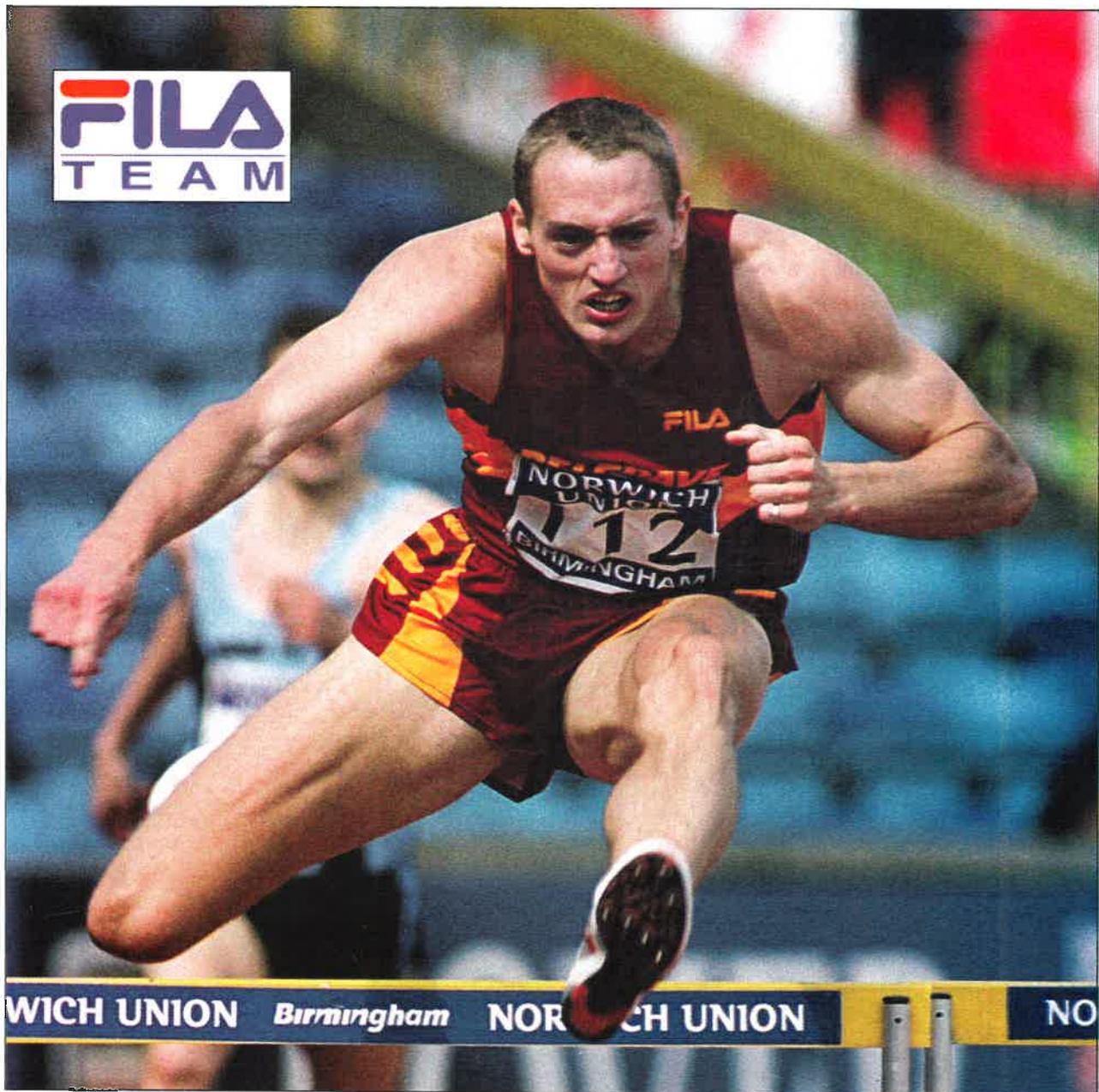


February 2001

# The Belgravian



The official gazette of **Belgrave Harriers**

Number 229



Belgrave Harriers have joined up with David Lloyd Raynes Park, to offer its members an opportunity to join one of the most exclusive clubs in the UK.

## 40% Off The Joining Fee At One Of The UK's Premier Health & Fitness Clubs.

It's that time of year again when intentions of a self improved lifestyle begin with a committed passion. However we all know how hard it is to keep that intention at the forefront of our life in later months. At David Lloyd we recognise this trend and to help you stay passionate about the improved changes within your life, we offer you the complete solution to a healthier lifestyle. At Raynes Park we boast

one of the largest gymnasiums in Europe, it provides the ultimate exercise environment, fully air-conditioned with up-to date training apparatus.



and mind, and to complement this a heated 20m outdoor pool with sun terrace can be enjoyed throughout the year. A range of specialist treatments are available including hair salon (unisex), beauty therapy centre and injury treatment clinic.

For further details or to book an appointment to visit the club please contact the sales team at David Lloyd Raynes Park.  
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If you do find your motivation lacking, personal training sessions can be arranged. Although to get fit does require some physical exertion, relaxation and recuperation are also beneficial to the new you. Therefore with this in mind, spacious changing rooms will allow you to relax in comfort and enjoy a refreshing sauna, Nordic steam room, Jacuzzi or hot shower. Our fitness suite changing rooms include a mixed sauna and steam room, sunbeds, showers and TV relaxation areas. With a heated 25m indoor pool it is the ideal way to exercise the body



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# The Belgravian

Number 229 February 2001

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Dear Belgravians,

It gives me great pleasure to at last write something again for *The Belgravian*, although now as the voice of the Sponsor, FILA, and not as an athlete and member. The last time I contributed I submitted a short series of cartoons set around the much loved and missed Tom Carter, and these were included by the then editor, Mr Bill Laws.

Like the Belgravian, which is by far the best club magazine I have ever seen, Belgrave continues to move on and on. As an ex-athlete, and Marketing Manager for Fila UK I am constantly reminded of what a superb example of team work the club really is. Of course, many people in the sport are envious of you. They believe that the club succeeds because of its financial security. I know, and you know, that they need to look deeper. I am old enough to remember the days where Belgrave leaped from league to league with only a handful of competitors as a result of great atmosphere, camaraderie, and hard training. And from what I have seen recently, nothing has changed except the names. The club's financial security has come from an extremely professional Team Management married to the Belgrave Team Spirit and little else. Other clubs must look harder to find out what it is that makes our club the best in the Country and one of the best in Europe.

I am extremely proud of the club and FILA are proud to be involved as Sponsor. The Club embodies what club athletics must be about in this new Century. Please accept our best wishes to you all for this year, especially the Ladies Team, who are undoubtedly going through a significant stage in the club's growth and about to make history!

Sincerely yours,

Mark Sinclair, Marketing Manager, Fila UK Ltd.

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Photos. on opposite page courtesy of The Wimbledon Independant

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## All colour sports photography in this issue by Mark Shearman

**Front Page:** Matt Douglas always gives everything in his races - whether League, Championship or Olympic Games. The year 2000 saw him take his best 400 metre hurdles time below 50 for the first time and he ended the season second only, in Britain, to our own Chris Rawlinson, and well into the World's Top 50.

**Inside Back Page:** Top left - As the finish nears in the final of the Olympic 100m, Dwain Chambers is inches ahead of USA's Jon Drummond but both just missed the medals.

Top right - Chris Rawlinson reached the semi-final stage of the 400m hurdles but was disappointed not to get into the final.

Bottom left: Moving up to another level in 2000, one-lap racer Sean Baldock ran 45.20 in the AAA but ran into Mr. Johnston in his Olympic heat.

Bottom right - Darren Campbell celebrated Olympic silver after a brilliant run in the Olympic 200 metres where he became third fastest Briton of all time.

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**President:** John Jeffery

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**Articles and match reports:** Catherine Eastham, Eric Hall, Bill Laws, Alan Mead, John Powell, Clive Shippen.

Madrid on the last weekend in May.

And for the first time the seniors will be joined in European competition by Belgrave's junior men's team who will also be representing the United Kingdom against the best under 20 teams from across the channel. All credit to John Powell's Team Managership that has taken our young men to this stage. As John retires to take on other roles in the sport, Paul Ireland takes over to lead our team to, we hope, even greater success.

An explosion is taking place in our women's teams. UK Athletics has announced plans to reorganise certain team competitions from 2002 onwards and in particular to combine some men's and women's teams. In recognition of this, Belgrave Harriers has produced plans to meet both this developing situation and the future needs of the sport. As part of its Development Programme, Belgrave is supporting its top women members in the same way that it has supported its top male athletes. Part of this support includes help for overseas training and competition. Phil Green, well known as a team manager for the UK and for various club teams has become a Belgravian and is masterminding plans for our top male and female athletes to compete in IAAF Grand Prix II meetings. Many top class female athletes have been attracted by this programme and there is no doubt that we should be able to make a dramatic impact on women's League and Cup competition in 2001. Our aim is for our women's track & field team to reach the final of the UK Women's Jubilee Cup. And the winners of that competition will go on to compete in Europe in 2002 ...

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## Hon. Secretary's Report to the 2000 Annual General Meeting

**W**e heard with sadness during the year of the deaths of Charlie Jones, Frank Jarvis and Win Shepherd, who were Presidents of the Club in 1959/60, 1966/67 and 1990/91 respectively, and also of Don Brown, Daye Donovan, Len Herbert and Eddie Short.

The Club has been honoured by a bequest of more than £4000 under the will of Pamela Lilian Pyer, in memory of her father, Micky Pyer, who was President in 1971/72.

The Committee were approached about a year ago by the Chairman of the Borough of Hounslow Athletic Club and some of his colleagues, with a view to the possible amalgamation of the two clubs. The Committee saw a number of potential advantages in amalgamation, on terms that were agreed after much discussion, though of course everything was subject to the approval of the memberships of the two clubs. In the event there was more opposition within the Borough of Hounslow club than their Chairman had expected, their proposal was withdrawn, and the Extraordinary General Meeting that your Committee had arranged provisionally was called off.

The Committee are developing a child protection policy aimed to ensure that the Club discharges its responsibilities towards its younger members. Though this policy is yet to be finalised in detail - it will be suitably notified to all concerned once it has been - we envisage that there will be (1) a code of practice for coaches, team managers and others who work with Club members under 16 years of age; (2) a register of those coaches and others who have been cleared by the Club for such work after producing a letter of police clearance; and (3) a formal complaints procedure to be followed if, unhappily, it should ever become necessary. The policy will be consistent with guidance

which is available nationally. The Committee believe that the Club should set up effective arrangements as soon as possible, and wish in readiness to see a Club Child Protection Officer elected by this AGM.

In athletics terms, the Club has had another highly successful year.

The Club team in the men's National 6-stage road relay in Sutton Park last October finished an excellent fourth in our first appearance at this event. Following the advances of recent times, Belgrave men won the Surrey Cross-Country League for the first time in twenty-eight years, by a close margin over Thames Hare & Hounds - and our under-13s were also overall winners in their age-group. Although our team was narrowly beaten into second place in the South of the Thames 'Junior' cross-country championships, Belgrave won the 'Senior' race for the third successive year. Sixth place in the South of England Cross-Country championships was followed by an excellent sixth place - and first Southern club - in the 'National': indeed, with nine to score Belgrave were fourth club. But bronze medals in the South of England 12-stage road relay in early April were followed by seventeenth place in the National race at the end of the month: it was good that we finished a team, for the first time since 1994, but too many people were unavailable for the Club to finish where it should.

Belgrave's women had a good winter, too. Restored to the first division of the Surrey Cross-Country League, they finished sixth to maintain their place in it; and they won bronze medals in the Surrey Cross-Country championships. It was very good to see a group of our women make up their minds to a good performance in the London Marathon, and after preparing together and running as a team secure the bronze medals - indeed they were the first women's team to close in, and all three scorers recorded considerable personal bests.

In track and field athletics our men's team were once again champions of the First Division of the British Athletics League, for the fourth year running; and a first-rate performance in winning the second division match of the European Champion Clubs Cup meant this country's promotion, so that Belgrave as national champions once again will take part next year in the first division match. However, the dependence of any club on getting people to turn out - something especially difficult, perhaps, in an Olympic year - was illustrated by our lapse to fourth place domestically in the Gold Cup. Our team in Division One of the Men's Southern League, always liable to be 'raided' at short notice to supply our British League team, found the going hard this year but have retained their place. The Club's women finished in the middle of Division Three of the Southern Women's League.

Our under-20 men's team, after winning the Southern Premier Division of the National Junior League, went on to win the national final at Birmingham last weekend; and in the National Junior League Grand Prix final, held in parallel, Tim Abeyie and Scott Thompson finished first and second. Sadly, however, Belgrave have lost their place in the Southern Premier Division of the Young Athletes' League: in the young age-groups, of course, a high proportion of any team moves up into the next age-group each year, so that clubs' standards are volatile, and very vulnerable to any lapse in recruitment.

As always, there have been many outstanding individual achievements. To mention just two individual races: we have seen Dwain Chambers beat Maurice Green, and Chris Rawlinson has established a new world best performance in the, admittedly unusual, 300 metres hurdles event. Eight members of the Club have been selected to represent Great Britain in the Olympic Games that begin next week at Sydney, nearly a fifth of the men's athletics team: Sean Baldock, Darren Campbell, Ben Challenger, Dwain Chambers, Justin Chaston, Matt Douglas, Phillips Idowu and Chris Rawlinson; and Brendan Reilly has been picked for Ireland.

Let me end on a different and longer-term note. The Club's success also depends on Club members being willing to give up time and energy to the jobs that have to be done - the team managers, the coaches, the match officials, those who organise social events for everyone's enjoyment and to generate income, those who maintain this Hall, those who manage the Club itself, and those who help in other ways. We owe all of them our thanks. Without them the Club would not survive, let alone flourish, and without them and people like them in other clubs there would indeed be no organised athletics in this country. For some of these functions it would be an understatement to say that more help is needed.

*C.H. Henn, 14th September 2000.*



*The assembled dignitaries of Wandsworth Council join Belgravians, Track Staff, Surrey representatives and Tessa Sanderson on official opening day - 1st June 2000.*

# Back home again!

## The Millennium Arena, Battersea Park

Eric Hall reminds us of previous incarnations of our home track

Now that we have access once again to what has been the Club's track home, on and off, for many years some members have been recalling earlier times and other tracks on that site. One was even heard to remark of the brand new pristine surface that it would probably be all right once the cinders had been spread over it and it had been well churned up after a storm or two!

It seems possible that we first used a track in Battersea Park as long ago as 27th December 1921 for the traditional Boxing Day handicaps. In those days it was a cinder track of three laps to the mile in much the same area as the present one but going out towards the grass banking by the main road. Also in those days competitors were treated to the joy of running through the fumes belted out by Battersea Power Station if there was a down draught at the wrong time! Early in 1922 the Secretary was instructed to write to the London County Council to seek better training and changing facilities. Around the same time it was decided to use St John's Hall, Wimbledon, for winter training so this period can be seen as pivotal to our activities.

At a Committee Meeting on 2nd January 1923 it was reported that no action had been taken by the L.C.C. as to erecting dressing accommodation at Battersea Park and it was decided that the Hon. Secretary should endeavour to obtain further information on this matter. Two months later a letter was received from the L.C.C. noting that the track was now available for use & that the question of a dressing room was under consideration!

By April the changing accommodation had been settled as the Club was requesting that a notice board be allowed! Sounds familiar? In June 1923 Mr R.W. Ricketts suggested that the British Olympic Council be written to and requested to approach the London County Council to reserve the enclosure at the track in Battersea Park for field events and not to set up cricket pitches as then suggested. Nothing

further is recorded about this initiative. At the same meeting a letter from the L.C.C. granting permission to erect a marquee was read and action in this matter was left in the hands of a sub-committee and the decision was taken that the marquee should remain until the end of September.

Prior to the use of Battersea Park the Club had used the Price's Candle Co. sports ground at Earlsfield for a number of years and as this was a grass track the Committee noted that adjustments would have to be made to handicap marks as cinder tracks were faster.

Among those with early memories of the track was Past President the late Win Shepherd. She recalled being taken along by her father, Dick Savage, also a Past President. She also believed that her grandfather actually worked in the Park and came home with news of the creation of an athletic track. Among others who were familiar with the track from their early days are Arthur Penny and Bill Lucas.

At the outbreak of the Second World War Battersea was requisitioned and so the Club moved, in 1940, to Tooting Bec for the duration - and a little longer. Even this move did not break Win Shepherd's connection as her husband, Past President Dave Martin-Shepherd, was an active member of the Home Guard who manned an AA gun on the site!

By 1954 the Club was able to return but by now it was a standard track albeit of imperial measurement - that is four laps to the mile! Eventually even a hammer cage appeared after the threatened prosecution of a Club thrower for demonstrating his art without adequate protection of other users. Various refurbishments and conversions took place in the 1960s when it was made metric. Further improvements were made in 1983 when a Spurtan BS synthetic track was laid.

The old track was closed in May 1999 and we now have a new two storey pavilion, a covered stand alongside the home straight, electric timing and an upgraded, very soft, Polytan WS surfaced track consisting of 8 lanes. The total cost of over £2.6m was jointly funded by Wandsworth Council and a Lottery Sports Award. Now officially known as the Millennium Arena it was opened by Tessa Sanderson on 1st June. To many it will still be known as the Battersea Park Track.

As a final note there is no truth in the rumour that the Club demanded completed membership applications from the Red Devil team who helped in the launch of the Capital Cities Meeting - perhaps we ought to have done so as they looked a fairly useful group of high flyers! Sorry about that.



## No ordinary man ...

When one finds out that John Jeffery "only" became a Belgrave Harrier in 1992, January 20th to be precise, it seems quite impossible that this man, who is so much a part of every aspect of our Club, can have been with us for less than a decade. And of course it is impossible because in actual fact he has been a part of the Belgrave scene since 1963.

As a 19 year-old, John came to live south of the Thames for the first time to become a Metropolitan Police officer. He had been a member of Southgate A.C. in North London. Now, as a police officer in 'L' Division, he fell in with one of the hardest working group of middle-distance runners in the south-east, all of them police officers and forming part of a formidable track & field team - the Metropolitan Police A.A.C. Among them, Andy Norman was a 440 yards man who was turning his talents towards coaching and team management. John Backley (father of Steve, today's champion spearman) ran half-miles and Dave Prior was a redoubtable competitor over 1 mile and beyond.

John often trained at Battersea Park and it was not long before Tom Carter, with his own squad of runners working out at Battersea, approached him with a view to signing him up. John was interested but fully committed to the Metropolitan Police team. He promised Tom that "one day" he would.

The intervening years saw John blossom as a middle-distance runner. He became British Police Champion at 400m, 800m, 1500m and cross-country. He represented the Southern Counties and A.A.A. and set personal bests of 49.6 for 400m, 1:50.2 for 800m, 3:49.8 for 1500m, 49:50 for 10 miles - which he regards as probably his best ever run over any distance - and even ran a marathon, towards the end of his racing days, in 2:36. He remained close to our Club, always prepared to spend a bit of time with anyone looking for advice on running and training - and for a while entered into a role of official Belgrave coach at Battersea until, during lean times in the '70s, we found we had very few middle-distance track runners left who wanted coaching!

He had a fine athletic career by any standard but John was one of that rare breed who continued to pour his talent and experience into the sport when his own running days had passed. He became the Southern Counties Administrator, a post he held for six years. He took on roles as English and British Team Manager, travelling all over the globe. He coached; he judged; he organised. Was there any aspect of our sport not tackled by John.

True to his word, when his Metropolitan Police days were over, John became a Belgravian. As we have already learned he is not one

to do things by halves and becoming a Belgravian, for him, meant taking on responsibility. As Leo Coy, highly successful joint British League team manager, stepped aside to return to his native Ireland, John walked right into the breach. Leo and Bill Laws had taken our track & field team on a white-knuckle ride from Southern League to the very top of the British League. It would take no ordinary man to fill Leo's shoes - but John is far from ordinary. All we can say is that the combination of Bill and John is, today, one of the toughest partnerships in our sport and between them they have consolidated our position as Britain's top male track & field team.

We re-organised our club administration: John was in there giving support. He became a member of our Committee and one of our key men in "Public Relations & Sponsorship". From time to time as the governing bodies and administrators of our sport back themselves from one corner into another, John continues to be approached with offers of high ranking positions in Athletics but he has become an integral part of the Belgrave management team and continues to pack as much hard work for the Club into his days as is humanly possible.

Is there any surprise that we welcome John into the highest office in our Club - President of Belgrave Harriers.

ARM

## Members and guests celebrate at Annual Club Dinner

At the Annual Dinner Dance at the Preston Cross Hotel held on 25 November 2000 to celebrate the 113th year of the Club, around 130 members and their guests formally welcomed John Jeffery as the new President of Belgrave Harriers. Special Guests were Mark Sinclair of FILA UK - kit sponsors to Belgrave Harriers, Mike Winch - representing the AAA of England, and John Thresher - until very recently the Chief Executive of Athletics Canada and a Belgrave Harrier himself since 1957. Among other notables present was 92 year-old Arthur Penny - 1934 Empire Games 6 miles Champion. Toastmaster was Past President and 1948 Olympic representative Bill Lucas, DFC and the function was organised by yet another Past President, Ted Pallant.

The Club's major individual trophy winners were announced. The "Tommy Green" Cup for the best performance by a male Belgravian during the preceding year went to Darren Campbell for his run in the Olympic 200 metres final where he won the Silver Medal. The "Centenary" Cup, the equivalent award for women went to Helen Alsop née Maskrey who led the Belgrave team to the bronze medals in the AAA Marathon, held in conjunction with the 2000 London Marathon. Nineteen year-old Scot Thompson was presented with the "Bill Merryman" Trophy for the Young Belgravian of the Year. Discus thrower Scot had played a huge role in the Club's successful campaign to win the National Junior League during the past summer.

The Dinner gives the chance for many Belgravians to renew old friendships and a great many of the Club's outstanding distance runners from the 1960s were present: Gerry North (National Cross Country Champion), Geoff North (AAA 3 miles Champion), Tony Fairclough, Lionel Mann, Alan Black - and of course John Thresher himself who ran an outstanding 13:49.0 for 5,000 metres as long ago as 1965 - on "cinders".

*Belgrave Dinner Dance 2001*

*Saturday, 17th November*

*Preston Cross Hotel, Bookham*

*7pm*

*£28.50*

*More information from Ted Pallant 01483 870879*

## Club Kit

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Ted Pallant, 83 Northwood Avenue, Knaphill, Woking, Surrey  
GU21 2ES. Telephone and Fax 01483 870879  
Add £1.00 for post and packing except for tracksuits and  
umbrellas (ask for P&P price).

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finds  
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with a  
special  
club tie  
and a  
whole  
range of  
new lines  
of club kit  
to sell*



Mavis Hall

## Rex Bale

Rex Bale Has been a Belgravian for 24 years, since 19th July 1976.

We are always so pleased to find someone who will turn up at an athletics meeting to help but Rex does far more than that - when he attends he takes responsibility for whatever needs to be done. He is respected throughout Surrey as a Field Event Judge and is often called upon to be Field Referee.

Come to any of our home matches and the odds are that Rex will have been there since half past ten or eleven o'clock, sweeping the long jump runways, shifting the sand forward in the pits and calibrating the high jump and pole vault stands. Athletes start arriving from noon onwards and then it's a case of weighing in the throwing implements before the competitions start. Actual judging follows, together with the checking and signing of results cards. At the end of the meeting as competitors drift off home, some seven hours since his tour of duty started, Rex will still be there collecting up the equipment that has been left all over the arena and for which he signed earlier. He is one of that most valuable band that are prepared to travel to away fixtures on our behalf - women's fixtures, men's or youngsters'; Birmingham, Southend, wherever necessary to help the Club fulfil its obligations.

It doesn't stop at officiating either, for Rex is Minutes Secretary for our main Committee. We deal with so much business these days that it is imperative that the records of our meetings are correctly documented and Rex does this admirably. He also acts as our Press Officer for Winter events and is our man at Battersea, very much involved in keeping an eye on what is going on there; he played a vital role as the track was recently being developed.

Like many another who does a fine job no matter what he turns his hand to, Rex is in demand outside our own club and he is Officials Secretary for Veterans A.C. All this and he still enjoys his running.

## Tony Fairclough

Tony joined Belgrave in 1959 as one of 'Tom's lads' a group coached by the late Tom Carter and Bob Taylor, which included Jackie Hampshire, Dave Cocks, Alan Morrison, Alan Mead and Chris Steer. He first appeared for the Club in the Belgrave Youths road relay in 1959 and went on to a most successful career at Club and County level. His athletic achievements include:-

- 14th in the Surrey Youths' Cross Country, 1961.
- Gaining a Surrey Vest and placing 16th in the Junior Inter-Counties of 1963.
- Setting a New Club record on Stage 6 of the London-Brighton Relay, 1963 (record still stands today!)
- 4th in the Surrey Junior Cross Country, 1964.
- 3rd in the Southern Junior Cross Country, 1964.
- 5th in the National Junior Cross Country, 1964.
- 19th in the National Junior Inter-Counties Cross Country, 1964.
- Being ranked 7th overall in the National Junior Cross Country rankings and gaining an ECCU Vest.
- 36th in the National Senior Cross Country, 1967, and being awarded a Club Honours Badge.
- Becoming a regular member of Surrey CC and Belgrave London-Brighton Relay teams.
- Winning Club Championships at Junior 5 miles CC, Senior 6 miles track, 10 miles CC and 5.75 miles Road Race.

Tony was a Team Managers delight; uncomplicated, reliable and always giving 100% effort. His quiet and unassuming disposition belied the tenacity he applied to his running.

When his competitive career drew to a close, Tony took to officiating, becoming a Grade IV Track Judge in 1990. He has now 'risen through the ranks' to become a highly respected Grade II official. He attends most of our 'home' meetings at Battersea alongside his wife Gillian who is a Grade II Field Events Judge, but does not confine his activities only to the track. During the winter season he appears at cross country and road fixtures, not only for Belgrave but also for County and SEAA events.

Although living at Gillingham in Kent, Tony has been a most loyal Club member over the years and a great ambassador, not only for our Club but for our sport in general.

## Don E. Brown 1911-2000

We have learned recently of the death of Don Brown in February last. Don E. Brown is noted as a new member in the August/September 1931 issue of the Belgravian. He was one of a batch of notables to whom a welcome was extended at that time. Others were A.G. Bruce; A.E. Taylor; H.W. Shields and the Churcher brothers, Charlie and Harry. Don's name was linked with the latter in race results in the late 1930s. Just turned 20 when he joined us, he soon became a force to be reckoned with in the shorter distance walks. The next issue of the magazine noted that "D.E. Brown impressed in his first race as likely to do very well in the future". He finished 22nd in the Opening 5 mile event of the 1931/32 season with the Churcher brothers among those in front of him. He maintained steady progress throughout the next few seasons in the various Open 7s. moving out to 10 miles he was 6th in the RWA "Junior" in 1933 and was second member of the team led home by Harry Churcher and completed by Alf Harley.

In 1934 Don was third in the AAA's two mile track walk in 13 mins 58 secs., the fastest time then by a Belgravian. Elected Road Captain at the next AGM - no mean feat for one so young - he led by example in both inter-club and Open events and gained his Surrey colours. The next year he improved to second place in the AAA's two miles behind the great A. A. Cooper in the "amazingly fast time of 13 mins 53.8 secs." Two years later Don was third - behind Cooper yet gain. At that time it was said that Cooper was the bane of every track walker and both Harry Churcher and Don had to give him best on a number of occasions despite recording quite exceptional times.

A quieter time followed in the years up to the outbreak of War but even so he finished 13th in the Belgrave Open 7 which indicates that he had great natural ability and although he was only in the "C" team that day they beat the "A" team to take the scratch prizes! He was also noted as a possible for the 1940 Olympic Games. As with so many other races those Games did not take place and the events of September 1939 blighted the careers of many members, Don included. He wrote in 1944 to say that despite a posting in the Sussex Weald he was unable to train.

Post war Don became a highly respected walking judge, a familiar figure at all major races and in the years from 1956 to 1960 he was a frequent visitor to Battersea Park where he did much to assist Stan Vickers and myself in our careers. Don took lap times but made it a rule never to disclose them until the end of the evening. Encouragement was given in a quiet, calm, gentlemanly, manner which he always seemed to apply in any situation. In my mind's eye I still see him at the 200 metre mark advising us when necessary but ever mindful that we had our own views on training and racing programmes. He was a man to be listened to and we appreciated his opinions. He also played an active part in pacing us round Wimbledon Common by cycling at a steady 8 mph with Stan on one side of the rear of the bike and me on the other for 12 miles a session. If you think that sounds easy just try it sometime!

With his concentration on style, of which I am told he was a great exponent, he presented the Club with a silver salver to be awarded annually to the best stylist in the Club 2 mile championship. No one was more delighted than Don when Stan Vickers achieved such great heights in so many races culminating in the bronze medal in the Rome Olympics 1960. A great Belgravian who was walking at the "wrong" time, so far as the standard of competition is concerned, he nevertheless gave of his best whether as a competitor, judge, advisor or friend.

EWH

The caption that goes with this photograph in our archives reads: "Walk Match at Battersea circa 1938. Starters include H.G. Churcher, C.E.Churcher, D.E. Brown, A.A.Harley, F. Jarvis, C.W.Redgrave." Our first stab at actually naming the faces came up with Don Brown (1), Harry Churcher (7), Charlie Churcher (23), C.W. Redgrave (24) and Alf Harley (behind Brown). However, as others have become involved and have cast their eyes over the picture, we are now not at all sure of anyone except Alf Harley. For instance, we are told that Charlie Churcher did not wear glasses and the chap next to Harry, second from the left, may be Jack Rutland if any reader can help us with more specific details of the race then we would be very pleased to hear from them.



## Win Shepherd 1925-2000

Win Shepherd, who died on Sunday 27th August in her 75th year, was the first ever Lady President of Belgrave Harriers, being awarded that honour for the year 1990-91. She had been associated with the club since a toddler. Her father, Dick Savage, had been President in 1944-46 and her late husband Dave Shepherd was also President in 1962-63.

Win became interested in Race Walking at the age of fifteen but as there was no ladies section of the club in those days she became a member of London Olympiads. Win was "Olympiads" club champion on three occasions, Surrey champion for three years and while representing her county in the Inter-Counties won and was placed second four times. Twice she was a member of the champion National Road Walk team. In later years she was also a respected member of another top South London club, Selsonia Ladies A.C.

With her mother, Win organised the refreshments at Belgrave Hall for some nine years and when a ladies section was formed in 1976 she immediately became a full member and the club's first Ladies Secretary. She had been an honorary member for many years beforehand.

Win assisted in the running of all sorts of athletics meetings from youngsters' Thameside Leagues to County Championships, generally working on the results or organising the presentation of trophies. She always had a word of encouragement for the athletes and they in turn respected her as someone who had spent her whole life involved in the sport we love.

Our condolences go to Win's brother Richard, a staunch Belgrave Harrier himself.

ARM

## Frank Jarvis (1907-2000)

It is with much sadness that we have to announce the death from pneumonia of Frank Jarvis aged 93, following a short spell in hospital.

Frank, our oldest member, beating Arthur Penny by just a few months, was born in Hounslow on 12 March 1907, the eldest of three brothers. His father, a regular Grenadier Guardsman, was killed in action in the 1914 War and because of this Frank was unable to complete his education, having to leave school at an early age in order to help support his family. This is hard to reconcile to the man we came to know in later life who was literate, well read and knowledgeable about most things and in fact was said to have inherited a silver tongue from his mother, although he claimed it came from kissing the blarney stone.

In 1921 Frank nearly became a member of Thames Valley Harriers when invited by that club to join them after a promising showing in a schoolboy cross-country race. But Frank was already involved in the Scouting movement and not ready to participate in another pastime. In years to come he was to play a part in the formation of the Rover Scouts.

In 1928 he joined the Metropolitan Police and for 10 years served with 'C' Division at Vine Street station in London's West End. He then transferred to the information Room at New Scotland Yard, where he served throughout the war and until he retired in 1959.

On leaving the Police he joined the Aliens Department of the Home Office. With his usual enthusiasm and efficiency he became a noted authority on immigration law, much in demand by the courts from whom he received an official letter of commendation for his work in this field.

On joining the Police he soon became a member of the M.P.A.A. cross country team and was also a keen boxer. He took up training with the road walkers of Belgrave Harriers to develop his stamina, joining us in 1935. His interest in this new event became so strong that he soon gave up running and boxing.

He was a tremendous team man. On one occasion he met with an accident at the 20 mile point in a 25 mile race, resulting in a badly cut foot. His team mates were well placed and rather than drop out and let them down, he kept going to close in the team and help them to third place.

A regular competitor in the Police Barking to Southend (36 miles)

road race there are two incidents associated with it that Frank always recalled. He claimed to be the only competitor in the history of the race to be pulled out for 'lifting' and the other was on a hot day when a well wisher threw a bucket of cold water over him. Unfortunately his shoes dried out like iron, and he had to be brought home in an ambulance and was off work for two weeks.

In 1955 he entered the London to Brighton and back (100 miles), successfully completing the course in 24 hours to become a Centurion.

1958 saw him become Hon. Secretary of the RWA Southern Area, a post he held for many years, he also became Belgrave's Assistant Hon Secretary, Walking Secretary, and Surrey County's Walking Team Manager. On retiring from active competition he served as an official at many events and travelled abroad as a team manager.

Frank always claimed that one of his proudest moments came in 1966, when he was elected President of Belgrave. Looking back we can now see that Frank's Presidency came at one of those pivotal moments in our club. When he became President Belgrave had seen no track or field success to speak of for very many years. This was a period just before the formation of the leagues that we are now used to. "I feel convinced," he said, "that if the Club was to win ONE trophy, this victory would lead to others."

His club duly rose to the task and during his term of office was victorious in the 'Jack Lewis Trophy', the Club's first major win for 11 years. Within weeks they won another even more prestigious event, the 'HG. Brockman Trophy'. The road to the success that we see today had been started out upon.

In 1974 Frank was made president of the Road Walking Association and in 1974 President of Surrey County AA.

From his first marriage in 1928 Frank had a son Paul and a daughter, Ann. Unfortunately this marriage was dissolved after 19 years, a victim of the war.

He then married Hilda a charming lady who sadly died suddenly, again after 19 years of wedlock.

It was then some 20 odd years ago that he married Val, with whom he spent the remaining years of his life; they were a devoted and loving couple.

To Val, Paul and Ann we send our deepest condolences.

GIB & ARM

Photo from Tony Brooks' collection



Left: Part of the Belgrave T&F Team of '67 pose with President Frank Jarvis at the end of a successful season.

Back row: Brian King (throws), Chris Keavey (middle distance), Bill Couzens (throws), Don McLean (middle-distance and steeplechase), Frank Jarvis, Nick Head (javelin), Bob Taylor (Team Manager), Bill Dance (middle distance), Adrian Major (middle distance), Alan Black (middle-distance and steeplechase).  
Front: John Mitchell (long jump and sprints), Phil Smith (sprints), John Martin (throws), Tony Brooks (440/880), Alan Mead (440/880).

W.E. "Bill" Kerr 1932 - 2000

Sadly we have to announce the death of Bill Kerr on the 15th December 2000, from a sudden heart attack, aged 68 years. Bill was born in the Springburn area of Glasgow where his father was a Shipwright. In his early years he did very well at school where he was known as a 'bit of a whiz kid' for his general knowledge. Following his school years he became an apprentice on the railway, but this career was cut short following an accident when the wheel of a steam engine dropped onto his hand, leaving him with the loss of mobility in some of his fingers for the rest of his life. In Scotland Bill ran for Victoria Park A.A.C, and later on the Anglo Scottish Athletic Club.

However, seeking pastures new, it was in the early 1960s that Bill came south and burst upon the Belgrave scene, going on to carve himself a lifelong niche in the hearts of many of his team mates and training partners of that time.

He was a great acquisition to the Club when we badly needed one.

It is most significant that since hearing of his untimely death, the underlying memory that many of his contemporaries recall was that he was such a likeable, indeed loveable fellow. One who will always be remembered for his singular sense of humour and that mischievous look in his eyes when he related a story.

Perhaps Bill's style and character, as well as his athletic ability, can best be illustrated by recalling the following anecdotes relayed to me by Clive Shippen on hearing the sad news. Clive writes:-

*"I well remember going to Belgrave Hall in March 1961 for the 'five and three-quarters' road trial - a big race in those days as, generally, the first 12 were selected to carry our colours in the prestigious London to Brighton Relay which was sponsored by the News of the World.*

*An unfamiliar face was amongst the usual crowd of nervous runners. He had been brought along by Charlie Walker and was introduced to me as Bill Kerr, a Scotsman. Straight away he struck me as being an affable fellow with a sense of humour already apparent, and he was given permission to compete as a guest.*

*He was a relaxed runner with a long loping stride and he floated along just behind the leaders for most of the race. When he was sure of his way to the finish he eased ahead for a very surprising win. As you can imagine, he had a membership form in his hand before he had barely recovered his breath!*

*Bill was selected for the long stage 9 of the National April 1961 race. He was not familiar with the race logistics so when the Stage 9 coach dropped off it's 20 competitors and then drove straight on to the end of the stage Bill realised that his nice new Belgrave vest, complete with attached numbers, had gone with it!*

*I well remember a very agitated Jimmy Green (Editor of Athletics Weekly) running up to me saying 'There's an unknown runner up ahead running in an un-numbered white vest. He took over from Jack Brown so he must be one of your's. Who the hell is he? I can't recognise him. You realise he is likely to get you disqualified'. My heart sank. Somehow we managed to get ahead of the race and notify the judges of Bill's name and number. We were not penalised, and it was an auspicious start for Bill's career with Belgrave.*

*Bill's best London to Brighton run was in the National event of April 1962 when he recorded 6th fastest time on the long stage 9 with only Kilby, Bullivant, Craig, Freary and Tulloh (all internationals) being faster. What is more he achieved that back in 14th place - one of our bad years.*

*Bill was very easy going. Nothing rattled him. Perhaps he was too easy going. His sense of humour endeared him to all. On training runs he had a habit of plucking leaves from trees and singing little ditties; alright on training runs, but very occasionally he would do so in races - very disconcerting to the other competitors!*

*His laid-back, easy going manner did sometimes produce anxiety in team managers. The team for the South of Thames Senior at Maidenhead in 1962 met at Paddington Station. With just 15 minutes to go before departure Bill ambled up saying, 'I'm starving, I must get something to eat'. No sign of nerves there! I suggested that he grab a sandwich to eat on the train. With 4 minutes to departure he had still not arrived at the carriage so I rushed to the station buffet fearing there must have been a mishap of some sort. Bill was casually cleaning*



Bill Kerr (A13) hands over to Charlie Dabbs at the end of the ninth stage of the 1965 National London to Brighton Relay.

*up a plate of pie and chips! He looked up at me with that mischievous smile and said 'What's the fuss?' "*

Bill gained a AAA vest in 1962 and went on to become a Middlesex track champion

Professionally Bill worked, in turn, for the Civil Service; the Anglo Iranian Oil Company as a Project Clerk, and in latter years as a Processing Clerk for BT. Among his interests can be listed cooking, gardening a love of the music of Peggy Lee and Frank Sinatra and, when away from athletics, hockey.

In 1970 he met Eileen. They were married in 1971, setting up home first in Streatham then Sittingbourne, Kent, before settling down in Caterham where son Fraser was born in 1978.

In 1963 Bill ran in the Scottish National cross country championships and gained his International Vest by finishing 6th. However after the race was over he heard one of his friends bemoaning his fate at having "missed out again" by finishing 7th. Whereupon Bill calmly said, "that's OK you can have my place," and gave up his Vest in favour of his friend.

Such was the character of the man we will affectionately remember as Bill Kerr

To Eileen, and Fraser, (now studying physics at Oxford University) we extend our deepest condolences

Gordon Biscoe

Bill's best track performances

- 1961 - 1m 4:12.8; 3km 8:21.4; 2m 8:55.0; 3m 14:04.2.
- 1962 - 1m 4:11.8; 2m 9:07.6; 6m 29:19.4.
- 1963 - 1m 4:11.6; 3km 8:05.4; 2m 8:44.6; 3m 13:46.8; 6m 29:14.2.
- 1964 - 2m 9:01.6. 3m 13:59.2.
- 1965 - 1m 4:12.8; 2m 8:53.6; 3m 13:56.8.
- 1966 - 2m 9:17.0; 5km 14:50.0.
- 1967 - 1m 4:23.8; 2m 9:03.4; 3m 14:25.8.
- 1968 - 1m 4:14.6; 2m 9:01.6; 3m 13:55.8; 6m 31:20.

## J.E.C. Rutland

Since the last issue we have heard of the death of a former member Jack Rutland.

Jack joined us in the early 1930s as a walker and soon made his mark over the shorter distances. He was a member of our National "Junior" winning team in 1936 and put up a number of noteworthy times before the war. War service in the army, mainly in Wales found him linking with fellow Belgravian Percy Wright to foster the sport.

He placed 2nd to Harry Churcher in the inaugural National 10 miles championship in 1947 and was named as an Olympic "possible". Work however intervened and due to a loss of form he was not selected for the 1948 Games although a member of our National winning team that year. He remained a stalwart for a few years putting up good times over all distances until 1952 when pressures from work and family commitments intervened.

## G.F. Lucas

Another former member who passed away recently was G.F. Lucas. Born in 1914, George joined the Club during war time in August 1943 and was also a member of Gravesend AC. In 1945 he resigned from the Kent Club and ran in Belgrave colours in various events. Possibly his best year was 1948 when he placed 3rd in our 7 miles Cross Country Championship for the "Blackstaffe Shield" behind Len Herbert and Ted Stimpson. He was second man home in our five and three-quarter mile road race in the same year.

## It's a small world on the wide web

Coincidence is a marvellous thing, writes Eric Hall. "Having searched for many years for another copy of a book lent to a 'friend', and not returned, the final resort was to try the 'web'. For those who forecast that the internet will replace book publishing in due course this may seem an odd way of doing things but this time it was a success on two grounds.

The main site for such items was found to be in the US (where else?) and after a very brief search a copy of the long lost volume was located at a reasonable price - not in the US but in New Zealand. Having searched most of the secondhand shops in those islands only a year or so ago this seemed strange but what was to follow was even stranger.

The transaction was done and in a few days the book arrived in deepest Essex. Being so grateful to have found a copy after so long I decided to e-mail the sender with my heartfelt thanks. As the book was about walking training I told him of my connection with the sport and of the fact that I knew the late Norman Read the 1956 gold medallist. Back came a reply to the effect that the dealer in NZ did a bit of jogging now but had run in the UK back in the mid '70s. He said that it was a small world and added that he belonged to a club over here by the name of Belgrave Harriers! My reply was to the effect that he had no idea just how small a world it really was and as his shop was in Christchurch it might be that he knew of Paul or Peter Coughlan. Back came a reply to say that not only did he know the two gentlemen but that he had seen Peter that very afternoon and he sent his regards to all those he met this last year. In addition the book seller, Glenn Hazard, sent his regards to those who remember him and his epic run in the London to Brighton road run back in the mid seventies."

A long time British expatriate sat in his Virginia, USA, home watching TV. Some 30 years previously he had joined the British Army, serving for nine years. Home after that had been, at various times, Perth (Australia), the Middle East (Oman), Malaysia, Paris, the Caribbean, but eventually he settled down in Berryville, Virginia, in the Shenandoah Valley near the Blue Mountains. He runs his own telecommunications company and still travels the world on business but here he was sitting at home watching athletics on American TV when the commentator mentioned that one of the athletes in shot competed for Belgrave Harriers in the UK. Turning to his wife, he mentioned that he too had run for that club as a young man. Memories stirred and it was but a short step from there to switching on the

computer and surfing the net to see if the club had a web-site. And there it was ... news ... pictures ... and quite a few names among the contact names that he remembered from earlier days. E-mails followed and before long, on his next trip through the UK, Tony Brooks our one time track & field captain turned up to watch a cross country match and visit Belgrave Hall. It was great to see him and there is even talk about a possible retirement to live in the UK in a few years time. Tony supplied the team photograph that appears on page 9 of this magazine.

Aussie John Dawson picked us up from Tokyo where he is now living and working. He ran with us while still a Junior in the mid-1990s. John went on to clock 1:50 for 800 metres and 48.1 when he returned to Australia. He has struggled with injuries for the past three years but has also qualified as a coach. "I fondly remember my times at Belgrave," he says, "and hope that one day I'll be able to return to England to compete again in claret and gold." John sends his best wishes to all and looks forward to returning to London one day.

Frazer Hazlett has also got in touch. Frazer worked hard to get into our British League team but was another who had a few injury problems. He has turned to Triathlon where he is doing very well - and now lives in Southern California.

Harold Hutchinson competed for the Club in 1936-38 in the sprint hurdles and pole vault. Harold's granddaughter got in touch with us when they found our web-site and now Harold is the proud owner of a club tie that brings him back many memories.

Michael Peacock has e-mailed us from South Africa. He recently ran 49.37 for 400 metres in a pre-season meeting and is hoping to do well in his forthcoming season. He sends his regards to coach Bob Bridges and his old training group, especially Nick Molloy, Dotun Akinbogun, Richard David, Richard Mcmillan, Joe Panton and James Hilston; also to John Jeffrey, Mike Small, Patricia and Alan Mead and of course his good friend Past President Ted Pallant. Accounting studies will keep him busy for the next couple of years but he hopes to return to the UK and wear a Belgrave vest again.

Finally we received communication from a gentleman researching his family history. His grandfather and great-grandfather had both been Belgrave Harriers and he had found us on the web: "Did we have any information regarding them?" Did we! Great-grandfather was Edwin Gordon, Past President and one time Mayor of New Malden; his Great Aunt was Elsie, who is remembered in the name of one of our trophies - the *Elsie Cup*. Not only did we know about them, of course, but it transpired that our enquirer was still in touch with one of his relations - Douglas Gordon. Douglas was a school friend of our Editor and the two of them joined Belgrave Harriers as 14 year-olds very many moons ago ... Yes, it is indeed a small world!

**[www.belgraveharriers.com](http://www.belgraveharriers.com)**

## *Prolific Marathoner*

There must be quite a few members who remember Chris Fairfield, one of our runners back in the '60s. Chris joined us in 1958 but eventually moved to Stalybridge in Cheshire. All this time he has kept up his Belgrave membership although he now, at the age of 62, runs first claim for East Cheshire Harriers.

In his time he has clocked up an amazing 127 marathons including 18 Londons and 12 New Yorks and has raised over £70,000 for various charities over the last 15 years.

Chris doesn't just stick at marathons either. In February 1998 he trekked to the foothills of Everest for Whizz-Kidz, a charity dedicated to helping provide disabled youngsters with wheelchairs.

Last summer Chris competed in the 20 stage Welsh Castles Relay. He was due to run the 18th stage but got stuck in traffic and eventually arrived for his stint 5 minutes late. Nevertheless he set out on the 9.1 mile leg and worked his way through to finish 40th.

## *Sidetracks . . .*

Clive Shippen writes regarding a couple of items in the last Belgravian: "I could hardly believe that Mark would feature in a '25 Years Ago' item. That really makes me feel old!

Regarding 'Footnotes', Reebok only really came to the fore after taking over Foster's of Bolton. Foster's had superseded Law's as the foremost made-to-measure shoemaker in England when Sandy Law declined to compromise his principles by getting involved with what he regarded as the poor quality footwear of Adidas and Puma. Peter Driver was Foster's unofficial representative at one time. Foster did a mail-order service to foot outlines and I well remember giving him my own specification for a thick sandwich sole. This was to off-set the blood blisters I acquired on the soles of my feet during road relays. They worked! But unfortunately they also reduced traction; as I found to my cost in a London-Brighton Relay. Thereafter I wore Foster's ultra-light shoes and accepted the blisters!"

It's good to see Maureen and Brian Pritchard attending our functions. Recently Master Thomas Pritchard (born 11/05/1999) was signed up, making him a fourth generation Belgravian. That's got to be a record. Thomas is son of Simon, grandson of Brian and great-grandson of the late Thomas Pritchard who joined 10th June 1924.

And talking of new arrivals - congratulations to Jane and Charles Herrington on the safe arrival of baby daughter Hannah May, born on Thursday 12th October and weighing in at 6lbs 10ozs. We missed Charles at the opening Surrey League race at Brockwell Park but sometimes other things just have to take precedence.

Gordon Doubleday wrote recently and recalled an incident that occurred to a group of Bels: During the mid 1930s a small group of Belgravians decided to spend the Easter holiday walking on the South Downs, staying at those new-fangled havens the Youth Hostels. They started on the Friday with a slog up to the crest of the Downs. Suddenly, in their path was a glider and walking from it came a suitably clad pilot. He approached our lads and said, "Can you chaps run?" He wanted some people to grab the ropes attached to his machine and run, dragging the glider until airborne. Our lads duly complied and, at a signal from the pilot, sprinted along the springy downland turf. He was soon airborne and our lads continued their walk westwards towards Lewes. They paused to take a look skywards. The glider was now well aloft and the pilot gave them a wave of thanks. Could those chaps run? Like Hell they could - and did!

And what of the antics of today's lads. With our running Captain Roger Alsop due to marry Helen Maskrey, our Skipper decided to hold his stag celebrations over the weekend of the Surrey Road Relay which became the first event in the most confusing and violently contested multi-event competition that the participants had ever entered into. Apart from the normal over-indulgences, Go Kart racing resulted in a most spectacular crash involving Bruce Barton and his Cross Country Team Manager (poor Bruce was unable to run for weeks) while the exploits on the golf course saw a Belgravian on an adjacent fairway struck on the rump by a Belgrave impelled ball while all around rolled about helplessly with laughter. Charlie Dickinson was victor ludorum while Roger received the contents of a bucket of cold water at the last watering hole of the day. Helen and Roger were duly wed on October 6th at the Registry Office in Morden with the reception held at a recently decorated and immaculate Hall in Denmark Rd., SW19. Needless to say many Belgravians were there to wish them well.

Congratulations to Steve Clarke who has married Kerrie. Kerrie is a Shaftesbury Barnet Harrier but we won't hold that against her. The Clarkes honeymooned in Sydney and had planned things well, taking in Steve Redgrave's gold medal winning effort in the rowing and plenty of Belgrave action in the main Stadium. On one of the Manly ferries across the harbour a fellow traveller commented on Steve's Belgrave track top: "I used to compete for Belgrave Harriers." It turned out to be Graham Seatter who sends his regards to all who remember him.

Our Hon. Treasurer Dave McMillan and Paula Lively were wed in the Oxfordshire village of Marston on 24th June. Bruce Barton and

Amanda married in Shepperton on 15th July and honeymooned in the USA and the Bahamas, while Nikki Haines, key member of our medal winning London Marathon squad last Spring, married Graeme Neal in Alderney on 27th December. George Flanagan married Anne. Our very best wishes go to all of them.

Tony Stone recently had a fall while running on the Common, resulting in a broken bone in his foot and a four day spell in hospital. He is now hobbling about on crutches but it didn't stop him from getting up to Belgrave Hall on the day of our home men's Surrey League race. He now has a plate in his foot but no doubt we'll see him back jogging before too long.

Also in the wars a little while back was Dennis Jones. At Wimbledon Station while heading for the Hall he was badly bitten on the hand by a dog. While medical assistance was called for Dennis was quite adamant: "It wasn't the dog's fault. I startled it".

We are sorry to report that our old comrade Dave McMullen is now incapacitated and in a nursing home. For those of his club-mates who would like to write to Dave, or maybe call in and see him, the address is Bridge House, 280-282 London Road, Wallington.

John Powell is not one to stay idle. Having retired as Team Manager of our most successful ever Junior T&F team he has taken on posts as Secretary to the AAA of England (T&F) and British and English Junior Indoor Team Manager. He continues to provide administrative backup to our Young Athletes' Section and is now putting the finishing touches to our Child Protection Policy. And of course he continues to coach some of the best young sprinters in the country.

Derek Jones celebrates 25 years of association with our Women's Southern League this summer. During that time he has been Women's Secretary, Team Manager, Coach, Field Event Judge and is currently the Division Three Administrator. Well done Derek.

There is plenty of talent in the Lambert family. Not only have the Lambert boys featured in all of our young athletes' teams with father Jon as Team Manager, but there is artistic talent as well. 18 year-old Alex has designed an eye-catching poster and brochure which is being used in schools across South London in our 2001 recruitment drive.

Visiting Lichfield en route to the National 6 stage relay one of our avid collectors of athletic memorabilia found a secondhand bookshop and bought a programme for the Birchfield Harriers Diamond Jubilee meeting, incorporating the Waddilove meeting, dated 24 July 1937.

Belgrave entries for that meeting included E Gray (100 yds) T D Wiley (100 yds) reserves F W Pritchard and S C Botwright.

440 yds D G Michael, H E Pack, reserves T H Scrimshaw & A A Bird. 880 yds L W Herbert, A A Bird reserves T H Scrimshaw, W E Lucas, F H C White.

2 Mile Scratch team L J Cohen, J Parker, A W Penny, C T Carter, D Patience, J Ginty, E S Stimpson, H W Shields.

1 Mile Relay inter Club (880+440+220+220): E Gray, T D Wiley, S C Botwright, F W Pritchard, H E Pack, R G Michael, T H Scrimshaw, A A Bird, L W Herbert, F H C White, F R Webb, W E Lucas.

According to the Belgravian (August 1937) "we sent a team to Birmingham to compete in the Waddilove Trophy track competition for the first time. Birchfield Harriers have been anxious for years that we should participate, and at our first attempt we were glad to become joint holders, with the London A C of the handsome trophy. We were successful in winning the Two Mile team race through the efforts of A W Penny, L J Cohen and E S Stimpson; and took second place in the Relay (won by Birchfield), our team being A A Bird, R G Michael, S C Botwright and E Gray. In addition Bird ran wonderfully well to finish second to J V Powell, beaten by a yard and a half in 1 min. 57 3/5 seconds. E Gray was placed third in the 100 yds.

Final scores were Belgrave H and L A C 12 points each; Birchfield H., 10 pts; the holders, Achilles, scoring 1 point only.

All our runners did very well, and we returned feeling well satisfied with our first visit to Perry Bar."

# How an Englishman influenced the birth of the Modern Olympic Games



Dr. William Penny Brookes  
1809-1895

This year all thoughts were on Sydney the venue for the Olympic Games but we wonder how many have an idea of where and how this fairly modern reintroduction of a Greek concept came about. Ask most people with an interest in sport about the origins and you might hear about Athens, Dorando Pietri, perhaps Baron de Coubertin but you would be unlikely to hear about Much Wenlock.

A sleepy little town in Shropshire not far from Ironbridge, the birthplace of the Industrial Revolution, seems a far cry from anything to do with the movement based in Lausanne, Switzerland. There are other places with a claim to fame as having held "Olympic" type games down the years but none have as much right to claim to be the forerunners of the series of events which culminated in the celebrations in Sydney in September. If you doubt the truth of this you have only to visit the town and walk the Olympic Trail to the Linden Fields where you will find trees to celebrate the Baron's visit in 1890. The reason for the visit was his anxiety to seek out Doctor William Penny Brookes who had been instrumental in founding the Wenlock Olympian Class in 1850. The objective was to "improve the moral, physical and intellectual improvement of the Town and neighbourhood of Wenlock".

The first Games, held in 1850, were a mixture of athletics and traditional country sports, including fun games. Some events were

open to all comers and competitors travelled from a wide area including London. Within a few years Penny Brookes was in contact with Greece and sent £10 to the winner of an event in the Olympian Games in Athens in 1859. These Games survived in various forms for a few years and Penny Brookes kept in touch with the Greeks and to mark Queen Victoria's jubilee in 1887 the Greek King forwarded an inscribed cup for presentation at the National Olympian Games in Shrewsbury. This brought about a meeting between Penny Brookes and the Greek Charge d'Affaire in London which was cultivated with the hope that some form of International Festival, to be held in Athens, would come about. Unfortunately the Greek government of the day declined.

Brookes was not downcast and set about writing to people such as Gladstone, the Prime Minister, and other notables, to advise on the need for physical education in schools - sport for all you might say. In 1889 Baron Coubertin, organiser of an International Congress on Physical Education, appealed for information through the English newspapers. Brookes responded and so impressed the Baron that the latter travelled to Wenlock in 1890. A meeting was arranged in his honour and the young Baron, then aged 27, referred to his host's efforts to revive the Olympics in an article in "La Revue Athletique," "If the Olympic Games that Modern Greece has not been able to revive still survives today, it is due, not to a Greek, but to Dr W P Brookes".

Unfortunately Brookes died in 1895 just 4 months before the Athens Games of 1896 were held. The Wenlock sports survived in some form or other, apart from during the two world wars, and this year celebrated the 150th anniversary. In the intervening years they have celebrated and honoured particular events and people. In 1980 a special festival was held to mark the centenary of the founding of the AAAs in 1880; in 1986 its own 100th Games were attended by members of the BOA and the grand nephew of Baron Coubertin. In 1990 the Guest of Honour was the President of the BOA, H.R.H. The Princess Royal. Four years later the President of the I.O.C. Juan Samaranch attended. In 1995 the Olympic Flame rested in the town overnight en route to Bath for the opening of the European Youth Olympics.

There is also a close association between The Olympians, an association open to all competitors in the Olympic Games, who held a meeting in the town in 1995 and returned again this year to mark the 150th anniversary of the birth of Penny Brookes' infant.

If you are ever in that part of the country make time to call in to see the memorabilia housed in the Museum and Guildhall as well as the lovely old buildings in a picturesque town which hides its light under a bushel to some extent.

EWH

## Welcome

To the following new members who have joined us since the last issue of The Belgravian was published. If you need any help or advice please don't hesitate to get in touch with your Team Manager or any other official listed in your fixture card.

Leon Adamah	Kirsty Burns	Carly Everett	Danielea Lewis	Amalachuwa Onuora	Nicole Smallwood
Tolu Adefuye	Malachi Byansi	Erica Fogg	Anna Linaker	Harriet Oriba	James Smith
Esther Ajie	Zara Cameron	Vicki Goodwin	David Lucas	John Osazuwa	Paul Smoothery
Stuart Ansell	Lloyd Catley	Phil Green	Warren Lynch	Jason Otedola	Neil Speaight
Richard Ashe	Gbenga Caulcrick	Anne Hegvold	Perry Mabbutt	Donald Payne	Hannah Stares
Daniel Augustine	Juliette Clark	Knut Hegvold	Gary Mabbutt	Bram Peeters	Jonathon Stewart
Leonie Badcock	Joseph Colman	Diana Holden	Gary Manville	Jay Peters	Margit Strand
Ibukun Baku	Sorrel Comley	Olivia Holyoak	Phoebe Martin	Simeon Peters	Jonas Tawiah
Tim Bayley	Sean Connor	Takayuki Homma	Jessie Massey	Kwame Peters	Naomi Thompson
Gregory Beard	Stephanie Couzens	Paul Ireland	Ann McDonald	Thomas Pritchard	Vilma Thompson
Graham Beasley	Birhane Dagne	Nicole Isherwood	Sharena McGregor	Gemma Ryde	Nathan Walcott
Georgie Bennett	Thomas Davies	Vernicha James	Iona McIntyre	William Schofield	Richard Ward
Julie Bernard	Rinaldo Davis	Tim Jennis	Francesca Meyrick-Cole	Kate Seddon	Lydia Waterbury
Fabien Bernard-Gaudin	Shelley Drew	Alexander Kneller	Christina Moore	Maria Sharp	Tim Watt
Martin Blencowe	Luke Driscoll	Maureen Knight	Chris Moss	Stephen Sharp	Lucy Webber
Christine Bloomfield	Bradley Driscoll	Maisie Lambert	Frances Murdoch	Peter Shipp	Stephen Zealy
Alexandra Bolland	Omar Durrani	Jon Lambert	Alexander Neoh	Kleenthis Simos	
Colin Bond	Lucy Eastcott	Guy Lavender	Laurence Oboh	Aaron Simpson	
Emily Bromfield	Thomas Ellis	Jayne Lawrence	Jason Ofori	Timothy Sinclair	

# Bels. bid for Olympic places

Birmingham, 11-13 August 2000

The 100 metres clash between Belgrave sprint titans Darren Campbell (European Champion) and Dwain Chambers (World Championships Bronze Medallist) with 17 year-old Mark Lewis Francis (Birchfield) and Jason Gardner (Bath) also vying for the top slot, fully lived up to expectations. Campbell looked so smooth in his semi-final but Chambers ran an powerful 10.28 in spite of audaciously slowing down over the final 20 metres; his poor form of earlier in the year seemed to have been put well behind him. Come the final and we had the magnificent sight of the two Belgrave men racing stride for stride but with Chambers just those few inches ahead. He was delighted to take his first AAA title and proved yet again that he is a fine Championship runner.

Darren Campbell overcame his disappointment to bounce back in the 200 metres, a clear winner, while Chambers decided not to risk turning out in the final after a worrying twinge at the end of his semi had him limping off the track urgently in search of ice. One was left hoping that his problem was only short-lived.

One of the biggest break-throughs of the Championships came from the purple-haired Philips Idowu who triple jumped 16.87 to beat rival Larry Achike and once again break the Olympic Qualifying standard. Idowu was quoted as saying, "I am absolutely delighted that I'm going to the Olympics. I really didn't think I was going to win."

Mike Jones retained his Hammer title after establishing an early lead but the big man from Sussex was still left searching for that elusive OQ standard that would see him included in the team.

Cardiff's Jamie Baulch got the shock of his life in the 400 metre semi-final when Sean Baldock rocketed past him coming into the home straight. Baulch responded to clock the fastest time by a European this year - 45.06 - to win, but Sean's 45.20 was a big pb and an OQ time into the bargain. Could he reproduce it in the final? Well, he couldn't go quite so fast but again he was under the standard and this time had the beating of Baulch to clinch his team place with a fine 2nd position to Mark Richardson. The Belgrave Harrier looked totally in shock afterwards: "I still cannot believe it. Last month in Budapest I ran the worst race of my life. I then came here and learned to run the 400m properly."

Ben Challenger claimed his first ever AAA title, beating his club-mate Brendan Reilly on count back after they both reached 2.22m. They both tackled the OQ of 2.28 with Ben coming very close at his second attempt.

A clear favourite, Chris Rawlinson was in no danger of being beaten in the 400 metre hurdles and his impressive 48.95 in the poor conditions showed that he was in the form to dip under 48 in the right race. Matt Douglas ran close to his best ever in 3rd place.

*Brendan Reilly equalled Ben Challenger's winning height at the AAA but took the silver on countback. Bren went on to compete in Sydney as a member of the Irish team*



Mark Shearman

6 AAA Champions, 13 medallists and many other finalists won Belgrave the Trophy for the club that scores most points in AAA Championships throughout the year - men's and women's competition combined!

Steeplechaser Justin Chaston took up the early running in his speciality event and was on course for the OQ mark for half the race. He had to give way to Cardiff's Stephenson but, again, both of them were left looking a fast race to earn their Olympic places.

100m: (-0.8) 1, D.Chambers 10.11 (h5 1 10.28/0.7, sf2 1 10.28/0.0); 2, D.Campbell 10.12 (h2 1 10.31/0.2, sf1 1 10.34/0.5); hts h6 3, M.Dickson 10.72/0.5. 200m: (-1.2) 1, D.Campbell 20.49 (h1 1 20.82/1.8, sf1 2 20.71/-0.8); sf2 2, D.Chambers 20.87/-1.9 (h4 1 20.78/-1.5). 400m: 2, S.Baldock 45.71 (h3 1 46.19, sf2 2 45.20); hts h2 4, M.Parper 48.12. 800m: sf2 6, J.Lobo 1:52.13 (h1 2 1:50.21); h3 6, C.Gilby 1:54.21. 5000m: dnf Paul Evans; S.Barden. 110mH: (-2.3) 5, N.Owen 14.33 (h2 2 14.24/-0.6). 400mH: 1, C.Rawlinson 48.95 (h3 1 50.54); 3, M.Douglas 49.89 (h2 1 50.46); 8, N.Levy 52.76 (h1 2 51.80). 3000mSC: 2, J.Chaston 8:32.21 (h1 1 8:41.97); hts h2 10, L.Hurst 9:12.69. HJ: 1, B.Challenger 2.22; 2, B.Reilly 2.22. LJ: 3, D.Thompson 7.48 (qB 1 7.40); 4, J.Flynn 7.33 (qB 2 7.17). TJ: 1, P.Idowu 16.87. PV: 3, B.Flint 5.30; 6, I.Tullett 5.00. SP: 4, L.Newman 17.03; 12, D.Readle 15.12. DT: 5, L.Newman 55.44; 6, A.Ekoku 53.28. JT: 5, S.Faben 73.60; 9, T.Kitney 64.81. HT: 1, M.Jones 71.51. 10000m Walk: 6, A.Goudie 48:42.87. Women: 400m: hts h3 5, J.Culley 56.02.

## MIKE JONES IN TERRIFIC FORM - BUT TOO LATE !

At the Crawley Open Meet on the evening of 6th September Mike launched his hammer out to 75.94 to exceed the Olympic Qualifying distance by 44 centimetres and increase his Club and Personal Record by 96cm. Entries for the Olympic Games needed to be in by that very same day but the result card was faxed to the relevant authorities and we were left to wait see if another Belgravian would be added to the British Team.

Sadly, no! The deadline for earning selection by achieving the Olympic 'A' standard, it transpired, was actually August 20th and although other athletes had been added to the list after that date, they had already been named in the squad as relay runners.

So Britain had no Hammer thrower at the Games.

Mike was very disappointed of course but immediately set himself a new target - 77.65m to beat the 2001 IAAF World Championships qualifying distance - and that's further than the British Record!

## CHASTON CLINCHES IT

At a BMC Meeting at Solihull on 19th August Britain's steeplechasers made another attempt to earn Olympic selection by cracking the OQ standard of 8:27.

A week earlier at the AAA Championships Justin Chaston and Cardiff's Christian Stephenson had planned to run this sort of time but came unstuck due to the blustery weather. Justin, based in Houston, Texas, was supposed to have returned to work in the USA during the

week but the lure of one more attempt kept him in the UK and this time the conditions were good.

Kanda of Kenya led for the first kilometre before Stephenson took over with Chaston right on his shoulder - positions they maintained for the rest of the race. The bell time was 7:23 so the required finish time was "on" but it was going to be so close. Still together they maintained the pace around the final circuit - no mishaps at the final barrier - and finally Stephenson was across the finish line with the race clock stopping on 8:25.37. So, the Cardiff man had done it but had the Belgravian finished close enough to him. A few anxious moments ticked past before it was agreed that he had indeed earned himself a place on the team - 8:26.07.

**GO FORTH AND CRUCIFY.**

**FILA**

# Belgrave Olympians shine in Sydney

## Chambers and Campbell 4th and 6th in Olympic 100 metres final

100 metres:

Rounds 1 and 2 - 22nd Sep., Semi-finals and Final - 23rd Sep.

The initial round of the 100 metres saw Belgravians Dwain Chambers and Darren Campbell both comfortably progressing to the next stage but drama struck for the second round when Chambers found himself suffering from cramp as the starter called the runners to their marks. A false start by another competitor didn't help and the powerful Belgrave man sank to the track with his face contorted as he urgently tried to rub his knotted calf muscles back to life. Somehow he lined up again and when the gun fired, a pattering stride instead of his normal ground devouring gait kept him competitive without the spasms returning. Amazingly he won his race in 10.12 before veering straight off the track and into the physio's room. Darren Campbell had no trouble in the following race, winning in 10.21.

Next day both the Belgrave boys came through the semi-final stage with flying colours. If Chambers' legs were troubling him it didn't show now as he won his race in 10.14 with Campbell 3rd in 10.19. Almost inseparable in so many races this summer - it stayed that way to the end as both now lined up for the Olympic final.

Both had good starts but if there were ever any doubts about the World Record holder Maurice Greene, they were all swept away by 50 metres when the American was clear. Trinidadian Ato Boldon looked pretty safe for second but Chambers and Campbell were in the thick of the action with 20 metres remaining, the former just about in the bronze medal position. That finish line just wouldn't come quick enough though. With tensed up shoulders Chambers dipped a shade too early and instead of snatching a medal, the chance was lost as Obadale Thompson slipped past to book his place on the rostrum.

Round 1 h5 (-0.5) 1, D.Campbell 10.28; h7 (0.3) 2, D.Chambers 10.38.

Round 2 h4 (0.8) 1, D.Chambers 10.12; h5 (0.2) 1, D.Campbell 10.21.

Semi-finals sf1 (0.4) 1, D.Chambers 10.14; 3, D.Campbell 10.19.

Final (-0.3) 1, M.Greene (USA) 9.88; 2, A.Boldon (Trinidad & Tobago) 9.99; 3, O.Thompson (Barbados) 10.04; 4, D.Chambers (GB & NI) 10.08; 5, J.Drummond (USA) 10.09; 6, D.Campbell (GB & NI) 10.13; 7, K.Collins (St. Kitts & Nevis) 10.17; dnf, A.Zakari (Ghana).

## Darren Campbell - Olympic Silver and third fastest Briton of all time

200 metres:

Rounds 1 and 2 - 27th Sep., Semi-final and Final - 28th Sep.

Any disappointment that Darren Campbell felt after his 6th place in the 100 metres final just seemed to add fuel to his determination to shine in the 200 metres event. A 20.71 run in the opening round behind the USA's Coby Miller was followed a couple of hours later by a scintillating 20.13 to win his round two race. In spite of easing down over the final 35 metres and turning his head to keep an eye out for any fast finishers, he removed a huge chunk from his previous best (20.48) and beat Ato Boldon to boot. Among Britons only Regis and Christie have gone faster.

In his semi-final Darren led down into home straight but eased off again as the finish was approached, allowing the Greek Kederis to claim the win - 20.20 to 20.23. With Cardiff's Christian Malcolm successfully handling his very tough semi, there were two Britons in the final again.

Drawn in lane 6 with Obadale Thompson (Barbados) and Ato Boldon (Trinidad & Tobago) occupying the tracks outside him, Darren started superbly, ran a magnificent bend and entered the finish straight half a metre up on the two favourites to his right and a full metre clear of the rest of the field. Staying relaxed he held everything together but the man from Greece was running a storming final 50 metres. Kederis

came from the middle of the field, into second, and finally overtook the Belgrave Harrier with only a few metres remaining.

Darren was so close to gold that for an instant second place was a disappointment - but for goodness sake - he'd beaten all the pre-race favourites, confirmed his position as no. 1 Briton and had been run down by an inspired Konstadinos Kederis. Holder of the Greek national 400 metres record, no wonder Kederis was so strong at the end; it was his country's first men's track and field medal since 1912. Darren's Silver Medal was the first individual Olympic medal by a Belgravian since Stan Vickers' 20 kms bronze in Rome, 1960.

Round 1 h4 (0.2) 2, D.Campbell 20.71.

Round 2 h1 (0.3) 1, D.Campbell 20.13.

Semi-finals sf2 (0.3) 2, D.Campbell 20.23.

Final (-0.6) 1, K.Kederis (Greece) 20.13; 2, D.Campbell (GB & NI) 20.14; 3, A.Boldon (Trinidad & Tobago) 20.20; 4, O.Thompson (Barbados) 20.20; 5, C.Malcolm (GB & NI) 20.23; 6, C. da Silva (Brasil) 20.28; 7, C.Miller (USA) 20.35; 8, J.Capel (USA) 20.49.

### Belgrave's Olympic medallists

1932	Tommy Green	1st	50 kilometres walk
1960	Stan Vickers	3rd	20 kilometres walk
1988	John Regis	2nd	4x100 metres relay
1992	John Regis	3rd	4x400 metres relay
2000	Darren Campbell	2nd	200 metres

Past member:

1948	Etienne Gailley (Belgium)	3rd	Marathon
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## Sean shocked in the long sprint

400 metres:

Round 1 - 22nd Sep.

A recent 400 metres personal record of 45.20 by Sean Baldock gave him and his supporters every hope that he would get to the semi-final stage of the one lap sprint; but athletics doesn't always go the way we want it to. Racing on the lane just inside World Record holder Michael Johnson, Sean found himself up on the maestro's shoulder at the half-way point - and there it all went wrong. Whereas Johnson was cruising, the Belgrave man had already pushed the pedal to the floor without realising it. Coming out of the turn he had nothing left at all and as runners streamed past him it was all he could do to keep moving towards the finish line.

Round 1 h7 5, S.Baldock 46.45.

## Douglas and Rawlinson reach the semi-finals

400 metres hurdles:

Round 1 - 24th Sep., Semi-finals - 25th Sep.

Matt Douglas and Chris Rawlinson successfully moved through the heats of the 400 metres hurdles in spite of the howling gale against them in the back straight. Rawlinson won his race in 51.30 - over 2 seconds slower than his best but Douglas was a mere 3/10ths down on his best mark as he ran home 3rd in 49.62 in the fastest heat of all, won by Zambia's Matete in 48.98.

Sadly neither of our boys progressed beyond the semi-finals. If he had been able to reproduce his very best form Chris would have gone into the final but as it was, he was reduced to 6th place in 49.25. For Matt Douglas it was back to his favourite lane (!) - the outside one



Left: Justin Chaston ran close to his best in Stadium Australia but was unable to progress beyond the heats.

best, beyond him on this occasion. They both would have needed 2.27 to progress to the final.

Qual. Group A =13, B.Challenger 2.15 (2.15o, 2.20xxx); Group B 11, B.Reilly (IRL) 2.20 (2.20xo, 2.24xxx).

**Idowu now among the World's finest**

Triple Jump:  
Qualifying round - 23rd Sep., Final - 25th Sep.  
The flamboyant Phillips Idowu, sporting claret coloured hair, took just one attempt in the Triple Jump qualifying round - sailing out to 17.12 metres for a personal and Club record. It was the second longest leap from all of the competitors. Into the final and no messin'!

Two days later a 16.97 leap gave Phillips the 5th best performance in the opening round of the final with the two other Britons ahead of him - Larry Achike leading at 17.29 and Jonathon Edwards 4th with 17.12. The Russian Kapustin took the lead with a 17.46 effort in round 2 while Phillips fouled and Edwards moved up to 2nd with 17.37. Round 3 and Jonathon Edwards wrapped up the competition by leaping out to 17.71 for the year's World leading distance and, eventually, the gold medal. By this time the Belgrave man had been pushed down to 7th but another fine jump over the 17 metre mark in the fourth round moved him into 6th place which he maintained to the end of the competition. Phillips now stands at no. 7 on the British all-time list.

Qual. Group B 1, P.Idowu 17.12 (17.12/-0.6). Final 1, J.Edwards (GB & NI) 17.71; 2, Y.Garcia (Cuba) 17.47; 3, D.Kapustin (Russia) 17.46; 4, Y.Quesada (Cuba) 17.37; 5, L.Achike (GB & NI) 17.29; 6, P.Idowu (GB & NI) 17.08 (16.97/1.3, x, 16.83/0.0, 17.08/0.0, x, x).

**Nick Sweeney below par**

Discus:  
Qualifying round - 24th Sep.  
Nick holds our club best at 67.89 but although he hasn't been near that distance since 1998, pretty good marks, including a 61.76, came from him in the days before the Games. But the Irish record holder was unable to get near this in Stadium Australia and ended up a long way short of qualifying.

Qual. Group B 18. N.Sweeney (IRL) 57.37 (56.73, 56.24, 57.37)

Mark Shearman

- for his semi-final. He ran a storming 300 metres but he too was run down in the straight to finish 6th in 49.53. On the world rankings list Matt was outside the top 120 in 1999 with a best ever of 50.20; he's come a long, long way in 2000.

Round 1 h5 1, C.Rawlinson 51.30. h7 3, M.Douglas 49.62.  
Semi-finals sf2 6, C.Rawlinson 49.25; sf3 6, M.Douglas 49.53.

**One "barrier" too many for Chaston**

3000 metres Steeplechase:  
Round 1 - 27th Sep.  
Justin Chaston found that he had to hurdle one "barrier" too many when a Mexican competitor fell in front of him as they came off one of the hurdles but it didn't really upset his rhythm and the US based Belgravian ran to his second best time of the season - 8:31.01 - to place 7th in his heat. A solid enough run but unfortunately not enough to take him into the next round.

Round 1 h3 6, J.Chaston 8:31.01.

**Ben and Bren unable to reach final**

High Jump:  
Qualifying round - 22nd Sep.  
Ben Challenger and Brendan Reilly were unable to get into qualifying mode, Ben in particular looked only a shadow of the jumper who cleared 2.30 metres twice last year to win the World University Champs. and European Under 23 Champs. He placed equal 13th in his pool with a first time clearance at 2.15 before three failures at 2.20. In the other pool Brendan entered the competition at 2.20, which he cleared at his second attempt, before finding 2.24, his outdoor season's



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If you are not competing then come and help us run the meeting. We need track and field judges, timekeepers, stewards. Phone 020 8946 6859 to offer your help

## *Aussie, Aussie, Aussie*



O! Oi! Oi! Yes, the chant is still ringing in my ears. It greeted me everywhere; in the supermarket, the Post-Office, the bottle shop, and especially in the streets.

The Australians love a party and just don't want to go home, so the Olympics were stretched a week at each end to become a 4-week jaunt of high spirits. Nothing much happened outside of the Olympics. The cynics who couldn't get out of town quick enough before the Games are now beginning to realise just what they missed. There were no disasters, no terrorists, no violence, no racism, no drunkenness to speak of (amazing) - just lots of fun, happiness, laughter and friendliness to all.

During the Games themselves the tone was set by the thousands of casually uniformed volunteers. Where did they find so much good humour? And so many comedians? They were everywhere. It was impossible to stand anywhere in the gigantic Olympic Park without seeing one. At one key junction a beach life-guard, daubed in sun-screen and perched on the top of his high step-ladder, advised the crowd to swim between the flags "but remember - no nudity is allowed!". Other volunteers megaphoned their advice and news in verse, which produced much banter from the crowd who were not exactly short of comedians themselves. Everyone was made to feel welcome.

If ever an occasion proved what could be done with public transport this was it. With about 300,000 spectator movements per day, 95% were by bus or train. Special buses (no fare) ran every two minutes from my suburb and I never waited for more than one minute. Olympic Clearway lanes took me to the Park in a fast 30 minutes. On arrival there was a security check by the friendliest of personnel, with no waiting.

Olympic Park is vast, unrecognisable from four years ago. The principal thoroughfare, Olympic Boulevard, cuts its way through a never-ending array of sports buildings. At the southern end lies the tennis centre with its 10,000 seater centre court, a No.1 and No.2 court, and 13 outer courts; while at the northern end across the water - yes, there is water everywhere between Homebush and the sea - lies the athletes' village which is destined to become a permanent suburb.

What of the competition? Well, I decided to see both the women's and men's triathlons first. What a sport that is; a 1500 metres swim in the Harbour followed by a 40km cycle ride over a hilly course and then a 10,000 metres run over the same lap. Both days were hot and the runners suffered. Lessing (GBR), who has run about 14:30 for 5000m this year, was reckoned to be a medallist, but after leading the cycle race at halfway faded, and faded again during the run to finish 10th. The crowds cheered their favourites of course but there was much support for the other competitors, particularly the British.

This was something I noticed in the main stadium. One day I sat in the stand with three real, real Aussies next to me and another three similar types behind me. It was noisy! But it was good humoured and quite funny at times. At regular intervals all three of my neighbours would depart for ten minutes and return with replenished glasses of Fosters. I began to feel uneasy - a Pom surrounded by inebriated colonials is not an ideal scenario. I concentrated on the Decathlon competition and cheered Macey at every opportunity, without thinking. After a time the fellow next to me joined in, then the one behind, until all six were cheering Macey vociferously. We all groaned together when he just missed the bronze medal and for the tenth time I drew my legs in to allow my neighbours to pass for their final exit. In slurring voices they bade me goodbye like a close friend "See you later", but I don't suppose I ever shall.

The beer flowed; the wine too (Lindemanns had a huge marquee devoted to their wines) yet I saw no cases of drunkenness, violence or even bad behaviour. Good humour and friendliness prevailed throughout - everyone seemed so happy. Sydneysiders are now suffering withdrawal symptoms!

I thought I'd sample some handball, a sport I'd never seen live. It was held in the Dome (not the Superdome which is about four times bigger). It's a game rather like water-polo without the water. The women's quarter-finals were being contested. It was worth going just to see the Korean supporters! The Aussies had been eliminated but the crowd soon adopted a new favourite. Australians simply love any sporting contest.

I won't go into the highs and lows of the athletics performances; everyone knows what happened. All I would say is that no one screamed Darren Campbell to the line louder than I did; willed him past Ato Bolden and the two Americans, only to see a Greek come from nowhere and pip him for that coveted gold medal. I ask you, a Greek? Shouldn't be allowed. A great run Darren.

And so to the last day. Olympic fever had gripped me during that last week so I also visited the stadium for the football final, prior to the evening's athletics. It was Spain versus Cameroon. I don't think the Aussies knew quite what to expect here. After all, 100,000 at a European match would be something of a tinder box. So the Aussies dealt with the situation by placing single chairs around the track at 50 metre intervals on which sat policemen facing the crowd. Think of it you Chelsea supporters - 8 coppers for 100,000 spectators! It was the most I'd seen during the whole Games. Of course, nothing happened.

The crowd backed Cameroon hugely. They didn't like the antics of Spaniards when felled and let them know it in very plain language. Two swarthy South Africans took their seats alongside me ten minutes after the start. "Have we missed much?" they asked. "Not really," I

*Below: The Shippen Clan line the route of the Men's Triathlon.*



*The flame may be missing but Belgrave still had a hand in the Olympic Torch Relay.*



replied, "Spain have scored a goal and missed a penalty". They decided that was another good reason to support Cameroon and laid in to any writhing Spaniard. It was soon, knees to one side to allow the Foster's beakers to be replenished. The frequency of these visits caused them to miss another goal, but to their delight two Spaniards were sent off and the match went to extra time. A penalty shoot-out gave victory to Cameroon 5-4 but I don't know why that made everyone so happy. The Spanish supporters sportingly waved their flags and cheered when the victors received their gold medals, but I don't know exactly what they were saying!

After the medal ceremony the stadium was emptied of it's 100,000 football enthusiasts, cleaned, and then re-opened in one and a half hours for 110,000 athletics fans to witness the last session of the Games. We all know what happened on relay day, and how strange it was to see no 4x100 British team and a very tame 4x400 squad. But the crowd roared just the same - deafeningly.

And so to Sunday, the men's marathon and the closing ceremony. We staked out a patch about 30 metres from the north embankment of the Harbour Bridge, opposite the Opera House, by the water's edge. Several hundred were already there at 3.30pm to prepare for the night's fireworks. We nipped up onto the bridge approaches to see Botswana lead the marathon field shortly after the start and then returned to our site to see the race played out on the huge TV screen erected to entertain the waiting crowds. There were several of these throughout the City during the Games at designated celebration areas.

The tempo of revelry grew during the afternoon as the crowds steadily thickened. Thirsty hands dipped frequently into "Eskies" of wine and beer, and the cheers for Moneghetti became more animated. But Jon Brown's excellent effort to hold the African marathoners for so long got much support from those around us.

Hours later the closing ceremony was well underway and the crowd became even more lively. A middle-aged couple nearby, clad in out of date Polish track suits, proudly showed their origins but they were real Aussies all the same. I was reminded of those supporters in the stadium who had been waving Australian flags for much of the evening, only for Greek flags to appear when Kenteris beat Darren in the 200 metres, after which Australian flags resumed their waving. The tempo of dancing and singing increased as the closing ceremony reached it's climax and excitement grew as the fireworks became due.

And then they came. An electric storm of noise and colour headed towards us down the Parramatta river. When it struck the Harbour it triggered a huge display of fireworks from water barges, tops of buildings and the Bridge itself. It took a further ten minutes to reach it's climax and when it did so we found ourselves inside a waterfall of sound and light - totally engulfed. Almost frightening in it's splendour.

Gradually everthing quietened down and the crowds made their way home peacefully in the early hours without incident.

Was it all over at last? Not on your life. The Australians don't let go that easily. The following day was declared a public holiday for starters. The next day the City streets were closed as Sydney gave a ticker-tape welcome to the whole Olympic team - who then had to repeat the exercise in the remaining five states to ensure that no one was left out. And then the next day the streets were closed again as a

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## 25 Years ago - 1975

An editorial contained the then startling news that "Frank Shorter, the US Olympic marathon champion, a lawyer by profession, - publicly admitting that he has received £100 per month while touring Europe". This, it was said, put the IAAF in a difficult position! Of equal importance was a move towards having a ladies section. The intervening 25 years have seen significant developments on both fronts.

Some things, however, never change and we had Gordon Biscoe quoting Shakespeare to encourage the Road and Country section and Bill Couzens, who took over from Ray Hall as President, was noted as supporting Fulham FC and as host of rowdy parties!

We staged the AAA 6 Stage Relay from the Hall but last minute injuries meant that a weakened team came home 24th of the 31 starters.

## Fifty years ago - 1950

To start with an apology for a mistake in the last issue - The walkers were led home over the shorter distances by Harry Churcher rather than Harry Shields who had, at that time not even taken up the gentler sport of race walking!

An article on Coaching, by Chief Coach Charlie Jones, noted that we had exclusive use of the Duke of York's Barracks, Chelsea, and that plans had been made to develop specialised sessions on Wednesday evenings. Numbers were restricted and nominations by coaches had to be made to permit entry. (Little did we know how honoured we were to receive advice from Franz Stampfl, Frank Simmons, Bert Footer, Frank Elson and others wearing their Club track suits with coloured flashes!) Fifty years on and the Duke of York's is due for demolition and redevelopment.

As was the custom in those days tickets for the AAA's Championships were sold through the Club and everyone was urged to apply early to avoid disappointment.

## Sixty years ago - 1940

The War had an effect on Club activities but there was a desire to carry on despite difficulties. Battersea Park was closed and we moved to Tooting Bec and members were advised to read "The Amateur Athlete", an Armour Milne weekly publication, to keep abreast of matters.

The second Belgravian of the year noted the deaths of several members killed in action or in air raids plus a list of 85 members in the services and a futher 4 with the fire service, police and merchant navy. Even then acknowledgement is made that there were others of whom the details were not known. Allowing for all this disruption inter club competition was still possible and among notable marks were a 4m 35.4 mile by Bill Lucas against TCC a combination of members from Blackheath, London AC and South London. The "News of the World" relay was held at Mitcham and consisted of a lap of the track followed by a mile on the road for each runner. The report notes that Les Cohen was able "to hand over a long lead to Charlie Smart, who continued after the restart through an air raid warning in which the race was held up". This gave a whole new meaning to interval training!

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ticker-tape "thank you" welcome was held for the Olympic volunteers, and I must say they deserved it.

So Sydney 2000 has drawn to a close. The City and State government have good cause to be proud of their effort. I doubt if there is another city in the world that is blessed with the facilities to host every Olympic sport within it's boundaries (excepting a few preliminary football matches). This humble Pom feels privileged to have been present. Just as the Australians cheered on the Poms after the Aussies, I did the reverse. But I think of those Poles and Greeks I met and wonder how long it will be before I too will be carrying two flags. Either way I shall always be a Belgrave Harrier.

Now for the Paralympics - Phew! Here we go - Aussie, Aussie, Aussie - Oi! Oi! Oi!

# COUPE D'EUROPE des CLUBS CHAMPIONS BELGRAVE TRIUMPHANT!

Liege, Belgium - 27/28 May 2000

The venue for the Group B competition - Liege, Belgium - meant a flight from Heathrow to Brussels followed by the first of a series of very interesting, tortuous and misguided coach tours of Belgium during which we saw every Avenue in Liege at least twice! Our contact at Brussels Airport told us he never had problems only solutions and that his method for spotting athletic teams was infallible - he waited until someone carrying poles arrived and voila there was the team! Not so Belgrave as the airline had sent Ben Flint's poles somewhere other than Brussels!

Having taken a very long time getting to Liege we made up for it on the way to the hotel only to find a hotel it was not! A youth hostel, ten miles out in the country, sans towels and soap was the best they could find for us and the meal made available did not bode too well. However an early night and everyone was ready for the competition against teams from France, Israel, Slovakia, Holland and Cyprus. The programme gave details of each athlete's best performance and quick calculations showed that it would be a close run thing between ourselves and CA Montreuil 93 representing France. Every point would count and the very blustery conditions concentrated the mind somewhat.

The stadium had been recently refurbished and this meant a series of welcoming speeches and presentations followed by a buffet lunch for the nominated officials (in our case Mavis and I kept pace with the

*Report by Eric Hall*

conditions with everyone affected by the swirling, blustery, wind. Ben Flint had spent the night worrying about where his poles were and they were only delivered to the stadium during the afternoon - not ideal preparation. His attempts to enter the competition at 5 metres were unsuccessful and although he cleared the height by some distance he came down on the bar on the vital jump. Despite this we still ended the day ahead by just 2 points.

Sunday's weather was even worse with higher winds and some rain about. Another tortuous coach ride and we arrived at the stadium with only minutes to spare despite leaving the hostel two hours before the start time! Nerves were already on edge without that type of encouragement. Mick Jones was the right man to calm the nerves and despite having, on paper, a poorer performance than the Montreuil thrower he beat him by some distance and took the stadium record for good measure. As the Slovakian athlete also beat the Frenchman we opened our lead. Neil Owen came home well clear in the 110 metres hurdles where the Frenchman was only 4th but with some field events to come we needed a cushion. Jason Lobo almost gave us heart attacks in the 800 but came away in the last few metres to win a tactical race. Now we had a 13 point advantage but no one was superstitious about that! Darren Campbell eased his way to the hoped for double in taking the 200 metres. Kevin Brown also doubled up but found the shot putt field very hot. The Slovakian winner, Konopka was near his best mark over 5 metres further than Kevin who took 5th place. A similar place was earned by Darren Thompson in the long jump where the freakish wind played a very important part. It varied from 3.3 metres in favour to 1.7 against! Despite a Montreuil win in the long jump and a second in the shot we were still 8 points ahead with three events to come. Stuart Faben finished 3rd in the javelin which was what we hoped for and in the 5,000 metres Spencer Barden was up against a Frenchman with a best time over 20 seconds faster than his. Spencer stuck to him in the early laps but the conditions were awful and although he held his



*Left: Sprint Ace Darren Campbell scooped the prizes at the European Champion Clubs Cup competition. Best runner, best overall performance and Captain of the winning Belgrave team!*

*Below: 1500 metre man Yacin Yusuf gets stuck into some serious autograph signing for young Belgian fans.*

opposition with regard to the wine if not the eats!). The teams paraded followed by more speeches and then the meeting began. Matt Douglas set the required standard in winning the 400 metres hurdles and Darren Campbell matched this in the 100 metres. Among the next results, the discus found Kevin Brown in 2nd which was better than expected and Phillips Idowu was only 16 centimetres short of his best in winning the triple jump while the Frenchman fell short of his by some way; we were on song.

The 1500 metres found the smallest runner, Belgrave team mascot Yacin Yusuf, up against some stronger looking competitors but did well to come home a very welcome 2nd behind Samir of France a 3m 35s runner. Another slight figure, Lee Hurst, then took centre stage for the steeplechase which quickly developed into two races, the first three then an ever widening gap to the next trio. Lee stuck it out very well and came home 3rd but with a French runner heading the field it was getting closer. Brendan Reilly then set about putting us further ahead by jumping 2.16 metres while Detchenique of Montreuil was well below his best and finished 4th. Following this example Sean Baldock murdered the 400m field by over a second. The 4 x 100 relay squad had a rough time but to everyone's relief finished 2nd to Montreuil. The final event of the day, the pole vault, was held in the worst possible





Left: The scoreboard says it all.  
 Above: Ben Flint - no pole, no points but plenty of celebrations!  
 Right: Sir Eddie knew we'd win - in fact some mid-match action on a borrowed PlayStation gave alternative excitement.

Mavis Hall

form well, he tired, but was a well clear 2nd at the end leaving it all down to the 4 x 400 relay. Montreuil were clearly quite confident that this was their chance although the points tally showed that barring accidents the title was ours. Michael Parper led off and it was neck and neck when he handed over to Andrew Walcott who kept in touch, almost physically, with the Frenchman to hand on to Matt Douglas. Matt came home just behind to hand to Sean Baldock in the classic British relay tradition. Sean hung on, tackled his opponent at the bottom bend and then came strong in the final stages in the home straight to bring us home by 0.32 seconds and a 7 point win over the whole two days!

The trackside celebrations got totally out of hand when Yacin mistook which team he was with and sprayed the parading, victorious Belgrave athletes with water. This earned him a well deserved threat from Mick Jones to use him for his next hammer practice if he didn't desist! At the presentation dinner in the evening we found the organisers had used the decathlon scoring system to decide on champions at various disciplines. Highest performance, and running champion of the meeting, was Darren Campbell with Phillips Idowu taking the jump trophy for his triple jump. When it came to lifting the team trophy team captain, Darren Campbell, was slow out of his blocks and found most of the team on the temporary stage before he could get there. Fortunately no damage was done and the staging took the strain - just!!

A very emotional weekend full of memories but none will last longer than seeing the entire Belgrave team, and their few supporters, rise as one to applaud the French team when they were called to receive their award. This reflected the spirit in which the competition was held and, despite our early misgivings, we had a marvellous time with a great result. As John Jeffery wrote in my programme - "part of an amazing team, Best in Britain" and this was matched by Bill Laws "Management to the Aristocracy" Sentiments Mavis and I echo and we say "Thank You" to everyone who competed or supported the team.

To the team we say "Best of Luck in Group A next season!"

It was a comparatively uneventful run home although with only 20 minutes to spare to book in at Brussels airport the nail biting stayed with us to the end it was nice to see one word written on the top of almost the last building we saw from the air in Belgium - Belgravia! Then London was in view and we took in a number of tracks - Enfield, Battersea, the old Poly stadium, and others before touching down at Heathrow.

a=27th, b=28th

100m: a (1.7) 1, D.Campbell 10.34. 200m: b (1.9) 1, D.Campbell 21.21. 400m: a 1, S.Baldock 46.89. 800m: b 1, J.Lobo 1:51.16. 1500m: a 2, Y.Yusuf 3:48.86. 5000m: b 2, S.Barden 14:27.72. 110mH: b (1.3) 1, N.Owen 14.28. 400mH: a 1, M.Douglas 51.10. 3000mSC: a 3, L.Hurst 9:04.06. HJ: a 1, B.Reilly 2.16. LJ: b 5, D.Thompson 7.08 (-0.7). TJ: a 1, P.Idowu 16.32 (1.1). PV: a B.Flint no ht. SP: b 5, K.Brown 13.95. DT: a 2, K.Brown 59.70. JT: b 3, S.Faben 68.78. HT: b 1, M.Jones 73.37. 4x100m: a 2, Belgrave 40.90 (D.Chin, E.Newell, A.Walcott, D.Campbell). 4x400m: b 1, Belgrave 3:11.79 (M.Parper 47.6, A.Walcott 48.2, M.Douglas 48.4, S.Baldock 47.6).

**EUROPEAN CHAMPION CLUBS GROUP B  
2000**

1	Belgrave Harriers	GBR	102
2	CA Montreuil	FRA	95
3	Maccabi SC Tel Aviv	ISR	75
4	UK Bratislava	SVK	55
5	AAC Amsterdam	NED	54
6	Olympia AC Limassol	CYP	32

**GROUP A - 26-27 MAY, 2001 - MADRID**

# BAL Team on top after unpredictable first match

*Reports and stats. by Bill Laws*

## Match 1 - Eton Stadium, 6 May 2000

With Olympic year making team availability uncertain for the later season league matches, we realised a good start would be essential if we were to continue our succession of division 1 wins.

The new track at Eton provided an entertaining and pleasant venue made even more interesting with Prince Harry competing in a college cricket match on a pitch adjacent to the stadium. The spectators spent the afternoon alternating between watching athletics and cricket. The weather was balmy but ruined for the sprinters by a headwind gusting up to 4m/sec.

As the afternoon unfolded, we were to realise yet again how unpredictable team athletics can be. The start seemed straight forward enough with Mick Jones winning the hammer with a 74m plus effort - some 5.5m ahead of second place Paul Head. Phil Spivey made a welcome return following a late withdrawal by Dave Smith. Little were we to know then that Dave would not make any of our matches during year 2000.

Matt Douglas opened the track events with a great win in the long hurdles clocking a sub 50 effort to confirm the rumours that his winter training had been going well. However, the excellent start was soon put into full reverse as first Richard Aspden withdrew from the high jump with a nigggle and then Brendan Reilly (fresh from honeymoon) failed to beat 1.90. When did we last get only 5 points in the high jump? Soon after we scraped a further 8 points in the 800m only thanks to Birchfield having no runners in either the A or B event. Indeed, Birchfield had no-one in the steeplechase and pole vault either and with two last places in both relays slumped to 6th spot - their worst start for several decades.

But we weren't faring much better. With only Ian Tullett in the pole vault and no top line long jumper, the Belgrave management team was suddenly facing the prospect of a major defeat. Fortunately, as the afternoon unfolded, some highly respectable contributions from our throwers and sprinters stopped the rot. The final substantial margin of victory over Newham and Essex Beagles was however deceptive and was due in part to the fact that they had no one in the 5000m and a former team manager in the triple jump.

Special mention for Darren Campbell who supported the team at this early fixture. His participation made it possible for Marlon Dickson to pick up good points in the 'B' events. Matt Douglas, as usual, gave 110% support also winning the high hurdles and adding points in the long jump when things looked desperate.

Junior Scott Thompson made a welcome debut in the shot gaining a surprising 3rd spot in the 'A'; event. Stuart Faben pulled out one of his best ever early season throws in the javelin and Wesley Smith added further points in an event in which we have needed some depth. Wesley is young, keen and hopefully will push Stuart in the years ahead.

The final surprise for the day was saved for the last event. Tom Lerwill was spotted in the crowd spectating and was cajoled to take the third leg of the long relay. With Michael Parper running a storming last leg (following a great solo effort in the 'A' 400) the scratch squad of Richard David, Drew Walcott, Tom Lerwill and Michael won in a very surprising and highly respectable 3.11.33. Soon after Tom was to suffer further injury and his frustrations continue.

100m: (-2.1) 1, D.Campbell 10.68; (-1.7) 1, M.Dickson 10.99. 200m: (-3.3) 1, D.Campbell 21.54; (-2.3) 3, M.Dickson 22.52. 400m: 2, M.Parper 47.31; 3, R.David 49.03. 800m: 7, S.Baldock 1:59.72; 5, C.Gilby 1:56.34. 1500m: 3, S.Barden 3:51.98; 2, M.Miles 3:56.69. 5000m: 4, P.Freary 14:49.33; 3, R.Hayman 15:40.75. 110mH: (-1.5) 3, M.Douglas 14.62; (-2.2) 1, N.Owen 14.63. 400mH: 1, M.Douglas 49.98; 2, J.Squirrell 56.84.

3000mSC: 1, L.Hurst 8:55.50; 2, K.Nash 9:18.09. HJ: 7, B.Reilly 1.90. LJ: 7, J.Birks 6.07; 6, M.Douglas 6.06. TJ: 3, F.Mepandy 15.09; 1, E.Clarke 14.62 (2.6). PV: 1, I.Tullett 5.00. SP: 3, S.Thompson 14.87; 4, K.Brown 12.89. DT: 1, K.Brown 55.67; 1, L.Newman 54.96. JT: 2, S.Faben 74.67; 5, W.Smith 53.48. HT: 1, M.Jones 74.39; 5, P.Spivey 55.03. 4x100m: 2, Belgrave 41.38 (M.Russell, M.Dickson, A.Walcott, D.Campbell). 4x400m: 1, Belgrave 3:11.33 (R.David, A.Walcott, T.Lerwill, M.Parper).

Teams: 1, Belgrave 366; 2, Newham & Essex Bgls 315; 3, Sale Manchester 293; 4, Border 267; 5, Shaftesbury Barnet 255; 6, Birchfield 228; 7, Thames Valley 215; 8, Team Solent 210.

## Hurdlers prove to be big points earners

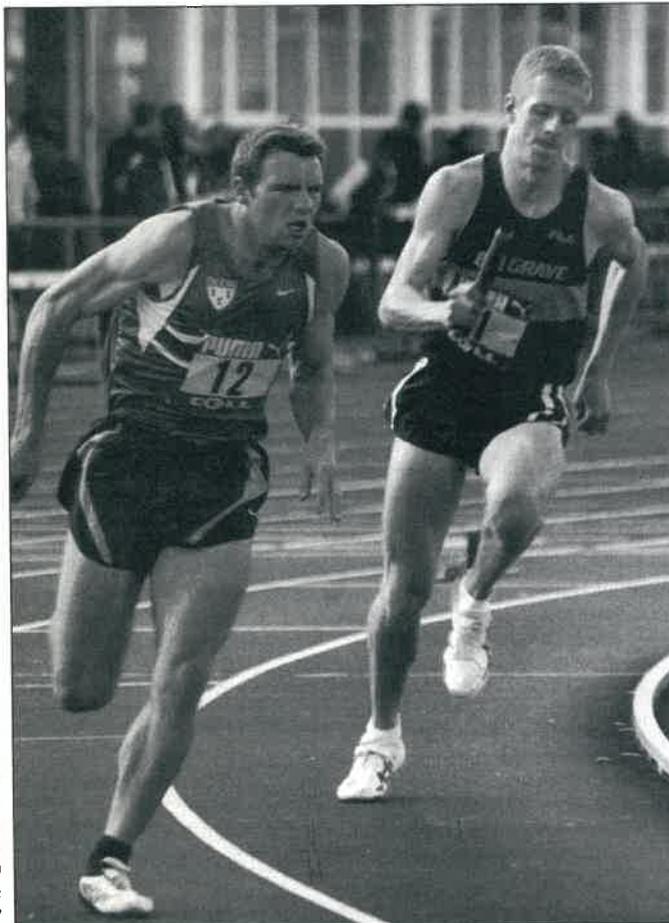
### Match 2 - Wigan, 24 June 2000

Normally, Match 2 of the BAL follows the week after the European Club Cup. So the postponement of the competition to the end of June (due to UK Athletics taking the traditional slot for its Road to Sydney TV series), was welcomed because of the venue - Wigan. We had hoped that being virtually on mid-summers day, good weather would be provided but it was not to be. Rain and winds up to 6m/sec were the order of the day and it was not surprising that only the really committed supported this one - which didn't make life easy for the team, spectators or management.

Our usual good start looked decidedly iffy as Mick Jones slipped around the waterlogged hammer circle. Going into the last round in an unusual second spot only Mick seemed confident that he could retain his 3 year unbeaten record. Oh ye of little faith! Our man saved his best for last. Not massive by his supreme standards but a fine win in dreadful conditions. Wesley Smith gained useful 'B' points and provided another name for our hammer rankings. In the javelin Wesley was our 'A' man and showed a useful improvement to 54m+ while Kevin Brown filled the 'B' slot. Kevin had beaten Lee Newman in a close discus competition but Lee gained good points in the shot while new man Dave Readle celebrated his first outing for Belgrave by winning the 'B' shot.

The hurdles were once again proving big points earners with Matt Douglas winning the 'A' event in terrible conditions by a 1.5 sec margin and Noel Levy making it maximum points with a 'B' win. Noel has chosen 2000 as his come back year after a long period on the sidelines. In the high hurdles, Neil Owen was blown to sub 14 sec effort while Noel Levy gained a fine second spot in the 'B' race for excellent points. The flat 400m provided welcome maximum points with Geoff Dearman posting a classy time in conditions that were far from perfect and Sean Baldock, who had had a useful blow out in the 200m, coasted round to win the 'B' race.

'Every point counts', enthuse the team managers at the start of every match. Well, on this occasion, the brave hearts who mixed and matched



*Right: With his huge stride high jumper Richard Aspden (right) really looks the business when he's stretching out down the back straight of a 400 metres. Has he missed his vocation?*

Rex Bale

to fill places and earn points provided just enough to earn us a draw. Yes, a 500 mile round trip and we dead heated with home club Sale. But we were looking for Newham & Essex Beagles and they finished third just half a league point behind us. This was a better result than we could have hoped for at the start of the day but once again as we looked back on the results we realised how easily it could have gone either way.

Who, for example, would have predicted that Newham's Mark Proctor would elect to participate in his hobby event - the discus - and win with a 57m+ p.b. More worryingly, who would have predicted that our middle distance squad would perform so disappointingly. Admittedly Clive Gilby's hamstring pull in the 1500 could have caused him to pull out, so his brave hobble home saved the match but equally a fit Clive would have won. Additionally, the last place for our sole steeplechaser Steve Baldock, also proved crucial.

So there it was like a curates egg - good in parts. Well, excellent in parts really. With fine wins in the pole vault and excellent points also in the high and long jumps we really should have won this one. But we didn't. The final last ditch effort was typified by high jumper Richard Aspden logging it in the long relay. We've seen high jumpers proving

proficient at the high hurdles but Richard, with his huge stride really looks the business when he's stretching out down the back straight. Has he missed his vocation?

100m: (6.3) 5, M.Dickson 10.57; (3.8) 3, D.Chinn 10.7. 200m: (5.0) 6, Sean Baldock 21.94; (6.6) 4, A.Walcott 21.75. 400m: 1, G.Dearman 46.89; 1, Sean Baldock 47.85. 800m: 6, A.McLean Foreman 1:58.05; 3, Steve Baldock 2:00.1. 1500m: 6, J.Lobo 3:53.44; 6, C.Gilby 4:32.85. 5000m: 6, C.Herrington 15:03.2; 4, R.Hayman 15:32.33. 110mH: (5.1) 1, N.Owen 13.96; (4.3) 1, N.Levy 14.69. 400mH: 1, M.Douglas 51.72; 1, N.Levy 53.47. 3000mSC: 8, Steve Baldock 11:08.8. HJ: 1, B.Reilly 2.20; 3, R.Aspden 2.00. LJ: 2, J.Flynn 7.31w; 1, D.Thompson 7.19w. TJ: 8, D.Thompson 12.59w; 7, J.Flynn 12.53. PV: 1, B.Flint 5.20; 1, I.Tullett 4.80. SP: 3, L.Newman 16.20; 1, D.Readle 15.17. DT: 2, K.Brown 56.24; 1, L.Newman 56.01. JT: 6, W.Smith 54.62; 6, K.Brown 44.83. HT: 1, M.Jones 70.43; 7, W.Smith 20.17.

Teams: =1, Belgrave and Sale Manchester 330; 3, Newham & Essex B 315; 4, Border 308; 5, Shaftesbury Barnet 255; 6, Birchfield 216; 7, Thames Valley 212; 8, Team Solent 206.



Long jumper Julian Flynn placed 12th on the list of BAL points scorers for Belgrave in 2000.

Rex Bale

## The Beagles "take us to the cleaners"

### Match 3 - Copthall Barnet, 8 July 2000

Match 3 is where we try to move into an unassailable lead so that the opposition rolls over for the concluding Match 4. The Monday team looked quite respectable. By Wednesday the team was still looking adequate but by Friday, we were thumbing through old address books for the phone numbers of a few golden oldies. And bless them they responded to a man - all a bit creaky - but a response is a response and all the more welcome. So let's start by paying special tribute to; John Urquhart who can still throw a mean hammer; Matt Yates who could have scored good high jump points as he twanged his hamstring in the 800m but continued for 4 points; Jim Estall who coasted the 1500m in flats and had only come to watch Junior Galley in the steeplechase and last but no means least, Ian Wells who gained 10 valuable points in both hurdles plus the steeplechase.

But despite all these and many other valiant efforts we finished down in third spot behind Newham and Shaftesbury. In fact a strong Newham team took us to the cleaners, to close the league positions to just half a point, ensuring that the final Match would be a mighty struggle.

But back to Match 3. There are always several surprises at every competition, which is another good reason for spectators to support these matches. Perhaps the most interesting was the 'A' 400m hurdles with Duaine Ladejo in his Birchfield strip looking for an Olympic qualifying time. With Chris Rawlinson and Matt Douglas absent, Noel Levy moved into the 'A' slot brimming with confidence. We thought Noel was being a bit too confident so early into his comeback season, but not so. At the gun Duaine was away like a hare. 21 secs and into hurdle 5 he was 10m up on Noel, who was hurdling impeccably. But it looked a one horse race until the home straight when Duaine started treading water. The change was dramatic as Noel, still full of running, made huge inroads into what was once an impressive lead. The tape came too soon for our man who nonetheless returned an impressive 51.85.

The one lap flat race was no less exciting. We were missing Sean Baldock and Geoff Dearman from this one, so Michael Parper moved into the 'A' race again full of confidence. Quite rightly too,

because in winning he beat some fine 400m men including Newham's David Naismith. His time of 47.08 was tantalisingly close to the sub 47 effort he was seeking. Andrew Walcott gained good points in the 'B' to ensure that once again the flat 400 would be one of our better events.

However, as usual our throwers provided the backbone to our total score. The hammer, discus, shot and javelin amassed 100 points out of a possible maximum 112, so not much to complain about there. Mick Jones retained his unbeaten record in the hammer, while Stuart Faben gained his first ever win in the 'A' javelin. Wesley Smith gained silver in the 'B' javelin improving yet again to 57.29m. Lee Newman pipped Kevin Brown in the discus but Dave Readle produced a magnificent 16.61m effort in the shot to surprisingly reverse the tables on Lee who is once again warming to this event.

The long jump proved disappointing, the triple jump partly disappointing, as Phillips Idowu put in one 15m plus effort and went home, while the high jump was very satisfactory as Samson Oni, seeking a further qualifying mark of 2.15m for the World Juniors, could only manage 2.10m for second spot on count back. Ian Tullett once again won the pole vault.

Sadly, the middle distance was once again disappointing. Paul Freary had recently returned from running a half marathon in riot torn Fiji and it showed. He was nearly caught by fellow Lancastrian Ric Hayman, who you may recall only started running this year and in this match reduced his 5000m time to 15.16. Ric is an ex-footballer and we wonder if he could be about to emulate our other former specialist with the round ball - Paul Evans.

The sprints were less productive than usual but special mention must go to Michael Parper, who not only won the 'A' 400m but also ran the 'B' 200m and both relays to complete a hard days work.

100m: (2.8) 6, M.Dickson 10.70; (-1.6) 5, D.Chinn 11.09. 200m: (2.9) 6, M.Dickson 21.77; (-1.1) 5, M.Parper 22.04. 400m: 1, M.Parper 47.08; 2, A.Walcott 48.53. 800m: 8, M.Yates 2:24.04 (injured); 7, S.Clarke 1:59.92. 1500m: 7, A.Hutchinson 3:53.65; 8, J.Estall 4:31.44. 5000m:

6, P.Freary 15:12.48; 4, R.Hayman 15:16.77. 110mH: (1.5) 6, N.Levy 15.52; (2.4) 6, I.Wells 17.02. 400mH: 2, N.Levy 51.85; 6, I.Wells 58.59. 3000mSC: 7, J.Galley 10:02.09; 5, I.Wells 12:52.26. HJ: 2, S.Oni 2.10; 3, R.Aspden 2.00. LJ: 4, J.Flynn 7.03w; 3, D.Thompson 6.75. TJ: 3, P.Idowu 15.03; 4, E.Clark 13.84. PV: 1, I.Tullett 4.90; 3, O.Matthew 2.80. SP: 2, D.Readle 16.61; 1, L.Newman 16.54. DT: 2, L.Newman 54.41; 1, K.Brown 54.14. JT: 1, S.Faben 73.29; 2, W.Smith 57.29. HT: 1, M.Jones 72.51; 4, J.Urquhart 53.19. 4x100m: 3, Belgrave 41.99 (D.Chinn, A.Walcott, M.Dickson, P.Idowu). 4x400m: 5, Belgrave 3:22.89 (N.Dawson, A.Walcott, J.Hilston, M.Parper).

Teams: 1, Newham & Essex Bgls 351; 2, Shaftesbury Barnet 315; 3, Belgrave 307; 4, Sale Manchester 271; 5, Birchfield 255.5; 6, Team Solent 255; 7, TVH 220; 8, Border 209.5.



# Young tigers put result beyond doubt

## Match 4 - Cophthall Barnet, 6 August 2000

This final and deciding league match was scheduled to be a home fixture at the new Millennium Arena in Battersea Park. But here we were again at Cophthall Stadium effectively losing home advantage. The reason for changing venues had been staring us in the face for several weeks. Our new track at Battersea had proved to be deficient in several areas as soon as it opened in late May. Unfortunately the main contractors had been so tardy in rectifying the problem areas that the Temporary Operating Licence had been withdrawn, thereby effectively closing the Stadium to senior competitions. Originally we had been promised that all would be well. Being pessimists at heart, we had also reserved Cophthall Stadium - just in case. And as it turned out our contingency plans had to be put into effect with Alan Mead and Don Anderson having to transfer all our electric timing equipment across London to fulfil our home fixture obligations.

As a result of wonderful support for the changed venue from all of the officials, our team managers were able to concentrate on assembling a team capable of repelling what was expected to be a serious and strong challenge from Newham and Essex Beagles. It soon became clear that the search for Olympic qualifying times and other commitments would effectively rule out many of our top men from this meet but positive support was coming from several of our stars.

The first good news came from Dwane Chambers who was looking for as much competition as possible following injury and a late start to the season. He was due to race Maurice Green at Crystal Palace the next day so this was a real bonus. Dwane duly won the 100m easing to a legal 10.31 while Marlon Dickson convincingly won the 'B' 100m in 10.60 and then gained maximum points in the 'B' 200m. The 'A' 200m was entrusted to 17 year old Tim Abeyie who was looking for a World Junior qualifying time and his

21.67 fifth place would have been better but for a poor start and bend. But another fantastic sprint talent for the future. Joining Dwane, Marlon and Tim in the winning sprint relay squad was Chris Lambert fresh back from Harvard University and injury. Chris ran a controlled final straight and looked relieved that his injured leg had survived the test. So practically maximum points in the sprints.

Matt Douglas made a welcome return and looked forward to contesting the opening track event with Duaine Ladejo. Both considered themselves Olympic contenders for the 400mH and were looking for a qualifying time. So it was a surprise when Duaine switched to the 'B' race at the last minute. Both men narrowly missed the target time and were to leave their 'head to head' to the AAA's Championship. Matt gained some consolation from winning the 'B' high hurdles in a time of 14.08 while Neil Owen was back to his classy best winning the 'A' race with a legal sub 14 effort.

Thankfully, Paul Evans also put this match on his priority list and proceeded to run away from a class field in the 5000m for maximum points. Charles Herrington paced himself like a veteran and ran through the field for second spot in the 'B'. Welcome near maximum points in the 5000m was a lift to the team. Soon after Paul added good points in the 1500m while in the 'A' race, Alex Hutchinson ran his last race for the season to place 5th.

But the icing on the cake was the steeplechase, where not only did Kevin Nash return from illness but Justin Chaston, looking splendidly fit, front ran to an easy win. His attendance (by courtesy of Sir Eddie) sent a signal to the opposition that we were in this to win!

Even so the points with Newham were close. Event by event they matched us win for win, second for second and so on. In the hammer Mick Jones' 'A' win and Phil Spivey's 'B' silver were matched by a second and a win. We pulled ahead slightly in the discus with Lee again pipping Kevin Brown.

Honours even in the javelin as Mark Roberson secured another Newham win with Stuart Faben third. In the 'B', javelin positions were reversed with Wesley Smith's stunning win with a 60m plus p.b. But it was the shot where Newham finally faltered, as the often erratic Mark Proctor failed to post a distance with three no throws. To rub home the advantage Lee Newman gained silver in the 'A', beating Dave Readle who went on to win the 'B'. And we cased into the lead!

And then our young tigers put the result beyond doubt as first Phillips Idowu doubled the triple and long jumps. A happy Samson Oni finished 4th in the high jump with a World Junior qualifying mark of 2.15m and was only denied victory on countback. Richard Aspden again gained solid points, while in the pole vault Ian Tullett equalled the winning height with a fine 5.20m effort, narrowly beating Ben Flint who was

## BRITISH ATHLETICS LEAGUE DIVISION ONE 2000

1,	Belgrave H	1401	29.5
2,	Newham & Essex Beagles	1337	28
3,	Sale H Manchester	1159	24.5
4,	Shaftesbury Barnet AC	1089.5	20
5,	Border AC	1006.5	13
6,	Birchfield H	932.5	13
7,	Team Solent	913	9
8,	Puma TVH	853.5	7

pleased to be competing again after injury.

And then, just as we were beginning to celebrate another match and league victory, tragedy struck. In the long relay Geoff Dearman had requested a late leg in the hope he could obtain a sub 46 split. Sure enough he took over in 5th spot and burst into electrifying action. So fast was his start that within 100m he was up to third. A further acceleration was to eat into the lead and then tragedy as a hamstring pulled. Quick first aid minimised the damage but Geoff was out so close to the AAA's and so close to the deadline for gaining the Olympic selection which had seemed a formality.

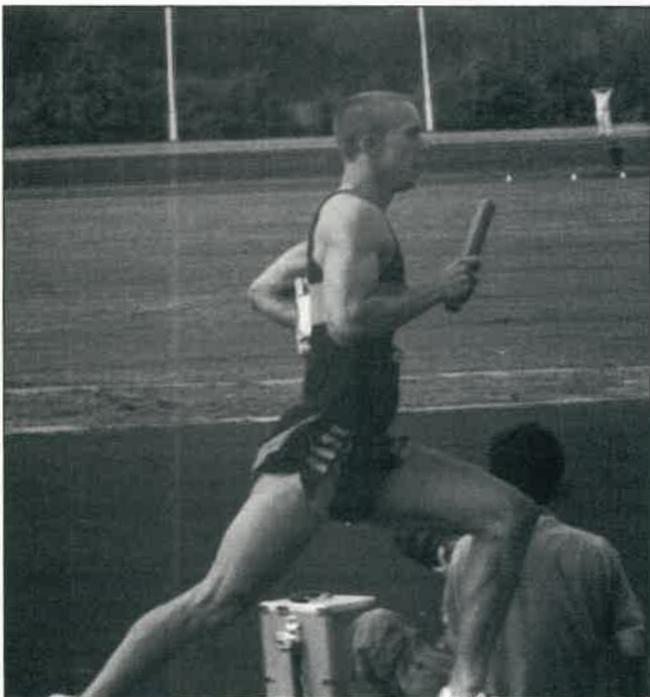
Victory thereafter was a muted affair. Our first thoughts were of a wonderful competition brightened by so many high class performances. But the sight of Geoff being stretchered off saddened the whole team.

The meeting - our meeting - ran impeccably and we should not conclude this season's league reports without special thanks to Pat Mead for once again getting all the officials out; to Alan Mead and Don Anderson for not only mastering the complicated new electric photo finish equipment but also for setting it up and providing a fast trouble free service and finally John Jeffery, who not only co-managed the team but was also Meeting Director for the day, effortlessly sorting out the numerous problems which arise during every match.

And finally, thanks to all our supporters, both present and future, and above all to our number one fan, Sir Eddie Kulukundis, who attends every meet and who always puts supporting our Teams at the top of his busy and very full schedule.

100m: (1.3) 1, D.Chambers 10.31; (1.0) 1, M.Dickson 10.60. 200m: (1.1) 5, T.Abeyie 21.67; (2.1) 1, M.Dickson 21.59. 400m: 1, G.Dearman 46.43; 2, M.Parper 48.49. 800m: 7, A.McLean-Foreman 1:54.73; 3, C.Gilby 1:52.70. 1500m: 5, A.Hutchinson 3:52.63; 4, P.Evans 3:57.18. 5000m: 1, P.Evans 14:15.85; 2, C.Herrington 14:57.66. 110mH: (1.5) 1, N.Owen 13.93; (1.4) 1, M.Douglas 14.08. 400mH: 1, M.Douglas 50.40; 6, P.Beaumont 57.44. 3000mSC: 1, J.Chaston 8:45.68; 4, K.Nash 9:39.78. HJ: 4, S.Oni 2.15; 4, R.Aspden 2.00. LJ: 4, J.Flynn 7.34; 2, P.Idowu 7.21w. TJ: 3, P.Idowu 15.43w; 2, E.Clarke 14.61. PV: 2, I.Tullett 5.20; 1, B.Flint 5.00. SP: 2, L.Newman 16.69; 1, D.Readle 16.07. DT: 2, L.Newman 56.53; 1, K.Brown 55.66. JT: 3, S.Faben 69.91; 1, W.Smith 60.86. HT: 1, M.Jones 71.54; 2, P.Spivey 55.59. 4x100m: 1, Belgrave 41.01 (T.Abeyie, D.Chambers, M.Dickson, C.Lambert). 4x400m: dnf (R.Aspden, G.Dearman, C.Rawlinson, S.Baldock).

Teams: 1, Belgrave 398; 2, Newham & Essex Bgls 356; 3, Sale Manchester 265; 4, Shaftesbury Barnet 264.5; 5, Team Solent 242; 6, Birchfield 233; 7, Border 222; 8, Puma TVH 206.5.



Rex Bale

Above: Geoff Dearman was in great form and looking for a sub-46 split in the 4 x 400m to give him a boost for the following week's AAA and Olympic Trials. Seconds after this picture was taken, as he entered the back straight, tragedy struck and a damaged hamstring put him out for the rest of the season.

# Four year grip on Gold Cup slips

## Semi Final - Rugby, 23 July 2000

As Cup holders, we received a particularly kind semi-final draw. There was no other Division 1 Club to face but we knew that second division Blackheath, Cardiff and Swansea could all produce strong teams at one per event. We were not complacent but equally we wished to keep the squad small to save on ever increasing transport costs. As it turned out, Blackheath pipped us by half a point but third place Swansea were well behind. So as usual we eased into the Cup final.

Our six wins came from Geoff Dearman (400m), Jason Lobo (800m), Neil Owen (110mH), Stuart Faben (Javelin) and the sprint relay boys.

Ezra Clark had one of his better triple jump competitions gaining second spot and narrowly fouling a 15m plus effort. Also with two second places was Lee Newman, who had a terrific day throwing a season's best of 17.38m in the shot and having a seemingly good throw of 60m in the discus disallowed by a judge deemed by Lee to be both infirm and myopic. Unfortunately for Lee, he was bested on both occasions by Blackheath's Udechuku. Perhaps unluckiest man was junior Tim Abeyie who clocked 21.3 in the 200m but with a wind just 0.1m/sec over the legal limit.

Matt Douglas did the high jump and both relays. Neil Owen added the hammer to his repertoire and when asked by the judge whether he was a right or left handed thrower, said that he preferred the central delivery. His 7.12m effort was probably pushing the limits of this unpromising technique and anything further would have been decidedly painful! Equally painful was the inability of the team managers to get anybody to run either the steeplechase or 10,000m despite strenuous efforts in the preceding week.

100m: (2.0) 4, D.Chin 10.8. 200m: (2.1) 2, T.Abeyie 21.3. 400m: 1, G.Dearman 46.7. 800m: 1, J.Lobo 1:51.8. 1500m: 5, P.Freary 4:04.2. 5000m: 2, S.Barden 14:15.4. 110mH: (2.5) 1, N.Owen 14.1. 400mH: 1, N.Levy 52.8. HJ: 5, M.Douglas 1.80. LJ: 2, J.Flynn 7.25 (2.5). TJ: 2, E.Clarke 14.83. PV: 3, S.Exley 3.60. SP: 2, L.Newman 17.38. DT: 2, L.Newman 53.76. JT: 1, S.Faben 67.46. HT: 7, N.Owen 7.12. 4x100m: 2, Belgrave 42.5. 4x400m: 1, Belgrave 3:24.1.

Teams: 1, Blackheath 125; 2, Belgrave 124.5; 3, Swansea 96; 4, Rugby 91.5; 5, Cardiff 83; 6, City of Norwich 76; 7, Telford 62; 8, City of Stoke 50.

## Final - Bedford Stadium - 19 August 2000

One week after the AAA's and ten days before the final Olympic qualifying deadline meant that this match would be more important to some than others. Indeed several guest competitors from other Clubs were allowed in the hope they would achieve qualifying performances. In certain events, however, notably the steeplechase, other venues were hosting meetings that removed for example, Justin Chaston from our start list.

So this was always going to be a meeting with surprises - none more so than the strength of the Birchfield squad. Remember Birchfield failed to make the Cup Final at all last year and performed at less than par all season in the League. But here they were, determined to show us that when roused they were practically invincible.

Our start was as usual excellent with a lack lustre win from Mick Jones in the hammer. Mick was still recovering from four week absence due to injury and was spending his time going from meet to meet in search of the big one. He won, but with a distance well below his qualifying target. Charles Herrington opened our track effort with a fine third spot in the 10,000m, winning the South of England title in the process (combined race).

Two guests in the long jump meant that Julian Flynn finished sixth in the competition but fourth in the match. Guest Darren Ritchie headed some impressive performances with a windy 7.90m. Meanwhile, equally impressive

performances in the discus where Birchfield's Bob Weir threw a massive 65.08m to clinch his Olympic place. Lee Newman finished third in the match with an impressive 57.44m, ahead of UK record holder Perris Wilkins who seems to under-perform on the big occasions.

Matt Douglas who had qualified for Sydney the week before turned out intending to do enough for max points. Unusually drawn this time in Lane 1, he blasted the first 200m and held on to win comfortably in a huge p.b., and a new Cup Record of 49.38 sec. Nobody was more surprised than Matt and more pleased than his Belgrave team mates and supporters.

Although at this stage we were just about in contention, we knew that lack of competitors in the 1500m and steeplechase would make winning impossible. Additionally, the 400m flat was to provide fewer points than usual although junior Tim Bayley gained useful experience at the highest level.

Marlon Dickson ran exceptionally well in the 100m, his season's best of 10.46 almost good enough for third spot. It was, however, just over the legal limit and seemed to reflect our overall effort which was nearly good enough but not quite.

A final boost came from Ben Challenger who not only won the high jump in his first outing for us this year, but who also ran the glory leg in the sprint relay, claiming a 10.5 sec effort and a 51.0 split in the long relay. Also in the long relay was pole vaulter Ben Flint who clocked 52.0 secs to partly atone for a disappointing 4.50m in the pole vault. He had been held up in traffic, used 4.50m as a warm up but then failed to clear heights which he would normally reach with his eyes shut (well almost!)

And so we finished in fourth spot having surrendered the Trophy in a big way. The only consolation for the management was that in fourth spot we would qualify for seeding in next year's Competition which, it is rumoured, will take place in July 2001, due the early World Championships in Edmonton, Canada which are due to be held at the beginning of August.

100m: (2.4) 4, M.Dickson 10.46; n/s 2, M.Russell 11.02. 200m: (3.1) 6, T.Abeyie 21.57. 400m: 6, T.Bailey 49.26. 800m: 6, S.Clarke 1:58.71. 5000m: 5, W.Cockerell 15:23.45. 10000m: 3, C.Herrington 31:00.13. 110mH: (3.8) 3, N.Owen 13.89. 400mH: 1, M.Douglas 49.38 (Cup Record). HJ: 1, B.Challenger 2.20. LJ: 6, J.Flynn 7.47. TJ: 2, E.Clarke 14.85. PV: 4, B.Flnt 4.50. SP: 4, L.Newman 16.84. DT: 3, L.Newman 57.44. JT: 3, S.Faben 67.46. HT: 1, M.Jones 69.99. 4x100m: 5, Belgrave 41.80 (T.Abeyie, M.Russell, M.Dickson, B.Challenger). 4x400m: 6, Belgrave 3:19.92 (M.Douglas 48.1, B.Flnt 52.0, B.Challenger 51.0, T.Bailey 48.7).

## BRITISH ATHLETICS LEAGUE POINTS RANKINGS 2000

Matches >>>	1	2	3	4	Total	
1	L.Newman	12	24	26	28	90
2	M.Douglas	31	19	-	28	78
3	M.Dickson	23.5	10	15	28	76.5
4	M.Jones	16	16	16	16	64
5	K.Brown	22	17	12	12	63
6	I.Tullett	16	12	16	14	58
7	M.Parper	18	-	25	10	53
8	N.Owen	12	18	-	16	46
9	N.Levy	-	25	20	-	45
10	S.Faben	14	-	16	12	42
11	D.Readle	-	12	14	12	38
12	J.Flynn	-	16	10	10	36
13	D.Campbell	35.5	-	-	-	35.5
14	G.Dearman	-	19	-	16	35
15=	P.Idowu	-	-	12	22	34
	W.Smith	4	8	10	12	34
17	A.Walcott	7.5	6	15	-	28.5
18=	E.Clarke	12	-	6	10	28
	B.Flnt	-	16	-	12	28
20	D.Thompson	-	18	8	-	26
21	R.Aspden	-	11	8	6	25
22	S.Oni	-	-	14	10	24
23	P.Evans	-	-	-	22	22
24	B.Reilly	5	16	-	-	21
25=	D.Chambers	-	-	-	20	20
	R.Hayman	8	6	6	-	20
27	Sean Baldock	-	18	-	-	18
28=	Steve Baldock	5	12	-	-	17
	D.Chin	-	10	7	-	17
30=	J.Chaston	-	-	-	16	16
	P.Freary	10	-	6	-	16
	L.Hurst	16	-	-	-	16
	A.McLean Foreman	-	6	5	5	16
	K.Nash	10	-	-	6	16
35	C.Gilby	4	3	-	8	15
36	P.Spivey	4	-	-	10	14
37	A.Hutchinson	-	-	5	8	13
38=	S.Barden	12	-	-	-	12
	R.David	12	-	-	-	12
	F.Mepandy	12	-	-	-	12
	S.Thompson	12	-	-	-	12
42=	M.Miles	10	-	-	-	10
	J.Squirrell	10	-	-	-	10
	I.Wells	-	-	10	-	10
45	O.Matthew	-	-	8	-	8
46=	C.Herrington	-	6	-	-	6
	J.Lobo	6	-	-	-	6
	J.Urquhart	-	-	6	-	6
49=	J.Birks	5	-	-	-	5
	J.Galley	-	-	5	-	5
51=	T.Lerwill	4	-	-	-	4
	M.Yates	-	-	4	-	4
53	M.Russell	3.5	-	-	-	3.5
54	P.Beaumont	-	-	-	3	3
55=	S.Clarke	-	-	2	-	2
	J.Hilston	-	-	2	-	2
57	J.Estall	-	-	1	-	1
		366	330	307	398	1401

## GOLD CUP FINAL 2000

1,	Birchfield H	136
2,	Newham & Essex Beagles	125.5
3,	Shaftesbury Barnet H	103
4,	Belgrave H	97
5,	Team Solent	82
6,	Blackheath H	74
7,	Puma TVH	63.5
8,	Trafford	52

## Track & Field - Women's Southern League Division Three

### Match 1, Colchester, 29 April 2000.

Considering the first match of the season was in the midst of the bank holiday season and there were difficulties getting hold of many of our athletes, Belgrave turned out an excellent effort gaining 161.5 points and third place.

Nearly all of the events were covered - the only exceptions being the B strings for the U17 80m hurdles and the hammer. As per usual, the Belles all pulled together and earned points for the team in events they don't usually compete in.

The usual complaint that we didn't have enough juniors couldn't be used this time round. Paul and Kim Collier had done a superb job rounding up the troops and encouraging many new youngsters to join in.

Cherridawn Foster's running is going from strength to strength as shown in her 1st place in the 200m in 28.3. Louise Collier and Georgie Bennett also had good runs in the 800m.

Belgrave's secret weapon could arrive this season in the form of Yinka Odelusi. Yinka launched a shot of 8 metres 15 in her first competition for the Belles, finishing 3rd.

A few 'new' faces appeared for the seniors. Although only new in the sense that we haven't seen them competing in the Ladies Southern League in recent years! Ann Walters clocked 13.20 in the 3000m to finish second, and then competed in the shot, discus and javelin! Jane Searle, now first claim for Belgrave came third in the 800m and followed with the first leg in the 400m relay.

Jennifer Culley stormed home to win the 400m in 57.1 seconds, then joined Julie Bernard, Syreeta Stracey and Bianca Casey to finish second in the 4 x 100m.

All in all, whether down to the good weather, a great team spirit, or the excellent performances on the day, it was a good start to the season. Keep up the good work Belles.

#### Seniors

100m: 2, J.Culley 12.6; 3, M.Nestor 13.8. 200m: 3, J.Bernard 28.6; 3, M.Nestor 29.5. 400m: 1, J. Culley 57.1; 4, C.Eastham 75.2. 800m: 3, S. Stracey 2.31.5; 3, J.Searle 2.56.0; 1500m: 3, S.Stracey 5.26.4; 2, J.Emery 6.10.6; 3000m: 4, N.Mills 13.20.5; 4, A.Walter 14.15.8. 100mH: 3, D.Kandaros 19.4; 1, D.Hearn 22.7. 400mH: 3, J.Smiter 83.6; 2, D.Hearn 88.8. HJ: 1, B.Casey 1.53; 1, J.Smiter 1.35. LJ: 5, S.Stracey 3.97; 4, C.Eastham 2.88. TJ: 4, J.Smiter 8.25; 4, C.Eastham 7.64. PV: 1, J.Smiter 1.55; 1, C.Eastham 1.45. SP: 5, C.James 6.30; 4, A.Walter 5.70. DT: 4, C.James 16.65; 4, A.Walter 14.27. JT: 4, A.Walter 17.08; 5, S.Dankwa 8.95. HT: 5, D.Kandaros 12.87. 4x100m: 2, Belgrave 52.6 (J.Culley, J.Bernard, S.Stracey, B.Casey). 4x400m: 2, Belgrave (J.Searle 75.6, D.Hearn 77.1, J.Culley 59.3, S.Stracey 67.2) 4.39.2

#### Under 17

80mH: 3, S.Dankwa 16.5.

#### Under 15

100m: 4, S.Murray-Burton 14.0; 3, J.Ehirim 14.7. 200m: 1, C.Foster 28.3; 3, L.Collier 31.0. 800m: 2, L.Collier 2.46.9; 3, G.Bennett 2.44.2. 1500m: 4, B.Cobden-Ramsay 5.45.9; 2, S.Comlay 6.16.9. 75m Hrd: 4, C.Foster 14.9; dq, S.Comlay. HJ: 4, C.Olawore 1.15; 2, G.Bennett 1.15. LJ: 5, S.Murray-Burton 3.80; 4, L.Collier 3.62. SP: 2, Y.Odelusi 8.27; 3, L.Woolly 8.03. DT: 4, C.Olawore 13.56; 2, B.Cobden-Ramsay 11.33. JT: 3, L.Woolly 14.42; 3, Y.Odelusi 8.15. 4x100m: 4, Belgrave 57.2 (G.Bennett, S.Murray-Burton, L.Collier, C.Foster).

Teams: 1, Colchester 204; 2, Radley 175.5; 3, Belgrave 161.5; 4, Colchester & Tendring 140; 5, Bexley 134.



Rex Bale

Gale Porter lets fly with the 4kg hammer

### Match 2, Tooting, 20 May 2000

The second match saw the Belles competing on home turf. Sadly though this meant Tooting as the new Battersea stadium wasn't quite ready. The Belles finished a place higher in this match and second place moved the team up to 9th place in the league. Promotion was still a possibility!

A strong team turned out and all the events were covered except for both of the U17 hurdle events. Paul and Kim Collier's ability to turn out an ever increasing and eager team of girls seems to be improving match upon match. The performances of the girls are improving too, and the Belles triumphed with a number of first places - Susanna Murray-Burton's B string 100m, Cherridawn Foster's and Louise Collier's A and B string 200m, the 4 x 100m relay team: Cherridawn, Susan, Catherine Olawore and Louise Collier, and Belinda Cobden-Ramsay and Louise Collier's 800ms.

Louise earned herself a pet hamster "PB", having broken the U13 girls 800m record with the time of 2.35.4.

The seniors did rather well again, with the usual suspects multi-tasking yet again!

Top performances went to Nicki Haines and Rachel Weston placing 1st and 2nd in the 3000m. Rachel then teamed up with Danielle Kandaros, Tanya Sturton and Syreeta Stracey to deliver a 2nd place in the 4 x 100m relay.

Other 1st and 2nd placings went to Bianca Casey and Jacqui Smiter in the high jump, Harriet Payne and Danielle Kandaros in the long jump, and Jacqui and Danielle in the 400m hurdles.

We were still missing Vicki and Kelly in the throws but nonetheless covered all the events with a combination of Ann Walters tripling up on the shot, discus and javelin, Angela Weah's return to the field since becoming a mum, Tania having a go at the javelin, and Cynthia in the hammer. Gail Porter also popped by for a quick hammer throw on her way to work!

Reports by  
Catherine Eastham

#### Senior Women

100m: 3, B.Casey 13.4; 3, M.Nestor 14.0. 200m: 4, J.Bernard 27.3; 4, M.Nestor 30.3. 400m: 3, S.Stracey 64.4; 3, C.Eastham 74.8. 800m: 3, S.Stracey 2:34.1; 2, T.Sturton 2:44.0. 1500m: 3, K.Dillane 5:39.4; 2, J.Emery 6:05.5. 3000m: 1, R.Weston 10:29.7; 1, N.Haines 10:37.3. 100mH: 4, D.Kandaros 19.8; 2, S.Howard 23.1. 400mH: 2, D.Kandaros 74.6; 1, J.Smiter 78.9. HJ: 1, B.Casny 1.54; 2, J.Smiter 1.30. LJ: 1, H.Payne 4.76; 2, D.Kandaros 3.87. TJ: 4, J.Smiter 8.12; 3, C.Eastham 7.11. PV: 3, C.Eastham 1.00. SP: 3, A.Weah 7.76; 5, A.Walter 5.45. DT: 3, A.Weah 20.54; 4, A.Walter 14.56. JT: 5, T.Sturton 11.33. HT: 3, G.Porter 30.77; 3, C.James 14.00. 4x100m: 3, Belgrave 52.9 (H.Payne, J.Bernard, B.Casny, M.Nestor). 4x400m: 2, Belgrave 4:40.1 (S.Stracey, D.Kandaros, R.Weston, T.Sturton).

#### Under 15 Girls

100m: 2, C.Foster 13.7; 1, S.Mari-Burton 14.0; n/s r1 2, P.Martin 15.7; r2 1, C.Olawore 14.6; 2, F.Meyrick-Cole 15.0; 6, N.Burwood 15.9. 200m: 1, C.Foster 27.5; 1, L.Collier 29.9. 800m: 1, L.Collier 2:35.4; 1, B.Gordon-Ramsay 2:44.8. 1500m: 4, L.Walter 5:54.6; 3, Z.Cameron 5:54.7. 75mH: 2, Z.Cameron 15.1; 3, P.Martin 15.7. HJ: 5, C.Olawore 1.20; 4, N.Isherwood 1.15. LJ: 3, L.Walter 3.90; 2, T.Richardson 3.83; n/s L.Eastcott 3.29. SP: 4, L.Wooley 7.86; 2, Y.Odelusi 7.59. DT: 4, F.Meyrick-Cole 15.54; 4, Y.Odelusi 14.21. JT: 4, B.Gordon-Ramsay 16.26; 2, F.Meyrick-Cole 14.53. 4x100m: 1, Belgrave 56.2 (C.Foster, S.Murray-Burton, C.Olawore, L.Collier).

Teams: 1, Hastings 210.5; 2, Belgrave 176; 3, Verlea 150; 4, Wimborne 143; 5, Newbury 125.5.

### Women's Southern League Division Three 2000

1	Highgate H	29	1249.5
2	Cambridge H	29	1155.5
3	Chelmsford AC	24	1141
4	Colchester H	25	1125.5
5	Hillingdon AC	27	1113
6	Hastings AC	20	1102
7	Luton United AC	24	1098.5
8	Aldershot Farnham & D AC 'B'	23	1063
9	City of Salisbury AC	21	1029
10	Radley Ladies AC 'B'	20	1010
11	Belgrave H	18	976.5
12	Dartford H	19	955
13	South London H	17.5	949
14	Medway AC 'B'	17	920.5
15	Richmond & Twickenham AC	14	898.5
16	Blackheath H Bromley	17	894
17	Verlea AC	16	893
18	Cambridge & Coleridge AC	15	875
19	Bexley Borough AC	12	859
20	St. Albans (G.Davis) AC	13.5	828.5
21	Winchester & Dist. AC	13	800.5
22	Wimborne AC	11	800.5
23	Newbury AC	11	796
24	Southend on Sea AC	9	758.5
25	Colchester & Tendring AC	7	560



Left: Match Six at Sutcliffe Park and Syreeta Stracey (GG) eases up to team mate Tania Sturton before striking out for home. Both set personal best times in this 3000 metres race.

**Match 3, Hayes, 24 June 2000**

With the absence of Cynthia's team management skills, through watching her daughter wed, and with a number of illnesses and injuries spread amongst the team, this always looked like it would be a tricky match.

With a number of key team members being uncontactable in the weeks beforehand, the already stretched team was stretched beyond belief when there were several 11th hour pull-outs.

Up against clubs in 2nd and 7th places it meant that our best was going to have to be better than usual. However, with several athletes covering the maximum number of events, many of which they didn't specialise in, it didn't look likely that we would succeed.

Finishing in fifth place is perhaps the worst result the Belles have encountered for some time, and disappointing though this was, some relief came from the fact that many other clubs across the league appeared to have equally bad days and we ended up dropping just one place overall in the league.

Despite the doom and gloom there were some star performances of the day: Julie Bernard improved upon both her 100 metres and 400 metres relay times to set two PB's for the day, and Louise Collier clocked 2.33.6 in the 800 metres which brought her under the England Schools qualifying time. Performances from a number of our girls were improving, with Susanna Murray-Burton landing 4.20 in the long jump and Belinda Cobden-Ramsey throwing 17.39 in the javelin. Susanna's 100 metres time is so consistent that for the 4th match in the season she clocked 14.0!

Best performances so far in the league, after three matches, went to Kelly Mellis in the discus with 38.90 metres, Jennifer Culley 12.5 in the 100 metres, Helen Maskrey 5.06.5 in the 1500 metres, Jacqui Smither 1.90 in the pole vault and the 4 x 400 metres team clocking 4.25.0. We just need to be more consistent and field a full turnout and we could be up there with the best.

**Seniors**

100m: 1, J.Culley 12.5; 1, J.Bernard 12.9. 200m: 3, J.Bernard 27.6; 5, C.Eastham 34.0. 400m: 1, J.Culley 56.7; 3, S.Stracey 65.1. 800m: 5, C.Eastham 2:56.9; 5, S.Howard 3:15.3. 1500m: 3, H.Maskrey 5:06.5; 5, K.Dillane 5:44.5. 3000m: 3,

H.Maskrey 10:34.5; 2, N.Haines 10:52.9. 100mH: 5, D.Kandaros 19.5; 5, S.Howard 21.9. 400mH: 3, D.Kandaros 77.1; 3, J.Smitter 84.0. HJ: 5, J.Smitter 1.25; 4, C.Eastham 1.25. LJ: 5, J.Smitter 3.75; 4, C.Eastham 3.19. TJ: 5, J.Smitter 8.17; 5, C.Eastham 7.41. PV: 1, J.Smitter 1.90; 3, C.Eastham 1.30. SP: 2, K.Mellis 9.05; 4, A.Walters 6.02. DT: 2, K.Mellis 38.90; 5, A.Walters 12.37. JT: 5, S.Howard 18.61; 4, A.Walter 12.97. HT: 5, K.Mellis 29.14; 5, K.Collier 10.31. 4x100m: 3, Belgrave 54.3 (J.Smitter, J.Bernard, J.Culley, S.Stracey). 4x400m: 3, Belgrave 4:25.0 (J.Smitter 76.9, J.Bernard 63.5, J.Culley 60.0, S.Stracey 64.6)

**Under 15**

100m: 5, D.Lewis 16.3; 4, S.Murray-Burton 14.0. 200m: 1, C.Foster 27.3; 3, L.Collier 29.6. 800m: 1, L.Collier 2:33.6. 1500m: 4,

B.Cobden-Ramsey 5:37.3; 3, C.Olawore 6:01.8. 75mH: 3, S.Murray-Burton 15.7; 2, D.Lewis 16.3. HJ: 3, C.Foster 1.30; 2, L.Collier 1.20. LJ: 3, S.Murray-Burton 4.20; 3, L.Collier 3.85. SP: 4, C.Foster 5.94. DT: 4, C.Olawore 13.24; 2, B.Cobden-Ramsey 11.37. JT: 2, B.Cobden-Ramsey 17.39; 2, D.Lewis 16.43. 4x100m: 3, Belgrave 57.2 (C.Foster, S.Murray-Burton, L.Collier, D.Lewis). Teams: 1, Highgate 213; 2, Hillingdon 178; 3, Winchester 162; 4, South London 145; 5, Belgrave 141.

**Match 4, Salisbury, 15 July 2000**

Maureen Knight made her first appearance in the team for the Salisbury match and immediately picked up a win in the high jump and gained further good points in the long jump and javelin. Star of the day was Jennifer Culley, however, winner of 100, 200 and 400 metre A races. The throws were strong, thanks to Kelly Mellis, Gail Porter and Vicki Hassell and in the younger age group Natasha Richardson and Cherridawn Foster kept the pressure up with winning performances. The match was closely fought and the Belles really needed a victory to have any hope of promotion in 2000 but in the end, second place was an excellent effort.

**Senior Women**

100m: 1, J.Culley 12.9; 1, M.Nestor 14.4. 200m: 1, J.Culley 26.0; 2, D.Kandaros 30.0. 400m: 1, J.Culley 57.0; 3, J.Smitter 84.5. 800m: 4, T.Sturton 2:51.9; 2, G.Eastham 3:01.1. 1500m: 4, T.Sturton 5:53.7; 3, C.Eastham 6:25.9. 3000m: 3, T.Sturton 11:58.2; 3, C.Eastham 13:11.0. HJ: 1, M.Knight 1.59; 1, M.Nestor 1.50. LJ: 2, M.Knight 4.40; 3, J.Smitter 3.51. TJ: 2, M.Nestor 9.57; 3, J.Smitter 8.39. PV: 4, J.Smitter 1.70; 3, C.Eastham 1.40. SP: 2, K.Mellis 10.03; 3, V.Hassell 7.44. DT: 1, K.Mellis 35.68; 1, G.Porter 23.15. JT: 3, M.Knight 34.10; 1, G.Porter 27.48. HT: 1, V.Hassell 31.34; 1, G.Porter 30.58. 4x100m: 2, Belgrave 55.1. 4x400m: 3, Belgrave 4:39.1.

**Under 15 Girls**

100m: 3, S.Murray-Burton 14.2; 1, N.Richardson 14.1. 200m: 1, C.Foster 27.7; 3, L.Collier 30.1. 800m: 3, L.Collier 2:29.0. 1500m: 4, J.Ehirim 5:37.0; 2, C.Olawore 5:38.3. 75mH: 5, I.Baku 21.3; 2, D.Lewis 15.9. HJ: 3, C.Foster 1.20; 3, C.Olawore 1.15. LJ: 4, S.Murray-Burton 3.70; 4, N.Richardson 3.52. SP: 2, D.Lewis 8.41; 3, L.Collier 4.63. DT: 3,

I.Baku 14.74; 4, S.Murray-Burton 11.72. JT: 2, D.Lewis 20.43; 1, I.Baku 14.49. 4x100m: 2, Belgrave (C.Foster, D.Lewis, L.Collier, S.Murray-Burton).

Teams: 2, Belgrave 189.

1, Salisbury 206; 2, Belgrave 189; 3, Luton 186; 4, St. Albans 141; 5, Southend 79.

**Match 5, Norman Park, 12 August 2000**

Another second team place came at Bromley but it could so easily have been a win as we ended up just 5.5 points behind Chelmsford. Louise Collier was back to winning ways in the under 15 800 metres and was backed up well by Belinda Cobden-Ramsey who was first home in the 'B' event. Perhaps the best performance came from 15 year-old Michelle Nestor who went over 10 metres for the first time in the triple jump to place 2nd in the senior competition. Three first places went to Maureen Knight and the points were piling up but, missing a few specialist middle-distance runners, in the end it was the Essex club that just prevailed while the Belles kept just 4 points clear of the home club Blackheath.

**Senior Women**

100m: 2, S.Watson 13.7; 3, M.Nestor 13.8; n/s T.Adefuye 13.9. 200m: 4, D.Briggs 30.1; 1, M.Nestor 29.0. 400m: 5, D.Kandaros 71.0; 5, C.Eastham 80.8. 800m: 5, J.Searle 2:45.4; 3, S.Howard 3:11.4. 1500m: 5, C.Eastham 6:36.9; 5, S.Howard 6:53.8. 3000m: 4, C.Eastham 13:15.6. 100mH: 4, D.Kandaros 20.1; 1, D.Briggs 19.5. 400mH: 4, D.Kandaros 77.1; 4, S.Howard 86.9. HJ: 1, M.Knight 1.55; 1, D.Briggs 1.35. LJ: 2, M.Knight 4.80; 2, S.Watson 4.73. TJ: 2, M.Nestor 10.35; 1, M.Knight 10.20. PV: 2, C.Eastham 1.50; 1, G.Porter 1.30. SP: 1, M.Knight 10.03; 4, G.Porter 7.04. DT: 1, K.Mellis 37.74; 2, G.Porter 23.13. JT: 3, M.Knight 28.91; 3, G.Porter 25.45. HT: 2, G.Porter 29.36; 2, C.James 18.41. 4x100m: 3, Belgrave 54.8 (D.Briggs, M.Nestor, T.Adefuye, S.Watson). 4x400m: 5, Belgrave 5:03.2 (S.Howard, D.Briggs, G.Porter, D.Kandaros).

**Under 15 Girls**

100m: 4, S.Murray-Burton 14.0; 3, N.Richardson 14.1. 200m: 2, S.McGregor 28.1; 4, L.Collier 30.3. 800m: 1, L.Collier 2:32.8; 1, B.Cobden-Ramsey 2:45.6. 1500m: 1, J.Ehirim 5:31.1; 1, C.Olawore 5:46.3. 75mH: 5, S.Murray-Burton 15.2; 3, D.Lewis 14.9. HJ: 5, J.Ehirim 1.25; 3, C.Olawore 1.20. LJ: 4, S.Murray-Burton 3.80; 3, L.Collier 3.66. SP: 3, D.Lewis 8.36; 2, N.Richardson 5.85. DT: 3, C.Olawore 18.02; 2, N.Richardson 17.62. JT: 2, D.Lewis 22.36; B.Cobden-Ramsey 3nt. 4x100m: 3, Belgrave 56.0 (S.Murray-Burton, S.McGregor, L.Collier, C.Olawore); n/s 1, Belgrave 59.3 (J.Ehirim, B.Cobden-Ramsey, C.Olawore, D.Lewis).

Teams: 1, Chelmsford 175.5; 2, Belgrave 170; 3, Blackheath 166; 4, Richmond & Twickenham 153.5; 5, Medway 139.

**Match 6, Sutcliffe Park, 2 September 2000**

What a multi-eventer Maureen Knight could be. This time she went on a points scoring spree and ended up with four first places and a second. In the triple jump Michelle Nestor pushed her all the way though with both of them setting personal best distances. There was a terrific tussle in the 3000 metres where Tania Sturton and Syreeta Stracey battled to be the first Belgrave girl home and as a result overtook most of the rest of the field. Syreeta eventually had the best finishing burst but their efforts had taken them both into 2nd place.

As far as the team competition was concerned, British League club Aldershot were too strong for the rest and in a tough match the Belles were 4th. So, the season was over and we were finally placed

continued on page 30 >>>



Left: Dwain Chambers takes the 100 metres title by 1/100th of a second from Darren Campbell (out of shot), Lewis-Francis (Birchfield 239) and Gardener (Bath 151).

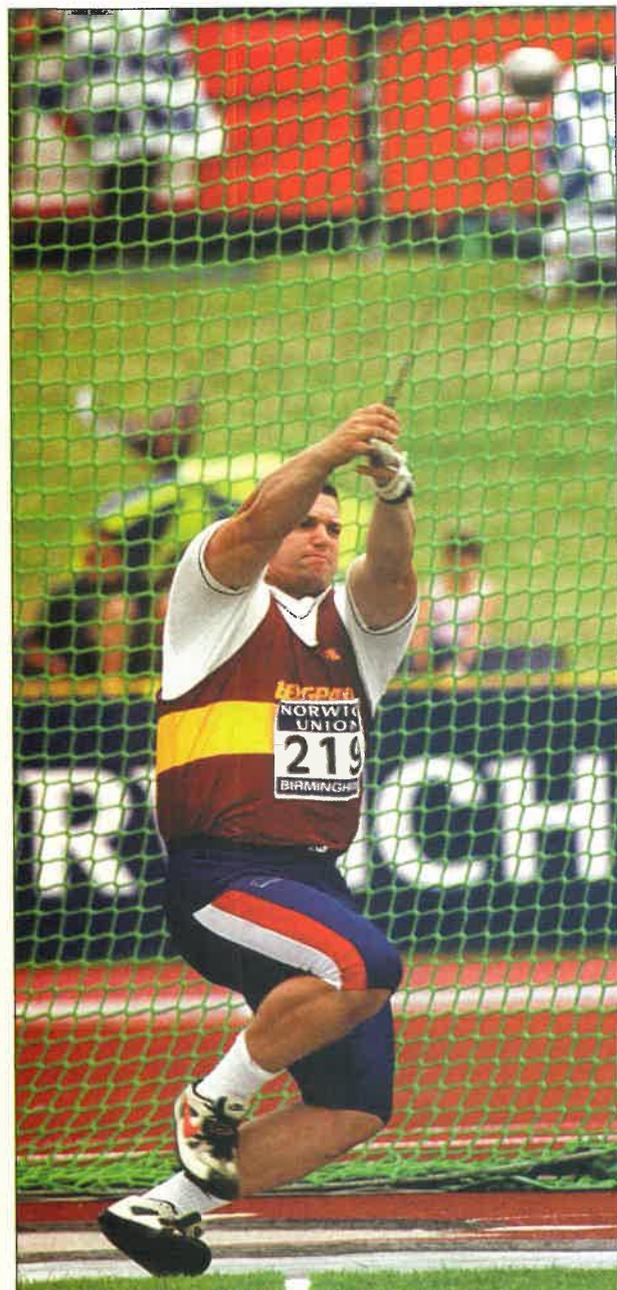
Below left: Mike Jones - a third consecutive hammer victory but no Olympic selection.

Below: Chris Rawlinson was a clear winner of the 400m hurdles.

Right: Triple jumper Phillips Idowu - AAA Champion and Sydney bound.

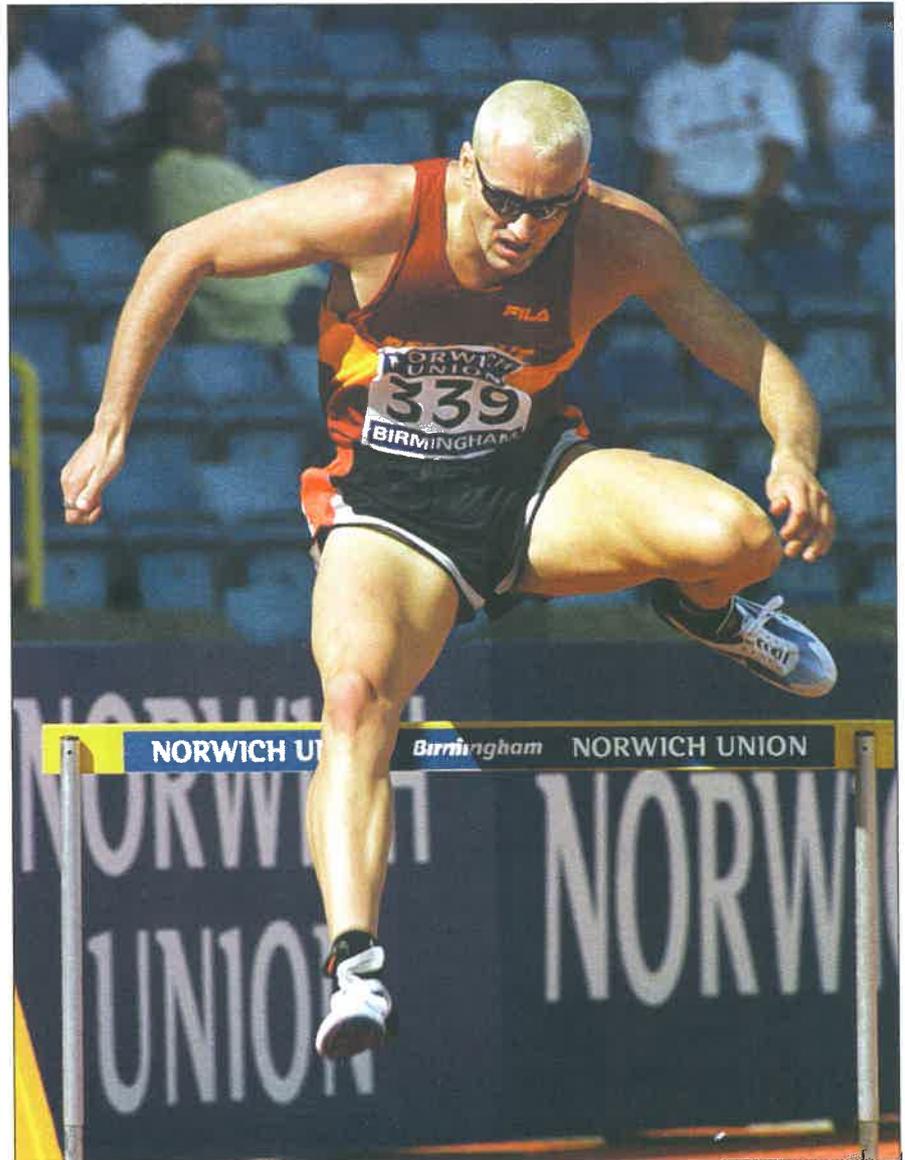
Far right: Justin Chaston placed 2nd to Stephenson (Cardiff) in the steeplechase.

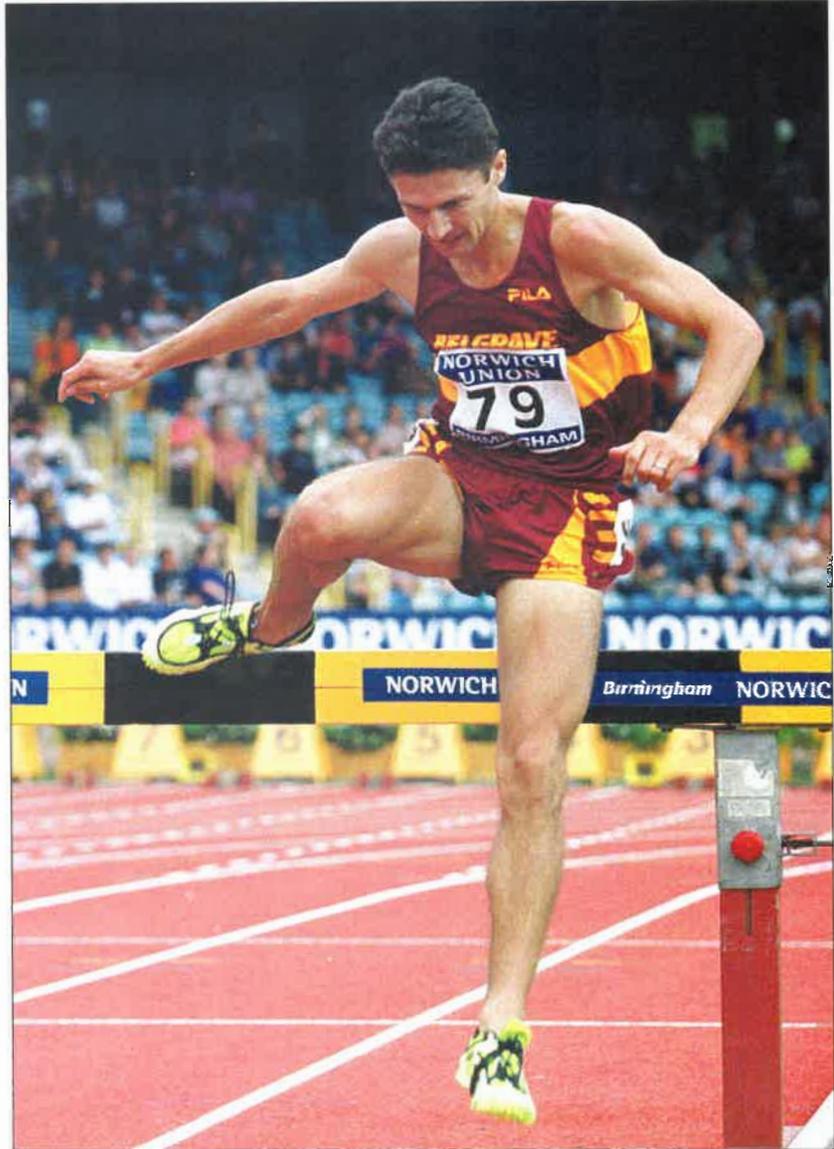
Right below: The 200 metres gave Darren Campbell the chance to show what he can do in the intermediate sprint and took him one step closer to that Olympic Silver Medal.



## AAA Championships & Olympic Trials 2000

Pictures by Mark Shearman





... continued from page 27

11th in the league. Our only failing was an inability to get all the best competitors out together. The team spirit is good and if we missed out on promotion in 2000, surely it will come soon.

Senior Women

100m: 5, B.Casey 13.1; 2, M.Nestor 13.8. 200m: 4, B.Casey 28.0; 4, D.Briggs 29.6. 400m: 4, D.Kandaros 70.4; 4, V.Hassell 74.3. 800m: 5, C.Eastham 3:06.1; 4, S.Howard 2:56.9. 1500m: 4, T.Sturton 5:47.2; 3, J.Smiter 6:44.2. 3000m: 2, S.Stracey 11:26.8; 2, T.Sturton 11:32.8. 100mH: 1, M.Knight 16.6; 1, D.Briggs 20.3. 400mH: 3, D.Kandaros 74.9; 3, J.Smiter 86.0. HJ: 1, M.Knight 1.55; 2, B.Casey 1.50. LJ: 1, M.Knight 4.73; 2, D.Briggs 4.60. TJ: 1, M.Knight 10.44; 1, M.Nestor 10.42. PV: 5, C.Eastham 1.55; D.Kandaros no height. SP: 2, M.Knight 10.42; 2, V.Hassell 7.82. DT: 3, G.Porter 22.01; V.Hassell 3nt. JT: 1, G.Porter 26.36; 1, V.Hassell 23.53. HT: 3, G.Porter 27.88; 3, V.Hassell 27.45. 4x100m: 5, Belgrave 56.8 (G.Porter, M.Nestor, J.Smiter, B.Casey). 4x400m: 3, Belgrave 4:54.7 (V.Hassell 69.6, T.Sturton 80.4, S.Stracey 65.8, D.Kandaros 68.9).

Under 15 Girls

100m: 2, S.McGregor 13.3; 3, S.Murray-Burton 13.8. 200m: 2, S.McGregor 27.0; 4, L.Collier 30.1. 800m: 3, L.Collier 2:30.2. 1500m: J.Ehirim dnf. HJ: 3, J.Ehirim 1.25. 75mH: 5, D.Lewis 16.2; 4, S.Murray-Burton 16.3. LJ: 5, S.Murray-Burton 3.52; 5, L.Collier 3.89. SP: 3, D.Lewis 8.51. DT: 5, J.Ehirim 8.95. JT: 1, D.Lewis 24.75; 4, S.McGregor 4.61. 4x100m: 3, Belgrave 56.5 (S.McGregor, S.Murray-Burton, L.Collier, D.Lewis). Teams: 1, Aldershot, F&D AC 189; 2, Cambridge H 179; 3, Dartford H 175; 4, Belgrave 140, 5, Cambridge & Coleridge AC 126.



An all-round winner, Maureen Knight could turn into one of the best multi-eventers we've seen.

## Belles return to Cup competition

### Jubilee Cup First Round, Basingstoke, 11 June 2000.

Having not competed in the Jubilee Cup for a while, the Belles entered Round 1 eager and willing to make their mark. However, despite being in second place after nine events, winning the match somehow seemed out of reach.

The random match draw didn't go our way. Whilst Match 1 often only had 3 out of 6 teams competing, Match 2 consistently pulled out a full quota of athletes. As quoted on the Round 1 programme though, the random match draw did create an aura of mystery and the unknown and was appreciated by most clubs!

Still, although we came home without the cup, we made some positive progress and boosted the confidence of our team in its ability to compete with higher division clubs.

Before praising all the athletes, a big thanks has to go to Bob Bridges. Not content with running after the athletes he trains and managing the blokes' team, Bob became joint team manager and minibus driver supreme for the day. Thanks Bob, we'd never even have made it to round one without your help. Thanks also to Eric and Mavis Hall for their support and Richard Hearn for timekeeping and hurdle carrying.

Faced with only one athlete per event we had assumed it would be quite easy to pull together a full team, but injuries, illnesses and other commitments put paid to that dream! Nevertheless, all events were covered, even though a little bit of persuasion was needed by the time we reached the 4 x 400m and we knew we weren't going to win.

For the first time this season both Vicki Hassell and Kelly Mellis were available to throw. Vicki covered the Hammer and Javelin and Kelly the Shot and Discus. Both made their mark on the competition and Kelly achieved our only first place of the day with 38.48 in the discus.

Discovery of the day was Michelle Nestor, who we're pleased to find is a secret triple jumper. Michelle's triple jumping was a regular fixture for the rest of the Southern League fixtures. Another great find was Julie Bernard who, at the last minute, was persuaded to run the final leg of the 4 x 400m relay. Julie is quite new to Belgrave and had so far only competed up to 200 metres. Her relay performance guaranteed her a place in the relay if not the flat 400m for the rest of the season.

100m: 3, B.Casey 13.0. 200m: 4, J.Bernard 28.3. 400m: 2, J.Culley 57.5. 800m: 5, C.Eastham 2:52.8. 1500m: 4, T.Sturton 5:26.8. 3000m: T.Sturton dnf. 100mH: 6, D.Kandaros 20.0. 400mH: 5, D.Kandaros 79.9. HJ: 3, B.Casey 1.50. LJ: 4, M.Nestor 4.29. TJ: 5, M.Nestor 8.36. SP: 3, K.Mellis 9.48. DT: 1, K.Mellis 38.48. JT: 5, V.Hassell 23.73. HT: 2, V.Hassell 30.64. 4x100m: 3, Belgrave 51.9 (J.Bernard, J.Culley, M.Nestor, B.Casey). 4x400m: 4, Belgrave 4:31.8 (J.Culley 61.6, D.Kandaros 69.6, C.Eastham 75.0, J.Bernard 65.6).

Teams: 1, Team Solent 127; 2, Radley 109; 3, City of Portsmouth 101; 4, Reading 97; 5, Belgrave 86; 6, Newbury 64.



Far left: Louise Collier storms home to win the Surrey County AA U13G 800m in 2:39.6. In third place, behind no. 19, is Lizzie Hodges whose 2:42.1 earned her the bronze. Louise went on to top our 2000 ranking lists at the two lap event and again Lizzie was third.

## Division 1 Match 1, Feltham, 6 May 2000

100m: 1, B.Mensah 10.9; 1, J.Hilston 11.3. 200m: 2, B.Mensah 22.7. 400m: 2, J.Hilston 50.3; 1, N.Molloy 51.9. 800m: 3, S.Clarke 1:59.7. 1500m: 2, H.Raidi 4:06.8; 2, S.Clarke 4:10.5. 5000m: 4, W.Cockerell 16:50.2. 110mH: 1, S.Exley 15.7; 1, O.Matthew 17.3. 4x100: 1, Belgrave 44.1 (J.Panton, B.Mensah, J.Hilston, D.Akinbogun). 4x400m: 1, Belgrave 3:25.2 (D.Akinbogun 51.0, S.Exley 51.7, J.Panton 51.3, J.Hilston 51.2). HJ: 2, J.Tuson 1.80; 1, O.Matthew 1.75. LJ: 2, A.Kneller 6.14; 2, J.Tuson 5.71. TJ: 2, A.Kneller 12.61; 4, J.Druce 11.07. PV: 1, S.Exley 3.40; G.Conlon nh. SP: 4, S.Exley 10.93; 4, O.Matthew 10.17. DT: 5, S.Exley 34.50; 4, O.Matthew 29.54. JT: 5, A.Kneller 42.01; 4, G.Conlon 37.95. HT: 5, R.Bridges 26.61; 5, O.Matthew 21.46. Teams: 1, Boro. Hounslow 118; =2, Bournemouth 102; =2 Portsmouth 102; 4, Belgrave 96; 5, Ilford 92.

## Division 6 West Match 1, Sutton Arena, 6 May 2000

100m: 1, G.Ross 12.0; 3, T.Heaton-Armstrong 12.4. 200m: 1, G.Ross 24.4. 400m: 3, R.McMillan 60.0. 1500m: 1, D.Anderson 4:57.6. 5000m: 1, D.Anderson 17:41.7. HJ: 2, N.Travers-Griffen 1.50. SP: 1, N.Travers-Griffen 10.20; 1, T.Heaton-Armstrong 8.35. DT: 1, N.Travers-Griffen 28.61. JT: 3, N.Travers-Griffen 33.33. HT: 3, N.Travers-Griffen 19.35. Teams: 1, Chichester 127.5; 2, Bicester 110.5; 3, Bournemouth 78; 4, Belgrave 51.

## Division 1 Match 2, Basildon, 3 June 2000

100m: 1, B.Mensah 11.3; 1, J.Hilston 11.4. 200m: 1, J.Hilston 22.6; 1, B.Mensah 23.0. 400m: 4, D.Akinbogun 51.2; 5, S.Clarke 54.0. 800m: 4, S.Clarke 1:57.5. 1500m: 5, J.Wolf 4:06.9; 5, W.Cockerell 4:47.2. 5000m: 3, W.Cockerell 15:58.5; 3, E.Lemenager 16:48.2. 110mH: 1,

N.Levy 15.5; 2, I.Wells 16.7. 400mH: 2, I.Wells 57.9. 3000mSC: 4, B.Barton 10:16.6. HJ: 2, R.Aspden 2.05; 1, J.Tuson 1.85. LJ: 4, J.Tuson 6.05; 3, A.Kneller 5.86. TJ: 3, J.Tuson 13.46. PV: 2, G.Conlon 3.80; 1, O.Matthew 3.20. SP: 3, O.Matthew 10.69; 3, D.Akinbogun 9.12. JT: 3, A.Kneller 41.30; 4, G.Conlon 38.84. HT: 4, R.Bridges 27.52; 5, D.Akinbogun 13.78. 4x100m: 1, Belgrave 44.9 (J.Hilston, J.Tuson, I.Wells, B.Mensah). 4x400m: 2, Belgrave 3:25.1 (I.Wells 56.7, B.Mensah 51.0, N.Levy 48.7, R.Aspden 49.1).

Teams: 1, Swindon 135.5; 2, Ealing, Southall & Middx. 106.5; 3, Belgrave 106; 4, Milton Keynes 97.5; 5, Basildon 88.5.

## Division 6 West Match 2, Bracknell 3 June 2000

100m: 2, G.Ross 12.1; 3, N.Travers-Griffen 12.7. 200m: 2, G.Ross 23.9; 2, T.Heaton-Armstrong 24.7. 400m: 3, T.Heaton-Armstrong 56.7. 4x100m: 4, Belgrave 52.2. SP: 1, N.Travers-Griffen 10.75; 1, T.Heaton-Armstrong 8.79. DT: 1, P.Lyttle 34.27; 1, N.Travers-Griffen 26.64. JT: 2, N.Travers-Griffen 36.25; 1, P.Lyttle 31.85.

Teams: 1, Winchester 146.5; 2, Basingstoke 101.5; 3, Bracknell 99; 4, Belgrave 49

## Division 1 Match 3, Woodford Green, 24 June 2000.

100m: 2, R.David 11.2; 4, B.Mensah 11.2. 200m: 3, R.David 22.3; 2, B.Mensah 22.8. 400m: 1, N.Dawson 49.1; 2, J.Panton 53.3. 800m: 5, E.Lemenager 2:13.3; 4, B.Barton 2:14.0. 1500m: 4, E.Lemenager 4:33.0. 5000m: 4, P.Carstairs 16:36.9; 3, B.Barton 16:48.7. 400mH: 3, J.Squirrel 58.7. HJ: =1, J.Tuson 1.80; 2, R.David 1.60. LJ: 1, J.Tuson 6.51; 1, A.Kneller 5.87. TJ: 1, J.Tuson 13.77. SP: 5, P.Lyttle 10.19; 4, J.Panton 9.34. DT: 5, P.Lyttle 33.16; 4, A.Kneller 32.42. JT: 5, A.Kneller 41.37; 5, P.Lyttle 31.18. HT: 5, R.Bridges 26.57; 4, P.Lyttle 20.70. 4x100m: 1, Belgrave 43.4. Teams: 1, Shaftesbury Barnet 122.5; 2, Woking 117; 3, Woodford Green 108; 4, Worthing 94; 5, Belgrave 78.5.

## Division 6 West Match 3, Battersea Park, 24 June 2000.

400m: 1, N.Travers-Griffen 55.69. 5000m: 2, A.Stewart 16:02.32. JT: 1, N.Travers-Griffen 36.94. Teams: 1, White Horse 144; 2, Redhill & Surrey B. 131.5; 3, Hillingdon 125.5; 4, Belgrave 39.

## SOUTHERN LEAGUE DIVISION ONE 2000

1	Luton United	778	27
2	Shaftesbury Barnet	734.5	27
3	Swindon	775	26
4	Woking	709.5	24
5	Kent	703	24
6	Bournemouth	663.5	21.5
7	Team Solent	665.5	20
8	Worthing & Dist.	665	20
9	Woodford Green/Essex Ladies	640	19
10	City of Portsmouth	679.5	18.5
11	Ealing, Southall & Middx.	627.5	18.5
12	Basingstoke & Mid Hants	668	17
13	Highgate	615	17
14	Cambridge H	574	16
15	Herne Hill	794.5	15
16	Croydon	579	15
17	Verlea	584	15
18	Boro' Hounslow	580	15
19	Basildon	650.5	14
20	Hastings	591.5	13
21	Belgrave	576	13
22	Newham & Essex Bgls.	575.5	11.5
23	Milton Keynes	431	7
25	Thames Valley	425	7

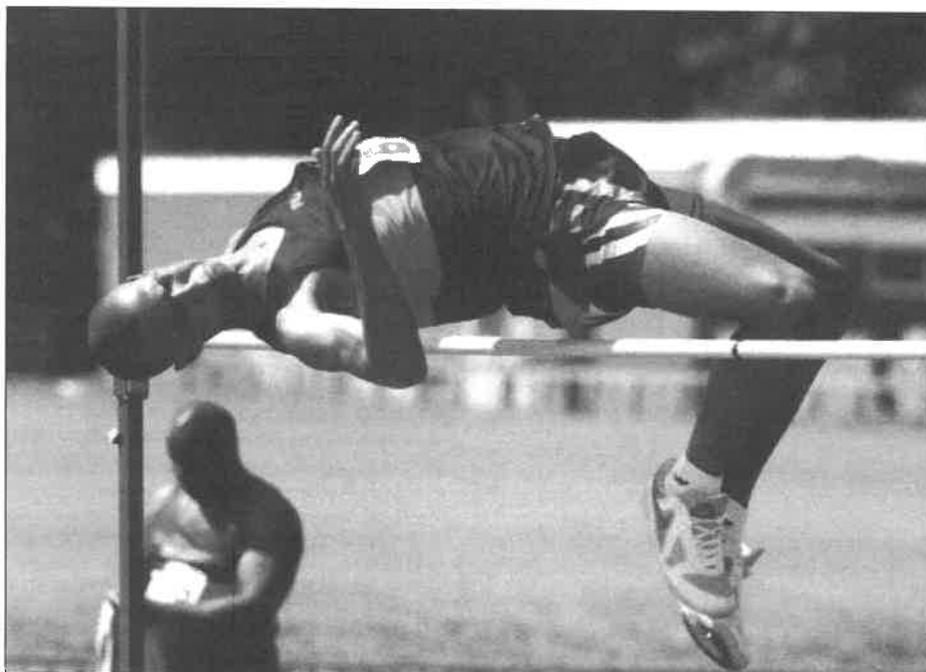
## Division 1 Match 4, Tooting, 8 July 2000.

100m: 4, D.Akinbogun 11.2; 4, E.Newell 11.3. 200m: 3, D.Akinbogun 22.5; 5, R.McMillan 26.3. 400m: 2, N.Molloy 51.4. 800m: 5, D.Anderson 2:30.4. 1500m: 4, E.Lemenager 4:26.8; 4, J.Skilbeck-Nelson 4:41.0. 5000m: 3, W.Cockerell 15:45.6; 4, D.Anderson 17:51.3. 400mH: 3, J.Squirrel 58.9. HJ: 1, J.Tuson 1.85; 1, A.Kneller 1.70. LJ: 2, J.Tuson 6.36; 1, A.Kneller 6.07. TJ: 1, J.Tuson 13.53. SP: 1, S.Thompson 13.85. DT: 1, S.Thompson 45.67; 1, A.Kneller 42.98. HT: result not available. HT: 1, J.Osazuwa 58.03; 1, S.Thompson 42.03. 4x100m: 4, Belgrave 46.8 (R.McMillan, A.Kneller, N.Molloy, D.Akinbogun). Teams: 1, Herne Hill 139; 2, Luton 122 ; 3, Newham & Essex Bgls 100; 4, Belgrave 87; 5, Puma TVH 55.

*Below: Still a Junior but James Tuson seems to have been competing in Southern League matches for years.*



*Above: Will Cockerell could be the man credited with bringing the long jump's "hang" technique to the steeplechase. More good points for Billy the Kid though - 3rd place at Basingstoke!*



## Track & Field - Men's Southern League Divisions 1 & 6 West

### Division 6 West Match 4, Tooting, 8 July 2000.

100m: 3, N.Travers-Griffen 12.5. SP: 1, P.Lyttle 10.92; 1, N.Travers-Griffen 10.23. DT: 1, P.Lyttle 34.52; 2, N.Travers-Griffen 26.78. JT: 2, N.Travers-Griffen 36.98; 1, P.Lyttle 34.29. HT: 2, R.Bridges 26.20.

Teams: 1, Herne Hill 152, 2, Richmond & Twickenham 124; 3, Belgrave 35.

### Division 1 Match 5, Basingstoke, 22 July 2000.

100m: 2, R.David 11.1; 1, B.Mensah 11.2. 200m: 2, R.David 22.3; 2, B.Mensah 22.8. 400m: 3, N.Molloy 52.1; 5, G.Ross 70.7. 800m: 1, A.McLean Foreman 1:55.1; 2, B.Poore 2:05.7. 1500m: 4, E.Lemanager 4:40.6; 5, D.Anderson 4:54.6. 5000m: 2, E.Lemanager 16:56.6; 3, D.Anderson 17:40.7. 110mH: 1, S.Exley 15.6; 5, J.Panton 22.8. 400mH: 5, J.Panton 65.8. 3000mSC: 3, W.Cockerell 10:29.3. HJ: 2, J.Tuson 1.85; 2, S.Exley 1.75. LJ: 4, A.Kneller 5.98; J.Tuson 3nj. TJ: 2, J.Tuson 13.43; 5, J.Panton 10.72. PV: 2, S.Exley 3.40; =3, R.Bridges 1.20. SP: 4, J.Osazuwa 11.44; 3, P.Lyttle 11.06. DT: 4, P.Lyttle 34.59; 3, A.Kneller 29.43. JT: 3, A.Kneller 43.44; 3, P.Lyttle 34.74. HT: 1, J.Osazuwa 57.86; 5, R.Bridges 21.90. 4x100m: 1, Belgrave 44.1 (N.Molloy, R.David, J.Panton, B.Mensah). 4x400m: 3, Belgrave 3:35.8 (N.Molloy 55.9; B.Poore 56.7, B.Mensah 51.1, R.David 52.1).

Teams: 1, Basingstoke & MH 140; 2, Team Solent 116.5; 3, Belgrave 101.5; 4, Hastings 89; 5, Croydon 85.

### Division 6 West Match 5, Deangate, 22 July 2000.

Belgrave did not send a team.

### Division 1 Match 6, Ladywell, 5 August 2000.

100m: 2, B.Mensah 11.3; 2, N.Molloy 11.7. 200m: 2, B.Mensah 22.9; 3, J.Panton 23.5. 400m: 1, J.Hilston 49.7; 2, J.Panton 51.6. 800m: 5, E.Lemanager 2:06.3. 1500m: 3, S.Clarke 3:59.7; 1, K.Quinn 4:02.8. 5000m: 4, W.Cockerell 15:51.2; 4, A.Stewart 16:19.4. 110mH: 1, S.Exley ? time; 1, O.Matthew ? time. 3000mSC: 4, W.Cockerell 10:39.5; 4, E.Lemanager 11:29.4. HJ: 1, J.Tuson 1.85; 3, O.Matthew 1.75. LJ: 3, J.Tuson 6.60; 5, J.Panton 5.03. TJ: 5, J.Tuson 12.42; 5, J.Panton 9.34. PV: 1, S.Exley 3.60; 3, O.Matthew 3.20. SP: 4, J.Osazuwa 11.66; 3, O.Matthew 10.12. DT: 3, J.Osazuwa 37.14; 2, S.Exley 37.02. JT: 1, T.Kitney 65.49; 4, O.Matthew 35.85. HT: 1, J.Osazuwa 57.88; 4, R.Bridges 22.40. 4x100m: 2, Belgrave 44.4 (O.Matthew, J.Hilston, J.Panton, B.Mensah). 4x400m: 2, Belgrave 3:22.4 (S.Clarke 54.0, B.Mensah 50.1, S.Exley 49.2, J.Hilston 49.1). Teams: 1, Kent 115.5; 2, Highgate 114; 3, Cambridge H 108.5; 4, Belgrave 107; 5, Verlea 90.

### Division 6 West Match 6, Battersea Park, 5 August 2000.

100m: 4, N.Travers-Griffen 12.6; 3, R.McMillan 13.0. 200m: 3, R.McMillan 26.2. 400m: 4, R.McMillan 59.3. 1500m: 3, A.Luce 4:32.9. 110mH: 4, B.Holmes 25.5. SP: 2, P.Lyttle 11.22; 1, N.Travers-Griffen 10.96. DT: 1, P.Lyttle 33.56; 1, N.Travers-Griffen 29.66. JT: 3, N.Travers-Griffen 36.00; 2, P.Lyttle 30.75. HT: 4, P.Lyttle 22.66; 3, N.Travers-Griffen 18.45. 4x100m: 2, Belgrave 55.2. 4x400m: 4, Belgrave 4:06.1.

Teams: 1, Isle of Wight 162.5; 2, Team Solent 135.5; 3, Kingston & Poly 70; 4, Belgrave 52.

### SOUTHERN COUNTIES VETERANS' AC TRACK & FIELD LEAGUE

*Maureen Jones writes:* Due to extremely short notice of the fixture dates they could not be included in the 2000 fixture card so both women's and men's teams got off to a poor start - and things didn't improve all season. Brian Holmes posted some extremely good results but became a one man team. He was selected for "The Best of the Rest" team for the final at Hendon, which he enjoyed, but he would have been happier to have been part of a Belgrave team. So, next summer I will try to persuade more of the oldies to compete and I will endeavour to obtain the finalised dates for the fixture card. Any men over 40 or women over 35 can compete in middle-distance, sprints, jumps or throws so please contact me if you would like to increase our numbers. Maureen's number is 020 8224 7579.

## A trip to Paavo Nurmi Land

Arthur Bruce reports on the European Veterans' Championship 6-16 July, Jyvaskyla, Finland

A small but select group departed Stansted Airport at the unearthly time of 7.30am for Helsinki enroute to the university town of Jyvaskyla, about 200 miles north of the Finnish capital, set among vast coniferous forests and endless lakes. The excellent "Buzz" flight set us down at the capital on schedule and was uneventful save for Fred Paget picking up a poor 60 years old waif and stray also on his way to the Championships. Overflowing with the milk of human kindness Fred invited him to join us at the summer accommodation about 2 miles from the main stadium. He proved to be a member of Chelmsford AC and a veritable Walter Mitty capable of almost anything!

The Championships, spread over ten days and set in two fine modern stadiums, provided non-stop competition in age groups 40 to 80 for men and 35 to 80 for women. The racing proved highly competitive with an increasing high standard, especially for the UK athletes.

Noteworthy among the younger winners was Stephen Peters aged 47 with a treble in 100, 200 and 400 in 10.9, 22.3 and 50 seconds. Probably one of the best double came from the Irish Champion with a win in the 800 metres in 1:52 and the 1500 metres with a last lap of 59 seconds; he bettered his 800 metres on returning to the



Above: The 5,000 metres reaches a crucial point. On the outside, Charlie Dickinson prepares to make a decisive move.

Below: All smiles on the podium. Gold medallist Chas. is flanked by Van Noten (Belgium) who ran 16:16.43 and Kotnik (Slovenia) 16:18.06.



UK with a performance of 1:50 in a BMC meeting. We must of course enthuse over our own Charlie Dickinson who, after gaining bronze in the 10,000 metres giving a gutty performance behind a really good Russian, came back four days later to win the 5,000 metres in 16:11 against a strong field. His burst two laps from home turned the tables on his conqueror from the longer race and his last mile took only 5:08! Not bad for a venerable 52.

Some of the older competitors gave heartwarming performances and were often involved in four or five events, setting fine examples for younger athletes. We returned thrilled and refreshed after a feast of excellent athletics.

M50 10000m (7 July): 3, C.Dickinson 34:24.81.  
M50 5000m (12 July): 1, C.Dickinson 16:11.39.

**Match 1 - Cophall, 7 May 2000.**

100m: 3, M.Russell 11.1; 1, T.Abeyie 11.1. 200m: 2, T.Abeyie 22.1; 3, A.Ferns 23.2. 400m: 1, J.Simpson 49.9; 5, D.Lambert 54.1. 800m: 2, J.Simpson 1:55.9; 3, D.DeEmmony 2:02.4. 3000m: 6, J.Skilbeck-Nelson 9:54.4. 110mH: 1, A.Ferns 15.7; 1, S.Oni 17.9. 400mH: 1, A.Ferns 56.7; 4, J.Wells 64.2. 2000mSC: 8, J.Skilbeck-Nelson 7:13.0. HJ: 1, S.Oni 1.95; 1, J.Tuson 1.80. LJ: 5, R.Danso 5.87; 5, M.Kerr 5.10. TJ: 1, J.Tuson 13.61; 4, R.Danso 11.60. PV: 2, I.McKenzie 4.20; 7, A.Lambert 1.70. SP: 2, S.Thompson 15.93; 5, S.Samuels 9.99. DT: 1, S.Thompson 53.62; 6, A.Ferns 25.84. JT: 2, S.Thompson 46.90; 6, J.Tuson 25.78. HT: 4, S.Thompson 45.28; 5, S.Samuels 23.08. 4x100m: 2, Belgrave 44.7. 4x400m: 3, Belgrave 3:32.9.

Teams: 1, Shaftesbury Barnet 315; 2, Belgrave 302; 3, Blackheath 297; 4, Harrow 277; 5, Enfield & Haringey 271; 6, Milton Keynes 197; 7, Crawley 184; 8, GEC Avionics 170.

**Match 2 - Wood Green, 18 June 2000.**

100m: 1, T.Abeyie 10.7; 1, D.Buss 11.3. 200m: 1, T.Abeyie 21.7; 4, J.Simpson 23.8. 400m: 1, J.Simpson 50.5; 4, J.Wells 53.8; n/s 1, D.Lambert 52.9. 800m: 3, J.Simpson 1:55.6; 5, D.De Emmony 2:08.3. 1500m: 2, A.McLean-Foreman 4:03.2. 3000m: 8, J.Skilbeck-Nelson 10:24.4. 110mH: R.Bennett 16.4. 400mH: 1, A.Ferns 55.6. 2, O.Becirhodzic 58.8. 2000mSC: 7, J.Skilbeck-Nelson 7:29.0. HJ: 1, S.Oni 1.90; 1, J.Tuson 1.80. LJ: 2, J.Tuson 6.45; 2, T.Abeyie 6.22. TJ: 2, J.Tuson 13.87; 2, A.Ferns 12.20. PV: 3, I.Mackenzie 3.80. SP: 3, S.Thompson 15.24; 1, D.Onwabalili 13.58. DT: 1, S.Thompson 51.02; 1, D.Onwabalili 44.59. JT: 2, S.Thompson 46.68. 6, J.Tuson 27.36. HT: 2, S.Thompson 47.00. 4, D.Onwabalili 23.41. 4x100m: 1, Belgrave 44.5 (J.Tuson, J.Simpson, D.Lambert, T.Abeyie). 4x400m: 2, Belgrave 3:34.2 (S.Thompson 55.3, D.Lambert 52.7, J.Skilbeck-Nelson 56.0, J.Simpson 50.2).

Teams: 1, Belgrave 331; 2, Enfield & Haringey 314; 3, Harrow 302; 4, Shaftesbury Barnet 289; 5, Blackheath 240; 6, Milton Keynes 205; 7, GEC Avionics 179; 8, Crawley 144.

**Match 3 - Enfield, 16 July 2000.**

100m: 2, T.Abeyie 10.8; 3, J.Tuson 11.5; n/s 8, L.Odiete 12.1. 200m: 1, T.Abeyie 22.4; 2, O.Rogan 23.2. 400m: 1, J.Simpson 50.3; 6, J.Wells 54.3. 800m: 2, A.McLean-Foreman 1:54.4; 1, J.Simpson 2:00.2. 1500m: 2, A.McLean-Foreman 4:04.9; 4, J.Skilbeck-Nelson 4:31.3. 110mH: 5, R.Bennett 16.5; 7, L.Odiete 19.3. 400mH: 3, O.Becirhodzic 58.4; 1, D.Lambert 59.4. 2000mSC: 7, J.Skilbeck-Nelson 7:11.2. TJ: 2, J.Tuson 13.42; 3, R.Danso 11.79. HJ: 4, J.Tuson 1.80; 4, T.Abeyie 1.60. LJ: 4, J.Danso 6.45; 2, M.Kerr 6.23. PV: 1, I.McKenzie 3.40. SP: 3, S.Thompson 15.38; 3, J.Osazuwa 11.88. DT: 2, S.Thompson 49.41; 1, D.Onwabalili 45.37; n/s J.Osazuwa 38.55. JT: 3, S.Thompson 48.86; 5, L.Odiete 28.32. HT: 1, J.Osazuwa 61.69; 1, S.Thompson. 4x100m: 1, Belgrave 44.3. 4x400m: 1, Belgrave 3:24.3.

Teams: 1, Enfield & Haringey 331; 2, Belgrave 326; 3, Harrow 290; 4, Shaftesbury Barnet 282; 5, Blackheath 216; 6, Milton Keynes 210; 7, Crawley 168; 8, Gec Avionics 147.

**Match 4 - Battersea Park, 13 August 2000.**

100m: 1, D.Chin 10.9; 2, O.Rogan 11.4. 200m: 1, D.Chin 21.9; 1, O.Rogan 23.6. 400m: 2, T.Bayley 49.3; 3, J.Wells 55.3. 1500m: 6, J.Skilbeck-Nelson 4:52.6. 400mH: 4, D.Lambert 59.3; 7, J.Wells 68.8; n/s O.Becirhodzic 58.1. HJ: 3, J.Tuson 1.85; 5, O.Rogan 1.40. LJ: 1, M.Kerr 6.94; 1, O.Eyong 6.85. TJ: 1, J.Tuson 13.31; 5, R.Danso 11.10. PV: 3, I.Mackenzie 3.60. SP: 2, S.Thompson 15.20; 1, D.Onwabalili 13.58. DT: 1, S.Thompson 53.76; 1, D.Onwabalili 47.06. JT: 4, S.Thompson 47.99; 4,

# We are the Champions!

## John Powell retires from Belgrave Junior Team Management at the top

**Birmingham, 10 September 2000.**

Belgrave Harriers lifted the National Junior League Championship on Sunday for the first time in the club's history after a humdinger of a national final, at the Alexander Stadium, Birmingham.

Team Captain James Tuson, and team manager John Powell, who now retires after 25 years of youth team management, were presented with the Champions Trophy by British Athletics Under-20's Performance Director, Brian Hall, after over seven hours of thrilling athletics.

Early disappointments had suggested an uphill struggle for Belgrave in the league's showcase event of the year, but the team rallied together to muster a furious finish.



John Osazuwa - Man of the Match at the National Junior League Final. His 64.56 hammer throw was so close to the National League Record.

J.Tuson 31.33. HT: 1, J.Osazuwa 63.28; 1, S.Thompson 46.78. 4x100m: 1, Belgrave 44.8 (D.Buss, S.Oni, O.Rogan, D.Chin). 4x400m: 2, Belgrave 3:27.1 (J.Wells 54.0; D.Buss 52.2; D.Lambert 52.0; T.Bailey 48.9).

Teams: 1, Shaftesbury B 331; 2, Enfield & Haringey 327; 3, Harrow 306; 4, Belgrave 285; 5, Blackheath 210; 6, Milton Keynes 205; 7, GEC Avionics 169; 8, Crawley 128.

**SOUTHERN PREMIER DIVISION**

1,	Belgrave H	1225	27
2,	Enfield & Haringey	1245	26
3,	Shaftesbury Barnet H	1220	26
4,	Harrow	1183	23
5,	Blackheath H	966	18
6,	Milton Keynes AC	821	12
7,	GEC Avionics	659	6
8,	Crawley AC	610	6

**NATIONAL FINAL**

1,	Belgrave	295
2,	Enfield & Haringey	270
3,	Birchfield	253
4,	Sale Harriers Manchester	233
5,	Shaftesbury Barnet	222
6,	Notts AC	201
7,	Harrow AC	175
8,	Liverpool Harriers	168

"I really thought we'd blown it early on," said John, "but there was the kind of determination out there today that was the mark of champions. It has been a season of very dramatic ups and downs, but this result left me so proud of the team - they earned every point by sheer graft and determination."

The team award was not Belgrave's only triumph either, with Tim Abeyie winning the individual 'Grand Prix' final after outstanding performances in the 100m, 200m and long jump. He won the 100m in 10.7s, won the A-string 200m in 21.68 - beating the AAA silver medallist Ben Lewis into the bargain - and managed a 5.48m long jump. He totalled 2572 points.

As if that were not enough, Belgrave's Scot Thompson was second with 2449, and John Osazuwa was voted Athlete of the Match after his outstanding hammer throw of 64.56m which fell less than 20cm short of the national league record.

The real trump card in Belgrave's pack was saved right to the last. Tim Abeyie - exhausted after three individual events and the sprint relay, which Belgrave also won - lined up on anchor leg of the 4x400m relay.

Belgrave battled round to hand over to him in fourth spot after Herculean efforts by Jonathan Simpson, Denny de Emmony and Timothy Bayley. Abeyie blasted off and almost immediately caught the leading group. In a thrilling finish he elevated the team to second place with a stunning split time of 47.8 seconds - a time which began to bring him into the reckoning for a place on the World Junior Championships team.

Another athlete desperately trying to win over the selectors was British Junior Captain, Chris' Lambert. His second-placed 10.68 ended up not being enough, but he travelled back across the Atlantic to Harvard University content in the knowledge that his six-month hamstring injury problems do now seem to be well and truly behind him.

Supporting Lambert and Abeyie was Darren Chin, who scored more than handy points in both B-string sprints. He was second in the 100m in 10.78, and won the 200m in 23.0.

In the 400m Tim Bayley narrowly missed out on a medal in taking fourth in the B-race in 49.27, but made amends in the 800m with a fine win in 1:56.03.

In the 110m hurdles Samson Oni added gold in the B-string, clocking 16.00, to his A-string gold in the high jump after clearing 2.05.

Scot Thompson enjoyed another outstanding afternoon in all four throws. He was second in the A-string discus with a throw of 50.04, set a new personal best in winning the shot with 16.28, won the B-string hammer with 48.88, and added fourth in the B javelin with 45.12.

Team captain James Tuson played his part in winning the B-string high jump clearing 1.90, and

continued at foot of next page >>>

## ... but Young Athletes face the drop

One of the great difficulties in age group athletics is keeping the momentum going. Every year one has to address the problem of athletes going up out of the top of the age bands to become seniors. Although we often welcome new competitors who are 14, 15, 16 years of age, the only way to make sure that we have a full squad at all times is to go out every single year and recruit a completely new batch of under 13s. We do this mostly by organising a schools meeting very early in the season but it does take a tremendous amount of effort by an extremely small group of organisers. We owe a tremendous debt to Jon Lambert and his family and Kim and Paul Collier who are currently bearing the brunt of this work.

Last season was particularly disappointing for them as the team filled 3rd or 4th spot in each match and as a result, by the end of the summer, just fell into the relegation zone of the Southern Premier Division. We will now take up a place in Division One South in 2001.

It's not going to be easy bounce back. The standard is tremendously high at this level as well. How Enfield & Haringey manage it goodness only knows. Not only did they win the Southern Premier Division but their 'B' team topped the next division down as well. Not surprising then that they went on to victory in the National Final.

But come on you youngsters. Our team managers and coaches are right behind you and we have some great young captains. We can get up there again.

### Match 1 - Norman Park, 30 April 2000

Under 17

100m: 1, D.Buss 11.6. 200m: 4, C.Bentt 25.7; 4, J.Wells 26.5. 400m: 1, D.Buss 53.9. 1500mSC: 1, J.Skilbeck-Nelson 4:59.2. 100mH: 2, C.Nsuedo 16.8. 400mH: 2, C.Nsuedo 64.4. HJ: 4, C.Boateng 1.55. LJ: 4, C.Nsuedo 5.04. TJ: 2, C.Bentt 11.60. SP: 4, J.Skilbeck-Nelson 7.13; 4, J.Wells 7.12. JT: 1, R.Newman 38.20; 1, C.Boateng 28.32. HT: 4,

## NATIONAL JUNIOR LEAGUE

was fourth in the B-string triple jump with 12.96.

The final relay events were held amid an electric atmosphere with Belgrave's quartet of Darren Chin, Tim Abeyie, Daniel Buss and Chris' Lambert winning the 4x100m in 41.91. Belgrave's victory was then sealed by the 4x400m quartet anchored by Tim Abeyie.

Belgrave's juniors will now go on to represent Great Britain in the European Nations Junior Cup Final in 2001.

100m: (-0.4) 2, C.Lambert 10.68; (-1.7) 2, D.Chin 10.79. 200m: (? ) 1, T.Abeyie 21.68; 1, D.Chin 22.30. 400m: 4, T.Bayley 49.27; 3, J.Simpson 51.07. 800m: 7, J.Simpson 2:00.76; 1, T.Bayley 1:56.03. 1500m: 8, J.Wells 4:46.14; 7, J.Simpson 4:46.32. 3000m: 8, O.Rogan 11:07.33; D.DeEmmony dnf. 110mH: (0.3) 4, A.Ferns 15.62; (-1.3) 1, S.Oni 16.00. 400mH: 3, A.Ferns 55.78; 4, D.Lambert 59.98. 2000mSC: 8, D.DeEmmony 7:39.85; 8, I.Mackenzie 8:43.22. HJ: 1, S.Oni 2.05; 1, J.Tuson 1.90. LJ: 3, O.Eyong 6.67; 1, M.Kerr 6.65. TJ: 6, S.Majekadumno 13.00; 4, J.Tuson 12.96. PV: 2, I.Mackenzie 4.00; 6, M.Kerr 2.60. SP: 1, S.Thompson 16.28; 2, D.Onwabalili 12.58. DT: 2, S.Thompson 50.04; 1, D.Onwabalili 42.94; 2kg 2, S.Thompson 48.88. JT: 4, S.Thompson 45.12; 7, J.Osazuwa 27.69. HT: 1, J.Osazuwa 64.56; 1, S.Thompson 48.88. 4x100m: 1, Belgrave (D.Chin, T.Abeyie, D.Buss, C.Lambert) 41.91. 4x400m: 2, Belgrave (J.Simpson, D.DeEmmony, T.Bayley, T.Abeyie) 3:21.56.

J.Skilbeck-Nelson 11.66.

Under 15

100m: 3, A.George 13.1; 1, O.Maskill 13.4. 200m: 2, J.Regis 24.1; 1, T.Tsui 25.1. 400m: 2, J.Regis 59.1; 2, T.Tsui 59.2. 800m: 3, D.Seddon 2:26.9; 3, E.Rimdap 2:33.1. 1500m: 4, A.Prince 5:04.7; 3, P.Cowling 5:26.1. 3000m: 2, A.Ulrych 10:43.8; 3, J.Kirton 11:37.7. 80mH: 4, P.Cowling 15.8; 1, E.Rimdap 15.6. HJ: 3, A.George 1.40; 1, P.Graham 1.40. LJ: 3, O.Maskill 4.26; 3, A.Ulrych 4.04. SP: 4, R.Collier 7.16; 4, J.Kirton 3.42. DT: 3, M.Lambert 19.48; 3, R.Collier 17.05. JT: 2, D.Seddon 27.58; 2, M.Lambert 13.33. HT: 3, A.George 18.33; 3, M.Lambert 15.82. 4x100m: 2, Belgrave 51.0. 4x400m: 2, Belgrave 4:06.1.

Under 13

100m: 3, B.McCarthy 15.2; 1, G.Philips 15.2. 200m: 4, D.Williams 30.0. 800m: 3, D.Williams 2:39.2. LJ: 4, B.McCarthy 3.41. SP: 1, T.Youle 7.27; 3, S.Winhurst 4.66. 4x100m: 3, Belgrave 60.9 (T.Youle, G.Philips, D.Williams, B.McCarthy). Teams: 1, Crawley 218; 2, Havering 180.5; 3, Milton Keynes 174; 4, Belgrave 126.

### Match 2 - Horspath Road, Oxford, 21 May 2000

Under 17 Men

100m: 1, D.Buss 11.5; 4, M.Gayle 13.1. 200m: 3, D.Lambert 23.8; 1, D.Buss 24.0. 400m: 4, J.Wells 54.8; 4, R.Biscoe 63.3. 800m: 2, D.DeEmmony 2:05.5; 1, J.Skilbeck-Nelson 2:08.9. 1500m: 4, H.Congalves 4:55.6. 100mH: 3, C.Bentt 16.7. 1500mSC: 3, J.Skilbeck-Nelson 5:15.3; 3, D.Levett 6:05.4. HJ: 4, D.Lambert 1.25; LJ: 4, M.Gayle 4.64; 4, R.Biscoe 4.43. TJ: 4, C.Bentt 11.40; 4, M.Gayle 9.44. SP: 4, C.Bentt 9.39; 4, D.DeEmmony 5.75. DT: 4, H.Congalves 15.65. JT: 4, D.Buss 24.18; 4, R.Biscoe 16.88. 4x100m: 1, Belgrave 47.6. 4x400m: 1, Belgrave 3:38.1.

Under 15 Boys

100m: 1, J.Ellington 11.7; 3, J.Regis 11.8. 200m: 2, J.Regis 24.5; 4, O.Maskill 27.4. 400m: 3, R.Mander 56.6; 4, P.Cowling 64.3. 800m: 4, P.Graham 2:33.8; 4, J.Kirton 2:42.7. 1500m: 4, D.Seddon 4:55.7. 3000m: 3, A.Ulrych 10:26.5; 4, E.Rimdap 11:21.5. 80mH: 4, D.Seddon 17.2; 3, P.Cowling 15.7. HJ: 3, T.McPherson 1.55; 4, A.George 1.35. LJ: 4, O.Maskill 4.15; 4, D.Seddon 3.82. SP: 1, W.Caldeira 12.89; 4, M.Lambert 16.15. DT: 4, R.Collier 18.59; 3, M.Lambert 17.76. JT: 2, W.Caldeira 33.78; 4, M.Lambert 17.76. 4x100m: 3, Belgrave 49.9. 4x400m: 4, Belgrave 4:11.2.

Under 13 Boys

100m: 1, A.Adebie 13.3; 3, T.Youle 15.1. 200m: 3, D.Williams 28.7; 4, S.Chalkly 35.7. 800m: 4, S.Chalkly 2:56.2; 4, B.Leigh 3:03.7. LJ: 3, A.Adebie 4.36; 4, B.Leigh 2.74. SP: 1, T.Youle 7.98. 4x100m: 4, Belgrave 65.4. Teams: 1, Harrow 230; 2, Aldershot F&D 220; 3, Shaftesbury Barnet 207; 4, Belgrave 107.

### Match 3 - Woodford Green, 4 June 2000.

Under 17 Men

100m: 1, D.Buss 11.3; 2, S.Wilson 12.4. 200m: 2, D.Lambert 23.5; 2, O.Eyong 24.5. 400m: 2, D.DeEmmony 53.5; 1, J.Wells 53.8. 800m: 4, R.Biscoe no time; J.Skilbeck-Nelson dnf. 100mH: 2, C.Bentt 16.2. 400mH: 2, J.Skilbeck-Nelson 63.6; A.Agbonna 68.1. HJ: 4, D.Lambert 1.30; 2, R.Biscoe 1.30. LJ: 1, O.Eyong 5.79; 1, C.Bentt 5.10. TJ: 1, C.Bentt 11.92. SP: 3, D.DeEmmony 7.34; 2, ?Reusen 6.16. JT: 3, D.Buss 27.05. HT: 4, J.Skilbeck-Nelson 10.04. 4x100m: 2, Belgrave 46.7 (S.Wilson, O.Eyong, D.Lambert, D.Buss). 4x400m: 1, Belgrave 3:48.9 (team unknown).

Under 15 Boys

100m: 1, J.Ellington 11.7; 1, J.Regis 11.8. 200m: 1, J.Ellington 24.1; 1, J.Regis 23.9. 400m: 4, O.Maskill 61.3. 800m: 4, D.Rolle 2:27.7; 4,

P.Cowling 2:36.8. 1500m: 3, D.Seddon 4:48.8; 3, J.Kirton 5:18.9. 3000m: 2, A.Ulrych 10:49.0; 2, E.Rimdap 11:00.9. 80mH: 2, J.Stewart 14.9; 2, P.Cowling 15.4. HJ: 3, D.Rolle 1.40. LJ: 1, G.Wilson 5.35; 3, O.Maskill 4.19. SP: 1, A.George 11.24; 2, R.Collier 6.95. DT: 3, A.George 23.72; 3, R.Collier 19.61. JT: 2, D.Seddon 27.25; 4, M.Lambert 13.48. HT: 3, A.George 19.42; 4, M.Lambert 15.06. 4x100m: 1, Belgrave 48.1 (J.Regis, J.Ellington, G.Wilson, J.Stewart). 4x400m: 3, Belgrave time and team not known.

Under 13 Boys

1500m: 3, S.Chalkly 5:50.2. LJ: 4, S.Chalkly 3.15. Man of the match J.Regis (200m in 23.9). Teams: 1, Blackheath 272; 2, Basildon 146; 3, Belgrave 131; 4, Oxford City 116.

### Match 4 - Maysbrook Park, 2 July 2000.

Under 17 Men

100m: 4, D.DeEmmony 11.6; 3, G.Caulcrick 12.3. 200m: 4, R.Bisram 25.5; 4, G.Caulcrick 27.3. 400m: 3, J.Wells 54.0; 3, R.Agbonna 58.1. 800m: 4, M.Harvey-Bray 2:15.9. 1500m: 4, R.Bisram 4:59.9. 1500mSC: 2, J.Skilbeck-Nelson 4:52.9. 100mH: 3, C.Nsuedo 15.9; 3, N.Walcott 16.0. 400mH: 2, J.Skilbeck-Nelson 63.0; 2, C.Nsuedo 63.7. HJ: 4, G.Caulcrick 1.65; 4, C.Bentt 1.60. LJ: 4, N.Walcott 5.77; 3, M.Gail 4.82. TJ: 3, C.Bentt 11.56. SP: 4, C.Bentt 9.00; 4, R.Agbonna 6.40. DT: 3, M.Gail 17.93. JT: 4, M.Harvey-Bray 9.31. HT: 4, J.Skilbeck-Nelson 9.94. 4x100m: 4, Belgrave 49.6. 4x400m: 3, Belgrave 5:53.4

Under 15 Boys

100m: 2, D.James 11.7; 2, D.Dewar 12.1. 200m: 1, J.Regis 23.5; 1, D.James 23.6. 400m: 3, R.Mander 55.9; 4, P.Graham 67.0. 800m: 4, R.Davies 2:21.8; 4, G.Mabbutt 2:22.3. 1500m: 3, D.Seddon 4:43.2; 4, J.Kirton 5:16.8. 3000m: 2, A.Ulrych 10:16.1; 3, E.Rimdap 10:55.2. 80mH: 1, N.Simpson 1.50; 2, D.Dewar 13.3. HJ: 3, N.Simpson 1.50; 3, A.George 1.40. LJ: 3, G.Wilson 5.37; 2, N.Simpson 5.12. PV: 2, S.Ansell 2.20; 3, R.Collier 1.70. SP: 2, W.Caldeira 12.03; 2, A.George 10.99. DT: 3, W.Caldeira 28.83; 4, R.Collier 16.21. JT: 4, D.Seddon 27.01; 4, R.Collier 9.50. HT: 4, W.Caldeira 24.08; 3, A.George 18.92. 4x100m: 1, Belgrave 46.8. 4x400m: 4, Belgrave 4:07.3.

Under 13 Boys

100m: 3, J.Ofori 13.5; 4, M.Buchanan 16.4. 200m: 3, J.Ofori 27.6; 3, P.Mabbutt 30.3. 800m: 4, B.McCarthy 2:52.8; 3, P.Mabbutt 3:00.0. 1500m: 4, B.Leigh 5:53.9; 4, S.Chalkly 6:06.0. LJ: 4, B.McCarthy 3.60; 4, S.Chalkly 2:47. SP: 4, T.Youle 8.58; 4, B.Leigh 4.94. 4x100m: 4, Belgrave 59.4 (J.Ofori, B.McCarthy, P.Mabbutt, T.Youle). Teams: 1, Enfield & Haringey 263; 2, Croydon 233; 3, GEC Avionics 149; 4, Belgrave 126.

### Match 5 - Crawley, 23 July 2000.

Results not received.

## NATIONAL YA LEAGUE SOUTHERN PREMIER DIVISION

1, Enfield & Haringey	1333	20
2, Shaftesbury Barnet H	1254.5	18
3, Croydon H	1231	18
4, Harrow	1212.5	17
5, Blackheath H	1193.5	17
6, Aldershot, Farnham & D	1032	15
7, GEC Avionics	935	14
8, Woodford Green & Essex L.	890	13
9, Havering	804.5	11
10, Milton Keynes AC	867	10
11, Crawley AC	779.5	10
12, Worthing & D.	755	10
13, Basildon AC	593	8
14, Belgrave H	658	7
15, Woking AC	585.5	7
16, Oxford	541	5

**Match 1 - Battersea, 27 May 2000.**

## Under 13 Girls

100m: 7, J.Ehirim 15.3; 5, I.Baku 16.0. 200m: 3, L.Collier 30.8. 800m: 1, L.Collier 2:36.9. 1500m: 2, C.Olawore 6:01.9. 70mH: 2, C.Olawore 14.3. HJ: 3, C.Olawore 1.10. LJ: 8, J.Ehirim 3.02. SP: 4, I.Baku 5.48; 4, L.Collier 4.62. 4x100m: 2, Belgrave 60.0 (J.Ehirim, I.Baku, C.Olawore, L.Collier).

Teams: 3, Belgrave 167.

## Under 13 Boys

800m: 3, S.Chalkly 2:57.3.

Teams: 8, Belgrave 17.

## Under 15 Girls

100m: 1, C.Foster 13.4; 4, S.Murray-Burton 14.0. 200m: 2, C.Foster 27.5; 4, S.Murray-Burton 29.4. 1500m: 1, B.Cobden-Ramsay 5:37.7. 75mH: 4, C.Foster 13.7. LJ: 4, S.Murray-Burton 4.05. SP: 4, Y.Odelusi 7.83; 3, B. Cobden-Ramsay 5.74. DT: 4, Y.Odelusi 14.39; 3, B.Cobden-Ramsay 13.31. JT: 5, A.Liniker 9.01; 4, Y.Odelusi 6.57. 4x100m: 6, Belgrave 60.3 (C.Foster, Y.Odelusi, S.Murray-Burton, B.Cobden-Ramsay).

Teams: 3, Belgrave 167.

## Under 15 Boys

100m: 4, A.George 13.1; 1, J.Stewart 12.5. 200m: 5, D.Abdul 27.1; 4, A.Bangudu 27.3. 400m: 3, A.Bangudu 62.7; 3, J.Kirton 74.0. 800m: 3, P.Cowling 2:35.9; 3, J.Kirton 2:46.8. 1500m: 1, A.Ulrych 4:46.0; 3, P.Graham 5:24.3. 80mH: 4, P.Cowling 15.6. HJ: 3, J.Stewart 1.35. LJ: 5, A.Ulrych 4.43; 3, P.Cowling 4.30. SP: 1, W.Caldiera 12.47; 3, R.Collier 6.95. DT: 1, W.Caldiera 33.06; 3, R.Collier 17.04. JT: 5, M.Lambert 14.66; 5, R.Collier 3.08. 4x100m: 3, Belgrave 52.7.

Teams: 3, Belgrave 273.

**Match 2 - Battersea Park, 8 July 2000.**

## Under 13 Girls

100m: 7, J.Ehirim 15.0; 6, I.Baku 16.0. 200m: 3, L.Collier 30.0; 1, L.Hodges 30.3. 800m: 1, L.Collier 2:31.4; 1, L.Hodges 2:32.0; 1500m: 2, J.Ehirim 5:34.4; 1, C.Olawore 5:35.9. 70mH: 2, I.Baku 13.1; 1, C.Olawore 14.1. HJ: 2, C.Olawore 1.20. LJ: 6, L.Hodges 3.32; 6, J.Ehirim 3.24. SP: 2, I.Baku 7.06; 1, L.Collier 5.49. 4x100m: 3, Belgrave 59.6 (L.Collier, J.Ehirim, C.Olawore, L.Hodges).

Teams: 2, Belgrave 219.

## Under 15 Girls

100m: 4, D.Rivers-Bland 14.0; 2, S.Murray-Burton 13.9. 200m: 2, S.Murray-Burton 28.3. 800m: 3, B.Cobden-Ramsay 2:42.9. 75mH: 2, D.Lewis 15.3. LJ: 2, D.Rivers-Bland 4.33; 1, S.Murray-Burton 4.27. SP: 4, D.Lewis 8.08. DT: 3, D.Rivers-Bland 19.31; 5, S.Murray-Burton 11.68. JT: 3, D.Lewis 18.52; 3, B.Cobden-Ramsay 12.96. 1600mW: 2, C.Moore 9:35.5. 4x100m: 8, Belgrave 62.5 (C.Moore, D.Lewis, D.Rivers-Bland, S.Murray-Burton).

Teams: 4, Belgrave 203.

## Under 13 Boys

100m: 7, K.Hewitt 15.7. 200m: 7, B.McCarthy 34.5. 300m: 4, B.McCarthy 52.6; 3, K.Hewitt 54.1. 800m: 5, S.Chalkly 3:00.0; 2, B.Craig 3:05.7. 75mH: 2, J.Ofori 15.2. LJ: 6, B.McCarthy 3.53; 5, S.Chalkly 2.79. SP: 6, K.Hewitt 5.26; 4, B.Craig 4.87. 4x100m: 4, Belgrave 66.5.

Teams: 5, Belgrave 154.

## Under 15 Boys

100m: 1, G.Wilson 11.9; 1, A.Bangudu 12.8. 200m: 2, D.Dewar 24.9; 2, K.Peters 28.1. 400m: 5, P.Cowling 66.8; 3, S.Peters 83.0. 800m: 1, R.Davies 2:18.3; 1, E.Rimdap 2:26.1. 1500m: 1, A.Ulrych 4:49.8; 1, J.Kirton 5:19.9. 80mH: 1, D.Dewar 13.4; 1, P.Cowling 15.1. HJ: 2, C.Sparks 1.60. LJ: 1, G.Wilson 5.52; 2, R.Davies 4.58. SP: 4, J.Stewart 9.40; 2, R.Collier 6.40. DT: 2, J.Stewart 22.09; 1, R.Collier 20.61. JT: 4, D.Dewar 23.17; 2, R.Collier 10.49. 1600mW: 2, E.Rimdap 9:36.8. 4x100m: 1, Belgrave 51.7 (G.Wilson, J.Stewart,

D.Dewar, A.Bangudu); n/s 58.2 (R.Collier, J.Kirton, P.Cowling, E.Rimdap) 58.2.  
Teams: 1, Belgrave 340.

**Match 3 - Battersea Park, 29 July 2000.**

Times shown to two decimal places were photo-electrically recorded

## Under 13 Boys

200m: 3, B.McCarthy 31.53; 4, P.Mabbutt 31.92. 300m: 4, B.Craig 59.90. 800m: 4, P.Mabbutt 2:58.5; 2, B.Craig 3:03.9. 1500m: 3, B.McCarthy 5:59.66. LJ: 5, B.McCarthy 3.82; 5, S.Chalkley 3.02. SP: 6, B.Craig 4.86; 4, P.Mabbutt 4.86. 4x100m: 3, Belgrave 65.8.

Teams: 5, Belgrave 156.

## Under 15 Boys

100m: 2, J.Stewart 12.06; 2, A.Bangudu 12.81. 200m: 2, T.Tsui 26.44; 3, M.Lambert 28.81. 400m: 2, T.Tsui 60.87; 2, A.Bangudu 62.91. 800m: 2, D.Seddon 2:21.3; 1, G.Mabbutt 2:23.5; n/s J.Peters 3:00.9. 1500m: 2, E.Rimdap 5:05.96; 2, P.Cowling 5:26.58. 80mH: 5, P.Cowling 15.4; 2, P.Graham 16.6. 1600mWalk: 1, E.Rimdap 11:07.5. HJ: 4, K.Peters 1.45. LJ: 5, K.Peters 4.71; 2, G.Mabbutt 4.38. SP: 2, J.Stewart 11.18. DT: 2, J.Tawiah 29.14; 1, R.Collier 23.43. JT: 1, J.Tawiah 42.44; 1, D.Seddon 26.34. 4x100m: 2, Belgrave 50.9.

Teams: 2, Belgrave 331.

## Under 13 Girls

100m: 8, C.Abrams 15.2; 7, C.Hopkins 16.30; n/s r2 6, K.Burns 17.1. 200m: 7, C.Abrams 32.18; 7, C.Hopkins 34.65. 800m: n/s 2, K.Burns 3:06.1. 70mH: 3, A.Baku 14.2. HJ: 2, S.Abrams 1.30. LJ: 7, C.Hopkins 3.29; 2, I.Baku 3.37. SP: 3, I.Baku 6.41. 4x100m: 6, Belgrave 69.30.

Teams: 5, Belgrave 123.

## Under 15 Girls

100m: 2, C.Foster 13.2; 3, S.McGregor 13.67. 200m: 2, C.Foster 27.41; 1, S.McGregor 28.49. 75mH: 3, D.Lewis 15.6. HJ: 6, S.McGregor 1.20; 2, N.Isherwood 1.15. LJ: 7, N.Isherwood 2.54. SP: 3, D.Lewis 8.84. DT: 2, D.Lewis 22.79. JT: 5, C.Foster 11.23.

Teams: 5, Belgrave 179.5.

**Match 4 - Battersea Park, 19 August 2000.**

## Under 13 Girls

100m: 4, S.Kemp 14.8; 5, C.Hopkins 17.3; n/s E.Ajje 16.0; K.Burns 17.7; L.Hopkins 16.7. 200m: 3, L.Collier 30.4; 2, S.Kemp 31.1. 800m: 1, L.Collier 2:32.6; 1, L.Hodges 2:35.0; n/s C.Hopkins 3:08.2; K.Burns 3:08.8; E.Ajje 3:19.1. 1500m: 2, J.Ehirim 5:27.5. 70mH: 2, J.Ehirim 13.5. 1200mW: 2, S.Kemp 8:57.4. HJ: 4, J.Ehirim 1.15. LJ: 6, L.Hodges 3.11; 6, C.Hopkins 2.88; n/s L.Hopkins 2.54; J.Hodges 2.50. SP: 5, L.Hodges 5.17; 4, L.Collier 4.49. 4x100m: 2, Belgrave 59.4 (L.Collier, J.Ehirim, S.Kemp, L.Hodges).

Teams: 2, Belgrave 215.

## Under 15 Girls

100m: 3, S.McGregor 13.8. 200m: 3, S.McGregor 27.8. 1500m: 3, B.Cobden-Ramsay 5:52.1. 75mH: 6, D.Lewis 15.5. HJ: 5, S.McGregor 1.25. SP: 2, D.Lewis 8.26. DT: 7, B.Cobden-Ramsay 13.56. JT: 3, D.Lewis 23.03. 4x100m: 4, Belgrave 61.8 (B.Cobden-Ramsay, D.Lewis, S.McGregor, ?)

Teams: 5, Belgrave 158.

## Under 13 Boys

100m: 5, J.Ojedola 15.9; 3, P.Mabbutt 15.2; n/s J.Peters 17.4. 200m: 5, J.Ojedola 32.6. 800m: 2, P.Mabbutt 2:49.5. 1500m: 2, S.Chalkley 5:55.7. LJ: 4, J.Ojedola 3.88; 4, S.Chalkley 2.99. SP: 4, J.Ojedola 6.95; 3, P.Mabbutt 4.61. 4x100m: 3, Belgrave 66.1 (S.Chalkley, J.Peters, P.Mabbutt, J.Ojedola). 1200mW: A.Graham 6:32.9.

Teams: 3, Belgrave 144.

## Under 15 Boys

100m: 2, J.Regis 11.6; 2, J.Stewart 11.9. 200m: 1, J.Regis 23.6; 3, A.Bangudu 25.8. 400m: 3, R.Davis 60.2; 2, A.Neoh 66.0. 800m: 2, R.Davis 2:16.1; 1, E.Rimdap 2:25.2. 1500m: 2, J.Kirton 5:21.8; 1,

**Thameside League 2000**

## Under 13 Girls

1	Bromley AC	964	36.5
2	Herne Hill H	692	31
3	Belgrave H	724	29.5
4	Dartford H	731	27
5	Croydon H	644.5	24.5
6	Richmond & Twick. A.C.	346	15
7	Camberley & Dist A.C.	270.5	10
8	Southwark Knights	205	9
9	Queens Park H	153	7.5

## Under 15 Girls

1	Dartford H	1057	37
2	Bromley AC	868	29.5
3	Herne Hill H	779	25
4	Belgrave H	730.5	25
5	Croydon H	782	24.5
6	Queens Park H	644.5	21
7	Richmond & Twick. A.C.	684	20
8	Southwark Knights	235	8
9	Camberley & Dist A.C.	95	4

## Under 13 Boys

1	Croydon H	1117	38
2	Herne Hill H	885	32
3	Richmond & Twick. A.C.	644.5	29
4	Bromley A.C.	483	22
5	Camberley & Dist. A.C.	478	21
6	Belgrave H	471	21
7	Queens Park H	297	16
8	Southwark Knights	222	11

## Under 15 Boys

1	Croydon H	1382.5	37
2	Belgrave H	1263	34
3	Herne Hill H	869.5	28
4	Camberley & Dist. A.C.	540	23
5	Bromley A.C.	505	18
6	Southwark Knights	385	14
7	Queens Park H	379	12
8	Richmond & Twick. A.C.	106	8

S.Peters 5:57.6. 80mH: 4, P.Cowling 15.3; 3, A.Neoh 16.0. HJ: 3, R.Davis 1.50; 3, P.Cowling 1.35. SP: 1, A.George 11.55; 1, J.Stewart 10.40. DT: 2, A.George 26.97; 3, R.Collier 21.27. 4x100m: 3, Belgrave 56.7 (J.Stewart, A.Bangudu, A.Neoh, A.George). 1600mW: 3, E.Rimdap 10:47.0; 1, P.Cowling 10:47.5.

Teams: 2, Belgrave 319.

**A SICK MANN**

On a day the British press were carrying the narrative of IAAF suspensions, the Sun newspaper was banner headlining an exclusive story on the fate of Belgrave Harrier Lionel Mann, writes Pete Mulholland.

Sharing the front page with Big Brother's 'Nasty Nick' and Posh Spice, it was disclosed that Mann, Chief Chef to Her Majesty the Queen, had been struck down by salmonella with the paper disclosing, "The world-famous chef has been banned from the royal kitchens until he's better." According to a courtier, "The Queen has asked to be kept closely informed of his condition."

Said to have contracted the bug during a trip to Mexico prior to his current tenure at Balmoral, the 59-year-old Mann, a former Belgrave President, will probably be more concerned that his training and racing activities will have to come to a halt. According to a colleague, "He's a serial racer."

We are happy to report, of course that Lionel is now completely recovered and his name has now been relegated to the latter pages of the Belgravian in the results roundup.

**SURREY ROAD RELAY CHAMPIONSHIPS  
WIMBLEDON PARK, 9 SEP 2000**

# Solid Surrey Silver

You couldn't ask much more for the start of the "winter" season - twenty senior runners, a veterans team, a nice crowd of spectators and a general feeling that good times lie ahead. Well, alright, a win would have been nice, but all credit to a South London Harriers outfit that turned out their strongest team to carry the day. The Bels. broke the old course record - but SLH had already scorched home over 2 minutes ahead.

Several of Belgrave's Surrey team were in far from the best of shape, Roger Alsop and Alaster Stewart just over overcoming injury, Yacin Yusuf only recently returning to running after sickness and Graham Adams and Jim Estall both having had low key summers. It was a similar story among the non-Surrey men where even Paul Freary had a fair amount of fitness to reclaim - even though he only just missed Alsop's Belgrave best of 14:23 from 1999.

Cap'n Rog. enjoyed the first event of his stag weekend, going some 15 seconds faster than anticipated to bring the Bels home to 3rd on stage 1, while Rick Hayman was only 10 seconds behind for the 'B's. Meanwhile South London had grabbed a lead they were never to relinquish and Reigate Priory were in second.

Twenty-one year-old Kevin Quinn was in sparkling form on stage 2 to chop a minute off his best time round the course (he had recently recorded personal records of 1:56 and 3:59 on the track). Steve Clarke for the 'B's went past him up the hill but Kev was in no mood to give way and came back at his club mate once at the top. Steve's time was Belgrave's second fastest of the day but both runners had to give way to Herne Hill's Boyle.

Stage 3 and an out of condition Yacin Yusuf pulled the Bels back to 2nd while Rob McHarg advanced the 'B' team's cause by going into 3rd. Up front Gary Staines set the day's fastest. It was good to see "Gerry" Adams back in the team with a solid run but Joachim Wolf took 2 seconds out of him to put the non-Surrey men just 7 seconds down.

Veteran Jim Estall gained a little ground on the leaders on the penultimate stage and handed over to Alaster Stewart whose run was another good effort after an injury-plagued summer. An unfit Simon Elliott struggled for the 'B's on stage 5 and Herne Hill moved into third. Paul Freary set the fastest Belgrave time of the day to try to get the 'B' squad back into the frame and although he caught up two whole minutes, he ran out of road with a seven second gap remaining.

- 1, South London H ..... 87:11
  - 2, Belgrave H 'A' ..... 89:17
  - 3, Herne Hill ..... 91:38
  - 4, Belgrave H 'B' ..... 91:45
  - 5, Boxhill R ..... 93:53
  - 6, Thames H&H ..... 96:53
  - 12, Belgrave H 'C' ..... 17:19
- 20 teams started, 16 teams finished.

- Fastest individuals:**
- G.Staines (South London) ... 14:09
  - M.Boyle (Herne Hill) & S.Major (South London) .... 14:14
  - P.McTigue (South London) ... 14:21
  - P.Freary (Belgrave) ..... 14:24
  - R.James (South London) ... 14:25

- Belgrave Teams:**
- 'A' (Surrey qualified)**
- R.Alsop .....(3) 14:44
  - K.Quinn .....(3) 14:42
  - Y.Yusuf .....(2) 14:47
  - G.Adams .....(2) 15:10
  - J.Estall .....(2) 14:58
  - A.Stewart .....(2) 14:56
- 'B'**
- R.Hayman .....(6) 14:54
  - S.Clarke .....(4) 14:38
  - R.McHarg .....(3) 14:50
  - J.Wolf .....(3) 15:08
  - S.Elliott .....(4) 17:51
  - P.Freary .....(4) 14:24
- 'C'**
- W.Lynch .....(18) 16:47
  - J.Skilbeck-Nelson .....(18) 17:30
  - M.Webb .....(13) 15:49
  - W.Horbaczewski .....(14) 19:05
  - B.Peeters .....(12) 16:02
  - D.Anderson .....(12) 17:19
- 'D'**
- R.Harding .....(14) 16:15
  - P.Coughlan .....(14) 17:02

- Veteran (M40) Men:**
- 1, South London H ..... 63:15
  - 2, Thames H&H ..... 15:47
  - 3, Hercules Wimbledon ... 65:39
  - 7, Belgrave H ..... 74:15

- Fastest individual:**
- G.Jerwood (Herne Hill) .... 15:07

- Veterans**
- J.Mather .....(6) 17:16
  - A.Binda .....(5) 16:22
  - R.Bale .....(6) 20:07
  - J.Wasbrough .....(7) 21:30



Left: Wimbledon Park, September 2000 and "Skipper" Roger Alsop starts his "stag party" celebrations by handing over to Kevin Quinn in 3rd place at the end of stage 1 of the Surrey Road Relay.

Below: Complicated stag party rules decreed that all runners should finish by aeroplaning up the finishing straight. Sadly only best man Al. Stewart complied with this.



Ray O'Donoghue



### Corrections to Men's 1999 T&FRankings

Apologies to those concerned but the Rosenheim League match of 18 August 1999 was omitted from the 1999 T&F rankings. We show the corrected list below.

3000 metres				
7:57.21	Mark Miles (9)	24.3.77	Solihull	14Jul
7:59.80	Spencer Barden (19)	31.3.73	Sundsvall SWE	13Aug
8:32.8	Charles Herrington	28.9.71	Tooting	18Aug
8:38.6	Alaster Stewart	5.10.72	Tooting	18Aug
8:41.2	Roger Alsop	16.1.65	Tooting	16Jun
8:46.6	Najibe Hliouat	28.8.77	Croydon	19May
8:50.7	Hassan Raidi	6.11.76	Tooting	2Jun
8:57.5	Paul Coughlan	22.9.72	Tooting	18Aug
9:06.9	Will Cockerell	19.11.73	Tooting	18Aug
9:07.5	Kevin Quinn	24.7.79	Tooting	2Jun

SEAA 6 x 6 kms ROAD RELAY  
RUSHMOOR ARENA, ALDERSHOT, 1 OCT 2000

## Upward trend continues

The upward trend in our running fortunes continued at Rushmoor Arena, near Aldershot, when the club managed to finish three teams in the South of England AA 6-Stage Road Relay Championship and claim a best ever team performance in the event. And while the 'A' squad were just out of the medals, the Bels. second team proved to be the first 'B' team home in 14th - a position that our first team have only ever beaten once before. With a third team mostly made up of new members and two-thirds of a 'D' team also in action, the future is beginning to look distinctly exciting.

Borough of Hounslow AC were back in force for the event, going to the lengths of wearing t-shirts bearing the legend "The Boys Are Back In Town", dying their hair in club colours of blue and white and wearing face paints of the same hue. They just had to win dressed like that and from Sam Haughian's initial leg until the end they just went further and further away. Behind them the order chopped and changed until the Thames boys surprised by forcefully claiming 2nd at the halfway stage with the always-strong Aldershot team moving into 3rd at the same point. The Bels. gradually saw off the challenges of London Irish, Blackheath, Southampton Runners and South London and 4th place at the end was about what we expected.

Charles Herrington set the race up nicely by placing 7th on the opening stage among teams that were mostly never going to go the whole distance at that level but the rest of the team, although occupying the race positions we were expecting, were all about 20 seconds down on predicted times. All had a lot more fitness to find - which was no bad thing at that early stage of the season.

Rob McHarg ran himself into the 'six' to compete for Belgrave in the Irish Road Relay Championships

three weeks later and two who impressed greatly in the 'C' team were the French U20 steeplechaser Fabien Bernard-Gaudin and Norwegian Knut Hegvold.

- 1, Borough of Hounslow . . .1:50:39
  - 2, Thames Hare & Hounds .1:51:59
  - 3, Aldershot F&D . . . . .1:52:26
  - 4, Belgrave 'A' . . . . .1:53:43
  - 5, London Irish . . . . .1:53:34
  - dq, Southampton Runners . .1:55:04
  - 6, Shaftesbury Barnet H. . .1:55:15
  - 14, Belgrave H 'B' . . . . .1:58:12
  - 32, Belgrave H 'C' . . . . .2:02:55
- 88 teams started; 66 teams finished.

### Fastest individuals:

- D.Taylor (Blackheath) . . . . .17:41  
M.O'Dowd (Swindon) . . . . .17:47  
C.Thompson (Aldershot F&D) 17:50  
B.Whitby (Boro Hounslow) .17:51

### Belgrave Teams:

- 'A'  
C.Herrington . . . . .(7) 18:25  
R.Alsop . . . . .(10) 19:26  
Y.Yusuf . . . . .(6) 18:49  
R.McHarg . . . . .(6) 19:15  
P.Freary . . . . .(5) 18:47  
A.Hutchinson . . . . .(4) 19:01  
'B'  
N.Hliouat . . . . .20:02  
K.Nash . . . . .19:30  
K.Quinn . . . . .19:36  
J.Wolf . . . . .19:51  
R.Hayman . . . . .19:38  
W.Cockerell . . . . .19:35  
'C'  
P.Carstairs . . . . .20:28  
F.Bernard-Gaudin . . . . .19:30  
M.Byansi . . . . .20:26  
B.Peeters . . . . .20:23  
K.Hegvold . . . . .19:37  
W.Lynch . . . . .22:31  
'D'  
E.Lemenager . . . . .20:45  
J.Mather . . . . .23:11  
D.Anderson . . . . .22:03  
A.Jowett . . . . .23:33

YACHT HANDICAP 3 miles, 7 OCT 2000

## Handicapper caught out out by Louise

Continual rain throughout the day resulted in a much smaller field than has been normal in the last few years but one runner who wasn't going to be put off by the conditions was 12 year old Louise Collier who sprang an almighty surprise on the handicapper. Setting off 8 minutes after Charlie Manning, she caught him at the Windmill to go into the lead and running some three minutes faster than 12 months ago, built up a huge lead by the finish. Louise's time was the fourth fastest female time that we have recorded for this course - a super effort.

Veterans dominated the men's section of the field and both Fred Riach and Don Anderson ran well to

pick up the minor prizes with Veteran's Team Manager Tony Binda proving to be fastest of the day.

### Top Ten Women's times around the Yacht '3'

Judy Oakley	19:11	1997
Helen Maskrey	19:52	1997
Tania Sturton	19:55	1998
Louise Collier	20:25	2000
Cathy Eastham	20:38	1999
Jacqui Smiter	20:40	1992
Jackie Stone	21:06	1992
Cathy Bruce-Burgess	21:12	1997
Debbie Hearn	21:40	1998
Angela Hearn	23:25	1996

	Actual time	H'cap time	Watch time	Fastest Women	Fastest Men
1, L.Collier . . . . .	28:25	8:00	20:25	1	
2, F.Riach . . . . .	30:15	10:30	19:45		6
3, D.Anderson . . . . .	30:23	12:30	17:53		4
4, D.McMillan . . . . .	30:38	10:30	20:08		8
5, D.Payne . . . . .	30:55	11:00	19:55		7
6, A.Stroud . . . . .	31:07	9:00	22:07		9
7, A.Binda . . . . .	31:09	14:00	17:09		1
8, A.Cowmeadow . . . . .	31:14	13:30	17:44		=2
9, J.Mather . . . . .	31:28	13:00	18:28		5
10, S.Connor . . . . .	31:44	14:00	17:44		=2
11, S.Couzens . . . . .	32:08	8:30	23:38	2	
12, L.Mann . . . . .	32:17	9:00	23:17		11
13, A.Stone . . . . .	32:31	10:00	22:31		10
14, P.McMillan . . . . .	34:04	6:00	28:04	3	
15, C.Manning . . . . .	36:41	0:00	36:41		12

WOMEN'S SURREY C.C. LEAGUE DIVISION ONE  
RACE 1 - TILFORD, 14 OCT 2000

## Weston and Collier in good form

Forceful running came from Rachel Weston who led home the "Belles" at Tilford. Both Tania Sturton and Syreeta Stracey backed up well and as a result the team came home 5th - considerably better than last year's initial position of 8th. Short of runners for the best of reasons - marriage and pregnancies - hopes remained high that we could emulate last winter's final position of 4th in the league.

Louise Collier was outstanding in the under 13 event. It was the shortest race of the day but her winning margin of 47 seconds was the largest in all of the races. What a shame that young Lizzy Hodges was unable to run through illness. In every race this summer past Lizzy has been just those few seconds behind Louise and the pair of them could form the basis of a really powerful team in the next few years.

### Senior Women

- 1, D.Lea (Thames HH) . . . . .20:06
- 2, C.Pauzers (Herne Hill) . . .20:13
- 3, C.Evans (South London) .20:29
- 7, R.Weston 21:02; 21, T.Sturton 23:00; 30, S.Stracey 23:2742,
- D.Hearn 24:49; 43, K.Dillane 25:08;
- 64, C.Eastham 27:19; 69, N.Mills 28:13; 77 finished.

### Teams:

- 1, South London . . . . .45
- 2, Herne Hill . . . . .60
- 3, Thames Hare & Hounds . .115
- 4, Ranelagh 117; 5, Belgrave 127; 6, Woking 131; 7, West 4 154; 8, Holland Sports 159; 9, Epsom & Ewell 203; 10, Dulwich Runners 233

### Under 13 Girls

- 1, L.Collier (Belgrave) . . . .12:37
- 20, K.Burns 15:12; 41 finished.

## Thanks Harriers!

In an unprecedented season, when cross country races have been prohibited or cancelled in Richmond Park; Brockwell Park and Farthing Down, due to the poor ground conditions, we were still able to host the Surrey League race on January 13 thanks to the kind offices of our friend the Ranger, Mr Jim Reader.

I would like to thank all the officials and helpers on the day, both on the Common and in Belgrave Hall, but in particular make special mention of our Course Markers.

They stood for nearly two hours in cold, wet and soggy conditions, as well as having to cope with the mindless idiots who moved a considerable quantity of our flags in the wooded area. In spite of this they still managed to ensure the races went through without trouble.

So led by our Course Marker Don Anderson, a sincere 'thank you' to Gerald Collins; John Davies; George Flanagan; Charlie Henn; Brian Pritchard; Frank Riach; Bob Taylor and Ted Weldin.

Quite simply, without guys like you, cross country races could not take place.

Gordon Biscoe ( R & CC Management Committee Secretary )

**SWEATSHOP SURREY C.C. LEAGUE DIVISION ONE  
RACE 1 - BROCKWELL PARK, 14 OCT 2000**

# Freary fights but Bels. beaten at Brockwell Park

1, Thames H&H.....	(6, 7, 8, 9, 11, 16, 26, 33, 36, 38) . . . .	190
2, South London H.....	(3, 4, 5, 19, 28, 37, 43, 45, 57, 60) . . . .	301
3, Belgrave H.....	(2, 17, 20, 21, 22, 29, 31, 40, 58, 63) . . . .	303
4, Herne Hill H.....	(1, 10, 13, 25, 27, 47, 50, 56, 64, 69) . . . .	362
5, Ranelagh H.....	(12, 23, 32, 39, 41, 53, 54, 55, 59, 70) . . . .	438
6, Aldershot F&D AC.....	(14, 24, 42, 44, 46, 48, 49, 61, 67, 73) . . . .	468
7, West 4 H.....	(30, 35, 51, 62, 66, 68, 74, 75, 77, 79) . . . .	617
8, Borough of Hounslow...	(15, 18, 52, 71, 76, 80, 87, 88, 89, 90) . . . .	666
9, Croydon H.....	(34, 65, 72, 78, 81, 82, 83, 84, 85, 86) . . . .	750

Admittedly our men's team had decided that this winter our priority races were to be the Southern and National Relays and Cross Country Championships and that we would let the league take care of itself, but with a few days to go the team manager was frantically trying to round up some extra men when it appeared that we were going to be much shorter of runners than previously anticipated. As it happened we didn't fare as badly as we might have done but Thames Hare & Hounds grabbed a lead which would be very difficult to pull back.

Herne Hill's ever-present Dave Taylor, the league's individual winner last winter, soon showed his intentions by opening up a lead which stretched to nearly a minute by the finish. For the Bels, after one lap, Yacin Yusuf and Paul Freary were handily placed at the front of the chasing pack with a whole bunch of claret and gold vests around the 20s. A revitalised South London Harriers were being led by their Captain Stuart Major but it was already clear that Thames were the team in charge.

Going out again Major seemed to be getting the better of Freary and Yusuf who were battling with SLH's James and Sykes with the leading

Thames men also in close order. Soon, however, an ill-looking Yacin seemed to be drifting back and half a mile from the finish paid the penalty for partaking of a pre-race tuna and sweet corn sandwich - and pulled out.

Up the penultimate hill Paul Freary gained enormously and as they turned a to drop down again the Belgrave man eased right up to Major's shoulder and seemed to biding his time before striking out for second place but 200 metres later it was the figure in the SLH vest that had broken away by 15 metres with two more of his club mates lining themselves up for an attack on our Vice-Captain.

Now up that final drag to the finish and as white vests gained on Paul, so he gained on Stuart Major - and overtook him within a few metres of the finish line.

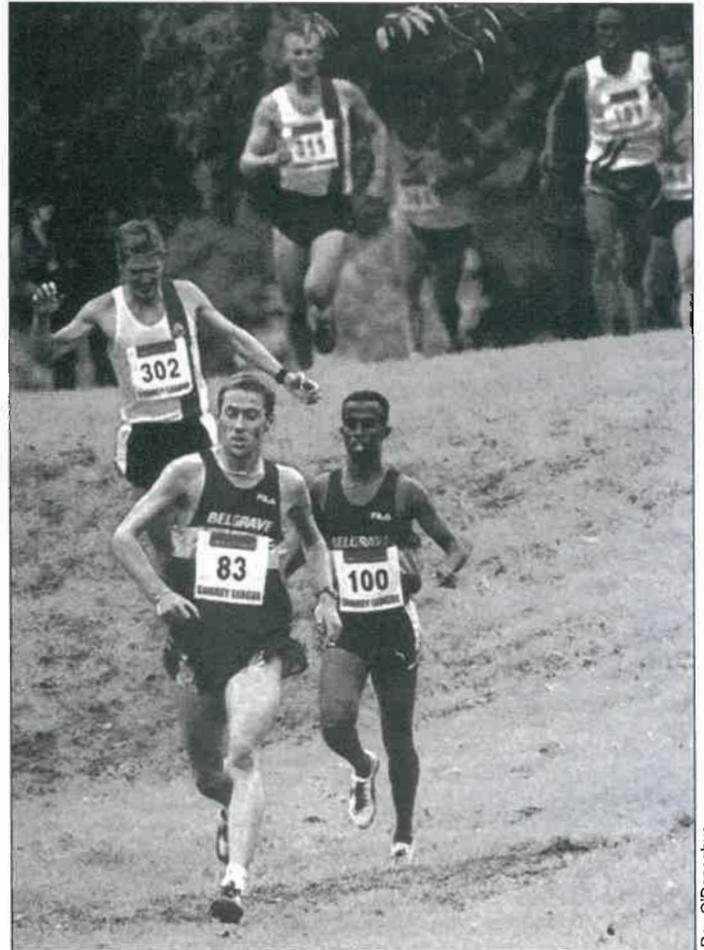
New member Fabien Bernard-Gaudin, only 18 years old, had a terrific run to gain 13th place but as an unregistered athlete could not score for us. This young Frenchman is studying Town Planning at Westminster College and will be in London for a couple of years. Not far behind came Richard Hayman running his best ever race and at only a few days past his 21st birthday

another great prospect.

Will Cockerell raised his game to a new level. Last winter he was the only man who scored in all four league races - usually coming home in the late 30s - and here he was on the verge of getting into the teens. A big effort came from Joachim Wolf, finishing within two seconds of training partner Rob McHarg, and outstanding efforts weren't restricted to the scoring ten either as Adrian Jowett ran like a man possessed to put four Belgravians behind him.

**Senior Men**

- 1, D.Taylor (HHH) . . . . . 23:55
- 2, P.Freary (Belgrave H) . . . . 24:53
- 3, S.Major (SLH) . . . . . 24:55
- 13, F.Bernard-Gaudin (n/s U20) 25:28; 18, R.Hayman 25:43; 21, W.Cockerell 25:56; 22, R.McHarg 25:59; 23, J.Wolf 26:01; 30, N.Hliouat 26:21; 32, A.Stewart 26:31; 41, C.Dickinson 26:58; 63, M.Kazimierski 27:54; 65, B.Peeters (n/s) 28:04; 69, P.Carstairs 28:16; 78, J.Rogers 28:34; 91, A.Jowett 29:09; 93, W.Lynch 29:22; 94, S.Connor 29:22; 95, A.Luce 29:24; 107, A.Cowmeadow 30:35; 133 finished.



Ray O'Donoghue



Ray O'Donoghue

*Left: Soon after the start at Brockwell Park and Yacin Yusuf (100) heads the pack. Dave Taylor (207) of Herne Hill was not to be denied, however, and soon afterwards took a lead that he was never to relinquish.*

*Above: With the first lap not yet completed, Taylor is away but Belgrave's Paul Freary (83) and Yacin Yusuf (100) contest second spot with South London's Stuart Major (302) close behind.*

**Under 17**

- 1, T.Haughian (Hounslow) . . 13:50
- 6, G.Mabbutt (U15) 14:21; 11, J.Kirton (U15) 15:26; 13, E.Rimdap (U15) 15:46; 15, P.Cowling (U15) 15:56; 17, R.Collier 18:49.

**Teams:**

- 1, Borough of Hounslow . . . . 47.5
- 2, Croydon H . . . . . 55
- 3, Belgrave H . . . . . 62

**Under 13**

- 1, D.Humphrey (South London H) 15:23; 6, J.Coleman 17:26; 11, P.Mabbutt 18:56.

**Teams:**

- 1, Croydon H . . . . . 38
- 2, Herne Hill H . . . . . 78
- 3, Belgrave H . . . . . 104

LISBURN AC MILLENNIUM RELAYS, WALLACE PARK, LISBURN, NORTHERN IRELAND.  
6 x 3.3 kms ROAD RELAY, Inc. IRISH CHAMPS., 21 OCT 2000

# Road Relay Boys win Irish Championship

Leo Coy

This was the 40th running of Lisburn AC's relay and the local club's organiser Glen Grant had managed to persuade FILA and the Lisburn Borough Council to sponsor the event and turn it into something really special. Teams were invited from the Republic of Ireland, Scotland, England and Wales and the event also incorporated the Athletic Association of Ireland's Championship. The men's relay was just one event on a two day program that featured 13 races and the total prize money available was no less than £10,000. Above all the organisation by Glen and his friendly crew was superb.

When our team gathered in the hotel lounge the evening before the relay there was much deliberation regarding the running order, additionally complicated by the fact that Messrs. Lobo and Freary had turned up with colds. In the end the consensus was that we would turn out our men in order of expected increasing strength. With that matter resolved, minds then turned to the prediction of individual and team times and after the runners turned in for the night it soon became noticeable that those whose cerebral machinery had been most thoroughly lubricated by Guinness came up with the fastest clockings! All seemed pretty certain that we would win.

A superb autumn day with the bluest of skies saw 21 teams set out around Lisburn's Wallace Park. Each stage took in three circuits of a 1.1 km course which could easily be bisected by the fitter spectators. Among unfamiliar team colours Jason Lobo's claret and gold vest was immediately identified as he followed early leader Fisher of Willowfield. Clonliffe's Noel Cullen burst ahead on the second circuit but Jason, whose job was to bring us home in the top half dozen, was settled into the chasing bunch and far from a simple top six place, handed over to Rob McHarg in 2nd with a time that stood up as our fastest until the final stage.

Clonliffe now increased their lead. They had turned in two of the day's quickest times but Finn Valley also came into contention thanks to a fine run by the tough Mark Morgan who battled past our own Rob.

Yet another hot run came from Clonliffe on stage 3. Finn Valley dropped back down the field behind a rock steady Alaster Stewart, only for North Belfast to scoot past and gain 2nd, 10 seconds behind the leaders. The Bels. were now 22 seconds off the pace while Scotland's Cambuslang Harriers had moved up to 4th, just 6 seconds further adrift.

Fireworks! Throwing aside his pre-race plan to increase pace on each circuit, Paul Freary set about the



Above: Irish eyes were not the only ones smiling when the the Belgrave team collected their prizes in Wallace Park. Rob McHarg, Paul Freary, Alaster Stewart, Yacin Yusuf (crouching), Jason Lobo and Spencer Barden enjoy being Irish Road Relay Champions.

men in front by clocking our two fastest lap splits to that point and then hanging on for dear life. Belgrave moved ahead for the first time but Paul's final tour of the park was painful as he followed those two 3:10 splits with a 3:27 - our slowest of the day! He'd done the damage though and with four stages gone the Bels had 4 seconds in hand over Clonliffe and 5 seconds over North Belfast - and what a finish we had to come!

A smoothly running Yacin Yusuf opened up the lead to 28 seconds on his stint and with Spencer Barden running the fastest of the day, our advantage was over one and a quarter minutes by the time Spenny raised his arms aloft at the race end. Regular winners of this event, Annandale Striders, came into the picture for the first time to get second and win the Irish Championship but the Maxwell Cup was now destined to bear a new name for the first time - Belgrave Harriers!

6-Stage Relay, 21 October.

Teams:

1, Belgrave H . . . . .	:58:06
2, Annandale Striders . . . . .	:59:25
3, North Belfast AC . . . . .	:59:29

Fastest:

1, S.Barden (Belgrave H) . . .	:9:20
2, J.Ferrin (N.Belfast) . . . . .	:9:27
3, N.Cullen (Clonliffe) . . . . .	:9:34

Belgrave runners:

	Team	Stage	Race	Time
	Posn	Rank	Rank	
J.Lobo	2	2	=6	9:40
R.McHarg	3	6	=21	9:51
A.Stewart	3	5	18	9:48
P.Freary	1	1	=16	9:47
Y.Yusuf	1	=1	=6	9:40
S.Barden	1	1	1	9:20

5 km races, 22 October.

The top runners from the previous day's relay were all invited to take part in the Invitation 5 kms. After sizing up the opposition (mostly Belgrave) Morgan made a pretty shrewd move by opting instead for the open race and he proved too much of a handful for our own Kevin Nash who nevertheless ran a good race with a powerful finish to gain second.

The invitation event bore a striking resemblance to an old fashioned club championship with all six of our relay runners in the small line-up. The weather was by now cold, gusty and rainy as Yacin Yusuf, the smallest man in the field, took the pack off the start on the highway and into the park. Nothing changed really until the last of the four circuits when Spencer took off like a scalded cat in his dash for the cash. Yacin held up well to stay ahead of the rest as Belgrave runners took the bulk of the prizes.

Open Race:

- 1, M.Morgan (Finn Valley) . .15:01
- 2, K.Nash (Belgrave H) . . . .15:11
- 3, A.McCullough (N.Belfast) 15:19

Invitation Race:

- 1, S.Barden (Belgrave H) . . .14:40
- 2, Y.Yusuf (Belgrave H) . . . .14:51
- 3, G.McClernon (Willowf'ld)14:53
- 4, P.Freary 15:01; 7, A.Stewart 15:17;
- 8, J.Lobo 15:22; 9, R.McHarg 15:24.



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AAA 6 x 5.5 kms ROAD RELAY CHAMPIONSHIP  
SUTTON PARK, SUTTON COLDFIELD, 28 OCT 2000

## Six stage drama - Bels fight back from 39th to 6th

On a day when Sutton Park was blasted with tree splitting winds and driving rain we overcame a disastrous start to get up to 6th - one minute and one second away from bronze - and hang on to our unofficial title of leading Southern Club - just! Drifts of sodden autumn leaves were plastered to the roadway to make the footing treacherous and in these conditions, with winds gusting to 60 mph and the linked metal railings along the course getting bowled over, individual times meant very little when compared to those of earlier years. Stages two and three probably had to face the worst of it but generally it was felt that the circumstances added around 30 seconds to what would normally be expected. The Belgrave FILA tent made its debut and what a good job it did even if, during the post race tea and cake ritual, the whole team had to hold on to the roof to stop the claret and gold pavilion taking off and heading for Lichfield.

With just 30 minutes left before the start and the team manager taking initial steps in a team reshuffle, our two first leg runners arrived, having been held up on the motorway due to the conditions. Jason Lobo had been suffering from a cold the previous week in Ireland but he had run so well there on the opening leg that we felt sure he would give us the start we needed. Poor old Jason! Everything conspired to hit him at once - the late arrival, the head cold, the previous weekend's two races ... After staying in the bunch for the first half of stage one where he was only 6 seconds off the lead, he then found himself running into big trouble and had to suffer the indignity of streams of runners overtaking him as he grimly made his way to the finish. "If it hadn't been a relay I would have dropped out," was his comment after he'd sent Charles Herrington on his way. An opening 39th place was not what we were looking for in our bid to get near the medals.

Charlie is working back to full fitness after the stress fracture that kept him out of action for half of the summer. Not only did he pull back seven teams and duck under 18 minutes - no mean achievement on this day - he also moved up on a whole posse of runners ahead of him to give Lee Hurst the task of picking them off. Back after a break from running, Lee duly obliged and although not happy with his time, a final position at least near to the top ten began to look possible.

One man who is in much better shape than the same time last year is Spencer Barden. Taking things steadily up the hill he then used the wind to its full advantage and blasted through the field before taking another "easy" spell and then turning it on again for the finish. Result: equal 6th fastest of the day and a time more than ten seconds faster than 1999. The rest of our guys who ran last year were between 30 and 60 seconds slower! It was a perfect run for Spenny. We had planned that he might pull us into 3rd spot at this point - and had all other things been equal he may well have done it.

Yacin Yusuf followed up by taking another five places and for the first time we went into the top ten and overtook our local rivals Thames Hare & Hounds right on the line with one stage remaining. How the slightly built Yacin managed to keep going in the gale is a marvel. It was all up to Alaster Stewart now and he didn't disappoint with one of his best ever runs around the circuit. Two more teams fell to his stride and with a thumbs up sign as he passed our supporters at the tent in the finishing straight he, and we, were delighted with our final position.

So, time to reflect: the autumn road relays were over and we had progressed well. Second best in Surrey, 4th best in the Southern with the Surrey victors behind us, 6th best in the country with every one of the Southern clubs behind us.

Teams: . . . . .

1, Morpeth H . . . . .	1:44:14
2, Tipton H . . . . .	1:44:21
3, Birchfield H . . . . .	1:46:35
4, Bingley H . . . . .	1:47:08
5, Salford H . . . . .	1:47:28
6, Belgrave H . . . . .	1:47:36

Fastest:

1, M.Hudspith (Morpeth) . . .	16:42
2, I.Hudspith (Morpeth) . . .	16:47
3, R.Whalley (City of Stoke) .	16:49
4, M.Palmer (Westbury) . . .	16:56
5, N.Jones (Tipton) . . . . .	16:59
6, S.Barden (Belgrave) . . . .	17:03
C.Davies (Telford)	

Belgrave runners:

1, J.Lobo . . . . . (39)	18:34
2, C.Herrington . . . . . (32)	17:57
3, L.Hurst . . . . . (24)	18:29
4, S.Barden . . . . . (13)	17:03
5, Y.Yusuf . . . . . (8)	17:40
6, A.Stewart . . . . . (6)	18:03

REDHILL & SURREY BEAGLES AC's 6 x 2.5 miles C.C. RELAY  
PRIORY PARK, REIGATE, 4 NOV 2000

## Back to the engravers!

A sunny day in Reigate's Priory Park was a welcome change from the recent stormy weather. Three full Belgrave teams were in action and the Belles set the ball rolling in the first race where Tania Sturton clocked the fastest Belgrave time on the initial stage. Her 9th place was maintained by Debbie Hearn and Syreeta Stracey to the finish.

As last year's champions our men had returned the winners' shield, freshly engraved, but were not too certain about being able to take it home again, especially when three of the A squad became unavailable at the last minute as a result of niggling injuries, etc. Kevin Quinn was desperate to run but knee pains meant that there was a strong possibility of him having to "shut off" power during the race - so down to the Bs he went. Our A squad contained not one of the six who ran so well in the previous week's National Road Relay and, moreover, only one man from the previous year's winning Priory team.

South London's Robbie James took the initiative on stage one and built up a huge lead over Brighton & Hove who were being chased by two Belgrave men who were racing neck and neck to get into the top three. Eighteen year-old Frenchman Fabien Bernard-Gaudin, still without first team eligibility, led around the park and into the straight but Joachim Wolf had no intention of leaving things that way and closed him down to squeeze the A team ahead by inches at the takeover.

SLH's challenge faded on stage two as the red vested Brighton men took control. Our own Najibe Hliouat, running more consistently and getting better very time out, worked hard and moved into second but the order changed again on stage three when Boxhill's Paul Hayward not surprisingly got the better of Cap'n Roger, just back from honeymooning in Australia.

Brighton were 28 seconds ahead of the Bels. going into the second half of the race and with 'super vet' Nigel Gates their next man, no doubt were hoping to increase that margin. But Kevin Nash, our sole survivor from the team of '99 had other ideas. It had been another week of 100 miles for 'Gnasher' but it didn't seem to slow him any and while Gates pulled Brighton further away from the main body of the field our boy closed in on him until the gap was just 13 seconds with two laps remaining.

With the next team, Boxhill, now nearly two minutes behind, Will "Billy the Kid" Cockerell showed great confidence by moving up and forging a small lead. Back came the Brighton man during the desperate

descent down that treacherous gully but Will opened up again and stormed the final part of the lap to give Andy Brown a 10 second advantage.

Now, with a raft of 1:50-1:51 800s under his belt, no-one doubted Andy's ability to deliver a winning kick should the situation arise but we were rather hoping that it wouldn't get that close. In fact it didn't. Two and a half miles is somewhat further than our man is used to racing but he was able to increase our lead by a further 8 seconds by the finish. Dave Taylor obliterated the day's previous best times with a charge that took Herne Hill from 5th to 3rd but on this occasion we were far enough away to avoid even feeling the draught.

Back to the engravers again!

### Men's results

#### Teams:

1, Belgrave H . . . . .	84:39
2, Brighton & Hove . . . . .	84:57
3, Herne Hill H . . . . .	85:10
6, Belgrave 'B' . . . . .	92:28

34 teams started; 30 teams finished.

#### Fastest:

D.Taylor (Herne Hill H) . . . .	12:43
P.Hayward (Boxhill R) . . . . .	13:21
K.Nash (Belgrave H) . . . . .	13:22

#### Belgrave runners:

##### A Team

1, J.Wolf . . . . . (3)	13:59
2, N.Hliouat . . . . . (2)	14:12
3, R.Alsop . . . . . (3)	14:19
4, K.Nash . . . . . (2)	13:22
5, W.Cockerell . . . . . (1)	13:59
6, A.Brown . . . . . (1)	14:48

##### B Team

1, F.Bernard-Gaudin . . . . . (4)	13:59
2, K.Quinn . . . . . (4)	14:25
3, S.Connor . . . . . (6)	15:23
4, A.Barden . . . . . (6)	15:41
5, D.Anderson . . . . . (6)	16:41
6, J.Skilbeck-Nelson . . . . . (6)	16:19

##### C Team

1, A.Jowett . . . . . (16)	15:45
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### Women's results

#### Teams:

1, Arena 80 . . . . .	52:09
2, Arena 80 B . . . . .	52:17
3, South London H . . . . .	52:39
9, Belgrave H . . . . .	55:46

25 teams started; 23 teams finished.

#### Fastest:

C.Hoyte (Arena 80) . . . . .	16:01
L.Williams (Arena 80) . . . . .	16:37
A.Best (Crawley) . . . . .	16:58

#### Belgrave runners:

1, T.Sturton . . . . . (9)	18:00
2, D.Hearn . . . . . (9)	19:33
3, S.Stracey . . . . . (9)	18:13

**SOUTH OF THAMES "JUNIOR"  
5 miles C. C.  
LLOYD PARK, 11 NOV 2000.**

On a day of cold rain with the wind battering the runners and turning the spectators' umbrellas inside out we were not sure that we'd be able to turn out four men to make up a team but not only did we achieve that, we ended up not so far off the medals. Policeman Rob Harding turned up in spite of being "on nights" and Jerome Curtat, now living in Paris but on a flying visit to London to see his brother, had thoughtfully brought his kit with him.

South London's Stuart Major was in a class apart and took an early lead which rapidly grew until he was lost to sight by the main field. Our own Joachim Wolf led the Belgrave line-up and after a mile or so he was placing 4th with Rob leading the rest of the team in the early 20s. With the exception of Warren Lynch, however, the conditions took their toll on our lads over the second circuit with Joachim encountering stomach problems and Rob and Jerome drifting back somewhat. Long distance man Warren seemed to revel in the circumstances. The further the race went, the stronger he looked. Another couple of laps would have suited him fine and we relished the thought of seeing how he would tackle 9 miles of Parliament Hill mud in January!

- 1, S.Major (South London) .28:45
- 2, M.Boyle (Herne Hill H) .30:21
- 3, J.Headley (Kent AC) .30:36
- 7, J.Wolf 31:04; 15, W.Lynch 32:50; 25, R.Harding 33:43; 36, J.Curtat 34:37; 92, H.Corbett 38:09; 133 finished.

**Teams:**

- 1, Kent AC 32
  - 2, South London H .54
  - 3, Herne Hill H .65
  - 4, Belgrave H .83
- 24 teams closed in.

**Are you a member of the Belgrave "200" Club? If not then you ought to be. Cash prizes to be won every month for just £1 per week. Up to £100 could be yours and you help the club's finances as well. Phone Bill Couzens - 020 8394 1410 for details**

**SWEATSHOP SURREY C.C. LEAGUE DIVISION ONE  
RACE 2 - RICHMOND PARK, 18 NOV 2000**

# Thames Hare & Hounds pegged back in the Park

- 1, Belgrave H . . . . . (2, 4, 9, 10, 19, 23, 26, 28, 36, 38) .195 .2
- 2, Thames H&H . . . . . (6, 12, 13, 14, 15, 16, 35, 42, 50, 56) .259 .1
- 3, South London H . . . . . (3, 5, 7, 17, 25, 27, 34, 47, 53, 60) .278 .3
- 4, Herne Hill H . . . . . (18, 20, 21, 22, 24, 30, 32, 41, 44, 51) .303 .4
- 5, Aldershot F&D . . . . . (8, 33, 39, 43, 46, 54, 57, 58, 67, 74) .479 .5
- 6, Ranelagh H . . . . . (11, 37, 52, 59, 61, 63, 68, 72, 73, 75) .571 .6
- 7, West 4 H . . . . . (29, 45, 48, 49, 64, 65, 66, 70, 71, 78) .585 .7
- 8, Borough of Hounslow . . . . . (1, 31, 62, 69, 77, 79, 81, 85, 87, 88) .660 .8
- 9, Croydon H . . . . . (40, 55, 76, 80, 82, 83, 84, 86, 89, 90) .765 .9

Richmond Park was at its wettest with the Ranelagh Harriers' regular course having to be adapted to avoid some of the flooded stretches. As the rain came on again it was heartening to see a good bunch of young runners set out around Sidmouth Wood and Queen Elizabeth's Plantation. Team Managers Kim and Paul Collier had gathered a full team of young runners together for the Under 17/Under 15 race (all our lads being under 15) and had two more for the Under 13s. Their efforts were well rewarded with two 2nd places in the team races and young Jamie Kirton leading the team home. With half the league now gone Belgrave now lie 2nd in the oldest age group and 3rd in the youngest.

The seniors had the huge task of trying to pull Thames Hare & Hounds back after their devastating win at Brockwell Park. There were plenty of men on hand to do their best with no fewer than 27 names listed by the time the sodden declaration sheet was handed over.

Lee Hurst was among the early leaders as the field set off in the direction of White Lodge but on the return from the loop four men had broken away - Gary Staines (SLH) and Sam Haughian (Hounslow) accompanied by our own Yacin Yusuf and Yitbarak Dinku. Yacin had turned out after changing his plans to run in the European qualifying race the next day at Margate while Yitbarak was having his first race in 10 months: we were glad to see both of them! Non-scoring Richard Ashe was close behind while Lee and Paul Freary were running together with 18 year-old Richard Ward, running his first Surrey League race in claret & gold, keeping an eye on them.

Setting out again, the positions were pretty much unchanged. A whole posse of Thames men came through together in the 'teens but with five men in the 20s to back up our high-placers a win looked safely on the cards. Richard Hayman was not looking too comfortable but those "toughies" Rob McHarg, Will Cockerell and Joachim Wolf were running strongly with Norwegian Knut Hegvold also making an impression.

At the finish Hounslow's Sam

Haughian was an easy winner but the broadest grin came from Yacin who kept a one second margin between himself and our life-member Gary Staines. Yitbarak was so impressive in his first race of the season and he has every intention of improving on his 4th place in the races to come. As normal a blistering sprint gained Will Cockerell an extra place just inches before the finishing funnel was reached and another to run way above expectations was Phil Carstairs who had great pleasure in pushing back the "Skipper", not having a happy run, to 10th scoring position.

Ten men home in 39; a pleasing win and 64 points pulled back on our rivals. Another one like that after Christmas and the final race would promise to be exciting. Game on!

**Senior and Junior Men**

- 1, S.Haughian (Hounslow) .28.12
- 2, Y.Yusuf (Belgrave) .28.16
- 3, G.Staines (SLH) .28.17
- 4, Y.Dinku 28.43; 5, R.Ashe (n/s) 28.47; 10, L.Hurst 29.24; 11, P.Freary

**WOMEN'S SURREY C.C. LEAGUE DIVISION ONE  
RACE 2 - LIGHTWATER, 2 DEC 2000**

# Great Win from Under 13 "Belles"

Louise Collier again led home the field in the League's youngest age group - the under 13s. Her winning margin of 23 seconds over this shorter than normal course meant that for much of the race she was out of sight of the chasing bunch. Unlike the race at Tilford, however, this time Louise had team mates highly placed to back her up and with Jessie Massey in second place and Lizzy Hodges in fourth, the team scored a great win over Guildford & Godalming. As a squad they moved up into 3rd place overall behind Sutton & District and Dorking & Mole Valley.

The seniors didn't have quite such a happy time with rivals Tania Sturton and Syreeta Stracey being the only two Belgrave runners to squeeze into the top 30. With only 10th team place on the day they slipped back down the league to 7th and now have a battle on their hands over the last two matches to ensure that they keep clear of the relegation zone.

- 29.25; 14, R.Ward (U20 n/s) 29.46; 21, R.McHarg 30.18; 25, W.Cockerell 30.29; 28, J.Wolf 30.46; 29, K.Hegvold (n/s) 30.49; 31, R.Hayman 30.52; 34, M.Nicholls (n/s) 30.58; 40, P.Carstairs (M40) 31.18; 42, R.Alsop 31.24; 63, E.Lemenager 32.24; 72, M.Kazimierski 32.48; 77, M.Webb 32.58; 79, B.Barton 33.06; 83, P.Smoothie 33.13; 91, W.Lynch 33.43; 94, S.Connor 34.00; 104, A.Jowett 34.32; 121, A.Cowmeadow 35.33; 129, J.Mather (M45) 36.08; 134, J.Skilbeck-Nelson (U17) 36.46; 158, R.Bale (M50) 42.05; 162 finished.

- Under 17 Men and Under 15 Boys.**
- 1, T.Russell (U17 Hounslow) 16.30
  - 9, J.Kirton (U15) 18.01; 13, P.Cowling (U15) 18.49; 16, R.Collier (U15) 20.18; 17, R.Gemmill (U15) 21.18; 18, J.Macrae (U15) 21.47.

**Teams:**

- 1, Croydon H . . . . .36
- 2, Belgrave H . . . . .73
- 3, Borough of Hounslow . . . . .88
- 4, Ranelagh 106; 5, South London H 114; 6 Herne Hill H 138.

**Under 13 Boys**

- 1, P.Humphrey (SLH) . . . . .18:18
- 5, J.Colman 19:59; 6, S.Chalkly 20:36.

**Teams:**

- 1, Croydon H . . . . .47
- 2, Belgrave H . . . . .95
- 3, Herne Hill H . . . . .100
- 4, South London H 113; 5, Boro' of Hounslow 120.

**Senior Women**

- 1, D.Lee (Thames H&H) . .22:36
- 2, A.Fletcher (Dulwich R) .22:38
- 3, A.Ridley (Woking) . . . .23:43
- 25, T.Sturton 26:32; 28, S.Stracey 26:44.

**Teams:**

- 1, South London . . . . .59
- 2, Thames H&H . . . . .79
- 3, Herne Hill H . . . . .104
- 4, Dulwich R 108; 5, Woking 108; 6, Ranelagh H 130; 7, West 4 162; 8, Holland S 164; 9, Epsom & Ewell H 185; 10, Belgrave 186.

**Under 13 Girls**

- 1, L.Collier (Belgrave) . . . .9:34
- 2, J.Massey (Belgrave) . . . .9:57
- 3, Z.Shannon (Dorking) . . .10:00
- 4, L.Hodges 10:03.

**Teams:**

- 1, Belgrave . . . . .21
- 2, Guildford & G . . . . .39
- 3, Dorking MV . . . . .57
- 4, Sutton & D 58; 5, Ranelagh H 92; 6, Epsom & Ewell H 93.

SURREY COUNTY CROSS COUNTRY CHAMPIONSHIPS  
LLOYD PARK, 6 JAN 2001

It's low-key at Lloyd Park

Again we were unable to produce a strong presence for the County Championships. Hopes were high for a good placing in the youngest girls' age group with Louise Collier having been in fine form in recent league races. On this occasion she was not at her best and when shaken by a severe slip in the mud, came out of the race altogether.

There were also high hopes that Richard Ward would be able to duplicate his win of last year in the junior men's race but the redoubtable talent of Reigate's Ed Prickett prevailed. Richard will now be switching his attentions to indoor track races before returning for the road relays. Running in the combined junior and under 17 women's race Debbie Hearn placed 16th overall but only just missed the medals, being fourth junior to the line.

Our women's team picked up bronze medals last year but from that squad only Tania Sturton was back on the course this time and filled exactly the same place - 25th. Up ahead new member Erica Fogg, yet another Dave Lucas trained athlete, showed that she is going to be a great asset to the team - when it gets together again - by running home in 10th place.

Shortly before the senior men's race it had looked as if Belgrave were not going to be able to start a team with only four runners and spectating Don Anderson on the course with 10 minutes left before the pistol was due to be fired. Then Lloyd Catley arrived for his first ever run in Belgrave colours and Don was coerced into his kit to complete the six. Just as the runners were lining up Malachi Byansi arrived and with no warm up at all, joined the field to give us seven on the start line.

Herne Hill's Dave Taylor continues to dominate cross country events in Surrey but in this Championship he did not have it completely his own way. In muddy conditions Taylor, Belgrave's Kevin Nash and South London's Stuart Major broke away early with Staines of South London not far behind. Kevin was totally focussed on the race and before long, as Major dropped back, it was the Belgrave Harrier who tended to be forcing the pace as mud and water flew up from the remaining pair's flying feet.

Unfortunately a slight niggle in Kevin's lower back, which had caused him to cut short a training session during the week, flared up and on the second of the three circuits Taylor prised open a gap which grew to about 20 seconds. Both runners were still going away from the rest of the field where all sorts of drama was taking place. Major fell; Staines and Herne Hill's second scorer Boyle came through; Staines then had a stomach problem and dropped back

alarmingly before finally making sure of a bronze medal at the very end of the race.

Our own Roger Alsop, short of training as a result of various injuries in recent months, started steadily and progressed through the field for a satisfactory 21st at the end. Malachi and Lloyd were within a few places of each other for most of the race. Both are gradually gaining fitness but at the end it was Mal who proved the strongest with Lloyd drifting back until he found himself under attack from Erwann Lemenager who was having a great run. It was good to see Steve Zealy back in action for the Bels. again - the 13 years since he formed part of our National team seem to have flown!

Men (12km)

- 1, D.Taylor (HHH) .....42:39
- 2, K.Nash (Belgrave) .....43:07
- 3, G.Staines (SLH) .....44:25
- 21, R.Alsop 47:57; 32, M.Byansi 49:19; 41, E.Lemenger 50:25; 43, L.Catley 50:32; 60, S.Zealy; D.Anderson; 184 started; 155 finished.

Teams: 1 South London 59; 2 Herne Hill 65; 3 Boxhill 95; 4 Thames Hare & Hounds 170; 5 Belgrave 184; 10 teams closed in.

Under 20 Men (8km)

- 1, E.Prickett (Reigate) 29:35; 2, R.Ward (Belgrave) 31:15; 9 finished.

Under 15 Boys (4km)

- 1, M.Leslie (AFD) 15:43; 28, P.Cowling 19:47; 40, R. Collier 21:54; 50 finished.

Women (8km)

- 1, K.Jenrick (Highgate) 34:13; 10, E.Fogg 37:58; 25, T.Sturton 40:32; 62 finished.

Under 13 Girls (3.25km)

- 1, D.Christmas (Crawley) 14:11; L.Collier dnf.

Rob Harding was our sole representative in the Kent County Championship at Sevenoaks on the same day. The race was won in 38:52 by Alan Graffin of Tonbridge with Rob in 55th with 48:20. 139 finished.

At Wythenshawe Park the Greater Manchester Championship went to G.Raven of East Cheshire in 40:50 with Lee Hurst getting up to 10th in a good class field with 44:02.

Rob McHarg had a terrific run in the Berkshire Championship. He placed 3rd in 40:51 behind Windsor's Tim Hyde 39:31.

SURREY CROSS COUNTRY LEAGUE DIV ONE  
RACE 3 - WIMBLEDON COMMON, 13 JAN 2001

Bels. hammered at home!

- 1, Thames H&H ..... (1, 4, 6, 7, 8, 10, 11, 18, 25, 29) .. 119 .. 1
- 2, Belgrave H. .... (3, 13, 16, 24, 28, 31, 33, 40, 42, 43) .. 273 .. 2
- 3, Herne Hill H ..... (9, 12, 14, 15, 21, 27, 36, 38, 39, 52) .. 273 .. 4
- 4, South London H. .... (2, 5, 17, 26, 34, 37, 39, 45, 53, 54) .. 312 .. 3
- 5, Aldershot, Farn. & D... (23, 32, 44, 46, 50, 56, 58, 63, 67, 76) .. 515 .. 5
- 6, Ranelagh H ..... (20, 22, 35, 55, 57, 61, 64, 74, 78, 79) .. 545 .. 6
- 7, West 4 H ..... (19, 47, 48, 59, 62, 66, 68, 69, 70, 73) .. 581 .. 7
- 8, Croydon H. .... (41, 51, 60, 65, 72, 75, 77, 80, 82, 83) .. 686 .. 9
- 9, Borough of Hounslow .. (30, 71, 81, 84, 85, 86, 87, 88, 89, 90) .. 791 .. 8

With a huge absentee list we were always going to be up against the task of keeping close to, or even stealing a few more points away from, Thames Hare & Hounds in our quest to retain the Surrey League title. Four top Belgrave runners were taking the chance of overseas or international standard competition, work commitments pulled away another four, injury accounted for two and communication breakdown took out a couple more. Still we lined up twenty-three men; and didn't they battle magnificently to get us into 2nd place on the day. Frankly though, Thames were in great form and took full advantage of our weakened state.

Our second year of running on the new course revealed a few delights that we hadn't expected: drifts of dried leaves in the woods hid a black porridge of the most glutinous variety. Even the team manager got a taste of this as, at the end of the day, he found himself the guardian of a pair of the most horrendously slimed Reeboks left behind by a Belgrave runner who couldn't bear to put them in his kitbag.

Jason Lobo led the team home with Rob McHarg continuing his patch of good form (3rd in the Berkshire Champs. the previous week). Twenty-one year-old Richard Hayman made another advance up the order to place 16th and a betting man might well be advised to have a few bob on Rick's chances of spending next year's series in the top ten. The middle order troops did us proud, running way above expectations, and especially welcome were new men Lloyd Catley and Guy Lavender - first Surrey League runs from them and both in the "ten". As "Our Will" was heard to say whilst savouring his curry, "We might not have won and the league may be slipping away but it was one of the best ever efforts from a Belgrave team." With a points score identical to that of Herne Hill Harriers, second team position was decided on the position of each club's 10th man home - and 52 year-old Charlie Dickinson swung it for us.

So, is it out of sight? We'd have to say that chances of lifting the title for 2000-2001 look very slim!

Very many thanks to all those who marshalled, marked the course,

judged and timed the result and helped with results. Particularly well done to Don Anderson: having laid out the trail he then had to remark it after someone attempted to sabotage the event by neatly removing every flag and trace of tape over a whole section of the route. Thank goodness for mobile 'phones enabling the sending of a warning to hold back the senior race while the track was remarked.

How nice to see a Belgrave vest leading home the Young Athletes' field. James Skilbeck Nelson had a good lead over the next man and with a full complement of Youths and Boys we took the team race by a convincing margin. Paul Graham, second Belgrave lad home, also impressed. He was lying second when going off course due to the missing flags and by the time he was back on the route had lost two places. Over the last 12 months he has become a representative of Suffolk County at Walking, Track running and Cross-country. Brother Andrew, also a race-walker, headed our Colts' team.

- 1, N.Naylor (THH) ..... 27:12
- 2, S.Major (SLH) ..... 27:39
- 3, J.Lobo (Bel) ..... 27:43
- 13, R.McHarg 28:36; 16, R.Hayman 28:43; 24, W.Cockerell 29:34; 28, G.Lavender 29:42; 32, B.Barton 29:52; 35, P.Carstairs 30:03; 46, L.Catley 30:29; 48, M.Webb 30:38; 49, C.Dickinson 30:40; 58, M.Byansi 30:57; 63, P.Smoothy 31:06; 66, E.Lemenager 31:09; 68, M.Kazimierski 31:13; 71, B.Peeters 31:21; 87, S.Zealy 32:22; 96, R.Harding 32:41; 103, S.Connor 33:07; 104, A.Binda 33:11; 107, A.Cowmeadow 33:21; 134, F.Gasper 35:53; 138, H.Corbett 37:21; 140, P.Cross 38:18.
- Under 17: 1, J.Skilbeck-Nelson 17:15; 4, P.Graham (U15) 17:41; 6, G.Mabbutt (U15) 18:11; 10, P.Cowling (U15) 19:18; 12, R.Collier (U15) 20:24.
- Teams: 1, Belgrave 135; 2, Croydon 56; 3, Herne Hill 119; 4, Ranelagh 123; 5, Borough of Hounslow 124.
- Under 13: 1, P.Humphrey (SLH) 17:49; 4, A.Graham 20:17; 8, P.Mabbutt 23:39.
- Teams: 1, Croydon 35; 2, Belgrave 96; 3, South London 113; 4, Ranelagh 114; 5, Borough of Hounslow 117.

### WOMEN'S SURREY C.C. LEAGUE DIVISION ONE RACE 3 - LIGHTWATER PARK, BAGSHOT, 13 JAN 2001

It was back to Lightwater for match three in the series. The race was scheduled to have been held in Richmond Park but the authorities deemed that with so much wet weather recently, the Park was likely to be damaged by the feet of so many harriers.

It was a very sparse turnout from our seniors who placed last on the day and now seem destined for division two again. After three matches the Belles lie in 9th place, although a good turn-out for the final race could save the day.

Things looked brighter in the younger age-groups, however, and both the under 13 and under 15 teams finished up in second place with Jessie Massey and Lizzie Hodges filling the two runners up slots in the younger race.

### SOUTH OF THAMES C.C. CHAMPIONSHIP ROEHAMPTON, 13 JAN 2001

After three consecutive team wins in this championship, and in spite of the fact that the race was held on (almost) home turf, the magnificent Dewar Shield found new keepers for the next twelve months.

It was a difficult situation. It would have been great to have extended our winning streak, and we certainly had enough men left who had not been barred from the event, but in the middle of a five week run of races something had to go - and this was it.

Steve Zealy was our only legitimate runner, in 62nd spot, but

#### Senior Women.

1, A.Ridley (Woking) . . . . .23:02  
2, A.Fletcher (Dulwich) . . . . .23:13  
3, A.Critchlow (W4H) . . . . .23:19  
32, D.Hearn 27:31.

Teams: 10, Belgrave 240.

#### Under 15

1, L.Marland (Herc.Wimb) . .12:29  
4, G.Bennett 13:27; 9, S.Comley 14:23.

Teams: 1, Ranelagh H 37; 2, Belgrave 54

#### Under 13

1, Z.Shannon (Dorking MV) . .9:33  
2, J.Massey (Belgrave) . . . . .9:42  
3, L.Hodges (Belgrave) . . . . .9:53

Teams: 1, Dorking Mole Valley 33; 2, Belgrave 85.

right up the front second-claimer Richard Ashe carried our colours to an outstanding win - although as a guest his name did not feature on the SoT result sheet. Fabien Bernard-Gaudin, still awaiting clearance to score for us, suffered a similar fate.

1, R. Ashe (Belgrave gst) . . . .33:02  
2, A.Weit (Thames H&H) . . . .34:23  
3, B.Reynolds (Thames H&H)34:34  
12, F.Bernard-Gaudin 36:02; 62, S.Zealy39:42; 177 finished

Teams: 1, Thames H&H 39; 2, Boxhill R 95; 3, Guildford & G 177; 13 teams closed in.

### SOUTH of ENGLAND AA CROSS COUNTRY CHAMPIONSHIPS PARLIAMENT HILL, 27 JAN 2001

## A chance missed ...

So much for targets. For our men's team this event was to have been the first of four events that we were to concentrate on. Our league campaign and winning streak in the South of Thames were forfeited for - a team position three places lower than last year.

Paul Freary, who lives 10 minutes from where the Northern Championships were being held, drove 200 miles each way to hit the Hill hard to go over the top in second place. He'd not been going as well as he'd have liked in training recently but after struggling on the first lap, after that powerful start, fought his way back and was satisfied with a place in the top 20.

It was another great run from Jason Lobo, who lives even closer to the Northern venue than Paul but travelled south to put himself to the test over that famous Parliament Hill mud. It was a morass, so thick in places that runners could hardly pull their feet out of it and yet here we had

a 1:45 800m man coming home in 19th spot and ribbing Paul that he might have had a go at him if he'd not thought that it might upset him to see a half-miler come sailing past after 15 kilometres. Every one of the rest of the guys ran well, particularly Phil Carstairs who placed a best ever 62nd and would have been higher still but for a fall.

Teamwise, it was a chance missed. Thames Hare & Hounds were awesome with 6 in 44 - and they won the South of Thames the previous week and will almost certainly take the league as well.

Erica Fogg backed up her Surrey County run with another fine effort and with Tania Sturton and Syreeta Tracey in action we weren't so far away from a full team. Fabien Bernard-Gaudin had to pull out of the Junior Men's race; he broke a toe before Christmas and his recovery was not as complete as he had thought.

In tough and freezing conditions Paul Freary won the Ribble Valley 10 kms at Clitheroe on New Year's Eve in 31:07. It was a close run thing and Paul had to use all of his experience to beat the young Ethiopian Getu Assefa running for Pendle.

Paul Evans spent New Year's Day chasing Kenyans in the Corrida de Houilles 1 kms in Paris. He was pleased with his 29:31 for 6th place behind Sammy Kipketer's winning 28:31.

Nearer home, in Hyde Park to be precise, Belgrave clocked up their first team win of the year in the Serpentine Runners 10 kms. Al Stewart 4th in 32:28 was followed by Mal Byansi 9th 34:10, Paul Smoothy 17th 35:42 and Will Cockerell 20th 36:16.

Toby Tanser won over 5 miles in New York on January 7th, 25:19, and a week later was first home again in a 10 kms races with 31:59.

Medical Man Charles Herrington was called in to work to cover an emergency on the day of our home Surrey League match but the following day he turned out in the Fred Hughes Memorial 10 miles at St. Albans. After a mile he found himself easily going away from the field and a steady run in 53:12 gave him victory by 3 minutes.

Birhan Dagne ran her first race as a Belgravian on 14 January. Competing in the Hastings 10k she ran 36:32 for 4th behind Kenyan Sally Barsosio's winning 33:39.

Yet another successful trip to the sun for Paul Freary. In the Bermuda International 10 kms on 13 January our running Vice-Captain clocked 31:50 to place 7th but he was obviously saving a little bit because the following day he was back on the tarmac again to win the Bermuda International Half-Marathon in 69:36. It was his 5th win in the event - a terrific record.

Hot form was shown by Belgrave runners in the 4 kms Reebok Cross Challenge at Cardiff on Sunday 14 January. Mark Miles won in 13:27 from clubmate Spencer Barden, 13:29. Tonbridge's Andrew Graffin was 3rd, 13:37, and Christian Stephenson of Cardiff was 4th, 13:46. Both Belgravians look to be in the sort of shape that should see them earn selection for the World Cross Country Championship 4 kms event.

A super run came from Guy Lavender in a county championship that we won't mention by name. Suffice it to say that he competed under another athlete's name just to get the run in - and found himself in the embarrassing position of nearing the finish in the top ten and thereby running into contention for an Inter-Counties selection. Obviously that would have blown his cover so one and a half minutes were spent virtually jogging on the spot until he was safely back in the pack!

Alaster Stewart was training hard in January in Hong Kong and looking forward to returning to the UK for the National Cross Country Championship and the following road relays. He won a 13km race held mostly over rough paths and made the South China Morning Post, Hong Kong's national newspaper: "Stuart (sic) who runs for top ranked Belgrave Harriers in the UK ..." Al clocked 41:05 in spite of the testing conditions.

Spencer Barden was second Briton home in the FILA/Belfast 8 kms on January 20th. He was 9th in 24:52 to Kenyan Gachara's winning 24:18. Paul Evans placed 14th in 25:07.

New member Juliette Clark placed 4th in the Mitcham 25 kms event on January 21st, clocking 1:44:07 for 4th.

#### Under 13 Girls

1, C.Browning (AF&D) . . . . .13:24  
68, L.Collier 16:42 171 finished.

#### Senior Women

1, H.Yelling (Hounslow) . . . .33:58  
55, Erica Fogg 41:36; 79, T.Sturton 42:52; 151, S.Stracey 46:57; 327 finished.

#### Under 15 Boys

1, A.Humphries (Southend) 18:38  
196, J.Kirton 25:40; 219, R.Collier 27:52; 229 finished.

#### Under 20 Men

1, A.Sherman (Swindon) . . . .31:21  
F.Bernard-Gaudin dnf.; 86 finished.

#### Senior Men

1, N.Francis (Shaftesbury B) .52:13  
2, S.Haughian (Hounslow) . . .52:14  
3, J.Downes (London Irish) . .52:15  
18, P.Freary 55:33; 19, J.Lobo 55:43;  
62, P.Carstairs 58:35; 119, M.Byansi 61:11; 125, L.Catley 61:20; 209, M.Kazimierski 64:53; 252, W.Lynch 66:16; 894 finished.

Teams: 1, Thames H&H 130; 2, Highgate H 183; 3, London Irish 267; 9, Belgrave 551; 73 teams closed in.

## Race Walking Roundup

### April 2000

26 Belgrave 10 kms, etc., Kingsmeadow: 2, J.Hall 52:23.0 (1st Middlesex, Vets AC and Belgrave); 6, P.King 60:09; 8, E.Hall 63:03.4.

### May 2000

7 RWA YAG Champs., Dartford. U17M 5 kms: 5, S.Whorlow 29:06. U15B 3 kms: 6, R.Harris 18.39. U11B 1 km: 1, A.Graham 5:09. U17W 5 kms: 2, L.Fryer 27:10.  
7 Veterans AC 5 miles, Battersea Park: 2, P.King 46:18; 4, D.Fotheringham 47:18; 7, E.Hall 49:33.  
10 LPR 9 kms Handicap, Blackheath: 2, A.Goudie 44:23.  
13 Kent County Champs. 3000m: 2, A.Goudie 13:50.23. U15 3000m: 1, R.Harris 19:39.50.  
13 Middlesex County Champs. 3000m: 1, J.Hall 14:42.0.  
20 Stock Exchange London to Brighton Walk. 4, P.King 9:39:34.  
27 Surrey Veterans Champs., Kingsmeadow. M50 3000m: 1, C.Lawton 17:53.5.

### June 2000

6 VAC 5 miles, Battersea Park. 5, D.Fotheringham 47:13; 6, P.King 47:24; 9, E.Hall 49:26.  
7 LPR 9 kms H'cap., Blackheath. 9, M.Scammell 51:37; 10, A.Goudie 43:10.  
17 BVAF 20 kms, Sutton Park. M70 1, D.Fotheringham 2:20:26.  
17 Southern Champs., Brighton. 3000m: 1, A.Goudie 13:29.0.  
18 Micky Brown Races, Steyning. Mens 5 kms: 1, A.Goudie 23:34.  
21 Woodford Track 3 kms: 7, D.Fotheringham 17:21.2. U11B 1 kms: 1, A.Graham 5:16.4.

### July 2000

7 Veter ans' AC 5 miles, Battersea Park. 2, P.King 46:21.  
9 European Veterans' Champs., Jyvaskyla, Finland. M75 5 kms: 1, D.Fotheringham 28:42.63.  
14 European Veterans' Champs., Jyvaskyla, Finland. M75 20 kms: 1, D.Fotheringham 2:04:29.  
16 Waterford Crystal Dublin GP., Phoenix Park. U13 1 km: 2, A.Graham 5:00. Veterans 3 kms: 5, M.Graham 15:44.  
22 Enfield 5 miles. 6, J.Hall 42:04.  
30 SEAA 10 kms Walk Champs., Enfield. 3, J.Hall 53:32. U20W 5 kms: 1, L.Fryer 29:15.05.

### August 2000

9 LPR 9 kms, Blackheath. 7, P.King 51:53.  
12 AAA Champs. 10000m: 6, A.Goudie 48:42.87.  
16 Civil Service Champs., Birmingham. 3000m: 3, J.Hall 14:30.1.  
20 SEAA U17 Champs., Barnet Copthall. 3000m: U17 2, S.Whorlow 16:50.70; U15 3, R.Harris 17:51.42  
26 VAC & SVAC Champs., Portsmouth. M70 3kms Walk: 1, D.Fotheringham 17:33.00.

### September 2000

3 Leicester Mercury 10 kms, Abbey Park, Leics.: 14, M.Graham 55:37. M70 1, D.Fotheringham 59:45.  
4 Civil Service Champs, Battersea Pk.: 3 kms: M50 1, J.Hall 16:26.4.  
6 LPR 9 kms Handicap, Blackheath: 4, C.Lawton 49:42; 5, M.Scammell 50:37.

### October 2000

7 Surrey WC Gazette Cup 4 miles, Monks' Hill: 3, C.Lawton 32:58; 6, P.King 35:19.  
30 Women's 5 kms Walk: 3, L.Fryer 29:15.05.  
29 Addington Vase, Monks Hill: 4, P.King 66:07.

### November 2000

5 LPR 9 kms Handicap, Blackheath: 8, D.Fotheringham 53:26.  
11 Enfield 7 miles: 6, J.Hall 61:54; 8, P.King 66:57; 14, D.Fotheringham 72:05. Teams: 1, Colchester 11; 2, Ilford 16; 3, Belgrave 28.

25 Belgrave Open 7 miles, Wimbledon: 1, D.Stone (Steyning) 48:55; 2, D.Bearman (Steyning) 50:14; 3, C.Cheeseman (Surrey WC) 51:12; 4, A.Goudie 53:40; 9, J.Hall 59:30; 13, P.King 65:22; 23, E.Hall 74:11; 28, G.Beecham 79:06. Teams: 1, Steyning 8; 2, Surrey WC 20; 3, Belgrave 26; 4, Ilford 40.

### December 2000

2 Christmas Cup, Monks Hill, 10 kms: 4, P.King 58:33.  
9 Cambridge H. Winter League, Bexley, 10 kms: 7, P.King 57:40. U11 1.2 kms: 1, A.Graham 7:09.

### January 2001

1 City New Year Walks, Victoria Park. 10 kms: 7, P.King 60:31. U15B 2.5 kms: 1, A.Graham (U13B) 14:25.  
7 Met. Police 10 kms, Imber Court. 1, C.Cheeseman (Surrey WC) 43:21; 4, A.Goudie 45:58; 13, C.Lawton 56:17; 16, P.King 58:32; 25, D.Fotheringham 1:02:39. Teams: 1, Surrey WC 19; 2, Ilford AC 30; 3, Belgrave 35.

### Just a coincidence

*Mavis Hall took part in her first walking race at the John Hedgethorpe Memorial event at Chelmsford on 28th January. A very well supported event saw Mavis coming home in 141st place over the three mile course. By coincidence husband, Eric, managed the same position in his first ever race, the Belgrave Open back in 1948. Mavis finished strongly attempting to catch her 9 year old grand daughter Brittany who was also entered for the Club. Unfortunately Brittany was unable to catch Granddad although she finished just ahead of the 1966 Commonwealth Games gold medallist Ron Wallwork whc, we understand, was suffering from the handicap of pushing his grandson round in a pushchair. Intrepid characters these walkers.*

### Captain Barclay's Millennium Walk & RWA Champs.

12-13 August 2000

While many Club members were performing to such high standards in Birmingham our long distance walker, Paul King, was taking part in the Captain Barclay Millennium walk at the Newmarket race course. The competitors in Birmingham competed over the weekend but for Paul it was a matter of walking for a whole twenty four hours in an attempt to cover 100 miles.

Starting at 3 pm on the very hot Saturday he set off with the sixty plus competitors from Tattersalls, along the High Street and across the Heath more used to the sight of multi million pound thoroughbreds showing their paces! After this fairly high profile start the rest of the event took place around what is known in racing circles as the Rowley Mile and the new Grandstand complex. The weekend was very hot and although part of the course was favoured with a pleasant breeze there was little shelter. Paul maintained his steady pace throughout the night and despite a bad patch in the early morning he responded to the encouragement of the small band of spectators and officials. Also offering assistance as dawn broke were fellow Belgravians Carl Lawton, George Beecham and Ray Middleton. Paul stuck to the task and gradually got back into his stride managing to achieve the target with some time to spare and thus join that select band of Belgravians who have qualified to call themselves Centurions.

Paul survived conditions which saw the retirement of many including such men as Don Thompson, the Rome Olympic Gold Medallist and others of similar experience.

Well done Paul!

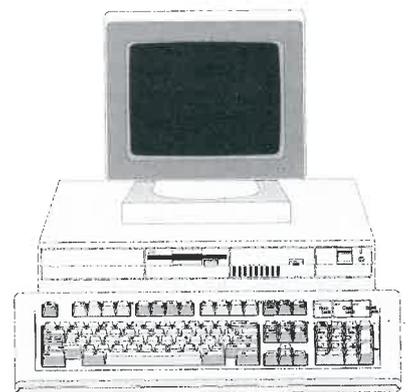
Some, of course, such as George Beecham, seem to revel in the heat and George's first outing on the Sunday morning was limited by the organisers to 3 miles so once that was out of the way George opted to take part in a fun walk of around 5 miles on the famous turf itself! We are not sure but it is possible that he was tempted by the fact that many of the other participants were female clad suitably for the high temperature of the day - Ray and Jean Middleton also took part but Percy Wright opted to sit this one out!

EWH

## Learn about electric timing and photo finish



We have some top class electrical timing and judging equipment at Battersea Park but we need to build a team to enable us to use it on a regular basis. We will be setting it up and running familiarisation courses before the track season commences - probably late February or March. If you have any of track judging, timekeeping, and basic computer skills (used to using keyboard, mouse, windows software) or have some knowledge of cabling up computers or other hi-tech equipment and you fancy getting involved, please call Alan on 020 8224 2657. Even if you have none of these but would like to learn then we want to hear from you.



**April 2000**

- 14 -16 Mt. San Antonio College Relays, Walnut, California, USA. 400mH: 1, C.Rawlinson 48.68. 3000mSC: 5, J.Chaston 8:36.27.
- 12-13 Saudi Arabian League Champs., Rhyad. 400m: 2, T.Lerwill 49.0. 800m: 1, T.Lerwill 1:54.2. 1500m: 1, A.McLean Foreman 4:03.3. DT: 1, S.Thompson 47.71.
- 13 Lancaster, USA. DT: 7, L.Newman 56.75.
- 22 Torrevieja, Spain. JT: S.Faben 75.37.
- 27 Fullerton, USA. 100m: r1 (1.1) 4, J.Regis 10.64. 200m: r1 (2.2) 4, J.Regis 21.44; r2 (1.9) 2, C.Rawlinson 21.53. PV: =1, I.Tullett 4.57.

**May 2000**

- 5 Stanford, USA. 3000mSC: 2, J.Chaston 8:33.93.
- 7 Irvine, USA. 400m: 7, J.Regis 49.04.
- 13 Amsterdam, Netherlands. 200m: 1, D.Campbell 20.83.
- 20 Wichita, USA. SP: 5, D.Readle 15.83.
- 27 Halle, Germany. HT: 6, M.Jones 73.38.
- 21 Aqua-Pura International, Loughborough. 100m: (1.9) 2, D.Campbell 10.30. 200m: (-0.8) 1, D.Campbell 20.85. 400m: 1, G.Dearman 47.17; invitation race 1, M.Parper 47.73. 1500m: 11, Y.Yusuf 3:48.44. 5000m: 8, S.Barden 14:08.55; 10, M.Miles 14:16.79. 110mH: (1.8) 6, M.Douglas 14.33. 400mH: 3, M.Douglas 51.32; 6, A.Ferns 55.04. 3000mSC: 8, L.Hurst 9:03.68. TJ: 3, P.Idowu 16.01; 5, F.Mepandy 15.33. PV: 2, B.Flint 5.00; 3, I.Tullett 5.00. DT: 2, L.Newman 56.19; 5, S.Thompson 48.81. JT: 2, S.Faben 72.57.
- 31 Dessau, Germany. 800m: 2, J.Lobo 1:49.44.

**June 2000**

- 2 Rome, Italy. 100m: (0.7) 9, D.Chambers 10.41. 200m: (0.9) 7, D.Campbell 20.71.
- 3 Jena, Germany. 800m: 9, J.Lobo 1:49.12.
- 3 Aries, France. PV: 8, I.Tullett 5.00; =11, B.Flint 5.00. DT: 6, K.Brown 58.00; 8, L.Newman 55.86.
- 4 European Capitals Under 23 International, Battersea Park. It was a win for London in both men's and women's matches held to celebrate the opening of the Millennium Stadium, Battersea Park. A young man going places was Tim Abeyie who set two new personal records in the sprints but it was fellow Belgravian Philips Idowu who won the man of the match award for his long jumping. Phil, more at home in the triple jump, filled in for the missing Darren Thompson and proceeded to leap the second furthest distance by a Briton thus far in the season. Not content with that Phil ran a 49 second 400m with the easiest looking first 300 metres that can be imagined. The match was organised by Belgrave Harriers on behalf of sponsors Wandsworth Council and although there were a few teething problems that were to be expected with a brand new stadium, the event was a great success right down to the last minute when the Red Devils parachuted into the arena with the national flags of the participating teams streaming out behind them. 100m: 5, T.Abeyie (gst) 10.90. 200m: 3, T.Abeyie (gst) 21.74. 800m: 2, A.Brown (gst) 1:54.33. LJ: 1, P.Idowu 7.62. Teams: Men - 1, London 41; 2, Dublin 32; 3, Madrid 30, 4, Berlin 18. Women - 1, London 41; 2, Madrid 29; 3, Berlin 27; 4, Dublin 8.
- 4 Aqua-Pura International, Bedford. 400m: 3, G.Dearman (Eng) 46.59; 6, M.Parper (Eng-U23) 47.12; 8, A.Walcott (gst) 51.32. HT: 1, M.Jones (Eng) 73.57. 4x100m: Belgrave dnf (D.Chinn, C.Lambert, J.Regis, M.Dickson).
- 7 Milan, Italy. Chris Rawlinson confirmed his fine form shown in America early this season when he beat World Champion Fabrizio Mori (48.41) in his own back yard to clock the leading time in the World for 2000. Rawlinson's best of 48.14 looked ripe for revision. 400mH: 1, C.Rawlinson 48.22.
- 8 Friidrettsfestival 200, Floro, Norway. 100m: ht (1.3) 5, G.Dearman 11.19. 400m: 1, G.Dearman 46.42.
- 14 Aqua-Pura Spectacular, Birmingham NIA. HJ: 7, B.Challenger 2.15.
- 15 Ericsson GP II, Helsinki. 100m: (0.4) 4, D.Campbell 10.21 (2h1 10.37/0.2).
- 17 IAAF Permit Meet, Villeneuve d'ascq, Lille. 100m: (0.7) 2, D.Campbell 10.30.

- 17 Somosko, Hungary. HJ: 8, B.Challenger 2.10. PV: 4, B.Flint 5.02.
- 17 Karlstadt, Sweden. JT: 4, S.Faben 72.82.
- 23 IAAF Golden League, St. Denis, France. 100m: (0.4) 5, D.Campbell 10.28.
- 24 Woerden, Netherlands. 100m: r1 (0.9) 3, J.Hilston 11.26; r2 (1.5) 4, D.Akinbogun 11.18. 200m: r3 (2.3) 3, N.Molloy 22.88. r4 (0.5) 3, D.Akinbogun 22.27; 400m: r2 3, N.Molloy 51.90; r4 5, J.Hilston 50.01.
- 25 Nuremberg, Germany. 100m: (0.4) 3, D.Campbell 10.20 (3h1 10.29/0.8); 6, D.Chambers 10.40 (2h3 10.36/-0.2).
- 25 IAAF Permit Meet, Portland, USA. 3000mSC: 12, J.Chaston 8:39.83.
- 27 Bergen, Norway. TJ: 3, P.Idowu 16.70/3.1 (16.52/1.6).
- 27 Celle Ligure, Italy. 110mH: (-1.0) 6, N.Owen 14.16.
- 30 Golden Gala Meeting, Rome, Italy. 400mH: 4, C.Rawlinson 48.52.

**July 2000**

- 2 Norwich Union Challenger, GB vs USA, Scotstoun, Glasgow. 100m: (-3.8) 3, D.Campbell 10.52; 4, D.Chambers 10.54. 400m: 6, Sean Baldock 47.25. 800m: 7, J.Lobo 1:52.67. 400mH: 1, C.Rawlinson 49.12; 4, M.Douglas 49.65. HJ: =3, B.Challenger 2.14.
- 5 Lausanne, Switzerland. 100m: (1.0) 8, D.Chambers 10.26. 400mH: 2, C.Rawlinson 48.22.
- 8 Nikaia 2000, Nice, France. 100m: (-0.1) 2, D.Campbell 10.13.
- 8 Caorle, Italy. HJ: 5, B.Challenger 2.15.
- 9 Helsingborg, Sweden. DT: 4, K.Brown 55.00.
- 15-16 Spar European Cup, Gateshead. 100m: a (2.3) 1, D.Campbell 10.09. 400mH: a 1, C.Rawlinson 48.84. HJ: a 6, B.Challenger 2.15. 4x100m: 1, GBR 38.41 (Malcolm, D.Campbell, Devonish, D.Chambers). 4x400m: b 2 GBR 3:05.24 (Knowles 47.2, Sean Baldock 45.6, C.Rawlinson 45.9, Baulch 46.6)
- 22 Norwich Union U23 International, Liverpool. SP: 5, D.Readle 16.27.
- 22 Malcup IAAF Permit Meet., Budapest. 400m: 7, S.Baldock 47.98. HJ: 4, B.Reilly 2.18. TJ: 1, P.Idowu 17.05 (0.4). DT: B 6, S.Thompson 49.41.
- 25 Ljubljana, Slovenia. 400m: 2, S.Baldock 46.09. LJ: 2, P.Idowu 7.83 (1.1).
- 28 Mobil Games, Bislett Stadium, Oslo, Norway. 400mH: 5, C.Rawlinson 49.99. HJ: 9, B.Challenger 2.20.
- 29 Dublin City Games, Santry, Ireland. 400m: r2 1, G.Dearman 45.83. 110mH: (0.9) 3, N.Levy 14.55. 400mH: 7, N.Levy 51.58.

**August 2000**

- 1 IAAF GP, Stockholm, Sweden. 100m: (0.4) 3, D.Campbell 10.06 (sf1 3, 10.14/0.9); sf2 (0.4) 5, D.Chambers 10.24. HJ: 7, B.Challenger 2.20.
- 5 Norwich Union Grand Prix, Crystal Palace. 100m: (-0.1) 3, D.Campbell 10.20; 7, D.Chambers 10.30. 5000m: 18, S.Barden 14:02.69. 400mH: 3, C.Rawlinson 49.11; 7, M.Douglas 50.39. HJ: 9, B.Challenger 2.15; 7, B.Reilly 2.24.
- 8 Helsingborg, Sweden. DT: 3, N.Sweeney 60.96.
- 10-13 Millennium Commonwealth Youth Games (U18). 200m: (-1.5) 3, T.Abeyie 21.57.
- 11-12 U20 International, Mannheim, Germany. 100m: (0.6) 3, C.Lambert 10.74 (h3 1 10.63/0.00). 200m: r2 (0.0) 3, C.Lambert 21.51.
- 18 IAAF Golden League, Monaco. 100m: (-0.1) 4, D.Chambers 10.18; 5, D.Campbell 10.19. 400mH: 2, C.Rawlinson 48.35.
- 20 Leverkusen, Germany. 800m: 3, J.Lobo 1:47.81.
- 25 IAAF Golden League, Brussels. 100m: (2.1) 5, D.Campbell 10.10. 400mH: 8, C.Rawlinson 49.62.
- 28 Norwich Union Classic, Gateshead. 100m: (-0.3) 1, D.Chambers 10.11; 4, D.Campbell 10.27. TJ: 2, P.Idowu 16.83/0.6.

**September 2000**

- 2 France vs. GB&NI. 110mH: (0.8) 3, N.Owen 13.8. LJ: 4, J.Flynn 7.38. JT: 5, S.Faben 69.38. HT: 3, M.Jones 74.37. 5 kms Walk: 6, A.Goudie 22:39.26.
- 9 Newcastle, Australia. DT: 1, N.Sweeney 61.76.

- HJ: 1, B.Reilly 2.20.
- 9 GB vs. Spain U23, Getafe, Spain. 100m: (-0.3) 4, M.Dickson 10.74. PV: 2, B.Flint 5.15; LJ: 4, D.Thompson 7.25.
- 15 Gold Coast, Australia. 60m: 1, D.Chambers 6.62. 300mH: 1, C.Rawlinson 35.68.
- 17 Pre-Olympic Meet, Runaway Bay, Gold Coast, Australia. 400mH: 1, M.Douglas 49.53.
- 20 GB U20 vs. SW England, Wales. HJ: 5, S.Oni 2.00. SP: 1, L.Newman 16.34; 3, S.Thompson 15.00. DT: 1, L.Newman 53.29; 2, S.Thompson 48.05.
- 30 Junior International, Dudinggen, Switzerland. HJ: S.Oni no ht. DT: 1, S.Thompson 47.32.

**October 2000**

- 5 IAAF Grand Prix Final, Doha, Qatar. 100m: (0.5) 1, D.Campbell 10.25. 400mH: 6, C.Rawlinson 50.53.
- 7 U20 International, Grosseto, Italy. DT: 3, S.Thompson 49.98.

## The Runningman

[www.runningman.com](http://www.runningman.com)

Remember the Running Man? In our last issue we reported that he had run across four continents and twenty-five countries and we left him in Central America. Now, eight months later, he's running across the USA, heading in the general direction of Kansas City, Missouri.

En route to the USA he was held at gunpoint in Panama City, about 10 km North of The Panama Canal. The two young criminals hesitated because of passing drivers, so he used that opportunity to break free. Another attempt to rob him occurred in Acapulco, where three guys tried to cut him off and rob him at gunpoint. But: "I finally made it out of the third world after what had been years, crossing into The United States. What a relief and a shock. Everything looked organised, clean and new and I couldn't get over people speaking in English."

On Saturday 7 December 1996, Briton Robert Garside, then 28 years old and an ex-psychology student, set out from Piccadilly Circus, London. Four years later and approaching his mid-thirties, having run across Europe, Africa, Asia, Australasia and South America, he is taking on North America before the hardest part of his odyssey - Antarctica. He spent Christmas in Denver, Colorado where he found it pretty cold but then as he says, "It's probably because it was the first winter I have been in since Tibet". So how is he going to find running across the frozen wastes of the south?

"I think of it as the final frontier because it will be my final continent on this mammoth world run. Also because in terms of it being a challenge, it surely has to be the most difficult, tougher than The Himalayas and after crossing all the other continents, it will be the last big running challenge."

But already Robert is planning ahead. In 2005, The Runningman will become The Swimmingman and attempt 'the first swim around the world', beginning from the coast of Athens, Greece. He's giving himself five years to complete this effort, which he has named Mission Two. And then, in 2015, comes Mission Three when The Runningman will become The Flyingman and attempt the first flight around the world, without the use of engines or balloons. (How? Will he be using a one man self launching glider?) Only then will his two-decade conquest of land, sea and air be complete; a combined total distance of that to the moon, with all three voyages solo and world record-breaking firsts!

## Results Roundup - Domestic Track & Field

### March 2000

- 5 WLHS Meet, Perivale. HT: 1, M.Jones 72.52.  
12 SECT Throws Pentathlon, Ewell. M45 1, M.Small 3850 (HT: 44.51, SP: 12.78, DT: 41.58, JT: 42.01, WT: 14.22).  
19 Kingston & Poly Open Meet, Kingsmeadow. U15B SP: 2, R.Collier 7.47. U13G 800m: 1, L.Collier 2:43.6.  
25 Crawley Open. 150m/300m: 3/1, D.Akinbogun 16.8/35.5. DT: 1, M.Small 38.96. HT: 1, M.Jones 72.65; 2, M.Small 46.38.  
26 City of Portsmouth YA Meet. U20M SP: 1, G.Springs 11.79.

### April 2000

- 9 Hercules YA Meet, Crystal Palace. U13G 800m: 4, L.Collier 2:40.3. U15B SP: 2, R.Collier 7.76.  
9 Crawley Open. HT: 1, M.Jones 73.47.  
9 SETC Throws Pentathlon, Ewell. M45 HT/SP/DT/JT/WT 1, M.Small 3814 (43.73, 13.06, 39.41, 42.16, 14.29).  
17 SCVAC T&F League, Mid London Division, Match 1, Tooting Bec. M40 100m: 2 B.Holmes 14.3; 1, G.Coney 14.8. 400m: 1 B.Holmes 61.2; 2, G.Coney 70.7. M50 100m: 5, C.Manning 18.9. Teams: 1 Metros 90; 2 Serpentine 87; 3 Hercules Wimbledon 61; 3 Herne Hill 37; 5 Belgrave 29. W35 2, J.Searle 78.2. TJ: 1, A.Walter 5:01. JT: 2, A.Walter 11.87. W50 1500: 2, N.Mills 6:24.6. HT: 1, B.Dunsford 19.70. W60 JT: 1 B.Dunsford (Bel) 9.51. Teams: 1 Serpentine 122; 2 Belgrave 38; 3 Metros 33.  
22 SETC Competition, Deangate. HW (35lb) M. Small 14.52.  
26 Watford Open. 100m: 1, M.Douglas 11.0; 3, G.Dearman 11.1. 200m: 1, G.Dearman 21.6; 2, M.Douglas 22.0.  
29 - May 1, British University Champs., Stoke-on-Trent. a=29th, b=30th, c=1st. 400m a sf 1, G.Dearman 47.12. 800m: c 2, T.Lerwill 1:53.46. 1500m: b h1 3, A.Hutchinson 3:57.06. 5000m: c 1, S.Barden 14:20.84. 110mH: c 1, M.Douglas 14.54; hts b 4, R.Sear 15.56 (-2.1). 400mH: b 1, M.Douglas 51.24. TJ: a 2, F.Mepandy 15.12 (1.7). SP: b 4, S.Thompson 13.78. DT: a 2, S.Thompson 47.77.  
30 Colindale. HT: 1, M.Jones 74.89.

### May 2000

- 2 Trafford Grand Prix, Longford Park. 1500mSC: 1, L.Hurst 4:17.16.  
10 Inter-University, Loughborough. 1500m: 1, S.Barden 3:51.3. 3000m: 2, S.Barden 8:27.5. HJ: 1, R.Aspden 2.05.  
10 Bridges 2.4 miles, Westminster: 1, P.Coughlan 13:11; 3, D.Anderson 13:45.  
13-14 County Championships. Dorset at Kings Park. 100m: 1, S.Exley 11.0. 110mH: 1, S.Exley 15.6. HJ: 1, S.Exley 1.85. PV: 1, S.Exley 3.60. Kent at Crystal Palace. 1500m: 5, S.Clarke 4:00.31. 400mH: 2, J.Squirrell 55.52. U15 100m: 1, J.Ellington 11.82 (CBP). 200m: 1, J.Ellington 23.54. Middlesex at Enfield. 200m: 1, E.Newell 22.3. Norfolk at Kings Lynn. 110mH: 1, I.Wells 17.1. 400mH: 1, I.Wells 58.9. Oxfordshire. 110mH: 1, R.Sear 15.4. Scottish East at Grangemouth. U20 400m: 1, J.Simpson 48.86. 800m: 2, J.Simpson 1:56.54. Surrey at Croydon. SM 100m: (-0.6) 1, M.Dickson 10.9; hts B.Mensah 11.2 (1.2); N.Owen 11.4. 200m: (-3.0) 2, M.Dickson 22.2; hts 2, N.Owen 22.9 (-2.1). 400m: 1, M.Parper 47.8; 2, J.Hilston 50.2; hts 1, D.Akinbogun 50.9; 1, R.David 50.8. 5000m: 4, C.Dickinson 16:41.6; dnf, R.Alsop. TJ: 1, E.Clarke 14.19. PV: 1, I.Tullett 5.00. DT: 3, M.Small 38.89. HT: 5, M.Small 43.17. U20M 100m: (-2.8) 2, T.Abeyie 11.3. 200m: (0.0) 1, T.Abeyie 22.4. U17M 200m: (1.7) 5, D.Lambert 24.0. 400m: 4, D.Lambert 54.7 (54.5 ht); hts 1, D.DeEmmony

- 54.6. 1500mSC: 1, J.Skilbeck-Nelson 4:56.0. U15B 100m: 7, P.Doorgachurn 13.8 (13.0 ht). 200m: 1, T.Tsui 24.5; hts 4, P.Doorgachurn 27.8. 400m: 2, R.Mander 57.6. 1500m: 10, P.Cowling 5:15.7. 3000m: 7, J.Kirton 11:42.4. SP: 7, R.Collier 7.34. DT: 7, R.Collier 17.99. SW 400m: 3, J.Culley 56.6. 1500m: 4, S.Stracey 5:24.9. U15G 100m: hts 6, S.Murray-Burton 14.0. 200m: 3, C.Foster 27.1. 1500m: 8, B.Cobden-Ramsey 5:35.7. U13G 200m: 5, L.Collier 30.8. 800m: 1, L.Collier 2:39.6; 3, L.Hodges 2:42.1. Sussex at Crawley. HT: 1, M.Jones 73.86. Warwickshire at Leamington Spa. LJ: 2, J.Flynn 7.04. Yorkshire at Cudworth. PV: 1, B.Flint 4.80.  
16 Stretford Open Meet. 3000m: r1 P.Freary 8:47. r2 (after only two minutes recovery) P.Freary 8:51.  
17 Rosenheim League Match 1, Croydon. 100m: 8, C.Manning (M70) 19.8. 200m: 1, J.Hilston 23.0. 400m: 1, J.Panton 52.6; 5, R.McMillan 59.7. BMC 800m: 8, H.Raidi 2:03.1. 1500m: 2, K.Quinn 4:23.1; 3, J.Skilbeck Nelson 4:34.6. 3000m: 3, J.Skilbeck Nelson 10:16.1. DT: 1, M.Small 39.75. HT: 2, M.Small 44.11.  
21 Trafford Grand Prix, Longford Park. 3000m: r1 5, L.Hurst 8:27.5; 14, P.Freary 8:47.4; r2 1, P.Freary 8:51.4.  
22 SCVAC T&F League, Mid London Division, Match 2, Tooting Bec. M40 200m: 3, J.Druce 28.4; 3, G.Coney 29.4; n/s P.Exley 29.2. 800m: 1, B.Holmes 2:20.6; 4, G.Coney 2:51.2. 2000mSC: 2, B.Holmes 7:56.6. DT: 1, P.Exley 30.52. JT: 3, P.Exley 33.85; n/s B.Holmes 27.08. M60 200m: 4, C.Manning 46.0. Teams: 1, Hercules Wimbledon 126; 2, Serpentine R 97; 3, Herne Hill 83; 4, Belgrave 47; 5, Metros 44. W35 200m: 2, J.Searle 34.8. 800m: 3, J.Searle 2:55.8. 3000m: 4, J.Searle 13:59.7. LJ: 1, A.Walter 2.90. SP: 2, A.Walter 6.28. DT: 3, A.Walter 15.80. W50 3000m: 2, N.Mills 13:59.7. SP: 1, M.Jones 6.25. DT: 1, M.Jones 14.29; n/s B.Dunsford 12.10. W60 SP: 1, B.Dunsford 6.19.  
27 Surrey Veterans Champs., Kingsmeadow. M45 SP/DT/HT: 1, M.Small 13.00/36.63/46.54. M70 100m: 1, C.Manning 19.9.  
27-28, SEAA U20 Champs., Watford. a=27th, b=28th. 200m: a (1.3) 2, T.Abeyie 21.9 (ht 21.82/2.3). 110mH: b (1.5) 6, P.Walsh 16.33 (ht 15.93/-0.5). U15B 100m: a (1.6) 4, J.Regis 11.8 (ht 11.75/2.1). 200m: b (0.4) 1, J.Ellington 23.13; 3, J.Regis 23.37; 7, T.Tsui 24.32. 80mH: b (2.3) 2, E.Walsh 11.71.  
28-29, CAU Inter-Counties Champs., Bedford. a=28th, b=29th. 100m: a (+2.6) 4, M.Dickson 10.66. 400m: 1 hts 5, R.David 50.04. 3000mSC: a 2, K.Nash 9:13.69. HJ: b =7, R.Aspden 2.00. TJ: a 8, F.Mepandy 14.86 (3.3); 10, E.Clarke 14.28 (2.8). DT: 1, L.Newman 57.38.  
30 Trafford Open, Longford Park. 3000m: r1 5, P.Freary 8:23.97; r2 1, P.Freary 8:59.3.  
31 Rosenheim League Match 2, Sutton. 400m: 3, R.McMillan 60.3. 800m: 2, J.Skilbeck Nelson 2:09.2. BMC 1500m: 4, H.Raidi 4:11.0. 3000m: 3, J.Skilbeck Nelson 10:18.1. SP: M.Small 13.26. JT: M.Small 42.10.

### June 2000

- 10 Hampshire Schools Champs., Portsmouth. Senior Boys SP: 1, G.Springs 17.17.  
10 Surrey Schools Champs., Kingsmeadow. Senior Boys 200m: 1, T.Abeyie 22.0.  
10 London Schools Champs., Battersea Park. Intermediate Boys. 100m: (1.3) 3, D.Buss 11.0. 200m: (0.4) 4, D.Lambert 23.4. 400m: 1, D.DeEmmony 53.0; 4, R.Agbanoma 55.6. 1500m: 1, H.Goncalves 4:33.1. Junior Boys. 200m: (1.5) 1, J.Ellington 23.4; 2, J.Regis 23.4. 400m: 2, T.Tsui 54.7. 1500m: 2, A.Ulrych 4:41.8. Intermediate Girls. 100m: 4, S.Dankwa 13.6; 6, M.Nestor 13.9. 200m: 6, M.Nestor 29.3 (ht 29.0).

- 10 Watford Open. BMC 800m: 11, A.Brown 1:52.83.  
10 SETC Throws Pentathlon, Ewell. Mike Small notched up the second best ever M45 score in Britain. In M45 competition only Mike has turned in a better series. M45 1 M.Small 3972pts. HT: 46.97; SP: 13.02; DT: 48.82; JT: 42.99; HW 14.34.  
11 Bedfordshire International. 100m: r3 (1.7) 3, M.Dickson 10.61; 8, D.Chin 10.84; r4 (2.7) 4, J.Regis 10.61. 200m: r1 (2.3) 2, J.Regis 21.15; r3 (1.6) 1, M.Parper 21.94. 400m: r1 5, R.David 51.36; r2 1, G.Dearman 46.15. 110mH: r2 (3.6) 3, N.Owen 13.97. HJ: 4, R.Aspden 2.05. LJ: 4, D.Thompson 7.38; 5, J.Flynn 7.23. TJ: 2, P.Idowu 16.71. PV: 2, B.Flint 5.20; 4, I.Tullett 5.00. DT: 1, L.Newman 56.60; 7, S.Thompson 44.17.  
14 BMC Nike GP, Wythenshawe. 1500m r2 2, A.Hutchinson 3:48.70.  
14 Rosenheim League Match 3, Battersea Park. 100m n/s r1: 1, R.David 11.0; 2, D.Akinbogun 11.2. r3 Women: 3, J.Bernard 13.5. 200m n/s r1: 1, R.David 22.4; 2, D.Akinbogun 22.8. r2 Women: 1, J.Culley 26.9; 2, J.Bernard 28.0. 400m: 3, R.McMillan 58.8. 1500m: 1, H.Raidi 4:08.0; 2, K.Quinn 4:08.3; 7, J.Skilbeck-Nelson 4:29.5. 3000m: 3, C.Dickinson 9:37.0; 4, P.Carstairs 9:40.1. DT: 2, M.Small 40.74. DT 1kg Women: 1, K.Mellis 35.47; 3, V.Hassell 28.20. HT: 2, M.Small 40.40. HT 4 kg Women: 2, V.Hassell 32.28; 3, K.Mellis 26.31.  
16 Combined Services vs. Surrey, etc., Aldershot. 110mH: 1, N.Levy 14.76. 400mH: 1, N.Levy 52.51. TJ: 1, E.Clarke 14.64. Women 400m: 3, J.Culley 56.65.  
17 Herne Hill H Open, Tooting Bec. U20M SP 1, G.Springs 12.90. M45 SP/DT/HT/JT: 1, M.Small 12.88/39.32/45.88/41.08.  
17 Welsh Champs., Cwmbran. 400m: 3, D.Maynard 48.18. DT: 1, L.Newman 55.14.  
18 Northern Champs., Grantham. SP: 3, D.Readle 14.32. DT: 7, D.Readle 42.82. HT: 2, D.Smith 66.15.  
17-18 Southern Champs., Brighton. a=17th, b=18th. 100m: a (0.3) 6, M.Dickson 10.63; 7, J.Regis 10.70; hts E.Newell 10.91/1.3; R.David 10.94/1.0; D.Akinbogun 11.10/3.0; B.Mensah 11.17/2.3. 200m: b (2.5) 2, J.Regis 21.07 (21.30/1.5 ht); 7, M.Dickson 21.63 (21.36/3.8 ht). 400m: b 1, Sean Baldock 45.91; 3, M.Parper 46.91; hts a N.Molloy 48.69; J.Hilston 49.30; N.Dawson 49.34. 800m: hts a Steve Baldock 1:54.88; C.Gilby 1:55.68. 110mH: b (1.8) 3, N.Owen 14.28 (13.87/3.4 ht); 4, N.Levy 14.66 (14.52/3.4 ht). HJ: b 2, R.Aspden 2.10. LJ: a 4, D.Thompson 6.99/1.4. TJ: b 1, P.Idowu 16.57/-0.5; 9, E.Clarke 13.94/-0.6. PV: a 1, I.Tullett 4.80. Women 400m: b 5, J.Culley 56.35.  
19 SCVAC T&F League, Mid London Division, Match 3, Tooting Bec. Individual results not received. Men: 1, Hercules Wimbledon 141; 2, Serpentine 140; 3, Herne Hill 130; 4, Mets 74; 5, Belgrave 28. Women: 1, Serpentine 111; 2, Herne Hill 62; 3, Mets 41; 4, Belgrave 34.  
20 London Schools Years 7/8, Linford Christie Stadium. U13G 800m: 1, L.Collier 2:38.5; 2, L.Hodges 2:41.7. 1500m: 1, J.Ehirim 5:44.1. SP: 2, Y.Ejoh 9.02.  
20 Millennium Games, Lewes. 300m: 2, Sean Baldock 33.56; 4, M.Douglas 34.29. PV: (abandoned at 4.60) =1, I.Tullett 4.60. HT: 1, M.Jones 73.21.  
21 Army Champs., Aldershot. 110mH/400mH: 1, P.Beaumont 16.50/54.30.  
21 VAC Meet., Kingsmeadow. DT/HT: 1, M.Small 39.89/45.29.  
25 BMC 'Record Breakers', Battersea Park. 800m: r2 7, A.Brown 1:51.37. 5000m: r1 10, P.Evans 13:56.98.  
25 Scottish U20 Champs., Grangemouth. 400m: 2, J.Simpson 49.17.  
27 Veterans Inter-County Meeting, Kingsmeadow. M50 3000m: 1, C.Dickinson 9:19.7. M40 SP/HT/DT: 1, M.Small 13.02/44.90/40.02. JT: 3, M.Small 41.21.  
28 Army vs Hants vs Surrey, Aldershot. Womens 400m: 1, J.Culley 57.18.  
29-30 AAA Decathlon Champs., Stoke. 9, O.Matthew 5423 pts (12.10/4.0, 5.95/1.8, 10.34; 1.69, 56.08, 17.62/-1.4, 30.16, 3.85, 38.66, 54.80)

**July 2000**

- 1 AAA Under 23 Champs., Bedford. 400m: 4, M.Parper 47.71. PV: 1, B.Flint 5.25. LJ: 3, D.Thompson 7.23. SP: 2, D.Readle 15.90.
- 2 Inter-Regional Match, Watford. U20M 200m: (0.8) 1, T.Abeyie 21.40.
- 5 Rosenheim League Match 4, Tooting. 100m: r2 1, D.Akinbogun 11.3; r3 (Women) 1, J.Culley 13.0. 200m: r1 1, D.Akinbogun 22.8; r2 7, R.McMillan 26.5; r3 (Women) 1, J.Culley 26.1. 400m: 2, J.Skilbeck-Nelson 55.1. 1500m: 4, E.Lemenager 4:22.5; BMC race 7, K.Quinn 4:00.3. LJ: O.Matthew 5.70. SP: M.Small 13.06; N.Travers-Griffin 10.41. JT: M.Small 42.68; O.Matthew 35.62; N.Travers-Griffin 34.76.
- 5 BMC Nike GP, Cardiff. 800m: r3 3, A.McLean-Foreman 1:53.38.
- 5 Inter-Service Champs., Aldershot. 400mH: 2, P.Beaumont 55.33.
- 7-8 English Schools Champs., Sheffield. Senior Boys. 200m: (2.9) 2, T.Abeyie 21.48 (1h1 21.48/1.5). 800m: sf 6, A.McLean-Foreman 1:55.0 (1h1 1:54.20). LJ: 7, R.Danso 6.25/-2.0. DT: 4, D.Onwabalili 44.61. Intermediate Boys. 100m: (1.2) 8, D.Buss 11.24 (3sf 11.14/1.1). 400m: ht 7, D.DeEmmony 52.5. LJ: 5, O.Eyong 6.65/4.4. Junior Boys. 200m: (4.1) 3, J.Ellington 22.67 (2sf 22.80/1.7; 2h 23.16/2.4); 6, J.Regis 22.92 (4sf 23.15/2.1; 2h 23.19/0.5). SP: pool A 6, W.Caldeira 12.76; pool B 17, A.George 11.61.
- 9 Horsham Open Meeting, Horsham. U20 SP/DT: 1, G.Springs 12.63/36.80.
- 10 West London Hammer School Comp., Crawley. Getting desperately close to the Olympic qualifying mark of 75.50, Mick Jones gave everything on his third throw only to lose his footing and end up lying across the circle having twisted his ankle. Mike's injury forced his withdrawal from the following week's European Cup. 1, M.Jones 74.98; 2, P.Spivey 57.98; 3, J.Osazuwa 57.85.
- 11 Trafford GP, Longford Park, Stretford. 1500m: 7, R.Hayman 4:06.10.
- 12 BMC Nike GP, Watford. 800m: 4, C.Gilby 1:53.55; 8, A.Hutchinson 1:53.92. 1500m: 15, S.Clarke 3:54.80.
- 15 Jumps Gala, Kingsmeadow. U15 LJ: 1, A.George 6.29.
- 16 South Western Inter-Counties, Exeter. 100m: 1, S.Exley 11.2. 110mH: 1, S.Exley 15.8.
- 16 Combined Services vs. Hants. vs. Surrey vs. Achilles. Women's 400m: 3, J.Culley 56.65.
- 19 VAC Meeting, Battersea Park. 800m: B.Holmes 2:15.0. DT: B.Holmes 24.06.
- 22 BMC Races, Watford. 800m: r2 2, A.Brown 1:51.65; 6, C.Gilby 1:52.76. 1500m: r2 12, A.Hutchinson 3:56.71; r4 10, S.Clarke 3:55.86. 3000mSC: 4, L.Hurst 9:00.68.
- 22 Watford Open Meet. 1500m: 14, S.Barden 3:45.90.
- 24 SCVAC League, Battersea. 200m: B.Holmes 27.5.
- 25 Trafford GP, Stretford. 3000m: 5, L.Hurst 8:29.08; 9, P.Freary 8:43.93. BMC 1500mSC: 1, L.Hurst 4:16.57 (BMC Record).
- 25 Birmingham University Open. SP: 1, L.Newman 17.81. DT: 1, L.Newman 55.36.
- 26 BMC Meet, Sutcliffe Park. 800m: 1, A.Brown 1:52.2; 3, C.Gilby 1:53.7; 5, S.Clarke 1:54.7.
- 29 Inter-Regional Meet, Solihull. HJ: b 2, R.Aspden 2.05. PV: 2, B.Flint 4.85. LJ: 1, J.Flynn 7.26 (1.1). TJ: 2, E.Clarke 14.97 (1.0).
- 29-30 BVAF Champs., Bedford. M45 SP: 1, M.Small 13.61. DT: 2, M.Small 41.54. JT: 2, M.Small 44.58. HT: 2, M.Small 45.13.
- 29-30 SEAA Decathlon, Enfield. 1, S.Exley 6540 (11.01, 6.75, 11.72, 1.80, 50.28, 15.68/1.1, 37.48, 3.60, 36.70, 4:49.5).
- 30 AAA U17 and U15 Champs., Sheffield. U17M 400m: 5, D.DeEmmony 51.74; 8, N.Simpson 52.37. LJ: 2, O.Eyong 7.21 (1.5). U15B 100m: (-0.5) 4, J.Ellington 11.42; 6, J.Regis 11.62. 200m: (2.5) 1, J.Ellington 22.46; 3, J.Regis 22.75.
- 30 FILA Development Meet, Loughborough. 100m: r2 (1.0) 1, D.Chin 10.78 (10.83 ht). 300m: 3, M.Parper 35.19; r2 3, R.Fanning 35.09. 300mH: 1, C.Rawlinson 34.59 (World Record); 2, M.Douglas 35.25. LJ: 2, J.Flynn 7.62; 3, D.Thompson 7.45. SP: 1, L.Newman 17.33. DT:

- 4, L.Newman 56.11; 5, K.Brown 55.68. HT: 1, M.Jones 72.08; 6, J.Osazuwa 61.13.
- 30 U13 Inter-Counties, Kingsmeadow. Girls 800m: 5, L.Collier 2:32.6.

**August 2000**

- 2 Rosenheim League Match 6, Tooting. 100m: r1 2, N.Simpson 11.7; r2 1, J.Regis 11.9; r3 (Women) 1, J.Bernard 13.4; 2, S.Teod 13.6. 200m: r2 1, D.DeEmmony 23.9; 2, J.Regis 24.1; r3 (Women) 1, J.Culley 26.1; 2, J.Bernard 28.0; 3, S.Teod 28.4. 800m: 2, J.Skilbeck-Nelson 2:04.5. 1500m: 2, E.Lemenager 4:22.5. SP: M.Small 13.61.
- 2 Watford Open Meeting. 800m r2 4, A.Brown 1:52.89; 8, C.Gilby 1:53.53.
- 3 Ipswich Open Meeting. Having been set a target of 60.00 to gain Olympic selection for Jamaica in the Discus, Kevin Brown produced a massive 62.10 in the last round of the competition to add exactly one metre to his best ever - and smash the Jamaican National Record as well. Sadly, it transpired that the date by which this distance must be reached had passed!
- 12 SE Counties Throwers Club Pentathlon, Ewell. 1, M.Small 4044pts (HT: 46.93, SP: 13.04, DT: 42.13; JT: 44.93, HW: 15.01).
- 16 Rosenheim League Final, Tooting. 100m: r2 6, N.Travers Griffin 12.3. 200m: r2 4, N.Travers Griffin 24.7. 400m: r1 2, J.Hilston 50.2; 3, A.Brown 50.7; 4, J.Panton 52.0; r2 2, R.McMillan 59.1. 1500m: 2, E.Lemenager 4:23.2; 3, A.Luce 4:28.3; 6, A.Cowmeadow 4:35.3. 3000m: 1, K.Quinn 8:51.8; 2, W.Cockerell 8:57.1.
- 17 Brighton Open. 400m: 3, T.Bayley 49.6.
- 20 British League Plate Final, Bedford. Guest competitors. SP: 3, L.Newman 16.92. HT: 1, M.Jones 72.87.
- 20 Data Connection Open, Enfield. HT: 1, M.Jones 71.90.
- 20 SEAA U20 Inter-Counties, Barnet Copthall. U20 100m: (-1.7) 1, T.Abeyie 10.88 (ht 10.85/1.8). 200m: (1.5) 1, C.Lambert 21.70. 400m: 2, T.Bayley 49.80. U15 100m: (-1.9) 1, J.Ellington 11.48 (ht 11.43/-0.5); 2, J.Regis (11.71 (ht 11.59/-0.5). 200m: (1.1) 1, J.Regis 23.34.
- 22 Trafford GP, Stretford. 3000m: 4, P.Freary 8:41.27.
- 22 Windsor & Slough Open. 100m: 1, S.Exley 10.7. HJ: 1, R.Aspden 1.95.
- 23 Bedford Open. BMC 1500m: 8, S.Clarke 3:54.46. 800m: 2, A.Brown 1:51.68.
- 26-27 AAA U20 Championships, Bedford. U20M 100m: (-0.6) 6, D.Chin 10.85 (sf1 2 10.72/-1.2, h4 1 10.71/1.1); 7, T.Abeyie 10.85 (sf2 3 10.79/-1.4, h3 2 10.63/1.3); hts h5 1, C.Lambert 10.79/0.3 (withdrew from later rounds). 200m: 4, T.Abeyie 21.50/2.7 (h3 1 21.55/2.3). 400m: 7, T.Bayley 48.92 (h4 3 49.10); hts h2 3, J.Simpson 49.69. HJ: 2, S.Oni 2.12. LJ: 10, M.Kerr 6.85/1.2; 13, J.Tuson 6.77/1.5; 15, R.Danso 6.56/1.2. SP: 3, S.Thompson 14.42. DT: 1, S.Thompson 50.07. 10000m Walk: 4, A.Goudie 48:57.47. U15B LJ: 1, G.Wilson 6.67.
- 26 VAC & SVAC Champs., Portsmouth. M45 SP: 1, M.Small 13.36. DT: 1, M.Small 42.56. HT: 1, M.Small 48.94. JT: 2, M.Small 42.47. W60 HT: 3, B.Dunsford 18.57.
- 26 Herne Hill Open, Tooting. 100m: r2 1, E.Newell (no time). 200m: 2, E.Newell 22.2. 800m: 4, K.Quinn 1:56.3.
- 27 Inter-County Match, Croydon. 400m: 3, J.Hilston 50.3. 110mH: 3, N.Levy 15.0. TJ: 2, E.Clarke 14.80.
- 27 Renton Trophy, Warrington. DT: 1, A.Ekoku 50.42.
- 30 Watford Open. 1500m: r2 8, K.Quinn 3:59.68.

**September 2000**

- 3 BMC GP Final, Scotstoun, Glasgow. 800m: 7, A.Brown 1:50.89.
- 3 SCVAC League, Colindale. PV: B.Holmes 2.30.
- 4 Medal Competition, Sandown. Isle of Wight. U20M SP: 2, G.Springs 12.98. DT: 1, G.Springs 36.03.
- 6 Crawley Open Meet. HT: 1, M.Jones 75.94.
- 6 Watford Open. 100m: 4, M.Russell 11.07. 1500m: 7, K.Quinn 4:01.98.
- 9-10 Surrey Multi-Events, Crawley. Decathlon: 3, O.Matthew (gst) 5199pts (12.3, 5.82, 10.01, 1.78, 55.8, 17.8, 31.10, 3.40, 36.91, 4:56.0)

- 9-10 BVAF Decathlon Championships, Sheffield. 6, B.Holmes 4353pts (13.2, 4.19, 7.94, 1.48, 58.19, 22.59, 21.53, 2.20, 31.29, 4:38.51).
- 16 Surrey 10,000m Champs, Tooting. 3, C.Dickinson 33:59.1.
- 16 Herne Hill H Open Meeting, Tooting. PV: 1, T.Lawton 3.10. DT: 1, M.Small 42.65. U15B SP: 1, W.Caldeira 13.55. U13G 800m: 1, L.Collier 2:29.7.
- 17 Open Meeting, Yate. DT: 1, S.Thompson 46.20.
- 17 Inter-County Meeting, Walthamstow. U17 400m: 2, D.DeEmmony 53.1; 3, D.Lambert 53.5. 1500mSC: B 2, J.Skilbeck-Nelson 4:58.8. 400mH: 3, D.Lambert 59.1.
- 24 Eastern Region Hammer School Champs. D.Smith 67.69.

**October 2000**

- 7 Eastern Region Hammer School. 1, D.Smith 67.69.

**November 2000**

- 25 South East Counties Throwers Club competition, Ewell. DT/HT/Heavy Hammer: M.Small 40.50/48.52/14.27.

**INDOOR TRACK & FIELD**

**December 2000**

- 2 Crystal Palace Grand Prix Series. U17M 60m: J.Ellington 7.4/7.3.7.4; J.Regis 7.6/7.6/7.6.
- 13 Crystal Palace Grand Prix Series. 60m: M.Dickson 6.9/6.8. U20M 60m: T.Abeyie 7.2/7.2.

**January 2001**

- 7 Midland Counties Open, Birmingham NIA. 400m: 5, T.Lerwill 48.97. 60mH: 4, N.Owen 8.23.
- 7 SEAA Champs., Bedford. Women's Pentathlon: 1, H.Stares 3518 (individual performances not known).
- 13 Crystal Palace Grand Prix Series. 60mH: 1, R.Sear 8.3 3 times. Women. 60mH: M.Knight 9.9 2 times.
- 13-14 SEAA Champs., Bedford U20 SP: 2, G.Springs 13.79.
- 13-14 Birmingham Games, National Indoor Arena. Men. 60m: h2 2, D.Chin 6.94. 400m: sf1 4, M.Parper 48.82 (h2 1 M.Parper 49.49.54). 800m: 1, T.Lerwill 1:53.40 (h1 1 1:58.6); 3, N.Speaight 1:54.09 (h4 1 1:53.34). 1500m: =1, S.Sharp 3:51.7 (h2 2 3:58.26). 3000m: 7, K.Nash 8:18.44. 60mH: 6, N.Owen 8.12 (h1 3 8.11). HJ: 4, S.Oni 2.05. SP: 2, L.Newman 17.51; 3, G.Beard 15.69. Women: 60m: 3, C.Bloomfield 7.49 (h1 1 7.52, sf1 2 7.49). 200m: 3, C.Bloomfield 24.6 (h1 2 24.55, sf2 2 24.52). 400m: sf2 5 H.Stares 59.57 (h1 3 57.23). 1500m: 1, M.Sharp 4:30.3 (h2 1 4:48.21).
- 17 Crystal Palace Grand Prix Series. 60m: C 3, N.Owen 7.3. U20 60m: A 1, A.Oboh 7.0 (twice).
- 20 Welsh Champs., Cardiff. SP: 1, L.Newman 16.96.
- 20-21 AAA Women's Pentathlon, Birmingham NIA. 6, H.Stares 3475 (individual performance not known); M.Knight (4 events only) HJ 1.73, LJ 5.04, 60mH 9.75, SP 10.49.
- 20 Crystal Palace Grand Prix Series. SP: 3, G.Beard 15.24. U20 SP: 1, G.Springs 13.38. Women's HJ: 1, M.Knight 1.65.
- 21 Scottish Champs., Kelvin Hall Glasgow. 60mH: 3, N.Owen 8.17.
- 27-28 AAA Champs. & World Trials: Men. 60m hts: 2, D.Chin 6.82, sf 4, 6.80; 400m hts: 4, M.Douglas 48.86; 4, G.Dearman 49.58; 3, T.Bayley 49.12. 800m hts 1, N.Speaight 1:49.69; 1, T.Lerwill 1:52.08; final 3, N.Speaight 1:50.19; 5, T.Lerwill 1:51.11. 1500m final: 4, S.Sharpe 3:49.18; 6, R.Ward 3:50.77. 3000m: hts 7, K.Nash 8:36.87; 1, M.Miles 8:17.10; Final 1, M.Miles 8:19.89. 60mH: 4, N.Owen 7.97. HJ: 1, S.Oni 2.20. LJ: 2, J.Flynn 7.14. PV: 3, I.Tullett 5.00. SP: 2, L.Newman 17.58; 7, G.Beard 15.69. Women. 60m: hts 1, C.Bloomfield 7.45; sf 2, 7.41; final 3, 7.38. 200m: hts 1, C.Bloomfield 23.92; sf 3, 23.93. 400m hts: 5, H.Stares 58.03; 3, J.Culley 55.69. 1500m: final 4, M.Sharpe 4:25.60.

## Results Roundup - Road & Country

### May 2000

- VAC 5.2 miles, Battersea Park: L.Mann 42:38.
- Epsom All-Sorts 5 kms, Ewell: 2, T.Sturton 20:15; 5, C.Eastham 21:57.
- Concorde 10 kms: L.Mann 50:02.
- Bridges 2.4 miles, Westminster: 1, P.Coughlan 13:11; 3, D.Anderson 13:45.
- Christleton 5 kms (Nr Chester): 2, P.Freary 14:23; 10, R.Hayman 15:06.
- Securicor 10 kms, Sutton: 9, M.Kazimierski 35:16; L.Mann 50:01.
- Oxford 10 kms: L.Mann 48:59.
- Jersey Half Marathon: 1, P.Freary 68:00 (record).
- Serpentine 5 kms, Hyde Park: M70 1, A.Bruce 21:42.
- Stevenage 5 kms: 20, P.Freary 14:53; 33, S.Clarke 15:26.
- Sharnbrook 10 kms: 88, L.Mann 47:39.

### June 2000

- Dorking 10 miles: L.Mann 1:19:08.
- Sri Chinmoy 2 miles, Battersea Park. M60 1, F.Gander 13:34.
- VAC 5.2 miles, Battersea Park. 20, H.Corbett 34:24; 33, G.Collins 36:54; 36, D.Crooks 38:04; 46, L.Mann 41:40.
- Leyland Trucks Chorley 4 miles, Astley Village. With 1 mile splits of 4:39, 4:37, 4:57 and 4:56, Paul Freary came down from his marathon training for a little speed work and led from start to finish. 1, P.Freary 19:06; 7, R.Hayman 20:24.
- Cranford 10 kms: L.Mann 47:51.
- Bedford Lasercare 10 kms, Cranfield. 1, C.Herrington 31:55.
- Epsom 10 miles: 109, D.McMillan 43:53; 243, D.Davies 54:41; 306, Paula Lively 62:52.
- Sri Chinmoy 2 miles, Battersea Park. M60 1, F.Gander 13:42.
- Nonsuch 4.4 miles: 92, L.Mann 32:41.
- Horton 3.5 miles: 90, L.Mann 24:10.
- Hogsmill 4 miles: 102, L.Mann 28:34.
- Epsom Downs 3 miles: 94, L.Mann 23:11.
- Horton 4 miles: 86, L.Mann 27:43.
- Sri Chinmoy 10 kms, Battersea Park. 6, W.Cockerell 34:48; L.Mann 52:32.
- Datchet 10 kms: L.Mann 48:18.
- Cornella, Spain. 1 mile: 7, M.Yates 4:25.
- Dunstable 10 kms: 131, L.Mann 49:49.
- Crystal Palace, Millennium 10 kms: R.Weston 37:26; Helen Maskrey 39:45; Nikki Haines 39:52.
- Sri Chinmoy 2 miles, Battersea Park. 6, M.Kazimierski 10:27. M60 G.Collins 13:35.
- Mersey Firefighters 5 miles, Croxteth, Liverpool. 5, R.Hayman 26:00.

### July 2000

- Sri Chinmoy Anniversary 7 miles. 2, W.Cockerell 38:47; 4, J.Rogers 39:32; M60 A.Verdie 45:13.
- Sri Chinmoy 3 miles, Battersea Park. 2, W.Cockerell 15:25; 6, M.Kazimierski 16:13.
- Milton Keynes 10 kms. 3, C.Herrington 31:40.
- Lauriston Lunchtime 6 miles, Wimbledon Common. 1, J.Mather 35:42; 4, J.Wasbrough 40:12.
- Veterans' AC 5.2 miles, Battersea Park. M60 1, G.Collins 37:14.
- Lord Mayor's 5 kms., Norwich. 1, P.Evans 14:11.
- Windmilers 10 kms: L.Mann 49:31.
- Horwich Jubilee Series, Rivington, Lancs., 4 miles. 3, P.Freary 20:45; 5, R.Hayman 21:03.
- Sri Chinmoy 2 miles, Battersea Park. 3, W.Cockerell 10:05; M60 1 A.Verdie 12:18.
- Forbanks 5 miles, Beckenham. M40 3, P.Carstairs 27:24 (1st M40).
- Corporate Challenge 3.5 miles, Battersea Park. 28, M.Webb 19:07.
- Elmbridge 10 kms: 200, L.Mann 46:32.
- Sri Chinmoy 1 mile, Battersea Park. 7, W.Cockerell 4:46.
- Reigate Priory 10 kms: L.Mann 49:32.
- Jack & Jill 5 miles Hill Race: 100, L.Mann 52:35.
- Sri Chinmoy 3 kms, Battersea Park. 3, W.Cockerell 9:20; 5, M.Kazimierski 9:45.
- Stragglers Wedding Day 7 kms: 17, P.Carstairs 24:43; 65, D.Anderson 27:12; 546 finished.
- Sri Chinmoy 2 miles, Battersea Park. M60 G.Collins 13:34.

### August 2000

- Aboyne 8 miles Hill Race: 56, L.Mann 67:40.
- Lauriston Lunchtime League 6 miles. 1, J.Mather 35:35; 5, J.Wasbrough 40:19; 7, C.Cross 41:50.
- Westminster, Bridges 2.3 miles. 3, D.Anderson 13:31.
- Ballater 3 miles Hill Race: 11, W.Minett 22:56; 41, L.Mann 29:37.
- First Gelder 4 miles: 1, W.Minett 21:53; 3, L.Mann 28:44.
- Arlington Mercedes 5 kms, Bedford. 1, P.Evans 14:17.
- Tap O'Noth 6.5 miles Hill Race: 7, W.Minnett 42:55; 37, L.Mann 56:59.
- Reykjavik Half Marathon: 1, P.Freary 1:11:16.
- Great Scottish Run Half-Marathon, Glasgow. 8, P.Evans 62:58.
- Second Gelder 4 miles: 1, W.Minett 21:51; 7, L.Mann 29:02.
- Lauriston Lunchtime League: 3, J.Wasbrough 39:30; 4, C.Cross 40:15.
- Lonach Hill Race, Strathdon: 3, W.Minett 23:43; 27, R.Mann 27:50; 50, L.Mann 31:40.
- British Veterans 5 kms Champs., Portsmouth M40 19, P.Carstairs 16:30.
- Lauriston Lunchtime League: 1, J.Mather 36:41; 3, J.Wasbrough 39:50; 4, C.Cross 40:24.
- Third Gelder 4 miles: 1, W.Minett 21:44; 3, R.Mann 25:36; 4, L.Mann 28:53.

### September 2000

- Braemar 4.5 miles Hill Race: 15, W.Minett 30:13; 30, R.Mann 37:28; 42, L.Mann 43:23.
- Schering-Plough Garden City 10 miles, Welwyn: 3, C.Herrington 53:00.
- Fourth Gelder 4 miles: 1, W.Minett 21:32; 5, L.Mann 28:53.
- Lauriston Lunchtime League, Wimbledon Common: 1, J.Mather 34:44; 4, J.Wasbrough 39:42; 5, C.Cross 40:33.
- Cairn William 6 miles Hill Race: 39, L.Mann 65:34.
- FILA 10 kms, Bradford: 6, P.Evans 29:38.
- Lauriston Lunchtime League, Wimbledon Common: 1, J.Mather 34:38; 4, J.Wasbrough 41:20.
- Wimbledon 10 kms: 11, W.Minett 34:26; L.Mann 50:51.
- Lauriston Lunchtime League, Wimbledon Common: 1, J.Mather 35:31; 4, J.Wasbrough 40:23; 5, C.Cross 43:29.
- Cabbage Patch 10 miles, Twickenham: 5, J.Estell 53:44; 18, W.Cockerell 56:34; 394, C.Henn 78:10; 519, L.Mann 84:18; 751 finished.
- Swansea Bay 10 kms: 9, P.Evans 29:54.

### October 2000

- Wimbledon 10 miles: 70, L.Mann 79:51.
- VAC 10 kms CC, Wimbledon Common: 3, P.Carstairs 35:32.
- FILA/Running Fitness 10 kms, Bishop Auckland: 4, P.Evans 29:35; 11, S.Barden 30:39.
- Kingston 16 miles: C.Henn 2:12:20.
- Leatherhead 7 miles: L.Mann 58:20.
- Klix Six 10 kms, Basingstoke: 9, C.Herrington 31:23.
- Surrey County Veterans' CC Champs, Petersham: M40 18, A.Binda 37:09; 40, D.Anderson 38:42. Team: 6, Belgrave 72. M60 1, Thames H&H 10; 2, Belgrave 11.
- Great North Run Half Marathon, Newcastle: 33, C.Herrington 1:08:51; L.Mann 1:51:04.
- Lara Surrey Classic 10 kms, Nonsuch Park: 3, M.Webb 34:29.
- Jim Rhodes St. Annes Hospice 5 miles, Littleborough. 1, L.Hurst 27:38.
- Bracknell Half-Marathon: L.Mann 1:57:33.

### November 2000

- London Colleges League, 5.4 miles CC, Richmond Park: 9, M.Byansi 29:55.
- New York Marathon. 31, T.Tanser 2:26:57; P.Freary 2:39:59.
- Ron Hill/Lara Surrey Classic 10 kms, Oxshott: Maria Sharp and Richard Ward made their first appearances in Belgrave colours and both won their respective races. Richard led the men's

- field by 30 seconds at the finish while Maria's winning margin was even more emphatic: she was a full 2 minutes and 21 seconds ahead of 2nd place. 1, R.Ward 32:40; 5, M.Webb 34:45; 9, A.Binda 35:10; L.Mann 49:57. Women: 1, M.Sharp 37:03.
- Reebok Cross Challenge & European Trials, Margate: 1, M.O'Dowd (Swindon) 28:40; 7, S.Barden 29:25. U13G 23, L.Collier 9:54.
  - British & Irish Veterans' Champs., Navan, Co. Meath, Ireland: 1, N.Gates 33:18; 39, C.Dickinson 35:59 (3rd M50).
  - Epsom 10 miles: L.Mann 1:26:30.
  - Serpentine 5 kms, Hyde Park: 2, P.Carstairs 16:25; 9, S.Nelson 17:05. Women: 1, M.Sharp 17:02 (course record).
  - VAC 5.5 miles CC, Wimbledon: 7, M.Nouch 36:54; L.Mann 44:36.
  - Edinburgh University Braid Hills 6 miles: 4, R.Ward 32:52.
  - BUPA Great South Run 10 miles, Portsmouth: 1, G.Thys (RSA) 48:26; 3, P.Evans 49:21.

### December 2000

- Oxford University vs. Cambridge University, 7.5 miles CC, Wimbledon Common: 2, A.Hutchinson 40:18.
- Birmingham League: Mark Miles is running into great form again. Always in the leading bunch, he turned on the power over the last half mile to take 14 seconds out of Birchfield's Rob Birchall. 1, M.Miles 29:48.
- Lunnon's Hampshire League: 5, K.Nash 28:35.
- Sri Chinmoy 5 miles: 5, M.Kazimierski 27:46; L.Mann 43:34.
- Central Park, New York 15 kms: 1, T.Tanser 48:51; 11, A.Stewart 52:44.
- Leeds Abbey Dash 10 kms: 23, L.Hurst 31:24.
- Christmas Caper 4.25 miles, Swanley. 4, P.Carstairs 23:20.
- Hog's Back Road Race: 209, D.McMillan 23 M50) 60:36; 462, L.Mann (27 M60) 75:48. Women: 93, S.Couzens 73:02; 160, P.Lively 84:34.
- Reebok Cross Challenge, Cumberland 8 kms: 4, S.Barden 26:12; 10, M.Miles 26:40.
- Ronhill-LARA Surrey Classic 10 kms, Epsom: Having already won the previous Ronhill-LARA Classic Surrey 10 kms, eighteen year-old Richard Ward turned in another sparkling performance over the distance at Epsom when he improved his time to 30:21. This time moved him up to 4th on the Club Rankings for the year but was only good enough for second on the day - although it was no disgrace to finish within 7 seconds of international Rod Finch of Southampton Runners. Richard's performance also gave him the scalp of local rival Gary Staines who placed 3rd in 30:30. 2, R.Ward 30:21; 10, M.Webb 34:01; 19, A.Binda 35:02.
- Lauriston Christmas Paalauf: 7, G.Adams/A.Grimes (Herc.Wimb) 5m 872y; 10, C.Dickinson/J.Thomas (Herc.Wimb.) 5m 778y.
- Bedford 10 miles: In a rough race where little seasonal good will was shown, several runners were brought down but Phil Carstairs survived to place 5th. 5, P.Carstairs 56:34.
- BUPA Great North CC, Durham. Belgravians featured in virtually the last races of the year at Durham where Spencer Barden made much of the running in the 4 km event, breaking away from a class field, only to be beaten by Ireland's Turnbull on the run in to the tape. Mark Miles had travelled up in the hope of getting into that short race but found it full and had to switch to the 9 kms event. Kenya's Kosgei had the measure of the international field but, in spite of running a little too easily to start with and letting the some of the top contenders get away, Mark had a great run to place 12th. He was third Englishman home. Charles Herrington had a grim time in the open race, running across the frozen wastes in flat shoes. He had been told minutes before the event that he would be held on the road! 4kms: 1, G.Turnbull 11:12; 2, S.Barden 11:22; 13, J.Lobo 12:04. 9kms: 1, P.Kosgei (Kenya) 27:52; 12, M.Miles 29:15. 3.5 miles: 14, C.Herrington 19:15.

MORE RESULTS ON PAGE 43

## Men's Track & Field Rankings 2000

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 Notification of errors, omissions and updates welcomed.  
 Thanks to Bob Bridges, Kim and Paul Collier, Catherine Eastham, John Jeffery, Derek Jones, Jon Lambert, Bill Laws, Pete Mulholland and John Powell who have provided results.

c = close approximation  
 d = Recorded in decathlon.  
 i = indoors  
 p = Recorded in pentathlon.  
 w = Wind assisted, or obviously wind assisted and no wind reading taken. A blank in the wind reading column indicates that the wind reading is not known or was not taken but there is no particular reason to believe that the performance was wind assisted.  
 + = intermediate time in a longer distance race  
 \* = Where wind readings are not known or where there is not an obviously superior performance by an individual among an assortment of manual, electric or windy times or distances then each performance is shown.  
 \* = Figures after the athlete's name indicate their World and National Ranking. E.g. =17/1 indicates equal 17th in the World and 1st in the UK.

### 100 metres

10.06	0.4	Darren Campbell =15/1	12.9.73	Stockholm, SWE	1Aug
10.08	-0.3	Dwain Chambers =21/2	5.4.78	Sydney, AUS	23Sep
10.60	1.0	Marlon Dickson 32	17.11.78	Copthall	6Aug
		10.46 2.4		Bedford	19Aug
10.63	0.0	Chris Lambert =36	U20 8.4.81	Mannheim, GER	11Aug
10.63	1.3	Timothy Abeyie =36	U20 7.11.82	Bedford	26Aug
10.63		Darren Chin =36	U20 30.6.81	?	?
10.64	1.1	John Regis 39	13.10.66	Fullerton, USA	27Apr
		10.61 2.7		Bedford	11Jun
10.7		Scott Exley	9.2.78	Windsor	22Aug
	d	11.01		Enfield	29Jul
10.9		Bernard Mensah	6.4.79	Feltham	6May
10.91	1.3	Elisha Newell	10.6.79	Brighton	17Jun
10.94	1.0	Richard David	15.8.77	Brighton	17Jun
11.0		Matt Douglas	26.11.76	Watford	26Apr
11.0	1.3	Daniel Buss	U17 10.10.83	Battersea Park	10Jun
11.02	2.0	Andrew Walcott	11.1.75	Liege, BEL	27May
11.02		Matt Russell	U20 20.1.81	Bedford	19Aug
11.1		Geoff Dearman	4.8.77	Watford	26Apr
11.10	3.0	Dotun Akinbogun	14.8.74	Brighton	17Jun
11.26	0.9	James Hilston	25.2.79	Woerden, NED	24Jun
11.4		Neil Owen	18.10.73	Croydon	13May
11.4		Oliver Rogan	U20	Battersea Park	13Aug
11.42	-0.5	James Ellington	U15 6.9.85	Sheffield	30Jul
11.5		Marcus Miller		Tooting Bec	19Jul
11.5		James Tuson	U20 7.1.81	Enfield	16Jul
11.59	-0.5	Jonathon Regis	U15 7.7.86	Coptall	20Aug
11.6		Denny De Emmony	U17 19.11.83	Mayesbrook Park	2Jul
11.7		Donovan James	U15	Mayesbrook Park	2Jul
11.7		Nick Molloy	15.2.74	Ladywell	5Aug
11.7		Neil Simpson	U17	Tooting Bec	2Aug
11.9		Gary Wilson	U15 18.9.85	Battersea Park	8Jul
11.9		Jonathon Stewart	U15 8.11.85	Battersea Park	19Aug
12.0		Gavin Ross	U20 11.1.83	Sutton Arena	6May
12.1		Delroy Dewar	U15	Mayesbrook Park	2Jul
12.1		Leon Odiete	U20 28.10.81	Enfield	16Jul
12.1		Noel Levy	22.6.75	Tooting Bec	19Jul
12.10	4.0d	Obie Matthew	20.12.80	Stoke	29Jun
12.3		Gbenga Caulcrick	U17 22.12.84	Mayesbrook Park	2Jul
12.3		Nigel Travers-Griffen	12.2.69	Tooting Bec	16Aug
12.4		Toby Heaton-Armstrong		Sutton Arena	6May
12.4		S.Wilson		Woodford	4Jun
12.8		Ariyo Bangudu	U15	Battersea Park	8Jul
13.0		Phillip Doorgachurn	U15 3.3.86	Croydon	6May
13.0		Richard McMillan	23.11.75	Battersea Pk	5Aug
13.1		Ashley George	U15 23.5.86	Norman Park	30Apr
13.1		M.Gayle	U17	Oxford	21May
13.2	d	Brian Holmes	M40 4.4.59	Sheffield	9Sep
13.3		Anthony Adebie	U13	Oxford	21May
13.4		Oliver Maskell	U15 7.11.86	Norman Park	30Apr
13.5		Jason Ofori	U13 15.3.88	Mayesbrook Park	2Jul
15.1		Tommy Youle	U13	Oxford	21May
15.2		Ben McCarthy	U13 17.1.88	Norman Park	30Apr
15.2		Glen Phillips	U13	Norman Park	30Apr
15.2		Perry Mabbutt	U13 17.8.89	Battersea Park	19Aug
15.7		Kenny Hewitt	U13	Battersea Park	8Jul
15.9		Jason Ojedola	U13	Battersea Park	19Aug
16.4		Michael Buchanan	U13	Mayesbrook Park	2Jul
17.4		Jay Peters	U13 15.3.90	Battersea Park	19Aug
18.9		Charlie Manning	M70 8.1.28	Tooting Bec	17Apr

### 200 metres

20.13	0.3	Darren Campbell 14/1	12.9.73	Sydney, AUS	28Sep
20.78	-1.5	Dwain Chambers 7	5.4.78	Birmingham	12Aug
21.00	i	John Regis 13	13.10.66	Birmingham	15Jan
		21.30 1.5		Brighton	18Jun
		21.07 2.5		Brighton	18Jun
21.40	0.8	Timothy Abeyie 25	U20 7.11.82	Watford	2Jul
		21.3 2.1		Rugby	23Jul

21.51	0.0	Chris Lambert 35	8.4.81	Mannheim, GER	12Aug
21.53	1.9	Chris Rawlinson =39	19.5.72	Fullerton, USA	27Apr
21.59	w?	Marlon Dickson	17.11.78	Copthall	6Aug
21.6		Geoff Dearman	4.8.77	Watford	26Apr
21.9		Darren Chin	U20 30.6.81	Battersea Park	13Aug
21.94	1.6	Michael Parper	20.5.78	Bedford	11Jun
22.0		Matt Douglas	26.11.76	Watford	26Apr
22.2		Elisha Newell	10.6.79	Tooting Bec	26Aug
22.27	0.5	Dotun Akinbogun	14.8.74	Woerden, NED	24Jun
22.3		Richard David	15.8.77	Woodford	24Jun
22.46	2.5	James Ellington	U15 6.9.85	Sheffield	30Jul
		22.80 1.7		Sheffield	8Jul
22.6		James Hilston	25.2.79	Basildon	3Jun
22.7		Bernard Mensah	6.4.79	Feltham	6May
22.75	2.5	Jonathon Regis	U15 7.7.86	Sheffield	30Jul
		23.19 0.5		Sheffield	7Jul
22.88	2.3	Nick Molloy	15.2.74	Woerden, NED	24Jun
22.9	-2.1	Neil Owen	18.10.73	Croydon	13May
23.2		Austin Ferns	U20 12.1.81	Copthall	7May
23.2		Oliver Rogan	U20	Enfield	16Jul
23.4	0.4	Daniel Lambert	U17 2.7.85	Battersea Park	10Jun
23.5		Jo Panton	25.11.78	Ladywell	5Aug
23.6		Donovan James	U15	Mayesbrook Park	2Jul
23.8		Jonathon Simpson	U20 27.5.82	Wood Green	18Jun
23.9		Gavin Ross	U20 11.1.83	Bracknell	3Jun
23.9		Denny De Emmony	U17 19.11.83	Tooting Bec	2Aug
24.0		Daniel Buss	U17 10.10.83	Oxford	21May
24.32		Terrance Tsui	U15 3.10.85	Watford	28May
24.5		Onen Eyong	U17 18.2.85	Woodford	4Jun
24.7		Toby Heaton-Armstrong		Bracknell	3Jun
24.7		Nigel Travers-Griffen	12.2.69	Tooting Bec	16Aug
24.9		Delroy Dewar	U15	Battersea Park	8Jul
25.5		Reece Bisram	U17	Mayesbrook Park	2Jul
25.7		Chris Bent	U17 16.12.83	Norman Park	30Apr
25.8		Ariyo Bangudu	U15	Battersea Park	19Aug
26.2		Richard McMillan	23.11.75	Battersea Pk	5Aug
26.5		John Wells	U17 19.4.84	Norman Park	30Apr
27.1		Darren Abdul	U15	Battersea Park	27May
27.3		Gbenga Caulcrick	U17 22.12.84	Mayesbrook Park	2Jul
27.4		Oliver Maskell	U15 7.11.86	Oxford	21May
27.5		Brian Holmes	M40 4.4.59	Battersea Park	24Jul
27.6		Jason Ofori	U13	Mayesbrook Park	2Jul
27.8		Phillip Doorgachurn	U15 3.3.86	Croydon	6May
28.1		Kwame Peters	U15 28.6.86	Battersea Park	8Jul
28.4		John Druce	M40 16.4.58	Tooting Bec	22May
28.7		Daniel Williams	U13	Oxford	21May
28.81		Matthew Lambert	U15 15.9.86	Battersea Park	29Jul
28.93		Peter Exley	M45 19.1.53	Jyvaskyla FIN	10Jul
30.3		Perry Mabbutt	U13	Mayesbrook Park	2Jul
31.53		Ben McCarthy	U13 17.1.88	Battersea Park	29Jul
32.6		Jason Ojedola	U13	Battersea Park	19Aug
35.7		Stefan Chalkley	U13	Oxford	21May
46.0		Charlie Manning	M70 8.1.28	Tooting Bec	22May

### 400 metres

45.20		Sean Baldock 36/3	3.12.76	Birmingham	12Aug
45.83		Geoff Dearman 7	4.8.77	Santry, IRE	29Jul
46.91		Michael Parper 21	20.5.78	Brighton	18Jun
48.18		Darryl Maynard 51	21.8.61	Cwmbran	17Jun
48.53		Andrew Walcott	11.1.75	Copthall	8Jul
48.86		Jonathon Simpson	U20 27.5.82	Grangemouth	13May
48.92		Tim Bayley	U20 14.10.81	Bedford	27Aug
49.0		Tom Lerwill	17.5.77	Ryhad, KSA	12Apr
49.03		Richard David	15.8.77	Eton	6May
49.04		John Regis	13.10.66	Irvine, USA	7May
49.30		James Hilston	25.2.79	Brighton	17Jun
49.1		Nick Dawson	19.5.78	Woodford	24Jun
50.28	d	Scott Exley	9.2.78	Enfield	29Jul
50.7		Andrew Brown	17.6.77	Tooting Bec	16Aug
50.9		Dotun Akinbogun	14.8.74	Croydon	13May
51.32		Andrew Walcott	11.1.75	Bedford	4Jun
51.4		Nick Molloy	15.2.74	Tooting Bec	8Jul
51.6		Jo Panton	25.11.78	Ladywell	5Aug
51.74		Denny De Emmony	U17 19.11.83	Sheffield	30Jul
52.37		Neil Simpson	U17	Sheffield	30Jul
52.9		Daniel Lambert	U17 2.7.85	Wood Green	18Jun
53.8		John Wells	U17 19.4.84	Woodford	4Jun
53.9		Daniel Buss	U17 10.10.83	Crawley	30Apr
54.0		Steve Clarke	8.1.69	Basildon	3Jun
54.7		Terrance Tsui	U15 3.10.85	Battersea Park	10Jun
55.1		James Skilbeck-Nelson	U17 1.12.83	Tooting Bec	5Jul
55.6		Reuben Agbenoma	U17 6.10.84	Battersea Park	10Jun
55.69		Nigel Travers-Griffen	12.2.69	Battersea Pk	24Jun
55.8	d	Obie Matthew	20.12.80	Crawley	9Sep
55.9		Reece Mander	U15 9.10.85	Mayesbrook Park	2Jul
56.7		Toby Heaton-Armstrong		Bracknell	3Jun
58.19	d	Brian Holmes	M40 4.4.59	Sheffield	9Sep
58.8		Richard McMillan	23.11.75	Battersea Park	14Jun
59.1		Jonathon Regis	U15 7.7.86	Norman Park	30Apr
60.2		Renaldo Davis	U15	Battersea Park	19Aug
61.3		Oliver Maskell	U15 7.11.86	Woodford	4Jun
62.7		Ariyo Bangudu	U15	Battersea Park	27May

## Men's Track & Field Rankings 2000

63.3	Richard Biscoe	U17	31.8.84	Oxford	21May	8:27.5	Lee Hurst	29.7.72	Longford Park	16May		
64.3	Paul Cowling	U15	5.10.86	Oxford	21May	8:40.9	Rob McHarg	12.1.64	Watford	31May		
66.0	Alex Neoh	U15	14.2.87	Battersea Park	19Aug	8:51.8	Kevin Quinn	24.7.79	Tooting Bec	16Aug		
67.0	Paul Graham	U15	17.2.68	Mayesbrook Park	2Jul	8:57.1	Will Cockerill	19.11.73	Tooting Bec	16Aug		
70.7	Gavin Ross	U20	11.1.83	Basingstoke	22Jul	9:19.7	Charlie Dickinson	M50	26.4.48	Kingsmeadow	27Jun	
74.0	Jamie Kirton	U15	17.8.87	Battersea Park	27May	9:38.8	Phil Carstairs	7.7.60	Tooting Bec	19Jul		
83.0	Simeon Peters	U15	14.5.87	Battersea Park	8Jul	9:54.4	James Skilbeck-Nelson	U17	1.12.83	Copthall	7May	
						10:16.1	Aldis Ulrych	U15	27.1.87	Mayesbrook Park	2Jul	
						10:55.2	Elvis Rimdap	U15	5.12.86	Mayesbrook Park	2Jul	
						11:07.37	Oliver Rogan	U20		Birmingham	10Sep	
						11.37.7	Jamie Kirton	U15	17.8.87	Norman Park	30Apr	
<b>800 metres</b>												
1:47.81	Jason Lobo 6		18.9.69	Leverkusen,GER	20Aug	<b>5000 metres</b>						
1:51.65	Andrew Brown 2-cl		17.6.77	Watford	22Jul	13:56.98	Paul Evans 16	13.4.61	Battersea Park	25Jun		
1:52.70	Clive Gilby		24.2.66	Copthall	6Aug	14:02.69	Spencer Barden 23	31.3.73	Crystal Palace	5Aug		
1:53.38	Alastair McLean-Foreman	U20	10.11.81	Cardiff	5Jul	14:04.50	Justin Chaston 27	4.11.68	?	?		
1:53.46	Tom Lerwill		17.5.77	Stoke-On-Trent	1May	14:16.79	Mark Miles 39	24.3.77	Loughborough	21May		
1:53.92	Alex Hutchinson		30.11.75	Watford	12Jul	14:49.33	Paul Freary	3.4.68	Eton	6May		
1:54.7	Steve Clarke		8.1.69	Sutcliffe Park	26Jul	15:17.77	Charles Herrington	28.9.71	Copthall	6Aug		
1:54.88	Steve Baldock		5.11.69	Brighton	17Jun	15:23.45	Richard Hayman	11.10.79	Copthall	8Jul		
1:55.6	Jonathon Simpson	U20	27.5.82	Wood Green	18Jun	16:02.32	Will Cockerell	19.11.73	Bedford	19Aug		
1:56.03	Tim Bayley	U20	4.10.81	Birmingham	10Sep	16:11.39	Alaster Stewart	5.10.72	Battersea Pk	24Jun		
1:56.3	Kevin Quinn		24.7.79	Tooting Bec	26Aug	16:36.9	Charlie Dickinson	M50	26.4.48	Jyvaskyla, FIN	12Jul	
2:02.4	Denny De Emmony	U17	19.11.83	Copthall	7May	16:48.2	Phil Carstairs	7.7.60	Woodford	24Jun		
2:03.1	Hassan Raidi		6.11.76	Croydon	17May	16:48.7	Erwan Lemenager	24.4.72	Basildon	3Jun		
2:04.5	James Skilbeck-Nelson	U17	1.12.83	Tooting Bec	2Aug	17:40.7	Bruce Barton	2.2.64	Woodford	24Jun		
2:05.1	Brad Poore		24.4.72	Ladywell	5Aug		Don Anderson	10.5.55	Basingstoke	22Jul		
2:06.3	Erwan Lemenager		2.2.64	Woodford	24Jun	<b>10000 metres</b>						
2:14.0	Bruce Barton		4.4.59	Battersea Park	19Jul	31:00.13	Charles Herrington 30	28.9.71	Bedford	19Aug		
2:15.0	Brian Holmes	M40	24.12.84	Mayesbrook Park	2Jul	33:59.1	Charlie Dickinson	M50	26.4.48	Tooting Bec	16Sep	
2:15.9	Michael Harvey-Bray	U17	24.12.84	Battersea Park	19Aug	<b>110 metres Hurdles (106.7cm)</b>						
2:16.9	Renaldo Davies	U15	21.10.85	Battersea Park	29Jul	13.8	0.8	Neil Owen	18.10.73	?	2Sep	
2:21.3	Dale Seddon	U15	7.1.87	Mayesbrook Park	2Jul			13.87	3.4		Brighton	18Jun
2:22.3	Gary Mabbutt	U15	4.2.69	Copthall	8Jul			13.93	1.5	7	Copthall	6Aug
2:24.04	Matt Yates		5.12.86	Battersea Park	19Aug	14.08	1.4	Matt Douglas 11	26.11.76	Copthall	6Aug	
2:25.2	Elvis Rimdap	U15	9.12.86	Woodford	4Jun	14.55	0.9	Noel Levy 21	22.6.75	Santry, IRE	29Jul	
2:27.7	Denzil Rolle	U15	10.5.55	Tooting Bec	8Jul			14.52	3.4		Brighton	18Jun
2:30.4	Don Anderson	M45	10.5.55	Tooting Bec	8Jul	15.4		Richard Sear	21.8.79	Oxford	13May	
2:33.8	Paul Graham	U15	17.2.86	Oxford	21May	15.6		Scott Exley	9.2.78	Kings Park	13May	
2:35.9	Paul Cowling	U15	5.10.86	Battersea Park	27May	16.7		Ian Wells	18.2.62	Basildon	3Jun	
2:39.2	Daniel Williams	U13	17.8.87	Norman Park	30Apr	17.3		Obie Matthew	20.12.80	Feltham	6May	
2:42.7	Jamie Kirton	U15	17.8.87	Oxford	21May	22.8		Jo Panton	25.11.78	Basingstoke	22Jul	
2:49.5	Perry Mabbutt	U13	17.8.89	Battersea Park	19Aug	25.5		Brian Holmes	M40	04.04.59	Battersea Pk	5Aug
2:52.8	Ben McCarthy	U13	17.1.88	Mayesbrook Park	2Jul	<b>110 metres Hurdles (99.0cm)</b>						
2:56.2	Stefan Chalkley	U13	15.3.90	Oxford	21May	15.62	-0.3	Austin Ferns	U20	12.1.81	Birmingham	10Sep
2:56.7	Jay Peters	U13	15.3.90	Oxford	21May	15.93	-0.5	Phillip Walsh	U20	26.10.81	Watford	28May
3:03.7	Benedict Leigh	U13		Battersea Park	29Jul	16.00	-1.3	Samson Oni	U20	25.6.81	Birmingham	10Sep
3:03.9	Ben Craig	U13		Battersea Park	29Jul	16.4		Rob Bennett	U20	28.10.81	Wood Green	18Jun
						19.3		Leon Odiete	U20	28.10.81	Enfield	16Jul
						22.59	d	Brian Holmes	M40	4.4.59	Sheffield	10Sep
<b>1500 metres</b>												
3:45.90	Spencer Barden 35		31.3.73	Watford	22Jul	<b>100 metre Hurdles (91.4cm)</b>						
3:48.44	Yacin Yusuf		18.9.79	Loughborough	21May	15.9		Chima Nseudo	U17	8.6.84	Mayesbrook Park	2Jul
3:48.70	Alex Hutchinson		30.11.75	Wythenshawe	14Jun	16.0		Nathan Walcott	U17	7.5.84	Mayesbrook Park	2Jul
3:54.46	Steve Clarke		8.1.69	Bedford	23Aug	16.2		Chris Bentt	U17	16.12.83	Woodford	4Jun
3:56.69	Mark Miles		24.3.77	Eton	6May	<b>80 metres Hurdles (84.0cm)</b>						
3:57.18	Paul Evans		13.4.61	Copthall	6Aug	11.71	2.3	Edward Walsh	U15	21.10.85	Watford	28May
3:59.68	Kevin Quinn		24.7.79	Watford	30Aug	11.9		Nathan Simpson	U15	15.9.85	Mayesbrook Park	2Jul
4:03.2	Alistair McLean-Foreman	U20	10.11.81	Wood Green	18Jun	13.3		Delroy Dewar	U15		Mayesbrook Park	2Jul
4:04.2	Paul Freary		3.4.68	Rugby	23Jul	14.9		Jonathon Stewart	U15	8.11.85	Woodford	4Jun
4:06.10	Richard Hayman		11.10.79	Longford Park	11Jul	15.1		Paul Cowling	U15	5.10.86	Battersea Park	8Jul
4:06.8	Hassan Raidi		6.11.76	Feltham	6May	15.6		Elvis Rimdap	U15	5.12.86	Norman Park	30Apr
4:06.9	Joachim Wolf		26.8.72	Basildon	3Jun	16.0		Alex Neoh	U15		Battersea Park	19Aug
4:22.5	Erwan Lemenager		24.4.72	Tooting Bec	5Jul	16.6		Paul Graham	U15	17.2.86	Battersea Park	29Jul
4:28.3	Alex Luce		18.7.64	Tooting Bec	16Aug	17.2		Dale Seddon	U15	21.10.85	Oxford	21May
4:29.5	James Skilbeck-Nelson	U17	1.12.83	Battersea Park	14Jun	<b>75 metres Hurdles (76.2)</b>						
4:31.44	Jim Estall	M45	9.8.54	Copthall	8Jul	15.2		Jason Ofori	U13		Battersea Park	8Jul
4:32.9	Alex Luce		18.07.64	Battersea Pk	5Aug	<b>400 metres Hurdles (91.4cm)</b>						
4:33.1	Helder Goncalves	U17	15.5.85	Battersea Park	10Jun	48.22		Chris Rawlinson 7/1		19.5.72	Milan, ITA	7Jun
4:35.3	Adam Cowmeadow		9.3.73	Tooting Bec	16Aug	49.26		Matt Douglas 42/2		26.11.76	Rovereto, ITA	30Aug
4:38.51	d Brian Holmes	M40	4.4.59	Sheffield	10Sep	51.58		Noel Levy 13		22.6.75	Santry, IRE	29Jul
4:41.8	Aldis Ulrych	U15	27.1.87	Battersea Park	10Jun	54.3		Paul Beaumont 41		27.3.63	?	?
4:43.2	Dale Seddon	U15	21.10.85	Mayesbrook Park	2Jul	55.04		Austin Ferns	U20	12.1.81	Loughborough	21May
4:46.14	John Wells	U17	19.4.84	Birmingham	10Sep	55.52		Jon Squirrell		16.12.75	Crystal Palace	13May
4:46.32	Jonathon Simpson	U20	27.5.82	Birmingham	10Sep	57.9		Ian Wells		18.2.62	Basildon	3Jun
4:47.2	Will Cockerell		19.11.73	Basildon	3Jun	58.1		Omar Becirhodzic	U20	11.11.82	Battersea Park	13Aug
4:49.5	d Scott Exley		9.2.78	Enfield	30Jul	59.3		Daniel Lambert	U17	2.7.85	Battersea Park	13Aug
4:54.6	Don Anderson		10.5.55	Basingstoke	22Jul	64.2		John Wells	U17	19.4.84	Copthall	7May
4:54.80	d Obie Matthew		20.12.80	Stoke	30Jun	65.8		Jo Panton		25.11.78	Basingstoke	22Jul
4:59.9	Reece Bisram	U17		Mayesbrook Park	2Jul	<b>400 metres Hurdles (84.0)</b>						
5:04.7	Aaron Prince	U15		Norman Park	30Apr	59.1		Daniel Lambert	U17	2.7.85	Walthamstow	17Sep
5:05.96	Elvis Rimdap	U15	5.12.86	Battersea Park	29Jul	63.0		James Skilbeck-Nelson	U17	1.12.83	Mayesbrook Park	2Jul
5:15.7	Paul Cowling	U15	5.10.86	Croydon	13May	63.7		Chima Nseudo	U17	8.6.84	Mayesbrook Park	2Jul
5:16.8	Jamie Kirton	U15	17.8.87	Mayesbrook Park	2Jul	68.1		Reuben Agbenona	U17	6.10.84	Woodford	4Jun
5:24.3	Paul Graham	U15	17.2.86	Battersea Park	27May							
5:50.2	Stefan Chalkley	U13		Woodford	4Jun							
5:53.9	Benedict Leigh	U13		Mayesbrook Park	2Jul							
5:57.6	Simon Peters	U15	14.5.87	Battersea Park	19Aug							
5:59.66	Ben McCarthy	U13	17.1.88	Battersea Park	29Jul							
6:13.29	Peter Exley	M45	19.1.53	Jyvaskyla FIN	10Jul							
<b>3000 metres</b>												
8:07	c+ Paul Evans		13.4.61	Birmingham	12Aug							
8:23.97	Paul Freary		3.4.68	Longford Park	30May							
8:27.5	Spencer Barden		31.3.73	Loughborough	10May							

## Men's Track & Field Rankings 2000

### 1500 metres Steeplechase

4:16.57	Lee Hurst		29.7.72	Longford Park	25Jul
4:52.9	James Skilbeck-Nelson	U17	1.12.83	Mayesbrook Park	2Jul
6:05.4	D.Levett	U17		Oxford	21May

### 2000 metres Steeplechase

7:11.2	James Skilbeck-Nelson	U17	1.12.83	Enfield	16Jul
7:39.85	Denny De Emmony	U17	19.11.83	Birmingham	10Sep
7:56.6	Brian Holmes	M40	4.4.5.9	Tooting Bec	22May
8:43.22	Ian MacKenzie	U20	3.7.81	Birmingham	10Sep

### 3000 metres Steeplechase

8:26.07	Justin Chaston 2		4.11.68	Solihull	19Aug
8:55.50	Lee Hurst 15		29.7.72	Eton	6May
9:13.69	Kevin Nash 35		6.2.77	Bedford	28May
10:02.09	Junior Galley		24.5.62	Cophthall	8Jul
10:06.4	Bruce Barton		2.2.64	Croydon	13May
10:29.3	Will Cockerell		19.11.73	Basingstoke	22Jul
11:29.4	Erwan Lemenager		24.4.72	Ladywell	5Aug
12:52.26	Ian Wells		18.2.62	Cophthall	8Jul

### High Jump

2.28	i	Brendan Reilly =34/ 2.24	23.12.72	Reykjavik ISL	5Mar
2.25	i	Ben Challenger =1 2.22	7.3.78	Crystal Palace	5Aug
2.19	i	Samson Oni 2.15	25.6.81	Birmingham	20Feb
2.10		Richard Aspden =13	15.10.76	Birmingham	13Aug
1.90		James Tuson	7.1.81	Birmingham	30Jan
1.85		Scott Exley	9.2.78	Cophthall	6Aug
1.80		Matt Douglas	26.11.76	Kings Park	13May
1.78	d	Obie Matthew	20.12.80	Rugby	23Jul
1.70		Alexander Kneller	8.11.83	Crawley	9Sep
1.65		Gbenga Caulcrick	22.12.84	Tooting Bec	8Jul
1.60		Richard David	15.8.77	Mayesbrook Park	2Jul
1.60		Chris Bentt	16.12.83	Woodford	24Jun
1.60		Charlie Sparks	7.11.82	Mayesbrook Park	2Jul
1.60		Tim Abeyie	7.11.82	Battersea Park	8Jul
1.55		Chris Boateng	5.5.85	Enfield	16Jul
1.55		Twayne McPherson	16.7.86	Norman Park	30Apr
1.55		Brian Holmes	4.4.59	Oxford	21May
1.50		Nigel Travers-Griffen	12.2.69	Colindale	3Sep
1.50		Nathan Simpson	15.9.85	Sutton Arena	6May
1.50		Renaldo Davis	15.9.85	Mayesbrook Park	2Jul
1.45		Kwame Peters	28.6.86	Battersea Park	19Aug
1.40		Ashley George	23.5.86	Battersea Park	29Jul
1.40		Paul Graham	17.2.86	Norman Park	30Apr
1.40		Denzil Rolle	9.12.86	Woodford	4Jun
1.40		Oliver Rogan		Battersea Park	13Aug
1.35		Jonathon Stewart	8.11.85	Battersea Park	27May
1.35		Paul Cowling	5.10.86	Battersea Park	19Aug
1.30		Daniel Lambert	2.7.85	Battersea Park	29Jul
1.30		Richard Biscoe	15.9.86	Woodford	4Jun

### Long Jump

7.83	1.1	Phillips Idowu 5	30.12.78	Ljubljana, SLO	25Jul
7.62		Julian Flynn =9	3.7.72	Loughborough	30Jul
7.48		Darren Thompson 15	6.11.79	Birmingham	12Aug
7.21	1.5	Onen Eyong 37	18.2.85	Sheffield	30Jul
6.94		Marlon Kerr	3.4.81	Battersea Park	13Aug
6.77	1.5	James Tuson	7.1.81	Bedford	27Aug
6.75	d	Scott Exley	9.2.78	Enfield	29Jul
6.67		Gary Wilson	18.9.85	Bedford	27Aug
6.56	1.2	Richard Danso	24.12.81	Bedford	27Aug
6.29		Ashley George	23.5.86	Kingsmeadow	15Jul
6.22		Timothy Abeyie	7.11.82	Wood Green	18Jun
6.14		Alex Kneller	8.11.73	Feltham	6May
6.07		James Birks	5.1.81	Eton	6May
6.06		Matt Douglas	26.11.76	Eton	6May
5.95	1.8 d	Obie Matthew	20.12.80	Stoke	29Jun
5.77		Nathan Walcott	7.5.84	Stoke	29Jun
5.12		Nathan Simpson	15.9.85	Mayesbrook Park	2Jul
5.10		Chris Bentt	16.12.83	Mayesbrook Park	2Jul
5.04		Chima Nseudo	8.6.84	Woodford	4Jun
5.03		Jo Pantan	25.11.78	Norman Park	30Apr
4.82		M.Gayle		Ladywell	5Aug
4.71		Kwame Peters		Mayesbrook Park	2Jul
4.58		Renaldo Davies	28.6.86	Battersea Park	29Jul
4.43		Richard Biscoe		Battersea Park	8Jul
4.43		Aldis Ulrych	15.9.86	Oxford	21May
4.38		Gary Mabbutt	27.1.87	Battersea Park	27May
4.36		Anthony Adebie	7.1.87	Battersea Park	29Jul
4.30		Paul Cowling		Oxford	21May
4.29		Peter Exley	5.10.86	Battersea Park	27May
4.26		Oliver Maskell	19.1.53	Exeter	18Jun
4.19	d	Brian Holmes	7.11.86	Norman Park	30Apr
3.88		Jason Ojedola	4.4.59	Sheffield	9Sep
3.82		Dale Seddon		Battersea Park	19Aug
3.82		Ben McCarthy	21.10.85	Oxford	21May
3.15		Stefan Chalkley	17.1.88	Oxford	21May
2.74		Benedict Leigh		Battersea Park	29Jul
				Woodford	4Jun
				Oxford	21May

### Triple Jump

17.12	-0.6	Phillips Idowu =13/3	30.12.78	Sydney, AUS	23Sep
15.54	i	Farel Mepandy	27.6.78		
		15.33		Loughborough	21May
14.97	1.0	Ezra Clarke 24	9.12.74	Solihull	29Jul
13.87		James Tuson	7.1.81	Wood Green	18Jun
13.00		S. Majekadumno		Birmingham	10Sep
12.61		Alex Kneller	8.11.73	Feltham	6May
12.20		Austin Ferns	12.1.81	Wood Green	18Jun
11.92		Chris Bentt	16.12.83	Woodford	4Jun
11.79		Richard Danso	24.12.81	Enfield	16Jul
11.07		John Druce	16.4.58	Feltham	6May
10.72		Jo Pantan	25.11.78	Basingstoke	22Jul
9.44		M.Gayle		Oxford	21May

### Pole Vault

5.35	i	Ben Flint 5	16.9.78	Birmingham	29Jan
		5.30		Birmingham	13Aug
5.20		Ian Tullett 7	15.8.69	Cophthall	6Aug
4.20		Ian MacKenzie	3.7.81	Cophthall	7May
3.85	d	Obie Matthew	20.12.80	Stoke	30Jun
3.80		Greg Conlon	18.12.74	Basildon	3Jun
3.60		Scott Exley	9.2.78	Kings Park	13May
3.10		Terry Lawton	27.5.41	Tooting Bec	16Sep
2.60		Marlon Kerr	3.4.81	Birmingham	10Sep
2.30		Brian Holmes	4.4.59	Colindale	3Sep
2.20		Stuart Ansell	7.5.86	Mayesbrook Park	2Jul
1.70		Alex Lambert	22.12.82	Cophthall	7May
1.70		Roy Collier	11.3.87	Mayesbrook Park	2Jul
1.20		Bob Bridges	17.8.49	Basingstoke	22Jul

### Shot Putt (7.26kg)

17.81		Lee Newman 5	1.5.73	Birmingham	25Jul
17.50		David Readle 6	10.2.80		
15.00		Scott Thompson 32	10.8.81		17Sep
13.95		Kevin Brown	10.9.64	Liege, BEL	28May
13.75		Mike Small	31.3.54		10Sep
11.72	d	Scott Exley	9.2.78	Enfield	29Jul
11.66		John Osazuwa	4.5.81	Ladywell	5Aug
11.22		Pat Lyttle	19.4.64	Battersea Pk	5Aug
10.96		Nigel Travers-Griffen	12.2.69	Battersea Pk	5Aug
10.69		Obie Matthew	20.12.80	Basildon	3Jun
9.34		Jo Pantan	25.11.78	Woodford	24Jun
9.12		Dotun Akinbogun	14.8.74	Basildon	3Jun
8.79		Toby Heaton-Armstrong		Bracknell	3Jun
7.94	d	Brian Holmes	4.4.59	Sheffield	9Sep

### Shot Putt (6.25kg)

16.28		Scott Thompson	10.8.81	Birmingham	10Sep
13.58		Daniel Onwabalili	5.12.82	Wood Green	18Jun
12.98		Grant Sprigings	26.11.82	Sandown	4Sep
11.88		John Osazuwa	4.5.81	Enfield	16Jul
9.99		Stephen Samuel	7.9.82	Cophthal	7May

### Shot Putt (5kg)

9.39		Chris Bentt	16.12.83	Oxford	21May
7.34		Denny De Emmony	19.11.83	Woodford	4Jun
7.13		James Skilbeck-Nelson	1.12.83	Norman Park	30Apr
7.12		John Wells	19.4.84	Norman Park	30Apr
6.40		Reuben Agbenoma	6.10.84	Mayesbrook Park	2Jul

### Shot Putt (4kg)

13.55		William Caldeira	16.9.85	Tooting Bec	16Sep
11.61		Ashley George	23.5.86	Sheffield	7Jul
11.18		Jonathon Stewart	8.11.85	Battersea Park	29Jul
7.76		Roy Collier	11.3.87	Crystal Palace	9Apr
3.42		Jamie Kirton	17.8.87	Norman Park	30Apr

### Shot Putt (3.25kg)

8.58		Tommy Youle		Mayesbrook Park	2Jul
6.95		David Hooper		Battersea Park	19Aug
5.26		Kenny Hewitt		Battersea Park	8Jul
4.94		Benedict Leigh		Mayesbrook Park	2Jul
4.87		Ben Craig		Battersea Park	8Jul
4.86		Perry Mabbutt	17.8.89	Battersea Park	29Jul
4.66		S. Winshurst		Norman Park	30Apr

### Discus (2kg)

62.10		Kevin Brown	10.9.64	Ipswich	3Aug
61.76		Nick Sweeney	26.3.68	Newcastle, AUS	9Sep
57.44		Lee Newman 5	1.5.73	Bedford	19Aug
53.28		Abi Ekoku 10	13.4.66	Birmingham	13Aug
51.02		Leith Marar 17	7.11.68		
50.07		Scott Thompson 19	10.8.81		
45.72		David Readle 41	10.2.80		
42.82		Mike Small	31.3.54	Ewell	10Jun
38.55		John Osazuwa	4.5.81	Enfield	16Jul
37.48	d	Scott Exley	9.2.78	Enfield	30Jul
34.59		Pat Lyttle	19.4.64	Basingstoke	22Jul
32.42		Alexander Kneller	8.11.73	Woodford	24Jun

## Men's Track & Field Rankings 2000

31.10	d	Obie Matthew		20.12.80	Crawley	10Sep
30.52		Peter Exley	M45	19.1.53	Tooting Bec	22May
29.66		Nigel Travers-Griffen		12.2.69	Battersea Pk	5Aug
24.06		Brian Holmes	M40	4.4.59	Battersea Park	19Jul

### Discus (1.75kg)

53.76		Scott Thompson	U20	10.8.81	Battersea Park	13Aug
47.06		Daniel Onwaballi	U20	5.12.82	Battersea Park	13Aug
36.80		Grant Sprigings	U20	26.11.82	Horsham	9Jul
25.84		Austin Ferns	U20	12.1.81	Cophthall	7May

### Discus (1.5kg)

15.65		Helder Goncalves	U17	15.5.85	Oxford	21May
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### Discus (1.25kg)

33.06		William Caldeira	U15	16.9.85	Battersea Park	27May
29.14		Jonas Tawiah	U15	7.1.86	Battersea Park	29Jul
26.97		Ashley George	U15	23.5.86	Battersea Park	19Aug
23.43		Roy Collier	U15	11.3.87	Battersea Park	29Jul
22.09		Jonathon Stewart	U15	8.11.85	Battersea Park	8Jul
19.48		Matthew Lambert	U15	15.9.86	Norman Park	30Apr

### Javelin (800kg)

75.37		Stuart Faben 6		28.2.75	Torrevejia, ESP	22Apr
65.49		Tim Kitney 13		26.4.80	Ladywell	5Aug
60.86		Wesley Smith 39		26.2.79	Cophthall	6Aug
48.86		Scott Thompson	U20	10.8.81	Enfield	16Jul
44.93		Mike Small	M45	31.3.54	Ewell	12Aug
43.44		Alex Kneller		8.11.73	Basingstoke	22Jul
38.66	d	Obie Matthew		20.12.80	Stoke	30Jun
37.95		Greg Conlon		18.12.74	Feltham	6May
36.98		Nigel Travers-Griffen		12.2.69	Tooting Bec	8Jul
36.70	d	Scott Exley		9.2.78	Enfield	30Jul
35.87		Peter Exley	M45	19.1.53	Jyvaskyla FIN	10Jul
34.74		Pat Lytle		19.4.64	Basingstoke	22Jul
31.33		James Tuson	U20	7.1.81	Battersea Park	13Aug
31.29	d	Brian Holmes	M40	4.4.59	Sheffield	10Sep
28.32		Leon Odiete	U20	28.10.81	Enfield	16Jul
27.69		John Osazuwa	U20	4.5.81	Birmingham	10Sep

### Javelin (700kg)

38.20		Robbie Newman	U17	10.9.84	Norman Park	30Apr
28.32		Chris Boateng	U17	5.5.85	Norman Park	30Apr
27.05		Daniel Buss	U17	10.10.83	Woodford	4Jun
16.88		Richard Biscoe	U17	15.9.86	Oxford	21May
9.31		Michael Harvey-Bray	U17	24.12.84	Mayesbrook Park	2Jul

### Javelin (600g)

42.44		Jonas Tawiah	U15	7.1.86	Battersea Park	29Jul
33.78		William Caldeira	U15	16.9.85	Oxford	21May
28.59		Alex Neoh	U15		Battersea Park	19Aug
27.58		Dale Seddon	U15	21.10.85	Norman Park	30Apr
23.17		Delroy Dewar	U15		Battersea Park	8Jul
17.24		Ashley George	U15	23.5.86	Battersea Park	19Aug
16.15		Matthew Lambert	U15	15.9.86	Oxford	21May
10.49		Roy Collier	U15	11.3.87	Battersea Park	8Jul

### Hammer (7.26kg)

75.94		Mike Jones 1		23.7.63	Crawley	Sep
68.02		David Smith 6		2.11.74		
62.87		John Osazuwa	U20	4.5.81		
58.61		Phil Spivey		15.5.61		
53.19		John Urquhart 48		14.11.77	Cophthall	8Jul
48.94		Mike Small	M45	31.3.54	Portsmouth	26Aug
43.25		Scott Thompson	U20	10.8.81	Nicosia, CYP	27May
31.82		Bob Bridges	M50	17.8.49	Tooting Bec	19Jul
22.66		Pat Lytle		19.4.64	Battersea Pk	5Aug
21.46		Obie Matthew		20.12.80	Feltham	6May
19.35		Nigel Travers-Griffen		12.2.69	Sutton Arena	6May
13.74		Dotun Akinbogun		14.8.74	Basildon	3Jun
7.12		Neil Owen		18.10.73	Rugby	10Jul

### Hammer (6.25kg)

64.56		John Osazuwa	U20	4.5.81	Birmingham	10Sep
48.88		Scott Thompson	U20	10.8.81	Birmingham	10Sep
23.41		Daniel Onwaballi	U20	5.12.82	Wood Green	18Jun
23.08		Stephen Samuel	U20	7.9.82	Cophthall	7May

### Hammer (5kg)

11.66		James Skilbeck-Nelson	U17	1.12.83	Norman Park	30Apr
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### Hammer (4kg)

24.08		William Caldeira	U15	16.9.85	Mayesbrook Park	2Jul
19.42		Ashley Geoge	U15	23.5.86	Woodford	4Jun
15.82		Matthew Lambert	U15	15.9.86	Norman Park	30Apr

### Throws Pentathlon

4044		Mike Small	M45	31.3.54	Ewell	12Aug
(HT/46.93, SP/13.04, DT/42.13, JT/44.93, HW/15.08)						

### Decathlon

6540		Scott Exley 15		9.2.78	Enfield	29/30Jul
(11.01, 6.75, 11.72, 1.80, 50.28, 15.68, 37.48, 3.60, 6.70, 4:49.5)						
5423		Obie Matthew 43		20.12.80	Stoke	29/30Jun
(12.10, 5.95, 10.34, 1.69, 56.08, 17.62, 30.16, 3.85, 38.66, 4:54.80)						
4353		Brian Holmes	M40	4.4.59	Sheffield	9/10Sep
(13.2, 4.19, 7.94, 1.48, 58.19, 22.59, 21.53, 2.20, 31.29, 4:38.51)						

### 4x100 metres Relay

40.90		Darren Chin	U20	30.6.81	Liege, BEL	27May
Elisha Newell 10.6.79						
Andrew Walcott 11.1.75						
Darren Campbell 12.9.73						
44.5		James Tuson	U20	7.1.81	Wood Green	18Jun
Jonathon Simpson U20 27.5.82						
Daniel Lambert U17 2.7.85						
Timothy Abeyie U20 7.11.82						
46.7		S.Wilson	U17		Woodford	4Jun
Onen Eyong U17 23.8.99						
Daniel Lambert U17 2.7.85						
Daniel Buss U17 10.10.83						
46.8		Team unknown	U15		Mayesbrook Park	2Jul
59.4		Jason Ofori	U13		Mayesbrook Park	2Jul
Ben McCarthy U13 17.1.88						
Perry Mabbutt U13 17.8.89						
Tommy Youle U13						

### 4x200 metres Relay

1:32.9		Team unknown			Tooting Bec	19Jul
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### 4x400 metres Relay

3:11.79		Michael Parper (47.6)		20.5.78	Liege, BEL	28May
Andrew Walcott (48.2) 11.1.75						
Matt Douglas (48.4) 26.11.76						
Sean Baldock (47.6) 3.12.76						
3:27.1		John Wells (54.0)	U20	19.4.84	Battersea Park	13Aug
Daniel Buss (52.2) U17 10.10.83						
Daniel Lambert (52.0) U20 2.7.85						
Tim Bayley (48.9) U20 4.10.81						
3:38.1		Team unknown	U17		Oxford	21May
4:06.1		Team unknown	U15		Norman Park	30Apr

## Men's Road Rankings 2000

Compiled by Alaster Stewart

### 1 mile

4:25		Matt Yates		4.2.69	Cornella ESP	24Jun
4:46		Will Cockerell		19.11.73	Battersea Pk	17Jul

### 2 miles

10:05		Will Cockerell		19.11.73	Battersea Pk	10Jul
10:13		Paul Freary		3.4.68	Bahrain BAR	10Nov
10:27		Mike Kazimierski		6.5.70	Battersea Pk	26Jun
12:18		Tony Verdie	M60	25.7.36	Battersea Pk	10Jul
13:34		Fred Gander	M65	18.4.34	Battersea Pk	5Jun
13:34		Gerald Collins	M60	26.6.39	Battersea Pk	31Jul

### 3 miles

15:25		Will Cockerell		19.11.73	Battersea Pk	3Jul
16:13		Mike Kazimierski		6.5.70	Battersea Pk	3Jul
23:11		Lionel Mann	M55	21.9.40	Epsom	15Jun

### 5 kms

14:11		Paul Evans		13.4.61	Norwich	8Jul
14:23		Paul Freary		3.4.68	Christleton	12May
14:40		Spencer Barden		31.3.73	Lisburn Inv.	22Oct
14:51		Yacin Yusuf		18.9.79	Lisburn Inv.	22Oct
15:00		Steve Clarke		8.1.69	Battersea	18May
15:06		Richard Hayman		11.10.79	Christleton	12May
15:11		Kevin Nash		6.2.77	Lisburn Open	22Oct
15:17		Alaster Stewart		5.10.72	Lisburn Inv.	22Oct
15:22		Jason Lobo		18.9.69	Lisburn Inv.	22Oct
15:24		Rob McHarg		12.1.64	Lisburn Inv.	22Oct
16:25		Phil Carstairs	M40	7.7.60	Serpentine	24Nov
16:43		Charlie Dickinson	M50	26.4.48	Portsmouth	28Aug
21:42		Arthur Bruce	M70	27.11.28	Serpentine	26May

### 5 miles

23:27		Mark Miles		24.3.77	Alsager	6Feb
23:49		Paul Evans		13.4.61	Balmoral	22Apr
24:00		Yacin Yusuf		18.9.79	Welwyn GC	24Apr
26:00		Richard Hayman		11.10.79	Croxtheth	28Jun
27:23		Phil Carstairs	M40	7.7.60	Beckenham	12Jul
27:46		Mike Kazimierski		6.5.70	Battersea Pk	2Dec
40:12		Lionel Mann	M55	21.9.40	Balmoral	22Apr

## Men's Road Rankings 2000

10 kms				
29:35	Paul Evans	13.4.61	B. Auckland	8Oct
29:48	Spencer Barden	31.3.73	Edinburgh	5Feb
30:19	Geremew Wolde	20.3.79	Dewsbury	13Feb
30:21	Richard Ward	U20 5.5.82	Epsom	17Dec
30:34	Alaster Stewart	5.10.72	Dewsbury	13Feb
30:36	Lee Hurst	29.7.72	Fradley	26Mar
30:59	Charles Herrington	28.9.71	Althorpe Park	5Mar
31:00	Paul Freary	3.4.68	Santa Monica	11Jun
31:04	Roger Alsop	16.1.65	Brockwell Pk	5Mar
31:09	Yitbarek Dinku	U20 18.12.80	Hastings	16Jan
33:06	Richard Hayman	11.10.79	Douglas IoM	19Feb
33:57	Will Cockerell	19.11.73	Hyde Park	1Jan
34:29	Mike Webb	4.10.67	Nonsuch Pk	22Oct
35:02	Tony Binda	M40 3.1.53	Epsom	17Dec
35:16	Mike Kazimierski	6.5.70	Sutton	14May
34:26	Wesley Minnet	U20 25.10.80	Wimbledon	17Sep
43:53	Dave McMillan	M50 9.11.47	Epsom	11Jun
46:32	Lionel Mann	M55 21.9.40	Elbridge	16Jul
54:41	Dave Davies	M60 30.5.39	Epsom	11Jun
10 miles				
49:21	Paul Evans	13.4.61	Portsmouth	26Nov
51:00	Roger Alsop	16.1.65	Sidcup 9	19Feb
51:16	Charles Herrington	28.9.71	St. Albans	16Jan
53:44	Jim Estall	M45 9.8.54	Twickenham	24Sep
56:34	Will Cockerell	19.11.73	Twickenham	24Sep
56:34	Phil Carstairs	M40 7.7.60	Bedford	26Dec
59:02	Wesley Minnet	U20 25.10.80	Hemel Hemp.	??
1:18:10	Charlie Henn	M65 11.7.31	Twickenham	24Sep
1:19:08	Lionel Mann	M55 21.9.40	Dorking	4Jun
Half-Marathon				
1:02:58	Paul Evans	13.4.61	Glasgow	20Aug
1:08:00	Paul Freary	3.4.68	Jersey	21May
1:08:51	Charles Herrington	28.9.71	Great North	22Oct
1:18:52	Mike Kazimierski	6.5.70	Watford	6Feb
1:51:04	Lionel Mann	M55 21.9.40	Great North	22Oct
20 miles				
2:09:48	Wesley Minnet	U20 25.10.80	Worthing	26Mar
2:17:23	Will Cockerell	19.11.73	Reading	27Feb
2:57:00	Lionel Mann	M55 21.9.40	Reading	27Feb
Marathon				
2:35:36	Will Cockerell	19.11.73	London	16Apr
2:39:59	Paul Freary	3.4.68	New York USA	5Nov
2:41:25	Mike Kazimierski	6.5.70	London	16Apr
2:56:19	Junior Galley	24.5.62	London	16Apr
2:56:44	Wesley Minnet	U20 25.10.80	London	16Apr
3:09:50	Jim Estall	M45 9.8.54	London	16Apr
3:14:03	Rob Harding	13.9.64	London	16Apr
3:29:17	Stuart Paton	24.5.63	London	16Apr
3:35:41	Frank Gander	M65 18.4.34	London	16Apr
3:38:18	Andrew Goudie	4.10.78	London	16Apr
3:52:06	Robert Mann	17.4.78	London	16Apr
4:17:16	Peter Coughlan	M55 18.1.45	London	16Apr
4:23:52	Lionel Mann	M55 21.9.40	London	16Apr
4:24:53	James Mann	5.6.70	London	16Apr

## Women's Track & Field Rankings 2000

100 metres				
12.5	Jennifer Culley	4.3.75	Hayes	24Jun
12.9	Julie Bernard	30.12.71	Hayes	24Jun
13.0	Bianca Casey		Basingstoke	11Jun
13.2	Cherridawn Foster	U15 3.7.87	Battersea Park	29Jul
13.3	Shareena McGregor	U15 1.12.86	Sutcliffe Park	2Sep
13.6	Sandra Dankwa	U17 10.6.85	Battersea Park	10Jun
13.6	S. Teed		Tooting Bec	5Jul
13.7	Simone Watson		Norman Park	12Aug
13.8	Michelle Nestor	U17 18.2.85	Colchester	29Apr
13.8	Susanna Murray-Burton	U15 20.9.85	Sutcliffe Park	2Sep
13.9	Tolu Adefuye	27.8.81	Norman Park	12Aug
14.0	D.Rivers-Bland	U15	Battersea Park	8Jul
14.1	Natasha Richardson	U15	Salisbury	15Jul
14.6	Catherine Olawore	U13 10.1.88	Tooting Bec	20May
14.7	Joy Ehirim	U13 31.8.88	Colchester	29Apr
14.8	Shana Kemp	U13	Battersea Park	19Aug
15.0	Francesca Meyrick Cole	U15 22.6.87	Tooting Bec	20May
15.2	C.Abrams	U13	Battersea Park	29Jul
15.7	Phoebe Martin	U15 12.8.87	Tooting Bec	20May
15.9	N.Burwood	U15	Tooting Bec	20May
16.0	Ibukun Baku	U13	Battersea Park	27May
16.0	Esther Ajie	U15	Battersea Park	19Aug
16.3	Danielea Lewis	U15 2.4.86	Hayes	24Jun
16.30	Charlotte Hopkins	U13 24.6.88	Battersea Park	29Jul
16.5	Lucy Hopkins	U15 10.3.90	Battersea Park	29Jul
17.1	Kirsty Burns	U15 20.10.89	Battersea Park	29Jul

200 metres				
26.0	Jennifer Culley	4.3.75	Salisbury	15Jul
27.0	Shareena McGregor	U15 1.12.86	Sutcliffe Park	2Sep
27.1	-2.3 Cherridawn Foster	U15 3.7.87	Croydon	14May
27.3	Julie Bernard	30.12.71	Tooting Bec	20May
28.0	Bianca Casey		Sutcliffe Park	2Sep
28.3	Susanna Murray-Burton	U15 20.9.85	Battersea Park	8Jul
29.0	Michelle Nestor	U17 18.2.85	Battersea Park	10Jun
29.6	Louise Collier	U13 14.2.88	Hayes	24Jun
29.6	Danielle Briggs	U20 28.12.82	Sutcliffe Park	2Sep
30.0	Danielle Kandaros	U20 31.5.81	Salisbury	15Jul
30.3	Lizzie Hodges	U13 12.2.88	Battersea Park	8Jul
31.1	Shana Kemp	U13	Battersea Park	19Aug
32.18	C.Abrams	U13	Battersea Park	29Jul
34.0	Catherine Eastham	U13 10.5.71	Hayes	24Jun
34.65	Charlotte Hopkins	U13 24.6.88	Battersea Park	29Jul
34.8	Jane Searle	W40 11.6.57	Tooting Bec	22May
400 metres				
56.02	Jennifer Culley	4.3.75	Birmingham	12Aug
64.4	Syreeta Stracey	5.7.78	Tooting Bec	20May
70.4	Danielle Kandaros	U20 31.5.81	Sutcliffe Park	2Sep
74.3	Vicki Hassell	1.11.75	Sutcliffe Park	2Sep
74.8	Catherine Eastham	10.5.71	Tooting Bec	20May
78.2	Jane Searle	W40 11.6.57	Tooting Bec	17Apr
84.5	Jacqui Smiter	19.6.72	Salisbury	15Jul
800 metres				
2:29.0	Louise Collier	U13 14.2.88	Salisbury	15Jul
2:31.5	Syreeta Stracey	5.7.78	Colchester	29Apr
2:32.0	Lizzie Hodges	U13 12.2.88	Battersea Park	8Jul
2:42.9	Belinda Cobden-Ramsay	U15 4.9.86	Battersea Park	8Jul
2:44.0	Tania Sturton	19.12.78	Tooting Bec	20May
2:44.2	Georgie Bennett	U15 29.6.86	Colchester	29Apr
2:45.4	Jane Searle	W40 11.6.57	Norman Park	12Aug
2:52.8	Catherine Eastham	10.5.71	Basingstoke	11Jun
2:56.9	Sophia Howard	18.11.67	Sutcliffe Park	2Sep
3:06.1	Kirsty Burns	U15 20.10.89	Battersea Park	29Jul
3:08.2	Charlotte Hopkins	U13 24.6.88	Battersea Park	29Jul
3:19.1	Esther Ajie	U15	Battersea Park	19Aug
1500 metres				
5:06.5	Helen Maskrey	23.9.67	Hayes	24Jun
5:24.9	Syreeta Stracey	5.7.78	Croydon	13May
5:26.8	Tania Sturton	19.12.78	Basingstoke	11Jun
5:27.5	Joy Ehirim	U13 31.8.88	Battersea Park	19Aug
5:35.9	Catherine Olawore	U13 10.1.88	Battersea Park	8Jul
5:37.3	Belinda Cobden-Ramsay	U15 4.9.86	Hayes	24Jun
5:39.4	Kate Dillane	W35 19.12.61	Tooting Bec	20May
5:54.6	Lottie Walter	U15 17.4.87	Tooting Bec	20May
5:54.7	Zara Cameron	U15 27.2.87	Tooting Bec	20May
6:05.5	Jackie Emery	9.2.70	Tooting Bec	20May
6:16.9	Sorrel Comley	U15 19.2.86	Colchester	29Apr
6:24.6	Nina Mills	W50 7.9.46	Tooting Bec	17Apr
6:25.9	Catherine Eastham	10.5.71	Salisbury	15Jul
6:44.2	Jacqui Smiter	19.6.72	Sutcliffe Park	2Sep
6:53.8	Sophia Howard	18.11.67	Norman Park	12Aug
3000 metres				
10:29.7	Rachel Weston	12.7.71	Tooting Bec	20May
10:34.5	Helen Maskrey	23.9.67	Hayes	24Jun
10:37.3	Nikki Haines	30.11.71	Tooting Bec	20May
11:26.8	Syreeta Stracey	5.7.78	Sutcliffe Park	2Sep
11:32.8	Tania Sturton	19.12.78	Sutcliffe Park	2Sep
13:11.0	Catherine Eastham	10.5.71	Salisbury	15Jul
13:20.5	Nina Mills	W50 7.9.46	Colchester	29Apr
13:59.7	Jane Searle	W40 11.6.57	Tooting Bec	22May
14:15.8	Ann Walter	W35 13.11.64	Colchester	29Apr
100 metres Hurdles (84.0cm)				
16.6	Maureen Knight	15.11.73	Sutcliffe Park	2Sep
19.4	Danielle Kandaros	U20 31.5.81	Colchester	29Apr
19.5	Danielle Briggs	U20 28.12.82	Norman Park	12Aug
21.9	Sophia Howard	18.11.67	Hayes	24Jun
22.7	Debbie Hearn	U20 1.4.82	Colchester	29Apr
80 metres Hurdles (76.2cm)				
16.5	Sandra Dankwa	U17 10.6.85	Colchester	29Apr
75 metres Hurdles (76.2cm)				
13.7	Cherridawn Foster	U15 3.7.87	Battersea Park	27May
14.9	Danielea Lewis	U15 2.4.86	Norman Park	12Aug
15.1	Zara Cameron	U15 27.2.87	Tooting Bec	20May
15.2	Susanna Murray-Burton	U15 20.9.85	Norman Park	12Aug
15.7	Phoebe Martin	U15 12.8.87	Tooting Bec	20May
21.3	Ibukun Baku	U13	Salisbury	15Jul
70 metres Hurdles (76.2cm)				
13.1	Ibukun Baku	U13	Battersea Park	8Jul
13.5	Joy Ehirim	U13 31.8.88	Battersea Park	19Aug
14.1	Catherine Olawore	U13 10.1.88	Battersea Park	8Jul

## Women's Track & Field Rankings 2000

### 400 metres Hurdles (76.2cm)

74.6	Danielle Kandaros	U20	31.5.81	Tooting Bec	20May
78.9	Jacqui Smiter		19.6.72	Tooting Bec	20May
86.9	Sophia Howard		18.11.67	Norman Park	12Aug
88.8	Debbie Hearn	U20	1.4.82	Colchester	29Apr

### High Jump

1.59	Maureen Knight		15.11.73	Salisbury	15Jul
1.54	Bianca Casey			Tooting Bec	20May
1.50	Michelle Nestor	U17	18.2.85	Salisbury	15Jul
1.35	Jacqui Smiter		19.6.72	Colchester	29Apr
1.35	Danielle Briggs	U20	28.12.82	Norman Park	12Aug
1.30	Cherridawn Foster	U15	3.7.87	Hayes	24Jun
1.30	C.Abrams	U13		Battersea Park	29Jul
1.25	Sophia Howard		18.11.67	Hayes	24Jun
1.25	Joy Ehirim	U13	31.8.88	Norman Park	12Aug
1.25	Shareena McGregor	U15	1.12.86	Battersea Park	19Aug
1.20	Catherine Olawore	U13	10.1.88	Tooting Bec	20May
1.15	Georgina Bennett	U15	29.6.86	Colchester	29Apr
1.15	Nicole Isherwood	U15	31.12.86	Tooting Bec	20May

### Long Jump

4.80	Maureen Knight		15.11.73	Norman Park	12Aug
4.76	Harriet Payne	U20	22.5.83	Tooting Bec	20May
4.73	Simone Watson			Norman Park	12Aug
4.60	Danielle Briggs	U20	28.12.82	Sutcliffe Park	2Sep
4.33	D.Rivers-Bland	U15		Battersea Park	8Jul
4.29	Michelle Nestor	U17	18.2.85	Basingstoke	11Jun
4.27	Susanna Murray-Burton	U15	20.9.85	Battersea Park	8Jul
3.97	Syreeta Stracey		5.7.78	Colchester	29Apr
3.90	Lottie Walter	U15	17.4.87	Tooting Bec	20May
3.89	Louise Collier	U13	14.2.88	Sutcliffe Park	2Sep
3.87	Danielle Kandaros	U20	31.5.81	Tooting Bec	20May
3.83	Natasha Richardson	U15		Tooting Bec	20May
3.75	Jacqui Smiter		19.6.72	Hayes	24Jun
3.37	Ibukun Baku	U13		Battersea Park	29Jul
3.32	Lizzie Hodges	U13	12.2.88	Battersea Park	8Jul
3.29	Lucy Eastcott	U15	11.6.87	Tooting Bec	20May
3.29	Charlotte Hopkins	U13	24.6.88	Battersea Park	29Jul
3.24	Joy Ehirim	U13	31.8.88	Battersea Park	8Jul
3.19	Catherine Eastham		10.5.71	Hayes	24Jun
2.90	Ann Walter	W35	13.11.64	Tooting Bec	22May
2.54	Nicole Isherwood	U15	31.12.86	Battersea Park	29Jul
2.54	Lucy Hopkins	U15	10.3.90	Battersea Park	19Aug
2.50	Jenny Hodges	U15		Battersea Park	19Aug

### Triple Jump

10.44	Maureen Knight		15.11.73	Sutcliffe Park	2Sep
10.42	Michelle Nestor	U17	18.2.85	Sutcliffe Park	2Sep
8.25	Jacqui Smiter		19.6.72	Colchester	29Apr
7.64	Catherine Eastham		10.5.71	Colchester	29Apr
5.01	Ann Walter	W35	13.11.64	Tooting Bec	17Apr

### Pole Vault

1.90	Jacqui Smiter		19.6.72	Hayes	24Jun
1.55	Catherine Eastham		10.5.71	Sutcliffe Park	2Sep
1.30	Gail Porter		21.9.68	Norman Park	12Aug

### Shot Putt (4kg)

10.42	Maureen Knight		15.11.73	Sutcliffe Park	2Sep
10.03	Kelly Mellis		4.12.79	Salisbury	15Jul
7.82	Vicki Hassell		1.11.75	Sutcliffe Park	2Sep
7.76	Angela Weah		24.3.72	Tooting Bec	20May
7.04	Gail Porter		21.9.68	Norman Park	12Aug
6.30	Cynthia James	W55	20.6.44	Colchester	29Apr
6.28	Ann Walter	W35	13.11.64	Tooting Bec	22May
6.25	Maureen Jones	W50	30.9.46	Tooting Bec	22May

### Shot Putt (3.25kg)

8.84	Danielea Lewis	U15	2.4.86	Battersea Park	29Jul
8.27	Yinka Odelusi	U15		Colchester	29Apr
8.03	Lucy Woolly	U15		Colchester	29Apr
6.19	Barbara Dunsford	W65	20.9.35	Tooting Bec	22May
5.94	Cherridawn Foster	U15	3.7.87	Hayes	24Jun
5.85	Natasha Richardson	U13		Norman Park	12Aug
5.74	Belinda Cobden-Ramsay	U15	4.9.86	Battersea Park	27May
4.63	Louise Collier	U13	14.2.88	Salisbury	15Jul

### Shot Putt (2.72kg)

7.06	Ibukun Baku	U13		Battersea Park	8Jul
5.49	Louise Collier	U13	14.2.88	Battersea Park	8Jul
5.17	Lizzie Hodges	U13	12.2.88	Battersea Park	19Aug

### Discus (1kg)

38.90	Kelly Mellis 50		4.12.79	Hayes	24Jun
28.20	Vicki Hassell		1.11.75	Battersea Park	14Jun
23.15	Gail Porter		21.9.68	Salisbury	15Jul
22.79	Danielea Lewis	U15	2.4.86	Battersea Park	29Jul
20.54	Angela Weah		24.3.72	Tooting Bec	20May
19.31	D.Rivers-Bland	U15		Battersea Park	8Jul
18.02	Catherine Olawore	U13	10.1.88	Norman Park	12Aug
17.62	Natasha Richardson	U13		Norman Park	12Aug
16.65	Cynthia James	W55	20.6.44	Colchester	29Apr

15.80	Ann Walter	W35	13.11.64	Tooting Bec	22May
15.54	Francesca Meyrick-Cole	U15	22.6.87	Tooting Bec	20May
14.74	Ibukun Baku	U13		Salisbury	15Jul
14.39	Yinka Odelusi	U15		Battersea Park	27May
14.29	Maureen Jones	W50	30.9.46	Tooting Bec	22May
13.56	Belinda Cobden-Ramsay	U15	4.9.86	Battersea Park	19Aug
12.10	Barbara Dunsford	W65	20.9.35	Tooting Bec	22May
11.72	Susanna Murray-Burton	U15	20.9.85	Salisbury	15Jul
8.95	Joy Ehirim	U13	31.8.88	Sutcliffe Park	2Sep

### Javelin (600g)

34.10	Maureen Knight		15.11.73	Salisbury	15Jul
27.48	Gail Porter		21.9.68	Salisbury	15Jul
24.75	Danielea Lewis	U15	2.4.86	Sutcliffe Park	2Sep
23.73	Vicki Hassell		1.11.75	Basingstoke	11Jun
18.61	Sophia Howard		18.11.67	Hayes	24Jun
17.39	Belinda Cobden-Ramsay	U15	4.9.86	Hayes	24Jun
17.08	Ann Walter	W35	13.11.64	Colchester	29Apr
14.53	Francesca Meyrick-Cole	U15	22.6.87	Tooting Bec	20May
14.49	Ibukun Baku	U13		Salisbury	15Jul
14.42	Lucy Woolly	U15		Colchester	29Apr
12.96	Susanna Murray-Burton	U15	20.9.85	Battersea Park	8Jul
11.33	Tania Sturton		19.12.78	Tooting Bec	20May
11.23	Cherridawn Foster	U15	3.7.87	Battersea Park	29Jul
9.01	Anna Linaker	U15	20.11.87	Battersea Park	27May
8.95	Sandra Dankwa	U17	10.6.85	Colchester	29Apr
8.15	Yinka Odelusi	U15		Colchester	29Apr
4.61	Shareena McGregor	U15	1.12.86	Sutcliffe Park	2Sep

### Javelin (400g)

9.51	Barbara Dunsford	W60	20.9.35	Tooting Bec	17Apr
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### Hammer (4kg)

32.28	Vicki Hassell		1.11.75	Battersea Park	14Jun
30.77	Gail Porter		21.9.68	Tooting Bec	20May
29.14	Kelly Mellis		4.12.79	Hayes	24Jun
18.41	Cynthia James	W55	20.6.44	Norman Park	12Aug
12.87	Danielle Kandaros	U20	31.5.81	Colchester	29Apr
10.31	Kim Collier			Hayes	24Jun

### Hammer (3kg)

19.70	Barbara Dunsford	W60	20.9.35	Tooting Bec	17Apr
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### 4x100 metres Relay

51.9	Julie Bernard		30.12.71	Basingstoke	11Jun
	Jennifer Culley		4.3.75		
	Michelle Nestor	U17	18.2.85		
56.0	Susanna Murray-Burton	U15	20.9.85	Norman Park	12Aug
	Louise Collier	U13	14.2.88		
	Catherine Olawore	U13	10.1.88		
59.4	Louise Collier	U13	14.2.88	Battersea Park	19Aug
	Joy Ehirim	U13	31.8.88		
	Shana Kemp	U13			
	Lizzie Hodges	U13	12.2.88		

### 4x400 metres Relay

4:25.0	Jacqui Smiter		19.6.72	Hayes	24Jun
	Julie Bernard		30.12.71		
	Jennifer Culley		4.3.75		
	Syreeta Stracey		5.7.78		

## Women's Road Rankings 2000

### 5 kms

17:02	Maria Sharp	8.12.73	Hyde Pk	24Nov
20:15	Tania Sturton	19.12.78	Ewell	7May
21:57	Catherine Eastham	10.5.71	Ewell	7May

### 10 kms

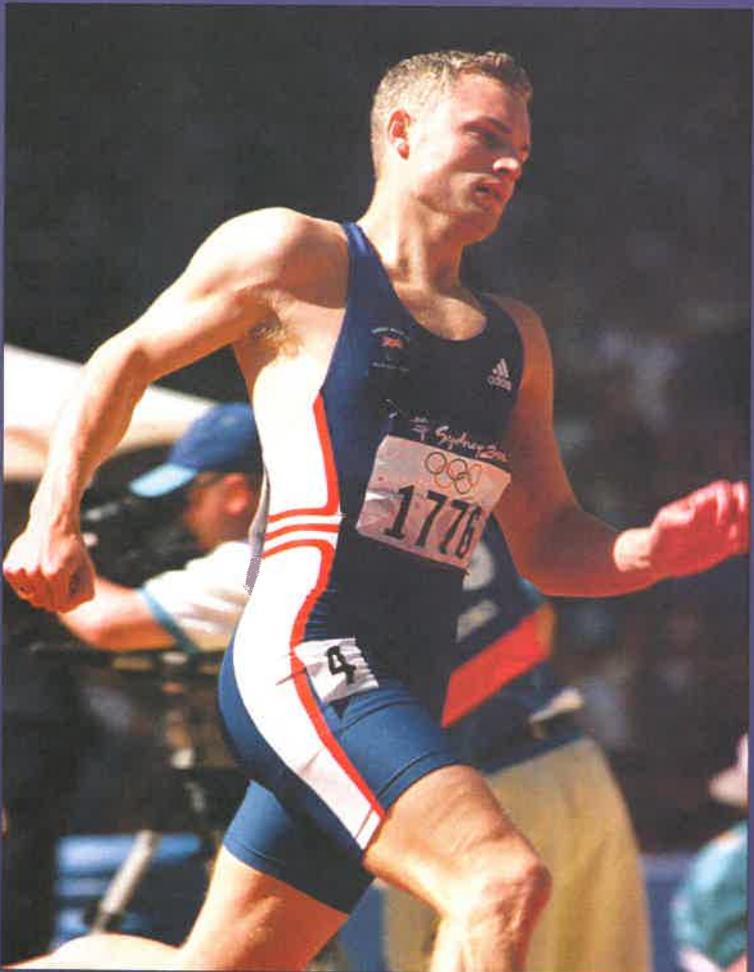
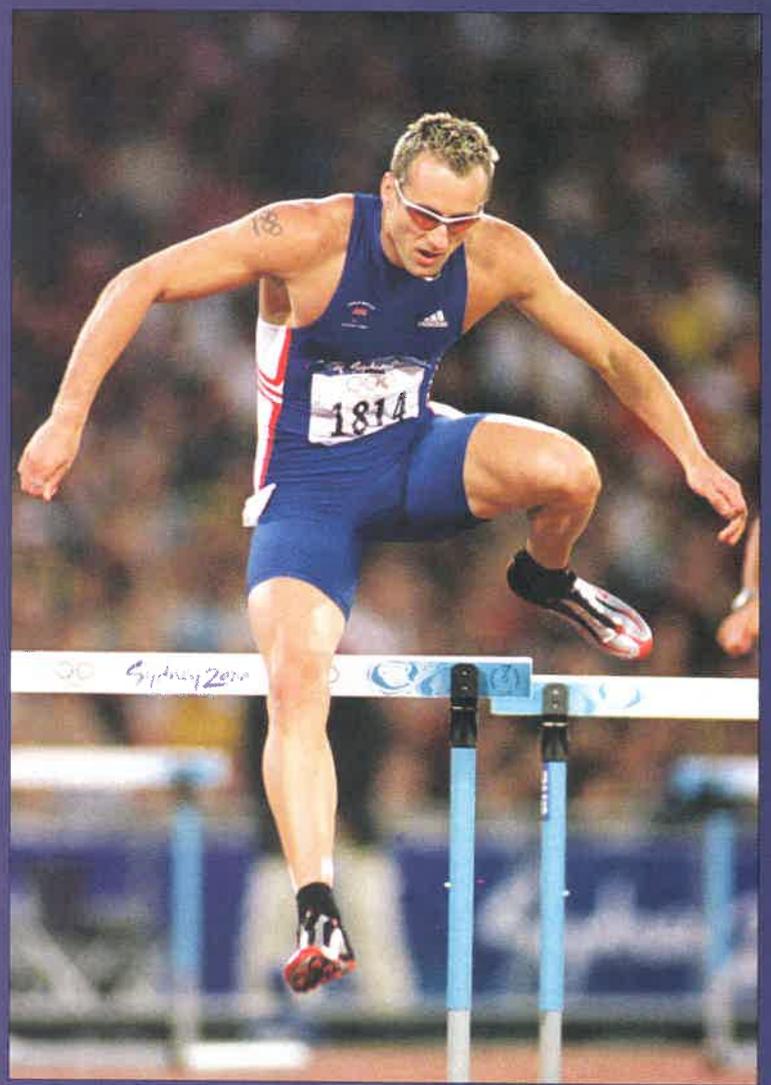
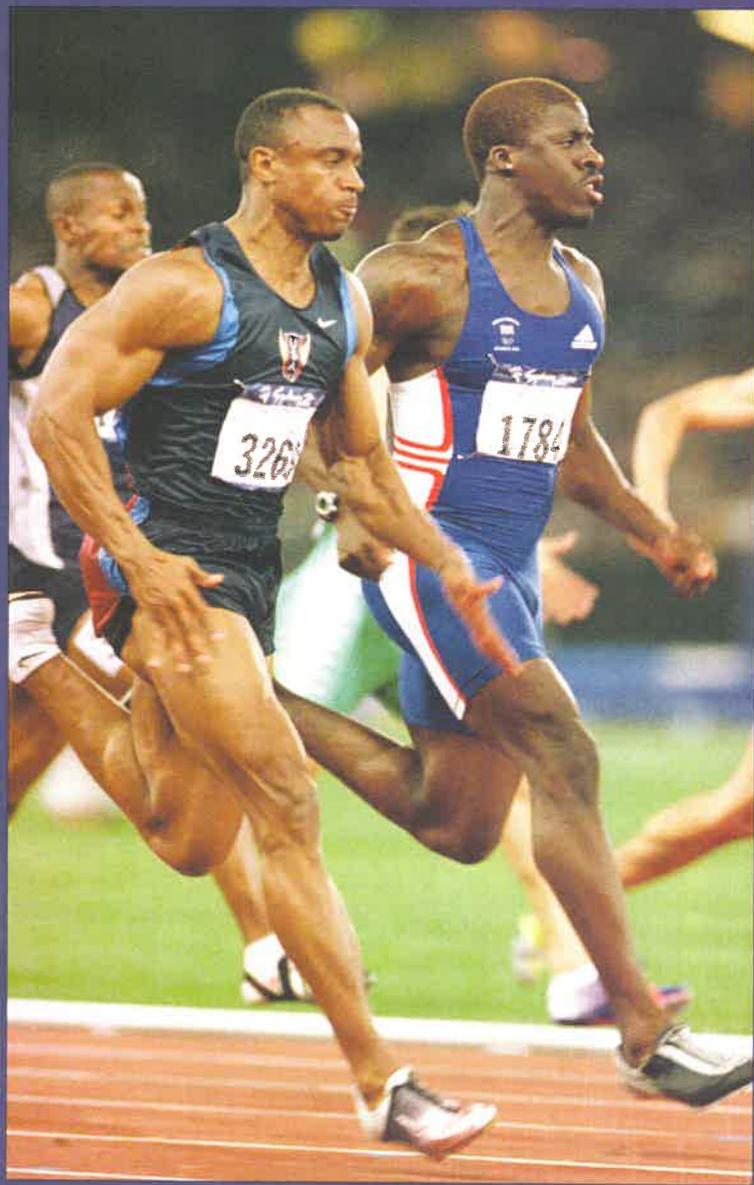
37:03	Maria Sharp	8.12.73	Oxshott	12Nov
37:26	Rachel Weston	12.7.71	C.Palace	25Jun
38:52	Erica Fogg	4.12.78	Brighton	19Nov
39:45	Helen Maskrey	23.9.67	C.Palace	25Jun
39:52	Nikki Haines	30.11.71	C.Palace	25Jun
62:52	Paula Lively	1.5.66	Epsom	11Jun

### Half-Marathon

1:20:59	Helen Maskrey	23.9.67	Hillingdon	19Mar
1:21:28	Rachel Weston	12.7.71	Hillingdon	19Mar
1:23:27	Nikki Haines	30.11.71	Hillingdon	19Mar

### Marathon

2:56:27	Helen Maskrey	23.9.67	London	16Apr
2:57:51	Rachel Weston	12.7.71	London	16Apr
2:58:02	Nikki Haines	30.11.71	London	16Apr
3:17:52	Kate Dillane	W35	19.12.61	London
4:11:22	Jackie Emery		19.6.72	London
5:06:59	Lois Howarth	W35	31.1.64	London



**FULL SPEED AHEAD.**

**FILA**