



Photo by Alan Mead

Above: At the home UKWAL match at Sutton the Belles just missed stretching their win streak to cover two complete seasons. Another four match points would have done it – but they don't seem too downhearted as they now look forward to 2007 and UKWAL Division Two.

From left to right – standing: Juliet Fielden, Katryna Euridge, Eva Massey, John Vernon, Sarah Gailey, Jayne Anderson, Chris Privett, Claire Robinson, Bob Bridges (Joint Team Manager), Cynthia James (Joint Team Manager), Rex Bale, Carl Lawton, Jennifer Culley, Tony Fairclough, Sarah Murphy, Derek Jones, Ray James. Kneeling: Sarah Wellstead, Janine Whitlock, Gail Porter, Dian Holden, Hazel Mead.

## Back on track soon

“The best laid plans o’ mouse and men gang aft a-gley.”

We know exactly what Robbie Burns meant as we struggle to catch up with results and reports from the past few months, delayed by team management duties, club and county race promotion and ... well, you know how it is.

Hopefully the quick fire publication of several *Belgravians* will get us back on track soon.

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Contributors in this issue: Eric Hall, Alan Mead, Patricia Mead

## Track & Field

Match Two, Coventry, 2 July 2006

### Heading for promotion

Belgrave's women's team provided nine 'A' string wins at Coventry in the second UKWAL match of 2006 and stretched their league win streak to five matches. Now two league points clear of Marshall Milton Keynes AC, and with the final match on home territory at Sutton Arena, there was every chance that the Belles would enter Division Two next season as champions of Division Three.

The early field events set the tone for the day as Belinda Heil made a welcome return to the team in the hammer and Sarah Wellstead produced her first win of the afternoon - the long jump. The pole vault saw Janine Whitlock enter the competition at 4.15m and this height she cleared at her second attempt, equalling her own division record, before going on to unsuccessfully try at 4.31 – which would have been 11cm higher than the UKWAL record.

By now the track events were well under way where we opened with a win thanks to Hannah Stares in the one lap hurdles. Claire Robinson was totally untroubled in the 800m and from there on the Belles gradually opened up a winning lead in the match.

Warming up for the shot by turning her arm in the discus, Eva Massey's single valid effort was good enough for second and when her speciality event came around, every one of her

throws was good enough to win the competition. Now without a coach, Eva is experimenting with the rotational shot technique.

A double win came in the 200m where Michelle Carey had a 5 metre advantage in the A race but Jennifer Culley's B victory was very much closer, with the first two recording the same time. And soon another maximum-pointer came up as Sarah Wellstead returned to the horizontal jumps pit to take the triple jump with Michelle Nestor's effort in the B competition being good enough to beat every other athlete.

The final individual event on the track saw Michaela Hutchison make her UKWAL debut and a pretty auspicious one it was too. She tracked City of Norwich's Ruth Senior until there was just over half a lap to go and then launched a powerful finish that left Belgrave supporters very impressed; and amidst this excitement, with the field strung out in her wake, it became apparent that Caroline Shanklyn had picked up the B win as well.

All in all, a good afternoon's work.

**Results.** 100m: 4 J Culley 12.7/-0.8; 6 S Gailey 14.2/1.3. 200m: 1 M Carey 24.7/-1.4; 1 J Culley 26.0/-2.3. 400m: 3 C Foster 58.3; 3 S Gailey 61.7. 800m: 1 C Robinson 2:11.3; 3 C Bryson 2:18.4. 1500m: 1 M Hutchison 4:29.5; 1 C Shanklyn 4:46.1. 3000m: 7 S Murphy 10:55.0; 4 L Cooper 12:23.0. 100mH: 3 H Stares 14.8; 2 J Culley 15.7. 400mH: 1 H Stares 62.6; 5 V Goodwin 77.8. HJ: 6 S Wellstead 1.50; 4 M Nestor 1.45. LJ: 1 S Wellstead 5.87; 4= M Nestor 4.58. TJ: 1 S Wellstead 11.95; 1 M Nestor 11.22. PV: 1 J Whitlock 4.15 (Div Record); 3 J Anderson 2.30. SP: 1 E Massey 15.15; 4 B Heil 8.43. DT: 2 E Massey 37.93; 2 B Heil 31.17. JT: 4 H Stares 31.11; 3 H Mead 18.76. HT: 3 B Heil 36.45; 4 H Mead 16.95. 4x100m: 1 Belgrave 48.8 (J Culley, H Stares, S Wellstead, M Carey). 4x400m: 4 Belgrave 4:04.0 (C Foster 60.9, V Goodwin 64.2, M Hutchison 61.0, C Robinson 57.9).

**Teams:** 1 Belgrave 222.5; 2 Milton Keynes 200; 3 Newham & Essex Beagles 149; 4 Blackheath & Bromley 131.5; 5 City of Norwich 122; 6 Newport 116; 7 Aldershot F&D 109; 8 Coventry Godiva.



Photo by Patricia Mead

Above: Sarah Wellstead won both Long and Triple Jumps at Coventry.

Match Three, Sutton Arena, 6 August 2006

## Going up!

Athletics doesn't get any busier than this. A men's British League match on the Saturday was followed by a home UK Women's match on the Sunday and everyone was pressed into action to help the meeting run well.

There was no doubt that the Belles were going to gain promotion but it would be nice to go up as Division Three Champions and maintain an unbeaten record. However, Marshall Milton Keynes were equally determined to put a few good finishing touches to their season – and in the end they took the match by just four points which resulted in them closing, but not quite catching our women in the race for the league title.

Congratulations all round then – especially to team managers Cynthia James and Bob Bridges. But just take a look at the league standings below and then consider the make-up of division two for 2007! To continue the meteoric rise of the Belles is going to take some doing.

**Results.** 100m: 2 J Whitlock 12.34/-0.2; 8 S Gailey 13.65/-1.4. 200m: 4 C Wilson 25.63/0.5; 4 C Robinson 26.19/-0.1. 400m: 3 J Culley 56.50; 1 C Wilson 56.78. 800m: 1 C Robinson 2:06.85; 2 C Foster 2:21.14. 1500m: 1 M Hutchison 4:27.0; 2 S Murphy 4:56.4. 3000m: 7 L Cooper 11:45.6; no B competitor. 110mH: 2 H Stares 14.87/0.7; 1 J Culley 15.75/-0.8. 400mH: 1 H Stares 63.36; 4 V Goodwin 83.13. HJ: 2 J Fielden 1.60; 3 H Stares 1.45. LJ: 2 S Wellstead 5.86/-2.2; 1 J Fielden 5.35/-1.3. TJ: 1 J Fielden 11.73/2.9 (11.61/0.5); 1 S Wellstead 11.65/-0.6. PV: 4 J Anderson 2.30; J Whitlock retired from competition. SP: 1 E Massey 14.85; 3 D Holden 9.27. DT: 7 D Holden 24.62; 5 G Porter 20.41. JT: 7 G Porter 25.53; 5 H Mead 20.27. HT: 1 D Holden 48.26; 1 H Arbutnott 34.90. 4x100m: 3 Belgrave 49.25. (C Wilson, H Stares, S Wellstead, J Whitlock). 4x400m: 1 Belgrave 3:55.5 (C Robinson 58.0, C Foster 59.1, S Gailey 59.7, J Culley 58.7).

**Teams.** 1 Marshall Milton Keynes 212; 2 Belgrave 209; 3 Newham & Essex Beagles 152.2; 4 Aldershot Farnham & Dist. 142; 5 Blackheath & Bromley H 136; 6 City of Norwich 133; 7 Newport 120.5; 8 Coventry Godiva H 79.

### UK Women's League Division One – 2006

1	Edinburgh Southern H		21
2	City of Manchester (Sale H)		20
3	Shaftesbury Barnet H	508	15
4	Birchfield H	504	15
5	Woodford Green with Essex Ladies AC		13
6	Trafford AC		11
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7	Windsor Slough Eton & Hounslow AC		10
8	Rugby & Northampton		3

### UK Women's League Division Two – 2006

1	City of Glasgow AC	587.5	21
2	Cardiff AAC	553	21
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3	Team Southampton	460	13
4	Wigan H AC	436.5	13
5	Wakefield Dist. H & AC	387	13
6	Havering Mayesbrook AC	432	12
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7	Swansea H	403	9
8	Liverpool H & AC	352	6

### UK Women's League Division Three – 2006

1	<b>Belgrave Harriers</b>	<b>631</b>	<b>23</b>
2	Marshall Milton Keynes AC	601½	22
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3	Blackheath & Bromley H	443½	15
4	Newham & Essex Beagles	380½	13
5	Aldershot, Farnham & Dist. AC	371	11
6	City of Norwich AC	361½	9
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7	Newport H	355	8
8	Coventry Godiva H	339	7

## Results Roundup

### Track & Field

#### August 2006

- 27 **Banska Bystrica, Slovak Republic.** Men. 110mH: 2r2 W Sharman 13.77/0.0.  
29 **Dubnica Vad Váhom, Slovak Republic.** Men. 110mH: 5 W Sharman 13.97/0.0 (3h2 13.87/0.0).

#### September 2006

- 2 **Women's Southern League Div 1, Ashford.** 100mH: 1 S Porter 15.5. LJ: 1 S Wellstead 6.12; 2B K Euridge 5.38. TJ: 2 S Wellstead 11.05; 1B K Euridge 10.50. DT: 1 J Lally 39.60.  
2-3 **Hexham Combined Events Meeting.** Men. Decathlon: 12 K Sempers 5821 (11.50, ns, 11.19, 1.90, 51.48, 15.27, 36.08, 3.80, 51.16, 5:14.48). Women. Heptathlon: 2 J Hollman 5726 (14.16, 1.69, 12.23, 25.03, 6.26, 40.72, 2:24.99).  
3 **Inter-Area U20 Match, Abingdon.** all representing the South. Men. 100m: 1 H Aikines-Ayretey 10.26w/6.2. 200m: 1 H Aikines-Ayretey 21.19w/7.0. 400m: 3 R Thomas 49.97. Women. HJ: 4 S Rainford 1.70. LJ: 4B S Rainford 5.56. TJ: 4B J Fielden 11.75w/3.8. DT: 1 J Lally 45.02.  
3 **Woking Open.** Men. 100m: 1 I Akindele 10.91; 2 D Davis 11.05. 200m: 1 I Akindele 21.96; 2 D Davis 22.12.  
6 **Watford Open Meeting.** Men. 200m: 6rE M Peacock 26.4. 400m: 5rC M Peacock 59.82.  
16-17 **Decastar, Talence, France.** Women. 10 J Hollman 5832 (13.97/1.3, 1.69, 12.32, 24.70/1.2, 6.27/0.0, 41.27, 2:21.24).  
20 **Watford Open Meeting.** Men. 400m: 5rB M Peacock 56.62.

## News

### Joachim Wolf says goodbye

It's time for me to do a Sven-Göran, ie leave England. As you may have noticed I have been quite absent from the race scene lately. The reason is my imminent move back to Stockholm, Sweden. After almost eight years in the UK the time has come to go back home, and believe me moving country with the whole family (selling house, buying house, moving job, changing car, packing etc) is a full-time job in itself. I have been training well though and I expect to run a good race in a 90k relay back in Sweden. The course goes over the famous 90k Cross Country Skiing course and several hundred teams are running this. I was part in the winning team in 1998 just before departing for the UK so obviously it would be great to return to Sweden with a win, just to add to my incredible relay wins as part of a superior Belgrave team, (Milton Keynes etc).

I have also entered the Lidingöloppet, a massive cross-country over 30k in Stockholm (I was "just" 10 mins behind the great Paul Evans when he smashed the course record in 1994 beating off several top Kenyans, so you can imagine how impressed I was when I found out that I would hand over to Mr Evans at that relay in Milton Keynes.)

I will also run a couple of Half Marathons and hopefully another marathon in the late autumn, and I'm also planning a busy Cross-Country Skiing race season between Dec-March, this will replace the unforgettable cross-country league races with Belgrave, although the best way to describe Cross-Country racing over long distances is like running a muddy Parliament Hill with slippers and a backpack.

Finally I would like to thank Belgrave and in particular Alan and Pat for giving me some great running memories during my time at Belgrave Harriers, and I would be delighted to run the odd race for Belgrave whenever I come over to the UK for the occasional visit. And if things go my way I'll be back for the London Marathon ... year after year ...

Just to mention some of the Highlights...

- Handing over the baton to Paul Evans in the 12-stage at Milton Keynes when we won a great victory.
- Running past Rob McHarg in the last 30metres in an 800m Open race in Watford.
- Running the Flora London Marathon encouraged by thousands of people shouting "Go Belgrave" at me.

- A third place in London Half Marathon at Silverstone.
- Running 1:58 for 800m just a day after a Half Marathon Race

### Coggie shows off his South of Thames medal

From New Zealand Paul Coughlan has been in touch:

"I went to our club run on Saturday, as they (Olympic Harriers, Christchurch) were having a "Medals and Memorabilia" day, asking people to bring along old and interesting medals. Remember I've talked about Bill Hobbs, one of our life members who used to run for Thames Valley Harriers? We had a nice little comparison between my 1999 South of Thames Cross Country Champs team gold medal and Bill's 1946 North of Thames Cross Country Champs team gold medal. Just for the record, Bill's was solid gold – they don't make 'em like they used to!

"Sam is growing up fast, two and a half now with the world revolving around Thomas the Tank Engine, Bob the Builder, and his Matchbox cars. He's very excited about getting a little brother in September!"

... and later news is that Hamish Peter Coughlan was born 6 September. He was 7lb1oz (3.2kg for anyone metric) and both mother & baby are well.

### Marty hoping for World Road Running Champs selection

Marty Dent writes to let us know that he's consolidating his form in Australia, running road and XC races in the Aussie winter:

"I am hoping to be picked to run at the World Road Running champs in Hungary in October after I ran 62:57 for a half marathon last weekend. There is even a chance I may get picked in the World Cup to run steeple as well, it depends how a couple of the Aussie boys run over the next few weeks.

"At the moment I plan to come over to Europe and race next year, hopefully in shape to approach qualifying for the World Champs in the steeple. A tune up race at BAL or other meet might be great.

"I have been following the Belgrave season and have noticed that they are back at the top of the BAL. Also great to follow the boys road and cross country running."

Hmmm! In Europe in October eh! Maybe he could squeeze in a six-stage run at Sutton Park!

### Aussie Belgravians in action

Belgrave were not too far from filling out a team in the Telstra Australian CC Champs recently. The race was held over a 12 km course at the Pontville Equestrian Park & Sporting Complex, Brighton (25km from Hobart City), Tasmania. Victorian Lee Troop was first across the line in 36:36 but 16 seconds later came Marty Dent in second spot with Erwin MacRae 4th and Adam Leane 30th.

### Awesome Gauson

Racing in the 42nd annual Antwerp Gala in Belgium on Saturday 26 August, in perfect conditions and with a large and enthusiastic crowd three and four deep lining the track, Kris Gauson was among three British teenagers who narrowly missed being picked for the recent IAAF World Junior Championships in Beijing but were recompensed by selection for this meeting.

Kris beat the World Juniors 1500m qualifying time and out-kicked seniors James Thie and Chris Moss. The young Scot covered the last lap of the A race in 57 seconds to clock 3:43.10 – a PB by 1.99sec – and snatch third place with Thie fourth and Moss fifth.

He also narrowly missed the Belgrave U20 record set by Stuart Paton at this very meeting 24 years ago - 3:42.86 - but Kris has time on his side as he's *still a junior in 2007!*

## What was – and what might have been

One item, among the many records held by the Club, is of great interest to the walking fraternity in particular. A small exercise book titled "Walking Records 1929" was compiled by Harry Churcher one of our greatest short distance men in the 'thirties and 'forties. The title was prophetic as Harry was indeed to become a holder of many records including two world records set almost 20 years after he made that inscription.

The entries give, we believe, an almost complete record of all Harry's races until the last years of his long career. The first entry, on 26th October 1929, is a 7 mile event at Harrow. He notes that, "I was unplaced. My first road walk." He recorded his handicap allowance and stuck two photographs of the event on the page. These also are of great interest. Harry started out as a member of London Vidarians and was soon winning prizes, the first of which was a handicap silver medal plus six spoons and forks. At the end of November he raced in the Belgrave Open '7' and notes, "I came over very ill one mile from home". He was certainly not the last to feel that way on that course!

After nearly two years Harry joined Belgrave. Having a very light frame his style often attracted the attention of the judges and for some events the entry in the exercise book is "Pulled". Two things show the difference between athletics in the 1930s and that of today. Firstly, Harry notes on occasions, that he did not race when he intended to due to "Working". Secondly there were back then, and for many years after the war, local village meetings on grass tracks with handicap events for all.

The newspaper cuttings are revealing as, for example, on December 17th 1932 - Harry won the Club's Horwood Cup and Arthur Penny won the 7 mile cross country title. Arthur beat Tom Carter quite easily while Harry got the better of Charlie Speechley. Charlie was racing in 1919 and was to continue to do so into the 1960s. There is not room to cover all the entries but one point of interest is that at the back of the first book Harry has stuck the receipts for his Club subscriptions!

A second book follows the same format but with photographs of Harry in major events. A newspaper report of the Belgrave Open on 25th November 1939, won by Harry with brother Charlie second, notes that "Churcher is undoubtedly on top of his form at present". The entry, on the very next page, is headed January 12th 1946! As with so many sportsmen at that time there were other things which needed attending to before they were able to resume their sport. What might have happened if the 1940 and 1944 Olympic Games had taken place is a matter of conjecture but it is safe to say that Harry, and no doubt some of his Club mates, would have had a part to play if the war had not intervened.

Tantalisingly, the last entry is for the 25th June 1947 and one is left wondering if a third book existed. If it did it would have recorded that Harry won further titles and represented Britain in the 1948 Olympic Games where he finished 5th in the 10,000 metres walk. A very modest shy man, he usually trained alone and rarely, if ever, referred to his achievements. My abiding memory of him is a speech he made when presented, by the Club, with an award recognising his two world records. In his view champions were only as good as the opposition made them and without other competitors there could not be champions and it was those who won little who should be given awards. Harry died in 1972 at the young age of 61. To appreciate something of his standing in athletics, take a look at the selection of his medals displayed in the Club Committee Room.

*Eric Hall*

## Membership analysis

Ever wondered how many members we have? Well, there are those that know – but when someone at Committee questioned how many of our number actually live within a stone throw of Belgrave Hall, *Eric Hall* went home and spent a fruitful hour or so going through our membership list.

Eric tells us –

The females are more likely to live in the south with 70% in London or Surrey as compared to only 57% of males. How we raise female teams with only 64 members under 30 I have no idea and that forms 47% of the total as, again, compared to the men with 107 making up only 30% of the total. Too many old men around clearly – and just to prove that point, the average age of 18 Committee members is exactly 56! Without the youngest (28) this would rise by two years.

Figures are as at 1st January 2006.

Membership by location	Male	%	Female	%
London	112	32.09	64	47.76
(SW London	73		43)	
Surrey	88	25.21	32	23.88
Sussex	15	4.30	5	3.73
Kent	15	4.30	5	3.73
Middlesex	14	4.01	6	4.48
Belgium	7	2.01	2	1.49
Hants & IOW	7	2.01	3	2.24
Scotland	6	1.72	-	-
sub-total	264	75.64	117	87.31
Elsewhere	85	24.36	17	12.69

### Membership by age

Under 10	1	0.29	2	1.49
11 to 20	37	10.60	22	16.42
21 to 30	71	20.34	42	31.34
31 to 40	54	15.47	35	26.12
41 to 50	47	13.47	13	9.70
51 to 60	36	10.32	7	5.22
61 to 70	37	10.60	7	5.22
71 to 80	46	13.18	4	2.99
81 to 90	10	2.87	-	-
91 to 100	1	0.29	-	-
Not known	9	2.58	2	1.49
<b>Total</b>	<b>349</b>		<b>134</b>	

## ... and now some web stats

And while we are providing answers to questions – here's another one. Someone wondered how many people actually download our electronic newsletter – *The Belgravian*.

Well, we know how many visits we receive at our website (a visit being classed as access from one computer in one day – in other words if you come back more than once from the same computer in any one day it doesn't register more than one visit). Usually we get around 300 visits per day and after a big event such as a British League match or national road relay it can hit 600. On average over the last year we have received around 11,000 visits per month.

So, back to the question. We can't tell how many download and actually **print** *The Belgravian*. We do get a regular 800-900 people per month who visit to view one or other of our newsletters and when a new publication arrives it receives around 200 individual visits within its first month.

And we can even provide you with a "top ten" of most visited areas of the website during September 2006:

	Visits	
1.	1,934	Surrey Road Relay Results
2.	1,546	Track & Field
3.	902	Skippers Corner
4.	883	The Belgravian
5.	838	Road & Country
6.	755	Club Records
7.	713	Rankings
8.	622	Statistics
9.	514	Fixtures
10.	352	Photo Gallery