



Above: Maureen Noel, pictured during the 10k track walk at Battersea Park back in April by Jeremy Hemming.

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The Belgravian is the official newsletter of Belgrave Harriers and may be downloaded from the Club's website at www.belgraveharriers.com.

Maureen Noel – Fast Lady!

Relatively new to the sport, Maureen Noel (pictured left) can already point to a National Race Walking title over 50km – and a 3:29 marathon. We have the feeling that there is a lot more to come. John Hall tells us more:-

Maureen won the combined women's Southern and National 50 kilometre walking championships at Earls Colne in Essex on Sunday 4th September in hot conditions. It was her debut at the distance and, considering the heat and the fact that she suffered bad blistering to her feet in the closing stages, her time of 6 hours 2 minutes and 53 seconds was very respectable. And considering she had done very little training beforehand her performance augurs very well for future efforts over the distance.

Maureen has been in Belgrave colours for about two years. She was "discovered" three years ago when she competed in the Defra (Department for Environment, Food and Rural Affairs) Sports Day. Without any training she did every track event from 100 metres to 3,000 metres and among the trophies she picked up was one for the second highest points score for a woman.

Maureen said she had always wanted to be an athlete but hadn't known how to get involved. Waiting to your late 30's to get started may be a bit extreme, but better late than never....

Among the events she did that day in June 2002 was the 2,000 metres walk. Maureen had never tried race walking before but her performance was good enough to prompt John Hall to invite her to join him for training. He entered her for her second race, the 3,000 metres walk in the Civil Service track and field championships at Wigan 7 weeks later, and the rest, as they say..... Maureen finished second in 20 minutes 3.7 seconds and has progressed since then to get her time down to 17:31.

However, short distances aren't Maureen's forte. The people who regularly beat her at 3,000 and 5,000 metres walk find her powering past them in the later stages of races from about 10k upwards. So she has won the Middlesex 10 mile title this year and 6 days later won the Southern 20k. And her 10k track time is faster than doubling her best 5k time!

Running still holds attractions for Maureen. She continues to run everything from 100 metres upwards at the annual Defra sports and at the Civil Service veterans championships and can't resist a couple of runs at the main CS championships – after all a 3,000 metres walk doesn't take much out of her so why not use some surplus energy...

Seeing the London Marathon, Maureen declared an interest in running it. First John Hall trained with her for the Luton Marathon, which incorporated the Civil Service championship, in December 2004. John ran with Maureen and kept her from going too fast in the first half of the race. At about 15 miles, as he ran out of steam, he encouraged Maureen to run on ahead. She obliged by finishing 13 minutes ahead, in 3:38. Not bad on modest training. The London Marathon followed, with even less running training but an improved time (3:29).

What Maureen needs now is some consistent training and proper coaching and we may really see what she can achieve.

Road Running

Auckland Castle 10km inc. AAA & CAU Inter-County Champs., 21 August 2005.

Pipped by Morpeth again

The long haul to the North East for the Auckland Castle and AAA 10k, closely co-operating with the Surrey team for the Inter-County race, was another enjoyable experience. Once again the men were just pipped for the AAA team race and it was silver again - our fourth consecutive year as medallists. The Belles were also into the hardware, gaining a surprising set of bronze awards. And with both our teams heavily involved in the scoring for the Inter-County titles, there were yet more medals as the Surrey men placed 3rd and the women 2nd.

We like winning, of course, but one of the most pleasing things these days is that we ride our bad luck and still make a great contribution to the race. Birhan Dagne was unable to stay the course, coming out at 4k, David Anderson is continually troubled by his Achilles tendon problem and was another dnf (can't say we ever remember that happening before) while Mark Miles was unable to start due to a tendon problem of his own. But for these misfortunes it could have been double team win.

The men's team race was so tight that had it been calculated on accumulated times, as many races are these days, we would have won - exactly the same situation as with the AAA 5k a month or so earlier. Of course some other time this type of scoring could work to our advantage, but looking at the women's team results one can see that the team places were calculated on actual race positions - including men, guests, overseas competitors, etc. Where so many categories are included within the one event, accumulated times have got to be the fairest way of doing things.

Men. 1 M Kogo (Kenya) 28:49; 2 P Riley AAA-1st (Leigh) 28:54; 14 K Tadesse 30:31; 21 T Watson 31:11; 22 H Raidi 31:24; 24 A Stewart 31:38; 40 W Cockerell 33:08; D Anderson and A Swearman dnf.
Teams: AAA 1 Morpeth (11, 13, 26) 50; 2 Belgrave (14, 21, 22) 57; 3 Norfolk Gazelles (96, 113, 183) 119.
Inter-County. 1 North East 50; 2 Leicester 56; 3 Surrey 60.

Women. 1 O Kimayio (Kenya) 32:45; 2 N Harvey AAA-1st (South London) 33:15; 7 G Phillips (Kendal) 35:13; 14 D Lee (Bristol & West) 37:21; 18 T Heaton 37:53; 25 H Smethurst (1st W40) 39:35; 43 L Cooper 43:34; B Dagne dnf.
Teams: AAA 1 City of Norwich (78, 97, 112) 295; 2 Wrexham (99, 109, 111) 316; 3 Belgrave (96, 113, 183) 388.
Inter-County. 1 Lancashire 232; 2 Surrey 268; 3 North East 287.

Surrey County AA Road Relays,
Wimbledon Park, 10 September 2005.

Team Manager in the medals

This year's event was switched to the nearby bowls pavilion because Wimbledon Park athletic track was closed for refurbishment; as a result the course was a little longer than normal.

After a long run of silver medals in the Surrey Relay our men's team had the chance to go for a hat-trick of wins, having won in 2003 and 2004 - but it was back to the runners-up slot once more as alternative events took precedence in our runners' diaries.

Lee Greatorex is aiming to tackle the longer distances and his extra mileage seems to be giving him a boost over the shorter road runs as well. His fourth on the opening leg was converted to second place on leg two by the Skipper, who interrupted his support of the England cricket team by cycling from the Oval Cricket Ground to Wimbledon to do his bit - and then cycling back again for the after tea session. Only the non-scoring Thames team was ahead at this point and they were caught by Knut Hegvold on stage three, but South

London's Jason Simpson also came through and with a strong trio to follow, it was left to our own Messrs Ellacott, Humphrey and Browne to hold on to second spot as SLH gained a stranglehold on the race.

With M40s, M50s W35s and Senior Women racing at the same time as the men but over just four stages it can be very difficult to work out what is going on. Heidi Cayzer gave us a solid start and then Rosie Powell moved up two places to fourth. Team Manager Catherine Eastham put her clipboard and team sheet aside to keep the Belles in the hunt and with Jules surging through on the last stage we came home fourth - and third in the Surrey Championship as Epsom's outstanding Emily Nelson had run twice in her club's team, thus ruling them ineligible.

Men. 1 South London H 1:34:55; 2 Belgrave H 1:36:50; 3 Thames H&H n/s 1:40:31; 4 Guildford & Godalming AC 1:42:02; ... 11 Belgrave H n/s 1:48:41; 19 teams finished.

A - L Greatorex (4) 15:52; W Cockerell (2) 15:45; K Hegvold M40 (2) 15:54; T Ellacott (2) 16:13; M Humphrey (3) 16:55; J Browne (2) 16:11. B - J Webb (10) 16:35; T Weeks (7) 16:29; T Watt (9) 18:09; S Baxendale (10) 20:14; H Corbett M40 (13) 19:55; T Weeks (11) 17:19.

Fastest: S Major (South London H) 15:11; J Simpson (South London H) 15:23; I Horrocks (Hercules Wimble) 15:24.

Women. 1 Ranelagh H 1:13:48; 2 Wimbledon Windmilers 1:15:25; 3 Epsom & Ewell H n/s 1:18:10; 4 Belgrave H 1:18:36; 14 teams finished.

A - H Cayzer (6) 19:08; R Powell (4) 19:05; C Eastham (5) 21:51; J Clark W40 18:32.

Fastest: E Nelson (Epsom & Ewell) 17:12; J Ronaldson (Ranelagh H) 17:54; C Diss (Herne Hill) 18:02.

Flashback - 1960



Pictured above is Surrey's sprint relay team which set a record in the Women's Inter-County Championship. From left to right they are Jennifer Taylor (Mitcham AC), Marianne Dew (Selsonia LAC), Mary Hall (Hercules AC) and Janet Neil (Mitcham AC). Of course Marianne Dew is none other than our own Marianne Black. Photo by Gerry Cranham.

Drug rule changes

Sport's incessant war against drugs took a tentative pace forward when the IAAF voted to step up the suspension of convicted athletes from 2-to-4 years. Most genuine athletes would like it see it raised to 'for life'. If it was 'for life' human rights lawyers representing the star athletes so banned would immediately be citing 'restraint of trade'. That's life nowadays. However the IAAF must still be commended for doubling the ban. And the most lenient sport for drug takers? That's American baseball, where those caught rattling with steroids are confined to their dug-outs for precisely 4 weeks!

From Essex Walker

Results Roundup

Track & Field

June 2005

- 29 **Watford Open**. 100m: 4r4 D Campbell U20 12.09/0.0. 1500m: 5 C Axe 4:01.98. 3000m: 11rA J Clarke 9:23.46.
30 **Representative Match, Aldershot**. DT: 2 L Marar 51.40. HT: 1 J Osazuwa 58.72. wLJ: 4 K Euridge 5.15. wTJ: 2 K Euridge 10.93.

July 2005

- 3 **French Decathlon Champs, Stade Athl. Salanquais Bompas, FRA**. Z Sandell 6144 (11.71/0.8, 6.13/-2.5, 12.46/6kg, 1.82, 51.23, 16.14/0.2, 32.76/1.75kg, 3.40, 34.24, 4:32.09).
4-6 **World Medical & Health Games, Alicante ESP**. 5000m: a 1 C Herrington 15:47.0. 8.5 km XC b 1 C Herrington 27:08.
5 **Athletissima Lausanne 2005, Lausanne, SUI**. TJ: 10 P Idowu 16.34w/2.1.
5 **Trafford GP, Stretford**. 800m: 1rC S Marwood 1:55.62.
8-9 **English Schools Champs, Birmingham**. a=8, b=9 Senior Boys. 400m: b 2 S Osho 47.54 (2s2 47.85, a 1h4 48.66); 8 G Selway 49.83 (4s1 48.37, a 3h2 49.33). 800m: b 5 J Van Der Toorn 1:54.49 (a 2h1 1:54.43). TJ: a 6 J Evling-White 13.88/0.8. PV: a 1 J Ive 4.85. SP: b 5 Z Sandell 13.63. DT: b 3 C Scott 44.98.
10 **Herts County Champs**. 3000m: 1 J Clarke 9:05.1.
13 **Rosenheim League West, Barnes**. All non-scoring. Men. 100m: 1 R Collier 12.0. PV: 1 R Collier 3.40. w400m: 1 G Williams 67.3.
13 **Rosenheim League East, Tooting**. All non-scoring. 400m: 1 J Lynch 51.4. 3000m: 9 M Humphrey 9:55.0; 15 C Dickinson M55 10:24.7. Women. 200m: mx 2 S Gailey SW 28.6. 800m: 1 S Gailey 2:29.2.
13 **Watford Open Meeting**. 800m: 1r1 P Owor 1:50.78. 3000m mx 8r2 L Cooper SW 11:14.88. SP: 7 A Allen 7.93. HT: 12 A Allen 28.87.
13-17 **World Youth Games, Marrakesh, MAR**. a=13, b=14, d=16, e=17. 100m: b 1 H Aikines-Aryeetey 10.35/0.8 (a 1s2 10.41/0.1, 1h11 10.38/0.6). 200m: e 1 H Aikines-Aryeetey 20.91/0.7 (d 2s2 21.08/1.2 (1h5 21.45/0.8)).
14-17 **European U23 Champs, Erfurt, GER**. a=14, b=15, c=16, d=17. 100m: c 5 J Ellington 10.35w/2.4 (a 1h1 J Ellington 10.42/-0.9). 110mH: d 4 W Sharman 13.72w/2.9 (b 3h2 13.94/0.1. 4x100m: 4 GBR 39.45 (inc. J Ellington)).
16 **Kit Kat Schools International, Tullamore IRL**. U18. 200m: 1 S Taylor 22.06.
16 **Nacht van de Gentse Feesen, Ghent BEL**. 1500m: 3rA S Sharp 3:46.69.
16 **Meeting Madrid 2005, Madrid, ESP**. w3000m: 12 C Berry 9:19.97.
16 **Open Meeting, Loughborough**. Men. 110mH: 5rA D Girdler 14.0w/2.4 (3h2 14.1/0.7). 400mH: 1 M Douglas 50.86. DT: 4 L Marar 52.69; 7 K Brown M40 49.31. Women. 400m: 2rA T Lewis 54.56. 400mH: 4rA M Carey 57.96; 4rB J Culley 59.93; 4r3 H Stares 64.70.
16 **BMC Nike Grand Prix, Cardiff**. 800m: 2rA N Speaight 1:49.87; 10rA P Owor 1:53.20; 8rB R Ashe 1:56.10; 2rD D Gauson 1:52.28; 4rD J Van Der Toorn U20 1:54.26. 1500m: 9rA S Sharp 3:48.44. 3000m: 1 M Miles 8:06.12; 12 P Wicks 8:31.31. w3000m: 5 G Tamirat 9:35.03.
16-17 **Spanish Champs, Logroño, ESP**. wHept 6 J Hollman (gst) 4958 (14.07/0.0, 1.76, 11.91, 24.74/0.0, 6.09/?w, 37.47, dnf).
19 **BMC Gold Standard North, Stretford**. 1500m: 1rC S Marwood 3:57.21.
20 **Crawley**. HT: 1 M Jones 70.54.
20 **adidas Belgrave Speed Grand Prix, Battersea Park**. 100m: Round 1 6r2 R Danso 11.34/1.7; 3r5 J Lynch 11.48w/2.1; 4r6 A Mohammed U17 11.52w/3.1; 5r6 L Sargeant U20 11.52w/3.1; 1r7 M Debrah U20 11.80/2.0; 3r7 R Collier U20 11.88/2.0; 3r9 mx S Kemp U17W 13.56/1.6. Round 2 6r2 R Danso 11.35/1.1; 4r3 J Lynch 11.63/0.8; 3r4 A Mohammed U17 11.57w/2.2; 3r5 M Debrah U20 11.81/1.3; 4r5 R Collier U20 12.08/1.3; 3r6 D Hyde U17 13.16/1.9; 4r6 J Anigbogu U17 13.18/1.9. 200m: 2r3 J Lynch 23.17/1.2; 4r3 L Sargeant 23.61/1.2; 6r3 D Campbell U20 24.11/1.2; 2r4 R Collier U20 24.10/0.7; 5r4 M Kirby U17 25.91/0.7; 5r5 R McMillan 28.26/1.9; 6r5 mx J Fitzpatrick U20W 30.8. 5000m inc. Belgrave Champs: 1 K Tadesse 14:48.46.
21-24 **European U20 Champs, Kaunas LTU**, a=21, b=22, c=23, d=24. 200m: d 3 W Bennett Jackson 21.41/-1.6 (c 3s2 21.89/-4.1, b 2h2 21.33/-0.2). 400m: a 5h4 S Osho 48.62. SP: a 13Q C Gearing 17.87. 4x100m: d dq GBR (inc. H Aikines-Aryeetey). 4x400m: d 1 GBR 3:06.67. (inc. S Osho 46.6).
22 **Norwich Union London Grand Prix, Crystal Palace**. Men. 100m: 7h1 J Ellington 10.40/-0.3. 200m: 8 G Beasley 21.00/1.8. 400m: 1 T benjamin 44.75. 800m: 7 T Bayley 1:48.58; 8 N Speaight 1:48.58. 5000m: 18 M Miles 14:00.94. 400mH: 3rB M Douglas 50.00. HJ: 11 S Oni 2.14. Women. LJ: 7 J Hollman 6.31/1.1. JT: 2 G Sayers 58.54.

- 23 **KBC Nacht van de Atletiek, Heusden BEL**. 1500m: 8rC D Gauson 3:45.18.
24 **IAAF Meeting, Szombathely, HUN**. 100m: 8rA D Chin 10.83/-2.3. 200m: 3rC D Chin 21.92/-0.8; 4rC M Douglas 21.98/-0.8.
24 **AAI Champs., Dublin IRL**. LJ: 1 D O'Farrell 7.12/1.0. wSP: 1 E Massey 15.11.
24 **Århus Games, Århus, DEN**. 800m: 1 T Bayley 1:50.83.
26 **DN Galan, Stockholm, Sweden**. wJT: 5 G Sayers 55.45.
27 **Rosenheim League East, Tooting**. 100m: 5r3 C Manning M75 26.0. 400m: 1r1 J Lynch 50.41; 3r1 D Campbell U20 55.0; 2r2 R McMillan 63.7. 800m: 4 M Humphrey 2:06.2; 8 S Cranley SW 2:22.1. 1500m: 3 M Humphrey 4:28.5.
27 **Watford Open Meeting, Watford**. BMC Races. 800m: 3rA S Omar 1:52.19. 1500m: 6rB P Wicks 3:55.64. 1500m 1rK M Miles 3:50.23. 3000m: 2 M Miles 8:35.14.
29 **Exxon Mobil Bislett Games, Oslo NOR**. 1500m: 3 N Speaight 3:41.54.
30 **Southern League Division 2, Guildford**. DT: 1 C Scott U20 42.13.
30 **Guildford**. DT: 1 L Marar 51.91.
30-31 **GBR v FRA v RUS U23 Multi-Events, Stoke**. Decathlon: 7 K Sempers 6899 (11.23/-0.2, 6.51/-0.4, 11.14, 2.04, 51.32, 14.70w/3.6, 34.15, 4.10, 52.86, 5:05.02).

August 2005

- 2 **Sport City, Manchester**. 800m: 3rB G Oudney 1:50.74.
3 **Woking Open Meeting, Woking**. 800m: 1 T Barry U17 2:01.6.
6 **GBR v CZE v ESP v FRA U23 Under 23, Sport City, Manchester**. 100m: 1 J Ellington 10.60/-2.3. 110mH: 7 K Sempers 14.97/-2.3.
6 **LICC Match 4, Ashton Playing Fields, Woodford**. Men. 200m: 2r3 R McMillan 28.4. 400m: 2r1 J Lynch 50.1; 6r1 M Humphrey 57.5; 1r2 R McMillan 62.2. DT: 10 A Allen 20.95. HT: 4 C Privett M40 40.36; 6 A Allen 32.52. Women. 400m: 2 S Gailey 62.1. 1 mile: 1 S Murphy 5:16.4. SP: 1 E Massey 15.24. DT: 2 J Loney 37.14. HT: 3 J Loney 42.61.
6 **BMC Nike GP Final, Crystal Palace**. 800m: 7rA N Speaight 1:50.41; 1rD D Gauson 1:52.43. 1500m: 14rA S Omar 3:49.18. 5000m: 16 P Wicks 14:17.90. 400mH: 1 M Douglas 51.10. w400H: 1 M Marks 58.72.
6-7 **Calais FRA, Decathlon**: 1 W Sharman 7151 (10.74w/3.2, 7.08/0.6, 12.99, 2.01, 48.70, 14.27w/3.0, 30.21, 4.00, 39.05, 4:54.96). U20 2 Z Sandell 6325 (11.61w/2.6, 6.13/-2.1, 12.34, 1.80, 51.67, 15.71/1.7, 36.33, 3.60, 39.20, 4:38.30); J Evling-White dnf (12.09w/2.6, 6.14/-1.2, 12.66, 1.80, 55.22, 17.49/1.7, 30.58, 3.00, 31.17, dns).
6-7 **SEAA Combined Events Champs, Exeter**. U20M Decathlon: 5 R Collier 5413 (11.86/1.6, 5.93/0.8, 11.65, 1.80, 53.71, 18.60/-3.4, 25.03, 3.43, 36.12, 4:51.00).
6-14 **IAAF 10th World Championships, Helsinki FIN**. 400m: (12) 5 T Benjamin 44.93 (3s2 (10) 45.66, 1h1 (09) 44.85). 800m: 7h3 (11) P Owor 1:51.72. HJ: (12) 14Q B Challenger 6.24. 4x400m: 4 GBR 2:58.82 (inc. T Benjamin 45.0). wJT: (14) 12 G Sayers 54.44 ((12) 8Q 60.67).
7 **UK Challenge Jumps Meeting, Crystal Palace**. Men. HJ: 7 S Oni 2.05. LJ: 3 A Phillips 7.22w/2.5; 9 R Danso 6.71w/2.6; 11 G Wilson 6.13/1.0. TJ: 3 F Mepandy 14.95/0.6; 9 D Wellstead 13.94w/2.9. Women. LJ: 3 S Wellstead 5.79/-0.2; 4 K Euridge 5.48/-0.1.
10 **Watford Open Meeting**. DT: 1 L Marar 53.07; 3 A Ekoku 49.61. 3000m: mx 19 S Murphy SW 10:30.46.
13 **Gateshead**. 110mH: 4rA D Girdler 14.61/-2.1; 4rB D Girdler 14.35/0.3.
14 **Inter-Area U23 Meeting, Derby**. 100m: 1 H Aikines-Aryeetey U20 10.91/-2.3.
14 **Inter-Area U23 Meeting, Derby**. 100m: 1 H Aikines-Aryeetey U20 10.91/-2.3.
14 **Eight Counties Match, New River**. Men. 100m: 1rB J Ellington 10.51/0.8. 800m: 3rA R Ashe 1:52.22. 5000m: 5A W Cockerell 15:44.91. LJ: 1A A Phillips 7.07. TJ: 2A D Wellstead 14.02. SP: 1A C Gearing U20 16.12. DT: 1A L Marar 53.51; 3B C Gearing U20 41.84. Women. 100m: 6rB M Noel W40 15.89/1.6. 200m: 6rB R Lewis 27.19/-1.0.
15-20 **World Student Games, Izmir TUR**. 200m: (17) 5q2 D Chin 21.22/0.3 (4h7 21.42/0.4). 4x100m: (20) 3 GBR (inc D Chin) 39.41 ((19) 2h2 40.23). wJT: (20) 4 G Sayers 56.25.
16 **Trafford GP, Stretford**. BMC 800m: 5rA G Oudney 1:49.46.
16-17 **BMAF Champs, Birmingham**. M40. DT: a 1 K Brown 50.85. M50. SP: b 1 M Small 14.29. DT: a 2 M Small 46.88. HT: b 3 M Small 43.97. WT: b 1 M Small 16.83. M70. LJ: a 3 C Taylor 3.27/3.3; SP: b 5 C Taylor 9.84. JT: a 6 C Taylor 21.49. W50: SP: a 1 V Thompson 9.74. DT: b 2 V Thompson 24.57. JT: b 2 V Thompson 25.32. HT: 4 V Thompson 26.95. WT: a 1 V Thompson 10.22.
17 **Brighton & Hove Open, Withdean**. 100m: 1 S Osho U20 11.0. BMC 800m: 2rA T Bayley 1:50.5; 3rC C Axe 1:58.8. 5000m: 2 J Blackledge 14:35.4. TJ: 1 D Wellstead 14.61.
17 **Rosenheim League Final, Kingsmeadow**. Men. 100m: 2r4 M Debrah 11.7. 200m: 2r1 J Lynch 22.9; 5r1 L Sargeant U20 23.4; 6r1 M Debrah U20 23.5. 400m: 1r1 J Lynch 50.7; 5r2 R McMillan 63.2. 1500m: 1 M Humphrey 4:22.6; 13 H Corbett M45 5:17.7.

Women. 100m: mx 3r3 C Foster 13.7. 200: mx 4r3 C Foster 27.5. 400m: 2 C Foster 6.6. 1500m: mx 2 S Murphy 4:56.3; 3 A Sahely 5:01.8; 5 R Powell 5:06.8.

19 **Weltklasse, Zurich SUI.** 400m: 7 T Benjamin 45.45.

20 **Internationale GETAX Meeting, Tessenderlo BEL.** DT: 6 S Thompson 51.78.

20 **Women's Southern League Div 1, Bedford.** LJ: 1A S Wellstead 5.81; 1B K Euridge 5.62. TJ: 1A S Wellstead 11.62; 1B K Euridge 11.32. DT: 2A J Lally U20 41.18.

20 **Men's Southern League Div 1, Luton.** 800m: 1rB R Ashe 1:52.4.

20 **Men's Southern League Div 1, Eton.** DT: 2B M Small M50 41.92.

21 **Résisprint International Meeting, La Chaux-de-Fonds SUI.** 400mH: 2r1 M Douglas 49.89.

21 **Norwich Union Grand Prix, Sheffield.** 400m: 2 T Benjamin 45.49. U20M 100m: 2 W Bennett-Jackson 10.28w/2.1; 3 H Aikines-Aryeetey 10.36w/2.1.

21 **Horsham Open, Horsham.** U20M. 100m: 1 S Osho 11.20/0.6; 2 G Selway 11.25/0.6. 200m: 1 S Osho 22.22/0.8; 2 J Hussain 22.22/0.8; 3 G Selway 22.38/0.8. SP: 1 C Scott 12.30. DT: 1 C Scott 46.84. U20W. SP: 1 J Lally 10.07. DT: 1 J Lally 39.60.

23 **Lahden Eliittiset, Lahti FIN.** 400mH: 2 M Douglas 50.76.

23-3 **World Masters Champs., San Sebastian, ESP.** Men. M40 DT: (29)3 K Brown 47.02. M50 WT Pent: (2) 2 M Small 3951 (44.35, 13.87, 46.82, 42.34, 16.79). M55 10000m: (29) 5 C Dickinson 36:49.05. Women. W50 SP: (25) 7 V Thompson 10.98. W50 JT: (27) 8 V Thompson 25.87. WT: (29) 9 V Thompson 10.78. Throws Pent: (1) 8 V Thompson 3240 (32:29, 10.12, 24.49, 24.88, 10.42).

24 **Watford Open, Watford.** BMC races. 800m: 3rA C Moss 1:51.54. 1500m: 13rA P Wicks 3:53.84; 11rB C Axe 3:59.01.

26 **Memorial Van Damme, Brussels.** 400m: 2 T Benjamin 44.74.

27 **HHH Open, Tooting.** 100m: 3r3 L Sargeant U20 11.4; 4r3 M Debrah U20 11.8; 1r5 A Mohammed U20 11.5; 2r9 A Campbell U13 14.7. 200m: 6r1 M Debrah U20 23.7; 5r2 McMillan 28.7. 400m: 4r4 R McMillan 64.7. 800m: 6 T Barry U17 2:03.7. 1500m: 6 J Webb 4:26.0; 14 H Corbett M45 5:10.1. SP: A Allen U20 8.55. DT: 2 A Allen U20 21.16.

27-28 **Scottish Champs, Glasgow.** 800m: b 5 G Oudney 1:53.65 (a 4h1 1:54.71). 1500m: b 1 D Gauson 3:56.55. DT: b 2 S Thompson 52.37. w800m: b 6 C Robinson 2:10.96 (a 3h2 2:10.95).

27-28 **Combined Events International, Woerden NED.** Dec: 4 W Sharman 7384 (10.86/1.3, 7.15w/2.4, 12.75, 2.08, 48.53, 14.18/0.0, 32.80, 4.00, 43.45, 4:45.25); 12 Kevin Sempers 6879 (11.20/1.3, 7.05w/2.2, 11.44, 2.02, 50.45, 15.09/0.0, 34.51, 4.10, 45.53, 5:12.97). wHep: 2 J Hollman 6090 (13.94/0.0, 1.81, 12.79, 24.75/1.8, 6.41/1.8, 38.54, 2:16.46).

28 **Banská Bystrica SVK.** 800m: 9rA N Speaight 1:50.61. HJ: 2 B Challenger 2.23.

28 **U20 Inter-Countries, Abingdon.** Men. 100m: 1 W Bennett-Jackson 10.20w/3.7 (1h2 10.39w/3.4). 200m: 1 W Bennett-Jackson 21.15w/3.6 (1h2 21.71w/4.5). 400m: 1 R Thomas 48.52 (1h2 50.53); 3 G Selway 49.25 (1h1 50.10). 800m: 1 J Van Der Toorn 1:52.82 (2h2 1:59.99). 110mH: 8 R Collier 16.24w/4.1 (4h1 16.56w/2.2). 2000mSC: 6 M Marshall 6:44.46. SP: 1 C Gearing 18.10. DT: 1 C Scott 47.25; 7 C Gearing 38.11. JT: 7 R Collier 37.94. HT: 4 C Scott 48.04. Women. 2 J Lally 38.87.

29 **Dubnica nad Váhom SVK.** 800m: 6rA N Speaight 1:50.70. HJ: =7 B Challenger 2.10.

29 **Cardiff Centenary Games & Welsh Champs., Cardiff (Leckwith).** Men. 200m: T Benjamin dnf (1h2 21.60/1.1). 800m: 4 C Moss 1:51.41 (2h2 1:52.43). 3000mSC: 4 T Watson 9:17.43. TJ: 2 D Wellstead 14.35/0.9. Women. LJ: 3 S Wellstead 5.85/0.9; 5 K Euridge 5.39/0.3. TJ: 5 S Wellstead 11.82/-1.1; 7 K Euridge 11.38/0.4.

30 **Trafford GP, Stretford.** 3000m: 2 J Blackledge 8:25.79.

31 **Rovereto ITA.** 400mH: 4 M Douglas 50.03.

September 2005

3 **Eight Nation Match, Paris FRA.** HJ: =5 B Challenger 2.15.

3 **UK Challenge Final, Sport City Manchester.** 100m: 2 D Chin 10.51/1.7. 200m: 4 D Chin 21.69/0.9. 110mH: 2 D Girdler 14.21/1.1; 3 W Sharman 14.32/1.1; 4 K Sempers 14.85/1.1. 400mH: 1 M Douglas 51.26. 3000mSC: 2 S Marwood 9:28.45. SP: 1 C Gearing U20 17.38; 4 S Thompson 15.17. DT: 2 S Thompson 53.63; 4 L Marar 53.48.

3 **Women's Southern League Division 1, Sutton.** LJ: 1A S Wellstead 6.25/2.0; 1B K Euridge 5.49/-0.3. TJ: 1A S Wellstead 12.11/0.4; 1B K Euridge 11.20w/2.1 (11.14/-0.7). SP: gst E Massey 15.33; 1A K Euridge 10.09. DT: 2 J Lally U20 38.72.

4 **Arena Games, Hilversum NED.** 800m: 1 C Moss 1:48.66.

4 **U20 Inter-Regional Match, Abingdon.** 100m: 1 W Bennett-Jackson 10.52/-1.0. 400m: 3 R Thomas 48.31; 800m: 2 J Van Der Toorn 1:53.49. TJ: 5 E Ewulo 13.35/0.3. PV: 1 J Ive 4.90. SP: 1 C Gearing 18.98.

7 **Watford Open Meeting, Watford.** 200m: mx 6rC C Foster SW 27.45. 400m: mx 5rB C Foster SW 1:00.55; 3rC P Beaumont M40 55.01.

9 **IAAF World Athletics Final, Monte Carlo MON.** 400m: 2 T Benjamin 44.56.

10 **BAL Qualifying Match, Abingdon.** DT: 1 (gst) S Thompson 50.10.

10-11 **Surrey & Sussex Multi-Event Champs, Crawley.** Surrey U20 Decathlon: 1 R Collier 5677 (11.87, 5.99, 11.04, 1.80, 53.25, 17.18, 34.10, 3.40, 36.98, 4:59.93). Surrey M50 Pentathlon: 1 N Phipps 3125 (LJ 5.15, JT 37.10, 200 28.02, DT 38.17, 1500 5:47.09). Sussex M40 Pentathlon: 2 F Ward M45 score not known (3.49, 15.04, 29.00, 16.49, 4:42.49).

11 **Sandown Isle of Wight.** HT: 2 M Jones 65.37.

11 **Athletics Weekly NJAL Grand Prix, Derby.** 4 Z Sandell 2284 (LJ: 6.25, SP: 12.91, 110mH: 15.82).

11 **Athletics Weekly NJAL Grand Prix, Derby.** 4 Z Sandell 2284 (LJ: 6.25, SP: 12.91, 110mH: 15.82).

17-18 **English Schools Multi-Events Champs, Southampton.** Decathlon: 3 Z Sandell 6432 (11.65w/2.4, 6.27/1.0, 12.17, 1.80, 51.39, 15.81/-0.1, 33.95, 4.00, 40.44, 4:35.79).

Race Walking

August 2005

14 **Eight Counties Match, New River.** Men. 3000m: 5A T Watt 14:41.96; 1B J Hall 15:52.28; 2B C Lawton 16:09.12. Women. 3000m: 3 M Noel W40 18:12.37.

17 **VAC 5 miles, Battersea Park.** 1 A Thomson (Vets AC) 43:36; 3 C Lawton M55 45:27; 6 P King M50 48:03.

23-3 **World Masters Champs., San Sebastian, ESP.** M55 5km Walk: (25) 21 M Graham 30:52.70. M75 5km Walk (26) 1 D Fotheringham 30:47.25. 20km Walk: (30) 1 D Fotheringham 2:17:37.

September 2005

4 **RWA Champs, inc Commonwealth Games Trials, Earls Colne.** Men. 50km: 1 S Davis (Ilford) 4:47:34; 4 P King M55 5:38:28; 9 J Hall M50 5:54:51. Teams: 1 Leics WC 284; 2 Ilford 193; 3 Belgrave 187. Women. 20km: 1 L Ventris (AUS) 1:45:23; 3 E Viljoen 1:47:20. 50km: 1 M Noel W40 6:02:53.

7 **Civil Service Champs, Blackheath.** Men's 7 miles. 1 D Turner (PO-NE) 59:27; 2 J Hall M50 61:49. Women's 5 km. 1 M Noel W40 31:49.

10 **Jim Sharlott 10 km, Leicester.** Men. 1 M Williams (Tamworth) 48:32; 8 C Lawton M55 56:52; 22 D Fotheringham M75 64:10. Women. 1 E Viljoen 50:40.

11 **LPR 300th 9 km Walk.** 1 Dom King (Colchester) 40:45; 10 C Lawton M55 50:25; 24 M Scammell M50 55:33; 25 P Warburton 55:51; 30 M Graham 58:05; 31 D Fotheringham 58:12.

Road & Country

August 2005

10 **Bitton Road Runners 5 km, Gloucester.** 1 A Zawadski 15:12.

14 **City to Surf 14 km, Sydney AUS.** 1 P Nyangelo (Tanzania) 41:12; 3 M Dent 41:20; 12 E McRae 43:52.

26 **Serpentine 5 km, Hyde Park. Women.** 1 S Hannah (Highgate) 18:04; 4 H Smethurst 1st W40 18:55.

28 **ING Brussels Half Marathon, Brussels, BEL.** 1 G Fays (Belgium) 1:06:45; 16 L Greatorex 1:15:52.

21 **Canterbury 10 km Road Champs., Canterbury NZL.** 1 M Ingram (Garden City) 31:12.9; 10 P Coughlan 34:54.2.

September 2005

4 **Cardiff 10 km, inc. Inter-Area Race, Cardiff.** Men. 1 P Langat (Kenya) 28:58; 15 P Wicks 30:49. Women. 1 O Kimaiyo (Kenya) 33:35; 2 B Dagne 34:47.

4 **Sam '7', Leatherhead.** 1 B Hope (26.2) 37:51; 2 R Ward 38:46; 4 L Greatorex 39:37.

4 **Henry Isola 4m Cross Country Classic, Van Cortlandt Park, Bronx NYC USA.** 1 J Henwood 20:03; 14 M Humphrey 24:02.

4 **Olympic H 10 km Champs, Christchurch NZL.** 1 P Coughlan 34:13.

11 **Faversham 10 km.** 1 S Barden 31:33.

11 **Ray Harrison Memorial 10 km, Billingham.** 1 S Hepples (Loftus) 31:28; 4 A Swearman 32:32.

11 **Alice Holt 10 km, Farnham.** 1 C Thomson (Ports) 34:20; 3 J Wolf 34:47.

17 **Great North Mile, Newcastle.** 1 I Heshko (UKR) 4:07.0; 12 N Speaight 4:17.9.

17 **National Police 10 miles Champs., Belfast.** Women. 2 L Cooper 1:04:48.

18 **Great North Run Half Marathon, Newcastle to South Shields.** 1 Z Tadesse (ERI) 59:05; 10 K Tadesse 1:04:22; 17 S Barden 1:06:14; 20 H Raidi 1:06:55.

18 **Hove Prom 5 miles, Brighton.** Women. 1 C Hoyte (Arena 80) 28:49; 2 J Clark W40 30:03.

18 **Jamba Juice 5 km, Golden Gate Park, San Francisco CA USA.** 1 B Asmerom (Berkley) 14:16; 6 B Poore 14:39.

British League Performances in 2005

Time heals, so they say. And whilst reflecting on the track season just passed, and in particular on our failure to hold on at the top of the British Athletics League, the first stirrings of an urge to regain our title are becoming very much stronger. It will be a difficult task and we will most certainly need some huge commitment from our athletes. But in the meantime, let's take stock of the guys that earned the points in 2005.

Bill Laws tells us: Generally we need between 55 and 57 athletes to provide a league winning effort over four matches. This year we only managed to get 50 to the starting line and that proved insufficient to secure a ninth consecutive Division One victory.

On the face of it competition from other meetings had depleted our teams but it could be argued that this affected all teams so that was not the main problem. A closer analysis of the 57 athletes who turned out last season showed that 23 did not make it this year. So we blooded 16 new members and relied heavily on our older hands.

William Sharman claimed top spot on his own this year as only he, Mick Jones and new member Adrian Phillips made all four matches. There will be some serious revisions to the all time points scores table as many of our big points scorers continued to rack up impressive contributions to the team's efforts.

Individual BAL points scores - 2005

		Match 1	Match 2	Match 3	Match 4	Total
1	W Sharman	21½	23	23½	15	85
2	S Thompson	36	--	23	24	83
3	M Douglas	--	--	26	31	57
4	M Jones	14	14	12	14	54
5	A Phillips	12	14	10	14	50
6	K Sempers	13½	17	15½	--	46
7=	H Aikines-Aryeetey	26	--	--	18	44
	S Sharp	22	10	--	12	44
9	D O'Farrell	4	14	22	--	40
10	G Beasley	--	35	--	4	39
11	D Gauson	--	12	15½	10	37½
12=	J Blackledge	12	14	10	--	36
	C Gearing	12	--	10	14	36
14	W Bennett Jackson	--	35	--	--	35
15	S Osho	12	--	9½	13	34½
16=	D Chin	--	--	8	26	34
	T Watson	12	12	10	--	34
18	D Girdler	16½	3	--	10	29½
19	L Marar	--	14	--	12	26
20	J Hussain	8½	4	12	--	24½
21=	D Anderson	12	10	--	--	22
	J Ive	12	--	10	--	22
	K Tadesse	--	--	10	12	22
	P Wicks	10	12	--	--	22
25=	K Brown	10	10	--	--	20
	C Johnston	14	--	6	--	20
27	T Bayley	7½	--	12	--	19½
28=	J Ellington	--	--	--	18	18
	J Everard	6	6	--	6	18
	J Osazuwa	--	8	10	--	18
31=	W Cockerell	--	--	8	9	17
	G Oudney	--	10	--	7	17
33=	B Challenger	--	--	--	16	16
	F Mepandy	--	12	--	4	16
	K Nash	16	--	--	--	16
36	G Selway	2½	2	--	11	15½
37=	P Owor	14	--	--	--	14
	B Yeboah	14	--	--	--	14
39	S Marwood	--	--	12	--	12
40	P Beaumont	6	4	--	1	11
41=	R Danso	--	--	--	10	10
	T Dobbing	--	10	--	--	10
43	A Bennett	2½	7	--	--	9½
44=	R Collier	--	--	--	8	8
	W Smith	--	--	--	8	8
46	D Wellstead	--	--	5	2	7
47	C Axe	--	--	--	6	6
48	J Van der Toorn	--	--	4	--	4
49	L Oboh	--	2½	--	--	2½
50	B Barton	--	2	--	--	2

News



George French Trophy

On behalf of Belgrave Harriers, Tony Fairclough (pictured above) took charge of the George French Trophy, presented by UKA Performance Director Dave Collins at Bedford on 3rd July 2005 for the year 2004. The trophy is awarded to the club scoring highest in all AAA T&F competitions, men and women, indoors and out, and including multi-events. Belgrave have won this trophy each year since 2000 – but will we win it for 2005? – there were a lot of Woodford Green with Essex Ladies vests prominent at this year's championships.

Tim Benjamin - 6th on UK all-time list

Tim Benjamin is glad his summer season has finally come to an end despite the success he has enjoyed over 400metres.

Benjamin was runner-up to Tyree Washington in a thrilling one-lap encounter in Monaco and his time capped an outstanding couple of months.

"I'm tired and really looking forward to taking a break," said Benjamin when it was suggested he is running so well it might be a good idea to take in another couple of races.

American Washington, a former world indoor champion, lunged at the finishing line to earn a winner's purse of £16,312 when it looked likely Benjamin would pick up a first major global title. With four men, including Olympic and world champion Jeremy Wariner in contention for the top prize, Washington set a season's best to beat Benjamin by 0.05 seconds in their knife-edge encounter.

The pair and Chris Brown were virtually inseparable until Washington clinched it as Benjamin, who clocked 44.56secs, (a Belgrave record) held off the Bahamian by 0.08secs.

Wariner would have been with them until knocked out of his stride pattern when he and Benjamin, in the lane outside him, had a contact of hands halfway up the final straight.

Benjamin lowering his personal best for the fifth time in the last two months said: "I thought I had it won and it cost me 10K - it was so close. Judging by that I can run 0.25secs quicker," which would put him within sight of fellow Welshman Iwan Thomas' British record.

Benjamin feels he can match the European gold medal Thomas won seven years ago when Gothenburg hosts the championship next season. He said: "Now I am running so fast, I just hope I can continue to do so next season."

From BT Yahoo

Paul Freary's jinx strikes again!

Having recovered from the trapped nerve in his neck - after months of agony and no training - Paul Freary gradually got into reasonable shape only for a calf muscle to twang in his first race back. Gradually he got over that problem and became fit enough to take part in The Great Russian Run - Vladivostok to St. Petersburg.

The Russian run went really well with his section of 86 miles being covered in six days. So it was back to the UK to spend the next three weeks getting ready for the SEAA 6-Stage. But that jinx stepped in again. On Sunday 4 September he was about to run in the Rufford 10km but while leaning through the sliding door of his van, just before the race, he was hit by a passing car.

Paul went to Chorley Hospital where it was decided that nothing was broken but he ended up with some almighty bruising from his hips to his heels, with tyre marks down the backs of his legs.

We think we can safely say that he was actually very lucky that it wasn't more serious. Anyway, his last three weeks before the SEAA race began with a spell of inactivity while he recovered. Paul does still intend to race at Rushmoor Arena so we wish him a speedy recovery.

Brad Poore features in the San Francisco Cable Car Chase

Taking a little time out from studying, Brad Poore gave his Belgrave kit another airing, racing in the ANA Cable Car Chase, in San Francisco.

It was an incredibly hard course including some of the biggest hills in San Francisco. The course was 5.67 miles and after two flat, fast miles he took the lead on the main big hill and broke away to gain a 20 meters advantage by the summit. He was still leading with about 1.5 miles remaining but on the downhills got overtaken by Jason Balkman (23:11 or so last year in the USA 8k Championships).

Brad ended up getting second place in 28:54 and won a trip for two to Los Angeles (flights, hotels, and Disneyland passes included!). First place would have been a trip to Tokyo though!

Brad is hoping to come to England next August/September and do a semester at law school. The problem is trying to find a law school that has an exchange program with *any* USA (ABA approved) law school that *also* has a decent running program. Does anyone have any ideas and/or contacts?

Double gold for Harry in World Youth Games

Harry Aikines-Aryeetey – the Sutton & District AC man who also races for Belgrave Harriers – became the first sprinter in the six-year history of the IAAF/Maroc Telecom World Youth Championships ever to win both the 100 and 200 metres gold medals.

The 16-year-old, having won the shorter race title on Thursday 14 July, powered to another magnificent victory over 200m in his final on Sunday night.

Aikines-Aryeetey turned the tables on Cuba's Jorge Valcarcel, who was given the verdict in their semi-final although both had finished with the same time.

In the final, the Sutton/Belgrave sprinter showed he was the better man, controlling the race from start to finish and winning in a world leading time for the year of 20.91seconds.

His pace saw him easily overthrow the challenge of Valcarcel and Matteo Galvan of Italy, although both rivals ran personal best times of 21.08sec and 21.14sec.

"I just can't believe it," said Aikines-Aryeetey who after raising his hand with a number one finger salute, spent a couple of minutes flat-out on his back after his outstanding performance.

"I just can't believe it, I was lying on my back on the floor before it really dawned I was world champion yet again."

The win saw him become the second British champion over the distance, following in the footsteps of 1999 winner Tim Benjamin who is now carving out an international career over 400 metres.

"I've no idea," said Aikines-Aryeetey when asked where he found the energy to run the fastest half lap of his life after six demanding races in five days.

He added: "Yesterday I was a bit tired but felt a lot better today. I ran a quick bend and I didn't really see anyone.

"My coach had told me hit the first 120 hard which I did. Then I saw the Cuban alongside and just drove even harder.

"It's just amazing. I had so much lactic, I knew I was going to do something special and I just can't believe it that I ran 20.91 seconds."

Aikines-Aryeetey, who beat 21 seconds for the first time in his career, has been so focused on his preparations he was unaware that no-one had ever before achieved the demanding sprint double.

"I suppose I've made history," said last year's Commonwealth Youth Games runner-up. "But yes, I've got to be happy with two medals – who'd have thought it?"

From BT Yahoo

From The Belgravian

25 Years Ago – 1980

Carl Lawton took over from Bill Merryman as President of Belgrave Harriers ... Bill Laws edited *The Belgravian* while Alan Mead was Track & Field Secretary. The club magazine cost around £300 per issue to produce in those days (it was to rise to nearly ten times that by the time it had become a glossy A4 publication – but in its current downloadable format it is virtually free).

In August Tom Carter celebrated 50 years as a Belgravian. The magazine reported, "There are few men who have obtained international honours and given a lifetime to encouraging the endeavours of others." A surprise party was held at the Hall and pride of place was given to a fine cake decorated with a faithful replica of the Belgrave's badge.

Derek Jones completed his first year as Secretary of the Women's Section – the team placed 5th in Division III (South) of the Southern League.

Ernie Obeng (now an employee of the IAAF in Monaco) kept the name of Belgrave Harriers on sports commentator's lips as he reeled off a succession of 100 metre sprint wins at stadiums all over the world. Although denied the chance of competing at Moscow (in the Olympic Games) due to organisational problems in his home country of Ghana, he must have been considered a potential medallist over the short sprint. For not only did he beat Cuba's Silvio Leonard, subsequently the silver medallist, just a few weeks before the Games, he also defeated Allan Wells, the Olympic Champion, shortly after Moscow. His best time of 10.21 was a club record.

Junior John Gladwin topped the club rankings at 800 metres (1:48.7) and 1500m (3:52.9) and fellow under 20 Stuart Paton's name was found at the top of the 3000 metres list with 8:34.0.

Belgrave placed 15th in the South of England 12-Stage Road Relay held at Wimbledon in conjunction with The Belgrave Haig Relay. Highlight of the race was the devastating run by Steve Overt who took Brighton & Hove from 7th to 1st and smashed the short stage record.