

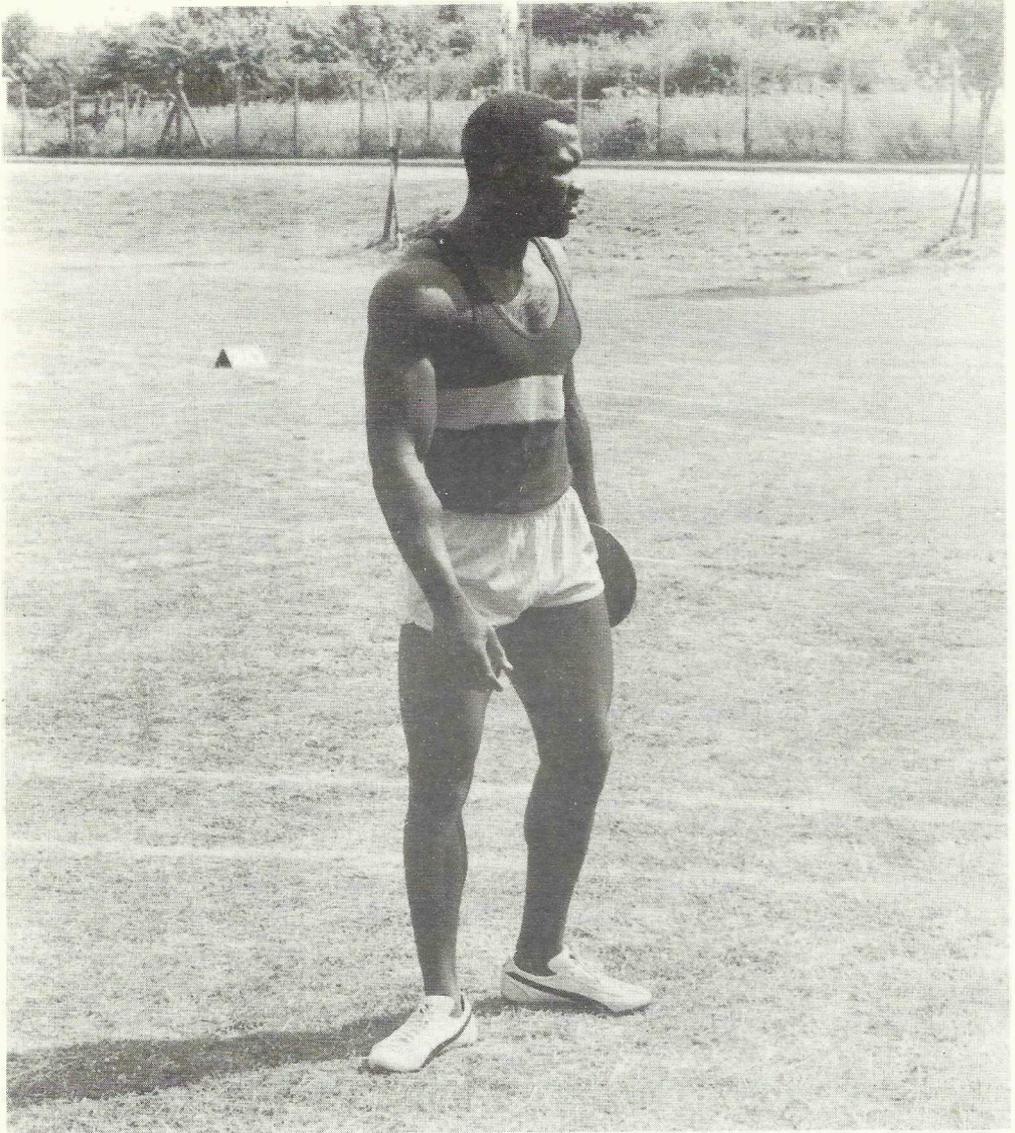
THE

OCTOBER 1983

BELGRAVIAN



□ the official gazette of belgrave harriers □



FRONT COVER. John Gladwin's summer has included a fine win in the U.K 1500m Championship. Here we see John with Seb Coe representing the U.K in June's Russia match. In windy conditions and after setting the early pace John outkicked Olympic 1500m bronze medallist Kirov(4) for second. Photo; John Marshall.

ABOVE. Ken Onuagaluchi has improved his discus P.B. this year by 5m and in the process has taken the Belgrave discus record to over 52 metres. Photo; Bill Laws.

THE BELGRAVIAN

NUMBER 207



FOUNDED 1887

PRESIDENT

Tom Carter
50 Covington Way,
Norbury,
S.W.16.

GEN. HON. SEC.

Derek Crookes
209 Lynmouth Ave.,
Morden, Surrey.

HON. EDITOR

Bill Laws
19 Tudor Avenue,
Worcester Park,
Surrey.

Tel.01 337 7215.

RECORD SEASON

This season has been truly amazing for we have seen a great burgeoning of our activities and achievements. On all fronts we are able to report advances. The Belgrave Hall Development is to proceed in January, Battersea Park track has become all weather, Norbiton track is likely to go all-weather in 1984 and our athletes have re-written our record books to confirm the progress for which you all have worked so hard. In this issue you will read of 32 new Club records!!!

The strengthening of our British League team continues. We look forward next year to emulating our performance in winning this season's Division 5. Although we will face tougher opposition in Division 4 our performances this year would have placed us well up in Division 3. Winter training is essential for early season track and field successes and we are proud that UK Champions Mike Winch and Judy Oakes have started coaching sessions at Belgrave Hall as a prelude to building up a centre of excellence for strength and mobility training following our Belgrave Hall Development Programme.

ON THE RIGHT ROAD?

You will also read in this issue of the influx of new top class middle distance runners. There is a fear that we will not be able to offer enough of them competition at the highest levels. It would seem that what with representative matches and controlled racing schedules many of our top middle distance men are not always available to turn out when needed. So in practice everyone will get a fair share of top Club competition. But, also it would seem that more could and indeed should be done to encourage our top middle distance men to race in open road races and in relays. Wouldn't it be great to see our road and country traditions re-established. We have the men, but we need to plan and organise our road activities better and it is time we considered appointing a Road Secretary.

IN THIS ISSUE

4.	GRAPEVINE	18.	LADIES RANKINGS	41.	25 X 1 MILE RELAY
5.	PRESIDENT	19.	YOUNG ATHLETES	43.	MENS RANKINGS
7.	BELGRAVE HALL	25.	WELCOME	44.	ROAD AND COUNTRY
8.	WALKING	28.	TRACK AND FIELD	48.	VETS CORNER
12.	LADIES	33.	BATTERSEA	49.	COACHING

FIXTURE CARD AMENDMENTS

Please note that there are some important omissions/errors in the winter fixture card;

1. The Club 10 mile Championship is on January 21st 1984.
2. The final Surrey C.C. League match will be held on Feb. 18th 1984 at Coulsdon - Changing at the SLH Headquarters.
3. The Boxing Day fancy dress run will be held at 11am and not 11pm as detailed in the fixture card.

grapevine

Two years ago the Belgrave 100m Championship was won by Philip Oppenheim. 27year old Philip has been less active recently and no wonder! In June he became the youngest Member of Parliament. His views on capital punishment received widespread TV coverage. In his spare time he edits a specialist magazine on high technology subjects.

For those of you watching the Helsinki World Champs on Channel 4 our comments about John Bicourt in the last Belgravian will have begun to make sense. Yes it's John who keeps taking Olympus kit 'To hell and back'.

John's interest in steeplechasing has been re-kindled by new member Mike Hayes whom he is coaching. Both represented us in the last British League match and John is down to buy the drinks as Mike came home first by 6 secs.

Congratulations to Carl Lawton on his election as President of the Southern Road Walking Assoc. and to Gordon Biscoe who is this year's President of The South of The Thames CCA.

Mike Nouch is back running better than ever and we learn that he was married in the summer. It's worked wonders.

There's always news on the stork front. Ann has presented John Rayner with their first son Jack, while Liz and Leo Lyons are counting their blessings because their second daughter, who was due in December, arrived 12weeks premature in September. Other new arrivals for Belgrave parents are; a son -Steven- for Alan and Ann Painter and a daughter -Heather- for Chris and Glynis Tapling

Colin Gaynor has gone up to Loughborough University for 1 year to study Recreational Management. In joining Ernest Obeng who is in the second year of his Doctorate and Mark Waller he strengthens the Belgrave supporters club.

Our British League team to Crewe were intrigued to see one official cheering for them. He turned out to be Gerry Warr who walked for Belgrave from 1949 to the late 1950's. He is now a field referee and is Chairman of the Lancashire Schools AA's. He lives in the Wirrall and asks to be remembered to his past team mates.

We are pleased to hear that Bill True is back on the road again after illness and injury. He caught a chill while officiating earlier this year and then strained a hamstring. He is now 76 and is planning to have a break from official duties.

George Williams, mentioned in GRAPEVINE earlier this year, has put on his boots again and has competed for the first time in 16 years. He has again joined Belgrave and hopes to turn out in the coming winter. He was a British International in the early 60's.

Albert Frost who joined us from Liverpool Pembroke just after the war and competed in our Southern and National teams was awarded the C.B.E. in the 1983 New Year's Honours list. Before retiring he was the Finance Director of ICI.

We have received a most comprehensive account from Graham Mackie in New Zealand of the grand tour which he and Debbie took when returning home at the beginning of the year. While in Delhi he met Ranjit Bhatia and was well received. Graham bussed across India, Nepal; flew to Siam, Indonesia and then on to the magic of Bali. He ran out of money in Australia and worked for two months to raise the funds to complete the journey back to Wellington. His aim this winter is to make the N.Z. cross country team.

Following JB into the film business is Kevin Sturman. We can't say too much at present but there is a connection with Sean Connery and Greece. More next time!

The President.

It is a very special set of circumstances which result in a Belgravian being elected for a second term of office as President. It is a very special person who would qualify for such an honour. Such a person is Tom Carter. Tom, now in his mid 70's, is still a 100% Belgravian devoting all his spare time to our Club and it is incredible to think that this devotion has been sustained for over 50 years through good times and through bad times. Whatever our fortunes Tom has been there giving advice and encouragement both to Officials and to new members alike and never failing to help out by transporting younger members to races



plus helping out with all the usual jobs at races. There can be nobody better known to all Belgravians than our Tom and the debt we owe was only partly recognised in 1980 when we held a special '50 Anniversary Party' for him and of course Ethel who too has supported us for all this time. Behind every great man there is a great lady!

Tom joined Belgrave in 1930 and almost immediately made an impact in our teams. He was in many of our medal winning National teams winning team gold in 1934. In 1936 Tom was 9th Englishman home in the National and gained an International vest running for England at Blackpool. In 1939 Tom won the Surrey 6 mile track Champs in a new record time. He also won the Southern CC title and the Southern 6 miles track title. He crowned a fine athletics career with other great performances including a 3rd place in the AAA's 10 mile track Championships.

After such an illustrious career you might be forgiven for thinking that a spot of rest was in order. But not for Tom! He pitched in with training younger members after the war and worked through most of the jobs undertaken by our Officials. In 1957 Tom was honoured with the Belgrave Presidency. He wrote in the Jan. '57 Belgravian, words which are as relevant today as they were then.

"Thank you all for the great honour which you have bestowed upon me in making me your President for this year. To me this wonderful Club of ours has no equal, for what other club can point to so many successes in all branches of athletics.

I should like to draw members attention to our motto "Semper Paratus" which means "Always Ready". To me this means always ready for anything for our Club; I hope this means the same to you also."

That's good enough for us. 'Rock on Tommy' in this your Presidential Year.

EDITORIAL HELP NEEDED

Your Hon. Editor is wilting under the strain of producing this issue of the BELGRAVIAN and has come to the conclusion that for the next Edition he will need assistance. At present the most useful contribution would be in ensuring that each major race and its associated write-up is produced on time. If anyone would like to help out even in the smallest way please ring Bill Laws 01-337 7215

AGM - GOOD AND BAD NEWS

This year's A.G.M. held at Belgrave Hall on September 15th was the best attended for many a year the numbers being swelled by several of our top track and field men plus a good turnout from our younger members and their parents.

Those present were treated to an excellent review of the season's successes by Hon. Secretary and joint President - Derek Crookes followed by a detailed breakdown of the Club's accounts by Hon. Treasurer - Jim Heathfield. The successes are recorded elsewhere in this issue and so it is worth highlighting the key points from the published accounts and Jim's talk.

Subscriptions for the year to June 1983 totalled £2712 thanks to the untiring efforts of Membership Secretary - Carl Lawton. This sum was only just topped by monies from donations, fund raising and grants so that our total revenue was £5440 and this sum just about met our total expenditure of £5447. By far the biggest single cost was that of running our mens, womens, young athletes and walking teams the overall figure reaching £2165. Next came printing, stationary, and postage at £1643 followed by prizes and medals which this year cost £647. So, once again subscriptions came nowhere to meeting the Club running costs thereby reinforcing the arguments of those wishing to see subs raised to more realistic levels.

Those of you who keep an eye on the state of finances will know that Belgrave Hall is treated as a separate cost centre. This year the running expenses totalled £2926 and were met from bar profits and income from the hire of the Hall. We now pay the local Council £576 in rates and the ever watchfull Revenue around £200 as tax on Hall income. After all these deductions the net profit arising from the activities at the Hall was £1521.

And so on to the cash balance which we carry forward to support the imminent Hall rebuilding programme. This now stands at a respectable £12411 and will be supplemented by Grants and Loans which have been promised by The Sports Council and several other Sporting Organisations.

Increased income will be needed in the years ahead if the expansion of our activities is to continue. In recognition of this the Club's Committee and Trustees recommended to the A.G.M. that subs be increased from July 1st 1984. The present levels of subscriptions had remained constant for the last 4 years and the proposed increases were unanimously accepted by all present without a single dissenting voice. The new rates will be ;

SENIORS £12 (Was £10), UNDER 20 £9 (£6), UNDER 17 £6 (£3), ASSOCIATE AND SECOND CLAIM MEMBERS £6 (£3)

And now for the bad news. Both Derek Crookes and Jim Heathfield indicated that the workload on behalf of the club had increased to such an extent that they would be forced to step down at the end of this years term of office. There is no doubt that many of our officials are rapidly approaching this situation and we must find ways of relieving the load of the hardest pressed of our management team.

DEREK JONES GETS LIFE!

The award of Life Membership is not freely given and generally only to members who have achieved either exceptional service over a long period of time or to athletes who have consistantly put the requirements of team and the Club above all else. It is a tribute to Derek Jones that although he has been a member for only 7 years he was made a Life Member at September's AGM. This honour was awarded for Derek's unstinting work on behalf of the Ladies Section and is but a small gesture to express our thanks for all his efforts on behalf of our Ladies.

BAR STAFF WANTED

Because of increased use of Belgrave Hall we are looking for additional bar-person to add to the bar rota. The work is not hard and can be very convivial. Generally we try to keep numbers to such a level that we can limit the number of hours to as little as 3 per month. Please ring Bill Couzens on 01-394 1410 with your offers of help.

BELGRAVE HALL

Well we're doing it! The Belgrave Hall improvement programme is to proceed. Bill Couzens has cancelled his regular bookings for the Hall during the period January to March 1984 and builders will be moving in directly after Xmas. So far we have raised £29,000 of which £11,000 is in the form of loans from; The Sports Council, The Southern Counties AAA's, plus the London and the Surrey Playing Fields Associations

The exact scope of the works to be carried out will depend whether or not we are able to obtain further monies; and so we have 2 contingency plans both of which include the following; Extending the floor right across the Hall and building a new front entrance hall with an enclosed staircase leading up from the entrance area. The existing wooden staircase and store will also be deleted at this stage and a new partition wall built to separate the existing mens changing room from the gymnasium area. This work will start in January.

But our hope is that further monies can indeed be found to still further improve the standard of the gymnasium and to incorporate sauna facilities plus a small office area which will be used to centralise Club records. In addition improved changing and shower facilities for the Ladies Section will be built on the ground floor to complete the full re-development of the Hall.

It might be helpful at this point to remind you of the improved functions and facilities which the full development will provide. The Hall will provide a much wider range of activities than now and will have to earn extra money to pay off the loans which we have obtained. The Hall will be divided into upper and lower levels each of which will have their own entrances and toilets. Thus it will be possible to run separate activities on both the upper and lower levels at the same time. The upper floor will be used for art and recreational purposes during the day and social functions in the evenings and at weekends. The lower floor will be used to provide gymnasium, sauna and changing for Road and Cross Country training and the aim is for these facilities to be available to members at most times as opposed to the limited opening of the Hall as at present.

Our aim then is to use the developed Hall to provide greater chances to use art, recreational and sports facilities by the people of South London. A key improvement will be due to the use of the gymnasium by Mike Winch and Judy Oakes who will for three days per week be running special strength and mobility sessions not only for athletes but also for other Sportsmen and members of the general public. We plan, with full support of Judy and Mike to make Belgrave Hall a major centre for training Field events athletes. In addition Mike and Judy have complete training schedules for all athletic specialities from sprint to the marathon.

So, Please be patient during the re-building phase. We shall try to organise the works so that training will not be interrupted. In the meantime we still need donations so please be generous and send a 'once and for all' substantial contribution to Jim Heathfield at 11 Chilworth Gardens, Sutton, Surrey.

From the 'Belgravian'

25 years ago

"Our walkers continue winning in merciless fashion and we must not lose sight of that great driving force behind them, Jack Goswell. He must be the Stampfl of the walking world in his ability to bring out the best in his men!"

Jack of course is another of our older members who continues to give stirring service. Jack runs the '200' Club which is such a good source of income but still manages to pay out to members prizes totalling around £1000 each year.

and 40 years ago

"Only a very few Club vests are left in store, and the stock will not be replenished until after the war. One suggestion for a war time vest is a plain coloured one (either red or yellow) with a big letter 'B' stitched on the front!"

It would be interesting to know if this suggestion was implemented.

WALKING

There are times in the annual cycle of walking when it is difficult to be unbiased or disinterested in activities. As a competitor it is hard to criticise the actions of a team member when one is in the position of possibly doing the same in the next race. With that in mind I extend my thanks to those who have tried and have done their bit this year, and that covers virtually all our walkers. We have not done as well as we could have in the Nationals but we've had that problem before of not getting it together on the day.

We regretfully lose the services, hopefully only for 10 months, of Paul Warburton who has gone on an exchange to America. Also gone is Paul Blagg who has decided to go to pastures new for his own reasons. He had come from a junior to reach International class, but was not often available to turn out in team races so the effect on team results will be minimal. Team turnouts in the ultra distance events have this year been disappointing. We admittedly like other clubs seem to lack that dedicated group of long distance men and have to hope that the short distance men will fill the gap. We have picked up a few new members but if we are to lead we must find some method of attracting and keeping new talent.

A word in passing on Ron Day. He was the only Belgravian to take part in the recent Quadrathon; 2 mile swim, 50 km walk, 100 mile cycle and a 26.3 Marathon run. Unfortunately he was withdrawn after the cycle event having failed the medical check. But congratulations on getting that far. Incidentally three other walkers competed with distinction; Ed Shillabeer was 3rd, Arthur Eddlestone 4th and Stephen Till 6th.

Congratulations also to John Keown on completing 25 consecutive 'Brightons' 1300 Miles !!!!

It is good to see our girls in action again thanks to Harry Porter and Dave Sharpe. Individually Gail Porter leads the way with 3rd in the Southern Counties WAAA Girls Championship.

Walking reports by **Carl Lawton**

26th MARCH 1983 KENILWORTH NATIONAL 10 MILES

Any hope of a repeat of last years win was lost with the absence through injury of Paul Blagg but as it turned out with below par performances we would have been lucky to be placed.

1.S.Parry(Roath) 66.41, 2.P.Vesty(Leics) 69.18, 3.I.McCombie(Camb Har) 69.47,.....Bels.....
9.R.Dorman 73.13, 27.C.Lawton 76.49, 31.J.Hall 77.15, 36.P.Warburton 77.59, 39.J.Newnham 78.18,
44.S.Marshall 78.43, 89.D.Fotheringham 85.22, 96.M.Scamell 86.33, 100.J.Dunsford 86.49, 144.J.
Scamell 95.36, 149.J.Morris 98.10.

Teams; 1.Leics WC 35, 2.York Postal 56, 3.Sheffield 73,.....5.BELGRAVE 103,

30th MARCH 1983 HORNCHURCH 10 KM

1.R.Sheppard(Ang) 42.57,....Bels...3.J.Hall 46.16, 7.S.Marshall 47.38, 9.J.Newnham 48.37, 19.
D.Fotheringham 52.42, 21.J.Dunsford 53.20, 34.J.Scamell 59.25.

2nd APRIL 1983 BAITERSEA PARK METROPOLITAN WC 20 KM

1.R.Dorman 93.25, 2.A.James(Enf) 94.41, 3.C.Lawton 97.17, 4.S.Marshall 98.11, 6.J.Newnham 103.37,
8.D.Fotheringham 108.32, 12.J.Dunsford 109.41, 28.J.Scamell 122.37.

Teams; 1.BELGRAVE 13, 2.Enfield 35, 3. Brighton 48,

23rd APRIL 1983 SOUTHEND SOUTHERN AREA 20 MILES

Incorporating Belgrave and County Championships.

1.G.Vale 2.40.10,Bels... 3.C.Lawton 2.47.32, 9.S.Marshall 2.52.46, 10.J.Hall 2.54.56,
12.J.Newnham 2.56.16, 26.J.Dunsford 3.09.29, 34.R.F.Day 3.18.03, 35.R.S.Day 3.19.17, 45.J.
Morris 3.36.48.

Teams; 1.BELGRAVE 34, 2.Surrey WC 50, 3.Medway 68,

Belgrave Championships; 1.Lawton, 2.Marshall, 3.Hall,

County Championships; SURREY: 1.Vale, 2. Lawton, 3.Neanham,.....Teams; 1.BELGRAVE.

MIDDLESEX:2. Marshall, 3.Hall,.....Teams; 1.BELGRAVE.

1st MAY 1983 PLYMOUTH TO DAWLISH 42 MILES

From a winning team of last year we were reduced to 2 starters. J.Dunsford finished 7th in 7hr 10.56 and Ron Day was 11th in 7hr 29.37.

2nd MAY 1983

TROWBRIDGE

TRADERS 7 MILES

It is many a year since Belgrave travelled to this event. Regrettably it was poorly supported and there was little trouble in winning the team race.

1.J.Ball(Southampton) 49.24,...Bels...2.C.Lawton 50.20, 3.P.Warburton 51.13, 5.S.Marshall 52.08, 6.J.Newnham 53.58.
Teams; 1.BELGRAVE.

14th MAY 1983

SOUTHPORT

NATIONAL 20 KMS

Although a flat course and 5 laps this race had the disadvantage of having to wind it's way through a multitude of pedestrians. Steve Barry seemed unaware of this with a sub 84 mins. Belgrave with a weakened squad fell apart despite an early shine.

1.S.Barry(Roath) 83.15, 2.I.McCombie(Camb) 87.30, 3.P.Vesty(Leics) 88.13,...Bels... 19.C.Lawton 97.29, 29.P.Warburton 99.10, 33.J.Hall 99.49, 40.R.Dorman 101.18, 54.J.Newnham 104.40, 74.J. Dunsford 109.55, 110.J.Keown 127.59,

Teams; 1.Leics. 27, 2.Sheffield 48, 3.Coventry 98,... 5.BELGRAVE 121.

15th MAY 1983

BARKING TO SOUTHEND

POLICE CHAMPIONSHIPS

With Paul Blagg absent Stephen Marshall gallantly tried to take the title but failed as previous winner Hodkinson pulled away in the later stages.

Bels.... 2.S.Marshall 4.58.13, 14.R.Day 5.50.29, 24.M.Hills 6.09.51, (Michael Feighan although not counting in the open race, being a cadet just went under 6 hours).

28th MAY 1983

LEICESTER

MERCURY 20 MILES

The 50th Mercury race was almost a Belgrave win but;- We had a good turnout but performances just failed to get us into 1st.

1.M.Lambden(Boundary) 2.39.41, 2.P.Ryan(Sheffield) 2.40.34,..Bels... 3.C.Lawton 2.44.12, 9. S.Marshall 2.52.13, 11.P.Warburton 2.53.12, 18.M.Scammell 2.58.38, 35.J.Dunsford 3.11.39, 57. J.Scammell 3.23.08, 72.J.Keown 3.32.07, 74.R.Day 3.35.23

Teams; 1.Leics. 40, 2.BELGRAVE 41, 3.sheffield 45,



Derek Crookes receives the South London News Group Award from Mick Ledbury which was presented to Belgrave's walkers for 'Outstanding Sports Achievements' earlier in the year. Also L. to R. are; Paul Blagg, Stephan Marshall, Paul Warburton, Carl Lawton, Ron Day, John Newnham, John Hall. Photo; Argus News.

4th JUNE 1983

THURROCK

SOUTHERN TRACK CHAMPIONSHIPS

This was the only Southern Championship that we lost this year mainly due to the failing of not being able to have any U/15's on the line although it was not without trying.

3 Kms; 1.J.Newnham 13.54, 5.M.Scammell 14.57, 12.J.Scammell 16.58.

5 Kms; 4.P.Warburton 23.43, 5.D.Fotherington 25.04.

10 Kms; 1.C.Lawton 48.13, 2.S.Marshall 49.15, 11.J.Dunsford 54.56.

Teams; 1.Steyning 115, 2.BELGRAVE 84, 3.Waltham Forest Sch. 68,

Paul Blagg finished 8th in the Lugano Cup held in Southwark Park on the 11th June and helped Great Britain to win this semi-final match on a tough course made even more difficult by hot and humid conditions. As a result he was selected for the G.B. team for the final.

12th JUNE 1983

LUTON

VAUXHALL MOTORS 10KM

1.R.Hankin(Sheffield) 49.22, ...Bels... 2.C.Lawton 50.16, 6.D.Fotheringham 53.50, 9.J.Dunsford 56.17, 15.M.Feighan 59.09, 19.J.Scammell 62.15.

On the same day at Eastbourne in the JUSTIN 7 MILES Paul Warburton won in 53.45 with D.Stevens of Steyning 2nd in 54.27.

18th JUNE 1983

COLCHESTER

NATIONAL 35KMS

CARL LAWTON WINS 35 KM AND 100 MILES

This was yet another 'If only' National. On paper we could have won this event with 4 that did not compete(Blagg, Dorman, Warburton, Marshall). For valid reasons they were all absent:- Infact there were a lot more absent and the team that started had to make do. They might even have made it if Mike Scammell hadn't had a disastrous blow out. Carl Lawton had been near the front from the early stages as various attempts by individuals to break away failed. With 5 of the 7 laps completed Lawton made a break and held his lead to the end although Reg Gardner was coming through strongly for 2nd. Further back John Hall, having heard the leading positions, was rejuvenated and gained 5 places in the closing stages. John Newnham was close on his heels but 3 in 13 was not adequate without a well placed 4th man and our team could only manage 4th.

1.C.Lawton 2.58.44, 2.R.Gardner(Bromsgrove) 2.59.22, 3.B.Adams(Leics) 3.00.14, ...Bels... 12.J.Hall 3.13.37; 13.J.Newnham 3.13.41, 40.J.Dunsford 3.32.50, 48.R.Day 3.43.13, 54.M.Scammell 3.49.59, 60.J.Scammell 3.56.54, 61.J.Morris 3.57.39, 62.J.Keown 3.59.25.

Teams; 1.Leics. 42, 2.Coventry 48, 3.Sheffield 51, 4.BELGRAVE 66.

24th/25th JUNE 1983

EWHURST

SURREY WC 100 MILES

This event held every 4 years was won by John Moullin in 1971 and in the following years Belgrave have had various representatives. John Keown had competed in the previous three but this time reversed his role to stand on the road as a helper. Carl Lawton had acted as helper in the previous three but this time competed along with John Dunsford, Ron Day and John Morris. A pleasant evening start and a cool night followed with Ed Shillabeer taking a 20 minute lead by 30 miles and Carl 2nd. As the night wore on John Morris who was going to retire at 40 miles kept going. Ron Day, who had reached 50 miles before retiring in 1979 got through that point this time and John Dunsford was well on schedule for an improved time on last years Leicester 100. Picking off the miles was 2nd claim member Bob Porter.

By morning Carl had taken the lead after 65 miles and stayed in front to the end. Bob Porter came through for 4th. Ron Day completed his first 100 without problem and was followed home by both Johns.

Thanks from all Belgrave competitors go to John Keown who was in a worse state than if he had competed, Paul Warburton who managed a few hours help before flying to Barcelona for a holiday and the Dunsford family for their long vigil.

1.C.Lawton 17hr 51min 51, 2.G.Vluggen(AV Unitas) 18.34.19, ...Bels... 4.R.Porter 19.18.03, 13.R.Day 20.38.00, 19.J.Dunsford 20.51.11, 40.J.Morris 22.15.34.

Teams; 1.O.L.A.T. Holland 20, 2.AV Unitas Holland 30, 3.BELGRAVE 33½,

The Gloucester 7 miles is an event not previously supported by Belgrave. This years race held on July 31st had 4 Belgravians in the field. Warburton and Marshall led the field all the way but Warburton was disqualified on the last lap leaving Marshall a clear winner. We slipped to 3rd in the team event with John Newnham and Russell Day backing up.

NATIONAL TEAM BRONZE

9th JULY 1983

ENFIELD

NATIONAL 50 KM

A 15 lap course suited for those aiming for International Competition was used for this event. However as those selected for the Lugano Cup had been recommended not to compete it seemed pointless to use an International type course and International Judging systems. Belgrave started a full team but the course plus the weather and the fact that it was only 2 weeks after the 100 rather decimated things. Stephen Marshall battled through for an excellent 5th place, John Newnham backing up and John Hall battled a last lap gallantly on his home ground. Ron Day saved the day and just held on to get under 6 hours and the third team place was ours. Joe Scammell was our 5th finisher and, had Ron finished, would have gained a National medal.

1.B.Graham(Yorks) 4.24.18; 2.R.Dobson(Ilf.) 4.28.59, 3.R.Dobson(Boundary) 4.34.18...Bels....
5.S.Marshall 4.41.56, 10.J.Newnham 4.54.43, 24.J.Hall 5.23.50, 41R.Day 5.53.26, 43.J.Scammell
6.02.01,

Teams; 1.Leicester 50, 2.Sheffield 65, 3.BELGRAVE 79,

JOHN HALL INJURED

John Hall won the Civil Service 3Km Championship in August and then attempted the Pole Vault. He cleared 1.60m but injured himself attempting the next height. Richard Dorman won the Inter-Banks in July and was 4th in the Inter Counties meeting at Perry Barr ; also over 3Km.

5th AUGUST 1983

HASTINGS TO BRIGHTON

38 MILES

For the second year in succession we only fielded 3 men. Unfortunately these was reduced to 2 finishers with Lawton's retirement and so no team award.

1.R.Dobson 5.38.05, ...Bels... 11.J.Dunsford 6.26.48, 24.J.Keown 7.24.03,

12th AUGUST 1983

VICTORIA PARK

SOUTHERN 20 KMS

Another Belgrave win in the Southern Championships. Stephen Marshall was best placed with 6th position but best performance award to Doug Fotheringham who closed in our scoring team.

1.C.Maddocks(Dawlish) 89.42,Bels... 6.S.Marshall 98.27, 7.C.Lawton 99.58, 10.J.Newnham
104.29, 12.D.Fotheringham 105.35, 20.J.Dunsford 111.03, 29.R.Dorman 115.46, 37.J.Keown 125.33,
38.J.Scammell 126.59,

Teams; 1.BELGRAVE 35, 2.Surrey WC 47, 3.Weymouth 68,

JOHN KEOWN - 25 NOT OUT

3rd SEPTEMBER 1983

LONDON TO BRIGHTON

Although the number of starters was an improvement over last year Belgrave could only manage one - John Keown. John's first Brighton was in 1959 and since then he has never missed one. That makes 25 consecutive appearances and almost as a tribute, although not as John would have liked, he won for the first time the Belgrave long distance trophy.

1.P.Hodkinson(Cambridge H) 8.28.17,Bels... 19.J.Keown 10.25.25.

1, 2, 3 IN GLC

3rd SEPTEMBER 1983

WEST LONDON STADIUM

G.L.C. 3 KMS

Belgraves Sprint walking team whitewashed this event taking the first 4 places and in so doing helped our track and field team to a trophy win.(See Track and Field Section report)

1.S.Marshall 13.11, 2.R.Dorman 13.25, 3.J.Hall 13.50, 4.C.Lawton 13.59,

10th SEPTEMBER 1983

BLACKHEATH

LONDON POSTAL REGION CHAMPIONSHIPS

Two team wins in this meeting with a rejuvenation of our girl's team thanks to the hard work of Harry Porter and Dave Sharpe. With an Australian team competing we had little hope of individual honours.

1.I.McCombie(Camb. H) 42.45, ...Bels... 7.S.Marshall 45.28,13.C.Lawton 49.25,
19.E.Crossingham 50.57, 20.D.Fotheringham 50.59, 27.J.Dunsford 53.00, 47.J.
Bromley 59.42, Team; 1.BELGRAVE 39,

BOYS 2.5 KMS. 3.D.McGroder 13.57

GIRLS 2.5 KMS. 3.G.Porter 13.38, 6.J.McGroder 14.13, 9.T.Johnson 16.57,10.R.Parrott 16.58.
Team; 1.BELGRAVE 18,

PARLAAUF. 3.G & H.Porter.

★ WITH THE LADIES

It could have been a really great season and it started off better than anyone could have expected. However the best laid plans can often go wrong and they did. Following an excellent start in the Southern League we fell away especially in the Senior team although we still managed to establish several Club Records and personal best performances. Our Junior Walking team has been greatly strengthened by the improvement of Gail Porter who finished 3rd in the Surrey Championships, 3rd in the Southern Counties and 11th Nationally. She also broke 3 Club Walking records and with the backing of Rachael Parrott, Christina Gauge, Nikki Marsh, Tracey Johnson and Sarah O'Connell we look to be ready to make a big impact next year. Thanks for this must go to David Sharpe for his guidance and support.

On the track side the junior sprint squad has grown in numbers led by Jessica Palmer and Andrea Coore. Our middle distance Juniors have grown in numbers and strength with notable performances from Gail Porter and Jackie Stone. In the other sections the enthusiasm of Rosemary Honeychurch has been outstanding and it is pleasing to see that she has set a new 3000m Senior Club record. Wendy Dunsford and Veronica St Ange were the basis of our throwing squad backed by Julie Jones who has also developed into an excellent sprinter. Dawn McNeil and Janet Johnson were at every meeting gaining valuable points.

Just to say thanks must seem a bit tame but thanks go to Frank Simmonds (Despite having problems at the beginning of the summer) and to Harry Porter. A number of parents came along to help as well and found they enjoyed each others company and they also helped out where possible

Ladies Secretary **Derek Jones**



10th APRIL 1983

EWELL COURT

INTER CLUB MATCH

This was the second of the scheduled early season meetings. (The first had to be cancelled due to the track being waterlogged). This meeting too was affected by the weather and conditions were not going to enable good performances to be set.

Teams; 1.Mitcham AC 178, 2.Hercules Wimbledon 136, 3.Surrey Beagles 135, 4.BELGRAVE 96,
5.Surrey LAC 37.

Seniors; 400m; 1.J.Barclay 65.9, 3000m; 1.R.Honeychurch 11.55.9

GOOD START

16th APRIL 1983

BRIGHTON

SOUTHERN LEAGUE DIV 3(S)

A really splendid start which left us on top of the Division by $\frac{1}{2}$ point. Two Club records by Nikki King and Rosemary Honeychurch and several best performances resulted. Even so this was not the strongest team we could have fielded and there were some who were unable to attend.

Juniors; 100m; 1.J.Palmer 13.9, 2.M.Rafe 14.2, 200m; 1.I.Etete 28.6, 2.J.Palmer 29.3, 800m; 2.K.Marsh 2.43.8, 1.T.Johnson 2.43.3, 1500m; 1.G.Porter 5.24.1, 1.J.Stone 5.41.4, 80mH; 4. K. Marsh 16.6, 4.M.Rafe 16.8, HJ; 5. J.Stone 1.14, 4.C.Parker 1.12, LJ; 3.M.Rafe 4.03, 3.J.Palmer 3.97, SP; 1.I.Etete 8.79, 1.M.Giles 7.07, DT; I.Etete 20.82, M.Giles 16.02, JT; S.Martins 1.26.02, IT.Attrell 12.46

4x100m; 2. J. Palmer, D. Cameron, I. Etete, M. Rafe 56.3.

Seniors; 100m; 1.J.Harman 12.0, 3.N.NYarko 13.7, 200m; 1.J.Harman 25.0, 1.J.Barclay 26.6, 400m; 1.J.Barclay 60.0, 4.J.Johnson 70.7, 800m; 4.Brenda Davis 2.40.8, 3.S.Daure 2.37.9, 1500m; 3.R.Honeychurch 5.24.5, -, 3000m; 2.R.Honeychurch 11.28.0, -, 100mH; 1.J.Johnson 17.7, 1.N. King 17.5, 400mH; 2.J.Barclay 71.8, 2.J.Johnson 74.7, HJ; 1.N.King 1.55, 2.D.McNeil 1.35, LJ; 1. D.McNeil 4.99; 3.J.Johnson 4.04, SP; 1.W.Dunsford 10.42, 4.D.McNeil 6.50, DT; 5.W.Dunsford 21.56, 5.D.McNeil 15.00, JT. 1.J.Jones 27.12, 1.N.King 27.00,

4x100m; 1. J.Harman, J.Jones, N.Nyarko, J.Barclay. 52.1,
4x400m; 3. J.Barclay, S.Daure, B.Davis, J.Johnson. 4.23.1,

Teams; 1.BELGRAVE 183, 2.Horsham BS 146, 3.Eastbourne Rovers 143, 4.Brighton & Hove 112,
5.Southampton & Eastleigh 92.

7th MAY 1983

NORBITON

SOUTHERN LEAGUE DIV 3(S)

With 4 of our Brighton winners unable to compete and 6 others not turning out plus the Senior sprint relay team dropping the baton this could have been a disaster. However a Club record in

the javelin by Veronica St Ange and some personal best performances prevented this happening but we dropped down to 6th position in the League.

Juniors; 100m; 2.J.Palmer 13.9,3.M.Rafe 14.7, 200m; A.Coore 2. 28.7, 2.J.Palmer 28.9, 800m; 3.K.Marsh 2.42.5, 3.J.Godfrey 2.46.2, 1500m; 4.S.Jordan 5.39.0,1.J.Stone 5.50.5, 80mH; - ,1.S.Jordan 15.7, HJ; 4.A.Coore 1.30,3.J.Stone 1.05, LJ; 1.A.Coore 4.48,1.M.Rafe 4.20, SP; 2.M.Giles 7.40,2.J.Godfrey 6.16, DT; 5.M.Giles 15.92, 2.K.Marsh 14.30, JT; 1.S.Jordan 22.32,1.M.Giles 19.62,
4x100m; 4. J.Palmer, A.Coore, N. Da Costa, M.Rafe. 58.7

Seniors; 100m; N.Nyarko 5. 14.5,5.D.Williams 14.1, 200m; 3.N.Nyarko 28.9,4.D.Williams 28.8, 400m; 5.E.Murrell 68.5,5.E.Punter 71.4, 800m; 5.J.Johnson 2.54.9, - , 1500m; 4.R.Honeychurch 5.39.4, - , 3000m; 4.R.Honeychurch 11.36.6, - , 100mH; J.Johnson 3. 18.4,2.N.King 16.7, 400mH; 4.E.Murrell 81.8,3.E.Punter 81.2, HJ; 3.N.King 1.52,1.D.Williams 1.40, LJ; N.King 3. 4.86,2. D.McNeil 4.74, SP; 2.W.Dunsford 10.02,1.J.Jones 8.32, DT; 3.W.Dunsford 24.78,4.D.McNeil 14.50, JT; 2.V.St Ange 38.86,1.J.Jones 26.24.
4x100m; 5. J.Jones, N.King, N.Nyarko, D.Williams 77.8
4x400m; 5. E,Murrell, E.Punter, N.King,J.Johnson 4.55.5

Teams; 1.Tonbridge AC 162, 2.Winchester & District 152, 3.BELGRAVE 139, 4.Surrey LAC 135, 5.Portsmouth Atalanta AC 125.

28th MAY 1983 ALDERSHOT MILITARY STADIUM LILY 'B' LEAGUE DIV 3

On a wet day just before the Bank Holiday this was the only meeting to go ahead in this league. Good walking by Gail Porter to break the Club 1600m record by 48 seconds. Several other best times were also recorded.

Girls; 800m; 1.M.O'Connell 2.39.5, 1500m; 2.J.Stone 5.33.6,
Juniors; 100m; 2.J.Palmer 14.1, 1.M.Rafe 14.5, 200m; 1.J.Palmer 29.1, 800m; 3.K.Marsh 2.34.6, 2.J.Godfrey 2.38.6, 1500m; 3.S.Jordan 5.17.5, JT; 1.S.Jordan 24.06,

Teams; 1.Aldershot F & D 397, 2.Surrey LAC 247, 3.BELGRAVE 225, 4.Redhill & Reigate 220.

29th MAY 1983 DEANGATE GRE CUP - 1st ROUND

The day following the Juniors trip to Aldershot the Seniors were in action in the GRE Cup and for the first time got through to the second round. If everybody had turned up to compete it might have been achieved in easier fashion. However before the last event we were in a tie with SLH and we had to beat them to go through - and we did! Unfortunately we were unable to compete in the second round due to injuries and unavailability.

100m; 1.J.Barclay 13.2, 200m; 1.J.Barclay 27.0, 400m; S.Daure 2. 63.4, 800m; 4.S.Daure 2.37.1, 1500m; 4.R.Honeychurch 5.30.0, 100mH; 4.N.King 17.9, 400mH; 4.E.Punter 86.3, HJ; 2.N.King 1.50, LJ; D.McNeil 5.10, SP; 2.W.Dunsford 10.44, DT; 2.W.Dunsford 24.04, JT; 2.V.St Ange 32.78,
4x100m; 1. N.King, E.Punter, D.McNeil, J.Barclay 53.0,
4x400m; 3. S.Daure, E.Punter, R.Honeychurch, J.Barclay 4.26.0

Teams; 1.Medway 114, 2.BELGRAVE 95, 3.SLH 94, 4.Dartford 92, 5.Bexley Borough AC 13.

18th JUNE 1983 NORBITON SOUTHERN LEAGUE DIV 3(S)

This was always going to be a tough match and made even tougher in meeting the first and second teams in the Division and made even tougher because of injury and unavailability and even worse - Apathy!! This result dropped from 6th to 11th place. Janet Johnson equalled the Club record in the 400m hurdles.

Juniors; 100m; 2.J.Palmer 13.8,5.M.Rafe 14.2, 200m; 3.J.Palmer 28.7,5.A.Coore 30.4, 800m; 3.S.Jordan 2.35.2,4.J.Godfrey 2.47.6, 1500m; 2.G.Porter 5.21.4,1.J.Stone 5.23.2, 80mH; 4.M.Rafe 17.0, - , HJ; 3.A.Coore 1.35, - , LJ; 4.A.Coore 4.05,4.M.Rafe 3.95, SP; 5.S.Martins 6.94,5.T.Morrison 11.80, DT; J.Godfrey 13.54,5.T.Morrison 11.80, JT; 2.S.Martins 26.74,1.S.Jordan 20.68,
4x100m; 2. J.Palmer, A.Coore, S.Jordan, M.Rafe, 54.7,
Seniors; 100m; 3.J.Harman 13.2,2.J.Barclay 13.3, 200m; 3.J.Barclay 26.7,5.D.McNeil 30.7,400m; 2.J.Barclay 60.0,4.G.Richardson 66.7, 800m; 5.G.Richardson 2.38.8, - , 1500m; 2.R.Honeychurch 5.32.3, - , 3000m; 2.R.Honeychurch 11.32.2,4.J.Warnett 15.11.4, 100mH; 5.J.Johnson 23.1,3.D.McNeil 20.6, 400m; 3.J.Johnson 74.5,3.E.Punter 81.2, HJ; 4.E.Punter 1.35,3.D.McNeil 1.30, LJ; 3. D.McNeil 4.74,3.J.Johnson 4.11, SP; 3.W.Dunsford 10.21,2.J.Jones 8.18, DT; 5.W.Dunsford 24.62, 2.J.Jones 23.04, JT; 4.V.St Ange 32.50,5.Julie Jones 22.02,
4x100m; 3. J.Barclay, D.McNeil, J.Jones, J.Harman 52.0,
4x400m; 5. E.Punter, J.Johnson, G.Richardson, R.Honeychurch 4.47.7,

Teams; 1.Herne Hill 166½, 2.Redhill & Reigate 150, 3.Guildford & Godalming 147, 4.Hercules Wimbledon 141½, 5.BELGRAVE 117.



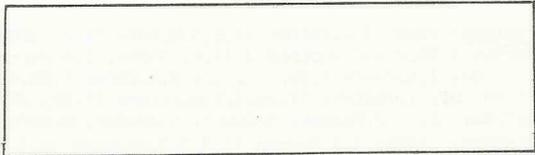
Photo; M.Nicholson.

Above; Our Southern League Team Pictured at Bournemouth.

Left to Right;

Back row:- Dawn McNeil,Earlene Murrell,Tina Jordan,Andrea Coore,Elaine Clarke,Julie Jones,Ver. St. Ange,Rosemary Honeychurch,Wendy Dunsford. (Harry Porter is the one with the hat!)
Middle row:- Andrea Abrams,Cindy James,Tracey Johnson,Emma Clarke,Angela Abrams,Kim Marsh, Lorraine Chudek,Julie Godfrey,Barbara Dunsford.
Front row:- Isobel Young,Christina Gauge,Gail Porter,Devina Cameron,Jackie Stone,Nikki Marsh..

It appears that Derek Jones somehow was able to dodge the team photo.Naughty boy!



Left; Gail Porter who this summer not only leads the 1500m rankings in the ladies but managed to set 3 Club walking records.



Photo; B.Smythe.

25th JUNE 1983

BATTLEBRIDGE

LILLY 'B' LEAGUE DIV 3

It was a really hot day with our walkers again doing well.

Girls; 1500m; 2.J.Stone 5.27.2,1.A.Storey 6.38.5, 1200mW; 1.A.Parrott 7.49.0,3.C.Gauge 8.48.6,
Juniors; 100m; 1.J.Palmer 14.0,2.M.Rafe 14.1, 200m; 2.J.Palmer 28.6,2.A.Coore 29.2, 1600mW; 1.
G.Porter 9.33.9,1.T.Johnson 11.02.1, HJ; 2.A.Coore 1.35, LJ; 1.A.Coore 4.36,2.M.Rafe 3.91,
4x100m; 2. J.Palmer, T.Johnson, M.Rafe, A.Coore, 55.7,

Teams; 1.Redhill & Reigate 412, 2.Surrey LAC 295, 3.BELGRAVE 251, 4.Dorking St Pauls 170.

16th JULY 1983

NORBITON

LILLY 'B' LEAGUE DIV 3

Another really hot day and good walking from Rachael Parrott to break the Club 1200m walk record and improving her p.b time by over 30 seconds. Good performances from Andrea Coore to equal the the Club 80m hurdles record and several other personal best performances. A dropped baton did not help matters when things were going well. Because of a nose bleed new girl Elaine Smithers was unable to compete in the events for which she was originally selected.

Girls; 800m; 1.M.O'Connell 2.43.9, 1500m; 1.J.Stone 5.49.5,1.C.Gauge 6.30.0,1200mW; 2.R.Parrott
Juniors; 100m; J.Palmer 2. 13.7,2.M.Rafe 13.8, 1600mW; 2.K.Marsh 11.58.0,1.A.Davison 7.19.7
11.58.1

Teams; 1.Redhill & Reigate 345, 2.Aldershot F & D 317, 3.BELGRAVE 221, 4.Surrey LAC 211,
5.Dorking St Pauls 136.

23rd JULY 1983

ALDERSHOT MILITARY STADIUM

LILLY 'B' LEAGUE DIV 3

Another disappointment but several good individual performances including an improvement to her own 3000m Club record by Rosemary Honeychurch and the first time a Belgravian has won this event What was pleasing was that most of those who did come tried their very best and did events that they normally would not tackle. Nonetheless we dropped to 14th in the League.

Juniors; 100m; 2.J.Palmer 13.7,3.M.Rafe 14.3, 200m; 2.J.Palmer 28.5,3.A.Coore 29.0, 800m; 3.G.
Porter 2.31.8,4.J.Godfrey 2.41.5, 1500m; 4.J.Stone 5.29.1,4.T.Johnson 5.52.1, 80mH; 1.A.Coore
13.9,1.M.Rafe 15.8; HJ: 1.A.Coore 1.48,4.J.Stone 1.15, LJ; 5.E.Smithers 3.97,5.M.Rafe 3.59, SP;
5.J.Godfrey 5.48,5.T.Atrell 5.02, DT; 5.G.Porter 14.32,4.M.O'Connell 14.02, JT; 5.T.Johnson
12.54,1.T.Atrell 10.98.

4x100m; 2. J.Palmer, A.Coore, E.Smithers, M.Rafe. 55.5,
Seniors; 100m;4D.McNeil 13.7,2.J.Jones 14.5, 200m; 5.D.McNeil 28.8, -, 400m; 4.S.Daure 65.4,
4.J.Johnson 72.6, 1500m; 4.R.Honeychurch 5.23.5, -, 3000m; 1.R.Honeychurch 11.16.0, -, 100mH;
4.J.Johnson 19.6,2.S.Daure 19.3, 400mH 3.J.Johnson 76.6, -, HJ; 5.D.McNeil 1.35,3.S.Daure 1.25,
LJ; 5.J.Johnson 4.12, -, SP; 1.W.Dunsford 11.04,3.J.Jones 7.96, DT; 5.W.Dunsford 24.86,1.J.
Jones 21.90, JT; 2.V.St Ange 33.72,1.J.Jones 25.88.

4x100m; 5. J.Jones, D.McNeil, J.Johnson, R.Honeychurch, 56.0.

Teams; 1.Hastings 166, 2.Aldershot F & D 148½, 3.Dartford 140, 4.BELGRAVE 112½.

13th AUGUST 1983

KINGS PARK BOURNEMOUTH

SOUTHERN LEAGUE DIV 3 (S)

With 7 of the team competing in Belgrave colours for the first time this was a pleasing result. Several seniors did not turn up and 7 events were uncovered. Good running by Andrea Coore with 3 wins-a club record and 2 p.b's. and nearly a clean sweep in the throws. The management team were a bit relieved after the result left us in 14th position in the League.

Juniors; 100m; 5.A.Abrams 15.0, -, 200m; 1.A.Coore 28.3,4.C.James 32.2, 800m; G.Porter 2.33.3,
2.J.Godfrey 2.44.0, 1500m; 4.J.Stone 5.27.8,4.K.Marsh 5.48.0, 80mH; 1.A.Coore 13.6,2.L.Chudek
17.4, HJ; 4.J.Godfrey 1.25,3.L.Chudek 1.20, SP; 2.E.Clarke 7.10,1.T.Johnson 6.39, LJ; 1.A.Coore
4.87,4.G.Porter4.05, DT; 2.C.James 15.08,2.K.Marsh 12.88, JT; 4.T.Johnson 14.60,2.E.Clarke 13.97
4x100m; 3. A.Coore, A.Abrams, A.Abrams, C.James, 57.6,

Seniors; 100m; 2.E.Clarke 13.3,2.J.Jones 13.9, 200m; E.Clarke 3. 28.2,4.J.Ackerman 31.9, 400m;
-, -, 800m; -, -, 1500m; 4.R.Honeychurch 5.32.0,T.Jordan 5. 7.43.2, 3000m; 3.R.Honeychurch
11.21.2,3.T.Jordan 13.52.2, 100mH; 5.D.McNeil 20.5,1.J.Ackerman 19.1, 400mH; -, -, HJ; 3.D.
McNeil 1.35,2.J.Ackerman 1.30, LJ; 1.D.McNeil 5.12,2.E.Clarke 4.22, SP; 1.W.Dunsford 10.84, DT;
1.W.Dunsford 25.50,1.J.Jones 21.00, JT; 1.V.St Ange 32.29,3.J.Jones 16.94,
4x100m; 2. J.Jones, J.Ackerman, E.Clarke, D.McNeil, 55.6.
4x400m; -----

Teams; 1.Bournemouth 188, 2.East Grinstead AC 161, 3.BELGRAVE 144, 4.Trowbridge 124,
5.Basingstoke 94.

3rd SEPTEMBER 1983

PARLIAMENT HILL FIELDS

SOUTHERN LEAGUE DIV 3 (S)

This was supposed to be our second home fixture but due to repairs at Battersea Park track we had to move at short notice to Parliament Hill Fields track. It was a very windy day- against the sprinters -but Andrea Coore turned in three more wins. Many other fine wins with Rosemary

Honeychurch again lowering her own Club 3000m record. A good result but we dropped to 16th to finish halfway down the League which earlier in the season had promised to see us fighting out the promotion battle.

Juniors; 100m; 3.J.Palmer 14.5,3.O.Carberry 14.9, 200m; 1.J.Palmer 30.6,1.A.Coore 29.0, 800m;4.M.O'Connell 2.55.3,3.D.Cameron 2.55.9, 1500m; 2.G.Porter 5.22.9,1.J.Stone 5.39.6, 80mH; 1.A.Coore 14.1,3.M.Rafe 16.4, HJ; 1.A.Coore 1.48,2= L.Garsden 1.25, LJ; 4.E.Smithers 4.37,1.M.Rafe 4.37, SP; 3.M.Rafe 6.61,2.C.James 5.91, DT; 3.C.James 16.20,L.Garsden 15.76,JT; 5.G.Porter 14.60 3.M.O'Connell 11.80,
4x100m; 2. J.Palmer, A.Coore, O.Carberry, M.Rafe. 55.8,
Seniors; 100m; 4.E.Clark 14.0,3.J.Jones 14.9, 200m; 2.E.Clark 28.8,1.S.Daure 30.2, 400m; 1.S.Daure 68.6, - , 800m; 3.S.Daure 2.46.5, - , 1500m; R.Honeychurch 1. 5.18.7,3.L.Sparks 7.06.2, 3000m; 1.R.Honeychurch 11.07.0,3.L.Sparks 14.45.2, 100mH; - , - , 400mH; - , - , HJ; 3.S.Daure 1.35, - , LJ; 5.E.Clark 3.90, - , SP; 1.W.Dunsford 11.46,3.V.St Ange 7.00, DT; 3.W.Dunsford 22.92,3.J.Jones 17.32, JT; 1.V.St Ange 36.92,1.J.Jones 23.66.
4x100m; 4. J.Jones, S.Daure, R.Honeychurch, E.Clark. 56.2.
4x400m; 5. S.Daure, L.Sparks, W.Dunsford, R.Honeychurch. 5.11.1.

Teams; 1.Walton AC 154½, 2.Fleet & Crookham AC 152, 3.BELGRAVE 144½, 4.Bexley Borough AC 140, Salisbury AC 111.

Southern League ----- Result

SOUTHERN WOMEN'S LEAGUE DIVISION 3 SOUTH

Promoted to Division 2..... 1.Tonbridge 1089½, 2.Herne Hill Harriers 1072½, 3.Guildford & Godalming AC 1070,.....16.BELGRAVE H 841,..... Relegated to Division 4..... 23.Trowbridge 694,24.Brighton & Hove 651, 25 Southampton & Eastleigh 518½.

10th SEPTEMBER 1983

WIMBLEDON PARK

LILY 'B' LEAGUE DIV3 (S)

This match should have been held on our new all-weather track at Battersea Park but because of repairs had to be switched at the last minute. Everybody had a good try and an improvement to her 80m hurdles record by Andrea Coore. For the first time we were able to field full relay squads in both age groups.

Girls; 100m; 3.Andrea Abrams 15.3,2.Angela Abrams 15.1, 200m; 2.C.James 31.9, - , 800m; 1.M.O'Connell 2.44.8,5.A.Grant 3.24.4, 1500m; 1.J.Stone 5.26.6, 75mH; 1.Angela Abrams 14.6, DT; 1.C.James 16.26,1.M.O'Connell 13.48,
4x100m; 1. Andrea Abrams,Angela Abrams, C.James, M.O'Connell. 57.6,

Juniors; 100m; 2.J.Palmer 14.1,2.O.Carberry 14.4, 200m; 2.J.Palmer 29.5,1.A.Coore 28.9, 800m; 3.K.Marsh 2.44.8,3.D.Cameron 2.52.5, HJ; 1.A.Coore 1.42,2.L.Garsden 1.20
4x100m; 2. J.Palmer, A.Coore, O.Carberry, M.Rafe. 56.8.

Around The Schools

In parallel with competing for Belgrave many of our younger members turned out in School Area Competitions and performed with distinction.

Gail Porter finished 28th in the English Schools Walking Champs with a time for the Junior Girls 2500m of 14.33. Tracey Johnson was 64th in 17.04. Suzanne Jordan won the Wandsworth Schools 800m Juniors title in 2.35.5 with Gail Porter 2nd in 2.36.5 and Tracey Johnson 4th. Kim Marsh, not to be outdone, won the Hammersmith Junior 800m while in the Lambeth Schools Andrea Coore won the Junior 200m in 28.6 and the long jump in 4.48. Jackie Stone won the Morden Schools Girls 800m in 2.40.8 while in Part 2 of the Wandsworth Schools Sharon Martins won the Junior javelin with 25.02 and Gail Porter took the 1500m with an excellent 5.18.0. Jackie Harman won the Inter Girls 100m in 12.2 and the 400m in 60.1. Both Sharon and Jackie went on to repeat their wins in the London Schools Javelin and 200m while Gail improved her 1500m time to 5.16.1 but finished in 2nd place.

SURREY CHAMPIONSHIPS

23rd/24th APRIL 1983

CROYDON ARENA

SURREY COUNTY CHAMPIONSHIPS

A silver and bronze were gained to add to the large tally of mens medals in the County Champs. This was the first time our ladies had gained medals in these events.

Girls; 1500m; 12.J.Stone 5.44.6, (5.35.1 Ht), Juniors; 800m; 6(Ht) S.Jordan 2.44.4, 2500mW; 3. G.Porter 15.15, JT; 2.S.Martins 24.22, Seniors; 3000m; 6.R.Honeychurch 11.38.0, JT; 4.V.St Ange 35.20.

14th MAY 1983

ENFIELD

MIDDLESEX COUNTY CHAMPIONSHIPS

Seniors; SP; 4.W.Dunsford 10.49, DT; 3.W.Dunsford 25.14,

26th JUNE 1983

BATTERSEA PARK

CLUB CHAMPIONSHIPS

Three events for the juniors and a Championship Best Performance in the 800m for Gail Porter as well as surprising herself in the long jump.

100m; 1.J.Palmer 13.2, 2.A.Coore 13.3, 3.M.Rafe 13.7, 4.J.Stone 15.9, 5.A.Burstow 16.0, 800m; 1.G.Porter 2.36.1, 2.K.Marsh 2.42.0, 3.J.Stone 2.43.6, 4.T.Johnson 2.47.6, 5.D.Cameron 2.55.7, 6.C.Gauge 3.08.5, 7.A.Grant 3.10.0, 8.R.Parrott 3.15.9, 9.N.Marsh 3.51.0.
LJ; 1.A.Coore 4.24, 2.M.Rafe 3.97, G.Porter 3.91, 4.T.Johnson 3.69, 5.A.Davison 3.68, 6.D.Cameron 3.32, 7.R.Parrott 2.92, 8.A.Grant 2.84.

10th JULY 1983

BATTERSEA PARK

CLUB CHAMPIONSHIPS

Both the 1500m and the high jump were included for the first time and the numbers in the Junior field were excellent. Unfortunately few Seniors turned out.

Seniors; 100m; 1.S.Daure 13.9, 200m; 1.S.Daure 27.9, 2.B.Anderson 27.9, 3.R.Honeychurch 29.6, 800m; 1.R.Honeychurch 2.34.3, 1500m; 1.R.Honeychurch 5.17.9, LJ; 1.S.Daure 4.45, 2.R.Honeychurch 4.05, HJ; 1.S.Daure 1.35, SP; 1.W.Dunsford 10.30, 2.V.St Ange 7.20, 3.N.Palmer 7.16, 4.R.Honeychurch 6.60, 5.B.Dunsford 6.27. DT; 1.W.Dunsford 24.90, 2.N.Palmer 17.88, 3.B.Dunsford 13.72, JT; 1.V.St Ange 35.92 (CBP), 2.W.Dunsford 17.20,
Juniors; 200m; 1.J.Palmer 27.9, 2.A.Coore 29.6, 3. M.O'Connell 31.2, 4.J.Stone 33.5, 1500m; 1. G.Porter 5.25.7, 2.J.Stone 5.31.6, 3.K.Marsh 5.53.3, 4.C.Gauge 6.32.0, 5.A.Storey 6.52.0. HJ; 1.A.Coore 1.40, 2.J.Stone 1.15, SP; 1.M.Williams 6.50, 2.T.Morrison 5.83, 3.R.Parrott DT; 1.M.Williams 23.44 (CBP), 2.G.Porter 15.80, 3.M.O'Connell 12.40, 4.K.Marsh 11.60, JT; 1.M.Williams 17.22 (CBP), 2.G.Porter 16.70, 3.R.Parrott 9.60.

TWO CLUB RECORDS

31st JULY 1983

BATTERSEA PARK

CLUB WALKING CHAMPIONSHIPS

Two Club records, a Championship Best Performance, and a disqualification all in 20 minutes. A better field than had been hoped for.

2000mW; 1.G.Porter 11.20.8, (CBP), 2.J.McGroder 12.22.8, 3.R.Parrott 13.03.1, 4.A.Coore 13.39.3, 5.D.Cameron 13.43.5,
Also walked at the meeting; Tracey Johnson (Disq), R.Honeychurch 12.41.5, David McGroder 12.41.5, Charva Daure 15.35.9. 8½ year old Sarah O'Connell completed 800m in 7.33.

ASTOUNDING PAM

Veteran Pam Davies continues to astound with several fine marathon runs this year. Following her 3hr 10min run in April's London Marathon Pam ran 3hr 16.08 just two weeks later in winning the Norwich Marathon. Three weeks later on May 21st Pam finished 2nd in the tough Isle of Wight Marathon with 3hr 19.20.

PRE-AAA'S

In 1866 the National Olympian Association, a forerunner of the A.A.A., held its first meeting on a grass track at the Crystal Palace. The meeting was notable for the appearance of an 18 year old cricketer in the high hurdles. Whilst "officially" fielding at the Oval, he won the hurdle race and then went back to the cricket ground to score a double century. His name -
W.G. Grace!

Rankings '83 — Women

<u>100m</u>		<u>200m</u>		<u>400m</u>		<u>800m</u>	
J. Harman (I)	12.0	J. Harman (I)	25.0	J. Barclay	60.0	G. Porter (J)	2.31.8
A. Coore (J)	13.06	J. Barclay	26.6	J. Harman (I) **	60.1	S. Jordan (J)	2.33.4
J. Palmer (J)	13.1	J. Palmer (J)	27.9	S. Daure (I)	62.3	R. Honeychurch	2.34.3
J. Barclay	13.2	S. Daure (I)	27.9	G. Richardson (I)	66.7	K. Marsh (J)	2.34.6
E. Clarke (I)	13.3	B. Anderson	27.9	E. Murrell	68.5	S. Daure (I)	2.37.1
M. Rafe (J)	13.7	A. Coore (J)	28.0	J. Johnson (I)	70.7	J. Godfrey (J)	2.38.6
N. Nyarko (I)	13.7	I. Etete (J)	28.1	E. Punter	71.4	G. Richardson	2.38.8
D. McNeil	13.7	E. Clarke (I)	28.2	-	-	M. O'Connell (G)	2.39.5
S. Daure (I)	13.9	D. Williams (I)	28.8	-	-	J. Stone (G)	2.40.8
J. Jones (I)	13.9	D. McNeil	28.8	-	-	B. Davis	2.40.8
<u>75mH</u>		<u>3000m</u>		<u>100mH</u>		<u>1500m</u>	
A. Abrams (G)	14.6	R. Honeychurch	11.07.0	N. King	16.7	G. Porter (J)	5.16.1
M. Rafe (I)	14.6	** (Senior Record)		J. Johnson (I)	17.7	S. Jordan (J)	5.17.5
<u>80mH</u>		T. Jordan	13.52.2	J. Ackerman (I)	19.1	R. Honeychurch	5.17.9
A. Coore (J) **	13.5	L. Sparks	14.45.2	S. Daure (I)	19.3	J. Stone (G)	5.23.2
M. Rafe (J)	15.6	J. Warnett	15.11.4	D. McNeil	20.5	G. Richardson	5.40.4
S. Jordan (J)	15.7	<u>2500mW</u>		<u>400mH</u>		K. Marsh (J)	5.48.0
K. Marsh (J)	16.6	G. Porter (J) **	13.37.8	J. Barclay	71.8	T. Johnson (J)	5.52.1
L. Chuder (G) **	17.4	J. McGroder (J)	14.13.0	J. Johnson (I) ***	74.5	J. Godfrey (J)	6.01.2
-	-	T. Johnson (J)	16.57.0	E. Punter	81.2	V. Mitchell (J)	6.19.7
-	-	R. Parrott. (J)	16.58.0	E. Murrell	81.8	C. Gauge (G)	6.30.0
<u>HJ</u>		<u>IJ</u>		<u>SP. 4kg</u>		<u>DT. 1kg</u>	
N. King	1.55	D. McNeil	5.12	W. Dunsford	11.46	W. Dunsford	25.92
A. Coore (J)	1.48	A. Coore (J)	4.87	J. Jones (I)	8.32	M. Williams (J)	23.44
D. Williams (I)	1.40	N. King	4.86	V. St Ange	7.24	J. Jones (I)	23.04
S. Daure (I)	1.35	S. Daure (I)	4.45	N. Palmer	7.16	I. Etete (J)	20.82
D. McNeil	1.35	M. Rafe (J)	4.37	<u>SP. 3. 25kg</u>		<u>JT. 600gm</u>	
E. Punter	1.35	E. Smithers (J)	4.37	I. Etete (J)	8.79	V. St Ange	37.44
J. Ackerman (I)	1.30	E. Clarke (I)	4.22	A. Coore (J)	7.73	** (Senior Record)	
L. Garsden (J)	1.25	J. Johnson (I)	4.12	M. Giles (J)	7.40	S. Martins (J) **	28.00
J. Godfrey	1.25	G. Porter (J)	4.05	M. Rafe (J)	7.21	J. Jones (I)	27.12
						N. King	27.00
						S. Jordan (J)	24.06
						M. Giles (J)	19.62
						M. Williams (J)	17.22

** New Age Group Club Record.

Other **. - 1200mW R. Parrott 7.19.7, 1600mW G. Porter 8.56.0
2000mW (G). R. Parrott 13.03.15, (J). G. Porter 11.20.52

Footnote: For those of you who are uncertain of the Ladies T & F Age Groups the following guide may be of help.
Girls (G) = 11 & 12 years, Juniors (J) = 13 & 14 years, Inters (I) = 15 & 16 years
Seniors (S) = 17 years and above.



SPORTS CLOTHING AND EQUIPMENT
AT DISCOUNT TERMS TO CLUB MEMBERS
CONTACT DOUG MAUGHAN (01-876-5818)

SPECIALISTS IN SUPPLYING CLUB COLOURS. SEND REQUIREMENT DETAILS.

DOUGLAS SPORTS: ST. MARTIN'S HOUSE, 16, ST. MARTIN'S LE GRAND, LONDON, EC1A 4EP

DOUGLAS

SPORTS

YOUNG ATHLETES

With increased activity and competition for our younger members it has been necessary to try to give the right amount of support from officials by re-organising and co-opting new members to help out. The major change has been the setting up a team of people to help out during the summer. Geoff Davis, in the year of his joint Presidency and coping with the marriage in the summer of his daughter, was actively involved in the organisation of officials and our home meetings. Ted Moore took over the tough job of managing and getting out the various teams ably supported by Jim Mote and, as the season progressed, by an increasing band of helpers to whom we must express our sincere thanks. Our other joint President Derek Crookes whose pet project - The new Thameside League - got under way and was a huge success, also put in a large number of hours to support the Young Athletes and this was greatly appreciated. Ian Horton, who will now concentrate mainly on managing the winter teams, also provided support together with coach Ted Warren and it was pleasing to see Duncan Ross helping out at all the boys and colts meetings.

Ted Moore has prepared the following summary of what has turned out to be a very satisfactory season for our younger Belgravians.

Following the merger between Belgrave and Surrey AC, Belgrave took over Surrey's place in the Dunlop National Young Athletes League. Last year Surrey were relegated from the Southern Premier League to the South central League. As a result we were in a League comprising of 6 Clubs and met the same Clubs on each of 4 occasions.

The first match at Norbiton highlighted the problems that the Club would face, i.e., a lack of field events people. A look at the score sheet showed that Belgrave had no competitors in 25 out of the 74 events. Needless to say the result was a 4th place. There were some fine efforts and a total of 13 wins. The following achieved doubles:- Phil Gray in the Javelin and Discus (1); Andy Moore in the Youths 800m and long jump with the spectacular Adrian Ross at the age of 11 winning the colts 100m and 200m crossing the line with an enormous dip. (Shades of Ernest Obeng)

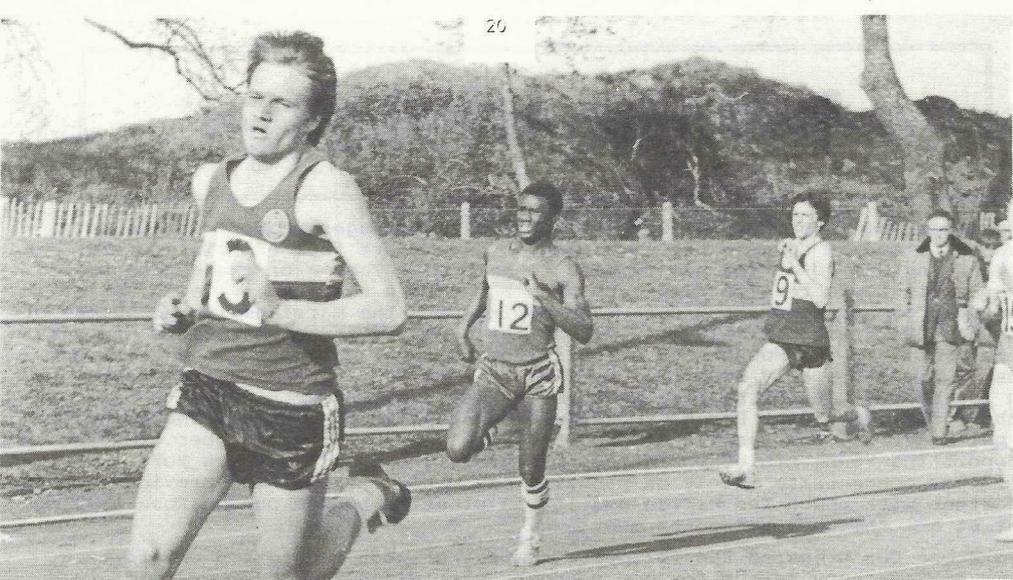
The second match should have been held at Wimbledon Park but had to be postponed due to a double booking. So the second match was at Portsmouth. The Belgrave contingent competed this time in 62 of the 77 events and the tally of points rose from the previous matches 212 to a respectable 267. This put the team in 3rd place behind Portsmouth and Epsom & Ewell who scored 333 and 297 points respectively. The highlight of this match as far as we were concerned was Clive Gardine winning the Best Performance Award. This award is made to the best overall athlete at each meeting but can only be won once otherwise no doubt Clive would have won it again at some of the other matches. Clive won the Boys 80mH in 12.4 and the 200m in 23.9. The Southern Counties Championships were also held the same day resulting in only a small group of Youths turning out for the Club. A great number of points were lost as a result of this clash, but those who did turn out did very well recording 10 wins.

At Wimbledon, there was another clash of events, this time with the London Youth Games, and as a result our tally of points was restricted to 261 - sufficient for 3rd place. With 14 non-scores but 11 individual wins we had now climbed to 3rd in the League.

The final match gave a glimpse of what might have been. This time we fielded a large group of Youths. This time we again finished in 3rd place but our points total improved to 318, to Epsom and Ewell's 337 and Portsmouth's 349. This time the number of Zero's on the score sheet had been reduced to 10. Dick Addison achieved 3 wins in the 200/400/800(Y) while Clive Gardine also achieved a hat-trick of wins in the 100/PV/80H(B). There were 12 other winners.

It is impossible here to list every winner nor is it possible to list the 12 or so new Club records which were broken during the course of the season. But I can say that during the year the Youngsters gave a lot of pleasure to a lot of supporters. It was great to see how many of the parents came along to support the team.

Congratulations are in order to the following who were selected to run in the English Schools Championship; Dick Addison, Richard O'Hara, Andrew Moore, Sean Richards, Philip Goedluck, and Clive Gardner. Further congratulations are due to Philip Goedluck for getting into the final of the 200m(Y) and to Clive Gardner who won the gold in the 80m(H). What a pity that only Clive competed in all the YAL meetings, while Andrew turned out in 2. Philip regrettably did not make any of our YAL meetings. There is no doubt that we had the strength to gain promotion



ABOVE. Belgravians line astern! Richard Allison on his way to winning the Surrey Youths 400m in a new CBP of 49.9, followed by Sean Richards and Andrew Moore. Photo. Bill Laws

BELOW. Our winning Boys 4x100m team after the Surreys. Later in the season they went on to reduce the Club record to a fast 47.8. L to R; Bassam Zriek, Mark Dooley, Clive Gardne and Gavin warr. Photo. Bill Laws.



The younger members were also competing in Belgrave's new Thameside League which started this year for Colts & Boys with the emphasis on track events. I hope this will be extended to include a full track and field programme next year. There were 4 matches. In 3, Bels were second to Camberley but in the last match Bels were 1st. As a result the final League position was that Camberley won by just a single match point ahead of Belgrave. The beauty of this competition was that a lot of boys and colts were able to try out other events and all enjoyed themselves,

It is important to note that we started the season with an untried team against clubs who for years have fielded Young Athlete teams. Against this background the Club has done extremely well and the results point to many young members moving ever upwards eventually to enjoy athletics at senior level.

Report By.....Ted. Moore.



TOP. Chris Cornwall equalled the Club Youth's high jump record with 1.85m.
 BOTTOM. Clive Gardner won the English Schools 80mH Championship. (Boys) Photos; Bill Laws.



Winning Surrey Youth Road Relay Team; L to R. Richard O'Hara, Andy North, Dave Palmer, John Warren. Photo. Dave Cocksedge.

10th SEPTEMBER 1983

BROCKWELL PARK

SURREY ROAD RELAYS

With 2 wins and a bronze in the last 4 years we expected to get among the medals again this year but on the day the favourites were Herc.Wim. and Mitcham. We knew that John Warren and Richard O'Hara were in good form but there were some doubts about the fitness of Dave Palmer who had not been around much in the summer. We'd heard that Andy North was recovered from his back injury and that he'd been running some good 1500ms but didn't know if he would handle the longerilly course at Brockwell Park. As it was we need not have worried. Richard gave us the lead on the first leg and we gradually pulled away. John Warren topped round the last leg to turn in the fastest time of the day. On checking back we were pleasantly surprised to find that the teams winning time broke the club best set by the famous team of Searle, D, North, Waller and Gladwin in 1979 by a substantial 20 seconds.

Teams; 1. BELGRAVE 34.38, (R.O'Hara 8.28, A.North 8.50, D.Palmer 9.01, J.Warren 8.19)
2. Herc.Wim. 35.25, 3. Mitcham 36.00.

Individuals all time bests. S.Paton 8.07(80), P.Richley 8.11(80), J.Warren 8.19(83), Gladwin and R.O'Hara 8.28 (79 & 83), M.Blackmore 8.39(82), D.North 8.44(79).

RECORDS

During the course of the season 13 individual and relay records have been broken by young BELGRAVIANs. These comprised 3 individual and 2 relay Youths records, 3 individual and 2 relay Boys records and 2 individual and 1 relay Colts records.

<u>YOUTHS.</u>	200m	P.Goedluck	22.5	
	400m	R.Addison	49.9	
	HT(5kg)	R.Rathray	23.92	
	4x400m	S.Garcia,M.Laddel,A.Moore,R.O'Hara	3.40.9	
	4x100m	R.Addison,P.Goedluck,A.Moore,S.Richards	46.5	
<u>BOYS.</u>	200m	C.Gardner	23.9	
	80mH	C.Gardner	11.4	
	4x400m	B.Zriek,G.Arrison,C.Gardner,	4.11.3	
	4x100m	M.Dooley,B.Zriek,G.Warr,C.Gardner.	47.8	
	HT(4.5kg)	R.Oakley	30.82	
<u>COLTS.</u>	200m	A.Ross	28.3	
	400m	A.ROSS	64.1	
	4x100m	A.Ross,A.Palmer,S.Herbert,D.Cunningham	59.3	

Philip Goedluck's 200m time was achieved when he was 4th in the final of the Intermediate 200m at the English Schools. Clive Gardner's time was achieved also at the All English Schools when he won the final of the Junior 80mH. Richard Addison, Richard O'Hara, Sean Richards, and Andrew Moore were also selected to run for either Surrey or London in the English Schools.

SURREY CHAMPIONSHIPS

In the first part of the Surrey Champs. held at Croydon on the 23rd & 24th April the boys 4x400m squad won the final 0.1s ahead of Croydon in 49.0, a time which they later reduced to the very creditable 47.8 to reduce the Club record by no less than a massive 4.1 secs. The Youths 400m final was a Belgrave benefit won by Richard Allison in a new CBP of 49.9 to erase the previous best set by our own Dave Mote in 1976. Sean Richards was 4th in 52.7 and Andy Moore was 6th in 55.0 (53.9ht). Our youths finished 3rd in the 4x100m in 48.4.

The second part of the Surreys were held at Motspur Park in May with the finals being held on the 21st May. In the 800m both Richard Allison and Andy Moore won their heats and Richard looked very strong as he surged through to win in another Championship Best Performance of 1.56.9 while Andrew ducked under 2minutes for the first time finishing 4th in 1.58.6. Clive Gardner was 3rd in the boys 80mH, as well as in the Javelin and 200m. Chris Cornwall was 4th in the the Youths High Jump and Bassam Zriek was 4th in the boys discus with 22.24m.

RICHARD ALLISON GAINS TOP AWARD

Each year Surrey County award Trophies for the best performances in each age group and this year Bob Treadwell won the Senior Award for his fine performance in the National C.C.Champs. In the youths age group Richard Allison won the award with his fine record in the Surrey 400m Championship. The presentation was made at the Surrey Supper in November.

JUNIOR INTER COUNTIES

Several of our members represented Surrey under the team managership of Geoff Davis against teams from Essex, Kent, Sussex, Oxford and Hampshire. Philip Goedluck was 2nd in the Youths 100m 'A' in 11.5, and won the 'A' 200m in 22.8. He was also a member of the 4x100m squad which finished 2nd. Sean Richards won the Youths 'B' 400m in 51.5, and Andrew Moore ran a 2.01.2 800m to finish 2nd in the 'B' race. In the junior events Pat Lyttle won the 'A' 200m in 22.4 and was 2nd in the 100m with 11.5. Paul Richley won the 'A' 1500m with 3.52.2 and in the field events Nigel Fitzsimmonds won the 'B' hammer and was 2nd in the 'B' javelin with 42.54.



15year old Simon Beaumont has shown a great advance cutting his 800m time to 2.07 and running the third fastest time against seniors in the Yacht 3. Also seen is Simon Pritchard who has also shown steady improvement this summer. Photo; Dave Cocksedge.

EDITOR'S NOTE. Lost! If anyone can send in the individual performances from the Dunlop Y.A.L. and the first Thameside League match they will be published in the next issue of the Belgravian. Also Steve Williams requires details of location, date etc. for new Age records.

THAMESIDE LEAGUE.

Match 2. 18/6/83. Norbiton. Colts; 100m A.2.A.Ross 14.8, B.2.R.Jones 15.1, 200m A.1.A.Ross 29.9, B.R.Jones 32.1, 400m A.4.W.Awad 86.7, B.2.J.Hopgood 75.6, 800m A.5.R.Isles 2.54.8, B.4.I.Thomson 3.12.1, 1500m A.G.Webb 5.18.7, L.J.A.2.N.Sutehall 3.89, B.J.Hopgood 3.03, H.J.A.1.N.Sutehall 1.25, B.2.W.Awad 1.00. 4x100 Relay 1.Bels 59.8. Boys; 100m A.2.G.Warr 12.8, B.2.M.Dooley 12.9, 200m A.1.G.Warr 25.7, B.1.M.Dooley 26.3, 400m A.2.B.Zriek 57.3, B.3.C.Eton 68.1, 800m A.2.G.Allison 2.21.7, B.K.McDonagh 2.24.9, 1500m A.-B-. 80m H.A.2.C.Gardner, B-, SP.A.1.D.Sewell 9.49, B.1.B.Zriek 7.23, L.J.A.1.M.Dooley 4.84, B.1.D.Rose 4.53, H.J.A.1.C.Dardner 1.55, B.1.G.Allison 1.45, 4x100m Relay ; 1.Bels 48.9,

Match 3. 23/7/83. Battersea Park. Colts; 100m A.4.D.Cunningham 14.7, B.3.N.Sutehall 15.0, 200m A.3.D.Cunningham 30.6, B.2.N.Sutehall 31.0, 400A.5.J.Hopgood 80.5, B.4.T.Unal 78.6, 800A.7.T.Hopgood 2.55, B.3.J.Coy 3.14, 1500A.7.D.Winson 5.44, B-, 80m H.A.3.T.Unal 15.4, B.4.T.McClean 18.8, H.J.A.2.D.Cunningham 1.25, B.3.T.McClean 1.15, L.J.A.4.N.Sutehall 3.95, B.1.C.Letlgren 3.94, 4x100m Relay 4.Bels 61.0, Boys; 100m A.1.G.Warr 12.7, B.2.M.Dooley 12.5, 200m A.2.G.Warr 25.6, B.1.M.Dooley 25.5, 400m B.1.G.Allison 62.9, A.1.B.Zriek 56.8, 800m A.3.C.Fassio 2.32, B.3.D.Maloney 2.24.7 1500m A.3.?, 5.25, B.?, 80m H.A.1.C.gardner 12.0, B.3.S.Warr 15.4, SP:A.2.C.Gardner 9.78 B.2.G.Allison 8.11, H.J.A.2.C.Gardner 1.60, B.2.G.Allison 1.55, L.J.A.1.M.Dooley 5.30, B.1.B.Zriek 5.10, 4x100m Relay, 1. Bels 49.2.

Continued On Page 49

WELCOME

Our Cross Country Secretary - Gordon Biscoe, surfaced in September after his summer sabbatical and found that some Fairy Godfather had presented him with an array of new middle distance talent. For our track team managers the new additions had come as no surprise as they had been working hard to produce greater depth in our track and field squads.

We are delighted to welcome to our ranks the following new members. Some will already be known to you as County Class and International athletes. We shall follow their careers with interest and wish them well for the future.

ANTON GAYTON. D.o.b. 11.10.1964. Coached by Ted. Warren. Anton has been a second claim member for 2 years. One of the most amenable and pleasant guys you could wish to meet but when he's on the track he becomes 'An Animal'. (See next page). Anton was Surrey League Junior Champion in 1981 and is the current Surrey Junior 2000s/c champion.

P.B's. 400m 56.0(82), 800m 1.59.5(83), 1500m 4.07.5(83), 2000s/c 6.30.8(83).

MIKE HAYES. D.o.b. 25.12.60. Coached by John Bicourt. Formerly a member of Crewes and Nantwich Mike has represented Cheshire in the Inter-Counties C.C. Mike is a very promising Steeplechaser and has already strengthened our British League team. His progress under the tuition of John Bicourt has helped to renew John's interest in the event.

P.B's. 1500m 3.57.2(82), 3000ms/c 9.18.3(83).

ANDY LEYLAND. D.o.b. 18.10.63. Coached by Mick Dunphy. An outstanding youth who finished 2nd to Paul Richley in the 1981 Surrey Youths C.C. Champs. Andy has been injured for the past year but this summer has shown a welcome return to form.

P.B's. 800m 1.58.0(83), 1500m 4.00.94(4th 81 Scot Jun), 3000m 8.53.2(81).

ALISTAIR MORFEY. D.o.b. 24.5.60. Coached by Mick Dunphy. Dogged by knee injuries at Camb. Univ. where he graduated in Mech Eng Alistair has returned to athletics this year following an abortive attempt at a world tour when he picked up a particularly dangerous strain of malaria in Kenya. This year under Mick's guidance Alistair has set a string of p.b's and has performed with distinction in the GRE Cup and British League meetings.

P.B's. 1500m 3.56.9(83), 3000m 8.30.0(83), 5000m 14.45.6(83).

GARY STAINES. D.o.b. 3.7.63. Coached by Mick Dunphy. Gary will need no introduction having featured on the 'box' in both the indoor and outdoor seasons. Gary has been a 2nd claim member for some 18 months and decided to become first claim in the spring. A lover of fast cars Gary provides the wheels for the 'Dunphy Boys! Gary finished 7th in the 1980 Youths National, won the AAA's Under 20 indoor 3000m in '81 and was 2nd in the 81 Junior indoor 1500m. He is a GB under 20 International and an English Senior International.

P.B's. 800m 1.52.0(81), 1000m 2.22.69(82), 1500m 3.44.87(82), 2000m 5.12.3(83), 3000m 8.12.00(83), 1mile 4.01.50(82).

KEVIN STURMAN. D.o.b. 11.12.62. Coached by Mick Dunphy. Kevin was tempted to join the US Univ. circuit some 2 years ago and only returned to the UK this summer when he joined Belgrave. In 1981 Kevin was Surrey Junior 1500m Champion, and in 1979 he came 2nd in the Southern Youths 3000m and 3rd in the Youths 1500m. He has just started racing again following injury. (See p.42)

P.B's. 1500m 3.50.8(83), 3000m 8.14.0(82), 5000m 14.29.0(82).



GARY STAINES hands to Stu Paton in the 25x1 mile relay.



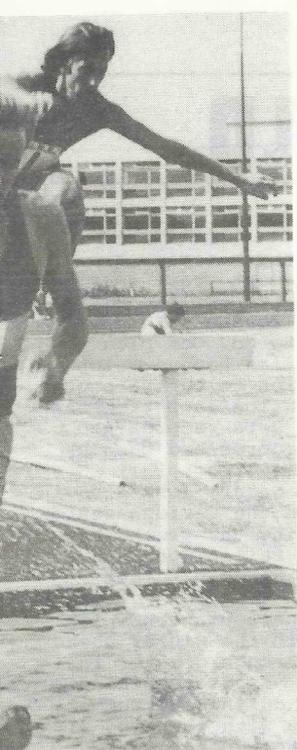
MIKE HAYES leads John Bick



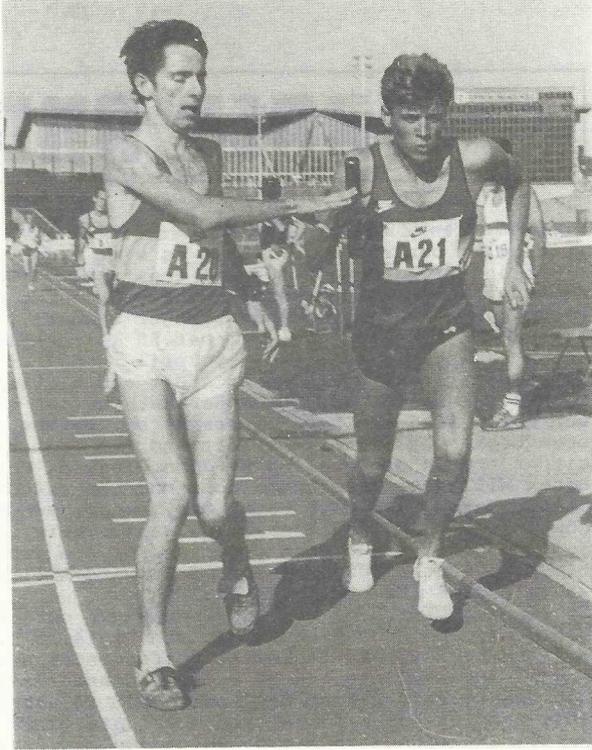
ALISTAIR MORFEY ran in both the 3rd & 4th Brit. Lge matches.



ANTON GAYTON(The Animal)



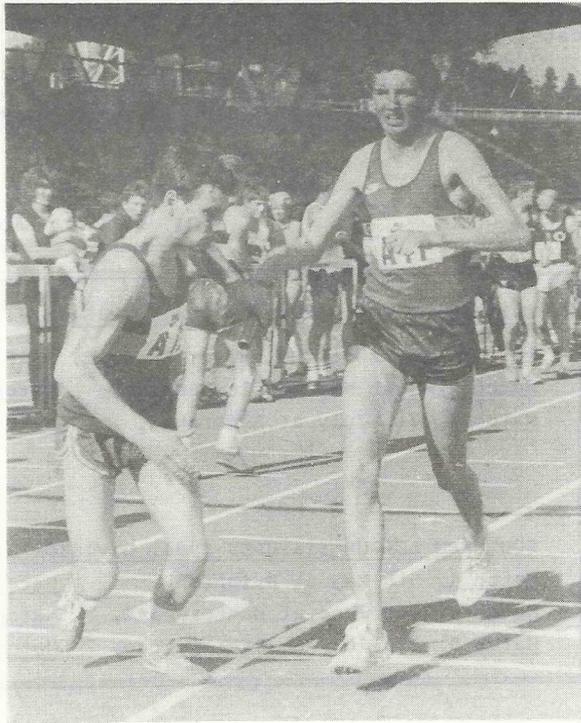
...t in the 4th Brit. Lge match.



KEVIN STURMAN from Dave North in the 25x1 mile relay.



... in the Club Junior 800m Champs.



ANDY LEYLAND to Martin Lake in the 25x1 mile relay.

TRACK AND FIELD

With memories of some remarkable performances still fresh plus the wholesale re-writing of our record books it is with some pleasure that we can review the Track and Field season. One of the first differences from recent years emerged early on as our men presented themselves for competition in the Spring. Field event men were heavier and stronger than at the end of last season with John Aska and Ken Onuagaluchi at least 30 lbs heavier and raring to go. Our plan to get everyone fit and ready by April ready for the first British League match payed off for we got a dream start and alerted the competition to our strengths. Things gradually became tougher but our men rose to the occasion each time and our early lead was never surrendered. By the season's end 2 Vets records had been broken by Charlie Gillett and Bill Treharne; 7 Senior records had been either broken or equalled by John Gladwin, Mark L Bayley, Jim Gregg, Phil Lovell, Derek Williams, Ken Onuagaluchi and the 4x400m squad of Guy Sagar, John Gladwin, Stuart Paton, and Dave Mote. Our younger men who competed in the various senior competitions acquitted themselves well; Chris Cornwall equalling the youths high jump record looks a good prospect for the years ahead while Philip Goedluck tied the youths 200m record and Richard Allison erased John Gladwin's 400m youth's time from the records.

In winning Div. 5 of the British League our teams recorded performances which would have been good enough to win Division 4. Our efforts in the winter ahead will be directed to improving performances next year both through greater individual achievements and by raising standards in the few weak areas remaining. Our thanks to everyone who turned out to represent the Club during the summer. Your support has made us even more determined to provide you with the type of management and organisation which you and an up and coming team deserves. We can see no limit to how far the team can go provided we all continue to put the British League matches at the top end of our priority lists. Next year's fixture card has already been published and you are asked to make a note of these key dates. Have a good winter!!!!

LEO COY 01- 764 8056

BILL LAWS 01- 337 7215



For Your Diary.

BRITISH LEAGUE FIXTURES 1984. DIVISION 4.

Teams; Aldershot, Belgrave, Enfield, Sheffield, Windsor, Woodford Green.

Match 1. 12th May at Cleckheaton, Match 2. 16th June at Enfield,
Match 3. 7th July at Aldershot, Match 4. 18th Aug. at Battersea**,

SOUTHERN LEAGUE FIXTURES 1984. DIVISION 3.

Match 1. 5th May at Brighton, Match 2. 26th May at Battersea**,
Match 3. 16th June at Battersea**, Match 4. 30th June at Southwark,
Match 5. 7th July at Basingstoke, Match 5. 4th Aug. at Aldershot,

FIRST BRITISH LEAGUE WIN

7th MAY 1983

WARLEY

MATCH 1

On a cold miserable day our B A L campaign got under way at Warley. We were aware of the strength of WSE and Hillingdon from last year but the others were unknown quantities. We need not have worried too much as our team responded magnificently to the challenge and ended up victors over WSE and Hillingdon finished a lowly 5th. The results showed that we recorded 11 wins and 6 second places. We won everthing from 100m to 400m including the relays!!! Star of the day was Pat Lyttle having his first taste of 'the big time' and winning the 'B' 100 and 200 plus joining the winning sprint relay squad. Other good performances came from Colin Gaynor, Derek Williams (Sevents), and Stuart Paton. The coach journey back to London was a happy affair with little regard for the terrible weather outside which had persisted all day. We were leaders of the Division!!!

100m; 1.C.Gaynor 11.4, 1.P.Lyttle 11.7, 200m; 1.C.Gaynor 23.0, 1.P.Lyttle 23.3, 400m; D.Mote 49.6, 1.G.Sagar 49.8, 800m; 1.S.Paton 1.52.4, 3.J.Barry 1.58.8, 1500; 4.M.Sinclair 4.07.5, 5.J.Barry 4.30.4, 3000S/C; 2.P.Gilbey 9.26.6, 3.L.Coy 10.31.4, 5000; 3.O.Foote 14.52.1, 2.P.Richley 15.16.3, 110H; 3.M.L.Bayley 16.4, 5.P.Whitby 18.4, 400H; 4.M.L.Bayley 56.3, 5.P.Whitby 62.3, LJ; 1.D.Williams 7.50, 2.M.L.Bayley 6.55, HJ; 6.D.Williams 1.90, 5.S.Samson 1.80, TJ; 1.D.Williams 14.51, 2.R.Vassall 13.39, PV; 2.M.Shippen 4.00, -, DT; 2.K.Onuagaluchi 46.44, -, SP; 5.K.Onuagaluchi 12.37, 3.J.Aska 11.09, JT; 5.V.Cornibert 51.88, 4.J.Aska 45.90, HT; 4.W.Treharne 41.06, 3.T.Welsh 39.80, 4x100m; 1, D.Williams, R.Vassall, P.Lyttle, C.Gaynor. 43.8. 4x400m; 1, G.Sagar (50.9), S.Williams (50.3), S.Paton (50.6), D.Mote (49.6). 3.21.4.

MATCH RESULT: 1.BELGRAVE 301, 2.WSE 291, 3.Cannock 248,

4th JUNE 1983

CREWE

MATCH 2

Another long journey and with two people missing the coach plus problems on the motorway we arrived 5 minutes after the match had started. The competition turned out to be much tougher than the first match with Hillingdon clearly determined to make amends for their poor result in the first match. We spent most of the afternoon, which again was cold and windy, in 3rd or 4th spot but with only a few events left we edged into the lead eventually winning by two points from Windsor. Only seven points covered the first four teams!!! Colin Gaynor again pulled off the sprint double and the redoubtable Derek Williams again amassed a lot of points. John Aska got the better of Ken in the shot with a P.B. of 12.50 and Mark Shippen won the pole vault with a fine 4.20. Another happy journey home for the team and our loyal band of supporters with team spirit soaring.

MATCH RESULT: 1.BELGRAVE 272, 2. WSE 270, 3=. Hillingdon and Cannock 265,

100m; 1.C.Gaynor 10.9, 4.M.Alleyne 11.4, 200m; 1.C.Gaynor 21.8, 2.P.Lyttle 23.1, 400m; D.Mote 49.8, 3.G.Sagar 50.3, 800m; 4.J.Barry 1.56.9, 4.A.Moore 2.00.1, 1500m; 4.M.Sinclair 3.56.8, 3.P.Richley 3.57.3, 5000m; 2.O.Foote 14.40.0, 4.D.Anderson 15.58.6, 3000S/C; 6.L.Lyons 10.09.3, 5.L.Coy 10.47.7, 110H; 2.M.L.Bayley 15.9, 6.A.Johnson 17.1, 400H; 6.M.L.Bayley 57.0, 4.A.Johnson 58.5, LJ; 1.D.Williams 7.01, 3.M.L.Bayley 6.21, HJ; 7.D.Williams 1.75, -, TJ; 1.D.Williams 14.43, 3.R.Vassall 12.77, PV; 1.M.Shippen 4.20, 5.A.Johnson 2.00, DT; 3.K.Onuagaluchi 47.40, 4.J.Aska 34.38, SP; 4.J.Aska 12.50, 1.K.Onuagaluchi 12.41, JT; 1.K.Onuagaluchi 54.54, 3.D.Mole 50.80, HT; 4.W.Treharne 41.92, 4.T.Welsh 37.28. 4x100m; 1. D.Williams, P.Lyttle, R.Vassall, C.Gaynor. 42.6. 4x400m; 3. M.Alleyne, M.Sinclair, D.Williams, D.Mote. 3.20.6.

2nd JULY 1983

COLINDALE

MATCH 3

Our short trip to Hendon was a welcome change and individuals made their own way to the Met. Police track. This time Hillingdon turned out their strongest team and on a fine afternoon turned out easy winners. Again we battled with WSE and this time they shaded us by two points. We missed Colin Gaynor and later discovered that a foot injury was to put him out for the rest of the season. Fortunately Ernest Obeng came down from Loughborough University to help out but he too had a back injury and could race a bend so missed the 200 but looked in sparkling form in the short sprint and relay. John Gladwin won the 800 in style and Stuart Paton won a hard 1500 having let a big gap develop. Alistair Morfey gained usefull points in the B 1500 and went through the 800 with Stu in 2mins dead. Derek Williams did his usual rescue job this time in the 200 and won the long and triple jumps. Jim Gregg made his first appearance this year in

the high jump and Phil Lovell despite injury popped over in the pole vault to gain valuable points. Terry Welsh who has proved to be a really enthusiastic Belgravian took revenge over Bill Treharne in the hammer and picked up more points than we had a right to expect. So, with just one match to go, we still headed the Division one point clear of Windsor.

MATCH RESULT: 1.Hillington 323, 2.WSE 267, 3.BELGRAVE 265,

100m; 1.E.Obeng 10.6,5.P.Lytle 11.4, 200m; 5.P.Lytle 22.6,4.D.Williams 22.8, 400m; 2.D.Mote 49.2,4.G.Sagar 50.4, 800m: 1.J.Gladwin 1.51.6,6.J.Barry 1.57.9, 1500m; 1.S.Paton 2.A.Morfe 3.59.2, 5000m; 4.O.Foote 14.40.7,4.D.Anderson 15.51.2, 3000S/C; 7.L.Lyons 10.01.1,5.L.Coy 10.26.4, 110H 5.M.L.Bayley 16.4,5.D.Sheldon 17.9, 400H; 5.M.L.Bayley 57.2, 6.D.Sheldon 59.2, LJ; 1.D.Williams 7.26,1.R.Vassall 6.63, HJ; 4.J.Gregg 1.90,6.M.L.Bayley 1.65, TJ; 1.D.Williams 14.38,3.R.Vassall 13.10, PV; 1.M.Shippen 4.20,4.P.Lovell 2.80, DT; 3.K.Onuagaluchi 46.76,2.J.Aska 34.30, SP; 4.K.Onuagaluchi 12.18,6.J.Aska 10.29, JT; 4.K.Onuagaluchi 55.22,4.D.Mole 48.68, HT; 3.T.Welsh 42.98,2.W.Treharne 38.02. 4x100m; 2. D.Williams,P.Lytle,R.Vassall,E,Obeng. 42.6. 4x400m; 5. G.Sagar,J.Barry,S.Paton,D.Mote. 3.25.5.

13th AUGUST 1983

COLINDALE

MATCH 4

The final match and a very hot day at Hendon. Last minute shuffling, with a few new faces, produced a different looking team and some fantastic results were produced. The outcome was that we demolished the opposition and ended worthy Champions of B.A.L. Division 5. Our field men got us off to a great start with Terry Welsh 2nd in the hammer and Ken Onuagaluchi beating ex-International John Hillier in the discus for the first time in a B.A.L. match. John Aska as usual gave sound support in the throws. Phil Lovell and Mark Shippen provided a clean sweep in the pole vault as did Derek Williams and Dr. Aham Amadi in the triple jump. Aham celebrated promotion to our top team with a P.B. Derek suffered a rare defeat in the long jump but Roy Vassall confirmed his breakthrough in this event by taking the 'B' event. On the track John Gladwin another majestic win in the 800 and Paul Richley gave us another clean sweep by taking the 'B' race. Newcomer Mike Hayes and John (To hell and back) Bicourt fought out the steeplechase and transformed the points from this event which had suffered in earlier matches from the lack of Pete Gilbey due to injury. Perhaps the star of the day was Stuart Paton who at the last minute returned from holiday and won the 'A' 400 from a standing start!!! Not to be outrun John Gladwin then ran a 47.9 split in the 400 relay squad which posted a very respectable 3.17.8. Imagine what the final victory would have been if Ernest Obeng had not been competing for Ghana in the Helsinki World Championships and Colin Gaynor had recovered from his injury.

MATCH RESULT: 1.BELGRAVE 309, 2.WSE 303, 3.Hillingdon 289,...

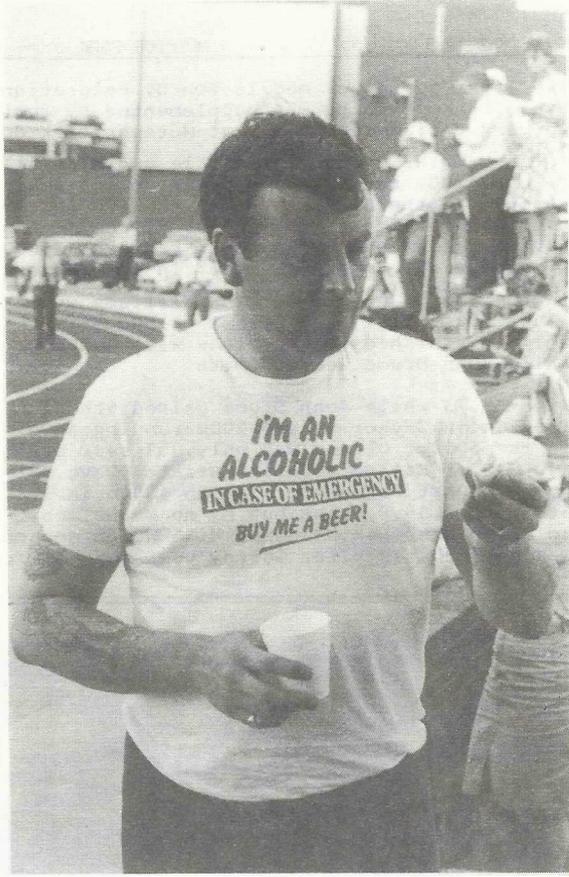
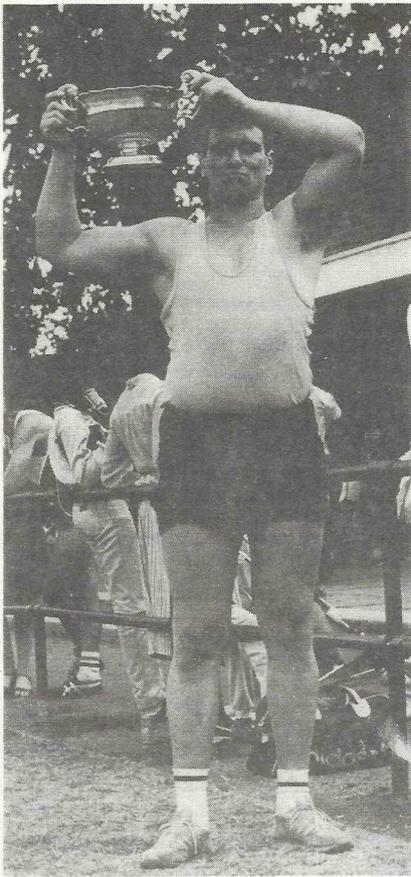
100m; 2.D.Williams 11.3,5.P.Lytle 11.6, 200m; 4.P.Lytle 22.9,6.S.Richards 23.7, 400m; 1.S.Paton 48.9,2.G.Sagar 49.1, 800m; 1.J.Gladwin 1.52.9,1.P.Richley 1.57.5, 1500m; 3.M.Sinclair 3.51.9,3.D.North 4.04.7, 5000m; 5.A.Morfe 14.57.4,2.O.Foote 15.08.3, 3000S/C. 3.M.Hayes 9.18.3,1. J.Bicourt 9.24.9, 110H; 5.A.Johnson 16.3,3.P.Whitby 16.4, 400H;5.A.Johnson 57.4;5.F.Dolan 61.6, LJ; 2.D.Williams 7.24,1.R.Vassall 6.98, HJ; 6.D.Williams 1.80,6.G.Sagar 1.70, TJ; 1.D.Williams 14.78,1.A.Amadi 14.37, PV: 1.P.Lovell 4.60,1.M.Shippen 4.20, DT; 1.K.Onuagaluchi 51.52,2.J.Aska 35.58, SP; 3.K.Onuagaluchi 13.48,1.J.Aska 11.21, JT; 5.V.Cornibert 50.98,5.D.Mole 47.44, HT; 2.T.Welsh 41.10,4.J.Aska 27.80. 4x100m; 3. D.Williams,A.Johnson,R.Vassall,P.Lytle. 43.9. 4x400m; 1. G.Sagar,S.Paton,J.Gladwin,D.Mote 3.17.8.

FINAL RESULT

1. BELGRAVE	26 (1147)	4. Cannock	16½ (954)	6. Stretford	7 (701)
2. Windsor S E	24 (1131)	5. Bristol	13 (903)	7. Met. Police	6 (681)
3. Hillingdon	19½ (1096)				

NEXT YEAR'S COMPETITION

BELGRAVE	ALDERSHOT	ENFIELD	WOODFORD GREEN
	SHEFFIELD	WINDSOR	



Left; Phil Mackay who is currently stationed with the other of our Irish Guards members in Germany returned this summer to compete for us in the Southern League and competed at the Club Championships. He won the Shot Competition and also headed the Club hammer rankings for the year.

Photo; Bill Laws.

Right; Terry Welsh was the only member of the Irish Guards who remained in London when they were posted to Germany two years ago. It would be hard to find a first team man with greater enthusiasm for Belgrave and a feature of the season has been the support of our British League efforts by Terry and his family. Terry has helped the field men to hold their own in terms of points gained and he and Bill Treharne have together added respectability to the hammer. Sadly Terry is to join his Battalion early in 1984 and it looks as though we will be losing his services next season. Thanks for your support Terry. We look forward to your return to our ranks.

Photo; Bill Laws.

WELCOME THE GRENADIERS

Chelsea Barracks is always a source of new members and we have over the years recruited many of our field events men from the various Guards Battalions stationed there. During the summer we were pleased to introduce ourselves to the Grenadier Guards and were delighted to welcome to our ranks some 30 new members. The Army Championships held at the end of July at Aldershot were very much a Belgrave affair with our Irish Guards members winning and narrowly beating our Grenadier Guards members into second place. The Grenadiers seem determined to reverse matters next year and if the determination of Ed Boyter is anything to go by the troops are in for a tough winter. We look forward to welcoming them to Belgrave hall before the season is out.

The large number of medals won by Belgravians in Part 1 of the Surrey Track and Field Championships was supplemented by further medals in the Second Part held in very variable conditions at Motspur Park during the week 16th - 21st May.

In the Junior events Pat Lyttle and Mike Alleyne both got through to the final of the 200m but could only manage 4th and 5th respectively. John Warren won through to the finals of both the 800 and 1500 and was not pleased that only 1 hour separated the two finals. It was to his credit that he ran a 2.00.7 800m having fallen over, and then ran a pb 1500. in 4.05.00. Paul Richley was not pleased with his silver medal in the Junior 1500m.

In the Senior events Derrick Williams won the long jump in slippery conditions with 7.08, while Phil Lovell gained silver in the pole vault with 4.60 and Mark Shippen finished in 6th place with 4.20. Dr Aham Amadi was 2nd in the triple jump while John Druce was 6th with

with 13.73 while John Druce gained 6th place exactly 1m behind. More silvers came from Colin Gaynor in the 200m running an excellent 21.8, and from Oliver Foote in the 5000m. Oliver was only 0.9 sec. off the gold finishing in 14.33.9 to the 14.33.0 of Ealing's Peter Barratt. Dave Mote won the bronze in the 400m with 49.4 while Stuart Paton won a tough 1500m in 3.47.8 with Mark Sinclair finishing in 6th with 3.55.8. Last but by no means least we saw Ken Onuagaluchi gain the silver in the discus behind coach Mike Winch and on the basis of this performance he was awarded his first Surrey vest for the forthcoming Inter Counties.



TEAM SPIRIT

Tremendous team spirit has been a key feature off all the British League fixtures this year. When Pat Lyttle put in his best performance to date in winning the 'B' string 100m and 200m at the Warley meeting the first to congratulate him was jumps Captain Derrick Williams. This picture records Derricks only moment of inactivity as he amassed 30 points from; High Jump, Long Jump, Triple Jump, 100m and 400m Relay Squads.

Photo; Bill Laws.

Battersea Park Track

26th JUNE 1983

BATTERSEA PARK

RE-OPENING MEETING.

In the last issue of the Belgravian we reported the good progress which was being made towards the early completion of the all-weather surface. Well, you guessed it we spoke too soon and instead of holding home fixtures in May and June as planned we found ourselves having to hastily re-arrange venues at the last minute. It was difficult to explain to those affected that the length of the delays were unpredictable due to first a strike at the docks which kept the essential materials shipbound and later to delays in finishing the surface within specification. Indeed the contractors and their Yugoslav labour were well and truly on their way when it was decided that the inside lane was well below the required thickness. As a result the track was again taken out of action in August for re-laying the inside lane and once again our Ladies Sec. was left at the last minute to book other tracks for League events.

During all these problems the GLC people were terrific and we sympathised with their difficulties. And so to the grand opening. Everybody wanted to see the fine new facilities properly launched and the GLC made the necessary funds available to us to get the thing away in style. Because of the wish to try and open the track on the 26th June to co-incide with Capital radio's London Venture Day we had but three weeks to get things done. With over £1000 worth of prizes and the two 800m's organised by the BMC an advert in AW created an enormous response and on the day it was like an International affair. Then we had Seb Coe warming up before the start and the huge crowd were well entertained. All told 124 athletes competed including 32 Senior/Junior athletes of International fame. Athletes travelled from as far afield as Torquay, Isle of Wight, N. Wales, Manchester, Loughborough and Colchester to compete and posted an impressive set of track records. Fast times were recorded and the consensus view among the sprinters was that the Spurtan 'B' surface was very fast indeed and up to the best Continental ones. The pole vaulters too were particularly enthusiastic.

Personal bests were set by 5 Belgrave athletes and Stuart Paton in winning the 800m won a TV set. Mark Sinclair ran 1.56.3 in the 'B' 800m, Alistair Morfey ran 3.56.9 in the 1500m to finish just behind Gary Staines, Oliver Foote ran a 8.20.0 3000m. Roy Vassall achieved 7.00 to beat Derek Williams in the long jump and Mark Shippen vaulted a pb 4.40.

Many of the top GLC people attended and were appreciative of our efforts. My thanks to all those who helped with the organising both before the event and on the day. Particular thanks to John Bicourt who organised the 3000m S/C and to Dave Mote who liaised with GLC officials and produced a really first class Souvenir Programme. (Copies may still be purchased to aid Club funds). Our thanks too to one very special non Belgravian- Dave Cocksedge who acted as announcer for the day and, armed with his stats books, managed to keep everyone informed about who was doing what.

Bill Laws.

Individual Winners:

MEN. 100m; A.Parker (Brighton & H) 10.3, 200m; P.Ashen (Blackheath) 21.4, 400m; P.Batten (Newham & EB) 48.4, 800m 'A'; S.Paton (Belgrave) 1.49.9, 1500m 'A'; S.Larder (TVH) 3.51.2, 3000m; G.Butcher (Ports) 8.06.3, 3000m S/C; B.Knight (Torbay) 8.38.8, LJ; R.Vassall (Belgrave) 7.00, PV; W.Davey (Shafts) 4.80, DT; M.Winch (Blackheath) 52.08, SP; M.Winch 18.13.

LADIES; 100m; S.Thomas (Hounslow) 11.3, 200m; C.Smart (Cardiff) 23.6, 800m; L.Richardson (LOAC) 2.10.6, SP; J.Oakes (Croydon) 17.70.

SOUTHERN LEAGUE ROUND UP

One thousand miles of travelling led us to five Southern League matches (our home match was rained off) in which we never placed higher than 4th. We were later disqualified from 2 matches for fielding a new member who had not resigned from his previous club and we were relegated to Division 3.

Pretty dismal stuff you may think but we learnt a lot about running 2 sides, had an enjoyable time tackling 'Strange' events when short of competitors and by the end of the season had seen Surrey and Belgrave happily welded into one team. It only needs a cursory glance through the following results to spot the heroes, so let us now look towards 1984. We have already proved that we can nearly always cover every event and with a few more travelling reserves we can finish near the top of Division 3. The stronger our 'B' team the harder our 'A' team members will have to work to keep their places..

One or two points to bear in mind:

1. We have a large membership and when athletes drop out at the last minute it is not always easy to contact reserves who might want to compete. If you are interested in competing a phone call to Alan Mead or Bob Bridges will at least let us know who we can call on.
2. If you cannot make a match after being selected PLEASE let us know. To keep a coach full of athletes waiting for someone who may or may not turn up is inexcusable and also gives us no chance to contact reserves.
3. If you are usually an 'A' team competitor don't look upon a 'B' team outing as beneath you. We always need to field the best two teams we can and you will find that an afternoon out with our SL side is a pleasing experience where youngsters of 16 rub shoulders with the old stagers who are 'over the hill' and those who are shooting for first team status.

Bob Bridges 01 309 7315

Alan Mead 01 393 6474

30th APRIL 1983 - BRIGHTON

100: 5.M.Scott 11.8, 5.S.Szczur 11.7,200: 4.G.Sager 22.9, 4.M.Scott 24.0,
400: 3.S.Marchese 51.5, 3.S.Richards 52.2,800: 1.J.Gladwin 1.50.1,3.L.Coy
2.06.4,1500: 3.J.Warren 4.03.9,3.R.Bridges 4.40.7,5000: 1.J.Bicourt 15.11.1,
3.D.Jenkins 16.37,110H: 4.K.Clarke 21.3,1.R.Hopkins 17.1,400H: 4.K.Clarke 63.3
3.R.Hopkins 64.0,3000S/C: 3.L.Lyons 10.25.3,2.L.Coy 10.42.8,HJ: 4.R.Hopkins
1.75,3.S.Pickin 1.65,LJ: 5.R.Hopkins -,5.J.Aska 5.43,TJ: 5.R.Bridges 10.32,
-,PV: 5.R.Bridges 2.20,3=A.Mead 1.50,SP: 2.J.Aska 11.68,2.R.Hopkins 10.10,
DT: 4.J.Aska 35.50,3.S.Pickin 27.78,JT: 3.J.Aska 42.72,3.G.Sagar 40.76,HT:
3.J.Aska 33.56,4.R.Hopkins 12.30,4x100: M.Scott,S.Szczur,S.Marchese,R.Hopkins
46.2,4x400: S.Richards,J.Gladwin,N.Harris,G.Sagar 3.23.9

Match Result: 1.Dartford 117½, 2.Sutton & Cheam 115,3.Brighton & Hove 110½,
4= BELGRAVE and Stevenage 94½.

14th MAY 1983 - NORBITON

Match Cancelled

6th JUNE 1983 - PETERBOROUGH

100: 4.P.Goedluck 11.6,4.M.Scott 12.2,200: 2.P.Goedluck 23.4,3.M.Scott 24.2,
400: 2.S.Marchese 51.5,4.S.Richards 55.6,800: 4.C.Mallet 2.03.5,4.A.Mead
2.48.6,1500: 2.A.Morfey 4.04.5,4.A.Horton 4.21.9,5000: 4.M.Head 16.21.2,2.D.
Jenkins 16.34.1,110H: 4.D.Sheldon 18.9,4.R.Bridges 25.9,400H: 4.D.Sheldon
60.3,4.R.Bridges 68.5,3000S/C 4.S.Williamson 10.44.8,-,HJ: 4.A.Rawson 1.85,
3.S.Pickin 1.70,LJ: 2.A.Rawson 6.05,2.J.Druce 5.88,TJ: 2.J.Druce 12.86,3.D.
Sheldon 11.67,PV: 4.R.Bridges 2.20, -,SP: 4.J.Druce 7.63,3.G.Butler 6.69,DT:
4.S.Pickin 31.14,3.J.Druce 20.67,JT: 3.A.Rawson 38.60,4.S.Pickin 31.80,HT:4.
A.Mead 14.26,4.J.Druce 13.94,4x100: Disq., 4x400: 3.37.9

Match Result: 1.Peterborough 147, 2.Cambridge & Col. 136,3.Essex Beagles
123, 4.BELGRAVE 87, 5.London AC 2.

2nd JULY 1983 - PORTSMOUTH

100: 3.J.Druce 11.4,4.R.Bridges 12.2,200: 4.J.Druce 23.8,4.N.Harris 24.6,
400: 2.S.Marchese 51.0,1.S.Richards 51.4,800: 3.J.Warren 2.02.0,5.A.Johnson
2.10.4,1500: 3.D.North 4.07.0,5.A.Pollitt 4.29.0,5000: 5.S.Williamson 16.40.1
5.E.Crutcher 17.16.1,110H: 5.A.Johnson 17.8,5.A.Blackwell 18.3,400H: 4.A.
Blackwell 59.9,1.K.Clarke 59.8,3000S/C 3.E.Crutcher 11.21.2, -,HJ: 3.C.Cornwall
1.75,4.S.Pickin 1.70,LJ: 4.D.Brown 6.38,4.R.Bridges 5.47,TJ: 2.D.Brown 12.62,

1.K.Clarke 12.49,PV: 5.C.Cornwall 2.00, - ,SP:P.Mckay 23.76,4.S.Picken 9.06,
DT: 5.S.Pickin 29.70,4.P.Mackay 23.76,JT: 5.M.Blackman 33.08,5.P.Mackay 31.22,
HT: 1.P.Mackay 44.44,5.A.Mead 15.06,4x100: 3. 45.7,4x400: 3. 3.39.2

Match Result: 1.Royal Navy(South) 146, 2.Hastings 112, 3.Fareham 99,
4.Wycombe 97, 5.BELGRAVE 81.

16th JULY 1983 - PLYMOUTH

100: 5.A.Gaunt 11.7,5.D.Brown 11.9,200: 5.S.Unwin 24.4,4.R.Addison 23.5,400:
1.R.Addison 50.7,3.R.Bridges 54.1,800:1.M.Sinclair 1.58.2,4.S.Williams 2.03.7
1500: 5.F.Dolan 5.30.4,5.S.Williams 5.30.4,5000: 5.M.Head 16.09.1, - ,110H:
4.A.Johnson 17.3,1.A.Pollitt 16.3,400H 4.A.Johnson 61.1,4.F.Dolan 65.5,3000S/C
5.J.Watson 10.25.0,- ,HJ: 5.F.Dolan 1.70,4.A.Pollitt 1.60,LJ: 5.J.Druce 5.65
2.D.Brown 5.62,TJ: 2.D.Brown 13.26,1.J.Druce 12.20,PV: P.Harrington 3.20,1.
J.Docherty 2.80,SP: 4.P.Marshall 10.74, 5.F.Dolan 8.04,DT: 1.K.Smith 37.96,
4.P.Marshall 23.90,JT: 2.P.Barnett 51.56,3.M.Blackman 35.58,HT: 1.K.Smith 44.20
2.H.Cooper 35.06,4x100: 5.46.1,4x400: 5.3.35.0.

Match Result: 1.West Cornwall 115, 2.Plymouth 114½, 3.Exeter & Bournemouth
102, 5. BELGRAVE 89½.

6th AUGUST 1983 - ROCHESTER

100: 4.A.Moore 12.2,3.R.Bridges 12.6;200:4.R.Bridges 25.1,4.S.Marchese 27.3,
400: 5.S.Marchese 53.6,3.N.Harris 54.6,800: A.Moore 2.01.9,3.S.Williams 2.04.8
1500: 5.D.Jenkins 4.19.0,3.A.Painter 4.20.9,5000: 5.S.Williamson 16.21.5,4.
D.Clack 16.35.5,110H: A.Amadi 19.8,2.F.Dolan 21.7,400H 3,F.Dolan 65.3,2.M.
Hayes 63.6,3000S/C: 1.M.Hayes 9.36.6,3.J.Rayner 11.15.7,HJ:5.C.Cornwall 1.65,
3.F.Dolan 1.62,LJ: 4.J.Druce 5.49,4.N.Harris 4.80,TJ:2.A.Amadi 13.98,1.J.Druce
12.69,PV: 4. R.Bridges 1.95, - ,SP: 3.A.Amadi 9.52,4.F.Dolan 7.32,DT: 3.N.
Phillips 33.44,4.F.Dolan 22.24,JT: 2.N.Phillips 48.96,3.M.Blackman 34.90,HT:
3.N.Phillips 32.66,3.A.Mead 14.56,4x100: 4, 48.6,4x400: 2, 3.36.1.

Match Result: 1. Bracknell 158, 2.Blackheath 111, 3.Medway 110,
4.BELGRAVE 95, 5. Queens Park 47.

GRE CUP COMPETITION

12th JUNE 1983

ENFIELD

2ND ROUND

A small team went to Enfield to try and get through to the semi-finals and just did enough to achieve this. Ken Onuagaluchi had a field day in the throws getting 2nd in the shot and winning the shot and the discus. Roy Vassall ended up third in a classy long jump. Our other winners were new member Alistair Morfey in the 5000m, Mark Shippen in the Pole Vault and Mark Sinclair with a fine win in the 800m.

100m; 4.P.Lytle 11.3, 200m; 4. P.Lytle 22.4, 400m; 3.M.Alleyne 50.7, 800m;M.Sinclair
1.56.5, 1500m; 4.O.Foote 4.01.1, 5000m; 1.A.Morfey 14.45.6, 3000S/C; 4.L.Coy 10.23.1,
110H; 3.A.Johnson 16.0, 400H; 5.A.Johnson 58.5, 10000m; 4.D.Anderson 33.04.8, LJ; 3.
R.Vassall 7.00, TJ; 4.R.Vassall 13.35, HJ; 3.A.Rawson 1.90, SP; 2.K.Onuagaluchi 12.41,
DT; 1.K.Onuagaluchi 50.70, JT: 1. K.Onuagaluchi 58.06, HT; 3.W.Treharne 39.52. PV;
1.M.Shippen 4.30.
1x100m; 3. Belgrave 44.3, 1x400m; 4. Belgrave 3.28.4,

MATCH RESULT: 1. Reading 136, 2. BELGRAVE 127, 3. Brighton & Hove 117,5 Teams.

7th AUGUST 1983

BRIGHTON

SEMI-FINALS

Although the emphasis was to be on our following weeks British League final match we did have a good team up to the day before the Cup Semi-final. However, on the morning of the match the team began to fall apart and in the event we did not do ourselves justice. Nonetheless the spirit was still there as demonstrated by John Gladwin who came down to support the team even though he had been taken to Hospital that morning for 8 stitches in a face wound from a bike accident.

Tere were some bright spots to an otherwise forgettable day. Ken triumphed in the discus again confirming that he is now pushing International class, Phil Lovell won the discus and John Bicourt returned to the chase and recorded a fine 9.28.4. Welcome back John!! It is worth reflecting that with average performances from our best men we could have made the final. Maybe next year!!!

100m; 5.MALLEYNE 11.3, 200m; M.ALLEYNE 22.8, 400m; 4.G.SAGER 50.3, 800m; 8.A.PATON 2.02.6, 1500m; 5.M.SINCLAIR 3.52.0, 5000m; - , 10000m; 8.D.ANDERSON 33.34.4, 3000S/C; 5.J.BICOURT 9.28.4, 110H; 6. A.JOHNSON 16.4, 400H; 8. A.JOHNSON 58.3, HT; 6.T.WELSH 41.38, SP; 5.K.ONUAGALUCHI 12.77, PV; 1.P.LOVELL 4.60, LJ; 7. A.RAWSON 6.18, DT; 1.K.ONUAGALUCHI 51.94, HJ; 7.A.RAWSON 1.80, TJ; 8.A.JOHNSON 11.33, 4x100m; - , 4x400m; 7. BELGRAVE 3.29.4.

MATCH RESULT: 1.Shaftesbury 145, 2.Epsom & Ewell 112,.....8.BELGRAVE 58.

THE STEVEN WILLIAM'S ROUND UP

16th APRIL 1983

NORBITON

CLUB TRACK MEETING

200m; 1.P.Lytle 22.7, 2.R.Vassall 24.2, 3.A.Moore(Y) 25.8.
800m; 1.F.Dolan 2.07.3, 2.R.Addison 2.07.4, 3.A.Painter 2.08.5, 4.N.Harris 2.09.7, 5.S.Marchese (J) 2.10.2, 6.D.Palmer(J) 2.10.8, 7.L.Coy 2.11.0, 8.S.Smythe 2.12.0, 9.J.Rayner 2.18.0, 10.W.Laws 2.19.0, 11.A.Grant 2.27.0, 12F.Middleton 2.28.0
3000m; 1.L.Coy 9.37.3, 2.L.Lyons 9.46.3, 3.S.Smythe 9.51.4, 4.J.Rayner 10.49.0, 5.A.Grant 10.49.0
6.F.Middleton 11.03.0.
HT: 1.T.Welsh, 2.J.Aska, 3. W.treharne.

UK CHAMPIONSHIPS-MEADOWBANK 28/29 MAY-UK TITLE FOR GLADWIN-CLUB RECORD FOR LINDSAY-BAYLEY

It was a reflection of improving standards in the club that we had five competitors in this championship. All of our men performed well but John Gladwin provided the highlight in winning the 1500 in his first race at the distance at this level. Always to the fore in a slowish race John took a clear lead going into the last lap and was never headed, running a wound up 54.2. Stuart Paton had also qualified for the final but a clash between out top two middle distance men did not materialise as Stu had to withdraw with a strained chest muscle. Colin Gaynor made the final of the 200m but drawn in the outside lane and with the man inside him having scratched, never got into the race. However his time in the semis was fast running into a headwind. Derrick Williams was only 7cm behind the winner in the Long Jump but it was good enough only for fourth place in a competition affected by the cold and wet conditions. Although not making the final, Mark Lindsay-Bayley hurdled to a personal best and club record (electrical timing) in the heats of the highs to round off his early season exploits north of the border 100.5sf C Gaynor 10.88(10.85Ht) 200.6. C Gaynor 21.76(21.68sf) 1500.1 J Gladwin 3.45.09 (3.46.78ht) 2Ht S Paton 3.50.49 LJ 4 D Williams 7.14 110H 4ht M Lindsay-Bayley 15.35.

TVH OPEN-1 JUNE-ANOTHER JUNIOR RECORD FOR RICHLEY

Paul Richley went to West London Stadium looking for a fast 5000m time with which to impress the selectors for the European Junior Championships later in the year. It wasn't an outstanding run by Paul's own standards but even so he managed to erase Peter Carton's name from the club record books with 15.02.2.

UK v USSR-BIRMINGHAM-5 JUNE- JOHN SPLITS OLYMPIC MEDALLISTS

Following his UK Championships victory, John Gladwin was selected for international duty over the mile against the Soviet Union with Seb Coe as his partner in the two a side match. Hopes were high for the first sub 4 minute clocking by a Belgravian but on a blustery day fast times were ruled out. Just after the bell (3.07.9) John was chopped by the guesting Turnbull of Gateshead and Coe and Kirov broke away. Several metres adrift he seemed unlikely to pull either of them back but as Coe went clear in the home straight the Russian faded and John came through strongly to give Britain maximum points, 1. S Coe 4.03.37 2. J Gladwin 4.04.86 3. N Kirov 4.05.16 4. G Turnbull 4.05.53 5. V Tishchenko 4.06.38.

ARMY CHAMPIONSHIPS -ALDERSHOT 8 JUNE -GUARDS TO THE FORE

Our Irish Guards members again featured prominently in the Army Championships and a number of personal bests were registered. Leading results:- 800 2. A Hughes 1.52.9 3000SC 4 T Kay 9.30.7 HJ 1. J Gregg 2.00 PV 2. P Farrell 3.80 SP 1 D Dawson 14.28 2. P McKay 13.17 HT 4. P McKay 44.84.

12.6 Loughbro' V AAA 100 2. E Obeng 10.4W 200 4. E Obeng 21.4W 17/18.6 Scott Centenary
Champs 110H 4. M Lindsay-Bayley 15.57W.

SOUTHERN CHAMPIONSHIPS-COPTHALL-17/18 JUNE-PHIL LOVELL SILVER

Phil Lovell was our only medallist at the Southern, vaulting 4.60 behind Keith Stock's CBP of 5.21. Mark Shippen was 5th with 4.20. John Gladwin registered our fastest 400 time of the season to date (49.27) but, dissatisfied with this against the times of the 400 specialists, did not return to contest the semis. Gary Staines, now 1st claim for individual competition, became another to display a Belgrave vest on TV as he led the 1500 field on the last lap. However with Ovett running the outcome was inevitable. He won easily and Gary couldn't quite hold off Clarke (HW) and Richards (DOC) for a medal. Gary's time was 3.48 25 (3.47.7ht) Mark Sinclair broke through further to 3.51.8 in his heat, only narrowly failing to qualify for the final. Other results: 100.8. C Gaynor (10.79ht 10.56wsf) 200 C Gaynor 21.8ht LJ 5 D Williams 7.08.

SOUTHERN U/20 CHAMPIONSHIPS-COPTHALL 25/26 JUNE

Jun. 1500 6 P Richley 3.54.10; Yth 400 3 R Addison 51.02 800 A Moore 1.59.8(ht)

TARMAC EDINBURGH GAMES - 26 JUNE - GLADWIN BEATS OVETT BUT.....

Ernie Obeng sprinted to one of his fastest times (10.28) at Meadowbank aided by a +8.5m wind but found it only good enough for sixth as Mel Lattany ran the first sub 10 sec 100 in Britain. In yet another middle distance race affected by tripping and pushing John Gladwin was one of a number affected by tumbling runners. Tracking Ovett at around 300m in the 1000m he was lucky not to have been forced to the outside lanes like Ovett himself. It undoubtedly upset John's rhythm and a lap or so later he was not ideally placed when Elliott and Cook kicked for home. Nevertheless our man finished as quickly as the two ahead of him, if not as fast as Ovett who had rejoined the race, (Elliott 2.21.92 Cook 2.22.13 J Gladwin 2.23.18 Morrell 2.23.43 Ovett 2.23.81)

ARMY v SURREY v HANTS - ALDERSHOT 6 JULY

3000Sc 3 T Kay 9.08.7 SP 2 D.Dawson 14.54 3 P.McKay 13.82 DT 2 K.Onuaguluchi 49.86
3 D.Dawson 42.54

OSLO GAMES 9 JULY - 1.46.46 AGAIN FOR JOHN!

Returning to the scene of his 800pb and club record of last year, John Gladwin amazingly duplicated his time on that occasion to the hundredth in finishing 5th in one of the fast races of the European Circuit. Talk before the race was of the pace being made at 50 secs for the first lap, so planning to be several metres down for a 51, John placed to the rear at the break from lanes. However it turned out just a shade slower and John was through in 52 marginally more comfortable than expected. The result was he picked up several paces on the secondlap as the field strung out chasing the talented young Cruz from Brazil. But the watch stopped when it did and we couldn't all have been shouting loudly enough at our TV sets! (Cruz 1.44.04 Cook 1.44.96, Guimares 1.45.15, Koskei 1.46.33 J Gladwin 1.46.46 Harkonen 1.47.56 Forbes 1.47.81).

CAU CHAMPIONSHIPS-LEICESTER-10 JULY - NEW DISC RECORD BY KEN

Four members contributed to the Surrey points total at the 'Inter-Counties' with Ernie Obeng scoring a maximum for a comfortable first place in the 100 in 10.5 (+1.1). In the mile, Stu Paton was also looking for the title and had the chance to be the first sub 4 Belgravian but he couldn't quite produce it on the day finishing 3rd in 4.05.9. Derrick Williams was a little below par in the long jump with 7.06 for 8th but Ken Onuaguluchi had an outstanding Disc competition placing 3rd in a new club record of 52.46 only 2.20 behind the winner. We congratulate Ken on a fine performance and hope it will be the first of many such championship and record breaking successes.

ROSENHEIM LEAGUE - LEADING RESULTS (SCORING AND NON-SCORING)

25 May: 400. N Kidd 54.9 800 A Gayton 1.59 3 A Painter 2.03.1 D Anderson 2.03.9 1500
J Warren 3.59.7 D North 4.03.2 3000 L Lyons 9.14.0 JT M Fitzsimmons 40.60. 29 June: 100
D Williams 10.8 M Alleyne 11.2 C Gillett 11.9 200 M Alleyne 22.1 D Williams 22.6 400 N Kidd
54.9 800 C Mallett 2.01.5 A Leyland 2.02.5 A Horton 2.03.8 1500 A Gayton 4.07.5 3000 J Warren
8.45.0 PV M Shippen 4.00 13 July: 100/200 D Armstrong 11.3/22.8 400 . Broad 54.1 800

S Smullen 2.02.3 3000 J Warren 8.52.0 400H . Orr 59.9 HJ . Catling 1.85 27 July: 100 P Lyttle 11.3 A Rodney 11.4 P Goedluck 11.5 200 P Lyttle 22.5 P Goedluck 22.6 M Alleyne 22.8 A Rodney 23.4 R Addison 23.6 M Scott 23.9 400 R Addison 50.4 C Gillett 53.4 N Harris 53.5 S Smullen 54.3 R Bridges 54.5 800 P Richley 1.54.8 M Sinclair 1.54.9 A Leyland 1.58.0 A Paton 1.59.0 S Smullen 1.59.2 S Williams 2.01.0 D North 2.02.0 1500 M Hayes 4.13.7 3000 A Morfey 8.35.7 D North 8.39.5 J Warren 8.44.0 D Anderson 9.05.0 L Lyons 9.13.0 2000SC J Bicourt 6.00.7 DT K Onuagaluchi 52.19 N Phillips 33.23 HT T Welsh 41.06 PV M Shippen 4.30

TALBOT INTERNATIONAL GAMES - CRYSTAL PALACE - 15 JULY

Ernie Obeng showed improved form in the 100 running 10.61 into a 1.2m headwind for fourth place, 13/100ths behind the winner Ron Brown (USA) with Allan Wells 2nd and Rod Richardson (USA) 3rd. John Gladwin was the only runner in the 10 strong 800 field to follow the pacemaker closely and was clearly attempting to give the World Championship selectors some headaches. Through the bell in 51+, John was left in front when the pacemaker dropped out but he was soon replaced by Koskei of Kenya on the backstraight. John followed but as he slowed slightly some of the 'names' came out of the pack to go past him. All credit though for a committed effort. Just behind John was that scrubber the Commonwealth Champion! (Koskei 1.45.09, Cook 1.46.05, Cram 1.46.53.....7 J Gladwin 1.47.66, Bourke 1.47.73.)

AAA CHAMPIONSHIPS - CRYSTAL PALACE - 23/24 JULY

Five Belgravians flew the flag in the premier domestic championship although without any great measure of success. Ernie Obeng was eliminated in the semi final of the 100 won by the new World record holder Calvin Smith, placing 6th in 10.52, while Phil Lovell failed at the opening height of 4.60 in the vault. Stu Paton and Gary Staines qualified for the 1500 final (in 3.43.27 and 3.44.94 respectively) where they were both well positioned early on. By the last lap however Stu was feeling the effect of the previous evenings effort and dropped back, and although Gary fought gamely for a medal he was run out of it in the final sprint, finishing a close up 7th in 3.45.62. Stu was 12th in 3.55.07. Paul Richley finished 17th in the high quality Junior 3000 in 8.34.05.

RANK XEROX INTERNATIONAL - GATESHEAD - JULY 31

Ernest continued to find his best form eluding him while John missed the Club mile record by a 10th. 100.3.E.Obeng 10.74, Mile. 12.J.Gladwin 4.02.20.

3rd AUGUST 1983 CRYSTAL PALACE SCAAAvCOMB SERVvWELSH AAAvACHILLES.

With Stu Paton and Gary Staines representing the SCAA, Alistair Morfey running for Achilles and Paul Richley, Mark Sinclair plus Ken Onuagaluchi competing as guests this was very much a Belgrave night at the Palace. And what a night!! Paul, Mark, Alistair and Ken all set p.b.'s. The top effort must be Ken's for he only narrowly missed winning the discus and in the process increased his new Club record to 52.60.

Match 800m; 1. S.Paton 1.50.1, Inv. 800m; 7.M.Sinclair 1.53.5,
Match 1500m; 3.G.Staines 3.48.0, Inv 1500m; 5.P.Richley 3.48.6,
Match 3000m; A.Morfey 8.30.1, D.T; 2.(Guest) K.Onuagaluchi 52.60,

AAA U-20 CHAMPIONSHIPS - CLECKHEATON - 6/7 AUGUST

Paul Richley confirmed his 1500m breakthrough of a few days earlier with a fine 7th place in 3.50.02

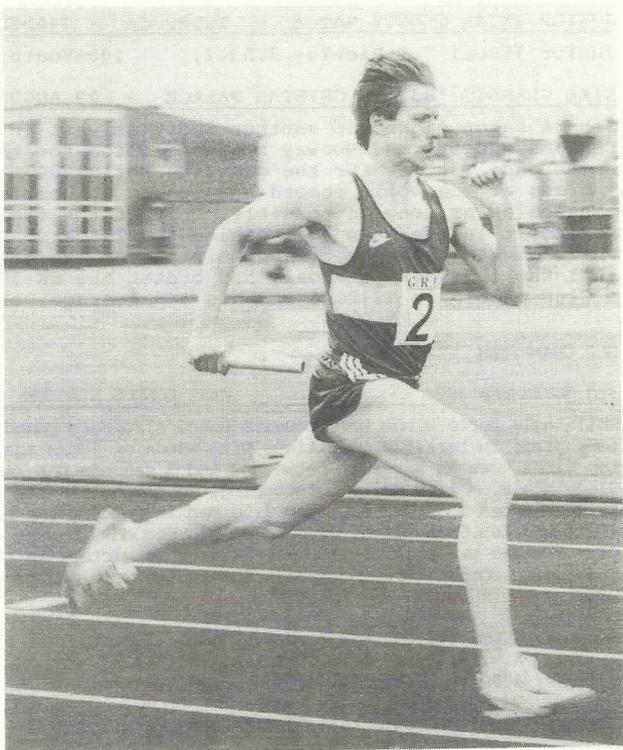
WORLD CHAMPIONSHIPS - HELSINKI - 7AUGUST

Despite having been troubled in his preparation this year by a back problem our African Champion Ernest Obeng made it to the inaugural World Championship representing Ghana. Ernie progressed to the second round of the 100 by virtue of a 10.35 3rd place in heat 8 but was then eliminated running 10.51 into a 1.1m/s head wind. to finish behind Calvin Smith, Sharpe, Narracott, and Schroder.

NEW LONG JUMP RECORD

CIVIL SERVICE CHAMPIONSHIPS - CRYSTAL PALACE - 10 AUGUST

Having threatened the Club long jump record for the past three seasons Derrick Williams finally made the record his own with 7.52 to win the Civil Service Championship. Derrick was late for the event and changed in the train on his way to the meeting. So, what with having missed two weeks training due to illness the record was unexpected!! He then went on to finish 2nd in the triple jump with 14.62.

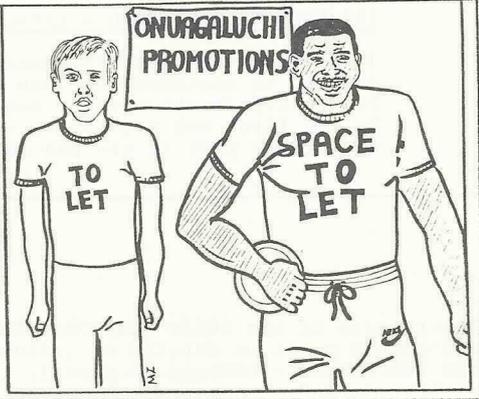


Above Right; Guy Sagar in full flight and fit is an impressive sight. Although running in the British League as our 'B' string 400m man only Stuart Paton has run faster this year for us.

Above Left; Oliver Foote on his way to winning the Surrey 10,000m Championships. He followed this with a silver in the Surrey 5000m and headed our Rankings over 5000m for 1983.

Photos; Bill Laws.

Tom & Arf



JUNIOR INTER COUNTY MATCH - THURROCK - 14AUGUST

Junior 1500m; 1.P.Richley 3.53.2, 200mYouth; 1.P.Goedluck 22.8,

NIKE CLASSIC '83 - CRYSTAL PALACE - 29 AUGUST

Stuart Paton picked up another Scottish vest in a 4 way International with England,Hungary and Norway being selected for the rarely run 2000m event. A brisk pace was set for the guesting World 5000m Champ. Eamonn Coghlan to have a crack at the world record and it was a question of everyone including Stuart hanging on as long as possible. In fact the field Quickly broke up with Stuart mixing it in the main pack behind the leaders. He eventually finished 12th which might have seemed disappointing at the time - but he was ahead of Graham Fell who the week previously had broken the UK 3000 S/C record. Stu's time was a Club record in 5.12.16 and his lap average worked out at 62.43 for the 5 laps.

GLC CHAMPIONS3rd SEPTEMBER 1983WEST LONDON STADIUMGLC CHAMPIONSHIPS

While gale force winds were causing havoc elsewhere round the Country the GLC Championships took place in terrible conditions with winds of 10m/s against the runners in the home straight. Lap times were as a result between 2 and 3 seconds per lap down on normal which made John Gladwin's 800m time quite outstanding. Mark Sinclair ran the heat and final of the Senior 1500m in 80 minutes and beat some sub 3.50 men in gaining the bronze. Paul Richley won the junior 1500m and Ken Onuagaluchi clocked up his second win over John Hillier inthe discus. All this plus a clean sweep in the 3000m walk gave us victory in the Pepper Trophy which is for senior and junior competitors. Meanwhile the Youths were acquiting themselves well with Phil Goedluck winning the 100m.

Seniors; 800m; 1.J.Gladwin 1.50.9, 1500m; 3.M.Sinclair 4.01.0, D.T; 1.K.Onuagaluchi 51.00...
6.N.Phillips 35.76, T.J; 6.A.Amadi 13.83.

Juniors; 1500m; 1.P.Richley 4.03.4,...6.J.Warren 4.12.4, 200m; 4.M.Allayne 23.6,6.P.Lytle 24.7,

Youths; 100m; P.Goedluck 11.9,.. 800m;6S.Beaumont 2.12.5,7.R.O'Hara 2.13.0(Ht 2.04.0)

INTERNATIONAL TRIP4th SEPTEMBER 1983KNARVIC (NORWAY)INTERNATIONAL INVITATION MEETING

A squad of 'Dunphy' men was invited to partake of the Norwegian air and Stu Paton and Gary Staines were among them for a 1500m in which Cram was competing and rumoured to be having a go at the world record. The atrocious weather conditions ruled that out but at 3.33.06 it was still fast - too fast to expect our men to hang on (yet). But in the race behind Stu edged Gary to finish 2nd clocking 3.47.51 to Gary's 3.48.93 with a Norwegian splitting them.

CLUB MILE RECORD SURVIVESIAC/COCA COLA MEETING - C/PALACE - 9 SEPTEMBER

John Threshers club mile record has led a charmed life this year and, so it continued as John Gladwin, playing a supporting role in the Cram/Ovett head to head, recorded 4.02.24 for 8th place. So our first sub 4 is still up for grabs and we'll have to wait until next year to see who will be the 'Bannister of Belgrave'.

HELP

The results of the 5000m Club Championships seem to have gone astray. If anyone can supply a set or details of individual places and times please send them to the Hon.Editor - Address on page 3.

Championship Double

10th JULY 1983

BATTERSEA PARK

CLUB CHAMPIONSHIPS-ALL AGES

The main feature of these Championships was the first appearance of many of our new members from the Grenadier Guards. Add to this several of our Irish Guards members and you will appreciate that many thought we were running a preview of the forthcoming Army Champs. Nonetheless there was plenty of atmosphere and the outstanding performance was the retention by Mark Sinclair of both his 800m and 1500m titles.

Seniors; 100m; 1.D.Armstrong 11.1, 2.R.Vassall 11.3, 3.M.Gaunt 11.6, 4.M.Scott 20.0m; 1.D.Armstrong 22.3, 2.M.Gaunt 23.2, 3.R.Vassall 23.2, 4.S.Unwin 23.5, 5.M.Scott 23.8, 400m; 1.M.Broad 51.9, 2.A.Stearman 52.2, 3.T.Hughes 52.4, 4.M.Harding 53.5, 5.N.Kidd 53.8, 6.R.Blackwell 56.9, 800m; 1.M.Sinclair 1.55.1, 2.C.Mallett 1.59.5, 3.A.Painter 2.00.4, 4.S.Williams 2.01.4, 5.M.Davis 2.02.0, 6.D.Beresford 2.03, C.Bird 2.06, L.Lyons 2.12, J.Rayner 2.15, 1500m; 1.M.Sinclair 4.05.6, 2.D.Anderson 4.11.5, 3.M.Hayes 4.15.6, J.Wright 4.16, D.Beresford 4.17, L.Lyons 4.18, M.Head 4.21, D.Clack 4.23, J.Rimmer 4.24, A.Pollett 4.24, K.Watson 4.28.5, A.Barnett 4.32, D.Glasspool 4.36, R.Bale 4.40.5, L.Mann 4.47, J.Rayner 4.56. SP; 1.P.Mackay 13.41, 2.K.Wilkinson 11.84, 3.P.Marshall 10.96, 4.J.Gregg 9.48, R.Vassall 8.55, B.Green 7.82, HJ; 1.J.Gregg 1.90, 2.D.Catling 1.90, 3.S.Elkington 1.85, J.Levane 1.80, B.Hall 1.75, P.Powell n/ht.

Juniors; 100m; 1.A.Rodney 11.4, 2.A.Seaforth 12.1, 200m; 1.A.Rodney 23.8, 2.S.Szczur 23.8, 3. ? .24.7, S.Awad 29.3, 800m; 1.J.Warren 1.58.9, 2.A.Gayton 2.01.1, 3.J.Booth 2.05.0, 4.A.Horton 2.05.1, 5.D.Palmer 2.08.5, 1500m; 1.D.Palmer 4.40. LJ; 1.P.Lytle 5.78, JT; 1.B.Hanks 41.10, 2.R.Rathray 38.24, 3.M.Blackman 35.94.

Boys; 100m; 1.M.Dooley 12.9, 2.B.Zriek 13.4, 3.B.Abberton 14.8, 4.R.Mann 14.8, 400m; 1.B.Zriek 59.7, 2.M.Dooley 61.4, 3.B.Abberton 70.5, 1500m; 1.G.McGurren 4.37.0, 2.K.McDonagh 4.53.6, 3.R.Mann 5.05.5, 4.A.Horton 5.18, 800m; 1.B.Zriek 13.5, HJ; 1.D.Story 1.40, SP; 1.D.Sewell 9.17, 2.B.Zriek 8.08, LJ; 1.B.Zriek 5.12, 2.M.Dooley 4.65, 3.B.Abberton 4.11.

Colts; 100m; 1.N.Sutehall 15.1, 2.M.Haggerty 15.4, 3.T.Unal 15.7, 4.J.Hopgood 16.4, A.Wissan 17.1, 400m; 1.D.Cunningham 69.3, 2.B.Quintavalli 71.5, 3.J.Hopgood 71.9, T.Unal 72.4, W.Awad 80.4, 1500m; 1.D.Ashford 5.13.2, 2.J.Caines 5.17.0, 3.G.Webb 5.23.5, 4.S.Herbert 5.43.0, E.Butler 5.58.5, T.Hopgood 6.35.0, 800m; 1.D.Cunningham 16.5, 2.J.Coy 19.2, HJ; 1.M.Haggerty 1.35, 2.D.Sutehall 1.25, 3.D.Cunningham 1.20, LJ; 1.P.Whiston 3.83, 2.M.Haggerty 3.69, 3.D.Cunningham 3.57, 4.T.McClean 3.51, 5.J.Coy 3.02.

13th AUGUST 1983

BATTERSEA PARK

10000M CLUB CHAMPIONSHIPS

Low turn-out

This year's competition for the Tom Carter Cup clashed with the last British League Match and not surprisingly the field was short of our Surrey 10000m champion - Oliver Foote plus other middle distance specialists. Nonetheless many of those taking part ran p.b's and all credit to winner Martin Head. The running of Martin Lake was a revelation and it is pleasing to see him break through to press some of our established men.

1.M.Head 32.45, 2.M.Lake 32.50, 3.L.O'Hara 33.22, 4.S.Williamson 33.27, D.Slann 34.19, D.Clack 35.31, A.Grant 36.07, S.Smythe 36.22, J.Rayner 36.41, J.Wasbrough 36.46, M.P.Lake 37.17, C.Walker 37.31, G.Brindley 38.29, W.Cheeseman 38.57, D.Maughan 41.13, J.Neillis 41.24, C.Manning 48.29.

Blackheath H[~] 25 x 1 mile

25th SEPTEMBER 1983

CRYSTAL PALACE

NIKE - BLACKHEATH 25 X 1 MILE.

The first 100 x 1 mile relay was held in 1969 to celebrate the Centenary year of Blackheath Harriers. Since that event after a break of several years the long distance track relays organised each year by Blackheath have become one of the family highlights of the track season. In 1977 to celebrate the Silver Jubilee the relay was shortened to 25 x 1 miles and this format has proved to be the most popular since then. The organisation needed to get over 80 teams started at 8 separate venues around the Country is considerable and Blackheath rely on sponsors to help out by financing the effort needed to promote this event. This year Nike again provided this support with excellent prizes for the first three teams. The reward for

winning was a Nike Greyhound suit for every member of the winning team and our track men realised that this year we could improve on last years third place and that we might even topple the mighty Aldershot team. On paper things looked good for our 'A' team and Bill Laws produced a prediction that not only could our strongest team win but that with reasonable times we could just shave Aldershot's U.K. record of 1hr 52.00.2. Well we almost made it! On the day illness prevented John Gladwin from running and Leo Coy had to travel abroad at short notice. Stu Paton and Paul Richley both had bad colds but turned out to support the team effort while John Barry travelled down from Redditch. We also saw Kevin Sturman in Belgrave colours for the first time and nobody would have guessed from his stylish run that this was also to be his first race since injury in the summer.

It is always difficult to highlight individual performances but certain exceptional runs must be mentioned. To start at the beginning 17 year old John Warren gave us a better than expected 3rd place on the first leg and recorded our 4th fastest time with 4.21. 16 year old Richard O'Hara showed great maturity in recording 4.38 - some 2 seconds slower than namesake Laurie who at the age of 51 never fails to amaze. Gary Staines was our fastest man with 4.10 and this time made him fastest of the day so he picked up a pair of Nike spikes. Mark Sinclair recorded our 2nd fastest time and once again confirmed that not only has he broken through to a new level of performance but that he has the strength to string together several good runs in close succession.

So, with all our 'A' team well under 5 minutes and an average of 4.32 miling we turned out easy winners with Aldershot just pipping TVH for 3rd place by the incredibly small margin of 0.9sec.

It was pleasing to see some of our stalwarts such as Martin Lake contributing to this win and even more pleasing to see some of the 'B' team men turning in good times. Derek Clack and Mike Nouch continue to improve and young Andy North made a welcome return after a back injury which has put him out for the last year.

Our young athletes easily broke the club age record for this event the average age being 13 yrs. Gary McGurren almost broke 5 minutes and 11 year old Adrian Ross who only knows how to run flat out recorded a quite astounding 5.41.

As far as the Belgrave organisation is concerned our thanks to Ian Horton who stepped in at the last minute when it looked as though we would not get the young athletes out; to Brian Pritchard and Bill Couzens who not only organised the morning 'C' team but also ran the 'B' team and helped out with the afternoon's teams. Both Bill Couzens and Simon Pritchard carried out the task of team recorders and Bill Laws managed the 'A' team and its selection.

TEAM 'A'		TEAM 'B'		TEAM 'C'		YOUNG ATHLETES		
1.	J.Warren	4.21	A.North	4.48	A.Grant	5.11	G.McGurren	5.04
2.	R.O'Hara	4.38	C.Lawton	5.23	W.Couzens	5.41	M.Bronley	5.43
3.	L.Lyons	4.46	D.McMillan	5.12	G.Biscoe	5.59	J.Neillis	5.30
4.	A.Painter	4.40	S.Holmes	4.58	R.Hopkins	7.36	K.McDonagh	5.20
5.	A.Moore	4.55	W.Downey	5.05	B.Pritchard	6.00	A.Horton	5.39
6.	L.O'Hara	4.36	B.Bevin	5.03	F.Middleton	5.50	G.Webb	5.49
7.	S.Williams	4.41	A.Painter	7.15	B.Macrae	5.04	J.Biesty	5.18
8.	M.Hayes	4.28	M.Theobald	5.26	C.Millbank	5.10	K.Biesty	5.41
9.	D.Anderson	4.32	C.Smith	4.58	C.Shippen	5.43	D.Whitcombe	6.05
10.	C.Mullett	4.37	J.Booth	4.40	J.Rayner	5.03	J.Coy	7.11
11.	A.Leyland	4.38	K.Duckett	5.34	C.Walker	5.17	G.Tiernan	5.21
12.	M.Lake	4.46	A.Palmer	6.24	A.Stroud	5.48	J.Hopgood	6.46
13.	O.Foote	4.23	M.Nouch	4.51	R.Hopkins	5.40	G.Allison	5.39
14.	J.Rimmer	4.44	J.Coy	7.13	R.Martin	5.31	S.Herbert	6.07
15.	J.Barry	4.36	P.Whiston	6.32	D.Mote	5.13	A.Ross	5.41
16.	D.Hollingworth	4.40	D.Clack	4.48	K.Sinclair	4.57	B.Zriek	5.22
17.	A.Morfey	4.20	A.Paton	5.00	M.Warren	5.51	B.Leigh	5.52
18.	A.Horton	4.42	A.Horton	5.53	C.Manning	6.32	R.Isles	6.29
19.	S.Smullen	4.22	M.Davies	6.24	T.Palmer	6.27	P.Whiston	6.17
20.	D.North	4.29	G.Flanagan	5.31	C.Millbank	5.14	D.Whiston	6.39
21.	K.Sturman	4.21	T.Lancaster	7.08	B.Macrae	5.01	C.Fascio	6.02
22.	P.Richley	4.29	A.Ross	5.46	J.Coy	7.08	B.Aberton	6.04
23.	M.Sinclair	4.17	K.McDonagh	5.27	B.Warman	5.57	J.Caines	5.58
24.	G.Staines	4.10	G.Webb	5.54	D.Crookes	5.52	M.Davies	6.11
25.	S.Paton	4.26	R.Delattio	6.20	K.Crookes	7.19	S.Booth	6.56
		1.53.36		2.21.32		2.25.06		2.30.29

Result; 1.BELGRAVE 'A' 1.53.36, 2.Aldershot F&D 1.55.29, 3.T.V.H. 1.55.30,..

ROAD AND COUNTRY

8th MAY 1983

HILLINGDON

FINCHLEY '20'

1.M.McGeogh(Les Croupiers) 1.45.25,.... Bels; 119.R.Bale 2.17.00, 143.P.Staples 2.21.52. 187 Finished.

21st MAY 1983

ISLE OF WIGHT

MARATHON

1.B.O'Neill(Joggersize) 2.33.27,.... Bels; 49.J.Tee 2.53.45, 59.R.Pearson 2.55.58, 80.F.Barrett 3.02.39, 91.J.Davies 3.04.09, 125.P.Staples 3.12.32,146. C.Henn 3.19.08, 181.J.Slough 3.29.05, 224.G.Pearson 4.47.26, 281 Finished.
Teams: 1.Ealing and Southall,..13.Belgrave 'A',...22.Belgrave 'B'
Vets, 1.Portsmouth, ..5.Belgrave.

21st MAY 1983

RANELAGH HALF MARATHON

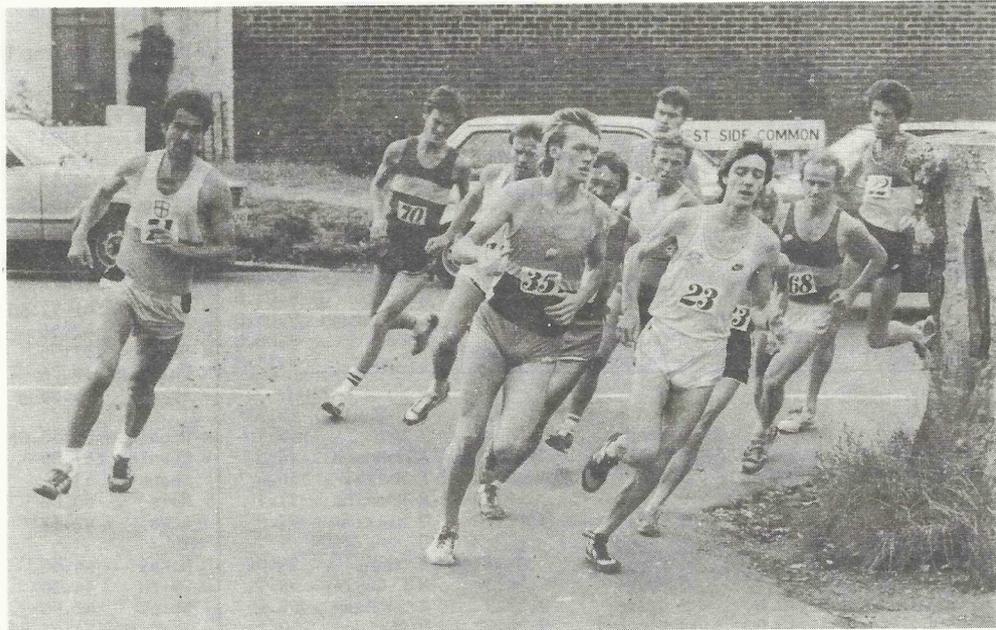
1.R.Treadwell(Surrey Beagles) 65.41, 2.P.Standing(Windsor S & E) 66.04, 3.A. McGee(Southampton) 66.22...Bels; 84.P.Greenwood 78.14, 154. T.Newell 83.17,

5th JUNE 1983

RICHMOND

 $\frac{1}{2}$ MARATHON AND MARATHON

$\frac{1}{2}$ Marathon; 1.M.Kortenray(H.W) 1.10.21, 2.P.Whitlock(Highgate) 1.11.34, 3.P. Charney(Aldershot) 1.12.11,....Bels; 17.J.Wasbrough 1.19.00, 80.A. Stone 1.30.22.
Marathon; 1.M.Patterson(Ealing) 2.33.04, 2.J.Willoughby(Aldershot) 2.42.14, 3.M.Turner(Omega) 2.42.34, Bels; 7.D.Jardine 2.50.07, 140. L.Mann.



West side story. 1 mile into the $5\frac{1}{4}$ and the field is bunched waiting for the break. Following Mark Sinclair and John Gladwin are Bob Lettin(71), Leo Coy, Olly Foote, Laurie O'Hara, Mike Nouch, Eric Crutcher(70), Martin Lake, Simon Williamson(68), and Keith Sinclair(22).

Photo; Bill Laws.

11th JUNE 1983

WINDSOR TO CHISWICK

GOLDENLAY POLY MARATHON

1.A.McGee (Southampton) 2.22.55, 2.B.Plain (Cardiff) 2.26.46, 3.G.Taylor (Camb.H.) 2.30.51, ...Bels; 11.D.Slann 2.36.29, 53.J.Tee 2.50.23, 66.D.Clack 2.54.24, 75.D.Johnson 2.55.47, 104.L.Lyons 3.00.32, 127.R.Pearson 3.05.35, 129.F.Barrett 3.05.39, 170.C.Henn 3.11.30, 204.J.Wasbrough 3.15.14, 233.J.Davies 3.19.27, 269 L.Mann 3.27.44, 294.F.Riach 3.33.53, 310.A.Stone 3.38.51, 338.G.Piddington 3.49.16, Teams; 1.Omega 43, 2.Cambridge 63, 7.BELGRAVE 130.

Inter-Counties '20'

16th JULY 1983

WIMBLEDON

'OPEN' AND INTER-COUNTIES 20 MILES

This race always seems to bring forth a hot day but this year must have provided a record, for out along the Kingston By-Pass shade temperatures in excess of 100deg. F were recorded. The race incorporated the Surrey 20 as usual, and for good measure this year the Inter-Counties '20' also. Early leaders were J.Ashworth (Yorkshire) and Shotbolt (Bedford) and it was Ashworth who was still in the lead at 15 miles. The heat however had taken a lot out of the leader and in the closing stages of the race he was passed by Bill Cains of N.E.Counties.

The Belgrave Championship was won by newcomer S.Smythe from E.Thomas (Also a newcomer) and R. Pearson. For the first time for some years BELS were placed in the Open team race - finishing 3rd behind SLH and Epsom and Ewell. These teams also finished in the same order in the Surrey Championships. The Inter Counties title was won by the home County - Surrey - much to the delight of team manager Derek Crookes.

After being race secretary for the past 10 years Derek Crookes has persuaded Tony Grant to take over next year and he takes this opportunity to thank all those who have assisted him in one way or another over the last 10 years. Many, such as - Ron Langheime (marking the course), Dudley Gordon, John Plummer, Peter Sutton, Bob Taylor, Arthur Penstone, (All Pointsmen), and Frank Webb Ted Stimpson, Gordon Biscoe, Bill Merryman, Norman Dewberry, (Recorders), have been present at all races during the last 10 years and we hope they will continue to give Tony Grant the help needed to make this race successful.

This year the race was sponsored by; RON HILL SPORTS, NATIONWIDE BUILDING SOC., and DOUGLAS SPORTS.

OPEN RACE. 1.W.Cains (N.E.Counties) 1.48.02, 2.J.Ashworth (Yorkshire) 1.50.37, 3.P.Mitchell (Reading) 1.52.35,
Teams; 1.S.L.H. 79, 2.Epsom & Ewell 101, 3.BELGRAVE 117, First 'B' Team - BELGRAVE, First Vet J.Cock (Epsom & E) 2.04.35, First Vet Over 50 J.Haslem (Bolton Utd.) 2.16.19,

SURREY RACE. 1.M.Page (Omega) 1.51.22, 2.D.Wright (Ranelagh) 1.55.08, 3.R.Roath (Omega) 1.55.12,
Teams; 1.S.L.H. 24, 2.Epsom & Ewell 29, 3.BELGRAVE 37,

INTER COUNTIES RACE. 1.W.Cain (N.E.Counties) 1.48.02, 2.J.Ashworth (Yorkshire) 1.50.37, 3.J. Offord (Leicestershire) 1.53.05,
Teams; 1.Surrey (7,8,9) 24pts, 2.Yorkshire (2,5,17) 24pts, 3.Leicestershire 42pts.

BELGRAVE CHAMPIONSHIPS. 1.S.Smythe 2.05.35, 2.E.Thomas 2.10.28, 3.R.Pearson 2.13.23, ...
The only lady to finish was Bridget Cushen of Mitcham in 2.52.06.



30th JULY 1983

WILMINGTON

LEX MEAD ½ MARATHON

1.K.Penny (Camb H) 1.08.12, 2.M.McCarthy (Oxford) 1.08.40, 3.P.Jones 1.09.49, Bels; 60.R.Bale 1.22.02, 204.E.Stroud 1.32.50, 530.P.Crockford 1.50.23, 759 Finished, Teams; 1.Cambridge 8, 2.Invicta 28, 55.BELGRAVE 794.

13th AUGUST 1983

MILL HILL

SHAFTSBURY 'SOUTHERN' 10 MILES

1.R.Treadwell (Surrey Beagles) 49.13, 2.J.Espir (Shafts) 49.23, 3.M.McCarthy (Oxf) 49.32, Bels; 90.J.Tee 57.46, 112.F.Riach 58.54,
Teams; 1.Shaftsury 29, 2.North London 61, 3.Ilford 98,

10th SEPTEMBER 1983

BROCKWELL PARK

SURREY ROAD RELAYS

Belgrave 'A'. A.Horton 13.24, L.Coy 13.45, D.Anderson 13.11, M.Head 13.48, D.Clack 14.12, K.Sinclair 13.56.

Belgrave 'B'. A.Morfeý 12.27, A.Gayton 13.46, S.Holmes 14.22.....

Teams; 1.H.H.H.H. 74.28*, 2.SLH 76.06, 3.Croydon 76.15..... 10.BELGRAVE 82.22.
*H.H.H. had two runners who managed to shorten the course but the referee decided that this did not affect the result which they let stand.

GLADWIN'S ROAD WIN

17th SEPTEMBER 1983

WIMBLEDON

BELGRAVE 5½ MILE ROAD RACE

With John Gladwin running what for him at this time of year was a long one there was considerable jockeying for positions on the first two mile laps. As a result a bunch of runners moved out towards Copse Hill at which point the speed men decided to take off. John soon opened a substantial gap from Mark Sinclair and Olly Foote. Mark faded up Cambridge as second claim runner Bob Lettin came through strongly and Olly was pleased to set a P.B so soon after his Greek holiday. Fine runs were recorded by Mike Nouch, Martin Lake and Eric Crutcher and Mike was considered by some to have been unlucky in not winning the handicap. Super Vet Keith Sinclair recorded a P.B and claimed a few useful scalps.

1.J.Gladwin	28.58	15.W.Downey	33.25	28.G.Flanagan	36.51
2.O.Foote	29.21	16.C.Walker	33.38	29.R.Martin	37.06
3.R.Lettin	29.36	17.S.Holmes	33.57	30.R.Tanner	37.18
4.M.Sinclair	29.51	18.B.Macrae	34.01	31.E.Thorp	37.25
5.L.O'Hara	30.01	19.D.Williamson	34.11	32.W.Couzens	37.38
6.M.Nouch	30.08	20.N.Kidd	34.39	33.D.Davies	38.08
7.M.Lake	30.39	21.J.Newnham	34.44	34.A.Stroud	38.28
8.S.Williamson	30.53	22.A.Bowyer	35.02	35.D.Caesar	38.48
9.E.Crutcher	31.25	23.D.Maugham	35.13	36.D.Jones	39.40
10.K.Sinclair	31.36	24.A.Bruce	35.16	37.G.Piddington	39.53
11.L.Coy	32.30	25.K.Miller	35.29	38.C.Manning	43.41
12.D.Clack	32.44	26.F.Barratt	35.34	39.K.Stimpson	44.17
13.J.Rayner	32.45	27.E.Stroud	36.07	40.R.Conway	47.02
14.A.Grant	32.53				

Handicap Result; 1.R.Lettin 26.56, 2.E.Crutcher 27.35, 3.= C.Walker and M.Nouch 28.28.

Yacht 3**BOUNCING BEAUMONT**

1st OCTOBER 1983

WIMBLEDON

YACHT 3 MILES HANDICAP

Some 'old' hands turned out for this years race and it was a trip down memory lane as Pat O'Connor, Tony Fairclough, Ken Miller, Alan Black, Simon Holmes and George Flanagan crossed the finishing line. But the most creditable performance was put up by one of our younger members - Simon Beaumont, who at the age of 15 ran the third fastest time of the day.

	H	A		H	A		H	A
1.B.Macrae	21.38	16.48	16.C.Henn	22.36	17.40	31.D.Davies	23.43	19.13
2.S.Beaumont	21.44	16.04	17.M.Farrerly	22.40	21.20	32.K.Stimpson	23.47	22.17
3.M.Donohue	21.55	15.35	18.S.Holmes	22.41	17.01	33.R.Martin	23.54	19.14
4.P.O'Connor	22.00	16.20	19.A.Black	22.41	16.31	34.C.Manning	24.06	22.36
5.E.Crutcher	22.02	16.12	20.J.Rimmer	22.42	16.02	35.B.Pritchard	24.12	21.42
6.D.Clack	22.11	16.31	21.N.Kidd	22.45	17.15	36.D.Jones	24.23	20.23
7.A.Fairclough	22.12	16.12	22.A.Stone	22.49	17.49	37.J.Plummer	24.41	21.26
8.D.Bevan	22.15	16.35	23.A.Binda	23.02	16.42	38.C.Fairfield	24.58	20.38
9.K.Miller	22.16	17.16	24.W.Downey	23.05	16.45	39.J.V.Baker	25.37	24.37
10.D.Maugham	22.19	17.09	25.M.Head	23.07	16.17	40.E.De Vlucht*	26.58	25.58
11.J.Rayner	22.26	16.46	26.C.Millbank	23.08	18.08	41.=R.Langheim	27.01	27.01
12.C.Taplin	22.27	17.17	27.D.Hollingworth	23.11	16.51	J.Macdonald	27.01	27.01
13.A.Grant	22.29	16.59	28.B.Gorman	23.16	17.16	43.C.Pritchard*	33.04	32.04
14.W.Laws	22.32	17.22	29.G.Flanagan	23.17	18.27	J.Pritchard*	33.04	32.04
15.A.Wks/Pearson*	22.34	17.24	30.D.McMillan	23.37	18.17	J.De Vlucht*	33.04	32.04

H=Handicap or Watch Time.

A=Actual Time

*=Guest

1st OCTOBER 1983

WIMBLEDON

HERC. WIM. 10 MILES.

Our first team medal for many a year on the road included 51 year old Laurie O'Hara. What we could do if we made a concerted effort with more back-up from our top runners does not require much imagination. Although this race always clashes with the Yacht '3' the turnout in our own race lacked all of our better runners too.

1.P.Eales(Windsor S&E) 48.38, R.Samuel(SLH) 49.08,G.Ogden(Highgate H) 50.00, Bels; 14.D.North 53.19, 18.L.O'Hara 53.44, 27.D.Anderson 55.26, 78.J.Wasbrough 60.21, 107.G.Rushmer 64.43, 108.P.Staples 64.52, 111.C.Cross 65.11, 139.G.Piddington 70.31.

Teams; 1.Ranelagh 26, 2.Portsmouth 29, 3.BELGRAVE 59,

SURREY LEAGUE OPENING DISASTER

As we close to go to the printers we learn of the result of the first Surrey League cross country race. The outcome, on our own course was an unmitigated disaster and we were lucky that two other teams fielded even weaker teams than our own. The race was won by Graham Tuck in 31.02 our first man home being Alistair Morfey in 11th place in 32.23 closely followed by Mike Hayes who finished in 13th position in 32.30. Our remaining scorers all ran better than we could have hoped to leave us with not too large a deficit for the three remaining matches. It will all depend on whether or not we can get our 'A' team men out.

1.G.Tuck(AFD) 31.02, 2.A.Evans(SLH) 31.36, 3.M.Bliss(HHH) 31.42,...Bels,11.A Morfey 32.23, 13.M.Hayes 32.30, 38.D.Anderson 33.53, 45.D.Clack 34.49, 49.D. Slann 34.54, 56.M.Donoghue 35.22, 57.J.Rimmer 35.24, 81.W.Downey 35.50, 86.P.O'Connor 36.04, 95.A.Painter 36.29, 96.R.Kersey 36.31, 106.N.Gray 37.03, 111.L.Coy 37.08, 120.F.Barratt 37.37, 126.S.Holmes 37.52, 135.N.Maugham 38.19, 138.L.Mann 38.31, 139.C.Lawton 38.37, 145.A.Grant 38.46, 146.T.Civil 38.46, 159.N.Kidd 39.34, 160.C.Millbank 39.34, 165.A.Stone 40.08, 181.R.Bale 41.18, 184.L.Morris 41.21, 185.P.Staples 41.34, 197.R.Tanner 44.24, 202.G.Piddington 46.51, 203.J.Plummer 48.47, 204.M.Farrelly 51.29

Teams; 1.HHH 146, 2.AFD 208, 3.SLH 317, 4.Epsom and Ewell 347, 5.BELGRAVE 467, 6.Met.Pol. 485, 7.Herc.Wim. 515.

12 STAGE RELAY PROSPECTS

It is not unknown for Club members to round off Christmas day by retiring after a substantial nosh to re-read the October edition of the Belgravian. For some this represents a chance to remember summer glories while others plan ahead for the spring and summer competitions. For the team managers it represents a chance to dream about what might be if we were to turn out our strongest teams.

The first major event of the road season will be the Belgrave Southern 12 Stage relay which is held over our home course every April. For many years we figured prominently in this event and considered a medal of one sort or another as our right. In recent years we have not done too well but again in our dreams we see the chances of putting out such a strong team in 1984 that we could spring a few surprises. Getting into the 1984 team should be quite a challenge. At least we hope so.

The present course has been used since 1973 and the best times set by Belgravians over this period would just break Aldershot's course record by 3 seconds if combined.

LONG LEGS

P Carton	24.37 (73)
O Foote	24.53 (83)
J Phelan	24.54 (73)
G Macky	25.01 (81)
J Stow	25.09 (76)
L O'Hara	25.11 (73)

SHORT LEGS

J Gladwin	15.31 (83)
J Stow	16.04 (73)
T Hart	16.14 (73)
A Fairclough	16.20 (73)
S Paton	16.20 (81)
P O'Connor	16.22 (73)

=4.06.36.

TOP POINTS SCORERS - NATIONAL C/C CHAMPIONSHIPS 1945-83**GERRY NORTH - TOPS**

The July '83 Edition of the 'NUTS' journal contained the results of a study by Ian Hodge to determine the greatest English Cross Country runner of all time. The method he used was to allocate 50pts for a win in the English National down to 1pt for 50th place.

On this method of scoring he placed none other than our own Gerry North in top spot followed closely by Bernie Ford. Bernie has still a good few Nationals in him and no doubt he will take over top spot in the next year or so. SO! Before that happens lets record Gerry's fine Achievements;

- 1.Gerry North 507 (1959-12th, '60-4th, '61-3rd, 62-1st, 63-12th, '64-6th, '65-10th, 66-4th, '67-48th, '69-10th, 70-17th, '71-18th)
 2.Bernie Ford 475, 3.Mike Turner 474, 4.Frank Sando 454, 5.Tony Simmons 435, 6= Basil Heatley and Ron Hill 423, 8.Steve Kenyon 410.

VETS. CORNER

The highlights of this summer have been the welcome return to fitness and competition of several of our older members. Included in this list are; Tony Verdie, Laurie O'Hara and Pat O'Connor

25th MAY 1983WIMBLEDONVETS AC 10MILES

1.T.Ryan(N.London) 53.06, 2.J.Froud(Woking) 53.35, 3.P.Elliott(Mitcham) 54.18, Bels; 8.J.Wasbrough 56.52, 11.L.Mann 56.57, 13.A.Stone 57.17, 23.E.Thorpe 60.50, 41.J.Plummer 68.39, 42.D.Gordon 69.03, 48.C.Manning 71.58, 51.D.McMullen 73.10.

28th AUGUST 1983NEW RIVER STADIUMV.A.C. CHAMPIONSHIPS

Our representations at this years Vets AC Championships were limited to the more senior age groups. Not only were we strong in middle distance events but it was great to see Cyril Gardner competing in the jumps picking up 2 silvers to add to the medals won by Charlie Walker and the evergreen Laurie O'Hara.

50-55 Age Group. 1500m; 2.C.Walker 4.48.0....5000m; 1.L.O'Hara 15.57, 2.R.Franklin 17.33..... HJ; 2.C.Gardner 1.36,.....LJ: 2.C.Gardner 4.09,...100m; 3.C.Gardner 13.7.

18th SEPTEMBER 1983CRAWLEYSOUTHERN VETS 10MILES CHAMPS

An excellent run by Tony Verdie.

1.J.Baldwin(Blackheath) 52.02, 2.D.Wright(Worthing) 52.07, 3.S.Warzee(Guild.) 52.11,Bels; 8.A.Verdie 54.49, 43.J.Wasbrough 58.59, 50.R.Kersey 59.17, 94.J.Dooley 64.17, 106.C.Cross 64.58, 181.W.Matthews 73.11, 199.D.McMullen 76.52,.....226 Finished.

Teams; 1.Cambridge H 27, 2.Worthing 37, 3.Barnet 52,.....9.BELGRAVE 101,

2nd OCTOBER 1983STONEBRITISH VETS MARATHON CHAMPIONSHIPS

Tony Verdie ran well to finish in 8th place while Geoff Pearson won the over 60's age group.

8.A.Verdie 2.38.00, 0.60's. 1.G.Pearson 3.41.55.

LATE RESULT

16th OCTOBER 1983WALTON10MILES ROAD RACE

Dave North continues to improve with every road race and was supported again by Cross Country Captain - Don Anderson who the previous day had raced at Wimbledon in the Surrey/Belgrave Relays.

1.G.Payne(Southend) 48.40, 2.K.Davies(Newport) 48.59, 3.R.Lunnon(Aldershot) 49.02,.....Bels; 23.D.North 52.35, 35.D.Anderson 53.29, 98.J.Wasbrough 59.29, 162.L.Mann 63.16,

Teams; 1.Aldershot 30, 2.Hillingdon 47, 3.Thames H&H 62,

Coaching

With no income this year from the London and South East Sports Council but with a very welcome contribution from the Wandsworth Sports Council we have been able to provide some financial assistance to Club coaches as well as to individual athletes. We have also provided specialist equipment for some of our field event men. Much remains however to be done before every member seeking coaching can have the attention which will ensure maximum development. Unfortunately we are still unable to find sufficient people willing to embark on the Club Coaching Courses which really are not too demanding either in terms of time and content.

Inrecognition of the work put in by top Coaches through our 'Masters Coaching Scheme' the Belgrave Committee has approved a new grade of membership - Hon. Club Coach - which has been offered to and accepted by Mike Dunphy, John Sullivan, and Mike Winch. Mike Dunphy has moved his middle distance squad to Battersea Park where Clive Shippen has also been active with a Pole Vault squad training every Tuesday evening. Our other Club coaches have continued to give sterling service with Frank Simmonds looking after the sprints both at Battersea and at Tooting Bec while Battersea was being relaid with its all weather surface. Ted Warren has worked wonders with our Colts and Boys and some fine performances have resulted. Also pleasing has been the way our A and B team members have helped out with Dave Mote, Alister Johnson and John Druce turning out whenever possible at Norbiton to help younger members.

We continue to seek ways of improving our Coaching and a very important step forward is about to take place..... Judy Oakes is starting Wednesday evening Weight Training for any members seeking strength and agility workouts. This is a prelude to the Belgrave Hall developments. Early in 1984 when the development of Belgrave Hall has been completed both Mike Winch and Judy Oakes will be running the newly constructed Gymnasium initially for 3 afternoons and evenings per week. As the planned scheme includes a Sauna and multi-gym we expect Belgrave Hall to become a centre of excellence for strength training in S.E. London. This can only help to further build our track and field teams.

YOUNG ATHLETES Continued from Page 24.

THAMESIDE LEAGUE

Match 4. 13/8/83.

Colts; 100m.A.2.A.Ross 13.9,B.?, 200m.A.2.A.Ross 29.0,B.4.T.Unal 32.3, 400m.A. T.D.Cunningham 67.3,B.6.J.Hopgood 80.2, 800m.A.1.D.Cunningham 2.31.2,B.1.A. Palmer 2.41.0, 1500m.A.6.S.Herbert 5.41.9,B.-, HJ.A.1.D.Cunningham 1.35,B.2.A. Ross 1.25, LJ.A.5.A.Palmer 3.85,B.3.T.Unal 3.72, 4x100m Relay, 4.Bels 59.3.
Boys; 100m.A.2.C.Gardner 12.1,B.1.M.Dooley 12.5, 200m.A.2.M.Dooley 25.3,B.2.G. Allison 29.1, 400m.A.1.B.Zriek 58.2,B.2.G.Allison 62.5, 800m.A.1.B.Zriek 2.14.0, B.5.B.Abberton 2.38.5, 1500m.A.-,B.-, 80mH.A.1.C.Gardner 12.0,B.1.J.Mole 13.5, HJ.A.2.G.Allison 1.55,B.1.B.Zriek 1.50, LJ.A.2.M.Dooley 5.22,B.-, SP.A.2.C. Gardner 11.91,B.2.J.Mole 10.13, 4x100m Relay 1. Bels; 51.1.

Final League Positions; 1.Camberley 30, 2.BELGRAVE 29, 3.HHH 25, 4.Crowborough 16, 5.QPH 12, 6.Croydon 10, 7.Collingwood 9, 8.Ranelagh 5.....

DUNLOP YOUNG ATHLETES LEAGUE

We just missed promotion from the Dunlop Young Athletes League this year mainly due to the problems of getting our strongest teams together for the early season matches. Next year we shall try to implement the major single point we picked up that is that the most important step towards winning these matches is to have a sufficiently large team to cover all events both at 'A' and 'B' events.

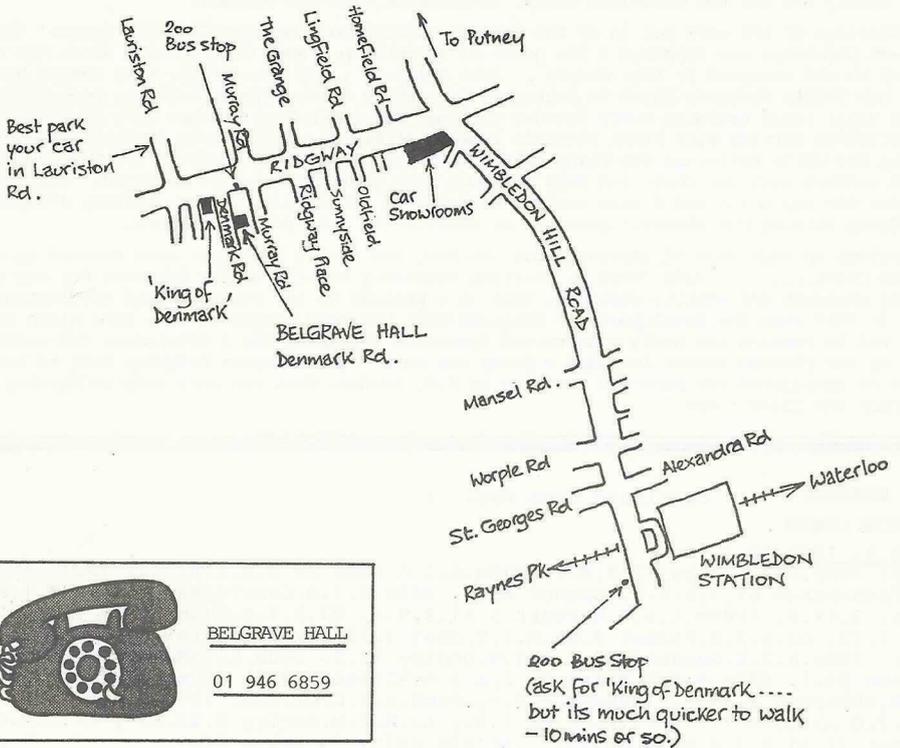
Final League Results

1.Portsmouth 1353½, 24pts, 2.Epsom & Ewell 1260, 20pts, 3.BELGRAVE 1057, 16pts.

UK PREP SCHOOLS CHAMPION

11 year old Adrian Ross has put in some very useful sprint times this year and elsewhere you will read of his excellent leg in the 25x1 milerelay. It is perhaps to be expected that he would run a good 400m. Well he did. On June 20th at West London he won the London Area Prep. Schools title in 65.2. After this he was selected to run in the National Prep. Schools Champs where he improved to 64.4 in the semi-finals and then won the final in the excellent time of 64.0.

To get to Belgrave Hall:-





BELGRAVE HALL

01 946 6859

NOTICE BOARD

Ⓞ **BOXING DAY - Fancy Dress / Handicap Road Race.** 11a.m. Belgrave Hall. followed by Hot Punch. (The Biscoe Special)

Ⓞ **subscriptions due july 1st new rates:-**

SPECIAL EVENTS

Ⓞ **"1960's SOCIAL"**
DEC 10th 1983...

At Belgrave Hall - 8pm to Midnight. Tickets from Bill Couzens .

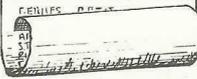
Phone 394 1410.

Ⓞ DEC 24th 1983...

Xmas Eve Social. Have a last minute drink with friends before Christmas

subs

The following members still owe their subs for LAST year!





BACK COVER. After several years of consolidation Mark Shippen has shown a welcome improvement in his vaulting. Not only has he increased his personal best to 4.40m but he has shown greater confidence under pressure. Mark has been a consistent and prolific points scorer in our British League matches and he and Phil Lovell form a very formidable partnership for next season. Photo; Bill Laws.

ABOVE. Paul Richley hands over to Mark Sinclair in the 25x1 mile relay. Both have shown substantial improvements this year reducing their 1500m times to 3.48.6 and 3.51.8 respectively;

Photo; Bill Laws.

