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## European Indoor Championships 2005

Madrid, Spain – Day 1 - 4 March 2005.

### Phillips fails to make the final

The opening day brought the normal trials and tribulations - and among them the sight of Phillips Idowu again missing out on a Championship triple jump final. After Phillips headed the world with 17.30m and was tipped as a likely winner by Jonathon Edwards, it was so disappointing to see him only reaching out to 16.44m. Goodness alone knows how he must have felt.

Darren Chin was close to his best in his 60m heat and had cracking start in the semi-final where he led the field and surely would have smashed his best and made the final ... if he hadn't cramped up and gone from first to last in the second half of the race. Frustration and pain were etched on Darren's face as he leaped in the air and went down on the track clutching his hamstring.

Running for Ireland, David Gillick set an astonishing personal best in the first heat of the 400m. His 46.17 was the second fastest run by a European this winter and he ended up half a second faster than any other man in the opening round.

Francine Passe-Coutrin improved her best for the season in the Pentathlon where, competing for France, she placed 12th. Neil Speaight looked completely out of sorts in his 1500m heat, recording a time ten seconds slower than his run in the Norwich Union GP.

Men. 60m: 8s2 D Chin 7.11 (2h1 6.66). 400m: 1h1 D Gillick 46.17. 1500m: 12h1 N Speaight 3:52.53. TJ: 11Q P Idowu 16.44.

Women. Pentathlon: 12 F Passe-Coutrin 4119 (60mH: 3h2 8.73, HJ: 3GrpA 1.75, SP: 12 11.29, LJ: 5GrpA 5.82, 800m: 5h1 2:19.73).

Day 2 - 5 March 2005.

### Gold for David Gillick

In front of the Spanish home crowd, David Canal was far and away the favourite for the 400m. Sure enough he went out hard but had a tough battle with Russian Dmitriy Forshev to claim the lead going into the second lap. Meantime, David Gillick, the Irishman from Dundrum South Dublin AC and a new Belgravian, stayed in touch but out of trouble. Off the last bend David came through with such strength that he could not be denied. He beat Canal by 34/100ths and had enough time to celebrate as he approached the line. "Right now I feel a little tired," said David, "but I enjoyed it. Canal went off very hard on the first lap, but I just waited. I can't believe it."

Chris Lambert twice reduced his best ever indoor 200m time as he won both his heat and semi-final. A medal seemed a strong possibility in the following day's final where his sparkling performance earned him a good lane draw. He was fastest of all runners in the opening round and only the German, Unger, was faster at the semi-final stage.

Competing right up to the high standard he'd been setting in the previous few weeks, Ben Challenger placed 10th in the qualifying round of the high jump, 5th in his group with 2.27m. That equalled his best ever indoors and if he could have managed the next height he would have made the final.

Men. 200m: 1s3 C Lambert 20.74 (1h4 20.77). 400m: 1 D Gillick 46.30. HJ: 10GrpB B Challenger 2.27 (2.13-o, 2.18-o, 2.23-o, 2.27-xo, 2.30-xxx)

Day 3 - 6 March 2005.

### Chris Lambert - delighted with his first major medal

Drawn in lane 5 of the 200m final, Chris Lambert had Tobias Unger (Germany) in his sights. Neither had been beaten in the earlier rounds and although Chris had set personal records in each race, the German went into the final one tenth of a second faster.

At the starting gun, Unger blitzed away to a terrific start and although the back straight saw the Belgrave man pulling him back a little, getting on even terms with a man who was in the process of breaking his national record proved impossible.

It was a marvellous run by Chris - yet another personal record - and at the post-race interviews he told interviewers:

"I couldn't imagine winning a silver medal in this championships at the beginning of the indoor season as that was not my primary goal this year, but I have been improving my performances race by race. I'm delighted with my first major medal".

Unfortunately Chris may not get the chance to go one better next time around as, with the advantage always plainly with the those in the outside lanes, this was the last time the 200m is planned to be held in the European Indoor Championships.

200m: 1 T Unger (GER) 20.53; 2 C Lambert (GBR) 20.69; 3 M Urbas (POL) 21.04.

## Road & Country

Women's Surrey CC League, Race 4, Ewell, 12 February 2005.

### Close - but not close enough

Despite two wins out of three in the league the Belles went into the final match in second place behind Ranelagh. Ranelagh had had an outstanding opening match, beating the Belles by 55 points and the Belles just hadn't been able to make up the ground. A 17 point deficit stood between the team and the league championship going into the final race.

Sadly, it was not going to be our day. A number of key players had been lost over the season due to injury and illness. Those competing were also suffering from winter snuffles and it was not a full strength team that lined up alongside countless blue and yellow Ranelagh vests. With the course a quagmire and with tight bends and concrete paths to cross it was not the easiest of routes for any of the athletes but the Belles still gave it their best shot.

Front runner Sarah Murphy had been going from strength to strength over the season but the mud claimed one of her spikes which slowed her somewhat as she battled to retrieve it (the paths were too stony to run without shoes.)

Tilly Heaton showed her consistency, just a couple of places behind Sarah and the Belles second scorer. Her marathon training is reaching an intensive period and a battle over the Ewell course must have been a shock to the system.

Surprise athlete of the day was Angela Walker whose 17th place showed that she was quickly returning to form despite a year's absence due to back problems. Less than 2 weeks earlier Angela had achieved 12th place in the Barretts Canterbury 10 miler in 67.57.

With Juliette Clark having to pull out on the second lap it was down to Helen Smethurst and Syreeta Stracey to round up the A team's position. With both finishing in the low 20s this would normally be a good team result but Ranelagh had already finished seven athletes ahead of us, with more to follow.

The Belgrave B team had performed well all season but with only three athletes scoring for the B's on this day, their position in the league also suffered. Sarah Gailey gamely ran despite a post-birthday hangover, whilst new runner Sarah Castle showed that she'd been putting in some extra training since her last race finishing further up the field than previously.

It was a sad day for the Belles as right up to the start of the last race we had seriously hoped that we could do enough to retain the championship. Ranelagh however pulled out all the stops and put together an unbeatable team. Their first win of the league title in its 26 years was well deserved. Next year let's hope it's a different story and the Belles get the hunger for winning yet again.

U17W/U20W. No young athletes competed on the day and no Belgrave athletes featured in the individuals' championships. Belgrave only managed to place 11th in the Final League Table with 83 points (based on 1 race).

U15G. No young athletes competed on the day and no Belgrave athletes featured in the individuals' championships. Belgrave only managed to place 10th in the Final League Table with 270 points (based on 3 races).

U13G. Because of a transport hiccup, no young athletes competed on the day. However, Megan Evans had done sufficient work over the previous 3 matches to earn the top honour in the individuals' championship scoring 6 points - a fabulous result for this promising youngster. From a team perspective it wasn't so good as Megan often raced on her own in this age group and the Belgrave U13 team only managed 13th place with 408 points (based on 3 races).

1 D Lee (Thames H&H) 24:04; 2 E Nelson (Epsom &E) 24:27; 3 R Disley (Thames H&H) 24:42; 9 S Murphy 25:30; 11 M Heaton 25:40; 17 A Walker W35 26:32; 22 H Smethurst W40 26:59; 25 S Stracey 27:10; 56 C Eastham 30:16; 75 S Gailey 31:54; 121 S Castle W35 40:16; dnf J Clark W40.

1 Ranelagh H 47; 2 Belgrave H 84; 3 Ranelagh H 'B' 152; 4 South London H 153; 5 Thames H&H 178; 23 Belgrave H 'B' 532.

Final League Result

1 Ranelagh H 245; 2 Belgrave H 299; 3 Thames H&H 508; 4 South London H 540; 16 Belgrave H 'B' 1328; 35 Belgrave H 'C' 1315 (2 races only).

"Sweatshop" Men's Surrey CC League, Race 4, Coulsdon, 12 February 2005.

## Harry sees us home!

The last race of the series was mostly a non-event. The top half of the league table was "set in stone" and what with the conflict of the AAA indoor championships, the National Cross Country Championship looming just seven days ahead and the fact that the marathon boys were busy putting in training miles instead of racing, the result was that several teams only turned out the bare ten men - including the Belles. This gave rise to some dramatic movement in our plate competition as

some of those who don't often get the chance to earn big points, cashed in on the occasion. Harry Corbett doubled his score, shot up to 16th place in the table and was made the man of the match for saving us the indignity of an incomplete team.

If the top half remained static, there was much more at stake down in the basement as Ranelagh pulled out all the stops to avoid dropping to division two. Aldershot, Farnham & District are heavily involved in the Hampshire League and accordingly usually accept a lowly spot in the Surrey League; they could have been prey to Ranelagh but packed enough fire power on breezy Farthing Downs to stay up. Reigate Priory AC were also in danger but a powerful double whammy from Ali Moses and Paul Rogers bolstered their score - and sure enough it was the boys in blue who went down.

1 A Moses (Reigate P) 28:24; 2 P Rogers (Reigate P) 28:29; 3 E Robinson (Aldershot F&D) 28:40; 20 W Cockerell 30:43; 22 T Ellacott 31:19; 25 K Hegvold M40 31:42; 39 C Axe 32:22; 53 J Webb 33:02; 55 T St Leger 33:08; 64 W Drey 33:35; 66 M Humphrey 33:39; 80 M Kazimierski 34:37; 114 H Corbett M45 39:12.

1 Thames H&H (5, 7, 8, 11, 12, 14, 21, 36, 69, 74) 257  
2 South London H (9, 10, 18, 32, 42, 43, 45, 49, 55, 57) 360  
3 Guildford & Godalming AC (23, 26, 30, 33, 38, 41, 47, 48, 50, 70) 406  
4 Aldershot F&D AC (3, 19, 27, 35, 40, 46, 51, 60, 67, 72) 420  
5 Ranelagh H (13, 15, 16, 31, 44, 53, 58, 61, 65, 66) 422  
6 Herne Hill H (4, 6, 17, 24, 28, 34, 81, 82, 89, 90) 455  
7 Belgrave H (20, 22, 25, 39, 52, 54, 62, 64, 73, 88) 499  
8 Reigate Priory AC (1, 2, 37, 56, 63, 68, 71, 75, 76, 78) 527  
9 Dulwich R (29, 59, 77, 79, 80, 83, 84, 85, 86, 87) 740

Final League Result

1 Thames H&H 769; 2 Belgrave H 1258; 3 Herne Hill H 1396; 4 South London H 1682; 5 Guildford & Godalming 1868; 6 Aldershot F&D 2072; 7 Reigate Priory 2156; 8 Ranelagh H 2185; 9 Dulwich R 2985.

ECCA National Cross Country Champs, Cofton Park, Birmingham, 19 February 2005.

## Battered Belles do us proud in National Cross

### Magnificent Milesy gets the bronze

The rolling hills of Cofton Park were dusted with streaks of snow as the tent party arrived on course shortly after 7am and although the day was bright throughout, there was a continual raw wind that showed no mercy, particularly on the high sections of the course. The going was good and when the racing got under way the starts were fast and furious with the wind hustling the runners along the initial 300 metre downhill stretch.

Our women's champion from 2004, Birhan Dagne, was not defending her title but, on the positive side, this was the first time a very solid Belgrave women's team had tackled the "National". Yes there are other national events that we have targeted well in the past but the National Cross Country Championship is the ultimate team event for harrier clubs and it was great to have a strong quartette to support.

Sarah Murphy maintained her role as our leading team runner of late and her 39th place gave us a great start. Tilly Heaton and Louise Cooper backed up well and with Liz Horrobin closing in, we ended up in 12th place - a highly creditable result which when combined with the men's score in the following race, gave us the 5th best club performance for the two senior races (behind Tipton, Bristol & West, Sale and Leeds). And there was plenty of interest outside the Belgrave foursome as Gemma Phillips, Mark Miles' girlfriend, added to her reputation by placing 7th for Kendall AC and the Skipper's other half, Dorchie Lee was again scoring in Bristol & West's winning squad.

It had been a struggle to provide a competitive men's team to attempt a defence of our National Cross Country title and we knew that we would need every stroke of luck going our way to get up there. From Mark Miles, coming back from a low-

key spell and not professing a liking for cross country, to Dave Anderson, with only two weeks of reasonable training behind him due to his ongoing Achilles tendon problems; from Hassan Raidi, short on background after a knee problem, to Kevin Nash, not really sure whether he was over the recurrence of his hip injury; all of them lined up running only for the sake of the team.

The downhill charge claimed an immediate victim as Mark Miles went tumbling but after a mile Spencer Barden was well positioned in a chasing group with Mark in the 30s and our scoring team all passing through by the 70s. Coventry's Glynn Tromans had already broken clear in his quest for a third victory and his nearest challenger was club-mate Steffan White, a winner himself back in '97. But Coventry were short on back-up and it was Belgrave, Tipton, Salford and the Beagles being announced as early leaders in the team stakes.

After a lap Salford and Tipton were driving forward and the Bels found themselves under pressure. Spen was beginning to look very uncomfortable although Mark Miles was working his way through and Kevin Nash was well placed in the 30s.

"Milesy's going to get a medal," shouted Richard Partridge to our Team Manager, "Do you want a bet against it?" Having lost money to Richard in the past and not wanting to bet against one of his own men, our TM declined the offer. Mark certainly was going well and around the second 4k loop was placed in a bunch of athletes in contention for the bronze with Coventry's Steffan White, currently in silver, beginning to look a bit "iffy".

David Anderson was having a remarkable run and Tim Watson, too, was rock solid. Hassan Raidi was closing in the team in around 80th with Will Cockerell close behind but Spen, in the high 'teens and going back, was in deep trouble. His quads were seizing up and tackling the climbs for the third time our "banker" came out of the race. But if this was a disappointment then it was more than made up for by the sheer delight witnessed on Mark's face as the race came to a conclusion. Tromans was unbeatable but White had indeed collapsed to be swept up by a group headed by Bristol's Rob Whalley with our man bursting clear of the "hopefuls" to sprint down the final straight in third place with fists clenched on either side of his head as he entered the funnel.

So, we lost both our pots - both the championship and the first Southern club - but it had been a bit of an impossible dream and there was great pride in our team. With "Geordie" Anderson's cry of "Bring on the 12-Stage" ringing in our ears, the group disbanded and we now look forward to the road relays.

Within an hour the park was all but deserted. That treacherous wind now brought in snow again as the tent was dismantled and those who had been on site since soon after dawn had the world to themselves once more - and enjoyed the most hilarious moment of the day. Gordon Biscoe, taking one last chance to "inspect the plumbing" at the portaloos before journeying home, had to shout for help as, while occupying his place of convenience, it was connected to the sewage disposal unit before being fork-lifted onto the back of a lorry for transfer to who knows where!

**Women.** 1 H Yelling (Windsor SE&H) 28:21; 2 C Dale (Invicta EK) 28:51; 3 H Dean (Radley) 29:11; ... 7 G Phillips (Kendal) 30:02; ... 20 D Lee (Bristol &W) 31:05; ... 39 S Murphy 32:01; 67 M Heaton 32:51; 134 L Cooper 34:43; 208 L Horrobin 37:02; 451 finished.

1 Bristol &W (5, 6, 20, 24) 55; 2 Charwood AC (4, 15, 17, 21) 57; 3 Tipton H 22, 36, 62, 69) 189; 4 Chester-le-Street (9, 19, 63, 101) 192; 5 Sale HM (33, 40, 65, 72) 210; 6 Windsor SE&H (1, 41, 93, 102) 237; 7 Liverpool H&AC 16, 18, 76, 152) 262; 8 City of Norwich (26, 34, 106, 109) 275; 9 Highgate H (48, 57, 68, 118) 291; 10 Bedford &CAC (11, 42, 148, 170) 371; 12 Belgrave H (39, 67, 134, 208) 448; 50 teams closed in.

**Men.** 1 G Tromans (Coventry G) 37:53; 2 R Whalley (Bristol &W) 38:25; 3 M Miles (Belgrave H) 38:28; 32 K Nash 40:15; 53 David Anderson

40:50; 66 T Watson 41:15; 97 H Raidi 42:01; 111 W Cockerell 42:17; 175 J Clarke 43:20; 182 J Charles 43:26; 229 T Hadfield 44:14; 450 P Carstairs M40 47:06; 990 Don Anderson 54:42; S Barden dnf; 1316 finished.

1 Salford H&AC (13, 15, 19, 21, 51, 69) 188; 2 Leeds City AC (16, 28, 41, 45, 50, 52) 232; 3 Tipton H (20, 25, 35, 36, 56, 60) 232; 4 Newham &EB (17, 46, 48, 55, 59, 95) 319; 5 Bristol &WAC (2, 12, 38, 83, 101, 106) 342; 6 Belgrave H (3, 32, 53, 66, 97, 111) 362; 7 Coventry G (1, 5, 30, 75, 125, 297) 533; 8 Sale HM (7, 29, 39, 105, 155, 268) 603; 9 Bedford &CAC (33, 49, 112, 114, 181, 184) 673; 10 Kent AC (23, 76, 86, 129, 194, 227) 735; 102 teams closed in.



Mark Miles became only the fourth Belgrave man to gain an individual National Cross Country medal when he ran to third place at Birmingham's Cofn Park. Previous medallists were Jim Ginty (3rd 1937), Vic Blowfield (2nd 1948) and Allen Graffin (2nd 2002). Club President Gerry North presented Mark with the "Parker Bowl" for the first Belgrave man home. Gerry has won the trophy more times than any other - on ten occasions all told - and won the National title in 1962 before he joined Belgrave.

## Results Roundup

### Indoor Track & Field

#### February 2005

- 5 **Fana, NOR.** 60m: 1rA D Chin 6.76 (1h1 6.81).  
 5 **Flagstaff AZ USA.** 35WT: 1 K Chester 21.27A.  
 5 **Midland Open, Birmingham.** 800m: 1r1 T Bayley 1:50.58. HJ: 3 R Aspden 2.05. PV: 1 C Johnston 4.91. U20M. 60m: 1 Wade Bennett-Jackson 6.79. 200m: 1 Wade Bennett-Jackson 21.49. 400m: 2 G Selway 48.96  
 5-6 **International Multi-Event Competition, Aubiere, FRA.** Hep: 15 W Sharman 5137 - 7.16, 6.73, 11.91, 1.96, 8.18, 3.65, 2:53.03.  
 6 **Ghent, BEL.** 60m: 7h1 C Lambert 6.90. 200m: 2r1 C Lambert 21.23.  
 6 **SCVAC Champs, Sutton.** M50. SP: 1 M Small 2-cl 15.17. M70. 60m: 1 C Taylor 10.0. SP: 2 C Taylor 10.26.  
 6 **France, venue unknown.** TJ: F Mepandy 15.38.  
 8 **Banská Bystrica, SVK.** HJ: 6 B Challenger 2.25.  
 10 **Birmingham.** Women. 60m: 1r1 A Onuora U20 7.73. 300m: 1r3 M Carey 38.96.  
 12 **Tyson Invitational, Fayetteville, AR USA.** Women. 3000m: 1rA C Berry 9:18.32.  
 12-13 **Norwich Union AAA Champs & European Champs Trials, Sheffield.** a=12,b=13  
 Men. 60m: b 3 D Chin 6.62 (2h1 6.69); 4h2 H Aikines Ayreety 2-cl U20 6.78; 6h2 W Bennett-Jackson 6.81. 200m: a 2 C Lambert 21.03 (1s2 21.03, 1h3 20.94); 5 W Bennett-Jackson U20 21.53 (2s1 21.22, 1h5 21.17; 3s2 J Ellington 21.88 (2h1 21.82); 3h6 H Aikines-Ayreety 2-cl U20 22.08. 400m: 400m: b 1 D Gillick 46.45 (a 1s2 46.43, 1h3 46.96). 800m: 800m: b 5 T Bayley 1:51.17 (a 1h2 1:51.47). 1500m: b 1 N Speaight 3:45.87; 3 C Moss 3:46.34; 12 R Ward 3:54.82. 3000m: b 4 S Sharp 8:04.79. 60mH: a 3 D Girdler 7.87 (2s2 7.84, 1h3 7.85). HJ: a =4 B Challenger and S Oni 2.16; 10 R Aspden 2.06. LJ: b 6 A Phillips 7.29. TJ: b 1 P Idowu 17.30; 7 F Mepandy 15.08. PV: a 6 C Johnston 4.90. SP: 2 C Gearing U20 16.94.  
 Women. 800m: a 5h3 C Robinson 2-cl 2:14.88. 60mH: b 6h2 F Passe-Coutrin 8.89. HJ: b 12 F Passe-Coutrin 1.66.  
 12-13 **International U23 Heptathlon, Valencia, ESP.** 5 K Sempers 5278 (7.15, 7.00, 10.96, 2.01, 8.35, 4.20, 2:55.54); 8 L Eving-Jones 5121 (7.22, 6.65, 11.46, 1.80, 8.65, 4.20, 2:39.05).  
 18 **Norwich Union Grand Prix, Birmingham.** 60m: 4h2 D Chin 6.65. 200m: 1 C Lambert 20.88. 1500m: 9 N Speaight 3:41.19.

- 18-20 **French Champs, Liévin, FRA.** T.J: 1 J Kapek 16.44; 15 F Mepandy 15.21. Women. Pentathlon: F Passe-Coutrin 4071 (8.78, 1.72, 11.21, 5.92, 2:21.60).
- 19 **UK Indoor City Cup, Sheffield.** 1500m: 2 C Moss 3:44.91. LJ: 2 A Phillips 7.20. PV: 3 C Johnston 4.90. Women. 400m: 2rB J Culley 57.78. 800m: 3 C Robinson 2-cl 2:11.97.
- 19 **Loughborough.** 60mH: 2r1 D Girdler 8.00, 1r4 7.88; 1r5 7.83. HJ: 1 S Oni 2.10.
- 19-20 **AAA U20 Champs., Birmingham.** a=19, b=20  
Men. 60m: a 3 W Bennett-Jackson 6.80 (1s2 6.79, 1h4 6.93); 4 H Aikines-Ayretey 2-cl 6.81 (1s3 6.82, 2h3 6.93); 6s2 P Doorgachum 7.28 (4h7 7.23). 200m: b 1 W Bennett-Jackson 21.26 (1s1 21.35, 1h4 a 21.84); 3s3 J Hussain 22.20 (1h2 22.19); 3h2 P Doorgachum 23.17. 400m: h3 G Selway dnf. SP: b 1 C Gearing 18.57 (CBP).  
Women. 60m: a 6 A Onuora 7.72 (3s2 7.67, 2h1 7.63).
- 19-20 **BMAF Champs, Cardiff.** M50. SP: 1 M Small 2-cl 15.22. M70. HJ: 2 C Taylor 1.17.
- 20 **Tallin 2005 Jumping Gala, Tallin, EST.** HJ: 8 B Challenger 2.14.
- 22 **Brno, CZE.** HJ: 3 B Challenger 2.27.
- 26 **Allston, MA USA.** 1000m: ht A McLean-Foreman 2:26.31.
- 26 **Big Sky Champs, Pocatello, ID USA.** 35WT: 1 K Chester 20.75A.
- 26-27 **British Universities Champs, Sheffield.** a=26, b=27.  
Men. 800m: b 2 G Oudney 1:51.33 (a 1s2 1:53.56, 1h3 1:56.40). 1500m: b 3 R Ward 3:53.95. 60mH: b 1 D Girdler 7.86 (1h1 7.99). SP: b 1 S Thompson 15.25.  
Women. 60m: a 2 A Onuora 7.61 (1h2 7.64, 1s1 7.64). 200m: b 3 M Marks 24.50 (1s3 24.69, 1h6 25.21). 400m: b 4 M Carey 56.31 (1s2 55.61, 1h1 55.67).

#### March 2005

- 5-6 **Kent County AA Champs, Sutton Arena.** Men. U20. 60m: 2 J Regis 7.09 (1s2 7.15, 2h1 7.38). U17. SP: 1 J Thomas 16.94.
- 5-6 **Surrey County AA Champs, Sutton Arena.**  
Men. 60m: 4s2 K Adjepong 7.3 (3h1 7.19). HJ: 1 S Oni 2.15. LJ: 2 G Wilson 6.12. T.J: 1 S Majekodunmi 15.24 (CBP). SP: 2 M Small 2-cl 13.65.  
U20. 60m: 1 H Aikines-Ayretey 2-cl 6.86 (1h3 (7.0 CBP); 4h2 M Debrah 7.7. PV: 1 J Ive 2-cl 4.40 CBP.  
Women. LJ: 2 K Euridge 5.36. T.J: 1 S Wellstead 2-cl 11.74; 4 M Nestor 10.97.  
U20. LJ: 1 J Lally 2-cl 4.96. SP: 2 J Lally 2-cl 10.18. U17. HJ: 2 C Livesey 1.40.
- 6 **Inter-City Cup, Manchester.** Men. SP: 2 S Thompson 15.65. Women. LJ: 1 J Hollman 6.07. SP: 2 J Hollman 12.55.

#### Road & Country

##### January 2005

- 30 **Barretts Canterbury 10 miles.** Women. 1 A Green (unatt) 58:09; 13 A Walker 67:57.

##### February 2005

- 6 **Asics Watford Half-Marathon, Watford.** 1 H Lobb (Bedford & C) 65:55; 2 K Tadesse 66:39.
- 6 **Scottish East District League, Corstophine, Edinburgh.** 1 S Cairns (Hunters BT) 31:05; 2 D Gauson 31:14.
- 6 **Afford Rent-a-car 5 miles, Alsager.** 1 N McCormick (Morpeth) 23:40; 4 M Miles 24:03; 28 R Alsop M40 26:49; 667 finished.
- 6 **Chichester 10k.** Women. 1 B Dagne (Belgrave) 33:43 (record)
- 6 **Mornington Chasers' 10k, Regent's Park.** 1 H Raidi (Belgrave) 32:31 (record).
- 13 **Wokingham Half-Marathon, Wokingham.** Women. 1 A Braham (unatt) 1:20:14; 10 L Cooper SW 1:25:27. Men. 677 D McMillan 1:44:37.
- 13 **26.2 Valentine's 10 km, Chessington.** 1 M Boyle (HHH) 32:25; 19 C Dunkley 37:35.
- 20 **Bramley 20 miles.** Women. 1 A Evans (Hardley) 2:10:03; 7 H Smethurst W40 2:19:14; 8 L Cooper 2:19:18.
- 20 **Sussex Beacon Half Marathon, Brighton.** 1 R Grant (Phoenix) 1:11:39; 123 D McMillan M55 1:40:04.
- 25 **Serpentine Last Friday 5 km, Hyde Park.** 1 J Shane (Basildon) 15:26; 17 A St Leger M40 17:21
- 26 **VAC 5.5 miles, Wimbledon Common.** 1 R Marriott (South London) 32:10; 6 T O'Neill M50 35:51; 8 M Nouch M50 36:24.
- 27 **Guildford Half Marathon, Guildford.** Men. 1 E Lyne (Belgrave) 1:11:15; 2 W Lynch 1:13:18. Women. 1 M Heaton 1:24:33.

##### March 2005

- 1 **Chiltern League 5 km, Eastway.** 1 T Snow 15:45 (Woodford GwEL); 5 J Charles 16:25.
- 5 **CAU Inter-Counties & World Cross Trials, Wollaton Park, Nottingham.** Men. 4km: 1 S Vernon (Stockport) 12:41; 2 S Barden 12:44; 12 J Blackledge 13:11; 20 D Gauson 13:22. 12km: 1 G Tromans (Warks) 38:46; 18 M Miles (Warks) 40:45; 55 P Wicks (Surrey) 42:07; 83 T Watson (Hants) 43:03; 155 J Clarke (Herts) 44:39.  
Women. 4 km: 1 L Dobriskey (Loughborough) 14:25; 4 G Tamirat 14:40.  
8km: 1 H Yelling (Middx) 28:06; 8 B Dagne (Surrey) 29:24; 101 S Murphy 32:45.

- 5 **Michael Penman Mob Match 10 km, Victoria Park.** 1 J Charles (Belgrave/Orion H) 33:19.
- 6 **Reading Half Marathon.** Men. 1 J Kimtai (Kenya) 1:01:50; 14 K Hegvold M40 1:11:43; 30 T Hadfield 1:14:08; 2422 P Cross M45 1:47:00; 2804 D Davies M65 1:48:51.  
Women. 13 V Clarke 1:22:23; 17 L Cooper 1:24:03.

#### Race Walking

##### February 2005

- 6 **London 10 km Walking Championships, Victoria Park.** 1 A Goudie (Belgrave) 48:54; 8 C Lawton M55 55:40; 10 P King M50 57:49.  
Teams: 1 Belgrave 281; 2 Ilford 277; 3 Loughton 254
- 12 **Cambridge Harriers League 5 km, Bexley.** 1 R Bain (B&B) 23:40; 6 C Lawton M55 27:26; 9 P King M50 28:16.
- 20 **Essex League 10 miles, Ilford.** 1 T Jones (Hillingdon) 1:21:53; 3 J Hall M55 1:25:34. Women. 1 M Noel W40 (Belgrave) 1:37:22.
- 26 **Southern RWA 20 km miles, Ilford.**  
Men. 1 D Bearman (Steyning) 1:38:38; 7 J Hall M55 1:54:00; 13 P King M50 1:59:58; 15 C Lawton M55 2:00:42. Teams: 1 Steyning 291; 2 Belgrave 268; 3 Ilford 267.  
Women. 1 M Noel W40 (Belgrave) 2:03:14; 2 F Bishop (Aldershot F&D) 2:03:57; 3 A Bellchamber (Hillingdon) 2:04:32.

##### March 2005

- 5 **Cambridge H League, Bexley, 10 km.** 1 R Bain (Blackheath & B) 50:18; 4 C Lawton M55 55:44; 5 P King M50 57:23.
- 6 **LPR 9 km, Blackheath.** 2 C Lawton M55 50:48.

### Grapevine

- High Jumper Richard Aspden writes to tell us that he will be away for the whole of the British 2005 summer season. An opportunity has arisen for him to work at the Deputy British High Commission in Mumbai, India, on a six-month attachment with the Foreign and Commonwealth Office. Depending on work, training facilities, etc. he is hopeful of taking part in some competitions in India.
- We've missed Paul Freary from our road and country teams this winter. A trapped nerve in his neck last autumn meant that he was almost always in pain and wasn't able to run a step from November through to the beginning of March. However, the man is back on the road again and aiming to make a B team short stage slot at Milton Keynes.
- We'll be missing Jonathan Blackledge and Richard Ward for the SEAA 12-Stage Relay at Milton Keynes. Both will be competing in the USA at that time, running for Oxford & Cambridge vs Harvard and Yale. It's highly likely that they'll come up against Harvard's ace 1500m runner – our own Alasdair McLean-Foreman. Three men from one club in one race would surely be unique in this traditional inter-University match, held in one form or another since 1894.
- It's always good to see an athlete progressing as the result of hard work and determination. After spending a season or two towards the back end of our scorers 21 year-old John Charles has been making good progress this winter, opening a few eyes with his run in the Southern Cross Country and then the National. Now he's moved further up the pecking order by clocking 33:19 to win the Michael Penman 10km at Victoria Park – his first ever win.
- Belgrave representation in the Inter-Counties has probably never been stronger than it was this March. Five club members lined up for the 12k event – Mark Miles (Warks) who picked up a winning team medal to go with his individual bronze in the National, Kevin Nash (Surrey), Phil Wicks (Surrey) a new man to Belgrave, Tim Watson (Hants) and John Clarke (Herts). Will Cockerell was reserve for Surrey. In the 4k event there were three more: Spencer Barden earned selection for the World Cross event by placing 2nd, Jonathan Blackledge was impressive in 12th – within 20 seconds of a World Cross place – and Darren Gauson was 20th. In the women's races Birhan Dagne and Sarah Murphy both represented Surrey in the 8k race and Getenesh Tamirat was one place outside the selection criteria for the World short course event, finishing 4th.