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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](http://www.belgraveharriers.com).

Contributors in this issue: Eric Hall, Bill Laws, Alan Mead, Pete Mulholland, Mark Shearman, Tim Watt.

## Track & Field

### BRITISH ATHLETICS LEAGUE

Premiership Division, Match One,  
Barnet Cophall Stadium, 6 May 2006.

#### Young squad fights back for the win

The first match of the season is when management act more like travel agents than team leaders, writes *Bill Laws*. Their first task is to check who is still abroad, when will they be returning, and then to approach the delicate task of when they plan to compete. A number of our team valiantly answered the call with the record going to James Ellington who flew in to the UK at 2.00am match day and still managed to make a valuable contribution to both relays.

As the day turned out Belgrave spirits moved in the opposite direction to the weather, which started bright and sunny but turned gloomy and ended with torrential rain. Gloom had already descended on the Belgrave supporters after the first few events which suffered from below par performances: a “no height” in the pole vault and a “no distance” in the hammer, while Commonwealth games returnees, Mick Jones and Matt Douglas, suffered a drop in performance and paid the price. Similarly the discus performances were below par and worryingly Scot Thompson was referred for a medical assessment on what seemed to be a displaced neck vertebrae.

#### A ray of hope from Ryan

Ryan Dinham, back after a year of injury, produced the first ray of hope by winning the B 400H in a time faster than the A winner. To reward him for this magnificent effort the team managers allowed him to run the B 800m 30 minutes later and his single point could well have proved important as by this time the team score was about 50 points below planned and the Bels were languishing in 5th spot. But then ... the sun was still shining. To be fair to Ryan - his single point would doubtless have been more had he not tightened a hamstring just when considering a move up the field at 600m. The A race had seen Joe van der Toorn, suffering from a cold, boldly step up from the B after a late withdrawal caught us on the hop.

#### It all started to turn round

And then, as the clouds rolled in, it all started to turn around. A second place in the A long jump (Adrian Phillips) backed by a win in the B (Richard Danso) was followed by good points in the A 100 where we saw the welcome return of Darren Chin (who lost last season through injury) backed up in the B 100 by Phillips Idowu (honing his speed). The ever reliable Will Cockerell produced one point more than anticipated in the steeplechase and then came our only maximum point event of the day as William Sharman won the A 110H in deteriorating conditions and Dom Girdler did likewise in the B race. William had previously won the non scoring 100 in a time faster than the B 100 winner and continues to confound and amaze the team managers.



Mark Shearman

#### Our youngest pairing

The shot saw our youngest pairing square up to some elder statesmen and they acquitted themselves with distinction. Chris Gearing was a clear second to Woodford's Emeka Udechuku in the A competition while yet another returnee from injury, Mark Allen, produced a pb to win the B shot.

Then followed two hours of sublime track competition as the Premiership match events alternated with the Division 1 match which was being held in conjunction. In the A 400 Set Osho continued to show improvement in a season which has only just started for him, while decathlete Louis Evling-Jones was another one who missed last season through injury but ran the field down on the home straight to snatch a fine second spot in the B 400.

#### The skies opened

At about 3pm the skies opened to chill and soak the 1500m men. Eighteen year-old Kris Gauson was looking for a fast time after finishing third in the previous week's BUSA's and he was not disappointed as a high class field ignored the conditions and followed in the wake of Essex Beagle Mark Warmby who looked determined to lead from gun to tape. Kris gradually worked through the field and with 200m to go sprinted after the leader whom he just failed to catch while the Valley's Ben Tickner sneaked silver in a last gasp lunge for the line. Kris was rewarded with a big pb and is getting himself a reputation. And who should be just a few paces behind but Richard Ward who not only won the B 1500 but showed that he too is beginning to get back some of the old sparkle.

And then two second places in the 200 with A runner Harry

Aikines-Aryeetey finding the conditions very different from his recent training camp in the USA. More good points came from Darren Chin in the B 200. He is clearly not race fit but getting through this without injury is a key step on his road to recovery.

### Best BAL middle distance race in ten years

And then to the 5000m which many of those present thought was the best middle distance BAL race in depth they had seen over the last 10 years. With 8 runners finishing in under 14 min 15 secs in appalling conditions the athletes owed it to Phil Wicks who hit the front early and relentlessly ground out a fast pace for the next eight laps only to find the big guns were still there. Andy Coleman, of Enfield, jumped with 600 to go and was followed by an attentive Newham man in the form of Steve Hepples. Stephen Sharp (another who had returned recently from warm weather training in Portugal) sprinted to cover and passed Hepples but failed to catch Coleman. Phil stuck to his guns and both he and Stephen were rewarded with big pb's. More excellent scores and Belgrave were suddenly leading by 19 points.

In the field we welcomed back Seni Majekodunmi. He, and late stand in Darragh O'Farrell (who had broken a leg in a decathlon pole vault in Ireland during the winter), kept the score ticking along before the high jump result knocked us back again. The late withdrawal of our A string saw the ubiquitous William Sharman promoted and despite not having jumped since last year he mixed it with the best in still atrocious conditions to clear 2m. Dalton Grant only beat him on count back. Our B man Louis Evling-Jones was still running his B 400 as the high jump started due to a 30 minute delay in the track program. By the time he had recovered sufficiently to consider any vertical movement the bar was at 1.95. Too high for him to enter the competition. So, 6 points from the high jump instead of the hoped for 26 and we were back in the pack as the last three events approached.

### Javelin boys did the business

Fortunately our javelin boys did the business. Wes Smith had flown in from Finland at midnight yet still won the B while James Everard nipped past him in the last round to get a good third in the A javelin. The run up for this event at Cophthall is so poor that many throwers will not compete there. This together with the heavy rain had an adverse effect on distances.

It was going to the wire. The relays would sort it out one way or the other with WGwEL putting out strong teams and the Belgrave men under instructions just to get the batons round - and they did just that. In fact Tim Abeyie (who has left Belgrave and joined WGwEL) just beat Darren Chin to the line in the sprint relay but second was great by us.

And so to the final event. New man Chris Minn held third for much of the first leg but faded down the home straight so that Set Osho was having to look for him and the baton in the frenzy that marks the first changeover. Taking over in sixth spot Set gradually powered through moving up to second and being rewarded with a 47.6 split. Next came decathlete Kevin Sempers (who had earlier equalled his pole vault pb) who hung on gamely to again equal his fastest 400 split time. And then to James Ellington. The team managers can remember 14 years ago when they had persuaded John Regis to run his first ever 400 in the long relay. A touch of the *deja vu*'s here, then, as James strode round the first 200, moved up a place as he put in more effort to 300 and then fought to stay moving as the line approached. By the time he had finished he was barely able to stand. Total exhaustion and the look on his face seemed to say "never again". But that was what John Regis had said and his split had been the same at 49.4. Will history repeat itself?

Actually at that moment not too many people were considering this semi-philosophical question. The relay men had done their jobs. The win, which 5 hours earlier had seemed impossible, had been achieved by a superb team effort. With five pb's and one A string win backed by eight B string wins this really was a good day for our young squad.

Finally, thanks to the Belgrave supporters and to Tony Ganio, sports masseur, whose magic hands eased tired legs and kept the team on track.

100m: 4 D Chin 10.89/-0.8; 4 P Idowu 11.17/-0.6; n/s 1r2 W Sharman U23 10.90/0.6. 200m: 2 H Aikines-Aryeetey U20 21.81/-0.4; 2 D Chin 21.94/-0.2. 400m: 4 S Osho U23 48.10; 2 L Evling-Jones 48.49. 800m: 4 J van der Toorn U20 1:53.70; 8 R Dinham U23 2:32.57. 1500m: 3 K Gauson U20 3:49.85; 1 R Ward 3:52.29. 5000m: 2 S Sharp 14:03.75; 1 P Wicks U23 14:07.50. 3000mSC: 7 W Cockerell 10:29.54; no B runner. 110mH: 1 W Sharman U23 14.22/-0.4; 1 D Girdler 14.32/1.1. 400mH: 2 M Douglas 52.30; 1 R Dinham U23 52.06. HJ: 6 W Sharman U23 2.00; no B competitor. LJ: 2 A Phillips 7.18; 1 R Danso 7.05. TJ: 5 S Majekodunmi 14.58; 6 D O'Farrell 12.37. PV: 5 K Sempers U23 4.20; J Ive U20 nh; SP: 2 C Gearing U23 16.71; 1 M Allen U23 15.98. DT: 5 L Marar 48.79; 1 S Thompson 47.37. JT: 3 J Everard 59.20; 1 W Smith 58.40. HT: 3 M Jones M40 62.65; 3nt K Chester U23. 4x100m: 2 Belgrave 41.50 (W Sharman U23, H Aikines-Aryeetey U20, J Ellington U23, D Chin). 4x400m: 3 Belgrave (C Minn 52.5, S Osho U23 47.6, K Sempers U23 50.4, J Ellington U23 49.4).

Teams: 1 Belgrave 339; 2 Woodford Green wEL 316; 3 Enfield & Haringey 291; 4 Shaftesbury B 277; 5 Newham & EB 261; 6 Birchfield 254; 7 City of Manchester 250; 8 Thames Valley 179.

## National Young Athletes League

Match 1, Southern 2 SE Division, Crawley, 30 April 2006.

The Sutton/Belgrave combo came away from Crawley with a good win – but one has to say that the number of Sutton youngsters in action totally swamped those from Belgrave. Hopefully we can encourage a few more of our young athletes to join in next time.

**U17M.** 100m: 1 R Babataher 11.4. 200m: 2 R Bahabater 23.5. LJ: 4 D Hudson 5.16. TJ: 1 K Adedeya 12.64; 1 D Hudson 11.14.

**U15B.** 100m: 1 N Lapper 12.4. 200m: 2 N Lapper 25.4. 400m: 1 E Baxter-Derrington 56.4. 800m: 1 J Taylor-Holland 2:31.8; 1 J Haining 2:33.6. 1500m: 3 J Taylor-Holland 5:12.2. 80mH: 1 J Casco 13.8. LJ: 1 J Casco 5.08; 1 E Baxter-Derrington 4.17. HJ: 1 J Casco 1.53; 1 N Lapper 1.25. HT: 1 R Norton 16.36. DT: 2 R Norton 26.57. JT: 1 R Norton 32.34; 1 E Baxter-Derrington 17.45. 4x100m: 1 Sutton/Belgrave 52.2 (J Casco, E Baxter-Derrington, R Norton, N Lapper).

**U13B.** 100m: 4 E Kelly 16.1; 2 J Wills 14.9. 200m: 3 J Willis 31.4. 800m: 2 R McCall 2:42.3; 1 A Chapman 2:44.1. 1500m: 4 J Burgess 5:37.5; 2 A Chapman 5:38.8. 75mH: 1 E Kelly 15.9. LJ: 2 A Chapman 3.71; 2 A Penfold 3.21. HJ: 1 E Kelly 1.18.

**U17W.** 1 C Cole 12.8; 1 K Le Geyt 13.2. 200m: 1 C Cole 26.5; 1 S Nabareth 27.5. 300m: 1 L Atkins 43.4; 1 A Chung 44.5. 800m: 6 C Chambers 2:47.9. 80mH: 2 S Adongo 13.9; 1 A Chung 20.3. HJ: 2 S Fox 1.40; 2 S Adongo 1.35. DT: 3 F Dickinson 31.01; 2 E Torres 15.98. SP: 2 F Dickinson 7.21; 1 C Cole 5.62. JT: 3 F Dickinson 23.09; 3 E Torres 13.09. 4x100m: 1 Sutton/Belgrave 52.8 (K Le Geyt, S Day, S Nabareth, C Cole). 4x300m: 1 Sutton/Belgrave 3:06.1 (S Day, M Powell, A Chung, L Atkins).

**U15G.** 100m: 2 C Cole 13.8; 1 C Briggs 14.3. 200m: 1 C Cole 28.4; 2 C Briggs 29.1. 800m: 1 E Kerr 2:40.2; 1 M Isaac 2:40.6. 1500m: 2 G O'Leary 5:19.8; 2 H Wishart 5:35.7. 75mH: 2 C Briggs 12.6; 1 B Chaplin-Dewey 13.8. LJ: 2 C Cole 4.05. HJ: 4 M Isaac 1.25. SP: 6 E Kerr 6.05. 4x100m: 1 Sutton/Belgrave 56.0 (B Chaplin-Dewey, C Briggs, G O'Leary, C Cole).

**U13G.** 75m: 4 J Paxton 11.3; 2 C Lovett 11.4. 150m: 4 G Shears 22.7; 1 A Mabin 23.1. 800m: 2 G King 2:02.42. 1200m: 2 K Galley 4:11.6; 2 B Simikin 4:33.5. LJ: 6 J Da Cunha 3.16; 2 N Sheridan 3.09. 4x100m: 2 Sutton/Belgrave 59.6 (S McCall, G Shears, C Lovett, J Paxton).

**Teams:** 1 Sutton/Belgrave 561; 2 Crawley AC 551; 3 Hercules Wimbledon 501; 4 Horsham Blue Star/Haywards Heath 475; 5 Dorking & Mole Valley 303; Paddock Wood 103; 7 Redhill & Surrey Beagles 7.

## National Junior Athletics League

Match 1, Brent Division Division, Guildford, 7 May 2006.

A great start to the season saw our Under 20s run out second in the match and the only reason that they lost was because there were quite a few events not covered. This is the first season that the men's and women's events have been

combined to produce an overall team score and the signs are that the Belgrave/Sutton partnership is going to work well.

**Men.** 100m: 1 I Akindele 11.3; 1 A Mohammed U17 11.5; n/s 1 D Davis 11.4; 2 T Gilling 11.5. 200m: 1 I Akindele 22.5; 1 L Sargeant 23.4; n/s 1 D Davis 22.9; 2 A Mohammed U17 23.1. 400m: 1 D Campbell 51.8; 2 M Kirby U17 55.9. 800m: 1 T Barry U17 2:01.4. 1500m: 1 O Dodd 4:26.6; 1 T Barry U17 4:28.7. 3000m: 1 A Bodin 9:16.9; 1 J Fairbourn 9:43.6. 400mH: 4 M Debrah 71.5; 2 L Sargeant 78.9. LJ: 3 A Mohammed U17 5.18; 2 M Kirby 4.79. HJ: 3 D Campbell 1.60; 3 M Debrah 1.45. SP: 2 R Collier 13.25; 2 D Campbell 7.39. DT: 4 R Collier 34.03; 3 M Kirby 22.65. JT: 3 R Collier 43.27. 4x100m: 1 Belgrave/Sutton 45.7. 4x400m: 1 Belgrave/Sutton 3:41.0 (D Campbell 53.6, R Collier 57.1, M Kirby U17 58.1, T Gilling 52.2).

**Women.** 1 K Le Geyt 12.9; 2 S Nazareth 13.0; n/s 1 N Wright 13.1; 2 L Martin 13.4; 3 J Fitzpatrick 15.2. 200m: 1 C Cole 26.1; 2 S Nazareth 27.5; n/s 1 K Le Geyt 27.1; 3 N Wright 27.9; 6 L Martin 28.9; 7 J Fitzpatrick 32.6. 400m: 1 L Aikuis 60.5; 1 N Smith 62.3; n/s A Chung 65.0. 1500m: 4 G Williams 5:37.9. 3000m: 1 G Williams 12:13.0. 100mH: 3 J Fitzpatrick 20.1; 1 A Chung 28.1. LJ: 6 J Locke 4.06; 4 S Adonga 3.82. SP: 4 C Sanderson 7.18. JT: 1 C Evans 33.23; 3 C Sanderson 19.19. 4x100m: 3 Belgrave/Sutton 52.7; n/s Belgrave Sutton 53.7. 4x400m: 2 Belgrave Sutton 4:22.4 (N Smith 64.3, M Powell 72.4, L Atkins 60.6, A Chung 65.1).

**Teams:** 1 Vale of Aylesbury AC 462.5; 2 Belgrave H/Sutton & Dist AC 428; 3 Guildford & Godalming AC 381; 4 Wycombe Phoenix 286; 5 Thames Valley H 232; 6 Dacorum & Tring 209; 7 Milton Keynes AC 67.

## From The Belgravian

### 25 Years Ago – 1981

Things were at a fairly low ebb in 1981. At cross country we had hoped to improve our standing in the North Surrey League but failed to turn out half decent teams – and ended the 1980/81 season being relegated to division two. We did manage to complete teams in each of the male races at the National Cross Country Championships, however, and rounded off the winter season by placing 17th in the Belgrave promoted Haig 12 Stage Relay (including the Southern Championship) – a position with which we were pleased.

Thirty-three Belgravians turned out for the 1981 London Marathon, famous for the staged tie for first place between Simonsen (Norway) and Beardsley (USA). First man home for Belgrave was Laurie O'Hara, 333rd in 2:37:53.

John Gladwin placed 2nd in the Surrey County Junior CC (leading Belgrave to a team win) – and won our club 7 ½ miles championship – but he was also troubled by injury and spent some time riding a bike to keep fit. Paul Richley won the county Youths' title.

African sprint champion Ernie Obeng had been awarded the Tommy Green Cup for the third successive year. He had been ranked second in the country the previous season with 10.21 for 100 metres.

As we geared up for the forthcoming track season Alan Mead stepped down as T&F Secretary (it had been his second stint in this post) and Leo Coy took up the reins to manage our team which was then in Southern League Div. 1. The women's team were in Southern Women's League Div. 3.

Our leading race walker of the day was Richard Dorman, winner of our 10k track championship and first Belgravian home (7th) in the National 20k at Kenilworth. He was also 6th in the Leicester Mercury 20 miles.

## Triathlon

After a period of planning, Belgrave Harriers have affiliated to the British Triathlon Association and will be entering the Hedgeweek London Triathlon League. Point of contact for the new venture is Tim Weeks (07969 004590) an ex-pro Triathlete and now one of the mainstays of our endurance "engine room". Also planning to be involved is Mike Trees, World Masters 10km Road Running Champion from a couple of years back and regularly placed in the very top section of the World Duathlon Rankings.

## MASTERS RANKINGS REVISITED

*Pete Mulholland* informs us that Belgravians Charlie Dickinson and the late Laurie O'Hara feature in a re-shuffling of the M55 1,500m best times ever ... and there are still a couple of unanswered questions so we'll delve into the Belgrave archives to see what we can find to back up Charlie's claim to be British Record holder.

### From the current edition of *Running Fitness*

The appearance of the masters' item that appeared in the April edition relating to a British M55 1,500m record being wrongly credited to Harry Tempan, certainly stirred up a hornet's nest.

Maurice Morrell, a fountain of knowledge on the British Masters scene, has been in correspondence with statistician Bob Minting who after much research has arrived at the following conclusion.

"All seem agreed that Harry Tempan's 1981 time of 4 min 32.2 sec had somehow been transposed to 4 min 23.3 sec and/or 4 min 23.2 sec. This means that I have to update the all-time list, the British record and the individual age best at age 56.

Harry's next best time of 4 min 29.95 sec at Brighton in 1984, puts him in ninth place in the all-time list (and is the age 59 best). The next best is currently shown as Steve James with 4 min 25.53 secs, but we know that this is another error and should be 4 min 27.53 secs - which now slots into fifth place). That leaves Charlie Dickinson on top with 4 min 26.5 sec at Tooting Bec in 2003.

Also mentioned is the late Laurie O'Hara's time of 4 min 24.8 sec, which was once shown as a British record. No venue or date was noted and also it did not feature in the top-ten list produced in 2003 by David Burton (the previous BMAF statistician). I can only assume that it was sufficiently uncertain not to be included. Laurie would have had to be satisfied with 4 min 27.4 sec from 1987, which gives him fourth place plus a 4 min 34.8 sec which proves an age 58 best.

Unfortunately, I cannot accept Charlie's time as a British record because we do not have the required documentation to ratify it. It will have to remain a British 'best'. The next best is John Treadwell's 4 min 27.08 sec at Bedford in 2000 and as this was at a British Championships I can accept it without documentation as the M55 British record.

Running down the updated top ten, the first entry I can find which was done at age 56 is Ian Barnes' 4 min 28.94 sec at Brighton in 1991. It is not conclusive, but I have no other information that suggests that anyone else (e.g. O'Hara) had a faster time at this specific age.

Finally, Steve James did hold the individual age 55 best – but that can now be updated with Charlie's time, as we know Steve's had had a couple of seconds knocked off."

#### Updated all-time Top Ten (M55)

1	C Dickinson	4:26.5	Tooting Bec	30/7/03
2	J Treadwell	4:27:08	Bedford	29/7/00
3	R Phipps	4:27.2	Sutton Coldfield	28/6/00
4	L O'Hara	4:27.4	West London	23/8/87
5	S James	4:27.53	Miyazaki, Japan	16/10/93
6	S Erlam	4:28.9	Wavertree	17/8/96
7	I Barnes	4:28.94	Birmingham	6/7/91
8	B Bullen	4:29.0	Wigan	5/6/88
9	H Tempan	4:29.95	Brighton	28/8/84
10	A Churchill	4:30.1	Watford	4/7/87

#### Updated age records (M55-M59)

55	C Dickinson	4:26.5	Tooting	30/7/03
56	I Barnes	4:28.94	Birmingham	6/7/91
57	R Phipps	4:27.2	Sutton Coldfield	28/6/00
58	L O'Hara	4:34.8	West London	12/8/90
59	H Tempan	4:29.95	Brighton	28/8/84

## Road Running

Flora London Marathon, 23 April 2006

### More Marathon Medals

Each year since 2000, with the exception of 2001, we somehow seem to come away from the London Marathon with a set of AAA team medals. Normally it's the women's team that do the business and in 2006 they did it again – with the men just outside the frame in 4th – and neither team was boosted by a “superstar”.

Here are some of the stories ...

Visiting the Thistle Hotel to promote sales of his book *The 50 Greatest Marathon Races of All Time*, Will Cockerell didn't have too much trouble selling copies to Paul Tergat, Khalid Khannouchi and Haile Gebrselassie. But what tickled him most was the fact that they all wanted his autograph! When Geb saw that his own image was on the front cover he was delighted – “Will, you are top man!”

Another sale was to Deena Kastor, and remember, this is before the race. Will wrote on the title page, “to Deena, 2:19:37 here we come...” And then at the post race party she told him: “I beat your prediction by one second! But next time could you write something a little faster?”

Twelve year-old Krystal Galley was 4th in her section of the mini-marathon ... She felt that she could have done better if she had been more familiar with the course. Having been told by Dad that when she got to Big Ben there was a right turn and then it was not too far to go, it seemed to take a lifetime running down the Embankment with the clock tower always in sight but never, seemingly, getting any nearer!



Malachi Byansi (2:38:18) - pictured left by Tim Watt - looked chirpy during the race and later told us:

“I have recovered from the marathon after just two days. After 12 months of a painful knee injury, I was happy to feel the running flowing. From the 2nd mile into the race, our group consisted of John Clarke, Warren Lynch and myself with Joachim Wolf 50 yards ahead of us and moving quicker.

John was advising me to stop surging; I guess I was running the African way... He suggested an even pace - which I gladly welcomed. The opening splits were: 5:39, 5:43, 5:30, 5:38, 5:32, 5:53. John asked what pace was I going for, and I replied to him that I was looking for 6 mins per mile. Then: 5:53, 5:50, 5:44 and 6:02.

After 10 miles I knew I was feeling good but you have to respect the 26.2 miles. So I eased down and let the guys go hoping to catch them in the second half of the race. My pace then stayed more or less the same all the way to 18 miles. I was looking forward to the pebbles at Tower Bridge but they never came. I had not realised that the course had changed since I last did it in 2004.

My slowest mile was 21 at 6:32. I guess it is psychological because my wheels normally come off at this stage, but once I ingested some energy gels I was fine to carry on.

The only thing I can say is that I was too conservative..... next time I will run the African way.”

Louise Cooper (3:00:55) – right – was happy at Tower Bridge - but not so delighted at missing a sub 3 hours run by 55 seconds ...

“It was all going to plan early on. I think I realised that my 6:40-something miles were creeping closer to 7-somethings, and then I was trying desperately hard to get there, but think I hit the wall with a mile to go - nightmare!



It's been a range of emotions since finishing, sometimes pleased, but more often than not, reflecting over and over again on what I could have done better to get me under three hours. Having done my first London marathon aged 18, and run everyone since (number 13 yesterday), I think I was smiling because I just love the race so much! I couldn't believe how much support for Belgrave there was on route, and I want to thank everyone who gave me a shout.

Tom Hadfield (2:39:30) also thanks those who supported him and goes on:

“Conditions were absolutely perfect, but I ran a horrid race - started out quite conservatively but felt completely spent by halfway and had nothing in the second half. It was the kind of race that makes you never want to run again. In retrospect I peaked too early - my best races were back in February and it's all been downhill from there.”

A minute came off the previous best set by Lars Rehn (3:26:28). He tells us:

“My preparations had not been ideal as I had three weeks off running at the end of March due to a fractured rib that I obtained on a ski holiday. I was on 3:15 pace until 30k, got stomach cramps at 40k and had to stop and stretch.

I'm just happy to be able to run a marathon again though, as I have been struggling with injuries since the Berlin Marathon of 2004. I've been seeing lots of physiotherapists, sports doctors, podiatrists, biomechanical lecturer, spinal surgeons etc., and finally I found out that the cause of my problems are a disc prolapse in my lower back. I might need surgery as I got sciatic pain, does anyone know who might have experience with micro discectomy ?

After recovering next couple of weeks, I hope to do some 5 and 10k races over the summer. Thanks to David Lucas for coaching us on Tuesday nights.”

It was a case of “getting the feel of the occasion” and learning the route for Simon Jones (2:33:04) ...

A personal record came from John Clarke (2:30:31), our first man home:

“Thanks for the support on Sunday which resulted in a PB by just under 5 minutes and also 13 minutes quicker than my last London outing in 2004.

The race went perfectly for the first half with my plan for a late 2:28/2:29 clocking being bang on. However, for some reason miles 18-20 saw me hit a big bad patch causing me to lose the bunch I was running with and making my chances for the last miles look pretty bleak. The training I have done did however pay dividends as I managed to claw it back and get back on course, but this extra effort ultimately caught up with

me over the last mile and a half meaning that I just missed my target time.

Can't complain though as it could have been much worse and the improvements continue to come. Also, lessons have been learned that will be carried into my next marathon in the Autumn."

Lee Greatorex ran with the intention of going half distance and ran three personal bests along the way - 10km in 33:45, 10 miles in 55:05 and the Half Marathon in 72:58.

Nikki Neal (2:54:19) had a fabulous run and may have broken the Channel Islands record ... Warren Lynch, on schedule for 2:30, became too ill to continue at 17 miles.

Tim Weeks had a torrid time - well it might have been better if he'd done some training. It all started out ok with an initial 10k split of 39:19. Even his second one wasn't too bad - 40:43. But then it all fell apart with a 46:42 and finally 80:02 - by which time he was alternately walking to one lamp post and running the next two. He says he must have looked bad because little kids were running out into the road to feed him jelly babies!

**Men.** 1 F Limo (Kenya) 2:06:39; 62 J Clarke 2:30:31; 78 S Jones 2:33:04; 140 J Wolf 2:37:33; 160 M Byansi 2:38:18; 187 T Hadfield 2:39:30; 694 R St. Clair 2:54:04; 932 S Zealey M40 2:57:40; 1194 D Patel M40 3:00:40; 3650, L Rehn M40 3:26:28; 4705 P Cross M50 3:33:41; 4761 T Weeks 3:34:09; 7184 S Connor 3:48:45; 10440 A Porteous 4:04:30; 11607 M Barren 4:08:10; 12829 E Asiedu M40 4:17:34; 17129 P King M50 4:44:06; 21961 M Graham M55 5:36:31; 22212 T Newell M70 6:01:04; 22331 G Beecham M75 6:03:43.

**Teams:** 1 Salford H 6:57:33; 2 Thames H&H 7:02:33; 3 Cardiff 7:17:10; 4 Belgrave 7:41:53 (Clarke, Jones, Byansi).

**Women.** 1 D Kastor (USA) 2:19:36; 18 B Dagne 2:49:48; 29 N Neal 2:54:19; 70 V Clarke 2:57:19; 81 L Cooper 3:00:55; 190 M Heaton 3:12:08; 557 M Noel W40 3:29:42.

**Teams:** 1 Newcastle 8:43:31; 2 Serpentine R 8:49:42; 3 Belgrave 8:52:33 (Neal, Clarke, Cooper).

**Mini-Marathon:** Bromley - Girls 11-12. 4 K Galley 18:35.

## Results Roundup

### Track & Field

#### April 2006

- 9 **Bournemouth AC Open.** U17M 800m: 1 T Barry 2:02.3.
- 15 **Lindenwood Uni Invitation, St Charles MO USA.** Men. LJ: 2 D Wellstead 6.82/?.
- 16 **Sward Trophy, Kingsmeadow.** Men. TJ: 1 S Majekodunmi 15.00. SP: 4 M Small M50 12.55. JT: n/s M Small M50 39.89.
- 16 **Jav Fest 3, Eton.** Men. JT: 3 J Everard 60.22.
- 17 **Norman Fowler Memorial Open, Tonbridge.** Men. 300m: C Minn 37.1. HT: 1 K Chester 59.70.
- 18 **Lindenwood Mini Meet, St Charles MO USA.** Men. TJ: 1 D Wellstead 13.64/?.
- 20 **Watford Open, Watford.** Men. No wind readings. 100m: 2rA A Campbell U13 14.29; 2rF A Mohammed U17 11.51. 200m: 4rA C Minn 52.39; 4rF D Campbell 52.25.
- 21 **Larry Ellis Invitational, Princeton NJ USA.** Men. 800m: 2r1 T Bayley 1:49.51.
- 22 **London Inter-Club Challenge, New River.** Men. 200m: 6r1 A Bennett 22.9/-2.1. 400m: 5r2 M Kirby 56.42. 800m: 10 M Humphrey 2:10.55. 1 mile: 4 M Humphrey 4:53.07. 400mH: 1 A Bennett 55.41. HT: 2 A Allen 31.71. Women. 400m: 1 C Foster 59.43; 2 S Gailey 63.50. 800m: 3 C Foster 2:19.94; dq S Gailey 2:25.2. HT: 1 H Arbutnot 33.64. DT: 3 H Arbutnot 19.59.
- 23 **SECTA Throws Pentathlon, Ewell.** Women. W70. 1 B Dunsford 2276 (HT 17.27, SP 5.29, DT 10.09, JT 9.64, Wt 6.08).
- 29 **SIUE Twilight Meeting, Edwardsville IL USA.** Men. TJ: 1 D Wellstead 14.00/?.
- 29 **Golden Night Twilight Meeting, Orlando FL USA.** Men. 100m: 7r2 J Hussain 11.41/-3.1. 200m: 3r1 J Hussain 22.03/-1.1. 400m: 4r1 R Thomas 48.79; 6r1 G Selway 49.51.
- 29 **Penn Relays, Pennsylvania PA USA.** Men. 100m: 7rA1 H Aikines-Aryeetey 10.48/1.1. 4x1mile: T Bayley 4:02.4.
- 29-1 **BUSA Champs, Birmingham.** a=29, b=30, c=1 Men. 200m: c 2 D Chin 21.89w/2.1 (1s3 22.08w/3.3, 1h9 22.35/-2.5); 6s2 K Sempers 23.92/1.6 (3h7 23.05/-1.6). 400m: c 5 S Osho 48.36 (b 2s1 48.67, 1h8 49.82). 1500m: c 3 K Gauson U20 3:57.08 (b 3h5 3:51.27); 5 D Gauson 3:58.79 (2h5 3:51.05); 9h4 M Humphrey 4:26.25. 5000m: c 7 J Blackledge 14:43.70 (a 2h3 14:47.44). 110mH: c 1 W Sharman 14.24/2.0 (b 1h3 14.15/-0.7); 5 K Sempers 14.80/2.0 (1h2 14.90/-1.5). LJ: c 8 G Wilson

6.77/1.0 (5qB 6.84/?/?); 8qB K Sempers 6.66/?/??. SP: b 9 Z Sandell 12.03 (3qB 11.98). DT: a 7qA K Sempers 36.21; 9qA Z Sandell 33.33. JT: c 9 Z Sandell 51.43; 11 K Sempers 48.84. HT: b 1 K Chester 61.38; 3nt A Allen. Women. 400m: b 6h3 A Forsyth 60.05. 5000m: b 8h1 C Bertram 19:04.09. DT: b 2 J Lally U20 43.13. HT: a 10 H Arbutnot 33.26.

#### May 2006

- 1 **Herts Champs, Stevenage.** Men. M50. SP: 1 M Small 13.76. DT: 1 M Small 44:41. JT: 2 M Small 42.67.
- 2 **Avril Bowring Memorial, Tonbridge.** Men. 100m: 1 R Dinham 11.1. 300m: 1 R Dinham 34.9; 3 C Minn 37.0.
- 3 **Watford Open. Men. BMC Gold Standard 1500m.** Men. 1 P Wicks 3:49.37; 5 J van der Toorn U20 3:57.96. Open 1500m: 2 G Billington U20 4:02.59. DT: 3 K Sempers 35.89. Women. BMC 800m: 1 M Hutchison 2:09.47.
- 5 **Billy Hayes Invitational, Bloomington IN USA.** Men. TJ: 4 D Wellstead 14.23/0.1.
- 7 **Metro Atlantic Conference, Lawrenceville NJ USA.** Men. 1500m: 5 T Bayley 3:53.10.
- 7 **Walton AC Open.** Men. 400mH: 2 C Minn 57.77.
- 7 **BMC Academy PB Classic, Watford.** Men. 3000m: 4 G Billington U20 8:46:21.
- 10 **Rosenheim East Division, Battersea Pk.** Senior Men. (all n/s) 200m: 2 D Davis U20 22.6. 1500m: 1 M Humphrey 4:22.3. HT: 1 C Privett M40 44.07.
- 10 **Uxbridge Indoor.** Women. 100mH: 1 S Porter 14.07. PV: 1 J Whitlock 4.10.
- 12 **Lindenwood Last Chance, St Charles MO USA.** Men. TJ: 6 D Wellstead 14.25w/2.1.
- 13 **Buckinghamshire Champs, Milton Keynes.** Senior Women: 100mH: 1 H Stares 14.8 CBP. 400mH: 1 H Stares 61.3 CBP.
- 13-14 **Dorset Champs, Bournemouth.** U17 Men. 800m: b 1 T Barry 2:00.8. Senior Women. HT: a 1 H Arbutnot 36.46.
- 13-14 **Essex Champs, Chelmsford.** Senior Men. HJ: a 6 J Everard 1.80. JT: a 2 J Everard 62.97.
- 13 **Hampshire Champs, Mountbatten Portsmouth.** Senior Men. 800m: a 3 J Blackledge 1:54.63.
- 13-14 **Kent Champs, Ashford.** Senior Men. 400m: a 1 R Dinham 47.88 (1h1 50.05). Senior Women: 1500m: b 5 R Powell 5:22.72.
- 13 **Middlesex Champs, Barnet Cophall.** Senior Men. LJ: 1 A Phillips 7.08/0.7. Senior Women: 800m: M Hutchison 2:10.42.
- 13-14 **Surrey Champs, Kingsmeadow.** Senior Men. 100m: b 7 R Danso 11.20/0.9 (4h2 11.28/0.3); 5h1 K Adjepong 11.69/1.1. 200m: a 6h1 K Adjepong 24.18. 800m: a 2 R Ward 1:57.00; 6 T Lines 2:08.26. 1500m: b 2 P Wicks 3:51.89; 3 R Ward 3:55.50; 6 T Ellacott 4:16.30; 7 J Webb 4:23.40. 110mH: a 4 P Beaumont M40 19.64. 400mH: b 2 C Minn 56.46; 3 P Beaumont M40 59.98. LJ: a 1 R Danso 7.06w/2.6 (6.71/0.7). U20 Men. 100m: a 1 H Aikines-Aryeetey 10.53/-1.8 (1h1 11.01/?); 6 D Davies 11.38/-1.8 (1h3 11.47/-0.1). 200m: b 1 H Aikines-Aryeetey 21.41/0.9 CBP (1h1 22.47); 3 D Davis 22.48 (2h2 22.82/?). 400m: a 4 D Campbell 51.38 (3h1 51.95). 800m: b 1 J van der Toorn 1:54.26. 1500m: a 1 J van der Toorn 3:59.54; 2 A Bodin 4:06.94. 3000m: b 3 A Bodin 9:03.48. Under 13 Boys. 100m: b 6 A Campbell 14.35/0.8 (3h2 14.27/1.3). 200m: a 8 A Campbell 31.75/-1.0 (5h2 30.51/-1.2). Senior Women. 100m: a 1 J Whitlock 12.33/-1.2. 200m: b 1 J Whitlock 25.12/??. 400m: a 1 J Cullley 57.43 (1h1 58.20); 3 C Foster 59.98 (1h2 59.78); 6 S Gailey 64.08 (4h1 63.92). 800m: a 5 S Gailey 2:22.19; 10 V Goodwin 2:39.20. 1500m: b 3 C Shanklyn 4:43.62. 3000m: b 3 S Murphy 10:42.39. LJ: a 1 S Wellstead 6.01/1.4. 400mH: b 2 J Cullley 62.42. Under 20 Women. 200m: a 8 J Fitzpatrick 31.42/-1.6. HJ: a 1 S Rainford 1.75 CBP. LJ: a 2 S Rainford 5.62/1.2. DT: a 1 J Lally 42.99.
- 13-14 **Sussex Champs, Crawley.** Senior Men. 200m: a 1 J Hussain 21.85/??. HT: a 1 M Jones M40 65.47. U20 Men: 100m: b L Sargeant 11.73/-0.6. 200m: 2 L Sargeant 22.82/?.
- 13-14 **IC4A Champs, Princeton NJ USA.** Men. 800m: b 1 T Bayley 1:48:28 (a 1h5 1:50.22).
- 13-14 **IAAF Multistars Meeting, Desenzano del Garda ITA.** Men. Decathlon: 15 K Sempers 6941 (11.32/-1.1, 6.88/0.9, 11.85, 1.94, 51.34, 14.94/0.3, 33.88, 4.10, 53.94, 4:57.41).
- 14 **Scottish Closed Champs, Meadowbank.** Senior Men. 800m: 1 G Oudney 1:50.95 (2h1 1:56.31); 3 K Gauson U20 1:52.87 (2h2 1:57.65).

### Road & Country

#### April 2006

- 17 **West Wight Three Hills multi-terrain, Isle of Wight.** Women. 1 E Fogg 57:02.
- 17 **Rotary Quarter Marathon, Poole.** Men. 1 W Chinhanhu (Poole) 34:01; R Bale 3-M60 44:41.
- 18 **VAC 5 miles, Battersea Park.** Women. 1 M Noel W40 35:08.
- 23 **Bolton 10 km.** Men. 1 R Birchall (Notts) 31:24; 2 P Freary 32:24.

- 26 **Civil Service 10 km.** Women. 1 A Allen (HASSRA) 36:57; 3 H Smethurst W40 39:03.  
 28 **Serpentine Last Friday 5 km, Hyde Pk.** Men. 1 O Edwards (Shaftesbury B) 15:34; 3 R Ward 15:45.  
 29 **Bushey Pk 5 km.** Men. 1 M Pierson (St. Mary's) 15:37; 2 R Ward 15:40.  
 Women. 1 C Eastham 20:42.

#### May 2006

- 1 **Barry Jones 5 miles, Wimbledon Pk.** Women. 1 C Edis 34:32.  
 3 **TH&H Parkland 4 x 3 miles CC Relay, Richmond Park.**  
 Men. 1 Belgrave 1:03:07 - L Greatorex 15:18 (3), M Humphrey 16:07 (1), J Fairbourn U20 (1) 16:22, Will Cockerell 15:20 (1); 2 Sheen Shufflers 1:06:18.  
 4 **Dave Clarke 5 km.** Men. 1 K Quinn (Aldershot F&D) 15:48; 2 A Bodin U20 16:07.  
 6 **Bushey Pk 5 km.** Women. 9 C Eastham 20:32.  
 7 **Vienna Marathon.** Women. H Smethurst W40 3:08:42.  
 7 **Sutton 10 km, Beddington Park.** Men. 1 S Major (South London) 31:56; 21 M Humphrey 36:44; 38 R St Clair M40 38:01.  
 13 **Bushey Pk 5 km.** Men. 1 L Greatorex 16:07.  
 14 **Richmond Half Marathon.** Men. 1 P Killingley (Ranelagh) 1:10:30; 20 M Humphrey 1:19:35; 30 G Reid M45 1:21:30; 31 R St Clair M40 1:21:52; 113 P Cross M50 1:31:05; 444 C Henn M70 1:51:15.

### Race Walking

#### April 2006

- 18 **VAC 5 miles, Battersea Park.** 1 M Easton (SWC) 39:32; 3 P King M50 46:57; 4 C Lawton M55 46:57.  
 26 **Belgrave/Vets AC/County 10 km Champs, Battersea Park.**  
 Men. 1 S Uttley (Ilford/Vets) 52:48; 2 A Thomson (Herts Phoenix/Vets) 53:32; 3 C Lawton (Bels/Surrey C/Vets) M55 56:38; 12 D Fotheringham (Bels/Middx/Vets) 65:38.  
 Women. 1 M Noel (Bels/Middx/Vets) W40 62:38.  
 30 **Canvey Island 5 miles.** 1 T Jones (Hillingdon) 39:21; 6 C Lawton M55 45:05; E Hall M70 56:21; G Beecham M75 61:56.

#### May 2006

- 1 **Pednor 5 miles, Chesham.** 3 C Lawton M55 46:56.  
 6 **SRWA 1 Hour Race, Dartford.** 1 N Sylvester (Aldershot F&D) 11,800m; 2 T Watt 11,649m; 3 A Goudie 11,515m; 8 C Lawton M55 10,622m; 11 P King M50 9,860m. Teams: 1 Belgrave 31,997m; 2 Ilford AC 31,266m.  
 13 **Middlesex & Surrey County Champs, Barnet Copthall.** Men. 3000m: 1 T Jones (Hillingdon/Middx) 14:34.47; 2 C Lawton M55 (1 Surrey) 16:01.71; 5 J Hall M55 (4 Middx) 16:48.09.  
 Women. 3000m: 1 M Noel (Middx) 17:29.27.  
 14 **Kent County Champs, Julie Rose Stadium, Ashford.** 3000mW: A Goudie 14:12.54.

## Welcome ...

to the following new members who have joined during May.

Helen Arbutnot, 21, interested in the throws – and does the odd triple jump.

Alex Bodin, 17, a second claim member, joining for NJAL middle distance events.

Ashley Campbell, 11, interested in sprints – U13B county champion for the indoor 60m.

Daniel Campbell, 19, interested in sprints – and in particular the 400m.

George Dunn, enjoyed the London Marathon so much that he wants more, interested in road running and long distance.

Darvin Edwards, 19, represented St. Lucia in the recent Commonwealth Games high jump.

Alex Livingstone, 13, interested in sprints.

Adam Mohammed, 16, interested in sprints – U17M county champion for indoor 60m.

Simon Morton, 26, interested in all types of running and jumping.

Rob Poulter, 39, interested in middle distance. He switches back to 1st-claim Belgrave membership again.

Chloe Sanderson, 16, interested in competing in the NJAL.

Daniel Simmonds, 18, interested in sprints.

Victoria Lewis, 23, interested in middle and long distance.

Laurence Wells, 30, already a member of Charlie Dickinson's group, interested in middle distance and cross country.

## LONG STANDING PARTNERSHIP!

On 29th April 1950 two young men toed the line at Wimbledon both hoping to walk six miles in the hour for the recently introduced RWA badge. The result shows they both gained the award and that George Beecham had the upper hand finishing second well inside sixty minutes.

George joined Belgrave at the instigation of Ron Durbin, a Club runner. To gain some early experience he had "strolled" home to Sutton from Brighton! Shortly after that first race the two young men struck up a friendly rivalry which saw them give the Club handicapper, Bill True, a torrid time. In those days the Club had a series of 2 mile handicaps at monthly intervals. Being novices the pair started from a limit mark of around 700 yards on Harry Churcher, holder of the world five mile record. For almost two seasons they played Box and Cox by taking turns in hard fought races to win prizes and find their level. By this time, in the wider walking world, they were making names for themselves in the Open races, with George winning the Met. Police Open 7 mile handicap, and establishing themselves in the Club B team, and, finally by 1954, the A team.

George had by this time tackled some of the longer events with success. This progress was to continue and even today George's stamina is legendary. He tackled both the London to Brighton walk and the very stiff Hastings to Brighton 14 times, with an individual win in the latter, plus numerous team successes in both events. A vital member of many National teams he has the unique distinction of eight successive team wins for the Nijmegen Shield. This was awarded to the first team to finish all eight members in the National 20 mile championship. That record was achieved in the glory days of Belgrave walkers when you almost had to be an international to get in the team. His 4th place in the National 50 kms championship, at Preston, in 1957 gained him an international vest in Belgium that year where he finished 3rd. Having accompanied the two Wilson brothers on London to Brighton and back races (104 miles) George also completed 100 miles in 24 hours in 1981 to gain the prestigious Centurion award.

Never one to rest on his laurels George became very involved in charity work on Canvey Island. As a long time sufferer from asthma he set out to raise funds for a connected charity. In addition he has been a member of the local sports council for many years receiving an award for his efforts. Another award, of which he is rightly very proud, is a Silver Medal from the RNLI for his work on their behalf. As part of his fund raising activities he has completed 11 London marathons walking all the way with times well under 6 hours on most occasions. He uses this event to warm up for his annual trip to Nijmegen where he walks 50kms on each of 4 successive days. For this he holds a set of 15 medals – which if awarded to a Dutch serviceman can be worn as a military decoration. He will soon be bidding for a 16th!

All this from a stroll home from Brighton and a successful attempt to gain a six miles in the hour badge.

Not finished yet George renewed his rivalry with his opponent since 1950 on the 30th April 2006. This time round George finished behind his rival, which was not so surprising as he had been up early to set up the course and generally assist in the organisation of the day. During the walk it became evident that George is well known on Canvey and he is particularly proud of having introduced Dean Macey to athletics through his coaching nights at the local track.

In case you wonder what happened to George's rival - well he writes the occasional piece for the Belgravian!

*Eric Hall*