

Belgrave Harriers Road Relay Performances

Nonsuch 4 x 2.2 miles

The David Denton organised LARA relay was originally held at Morden Park in 1989 but moved to Nonsuch Park, Cheam, in 1995. Nonsuch Park was the venue of the National Cross Country Championships in 1989.

The men's relay was initially held over eight stages while the women's and veterans' events were held over four stages. In 1996 all teams competed over four stages and the race has remained in this format ever since. Belgrave Harriers first took part in 1997 when the race was sponsored by Encomech, Bill Laws' locally based company, and was known for a couple of years as the Belgrave Nonsuch Relay.

With the exception of a stretch of grassland of about half a mile in length, some of which is a little rough, the course follows broad traffic free paths.

Notes.

Letters shown after the time are:

x second or subsequent run of the day.

y second or subsequent consecutive stage.

The number and letter in the penultimate column indicate the stage and team; e.g. 4b = 4th stage for the B team. Other values used in this column are z (non-Belgrave team) and Mnn (veteran team, i.e. M50).

1996-2006

Belgrave all-time individual performances

9:52	Philip Wicks	14.03.84	4a	06Jul2006
	10:21		4a	07Jul2005
9:55	Mark Thompson	05.03.79	3a	01Jul2004
10:04	Gary Staines	07.03.63	1b	09Jul1998
	10:08 x		4b	09Jul1998
	10:13		4a	08Jul1999
10:11	Paul Freary	03.04.68	3a	04Jul2002
	11:23 y		4z	04Jul2002
10:26	Roger Alsop	16.01.65	2a	08Jul1999
	10:45		1a	04Jul2002
	10:59		4a	01Jul2004
10:30	Ray Foley	03.06.68	4a	09Jul1998
	10:45		4z	11Jul1996
	10:47		4b	10Jul1997
	10:47		3a	08Jul1999
10:34	Stephen Kennefick	15.08.75	3a	05Jul2001
10:40	Junior Galley	24.05.62	1a	06Jul2000
	10:56		2a	05Jul2001
	10:59		3a	10Jul1997
	11:20	M40	1a	03Jul2003
	11:25	M40	1a	07Jul2005
	11:33	M40	2b	06Jul2006
10:46	Kevin Quinn	24.07.79	2a	06Jul2000
	10:55		1a	09Jul1998
	10:57		1a	10Jul1997
10:49	Marcello Bizio	01.08.64	4a	10Jul1997
	11:03		3a	09Jul1998
	11:12		1a	08Jul1999
10:49	James Browne	04.11.77	2b	01Jul2004
	10:51		2a	04Jul2002
	10:56		4a	03Jul2003
10:52	Dave Beaver	22.08.59	2b	10Jul1997
10:57	Lee Greatorex	16.07.75	2a	01Jul2004
	11:04		?z	03Jul2003
	11:06		3a	06Jul2006
	11:58 x		4z	06Jul2006
10:58	Alaster Stewart	05.10.72	3a	06Jul2000
	11:38		4a	05Jul2001
11:03	Bruce Barton	02.02.64	2a	10Jul1997
11:04	Adam Leane	03.10.73	1a	01Jul2004
	11:24 x		4b	01Jul2004
11:07	Mike Nouch	20.06.54	1b	10Jul1997
	11:18	M40	2a	09Jul1998
11:08	Richard Ward	05.05.82	3a	07Jul2005
11:03	Will Cockerell	19.11.73	1a	06Jul2006
	11:09		1a	05Jul2001
	11:10		4a	06Jul2000
	11:33 x		3b	06Jul2006
	12:26 x		4b	05Jul2001
11:10	Paul Coughlan	22.09.72	2b	09Jul1998
11:19	Malachi Byansi	20.10.74	2a	03Jul2003
11:22	Mark Humphrey	13.10.83	2a	06Jul2006

11:27	Rob Marcus	05.07.75	1b	01Jul2004
	11:45	05.07.75	1b	03Jul2003
	11:43		2a	07Jul2005
11:29	Stephen Zealey	26.11.65	3a	03Jul2003
	11:43		2a	07Jul2005
11:45	Warren Lynch	24.09.68	1b	05Jul2001
	11:46		4a	04Jul2002
11:47	Pete Gibbey	M45 12.04.51	2b	08Jul1999
11:52	James Fairbourn	U20 26.06.87	1b	06Jul2006
	12:05 x		4b	06Jul2006
11:56	Don Anderson	M45 10.05.55	4M40	06Jul2000
	12:01	M40	3b	08Jul1999
	12:09	M40	3b	10Jul1997
	12:37	M45	4z	04Jul2002
	13:55	M45	2b	03Jul2003
	13:57	M50	4M50	06Jul2006
11:58	Tony Binda	M45 03.01.53	2b	05Jul2001
	12:00	M45	2M40	06Jul2000
	12:35	M50	1M50	06Jul2006
12:35	John Mather	M45 06.04.54	1b	08Jul1999
	12:40	M45	3M40	06Jul2000
13:15	Harry Corbett	M40 16.02.58	1M40	06Jul2000
14:07	Tony Austin (gst)	M50	2M50	06Jul2006
14:12	Alan Black	M60 25.09.39	3b	09Jul1998
	16:14	M60	3b	05Jul2001
14:37	David McMillan	M50 09.11.47	3M50	06Jul2006
15:13	John Jeffery	M55 12.01.44	4b	08Jul1999

Fastest all-team individual times (to 10:20)

9:22	Mohammed Farah (Real Runners Ltd)	1a	06Jul2006
9:52	Philip Wicks (Belgrave)	4a	06Jul2006
9:55	Mark Thompson (Belgrave)	3a	01Jul2004
10:04	Gary Staines (Belgrave)	1b	09Jul1998
	10:08 x	4b	09Jul1998
	10:13	4a	08Jul1999
10:11	Paul Freary (Belgrave)	3a	04Jul2002
10:15	Dave Taylor (Herne Hill H)		16Jul2000
	10:18 x		16Jul2000
10:19	Stuart Major (Legal & General)		03Jul2003

Fastest teams (to 48:00)

40:36	Real Runners Ltd 'A'	1	06Jul2006
42:38	Belgrave 'A' - Bizio, Alsop, Foley, Staines	1	08Jul1999
	42:55 Leane, Greatorex, Thompson, Alsop	1	01Jul2004
	43:23 Cockerell, Humphrey, Greatorex, Wicks	3	06Jul2006
	43:33 Galley, Quinn, Stewart, Cockerell	1	06Jul2000
	43:33 Alsop, Browne, Freary, Lynch	1	04Jul2002
	43:46 Quinn, Nouch, Bizio, Foley	1	09Jul1998
	43:48 Quinn, Barton, Galley, Bizio	1	10Jul1997
	44:17 Cockerell, Galley, Kennefick, Stewart	1	05Jul2001
	44:37 Galley, Zealey, Ward, Wicks	1	07Jul2005
	45:04 Galley, Byansi, Zealey, Browne	1	03Jul2003
42:42	Real Runners Ltd 'B'	2	06Jul2006
44:24	Guildford & Godalming AC	2	01Jul2004
	45:04	3	07Jul2005
	46:12	2	06Jul2000
	47:05	2	03Jul2003
44:55	Belgrave 'B' - Nouch, Beaver, Anderson, Foley	2	10Jul1997
	45:34 Staines, Coughlan, Black, Staines	2	09Jul1998
	47:21 Fairbourn, Galley, Cockerell, Fairbourn	5	06Jul2006
45:03	Epsom & Ewell H	2	07Jul2005
	45:50	2	05Jul2001
	45:53	3	01Jul2004
	47:30	6	06Jul2006
	46:32	2	04Jul2002
	47:50	3	09Jul1998
46:18	Sutton Runners	1	11Jul1996
	47:42	3	04Jul2002
46:26	Collingwood AC	2	08Jul1999
46:44	Stragglers	2	11Jul1996
46:50	Epsom Oddballs	4	01Jul2004
	46:27	4	07Jul2005
	46:36	4	06Jul2006
47:04	Legal & General	5	01Jul2004
47:48	Herne Hill H & guests	3	06Jul2006