

THE

APRIL 1977

# BELGRAVIAN



**the official gazette of belgrave harriers •**

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Front Cover: Simon Holmes has made a fine breakthrough this winter and quite apart from Club races has been competing with distinction for University College, London. As Captain of his college team he has been ineligible for their points competition (a similar scheme to ours) but as a token of their appreciation for his work for the club they have granted him a special award. Simon has also been elected a Vice-President of his University's Cross Country Club.

photo by Pat Mead

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NUMBER 194



FOUNDED 1887

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Do we pay enough for our sport? No, you may relax, this isn't the prelude to an increase in subscriptions or yet another appeal. Judging by the difficulties sometimes encountered by sectional secretaries in this club when trying to recover entry fees from members who enthusiastically shout, "Put me down for it," when an open event comes along and then never seem to have any money on them whenever asked for their fee - and let's remember we are talking about amounts of up to 50 pence - the answer would seem to be yes, we do pay enough.

What do you think then of the thousands of Scandinavians who are keen enough to pay entry fees of around ten times ours? A 20Km race in Helsinki recently attracted over 2,000 competitors at £4 per head while a 30Km cross country event near Stockholm cost the equivalent of £5 to enter and produced an astounding 7,200 starters.

No wonder such marvellous facilities exist for the sport of athletics in these countries.

\* \* \*

At the time of going to press, the main work on the building alterations at Belgrave Hall has been completed and the making good and decorating remain. The first function planned to take place in our re-vamped HQ is a dance on Friday, June 17th with music supplied by the ever popular Jaguars. Don't miss it.

**The JAGUARS - live at Belgrave Hall**  
**Friday, June 17th 8pm** **£1**

tickets from Brian Gorman, Bill Couzens and Colin Pearson

# grapevine

● We hear that Mike Porter, an active Belgravian in the late 1940's and early 1950's, is now treasurer of the Northern Veterans' A.C. and still clocking around 64 minutes for ten miles. He has a daughter at London University who is doing some running and he has tried to influence her into joining the Bels but as she lives at Hampstead at the moment it's a little too far to travel. Apparently Miss Porter is rather good at sinking pints of ale - she would no doubt appreciate the "King of Denmark".

● John Thresher writes to say that he will be returning to the U.K. for a brief period from May 1st - 22nd and will be looking for races. A 9.2 mile road race gave him the chance to test his fitness a while back. He clocked 49:27 (worth about 53:45 for '10'). Will he have managed to hold his form through the Canadian winter though, for after returning from a trip to Hawaii he found the temperature in his home town to be -40°F. Yes that's right, 72 degrees of frost!



● From a warmer part of the globe, San Francisco, California, Chris Steer recently made a flying visit to Wimbledon for his brother's wedding and managed to get up to the Common to greet his old friends at the Belgrave Relay. Chris looks extremely fit, still running most days, and he and Caroline are now managing a clothing shop. He told of the Bay to Breakers road race where well over 5,000 took part. Starting alongside Doug Brew, they were immediately parted in the initial mad scramble. Runners poured out of side-streets and doorways for the first mile to join the throng of competitors and then seven miles later someone shouldered past Chris to pip him on the line - it was Doug.

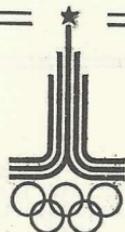
● A welcome spectator at this year's Surrey C. C. Championships was Cecil Penny, who with his brother Arthur, were members of our winning teams forty years ago. In addition to being "regulars" with club training packs they trained hard from their home at Southfields.

● Tommy Scrimshaw is now living at East Molesey and was a spectator at the M.P.A.A. Open Walk, almost on his doorstep. We hope that Tommy will still be able to come along to Wimbledon where he is often to be seen at our races.

● One of our members was present at a Red Cross function where a film was presented showing some of the services carried out by that organisation during 1976. One of those services was attendance at the Belgrave '20' and who should suddenly appear on the screen to represent this event but our Hon. Treasurer John Baker, filmed in full flight. "Coo! He'll never make it," shouted a matronly Red Cross member from the back of the audience, obviously keen to see her organisation get to grips with another case of exhaustion/dehydration/malnutrition - but of course he did make it.

- In December the "Denmark Pot" once again returned to the safe keeping of Bill Couzens as he relieved Dave McMillan of the Club Darts Championship, the beaten finalist being Bernard Merry. Landlord of the "King of Denmark", Mick Sexton, a son of the Emerald Isle if ever there was, had his bid for the title brought to an abrupt end in the quarter finals when Bernard slipped an Irish Ceilidh Band record onto the juke box and poor Mick couldn't keep his feet still. The sight of Bob Taylor jiggling with Mrs. Sexton didn't help much either.
- One figure missing from the Open Walk was Joe Coleman - recovering from an operation. You don't keep Joe down for long and it was good to see him wheeling his motorcycle into the car park at Battersea Park to judge the Boxing Day walk. Whilst having a subsequent check up at hospital it was discovered that (unknown to Joe) he had had a mild heart attack, which means going steady for a while. Not that this prevented him from making the journey to Chigwell to help on the official side once more.
- Many Belgravians saw in the New Year with gay abandon at a members home near Wimbledon Park. Among the festivities was a drink-a-yard-of-ale competition in which Stuart Barratt downed the 2½-odd pints of "Youngs" in 67 seconds to be the only successful competitor. Green of face he quickly left the scene to do a spectacular repeat trick in reverse in an even more remarkable time, thereby missing the fun as Bill Couzens, Reg Hopkins and Carl Lawton tried to equal his feat.
- Congratulations to Valerie and John Bicourt on the birth of their son Mark. Mark, it seems, is unlike John in that far from missing the bus and turning up at the stadium too late, he arrived on the scene earlier than expected, on January 27th.
- In January of this year it was noted that the total membership of Belgrave Harriers stood at 557 persons. The breakdown was as follows: Males- Seniors 294, Juniors 30, Youths 22, Boys 107, Associates 32, Hon. Members 8, 2nd-Claim 22 (515). Females- Seniors 4, Juniors 3, Girls 28, Associates 5, 2nd-Claim 2, (42).
- Casting their eyes on the present and up-and-coming walkers were Charlie Churcher and Bob Readman. With the alterations to Belgrave Hall in mind it is well to recall how much work Charlie put into the present structure so we hope to see him at our HQ when the alterations are complete. We still hope that Bob has an application form or two somewhere in his pockets.
- "Hello Tom," said a cross country runner before the final league race of the season at Coulsdon, "Come to support us then?" "Oh! yes," drily remarked Mr. Carter, "I always make sure I'm around to witness Belgrave 'firsts' .... The first time we won the Southern, first time we won the National, ..... first time we are to be relegated to division two of the Surrey League!"

The star of the show (official) -  
What the world will wear at the next Olympics.



Moscow 80

● Gordon Doubleday is always to be found timekeeping at our races and the Editor is also much in his debt for the regular contributions to the pages of this gazette. Recently though, 'Doub' was seen to be trying on and purchasing a brand new claret and gold tracksuit. "Makes me feel twenty years younger just putting it on," said he. By the calculations of the "grapevine" compilers that puts 'Doub' just into the reckoning for next winter's cross country team.



● Most of our active members have not undergone the rigours of military service and at the Southern Cross Country Championships, where the changing accomodation was at Combermere Barracks, Windsor, runners were awestruck at the sight of men in khaki "jumping to it" on the bellowed instructions of fierce looking N.C.O.s. One particular Military Policeman slowly and precisely paced up and down eyeing the scruffy, bearded, long-haired runners with distaste as they dumped their kit down to change in his gymnasium. The glint in his eye had a remarkable effect as his gaze swept across the Belgrave contingent. Bill Couzens was instantly alert while Colin Pearson, after momentarily turning pale at the gills, seemed to grow a good six inches as, with chest out, he was suddenly back in Cyprus.

An even funnier reaction had earlier come from Patrick O'Connor. The look on his face had to be seen to be believed when coincidence decreed that his entrance at the main gate should be greeted with bugle blowing, shouting of orders and men streaming out of the guard room for a parade.

● Duncan Rimmer is going to be a runner; no doubt about it. Not yet two years old, already he can run on the spot AND spit at the same time.

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No prizes for noticing that our "From the Belgravian" headings were switched in the last issue and just to make a real "botch-up" we recorded the date of the Au Cross Du Metro race as 1936 when it was, of course, 1937.

## *Institute of Athletic Cheats ~ Results*

As the Chief Examiner of the Institute of Athletic Cheats, I have been asked to judge the veritable flood of entries, most of which have been lost. This leaves three. The best by far is from the Chief Examiner himself whose brilliance and sheer genius shows itself in every word - and he is so modest with it. The fact that it arrived after the closing date is to the credit of the candidate.

Second, and well behind, comes W.E. Lucas who is writing under the alias of C.E. Manning. His general appreciation of the athletic prowess of Cecil Gittins was thoroughly deserved. Moreover, Mr. Lucas' bribes were better. The third entry was anonymous: writing or competing under an assumed name is to be applauded but who can insult nobody?

The answer from each candidate (they all passed with flying colours) showed the remarkable ingenuity and wit inherent in Belgravians but after much deliberation Mr. W.E. Lucas was adjudged the winner.

Unfortunately lack of space in this gazette precludes us from reproducing more than the briefest selection of candidates' answers but they were all just as hilarious. Could Anon be one Douglas Jardine?

**Cecil Gittins (Chief Examiner)**

Question 7 You want to put your opponents at a disadvantage. How do you put them off? What do you say? What do you get your friends among the spectators to shout out?

- W.E.L. a) Inform them that the pre-race promotional nutriment has been copiously loaded with phenolphthalein (constituent of Ex-Lax)  
 b) "Have a good run"  
 c) "The vandals have pinched all the Bronco!"

Question 105 What influence does the sight of the prize table have on your actual performance?

C.G. ..... if the prize table is the same old rubbish - play fair, and lose gracefully.

Question 5 List drugs which improve performance but which will not be detected.

W.E.L.

DRUG	Ben Truman	Carbon Sulphur Potassium nitrate	98octane petroleum spirit
EVENT	Hurdles	Shot	Running
PERFORMANCE	More hops	3½ miles	0 - 60 in 10 secs. cruise at 92 mph.
TEST RESULT	Negative	Negative	Negative
REASON	Only detected by doctor with wooden leg	Normal MD no good - must be doctor of divinity - preferably a canon.	Chemical completely burnt up except for lead tetra-ethylin in immediate environment.

Among Anon's handy tips ..... hang back while on training runs with Brian Gorman - after two bad runs you can rely on the fact that Brian will have told 90% of Belgrave Harriers. .... When Jim Rimmer is trying to relax before a race tell him he looks bloody rough, ask him about his past injuries. .... Tell Brian Gorman you are doing twice as much training as him, tell him his tan is disappearing and ask him if he has reached his 46th or 47th birthday yet.

DECEMBER 26th 1976 - BATTERSEA PARK

## Boxing Day Handicaps

A fine turn-out of competitors and spectators alike heralded the inclusion for the first time of events for ladies in our longest standing meeting, the Boxing Day Handicaps.

The ladies 100 metres produced the closest finish of the morning. Starting from scratch Barbara Lawton was giving away up to 30 metres and as late as 90 metres in the race the field was still clearly led by the front marker, young Bernadette Sexton. Storming through a narrow gap between the kerb and the other runners, however, Barbara just made it to the tape by 1/10th of a second.

If the girls' sprint was close, the mens' was all over well before the finish was reached and Peter Crosbie, after glancing either way to make sure he was safe, cantered the final metres wearing the broadest of grins for his 3rd consecutive win in this event. About time he was pegged right back!

With the walk handicap complicated by sending off two fields at the same time, Carl Lawton's expertise as a lap scorer was required and he could only compete in the 2 miles run. The mixed 2,000 metre walk produced several personal bests by the girls who had obviously not over indulged with the previous day's Christmas pudding, while guest competitor John Jeffries of the Met. Police, an 800 metre runner, won the mens' 12 lap event. Several of the younger competitors managed to do the walk and the run and of these the most successful was Raymond McCann who won the former and still had enough left to get up to 5th over the same distance in the run, won convincingly by Matthew Cannon.

John Martin, at his strongest ever having reached mid-way in his winter's weight training schedule, blasted the shot beyond anyone else's reach and another to show he was in fine fettle was Simon Holmes, racing to a 16 second victory in the 2 miles having started with all but three of the 28 strong field ahead of him.

Mens Shot: 1. J.Martin; 2. A.Mead; 3. C.Brooks. Mens 100m: 1. P. Crosbie (10) 11.4; 2. S.Crosbie (7); 3. R.Hopkins (2); 4. M.Smith (Scr); 5. C.Brooks (1); 6. D.Bailey (9). Mens 2 miles run: 1. S. Holmes (220) 9:11.6; 2. R.Callum (340) 9:27.6; 3. C.Pearson (200) 9:29; 4. L.Coy (200) 9:32; 5. P.Gardner (240) 9:34; 6. J.Rimmer (110) 9:35; 7. D.Searle (360) 9:44; 8. S.Williams (280) 9:46; 9. C.Walker (320) 9:49; 10. A.Cook (240) 9:52; 11. B.Taylor (280) 9:52; 12. M. Best (440) 9:55; 13. R.Hughes (340) 9:57; 14. T.O'Sullivan (340) 9:58; 15. R.Coombs (340) 10:00; 16. R.Dorman (360) 10:04; 17. C.Lawton (260) 10:06; 18. R.Martin (300) 10:11; 19. S.Williamson (240) 10:14; 20. R.Bale (340) 10:16; 21. D.Gordon (520) 10:18; 22. J.Plummer (520) 10:30; 23. J.Morris (760) 10:33; 24. P.North (340) 10:35; 25. R.Hopkins Snr (660) 10:56; 26. W.Almond (320) 11:07; 27. B.Marmion (460) 11:19; 28. D.Didino (360) 11:37. Mens 12 lap (4,800m) walk: 1. J. Jeffries (1:15) 27:15; 2. J.Dunsford Snr (2:45) 27:43; 3. M.Scammell (5:30) 28:10; 4. D.Fotheringham (4:00) 28:30; 5. J.Scammell (0:45) 28:38; 6. J.Morris (1:30) 28:42; 7. T.Cook (1:15) 28:43; 8. D.McMullen (3:30) 28:44; 9. J.Dunsford Jnr (4:45) 29:43; 10. R.Dorman (3:45) 30:29; 11. C.Gittins (0:00) 30:29.

Ladies 100m: 1. B.Lawton (Scr) 13.1; 2. B.Sexton (30) 13.2; 3. A. Jones (25); 4. J.Carter (5); 5. R.Morris (18); 6. J.Moore (5); 7. K.Norris (10).

Mixed 5 lap (2000m) walk: 1. R.McCann (B 0:15) 13:22; 2. K.Sexton (B 0:00) 13:41; 3. J.Pritchard (G 2:15) 13:48; 4. K.O'Sullivan (G 1:55) 13:57; 5. A.Matthews (G 3:00) 14:06; 6. P.Morris (B 2:45) 14:21; 7. P.Mead (G 1:30) 14:48; 8. D.Cook (G 2:30) 15:04; 9. B.Sexton (G 0:15) 15:36.

Boys 2,000m run: 1. M.Cannon (45) 6:31; 2. A.Perriam (15) 6:44; 3. J.Searle (25) 6:47; 4. M.Sinclair (32) 6:57; 5. R.McCann (230) 7:00; 6. G.Sexton (110) 7:08; 7. S.Wyld (235) 7:18; 8. P.Morris (110) 7:20; 9. T.Cook (200) 7:29; 10. S.Pritchard (225) 7:38; 11. K.Sexton (275) 7:52; 12. G.Orriss (245) 8:13; 13. D.Orriss (265) 8:22.

## THE CLUB DINNER

"You have been invited to a Dinner and Ball",  
Said the card from the athletes of Belgrave Hall.  
The usual venue was the Grand Worcester Park,  
And "Dress will be worn," not the usual stark  
Which has confronted us poor girls and made us quite ill,  
When we came in unsuspecting from Denmark Hill.

Our President, Reg Hopkins, with his lovely young daughter,  
Proved in his speech that his faith will never falter,  
In the Boys and the Girls who will wear that Claret vest,  
That has broken the tape by so many of England's best.  
One such boy who proved him right and took the Tommy Green Cup,  
Young Shippen, who never made his "Mark" till he held a pole  
and went up and up.

Comments on the Tombola I heard the ladies say,  
Was they still couldn't get away from "Match of the Day".  
Mr. Henderson was heard to take the pledge and say,  
That Haig will once again support the Belgrave Road Relay.  
The menu in French proved a surprise for each course,  
And despite all the rumours we did not have Roast Horse.  
Did the Bels really know, or was it pure chance,  
That "La Belle Femme" is a delicious sauce in France,  
Or was it the Bels' devious and subtle way,  
Of saying "Welcome, Ladies Section, we hope you will stay."

I was told to be kind to the man by my side,  
His wife was unavailable and I should provide.  
If I kept this man happy from the Council of Sport,  
There was always the chance they would add another nought.

The only black blob that stands out from the most,  
Is the choice of the chap who read out the toasts.  
Oh where was the polish we'd known from the past,  
Bill Lucas had dignity from first speaker to last.  
The more Manning drank, the longer he spoke,  
And I never did get that nightdress joke.

Our thanks to Bill Laws for that night in November,  
For giving us a "do" we will always remember.

*Jean Manning*

(with apologies to Pam Ayres)

Our best wishes go to Geoff Pearson on his retirement from the National Westminster Bank. What does he go and do though, only a week into his retirement - He "crocks" his leg through piling on the extra training!

# ROAD AND COUNTRY

## Going... Going... Gone!

For the first time in the fifteen year history of the Surrey Cross Country League, and in spite of some excellent turn-outs in numbers, Belgrave Harriers have found themselves relegated to the second division by placing 7th and last in each of the four races. One could say that we just don't have the class these days and that it will probably do us good to fight against some lesser opposition for a while; it might even make a change to run over a few different courses. However, the fact must be faced that although we had no hope of winning division one, we need not have placed last. Just one more of our better runners turning out in each race would have covered the 228 point difference between 6th and 7th places overall - and we had several hibernating for the winter or "doing their own thing" and competing elsewhere.

Aldershot, Farnham & District AC deserve hearty congratulations for winning yet again, their fifth victory in a row, and two more years could see them equalling the Bels' record of seven straight wins.

The strongest team by far in division two were Epsom & Ewell H who will take their place next season in the premier division. Meanwhile we must not fall into the trap of assuming that Belgrave will naturally regain their position after one year in division two. Ranelagh H in particular are not to be underestimated and will be all out to "put the boot in" while we are down.

### FINAL RESULT

1. Aldershot, Farnham & Dist.	855
2. Croydon H .....	878
3. Walton AC .....	1441
4. South London H .....	1464

### DIVISION ONE

5. Hercules Wimbledon ....	1520
6. Herne Hill H .....	1777
-----	-----
7. Belgrave H .....	2005

### DIVISION TWO

1. Epsom & Ewell H .....	600
-----	-----
2. Ranelagh H .....	841
3. Mitcham AC .....	1309

4. Met. Police AC .....	1567
5. Redhill & Reigate .....	1727½
6. Guildford & Godalming ..	1933
7. Surrey AC .....	1968½

### DIVISION ONE WINNERS TO DATE \*\*\*\*\*

62/63 Walton AC	67/68 Belgrave H	72/73 Aldershot F & D
63/64 Walton AC	68/69 Belgrave H	73/74 Aldershot F & D
64/65 Herc. Wimbledon	69/70 Belgrave H	74/75 Aldershot F & D
65/66 Belgrave H	70/71 Belgrave H	75/76 Aldershot F & D
66/67 Belgrave H	71/72 Belgrave H	76/77 Aldershot F & D

### BRACKNELL '10'

1. R.McAndrew (Reading) 50:14; 3. W.Weller 50:37; 36. L.Mann 55:15; 74. S.Masterson 60:04; 116. R.Towndrow 79:40; 116 finished.

Teams: 1. TVH 17; 2. Reading AC 31; 3. Aldershot Farnham & D 38; 10. Belgrave H 113; 27 teams closed in.

## — 108 scorers in points competition

With the Cranford Road Relay our third attempt at a winter points competition was concluded and Colin Pearson, with 62 points out of a possible 65, was adjudged the winner. A staggering total of 108 members scored in the 13 points races but of these only two had a 100% turn-out record - Colin and Brian Gorman, who was a close second overall. (It should be noted that Brian ran in the races that didn't score as well!)

There was plenty of interest in the event right up until the last race, and in the final week a member was heard to say, "If Colin goes under a bus tonight and Brian gets maximum points on Saturday - Brian wins."

But one can't help wondering if the competition has outerserved its usefulness in its present form. Originally the idea was to encourage more members to turn out in our matches and this was certainly successful. Some races have not been counted in the competition because not every member can run in them - i.e. the 'Southern' and the 'National' - and this year we had the ridiculous situation of runners missing these events but turning out the following week in a less important race to make sure they got their points quota. The points competition is a second rate affair for additional interest only and is not a championship but it appears to have become the be-all and end-all for some.

### Top 50 scorers:-

1. C.Pearson 62; 2. B.Gorman 57; 3. L. Mann 47; =4. J.Stow, J.Rimmer 45; 6. P. Gardner 43; 7. D.Maughan 41; =8. D.Brew, P.Roche, P.O'Connor 35; =11. A.Mead, E. Thorp 34; =13. S.Holmes, C.Henn, K.Duckett 33; =16. L.Coy, B.Taylor, P.Hardwick 32; 19. L.O'Hara ; 20. D.Searle 29; 21. R. Martin 28; =22. J.V.Baker, G.Piddington 27; 24. S.Williamson 25; 25. D.Jones 23; =26. D.Baines, W.Weller 21; =28. D.Gordon, H.Satchell 19; =30. M.Riley, J.Morris J. Dudman 18; =33. S.Barrett, A.Bruce, J. Baker, S.Williams, J.Stevenson, J.Wasbrough 17; =39. C.Walker, P.Staples, J. McDonald, G.Collins, R.Coombs 16; =44. M. Best, A.Stroud, C.Manning, J.Camelia, J. Plummer, J.Bicourt 15; =50. C.Lawton, B. Marmion, J.Carr 14.



Leading WALKER in the cross country and road RUNNING competition for 1976/77 was Johnnie Morris, beating Carl Lawton out of sight!  
 photo by Pat Mead

NOVEMBER 13th 1976 - HAYES - VETERANS' INTER-CLUB MATCH

1. W.Hill (Blackheath) 39:48; 5. J.Davies 41:38; 12. J.R.Baker 43:12  
 14. A.Stroud 43:58; 20. C.Henn 44:30; 22. D.Jones 44:45; 27. W.Kerr  
 46:12; 29. P.Pringle 47:09; 35. J.Heathfield 48:48; 37. G.Pearson  
 49:33; 38. J.V.Baker 49:38; 42. C.Manning 50:28; 50 finished.

Teams: (5 a side) 1. Cambridge H 44; 2. Blackheath H 44; 3. Belgrave  
 H 73; 5 teams closed in. (9 a side) 1. Blackheath H 161; 2. Cambridge  
 H 161; 3. Belgrave H 198; 3 teams closed in. (over 50) 1. Woodford  
 Green AC 13; 2. Belgrave H 20; 3. Blackheath H 28.

NOVEMBER 13th 1976 - STANMER PARK, BRIGHTON - SOUTH OF THAMES JUNIOR

1. J.Langford (Ranelagh H) 25:32; 90. L.Coy 28:46; 92. M.Riley 28:49;  
 99. P.Roche 28:52; 100. C.Pearson 28:52; 121. S.Holmes 29:16; 140. B.  
 Gorman 29:33; 148. P.Gardner 29:45; 169. D.Brew 30:27; 172. P.Hard-  
 wick 30:34; 195. E.Thorp 31:14; 240. K.Duckett 33:14; 260. B.Marmion  
 34:30; 266. G.Piddington 35:01; 276 finished.

Teams: 1. Herne Hill H 84; 2. Aldershot, Farnham & Dist 94; 3. Brack-  
 nell AC 133; 21. Belgrave H 'A' 381; 38. Belgrave H 'B' 867; 44 teams  
 closed in.

NOVEMBER 20th 1976 - EPSOM '10'

1. B.Plain (Cardiff AAC) 49:21; 4. W.Weller 50:59; 8. L.O'Hara 51:59;  
 16. P.O'Connor 53:23; 35. P.Roche 56:24; 49. S.Masterson 58:19; 58.  
 D.Searle 59:19; 72. J.Dooley 60:28; 78. J.Wasbrough 61:05; 88. K.  
 Duckett 62:08; 90. J.V.Baker 62:38; 112. P.Staples 66:50; 137 fin'd.

Teams: 1. Croydon H 21; 2. Cardiff AAC 22; 3. Belgrave H 'A' 28; 12.  
 Belgrave H 'B' 185; 18. Belgrave H 'C' 258; 20 teams closed in.  
 Vets: 1. Belgrave H 31; 2. Ealing & Southall 33; 3. Croydon H 39; 6  
 teams closed in.

NOVEMBER 27th 1976 - LLOYD PARK, CROYDON - SURREY C.C.LEAGUE

1. R.Pitt (Croydon) 26:17; 15. J.Stow 27:19; 43. S.Holmes 28:45; 55.  
 L.Coy 29:00; 57. M.Riley 29:05; 70. A.Fairclough 29:43; 71. J.Steven-  
 son 29:44; 78. B.Gorman 30:07; 81. S.Williamson 30:20; 82. P.Gardner  
 30:25; 91. D.Brew 30:55; 92. S.Williams 30:55; 94. C.Pearson 31:11;  
 115. E.Thorp 32:22; 119. J.R.Baker 32:58; 120. D.Maughan 33:11; 122.  
 J.Edwards 33:20; 127. L.Morris 33:59; 131. A.Mead 34:10; 132. D.  
 Baines 34:25; 134. G.Collins 34:46; 135. C.Henn 34:56; 139. G.Pidd-  
 ington 35:32; 140. R.Martin 35:33; 143. P.Staples 35:57; 147. N.  
 Archer 37:08; 148. J.V.Baker 37:43; 149. M.Giddey 37:55; 152. J.  
 Plummer 40:36; 153. E.Crossingham; 153 finished.

Teams: 1. Croydon H 122; 2. Aldershot, Farnham & Dist 237; 3. Walton  
 AC 345; 4. Herc. Wimbledon 390; 5. Herne Hill H 424; 6. South London  
 H 431; 7. Belgrave H 536.

DECEMBER 4th 1976 - WIMBLEDON COMMON - 7½ MILES C.C.CHAMPIONSHIP**Blackstaffe Shield**

Three laps over the frozen wastes of Wimbledon Common in the quest  
 for the "Blackstaffe Shield" were more than five of the field could  
 stand but there was still a very healthy finishing list showing 41  
 names. Old twinkle-toes Laurie O'Hara picked his way best through  
 the ankle wrenching ruts and came home at the head of the well

spaced out pack with James Rimmer comfortably second. Positions three to nine showed an interesting permutation that could not have been predicted before the event, Mike Riley taking the third medal and Carl Lawton getting up for the handicap prize.

Decathlete Reg Hopkins followed the example set by "Snowy" Brooks last year and pluckily completed the course with several others behind him - a task that is far from easy for a man whose frame is packed with the sort of muscle that is more at home in the arena. Polite to the last, this strong man is not the type to kick sand in the face of the puny weakling, and as he reached the finish it was a case of, "After you Charles!"

1. L.O'Hara 45:09; 2. J.Rimmer 45:57; 3. M.Riley 46:38; 4. P.Roche 48:25; 5. B.Gorman 49:10; 6. J.Stevenson 49:31; 7. C.Pearson 49:32; 8. L.Mann 50:14; 9. C.Lawton 50:16; 10. C.Shippen 50:25; 11. P.Gardner 50:42; 12. C.Walker 51:17; 13. J.Davies 51:17; 14. R.Cullum 52:09; 15. L.Morris 52:26; 16. A.Bruce 52:36; 17. J.Dudman 53:06; 18. E.Thorp 53:19; 19. D.Searle 53:31; 20. J.Dooley 53:35; 21. A.Cook 53:48; 22. D.Maughan 53:49; 23. A.Stroud 54:05; 24. K.Duckett 54:32; 25. G.Piddington 55:15; 26. B.Taylor 56:09; 27. R.Martin 56:27; 28. P.Staples 56:44; 29. D.Bonser 57:38; 30. A.Manning 57:51; 31. A.Mead 58:28; 32. J.Carr 59:03; 33. L.McLean 59:19; 34. J.Camelia\* 60:03; 35. C.Manning 60:09; 36. R.Hopkins Jnr 60:10; 37. J.V.Baker 60:14; 38. N.Archer 60:20; 39. J.McDonald 60:57; 40. D.Gordon 63:07; 41. D.Bullock 64:44; 46 started. \* = did not cover complete distance due to going off course.

Handicap: 1. C.Lawton (7:40) 42:36; 2. C.Shippen (7:40) 42:45; 3. M. Riley (3:10) 43:28.

#### DECEMBER 11th 1976 - BROCKWELL PARK - SURREY C.C. LEAGUE

1. J.Roberts (SLH) 23:24; 11. G.North 23:56; 15. J.Abberton 24:11; 18. J.Stow 24:16; 38. P.O'Connor 24:55; 46. J.Rimmer 25:15; 66. P. Roche 26:01; 74. L.Mann 26:12; 77. B.Gorman 26:15; 78. L.Coy 26:16; 84. T.Hart 26:34; 85. J.Stevenson 26:40; 89. P.Gardner 26:54; 93. P. Hardwick 27:00; 108. C.Pearson 28:10; 110. C.Gillett 28:24; 112. D. Searle 28:36; 116. B.Taylor 28:44; 117. E.Thorp 29:04; 125. R.Martin 30:29; 127. A.Mead 30:40; 128. K.Duckett 30:46; 129. P.Staples 30:47 140. J.V.Baker 33:20; 144. J.Morris 38:37; 144 finished.

Teams: 1. Aldershot, Farnham & Dist 233; 2. Croydon H 255; 3. South London H 342; 4. Walton AC 344; 5. Hercules Wimbledon 425; 6. Herne Hill H 441; 7. Belgrave H 445.

#### DECEMBER 18th 1976 - GUILDFORD - HOGS BACK '10'

1. M.Bramfield (Invicta) 49:35; 15. W.Weller 51:32; 58. C.Pearson 56:19; 88. S.Williamson 60:02; 122. D.Maughan 60:27; 137. L.Morris 61:44; 149. L.Mann 62:46; 177. J.Dudman 64:29; 195. P.Staples 67:26; 241 finished.

Teams: 1. Invicta 22; 2. Aldershot, Farnham & Dist 30; 3. Blackheath H 47; 14. Belgrave H 'A' 146; 33. Belgrave H 'B' 355; 35 teams closed in.

#### JANUARY 2nd 1977 - CITY OF LONDON '10'

1. H.Jones (Ranelagh) 48:01; 65. D.Searle 58:19; 101. L.Morris 60:30 138. G.Piddington 66:28; 153 finished

Teams: 1. Ranelagh; 2. Havering; 3. Woodford Gn; 19. Belgrave H 21 teams closed in.

JANUARY 8th 1977

## County Championships

### SURREY (Richmond Park)

**Seniors:** 1. B.Ford (Aldershot, Farnham & Dist) 38:47; 21. J.Stow 42:15; 26. W.Weller 42:28; 28. J.Rimmer 42:53; 31. C.Pearson 43:00; 37. P.O'Connor 43:33; 55. S.Holmes 44:47; 69. L.Coy 45:29; 100. C.Walker 48:17; 104. J.Dudman 48:38; 123. B.Taylor 50:31; 126. E.Thorp 50:57; 127. W.Kerr 51:05; 146. A.Mead 53:58; 151. C.Henn 54:53; 166 finished

**Teams:** 1. Aldershot, Farnham & Dist 82; 2. South London H 142; 3. Croydon H 143; 6. Belgrave H 197; 14 teams closed in.

**Juniors:** 1. D.Clarke (Hercules Wimbledon) 26:51; 17. A.Cook 30:30; 18. P.Gardner 30:54; 22. S.Williamson 31:28; 34. R.Morris 33:38; 40 finished.

**Teams:** 1. Epsom & Ewell H 17; 2. Hercules Wimbledon 31; 3. Walton AC 67; 5. Belgrave H 71; 6 teams closed in.

### MIDDLESEX

1. H.Starkey (Shaftesbury H) 38:55; 17. L.O'Hara 40:51; 85. M.Riley 45:03; 129. R.Callum 48:18.

### HAMPSHIRE

73. G.Piddington 73:00;

### BEDFORDSHIRE

25. D.Maughan 49:14

### ESSEX

61. T.Hart 47:00

**FLASHBACK** Charlie Smart leads the 3 miles field in the Southern Counties A.A.A. Championships of 1939 at Motspur Park. Tom Carter (No. 32) lies 4th with Ted Stimpson (No. 25) 9th.



JANUARY 15th 1977 - WIMBLEDON COMMON - 10 MILE C.C. CHAMPIONSHIP

## Williams catches the eye

Simply to complete this 11½ mile cross country race is the winter aim of many Belgravians. Challenges thrown out carelessly in the balmy days of September and October result in round-the-park training runs but as the winter wears on runners gradually fall by the wayside with muscle troubles and colds. Finally, after three laps of the course on a bitter afternoon with the light failing fast, the sheets of water and liquid mud beginning to freeze over - and another lap to cover, it becomes a question of sheer survival for those from the middle to back of the pack.

James Rimmer romped away from the mediocre field completely unchallenged thanks to the now usual clash with the Mitcham 25Km road race. Only 40 seconds covered the three men in the hunt for the minor medals with Doug Maughan losing the silver to his (and everyone else's) arch-enemy Brian Gorman.

Although missing the medals Steve Williams took the handicap prize with the most promising run of the day. New to the sport this winter but looking every inch a runner, he is sure to trouble the best in Belgrave by this time next year. He is a county standard table tennis player so the "urge to win" is something he already knows about.

Cyclist Mr. Callum sneaked yet another prize to add to his Boxing Day booty and third in the handicap was Alan Mead who had a run out of the blue and even had the audacity to overtake Bill Kerr on lap three. This was just too much for out of form Bill who dropped out. Good running too came from our club champion in the London to Brighton walk last year, Ron Day.

Michael Manning turned up to comfortably cover the two laps of the Junior race for the "Savage Shield". What a pity we had not seen him in action for us earlier in the season. His presence at the Surrey Championships would have given the Bels a set of medals.

1. J.Rimmer 64:36; 2. B.Gorman 68:49; 3. D.Maughan 69:14; 4. S. Williams 69:29; 5. J.Dudman 70:41; 6. L.Morris 71:52; 7. C.Lawton 73:09; 8. R.Callum 73:51; 9. J.Dooley 74:46; 10. J.Wasbrough 75:37; 11. R.Coombs 75:46; 12. S.Barrett 76:31; 13. A.Mead 77:05; 14. K. Duckett 79:20; 15. C.Henn 79:50; 16. R.Day 79:55; 17. G.Piddington 82:06; 18. B.Campbell 84:19; 19. E.Thorp 84:49; 20. D.Gordon 84:53; 21. J.Myddleton 85:11; 22. J.Plummer 86:51; 23. J.McDonald 87:50; 24. J.V.Baker 91:54; 25. D.Bullock 94:00; 26. J.Camelia; 27. J. Morris.

Handicap: 1. S.Williams (13:00) 56:29; 2. R.Callum (17:00) 56:51; 3. A.Mead (20:00) 57:35.

Junior 5 miles: 1. M.Manning 32:41; 2. A.Cook 33:07; 3. P.Gardner 33:10; 4. R.Dorman 36:41; 5. B.Marmion 40:05.

JANUARY 15th 1977 - MITCHAM - MITCHAM A.C. 25 Km ROAD RACE

1. K.Penny (Cambridge H) 76:06; 20. L.O'Hara 82:40; 24. C.Pearson 84:53; 34. P.O'Connor 87:20; 79. D.Searle; 113. P.Pringle; 139 finished.

Teams: 1. Croydon H 18; 2. Cambridge H 19; 3. Aldershot, Farnham & Dist 34; 4. Belgrave H 50.

JANUARY 22nd 1977 - CRAWLEY - SOUTHERN COUNTIES VETERANS CHAMPS

Over 40: 1. N.Fisher (Harlow) 33:48; 2. G.North 34:18; 82. C.Walker 42:58; 93. D.Baines 43:26; 130. C.Manning 50:22; 134 finished.

Teams: 1. Verlea AC 18; 2. Southampton & Eastleigh 27; 3. Herne Hill H 41; 17. Belgrave H 154; 23 teams closed in.

Over 50: 1. J.Brown (Cambridge H/ex-Belgrave H) 38:43; 26. E.Young 46:36; 29. J.V.Baker 47:23; 34. J.Walker 48:52; 48 finished.

Teams: 1. Cambridge H 14; 2. Thames Valley H 20; 3. Woodford Green 21; 5. Belgrave H 46; 7 teams closed in.

JANUARY 29th 1977 - HAVANT - SOUTH OF THAMES SENIOR C.C. CHAMPS

At Leigh Park Gardens, Havant, Gerry North led home a full complement of Belgravians on a tough course to a team place of 9th. It was a remarkable run from Gerry, working himself into top form for a summer on the veteran circuit. With only the final run in to go he was lying 5th but then had the misfortune to sustain a heavy fall, thereby losing thereby losing valuable places.

1. W.Mullett (Brighton & Hove) 39:11; 8. G.North 40:26; 53. J.Rimmer 43:10; 79. P.O'Connor 44:08; 89. L.Coy 44:22; 103. C.Pearson 44:46; 106. R.Brown 44:57; 133. M.Riley 45:58; 135. S.Williams 46:02; 137. L.Mann 46:05; 212. D.Maughan 49:52; 254 finished.

Teams: 1. Brighton & Hove 239; 2. Blackheath H 259; 3. Walton AC 276; 9. Belgrave H 438; 26 teams closed in.

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Bill Weller sends Jim Rimmer on his way for leg four of the Belgrave Harriers 'Haig' twelve stage relay. photo by Alan Mead



FEBRUARY 12th 1977 - WINDSOR GREAT PARK - SOUTHERN C.C. CHAMPS**Holmes first for Bels in Southern**

"Dave Bedford walks on water," proclaimed a banner half-way round the course. "He'll have to today," was the wry comment from one on-looker as he eyed the quagmire that was the course of the 1977 Southern Counties Cross Country Championship.

John Bicourt was out for the Bels for the first time of the season, albeit not racing fit, and half a mile after the start he was in the first ten. One lap was enough for him though, and he pulled out of the race making Pat O'Connor our leading man after three miles. Simon Holmes was going well but most of our other men seemed to find the heavy course difficult to negotiate. By six miles Simon, who had placed 10th for University College in the London Colleges League race three days earlier, was closing right up on Pat and on the last lap pulled away from him for a very fine run.

Down from Birmingham University for the weekend, Simon Williamson showed that he was in good shape, beating Peter Gardner. Stuart Bennett and Jonathon Dunsford, on loan from the walking section, gave the Bels a full turn-out and ran well into the bargain.

1. N.Coupland (Southampton) 44:09; 148. S.Holmes; 171. P.O'Connor; 251. L.Coy; 264. L.Mann; 297. J.Jackson; 317. D.Maughan; 353. B. Gorman; 376. M.Riley; J.Bicourt dnf.

Teams: 1. Aldershot, Farnham & Dist 180; 2. Shaftesbury 190; 3. Invicta 192; 25. Belgrave H 1448; 42 teams closed in.

Juniors: 1. D.Clarke (Hercules Wimbledon) 29:58; 82. M.Manning; 115. S.Williamson; 121. P.Gardner; 171. S.Bennett; 181. J.Dunsford; 184. R.Martin.

Teams: 1. Epsom & Ewell H 77; 2. Bracknell 109; 3. Havering 144; 20. Belgrave H 489; 23 teams closed in.

FEBRUARY 12th 1977 - PUTNEY VALE - VETERANS INTER-CLUB MATCH

1. G.Phipps (Vets AC) 27:47; 16. R.Coombs 29:50; 40. C.Henn 32:56; 46. D.Gordon 34:00; 49. J.V.Baker 34:28; 51. C.Manning 34:40; 53. J.Plummer 34:51; 56. D.Bullock 36:05; 61. finished.

Teams: 1. Vets AC 20; 2. Blackheath H 41; 3. Belgrave H 106.

FEBRUARY 19th 1977 - COULSDON - SURREY C.C. LEAGUE

1. B.Ford (Aldershot, Farnham & Dist) 26:35; 18. J.Bicourt 29:18; 29. P.O'Connor 29:50; 41. C.Pearson 30:30; 55. L.Mann 31:32; 65. B. Gorman 32:24; 67. P.Hardwick 32:28; 77. P.Gardner 33:11; 85. B.Taylor 33:52; 101. D.Searle 35:16; 102. K.Duckett 35:29; 107. R.Martin 36:13; 110. R.Hopkins Jnr 36:29; 115. C.Henn 37:22; 116. G.Piddington 37:26; 119. P.Morris 38:21; 121. A.Mead 39:03; 127. J.Morris 49:03.

Teams: 1. Aldershot, Farnham & Dist 153; 2. Croydon H 291; 3. Hercules Wimbledon 311; 4. South London H 323; 5. Walton AC 403; 6. Herne Hill H 473; 7. Belgrave H 531.

FEBRUARY 20th 1977 - PERRY BARR, BIRMINGHAM - VETS NATIONAL CHAMPS

Over 40: 1. R.Fowler (Staffs Moorlands) 34:04; 3. G.North 34:38; 78.

C.Walker 40:35; 80. W.Kerr 40:38; 120 finished.

Over 50: 1. G.Phipps (Leamington) 38:12; 51. J.V.Baker 47:15; 67. J. McDonald 49:44; 70. D.Bullock 50:12; 83 finished.

FEBRUARY 26th 1977 - WOKING '10'

## **51:21 in his first '10'**

John Stow's ten-miling debut proved to be a most exciting one as, well towards the front of a large field at Woking, he chased Bill Weller to the line. Surely it is time that he started thinking more in terms of 5,000 metre running when it comes to the track season, rather than the old 800/1,500 routine. John's was not the only outstanding effort, however. Personal bests were the order of the day right down the line with Messrs. Pearson, Hardwick, Searle, Duckett and Morris all getting in on the act, and the Bels gaining 3rd team place to boot.

1. J.King (Smallheath) 48:19; 8. W.Weller 50:59; 9. J.Stow 51:21; 27. C.Pearson 53:05; 42. B.Gorman 54:31; 59. L.Mann 56:05; 62. P. Hardwick 56:13; 93. D.Searle 57:46; 117. K.Duckett 59:06; 122. L. Morris 59:24; 154. J.Wasbrough 61:33; 174. B.Merry 63:21; 184. G. Piddington 64:19; 224 finished.

Teams: 1. Aldershot, Farnham & Dist 21; 2. Cardiff AAC 24; 3. Belgrave H 30.

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MARCH 5th 1977 - PARLIAMENT HILL - ENGLISH CROSS COUNTRY CHAMPS

## **Success for Biscoe in National**

Yes, Gordon Biscoe deserves congratulations. It is no mean feat to enter 15 senior names from which 9 will actually turn out AND complete the course; but somehow he did it. Not since 1970 has the Club achieved such a thing and just to make it even more remarkable, a full team of juniors finished as well. 1964 was the last time we did that although on that occasion we completed a youth team also. .... Bet he doesn't do it in 1978 - the race will be in Leeds!

On a surprisingly dry course Peter Gardner had a good run in the junior race, maintaining his previous year's position in a much larger field and getting the better of Simon Williamson whose Birmingham friends had the team race sewn up. Ross Martin gained revenge on our three walkers who can also run a bit when they have to.

And so to the seniors. Runners edged further and further over the starting line until at 3.14pm 1456 of them surged up the first hill in the world's greatest ever mass false start. It would have taken a brave man to hold them back and no one tried. As the field reached the brow of the hill the maroon fired at 3.15pm signifying the true start and the two remaining runners who had patiently waited in their 'pen' also set out on their way. Their team manager immediately approached the referee to get the other 1456 disqualified but his appeal was rejected. (It might be worth getting our stock broking members to invest the Club funds in the company that manufactures starting traps before next year.)

Up front one of the most exciting races ever unfolded between Foster, Ford, Simmons and Black. Back in the ruck past winner Gerry North was always our leading man by a long way. This was definitely Gerry's last appearance in the 'National' and punishing himself all the way he eventually placed 224th, collapsing in the finishing funnel with exhaustion. Once again Simon Holmes led the rest home and our team position at the end of the day was 60th.

Pretty poor you might think, although due respect must be shown to those who ran, but looking around it can be seen that the malady from which we are suffering is not confined to the Bels. Of our local rivals South London H (38th), Ranelagh (42nd) and Walton AC (48th) were not that far up on us, whilst Hercules Wimbledon (71st), Herne Hill H (87th), Croydon H (98th), Epsom & Ewell H (109th) and Mitcham (116th) were to our rear. Cross country running in the South London area must now be at its lowest ebb and to those who sometimes point to amalgamation as the answer to the present spread of talent in our area it is worth pointing out that the best six runners from all these clubs combined would still only manage about 10th place.

Further examination of the results shows that our great rivals from further afield in the late 60's when we placed 4th in three successive years - Portsmouth and Derby - have also fallen by the wayside with 24th and 43rd, and Coventry Godiva failed to finish more than three men. Clubs can rise and fall a long way in ten years. Gateshead may well find themselves 60th in 1987 and who can say where the Bels may be.

Seniors (9 miles): 1. B.Foster (Gateshead); 2. B.Ford (Aldershot, Farnham & Dist); 3. A. Simmons (Luton); 224. G.North; 386. S.Holmes; 441. P.O'Connor; 579. L.Mann; 639. L.Coy; 736. B.Gorman; 809. M. Riley; 830. S.Williams; 845. D.Maughan; 1368 finished.

Teams: 1. Gateshead H & AC 155; 2. Cambridge & Coleridge AC 338; 3. Airdale & Spen Valley AC 388; 60. Belgrave H 2975; 145 teams closed.

Juniors (6 miles): 1. N.Muir (Shettlestone H); 2. N.Lees (Derby & County); 3. R.Swann (Basingstoke); 310. P.Gardner; 317. S.Williamson; 429. R.Martin; 437. T.Thorogood; 445. J.Dunsford; 449. S.Bennett; 462 finished.

Teams: 1. Birmingham University 90; 2. Gateshead H & AC 102; 3. Stretford AC 186; 57 Belgrave H 1493; 58 teams closed in.

### MARCH 12th 1977 - WIMBLEDON - 5½ MILE ROAD RACE CHAMPIONSHIP

## *Bicourt rules, O K!*

In recent years the overall standard in this race has not been all it might and with the late change of date to avoid a clash with the TVH Road Relay there was nothing to suggest that this year's event would be any different. John Stow, elated with his Woking '10' performance of two weeks previous, appeared to be all set for a hat-trick of '5½' championship wins and five consecutive victories around this course all told - especially as he had recovered from the 'flu' which had kept him out of action at the 'National'. Colin Pearson was also aiming for a good run and had eased down on his high mileage schedule for the event. However, on the day of the race a good field of 48 turned up including most of our top men and headed by Olympic Steeplechaser John Bicourt.

In sunny conditions with a light breeze President Reg. Hopkins set the field on their way. The start was a fast one and as the stream of runners became strung out down the long straight towards the village on the first lap of the 'top', John Bicourt and second-claimer Mike Kortzenray immediately broke away. A controversial character and by his own admission not a 'club man', Mike nevertheless gave his all in his first Belgrave race and while the others were watching each other for the minor medals he was the only one who refused to bow to Bicourt's superiority. After two miles John Bicourt pulled away and Kortzenray gradually fell prey to the pack but at least he could say that he had a go; the rest were just running for second place.

At the finish our Olympian was untroubled, a full 300 metres clear of Bill Weller and his time of 28:08, the fastest for three years, was his second best ever. Simon Holmes, the revelation of the winter season, added Jim Rimmer's scalp to his growing collection with a 'P.B.', and others to record their best times were Peter Hardwick and junior Pete Gardner who is maturing steadily into a most reliable runner.

David Bradford, a youth, had a remarkable first race on this course. Running comfortably but strongly up the seemingly never-ending Cambridge Road gradient and then tackling the formidable 'kiss of death' hill with similar equanimity, he continued to move through the field even in the last mile of this testing course with an ease that marks him as a fine prospect.

Mr. Handicapper should be pleased with the tie for first prize followed by a further tie for third but his own position of 6th was a little too near the prize table for comfort!

1. J.Bicourt 28:08; 2. W.Weller 28:37; 3. L.O'Hara 28:40; 4. J.Stow 28:49; 5. M.Kortzenray 28:59; 6. S.Holmes 29:29; 7. J.Rimmer 29:36; 8. P.O'Con-or 29:42; 9. L.Mann 29:44; 10. L.Coy 30:06; 11. C.Pearson 30:59; 12. B.Gorman 31:01; 13. D.Brew 31:17; 14. P.Hardwick 31:31; 15. D.Maughan 31:34; 16. P.Gardner 31:45; 17. P.Newell 31:52; 18. C.Walker 32:04; 19. D.Bradford 32:17; 20. J.Dudman 32:19; 21. D.Crookes 32:21; 22. B.Taylor 32:34; 23. C.Shippen 32:36; 24. A.Bruce 32:42; 25. W.Kerr 32:55; 26. S.Williams 33:33; 27. K.Duckett 33:37;

28. E.Thorp 34:27; 29. D.Baines 35:05; 30. M.Best 35:23; 31. R. Martin 35:26; 32. A.Stroud 35:29; 33. R.Hopkins Jnr 35:30; 34. B Merry 35:34; 35. G.Collins 35:37 36. A.Mead 35:51; 37. C.Henn 36:17; 38. D.Jones 36:26; 39. R. Hughes 38:00; 40. J.McDonald 38:02; 41. D.Gordon 38:21; 42. J. Plummer 39:52; 43. B.Marmion 40:14; 44. T.Wakeford 40:35; 45. D. Bullock 40:43; 46. J.Camelia 45:26; 47. J.Morris 45:42.

Handicap: =1. D.Crookes (6:00), A.Mead (9:30) 26:21; =3. C.Walker (5:30), J.Dudman (5:45) 26:34.

## club marathon '77

It was generally agreed that last year's solution to the problem of determining which marathon should be designated the Club Championship was a good idea, so the same rules will apply in 1977. The Club Championship will be awarded to the 1st-claim member who achieves the fastest time in any marathon officially recognised by the R.R.C. within the United Kingdom during the period 1st April to 31st October. Place medals will be awarded in a similar fashion.



John Bicourt (870) and Mike Kortenray (193) renew a rivalry that stretches back to 1961 in this spring's '54'.

photo by Pat Mead

### MARCH 19th 1977 - BEXLEY - CAMBRIDGE H ROAD RELAY

A Team: P.O'Connor 15:49 (10); J.Bicourt 15:03 (3); C.Pearson 16:00; (5); L.Mann 16:24 (6); L.Coy 16:20 (7); J.Stow 15:32 (7). B Team: P.Roche 17:05 (21); S.Williamson 17:49 (23); B.Gorman 16:44 (22); P. Hardwick 17:28 (20); R.Martin 19:16 (22); B.Taylor 17:51 (23). C Team: D.Maughan 17:06 (22); P.Gardner 17:02 (19); A.Cook 17:27 (21); W.Kerr 17:16 (19); team did not close in. D Team: C.Henn 19:24 (37); D.Jones 19:20 (36); team did not close in.

Teams : 1. Invicta 89:57; 2. Brighton & Hove 91:40; 3. Cam ridge H 92:30; 7. Belgrave H 'A' 95:08; 23. Belgrave H 'B' 106:13.

MARCH 26th 1977 - CRANFORD - THAMES VALLEY H ROAD RELAY

A Team: J.Stow 16:39 (7); P.O'Connor 17:30 (14); W.Weller 17:11 (14); S.Holmes 17:33 (15); L.O'Hara 17:14 (10). B Team: L.Mann 17:35 (34); C.Pearson 17:33 (30); J.Rimmer 17:34 (29); P.Roche 18:13 (34); S.Williamson 19:26 (35); C Team: P.Gardner 18:49 (101); D.Brew 18:49 (65); R.Brown 17:11 (58); D.Maughan 20:39 (54); R.Wainwright 19:53 (55); D Team: B.Gorman 18:00 (47); R.Martin 21:15 (79); J.Wasbrough 19:31 (76); T.Hart 18:42 (61) team did not close in. Veterans A Team D.Baines 20:49 ( ); C.Shippen 19:29 (90); J.Davies ( ). Veterans B Team: W.Kerr 21:27 (141); D.Jones 24:08 (104); C.Manning 24:17 (110).

Teams: 1. Thames Valley H; 2. Tipton H; 3. Westbury; 10. Belgrave H 'A'; 35. Belgrave H 'B'; 55. Belgrave H 'C'.

There would appear to be some element of doubt about the times recorded by Robin Brown and Doug. Maughan in the 'C' Team at Cranford. As one may see from glimpsing at the above result, Doug ran some 3½ minutes slower than Robin yet went up four places.

APRIL 2nd 1977 - WIMBLEDON - BELGRAVE H 'HAIG' ROAD RELAY**Aldershot F&D yet again!**

This year's Belgrave Relay proved to be one of the most exciting for a long time. Seven different clubs went into the lead at one stage or another and at the beginning of lap 9, after 34 miles of racing, eight teams were still in with a chance with only 1 minute and 20 seconds covering them. Unfortunately the Belgrave team did not feature very prominently, highest place during the race being 13th after the first leg thanks to John Stow.

The massive organization of this race seemed to hang together better than ever. There were no calls to "panic stations" - none that could be seen from a competitor's or spectator's point of view, anyway - and full results were soon circulating in spite of three centres being used for the race: Oberon Sports Ground, Belgrave Hall and Lauriston Cottage. A big thankyou to all who helped make it possible, particularly Gordon Biscoe and our sponsors John Haig & Co.Ltd

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After the initial lap round the top of the Common John Stow was virtually last but only he knew how tough the latter part of our road course is, and he came through strongly to record our best long leg time of the day. Brian Gorman looked far from happy on the following stage, losing nine places before handing over to Bill Weller. Cambridge H had taken the lead with a fine run from veteran Ken Harland, while young Dave Clarke of Hercules Wimbledon set the day's fastest short lap time of 15:40.

Bill Weller and then Jim Rimmer pulled back five teams but newcomer Robin Brown was also not at his best and we were back to 23rd again. Robin is one of our most exciting prospects but perhaps a short lap would have been more suitable on this occasion. Reserve Paul Roche brought us to the half-way point and at this stage Invicta AC were making a strong challenge, leading from Thames Valley with Cambridge H, Portsmouth (Martin Hyman) and Brighton not far behind. Aldershot were back in 8th spot, over 2 minutes down.

On legs 7 and 8 Simon Holmes and Leo Coy ran well but the Bels only picked off one team to bring them up to 24th. Cambridge H went back to the front through Keith Penny's 24:08 but Neil Coupland (Southampton & Eastleigh) was even faster at 23:56, although back down the

field where it made little impression. Aldershot moved menacingly up to 3rd.

After a mile and threequarters of lap 9 the first five teams were together in a bunch as they climbed the Wool Road hill with World Record holder Dave Bedford (Shaftesbury) looking the most deadly. By the top of Cambridge Road, however, Adams of Aldershot was looking good and Kevin Steere (Cambridge & Coleridge) had broken clear. At the end of the lap Steere was fastest so far with 23:47, Invicta AC were 2nd and Bedford had come again to take 50 metres off Adams in the last mile round the top.

Pat O'Connor had pulled back two more places and he passed on to Lionel Mann who took one more to put the Bels 21st. Meanwhile Shaftesbury now headed the field with Aldershot 2nd.

Lap 11 and the final long stage. There was no stopping Bernie Ford who took Aldershot ahead for the first time with his 23:38, only 17 seconds outside his course record set in far less blustery conditions Laurie O'Hara moved up to 19th with 26:06, overtaking ex-Belgravian Dick Piotrowski (Reading) in the process. What a marvel Laurie is. Forty-five this year, he remains one of our most competitive and reliable members.

On the last lap Aldershot maintained their advantage and Captain Colin Pearson turned in a fine 16:34 for our fastest short stage time and a final position of 18th.

J.Stow 25:16 (13); B.Gorman 17:32 (22); W.Weller 26:10 (20); J. Rimmer 16:39 (17); R.Brown 28:13 (23); P.Roche 17:59 (25); S.Holmes 27:11 (24); L.Coy 17:10 (24); P.O'Connor 26:31 (22); L.Mann 17:19 (21); L.O'Hara 26:06 (19); C.Pearson 16:34 (18).

Teams: 1. Aldershot, Farnham & Dist 4:09:09; 2. Invicta AC 4:09:48; 3. Shaftesbury H 4:10:22; 18. Belgrave H 4:22:40.



Lionel Mann is sent on his way by Pat O'Connor in the Belgrave Relay photo by Alan Mead

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# The risk athletes run in shrugging off a cold

CHRISTOPHER BRASHER

finds a disturbing link between a lifeless performance and two deaths

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This article first appeared in the "Observer" of 12.12.76 and is reproduced here by kind permission of Christopher Brasher.

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Three apparently unconnected happenings - the death of a close friend after a training run, the inexplicably bad form of Ian Thompson in the Olympic marathon trial, and the death of an acquaintance after an orienteering race - have now been shown to be connected

Inevitably, the evidence is circumstantial and cannot be considered an absolute scientific fact, but the connection between these three events has wide implications for every sportsman and woman in the land.

One Sunday in March Mike Wells-Cole, one of the leading orienteers in Britain, went training while still suffering from the after-effects of flu. He died that evening of a heart infection.

In April Ian Thompson, the European and Commonwealth marathon champion, was going so well in training that he smashed his own record for a hilly 18-mile road circuit over Dunstable Downs. He was running each mile in a startling 4 min. 43 sec., which means that, if he had been capable of carrying on at this pace for the whole marathon distance, he would have recorded a time under 2 hr. 3 mins., which is over five minutes faster than the world's best performance.

Ten days later he was attacked by a viral infection and had to take two days off work. Ten days after that he ran in the Olympic trial 'knowing that I didn't feel quite right.' It was a hot sunny day and after only five miles Ian was surprised to discover that, although those around him were sweating profusely, his skin seemed to be dry. At about the same time he felt a tightness, a pain, in his upper thighs. Never before or since has he experienced any trouble with these muscles.

His final time was 2 hr. 19 min. which was at least seven minutes slower than he expected to do on that course. It was the first time that he had been beaten in a marathon race.

He has had some terrible races since then but last Sunday (December 5th), in Japan, he beat Waldemar Cierpinski by more than two minutes and once again became Britain's top marathon runner with a time of 2hr. 12 min. 54.2 sec.

Last Sunday Dave Menzies, who has been the leading orienteer at Edinburgh University, ran in a club event just after suffering from a very heavy cold. That evening he died.

Most of the medical experts whom I have consulted believe that all three of these athletes were suffering from myocarditis (inflammation of the heart) as a result of a viral infection. Dr. Griffith Pugh, the world famous physiologist who has recently retired from the medical research council, says that his interpretation of Thompson's symptoms is that he nearly had a circulatory collapse. "These viral infections are known to be capable of upsetting the circulation in various ways about which we know little. What happened to Thompson was that the body's protective mechanism shut off the blood flow to the skin to preserve the flow to the brain."

Sir Roger Bannister, who has been very concerned with heat regulation and who has written scientific papers on the subject says that Thompson's failure to sweat indicated a disturbance of heat regulation which may well have been the result of the earlier viral infection but without evidence of direct myocardial involvement.

Dr. Sperryn, the only doctor on the Sports Council, and co-editor with Dr. John Williams of the classic 'Sports Medicine,' referred me to a paragraph in the chapter written by Dr. Tunstall Pedoe, cardiologist at St. Bartholomew's, and Dr. Thomason, director of the Human Performance Laboratory at Salford:- 'Exercise associated with an attack of myocarditis, which is often associated with myalgia (muscle pain), can precipitate heart failure and is unlikely to be beneficial.'

This could be very scaring to any athlete (and I use the word in the American sense to cover all sportsmen and women). No athlete likes to interrupt his training because of a cold and a cold is a viral infection.

As Dr. Sperryn, himself an athlete, says: 'We have all run many times with a cold and many of us have used the technique of wrapping up in two tracksuits and "sweating the cold out." But there are dangers of which we should all now be aware. We can comfort ourselves by saying "look how few deaths there are," but now that the evidence is accumulating we should give full publicity to some simple guidelines.'

His own guideline when he is medically in charge of a team is that if anybody has a fever (i.e. a temperature) then he absolutely forbids training or competition. Again he refers to the chapter in 'Sports Medicine' by Dr. Tunstall Pedoe and Dr. Thomason: 'However these symptoms (exhaustion on effort) arising after a viral infection must raise the possibility of a viral myocarditis and competition and even training at the time of, or shortly after, a pyrexial (feverish spell) is probably unwise....'

Sir Roger Bannister says 'The ordinary individual knows when he is feeling unwell and does not have the capacity or willpower to drive himself to exhaustion. But the athlete has trained himself to ignore and overcome pain over many years and therein lies the particular danger to him. As in all training and medical matters, it is commonsense to understand when it may be dangerous. And one must remember that it takes as much courage to stop training as to go out when you're not feeling up to it.'

These are valuable lessons but there is one other non-medical lesson which we in Britain should learn from Ian Thompson's experience this year and that is to cease that terrible habit of 'knocking' a man who is going through a bad patch.

I have heard athletes and sports journalists saying that 'Thompson is finished. He was just a flash in the pan.' He has now shown that to be nonsense. We should remember that there are very few men like Thompson who have proved that they have the mental ability to be great champions. It is men such as this who should be cherished instead of 'knocked'.

# TRACK AND FIELD

John Martin has taken on the mantle of Track Secretary for 1977. Once again it is unfortunate that an active athlete must tackle this task but if John's shoulders are not broad enough to bear the load then no one's are. A tremendous programme of power weight lifting has been successfully completed by him during the winter and already his shot putting best ever performance is in danger. Maybe even Snowy Brooks had better watch out.

John's address is: Flat 4, 25 Thornton Hill, Wimbledon SW19 - telephone 947 6644.

Give him all the support you can. We have a team which is just about capable of getting to the top of the league but as always, it is a matter of getting everyone out on each of the six matches during the season - we do not have the reserves to sustain our challenge without our top men.



*Your new Secretary*

## SOUTHERN LEAGUE DIVISION ONE FIXTURES FOR 1977 \*\*\*\*\*

- May 7th Wimbledon Park. v Hercules Wimbledon AC, Cambridge & Coleridge, Feltham AC, Exeter.  
 May 28th Bedford. v Bedford, Chelmsford, Cambridge H, Windsor, Slough & Eton.  
 Jun 25th Croydon. v Blackheath H, Aldershot, Farnham & Dist AC, Highgate, South London H.  
 Jul 2nd New River, Haringey. v Haringey & Southgate, Yeovil, Reading, Herne Hill H.  
 Jul 30th Croydon. v Croydon H, Epsom & Ewell H, North London, Portsmouth AC  
 Aug 20th Battersea Park. v Harlow, Ilford AC, Victoria Park H, Southend AC.

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Do you have any spiked running shoes that you have no further use for? There must be piles of them lying about in cupboards and gathering dust. Do yourself and others a good turn by digging them out and giving them to Ray Hall. We have dozens of young boys and girls who would be only to pleased to use them.

Congratulations to Stephen Crosbie who has now become a qualified Assistant Club Coach in Long and Triple Jump. Stephen is regularly at Battersea Park on a Sunday morning and will be pleased to guide those who require assistance with their jumping.

Peter Crosbie is also adding to his sporting "know-how". He has now passed his British Amateur Weight Training Teaching Certificate.

## Silver Jubilee 25 x 1 mile relay

Blackheath Harriers have decided to give their 100 x 1 mile relay a rest in this, the Silver Jubilee year, and are promoting a 25 x 1 mile relay instead on June 19th at Crystal Palace. In practice this will allow anyone wishing to run in this now popular event to take part as in previous years, the only difference being that several teams from each club can run simultaneously.

So book Sunday June 19th in your diary now - the venue Crystal Palace. National trophies and awards will be presented to the fastest mens' and womens' teams as well as to the first 'B' team and to the first team to finish with all runners born after 7th February 1952.

It is intended to return to the 100 x 1 mile next year but the 25 x 1 mile relay does give Belgrave the chance to enter six or seven teams. To obtain more information contact your sectional secretary.

### 1976 CLUB RANKINGS - ADDITIONS AND AMENDMENTS \*\*\*\*\*

100 metres: M.Lindsay-Bailey (Y) 12.2; C.Powley (B) 13.0; J.Standing (Y) 13.4; P.Lytle (C) 13.7; M.Cannon (C) 14.0; J.Searle (B) 14.4; P.Clay (B) 14.4; D.Blackburn (B) 14.4. 200 metres: M.Lindsay-Bailey (Y) 25.5; S.Samson (Y) 26.0; J.Standing (Y) 27.1; P.Clay (B) 28.5. 400 metres: C.Powley (B) 61.9. 800 metres: T.Hart 2:15.0. 1,500 metres: J.Stow 3:51.0. 3,000 metres: J.Thresher 9:21.4; T.Hart 9:46.8; 5,000 metres: J.Thresher 16:25.6. 3,000 metres Steeplechase: A.Black 9:28.4; Long Jump: M.Lindsay-Bailey (Y) 5.80; J.Standing (Y) 4.87; S.Wahab (B) 4.60; P.Lytle (C) 4.60; D.Couzens (B) 4.40. High Jump: P.Clay (B) 1.60; M.Cannon (C) 1.58; M.Sinclair (B) 1.49; S.Wyld (C) 1.48; M.Sharp (B) 1.32; J.Searle (B) 1.42; G.Sexton (C) 1.20. Discus: G.Ratcliffe 51.80. Javelin: P.Crosbie 54.17. Decathlon C.Brooks 6268.



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# GEORGE IS BEST IN BELGRAVE

at anything but running

Once again our heroic George Piddington (well who else do you think we meant?) hit the headlines when in December he donned the strip of Pleasurama for a 'friendly' against the Rest of the World. It was a charity match with proceeds going to Portsmouth Football Club who are a bit hard up these days and it was certain to be an unusual game from the very beginning, with a kick-off at 10pm on Friday 10th December in the grounds of a mental hospital.

Goals came quickly. The irresistible Pleasurama attack swept wide down the left side and a beautiful hanging cross by Piddington immediately had the Rest of the World stretched as Piddington headed it home - one-nil. Rest of the World equalised within seconds but then with a slick counter punch a shot from 25 yards out by Piddington again found the net. Here was the essence of the current controversy of national self-analysis with the direct, running, surging, long-ball game of Pleasurama overwhelming the patient, chessboard, continental methods of the Rest of the World. A crude foul in Pleasurama's goal mouth after the 3rd minute .....

Editor's note: We will spare you, dear reader, the details of the middle of the game. It went on for a long time like this so we pick it up again at 2.59pm on Sunday 12th December. We've heard of extra time but this is ridiculous!

..... Piddington squeezed the ball in from an acute angle. His pass found Piddington who split the Rest of the World defence, tapped it to Piddington who with a back flick placed the ball securely beyond the goal keeper's reach. The referee glimpsed at his whistle and then blew his watch. Pleasurama 277, Rest of the World 207 and ... a new world record of 41 hours of non-stop soccer action.

Pompey FC were £1,000 the less poor and at their next home match the 13,000 crowd went wild as George Piddington (and the other world record beaters) did a lap of honour.

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George went missing from training on the Monday after the charity match but a "Belgravian" staff photographer caught him at "Nero's" in the company of two dolly birds, the Misses Val and Lorraine.




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Bernard Merry is now in charge of all Club clothing. Singlets, shorts track suits, badges, etc. are obtainable from him at Belgrave Hall on Sunday mornings and Thursday evenings. Special orders can be placed with him for the more unusual items of apparel.

# YOUNG ATHLETES

The winter season has now drawn to a close and I can look back with great pleasure on the performances of many young Belgravians who have turned out constantly during the winter to carry the Club's colours with pride at the meetings they have participated in. I am sure that with these young athletes Belgrave, in the not too distant future, will be a club to be feared again.

Although there has been great rivalry during every race the team spirit and friendship between the boys has been excellent. This winter we entered the Herne Hill League for the first time and equitted ourselves very well in both individual and team performances I am sure the Club will be entering the league again next season.

It was great to see that in the Merton Schools Cross Country Championships we had the individual winners in three of the four age groups which must only point to good things for the future.

The Club cross country championships were closely contested this year and none more so than in the Boys race with John Searle winning from Alan Perriam after Alan had led from the start only to be passed in the last half mile.

I would like to say a special thankyou to all the boys who have helped during the winter months with a special mention of those who have turned out not expecting to win but who have been only too pleased to run for the sheer enjoyment of the race and to help their team. Keep persevering and I am sure the success you would all like will come your way.

As the track season now approaches the boys are looking for new challenges and I can only advise the seniors to keep in strict training as the youngsters will be after them - as the Editor has already found to his cost this winter.

**Brian Pritchard**

## NOVEMBER 13th 1976 - LUTON - LUTON YOUNG ATHLETES MEETING

Boys 4 x 2 miles relay: A Team - A.Perriam 11:39 (25); J.Searle 11:41 (22); M.Sharp 12:43 (27); M.Sinclair 11:57 (27). B Team - J.Standing 16:04 (51); P.Morris 12:59 (46).

Colts 2 miles: 66. G.Sexton 13:06; 75. N.Streatfield 13:16; 93. P.Thorp 13:33; 100. T.McCormack 13:44; 153. S.Halden 14:44; 188. D.Orriss; 189. P.Lyttle .

Minors 2 miles: 61. R.Palmer 13:47; 64. R.McCann 13:55; 101. M.Ped-  
erzoll 14:46; 107. K.Sexton 14:52; 124. M.Gomm 15:27; 134. M.Gumley  
16:03.

## NOVEMBER 20th 1976 - BROCKWELL PARK - HERNE HILL HARRIERS' LEAGUE

Boys 3 miles: 13. A.Perriam 21:04; 17. J.Searle 21:20; 32. M.Sin-  
clair 21:48; 56. M.Sharp 22:46; 62. P.Morris 23:00. Team 4th.

Colts 2 miles: 6. M.Cannon; 26. G.Sexton; 48. P.Thorp; 117. S.Pritch-  
ard; 127. R.McCann; 140. M.Worth; 144. S.Halden; 199. T.Hall; 200.  
P.Lyttle.



Bill Couzens organises the girls on a Friday night weights and circuits session. photo by John Wasbrough

For our girls the winter has been a quiet time. Regular running did take place from the Hall but this was disrupted soon after the New Year by the building alterations. Next winter should be a different prospect altogether with the girls' changing rooms and showers being available and there is no reason why we should not stage some inter-club races.

There has only been the one inter-club cross country race, Belgrave's first for girls, and that was the match at Dorking where our young ladies did us proud.

In the walking sphere the "Belles" have been gaining in strength considerably and it will not be too long before they can match the best teams in the country - a testimony to the training given by Carl Lawton and Joe Wilson.

Now the first full track season lies ahead. Belgrave Harriers are entered in the "Lily B League" and the Southern Womens League where the opening match is in Portsmouth. There should also be some ordinary club matches so keep an eye on the fixture card.

Results of events where our girls have taken part will be found throughout the magazine - in the Walking Section, Young Athletes Section, and when the track season gets under way track results for senior ladies will be in the main Track & Field Section.

On December 4th our Youths cross country championship was held as usual on Wimbledon Common and David Bradford proved to be the winner of the "Overseas Cup" with Richard Dorman second and Brian Marmion third.

NOVEMBER 27th 1976 - LLOYD PARK, CROYDON - SURREY C. C. LEAGUE

1. P.Weston (Croydon) 13:26; 23. M.Sinclair 15:40; 29. G.Sexton 16:09; 50. P.Morris 16:45; 51. B.Marmion 16:47; 52. M.Sharp 16:51; 53. R.Hughes 16:52; 70. P.Thorp 18:37; 71. S.Wyld 18:37; 76. S.Hancock 19:23; 77. K.Sexton 19:32; 80. M.Gomm 22:41; 81. M.Gumley 22:41; 82. P.Lyttle 23:20

Teams: 1. Aldershot, Farnham & Dist. 47; 2. Hercules Wimbledon 70; 3 Croydon 78; 7. Belgrave H 151.

DECEMBER 4th 1976 - RICHMOND PARK - INTER-CLUB

Youths/Boys 4 miles: 2. A.Perriam 25:03; 3. J.Searle 25:13; 4. M. Sinclair 26:31; 5. P.Morris 27:17.

Colts 3 miles: 4. R.Palmer 19:28; 8. N.Streatfield 20:05; 9. S.Wyld 21:34; 10. S.Halden 23:08; 11. M.Gomm 23:54; 12. M.Gumbley 24:32; 13. T.Hall.

Teams: 1. Polytechnic H 9; 2. Elliots School 15; 3. Belgrave H 21.

The Merton Schools cross country championships, also held at Wimbledon, was a parade event for Belgrave. There were races for four age groups and three of these were won by Club members - Gerard Sexton in the under-13's, Richard Dorman in the under-17's, and Adrian Cook in the under-20's.

DECEMBER 11th 1976 - BROCKWELL PARK - SURREY C. C. LEAGUE

This was the final race for the youths and boys section of the Surrey Cross Country League and our youngsters managed to lift themselves to place 5th (something our seniors and juniors have not been able to do this season) although still 7th and last in the overall result. This could not be regarded as disappointing for of our five scorers, four are still boys and will continue to be eligible for this race for a further two seasons. They are all improving with every competition and their progress gives us great hope for the future.

1. J.Lynch (Herne Hill H) 13:54; 12. R.Dorman 14:54; 14. A.Perriam 15:01; 20. J.Searle 15:17; 32. M.Sinclair 16:11; 40. P.Morris 16:35; 41. R.Palmer 16:36; 42. P.Thorp 16:37; 45. M.Sharp 16:44; 48. B. Marmion 17:18; 52. R.McCann 17:33; 54. S.Wyld 17:38; 58. K.Holman 19:26; 60. K.Sexton 20:03; 61. M.Worth 20:45.

Teams: 1. Herne Hill H 44; 2. Aldershot, Farnham & Dist 50; 3. Walton AC 69; 5. Belgrave H 104.

Final League Result: 1. Aldershot, Farnham & Dist 139; 2. Herne Hill H 192; 3. Hercules Wimbledon AC 229; 4. Walton AC 238; 5. Croydon H 326; 6. South London H 366; 7. Belgrave H 399.

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Two of our boys competed in the schools inter-county cross country races in Beddington Park and although they are both the same age, they ran in separate events. Perhaps London and Surrey schools interpret the age groups differently. Whatever, Gerry Sexton, competing for Surrey, placed 22nd in the under 13 event whilst Matthew Cannon, in London's colours, came home 68th among the under 15's. Matthew went on to place 7th in the London Schools race on March 11th

JANUARY 8th 1977 - RICHMOND PARK - SURREY CROSS COUNTRY CHAMPS

## County Championships

The firm going of Richmond Park provided a welcome change this season from the usual venue in recent years of Guildford. Sixteen of our young athletes competed in the three age groups with our best position team-wise coming in the boys race. Alan Perriam led home our scoring four to 8th place with Peter Morris only just keeping ahead of an inspired Sheik Wahab in the battle to be fourth scorer. Gerry Sexton was well clear of the rest of our colts to be first Belgravian home in the under-13 event, 59 seconds ahead of Nigel Streatfield. We could only muster three youths and as expected Richard Dorman proved the fastest of them but particularly good running came from Brian Marmion, about half-way down the field.

Youths 4 miles: 1. P.Weston (Epsom & Ewell) 22:03; 40. R.Dorman 25:08; 63. B.Marmion 27:40; 75. R.Hughes 29:33.

Teams: 1. Epsom & Ewell H 16; 2. Herne Hill H 30; 3. Woking AC 53.

Boys 2½ miles: 1. D.Swain (Collingwood) 13:55; 22. A.Perriam 15:26; 33. J.Searle 15:48; 50. M.Sinclair 16:23; 74. P.Morris 17:06; 76. S. Wahab 17:10; 86. M.Sharp 17:25; 109. D.Couzens 18:50; 122. G.Orriss 22:34.

Teams: 1. Collingwood AC 28; 2. Epsom & Ewell H 38; 3. Surrey AC 60; 8. Belgrave H 160; 13 teams closed in.

Colts 2 miles: 1. A.Kerridge (Sutton & Cheam H) 12:25; 35. G.Sexton 14:02; 75. N.Streatfield 15:01; 91. S.Pritchard 15:30; 95. P.Thorp 15:44; 117. S.Halden 17:10.

Teams: 1. Sutton & Cheam H 52; 2. Collingwood AC 67; 3. Surrey AC 75; 17. Belgrave H 283; 17 teams closed in.

JANUARY 15th 1977 - WIMBLEDON COMMON - BELGRAVE CROSS COUNTRY CHAMPS

### *Searle and Cannon win Club Titles*

In conditions far heavier than those of the previous week our boys and colts undertook a lap of our 2½ mile course to determine who would be our 1977 cross country champions. A match was also held in conjunction against Rutlish School and we were treated to the fine sight of a Belgrave 1,2,3 with John Searle spearheading the Bels to a team win, 32 points to 47, and gaining revenge over Alan Perriam for the Surrey race. Mark Sinclair also closed right up on Alan. First colt to cross the finish line from a field of fifteen was Matthew Cannon in a very good time.

Boys 2½ miles: 1. J.Searle 16:55; 2. A.Perriam 17:36; 3. M.Sinclair 17:48; 4. P.Morris 18:42.

Colts 2½ miles: 1. M.Cannon 17:56; 2. G.Sexton 18:14; 3. N.Streatfield 18:59; 4. P.Thorp 19:27; 5. D.Blackburn 20:07; 6. R.Palmer 20:26; 7. R.McCann 20:29; 8. S.Pritchard 20:40; 9. M.Pederzolli 21:10; 10. M.Gomm 22:37; 11. K.Sexton 22:49; 12. M.Gumley 24:03; 13. R.Jones 25:01; 14. M.Plummer 25:09; 15. T.Hall 26:36.

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Opposite page: Getting bespattered with mud is half the fun of training on Wimbledon Common. Alan Perriam, Mark Sinclair and Mark Sharp are pictured here before their mothers wipe the grins off their faces.

photo by John Wasbrough

JANUARY 22nd 1977 - DORKING - INTER-CLUB MATCH

A slippery and very severe hill did nothing to daunt our teams at Dorking. Our boys overwhelmed the opposition to win their team race but unfortunately all individual positions are not available at the present. John Searle was the winner in 12:52 and Alan Perriam was 3rd in 13:13. Mark Sinclair and Peter Morris were 4th and 5th.

Our young ladies also coped extremely well with the tough course and did well to complete a team in each age group in what was Belgrave's first ever excursion into cross country running for girls.

Junior Ladies: 10. A.Matthews 17:34; 11. K.O'Sullivan 17:34; 14. J. Baker 18:16; 15. C.Taylor 18:21; 17. J.Pritchard 18:50; 19. J.Carter 21:43; 20. K.Norris 21:55.

Teams: 1. Camberley AC 36; 2. Crawley AC 60; 3. Belgrave H 86.

Minors (11-13): 27. A.Taylor 11:52; 29. R.Morris 12:05; 30. P.Taylor 12:25.

Teams: 1. Dorking St. Pauls AC 10; 2. Crawley AC 20; 3. Camberley AC 24; 6. Belgrave H 86.

Minors (under 11): 6. B.Sexton 11:22; 10. A.Jones 13:02; 11. S.Beagley 13:13.

Teams: 1. Hercules Wimbledon AC 7; 2. Walton AC 18; 3. Belgrave H 27

JANUARY 29th 1977 - BROCKWELL PARK - HERNE HILL H LEAGUE

Youths: 32. R.Hughes; 36. B.Marmion. Team 10th

Boys: 15. A.Perriam; 22. J.Searle; 44. M.Sinclair; 45. P.Morris; 66. S.Wahab. Team 6th.

Colts: 4. M.Cannon; 22. G.Sexton; 58. R.McCann; 106. M.Pederzolli; 114. K.Sexton; 115. P.Thorp; 146 M.Gomm; 168. M.Gumley; 262. T.Hall. Team 13th.



FEBRUARY 12th 1977 - WINDSOR GREAT PARK

## The 'Southern'

Mud, mud and more mud! Alan Perriam seemed unaffected by the tough going, storming away from our other five runners. The standard in boys' races is incredibly high these days however, and his fine run was rewarded with only 81st place. Nevermind, there is a long way to go yet. Mark Sinclair, who had not been running quite up to his normal form, also coped well and came back with a bang to keep ahead of John Searle. The ever-reliable Peter Morris closed in our team ahead of local rivals Surrey AC, Hercules Wimbledon and SLH, and only just behind Croydon H. Well done too. the "backer-uppers" Mark Sharp and Sheik Wahab.

Yet again we were unable to complete a youths' team even though Richard Dorman turned out, having run for his school in the morning.

Youths: 1. G.Heathers (Fleet & Crookham) 22:19; 222. R.Dorman; 239. D.Bailey; 252. B.Marmion

Teams: 1. Essex Beagles 121; 2. TVH 123; 3. Woking AC 143; 42 teams closed in.

Boys: 1. A.Bristow (Brighton & Hove) 15:11; 81. A.Perriam; 145. M. Sinclair; 146. J.Searle; 246. P.Morris; 262. M.Sharp; 264. S.Wahab.

Teams: 1. Haringey & Southgate 56; 2. Shaftesbury H 96; 3. Essex Beagles 147; 35. Belgrave H 618; 38 teams closed in.

FEBRUARY 26th 1977 - TILGATE FOREST - CRAWLEY AC YA RACES

Boys: 18. A.Perriam 15:34; 47. J.Searle 16:00; 94. M.Sinclair 17:29; 103. P.Morris 17:49; 135. S.Wahab 19:18.

Teams: 1. Aldershot, Farnham & Dist 39; 2. Brighton & Hove 56; 3. Collingwood AC 66; 16. Belgrave H 253; 28 teams closed in.

Colts: 63. G.Sexton 15:53; 86. G.Williscroft 16:18; 117. D.Virtue 17:06; 125. S.Pritchard 17:25; 139. S.Wyld 17:40; 155. S.Halden 19:34; 161. D.Orriss 21:52; 165. T.Hall.

Teams: 1. Crawley AC 18; 2. Collingwood AC 75; 3. Basingstoke 92; 23. Belgrave H 'A' 360; 32. Belgrave H 'B' 531; 32 teams closed in.

Minors: 36. R.McCann 10:29; 92. K.Sexton 11:19; 129. M.Gomm 12:47; 140. M.Gumley 13:01.

Teams: 1. Sussex Road School 24; 2. Collingwood AC 70; 3. Sussex Road School 'B' 79; 22. Belgrave H 341; 31 teams closed in.

Brian Marmion was our only competitor in the Youths National Cross Country Championship at Parliament Hill on March 5th, placing 525th.

MARCH 12th 1977 - BROCKWELL PARK - HERNE HILL H LEAGUE

## *Forward placings in HHH League*

The winter season closed with the fourth and last Herne Hill Harriers League match in Brockwell Park. Fields have been massive in every race but our young athletes have held their heads high with regular, solid team positioning that gave them good overall placings. The colts ended up 13th of 43 teams whilst the boys reached equal

4th from 25 teams, only to be shifted down to 5th on a countback. We did not enter a youths team in the final match and on other occasions had been forced to take last scoring positions through not having enough men; this resulted in 14th out of 15.

**Boys 3 miles:** 9. A.Perriam; 16. J.Searle; 31. M.Sinclair; 41. P. Morris; 54. M.Sharp; 56. S.Wahab; 61. P.Clay. Team 5th.

**Colts 2 miles:** 51. R.McCann; 56. D.Blackburn; 121. S.Halden; 130. M. Gomm; 131. M.Gumley; 140. P.Lyttle; 143. D.Orriss; 144. M.Daniels. Team 16th.

## **Meet the youngsters....**

### ● KEVIN SEXTON

Kevin goes to Sacred Heart School and although only 9 has maturity well beyond his age and is already proving a great asset with his will to win but above all his friendliness and helpful ways. Kevin is always keen to compete and has proved himself in races often beating boys three or four years older than himself.

### ● GERRY SEXTON

Gerry is thirteen and goes to St. Catherine's School. The older brother of Kevin, he has this year emerged over the country as a great force. Like his younger brother he is a great competitor and does not know when he is beaten. Gerry is Colts Captain at which he has proved a great success. He is reigning Merton Schools Cross Country Champion and was also runner-up in the Belgrave Championship this year.

### ● DAVID COUZENS

David is fourteen and goes to Rutlish School. He has run on the country this year but much prefers the track in the form of sprints and long jump. He excels at the indoor sessions held on a Friday evening at the Hall and after watching David over the last two years I tend to think that he could, if he wishes, follow in the footsteps of Mark Shippen as a pole vaulter.

### ● MARK SINCLAIR

At fourteen, Mark is a member of the group of very good young Belgians who have emerged over the past two or three years. A fierce competitor but also very friendly and well liked by the other boys. He prefers cross country but is also a very useful track runner. Mark won the Boys Cross Country Championship in 1976 and was placed 3rd this year. He was winner of the Ron Wyld award last season.

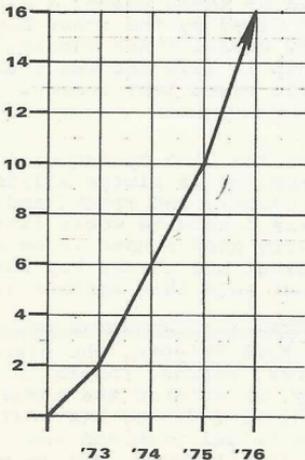
### ● MARK SHARP

Mark is also fourteen. He was introduced to the Club by Ray Hall and has an older brother, Steve, who is a walker. He is always willing to support every club fixture both on the country and track, and although he has not yet achieved the success I know he would like, I am sure he has the ability to become a very good runner if he will be patient for a little bit longer. A pleasant and cheeky boy and a Leeds United supporter (although we will not hold this against him.)

At the A.A.A. Youths Indoor Championships Mark Shippen, who placed 3rd in the UK list for 1976 with 3.92 metres, reached fourth in the pole vault but did not have a good day. He entered the competition at 3.40m and cleared successfully. Missing 3.50m, his next attempt was 3.60m and here he had a few technical problems and failed to clear. However, now is the time to hit snags, not later on in the middle of the summer season.



**FIVE ★  
STANDARD  
CONTINUES  
TO SOAR**



For four seasons now we have been promoting the A.A.A. 5 Star Award Scheme within the Club and in each year the number of Bels attaining the top grade has increased. When one remembers that the standard required in any event gets higher with each age group (i.e. a 15 year old has to do a better performance than a 14 year old to reach the same grade) it is plain to see that our young members are improving at a faster rate than can be put down to "growing up". Last summer saw our girls having a go at the scheme for the first time and a very encouraging start it was too.

For those who want to be reminded how the scheme works: Points are awarded for all the normal track and field events during the summer and the better the performance, the more points one scores. At the end of the season the points for each member's best three events (one track and two field or one field and two track) are totalled to measure against a rating chart.

It will all be happening again this season. Don't worry if you only made a one or two star award last year - aim for the same again or maybe one better in 1977. Good luck!

Badges: If you have not yet got your cloth track suit badge showing your A.A.A. Star Award for 1976 send a 30p postal order to Brian Pritchard (address on inside front cover) or give your money to him when you next see him.

1976 AWARDS - GIRLS

under 11

\*\* A.Jones  
\* B.Sexton

under 12

\*\*\*\*\* P.Taylor  
\*\*\*\* R. Morris  
\*\*\* T.Couzens

under 13

\*\*\*\* A.Taylor

under 15

\*\*\*\* J.Carter

under 16

\*\*\* C.Taylor

1976 AWARDS - BOYSunder 11

\*\*\*\*\* R. Palmer  
 \*\*\*\*\* R. McCann  
 \*\*\*\*\* L. Barber  
 \*\*\*\*\* M. Pederzolli  
 \*\*\*\* K. Sexton

under 12

\*\*\*\*\* S. Wyld  
 \*\*\*\*\* G. Burree  
 \*\*\*\*\* S. Pritchard  
 \*\*\*\*\* P. Thorp

under 13

\*\*\*\*\* M. Cannon  
 \*\*\*\*\* P. Lyttle  
 \*\*\*\*\* G. Sexton  
 \*\*\*\*\* D. Blackburn  
 \*\*\*\*\* J. Brinkley

under 14

\*\*\*\*\* J. Fernee  
 \*\*\*\* P. Stride

under 15

\*\*\*\*\* P. Clay  
 \*\*\*\*\* C. Powley  
 \*\*\*\*\* J. Searle  
 \*\*\*\*\* M. Sinclair  
 \*\*\*\*\* J. Standing  
 \*\*\*\*\* S. Wahab  
 \*\*\*\*\* D. Couzens  
 \*\*\*\* P. Morris  
 \*\*\*\* M. Sharp

under 16

\*\*\*\*\* S. Samson  
 \*\*\*\*\* M. Shippen  
 \*\*\*\*\* R. Dorman  
 \*\*\*\*\* C. Hopkirk  
 \*\* P. Hurd

under 17

\*\*\*\*\* M. L-Bailey  
 \*\*\*\*\* D. Bailey  
 \*\*\*\*\* R. Danpure  
 \*\*\*\* B. Marmion

under 20

\*\*\*\*\* A. Cook



Youth Club Champion David Bradford rounds the final turn into Lauriston Road in the 5 $\frac{1}{4}$  mile road race. His strong running, particularly over the last mile, marks him as a force to be reckoned with in all future senior club races.

photo by Pat Mead

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# The Headquarters Story

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It is fitting that the latest chapter in the story of our Club Headquarters should be completed to celebrate our 90th anniversary in Jubilee Year and it seems an opportune time to hark down the years and recall early days, early training quarters and our gradual progress towards today's Belgrave Hall.

Back in September of another Jubilee Year, 1887 and Queen Victoria's 50th year on the throne, in a London very different from the city we know today, the Belgrave Harriers were founded at an inaugural meeting held at the sign of the "King's Arms", Ranelagh Road, Westminster. The portcullis from Westminster's coat of arms remains with us to this day on our Club badge to link us with our Victorian beginnings. In that first year of the Club, the Boxing Day handicaps were staged on the Thames Embankment and in the twelve years that the "King's Arms" remained our HQ many were the races held at this venue. It was not uncommon for sprint handicaps to be held late into the night with spectators and bookmakers out in force.

The nearby "King William IV" public house in Grosvenor Road became the home of Belgrave Harriers in 1899 and at the same time the "Railway Tavern" in Battersea Rise, a short distance from Clapham Junction, was booked by the Club for cross country running. It is difficult to imagine a cross country course in this vicinity now but as reported in an earlier "Belgravian" this area south of the Thames - now largely Battersea Park - was a lonely and marshy place and, "no place to traverse with your wages in your pocket and a fog coming up." In 1903 the cross country running base moved again, to the "Red Lion" Hotel, Barnes.

Round about 1908 no. 180 Kings Road, Chelsea became the Club's main headquarters with cross country taking place from the "Spencer Arms" Barnes, where the licensee was a famous man in the sporting world - rowing coach Tom Sullivan. Almost opposite, at the "Cricketers", were the headquarters of our traditional rivals of those days, Ashcombe A.C. Our cross country course was across Putney Common, Barnes Common, up Sheen Lane and into Richmond Park.

Sullivan's departure for Germany in 1913 to coach the Berlin Rowing Club meant that the Bels' country men were on the move again and this time they came to rest on ground familiar to us today, establishing themselves at the Raynes Park Hotel. Up in town the "Surprise" Tavern was now used, with track meetings held at Stamford Bridge and at Battersea Park cricket pavilion.

After the First World War, when the club had all but ceased to exist, Caius Hall, Battersea and Pepys House, Westminster were Belgrave's temporary homes. The Raynes Park Hotel continued in use as a winter headquarters until 1920 when our runners and walkers moved up from Raynes Park to Wimbledon and the "Swan" opposite Lauriston Road; for a season the skittle alley of that house, now the long lounge bar at the rear, was used for changing accommodation. From there it was a short hop in 1921-22 round the corner into Denmark Road where St. John's Hall was rented for our purposes and this was nominated as the main HQ of the Club. Mid-week quarters were found at the "Rising Sun", Ebury Bridge Road, SW1 and these were enjoyed until 1938. The team spirit and comradeship forged in the primitive accommodation at the "Rising Sun" contributed much to Belgrave's many successes during that period.

Tin baths were also the order of the day at Wimbledon, with hot water strictly rationed. Members contributed money towards a "hot water fund" until by 1930 the total reserves of the Club were about £500 thanks mainly to the efforts of Bob Ricketts, Harry Hare and Wally Bayliss. In 1932 Harry Hare launched the "halfpenny saving scheme" which called upon members never to spend their odd half-pennies but to save them for the Club funds. This was a marvellous success and it was followed by yet another scheme, organised by Frank Elson, which took the form of a competition based on football results. Tom Cotton and Teddy Gordon added their weight to Frank Elson's competition which became even more ambitious and in 1938 their work resulted in the purchase of the leasehold of St. John's Hall and our reserves now approached £2,500. The Hall was made our sole HQ and was renamed Belgrave Hall.

With the Second World War the sport was severely restricted but Belgrave Hall remained open and became the focal point of athletics in the South. In 1941 Les Cohen took charge of all of the Club's moneymaking schemes and continued to push up our bank balance. He continues to run the lucrative football competition thirty-six years later and we are much in his debt for this mammoth fund raising task.

After six years of hostilities normal athletic activities resumed. Mid-week hospitality was offered to us at the Duke of York's Barracks Kings Road and a handful of our members still train from this tranquil ground in the heart of bustling Chelsea.

In 1950 the freehold of Belgrave Hall was taken over and dreams of improvements to our spartan facilities came nearer to reality. After a battle for building permits and licenses building work was eventually undertaken and by the end of 1954 our headquarters were as we have known them until very recently. A two storey addition had been built at the rear of the one-time church hall, housing a shower room with water heating equipment, handbasins, toilets and footbaths. Upstairs in this new section were the kitchen, committee room and ladies waiting room.

Pleased as our officials were with their work they made it clear that this was not the end of the road by any means, just another step along the way towards providing the best possible facilities. Nevertheless, the Hall remained unchanged in a world that moved faster year by year. It no longer became acceptable to remain a mens' club only for a sport in which the whole family is capable of taking part. Furthermore, athletes, faced with many counter attractions, naturally became more demanding in their requirements and if their interest was to be retained it became obvious that an athletic club like ours, if it was not only going to survive but progress, needed to give more to its members and move with the times.

A new generation of Belgrave officials, fired with all the determination and love of their club as those of old, have pushed forward again. From July 1st last year Belgrave Harriers became a mixed club and keeping good their promise to provide changing accommodation for the new female members, those officials have cajoled money from sources previously thought to be impossible - the Sports Council, your pockets, ... the Club's funds.

Building began in early February 1977 and approximately £9,000 and 10 weeks later the upper floor has been extended one third of the way into the main body of the Hall to provide a new refreshment lounge. In times of social activity, from behind a balustrade, this lounge can be used to overlook the lower floor but can be curtained off on other occasions. The kitchen has been changed by blocking up the old serving area and building a new counter facing the lounge. The old committee/tea room has been converted to a ladies changing room while the old waiting room has now been installed with four

continued on page 58 .....

# CLUB RECORDS



We are pleased to be able to produce a complete track and field club record list for men through to colts (1st claim members only) as at the commencement of the 1977 summer season. A good deal of time has been spent by Bob Taylor, Leo Coy, Reg Hopkins Snr and Alan Mead in verifying certain marks and hunting out the full details of others. However, some details still remain missing and if you can fill in any of the blank spaces please inform the Editor (address on page 3) Don't leave it to someone else, you may be the only person who knows

## Fully electronic timing.

Where fully electronic timings have been recorded for sprints, they are shown to 1/100th of a second and they are listed before the manual timings.

## Wind assistance.

Times achieved for 100 metres, 200 metres and 110 metres hurdles, and distances for long and triple jumps are normally only counted for record purposes if the wind speed reading at the time was not in excess of 2.0 metres per second following. Of course, at most club meetings a wind gauge is not available and there is the obvious problem of measuring record performances at these meetings where the wind may have been over the limit, against those at a top meeting where the performance was fractionally aided. It has therefore been decided to list all performances wind assisted or otherwise. Where a wind reading was recorded it is shown alongside the performance. Where a performance was obviously assisted but a wind reading was not available or not known, w/a is shown. Where a performance is achieved without wind aid (a reading of less than  $\pm 2.0$ mps) and it is superior to any other, only that performance is listed.

## Imperial distances.

Distances and heights originally recorded in feet and inches have been converted to metric, rounding down to the next whole centimetre. This produces an interesting situation in the high jump where J. Dodds' 1936 record of 6'3½ converts to 1.91m, as does Reg Hopkins' 1972 leap of 6'3¼.

Performances set in races over the slightly longer imperial distances are annotated - Imp. Deduct 0.1 for 220yds (200m), 0.3 for 440yds (400m) and 0.7 for 880yds (800m) to get the converted metric time. The conversion cannot be recognised as a record as it is only the probable time and not the actual time for the metric distance.

## Weights of throwing implements.

From 1971 onwards throwing implements were increased in weight for juniors, youths and boys/colts. Best pre-'71 figures will continue to be recorded until such times as the distances achieved with the new implements exceed those set with the old.

## 110 Metres hurdles.

As it is not unusual for outstanding juniors and youths to compete in senior teams in high hurdle races, best figures set by athletes in these age groups for the senior event are also included.

## Other notes.

Unsubstantiated marks are noted - uns. Where an event has been superseded by another it is noted - sup.

# SENIOR MEN

100 Metres	Ernest Obeng	Crystal Palace	13/8/76	AAA Champs (5th)	+0.2	10.71
	John Mitchell John Mitchell James Vivian Clifford Brooks Stephen White Ernest Obeng	Clamart, France Motspur Park Crystal Palace G'town, Barbados Iffley Road Crystal Palace	11/6/67 14/5/69 12/7/69 30/6/73 /5/75 18/8/76	Paris U v Lndn U Lndn U v B Rd v AAA SCAAA Champs Barbados Champs (4th) SCAAA v Mddx v CS (1st)	+0.7	10.7
200 Metres	Ernest Obeng Stephen White	Crystal Palace West London	13/8/76 16/5/74	AAA Champs heats Oxford v Cambridge(1st)	+2.3 w/a	10.70 10.6
	Brian Morris Stephen White Stephen White	Belfast Redhill Iffley Road	17/6/61 28/7/73 12/8/75	AAA v N Ireland (3rd) Southern League (1st)	Imp	21.6
400 Metres	Stephen White Ernest Obeng	West London Crystal Palace	16/5/74 24/4/76	Oxford v Cambridge (1st) SCAAA Open (1st)	w/a w/a	21.2 21.6
	Gerry Leroy	White City	13/8/60	British Games (4th)		47.7
800 Metres	David Cocks	Motspur Park	30/5/64	Surrey Champs (1st)	Imp	1:49.6
1,500 Metres	John Thresher	Wimbledon Park	27/7/68	Brockman Trophy (1st)		3:44.6
1 Mile	John Thresher	Motspur Park	22/7/64	City Charities (5th)		4:02.1
3,000 Metres	John Bicourt	Crystal Palace	4/7/75	Philips Golden Int(4th)		7:59.6
5,000 Metres	Gerard Deegan	Crystal Palace	14/8/76	AAA Champs (4th)		13:41.2
10,000 Metres	Gerald North	Crystal Palace	25/9/68	SCAAA Open		29:21.0
Marathon	Anthony Brien	Boston, U.S.A.	21/4/75	Boston Marathon (12th)		2:17:20
110m Hdls (106.7cm)	Paul Whitby	Ewell Court	24/7/76	Southern League (3rd)		15.4
400m Hdls (91.4cm)	Mel Ford	White City	8/8/70	AAA Champs (5th)		53.1

## SENIOR MEN

2,000m Steeplechase	John Bicourt	Crystal Palace	26/5/76	Boro Rd Meet (2nd)		5:31.4
3,000m Steeplechase	John Bicourt	Stockholm	8/6/76	June Games (8th)		8:22.9
4 x 100m Relay	Dennis Merrett Ron Holtum Basil Walden Ivan Mayers	Birmingham	31/7/54	AAA Champs (1st)	Imp	42.6
4 x 400m Relay	Peter Eldridge Brian Morris Graham Worrell Gerry Leroy	White City	26/8/61	AAA Champs (2nd)	Imp	3:15.3
100 x 1 Mile Relay		Croydon	27/4/69	Blackheath H Centenary		8:40:56
Long Jump	Stephen White	Meadowbank	10/6/72	BUSF Champs (2nd)		7.41
	John Mitchell	Portsmouth	20/8/69	BUSF v CS v SCAAA (2nd)	w/a	7.46
High Jump	John Dodd Reg Hopkins Jnr	Rotherham Crystal Palace	25/6/36 11/6/72	NCAAA Champs (1st) London Schools (1st)	6'3 $\frac{1}{2}$ " 6'3 $\frac{1}{4}$ "	1.91
Triple Jump	Derek Boosey	Madeley College	15/6/68	Inter-College (1st)		16.22
Pole Vault	Henry Pfenninger	Leicester	19/9/70	Nat League Qual (A-1st)		4.19
Hammer (7.257Kg)	Percy Porter	White City	12/7/57	AAA Champs (3rd)		52.32
Discus (2Kg)	Glyn Ratcliffe	Singapore	/76	Services (1st)		51.80
Javelin (800gm)	Nicholas Head	Wimbledon Park	8/7/67	Brockman Trophy (1st)		64.39
Shot (7.257Kg)	Derek McCorquindale	Halton	6/6/59	Bucks Champs (1st)		15.78
Decathlon	Cliff Brooks	Meadowbank	24-25/8/74	Scottish AAA Champs(1st)		6,707 pts

# JUNIOR MEN

under 20 on December 31st

100 Metres	Stephen White Mick Marshall Mick Marshall	Hurlingham Battersea Park Crystal Palace	31/5/69 19/5/71 12/6/71	Belgrave Snr Champs(1st) Inter-Club (1st) London Schools (2nd)		11.0
	Mick Marshall Mick Marshall	Vincennes, Fra	1/5/71 /71	Inter-Borough (1st)	w/a uns	10.9 10.8
200 Metres	Stephen White	Crystal Palace	14/6/69	London Schools (1st)		21.7
400 Metres	Stephen White	Crystal Palace	17/9/69	SCAAA Open (Snr-3rd)		49.4
800 Metres	Peter Carton	Ilford	22/5/71	Southern League (A-3rd)		1:53.5
1,500 Metres	John Stow	Motspur Park	30/5/70	Surrey Jnr Champs (3rd)		3:57.8
3,000 Metres	John Stow	Brighton	21/6/70	SCAAA Jnr Champs (3rd)		8:36.8
5,000 Metres	Peter Carton	Battersea Park	15/7/70	Belgrave Snr Champ (4th)		15:04.0
110m Hdls (99.0cm)						
110m Hdls (106.7cm)	Reg Hopkins Jnr	Norbiton	28/4/73	Banstead C Trophy (1st)		17.0
400m Hdls (91.4cm)	Reg Hopkins Jnr	Crawley	30/6/73	Southern League (B-3rd)		58.6
2,000m Steeplechase	Paddy Breslin	Crystal Palace	20/6/71	SCAAA Jnr Champs		6:23.4
3,000m Steeplechase	Michael Manning	Norbiton	29/5/76	Banstead C Trophy(B-1st)		10:22.8
4 x 100m Relay	John Mitchell Denis Gleeson Chris Martin James Vivian	Hurlingham	28/8/65	AAA Jnr Champs (1st)	Imp	42.8
Long Jump	Martin Scott	Motspur Park	14/5/74	Surrey Jnr Champs (1st)		7.13
	Martin Scott	Motspur Park	14/5/74	Surrey Jnr Champs (1st)	w/a	7.17

# JUNIOR MEN

under 20 on December 31st

High Jump	Reg Hopkins Jnr	Crystal Palace	11/6/72	London Schools (1st)	6'3 $\frac{1}{4}$ "	1.91
Triple Jump	Rodney Heward-Mills	Crystal Palace	10/7/71	England Schools (1st)		15.47
Pole Vault	Mark Shippen	Crystal Palace	8/9/76	SCAAA Open		3.92
Hammer (6.25Kg)						
Discus (1.5Kg)	John Grey		4/6/49	Surrey Jnr Champs (1st)	sup	41.96
(1.75Kg)	L. Ryan	Battersea Park	8/8/73	Inter-Club (1st)		29.36
Javelin (800gm)	Peter Crosbie	Croydon	21/6/75	Southern League (A-2nd)		55.78
Shot (12 pounds)	John Powell-Jones	Birmingham	31/7/54	AAA Jnr Champs (1st)	sup	16.18
(6.25Kg)	Reg Hopkins Jnr	Crystal Palace	21/7/73	AAA Jnr Decathlon (4th)		9.67
Decathlon(Snr Equip)	Reg Hopkins Jnr	Crystal Palace	21-22/7/73	AAA Jnr Decathlon (4th)		5,161 pts
Pentathlon	Reg Hopkins Jnr	Wimbledon Park	14/5/73	Surrey Jnr Champs (3rd)		2,431 pts

# YOUTHS

under 17 on September 1st

100 Metres	Mick Marshall	Ewell Court	24/4/70	London Schools		11.1
	Mick Marshall		/70		uns	11.0
200 Metres	James Vivian	Motspur Park	26/5/64	Surrey Yth Champs (1st)	Imp	22.7
400 Metres	Martin Bloice	Motspur Park	30/5/70	Surrey Yth Champs (1st)		51.3
800 Metres	Richard Langley	Motspur Park	7/6/69	Surrey Yth Champs (2nd)		2:00.6
	David Cocks	Battersea Park	/60	Club H'cap (off scratch)	Imp	1:59.0
1,500 Metres	William Curtin	Bracknell	24/5/69	Camberley YA Meet (2nd)		4:04.4

# YOUTHS

under 17 on September 1st

3,000 Metres	Peter Carton	Battersea Park	30/7/69	Inter-Club (Snr-6th)		9:07.0
100m Hdls (91.4cm)	Patrick Murphy	Wimbledon Park	14/7/76	Hercules AC Trophy		16.2
110m Hdls (106.7cm)	Mark Lindsay-Bailey	Ewell Court	24/7/76	Southern League		17.1
1,000m Steeplechase	Victor Butcher	Crystal Palace	23/7/68	Surrey Yth Champs	sup	3:02.0
1,500m Steeplechase	John Bicourt		/62			4:44.0
Long Jump	J. P. Key	Southgate	26/6/54	SCAAA Yth Champs (1st)		6.64
High Jump	Mark Lindsay-Bailey	Motspur Park	21/8/76	Southern League (A-2nd)		1.85
Triple Jump	Mick Marshall	Leicester	19/9/70	Nat League Qual (B-2nd)		12.80
Pole Vault	Mark Shippen	Crystal Palace	8/9/76	SCAAA Open		3.92
Hammer (5Kg)	Richard Danpure	Redhill	4/5/75	YA League (7th)		17.91
Discus (1Kg)	John Martin	Chiswick	29/6/64	Inter-Club	sup	42.97
(1.5Kg)	Albert Ryan	Motspur Park	14/5/74	Surrey Yth Champs (2nd)		32.18
Javelin (700gm)	Peter Crosbie	West London	11/8/74	Inter-Counties (1st)		54.62
Shot (10 pounds)	John Powell-Jones	Tooting	10/5/52	Surrey Yth Champs (1st)	sup	14.75
(5Kg)	D.Raffell		/71	Sth London Schools (1st)		11.99
Decathlon(Snr Equip)	Reg Hopkins Jnr	West London	/71	SCAAA Jnr competition		3,748 pts
Pentathlon	Reg Hopkins Jnr	Wimbledon Park	8/5/71	Surrey Yth Champs (1st)		2,560 pts
4 x 100m Relay	team composition unknown	Wimbledon Park	9/5/70	Surrey Yth Champs		46.5

**BOYS**

under 15 on September 1st

100 Metres	John Fernee	Motspur Park	10/7/76	Belgrave Champs (1st)		12.0
200 Metres	John Fernee	Ewell Court	31/7/76	Inter-Club (1st)		24.8
400 Metres	Roger Hudson		/61		Imp	52.9
800 Metres	Roger Hudson William Curtin Richard Langley	Peterborough Portsmouth	/61 7/7/67 /68	England Schools England Schools(4th)	Imp Imp Imp	2:05.0
1,500 Metres	Reg Hopkins Jnr John Searle Mark Sinclair	Battersea Park	/69 /76 /76	Mrs L Ryan Cup		4:52.0
3,000 Metres	Mark Sinclair	Chiswick	26/5/76	Inter-Club (3rd)		10:56.4
80m Hdls (83.8cm)	Mark Shippen John Fernee	Wimbledon Park Battersea Park	16/7/75 12/6/76	Hercules AC Trophy (2nd) Mrs L Ryan Cup		13.0
4 x 100m Relay	D. Milan D.Wilkinson R.Williams R.Gale	Battersea Park	21/7/67	Churchill Gdns Meet	Imp	52.2
Long Jump	Mark Shippen	Motspur Park	3/6/75	Surrey Boys Champs		5.42
High Jump	Alan Mills		/68			1.63
Triple Jump	Ivan Beaumont	Battersea Park	3/8/74	Belgrave Snr Champs(2nd)		11.63
Pole Vault	Mark Shippen	West London	6/9/75	GLC Invitation		3.20
Hammer (4Kg)	David Warren	Reading	22/6/75	YA League (7th)		21.03
Discus (1.25Kg)	Mark Shippen	Guildford	25/5/75	YA League (6th)		25.07
Javelin (600gm)	Peter Crosbie	Motspur Park	6/6/72	Surrey Boys Champs (1st)		42.22

**BOYS**

under 15 on September 1st

Shot (4Kg)	John Martin	Hurlingham	/6/62	London Schools (1st)		13.00
Pentathlon	Mark Shippen	Redhill	30 8/75	Redhill & Rgt Open(3rd)		1,641 pts

**COLTS**

under 13 on September 1st

100 Metres	Patrick Lyttle	Battersea Park	5/9/76	5 Star Award Comp		13.7
200 Metres	Matthew Cannon	Wimbledon Park	14/7/76	Hercules AC Trophy		29.7
400m	Matthew Cannon	Battersea Park	13/6/76	Mrs L Ryan Cup		1:05.8
800m	Matthew Cannon	Wimbledon Park	14/7/76	Hercules AC Trophy		2:22.4
1,500m	Matthew Cannon	Battersea Park	2/6/76	Club race (1st)		4:59.0
80m Hdls (83.8cm)	Matthew Cannon	Wimbledon Park	14/7/76	Hercules AC Trophy		14.4
Long Jump	Patrick Lyttle	Battersea Park	5/9/76	5 Star Award Comp		4.60
High Jump	Matthew Cannon	Battersea Park	12/6/76	Mrs L Ryan Cup		1.58
Triple Jump	Scott Wyld	Chiswick	28/5/75	Inter-Club (3rd)		7.64
Javelin (600gm)	Stephen W. Crosbie	Battersea Park	3/8/74	Club competition (3rd)		25.34
Shot (4Kg)	Martin Munroe	Battersea Park	22/5/74	Mrs L Ryan Cup		7.79

# WALKING

A quiet winter, we won the Enfield, placed 2nd in the Belgrave, 3rd in the Cambridge and 4th in the Met. Police. We did have some excuses as the season progressed, with John Hall gallivanting off to South Africa, Graham Seatter off the road with a cracked bone and Nigel Morris taking a tumble on his motorcycle. But the spring is here and they are all almost back on the road again. John Moullin was beginning to show some of the old form but unfortunately he is now down with a hernia which is likely to keep him out for a few weeks. Bob Picton, still going with renewed vigour, has been throwing in some P.B.s and looks set for a good summer season.

A run down on the last year's scoring teams shows that a remarkable number of no less than 19 walkers were involved. One not in that 19 was John Bromley. He had rather a bad year one way or another but '77 seems to have put on a new face. We won the Garnet for the first time since '68 with John first man home and we won the G.L.C. with John as fourth man.

The Cambridge Harriers Open is never one of the best supported races and as a result usually gives some of our 'B' men a chance. So it proved again with Doug. Fotheringham and Dave McMullen coming through for third team overall.

Nigel Morris as mentioned earlier was involved in an accident early in December when he succeeded in breaking a leg and an arm. As he lost all his kit it was decided within the club to have a whip round which resulted in his having a complete refitment. One hopes that he will be able to fight back to fitness again in order to use it.

A name from the not too distant past re-appeared recently in the shape of Bob Whitehead. He was Club Junior Champion in the early '70s and should soon be back into form for the summer.

On the girls' side, we are slowly increasing in numbers. We could do with more but the only problem is ensuring that they all get regular outings. Due to the Womens Section entering the Southern Womens League this year we will be relying on all our walkers to be trying their hand at other events in order to ensure full turn-outs.

The Garnet title was a welcome win for the Bels, even though it is a restricted championship. Two years ago we were second team but this year we had a complete new four to take the title. It has, however, taken Doug. Fotheringham about 25 years to combine in with a scoring four which wins. It proves the old story that everything comes to he who waits. I trust that not everyone works on that theory or else we will never produce the results.

What of the coming year? Can we lift a senior title? We have the men the dedication, and we just need the right performance at the right time.

Carl Lawton

Walking Hon. Secretary

Racing at Preston Park, Brighton on February 6th John Hall clocked 49:31.4 for 6th place over 10,000 metres.

NOVEMBER 6th 1976 - IMBER COURT - CIVIL SERVICE '7'

## Another 'PB' from John Hall

Bob Dobson of the Civil Service went straight into the lead in this two lap race but at the halfway mark was only two seconds up on Carl Lawton. Carl tried to go ahead on the second lap but with two miles to go Dobson pulled all the stops out and went on for a fairly comfortable victory. A personal best came from John Hall, in Civil Service colours, and with others of our team also not under the Belgrave banner on this occasion third team place was the lot of the Bels.

1. R.Dobson (CS) 51:35; 2. C.Lawton 52:07; 5. J.Hall (CS) 53:20; 12. R.Tanner (MP) 55:51; 14. R.Middleton (CS) 56:14; 19. R.Picton 58:40; 21. J.Dunsford 59:09; 22. D.Fotheringham (MP) 59:24; 24. S.Bennett 59:47; 28. D.McMullen 60:12; 31. J.Moullin 60:34; 35. J.Bromley 61:30; 36. R.Day 62:10; 46. J.Keown (CS) 64:18; 49. J.Morris 65:36; 71. R.Carter 73:04.

Teams: 1. Civil Service 52; 2. Essex Police 136; 3. Belgrave H 137.

NOVEMBER 13th 1976 - ENFIELD - ENFIELD OPEN '7'

## Belgrave win at Enfield

"Seatts" chanced his arm by battling away with Messrs. Lightman and Marlow while Carl Lawton took a steadier start. However, our New Zealander was not at his best and he dropped back down the field slightly to eventually place 7th. Our Walking Hon. Secretary, meanwhile, stepped on the gas and powered through the field to place a clear third ahead of Seddon (BoE) and Carter (Southend), leading the Bels to a narrow victory.

1. S.Lightman (Met WC) 49:59; 2. P.Marlow (Southend) 50:02; 3. C. Lawton 50:54; 7. G.Seatter 52:41; 12. J.Hall 53:15; 32. R.Tanner 56:04; 39. J.Dunsford Jnr 56:56; 54. R.Day 58:52; 57. J.Moullin 59:15; 59. D.Fotheringham 59:23; 69. J.Bromley 60:12; 91. J.Dunsford Snr 63:29; 92. J.Keown 63:30; 104. J.Morris 64:48; 115. J.Scarnell 67:25.

Teams: 1. Belgrave H 43; 2. Boro' of Enfield 46; 3. Steyning 49.



At South Croydon on November 20th Belgrave won the day in a Junior/Youth race over 3½ miles arranged by Surrey WC. Graham Morris of Steyning was the individual winner 30 seconds up on Richard Tanner's 25:05. Sixth was Jonathon Dunsford, 25:47, 11th Nigel Morris, 26:24, and 14th Stuart Bennett, 27:06. Stuart had placed 6th with 46:50 in a LPR 9 kilometre yacht handicap at Blackheath Park three days earlier.

A slightly under distance 7 mile race at Chigwell on November 24th for the "Archer Cup" gave two of our Metropolitan Policemen an additional chance to air their legs. Doug Fotheringham placed 9th in 57:14 with Tim Thorogood one place behind in 58:30.

Lightman of Met. WC chalked up yet another win in his club's Phil Embleton Memorial 15Km event in Battersea Park on December 4th. Belgrave placings were - 8. R.Picton 78:49; 9. J.Moullin 79:00; 11. N. Morris 79:36; 12. J.Bromley 79:53 - thus putting us third with 22 points behind Ilford's 10 points and Met WC's 20 points.

NOVEMBER 27th 1976 - WIMBLEDON - BELGRAVE H OPEN '7'**Bels. keep walking on!**

Prominent amongst the walking fixtures at the beginning of the winter season are the open "sevens". Some will remember the famous events of former years - now discontinued; others are more familiar with some of the newer events. One event however has been going for some time - our own open seven which saw its 57th promotion this season.

Carl is to be congratulated upon another well organised race, with the added difficulty of a change of HQ and an amended course. As usual there was a good assembly of members to demonstrate our strength when it comes to the officiating side. The referee and starter by tradition was our President; Reg is no newcomer to walking and appreciates its techniques and disciplines. The judges panel was headed by Syd Spencer, who did the job with his usual quiet efficiency. Also judging were evergreen Harold King, Bill True and Joe Wilson, and in the grade III category, Barbara Dunsford. Our General Hon. Secretary seemed to be everywhere whilst the results (and a smartly turned out result sheet) were in the capable hands of Mr and Mrs Jack Goswell, Mr and Mrs Frank Jarvis and Pat Mead.

Thanks are also due to those who donated towards the prize fund and raffle. Without these latter two we could have no hope of providing the best prizes in the London area for walking races.

One feature of the different HQ (the Oberon Sports Ground, by the kind permission of the Merton Borough Council) was the large room where everybody could congregate and enjoy the refreshments with Mrs T. Cook and Jean Middleton keeping things going. Meanwhile Barbara Lawton was mopping up, cleaning up and sweeping up. So a big "thank you" to all who helped to make our Open the event it is, and in particular to Carl and Barbara.

**'Doub'**

1. S.Lightman (Met WC) 51:13; 2. P.Marlow (Southend) 51:15; 3. R. Dobson (Southend) 51:42; 4. C.Lawton 52:01; 7. G.Seatter 53:56; 19. R.Tanner 55:59; 30. R.Middleton 57:36; 36. J.Dunsford 59:42; 39. J. Moullin 59:55; 41. R.Picton 60:06; 44. R.Day 60:21; 46. N.Morris 60:24; 48. D.Fotheringham 60:26; 57. D.McMullen 61:11; 59. J.Bromley 61:51; 80. J.Keown 65:15; 89. J.Morris 67:14; 91. T.Cook 67:24; 114. A.East 81:04.

Teams: 1. Boro' of Enfield 36; 2. Belgrave H 50; 3. Steyning 52.

DECEMBER 11th 1976 - BEXLEY - CAMBRIDGE H OPEN '7'

It was thanks to our veterans that the Bels got amongst the prizes in Cambridge Harriers' Open '7'. Doug Fotheringham got to the finish nine seconds ahead of Dave McMullen with "Bomber" Bromley backing up. Towards the front it was only in the closing stages that Carl Lawton pushed into second slot, overtaking Seddon (BoE) and holding Greasley (Sheffield) at bay by four seconds.

1. S.Lightman (Met WC) 50:31; 2. C.Lawton 51:02; 3. M.Greasley (Sheffield) 51:06; 14. R.Tanner 55:43; 25. D.Fotheringham 58:30; 26. D.McMullen 58:39; 32. J.Bromley 59:20.

Teams: 1. Boro' of Enfield 20; 2. Surrey WC 53; 3. Belgrave H 53.

George Piddington is now a veteran. Yes, we know he has always run like one but now its the real thing

## **Katie O'Sullivan wins at Ilford**

☆☆

Belgrave members were in action in several of the events held at Ilford on the weekend before Christmas and the most successful was young Katie O'Sullivan who won the under 13 Girls 2.5Km race with five seconds to spare in 15:30. Anna Matthews was another to gain a forward placing from some very tough opposition in the Senior Womens' 3Km; she finished third in 17:17. Jane Pritchard was 8th in her 3Km event out of 16 under-15 competitors.

In the Mens' 10Km race Carl Lawton saw Roger Mills of the home club off by 10 seconds but had, in turn, to give way to Seddon who thus gained revenge for the previous week's activities. Carl's time was 46:56 with Dobson (Southend) 44:35 and Seddon (BoE) 45:09.

### JANUARY 1st 1977 - WIMBLEDON - "HORWOOD CUP" AND INTER-CLUB '7'

The overall winner obviously felt no ill-effects from the previous night's party in spite of having taken part in a beer drinking competition. Ron Day collected the "Horwood Cup" by getting to the finish one second ahead of Doug Fotheringham and Cecil Gittins took the handicap from John Moullin.

1. C.Lawton 54:16; 2. A.James (Boro' of Enfield) 54:28; 3. J.Moullin 59:38; 4. R.Picton 59:56; 6. R.Day 60:54; 7. D.Fotheringham 60:55; 9. D.McMullen 61:12; 12. J.Dunsford 63:18; 28. C.Gittins 73:21.

☆☆☆

Anna Matthews started 1977 off in winning vein by setting new personal best figures of 16:31 for 3Km in the City of London New Year races. Anna was 6th, one place up on Carl Lawton's position in the mens 5Km race in which Ray Middleton also turned out to reach 19th.

### JANUARY 9th 1977 - IMBER COURT - MET. POLICE OPEN 11Km

1. S.Lightman (Met WC) 49:27; 2. A.James (Boro' of Enfield) 49:37; 3. P.Marlow (Southend) 49:56; 9. C.Lawton 51:04; 37. R.Tanner 55:29; 39. R.Middleton 55:37; 42. J.Moullin 55:48; 46. R.Picton 56:34; 51. S.Bennett 56:58; 52. J.Bromley 57:00; 57. J.Dunsford 57:34; 61. D. Dotheringham 57:45; 62. R.Day 57:51; 65. D.McMullen 58:10; 77. J. Dunsford 59:12; 103. J.Keown 62:30; 118. T.Cook 65:01.

Teams: 1. Boro' of Enfield 28; 2. Steyning 59; 3. Brighton & Hove 113; 4. Belgrave H

### JANUARY 22nd 1977 - WIMBLEDON - BELGRAVE 10 AND 5 MILE CHAMPIONSHIPS

## **Titles Retained**

Richard Tanner was the first man to retain a Club Championship in 1977 when he reached the 5 mile mark ahead of Jonathon Dunsford and thus kept his grip on the Junior "Olympic Cup". Richard continued with the Senior field and when the 10 mile finish line came up he found himself with another medal in the "R. Murphy Shield" race, the Senior 10 mile Championship. Carl Lawton was the winner - another successful retention - and it was pleasing to see John Moullin up the field again.

Senior 10 miles: 1. C.Lawton 79:25; 2. R.Tanner 82:40; 3. J.Moullin 83:22; 4. R.Picton 83:58; 5. R.Middleton 84:17; 7. J.Bromley 84:52; 9. D.Fotheringham 86:22; 10. D.McMullen 87:11; 11. J.Dunsford Snr

87:44; 12. R. Day 90:57; 13. J.Keown 96:30; 14. J.Morris 99:04; 21. R.Whitehead 102:19; 24. C.Gittins 108:22; 25. D.McLean 116:49.

Junior 5 miles: 1. R.Tanner 40:45; 2. J.Dunsford Jnr 41:42.

FEBRUARY 5th 1977 - CHIGWELL ROW - SARWA 10 MILES "GARNET"

## A gem of a win

It all started in 1909 as a Junior inter-club race - the individual winner being the late Harry Evans with the team taking second medals. The term "Junior" refers to performance and not to age and the entry is limited by barring clauses. Eventually it became a National title but in 1953 it reverted to the southern area and Belgrave has had its share of wins for the "Garnet Trophy". This year's race was held at Chigwell on February 5th and one or two "experts" didn't rate our chances too highly. The course was of the "frying-pan" variety - out along the handle, twice round and then back home along the handle with the added complication that the pan must have been made of corrugated iron, it was a real "up and downer".

It was a bright afternoon when nearly seventy started off and after about a mile John Bromley was our first man along and he looked as if he intended remaining so. Our two Juniors Jonathon Dunsford and Stu' Bennett were together and hadn't been tempted into rushing things. At half way the team had settled down and a points tally showed little between the leading clubs of which we were one.

At the finish the first three individuals were well apart and clear of the rest and as the field began to arrive the powerful figure of John Bromley was soon over the line and three places behind was Stu' Bennett. His performance was a real breakthrough - his first open ten miles race, he survived a bad patch just after half way and then came through. A further three places away was Ron Day who had been going through a bad time performance wise before the race, but his powerful steady walking stood us in good stead. A bit of a gap then in came Doug Fotheringham who has been involved in Garnet races for about twenty years! So we were the first club to have their four in. We anxiously awaited the points to be added up and then came the news that we had done it! another great team effort which means that next year we will have to find a new team. We already have two men to reckon with, our two non-scorers. Jonathon Dunsford wasn't at his best and by the time this is read will have redeemed his fortunes. Our other man, Bob Whitehead, back in London after a spell in the provinces and with little training, made a great improvement on his time in the Club '10'. With some work on the track over the shorter distances he should soon develop into a good performer.

The exhilaration of winning the "Garnet" again must have gone to my head - another Gem in Belgrave's Crown!

**'Doub'**

1. T.Dainty (Dawlish) 80:12; 2. A.Geal (Steyning) 81:24; 3. L.Dordoy (Ilford) 84:29; 7. J.Bromley 86:24; 10. S.Bennett 87:11; 13. R.Day 88:01; 16. D.Fotheringham 89:26; 29. J.Dunsford 92:47; 53. R.Whitehead 100:55.

Teams: 1. Belgrave H 39; 2. Newham AC 42; 3. Surrey WC 50.

Over 3KM in a Southern Counties Open Meeting at Crystal Palace on February 9th Carl Lawton came home second with 13:16.4 to Adrian James, 13:03.2. Mike Scamell's 13:31 gained him 4th, with John Hall 9th, 14:00.4, and Ron Day 13th, 14:46.6.

FEBRUARY 12th 1977 - BATTERSEA PARK - G.L.C. 10 MILES CHAMPIONSHIP***A Capital Win***

Is there such a place as the walking capital of Britain? London, with its racing clubs and rambling clubs could make a powerful claim so to be champions of London is something to be proud of. The G.L.C. 10 Miles Championship held at Battersea Park on February 12th attracted eleven clubs and in pouring rain they set off on their five laps of the park. Fortunately the rain soon stopped and after one lap Adrian James (BoE) was going strongly to lead Carl Lawton. With two laps gone the position was the same, but after three laps Carl had to disappear into the dressing room. On his return to the road he had lost four places and re-joined the race just ahead of John Hall, making his first appearance on the road after his visit to South Africa. Our other representatives were all going well and we awaited the final order with optimism.

Adrian had a comfortable win and Carl pulled back three places to finish third. Our next arrival was John - it was good to see him in such fine form after several weeks absence from competition. Soon the cry of, "Well walked, Ray!" went up and our third man was in. Who would be our next to finish? John Bromley settled the question by overtaking John Moullin on the last lap. The tally showed us easy winners. We had plenty of non-scoring backing including our three remarkable veterans Dave McMullen, John Dunsford and Doug Fotheringham. Our Newham AC member, Mike Scamell, continues to improve, as shown by his consistent high placings.

Being at Battersea Park there was naturally a good sprinkling of Belgrave officials - so, in all aspects, Belgrave is still a major force in the Metropolis.

'Doub'

1. A.James (Boro' of Enfield) 73:25; 2. D.Stevens (Stock Exch) 76:01  
3. C.Lawton 77:02; 4. M.Scamell 77:10; 6. J.Hall 78:57; 11. R.Middleton 81:51; 13. J.Bromley 83:05; 15. J.Moullin 83:42; 17. R.Day 84:20; 23. D.Fotheringham 85:28; 26. J.Dunsford 86:10; 30. D.McMullen 87:18; 49. J.Keown 95:54.

Teams: 1. Belgrave H 29; 2. Surrey WC 56; 3. Stock Exchange 64.

FEBRUARY 19th 1977 - BASINGSTOKE '10'

1. C.Lawton 76:07; 2. A.James (Boro' of Enfield) 77:15; 3. W.Wright (Southampton & Eastleigh) 78:00; 10. J.Hall 81:56; 11. R.Middleton 83:47; 16. R.Picton 85:45; 19. J.Bromley 87:46; 21. D.Fotheringham 86:51; 24. J.Dunsford 90:47; 33. R.Day 94:20.

Teams: 1. Steyning 18; 2. Belgrave H 27; 3. Boro' of Enfield 72.

FEBRUARY 26th 1977 - CROYDON - SURREY COUNTY 10 MILE CHAMPIONSHIP

1. C.Lawton 76:40; 2. P.Selby (Surrey WC) 76:50; 3. R.Tanner 80:10; 5. R.Middleton 82:22; 13. D.McMullen 86:34; 20. T.Thorogood 94:58; 22. J.Keown 96:00; 23. J.Morris 98:15; 29. D.McLean 110:58.

Teams: 1. Surrey WC 19; 2. Belgrave H 22.

Thoughts of a distance runner: Martin Best was heard to utter the following words while watching the Club 10 mile cross country race.

Out of the gloom a voice said unto me  
"Smile and be happy, things could be worse."  
So I smiled and was happy  
And behold things did get worse.

MARCH 5th 1977 - SOUTHERN AREA R.W.A. 10 MILES CHAMPIONSHIP

1. A.Seddon (Boro' of Enfield) 73:25; 2. C.Lawton 73:46; 3. A.James (Boro' of Enfield) 73:53; 9. G.Seatter 77:17; 10. J.Hall 77:20; 19. R.Middleton 80:59; 24. R.Tanner 83:39; 27. R.Picton 83:39; 35. D. Fotheringham 85:44; 36. R.Day 86:10; 41. D.McMullen 87:44; 61. J. Morris 96:43

Teams: 1. Steyning 28; 2. Belgrave H 47; 3. Boro' of Enfield 57.

MARCH 13th 1977 - NEWHAM AC OPEN TRACK WALKS

Five young Belgravians were in action at this open meeting and between them they notched up four second places and three personal best times. Over 2Km Jane Pritchard, 11:27 pb, and Katie O'Sullivan, 12:13, were 2nd and 5th respectively among the junior ladies, and Peter Morris in the boys race gained 2nd with his 11:08 pb. At 5Km Anna Matthews was timed at 29:49 in the ladies event and Richard Dorman clocked 26:11 pb in the mens field - two more 2nd places.

## Four Bels. reach All-England Schools

Trials were held at Royal Russell School, Croydon, on March 26th to determine who would represent Surrey and London in the All-England Schools Walks to be held at Keswick in the Lake District on April 30th. Richard Dorman placed 2nd in his 5,000 metre event in 25:35 to clinch his selection for Surrey. Peter Morris, 28:15, was 8th. Three of our girls were in action for London and all three of them made the grade. Katie O'Sullivan was forced to drop out of her junior 2,000 metres with leg trouble but will still go so long as her leg holds up. Over 3,000 metres intermediate Jane Pritchard recorded her best ever of 17:07 for 3rd spot to earn her place in the team and Anna Matthews went one better for 2nd in 16:28 amongst the seniors.

Twentyone year old Gerry Deegan raced to victory by a 20 second margin in the Irish Cross Country Championships at Ennis, County Clare on February 27th

\* \* \*

On March 27th that international cross country classic the "Five Mills" race at San Vittore, Olona was dominated by African runners but amidst a host of famous names and well up the field in 15th place was our own John Bicourt, only 1 minute 20 seconds down on the winner, Mohamed (Ethiopia). Second to fourth places were filled by Yifter and Kedir (Ethiopia) and Bayi (Tanzania) while that great 800/1,500 man Mike Boit (Kenya) was 35th.

\* \* \*

Belgrave's Boys points competition was won by Alan Parriam with Mark Sinclair 2nd and John Searle 3rd. The Colts competition was won by Gerard Sexton followed by Justin Pritchard and Scott Wylid.

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MARCH 19th 1977 - COVENTRY - R.W.A. 10 MILES CHAMPIONSHIP

## SENT TO COVENTRY!

This year's R.W.A. 10 miles championship was held over a two lap course on the outskirts of this famous city on 19th March and there were prospects of a close team race with the holders, Sheffield, favourites. The course was flat and the rain which had been falling earlier in the day kept off.

About a mile after the start the holder, Olly Flynn (Basildon), had opened up a small lead but everybody seemed to be going at a terrific rate (just over 7 minute miles for the leaders); Carl was in the leading group. At the halfway point there was no Olly, he had been disqualified and Carl with Shaun Lightman (Met WC) and Roger Mills (Ilford AC) were at the head of affairs. Being the most popular of the walking championships we were not surprised to learn that the huge field numbered over 230. It was difficult to assess the team positions but our men were moving well. One misfortune at this stage was the retirement of Ron Day, still feeling the effects of a recent illness.

On the second time round Roger and Carl got away and Roger had the edge to score a win with Carl coming in strongly for second place - probably his best ever performance over the distance. Third man to finish was Jake Warhurst (Sheffield) a 50 kilo's specialist who obviously came through very strongly to lead his club to a decisive win. Our next man was Graham Seatter, getting back to form after a lay-off due to injury. Then some really tight finishes one of which involved John Hall. Had he been a second faster, in the place before him, a valuable point's difference to our score would have been very acceptable. Richard Tanner recorded a personal best to complete the team. When the team placings were worked out Ilford AC took second medals and Belgrave and Brighton shared third place with equal scores. Applying the A.A.A. Rules Brighton gained the verdict by having the higher placed last scorer, so we lost the medals but we can be proud of the performance. We've had our share of the spoils over the years and on this showing we should soon be due for more!

Meanwhile our other representatives came storming in - yes, they were all in championship form including our 'B' team. Most of ours were experienced competitors used to the pressures of championships - just look at the result details. Two for special mention - Stu' Bennett who confirmed his fine showing in the Garnet Cup race and Bob Whitehead who is now back in London after a spell up North. His first race was the Club '10' and he's been improving each time out; with some track work this summer he should be one to watch next season.

'Doub'

Once again the Inter-Counties Championship was held in conjunction, Carl taking second place, and with Richard Tanner helped Surrey to fifth place. With the 1977 race over we can perhaps go back over the years to a great Belgrave and Surrey stalwart - Joe Coleman. Having read of the state of his health in "Grapevine" it was good to see him at the race; he had motorcycled from Walton to help so obviously he's in good shape again.

1. R.Mills (Ilford) 72:36; 2. C.Lawton 72:58; 3. J.Warhurst (Sheff'd) 73:20; 11. G.Seatter 75:15; 36. J.Hall 78:50; 38. R.Tanner 78:58; 67. R.Middleton 82:26; 82. R.Picton 84:08; 100. S.Bennett 85:47; 101. D. Fotheringham 85:48; 105. J.Bromley 86:03; 187. J.Keown 95:36; 201. J.Scammell 99:07; 220 finished.

Teams; 1. Sheffield United H 20; 2. Ilford AC 75; 3. Brighton & Hove 82; 4. Belgrave H 'A' 82; 23. Belgrave H 'B' 462; 25 teams closed in

Eric Hall reflects on that **TWO MILE RECORD** ★★

The article under the above heading (December '76 Belgravian) was seen a few days after seeing the same event described in the Oxford Encyclopedia of Sport as the finest race seen in this country. Perhaps my recollections will help to put it into perspective!

As the walkers will know, the sight of walkers preparing for the start of the A.A.A.'s Championship event was the prelude to a ritual. The starter asked if you were ready, would you please come to the line, feet behind the line, the gun was raised, the tension rose - on occasions there was a false start - then the gun was fired and we were off. A dozen or so walkers lapping the track and 30,000 spectators disappearing for the tea break! In 1960 the ritual was broken. As described so accurately in the last issue that race was different and held the crowd in their seats for the whole event, well almost.

Some years after that race I was buying some white socks in a menswear shop when the manager said, "Now you are either a tennis player, a road runner, or a walker." I owned up to being a walker. He then said, "I saw the greatest walk ever." "Oh! yes" said I. "Yes" said he, "in 1960 a chap called Matthews and a chap called Vickers in the A.A.A.'s 2 miles at the White City." He then went on to give me a blow by blow account of it and it was all correct. His punch line, however, was when he waved my socks at me and said, "Yes that was some race, you should have seen it."

This proved one thing to me. Stan won it in 13:02, Ken did 13:09 and I reached the finish in 13:51 - therefore 30,000 people could get out to the tea huts in 42 seconds! I never had the nerve to tell him that I did see some of the race - the first bend at least.

Sic transit gloria or some such. On another occasion many years earlier George Beecham and I, both very new to the game, were on a 93 bus heading for a feeding station on the Club 20 Mile Walk with a very modest Belgravian who was quietly offering advice to the walkers as we passed them. After a while the bus conductor said to our club mate "It looks as though it would do you a bit of good to get down and have a go yourself." On the same bus platform was the late Harry Evans who as we all got off said to the conductor, "Don't let appearances fool you. The man you spoke to is Harry Churcher, world record holder at 5 miles and a champion over many distances."

★★★

*Knifton wins A.A.U. title*

At Pittsburgh, Pennsylvania on November 8th our American domiciled member John Knifton proved to be in top form as he won the AAU 35Km Walking Championship in 2:59:52. John went into the lead after 10 miles and with the temperature dropping almost to freezing, came home 6½ minutes ahead of the second man.

A number of our younger walkers have been helping the runners by turning out with them in Club teams and indeed they have made their mark. They are in good company, our own champion, Carl, could claim a place in our cross country or road relay teams by virtue of his running performances. Other top class walkers who also take part in running events include Brian Adams, Christine Coleman, Judy Farr and Roger Mills.

## from the Belgravian ...

## ... 25 years ago

### FIRST CLUB TRACK MEETING 1952 .....

This was held at Battersea Park on May 3rd and we returned to our former home to find that instead of the three lap track that we knew of old, there was now a brand new four lap track.

We had triangular matches with Herne Hill H and Woodford Green AC and in the Senior 100 yards we saw Holtum finishing 3rd, and he followed this with a 4th in the 220. Badiali was 3rd in the 440 and Jack Brown finished 2nd in the 880 with Bob Taylor in 4th place. Bill Lucas and Chas. Walker were 3rd and 4th in the 1 mile but Len Adams scored a good win when he came home first in the two miles run. .... A new member D.E. Ansell won the Long Jump.

## ... and 40 years ago

### THE ENGLISH CROSS COUNTRY CHAMPIONSHIPS 1937 .....

We travelled to Stratford-on-Avon on March 13th and despite our high hopes the date proved an unlucky one for us. Unfortunately we were denied the services of Arthur Penny and Alf Taylor, both of whom had leg troubles; and Carter was in the throes of a severe cold. Despite these handicaps, our lads were determined to give a good account of themselves, and a course consisting of five laps of muddy going on the local race course was the test provided. After the first few yards every competitor was well soaked and generally coated with mud, a state of affairs shared to a lesser degree by officials and spectators present.

At the end of the first lap our boys were prominent, as were also Birchfield.... Jim Ginty and Pat Parker were in the leading bunch, and Dan Patience and Bert Footer were close behind.

The second lap showed us to have a twenty to thirty points lead over our Midland rivals but on the next lap they managed to reduce our lead slightly.... With a lap to go our advantage was a mere two points, and we hurried back to the finishing point to await the arrival of the runners and the decision of one of the closest races ever.

The leading runners appeared... with Jim Ginty a few yards away, third, and Pat Parker fourth. As the first two runners were individual entrants, our team placings scored 1 and 2 - the perfect start. Birchfield countered with 8 and 10, and then came Dan Patience scoring 11 for us. Birchfield's captain, our old friend R.R. Sutherland, was 12th, and our captain, Bert Footer, followed him in, 13th. Thus between us we had seven team positions out of the first thirteen, and with four a side scoring we led by 27 points to Birchfield's 47 pts. Birchfield now completed their team with positions 18 and 25 and our 5th man to finish was Les Cohen, 26th.

Where was our 6th man? Mr. Austin, the Birchfield Hon. Secretary, acting as recorder for his club, stood next to the writer, acting

in the same capacity for Belgrave. "If your sixth man is behind 37th position we win," he said, having quickly totalled the scores. And both of us looked anxiously at the stream of runners passing down the "funnel". There we saw our sixth man, Tom Carter, and still we could not tell which team had won. Tom had battled to the last ounce of his strength and collapsed full-length in the tenacious mud. Officials tried to assist him and take the disc recording his position from him; he would not give it to anyone but his own club man. Eventually he recovered sufficiently to be helped towards the recording table, and handed his disc to the writer - No. 41! "We win by 4 points," said Mr. Austin; "fine race!"

1. Birchfield H (8,10,12,17,18,25) 90pts; 2. Belgrave H (1. J.Ginty, 2. P.Parker, 11. D.Patience, 13. H.E.Footer, 26. L.J.Cohen, 41. C. T.Carter, 60. H.W.Shields, 69. A.R.Shaw, 82. A.Allum) 94pts ... 33 teams finished.

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#### THE HEADQUARTERS STORY (continued from page 39)

showers and two toilets. Easy access can be made to the refreshment lounge from downstairs and the ladies changing room and, due to the resiting of the upstairs doorway at the top of the fire escape, from outside without passing through either changing room.

Once again things will be tight financially and our depleted reserve must be rebuilt but need it be added that as in 1887, 1922, 1938, 1950 and 1954, the road goes on from here. Maybe a multigym could be installed giving more attraction at Belgrave Hall for track and field athletes ..... perhaps one day even a sauna, who knows. Certainly we need a better set up regarding a track base during the summer seasons.

With the esteem in which we hold our Club through its good times and its bad, the sky is the limit.

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## **IMPORTANT**

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We have opened Belgrave Harriers to female members

We have upgraded our headquarters at Wimbledon.

Now it is time to re-appraise the way in which we run Belgrave Harriers; to look upon our overall organization and to ascertain what changes need to be made to help the Club function efficiently.

It is proposed to produce a report which will detail how our Club runs and how it might be changed and the Committee invite the views of any interested member on this subject.

If you have any CONSTRUCTIVE views, no matter how revolutionary, that you would like to submit, please write them down and send them to Gordon Biscoe, 34 Pams Way, Ewell Surrey to arrive by Saturday 18th June 1977.

## *Team Championship Wins*

A.A.A. Sprint Relay Championship, 1954  
 English Cross Country Championship, 1935-39-46-48  
 National Road Walking Championship 20 Miles, 1924-25-28-29-38-39-52-54-57-60-69-70  
 National Road Walking Championship 10 Miles, 1947-48-57-58-59-60-63-70-71-72-74  
 R.W.A. 50 Kilometre Championship, 1934-35-36-38-51-56-57-58-60-61-64-66-67-68-69-70  
 R.W.A. 20 Kilometre Championship, 1968-69-73  
 Southern Counties Cross Country Championship, 1934-46-48-49-52  
 A.A.A. Junior Sprint Relay Championship, 1965  
 Southern Counties Sprint Relay Championship, 1953-60  
 Southern Counties Junior Cross Country Championship, 1935  
 R.W.A. Junior Championship (now the 'Garnet'), 1920-22-30-33-36-38-39  
 Southern Garnet Cup Walk Championship, 1953-56-64-68-71-77  
 R.W.A. Under 21 10 Kilometre Championship (previously Junior 5 Miles), 1958-76  
 Southern R.W.A. Track League, 1972-73  
 National Road Relay Race, 1951  
 London - Brighton Relay Race, 1934-35-36-47-48-49-51-52-63  
 London - Brighton Walk Team Race, 1921-24-27-29-32-33-34-37-50-54-56-57-58-61-62-65-67-68-69-70-75-76  
 Belgrave Road Relay (inc. Southern Counties Championship), 1965-66-67-70  
 Southern Counties Marathon Championship, 1955-58  
 Southern Counties 20 Miles Road Run Championship, 1969-70  
 South of the Thames Cross Country Championship, 1929-36-46-48-49-51-55-64  
 South of the Thames Junior Cross Country Championship, 1925-28-46-47-50-66-69  
 Southern Counties Junior Sprint Relay Championship, 1949-52-65  
 Surrey Cross Country League Division One, 1966-67-68-69-70-71-72  
 Surrey Youths/Boys Cross Country League Division One, 1968-70  
 81 Surrey County Relay/Team Championships.

## *Welcome*

Arthur E. Bates	John C. Blissett	Pamela C. Fitton
Wilfred J. Bell	Martin Snell	Colin Battarbee
Robin G. Brown	David Virtue	Barry R. Lunniss
Timothy R. Wakeford	Gary J. Williscroft	Geraldine H. Hall
Robert C. Wells	Paul R. Ashby	Alison Bethwaite
Olive I. Griffiths	Alexandra V. Busa	Cecilia Fashesin
Richard Wainwright	Franklin Eno	Michelle Orriss
Timothy N. O'Sullivan	Joanna Agis	Mike Korttenray

### Back Page:

Gerard Deegan (number obscured) of Waterford and Belgrave H put some remarkable cross country talent behind him in this six mile race held over a heavy five-lap course at Fermoy, County Cork on February 6th. Bernie Ford (Aldershot, Farnham & Dist) was the winner in 29:09 with Gerard 11 seconds down in 2nd place but comfortably ahead of John Wild (Camb & Col), Jos Hermans (Netherlands), Danny McDaid (Tirconal), the Tuck Twins (Camb & Col), and Julian Goater and Dave Bedford (both Shaftesbury). Another Belgravian, John Phelan, racing for Donore, was 23rd.

An even more notable scalp in Gerard's collection this season is that of National Champion Brendan Foster, whom he had beaten a few weeks earlier by ten yards at Mallusk, Belfast.

photo by Hugh Richards (Shaftesbury H)

