another 38 seconds out of Newham to push the lead up to 1:40 and although Bedford's Huw Lobb was 28 seconds faster, his team were over two minutes behind. Surely now we were safe.

1 Belgrave A (0) 3:13:06; 2 Newham &EB (0) 3:14:46; 3 Bedford &C (0) 3:15:21; 22 Belgrave B (-2) 3:32:43.
Fastest: 1 H Lobb (Bedford &C) 24:06; 2 David Anderson (Belgrave A) 24:34; 3 O Laws (Newham &EB) 25:12; 29 T St Leger M40 28:44.

Stage 10

As the tenth stage runners prepared to go out, Charlie Herrington shook hands with his Newham & Essex opponent. But it was the man in the blue and white of Bedford & County who proved to be fastest and as Newham went back a little and Bedford closed overall, the net result was that our lead fractionally went up to 1:44.

1 Belgrave A (0) 3:30:40; 2 Bedford &C (+1) 3:32:24; 3 Newham &EB (-1) 3:32:46; 20 Belgrave B (+2) 3:51:51.
Fastest: 1 J Fewtrell (Bedford &C) 17:03; 2 C Herrington (Belgrave A) 17:34; 3 A Donaldson (Newham &EB) 18:00; 11 J Webb (B) 19:08.

Stage 11

Now it was down to “Nasher” to face up to Newham’s final attack. Andy Robinson brought his club back into silver medal position yet again but this game of leapfrog between our rivals was actually doing us a favour. On each of stages 9 to 11 our runner ended up second fastest and on each occasion our lead increased. The wind was probably now at its worst but Kevin’s 24:47 set the seal on the race.

1 Belgrave A (0) 3:55:27; 2 Newham &EB (+1) 3:57:18; 3 Bedford &C (-1) 3:58:08; 24 Belgrave B (-4) 4:20:37.

Fastest: 1 A Robinson (Newham &EB) 24:32; 2 K Nash (Belgrave A) 24:47; 3 N Miller (Bedford &C) 25:44; 28 F Ward (Belgrave B) 28:46.

Stage 12

It was all over. Well, of course Knut Hegvold might have injured himself on the last stage – or gone off course – but he was put on 12 where we knew his experience and racing brain could be used to the full if we could only give him a 30 second advantage. In fact he had nearly four times that margin – and what did he do? He increased it.

Both the Bedford and Newham team managers admitted that they’d felt they had the beating of us on this occasion – but things just didn’t go their way. A fourth successive victory was ours – and Martin Duff had to rewrite his report!

Almost overlooked at this point was the extraordinary success of our B team. Fabien Bernard-Gaudin brought us home in 21st – and first B team – well inside the 25 limit for National qualification but of course we can only send one team to the National championship. And when our Bs were taken out of the equation, 26th placed City of Portsmouth (who also won the spot prize for the day) slipped into 25th; our President’s “other” team will also go to Sutton Coldfield.

1 Belgrave A (0) 4:13:09; 2 Newham &EB (0) 4:15:45; 3 Bedford &C (0) 4:16:04; 4 Thames H&H 4:20:44; 5 Aldershot F&D 4:24:58; 6 Medway &M 4:28:27; 21 Belgrave B (+3) 4:39:34; 50 teams finished.

Fastest: 1 R Vint (Aldershot F&D) 16:22; 2 C Blackburn (Serpentine R) 17:08; 3 K Hegvold M40 17:42; 12 F Bernard-Gaudin 18:57.

Fastest Overall:

Long stage (7.978 km): 1 K Cullen (Highgate) 23:16; 2 F Lombard (Woodford GwEL) 23:36; 3 A Moses (Reigate P) 23:38; 4 D Mitchinson (Newham &EB) 23:55; 5 M Warmby (Newham &EB) 23:56; 6 J McFarlane (Thames H&H) 24:01; 10 P Wicks 24:21; 14 David Anderson 24:34; 17 K Nash 24:47; 23 T Watson 25:01; 35 H Raidi 25:29; 41 W Cockerell 25:38.

Short stage (5.506 km): 1 S Hepples (Newham &EB) 16:16; 2 S Sharp (Belgrave) 16:21; 3 R Vint (Aldershot F&D) 16:22; 4 C Moss (Belgrave) 16:30; 5 M Shone (Woodford GwEL) 16:31; 6 E Malloch (Woodford GwEL) 16:34; 20 T Ellacott 17:27; 23 C Herrington 17:34; 27 K Hegvold M40 17:42; 28 J Charles 17:45; =47 C Axe 18:14.

Results Roundup

Indoor Track & Field

March 2005

- 5 **Johnson City, TN USA.** TJ: 11 D Wellstead 14.22.
13 **AAA Multi-Event Champs, Cardiff.** Women. Pentathlon: 3 H Stares 3534 (9.04, 1.59, 9.56, 5.30, 2:24.45); 6 J Hollman 3419 (8.66, 1.74, 12.21, 6.03, dnf).

Outdoor Track & Field

February 2005

- 17 **Melbourne Track Classic, Melbourne AUS.** Women. 400m: 1 T Lewis 52.53.
19 **Telstra A-Series, Adelaide AUS.** Women. 400m: 1 T Lewis 52.71.

March 2005

- 6 **Varsity Relays.** 800m: R Ward 1:57.3; J Blackledge 1:57.7.
1500m: R Ward 3:57.0; J Blackledge 4:04.8.
13 **European Winter Throwing Cup, Mersin, TUR.** Women. JT: 9 G Sayers 56.44.
20 **Kingston & Polytechnic H Open Meeting, Kingsmeadow.** M50. SP: 1 M Small 14.49.
U20M. 100m: 5 D Campbell 12.05. 150m: 1 L Sargeant 17.34/2.6; 3 D Campbell 17.77. 300m: 3 R Collier 38.75; 5 L Sargeant 39.78.
U17M. 100m: 1 A Mohammed 11.55/0.5.
U13B. 100m: 2 A Campbell 14.76/0.5. 150m: 3 A Campbell.
26 **Chelmsford Open Meeting.** JT: 2 J Everard 58.54.

April 2005

- 3 **Peterborough Open Meeting.** 150m: 1 W Bennett-Jackson U20 16.3. U20. 400m: 2 W Bennett-Jackson 51.0.
2 **Development Throws Meeting, Sutton.** SM. DT: 2 L Marar 51.14. JT: 1 J Everard 55.27. U20M. SP: 1 C Gearing 17.70. DT: 1 C Gearing 46.90. M70. SP: 1 C Taylor 9.41. SW. DT: 2 L Fox U20 37.58. U20W. SP: 3 L Fox 10.07.
2 **Achilles vs Penn & Cornell Universities, USA.** 1500m: 1 J Blackledge (Achilles/Oxford) 3:56.71; 2 R Ward (Achilles/Cambridge) 3:57.48.



Above: On his way to his best ever 10-miler, Phil Wicks won the Maidenhead ‘10’ in 50:48. Photo by Tom Osment.

Road & Country

March 2005

- 6 **London Heathside 5 miles, Finsbury Park.** 1 E McRae (Belgrave) 26:28.
12 **Ed Prickett Relays, Nottingham.** S Sharp 12:46; R Ward 12:58.
12 **BMAF Champs., Castle Park, Bangor, Northern Ireland.** M40. 10 km. 1 B Rushworth (Sunderland) 33:17; 35 A St Leger 36:57; 48 P Carstairs 37:59.
M50. 10 km. 1 M Hagar (Tipton) 35:12; 28 T O’Neill 39:51.
13 **B&Q Eastleigh 10 km.** Mark Miles, Fiachra Lombard (Woodford GwEL) and Alister Moses (Reigate P) broke away from the pack and went through 5km in 14:30. With a kilometre to go they were still locked together but on the run in to the finish Mark unleashed a formidable sprint to carry him clear. Only Coventry’s Glynn Tromans has run faster on this course.
Men. 1 M Miles (Belgrave) 29:11; 35 T Hadfield 33:30.
13 **adidas Half Marathon, Silverstone.** Women. 1 B Dagne (Belgrave) 1:16:25.
13 **Finchley 20 miles.** Women. 1 D Appleton (Havering); 144 M Noel W40 2:42:14.
13 **Selwyn Relays, Cambridge.** R Ward 13:07.
19 **IAAF World Cross Country Champs, Saint-Galmier, France.** The pace of this race was absolutely awesome. Spenn, admitting to a little disappointment after the event, came home 10 seconds behind trial winner Steve Vernon.
Men. 4.196 km: 1 K Bekele (Ethiopia) 11:33; 90 S Barden 12:54.

- 19 **Coniston 14 mile Road Race.**
The route from the village of Coniston is a tough one, with plenty of hills to test the legs. The first three miles are more or less uphill and the longest climb and steepest descent are reserved for the stretch between 10 and 13 miles. But swapping last week's south coast landscape for this week's beautiful Lake District scenery made no difference to Mark - another win in another fine time.
1 M Miles (Belgrave) 1:10:39.
- 20 **Milton Keynes Half Marathon.**
After a two year break from running, our young Frenchman Fabien Bernard-Gaudin, still not yet 23 years of age, was delighted to run minutes faster than he expected in his comeback race.
22 F Bernard-Gaudin 1:20:47.
- 20 **Derby Dawdle Dash 5 km, Markeaton Park, Derby.**
A recent 15:32 time trial on the track told us that Bandana-man was getting back to form and although he would have preferred to have gone under 16 in this race, heavy traffic in the form of back-markers hampered Charles a little.
1 C Herrington (Belgrave) 16:01.
- 20 **Fleet Half Marathon.**
Not happy with his time at Hastings seven days earlier, Hassan Raidi turned his attention to Fleet and spearheaded a posse of Belgravians, mostly coached by Dave Lucas and focussing on the London Marathon in a few weeks time. Eliot Lyne and Warren Lynch were just a little slower than at Guildford but well on track for the marathon while John Clarke (coached by Paul Evans) reduced his best ever by a massive three minutes in spite of suffering from a cold. Junior Galley was 20 seconds faster than last year and was awarded the first veteran's prize. Tilly Heaton came down a further minute from her Guildford run three weeks earlier and was once again in the main prizes.
Men. 1 H Chepkwony (Kenya/Army) 1:06:18; 5 H Raidi 1:10:43; 11 E Lyne 1:12:44; 14 J Clarke 1:13:33; 19 W Lynch 1:14:18; 32 J Galley 1:17:23; 50 R Browne 1:20:07; 76 S Zealey 1:22:24; 97 G Reid 1:23:53; 257 P Cross 1:31:25; 306 S Brewer 1:33:10; 903 L Rehn M40 1:48:10.
Team: 1 Royal Navy 22; 2 Belgrave H 30; 3 Signals Regt 33; 5 Belgrave B 101.
Women. 1 E Sheldon 1:21:37; 3 M Heaton 1:23:23.
- 20 **Bath Half Marathon.**
Helen Smethurst took 2 minutes 20 seconds from her previous best for the distance.
1 S Partridge (City of Glasgow); 19 H Smethurst W40 1:23:47.
- 20 **Kingston Breakfast Runs.**
Phil Wicks scored his first win as a Belgrave Harrier, breaking the course record for the 8 mile circuit - a mark previously held by our own Richard Ward. It was a steady run for Phil, a warm-up for the following week's Maidenhead 10 miles.
8 miles: 1 P Wicks (Belgrave) 41:20 (Record).
16 miles: 1 T Bedford (Shafts B) 1:29:14; 3 C McMillan 1:31:19.
- 20 **VAC 5.5 miles CC, Wimbledon Common.** 1 T Harran (Herne Hill) 34:41; 3 T O'Neill M50 35:06.
- 25 **Maidenhead 10 miles.**
A fabulous run from Phil Wicks took him to a personal best for 10 miles. After the first mile he was 200 metres clear and the gap grew relentlessly until he crossed the finish line four minutes in advance of the next runner. The halfway point was reached in 24:56, 6 miles in 29:57 and 7 miles in 35:06 before, suffering from being out on his own, he began to fall behind even pace for 50 minutes over the last three miles. Phil's previous best for the distance was 52:01, set when winning the same event in 2004.
1 P Wicks (Belgrave) 50:48.
- 25 **Serpentine Last Friday 5 km, Hyde Park.**
With Huw Lobb apparently out to crack the course record there was a blistering start and our own Hassan Raidi was among the early takers. Two half-marathons in two weeks can't be ignored, however, and Hassan paid the penalty as the race unwound. John Charles took his running up yet another notch as he made a bid for A team status for the following week's SEAA 12-Stage Relay. Skipper Will Cockerell, who'd suffered a fall and a few days off running earlier in the week, managed to keep his young challenger at bay, while canny Erwin McRae came on strong to lead the Bels home - and feel the withering kick of international 800m man Matt Shone over the last strides.
1 H Lobb (Bedford) 14:41; 5 E McRae 15:26; 7 W Cockerell 15:45; 9 J Charles 15:59; 16 H Raidi 16:15; 42 T O'Neill M50 17:47; 49 R Poulter 18:08; 51 J Webb 18:11; 83 H Corbett M45 19:28; 118 A England (SW) 21:30.
- 27 **Easter International Festival 4 miles, Dunboyne, IRL.**
Brooks sponsored Stephen Sharp wanted to put on a good show at this Brooks sponsored event - and didn't he do a wonderful job! It was a little windy but Stephen later admitted to having felt awesome as he powered away from a classy field, beating among others Vinny Mulvaney who was Ireland's first scorer in the recent World Cross. Our man's only problem came in the dying seconds of the race when the lead truck went to swing away from the course with the intention of leaving the winner to cross the line. Unfortunately Stephen was so close behind that he had to bring his finishing burst to a halt to avoid being run over.
1 S Sharp 18:45.

- 27 **Rivington Pike Fell Race, Horwich, Lancashire.**
Cleared of all health problems by his doctor, Club President Gerry North's first question was, "Can I start training again?" Within a week or so 68 year-old Gerry was taking part in one of the oldest fell races in the country - Horwich RMI Harriers' "Rivington Pike". A past winner (in 1959), Gerry took things a little more sedately this time, coming home in 385th.
3.25 miles/1700ft. 1 R Hope (Pudsey & Bramley) 17:46; 385 G North M65 35:22.
- 28 **Carmarthen Mayor's 5 km inc. Welsh Champs.** 1 S Henshaw (Dees) 15:02; 2 T Watson 15:07.

April 2005

- 3 **Thames Towpath 10 miles.** 1 P Gregory (Vale of Aylesbury) 54:23; 14 M Kazimierski 1:01:21.
- 3 **Ward & Partners Paddock Wood Half Marathon.** Men. 1 B Ande (Hastings) 1:10:47; 7 J Clarke 1:15:21; 174 P Cross M45 1:32:24. Women. 1 S Hawkins (Maidstone) 1:25:09; 5 A Walker 1:28:53.
- 9 **Great BUPA Ireland Run 10 km, Phoenix Park, Dublin.**
Aussie Craig Mottram comfortably won after Telford's Chris Davies gave him a fright at 5k and an injection of pace was required. But there was a close battle for third place when Mark Miles surprised John Mayock by out-sprinting the European indoor 3000m silver-medallist. "I couldn't believe it when he flew away from me," admitted Mayock.
1 C Mottram (Australia) 28:34; 2 C Davies (Telford) 29:06; 3 M Miles 29:23; 4 J Mayock (Barnsley) 29:25.
- 10 **Wimbledon Audi 10 km.**
Phil Wicks is building up a nice little win streak. This time it was the Wimbledon 10km where in spite of the stiff hill in mid-race he ran a new personal best of 30 mins 29 secs to head the field by a huge margin. Phil's previous best for the distance was 31 mins 16 secs.
1 P Wicks (Belgrave) 30:29; 22 S Zealey 36:06; 79 P Cross M45 40:05; 234 C Eastham SW 45:17.
- 10 **Arundel Park 10 km.**
To finish off a very heavy mileage week, Tim Watson raced on the gravelly paths through the grounds of Arundel Castle, winning by about 40 metres from Chichester's James Baker.
1 T Watson (Belg) 33:10.
- 10 **Combe Gibbett to Overton 16 miles, Hants.** Women. 1 J Laws (Barnet) 1:50:09; 2 E Fogg 1:57:52.

Race Walking

March 2005

- 19 **Enfield League 5 miles.** Men. 1 T Watt 41:15; 3 J Hall 42:04; 8 C Lawton M55 46:24; 26 D Fotheringham M70 51:56. Women. 1 E Viljoen 41:23; 3 M Noel W40 48:21.

April 2005

- 9 **Enfield League 5 miles.** 1 T Jones (Hillingdon) 40:39; 2 E Viljoen 40:56 (1st woman); 3 J Hall M60 42:27; 6 C Lawton M55 45:38; 19 M Noel W40 (4th woman) 50:01; 24 D Fotheringham M70 51:12. Team 1 Belgrave 11.



Erwin McRae, John Charles and Will Cockerell sharpen their speed in the Hyde Park "Last Friday of the Month" 5 km.