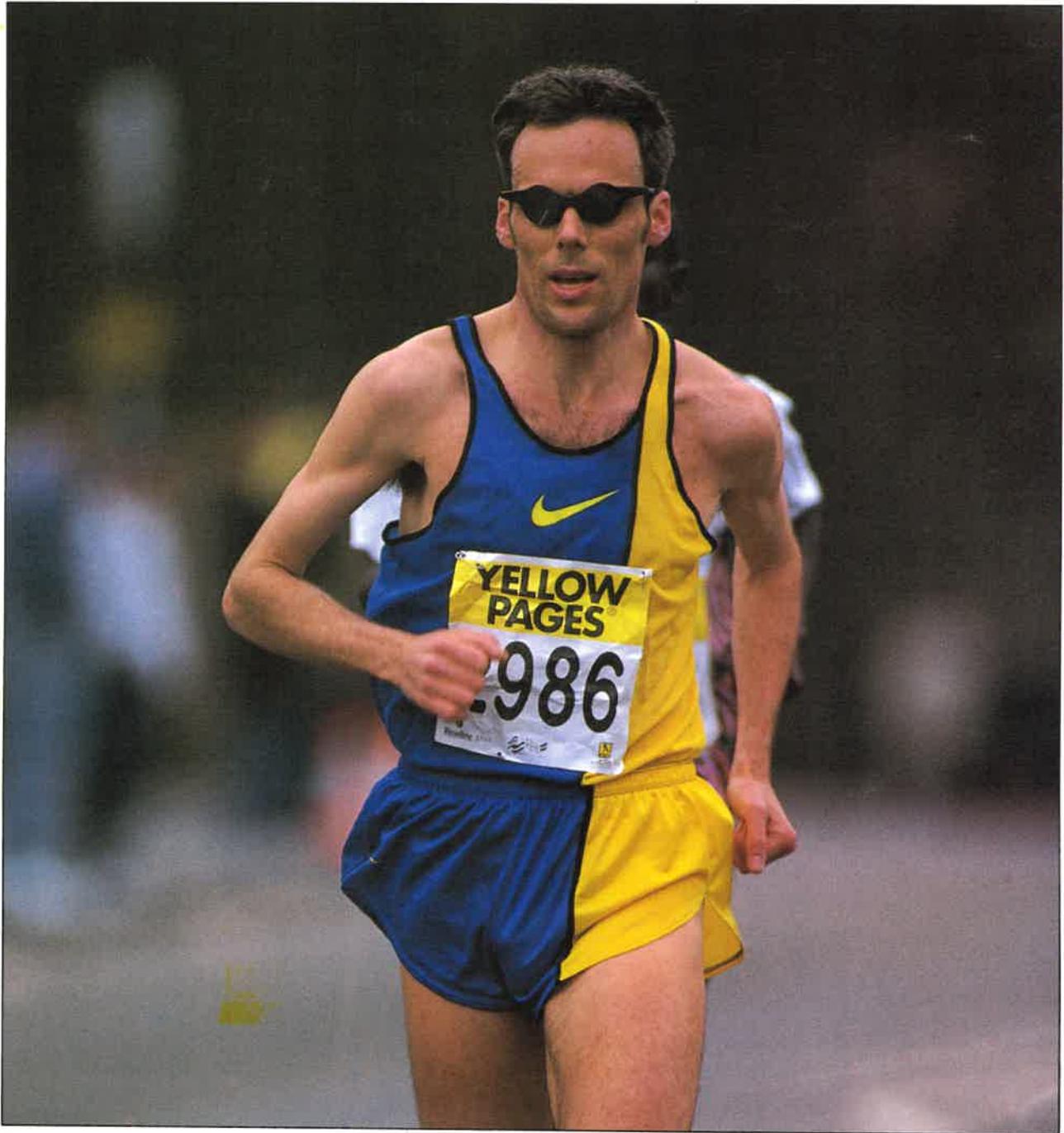


June 1996

The **Belgravian**



The official gazette of Belgrave Harriers

Number 224

Tilda



**Belgrave Harriers
are sponsored by Tilda
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supported by Sports Match**



Asthmatic?

Do you use a prescribed drug inhaler?
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BELGRAVE HARRIERS

CLUB CHAMPIONSHIPS

Sunday 14th July 1996

at

Battersea Park

First event 12:30

**Programme as per fixture card except for
the addition of BMC invitation 800m
races at 3pm**

Events for all ages

**Gold, silver and bronze medals -
depending on number of entries**

The Belgravian

Number 224

June 1996

The Games

The Olympic Games. No matter how commercialised they become, or "over the top" with sports that would have been beyond de Coubertain's comprehension, the Games, when each Olympiad rolls around, bring something special to the world of athletics. Apart from the sporting feast beamed into our homes for a couple of weeks, real competition without a pacemaker in sight, there is the exciting prelude for fan and athlete alike - the need to qualify. Impressing selectors, achieving the qualifying standard and fulfilling requirements at the trials are dramas in their own right. The World Championships might be the athletic event for the connoisseur but as far as Joe Public is concerned the Olympic Games are what really count and therefore the urge

for athletes to shine at this event is even greater.

Luck and good health allowing, we hope for a strong Belgrave presence in Atlanta's Olympic Stadium in a whole range of events. Our distance runners will have the problem of 34°C temperatures and humidity of well over 90% to face but the sprinters and hurdlers will enjoy the Mondo track which is already acknowledged as being "lightning fast". We won't tempt fate at this stage by naming those likely to gain selection but we wish them all the very best of luck.

Gymnasium project completed ...

Have you been up to the Hall recently and seen the gymnasium. There is probably not another athletic club in the country that has its own gym equipped to such a standard. Several new members have already come our way, attracted specifically by the chance to use the facilities for a mere £25 a year (£15 second-claim), and we wholeheartedly thank those who have kept this particular project on track. To have our own gym has been an aim that we have pursued for the last couple of years and it is good to see the plan draw to a successful conclusion. But this is just one of diverse schemes that we are following. Not everyone sees each project of being of equal in importance and some undertakings do not even gain immediate benefit for our club, being aimed more at assisting the community as a whole with the hope of a dividend being returned to Belgrave Harriers only in the longer term. One thing is sure, however, we have some very dedicated and hard-working officers. Although members of our Committee do not always see eye to eye when

it comes to agreeing which road we should take next, it has been said recently that the Club has probably never been in such good shape.

Nevertheless, while we are pleased with the progress we are making, there is no doubt that we could do with a lot more help. On a summer Saturday we might have as many as four track & field teams in action across the country, not to mention walking and road running groups; and there may be a couple of teams in action the following day as well. This is a tremendous drain on our small band of dedicated and enthusiastic officials and team managers. Goodness knows what we would do without them. If you can contribute towards helping to run our Club in any way then please get in touch with the Club Secretary who will be only too pleased to point you in the right direction. We would particularly like to see parents and younger members (exams permitting) getting involved.

Do us a favour

One thing that our athletes, particularly the younger ones, can do to make life a little easier for team managers is, "let the Manager know if you can't turn up for a match". There is nothing worse for a team manager who has spent hours and hours on the phone trying to put a team together, than sitting in the coach on the morning of the match with time ticking away while waiting for athletes who simply fail to turn up. A 'phone call the night before or first thing in the morning is all that is required. Unless you actually have a problem on your way to the meeting place, it really is inexcusable to keep everyone waiting for no purpose.

Contents

From The Belgravian	4
Welcome	5
Club record corrections	5
BAL all time top 50 points scorers	6
Road Running & Cross Country	8
Race Walking	21
P.W. "Jimmy" Green	
- A man of many talents	24
Men's T&F Rankings 1995	26
Women's T&F Rankings 1995	33
Road Running Rankings 1995	35
Walking Rankings 1995	36
Track & Field	38
European Clubs' Cup	42
Three of a kind	45
Belgrave to Bondi	46

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President: Snowy Brooks

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Hon. Editors of The Belgravian: Alan Mead, 29 Kingston Road, Ewell, Surrey KT17 2EG. ☎ 0181-224 2657 e-mail 101647.2745@compuserve.com and Charles Dickinson, 20 Broadhinton Road, Clapham, London SW4 0LU. ☎ 0171-720 1062.

Front page photo: Gary Staines wanted to find out if he was a "Marathon Runner". After his 9th place in the London Marathon in 2:12:54 when he was second Briton home, the general consensus of opinion was "Yes, he is!". Our picture shows him on his way to a 63:31 win in the Reading Half-Marathon on March 31st.

Photo: Mark Shearman

Back page: In spite of having run the Surrey League CC Race less than 24 hours earlier, when it came to the Epsom Marathon Windows 10 miles Jim Estall was never headed and he won from some 400 runners in 53:15. It's been a great few months for Jim culminating in his London Marathon run where he was third scorer in our winning team.

Photo: Jeremy Hemming

Sidetracks

• Clive and Elizabeth Shippen have safely arrived in Sydney, Australia, and are currently living in Dee Why with son Mark. Clive has been running several times a week, mostly in Dee Why Park but sometimes on a circuit of Long Reef that takes in stretches of beautiful coastline. After one session, warming down consisted of an hour of lying on the beach enjoying the sunshine. Tough eh!

The Shippens soon met up with Ron Wyld and helped him to celebrate his 60th birthday along with other guests Dave Scott, Joy Gardener (Pete's mother), and Scott Wyld and almost before Clive's feet had touched the floor he was being inveigled into helping to coach pole vault at Homebush Stadium. Apparently Ron drives a claret Datsun Bluebird with yellow number plates!

Clive and Elizabeth pass on their regards to all.

• Several Belgravians have been in hospital for one thing or another recently. Colin Pearson underwent gall bladder surgery just a couple of weeks ago while Keith Harris, a regular behind the tea bar on washing up duties is in nearby Atkinson Morley Hospital at the time of writing. Arthur Penstone who does so much to keep our Headquarters up to scratch has also been undergoing treatment. Our best wishes to you all and we look forward to hearing of continued good progress.

• George Piddington is now more mobile and has enjoyed being visited by various members. He is taken to his local track every Tuesday by his Havant AC colleagues where he helps with coaching.

• The 32nd holding of the Darts Championship for the "Denmark Pot" took place at Belgrave Hall on December 2nd and once again Bill Couzens was the victor. That makes it three years on the trot for Bill - a feat he last attained 1963-65.

• We are very pleased to welcome several new officials to our ranks. A series of training courses were held at Belgrave Hall during the winter followed by tests and the result was that we now have three newly qualified track judges in Pam Davies, Leslie Earle and Richard Hearn, and two new time keepers in Terry Earle and Phil Mason. Already these good people have lent a hand at our matches and we are more than grateful for their help.

• At one point during the Surrey County Championships we noted that on the Track Judges' Stand we had three Belgravians in action while across the other side of the straight three more were holding stop watches. With one or two out on the field as well, and several carrying out administrative tasks we can start to feel pleased that we are contributing a little more to our sport as a Club rather than leave it to a few individuals. But we need so many more (see our Editorial page).

• Talking of Timekeepers, it's great to see Ted Moore back in action and looking remarkably well after his stroke. Ted has been timing at several school's matches and has even been up to Battersea a couple of times for our home fixtures. You can't keep a good man down for long.

Fred Denny and Bill Merryman

We regret to inform that two respected Belgravians have recently passed away: Fred Denny and Past President Bill Merryman. We extend our sympathies to their families and will publish an appreciation of each in the next issue of *The Belgravian*.

In the last issue of *The Belgravian* we mentioned that Rex Bale was a Life Member when in fact he is a Vice-President. Also, the caption to the Flashback photograph on page 44 should have referred to John Mitchell, not Dave Mitchell (who was actually a past Joint Editor of this magazine).

FROM THE BELGRAVIAN

25 Years Ago ... June 1971

BELGRAVE bounced back into form in the Parliament Hill mud this February, with a highly encouraging second place in the Southern Cross Country Championships.

The most heartwarming sight of the afternoon for Belgrave supporters was that of the flying figure of Gerry North, who made a thrilling attempt to recapture his title, and had he not been hit by his old enemy 'stitch' might well have done so. As it was, his 4th place just 20 seconds behind the winner gave us a magnificent start and with another three men in the first 34 it was a good day for the Bels.

Result: 4, Gerry North; 30, Tony Brien; 32, Lionel Mann; 34, John Bicourt; 42, John Thresher; 79, Tony Fairclough. Team: 1, Reading 137pts; 2, Belgrave 221pts; 3, Hillingdon 225pts.

RWA NATIONAL 10 MILES WALK. In one of the closest races yet Belgrave only clinched the team title in the closing stages. There was never more than a few points in it as our boys battled for the vital places. Wilf Wesch, our reigning champion, was concentrating on staying safely in the race, and avoiding any possible trouble finished a comfortable fifth.

Result: 5, Wilf Wesch; 13, Carl Lawton; 16, Allan Callow; 29, Ray Middleton. Team: 1, Belgrave 53pts; 2, Lancashire W 65pts; 3, Southend 68pts.

CARL LAWTON walked brilliantly in the National 20km and clearly deserved his first selection to represent GB in a race abroad - competing over 20 kilos in Bucharest.

TONY BINDA, Peter Carton and Bill Curtin yet again filled the first three places in the final Surrey League. With Mark Clancy (5th) and Paddy Breslin (7th) Belgrave were runaway winners of both match and League title.

and, 50 Years Ago ... June 1946

THE FIRST post-war Winter season was a memorable one for the Belgrave Harriers. Our cross-country runners won every open championship. In November we had the first two teams home in the South of Thames "Junior," and the first three individuals. This in itself was a remarkable feat as all of our pre-war "cracks" cannot run this race owing to the barring clauses. In the New Year we won the Surrey County Title, whilst our Middlesex members, running for Cadogan A.C., took the Middlesex title. This was not regarded as very extraordinary as it had been done on various occasions before the war. The South of Thames "Senior" Race resulted in another win for us. Here again, a large number of our best men are "barred." The Southern Counties Cross-Country Championship, 7 ½ miles instead of the usual 10, was held from Belgrave Hall. Our Captain, Tom Carter, gained a well-earned and popular victory. With David Main third and four others in the first 20 positions, we gained a 99 points' margin over the second team. In fact our team of 12 was home before any other team had finished its six scoring men! Then to the much awaited English Championship, of which we were the proud holders. On March 9th our lads travelled to Leamington Spa and had another battle royal with our famous Midland rivals, Birchfield Harriers. Our team finished in the first 24 positions, and after a breath-taking adding up of the scores we were acclaimed winners with a ten-points' margin. We are indeed truly the Champion Club.

Of individuals, Tom Carter deserves our thanks and praise for the successful training and nursing of his team, also, of course, for his own brilliant running. It was a cause for general regret that Tom did not get another International vest. Tom had had a cold the week before the race, which no doubt left its effect. Len Herbert, by finishing seventh, was awarded an England vest, and we congratulate Len on adding his name to the distinguished company of Belgravians so honoured in the past.

BELGRAVE DINNER DANCE

NEXT NOVEMBER - Saturday, 16th, to be precise - sees what newspaper journalists call "the end of an era." That is the date of this year's Belgrave dinner-dance (put the date in your diaries and start saving for it now) and, after thirteen years of organising it, Bill Couzens is taking a rest. He is handing this great event over to Ron Severn who will actually, with Bill's help and guidance, be responsible for this year.

Some of you may not know Ron. He joined Belgrave in 1983 after leaving High Wycombe, where he had been successively Secretary, Chairman and Trustee of Wycombe Phoenix Harriers, as well as organiser for years of the famous "Furniture Five" road race. Soon after joining Belgrave he became Hon. Treasurer, which job he did for five years, and upon giving it up he was elected a Life Member of the Club. He has been away from the innermost affairs of the "Bels" for a while, but is back now, not only for the dinner-dance, but also as a new auditor of the Club, taking over from Ray Conway, another long servant.

Ron says: "Following Bill with the dinner-dance will be almost impossible, he has made such a huge success of it for so long. All that I can say is that I plan no changes in the venue (Preston Cross Hotel) or the format, so I hope everyone can look forward to the same wonderful evening they have always enjoyed. But I need all the help I can get in the sale of tickets, so will everyone please make a special effort this year to buy them, not only to save me many sleepless nights, but also - and this is much more important - to see that Bill and his wife Gwen (who has herself made a great contribution to each year) get a grand 'send-off' and 'thank you'."

Welcome

to the following new members who have joined us
since October 1995

Kwadjo Adjepong	Senior	Trk.	Peter Kiddell		
Dotun Akinbogun	Senior	Trk. Fld.	Richard Lee	U13B	Trk. Fld. Rd.
Wanel Alexander	Senior	Trk.	Freddie Lewis		Trk. Fld.
Nicky Andrews	Senior		Michael Mailer	Senior	Rd.
Bernard Asante	U13B	Fld. Rd.	Holly McCrudden	U13G	
Lucy Asling	U13G	Wkg	Samuel McNally	U13B	Trk. C.C.
David Bailey	Senior	Fld.	Sassan Nash	U15B	Trk.
Richard Banham	U13B		Lee Newman	Senior	Fld.
Timothy Beames	U20M	Trk.	Ann Marie O'Brien		
Christopher Beaver	U13B	Rd. C.C.	Tadakazu Ohashi	Senior	Trk. Fld.
David Beaver	Senior	Rd. C.C.	Donal O'Riordan	Senior	Rd. C.C.
Charlotte Boquet	U13G	Trk. Fld.	Merric Osborne	U17M	Trk. Fld.
Patrick Boquet	Senior		Amanda O'Shea	U17W	Trk.
Warren Brooks	Senior	Trk. Rd.	Rachael Osodi	U15G	Trk. Fld.
Gary Brown	U13B	Fld.	Victoria Parker-Smith	U13G	
Joar Capindica	Senior	Trk.	Michael Parper	U20M	Trk.
Robert Carey		Trk. Fld.	Omar Pomells	U17W	Trk.
Carlos Castelblanco	Senior	Trk.	Nigel Powley	Senior	Rd. C.C.
Fabrice Chieneka	U17M	Trk.	Colin Preston	Senior	Rd. Trk.
Nigel Costain	Senior	Rd. Trk.	Alice Ragouzaridis-Clark		
Karen Cross	U13G	Rd. C.C.	Christopher Rawlinson ..	Senior	Trk.
Mabon Dane	Senior	Wkg.	Sophie Read	U13G	C.C. Wkg.
Valencia Dawson	U15G	Trk. Fld.	Anthony Richards	Senior	Fld.
Dennee de Emmony		Trk. Fld.	Anthony Robertson	Senior	Trk. Rd. C.C.
Noemi Dubrule			Jennifer Scorer	Senior	Rd. C.C.
Shaun Eaton		Trk.	Sheik Sesay		Trk. Fld.
Jason Fergus	Senior	Trk.	Ben Shannon		Trk.
Janha Fessal	U13G	Trk. Fld.	Barry Smalling		Trk. Fld.
Sarah Field	Senior	Trk. Rd.	Koye Sowemimo	U20M	Trk.
Ray Foley	Senior	Rd. C.C.	Martin Sparks	Senior	Trk.
Andrew Goudie	U20M	Wkg.	Martin Sparks, Jr.	U13B	Trk.
Philip Graham		Trk. C.C.	Linda Staines	Senior	Trk.
Nathan Gray	U15B	Rd. C.C.	Ryan Tracey		Trk. Fld.
James Green	Senior	C.C. Rd.	Andy Tulloch	Senior	Trk.
James Hall		Fld.	Ian Vaughan-Arbuckle ..	Senior	Trk.
Asa Harris			Peter Waterman	U17M	Fld.
Stephen Hewes	Senior	Trk. Rd.	Gareth West		Trk. Fld.
Danielle Johnson	U13G	Trk. Wkg.	Christopher Woodhouse	Senior	Rd. C.C.
Michael Kazimierski	Senior	C.C. Rd.	Matthew Yates	Senior	Trk. C.C. Rd.

club record corrections

OUR EXTENSIVE list of Club Records in the previous issue proved to be of great interest and we are grateful to those who were able to fill in some of the missing details or took the trouble to let us know of any inaccuracies. Many thanks in particular to Peter Matthews, Jacinta Moore, Steve Williams, Dave Sharpe, Charlie Dickinson, Helen Maskrey, Gary Staines and Derek Jones.

We promised to reprint the younger age group Walking Records once we had more information but quite frankly, our lads and lasses are turning in record performances with such rapidity that they are moving from week to week. We will reprint them and what we hope to do for all events in all disciplines and age-groups is produce a check-list of records broken on a regular basis.

Apologies to Rachael Parrot, whose first name we had spelled incorrectly. Incidentally, all her best walking times were believed to have been set on the track.

It seems that all of Ian Gilley's U13B Records were set in South Africa and we have no knowledge whatsoever of the conditions, venues, timekeeping standards, etc. As a result we are relegating his performances to *other notable performances* status and have to carry out more investigation to find out what the best confirmed performances really are for this age-group. More news in the next issue.

Michael Nicholls' correct age for under 17 records has been confirmed and we now have the correct spelling of Ian McDermott.

We are informed that 1.5k walking events are no longer held so they will also be recorded as *other notable performances*.

Charlie Gillett's M40 100m was patently wind assisted so it's back to the drawing board for that event although we suspect that Snowy Brooks' 12.0 from 1985 will probably stand up as the best on record.

We missed Jacinta Moore's sprint times from '95 and including them now, we note that she holds every flat running record for W35 from 100m to 5000m.

We recorded Jim Estall's '95 London Marathon as our best M40 time but had missed Charlie Dickinson's 1989 effort which was a little faster. As Chas. turned away after watching the 'London' this year he couldn't help commenting, with his tongue in his cheek "So I've still got the record then." We also omitted Helen Maskrey's best 10 miler on the road.

Gary Staines reckons that he has a better 10k road time than Paul Evans' 28:13 but apart from the fact that he set it in Spain some time around 1989 we haven't any more details yet.

Corrections, with the exception of name spellings only, are shown on page 37 - and yes we know some of these have been beaten since.

British Athletics League (1968-1995) Belgrave's All-Time Top 50

Marathon Dave faces his toughest challenge

IT'S FOUR YEARS since we last published one of Leo Coy's lists of our All-Time Top 50 BAL points scorers. In spite of Rugby League commitments Abi Ekoku has managed to squeeze in another seven appearances for our first team and moves comfortably ahead of fellow discus thrower Ken Onuaguluchi for the first time. We have heard that Abi plans a full scale return to athletics before too long. Only one other Belgravian has racked up more appearances - Captain Phil Goedluck. 1996 should see him move into second spot. Derrick Williams' and Stu' Paton's scores are standing up well but the middle of the table has been turned over as those still regularly making the team continue to score heavily, led by Leith Marar who has come from nowhere to no. 13. Not surprisingly Neil Owen and Kassa Tadesse have also made great inroads in a short space of time while down at the bottom we have bid farewell to some old favourites including Guy Sagar and John Bicourt.

	Appearances	Points		
1.	Abi Ekoku	30	656½	
2.	Ken Onuaguluchi	23	575	
3.	Phil Goedluck	35	561½	
4.	Lenny Paul	24	447¾	
5.	Derrick Williams	22	423½	
6.	Stuart Paton	26	332	
7.	Marcus Adam	17	307¾	
8.	Mike Edwards	19	302½	
9.	Nigel Bevan	21	293	
10.	Mark Lindsay-Bayley	21	289½	
11.	John Regis	18	249¾	
12.	Darryl Maynard	22	235¾	
13.	Leith Marar	13	233	
14.	Derek Browne	23	219	
15.	Ian Wells	21	209	
16.	Olly Foote	25	208	
17.	Gary Staines	15	184½	
18.	Mike Hayes	17	176	
19.	Jay Busk	21	175½	
20.	Ernest Obeng	10	173¾	
21.	Jon Ridgeon	6	172½	
22.	Phil Lovell	16	170	
23.	Phil Spivey	16	167	
24.	Paul Evans	10	162	
25.	Darrin Morris	12	161	
26.	Neil Owen	9	156½	
27.	Paul Beaumont	12	156	
28.	Marcello Bizio	23	146	
29.	Andy Hutchinson	13	143¾	
30.	Kassa Tadesse	9	142	
31.	Mark Sinclair	19	140½	
32.	Ian Tullett	11	140	
33.	John Gladwin	11	135¾	
34.	Paul Edwards	7	129	
35.	Dennis Costello	9	127	
36.	Chris Cornwell	18	126	
37.	Max Robertson	7	125½	
38.	Rob Turner	13	125	
39.	Mark Shippen	17	125	
40.	Mike Small	12	124	
41.	Fred Salle	10	123	
42.	Justin Chaston	11	116	
43.	Simon Shirley	7	112½	
44.	Myles Cottrell	9	110	
45.	Chris Ogle	12	109½	
46.	Warren Caswell	8	108	
47.	Simon Maynard	15	108	
48.	Philip Okoro	7	107	
49.	Aham Amadi	12	106¾	
50.	Haroun Korjie	5	106½	

JUST UNDER a year ago Fleet Street journalist Dave McMillan, a member of Belgrave Harriers for the last 34 years, was delighted to receive a commemorative medal and tee-shirt from the London Marathon organisers congratulating him upon being one of only 41 runners who had completed all 15 London Marathons. Dave's first athletic events had been the sprints back in the '60s but he was always ready to have a go at anything and was regularly to be seen in his teenage years, plugging away at the back of the "Southern" and "National" cross-country fields.

He was so proud to receive that letter from Alan Storey because gradually, over the years, he had got faster and faster in 10ks, half and full marathons until at the age of 47 he had just set his latest pb over the London course with 3:03:05. Club-mates jokingly reckoned that by the time he was 60 he would be down to about 2:30! Dave was determined to carry on until he was the only person left who had completed every single 'London' but sadly fate does not always favour the nice guy.

While out for a Sunday morning 13 miler in the Warwickshire country lanes near his home earlier this year and with just a mile or so to go before that hot shower, he was cruelly struck by a speeding car and received the most horrific injuries. With a leg shattered in four places, broken ribs, punctured lungs, a crushed arm ... his proud record of consecutive marathon runs was quite obviously over.

But you know, runners are such a positive breed and no-one could be more determined than 'Dave Mac'. For a start he was pleased to be alive. The ambulance rushing him to the Radcliffe Infirmary in Oxford had to radio ahead to report that he was likely to be dead on arrival unless special surgery was carried out immediately. Another ambulance with the necessary equipment was dispatched and at a rendezvous in an Oxfordshire country lane an innovative emergency operation was carried out.

A three month minimum predicted stay in hospital was then reduced to a month as Dave oh! so painfully carried out every exercise and more prescribed by the doctors. He had already told the hospital staff that he would be running again and they devised additional 'work-outs' to keep tendons and muscles in tone for that big day in the future.

Incredibly, only two months later, he is already getting about in his wheelchair although the jarring caused by cracks in the pavements has him gritting his teeth and he has had to return to hospital for a bone graft. Once more he has vowed that he will run again and who can possibly doubt it.



*Left: Club Track & Field Captain Phil Goedluck rises toward the top of the all time points scoring list.
Photo: Alan Mead*

Safeguarding young athletes and coaches

"THE DISCUSSION between BAF, Sports Council and other sports concerning statutory and recommended procedures for protecting young sports persons against abuse, and those working with them against malicious accusations of misbehaviour or abuse, continue. It is becoming increasingly apparent that the key agency in putting these safeguards into effect can only be the athlete's club. For it is here where young athletes and adults interact in an athletic context. Protocols are going to have to be established by which clubs vet appointees to positions in which they work with the young, and then monitor them in doing so. References and affidavits may be needed and sub-committees and confidential files safely and securely kept. Will your club be able to cope?"

At a recent meeting of the Club's Management Committee the Secretary brought the above message from BAF to our notice. It was agreed by all present that we should give it our

full attention. Having had to deal with this subject, in which I have received considerable training as part of my full time occupation as Youth and Community Officer, I readily offered to act for the Club in this matter. Following the request of the Committee and on the recommendation of BAF I have purchased the information pack concerned with our sport, and will consult it when and where necessary.

I feel sure that all Belgravians will understand the need to give attention to this danger that can threaten both young person and adult, and will give me their full support in what can be at times a very sensitive situation. All I need to say at this time is ... you know whose responsibility it is to act in these matters on behalf of the Club and therefore whom to contact if you have any fears.

Reg Hopkins, Past President. Telephone 0171-231 9116.

Below: Past President Reg. Hopkins Snr. takes on the role of safeguarding our members.



Another Record Haul from President Snowy Brooks

BEING PRESIDENT of Belgrave Harriers doesn't seem to have slowed Super-Vet Snowy Brooks down at all. After last year's foray to the World Championships he had previously decided to take 1996 a little more easy but somehow the performances just seem to keep on coming. February 18th saw him at the Southern Counties VAC event at Crystal Palace where he clocked 8.3 for 60m and 9.7 for the 60m hurdles - but this was just a warm-up. At the British Veterans Pentathlon Championship at Birmingham Arena on March 2nd he led from the first event to the last, coming home over 700 points ahead of the second M50 with performances of 60mH/9.60, LJ/5.58, SP/11.90, HJ/1.51 and 1000m/3:50.86. Both the high jump and long jump were M50 Club Records and his final score of 3647pts was just 50pts shy of his best ever M50 pentathlon mark.

Gabby set for a good summer

AFTER a record breaking 81:53 half-marathon in her home town of Brighton on 25th February, Gabby Collison took the Wimbledon Premier 10k on March 10th by over three minutes from Hare & Hounds' Rachel Disley, clocking 36:08. But the girl from the South Coast still had plenty in reserve. On April 14th at Totton near Southampton she ran to 34:44 in the Arco Wessex 10k race to gain an impressive victory over Bath's Zena Marchant in a time just 12 seconds short of her best ever. It looks as if the summer will see yet another revision of her best marks on road and track.

THE 4x200m relay is always the final event at Rosenheim matches and some surprisingly good times get thrown up in the battle for points. Three Belgrave relay teams placed in the top 12 for 1995 as a result of these matches: the Seniors were 8th, the Under 20s 10th and the Under 17s 12th.

An Englishman in New York

NEW YORK CITY MARATHON 12 NOV 95

AS THE 26.2 mile charge through the streets of New York gradually drew to a conclusion and Central Park loomed ahead there were still 11 men battling it out for the top prizes. The Mexicans were out in force with Silva and the Garcias; Lopuyet, Kagwe and Koech were there from Kenya, Portuguese representatives were Matias and Pinhero and there were the South Africans Thys and Moqhali - oh! and of course the lone Briton and Belgravian Paul Evans. It was tough little German Silva making the running at 23 miles, piling on a pace that at last began to whittle down the leaders. Two miles to go and it was down to three: Silva, Evans and Koech. As the diminutive Mexican's searing pace bit harder and harder first the African fell away - and then Paul faltered, only to get back on terms again. Together they raced on until with 800 metres remaining the low geared Silva opened up just enough daylight on the Belgrave Harrier and at such a speed there was no coming back again. Exciting stuff!
1, G.Silva (Mexico) 2:11:00; 2, P.Evans 2:11:04; 3, W.Koech (Kenya) 2:11:19.

Vets in Ireland

THREE veteran Belgravians, Laurie O'Hara, Fred Paget and Charlie Dickinson flew to Ireland for the annual home international cross country races, this time held at Malahide Castle, Dublin on November 18th. Laurie was selected to run for the England M60 team while Charlie was a reserve for the England M45's. Fred went in an advisory capacity!

It was indeed a splendid weekend. The hospitality was superb, the course beautifully cut green grassland in front of the magnificent castle, and the weather cold but with clear air and brilliant sunshine.

The standard of running, particularly in the men's race, was awesome with Nigel Gates getting the better of Ireland's Jerry Kiernan and SLH's Barry Attwell. Laurie had to settle for silver in the M60s behind Scotland's Hugh Rankin and collected another silver in the team event. His time over the 9km course was 30:50.

Charlie Dickinson came 4th in the Open Veterans race held over the same circuit in 27:50, a time that would have got him a team medal in the international race - but he did easily win the competition for drinking the most Guinness!



THE HOG'S BACK on December 10th saw Helen Maskrey 9th home in 59:25 with Nina Mills 35th in 66:08, Pam Davies 150th in 88:30 and the team closing in 10th of the 19 that took part.

OUR road running girls have won at Hook Arena before and on February 4th in the 26.2 Club's 10k they did it again with Helen Maskrey 3rd, 38:39, Nikki Haines 7th, 39:16, and Martina Ryan 15th, 42:04. Sadly, there were no prizes for the women's team race!

Road Running and Cross Country

REEBOK SOUTHERN 4-STAGE VETERANS RELAY ALDERSHOT, 23 SEP 95

Laurie O'Hara produced a blistering first leg time of 21:06 to break his own M60 course record on a beautiful sunny Autumn day at the Rushmoor Arena. However, with Pat Newell injured and no other M60 replacement to be found, the Belgrave team came to a grinding halt after Charlie Walker's second leg run. What a pity!

There was a good team effort from the Belgrave M40 team who finished 16th out of a total over 80 veteran teams. New vets Tony Binda, Don Anderson and Mick Nouch have given the team a real boost.

M40
1, Exeter H 1:16:55; 2, Brighton & Hove 1:17:59; 3, Thames H&H 1:19:48; ... 16, Belgrave 1:23:03 (C.Dickinson 19:29, M.Nouch 20:24, D.Anderson 21:20, T.Binda 21:50).
Fastest: 1, N.Gates (Brighton & Hove) 18:20; 2, P.Sturtridge (Bideford) 18:58; 3, D.Skrivens (Key P) 19:05; ... 13, C.Dickinson 19:29.
M60
1, Barnet & D 1:36:52; 2, Cambridge H 1:40:38; 3, Orion H 1:46:31; Belgrave (L.O'Hara 21:06, C.Walker 25:52).
Fastest: 1, L.O'Hara 21:06; 2, R.Higgs (Barnet & D) 22:14; 3, B.Smith (Hillingdon) 23:21.

YACHT '3' WIMBLEDON, 7 OCT 95

"Hmph! Mystic Meg stands more chance of getting the handicaps right than you do ..."

Every year Charlie Manning's ritual abuse of the Hon. Handicapper gets more inventive but never one to hold a grudge, Arthur Bruce this year gave him enough leeway to keep him off the back of the pack for a change. Entries were up for the second year in a row even if there was a Veterans' race over at Petersham and at last the field began to look like a race again. Even young Laurie was out scorching the SW19 roads again, sending the memories of onlookers drifting back over the years to races of days gone by.

At the other end of the age-scale, nine years-old Paul Graham was having a great day. A jog in the morning at Battersea with Snowy and Daley Thompson loosened him up nicely for this three-miler and his determined sprinting down the finish stretch earned him the admiration of all. Pete Gilbey and Laurie O'Hara were so taken with the young man's efforts that they spontaneously awarded him their sports voucher prizes - at which Paul responded by offering them a go of his "power-ranger".

But it was Misery Manning who had the last word when watching our President haul his decathlete's frame over the last yards:

"What ... I thought he was supposed to be an athlete ..."

	Watch	Allow	Actual
1, S.Willimont	29:31	12:45	16:46
2, L.O'Hara	29:35	12:30	17:05
3, P.Gilbey	30:07	13:30	16:37
4, R.Harding	30:08	13:30	16:38
5, D.McMillan	30:10	12:45	17:25
6, P.Carstairs	30:28	14:45	15:43
7, A.Luce	30:54	14:00	16:54
8, P.Graham	31:11	10:30	20:41
9, R.Bale	31:12	12:30	18:42
10, M.Graham	31:13	10:30	20:43
11, D.Davies	31:22	9:00	22:22
12, C.Manning	31:32	0:00	31:32
13, D.Manning	31:45	8:00	23:45
14, J.Smiter (W)	32:03	9:00	23:03
15, J.Stone (W)	32:54	9:00	23:54
16, L.Manning	33:03	11:30	21:33
17, B.Gorman	33:07	11:30	21:37
18, A.O'Shea (W)	33:08	9:00	24:08
19, S.Brooks	36:04	8:00	28:04
20, P.Mead (W)	38:06	8:00	30:06

SURREY COUNTY VETERANS CC CHAMPS. PETERSHAM, 7 OCT 95

Only a few years ago this event was perhaps one of the most popular races for Belgravians with as many as thirty veterans taking part. This year it was down to a bare dozen runners with complete teams only from the ladies and M40's.

The reasons are simple. Firstly, the date has moved progressively forward from its traditional spot at the end of October and this year clashed

Hard pressed at home!

REEBOK SURREY CC, LEAGUE DIVISION 1 RACE 1 WIMBLEDON, 14 OCT 95

Our officials were hard pressed on this day. As Don Anderson was running round the course laying out the trail of flags and tape he was unaware that mischievous youths were busily adjusting his markings. With many of our Saturday afternoon runners happily ignoring the race as they ran past on their way to the Park, we were already short of pointsmen and as a result the youngsters' race was neatly diverted across a golfing green and off towards the horizon. After a long detour they approached the finish from completely the wrong direction. It didn't affect the result of the race as

all except one lad followed the same route but it did affect the golf tournament which was called off!irate golfers had to be placated. When this was followed by a letter of complaint from one of the participating clubs with the suggestions that we should have people with radios at intervals around the course - we should have pointsmen stationed within sight of each other at every turn - that we should have a senior runner at the head of the field leading the way (any runner capable of doing that would currently be among our our scoring ten!) - well, it make's one wonder if there isn't a better way to spend a Saturday afternoon.

In spite of all this, Amir Becirhodzic had great pleasure in getting home 2nd, and with fellow Bels Kevin Quinn, Steve Beaver and Peter MacDonald packing in close behind, Boro' of Hounslow only just pipped us for the Under 17 team win. Our mighty midgets the under 13s also gave us second place even though they had run way over the correct distance.

Surrey Vets continued . . .

with Belgrave's own Yacht handicap. Secondly, for the last two years the course has been held over the very tough lower circuit which includes climbing the dreadful Petersham hill three times. Many who ran it last year opted out this year, and some who did it this year will never do it again (ask Doug Maughan).

Belgrave ladies fielded the same team as last year but Jacinta Moore never felt happy and was well down from last year's fifth place. Nina Mills finished 6th W45 and Hilary Saw was only a minute and a half behind her. They placed 8th as a team.

Again, John Mather was down from last year when he had a blinding run, but won the battle with Don Anderson to finish first Belgrave runner in 21st place. It was good to see the improving and very keen Tony Binda next, followed by Paul Roche. Chris Taplin had a good run in 49th and the M40 team finished 7th.

John Wasbrough and Tony Stone renewed their M50 battle of last year. This time it was John who was just ahead at the finish. With Pat Newell injured and Arthur Bruce lining people up at Wimbledon for the 'Yacht' it was only Bert Stroud who ran in the M60's finishing 7th.

Men

1, B.Attwell (South London) 34:27; 21, J.Mather 36:51; 23, D.Anderson 37:01; 31, A.Binda 37:52; 41, P.Roche 38:34; 49, C.Taplin 39:34; 84, J.Wasbrough (20th M50) 43:01; 85, A.Stone (21st M50) 43:12; 96, A.Stroud (7th M60) 44:56; 105, D.Maughan 47:06.

Team 7, Belgrave 59.

Women

1, L.Leggatt (Herne Hill) 18:58; 15, J.Moore 22:17; 24, N.Mills (6th W45) 22:58; 30, H.Saw (11th W45) 24:24.
Team: 8, Belgrave 64.

Senior Men

1, D.Taylor (Herne Hill) 24:51; 2, J.Solly (Herne Hill) 24:57; 3, J.Jackson (Aldershot F&D) 25:26; ... 8, A.Passey 26:10; 26, J.Estell 26:58; 48, G.Adams 27:58; 65, J.Galley 28:36; 69, C.Dickinson 28:43; 86, B.Barton 29:18; 87, R.Alsop 29:18; 92, S.Paton 29:29; 98, R.Foley 29:45; 100, N.Kello 29:50; 108, A.Luce 30:02; 123, P.Gilbey 30:50; 129, A.Jones 30:55; 130, J.Madsen 30:55; 132, S.Willimont 30:55; 133,



Above: Nineteen year-old Sammy Nyamongo of Kenya came home well clear of the field in our Open 10k Road Race on 22nd October. Photo: Jeremy Hemming.

J.Gladwin 31:04; 136, J.Wilson 31:11; 139, J.Mather 31:21; 142, Marlon Anderson 31:24; 143, M.Manning 31:27; 147, A.Binda 31:40; 148, P.Carstairs 31:53; 171, P.Roche 33:26; 172, R.Bale 33:31; 181, M.Graham 34:28; 185, J.Wasbrough 35:06; 189, A.Stone 36:03; 192, C.Preston 37:18; 197, R.Harding 42:18.

Teams: 1, Boro' Hounslow 276; 2, Thames H&H 289; 3, Herne Hill 334; 4, Boxhill 348; 5, Aldershot F&D 354; 6, South London 566; 7, Ranelagh 579; 8, Belgrave 602; 9, Woking 747.

U17M and U15B

1, A.Barnes (Aldershot F&D) 17:11; 2, A.Becirhodzic (Belgrave) 17:33; 3, B.Chapman (Boro' Hounslow) 17:34; ... 8, K.Quinn 18:26; 13, S.Beaver 19:38; 14, P.McDonald 19:46; 16, F.McManus 20:04; 20, M.Patel 20:31; 23, C.Morris 21:13; 26, P.Wright 21:27; 27, D.Bond 21:37; 28, R.Bignall 21:38.

Teams: 1, Boro' Hounslow 51; 2, Belgrave 53; 3, Ranelagh 86; 4, South London 92; 5, Aldershot F&D 114; 6, Herne Hill 126; 7, Woking 153.

U13B

1, M.Farah (Boro' Hounslow) 18:45; 2, D.Hayes (Ranelagh) 20:36; 3, S.Deverall (Ranelagh) 21:07; ... 5, S.Quinn 22:21; 11, B.Asante 24:11; 12, P.Graham 24:53; 18, M.Shannon 26:14; 20, S.Whorlow 28:26.

Teams: 1, Ranelagh 28; 2, Belgrave 61; 3, Boro' Hounslow 83; 4, Woking 121½; 5, Herne Hill 134; 6, South London 135.

Belles start 9th

SURREY WOMEN'S CC LEAGUE DIVISION 1 RACE 1 EPSOM 21 OCT 95

While Herne Hill stormed away from Tattenham Corner, intent on starting their season with a win, Belgrave only managed to turn out the bare minimum of five runners and crashed to 9th of the 10 teams taking part. Although it was good to have runners in two of the younger age groups, they too suffered from a shortage of numbers and both Under 17s and Under 15s had to add last scoring places into their totals to make up a 'scoring four'.

Senior Women

1, C.Pauzers (Herne Hill) 16:40; 2, S.Young (Dorking & MV) 17:07; 3, S.Dawson (Herne Hill) 17:27; ... 25, M.Ryan 19:28; 40, N.Mills 19:28; 41, J.Oakley 21:10; 44, J.Stone 21:59; 45, H.Saw 22:58.

Teams: 1, Herne Hill 63; 2, Dulwich Runners 70; 3, South London 84; ... 9, Belgrave 195.

U17W

1, A.Hartney (Woking) 15:52; ... 16, A.Hearn 19:24; 17, A.O'Shea n/s 19:27; dnf, L.Wilson.

Teams: 1, Croydon 26; ... 10, Belgrave.

U15G

1, J.Mellor (Sutton & D) 12:52; ... 21, D.Hearn 14:39; 35, L.Davison 17:30.

Teams: Sutton & D 23; ... 9, Belgrave.

BELGRAVE 10k WIMBLEDON, 22 OCT 95

John Wasbrough's Autumnal promotion was another success and for the first time the race was graced by the presence of overseas talent in the form of nineteen year-old Sammy Nyamongo from Kenya. Sammy was 2 minutes clear at half-way and just kept on going further and further into the lead.

'Gerry' Adams led the Bels to a convincing team win over Hercules Wimbledon while in the women's race, Herlen Maskrey's margin of victory was a whopping 6½ minutes.

Men

1, S.Nyamongo (Kenya) 29:49; 2, R.Phillips (unatt) 32:18; 3, G.Adams (Belgrave) 32:32; ... 5, M.Bizio 33:56; 8, P.Gilbey 34:16; 13, P.Cooper 35:30; 17, A.Binda 35:49; 18, L.O'Hara 35:56; 27, R.Bale 38:06; 30, P.Roche 38:41; 33, J.Slough 39:29; 34, L.Mann 40:29; 40, A.Stone 41:35; 46, A.Stroud 42:32; 51, E.Derouet 44:38; 71 finished.

Teams: 1, Belgrave 'A' 16; 2, Hercules Wimbledon 27; 3, Belgrave 'B' 48; 5, Belgrave 'C'.

Women

1, H.Maskrey (Belgrave) 40:41; 2, R.Broster (Serpentine) 47:19; 3, D.Knott (unatt) 47:19; 4, A.Hearn 48:14; 7 finished.

A 'stormer' from the Captain

PRIORY 6x2½m CC RELAY REIGATE PRIORY, 4 NOV 95

Our best showing in recent years was in 1991 when a Gary Staines last leg of 12:19 took the Bels to 6th. No superstars this time out so our final position of 6th after half a dozen circuits of Priory Park has got to be considered highly satisfactory.

Roger Alsop gave us a solid start by coming in 7th with Tonbridge making the running thanks to the day's fastest leg from Skelton. The young team from Kent held on to their lead on leg two with the first of the Graffin twins swinging into action but the field had closed up drastically behind with our own 'Gerry' Adams running a stormer to take the Bels up to 3rd. We should have been able to analyse our Captain's run over and over again at leisure but unfortunately Colin Pearson forgot to set the record button on his camcorder!

Boxhill snuck past a fit looking Rob Turner and Bruce Barton, suffering from the sniffles held onto 4th as the last legs approached but Windsor were getting ominously close. Sure enough the Berkshire club's McHarg had the measure of Belgrave's Said Chettati and then Phil Carstairs had the pleasure of setting out for the final stage with Brighton's Andy Bristow breathing down his neck.

Pick of the 'B' runners was City Dealer Nick Kello who'd have gone

Harriers once more

We didn't expect our Men's Road and Cross Country team to set the world alight during the winter just past but nevertheless, things have begun to bubble nicely and looking back, the general feeling is one of satisfaction. A corner on the road to greater things has been turned and we have a clearer view of what we can do.

In the Surrey League we came steadily from behind to end up at Coulsdon with our best team place in several years. We were well supported by Gary Staines but just as pleasing was the confidence beginning to creep into the team with half our scorers getting used to finishing in the 20s. What we must do next season is start off stronger - get a couple of low key events under our belts before the winter season begins in earnest - and then we can definitely aim for a final team place in the top half of the league.

The South of Thames 'Junior' race at Crowthorne saw us in the medals while the 'Senior' event where we only belatedly entered a team gave us the individual winner. Both of these races could provide rich pickings for us next year. Few of our runners currently suffer from the barring clauses that prevail in these races - so let's go out next winter and get barred in a big way!

We never did have the main championship events inked into our calendars but when one looks back one can see that with a little better organisation we could have won the Surrey title and with Matt Yates finishing in the 60s in the National one couldn't help getting excited about what we could achieve if we had enough runners with the same aim.

By the time the relays came around things were looking better and better. Tackling the ECCU 4x5k cross-country event for the first time was an eye-opener. We had a hot team but those Northerners were hotter still. Who would've thought that clubs would turn out their top men two weeks in a row; 14k of cross-country at Newark followed by another 5k at Mansfield. We might have missed out on our dream of winning national medals in that four stage event but at least we featured again among the names of the traditional cross-country clubs - Bingley, Coventry, Border, Tipton, Belgrave ... with others like Birchfield in our wake.

Then came our own road relay promotion where we swept the board. The Belgrave 6-Stage is beginning to look as if it might remain a regular event and it all adds to the pride and confidence that we need when it comes to showing that we are indeed still a harrier club as well as an outstanding track and field outfit.

On to the Southern 12-Stage. Things got so exciting during the fortnight beforehand that our aim of a top ten spot got forgotten as we changed our target to top six and then saw ourselves as potential medallists. Sadly the wheels came off during the last few days but to end up 8th was a fine achievement and surely a herald of what is to come.

Finally the London Marathon gave us the high profile win that we were looking for. Of course we had a brilliant start with 3rd and 9th from Paul Evans and Gary Staines but there had been prolonged negotiations between our management team and Nike, the BAF, the SEAA and the Race Referee, simply to ensure that our top two men would be eligible to score for us due to the fact that they were contracted by Nike to wear their Elite vest while in the team race club colours "should be worn". Our negotiations bore fruit and as a result we may well be pressing for an amendment to BAF's rules to make them more workable in today's sport.

So now it's all before us. If we really do want to move on, we can. We have a good team running the show and as Team Manager I would like to thank Charlie Dickinson, Gordon Biscoe and Don Anderson for their help but most of all thanks to you the runners led by Captain 'Gerry' Adams and Vice-Captain Roger Alsop. Already I am looking forward to the prospect of next winter's campaign. There's the challenge of completing teams in the major championships, County and National 6-Stage Relays to have a crack at, the defence of what we have won this winter past.

Alan Mead

faster still had he arrived a little earlier and taken the 1st stage.

Fastest in our women's team was Laura Wilson, still not quite 16 years of age and seemingly able to tackle any distance from 200m to 3k.

Men

1, Tonbridge 80:24; 2, Cambridge H 80:42; 3, Boxhill Racers 80:53; ... 6, Belgrave 'A' 82:42 (R.Alsop 13:37, G.Adams 13:06, R.Turner 13:26, B.Barton 14:09, S.Chettati 14:20, P.Carstairs 14:04); 33, Belgrave 'B' 95:47 (G.Taylor 15:55; S.Willimont

15:20; T.Stone 17:50, N.Kello 14:23, D.Anderson 15:00, K.May gst 17:19); 52 teams closed in.

Fastest: 1, M.Skelton (Tonbridge) 12:48; 2, N.Francis (Cambridge H) 12:54; 3, A.Graffin (Tonbridge) 13:00; ... 8, G.Adams 13:06.

Women

1, Windsor S&E 48:59; 2, Arena 80 50:42; 3, South London 51:02; ... 15, Belgrave 'A' team (J.Smitter 19:04, J.Oakley 19:14, L.Wilson 18:38) 56:56; Belgrave 'B' team (J.Stone 20:08, A.O'Shea 20:14).



The Belgrave Boys pose before the Winter's first Surrey League match at Wimbledon. Standing, left to right: Michael Manning and daughter, Ray Foley, Mick Graham, 'Gerry' Adams, John Mather, Rob Harding, Paul Roche, Junior Galley, a yawning John Gladwin who's seen it all before, Stu' Paton, Pete Gilbey, Tony Binda, Colin Preston,

Roger Also, Charlie Dickinson, Marlon Anderson, Bruce Barton, Jesper Madsen, Alex Luce, Rex Bale, Steve Willimont, Tony Stone, Alan Mead, John Wasbrough. Kneeling: ?, Jim Estall, Markand Patel, Paul Graham, Peter McDonald, ?, Kevin Quinn, Amir Becirhodzic, Bernard Asante, Stephen 'Maggot' Quinn, John Wilson, Adam Jones. Photo: Joy Jones.

**SURREY WOMEN'S CC
LEAGUE DIVISION 1 RACE 2
RICHMOND PARK 11 NOV 95**

The setting of Richmond Park provided the background for a much better turnout from our senior women with seven runners completing the course. Sadly, however, the result was the same - 9th - and relegation began to look a serious prospect. Martina Ryan improved 11 places on her earlier run and had the backing Nikki Haines not far behind in 16th. Back in the 'forties' Nina Mills led home the two J's who were waging a private duel in which Ms. Stone eventually got the advantage.

Under 17 Laura Wilson had a much better race than at Epsom and with Amanda O'Shea in 17th and Angela Hearn 18th it was good to see the claret and gold a little further up than normal with 3rd team place.

Senior Women

1, C.Pauzers (Herne Hill) 20:07; 2, C.Diss (Herne Hill) 21:03; 3, S.Dawson (Herne Hill); ... 14, M.Ryan 22:59; 16, N.Haines 23:03; 40, N.Mills 25:29; 44, J.Stone 25:54; 45, J.Smitter 26:00; J.Moore 26:16; A.Walter 27:19.

Teams: 1, Herne Hill 42; 2, Stragglers 85; 3, South London 86; ... 7, Belgrave 159.

U17W

1, A.Hartney (Woking) 16:41; 9, L.Wilson 19:02; 17, A.O'Shea 20:33; 18, A.Hearn 21:12.

Teams: 1, Croydon 57; 2, Hercules Wimbledon 65; 3, Belgrave 77.

U15G

1, A.Hunn (Hercules Wimb) 13:35; ... 23, D.Hearn 16:02; 24, A.Gray 16:14. Teams: 1, Sutton & D 14; 10, Belgrave.

SOUTH OF THAMES "JUNIOR" CROWHURST, 11 NOV 95

We're in the medals

It was heartwarming for all those involved in cross country to watch a fine second place from our team and an inspired individual 4th from captain Graham Adams.

Overnight rain, the first for several weeks, had softened the woodland paths which together with some very tough hills and more rain during the race made for a demanding course. A narrow downhill start produced the predictable manic rush with the Graffin twins from Tonbridge already heading the fray just ahead of Graham Adams. Then came a bunch of Belgravians, Roger Also, Nick Kello, Phil Carstairs, and Said Chettati nicely packed in the low twenties.

The end of first short lap saw Graham maintaining his position in the leading bunch, Roger moving up, Nick dropping back slightly, and the others roughly the same. Further back Steve Willimont looked unhappy but Tony Binda and Paul Cooper were running well.

At the halfway stage a breakaway group of seven runners were forcing the pace with Graham Adams hanging on at the back. Roger Also continued to move up into the low teens and Phil Carstairs, not too well lately, was beginning to look uncomfortable. Graham made a huge effort after the long hill on the final lap picking off three tired bodies in a long run for home. An excellent effort.

Roger showed that he is fast getting fit again after achilles tendon problems and a disappointing track

season. He too finished strongly and got up to 11th. Next came Said who had got past Phil Carstairs and ran himself almost to a standstill in finishing 29th, another very good performance.

Although suffering badly, Phil managed to hang on to the end without dropping too many places which was a good job as Belgrave only finished one point ahead of Basingstoke. Further down the field Nick Kello pulled a calf muscle but battled on gamely and cheerfully to the end. Tony Binda did well to finish 94th and we all know he has the potential to become a very good veteran. Paul Cooper too has a great deal of natural ability, he just needs to train harder and drink less!

In all a very good day, well done Belgrave and well done Graham.

1, A.Graffin (Tonbridge) 28:57; 2, T.Hyde (Windsor S&E) 29:08; 3, S.Turvill (Basingstoke &MH) 29:25; 4, G.Adams 29:33; ... 11, R.Also 30:27; 29, S.Chettati 31:51; 37, P.Carstairs 32:29; 56, N.Kello 33:16; 94, A.Binda 34:44; 100, S.Willimont 34:54; 103, P.Cooper 34:58; 181, A.Stone 39:48; 203 finished.

Teams:

4 to score - 1, Windsor S&E 45; 2, Belgrave 81; 3, Basingstoke &MH 82; 28 teams closed in.

8 to score - 1, Windsor S&E 338; 2, Belgrave 434; 3, Herne Hill 478; 8 teams closed in.

1996 Rankings

Already we are compiling the 1996 Belgrave Rankings for all events - Road Running, Walking, Track & Field
If you have a result which you feel may not get noticed let us know on 0181-224-2657.

**The Belgravian
on the
World Wide Web**

No need to lose contact. If you have access to a computer with a modem send your results, articles and messages to us from anywhere in the world

101647.2745@compuserve.com

League hopes take a dive

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 2
RICHMOND PARK, 18 NOV 95

High hopes and hard work in attempting to round up a strong team counted for nothing. While we went through the list of Belgravians we had hoped to put on the starting line but who had failed to appear for one reason or another, Hounslow were at their strongest and romped to a clear win with 8 men finishing in 28. The Bels who were there all ran well, greatly improving on their first race positions but we simply had to go back too far to close in the team.

Luckily for us, but unluckily for the "Irrepressibles," South London H crashed so badly that they dropped from 6th after match 1 to 8th here and as a result we actually moved up in the league!

Jim Estall's 22nd came just the day before the Epsom '10' - there's no stopping this man when he's on song - and after two races he had put himself well in line for the vets title.

A very warm welcome went to new member Dave Beaver, one time second placer in the National Junior Cross Country Champs for Polytechnic H. Dave's been around the club for a season or so while son Steve has been making a niche for himself in our under 15 team, and finally he took the plunge and signed the dotted line along with other son Chris. Dave then celebrated by going straight into the scoring ten even though far from fit.

Before you read through the results, we must point out that Charlie Manning's "dnf" was not due to that gentleman's inability to complete the course - it was simply due to the fact that he was a little worried about keeping the timekeepers hanging about and a lot more worried about getting his car out of Richmond Park due to the gates being closed at dusk!

Among the youngsters, great running came from Amir Becirhodzic who raced through strongly for 3rd with the rest of the team queuing up

for points just behind. As a result second team place went the way of our under17s/under15s while the under 13s also scored well headed by David Bates, Chris Beaver and that mighty nine year-old, Paul Graham. At the halfway point in the league both these teams were lying in 2nd spot.

Senior Men

1, M.Simpson (Boro Hounslow) 26:40; 2, B.Reynolds (Thames H&H) 27:03; 3, W.Oxborough (Thames H&H) 27:05; ... 10, G.Adams 27:31; 22, J.Estall 28:09; 31, R.Alsop 28:31; 63, P.Carstairs 29:31; 65, S.Chettati 29:36; 81, J.Galley 30:16; 88, M.Nouch 30:28; 89, P.Gilbey 30:31; 96, D.Beaver 30:47; 111, A.Binda 31:33; 115, P.Cooper 31:49; 137, G.Taylor 33:51; 152, R.Bale 34:51; 160, M.Graham 35:47; 164, A.Stone 37:26; dnf, C.Manning; 170 finished. Teams: 1, Boro Hounslow 207; 2, Boxhill 278; 3, Aldershot F&D 314; 4, Thames H&H 322; 5, Herne Hill 426; 6, Ranelagh 530; 7, Belgrave 565; 8, South London 668; 9, Woking 785.

U17M and U15B

1, A.Mohammed (Boro Hounslow) 13:54; ... 3, A.Becirhodzic 14:29; 8, K.Quinn 15:24; 10, S.Beaver (U15B) 15:36; 11, P.McDonald 15:40; 12, S.Alexander 15:48; 24, D.O'Sullivan (U15B) 18:15; 28, S.Stevens (U15B) 19:14; 32 finished.

Teams: 1, Boro Hounslow 35; 2, Belgrave 44; 3, Ranelagh 74; 4, South London 111; 5, Herne Hill 120; 6, Woking 126.

U13B

1, D.Hayes (Ranelagh) 17:03; ... 4, D.Bates 17:37; 5, C.Beaver 17:37; 14, P.Graham 19:35; 15, R.Biscoe 20:10; 17, M.Shannon 20:26; 18, S.Whorlow 20:37; 24, S.Harper 22:59.

Teams: =1, Boro Hounslow and Ranelagh 37; 3, Belgrave 55; 4, Woking 129½; 5, South London 141; 6, Herne Hill 148.

9 Claygate 5m. 9, R.Mann 31:41; L.Mann 33:25.
16 Elmbridge 10k. 18, J.Mather 37:41; 36, R.Mann 40:14; 40, L.McLean 40:50; 46, L.Mann 41:55; 50, C.Cross 42:48. Teams: 8, Belgrave 94.

August 1995

5 Aboyne 7½m Hill Race. 12, L.Mann 53:00.
10 Ballater 3m Hill Race. 18, L.Mann 24:30.
12 Abenethy 10m. 22, L.Mann 67:40.
20 Hillingdon 10k. 28, R.Mann 38:30; 59, L.Mann 42:56.

September 1995

2 Braemar Hill Race. 28, L.Mann 35:20.
16 Cairn William Hill Race. L.Mann 56:00.
25 Loch Muick 8m CC. 1, R.Mann 62:08; 2, L.Mann 62:19.
25 Paris-Versailles 16.3k. 5, P.Evans 48:56.
27 Gelder Hill Race. 1, R.Mann 22:31; 3, L.Mann 24:37.

October 1995

7 Madrid, Road Mile. 2, M.Yates 3:57; race won by I.Vicosia (Spain) 3:56.
29 Eastway, East London, VAC 5k Champs. 17, M.Manning 17:50; 22, R.Bale 18:56. M50: 1, L.O'Hara 18:14.

November 1995

5 Haslemere Half-Marathon inc. VAC Champs. 8, A.Verdie (1st M55) 87:08; 9, R.Bale (2nd M45) 88:28; 18, L.Mann (2nd M55) 93:16.
8 Richmond Park, Civil Service Champs. 10k CC. 6, J.Estall 32:52; 102, L.Mann 42:03.
19 Epsom 10m inc. VAC Champs. 1, J.Estall 53:15 (record); 84, L.Mann 66:32; 103, P.Cross 67:36; 277, D.Davies 81:12.
19 Brighton 10k. 28, R.Turner 31:43.
23 Dallas, USA, YMCA 8m. 1, J.Chaston 39:54
25 Gateshead, Safeway CC. 1.9k 4, A.Passey 5:06; 17, D.Maynard 5:50. 3.5k. 1, A.Passey (after falling) 10:18.
25 Wimbledon, VAC 4.8m. 1, M.Nouch 26:36; 5, L.O'Hara 28:45; 18, J.Wasbrough 31:45; 19, L.Mann 32:09; 27, D.Maughan 35:26; .
25 Chigwell, Insurance Champs. 5.5m CC. 5, A.Binda 33:20; 10, D.Anderson 35:30.
29 Inter-Services '6'. 1, G.Adams 33:29.

December 1995

8 Cascals, Portugal, IAAF Cross Challenge. 13, P.Evans 34:25.
10 Hog's Back. 9, G.Adams 51:05; 111, J.Slough 58:50; 166, R.Mann 60:49; 180, L.Mann 61:12; 307, J.Corbett 64:59; 338, C.Cross 66:20; 650, D.Davies 80:54; 685, F.Riach 86:30; 691, C.Henn 88:30; 707, C.Manning 99:40 (went off course). Veterans' Team 18, Belgrave 629; 47 teams closed in.
13 Perivale 5k. 4, P.Carstairs 15:59.
16 Wimbledon Common, VAC 4.8m. 5, L.O'Hara 28:41; 20, A.Painter 32:06; 22, A.Stone 32:36; 30, D.Maughan 34:32;
16 Wormwood Scrubs, Metro League CC. 3, M.Yates (gst) 27:54.
16 Putney Vale, Inter Old Boys CC. 16, T.Dolman 29:32.
17 Surrey Classic 10k, Epsom. 4, M.Webb 34:28.
17 Brussels, IAAF World Cross Challenge. 16, A.Passey 31:34.
25 Wimbledon Common, Lauriston Paarlauf. 1, W.Omwoyo (Kenya) & A.Luce (Bel) 6m564y; 3, M.Bizio (Bel) & A.Ward (Herc.W) 6m218y; 4, G.Adams (Bel) & S.Rowland (Herc.W) 6m126y; 9, P.Gilbey (Bel) & M.Lockwood (Stragglers) 5m1675y; 16, D.Beaver (Bel) & S.Beaver (Bel) 5m1322y.
26 Bedford 10m. 5, P.Carstairs 55:29.
30 Durham, BUPA International 10.05k CC. 8, C.Sweeney 31:04. placing him 16th in IAAF Cross Challenge standings. 2k Invitation 8, M.Yates 6:14.
31 Paris 9.5k Road. 2, A.Passey 26:51.

January 1996

1 Hyde Park, Serpentine 10k. 5, M.Bizio 33:51; 6, M.Kazimierski 34:05.
3 RAF Halton, Sir Sefton-Branker 10k CC. 17, J.Estall 35:34.
? Mitcham 25k. 9, S.Paton 87:49; 13, M.Kazimierski 89:07; 14, M.Bizio 89:53.
Teams: 1, Herne Hill 17; 2, Belgrave 36; 3, Croydon 61.
6 Mallusk, N.Ireland, IAAF World Cross Challenge 8k. 2, C.Sweeney 24:04; 20, P.Evans 24:52. Chris. closed to within 2 seconds of Kenya's James Kariuki at the end although the African was always in control.
13 Wimbledon Common, VAC 4.8m CC Champs. 9, M.Nouch 26:50; 11, P.Gilbey 27:12; 19, L.O'Hara 28:37; 29, R.Bale 29:54; 43, A.Hardy 31:20; 44, L.McLean 31:35; 49, J.Wasbrough 32:16; 60, D.Maughan 33:28; 67, C.Cross 34:00; 81, F.Barrett 35:37; 107, C.Manning 51:54; 108, J.Plummer 53:21; 109, D.McMullen 61:22; 112 finished and young Stone dropped out.
21 Dunleer, Ireland, 10kCC 15, G.Staines 32:35.
28 San Sebastian, Spain, 10k CC. 16, C.Sweeney 30:53.
31 Croydon, SCVAC Champs. M50+ 2, L.O'Hara (M60) 41:28.

February 1996

3 Tourcoing, France, Cross Int'l D'Auchan 10.3k. 16, P.Evans 31:40.
4 Watford Half-Marathon. 4, J.Estall 69:23.
4 Hook Arena, Ewell, 26.2 10k. 2, N.Powley 31:29; M50 3, R.Bale 37:42.

ROAD & COUNTRY BACKLOG

January 1995

15 Hounslow 8k. L.Mann 33:26.
22 Mitcham 25k. R.Mann 1:50:40; L.Mann 1:58:24.

February 1995

12 Bedford Half-Marathon 1:36:19.
19 Esher Scouts 4m CC. 1, R.Mann 24:35; 2, L.Mann 27:30.
26 Brighton Half-Marathon. L.Mann 1:30:30

March 1995

12 Mabac 21m. R.Mann 1:45:00; L.Mann 2:38:30
26 Flitwick 10k. L.Mann 42:40.

April 1995

17 Feltham 5m. R.Mann 31:27; L.Mann 33:59.
30 Ranelagh Half Marathon. R.Mann 1:30:10; L.Mann 1:33:12.

May 1995

21 Bedford 10m. L.Mann 70:00.

June 1995

3 Datchet 10k. L.Mann 44:13.
10 Cranfield 10k. R.Mann 40:29; L.Mann 42:04.
18 Leighton Half Marathon. 78, R.Mann 1:31:34; 98, L.Mann 1:33:36.

July 1995

2 Arran, Shiskine Half-Marathon. 34, R.Mann 1:27:33; 50, L.Mann 1:31:09; 107 finished.

ROAD & COUNTRY BACKLOG

- 8 Beverley, Inter-Service 6m CC. 8, G.Adams 34:22.
 10 Wimbledon VAC 4.8m CC. 6, M.Nouch 27:15; 14, L.O'Hara 28:56; 28, A.Painter 31:36; 31, L.Maclean 31:49; 35, D.Maughan 32:53; 47, C.Cross 34:13.
 11 Algarve, Portugal, Almond Blossom IAAF Cross Challenge. 8, P.Evans 30:27.
 17 Aylesbury Vale 10k. 3, N.Powley 31:18.
 18 Chiba, Japan. IAAF World Cross 12k. 12, C.Sweeney 38:20.
 18 Norwich, Eastern CC Champs. 12k. 2, D.Mead 40:53.
 18 Fleet & Crookham 9k. 3, M.Chuter 34:53.
 18 Chessington, Ron Hill 5m. M40 2, P.Gilbey 28:45.
 25 Hillingdon 5m. 1, A.Passey 23:28; 17, N.Powley 24:46; P.Gilbey (4th M40) 27:30; D.Anderson 6th M40 29:15; L.O'Hara 1st M60 29:49.
 25 Bury St.Edmunds, Chicago Rock Cafe 20m. 7, M.Kazimierski 1:55:11; M.Graham 2:15:55.
 ? Houston USA 10k. 1, J.Chaston 30:59 (won by 2½ minutes)
 ? Galveston USA 15k. 1, J.Chaston 46:23 (beat Leonid Moseyev of Russia by 5 minutes in humid windy conditions).
- March 1996*
- 2 Luton, South of England Veterans' Champs. M60 1, L.O'Hara 42:46.
 3 Woking 10m. M50 4, R.Pearson 60:30.
 3 Portsmouth, IBM Half Marathon. 3 J.Estell 68:21; 30, J.Galley 74:29.
 5 Crystal Palace Canter H'cap 5k. 3, A.Stroud 29:44 ? distance.
 9 Basingstoke, U15 South of England Inter-County. 34, S.Beaver (6th Surrey).
 10 Wimbledon, Premier 10k. 9, S.Paton 32:48.
 10 Hemel 10m. 3, N.Powley 51:59.
 17 Wyomndham 20m. 50, M.Graham 2:17:40.
 14 Perivale, St.Patrick's Day 5k. 13, P.Carstairs 15:54.
 17 Rugby National Veterans' Champs. 10k. M60 11, L.O'Hara 44:25. M65 4, P.Newell 46:48; 10, C.Walker 49:11. Team: 4 Belgrave 338.
 ? Holland, Van Alpen 20k. 1, P.Evans 58:47.
 23 Stellenbosch, South Africa, World CC Champs. 12.15k 87, C.Sweeney; 129, A.Passey. Sweeney ended up 10th in World Cross Challenge for the season.
 23 Wimbledon VAC 4.8m CC. 2, M.Nouch 26:37; 14, R.Bale 29:51; 25, L.Maclean 32:47; 36, F.Barrett 34:36; 53, D.Maughan 38:58.
 24 Fleet Half-Marathon. 21, M.Kazimierski 71:23.
 24 Worthing 20m. 1, J.Estell 1:50:49; 9, J.Galley 1:58:07. Jim only took the lead in the last quarter mile after Havant's Peters had built up a 200m advantage earlier in the race.
 29 Hyde Park, Serpentine 5k. 2, D.O'Riordan 15:59.
- April 1996*
- 8 Peterborough 10k: 1, P.Evans 28:33.
 13 Copenhagen, IAAF World Road Relay Champs. 10k C.Sweeney 29:35.
 13 Victoria Park, Hackney Gazette 5m. 15, P.Carstairs 25:25.
 23 Battersea Park, VAC 5.2m. 4, M.Nouch 28:01; 11, R.Bale 31:01; .. P.Newell 33:43.
 28 Sandy, Beds. Sandy 10m. 1, D.Mead 51:09.
 28 Corrida D'Heillecourt, France. 25, A.Passey.

Sweeney on his tod in 'Surrey'

**SURREY COUNTY CROSS COUNTRY CHAMPIONSHIPS
FRIMLEY, 9 DEC 95**

Those who braved the icy conditions at Frimley were treated to a wonderful victory by Chris Sweeney, returning to competition after three years of injuries. Chris was running as a second claim member for Belgrave and was unfortunately unable to score for the team (not because second-claimers are barred but because he only entered at the last minute). The rest of the squad all ran well but just lacked sufficient depth to claim any medals although it is worth noting that had Chris stated his intentions earlier we would have been within a point or two of winning.

Two times around the frozen playing fields and both Chris Sweeney and Graham Adams were well up in the leading pack; Chris looking very relaxed, Graham already working hard. Further back Jim Estall and Roger Alsop were nicely placed in the second group. Then the field climbed up the steep bank into the woods for three tough undulating circuits.

By this time the sun had disappeared and with it any semblance of warmth. Many runners never really warmed up and found the hard rutty conditions very tiring. After the first lap Chris Sweeney had already forged a useful lead and he looked comfortable and confident as he floated over the ground with his economical style. As the race progressed so his lead grew, all the way to the finish. This was really the first indication of the form which later took Chris to a successful Grand Prix series and a Great Britain vest in the World Cross Country Championships.

Graham Adams again led by example and battled around the course to finish in 7th, an excellent result which reflected his strong early winter form. Then Jim Estall, unhappy with the cold, but finishing a fine 14th,



Above: Out on his own, Chris Sweeney takes his first Surrey County Championship. Photo: Alan Mead.

again ahead of BVA National Champion Barry Atwell and also Bob Treadwell. Roger Alsop ran steadily for 27th, then a gap before Mike Nouch and Junior Galley in the late fifties. One more engine room runner here would have given the Belgrave team medals even without Chris Sweeney, but it was not to be and it was thanks to Tony Stone for completing the scoring six back in 185th position.

Leo Coy's lads looked as if they would be on for a set of medals in the Under 17 Men's group but unfortunately Simon Alexander suffered an asthma attack, putting paid to those hopes. Highest placed first-claim Belgravian of the day was Steve Beaver whose 6th place in the Under 15 Boys race must be ranked as his finest run to date.

Left: With the race not a minute old, Chris Sweeney (424) already heads the bunch with Hounslow's Hugh Brasher (16) our own Graham Adams (1) and Dorking's Bruno Witchalls in close attendance.

Photo: Ray O'Donoghue.



SURREY CC RESULTS

The only results we have to hand are the following:

Senior Men 7½ miles

1, C.Sweeney (Belgrave) 37:40, 2, N.Hopkins (Boxhill) 38:21; 3, B.Witchalls (Dorking & MV) 38:32; ... 7, G.Adams 39:02; 14, J.Estall 39:51; 27, R.Alsop 40:36; 56, M.Nouch 42:59; 58, J.Galley 43:02; 185, A.Stone 53:20.

Teams: 1, Boxhill 95; 2, Herne Hill 150; 3, South London 173; ... 6, Belgrave 285.

Under 17 Men 4 miles

1, A.Barnes (Aldershot F&D) 22:34; ... 11, K.Quinn 25:45; also ran J.Venning; S.Alexander (dnf).

Under 15 Boys 2½ miles

1, J.Heanley (Windsor S&E) 12:08; ... 6, S.Beaver 12:46; 22, L.Nation 13:44

Under 13 Boys

14, C.Beaver 11:22; 43, S.Opoku 15:18; 48, B.Asante 15:41; 54, R.Biscoe 17:01

Teams: 9, Belgrave 131.

Senior Women 4 miles

1, Z.Hyde (Woking) 24:50; 2, E.Beaven (Unatt) 25:18; 3, R.Disley (Thames H&H) 25:35; ... 14, N.Haines 27:59; 15, H.Maskrey 28:01.

Teams: 1, Herne Hill 36; 2, Woking 37; 3, Dorking & MV 59; ... 7, Belgrave 95.

Darren 2nd at Norfolk

At Caldecott Hall, Norfolk, Darren Mead ran into controversy when recording the same time as the winner in the Norfolk CC Championship. Turning out for his second-claim club

as one is perfectly entitled to in County CC Champs., Darren found himself accosted by a Norfolk official who told him that he would not be allowed to run. After a heated discussion (not the best preparation for a race) it was agreed that the official was wrong and that he could indeed represent Thetford. But the day had more twists in store yet. Tucked in behind the leader as the finish was neared, Darren unleashed a sprint for the line and although our man felt he got his nose in front, as did his rival and various other onlookers, the decision went against him and second place in the same time as the winner was all he could claim. We believe that this is the first Norfolk CC title Darren has ever lost.

Belles up to 4th

SURREY WOMEN'S CC LEAGUE DIVISION 1 RACE 3 MILFORD, 16 DEC 95

Half way through the season and for the first time of the winter our cross-country girls got it together with a much improved turn-out for 4th place, consequently moving up to 8th and just out of the relegation zone. Now we just need to stay in front of Tadworth and Holland Sports! Unfortunately we have been unable to track down any results other than those shown below.

Senior Women

1, R.Disley (Thames H&H) 19:44; 6, H.Maskrey 20:59; 12, M.Andrew 21:24; 17, N.Haines 21:48; 26, M.Ryan 22:41.

Teams: 1, Dulwich 74; 2, Thames H&H 88; 3, South London 90; 4, Belgrave 100.

REIGATE PRIORY HOLLY RUN REIGATE PRIORY, 17 DEC 95

This was intended as an unshamed "pot-hunt" for our engineroom men, having a final run out together before Christmas.

Conditions were so slippery that most had trouble keeping their feet at some stage but Marcello seemed to suffer the most, looking as if he'd be much happier wearing a pair of skis. Phil Carstairs yo-yo'd up and down the top ten as the race progressed, gaining places on the rolling grassland and hills but losing them again every time the murderous descent was tackled when less cautious souls let the brakes off and dodged the rocks and trees like fell runners. Foxy old Charlie Dickinson worked his way through gradually while lightly built Dave Beaver just could not believe how well he was going.

As tea and mince-pies were consumed in great quantity at the presentation we had pleasure in receiving the "Holly Run" Cup as first team (won nine times in the last ten years by Boxhill) with our second team just

pipping Crawley to gain silver medals. With our veteran runners taking just about all the vets' medals, we'd cleaned up nicely.

Senior Men

1, J.Ellis-Smith (Reigate Priory) 31:10; ... 6, P.Carstairs 33:01; 8, C.Dickinson 33:35; 10, D.Beaver 33:53; 11, M.Bizio 33:56; 14, A.Luce 34:40; 18, M.Nouch 34:53; 21, P.Gilbey 35:45; 24, A.Binda 36:04; 32, J-M.Bart 37:17; 48, M.Graham 40:21; 58, L.McLean 42:17; 59, C.Preston 42:26; 61, A.Black 43:20; 82 finished.

Teams: 1, Belgrave 'A' 19; 2, Belgrave 'B' 43; 3, Crawley 44.

U15B 3 miles

1, R.Pittam (Phoenix) 16:08; ... 30, C.Morris 20:30; 36 finished.

U13B 2 miles

1, T.Lyzyk (Therfield) 10:58; 12, C.Beaver 12:22; 51 finished.

U11B 1 mile

1, J.MacGough (Exeter) 6:40; ... 8, P.Graham 7:15; 52 finished.

Women 3 miles

1, J.Ray (Dorking) 18:13; ... 17, J.Oakley 22:02; 43 finished.

Young Athletes 2nd in Surrey Relay

Belgrave placed 2nd in the U17 age group of the Surrey Cross Country Relays at Guildford on October 1st. Simon Alexander ran 6:09 for 2nd on leg one and we never slipped out of that position as Kevin Quinn (6:17) and James Drake (6:24) finished off. According to the results we have to hand, however, it was James Venning of our 'B' team who was our fastest of the day with 6:08.

In the SEAA Road Relays at Aldershot on October 8th we had four teams in action with details as follows:

Under 17 Men

15, Belgrave 41:12 (S.Alexander 10:18, K.Quinn 10:17, 12, P.McDonald 9:59, J.Drake 10:38).

Under 15 Boys

17, Belgrave 'A' 45:41 (A.Kirby 10:57, M.Patel 11:07, D.Bond 11:43, R.Bignall 11:54); 28, Belgrave 'B' 48:05 (T.White 11:50, N.Whorlow 11:11, P.Wright 13:05, 28, J.Stevens 11:59).

Under 13 Boys

23, Belgrave 51:14 (C.Beaver 12:03, R.Banham 13:57, B.Asante 12:42, S.Opoku 12:32).

SEAA CROSS COUNTRY CHAMPS.

PARLIAMENT HILL, 27 JAN 96

It was well noted by other local clubs that we failed to put out a team in the Senior Men's Championship, something that we are aiming to put right next season. We did manage to turn out runners in the younger age groups with our under 15s completing a team.

Under 17 Men 6.5k

35, A.Becirhodzic 23:20; 82, S.Alexander 24:44; K.Quinn dnf.

Under 15 Boys 5k

43, S.Beaver 19:08; 135, L.Nation; 145, R.Bignall; 156, J.Stevens; 161, C.Morris; 189, S.Whorlow.

Teams: 1, Blackheath 59; 2, Old Gaytonians 83; 3, Cornwall 100; ...

21, Belgrave 479.

Under 13 Boys

183, S.Whorlow.

SCHOOLS RESULTS

January 1996

23 Canon Hill, Merton Schools CC Champs. Senior Boys 2, K.Quinn 18:40.

31 London Schools CC Champs., Parliament Hill. Inter Boys 1, S.Vella 19:13. Inter Girls 4, L.Wilson 12:21; 14, A.Hearn 13:29. Junior Girls 11, D.Hearn



Above left: At 9 years old, Paul Graham shows great talent as a runner but is also accomplished at judo and boxing - not to mention being a scorer in our young walking teams.

Right: Christian Morris, 13, is a regular on track and cross country for the young Bels. Both these lads competed at Reigate's "Holly Run". Photos: Alan Mead

12:05.
31 Surrey Schools CC Champs, Reigate. Senior Boys 7, S.Alexander 27:42; 10, K.Quinn 28:31.

March 1996

2 Weymouth, TSB All-England Schools CC. Senior Boys 7.95k 177, S.Alexander 30:26. Inter Boys 6.45k 63, A.Becirhodzic (Kent) 23:09; 107, S.Vella (Middx) 23:30. Inter Girls 4k 256, L.Wilson

(London) Junior Girls 3.5k 330, D.Hearne (London)

5 Brockwell Park, TSB London Schools. Year 7 8, G.McEwan (Wandsworth) 13:00.

13 West Wickham, Blackheath Schools. 4, P.McDonald 19:38.

16 Hyde Park, City of Westminster 5k. 14-15yrs 2, K.Quinn; 23, G.West 22:05; 24, Phillip Graham 22:09. 11-13yrs 2, S.Quinn 19:32; 6, Paul Graham 20:29.

Staines leads league revival

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 3
WIMBLEDON COMMON, 6 JAN 96

We know the Common well but there are some areas rarely visited by our runners - and for good reasons. Whether the area now known as the "Butts" really was used for military purposes in the 18th and 19th century is unknown (the area around the Windmill certainly was) but anyway, this series of muddy clay banks hemmed in by thick bushes makes for decidedly unfriendly running conditions - although Thames Hare & Hounds seem to delight in taking their courses right across them.

We were pleased to see Gary Staines turning out. He felt a little below par but was soon locked in battle with training partner Jon Solly as they toured the first circuit. Jim Estall, Roger Alsop, Bruce Barton and Phil Carstairs were well forward, and showing that if you've got class it soon makes itself evident, Dave Beaver was not far behind. Limping along prior to coming out at half way, Nick Kello had badly twisted an ankle, putting paid to his running activities for a few weeks.

Into the second half of the race and Gary applied the pressure on the hills. It was too much for Herne Hill's Solly and as the leaders swept down along the edge of the playing fields the crowd waiting at the finish could see that the Belgrave man had levered open a comfortable 50 metre gap.

We missed our Captain and his customary place just inside the top ten (he was away in Sweden for a few days) so next Belgravian was Jim Estall, doing his bid for the veteran title no harm at all by crossing the line in 18th. The rest of the team had mostly preserved their places. Charlie Dickinson found the jarring conditions tough for 45 year-old bones but nevertheless had the beating of Alex Luce; Steve Hewes was out for the first time but not eligible to score, so it was left to Mikes Webb and Nouch

to close in our team in the 80's. At 5th the team result was better but we still had plenty of room for improvement.

James Venning added his weight to the under 17 team and with our regulars in action again it was another 2nd place with 3rd for the under 13s led home again by David Bates.

Senior Men

1, G.Staines (Belgrave) 28:44; 2, J.Solly (Herne Hill) 28:55; 3, J.Kendall (Aldershot F&D) 29:16; ... 18, J.Estall 30:46; 27, R.Alsop 31:09; 33, B.Barton 31:28; 39, P.Carstairs 31:38; 55, D.Beaver 32:22; 60, C.Dickinson 32:33; 62, A.Luce 32:38; 74, S.Hewes 33:17; 84, M.Webb 33:35; 87, M.Nouch 33:41; 91, P.Gilbey 33:52; 116, D.Anderson 35:37; 143, M.Graham 39:07; 147, L.McLean 39:32; 149, T.Earle 40:03; 152, A.Stone 42:23; 154 finished.

Teams: 1, Herne Hill 265; 2, Thames H&H 281; 3, Aldershot F&D 337; 4, Boro Hounslow 394; 5, Belgrave 434; 6, South London 452; 7, Boxhill 567; 8, Ranelagh 608; 9, Woking 757. U17M and U15B

1, S.Haughian (Boro Hounslow) 14:46; ... 5, A.Becirhodzic 16:15; 7, K.Quinn 16:35; 9, J.Venning 16:47; 11, P.McDonald 16:57; all the following are U15B 13, S.Beaver 17:01; 20, L.Nation 18:20; 21, C.Morris 18:28; 27, R.Bignall 19:17; 29, D.Bond 19:51; 36 finished.

Teams: 1, Boro Hounslow 24; 2, Belgrave 45; 3, Ranelagh 82; 4, South London 87; 5, Herne Hill 116.5; 6, Woking 133. U13B

1, M.Farah (Boro Hounslow) 17:33; ... 9, D.Bates 19:45; 14, P.Graham 20:53; 23, S.Whorlow Jr 23:19; 25 M.Shannon 24:27.

Teams: 1, Boro Hounslow 34; 2, Ranelagh 41; 3, Belgrave 97.5; 4, South London 101; 5, Woking 109; 6, Herne Hill 150.

VAC C.C. CHAMPS.
WIMBLEDON, 13 JAN 96

There was the usual strong Belgrave presence in the VAC Championships, eleven runners in a field of 112. The only medals again came from our over sixties with Laurie O'Hara winning yet another gold but a surprise and welcome bronze for Carl Cross.

At the front Bob Treadwell won his third Championship in 25:11 from Grenville Tuck, first M45 in a new record time of 25:37. First Belgravian home was Mike Nouch in 9th, running slightly slower than his best time in 26:50.

Laurie, now 63, finished 17th in the race in 28:38 and was only 40 seconds outside his record time. Carl Cross ran a strong 34:00 for his third M60.

It was nice to see Rex Bale (29:54) new to the M50 age group, and also Tony Hardy (31:20) back again after injury and now M55. A mention too of Doug Maughan, plagued by injuries but ever present

**SOUTH OF THAMES
"SENIOR" CC CHAMPS.
BROCKWELL PARK, 10 FEB 96**

Now this was a race in which few of our number showed any interest - so we didn't enter a team. And then Gary Staines found himself looking for an outing so a swift and late entry by the Team Manager, with help from the SoT officials, got Belgrave tacked onto the tail-end of the programme at the last minute.

It's deceptively hard, is Brockwell Park. Parkland it might be but there is hardly a level stretch to be found anywhere. Perhaps the sharp inclines had something to do with the untimely death of the MP for Norwood who had a great deal to do with purchasing the grounds for the public in 1892: he died at the Park's opening ceremony.

Nevertheless, the slopes suited our man well as he once more had the beating of John Solly who in turn led his Herne Hill team to an overwhelming victory on their home ground. With the Hill's John Gebbels being President of the South of Thames CC Association this winter it was a fitting team win.

Gary did not have such a team to back him up. Dave Beaver took off like a rocket but found the extra distance painful while Don Anderson, who will tackle anything, was our only other runner.

1, G.Staines (Belgrave) 36:32; 2, J.Solly (Herne Hill) 37:05; 3, J.Hyde (Windsor S&E) 37:42; ... 51, D.Beaver 41:58; 109, D.Anderson 45:56; 164 finished.
Teams: 1, Herne Hill 98; 2, Medway 170; 3, Thames H&H 187; ... 13 teams closed in.

Women stay up in Surrey League - just!

**SURREY WOMEN'S CC LEAGUE DIVISION 1 RACE 4
LLOYD PARK, 17 FEB 96**

Helen Maskrey again had the honour of leading home our team when the final match came around at Lloyd Park but once more we were short on numbers and paid the penalty with a 9th team place. The good news is that we avoided relegation by the skin of our teeth. Our main rivals, Tadworth, got up to 7th here but our 4th placing a month earlier in match 3 was what saved us. Once again the results below are the only ones we have received; our apologies to those whose names are not shown.

Senior Women

1, S.Young (Dorking MV) 23:42; 2, S.Dawson (Herne Hill) 24:04; 3, A.Fletcher (Dulwich) 24:14; ... 7, H.Maskrey 24:59; 20, N.Haines 25:59.

Teams: 1, Dulwich 56; 2, South London 83; 3, Herne Hill 86; ... 9, Belgrave 176.

U17W

1, A.Hartney (Woking) 16:32; ... 6, L.Wilson 18:13.

Teams: 1, Woking 43; 2, Sutton & Dist 53; 3, Hercules Wimbledon 61; ... 5, Belgrave 76

SURREY WOMEN'S CC LEAGUE 1995/96

Senior Women

1, Dulwich Runners	36
2, Herne Hill	33
3, South London	33
4, Dorking & Mole Valley	24
5, Thames Hare & H	21
6, Stragglers	20
7, Epsom & Ewell	20
8, Belgrave	15
9, Tadworth	14
10, Holland Sports	4

Under 17 Women

1, Woking	37
2, Croydon	34
3, Sutton & Dist	30
4, Hercules Wimbledon	29
5, Belgrave	17
6, Ranelagh	16

Left: Debbie Hearn, Abigale Gray and Janine Brown line up for the start of the National Under 15 Girls' Cross Country Championships at Newark. Janine became our highest placed ever female competitor in the 'National' with 52nd.



Our best men's league result in years

REEBOK SURREY CC LEAGUE DIVISION 1 RACE 4
COULSDON, 17 FEB 96

Belgrave's senior men finished 4th on the day in the last Surrey league match of the season, their best result in years and at last some real encouragement for the team and reward for the huge effort put in by Alan Mead over the winter.

There was already a confident atmosphere before the race with most of the recognised Belgrave distance runners reporting for their numbers. Then Gary Staines strolled up with Linda. This was Gary's second consecutive League race, only a week after his victory in the South of Thames "Senior," a really unexpected bonus for the team. One could immediately sense the positive effect this had on everyone else.

And now we are really beginning to get an engine room. Not just the old reliables, Graham Adams, Jim Estall, Roger Alsop and Phil Carstairs, but add to that list Bruce Barton, the new revelation Dave Beaver the much improved Alex Luce, and don't forget new second claim member Steve Hewes who will hopefully be scoring for us next season. Yes, there is already an air of excitement about next season.

As the runners climbed the long haul up to the downs for the first time, Gary looked very comfortable sitting in the first group. Then the already mentioned Belgrave vests stretched from the early twenties to the fifties with Junior Galley looking relaxed after his Caribbean holiday (perhaps a bit too relaxed) and Said Chettati, struggling hard against the effects of his fast for Ramadan. Then there was the reliable Mike Nouch, Pete Gilbey and Marlon Anderson.

By the time they reached the steep hill after two miles Gary was controlling the race from the front with Dave Taylor of Herne Hill, not long out of hospital, struggling to keep in contact. Graham Adams, Jim Estall and Roger Alsop were all packing together in the early twenties with Bruce Barton running a sensible race a few places further back, followed by Phil Carstairs, dropping slightly, Dave Beaver and Alex Luce.

The pattern continued at the front until the last quarter of the race when Gary sped away from a very tired looking Taylor to win with ease by a margin of nearly half a minute. Next for Belgrave up the steep hill the second time was Jim Estall, but only just ahead of Graham Adams and Roger Alsop. It was the determination and 1500m speed of Graham that enabled him to lead the trio at the finish. For Jim, this final flourish gave him the individual veterans' title for the whole series.

Only just behind was Bruce Barton in 30th, ever improving in his first real season on the country, a very good run on a tough course. Next Belgravian was Steve Hewes showing the benefit of those ten mile train-

ing runs with Roger Alsop and company but he was only just ahead of Dave Beaver, Phil Carstairs and Alex Luce, all finishing in the mid fifties.

Poor Said had to stop to be sick on the second lap subsequently losing next scoring place to Mike Nouch. To make things worse he then lost out to his 3000m adversary Junior Galley who closed in 93rd.

This result moved Belgrave up to 6th overall in the league well away from relegation danger and hopefully providing a platform on which to build for next season. We really need to strengthen the middle order so that the final scorers are in the fifties, not eighties and nineties, plus we need the occasional guest appearances by some of our stars: Darren Mead, Matt Yates, Chris Sweeney and a fit again Kassa. We shouldn't always have to rely on Gary. Yes, it could be a good season next winter!

But while the seniors were congratulating themselves on at last showing signs of a revival, the youngsters were also pleased with their performances. Another battling performance from Amir took him to 4th place and individual Under 17 winner for the 1995/96 series. Kevin Quinn and Peter McDonald were next in but one to watch in the next couple of seasons is Steve Beaver - an Under 15 but chasing the other three home. Steve Beaver was first Under 15 on the day and yet another individual winner for Belgrave in his age group.

Our Under 13 team was again headed by David Bates and Paul Graham and if these lads and their team-mates can continue to apply themselves in future seasons the way they have this winter, then the Bels will have some fine runners moving up through the ranks.

Senior Men

1, G.Staines 27:19; 2, D.Taylor (Herne Hill) 27:47; 3, J.Jackson (Aldershot F&D) 27:48; ... 23, G.Adams 29:08; 24, J.Estall 29:11; 26, R.Alsop 29:17; 30, B.Barton 29:34; 53, S.Hewes (n/s) 30:34; 54, D.Beaver 30:36; 55, P.Carstairs 30:38; 57, A.Luce 30:41; 85, M.Nouch 31:40; 93, J.Galley 32:04; 97, S.Chettati 32:25; 102, Marlon Anderson 33:01; 103, P.Gilbey 32:07; 109, D.Anderson 33:40; 126, R.Bale 35:12; 134, M.Graham 37:48; 139 finished. Teams: 1, Thames H&H 257; 2, Boro Hounslow 258; 3, Herne Hill 267; 4, Belgrave 394; 4, Aldershot F&D 404; 6, South London 529; 7, Boxhill 563; 8, Ranelagh 590; 9, Woking 729. U17M and U15B

1, S.Haughian (Boro Hounslow) 14:01; ... 4, A.Becirhodzic 14:58; 10, K.Quinn 16:02; 11, P.McDonald 16:06; all the following were under 15 13, S.Beaver 16:27; 19, F.McManus 17:09; 24, C.Morris 17:39; 26, R.Bignell 18:30. Teams: 1, Boro Hounslow 38; 2,

Belgrave 57; 3, South London 60; 4, Ranelagh 67; 5, Herne Hill 130; 6, Woking 150½.

U13B

1, M.Farah (Boro Hounslow) 16:07; 11, D.Bates 18:36; 19, P.Graham 18:59; 21, S.Whorlow Jnr. 20:48; 22, M.Shannon 21:06; 25, S.McNally 24:49.

Teams: 1, Ranelagh 43; 2, Boro Hounslow 53; 3, South London 75; 4, Aldershot 89; 5, Belgrave 98; 6, Woking 156; 7, Herne Hill 166.

REEBOK SURREY MEN'S CC LEAGUE 1995/96

Seniors

1, Boro Hounslow 1135
2, Thames Hare & H ... 1145
3, Herne Hill H 1299
4, Aldershot F&D 1409
5, Boxhill R 1856
6, Belgrave H 1999
7, South London H 2215
8, Ranelagh H 2307
9, Woking AC 3018

Promoted to Division 1 in place of Ranelagh and Woking are Hercules Wimbledon and Croydon.

Individual winner

B.Reynolds (Thames H&H)
17pts
Veteran: J.Estall (Belgrave)

Under 17 Men & Under 15 Boys

1, Boro Hounslow 148
2, Belgrave H 199
3, Ranelagh H 309
4, South London 350
5, Herne Hill H 492½

Individual winners

Under 17 Men
A.Becirhodzic (Belgrave)
Under 15 Boys
S.Beaver (Belgrave)

Under 13 Boys

1, Ranelagh H 106
2, Boro Hounslow 154
3, Belgrave H 311½
4, South London H 452
5, Woking AC 516

Late Road Results

May 1996

1 Kingston, Coombe Hill '5'. 15, J.Mather 30:04.
5 Wimbledon Park, Hercules Wimbledon 10k: 6, M.Kazimierski 34:13.
5 Croxton, Breckland 10k. 1, D.Mead 31:02.

Young Athletes Cross Country Points Competition 1995/96

UNDER 17 MEN

1 Amir Becirhodzic 4 80
2 Kevin Quinn 4 76
3 Peter McDonald 4 71
4 James Venning 1 18
5 Simon Alexander 1 17

UNDER 15 BOYS

1 Steve Beaver 4 80
2 Christian Morris 3 53
3 Robert Bignall-Matelle 3 48
4 Fraser McManus 2 38
5 Danny Bond 2 31
6= Danny O'Sullivan 1 19
Leony Nation 1 19
8= Markand Patel 1 18
Jason Stevens 1 18
10 Peter Wright 1 10

UNDER 13 BOYS

1 Paul Graham 4 76
2= Michael Shannon 4 67
Steve Whorlow 4 67
4 David Bates 3 60
5 Bernard Asante 2 20
6 Richard Biscoe 2 18
7 Steven Quinn 1 20
8 Chris Beaver 1 19
9 Sam McNally 1 16
10 Stuart Harper 1 14

OVERALL

1st=
Amir Becirhodzic
Steve Beaver
3rd
Kevin Quinn

6 Hook, Epsom Fun Day '5'. 3, R.Foley 26:07.
12 Gravesend, Cobham School 10k. L.Coy 42:03.
13 Perivale, Spring's End 5k. M60. L.O'Hara 17:42.
14 Battersea Park, VAC 5.2m M65. P.Newell 33:23.
19 Tadworth '5'. 6, R.Foley 26:41; T.Verdie 29:36. Women 1, G.Collison 28:42.
19 Woodbridge 10k. 1, N.Powley 32:23.
19 Crystal Palace, Jim Snook '5'. 8, M.Graham 32:25.
26 St. Neots Zanussi 10k. 1, C.Sweeney 29:08.
26 Ipswich, Jaffa 5m. 1, N.Powley 25:09.

June 1996

2 Teddington, Lensbury 10k. M60 3, L.O'Hara 38:23.
2 Dorking 10k. 10, M.Webb 56:15; ... M55 1, T.Verdie 60:40.

Matt Yates wins the "Parker Bowl"

**REEBOK NATIONAL CC CHAMPS
NEWARK, 9 MAR 96**

The Belgrave men's team is always full of surprises. At a time when 14k of cross country seems unpopular among our members, 1500m star Matt Yates fancied having a run and, donning a brand new pair of spikes and a Belgrave vest to tackle the Showground and farmland of Newark, proceeded to give us our best individual position since .. well, you tell us. The official results also showed the name of K.Tadesse (Bel) at 50th but all we can say is that it wasn't our Kassa or anyone else we knew running under his number - a shame, because 50th and 66th would have given us a good start for the team race - if we'd had a couple more men prepared to give it a go.

Bingley were phenomenal. In a field of approaching 2,000 finishers they had six scoring men home in 32 with two others inside 100. Tipton's team were also all placed inside the first 50 but maybe we'd give them all something to think about the following week at the relays.

In fact we failed to complete a team in any category. Our Under 17 Men came closest and would have placed 21st but for the fact that the "Vest Police" disqualified Peter McDonald for failing to wear a Belgrave singlet. The fact that at that time with our stocks run down we simply did not have one to fit him cuts no ice with folk like the "VPs" and one can only hope that such actions don't put the young man off the sport.

Janine Brown, running in the youngest girls' age group gave us our best ever performance in female "National" cross country races and we'll be watching this talented athlete's progress with great interest in the years to come.

Senior Men 14k

1, J.Nuttall 40:35; 2, J.Sherban (Shaft. Barnet) 40:55; 3, D.Bannister (Shaft. Barnet) 41:04; ... 66, M.Yates 43:20; 308, P.Carstairs 46:42; 491, M.Webb 48:24; D.Anderson dnf; 1954 finished.

Teams: 1, Bingley 105; 2, Tipton 231; 3, Blackheath 361; 176 teams closed in.

U17M 6k

1, P.Morby (SSH) 20:37; ... 92, A.Becirhodzic 22:42; 132, K.Quinn 23:07; 187, S.Alexander 23:41; 260, P.McDonald 25:01; 333 finished.

Teams: 1, Oadby & Wigston Legionnaires 141; 34 teams closed in.

U17W 5k

1, A.Gascoigne (Wells) 20:23; ... 93, L.Wilson 23:27; 146, A.Hearne 24:56; 195 finished.

Teams: 1, Liverpool 311; 17 teams closed in.

U15G 3.6k

1, J.Swallow (Brentwood) 15:15; 52, J.Brown 17:04; 282, D.Hearne 19:16; 323, A.Gray 20:05; 385 finished.

Teams: 1, Stevenage 64; 43 teams closed in.



Above: Reminding us of the "good old days" when middle-distance men also shone at cross-country, Matt Yates ran to 66th place in the National at Newark - and could no doubt have gone higher still. Photo: Alan Mead

FOLLOWING a Peterborough 10k course record of 28:33 from Paul Evans 6 days earlier and an equally impressive 63:31 Reading Half-Marathon win from Gary Staines on March 31st, finishing touches were added to London Marathon preparations at Portsmouth's BUPA 5k on April 13th. 'Five k' is a totally different proposition to 26.2 miles so we couldn't interpret wins/losses here into marathon pointers but no runner worth his salt wants to give anything away anything to a rival so Evans must have been pretty pleased with his best ever 13:48 behind 19 year-old Kenyan Philip Mosima but more importantly ahead of rivals Staines and Martin. A nice way for the East Anglian to celebrate his 35th birthday. Gary Staines' 13:59 showed that moving home from Earlsfield to Banstead during the week had not taken too much out of him and so the scene was set for 'London' the following week.

Bels. fifth in National C.C. Relay

**ENGLISH NATIONAL CROSS COUNTRY RELAY CHAMPS.
BERRY HILL, MANSFIELD, 16 MAR 96**

We felt that we needed a high profile win to give the team a boost and looking at the fixture card this National 4 x 5k Relay seemed to be the one where we could do the business. For a start we "only" needed four class runners and secondly, it was the week after the National Cross Country Champs. when all the opposition would be "knackered" while we had been resting up. When organiser Dave Denton acknowledged the entry he couldn't help adding the note: "Potentially the winning team, Alan - if you can get them all out!"

Well, we had a darn good try, but it wasn't to be. For one thing, we'd failed to grasp that clubs like Bingley and Tipton and Border have enough top class runners to turn out week after week. Secondly, in a race of only four legs, however good your top men are, they simply run out of race track when trying to make up ground over a mere 5k.

In damp and freezing conditions 'Gerry' Adams got us under way and while the announcer gave us plenty of air-time due to his pleasure at seeing the Bels making their debut in this Northern dominated event. 'Gerry' found himself running his heart out in an attempt to give us a good start but was actually on the receiving end of some startling running and was disappointed to complete his leg 17th of the 73 starters. He looked a bit dispirited but generally, with the hills and soft going, the times seemed to be getting on for a minute slower than a genuine track 5k and he would have been pleased with a 14:42 on the all-weather oval. In the meantime Coventry Godiva had gone clear at the front with an 8 second margin over Border AC. Border's 'B' team were 3rd, Tipton 4th and we were 37 seconds in arrears.

Next up was Matt Yates and he set about the teams ahead as if it was war. He had some large gaps to bridge but nevertheless, Birchfield, Morpeth, Liverpool and Sheffield were just some of the teams that fell to his all-devouring stride and he must have been delighted at out-running Sale's Kevin McKay by ten seconds. Border had gone ahead now with a 14:58 from Russell - the day's fastest at that point - while Bingley had gone 2nd and Tipton were up to 3rd. The gap from first to our own 11th had grown by another 6 seconds.

Dave Denton hit the mike again: "... and Belgrave are now moving through the field as Matt Yates hands over to Darren Mead ... great to see him in action again ..." Five more clubs fell by the wayside as Darren took his new Nike vest past Chelmsford, Sale, Derby ... Border were still holding on at the front and we were

now 6th with Gary eager to take his turn in the chase. Those at the very front were not letting up any and we were now about 50 seconds in arrears and knew that it was too much even for Gary. But one thing was for sure - it was going to be exciting.

Amazing! What actually happened was that Gary ran faster than any man had done that afternoon - so far. Although in a period of very heavy mileage for his forthcoming London Marathon attempt, his 14:43 had him rocketing past Loughboro's Bruno Witchalls. But up ahead, Bingley's Hawkins clocked 14:40 to run down Border and take the lead, only to be chased by Coventry's Troumans who went even faster with a 14:32 to all but win on the line. Virtually all the day's fastest times were clocked on the last leg by runners in the first five and Gary was rendered powerless to make any major advances.

Looking back, we had to be pleased, and as Darren said after the event, "Next year ..."

1, Bingley 59:56; 2, Coventry Godiva 59:56; 3, Border 1:00:15; 4, Tipton 1:00:28; 5, Belgrave 1:00:49 (G.Adams 17th 15:42, M.Yates 11th 15:07, D.Mead 6th 15:17, G.Staines 5th 14:43); 57 teams finished; 73 started. Travelling reserve: R.Alsop. Fastest: S.Trouman (Coventry) 14:32; M.Hawkins (Bingley) 14:40; 3, G.Staines (Belgrave) 14:43; 4, S.White (Coventry) 14:54.

BELGRAVE '5/4' CHAMPS. WIMBLEDON, 16 MAR 96

Meanwhile, back at home our road race championship was taking place, and with one of the most unexpected comebacks since Lazarus, Frank Ward turned up to waltz off with a title that he surely must now have won more times than anyone else. Admittedly the field was sparse - and it was even sparser when two of the runners went off course somewhere down the bottom of the hill. What with increased and speedier traffic these days on the crossing at Durham Road and at the "kiss of death", plus the fact that we are now tending to regularly promote a 10k that sees many more Belgrave entries, the holding of this race is surely due for review.

	Act.Allow.	H'cap
1, F.Ward	31:22	3:15 28:07
2, M.Nouch	31:39	4:00 27:39
3, D.Anderson	37:15	4:45 32:30
4, M.Graham	37:48	5:30 32:18
5, D.Maughan	38:29	7:15 31:14
6, M.Leslie	44:59	10:30 34:29

Right: First stage in 1996 Belgrave Road Relay. The field turns the corner from The Causeway into Cannizaro Road and Dave Pamah (A1) is handily placed with Dave Beaver (A2) and Junior Galley (A3) bringing up the 'B' and 'C' teams not far behind. Photo: Ray O'Donoghue



BVAF NATIONAL CROSS COUNTRY CHAMPS., PRINCETHORPE COLLEGE, RUGBY, 17 MAR 96

The small mainly M60 team of Belgrave runners were joined by Alastair Aitkin and Jeremy Hemming for the minibus trip up the M40 to Princethorpe College. The undulating grassland course set in the lovely grounds of the college provided a tough test for the runners and an ideal view for spectators. With the M40 winner Nigel Gates finishing in 34:38 we had proof of the severity of the course.

Unfortunately, it was not a good day for Belgrave. Poor Laurie O'Hara had been unwell all week and should not have run. He looked rather ashen when the bus picked him up at Iver, and he had to stop to be sick half way through he race. Even so, he went past Ron Higgs again but had to be content with 11th M60.

Perhaps the best run was by Pat Newell, new to M65, who started very cautiously but worked through strongly to finish just outside the medals in 4th. Further back was Charlie Walker who kept going well to finish 10th M65 ahead of Bert Stroud and an unhappy looking Carl Cross. All that resulted in a 4th place for the M60 Belgrave team.

Rex Bale was a lonely Belgrave figure in the M50's and ran well to finish first Belgrave on the day in 43:50 for 46th place.



Above: Gary Staines sets out on his second blistering run, having taken over from Steve Beaver. Photo: Ray O'Donoghue

Gabby and Gary the fastest as Bels. scoop the prizes

BELGRAVE-NIKE ROAD RELAYS WIMBLEDON, 23 MAR 1966

It looks as if this 6-Stage promotion for men and 3-Stage for women is likely to become a permanent feature of the fixture list as Thames Valley's race seems destined not to return. We hadn't necessarily intended holding the event again but with Nike's impending sponsorship and the need - don't faint you old timers - to have a few run-offs to assist with selection for the Southern 12-Stage, the wheels of organisation began to turn again. The lap was extended to a more acceptable 2 miles 1013 yards and in spite of the low-key advertising, 29 men's teams and 10 women's teams faced President Snowy Brooks for the start.

The initial stage gave us a three-way Belgrave clash as Dave Pamah (preparing for the track season and with no recent form) battled with Junior Galley (well into marathon training but desperate to do the 12-Stage) and the spritely Dave Beaver. Within just over 13 minutes selection problems had been eased a little as all three of our men's teams came in well up but with Dave Pamah holding the aces in spite of blowing up at 2 miles while actually in the lead. City of Portsmouth were 1st stage leaders while in the women's race Windsor had a 39 second gap over Helen Maskrey for the Belles.

Now the fun started in earnest as "Stainsey" set out on what proved to be by far the fastest lap of the day (with one exception), gaining a 43

second lead for Belgrave in the process. What a runner - and he'd already done god knows how many miles and a hill session in the morning!

Nikki Haines determinedly turned the screws on Windsor to draw up to within 4 seconds of the lead in the women's race, paving the way for a superb run from Gabby Collison whose last leg 14:19 was a full 40 seconds faster than any other female runner (and a good deal faster than many of the men).

The men's 'A' team were also not to be headed again as Bruce Barton and Jim Estall laid the ground for a blistering run from Roger Alsop and a final flourish from Kassa Tadesse. But we dropped a hint that there was another fine run to come - and on leg four, this time running for the 'C' team Gary churned out another astounding run with 11:54 to put the 'Cs' in front of the 'Bs' again, a lead they were to hold until young Kevin Quinn got the better of Leo Coy near the end.

It really was an enjoyable event with the needs of the athletes paramount in the minds of the officials. Herne Hill's Jon Solly ran three stages paired up with Hare & Hounds' Wayne Oxborough who ran two - and yet they still managed to finish 2nd (although not eligible for prizes). The prizes donated by Nike were most generous and visiting team managers clearly stated their intention to return next year, should we continue. The

race looks set to run and run. Men

1, Belgrave 'A' 76:00 (D.Pamah 5th 12:53, G.Staines 1st 11:50, B.Barton 1st 13:13, J.Estall 1st 12:49, R.Alsop 1st 12:28, K.Tadesse 1st 12:47); 2 (n/s), The Solly & Oxborough Combo 76:51; 3, Bracknell 77:46; 4, Kent 77:59; 5, Windsor S&E 78:13; 6, Woodford Green 78:20; ... 12, Belgrave 'B' 82:45 (D.Beaver 12th 13:25, A.Luce 9th 13:09, P.Carstairs 11th 13:13, N.Kello 12th 14:03, M.Anderson 13th 14:09, K.Quinn 12th 14:46); 13, Belgrave 'C' 83:17 (J.Galley 8th 13:08, P.Gilbey 10th 13:27, S.Beaver 14th 14:53, G.Staines 11th 11:54, C.Dickinson 10th 13:37, L.Coy 13th 16:18); 26 teams finished. Fastest: G.Staines 11:50 and 11:54, R.McHarg (Windsor S&E) and J.Solly (Herne Hill) 12:20; A.Egal (Woodford Green) 12:23.

Women

1, Belgrave 'A' 46:13 (H.Maskrey 2nd 15:38, N.Haines 2nd 16:16, G.Collison 1st 14:19); 2, Windsor S&E 47:41; 3, Epsom & Ewell 48:31; 4, Herne Hill 50:31; 5, Epsom & Ewell 'B' 51:45; 6, Belgrave 'B' 53:36 (J.Smiter 9th 18:34, N.Mills 7th 17:36, L.Wilson 6th 17:26); incomplete Belgrave 'C' (J.Moore 10th 19:56; H.Saw 8th 19:43). Fastest: G.Collison (Belgrave) 14:19; A.Hill (Windsor S&E) 14:59; S.Dawson (Herne Hill) 15:27; J.Davies (Epsom & E) 15:33; H.Maskrey (Belgrave) 15:38.

Southern Comfort

**SOUTH OF ENGLAND 12-STAGE ROAD RELAY
THURROCK, 31 MAR 96**

As stated elsewhere, the new management crew could hardly contain their excitement over the team that was beginning to shape up in the weeks before the race and there is no doubt that had we been able to hold it together until the day we would have been right up there in the medals. But the art of team management is turning promises into reality - and we have a little way to go yet. Of our entered 24 names we soon lost Michael Kazimierski - not eligible until 1st May, Nigel Powley - similarly not yet available after switching from Colchester, Phil Carstairs - on holiday in America, Stu' Paton - last minute working, Gary Staines - urgently in need of a much longer race preceding 'London', and with the race just 48 hours away 'Gerry' Adams was unable to switch shifts at the Fire Station and Dave Pamah went down with a cold. One after the other the reserves were called upon and before we go any further we must thank them for filling in at the last minute - especially Mark Anderson who cut out his normal Saturday training run to stand by the following day at the race should anyone else fall by the wayside at the last minute.

In the face of all of this our 8th place from 57 teams must be seen as a success and if we didn't do quite as well as we might have, we can draw comfort from the fact that next year our team is sure to be that much more powerful.

We decided to start off strongly and then gradually apply the pressure in the middle, hoping that we could gain enough ground so that when the gaps built up later in the race our reserve men could hold on for a reasonable position - and that's just the way it worked out.

Handling his long stage expertly, Roger Alsop set the ball rolling nicely with his 13th place in a time that was to stand up as second only to Darren Mead's - and only by 23 seconds at that. Similarly Rob Turner was our second fastest short stage man as he gained five places for 8th.

Marcello had been suffering from a groin strain in the weeks before and had been a doubtful starter. He gamely plugged away but we were down to 14th with a quarter of the race gone. Up ahead the lead had been changing with each leg. GEC held the early advantage through Tony Whiteman, then it was Boxhill and London Irish before things began to settle down with Boxhill again leading but with Hounslow and Blackheath ominously moving closer.

Our own stage four was taken by Alex Luce; with a sore throat he was not at his best and he lost seven places before we started to wind things up again as halfway approached. While Blackheath went ahead for the first time our own Jim Estall did plenty of damage himself as he clocked our

third fastest long leg and recovered five places. Now it was up to Matt Yates to impose himself on the field.

What an asset this man is. Half a minute faster than anyone else on the stage, he ripped the opposition apart to take the Bels up to 7th with a lightning 12:29; the second fastest by anyone on the day. Darren Mead was third fastest on his leg with 23:27 and now just Blackheath, Hounslow, Boxhill, Chelmsford and Aldershot remained ahead.

As we expected, the gaps were now large. We couldn't in all honesty expect to gain any more ground and it was a case of hanging in as well as we could. Bruce Barton's short stage came and went - still 6th. In spite of cramping up badly Junior Galley lost only one place as Thames Valley got by. Forty-five year-old 'toughie' Pete Gilbey set out with Shaftesbury's international John Sherban on his shoulder, had him race past within seconds, but 14 minutes later came back home with the Shaftesbury man nowhere to be seen (he'd pulled a muscle). Last minute recruit for a long stage Mike Webb enjoyed his Essex outing, giving way to Old Gaytonians and finally a Friday night recruit Nick Kello celebrated his birthday (and the Team Manager's) by holding steady in 8th.

Footnote: The top twenty teams qualified for the National 12-Stage but on the night of the race we took the decision not to take the place we had earned at Sutton Park. Several of our runners would be involved in the London Marathon and would therefore be unavailable, while others were off for warm weather training or other such activities prior to the track season. It was agreed that it was better to end the season on a relatively high note than take a team to the Nationals that would probably finish in the 40s.

1, Blackheath 3:41:43; 2, Boro Hounslow 3:42:39; 3, Boxhill 3:43:31; 4, Chelmsford 3:45:27; 5, Aldershot 3:47:36; 6, Thames Valley 3:48:33; ... 8, Belgrave 3:51:37; 57 teams finished.

Fastest long stage (4 miles 1448 yards): D.Taylor (Blackheath) 22:32. Fastest short stage (2 miles 1260 yards): M.Skelton (Tonbridge) 12:20.

Stg	Runner	Posn.	Time
1	R.Alsop	13th	23:50
2	R.Turner	8th	13:14
3	M.Bizio	14th	25:23
4	A.Luce	21st	14:22
5	J.Estall	12th	24:06
6	M.Yates	7th	12:29
7	D.Mead	6th	23:27
8	B.Barton	6th	13:49
9	J.Galley	7th	25:42
10	P.Gilbey	7th	14:24
11	M.Webb	8th	26:01
12	N.Kello	8th	14:50

LONDON MARATHON

Team Champions

**LONDON MARATHON
21 APR 96**

This race must go down as the classiest Club Championship of all time. Paul Evans was expected to produce his usual high standard run while for Gary Staines, it was his second attempt at going all the way, humid conditions making things difficult in his first attempt in Vienna just on 12 months ago. Then there was Jim Estall - as fit as a flea - and a whole bunch of others who may well spring surprises: Marcello Bizio, Stu' Paton, Junior Galley, Mike Kazimierski ... who would close in our team on what we hoped would be a winning occasion? What no-one bargained for was the unseasonably high temperature with the mercury being pushed to 21°C (70°F) by midday and there is no doubt that it had a great effect on the way the race turned out.

Early on a large bunch including all the main players broke away with Paul Evans' blond head bobbing away in the midst. Gary's start was more conservative and by Tower Bridge he was conspicuous in the second wave of international runners with former winner Eamonn Martin al-



ready struggling just ahead.

Looking for a time in the mid 2:20s, Jim Estall had set off at 5½ minute mile pace but he soon realised that this was not going to be the day for such a pace and eased off to 5:45s for fear of blowing up. Mike Kazimierski came past him at Rotherhithe so as this pair crossed the river it was 'Kaz' ahead with Jim tucked in not too far behind. Bouncing along, Stuart Paton looked in great shape, accompanied by Marcello and an incognito Matt Yates out for a training spin. Surely no team could match this. Six men through in about 200 places.

The second half was murderous. As the leading bunch was whittled away around the Isle of Dogs Evans continued to look comfortable but Gary's pack seemed to disintegrate. For Stuart the signs of dehydration became evident. He had suffered similarly on a recent long training run so he knew he was in for a bad time. Junior and Jim were also feeling the heat but Mike Kazimierski's run was looking better and better although all of them were now running a long way down on their "hoped for" times.

Well, we all know now that among the front runners Mexico's Dionicio Ceron was the iron man. When he made his break with just over 3 miles to go it was all over for the others as he powered on to his third consecutive victory. Belgium's Vincent Rousseau looked strong along the Embankment while Paul and the young African Kabiga battled it out for third

Left: Junior Galley ran into 4th scoring position for the Bels when he passed Stuart Paton somewhere before the 20 mile mark.

Photo: Alan Mead





Left: Marcello Bizio, suffering from a groin strain, took an hour for the last 6 miles!
Photo: Rex Bale

Right: What a prospect for future teams. Mike Kazimierski was so pleased with the support he got from the Bels along the route.
Below: Jim Estall adjusted his pace from 5½ minute miles to ensure he finished in the warm conditions.

Below right: Paul Evans earned selection for the Olympic Marathon after yet another top class run, but will he take up the offer?
Photos: Alan Mead



and fourth. A good number of club members had gathered here to cheer on their team and when Gary Staines hove into sight in 9th place they jubilantly proclaimed their excitement at seeing that our second man through in the Club Championship was also the next Briton. What a second half he had run and tired though he was, a wry smile briefly flickered across his face at his Embankment reception.

Now we wanted a third and fourth man through to complete the team. The gaps were huge - far greater than normal - but at last a Belgrave vest was spied ... and it was Kazimierski, some five minutes down on his projected time but running strongly and in the 50s. The trouble was, he was not eligible for team competition until 1st May. Then, drenched from tipping water over himself, Jim Estall came out of the Blackfriar's tunnel, but where now was our legitimate 4th scorer?

It was some twenty minutes before a tired Junior came through followed by the battered remnants of our team. There had been all sorts of drama around 20 miles. Stuart had completely hit the wall and walked for ages between 17 and 19 miles before Dennis Williams of H/W got him going again and it was at this stage that Junior passed him. Marcello had reached 20 miles in 1:57 but then took an hour for the last six miles, his groin injury having got to him again. Our chances in the team race seemed to be blown away.

There were plenty more Bels to cheer on. Lionel Mann had an amazing run over quarter of an hour faster than last year while Paul Cooper was thrilled to bits with his effort.

Then late that night came the news that in spite of everything we had indeed won the team race. All the teams had been equally decimated by the warm conditions but our scoring quartet's times added together came to 9:56:02 and we easily had the

measure of any other squad. And just think, if Mike Kazimierski had been eligible we would have been home in 9:31:15 - a team time out of this world - not to mention the fact that just after the race Anthony Robertson (125th in 2:36:34) signed up for the Bels!

One of the most interesting points had been Stuart's debut. As a class 1500m runner, his club-mates, in changing-room discussions, had him down as anything between 2:35 and 2:50, so was he disappointed with his run? Well, he'd like to have gone better and as he said, "... with a 1500 if you run a crap race one week you can always run another one the next weekend - but there's no way I'm doing another marathon for a bit. Still, it's got to me. It's a whole new sport

- and I will be having another go."

1, D.Ceron (Mexico) 2:10:00; 2, V.Rousseau (Belgium) 2:10:36; 3, P.Evans (Belgrave) 2:10:40; ... 9, G.Staines 2:12:54; 60, M.Kazimierski 2:31:44; 113, J.Estall 2:35:57; 125, A.Robertson 2:36:34; 736, J.Galley 2:56:31; 815, M.Bizio 2:57:28; 1008, S.Paton 2:59:49; 1320, A.Verdie 3:04:27; 2724, L.Mann 3:19:27; 2294, P.Cooper 3:15:13; 4587, R.Mann 3:32:53; 5162, L.Coy 3:37:17; 5153,

M.Graham 3:37:12; 9144, E.Derouet 3:58:59; 10248, C.Henn 4:04:35; C.Preston ran but we have yet to find his time in the results and similarly D.Davies ran 3:56-ish. Also found among the results, although we are not yet sure whether they are our own men: R.Pearson 3:24:56; J.Webb 3:47:05; P.Warburton 4:13:48.

Teams: 1, Belgrave 9:56:02; 2, Morpeth 10:18:43; 3, Thames H&H 10:27:00

**PARKWOOD YA CC LEAGUE
7 JAN 96**

With limited numbers available for this Midland Bank sponsored event, the team set about their task of taking on the course on a cold and wet day. The main success was in the under 15 girls' race, in which Janine Brown again won by 9 seconds from the fast finishing Tonbridge girl and collected another Midland Bank T-shirt for her efforts. (Nearly a full set now!) With Janine spearheading the team each time it was also the under 15 girls that gave us the best final team result and we placed third to Invicta East Kent and Blackheath although all three clubs scored 29 points. Figures in brackets indicate final overall result.

Under 15 Boys
12, (21) N.Whorlow 10:30; 13, (22) J.Stevens 10:38; 15, (24) R.Bignall 10:48; 18, (30) J.Scott 11:42; 19, (33) D.Crook 12:43. Team: 2, Belgrave 58 (5).

Under 13 Boys
8, (15) D.Bates 11:30; 9, (23) R.Banham 12:42. Team: 2, Belgrave 75 (6).

Overall Boys (both age groups): 1, Blackheath 90; 2, Paddock Wood 79; 3, Invicta EK 76 ... 5 Belgrave 68.

Under 15 Girls
1, (1) J.Brown 10:44; 3, (10) K-A.Parker-Smith 12:27. Team: 2, Belgrave 52 (3).

Under 13 Girls
6, (15) L.Fryer 11:36. Team 2, Belgrave 104 (5).

Overall Girls (both age groups): 1, Invicta EK 82; 2, Paddock Wood 80; ... 5, Belgrave 51.

Combined Girls and Boys: 1, Blackheath 162; 2, Paddock Wood 159; 5, Belgrave 99.

**MCDONALDS YA
NATIONAL R. RELAYS
SUTTON PK, 31 MAR 96**

For the first time ever we managed to start and finish a team in each age group in this superb event, writes Leo Coy. Good organisation and a testing course, together with the most talented young road runners in the country, make this a great day out for everybody.

Belgrave competed very well with David Bates giving the under 13s a good start. Likewise Steve Beaver in the under 15s, where he was well supported by Robert Bignall. Jason Stevens proved the team manager wrong with an excellent solo run in the 'B' team.

Highlight of the day was the performance by the under 17s. James Venning had a good start and Peter McDonald battled hard to lose just one place. He handed over to the 'Mighty Quinn' and Kevin zipped through the field to gain ten places. Amir was very impressive as he gained a further six places to 22nd. Well done team!

Thanks to Dave Beaver, Steve Whorlow and the Venning family for their support.

Under 17 Men

1, Solihull & Small Heath 48:47; ... 22, Belgrave 52:30 (J.Venning 13:09, P.McDonald 13:24, K.Quinn 13:08, A.Becirhodzic 12:49).

Under 15 Boys

1, Wirral 51:16; 2, Blackheath 52:07; 3, Sale 52:18; ... 44, Belgrave 'A' S.Beaver 13:45, C.Morris 15:32, R.Bignall 14:25, N.Whorlow 16:15; Belgrave 'B' did not complete (D.Crook 18:09, J.Stevens 15:32).

Under 13 Boys

1, Blackheath 55:18; 2, Salford 55:30; 3, RSC 55:50; ... 47, Belgrave 66:32 (D.Bates 15:18, A.Harris 17:24, S.Whorlow 17:43, R.Whelan 16:07).

Left: Amir Becirhodzic is our leading Under 17 distance runner of the moment. Amir, a Bosnian, came to us last summer for a respite from the troubles in his homeland and has made himself a popular and reliable team member.



Left: Already the holder of a handful of Under 13 Girls' Club Records, Laura Fryer strides out ahead of Chris Stanford and Robert Bignell (obscured) at Tonbridge AC's Open Meeting.

Below: Vicky Parker-Smith is the younger of two sisters who have taken to Race Walking with great enthusiasm.

All photos on this page by Robin Nicholls.



**FOLKESTONE 2m ROAD RACE
4 APR 96**

4, R.Bignall-Matelle 11:38; 6, D.Bates 12:05; 7, J.Stevens 12:19; 8, Janine Brown 12:30; 11, C.Stanford 12:54; 12, N.Whorlow 12:59; 16, R.Banham 13:28; 17, Laura Fryer 13:30; 19, S.Whorlow Jnr. 13:35; 22, Kelly-Ann Parker-Smith 15:48; 33, Victoria Parker-Smith 15:48; 36, Anne-Marie O'Brian 15:58; 47, L.Asling 18:38.

Right below: Now topping the six foot mark, young Nigel, who came to us in 1991 as an eleven year-old, looks every inch the Race Walker.



**RWA YAG GRAND PRIX
FOLKESTONE, 4 MAY 96**

Shepway Open Men's 10k 2, M.Dane 49:08; 4, D.Sharpe 54:17; 5, P.Warburton 54:55.

Teams: 1, Ireland 25; 2, Leicester WC 28; 3, Belgrave 33.

U20M 10km 7, A.Goudie 50:49

U17M 5km 4, N.Whorlow 25:19

U15B 3km 15, G.White 18:53.

U13B 2km 9, R.Banham 12:03.

U11B Open 1km 2, P.Graham 5:54;

3, S.McNally 5:56.

Team: 1, Belgrave 17.

SW 5km 5, H.Miller 34:53

U17W 5km 9, K-A.Parker-Smith 28:25

U15G 3km 20, V.Parker-Smith 19:18

U13G 2km 3, L.Fryer 10:42.

U11G Open 1km 1, L.Asling 5:52;

2, D.Johnson 6:25; 4, A.O'Brien 6:36.

Team: 1, Belgrave 7; 2, Leicester 14



Race Walking

Since Race Walking was re-introduced to the Young Athletes in the Winter of 1994/95 it has taken off like an express train. In every age group the Club is now having major successes. From Young International down to County Championships the team has proudly represented the Bels. In 1995 we won no less than twentytwo National, Regional and County Medals, six English School Vests, two South of England Vests, two County AA Vests, and already we have been informed that at least three of the team will be representing the South this year, with another two or three on the borderline for selection.

It is impossible to mention every Young Race Walker in this short piece, although they really do deserve it, so if your name has not been mentioned, please accept that everything written applies to you all.

We have travelled far and wide, and if the British League Team think they travel a long way, try this for a year's travel - London (many times), Dublin, Weymouth, Chesterfield, Birmingham (three times), Coventry, Leamington Spa, Brierly Hill, Bexley (four times), Stoke-on-Trent, plus taking part in the Thameside League.

In the 1994/95 season we finished fifth out of twentyfour teams in the RWA Younger Age Groups' Grand Prix Series, and we only competed in half the matches. This year we are expecting to improve and we are fighting for second place with Sheffield RWC and Steyning AC (two of the country's top Race Walking Clubs). The Under 15 Boys won their 1994/95 series and are expected to be in a similar position again when September comes around. The Girls, although small in number, are also improving on their previous year's position.

RACE WALKING EXCITES THE CLUB

In February we took a near clean sweep of the Kent County AAA Road Walking Championships with five Golds (out of six), followed by four SEAA Road Walking Championships Golds in March, and with numerous Silver and Bronze medals. We have been very successful in these Championships and expect to continue on the Track this summer.

By the time you read this the event will be over, but in May the National YAG Race Walking Championships are due to be hosted by Belgrave Harriers in Folkestone and are expected to be the highlight of this Club's race walking year. As it is home ground for many, and with the fanatical family support that the team has, even more success is expected to come our way.

Club Records are beginning to fall after many years of sitting on the shelf - and not just by a few seconds. In the Girls' records Laura Fryer has knocked 2 minutes off the Club's Under 13 3000m track record and she has also taken the 2km, 2.5km and 3km records. Kelly-Anne Parker-Smith took the Under 15 2km road record in Dublin with 11:28 and Lucy Asling the Under 11 1km and 1.2km road and 1000m track records. In the Boys' Section records have gone to Nigel Whorlow in the Under 15, 17 and 20 age groups. He now holds the Under 15 2km and 2.5km road and 3000m track, the Under 17 2.5km, 3km road and 5000m track, along with our best ever times for Under 17 and Under 20 at 11km road records. Richard Banham and Stephen Whorlow are sharing most of the Under 13 records between them. All these marks, along with many others that have stood for a long time, are expected to fall during 1996. This can only be good for the future of Race Walking in

the Club.

We have become known throughout the country as the best TEAM in terms of support towards each other. Every athlete without question supports every other member of their team. No disappearing after the finish, they get their breath back and cheer in those that are still coming home. Cheering those in other races is also the norm - and not just our own team, because we have made many friends throughout the country who also deserve our support. This in turn gives the Club a name for good sportsmanship. We also have a great family support being built up.

As the Younger Age Group's Walking Team Manager it has been the most exciting year I have had with the Club, and working with Carl Lawton and other Senior walkers, we should be able to make Race Walking secure in the Club for many years to come. The Club has supported the event well and we hope that our successes have made the unexpected expenditure worthwhile. It has now moved out of being a minority section of the Club and Race Walking is now on a par with the Young Athletes Track & Field and Cross Country sections within the Club.

Steve Whorlow. Swr.



Above: Youngsters take a stroll in Folkestone's Radnor Park. The Race Walking Association's Younger Age Group Championships were held in Folkestone on 4th May, organised under the "umbrella" of Belgrave Harriers but with Steve Whorlow the man putting in the effort. It all went off most successfully and Steve should be congratulated on his hard work. Five sponsors were attracted to the event, including Eurotunnel and our own sponsors Nike. Over 200 walkers of all age groups gathered to take part and some 500 spectators were dotted around the course.

Photo: Brian Newcombe, Folkestone Herald

WALKING RESULTS

August 1995

13 Solihull, BVAF 10k Track Champs. 10, D.Fotheringham 57:24.5.

September 1995

10 BVAF 10k Walk Champs. M65 1, D.Fotheringham 60:08.

October 1995

29 Eastway, East London, Vets AC 5k. 1, C.Lawton 24:55; 3, D.Sharpe 28:02.

November 1995

5 Monks Hill, Surrey WC 7m. 2, C.Lawton 56:38; 5, P.King 64:40.

11 Enfield Open '7'. 6, C.Lawton 58:10; 13, J.Hall 61:00; 24, N.Whorlow 63:48; 28, P.King 65:29; 32, D.Fotheringham 66:40. Teams: 1, Surrey WC 51; 2, Enfield 61; 3, Trowbridge 71; 4, Belgrave 73.

December 1995

2 Surrey WC Xmas Cup 10k: 5, P.King 54:42.

2 Calne, Pewsey Cup '7': 7, C.Lawton 56:04.

9 Bexley, Cambridge H Winter League. Men's 10k: 6, M.Dane 49:45; 7, C.Lawton 49:48; 13, D.Sharpe 56:19; 14, P.King 56:53. Team: 1, Surrey WC 22; 2, Southend 22; 3, Belgrave 34.

U17M 5k: 2, N.Whorlow 25:23; 5, J.Scott 36:34. Team: 1, Steyning 16; 2, Belgrave 19.

U13B 2.5k: 3, C.Stanford 13:11; 6, J.Stevens 14:00; 7, S.Whorlow

17:00. Team: 1, Colchester 8; 2, Belgrave 16.

Women's 5k: 9, S.Porter 30:02. Team: 1, Steyning 14; 2, Aldershot F&D 17; 3, Belgrave 19.

U17G 5k: 2, K-A.Parker-Smith 29:57.

continued over page

December 1995 continued

- 16 Chigwell 10k. 4, M.Dane 49:59; 5, C.Lawton 50:03; 11, N.Whorlow (U17) 56:16; 12, P.King 56:50; 16, D.Fotheringham 58:46. Team: 1, Southend 17; 2, Ilford 21; 3, Belgrave 28.

January 1996

- 14 Imber Court, Met. Police 10k. 7, C.Lawton 50:23; 12, D.Sharpe 52:54; 19, P.King 56:45; 21, N.Whorlow (U17) 56:53. Team: 1, Steyning 18; 2, Surrey WC 51; 3, Belgrave 59.

- 20 Wimbledon Belgrave/Surrey WC 10m: 4, P.King 93:22

- 21 Colchester, Essex League 15k: 5, D.Sharpe 83:01.

February 1996

- 3 Crystal Palace, London Open Champs. 10k: 7, C.Lawton 84:47; 11, J.Hall 88:01; 18, D.Sharpe 93:25; 19, P.King ? time. Team: 1, Steyning 22; 2, Surrey WC 24; 3, Belgrave 36. London Champs - 3, Lawton. Garnet - 1, Sharpe; 2, King.

U17M 5k: 4, N.Whorlow 26:09.

U13B 2.5k: 8, R.Banham 17:07.

Women's 5k: 15, S.Porter 30:44; 26, H.Miller 34:18. London Team Champs: 1, Belgrave 14.

U17W 5k: 4, K-A.Parker-Smith (U15G) 32:04.

U15G 2.5k: 11, V.Parker-Smith 16:49.

U13G 2.5k: 2, L.Fryer 14:55.

- 10 Bexley, Cambridge H Winter League. Mens 10k: 6, C.Lawton 51:30; 9, A.Goudie 55:10; 10, M.Dane 53:40; 12, D.Sharpe time not known; 14, P.King 56:11. Team 1, Belgrave 27; 2, Surrey WC 28; 3, Medway 62. U20M 5k: 4, N.Whorlow 26:23.

U15B 2.5k: 4, C.Stanford 14:54; 5, G.White 16:05; 6, R.Banham 16:21; 7, S.Whorlow Jnr 16:27; 11, K.McCruden 18:49. Team: 1, Colchester 6; 2, Belgrave 15; 3, Pembroke 27.

U11B 1.2k: 4, P.Graham 8:07; 8, S.McNally 9:45.

U17W 5k: 3, K-A.Parker-Smith 30:33.

U15G 2.5k: 5, L.Fryer 15:49; 6, V.Parker-Smith 16:27; 7, N.Phillips 16:27; 10, R.White 18:51. Team: 1, Steyning 14; 2, Belgrave 18.

U11G 1.2k: 5, D.Johnson 8:51.

- 17 Basingstoke '10'. 6, C.Lawton 82:49.

- 24 Bexley, Kent/Surrey Champs. 10k: 3, C.Lawton 85:28; 7, P.King 92:20.

March 1996

- 2 Blackheath, LPR 9k. 1, P.Phillips (Ilford) 51:47; 6, M.Scammell 48:43; 7, A.Goudie U17 45:34; 9, M.Dane 43:18; 17, P.Warburton 53:09. Team: 1, Belgrave 6; 2, Ilford 19; 3, London Vids. 40.

- 9 Bexley, Southern YAG & Cambridge H Winter League. Men's 10k. 1,

M.Easton (Surrey WC) 44:12; 3, M.Dane 47:39; 4, A.Goudie U17 time not known; 6, C.Lawton 50:58; 10, D.Sharpe 57:29. Team: 1, Belgrave 20; 2, Surrey WC 25; 3, Medway 32. Overall: 3, C.Lawton.

U17M 5k 1, M.Hayles (Steyning) 23:20; 2, N.Whorlow 24:36. Overall: 2, N.Whorlow.

U15B 2.5k. 1, D.King (Colchester) 12:39; 8, G.White 16:42; 9, R.Bignell 16:45; 10, R.Banham 16:48.

U17W 5k. 1, D.Wallen (Aldershot F&D) 26:13; 2, K-A.Parker-Smith 29:28. Overall 3, K-A.Parker-Smith.

U15G 2.5k 1, A.Hayles (Steyning) 12:57; 6, L.Fryer 14:48; 10, V.Parker-Smith 16:40.

U11G 1.5k. 1, L.Asling 8:11; 3, B.Johnson 8:35; 5, R.Andrews 8:57.

- 27 Hornchurch, Essex Track Champs. 4, M.Dane 48:26.8; 5, A.Goudie 48:47.9; 10, D.Sharpe 54:22.5

April 1996

- 8 Tonbridge Open. 3k: 1, C.Lawton 14:22.6; D.Sharpe 15:13.9. U20M 1, A.Goudie 13:50.9. U17M 1, N.Whorlow 15:26.0. U15B 1, S.Whorlow Jnr 20:09.6. U17W 1, K-A.Parker-Smith 17:17.4. U15G 1, L.Fryer 17:20.6. U11 1k 1, L.Asling 6:23.7.

- 13 Chesterfield, BAF Junior Champs & Open. Men's 10k: 15, D.Fotheringham 56:55. U20M 5, A.Goudie 50:27. U17M 5k 1, N.Whorlow 26:13. U15B 3k 4, C.Stanford 16:16; 9, R.Bignell 17:31. U13B 3k 5, R.Banham 18:57. U17W 5k 4, K-A.Parker-Smith 29:17. U15G 3k 14, V.Parker-Smith 19:26. U13G 2.5k 2, L.Fryer 14:03. U11G 1k 1, L.Asling 6:22; 2, D.Johnson 6:29.

- 13 Regents Park, Stock Exchange '7'. 2, P.King 64:52.

- 13 Battersea Park, MAFF 3k. 2, M.Dane 13:29.8; 3, D.Sharpe 15:48.0.

- 21 Cardiff, BAF 20k Champs. 1, D.Stone (Steyning) 83:44; 14, C.Lawton 107:57; 28, D.Fotheringham 120:28.

- 28 Colchester, Southern & Essex 20m. 11, D.Sharpe 3:21:01.

- 30 Battersea Park, VAC 5m. 1, C.Lawton 40:59; 8, P.King 44:56.

May 1996

- 6 Inter-Region 3k. 1, A.Goudie 14:09.0

- 8 Blackheath, LPR 9k. 5, M.Scammell 47:49

- 12 Enfield, Middlesex 3k. 1, J.Hall 14:14.83, D.Fotheringham 16:15.6.

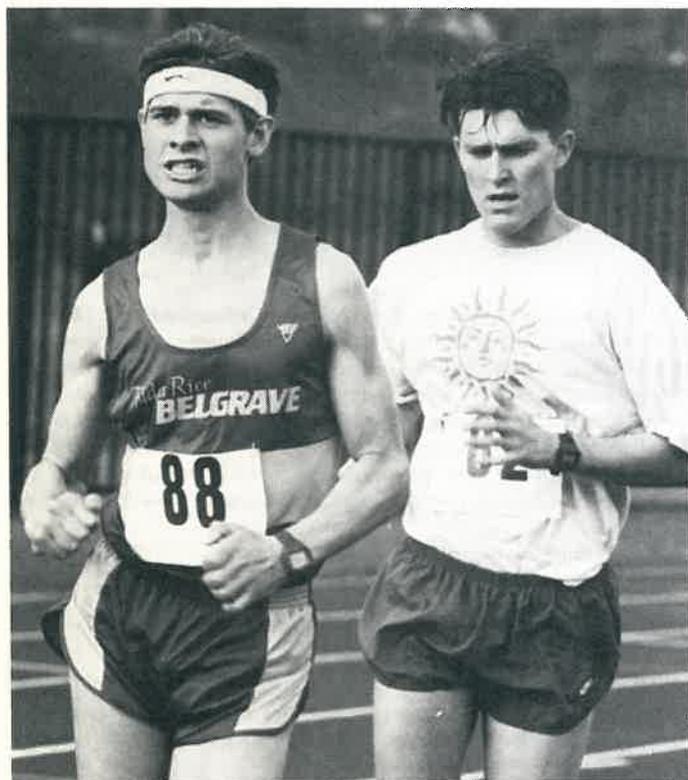
- 12 Crystal Palace, Kent U20M 3k 1, A.Goudie 14:12.96. U17M 3k 1, N.Whorlow 15:06.04. U15B 3k C.Stanford 18:14.54. U13B 2k 1, R.Banham 16:45.12. U17W 3k 2, K-A.Parker-Smith 16:42.54. U13G 2k 1, L.Fryer 14:09.8

- 12 Thurrock, Essex 3k. 3, M.Dane 14:04.9.

- 14 Battersea, VAC 5m. 1, C.Lawton 40:32; 2, D.Sharpe 42:01; 6, P.King 45:00; 10, D.Fotheringham 45:56.

- 15 Woodford, 3k. 2, D.Sharpe 15:37.3; 6, D.Fotheringham 16:13.5.

- 26 Colchester, Essex 20k. 4, M.Dane 1:41:48; 10, D.Sharpe 1:57:50; D.Fotheringham 2:01:49.



Above: Making a big impact on the Belgrave Race Walking scene, Mabon Dane joined from Colchester in December 1995 and is already our 10k Track Champion. He led for almost the whole of the race but was pipped by guest competitor G.Jones of New Zealand (here tracking him closely).

Photo: Jeremy Hemming

NEW YEAR'S DAY WALKS VICTORIA PARK, 1 JAN 96

On New Year's Day 13 Young Athletes travelled to Victoria Park, London, to take part in Loughton AC's City New Year Walks which was also an RWA Grand Prix event. It was another successful day in most of the age groups. In the Under 11 Girls' race (1km) our youngsters showed us what the future has to offer - and it looks very rosy. Lucy Asling took 1st with Dannielle Johnson 2nd and Rebecca Andrews 3rd. Not surprisingly they also took the team race.

We only had one Under 13 Girls' entry but that was enough because fast improving Laura Fryer gained her first win in a RWA Grand Prix event.

In the Under 15 Boys we had similar success with Chris Stanford taking a very good 3rd but with the withdrawal of two of our walkers after only 500m it was left to the younger boys of the team to bring home the joint U15/U13 team prize. Well done Chris Stanford, Stephen Whorlow and Robert Bignall.

In the Under 17 age group we again took two of the minor prizes. An unwell Kelly-Anne decided she still wanted to race and was rewarded with 2nd in the Ladies under 17 race. Nigel Whorlow took 3rd in the

Youth's event even though he walked for three-quarters of the race with a loose shoe lace. (Never agin Nigel!)

Overall the Club gained 285 hard won Grand Prix points and stood second only to Leicester - possibly the top Race Walking Club in the country.

Senior Men's 10km
3, M.Dane 48:25; 9, C.Lawton 52:13; 12, D.Sharpe 54:31; 15, P.Warburton 55:37.

Team: 1, Leicester 16; 2, Surrey WC 21; 3, Belgrave 36.

Under 17 Men's 5km

3, N.Whorlow 26:34.

Under 13 and Under 15 Boys' 2.5km

3, C.Stanford (3rd U15) 13:47; 12, S.Shorlow Jnr (4th U13) 17:35; 13, R.Bignall (9th U15) 17:35; 14, R.Banham (5th U13); J.Stevens and D.Bond dnf.

Team 2, Belgrave 28.

Senior, Under 20 and

Under 17 Women's 5km

4, K-A.Parker-Smith (2nd U17) 31:37.

Under 13 and Under 15 Girls' 2.5km

4, L.Fryer (1st U13) 15:52; 8, V.Parker-Smith (7th U15) 17:37.

Under 11 Girls' 1km

1, L.Asling 6:30; 2, D.Johnson 6:47; 3, R.Andrews 7:07.

Teams: 1, Belgrave 6.



Left: Lucy Asling in action at Tonbridge where yet again she was first Under 11 to the finish line for her 1km race.



Right: Kelly-Ann Parker-Smith (centre of picture) is an Under 17 who features highly in Senior and Under 20 races as well.

These photos all by Robin Nicholls

MOLLY BARNETT GRAND PRIX COVENTRY, 3 MAR 96

Another long journey, to Coventry, where our youngsters again set walking alight with their enthusiasm. A quote from the *Race Walking Record* (April 1996) remarked on the increase of numbers and shows how they are now being accepted as a regular force in YAG Race Walking "... and it's not all down to the Belgrave travelling show making the trip for the first time - they did have fourteen finishers, about one third of the increase".

The races were of mixed age groups which does not always lead to good racing as the youngsters tend to go off fast with the older walkers.

In the Under 13/15 Girls' race Laura Fryer came 14th (4th under 13), losing out on 3rd by 5 seconds. Chris Stanford placed 7th in the equivalent Boys' event, having an "off" day but still recording a pb of 10:52. Richard Banham led home our Under 13 Boys with 25th.

Kelly-Anne Parker-Smith was 19th in the Women's 5km (4th U17) and to add to the team's misery of just missing out, Nigel Whorlow also came home 4th in his Under 17 Men's 10km, 15th overall.

With so many 4th places it meant that the team came home for the first time in many months without a trophy between them - leaving them even more determined to succeed at Weymouth.

Senior Men's 10km
13, C.Lawton 50:45; 15, N.Whorlow (4th U17) 52:49; 16, D.Sharpe 52:50; 43, J.Scott (17 U17) 75:36.
Under 13 and Under 15 Boys' 2km
7, C.Stanford (5th U15) 10:52; 18,

R.Bignell-Matelle (13th U15) 12:14; 19, G.White (14th U15) 12:21; 25, R.Banham (9th U13) 14:12; 26, K.McCrudden (17th U15) 14:34; 27, S.Whorlow Jnr (10th U13) 14:37.
Senior Women's 5km
19, K-A.Parker-Smith (4th U17) 18:02.
Under 15 Girls' 2km
14, L.Fryer (4th U13) 11:44; 30, V.Parker-Smith (17th U15) 13:36; 32, K.White (14th U13) 13:50.

WEYMOUTH PARKS ENGINEERING RACES & YAG GRAND PRIX WEYMOUTH, 17 MAR 96

After one of the longest trips in the race walking calendar, to Weymouth, the team again had great success with three wins and other minor places.

This has now moved Belgrave into 2nd place overall in the National Grand Prix Series.

Nine year old Lucy Asling again won, helping Belgrave to another clean sweep in the Under 11 age-group, whilst Laura Fryer and Kelly-Anne Parker-Smith both followed up their South of England Championship wins the previous week with further victories.

In a very strong Under 17 Men's race Nigel Whorlow took 3rd.
Senior and Under 20 Men's 10km
10, A.Goudie (2nd U20) 49:45; 12, C.Lawton 50:02.
Under 17 Men's 3km 3, N.Whorlow 14:32.
Under 15 Boys' 3km 5, C.Stanford 17:16; 8, R.Bignell-Matelle 17:36; 9, G.White 19:03.
Under 13 Boys' 3km 5, R.Banham

19:49; 6, S.Whorlow Jnr 22:13.
Under 17 Women's 3km
1, K-A.Parker-Smith 17:10.
Under 15 Girls' 3km
12, V.Parker-Smith 20:14.
Under 13 Girls' 3km
1, L.Fryer 17:55; 4, K.White 22:08.
Under 11 Girls' 1km
1, L.Asling 6:06; 2, D.Johnson 6:21; 3, R.Andrews 6:37.

VAC/BELGRAVE 10Km TRACK CHAMPS. BATTERSEA PARK, 1 MAY 96

1, G.Jones (NZ gst) 48:11.4; 2, M.Dane (Belgrave) 48:18.0; 3, D.Holly (Surrey WC) 51:12.1; 4, J.Hall 52:15.6; 7, P.Warburton 55:10.1; 12, D.Fotheringham 57:07.013, P.King 58:22.2; 17, S.Porter 62:18.1.

PREPARING FOR A "HANSOM" VICTORY

J.E.FOWLER-DIXON
 - NOTED LONG DISTANCE RUNNER AND ONE OF THE FOUNDERS OF THE A.A.A. -
 WAS A FLEET STREET JOURNALIST AND TRAINED AROUND REGENT'S PARK, LONDON

HIS METHOD WAS TO HAIL A HANSOM CAB, CHANGE INSIDE AND THEN EMPLOY THE VEHICLE AS A PACE-MAKER

P.W. "Jimmy" Green

A man of many talents



P.W. "Jimmy" Green as pictured on the Editorial page of the very first edition of *Athletics*. The photo actually dates from his R.A.F. days in 1930.

CLIVE SHIPPEN writes:- In 1954, with the aid of several army physical training instructors, I was able to create a track and field team to represent the School of Military Engineering, Chatham. It was built from raw material and required much honing and refinement if it was to succeed at Army Championship level, so competition was essential. With this in mind I contacted the nearby City of Rochester A.C. to see if they could assist in both competition and training.

It was thro' this approach that I first met P.W. "Jimmy" Green. He was a stalwart of the local club and heavily involved in their management and coaching. His response was most supportive and we soon arranged some matches between our teams. I did not realise at the time that he was Editor of *Athletics Weekly*, then in its 9th year of publication, nor indeed that he had been a member of Belgrave during the War years. Our discussions soon became most animated when he knew I was a Belgravian too.

The Military School team benefitted from his help and went on to reach the Army finals the following year.

I had not expected the Editor of *AW* to be so actively involved in club athletics. He seemed to know everyone and it was in no small measure due to him that the City of Rochester '5' was a major event in the racing calendar at that time. No mean athlete himself in earlier days, he had achieved much by 1954; yet he was still only half-way through a life-time in athletics.

We kept in touch during the 'fifties and 'sixties via the London Brighton Relay mainly, a passion we both shared, and I sent him race analyses and the occasional article.

He has now reached the head of Belgrave's membership list, and it seems appropriate that the following profile should feature in *The Belgravian*.

Born on the 20th March 1909, P.W. "Jimmy" Green spent his formative years in the Tolworth/Surbiton area of Surrey. It was after surprising himself by winning an Open schools 100 yards race that he was approached by Billy Dear of Surrey A.C., a well known figure in cross-country running. Dear invited Jimmy and his friend Bert Pryor to visit his home and see his showcase of medals and trophies. The youngster stared at the case in awe, marvelling at the display and signed up on the spot.

When 14 years old he joined the R.A.F. as an apprentice and went to Halton for three years. He continued his sprinting with moderate success in the first year but then took

to cross-country running in his second year. He later returned to the Old Malden Fields to pit his new-found fitness against Surrey A.C. runners and found cross-country specialist George Constable on the line. During the five mile race Constable and the front men went off course shortening the race to 3¾ miles. Jimmy found himself just behind the leaders with the finishing straight (100 metres of cinder path) now in sight. In a flash the young newcomer was up on his toes taking them all by surprise with his sprinting ability. It was shock win and Constable did not take it too well; but Jimmy had left his mark with the Surrey AC members who were mostly amused at the upset.

After finishing his R.A.F. apprenticeship he was posted overseas first to Palestine and then Iraq. In his four-year posting he was unbeaten in Services races until his old friend and International Sam Ferris joined him for a second stint in the desert. They had last been together when representing the R.A.F. against Middlesex and the Civil Service.

Jimmy eventually returned to the U.K. and concentrated on half-miling where he enjoyed much success. But he no longer felt the R.A.F. to be the life he needed and he bought himself out. He went into the retail business, owning two shops, but after only a few months of operation World War 2 was declared and Jimmy found himself straight back in the R.A.F.

Posted to R.A.F. Detling he met Charlie Smart who had been similarly posted. They became firm friends and trained regularly at the United Services Ground, Chatham. Additionally they thrashed their way round the Detling Aerodrome perimeter every lunch hour. Jimmy had never known training like it.

Encouraged by Charlie he joined Belgrave who were one of the few clubs to keep going during the war. He was a member for five years, until Surrey A.C. resumed activities in 1946. Charlie persuaded him to step up his track distance to 2 miles, in view of his strong finish in the mile, and he was soon joining Len Herbert, Doug. Main, Les Cohen, Tom Carter and Tom Morrell in the two-mile team races in which they were invincible at that time. Etienne Gailly, the Belgian who so very nearly won the 1948 Olympic Marathon was also one of the Belgrave group.

When peace arrived in 1945 Charlie Smart went to Germany with the Control Commission where he was unbeaten over 5,000/10,000 metres for two years and was the U.K.'s second ranked 6 miler. Before they parted the



Left: Reporting the 1964 Tokyo Olympics with his successor as *Athletics Weekly* Editor, Mel Watman. Photo: Roy Moor.

two friends had discussed Jimmy's conviction that Athletics deserved a magazine of its own. Coverage at that time was restricted to newspaper columns and various sports magazines. Armour Milne and others had brought out modest gazettes but they were unable to survive for long. If it had not been for his posting to Germany Charlie might well have joined his friend in this ambitious enterprise.

Jimmy decided to go it alone. Despite contrary advice from other friends and associates he approached John Langdon Ltd. of Maida Vale and convinced them that it was a viable proposition. *Athletics* was published for the first time in December 1945. It was a monthly production and remained so for 5 years before it became *Athletics Weekly*.

Although the work-load on the magazine steadily increased and it gave became more and more successful Jimmy continued to give much of his precious time to coaching; enjoying nurturing youngsters from school and taking them through to senior status.

Amongst his successes were that formidable duo of the 1960's Brian Barrett and Ken Caulder who finished 1st and 2nd in the National Junior Cross-Country Championship and went on to gain senior international vests.

Many older members will remember the remarkable 'Roy' Beckett whom Jimmy converted from miling to 3 miles. He put him through a tough cross-country regime in the winter and was criticised by other coaches of the day for subjecting a track athlete to such work. Beckett went on to win track races at 1 mile, 2 miles and 3 miles in personal bests. His



Above: "Jimmy" presents the "AW" 10 mile Two-Man Relay Trophy to a youthful Portsmouth AC pairing of Bruce Tulloh and Martin Hyman

Photo: Martin Photographic Services.

outstanding race, which brought everyone to their feet at White City was the A.A.A. 3 miles event of 1951. He entered the finishing straight shoulder to shoulder with hot favourite Chris Chataway and in one of the most excruciating finishes seen at these Championships won by a mere inch. Jimmy's coaching had been vindicated.

In 1982 Surrey A.C. amalgamated with Belgrave and Jimmy Green was once more a Belgrave Harrier. His continuous membership of the two clubs has now reached 71 years, which heads our current membership list.

In 1987 *Athletics Weekly* was sold to EMAP Pursuit and in 1994 he stopped coaching at the age of 85 years; four years after receiving the Master Coach Award. His career has been packed with a whole range of experience. He represented the A.A.A. at 880 yards, 1, 2 and 3 miles; ran for the R.A.F., Kent, Cambridgeshire and Bedfordshire; coached athletes to international standard; edited a national magazine; organised meetings and was a Grade I Starter. His son Tim was a promising middle distance runner, until injured in a road accident, and his grandson Clifton is the A.A.A. U15 Javelin title holder who has been likened to a young Steve Backley.

Athletics is certainly in Jimmy's blood, and there is no doubt that a large proportion of it is coloured claret and gold. On April 20th he celebrated his 87th birthday. Belgrave Harriers wish him many many happy returns.



Left: It's Poly Marathon day, 19th June 1948, and her Majesty The Queen is introduced to some of the runners before they set out on their 26 mile journey from Windsor to Chiswick. Cecil Ballard, of Surrey A.C. is presented to Her Majesty with "Jimmy", no. 31, next in line. Photo: Photographic News Agencies Ltd.



Men's T&F Rankings 1995

They're a little later than normal but nevertheless, we feel sure that you'll enjoy browsing through last season's best performances and hopefully they'll provide the spur to aim that little bit higher in 1996. As by now most international/national rankings have been published we are able to include World and British positions per age group just before the name of any athlete who has made those lists. Remember that these positions relate to the age group shown after the athlete's name. Wind assisted marks are shown at the end of each event except where we do not know of a non-wind assisted performance. Any errors or amendments to Belgrave Rankings, 29 Kingston Road, Ewell, Surrey KT17 2EG.

100 metres

10.32	=6/+0.7	John Regis	13-10-66	Lausanne, SWI	5Jul
10.48		Phil Goedluck	10-09-67	Irvine, USA	22Apr
10.63	-0.5	Haroun Korjie	18-02-72	Enfield	19Aug
10.94	-2.2	Lenny Paul	25-05-58	Crystal Palace	17Jun
10.97		Dalton Powell	20-08-63	Birmingham	17May
11.00		Glen Palmer (2nd-CI)	08-11-74	Horsham	13May
	=7	James Hilston	U17 25-02-79	Birmingham	29Jul
11.0	=7	Marlon Dickson	U17 17-11-78	Battersea Park	17May
		Andre Johnson	U20 09-01-77	Southend	30Jul
11.1		Ben Williams	03-06-73	Plymouth	6May
		Richard David	U20 15-08-77	Battersea Park	9Jul
11.12		Simon Shirley	03-08-66	Götzis, AUT	27May
11.3		Mike Bazire	17-03-61	Brighton	6May
11.4		Geoffrey Ojok	U17 19-05-79	Sutcliffe Park	30Apr
		Noel Levy	22-06-75	Barn Elms	5Aug
11.5		Joe Nicholson	12-09-75	Tooting Bec	5Jul
		Steven Scott	U17 05-06-79	Sutcliffe Park	16Jul
11.57		Alan Dunwoodie	U20 28-08-77	Crystal Palace	27May
11.6		Chido Edozie	28-07-65	Crystal Palace	31May
		Ben Cascoe	U20 26-12-77	Sutcliffe Park	18Jun
		Michael Livingstone	U20 17-04-76	Tooting Bec	5Jul
		Adam Daniel	U20 22-08-77	St. Ives, Cambs	22Jul
		Nicholas Dawson	U20 19-05-78	L.Christie Stadium	?
11.7		Es Hassan	U17 07-12-79	Crystal Palace	9Apr
		Dan Gomme	17-11-71	Tooting Bec	5Jul
		Kwadjo Adijepong	28-08-71	Sutton Arena	17Sep
11.8		Joe Pantan	U17 25-11-78	Dartford	21May
		Gavin Mason	U20 06-04-77	Battersea Park	9Jul
		John Dawson	U20 26-01-76	Barn Elms	5Aug
		Nick Daniel	U15 18-01-81	Crawley	28Aug
11.9		Paul Sowten	U17 27-02-79	Crawley	31May
11.96		Paul Hills	U17 06-11-79	Crystal Palace	13May
12.0		Marcus Miller	U20 14-07-78	Sutcliffe Park	18Jun
12.06		Marlon Kerr	U15 03-04-81	Birmingham	30Jul
12.1		Wesley Swaffer	U20 09-06-77	Battersea Park	8Apr
		Mark Simson	U20 28-09-77	Tooting Bec	14Jun
12.2		Roy Hart	U15 03-11-80	Crawley	31May
		Dean Chen	U17 30-03-80	Battersea Park	9Jul
12.3		Peter Mercer	21-09-70	Brighton	6May
		Anthony King	U20 21-01-77	Battersea Park	9Jul
		Phil Spivey	15-05-61	Sutcliffe Park	16Jul
		Kenny Pereira	04-07-64	Battersea Park	19Aug
12.6		Jonathan Wignall	U15 20-02-81	Dartford	21May
		Chris Husbands	02-05-61	Battersea Park	9Jul
		Darryl Shakes	U17 07-01-80	Kingsmeadow	5Aug
		Mark Louis-Sidney	U15 12-03-81	Tooting Bec	27Aug
	=58	Pan Zeniou (2nd-CI)	M40 07-02-53	Sheffield	9Sep
12.70		James Tuson	U15 07-01-81	Crystal Palace	27May
12.7		Gabriel Aboya-Dana	U15 21-11-81	Dartford	21May
	=11	Snowy Brooks	M50 19-08-44	Colindale	3Sep
12.8		Chi-Chi Obuaya	U15 08-05-81	Kingsmeadow	25Jun
		Omar Pomalls	U15 25-10-80	Battersea Park	9Jul
		Guy Sagar	18-11-55	Crawley	22Jul
	=81	Paul Lundy	M40 26-07-54	Colindale	3Sep
12.9		Raymond Onwuka	U15 09-11-80	Kingsmeadow	25Jun
13.1	=100	Reg Hopkins Jnr	M40 17-11-54	Battersea Park	24Apr
		Moses Semakula	U15 10-12-81	Sutcliffe Park	30Apr
13.2		Dwayne Hutchinson	U13 11-10-82	Dartford	21May
13.4		Christopher Blackman	U15 08-09-80	Dartford	21May
13.5		Alexander Weir	U15 28-08-81	Sutcliffe Park	16Jul
13.8		Alex Markham	U15 11-11-81	Battersea Park	9Jul
		Emmanuel Gyekye	U13 04-10-82	Battersea Park	9Jul
		Robert Killick	U15 22-04-81	Kingsmeadow	25Jun
13.9		Stephen Opoku	U13 21-03-83	Battersea Park	9Jul
14.0		Richard James	U13 24-09-82	Battersea Park	6May
		Karl Bignall	U13 30-10-82	Battersea Park	8Jul
		Lesimba Lawrence	U13 12-12-84	Battersea Park	8Jul
		Eric Derouet	20-09-64	Battersea Park	9Jul
		Jody Akpoveta	U13 05-09-82	Dartford	21May
14.24		Jason Stevens	U15 05-04-82	Crystal Palace	13May
14.3		Alexander Lambert	U13 22-12-82	Battersea Park	8Jul
		Jason Stevens	U15 05-04-82	Sutcliffe Park	16Jul
14.4		Robert Bignall	U15 14-01-82	Battersea Park	8Apr

		Gary White	U13 23-09-81	Battersea Park	8Apr
		Kenechukwu Okonkwo	U13 06-10-80	Battersea Park	8Apr
		Fred Hughes	U13 16-12-83	Sutcliffe Park	30Apr
		Aaron Collins	U15 29-07-81	Dartford	21May
		Nigel Whorlow	U15 26-11-80	Sutcliffe Park	16Jul
		Daniel Crook	U15 27-04-82	Dartford	21May
14.7		Jonathan Scott	U15 01-07-81	Woodford Green	4Jun
15.0		Frank Amoako	U15 07-10-81	Battersea Park	8Jul
		Daniel Bond	U15 11-02-82	Dartford	21May
		Samuel Pearson	U13 04-08-84	Battersea Park	8Jul
		Terry Lawton	M50 27-05-41	Colindale	3Sep
		Ryan Morgan	U15 19-12-82	Dartford	21May
15.5		Christopher Bentt	U13 16-12-83	Battersea Park	9Jul
16.1		Lee Jones	U13 01-01-84	Crystal Palace	9Apr
16.2		Kevin Miles	U13 07-11-83	Crystal Palace	9Apr
17.0		Christopher Reed	U13 25-07-87	Battersea Park	17Jun
17.4		Stephen Whorlow Jnr	U13 20-05-85	Woodford Green	4Jun
17.6		Keith McCrudden	U15 20-02-82	Dartford	21May
18.2		Charlie Manning	M65 18-01-28	Battersea Park	21Jun
19.3					

Manual where faster than electric

10.3	w	Phil Goedluck	10-09-67	Fullerton, USA	27Apr
<i>Wind assisted</i>					
10.43	+3.6	Phil Goedluck	10-09-67	Bedford	10Jun
10.9	+5.5	Marlon Dickson	U17 17-11-78	Croydon Arena	13May
11.06	+2.2	Marlon Dickson	U17 17-11-78	Nottingham	8Jul
11.3	+5.3	Geoffrey Ojok	U17 19-05-79	Croydon Arena	13May
11.5	+3.4	Chido Edozie	28-07-65	Croydon Arena	13May

200 metres

20.26	13/2/-0.7	John Regis	13-10-66	Nice, FRA	12Jul
20.73		Phil Goedluck	10-09-67	Irvine, USA	22Apr
21.16		David Nolan	25-07-69	Aldershot	26Jun
21.89	-1.1	Haroun Korjie	18-02-72	Enfield	19Aug
22.1		Callum Taylor	25-10-72	Harrow	28May
22.2	=6	James Hilston	U17 25-02-79	Sutton Arena	19Jul
22.23		Dalton Powell	U20 20-08-63	Peterborough	28Aug
22.3		Darrell Maynard	21-08-61	Birmingham	9Aug
		Nicholas Dawson	U20 19-05-78	Barnet Cophthall	????
22.4		Ben Williams	03-06-73	Plymouth	6May
22.5		Andre Johnson	U20 09-01-77	Southend	30Jul
		Richard David	U20 15-08-77	Southend	30Jul
22.7		Noel Levy	22-06-75	Barn Elms	5Aug
		Marlon Dickson	U17 17-11-78	Kingsmeadow	13Aug
23.0		Alan Dunwoodie	U20 28-08-77	Cophthall	30Jun
23.1		Adam Daniel	U20 22-08-77	Plymouth	6May
23.2		Geoffrey Ojok	U17 19-05-79	Battersea Park	8Apr
23.3		Gavin Mason	U20 06-04-77	Sutcliffe Park	18Jun
		Joe Nicholson	U20 12-09-75	Battersea Park	19Aug
23.4		Mike Bazire	17-03-61	Brighton	6May
		Es Hassan	U17 07-12-79	Dartford	21May
23.5		John Dawson	U20 26-01-76	Battersea Park	8Apr
23.7		Kwado Adijepong	28-08-71	Sutton Arena	17Sep
23.9		Joe Pantan	U17 25-11-78	Sutcliffe Park	18Jun
		Nick Daniel	U15 18-01-81	Crawley	28Aug
24.0		Sam Murray	U15 07-09-80	Sutcliffe Park	16Jul
24.3		Mark Simson	U20 28-09-77	Crystal Palace	31May
24.7		Kenny Periera	04-07-64	Basildon	3Jun
24.77		Daniel Newman	08-07-75	Crystal Palace	13May
24.8		Roy Hart	U15 03-11-80	Kingsmeadow	10Jun
24.9		Emanuele Palladino	U17 31-01-79	Kingsmeadow	25Jun
25.1		Paul Hills	U17 06-11-79	Battersea Park	9Jul
25.2		Paul Fox	U17 12-12-78	Hounslow	27Aug
25.7		Marlon Kerr	U15 03-04-81	Sutcliffe Park	30Apr
		Darryl Shakes	U17 07-01-80	Tooting	21Jun
	=60	Pan Zeniou (2nd-CI)	M40 07-02-53	Colindale	3Sep
25.8	=67	Paul Lundy	M40 26-07-54	Colindale	3Sep
		James Tuson	U15 07-01-81	Battersea Park	9Jul
		Marcus Miller	U20 14-07-78	Sutcliffe Park	18Jun
		Gabriel Aboya-Dana	U15 21-11-81	Croydon	10Jun
26.0		Michael Ramshaw	23-03-68	Brighton	6May
26.1		Jonathon Wignall	U15 20-02-81	Sutcliffe Park	30Apr
26.4	=94	Reg Hopkins Jnr	M40 17-11-54	Battersea Park	9Jul
		Anthony Blackstock	U15 24-10-81	Woodford Green	4Jun
26.5		Edward Forde	U15 12-12-80	Cophthall	30Jun
26.52		Snowy Brooks	M50 19-08-44	Exeter	5Aug
26.9		Guy Sagar	18-11-55	Crawley	22Jul
27.2		Robert Bignall	U15 14-01-82	Battersea Park	9Jul
27.5		Richard McMillan	23-11-75	Battersea Park	8Apr
27.9		Emmanuel Gyekye	U13 04-10-82	Kingsmeadow	25Jun
28.4		Kevin Quinn	U17 24-07-79	Sutcliffe Park	30Apr
		Karl Bignall	U13 30-10-82	Sutcliffe Park	30Apr
28.5		Nigel Whorlow	U15 26-11-80	Battersea Park	9Jul
28.6		Stephen Opoku	U13 21-03-83	Woodford Green	4Jun
29.2		Richard James	U13 24-09-82	Battersea Park	9Jul
29.4		Jody Akpoveta	U13 05-09-82	Woodford Green	4Jun
		Omar Pomalls	U15 25-10-80	Battersea Park	17Jun

Men's T&F Rankings 1995

29.7	Fred Hughes	U13	16-12-83	Battersea Park	9Jul
29.8	Stelios Mytilineos	U17	21-07-80	Battersea Park	9Jul
30.4	Jason Stevens	U15	05-04-82	Battersea Park	9Jul
31.1	Daniel Crook	U15	27-04-82	Sutcliffe Park	30Apr
31.7	Jonathan Scott	U15	01-07-81	Sutcliffe Park	30Apr
31.7	Michael Shannon	U13	03-10-83	Battersea Park	9Jul
33.1	Richard Biscoe	U13	31-08-84	Battersea Park	9Jul
34.9	Christopher Stanford	U15	09-02-82	Crystal Palace	9Apr
36.4	Stephen Whorlow Jnr	U13	20-05-85	Sutcliffe Park	30Apr
43.7	Charlie Manning	M65	18-01-28	Battersea Park	26Jul
<i>Wind assisted</i>					
21.71	+2.3 Dalton Powell		20-08-63	Birmingham	17May
22.6	+3.5 Marlon Dickson	U17	17-11-78	Croydon Arena	14May
22.7	+3.5 Geoffrey Ojok	U17	19-05-79	Croydon Arena	14May
23.2	+3.5 Es Hassan	U17	07-12-79	Croydon Arena	14May

400 metres

45.74	6 Du'aine Ladejo		14-02-71	Ljubljana, SLO	20May
46.61	15 David Nolan		10-09-67	Cwmbran	9Jul
47.49	Callum Taylor		25-10-72	Enfield	19Aug
47.57	4 Tom Lerwill	U20	17-05-77	Belfort, FRA	6Aug
48.35	2 James Hilston	U17	25-02-79	Barnet Copthall	6Aug
48.6	Darrell Maynard		21-08-61	Birmingham	9Aug
48.66	Simon Shirley		03-08-66	Valladolid, SPA	1Jul
49.1	Gavin Mason	U20	06-04-77	Tooting Bec	14Jun
50.2	Richard David	U20	15-08-78	Crystal Palace	31May
50.3	David Pamah		27-11-64	Brighton	5Aug
	Phillip Turner		09-07-68	Battersea Park	19Aug
	Adam Daniel	U20	22-08-77	Copthall	30Jun
50.5	Dan Gomme		17-11-71	Brighton	6May
50.7	Ian Wells		18-02-62	Norwich	13May
50.9	Mike Bazire		17-03-61	Tooting Bec	5Jul
51.2	John Dawson	U20	26-01-76	Barn Elms	5Aug
	Nicholas Dawson	U20	19-05-78	Bedford	?
51.5	Joe Nicholson		12-09-75	Perivale	1Jul
52.9	Es Hassan	U17	07-12-79	Sutcliffe Park	16Jul
53.11	Nick Daniel	U15	18-01-81	Nottingham	8Jul
53.5	Wayne Chisnall		29-10-69	Battersea Park	8Apr
53.6	Graham Adams		10-06-68	Tooting Bec	2Aug
52.64	5 Sam Murray	U15	07-09-80	Nottingham	8Jul
55.1	Joe Pantou	U17	25-11-78	Hounslow	27Aug
55.2	=29 Martin Chuter	M40	01-01-55	Enfield	24Jun
55.3	Paul Fox	U17	12-12-78	Sutcliffe Park	16Jul
56.0	Steve Smullen		23-09-58	Tooting Bec	2Aug
56.9	=57 Pan Zeniou (2nd-CI)	M40	07-02-53	Colindale	26Jun
57.0	Paul Hills	U17	06-11-79	Crawley	22Jul
57.3	Chris Husbands		02-05-61	Basilidon	3Jun
57.6	Dave Sleet	U20	26-07-75	Tooting Bec	5Jul
	=70 Paul Lundy	M40	26-07-54	Colindale	3Sep
57.8	Marlon Anderson		06-11-75	Kingsmeadow	5Aug
58.2	Gavin Jones	U17	31-01-79	Sutcliffe Park	30Apr
58.6	Darryl Shakes	U17	07-01-80	Woodford Green	4Jun
58.7	Anthony Blackstock	U15	24-10-81	Dartford	21May
60.06	28 Snowy Brooks	M50	19-08-44	Buffalo, USA	13Jul
61.2	Mark Adams	U15	9-02-81	Battersea Park	27May



Hitting the Belgrave Rankings for the first time, New Zealander Callum Taylor, gained selection for his country's World Championship 4x400m squad. Callum is pictured on his way to 2nd in the 4th BAL match at Enfield. Photo: John Hall.

61.5	Mark Simson	U20	28-09-77	Sutton Arena	19Jul
61.6	Jamie Webb		18-12-75	St. Ives, Cambs	3Jun
63.2	Richard McMillan		23-11-75	Tooting Bec	14Jun
	Said Chettati		26-12-64	St. Ives, Cambs	22Jul
64.1	Jason Stevens	U15	05-04-82	Battersea Park	6May
64.6	Stephen Opoku	U13	21-03-83	Battersea Park	17Jun
66.6	Daniel O'Sullivan	U15	14-04-82	Battersea Park	9Jul
67.4	Daniel Crook	U15	27-04-82	Battersea Park	8Jul
67.7	Stelios Mytilineos	U17	21-07-80	Battersea Park	9Jul
68.3	David Bates	U13	01-05-83	Battersea Park	27May
68.7	Samuel Pearson	U13	04-08-84	Battersea Park	8Jul
68.7	Karl Bignall	U13	30-10-82	Battersea Park	9Jul
69.9	Michael Shannon	U13	03-10-83	Battersea Park	8Jul
71.9	Fred Hughes	U13	16-12-83	Battersea Park	9Jul
75.7	Jonathan Scott	U15	01-07-81	Battersea Park	9Jul

800 metres

1:50.47	48 Darrell Maynard		21-08-61	Cwmbran	9Jul
1:50.8	Matthew Kloiber		22-11-71	Stretford	5Sep
1:52.85	Gavin Mason	U20	06-04-77	Nottingham	8Jul
1:52.7	David Pamah		27-11-64	Tooting Bec	5Jul
1:55.2	John Dawson	U20	26-01-76	Battersea Park	19Aug
1:56.70	Toby Dolman	U20	28-01-77	Nottingham	8Jul
1:59.1	Simon Weston	U20	29-09-77	Sutcliffe Park	18Jun
1:59.9	Bruce Barton		02-02-64	Tooting Bec	14Jun
2:00.5	Mark Anderson		10-09-67	Tooting Bec	14Jun
2:02.6	12 Martin Chuter	M40	01-01-55	Crawley	4Jul
2:00.4	Marlon Anderson		06-11-75	Basingstoke	??May
2:03.8	Steve Smullen		23-09-58	Sutton Arena	19Jul
2:04.7	Alex Luce		18-07-64	Crystal Palace	31May
	Michael Ayres	U17	28-09-78	Kingsmeadow	25Jun
2:06.7	James Bucher		03-11-65	Horsham	9Apr
2:07.1	James Drake	U17	18-12-78	Battersea Park	8Apr
2:08.0	Gavin Jones	U17	31-01-79	Horsham	13May
2:10.6	Adam Jones	U20	23-07-77	Southend	30Jul
2:10.7	Wesley Swaffer	U20	09-06-77	Battersea Park	8Apr
2:10.9	James Venning	U17	06-01-80	Sutcliffe Park	18Jun
2:12.9	Joe Pantou	U17	25-11-78	Southend	30Jul
2:13.6	Christopher Knight		19-11-64	Brighton	6May
2:15.3	87 Don Anderson	M40	10-05-55	Colindale	3Sep
2:16.2	Paul Lundy	M40	26-07-54	Harrow	25Jul
	Peter Wright	U15	08-03-81	Croydon	10Jun
	Kevin Quinn	U17	24-07-79	Sutton Arena	19Jul
2:16.8	Edward Forde	U15	12-12-80	Dartford	21May
2:16.9	John Wilson	U20	24-11-77	Hounslow	27Aug
2:21.4	=95 Paul Lundy	M40	26-07-54	Battersea Park	15May
2:22.1	Daniel Ofosuh	U17	03-09-79	Tooting Bec	21Jun
2:24.9	Andrew Hill	U17	05-02-80	Dartford	21May
	Mark Adams	U15	09-02-81	Battersea Park	27May
2:26.4	Fraser McManus	U15	13-08-81	Sutcliffe Park	16Jul
2:28.1	Daniel Bond	U15	11-02-82	Battersea Park	8Jul
2:28.4	Stephen Opoku	U13	21-03-83	Dartford	21May
	David Bates	U13	01-05-83	Dartford	21May
2:29.7	Don Anderson	M40	10-05-55	Battersea Park	15May
2:29.9	Jason Stevens	U15	05-04-82	Sutcliffe Park	30Apr
2:30.1	84 Dave McMillan	M45	09-11-47	Battersea Park	15May
2:30.7	Nigel Whorlow	U15	26-11-80	Bexley	18Jun
2:30.9	Adam Armstrong		21-03-66	Perivale	1Jul
2:32.7	Christian Morris	U15	15-07-82	Battersea Park	6May
2:33.0	Alexander Lambert	U13	22-12-82	Battersea Park	8Jul
2:33.5	Robert Bignall	U15	14-01-82	Battersea Park	8Jul
2:34.5	Richard James	U13	24-09-82	Battersea Park	9Jul
2:36.6	=74 Tony Stone	M50	09-12-40	Battersea Park	15May
2:41.8	Aaron Collins	U15	29-07-81	Woodford Green	4Jun
2:44.0	Stelios Mytilineos	U17	21-07-80	Sutcliffe Park	30Apr
2:47.3	Daniel Crook	U15	27-04-82	Woodford Green	4Jun
2:46.8	Gary White	U15	23-09-81	Brierley Hill	15Oct
2:53.6	10 Charlie Walker	M65	31-05-29	Tooting Bec	28May
2:55.8	Phil Carstairs		07-07-60	St. Ives, Cambs	22Jul
3:01.5	Richard Biscoe	U13	31-08-84	Battersea Park	27May
3:01.8	Stephen Whorlow Jnr	U13	20-05-82	Battersea Park	8Jul
2:52.1	Jonathan Scott	U15	01-07-81	Brierley Hill	15Oct
3:04.8	Richard Banham	U13	19-10-84	Brierley Hill	15Oct
3:10.8	Chris Stanford	U15	09-02-82	Brierley Hill	15Oct
3:16.4	Damian Coxon	U13	16-09-85	Battersea Park	6May
3:20.8	Stewart Harper	U13	22-01-84	Battersea Park	17Jun
3:28.4	Christopher Reed	U13	25-07-87	Battersea Park	17Jun
3:57.2	Keith McCrudden	U15	20-02-82	Sutcliffe Park	30Apr
4:19.1	Charlie Manning	M65	08-01-28	Battersea Park	15May

Men's Rankings compiled by Hazel Mead

Men's T&F Rankings 1995

1500 metres

3:46.58	49	Justin Chaston	04-11-68	Gateshead	2Jul
3:53.21		Rob Turner	04-10-70	Crystal Palace	3Jun
3:58.5		Graham Adams	10-06-68	Tooting Bec	14Jun
4:00.64		Kassa Tadessa	21-08-74	Crystal Palace	3Jun
4:02.32		David Pamah	27-11-64	Enfield	19Aug
4:02.8		Darrell Maynard	21-08-61	Cophthall	7May
4:03.01		Matthew Kloiber	22-11-71	Enfield	19Aug
4:03.2		Roger Alsop	16-01-65	Tooting Bec	14Jun
4:08.51		Bruce Barton	02-02-64	Crystal Palace	17Jun
4:09.5		David Kelleher	05-03-69	Battersea Park	17May
4:10.7		Marcello Bizio	01-08-64	Tooting Bec	14Jun
4:16.0		Alex Luce	18-07-64	Tooting Bec	23Aug
4:16.8		Phil Carstairs	07-07-60	Barn Elms	5Aug
4:20.6		Tom Evans	U20 17-09-77	Perivale	23Apr
4:22.0		Gavin Jones	U17 31-01-79	Horsham	14May
4:24.2		Steve Smullen	23-09-58	Tooting Bec	5Jul
4:26.2		Wesley Swaffer	U20 09-06-77	Crawley	22Jul
4:27.14		Simon Shirley	03-08-66	Götzis, AUT	28May
4:27.2		Mark Anderson	10-09-67	Croydon Arena	13May
4:28.4	25	Charlie Dickinson	M45 26-04-48	Colindale	3Sep
4:28.5		Patrick Connor	U17 05-01-79	Dartford	21May
4:29.0	75	Don Anderson	M40 10-05-55	Brighton	6May
4:29.3		Adam Jones	U20 23-07-77	Perivale	23Apr
4:29.4		Said Chettati	26-12-64	Battersea Park	9Jul
4:31.1		James Venning	U17 06-01-80	Kingsmeadow	25Jun
4:31.5		Adam Armstrong	21-03-66	Perivale	1Jul
4:32.0	34	Leo Lyons	M45 17-10-48	Colindale	26Jun
4:33.3	95	Michael Nouch	M40 20-06-54	Battersea Park	24Apr
4:34.0		Kevin Quinn	U17 24-07-79	Dartford	21May
4:44.3		Marlon Anderson	06-11-75	Kingsmeadow	5Aug
4:45.8		Michael Manning	15-08-57	Tooting Bec	2Aug
4:47.2		John Wilson	U20 24-11-77	Hounslow	27Aug
4:49.5		Markand Patel	U15 05-03-81	Kingsmeadow	25Jun
4:54.6	3	Laurie O'Hara	M60 18-06-32	L.Christie Stad.	27Aug
4:58.?		John Hall	M45 18-01-49	?	?
5:02.3		Daniel O'Sullivan	U15 14-04-82	Dartford	21May
5:02.4		Daniel Ofosuh	U17 03-09-79	Sutcliffe Park	18Jun
5:04.4		Daniel Bond	U15 11-02-82	Dartford	21May
5:05.6		Toby Earle	U20 02-09-78	Battersea Park	19Aug
5:09.2		Nigel Whorlow	U15 26-11-80	Deangate	1Jul
5:09.3		Pan Zeniou (2nd-CI)	M40 07-02-53	Sheffield	10Sep
5:09.9		Robert Bignall	U15 14-01-82	Battersea Park	8Jul
5:11.2		Christian Morris	U15 15-07-82	Battersea Park	17Jun
5:14.4		Jason Stevens	U15 05-04-82	Dartford	21May
5:14.8		David Bates	U13 01-05-83	Battersea Park	9Jul
5:17.0		Sean Maguire	U13 14-09-82	Dartford	21May
		Bernard Asante	U13 24-07-83	Kingsmeadow	25Jun
5:27.7	84	Tony Stone	M50 09-12-40	Colindale	3Sep
5:33.8		Daniel Crook	U15 27-04-82	Sutcliffe Park	16Jul
5:35.4		Charlie Walker	M65 31-05-29	Tooting Bec	28May
5:38.3		Lee Jones	U13 01-01-84	Sutcliffe Park	30Apr
5:41.0		David Grice	U13 04-10-81	Battersea Park	27May
5:41.8		Stephen Whorlow Jnr	U13 20-05-82	Kingsmeadow	25Jun
5:50.3		Jonathan Scott	U15 01-07-81	Dartford	21May
6:15.9		Gary White	U15 23-09-81	Sutcliffe Park	16Jul

6:18.5		Richard Biscoe	U13 31-08-84	Sutcliffe Park	30Apr
6:25.1	109	Snowy Brooks	M50 19-08-44	Sheffield	10Sep
6:30.9		Kevin Miles	U13 07-11-83	Crystal Palace	9Apr
7:01.9		Richard Hearn	M55 14-09-39	Battersea Park	24Apr
7:10.2		Keith McCrudden	U15 20-02-82	Dartford	21May
8:37.0	10	Dave McMullen	M70 08-09-20	L.Christie Stad.	27Aug
9:04.4	27	Charlie Manning	M65 08-01-28	Battersea Park	24Apr

3000 metres

7:56.17	8	Paul Evans	13-04-61	Cork	24Jun
8:00.4	14	Adrian Passey	02-09-64	?	2Jul
8:01.0	18	Darren Mead	04-10-68	Loughborough	20May
8:27.02		Roger Alsop	16-01-65	Enfield	29Apr
8:58.0		Junior Galley	24-05-62	Tooting Bec	23Aug
8:58.4		Phil Carstairs	07-07-60	Tooting Bec	23Aug
9:00.0		Said Chettati	26-12-64	Tooting Bec	2Aug
9:01.5		Marcello Bizio	01-08-64	Crystal Palace	31May
9:02.5		Matt Hillier	U20 10-08-77	Perivale	23Apr
9:04.6		Jim Estall	M40 09-08-54	Colindale	3Sep
9:28.3		Charlie Dickinson	M45 26-04-48	Tooting Bec	14Jun
9:32.7	=47	Mike Nouch	M40 20-06-54	Colindale	3Sep
9:32.8		Jesper Madsen	15-01-68	Tooting Bec	23Aug
9:33.3		John Wilson	U20 24-11-77	Perivale	23Apr
9:40.3	81	Don Anderson	10-05-55	Tooting Bec	14Jun
9:46.8		Leo Lyons	M45 17-10-48	Harrow	25Jul
9:54.1		John Mather	06-04-54	Tooting Bec	14Jun
9:55.0		Steve Willimont	04-03-57	Tooting Bec	23Aug
9:57.7		Adam Armstrong	21-03-66	Tooting Bec	14Jun
9:58.5		Kevin Quinn	U17 24-07-79	Sutcliffe Park	18Jun
10:09.1		Laurie O'Hara	M60 18-06-32	Colindale	3Sep
10:11.8		Michael Manning	15-08-57	Tooting Bec	5Jul
		Peter MacDonald	U17 02-09-79	Sutcliffe Park	16Jul
		Steve Smullen	23-09-58	Tooting Bec	14Jun
10:18.8		John Hall	M45 18-01-49	?	?
10:23.?		Wesley Swaffer	U20 09-06-77	Hounslow	27Aug
10:30.7		Simon Alexander	U17 12-10-78	Kingsmeadow	25Jun
10:43.8		Christian Morris	U15 15-07-82	Sutcliffe Park	30Apr
10:54.8		Toby Earle	U20 02-09-76	Kingsmeadow	10Jun
10:56.1		Mark Adams	U15 09-02-81	Dartford	21May
11:08.6		Robert Bignall	U15 14-01-82	Kingsmeadow	25Jun
11:16.4		Daniel Bond	U15 11-02-82	Sutcliffe Park	16Jul

5000 metres

13:22.73	3	Adrian Passey (2nd-CI)	02-09-64	Hechtel, BEL	22Jul
13:25.38	4	Paul Evans	13-04-61	Helsinki, FIN	28Jun
13:38.42	6	Gary Staines	03-07-63	Helsinki, FIN	28Jun

*Below: Mat George was unbeaten in any National Junior League competition - until this race at Hounslow where he ran to 2nd in 15.7.
Photo: Rob Nicholls*



Men's T&F Rankings 1995

Long Jump

7.90	1/i	Fred Salle	10-09-64		
7.31	22	Simon Shirley	03-08-66	Valladolid, SPA	1Jul
6.86	w	Dennis Costello	03-12-61	Crystal Palace	3Jun
6.85		Mike Edwards Jnr	19-10-68	Enfield	30Jul
6.75	6	Geoffrey Ojok	U17 19-05-79	Colwyn Bay	15Jul
6.62		Ben Williams	03-06-73	Plymouth	6May
	+1.0	Chido Edozie	28-07-65	Croydon Arena	14May
6.49		Peter Mercer	21-09-70	Barn Elms	5Aug
6.37		Phillip Idowu	U17 20-12-78	Southend	30Jul
6.32		James Hilston	U17 25-02-79	Tooting Bec	2Aug
6.03		Es Hassan	U17 07-12-79	Crystal Palace	9Apr
6.26	+2.0	Mat George	U20 24-09-77	Crystal Palace	27May
5.83	1	Snowy Brooks	M50 19-08-44	Buffalo, USA	13Jul
		Paul Sowten	U17 27-02-79	Horsham	20Aug
5.79		John Dawson	U20 26-01-76	Plymouth	6May
5.74		Michael Livingstone	U20 17-04-76	Battersea Park	8Apr
5.69		Wesley Smith	U17 14-02-80	Kingsmeadow	25Jun
5.66	14	Pan Zeniou (2nd-CI)	M40 07-02-53	Parliament Hill	5Jul
5.61		Adrian Martin	U15 17-05-81	Copthall	29Jun
5.50		Anthony Blackstock	U15 24-10-81	Croydon	10Jun
5.41		Roy Hart	U15 03-11-80	Battersea Park	27May
5.39	28	Reg Hopkins Jnr	M40 17-11-54	Harrow	25Jul
5.37		Kenny Periera	04-07-64	Battersea Park	19Aug
5.34		James Tuson	U15 07-01-81	Dartford	21May
5.26		Henry Wisemayer	U15 26-11-80	Dartford	21May
		Richard David	U20 15-08-77	St. Ives, Cambs	22Jul
5.16		Paul Hills	06-11-79	Deangate	1Jul
5.14		Antony Stanley-Clarke	U15 10-10-80	Sutcliffe Park	16Jul
5.09		Chris Husbands	02-05-61	Basildon	3Jun
		Steve Smullen	23-09-58	Kingsmeadow	5Aug
5.05		Chi-Chi Obuaya	U15 8-05-81	Sutcliffe Park	16Jul
5.01		Dwayne Hutchinson	U13 11-10-82	Sutcliffe Park	16Jul
4.88		Gabriel Aboya-Dana	U15 21-11-81	Dartford	21May
4.85		Joe Panton	U17 25-11-78	Battersea Park	19Aug
4.76		Raymond Onwuka	U15 09-11-80	Kingsmeadow	25Jun
4.63		Daniel Crook	U15 27-04-82	Battersea Park	17Jun
4.60		Darryl Shakes	U17 07-01-80	Dartford	21May
4.34		Emmanuel Gyekye	U13 04-10-82	Battersea Park	9Jul
4.29		Richard James	U13 24-09-82	Battersea Park	9Jul
4.24		Mike Edwards Snr	M50 16-12-41	Basildon	3Jun
4.23		Jody Akpoveta	U13 05-09-82	Sutcliffe Park	16Jul
		Nigel Whorlow	U15 26-11-80	Bexley	18Jun
4.22		Guy Sagar	18-11-55	Kingsmeadow	5Aug
4.19		Daniel Bond	U15 11-02-82	Battersea Park	8Jul
4.16		Jason Stevens	U15 05-04-82	Battersea Park	8Jul
4.13		Bernard Asante	U13 24-07-83	Battersea Park	9Jul
4.11		Daniel Ofosuh	U17 03-09-79	Battersea Park	9Jul
4.06		Jonathon Scott	U15 01-07-81	Bexley	18Jun
3.93		Fred Hughes	U13 16-12-83	Battersea Park	9Jul
3.89		Eric Derouet	20-09-64	Battersea Park	9Jul
3.86		Michael Shannon	U13 03-10-83	Battersea Park	9Jul
3.75		Karl Bignall	U13 30-10-82	Crystal Palace	9Apr
3.47		Christopher Bentt	U13 16-12-83	Battersea Park	9Jul
3.38		Stewart Harper	U13 22-01-84	Battersea Park	27May
3.35		Lee Jones	U13 01-01-84	Crystal Palace	9Apr
3.31		Richard Biscoe	U13 31-08-84	Battersea Park	9Jul
3.22		Chris O'Brien	U13 09-02-85	Battersea Park	6May
2.97		David Bates	U13 01-05-83	Sutcliffe Park	30Apr
2.95		Keith McCrudden	U15 20-02-82	Crystal Palace	9Apr
2.94		Stephen Whorlow Jnr	U13 20-05-82	Battersea Park	8Jul

Wind assisted

7.95	+2.2	Fred Salle	10-09-64	Seville, ESP	3Jun
6.83	+2.4	Geoffrey Ojok	U17 19-05-79	Birmingham	30Jul

Triple Jump

16.07	7/i	John Mackenzie			4Feb
15.01	29	Dennis Costello	03-12-61	Stoke	9Sep
13.90	4	Phillip Idowu	U17 30-12-78	Birmingham	30Jul
13.63	+1.2	Matt Forde	U20 06-09-76	Crystal Palace	27May
13.57	=12	Mat George	U20 24-09-77	Hounslow	27Aug
13.47		James Hilston	U17 25-02-79	Kingsmeadow	25Jun
13.36		Syful Ahmed	U17 25-10-79	Kingsmeadow	10Jun
12.15		Kenny Periera	04-07-64	Basildon	3Jun
12.12		Henry Wisemayer	U15 26-11-80	Croydon	10Jun
12.07		John Druce	16-04-58	Battersea Park	19Aug
11.66		Chido Edozie	28-07-65	Perivale	1Jul
11.48		Peter Mercer	21-09-70	Battersea Park	19Aug
11.15		Richard Ladega	U17 16-11-79	Dartford	21May
11.08		Michael Ayres	U17 28-09-78	Kingsmeadow	25Jun
10.78		Paul Hills	U17 06-11-79	Sutcliffe Park	30Apr
9.70		Chris Johnson	U20 13-04-78	Southend	30Jul
9.59		Jonathan Scott	U15 01-07-81	Battersea Park	9Jul
9.57	51	Reg Hopkins Jnr	M40 17-11-54	Harrow	25Jul
9.52		Jason Stevens	U15 05-04-82	Battersea Park	9Jul

9.47		Steve Taylor	U17 17-07-80	Dartford	21May
9.36	28	Mike Edwards Snr	M50 16-12-41	Colindale	3Sep
9.27		Guy Sagar	18-11-55	Deangate	1Jul
9.25		Jamie Webb	18-12-75	Battersea Park	17May
9.24		Bobbie Peacock	U20 12-01-78	Sutcliffe Park	18Jun
8.24	42	Terry Lawton	M50 27-05-41	Colindale	3Sep

Pole Vault

5.30	=5	Ian Tullett	15-08-69	Enfield	19Aug
5.20	=9	Mike Edwards Jnr	19-10-68	Enfield	19Aug
4.70	=28	Simon Shirley	03-08-66	Crystal Palace	17Jun
4.25		Jamie Webb	18-12-75	Sutton Arena	17Sep
3.60	3	Mike Edwards Snr	M50 16-12-41	Watford	19Jul
3.20	6	Snowy Brooks	19-08-44	Buffalo, USA	14Jul
3.00	=9	Pan Zeniou (2nd-CI)	M40 07-02-53	Sheffield	10Sep
3.10	8	Terry Lawton	M50 27-05-41	Perivale	1Jul
		Andrew Hill	U17 05-02-80	Southend	30Jul
2.90		Chris Husbands	02-05-61	Battersea Park	9Jul
2.70		John Webb	25-01-52	Battersea Park	8Apr
2.15		Nick Daniel	U15 18-01-81	Dartford	21May
2.20		Steve Taylor	U17 17-07-80	Sutcliffe Park	16Jul
2.10		Marlon Kerr	U15 03-04-81	Kingsmeadow	25Jun
2.00		Aaron Collins	U15 29-07-81	Kingsmeadow	25Jun
1.90		Peter MacDonald	U17 02-09-79	Sutcliffe Park	16Jul
		Alexander Weir	U15 20-08-81	Sutcliffe Park	16Jul
1.80		Bob Bridges	M45 17-08-49	Plymouth	6May



Belgrave's highest flyer in 1995, Ian Tullett cleared 5.30m to take British League Match 4 at Enfield. But Mike Edwards is keen to wrest back the lead and is rumoured to have recently vaulted 5.60 in training.
Photo: John Hall

Shot Putt (7.26kg)

16.74	10	James Mason	22-03-72	Horsham	9Jul
14.66	=40	Kevin Brown	10-09-64	Birmingham	1Jul
14.59	46	Simon Shirley	03-08-66	Götzis, AUT	27May
14.04		Leith Marar	07-11-68	Loughborough	20May
12.67	5	Mike Small	M40 31-03-54	Tooting Bec	2Aug
10.51		Snowy Brooks	M50 19-08-44	Brighton	6May
10.72	13	Pan Zeniou (2nd-CI)	M40 07-02-53	Sheffield	9Sep
10.30		Pat Lyttle	19-04-64	St. Ives, Cambs	3Jun
9.60		Kevin Stock	02-06-57	Tooting Bec	2Aug
8.84	45	Reg Hopkins Jnr	M40 07-11-54	Battersea Park	24Apr
8.59		Guy Sagar	18-11-55	Kingsmeadow	5Aug
8.48		Bobbie Peacock	12-01-78	Basildon	3Jun
8.40		Eric Derouet	20-09-64	Battersea Park	9Jul
8.02		Mike Bazire	17-03-61	Basildon	3Jun
7.72	57	Stephen Whorlow Snr	M45 13-11-47	Battersea Park	9Jul
7.33		Richard David	U20 15-08-77	Plymouth	6May
6.99	=67	Bob Bridges	M45 17-08-49	Perivale	1Jul
6.68		Bernard Green	11-10-61	Battersea Park	9Jul

Shot Putt (6.25kg)

12.62	CR	Snowy Brooks	M50 19-08-44	Battersea Park	8Apr
11.11	CR	Daniel Stone	U17 02-06-79	Sutcliffe Park	18Jun
9.80		Bobbie Peacock	U20 12-01-78	Sutcliffe Park	18Jun
8.63		Adam Daniel	U20 22-08-77	Hounslow	27Aug
8.06	27	John Dunsford (6kg)	M60 15-07-33	Buffalo, USA	Jul
6.64		Paul Hills	U17 06-11-79	Perivale	23Apr

Men's T&F Rankings 1995

Shot Putt (5kg)

12.83	Daniel Stone	U17	02-06-79	Croydon	10Jun
11.20	Marlon Dickson	U17	17-11-78	Woodford Green	4Jun
10.14	Ben Commins	U17	25-11-78	Dartford	21May
9.98	Paul Hills	U17	06-11-79	Sutcliffe Park	30Apr
8.89	Joe Panton	U17	25-11-78	Sutcliffe Park	30Apr

Shot Putt (4kg)

12.10	Christopher Blackman	U15	08-09-80	Croydon	10Jun
11.09	Raymond Onwuka	U15	09-11-80	Croydon	10Jun
10.70	Nick Daniel	U15	18-01-81	Sutcliffe Park	30Apr
10.37	Jonathan Scott	U15	01-07-81	Kingsmeadow	25Jun
10.06	Moses Semakula	U15	10-12-81	Sutcliffe Park	30Apr
9.57	Kenechukwu Okonkwo	U15	06-10-80	Sutcliffe Park	16Jul
9.26	Christopher Rowland	U15	15-01-81	Dartford	21May
8.61	Solomon St. Luce	U15	11-02-82	Dartford	21May
8.58	Keith McCrudden	U15	20-02-82	Dartford	21May
8.30	Nigel Whorlow	U15	26-11-80	Bexley	18Jun
5.45	Jason Stevens	U15	05-04-82	Tonbridge	17Apr
4.97	Liam Dray	U15	28-11-81	Crystal Palace	9Apr
4.76	Frank Amoako	U15	07-10-81	Battersea Park	8Jul
4.56	Christopher Stanford	U15	09-02-82	Crystal Palace	9Apr

Shot Putt (3.25kg)

7.36	David Grice	U13	04-10-81	Battersea Park	27May
6.92	Christopher Bentt	U13	16-12-83	Battersea Park	9Jul
5.92	Fred Hughes	U13	16-12-83	Battersea Park	9Jul
5.79	Richard James	U13	24-09-82	Battersea Park	17Jun
4.58	Stephen Whorlow Jnr	U13	20-05-82	Battersea Park	9Jul
3.90	Kevin Miles	U13	07-11-83	Crystal Palace	9Apr

Discus (2kg)

59.50	2 Kevin Brown		10-09-64	Stoke	9Sep
55.38	7 Leith Marar		07-11-68	Tooting Bec	24Jun
52.96	13 Abi Ekoku		13-04-66	Loughborough	20May
42.20	4 Mike Small	M40	31-03-54	Perivale	1Jul
40.84	Simon Shirley		03-08-66	Götzis, AUT	28May
32.24	Pat Lyttle		19-04-64	St. Ives, Cambs	22Jul
31.74	23 Pan Zeniou (2nd-CI)	M40	07-02-53	Sheffield	10Sep
25.58	Kevin Stock		02-06-57	Battersea Park	19Aug
24.54	Peter Mercer		21-09-70	Perivale	1Jul
23.34	Charles Mountfield		02-11-67	Basildon	3Jun
20.60	Guy Sagar		18-11-55	Deangate	1Jul
20.08	Bobbie Peacock	U20	12-01-78	Basildon	3Jun
19.84	Chris Husbands		02-05-61	Battersea Park	9Jul
19.68	66 Stephen Whorlow Jnr	M45	13-11-47	Battersea Park	9Jul
18.14	73 Bob Bridges	M45	17-08-49	Plymouth	6May
16.32	Bernard Green		11-10-61	Battersea Park	9Jul
11.56	Don Anderson	M40	10-05-55	Kingsmeadow	5Aug

Discus (1.75kg)

26.68	Marlon Dickson	U17	17-11-78	Sutcliffe Park	18Jun
22.50	Wesley Swaffer	U20	09-06-77	Crawley	2Apr
21.18	Bobbie Peacock	U20	12-01-78	Sutcliffe Park	18Jun
13.24	Adam Daniel	U20	23-07-77	Hounslow	27Aug

Discus (1.5kg)

41.50	5 Snowy Brooks	M50	19-08-44	Exeter	6Aug
30.28	Marlon Dickson	U17	17-11-78	Sutcliffe Park	30Apr
27.70	Daniel Stone	U17	02-06-79	Kingsmeadow	25Jun
24.60	Ben Commins	U17	25-11-78	Dartford	21May
14.54	Steve Taylor	U17	17-07-80	Sutcliffe Park	30Apr

Discus (1.25kg)

28.14	Michael Soo	U15	29-11-80	Copthall	10Jun
27.64	Christopher Blackman	U15	08-09-80	Woodford Green	4Jun
25.94	Kenechukwu Okonkwo	U15	06-10-80	Sutcliffe Park	16Jul
25.80	Nigel Whorlow	U15	26-11-80	Crystal Palace	13May
23.30	Solomon St. Luce	U15	11-02-82	Dartford	21May
23.15	Andrew Howes	U15	05-11-80	Kingsmeadow	25Jun
21.76	Raymond Onwuka	U15	09-11-80	Kingsmeadow	25Jun
21.14	Jonathan Scott	U15	01-07-81	Battersea Park	8Jul
14.26	Christopher Stanford	U15	09-02-82	Battersea Park	9Jul
9.56	Robert Bignall	U15	14-01-82	Battersea Park	17Jun

Javelin (800g)

77.14	48/5 Nigel Bevan		03-01-68		9Jul
62.06	35 Simon Shirley		03-08-66	Götzis, AUT	28May
59.28	Mike Morgan		30-07-66	Copthall	7May
55.50	Ben Cascoe	U20	26-12-77	Croydon Arena	10Jun
51.58	4 Pan Zeniou (2nd-CI)	M40	07-02-53	Sheffield	10Sep
47.50	2 Snowy Brooks	M50	19-08-44	Buffalo, USA	14Jul
45.62	7 Mike Small	M40	31-03-54	Tooting Bec	2Aug
44.38	Charles Mountfield		02-01-67	Battersea Park	9Jul
40.82	Christopher Johnson	U20	13-04-78	Hounslow	27Aug
40.56	Mark Simson	U20	28-09-77	Crawley	22Jul

40.00	Geoffrey Ojok	U17	19-05-79	Perivale	23Apr
36.24	Richard David	U20	15-08-77	Plymouth	6May
34.86	Kevin Stock		02-06-57	Tooting Bec	2Aug
32.54	Guy Sagar		18-11-55	Battersea Park	19Aug
32.14	Pat Lyttle		19-04-64	Plymouth	6May
31.30	Bobbie Peacock	U20	12-01-78	Hounslow	27Aug
29.00	Mat George	U20	24-09-77	Perivale	23Apr

Javelin (700g)

46.00	Geoffrey Ojok	U17	19-05-79	Sutcliffe Park	30Apr
42.52	Alexander Newberry	U17	21-02-80	Croydon	10Jun
33.90	Jonathan Rees	U17	14-02-80	Sutcliffe Park	16Jul
26.14	Joe Panton	U17	25-11-78	Dartford	21May
21.20	Steve Taylor	U17	17-07-80	Dartford	21May

Javelin (600g)

49.06	12 Antony Stanley-Clarke	U15	10-10-80	Sutcliffe Park	16Jul
33.64	Christopher Rowland	U15	15-01-81	Sutcliffe Park	16Jul
32.98	Jonathon Wignall	U15	20-02-81	Dartford	21May
30.06	Jonathan Scott	U15	01-07-81	Battersea Park	9Jul
28.26	Moses Semakula	U15	10-12-81	Sutcliffe Park	30Apr
24.10	Christopher Blackman	U15	08-09-80	Dartford	21May
19.10	Nigel Whorlow	U15	26-11-80	Battersea Park	9Jul
18.52	Robert Bignall	U15	14-01-82	Battersea Park	17Jun
13.96	Jason Stevens	U15	05-04-82	Battersea Park	17Jun

Javelin (400g)

13.50	Frank Amoako	U13	07-10-81	Battersea Park	9Jul
12.24	Fred Hughes	U13	16-12-83	Battersea Park	9Jul

Hammer (7.26kg)

71.18	1 David Smith		21-06-62	Wakefield	17Sep
63.46	9 Phil Spivey		15-05-61	Stoke	9Sep
45.18	6 Mike Small	M40	31-03-54	Colindale	26Jun
42.62	Leith Marar		07-11-68	Enfield	19Aug
30.44	25 Bob Bridges	M45	17-08-49	Tooting Bec	14Jun
24.36	Abi Ekoku		13-04-66	Birmingham	1Jul
22.26	Bobbie Peacock	U20	12-01-78	Deangate	1Jul
18.54	Kevin Stock		02-06-57	Battersea Park	19Aug
18.04	49 Stephen Whorlow Snr	M45	13-11-47	Battersea Park	9Jul
17.62	Peter Mercer		21-09-70	Crawley	22Jul
17.32	Guy Sagar		18-11-55	Battersea Park	19Aug
16.00	Bernard Green		11-10-61	Battersea Park	9Jul
13.78	Pat Lyttle		19-04-64	Plymouth	6May

Hammer (6.25kg)

23.54	Bobbie Peacock	U20	19-04-64	Battersea Park	9Jul
20.38	47 Snowy Brooks	M50	19-08-44	Battersea Park	24Apr
19.20	Daniel Stone	U17	02-06-79	Sutcliffe Park	18Jun
18.58	50 Alan Mead (6kg)	M50	31-03-44	Colindale	3Sep
17.54	Adam Jones	U20	23-07-77	Hounslow	27Aug

Hammer (5kg)

21.62	Daniel Stone	U17	02-06-79	Dartford	21May
20.38	Steven Scott	U17	05-06-79	Sutcliffe Park	30Apr
5.46	Ben Commins	U17	25-11-78	Dartford	21May

Hammer (4kg)

31.34	Edward Forde	U15	12-12-80	Woodford Green	4Jun
30.82	Raymond Onwuka	U15	09-11-80	Kingsmeadow	25Jun
22.10	Christopher Blackman	U15	08-09-80	Dartford	21May
20.54	Jonathan Scott	U15	01-07-81	Kingsmeadow	25Jun
18.88	Solomon St. Luce	U15	11-02-82	Kingsmeadow	25Jun
16.30	Andrew Howes	U15	05-11-80	Kingsmeadow	25Jun
15.51	Michael Soo	U15	29-11-80	Sutcliffe Park	16Jul
12.68	Keith McCrudden	U15	20-02-82	Battersea Park	9Jul
9.84	Jason Stevens	U15	05-04-82	Battersea Park	9Jul

Decathlon

7822	3 Simon Shirley		03-08-66	Götzis, AUT	27/28May
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4x100m Relay

40.77	Neil Owen		18-10-73	Stoke	9Sep
	Dalton Powell		20-08-63		
	Haroun Korjie		18-02-72		
	Phil Goedluck		10-09-67		
40.79	Dalton Powell		20-08-63	Crystal Palace	3Jun
	Lenny Paul		25-05-58		
	John Regis		13-10-66		
	Phil Goedluck		10-09-67		
40.94	Geoffrey Ojok	U17	19-05-79	Birmingham	1Jul
	Phil Goedluck		10-09-67		
	John Regis		13-10-66		
	Dalton Powell		20-08-63		

Women's T&F Rankings 1995

75 metres

10.6 Bianca Simon U13 28-10-82 Croydon Arena 13May

80 metres

11.6 Hazel Kingsnorth U13 17-11-82 Bexley 18Jun
 12.0 Alexis Coxon U13 24-06-83 Bexley 18Jun
 13.1 Susanne Morgan U13 05-06-83 Bexley 18Jun
 13.5 Laura Fryer U13 03-12-83 Battersea Park 8Jul
 13.9 Danielle Johnson U13 25-05-86 Brierley Hill 15Oct
 14.1 Stacie Powell U13 18-12-85 Battersea Park 8Jul
 18.3 Hayley Powell U13 11-11-84 Battersea Park 8Jul

100 metres

12.97 Natalie Law U15 02-05-81 Crystal Palace 27May
 13.2 Gemma Watson U13 28-11-82 Wimbledon Park 12Aug
 13.4 Andrea Abrams 07-05-71 Battersea Park 9Jul
 Bianca Simon U13 28-10-82 Tooting Bec 30Jul
 13.7 Syreeta Stracey U20 05-07-78 Battersea Park 8Jul
 13.9 Melissa Bentt U17 22-05-80 Wimbledon Park 12Aug
 14.0 =30 Carol Zeniou (2nd-CI) W35 30-11-56 Colindale 26Jun
 Simonah Edwards U15 02-10-81 Norman Park 2Sep
 14.3 Julia Cockram 01-01-68 Battersea Park 9Jul
 14.4 Mellisa Simon U17 03-01-79 Horsham 20May
 Serrita Simon U20 16-09-77 Swindon 3Jun
 Jacqui Smiter 19-06-72 Battersea Park 9Jul
 Michelle Birchall U13 19-09-82 Horsham 20May
 14.5 Hazel Kingsnorth U13 17-11-82 Crystal Palace 9Apr
 14.6 Elizabeth Gyekye U13 04-10-82 Horsham 20May
 14.8 Alexis Coxon U13 24-06-83 Battersea Park 6May
 Rachel Osodi U15 07-08-81 Battersea Park 27May
 =45 Jacinta Moore W35 12-07-58 Tooting Bec 28May
 Genea Sampson U17 06-08-79 Battersea Park 9Apr
 15.0 Louise Davison U15 10-04-82 Horsham 20May
 15.2 Serina Raymond U13 14-11-84 Battersea Park 9Jul
 15.4 Laura Walden U13 09-09-82 Crystal Palace 9Apr
 15.6 Gail Richardson 21-09-68 Battersea Park 9Jul
 15.7 =76 Sally Scott W35 17-01-57 Battersea Park 24Apr
 16.1 Abigail Gray U15 06-11-80 Battersea Park 9Jul
 Susanne Morgan U15 05-06-83 Battersea Park 9Jul
 Laura Fryer U13 03-12-83 Battersea Park 8Jul
 16.8 Louise Spencer U17 18-11-?? Battersea Park 22Apr
 16.9 =92 Natalie Stracey W35 15-01-58 Battersea Park 24Apr
 17.4 Stacie Powell U13 18-12-85 Battersea Park 8Jul
 20.9 Hayley Powell U13 11-11-84 Battersea Park 17Jun

Wind assisted

13.5 +6.6 Melissa Bentt U17 22-05-80 Croydon Arena 13May

150 metres

19.9 Bianca Simon U13 28-10-82 Walton 1Jul
 21.5 Hazel Kingsnorth U13 17-11-82 Bexley 18Jun

200 metres

25.34 7/+0.5 Natalie Law U15 02-05-81 Nottingham 8Jul
 27.86 i Pamela Friel U20 24-03-77 Birmingham NIA 31Jan
 27.9 Bianca Simon U13 28-10-82 Tooting Bec 30Jul
 28.2 +4.5 Melissa Bentt U17 22-05-80 Croydon Arena 14May
 28.8 Gemma Watson U13 28-11-82 Salisbury 22Jul
 29.0 Syreeta Stracey U20 05-07-78 Horsham 20May
 Serrita Simon U20 16-09-77 Swindon 3Jun
 28.7 Laura Wilson U17 14-11-79 Norman Park 2Sep
 29.4 +0.9 Melissa Bentt U17 22-05-80 Croydon Arena 14May
 29.8 Jacqui Smiter 19-06-72 Crystal Palace 31May
 Hazel Kingsnorth U13 17-11-82 Salisbury 22Jul
 29.9 =49 Jacinta Moore W35 12-07-58 Tooting Bec 28May
 30.6 Jackie Stone 31-10-71 Battersea Park 22Apr
 31.0 Alexis Coxon U13 24-06-83 Battersea Park 6May
 Rachel Osodi U15 7-08-81 Battersea Park 8Jul
 31.6 Hazel Mead U20 14-09-77 Horsham 20May
 31.7 Louise Davison U15 10-04-82 Battersea Park 17Jun
 32.1 Sophia Howard 18-11-67 Battersea Park 9Jul
 32.2 Debbie Hearn U15 01-04-82 Battersea Park 9Jul
 33.1 Samantha Trew U13 03-10-83 Battersea Park 9Jul
 34.9 Claire Sargeant U15 01-09-82 Horsham 15May
 35.6 Hayley Powell U15 11-11-84 Battersea Park 27May
 36.3 Stacie Powell U13 18-12-85 Battersea Park 17Jun

400 metres

62.6 Laura Wilson U17 14-11-79 Basingstoke 30Apr
 66.0 Syreeta Stracey U20 05-07-78 Swindon 3Jun
 67.1 35 Jacinta Moore W35 12-07-58 Horsham 20May
 67.2 Jacqui Smiter 19-06-72 Battersea Park 22Apr
 69.1 Sophia Howard 18-11-67 Battersea Park 9Jul
 70.3 Georgina Husbands 30-05-63 Wimbledon Park 12Aug
 72.5 Noreen Alexander U20 30-03-76 Battersea Park 22Apr
 77.4 Julia Cockram 01-01-68 Norman Park 2Sep
 97.9 58 Sue Porter W45 14-07-47 Battersea Park 24Apr

800 metres

2:19.3 Gabby Collison 10-02-66 Swindon 3Jun
 2:27.0 Laura Wilson U17 14-11-79 Norman Park 2Sep
 2:30.51 Janine Brown U15 08-07-81 Crystal Palace 13May
 2:34.2 44 Jacinta Moore W35 12-07-58 Battersea Park 15May
 2:42.5 K-Anne Parker-Smith U15 10-02-81 Battersea Park 9Jul
 2:44.4 Debbie Hearn U15 01-04-82 Croydon Arena 10Jun
 2:47.8 Sophia Howard 18-11-67 Battersea Park 9Jul
 2:51.8 Judy Oakley 10-09-65 Wimbledon Park 12Aug
 2:52.4 Louise Davison U15 10-04-82 Battersea Park 8Jul
 2:52.43 Abigail Gray U15 06-11-80 Crystal Palace 13May
 2:53.7 Jackie Stone 31-10-71 Salisbury 22Jul
 2:55.2 Laura Fryer U13 03-12-83 Norman Park 2Sep
 2:56.7 Julia Cockram 01-01-68 Wimbledon Park 12Aug
 3:00.0 Laura Walden U13 09-09-82 Crystal Palace 9Apr
 3:00.3 Samantha Trew U13 03-10-83 Battersea Park 8Jul
 3:00.5 Syreeta Stracey U20 05-07-78 Salisbury 22Jul
 3:00.8 Angela Hearn U17 07-09-79 Norman Park 2Sep
 3:07.44 i Debbie Hearn U15 01-04-82 Birmingham NIA 31Jan
 3:16.7 Michelle Birchall U13 19-09-82 Horsham 20May
 3:20.8 Hayley Powell U13 11-11-84 Battersea Park 17Jun
 3:22.4 Hazel Mead U20 14-09-77 Basingstoke 30Apr
 3:24.2 Susanne Morgan U13 05-06-83 Horsham 20May
 3:26.0 Claire Sargeant U13 01-09-82 Horsham 20May
 3:45.0 Rebecca Andrews U13 ? Battersea Park 9Jul

1500 metres

4:27.4 39 Gabby Collison 10-02-66 Watford 9Aug
 5:16.3 Janine Brown U15 08-07-81 Norman Park 2Sep
 5:18.8 54 Jacinta Moore W35 12-07-58 Basingstoke 30Apr
 5:23.7 K-Anne Parker-Smith U15 10-02-81 Salisbury 22Jul
 5:48.4 Abigail Gray U15 06-11-80 Battersea Park 17Jun
 5:54.3 Sophia Howard 18-11-67 Battersea Park 22Apr
 5:55.6 34 Nina Mills W45 07-09-46 Tooting Bec 28May
 5:58.0 Judy Oakley 10-09-65 Wimbledon Park 12Aug
 5:58.6 Angela Hearn U17 07-09-79 Battersea Park 22Apr
 6:19.2 Louise Davison U15 10-04-82 Battersea Park 27May
 6:44.2 Susanne Morgan U15 05-06-83 Battersea Park 27May

3000 metres

9:38.67 37 Gabby Collison 10-02-66 Birmingham 29Jul
 11:33.6 Martina Ryan 02-10-66 Norman Park 2Sep
 11:47.1 70 Jacinta Moore 12-07-58 Battersea Park 8Apr
 12:30.7 25 Nina Mills W45 07-09-46 Horsham 20May
 12:40.6 Angela Hearn U17 07-09-79 Swindon 3Jun
 15:10.6 55 Sue Porter W45 14-07-47 Horsham 20May

5000 metres

16:45.43 26 Gabby Collison 10-02-66 Birmingham 15Jul
 23:23.1 Jacqui Smiter 19-06-72 Basingstoke 30Apr

70 metres Hurdles (68.5cm)

13.2 Alexis Coxon U13 24-06-83 Battersea Park 6May
 17.5 Laura Fryer U13 03-12-83 Battersea Park 27May

75 metres Hurdles (76.2cm)

19.3 Laura Fryer U13 03-12-83 Horsham 20May
 20.2 Claire Sargeant U13 01-09-82 Horsham 20May

80 metres Hurdles (76.2cm)

13.1 Mellisa Simon U17 03-01-79 Croydon Arena 10Jun
 14.9 Laura Wilson U17 14-11-79 Norman Park 2Sep
 15.7 Melissa Bentt U17 22-05-80 Battersea Park 22Apr
 18.8 Angela Hearn U17 07-09-79 Horsham 20May

100 metres Hurdles (84.0cm)

18.9 Julia Cockram 01-01-68 Wimbledon Park 12Aug
 19.7 Angela Patten 24-03-72 Battersea Park 22Apr
 19.9 Gail Richardson 21-09-68 Battersea Park 9Jul
 20.3 Jacqui Smiter 19-06-72 Horsham 20May
 20.9 Cindy James 02-05-71 Norman Park 2Sep
 21.1 Hazel Mead U20 14-09-77 Battersea Park 9Jul

400 metres Hurdles (76.2cm)

72.2 Jacqui Smiter 19-06-72 Norman Park 2Sep
 74.5 Jackie Stone 31-10-71 Battersea Park 22Apr
 92.8 Gail Richardson 21-09-68 Horsham 20May

High Jump

1.60 Julia Cockram 01-01-68 Battersea Park 8Apr
 1.50 Jacqui Smiter 19-06-72 Wimbledon Park 12Aug
 1.45 Laura Wilson U17 14-11-79 Battersea Park 22Apr
 1.35 Jackie Stone 31-10-71 Battersea Park 8Apr
 =14 Carol Zeniou (2nd-CI) W35 30-11-56 Colindale 26Jun
 1.30 Hazel Kingsnorth U13 17-11-82 Battersea Park 27May
 Amy Lawton U13 01-10-82 Battersea Park 9Jul

Women's T&F Rankings 1995



*At just coming up for 16, Angela Hearn featured in the track middle-distance and road lists for 1995.
Photo: Alan Mead*

1.25	Sophia Howard	18-11-67	Battersea Park	9Jul
1.20	=27 Sally Scott	W35 17-01-57	Battersea Park	24Apr
	K-Anne Parker-Smith	U15 10-02-81	Horsham	20May
	Rachel Osodi	U15 07-08-81	Swindon	3Jun
	Elizabeth Gyekye	U15 04-10-82	Wimbledon Park	12Aug

Long Jump

5.66	1 Carol Zeniou (2nd-CI)	W35 30-11-56		5Jul
5.49	Andrea Abrams	07-05-71	Basingstoke	30Apr
4.91	Syreeta Tracey	U20 05-07-78	Battersea Park	9Jul
4.71	Angela Patten	24-03-72	Battersea Park	8Apr
4.42	Julia Cockram	01-01-68	Salisbury	22Jul
4.38	Gemma Watson	U13 28-11-82	Battersea Park	8Jul
4.27	Bianca Simon	U13 28-10-82	Battersea Park	22May
4.20	Rhiann Letang	U15 13-10-82	Battersea Park	9Jul
4.09	Sophia Howard	18-11-67	Battersea Park	8Apr
4.05	Jacqui Smiter	19-06-72	Battersea Park	9Jul
4.03	Hazel Kingsnorth	U13 17-11-82	Battersea Park	9Jul
3.89	Gail Richardson	21-09-68	Battersea Park	9Jul
3.78	Serina Raymond	U13 14-11-84	Battersea Park	9Jul
3.77	Laura Walden	U13 09-09-82	Crystal Palace	9Apr
	Debbie Hearn	U15 01-04-82	Battersea Park	8Jul
3.72	Laura Wilson	U17 14-11-79	Battersea Park	22Apr
3.39	Louise Davison	U15 10-04-82	Battersea Park	17Jun
3.33	K-Anne Parker-Smith	U15 10-02-81	Crystal Palace	9Apr
3.19	Susanne Morgan	U13 05-06-83	Bexley	18Jun
3.14	Laura Fryer	U13 03-12-83	Salisbury	22Jul
2.87	Rebecca Andrews	U13 ?	Battersea Park	9Jul
2.74	Stacie Powell	U13 18-12-85	Battersea Park	8Jul
2.58	Samantha Trew	U13 03-10-83	Salisbury	22Jul
2.38	Hayley Powell	U13 11-11-84	Battersea Park	8Jul

Triple Jump

9.93	Angela Patten	24-03-72	Battersea Park	22Apr
9.69	Jacqui Smiter	19-06-72	Tooting Bec	26Aug
9.42	9 Carol Zeniou (2nd-CI)	W35 30-11-56	Colindale	26Jun
9.26	Julia Cockram	01-01-68	Basingstoke	30Apr
5.43	35 Natalie Tracey	W35 15-01-58	Battersea Park	24Apr
4.51	9 Barbara Dunsford	W55 20-09-35	Colindale	26Jun

Pole Vault

3.00	=13 Susie Drummie	19-06-71	Tooting Bec	14Jun
2.90	=18/i Julia Cockram	01-01-68	Tooting Bec	14Jun
1.80	2 Maureen Jones	W45 30-09-46	Battersea Park	15May

Shot Putt (4kg)

9.66	Michelle Stock	U17 21-05-80	L.Christie Stad.	10Jun
8.52	i Michelle Stock	U17 21-05-80	Birmingham NIA	31Jan
8.21	24 Carol Zeniou (2nd-CI)	W35 30-11-56	Colindale	3Sep
7.94	Melissa Bentt	U17 22-05-80	Battersea Park	9Jul
7.68	Gail Richardson	21-09-68	Battersea Park	9Jul
6.82	Hazel Mead	U20 14-09-77	Battersea Park	22Apr
6.19	Sophia Howard	18-11-67	Battersea Park	8Apr

Shot Putt (3.25kg)

8.51	Rhiann Letang	U15 13-10-80	Battersea Park	8Jul
8.47	Tigho Ejoh	U15 08-02-81	Battersea Park	22Apr
7.01	7 Barbara Dunsford	W55 20-09-35	Battersea Park	24Apr
5.72	Bianca Simon	U13 28-10-82	Swindon	3Jun

4.73	Laura Fryer	U13 03-12-83	Norman Park	2Sep
3.52	Louise Davison	U15 10-04-82	Norman Park	2Sep

Shot Putt (3.0kg)

7.13	7 Barbara Dunsford	W55 20-09-35	Exeter	6Aug
6.90	4 Barbara Dunsford	W60 20-09-35	Reading	1Oct
6.77	23 Pat Mead	W50 12-02-45	L.Christie Stad.	27Aug

Shot Putt (2.72kg)

6.25	Bianca Simon	U13 28-10-82	Battersea Park	6May
5.08	Susanne Morgan	U13 05-06-83	Bexley	18Jun
4.96	Laura Fryer	U13 03-12-83	Crystal Palace	9Apr

Discus (1kg)

30.26	Michelle Stock	U17 21-05-80	Croydon Arena	10Jun
25.88	Angela Patten	24-03-72	Wimbledon Park	12Aug
23.06	Gail Richardson	21-09-68	Norman Park	2Sep
22.82	Petronell Keeler	U20 17-09-76	Battersea Park	9Jul
22.60	Rhiann Letang	U15 13-10-80	Battersea Park	22Apr
21.34	Tigho Ejoh	U15 08-02-81	Battersea Park	22Apr
19.64	8 Cynthia James	W50 ?	Battersea Park	15May
18.58	14 Pat Mead	W50 12-02-45	Barn Elms	27Aug
18.32	Jacqui Smiter	19-06-72	Battersea Park	9Jul
15.74	Janine Brown	U15 08-07-81	Tonbridge	17Apr
15.70	9 Barbara Dunsford	W55 20-09-35	Exeter	6Aug
14.56	Sophia Howard	08-07-81	Battersea Park	10Sep
12.84	Bianca Simon	U13 28-10-82	Horsham	20May
12.68	7 Barbara Dunsford	W60 20-09-35	Reading	1Oct
11.38	K-Anne Parker-Smith	U15 10-02-81	Battersea Park	9Jul
10.80	Cheryl Miles	U15 19-01-81	Crystal Palace	9Apr

Javelin (600g)

29.38	Gail Richardson	21-09-68	Norman Park	2Sep
27.98	Angela Patten	24-03-72	Wimbledon Park	12Aug
25.38	Rhiann Letang	U15 13-10-80	Battersea Park	9Jul
23.70	Hazel Mead	U20 14-09-77	Kingsmeadow	10Jun
21.94	Jacqui Smiter	19-06-72	Battersea Park	9Jul
19.44	Janine Brown	U15 08-07-81	Battersea Park	9Jul
16.56	16 Pat Mead	W50 12-02-45	Barn Elms	10Sep
15.90	Julia Cockram	01-01-68	Battersea Park	9Jul
15.66	=51 Carol Zeniou (2nd-CI)	W35 30-11-56	Battersea Park	15May
14.54	57 Maureen Jones	W45 30-09-46	Battersea Park	9Jul
11.14	14 Barbara Dunsford	W55 20-09-35	Colindale	26Jun
10.98	Syreeta Tracey	U20 05-07-78	Battersea Park	9Jul

Javelin (400g)

14.62	Pat Mead	W50 12-02-45	L. Christie Stad.	27Aug
11.58	Barbara Dunsford	W55 20-09-35	Exeter	6Aug

Hammer (4kg)

30.44	Petronell Keeler	U20 17-09-76	Battersea Park	9Jul
28.14	Gail Richardson	21-09-68	Horsham	20May
21.48	9 Maureen Jones	W45 30-09-46	Battersea Park	9Jul
19.32	Hazel Mead	U20 14-09-77	Norman Park	2Sep
13.54	23 Pat Mead	W50 12-02-45	Salisbury	22Jul
11.42	Sue Porter	W45 14-07-47	Horsham	20May

Hammer (3kg)

24.76	1 Barbara Dunsford	W60 20-09-35	Reading	1Oct
15.12	14 Pat Mead	W50 12-02-45	L.Christie Stad.	27Aug

4x100m Relay

54.0	Hazel Mead	U20 12-02-77	Norman Park	2Sep
	Cindy James	02-05-71		
	Andrea Abrams	07-05-71		
	Syreeta Tracey	U20 05-07-78		
54.3	Laura Wilson	U17 14-11-79	Horsham	20May
	Melissa Simon	U17 03-01-79		
	Andrea Abrams	07-05-71		
	Syreeta Tracey	U20 05-07-78		
54.7	Serrita Simon	U20 16-09-77	Swindon	3Jun
	Melissa Simon	U17 03-01-79		
	Syreeta Tracey	U20 05-07-78		
	Jacqui Smiter	19-06-72		
55.2	Elizabeth Gyekye	U13 04-10-82	Horsham	20May
	Bianca Simon	U13 28-10-82		
	Rhiann Letang	U15 13-10-80		
	Natalie Law	U15 02-05-81		
66.7	=30 Team unknown	W35	Battersea Park	24Apr

4x400m Relay

4:24.7	Laura Wilson (63.7)	U17 14-11-79	Horsham	20May
	Syreeta Tracey (68.8)	U20 05-07-78		
	Jacinta Moore (66.8)	W35 12-07-58		
	Jacqui Smiter (65.4)	19-06-72		

Men's and Women's Road Rankings 1995

1 mile
3:57 Matt Yates 04-02-69 Madrid 7Oct

2 miles
9:57 Said Chettati 26-12-64 Sri Chinmoy, Battersea 22May
10:07 Marcello Bizio 01-08-64 Sri Chinmoy, Battersea 19Jun
11:28 Moses Semakula U15B 10-12-81 Folkestone 4Apr
12:04 David Bates U13B 01-05-83 Folkestone 4Apr
12:09 Robert Bignell U15B 14-01-82 Folkestone 4Apr
12:19 Nigel Whorlow U15B 26-11-80 Folkestone 4Apr
12:36 Charlie Walker M65 31-05-29 Sri Chinmoy, Battersea 12Jun
12:46 Danny Bond U15B 11-02-82 Folkestone 4Apr

5 kms
13:51 Paul Evans 13-04-61 BUPA, Portsmouth 27May
13:51 Adrian Passey (2nd-CI) 02-09-64 Reebok, Battersea 23Apr
14:08 Gary Staines 03-07-63 BUPA, Portsmouth 27May
14:37 Kassa Tadesse 21-08-74 BUPA, Portsmouth 27May
15:51 Phil Carstairs 07-07-60 Autumn Amble, Perivale Nov
16:09 Marcello Bizio 01-08-64 Surrey Co., Wimbledon 13Aug
16:51 Gabrielle Collison W 10-02-66 Reebok, Battersea 23Apr
17:05 Laurie O'Hara M60 18-06-32 Bella Pasta, Perivale 21Aug
17:42 Robert Mann 23-08-68 Surrey Co., Wimbledon 13Aug
17:50 Michael Manning 15-08-57 VAC, Eastway 29Oct
18:38 Rex Bale M45 29-11-45 Surrey Co., Wimbledon 13Aug
20:17 Pat Newell M60 29-02-30 Last Friday, Hyde Park 25Aug
20:49 Eric Derouet 20-09-64 Surrey Co., Wimbledon 13Aug
20:56 Carl Cross M60 03-11-35 Surrey Co., Wimbledon 13Aug
24:55 Hilary Saw W45 07-03-50 Surrey Co., Wimbledon 13Aug

5 miles
23:29 18 Gary Staines 03-07-63 Midsummer, Dulwich 22Jun
26:30 Junior Galley 24-05-62 BUPA, Battersea 9Jul
26:33 Marcello Bizio 01-08-64 BUPA, Battersea 9Jul
27:54 32 Gabrielle Collison W 10-02-66 Asics Hillingdon, Ruislip 26Feb
29:31 Don Anderson M40 10-05-55 Coombe Hill 7May
29:39 John Mather M40 06-04-54 Epsom Fun Day, Ewell 8May
29:43 Laurie O'Hara M60 18-06-32 Asics Hillingdon, Ruislip 26Feb
31:27 Robert Mann 23-08-68 Feltham 17Apr
31:40 Larry McLean M45 10-06-48 Tadworth 21May
33:26 Carl Cross M55 03-11-35 Tadworth 21May
33:25 Lionel Mann M50 21-09-40 Claygate 9Jul
35:17 Eric Derouet 20-09-64 Epsom Fun Day, Ewell 8May
35:31 Tony Stone M50 09-12-40 Epsom Fun Day, Ewell 8May
38:27 Ron Faithful M60 24-05-33 Tadworth 21May

10 km
28:13 1 Paul Evans 13-04-61 Ratinaers, GER 8Jan
28:34 4 Gary Staines 03-07-63 Cardiff, Gt. Welsh 4Jun
29:42 Chris Sweeney (2nd-CI) 03-03-66 Lensbury, Teddington 4Jun
29:50 Kassa Tadesse 21-08-74 Puma, Crystal Palace 20May
31:39 Graham Adams 10-06-68 26.2, West Ewell 5Feb
32:00 Matt Yates 04-02-69 Southend 15Oct
32:27 Marcello Bizio 01-08-64 Reebok, Crystal Palace 28Aug
32:37 Jim Estall M40 09-08-54 Dulwich 8Oct
32:43 Roger Alsop 16-01-65 Serpentine 1Jan
31:43 Rob Turner 04-10-70 Brighton 19Nov
34:06 Junior Galley 24-05-62 Dulwich 8Oct
34:16 Pete Gilbey M40 12-04-51 Belgrave, Wimbledon 22Oct
34:28 Mike Webb 04-10-67 Surrey Classic, Epsom 17Dec
34:32 35 Gabrielle Collison W 10-02-66 B&Q, Eastleigh 19Mar
34:36 Matt Hillier U20M 10-08-77 Midsummer, Reig. Priory 21Jun
35:30 Paul Cooper 12-11-58 Belgrave, Wimbledon 22Oct
35:49 Tony Binda M40 03-01-53 Belgrave, Wimbledon 22Oct
35:56 1 Laurie O'Hara M60 18-06-32 Belgrave, Wimbledon 22Oct
36:16 Stuart Paton 24-05-63 Little League, Morden 21May
36:12 John Mather M40 06-04-54 Dysart Dash, Richmond 25Jun
38:06 Rex Bale M45 29-11-45 Belgrave, Wimbledon 22Oct
38:30 Robert Mann 23-08-68 Hillingdon 20Aug
38:41 Paul Roche M4? ? Belgrave, Wimbledon 22Oct
39:26 Nikki Haines W 30-11-71 Puma, C. Palace 20May
39:29 Jim Slough M40 12-12-52 Belgrave, Wimbledon 22Oct
40:29 Lionel Mann M55 21-09-40 Belgrave, Wimbledon 22Oct
40:41 Helen Maskrey W 23-09-67 Belgrave, Wimbledon 22Oct
40:50 Larry McLean M45 10-06-48 Julie Button, Walton 16Jul
41:35 Tony Stone M50 09-12-40 Belgrave, Wimbledon 22Oct
42:32 Bert Stroud M60 08-06-32 Belgrave, Wimbledon 22Oct
42:48 Eric Derouet 20-09-64 26.2, West Ewell 5Feb
42:51 Carl Cross M55 03-11-35 Dysart Dash, Richmond 25Jun
44:54 Dave Davies M55 30-05-39 26.2, West Ewell 5Feb
45:43 Paul Graham U11B 17-02-86 Battle ?
46:39 Mark Hutton M45 01-03-50 Dysart Dash, Richmond 25Jun
47:23 Judy Oakley W ? Julie Button, Walton 16Jul
48:14 Angela Hearn U17W 07-09-79 Belgrave, Wimbledon 22Oct
48:26 Ron Faithful M60 24-05-33 26.2, West Ewell 5Feb
52:42 Hilary Saw W45 07-03-50 Julie Button, Walton 16Jul

10 miles
47:00 1 Gary Staines 03-07-63 Ballycotton, IRL 12Mar
51:27 Darren Mead 04-10-68 Sutton 24Sep
51:03 Kassa Tadesse 21-08-74 Nike, Canterbury 29Jan
53:15 Jim Estall M40 09-08-54 Epsom 19Nov
55:00 Mike Webb 04-10-67 Surrey Co., Dorking 4Jun
55:10 Marcello Bizio 01-08-64 Reebok, Woking 5Mar
55:29 Phil Carstairs 07-07-60 Bedford 26Dec
63:00 Peter Lee 20-09-66 Surrey Co., Dorking 4Jun
66:10 Robert Mann 23-08-68 Tadworth 8Jan
66:14 Morag Andrew W 25-03-61 Surrey Co., Dorking 4Jun
66:32 Lionel Mann M55 21-09-40 Epsom 19Nov
67:36 Peter Cross M40 11-06-55 Epsom 19Nov
77:53 Dave Davies M55 30-05-39 Tadworth 8Jan
82:48 Ron Faithful M60 24-05-33 Folkestone 14Apr

Half Marathon
1:00:09 1 Paul Evans 13-04-61 Marrakesh, MAR 15Jan
1:02:38 3 Gary Staines 03-07-63 Gt. North, South Shields 17Sep
1:03:06 7 Justin Chaston 04-11-68 Albuquerque, USA 4Feb
1:03:46 Kassa Tadesse 21-08-74 Valle d L'yreeres, FRA 19Mar
1:07:08 4 Jim Estall M40 09-08-54 IBM, Portsmouth 12Mar
1:13:26 Junior Galley 24-05-62 IBM, Portsmouth 12Mar
1:24:30 Dave McMillan M45 09-11-47 Oxford 23Jul
1:24:38 Nikki Haines W 30-11-71 Ranelagh, Richmond 30Apr
1:27:08 Tony Verdie M55 25-07-36 VAC, Haslemere 5Nov
1:27:33 Robert Mann 23-08-68 Shiskine, Arran 2Jul
1:28:28 Rex Bale M45 29-11-45 VAC, Haslemere 5Nov
1:29:06 Jim Slough M40 12-12-52 Watford 5Feb
1:30:30 Lionel Mann M50 21-09-40 Brighton 26Feb

25 kms
1:50:40 Robert Mann 23-08-68 Mitcham 22Jan
1:58:24 Lionel Mann M50 21-09-40 Mitcham 22Jan

20 miles
2:33:04 Lionel Mann M50 21-09-40 R. Executioner, Peterboro 4Mar
2:36:02 Robert Mann 23-08-68 R. Executioner, Peterboro 4Mar

Marathon
2:10:31 1 Paul Evans 13-04-61 London 2Apr
2:16:04 9 Gary Staines 03-07-63 Vienna, AUT 23Apr
2:33:37 Jim Estall M40 09-08-54 London 2Apr
2:59:09 Richard Pearson M45 03-03-46 London 2Apr
3:03:05 Dave McMillan M45 09-11-47 London 2Apr
3:05:08 Rex Bale M45 29-11-45 London 2Apr
3:18:48 Michael Manning 15-08-57 London 2Apr
3:25:37 Mick Graham M40 08-04-48 London 2Apr
3:31:21 Peter Cross 11-06-55 London 2Apr
3:35:46 Lionel Mann M50 21-09-40 London 2Apr
3:42:44 Eric Derouet 20-09-64 London 2Apr
3:46:07 Robert Mann 23-08-68 London 2Apr
4:01:30 Frank Gander M60 18-04-34 London 2Apr
4:05:58 Charlie Henn M60 11-07-31 London 2Apr

Road Rankings compiled by Alan Mead



Track & Field

Ladejo back on track

In 1994 Du'aine Ladejo had a brilliant summer season, winning the European Games 400m Gold Medal and going on to collect further hardware at the Commonwealth Games. It all started that year with a win in European Indoor Championships in Paris. Everything seemed to go wrong the following season but after a miserable 1995 it looks as if the man's back on track, following his 1994 path to glory by collecting the 1996 European Indoor title at Stockholm and becoming the proud owner of four European Gold Medals.

The Stockholm track did not turn out to be a favourite with the athletes but it gave no worries to Du'aine who coasted to a 47.84 win in heat three with Saber of Italy fastest of the round in 47.29. Surely a 46.74 has never looked so easy as it did with his semi-final and barring accidents the final on March 10th looked a formality. It was. With 22.10 at half-way he was already out on his own and in total command. Stretching away for another relaxed run he won in 46.12 - a personal record for indoors - but looking for all the world as if he could have gone to low 45s. Frenchman Hilaire

was 2nd in 46.82 with Saber third, 46.86.

Now for the summer season and the Olympics in Atlanta. A certain American by the name of Michael Johnson would have to be everyone's favourite but let's face it, any American who makes the Games is going to be red hot. Then again, Du'aine has to make the British team first and there are some seven other guys in the UK who are currently showing tremendous form and won't be easy to brush aside. But the Belgravian believes he can go all the way to the top and with such confidence anything could happen.

Olympic standard hammered!

Our giant 21 year-old Dave Smith, representing Humberside, tore the heart out of other hammer throwing Britons hoping to gain selection for the Olympics when he all but put the 7.26kg implement into orbit at the Inter-Counties Championships on May 27th. He hadn't been feeling too well recently but you'd never have known it when with a previous pb of 71.54 he started the competition with 70 metres, broke new ground with 72.50 in round three and then hit a massive 75.10 to give him

the Championship best performance, a British Under 23 Record and an Olympic Qualifying distance. He fouled on another near-75m throw and then finished up on 72.30. Tremendous stuff! Dave's new mark moves him up to fifth best Briton ever, all the throws ahead of him dating back to the 80s.

Ridgeon returns

How pleased we were to note the name of Jon Ridgeon among the Australian T&F results this winter. There couldn't have been many who would have expected him to come back again after that awful achilles tendon injury in 1993. But there he was, running 50 and bits for 400 hurdles in the Melbourne sunshine before moving on to California in early May and doing it again to prove that it was no fluke. Second only to Zambian Samuel Matete in the European Club's Cup in Turkey in mid-May, he then stole the headlines at the Welsh Games by coming down to 49.87 and showing every sign of remaining the fastest Briton for the remainder of the season. Will he make it to the Olympics? We earnestly hope so. If ever a man deserves a slice of luck it is Jon.

INDOOR ROUNDUP

December 1995

- 16 Crystal Palace, Puma Grand Prix. PV: =1, J.Webb 4.00. SP: 1, L.Newman 17.80; 5, J.Mason 15.30.
U17M. SP: 2, P.Waterman 14.39.
30 Birmingham NIA. 60m: 1, L.Paul 6.94. 200m: 4, L.Samuel 22.74.

January 1996

- 6/7 Birmingham NIA, New Year Games. 60m: 4, J.Fergus 6.76. 200m s-f: J.Fergus 21.49. 1500m: D.St.Clair 4:01.32. 60mH: 1, N.Owen 7.89. LJ: 5, C.Castelblanco 7.32. PV: 5, I.Tullett 5.00.
6 Crystal Palace, Puma Grand Prix. SP: 1, L.Newman 17.60. Women's PV: 2, J.Cockram 2.80.
13 Crystal Palace, Puma Grand Prix. 60m: 1, J.Fergus 6.8.
13 Horsham Open. SP: 1, L.Newman 16.31.
13 Haringey. 60m: H.Korjie 7.0.
20 Crystal Palace, SEAA Champs. 60m: 2, J.Fergus 6.9 (6.8 sf to =CBP).
27 Birmingham NIA, GB&NI v Russia. 60mH: 2, N.Owen 7.87; 4, A.Tulloch 7.90.
28 Birmingham NIA, Midland Open. SM
60m: W.Alexander 7.19; M.Livingstone 7.46; S.Dugbo 7.92. 200m: W.Alexander 23.1; M.Forde 24.43; S.Dugbo 25.07. 400m: N.Levy 48.68. HJ: B.Reilly 2.23.
U20M
60m: 1, M.Dickson 7.12; 2, A.Dunwoodie 7.22; P.Idowu 7.55. 200m: M.Dickson 22.78; M.Parper 22.81; J.Hilston 22.98; A.Dunwoodie 23.35; R.David 23.6; M.George 24.43. 400m: M.Parper 50.13; 1, A.Daniel 52.24 (also 51.97); 2, R.David 51.61. 60mH: M.George 8.93. TJ: P.Idowu 13.94; M.George 13.57. SP: D.Stone 9.89.
U17M
60m: G.C.Lambert 7.44; F.Chiemeka 7.51; E.Hassan 7.53; M.Kerr 7.60; R.Hart 7.80;

- S.Nash 7.86; C.Obuaya 7.90; A.Newberry 7.96; A.Martin 8.05; L.Quaye 8.15; J.Wignell 8.16; A.Weir 8.27; S.Taylor 8.44. 200m: E.Hassan 24.13; F.Chiemeka 24.24; N.Daniel 24.25; C.Lambert 24.54; M.Kerr 24.82; S.Murray 24.93; D.Shakes 25.24; A.Newberry 25.26; J.Tuson 25.45; A.Martin 26.64; A.Weir 26.96; S.Nash 27.37. 400m: N.Daniel 53.72; S.Murray 54.50; M.Adams 58.67; P.McDonald 60.00. 800m: P.McDonald 2:17.8; A.Kirby 2:18.8; P.Wright 2:19.9; D.O'Sullivan 2:28.7. LJ: S.Ahmed 5.72; A.Newberry 5.30; A.Martin 5.20; C.Obuaya 5.14; L.Quaye 5.14; A.Weir 4.58. TJ: J.Tuson 12.36. SP: P.Waterman 12.51.
U15B
60m: G.Aboya-Dana 7.79; A.Markham 7.93; M.Sparks 7.97; D.Hutchinson 8.22; J.Akpoveta 8.55; A.Brown 9.83. 200m: G.Aboya-Dana 24.66; M.Sparks 26.00; A.Markham 26.08; D.Hutchinson 26.82; J.Akpoveta 27.64; A.Lambert 27.67. 300m: A.Blackstock 40.40. 800m: B.Asante 2:49.4. LJ: A.Blackstock 5.43; D.Hutchinson 4.31. HJ: S.Opoku 1.45; B.Asante 1.30.
U13B
60m: H.Neal 9.07; L.Johnson 9.60; R.Carey 9.74; G.Brown 9.96. 200m: B.Shannon 29.61; H.Neal 31.65; R.Carey 32.66; L.Johnson 34.58. HJ: H.Neal 1.15
M40
800m: M.Chuter 2:06.21.
SW
200m: D.Mukasa 30.58. 400m: J.Smiter 67.51; J.Stone 64.53.
U20W
200m: S.Scott 27.42. LJ: S.Scott 4.71; S.Stracey 4.60.
U17W
60m: A.Brown 8.83.

February 1996

- 3/4 Birmingham NIA, AAA Indoor Champs. (a/b) 60m a: 6, J.Fergus 6.79 (6.70 run-off). 200m b: 5, J.Fergus 21.91 (21.63 sf); hts 6, S.Dugbo 27.42. 400m b: 5, D.Nolan 48.75 (48.21 sf);

- 6, N.Levy 48.93 (48.27 sf); hts 3, J.Hilston 50.27. 800m: hts 3, D.Maynard 1:53.22. 60mH a: 1, N.Owen 7.81; 3, A.Tulloch 7.88. PV a: 5, I.Tullett 4.90. SP: 5, L.Newman 16.05.
4 Stuttgart, Germany. 200m: 1, J.Regis 20.77.
7 Ghent, Belgium. 1500m: 3, M.Yates 3:44.01.
7 Crystal Palace, Puma Grand Prix. 60m: B.Williams 7.2.
10 Crystal Palace, Puma Grand Prix. SP: 1, J.Mason 16.17. Women's PV: J.Cockram 2.80.
10 Birmingham NIA, Interflora Classic. 200m: 2, J.Regis 20.86. 400m: 3, D.Ladejo 46.48. 1000m: 6, M.Yates 2:20.97. 60mH: 7, N.Owen 7.89. Invitation events. 60m: 4, J.Fergus 6.84. 1500m: D.Maynard dnf. SP: 3, L.Newman 17.18.
11 Birmingham, Midland Open. 200m: 2, N.Dawson 22.98.
12 Tampere, Finland. 110mH: 4, N.Owen 13.83.
17 Vienna, Austria, England v Austria. 60mH: 3, N.Owen 7.79.
18 Lievin, France. 60m: ht 5, J.Regis 6.78. Ricoh 200m: J.Regis dq.
18 Birmingham NIA, AAA U20 Champs. LJ: 7, G.Ojok 6.65. 3k Walk: 6, A.Goudie 14:26.30; 7, N.Whorlow 14:50.03. U17 LJ: 12, E.Hassan 5.77.
18 Crystal Palace, Puma GP. SP: J.Mason 16.17. U20 SP: P.Waterman 13.04. Women PV: J.Cockram 2.80. U20 LJ: S.Stracey 4.85.
24 Glasgow, Great Britain & N. Ireland v France. 200m: 1, J.Regis 20.88. 400m: 1, D.Ladejo 46.39. 60mH: 2, N.Owen 7.72; 4, A.Tulloch 7.90. Invitation events. 60m: 3, J.Regis 6.80; 6, N.Owen 7.06. 400m: 1, D.Nolan 47.62.
24 Crystal Palace, Surrey Champs. LJ: 1, M.Livingstone 6.01. U20M LJ: 1, G.Ojok 6.77. Women's PV: 2, J.Cockram 2.90. U15G 60m: 2, G.Watson 8.6.
25 Crystal Palace, Kent Champs. SP: 1, L.Newman 16.63. U17M SP: 1, P.Waterman 13.42 (CBP)
25 Stockholm, Sweden. 200m dq J.Regis.
29 Birmingham NIA Invitation Meet. 300m: 1, D.Nolan 34:12.

NIKE - BELGRAVE OPEN BATTERSEA PARK, 23 MAR 96

Senior Men

100m B 2, B.Williams 11.6. C 3, M.Livingstone 12.2; 5, M.George (U20) 12.6. D 3, M.Sparks 14.6. 200m: C 2, M.Livingstone 25.3; 4, S.Brooks (M50) 28.3; 5, M.Sparks 29.2. 400m: A 2, J.Squirrel 50.9; 3, J.Hilston (U20) 51.7; 4, A.Turner 52.3. C 4, M.Anderson 59.8. 800m: BMC A 7, R.Turner 1:55.1. BMC B 1, G.Mason (U20) 1:56.0. A 4, A.Becirhodzic (U17) 2:07.1. B 4, D.Beaver 2:14.3; 6, M.Patel (U17) 2:24.8. 3000m: 6, K.Quinn (U17) 9:41.8; 8, S.Beaver (U15) 10:05.2. 3000m Walk: 2, M.Dane 13:29.8; 3, D.Sharpe 15:48.7. 400mH: 4, M.George (U20) 60.1. HJ: 1, J.Hilston (U20) 1.80; 2, J.Tuson (U17) 1.65. LJ: 1, G.Ojok (U20) 6.79; 6, M.George (U20) 5.84; 7, M.Livingstone 5.78. TJ: 2, P.Idowu (U20) 14.59; 5, M.Kerr (U17) 11.61. SP: 1, M.Small (M40) 11.87. DT: 1, M.Small (M40) 38.82. M50 1, S.Brooks 36.86. JT: 2, M.Small (M40) 41.28. HT: 2, M.Small (M40) 41.86; 4, R.Bridges (M45) 24.62.

U17M

100m A 1, F.Chieaneka 12.0; 3, J.Tuson 12.6; 4, O.Pommells 12.6; 6, D.Shakes 12.9. B 1, M.Kerr 12.2. 200m: 1, O.Pommells 25.8; 3, M.Sparks (U15) 25.9.

U15B

100m 1, M.Sparks 12.8; 3, R.James 14.7. 800m: 1, S.Beaver 2:23.2. 80mH: 1, A.Sakyi 13.7.

Senior Women

800m: 3, D.Hearn (U15) 2:50.1. 3000m: 2, A.Hearne (U17) 13:19.6. HT: 2, H.Mead (U20) 18.70.

U15G

100m: 1, S.Edwards 14.6; 2, R.Osodi 14.7. 200m: 1, R.Osodi 31.9; 2, D.Heame 33.5. LJ: 1, D.Heame 3.73.

THAMESIDE LEAGUE MATCH 1 BATTERSEA PARK, 20 APR 96

Under 15 Boys

100m: 1, G.Aboya-Dana 11.7; 2, E.Gyeyke 12.4; n/s 4, R.Bignell 15.2. 200m: G.Aboya-Dana 24.7; 1, E.Gyeyke 26.9. 400m: 2, J.Stevens 63.0; 1, A.Lambert 59.9. 800m: 2, A.Lambert 2:21.0; 1, D.Bates 2:31.9. 1500m: 1, S.Beaver 4:46.5. 80mH: 2, E.Gyeyke 13.5; 2, D.Crook 15.7. HJ: 5, D.Crook 1.40; 4, P.Graham 1.10. LJ: 1, Aboya-Dana 5.55; 6, D.Crook 2.71. SP: 2, S.St.Luce 9.57; 2, J.Stevens 6.46. DT: 2, S.St.Luce 23.76; 3, R.Bignell 11.78. JT: 4, P.Graham 11.60. 4x100m: 5, Belgrave 58.1.

Teams: 1, Belgrave 204; 2, Croydon 192; 3, Herne Hill 190.

Under 13 Boys

100m: 3, L.Lawrence 14.2; n/s 1, Paul Graham 15.1. 300m: R.Banham 55.5. 800m: 2, R.Banham 2:50.5; 1, A.Harris 2:53.2; n/s 2, Paul Graham 2:50.6; 3, Philip Graham 3:04.0. 1500m: 1, D.DeEmmonry 5:15.5; 1, S.Whorlow 5:51.3. 80mH 2, S.Opoku. HJ: 1, S.Opoku 1.50; 1, A.Harris 1.30. LJ: 7, R.Banham 3.42; 4, S.Whorlow 3.11. SP: 4, S.Whorlow 4.76. 4x100m: 1, Belgrave 60.7.

Teams: 1, Croydon 154; 2, Belgrave 135; 3, Paddock Wood 124½.

Under 15 Girls

200m: 6, D.Hearn 32.0. 800m: 2, D.Hearn 2:43.2. 1600m Walk: 3, V.Parker-Smith 10:05. LJ: 5, D.Hearn 3.79.

Teams: 1, Dartford 216; 2, Camberley 201; 3, Herne Hill 182; ... 7, Belgrave 52.

Under 13 Girls

100m: 6, D.Johnson 17.0; n/s 1 4, R.Andrews 17.9; n/s 2 1, A.O'Brien 17.1; 2, L.Asling 17.3. 1200m Walk: 1, L.Fryer 6:35.9; 3, D.Johnson 8:11.0. LJ: 6, L.Fryer 3.05; 6, D.Johnson 2.23. SP (3.25kg used in error): 5, L.Fryer 4.39.

Teams: 1, Dartford 197; 2, Croydon 177; 3, Paddock Wood 170; ... 6, Belgrave 60.

31 year-old record goes in NJL match 1

NATIONAL JUNIOR LEAGUE DIVISION 2 SOUTH MATCH 1 CRAWLEY, 21 APR 96

One of our oldest Club Records fell in the very first match of the NJL series when our young 4x100 squad removed a tenth from the time set in 1965 when a Belgrave team won the AAA Junior Championship. There's plenty more to come too, as each of the takeovers was extremely 'safe' and Andre Johnson on last leg took his foot off the gas with the line still 20 metres away.

It was all a case of continuing in 1996 from where we left off last season; a fifth consecutive league victory for Team Manager Jon Coy and another huge points score.

Peter Waterman caught the eye on the field. Still an under 17, he mopped up the hammer and shot events and scored heavily in discus as well. But perhaps the star of the day was Philip Idowu whose 14.68 triple jump so early in the season was a clear indication that he'll be over 15m in a month or two. With win after win on the track plans are being laid already for division one in '97.

100m: 1, M.Dickson 11.2; 1, A.Johnson 11.5. 200m: 1, J.Hilston 22.6; 1, M.Dickson 22.7. 400m: 3, A.Daniel 51.7; 1, E.Hassan 53.4. 800m: 4, A.Becirhodzic 2:05.8; 2, J.Venning 2:12.4. 1500m: 4, J.Venning 4:37.5; 4, A.Weir 4:45.7. 3000m: 2, A.Becirhodzic 10:02.6; 1, P.Macdonald 10:20.6. 110mH: 1, S.Scott 15.3; 1, M.George 16.7. 200mSC: 2, P.McDonald 7:30.9. HJ: 2, J.Hilston 1.95; 2, J.Tuson 1.75. LJ: 2, E.Hassan 5.91; 3, M.George 5.03. TJ: 2, P.Idowu 14.68; 1, M.George 13.44. PV: 4, A.Hill 2.60; 2, A.Weir 2.40. SP: 1, P.Waterman 12.78; 2, C.Blackman 9.56. DT: 3, P.Waterman 32.28; 4, C.Blackman 18.76. JT: 1, C.Johnson 42.14; 4, M.George 24.52. HT: 1, P.Waterman 42.12; 3, C.Blackman 16.76. 4x100m: 1, Belgrave (S.Scott, J.Hilston, M.Dickson, A.Johnson) 42.7. 4x400m: 1, Belgrave (E.Hassan, M.George, J.Hilston, A.Daniel)

Home win for the Women

SOUTHERN WOMEN'S LEAGUE DIVISION 3, MATCH 1 BATTERSEA PARK, 27 APR 96

It was touch and go all afternoon but eventually, when the final result was announced it was Belgrave in front. The perfect start to the season.

Natalie Law has moved up an age group since last season and now finds herself facing Seniors in SL competition but with new member Sabrina Scott for company, the sprints became a happy hunting ground in the quest for points.

There were some good points on the field as well as our old favourites got back into the swing of things in this first match. It was the first time the pole vault was included as a scoring event and with our expert Julia Cockram an expected win became even easier when no-one else turned up to compete.

As is often the case, the match result depended upon the outcome of the long relay and when Jackie Stone turned in a 63.0 on leg two we were home and dry but perhaps the best performance of the day came from Syreeta Tracey whose personal best of 5.15 in the long jump moved her up to a whole new level of competition.

Senior Women

100m: 2, N.Law 12.7; 4, D.Mukasa 14.5. 200m: 1, N.Law 26.9; 1, S.Scott 26.3. 400m: 4, L.Wilson 67.3; 2, S.Tracey 65.8. 800m: 5, A.Hearn 2:57.6; 3, M.Ryan 2:45.7. 1500m: 2, J.Brown 5:07.9; 3, J.Moore 6:10.6.

3:31.8.

Teams: 1, Belgrave 223; 2, Crawley 188; 3, Bexley 163; 4, Croydon 122; 5, Thurrock 115; 6, GEC Avionics 112.

GUARDIAN INSURANCE JUBILEE CUP COLCHESTER 28 APR 96

A very small women's team left for the wilds of furthest Essex and the first round of the Jubilee Cup. It's some time since we went into round two, although often we come close, and once again we missed out as Thames Valley had just enough power to keep the Belles at bay. We were in turn lucky to place third as a single match point covered the last three teams.

100m: 5, R.Letang 14.3. 200m: 5, D.Mukasa 29.7. 400m: 5, S.Tracey 72.4. 800m: 5, J.Stone 2:42.8. 1500m: 5, J.Smiter 6:03.8. 5000m: 3, A.Hearn 23:02.1. 100mH 1, J.Cockram 18.7. 400mH: 2, J.Smiter 77.1. HJ: 2, J.Cockram 1.50. LJ: 4, S.Tracey 4.97. TJ: 4, J.Smiter 9.11. SP: 1, A.Patten 9.04. DT: 2, A.Patten 26.14. JT: 4, R.Letang 22.44. HT: 2, A.Patten 21.06. 4x100m: 5, Belgrave (S.Tracey, R.Letang, D.Mukasa, J.Smiter) 64.6. 4x400m: 5, Belgrave (J.Stone, J.Cockram, J.Smiter, S.Tracey) 4:51.7.

Teams: 1, Bedford 114; 2, Thames Valley 108; 3, Belgrave 95; =4, Colchester and Hillingdon 94.

3000m: 2, H.Maskrey 11:02.9; 2, M.Ryan 11:45.8. 100mH: 2, J.Cockram 19.1; 1, J.Smiter 20.1. 400mH: 2, J.Stone 71.0; 1, J.Smiter 73.6. HJ: =2, J.Cockram 1.50; =1, J.Smiter 1.45. LJ: 1, S.Tracey 5.15; 1, S.Scott 4.96. TJ: 2, J.Smiter 9.80; 4, J.Cockram 8.75. PV: 1, J.Cockram 2.80. SP: 4, A.Patten 9.00; 2, M.Stock 8.35. DT: 5, A.Patten 21.10. JT: 5, G.Richardson 24.88; 1, R.Letang 23.50. HT: 1, G.Richardson 29.22; 3, P.Keeler 21.54. 4x100m: 2, Belgrave 53.0; 4x400m: 1, Belgrave (J.Brown 66.5, J.Stone 63.0, J.Smiter 66.5, S.Tracey 64.3) 4:20.3.

Under 17 Women

100mH: 4, A.Hearn 18.5; 3, R.Osodi 18.6.

Under 15 Girls

100m: 2, B.Simon 13.5; 3, S.Raymond 14.9; n/s 2, H.Payne 13.8; 5, L.Fryer 16.1. 200m: 2, B.Simon 28.3; 3, N.Crosby 31.9. 800m: 3, D.Hearn 2:39.7; 3, L.Davison 3:05.8. 75mH: 2, H.Payne 15.6; 3, L.Fryer 17.4. HJ: 3, A.Augustus 1.25; 2, E.Gyeyke 1.20. LJ: 3, H.Payne 4.16; 1, D.Hearn 3.84; n/s 1, A.Augustus 4.17; 2, D.Kandaros 4.11; 4, S.Raymond 3.30; 5, L.Fryer 3.29. SP: 2, B.Simon 6.96; 3, L.Fryer 5.37. 4x100m: 3, Belgrave 58.1; n/s 1, Belgrave 59.3; 2, Belgrave 62.4. 1, Belgrave 175; 2, Huntingdon 172½; 3, Ipswich 166½; 4, Portsmouth 139; 5, Newquay & Par 120.

Around the 'Opens'

March 1996

10 Hillingdon Open. DT: 1, M.Small 38.76.
23 Crawley Open. PV: 1, J.Webb 4:20. DT: 2, M.Small 39.18. HT: 1, P.Spivey 61.96; 3, M.Small 44.38.
27 Ewell, Nescot Musical PV. 2, J.Webb 3.80. W45 M.Jones 1.60. M50 T.Lawton 3.15

April 1996

8 Tonbridge Open.
Boys 300m: D.Crook 47.5. 600m: D.Bates 1:55.6. 1000m: R.Banham 3:40.8. 3000m: R.Bignall Matelle 10:59.18. HJ: N.Whorlow 1.60; D.Crook 1.45; R.Bignall Matelle 1.20. LJ: D.Crook 4.84; S.Whorlow Jnr 3.10; R.Banham 3.02. SP: (3.25k) S.Whorlow Jnr 4.27.
Girls. 60m: D.Johnson 10.5; L.Asling 11.1; A-M.O'Brien 11.2. 600m: A-M. O'Brien 2:16.1. 3000m: J.Brown 11:00.2. LJ: L.Fryer 3.28. SP: (3.25k) L.Fryer 5.64. DT: J.Brown 16.12.
10 Watford Open. 600m: 1, R.Turner 81.8.
14 Peterborough Open. 300mH: 2, I.Wells 39.5.
14 Swindon Open. 80m: 1, D.Powell 9.1. 150m: 2, D.Powell 16.3.

Around the 'Opens'

April 1996 continued

- 14 Crystal Palace, Hercules Wimbledon Graded Open Meeting. U17M 100m: 7, E.Hassan 11.9; 3, J.Tuson 12.3. 200m: 6, E.Hassan 23.8. HJ: 4, J.Tuson 1.70. LJ: 4, R.Hart 5.52. U15B 800m: 7, S.Beaver 2:20.4.
- 17 Battersea Park, VAC Meet. SP/HT: 1, M.Small 11.96/41.44.
- 28 Colindale, W.London Hammer School Open. U17M 3, P.Waterman 51.80.

May 1996

- 1 Battersea VAC Meet. DT: M.Small 2kg 41.92; S.Brooks 1.5kg 37.98; P.Mead (W) 1kg 18.78. JT: M.Small 800gm 38:90; P.Mead (W) 600gm 15:20.
- 3-5 Don Valley, British Universities Champs. 400m: 1, N.Levy 48.24; J.Squirrell 50.08.
- 6 Street, Millfield Graded Races. 800m: 2, D.Maynard 1:55.5
- 6 Luton, South Inter Area. 400m: 2, N.Levy 48.00. LJ: 2, C.Castelblanco 7.35. PV: 5, J.Webb 4.10. SP: 1, L.Newman 18.06; DT: 1, L.Newman 53.16. HT: 1, D.Smith 70.22.
- 15 Loughborough, Representative Match. 200m: 2, D.Nolan 21.6. 400mH: 1, P.Beaumont 54.6. DT: 2, K.Brown 58.26.
- 19 Loughborough, BMC Champs. 800m: b 2, D.Maynard 1:52.3.
- 22 Kingsmeadow, VAC Meet. 100m: 2, P.Mead (W) 17.7; 4, C.Manning 20.4. 200m: 3, C.Manning 45.6. 5000m: 5, D.Maughan 11:49.6. SP: M.Small 12.23. HT: M.Small 7.26kg 43.04; P.Mead (W) 4kg 13.08.

SC VETERANS' T&F LEAGUE MID-LONDON, MATCH 1 BATTERSEA, 29 APR 96

Our Veteran Men's run of supremacy came to an end with the very first match of the season when we were unable to turn out a team to do ourselves justice as Southern Champions. It wasn't just a lack of middle-distance men - we're used to overcoming that problem. No, we were short of sprinters as well, and with the ever-eager Reg Hopkins a little slower than normal due to a weekend marathon in his legs, Serpentine Runners turned us over and we lost our full quota of points for second place when the Mets tied with us.

No team in our division is a match for Serpentine's Women so we changed tack this year and our small Veteran Ladies' team took the field with the intention of only competing in the events they really wanted to do. The pleasing result was that we did just as well as normal with second team place and perhaps a better chance now of making the finals in September than the men!

M40

100m: 6, R.Hopkins 13.4; 6, C.Manning 19.7. 400m: 5, R.Hopkins

63.5; 3, R.Bridges 66.8. 1500m: 7, A.Mead 7:51.8; R.Bridges 7:51.8. 2000mW: 1, P.Warburton 10:05.9; 1, P.King 11:07.7. HJ: 2, R.Hopkins 1.45. SP: 4, R.Hopkins 8.20. HT: 1, M.Small 44.10; n/s R.Bridges 29.02. 4x100m: 5, Belgrave 54.8.

M50+

100m: 3, S.Brooks 13.2. 400m: 2, S.Brooks 65.9. 1500m: 1, I.Vaughan-Arbuckle 5:05.4; 2000mW: 3, A.Mead 13:36.6. HJ: 1, S.Brooks 1.35. SP: 1, S.Brooks 11.41. HT: 5, W.Cousins 21.44.

Teams: 1, Serpentine 216; 2=, Belgrave and Met. Police 197; 4, Thames Valley 118; 5, Hercules Wimb. 113; 6, Old Gaytonians 91; 7, Herne Hill 69.

W35

1500m: 2, J.Moore 6:14.1. 2000mW: 1, S.Porter 11:45.1; 2, H.Miller 13:18.9. HJ: 3=, M.Jones 1.10. HT: 3, M.Jones 21.10.

W50+

400m: 1, C.James 94.7. 2000mW: 2, P.Mead 14:31.6. HJ: C.James no ht. SP: 1, C.James 7.87; n/s P.Mead 6.78; B.Dunsford 5.90. HT: 1, B.Dunsford 22.16; n/s C.James 16.18.

Teams: 1, Serpentine 269; 2, Belgrave 122; 3, Parkside 89; 4, Met. Police 70.

SOUTHERN LEAGUE DIVISION 3 MATCH 1 BATTERSEA PARK, 4 MAY 96

Having both our Southern League teams competing at the same venue and it being a home match as well as a blessing for Team Manager Bob Bridges. He was able to decimate the division six outfit to bolster the 'threes' - not so easy when one team has been sent to the South Coast and the other is somewhere North of London. As a result, although we still had no steeplechasers, we started the 1996

season with a win. Maybe our Southern Leaguers can even get back to division two by the end of the summer.

With Dalton Powell now living within easy range of London and with 17 year-old Marlon Dickson looking really sharp the sprints were well sewn up. Donal O'Riordan turned out in Belgrave kit for the first time and really looked a class middle-distance man as he strolled away from the field for an easy 1500m win. Our 400 hurdlers and relay runners were on a different level to the opposition and when Dave Pamah blasted a 55 second first lap in the 800 he had the field stretched over a full 150 metres by the end of the race.

For a change we were not quite so powerful on the field although our veteran pairing of Mike Small and Snowy Brooks had the measure of most of their opponents. Mike was able to up his own Vets' Club Record in the hammer but it was a slightly downbeat day for our President as he injured himself slightly during the high hurdles.

100m: 1, D.Powell 11.1; 1, M.Dickson 11.1. 200m: 1, D.Powell 22.8; 1, M.Dickson 22.2. 400m: 3, D.Pamah 51.4; 3, T.Lawton 73.8. 800m: 1, D.Pamah 1:53.8; 1, Mark Anderson 2:05.4. 1500m: 1, D.O'Riordan 4:11.5; 1, P.Carstairs 4:22.3. 5000m: 2, J.Galley 15:48.4; 1, D.Beaver 15:57.2. 110mH: 3, L.Rogers 17.5; 2, S.Brooks 22.2. 400mH: 1, A.Daniel 59.3; 1, L.Rogers 59.6. 4x100m: 1, Belgrave 44.3. 4x400m: 1, Belgrave (B.Williams 52.1, M.Parper 49.8, A.Daniel 53.9, L.Rogers 53.9) 3:29.7. HJ: 5, R.Bridges 1.05. LJ: 5, M.Livingstone 5.43; 4, R.Bridges 2.94. TJ: 4, K.Pereira 11.94; 2, L.Rogers 10.67. PV: 2, T.Lawton 3.00. SP: 2, M.Small 12.40; 2, S.Brooks 9.94. DT: 2,

M.Small 41.10; 2, S.Brooks 30.76. JT: 3, M.Small 40.40; 4, S.Brooks 37.92. HT: 1, M.Small 45.24; 2, R.Bridges 29.30.

Teams: 1, Belgrave 126; 2, Braintree 121; 3, Blackheath 97; 4, Aldershot F&D 91; 5, Yeovil 68.

SOUTHERN LEAGUE DIVISION 6 MATCH 1 BATTERSEA PARK, 4 MAY 96

With the team cut to a minimum to keep the 'threes' afloat it was not surprising that we crashed as far as Division Six was concerned but even here there were some bright spots. While Chris Husbands, Guy Sagar and Don Anderson ran around picking up whatever event they fancied, first year Junior Steve Scott turned out for an unaccustomed 100m and ran to a pb and Matt George comfortably won his long hurdle race.

100m: 2, S.Scott 11.3; 4, C.Husbands 12.8. 200m: D.Akinbogun 25.0; 4, C.Husbands 26.1. 800m: ? 2:13.6. 1500m: 4, D.Anderson 4:50.0. 5000m: 4, M.Nouch 16:24.1; 3, D.Anderson 17:41.6. 400mH: 1, M.George 60.6. HJ: 4, G.Sagar 1.40; 2, C.Husbands 1.40. PV: =2, C.Husbands 2.80. SP: 3, G.Sagar 9.04; 3, C.Husbands 8.08. JT: 1, C.Mountfield 41.40; 1, G.Sagar 35.56. HT: 5, G.Sagar 17.40; 4, C.Husbands 10.60.

Teams: 1, Chiltern 122; 2, Paddock Wood 117½; 3, GEC 111½; 4, Haringey 93; 5, Belgrave 52.

Below: Father and Son, the two Mike Edwards's at Crawley for the Veterans Inter Counties, July 1995.

Photo: Jeremy Hemming



Sale catch us napping

GUARDIAN INSURANCE BRITISH LEAGUE DIVISION 1 MATCH 1 WAVERTREE, 4 MAY 96

It was a solid enough start at Liverpool, second with all likely rivals behind us, but frankly we were stunned by the performance of Sale. Fresh up from Division Two they performed to their limits and were fittingly rewarded with a BAL Division One trophy to take back to Manchester. Only the pole vault and discus gave us maximum points but plenty of 2nds, 3rds and 4ths came our way so we were never really in any danger of being caught by the other clubs. ... And Sale themselves don't expect to be top of the heap by the end of the season, looking to the one-per-event Cup competition for their best chances of success. But nevertheless, those red and green vests caught us napping nicely and took the gloss off the start of our season.

It was good to see new Belgravians Lee Newman, Tom Lerwill, Dave Smith, Chris Rawlinson and Andy Walcott scoring heavily and our team is beginning to have a distinctly youthful look when you stir in the mix of Juniors Philip Idowu, Geoffrey Ojok, James Hilston and Richard Aspden.

The 200 turned out to be one of the hottest events of the afternoon as Sale's Owusu Dako and Haringey's Solomon Wariso delighted in having a pop at European Champion Du'aine Ladejo. Then again, they didn't exactly hang about in the 400m where this time our Dave Nolan got shunted into second by Welshman Jamie Baulch.

Sale's Kevin McKay used the craft gained over years of international competition to get ahead of Tom Lerwill in the 'eight' but we were piling up the points steadily and with 'bankers Neil Owen, Kevin Brown,

Leith Marar, Mike Edwards and Fred Salle all winning - and decathlete Simon Shirley plugging any gaps - we eased away from our opponents. All except Sale that is!

100m: (+2.7) 4, H.Korjie 10.73; 8, P.Goedluck 10.88. 200m: (+5.1) 3, D.Ladejo 21.31; (+3.3) 3, P.Goedluck 22.18. 400m: 2, D.Nolan 47.15; 1, A.Walcott 49.15. 800m: 2, T.Lerwill 1:52.43; 4, G.Mason 1:57.19. 1500m: 5, R.Turner 4:01.1; 4, G.Adams 4:10.87. 5000m: 6, R.Alsop 15:09.3; 6, K.Tadesse 15:25.2. 110mH: 1, N.Owen 13.73; 2, C.Rawlinson 14.69. 400mH: 4, C.Rawlinson 53.03; 5, I.Wells 57.24. HJ: 3, R.Aspden 2.00; 5, J.Hilston 1.95. LJ: 1, F.Salle 7.68; 5, G.Ojok 6.73. TJ: 4, P.Idowu 14.38; 2, D.Browne 13.94. PV: 1, M.Edwards 5.35; 1, S.Shirley 4.60. SP: 1, L.Newman 17.79; 3, S.Shirley 13.75. DT: 1, K.Brown 57.64; 1, L.Marar 53.86. JT: 5, S.Shirley 60.70; 8, P.Spivey 22.98. HT: 2, D.Smith 65.00; 2, P.Spivey 59.10. 4x100m: 3, Belgrave (N.Owen, P.Goedluck, A.Walbott, H.Korjie) 41.99. 4x400m: 2, Belgrave (G.Mason, T.Lerwill, L.Samuel, D.Nolan) 3:15.22.

Teams: 1, Sale 351; 2, Belgrave 343; 3, Birchfield 288; 4, Thames Valley 282; 5, Cardiff 259; 6, Shaftesbury Barnet 243; 7, Liverpool 222; 8, Haringey 172.

COUNTY CHAMPIONSHIPS 11-12 MAY 96

Essex at Thurrock
100m: 1, J.Fergus 10.6. 200m: 1, J.Fergus 21.4.

Gwent at Cwmbran
400m: 1, D.Maynard 48.2.
Hampshire at Portsmouth
PV: 1, M.Edwards 5.41 (CBP).

Herefordshire
100m: 1, K.Pereira 12.8. 200m: 1, K.Pereira 26.0.

Kent at Crystal Palace
800m: 3, R.Turner 1:54.57. SP: 1, L.Newman 18:11. DT: 1, L.Newman 54.42.

U17M
TJ: 1, J.Tuson 12.50.
Middlesex at Enfield

100m: 3, H.Korjie 10.6 (10.5sf); sf, 6, L.Paul 10.8. 200m: (0.0) 3, H.Korjie 21.4. 800m: hts. 1, D.Pamah 1:57.1 (didn't contest final).

Norfolk at King's Lynn
5000m: 1, D.Mead 14:36.4. 400mH: 1, I.Wells 56.2.HJ: 1, D.Costello 1.95. TJ: 1, D.Costello 14.55.

Nottinghamshire at Nottingham
100m: (+2.0) 1, D.Powell 10.7. 200m: (+1.7) 2, D.Powell 21.9.

Staffordshire at Northwood
200m: 1, A.Walcott 21.7.

Surrey at Croydon
SM

100m: sf. 5, D.Browne 11.4; 6, S.Shirley 11.2. 200m: (0.0) 4, P.Goedluck 21.6. 400m: 2, J.Squirrell 49.2. 800m: 6, A.Luce 2:05.2. 1500m: 4, G.Adams 3:54.9. 5000m: 2, R.Alsop 14:51.6; 11, C.Dickinson 16:00.0. 110mH: (+1.5) 2, S.Shirley 15.5. HJ: 1, R.Aspden 2.05. TJ: 1, D.Browne 15.24. PV: 2, J.Webb 4.00. DT: 2, S.Shirley 39.66.

U20M

100m: 1, M.Dickson 11.0. 400m: 1, M.Parper 49.4. 110mH: (+1.0) 1, M.George 15.6. HJ: 1, J.Hilston 1.95. LJ: 1, G.Ojok 6.67; 4, M.George 6.12. TJ: 1, M.George 13.46.

U17M

100m: 5, D.Shakes 12.1. 200m: 1, E.Hassan 23.5. 400m: 2, E.Hassan 50.8. LJ: 4, E.Hassan 5.73.

SW

400mH: 3, J.Stone 72.7. PV: 2, J.Cockram 2.60.

U20W

LJ: 5, S.Stracey 4.89.

U17W

3000m: 4, A.Hearn 13:06.0. SP: 2, M.Stock 8.73. DT: 3, M.Stock 26.96. U15G

200m: sf. 4, B.Simon 27.8. 800m: 5, D.Hearn 2:40.7. 80mH: 4, B.Simon 13.5. LJ: 7, D.Hearn 3.89.

Yorkshire at Don Valley

100m: (+0.9) 2, L.Samuel 10.9. 200m: (+1.1) 1, L.Samuel 21.79; 2, C.Rawlinson 22.23. 400m: 1, D.Nolan 46.78 (CBP). 110mH: (+0.9) 14.63. 400mH: 2, C.Rawlinson 51.33.

SC VETERANS' T&F LEAGUE MID-LONDON, MATCH 2 BATTERSEA, 13 MAY 96

The writing's on the wall. It was a close match and we had some good wins, especially in the M50s, but it looks as if there will be no 'A' final for the Bels this year. Not only would we have to beat Serpentine in each of the remaining matches but someone is also going to have to push them down to third in one of them and it just doesn't seem likely.

But every cloud has a silver lining. The 'B' final is still a possibility and on this occasion we were able to welcome back two prodigal sons in Alan Painter and Derek Clack. They are both taking tentative steps at the moment but you know that Mr. Painter when he's got a sniff of a record. He's 50 next year and no doubt has Tony Stone's 800m record in his sights - as long as Leo Coy doesn't get to it first.

M40

200m: 5, G.Sagar 26.5; 3, P.Zeniou 26.5. 800m: 5, A.Painter 2:21.3; 4, D.Clack 2:23.6. 2000mSC: 4, L.Coy 8:11.8; 3, R.Bridges 8:54.6. LJ: 4, G.Sagar 4.49. TJ: 4, R.Bridges 8.56. PV: 1, M.Edwards (M55) 3.45. DT: 1, M.Small 42.02. Medley Relay: 5, Belgrave 4:24.8.

M50+

200m: 2, S.Brooks 28.2. 800m: 1, I.Vaughan-Arbuckle 2:24.9. LJ: 1, S.Brooks 4.53. TJ: 1, M.Edwards 8.90. PV: 1, T.Lawton 3.20. DT: 1, S.Brooks 39.80.

Teams: 1, Serpentine 209; 2, Belgrave

197; 3, Met. Police 178; 4, Hercules Wimb. 131; 5, Old Gaytonians 108; 6, Herne Hill 78; 7, Thames Valley 48.

W35

200m: 3, M.Jones 38.0; 3, P.Mead (W50) 37.2. LJ: 1, C.Zeniou 4.96. JT: 2, C.Zeniou 20.68. DT: 4, C.James (W50) 17.82.

W50+

200m: 1, C.James 37.5. JT: 1, B.Dunsford 10.16. DT: 1, P.Mead 18.30.

Teams: 1, Serpentine 196; 2, Met. Police 124; 3, Belgrave 106; 4, Parkside 59.

ROSENHEIM LEAGUE MATCH 1 BATTERSEA PARK, 15 MAY 96

The chilly conditions were no barrier to Mike Edwards Jr. In gathering gloom he turned on one of the most spectacular performances ever seen at Battersea track. He'd come along on the Monday to support his dad in the Veterans T&F match, liked what he saw and decided there and then to have a crack at the Rosenheim on the Wednesday.

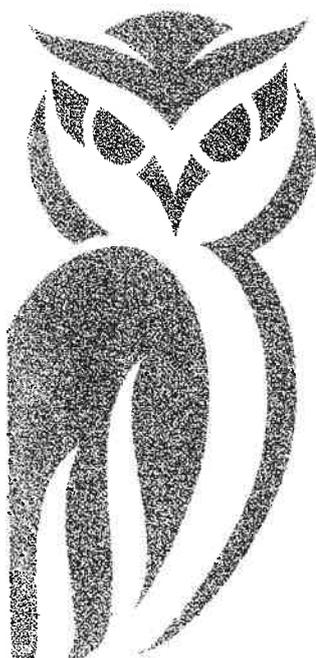
Coming in at 4.90 (to win the competition) he then took 5.10 at his second attempt to remove club-mate Ian Tullet's name from the record books as ground record holder, and then went on to 5.25 (first time), 5.35 (third), 5.45 (second) for a UK leading mark for 1996 and then failing at 5.55 where his first try was oh! so close.

It's one thing watching an international standard 'vault from the stadium at Crystal Palace but stand next to the uprights at track level when the bar is at near Olympic qualifying height and one really gets an idea of the courage of these guys. Spontaneous applause from the crowd on the long deserted 100m straight marked yet another of those magic Rosenheim moments.

As a team we were clear winners, making an early claim on the trophy for a third consecutive year.

100m: 2, P.Goedluck 11.3; n/s 1, M.Livingstone 12.1; 2, C.Allen 12.1. 200m: 2, B.Williams 23.1; n/s 1, C.Smeal 24.2; 2, S.Hughes 26.0. 400m: 1, M.Parper 49.8; n/s 2, G.Taylor 54.6; 3, D.Akinbogun 58.2; 4, S.Small 60.0; 6, J.Stone (W) 63.8. 800m: 1, G.Adams 1:56.6. 1500m: 1, D.O'Riordan 4:14.1; n/s S.Beaver 4:41.1; D.Beaver 4:41.6. 3000m: 5, J.Galley 9:20.0; n/s P.Carstairs 9:42.1; S.Small 10:11.2. 400mH: 1, J.Squirrell 55.7. TJ: 1, M.George 13.41; n/s J.Smiter (W) 9.29; A.Patten (W) 9.26. PV: 1, M.Edwards 5.45; n/s M.Edwards Snr. 3.60; C.Husbands 2.90. DT: 1, M.Small 43.10; n/s R.Bridges 14.82; 1kg G.Richardson (W) 23.84. HT: 3, M.Small 43.98; n/s R.Bridges 22.16; 4kg G.Richardson (W) 28.66; A.Patten (W) 21.40. 4x200m: 1, Belgrave 1:32.2.

Teams: 1, Belgrave 64; 2, Hercules Wimbledon 54; 3, South London 35; 4, Herne Hill 30; 5, Croydon 24; 6, Sutton & D 22.



AVRUPA SAMPION KULÜPLER KUPASI ATLETİZM 22nd European Champion Club's Cup

Bels. 3rd - top British placing ever outside of the UK



Dave Smith got our team off to a solid start in the Hammer. With Team Managers, supporters and team mates watching he caused a few flutters as he had three no-throws! But showing good experience for his age he put everything right in the 5th round with a mighty 68.80 to finish 5th.

Jon Ridgeon made a welcome return to the team with 2nd place behind Samuel Matete in the 400m hurdles. Du'aine followed this with a casual win in the 400m flat and we were looking good.

In the 100m Jason Fergus made his Club debut and was placed an excellent 4th. Richard Aspden produced a season's best in the High Jump but could only share

7th place in a very high standard competition. Similarly, for Derek Browne, the Triple was probably the strongest event overall and he had to settle for 8th.

At this stage Larios were out in front with Fiamme Oro in second and we were vying with Racing Club for 3rd place.

Matthew Yates ran an excellent 1500m and was just pipped on the line for 2nd while Darren Mead placed 6th with a good run in the 3000m and the sprint boys came through after a slow start to take 4th in the 4x100m relay. The Shot Putt was of a very high standard, the first three being over 19 metres, and Lee Newman did well to finish 5th.

At the end of the day we were placed 4th behind Larios, Fiamme Oro and Racing Club.

The team talk arranged for 11pm had to be held outside as our hotel was on fire but we were safe in the hands of Fireman and Captain Phil Goodluck! The message from Bill and John was that we had a real chance of finishing in 3rd place ahead of Racing Club, so knowing what we had to do, we went into day two.

Nigel Bevan got us off to a great start with a first round effort of 74.36 and this proved to be the best throw of the competition to make Nigel our second individual winner. RCF were



Above: Viciosa of Larios leads in the 1500m with Matt Yates handily placed behind the Racing Club de France runner.

Photo: Bill Laws

placed 7th and we had moved into 3rd!

Andy Tulloch, making his first appearance for the Bels in place of an injured Neil Owen, got 4th in the high hurdles - but Racing Club were first. Haroun Korjje gave us another 4th in the 200m, ahead of our main rivals and then Matt Yates, doubling up by taking on the 800m, placed a solid 6th

but more importantly kept ahead of the French challenge.

On the field Kevin Brown had a good competition to get up to 5th in the Discus while Fred Salle was unlucky with three no-jumps in the last three rounds of the Long Jump where at least one of his leaps was over 8 metres. He ended up with another 4th but RCF had fought back with 1st!

Olympic Champion Tarasov was waiting to enter the 'Vault as Mike Edwards went out but at least he shared the points equally with RCF.

Justin Chaston was next up in the 'Chase and he led Lambruschini until 600m out when the Italian kicked away - a great performance by Justin. Darren Mead had a really hard double by holding on to 6th in the 5000m after the previous day's 3k and just failed to catch the slowing RCF man.

With one event to go we were a clear third ahead of Racing Club who now had a battle on their hands to stay fourth with Belarus and Dukla Prague close behind.

Our finest moment came in the 4x400m relay. Tom Lerwill ran a storming leg on first, coming through late and handing over in third place - 48.0 seconds. Jon Ridgeon was next, holding second with a brilliant 46.8 before handing over to Chris Rawlinson who sat in 'til the last bend and then cruised through into the lead - 47.2. Now it was Dave Nolan leading all the way, giving the opposition no chance of catching him as he lengthened his lead down the straight - 46.9. A superb new Club Record of 3:09.30 which ensured third place



Below: Belgrave's fastest ever 4x400 metres squad - Jon Ridgeon, Tom Lerwill, David Nolan and Chris Rawlinson
Photo: Bill Laws

1, Larios	Spain	132
2, G.S. Fiamme Oro	Italy	113
3, Belgrave Harriers	G. Britain	98
4, Racing Club de France	France	85½
5, Dukla Praha	Czech	84
6, AT Trydovye Reservy	Belarus	84
7, Fenerbahçe	Turkey	71½
8, Ujpesti Torna	Hungary	69



Report by Leo Coy

overall and the best ever British performance in the European Clubs' Cup on Continental soil.

It was a brilliant team effort, not only by those who competed but also by the reserves - Lewis Samuel, Roger Alsop and Leith Marar - the Team Managers - Bill and John - and the supporters. The noise generated while the long relay was in progress out-did every other team.

Well done to Phil Goedluck and his fine team, a performance all the more creditable since the first two clubs are totally professional outfits sponsored by Larios Gin and the Italian Police Service respectively.

The event ended with a banquet for all the teams at the Princess Hotel. The hosts arranged an excellent evening with beer and wine flowing in plenty, an authentic belly dancer and some traditional folk dancing.

Belgrave received further awards: Du'aine got the best track runner award and our relay team won best team award for their 1st and 4th places. Derek Browne finished runner-up in the Euroclubs Belly Dancing competition with some lovely moves! A great end to an excellent weekend and the Belgrave Office will be decorated with still further pieces of silverware.

But the most moving moment was yet to come. Watched by a coachload of his team mates Haroun said goodbye to his Turkish friend ... "Haroun, I love you!" It was a very touching moment as tears flowed from the love-lorn young lady's eyes - and from the eyes of thirty hysterical passengers!

Day 1. 100m: (-1.0) 4, J.Fergus 10.84; n/s (a) (-0.5) 3, H.Korjie 10.85; 5, L.Samuel 11.04; (b) (-0.5) 7, L.Paul 11.49. 400m: 1, D.Ladejo 46.70. 1500m: 3, M.Yates 3:49.63. 3000m: 6, D.Mead 8:28.04. 400mH: 2, J.Ridgeon 50.07. TJ: 8, D.Browne 14.84 (+1.4). SP: 5, L.Newman 17.56. HT: 5, D.Smith 68.80. 4x100m: 4, Belgrave (L.Paul, P.Goedluck, H.Korjie, J.Fergus) 40.47.

Day 2. 200m: (+0.3) 4, H.Korjie 21.57; n/s (+0.3) 3, L.Samuel 21.86. 800m: 6, M.Yates 1:50.39. 5000m: 6, D.Mead 14:50.98. 110mH: (-1.0) 4, A.Tulloch 14.14. 3000mSC: 2, J.Chaston 8:35.74. HJ: n/s 3, R.Aspden 2.00. LJ: 4, F.Salle 7.79 (+0.2). PV: =7, M.Edwards 5.20. JT: 1, N.Bévan 74.36. DT: 4, K.Brown 56.34. 4x400m: 1, Belgrave (T.Lerwill, J.Ridgeon, C.Rawlinson, D.Nolan) 3:09.30 Club Record.

SOUTHERN LEAGUE DIVISION 3 MATCH 2 SOUTHAMPTON, 18 MAY 96

In the most miserable of conditions the chance of a second win just slipped out of our grasp. Incessant rain and a strong wind put paid to the pole vault competition before it began but Jamie Webb, rather than go all that way for nothing, turned out in the 'B' 400 hurdles and surprised himself by picking up a second place. Poor Mike Bazire probably wished the long jump had been cancelled as well. He had intended taking only one leap, for a few points, but paid for it by putting his back out and making it impossible for him to take any further part in the afternoon's activities - in turn bad news for Team Manager Bob who then had to fill in most of the blanks himself. Donal O'Riordan strained a thigh muscle in the 800 which meant no 1500 for him later on - it's easy to see how the 12½ points difference between ourselves and Harlow opened up.

But there were some good performances to enthuse about as well. Richard David took advantage of the wind (no gauge!) to run a pb 100m, good jumping from Matt George, and Dave Beaver collecting most unaccustomed points for us in the 5k. Mike Small scored well in the throws with Ben Cascoe back in the team to help things along so all in all, not a bad team performance - and we've still got two matches at Battersea to come. 100m: 2, R.David 11.0; 2, M.Parper

11.6. 200m: 4, M.Parper 23.2; 1, B.Williams 22.7. 400m: 5, G.Taylor 56.7; 5, R.Bridges 77.2. 800m: 5, D.O'Riordan 2:06.3; 4, Mark Anderson 2:08.2. 1500m: 4, A.Luce 4:22.3. 5000m: 2, D.Beaver 16:28.7; 2, S.Chettati 16:49.8. 110mH: 2, M.George 15.7; 4, R.Bridges 28.6. 400mH: 2, A.Daniel 60.7; 2, J.Webb 70.9. 4x100m: 3, Belgrave 46.6. 4x400m: 2, Belgrave (G.Taylor 56.7, B.Williams 53.0, A.Daniel 54.2, R.David 51.2) 3:35.1. HJ: 4, R.David 1.40; =2, R.Bridges 1.05. LJ: 2, B.Williams 6.02; 1, M.Bazire 5.69. TJ: 1, M.George 13.66; 2, R.Bridges 8.28. SP: 1, M.Small 12.07; 5, R.Bridges 7.27. DT: 1, M.Small 38.12; 4, B.Cascoe 23.58. JT: 1, B.Cascoe 46.66; 2, M.Small 38.18. HT: 1, M.Small 41.78; 1, R.Bridges 24.98. Teams: 1, Harlow 125; 2, Belgrave 112½; 3, Team Solent 108; 4, Walton 93; 5, Windsor S&E 86½.

ROSENHEIM LEAGUE MATCH 2 TOOTING, 29 MAY 96

With five wins and six second places there was no stopping the Rosenheim team who finished 17 points clear of Croydon for a second match win. Donal O'Riordan bounced back from mild injury for the closest of victories in the 800m while for Jon Squirrel in the one lap race it was just too close for comfort: he got barged by the man supposed to be in the next lane out but actually in his own!

Great running from Junior Galley who came through strongly over the last two laps in the 3k while Bruce Barton made his first competitive track appearance of the season in the steeplechase.

As usual we had several juniors competing alongside senior colleagues and Michael Parper came up with a pb 22.4 in the 200m which augurs well



Flashback! 26 years ago

January 3rd 1970 at Milford Heath and no. 80, Bob Holt (Hercules Wimbledon), leads the Surrey Senior Cross Country Championships from no. 13, Gerry North (Belgrave). Bob eventually won with Gerry runner up and Dave Holt, pictured behind Bob, 3rd. Also to be seen are Chris Wade of Ranelagh (brother of tennis star Virginia), no. 11 Adrian Major (Belgrave) who placed 5th, no. 77, Mick Fuller (Hercules Wimbledon) and we can just spot Bob Gevers (SLH). Hercules Wimbledon won the team race from Mitcham with the Bels. 3rd.

Photo by Ron Linstead.



for 400m races to come. Peter Waterman puts a mean 7.26kg shot for a sixteen year-old and is busy working his way through our age-group records while James Hilston restricted himself to the high jump while recovering from shin splints (in his non-take-off leg).

100m: 2, R.David 11.2; n/s a 1, B.Williams 11.1; 2, M.Livingstone 11.6 n/s b 2, D.Akinbogun 12.0. 200m: 3, M.Parper 22.4; n/s a 2, P.Turner 23.5; n/s b 3, C.Husbands 25.5. 400m: 1, J.Squirrel 49.6; n/s 1, G.Taylor 54.2; 5, J.Stone (W) 65.6. 800m: 1, D.O'Riordan 1:59.5; n/s 2, M.Anderson 2:01.9; 3, S.Smullen 2:05.5; 4, A.Luce 2:05.6. 1500m: 2, D.Beaver 4:21.7. 3000m: 2, J.Galley 9:01.7; n/s C.Dickinson 9:23.9; S.Beaver 10:18.8. 2000mSC: 2, B.Barton 6:39.0. 4x200m: 1, Belgrave (M.Livingstone, G.Taylor, C.Husbands, B.Williams) 1:35.8. HJ: 2, J.Hilston 1.90. LJ: 1, B.Williams 5.90. SP: 2, M.Small 12.13; n/s P.Waterman 11.39. JT: 1, C.Mountfield 43.82; n/s M.Small 40.28; 600gm J.Smiter (W) 20.12. Teams: 1, Belgrave 64; 2, Croydon 47; 3, Hercules Wimbledon 42; 4, Herne Hill 32; 5, Sutton & Dist. 27; 6, South London 19.

International T&F Roundup

November 1995

11 Perth, Australia. TJ: J.Mackenzie 15.77.

December 1995

2 Adelaide, Australia. TJ: 1, J.Mackenzie 16.05w.

January 1996

26 Roodeport, S.Africa. 100m: (-4.1) 1, J.Regis 10.60. 200m: (-0.3) 1, J.Regis 20.44. 300m: 1, D.Ladejo 32.75.

February 1996

3 Pretoria, S.Africa. 200m: (+1.5) 1, J.Regis 20.51. 400m: 3, D.Ladejo 45.65.

17 Melbourne, Australia. 400mH: 2, J.Ridgeon 50.49.

24 Melbourne, Australia. IAAF Grand Prix II. 400mH: 3, J.Ridgeon 50.13.

April 1996

3 Pietersburg, S.Africa. 100m: (+0.7) 2, J.Regis 10.39. 200m: (+1.1) 1, J.Regis 20.39.

7 Aviles, Spain. 1m: 1, M.Yates 4:09.

8 Pretoria, S.Africa. 100m: 2, J.Regis 10.45. 200m: 2, J.Regis 20.33.

13 Cape Town, S.Africa. 200m: 1, J.Regis 20.61.

13 San Angelo, USA. PV: 1, M.Edwards 5.40.

14 Johannesburg, S.Africa. 100m: (+0.4) 6, J.Regis 10.57.

21 Walnut, California, USA. Mt. SAC Relays. 3000mSC: 5, J.Chaston 8:36.4. 400H: 6, J.Ridgeon 50.98.

21 Tenerife. SP: 1, L.Newman 18.12.

27 Philadelphia, USA, Penn Relays. JT: 3, N.Bevan 71.14.

MCDONALDS YA LEAGUE SOUTHERN PREMIER DIV. MATCH, OXFORD, 5 MAY 96

Having been promoted to the Southern Premier Division as a result of last summer's efforts it was important that we made a good start to consolidate our position. The trouble was, the week before the match so many of our youngsters pulled out due to being grounded prior to exams, having colds, and so on, that it looked as if a disaster was to be the more likely result. Not so, however. It seemed that each of the other clubs had similar problems and we came away from Oxford with a superb win - our first at this level of competition. Only Blackheath scored better of all clubs in the division so the Bels. immediately went into position two on the league table. Nice work boys!

There were far too many fine performances to pick out individuals but looking through the results, one thing is certain: if we can hang on to just some of these lads as they become Juniors and eventually Seniors, then our future is assured.

Under 17 Men

100m: 1, C.Lambert 11.6; 1, F.Chiemeka 11.8; n/s R.Hart 12.0; D.Shakes 12.3; R.Lyle 12.3; A.Lyle 12.8. 200m: 2, E.Hassan 23.7; 1, C.Lambert 23.7. 400m: 3, N.Daniel 54.4; 1, A.Hilston 54.4. 800m: 2, A.Becirhodzic 2:06.9; 2, J.Venning 2:10.5. 1500m: 1, A.Becirhodzic 4:20.3; 2, P.McDonald 4:41.2. 3000m: 4, P.Wright 10:39.9. 100mH: 2, M.Louis-Sidney 16.3; 2, A.Sakya 15.3. 400mH: 1, S.Murray 63.5; 1, M.Kerr 68.1. 1500mSC: 1, P.McDonald 5:00.4. HJ: 1, S.Oni 1.75; 1, J.Tuson 1.75. LJ: 1, S.Ahmed 6.13; 1, E.Hassan 5.73. TJ: 1, S.Ahmed 13.56; 1, J.Tuson 11.57. PV: 3, M.Kerr 2.50; 2, A.Weir 2.20. SP: 1, P.Waterman 13.76; 1, C.Rowland 9.47. DT: 2, P.Waterman 33.10; 2, M.Louis-Sidney 27.50. JT: 2, C.Rowland 34.20; 2, S.Oni 28.94. HT: 2, P.Waterman 48.92; 1, C.Rowland 19.76. 4x100m: 1, Belgrave (M.Kerr, F.Chiemeka, E.Hassan, C.Lambert) 45.6. 4x400m: 1, Belgrave (E.Hassan, A.Hilston, A.Becirhodzic, S.Murray) 3:39.5.

Under 15 Boys

100m: 1, R.Danso 12.5; 1, D.Hutchinson 13.0. 200m: 1, G.Aboya-Dana 24.7; 1, R.Danso 25.9. 400m: 3, G.Aboya-Dana 62.1. 800m: 4, R.Bignell 2:31.1; 3, C.Morris 2:35.2. 1500m: 4, R.Bignell 4:58.4. 3000m: 1, S.Beaver 10:34.8. 80mH: 1, R.Danso 14.0; 2, C.Morris 25.2. HJ: 2, D.Hutchinson 1.35. LJ: 2, G.Aboya-Dana 5.27; 2, D.Hutchinson 4.17. SP: 2, S.St.Luce 8.92; 1, J.Hall 7.41. DT: 2, S.St.Luce 24.66; 1, J.Hall 17.44. JT: 2, J.Hall 30.29; 3, A.Armal 11.02. HT: 1, S.St.Luce 25.48; 2, R.Bignell 5.30. 4x100m: 2, Belgrave (R.Danso, D.Hutchinson, S.St.Luce, G.Aboya-Dana) 53.7. 4x400m: 2, Belgrave (C.Morris, A.Armal, S.Beaver, R.Bignell) 4:27.2.

Under 13 Boys

100m: 1, S.Eaton 13.4; 1, L.Lawrence 14.0; n/s S.Opoku 14.6; P.Graham 15.1; S.Cleary 15.2; M.Shannon 15.8; R.Carey 15.9; S.Whorlow 17.6. 200m: 1, S.Eaton 28.6; 1, S.Opoku 29.5. 800m: 1, S.Charalamb's 2:28.9; 2, R.Carey 2:39.5; n/s (no times recorded) S.McNally, S.Whorlow, P.Graham, R.Banham. 1500m: 2, D.De Emmony 5:06.7; 1, S.Cleary 5:27.0. LJ: 2, G.Brown 3.46; 2, S.Opoku 3.46. 4x100m: 1, Belgrave (L.Lawrence, S.Opoku, D.De Emmony, S.Eaton) 55.0. Teams: 1, Belgrave 229; 2, Medway 201; 3, Norfolk 173; 4, Luton 86.

May 1996

4 Irvine, California. 400mH: 1, J.Ridgeon 50.14. 12 Portland, USA. 3000mSC: 4, J.Chaston 8:29.64. 25 Cardiff, Welsh Games. 800m: 8, D.Maynard 1:50.85. 1500m: 7, J.Chaston 3:50.95. 400mH: 1, J.Ridgeon 49.87; 4, N.Levy 52.93. JT: 1, N.Bevan 72.96. 26-27 Bedford, Inter-Counties Champs. a=26th, b=27th. 100m: a ht 5, D.Powell 11.08. 200m: b

1, R.Danso 14.0; 2, C.Morris 25.2. HJ: 2, D.Hutchinson 1.35. LJ: 2, G.Aboya-Dana 5.27; 2, D.Hutchinson 4.17. SP: 2, S.St.Luce 8.92; 1, J.Hall 7.41. DT: 2, S.St.Luce 24.66; 1, J.Hall 17.44. JT: 2, J.Hall 30.29; 3, A.Armal 11.02. HT: 1, S.St.Luce 25.48; 2, R.Bignell 5.30. 4x100m: 2, Belgrave (R.Danso, D.Hutchinson, S.St.Luce, G.Aboya-Dana) 53.7. 4x400m: 2, Belgrave (C.Morris, A.Armal, S.Beaver, R.Bignell) 4:27.2.

Under 13 Boys

100m: 1, S.Eaton 13.4; 1, L.Lawrence 14.0; n/s S.Opoku 14.6; P.Graham 15.1; S.Cleary 15.2; M.Shannon 15.8; R.Carey 15.9; S.Whorlow 17.6. 200m: 1, S.Eaton 28.6; 1, S.Opoku 29.5. 800m: 1, S.Charalamb's 2:28.9; 2, R.Carey 2:39.5; n/s (no times recorded) S.McNally, S.Whorlow, P.Graham, R.Banham. 1500m: 2, D.De Emmony 5:06.7; 1, S.Cleary 5:27.0. LJ: 2, G.Brown 3.46; 2, S.Opoku 3.46. 4x100m: 1, Belgrave (L.Lawrence, S.Opoku, D.De Emmony, S.Eaton) 55.0. Teams: 1, Belgrave 229; 2, Medway 201; 3, Norfolk 173; 4, Luton 86.

MCDONALDS YA LEAGUE SOUTHERN PREMIER DIV. MATCH 2 CROYDON, 19 MAY 96

There were still quite a few gaps on the team sheet at Croydon - and we suffered a double disqualification in the Under 15 relays - but still we came up trumps with a second team win.

Both "Man of the Match" awards went to Belgrave lads. To Shaun Eaton for his marvellous sprinting in the youngest age-group and Syful Ahmed whose triple jumping in the Under 17 group was out of this world - over 14 metres and only 16 years old! And when you consider that we had Young Athlete's Captain Peter Waterman launching his hammer out beyond the 50 metre line ...

Under 17 Men

100m: 2, F.Chiemeka 11.9; 1, C.Lambert 11.9. 200m: 2, E.Hassan 25.3; 2, S.Besse 26.6. 400m: 1, N.Daniel 53.7; 1, E.Hassan 54.0. 800m: 3, M.Brightly 2:16.5; 2, E.Ford 2:16.7; n/s L.Nation 2:22.7. 1500m: 2, A.Becirhodzic 4:24.4; 2, J.Venning 4:35.6. 3000m: 4, A.Kirby 11:12.9; 4, M.Patel 12:10.9. 100mH: 1, B.Seiden 15.0; 4, K.Okonkwo 19.1. 400m: 1, S.Murray 61.6; 2, A.Hill 64.4. 1500mSC: 2, A.Belcher 4:57.9;

7, L.Samuel 21.45 (21.39ht). 400m: a 1, C.Rawlinson 48.85. 10000m: a 11, R.Alsop 32:22.31. 110mH: a 7, C.Rawlinson 14.94. 400mH: b ht 6, I.Wells 55.64. PV: b 2, I.Tullett 5.00. HT: b 1, D.Smith 75.10 (CBP). 26 Ljubljana. 400m: 1, D.Ladejo 45.74. 110mH: a (+1.0) 5, N.Owen 13.87; b (+1.6) 1, A.Tulloch 13.64; final (-0.4) 3, A.Tulloch 13.69. LJ: 5, F.Salle

1, P.McDonald 5:09.6. HJ: 2, S.Oni 1.70; 1, S.Besse 1.65. LJ: 1, S.Ahmed 6.60; 1, J.Tuson 5.69. TJ: 1, S.Ahmed 14.08; 1, J.Tuson 12.59. PV: 1, A.Hill 3.10; 1, M.Kerr 2.20. SP: 1, P.Waterman 13.60; 2, M.Egar 10.28. DT: 1, P.Oyelade 35.82; 2, P.Waterman 30.70. JT: 1, A.Stanley-Clarke 44.70; 1, A.Newberry 40.14. HT: 1, P.Waterman 50.34; 3, P.Oyelade 26.42. 4x100m: dq Belgrave (M.Kerr, F.Chiemeka, C.Lambert, E.Hassan). 4x400m: dq Belgrave (E.Hassan, A.Becirhodzic, A.Daniel, S.Murray).

Under 15 Boys

100m: 1, R.Danso 12.7; 4, N.Ampofo 13.8. 200m: 4, R.Danso 28.3. 400m: 3, A.Lambert 60.6; 3, T.Adelekan 63.8. 800m: 3, S.Beaver 2:22.4; 3, A.Lambert 2:28.2. 1500m: 1, A.Shorter 4:42.1; 2, D.O'Sullivan 5:06.4. 3000m: 2, R.Bignell 10:38.5; 2, C.Morris 11:21.1. 80mH: 1, D.Adams 12.3; 3, T.Abecyie 16.7. HJ: 2, E.Sebedaka 1.50; 2, D.Crooks 1.45. LJ: 2, R.Danso 5.25; 2, D.Adams 4.98. PV: 3, C.Carter 2.40; 3, F.Amoako 1.30. SP: 2, S.St.Luce 9.90; 1, N.Ampofo 9.13. DT: 3, S.St.Luce 22.84; 3, T.Adelekan 17.26. JT: 1, J.Hall 34.04; 2, J.Appafraam 25.96. HT: 3, S.St.Luce 26.68; 3, T.Adelekan 17.26. 4x100m: 1, Belgrave (R.Danso, D.Hutchinson, D.Adams, ?Markham) 49.1. 4x400m: 2, Belgrave (A.Lambert, ?Milton, S.Beaver, ?Markham) 4:00.0.

Under 13 Boys

100m: 1, S.Eaton 13.3; 1, L.Lawrence 14.5; n/s P.Graham 15.5; A.Harris 16.0. 200m: 1, S.Eaton 27.3; 1, S.Opoku 29.3. 800m: 1, S.Charalamb's 2:31.9; 2, A.Agyekum 2:43.7; S.Whorlow 3:03.6; P.Graham 2:57.1; K.Sinclair 3:16.3. 1500m: 2, T.Russell 5:19.7; 3, J.Murray 5:45.2. LJ: 2, C.Carew 4.22; 2, L.Lawrence 4.17. 4x100m: 1, Belgrave (L.Lawrence, S.Opoku, C.Carew, S.Eaton) 55.0. Teams: 1, Belgrave 228; 2, Croydon 201; 3, Shaftesbury 188; 4, Team Solent 141.

LEAGUE TABLE

After two matches (16 teams)

1, Blackheath	540	8
2, Belgrave	457	8
3, Croydon	419	7
4, Old Gaytonians	438	7
5, Shaftesbury	411	6

7.60. 29 Bratislava. 400m: 2, D.Ladejo 45.57. 110mH: 5, A.Tulloch 13.68. 400mH: 5, J.Ridgeon 50.12.

June 1996

1-2 Madrid, European Cup. a=1st, b=2nd. 400m: a 2, D.Ladejo 45.72. 400mH: 2, J.Ridgeon a 49.84. 3000mSC: b 3, J.Chaston 8:33.59. LJ: b F.Salle.

THREE OF A KIND

Three runners who have recently joined Belgrave Harriers are likely to strengthen our hand considerably when the cross country and road relay season comes round again.

Suffolk based Nigel Powley, previously a member of Colchester Harriers, is sponsored by Mizuno and likes to compete regularly over anything from 5 to 20 miles. It was on a trip to Ewell for the 26.2 Club's 10k that he caught our eye, running "unattached" and placing 2nd in 31:29. According to *AW* he was looking for a club and had Belgrave in mind. So with a bit of detective work we tracked him down and found ... that he didn't know where *AW* had got that piece of information from ... he hadn't really been thinking of the Bels. ... but on the other hand why not ... and signed up within the week! Nigel was delighted to don Belgrave kit in his next road race and has every intention of joining our road relay and cross-country squads. His local press already feature him regularly and made a point of noting that he had teamed up with fellow Suffolk man Paul Evans and that Belgrave are the "currently the Manchester United of the athletics world".

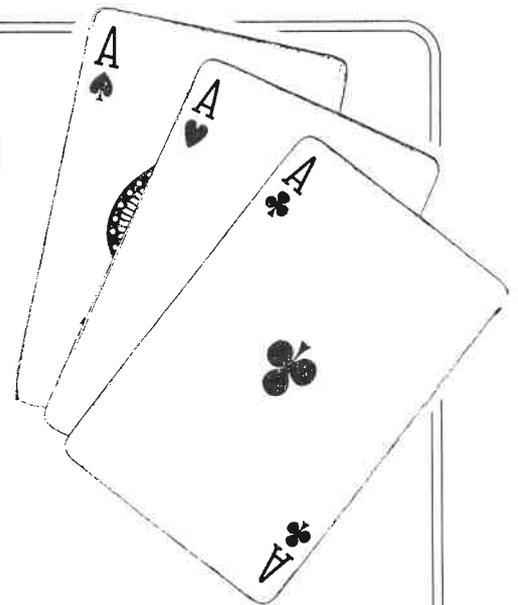
The last five months or so have seen Nigel steadily coming back from an achilles tendon problem. The signs are that he is over it now and raring to go. Just take a look through his cv in the accompanying panel and you'll know why we are so excited to have him on board.

Anthony Robertson became a Belgravian just a few weeks ago. He hails from South Africa but his father was born in Ireland and athletically, that is his nationality. Living in Wimbledon now, he has great running country not so far from his doorstep with Wimbledon Common and Richmond Park and he's looking forward to teaming up with other runners to get himself into good shape and really motivated. A word of warning though, he's a 14:40 5,000m man and around 31½ minutes for 10k on the road so don't take any liberties on those 10 mile fartlek sessions.

Anthony had heard about Belgrave from other South African runners who have been over here and now being a local man, is looking forward to using our gymnasium. Ideally Anthony likes to clock up 100 to 110k each week including 15 or 20x400m sessions and recently tried his first marathon - this Spring's London - where he ran 2:36-odd to finish just a little way down on Jim Estall. What an asset this man's going to be.

Now we'd like to introduce you to another runner from across the Irish Sea - Donal O'Riordan. Watching Donal race in some of our opening meetings this year one cannot help but be struck by the fact that he really does look every inch "a runner". But it's not surprising really as his father is Tom O'Riordan, the first Irishman to run inside 14 minutes for 5k back in the 'sixties, a competitor who proudly bore his emerald green singlet in the Tokyo Olympics of 1964 alongside some great names - Jazy, Keino, Clarke. Tom is now a sports writer for the Irish Independent and will be in Atlanta this year to cover the Games.

Donal only really started training at the age of 22 when he went to Loughborough University but within a couple of seasons he has logged up some classy runs over 1500 metres and the mile. He lives in London at the moment and has spent some time training with the Shaftesbury Barnet boys but it's Belgrave for him, influenced to a certain extent by Derek and Dave Kelleher. Donal hasn't really gone in for road racing so far but has some definite aims for the near future. He wants to run cross country in the County and Southern Championships next winter and has his eyes set on our indoor Club Record for 1500 metres - Stuart Paton's 3:46.65 from 1983.



Donal O'Riordan

800m	1:54.0
1500m	3:47.8
1 mile	4:08

Anthony Robertson

5000m	14:40
10k Road	31:32
Marathon	2:36:34

Nigel Powley

1 mile	4:17
5 miles	24:07
10k	30:12
10 miles	49:42
Half-marathon	65:46
15 miles	77:15
20 miles	1:44:37
Marathon	2:35:50

Nigel Powley's Championship Wins

Suffolk

10k	93, 94
10 miles	85, 91, 93, 94, 95
Half-marathon	91, 92, 93, 95
15 miles	91
20 miles	94
Cross country	93

Eastern Counties

10 miles	94
Half-marathon	91, 92, 93, 95
15 miles	91



FROM BELGRAVE to BONDII



DAVE SCOTT, BELGRAVIAN AND FORMER BRITISH LEAGUE BOOM MAN, HAS SWAPPED LIFE IN LONDON FOR A BUSY ROLE AS ATHLETICS NSW DEVELOPMENT OFFICER

After spending two years as the Development Officer for Athletics New South Wales, the track and field organisation for the largest state in Australia, (in terms of participation levels) I have come to terms with some major differences in the way the sport is conducted here, compared to the way that I was used to things being done when I was part of the English system up to 1993.

To begin with, the system of administration of the sport is vastly different. Our national body, Athletics Australia, runs a highly successful Grand Prix series over here, which showcases domestic elite talent and some overseas stars in competitions in every state in Australia. Stars from overseas who have competed whilst I have been here include Gwen Torrence, Michael Johnson, Mike Powell and Sergei Bubka, as well as Linford Christie and Colin Jackson, who are regular visitors to Sydney to train in the European off season. Athletics Australia also organise the National Championships, overseas teams and major champion-

ships trials. In this respect Athletics Australia is similar to the BAF.

When one gets to the state bodies, of which I am part, the situation differs greatly. The national body officially has no jurisdiction over the state organisations, who can (and sometimes do) go their own way in terms of local competition and development. In addition, these state bodies are funded in part by the state governments, but exist as independent entities, as opposed to the council-run system in England. From the development aspect of things, which is my specific area, this independence is valuable since it gives me the freedom to base a development programme on what I, as the "man on the ground" know needs attention rather than having to implement a programme passed down by politicians. Sponsorship dollars, becoming more readily available due to the Sydney Olympics in 2000, allows me to have a fairly ambitious programme, something which I know the money-starved development officers in England would sorely love to have.

Co-operation between the states and national body is vital if progress in the sport is to occur here in Australia, and disharmony between the various bodies in the past has led to a dramatic slide in track and field participation numbers across Australia. From a low of 9,000 registered members nationally in 1990, the sport has recovered to have 15,000 registered in the 1994-95 season. This looks and indeed is pretty pathetic compared to England, but track and field here is a relatively low profile sport, with the media dominated by rugby league, cricket, surf lifesaving (ironman) and swimming. That is where the big money, and consequently the high profile, goes.

The club system is very different too, for various reasons. To be-

gin with, there is no national club competition like the British League or GRE Cup. The country is just too big for a club to compete in other states - Australia is a continent bigger than Europe, and Perth, the city furthest away from Sydney is one time zone and a 6 hour flight away. Makes a British League Division One bus trip to Edinburgh seem like a piece of cake!

The clubs themselves are different too. Although some large clubs do exist, the nature of Australia, and New South Wales in particular, with a small population of 5 million living in an area 10 times the size of France, means that most clubs are very small with perhaps 100 members maximum. This makes even a state league competition based around clubs impossible, as most clubs couldn't field a full team. Also, use of many venues for the competition is impossible as there are only five all weather tracks in New South Wales, two of which are at the new Olympic site in Sydney.

Instead, a competition is held on a weekly basis during the club season (September - January) in Sydney, based around teams comprising clubs from regions of NSW. This system is entirely unsatisfactory, and, along with the dire lack of facilities, is a major factor in the near terminal decline of grass-roots track and field in NSW and Australia as a whole.

Sounds pretty depressing so far doesn't it? Well, I was fairly disgusted with things as I saw them in 1992, but so far I have only outlined the negative parts. There are some major advantages to the sport out here, which properly used, I believe will make Australia a strong international force, which has not been the case since Herb Elliott, Ron Clarke, Ralph Doubell, Alby Thomas and Betty Cuthbert dominated in the fifties and sixties.

First and foremost is the fact that Sydney is hosting the Olympic Games. Aside from boosting my chances of actually getting a seat in the stand at the Games, the Olympics have provided an impetus for all that has been lacking in Australian track and field; profile, media coverage, sponsorship dollars and public appeal. At last the sport is moving in the right direction and all in the administration at the national level and within NSW are determined to capitalise on the opportunities arising.

The aforementioned Grand Prix Series in Australia is a great boost to the sport too.



*Will Australia return to the good old days when any runner from Oz was feared - and none more so than perhaps the most competitive miler of all time, World Record Holder and Olympic Champion Herb Elliott.
Photo: Sydney Morning Herald.*

Started in 1989, it is well supported by Australia's elite athletes, and provides much needed media and public exposure for the sport as well as revenue for the state organisations. Earlier this year the IAAF granted the Melbourne Grand Prix "B" status, putting it on a par with any meet held in England. This should help to boost the international profile of Australian track and field. This year I had a heavy involvement in the Sydney Grand Prix, held in February. There were sponsorship proposals to write, negotiations with potential sponsors, and I had to organise ticket offers to schools and think up incentives to get more people through the gate. One of the great features about my job is that I am gaining experience in aspects of sport other than purely development issues, such as sports marketing and event management, which will come in handy for future career moves.

Probably the greatest innovation in Australian athletics in recent years, and a programme working well in NSW in particular, is in the area of junior elite development. On a state level, we have divided our area into six country regions, excluding the Metropolitan area of Sydney. Each of these regions has a Regional Academy of Sport supporting several sports, including track and field. A squad of 20 talented young athletes aged 12-19 are financially supported to attend training days, receive elite coaching and travel to competitions. Some of these regions have smaller "development" squads of younger athletes. These squads are determined through talent identification, testing and thorough analysis of schools competition results.

Each regional programme costs roughly \$6,000 (£3,000) to run for a year. In addition, the athletes have to be registered with a local club and compete at certain events. These programmes have the effect of retaining young talent in the sport at a crucial age when many leave to go to other sports, supporting athletes in remote country areas and raising the profile of the sport on a local level. The programme has been highly successful, with the first athletes to enter the programme now beginning to enter the World Junior team and compete well at senior level.

At the next level above this is the NSW Academy of Sport track and field programme, run by a British Olympic bronze medallist and Belgrave adversary, Keith Connor. This programme handles the elite junior and senior athletes from NSW and funds them to compete around the country in the Grand Prix Series, or in organised trips overseas, such as on a tour to the USA to compete at the Penn State Relay Championships. This is really the transition point for our juniors to senior level, and allows that change to be smooth. Few of our elite juniors, once in the system, are lost. In addition to these administration structures, Athletics Australia have introduced a national junior elite programme, called the "Oz Squad". This programme is designed to identify talented juniors from the Under 14, Under 16 and Under 18 age groups from each state and maintain their interest in the sport through newsletters and track and field camps, forming a talent pool from which to draw athletes into the World Junior and eventually, World Champi-

Right: Another all-time Aussie great. Ron Clark (wearing the UCLA T-shirt) leads a group of runners along country roads through Victoria's Dandenong Mountains.

Photo: Bill Tindale

onship, Olympic and Commonwealth representation.

NSW currently has 102 athletes in the OZ Squad, of whom 16 are currently qualified to compete at the Sydney World Juniors in 1996. Every athlete in the Oz Squad has to fulfill tough performance standards, and are all linked to high performance coaches and clubs in every state.

As far as I know, this system is unique to Australia, and is modelled roughly on the Eastern European model of the seventies and eighties. It is a very popular and effective programme, and a key element to Australia's future success, in my belief. I am heavily involved with the planning, organisation and administration of the above programmes and feel that other countries should try the same if they are to succeed in track and field in later years. Our model has only been running for three years and already the benefits are being felt through increased registration numbers, better international performances and higher public recognition of the sport.

One of the great paradoxes of Australia is that because the population is so into sports, we have a reduced success at international level. In Australia a wider variety of sports are played per head than anywhere else in the world. Whilst this is great for public health, it results in the limited talent pool being diluted across many sports, hence the reduced success on a world scale. The above programmes retain talent within our sport, and help to boost overall participation in the sport through providing a media profile. In this way track and field is beating off the challenge from other sporting bodies, and has ensured its future. Britain and Europe are just beginning to feel the effects on track and field of "new" sports such as baseball, basketball and American football as they encroach upon the traditional talent resources. It is probable that, unless similar measures are taken to address the problem, then Britain too will begin to lose numbers and success. From what I have seen, the BAF and Belgrave in particular are taking steps to stop the slide.

In addition to my involvement with all of the above programmes, I am also a member of the Organising Committee for the 1996 World Junior Championships in Sydney and the Organising Committee for the 1996 Pacific Schools Games to be held in Perth. I am also the meet organiser for the NSW All Schools Championships, an event with over 3,000 competitors held over three days, and help organise the NSW State Open Championships (the equivalent of a county championships).

All up, a pretty busy schedule. We have a small full time staff in our office of an Executive Director, a Media Liaison Officer, an

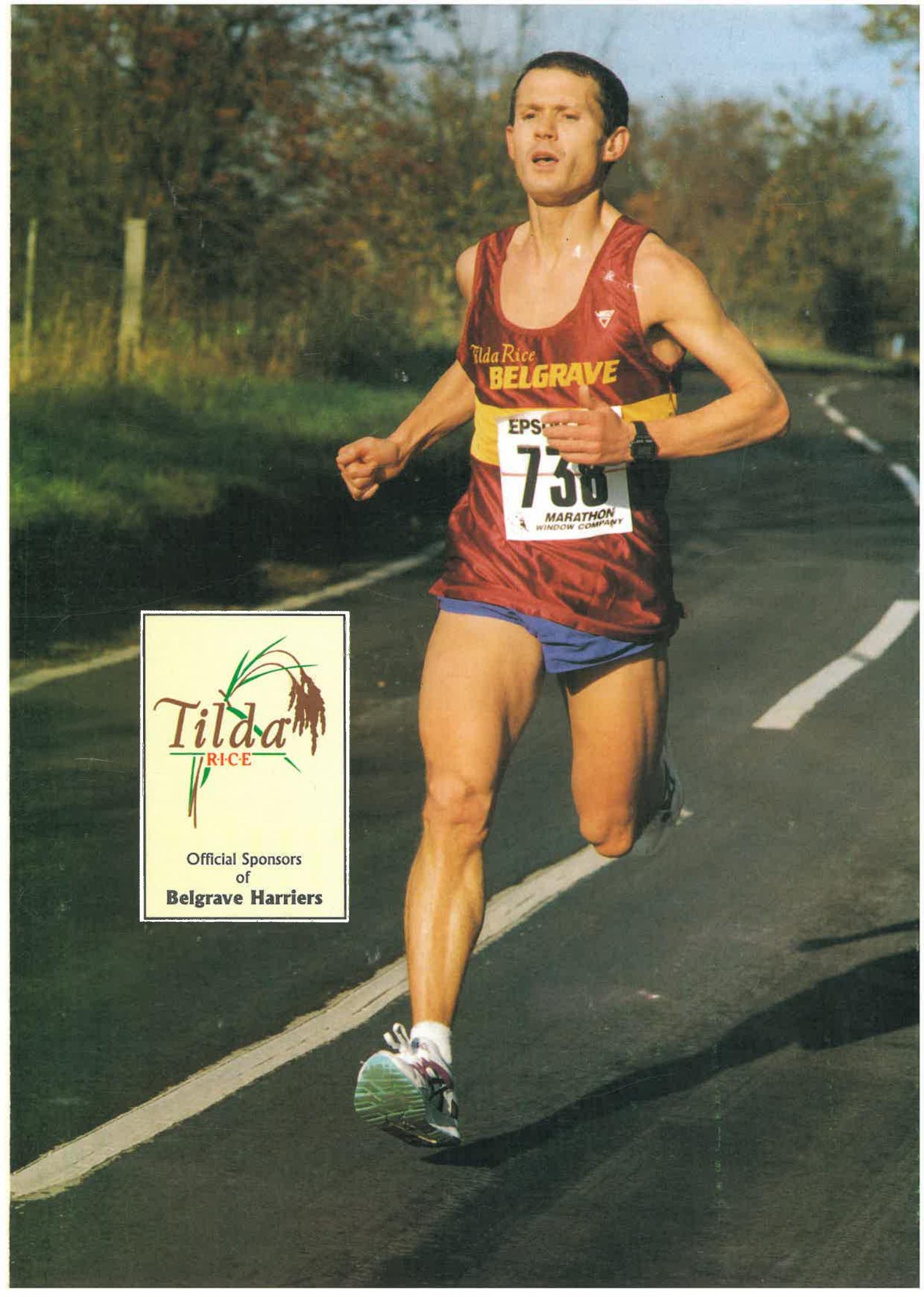


Accounts Manager, an Admin. Assistant and myself, so its all hands to the pumps much of the time. Still, I guess this set-up would still make some county organisations jealous!

I've only really touched on the highlights of what I do on an annual basis. There is the usual round of school coaching visits and athlete camps on top of this. One school I coached at this year was in Broken Hill, a mining town 11 hours drive out of Sydney, so that gives you some idea of the area I have to cover! On a personal note, I feel that Australia's potential is yet to be fulfilled, and I am certain that you will see more of our athletes kicking European butt around the tracks in years to come; and not just in the junior ranks, which we are already doing!

News of old Belgravians in and around Sydney: a small community seems to have grown up here. About five minutes drive from me Wayne Larden has set up home with his wife and baby. Wayne is a regular visitor to Belgrave Hall each winter as he passes through to compete at the World Cross Country Champs. Andy Lloyd, an ex-Belgravian and ex-Commonwealth Games 10,000m Champion lives on the other side of town, providing the team boat when the boys want to go out fishing on Sydney harbour! Ron Wyld too has found his way over here and lives a few kilometres north of me. I bumped into Ron a while back in the NSW Academy of Sport weights room, puffing and blowing on a rowing machine whilst Steve Smith and Brendan Reilly stood there laughing at him. (The boys were over here training at the time of writing.) Brandon Reid, former British League 1500m rep. and Surrey County bronze medallist also pays visits to Sydney, mainly to be out-drunk and out-run by Wayne and Co.!

Dave Scott



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