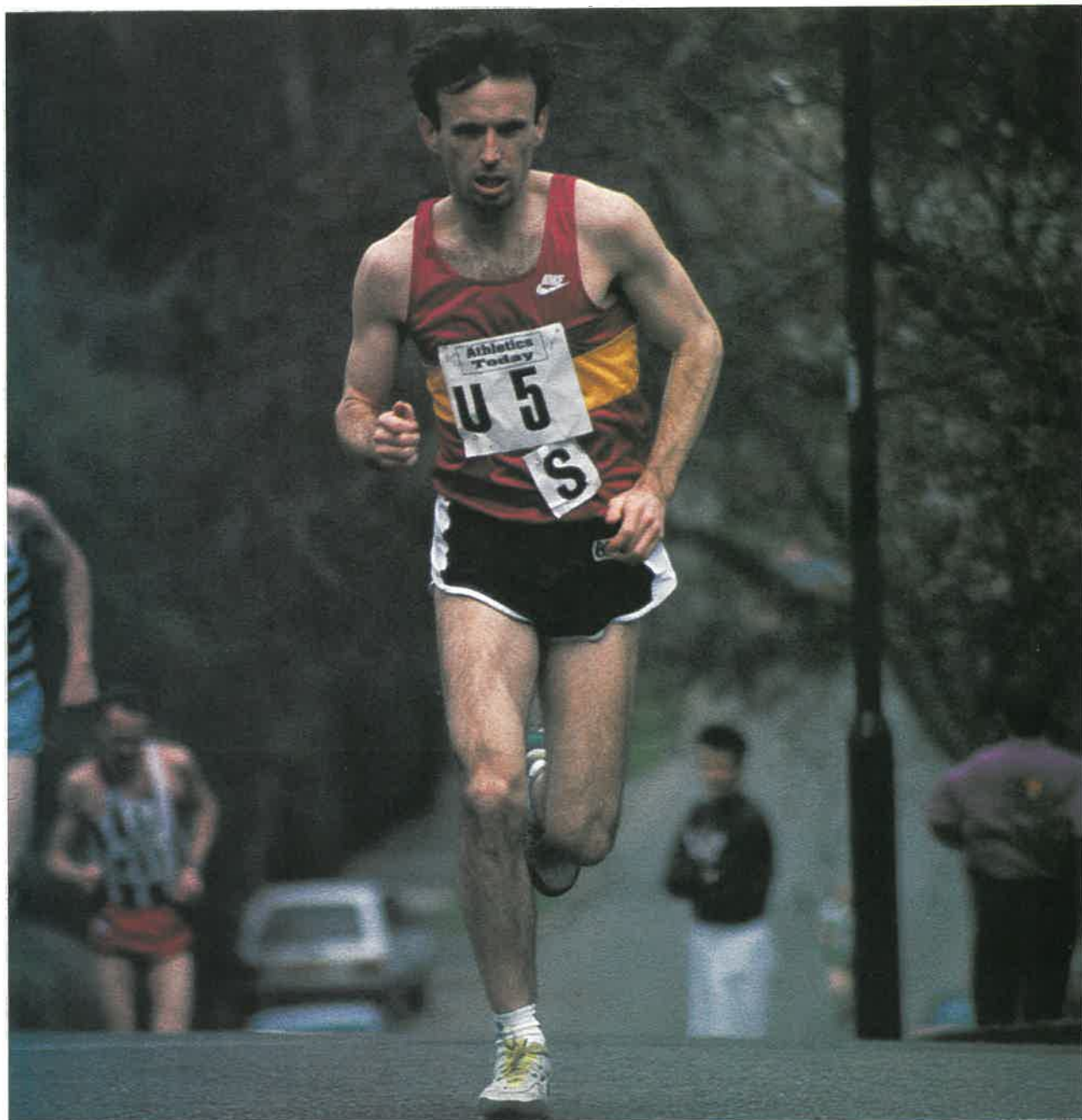


The Belgravian

May 1992



The official gazette of Belgrave Harriers

Number 218



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The Belgravian

May 1992

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Already you will have noticed another break from tradition with this issue of our magazine - advertising. In fact we have carried the odd advertisement in the past but we are now attempting to set things up on a proper commercial basis. The partnership between Belgrave Harriers and the companies who have placed the ads. is by no means a one-sided one. Yes, their action is helping to ensure the magazine's future but they in turn are looking for business from us and we believe that the services offered by them are particularly suitable for a group of people such as ourselves - Belgrave Harriers. If you have need of anything offered by our advertisers do please get in touch with them and don't forget that it is most important that you tell them where you saw their advertisement. Their continued support is no doubt going to be based solely on the returns that they get for their expenditure.

Thanks to Tom Morrell ...

This issue has been made possible due to a generous donation from former President Tom Morrell. Tom, a stalwart attendee at Belgrave Hall for many years lives now in Norfolk and, he says, he finds "*The Belgravian*" a tonic. He has suggested that it is a tonic well worth having regularly, hence his donation.

Having joined Belgrave way back in 1926 in the days of the "Rising Sun", he has seen Belgrave progress from the pub crawl, through the stone bath age to become owners of our own premises and a force to be reckoned with on the track. Mainly a middle distance runner, Tom is proud of his record as Secretary of the Building Committee in the days when we bought the Hall. He was also the Social Secretary in pre-war days and responsible for club vests, etc., in the days of clothing coupons!

He recalls meeting up with Tom Carter, straight from work for sessions round the bridges. Tom C worked in a flour mills and Tom M for Morgan Crucible - sounds like the Black and White Minstrels to us.

A souvenir of Tom's track exploits is still in use in Norfolk - the trowel he bought to dig his starting holes - we will have to explain what they were to newer members!

No mention of Tom's enthusiasm for Belgrave should miss out on his wife Rose and we wish them all the very best when they celebrate their diamond wedding in August.

Country ramblings

Have you noticed how races over the continental type parkland courses are now being styled "Cross", rather than "cross-country"?

Much has been written and spoken about cross-country vs. "real" cross-country this winter. Letters have appeared in the athletics press carrying complaints about courses. "It was terrible. There was a huge hill and we had to run over ploughed fields. I'm not doing it next year." Inevitably letters of this ilk have been followed a week later by others harking back to the days when men were men and not afraid of a bit of mud, extolling the virtues of cleaning up in a tin bath full of lukewarm, cleanish water - if you were one of the first back!

For years we had the problem regarding the selection of the country's international teams for races held over six to seven miles of flat parkland, based on form shown over nine miles of stiff hills and the odd patch of plough in the English National C.C. Champs. This was solved by the instigation an international "trial" race over the corresponding terrain but the "National" then lost some of its stars and it is just possible that even this, the highlight of the cross-country runner's year, might change format before too long.

Closer to home, the fields in our 7.5 and 10 mile championships have dwindled dramatically in the past few seasons. Our old-timers have bemoaned the state of affairs - "What's the matter with you. Cor blimey! we used to have fields of over forty for the '10' - and then we all used to turn out the next week in an inter-club race." What there was not in those days was the rival attraction of an accurately measured 10k race to be held on the road the very next day, Sunday, or a mid-week Corporate Challenge around Battersea Park, or even an indoor 3,000 metres

continued over page ...

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Front page: Stuart Paton storms the Wool Road hill on his way to a pb of 16:00 and fastest time on his stage while taking the Bels. to their highest position of 3rd in the Belgrave 12-Stage Relay.

Back page: Here shown running to 5th place in the Reebok Surrey League Race at Dorking, Stuart Booth also placed 9th in the Intermediate London Schools. These and all other photos by Alan Mead unless otherwise indicated.

*Continued
from Editorial page*

coming up. The fact is that "cross-country" is a term which covers races over many differing conditions and distances, and with today's proliferation of events it is not surprising that runners are inclined to go for the ones that suit them best.

So what do we do about it? A five mile Club cross country championship to be held in the autumn in place of the other two has been mooted. A race like that would surely be better supported, probably attracting middle-distance athletes fresh off the track in addition to those who prefer a longer run. But the jump in distance from '5' to '9' would just as surely make our chances of creeping up the "National" result sheet less likely and it would also be a shame to lose the continuity and tradition of the longer races just because we are not so strong in that area now. In fact, in this winter just past there have already been signs of the birth of a new "team spirit". In four or five years we may have "real" cross-country runners falling over themselves to get out of the Hall and onto the Common. We owe it to future runners to keep our longer races going but perhaps should take a critical look at our current situation and see what we can come up with to set things firmly on an upward trend again.

As far as "off-road" (that's a good one) team races are concerned, what would appear to be needed is a shift of emphasis away from the individual's attempts at setting a "time" for a measured distance, towards the pride and achievement of completing a demanding course as just one of a team of tough competitors, each relying on the others' skills. Team cyclists are quite prepared to send a man out on a suicide mission to make the pace for his team-mates or upset the rhythm of the opposition. They also work off each other, taking turn and turn about with the work-load, keeping the scorers together, the strongest urging on the others before striking out alone. Now that's team-work.

Have a think about it all; write and let us know your thoughts.

Coaching

Billy Bull is our new Coaching Secretary and one of the schemes that he has started up is a regular meeting of coaches. We are not just talking about coaching for young athletes here, Bill would be delighted to see anyone interested in coaching at his meetings. You might be coach to one senior distance runner, a dozen young sprinters and jumpers, or maybe are just thinking about getting into coaching, but whatever, you need have no fears and will be very warmly received.

To find out more about the next meeting contact Bill on 081-393 8596 or write to him at 275 London Road, Ewell, Surrey KT17 2BZ. Alternatively Sue Porter, the General Secretary, whose address is on page 3 of this magazine will be able to help you.

Thanks for your help

Many thanks to the following whose generous donations, totalling £391, have helped to ensure the continued appearance of "The Belgravian": Frank Ward, Ephriam Sibisi, Brian Pritchard, Colin Pearson, Marcello Bizio, Sue and Harry Porter, Bill Lucas, Leo Coy, Hazel Mead, Arthur Whitehead, Lionel Mann and family, Mark Padfield, Daye Donovan, Bert Stroud, Vic (Dick) Law, Gordon Doubleday, Eric Hall, Dermot Williamson, John Mather, John Bicourt, Chris Taplin, Roger Alsop, Adam Armstrong, Richard Savage, Win Shepherd, Frank Webb, Jennifer MacLean, Tony Verdie, Fred Paget, Wally Emery, Chris Steer, Doris Dean.

Three magazines per year ?

The Committee have agreed to a scheme which we hope will ensure regular production of our magazine. On the membership renewal forms which will go out in August there will be a section for "Donation to The Belgravian Fund". We urge you to consider making a donation. If everyone in the Club gave £5 once a year we would be able to publish three magazines a year!

From "THE BELGRAVIAN"

50 YEARS AGO May 1942

"Each month sees a wider distribution of our members over the Earth's surface - each month lengthens the distance between us - each month makes *The Belgravian* more and more of a necessity. Our Gazette is a reminder of happy times spent together in sporting endeavour; and a reminder that the prized friendships we have built against a background of amateur sport and happy associations still exist, and will continue to exist even when the War is recalled as something rather unpleasant which came our way in the distant past."

"Five Southern Counties Cross Country Association races were held during the 1941/42 season - Belgrave won all five, Tom Carter finishing 4th, 2nd, 3rd, 2nd and 3rd."

"A Southern Counties 6-Stage Relay was held from Belgrave Hall on April 4th over a four and three-quarter miles lap. Belgrave were winners with Marchant, Patience, Shields, Penny, Cohen and Carter. The 'B' team were 5th."

25 YEARS AGO June 1967.

"Already this season torrential rain has caused many of our tracks to post that familiar notice 'dressing rooms only'. When the tracks are back in use again three or four groundsmen will spend considerable time preparing for the next meeting, rolling, sweeping, marking and then, to protect their handiwork, posting that even more familiar notice 'outside lanes only'. Between times some of these tracks (Tooting Bec in particular) get such a pounding that on occasions the Common horseride is smooth by comparison. If ever a country needed all-weather track surfaces, then this country is it."

"Although Geoff North relinquished his hold on the Club five and three-quarters road race title, there was little doubt that it was destined to remain in the family. Brother Gerry was back in good form after his set-back at Norwich but surprised even himself to run within 6 seconds of the record set by Geoff last year. Result: 1, Gerry North 27:20; 2, A.Fairclough 28:03; 3, G.W.Dance 28:07. Geoff was 6th in 28:15!!"

"Club Championships day saw our usual programme of children's races during the interval. Charlie Manning ("Uncle Charlie") was in control (?) and, apart from one prize which disappeared with its recipient over the railings, the awards were in fact won by children of bona-fide Club members - or should that be bona-fide children of Club members!"

Welcome to Belgrave Harriers

The following new members have joined us over the winter (up to March)

Tunde Afilaka
Marianne Black
Hugo Cavalier
Andrew Cordani
Suzanne Cordani
Denis Costello
Sagie Eubenata
Toby Eubenata
Anthony Grant (2nd-claim)
Ben Hamill
Michael Hughes
John Jeffery
Emma Johnson
Matthew Johnson
Lizzie Kaye
Barbara Kulidzan

Terry Lawton
Hazel Mead
Patricia Mead
Javid Moosaji
Salim Moosaji
Robert Nemeth
James Ryle
Sharon Semenza
Mellisa Simon
Serrita Simon
Selami Simsek
Chris Sweeney (2nd-claim)
Nigel Whorlow
Jeffrey Wilkinson
John Wilson
Laura Wilson

Arthur Penny on the mend

We are sorry to report that Arthur Penny has been suffering a patch of ill-health during the winter and has had to have a pace-maker installed. As we go to press we learn that Arthur has now gone down to Heme Bay for convalescence and we know that all members will want to wish him the speediest of recoveries and look forward to seeing him up and about again this summer.

Arthur himself would like to thank all those who have been in touch with him or who have visited him during his illness. It means a lot to know that your old friends are thinking of you when times are not the best.

Belgrave sports hats

Don't be without yours for this year's summer fixtures, available now in Claret and Gold and similar to Golf Hats with a large peak - very smart!

Also still available the very popular Belgrave Car Stickers and a few Metal Car Badges are still in stock.

Prices: Sports Hats £5.00
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Bels. feature in 1991 relay lists

Our senior men were ranked 4th in the UK 4x100m relay list for 1991 with 40.99 behind Haringey, Shaftesbury and Thames Valley. Haringey were the only club to crack the 40 second barrier with 39.49. Surely if we were able to put our four best men together in the short relay we too could take our club record into the 39's. We were also 4th in the 4x400m with 3:13.25, an event again headed by Haringey but this time with Birchfield and Team Solent separating us.

It was in the colts' age group that the club showed up best, however. We were the 2nd rated 4x100m team behind Bexley Borough, 52.1 to 51.1 (and we beat them when we clashed!), and 4th in the 4x200m with 1:51.4 behind Croydon, Aldershot and Cumbernauld.

World Championships 1993 - Stuttgart

Have you ever sampled the experience of being in the stadium for a "Big Games"? Years ago we had Club parties that went, for instance, to Rome for the 1960 Olympics. What about getting a group together for the World Championships in Stuttgart next year? Contact Alan Mead at 29 Kingston Road, Ewell, Surrey KT17 2EG, or telephone 081-393 6474, if you are interested.



Stanley, pictured with his mother at the Club Dinner, was presented with a special award to mark his 1991 achievements. Photo by Ted Pallant.

Special award for Stanley

Stanley Osuide - 17 years old, 2.03 metres tall and still rising - was awarded a special trophy at our Club Dinner. As 2nd ranked Junior in the country (while still a Youth!) he is a fine prospect for international honours. He was born in Nigeria and only moved to the UK three years ago but is adamant that he wishes to compete in British colours. The first step, therefore, was to obtain permission to apply for a UK passport, a step that can take a considerable amount of time. Red tape was liberally cut away until the letter granting him permission was received by the end of March. The rest should now be a formality and with luck we will see him competing in the World Junior Championships in Seoul this year.

DOUGLAS SPORTS

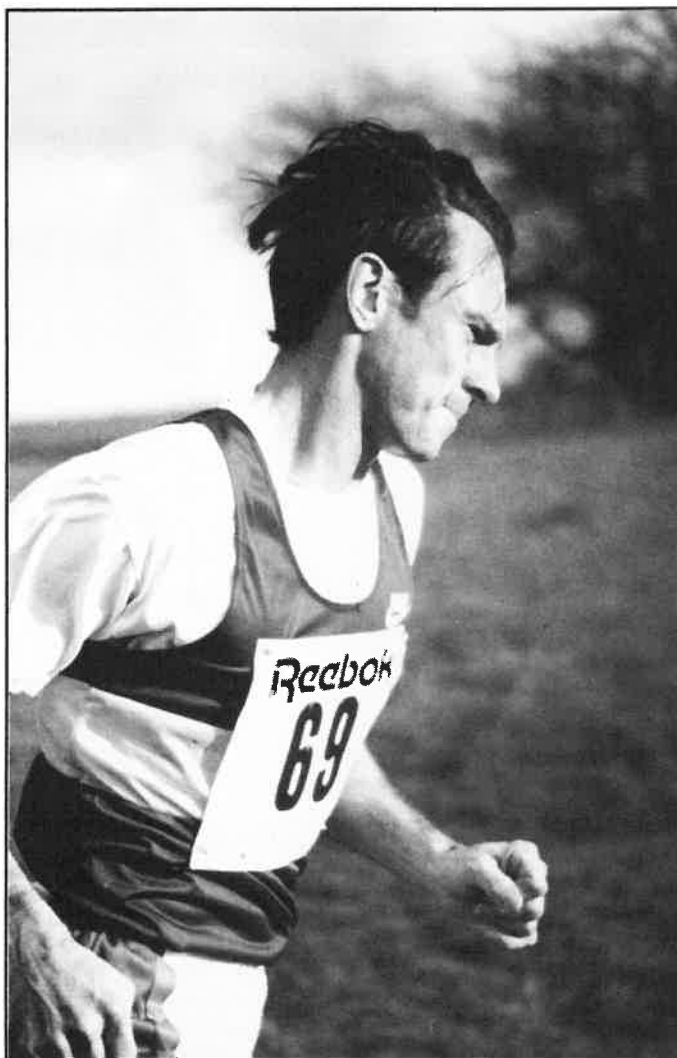
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Andy Paton has been showing good form this winter, turning out in League cross-country races, road relays and road 10ks - he was 5th in the Surrey Championship 10k at Epsom.

Injured?

Parkside Hospital, whose advertisement you will find inside the front cover, are offering injured Belgravians a good deal. They are so confident of their treatment methods that they are offering **FREE** treatment to one of our number on the proviso that the person involved reports back to the Club and writes about the experience

for the "*The Belgravian*". They are also offering treatment to all Belgravians at a reduction of 10% of the normal cost.

If you would like to be the recipient of the free service please get in touch with our Honorary Treasurer Frank Ward, 6 Pullman Court, Streatham Hill, London SW2 4SR, telephone 081-674 3758.

Keep writing ...

Your Editors have received many other letters and short notes apart from these printed below and opposite. Keep the mail coming. It's good to know that there are so many out there who are enjoying the magazine. It is not obligatory to be complimentary about our gazette, however. Let us know about topics in which you are particularly interested, your views about athletics in general and Belgrave in particular.

Chris Steer in "some sort of shape"

Dear Editors,

I just received the latest copy of "*The Belgravian*" - it's terrific. Congratulations. I even got my name in it (p.27)!

Life here is fine and I still manage to keep in some sort of shape although I doubt if I would make the road relay team these days. I did a 27:54 8k in Victoria, Canada, recently - not Laurie O'Hara standard but I was pleased.

Anyway - thanks again for the magazine - it really is appreciated.

Chris Steer, Seattle, Washington, U.S.A.

Happy memories of Dick Savage

Dear Editors,

The last edition of "*The Belgravian*" brought back happy memories of our late father 'Dick' Savage to my brother Richard Savage and myself. First the old photo: we knew most of those members as our father was running in Belgrave colours with them in the teams of those days. The Yacht '3' was very interesting reading as my brother ran in several races in the 1950s and 60s. He is still a member of the Club and goes for a jog every morning before breakfast.

Keep up the good work. "*The Belgravian*" says what a great club Belgrave is.

Win Shepherd (Past President), Wimbledon.

Thirty-five years with the Bels.

... Clive Shippen has also heard from long time member Ranjit Bhatia ...

Dear Clive,

I have just received the July 1991 copy of "*The Belgravian*" which is a superb effort. Congratulations to everyone.

I have always cherished my association with the Bels., and am delighted with its progress from a well established and friendly athletic club into one that has now a galaxy of top grade performers. All kudos to the Bels in the 1992 season. This year I will complete my 35 years of membership with the Bels. in my 40 years of running to date. I plan to get to Belgrave Hall some time this year and will let you know as soon as my plans are finalised.

Ran a 1:38:06 Half-marathon on January 19th; the knees are giving a little trouble, otherwise all is well.

News of Derek Boosey: he is to-ing and fro-ing between Australia, China and Korea, coaching and what-have-you! Pat O'Connor is due here next month. I look forward to seeing him, and getting your news.

Ranjit Bhatia, New Delhi, India.

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Arthur's heart is with the Club

Dear Editors,

A very kind thought to send me the two numbers of *"The (New) Belgravian"* at Christmas time. I have read them with deep interest and will read them again partly because my heart - athletically - is still and always will be with the Club and partly because it is such a really smashing production. Too smashing, I fear, for the club's resources, but nevertheless a wonderful effort.

Congratulations to everyone concerned and my very best wishes for the coming year. The closing year has, for the Club, been remarkably successful overall and I hope that you may do even better in 1992. Forgive me if I still consider the "National" the supreme aim of Belgrave Harriers, but the "country" has always been my first interest and perhaps one day more of your top material - and it is there - will re-discover that team spirit which carried it through to such fine achievements in the past.

Arthur Whitehead (Life Member), Sedburgh, Cumbria.

Arthur's new address, from about Easter, will be: Fell House, Joss Lane, Sedburgh, Cumbria, LA10 5AS.

Shouting for the "Bels."

Dear Editors,

We have never met but as one who joined the "Bels." in 1931 along with Bill Sutton, who became Field Events Captain, I must write to congratulate you

for the splendid new "Belgravian".

I am now nearly 78 years old and fortunately in good health. As a past Hon. Sec. of the Bournemouth Athletics Club, I reorganised BAC on the "Bels." lines after the war, using the "Bels." rules and rule book as models. I later became President and Vice-President and Life Member, so part of Belgrave's history has passed to the BAC.

Odd memories come back - Bill Merryman, Tommy Scrimshaw, Ernie Jarvis, my special pal Jack Williams (we still keep in touch with his widow Mavis), Bill Sutton and many others. I have a photograph of us taken about '31/'32 or thereabouts at Belgrave Hall by the *"Evening News"*. I am seated in the front row, four from the left near Bill Merryman. I understand that you have the photograph at Belgrave Hall. I also appeared in the March 1973 issue of *"The Belgravian"* with Jack Williams, Tommy Scrimshaw and Ernie Jarvis.

The GRE Gold Cup on television had me shouting for the "Bels." Neighbours must have thought I had gone mad. It was terrific.

One other thing, you published a photograph of the "beanpole" Charlie Jones. My, my, how he has filled out. No "beanpole" now is he? His sister married my old pal Bill Sutton.

Vic Law, Ferndown, Dorset.
(Known to my pals as Dick).

Quite a difference

Dear Hon Editors,

Have been going to write to you to congratulate you on the splendid issues of *"The Belgravian"*. Quite a difference

from the early editions in black and white, printed by Frank Elson and his family and edited by Harry Shields and myself - a couple of novices.

Frank Webb, Southall, Middlesex. (Past President)

Eds. Different? Maybe, but those old issues of the 'thirties to 'fifties are most certainly no less important for being in black and white and carrying fewer pictures. They perfectly captured the spirit of the times and we can only hope that our efforts will be as highly regarded by the readers of the year 2050.

.... and Harry Porter received the following letter from Micky Pyer's daughter.

Club has played a great part in his life

Dear Mr. Porter,

My father was very pleased with the article in *"The Belgravian"* when I read it to him, and he asked me to thank you and all his friends.

Sadly he has not been well in recent months and at present is in St. George's Hospital, Tooting. He is now aged 88 and has periodic attacks of confusion. However, he sends good wishes to all his "Belgrave" friends and, if anyone is passing St. George's, he would love to see them.

I enclose a few notes made from a conversation with my father. Possibly he could remember more - when he is well - if someone were to ask the right questions. I have no way of knowing how accurate these memories are, but probably much of the information could be checked from Club archives.

Thank you very much for remembering my father at this time. I am sure that it means a great deal to him as the Club has played a great part in his life.

Pamela Pyer, S.W.11

Eds. If you would like to visit Micky it would probably be best to 'phone Pamela first. The Editors have her 'phone number.

From the
"New English Dictionary"-
Belgravian.

a. Of or belonging to Belgravia, a fashionable district in the West End of London; fashionable.

n. One of the aristocracy.

A.D. 'Mick' Pyer reminisces

They were great days

I joined Belgrave Harriers in 1921 when I was aged 18. My introduction to the Club was brought about by Fred Sawyer, the youngest brother of the Club's 100 yards and quarter mile champions. The older brothers had been killed in the First World War and the family had provided the Club with championship medals in their memory.

In those days the Club met in the tap-room of the "Rising Sun" in Ebury Bridge Road. During the winter practise running took place in Hyde Park, so we really were harriers of Belgravia. In summer months the Club used the track in Battersea Park, especially when the facilities were improved for field events. Earlier we also ran on ground around the gas-holder in Battersea. In the 1930s we sometimes ran on summer evenings on the track at the Duke of York's Barracks.

The Club subscription when I joined was five shillings a year. One early member I particularly remember was Harry Hare, a walker. He started a fund for half-bricks as a building fund with the object of buying our own hall. The Hall on Wimbledon Ridgway had been a chapel which had come into the possession of the caretaker and his son, a Mr. Savage, from whom the Club was able to purchase it.

There was a social side to the Club even before owning a hall; there was an annual dance at Battersea Town Hall and the Club Dinner was held in Lyons Banqueting Suite at Clapham Junction.

I have many memories of the Brighton Relay in the 1930s. The section I ran was from Handcross to Hickstead. We had a coach for the competitors and another for the supporters who cheered and rang a bell as we ran past.

They were great days.

K. B. O'Kell (1901-1991)

CLIVE SHIPPEN writes:-

Our second-most long-serving member Ken O'Kell (68 years of membership) died at the age of 90 years on Christmas Day 1991. Until the year of his death he had remained very active and was still driving his motor-car. His name may not be so well-known to many of our members because his job kept him away from the Club for many years, and was responsible for cutting short a very promising career as a middle distance runner.

As a young teenager Ken was a keen footballer but was also a natural runner. At a Boy Scouts sports meeting during World War I he was disappointed to finish second to a certain T.E. Crosland; a disappointment which was tempered five years later when he read in the "Daily Express" a headline saying "Brilliant running by T.E. Crosland of the A.A.A."

This news made Ken think hard. Was he nearly as good as Crosland? Perhaps he was, it was worth a try. So he bought a pair of spikes and before going to work each day went to Wandsworth Park at 6.15 a.m. to train over a 900 yards circuit. By 8.00 a.m. he was clocking in as an engineering apprentice.

Rather too soon he entered an open handicap meeting at Kingston. These races were highly competitive and with an ungenerous mark, being unknown, Ken was thrashed. He concluded that he was no good after all and put his spikes away, returning to football.

In 1920 Ken completed his apprenticeship and took a job with the Michelin Tyre Company. Amongst the employees was a certain athlete named Bert Gordon. The first Michelin Sports meeting was held in 1923 and Gordon had difficulty in persuading Ken to take part in the mile, due of course to his defeat at Kingston four years earlier.

The persuasive Bert Gordon told Ken, "Forget what happened then, my dad will



Above: Surrey Cross-Country Championships at Epsom, 2nd January 1926. Left to right. Ken O'Kell (Belgrave) 3rd man home, W.T. Dear (Surrey A.C.) 1st, and M.A. Kempston (Ranelagh) 2nd. Photo: Aitken Ltd. Clive Shippen collection.

train you for the Sports Meeting". His dad was none other than Teddy Gordon, Belgrave Committee member and future Club President (1929/31). Using pace-makers Teddy put Bert and Ken through the hoop that summer.

The hard work paid off. Bert won the 100 yards and 440 yards and Ken O'Kell the mile. He thanked his coach profusely and was told "the thanks I would appreciate most is for you to join Belgrave Harriers".

"But I still play football", replied Ken.

"And just how many medals do you expect to win from that?" mocked Teddy.

"Not many" Ken admitted.

"At running you will win lots and lots - as big as frying pans", and Gordon swept his arms round in large semi-circles.

Ken capitulated and on 5th July 1923 became a member of Belgrave Harriers; a

membership that was dear to his heart for 68 years.

Post World War I athletics only really got going in 1920 and, like most clubs, Belgrave were struggling to build new teams. Micky Pyer had set the standard by winning the Surrey County mile title and finishing runner-up in the South of Thames Junior cross-country race in 1922.

Ken's first full season with Belgrave was in 1924, during which he won the Club mile title and gained a silver team medal in the Surrey County Cross Country Championships where despite having Footer 5th and O'Kell 6th, Belgrave were pipped by Croydon by a single point. The following year that result was put to rights as Belgrave scored 6 in 26, led by O'Kell 3rd, Pyer 4th and Footer 8th, to take gold.

Below: 28th February 1925 and the Southern Championships at Beaconsfield. Ken, wearing no. 29, chases his captain Bert. Footer, no. 26. They finished 103rd and 23rd respectively on this occasion. Photo: Central News, Clive Shippen collection.



And so Belgrave had put together the basis of a solid team which was to achieve great things by the time the "thirties" came along. But Ken missed the glory that Footer went on to achieve. In 1927 he changed jobs to Fords at Dagenham, and for a long time travelled daily from Wandsworth. It was a very long day and training was difficult to fit in. Eventually he was moved to Stoke and his competitive career with Belgrave was at an end.

Ken never lost his enthusiasm for the Club and when he returned South and resumed contact in the "sixties" he donated the Club Honours boards featuring Presidents and Internationals which have graced our walls for thirty years or so; paying regularly for their upkeep.

Like Bill Webb before him he maintained a fervent interest in the Club, as his family were only too aware. On his 90th birthday his niece made him a wonderful birthday cake. To Ken's delight it was topped with a coloured icing replica of the badge of Belgrave Harriers. It was a fitting tribute and an appropriate finale to a loyal Belgravian.

Our sympathies are extended to Ken's sister and family.

Late news

Duane Ladejo 45.70/400m and Justin Chaston 8:51.4/3000mSC. Both performances were set at the Mt. SAC Relays meeting at Walnut in the USA on April 17th/18th.

A great win came from the Belgrave Women's team in their opening Southern League fixture at Battersea Park. They won by just 3 points and there were pbs all round.

Ted Pallant will be elected to the South of England AA Committee.

Belgrave's Young Athletes fielded a team of 54 in their first Woolworth's League match at Luton. Newly promoted to Division One East they took the match by 20 points from Haringey.

Carl Lawton was indignant at being presented with a disqualification card at the National '10' at Birmingham and afterwards was insistent that at the speed that he had been travelling, it was impossible for him to have been walking unfairly.



Above: The 1925 Club Championships at Battersea Park. The final of the 1 mile championship for the Garnet Cup. Left to right: H.E.Footer, K.O'Kell, A.D.Pyer, G.J.Rees, W.D.Pritchard and F.L.Buckingham. The winner was Ken, in 4:41.2, from Buckingham and Footer. Just look at the crowds!

Photo: Clive Shippen Collection.

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They do work hard ...



Above: Belgrave's new Coaching Secretary Billy Bull -
"... they deserve to be successful ..."

Our youngsters are gearing themselves up for another exciting season of track and field, with groups training at both Battersea and Kingston. ALAN MEAD visited Billy Bull's Kingston group in February to see what they get up to.

Six-thirty on a freezing February Thursday evening and a river of red tail-lights along the A3 near New Malden marked the passage homewards of hordes of car-bound commuters, travelling towards warmth and comfort. But gathering at the Beverley School sports hall just alongside London's south-western arterial escape route was a group of youngsters who were going to be anything but comfortable for the next hour and a quarter.

Each Thursday throughout the winter some twenty young Belgravians, girls and boys mostly in their early teens, put themselves in the charge of Billy Bull and his team of coaches for some pretty tough circuit training. Perhaps once a month Leo Coy comes down with his youngsters as well, bringing the total number of athletes to around the thirty mark together with seven coaches - all working hard to bring about a successful future in athletics for themselves and their club.

The sports hall is huge - perhaps six

times the size of Belgrave Hall - and there are beams, benches, mats, vaulting boxes, basket ball goals, ropes, in fact all the paraphernalia of a well equipped gymnasium. Bill introduced me to the other coaches while some of the lads were out for a short run and one of the girls leapt and scored a few baskets to loosen up for the forthcoming session. Chris Bentley coaches sprints, assisted by Bart Mathias; Martin Milner and Tony Gannio look after the middle-distance side and have a young assistant in Junior Simon Jakeman; Billy Bull ties the lot together - "El Chiefo". Each one of these is not just concerned with the next session, though, or even the next summer, as all are studying to take the various coaching exams, intent on moving up through the grades and being able to provide all that is required from a modern athletics coach.

By now the youngsters were spread around the hall in pairs, standing at each exercise point and ready to tackle the circuits. "Ready, go!" called Chris, and the first astride jumps, burpees, step-ups and every excruciating form of sit-up that you can imagine were begun. Some of the exercises involved the lightest of weights - presses with a bar only, or pumping the arms in sprint action, carrying dumbbell grips. For most of them it is only their first winter of organised training, with perhaps half a dozen having sampled Bill's methods before, but it was immediately obvious that all were working as hard as they could.

"Stop!" The first set of exercises were completed and Chris, stopwatch in hand in the middle of the hall, called out the orders. "Change!" - the pairs moved on to the next position followed by just a few seconds of respite before - "Ready, go!" and all was frenzied action again. Press-ups, skipping, leaping to touch a course of bricks far up the wall, so it went on, "Change! Ready, go!" until at last, after fifteen or twenty minutes, it was time for a short break.

"I must say, I'm impressed," I told Bill, "they do work hard."

"Yes they do work hard," returned El Chiefo, "and they deserve to be successful as a result." He went on to tell me that by the end of February they will have phased out the circuits and shifted to Kingsmeadow Track at Norbiton. On Mondays and Thursdays, starting at 6pm, they will be working on techniques more specific to their individual events.

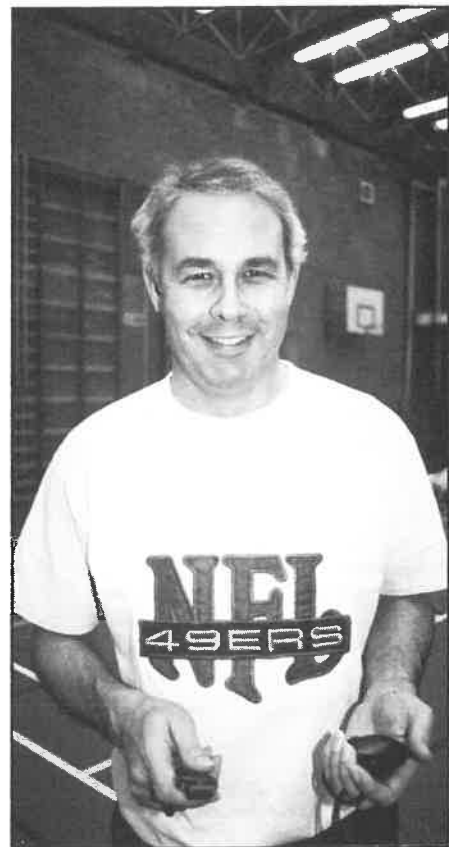
By now the second set of repetitions were under way and while standing on a bench to hold it down as athletes gripped it for support, Bill, who recently took on the mantle of Belgrave Coaching Secretary, told me how he got into athletics.

Originally he had been a rower, moving on after a some years to the sport of canoeing; a very fit man even then. When the marathon boom exploded he found himself forsaking the water for dry land and in 1980 entered for the New York Marathon. Bill conquered that NY race and athletics had gained a convert. With a few others he founded the 26.2 Road

Runners Club, based at the mid-Surrey Squash Club in Ruxley Lane, Ewell, and he is still Club Captain today.

With the third set of repetitions you could see that tiredness was beginning to set in with a vengeance. The course of brickwork being touched earlier was now far out of reach and at the "Change! Ready, go!" the presser-uppers had great difficulty in getting up off the mat, let alone moving on to the next exercise. But seriously, it was good to see that those of differing abilities and ages were working to their own limits while still trying as hard as they could. Using the time available on any task to the utmost of one's personal ability was more important than how many reps. others had achieved - not that a bit of rivalry didn't creep in occasionally.

Finished! It just remained to put the equipment away and stagger off home for a snack and a bit of homework before going to bed. Our men's track and field team are the tops now but you should just see what's going to be coming up to all of our sections from the Young Athletes' ranks in the next season or two.



Above: Chris Bentley,
the "Change. Ready. Go!" man.
Right: The youngsters hard at work. Unfortunately we don't know all the names but, clockwise from the top left: Toby Ebvenata, Emma Johnson, ?, Danielle Archer, Simon Jakeman, Bill overlooking Eddie Vanson, Tom Evans, Emma Johnson again, Russell Head, Matthew Johnson. Centre: Toby Earle, and coaches Chris Bentley, Bart Mathias, Martin Milner and Billy Bull.



Track & Field Rankings 1991

MEN

Compiled by Leo Coy

100m

10.22	J.Regis [3]
10.23	M.Adam [4]
10.25w	L.Paul (10.44) [5]
10.8	P.Goedluck
10.9	J.Ridgeon
11.01w	M.Bazire
11.22	S.Shirley
11.3	M.French
11.4	L.Campbell
	C.Reynolds
11.5	D.Browne
11.6	J.French
	G.Warr
11.8	J.Carr
	P.Mercer
11.9	M.Antoine
	T.Blanchard
	S.Dominetti (J)
12.1	C.Husbands
12.3	G.Sagar
12.9	C.Brooks (M45)
13.8	I.Atkins (J)

200m

20.12	J.Regis [1]
20.63	M.Adam [6]
21.03w	L.Paul (21.08) [10]
21.9	J.Ridgeon
22.06	P.Goedluck
22.7	M.French
22.8	M.Bazire
23.0	D.Browne
23.1	D.Hart
	R.Hunter
	G.Warr
23.5	S.Dominetti (J)
23.8	J.Carr
24.1	J.French
24.3	C.Husbands
24.8	G.Sagar
	D.Winson (J)
25.2	N.Clarke
28.5	I.Atkins (J)

300m

31.99r	J.Regis [1]
--------	-------------

400m

48.72	P.Beaumont
48.9	I.Billy
49.3	D.Hart
49.4	D.Maynard
49.51	J.Ridgeon
49.54	J.Busk
49.96	R.Hunter
49.99	I.Wells
50.2	R.Turner
50.4	S.Shirley
50.59	M.Bazire
50.8	M.Fok

50.98

51.9	D.Scott
53.5	C.Knight
53.7	D.Winson
54.2	M.Ramshaw
54.3	W.Chisnall
54.3	M.Chuter
54.9	N.Clarke
	C.Husbands
55.5	M.Bower (J)
56.9	J.French
57.0	A.Armstrong
57.1	R.Alsop

800m

1:49.46	I.Billy [33]
1:51.26	R.Turner
1:51.7	S.Paton
1:51.76	D.Maynard
1:52.1	D.Scott
1:56.2	B.Reid
1:53.8	G.Adams
1:57.8	M.Anderson
1:59.8	A.Paton
2:00.9	D.Winson (J)
2:01.2	N.Clarke
2:01.5	G.Teahan
2:02.4	R.Alsop
2:03.7	M.Chuter
2:05.5	D.Clack
2:05.7	A.Armstrong
2:05.8	M.Bowers
2:07.3	C.Bond
2:09.1	J.Coy
2:29.8	A.Stone (M50)

1,500m

3:44.41	G.Staines [37]
3:46.4	I.Billy
3:50.02	J.Chaston
3:53.42	S.Paton
3:55.89	G.Adams
3:58.69	D.Maynard
3:58.9	G.Teahan
4:00.98	C.Ogle
4:02.2	M.Anderson
4:04.6	R.Alsop
4:07.7	D.Scott
4:09.5	N.Clarke
4:09.8	B.Reid
4:10.2	M.Bizio
4:11.2	M.Jackson
4:15.5	A.Paton
4:15.6	J.Barry
4:16.5	A.Armstrong
4:18.6	J.Coy
4:18.8	D.Clack
4:20.0	J.Wah
4:25.0	O.Lewes
4:28.5	D.Winson (J)
4:39.0	T.Williams
4:39.8	L.O'Hara (M55)

3,000m

7:44.98	G.Staines [3]
8:42.4	G.Teahan
8:48.6	M.Bizio

8:51.9

8:57.6	R.Alsop
9:01.0	C.Dickinson (M40)
9:28.9	G.Pitts
9:56.9	A.Luce
9:59.6	D.Anderson
10:04.3	D.Clack
	A.Stone (M50)

5,000m

13:33.09	G.Staines [6]
13:33.46	A.Lloyd
13:41.38	P.Evans [13]
14:28.4	O.Foote
14:41.8	S.Paton
14:51.5	F.Ward
15:07.3	J.Estell
15:12.4	M.Bizio
15:15.6	G.Teahan
15:16.5	R.Alsop
15:18.1	M.Anderson
15:20.3	J.Hobbs
15:27.91	C.Dickinson (M40)
15:28.9	M.Lake
15:42.2	G.Pitts
16:09.3	C.Millbank
16:11.7	A.Luce
16:17.2	L.Lyons (M40)
16:22.4	A.Armstrong
16:24.7	T.Williams
16:38.5	D.Anderson
17:05.0	G.McCurren
17:07.3	A.Stone (M50)
17:35.3	J.Hall (M40)
17:46.0	J.Coy
19:49.1	F.Riach

10,000m

27:48.73r	G.Staines [1]
28:56.69	P.Evans [16]
30:37.27	O.Foote
32:31.3	R.Alsop
32:38.37	C.Dickinson (M40)
33:09.0	M.Lake
34:22.0	T.Williams
35:01.0	D.Williams
37:08.0	A.Stone (M50)
37:11.0	L.Coy (M45)
37:44.0	V.Butcher
40:02.0	C.Walker (M60)
41:44.0	L.Mann (M50)

110m Hurdles

13.90r	J.Ridgeon [7]
14.9	A.Carter [approx.58]
15.04	R.Hunter
15.44	I.Wells
15.6	S.Shirley
16.3	N.Hammersley
16.4	G.McKernan
16.5	A.Grant
18.5	M.Lindsay-Bayley
20.85	C.Brooks (M45)
21.9	C.Knight
22.7	D.Mote
23.3	R.Bridges (M40)

Key:

- i* = Indoors.
- r* = Club Record for individual's age group shown.
- w* = Known to be wind assisted.
- [] = Figure in square brackets after individual's name indicates position in UK rankings.
- () = Figures in normal brackets after the name show the individual's best performance under regular conditions when a superior mark has been made with some irregularity (ie. wind assistance).
- () = Other characters in normal brackets indicate the individual's age group if not simply a Senior (ie. J/Junior or M45/male Veteran in 45-50 age group).

Notes:
Ikern Billy had a 1:47.49 indoor 800m in 1991, but not as a Belgravian, and this time put him 13th in the UK. John Regis's 31.99 for 300 metres was also a European Best. Leith Marar putt the shot 15.79 indoors in January 1991 and later threw the discus 51.82 but he was not a member at the time of those efforts.

200m Hurdles

22.79r J.Regis [3]

400m Hurdles

51.63r P.Beaumont [9]
53.3 I.Wells [36]
54.0 N.Hammersley [52]
54.1 I.Bland
58.0 M.Ramshaw
58.7 C.Knight
59.5 A.Grant
65.3 J.Barry
67.0 R.Harding
70.9 J.Coy
72.2 M.Lindsay-Bayley
73.1 R.Bridges (M40)
76.8 D.Anderson

3000m Steeplechase

8:41.17 J.Chaston [10]
9:15.1 G.Teahan
9:24.5 M.Bizio
9:32.2 S.Paton
9:34.8 M.Hayes
9:40.1 C.Millbank
10:03.4 R.Harding
10:12.2 D.Anderson
10:13.24 G.Pitts
10:25.0 L.Lyons (M40)
10:27.2 J.Barry
10:50.9 T.Dowdall
10:55.4 R.Alsop
11:31.5 J.Coy

High Jump

2.16 R.Te Puni [=5]
2.15 W.Caswell [=7]

S.Osude (Y) [-7]
2.14 A.Hutchinson [-11]
2.11 H.Lindo [-15]
2.08 S.McLean (Y) [29]
2.03 S.Shirley
1.90 C.Cornwell
G.McKernan
1.65 M.Lindsay-Bayley
P.Mercer
1.62 C.Brooks (M45)
1.60 G.Sagar
1.55 J.Druce
1.50 M.Davis
1.00 R.Bridges

Long Jump

7.73r F.Salle [6]
7.24 S.Shirley [29]
6.95 T.Blanchard
6.83 P.Mercer
6.77w M.Edwards
6.64 S.Wyld
6.42 A.Aitken
6.38 S.Dominetti (J)
6.32 M.Bazire
6.21 M.Davis
5.87 C.Brooks (M45)
5.76 M.Lindsay-Bayley
5.67 J.Pritchard
5.58 J.Druce
4.85 W.Chisnall
4.36 I.Atkins (J)

Triple Jump

15.65 D.Browne [13]
14.22i T.Blanchard
14.15 A.Amadi
13.95 W.Caswell
13.30 A.Aitken
12.93 J.Druce
12.74 P.Mercer
12.27 S.Wyld
12.00 M.Fok
11.36 M.Davis
11.03 M.Lindsay-Bayley
10.29 R.Rugunda
9.71 R.Bridges (M40)

Pole Vault

5.50r M.Edwards [1]
5.20 I.Tullett [6]
4.80 D.McDermot [=20]
4.00 G.McKernan

3.50 M.Edwards (M45)
3.20 C.Brooks (M45)
2.80 C.Husbands
2.20 D.Mote
2.20 R.Bridges (M40)
2.10 M.Lindsay-Bayley

Shot Putt

20.23r P.Edwards [1]
16.56 A.Ekoku [12]
15.37 C.Symonds [31]
15.26i R.Davies [35]
15.09 L.Marar [36]
14.48 P.McKay
13.79 S.Shirley
13.02 D.Morris
12.34 M.Small
12.27 P.Spivey
11.92 G.McKernan
10.90 C.Brooks (M45)
9.80 M.Lindsay-Bayley
9.56 J.Martin (M40)
9.15 A.Amadi
8.96 G.Sagar
6.34 B.Green
5.34 I.Atkins (J)

Discus Throw

58.58 D.Morris [5]
57.40 A.Ekoku [6]
50.72 P.Edwards [21]
48.40 C.Symonds [34]
40.74 M.Small
40.62 S.Shirley
39.32 G.McKernan
34.94 C.Brooks (M45)
32.64 P.Lyttle
20.78 M.Lindsay-Bayley
20.14 G.Sagar
18.92 B.Green
24.61 C.Husbands

Javelin Throw

77.80 N.Bevan [7]
65.74 R.Chambers [25]
59.50 S.Shirley
58.46 J.Bridges
50.38 G.McKernan
46.50 C.Brooks (M45)
44.14 M.Small
43.46 D.Mole (M40)
38.73 G.Sagar
36.58 G.Teahan
36.48 P.Lyttle
32.78 M.Lindsay-Bayley
19.38 I.Atkins (J)

Hammer Throw

64.86 P.Spivey [6]
45.68 M.Small
45.64 P.McKay
37.12 C.Symonds
22.12 A.Ekoku
21.88 R.Bridges (M40)
20.94 G.McKernan
20.36 D.Mote
20.08 J.Martin (M40)
18.22 C.Brooks (M45)
15.76 M.Lindsay-Bayley
14.34 G.Teahan

Decathlon

6893 S.Shirley [15]
6185 G.McKernan [36]

4x100m

40.99 L.Paul
P.Goedluck
J.Ridgeon
M.Adam

4x400m

3:13.25r S.Paton
L.Paul
J.Regis
M.Adam

Heavy mob on the up

Here's another interesting list based on positions in the national rankings shown in [] above. Scoring 50 points for a first place down to 1 for 50th, our strongest event is revealed, perhaps not surprisingly, as the high jump. But a little more startling is the discovery that our heavy lads have pushed the sprinters down the page.

High Jump	227
Shot	142
100m	141
Discus	138
200m	136
Pole Vault	125.5
10,000m	95
5,000m	83
Javelin	70
Long Jump	67
400m Hurdles	57
Decathlon	51
3,000m	48
3,000mSC	47
Hammer	45
110m Hurdles	44
Triple Jump	38
800m	18
1,500m	14
400m	0

Vet's up the pole!

And now for another interesting fact! Scoring 20 for 1st down to 1 for 20th in our own rankings, our veterans score most heavily in the 10k with 56 points and five athletes making the list. But just take a look at the pole vault - with only three veterans getting into the action they nevertheless make this their second strongest event with 43 points.



Left:
Surrey County Champion Duane Hart had a best 400m of the year of 49.3 but ran 48.0 at Basingstoke (S.League) and 48.3 at Dudley (GRE semi-f.) in relays.
Photo by Simon Shirley

Track & Field Rankings 1991

WOMEN

Compiled by
Derek Jones

100m

12.9	Pamela Dowden
13.1	Cindy James
13.4	Sarah Swit
13.5	R. Wilson
13.7	Syreta Simon
13.8	Caroline Bazin
	Saskia Buckland
13.9	Syreta Tracey
14.1	Pamela Friel
14.3	Melissa Simon

200m

27.1	Pamela Dowden
28.1	Cindy James
	Jessica Dash
28.4	Syreta Simon
28.5	Caroline Bazin
28.7	Pamela Friel
28.8	Syreta Tracey
	Jackie Stone
29.0	Sarah Scott
29.7	Abena Mensa-Bonsu

400m

63.5	Jackie Stone
64.1	Wendy Cotterell
64.3	Nina Christou
66.1	Jacqui Smiler
67.2	Noreen Alexander
70.4	Dezrine Conard
70.6	Emma Bowles
80.7	Sally Scott

800m

2:20.1	Gabby Collison
2:21.2	Wendy Cotterell
2:26.4	Jacintha Coppinger
2:28.1	Jessica Dash
2:35.5	Jacqui Smiler
2:38.5	Jackie Stone
2:40.5	Noreen Alexander
2:42.2	Tammy Dowdall
2:56.9	Syreta Simon
3:10.0	Stacey Finnegan

1,500m

4:35.5	Wendy Cotterell
4:47.4	Gabby Collison
4:58.7	Jacintha Coppinger
5:27.4	Jacqui Smiler
5:32.2	Jessica Dash
5:49.1	Tammy Dowdall
5:56.2	Syreta Tracey
6:21.9	Sarah Scott

3,000m

9:48.8	Wendy Cotterell
11:12.2	Jacintha Coppinger
11:42.8	Jacqui Smiler
13:33.4	Sian Spacey
	Dee Walker
14:33.2	Sue Porter
15:28.4	Jill Brackpool

70m Hurdles

13.1	Melissa Simon
16.3	Syreta Tracey

75m Hurdles

13.3	Jessica Dash
14.2	Melissa Simon
14.5	D. Dexter
16.0	Abena Mensa-Bonsu
16.9	Syreta Tracey

100m Hurdles

15.3	Cindy James
17.4	Angela Abrams
19.2	Angela Patten
22.2	Pauline Patten

400m Hurdles

70.1	Jackie Stone
72.8	Nina Christou
73.3	Jacqui Smiler

High Jump

1.54	Saskia Buckland
1.53	Jacqui Smiler
1.40	Francesca Tourquet
1.35	Jessica Dash
	Pauline Patten
	Gail Richardson
1.25	Abena Mensa-Bonsu
1.15	Tammy Dowdall

Long Jump

5.38	Andrea Abrams
4.80	Caroline Bazin
4.58	Syreta Simon
4.56	Pauline Patten
4.50	Jacqui Smiler
4.25	Syreta Tracey
4.20	Melissa Simon
3.95	L. Warbrick
3.92	Gail Richardson
3.85	Sarah Scott

Shot (3.25Kg)

8.15	Petronella Keeler
5.97	Sarah Scott
5.96	Syreta Simon
4.83	Pamela Friel
4.20	Syreta Tracey
3.96	Rhian Letang
3.65	Charlene Tracey

Shot (4Kg)

9.45	Suzanne Bradley
7.65	Angela Patten
7.35	Cynthia James
6.82	Sandy Jones
6.77	Caroline Bazin
5.90	Megan Cleverley
5.53	Veronica Simon
5.33	Jacintha Coppinger

Discus (1Kg)

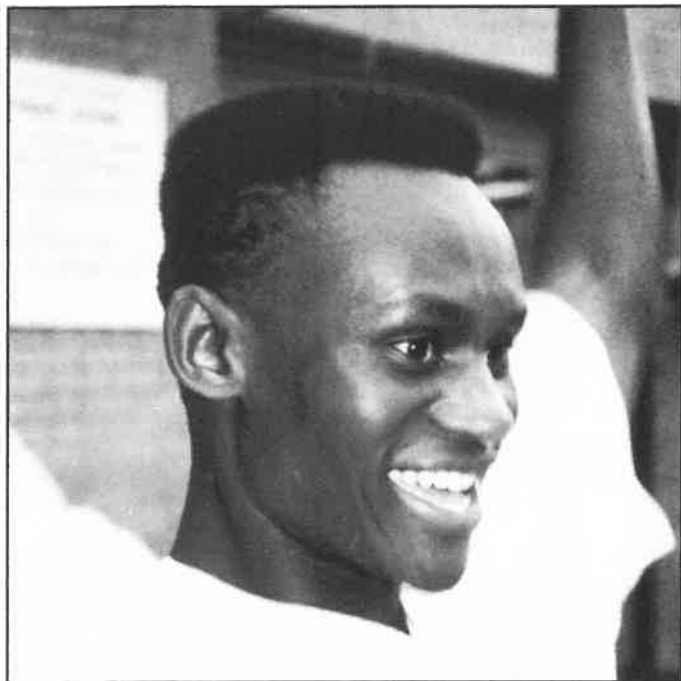
32.34	Suzanne Bradley
22.54	Angela Patten
20.04	Cynthia James
19.28	Sandy Jones
16.96	Petronella Keeler
14.86	Syreta Simon
14.28	Caroline Bazin
12.28	Megan Cleverley
10.94	Melissa Simon
9.66	Tammy Dowdall

Javelin (600gm)

30.06	Angela Patten
22.82	Gail Richardson
19.76	Sandy Jones
13.96	Nina Christou
12.84	Jacqui Smiler
12.34	Jenny Christou
11.60	Petronella Keeler
8.06	Sarah Scott
6.32	Melissa Simon
6.06	Tammy Dowdall



Above: Gabby Collison (4) was our top 800 metre runner in 1991 and was ranked second over 1,500 metres.



Francis Niko, here practising a winning smile, topped the Youths' 400 and 800 metres lists and would have done plenty of damage in the Mens' lists had we shown him there.

YOUNG ATHLETES

Compiled by Leo Coy

100m

12.02	B. Anderson (Y)
12.2	C. Griffin (B)
12.3	D. Barton (Y)
12.4	S. McLean (Y)
12.69	D. Baffoe (Y)
12.7	A. Wallace-Lewis (B)
12.9	A. Evelyn (B)
13.0	M. Cooper (B)
	D. Jackman (C)
13.2	M. Dickson (C)
13.3	S. Amfo (B)
	M. Baldock (B)
13.4	J. Hilston (C)
13.5	R. Head (Y)
	S. Moodie (C)
	S. Scott (C)
13.7	M. Anderson (Y)
13.8	H. Cavalier (C)
13.9	R. Bentley (C)
	M. Harvey (C)
	O. Hunt (C)
14.1	A. Hill (C)
	D. Thompson (C)
14.4	C. Elliott (B)
	S. Pascoe (B)
14.6	D. Simpson (C)
14.9	C. O'Driscoll (C)
15.0	G. Mensah-Bonsu (B)
15.1	S. Taylor (C)
15.3	W. Blythe (C)
15.6	W. Timbers (B)
15.9	J. Pascoe (C)
16.0	J. Bryant (B)
	R. Elgar (C)
16.2	R. James (C)
16.8	M. Elgar (C)
16.9	J. Scott (C)
17.6	J. Debell (C)
	C. Drake (C)
19.3	T. Knight (C)
19.4	Sp. Debell (C)

200m

24.53	B. Anderson (Y)
25.10	D. Barton (Y)
25.5	M. Baldock (B)
	C. Griffin (B)

25.8	M. Cooper (B)
26.1	S. Booth (Y)
	B. Marijetic (B)
26.24	D. Baffoe (Y)
26.9	M. Dickson (C)
	J. Ganio (B)
27.0	A. Wallace-Lewis (B)
27.1	J. Hilston (C)
27.3	D. Jackman (C)
27.6	M. Williamson (Y)
28.0	R. Bentley (C)
28.1	S. Amfo (B)
28.2	G. Mensah-Bonsu (B)
28.5	S. Moodie (C)
28.6	L. Simpson (C)
28.9	S. Scott (C)
	N. Browning (Y)
29.0	H. Cavalier (C)
29.3	M. Harvey (C)
29.5	A. Hill (C)
29.7	W. Timbers (B)
29.8	C. Elliott (B)
30.3	T. Evans (B)
31.0	J. Breeze (Y)
31.1	B. Pinner (C)
33.0	W. Blythe (C)
33.1	T. Muts (C)
33.2	C. O'Driscoll (C)
33.6	M. Elgar (C)
33.8	R. Elgar (C)
34.4	J. Pascoe (C)
34.7	D. Wilkinson (C)
35.0	R. James (C)
36.9	C. Drake (C)
38.5	J. Debell (C)
40.6	S. Mitchison (C)
43.5	Sp. Debell (C)

400m

53.5	F. Niko (Y)
54.8	S. Booth (Y)
58.1	M. Hancock (B)
58.4	P. Lloyd (B)
58.44	R. Milner (B)
59.5	M. Baldock (B)
60.6	E. Vanson (B)
61.7	J. Wilson (Y)
62.0	N. Browning (Y)

63.1	J. Breeze (Y)
	R. Head (Y)
65.3	R. Bentley (C)
67.3	W. Timbers (B)
71.9	M. Elgar (C)
76.7	R. Elgar (C)
79.2	J. Pascoe (C)
87.4	C. Drake (C)

800m

1.59.3	F. Niko (Y)
2.04.73	S. Booth (Y)
2.07.37	M. Hancock (B)
2.10.4	G. Mason (B)
2.12.53	P. Lloyd (B)
2.13.46	R. Scott (B)
2.15.2	R. Head (Y)
2.21.1	E. Vanson (B)
2.22.8	S. Debell (B)
2.24.9	J. Drake (C)
	T. Evans (B)
2.28.6	M. Anderson (Y)
2.34.3	J. Selaisse (B)
2.36.1	R. Downs (B)
2.36.3	M. Elgar (C)
2.37.0	A. Hill (C)
2.37.2	N. Browning (Y)
2.37.6	A. Breeze (C)
2.38.6	S. Scott (C)
2.40.3	D. Todd (B)
2.41.0	R. Elgar (C)
2.41.9	J. Breeze (Y)
2.42.2	G. Mathias (B)
3.01.4	A. Mason (C)
3.05.9	G. Roberts (C)
3.11.7	C. Drake (C)

1,500m

4.34.8	R. Head (Y)
4.43.6	T. Evans (B)
4.45.1	P. Lloyd (B)
4.45.7	R. Scott (B)
4.50.2	E. Vanson (B)
4.54.0	T. Earle (B)
4.54.6	M. Anderson (Y)
4.57.8	S. Alexander (C)
5.00.0	R. O'Neill (B)
5.06.6	S. Debell (B)
5.12.5	M. Collins (B)
5.13.2	G. Mathias (B)
5.15.2	J. Carter (B)
5.16.0	M. Elgar (C)
5.20.4	D. Todd (B)
5.24.4	J. Drake (C)
5.25.6	A. Breeze (C)
5.27.9	T. Muts (C)
5.30.9	P. Stevenson (B)
5.32.2	N. Browning (Y)
5.34.2	C. King (B)
	N. Webber (B)
5.34.5	R. Elgar (C)
5.51.6	A. Mason (C)
6.41.2	J. Debell (C)

3,000m

10.33.8	M. Anderson (Y)
10.47.8	M. Collins (B)
10.49.1	T. Earle (B)
10.56.3	J. Selaisse (B)
12.03.7	N. Browning (Y)
13.01.8	P. Wateridge (Y)

80m Hurdles (2'9")

12.0	C. Griffin (B) [=21]
14.4	R. Milner (B)
15.4	G. Mensah-Bonsu (B)
16.0	M. Cooper (B)

16.9	S. Amfo (B)
	W. Timbers (B)
17.7	B. Cooper (B)
18.8	R. Downs (B)

80m Hurdles (2'6")

13.9r	S. Scott (C)
16.6	M. Elgar (C)
	C. Drake (C)

100m Hurdles

15.7	S. McLean (Y)
17.2	J. Wilson (Y)
17.9	D. Baffoe (Y)
19.7	W. Burton (Y)
20.7	P. Wateridge (Y)

400m Hurdles

65.2	J. Wilson (Y)
67.1	P. Wateridge (Y)

1,500m Steeplechase

5.31.9r	R. Scott (B)
5.43.3	P. Wateridge (Y)
5.49.6	J. Carter (B)

High Jump

2.15r	S. Osuide (Y) [1]
2.08	S. McLean (Y) [2]
1.60	D. Barton (Y)
1.57	R. Shelton (B)
	S. Bond (B)
1.55	S. Debell (B)
1.50	P. Lloyd (B)
1.45	R. Milner (B)
	R. Scott (B)
	M. Williamson (B)
1.40	J. Hilston (C)
1.35	M. Anderson (Y)
	S. Scott (C)
	D. Thompson (C)
1.30	D. Taylor (B)
1.25	S. Amfo (B)
	A. Hill (C)
1.20	B. Cooper (B)
	R. Downs (B)
1.15	M. Elgar (C)
	C. O'Driscoll (C)
1.00	M. Collins (B)

Long Jump

6.15	S. McLean (Y)
5.26	W. Burton (Y)
5.24	J. Ganio (B)
4.89	P. Wateridge (Y)
4.88	S. Booth (Y)
4.78	D. Roberts (Y)
4.74	J. Hilston (C)
4.71	M. Williamson (Y)
4.69	M. Cooper (B)
4.59	B. Marijetic (B)
4.58	M. Anderson (Y)

continued on following page ...

Many of our Young Athletes produced performances in 1991 which placed them well up in the Belgrave men's rankings but with the exception of Youths Stanley Osuide and Sean McLean, who actually made the Senior UK Top 50, we have kept the lists separate to avoid duplication.

THE STATISTICS CORNER

Young Athletes rankings continued

4.56	S.Debell (B)
	M.Elgar (C)
	P.Lloyd (B)
4.50	M.Baldock (B)
4.43	E.Vanson (B)
4.37	R.Downs (B)
4.34	S.Scott (C)
4.32	A.Wallace-Lewis (B)
4.22	R.Bentley (C)
4.13	A.Hill (C)
3.90	D.Jackman (C)
3.88	T.Earle (B)
3.78	D.Todd (B)
3.51	C.O'Driscoll (C)
2.97	J.Pascoe (C)
2.77	T.Knight (C)

Triple Jump

12.24r	M.Aldred (B) [8]
11.00	W.Burton (Y)
10.94	J.Ganio (B)
10.79	D.Roberts (Y)
10.47	S.Debell (B)
9.56	M.Baldock (B)
8.93	E.Vanson (B)
8.58	R.Downs (B)
8.46	J.Breeze (Y)

Pole Vault

2.80	N.Browning (Y)
2.40	M.Baldock (B)

Shot Putt 5Kg

11.42	O.Megaflu (Y)
11.30	S.Osuide (Y)
9.01	L.Archer (Y)
7.70	C.Wells (Y)
6.27	R.Head (Y)

Shot Putt 4Kg

10.58	D.Fallon (B)
10.02	A.Barnett (B)
9.52r	O.Hunt (C)
7.40	M.Davis (B)
7.17	H.Cavalier (C)
7.11	S.Pascoe (B)
6.96	B.Cooper (B)
6.62	J.Selaisse (B)
6.60	P.Lloyd (B)
6.09	J.Bryant (B)
5.54	R.Bentley (C)
5.28	A.Hill (C)
5.19	C.O'Driscoll (C)
4.30	R.Downs (B)
4.23	D.Thompson (C)

Discus Throw 1.5Kg

31.16	O.Megaflu (Y)
25.84	L.Archer (Y)
15.78	N.Browning (Y)

Discus Throw 1.25Kg

26.70	D.Fallon (B)
25.78	A.Barnett (B)
24.88	M.Baldock (B)
17.72	J.Selaisse (B)
17.38	B.Cooper (B)
16.80	S.Pascoe (B)
16.72	M.Davis (B)
16.18	S.Debell (B)
14.68	R.Downs (B)
14.02	J.Bryant (B)
10.68	G.Mathias (B)

Javelin Throw 700gm

43.40	L.Archer (Y)
25.14	O.Megaflu (Y)
19.26	N.Browning (Y)
15.74	S.Booth (Y)

Javelin Throw 600gm

32.64	S.Pascoe (B)
28.86	S.Barnard (B)
27.08	P.Barnsbury (B)
26.48	M.Davis (B)
24.36	A.Barnett (B)
22.78	R.Downs (B)
22.36	D.Fallon (B)
21.62	M.Baldock (B)
	J.Bryant (B)
20.40	B.Cooper (B)
18.90	A.Maidment (B)
13.64	R.S.L.Downs (C)
13.44	R. Bentley (C)

Hammer Throw 5Kg

27.66r	O.Megaflu (Y)
23.88	C.Wells (Y)

Hammer Throw 4Kg

25.50	A.Barnett (B)
23.36	D.Fallon (B)
16.80	B.Cooper (B)
13.36	S.Pascoe (B)
12.64	T.Earle (B)
8.00	G.Mathias (B)

4x100m Relay

48.1	D.Baffoe (Y)
	D.Barton (Y)
	S.Booth (Y)
	B.Anderson (Y)
50.9	A.Evelyn (B)
	S.Amfo (B)
	J.Ganio (B)
	M.Baldock (B)

Well done Chris Griffin and Mark Aldred who made it to the 1991 UK Boys lists. Chris was equal 21st over 80m hurdles with his win at Kingsmeadow in the Woolworth's YA League on June 23rd, while Mark's 12.24 triple jump at Battersea on July 21st, again in the league, took him to 8th best in the country.

As for high jumpers Stanley and Sean, mentioned elsewhere, they placed at 3rd and 7th in the UK Junior lists and 1st and 2nd in their correct, Youth, age group.

There are going to be some good positions in 1992 as well by the look of things. Mark Baldock is currently rated at number 2 so far this year with his 3.10 pole vault and hopefully he will go higher yet. That height would have placed him 10th in the list for the whole of 1991. With just eleven centimetres more he could relieve Mark Shippen of his Boys' Club Record of 17 years standing.

52.1r	M.Dickson (C)
	A.Hill (C)
	J.Hilston (C)
	D.Jackman (C)

4x200m Relay

1.50.4r	D.Jackman (C)
	A.Hill (C)
	J.Hilston (C)
	M.Dickson (C)

4x400m Relay

3.48.9	F.Niko (Y)
	S.Booth (Y)
	R.Scott (Y)
	J.Wilson (Y)
3.58.5r	R.Milner 56.6 (B)
	S.Debell 62.2 (B)
	G.Mason 56.7 (B)
	E.Vanson 63.0 (B)

Stuart Booth (54) cruises up the outside of the leading group in the Youths and Boys Reebok Surrey League race at Coulsdon.



Sidetracks . . .

The "Denmark Pot" will spend the next twelve months sitting just where it did for the past twelve - at the Crookes' home. Young Kevin retained his title pretty comfortably from another second generation Belgravian, David Couzens, although Tom Carter did give him a bit of a fright in his semi-final. David got through to the final by putting Leo Coy out of the hunt. Bill Couzens, Bob Booth, Dave McMillan and John Martin, all past winners, went out in their first matches.

It's always good to see athletes putting something back into their sport and several relatively recently retired men are now among the staff supporting BAF national coach Richard Simmons. Among them is one of our own heroes Ernest Obeng. It seems barely possible that 16 years have now passed since Ernie turned up at Battersea one Sunday morning after his mother had enquired at the Southern Counties office for a suitable club for him to join. Asked what time he could do for 100 metres, he softly replied - "about 10.7". Any disbelief was quickly dispelled by just one effort along Battersea's dusty cinders. Then it was into the Southern League team the following Saturday for the first of his twelve wins out of twelve in that competition for 1976 and the start of a career that was to seem him become African Champion and take him to the Olympics, the World Cup and best marks of 10.21 (10.1 hand-timed) and 20.99.

The photograph on page 4 of our last issue, showing Belgravians at the start of the 1926 Club 10 miles Cross Country Championship, stirred quite a few memories, among them those of Brian Pritchard - not that he was present at that race we hasten to add! Extreme right of the picture was George Still, and Brian fondly remembers his first visit to the Club when George took him out for his initial run over Wimbledon Common.

Pete Saunders came up with a rather special find in a jumble sale - two cross country medals, each inscribed to show that they had been won by our own, late, A.F. "Bert" Mitchell, donor of our 20 mile Road Race trophy. One was for the South of Thames Senior of 1936 when we won the Coleman Cup competition for the 12 man title and the other was for second team in the 1933 edition of the same race when Bert was 30th. Tom Carter led the Bels home with 9th in 1933 and after holding Bert's medals for a few minutes and later comparing them with his own from the same event, safely stored in his trophy cabinet, was led to ponder on the nigh-on 60 years of contrasting history that the awards must have undergone since they parted company.

That man Geoff Pearson's a fit one. During a recent Saturday afternoon jaunt around Richmond Park he revealed that he would be off to Nepal in April for a month's trekking with Marjorie. The two of them have a combined total of 150 years but do not intend to let a small thing like that stand in

the way of their tackling of a 20,000 feet peak during their stay. If the way he took Test Hill in the Park is anything to go by those sherpas had better watch out!

No fewer than twelve Belgravians, past or present, attended the Service of Thanksgiving and Celebration for the Life of D. A. Gordon Pirie at St. Bride's Church, Fleet Street, on February 25th. It was a very moving service, with readings from Gordon's book *"Running Wild"* and addresses given by Mick Firth and Chris Brasher. Looking back to Gordon's heyday in the late 1950s we can see now what an amazing influence he had on athletics in Britain. As Brasher said, "Sport was for dabbling at. Gordon was the first Briton to throw off the cloak of amateurism and put his whole being into the pursuit of excellence."

When the message from Czechoslovakia's Emil Zatopek was read, "Wait for me Gordon and we'll run on together" there could not have been a person there left untouched by the occasion. The Bels. present were Colin Pearson, Clive Shippen, Alan and Marianne Black, Gordon Biscoe, Pam Davies, Alan Sexton, Ted Pallant, Alan Mead, Jackie Brown and Len and Gill Bishop.

Who should show up in March but John Thresher, our 1,500 metre record holder until the Gladwin/Staines era, with 3:44.6 set in 1968. John still competes in vet's races in Toronto and can usually clock 36 minutes for a 10k on his 20 to 25 miles per week training. Unfortunately it was only a flying visit and he couldn't stay long enough to meet everyone at the Belgrave Relay. He recalled his visit in 1983 when he was 40 and when he managed to get a run in TVH's Cranford Road Relay. He put up such a good performance that he earned himself an outing in the following week's Belgrave 12 Stage - a long leg. Having toured our course he bumped into Laurie O'Hara. "What time did you do?" said Laurie. "27:06", replied John. "Hmph!" said Laurie, possibly a bit put out that another vet in the side was getting amongst the opposition. He then went round in 27:02 to show who was number 1!

This time around, John did manage to fit in a run round Richmond Park with John Bicourt and had his picture taken with yet another John - Ngugi.

George Piddington has been sitting on 49 marathons for the last year or so. He fully intends to clock up number 50 and would like to do it in Greece over the classic course to Athens but in the mean time, like many another Belgravian, gets up to the Club for the 'big' events as often as he can.

Clive Shippen's article about the late Ken O'Kell, to be found elsewhere in this issue, mentions that Ken eventually joined the Club through the persuasive efforts of Bert Gordon and his father, Teddy, who was later to become President of Belgrave Harriers. One half of our Editorial team, namely Alan Mead, found this fact most interesting, for in

the late 'fifties, as a fourteen year old looking for a club to join himself, he was encouraged to give Belgrave a try by one of his school-friends - Douglas Gordon, son of Bert.

Two new boards showing Belgrave's Life Members have now been erected at the Hall and very fine they look too. They were financed by the Duffett family in memory of Ernie Duffett, Cross-country Secretary and Handicapper for Belgrave from the nineteen-thirties right through to the early 'fifties when Bill Lucas took over. In those earlier days handicap races were very common. Ernie was an expert, and as Southern Counties Handicapper he knew the current form of virtually every runner in the South.

The Belgrave Relay has always given the chance to renew old acquaintances. This year it was good to see Tony and Gill Fairclough with their eldest daughter Karen. The family are very much involved with Medway AC and in recent years Tony has been in action as a veteran in Belgrave colours but it was many years ago in another relay that we first saw him running for us. Who remembers the Belgrave Youths Road Relay of around 1960, held around the majority of our Yacht '3' course? Clubs used to come from all over the country to take part in that event. Tony is still running but can no longer claim to head the annual Fairclough ranking list over 3,000 metres.

Youngest daughter Joanne is 20 years of age and is now in her second year at Iowa State University, having received an invitation to take up an Athletic Scholarship in August 1990. She is a member of Medway and has represented Kent and the Southern Counties at cross country and track. At the English Schools CC Champs she came 12th in the senior age group in 1989 and 11th in 1990. She ran in the 3,000m in the Schools Track & Field Championships and came 3rd in both 1989 and 1990, her best time for this event being 9min 51.3sec.

Joanne is now almost at the end of her second year at I.S.U and has improved her positions over her first year in cross country by coming 13th in the "Big 8's" and 9th in the Regional Cross Country. At a recent indoor meet she improved her 3,000m indoor time to 9min. 58sec.

Among the other welcome visitors at the relay were Len and Gill Bishop. Len was one of three Bishop brothers, the others being Alan and Eric, who, within Belgrave, were jokingly referred to as "Bishop Harriers". Their athletic days in the late 40's to the end of the 50's saw them covering events between them as far ranging as 4x110 yards relays to the London to Brighton 52 miler, not to mention their various jobs in an official capacity including a spell as Editors of *"The Belgravian"* for a few years.

It was not long before Len was to be seen out on the course wearing a marshal's bib and directing the relay runners into Dunstall Road.

Pam Davies - the running goes on!

Arguably, Pam could be described as England's most consistent cross-country runner of all-time.

ALAN MEAD writes ...

Ask any of the long distance mob who train regularly from Belgrave Hall on a Saturday afternoon, "Give me the names of some of the runners you admire?" and almost invariably the name "Pam Davies" will be one of those to trip off the tongue. Athletes are generally an irreverent bunch and to figure highly in their estimation one has to have earned the honour. Pam has gained that respect many times over. A fiercely competitive cross-country runner in earlier days, possibly the

most consistent performer in the Women's "National" ever and a pioneer among women of very heavy training mileage, she has gone on to become a veteran of approaching 50 marathons.

Pam has been a Belgrave Harrier for some 12 years, having been a member of Selsonia Ladies A.C until that club was disbanded around 1976. But tenuous connections with the Bels. go back a long, long, way. Right back, in fact, to her birthday - 30th May 1934.

Daughter of Walter and Audrey Evans, Pamela was brought into this world at the nursing home in Cedars Road, Clapham, that had already echoed to the lungs of her future husband and fellow Belgravian, John Davies. Not only do they both share the same address on their birth certificates, but so too does Bill Laws. And the site of that nursing home is now occupied by the abode of none other than our own, inimitable, Charlie Walker.

An only child, Pam grew up in Croydon near Crystal Palace football ground in the home of her grandmother. Her Dad was a keen sportsman, playing rugby for Streatham and Croydon, but Mum was not involved in sport in any way. "Well, women just weren't in those days!" Although interested in athletics, sprinting, hurdling and jumping were all that were on offer at school. She ran in some hurdle events but did not

find it at all easy attempting to compete against others who were naturally speedy.

A "first" that did come her way, though, was when she became the first person to use Croydon Athletics Arena. She had never seen a proper athletics track before so climbed the fence and ran around the cinder oval before the facility was officially opened.

School was something that Pam did not particularly enjoy but her work was good and at the age of 18 in 1952, further education beckoned and she went up to University College Leicester to study for degrees in physics and mathematics. A cousin suggested that a post graduate teachers' training course should also be undertaken: "... being a teacher is the only profession that a woman with a family can do" was the advice she was given. The advice was followed in spite of Pam's earlier antipathy towards school and now she is so glad that she did; teaching proved to be an occupation that she loved.

A whole new vista of athletics was encountered at University. There were events beyond 100 yards after all! Pam began to train regularly in her first winter at college. At 16 and 17 she had been involved with a few runs with her youth club up at Lloyd Park but realised now that anything that had gone before was just "trotting about".

Gradually a good running background was built up. Returning to London during the holidays it was inevitable that she went along to Tooting Track, the hub of athletics in South London in those days. It was not long before Pam was spotted by Audrey, an official of Selsonia, who soon persuaded her to sign on the dotted line and become a regular wearer of that club's "Yellow chemise with two blue hoops".

At Tattenham Corner on Epsom Downs in 1953 Pam had her first run in the Surrey C.C. Champs. She well remembers taking the lead - "It didn't seem very fast" - but wasn't to remain there long, and ended up about 7th.

It was at Tooting that she also met Gordon Pirie who was beginning to make a name for himself. Gordon's training methods were not universally accepted. He was often heavily criticised for having too harsh a training regime and covering too much mileage, but as he later wrote "If only they knew what training I had *really* been doing, they just wouldn't have believed me". Gathering around Pirie were others who also felt the need to train harder and longer and Pam became one of these.

She continued to compete for Selsonia in the holidays and first events on the track were 880 yards and 1 mile - the longest distances available to women athletes for many years - and ran cross-country for the English Universities team. In 1957 she said farewell to the City of Leicester and took a teaching post at Kingsdale in Dulwich.



The best cross-country runners seem to just glide over the worst of conditions, not through them. Pam strides purposefully to another clear win. Photographer unknown.

Pam believes that the lack of opportunity to run longer distances was due to the attitude of the officials of women's athletics who were scared stiff of the possibility of women becoming distressed during long races. Even as late as 1967 when Junior Girls were finally allowed to run the half-mile for the first time, emotive statements like, "... there will be quite a few tragedies ...", were made at the AGM of the Women's AAA.

At the highest levels of the sport things were, if anything, worse. An 800 metre race for women had been included back in the 1928 Olympic Games, when women's events were first introduced, but so much was made of the straits of some of the competitors who quite obviously had not trained for such an event, that the 800 was deleted from the Games and not included again until 1960. The 1,500 metres didn't come along until 1972, the 3,000 and marathon in 1984, and the 10,000 was introduced only four years ago at Seoul.

But we are getting ahead of ourselves. In November 1959 Pam met someone who was to provide the final catalyst in changing her into the supreme cross-country racing machine - John Davies. John had already run at international level over 800metres/880 yards and 1 mile with pbs of 1:52.3/1:52.8 and 4:10.6 dating from 1956. He was known for the prodigious amount of training that he had undertaken. Fittingly they met while running at Tooting Track and although in that first encounter they were running in opposite directions, it was not long before they were running together over longer and longer distances.

In October 1960 the Surrey County Cross-Country Championship fell to Pam and in the November they were married and moved to the block in West Central London that they have occupied since. For the rest of her cross-country career Pam was regularly a 50 miles per week runner, sometimes going over 60. On Sundays, John and Pam would set out for an 18-miler that might take in Hyde Park, Regents Park and Hampstead Heath before their faces were turned for home



Track days, and Pam hands the baton over to club-mate and fellow cross-country enthusiast Joan Briggs.
Photo by Gerry Cranham

again; or maybe they would head East, taking in Dockland. Perhaps there would be a '12' on Saturday and during the week Pat Brown of Mitcham AC would cycle over a couple of times from Chelsea College to join Pam for a 10 mile run.

Summer Saturday mornings may well have had a time trial pencilled in and John would run over at least twice during the working week to join her for a lunchtime run. A typical track session (for Pam would have loved to have produced good track times) would be 12 times 440 yards, but of all the hard training it was the track sessions alone that tended to cause injuries - sore achilles tendons.

Pam was now working at Battersea County, a school at which she was very happy and at which she continued to teach for 20 years. Colleagues for a time were fellow athletes Marianne Dew, also of Selsonia, and Ilford A.C.'s Phyllis Perkins - a cross-country rival.

With a background of training like this it could only be a matter of time before Pam made a big impact but she admitted in the athletics press to being shocked when she ran away from the Southern Inter-counties field in 1962.

The 62/63 season saw another Surrey title come her way, this time she was 10 seconds clear, and then in Richmond Park in a race held in muddy conditions and with a gale blowing, Pam was into the medals in the 'National' for the first time with a 3rd place. Madeline Ibbotson of Longwood was the

winner with a 25 second margin over Phyllis Perkins and the Selsonian was a further 10 seconds in arrears. Ibbotson was another who was known to do a lot of mileage and being beaten by her only made Pam even more determined. "If I did more training than her I must beat her!"

Track success arrived in 1963 when Pam set her best mile time of 5:02.3. The White City Stadium was the scene of the Women's A.A.A. Championships on July 6th but the meeting was held during five hours of torrential rain. Those who are long enough in the tooth to remember what running in races on saturated old-style tracks was like will know that the competition was against two sets of adversaries - the other runners and the conditions. With kit and limbs plastered by the wet, red shale, Pam triumphed over Madeline Ibbotson with 5:10.8 against her rival's 5:14.0.

Now on a relentlessly upward path, Pam spearheaded her club to a team win in the following year's county championships. She looked unbeatable as she took the trophy for the third time, on this occasion by over half a minute from club-mate Joan Briggs, another fine cross-country runner with a Belgravian husband - Doug.

The Surrey race was over a relatively short course - less than 16 minutes of running at Pam's pace - and when it came to the longer and more suitable Southern Inter-counties event, "Athletics Weekly" described her as "a runaway individual

Annual progression at 1 mile

1958	5:26.0
1959	5:23.7
1960	5:25.4
1961	5:23.0
1962	5:14.0
1963	5:02.3
1964	5:04.1
1965	5:10.3
1966	5:10.7
1967	5:17.2

Pam Davies - the running goes on.

winner nearly three-quarters of a minute ahead". Surrey had a fine team in those days and Pam made her way home with two gold medals in her pocket. Then it was the "Southern" over a tough 3.5 miles course at Greenford. Among the fast starters were Mitcham's Anne Smith, a future world record holder over the mile. But we have already learned that the further and tougher the event, the better Mrs. Davies would go and once she took the lead she was never again challenged, coming home 250 yards clear.

When runners are in this form it seems that nothing thrown in their path can deter them. During a Greater London League race vandals had removed a series of flags causing the race leader, Pam, to go off course and lose a hundred yards before she realised her mistake. Did it affect the race result? Not on your life!

So what was going to happen when the "National" came around again? Would Pam lift the only title left for her to win that winter of 63/64? It was her 9th attempt at the race. She had just the previous year's place medal to show so far but had only once ever been outside the top 10.

The event was held at Bury and as the countryside outside Manchester was traversed by the nation's top girls, it was Ibbotson again who triumphed. A strong burst up a hill at the 2.5 miles point opened a gap which Pam just could not close and the final difference between them was 12 seconds.

Although her cross-country season the following winter started in a slightly more restrained vein with only 2nd places in the inter-counties and "Southern", the latter race won by Joyce Smith, Pam's "purple patch" was on hand.

March 13th 1965 saw the Women's National C.C. Champs. being held at Quinton, Birmingham, over a course that included plough and stubble. Half a mile after the gun a group of four had broken clear including Australian Brenda Carr, who under her maiden name of Jones took silver medal in the Rome Olympic 800 metres in 2:04.4. Pam and others were strung out behind and after a circuit over the plough positions remained the same. Going into the second lap Carr made a tremendous effort to gain a 60 yards advantage, a seemingly decisive margin. Unbeknown to spectators the effort was to cost her dear in a dramatic fashion. With a mile and a half remaining Pam was still 5th but moving through. Into the finishing field and Carr was now 80 yards clear of Rita Lincoln, who in turn was trailed 10 yards later by Pam and then Joyce Smith.



Anne Smith of Mitcham and Pam Davies run stride for stride at the head of the field.
Photographer unknown

But Carr's legs now buckled and to the amazement of onlookers the leading contenders came together again with just 300 yards to go. The Australian stopped and then walked as Lincoln and Davies burst past but this was just a prelude to the withering final sprint that was to take Pam across the line to victory. A 90 yard deficit had been turned into a 40 yard win, all within sight of the finish. Thirty year old Pam was National Champion at her tenth attempt and what is more, the title was to be her very own property for four consecutive years! The official result: 1, P.Davies 23:51; 2, R.Lincoln (Essex Ladies) 24:00; 3, J.Smith (Hampstead) 24:06.

It was a different story in 1966. Beaten consistently by Lincoln and Smith in events before the "National", it was expected that the race would be between these two at Oxhey. Pam thought differently. She ran her opponents into the ground to gain a massive winning lead of 250 yards. Rita Lincoln had tried to go with her but paid for it by falling back out of the medals leaving Pam to run home in 19:38 with Joyce Smith (Hampstead) 2nd, 20:26 and Madeline Ibbotson (Longwood) 3rd, 20:31.

New Zealand's Millie Sampson, and then Joyce Smith again, attempted to run away with the race in 1967 at Witton Park, Blackburn. But when the final result was recorded it was "no change". Pam's name

was once more at the head of the result sheet. This time she had not taken the lead until the last quarter mile but opened up a 15 yards gap within the space of 150 yards. 1, P.Davies 21:34; 2, J.Smith (Barnet) 21:40; 3, A.Smith (Mitcham) 21:49.

For the first time a Women's International Cross-Country Race, the forerunner of today's I.A.A.F. event, was held in 1967. Teams came only from the home countries but there were two individual entries from the U.S.A. including one from the formidable Doris Brown - a 100 miles per week, two sessions per day, 4:40 miler! As was to be regularly the case in these internationals, the course was much too short and flat for Pam who came home 5th after only 15 minutes of racing. It had been intended that the course should be just 2 miles but it was in fact stretched to 4 kms. Not surprisingly the American won, in 14:28, but England took the team race.

Women's athletics was changing by 1968. The summer championships had gone metric and a 3,000 metre race was on the menu for the first time. When it came to the "National" new faces were to the fore but for one last time Pam was still triumphant, dominating the field at Coventry. 1. P.Davies 21:26; 2, S.Taylor (Coventry Godiva) 21:44; 3, P.Perkins (Ilford) 21:46.

Doris Brown again romped away from the "International" field at Blackburn and the U.S.A with their first ever full team entry gained a 1 point victory over an England led home brilliantly by Pam with a fine 3rd individual spot.

The regard with which cross-country aficionados held the subject of our article was summed up the following season when "Athletics Weekly" ran the headline for the Women's "National" - "Rita Lincoln dethrones Pam Davies." A further international appearance was made by Pam but

Pam Davies' outstanding record in cross-country races over the ten year period 1960-1969.

	Sry	I-C	Sth	Nat	Int
1960	1	?	?	14	
1961	2	6	2	6	
1962	1	1	4	6	
1963	1	1	?	3	
1964	1	?	1	2	
1965	1	2	2	1	
1966	1	2	3	1	
1967	1	3	2	1	5
1968	2	1	1	1	3
1969	-	4	2	2	9

Sry = Surrey County
I-C = Southern Inter-Counties
Sth = Southern
Nat = National
Int = International

now it was time for a new career to run alongside her teaching - raising a family. Only Diane Leather and Rita Ridley nee Lincoln have ever won four "Nationals" in a row apart from Pam and it is doubtful whether anyone can match her overall record.

Max was born in 1969 and Ted in 1974. Pam continued to run regularly and still turned out for cross-country races but was content to finish further down the field. She never, ever, stopped running. Teaching and managing a family meant that time was now not so readily available for training and runs correspondingly came down to five or six miles. It was also not always possible to get out during normal training hours and many were the times when Pam would be out running around London late at night, occasionally seeing other nocturnal runners like Pat Newell, running to or from his shifts at the "print", or that other cheery Belgrave character who has now returned to Ireland,

Joe Dooley.

By 1980 what is now regarded as "the Marathon boom" was well under way. Pam had run a few road races in the late seventies and when Avon sponsored a "women only" marathon to be held in London around roads well trodden by her in training runs for years, it seemed a good idea to take part. Just one 20 miler was logged by Pam in her training diary leading up to the event and John aired his doubts - "You'll never make it!"

The Sunday of the race proved to be a blistering hot August day and that morning at training groups around South London - at Battersea and at the Hall - the question came up "How do you think Pam Davies 'll go today?" Actually, she "went" very well.

"I looked around at the start for someone I thought I could run with and picked on an American, an anthropologist. We ran together the whole way and came home in 3 hours 34."

That was just the start. The Masters' and Maidens' Marathon was the next one on the list and then in the spring came the first London Marathon. Pam has completed every single "London" and her best marathon has come down to 3 hours 10 minutes 2 seconds but the real purpose is, quite simply, to enjoy the run.

"I get just as much enjoyment out of running marathons as I used to get from the cross-country days. It's just different. There's no strain, no nerves. My aim is to finish in reasonable condition. In my younger days I was quite prepared to die in the attempt. It's not like that now."

The 1990s now seem to offer top-flight runners of both sexes the chance to make a living from athletics, particularly at the very distances at which Pam would have excelled. It is even possible for the very talented to do so in spite of family commitments.

"Good luck to them!" says Pam. "But to train to compete at that level means you can't possibly have a career outside of the sport as well. And it only takes a bit of bad health or an injury such as hit people like John Gladwin and Roger Black and the whole thing can be in the balance."

The running goes on. She plans to get out six times a week and is happy with five, but Saturday's long one is the highlight of the week. A short while ago Pam was with a

"I get just as much enjoyment out of running marathons as I used to get from the cross-country days. It's just different. There's no strain, no nerves. My aim is to finish in reasonable condition. In my younger days I was quite prepared to die in the attempt. It's not like that now."

*Running in the Penge '10'
Photo by Mike Nicholson*

Those who want to read more about the other half of the Davies duo will find John's career in athletics highlighted in "The Belgravian" for March 1976, page thirty-six.

school party on a trip to Wales, on an outward bound course for a few days. The group arrived back in London late on Saturday morning and like anyone else who has had a hectic time she looked forward to a spot of relaxation. In no time at all she was up at the Hall, for what better way is there to relax than to run, all school problems and other responsibilities put onto the back-burner for a while as the miles tick past ...

And with Pam being unable to ever envisage "not running", I wouldn't mind putting money on marathon number 100 being clocked up by the year 2000!

A number of Belgrave Harriers ran the Sutton Marathon on 23rd March 1986, finishing at the Sutton United F.C. ground. It seems that some of our number get so thirsty during a marathon that they feel the need for a pint of beer, or even two, afterwards. Sometimes after a large-scale roadrace one goes into the nearest pub to find several Belgrave Harriers there but rarely anyone from any other club.

The race began at 10.30am. In those days 'time' was called on Sunday lunch-times at 2pm and 'last orders' at 1.55. Finishing as she did only a little before 1.50pm, Pam realised that there was no time to change. So she carried on running through the finishing line and into the football club Members Bar, still in vest and shorts. (Typically she'd had the foresight to carry a banknote throughout the race.)

"Ten pints of bitter, please."

"Are they all for you, madam?"

During the next three or four minutes other Belgrave Harriers came into the bar and found drinks standing ready.

As it happened, the bar had a licence to stay open till 3pm!



Women's Results

SURREY WOMEN'S CC LEAGUE RICHMOND PARK, NOV 16 1991

Seniors' 5.7km

1, Z.Hyde (Woking) 20:14; 2, A.Roden (SLH) 20:47; 3, C.Fielding (HHH) 20:49; ... 28, J.Moore 23:08.

Teams: 1, Ranelagh 54; 2, Thames H&H 55; 3, Woking 70; ... 8, Belgrave 187.

Girls' 3.5km Teams: 1, Woking 27; 2, Walton 36; 3, Guildford & G 64; ... 12, Belgrave 174.

LARA 10k EPSOM, 22 DEC 1991

1, M.Stedman (Bracknell) 35:33 (record); ... 6, G.Collison 39:59.

SURREY WOMEN'S CC LEAGUE, DORKING, 11 JAN 1992

Seniors' 6km

1, S.Young (Mole V) 22:32; 2, C.Fielding (Herne Hill) 23:40; 3, A.Roden (South London) 23:50; ... 18, G.Collison 26:01; 25, J.Moore 26:48; 37, N.Mills 28:21; 47, J.Smiter 29:33; 63, J.Stone 32:55.

Teams: 1, Thames H&H 54; 2, Ranelagh 28; 3, Woking 24; ... 8, Belgrave 162.

Girls' 3km

1, B.O'Carroll (Hercules Wimbledon) 17:20; 2, A.McMahon (Mole Valley) 17:36; 3, T.Moynihan (Guildford & G) 17:44; ... 22, J.Dash 19:51; 7, T.Dowdell 22:47.

Teams: 1, Mole Valley R 20; 2, Guildford & G 42; 3, Holland Sports 61; ... 11, Belgrave.

SURREY COUNTY 10km ROAD CHAMPIONSHIP EWELL, 9 FEB 1992

Among the 700 runners taking part in this Sunday morning event at the Hook Road Arena were three women from Belgrave and it is good to be able to report that they managed to get up to second place in the team event.

1, M.Kitson (Houn) 35:01; 2, W.Teahan (Croy) 35:10; 4, J.Moore; 5, H.Maskrey; 13, N.Mills. (Sorry but we don't know the times).

Teams: 1, Herne Hill; 2, Belgrave.

SURREY WOMEN'S CC LEAGUE, COULSDON 22 FEB 1992

1, A.Roden (SLH) 23:37; 2, R.Disley (Thames H&H) 23:53; 3, C.Fielding (Herne Hill) 24:19; ...

Teams: 1, Thames H&H 51; 2, Ranelagh 59; 3, Herne Hill 87; ... 10, Belgrave 258.

POLYTECHNIC MARATHON, 8TH MARCH 1992

Helen Maskrey ran a fine 3:13:11 to record a PB and claim second prize in the ladies race. Britain's oldest race over 26.2 miles was staged for the first time since 1987 and run over the well known course starting in the shadow of Windsor Castle and finishing on the track of the old Polytechnic ground at Chiswick.

1, K.Bowler (Hails) 3:08:28; 2, H.Maskrey (Belgrave 3:13:11; ... P.Davies 3:...

Running in the Tadworth '10' on December 29th Nina Mills clocked 72:07 in the W35 age group.

JACKIE STONE and **JACQUI SMITER** have taken on the task of collating all the Women's Track & Field results for *The Belgravian* so look out for big improvements in this section of the magazine. Also due to be published when this summer is over - Women's T&F records for all age groups.

Final Surrey Women's Cross Country League Division One positions

1,	Thames Hare & Hounds	39
2,	Ranelagh Harriers	37
3,	Woking A.C.	31
9,	Belgrave Harriers	8

Belgrave relegated to Division Two along with Stragglers.

Reebok has a young and fashionable image but the company has been existence since 1895. That was when Joseph Foster, a competitive runner for Bolton Primrose Harriers, hit upon the idea of hammering spikes through the soles of his running shoes to improve his grip on the running surface.

The move was so successful that soon the whole Bolton Primrose Harriers team were wearing his invention, and Foster went into business manufacturing footwear. The company traded under his name until the 1950s, when it changed its name to Reebok - aptly named after the fleet of foot African gazelle. However, it wasn't until the business was sold to a US company in 1979 that the Reebok organisation, with its familiar brand of training shoes, took the shape we know today. **IBM TODAY**



Gabby Collison (left) and Jacqui Smiter brave the frozen wastes of Frimley during the Surrey Cross Country Championships.

BAL

REVIEW

BILL LAWS takes a look at who has scored what since Belgrave joined the elite clubs in the British Athletic's League

As we look forward to a new track and field season what better time to take a cool look back to pay tribute to the many fine Belgravians who have contributed to our Club's remarkable rise through the League's Divisions. So much so that now we rank as one of the top two UK clubs in Track & Field athletics.

Tracking the events over more than two decades Leo Coy, NUT extraordinaire, has fruitfully recorded each and every performance by a Belgravian in the BAL.

For those unable to look back more than a few years it is worth noting that Belgrave was one of the founding members of the League when it was established in 1969. Initially there were three divisions, graded on the previous year's performances and Belgrave was ranked in Division 3. In those days we had several international stars, but then just as now it proved difficult to get everyone out at each match and sadly Belgrave was relegated after just one season in the BAL - not to return until 1983.

By this time there were five divisions comprising six teams per division. Soon after, Division 1 was increased to eight teams and there it has stayed with 32 teams in the BAL. Following re-entry Belgrave's strong side

enabled rapid progress through the ranks with promotion in every year so that by 1988 we joined the rarified atmosphere of Division 1. Only two other teams had achieved such rapid promotion but the Division 1 matches were a different proposition altogether. Still strengthening our team we held a position around the middle of the Division until '91 when we finished second to Haringey. So strong have we become that an extra two points in each of matches three and four would have given us the 1991 League title. Still, that's history and for the record we table the Top 50 All-Time Points Scorers as well as the Top 20 for 1991 from which list we expect to see our main contributors in the years ahead.

Some notable performances

Our largest points scorers are naturally multi-field eventers. Ken Onuaguluchi was our mainstay from '83 to '88 and he is closely followed by Abi Ekoku who has won most of his points in Division 1. He is destined to become our top all-time scorer in '92. Abi's events have included discus, shot, javelin, hammer, triple jump and 4x100m relay.

While the field men can handle several events the track men find it a bit harder. Sprinters can manage the 100, 200 and sprint relay. In extremes they may be persuaded to include the long relay. The middle-distance men can sometimes double up in the 800 and 1,500 and can even show the one-lap specialists a thing or two in the long relay. The longer distance men, however, cannot double up and are true single-eventers which reflects in their reduced total scores.

So who is our all-time leading sprinter? Well the answer is 24 year old Philip Goedluck who missed most of last season with a knee injury that required an operation. Fully recovered he will figure in the points

again in '92. Rising fast is Lenny Paul who although some ten years older than Philip is a relative newcomer to the sport and as Team Captain leads from the front as shown in the '91 results. Our leading single eventer turns out to be none other than Oliver Foote who has performed regularly and with distinction since our re-entry to the League in 1983.

The most appearances record is held by middle-distance event Captain Stuart Paton who insists he is far from finished and is looking forward to another great season.

And who has the honour of completing the widest time-span in the BAL competition? Well, super-vet field-eventer Snowy Brooks, who still competes in our Southern League teams was in our 1969 team and last competed in the BAL in 1984. But the honour goes to none other than John Bicourt. He first competed in the BAL in May 1969 and his last appearance was July 1985 - a total span of 16 years and 3 months. It is a sobering thought that Stuart will need to be running at the turn of the century to take this particular record!

All-Time Top 50 BAL Points Scorers

		Pnts.	Matches
1,	Ken Onuaguluchi	575	23
2,	Abi Ekoku	542	23
3,	Derrick Williams	423.5	22
4,	Stuart Paton	332	26
5,	Phil Goedluck	327	21
6,	Lenny Paul	314.75	15
7,	Mark Lindsay-Bayley	289.5	21
8,	Marcus Adam	283.75	14
9,	Olly Foote	200	24
10,	Mike Hayes	176	17
11,	Jay Busk	175.5	21
12,	Gary Staines	174.5	14
13,	Ernest Obeng	173.75	10
14,	Phil Lovell	170	16
15,	John Regis	145.75	13
16,	Mark Sinclair	139.5	18
17,	Derek Browne	137.75	15
18,	John Gladwin	135.25	11
19,	Nigel Bevan	133	9
20,	Mike Edwards, Jr.	131	8
21,	Chris Cornwell	126	18
22,	Mark Shippen	125	17
23,	Mike Small	124	12
24,	Simon Maynard	108	15
25,	Phil Okoro	107	7
26,	Tony Pamah	104.5	12
27,	Paul Beaumont	103	6
28,	Aham Amadi	102.75	11
29,	Femi Abejide	101	6
30,	Marcello Bizio	101(93)	15(14) *
31,	Chris Ogle	99.5	11
32,	Darryl Maynard	96.75	9
33,	John Aska	90	8
34,	Mike Alleyne	90	9
35,	Pat Lyttle	88	8
36,	Paul Evans	86	6
37,	Adrian Carter	84	11
38,	Colin Gaynor	84	4
39,	Neil Hammersley	83	9
40,	Justin Chaston	76	8
41,	Ian Wells	75.5	7
42,	Vince Cornibert	75	10
43,	Andy Hutchinson	68	6
44,	Dave North	66	11
45,	Terry Welsh	65	12
46,	Roy Vassal	64	7
47,	Dave Armstrong	63.5	8
48,	Jon Ridgeon	59.5	3
49,	Guy Sagar	58.75	7
50,	John Bicourt	58	6

1991 Top 20 BAL Points Scorers

		Pnts.	Matches
1,	Lenny Paul	87.75	4
2,	Abi Ekoku	85	3
3,	Paul Beaumont	72.5	4
4,	Mike Edwards, Jr.	67	4
5,	Jon Ridgeon	59.5	3
6,	Chris Symonds	55	4
7,	Marcus Adam	52.25	2
8,	Paul Evans	48	3
9,	Warren Caswell	45	3
10,	John Regis	44.75	3
11,	Simon Shirley	44	2
12,	Darrin Morris	38	2
13,	Ian Wells	38	3
14,	Justin Chaston	38	3
15,	Darryl Maynard	37.5	3
16,	Marcello Bizio	37	4 *
17,	Derek Browne	36.75	3
18,	Stuart Paton	36	2
19,	Gary Staines	28	2
20,	Nigel Bevan	26	2

* including Match 1 result. Race run but points not allowed on official score due to incorrect registration.

Bels. "down under"

The warmth of Australia has tempted several Belgravians to spend the winter away from these shores. Elsewhere we have noted that Gary Staines has made tracks to the "land down under" and news has filtered through regarding a winning road mile performance by John Gladwin in around 4:07.

Abi Ekoku wintered well with a 2nd place to Werner Reiterer in Adelaide on February 8th, 55.52 to 60.90, and other discus marks of 57.14 and 57.90 came from him on the 27th in Sydney.

Australian resident Andy Lloyd just missed his nation's 3,000m record with 7:46.18 on February 19th in Sydney, beating Simon Doyle. Six days later Doyle saw the back of the Belgravian again, this time over 5,000m, with Andy coming home in 13:24.63. Let's hope we see him in action in the UK this summer.

Indoor Track & Field ROUNDUP

Ridgeon back in a UK vest

The Gatorade Open Meetings at Crystal Palace have given Belgravians a chance to keep sharp throughout the winter season. Back in December Jon Ridgeon showed some good speed with a 6.9 and a 6.8 over 60 metres, his faster time matching that of Shaftesbury's Jason Livingston who took the 'A' race.

Three days later Jon was clocking 7.8 for the 60m hurdles but it was at the new National Indoor Arena at Birmingham at the Birmingham Mint Games in January that Jon began to really make an impression. He outleaned rival Nigel Walker of Cardiff to take the hurdles by 3/100ths in a time 0.17 outside his best - 7.73. It is important that he impresses his form over Walker because assuming Colin Jackson and Tony Jarrett are going to be in top form in the summer it will probably be down to the Cardiff man or the Belgravian to make up the trio bound for Barcelona.

Clarence Callender of Haringey was treated to a touch of the Ridgeon speed in January. In two out of three clashes over 60 metres, our man got the better of the Haringey sprinter, clocking 6.8 twice and 6.9 in the race he lost.

He failed to make the 'A' final in the Pearl Assurance Games at Glasgow in early February, after hitting the barriers hard in the heats, but by the time the National Indoors Champs. came around he was in great form again, running to 2nd spot behind Jackson with 7.72. A season's best of 7.70 had come in the heats - 1/100th behind Walker.

Walker crept ahead of Jon again in the TSB Invitation. Jackson won in 7.49 and the rivals were 5th and 6th separated by only 2/100ths. The USA's Pierce was behind them though, and Nehemiah failed to finish.

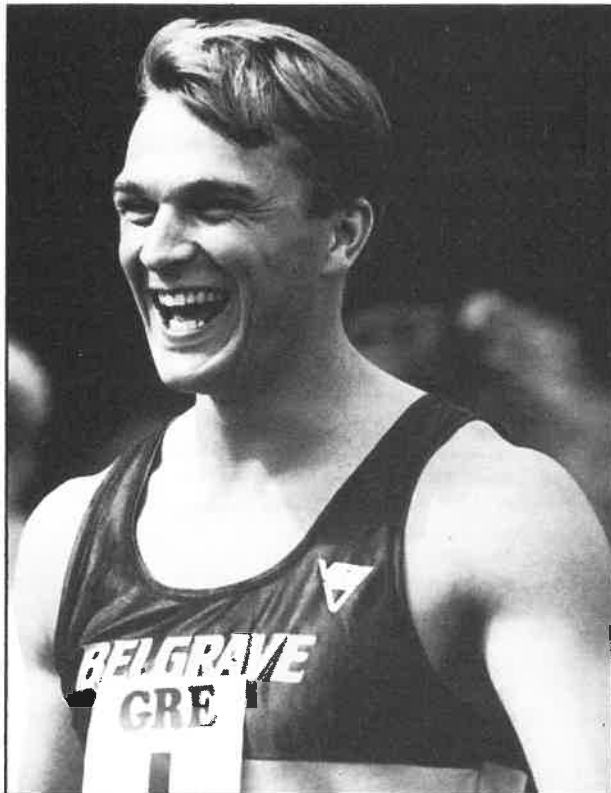
Selected for the European Indoors at Genoa, Jon progressed through the heats and semi-final with 7.81 and 7.78, the only Briton to reach the final. Still something in the 7.6's failed to materialise, however, as he hit every barrier, nevertheless reaching 4th in 7.78 behind Kazanovs of Latvia, 7.55, Nagorka of Poland, 7.69, and the Czech Hudec, 7.72.

The final match of the indoor season, GB v USA match at Birmingham, gave Jon the chance to put Nigel Walker behind him again as he ran to 2nd in the 60 metres in 7.76 and 3rd in the more rarely contested 50 metres in 6.58.

Paul Edwards - best at "Europeans" since Geoff Capes.

Paul Edwards returned from Canada only the day before the Birmingham Mint

Right: Happy to have earned a UK vest again - John Ridgeon. Photo by John Burles



Games but nevertheless scored a clear win in the shot with 18.84, having opened with 18.82. Leith Marar was 4th in his winter's best of 15.17.

Representing England in Ghent in the match vs. Belgium and Russia on January 26th, Paul placed 2nd to the Russian Platchikov, 18.34 to 19.60. Apparently he was in some discomfort due to getting his toe entangled with a bath tap earlier in the day.

The Coke Light Meeting was held at the same venue three days later and these two took first two places again - but this time it was closer. The Russian was down to 19.11 and Paul had a fine series, starting with his best effort of 18.80 but following it with x, 18.64, 18.73, 18.75, x.

Good though that series was, he set a better range in winning the National Championships on February 16th at Birmingham. He was said to be unhappy with the large plastic covered shot but set a personal, and needless to say, Club, indoor record of 19.15. Again his best putt came with his first effort, and then followed with 18.57, 18.55, x, x, 19.04. All this while still uncomfortable due to that toe and food poisoning to boot.

At the Europeans he cracked 19 metres once more and placed 8th, Britain's best since the days of Geoff Capes in 1979. Winner was Bagach of the Commonwealth of Independent States, 20.75.

In the GB v USA match at Birmingham he placed 4th behind three Americans, Backs leading the way with 19.79 and Paul landing the iron ball at 18.41.

Bruises in Berlin

Our multi-eventer Simon Shirley has also been in action over the winter, competing in sprints, hurdles, throws and jumps in the Gatorade meetings. But at Aldershot on January 25th Simon switched into multi-event mode to win the the South of England Indoor Pentathlon Championship with a 3,841 points score, from Havering's Mike Bishop. Simon's performances were: 60m-7.1, 60mH-8.6, HJ-1.97, SP-13.50, LJ-7.03.

In an Indoor Heptathlon at Berlin on February 15th he was well on his way to setting a British indoor record when he was hurt making his first attempt at a height of

4.40m in the pole vault. He fell, missing the landing bed, and was taken to hospital for x-rays and treatment to various injuries. He later had some criticism for the size of pole vault landing beds, suggesting that they should be larger. There is no doubt that there have been some nasty accidents at meetings of all standards.

Simon's scores before the disastrous vault included two personal bests and were as follows: 60m-7.02pb, LJ-6.98, SP-12.45, HJ-1.95, 60mH-8.48pb. As far as we know, none of the injuries was of a serious nature and we are looking forward to seeing him in action this summer over the full ten events.

Adam and Regis mix it with the Americans

John Regis and Marcus Adam have now put themselves under the wing of Mike Whittingham, coach to Roger Black and Kris Akabusi, so it will be interesting to see what effect this change will make to their fortunes during the coming season. Both were pretty busy during the winter, Marcus carrying his indoor season through to the European Championships in Genoa.

Lenny Paul was in action at Birmingham on January 4th, clocking 6.72 behind this winter's revelation Jason Livingston of Shaftesbury Barnet but ahead of his arch-rival from Haringey, Darren Braithwaite. Lenny, however, has had plenty of other things on his plate with the Winter Olympic Games in Albertville.

Representing the UK in Ghent, Marcus scored a good 200m win in 21.15 over the Russian Vdovin, 21.53, and in the Coke Light Meeting at the same venue he was again in the thick of the action over 60m, running 6.74 after a 6.75 heat (his pb at this time was 6.73) to gain 4th place behind the American Andre

Cason's World Record 6.45. John Regis found himself well out of contention and ended up jogging through although he was 2nd in his heat in 6.75. However, over 200m John finished two metres clear of the field in 20.65, a time that was to stand up throughout the season to remain the top UK mark. Marcus took the 'B' race in 20.75 thereby beating his pb by .22 and moving up two places to 3rd on the UK all time list.

At Karlsruhe in Germany Ade Mafe relieved Regis of his 300m Commonwealth and British record of 33.22 with 32.90 and Marcus Adam placed 5th over 60m in 6.83.

Then came some red-hot sprinting in the Pearl Assurance Games at Kelvin Hall, Glasgow on February 8th. A personal record came from Marcus in the first heat of the 60m - 6.68 to put him behind Livingston but with USA's Calvin Smith and Carl Lewis left trailing. Come the final and the Belgravian was in the frame again. His 6.59 for 3rd took him to 4th place on the UK all-time list, pushing our own Ernie Obeng down the list to 6th and stealing his Club Record in the process. Livingston's 6.51 equalled the UK and Commonwealth records. World Championships 100m finalist Fredericks of Namibia was just 5/100ths ahead of our man and other Tokyo 100m stars, Stewart of Jamaica and bronze medallist Dennis Mitchell, followed him in.

More was to come though. John Regis didn't get through the 60m 1st round but turned in a classy one lap race, masterfully controlling the 200m event from lane 3. The only man who might have troubled him was Marcus who came through fast around the second turn but whose very speed proved to be his undoing, for as the field came together virtually line abreast as the straight was reached, he appeared to find the inside lane too tight and being unable to drift to the outside of his path due to the close proximity of Mitchell in lane two, lost his momentum and with it his chance. 1, J.Regis (Belgrave) 20.78; 2, D.Mitchell (USA) 20.97; 3, F.Heard (USA) 20.97; 4, M.Adam 21.01.

At the National Indoor Championships at Birmingham held on 15th/16th February Regis and Adam were both in action in the 60m, Marcus getting 4th in 6.66 and John recording his winter's best of 6.73 in the semi-final. Worrying though was a problem that arose in the 200m. Marcus was second fastest qualifier but pulled out of the following day's final due to a problem with his right knee, the same one that put him out of the World Champs. last year.

Just one week later it was the TSB Indoor Invitation at the same venue. Now it was Regis' turn to struggle with the indoor bends. He showed ahead early on in the 200m but

had trouble pulling out of the final bend and wound up 2nd in 20.70 to Fredericks whose 20.58 was a UK all-comers record. One thing that must have pleased him was that the Bulgarian world indoor champion Antonov, who has been having a good spell over the distance indoors and out over the past year, was shunted back to 3rd. Another class run came from Marcus in the 60m final: 1, L.Burrell (USA) 6.51 (=UK all-comers record); 2, F.Fredericks (Namibia) 6.52; 3, D.Mitchell (USA) 6.61; 4, M.Adam 6.62 ... ahead of two of Britain's selections for the European Indoor - Jason John and Mike Rossweiss.

That was the end of the season as far as John Regis was concerned but going into the Europeans at Genoa Marcus was the second ranked competitor in the 200m behind Antonov. Hopes were high for a medal - maybe gold. The 400 hurdler Diagana of France impressed in Marcus' first round heat with our man getting 2nd. But in the semis the Belgravian again had problems with the last bend and his 4th place failed to gain him entry to the final - won by Antonov.

Tullett attempts 5.40m

Hopeton Lindo and Andrew Hutchinson have regularly been in action. Brendan Reilly of Corby took the Birmingham Mint Games high jump but the Belgravians filled the next two places, Hopeton 2.16 and Andrew 2.10. These two heights remained their best throughout the winter, but the former went on to gain representative honours for England against Belgium and Russia at Ghent where he filled 4th spot with 2.10 in an event won by Sokolov of Russia at 2.22.

Another Belgravian shooting for the roof has been pole vaulter Ian Tullett. He took the South of England Championship at Aldershot on January 25th with 5.15m (3rd was Dylan McDermott with 4.75m) and then at Kelvin Hall in February went up to 5.20 behind a host of ex-Soviets headed by Gataullin, 5.75m.

It was 5.20 again, cleared with his second attempt, in the National Indoors, the winner Nikov of Bulgaria taking the event with 5.45 with English rival Ashurst on the same height. And again in the "TSB", but this time with a first time clearance at his opening height to put him equal with Ashurst.

Finally, against the USA on March 14th, Ian went up to 5.30m having taken 5.10 on his second attempt, and then 5.20 and 5.30 with first efforts before failing at 5.40. This time he beat Ashurst. Dave Volz of the USA won the event. His trademark is to gently pat the bar neatly onto the supports as he goes over the top. Is that allowed?

And rounding off ...

There have been so many good indoor performances that it is difficult to find room to mention them all but let's round off with:

- Ikem Billy's 8th in the "Nationals" in 1:50.40, 4th with 1:48.58 in a scorcher at the "TSB" won in 1:45.91 and pacemaker to Nouredine Morceli's 1,000m world record.

- Fred Salle's Club Indoor Record 7.17 at the "Nationals"

- Duane Ladejo's 46.45 for 4th in the US National Collegiate at Indianapolis on 14th March. This 20 year old World Junior finalist has actually run 46.34 on an outside indoor track and has an outdoor best of "only" 46.66.

Indoor Rankings 1991/2

60m				
6.59	M.Adam	Glasgow	8 Feb	(3,=14)
6.72	L.Paul	Birmingham	4 Jan	(8)
6.73	J.Regis	Birmingham	16 Feb	(9)
6.8	J.Ridgeon	C.Palace	11 Dec	(16)
7.02	S.Shirley	Berlin	15 Feb	
7.05	T.Afillka	Birmingham	16 Feb	
7.1	P.Goedluck	C.Palace	18 Mar	
7.2	A.Ekoku	C.Palace	18 Mar	
7.2	C.Reynolds	C.Palace	18 Mar	
7.4	L.Campbell	C.Palace	12 Feb	
200m				
20.65	J.Regis	Ghent	29 Jan	(1,=5)
20.75	M.Adam	Ghent	29 Jan	(3,=10)
22.34	D.Hall	Birmingham	4 Jan	
400m				
46.45	D.Ladejo	Indianapolis	14 Mar	(1)
46.32	o'size track		Notre Dame	29 Feb
49.8	D.Maynard	Birmingham	12 Mar	
50.13	R.Hunter	Birmingham	5 Jan	
800m				
1:48.58	I.Billy	Birmingham	22 Feb	(4)
1000m				
2:29.2	R.Turner	Costford	11 Mar	
1500m				
4:09.5	D.Maynard	Birmingham	12 Mar	
50m Hurdles				
6.58	J.Ridgeon	Birmingham	14 Mar	
60m Hurdles				
7.70	J.Ridgeon	Glasgow	8 Feb	(4)
8.31	R.Hunter	Birmingham	4 Jan	
8.48	S.Shirley	Berlin	15 Feb	
8.3	A.Carter	C.Palace	15 Feb	
High Jump				
2.16	H.Lindo	Birmingham	4 Jan	(4)
2.10	A.Hutchinson	Birmingham	4 Jan	(8)
1.97	S.Shirley	C.Palace	26 Jan	
Long Jump				
7.52	F.Salle	Glasgow	8 Feb	(5)
7.45	D.Browne	Birmingham	16 Feb	(6)
7.03	S.Shirley	C.Palace	26 Jan	
6.86	D.Costello	Birmingham	16 Feb	
Pole Vault				
5.30	I.Tullett	Birmingham	4 Mar	(2)
4.90	D.McDermott	Costford	11 Mar	
3.30	M.Edwards, Snr.	Horsham	8 Feb	
Shot Putt				
19.15	P.Edwards	Birmingham	15 Feb	(1)
15.17	L.Marar	Birmingham	4 Jan	
13.60	S.Shirley	C.Palace	18 Jan	

Figures in brackets represent National and World Rankings.

Walking



Copse Hill, soon after the start of the 1991 Open '7', and John Hall leads the charge.

Compared to the December issue of our magazine I think I can provide a far greater range of results, writes **CARL LAWTON**. We have had some good turn-outs in the last few months and some moderately good results.

CAMBRIDGE H WINTER LEAGUE, 26 OCT 1991

Men's 10km

1, D.Baxter (Steyning) 48:51; 2, C.Hobbs (Medway) 49:11; 3, P.Hannell (Surrey WC) 49:42; ... 7, D.Sharpe 55:38; 8, D.Fotheringham 55:45; 10, P.King 56:41; 11, J.Dunsford 56:47.

Teams: 1, Surrey WC 35; 2, Belgrave 36; 3, Brighton & Hove 86.

Women's 5km

1, L.Spreadborough (Aldershot F&D) 26:54; 2, K.Barker (Belgrave) 28:08; 4, S.Porter 29:19.

Teams: 1, Belgrave 20; 2, Steyning 22.

Steyning AC held a 40th anniversary meeting on November 2nd and in the 10 kms. Belgrave were represented by Paul Warburton, 10th in 52:14, and Karen Barker, 26th in 58:23.

ENFIELD OPEN 7m, 11 NOV 1991

After a year's absence this race was held again but with a poor field, that being one reason why Belgrave were second team.

Men

1, D.Stone (Steyning) 48:41; 2, G.Holloway (Splott) 49:27; 3, J.Ball (Steyning) 51:10; ... 5,

C.Lawton 54:45; 6, J.Hall 55:38; 14, P.Warburton 59:06; 18, M.Scammell 60:57; 20, D.Sharpe 61:43; 21, P.King 62:14; 23, J.Dunsford 63:59; 29, R.Middleton 66:17; 42, P.Duncan 70:07.

Teams: 1, Steyning 29; 2, Belgrave 43; 3, Surrey WC 68.

Women

1, M.Brookes (Nun) 5:42; 2, C.Reader (Colchester) 59:12; 3, K.Barker 64:12.

In Surrey WC's "Christmas Cup" 10 kms held on November 30th Carl Lawton provided the fastest time of the day with 48:41 and Paul King clocked 54:49.

The Pewsey 7 miles event held at Calne on a one lap course on 7th December 1991 was contested by two Belgravians. Eighth was Carl Lawton in 53:21 and 35th was Pat Duncan with 68:33.

ILFORD 10k, CHIGWELL, 14 DEC 1991

On a foggy day there was some doubt whether the race would be held. The fog was still thick at the start but as the race rose upward into the Chigwell heights so the sun broke through to give a clear view. It was too late to find out where Mark Easton had gone, though, as he finished six minutes up.

1, M.Easton (Surrey WC) 42:49; 2, D.Baxter (Steyning) 48:10; 3, C.Lawton (Belgrave) 48:18; ... 11, M.Scammell 54:03; 13, P.King 54:49; 15, D.Sharpe 55:38; 20, T.McDermot 56:29; 21, D.Fotheringham 56:37.

Teams: 1, Surrey WC 13; 2, Belgrave 27; 3, Southend 34.

LONDON CITY WALKS, VICTORIA PARK, 1 JAN 1992

1, S.Phillips (Ilford) 45:59; 2, N.Carmody (Cambridge H) 46:02; 3, S.Davis (Ilford) 48:00; ... 7, C.Lawton 51:45; 10, P.King 55:40; 11, D.Sharpe 56:10; 12, D.Fotheringham 56:13; 18, T.McDermott 60:15.

Teams: 1, Surrey WC 19; 2, Ilford 21; 3, Belgrave 28.

MET. POLICE 11k, IMBER COURT, 12 JAN 1992

Held on the new 3.75 lap circuit, Mark Easton was again the winner with little opposition. Surrey WC lost a man enabling Belgrave to nip in for 2nd team place.

1, M.Easton (Surrey WC) 45:06; 2, J.Ball (Steyning) 50:14; 3, N.Carmody (Cambridge H) 51:04; ... 7, C.Lawton 53:49; 9, J.Hall 55:13; 18, D.Sharpe 60:29; 19, P.King 60:44; 25, D.Fotheringham 63:03; 36, P.Duncan 67:30.

Teams: 1, Steyning 31; 2, Belgrave 53; 3, Surrey WC 53.

BRIGHTON TRACK WALK LEAGUE, 14 JAN 1992

Women's 3k.

1, K.Barker (Belgrave) 16:19; 2, H.Ford-Dunn (G.Steyn) 17:03; 3, S.Warrens (G.Steyn) 17:54.

INTERCLUB 10k, BEXLEY, 18 JAN 1992

1, P.Hodkinson (Cambridge H) 78:17; 2, A.Seddon (Ilford) 78:24; 3, C.Lawton (Belgrave) 78:37; ... 7, P.King 89:24.

Teams: 1, Surrey WC 22; 2, Belgrave 40; 3, Cambridge H 45.

LONDON CHAMPIONSHIPS, BATTERSEA PARK, 8 FEB 1992

An increased turn-out enhanced the field and there were only a few veterans in the first ten. Westminster City Council are to be thanked for their efforts.

Men's 10m.

1, S.Phillips (Ilford) 72:26; 2,

N.Carmody (Cambridge H) 74:56; 3, C.Hielscher (Colc W) 77:03; ... 5, C.Lawton 79:54; 13, P.Warburton 88:17; 16, P.King 90:11; 17, D.Fotheringham 91:51; 27, R.Middleton 97:00; 33, P.Duncan 99:50; ? J.Dunsford 102:??.

Teams: 1, Ilford 36; 2, Belgrave 38; 3, Surrey WC 42.

Women's 5k.

1, S.Brown (Surrey WC) 25:02; 2, L.Spreadborough (Aldershot F&D) 25:33; 3, H.Sharratt (Southend) 27:23; ... 5, K.Barker 28:31; 6, G.Brackpool (2nd in London Championship) 28:36; 10 S.Porter 30:51.

Teams: 1, Belgrave.



Stalwart Paul King also pictured on the Cope Hill slope.

The Lawton/Warburton Combo!

Good news for walking fans is that Paul Warburton is girding himself to pen a few words for future issues of "The Belgravian". He already has a few topics up his sleeve and with Carl continuing to push the result sheets through it could just be that this will be one of the better organised sections of the mag.

BELGRAVE OPEN 7 MILES, WIMBLEDON, 23 NOV 1991

Jimmy Ball wins Belgrave '7' for second time

Held on what will probably be the regular course for all our walks, this year's event drew just over fifty male starters but only five ladies. Jimmy Ball of Steyning was an easy winner over Trowbridge's youngster Kieran Butler. In the team, Steyning were clear winners despite Bels having three in ten.

Thanks must go to those who helped out for this event and especially to Mick and Pauline Marshall for their time and effort in sorting out all the prizes - undoubtedly the best in the South and possibly elsewhere as well but I have not travelled that much recently to find out.

CAMBRIDGE H WINTER LEAGUE
BEXLEY, 15 FEB 1992

Men's 10km

1, P.King (Brighton & H) 45:12; 2, N.Carmody (Cambridge H) 45:46; 3, P.Hannell (Surrey WC) 48:58; ... 9, P.King 55:19; 12, D.Sharp 56:16

Women's 5km

1, J.Pope (Brighton & H) 24:25; 2, F.Rose (Cambridge H) 26:28; 3, K.Baker (Belgrave) 28:17; 5, G.Brackpool 29:15.

Teams: 1, Belgrave 24; 2, Steyning 26.

BASINGSTOKE & MID-HANTS OPEN, 15 FEB 1992

Men's 10m

1, C.Maddocks (Plymouth) 1:07:01; 2, J.Ball (Steyning) 1:11:40; 3, K.Butler (Trowbridge) 1:17:27; ... 6, C.Lawton 1:18:54.

KENT/SURREY/SUSSEX CHAMPS, MONKS HILL, 22 FEB 1992

Men's 10m

1, N.Carmody (Cambridge H) 76:51; 2, C.Lawton (Belgrave) 82:07; 3, C.Hobbs (Medway) 82:41; ... 13, R.Middleton 99:58; 19, P.Duncan 99:34.

Surrey Champion: C.Lawton

Surrey Team: 1, Surrey WC

Women's 5km

1, C.Bean (Steyning) 28:10; 2, K.Barker (Belgrave) 28:39; 3, G.Brackpool (Belgrave) 28:51; ... 5, S.Porter 30:25.

Surrey Champs: 1, K.Barker; 2, G.Brackpool; 3, S.Porter.

MIDDLESEX/HERTS/BUCKS CHAMPS, ENFIELD, 23 FEB 1992

1, J.Hall (Belgrave) 1:21:47; 2, S.Allwood (Enfield) 1:27:10; 3, S.Lightman (Surrey WC) 1:29:21; ... 6, D.Fotheringham 1:32:32; 9, J.Dunsford 1:36:27.

Middlesex Champion: J.Hall.

Men

1, J.Ball (Steyning) 52:11; 2, K.Butler (Trowbridge) 52:33; 3, C.Hielscher (Colchester) 53:27; ... 5, C.Lawton 54:06; 7, J.Hall 55:38; 10, J.Llewellyn 56:57; 20, P.King 61:07; 23, E.Crutchner 62:27; 28, D.Fotheringham 63:05; 29, J.Dunsford 63:24; 34, T.McDermott 64:11; 37, R.Middleton 66:04; 44, P.Duncan 69:40.

Teams: 1, Steyning 28, 2, Belgrave 42; 3, Trowbridge 68.

Women

1, S.Brown (Surrey WC) 58:23; 2, C.Reader (Colchester) 59:14; 3, G.Brackpool (Belgrave) 71:23.

RWA SOUTHERN CHAMPS, WIMBLEDON 7 MAR 1992

Men's 10m

1, M.Easton (Surrey WC) 72:18; 2, N.Carmody (Camb H) 77:32; 3, T.Watt (Steyning) 82:57; ... 11, P.King 90:34; 14, B.Crossingham 94:59; 15, D.Fotheringham 95:05.

Teams: 1, Surrey WC 13; 2, Steyning 27; 3, Brighton & Hove 31; 4, Belgrave 37.

Women

1, C.Bean (Steyning) 29:10; 2, N.Parsons (Aldershot F&D) 30:00; 3, K.Barker (Belgrave) 30:44; ... 6, S.Porter 31:26; 9, G.Brackpool 32:15.

Teams: 1, Steyning 10; 2, Belgrave 18.

CAMBRIDGE H WINTER LEAGUE
BEXLEY, 15 MAR 1992

Men's 10k

1, P.King (Brighton & H) 44:52; 2, N.Carmody (Cambridge H) 44:57; 3, C.Hielscher (Colc W) 47:01; ... 12, D.Fotheringham 55:19.

RWA NATIONAL CHAMPS., BIRMINGHAM, 21 MAR 1992

Men's 10m

1, I.McCombie (Cambridge H) 1:09:42; 2, M.Bell (Splott) 1:11:00; 3, G.Holloway (Splott) 1:12:10; ... 22, C.Lawton 1:23:13; 43, M.Scammell 1:30:10; 46, P.King 1:30:32; 55, D.Fotheringham 1:33:06; 65 J.Dunsford 1:37:12; 70, P.Duncan 1:39:41.

Teams: 1, Splott 20; 2, Leicester WC 47; 3, Coventry RWC 70; ... 6, Belgrave 152.

Women's 15km

1, M.Brooke (Nun) 1:16:17; 2, S.Brown (Surrey) 1:20:24; 3, K.Baird (Dudley & S) 1:25:07; ... 11, G.Brackpool 1:30:30.

CIVIL SERVICE INDOOR CHAMPS., BIRMINGHAM, 12 MAR 1992

2000m walk: 1, S.Porter 11:35.6



Above: Described by Carl as a "promising Junior", Gill Brackpool came home to 3rd place in the Open '7'.



Above: Walking Secretary Carl Lawton battles with Dennis Holly of Brighton & Hove, also in the Open '7'.

Veterans' Results

Charlie Walker took part in the Sri Chinmoy 5 miles at Battersea Park on 7th December, winning the M60 section with his 31:38.

CAMBRIDGE H 4 x 2.4m RELAY, ROCHESTER, 21 DEC 1991

The same over 50's quartet as last year returned to the Rochester relay and finished one better, in second position. Again it was windy, but times were about the same as last year with Tony Verdie running very well for fourth fastest on the day. Bill Laws, after his recent spell of warm weather training, ran quicker than a year ago and Tony Stone was only marginally slower despite running a 10km on the morn-

Tony Stone ran 62:26 for 3rd place in the M50 category of the Epsom '10' on November 17th and then over the Vets AC 4.8 miles cross country course at Wimbledon took 4th place in his age group and 9th overall with 30:06. John Wasbrough, 30:19, and Lionel Mann, 30:28, followed him home in this latter race with 10th and 11th places overall and 5th and 6th in the M50s. Chas. Walker was 2nd of the M60s with 31:42, just 7 seconds behind Powley of Ranelagh.

Another good run came from Tony Verdie in M50 section of the Tadworth '10' road race on December 29th. His 57:34 gave him 3rd place behind Blackheath's O'Gorman, 56:51, and North London's Tom Ryan, 57:09.

Tony and Lionel were again in action at the Lara 10 kms at Epsom on December 22nd. Tony took the M50s race by over a minute with 39:07 and Lionel was 4th in 40:23.

Derek Clack and Alan Painter finished within 15 seconds of each other at the Vet's AC race on January 25th, 28:24 to 28:39, but two weeks later Derek took almost a whole minute off his time and shot up to 7th with 27:28. Alan also improved with 28:10 and 11th, with Tony Stone 28:47, 15th, and John Wasbrough 29:42, 20th. A.Gardy was 23rd, 30:16, and F.Barrett 28th, 32:05.

March 21st saw Alan Painter make another reduction on his best time this winter around the Vet's AC course. He placed 6th with 28:02.

Hyde Park was the venue for the Capital Mile on March 18th and Derek Clack took 3rd with his 4:51.

ing of the relay. This has become a popular and very well organised event with many prizes donated by the local butcher.

1, Cambridge H. 56:32; 2, Belgrave 58:22 (A.Verdie 13:52, W.Laws 14:54, M.Newton 15:04, A.Stone 14:32)

Fastest legs: 1, R.Davidson (Camb) 13:17; ... 4, A.Verdie 13:52.

SERPENTINE NEW YEAR'S DAY 10km, HYDE PARK

This event has become more popular with Belgravians since the loss of the City '10'. Pam Davies ran very well to win the W55 prize.

1. J.Cortes (Spain) 32:00; 2, H.Galvin (Muswell Hill) 32:20; 3, A.Beattie (Shaftesbury) 32:23; ... 33, R.Bale M45 37:07; 36, J.Slough M55 37:27; 54, A.Stone M50 39:18; 65, A.Hardy M50 39:49; 110, D.Maughan M40 42:25; 172, C.Henn M60 47:00; 173, R.Faithfull M55 47:04; 199, P.Davies W55 48:30; 240, F.Hurley M45 53:44.

VETERANS' AC CC CHAMPS, WIMBLEDON, 11 JAN 1992

Terry Osborne (Verlea), in a strongly competed men's championship, and Tanya Ball (LOAC) in the women's were outstanding at Wimbledon Common on 11th January. On dry ground a record 60 members out of a field of 142 were under 30 minutes and many achieved fast times, writes JEREMY HEMMING.

Osborne, a Hertfordshire leisure officer, set a new course record of 24:56 for the 4.8 miles, a reduction of no less than 39 seconds. He trains with Tony Ross and Tony Simmonds under direction of Harry Wilson, famed as coach to Steve Ovett. At National level he was silver to Peter Banks's gold in the track 5000m and 8th in the international at Aberdeen after leading early on.

The lead group out of the woods and into the football fields included Osborne, Ian Emery (WSE), Geoff Harrold (Enfield), Bob Graham (WSE), Denis Williams (HW) and Charlie Dickinson (Belgrave). Along the Beverley Brook at 1.3 miles Osborne broke away and at the top of the hill first time, led the title holder Charlie Dickinson by 8 metres.

Dickinson, stronger than last year when illness followed his round the world trip, pursued to such effect that he also went inside the old record by 11 seconds. Hugh Morton (Blackheath), 3rd, was likewise 5



Co-Editor and Veterans' Section Secretary Charlie Dickinson looks none too pleased at being caught in action at the Reebok Surrey League match at Coulsdon. "Don't you let 'Boofer' know I was running!"

seconds inside the old mark.

Humorist Geoff Harrold's aggressive running carried him to 25:53 and an eclipse of Laurie O'Hara's long standing M50 26:16 record but the latter's M55 best time just survived when Ray Davidson (Cambridge), 15th in the race, sprinted in at 26:58 - two seconds short. In the M60's Laurie Forster had improved on '91 with 29:28, clear of Derek Thomas and Charlie Walker.

Positions in each age group, outside of the first three, are those in the overall race.

M40. 1, T.Osborne (Verlie) 24:52 (rec); 2, C.Dickinson (Belgrave) 25:20; 3, H.Morten (Blackheath) 25:26; ... 32, A.Painter 28:16; 77, D.Maughan 31:12.

M45. 1, R.Graham (Windsor S&E) 25:48; 2, D.Williams (Hercules Wimb) 26:17; 3, M.Sharp (Hercules Wimb) 26:27; ... 38, R.Bale 28:52.

M50. 1, G.Harrold (Enfield) 25:53 (rec); 2, M.Bott (Woking) 27:56; 3, M.Fernani (Colch Ten) 28:20; 42, J.Wasbrough 29:02; 71, A.Hardy 30:34; 76, A.Stone 31:06;

102, T.Lawton 33:01.

M55. 1, R.Davidson (Cambridge H) 26:58; 2, K.Spacie (Thames H&H) 27:05; 3, T.Everitt (Eton) 27:50; 60, M.Newton 29:59; 107, E.Stroud 33:46; 114, D.Manning 34:45.

M60. 1, L.Forster (Barnet) 29:28; 2, D.Thomas (Cambridge H) 30:18; 3, C.Walker (Belgrave) 30:25.

SCVAC CC CHAMPS, HAVANT, 9 FEB 1992

It was left to the ever game Charlie Walker and local man George Piddington to represent Belgrave on what the locals describe as a 'real' cross country course at this years Southern Vets Championships at Havant.

Other Belgravians remembered the race from three years before at the same venue; mud so deep in the woods that you had to grab the trees to pull yourself through, fences with barbed wire, a hill four times on hands and knees and a brook complete with submerged iron fence posts that

Charles Dickinson rounds up the winter's Veteran action ...

Arthur Bruce fell headlong into and was then used as a bridge by the rest of the field. Yes, they remembered the course and decided to give it a miss!

However, Charlie overcame a very bad tooth abscess that he had right up to the last minute and ran a brilliant race. Overtaking Bill Clapham on the last lap, Charlie finished strongly in third place in the over 60's, within sight of Laurie Forster.

He was also pleased to meet Gerry North who ran to help his team, Portsmouth although out of sorts. Gerry ran about 45 minutes.

M60. 1, J.Chandler (Wav) 39:54; 2, L.Forster (Barnet) 40:08; 3, C.Walker (Belgrave) 41:32.

BVAF NATIONAL CC CHAMPS, CARDIFF, 15 MAR 1992

The party of eight Belgravians who made the long journey to Wales were rewarded with an excellent day's racing. The promise of snow failed to materialise, in fact it was quite warm. The course was just off the motorway and easy to find with good changing facilities in the local leisure centre at Wern Goch and the races were very well organised.

Highlight of the day was the silver team medal won by the over 60's team of Charlie Walker, Pat Newall and Arthur Bruce. Poor old Arthur! Having decided two weeks previously that he was too unfit to race over six miles of Welsh hills, he was persuaded to change his mind after getting an earful from Charlie Walker over the 'phone. It was a case of Hobson's choice, either agree to race or suffer hours of haranguing from Charlie. Arthur chose the easier option!

The Welsh had certainly found a testing course with the four laps including ankle deep mud, a jump over a fallen tree, a hill christened "Ard Ascent" and some very slippery downward slopes.

The 50s and 60s were first to race with John Dear of Epsom in the early leading bunch and Geoff Harrold finishing strongly for fourth place. Tony Stone ran well inspite of recent illness and it was good to see Derek Manning and George Piddington in the fray. Charlie Walker ran very well in a high quality field, although he lost a couple of places on the last lap. Pat Newell was only just behind Charlie all the way round and with Arthur running steadily the almost invincible Barnet team were run fairly close for the team prize.

Nina Mills was our first lady Vet to race in this event for several years and she ran very well in the Ladies' race, finishing half way down a strong field. Perhaps next year we will be able to muster a Ladies' team.

The names in the M40 line

up were awesome, with Jon Wigley, Mike Hager, Dave Hill and Peter Banks having been ahead of all of the Belgrave seniors in the National Champs at Newark. Many times National Vets. champion Alun Roper and Jeremy Collins who had recently run 1:49 in the Welsh 20 mile Champs were both running for Swansea, and Vets AC Champion Terry Osborne was also among the men in form.

Charlie Dickinson took Arthur's wise advice and started cautiously in the mid twenties, working slowly through the field using the hill to good effect. He was pleased to finish in 11th place, only a minute behind winner Jon Wigley, and claimed the scalps of Pete Whitcombe, Pete Standing, Andy Holden, and Stan Curran among others.

Men's 10km.

M40-49. 1, J.Wigley (Invicta) 30:29; 2, P.Banks (Coventry) 30:42; 3, D.Lockley (Brighton & Hove) 30:44; 11, C.Dickinson 31:29.

Teams: 1, Swansea 88; 2, Salford 93; 3, Altrincham 105.

M50-59. 1, R.Highnam (Tynedale) 32:42; 2, S.James (City of Hull) 32:46; 3, P.Lancaster (NSP) 33:00; ... 69, A.Stone 39:15; 76, C.Walker (9th M60) 40:00; 79, P.Newall (11th M60) 40:07; 124, D.Manning 46:34; 125, A.Bruce 46:42; 129, G.Piddington 51:32.

Teams: 1, Barnet 259; 2, Belgrave 280; 3, Royal Sutton Coldfield 302.

Women's 5km.

1, C.Price (Bolton) 16:57; 2, J.Asgill (Stretford) 17:23; 3, A.Turrington (Cambridge & Col) 17:44; ... 47, N.Mills 21:20.

Teams: 1, Westbury A 17; 2, Bolton 44; 3, Westbury B 105.

Severe winds affected the field for the four lap Worthing '10' on March 22nd. Hampshire based Richard Pearson, M40, ran 2:08:59 for 46th in the race overall.

BVAF 5km CHAMPS., DUNSFOLD, 5 APR 1992

Our three runners in the M50 race were sufficiently far forward to have got into the medals if they had had a fourth scorer to back them up. Shame that. But in the M60 race we did have a full compliment. Charlie Walker really went for it in the first mile and although suffering in the second mile, finished strongly for his 5th place. Pat Newell was not too far behind and with Denis Jones providing the backing the trio came home with a set of silver medals.

M40-49

1, D.Hill Thames H&H) 15:03; 2, M.Hagar (Kettering) 15:12; 3, D.Throup (Leeds) 15:20; ... 63, D.Maughan (M45) 20:54.

M50-59

1, J.Dear (Epsom & Ewell) 16:07; 2, P.Lancaster (NSP) 16:24; 3, J.O'Brien (Cardiff) 16:37; ... 26, J.Wasbrough 18:17; 29, A.Hardy 18:32; 34, W.Laws 18:54.

M60+

1, J.Chandler (Wav) 17:53; 2, L.Forster (Barnsley) 18:32; 3, H.Tempan (M65 Victoria Park) 18:36; ... 5, C.Walker 18:54; 11, P.Newell 19:37; 27, D.Jones (V65) 25:36.

Teams: 1, Barnet 16; 2, Belgrave 43; 3, Woodford Green 53.

TVH 3x3.5m VETS ROAD RELAY, CRAWFORD, 28 MAR 1992

1, Swansea 51:59; 2, Luton 53:08; 3, Swindon 53:19; ... 31, Belgrave (C.Dickinson 17:53 9th, J.Was-

brough 20:43 31st, V.Butcher 20:15 31st)

Fastest time: A.Simmons (Luton) 16:18 (lap record)

1991 Veteran T&F Rankings

David Burton collates and publishes a list of veteran performances every year. Belgravians who featured in the 1991 lists, including their positions and performances are as follows:

M40

5,000m 12, C.Dickinson 15:27.91
10,000m 10, C.Dickinson 32:38.37
3,000mSC 5, L.Lyons 10:29.6

M45

100m 38, C.Brooks 12.9
1,500m 48, R.Bale 4:51.0
5,000m 31, R.Bale 18:06.6

110mH 7, C.Brooks 20.85

LJ 2, C.Brooks 5.87

HJ 2, C.Brooks 1.62

PV 2, M.Edwards 3.50

3, C.Brooks 3.20

SP 7, C.Brooks 10.90

DT 6, C.Brooks 34.94

JT 6, C.Brooks 46.30

M50

5,000m 15, A.Stone 17:07.3

24, W.Laws 18:06.7

10,000m 18, A.Stone 37:36.36

M55

1,500m 7, L.O'Hara 4:39.8

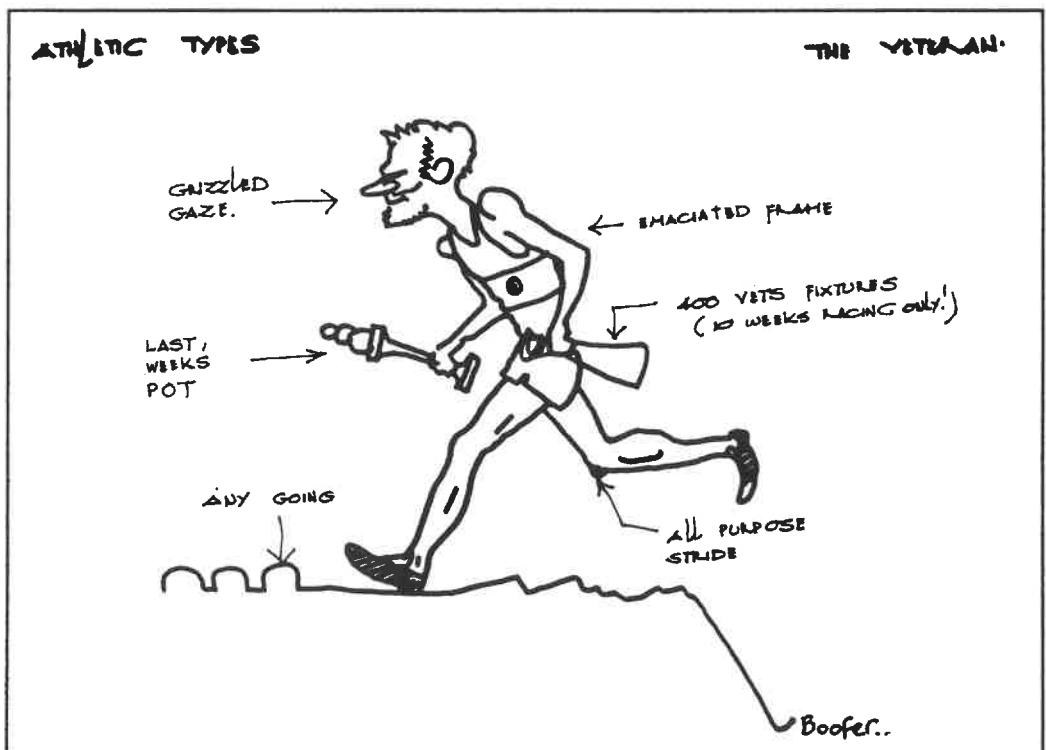
M60

1,500m 13, C.Walker 5:13.0

5,000m 19, C.Walker 19:45.2

A full list of veterans' rankings may be obtained by sending £1.50 plus a stamped addressed envelope to:

David Burton, 71 Nethergreen Road, Sheffield S11 7EH.



Young Athletes' Results

SURREY CC CHAMPS, FRIMLEY 14 DEC 1991

The race was held in freezing but bright conditions over a 3.8 kilometre course.

Boys

1, R.Wall (Woking) 14:03; 2, G.Dickinson (Mole Valley) 14:12; 3, G.Mason (Belgrave) 14:16; ... 14, T.Evans 15:05; ...

Teams: 1, Woking 30; 2, Oxted CS 42; 3, Belgrave 50; 7 teams closed in.

Colts.

Teams: 1, Oxted CS 24; 2, Reigate Priory 62; 3, South London 78; ... 7, Belgrave 101; 11 teams closed in.

When the final positions were worked out for Herne Hill Harrier's young athletes cross-country league, Belgrave ended up in 5th position in both the boys' and youths' age groups. We did not have a team in the colts' section this season.

SURREY YA CC TRIALS, CAMBERLEY 5 JAN 1992

Boys 2.5m

1, A.Jones (Redhill & Surrey Bgls) 14:22; ... 7, T.Evans 14:36; 14, M.Hancock 15:22; 15, T.Earle 15:25.

Colts 2m.

1, T.Dew (Reigate Priory) 9:42; ... 5, S.Alexander 10:16.

SOUTHERN CC CHAMPS, PARLIAMENT HILL, 11 JAN 1992

Youths.

1, M.Steinle (Blackheath) 22:47; 2, J.Wilson (GEC) 23:12; 3, M.Laffar (Havant) 23:19; ... 73, F.Niko 26:21; 108, S.Booth.

Boys.

1, K.Stone (Torbay) 17:08; 2, N.Benham (Aldershot F&D) 17:29; 3, D.Rocks (London 1) 17:51; ... 43, G.Mason 18:52; 128, P.Lloyd; 180, R.Milner; 190, M.Padfield.

Teams: Aldershot F&D 95; 2, Tonbridge 114; 3, Medway 128; 28, Belgrave 541; 34 teams closed in.

REEBOK SURREY LEAGUE, DORKING, 18 JAN 1992

Youths & Boys 2.5m

1, I.Murray (Hercules Wimbledon) 14:29; 2, A.Grout (Woking) 14:36; 3, R.Xerri (Hercules Wimbledon) 14:49; 4, G.Mason 15:05; 5, S.Booth 15:26; 13, P.Lloyd 16:18; 14, M.Anderson 16:18; 18, R.Milner.

Teams: 1, Hercules Wimbledon 43; 2, Belgrave 54; 3, Woking 62.5; 4, South London 78; 5, Aldershot F&D 150.

Colts 2.5m

1, S.Michael (South London) 16:37; 2, C.Desbrow (South London) 16:41; 3, T.Pitt (South London) 16:43; ... 12, T.Muts 19:27.

Teams: 1, South London 15; 2, Hercules Wimbledon 56; 3, Belgrave 107; 4, Woking 114; 5, Herne Hill 120.5.

Stuart Booth, representing Southfields, placed 9th of the 123 finishers in the intermediate age group of the London Schools Cross Country Championships at Parliament Hill Fields on January 29th. In the Junior race Belgrave had another highly placed competitor with Peter Lloyd. Running for Westminster, Peter came home 3rd of 196 finishers and led his team to 4th place. W.Timbers, in Emanuel's colours, was 45th.

REEBOK SURREY LEAGUE, COULSDON 15 FEB 1992

Youths & Boys 2.5m

1, N.Benham (Aldershot F&D) 15:14; 2, S.Pocock (Aldershot F&D) 15:16; 3, R.Xerri (Hercules Wimb) 15:18; ... 11, S.Booth 16:36; 14, M.Anderson 17:19; 18, M.Padfield 18:04; 19, E.Vanson 18:55.

Teams: 1, Woking 42; 2, Hercules Wimbledon 53; 3, Belgrave 98

Colts 2.5m.

1, S.Michael South London) 17:22; 2, T.Pitt (South London) 17:23; 3, J.Devlin (Herne Hill) 17:51; ... 16, M.Wharlow 21:09.

Teams: 1, South London 20; 2, Herne Hill 50; 3, Hercules Wimbledon 71; 4, Belgrave 144.

The trials to find athletes to represent their boroughs in the mini-marathon on London Marathon day resulted in forward placings for a quite a few Belgravians. At Lambeth on February 9th D.Meeneey was 1st in the Youths race with C.Wainwright 2nd in the Boys, and at Wimbledon Peter Lloyd was 2nd in Merton's race. At Battersea a week later Marlon Anderson was 2nd in Wandsworth's event with R.Elgar 5th in the Colts. Kingston also held their mini-marathon on the 15th and here we had Francis Niko 2nd in the Youths with M.Baldock and R.Milner 1st and 7th in the Boys event.

Young athletes in action. Right: Mark Padfield (58) and Richard Milner (51) stride out on the wooded ridge at The Nower, Dorking. Nigel Wharlow (56) and David Clack (59) with the finish in sight.

Below: Fourth man home and 1st Belgravian at Dorking was Gavin Mason (57). You name an event and Marlon Anderson (52) will be there. Here he tackles the long climb at the start of the South London Harriers' course at Coulsdon. Right: Eddie Vanson, also at Coulsdon





Reebok Surrey League Final Positions

Youths & Boys

1, Woking	176.5
2, Hercules Wimbledon	212
3, Belgrave	251
4, South London H	443
5, Herne Hill	507.5
6, Aldershot F&D	599.5

Colts

1, South London	99
2, Hercules Wimbledon	220
3, Belgrave	370
4, Herne Hill	392
5, Woking	594

Laurie the record breaker

It is interesting to note that Laurie O'Hara, who joins the over 60's age group in June, still holds a string of British age group records as follows:

Distance	Age	Event
1,500m	44	4:01.2
	52	4:15.27
	53	4:20.4
	55	4:27.4
	58	4:34.8
5,000m	44	14:58.0
	47	15:21.0
	48	15:22.0
	54	16:21.2
10,000m	45	31:39.0

A Lincolnshire Man

GORDON DOUBLEDAY writes:

I was recently asked to deal with an enquiry from Mrs. Ruth Walker of Skegness, Lincs. She is connected with the Lincs. County Recreational Services and they are putting on an exhibition of local life. In the sporting section she was placing some Time Certificates and a photo of her uncle C.A. Wattam, taken at ten miles in a London to Brighton Walk in which he was a competitor between the two World Wars.

I was able to confirm that Charlie made the annual trip South to compete in Belgrave's colours. He would have had to pay his return fare plus an overnight stay and probably the expenses of his cyclist attendant - these were not allowed until the "Pied Bull", Streatham, was reached. I also sent a brief account of the Club and where it stands today and some information about this famous walk.

In a letter I received from her

shortly before Christmas, Mrs. Walker enclosed a list of his performances. He broke ten hours on four occasions which would have gained him Second Class Standard Medals (10 hours). She also confirmed that the Certificate bore the old Surrey WC badge - the Swastika. This they abandoned during the Second World War when it was emblazoned on the uniform of the German Nazi Forces.

Looking through some old "Belgravians" I noticed that he won fifth prize (£3) in a Club Christmas Draw in 1963, so he obviously kept up his membership.

I made the point that as one who "took part" he was displaying the Olympic Ideal. This gave her the feeling that she was there, on the Brighton Road in those faraway days. It seemed to have made her even more proud of her Uncle Charlie.

C.A. WATTAM (BELGRAVE H)

LONDON-BRIGHTON WALK 52 MILES

13 Sep 1924.....	11hrs.41mins.40secs.
11 Sep 1926.....	9hrs.59mins.20secs.
10 Sep 1927.....	10hrs.19mins.20secs.
8 Sep 1928.....	9hrs.48mins.33secs.
14 Sep 1929.....	9hrs.35mins.25secs.
12 Sep 1931.....	10hrs.29mins.17secs.
10 Sep 1932.....	10hrs.02mins.52secs.
9 Sep 1933.....	10hrs.26mins.55secs.
8 Sep 1934.....	10hrs.00mins.03secs.
7 Sep 1935.....	9hrs.53mins.56secs.

1925 and 1930 seem to be missing - or perhaps he didn't compete.

While his sprint rivals were competing in the warmth of the indoor arenas this winter, LENNY PAUL was taking his place in the UK's two- and four-man bobsleigh teams as Brakeman at the 1992 Winter Olympics at Albertville. British "bobbing" is on the up and up, with ex-East German coach Horst Hornlein now putting the UK boys through their paces. Lenny was able to measure himself against the famous \$2.5 million a year Minnesota Vikings' Running Back Herschel Walker - very successfully too, we might add, for our man was around 8/10ths faster!

Lenny writes:-

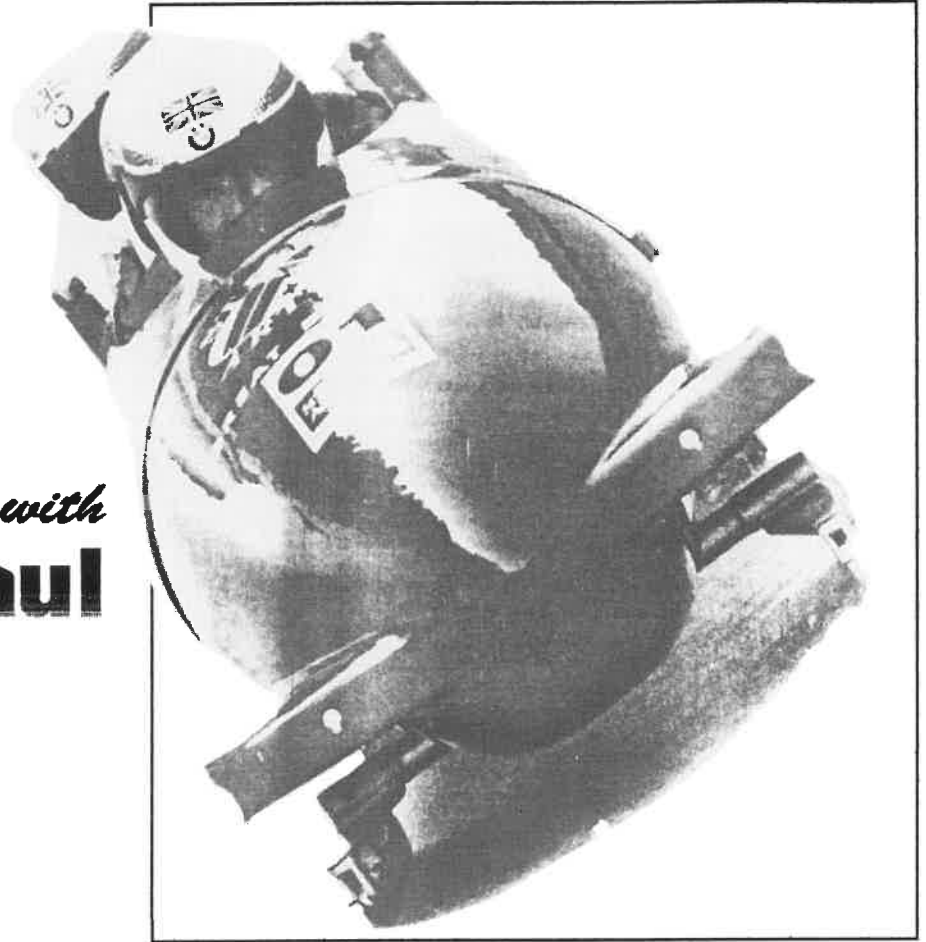
Out in the cold with Lenny Paul

Having completed a relatively successful athletic's season for both Belgrave and the Army team, I was a little disappointed not to be selected for the World Championships in Tokyo. However, beating our North London rivals Haringey in the GRE Gold Cup more than compensated and was the most memorable event in my capacity as Team Captain for Belgrave Harriers.

So, with that all behind me, I set off for colder climates with the rest of the provisional Olympic squad from which the final three bobsleigh teams were to be selected. We started off at a training camp in Oberhof, which is in the former East Germany. Whilst there it was established that Tom de la Hunty, a good friend of mine from the RAF, whom I had pushed since 1988, was unable to compete due to lack of financial backing. I was subsequently approached by Mark Tout who I pushed in the Calgary Olympics, and I accepted his offer to join him, George Farrell, and Paul Field.

There were two ways in which to secure a place at the Albertville Olympics - either finish in the top six in the first half of the World Cup or win the British Championship in January. We decided to put all our efforts into the World Cup Circuit, having learned from leaving things too late at the '88 Olympics when we suffered the pressures of a last minute race-off. Our efforts were rewarded with pre-selection for the Olympics. When we returned to England we were lying in 1st and 2nd position in the four- and two-man respectively.

We boarded the plane to Albertville as potential medal winners, yet despite all the hype and media attention the whole affair, initially, felt quite shallow; this was the Olympics I was flying to but that exhilarating feeling had not yet arrived. On arrival at the airport we experienced delay after delay, missing luggage, then facing a two hour bus journey followed by another six hours of



Mark Tout driving with brakeman Lenny tucked in behind.
Agency picture

accreditation with only two phones in the whole village. By the time we put our heads down that night it was one o'clock in the morning; disillusionment was an understatement. Not until the opening ceremony did I actually feel that I was part of one of the most prominent and popular sporting events in the world.

Monday was the first day of training and it was a nice feeling to get back on the ice after ten days of dry training. Now the excitement and tension was beginning to mount amongst the other teams, as many of them would be racing-off on Wednesday. Mark and I did have the satisfaction of knowing that we would definitely be competing on Saturday and Sunday in the two-man discipline.

The race-offs came and went, leaving many disappointed bobsers who had come all this way only to find they were now unable to compete for their country. Our training was going exceptionally well and our confidence was boosted on the last day of practice when we produced the fastest time.

Friday was a rest day, on which the draw for the order of runs was made. We were given a good draw of No.3, which meant we would be going down on fairly clean ice. Then came Saturday and the first day of competition. We arose at 5.30 am and went for a walk before breakfast. Few

words were exchanged - we knew what we had to do and felt we could do it.

The Americans and Swiss preceded us in the bobbing order. The surprising factor for me at this stage was the mediocre start by the USA 1 team, who had drafted in Herschel Walker the Minnesota Viking football player with great expectations. For my part, I wanted to produce a fast start time, which I did, and Mark followed this up with superb, smooth driving.

It was fast - very fast

It was fast - very fast, but had no real bearing as yet because the rest of the teams were still to push. However, at the end of the first run we were lying in first position. At this stage there was excitement but no direct pressure as it was still early days. The second run went well but in retrospect it could have been a lot better. Even so, we managed to maintain our first position and went to our beds that night with sweet dreams of a gold medal. If I could ever have the perfect day for competition, that Saturday would have to be it. Everything had gone to plan.

One can dream of, train for, and try to be prepared for this eventuality, but in reality, the euphoric feeling overrides all good intentions of containing the excitement of impending immortality.

We arose at 5.30 again the following day and tried vainly to emulate all we had done the previous day. Snow was falling heavily so there was uncertainty as to what time we would start. We were eventually given a start time of 10.00 hrs. which meant that we would be riding at about 10.20 hrs. so we timed our warm-up to

finish at exactly this time. We knew that the third run was going to be the critical one but that as long as we could sustain a decent run then we would still be in the running for a medal at the start of the fourth and final descent.

This, unfortunately, was not to be so! We came out of the warm-up hut as planned and stripped down to our race suits; we were ready. We waited for the green light - it didn't show. We were told by the chief starter that there was a hold on the track and at the same time someone else was telling us we'd be off in 30 seconds. Finally, we were told to put our warm clothing back on and it appeared that the timing system had broken down.

Seven minutes elapsed. We attempted to retain our composure and concentration whilst surrounded by people milling about frantically, trying to obtain information as to the state of play. This wasn't like, say, a false start in athletics, where you can at least leave your blocks and start again - this was more like taking a penalty in the FA Cup and just as your foot is about to make contact with the ball you are told to wait a few minutes then start again. Consequently, when eventually we were allowed to go, it just didn't feel right.

Gold medal slipping

We had 19 corners to negotiate and I could tell from the bang on the first corner that this was going to be a bad run. All the way down I could see our position deteriorating and the gold medal slipping from our grasp. We Knocked corner 14 very badly. I became disorientated and made a mental note to tell Mark later that he had driven the bob like a can of worms - and in doing so I too lost concentration and miscounted the number of corners, raising my head one bend too early. This bad run left us in 6th position and unfortunately the fourth run, which was reasonable, was not good enough to bring us back to the medals.

It was generally accepted that our prospects were even better for the four-man event because that was deemed to be our strongest. But I think the two-man used up a great deal of our energies, which was unfortunate for the other two members of the crew, George and Paul, who were both in top condition mentally and physically. Both Mark and I were dejected and exhausted. We managed to start well but as Mark later stated, he was "trying too hard and driving too hard and in this sport you have to let the bob ease into the corners". After three mediocre runs and one relatively brilliant one, we finished in a creditable but disappointing 7th position.

Up till now, no-one knows why the Swiss timing device malfunctioned when it did and what effect that delay may have had on our performance, but I won't dwell on that. I am just proud to have played my part in bringing British Bobsleighing to the forefront of the winter sports scene.

I now know what true champions are made of and hold the upmost respect for those who are able to sustain their highest level of performance whilst under pressure. I have learned a great deal from this experience and have no doubt that it will be of great benefit to me in the future.

MAUREEN JONES, Senior Coach for the Pole Vault, returned from a spell in Paris recently, having gained an insight on how the French keep turning out such superb Pole Vaulters.

"Hauteur saut a la perche" dans Paris

For two weeks in January I was the guest of the National Pole Vault Coach Maurice Houvion at INSEP (The National Institute of Sport and Physical Education) in Paris. This was made possible by a scholarship awarded to me by the National Coaching Foundation to aid coaches, enabling them to work alongside foreign athletes and coaches.

Well, I certainly found out why France has one of the best squads of young vaulters in the world. Not only do they have the best and most dedicated coach in the world in Maurice Houvion, but also the most marvellous facility for training, and sponsorship which results in them getting the best in equipment, poles and travel expenses.

The squad of thirteen athletes included Pierre Quinon, the 1984 Olympic Champion, Kory Tarpenning of the U.S.A., a 5.88m vaulter who has lived and trained in Paris for one and a half years, and Fereuc Salbert who has cleared 5.90m. These people are undoubtedly an inspiration to the younger members such as Jean Galfione, 20 years old with a best of 5.80m, just voted the best athlete in France for the Indoor Season, Gerald Baudouin, 19/5.62m, Marc Vandevior, 20/5.50m, and Jean Godard, 20/5.45m.

The intention of attending training at this time of the year was to see how the vaulters prepared for major indoor competitions and this I certainly experienced. As all the young vaulters attending the college were on three or four year courses, not necessarily connected with sport, within five minutes of finishing their classes they were in the Sports Hall with its 400 track, 200 banked track, two main pole vault areas and two practice pits, weight training rooms and gymnastic equipment. Athletes of international potential are granted places on courses and given all the time necessary to train.

In November and December they train every day except Sunday for five hours a day - two hours in the morning on weights, squats, towing running drills with elastic, weighted jackets and 30 metre sprints. The three hours in the afternoon/evening consists of jumping with small poles on a down-hill ramp and technical work on a short run-up followed by a bench

press session. As the squad consists of experienced athletes the training was geared to each athlete's daily needs, with Maurice supervising the jumping.

The competition phase of training started off in January at 4.30pm to 6.30pm each day except Sunday. But with Tuesday and Thursday evenings involving gymnastics with the National Coach from 8pm until 10pm. This continues through February, with competition poles and full length run-ups being used once a week, and a competition being held each weekend at the end of January and February.

I was invited to extend my stay for another four days to watch the Under-20 Championships which were held at INSEP. The results were very encouraging from the GB point of view as the heights jumped were on a par with ours and the standard of vaulting about the same - but only in the 14 to 18 age group. Then the difference showed, as the 18 to 20 group was won with a jump of 5.50m. It made me realise that it is impossible to compete with the French unless we can train with the same intensity and dedication to the event. Also all the top vaulters are very fast sprinters and can transfer this speed to the pole.

Hopefully I will be able to utilise the knowledge I have gained to coach young pole vaulters to achieve success. I have two pole vaulters at present, Mark Baldock who has jumped 3.10 so far this winter which ranks him 2nd in England in the Boys' age group, and Neil Browning who has been training hard all winter. I would be very pleased to have more boys or girls who would like to have a try.

I was given a wonderful time by the French, although there was a language problem on my part which added to the fun. Conversations were carried out by cartoons and phrase book. I was invited to a welcoming reception for the Commonwealth of Independent States Pole Vaulters at the home of Daniel Draux, President of Dima Sports, and presented with a pin by Jacques Collett commemorating the 6.12m World Record by Bubka at Grenoble in 1991.

I was made very welcome by all the French personnel at the college and the other coaches, and thoroughly enjoyed my very informative visit.

Men's Road & Country

EPSOM 10m, EPSOM DOWNS, 17 NOV 1991

Belgrave road running captain Marcello Bizio confirmed his impressive form with another resounding performance to earn him second place in the Epsom '10', reports **JOHN WASBROUGH**.

Mike Fromant from Wolverhampton and Bilston won the race in 51:13, putting 37 seconds between himself and Marcello at the end. It was Marcello's strength that enabled him to finish runner-up, pipping Highgate's Steve Blaney by four seconds, with Ollie Foote 4th just a further two seconds adrift.

Jim Estall, a recent signing from Dulwich but unable to score for the Bels was 6th, but with Mike Webb 9th Belgrave easily took the team prize with just fifteen points.

1, M.Fromant (Wolverhampton & Bilston) 51:13; 2, M.Bizio (Belgrave) 51:50; 3, S.Blaney (Highgate) 51:54; 4, O.Foote 51:56; 6, J.Estall 52:34; 9, M.Webb 53:50; 12, M.Mazzotta 54:16; 16, P.Sanders 56:05; 44, A.Armstrong 60:11; 69, A.Stone M50 62:26; 302, R.Faithfull M50 78:52; 358, G.Pearson M70 86:16; 384, C.Manning M60 95:05.

Teams: 1, Belgrave 15; 2, Croydon 47; 3, Epsom & Ewell 64.

REEBOK SURREY CC LEAGUE, DIV 1 RACE 1, PETERSHAM, 12 OCT 1991

In the last edition of the Belgravian we published a report, photographs and results of our scoring ten. Here are the positions and times of the other Belgrave runners who took part:

114, M.Hayes 31:39; 118, C.Dickinson M40 31:47; 126, D.Anderson 32:03; 139, P.Gardner 32:43; 145, C.Millbank 33:01; 150, J.Mather 33:13; 156, T.Williams 33:31; 157, A.Stone M50 33:35; 162, D.Clack 33:55; 175, P.Roche M45 34:30; 192, J.Wasbrough M50 35:38; 197, L.Coy M45 36:38.

REEBOK SURREY CC LEAGUE, DIV 1 RACE 2, WIMBLEDON, 23 NOV 1991

Gary Staines, our European Championship 5000m silver medallist was back in action following an ankle injury. He warmed up for the following Sunday's Bolbec International 12 km event by winning the race and covering the 5 mile course in 24 minutes 23 seconds, beating three times National cross country champion Dave Clarke by sixty metres. Simon Rayner,

another Hercules Wimbledon runner, was a long way back in 3rd place and must have regretted his pre-race predictions.

The popular Wimbledon course attracted a very high quality field, with no less than 42 Belgrave runners in the senior race and 22 in the youngsters' event.

Apart from Staines' performance there were good Belgrave supporting roles from Steve Harris, making his debut in Belgrave colours in 5th place but unable to score, and Frank Ward back to his best form in 8th.

Stuart Paton played a captain's role in 16th position, two places ahead of Marcello Bizio, and other notable runs came from Graham Adams, 23rd, Mark Sinclair, 32nd, and Jim Estall, 40th and making his debut for the Bels on the country.

New Zealander Mark Anderson closed in our scoring 10 in 61st position, 50 places better than the last scorer in the first league race in October. The team finished in 2nd to Boxhill but well ahead of Aldershot and Hercules Wimbledon.

1, G.Staines (Belgrave) 24:23; 2, D.Clarke (Hercules Wimbledon) 24:31; 3, S.Rayner (Hercules Wimbledon) 25:07; 5, S.Harris (guest) 25:36; 8, F.Ward 25:45; 16, S.Paton 26:16; 18, M.Bizio 26:20; 23, G.Adams 26:32; 32, M.Sinclair 26:50; 40, J.Estall 27:02; 50, M.Kinane 27:12; 59, O.Lewes 27:29; 61, M.Anderson 27:35; 65, D.Maynard 27:40; 72, C.Dickinson 27:47; 78, A.Paton 27:59; 80, M.Mazzotta 28:02; 89, M.Webb 28:16; 93, R.Alsop 28:24; 105, I.Dent 28:37; 107, R.O'Hara 28:44; 108, D.Scott 28:44; 115, M.Lake 28:54; 129, M.Nouch 29:22; 157, J.Mather 30:12; 167, N.Clarke 30:35; 168, C.Knight 30:37; 170, Mike Lake 30:38; 172, D.Clack 30:44; 184, J.Barry 31:04; 199, A.Stone 31:45; 209, A.Painter 32:09; 216, J.Wasbrough 32:53; 223, L.Coy 33:14; 224, R.Bale 33:17; 233, E.Stroud 36:17; 234, E.Pritchard 36:12; 238, S.Jakeman 38:17.

Teams: 1, Boxhill Racers 239; 2, Belgrave 297; 3, Aldershot F&D 367; 4, Hercules Wimbledon 368; 5, South London 471; 6, Thames H&H 480; 7, Heme Hill 586; 8, Met. Police 732; 9, Woking 749; 10, Rahelagh 762.

SOUTH OF THAMES JUNIOR COULSDON, 9 NOV 1991

Another good turn out from runners and supporters for this tough race on Farthing Downs. The

Team Manager's main problem was in deciding who to declare in teams A, B and C, working on early season form.

Graham Adams, back from illness and injury had a fine run leading the team home in 16th position and Ian Dent came through strongly to finish in 54th place.

1, S.Barden (GEC Avionics) 27:52; 2, E.Hurley (F&C) 28:08; 3, J.Brimecome (Portsmouth) 28:18; ... 16, G.Adams 29:20; 41, J.Hobbs 30:04; 45, M.Webb 30:09; 54, I.Dent 30:20; 61, M.Anderson 30:28; 70, C.Dickinson 30:39; 76, R.Harding 30:53; 83, N.Holland 31:01; 90, A.Paton 31:17; 126, M.Nouch 32:12; 131, R.O'Hara 32:20; 133, M.Lewington 32:21; 158, J.Coy 32:49; 169, T.Williams 33:08; 184, N.Clarke 33:36; 185, D.Anderson 33:39; 195, D.Clack 33:57; 221, A.Stone M50 34:51; 243, J.Wasbrough M50 35:53.

Teams: 1, GEC Avionics 44; 2, Brighton & Hove 74; 3, Portsmouth 86; ... 8, Belgrave 'A' 156; 24, Belgrave 'B' 450.

CLUB 7.5 MILE CC CHAMPS., WIMBLEDON, 30 NOV 1991

This year Colin Pearson changed the course to the far more challenging Surrey League course and incorporated an inter-club match with Hercules Wimbledon, Met. Police, VAC and other local clubs. The result was a far better turn out from 'A' team runners and greater interest further down the field.

Frank Ward and Marcello Bizio both started cautiously as the runners set off over the golf course and down through the woods. This proved wise when the leading group, including Owain Lewes and Jim Estall, took a slight detour in the woods (despite running the same course a week earlier in the Surrey League).

After the first tour of the three lap course Frank and Marcello had begun to pull away from the rest of the field, with Frank allowing Marcello to dictate the pace. Eventually, however, Frank's strength proved too great over the last lap and he pulled away at the playing fields and up the final hill to win by 23 seconds.

A very pleasing afternoon was capped by Belgrave easily winning the team race from Hercules Wimbledon, packing six in the first thirteen.

1, F.Ward (Belgrave) 40:37; 2, M.Bizio (Belgrave) 41:00; 3, K.Falvey (Hillingdon) 41:27. Other club championship posi-

Countryman's Gottings

The most pleasing thing about the past season is the team spirit which has been generated by club captain Stuart Paton helped along by his brother Andy, also Graham Adams, Gary Staines and others. The start of the season saw Belgrave come third in the Surrey Road Relay at Dunsfold Airport.

The Reebok Surrey League gave us probably our best overall turnout for a few years. There was everything to run for in the approach to the last league match, but we ended up fifth. We were strong but the other clubs were stronger.

The South of the Thames Junior was another good effort. Belgrave were eighth team; G. Adams was 16th, J. Hobbs 41st, M. Webb 45th, I. Dent 54th, Mark Anderson 61st and veteran and co-editor C. Dickenson 70th closing in our scoring six. We also won the 'B' team and 'C' team events with Tony Stone chasing Derek Clack home.

The Senior race was even more pleasing. To pick up third place medals after losing some of the 'A' team runners was very rewarding. As team manager I still need a gold medal win to make the set complete - hopefully next year!

As someone else has reported on the Southern Cross Country, I will just say thanks for the excellent support. The National was almost as good but with a flu bug going around the week before it did affect the turnout.

Colin G. Pearson

*All results and reports by
CHARLES DICKINSON
unless otherwise indicated.*

tions:

3, J.Estell 41:50; 4, O.Lewes 42:28; 5, M.Mazzotta 42:45; 6, C.Dickinson 43:16; 7, M.Lake 43:37; 8, M.Nouch 44:36; 9, M.Lewington 44:59; 10, T.Williams 45:54; 11, N.Clarke 46:53; 12, D.Winson 47:22; 13, D.Anderson 47:37; 14, F.Riach 48:23; 15, J.Wasbrough 49:33; 16, R.Bale 50:38; 17, L.Mann 52:26; 18, F.Barrett 52:40; 19, E.Stroud 53:56; 20, A.Lane 56:55; 21, D.Maughan 58:11; 22, M.Bowers 62:22.

Handicap: 1, F.Riach 36:53 (11:30); 2, M.Mazzotta 37:05 (5:40); 3, J. Wasbrough 37:18 (12:15).

Inter-club match 1, Belgrave 27; 2, Hercules Wimbledon 47; 3, Met. Police 89; 4, Hillingdon 100; 5, Croydon 133; 6, Ealing 142; 7, Vets' AC 153; 8, Bank of England 194.

SURREY CC CHAMPS., FRIMLEY, 14 DEC 1991

Runners and spectators had to brave fog and ice when driving to the middle of Surrey for the County Championships. They were greeted by a very tough woodland course but it was remarkably bathed in sunshine for the early part of the afternoon.

All the Belgrave team performed well, especially Frank Ward who was in excellent form. He was with the leading bunch throughout the race and made a very courageous attempt to win on the last lap before his legs gave out in the last mile. Frank finished only fifteen seconds behind the winner Dave Cowan of Boxhill.

Graham Adams, Marcello Bizio, Matt Kinane, and Jim Estall all packed well in the first 25, although Jim couldn't score. Further down the field, 800m runner Dave Scott hung on well and Martin Lewington showed all his determination.

1, D.Cowan (Boxhill) 37:22; 2, K.Penney (Boxhill) 37:28; 3, S.Fairbrother (Boxhill) 37:31; ... 7, F.Ward 37:37; 13, G.Adams 38:44; 15, M.Bizio 38:45; 21, M.Kinnane 38:59; 22, J.Estell (n/s) 39:02; 68, D.Scott 41:30; 90, M.Lewington 42:47; 107, T.Williams 43:48; 124, D.Anderson 44:41.

Team: 1, Boxhill Racers 37; 2, South London 123; 3, Herne Hill 159; 4, Belgrave 191; 15 teams closed in.

HOG'S BACK 9.125m ROAD RACE GUILDFORD, 15 DEC 1991

This event, now in its 34th year, perhaps lacked a little in quality compared with past years, with fog and frost deterring many of the most illustrious names from travelling. However, 1200 runners, with well over half the field veterans, did tackle the course which includes a heartbreaking two mile

climb out of Guildford. The Belgrave contingent were led home with a fine 8th place from Jim Estall.

1, D.Knight (Brighton & Hove) 46:05; 2, M.Cooper (Southampton) 47:02; 3, T.Butler (Surrey University) 47:09; ... 8, J.Estell 48:39; 129, R.Pearson M45 55:54; 172, R.Stone M50 57:05; 289, P.Cooper 1:00:31; 352, L.Mann M50 1:02:03; 384, H.Maskrey 1:02:35; 537, D.Davies M50 1:05:39; 581, M.Hutton 1:06:34; 594, J.Davies M60 1:06:46; 596, D.Manning M50 1:06:47; 738, D.Maughan 1:09:44; 950, P.Davies W50 1:15:32; 952, C.Henn M60 1:15:33; 1175, C.Manning 1:31:24.

CENTRESPORT 10km, CRYSTAL PALACE 29 DEC 1991

Andy Paton showed the benefit of his regular training sessions at Tooting with a good 32:58 on this very tough three lap course around the paths in Crystal Palace. Andy has improved with every race this winter and finished almost within sight of his brother Stuart.

1, A.Guilder (Blackheath) 31:05; 2, T.Clarke (Poole) 31:11; 3, K.Penney (Boxhill) 31:15; ... S.Paton 32:16; 21, A.Paton 32:58.

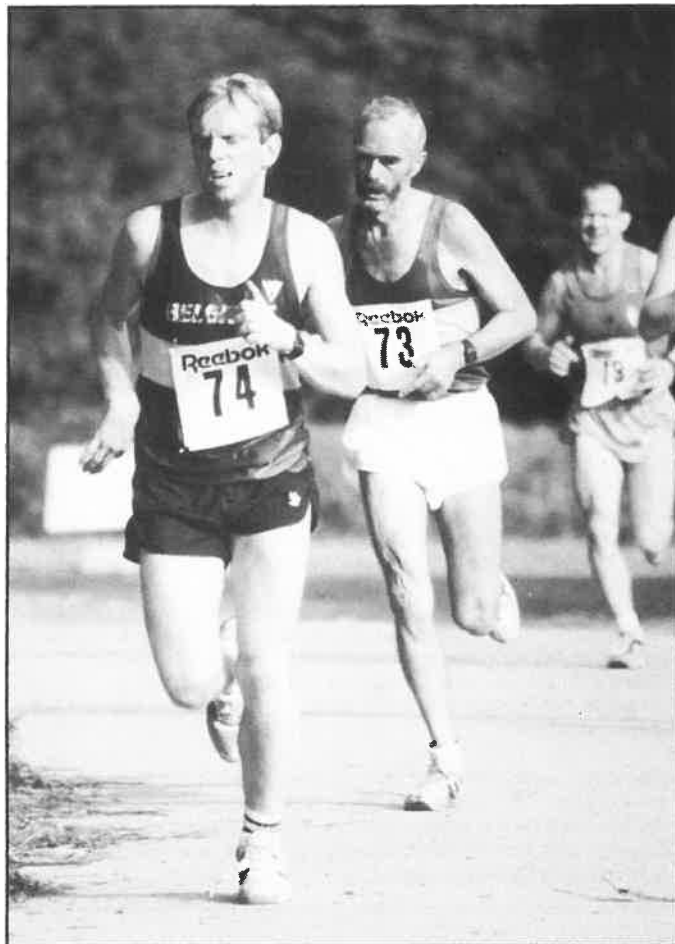
TADWORTH 10m ROAD RACE 29 DEC 1991

1, R.Treadwell (Redhill & Surrey Beagles) 50:55; 2, M.Howard (Boxhill) 51:21; 3, J.Sear (Woodford Green) 51:29; ... 44, A.Verdie (3rd M50) 57:34; 60, D.Anderson 58:30; 215, L.Mann M50 66:33; 334, D.Davies M50 71:35; 348, N.Mills W35 72:07; 371, D.Manning M50 73:15; 493, R.Faithfull M50 79:45; 640, C.Manning M60 95:56.

LAURISTON 30 MINUTE PAARLAUF, WIMBLEDON, CHRISTMAS DAY 1991

This year's result was a forgone conclusion when the names came out of the hat, with Marco Ciglia from Hercules Wimbledon on fine Vets form drawn with our own second-claim Steve Harris. Don Anderson battled away mightily for second place.

1, S.Harris & M.Ciglia 6m 548yd; 2, A.Reader & D.Anderson 6m 378yd; 3, K.Jennings & K.Barrett 6m 315yd; 4, H.Brasher & P.Mulholland 6m 246yd; 5, P.Barratt & L.Coy 6m 235yd; 6, G.Adams & K.Disley 5m 1589yd; 7, S.Sinnott & P.Roche 5m 1586yd; 8, M.Sinclair & A.Turner 5m 1572yd; 9, A.Paton & F.Green 5m 1562yd; 10, R.Hull & D.Williams 5m 1559yd.



Above: Trevor Williams and Tony Stone battle round the Richmond Park course during the first League Match.

MORPETH TO NEWCASTLE 14.25m ROAD RACE, 1 JAN 1992

Paul Evans, only picked as a reserve for the Great Britain Marathon team for Barcelona, began his campaign to prove the selectors wrong by demolishing the usual strong field, including Steve Brace, in the traditional New Year's Day race.

Paul had come second to Paul Cuskin in 1990, and was 4th last year. This year he was determined to make it third time lucky and showed his strength with a 4:34 tenth mile which left the rest of the field in his wake.

Most of the top Marathon runners, including Paul, would have preferred a trial to select the Olympic team, but this time the selectors have gone on the past year's form. This policy denies an up and coming runner, such as Paul, a chance on the year of his emergence. Paul plans to continue to prove the selectors wrong when it comes to the London Marathon in April.

1, P.Evans (Belgrave) 69:35; 2, S.Carey (Warrington) 70:10; 3, S.Brace (Bridgend) 70:25.

Mark Anderson ran out winner of the Capital 5km in Hyde Park on December 6th with 15:59. Gavin Teahan was 6th in 16:28.

Mike Webb's 33:32 for the Lara Classic 10km at Epsom on December 22nd gained him 8th place.

New Year's Day, and Frank Ward started the year off with 3rd place in the Cranleigh 10km in 30:39. Winner was Hugh Brasher of Hounslow in 30:31 with Omega's C.Harry 2nd in 30:33.

Stuart Paton beat the Lara Long Grove 3.3 mile record on January 15th but still found himself well behind Tipton's (now 2nd-claim Belgrave's) Chris Sweeney who swept round in 15:37 to Stu's 15:52. They filled the same positions in the 1.1 and 2.2 mile events with 4:51/10:16 and 4:54/10:29 with Chris missing the short record by just 1 second but also making the 2.2 record his own.

Matt Kinnane won the London Transport CC Championship at Wembley on January 18th and with his Metropolitan Railway team mates backing up well in 2nd, 3rd and 9th, they took the team title as well.

Roller-coaster form from Gary

Gary Staines was believed to be one of the favourites for the opening race in the 1991-92 series for the IAAF World Cross Challenge at Bolbec near Le Havre in France on December 1st. The previous week he had looked invincible in the Surrey League race, beating Dave Clarke and Simon Rayner handsomely, but here, suffering from a sinus problem, he struggled to come home 33rd and Hercules Wimbledon's Rayner got his own back to the extent of 51 seconds. Gary's 29:14 was some two minutes behind the Kenyans Osoro and Karori.

Six days later in Geneva for an 8km race the Belgravian was back up to expectations again in chasing home another Kenyan, Sigei, The African's time was 25:44 to Gary's 26:00 and in 3rd place was the Swiss Pierre Deleze with 26:09.

Beamish in the North-east on December 28th was Gary's next outing in the "World Cross" but his roller-coaster form took a dive back again. He figured among the leaders during the early part of the 8km race but did not look happy, slipping back to 32nd place and 25:40 as against the winner's 24:21.

An invitation to take part in UK trial for the World Championship Cross Country at Basingstoke on February 9th came his way but by end of January Gary was becoming concerned about his chances in the summer, having not run since that race at Beamish due to recurring bouts of 'flu' and a problem with his left achilles tendon.

Eventually he took himself off to Australia to see out the rest of the European winter and the latest news is that he has undergone an operation on his achilles tendon. We wish him a speedy recovery and look forward to seeing him back in action this summer with all his old vitality.

Below:

The Brothers Paton, Stuart (71) and Andy (72) get well involved in the initial charge up the hill at The Nower, Dorking in Reebok Surrey League match 3.

Photo by Ray O'Donoghue

SOUTHERN CC CHAMPS., PARLIAMENT HILL, 11 JAN 1992

Our greatest strength at the present time is not over 9 miles of cross country but it was, however, to team manager Colin Pearson's credit that Belgrave finished twelve runners.

1, B.Royden (Medway) 44:44; 2, D.Bannister (Shaftesbury Barnet) 44:48; 3, I.Manners (Highgate) 44:52; ... 136, M.Webb 49:05; 175, O.Lewes 49:41; 187, O.Foote 49:53; 190, M.Bizio 49:55; 225, M.Mazzotta 50:26; 246, Mark Anderson 50:43; 341, I.Dent 52:01; 381, D.Anderson 52:36; 431, M.Lewington 53:25; 485, J.Mather 54:12; 520, M.Nouch 54:47; 621, N.Clarke 56:22; 1034 finished. Teams: 1, Shaftesbury Barnet 133; 2, London Irish 149; 3, Blackheath 225; ... 21, Belgrave 1159; 96 teams closed in.

REEBOK SURREY CC LEAGUE, DIV 1 RACE 3, DORKING, 18 JAN 1992

This course is proving to be pretty unpopular, with Belgrave, along with most other clubs, finding it difficult to muster their strongest team to run on it.

Belgrave were led up the first hill in fine captain's style by Stuart Paton, but this was not a course for 1500m runners and Stuart almost ran himself to exhaustion in finishing 25th.

John Njugana and Charles Cheruiyot, two Kenyans running for Belgrave as guests, made light work of the course and all the other runners, coming 1st and 2nd. The most amusing part of the afternoon was when Colin Pearson managed briefly to convince the rival teams that the two would be scoring for Belgrave.

1, J.Njugana (guest) 29:27; 2, C.Cheruoyot (guest) 29:30; 3, M.Hickin (Met Police) 30:02; ... 11, M.Bizio 30:43; 25, S.Paton 31:12; 26, J.Estall 31:13; 40, O.Foote 31:50; 49, M.Mazzotta 32:18; 51, A.Paton 32:22; 59, I.Dent 32:42; 99, M.Lewington 34:13; 116, J.Mather 35:02; 133, S.Willimont 35:30; 146, T.Williams 36:25; 149, N.Clarke 36:34; 169, D.Clack 38:14; 174, J.Wasbrough 38:43; 178, A.Stone M50 39:03; 181, M.Forrester 40:16.

Teams: 1, Boxhill 177; 2, Thames H&H 402; 3, Herne Hill 412; 4, South London 463; 5, Hercules Wimbledon 480; 6, Belgrave 517; 7, Aldershot F&D 561; 8, Ranelagh 673; 9, Woking 680; 10, Met Police 685.

CLUB 10m CC CHAMPS., WIMBLEDON 25 JAN 1992

In spite of a change of course to four laps of the Surrey League circuit, the ten mile championship race again found little support. With only six of the club's top sixty runners (as shown in "Boofer's little black book") competing



and very little interest shown from the ordinary athlete, the future of this race must be in question. Perhaps it should be replaced by a five mile handicap early in the season. Readers might like to express their views.

However, this should not detract from a fine performance by Martin Lake who dominated the rest of the field from the start. Martin never looks better than when leading and he managed to draw away although only training three times a week and racing lightly at present. He has an excellent record in club championship races over the last seven years or so, both over the country and on the track.

Mark Anderson worked his way through to second position, finishing strongly on the last lap and it was a pleasure to see fellow New Zealander Martin Lewington win the bronze medal in his last race before returning home with his family. Martin has gradually returned to fitness after illness last winter and his run showed typical determination. He should continue to improve in the Antipodean sunshine.

1, Martin Lake 58:31; 2, Mark Anderson 59:58; 3, M.Lewington 60:25; 4, S.Willimont 61:06; 5, R.Alsop 61:41; 6, G.Teahan 62:08; 7, D.Anderson 64:22; 8, T.Williams 64:44; 9, A.Stone 67:37; 10, M.Graham 69:18; 11, D.McMillan 70:47; J.Stevenson ran three laps. **Handicap** 1, M.Lake (6:40) 51:51; 2, M.Lewington (8:20) 52:06; 3, S.Willimont (8:20) 52:46.

INTER-COUNTIES CC CHAMPS., CORBY, 25 JAN 1992

1, W.Deer (Beds) 36:32; 2, J.Buckner (Leics) 36:36; 3, J.Downes (Middx) 36:40; ... 161, G.Adams (Surrey) 40:13; 298, F.Ward (Surrey) 42:51.

SOUTH OF THAMES SENIOR WIMBLEDON, 1 FEB 1992.

Although several 'A' team runners dropped out in the last week, Colin Pearson's efforts in putting out a team of twelve for this popular event on our home course were rewarded with third place in both the six and twelve to score championships.

Conditions were dry and fast and it was good to see so many familiar Belgrave faces officiating and supporting around the course. The Belgrave team were led home in fine style by road running captain Marcello Bizio in 13th position. Ollie Foote, returning to fitness, was next scorer, moving through the field to 26th just ahead of Jon Hobbs, another runner who has been plagued by injury problems this winter. Veteran Charlie Dickinson allowed himself the luxury of a steady start and then enjoyed himself as he picked off



Left: Martin Lewington, here running the ridge at The Nower, also placed 3rd in the Club '10' before returning home to New Zealand. Our best wishes go with him.

REEBOK SURREY CC LEAGUE, DIV 1 RACE 4, COULSDON 15 FEB 1992

A disappointing end to the season. Before the final match, Belgrave had a chance to pull up to second position with a strong turn out. However, it was not to be. With injuries to Gary Staines, Stuart Paton and Graham Adams, others missing and below par performances by Frank Ward, Marcello Bizio, and Jonathon Hobbs, Belgrave finished fifth on the day and dropped to fifth position overall.

Again, many Belgravians came out to run and support the team and overall this has been a much more encouraging cross country season with a good team atmosphere generated by Colin Pearson and Captain Stuart Paton. In the end though, we need runners who can finish in the top twenty consistently if we are to stand a chance of beating Boxhill.

The race was dominated by new Belgrave 2nd-claim member Chris Sweeney, running for SLH

for the last time. It was also good to see Brandon Reid battling away on this very tough course; his score was important for the team. A pleasure, too, to see John Bicourt chasing the scoring ten home.

1, C.Sweeney (SLH) 27:12; 2, M.Hickin (Met Police) 27:40; 3, G.Hull (Woking) 27:42; ... 21, F.Ward 28:35; 30, O.Foote 28:57; 34, J.Estell 29:07; 45, A.Paton 29:26; 47, J.Hobbs 29:31; 55, M.Bizio 29:42; 59, B.Reid 29:54; 64, M.Mazzotta 30:04; 71, C.Dickinson 30:29; 84, G.Teahan 30:56; 95, J.Barry 31:36; 98, D.Anderson 31:39; 106, J.Bicourt M45 31:50; 111, S.Willimont 31:59; 116, Mike Lake 32:06; 129, D.Clack 32:46; 132, T.Williams 32:56; 138, C.Bond 33:20; 144, A.Painter M40 34:08; 148, A.Armstrong 34:16.

Teams: 1, Boxhill 247; 2, Aldershot F&D 278; 3, Thames H&H 360; 4, South London 409; 5, Belgrave 487; 6, Herne Hill 514; 7, Hercules Wimbledon 598; 8, Woking 642; 9, Met.Police 681; 10, Ranelagh 834.

Below: Third scorer for the Bels. over SLH's course, Jim Estell seems to be a master of road, country and track.

scores and scores of the opposition as the race progressed.

1, B.Reynolds (Tonbridge) 39:17; 2, A.Thomas (Thames H&H) 39:22; 3, J.Watson (Thames H&H) 39:29; ... 13, M.Bizio 40:33; 26, O.Foote 41:06; 28, J.Hobbs 41:12; 44, M.Mazzotta 41:56; 60, C.Dickinson 42:39; 66, M.Webb 42:50; 91, Mark Anderson 43:36; 96, G.Teahan 43:40; 118, D.Anderson 44:23; 141, R.Alsop 45:14; 148, S.Willimont 45:33; 209, R.Harding 48:28.

Teams: 6 to score - 1, Southampton 98; 2, Thames H&H 107; 3, Belgrave 237.

12 to score - 1, Thames H&H 616; 2, South London 913; 3, Belgrave 1040.

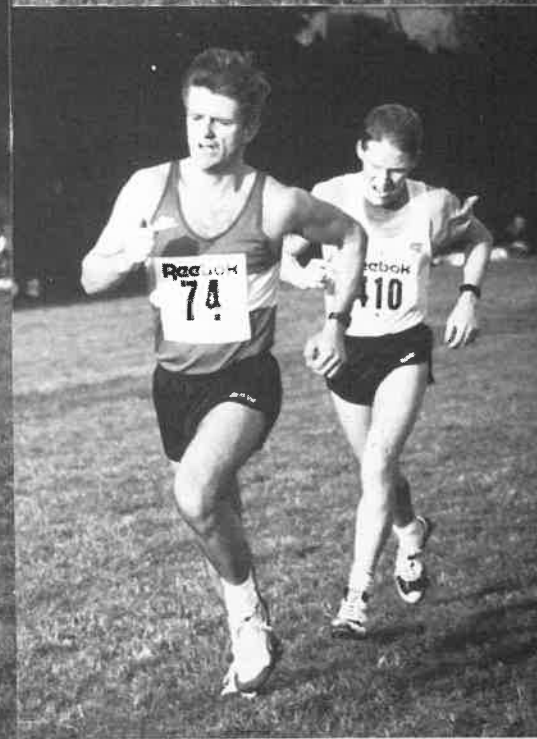
'26.2' 10km Inc. SURREY CHAMPS, 9 FEB 1992

A good win in a new course record for Chris Sweeney running for his first claim club Tipton. Belgrave came second in the Surrey team race helped by some very encouraging performances from a fit again Andy Paton (5th in the Surrey Champs.), Marcello Bizio (6th), Mark Anderson and Brandon Reid.

1, C.Sweeney (Tipton) 29:47; 2, B.O'Connor (Tipton) 30:22; 3, S.Blaney (Highgate) 31:32; ... 7, A.Paton 31:51; 8, M.Bizio 31:54; 17, Mark Anderson 32:29; 22, B.Reid 32:55; 25, O.Lewes 33:08; 32, M.Webb 33:40; 44, A.Armstrong 34:36.

Teams: 1, Herne Hill 18; 2, Belgrave 21; 3, Boxhill 26.





Above: Top left to right - Ollie Foote, second Belgravian home at Coulsdon, a hirsute Frank Ward (we hear he has taken it off for his wedding) and Marco Mazzotta., who has steadily improved since last Autumn. Bottom - Jon Hobbs, Andy Paton and Don Anderson, the man who runs the Club '10' and then goes round again to collect the flags (and probably went round before to set them up!

NATIONAL CC CHAMPS., NEWARK, 29 FEB 1992

Seven runners and a number of supporters made the long journey up to Newark for this year's National. All ran well with Ollie Foote and Jonathon Hobbs leading the Belgrave scorers in the low two hundreds. Mark Anderson said that although he couldn't say that he had enjoyed the race, it would be an experience that he would always remember!

It was also interesting to

note that James Ryle, running the National for the first time for his home town club Deal, finished a fine 290th in 46:13.

1, E.Martin (Basildon) 40:29; 2, W.Deer (Luton) 40:56; 3, A.Carey (Warrington) 41:13; ... 209, O.Foote 45:31; 218, J.Hobbs 45:36; 455, M.Mazzotta 47:23; 462, M.Webb 47:25; 629, M.Lake 48:27; 783, Mark Anderson 49:24; 1040, D.Anderson 50:48; 2197 finished.

Teams: 1, Tipton 229; 2, Shaftes-

bury Barnet 374; 3, Blackheath 421; 4, London Irish 423; ... 51, Belgrave 2756; 246 teams closed in.

Three "Belgravians" each year

Don't forget to make use of the "Donation to Belgravian Fund" when you get your membership renewal form this year. If everyone gave £5.00 we could publish three magazines a year.

BELGRAVE 5.75m ROAD RACE CHAMPIONSHIP 7 MAR 1992

There was no doubt about it, writes **ALAN MEAD**. Frank Ward had appeared to be in good form throughout the winter and his run round the hills of Wimbledon proved it once again. Already clear of the field by the end of Lauriston Road he was never to be headed and although Marco Mazzotta and Brandon Reid seemed to be limiting the damage to about 30 metres after two laps of the 'top', the next time the officials saw him he was exactly one minute clear of the second man. Frank's winning time was a personal best by ten seconds and we believe that this is the fourth time he has taken our road race championship.

Marco Mazzotta is carving out a good little niche for himself in the Club. Regularly turning out and regularly improving in this his first winter with us, his is obviously a name to watch. On this occasion he had additional worries in that he had lost his wallet on the way up to the Hall but it didn't seem to affect his performance. It was good, too, to see youngsters Martin Readhead and Marlon Anderson having a go, with Martin being rewarded with first handicap prize.

Generally the field was well sorted out by the time the runners approached the finish line but Leo Coy, running some 90 seconds faster than the same time last year, and Tony Stone were locked together for a final sprint. One feels that Leo might have just got the verdict but at the last moment with only a few metres remaining he settled for safety as a car travelling in the opposite direction split the pair of them. Spare a thought for poor George Piddington. He had travelled all the way from Havant for this race only to find himself badly dropped after a mile and a quarter. He decided to call it a day there and then and went for a jog instead. But no doubt the later news of Portsmouth FC's victory over Brian Clough's Nottingham Forest in the FA Cup quarter-final cheered him up!

There were 22 finishers, twice the number that completed last year's race, and although we regularly hear, "Oh! in 1967 we had a dozen home in under 30 minutes," one nevertheless went home satisfied in having seen a good afternoon's sport.

1, F.Ward 28:27; 2, M.Mazzotta 29:27; 3, B.Reid 29:43; 3, Martin Lake 30:43; 5, S.Willimont 31:09; 6, O.Lewes 31:57; 7, Mike Lake 33:15; 8, D.Anderson 33:25; 9, M.Readhead 33:34; 10, T.Williams 33:45; 11, A.Painter 33:59; 12, J.Slough 34:05; 13, J.Wasbrough 35:36; 14, M.Anderson 35:55; 15, A.Black 36:02; 16, A.Stone 36:21; 17, L.Coy 36:22; 18, D.Clack 36:31; 19, R.Mann 36:44; 20,

R.Bale 36:53; 21, L.Mann 37:29; 22, M. Forrester 38:12; G.Piddington dnf.

Handicap: 1, M.Readhead (6:30) 27:04; 2, F.Ward (1:15) 27:12; 3, S.Willimont (3:30) 27:39.

CHINGFORD 5x3.5m RELAY, 14 MAR 1992

The Belgrave 'A' team just missed the third place medals by two seconds after first leg runner Darryl Maynard trailed in behind the 'B' and 'C' runners, Marco Mazzotta having run an excellent 16:57 and Brandon Reid 17:01. With Mark Anderson taking over from Marco for the 'B's' also running well it wasn't until Graham Adams finished the third leg in the fastest Belgrave time of the day, 16:45, that the 'A' team regained its rightful place.

Darryl had won two events at the Civil Service indoor Championships only two days previously; the 400m in 49.8, and the 1500m in 4:09.5. He was also a member of the winning 4x200m team and incredibly had run all these plus heats for all three on the same afternoon. He told the Team Manager that he was 'flying' and might well have done if he hadn't still got those races in his legs!

1, Woodford Green 1:24:19; 2, Shaftesbury Barnet 1:24:38; 3, Ilford 1:25:12; 4, Belgrave 'A' (D.Maynard 17:33, A.Paton 17:09, G.Adams 16:45, M.Bizio 16:55, O.Foote 16:52) 1:25:14; ... 9, Belgrave 'B' (M.Mazzotta 16:57, Mark Anderson 17:14; R.Alsop 17:47; G.Teahan 18:13; S.Willimont 18:19) 1:28:30; Belgrave 'C' (B.Reid 17:01, A.Armstrong 19:09, J.Wasbrough 20:46, D.Anderson 19:29) dnf; Belgrave 'D' (L.Coy 21:02) dnf.

TVH 5x3.5m ROAD RELAY, CRANFORD, 28 MAR 1992

This year's relay at Cranford provided the usual stiff opposition and an opportunity to test last minute form before the "twelve stage" the following week. On a cold day there were good sub-17 minute runs from Stuart Paton, Jim Estall, and Ollie Foote which helped the Belgrave 'A' team to finish in 9th position.

Swansea, without some of their best runners, again won the race - but this year only just. Perhaps the best performance of the day, however, was in the earlier Vets' race when Tony Simmons took 23 seconds off Mike Barratt's Veterans' lap record to record an amazing 16:18.

1, Swansea 81:29; 2, Shaftesbury 81:39; 3, Highgate 83:14; ... 9, Belgrave 'A' (S.Paton 16:43 17th, J.Hobbs 17:06 17th, D.Maynard 17:23 16th, J.Estall 16:54 10th, O.Foote 16:50 9th) 84:56; 62, Belgrave 'B' (O.Lewes 18:09 61st, R.Alsop 17:41 52nd, N.Holland 20:02 63rd, I.Dent 18:02 52nd,

Cracking half-marathons from Evans

CAMBERLEY HALF-MARATHON, 8 MAR 1992

Paul Evans continued his impressive build up to the London Marathon with an outstanding win in 62:13 on this tough undulating course. Although he took five miles to settle down, he then began to relax and reeled out a series of sub five minute miles, including 4:37 for the 7th, and pulled well away from the rest of the field to win from Canadian Phil Ellis by over two minutes. His prize for recording a win in under 63 minutes was £5,000 or a VW Polo car. He is currently on 130 miles per week in his build up to the London Marathon.

Marcello Bizio, finishing fifth overall, was runner up to Bob Treadwell in the Surrey Championship.

1, P.Evans (Belgrave) 62:13; 2, P.Ellis (Canada) 64:46; 3, V.Garner (Aldershot F&D) 66:11; ... 5, M.Bizio 70:01.

LISBON HALF-MARATHON, 15 MAR 1992

Just a week later came another magnificent performance from Paul who finished third in 61:34 and beat two of Britain's selected Olympic marathon runners Steve Brace, 62:16, and Dave Long, 63:01. Not only that, he was 39 seconds ahead of Italy's Gelindo Bordin! The selectors must now be getting really worried that they've got it wrong.

1, T.Chimussa (Zimbabwe) 61:17; 2, S.Ermili (Morocco) 61:19; 3, P.Evans (Belgrave) 61:34.

unknown runner 20:05 62nd) 93:59; Belgrave 'C' (D.Anderson 19:13 79th, T.Yates 19:51 78th, J.Campbell 18:45, J.Plimmer 19:57 74th, no 5th runner) dnf. Fastest time: J.Sherban (Shaftesbury) 15:42.

In the Huddersfield Road Runners 10km event on February 23rd, Steve Halliday, the 23 year old former Yorkshire Champion, won his first race in over a year wearing the colours of his new club Belgrave for the first time. He was clear by the ascent of the first hill at 2 miles, 30 seconds away by 4 miles, and eventually won the race by over a minute. His 31:08 for the course that included that tough hill at 2 miles broke the previous record by a massive 65 seconds.

Jim Estall has produced some useful times on the road this winter. He placed 6th in the Canterbury 10 miles in 52:17 on January 26th, 9th in the Watford Half-Marathon in 70:10 on February 2nd, and followed this with 7th in the Woking '10' in 51:39 on March 1st.

Over a 5 mile course at Banstead on March 1st it was a one-two for Belgrave with Frank Ward coming home in

25:21 and Marcello Bizio, 26:46.

Another fine run came from Frank with his 30:33 for 3rd place in the Herne Hill '10' on March 15th. Tobin of Swansea was the winner in 30:14 with Brighton & Hove's P.Bristow 2nd, just 5 seconds ahead of our man. With Stu' Paton 8th in 31:11 and Jon Hobbs 12th in 31:45 the Bels took 4th team place.

Young Steve Willimont ran to a 76:20 half-marathon at Fleet on March 22nd. Tony Verdie comfortably took the V55 race with his 79:33; his time was faster than any of the V45s.

Jim Ryle's 71:57 in the Swanley Half-Marathon on March 23rd gave him 7th place just over a minute outside the place medals. Winner was Luton's Tennant in 68:26. Jim has yet to get into our cross country races but he has plenty of talent, placing 290th in his first attempt at the "National" for his home town club Deal.

Simon Jakeman won the Belgrave Junior Cross Country Championship, held in conjunction with the fourth Reebok League Division One match at Coulsdon.

THE BELGRAVE-SOUTHERN 12 STAGE ROAD RELAY

Graham Adams gave us the good start we needed with his debut on a long stage - 25:37, *writes Colin Pearson*. Graham, better known for his audacious wit, is soon to be crowned the club's number 1.

Brandon Reid was the early surprise with an excellent 16:26. He did have good reason to run well as his family, over here on holiday from Australia, turned up to watch him run.

Jon Hobbs would rather have run a short leg but his experience and club loyalty was shown when he ran 26:04 on the third stage.

Andy Paton was slightly off form for his 16:50. He ran 22 seconds faster when we won in 1990. I must remember to dangle gold in front of him in future.

What can I say about Paul Evans - second fastest time of the day with 23:55 behind Eamonn Martin's 23:45. Paul's coach, John Bicourt, told me that Paul would only be running easy before his attempt in the London Marathon the following week.

Mark Anderson has come through the winter season giving good support to the team whenever he could. He justified his well earned selection with 16:33. (Just faster than my best.)

Leg 7 is where clubs normally put their best runners. Frank Ward won the club "five and three quarters" which in turn earned him the right to contest this, the strongest of all stages. He proved my faith in him with a superb 25:11. He was only three seconds faster last year on the first leg. This is probably the last time we will see Frank run so well due to his forthcoming marriage to Georgina. Ha ha!

Stalwart Stuart Paton recorded a personal best for the short lap with 16:00 to give us the boost we needed to keep our present position.

Jim Estall's time 25:53 was our fourth fastest on his first ever run around the long stage. He found the hill harder than expected and was also warming up for the London Marathon.

Marco Mazzotta unfortunately had a bad run, having had a hard week's work up in Scotland and little sleep. He only produced 17:07, when beforehand he had beaten Brandon in the "five and three quarters" and also by 4 seconds at Chingford. Marco had also supported the club whenever possible during the winter and he did not deserve

to have an "off day".

Our overall strength was showing through with Ollie Foote 26:03 only 1 second faster than Jon Hobbs. He was 5 seconds faster in the National Cross Country race.

Marcello Bizio consolidated our 7th place with a solo run on the last lap of 16:29.

Shaftesbury won by over a minute and a well earned and hard fought 2nd place went to London Irish. The other surprise was Brighton & Hove, taking 3rd. Highgate were unlucky again in 4th just a second ahead of Aldershot and our old rivals Blackheath took 6th. Belgrave ended up 7th with 4:12:08 which in the past two years would have reached 3rd place.

I must say thanks to the team for the good effort they produced and for the good club spirit they have all created during the season which makes my job easier to do. Thanks to Daryll Maynard for travelling up as first reserve. He only just missed making the team by seconds.

Alas this is to be the last "12 Stage" to be held at Wimbledon. One last thank you to Gordon Biscoe for his tremendous work over the past 20 odd years.

I think you all know how proud I was to have my picture on the inside back cover of the programme, taking over from the great Gerry North. The thrill of having run in the team through to becoming team manager of Belgrave Harriers is something I hold in great esteem.

Last but not least thanks to "Athletics Today" for the sponsorship they gave us.

If anyone is interested, Ray O'Donoghue can provide a copy of a video of the relay - £20. Contact 081-337 8701.

*Well,
was it the last one ?*

Opposite page: The "last" Belgrave-Southern Relay.
Top. High noon and the starter sends 61 runners off on the first leg. Jon Hobbs completes his lap of the "top" and nears the crowd at the Hand In Hand.
Centre. Ollie Foote sends Marcello Bizio away on the last stage. Jim Estall loosens up for the London Marathon with a 25:53 long leg. Second fastest long stage of the day and another mark in the all-time top 20 - Paul Evans has an easy run!
Bottom. Jim Estall launches Marco Mazzotta. Frank Ward reaches the summit of Wool Road. Putting on a good show for visiting relations, "Aussie" Brandon Reid streaks off the Common for a nippy second leg.

1, Shaftesbury Barnet 4:07:58; 2, London Irish 4:09:00; 3, Brighton & Hove 4:09:08; 4, Highgate 4:09:52; 5, Aldershot, F&D 4:09:53; 6, Blackheath 4:11:31; 7, Belgrave 4:12:08 (G.Adams 25:37, B.Reid 16:26, J.Hobbs 26:04, A.Paton 16:50, P.Evans 23:55, Mark Anderson 16:33, F.Ward 25:11, S.Paton 16:00, J.Estall 25:53, M.Mazzotta 17:07, O.Foote 26:03, M.Bizio 16:29); 8, Southampton City 4:12:17; 9, Borough of Hounslow 4:13:17; 10, Boxhill Racers 4:14:03; 55 teams closed in; 6 further teams started.

Fastest Long Stages: 1, E.Martin (Basildon) 23:45; 2, P.Evans (Belgrave) 23:55; 3, P.Larkins (Nene Valley) 24:00.

Fastest Short Stages: =1, J.Starling (Southampton) and S.Crabb (Enfield); 3, D.Heath (Blackheath).

The arguments have raged in the committee rooms of the South of England AA. Letters have been written to the athletics press. Discussions have been held in changing room and pub. Is our relay course now too dangerous due to increased traffic? Should the field be limited to 30 teams in an area championship? Should 'B' and even 'C' teams be permitted? Do the clubs who have offered alternative courses know what is involved in running an event like this? We must wait and see.

Athletics at its best

Dear Editors,

What a great day Saturday April 4th turned out to be for those either running or spectating at the Belgrave/Southern 12 stage sponsored by Athletics Today. Forget all the Olympic hype, this was athletics at its best. No need for doping controls here!

With its usual precision the Belgrave led team of officials ensured success. The results body, led by Clive Shippen, I'm sure had the times posted on display before the respective stage had finished! A solid police presence seemingly solving the normal traffic problems together with a bright and sunny day ensured that the event went smoother than a Rolls Royce with an oil change.

The atmosphere also appeared to be heightened, witness the support accorded to the runners when they passed between the watching throng banked on both sides of the road outside the Hand in Hand. One of my club members likened this to how the Tour de France riders must feel when traversing a mountain pass.

It would be tragic therefore if the event had to move away from its Wimbledon base, taking with it the special atmosphere, the memories and all those magnificent times set by a galaxy of athletes.

I did spot in the programme that the hard working race organiser, Gordon Biscoe, is leaving the door ajar before a definite decision is made.

Let us hope that the Southern Road running hierarchy can get together with Belgrave and come to a satisfactory conclusion to save the day. Somehow I don't believe there will be the same enthusiasm for running around a trading estate in some far flung corner of South West of England.

Pete Mullholland,
Hercules Wimbledon A.C.



REEBOK SURREY CC LEAGUE DIVISION ONE

Final Positions

1, Boxhill Racers.....	812
2, Aldershot F&D	1634
3, Thames H&H.....	1644
4, South London H	1821
5, Belgrave H.....	1858
6, Hercules Wimbledon	2065
7, Herne Hill H.....	2145
8, Woking.....	2587
9, Met. Police.....	2762
10, Ranelagh H	2872

Relegated:

Woking, Met. Police and Ranelagh.

Promoted from Division 2:

Hounslow and Croydon.

Individual Champions:

Seniors: K.Penney (Boxhill) 21 pts.

Veterans: D.Hill (Thames H&H) 5 pts.

Young Athletes: R.Xerri (Hercules Wimbledon) 8 pts.

Colts: S.Michael (South London) 7 pts.

1991 NATIONAL ROAD RANKINGS

5 miles

22, G.Staines 23:44 Denver..... 28 Apr

10k

7, P.Evans 28:56 Copenhagen..... 18 Aug

10 miles

4, P.Evans 47:26 Portsmouth..... 13 Oct

Half Marathon

9, P.Evans 1:03.04 Great North Run 15 Sep

Marathon

7, P.Evans 2:12.53 Carpi..... 27 Oct

Apologies to Owain Lewes and Gabby Collison

Just two people whose names have been consistently spelled incorrectly in our pages. The trouble is, once we have seen a name on a result sheet in one form we tend to regard that as the correct spelling. Let us know if we have got yours wrong.

Thanks from Paul

Paul Evans would like to thank all those who gave him encouragement during his London Marathon run. "It was fantastic," he said, "it was 'Go on Paul, Up the Bels.' all the way round the course."

Congratulations Georgina and Frank

The Editorial Staff are sure that you will want to join them in congratulating Georgina and our Honorary Treasurer Frank Ward on the occasion of their marriage on April 25th.

The London Marathon - April 12th 1992

Paul Evans proves his point!

When Steve Brace, Dave Long and Paul Davies-Hale were pre-selected for the Olympic Marathon many were disappointed that a place on the team had not been left open for anyone making a good showing in the forthcoming London Marathon, previously used as a selection race for such events, writes **ALAN MEAD**. Sam Carey was nominated as first reserve and Belgravian Paul Evans second reserve. True, apart from the Carpi Marathon in October when Paul made his breakthrough for 11th place and 2:12:53, his marathon race-record was not great. He had dropped out of the 1990 New York event and blown up in Berlin in his only other two attempts but that could be put down to "learning the trade" and the fact of the matter was that the door was now firmly closed to anyone on their way through.

Before the selection Paul was quoted as saying "I don't think I've done enough to get selected. If they don't pick me I'll have to go and prove them wrong." He believed even then that he would be in 2:10 form by the time of the "London" - how right he was!

Soon settling in with the group just off the pacemaker, Paul seemed to be running comfortably and as the miles were reeled off and the clutch of runners with him was whittled away, it became more and more certain that our pre-race hopes for him were going to be fulfilled.

At 11 miles the party was 20 strong and all the favourites were still there, but at 14 a 4:38 mile was thrown in by Naali of Tanzania, Pinto of Portugal and the Ethiopians Negere and Gizaw. If Paul could be said to have made a mistake it might have been here, lacking the confidence in his own ability to stick with these four as they broke away - but then who knows what's going to happen next in the marathon.

Eighteen miles and the Belgravian was by far the leading Briton and feeling good in

the company of the Pole Jan Huruk. Stitch struck at 22, though, and as the Pole imperceptibly applied more pressure Paul struggled for a while. As the Embankment was reached at 24 miles Pinto seemed to have that self-assurance that marked him out as the likely winner but Negere and Naali were still close to him and none of them was beyond the reach of the next few runners including Paul who seemed to respond well when the small band of Bels. gathered near Temple Gardens urged him on.

Sure enough Pinto had enough in hand to cross the Westminster Bridge finishing line first but Poland's great hope was on a charge, picking off the two Africans in a nail-biting finish. If only our lad could have just have stayed with him back at the Embankment! Twenty-six seconds separated Paul from the fight for the major medals and he ran under the finish banner in 5th place, 13 seconds up on last year's victor, Yakov Tolstikov.

Super running from Paul. He admits to being slightly disappointed that he finished relatively fresh: "I would have rather finished exhausted and a couple of places higher". And his comfortable beating of Bridgend's Steve Brace, next Briton home in 18th, over three and a half minutes behind, drew from him, "I thought Steve would be in better shape but he would still be my first choice for Barcelona".

Paul won't get into the Olympic Marathon unless someone pulls out with plenty of warning. He'll now have to try to make it over 10k on the track but can at least be certain in the knowledge that he has proved his point and is very close to being confirmed as the current number 1 in the UK over "26.2".

Further down the field we had plenty more to cheer about. Jim Estall looked very composed, turning to acknowledge encouragement at Tower Bridge, and "Big" Jim Ryle, although appearing tired, must have been delighted with his personal record of 2:35:50. Well done too, Tony Verdie, 9th in the M55 age group.

We don't have all the times and positions as we go to press but can give you the following:

1, A.Pinto (Portugal) 2:10:02; 2, J.Huruk (Poland) 2:10:07; 3, T.Naali (Tanzania) 2:10:08; 4, T.Negere (Ethiopia) 2:10:10; 5, P.Evans 2:10:36; ... 98, J.Estall 2:26:32; 273, J.Ryle 2:35:50; 1080, A.Verdie 2:51:44 (9th M55); 1277, R.Pearson 2:54:06; M.Gleave 3:04:03; F.Riach 3:12:45; J.Sexton 3:19:??; C.Henn 3:40:23; A.Lane 3:41:07; T.Lawton 3:45:??; P.Davies 3:46:32; M.Hutton 3:48:??; D.Davies 3:52:??; L.Mann and D.McMillan's times not known - anyone else?



Left: Jim Ryle completed his fifth marathon in a personal record of 2:35:50. Right: And Paul Evans' 2:10:36 was, of course, a Club Record. Both pictured approaching the 24 mile mark.



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