

JULY, 1945

The **BELGRAVIAN**

The

Official Gazette

of the

Belgrave Harriers

BELGRAVE HARRIERS

PRESIDENT : R. J. SAVAGE

Hon. Secretary : H. PARKER, 3, Fritham Close, Malden, Surrey.

Hon. Treasurer : W. G. WEBB, 28, Avenue Gardens, Teddington, Middx.

Assistant Hon. Secretaries :

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Walking : S. C. ROBERTS, 35, Perrymead Street, S.W.6.

Field Events : T. C. JONES, 6, Broomwood Road, S.W.11.

Supporters' Club : L. J. COHEN, 34, Lower Kenwood Avenue, Enfield, Middlesex.

Junior : A. JANNAWAY, 137, Craddock Avenue, Ashted, Surrey.

Captains :

Cross-Country : C. T. CARTER; *Vice-Captain* : A. E. TAYLOR.

Walking : A. READMAN.

Track : H. W. SHIELDS. *Vice-Captain* : F. CLAY.

* * * *

Hon. Editor : G. S. DOUBLEDAY, 219, West Barnes Lane, New Malden, Surrey.

Belgrave News Letter : P. G. WRIGHT, 14, Chapel Farm Terrace, Cwmcam, Monmouth.

Starter : G. FELL.

Timekeepers : C. COOK, W. INGE, J. TURNER.

Handicappers : Running, E. A. DUFFETT; Walking, S. C. ROBERTS.

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G. H. POWELL, C. H. SPEECHLEY, A. E. TAYLOR.

Headquarters : Belgrave Hall, Denmark Road, Ridgway, Wimbledon.

Track Training : Tooting Bec Track.

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No. 97

EDITORIAL

As we go to press so comes the good news we have all waited for, Victory in Europe. Amidst the rejoicing and thanksgiving, members' thoughts may have been turned towards the Club, and how it has fared during these last five odd years. The Club has many good reasons to be proud of its services to athletics and to its members. Belgrave Hall was open not only to our own members but to members of clubs less fortunate and to visiting athletes and servicemen. Much could be written of the fortunes of our many members. A large number, probably the majority, of our active members was called up for service in the Forces. We had, however, many members in reserved occupations, the Police and Civil Defence. These, in spite of long working hours and extra duties and less leisure time, have been able to keep the Club going. We were also pleased to welcome services members when on leave, and they proved valuable helps to the Club's teams.

We have also been fortunate in having a live and efficient Committee and hard working officers. They gave up much valuable time in the interests of the Club. It is perhaps little realised how much work is done behind the scenes.

We do not know how long it will be before athletics are restored to their pre-war scale and scope, but we can confidently say that when they do Belgrave will be to the fore. The past winter has shown us that we can still lead the way and we congratulate our runners and walkers on a good season's work. Once again Derrick Burfitt has merited special mention. He won the National Youth's Cross-Country Race by a convincing margin. He also took other junior titles in his stride.

Soon, many of our Services men will be coming back to us and we look forward to seeing them line up with our teams. Others will be drafted to the Far-Eastern zone where we already have a number of members. To those who will still be serving we send our best wishes for a speedy and safe return. Until that much-awaited day, they will often be in our thoughts.

Our transatlantic friend, Max Quackenbos, who was Junior Captain before the war, pays us the following tribute: "It is amazing to me that you fellows are still keeping it up in the most adverse conditions—a lean diet, poor transportation (of which we are beginning to know a little), dark nights and the bombs (which surpass our powers of imagination). But you're not only just keeping it up, you are surpassing yourselves." Perhaps with the lapse of time and the return of plenty of food, training and rest, we ourselves will wonder how we did it!

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FROM THE HON. SECRETARY

Belgrave Hall has once again been the scene of great activity this winter season. Its easy access from all points has made it a favourite with both associations and individuals alike. Many have been the letters of appreciation which have been received in recognition of the help given by the Club and its officers.

Two new fixtures were added this season, both mid-week (Wednesday). Raynes Park County School, newcomers to the sport, entertained Wallington County School and although beaten, will, I feel sure, give a much better account of themselves with more experience and training. Rutlish School, Merton, was the other fixture. Senior and junior races were held, and the school literally turned up "in hundreds" either to run or support. I believe all had a thoroughly enjoyable afternoon. Both schools wish to convey their thanks to those who so generously turned up to help—Tom Carter, Frank Thomson, Harry Shields, Charlie Cook, Bill Webb, and especially Alf Taylor who, being on night work, gave up his sleep to attend.

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Once again we have to thank that staunch band of "backroom boys" who are always willing to help on a Saturday afternoon when there is a race at the Hall. Few, perhaps, give a thought when they pass them at, say, half distance, as to how they got there, or how they get back. It is usually the pointsman's lot to arrive back hot and thirsty to find that all the tea and cakes have been gobbled up by the competitors! Amongst regular helpers are Dick Savage, George Clay, Tom Cotton, Charlie Jones, Dave Shepherd and Norman Dewberry and others.

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We are indebted to our old friend Wally Jewell for the results of the Southern Counties Races.

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The Hon. Secretary apologises for the delay in answering letters, but would explain that so many are being received nowadays that some delay is inevitable. However, all will be attended to in due course.

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Club notices have been appearing in various local papers, due to the good work of George Clay, Charlie Jones, Ernie Duffett and Tom Morrell.

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We have much pleasure in reproducing the following letter:—

"Dear Mr. Parker,

May I take this opportunity of expressing my sincere appreciation of the generosity and hospitality afforded to me by Belgrave Harriers and yourself? Being a serviceman and finding myself in strange company, I have become fully qualified in judging the friendliness and hospitality of numerous companies. Here and now I would like to say that the friendship and sportsmanship which I found abounded at Belgrave Hall is hard to be surpassed anywhere. In the future, should the opportunity occur, my hand will be extended to assist any Belgravian who finds himself competing in the North. I wish the Club, collectively and individually, every success in the future. May I add in conclusion that I am proud in being able to say that I belonged to Belgrave Harriers?

Yours very sincerely,

J. W. JOHNSON, Sub. Lieut. (E), R.N.V.R."

Johnny was on board a famous submarine which had a long list of "kills" to its credit. We congratulate him on gaining his commission as an Engineer.

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We would also like to quote from a letter received from a new member. "I thank you for your cordiality and I am glad to say that all members I have met so far have been very nice and have gone out of their way to help me. The Belgrave Harriers certainly possess the right atmosphere."

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In reading recently of the activities of a very prominent Midlands club I was very much impressed with a scheme they have of appointing honorary club coaches from their members. Applications were invited for these positions and it is their obvious intention to form a coaches section. This appeals to me very much and I would like to hear from any members who would care to undertake such duties for us at the Tooting Track or other centre. In this respect George Clay has had a sprinters' class in action at New Malden.

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Extract from a letter from Len Richardson, Hon. Sec. of the English Cross-Country Union, to Tom Carter. "I trust that our mutual friend Footer will return safely to this country, to again be an inspiration to the great Belgrave Harriers." Thanks, Len.

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We are pleased to report that Tom Carter, Dick Savage and Harry Parker have been elected to the Committee of the Surrey County A.A.A.

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Despite the efforts of "Sir Harry" to get the Summer fixture list published well in advance of the first fixture, the printer entrusted with the task of producing one worthy of the B.H., let us down.

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Several of the "old 'uns" have paid us visits during the winter. These include Stan Manning, Alec Spendlove, Bert Foster, a one-time Blackstaffe Shield holder and a leader of the cross-country team before the Great War, and R. R. Fielder, a successful handicap walker of the same period. All send best wishes to old friends and new members.

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The Club is grateful to Mr. Worsley, of Heston, for the gift of shoes. Also to Mrs. Wood, mother of the late K. N. Wood, for passing along running gear.

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One of our serving members recently forwarded his subscription together with a subscription on behalf of another serving member, now overseas. This generous and sporting gesture was greatly appreciated by the Club, particularly the Hon. Treasurer! Meanwhile, we report that our finances continue to be in a healthy state. We are again indebted to Les and Mrs. Cohen for their valuable work in connection with the Supporters' Club.

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Sir Herbert Barker, the famous manipulative surgeon, who recently celebrated his 76th birthday, is said to owe his mental and physical

alertness to his habit of taking a run, full out, for about a quarter of a mile, before breakfast. I wonder what Charlie Cook, George Still and Joe Deakin have got to say about that!

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Our thanks go to Tom Carter for repairing our broken javelins.

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We welcome the following new members who have recently joined us: L. A. Adams (Mitcham), K. F. Blunden (S.E.27), D. J. Bayley (S.E.24), F. T. Bateman (S.W.4), J. A. Dawson (S.W.4), H. W. Ellis (S.W.20), J. McDougall (S.W.19), D. S. Worden (New Malden), P. J. Reading (Southall), D. C. Renel (Mitcham), J. Tilling (Hanwell), D. B. Watson (S.W.16), W. M. Young (S.W.6), B. F. Walden (Sutton), G. A. Ward (Whitton), Geoffrey Michael Marchant (born 1/12/44), Gibson Fraser Patience (born 1/2/45), and Brian Edmund Stimson (born 29/9/44).

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We have much pleasure in acknowledging Christmas Greetings from: Charlie Churcher (M.E.F.), Alf Harley (C.M.F.), Bill Snell (M.E.F.), Frank Elson (Holland), Charlie Smart (B.L.A.), Dick Towndrow (B.L.A.), Norman Graves (B.L.A.), George Durrant (S.E.A.C.), Wally Ives (India), Frank Webb (S. Africa), Alf Orton (M.E.F.), Alan Lomas (India), Bill Hewitt (C.M.F.), Jim Beer (C.M.F.), Jim Faulkner (C.M.F.), Joe Thomas (C.M.F.), Arthur Beaumont (C.M.F.), Cyril Pateman (Ceylon), Len Coleman (W. Africa), Jimmy Kemp (E. Africa), Jack Fletcher (India), Len Marchant (Azores), George Murray (Holland), Max Quackenbos (U.S.A.), Ray Dunford (Azores), Bert Footer (Holland), Will Rispin (B.L.A.), Bill Sutton (C.M.F.), Colin Sutton (India), Eric Keyworth (Greece), Stan Botwright, Ron Bryan, Bill Merryman, Ken O'Kell, Tommy Scrimshaw, Andy Gray, Mr. and Mrs. A. E. Harley, Charlie Cook, "Megaphone Man" Cook, Harry Churcher, Jack Carne, Jack Field, Bill Jones, Laurie Jackson, Bill Lucas, George Long, Bert ("Champ") and Mrs. Smith, Mr. and Mrs. (Reg.) Shepherd, Rodney and Mrs. Stone and the Boys, Mrs. Wally Ives and family, Len Camin, Wally Jewell, George Clay, Jimmy Green, Ernie Duffett, Jimmy Flatt, "Lilian," G. H. Hogsflesh and many others.

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Congratulations to the following fathers: Tom Pritchard (girl), Les Daniels (girl), Len Marchant (boy), George Lucas (girl), Tom Cotton (girl), Ted Stimson (boy), Ron Patience (boy).

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NEWS OF MEMBERS

We announce with deepest regret the following death:—

Alec Mewes was killed in France. He was 29 years old and joined us in 1928 when only 13 years old. He was one of our best known sprinters in pre-war days, and figured in many relay teams. He was also a useful long jumper and had represented us on countless occasions in Club matches. He was a keen athlete, modest and popular. Our deepest sympathies are extended to his widow.

Prisoners of War

Les Bennett. We learn from Mrs. Bennett that no news has been received from Les for well over a year, when a brief message stated

that he was fit and well in Java. Our sympathies are extended to Olive and we all sincerely trust that Les is well and hope for a speedy return.

Dan and Alec Patience. Last heard of in Stalag XIA (between Magdeburg and Berlin. We hear from brother Ron that they are fit and well but, unfortunately, have little facilities for exercise.

Alf Miller and Arthur Beales were at Stalagluft III at Sagan and were both in good health.

Frank Halls was at Stalag 344 at Lansdorf, and his latest news was that his leg was making progress and that he was in good health.

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The daily papers have kept us informed of how the occupants of these camps were marched 400 miles across Germany. With the Allies' occupation of Germany, the liberation of our five members should soon be announced. We hope that we shall soon be welcoming their return.

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Alf Harley was recently promoted to Squadron Leader. Congratulations, Alf! It can now be revealed that he is stationed at Caserta. He has been getting some of the R.A.F. fellows out running (no, Alf did not run himself). He has met two old athletic friends in Squire Yarrow (Poly.) and Ron Pantling (London Vidarians). Like many others, his experience of Italian rain and snow has caused him to have decided views on "Sunny Italy."

Bert Footer visited the Hall early in the year whilst on embarkation leave. He hinted something about Burma and the East. Bert had a spin with Tom Carter and Co. and showed that being a Commando has definitely not affected his running. Bert carries our best wishes wherever he is and we trust that he will return soon.

Bill Sutton denies the rumour that he had gained the Military Medal; in fact, he's far behind the lines! He is still in Corsica, and recommends it as ideal walking and climbing country. Little scope for athletics.

Frank Elson, after his strenuous time with the R.E.M.E., had a spell in hospital for shock, but is now better again—in fact, he looked in at the Hall a short time ago and looked bronzed and very fit.

Jack Shoter. The latest news is that he is now in the fighting in Burma.

Len Coleman. His recent accident, we now learn, was a plane crash. He has been in hospital again to be "sliced open," and is now taking things easy. He is stationed near another member, Jim Hewitt.

Charlie Churcher is still awaiting the boat home. Is unable to do any training—even a few strolls. Had an enjoyable Christmas, food, beer, football matches and concerts, but he would rather do a Godstone and back walk.

Norman Graves has, by his running exploits, won a warm place in the hearts of the French people. He has turned out with the local club and performed creditably. He has won prizes and medals to bring home. He competed in an important race round the famous Bois de Boulogne (Paris). In another race, against French cracks, he was third, only few yards behind the winner.

Dick Towndrow has been training regularly and nearly broke a leg at football. He had a narrow escape on Christmas Day when he was in a

building which collapsed. We gave him an extra stripe in the last mag., he is a Lance Corporal.

Colin Sutton has been regraded and may be coming home. Is still fit, as he was second in a 5,000 metres walk at the Bengal Olympic Games on February 8th. The winner was N. K. Das, time 27mins. 40.4secs.

Bill Snell has been transferred from A.A. to R.A.S.C. He narrowly missed seeing Charlie Churcher recently. He is now in Syria where there is plenty of ski-ing over the mountains, so we can guess he's pretty fit.

George Durrant is now in Burma where he complains of the heat and flies. In spite of constant sweating he is "as fat as a pig." Is hoping for 28 days "Blighty" leave.

Jimmy Kemp is still wandering the globe, last heard of in Somaliland.

Dick Stride has recovered from his wounds which he got in Italy, and has since been twice mentioned in dispatches.

Eric Keyworth met Len Spooner in Jerusalem and succeeded him as Sports Officer. Has collected 3 Palestine Championship Medals with relay teams. Has had moderate success in road races.

Percy Wilson found pictures, etc., of the 1936 Olympic Games when searching a house in Germany.

Reuben Bradshaw is now with the Welsh Guards in the B.L.A., and was very pleased to receive the Club Christmas Card.

"*Stimmo*" has been doing some running over the other side with the B.L.A. In a recent letter he expresses his gratitude for the advice and encouragement given to him in his junior days by Dick Savage.

Len Marchant still sends cheery letters from the Azores. He has contacted Ray Dunford who is also in those parts.

Will Rispin sends us greetings from the front line with the B.L.A.

Len Fletcher aroused the interest of the locals when he went for a spin on a track in Holland. We regret to learn from Len that his father died recently. Mr. Fletcher was a staunch supporter at walking events, and was full of encouragement for Len and Jack. Our sympathies to both Len and Jack on their loss.

Charlie Smart is still with the B.L.A., and manages to do a bit of running with a few French athletes.

Teddy Read is now a Fying Officer attached to the 14th Army; he is grounded for a time but is quite happy. This we learn from Lilian, who also informs us that

Norman Shrubbs is also a Flying Officer, and is also Sports Officer covering almost every branch of sport. Is working very hard.

Frank Webb writes from Port Alfred, South Africa, to say that at last he has done some running. In a one mile race he was third in 4.43, and third in the half mile in 2.8. Frank found the going a bit hard after a two years' absence from running. He has been keeping fit by swimming.

Joe Edwards hasn't been doing any running lately as he's been spending most of his time in the sun on top of a telegraph pole in the

desert in Tripoli. He is now in an office and has played a little football and hockey to keep his waistline in order.

Tony Bellchambers, with S.E.A.C., has had a short spell in hospital with malaria, but is now fit again. *Francis* is still with East African Command.

Arthur Beaumont has been rushing about in Italy but is as right as rain. Speaks in glowing terms of the welcome they get in the villages and the Italian girls. Longs for a sight of Battersea Park.

Etienne Gailley, who was whisked from our last issue to his native Belgium, visited us early in the year in the uniform of an "umbrella man." He was pleased to tell us that he had met his family again. He was also pleased to come back and see his running friends in England.

Ken Webb, who joined the R.A.F. and went to Canada and collected three stripes, is, we understand, back in England, doing his stuff!

Max Quackenbos must be feeling dizzy after the Indoor Season, running on a board track eleven laps to the mile. In the A.A.U. 3 Miles, he was 8th. At the Millrose Games he was 3rd in a Two Miles Handicap, off 75 yards. He was a close 4th in the Billings 2 Miles, won in 9-19-6, and 7th in the Toussaint Two Miles (New York A.C.), won in 9-17-6. "Quack" still sends us programmes profusely illustrated, which outclass most of our pre-war programmes. What would our American friends say to one of our wartime typewritten affairs with no photographs, no advertisements, and little space for scribbling in results and lap times (when given!)?

Jack Fletcher sends us a long and interesting letter from India. Beginning with reminiscences of running and socials, he then reviews his career in the Services. After two years in the R.A.P.C., "Nobby" went through various courses, and finally found his way out to India with an Infantry Brigade.

Cyril Pateman writes from Ceylon to say that it will not be long before he is back at the Hall where he hopes to be of assistance to us.

Len Herbert has made several appearances this winter as he has been stationed not very far from the Hall. His brother, Eric, paid us a leave and by now is probably over the water.

Percy Wright has recently been to Preston on an Army Education Course and may soon be blossoming forth as an Army teacher. The good work with the B.N.L. continues, including a personal letter to ALL overseas walkers. Just think of it, nearly 50 issues of the B.N.L. have appeared; with ten or a dozen walkers overseas, that means that he must have written some 500 letters! Percy still pays occasional visits to town for a race, and, of course, if there's any walking in S. Wales, he's in it. Recently he forwarded £2 10s. to the Hon. Treasurer, the proceeds from the sale of airgraphs. Money raised in this manner is earmarked for an "Overseas Cup" for the walkers. Incidentally, B.N.L. stands for Belgrave News Letter.

Jack Rutland is still at Manorbier, S. Wales. His training on Welsh roads has kept him in fine form—see walking results. He made a first-class effort in the Club Open to secure an Individual win for the Club, but was beaten into second place by a few yards.

Charlie Redgrave was recently "on the air" in "Merry-Go-Round," when he gave a turn similar to those he used to give at Club socials, a song with his banjo, interspersed with some tap-dancing. Charlie has a

pretty busy time entertaining and arranging concerts for the Forces. Gave his shoes an airing to help the Club to win the wartime Surrey County Road-Walking title. Charlie, who is stationed in Lincs, visits our Brighton walker, C. A. Wattam.

Bill Jones recently married a V.A.D. attached to his unit at Leeds. Congratulations and best wishes to you both. He hasn't done any racing recently although there's not much scope for winter walking in those parts.

Jimmy Green has been resting his leg after he was "spiked." Is busy planning his big meeting at Gillingham, June 23rd. Don't forget the date!

Arthur Cook, our megaphone man, has moved from Dorset to Aldershot, which town he couples with "Blanco" and "Spit and Polish." Is hoping to come along and see us at track meetings. His wife presented him with twin girls last November. Double congratulations!

George Murray visited the Hall after five years absence to have a run with the boys before going over the water.

Ken Cuff was able to pay us a few visits when stationed near London. He is now up in Scotland with the Black Watch.

Doug. Woodhead has been temporarily grounded and has done little running lately.

Bill True is still busy at Sandhurst, but was able to visit us and turn out at the Open Walk.

Laurie Jackson is still undergoing treatment and is having a skin grafting at the back of his knee. He is now at St. Albans.

Will Applebee, as a member of the "Silent Service," doesn't say much except that he has been about a good bit, but has managed to get a few leaves.

Harry Churcher celebrated Boxing Day with a stroll from Manston to Deal. Is very busy at his station and is hoping that their efforts will help to shorten the war so that he can get home and back to the form which made him A.A.A. Champion at 2 and 7 miles, etc.

George Cockburn is up North, training for a Navigator Wireless Operator. At recent Service Sports he returned 10.2secs. for the 100, 23secs. for the 220 and 4.31 for the mile.

Len Camin writes that he is very busy with the R.A.S.C. in Gloucestershire.

Wally Ives arrived home to "Blighty" after some time in India, just in time to see the Open Walk. Although he has spent some time "in dock," he was looking very fit and was obviously pleased to be with us again. He will probably soon be demobbed and back on the trolleybuses again. We congratulate him on becoming a Sergeant. With him at the Hall were his two boys, who are members.

Ernest Reeve, one of our walkers of bygone years, from Chelmsford, went to France, came back via Dunkirk, and is now in Shropshire with the R.E.M.E.

Bert Smith is with the A.C.C. in the Shetlands and has been busy on the "grub-stakes." Paid a visit to the Hall, accompanied by his small son, during March.

Len Spooner managed an appointment with Percy Wright in a pub at Newport. Has turned out for us in a few "Opens."

Bert Clayton, home from Aden and sent to Wales where he, too, met Percy. When he visited his home town, Eastleigh, he had a few spins with Tommy Green.

P. C. Bannister is now back from I.O.M., and it is rumoured that he led the way home in walks.

Stan Botwright always seems to be on the move, his latest address being Norfolk.

Joe Coleman still very busy, but paid us a visit and had a spin in the L.F.F. Open Walk. Joe was obviously short of training, but gave us a chance to see the style which has won him prizes for both speed and style.

John Brown, our Southern Junior Half-Mile Champion, has been called away at a most interesting period of his running career and is now at Scarborough.

Derek Pollard is another youngster called to the services just when he had hoped to put in some good running. Derek was posted to the Guards Depot at Caterham. We learn from his father that he is in the Grenadiers, likes the life and is now a fine, strapping youth.

Doug. Earle, who used to race in the days of Len Fletcher and Don Brown, for they all worked at the same firm, is now in the R.A.F., stationed at Tangmere. We also learn that he is married.

Jack Field has been with an A.A. battery on the E. Coast. Took part in a services' road walk to find himself up against Tom Richardson, the Woodford Green Record Holder! Jack is anxious to trace a medal he passed on to the Club for engraving before the war. It is a winning team medal for the Surrey County Road Walk Championship, 1938. Can anyone give any information, please?

Tommy Scrimshaw paid us a welcome visit before going over the water.

Ernie Duffett, in spite of the flying bomb incident, reported in the last issue, still resides in and helps law and order in Croydon. He has other pressing calls, but he still knows enough about us to be our Hon. Handicapper—a fact regretfully omitted from the list of officers in the last mag.

Charlie Cook is now back in the S.W.11 district again after being bombed out. The bomb had a bad effect on his hearing and we all sympathise with him. But Charlie manages; he is undoubtedly our best recruiting agent, as a good proportion of our new members have been introduced to us by him. He is one of the "regulars" at the track. Nice work, and thank you, Charlie.

Frank Thomson has been much better this winter and has lent a hand at Club fixtures. He is also continuing the work behind the scenes with the A.A.A.

Bill Fish sends his heartfelt thanks to Club members for their kindness and sympathy during his recent illness. We are pleased to say that Bill is much better and we hope that he will enjoy watching many, many track meetings with us.

George Still has been one of the regulars at the Hall. George obviously doesn't mind the weather as he turned up on Boxing Day (remember how cold it was?) and gained second prize in the two miles run.

Jack Carne and father again send us good wishes from Worthing, particularly to their old Club friends.

Ken O' Kell has left Manchester and is now back in town (Chingford). I wonder what he thinks of doodle-bugs!

Stan Blunden writes from Kidderminster to say that he had a fairly good track season last year. Is hoping to see the lads when they are competing in the Midlands. He reports that their baby is progressing well.

Reg. Johnson sends a Club vest and badge from Stockport. Has done no running himself lately, but hopes that his two sons will do some C.-C. running in a few years.

"P. J." *Gorner* hopes to be busy on the track after resting his foot.

Bill Ashford, who went to Iran some years ago, turned up at the Club early in the year. After a leave at home he was due to return to Iran. Many will remember Bill running on track and country before the war, but in Iran things are different and he's had no running out there.

John Rowland never fails to visit us when on vacation from his medical studies at Aberdeen, where he has revived interest in running amongst his fellow students.

George Tyrer has been unable to visit us as he has been working seven days a week. Perhaps we will be seeing him next season.

Oscar Horwood, we are sorry to say, has had a bad bout of sciatica and we trust that the fine weather will see him out and well again. How many know of the debt the Club owes to Oscar? After the last war the Club's fortunes were at a very low ebb and it was entirely due to the persistence and enthusiasm of a small band, of which Oscar was a prominent worker, that the Club survived. Oscar's efforts have been amply rewarded and when he sees the Club's present position, his thoughts go back to those days. He was honoured by being elected Club President two or three years before this war.

Jack Bidgood is very busy as S.D.I. at a Police Station in S. London (no, it's nothing to do with Soft Drinks Industry!) Is hoping to put his racing shoes on again after the war.

Len Box was a recent visitor to the Hall, and is now living on the S. Coast.

Len Storey is another old 'un to visit us recently. How about bringing your togs next time, Len?

Wally Bayliss, complete in brown corduroys, turned up at the Hall straight from his "farm" at Woking with a real chicken's egg for old Harry Parker. He hopes (?) to visit us more frequently.

Sid King, another "old 'un," complete with R.W.A. Gold Medal and push bike, was an onlooker (shame!) at the Open Walk.

Frank Thorn, although in the forties, polished his shoes and raced in both the Open and County Walks. His feet gave him trouble and although he put up a good performance in the Open, he had to retire from the County Race.

Harry Stanford, who displayed so much enthusiasm this winter season, was unlucky when he started track training at Tooting. He broke a small bone in his foot which necessitated his foot being put into plaster and the use of an iron. We trust that there is no permanent damage.

John Weames, another of Fred Ford's, insisted on turning out for the Club in the National Youths' C.-C. Race in spite of a bad cold. He ran a plucky race and finished 73rd.

Reg. Elson has been seen watching road walks. Here's another we hope to see in the Club's teams again.

Syd Roberts hasn't been very active this season as he had a bad bout of influenza. He has, however, captained the walkers again to good effect. We all trust that *Syd* will soon get fit and back to form.

Jimmy Flatt is still very busy and out in all weathers, which has made him a bit "chesty," but *Jimmy* carries on!

Fred Ford nowadays concentrates his energies on finding us promising youngsters, one of which is a National (Junior) Champion. A rather high standard to keep up, but leave it to *Fred*!

Ted Jackman hopes to be on the road again after having had treatment for foot trouble.

Bert Lindsey is another who works long and inconvenient hours, but he occasionally manages a run from the Hall.

David Main has our sympathies on having had his home badly damaged by a rocket.

George McKeown, our North Country member, keeps fit during the winter as wing three-quarter with the Rosslyn Park Rugger Pack. His prowess at the game got him a place in a Civil Defence XV. Nice work, *George*!

Ben May, whose six foot odd of height and umpteen stones weight earned him the nickname of "Big Ben," has been running with Bournemouth A.C.

Harry Verney was soon found a job when he visited us, and he looked as if he was enjoying the sound of shoes on mud again.

Syd Warboys has moved from Essex to Wallasey, Cheshire.

Mick Walker is now convalescing from an attack of pleurisy. We all hope that *Mick* will soon be well again.

Tommy Moore, of Belvedere, who joined in 1920 and was one of that famous school of veteran sprinters from North Kent which in their heyday used to give handicappers such headaches, sends his regards to all his "old cronies."

Harold King, of Bob Ricketts' day, has, with the revival of athletics in North Kent, been out doing a spot of judging. Another is *Warren*. *H. F. Jacques* and *W. T. Luther*, also of this school, have promised help.

Joe Turner, our "Grade A" Timekeeper, is, we are pleased to learn, recovering from the nasty accident he met with in mid-winter—"when the snow lay round about." When alighting from a train when on his way to a cross-country run, he slipped and one leg went between the platform and the train. His presence of mind in throwing himself to the ground avoided what might have been a very serious affair.

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RUNNING RESULTS SOUTHERN COUNTIES C.C.A.

Once again this Association promoted 5 team races, the first at Belgrave Hall on October 14th.

A first class entry of fifteen teams had been made for this, the first of the series of five races promoted by this Association. Owing to the starting field being mainly occupied as a "bottle course," the course was

under five miles. Three teams had been entered from the Club and 29 members finished. Tom Carter and Gosney (Eastleigh) soon sorted themselves out, followed by George Hoath and took the field along at a rare pace and these places were maintained to the finish, although Tom made a game effort. The chief feature of the race was the forward running of several of the younger school, particularly Stan Eeles who perhaps ran his best race to date—Stan has the makings of a real runner if he will get down to it, Fred Clay, John Brown, Bob Boyden, Norman Walker and Alf Heathfield. The "A" team were beaten by Eastleigh for first place with a 19 points margin.

Result : 1 R. Gosney, 26.24; 2 Carter, 26.33; 3 Hoath, 26.46; 10 Bryan, 27.57; 12 Lucas (G.) 27.1; 14 Eeles, 27.4; 17 Clay, 28.28; 19 Tobin, 28.32; 20 Whittle, 28.40; 21 Brown, 28.40; 22 Boyden, 28.42; 25 Walker, (F.A.), 28.55; 29, Walker (N.), 29.4; 31 Heathfield, 29.5; 32 Morrell, 29.7; 36 Doubleday, 29.14; 40 Clinton, 29.39; 51 White (R.), 30.18; 54 Bishop, 30.27; 55 Lindsey, 30.30; 57 Spencer, 30.40; 59 Taylor, 30.43; 60 McDonald, 30.59; 68 Peck, 31.20; 71 Dewberry, 31.26; 73 Holt, 31.35; 80 Jannaway, 32.12; 90 Gray, 34.40.

Teams : "A" team 2nd, 45 points; "B" team 4th, 110 points; "C" team 198 points.

5 MILES, HAYES, KENT

NOVEMBER 11th

2 Hoath, 28.39; 3 Carter, 28.41; 4 Main, 29.5; 8 Herbert, 29.37; 10 Lucas, G., 29.53. 18 Whittle, 30.38; 20 Clay, 30.34; 29 Eeles, 31.14; 32 Boyden, 31.18; 34 Morrell, 31.21; 36 Brown, 31.25; 37 Tobin, 31.28; 49 Walker, F., 32.5; 57 Taylor, 32.18; 70 Bishop, 33.12; 82 Dewberry, 33.51; 88 Cuff, 35.2; 96 White, F., 36.1.

Teams—4-a-side scoring.

1st, "A" Team (3, 4, 8, 10), 25 points.

7th, "B" Team (32, 34, 37, 49), 152 points.

5 MILES AT RUISLIP

DECEMBER 9th

1 Carter, 30.58; 4 Hoath, 31.35; 6 Lucas, 32.0; 7 Main, 32.5; 23 Clay, 33.33; 27 Walker, F., 33.46; 28 Boyden, 33.53; 31 Tobin, 34.5; 33 Bryan, 33.15; 35 Eeles, 34.35; 38 Morrell, 34.40; 44 Shields, 35.0; 45 Mitchell, 35.5; 56 Bishop, 35.42; 61 Pearson, 36.8; 63 Shaw, 36.18; 77 Jarlett, 37.26; 79 Nankeville, 38.12; 88 Dewberry, 39.7; 90 White, L. W., 40.19.

1st, Finchley, 36 points; 2nd, Belgrave, 37 points.

7½ MILES, BELGRAVE HALL

FEBRUARY 17th

3 Carter, 40.7; 7 Hoath, 40.36; 13 Lucas, 41.32; 22 Pearson, 42.21; 23 Tobin, 42.22; 24 Morrell, 42.26; 25 Mitchell, 42.32; 34 Boyden, 43.19; 39 Bryan, 43.35; 41 Eeles, 43.45; 44 Peck, 43.58; 47 Main, 44.14; 54 Shields, 44.33; 64 Doubleday, 45.48; 72 Taylor, 46.54; 75 Jannaway, 47.13; 81 Bishop, 47.20.

7½ MILES, EPSOM

MARCH 24th

We are again indebted to Tom Morrell for the following: "This was a splendid win for Hughes (Poly.), 40mins. 3secs. with Gosney (Eastleigh A.C.) second, and our own G. Lucas third. Herbert, L. W. (4), Cohen (10) and Pearson (13) gave the Bels an easy victory in the team race with 28 pts. from Poly. (45).

1st, Poly., 42 points; 2nd, Belgrave, 61 points.

All of the winning team deserve special mention, for George Lucas (now a proud father) is unable to train with us as much as he would like; Len Herbert also without serious training, ran his best race of the season. Les Cohen, with worries no end and only a fortnight's training, proved that he can still beat Harry Shields into the winning team. Jeff Pearson's splendid effort was a fitting climax to a winter's hard training and racing, and we look to him to carry the Clubs' colours in better times.

A strained leg muscle, sustained the previous week, forced Carter to retire when lying fourth at five miles.

Result: 3 G. Lucas, 40.53; 4 L. W. Herbert, 41.57; 10 L. J. Cohen, 43.0; 13 G. Pearson, 43.13; 15 H. W. Shields, 43.37; 18 A. F. Mitchell, 43.53; 19 J. McDonald, 43.54; 20 T. F. Morrell, 43.55; 21 S. Eeles, 44.4; 26 D. Main, 44.45; 27 R. Boyden, 44.46; 36 A. E. Taylor, 46.32.

* * * *

SOUTHERN COUNTIES v. C.D. & ARMY, BELGRAVE HALL MARCH 31st

A number of our members competed and filled the following positions:—

1 Lucas, 32.19; 3 Cohen, 33.22; 4 Pearson, 33.26; 6 Shields, 33.48; 7 Morrell, 34.3; 8 Mitchell, 34.14; 9 Eeles, 34.45; 11 Peck, 35.5; 12 Boyden, 35.14; 13 Walker, 35.23; 15 McDonald, 35.36; 18 Shaw, 37.43.

* * * *

3 MILES ROAD HANDICAP

OCTOBER 7th

POSTN.	NAME.	HCP. TIME.	START.	ACT. TIME.	HCP. POSTN.	
1	Doubleday	...	14.11	2.30	16.41	4
2	White, Fred	...	14.15	2.30	16.45	5
3	Daniels	...	14.27	3. 0	17.27	18
4	Eeles	...	14.33	2. 0	16.33	3
5	Bishop	...	14.36	2.30	17. 6	10
6	Boyden	...	14.36	2.10	16.46	7
7	Lindsey	...	14.40	2.30	17.10	13
8	Clinton	...	14.45	2.30	17.15	14
9	Weames	...	14.54	2.15	17. 9	12
10	Walker, N.	...	15. 0	2. 5	17. 5	9
11	Carter	...	15. 7	.15	15.22	1
12	Cuff	...	15.11	2.20	17.31	19
13	Tobin	...	15.15	1.30	16.45	5
14	Walker, A. F.	...	15.16	1.40	16.56	8
15	Boddy	...	15.17	2.30	17.47	21
16	Dewberry	...	15.19	2.50	18. 9	23
17	Jannaway	...	15.21	2.50	18.11	25
18	Bates	...	15.26	1.55	17.21	16
19	Lucas, G.	...	15.30	1. 0	16.30	2
20	Gray	...	15.30	4. 0	19.30	28
21	Shields	...	15.37	1.40	17.17	15
22	Taylor	...	15.40	2.15	17.55	22
23	Still	...	15.41	5.30	21.11	29
24	Spencer	...	15.44	2.25	18. 9	23
25	Clay	...	15.48	1.20	17. 8	11
26	Brown	...	15.48	1.35	17.23	17
27	Mitchell	...	16. 4	1.40	17.44	20
28	Murray	...	16.36	2.15	18.51	26
29	Barnacle	...	16.54	2.30	19.24	27

FINCHLEY, DARTFORD, SUTTON and CHEAM

BELGRAVE HALL

OCTOBER 28th

1 Main, 31.48; 2 Lucas (G.), 31.49; 4 Carter and Herbert, 32.8; 10 Whittle, 33.19; 12 Tobin, 33.31; 14, Boyden, 33.35; 15 Walker (F.), 33.38; 18 Walker (N.), 34.3; 19 Brown, 34.12; 22 Doubleday, 34.22; 23 Mitchell, 34.24; 24 Eeles, 34.31; 26 Shields, 35.0; 27 Bishop, 35.18; 29 Shaw, 35.26; 32 Taylor, 35.52; 34 Jarlett, 36.8; 35 White (F.), 36.13; 37 Clay, 36.45; 38 Holt, 36.52; 39 Peck, 37.8; 40 Boddy, 37.24; 42 Dewberry, 37.48; 44 Jannaway, 38.7.

Result (Varsity scoring) 8-a-side : 1 Belgrave, 51 points; 2 Finchley, 93.

TYRIAN CLUB, ROEHAMPTON

NOVEMBER 4th

1 Main, Carter and Hughes (Poly.), 27.1; 6 Whittle, 27.39; 10 Eeles, 28.13; 11 Brown, 28.15; 12 Tobin, 28.17; 13 Walker (N.), 28.32; 15 Shields, 28.39; 16 Morrell, 28.42; 17 Walker (F.), 28.47; 17 Mitchell, 28.54; 19 Doubleday, 29.2; 25 Taylor, 29.25; 28 McDonald, 29.38; 37 Holt, 30.13; 43 Dewberry, 30.31; 52 Jannaway, 33.21.

Result, scoring 8-a-side : Belgrave 58 points, Tyrian 78 points.

5 MILES HANDICAP, BELGRAVE HALL

NOVEMBER 18th

POSTN.	NAME.	HCP.	START.	ACT.	HCP.
		TIME.		TIME.	POSTN.
1	Lucas, G. F.	32.15	1.30	30.45	2
2	Main	33. 7	1.15	31.52	10
3	Whittle	33. 7	2. 0	31. 7	4
4	Clay	33.11	2.30	30.41	1
5	Eeles	33.45	2.50	30.55	3
7	Walker, F. A.	34. 2	2.45	31.17	7
8	Boyden	34.13	3. 0	31.13	6
10	Brown	34.47	2.30	32.17	15
11	Pearson	34.56	3.15	31.41	9
12	Carter	34.59	.30	34.29	24
13	Morrell	34.59	2.35	32.24	17
15	Tobin	35.25	2.20	33. 5	19
16	Bishop	35.29	4. 0	31.29	8
17	Spencer	35.39	4.30	31. 9	5
19	Mitchell, A. F.	35.57	2.50	33. 7	20
20	White, F.	36. 1	3.50	32.11	15
22	McDonald	36.23	4.30	31.53	11
23	Weames	36.29	4.30	31.59	13
24	Holt	36.36	4.30	32. 6	14
25	Jarlett	36.55	2.45	34.10	23
26	Taylor	36.58	3.45	33.13	21
28	Dewberry	37.28	5.30	31.58	12
29	Cuff	37.44	3.45	33.59	22
30	Daniels	38. 3	5. 0	33. 3	18

DARTFORD HARRIERS, DARTFORD

NOVEMBER 25th

1 Carter and Lucas, 29.0; 3 Clay, 29.20; 5 Brown, 30.10; 7 Eeles, 30.26; 8 Walker (N.), 30.36; 9 Boyden, 30.50; 11 Shields, 30.59; 12 Morrell, 31.4; 14 Shaw, 32.3; 15 Taylor, 32.15; 17 Bishop, 32.4.

Result (8-a-side) : Belgrave 46 points, Dartford 90 points.

TYRIAN AND THAMES VALLEY HARRIERS
BELGRAVE HALL DECEMBER 16th

1 Buntton (T.), 31.34; 2 Carter and Lucas, 32.3; 5 Clay and Hughes, 32.31; 8 Phipps and Main, 33.40; 13 Pearson, 33.58; 14 Shields and Morrell, 34.1; 16 Mitchell, 34.26; 17 Cohen, 34.31; 21 Eeles, 34.48; 24 Shaw, 34.57; 25 Walker, F. A., 35.5; 26 Jarlett, 35.19; 31 Rowland, 36.28; 33 Dewberry, 37.24.

Results (6-a-side scoring): Belgrave 35 pts., Tyrian 65 pts., Valley 136 pts. 8-a-side scoring: Belgrave 66 pts., Poly. and Valley 96 pts.

BOXING DAY HANDICAP

This race, and the same applies to the walk held on the same day, was not very well supported. The fixture was arranged only a few weeks beforehand and did not appear on our fixture lists. The weather, too, was not very helpful—the roads were icebound and the air cold and misty, the coldest Christmas most of us can remember. The distance was a little over two miles and was run from scratch, the allowances being deducted afterwards.

Result: 1 J. Brown, 11.25; 2 F. Clay, 11.48; 3 R. Tobin, 11.58; 4 J. Rowland, 12.10; 5 H. W. Shields, 12.21; 6 S. Eeles, 12.26; 7 A. Bishop, 12.45; 8 S. Jarlett, 13.5; 9 N. Walker, 13.19; 10 L. Fabre, 14.53; 11 G. Still, 15.10.

Handicap: 1 J. Brown (0.40); 2 G. Still (4.15); 3 J. Rowland (1.10).

SURREY COUNTY, 5 MILES, BELGRAVE HALL

JANUARY 6th

1 C. T. Carter, 30.57; 2 G. Hoath, 31.10; 3 G. Clay, 32.9; 4 L. Herbert and J. Brown, 32.43; 8 A. F. Mitchell, 33.17; 9 T. F. Morrell, 33.26; 10 R. Boyden, 33.33; 13 F. A. Walker, 34.6; 15 N. Walker, 34.28; 17 S. Jarlett, 34.48; 18 J. Rowland, 35.10; 19 G. Doubleday, 35.15; 21 A. Bishop, 35.37; 27 F. White, 36.57.

Teams—1 "A" team, 10 pts.; 2 "B" team, 36 pts. 3 Walton A.C., 56 pts.; 4 Epsom H., 62 pts.

MIDDLESEX AT RUISLIP

1 M. Bingham (Finchley H.), 32.45; 9 G. M. Pearson, 34.14; 10 R. Tobin, 34.42; 14, H. W. Shields, 35.57; all competing for Cadogan A.C.

Teams—1 Finchley, 6 pts.; 2 T.V.H., 17 pts.; 3 Cadogan A.C., 33 pts.

METROPOLITAN POLICE, ETC., HAYES

JANUARY 13th

1 F. Clay, 29.30; 3 D. Main, 30.15; 4 C. T. Carter, 30.15; 7 A. F. Mitchell, 31.12; 9 R. Tobin, 31.25; 10 T. F. Morrell, 31.35; 18 S. Eeles, 32.17; 19 N. Walker, 32.18; 24 Spencer, 32.54; 25 A. Bishop, 33.11.

Result (6-a-side): 1 Belgrave H., 34 pts.; 4 Met. Police, 99 pts.

THAMES VALLEY HARRIERS, CRANFORD

JANUARY 20th

1 C. T. Carter, 37.2; 5 G. Pearson, 37.25; 6 A. F. Mitchell, 37.31; 8 R. Tobin, 37.44; 10 T. Morrell, 38.27; 14 S. Eeles, 39.35; 15 R. Boyden, 39.47; 21 A. E. Taylor, 44.6.

Hughes (2), Scott (7) and Dennis (9) of the Poly. helped us to win, 80 points to 120.

CLUB 7 MILES HANDICAP, WIMBLEDON

FEBRUARY 3rd

1 C. T. Carter, 40.34; 2 Hughes (Poly.), 41.42; 3 D. Main, 42.11; 4 Scott (Poly.), 42.12; 5 Jones (Poly.), 42.15; 6 R. Tobin, 42.33; 7 A. Mitchell, 42.35; 8 G. Pearson, 42.45; 9 T. Morrell, 42.46; 10 F. A. Walker, 43.24; 11 R. Boyden, 43.39; 12 S. Eeles, 43.57; 13 Howell (Poly.), 44.40; 14 H. W. Shields, 44.49; 15 Smith (Poly.), 45.8; 16 A. Bishop, 46.2; 17 S. Jarlett, 46.2; 18 F. G. White, 47.31; 19 A. E. Taylor, 47.46; 20 A. Gray, 47.50.

Handicap—1 G. Pearson (4.15); 2 R. Tobin (3.50); 3 T. Morrell (4.0).

v. WALTON A.C., ESHER

MARCH 17th

1 R. V. Ruddick (Walton), 29.1; 2 S. Eeles, 30.44; 7 A. Bishop, 32.45; 11 H. Ellis, 33.10; 12 A. E. Taylor, 33.15; 16 N. Dewberry, 33.32; 21 F. White, 34.20; 25 A. Gray, 34.55; 26 A. Jannaway, 35.00.

Teams (6-a-side)—1 Walton A.C., 42 points; 3 Belgrave H., 69 points.

Tom Morrell sends this commentary:—

This match resulted in an easy win for Bels.-Poly. at four-a-side with 14 points; Walton A.C., 37; T.V.H., 40 and L.F.F., 53. In a nine-a-side against L.F.F., Bels.-Poly. won 49-122. Ruddick (Walton) led out of the football pitch, along a road and into some woods. Here Carter and Hughes took command with Pearson, making his best effort to date, close behind. Morrell was busy watching Tobin over a "pimple" who fought it out, eventually being joined by Bert Mitchell, who, after a while, made a great effort and drew away from them. Stan Eeles showed a return to the form he had earlier in the season and amazed the three by dashing past to set up a gap which he maintained. Harry Shields managed to finish ahead of his two opponents, for he had to justify the great pains he had taken, studying maps and walking round the course before the start. With brother John holding the watch, we saw the fruits of his labours!

Placings—1 C. T. Carter and Hughes (tie); 5 G. Pearson; 6 A. F. Mitchell; 10 S. Eeles; 12 H. W. Shields; 13 R. Tobin; 14 T. Morrell; 18 R. Boyden; 22 A. E. Taylor; 30 A. Gray.

In the British Workers' S. A. Championship, held in conjunction Tom Carter retained his title in 27.23, beating the course record, held by George Hoath, by 10secs. Bert Mitchell gained fourth prize, Dick Tobin was 6th and Tom Morrell 7th.

A DAY AT THE RACES

Saturday, March 10th, 1945, has proved to be one day in these war-torn years that can remain a very happy memory for the South and, in particular, for the "Bels," for on that day was decided the first National Youths' Race and the District Associations' Team Race in Dartmouth Park, West Bromwich. The weather was extremely fine, but perhaps a shade too warm for a fast, seven miles cross country race, and the ground conditions were firm; in fact, spikes or rubbers could have been worn with no decided advantage over either choice.

The Youths' Race which preceded the District Race attracted 17 teams and 10 individuals—101 runners started—and comprised two laps of parkland, each lap measuring a distance of $1\frac{1}{2}$ miles. From the fall of the starting flag the race was dominated by our own Burfitt. At the end of the first lap he was comfortably ahead by some 90 yards and the farther he went the greater the lead he gained. Full of running, he finished some 250 yards in front of Farrell, of Hallamshire, with Rouse, of South London Harriers, third, 65 yards behind Farrell. It was bad luck for the Northern youth that he came up against a runner of Burfitt's calibre, for Farrell himself is outstanding and I predict in him a future northern champion at least, but Burfitt, of course, was super, as Farrell was only too ready to agree. Unfortunately, only three Belgrave runners turned up at Paddington and so we were prevented from starting with even a scoring team and the depleted team were made to run as individuals. The winning team was Barry Boys' Council School with 47 points—a grand team. Burfitt's time was 16mins. 58.2secs.; Farrell's, 17mins. 36secs.; and Rouse's, 17mins. 52 secs.

So to the Senior Race. This comprised four laps of the course covered by the youths plus an additional $\frac{1}{4}$ mile detour on each lap.

The end of the first lap saw Gosney, Hughes and Bunton running together in a bunch, with our "evergreen" Tom Carter in close attendance. Behind Tom came Reid, of Birchfield and Scottish International, to be followed by Cole, of Dudley, the Junior International. Bingham was about ten yards behind Cole and close to him followed two Northern men, Ellis and Tyrer.

The second lap saw no change in the leading positions, but Reid had jumped ahead of Carter, who was running on his own some 15 yards from the Birchfielder. Bingham trailed Carter, and a few yards behind Bingham came Hoath, who on this lap had moved up to 7th from 13th position. Jack Holden, the oft-times International, was 9th. The pace continued hot.

The end of the third lap saw no change in the first seven positions. Tom was still running in his own solitary company and appeared to be finding things a bit tough as he passed me, though he was running as determined as ever. It was obvious at this stage that the South were going to swamp the other districts and if the Midlands and North combined teams, the South would still win hands down.

The race finished up an incline of 600 yards, some 400 yards of it gruellingly steep, and it was for this finish that Hughes had been waiting to jump Gosney, who has no love for hills, a fact Hughes knew. So the Poly. man ran out the winner by some 35 yards in 37 mins. 2 secs. Gosney (37mins. 10secs.) easily held off Reid (37mins. 17secs.), who in turn held off Bunton (37mins. 31secs.). Tom came racing in very strongly to finish 5th (37mins. 36secs.). Not only had he got over any distress he was experiencing on the start of the final lap, but he was running more strongly than any of the men who had finished ahead of him, and

he was moving up fast on Bunton. Incidentally, I consider that Bunton ran the wrong type of race. Instead of hanging on with Gosney and Hughes he should have gone to the front and forced the pace after the second lap. Still, experience will come with the years ahead. Hoath moved up on this lap to take Bingham's place in 6th position (37mins. 46secs.), while the Finchley man lost 7th place to Ferguson, of Birchfield, with Holden behind Bingham in 9th place. Thus did the South "rise and shine" to place six men in the first eight positions.

It was Herbert's distinct misfortune to experience a real off-day, not only in the running sense, but physically, too, for as he passed me on every lap he showed unmistakable signs of distress and it must have been sheer "guts" and will-power that enabled him to complete the course.

I understand that the team, on arrival back at Paddington, ran a "dead heat" to the nearest pub and wallowed in war-time "wobble" on a lend-lease basis until closing time.

Team result—South, 1, 2, 4, 5, 6, 8 : 26 points; Midlands, 3, 7, 9, 10, 11, 13 : 53 points; North, 12, 16, 18, 20, 21, 25 : 112 points.

HARRY VERNEY.

JUNIOR NOTES

Juniors would do well to remember that it is from their ranks that the post-war teams must be built up. Belgrave Harriers have been represented in big events for a decade or more by a combination of runners probably unprecedented in the history of athletics. It is difficult to realise that we are now in the sixth winter season since the war began and many of our established champions and others are slowly but inevitably approaching the veteran stage. The future reputation and good name of the Club is therefore in the hands of the seniors of tomorrow. Whether the name of Belgrave will mean so much in five years' time as it does now depends on the basis of sound training put in by the juniors of today. Regular training in mid-week is advisable, but regular training at Wimbledon is essential, for the art of running can only be learnt from experience with better men, and the necessary grit for strenuous work is best acquired by running in company. Information of any kind on training will gladly be given by senior members.

The undersigned would also like those juniors who really mean business to let him know what distances they fancy, with indication of performances. Finally, don't forget to fetch along any pal who is interested and shows ability. That's the way the Club was built up.

A. W. JANNAWAY.

137 Craddocks Avenue, Ashstead, Surrey.

JUNIOR RESULTS

v. SUTTON and CHEAM H.

DECEMBER 9th

An enjoyable but not over-strenuous run for our lads over an easy course of $3\frac{1}{2}$ miles of meadowland in Nonsuch Park.

1 N. Walker and J. Weames, 22.15; 4 Johnson, 22.50; 6 Stanford, 22.53; 7 Cuff, 23.3. 10 Jones (T.C.), 23.46; 13 Daniels and Jannaway, 25.25. 17 runners.

Team Race (6-a-side)—1 Belgrave H. 30 points; 2 Sutton and Cheam H., 48.

SAVAGE SHIELD RACE, BELGRAVE HALL

DECEMBER 16th

1 Burfitt (holder), 27.25; 2 Brown, J., 28.8; 3 Weames, 28.39; 4 Walker, N., 29.24; 5 Bishop, 30.30; 6 Stanford, 32.56.

SUTTON and CHEAM HARRIERS OPEN JUNIOR TEAM RACE 3½ MILES JANUARY 20th

This race was restricted to juniors under 18 years, and it is regretted that only two of ours turned up. Weames ran a good race and forced the winner, H. Rouse, jun., to beat the course record by 40 seconds.

Result—1 H. Rouse (jun.), 20.31; 2 Weames, 20.32; 15 Stanford, 22.35.

COUNTY JUNIOR RACES AT BELMONT

FEBRUARY 3rd

Seventy-two runners took part in this race of 3½ miles. We were unable to field a complete team and so our lads had to run as individuals. Ellis ran well for his first race.

Result—1 J. R. Morgan (St. John's), 19.52; 25 K. Cuff, 22.44; 33. H. Stanford, 23.8. 34 Ellis, 23.12.

MIDDLESEX 5 MILES RACE

This was held over the same course and on the same day as the Senior Race, and Derrick Burfitt, who a week ago had won the County Youths' Championship (3½ miles), won in 32.43—two seconds faster than the winner (M. Bingham) of the Senior Race. John Weames ran well to finish third in 34.22.

SOUTHERN COUNTIES JUNIOR RACE, EPSOM

MARCH 3rd

Derrick Burfitt, the holder, went straight into the lead and finished over 100 yards ahead of his nearest rival in 29mins., 18secs. In view of Derrick's win in the English Youths' Race we can say that he is in a class of his own in junior events. Some of our juniors were unable to compete as they had been called up, but John Weames ran well to finish 8th, Alan Bishop was 44th. Our team gained fourth place with 48 points, the winners being R.A.F. (Halton) with 28 points.

WITH THE WALKERS

As we come to the close of our sixth, and we hope, last war-time winter season, we can look back with a high degree of satisfaction at having been able to keep the Belgrave colours so much to the fore during such difficult times.

During the years immediately preceding the war, it was quite a common occurrence for us to finish anything up to half a dozen in the first ten in Open "Sevens" and on one occasion in the Ashcombe Open we actually took the first six places. Other pre-war successes included 1938 and 1939 winners of both Junior and National 20 Championships, 1937 and 1938, Harry Churcher first home in every open seven. 1938, Colin Sutton's hat-trick in being placed in the winning teams in the Junior, National and 50 Kilos; 1938, Joe and Len Coleman dead heating for first place in the Junior. What grand memories to look back on! Then came the war and our star walkers gradually trickled away to the various services, and so to all parts of the world, leaving mainly our police members to carry on.

As time went on they too gradually disappeared. Norman Dyne, Frank Halls and others. As far as conditions would permit, our Service members came from all parts of the country to help build up the teams. Percy Wright, Jack Rutland, Charlie Redgrave, Bill Jones, and many others. We naturally haven't been able to secure many youngsters as they, too, have been absorbed into the Services just when they would normally have started racing and so we have had to fall back on men beyond the calling up age and their best racing years, but nevertheless keen enough to turn out week after week and thus ensure that even if the Club colours couldn't always be so conspicuous amongst the leaders, it would be evident to the walking world and our absent Club mates they didn't intend to let the Club lie dormant during the war period. Without their assistance we should certainly have been hard pushed to find teams on several occasions and our gratitude goes out to them for their invaluable assistance.

We have, however, been able to secure two promising juniors in A. Joels and J. Scamell, the latter being introduced by his father, an old Club member. Both have been giving a good account of themselves during the past season. With these two and young Mac, we have the foundations of a good post-war junior team.

Jack Rutland and Percy Wright, who have for so long been trying to get the Army Athletic Board to give road walking its proper place in Army athletics, have at last met with a measure of success, inasmuch as they were selected to represent the Army in the 15 and 20 miles opens. We hope there will be more to follow and that this is only a small beginning to bigger things.

Amongst the most noteworthy Club performances during the season are those of Jack Rutland, second to Whitlock in the Woodford Green Open and again second to Burgess in our own open. Eddie Jury, our Portsmouth member, has been first home on three occasions, each time beating Alexander, of Portsmouth City Police. Bob McMullen found his best form in the B.W.S.A. Open when he finished third.

The season opened by us tying with Surrey W.C. for scratch team honours. In December, at Wimbledon, we brought off a double in the Surrey "Boxing Day" Five, being first in both scratch and handicap team races. In our own open we had first place in both team and individual handicaps and second in team and individual scratch races. Bob Readman and Harry Rouse finished second and third respectively in the Police Ten and the following Saturday we met with success in the Surrey County Race, R. McMullen and H. Rouse finishing second and third respectively and the Club taking team honours. The same day A. Joels finished third in the Kent race. With Eddie Jury in London, we took second team place in the scratch race and a similar placing in the handicap section of the B.W.S.A. Open. Altogether a very creditable season's work. May we look forward to just as successful a summer season and hope that by the time the next road season comes round we shall have some of our Services men back with us, until then we can rest assured that everyone will do their best to give the Club a good show.

The Club Open Walk was again a big reunion for our walkers past and present. The new three-lap course was used, which gave spectators several chances to see the race and urge on their clubmates. The entry of some ninety-odd was well up to the war-time average and many famous walkers took part. The race for individual honours was a close thing and Jack Rutland failed by a few seconds. Nevertheless, congratulations came to Jack from everybody for his great performance, which must also be judged from the fact that he had made a long journey from

Pembrokeshire and that he does not get the necessary competition for a front ranker. We were pleased to receive entries from Godiva Harriers, Coventry. Although the race is not run for profit, our Walking Secretary, Syd. Roberts, was able to show a small balance. We thank Syd. and the many Club folk who turned up and helped to make the event a success. The Club is greatly indebted to Jimmy Bellchambers, Harry Evans, Wally Ives and Syd. Roberts for donations to the prize fund.

RESULT

1 W. L. Burgess (Surrey W.C.), 54.03; 2 J. E. Rutland, 54.09; 6 R. D. McMullen, 55.38; 13 A. Readman, 56.27; 21 H. J. Rouse, 57.50; 27 A. F. Joels, 58.59; 28 G. S. Doubleday, 59.28; 33 J. G. Scamell, 60.04; 36 J. H. Scamell, 60.20; 38 P. G. Wright, 61.04; 43 J. Wilson, 62.29; 44 C. Speechley, 62.55; 47 S. G. Spencer, 63.54; 52 A. H. East, 64.48; 55 J. Wakefield, 66.40; 57 W. G. True, 66.43; 59 F. W. Thorn, 67.01; 64 F. W. Brunning; 68.37; 66 J. Tilling, 70.17.

Individual Handicap: 1 J. H. Scamell (8.45), 51.45.

Handicap Team Race: 1 Belgrave H. (Scamell, J. H., Joels and Scamell, J. G.).

Scratch Team Race: 2 Belgrave (Rutland, McMullen and Readman), 20 points.

First Belgrave H. in handicap taking no other award: J. Wilson.

SURREY W.C. 5 MILES OPEN, S. CROYDON

SEPTEMBER 30th

1 N. A. L. Burt (Surrey W.C.), 38.25; 4 J. E. Rutland, 39.27; 6 R. D. McMullen, 40.01; 10 H. J. Rouse, 40.40; 16 A. Readman, 41.15; 22 G. S. Doubleday, 42.39; 28 W. M. Young, 43.31; 32, J. A. Robins, 43.39; 43 S. G. Spencer, 44.58; 47, J. Wilson, 45.36; 54, A. O. Tookey, 47.33; 56, J. Wakefield, 47.43; 57, C. H. Speechley, 47.51; 58, F. W. Brunning, 47.57; 60 A. Martin, 49.40.

Scratch Team Race: 1 Surrey W.C. (1.7.11), 19, and Belgrave H. (4.6.9), 19, tied. Surrey awarded first place on aggregate time.

HIGHGATE H. "RED CROSS" HOUR RACE, PARLIAMENT HILL

OCTOBER 2nd

1 N. A. L. Burt (Surrey W.C.), 7 miles, 1,073 yards; 13 R. D. McMullen, 7.398; 19 A. Readman, 7.207; 23 H. J. Rouse, 7.81; 41 J. H. A. Robins, 6.1142; 48 S. G. Spencer, 6.871; 52 J. Wilson, 6.784; 54 A. O. Tookey, 6.705; 69 J. Wakefield, 6.220; 73 F. W. Brunning, 6.70; 75 A. Martin, 5.1,709.

Team Race (4 to score): 1 Highgate H., 33 pts.; 3 Belgrave H., 80 pts.

In a Junior One Mile (under 21) held at the same meeting, J. H. Scammell was 4th in 8 mins. 25secs.

HIGHGATE H. 7 MILES OPEN, PARLIAMENT HILL

OCTOBER 21st

1 H. H. Whitlock (Met. W.C.), 55.05; 4 J. E. Rutland, 56.24; 12 A. Readman, 58.09; 16 R. D. McMullen, 58.39; 18 H. J. Rouse, 59.36; 32 W. M. Young, 62.20; 44 S. G. Spencer, 64.37; 57 J. Wakefield, 67.13; 62 F. W. Brunning, 67.40; 72 A. Martin, 70.16.

Special Prizes: Police (scratch), A. Readman; Veteran (Handicap), F. W. Brunning.

ENFIELD A.C. OPEN 7 MILES, ENFIELD

NOVEMBER 4th

1 H. H. Whitlock (Met. W.C.), 55.17; 9 R. D. McMullen, 58.18; 13 H. J. Rouse, 59.04; 15 A. Readman, 59.16; 32 J. H. A. Robins, 63.48; 37 S. G. Spencer, 64.30; 47 J. Wilson, 65.47; 48 J. Wakefield, 66.19; 49 A. O. Tookey, 66.20; 51 C. H. Speechley, 66.25; 58 F. W. Brunning, 68.02; 62 A. Martin, 69.47; 70 R. Farrington, 74.13.

CLUB 5 MILES HANDICAP, WIMBLEDON

NOVEMBER 18th

1 P. G. Wright, 40.04; 2 R. D. McMullen, 40.09; 3 A. Readman, 40.49; 4 H. J. Rouse, 41.28; 5 G. S. Doubleday, 42.07; 6 J. H. A. Robins, 44.17; 7 A. O. Tookey, 44.30; 8 S. G. Spencer, 44.51; 9 J. Wilson, 45.11; 10 J. G. Scamell, 45.32; 11 J. H. Scamell, 46.02; 12 J. Wakefield, 46.48; 13 F. W. Brunning, 47.43; 14 A. H. East, 48.12; 15 A. Martin, 48.52; A. Farrington, 49.21.

Handicap: 1 J. Wakefield (8.30), 38.18; 2 J. Wilson (6.10), 39.01; 3 J. G. Scamell (6.30), 39.02.

A battle all the way between Percy and Mac, especially over the last mile, Percy gaining a few vital yards in the end. A fitting honour after the journey from Newport.

SUTTON AND CHEAM 4 MILES OPEN NOVICE, CHEAM

NOVEMBER 25th

1 J. H. Scamell, 39.19; 5 A. Farrington, 41.58.

Young Joe won by over a minute, and we wish him every success in his future efforts. He is trained by "Pa," one of our foremost walkers a few years ago and who, incidentally, is showing some of the others his speed.

LONDON FIRE FORCE 5 MILES OPEN, BELGRAVE HALL

DECEMBER 9th

1 H. H. Whitlock, 38.39; 4 J. E. Rutland, 39.53; 7 R. D. McMullen, 40.26; 17 H. J. Rouse, 42.34; 24 S. C. Roberts, 43.14; 29 A. F. Joels, 43.39; 31 G. S. Doubleday, 43.50; 33 W. M. Young, 44.02; 35 J. H. A. Robins, 44.11; 39, J. G. Scamell, 44.26; 52 J. H. Scamell, 45.28; 56 C. H. Speechley, 45.40; 57 S. G. Spencer, 45.44; 63 J. Wilson, 46.36; 64 A. O. Tookey, 46.41; 79 J. Wakefield, 48.33; 83 A. Martin, 49.31; 84 G. Farrington, 50.03.

Handicap Team: 3rd "A" team (McMullen, Rutland, Spencer).

Scratch Team: 3 Belgrave (Rutland, McMullen, Rouse), 28.

Special Prize L.F.F.: J. H. Robins.

METROPOLITAN POLICE "ARCHER CUP," 7 MILES,

REGENTS PARK

DECEMBER 14th

1 T. B. Kent, 55.10; 2 A. Readman, 55.16; 3 H. J. Rouse, 57.03; 6 S. C. Roberts, 58.25; 11 S. G. Spencer, 61.10; 16 J. Wakefield, 65.21; 19 F. Chandler, 67.44; 20 G. Farrington, 68.40.

Veteran Prize: A Readman.

Novice Prize: G. Farrington.

CLUB 3 MILES HANDICAP, BELGRAVE HALL

DECEMBER 26th

1 J. H. Scamell (4.00) and J. G. Scamell (3.45) tie; 3 J. Rutland (scratch); 4 R. D. McMullen; 5 J. Wilson; 6 G. S. Doubleday; 7 S. C. Roberts.

As on a previous occasion when two members of the same family shared the spoils, an amicable agreement was reached. (The other occasion was when Joe and Len Coleman dead-heated for first place in the R.W.A. "Junior" 10 Miles Championship of 1938. In this case, so the tale goes, it was settled *before* the race!)

SURREY WALKING CLUB 5 MILES OPEN HANDICAP

(Starting off marks) BELGRAVE HALL

DECEMBER 30th

1 W. G. Wilson (allowance 3.20) handicap time, 39.03; 3 R. D. McMullen (2.20), 39.32; 5 J. E. Rutland (1.35), 39.44; 7 S. G. Spencer (7.00), 39.52; 9 H. J. Rouse (3.00), 39.56; 11 A. Readman (2.20), 40.04; 12 C. H. Speechley (6.45), 40.06; 16 J. H. Scamell (6.20), 40.19; 17 J. G. Scamell (4.00), 40.23; 20 W. M. Young (5.00), 40.37; 22 G. S. Doubleday (3.25), 40.45; 30 J. Wilson (6.30), 41.59; 42 R. Farrington (7.30), 44.43; 43 S. C. Roberts (1.50), 44.57.

Handicap Team: 1 Belgrave H. (McMullen, Rutland, Spencer), 11 pts.

Scratch Team: 1 Belgrave H. (Rutland, McMullen, Readman).

METROPOLITAN POLICE A.A. 7 MILES OPEN, IMBER COURT

JANUARY 27th

1 C. Megnin (Highgate H.), 53.54; 6 R. D. McMullen, 55.15; 11 A. Readman, 56.25; 26 W. M. Young, 60.52; 28 J. H. A. Robins, 61.08; 33 S. G. Spencer, 63.03; 34, H. J. Rouse, 63.21; 44 J. Wakefield, 67.30.

First policeman in handicap, A. Readman.

v. SURREY W.C., 7 MILES, WIMBLEDON

FEBRUARY 3rd

1 R. D. McMullen, 57.50; 3 A. Readman, 61.00; 4 G. S. Doubleday, 61.31; 9 S. G. Spencer, 64.03; 10 J. Wilson, 64.20; 11 C. H. Speechley, 64.49; 12 J. Wakefield, 71.50.

Result (5-a-side): 1 Belgrave H., 27pts.; 2 Surrey W.C., 28pts.

7 MILES "HORWOOD" CUP RACE (for those with R.W.A.

"Junior" qualification), BELGRAVE HALL

FEBRUARY 10th

1 R. D. McMullen, 57.09; 2 H. J. Rouse, 59.00; 3 A. F. Joels, 59.32; 4 J. H. A. Robins, 60.20; 5 J. H. Scamell, 61.16; 6 J. Wilson, 61.52; 7 C. H. Speechley, 61.56; 8 S. G. Spencer, 62.44; 9 J. Wakefield, 65.42; 10, A. H. East, 65.50; 11 F. W. Brunning, 68.48.

Handicap: 1 J. H. Scamell (8.20), 52.56; 2 A. F. Joels (5.30), 54.02; 3 J. H. A. Robins (6.00), 54.20.

There is no doubt that in pre-war days the Club's many wins in the National Junior Championship were due to the encouragement given to juniors by this race. We are again greatly indebted to Oscar Horwood for providing the medals, and we feel that our next team in the "Junior" will be a worthy one, capable of retaining the title which we won in 1938 and 1939. Incidentally, the only other club to win the "Junior" two consecutive years is Surrey W.C.

WOODFORD GREEN 7 MILES OPEN, WOODFORD

FEBRUARY 17

1 H. H. Whitlock (Met. W.C.), 54.40; 2 J. E. Rutland, 55.32; 17 A. Readman, 59.35; 33 J. G. Scamell, 61.40; 34 W. M. Young, 61.58; 39 J. H. Scamell, 62.27; 44 S. G. Spencer, 63.42; 55 A. O. Tookey, 65.41; 61 J. Wakefield, 66.45; 64 A. Martin, 69.05.

Handicap Team: 3 Belgrave Harriers (Scamell, J. H., Rutland, Spencer).

v. HIGHGATE H., 7 MILES, BELGRAVE HALL

FEBRUARY 17th

1 E. A. Staker (Highgate), 54.37; 3 R. D. McMullen, 55.31; 5 P. J. Reading, 55.54; 9 A. Readman, 58.20; 13 G. S. Doubleday, 59.30; 20 J. H. A. Robins, 62.00; 22 J. Wilson, 63.40; 24 J. Wakefield, 69.00; 25 F. W. Brunning, 69.00; 26 W. Tilling, 69.17.

Result (13-a-side): Highgate H., 159 pts., Combined Belgrave Team, 192 pts. (the team included walkers from Poly. H., Woodford Green A.C., Surrey W.C. and Surrey A.C.).

METROPOLITAN POLICE A.A. 10 MILES CHAMPIONSHIP

IMBER COURT

MARCH 22nd

1 T. B. Kent, 84.48; 2 A. Readman, 86.12; 3 H. J. Rouse, 86.49; 6 W. M. Young, 94.33; 7 S. G. Spencer, 94.36; 12 J. Wakefield, 100.25; 15 J. Farrington, 108.07.

COUNTY RACES

MARCH 24th

SURREY 10 MILES, BELGRAVE HALL

1 N. Burt (Surrey W.C.), 77.35; 2 R. D. McMullen, 78.33; 3 H. J. Rouse, 79.28; 5 (tie) G. S. Doubleday and C. Redgrave, 81.31; 9 J. Wilson, 84.40; 11 A. H. East, 89.30; 13 F. W. Brunning, 93.04.

Teams: 1 Belgrave (2.3.4.5), 14 pts.; 2 Surrey W.C. (1.6.7.9), 23 pts.

MIDDLESEX 7 MILES, SUDBURY

1 A. W. Marler (Enfield A.C.), 54.44; 8 P. J. Reading, 57.43; 18 J. G. Scamell, 60.11; 21 S. C. Roberts, 62.33; 22 S. G. Spencer, 63.30; 29 A. Tilling, 67.41.

Cadogan A.C., 5th with 61 pts.

KENT 7 MILES, DARTFORD

3 A. Joels, 59.29.

BRITISH WORKERS S.A. 10 MILES OPEN,, CHEAM

MARCH 31st

1 H. H. Whitlock (Met. W.C.), 78.51; 3 R. D. McMullen, 80.59; 6 A. Readman, 81.46; 11 E. A. Jury, 82.51; 14 H. J. Rouse, 83.32; 25 G. S. Doubleday, 86.46; 34 J. Wilson, 89.47; 38 S. G. Spencer, 90.90; 58 F. W. Brunning, 99.34; 59 J. Wakefield, 100.45.

Handicap Team: 2 Belgrave H. (Wilson, Readman, Rouse).

Scratch Team: 1 Highgate H. 14 pts.; 2 Belgrave H. (McMullen, Readman, Jury) 20 pts.

B.W.S.A. Championship: 3rd R. D. McMullen.

Eddie Jury, who has been doing such good work for the sport in Hampshire, has credited himself with the following very good performances.

Portsmouth City Police Invitation 7 Miles, November 4th—Portsmouth, 3rd in 58.41.

Gosport Invitation 5 miles, December 2nd, won in 45.50.

Inter-Club 7 $\frac{3}{4}$ miles, Hilsea, Portsmouth, February 3rd, won in 63.16.4—a record for the course. He also won the Southdown Motors Club's "Dunhill" Handicap Cup from scratch.

Southdown Motors 10 $\frac{1}{4}$ miles Invitation Race, Hilsea, March 10th, won by inches from Alexander in 84.10.4.

A SCHEDULE FOR MILERS AND TWO-MILERS COMPILED FROM A. R. SHAW'S DIARY

Introduction

Older members need no introduction to Albert Shaw, but for others it will be of interest to be reminded that just prior to the war, Albert was one of our most consistent milers. He was several times runner-up in our Club Championships, consistently beat 4.30secs. and was in many winning two-mile team races. Apart from this he won many opens and was placed in several Business House Championships.

Anyone knowing Albert will appreciate the thought and energy he put into his running and I'm sure that the table will be of interest and use to members.

If the table does no more than encourage the study and reading of the various books on athletics which can be obtained from the library, it is well justified.

Foreword by A. R. Shaw

I take pleasure in submitting the following schedule on how to prepare yourself for a mile. It is considered that, starting in April, it will take three months to reach your peak performances.

It is assumed that you have had a season on the country to strengthen your body, so that what is now required is steady building up for speed.

Miling today is a fast business.

All work must, so far as possible, be to a stop-watch.

Be well and warmly clothed and do ample warming up before starting your run.

Keep good hours and regular habits.

Eat good food and plenty of honey, barley sugar, etc.

Obtain by experiment your best racing weight and when it drops below normal, rest for a few days.

Work Club races in with your training, but do not race your distance in mid-week matches.

SCHEDULE

FIRST MONTH				
	1st Week	2nd Week	3rd Week	4th Week
Mon.	2 miles	2 miles	1½ miles	2 miles
Tues.	880 yds. L.L.	880yds. 440yds.	¾m. 300yds.	880yds. Fast
Wed.	¾m. V.S.	¾m. L.L.	600yds. 220yds.	100yds. 440yds.
Thurs.	660yds.	660yds. Fast	¾m. with watch	¾m. L.L.
Fri.	REST	REST	REST	REST
Sat.	880yds. Fast	1m. to watch	1¼m.	880 time trial
Sun.	WALK	WALK	WALK	WALK
SECOND MONTH				
Mon.	880yds.	2m. L.L.	1¼m. L.L.	2 miles
Tues.	2 miles	880yds. Fast	300yds. 200yds	660yds. V.S.
Wed.	660yds. 220yds.	¾m. V.S.	600yds.	100yds. 300yds.
Thurs.	¾m. L.L.	220yds. 300yds.	¾ mile	880yds.
Fri.	REST	REST	REST	REST
Sat.	Race 1 mile	880 or 440yds.	1 mile Race	½ mile
Sun.	WALK	WALK	WALK	WALK
THIRD MONTH				
Mon.	1½ miles	¾m. 3min. 10sec.	2m. L.L.	1½ miles
Tues.	440yds. 300yds.	600yds. 100yds.	880yds.	660yds.
Wed.	660yds.	1,000yds.	300yds. 440yds.	880yds.
Thurs.	880yds. 2m 1sec	440yds. 220yds.	600yds.	440yds. 300yds.
Fri.	REST	REST	REST	REST
Sat.	1 mile	Race 880 yds.	¾ mile	THE RACE
Sun.	WALK	WALK	WALK	WALK

V.S. denotes varying strides. L.L. denotes level laps.

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SUMMER FIXTURES, 1945

May	5.	Southall.	West Middlesex Triangle.
	12.	Sutton.	Metropolitan Police and Walton A.C.
	17.	Croydon.	Juniors v. Whitgift Middle School.
	19.	Dartford.	Dartford Hospital Sports.
June	26.	Tooting.	Dartford H. and Southgate H.
	9.	Tooting.	Juniors v. Whitgift Middle School and Dorking St. Paul's.
			Seniors v. Guards Depot (Pirbright), Met. Police; N.F.S. and Eastleigh A.C.
July	16.	Chiswick.	A.A.A. Southern Junior Championships.
	23.	Gillingham.	Gillingham and District.
	30.	Walton.	Walton A.C.
	7.	Oxford.	Oxford and District.
Aug.	14.	Tooting.	Walton A.C. and West Middx. Triangle.
	28.	Imber Court.	Metropolitan Police A.C.
	6.	Erith.	Erith Hospital Sports (Handicaps).
	11.	Pirbright.	Guards Depot.
Sept.	18.	Southall.	West Middlesex Triangle.
	25.	Dartford.	Dartford Harriers.
	1.	Charlton Park.	Cambridge H.
	8.	Tooting.	Seniors v. Metropolitan Police.
	15.	Tooting.	Juniors v. Dorking St. Paul's.
Oct.	29.	Belgrave Hall.	Members' Handicap Meeting.
	6.	Belgrave Hall.	Boys' Brigade.
	13.	Belgrave Hall.	Opening Run. Annual General Meeting.