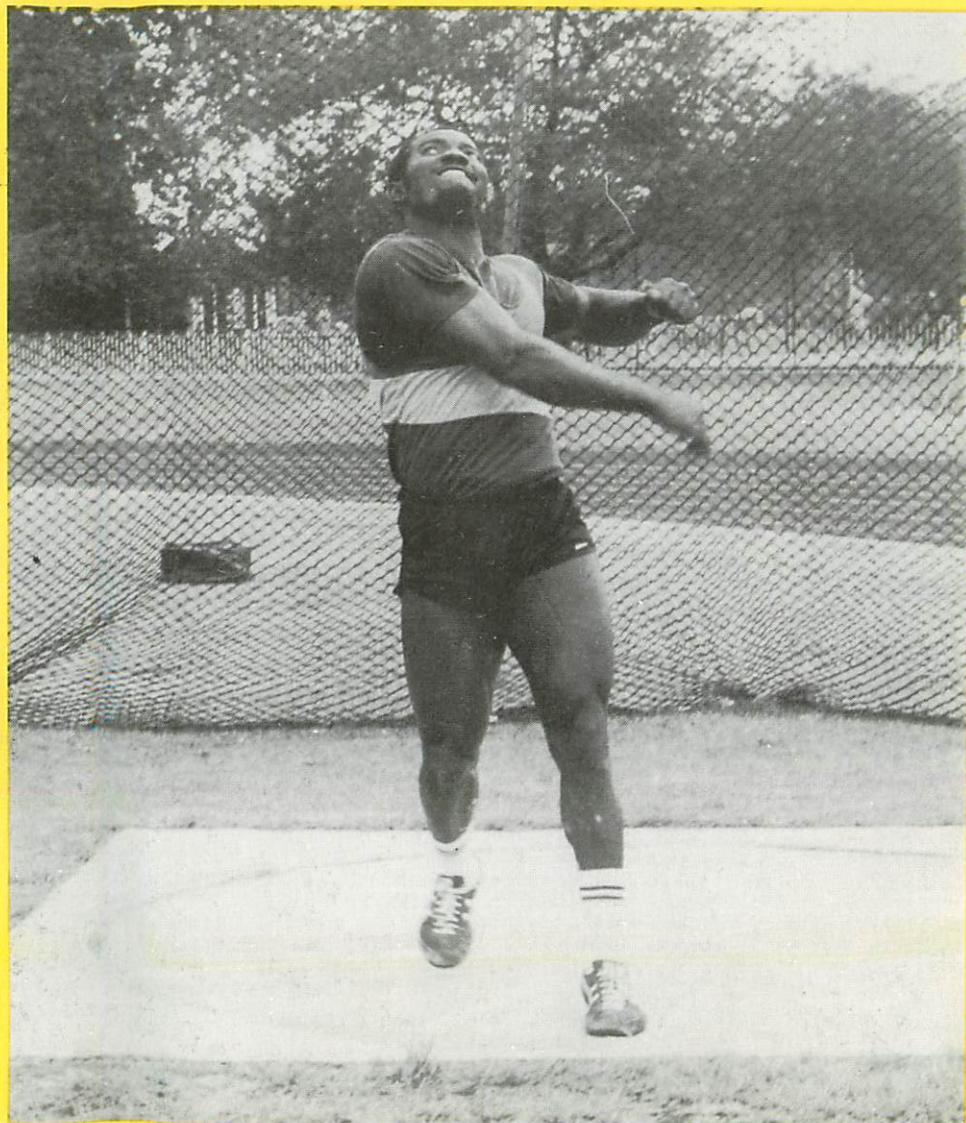


THE

OCTOBER 1984

# BELGRAVIAN



□ the official gazette of belgrave harriers □



Above; Philip Goedluck sprinted his way to some fabulous performances in open competition this summer. He was 3rd in the English Schools Intermediate Boys 100m in 11.0 and won the Southern Youths 100m in 11.25 with a 2nd place in the 200 a week later. Then after coming second in a Youth's Inter County match in 11.2 he hit the best form of his young life to win the AAA's Youths 100m title in 10.77(+3.3w) following a legal p.b. and new Club Age Record of 10.96 in the heats. Philip was also 3rd in the AAA's Youth's 200m in 22.19 - again following a p.b. and Club Youth's Record of 22.14 in the heats. Photo. Bill Laws.

Front Cover; Ken Onuaguluchi has advanced the Club's discus record on no less than 4 occasions this year hoisting it to a highly respectable 55.28m. A prolific points scorer for our British League Team Ken gained a silver in this years Inter-County Championships. Photo. Bill Laws.

# THE BELGRAVIAN

NUMBER 208



FOUNDED 1887

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**DOUBLE PROMOTION**

In this issue of the Belgravian you will read of our promotion in both the British League and Southern Leagues. If all goes well we could make Division 1 of the BAL in our Centenary Year. It is definitely possible - if we get everyone's support next season.

**CHANGES AHEAD**

While at grass roots level little seems to be changing in the athletics world, at International level the gradual march towards Semi-Professionalism goes on unabated. The money which will come into our sport in the years ahead will pose special problems for Clubs and it is far from clear how it will all end. Take for example the pulling power of Televised events. From 1985 onwards the AAA's and BAAB will receive over a 5 year period monies exceeding £13.5 million from TV and sponsorship deals. Somehow much of this must come through to the Clubs and the AAA's recognise that without the support of Clubs, their officials, organising expertise and not least of all the support of the athletes themselves the whole thing could go badly wrong.

The year ahead should see many points resolved and it is important that Belgrave has a view and a say in these important decisions. Whatever the outcome we must realise that our top athletes will be part of a world which we have not seen before. Let us hope that their hard work, dedication and talent will be fairly rewarded. Let us also hope that they will remember their roots and continue to support all those who have supported them in the past and who will continue to support them in the future.

**MONTHLY NEWSHEET LAUNCHED**

The increasing volume of results make it inevitable that not every news item can be included in the Belgravian. The Ladies have overcome this by producing a monthly news letter. Now the Road & Country side have started a similar Newsheet which is available only at the Belgrave Hall bar for personal callers. Over 100 copies of the first Edition were collected. If you have any results please send them to Tony Grant, 64 Waverley Av. Sutton.

**IN THIS  
ISSUE**

- |                     |                        |                      |
|---------------------|------------------------|----------------------|
| 4. GRAPEVINE        | 16. TRACK AND FIELD    | 33. ROAD AND COUNTRY |
| 6. NEW PRESIDENT    | 24. STEVE'S ROUNDUP    | 40. VETS CORNER      |
| 9. OFFICIAL CHANGES | 28. MENS RANKINGS      | 41. YOUNG ATHLETES   |
| 10. HALL DEV.T      | 29. 25 X 1 MILE        | 45. LADIES           |
| 12. WALKING         | 32. CLUB CHAMPIONSHIPS | 54. WOMENS RANKINGS  |

# grapevine



□ We were delighted to see President Tom Carter and Ethel at our British League home fixture in August. Ethel is making a rapid recovery following a stroke earlier in the year which required a brief period of hospitalisation. Although Tom must have found his Presidential year very demanding he has not missed any of our important meetings and visited members at Belgrave Hall at least 3 times per week.

□ Getting results and news items from Gordon Biscoe has not always proved the easiest of tasks for your Editor. Not surprising, therefore, that the Belgravian of last April contained no details of a forthcoming happy event for Margaret and Gordon. On August 31st at Epsom District Hospital, Richard Dennis Edward Biscoe weighed in at a healthy 5lb 15oz. Congratulations from your many friends at Belgrave.

□ Stuart Paton's Club 1500m record has been bettered several times this year by Stuart himself, Gary Staines and John Gladwin. When John finally reduced it to 3:39.47 at Meadowbank he also set another Belgrave first. Along with Steve Cram and Alan Wells, John was selected for drug testing. Training at the Belgrave Hall bar proved invaluable as John downed 7 lagers before obliging!!

□ Kevin Sturman and Paul Richley departed our shores mid-summer for life at U.S. Universities. Kevin has returned to South Illinois while Paul has gone to Iowa State with his sparring partner from Windsor - Andrew Pettigrew.

□ Gordon Doubleday still visits us from Bath whenever possible. Gordon has recently been elected a Life Member of Somer A.C. and in September was re-elected President of "The Centurians" whose membership is confined to those walkers who have covered 100 miles in 24 hours.

□ Our Vet sprints record holder - Charlie Gillett's hidden talents surfaced in a recent edition of The Sunday Telegraph's Colour Supplement. To quote the summary of a revealing 3 page article 'He is one of rock music's unsung heroes; an authoritative writer and broadcaster, a sharp talent spotter (he championed Elvis Costello and Dire Straights). His book, "The sound of the City", published in 1970 and now revised and re-issued, was a classic in a field which then hardly existed.'

□ Funny how conversations with strangers often turn to running. A recent chat with a Leatherhead football club supporter revealed he had shared a bunkroom with Ted Stimpson in the 1940-41 war. 'Taffy' Jones sends his best wishes to Sargent Ted of 345 Heavy Anti Aircraft Battery - Royal Artillery. Taffy remembers "Ted was always dashing off somewhere to race a mile".

□ Honorary Coaching member Mike Dunphy and wife Ann are moving house from Welwyn Garden City to High Wycombe. Mike who has coached many of our fine middle distance men will be cutting back on some of his coaching commitments. We wish them happiness in their new house.

□ Simon Williamson indicated to Bob Bridges that he would be unavailable for Southern League duties this summer. On being pressed he revealed that wedding bells in September were the reason. We wish the bride and groom good fortune.

Remember those promising Youths - Andy North and Michael Blackmore? We hear that Andy has been invited to Michael's wedding in January but as it clashes with the Surreys we will have to lay on some high speed transport if our top Junior is to make both events.

We also hear that there is another little Gleave on the way. Congrats and best wishes to Mum and Dad.

#### MEMBERS HONOURED

At the September AGM, Colin Pearson and Brian Gorman were voted life members for services to the Club. Colin has been active over the last 10 years or so providing support to Gordon Biscoe in running the Road and Cross Country Section. Brian Gorman is widely known for initiating new members to the joys of training over Wimbledon common. In addition he has looked after teas and sandwiches at Belgrave Hall every Saturday afternoon for many years and lays on a special spread for visiting teams. Truly one of our backroom boys!

Unusually too we saw this year the election of 3 Vice Presidents at the AGM; Ernest Obeng for his services to the Club and for many years of International Standard performances, Harry Porter for his enormous work output as part of the small team building up our Ladies Section and Leo Coy who for 10 years has been responsible for compiling the U.K. 5000m, 1000m and 3000m S/C Rankings for NUTS. In addition Leo has been Results Secretary for the Southern League for the last 8 years and as joint team manager has played a major part in the building up of our 'A' track and field side which has gained promotion in each of the last 3 seasons.

We are fortunate in having men of this quality taking on greater responsibilities for the future.

#### DINNER DANCE

A new organising duo, a change of date plus a change of venue provided the backdrop for this years Dinner/Dance. It was with some trepidation therefore, that Bill Couzens and Brian Pritchard awaited the response as tickets went on sale. They need not have worried. By September the 175 places were over-subscribed with a waiting list for cancellations. So why such enthusiasm? Well the venue seemed a big attraction. Bourne Hall in Ewell provides extensive dining and separate dancing facilities in a village setting. Add to that music supplied by the popular 'Jaguars' and with the equally popular Ann and Bernie Ford as principal guests you have the formula for success.

Our younger members were well represented and it was perhaps inevitable that our 3 fastest 1500m men would be among the unofficial 'cabaret' provided by the middle distance team. The raffle must surely have lost money (although 'No!' says Bill) as the glittering prizes were topped by non-other than a colour television.

The evening proved a great success. Jenny and John Martin travelled all the way from Gloucestershire and Jenny's many Belgrave friends were delighted to see that she is now recovering from a period in hospital. Evelyn and Ted Stimpson were also official guests - a fitting honour in the year when Ted is honoured as President of the Middlesex AAA's. Congratulations then to Bill and Brian. We're already booking tickets for next year!

#### COLD COMFORT

John Rayner recently completed a couple of Triathlon's. After the first stage of an event in Leicester - a half mile swim in a deep quarry - all competitors (male and female) discarded their wet costumes together in the open air in preparation for the bike stage. At this point, one lady competitor commented that she didn't think the chaps were up to much. Apparently this was not a reference to their efforts in the swim, but rather to other factors brought about by the cold water!

# JOE COLEMAN    ■    PRESIDENT

Joe Coleman was elected a member on the 6th October 1927. From early days he was involved in all aspects of the Club and performed with distinction at Track and Field. In the mid thirty's he was scoring in our top Walking teams. He gained a first class standard in the 1938 AAA's Championships and won the coveted 'Fowler Dixon' style award. In 38 and 39 he was 3rd in our Open walk behind Harry Churcher. He achieved National 'fame' in 1939 when he and brother Len deadheaded in the RWA National 10 mile Championship, and led Belgrave to a team win.

Like many top class athletes his career was interrupted by the 2nd World War but he came back to score again in many of our Walking teams. In 1952 Joe was elected a Vice President of Surrey CAAA for whom he had competed in the Inter County Championships in earlier years. His experience and knowledge was passed on to many young athletes when he became a Grade 1 Judge in the early 1950's. Since then Joe has enhanced the reputation of Belgrave in the Walking World as he has travelled the Country judging top class events.

A life time spent with the club and now the holder of its highest Office we can be certain that Belgravians will benefit from his vast experience and knowledge of the athletic world in the year ahead.



The Walking Section congratulate Joe Coleman following his election to the President's office. L to R; Back row. Carl Lawton, Mike Scamell, John Keown, John Newman, Russell Day, John Dunsford. Middle. John Morris, Fred Denny, Richard Dorman, JOE COLEMAN, John Llewellyn, Ed. Crossingham, Tom Carter, Ted Stimpson, Kneeling; Graham Seatter, Ron Day, John Hall. Photo. Graham Maynard,

## Welcome

We are delighted to welcome to our ranks two outstanding young athletes who will be eligible to run for us by the third British League Meeting next year. John Regis who is 18 won the 1984 AAA's Junior 200m in 21.33, while 17 year old Marcus Adam won the AAA's Youths 200m in 21.66. They are training companions of Philip Goedluck our AAA's Youths 100m Champ.

# From the President

Fellow Belgravians,

Firstly, let me thank the council of P.P's who sorted me out for nomination and to the members at the A.G.M. who confirmed their nomination of me as the President of Belgrave Harriers for the coming year.

I value this office very much, and since joining the Club in 1927 I have had great pleasure in rubbing shoulders with many fine men as athletes, officials and supporters of our club.

We have enjoyed many successes, individually and teamwise in both running and walking sections of the club, and whilst the walkers have managed to maintain their winning ways, the X-Country men have not managed to match our pre-war and early post-war achievements not for the lack of endeavour but I do feel that if we made a real effort to harness our resources we could get the Bels singing again. The Track men have had some fine results likewise the younger age groups but Ladies section requires all the help and support we can give. The Roll of Presidents on the board at Belgrave Hall is an impressive one, and I will try to live up to the traditions that these men have set.

Here's to the coming year, let us make it one to remember. Good Luck and every success to all members and sections of the Club.

Joe Coleman.

## W.G. 'BILL' WEBB - 90 YEARS YOUNG

On 9 August 1984 Bill Webb celebrated his 90th birthday. As he himself said, "There is nothing particularly meritorious in reaching 90, I just happened to be born with the right genes!" But he was also born with a charm which has endeared him to successive generations of Belgravians.

Bill Webb joined Belgrave in 1927, following a period of six years at Polytechnic Harriers and several traumatic wasted years in the first World War. At 33 years of age he was a mature newcomer who made his mark immediately by finishing 8th in the Yacht '3' that year with 15:55 (off 25 secs). In only his second match for Belgrave he closed-in our scoring team just behind first-team regulars Wally Bayliss and Micky Pyer. The Belgravian Scribe was induced to write "The runners have lately been joined by W.G.Webb and A.Robertshaw and I suggest that the presence of these valuable men gives our team a new impetus of enthusiasm."



Webb and Robertshaw were just the injection Belgrave needed and they celebrated by gaining bronze team medals in the South of Thames Senior of 1928 - our first medals in the event for 24 years! Bill went on to be our second scorer in the "Southern" and our first man home in the "National" at Leamington. A final flourish in the London-Brighton Relay and he had in one season established himself as a remarkably consistent runner who would always respond to the occasion. Within a year he was elected Captain.

Bill Webb's charming disposition concealed a very determined athlete, but it also revealed a willing Belgravian prepared to step into the shoes of

W.H.Hare who had done so much to improve our finances. In 1943 he was elected Honorary Treasurer, a post he held for 14 years, the longest on record.

His service to the Club was first acknowledged in 1948 when he was elected President for two years. His 90th birthday was the occasion for fellow-Belgravians to make a further acknowledgement. At Belgrave Hall on Saturday 11 August a large gathering of members enjoyed a social evening in the company of Bill Webb who enraptured his audience with a lucid account of those early days. To mark the occasion our President, Tom Carter, presented him with a cut-glass decanter bearing a silver necklace engraved with the good wishes of the Club to which he has remained so loyal.

Dear Mr. President,

I am only now recovering from the series of events occasioned by my reaching the age of 90 on the 9th August, 1984. I was overwhelmed with kindness, congratulations and good wishes which helped to make my day a very happy one. None more so than those wishes sent by fellow Belgravians, and the more tangible symbol of those wishes which you so graciously presented to me, on their behalf, at the special social gathering at the Belgrave Hall. It was a memorable and most emotive evening to me, and one which will be inscribed indelibly in my memory.

Through you, Mr. President, I should like to express my humble and sincere thanks to all who so kindly and generously contributed to this most wonderful and truly Belgravian gesture.

I do not apologise for having reached this specific age. Belgrave is partly responsible. I came to the club at the relative old age of 38, following what had been a traumatic period of my life. The club accepted me, rehabilitated me and made me feel younger and younger. I was proud to play a small part in a wonderful team whose ultimate goal was to win the highest honours in the field of athletics, and to own their own headquarters. They achieved both.

I am happy to observe the quality and efficiency of our existing teams, to whom we all owe a debt of gratitude for the continuity of the Belgrave Tradition of "service to the club to the advantage of the whole". They will leave a bright light shining to guide their successors on their way.

Bidding continued success to the Club.

Sincerely,  
W.G. (Bill) Webb

#### MEMBERSHIP SECRETARY'S NOTES

The growth of the Club has been quite noticeable during the last few years. Obviously with the influx of marathons we have picked up members on this front, but having done their "one off" retire to oblivion and are eventually deleted from our records. Despite this we have breached the genuine 700 members mark and are now heading to 800.

I have, since taking over the job, requested efficiency in sending in subscriptions, change of address etc. but like most clubs, suffer from some who think reminders and requests do not apply to them.

With that in mind, I should like every member to consider himself or herself as a link in the chain and not just a pebble on the beach.

## OFFICIAL CHANGES

### Structure

Our growing membership has resulted in greater activity in all sections and over the last few years it has become increasingly difficult to handle all Club business at monthly Committee meetings. Derek Crookes has been looking at ways of streamlining operations and his master plan was put to an EGM in the summer which approved the new arrangements. From now on the Committee will comprise of all Sectional Secretaries (or nominees) plus the Club's Trustees and 5 members elected at the AGM. Past Presidents may attend in a non-voting capacity and there will be many occasions when their specific past experiences and knowledge will be sought.

In parallel with this re-organisation a series of Sub-Committees will be set up based on separate Sectional activities and interests. These groups will be charged with promoting their Sections activities and will produce plans, targets and budgets. It is intended that as our finances move back into a healthier state following the Belgrave Hall re-development programme, each Section will be provided with its own monies following approval by the Committee of individual Section's targets and budget plans. In this way individual Sectional Secretaries and Team Managers will have greater freedom in day to day operations and financial matters. Naturally proper accounting will be required and at the end of each year results will be compared with targets. It will be up to each Section to argue its case and get the funding it needs.

We will need to feel our way into these new arrangements. New people are coming into the Management side. There will be difficulties but with our usual tolerance and understanding problems will be quickly ironed out and we can move to a simpler and more effective management system.

### People

Each year at the September AGM we say farewell to the retiring President and welcome the new one. A hearty vote of thanks was given to Tom Carter for all his work during a year of office made particularly difficult by Ethel's illness. The meeting was particularly sad as both Derek Crookes and Jim Heathfield stepped down from office following terms of service spanning a period of time during which Belgrave's fortunes have seen a quite remarkable upturn.

#### HON. GEN. SEC.

Derek Crookes took over the post of Hon. Gen. Sec. in September 1978 and played an active and major part in the amalgamation plans. It was mainly Derek's efforts which resulted in the influx of the fine athletes and officials from Surrey A.C. who now play an important part in our expanding activities. During his 6 year period as Hon. Gen. Sec. Derek was elected President in 1981 and the following year served as joint President with Geoff Davis. In his final year of office he took the initiative in proposing and developing the re-organised Management Structure which has now come into operation. His services will not be lost completely as he has taken on the vacant post of Coaching Secretary. We can expect that there will soon be improvements to our Club Coaching arrangements once Derek has turned his full attention to the problems which currently exist. (For further details of Derek refer to the October 81 Belgravian).

Bill Laws takes over as Ho. Gen. Sec. on the promise that the new Organisational Structure will make the job less onerous. Bill joined Belgrave in 1952 while at Emanuel School. His membership lapsed when he moved North and he rejoined in 1963. He became a Committee member in 1974 and organised the Dinner/Dance for 5 years. His forte is looking after special projects. He negotiated the Sports Council Grants for the 1976 Hall improvement and the G.L.C. Grants for the latest Hall developments. In 1982 Bill spent quite a lot of time persuading the GLC to invest in putting the all weather track at our home track in Battersea Park. Bill gained a first in Mech. Engineering at Brunel University. He is a Chartered Engineer and is a Fellow of the Institute of

Mechanical Engineers and a Fellow of the Institute of Energy. He was Project Manager for Belgrave on the latest Hall Development. In his spare time he has Edited the Belgravian since September 1979 and after producing the last 10 Editions is looking for someone else to ease into the job over the next year or so.

#### HON. TREASURER

Jim Heathfield took over the job of Hon. Treasurer in September 1979 and under his careful control funds soon grew to a level which permitted the recent Hall development project to proceed. Whereas most Club Officials perform duties different from their business activities, with Jim Belgrave work was very much an additional burden as he is an Accountant within the Ministry of Defence! With turnover now well into 5 figures keeping all the Accounts and cash flows under control, is practically a full time occupation, and it is much to Jim's credit that he managed to convey an air of complete calm during periods of difficulty. Unlike many Accountants, Jim was always anxious that our hard won savings should be put to work for the Club's future and his wholehearted support for our development projects has been an essential part of the success story. Sadly Jim is 'resting down' due to pressure of work but hopes to become involved again in the not to distant future. We thank him for all his efforts on our behalf.

Ron Severn has taken up the mantle of Hon. Treasurer and it would be difficult to find someone better qualified. A lawyer and Accountant by profession he has already made an impact in the short period he has been with Belgrave (see the April 84 Belgravian for a full C.V.!). Ron has been posing the sort of questions about our aims and aspirations which someone fresh to the scene can do. We welcome Ron to his first Belgrave Office and wish him good luck in the year ahead.



## BELGRAVE HALL DEVELOPMENT

Well, its finished! And everyone who visits Belgrave Hall is amazed at the transformation of our Headquarters. Upstairs we have created one of the finest club rooms you could wish to find. With; new windows faithfully repeating the original pattern, a £6000 maple floor lovingly sanded and polished by Harry Porter, new gas fired radiators plus velvet curtains and carpets in club colours, we have a most fitting setting for the Club Honours Boards. Add to this delicate colouring scheme to augment the soft furnishings and it is no wonder that Bill Couzens has been inundated with requests to hire the new facility. Already bookings from Art and Exercise classes are near capacity and our investment is beginning to show the cash returns which the Finance Committee was predicting two years ago.

Downstairs the mens changing facilities have been remodelled to give a slightly larger floor area following the removal of the old staircase. The interest in the new Gymnasium has been fantastic. Within three weeks of opening Mike Winch and Judy Oakes reported full capacity with opening on Mondays, Wednesdays and Fridays from 2 p.m. to 9 p.m. International athletes from as far afield as St. Albans make the trek to Belgrave Hall to obtain the benefit of the new facilities. Many of our members including nine of our British League team now train regularly in the Gymnasium with Mike and we look forward to big improvements in their 1985 performances. Interspersed with the specialist training sessions are strength and fitness classes for ladies and other members of the public. All this is again providing a big boost to our income.

Now that the operating patterns are getting sorted out following the inevitable teething problems, we can look forward to a good social calendar and hopefully you will come along and take advantage of your Club's facilities.

We are indeed fortunate that a major scheme of this nature can be planned, financed and progressed solely through the voluntary work so freely given by a few of our loyal members. Let us, therefore, through the pages of the Belgravian thank all who gave so much of their time and efforts and in particular; Ian Horton whose original conceptual designs formed the basis for the scheme as it has evolved, Tom Carter who has acted as Clerk of the Works making frequent site visits to check progress, Bill Couzens who has been responsible for specifying and procuring the various services, Bill Laws who was Project Manager and finally Harry Porter who has saved the Club so much money by putting the finishing touches to the Contractor's structural work.

We also owe a big debt of thanks to our Architect - David Lawton, R.I.B.A. who fulfilled the targets we set with great dedication and professionalism and at a fee especially reduced as his contribution to this worthwhile project.

And finally a big thank you to all those who have contributed to the Development by responding to our Appeal Fund. Over the two years to June 1984 donations totalled £1,496 but were swelled in September following a direct appeal by Past President Charlie Manning which added a further £1,085 to the funds for the Hall development.



#### 1983/84 ACCOUNTS

At one time our Annual Accounts could be summarised on two sheets of paper. This year it took four sheets including five separate schedules to detail Jim Heathfield's report to the 1984 A.G.M.

During the year to July 1st 1984 our total running expenses had reached a record £10,587 while income from subscriptions achieved a record - but far from adequate - £3,417. The shortfall as usual was met from income derived by those hardworking members who freely devote so much of their time to club activities. The only area where there was a reduction in income this year was that of Hall Hire. Revenue from letting reduced to zero during the re-building of Belgrave Hall which started in March 1984. The 1984 Accounts can be summarized as follows:-

<u>Net Income</u>	£	<u>Expenses</u>	£
Subscriptions	3,417	Printing, stationery, postage	1,986
Donations	315	Team fees, travel	2,625
200 Club	897	Other Athletic expenses	915
Profit on Club activities	1,532	Belgrave Hall expenses	4,183
Hall, bar and hire	4,426		
<b>TOTAL</b>	<b>£10,587</b>	<b>TOTAL</b>	<b>£9,709</b>
	=====		=====

Leaving a surplus for the year of £878 on the Revenue Account. A most satisfactory achievement considering the cash flow requirements associated with the Hall Development.

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Gordon Doubleday recently made a lightning trip from Bath to London to meet Edmund Donovan who is visiting London from the U.S.A. with wife Daye. Gordon writes -

"One of our oldest members, Edmund Donovan, O.B.E. was recently over here from New York where he lives. He was a Belgravian before the 1914-18 War, afterwards he went to the U.S.A. Unfortunately an accident to his hip has left him mostly confined to an invalid chair. His interest in the Club is undiminished and he always looks forward to reading the "Belgravian". He was accompanied by his charming wife Daye who originated from Fulham. Edmund is intensely proud of being a Belgravian and sings our praises in the U.S.A. He recalled C.C. runs from the "Spenser Arms" and the "Green Man" from former Club H.Q's and of course, Battersea Park. He sends his regards to all, particularly those who he knows."

# WALKING

Casting ones thoughts back to the beginning of the year, we visualised having the strongest distance team for many years. But it did not materialize. We were unable to have our fittest teams out when needed and things did not work out. However, we did have partial success - the win in the National 10 was followed by 2nd in the 20kms and 2nd in the 35kms, but 7th in the 50kms with a team average age of 45 was not something to write home about. Regretably we ended up having to have only John Keown flying the flag for us in the Hastings and the Brighton which I fear is no credit to us by not being able to turn out teams. Maybe next year will be different.

Paul Warburton has returned to England after his 12 months in America and he hopefully replaces, in person, if not speed, Graham Seatter who has helped Belgrave to various placings during the year, and not forgetting his win in the Leicester Mercury in 2:26.56.

Congratulations to Richard Dorman and Stephen Marshall on gaining British Vests during the year. Regretably Stephen has had his year torn apart due to work commitments.

One must not forget that we have a Ladies Section and although not quite as prolific as the men we have been turning out teams and individuals at various events with Rachel Parrott cleaning up all age club records.

Walking reports by **Carl Lawton**

~~~~~  
 Omitted from the April edition of the Belgravian was Paul Warburton's win in the Florida 15kms State Championship in February in 87°C with a time of 72.55.

Also omitted was the result of the Bournemouth Piers 6 miles on March 10th.

1.C.Maddocks (Dawlish) 41.45; 3.G.Seatter 42.26; 4.C.Lawton 43.37; 6.S. Marshall 44.56; 9.R.Tanner 46.00;

Team: 1.BELGRAVE 13; 2.Dawlish 21; 3.Splott Conservatives 22.

28th APRIL 1984

STEYNING

SOUTHERN 20 MILES

This event with the Belgrave and Surrey Championship in conjunction was held on what is almost a thing of the past, a one lap course through pleasant countryside. Unfortunately the Belgrave turnout was low, but enough to scrape a team home.

Results; 1.A.James (Enfield) 2:44.23; 2.C.Lawton 2:50.27; 6.J.Newnham 2:58.57; 14.J.Dunsford 3:09.58; 30.J.Morris 3:30.47; 35.J.Keown 3:38.00.

Team; 1.Enfield 43; 2.Surrey 48; 3.BELGRAVE 52.

Coming up through in the longer events and behind Stephen Marshall in the Barking was Michael Feighan breaking the cadets course record, he also had the audacity to finish 3rd Belgrave man in the club 20m run.

To show that we do still have strength in depth it is noteworthy that our four National team wins was shared out between 9 Belgravians with only John Hall appearing in all four races.



Graham Seatter's 4th fastest recorded 20 mile walk in the Mercury Open '20' earned him this years award of the Tommy Green Cup. Photo. Graham Maynard.

2nd MAY 1984

BATTERSEA PARK

BELGRAVE & SURREY 10 kms

Results; 1.G.Seatter 42.59; 2.R.Dorman 44.44; 3.M.Day 45.14; 4.C.Lawton 46.10;  
9.M.Scamel 49.43; 10.J.Hall 50.26; 13.J.Dunsford 52.57; 16.R.  
Middleton 54.57; 19.J.Scamell 59.48.

6th MAY 1984

PLYMOUTH - DAWLISH

42 MILES

The long journey to Plymouth was worthwhile for the contingent of 3 Belgravians.

Results; 1.C.Thomas 6:34.08; 2.C.Lawton 6:45.59; 6.M.Scamell 7:04.05;  
12.J.Dunsford 7:23.00.

Team; 1.BELGRAVE 20; 2.Dawlish 22; 3.Ryl, Sutton 24.

12th MAY 1984 REDDITCH NATIONAL 20kms

This was to have been another full Belgrave turn out, but problems at the last minute reduced our numbers, yet despite this we produced second team place.

Results; 1.I.McCombie (C.H.) 85.34; 2.C.Maddocks (Dawlish) 86.51;  
3.T.Berrett (Tonbridge) 90.18; 4.R.Dorman 91.32; 7.G.Seatter 93.24;  
15.S.Marshall 96.55; 34.J.Hall 101.03; 38.J.Llewellyn 101.28;  
56.J.Newnham 104.08; 118.J.Keown 128.12.

Team; 1.Sheffield 48; 2.BELGRAVE 60; 3.Coventry 84.

20th MAY 1984 BARKING TO SOUTHEND POLICE CHAMPIONSHIP

Results; S.Marshall 4:50.11; 22.R.Day 6:06.42;

In the Cadets race held at the same time, M.Feighan won with a new record of approximately 5hr.35.

26th MAY 1984 LEICESTER MERCURY 20m

On what could be the last Leicester Mercury due to the withdrawal of sponsorship, Graham Seatter became the fastest ever member of a British club over 20 miles. Leading from the gun with Murray with him, he broke away to win by 2½ minutes.

Results; 1.G.Seatter 2:26.56; 2.M.Day 2:29.36; 3.A.King (Leic.) 2:30.09;  
12.C.Lawton 2:43.08; 22.J.Newnham 2:53.26; 33.J.Dunsford 3:05.05.

Team; 1. Leicester ; 2.Sheffield ; 3.BELGRAVE

9th JUNE 1984 BATTERSEA PARK SOUTHERN TRACK LEAGUE

Not being able to turn out our best team, in fact 6 were unavailable, did not help and we finished 2nd again.

Boys 2kms; 6.D.McGroder 12.11; 10.J.Parker 14.18; 11.P.Whiston 14.41.

Senior 5kms; 3.R.Dorman 21.44; 4.C.Lawton 23.42;

Senior 3kms; 2.J.Newnham 14.03; 11.M.Geighan 16.37; 13.D.Sharpe 16.45.

Senior 10kms; 9.J.Dunsford 54.55; 14.J.Scamell 60.54.

Team; 1.Steyning 94; 2.BELGRAVE 82; 3.Medway 74.

#### TEAM SILVER

16th JUNE 1984 SHEFFIELD NATIONAL 35kms

Hot and tiresome and a multilap course ensured suffering in this race and produced the slowest overall time, for many years. Graham Seatter found the course too tiring and not recovered from his Leicester Mercury, retired. Belgrave packed well but not in the right places with John Llewellyn being first man.

Result; 1.P.Blagg (C.H.) 3:03.54; 2.I.Morton (Sheff) 3:06.03; 3.A.Seddon (Enf) 3:07.33; 13. J.Llewellyn 3:21.08; 15.C.Lawton 3:23.00;  
16.J.Newnham 3:23.00; 19.J.Hall 3:24.21; 43.J.Dunsford 3:47.02;  
69.J.Keown 4:15.08.

Team; 1.Sheffield 42; 2.BELGRAVE 63; 3.Coventry 73.

30th June 1984 WEST LONDON STADIUM S.C.A.A.A. 10kms

1.A.James (Enf) 44.30; 3.N.Foster 48.37; 6.J.Knifton 49.47; 8.R.Tanner 50.24.

1st JULY 1984 WORTHING STEYNING OPEN MEETING

Result;

Snr.Mens 3kms; M.Feighan 15.13;

Boys 2kms; 17.P.McGroder 12.18; 23.J.Barry 13.41;

Inter Ladies 3kms; 3.G.Porter 17.32;

Jnr.W/Girls 2kms; 9.R.Parrott 11.21; 16.D.Rowscell 13.11; 20.J.Field 13.59;  
21.K.Owen 14.03; 22.L.O'Donnell 14.13; 23.C.Christou 15.21.

14th JULY 1984

KENDAL NATIONAL 50km.

The long journey north to the pleasant lakeland region, which despite early complaints, only took 3 hours on the train, proved rather disappointing following our placings in the previous three championships. With only five starters and the withdrawal of Carl Lawton after 35kms, it was left to the four Johns to bring home a team average age 45!

John Hall got the better of John Llewelin, while John Dunsford, not on his best form, kept going too ahead of John Keown.

Result; 1.P.Blagg (C.H.) 4:20.30.9; 2.G.Vale (SWC) 4:23.00; 3.B.Graham (York Post) 4:24.16; 23.J.Hall 4:58.14; 33.J.Llewelin 5:08.19; 54.J.Dunsford 5:36.20; 60.J.Keown 5:54.3;

Team; 1.Y.Postal 39; 2.Sheffield 60; 3.Leicester 69; 7.BELGRAVE 170.

In the Annual Hastings to Brighton Belgrave followed its previous long distance race with a disastrous turn out of only John Keown finishing in 23rd position with 7:18.59



At Briants Puddle on August 6th, Murray Day won the Bladen 7 with Neil Foster 7th.

#### LONDON TO BRIGHTON ON DOWNHILL SLOPE

1st SEPTEMBER 1984

LONDON - BRIGHTON

This used to be the classic event with entries of 100+. Now depleted to just over 20 and that included a National Championship, Belgrave did not help as we just had not got walkers available. So it could be the last time it is held, but time must go on and changes made. John Keown yet again was left to go it alone for Belgrave.

Result; 1.B.Adams (Leics) 8:37.30; 14.J.Keown 10:24.33.

#### IN A ROW

1st SEPTEMBER 1984

WEST LONDON STADIUM

GLC 3kms

Fortunately what you lose on the roundabouts you gain on the swings. There were 7 starters of whom 6 were Belgrave.

Results; 1.R.Dorman 12:58.9; 2.J.Hall 13:30.1; 3.C.Lawton 13:41.3;  
4.N.Foster 13.44; 5.J.Newnham 14.18; 6.P.Cassidy (Loughton) 14:19.8;  
7.M.Peighan 14:28.8.

2nd SEPTEMBER 1984

READING

TRACK MEETING

Result;Mens 5kms;

1.P.Vesty (Leics.) 20.58; 5.C.Lawton 24.04;  
10.J.Newnham 24.34; 14.M.Peighan 25.12.

Girls 2½kms;

2.R.Parrott 11.42.

Intermediate 3kms; 1.G.Porter 13.20.

SPORTS CLOTHING AND EQUIPMENT  
AT DISCOUNT TERMS TO CLUB MEMBERS  
CONTACT DOUG MAUGHAN (01-876-5818)

SPECIALISTS IN SUPPLYING CLUB COLOURS. SEND REQUIREMENT DETAILS.

DOUGLAS SPORTS: ST. MARTIN'S HOUSE, 16, ST. MARTIN'S LE GRAND, LONDON, EC1A 4EP

DOUGLAS  
**d** SPORTS

# TRACK AND FIELD

Our track and field management teams seem to be coping well with the burgeoning\* activities of our Track and Field activities. You will see from the following reports that on all fronts our Senior Men are setting new high standards and we have seen for the first time promotion of our 'A' team to Division 3 of the GRE sponsored British Athletics League plus the promotion of our 'B' team to Division 2 of the Southern League following an astounding year when they have gained maximum possible match points.

The British League and GRE Cup reports have been prepared by joint team managers Leo Coy and Bill Laws, the Southern League reports by joint team managers Bob Bridges and Alan Mead. Add to this the 'Steve Williams' roundup and we think you will find entertaining reading.

## COUNTY CHAMPIONSHIPS ROUNDUP

14th - 19th MAY 1984                      MOTSPUR PARK                      SURREY COUNTY CHAMPS.

Our highest taking of medals for many years by our Senior men with a sparkling Gold and Bronze in the 1500m. Ken O. again broke the Club discus record and was defeated by Mike Winch only on the last throw.

### Results:

Senior Men                      400m: 5.G.Sagar 51.1; 800m: 9.C.Chuter 1:57.4; A.Gayton 2:01.9 (Ht); 1500m: 1.S.Paton 3:50.6; 2.P.Clarke (HW) 3:51.9; 3.M.Sinclair 3:52.3; 6.P.Richley 3:55.1; 5000m: 1.T.Conlan (HHH) 14:37.6; 2.O.Foote 14:39.4; 3.C.Hensby (Wok) 14:44.0; 10.D.North 15:27.9; LJ: 2.D.Williams 7.36; SP: 1.M.Winch (Blackh) 18.39; 2.K.Onuaguluchi 14.44; DT: 1.M.Winch (Blackh) 53.66; 2.K.Onuaguluchi 53.06; TJ: 1.J.Allison (SLH) 14.94; 2.A.Amadi 14.35.

Junior Men                      100m: A.Rodney 11.9 (Ht); 200m: 6.A.Rodney 24.7; 800m: R.O'Hara 1:59.2 (Ht); LJ: 3.D.Browne 6.48;

Youths                              100m: 4.P.Goedluck 11.5; 100mH: 4.C.Gardner 15.6; 200m: 4.C.Gardner 24.2; P.Goedluck 23.2 (Ht); 800m: 3.J.Booth 2:01.6; S.Beaumont 2:09.1 (Ht); G.Tiernan 2:11.5 (Ht); 1500m: 6.S.Beaumont 4:18.9; G.Tiernan 4:30.2 (Ht); M.Kinnane 4:37.1 (Ht); K.McDonagh 4:55.8 (Ht); LJ: 3.P.Nugent 5.85; HJ: 3.C.Gardner 1.60;

Boys                                  800m: 5.B.Zreik 2:15.1 (2:14.8 Ht), N.Khan 2:42.8 (Ht); S.Herbert 2:44.4 (Ht); 1500m: G.Wells 5:03.8 (Ht); S.Herbert 5:45.0 (Ht); N.Khan 5:37.0 (Ht).

Colts                                200m: 3.A.Ross 28.4; 800m: 9.A.Ross 2:41.4 (2:25.0 (Ht); D.Dobson 3:00.5 (Ht).

## BRITISH LEAGUE ROUNDUP

12th MAY 1984                      CLECKHEATON                      GRE/BAL                      MATCH 1

The prospect of a 500 mile return trip must have proved unpalatable for 5 of our Team who missed the luxury coach booked for this fixture near Leeds. As it was the decimated team of 18 of our 'A' team men plus Andy Paton drafted in from the large group of supporters only missed winning this first fixture by 13 points, but so close was the match that we finished in 4th place. Windsor who had travelled up the night before, turned out as victors and there is little doubt for future long journeys, we must plan an overnight stay.

Pat Lyttle was our only recognised sprinter but having competed for a point in the 'B' hammer, fatigue took its toll and our sprint results were poor. Ken Onuaguluchi, Phil Lovell, Mark Shippen, Aham Amadi and Derrick Williams added respectability to the field events while in the middle distance, Stu Paton won the 400 and John Gladwin got outkicked by a certain Steve Crabb! Andy Paton, Chris Cornwall made their debut in the BAL.

Note: Aham beat Derrick in the triple by 14 cms. Read on .....

\* This is Stuart Paton's 'Word of the month'!!!!

Results:

100m A: 6.P.Lyttle 11.8; B: 4.D.Williams 11.4; 200m A: 6.P.Lyttle 23.7; B: 6.A.Paton 24.4; 400 A: 1.S.Paton 49.2; B: 4.G.Sagar 51.1; 800 A: 2.J.Gladwin 1:50.0; B: 1.S.Paton 1:54.8; 1500m A: 3.M.Sinclair 3:57.0; B: 1.P.Richley 4:00.8; 5000m A: 2.O.Foote 14:43.8; B: 2.D.North 15:06.4; 3000 S/C: A: 2.M.Hayes 9:18.4; B: 5.A.Gayton 10:15.2; 110H A: 4.M.L.Bayley 16.2; B: - 400m H: A: 3.M.L.Bayley 56.1; 5.M.Hayes 64.5; LJ: A: 1.D.Williams 7.24; B: 2.M.L.Bayley 6.39; HJ: A: 5.C.Cornwall 1.80; B: 4.M.L.Bayley 1.75; TJA: 1.A.Amadi 14.59; B: 1.D.Williams 14.45; PV: A: 2.P.Lovell 4.50; B: 1.M.Shippen 4.20; DT: A: 1.K.Onuaguluchi 52.90; B: 5.J.Aska 25.38; SP: A: 2.K.Onuaguluchi 14.10; B: 3.J.Aska 11.82; HT: A: 3.J.Aska 31.76; B: 6.P.Wytle 11.82; JT: A: 3.K.Onuaguluchi 56.06; B: 4.J.Aska 39.96; 4x100: 4.BELS. 43.6; 4x400: 5. BELS. 3:28.4.

Points: 1.WSE 237; 2.Sheffield 233; 3.Enfield 226½; 4.BELS 224; 5.Woodford 168½; 6.AF & D 153.

17th JUNE 1984

ENFIELD

GRE/BAL

MATCH 2

Following our fourth place at Cleckheaton, the Bels. Team had a much better look for Match 2. The day turned out wet and thundery and matched the appearance of the team managers as we had a years quota of disasters in one match. We got off to a flying start with new member Tony Pamah winning the 400m in style and Mark backing up well in the 'B' with 2nd place.

Dave Armstrong's blocks slipped in the 100, Phil Lovell fell foul of an over zealous judge and the weather in the pole vault and failed his opening height, and John Aska despite a dash by taxi just missed the hammer.

Apart from the disasters this meeting was one of the best that we have been involved in to date - the competition was fierce, especially the 400 and 400 relay with John Gladwin running 49.1 and finishing 5th. In the 400 relay we recorded one of our best times for years and finished last. Our other wins came from Gary (800m), Stu (1500), John (5000 B), Derek and Aham (Triple), Ken (discus and shot) also worth recording was Vince Cornibert, who threw a marvellous 60 metres in the Javelin and Phillip Goedluck who ran a great 200m and short relay. Andrew Rodney, Dave Armstrong, Phillip Goedluck, Tony Pamah, Derek Brown and Snowy Brooks (15 years since his debut in the British League) all made their first appearance.

Note: Derrick beat Aham in the triple jump by 2 cms. Read on .....

Results:

100m A: 6.D.Armstrong 11.9; B: 4.A.Rodney 11.4; 200m A: 5.D.Armstrong 22.6; B: 2.P.Goedluck 22.7; 400m A: 5.J.Gladwin 49.1; B: 4.G.Sagar 50.4; 800m A: 1.G.Staines 1:51.2; B: 4.M.Sinclair 1:54.4; 1500m A: 1.S.Paton 3:46.1; B: 4.P.Richley 4:02.0; 5000m A: 5.D.North 14:46.5; B: 1.J.Bicourt 14:50.4; 3000 S/C: A: 2.M.Hayes 9:18.1; B: 2.P.Gilbey 9:34.6; 110H A: 5.A.Pamah 16.2; B: 2.M.L.Bayley 15.9; 400H A: 1.A.Pamah 54.5; B: 2.M.L.Bayley 57.2; LJ A: 4.D.Williams 6.90; B: 5.D.Brown 6.25; HJ A: 6.C.Cornwall 1.70; B: 4.M.L.Bayley 1.70; TJ: A: 1. D.Williams 14.32; B: 1.A.Amadi 14.30; PV: A: 3.M.Shippen 3.80; DT: A: 1.K.Onuaguluchi 49.84; B: 2.C.Brooks 38.00; SP: A: 1.K.Onuaguluchi 14.48; B: 4.C.Brooks 11.64; JT: A: 4.V.Cornibert 60.06; B: 5.K.Onuaguluchi 45.94; HT A: 6.W.Treharne 40.54; 4x100: 2.BELS. 42.8 (A.Rodney,D.Armstrong, D.Williams,P.Goedluck); 4x400: 6.BELS. 3:19.7 (G.Sagar 51.7; G.Staines 49.7; S.Paton 48.1) A.Pamah 50.2).

Points: 1.Enfield 241; 2.WS & E 227; 3.BELS 216; 4.Woodford 198, 5.Sheffield 192; 6.Aldershot 175.

8th July 1984

WINDSOR

GRE/BAL

MATCH 3

After Enfield we were in 3rd spot in the League and if we stayed there then we would be in Division three in 1985. At Windsor we aimed to consolidate this position.

As it turned out this was probably the greatest team ever fielded by Belgrave and the best result in any T & F Match in our long history.

Colin Gaynor returned to strengthen our sprints despite having problems with his hamstring. This made an enormous difference to our sprints. The remainder of the team were superb. It is worth reading the results in detail.

Andrew Rodney, Phillip Goedluck won the 'B' sprints in style - Jeremy Levine gave a boost to the high jump - Vince won the javelin, beating in style those who had been in front of him all season.

Jeremy Levine, Steve Smullen and Henry Cooper all made their British League debut.

Promotion to Div.3 was assured as a result of this victory, and there remained an outside chance of victory.

Note: Aham beat Derrick by 7cms in the triple jump. Read on .....

#### Results:

100m A: 2.C.Gaynor 11.2; B: 1.A.Rodney 11.2; 200m A: 3.C.Gaynor 22.9; B: 1.P.Goedluck 22.7; 400m A: 2.S.Paton 49.0; B: 2.S.Richards 50.3; 800m A: 1.G.Staines 1:52.5; B: 3.M.Sinclair 1:54.9; 1500m A: 3.S.Smullen 3:56.8; B: 3.P.Richley 4:00.3; 5000m A: 5.P.Gilbey 15:28.1; B:D.North 15:58.7; 3000m S/C A: 3.M.Hayes 9:21.5; B: 1.J.Bicourt 9.23.8; 110H A: 3.M.L.Bayley 15.9; B: 1.A.Pamah 15.9; 400H A: 2.A.Pamah 54.7; B: 2.M.L.Bayley 57.0; LJ A: 3.D.Williams 6.86; B: 2.R.Vassell 6.76; HJ A: 3.J.Levine 1.85; B: 3.D.Williams 1.85; TJ A: 1.A.Amadi 14.78; B: 1.D.Williams 14.71; PV A: 2.P.Lovell 4.75; B: 1.M.Shippen 4.20; DT A: 1.K.Onuaguluchi 52.62; B: 3.C.Brooks 37.32; SP A: 2.K.Onuaguluchi 13.82; B: 2.J.Aska 12.60; JT A: 1.V.Cornibert 59.46; B: 4.D.Mole 48.40; HT A: 5.H.Cooper 41.74; B: 3.W.Trehanne 40.50; 4x100 1.BELS. 43.1; (A.Rodney, P.Lyttle, D.Williams, P.Goedluck) 4x400 4.BELS. 3:29.0.

Points: 1.BELGRAVE 273; 2.WSE 227; 3.Enfield 226; 4.Woodford 191; 5.Aldershot 182; 6.Sheffield 151.



Tony Pamah demonstrates his remarkable hurdling technique as he moves towards another maximum points effort in the British League. Tony heads our 400mH rankings this year from Mark Lindsay Bayley. Photo.Bill Laws.

18th AUGUST 1984

BATTERSEA PARK

GRE/BAL

MATCH 4

After our great win at Windsor, the last round match was a Belgrave home promotion at Battersea and what a great day it was - Geoff Davis did an amazing job - we had more officials than in the Coliseum, L.A. The GLC also did us proud with Battersea looking in great shape.

Our Team was in great shape too, but with the Nike Classic claiming Stu Paton, John Gladwin and Ernest Obeng and holidays accounting for Ken Onuaguluchi and Vince Cornibert, plus Paul Richley off to the U.S. we were just a bit short of our top men.

Nevertheless we recorded 15 wins, our highest ever, but we were pipped by Windsor on the day. Mark Sinclair chased Gary in the 1500 and both recorded good times - Mark ran a P.B. just missing sub 3.50. John Bicourt won the S/C in 9:05.5 a brilliant run for a 38 year old youngster! Neil Phillips won the 'B' discus as did Snowy in the 'B' shot. A great day with the Bels. still on the up - Div. 3 next year!

Thanks to all athletes, officials, recorders, groundsmen and helpers for a meeting that was typically Belgrave - just perfect.

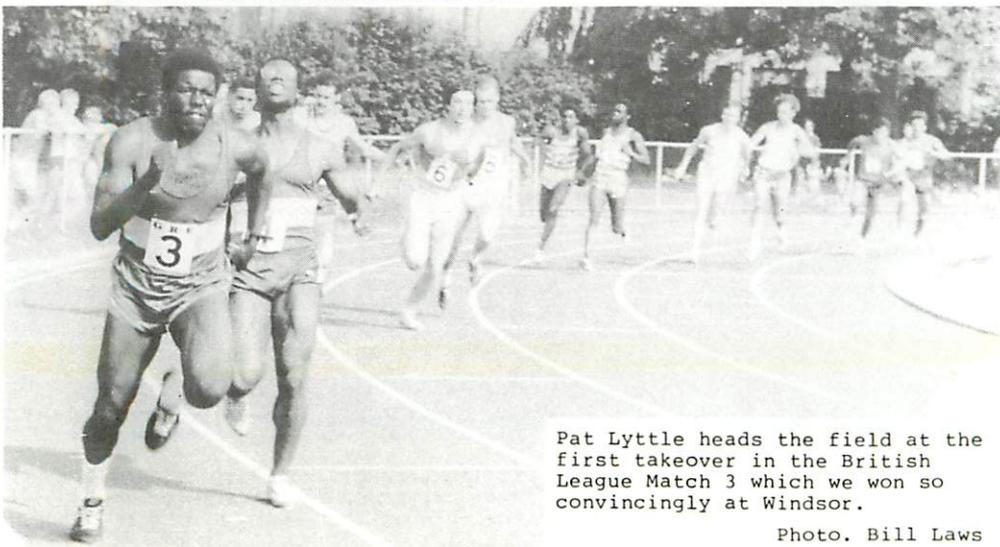
Neil Phillips made his debut in the BAL team.

Note: Aham beat Derrick in the triple jump by 1cm! to make it 3:1 for the series.

### Results:

100m A: 3.P.Goedluck 11.1; B: 1.A.Rodney 11.0; 200m A: 3.M.Alleyne 22.4; B: 4.R.Vassell 23.4; 400m A: 3.G.Sagar 50.4; B: 1.P.Lyttle 50.2; 800m A: 4.S.Smullen 1:55.9; B: 5.A.Gayton 1:59.3; 1500m A: 1.G.Staines 3:46.2; B: 1.M.Sinclair 3:50.6; 5000m A: 3.O.Foote 15:17.2; B: 3.D.North 15:24.2; 3000m S/C A: 1.J.Bicourt 9:05.5; B: 2.P.Gilbey 9:35.8; 110H A: 5.A.Pamah 17.1; B: 1.M.L.Bayley 15.7; 400H A: 1.A.Pamah 55.0; B: 2.M.L.Bayley 56.6; LJ A: 1.D.Williams 6.99; B: 4.R.Vassell 5.99; HJ A: 5.D.Williams 1.80; B: 4.M.L.Bayley 1.80; TJ A: 1.A.Amadi 14.42; B: 1.D.Williams 14.41; PV A: 1.P.Lovell 4.75; B: 1.M.Shippen 4.30; DT A: 5.C.Brooks 37.54; B: 1.N.Phillips 34.88; HT A: 4.J.Aska 33.94; B: 4.N.Phillips 28.26; JT A: 6.D.Mole 50.50; B: 3.N.Phillips 47.80; SP A: 6.J.Aska 11.77; B: 1.C.Brooks 11.09; 4x100 1. BELS 42.4 (A.Rodney, C.Gaynor, D.Williams, P.Goedluck); 4x400 2. BELS 3:21.7 (S.Richards, P.Lyttle, G.Staines, M.Alleyne).

Points: 1.WSE 263; 2.BELGRAVE 250½; 3.Enfield 191; 4.Aldershot 182½; 5.Woodford 176; 6.Sheffield 149.



Pat Lyttle heads the field at the first takeover in the British League Match 3 which we won so convincingly at Windsor.

Photo. Bill Laws

| FINAL            |           | RESULT                 |           |
|------------------|-----------|------------------------|-----------|
| 1. Windsor S & E | 22 (954)  | 4. Woodford Green A.C. | 10 (733½) |
| 2. BELGRAVE H.   | 18 (963½) | 5. Sheffield A.C.      | 9 (725)   |
| 3. Enfield       | 18 (884½) | 6. Aldershot           | 7 (692½)  |

Footnote: Despite finishing second Belgrave had the unusual distinction of the highest match points with 963½ - a number which was exceeded only by Haringey in all of the 5 BAL Divisions.

## For Your Diary.

### BRITISH LEAGUE FIXTURES FOR 1985

As we go to the printers we learn of the fixtures and venues for the 1985 B.A.L. Div.3 Matches. These dates may seem a long way off but for all our 'A' team men please note in particular the first date - 11th May at Enfield. We know from this summer that we will need to make a better start in Div.3 if we are to have any chance of promotion to Div.2.

|                  |          |                    |
|------------------|----------|--------------------|
| <u>Match 1</u>   | Enfield  | 11th May           |
| <u>Match 2</u>   | Windsor  | 1st June           |
| <u>Match 3</u>   | Brighton | 30th June (Sunday) |
| <u>Match 4</u> * | Tooting  | 10th or 11th Aug.  |

(\* or Battersea Park if Tooting isn't ready)

Please note there's a 6 week gap in July/August between matches and hopefully holidays can be fitted in to avoid these important B.A.L. fixtures.

The GRE Cup Semi-Finals will be held on Sunday, 4th August with the final on Saturday 31st August/Sunday 1st September at Cophal Stadium.



One of the highlights of this years British League was the close dual between our triple jump specialists Dr. Aham Amadi (left) and Mr. Derrick Williams, which Aham won 3-1. Aham and Derrick won between them every A&B Triple Jump at all four British League matches.

Photo. Bill Laws.

**GRE CUP ROUNDUP**

While our quarter final match at Battersea provided a result which promised well for the semi's, we failed to make the finals finishing a dismal 7th at Copthall following the late withdrawal of several of our top performers. Our throws were depleted with with Kenny 'O' taking a well deserved holiday in Nigeria and Derrick Williams was forced to withdraw from the jumps as a result of being knocked over by a car the day before.

The main problem with Cup Matches is that with only one athlete per event it is difficult to get travelling reserves to attend away matches. Consequently when our sprint representative failed to appear for the 200 and sprint relay we were hard pressed to make up the numbers.

**28th MAY 1984****BATTERSEA PARK****GRE CUP 2ND ROUND**

100m 2.A.Rodney 11.2; 200m 3.S.Richards 22.9; 400m 3.G.Sagar 50.4; 800m 4.P.Richley 1:57.0; 1500m 1.P.Richley 3:55.5; 5000m 5.M.Lake 15:41.4; 10,000m 3.D.Jenkins 33:43.8; 3000m S/C 1.M.Hayes 9:17.2; 110H 1.A.Pamah 15.5; 400H 1.A.Pamah 54.8; DT 1.K.Onuaguluchi 52.68; SP 1.K.Onuaguluchi 14.06; HT 4.H.Cooper 39.10; JT 3.D.Mole 50.64; HJ =3 C.Cornwell 1.75; TJ 6.D.Hollingworth 11.65; PV 1.P.Lovell 4.60; 4x100 2.BELS. 44.3; 4x400 2.BELS 3:26.0.

Points; 1.N.London 133; 2.BELS 130½; 3.Bedford 124; 4.Woking 84; 5.O.Gayts. 82½; 6.Corby 76.

**29th JULY 1984****COPTHALL****GRE CUP SEMI FINAL**

100m 8.C.Gaynor 11.1; 200m 8.G.Sagar 23.9; 400m 7.S.Richards 50.2; 800m 1.S.Paton 1:52.2; 1500m 2.G.Staines 3:54.9; 5000m 4.D.North 15:29.7; 10,000m 4.P.Gilbey 32:22.6; 3000m S/C 5.M.Hayes 9:34.5; 110H 6.A.Pamah 16.2; 400H 3.A.Pamah 54.4; LJ 5.R.Vassell 6.70; HJ 8.G.Sagar 1.60; JT 3.V.Cornibert 59.90; TJ 4.R.Vassell 13.69; PV 2.P.Lovell 4.60; SP 7.J.Aska 12.16; DT 7.C.Brooks 37.86; HT 6.J.Aska 35.88; 4x100 -; 4x400 6.BELS 3:22.6.

Points; 1.Shaftesbury H 122; 2.N.London 113; .... 7.BELS. 76.



Mark Sinclair follows Gary Staines in the last British League Match at Battersea Park and in so doing ran a p.b. for the 1500m. Photo. Bill Laws.

## SOUTHERN LEAGUE ROUNDUP

After the disappointing 1983 season when the 'B' team slipped to Division 3 in the Southern League, the Bels came roaring back in 1984 to win every single match and have bounced straight into Division 2. Not only did every match result in victory but the points scores were phenomenal - our highest being a massive 160 out of a possible 180 (which would need a win in every event, 'A' and 'B'). Our average score over the season was as high as we have ever attained in any single Southern League match over the past 15 years.

Why the change in our Fortunes? The reason surely is our increasing depth of good performers in virtually all events, and here we must thank Eddie Bojtler for pushing so many athletes in our direction. Now that our 4th, 5th and 6th ranked men can produce 40 metre hammer throws, run sub-23 200 metres etc., it means that even with athletes barred through 'A' team duty in the National League side, or on holiday or injured, we can still turn out an impressive 'B' side.

Now it's time to think of 1985. Can we go straight through Division 2 to the Southern League's premier competition? Its possible. And with members now having to prove themselves to get an outing with our 'B' side, perhaps we should start thinking seriously about a 'C' team - if we can find the officials to get it going!

5th MAY 1984 CHISWICK MATCH 1

Results unavailable. Belgrave placed 1st.

26th MAY 1984 BATTERSEA PARK MATCH 2

Results:

100m: A: 1.D.Armstrong 11.3; B: 1.A.Rodney 11.6; 200m A: 1.D.Armstrong 22.3; B: S.Richards 23.0; 400m A: 2.S.Unwin 51.6; B: 1.C.Gillett 53.5; 800m A: 2.R.O'Hara 2:00.9; B: 2.A.Painter 2:01.5; 1500m A: 3.J.Warren 4:12.7; B: 2.P.Gilbey 4:14.2; 5000m A: 1.E.Bojtler 15:42.7; B: 1.L.O'Hara 15:49.2; 110mH A: 2.J.Orr 17.1; B: 1.J.Levine 17.7; 400mH A: 2.D.Sheldon 60.3; B: 1.M.Harding 59.1; 3000m SC A: 3.D.Hollingsworth 10:05.2; B: 1.L.Lyons 10:19.4; 4x100m A: 1.BELGRAVE 44.7; 4x400m: A: BELGRAVE 3:36.8; SP A: 2.C.Brooks 11.47; B: 2.M.Hill 10.28; DT: A: 2.K.Smith 35.93; B: 2.M.Hill 10.28; DT A: 2.K.Smith 35.93; B: 2.C.Brooks 35.65; JT A: 1.D.Mole 52.14; B: 1.S.Inman 45.18; HT A: 1.H.Cooper 42.80; B: 1.W.Treharne 41.56; HJ A: 1.J.Levine 1.85; B: 3.D.Catling 1.70; LJ A: 2.S.Elkington 6.30; B: 1.J.Druce 5.99; TJ A: 1.J.Druce 12.85; B: 2.D.Sheldon 11.05; PV A: 2.J.Docherty 3.00; B: 1.A.Turner 2.80.

Non-scoring events: 200m 1.M.Scott 23.9; 2.A.Pamah 24.0; 3.A.Piesold 24.3. 1500m: 1.O.Foote 4:04.7; 2.N.Clark 4:08.7; 4.M.Lake 4:15.7; 5.C.Mallett 4:18.8; 7.C.Millbank 4:28.3; 8.A.Steamer 4:33.8; 9.D.Slann 4:36.9; 10.J.Rayner 4:47.8; 11. Gaunt 4:52.4.

Match Results: 1.BELGRAVE 160; 2.Fareham 127; 3.Huntingdon 121; 4.W.Suffolk 73; 5.London AC 35.

16th JUNE 1984 BATTERSEA PARK MATCH 3

Results:

100m A: 2.A.Rodney 11.3; B: 1.S.Richards 11.6; 200m A: 2.M.Alleyne 22.3; B: 1.S.Richards 22.9; 400m A: 3.M.Broad 51.1; B: 1.S.Unwin 50.6; 800m A: 3.A.Painter 2:00.0; B: 3.S.Williams 2:01.7; 1500m A: 5.A.North 4:13.4; B: 4.M.Bizio 4:20.0; 5000m A: 3.E.Bojtler 15:25.1; B: 1.M.Lake 15:41.3; 110mH A: 2.B.Broad 17.5; B: 2.D.Sheldon 17.7; 400mH A: 2. Gaunt 58.3; B: 1.D.Sheldon 58.4; 3000m SC A: 1.J.Bicourt 9:15.8; B: 1.D.Hollingsworth 10:07.4; 4x100m: A: 1.BELGRAVE 43.7; 4x400m: A: 5.BELGRAVE 3:36.2; SP A: 2.C.Brooks 12.18; B: 2.P.Smith 11.95; DT A: 5.N.Phillips 29.18; JT A: 2.D.Mole 50.12; B: 1.N.Phillips 49.02; HT A: 2.W.Treharne 40.38; B: 2.N.Phillips 33.94; HJ A: 5.B.Broad 1.55; B: 5.D.Sheldon 1.50; LJ A: 1.R.Vassall 6.82; B: 2.J.Druce 6.06; TJ A: 1.R.Vassall 13.84; B: 1.J.Druce 12.88; PV A: 1.J.Docherty 3.75; B: 1.M.Ambrose 3.20;

Non-scoring events: 200m: 1.P.Lytle 22.3; 2.A.Steamer 23.7; 3.P.Wallace 24.0; 4.A.Braithwaite 24.8; 1500m: 1.A.Gayton 4:04.7; 2.A.Paton 4:05.6; 3.C.Mallett 4:11.6; 4.L.O'Hara 4:13.9; 5. Ludlow 4:15.3; 6.C.Bird 4:15.7; 7.C.Millbank 4:16.2; 8.D.Jenkins 4:18.3; 9.D.Clack 4:21.1; 10.G.Tiernan 4:23.7; 11.C.Smith 4:24.3; 13.A.Pollitt 4:26.1; 14.M.Clayson 4:30.0; 15.A.Schoneman 4:33.0; 16.A.Grant 4:46.1.

Match Results: 1.BELGRAVE 133; 2.Worthing 114; =3.Guildford 105; =3. Epsom & Ewell 105; 5.Hertford 82.

30th JUNE 1984

SOUTHWARK PARK

MATCH 4

Results:

100m A:1.R.Vassal 11.7; B:1.P.Lytle 11.8; 200m A:1.P.Lytle 22.7; B:1.A.Steamer 23.7; 400m A:1.S.Richards 50.5; B:1.M.Broad 51.6; 800m: A:1.N.Davies 1:57.8; B:3.A.Paton 2:00.4; 1500m A:2.J.Warren 4:02.5; B:2.S.Williams 4:28.3; 5000m A:1.M.Lake 15:31.5; B:2.L.Coy 16:49.0; 110mH A:1.J.Orr 17.2; B:3.D.Sheldon 20.0; 400mH A:2.D.Sheldon 59.5; B:4.R.Bridges 68.0; 3000mSC A:2.D.Hollingsworth 10:02.0; B:2.C.Millbank 10:10.6; 4x100m 1.P.Lytle, S.Richards, R.Vassel, J.Orr 44.6; 4x400m 2.D.Sheldon 54.8; A.Paton 52.0; M.Bizio 55.6; P.Lytle 50.0 3:32.4; SP A:1.J.Aska 12.42; B:1.P.Smith 12.15; DT A:1.J.Aska 36.34 B:1.N.Phillips 33.62; JT A:1.N.Phillips 49.19; B:2.J.Aska 45.38; HT A: 2.N.Phillips 35.16; B:4.R.Bridges 15.30; HJ A:3.M.Hill 1.65; B:=3. D.Sheldon 1.55; LJ A:1.R.Vassal 6.54; B:1.J.Druce 5.67; TJ A:1.R.Vassal 13.45; B:1.J.Druce 12.26; PV A:1.J.Docherty 3.60; B:2. Turner 3.20;

Non-scoring events: 200m: 1.A.Rodney 24.0; 1500m: 4.A.Painter 12.4; 6.M.Bizio 4:15.8; 8.D.Clack 4:24.4; 12.J.Rayner 4:48.6.

Match Results: 1.BELGRAVE 155½; 2.Herne Hill 139; 3.Bognor 103; 4.Woodford Green 95½.

7th JULY 1984

BASINGSTOKE

MATCH 5

Results:

100m A:1.P.Lytle 11.5; B:4.R.Allsopp 12.2; 200m A:1.P.Lytle 23.3; B:3.R.Allsopp 24.4; 400m A:1.S.Unwin 51.2; B:1.M.Broad 52.3; 800m A: 2.S.Smullen 2:03.2; B:1.M.Chuter 2:01.9; 1500m A:3.A.Gayton 4:11.6; B:3.J.Ludlow 4:24.1; 5000m A:2.M.Lake 15:12.6; B:3.E.Bojtler 15:54.0; 110mH A:2.J.Orr 17.5; B:1.B.Broad 18.0; 400mH A:2.D.Sheldon 61.3; B:1. F.Dolan 63.4; 3000mSC A:2.C.Millbank 10:12.2; B:3.L.Lyons 10:49.8; 4x100m 1.BELGRAVE 45.2; 4x400m 3.BELGRAVE 3:36.4; SP A:1.J.Aska 12.28 B:1.P.Smith 11.66; DT A:1.M.Hill 38.24; B:1.N.Phillips 33.42; JT: A:1. N.Phillips 48.25; B:T.J.Aska 46.05; HT A:1.K.Smith 44.00; B:3.N.Phillips 33.14; HJ A:4.P.Smith 1.75; B:4.M.Broad 1.50; LJ A:1.R.Vassal 6.60; B:2.J.Druce 5.88; TJ A:1.R.Vassal 13.57; B:2.J.Druce 13.01; PV A:1.J. Docherty 3.37; B:2.D.Catling 2.80;

Match Result: 1.BELGRAVE 150; 2.Basingstoke 129; 3.Southeast 111½; 4.Southampton & Eastleigh 105; 5.Ilford 24½.

4th AUGUST 1984

GUILDFORD

MATCH 6

Match cancelled due to heavy rain. Match positions determined by league positions so Belgrave to have awarded 1st place.

**Southern League ----- Result**DIVISION 3.

|              |     |            |                 |     |             |
|--------------|-----|------------|-----------------|-----|-------------|
| 1.BELGRAVE   | 30  | } Promoted | 6.Epsom & Ewell | 23½ | } Relegated |
| 2.Worthing   | 27  |            | 22. LAC         | 10  |             |
| 3.Basildon   | 26  |            | 23 Bognor       | 8   |             |
| 4.Guildford  | 24½ |            | 24 Ilford       | 8   |             |
| 5.Huntingdon | 24  |            |                 |     |             |

26th AUGUST 1984

NORMAN PARK

INTER-CLUB

When we sent a 12 man team to Ostend last March we knew that Hermes Oostende would be visiting the U.K. for a Track and Field meeting. Blackheath were hosts this year and at short notice we managed to pull together a respectable team which turned in some good performances. Our new 16 year old sprinter Marcus Adam ran well in his first outing in Belgrave colours, while in the field events new member Tony Featherstone set some markers, which reflected his lack of competition for the last 2 years, and no doubt he will be seeking to annihilate them next year.

Results:

100m A: 2.M.Adam 11.3; B: 2.P.Lyttle\* 11.5; 200m A: 1.M.Adam 22.2; B: 1.P Lyttle 22.6; 400m A: 2.G.Sagar\* 50.6; 800m A: 1.J.Gladwin\* 1:52.6; B: 1.M.Sinclair\* 2:00.6; 1500m A: 2.M.Hayes 4:04.2; B: 2.A.Gayton 4:07.7; 3.J.Booth (Youth) 4:12.3 (pb); 5000m 4.K.Sinclair 16:51.0; 3000m S/C: 1.J.Bicourt 9.12.0; 3.L.Lyons 10:06.9; SP: 3.A.Featherstone 10.04; DT: 3.N.Phillips 34.48; 4.A.Featherstone 33.60; PV: 1.P.Lovett 4.40; 2.M.Shippen 4.20; 4x400m: 1.BELGRAVE 3:25.3 (G.Sagar 52.6; M.Sinclair 53.2; J.Gladwin 48.5; P.Lyttle 51.0)

\* These athletes were in the team which visited Belgium in March 1984.

TRACK AND FIELD ROUNDUP - NON LEAGUE MEETSBY STEVE WILLIAMSSome Early Season Odds and Ends

1 Feb TVH 3000m 1 J Gladwin 8.19.3 25 Apr SCAA Rep Match TJ D Williams 14.60 DT K Onuaguluchi 50.00 SCAA 3000m Champs. P Richley 8.20.90 29 Apr Enf 400mh A Pamah 55.2 2 May SCAA Rep Match 800m 1 J Gladwin 1.48.6 DT K Onuaguluchi 51.14 1500m Gst. M Sinclair 3.51.5 6 May UAU Champs 200m C Gaynor 22.0 9 May BMC 1500m 1 J Gladwin 3.49.0, M Sinclair 3.53.1 16 May Lough v Bor Rd 100/200 E Obeng 10.5/21.4 PV P Lovell 4.60 LJ D Williams 7.01 23 May Civ Serv Rep LJ/TJ D Williams 6.98/14.66 27 May UK Champs 1500m S Paton 3.52.72Ht G Staines 4.00.45Ht

SCAAA CHAMPIONSHIPS - C/PALACE - 1/2 JUNE -STUART PATON - 800M CHAMPION

There was an excellent turn out for this year's 'Southern' and plenty of good performances with Stuart Paton topping the bill by taking his first Southern Championship in his 'second' event - the 800m. Stuart always looked the danger man in what was a slow race early on as he covered every move of the leader. As they entered the final straight Stu' quickly opened a gap on the rest and comfortably held it to the line for an impressive win.

In the field, there were fine silver medals for Phil Lovell, who duplicated his performance of last year, and Ken Onuaguluchi, whose Discus series included 53.80 for a further improvement in our club record. Other pb's came from Mike Hayes- who made virtually all the running to win the 'standards' steeplechase (why he didn't meet the championship 'cut off' is something of a mystery) and from Aham Amadi in the Triple Jump.

400m P Lyttle 51.26ht G Sagar 50.17ht,50.44sf 800m 1 S Paton 1.50.49 1500m 11 G Staines 3.54.61 (3.48.49ht) P Richley 3.49.72ht M Sinclair 3.52.70ht 3000mSc(Standards) 1 M Hayes 9.13.76 400mh A Pamah 55.94ht PV 2 P Lovell 4.60 5= M Shippen 4.20 TJ 9 A Amadi 14.63 DT 2 K Onuaguluchi 53.80.

HFC OLYMPIC TRIALS - C/PALACE - 6 JUNE:- Qualifying conditions were certainly tough for our two men-John Gladwin and Phil Lovell-but rightly so with Olympic places at stake. John faced an 800m final 2 1/4 hours after running 1.47.46 in the heats to qualify as a fastest loser- and that after a recent bout of illness. Sadly, he had little left to offer for the final and finished 8th in 1.49.46. Meanwhile, Phil faced an opening height of 4.80 in the vault- only 10cm below his best of last year. He gave it three good shots but made his exit.

AAA CHAMPIONSHIPS - C/PALACE - 23/24 JUNE - STUART PATON TAKES 1500M RECORD DOWN A NOTCH

100m- Ernest Obeng had been running into form with 10.47/21.25 for Loughbro' v AAA on 17 June and 10.55 to win an invitation meet in Belfast two days later, but he was below par here and didn't make the final. 11.07ht, 10.80sf.

800m- John Gladwin's heat time of 1.47.51 saw him through to the final as a fastest loser. The next day, John seemed without confidence at the start and he brought up the rear until the final straight when he found a way past Brown and Billy on the inside - but the medals were beyond recall. (1 Cram 1.46.84 6 J Gladwin 1.47.47.)

1500m- In the public eye, this event was notable for Elliott's defeat of the eventual Olympic Champion but for Belgrave supporters, attention was focused on Stuart Paton's attempt to make up for his disappointment of last year when not fully fit. With only 2 to go through from each heat by right, making the final was tough enough but Stu' was well placed throughout and produced the fastest finish to snatch first place on the line from Williamson - it may only have been a heat but nobody was sparing themselves at the end. The time - a new club record of 3.42.69. Of course it all had to be done again the next day and Stu' couldn't get up to the sharp end of a very tactical race. Nevertheless he recorded another 3.42 - and no doubt gained a lot from the experience. ( 1 Elliott 3.39.66 2 Coe 3.39.79 10 S Paton 3.42.98.)

Pole Vault- Phil Lovell seemed stuck on 4.60 upto this stage of the season and that was again the height he achieved here in 7th place. Nevertheless a fine placing in a national championship.

Discus- Ken Onuaguluchi was seen lofting out his warm up throws a long way but he couldn't catch a really big one in the competition. His best was a solid 52.58 and put him also in 7th place.

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Paul Richley made a long trip up to Stretford worthwhile on 26 June by running an excellent 3.48.7 in a BMC 1500m while Gary Staines took his 800m pb down to 1.50.0 in a BMC race at West London on 4 July.



Steve Smullen has made a welcome return to competition this year and in our third BAL match at Windsor not only surprised the opposition as he turned in a season's best in the 1500m but also gave Paul Richley a bit of a shock.

Photo. Bill Laws.

INTER COUNTIES CHAMPIONSHIPS - BIRMINGHAM - 1 JULY - THREE CHAMPIONS

More Belgravians than ever before found their way to these championships as County selections. Titles were taken by Ernie Obeng(Sy)100m in 10.25w, a CBP and Ernie's 5th win in 7 years - a magnificent record; by Gary Staines(Herts)- the Mile in 4.09.53 - and Phil Lovell, finding some improved form (4.75) in the Pole Vault. Good points were also earned by Tony Pamah(Kent) 4th in the 400mh in 55.4 and Ken Onuaguluchi(Sy) 2nd in the Discus with 52.16. After a 4.11.15 heat in the mile, Stu' Paton dropped to 4.16.90 in the final for 9th place.

LAURISTON MILE - BATTERSEA PARK - 4 JULY:- This annual event saw three Bels way ahead of the field. Mark Sinclair took the lead straight away aiming for a fast run and John Warren made every use of the pace on Mark's shoulder. John had to let Mark go just before the bell as Mark kicked on to win in a useful 4.13.6 but John was rewarded with a pb of 4.18.7 in 2nd. Dave North completed the trio with 4.21.4.

ENGLAND v SPAIN v SWEDEN - GATESHEAD 6 JULY - JOHN (AND GARY) TAKE STUART'S RECORD

John Gladwin won further International selection for England over 1500m in this match and Gary Staines received a late invitation to run as a guest following his Inter-Counties win. So there was special interest as these two clashed for the first time. As usual, Gary got stuck in with the leaders straight away with John tucked in behind. In the final sprint, John squeezed past Gary but four others were just ahead in a blanket finish. Both men dipped under Stu's recent mark and the middle distance record spree was truly underway. (1 Theriot 3.41.28 2 Hutchings 3.41.33 5 J Gladwin 3.41.45 6 G Staines 3.41.76).Ernie Obeng ran as a guest in the 100m placing 2nd to McFarlane in 10.5.

PEUGEOT/TALBOT GAMES - C/PALACE - 13 JULY - 1000m RECORD:- John Gladwin took our club record for 1000m down to 2.19.14 although not helped by some uneven pacemaking, while Stu' Paton was also inside the previous best - which he held - with 2.21.37. Ernie Obeng was ahead of a former World record holder (Williams) and a former Olympic champion (Crawford) as he took 3rd place in the 100m in 10.69.

EDINBURGH GAMES - MEADOWBANK - 17 JULY - JOHN GOES UNDER 3.40 WITH STUART JUST BEHIND

Four days after their meeting in London, John and Stuart were brought together again for an invitation 1500m on Stu's 'home' track and both men again earned pb's - a couple of classy times (shown at the top of the All Time list) and forward placings in a large field behind the World Record holder who won in 3.36.90. Both men finished well and will go faster when hanging on further up the front of one of these pace made races. Ernest Obeng was 3rd behind Wells and Krullee in the 100m in 10.46.

| All Time 1500m List 84 |              | 1500m Record Progression |              |
|------------------------|--------------|--------------------------|--------------|
| J Gladwin              | 3.39.47 (84) | W Nankeville             | 4.01.5 (46)  |
| S Paton                | 3.40.04 (84) | "                        | 3.55.8 (48)  |
| G Staines              | 3.41.76 (84) | "                        | 3.52.6 (48)  |
| J Thresher             | 3.44.6 (68)  | J Thresher               | 3.50.8 (63)  |
| J Bicourt              | 3.48.6 (72)  | "                        | 3.49.9 (64)  |
| P Richley              | 3.48.6 (83)  | Geoff North              | 3.49.5 (65)  |
| P Carton               | 3.49.4 (72)  | J Thresher               | 3.48.3 (65)  |
| Geoff North            | 3.49.5 (65)  | "                        | 3.46.7 (65)  |
| J Stow                 | 3.50.4 (73)  | "                        | 3.44.6 (68)  |
| M Sinclair             | 3.50.6 (84)  | S Paton                  | 3.43.06 (82) |
|                        |              | "                        | 3.42.86 (82) |
|                        |              | "                        | 3.42.69 (84) |
|                        |              | J Gladwin                | 3.41.45 (84) |
|                        |              | "                        | 3.39.47 (84) |

1 Aug SCAA Rep Match, C/Pal - 3000mSc 5 J Bicourt 9.06.4 PV 1 P Lovell 4.75

NIKE CLASSIC - C/PALACE - 18 AUGUST - There were two more quality performances from the Gladwin-Paton duo at this post Olympic Invitation meeting. John missed his and our 800 best by 2/100ths with 1.46.48 while Stuart nearly repossessed the 1000 record with 2.19.36.

GARY EQUALS 1 MILE RECORD WHILE JOHN GOES ROUND THE WORLD

GARY STAINES equalled the club mile record at West London Stadium on 5 September when winning the Open Graded 'A' race in 4.02.1 on one of the first cold evenings of the late Summer. But those weather conditions were nothing compared to the gale force winds he had to contend with four days later at a meeting to open the new Jarrow track. That Gary should run 4.03.67 was therefore an exceptional effort. Cram and Walker were less than 6, and 5, seconds ahead, respectively and if you reckon on them being worth 3.49/3.50 normally, it shows the true merit of Gary's run.

Members of this club have competed in many parts of the World but new ground must have been broken by John Gladwin when he won an International 1500m in Taipei in September in 3.52.25 and took second place in the 800 in 1.48.92. So if you get offered a job lot of training shoes - made in Taiwan - you'll know where they came from!

### ERNEST OBENG'S LATE SEASON UPS AND DOWNS

1984 was a year of mixed fortune for our leading sprinter. He struggled to find his best form early on but it was Olympic year and, having missed out on Moscow, Ernie was encouraged enough to pay his own way to LA for probably his last chance to compete in the great event. Well no doubt you know the story of Ernie's expulsion from the Games by Ghanaian officials in what seems an incredible case of victimisation. It was obviously a great disappointment to him not to be able to compete and the character assassination that went with the affair added insult to injury.

It was perhaps some small consolation to Ernie that he should hit some of his best ever form in August - as if to show that he would have performed with great credit to his country in LA. For following a couple of ordinary clockings at the Nike Classic and in Budapest when still coping with jet lag, he flew to a 10.25 timing (his 3rd fastest legal mark) in Zurich on 22 August, only headed by Olympic Bronze Medallist Ben Johnson and Osvaldo Lara - winner of the Eastern Block 'Friendship' Games. Then in Rieti, Italy on 2 September he recorded 10.32 (+0.7) behind Penalver and Lara.

At the IAC/Coca-Cola meeting on 7 September, Ernie gave us at home the first glimpse of this return to form. He snapped away from the blocks to win his heat easing up in 10.45 into a slight headwind - but what a pity the start of the final was such a shambles with McFarlane getting a clear flyer and the race not being recalled by the starter. Although Lara's pick-up enabled him to win, Ernie, at a disadvantage with his own fast start pre-empted, couldn't quite make up the deficit and he finished 3rd in 10.38.



Ernest Obeng's Belgrave Honours badge well to the fore in the Peugeot Games held at the Crystal Palace on July 13th, - probably the last occasion he will wear Ghana's colours as he has vowed not to compete again for the Country which treated him so shabbily in Los Angeles Olympics. Wells won in 10.46.  
Press Association Photo.

# Rankings '84 - Men

 compiled Steve Williams  
by

| 100                                                              |              | 200           |           | 400           |            | HJ             |         |       |
|------------------------------------------------------------------|--------------|---------------|-----------|---------------|------------|----------------|---------|-------|
| E Obeng                                                          | 10.25        | E Obeng       | 21.25     | S Paton       | 49.0       | D Catling      | 2.00*   |       |
| P Goedluck(Y)                                                    | 10.77w/10.96 | C Gaynor      | 22.0      | J Gladwin     | 49.1       | J Gregg        | 1.95    |       |
| D Armstrong                                                      | 10.8         | P Lyttle      | 22.0      | S Richards(Y) | 49.29*     | C Cornwell(Y)  | 1.90*   |       |
| M Adam(Y)                                                        | 10.9         | P Goedluck(Y) | 22.14*    | G Sagar       | 50.17      | J Levine       | 1.85    |       |
| D Williams                                                       | 10.9         | M Alleyne     | 22.1      | P Lyttle      | 50.2       | D Williams     | 1.85    |       |
| M Alleyne                                                        | 11.0         | D Armstrong   | 22.1      | M Alleyne     | 50.6       | M L-Bayley     | 1.80    |       |
| A Rodney(J)                                                      | 11.0         | M Adam(Y)     | 22.2      | S Unwin       | 50.6       | M Reece(Y)     | 1.75    |       |
| C Gaynor                                                         | 11.1         | S Richards(Y) | 22.79     | A Pamah       | 51.0       | G Allison(B)   | 1.70    |       |
| P Lyttle                                                         | 11.3         | M Bazire      | 23.3      | M Bazire      | 51.1       | M McIntosh(Y)  | 1.70    |       |
| R Vassall                                                        | 11.3         | D Mote        | 23.4      | M Broad       | 51.1       | C Monk         | 1.70    |       |
| M Bazire                                                         | 11.4         | R Vassall     | 23.4      | M Chuter      | 51.9       | PV             |         |       |
| M Baretlett                                                      | 11.5         | G Sagar       | 23.5      | J Booth(Y)    | 52.0       | P Lovell       | 4.75    |       |
| S Richards(Y)                                                    | 11.5         | C Gardner(Y)  | 23.6      | S Marchese    | 52.3       | M Shippen      | 4.30    |       |
| A Amadi                                                          | 11.6         | G Warr(Y)     | 23.6      | S Smullen     | 53.1       | P Farrell      | 4.00    |       |
| G Warr(Y)                                                        | 11.6         | A Steaman     | 23.7      | C Gillett(V)  | 53.5       | J Docherty     | 3.80    |       |
| 800                                                              |              | 1500          |           | Mile          |            | LJ             |         |       |
| J Gladwin                                                        | 1.46.48      | J Gladwin     | 3.39.47*  | G Staines     | 4.02.1*    | D Williams     | 7.36    |       |
| G Staines                                                        | 1.50.0       | S Paton       | 3.40.04   | S Paton       | 4.11.15    | T Taylor       | 6.91    |       |
| S Paton                                                          | 1.50.49      | G Staines     | 3.41.76   | M Sinclair    | 4.12.5     | R Vassall      | 6.82    |       |
| M Sinclair                                                       | 1.54.4       | P Richley     | 3.48.7    | J Warren(J)   | 4.18.5     | D Brown(J)     | 6.48    |       |
| N Davis                                                          | 1.55.-       | M Sinclair    | 3.50.6    | D North       | 4.21.4     | M L-Bayley     | 6.39    |       |
| S Smullen                                                        | 1.55.9       | S Smullen     | 3.53.6    | 3000          |            | S Elkington    | 6.30    |       |
| M Chuter                                                         | 1.56.5       | M Hayes       | 3.58.1    | J Gladwin     | 8.19.3     | C Brooks(V)    | 6.26*   |       |
| N Clarke                                                         | 1.56.7       | A Paton       | 4.02.3    | P Richley     | 8.20.90    | J Druce        | 6.06    |       |
| P Richley                                                        | 1.57.0       | J Warren(J)   | 4.02.5    | M Sinclair    | 8.21.2     | TJ             |         |       |
| R O'Hara(J)                                                      | 1.57.7       | N Clarke      | 4.02.6    | S Paton       | 8.26.-     | A Amadi        | 14.78   |       |
| J Warren(J)                                                      | 1.58.5       | J Bicornourt  | 4.03.1    | D North       | 8.29.0     | D Williams     | 14.71   |       |
| A Moore(J)                                                       | 1.58.6       | R O'Hara(J)   | 4.03.1    | M Hayes       | 8.29.2     | T Taylor       | 14.40   |       |
| J Booth(Y)                                                       | 1.58.8       | O Foote       | 4.04.7    | J Bicornourt  | 8.32.9     | R Vassall      | 14.13   |       |
| A Gayton                                                         | 1.59.2       | A Gayton      | 4.04.7    | O Foote       | 8.40.4     | J Druce        | 13.15   |       |
| A Steaman                                                        | 1.59.4       | J Booth(Y)    | 4.08.3    | P Gilbey      | 8.44.0     | S Elkington    | 12.80   |       |
| A Painter                                                        | 2.00.0       | C Mallett     | 4.11.6    | A North(J)    | 8.45.0     | F Ogwuda(Y)    | 12.62   |       |
| A Paton                                                          | 2.00.4       | J Wright      | 4.11.8    | J Warren(J)   | 8.49.0     | M Ambrose      | 12.52   |       |
| J Lloyd                                                          | 2.01.4       | D Clack       | 4.12.1    | L Best        | 8.50.0     | B Hall         | 12.51   |       |
| S Williams                                                       | 2.01.7       | A North(J)    | 4.12.2    | M Lake        | 8.51.0     | B Broad        | 12.22   |       |
| C Mallett                                                        | 2.01.8       | A Painter     | 4.12.4    | F Ward        | 9.04.0     | J Mole(Y)      | 12.14   |       |
| C Whaley                                                         | 2.01.9       | M Chuter      | 4.13.7    | C Millbank    | 9.05.0     | SP             |         |       |
| D Clack                                                          | 2.02.0       | L O'Hara(V)   | 4.13.9    | S Smullen     | 9.07.0     | D Dawson       | 14.65   |       |
| D Williams                                                       | 2.02.0       | P Gilbey      | 4.14.2    | A Gayton      | 9.13.0     | K Onuaguluchi  | 14.48   |       |
| 5000                                                             |              | 10000         |           | 3000Sc        |            | P McKay        | 13.76   |       |
| O Foote                                                          | 14.39.4      | O Foote       | 30.55.4   | J Bicornourt  | 9.05.5     | K Wilkinson    | 12.88   |       |
| D North                                                          | 14.46.5      | P Gilbey      | 32.22.6   | M Hayes       | 9.13.76    | J Aska         | 12.60   |       |
| J Bicornourt                                                     | 14.50.4      | D Jenkins     | 33.43.8   | P Gilbey      | 9.34.6     | C Brooks       | 12.18   |       |
| E Bojtler                                                        | 15.25.1      | L Lyons       | 33.50.0   | L Lyons       | 9.57.9     | P Smith        | 12.15   |       |
| P Gilbey                                                         | 15.28.1      | L O'Hara(V)   | 34.10.0   | D Holl'w'th   | 10.02.0    | DT             |         |       |
| M Lake                                                           | 15.31.5      | M Lake        | 34.13.6   | C Millbank    | 10.08.4    | K Onuaguluchi  | 55.28*  |       |
| F Ward                                                           | 15.44.2      | 110H          |           | 400H          |            | D Dawson       | 42.36   |       |
| L Best                                                           | 15.47.0      | T Taylor      | 15.1*     | A Pamah       | 54.4       | M Hill         | 38.68   |       |
| L O'Hara(V)                                                      | 15.49.2      | A Pamah       | 15.5      | M L-Bayley    | 56.1       | K Smith        | 38.50   |       |
| L Coy                                                            | 15.52.0      | M L-Bayley    | 15.7      | M Gaunt       | 58.3       | C Brooks       | 38.00   |       |
| C Millbank                                                       | 15.56.0      | J Orr         | 16.4      | D Sheldon     | 58.4       | J Aska         | 36.34   |       |
| L Lyons                                                          | 15.58.2      | B Broad       | 17.0      | M Harding     | 59.1       | T Featherstone | 36.30   |       |
| 4x100                                                            |              | A Rodney      | C Gaynor  | D Williams    | P Goedluck | 42.4           | HT      |       |
| 4x400                                                            |              | G Sagar       | G Staines | S Paton       | A Pamah    | 3.19.7         | P McKay | 45.78 |
| Additional Club Records:                                         |              |               |           |               |            |                |         |       |
| Colts 100/200/400 A Ross 13.2/26.5/61.1 LJ I Gilley 4.89         |              |               |           |               |            |                |         |       |
| Colts 4x100 55.8 Team identification req'd Thameside Lge 30 June |              |               |           |               |            |                |         |       |
| Boys 1500 D Ward 4.28.3 4x400 4.06.0 Team req'd Dunlop Lge 6 May |              |               |           |               |            |                |         |       |
| Youths 100mh/400mh C Gardner 14.3/63.2 HT(5kg) R Rathray 26.54   |              |               |           |               |            |                |         |       |
| Seniors 1000 J Gladwin 2.19.14                                   |              |               |           |               |            |                |         |       |
| Vets 110mh(99.6cm) JT C Brooks 16.19/44.10                       |              |               |           |               |            |                |         |       |
| (*=Record)                                                       |              |               |           |               |            |                |         |       |
|                                                                  |              |               |           |               |            | PV             |         |       |
|                                                                  |              |               |           |               |            | TJ             |         |       |
|                                                                  |              |               |           |               |            | SP             |         |       |
|                                                                  |              |               |           |               |            | DT             |         |       |
|                                                                  |              |               |           |               |            | HT             |         |       |
|                                                                  |              |               |           |               |            | JT             |         |       |
|                                                                  |              |               |           |               |            | LJ             |         |       |
|                                                                  |              |               |           |               |            | Mile           |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 3000Sc         |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
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|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
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|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
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|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
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|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
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|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            | 10000          |         |       |
|                                                                  |              |               |           |               |            | 3000           |         |       |
|                                                                  |              |               |           |               |            | 400H           |         |       |
|                                                                  |              |               |           |               |            | 110H           |         |       |
|                                                                  |              |               |           |               |            | 1500           |         |       |
|                                                                  |              |               |           |               |            | 800            |         |       |
|                                                                  |              |               |           |               |            | 5000           |         |       |
|                                                                  |              |               |           |               |            |                |         |       |

# Nike Blackheath H<sup>~</sup> 25 x 1 mile

29th SEPTEMBER 1984

CRYSTAL PALACE

NIKE 25x1 MILE RELAY

Last year's first ever win in this Nationwide event led us to hope that with a better team (on paper) we could repeat our success. Sale running at Manchester had other ideas and as our 'A' team turned in times just marginally slower than we had anticipated Sale improved on their efforts of last year. We ran as usual at the Crystal Palace venue while 80 or so teams competed at 8 other venues. The race was close right up to the 18 mile mark when Pat Chester running for TVH ran a 4.08 effort to snatch the lead from the Bels. Nigel Clarke got a bit carried away on the next leg as the excitement built and ran his first 400 in 57.7! It was left to Peter Gilbey to take us into a lead which increased to 3 minutes over TVH over the next 5 miles. Everyone had been blaming the cold windy conditions for the 'slow' times, but either they were wrong or Gary Staines' 4.06 on the last leg was really something special. Running at even pace Gary finished in great style and even had to contend with being baulked by 2 Croydon runners who ran right in front of him as they changed the baton at the 2 lap mark. Several of our 'A' team men had just returned from holidays and it showed in their times. Our youngsters though ran superbly with Youths John Booth and Glyn Tiernan performing well as did Junior Richard O'Hara who is beginning to look a class runner.

In the 'B' team Francis Ward, who has returned from 2 years in the U.S.A. proved fastest with Andy Moore close behind. Our 'D' team comprised young members having an average age of 13 years and their general high level of performance promises well for the future.

Our thanks to Bill Couzens, Brian Pritchard and Derek Jones plus their families who put up with the trying conditions while organising and recording through the morning and afternoon sessions. Jim and Dave Mote organised the Young Athletes and yours truly the 'A'.

Bill Laws

| A                    | B                    | C                      | D                    |
|----------------------|----------------------|------------------------|----------------------|
| R.O'Hara (J) 4.28;   | K.Francis 4.58;      | F.Russel (C) 5.29;     | S.Herbert (B) 5.51;  |
| G.Tiernan (Y) 4.38;  | D.Ogden 6.08;        | D.Hawkins (C) 6.01;    | J.Coy (B) 5.54       |
| J.Booth (Y) 4.35;    | A.Painter (C) 7.15;  | G.Tura (C) 6.32;       | N.Khan (B) 6.03      |
| S.Beaumont (Y) 4.48; | M.Bazire 5.12;       | G.Davies 5.52;         | A.Stephens (C) 5.49  |
| D.Clack 4.39;        | P.Lyttle 5.51;       | V.Mitchell (C) 5.51;   | B.Zreik (B) 5.21     |
| J.Bicourt 4.29;      | A.Stone 5.46;        | J.Webb (C) 5.47;       | D.Parr (C) 6.14      |
| A.Painter 4.39;      | G.McGurran (Y) 4.51; | D.Cameron (C) 6.40;    | R.Isles (C) 6.02     |
| C.Millbank 4.41;     | A.Grant 5.18;        | G.Porter (C) 5.55;     | D.Malloney(B) 5.27   |
| A.Morfey 4.37;       | N.Grant (G) 8.51;    | R.Graham 5.45;         | G.Allison (B) 5.33   |
| A.Gayton 4.30;       | N.Kidd 5.10;         | J.Stone (G) 6.10;      | G.Webb (B) 5.36      |
| A.Paton 4.44;        | R.Martin 5.27;       | I.Young (G) 6.38;      | S.Lambert (C) 5.57   |
| D.Hollingworth 4.41; | J.Neillis (Y) 5.08;  | B.Khan (B) 6.24;       | D.Winsom (C) 6.06    |
| L.O'Hara 4.42;       | C.Gauge (G) 6.55;    | V.Tanner (C) 7.49;     | A.Ross (C) 5.45      |
| M.Hayes 4.28;        | G.Porter (G) 5.54;   | J.Taylor 7.16;         | K.McDonagh (Y) 5.20  |
| A.North 4.44;        | J.Stone (G) 6.14;    | T.Davies (C) 6.25;     | M.Egeries (C) 5.41   |
| D.North 4.34;        | M.Gleave 4.55;       | T.Fidgett 6.02;        | M.Hogg (B) 6.31      |
| M.Bizio 4.39;        | H.Porter 6.03;       | P.Lyttle 5.57;         | M.Speight (B) 5.41   |
| C.Blake 4.39;        | D.Hawkins (G) 6.06;  | C.Manning 6.39;        | D.Ashford (B) 5.29   |
| N.Clarke 4.30;       | F.Ward 4.39;         | C.Grange (G) 6.42;     | S.Millar (C) 6.50    |
| P.Gilbey 4.38;       | D.McMillan 5.27;     | T.Shepherd (C) 7.08;   | B.Ambrose (C) 6.19   |
| O.Foote 4.29;        | A.Moore (J) 4.43;    | A.Stevens 5.52;        | D.Cunningham(B) 6.01 |
| S.Smullen 4.29;      | B.McCrae 4.50;       | A.Ross 5.51;           | D.Cooper (C) 6.19    |
| M.Sinclair 4.30;     | E.Crutcher 5.29;     | M.Pritchard (C) 10.37; | G.McGurran (Y) 5.36  |
| S.Paton 4.22;        | J.Coy (B) 6.06;      | R.Booth 6.46;          | A.Owen (B) 5.45      |
| G.Staines 4.06;      | L.Coy 5.03;          | S.Booth (C) 6.42;      | J.Neillis (Y) 5.06   |
| <u>1:54.19</u>       | <u>2:22.08</u>       | <u>2:42.50</u>         | <u>2:26.16</u>       |

Result: 1.Sale H 1:53.42; 2.BELGRAVE (A) 1:54.19; 3.Aldershot F & D 1:56.41; 4.T.V.H. 1:56.46; 5.S.L.H. 1:58.38.



#### NEW FACES.

Left; Colin Blake hands over to Nigel Clarke in the 25X1 mile relay at Crystal Palace. You would not guess from this shot that Nigel is about to put in a 57.5 first lap to run 4.30 the hard way. Colin drove down from Hereford to get a run and we look forward to his company following a move to Surbiton.

Photos; Bill Laws.

Right; Another Paton!!! Yes it's Andy sporting a healthy tan after 5 weeks holiday in Greece handing over to Dave Hollingworth who has gained many points for our Southern League team running as 'A' string steeplechaser.

**ROSENHEIM LEAGUE**

(Non-scoring performances in brackets)

The Rosenheim League again provided some essential competition for rising and falling stars alike (and those who never made it). The Senior team was always short of one or two of our better men to compete with the likes of Herne Hill and South London who take the League more seriously than ourselves but the Youths performed with credit to make the final where they finished second to Herne Hill despite being without a specialist sprinter.

Notable performances over the season came from Pat Lyttle (22.0) Steve Smullen (3.53.6) and Mark Sinclair (8.21.2). Also Mike Hayes and John Bicourt, under 6 minutes for the 2km chase. First year Youth, Clive Gardner ran a fast 23.6 200m while Glyn Tiernan, the same age, looked impressive in the middle distances. Youths field eventers, Julian Mole and Pestos Ogwuda, were both over 12 metres in the triple jump - which is good jumping. But perhaps the best performance of all came from 12 year old Adrian Ross who zipped round one lap in 61.1 for a remarkable new club colts record.

**Match 1 Southwark Park 30 May Snrs =3rd 46 pts Yths 2nd 33 pts**

100 3.A Rodney 11.4 (S Richards 11.5 M Scott 12.1 G Honger 12.1 A Piesold 12.2) 200 3.S Richards 23.0 (M Scott 24.2 C Gillett 24.3 A Piesold 25.0 C Mallett 25.9 S Beaumont 27.4) 400 3.J Lloyd 55.0 800 4.J Warren 2.01.9 (J Booth 2.00.8 A Gayton 2.01.4 C Mallett 2.01.8 A Painter 2.02.0 S Williams 2.02.8 J Lloyd 2.03.0 S Beaumont 2.05.1 D Clack 2.08.5) 1500 2.N Clarke 4.09.5 3000 3.M Lake 9.01.2 (L Best 8.53.8 A North 8.55.2 D Hollingworth 9.16.9 C Millbank 9.18.6 K Francis 9.40.8 R Bridges 10.13.6) 110h 1.A Pamah 16.4 4x200 4. 1.39.8 LJ 5.D Hollingworth 5.07 JT/HT 2/1 M Small 49.88/46.50 Youths 100/200 2/1 M Dooley 12.2/24.7 400 2.A Theodoris 61.1 (A Ross 61.1) 800 1.M Kinnane 2.09.7 (G Tiernan 2.09.1 N Pole 2.15.7 K McDonagh 2.16.4) LJ 2.M Dooley 5.19

**Match 2 Southwark Park 27 June Snrs 3rd 49 pts Yths 2nd 42 pts**

100 2.P Lyttle 11.3 (R Vassall 11.9 A Piesold 12.1) 200 1.P Lyttle 22.0 (A Piesold 24.6 J Charles 25.8) 400 3.A Pamah 51.1 (J Booth 52.0 J Lloyd 54.3 N Kidd 54.5) 800 1.J Warren 1.58.7 (S Smullen 1.56.6 N Clarke 2.00.6 A Painter 2.01.6 J Lloyd 2.02.0 S Williams 2.02.3 D Clack 2.04.0 S Beaumont 2.07.8 C Bird 2.08.0 A North 2.10.0 R Bridges NT 1500 3.A Gayton 4.06.9 (M Hayes 4.05.0 S Smythe 4.19.7 A Grant 4.45.7) 3000 3.L Best 8.50.0 (M Lake 8.51.0 C Millbank 9.05.0 S Smullen 9.07.0 L Lyons 9.19.0 M Donohue 9.36.0 J Lloyd 9.47.0) 2000Sc 1. M Hayes 5.55.6 (J Bicourt 5.59.2 D Hollingworth 6.20.2 L Coy 6.56.4) 4x200 2. 1.34.8 (1.41.3) TJ 2. R Vassall 13.09 SP/DT 5/5 R Bridges 7.16/18.38 Youths 100 3.C Gardner 11.9 (M Dooley 12.0 I Gilley 13.5) 200 1.C Gardner 23.6 (I Gilley 27.7) 400 2.M Dooley 57.8 (A Webb 59.7 A Ross 62.2 G Webb 66.4) 800 1.G McGurran 2.11.6 1500 1.G Tiernan 4.22.4 HJ 4.G McGurran 1.20 TJ 4.M Dooley 11.01 SP 2.C Gardner 10.20 DT 3.G Tiernan 15.98

**Match 3 Croydon 11 July Snrs 5th 21 pts Yths 5th 16 pts**

100 5 S Smullen 15.8 (M Bazire 11.8) 400 4 P Smith 57.2 (S Smullen 53.1) 800 2 S Smullen 1.57.7 (D Clack 2.06.8) 1500 4 C Millbank 4.19.1 (J Lloyd 4.20.0 C Bird 4.27.0) 3000 3 J Warren 8.49.0 (A Gayton 9.13.0 C Millbank 9.33.0) 400h 3 P Whitby 63.9 Yths 100 4 D Rose 12.5 200 4 ? 26.1 800 1 G Tiernan 2.08.9 JT 3 B Curtis 22.14

**Match 4 Battersea Park 25 July Snrs 3rd 44 pts Yths 2nd 37 pts**

100 3 A Rodney 11.2 (M Bazire 11.6 A Amadi 11.6 M Alleyne 11.7 R Vassall 11.8 M Broad 11.8 D Bass 11.8 S Marchese 12.0 C Honger 12.3 M Bartlett 12.4 P Wallace 12.4 C Manning Jnr 13.6) 200 4 S Richards 23.3 (M Bazire 23.3 M Scott 24.0 A Amadi 24.1 A Piesold 24.9 D Rose 25.8 D Bass 26.6 400 - (S Marchese 52.3 J Booth 53.6 N Kidd 55.7 P Smith 56.7) 800 3 A Moore 2.00.5 (A Gayton 2.00.9 J Lloyd 2.01.4 A Painter 2.01.7 C Whaley 2.01.9 C Mallett 2.03.0 G Tiernan 2.03.4 S Beaumont 2.04.5 S Williams 2.04.7 R Bridges 2.10.5) 1500 1 S Smullen 3.53.6 (M Hayes 4.06.0 D Clack 4.12.1 C Millbank 4.14.9 M Bizio 4.17.0 L Lyons 4.18.0 D Hollingworth 4.20.0 N Wilsher 4.29.0 M Gill 4.33.0 R Tanner 4.41.0) 3000 2 M Sinclair 8.21.2 (D North 8.29.0 J Bicourt 8.32.9 P Gilbey 8.44.0 A North 8.45.0 - other results not available) HJ 2 D Williams 1.70 TJ 2 R Vassall 12.97 (D Williams 13.96) SP/DT 1/1 K Onuaguluchi 14.18/52.66 (M Small 11.95/35.10) Youths 100/200 2/1 G Warr 12.1/24.3 400 3 D Rose 59.7 (A Webb 60.6 G Webb 66.8) 800 1 M Kinnane 2.09.1 HJ 3 M Reece 1.65 TJ 2 J Mole 12.14 SP 3 J Mole 9.05 DT 3 G Tiernan 17.34

**Match 5 Croydon 8 August Results not received****FINAL Southwark Park 22 August Yths 2nd 38 pts**

100 4 M Kinnane 15.4 200 4 G Tiernan 25.8 400 5 M Kinnane 59.4 800 3 G Tiernan 2.03.5 (M Kinnane 2.12.5) 1500 1 S Beaumont 4.23.1 (J Booth 4.19.7) HJ/TJ/SP 3/1/1 F Ogwuda 1.55/12.62/11.22 DT 4 G Tiernan 20.74 Snrs N/S only 1500 A North 4.13.6 3000 D North 8.30.6

Sprinter Pat Lyttle couldn't accept his 6.57 timing in the 25 x 1 mile relay C team. It seemed there was an arithmetic error but the mistake wasn't apparent. So Pat stayed for the afternoon's B team and ran 5.51!! The morning's figures were then re-checked and sure enough it was 5.57. Sorry Pat - they said. Anyway Pat got 2 p.b.'s in 1 day. Not bad! There will be no excuses for not running a 48.5, 400m next season.

# Championship

14th JULY 1984

BATTERSEA PARK

CLUB CHAMPIONSHIPS

The highlights of this years Club Championships were Ken Onuagaluchi's new discus record which placed him in the top 5 in the UK plus Mark Sinclair's hat trick in the 800m and his forth consecutive win in the 1500m - A series of quite remarkable doubles !!

- Seniors;** 100m; 1.M.Alleyne 11.0, 2.D.Armstrong 11.1, 3.R.Vassall 11.3, 4.M. Bartlett 11.5, 5.P.Lytle 12.0, 6.D.Piesold 12.2. 200m; 1.M.Alleyne 22.1, 2.P.Lytle 22.1, 3.M.Scott 23.8, 4.C.Gillett 24.0, 5.D.Armstrong 24.7, 6.N.Kidd 25.3, 400m; 1.M.Alleyne 50.6, 2.A.Pamah 52.2, 3.P. Lytle 52.4, 800m; 1.M.Sinclair 1.57.8, 2.N.Davis 1.58.9, 3.A.Gayton 1.59.2, 4.A.Steamer 1.59.2, 5.J.Warren 2.01.1, 6.D.Clack 2.02.1, 7.A. Painter 2.02.1, 8.S.Williams 2.03, 9.M.Bizio 2.05, 10.C.Mallett 2.05.5 11.P.Ludlow 2.06, 12.S.Sambrook 2.06, 13.A.Bailey 2.08, 14.L.Coy 2.10. 1500m; 1.M.Sinclair 4.06.8, 2.J.Warren 4.09.3, 3.J.Wright 4.11.8, 4. A.Gayton 4.13.1, 5.C.Mallett 4.14.1, 6.E.Bojtler 4.14.3, 7.M.Bizio 4.16.9, 8.L.O'Hara 4.17.1, 9.D.Clack 4.27.7, 10.A.Bailey 4.29.7, 11.D. Maugham 4.42, 12.R.Tanner 4.45, 13.A.Grant 4.47, 14.R.Martin 4.55.4. 110mH; 1.A.Pamah 16.2, 2.J.Orr 16.4, 3.B.Broad 17.0, 5.M.Gaunt 19.1, JT; 1.B.Line 54.02, 2.S.Inman 43.28, 3.T.Sentance 39.92, 4. K.Schofield 39.76, 5.K.Shepherd 38.28, PV; 1.P.Lovell 4.75.2.M.Shippen 3.60, 3.M. Ambrose 3.40, DT; 1.K.Onuagaluchi 55.28, 2.M.Hill 38.68, 3.K.Smith 38.50, HJ; 1.D.Catling 1.95, LJ; 1.R.Vassall 6.70, 2.S.Elkington 6.28, 3.D.Ambrose 5.97, 4.J.Doherty 5.41, 5.S.Turner 5.30, TJ; 1.R.Vassall 14.13, 2.S.Elkington 12.80, 3.M.Ambrose 12.52, 4.B.Hall 12.51, B.Broad 12.22, SP; 1.J.Onuagaluchi 13.57, 2.K.Wilkinson 12.88, 3000m S/C; 1. L.Lyons 10.03.4, 2.C.Millbank 10.08.4, 3.A.Pollitt 10.21.6, 4.L.Coy 11.06.7, 5.R.Tanner 12.38.7
- Juniors;** 100m; 1.G.Warr 11.6, 2.C.Gardner 12.0, 3.D.Dolmetech 12.3, 200m; 1.G. Warr 23.6, 2.C.Gardner 23.7, 400m; 1.F.Ogwuda 56.4, 800m; 1.G.Tiernan 2.04.9, 2.K.McDonagh 2.18.7, 1500m; 1.M.Kinane 4.28.3, 2.J.Neillis 4.40.8, 4.T.Mann 4.52.5, JT; 1.M.McIntosh 4.1.61, 2.J.Mann 12.54, HJ; 1.M.Horler 1.75, 2.M.McIntosh 1.70, 3. F.Ogwuda 1.65, LJ; 1.R.Dolmetech 5.71, TJ; 12.24, SP; 1.M.McIntosh 9.90, 100mH; 1.C.Gardner 14.3, 2.D.Lambert
- Boys;** 100m; 1.D.Maloney 12.8, 2.S.Warr 13.4, 3.R.Martin 14.9, 4.M.Hogg 16.0, 200m; 1.D.Maloney 26.3, 2.G.Allison 26.4, 3.R.Martin 30.0, 4. M.Hogg 30.0, 5.G.Webb 31.2, 400m; 1.G.Allison 59.5, 2.D.Maloney 60.4, 3.K.Biesty 66.9, 800m; 1.G.Allison 2.18.3, 2.C.Quinn 2.22.2, 3.K.Biesty 2.24.0, 4.N.Khan 2.37.0, 5.J.Coy 2.40.0, 1500m; 1.G.Webb 4.56.3, 2.M.Speight 5.02.7, 3.A.Palmer 5.05.8, 4.J.Coy 5.08.1, 80mH; 1.G.Allison 13.4, 2. S.Warr 15.3, 3.M.Hogg 17.5, HJ; 1.G.Allison 1.70, SP; 1.G.Allison 9.55 2.G.Webb 4.07.
- Colts;** 200m; 1.A.Ross 28.7, 2.D.Cooper, 32.6, 3.B.Khan 32.9, 4.T.Davies 34.1, 400m; 1.S.Lambert 72.1, 2.G.Gow 78.6, 3.S.Booth 83.2, 4.B.Cooper 91.2, 800m; 1.A.Ross 2.44.8, 2.S.Lambert 2.48.4, 3.D.Cooper 2.51.6, 4.M. Harrod 2.57.0, 5.S.Miller 3.12.8, HJ; 1.S.Lambert 1.15, 2.M.Harrold 1.05 LJ; 1.J.Bastow 3.91, 2.G.Cocks 3.74, 3. S.Miller 3.49,

## GARY STAINES' EXTRAORDINARY WEEK.

Team spirit has been a particular part of our continuing upward path in the British Athletics League. Perhaps the most remarkable example was the case of Gary Staines who in one hectic week in July ran 5 top class races. On the Sunday he ran a heat and won the final of the Inter-Counties 1 mile. On the Wednesday in an Open Meeting he ran a p.b. 800m in 1.50.0. On the Friday he worked in the morning and then dashed up to Gateshead to guest in the England v Spain v Sweden International where he ducked under Stuart's 1500m Club record and was prominent on Television as he led for 3 laps. And on the Saturday he travelled with the BAL team to Windsor and won the 800m as we achieved a massive points win over our rivals.

With support like that our Officials know that all the hard work behind the scenes is worthwhile!

# ROAD AND COUNTRY

John Wasbrough has now taken over the Secretaryship of the Road Running Section with the exception of the road relays which Gordon Biscoe will continue to organise along with the Cross Country side. Reports are now appearing with greater frequency and earlier results are included which arrived too late for the April Belgravian.

15th JANUARY 1984 MITCHAM 25km ROAD

1.H.Jones (Ranelagh H) 1:16.20; 2.N.Brawn (Invicta) 1:17.20; 3.K.Vose (St.Helens) 1:21.18 ..... Belgrave: 43.J.Rimmer 1:30.19; 51.R.Pearson 1:31.15; 92.J.Wasbrough 1:36.09; 97.F.Barratt 1:36.25; 122.C.Walker 1:37.55; 178.J.Davies 1:42.42; 201.J.Dooley 1:45.26; 226.C.Henn 1:48.08; 238.C.Cross 1:48.58; 322.S.McMullen 1:18.51.

Team: (6 to score) 1.Cambridge H. 158; 2.Ranelagh 238. 3.Omega 362;  
7.BELGRAVE 583.

Ladies: 1.M.Lockley (Lon.Olym) 1:33.25; 2.G.Burley (Lon.Oly) 1:33.30;  
3.L.Watson (Lon.Olym) 1:38.21....Belgrave 13.P.Davies 1:50.27.

28th JANUARY 1984 TILFORD WAVERLEY 5 MILES

This was the first sign of Andy North's breakthrough.

1.T.Eglan (AFD) 24.38; 2.R.Vassal (Wav) 3.R.Peel (AFD) 25.37; .....  
9.A.North (Belgrave) 27.00. 64 Finished.

4th MARCH 1984 BECKENHAM FORBANKS  $\frac{1}{2}$  MARATHON

1.A.McGee (Elliotts) 66.19; 2.W.Snelgrove (Forbanks) 68.24; 3.R.Maxwell (Cambridge H) 70.03 .....Belgrave: 45.J.Wasbrough 80.06; 50.J.Whelan 81.08.

Team: 1.Cambridge H 34; 2.Forbanks 58; 3.Blackheath 85;  
219 competitors finished the course.

7th APRIL 1984 WIMBLEDON 19th BELGRAVE 12 STAGE RELAY

Omitted from the April Belgravian due to space limitations were the detailed results of our teams performances in the Brookes sponsored Southern 12 Stage Relay. With competition for the 1985 stages already hotting up, it is to be hoped that the fine performances of our short stage runners will be translated to the longer legs next year.

Teams: 1.AFD 4:06.50; 2.Basildon 4:08.39; 3.Elliott 4:10.17; 4.Invicta 4:10.26; 5.Windsor S&E 4:10.29; 6.Shaftesbury 4:10.45 ..... 10.BELGRAVE 4:12.56. 41 Teams.

Best Times:

Short Stages: 1.S.Coe (Har) 15.07; 2.J.Goater (Shafts) 15.17; 3.A.Pettigrew (WSE) 15.18.

Long Stages: 1.E.Martin (Bas) 24.00; 2.= M.O'Reilly (Highgate) 24.22;  
G.Payne (Southend) 24.22.

BELS Times:

Short Stages: M.Sinclair 16.05; A.North 16.38; G.Staines 15.44; J.Gladwin 15.40;  
E.Bojtler 16.53; S.Paton 15.54.

Long Stages: O.Foote 25.18; D.North 26.07; P.Richley 25.28; P.Gilbey 26.06;  
M.Hayes 26.15; L.O'Hara 26.48.

Aldershot would have broken their course record of 4:06.39 if one of their runners had not gone off course. Our own best 12 times were substantially re-written as a result of the 1984 race and now stand as follows:-

|          |       |      |              |       |      |                      |
|----------|-------|------|--------------|-------|------|----------------------|
| P.Carton | 24.37 | (73) | J.Gladwin    | 15.31 | (83) | Belgrave             |
| O.Foote  | 24.53 | (83) | G.Staines    | 15.44 | (84) |                      |
| J.Phelan | 24.54 | (73) | S.Paton      | 15.45 | (84) | 'Top' team best time |
| G.Macky  | 25.01 | (81) | J.Stow       | 16.04 | (73) | 4:05.14              |
| J.Stow   | 25.09 | (76) | M.Sinclair   | 16.05 | (84) |                      |
| L.O'Hara | 25.11 | (73) | A.Fairclough | 16.20 | (73) |                      |

20th MAY 1984 KINGSTON TWICKERS 8 MILES

1.Gren Tuck (AFD) 37.51; 2.J.Broe (Shaftesbury) 38.18; 3.K.Clifford (Ilford) 38.50.....Belgrave: 110.J.Wasbrough 45.44; 123.D.Maughan 46.22; 134.L.Mann 46.45; 400.G.Grant 53.48. 855 Finished.

Team: 1.London Irish 33; 2.Aldershot & Farn. 37; 3.Polytechnic 51; 12.BELGRAVE 367.

3rd JUNE 1984 RICHMOND ½ MARATHON

1.D.Archer (Ranelagh) 1:09.18; 2.C.Goddard (Tipton) 1:09.21; 3.G.Wordton (Ranelagh) 1:10.50.....Belgrave: 22.J.Wasbrough 1:17.59.

9th JUNE 1984 WINDSOR NIKE POLYTECHNIC MARATHON

Hot and humid weather conditions slowed the entire field with a quarter of them failing to finish the course.

1.D.Catlow (Cheltenham) 2:26.02; 2.B.Heath (Royal Navy) 2:28.56; 3.J.Maitland (Leeds Univ) 2:33.03 ..... Belgrave: 49.R.Pearson 2:54.39; 82.L.Lyons 3:03.38; 100.J.Wasbrough 3:09.47; 115.F.Barrett 3:14.01; 195.C.Henn 3:34.12; 261.L.Mann 3:56.14.

Team: 1.Woodstock 33; 2.Epsom & Ewell 65; 3.Dartford 114 ...10.Belgrave: 228.

Women: 1.S.Foster (Woking) 2:43.20; 3.P.Davies 3:34.12.

17th JUNE 1984 PUTNEY TURKS HEAD 10 MILES

Ian Beauchamp of Ranelagh Harriers was a convincing winner of the Turks Head 10 miles road race, finishing over two minutes ahead of second position Melvyn Page. Bels had another low turn out, 5 from a field of 840 runners, but they still managed to clinch fourth team position. Times were considerably slow due to nine miles of the course being run along the tow path from Putney to Twickenham and the temperature up in the high 70's.

Result: 1.I.Beauchamp (Ranelagh H) 51.01; 2.M.Page (Omega) 53.42; 3.T.Glare (Woodstock) 53.57 .....Belgrave: 20.J.Rimmer 59.07; 48.J.Wasbrough 62.02; 54.D.Jardine 62.24; 85.C.Walker 64.28; 146.C.Cross 68.44.

Team: 1.Herc.Wimbl. 20; 2.Thames Hare & Hounds 38; 3.Thames Valley 54; 4.BELGRAVE 122.

23rd JUNE 1984 EFFINGHAM RANELAGH ½ MARATHON

Seamus Kerr of Enfield A.C. was a comfortable winner from 400 club runners in the Ranelagh half marathon at Effingham 1 minute ahead of the former Olympic marathon runner Barry Watson. Keith Francis made an impressive debut for Belgrave finishing in 77 minutes 31 seconds.

Result: 1.S.Kerr (Enfield) 1:07.20; 2.B.Watson (Cambridge H) 1:08.15; 3.P.Mitchell (Reading) 1:08.33..... Belgrave: 39.K.Francis 1:17.31; 76.J.Wasbrough 1:21.12; 86.F.Barratt 1:22.12; 173.K.Cross 1:31.40.

Team: 1.Thames Hare & Hounds 34; 2.Ranelagh 41; 3.Omega 52;.....9.BELGRAVE 201.

1st JULY 1984                      SOUTHWARK PARK                      5 MILES

Belgrave were better represented in the Southwark five miles road race at Bermondsey. Andy North was easily the pick of the Bels. runners with his run of 25 minutes 27 seconds which clinched him 11th position and led the team to 5th place.

Result: 1.J.Broe (Shaftesbury H) 24.14; 2.P.Bettridge (North London) 24.20; 3.J.Hood (Aldershot) 24.24. Vet: 10.M.Duff (Windsor) 25.09 ..... Belgrave: 11.A.North 25.27; 26.K.Francis 26.58; 64.J.Wasbrough 28.20; 133.A.Bruce 30.43; 184.G.Brace 32.28; 210.M.Hardy 33.28.                      369 Finished.

Team: 1.Herne Hill H. 34; 2.Shaftesbury H. 57; 3.Blackheath H. 73  
.....5.Belgrave 'A' 101; 28.Belgrave 'B' 527.

11th JULY 1984                      BECKENHAM                      FORBANKS 5 MILES

1.W.Snelgrove (Forbanks) 24.53; 2.N.Brawn (Invicta) 25.11; 3.R.Maxwell (Forbanks) 25.25. Vet: J.Oliver (Camb.H.) 27.45 ..... Belgrave: 34.J.Wasbrough 28.43.

Team: 1.Forbanks 28; 2.Cambridge H. 41; 3.Kent A.C. 44; 137 Finished the course.

15th JULY 1984                      ACTON                      THAMES VALLEY 10kms

1.C.Alexander (USA) 29.18; 2.J.Sheridan (L.Irish) 29.28; 3.G.Staunton (L.Irish) 29.35.....Belgrave: 16.L.O'Hara 31.27.

Laurie was first veteran over 50 and second vet overall.

Team: 1.T.V.H. 33; 2.London Irish 68; 3.Shaftesbury 94.

11th AUGUST 1984                      COPTHALL                      ADIDAS 'SOUTHERN' 10

Although Grenville Tuck was the first to finish the Southern Shaftesbury 10 miles road race at Hendon, he was a non-scorer because his entry arrived after the closing date.

Bill Venus of Exeter Harriers the first VET home finishing an impressive 12th in the championship race in 50 minutes 26 seconds.

1.G.Tuck (A.F.D.) 48.56 non scorer; 2.M.Fromant (Northampton Phoenix) 48.59; 3.J.Boyes (Bournemouth) 49.00 .... Belgrave: 62.L.Best 54.59; 181.J.Slough 60.05; 190.J.Wasbrough 60.45;

Team: (Southern) 1.Shaftesbury H. 18; 2.Cambridge H. 68; 3.Haringey 71.

Race 'B': 1.D.Wilson (Barnet) 55.29; 2.J.Thomas (Highgate) 55.51; 3.P.Fowler (Ranelagh) 56.25.....Belgrave: 200.R.Bridges 66.50; 229.C.Cross 68.04; 301.T.Stone 71.12.

Team: 1.Barnet 29; 2.Orion 69; 3.Shaftesbury H. 75.

22nd SEPTEMBER 1984                      HYDE PARK                      SRI CHINMOY 7 MILES

1.I.Beauchamp (Ranelagh) 35.11 e.c.r. 2.T.Lamplough (Epsom & Ewell) 35.23; 3.R.Hoyles (U.S.A.) 36.00 ..... Belgrave: 69.C.Walker 42.19; 83.T.Stone 44.01

Team: 1.Highgate H. 32; 2.Queens Park 38; 3.Thames Hare & Hound 54.

23rd SEPTEMBER 1984                      KINGSTON                      10 MILES

1.Grenville Tuck (AFD) 48.09; 2.I.Cousins (Epsom & Ewell) 51.03; 3.R.Roath (Omega) 51.25 ..... Belgrave: 23.A.Binda 56.37; 41.J.Wasbrough 58.31.

Team: 1.Omega 16.

Our Grenadier Guard members are "wintering" in Belize but are due back early in 1985 and so will be available for Southern League and B.A.L. matches.

9th SEPTEMBER 1984

BATTERSEA PARK

SURREY ROAD RELAYS. 6X2½M.

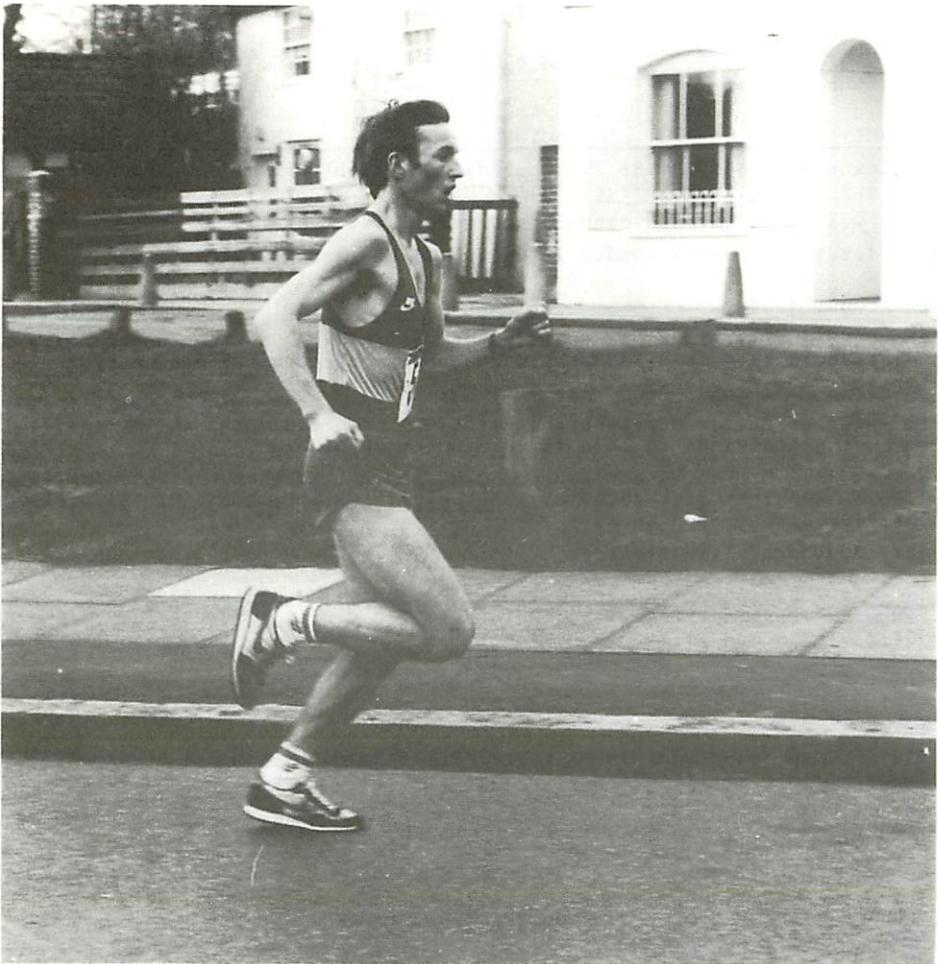
With 34 teams swelling this years Surrey Road Relays we could only manage 10th place with most of our 'A' Team men taking a well earned rest after their summers exertions.

Result; 1.Woking 76.22, 2.SLH 76.32, 3.Herc.Wim. 76.58, 4.HHH 77.52.....  
10. Belgrave A 81.18,

Belgrave A. 1.O.Foote 12.56,P.Gilbey 13.05, A.Morfey 13.45, M.Hayes 13.40, D.Clack 14.04, A.Gayton 13.48.

Belgrave B, M.Bizio 13.26, L.Coy 14.49, K.Sinclair 14.24,.....DNF.

Fastest Laps; D.Clark(HW) 12.11,C.Hensby(Woking) 12.13,L.Marsh 12.18.



Oliver Foote hit a purple patch in Autumn -after holidaying with the Motes and Gilbeys- and in the Yacht '3' not only became the second fastest man round the course but also became the first to win from scratch.

Photo. Bill Laws.

With Gary Staines alone representing our 'A' team men there were numerous spectators stationed around the Wimbledon loop. Unfortunately course marshalls were few and far between and Gary went off course while leading by about 30 seconds to rejoin the race in 7th spot. He had to work hard to regain the lead from Len Best who had travelled up from his new base in Bristol to compete. Junior Richard O'Hara ran well in his first attempt at this course and took the handicap prize.

Results:

|                 |        |              |        |                   |        |
|-----------------|--------|--------------|--------|-------------------|--------|
| 1. G.Staines    | 30.00; | 12.K.Francis | 32.28; | 23.G.Piddington   | 40.42; |
| 2. L.Best       | 03;    | 13.L.Coy     | 33.36; | 24.D.Jones        | 41.27; |
| 3. L.O'Hara     | 05;    | 14.F.Barratt | 34.02; | 25.G.Davies (L)   | 59;    |
| 4. R.Lettin     | 07;    | 15.D.Maughan | 18;    | 26.J.Griffin      | 42.35; |
| 5. F.Ward       | 44;    | 16.A.Castro  | 35.09; | 27.J.Plummer      | 43.14; |
| 6. R.O'Hara (J) | 58;    | 17.A.Stroud  | 37.11; | 28.C.Manning      | 15;    |
| 7. A.Gayton     | 31.14; | 18.E.Thorpe  | 24;    | 29.M.Farrelly     | 45.19; |
| 8. B.Macrae     | 16;    | 19.A.Stone   | 36;    | 30.J.Williams (L) | 48.19; |
| 9. C.Millbank   | 21;    | 20.R.Tanner  | 38.16; | 31.V.Tanner (L)   | 51.26; |
| 10.M.Head       | 32.08; | 21.R.Mann    | 29;    | 32.M.Boqazzi (L)  | 51;    |
| 11.M.Gleave     | 12;    | 22.D.Davies  | 50;    | 33.R.Langheim     | 54.33; |

Handicap Result: 1.R.O'Hara 27.28; 2.B.Macrae 27.46; 3.C.Millbank 27.51;

(L) = Ladies

OLIVER GOES SECOND ON ALL TIME LIST

6th OCTOBER 1984

WIMBLEDON

YACHT 3 HANDICAP

It is very seldom that the speedy scratch markers take the handicapper to the cleaners in this event. Generally a few of our slower runners manage to leg it off an over-generous mark. This year it was different due to some exceptionally fine runs from our faster men. Chris Millbank showed what progress a year's training can provide as he knocked a remarkable 2½ minutes off last years debut time. First year Junior, Richard O'Hara translated his recent track form to a fine first run round this course as too did Marcello Bizio. Leo Lyons showed a return to form after prolonged injury while 15 year old Gary McGurran ran an exceptional 16.16 in his first attempt at this event. But pride of place must go to Oliver Foote who took the field apart as he moved from scratch through to take the lead at Wimbledon Village after which he coasted to a 9 sec. lead. His time of 14.34 was the 4th fastest ever round this traditional Club course, the first three all being recorded by Gerry North (14.15, 14.21, and 14.21). Gerry's 14.15 clocking was in 1962 - the year he won the English Senior National Cross Country Champs. As Steve Williams remarked - "This was Oliver's finest win to date".

Several ladies competed in this years race, fastest of whom was new member Jill Davies.

|                   | H     | A     |                  | H     | A     |                 | H     | A     |
|-------------------|-------|-------|------------------|-------|-------|-----------------|-------|-------|
| 1. O.Foote        | 21.54 | 14.34 | 16.W.Laws        | 22.59 | 17.19 | 31.M.Graham     | 24.01 | 18.31 |
| 2. R.O'Hara (J)   | 22.05 | 15.35 | 17.D.Gordon      | 23.00 | 20.30 | 32.M.Farrery    | 04    | 22.34 |
| 3. L.Lyons        | 10    | 15.50 | 18.J.Rayner      | 04    | 17.14 | 33.G.Collins    | 05    | 19.20 |
| 4. C.Millbank     | 14    | 15.44 | 19.A.Grant       | 05    | 17.15 | 34.E.Welden     | 12    | 23.12 |
| 5. M.Bizio        | 34    | 15.54 | 20.C.Henn        | 07    | 17.47 | 35.A.Owen       | 16    | 19.06 |
| 6. C.Bird         | 35    | 15.55 | 21.L.Coy         | 10    | 16.40 | 36.B.Pritchard  | 35    | 22.05 |
| 7. G.McGurran (V) | 36    | 16.16 | 22.M.Thomas      | 15    | 16.35 | 37.D.Jones      | 45    | 20.45 |
| 8. S.Williamson   | 43    | 16.08 | 23.S.Lambert (B) | 17    | 19.17 | 38.R.Coombes    | 25.47 | 21.32 |
| 9. M.Gleave       | 44    | 16.09 | 24.D.McMillan    | 30    | 17.50 | 39.T.Shepherd   | 26.03 | 23.33 |
| 10.D.Maughan      | 46    | 17.06 | 25.C.Manning     | 35    | 22.05 | 40.R.Langheim   | 26    | 26.26 |
| 11.M.Bazire       | 49    | 18.04 | 26.L.Mclean      | 36    | 17.56 | 41.M.Bogazzi    | 27.01 | 24.31 |
| 12.D.Clack        | 52    | 16.12 | 27.D.Davies      | 42    | 18.57 | 42.V.Tanner (L) | 02    | 24.32 |
| 13.J.Davies (L)   | 53    | 20.23 | 28.L.Mann        | 51    | 18.21 | 43.J.Taylor (L) | 42    | 25.12 |
| 14.P.O'Connor     | 55    | 16.35 | 29.R.Mann (Y)    | 53    | 18.23 | 44.P.Warner (L) | 28.02 | 23.47 |
| 15.J.Neillis (J)  | 22.56 | 17.06 | 30.J.Plummer     | 23.54 | 21.09 |                 |       |       |

H = Handicap or watch time

A = Actual Time

B = Boy, Y = Youth, J = Junior, L = Lady

6th OCTOBER 1984

WIMBLEDON PARK

WIMBLEDON 10 MILES

1.P.Eales (Windsor, Slough & Eton) 49mins 43secs; 2.E.Barrett (Worthing) 50.56;  
3.D.Wright (Ranalagh) 51.30.

Belgrave: 18.D.North 53.47; 38.K.Francis 55.51; 69.F.Barrett 59.00;  
75.S.White 59.32; 99.J.Wasbrough 61.43; 126.C.Cross 65.29; 143.G.Piddington  
68.59.

Team: 1.Thames Hare & Hounds 27; 2.Ranelagh 34; 3.Herc.Wimb. 44;  
8.BELGRAVE 125.

**SURREY CROSS COUNTRY LEAGUE - DIVISION 1**

13th OCTOBER 1984

WIMBLEDON

SURREY C.C. LEAGUE - DIV.I

A marginally better performance than last year's opening disaster. Gary Staines cut his foot and was forced to retire while Oliver Foote fell over and did well to get up to 8th place. Andy North turned in a good performance and is beginning to make a few people sit up and take notice as too is Martin Lake. The race was notable for the number of top class second claim members running for other teams. Julian Goater (Shafts) finished 5th in AFD colours while Omega had drafted in two top Welsh runners. Its about time this league was restricted to bona fide clubmen.

With only 91 pts. separating the bottom 5 Clubs, the next 3 matches assume even greater importance so lets hope Gordon can get a strong team out next time.

Results: 1.K.Davies (Omega) 26.09; 2.N.Adams (Omega) 26.12; 3.Gra.Tuck  
(Aldershot F & D) 26.15.

|                 |        |                |        |                  |        |
|-----------------|--------|----------------|--------|------------------|--------|
| 8. O.Foote      | 27.10; | 82.C.Millbank  | 30.02; | 149.C.Taplin     | 33.13; |
| 16.M.Sinclair   | 29;    | 85.J.Rimmer    | 03;    | 162.M.Bazire     | 34.40  |
| 26.P.Gilbey     | 28.02; | 98.A.Paton     | 34;    | 171.L.Mann       | 35.21; |
| 27.D.North      | 03;    | 100.K.Francis  | 49;    | 173.R.Graham     | 35.29; |
| 36.A.North (J)  | 25;    | 112.P.O'Connor | 31.07; | 185.G.Piddington | 38.12; |
| 47.M.Lake       | 29.01; | 116.L.Coy      | 31.20; | 188.D.Gordon     | 39.00; |
| 59.A.Gayton (J) | 18;    | 119.K.Sinclair | 31.24; | 191.R.Coombs     | 40.54; |
| 74.L.Lyons      | 48;    | 145.S.White    | 32.51; | 192.C.Manning    | 42.13. |
| 78.M.Bizio      | 57;    | 146.A.Grant    | 33.00; |                  |        |

Teams:

1.Aldershot 115; 2.Herne Hill 287; 3.SLH 364; 4.BELGRAVE 403;  
5.Omega 420; 6.Epsom & Ewell 443; 7.Ranelagh 453.

**FIRST RELAY SUCCESS AS BELGRAVE WIN INAUGURAL LONDON RELAY**

21st OCTOBER 1984

CITY OF LONDON

'ZATOPEK' 6x4½km THAMES RELAY

This inaugural race organised by ex 10,000m world record holders Ron Clarke and Dave Bedford was well publicised in the Local and National press and despite the previous day's National 6 stage relay received a great response from athletes and spectators. The course, chosen to keep clear of traffic, was not up to Championship Standards involving as it did several flights of steps. Nevertheless the atmosphere was there with commentary by Capital Radio's Kelly Temple and this coupled with free lunch and a drink plus party made the day memorable particularly for the loyal lady supporters. But to the race.

This was the first time we had got our strongest 6 together. Not all were fully fit and with many still beginning a gradual build up we weren't certain if the established relay stars would prove too strong for us. The start saw 60 runners streaming over Southwark Bridge with Oliver Foote tucked in in about 12th place. As the fast pace began to bite a group of 3 broke away and at the first change over Oliver was only 3 seconds down on Enfield's leader Keith Doulton. Dave North took it steadily moving into second spot as a gap of around 8 seconds opened between him and the leader. Looking more relaxed than usual and picking up the pace our man gradually pulled back the difference to hand over to Gary Staines in the lead. Gary moved off fast opened up a gap of 15 seconds, relaxed and then had a fright as Andy Catton of Ilford stormed past at the 2 mile mark. Not to be put off Gary knuckled down to some hard work and needed his sprint finish to put us back in the lead.

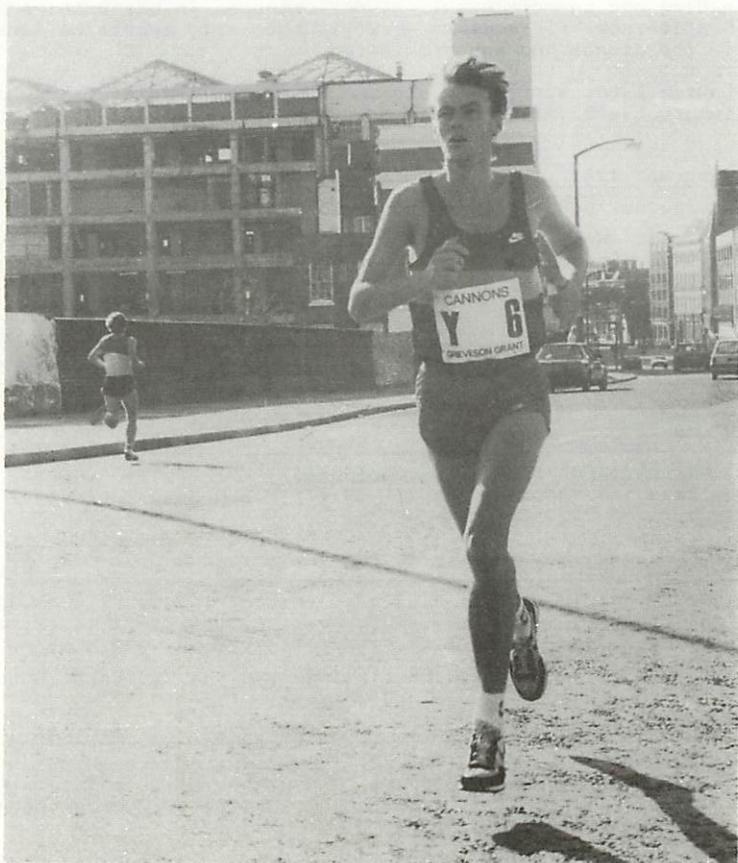
Stuart Paton looked to be moving well as he opened the gap to around 25 seconds which Mark Sinclair needed as Kevin Steer of Ilford took off after him on the 5th leg. The race bubbled at this point as Kevin gradually reduced the gap to get within 3 seconds of Mark 600m out. It was at this point that Mark kicked and the Ilford mans efforts had been in vain. John Gladwin took off as though he was in a fast 1500 and broke Ilfords last stage runner to such an extent that they drifted back to 4th as Keith Palmer ran the fastest leg of the day to bring Highgate into second place 50 seconds adrift. Our 'B' team men put up some good times to make a great day for Belgrave.

Teams: 1.BELGRAVE 1:33.36; 2.Highgate H. 1:34.26; 3.Shaftesbury 1:34.33;  
4.Ilford ..... 15.Belgrave B 1:40.22; 19.Belgrave C 1:51.02.

Belgrave A: O.Foote 15.24; D.North 15.33; G.Staines 15.35; S.Paton 15.50;  
M.Sinclair 15.46; J.Gladwin 15.28.

Belgrave B: M.Nouch 16.59; K.Francis 17.38; M.Lake 17.11; R.O'Hara 17.42;  
M.Bizio 16.56; C.Millbank 17.06.

Fastest legs: K.Palmer (Highgate) 15.05; K.Steer (Ilford) 15.17;  
K.Doulton (Enfield) 15.21; O.Foote 15.24.



John Gladwin anchored our 'A' team middle distance men to a fine win in the Cannon Zatopek City of London inaugural 6 stage relay. Photo.Bill Laws.

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**STOP PRESS**

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Just as we close for the printers the results have arrived of the South of the Thames "Junior" C.C. Champs held at Windsor Great Park on Saturday 10th November. Without wishing to pre-empt our next Edition's full report - Oliver Foote won, John Gladwin was second, Mark Sinclair 6th, and Dave North 7th to give an all time record score of 16 points. Read also next time of super runs from Andy North and Francis Ward. Well done everyone!!

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**VETS. CORNER**

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There were varying fortunes for our Vets on the track and road. With the European Vets T & F Championships being held in Brighton this year we could have expected some medal successes, but it was not to be. Laurie O'Hara who earlier in the year had established a U.K. over 50's 1500m record with 4:13.9 only managed 4th at Brighton as he recorded 4:15.1 just 0.1 sec. off the bronze in a close finish. If he had opted for the 5000m there would have been gold but with an entry fee of £5 plus £5 per event it didn't encourage doubling up. Snowy Brooker also travelled hopefully to Brighton, having put in some excellent performances in our British League team but despite some first class marks in the early events he managed 3 'no-throws' in the discus and was eliminated.

Laurie later went on to win the Southern 10 Miles Vets Champs. with a remarkable 53.36 as he led our Vets to a team Silver.

26th MAY 1984 WIMBLEDON VETS A.C. 10 MILES

Course now accurately measured to ten miles.

1.F.Bell (Woking) 54.15; 2.J.Froud (Woking) 54.26; 3.T.Ryan (N.London) 54.51. Belgrave: 10.J.Wasbrough 59.12; 13.L.Mann 60.32; 21.A.Stroud 65.30; 26.D.Davies 67.16; 39.J.Plummer 73.37; 40.C.Manning 75.47.

28th JULY 1984 RYDE, I.O.W. BRIGHTSTONE 10

1.G.Payne (Southend) 49.16; 2.S.Lambourne (Brighton & H) 53.27; 3.R.Peel (Brighton & H) 55.07; ..... Belgrave: 88.G.Piddington 73.03; (17th Vet o/40).

9th SEPTEMBER 1984 SUNBURY ON THAMES 5 MILES

1.G.Tuck (AFD) 23.53; 2.M.Cauldwell (AFD) 24.19; 3.J.Broe (Shaftesbury) 24.45. Veteran 1.D.Sparks (Windsor) 25.44; 2.L.O'Hara (Belgrave) 26.17; 3.M.Ralph (Waverley) 26.55.

9th SEPTEMBER 1984 EPSOM ½ MARATHON

1.D.Stevens (Hastings) 1:05.42; 2.G.Tuck (Ald.& F) 1:07.32; 3.I.Ray (Salisbury) 1:08.28 ..... Belgrave: 36.T.Verdie 1:16.48; 40.A.Black 1:16.59; 54.J.Wasbrough 1:20.46; 55.F.Barrett 1:20.50; 222.T.Stone 1:36.24.

Tony Verdie and Alan Black finished 2nd and 3rd Vets in the race.

16th SEPTEMBER 1984 CRAWLEY S.C.AAA 10 MILE CHAMPS.

1.B.Buonvino (Dartford) 52.03; 2.D.Wright (Worthing) 52.06; 3.C.Woodcock (Blackheath) 52.17; Belgrave: 6.L.O'Hara 53.36; 12.T.Verdie 54.51; 44.F.Barrett 59.02; 47.J.Wasbrough 59.36; 106.C.Cross 64.45; 112.E.Stroud 65.13; 127.T.Stone 65.58.

Team: 1.Cambridge H 48; 2.BELGRAVE 62; 3.Eton Manor 81;

Laurie O'Hara won the o/50's title.

# YOUNG ATHLETES

## DUNLOP YOUNG ATHLETES LEAGUE

This years league competition has been an up and down affair, with successes being sandwiched between disappointments.

The following are short reports covering our four matches, highlighting the outstanding performances from these meetings.

6th MAY 1984

BATTERSEA PARK

MATCH 1

As our first meeting dawned we found ourselves in disarray after the long winter break. Our weaknesses were startingly apparent in the technical field events where absences let down our extremely strong track team. At the end of the day we scored 17 wins, 16 seconds, 4 thirds and 17 other places, leaving 18 events not covered. The failure to cover these events caused our immediate loss of a minimum of 18 points.

### Outstanding performances -

P.Goedluck Y.200 (23.3) & 100 (11.5); G.Warr Y(B) 200 (24.7) & 100 (11.9)  
R.Iles C(A) 1500 (5.08.7); D.Ward B(A) 1500 (4.42.1); D.Steward B(B) 1500  
(4.35.2); S.Richards Y(A) 400 (54.8); D.Ashford B(A) 3000 (10.28.1); J.Caines  
B(B) 3000 (11.24); B.Zreik B(B) HJ:(1.50) & B(A) 800 (2:17.5); A.Ross C(A)  
800 (2:25.3); C.Gardener Y(A) 100H (15.1). Youths 4x100 (46.2).

Results: 1.Sutton & Cheam 248; 2.Surrey Beagles 228; 3.Fareham 202  
4.BELGRAVE 186; 5.Walton 147.

3rd JUNE 1984

GUILDFORD

MATCH 2

A warm but blustery day greeted us at Guildford. Our team had been dramatically strengthened since the match at Battersea Park and particularly in the field we felt in a far better state to face the competition. The match was very close with several athletes doubling up to cover empty places in some events, and at the end of the day it was these commendable actions added to the other impressive individual results which gave us the day by  $\frac{1}{2}$  a point. On this occasion we notched up 18 wins, 15 seconds, 11 thirds and 20 other places leaving only 8 events empty.

### Outstanding performances -

B.Zreik B(A) 400 (56.7) & (A) LJ (5.44); S.Richards Y(A) 200 (24.3);  
G.Warr Y(B) 200 (25.4) & (B) 100 (12.1); R.Iles C(A) 1500 (5:09.4);  
C.Cornwell Y(A) HJ (1.75); M.Reece Y(B) HJ (1.70); D.Sewell B(A) SP (11.75);  
S.Warr B(B) SP (7.58); D.Rose Y(B) LJ (4.78); C.Gardiner Y(A) 100H (15.1);  
J.Mole Y(B) 100H (17.3); O.Olufunso B(B) HJ (1.40); M.Dooley Y(A) LJ (5.32) &  
Y(A) 100 (11.9); G.Allison B(A) HJ (1.60); Youths 4x100 (46.5).

Results: 1.BELGRAVE 219; 2.Camberley 218 $\frac{1}{2}$ ; 3.Sutton & Cheam 210 $\frac{1}{2}$ ;  
4.Fareham 190 $\frac{1}{2}$ ; 5.Guildford 189 $\frac{1}{2}$ .

24th JUNE 1984

REDHILL

MATCH 3

Redhill was the first meeting at which we fielded a team selected by the newly formed Young Athletes Committee.

The weather was warm and the athletics hot. With athletes now able to concentrate on their specialist events results were impressive with 23 wins, 19 seconds, 12 thirds and 12 other places. 6 events were still empty but this was understandable when one realises that 12 of the team were representing

Surrey and London in the School's Triangular match and were therefore unable to compete for us.

Outstanding performances -

D.Ashford B(A) PV (1.75); D.McCarthy B(B) PB (1.30) & (B) JT (20.60); G.Warr Y(A) 200 (24.0) & (A) 100 (11.7); G.Pastana Y(B) 200 (24.5); D.Maloney B(B) 200 (27.0); I.Gilley C(A) 200 (27.7); A.Ross C(B) 200 (28.4) & (A) 100 (13.8); J.Mole Y(A) TJ (11.42); G.Tiernan Y(A) 1500 (4:35.7); G.Allison B(A) 80H (12.8) & (A) HJ (1.50); J.Beasty Y(A) 3000 (10.14.4); K.McDonagh Y(B) 3000 (10:15.4) & (B) 1500SC (5:34.7); D.Rose Y(B) 100H (18.6); S.Sbicca B(B) HJ (1.30); S.Beaumont Y(A) 800 (2.10.1).

Colts 4x100 (57.2) Youths 4x100 (50.2) & 4x400 (3:52.4).

These results gave us our second win, this time by a clear 24 points.

Results: 1.BELGRAVE 258; 2.Surrey Beagles 222; 3.Guildford 211;  
4.Camberley 165; 5.Walton 121.

This moved us up into second place in the league behind Sutton & Cheam. All we needed was an average team performance in our last meeting and we would be guaranteed a place in the promotion qualifying meeting at our home track, Battersea Park.

As we left Redhill, hopes were high that we could join our senior teams in their promotion celebrations.

29th JULY 1984

PORTSMOUTH

MATCH 4

Tomorrow never comes. Our team for Portsmouth, devastatingly depleted by unavoidable holidays and sickness, was just a poor shadow of the team at Redhill.

Our athletes pushed themselves to the maximum, almost all competing in their statutory 4 events. Team morale remained high though unfortunately morale alone doesn't win meetings and with no competitors in 23 out of 72 events a poor result was unavoidable. However all credit must go to the athletes and parents who attended on what was a beautiful day at an excellent facility.

Outstanding performances -

I.Gilley C(A) 200 (27.7); G.Warr Y(A) 200 (24.5) & (A) 100 (12.4); D.Sewell B(A) ST (12.06) & (A) JAV (76.58); G.Allison B(A) 80H (13.0) & (A) 800 (2.17.6); J.Mole Y(B) TJ (11.80).

Results: 1.Sutton & Cheam 405; 2.Fareham 304; 3.Guildford 271;  
4.Camberley 267; 5.BELGRAVE 242; 6.Surrey Beagles 202;  
7.Walton 159.

This put Fareham into the qualifying match, beating us by one point and left Belgrave with the commitment to show their true match dominating colours in 1985.

Final League positions: Sutton & Cheam 20; Fareham 16;  
BELGRAVE 15; Camberley 14; Surrey Beagles 13; Guildford 11; Walton 5.

#### THAMESIDE LEAGUE

This Belgrave brainchild, created ostensibly to provide competition for boys up to 14 years of age, was successfully expanded this year to incorporate five women's teams, whose exploits are reported in the Women's Section. In addition to the inter-club events it includes numerous non-scoring competitions in a relaxed atmosphere, where boys can experiment with new events.

When reporting the results of our Boys and Colts in this competition it must be said that they appear disappointing because both teams finished near to the bottom of their leagues. This is because, in many cases, this year the

emphasis has been to provide club competition for those boys who only occasionally have the opportunity to take part in the Young Athletes League, while at the same time providing a series of non-scoring races for others.

Both these objectives were achieved, but at the expense of the league position. It was gratifying also to see the popularity of this venture grow with each meeting with the numbers of competitors in June and July, before the holidays began to thin the ranks, threatening to swamp the organisers. All in all it has been a happy and (with the aforementioned qualification) successful season.

With all competing clubs already booking their places for next year we look forward to even greater achievements.

Our congratulations go to Croydon Harriers Boys and Camberley A.C. Colts, but warn them, we shall be after the trophies next year.

The individual performances are too numerous to mention in this report, but the final league tables were as follows

THAMESIDE LEAGUE - FINAL POSITIONS.

COLTS; 1. Camberley 22pts., 2. Croydon 18pts., 3. Twick.& Ran. 15pts.,  
4. HHH 14pts., 5. BELGRAVE 8pts., 6. Queens Park H 7pts.

BOYS; 1. Croydon 22pts., 2. HHH 21pts., 3. Camberley 17pts.,  
4. BELGRAVE 10pts., 5. Queens Pk 8pts., 6. Twick.& Ran. 6pts.

In summing up the season special mention must be made of the exploits of Gavin Warr (Youth) and Gareth Allison (Boy). Gavin competed in every Young Athletes League and won every race in which he competed. Gareth competed in both Young Athletes and Thameside Leagues and proved to be the club's only high-jumping middle-distance hurdler.

Finally the Young Athletes sub committee wish to thank all the parents and officials who supported us so consistently throughout the season.

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Reports by Jim & Dave Mote.

Editor's Footnote.

It is clear that there are several performances by our younger members which have so far not reached either the Sectional Secretary or Steve Williams. There were for example several excellent performances at the HAC Memorial Meeting organised by Hercules Wimbledon at Battersea Park on Wed. 4th July. The results of this meeting were;

1. Herc.Wim. 165, 2. Garth High School 156, 3. BELGRAVE H. 140, 4. HHH 128,  
5. Epsom & Ewell 80, 6. Mitcham AC 44.

Unfortunately, it seems we had 3 Team Managers on the night and each thought the other had declared the team. So what we have is all the Bels positions and performances but not the names. Can anyone who competed send details to Jim Mote at 152 Park Road, Kingston, Surrey

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Late season P.B's.

No sooner had Steve Williams concluded his thorough compilation of our 1984 Rankings than further amendments came in. At West London Stadium on November 7th Richard O'Hara, Francis Ward and Leo Lyons all ran p.b.'s in the 3000m. Richard finished 2nd in 9.00.1, Francis 3rd in 9.02.4 and Leo 8th in 9.09.1.



Last winter's Cross Country clearly provided a good background for 15yr old Glyn Tiernan who reduced his 800m p.b. to 2.03.6 this summer. Photo. Bill Laws

8th SEPTEMBER 1984

BATTERSEA PARK

SURREY CAAA's RELAYS

Our best performance overall with an impressive win by our Boys, a bronze by the Youths and a close 4th by the Colts. New members Duncan Ward(Boy) and M. Eggrick(Colt) showed great promise for the future.

**COLTS:** 4X1½Miles. 1.Epsom & E. 39.39, 2.Camberley 39.55, 3.Croydon 40.16, 4.BELGRAVE 'A' 40.33.....8.Bels 'C' 42.39, 11.Bels 'B' 44.50

**BOYS:** 4X1½Miles. 1.BELGRAVE 'A' 35.43, 2.Mitcham 36.14, 3.HHH 36.31,...8.Bels 'B' 41.42, 9.Bels 'C' 41.45,

**YOUTHS:** 4X1½Miles. 1.Woking 34.07, 2.Ranelagh 35.37, 3.BELGRAVE 55.40,.....

Individual Times;

Colts; 'A' D.Ashford(1) 9.36,R.Isles(2) 10.21,G.Webb(3) 10.22,K.Biesty(4) 10.14  
'B' S.Lambert(13) 10.51,S.Herbert(12) 11.13,A.Ross(13) 11.22, N.Khan(11) 11.24.  
'C' M.Eggrick(4) 9.55, S.Miller(9) 11.02, M.Harrod(11) 11.31, A.Stephens(8) 10.11.  
'D' P.Whiston(17) 11.26, J.Coy(13) 10.59, D.Cunningham(12) 10.33..DNF.

Boys; 'A' G.McGurran(3) 8.59,D.Ward(1) 9.01, M.Kinane(1) 8.52, G.Tiernan(1) 8.51.  
'B' B.Zreik(8) 9.54,A.Horton(9) 10.58, G.Allison(9) 10.13, D.Stewart(8) 10.37.  
'C' M.Speight(11) 10.11,B.Ambrose(12) 11.03,C.Quinn(11) 10.22,A.Owen(9) 10.09.

Youths; 'A' J.Booth(4) 8.43,S.Beaumont(4) 9.02,A.Moore(3) 9.13,R.O'Hara(3) 8.43.

# WITH THE LADIES

It has been quite an exciting season, with us finishing in 7th position in the Womens Southern League. This was our best position since 1980. In this League after 4 3rd placings we were lying 12th and we won the last 2. The last meeting was against strong opposition and we beat Aldershot, a team we had never beaten before so that was really pleasing. The Thameside League was a good replacement for the Lily B League and we hope that this will be continued for next season, especially as the athletes seemed to enjoy the competition. After a period of 6 years we re-entered the Midweek League (very similar in content to the Rosenheim League) and as we won every match we won the League very convincingly. There were plenty of places for the Non-scorers and everyone who came along was able to get competition.

Our Junior relay team was unbeaten in all 6 Southern League, all 4 Thameside League and all 6 Midweek League races which is another good record. During the Season Club records were broken on at least 40 occasions.

Three of our athletes gained their county vests. Wendy Dunsford represented Middlesex in a meeting in May held at Motspur Park, whilst Veronica St. Ange competed for Surrey in a representative match in July at Cophall and Rosemary Honeychurch represented Surrey in the Southern Womens Inter Counties Championships in August held at Crystal Palace.

Three of our athletes also won Gold in County Championships. Rosemary Honeychurch won the 3000m in the Surrey Championships, whilst Cindy James and Angela Abrams won the 100m and Hurdles in the Middlesex Championships. Our total tally of medals in both County Championships was 12, with 6 Silvers and 3 Bronzes. So congratulations to all the medal winners and all those who took part. This was our best haul of medals in County Championships as well.

Our walkers were well represented in the English Schools Walking Championships with London being represented by Gail Porter, Kim Marsh, Isobel Young and Charlotte Chirstou and Surrey and Essex being represented by Rachael Parrott and Joanne McGroder respectively.

Picking out individuals it is worth noting that Jessica Palmer has continued the improvement she showed from last season and was joined in the Sprints by Yvette Edward Cindy James, Angela Abrams and Andrea Abrams, Nina Christou and Tracy Ritson. Angela Abrams and Nina Christou, both improved their Hurdles technique and had good backing from Cindy James. Cindy proved to be a good all-round athlete with improvements to her Shot and Discus. We were a bit short of junior middle distance runners, but those who did the events tried their best but the improvement shown by Jackie Stone was very encouraging as well as winning Silver in the Surrey Championships. Angela Abrams and her twin sister Andrea improved their marks in the Long Jump and Andrea began to do better in the high jump but must learn to concentrate harder. The record book has been re-written by Rachael Parrott in the walks and now holds all the Girls records as well as improving upon the Girls Javelin record.

In the Seniors the middle distance team of Rosemary Honeychurch who has knocked over a minute off her 3000m record this season and there is probably more to come, Vicky Mitchell, Gail Porter ably backed by Davina Cameron and Georgina Tura did well. The Sprinters did not do as well as the Middle Distance runners but Andrea Coore, Shirley Daure, Penny Garnons-Williams well backed by Dezrine Conard, Adele Peck, and when they were able to come to meetings Erica Goldson and Susan Wilkinson

Our Throwing team of Wendy Dunsford, Debbie Roberts, Veronica St. Ange as well as Perrican Bayar when she was available proved almost unbeatable. They won through although not always at their best and Veronica competed with broken bones in her foot. It is perhaps worth noting that we have competed in 40 Southern League fixtures since 1977 and Wendy has only missed 2 of them. She has been ever-present since June 1979 and in the Shot in the 30 matches since we were promoted to Division 3 has scored 139 points out of a possible 150.

Our Walkers have kept Belgrave vests to the fore and these have been led very well by Rachael Parrott ably backed by Isobel Young, Charlotte Christou and were ably backed by Kelly Owen, Julie Field and Teresa Thirlwall.

For all these results thanks must go to a great number of people who have helped me no end this season. Among those who should be mentioned are Ted Weldin, Dave Wenham, and Graham Thom for their help in the Hurdles, Jumps and Sprints. Also for his efforts in the Walks, thanks must go to Dave Sharpe, who has turned up at Battersea Park from Dagenham despite having a number of problems during the summer. Thanks to Derek Crookes too for also helping with the Middle Distance girls during the back end of the season. Last, but not least my thanks must go to Harry Porter and Frank Simmons for the work they do and their help and advice during the Season. Thanks to all the parents who come along and help and support and have made friends with each other and thanks to Sue Parrott for taking over the Press Representative's job. It is very pleasant to have so many people eager and willing to help and to those who come along to help judge at meetings as well. We could have done with a few more of these. After all we are here to help and encourage athletes and athletics and this cannot be done by not supporting BELGRAVE. We need help especially at Home Matches and even recording helps as Wyn Sheppard who was at all our home matches doing just that, or serving teas. Every little helps, so why not come and enjoy a day out seeing youngsters enjoy themselves.

If I have missed anybody in my thanks during the season, then the omission was not really intentional. Thanks to all who have helped and encouraged or brought their children along to meetings by car.

DEREK JONES  
Ladies Secretary

#### WOMEN'S SOUTHERN LEAGUE DIVISION 3 SOUTH

14th APRIL 1984                      BATTERSEA PARK                      SOUTHERN LEAGUE DIV.3 SOUTH

Teams:     1.Ashford A.C. 183;   2.Redhill & Reigate A.C. 172;   3.BELGRAVE 161½;  
                 4.Eastbourne Rovers 93½;   5.Walton A.C. 83.

A fine day, sunny and warm and Battersea Park looking really splendid. This was always going to be a tough match, with Ashford having been relegated and Redhill just missing promotion. There were some really great performances, with 4 new club records, 1 club record being equalled and about 20 personal best performances being set. Excellent runs in the 1500m and 3000m by Rosemary Honeychurch, breaking her own 3000m record by some 24 seconds. Our Turkish national champion Perrican Bayar improved the Discus record by over 9 metres, Veronica St. Ange broke the Javelin record and Andrea Coore broke the Inters High Jump record and equalled the Senior record. It is perhaps worth noting that this was Wendy Dunsford's 28th consecutive Southern League meeting since June 1979.

Juniors:    100m: A.1 C.James 14.0; B.1.J.Palmer 13.9;    200m: A.2.C.James 28.5;  
                 B.1.J.Palmer 28.8;    800m: A.4.J.Smiter 3:08.8; B.3. C.Mann 3:28.3;  
1500m: A.2.J.Stone 5:29.7; B.3.I.Young 6:12.8;    75mH: A.2.Angela  
                 Abrams 13.2; B.1.N.Christou 13.7;    HJ: A.2.Andrea Abrams 1.30;  
                 B.4.T.Ritson 1.10;    LJ: A.3.Andrea Abrams 4.31; B.1.Angela Abrams  
                 4.29;    SP: A.4.R.Parrott 5.25; B.4.C.Christou 3.43;    DT: A.1.  
                 C.James 19.02; B.1.R.Parrott 12.44;    JT: A.3.R.Parrott 11.66;  
                 B.3.T.Ritson 10.72;    4x100m: 1. 54.5 (J.Palmer, Y.Edwards, Angela  
                 Abrams, C.James).

Seniors: 100m: A.3.A.Coore 13.5; B.5.D.Conard 14.7; 200m: A.2.A.Coore 28.2; B.3.S.Daure 30.0; 400m: A.4.B.Anderson 68.4; B.2.S.Daure 64.3; 800m: A.4.V.Mitchell 2:42.2; B.3.D.Cameron 2:53.7; 1500m: A.1.R.Honeychurch 5:06.7; B.3.D.Cameron 5:58.4; 3000m: A.1.R.Honeychurch 10:33.6; 100mH: A.2.A.Coore 17.2; HJ: A.2.A.Coore 1.55; B.3.C.Thrush 1.40; LJ: A.4.E.Smithers 4.89; B.5.D.Conard 3.60; SP: A.1.W.Dunsford 11.21; B.1.D.Roberts 10.37; DT: A.1.P.Bayar 35.72; B.1.W.Dunsford 24.86; JT: A.1.V.St.Ange 38.80; B.3.D.Roberts 17.72; 4x100m: 3. 54.3 (B.Anderson, A.Coore, D.Whall-Roberts, E.Smithers) 4x400m: 3. 4:32.1 (R.Honeychurch, S.Daure, V.Mitchell, D.Cameron)

5th MAY 1984

CRAWLEY

SOUTHERN LEAGUE DIV.3 SOUTH

Teams: 1.Medway A.C. 161½; 2.E.Grinstead & Dist.A.C. 159;=3.BELGRAVE 134; =3.Bournemouth A.C. 134; 5.Salisbury AC 99½;

This was a match that we possibly should have won if everybody had been available. The English Schools Walking Championships took place on the same day and that took away some, whilst others were injured and some waited for the coach in the wrong place. However, some arm twisting by Rosemary Honeychurch on the journey down meant that we were covered in most Junior events and 2 of the Seniors ended up doing 4 individual events and a relay. 3 more Club records fell and 18 more personal bests were set and some were doing events unfamiliar to them, but with those results what more could have been asked of anybody. Fresh from her triumphs in the Surrey Championships Rosemary Honeychurch broke her club record still further and ran a personal best in the 1500m. The Senior Discus and Junior Discus records were both broken.

Juniors: 100m: A.1.Y.Edwards 13.5; B.1.J.Palmer 13.6; 200m: A.2.C.James 28.2; B.1.J.Palmer 28.3; 800m: A.4.C.Gregson 2:54.9; B.4.J.Smiter 2:58.9; 1500m: A.4.J.Stone 5:21.4; B.3.C.Gauge 6:12.2; 75mH: A.1.Angela Abrams 12.9; B.1.N.Christou 13.2; HJ: A.5.Andrea Abrams 1.25; LJ: A.1.Angela Abrams 4.37; B.2.Andrea Abrams 3.95; SP: A.3.N.Christou 6.42; B.4.T.Ritson 5.44; DT: A.1.C.James 23.78; JT: A.5.Angela Abrams 14.48; B.4.T.Ritson 9.06; 4x100m: 1. 54.5 (J.Palmer, C.James, Angela Abrams, Andrea Abrams).

Seniors: 100m: A.3.S.Daure 13.8; B.4.C.Thrush 14.6; 200m: A.2.S.Daure 28.4; B.4.C.Thrush 30.5; 400m: A.4.D.Cameron 74.7; 800m: A.5.D.Cameron 2.48.1; 1500m: A.1.R.Honeychurch 4:53.7; 3000m: A.1.R.Honeychurch 10:15.2; HJ: A.2.C.Thrush 1.45; B.1.S.Daure 1.35; LJ: A.3.S.Daure 4.41; B.2.C.Thrush 4.06; SP: A.2.W.Dunsford 11.41; B.1.D.Roberts 9.86; DT: A.1.P.Bayar 37.34; B.2.W.Dunsford 25.38; JT: A.2.V.St.Ange 33.42; B.4.W.Dunsford 15.32; 4x100m: 2. 55.7 (S.Daure, R.Honeychurch, D.Whall-Roberts, C.Thrush).

23rd JUNE 1984

ERITH

SOUTHERN LEAGUE DIV.3 SOUTH

1.Mid-Hants A.C. 182; 2.Bexley Borough A.C. 159½;  
3.BELGRAVE 142; 4.Surrey Beagles 123; 5.Herc.Wimbledon A.C. 105½.

We did have a slightly weakened team, with unfortunately some people missing the coach. A welcome return from injury by Andrea Coore, who did quite well. In the Juniors good hurdling from Angela Abrams and Nina Christou and our Relay squad were once again unbeaten. In the Seniors good performances from the Shot and Discus girls to give maximum scores, although Wendy Dunsford was a bit upset with her form.

Juniors: 100m: A.2. J.Palmer 13.5; B.5.N.Christou 15.0; 200m: A.2.J.Palmer 28.5; B.1.C.James 28.4; 1500m: A.3.J.Stone 5:30.2; 75mH: A.1.Angela Abrams 12.3; B.1.N.Christou 13.2; HJ: A.3.Andrea Abrams 1.25; B.2.J.Stone 1.25; LJ: A.3. Angela Abrams 4.41; B.5.Andrea Abrams 3.81; SP: A.2. C.James 8.41; B.5.C.Christou 3.75; DT: A.5.E.Celine 14.30; JT: A.5.Angela Abrams 12.22; B.3.Andrea Abrams 12.22; 4x100m: 1. 53.0 (J.Palmer, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: A.3.A.Coore 13.3; B.5.J.Fraser 17.5; 200m: A.3.S.Daure 28.9; B.3.V.Mitchell 30.5; 400m: A.3.V.Mitchell 66.0; 800m: A.2.V. Mitchell 2:32.6; B.3.D.Cameron 2:46.5; 1500m: A.1.R.Honeychurch 5:05.4; B.1.D.Cameron 5:53.5; 3000m: A.1.R.Honeychurch 10:31.3; B.1.G.Porter 13:38.8; 100mH: A.3.A.Coore 17.8; 400mH: A.2.A.Coore 77.6; HJ: A.2.A.Coore 1.55; LJ: A.3.S.Daure 4.37; B.5.J.Christou 2.00; SP: A.1.W.Dunsford 10.95; B.1.D.Roberts 10.31; DT: A.1. P.Bayar 36.36; B.1.W.Dunsford 26.24; JT: A.4.P.Bayar 18.16; B.4.G.Porter 15.28; 4x100m: 2. 53.6 (A.Coore, Y.Edwards, D.Whall-Roberts, V.Mitchell); 4x400m: 2. 4:35.3 (R.Honeychurch, S.Daure, D.Cameron, V.Mitchell).

21st JULY 1984 YEOVIL SOUTHERN LEAGUE DIV.3 SOUTH

1.Yeovil Olympiades A.C. 182; 2.Bognor Reg. & Chich.A.C. 160; 3.BELGRAVE 141½; 4.Boro.of Kingston A.C. 129; 5.Horsham Blue Star Harriers 103½.

Such are the peculiarities of these leagues that we had to travel down to Somerset to meet near neighbours Kingston, whom we had already met three days earlier in another league. Quite an eventful trip with an articulated lorry jack-knifing in front of us and the coach breaking down about 2 miles from the track. As luck had it, the Kingston coach passed us just as we were starting to walk and came back for us. We repaid this kindness by pushing them into 4th spot. Andrea Coore broke the Intermediate 400m Hurdle record at only her second attempt at the distance.

Juniors: 100m: A.3.J.Palmer 13.7; B.1.Y.Edwards 13.6; 200m: A.2.Y.Edwards 28.1; B.1.C.James 29.1; 800m: A.5.C.Gauge 3:12.1; B.4.J.Smiter 3:09.9; 1500m: A.2.J.Stone 5:23.1; 75mH: A.2.C.James 12.9; B.2.N.Christou 13.4; HJ: A.4.J.Stone 1.00; B.2.M.McIntosh; LJ: A.3.J.Pritchard 3.88; B.4.J.Smiter 3.19; SP: A.3.N.Christou 6.49; B.5.C.Christou 3.54; DT: A.3.C.James 18.40; B.4.N.Christou 11.48; JT: A.5.C.Christou 4.40. 4x100m: 1st 54.6 (J.Palmer, C.James, N.Christou, Y.Edwards).

Seniors: 100m: A.5.E.Goldson 13.9; B.2.S.Wilkinson 14.0; 200m: A.3.A.Coore 28.0; B.3.D.Conard 31.2; 400m: A.2.S.Daure 64.4; B.2.V.Mitchell 66.7; 800m: A.3.V.Mitchell 2:38.7; B.3.G.Tura 3:03.4; 1500m: A.2. R.Honeychurch 5:10.0; B.2.D.Cameron 6:10.9; 3000m: A.1.R. Honeychurch 10:51.7; B.2.G.Porter 12:39.4; 100mH: A.Coore D.N.F. B.4.S.Wilkinson 22.4; 400mH: A.3.A.Coore 74.3; B.2.V.Mitchell 76.0; HJ: A.4.A.Coore 1.40; B.3.S.Daure 1.30; LJ: A.4.S.Daure 4.38; B.4.D.Conard 3.91; SP: A.1.W.Dunsford 11.22; B.1.D.Whall-Roberts 9.16; DT: A.3.W.Dunsford 26.24; B.2.D.Whall-Roberts 24.08; JT: A.4.W.Dunsford 17.96; B.3.C.James 17.44; 4x100m: D.N.F. 4x100m: 3rd 4:42.5 (R.Honeychurch, G.Tura, S.Daure, V.Mitchell).

11th AUGUST 1984 PORTSMOUTH SOUTHERN LEAGUE DIV.3 SOUTH

1.BELGRAVE 166; 2.Hastings A.C. 164; 3.Weymouth St.Pauls 156; 4.Winchester & Dist.A.C. 103½; 5.Portsmouth Atalanta A.C. 101½.

This is a match we should have won as after the fourth match we were above the other teams we met here. However, with 6 new club records being set and 7 personal best performances, this was the time to give of their best. Commiserations to Andrea Coore who broke the Intermediate 400m Hurdles record only to see it snatched away 2 minutes later by Vicky Mitchell. The other records came from Cindy James in the Discus (also breaking the Intermediate record) Tracy Ritson in the Girls Javelin (this erases a record that had stood for 7 years) and a fine win in the 4 x 400m Relay to knock 3 seconds off the old record.

Juniors: 100m: A.1.Y.Edwards 13.6; B.1.J.Palmer 13.5; 200m: A.1.Y.Edwards 28.3; B.1.J.Palmer 28.4; 800m: A.5.T.Ritson 2:57.5; B.5.J.Smiter

2:56.7; 1500m: A.4.J.Stone 5:20.9; 75mH: A.1.C.James 12.7; B.5.S.Yiadom 16.6; HJ: A.2.Andrea Abrams 1.30; B.1.T.Ritson 1.30; LJ: A.2.Andrea Abrams 4.59; B.1.Y.Edwards 4.50; SP: A.1.C.James 8.83; DT: A.2.C.James 24.20; JT: A.4.T.Ritson 14.20; B.4.S.Yiadom 7.30; 4x100m: 1st 52.9 (J.Palmer, C.James, Andrea Abrams, Y.Edwards)

Seniors: 100m: A.4.A.Coore 13.1; B.3.D.Conard 14.5; 200m: A.3.A.Coore 27.6; B.2.P.G-Williams 27.4; 400m: A.2.P.G-Williams 60.0; B.1.S.Daure 63.3; 800m: A.2.V.Mitchell 2:28.4; B.3.G.Tura 2:53.6; 1500m: A.1.R.Honeychurch 4:54.5; B.1.V.Mitchell 5:13.8; 3000m: A.1.R.Honeychurch 10:08.0; B.3.G.Tura 14:41.2; 100mH: A.3.A.Coore 18.1; 400mH: A.Coore 73.6; B.3.V.Mitchell 73.7; HJ: A.2.A.Coore 1.50; B.2.S.Daure 1.35; LJ: A.3.S.Daure 4.56; B.3.D.Conard 3.85; SP: A.1.W.Dunsford 10.77; B.1.D.W-Roberts 10.56; DT: A.3.W.Dunsford 28.20; B.2.D.W-Roberts 21.76; JT: A.2.V.St.Ange 36.78; B.3.W.Dunsford 17.66; 4x100m: 3rd 54.0 (A.Coore, S.Daure, D.Conard, R.Honeychurch). 4x400m: 1st 4:15.8 (S.Daure, V.Mitchell, R.Honeychurch, P.Garnons-Williams).

1st SEPTEMBER 1984 DARTFORD SOUTHERN LEAGUE DIV.3 (S)

Results: 1.BELGRAVE 178; 2.Ald.Farn.& Dist. 176½; 3.Dartford H.148; 4.Basingstoke A.C. 145½; 5.Fleet & Crookham A.C. 37.

This was a really splendid result for us as two of the teams we beat were in 5th and 6th position in the Division. This also was the first time that we have beaten Aldershot so that result was even more pleasing.

This result meant that we finished in 7th position in the Division which is the best that we have done since 1980. It also means that we finish well above Hercules Wimbledon and with the last result just pushed Kingston back into 8th place.

Juniors: 100m: A.2 Y.Edwards 14.1; B.1 J.Palmer 14.0; 200m: A.1 J.Palmer 29.0; B.1 Y.Edwards 29.1; 800m: A.5 J.Smiter 3:01.7; B.5 M.McIntosh 3:04.4; 1500m: A.3 J.Stone 5:31.8; B.4 C.Gauge 6:18.6; 75mH: A.1 A.Abrams 12.9; B.1 N.Christou 13.6; HJ: A.3 Andrea Abrams 1.30; B.1 T.Ritson 1.30; LJ: A.3 Andrea Abrams 4.03; B.2 Angela Abrams 3.92; SP: A.2 C.James 8.56; B.3 N.Christou 6.47; DT: A.2 C.James 23.24; B.4 R.Parrott 12.14; JT: A.4 R.Parrott 16.98; B.1 K.Cantwell 14.00; 4x100m: (J.Palmer, C.James, Y.Edwards, Angela Abrams).

Seniors: 100m: A.3 S.Daure 14.6; B.3 A.Peck 15.2; 200m: A.1 A.Coore 27.7; B.4 A.Peck 30.9; 400m: A.1 S.Daure 63.4; B.1 V.Mitchell 65.7; 800m: A.3 V.Mitchell 2:32.9; B.3 G.Tura 2:52.7; 1500m: A.2 V.Mitchell 5:14.2; B.3 D.Cameron 6:08.3; 3000m: A.3 G.Porter 11:50.6; B.3 G.Tura 13:56.9; 100mH: A.3 Z.Miles 19.5; B.1 A.Coore 19.0; 400mH: A.4 A.Coore 75.6; B.2 V.Mitchell 76.0; HJ: A.3 A.Coore 1.45; B.3 S.Daure 1.35; LJ: A.3 A.Peck 4.03; B.2 S.Daure 3.95; SP: A.1 W.Dunsford 10.67; B.1 D.W.Roberts 9.83; DT: A.1 W.Dunsford 28.10; B.1 D.W.Roberts 22.90; JT: A.1 V.St.Ange 32.14; B.3 W.Dunsford 16.28; 4x100m: 3.55.0 (A.Coore, S.Daure, A.Peck, Z.Miles); 4x400m: 4. 4:41.2 (S.Daure, G.Tura, V.Mitchell, G.Porter)

Final League Table: SOUTHERN LEAGUE DIVISION 3 (South)

| <u>Team</u>                 | <u>Position</u> | <u>Agg.Points</u> | <u>Points</u> |           |
|-----------------------------|-----------------|-------------------|---------------|-----------|
| 1. Ashford A.C.             |                 | 1141              | 29 )          |           |
| 2. Redhill & Reigate A.C.   |                 | 1127              | 28 )          | Promoted  |
| 3. Mid-Hants A.C.           |                 | 1091½             | 29 )          |           |
| 7. BELGRAVE HARRIERS        |                 | 923               | 21½           |           |
| 23. Hercules-Wimbledon A.C. |                 | 662               | 9 )           |           |
| 24. Winchester & Dist. A.C. |                 | 649               | 7 )           | Relegated |
| 25. Fleet & Crookham A.C.   |                 | 468               | 7 )           |           |

COUNTY CHAMPIONSHIPS - ROUNDUP

Our best ever taking of medals.

17/18th MAY 1984 MOTSPUR PARK SURREY - PART 2

Junior Ladies: 100m: J.Palmer (SF) 13.8; 200m: 5.J.Palmer 28.1.

28/29th APRIL 1984 CROYDON ARENA SURREY - PART 1

Girls: 1500m: 2.J.Stone 5:25.5; 2500m W: 2. I.Young 15:41.7;  
4.R.Parrott 16:21.5.

19th MAY 1984 COPTHALL STADIUM, MIDDLESEX

Junior Ladies: 100m: 1.C.James 13.6; 2.Angela Abrams 13.9; 200m: 4.C.James 28.4; 75mH: 1.Angela Abrams 12.5; 3.N.Christou 13.1; LJ: 5. Angela Abrams 4.29; Andrea Abrams 4.04.

Senior: SP: 3.W.Dunsford 11.45.

Wendy Dunsford gained her Middlesex vest in May when she competed against Kent, The Army and the Civil Service when she finished 5th in the 'B' shot with 10.85.

9th JUNE 1984 WEST LONDON LONDON SCHOOLS CHAMPS.

Junior: 100m: 4.J.Palmer 13.4; 800m: 8.C.Gregson 2:46.0.

Inter: 800m: 3.V.Mitchell 2:36.0.

Senior: D.T: 3.J.Jones 29.50.

In the London Borough Championships Heats Veronica St.Ange won the javelin with 41.52, Jessica Palma was 2nd in the 200m with 28.0 and Rosemary Honeychurch won the 1500m with 4:46.2, while Yvette Edwards ran a 13.1 100m.

14th JULY 1984 BATTERSEA PARK CLUB CHAMPIONSHIPS

Juniors: 100m: 1.J.Palmer 13.1; 2.Y.Edwards 13.2; 3.Angela Abrams 13.3; 4.Andrea Abrams 13.5; 5.C.James 13.6; 6.N.Christou 15.0;  
200m: 1.Y.Edwards 27.6; 2.C.James 27.6; 3.J.Palmer 27.7; 4.Andrea Abrams 29.9; 5.N.Christou 31.0; 6.T.Ritson 31.5;

In the Southern Womens Inter-Counties Championships held at the Crystal Palace on Saturday 4th August, Rosemary Honeychurch representing Surrey finished 8th in a new Club Record of 10:02.2.

23rd MAY 1984 EWELL COURT MIDWEEK LEAGUE

Teams: 1.BELGRAVE 69; 2.Boro of Kingston A.C. 66; 3.Walton A.C. 58;  
4.Epsom & Ewell H. 50; 5.Sth. London H. 41;

After a 6 year absence from this league, our first foray had some very pleasing results. The best of those results being the Junior 4 x 200m Relay squad breaking the club record by some 7 seconds and doing it the hard way, from the front. They were on their own after 400m. The next team in was our non-scoring team.

Juniors: 100m: 1.J.Palmer 13.5; 200m: 1.J.Palmer 29.2; 800m: 2.J.Stone 2:44.7; 75mH: 1.Angela Abrams 12.8; HJ: 2.Andrea Abrams 1.20; JT: 3.R.Parrott 10.84; 4x200m: 1. 1:55.1 (J.Palmer, C.James, Angela Abrams, Andrea Abrams).

Seniors: 100m: 3.S.Daure 13.8; 200m: 1.S.Daure 28.3; 400m: 3.V.Mitchell 68.8; 800m: 4.F.Russell 2:39.1; 1500m: 1.R.Honeychurch 4:55.3; SP: 3.C.James 7.10; 4x200m: 3. 2:00.5 (S.Daure, F.Russell, V.Mitchell, R.Honeychurch).

6th JUNE 1984

MOTSPUR PARK

MIDWEEK LEAGUE

1.BELGRAVE 81; 2.Boro of Kingston A.C. 74; 3.Sth.London H. 47; 4.Epsom & Ewell Harriers 34; 5.Herc.Wimbledon A.C. 19.

Another good win in this league, with another club record for the Junior 4 x 200m Relay squad again leading the charge from the front.

Juniors: 100m: 1.J.Palmer 13.4; 200m: 1.Y.Edwards 28.8; 1500m: 1.J.Stone 5:26.7; 2000m Walk: 1.R.Parrott 11:56.6; LJ: 3.A.Abrams 4.43; DT: 2.C.James 22.40; 4x200m: 1. 1:53.5 (J.Palmer, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: 3.C.Thrush 14.2; 200m: 3.C.Thrush 32.3; 400m: 3.F.Russell 71.6; 800m: 1.V.Mitchell 2:43.3; 1500m: 1.R.Honeychurch 4:54.0; 100mH: 3.C.Thrush 20.4; HJ: 2.C.Midgely 1.45; JT: 1.J.Jones 29.68; 4x200m: 3. 2:01.3 (E.Goldson, S.Wilkinson, V.Mitchell, C.Midgely).



Above; Rachael Parrott who this year has set several Club Age Group records.



Right; A rare glimpse of Harry Porter at Crystal Palace in the 25X1 Mile Relay clearly benefitting from training with our middle-distance Ladies over Wimbledon Common. Photo's Bill Laws

20th JUNE 1984

NORBITON

MIDWEEK LEAGUE

1.BELGRAVE 78; 2.Boro of Kingston A.C. 71; 3.Epsom & Ewell H. 45;  
4.Sth. London Harriers 42; 5.Walton A.C. 25.

Our 3rd win in this league put us well and truly ahead of the opposition and some very good performances including an intermediate club record in the 400m Hurdles by 13 year old Angela Abrams.

Juniors: 100m: 1.J.Palmer 13.4; 200m: 1.C.James 28.7; 800m: 1.J.Stone 2:39.7; 1500m: 2.I.Young 5:58.5; HJ: 2.A.Abrams 1.30; SP: 3.C.James 7.24; 4x200m: 1. 1:54.3; (J.Palmer, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: 5.S.Daure 14.5; 200m: 2.E.Goldson 28.2; 400m: 2.S.Daure 66.5; 800m: 3.V.Mitchell 2:35.5; 1500m: 1.R.Honeychurch 4:51.2; 400mH: 1.Angela Abrams 74.4; DT: 1.P.Bayar 36.72; 4x200m: 1. 1:55.8 (S.Daure, E.Goldson, S.Wilkinson, V.Mitchell).

4th JULY 1984

SOUTHWARK PARK

MIDWEEK LEAGUE

1.BELGRAVE 80; 2.South London Harriers 70;  
3.Hercules Wimbledon A.C. 28; 4.Epsom & Ewell Harriers 17.

Juniors: 100m: 1.Andrea Abrams 13.4; 200m: 1.C.James 28.2; 800m: 1.J.Stone 2:38.7; 1500m Walk: 1.R.Parrott 8:39.7; 75mH: 1.Angela Abrams 12.7; LJ: 1.Angela Abrams 4.67; 4x200m: 1st 1:54.4 (Y.Edwards, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: 3.J.Jones 14.1; 200m: 3.S.Daure 29.3; 400m: 1.S.Daure 63.8; 800m: 2.V.Mitchell 2:28.6; 1500m: 1.R.Honeychurch 4:50.2; HJ: 4.V.Mitchell 1.20; SP: 2.D.Whall-Roberts 11.14; 4x200m: 2nd 1:56.9 (F.Russell, J.Jones, R.Honeychurch, V.Mitchell).

18th JULY 1984

BATTERSEA PARK

MIDWEEK LEAGUE

1.BELGRAVE 85; 2.Borough of Kingston A.C. 58;  
3.Epsom & Ewell Harriers 53; 4.Sth.London Harriers 44;  
5.Hercules Wimbledon 34.

5 out of 5 and our largest winning margin. The Senior 4 x 200m Relay squad snatched back the Senior record and Vicky Mitchell equalled the intermediate 800m record.

Juniors: 100m: 1.J.Palmer 13.3; 200m: 1.Y.Edwards 27.6; 800m: 3.I.Young 3:02.4; 1500m: 1.J.Stone 5:27.2; LJ: 1.Andrea Abrams 4.42; SP: 3.C.James 7.63; 4x200m: 1st 1:57.8 (J.Palmer, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: 4.E.Goldson 13.4; 200m: 3.A.Coore 27.5; 400m: 2.S.Daure 62.9; 800m: 1.V.Mitchell 2:24.5; 1500m: 1.R.Honeychurch 4:50.1; 100mH: 1.A.Coore 16.2; HJ: 2.A.Coore 1.55; DT: 1.W.Dunsford 26.16; 4x200m: 1st 1:50.6 (E.Goldson, S.Wilkinson, S.Daure, A.Coore).

1st AUGUST 1984

WALTON

MIDWEEK LEAGUE

=1.BELGRAVE 74; =1.Boro.of Kingston A.C. 74;  
3.Walton A.C. 52; 4.Epsom & Ewell 35; 5.Herc.Wimbledon 13.

Not only did we win the League overall, but also the Junior and Senior competitions as well. This League has proved useful as everyone who came along was able to get a run or compete in something. Some good performances in this match with Jessica Palmer once again outstanding in the sprints, and good performances from Cindy James, Angela Abrams and Rachael Parrott.

Juniors: 100m: 1.J.Palmer 13.8; 200m: 1.J.Palmer 28.3; 800m: 2.J.Stone 2:40.9; 75mH: 1.Angela Abrams 12.8; HJ: 2.Andrea Abrams 1.30; SP: 2.C.James 8.56; 4x200m: 1st 1:53.7 (J.Palmer, C.James, Andrea Abrams, Angela Abrams).

Seniors: 100m: 3.D.Conard 14.6; 200m: 1.C.James 28.6; 400m: 3.T.Ritson 70.7; 800m: 2.D.Cameron 2:50.3; 1500m: 3.D.Cameron 5:48.3; 2000m Walk: 1.R.Parrott 11:58.8; LJ: 3.D.Conard 4.22; JT: 3. R.Parrott 11.76; 4x200m: 3rd 2:01.8 (D.Conard, T.Ritson, D.Cameron, N.Christou).

### FINAL RESULT - MIDWEEK LEAGUE

|                            |     |              |     |               |
|----------------------------|-----|--------------|-----|---------------|
| 1.BELGRAVE                 | 467 | Match Points | 35½ | League Points |
| 2.Borough of Kingston A.C. | 343 | " "          | 25½ | " "           |
| 3.South London Harriers    | 244 | " "          | 17  | " "           |
| 4.Epsom & Ewell Harriers   | 234 | " "          | 20  | " "           |
| 5.Walton A.C.              | 135 | " "          | 10  | " "           |
| 6.Hercules Wimbledon       | 94  | " "          | 10  | " "           |



27th MAY 1984                      BATTERSEA PARK                      THAMESIDE LEAGUE

| <u>Teams:</u>           | <u>Girls</u> | <u>Juniors</u>             |
|-------------------------|--------------|----------------------------|
| 1.Camberley & Dist.A.C. | 103          | 1.Camberley & Dist.A.C. 66 |
| 2.BELGRAVE              | 72           | 2.BELGRAVE 65              |
| 3.Croydon Harriers      | 42           | 3.Twickenham A.C. 57       |
| 4.Herne Hill Harriers   | 17           | 4.Herne Hill Harriers 54   |
| 5.Twickenham A.C.       | 3            | 5.Croydon Harriers 31      |

30th JUNE 1984                      BATTERSEA PARK                      THAMESIDE LEAGUE

| <u>Girls</u>                | <u>Juniors</u>              |
|-----------------------------|-----------------------------|
| 1.Camberley & Dist. A.C. 94 | 1.Camberley & Dist. A.C. 72 |
| 2.BELGRAVE 68               | 2.Croydon Harriers 60½      |
| 3.Croydon Harriers 59       | 3.BELGRAVE 56               |
| 4.Twickenham A.C. 39        | 4.Twickenham A.C. 55½       |
| 5.Herne Hill Harriers 32    | 5.Herne Hill Harriers 43    |

28th JULY 1984                      BATTERSEA PARK                      THAMESIDE LEAGUE

| <u>Girls</u>               | <u>Juniors</u>             |
|----------------------------|----------------------------|
| 1.Camberley & Dist.A.C. 88 | 1.Camberley & Dist.A.C. 72 |
| 2.Croydon 82               | 2.Croydon 61               |
| 3.BELGRAVE 51              | 3.BELGRAVE 54              |
| 4.Herne Hill 39            | 4.Herne Hill 43            |
| 5.Twickenham A.C. 26       | 5.Twickenham A.C. 32       |

25th AUGUST 1984                      BATTERSEA PARK                      THAMESIDE LEAGUE

| <u>Girls</u>               | <u>Juniors</u>             |
|----------------------------|----------------------------|
| 1 Camberley & Dist.A.C. 71 | 1 Camberley & Dist.A.C. 64 |
| 2 Croydon Harriers 65      | 2 Croydon Harriers 50      |
| 3 BELGRAVE HARRIERS 60     | 3 Herne Hill Harriers 43   |
| 4 Herne Hill Harriers 48   | 4 BELGRAVE HARRIERS 42     |
| 5 Twickenham A.C. 19       | 5 Twickenham A.C. 37       |



# Rankings '84 — Women

|                 |      |                |         |                 |       |
|-----------------|------|----------------|---------|-----------------|-------|
| <u>100m</u>     |      | <u>800m</u>    |         | <u>HJ</u>       |       |
| A. Coore (I)    | 13.0 | R.Honeychurch  | 2.22.2  | A.Coore (I)     | 1.60  |
| Y. Edwards (J)  | 13.0 | V.Mitchell (I) | 2.24.5  | C.Thrush (I)    | 1.45  |
| J. Palmer (J)   | 13.1 | F.Russell      | 2.27.5  | C.Midgeley      | 1.45  |
| Ang.Abrams (J)  | 13.2 | J.Stone(G)     | 2.36.7  | S.Daure         | 1.35  |
| C. James (J)    | 13.3 | <u>1500m</u>   |         | And.Abrams (J)  | 1.35  |
| And.Abrams (J)  | 13.4 | R.Honeychurch  | 4.46.2  | <u>DT</u> 1kg   |       |
| S.Wilkinson(I)  | 13.5 | F.Russell      | 5.02.6  | P.Bayar         | 37.34 |
| <u>200m</u>     |      | V.Mitchell(I)  | 5.13.8  | J.Jones         | 29.50 |
| T. Ritson (G)   | 27.0 | J.Stone (G)    | 5.20.9  | W.Dunsford      | 28.44 |
| J. Palmer (J)   | 27.2 | <u>3000m</u>   |         | C.James (J)     | 24.20 |
| A. Coore (J)    | 27.4 | R.Honeychurch  | 10.02.2 | D.Whall Roberts | 24.08 |
| P.G.Williams    | 27.4 | G.Porter (I)   | 11.50.6 | C.James         | 20.50 |
| C. James (J)    | 27.6 | <u>400mH</u>   |         | <u>SP</u> 4kg   |       |
| Y. Edwards (J)  | 27.6 | V.Mitchell(I)  | 73.1    | W.Dunsford      | 11.45 |
| <u>400m</u>     |      | A.Coore (I)    | 73.6    | D.Whall Roberts | 11.41 |
| I.G. Williams   | 60.8 | Ang.Abrams (J) | 74.4    | J.Jones         | 9.21  |
| S. Daure        | 62.9 | <u>LJ</u>      |         | C.James         | 7.34  |
| V. Mitchell (I) | 64.5 | E.Smithers(I)  | 4.89    | J.Fraser        | 6.13  |
| <u>100mH</u>    |      | Ang.Abrams (J) | 4.77    | <u>JT</u> 600kg |       |
| A. Coore (J)    | 16.1 | And.Abrams (J) | 4.70    | V.St.Ange       | 41.52 |
| S. Daure        | 18.8 | D.Kenton (J)   | 4.70    | J.Jones         | 29.68 |
| Z. Miles        | 19.5 | S.Daure        | 4.56    | J.Fraser        | 22.10 |

4X100; 52.6. J.Palmer, C.James, Ang.Abrams, And.Abrams.

4X400; 4.15.8. S.Daure, R.Honeychurch, V.Mitchell, P.Garnons-Williams.

## PAM DAVIS WINS EUROPEAN VETS TITLE

Congratulations to Pam Davis on her win in the European O/50's Marathon in a time of 3hr 26min 14sec.



Fifty years ago Arthur Penny won the Commonwealth 6 miles Championship. Still hearty and in fine form Arthur is a frequent visitor to Belgrave Hall. He was pleasantly surprised when he attended the celebrations for Bill Webb's 90th Birthday for at the end of the proceedings Clive Shippen presented Arthur with an inscribed silver salver commemorating his fine win of fifty years ago.

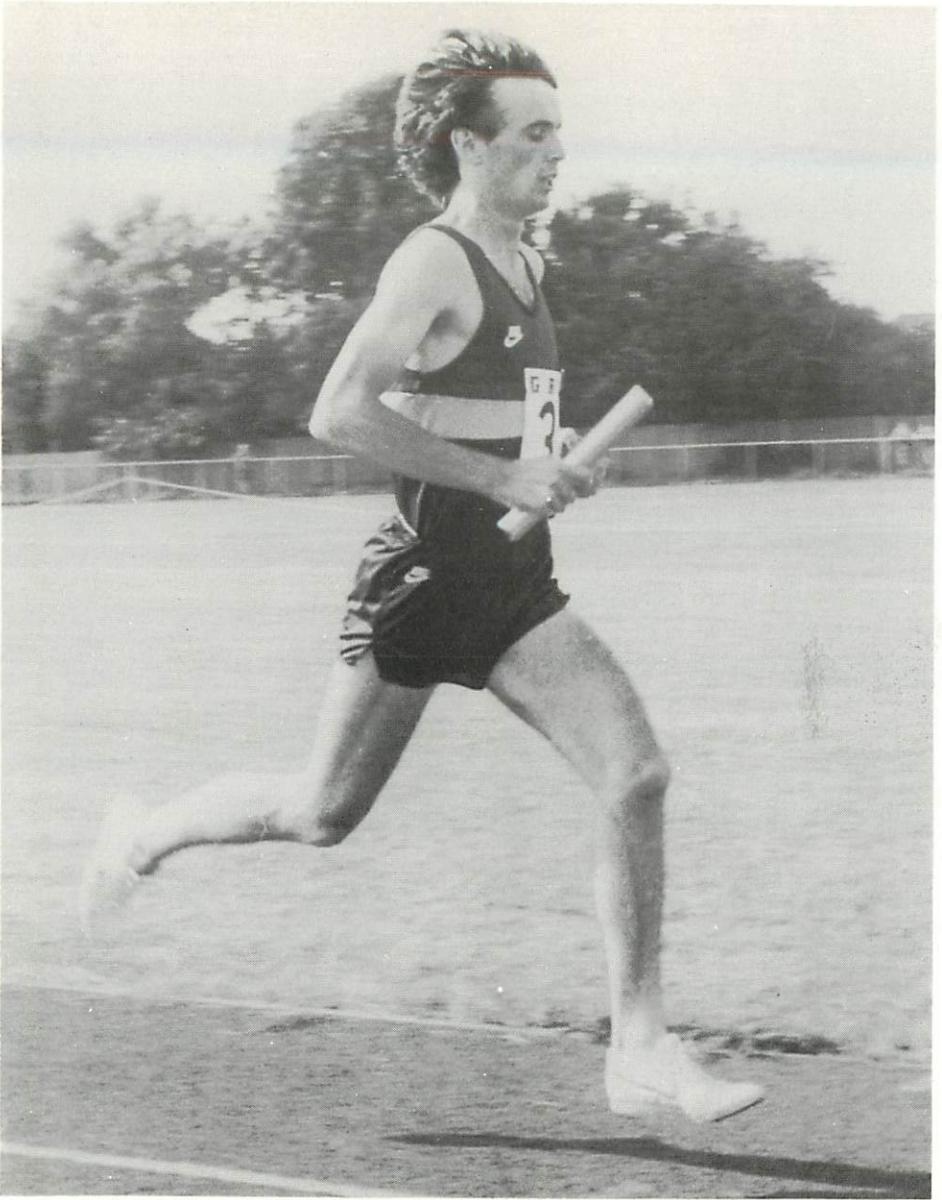
## E R R A T A

WINTER FIXTURE CARD - 84/85.

Please note the following errors in the Winter fixture card.

The Boxing Day Fancy Dress run is at 11am and not 11pm.

John Wasbrough's telephone number is - 01 641 4304.



Above; Stuart Paton has advanced his 1000m and 1500m p.b.'s this season as well as winning the Southern 800m Championship. And our middle distance Champ. can also show a clean pair of heels to the one lap specialists and heads our 400m rankings for this year with 49.0. Photo. Bill Laws.

Back Page; 15 yr old Gavin Warr improved his 200m p.b. to 23.6 and was our top points scorer along with Clive Gardner in the Dunlop Young Athletes League. Photo. Bill Laws.

