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Contributors in this issue: William Cockerell, Alan Mead.

Road & Country

Surrey County CC Champs, Lloyd Park, 7 January 2006.

Not a Surrey medal in sight ...

Ten winters have now passed since Belgrave's men last won the Surrey County title. Our women have, of course, won much more recently, but the 2006 edition of the event at Lloyd Park was like so many others in the last decade - low key. It must be our least favourite venue.

Megan Evans ploughed a lonely furrow in the Under 13 Girls' race, placing 8th as our only representative. Well done to her!

Just two of our senior women were available to tackle 8km of slippery conditions. Sarah Murphy made a fast start and held on well to finish just outside the top dozen and Tilly Heaton, as ever, was not far behind.

The men did at least have a team for the 12km event, which pleased the Skipper, and in Phil Wicks it was felt that there was a good chance that we might even provide the individual winner.

Phil set off hard aiming to take the lead early unless someone else provided a hot pace. He did lead, on and off, over the first 2km but John McFarlane of Thames, twice previously in Phil's slipstream this winter, was on form this time and pressing to move away himself. By the end of the first lap the Thames man was away and Phil was struggling, now having to fight for a place in the top five.

In the end it was a brave run from Phil. Things were not right and he had to dig deep simply to keep in the bunch. A change in working and training hours during the previous week had not helped and on this occasion that ferocious start put him under great pressure.

Skipper Will Cockerell looked more and more solid as the race progressed - as did Warren Lynch, while Tim Weeks stepped up a gear, running well for half the distance before suffering towards the end and later glumly later reporting that he was minutes down on last year's run. Thanks to plucky Don Anderson, always on hand should we ever need an extra body, we did at least close in a team.

Women's 8 km. 1 G Gardner (Guildford &G) 33:09; 13 S Murphy 35:20; 18 T Heaton 36:08; 79 finished.

Under 13 Girls' 3.25 km. 1 E Gorecka (Dorking MV) 12:55; 8 M Evans 13:50; 58 finished.

Senior Men's 12 km. 1 J McFarlane (Thames H&H) 41:41; 2 K Kyreme (Shaftesbury B) 42:14; 3 R James (South London) 42:23; 5 P Wicks 42:39; 15 W Cockerell 44:14; 33 W Lynch 46:35; 44 T Weeks 47:41; 65 T Fordyce 49:46; 134 M Humphrey 55:40; 138 Don Anderson M50 56:15; 201 P Beaumont M40 72:04; 204 finished.

Teams: 1 Herne Hill 61; 2 Thames H&H 123; 3 South London H 139; 7 Belgrave H 299; 18 teams closed in.



Phil Wicks laid his cards on the table at Lloyd Park, pushing on hard from the start, but it was Thames Hare & Hounds' John McFarlane (263) who held all the aces.

Sussex County CC Champs., Lancing, 7 January 2006.

Senior Men's 12 km. 1 B Warren (Hailsham) 41:28; 40 F Ward M45 49:56.

Middlesex County CC Champs., Wormwood Scrubs, 14 January 2006.

... but a wicked run from Sharpy

In spite of three laps of a boggy, sticky Wormwood Scrubs being on the menu, Stephen Sharp reported that he "felt wicked." It was only his second cross country race of the season but he confidently led from the outset, followed closely our own Shukri Omar, Dalmedo of Hillingdon and Blackburn of Serpentine. Blackburn dropped away on the second circuit and as the third lap was started the remaining three were still close together. However, Stephen always looked as if he was the man in control and a burst part way round that last lap blew the trio apart. Shukri slipped away while Stephen pulled away for his first County Cross Country Championship win.

Senior Men's 12 km. 1 S Sharp 38:51; 2 D Dalmedo (Hillingdon) 38:55; 3 S Omar 39:37; 8 R Ashe 40:06.

Avon & Somerset County CC Champs., Glastonbury,
15 January 2006.

A surprise winner in the West ...

On a visit home from Boston where he now lives after graduating from Harvard University with an economics degree, Alasdair McLean-Foreman tackled his county championships and came home with a 30 second winning margin. A GB international a couple of years back at 800m and 1500m, and a heavy points scorer in our National Junior League track teams, Alasdair is still only 24. He ran in the Belfast International race the previous weekend and after racing in Cardiff over 4km plans to return to Boston but then return to rackle the World Cross 4 km trial.

Senior Men's 12 km. 1 A McLean-Foreman 34:18.

Suffolk County CC Champs., RAF Barnham,
15 January 2006.

... and Eastern promise

For some time now our old harrier Mick Graham, now a long time resident of East Anglia has been diligently qualifying as a coach and moving up the ranks as a race walking judge. He's had quite a group of youngsters under his wing but has been telling us for some time about a lad in his squad who has shown terrific promise.

Sixteen year-old Greg Billington was born in the USA but has lived in this country since 1992. He's good at most sports but at the moment seems to be leaning in favour of running.

An outstanding winner in the first two UK Cross Challenge races with storming performances, recent months have also seen him win a race in Europe, return to America to offer a very strong run in a National event at the bottom of his age group and now, at RAF Barnham, comfortably take the Suffolk county title.

U17M. 1 G Billington 20:52.

Women's Surrey CC League Division One, Race Three,
Newlands Corner nr Guildford, 14 January 2006.

No change in Women's league - Belles are second to Ranelagh yet again

"A true cross country course," is how home team Guildford & Godalming described their route across the Surrey Hills, "It had it all - mud, hills, multi-terrain" Well, we're not going to disagree with that! But if the terrain was different the result wasn't and for the third time in a row it was a Ranelagh-Belgrave one-two. One has to say that barring an almighty upset - that's the way it'll be at the end of the league series.

Sarah Murphy went great guns to lead home the team, her post injury come-back going nicely to plan. With the AAA 10k in her sights a couple of weeks off, Captain Juliette was third veteran home, just three places up on the ever-consistent Tilly Heaton. University life in Scotland is obviously suiting Christine Bertram who was breathing down Tilly's neck and the team was closed in by Louise Cooper, not neglecting her speed work as she clocks up the pre-marathon miles. Not content with team managerial duties, Catherine Eastham made sure that we had a 'B' team presence.

For the U13's Megan Evans had yet another great run despite being tired at the end. Her cross country schedule for the past two weeks has included no fewer than four races - luckily the tougher it is, the more she likes it!

1 C Nicholson (Stragglers) 20:33; 2 B McNicholas (Herne Hill) 20:43; 3 B Hopewell (Thames H&H) 20:47; 5 S Murphy 21:04; 12 J Clark W40 21:26; 15 M Heaton 22:07; 16 C Bertram 22:09; 35 L Cooper 23:16 60 C Eastham 24:25; 133 finished.

Teams: 1 Ranelagh 51; 2 Belgrave 83; 3 South London H 123; 4 Stragglers 130; 5 Wimbledon Windmilers 207; 6 Reigate Priory AC 224
U13G 1 E Gorecka (Guildford &G) 11:36; 5 M Evans 12:02.

"Sweatshop" Surrey CC League Division One, Race 3,
Newlands Corner nr Guildford, 14 January 2006

Fourth on the Surrey Hills - but there's magic in the air

Newlands Corner is wonderful place for a picnic - in June - but it's no place for a tea-party in mid-winter with the light failing and the wind and rain sweeping across the Surrey Hills from the Weald! The chalky soil was so slippery that even the team manager had to decide what length spikes he was going to wear as he handed out soggy numbers.

Having received the call to run for England in an Under-23 international vs. Germany in three weeks time, Phil Wicks was in determined mood and looking forward to squaring up to the victor in the previous week's Surrey County Championships. Sure enough, with only 400 metres of the race gone, three men had already gained a 30 metre break - John McFarlane of Thames, Alistair Moses of Reigate and our own Phil.

After 14 minutes of running the three were still locked together with Surrey Champion McFarlane making the running and Phil tucked in close behind. Three minutes later, in the woods, it was equally tight but now the Belgrave man had inched ahead and was beginning to force the pace. Slowly he opened a gap and when the steep slippery climb was tackled for the second time he pressed on to increase his advantage - and it was all over. It was Phil's second league win of the series and he clearly heads the individual competition and the race for our own Cross Country Plate - but the final match falls on the very weekend that he'll be in Germany.

A bout of winter colds had knocked Kevin Nash's training for six since his "Hog's Back" win but a promise to turn up to cheer the lads on turned into an offer to "jog round" - and before you could say "Nasher" we had an unexpected 8th scoring place. He was well pleased - as was veteran Mike Trees who spends as much time jetting to and from Japan as he does in England. Mike narrowly had the beating of The Skipper (wearing a hopelessly short set of spikes) and suddenly, with news of others returning to training or featuring highly in other races, one feels the winter has been put behind us and the AAA 10km, the "National," the half marathon and the Relays are beginning to figure in our conversations again.

A special welcome to two newcomers in the cross country squad: eighteen year-old James Fairbourn eased into the scoring ten - and one who didn't score but donned a Belgrave shirt for the pleasure of running across the Surrey turf was International Race Walker Darrell Stone.

Once again Tom Barry and Joseph Taylor-Holland made their presence felt in the younger age-groups. Tom placed 3rd in the U17 category while Joseph again had a powerful finish to overtake rivals as the funnel was reached.

Senior Men's 8 km. 1 P Wicks 25:42; 2 A Moses (Reigate Priory) 25:55; 3 J McFarlane (Thames H&H) 26:05; 8 K Nash 27:05; 20 M Trees M40 28:07; 21 W Cockerell 28:11; 41 T Weeks 29:27; 44 W Lynch 29:33; 45 E Lyne 29:37; 57 L Greatorex 30:24; 59 D Stone n/s 30:27; 78 J Fairbourn U20 31:52; 87 T O'Neill M50 32:53; 114 M Taylor M40 36:35; 119 L Rehn M40 38:17; 123 P Beaumont M40 39:26; 130 finished.

Teams: 1 Herne Hill H 170; 2 Thames H&H 250; 3 South London H 348; 4 Belgrave H 372; 5 Reigate Priory 439; 6 Guildford & Godalming AC 482; Kingston & Poly H 562; 8 Walton AC 618.

League positions: 1 Herne Hill H 533; 2 Thames H&H 687; 3 Belgrave H 1008; 4 South London H 1103; 5 Guildford &G 1418; 6 Reigate Priory AC 1484; 7 Kingston & Poly H 1656; 8 Walton AC 1831.

U17M 1 P Humphrey (South London H) 15:53; 2 D Altnorff (South London H) 16:08; 3 T Barry (Belgrave) 16:17.

U13B 1 J Puttock (Guildford & Godalming AC) 17:28; 2 S Honey (South London H) 17:55; 5 J Taylor-Holland (Belgrave H) 19:47.

Two winners in UK Cross Challenge

Belgrave supporters were treated to some fine running at the main UK event of the weekend, the UK Cross Challenge, in Blackweir Park, Cardiff.

The 4 km race saw three Belgravians sprinting for forward placings at the start and occupying these positions to the halfway point where Birchfield's Tom Payn was making the running with Jonathan Blackledge and Rob Birchall (Notts AC) no more than a stride in arrears, then Aldershot's Chris Bolt, and our own Alasdair McLean Foreman and Shukri Omar completing the leading bunch. Payne and Bolt got away during the next kilometre, the gap to Jonathan going up to perhaps 30 metres at one point. But if there's one thing we've learned, JB never gives up hope. Feeling confident that he could close the leaders down, the gap shrank during the final stages of the race and just before the turn into the 150m finish stretch he burst into the lead - and then survived a renewed attack from Chris Bolt as the finish was reached. Both were given the same time.

Maybe twenty runners fought for the head of the field in the 9 km race, Stephen Sharp and Darren Gauson being among them. For perhaps 3000m it remained thus, but when Highgate's Ben Noad upped the pace no-one could respond and as the field stretched, Stephen found himself fighting to retain a top ten place with Darren just outside the dozen. It was good to see both of them committing themselves strongly in this high standard race.

Last race of the day was our first chance to see young Greg Billington in action. He had won both of his previous outings in the UK Challenge but as there had actually been three races, he was headed in the points table by Cwmbran's Ieuan Thomas. Almost immediately these two broke away from the field and when the first of the three laps were over it was obvious that the winner must come from this pair. The loping stride of Thomas contrasted with the quicker cadence of the Belgrave man who looked so confident as he waited for the challenge to subside. Into the second lap and Greg was away. Five metres became twenty, and as the final circuit was tackled the lead had grown to 120 metres and was still going up as the race ended. This guy really is something else - and we can't wait to see him in action on Parliament Hill in a few weeks.

Senior Men's 9 km. 1 B Noad (Highgate) 27:15; 11 S Sharp 28:02; 13 D Gauson 28:04.

Senior Men's 4 km. 1 J Blackledge 11:25; 4 A McLean-Foreman 11:35; 8 S Omar 11:48.

U17 Men's 6 km. 1 G Billington 18:31.

Fixtures coming up soon

- | | |
|------------|---|
| Sat 4 Feb | Surrey CC League Race 4,
Men – Coulsdon, Women – Petersham. |
| Sun 5 Feb | AAA 10k Champs, Chichester. |
| Sat 25 Feb | National CC Champs., Parliament Hill. |
| Sat 11 Mar | UK Cross Challenge inc. Inter-counties Champs
and World Cross Trial, Nottingham. |
| Sun 19 Mar | AAA Half Marathon Champs. * |
| Sun 26 Mar | SEAA Road Relays, Milton Keynes. |
| Sat 8 Apr | AAA Road Relays, Sutton Coldfield. |
| Sun 23 Apr | London Marathon. |

* The venues for the AAA Half Marathon on 19 March are currently being advertised on the AAA website as Liverpool for the Men and Silverstone for the Women. However, another respected website has the venues the other way round. We are currently investigating and will let those interested know the confirmed details as soon as possible.

Introducing Greg Billington



Those that keep an eye on the cross country results can't fail to be impressed by the wins notched up by new Belgravian, sixteen year-old Greg Billington, a US citizen who has lived for 14 years in the UK. His parents came to the England in 1992 intending to stay for two years – and have been here ever since.

A resident of Suffolk, Greg has been coached for twelve months or so by our own Mick Graham – a Belgravian of over 20 years standing. "Suffolk" Mick often keeps in contact with our R&CC Team Manager and for months has been telling us what a talented young runner he has on his hands. Mick has avoided pushing Greg into a club too soon but after wins in the first two UK Cross Challenge races, where he borrowed a Newmarket Joggers vest in which to race, it was thought it was time to start planning for the future.

In the American Schools European Championship Greg romped home for a course record breaking win, and a trip to USA to compete at the bottom end of his age group in an area competition resulted in another fine performance. Cardiff, last weekend, in the fourth race of the UK Cross series saw his best win yet.

But the amazing thing is that Greg is pretty close to national level as a swimmer and when we learn that he's not a bad bike rider either, it doesn't take rocket science to work out that if he can continue to progress, we could be looking at the early years of a really great triathlete.

We have arranged for Paul Evans, a Suffolk man himself, as well as being a two-time Olympian and Chicago Marathon winner, to assist Mick and Greg with advice.

Will Greg make it to international level – only time and hard work will tell – and if he did, will he represent the U.S.A or Britain? All we can say is that we are pleased to have him as a Belgrave Harrier and we will follow his career with great interest.

Skipper's Corner

Jan 15, 2006 – Latin GCSE was more fun than this

Never again, I said to myself, after what was surely the harshest Surrey League race for over a decade. I set out on my warm down with my presumed pals, Phil, Tom, Kev and Jim... surely just a little 8-9 minute jog. And what happens??! I have to do the circuit *again* – when I had just sworn I never would. When it grimly dawned on Kev, Jim and I that Phil and Tom [Phil's coach] were intending to retrace the entire ghoulish loop, we had to ask them to confirm the awful truth. "Hey – we're celebrating!" came the reply. Celebrating. Latin GCSE was more fun than this. But that's the thing about champions isn't it? They just *luurrrve* their craft. I recall that when an unknown Bill Rodgers got third at the 1975 World cross-country champs, he promptly went on a 7-mile warm down. After that, he writes, "I knew I was in good shape." Well...our Phil's in shape all right, long may it continue, and may his debut mission for England in Germany be a success.

... an effeminate ballerina ...

I had actually been rather looking forward to yesterday. I had visions of green, lush, firm grassland and an easy, fast course. What we got was a quagmire on a camber. Nice. I think my day was summed up when my loyal fiancée ran up to me at the end and said: "I liked your piece of gate-crashing!" "Huh?" "You know: when you pulled up in front of the gate that other people were hurdling, decided to go round it, crashed into Keith Newton, and struck a pose like an effeminate ballerina..." I'm just happy that aside from a sore left foot and a scratch on the nose, I got round at all. My flash pair of 800-metre track spikes were, as Bill Clinton might say, inappropriate. My thanks to everyone who turned out though on such a grim day – I wouldn't have swapped it for the world. Honest.

Is "Dreamland" still on?

Now that's out the way, there's much more good stuff to look forward to... is "Dreamland" still on?! I.e. seven titles in a season? Well...it's still *technically* possible! We've just gotta win the AAA 10k, half-marathon, National cross, and relays. Uh huh, sure. Let's just take things one step at a time. Our performances in the AAA 10k the past four years have been 2nd, 1st, 2nd and 2nd. So we've got about 25% chance there – fine, that's all we need! And at the AAA half at Silverstone on March 19 (distance boys please mark this baby down) our record reads: 1st, 2nd, 1st, 2nd. What number comes next in that sequence? As for the National cross... I'm saying nowt. Except, be there! At Pat's tea afterwards, you won't be dining alone.

Skip

Grapevine

AAA Champion Louis aims for Beijing

Twenty two year-old Louis Evling-Jones was winner of the AAA Indoor Heptathlon last weekend, just 44 points shy of our club record (set by Du'aine Ladejo). The performance placed him 7th on the UK all-time list.

Hopefully it marks the end of a tough time for Louis who, after winning the AAA Decathlon in 2004, was hoping to compete in the Commonwealth Games in Melbourne this March in the Decathlon. Unfortunately, during warm weather training early last year, Louis slipped on a wet discus circle and badly damaged his ankle. The resulting ligament and

tendon injuries kept him out of action for a full six months during the summer and by September, when the injuries had healed, he had insufficient time to gather fitness to put together a Commonwealth Games qualifying performance.

Coached by John Anderson, Louis receives lottery funding but must attain a score of 7800 points for the ten discipline event during 2006. If he can achieve this - and avoid wet discus circles - then he will be well on track for Beijing in 2008.

The Gauson boys are keeping busy

Darren Gauson has been offered a place at Butler University Indianapolis, commencing August 2006 for four years. The university is famous for sports medicine and sports injury work. If he takes it up he will go straight into the University's middle distance athletics team but will be allowed to come back and represent Belgrave and Scotland for many events each season.

Kris Gauson is currently in the USA for a prestigious junior indoor Mile. Twelve top teenagers from all over the world as well as the US under 18 champion will compete in the famous Boston Indoor Championships where they will take part in an under 18 1 mile. A large selection of world championship winners and Olympians will be competing in the senior races and the event is already a sell-out.

News from Down Under

Our old mate Paul Coughlan keeps us informed of athletic "goings on" in the Antipodes and in a recent missive shared an Athletics NZ press release with us. It seems that a strong posse of Australians will be crossing the Tasman to hit the New Zealand 10,000 metre Championship – including Marty Dent.

Coggie himself is gradually getting into shape again, running shorter distances for the time being, but still dreaming of Al Stewart's offer to eat Coggie's racing shorts should he ever fly back to a Belgrave 'A' team place at Sutton Park!

Jump back

Richard Aspden has returned to the UK after a year working in India. He now looks forward to high jump training sessions at Kingsmeadow – and taking his place in our BAL track and field teams again.

Tom Osment steps in ...

We have a new man in charge of U20 Men's Road & Cross Country Running. Tom Osment didn't seem to need much persuading when we asked if he would consider stepping in to take over this area and with luck we will see Under 20 Belgrave men tackling the area and national championships as a team next winter. Just imagine a quartet including Kris Gauson and Greg Billington! Tom has great experience as a Team Manager – not to mention the fact that he is a fine coach – so we are delighted that he has offered his help. Thanks Tom!

... and David Anderson becomes Vice-Captain

David Anderson has been a regular in the 'A' Road Relay Squad – in fact he tells us that we have never missed gold when he's been in the team.

However, in spite of picking up those medals, and featuring on the front page of *Athletics Weekly*, David has spent most of the last two years running "injured." But for the first time in ages, training is going well and he is running without pain. Therefore, we took the plunge and asked if he'd like to help the management team by joining Captain Will Cockerell and leading from the front.

David tells us, "He'd be honoured." So expect to hear from this dynamic duo in the near future. In the meantime, we're still keeping our fingers crossed that training progresses without any more problems.

Obituaries

Geoff Davis 1932-2005

We regret to report that long time athletics official Geoff Davis, Past President of Belgrave Harriers and Surrey AC, died on the morning of Tuesday 29 November at the age of 73 after a long period of illness. For many years he had been living near Peterborough.

Geoff was elected President in 1982-83 when his old club Surrey AC amalgamated with Belgrave Harriers. Prior to that he had been Hon. Secretary of Surrey AC since the mid '70s and was very much the driving force behind that club through to the 1980s.

Geoff was a very good standard club sprinter for Polytechnic Harriers in his early days and competed in relay teams alongside the legendary E. McDonald-Bailey.

Long after his competitive days and by now living in New Malden, Geoff's daughter took up the sport and went along to Norbiton track (now Kingsmeadow) where she joined Surrey Athletic Club. Inevitably Geoff went with her and before long he had been roped in to help run the club. Around 1973 he became Honorary Secretary and later President but by the end of the decade Surrey AC was suffering terribly from a lack of administrators and officials. Geoff bore the brunt of this as he took on more and more in the way of club work to keep Surrey AC afloat.

Eventually it became too much for one person and around 1980 he approached Belgrave Harriers, proposing amalgamation. It didn't happen at that time but within two years the unification of the men's sections of the two clubs did take place; Surrey AC's women's section evolved into the Royal Borough of Kingston AC which subsequently merged with Kingston & Polytechnic Harriers.

Geoff was also much involved in County athletics and he was made a Life Vice-President for his services to Surrey County AAA.

When his career with Pearl Assurance took him away from London, to Peterborough, true to form, Geoff became as staunch a supporter of athletics in Cambridgeshire as he had in Surrey. He became Chairman of both Peterborough AC and Cambridgeshire AA.

Our condolences are extended to Geoff's wife Moira and their three children.

George Piddington 1937-2005

Belgrave Harriers' Life Member George Piddington passed away on Thursday, 22nd December. He has been described as the archetypal chirpy cockney, who lived life to the full. He never frowned, never complained, never fell out with anyone and never had a bad word to say about anyone either; small of frame and big of heart.

George's life began in South London as one of six children. He was always one to take responsibility and in his early days he was a server in his local church and he became Scout Master for the 23rd Clapham Scouts, enjoying camps and overseas jamborees.

He took up clerical work before joining the Army to do his National Service in the 1950s where he saw service in Hong Kong. The Scouting movement continued to be one of his interests but it was while in Hong Kong that he discovered an activity that was to become a passion – running.

On return to England George joined Belgrave Harriers in 1958 and went on to enjoy many happy years of membership. He particularly enjoyed road running but took an interest in all aspects of athletics, including coaching. He rarely missed a social event and for some time was our Press Secretary. Many a Team Manager remembers George's Sunday evening

'phone calls as he gathered news for the following week's local papers.

In the 1960s the family moved to Hayling Island and George moved with them. He continued his post as Press Secretary but also joined Havant AC and became coach to their Colts team.

Over the years he ran in marathons as far apart as New York, Amsterdam, Berlin – and of course London. He was still running and racing at the age of 58 until the sad occasion when he was struck by a heart attack while out for a lunchtime run. His work colleagues became concerned when George failed to return from his run and soon they went out looking for him. He was found, but by that time the fates had been very unkind to him and his health would never be the same again. He completed his 50th marathon in a wheelchair, thanks to his Havant clubmates taking turns to push him the 26.2 miles.

George continued to support Havant AC and was always delighted to see his old Belgrave friends when the National Cross Country came to Havant or a Southern League fixture drew both clubs to the same venue.

He'd always enjoyed nightclubs, could down a pint of Guinness with the best, and delighted in showing photographs of himself on a night out with a beautiful girl on either arm.

He had a huge sense of humour and even when living in sheltered accommodation, his 65th birthday was enlivened by one of the ladies living at the same home dressing up as a bunny girl.

Good old George. He brought a smile to all he met in life.



Above: At the White City Stadium, in 1968, the Fire Brigade Sports 1500 metres handicap brought together the then world record holder Ron Clarke of Australia ... and George Piddington of Belgrave Harriers. We'll leave you to decide which one was the front marker and which one was off "scratch".

Welcome

With this, the first issue of *The Belgravian* in the new year, we thought we'd resurrect the idea of listing new members

There were just the two in January:

Matt Kinane, living in Sweden and a member of Swansea H, rejoining 2nd-claim many years after he started his athletics career with us as a young boy.

Karl O'Connell from New Zealand, interested in track and road running.

Results Roundup

Road & Country

December 2005

- 26 **Lothian Trail Handicaps, Beercraigs Park, Livingstone.**
Fastest: M Johnston 51:47; 2 R Alsop M40 52:37.
- 27 **Ribble Valley 10 km, Clitheroe.**
Thomas Abyu set a course record while Paul Freary was only 13 seconds slower than his winning time from 2000.
1 T Abyu (Salford) 29:33; 12 P Freary 31:20; 33 T Ellacott 33:17.
- 28 **Cliveden CC. 1 M Trees 37:12.**
- 30 **Serpentine Last Friday 5 km, Hyde Park.**
Men. 1 E Jackson (Notts) 14:51; 4 R Ward 15:48.
Women. 1 A Howe (London Heathside) 18:28; 4 A Sahely 19:53.

January 2006

- 1 **New Year's Day 10 km, Hyde Park.**
Men. 1 M Geele (Leicester) 31:08; 4 W Cockerell 33:08.
Women (overall positions). 22 B Pritchett (Wood Green) 37:19;
312 N Christou W35 54:44; 422 finished.
- 1 **Portabello Promathon, 4 miles, Edinburgh.**
1 M Draper (Windsor SE&H) 19:10; 2 D Gauson 19:51; 4 R Alsop M40 20:39; 284 finished.
- 1 **Broadstone Quarter Marathon.** 1 M Lewis (Poole) 34:58; 78 R Bale (3rd M60) 46:46; 209 finished.
- 7 **Belfast International CC Races, Stormont.**
Senior Men. 1 B Kosgei (Kenya) 28:05; 36 A McLean-Foreman 31:21.
- 8 **Tadworth Ten, Epsom.**
1 I Boneham (Notts AC) 56:43; 4 C McMillan 59:36; 97 R St.Clair M40 1:13:35; 105 P Cross M50 1:14:00; 163 J Pritchard 1:17:01; 291 D McMillan M55 1:23:24; 467 D Davies M65 1:33:36; 639 finished.
- 8 **Garstang 10k, Lancashire.**
Mustn't race organisers love GPS! Paul finished this race and a quick check on his global positioning system showed that the distance was actually 6.38 miles - representing about 40 seconds of additional running - a fact backed up by others in the race. It goes on the rankings "as is" but the man is obviously getting into good nick for the National, now only six weeks away.
1 P Freary 31:16.
- 14 **Great Edinburgh International.**
4 km. 1 N McCormick (Morpeth) 12:16; 17 D Gauson 12:59; 23 K Gauson U20 13:13.
- 20 **Poole Runners Winter 5km.** 1 J Beattie (Team Southampton) 15:03; 120 R Bale 20:40 (6th M60); 279 finished.
- 21 **Merton Schools Champs., Morden Park.**
U15 Girls. 1 M Evans 14:18.
- 22 **Shell Four Villages Half-Marathon, Helsby.**
Men. 1 A Norman (Altrincham) 1:05:56; 2 P Freary 1:08:21.
Women. 1 D Mason (Tipton) 1:14:28; 14 L Cooper 1:26:17.

Race Walking

November 2005

- 12 **Enfield 7 miles.** 1 S Davis (Ilford) 54:40; 4 T Watt 57:24; 6 J Hall M50 (2nd London Business Houses, 1st VAC Champs) 59:43; 9 C Lawton M55 (2nd VAC Champs) 62:02; 15 P King M50 67:00; 29 D Fotheringham M75 73:21.
Team: 1 Ilford 26; 2 Belgrave 30; 3 Enfield & Haringey 58.
Women. 1 S Hayles (Steyning) 59:07; 4 M Noel W40 (1st London Business Houses, 1st VAC Champs) 69:16.
- 26 **Belgrave Open 7 miles, Wimbledon.** Men. 1 S Davies (Ilford) 52:27; 2 N Sylvester (Enfield) 57:33; 3 J Ball (Steyning) 58:36; 4 T Watt (Steyning) 59:06; 5 J Hall (Belgrave M50) 59:16; 6 A Thomson (Vet) 60:10; 7 C Lawton (Belgrave M55) 62:03; 8 R Emsley (Steyning) 63:52; 9 D Kates (Ilford) 64:25; 10 M Hinton (Ilford) 65:04; 11 P King (Belgrave M50) 65:08; 12 P Hannell (Surrey WC) 67:55; 13 R Penfold (Steyning) 68:11; 14 K Ballam (Enfield) 68:17; 15 D Stevens (Steyning) 70:05; 16 R Dobson (Ilford) 70:10; 17 R Powell (Enfield) 71:48; 18 K Mitchell (Defrs) 77:40; 19 A James (Enfield) 78:05; 20 B Hercock (Enfield) 80:34; 21 K Livermore (Enfield) 84:23; Retired: N Ball, J Fitzgerald.; Teams: 1 Steyning 15; 2 Ilford AC 20; 3 Belgrave H 22.
Women. 1 E Viljoen (Belgrave) 58:11; 2 M Noel (Belgrave W40) 68:30.

December 2005

- 26 **Boxing Day 5 km, Enfield.** 1 J Hall M55 25:17.
- 26 **Brighton Preston Park Races.** 8.8 km: 1 T Watt (Steyning/Belgrave) 49:14; 2 C Lawton M55 51:29.

Indoor Track & Field

January 2006

- 7 **UWIC Open, Cardiff.** Men. 200m: 1 P Doorgachurn 22.84.
1500m: 1 N Speaight 3:44.60.
- 8 **Windsor SE&H Open, Eton.** Men. 60m: Series 1 1R A W Bennett-Jackson U20 6.88; 6rJ (mixed) J Culley SW 8.11; Series 2 2R A W Bennett-Jackson 6.93; 5rI (mixed) J Culley 8.12. LJ: 1 R Danso 6.68. SP: 1M50 M Small 14.27.

- 8 **UKA High Performance Open, Bath.** Men. 60m: Series 1 3r2 H Aikines-Ayretey U20 6.81; 6r2 P Doorgachurn 7.20; Series 2 1r1 P Doorgachurn 7.13; 2r2 H Aikines-Ayretey U20 6.73.
- 13 **New York NY USA.** Men. 1 mile: 2rA T Bayley 4:05.32.
- 14 **Brunel University Open, Uxbridge.** Men. 60m: 4 H Aikines-Ayretey 6.72 (4h1 6.80) 2r6 G Wilson 7.21. PV: 1 J Ive 4.70.
- 14 **Loughborough University Open.** Men. 60m: Series 1 2r1 J Ellington 6.89; Series 2 2r1 J Ellington 6.84; 1 r2 D Girdler 7.05. 60mH: Series 1 1r1 D Girdler 7.98; Series 2 1r1 D Girdler 8.05. HJ: 1 S Oni 2.10.
Women. 100mH: 2 J Hollman 14.3. LJ: 1 J Hollman 6.18. SP: 1 E Massey 15.37; 5 J Hollman 12.59.
- 14-15 **AAA Multi-Event Champs, Sheffield.**
Men. Heptathlon. 1 L Eving-Jones 5563 (7.12, 7.37, 12.70, 2.00, 8.62, 4.03, 2:36.73).
- 15 **Inter University Match, Cardiff.**
Men. 60m: Hts J Hussain 7.26; P Doorgachurn 7.14. 200m: 2r2 J Hussain 22.68; 1r4 P Doorgachurn 22.74. 800m: 2r1 C Moss 1:50.58.
- 16 **Trinec, Czech Republic.** Men. HJ: 12 B Challenger 2.15.
- 18 **Ostrava, CZE.** Men. HJ: 13 B Challenger 2.15.
- 21 **AA of Wales Open Meet.** Men. 800m: 3 C Moss 1:51.77.
- 21 **Hustopece, CZE.** Men. HJ: 17 B Challenger 2.10.
- 21-22 **SEAA Champs, Uxbridge.**
Men. 60m: 3 J Ellington 6.72 (1h6 6.79, 1q1 6.78, 2s1 6.77); 5h1 J Hussain 7.20. HJ: 1 S Oni 2.20 (CBP). LJ: 1 R Danso 7.08; 4 A Phillips 6.90; 5 G Wilson 6.85. SP: 2 C Gearing 16.50.
U20 Men. 60m: 1 H Aikines-Ayretey 6.75 (1h1 6.87, 1q1 6.93, 1s2 6.82). PV: 1 J Ive 4.50.
U17 Men. 60m: 2h3 A Mohammed 7.30 (4s1 7.34).
Women. 60m: 3h1 J Whitlock 7.81. LJ: 2 K Euridge 5.22. PV: J Searle nh.
- 22 **Scottish Champs, Glasgow.** Women. SP: 1 E Massey 15.71.

Early days

While clearing out family papers, the son of Frank Stower came across Belgrave items saved for many years by his late father – and has passed them on to us.

Among the papers was the receipt for the 4s. 0d. membership fee, dated 5 May 1932, when Frank became a Belgravian, and along with this was a letter welcoming him to the club, signed by the Hon. Secretary W. L. Bayliss.

Frank soon made his mark, for a postcard dated 30 June 1932 was sent to him by the Running Secretary:

"Dear Stower,

Congrat's on last night's running, and want to ask you if you can turn out for us in the Inter-Club Relays at Croydon next Tuesday July 5th. Would like you to run in the 300 yds for us. Go by train (S.R.) to either East or South Croydon, then catch a bus or tram to the 'Red Deer', go up St. Augustine's Avenue, when at the top, turn left into Pampisford Road, and the ground is a little way up on your right. Hope to see you there about 7.15p.m.

All the best, E.A. Duffett"

Fixture cards and Athletic Programmes were included with the bundle, among them a programme for the Metropolitan Police Annual Athletic Meeting of 9th June 1932.

The 880 yards handicap featured an entry from none other than Tom Pritchard, father of our current President Brian.

And what about this for an unusual athletic event – the Cigarette Race, open to Met. Police AC members and wives with the first prize being a handbag and Eversharp lighter. The rules for the event state:

"Lady runs 25 yards, picks up cigarette and a box of matches, runs 25 yards to Gentleman, places cigarette in his mouth, lights it, links arms with partner and races to finish. Any cigarette unlighted at finish will disqualify competitors."

Can't imagine a Cigarette Race going down too well at one of today's meetings! But on the other hand, we have heard of one of our number who is rather adept at the odd Beer Race that crops up at University.