



In this issue:

- 57 London Marathon inc. AAA & SEAA Championships
- 58 AAA Men's 12-Stage Road Relay
- 60 AAA Women's 6-Stage Road Relay
- 61 Results Roundup & Grapevine

London Marathon, 17 April 2005.

Kassa leads Bels to silver medals

Running way inside his previous best for the distance (2:19:43 set in 1993) Kassa Tadesse was third Briton home in 2:15:09, a tantalising 9 seconds outside the standard for World Championship selection. Jon Brown was always clearly the leading Brit but for almost the entire race Kassa was duelling with his Bedford & County rival Huw Lobb for the minor AAA medals. In the second half of the race it seemed that the Belgrave man might get the best of the contest but in Kassa's own words, "I felt horrible in the last few kilometres." While Lobb went on to a time of 2:14:33 to earn a place in the Helsinki line-up, our man had to take comfort in the possibility of a Commonwealth Games place.

Warren Lynch ran the race of his life. Looking oh! so strong at Canary Wharf, he was still on for a sub-2:30 time as he reached Big Ben; but as he turned right and headed for Parliament Square with just a couple of kilometres to go - his legs went on him! A missed drink at the 15 mile mark on what was a very warm day for marathon running may well have been the cause. Nevertheless, Warren's 2:32:44 was a huge personal best, down from 2:35:10 in the same race last year. Having never before beaten 75 minutes for the half distance, his preparation this time included two "halves" - a

Kassa Tadesse tracks Andy Jones (Salford) and Dave Norman (Altrincham) just after "The Cutty Sark".



Warren Lynch ran the race of his life

73:18 and a 74:18 - and this in a period when he was clocking up 90 miles per week. Warren had everything meticulously planned - even down to the tin-opener in his kit bag so that he could rip open and devour a tin of rice pudding at race end.

Craig McMillan and Tom Hadfield were also well inside 2:40 and although Thames Hare & Hounds were obvious and outstanding winners, there did seem to be a good chance that that we'd be in the medals - and so it finally proved.

In the absence of Birhan Dagne the Belgrave women's challenge was taken up early by Vicky Clarke who stormed through 10k in 38 minutes and the half distance in 84 minutes. This latter would have been a personal best apart from the 82-odd she recorded at Reading in March. Coach David Lucas tells us that Vicky is one of the toughest and talented runners he has ever come across. Inevitably the rot set in but Vicky held up well to complete the race in 3:01:29 and close in the Belgrave team.

A steadier but still aggressive start came from Louise Cooper. Louise ran 2:57-odd as an 18 year-old but didn't go under three hours again until ten years later in the 2004 London race - 2:54:58. Now she did it again, crossing the finish line in 2:56:30. But Louise had to go some in The Mall because just 16 seconds behind her, Tilly Heaton was pulling her back hand over fist for a personal record of 2:56:46.

Team medals looked more certain here - possibly "silvers" behind Liverpool after last year's "golds". Then it was spotted that Reading Road Runners had got their runners well to the fore and Winchester & District also had a forward placing trio. Belgrave were finally announced as having placed fourth with less than three minutes covering the teams in 2nd to 4th places.

Men: 1 M Lel (Kenya) 2:07:26; 14 K Tadesse 2:15:09; 80 W Lynch 2:32:44; 128 C McMillan 2:37:03; 155 T Hadfield 2:38:43; 336 M Kazimierski 2:46:50; 709 R Brown 2:55:21; 943 J Galley M40 2:58:46; 1705 S Brewer 3:09:25; 2668 P Cross M45 3:19:35; 9768 A Lane M70 4:09:42; 12596 D McMillan M55 4:24:00; 12994 J Walsh 4:25:59; 14214 J Hall M55 4:32:36; 22663 G Beecham M70 5:58:30; 22905 T Newell M65 6:07:17.

Women: 1 P Radcliffe (Bedford & C) 2:17:42; 50 L Cooper 2:56:30; 51 M Heaton 2:56:46; 80 V Clarke 3:01:29; 127 H Smethurst W40 3:10:09; 414 M Noel W40 3:29:36.



Louise Cooper – under 3 hours again and our first woman home.

Belgrave runner nearly wins the silver medals for Bedford!

After a month of scrutinising the results, the London Marathon officials came up with a men's team result of 1st Thames Hare & Hounds, 2nd Bedford & County and 3rd Belgrave Harriers – but there was a question mark over one of Bedford's "scoring" men who may have been the second of a pair of runners guiding a blind runner – in other words he may not have run the full distance.

Sure enough, the "Bedford" man did turn out to have only gone the half-distance but what we didn't bargain for was the fact that it wasn't a Bedford man at all – but a Belgrave Harrier! Our own John Clarke had taken over the guiding of visually impaired Paul Pearce who is usually led by Neil Miller (Bedford & County). John and Neil are good friends and our man decided to take on the task this year to give Neil a chance of going the whole distance.

John takes up the story ...

"The gent who ran the first half with Paul was from Bedford & County and he was registered with the chip. Hence, when I crossed the line wearing the same number (issued to both guides) I was apparently scored as a Bedford runner. I think I'll give Bedford town centre a wide berth for a while!"

John had picked up the guiding for the second half of the race at Shadwell. Paul Pearce is the current World B2 champion and needed to run 2:39 or better in order to keep his lottery funding and to qualify for the Europeans being held in Helsinki at the end of August. He ended up with a 2:37 so was over the moon.

John tells us that guiding proved to be an incredibly stressful task which he had quite underestimated:

"Literally everything is a hazard and is magnified by the sheer number of people watching and running. It's very humbling to consider that Paul has run a 2:37 marathon in virtual darkness (bar the odd shadow that he can pick up on the lighter parts of the course) placing 100% reliance on the guide running with him."

Still, John must have done a good job because it looks as if he may get asked to go to Helsinki to do it again.

AAA Men's 12-Stage Road Relay Championship, Sutton Coldfield, 23 April 2005.

The Bels are back for 12-Stage Glory

"There was nothing dramatic in the Men's race. Belgrave Harriers hit the front on the fifth stage and thereafter never looked in danger of claiming their third victory in four years."

"Belgrave's was the fourth-slowest winning time in the Men's 12 Stage in the past 30 years."

The above were a couple of published comments after the race.

Well, if you didn't see the contest, you'd be forgiven for thinking that you didn't miss anything – but as far as this writer is concerned there was enough excitement to tide him over the twelve months before he gets his next fix of AAA 12-Stage exhilaration.

Having fielded a below par team in 2004 and suffered a beating at the feet of the men from Aldershot, we vowed, "We'll be back," and in true Terminator style we were – twelve men totally committed to getting back to the top level of the victory rostrum. The pre-race message boards tipped a Birchfield-Belgrave duel, with the Midlands boosted by their African members. For our part we felt Morpeth might get in on the act, while Salford and Newham & Essex could also be dangerous even though they both were missing men who had raced the streets of London the previous week.

Stage 1

Last man into the "dozen", Will Cockerell has been reserve more times than he cares to remember. Last year he was left out of the squad as it was felt that his efforts in the London Marathon might have affected him more than he expected; but he reigned in his disappointment (after a good natured expletive was hurled at the Team Manager), bided his time and made the cut in 2005.

Will's target was a finishing position of somewhere around 20 and although his time was a little slower than hoped for, his placing was fine. The show was on the road and having sent "Wardy" on his way and spent a few minutes slumped on the ground sucking oxygen back into his lungs, "Skip" could enjoy the rest of the race.

Ominously, Birchfield had already taken the lead through Zak Kihara and we were a minute and a half down.

1 Birchfield 26:30; 2 Leicester 26:34; 3 Shaftesbury B 26:34; 4 Altrincham 26:45; 5 Derby 26:46; 6 Newham & EB 26:46; 23 Belgrave 27:59.

Fastest 1 Z Kihara (Birchfield) 26:30; =2 M Geece (Leicester) and K Kyereme (Shaftesbury B) 26:34; 4 A Norman (Altrincham) 26:45; =5 J Gilby (Derby) and A Robinson (Newham & EB) 26:46; 23 W Cockerell (Belgrave) 27:59.

Stage 2

Glandular fever hit Richard Ward for six last summer. After a break, he worked his way back this winter until it looked as if he'd soon be back at his sparkling best. Track races in the 'States had sharpened his speed and we expected his normal trick of tearing up the tarmac on stage two. It wasn't to be.

Deep down Rich still doesn't feel quite right and although he gained a place it was an uncharacteristically subdued "Wardy" who announced that he'd now take another break to get himself sorted out.

1 Derby (+4) 41:08; 2 Altrincham (+2) 41:15; 3 Morpeth (+8) 41:21; 4 Owls (+9) 41:44; 5 Birchfield (-4) 41:49; 6 Shaftesbury B (-3) 41:55; 22 Belgrave (+1) 43:18.

Fastest: 1 E Malloch (Woodford GwEL) 14:20; 2 L Gunn (Derby) 14:22; =3 G Blackman (Harrow) and D Samuels (Morpeth) 14:23; 5 J Macdonald (Trafford) 14:26; 6 J Ward (Altrincham) 14:30; =21 R Ward (Belgrave) 15:19.

Stage 3

So, two stages gone and we were two minutes down. We'd not expected to be near the front at this point so it was a matter of reminding ourselves of that fact and steeling the nerves; and just the guy to keep things rock solid was Erwin McRae. Somehow one just knew that this man was going to keep the Belgrave ship on course and soon he was calmly easing through the traffic. Disregarding the whirlwind that was Keith Cullen, pulling back 19 places for Highgate as he went sub-26, Erwin kept calm and moved the Bels up eight spots to set things up nicely for Tim Watson.

1 Morpeth (+2) 1:08:04; 2 Woodford GwEL (+5) 1:08:47; 3 Shaftesbury B (+3) 1:09:02; 4 Aldershot F&D (+8) 1:09:10; 5 Highgate (+19) 1:09:22; 6 Tipton (+4) 1:09:26; 14 Belgrave (+8) 1:10:24.

Fastest: 1 K Cullen (Highgate) 25:53; 2 P Riley (Leigh) 26:08; 3 N Talbot (Notts) 26:10; 4 M Skinner (Blackheath) 26:27; 5 F Thompson (Aldershot F&D) 26:35; 6 M Scaife (Morpeth) 26:43; 10 E McRae (Belgrave) 27:06.

Stage 4

Twelve months earlier an unfit Tim Watson had filled the breach as our team crumbled during the week before the race. It had not been an enjoyable experience for him then, but what a difference this time around. A logical long stage man, it was felt that on this tough course we could utilize Tim's strength and encourage him to let rip on the short lap. The young man duly obliged! It was a hot stage all round but another eight clubs fell by the wayside as Tim pressed the Belgrave cause.

1 Morpeth (0) 1:23:30; 2 Tipton (+4) 1:23:47; 3 Aldershot F&D (+1) 1:24:31; 4 Owls (+4) 1:24:49; 5 Hallamshire (+5) 1:24:57; 6 Belgrave (+8) 1:24:59.

Fastest: 1 S Hepples (Newham &EB) 14:15; 2 A Bowden (Harrow) 14:16; 3 P Nicholls (Tipton) 14:21; 4 N Pollock (Kent) 14:26 and G Taylor (Trafford) 14:26; 6 T Watson (Belgrave) 14:35.

Stage 5

Pre-race plans were that we would go ahead on stage 5 and in spite of the fact that we were a little behind schedule on times, Phil Wicks wasn't having it any other way. One of the most exciting things about this guy's running is the fact that it is all still, comparatively new to him. He didn't start running until he was eighteen and began with a couple of marathons. Three years later and he's causing raised eyebrows, as, with a focus that totally belies his youth, he shows absolutely no fear of the toughest of courses. The opposition fell away to Phil's stride until it was just Morpeth's blue and white colours ahead – and then they too were gone as claret and gold hit the front right on cue and then pulled away by 12 seconds.

1 Belgrave (+5) 1:51:50; 2 Morpeth (-1) 1:52:02; 3 Tipton (-1) 1:52:10; 4 Leeds C (+4) 1:52:17; 5 Bristol &W (+7) 1:52:51; 6 Aldershot F&D (-3) 1:52:52.

Fastest: 1 N Jones (Salford) 26:27; 2 B Tickner (Wells C) 26:31; 3 P Wicks (Belgrave) 26:51; 4 S Deakin (Leeds C) 27:09; 5 M Dalkins (Birchfield) 27:20; 6 J Ward (Bristol &W) 27:25.

Stage 6

As our old coach Tom Carter used to say, "Don't hit the front, old son, until you know you're going to stay there!" And my goodness, didn't we just intend to keep that lead now. Still the youngest man on the team at 20 (and with Phil Wicks, bringing the average age of the squad down to 26) Jonathan Blackledge must have more AAA senior road running medals than any athlete of his age ever.

It's a strange fact that in all of his races in Sutton Park Jonathan has never yet seen another athlete while out on his lap – and this year it was no different. Unbeaten over 1500m during the recent Achilles vs. American Universities tour, he had returned to the UK just over a week earlier, fitted in a geography field trip which ended the previous day, and now raced the Sutton Park circuit before tackling an examination on the Sunday. The "Kid" didn't disappoint, opening the gap to second placed Tipton to a minute.

1 Belgrave (0) 2:06:28; 2 Tipton (+1) 2:07:24; 3 Leeds C (+1) 2:07:44; 4 Birchfield (+3) 2:07:48; 5 Salford (+3) 2:07:53; 6 Morpeth (-4) 2:08:05.

Fastest: 1 F Tickner (Wells C) 14:21; 2 J Blackledge (Belgrave) 14:38; 3 M Openshaw (Birchfield) 14:50; 4 C Winward (Salford) 14:54; 5 K Farrow (Derby) 15:00; 6 H Jama (Ealing S&M) 15:05.

Stage 7

Getting ever fitter but surely still a minute short of his potential for this course, David Anderson faced some of the race's hard men, among them Birchfield's Kenyan, Wilf Taragon; and there was home grown talent too in the shape of short stage record holder Chris Davies (Telford) and Bristol & West's Rob Whalley, but DA's as tough as any of them and he was well psyched up for the challenge.

Only sketchy mid-lap information was being announced but phone calls to Belgrave fans out on the course told us that Taragon was into second place and bringing down the gap. The Birchfield Team Manager introduced himself to his Belgrave counterpart at this point and informed us that although they'd lose a minute to us on stage eight, they could match us man for man over the last four legs. A bit optimistic on his part, we thought, but: "Come on Dave. Hold that lead."

Our lead did indeed come down but what a superb run by the Belgrave man, and hadn't he come on in the three weeks since Milton Keynes.

1 Belgrave (0) 2:33:02; 2 Birchfield (+2) 2:33:24; 3 Bristol &W (+8) 2:35:00; 4 Morpeth (+2) 2:35:08; 5 Leeds C (-2) 2:35:21; 6 Aldershot F&D (+1) 2:35:27.

Fastest: 1 C Davies (Telford) 25:21; 2 W Taragon (Birchfield) 25:36; 3 R Whalley (Bristol &W) 26:09; 4 D Anderson (Belgrave) 26:34; 5 W Levett (Bedford &C) 26:46; 6 M Hudspith (Morpeth) 27:03.

Stage 8

Another man usually seen on the long stages, "Nasher" took off with the pressure of knowing that it was now a two-horse race and he had just 22 seconds in hand over our black-vested rivals. Never satisfied with his performance, and always looking for something faster, Kevin ran a "stormer". In spite of the knowledge that the Birchfield man had him in his sights on the straights, our man opened the lead out to a huge two and a half minutes. Surely now it was all over.

1 Belgrave (0) 2:47:02; 2 Birchfield (0) 2:49:30; 3 Bristol &W (0) 2:49:51; 4 Leeds C (+1) 2:50:35; 5 Aldershot F&D (+1) 2:50:36; 6 Bedford &C (+3) 2:50:58.

Fastest: 1 K Nash (Belgrave) 14:40; 2 O Matthews (Bedford &C) 14:48; 3 J Willis (Bristol &W) 14:51; 4 A Murphy (Shaftesbury B) 15:07; 5 K Quinn (Aldershot F&D) 15:09; 6 A Osborne (Leeds C) 15:14.

Stage 9

With a third of the race to go we'd gained a substantial lead – yet hadn't got a single man in the top ten times over long or short stages. All that was about to change. The Stags match us man for man? I don't think so as the first of our awesome tail-end foursome was unleashed.

In fact Mark Miles is as unassuming a character as you could wish to meet; and to see him chatting with the official in charge of the takeover you'd think he was about to trundle off on a training run. But flick that switch and he's a mean racing machine.

In great form, having run a blistering 10k in Ireland a couple of weeks earlier, "Milesey" took another minute out of Birchfield. Down the field the Beagles' Mo Farah had the advantage of athletes to chase as he also set one of the day's best times – but out on his own, Mark's 25:50 stood up as fourth best of the day. He has now run an amazing string of 25:45, 25:48, 25:50 and 25:51. What consistency; and what would he do if on stage one or three?

1 Belgrave (0) 3:13:32; 2 Birchfield (0) 3:16:28; 3 Bristol &W (0) 3:17:42; 4 Bedford &C (+2) 3:17:51; 5 Leeds C (-1) 3:18:00; 6 Aldershot F&D (-1) 3:18:49.

Fastest: 1 M Farah (Newham &EB) 25:33; 2 M Miles (Belgrave) 25:50; 3 D Deed (Bedford &C) 26:53; 4 J Moorhouse (Birchfield) 26:58; 5 B Hilton (Leeds C) 27:25; 6 M Steinle (Blackheath) 27:34.

Stage 10

With six national road relay gold medals to his name – and another two on the country – Stephen Sharp’s hunger for more is unabated. Like Mark before him and “Spenny” to follow, he’d gone way down the order to provide a “killer” finish but one day we must put him on stage two where surely he’ll go sub-14 in a big way. The only thing is, with these guys it doesn’t matter which one goes early, ‘cos all those that follow will still have to run from the front!

“Sharpy” was our fastest short stager and ended up in the top ten of the day – again in spite of making his own pace at the front. More importantly, another half minute had been stolen from Birchfield.

1 Belgrave (0) 3:27:56; 2 Birchfield (0) 3:31:22; 3 Bedford & C (+1) 3:32:30; 4 Bristol & W (-1) 3:33:23; 5 Leeds C (0) 3:33:34; 6 Aldershot F&D (0) 3:34:33.

Fastest: 1 S Sharp (Belgrave) 14:24; 2 L Cadman (Bedford & C) 14:39; 3 M Whitehouse (Birchfield) 14:54; 4 J Bailey (Sale) 15:14; 5 G Turner (Hallamshire) 15:26; 6 A Henderson (Wells C) 15:28.

Stage 11

“Spenny” was away ... and as seconds became a minute, and that minute was joined by a couple of friends ... the Sudanese athlete Mohammed Yacqub looked down the road in vain for his clubmate. This man was third fastest of the day over the same course in the Midland Relays – and he improved again here, but he was no match for Spencer Barden who went seven seconds faster still and became our second long-stager in the top ten. Also in action was Al Stewart - coming back to fitness and prepared to be on hand all day should an emergency occur. He managed to find a run for his old club Redhill Road Runners and proved that he’d made great progress with his fitness levels.

1 Belgrave (0) 3:54:01; 2 Birchfield (0) 3:57:34; 3 Leeds C (+2) 4:00:39; 4 Bedford & C (-1) 4:00:54; 5 Bristol & W (-1) 4:01:53; 6 Newham & EB (+2) 4:03:02.

Fastest: 1 S Barden (Belgrave) 26:05; 2 M Yacqub (Birchfield) 26:12; 3 D Augustus (Sale) 26:56; 4 D Bilton (Leeds C) 27:05; 5 K Stone (Newham & EB) 27:20; 6 M Blunden (Notts) 27:35; 9 A Stewart (Redhill) 28:04.

Stage 12

The last seven stages had seen all of our runners in the top three on their laps – three of them being stage winners – but there was another one to come yet as our smiling international 800 metre runner Chris Moss toured the circuit enjoying the applause – even joking with our supporters – and still ran 14:35. If it had been tight we’d have had every faith in his tactical ability but as it turned out, he was able to enjoy the occasion.

When we set out on this journey together some six or seven years ago our dream had been to emulate some of the great teams of the day – Tipton, Bingley, Gateshead and others. We’ve certainly got close to their achievements now with win number three and a fifth consecutive year of medalling. But, “fourth-lowest winning time in the Men’s 12-Stage in the past 30 years ...” We all know about the “good old days” but surely there must have been some change in the course since Bristol’s 4:00:37 of 1980 when Tipton came second in 4:01:51. And in those days the runners touched hands at the take over, adding another twelve times ten metres – 120m in all – to the overall length of the race. Is it possible for us, or some other club for that matter, to get near those times again?

1 Belgrave (0) 4:08:36; 2 Birchfield (0) 4:12:13; 3 Leeds C (0) 4:15:59; 4 Bedford & C (0) 4:16:20; 5 Bristol & W (0) 4:16:32; 6 Salford (+1) 4:19:03.

Fastest: 1 C Moss (Belgrave) 14:35; =2 R Bugden (Bristol & W) and T Payn (Birchfield) 14:39; 4 J Mills (Blackheath) 14:49; 5 A Dyson (Hallamshire) 15:03; 6 P Richards (Swansea) 15:13.

Fastest overall:

Long stages – 1 C Davies (Telford) 25:21; 2 M Farah (Newham & EB) 25:33; 3 W Taragon (Birchfield) 25:36; 4 M Miles 25:50; 5 K Cullen (Highgate) 25:53; 6 S Barden (Belgrave) 26:05.

Short stages – 1 S Hepples (Newham & EB) 14:15; 2 A Bowden (Harrow) 14:16; 3 E Malloch (Woodford GwEL) 14:20; =4 F Tickner (Wells C) and P Nicholls (Tipton) 14:21; 9 S Sharp (Belgrave) 14:24.

AAA Women’s 6-Stage Road Relay Championship, Sutton Coldfield, 23 April 2005.

Belles just miss the top twenty

Catherine Eastham writes:- It was very nearly a repeat of last year, when the Belles weren’t able to field a full team. This year, however, saw a bunch of athletes who won’t be upset to hear themselves referred to as ‘not at their best’. Birhan Dagne was full of cold; Sarah Murphy had been studying hard for exams; Tilly Heaton, Helen Smethurst and Louise Cooper had only had six days recovery from the marathon; and team manager, Catherine Eastham, really shouldn’t be calling on herself to compete at this level! Still, we did complete a team and an enjoyable day was had by all.

Stage 1

The fearless Sarah Murphy was happy to switch to leg 1 following a request from Birhan to swap. Sarah lined up right at the front, elbows out, willing to battle with the best. Not surprisingly, the blisteringly fast start took its toll and Sarah admitted that she found the course tough going. Still, she brought the Belles home in the mid-30’s with a solid performance and we all know that she’s got plenty more to offer the relays in future years.

1 Swansea 16:11; 2 Charnwood 16:23; 3 Coventry 16:34.

Fastest: 1 C Dugdale (Swansea) 16:11; 2 T Kryzwicki (Charnwood) 16:23; 3 T Brown (Coventry) 16:34; 36 S Murphy (Belgrave) 18:35.

Stage 2

Suffering from a cold and breathing problems, Birhan Dagne showed what a team player she is by still competing for the girls. Sarah had set Birhan up in such a way that she was still able to pull back 21 places for the team, clocking the Belles fastest leg of the day at 16.44. The lead three teams had maintained their positions up front, although it was Salford’s Bev Jenkins who clocked the fastest leg time.

1 Swansea (0) 32:32; 2 Charnwood (0) 33:55; 3 Coventry (0) 34:24; 15 Belgrave (+21) 35:19.

Fastest: 1 B Jenkins (Salford) 16:20; 2 S Smith (Swansea) 16:21; A Hoban (Wakefield & D) 16:31; 4 B Dagne (Belgrave) 16:44.

Stage 3

With a sub 3:00:00 marathon in her legs, Tilly Heaton, was instructed not to overdo it but to treat her race as a training session and just pull the team round. Either she didn’t hear, or was in amazing form, as her sub 18.00 performance provided the Belles with their second fastest leg of the day. Tilly made it look so easy and she’s set for a solid summer’s racing if this relay’s anything to go by. Cathy Mutwa’s fastest of the stage just pulled Birchfield into the lead, but the margins between the top three clubs had closed considerably.

1 Birchfield (+17) 51:26; 2 Swansea (-1) 51:28; 3 Charnwood (-1) 51:31; 14 Belgrave (+1) 53:18.

Fastest: 1 C Mutwa (Birchfield) 15:59; 2 A Fox (Morpeth) 17:03; 3 C Martin (Telford) 17:08; 12 M Heaton (Belgrave) 17:59.

Stage 4

Helen Smethurst was delighted to be involved in the Nationals, despite having completed the marathon the previous week. Slightly disappointed with her 26-miler she was pleased to be able to go out and prove herself in a team race. Having had a fabulous year’s racing so far, Helen proved that she also has the potential to do some serious racing over shorter distances this summer. Clocking the 3rd fastest leg of the day for the Belles, Helen was also able to pull back a place, bringing the Belles just outside the top 10.

1 Birchfield (0) 1:09:33; 2 Telford (+2) 1:10:04; 3 Shaftesbury B (+12) 1:10:20; 13 Belgrave (+1) 1:12:09.

Fastest: 1 J Wright (Shaftesbury B) 16:57; 2 R Jones (Salford) 17:06; 3 L Jackson (Woodford GwEL) 17:09; 16 H Smethurst (Belgrave) 18:51.

Stage 5

The London Marathon had had a bigger impact on Louise Cooper than her team mates as, with tired legs, she found the switch to the shorter distance hard to cope with. Having been in a similar position last year, Louise knew what to expect of her body and was happy to go out and just bring the Belles home in a top 15 place. Louise's much appreciated run by no means reflects her ability over a short course.

At the front, Birchfield were just holding on to their lead but Bristol & West were gaining fast as Will Cockerell's partner, Dorchie, pulled them up four places.

1 Birchfield (0) 1:27:43; 2 Bristol & W (+4) 1:27:50; 3 City of Glasgow (+5) 1:28:02; 15 Belgrave (-2) 1:31:59.

Fastest: =1 S Owen (City of Glasgow) and J O'Mara (Wakefield & D) 17:10; 3 D Lee (Bristol & W) 17:11; =24 L Cooper (Belgrave) 19:50.

Stage 6

Never has the glory leg been so inappropriately named! Struggling on as athlete after athlete passed by, Catherine Eastham battled along in a time that was slow even by her standards! Just missing out on a top 20 position, Catherine valiantly brought the team home in 21st spot. Having said "never again" last year, let's hope that it's a good many years before we see the team manager having to run a leg of the Nationals again! Still, at least the Belles were able to field a team this year.

At the other extreme of the timings, Kate Reed of Bristol clocked the fastest leg of the whole day to pull Bristol into first place with a clear minute and a half lead.

1 Bristol & W (+1) 1:43:32; 2 Shaftesbury B (+2) 1:45:04; 3 City of Glasgow (0) 1:45:09; 4 Birchfield (-3) 1:45:45; 5 Highgate (+1) 1:46:22; 6 Wakefield & D (+3) 1:47:29; 21 Belgrave (-6) 1:53:12.

Fastest: 1 K Reed (Bristol & W) 15:42; 2 K Ramsey (Charnwood) 16:30; 3 L Elliott (Shaftesbury B) 16:48; 29 C Eastham (Belgrave) 21:13.

Fastest Overall: 1 K Reed (Bristol & W) 15:42; 2 C Mutwa (Birchfield) 15:59; 3 C Dugdale (Swansea) 16:11; 4 B Jenkins (Salford) 16:20; 5 S Smith (Swansea) 16:21; 6 T Kryzwicki (Charnwood) 16:23; 11 B Dagne (Belgrave) 16:44.

Results Roundup

Road Running

April 2005

- 10 **Basildon 5 miles.** Women. 1 B Dagne 28:07.
24 **Sam's Run multi-terrain 10 km, Bushey Park.** 1 M Farah (Newham & EB) 32:24; 3 S Sharp 33:53; 7 P Wicks 33:54; 8 W Cockerell 33:54.
27 **CSSC Capital Challenge 10 km, Battersea Pk.** Women. 1 L Such (?) 36:05; 4 H Smethurst W40 38:59.

May 2005

- 1 **Great West Run Half Marathon, Exeter.** 1 J Ward (Bristol) 1:08:50; 12 J Clarke 1:14:24.
1 **Rosemere Cancer Run 5 km, Preston, Lancs.** 1 P Freary (Belgrave) 16:00.
1 **Group 4 Securicor Sutton 10 km, Beddington Park (inc Surrey Road League Race 1).** 1 P Wicks (Belgrave) 31:42; 2 K Hegvold M40 33:14; 5 J Charles 34:22; 15 L Greatorex 35:55; P Cross M45 41:34. Teams: 1 Belgrave H 23; 2 South London H 75; 3 Ranelagh H 77.
2 **Pednor 5 miles.** 1 O Jones (Chiltern) 26:09; 2 A Stewart 26:41.
2 **Barry Jones 10 km, Wimbledon Park.** 1 D Kebede (Herc Wimb) 30:29; 33 P Cross M45 41:20; 68 O Cameron SW 46:31.
5 **Dave Clarke 5 km, Morden Park.** 1 P Mainwaring (Guildford & G) 16:03; 2 L Greatorex 16:44.
8 **Human Race 5 km, Silicon Valley CA USA.** 1 B Poore (Belgrave) 15:41.
8 **BUPA Great Caledonian Run 10 km, Edinburgh.** Men. 1 J C de la Ossa (ESP) 28:22; 14 S Barden 30:09; 20 K Tadesse 31:01. Women. 1 J Prokopcuka (LAT) 32:42; 7 B Dagne 35:34.
15 **Hook 10 miles.** Men. 1 M King (?) 54:10; 15 D Patel 2-cl M40 1:04:47. Women. 1 K Harwood (Southampton R) 1:01:29; 3 H Smethurst W40 1:07:23; 8 L Cooper 1:12:06.
15 **Concorde 10 km, Heathrow.** 1 E McRae (Belgrave) 32:00.
15 **Oxford Town & Gown 10k, Oxford.** 1 K Murphy (?) 31:34; 2 A Stewart 31:37; 531 D McMillan 45:15.
18 **VAC 5 miles, Battersea Park.** 1 M Barron (Harrow) 27:18; 2 R Alsop 2-cl M40 27:44; 7 M Nouch M50 29:55.
22 **BUPA Great Manchester 10 km, Manchester.** Men. 1 H Gebreselassie (ETH) 27:25; 14 K Tadesse 29:50; 32 D Anderson 31:09. Women. 1 L Kiplagat (NED) 31:28; 10 B Dagne 34:29.

- 27 **Serpentine Last Friday 5 km, Hyde Park.** Men. 1 O Edwards (Shaftesbury B) 15:48; 37 D Patel 19:04. Women. 1 N Griffith (Nestle) 18:22; 2 H Smethurst W40 19:12.
27 **Brooks Brands Hatch Series 10 km, Swanley.** Men. 1 S Sharp (Belgrave) 33:06. Women. 1 A Green (Shaftesbury B) 38:05; 2 M Sharp 44:39.
29 **Plymouth Half Marathon.** Women. 1 B Dagne 1:18:03.
29 **Boulder-Boulder 10 km, CO USA.** 1 G Shentama (Ethiopia) 29:21; 27 D Anderson 32:03.
30 **Hatfield Broad Oak 10 km, Bishops Stortford.** 1 B Hellmers (Newham & EB) 31:58; 5 J Clarke 32:56.

Race Walking

April 2005

- 26 **Veterans AC 5 Miles, Battersea Park.** 1 S Brown (L) SWC 44:49p; 2 C Lawton M55 45:31; 5 P King M50 46:18.
27 **CSSC Capital Challenge, Battersea Park.** 1 mile: 1 M Noel W40 9:24.
27 **Counties, VAC & Belgrave 10kms Track Walk Champs., Battersea Park.** Men. 1 M Easton (SWC) Sy 1 VAC 47:53; 2 T Jones (Hillingdon) Middx 1 VAC 52:31; 3 J Hall Middx 2 VAC 52:48.2; 6 C Lawton M55 Sy 2 VAC 57:37.2; 11 P King M50 Sy VAC 59:15.1; 19 D Fotheringham Middx VAC 64:15.0. Women. 1 S Brown; 2 M Noel W40 59:57.6.
30 **London Inter-Club Challenge 3km, Cophthall Barnet.** 3 C Lawton 16:37.

May 2005

- 1 **LPR 9km, Blackheath.** 1 C Lawton M55 52:13; 7 M Graham M55 57:50.
2 **Pednor 5 miles. Men. 1 P Williams (Chiltern) 45:39; 2 C Lawton M55 45:46. Women. 1 E Viljoen 41:40; 2 M Noel W40 50:07.**
8 **Southern Area 1 hour Walks, Dartford.** 1 M Hales (Steyning) 12963m; 4 T Watt 11218m; 6 A Goudie 11135m; 9 C Lawton 10480m.
10 **VAC 5 miles, Battersea Park.** 1 C Lawton M55 45:25; 3 P King M50 47:42.
28 **LICC, Cophthall Stadium, Barnet.** 3000m: 1 J Hall M55 15:55.4.
28 **Surrey Veterans Champs., Kingsmeadow.** 3000m: 1 C Lawton M55 16:35.1.
30 **CAU Inter-Counties 3000m, Bedford.** Men. 4 J Hall M55 14:31.6; 14 T Watt 14:54.4. Women. 4 E Viljoen 14:14.24.

Grapevine

David McMillan runs his last "London"

Back in the middle of the field in this year's London Marathon, David McMillan was running his last 26.2, finally crossing the finish line in the Mall in a painful 4:24:00.

David has run 20 of the 25 "Londons" and was at one time one of the few who had done every one until a horrific accident whilst training for race 16 put paid to that "ever-present" record.

Out on a Sunday run a couple of months before the 1996 race, David was struck by a car travelling at high speed. So severe were his injuries that the paramedic called to the scene was sure that he would die before they reached hospital so they pulled into a lay-by and conducted an emergency operation at the roadside. To make things worse, the only operation that might save David was a needle thoracotomy which had never been successfully carried out before. Thanks to the courage of the paramedic and David's indomitable spirit, the operation was successful.

After years of battling against what seemed to be impossible odds, David recovered and did eventually get back onto the London Marathon start line. What courage that must have taken.

With an extraordinarily busy life as a news writer and broadcaster David now finds it very difficult to put in enough training to make the marathon bearable. Not only that, the long-term effects of his injuries cause swelling to his legs when he goes beyond 16 miles whether training or racing, so, reluctantly, he has decided to call it a day as far as the classic distance goes. We can only admire the determination that got him through his troubles and back onto the streets of London. But look out for him enjoying life in the back half of 10ks and half-marathons, events that he has *no* intention of giving up.