



JULY 1958

FOUNDED 1887

The
BELGRAVIAN

The
Official Gazette
of the
Belgrave Harriers

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The official gazette of the Belgrave Harriers
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JULY 1958

No. 135

EDITORIAL

Dear Fellow Members,

From reports so far received, our track performances have been notable for their quality, if Club representation has been lacking in quantity.

In the wide sphere in which we compete, we provided champions in six counties; a pretty remarkable achievement. Some great running has come from Brian Morris, with a 48.9s. quarter to his credit when representing the South against the North and Midlands and from John Davies (4m.10.6s.) for Middlesex versus Cambridge.

But it is sad to note that in the majority of cases the same old faces turn up, whilst new talent seems to be lacking (our youth and junior county results bear this out). On paper we have a powerful team at all events, but our inability to muster this strength in matches is poor advertisement and does not show respect for our opponents, let alone for the patient officials.

A well meaning anonymous member sends us reports for youths and junior cross country events for which, he states, no reports appeared in the Belgravian. Whilst we appreciate the effort, such items are of doubtful interest after such a lapse of time.

This must not be taken to mean that we do not require news, we do! It must be stressed, however, that it should reach us not later than a fortnight after the event occurred.

AMENDMENTS TO CLUB RECORDSYOUTHS

440 yds. D.J. Hemmings July 1956 52.8s.

The above performance was made in the All-England schools meeting (under 17y.4m. on 1st April 1956)

John Knifton's one mile walk record of 8m.13s. was made in 1956.

JUNIOR

440 yds. C.J. Ryan July 1957 50.8s.

220 yds. Hurdles J. Sams Sept. 1957 23.8s.

Have you paid your subscriptions? If not, the Treasurer would be very pleased to receive them.

CAMBRIDGE HARRIERS ROAD RELAY MARCH 22ND.

The less said about this event the better, for Bill Lucas looked an extremely harassed man as he juggled with the very inadequate forces at his disposal. The inevitable happened, in that our "B" team was incomplete and that the "A" team contained men, including the writer, of obvious "B" team capacity.

Clive Shippen and Len Adams ran quite well on the first leg for the "A" and "B" teams respectively, but apart from a good run by Ken Jones on the third stage there were no outstanding efforts. Twelfth position in this event was not mediocre but downright shameful.

In the veterans relay over four stages our team of E. Stimpson, L. Rolls, D. Brickwood and Charlie Smart had a very easy win, with the last named showing great form in returning a lap time of 19.46.

LONDON VIDARIANS INVITATION 15 MILES WALK. MARCH 22ND.

2	R.D. McMullen	2.01.43	15	H.W. Shields	2.19.30
4	G.S. Checkley	2.05.47	16	J. Wilson	2.19.46
6	H. McGreechan	2.10.06	17	B. Stevenson	2.20.04
8	J. Keown	2.13.04	30	P. Wilson	2.34.03
13	C. Yescombe	2.18.29			

Match result :-	1	Belgrave H.	8	pts
	2	Queens Park H.	35	"
	3	Walton A.C.	37	"

TROWBRIDGE OPEN 10 MILES WALK. MARCH 22ND.

7, T.B. Clark 88.01; 13, J.G. Coleman 93.23; 14, B. Eglinton 94.35; 23, P.J. Wright 108.39.

Belgrave H. were third with 45 points.

STOCK EXCHANGE 25 MILES WALK AT HAYES, KENT. MARCH 29TH.

Reminiscences hardly have a part in club life, yet who can say what part "Footerisms", "Harleyisms" and all the other "isms" have in creating the spirit of comradeship, sportsmanship and will to achieve that which is such a part of a true Belgravian.

What luck I had in attending to Rey Hall on what I am sure is only the first of his many victories in "Claret and Gold".

With pride I watched him breast the tedious climb out of Westerham and shatter the opposition, and saw the tenacity with which he stuck to his task when in the doldrums and the whole world looked black and unsmiling. With pride I witnessed the comeback of a true champion as his strength returned and he started that fight against the watch, as not only victory but one of the most difficult records of the walking calendar came within grasp.

Such was my fortune and pleasure in witnessing one of our younger school display such fine characteristics and have his name added to the long list of champions this Club has produced.

Congratulations also to Dave Stevens for his performance in finishing fourth.

Result:-	1st	R.C. Hall	3hr.39m.08s.
	4th	D.J. Stevens	4 " 02" 28"

Previous record 3hr.41m.51s. H.W.S.

DONCASTER TO SHEFFIELD MARATHON. APRIL 7TH

Our three competitors, who were having what was really an early season try-out, finished as follows.

29	H.A. Bishop	2h.45m.27s.	32	E.M. Bishop	2h.46m.53s.
	35	R.G. Plummer	2h.47m.49s.		

REGENTS PARK OPEN 20 KILOMETRES WALK. APRIL 12TH

1. S.F. Vickers	92.38	64. G.E. Beecham	117.15
5. E.W. Hall	99.54	65. H.W. Shields	117.17
13. G.S. Checkley	102.39	67. F.G. Rolfe	117.34
14. R.C. Hell	103.31	73. B. Eglinton	119.15
33. J.F. Keown	110.42	77. B. Stevenson	120.10
40. H. McGreechan	111.53	85. J. Wilson	122.34
48. C. Yescombe	113.06	91. C. MacLennan	125.02
59. R.H. Newson	116.18	105. P. Wilson	131.57

Team race result:- 1st Belgrave Harriers 28 pts.
 2nd Metropolitan W.C. 34 "
 3rd Woodford Green A.C. 58 "

CLUB HANDICAP MEETING AT BATTERSEA PARK. APRIL 19TH1 mile steeplechase

1 A. Black (90 yds)	4.34	1 P. King (75 yds)	47.5s.
2 M. Robinson(125)	4.35	2 R. Raymet(75 ")	48.5s.
3 S. Boreham (100)	4.37	3 D. Taylor(45 ")	43.6s.
4 L. Orton (50)	4.41		
5 B. Kolbe (180)	4.43		
6 G. Flanagan(30)	4.53		

On the same day at Hurlingham, Eric Gebbett finished 8th in the A.A.A. 10 miles track championship, his time being 53m.25s.

In the A.A.A. 7 miles walking championship, also at Hurlingham on the same day Stan Vickers and Eric Hall finished first and second with times of 51m.10.2s. and 52m.14.2s. respectively.

CROYDON TO GODSTONE & BACK 18 $\frac{3}{4}$ MILES OPEN WALKAPRIL 19TH

2. R.D. McFullen	2.43.05	42. H.W. Shields	3.06.01
3. G.S. Checkley	2.44.10	43. C. Edwards	3.07.27
10. H. McGreechan	2.51.35	49. J. Wilson	3.09.30
21. R.H. Newson	2.59.10	51. B. Stevenson	3.10.35
32. F.G. Rolfe	3.03.24	58. D. Fotheringham	3.12.38

Team race result:- 1st Belgrave Harriers 33 pts
 2nd Woodford Green A.C. 46 $\frac{1}{2}$ "
 3rd Highgate Harriers 60 "

MATCH v. HERCULES A.C. & S.L.H. AT TOOTING. APRIL 23RD.

Our first mid-week fixture of the season, although blessed with fine weather and excellent conditions, did not produce results quite in the same category. However, our performances were not entirely displeasing.

Brian Morris, in serious preparation for a coveted place at Cardiff and Stockholm, sharpened his speed by running in both the 100 and 220 yds. events; comfortably winning the latter by a yard from Gerry Leroy in 23.2s. This event produced our only points maximum of the evening.

Henry Martin produced a promising early season effort in the quarter when running a close second to Woodland of Hercules(52.0) and, although only placed fifth, it was good to see Jim Heathfield running quarters once more after his third retirement from the event! Apparently he hasn't yet decided between the 440 yds. and the Mitchem '15' !!

Although we had four representatives in the mile they had to fill the last four places behind P.Driver(4m.19.8s.), E.Earl(4.23.1), J.Edgar and C.Wilson. Our first(?) man home was Len Orton, our second claim member from Birchfield, who recorded 4m.30.2s.

Mal Ash collected his usual quota of points with a win in the High Jump (5'7") and a second in the pole vault (11'6"). Three Bels supported Mal in the high jump with 5'6", 5'4" and 5'0"; the latter performance by Rosch, still only a boy.

Dave Ansell (19'8") was beaten on the last jump by one inch for second place, and finished third, four inches behind the winner. Coleman collected a point here for his fourth place and a further two in the shot, which was won by Rasey, our 3rd (!) claim member from Southgate and Barnet.

In the junior match our best performance was by Stan Black who ran third in the half mile to Jones of S.L.H. (2m.1.2s.) and Hamilton of Hercules (2m.3.2s.); the latter just pipping Stan on the line. This was a fine run only two weeks after the London to Brighton relay and a busy winter season. Dave Taylor earned a point for his fourth place as did D. Crookes in the mile, but with no entry in either of the sprints our points total reached a mere six. Surely we have some junior sprinters somewhere!

Match results:-

Senior:-	1	Hercules A.C.	43 pts	Junior :-	1	Hercules	27
	2	Belgrave H.	32 "		2	S.L.H.	15
	3	S.L.H.	14 "		3	Belgrave	6

FINCHLEY '20'. APRIL 26TH

Great run by Eric Gebbett

This event was favoured by its usual warm weather, but a strong wind prevailed throughout and made hard going of the first two miles of each five mile lap.

A good class field emphasised the fact that this is now the top 20 of the year.

At five miles, Eric Gebbett was placed 6th with Len and Eric Bishop 28th and 43rd respectively. Our fourth man at this stage was Alan Bishop in 55th place but he didn't stay there for long, and at nine miles was overtaken by Geoff Pearson.

The impetuous were soon feeling the effects of the fast first ten miles and our scoring men were steadily moving through.

Eric Gebbett, although slowing somewhat on his last lap, ended up in 8th place, returning the very fast time of 1hr.50m.29s. The Bishop brothers, less Alan, who was having a rough time due to the after effects of a heavy cold, had moved up to 22nd and 25th positions. With Geoff Pearson, now a veteran, gaining 49th place, we were placed 4th team in both the open and Southern Counties race held in conjunction.

8	E. Gebbett	1.50.29	49	G.H. Pearson	2.01.36
22	L.C. Bishop	1.55.09	38	H.A. Bishop	2.14.51
25	E.H. Bishop	1.56.23	102	J. MacDonald	2.20.35

Also started:- R. Bolem, A. Penstone, R. Conway, L. Fairman and R. Plummer.

182 started, 132 finished.

MIDDLESEX 20 MILES WALK CHAMPIONSHIP AT SUDBURY.

APRIL 26TH

7	G.S. Checkley	2.58.08	17	C. Yescombe	3.12.01
13	H. McGreechan	3.07.12	26	H.W. Shields	3.17.01
14	R.H. Newson	3.09.10			

Team race result:-	1st	Metropolitan W.C.	14 pts
	2nd	Cadogan A.C.	41 "
	3rd	Polytechnic H.	43 "

Please make a note of the ANNUAL CLUB DINNER AND DANCE which will again be held at Barrington House, Gresham Street, E.C.2, and the date is November 15th.

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INTERNATIONAL 25 KILOMETRES ROAD WALK

East Berlin

Sunday May 4th

Complete with Ted Smith's speed oil, Eric Hall's soap and Jack Goswell's map of Kent, Yours Truly, OTTO VON VICKERS set out on May 3rd for East Berlin, with long-distance runner Jack Haslam and team manager Les Truelove, for the international 25 km. run and walk.

After leaving London Airport at 11 a.m. and having completed some three-quarters of our journey, Jack decided to test out the little brown bag that is so conveniently placed in front of one's seat in the aircraft. However, soon after landing a good cup of tea quickly put him on his feet again.

On arriving at our hotel we had tea with our hosts, and later went out to have a look at the course, which proved to consist of a mixture of good asphalt and bad cobbles. At about 8.30 p.m. we sat down to dinner, which consisted of German sausage meat plus a famous German vegetable dish known as Sauerkraut. Haslam and Vickers, however, were not going in for this special diet so we both finished up eating Eric Hall's patent wonder food (bread and jam).

We then bedded down for the night, only to discover, to our amazement, that we were without pillows. So the three happy wanderers had to be content with a tracksuit for a headrest, though this is inclined to give one a sore head on awaking.

At 5 a.m. a ghastly thing called an alarm went off and Vickers got up. Now this is where I made my big mistake - if only I'd kept in bed between the sheets with my head on the hard tracksuit and my rather large feet dangling over the end of the 5 ft. long bed, I would never have taken the hiding that was forthcoming later that morning.

The walk commenced at 9.30 a.m. and the field consisted of many cracks from Italy, Sweden, Czechoslovakia, Poland, Finland and West Germany. The run, which was over the same course, also attracted internationals from Poland, Czechoslovakia, Holland, Finland, West Germany and Yugoslavia and commenced at 10 a.m.

It was rather a cold, windy morning when the walk started and I went off very fast, taking the lead out of the stadium after doing three and a half laps of the track. I was still in the lead at 10 km., with the two East Germans not far behind. Coming up to 12 km. we turned into a vile wind which almost picked me up and blew me off to Russia and at 14½ km. Lindner of East Germany (a very bouncy performer indeed - he was disqualified at Melbourne for "lifting") and Max Weber also of the home country came up to my shoulder and a battle of tactics as to who should lead into the wind developed. However, the Germans soon pulled away and things remained much the same until the 20 km. check point. It was here that I received a severe shock (not an electric one) as my time was given as 89m.31s. This was incredibly fast and I found out after the race that the other competitors also felt that the sighting of this point was wrong, as indeed it must have been.

From the 21 km. mark we went on to the exceedingly bad cobbles and what with these, the strong wind and my over fast start I began to feel very tired and at 22km. I was absolutely whacked. After going sprawling on the cobbles, Britain's last hope was folding up badly as one by one the opposition came past me. First there was Pamich of Italy (what a wonderful stylist he is) then Dordini (again a brilliant walker) and Soderlund of Sweden - they all went by and I couldn't do a thing about it, in fact I'd have given anything to lay down in the gutter for an hour or so.

Just at that moment Dr. Pavel Kantorek, the Czechoslovakian runner, came past, followed by Paavo Kotila of Finland and our own Jackie, running brilliantly in his first international. I used my last ounce of energy to shout Jack on and then somehow managed to stagger on for a while round the lap of the stadium to finish in 12th position, a very tired young man indeed.

The race was won by Max Weber of East Germany in 1hr.59m.,

second was Lindner of East Germany in lhr.59m.13s. and third, A.Soderlund of Sweden in lhr.59m.26s.

After a drink of my patent pick me up (warm water), I found out that Kenterek had won the run in lhr.20m.30s. Second was Kotila in lhr.21m.5s., beating our Jack on the run in, his time, lhr.21m.13s.

Following a good rest in the afternoon we all went to the banquet in the evening and had a very pleasant time. After the eats and speeches, not to mention drinks, Vickers wandered off with the Dutch marathon runner Jack Smits to the hotel's "open" dance, where we had a very enjoyable time with the frauleins. All was going well until Mr Smits and myself left the hotel to walk back to our lodge when somehow or other we went off course, with the result that a fifteen minute walk took one and a half hours. We managed to find the place in the end with the help of a young German couple and such was our pleasure upon finding our home of rest that we gave them all the East German cash we had (we were leaving the following day and you cannot exchange East German marks into sterling, hence our generosity).

When I entered our bedroom, Les and Jack, eyeing me with an air of suspicion, enquired where I had been. After giving my story in the utmost detail, they both told me to stop shooting a line, as they had been around etc.....etc.... If you have ever tried explaining to a team manager why you have arrived home late at night with all your money gone, you'll know what I mean!

However, after promising to buy them both a drink on the following morning, the past was forgotten.

A rather pleasant stay with our hosts was marred when they arrived late to take us back to the airport. After going round and round in the car for an hour (we were trying to find the German team manager who had our visas) we eventually arrived at Tempelhof Airport in Western Germany, only to find that our aircraft had left some forty-five minutes beforehand. Much good work by Les finally had us flying back via Dusseldorf and Amsterdam, to arrive at London Airport at midnight.

Then came a frantic dash in Les Truelove's car. First of all he dropped Jack on his doorstep, then Stirling Fungio Truelove somehow got me to Charing Cross in time to catch the last milk train home. As you can imagine, Jack and myself were very grateful indeed, especially as Les had quite a journey to his home after dropping us.

Well, the trip was over, but I think it is true to say that Jack and I had the last laugh. You see, during the outward trip we were discussing air travel, and Les told us that he could openly boast that after flying thousands of miles all over the world he had never missed an aircraft by arriving late at the airport..... ..ah well, you were saying, Mr. Truelove.....?

I feel sure Jack Haslen will join me in saying thank you B.A.A.B. and our German hosts for a very enjoyable trip and for the experience gained. And thankyou Les Truelove for being such a jovial and amiable team manager.

Stan Vickers.

SURREY COUNTY 20 MILES ROAD RUNNING CHAMPIONSHIP

AT EPSOM

MAY 10TH

Eric Gebbett, attempting to repeat his win of last year, went away very fast and at two miles led by fifty yards. However, the other contenders for the title were not to be caught twice running, and at five miles Eric had to relinquish his lead. From this point he fell back steadily and at the finish was seven minutes behind the winner, Clark of Merne Hill. The fact that we could only scrape third place in the team race was mainly due to A.Bishop running some fourteen minutes slower than he did last year.

Result:- 5th, L.C.Bishop 1.55.47; 7th, E.Gebbett 1.58.02;
13th, H.A.Bishop 2.14.13.

PORTRAIT GALLERY

If perseverance, courage and fortitude can produce a self-made athlete of top class, then Colin Collis, the subject of this article, is an admirable example.

He became a 'Bel' in 1943 and was a contemporary of the Brown, Burfitt, Short, Adams and Bishop brothers junior group, under the eagle eyes of Bert Footer and Alf Taylor. Here he learned the true meaning of club spirit, and although he was not to come to the fore until many years later, Colin competed at all distances on the track and country.

In 1951 he went to London University and there beat his head against the wall endeavouring, on the mistaken advice of a "specialist", to become a half miler, with little success. Studies kept him out of the picture for some time, but by the start of 1955 it was obvious that he had been applying himself with some diligence, to distance running, for he surprised everyone by finishing 13th in the Mitcham '15' with a time of 1hr.24m.53s. But for the fact that he had been entered in the B team and walloped several A team men, Belgrave would have been placed first.

Having tasted success, Colin went on to gain fourth place in the Wigmore '15' in a very fast time, and with a second in the Surrey '20' in 1hr.47m.44s. (although, let's face it, some fantastic times are returned in this Surrey race) was a strong favourite to become Club marathon champion. This he did, in record time, when returning 2hr.37m.4s. in the Polytechnic marathon that year, at the same time winning the Lalande trophy for the first man to finish who has not competed over the distance before. Following this up with a third place in the Belgrave '20' and taking the Club title in conjunction, Colin can be said to have made a very successful entry into distance running in 1955.

His meticulous attention to training and his refusal to be sidetracked from what his experience had proved to him was the best method, were to pay even greater dividends in 1956. His times were steadily improving (the greatest form of satisfaction to a road runner) and he again won the Club marathon title in record time (2hr.31m.26s.).

In the Autumn of the same year Colin proved that he was really better suited to even longer distances, for he returned 3hr.2m.33s. when finishing third in the S.L.H. '30' and then received an invitation to compete in a 3 hours track race at Walton.

Although suffering from a cold all the previous week, he honoured his engagement and confounded everyone by breaking the existing English native record and finishing second to the renowned Arthur Keilly of Derby. Colin covered 30 miles 952 yards 2 feet; a meritorious performance.

Dogged by injury however, Colin decided to retire in 1957, temporarily we hope! He has performed official Club duties for many years and has a wise head. His compilation of Club record lists has been an interesting feature of the Belgravian since 1952. Married, with a daughter of nearly two, Colin is modestly personified, but quiet confidence always lay beneath the surface; a more purposeful athlete would be difficult to recall.

R.W.A. 20 MILES CHAMPIONSHIP AT BIRMINGHAM. MAY 10TH

5	E.W. Hell	2.47.35	60	G.S. Checkley	3.16.23
9	R.C. Hell	2.52.12	72	B. Eglinton	3.19.48
15	R.D. McMullen	2.56.33	73	G.E. Beecham	3.19.54
28	H. McGreechan	3.03.18	75	H.W. Shields	3.20.49
51.	C. Yescombe	3.13.49	113	C. MacLennan	3.37.45
55	J.F. Keown	3.14.32			

Team race result:- 1st Metropolitan W.C. 32 pts
2nd Belgrave H. 56 "
3rd Sheffield U.H. 59 "

Belgrave Harriers won the Nijmegen Shield.

SENIOR MATCH v. ST. MARY'S COLLEGE &
COLLEGE OF ST. MARKS AND ST. JOHNS
Battersea Park 14th May.

The programme for this match was restricted to five track events and three field events as the Club 7 mile walking championship, a report of which will be found elsewhere, was being held the same evening.

Unfortunately, however, the start of the walk was delayed and the first track event did not take place until almost half an hour after its scheduled time. This disastrous start was somewhat remedied, so far as our guests were concerned, by the speed with which the events were carried out, and the whole evening ended on quite an amicable note.

As was to be expected, with a number of first team members, we proved to be much too strong for our opponents and we provided six first and five second places.

In the shorter distances our members won their respective events; Ron Holtum taking the 100 yds in 10.6s. and Brian Morris the 220 yds in 23.2s. Gerry Leroy and Henry Martin finished first and second in the 440 yds with 51.7 and 52.0s. respectively, although Gerry was rather disappointed with his performance, being hampered in training by a recurrent leg injury.

Our visitors provided the winner of the 880 yds, Steve Boreham being a good second in 2m.3.2s.; he was just unable to get on terms with the winner despite his characteristic final burst. The mile proved to be an interesting race between Shipley and Len Orton, both second claim members, who finished first and second respectively in 4m.29s. and 4m.33s. Len Orton took the lead from the start, going through the three quarters quite easily, only to tire rapidly on the last lap, and he was unable to hold off Shipley's challenge about a furlong from the finish.

The field events saw a welcome return to competition of Mal Ash who won the long jump with 20'6" and finished third in the javelin, with 135'5" behind Bill Couzens who threw 142'5". We also provided first place in the shot with Racey whose winning putt was 35'4".

Final points scoring:- 1st Belgrave H. 83
2nd St. Mary's College 57
3rd College of St. Marks & St. Johns 33

CLUB 7 MILES TRACK WALK CHAMPIONSHIP (FRANK ELSON CUP)

BATTERSEA PARK

MAY 14TH

1	S.F. Vickers	51.25	7	J.G. Coleman	61.10
2	E.W. Hall	55.20	8	J.F. Keown	61.19
3	R.C. Hall	57.30	9	G. Dyson	62.26
4	H. McGreechen	58.18	10	H.W. Shields	62.36
5	G.E. Beecham	58.23	11	B. Eglinton	62.40
6	S.C. James	61.05			

1st Class standards:- H. McGreechen, G.E. Beecham
2nd " " S.C. James, J.G. Coleman, J.F. Keown

KENT 20 MILES ROAD RACE. CHISLEHURST MAY 17TH

6	L.C. Bishop	1.56.52	14	H.A. Bishop	2.09.32
7	E.M. Bishop	1.58.08	17	J. MacDonald	2.13.11

Team result:- 1st Thames Valley H. 15 pts
2nd Belgrave H. 27 "
3rd R.N. South 41 "

Kent County Championship:- 1st E.M. Bishop

CROYDON ARENA MAY 17TH

A number of Senior and Junior championships were held in conjunction with the Surrey Youths championships and, generally speaking, those members who competed did so with distinction.

Pride of place must go to our 4x440 yds Senior relay team of P. Pepe, C. Coxall, C. Jones and G. Leroy who, running in that order, defeated the holders, Epsom and Ewell Harriers, in 3m.28.3s. Pepe, running with great judgement in the outside lane, handed over with a two yard lead, after which our team were never headed and no doubt they would have beaten the existing best performance of 3m.28s. had Gerry Leroy not "coasted" during the middle part of the last lap.

The same team with D. Gordon running in place of Pepe were placed third in the 4 x 110 yds relay in 45.5, despite a great effort by Charlie Jones over the last stage. Mitcham A.C. won the event in 44.2s. and Epsom and Ewell were second with 45.4s. Unfortunately our team were not awarded a set of medals as there were only five teams competing.

Our two entries in the 3000 metres steeplechase, although not placed, performed most creditably, both beating time standard of 10m.15s; Clive Shippen finishing in 10m.3.6s. and Eddie Short in 10m.12s. Eddie was most disappointed with his performance, but when one considers his only training is done on the road he ran remarkably well.

In the junior events J. Knifton retained his title in the one mile walk in 7m.17.4s. and Alan Black, running for his school, was second to R. J. Harvey of Croydon Harriers in the one mile steeplechase. Alan's time of 5m.5.4s. bettered the existing best performance by one second.

Easy does it!

We all know that Rome wasn't built in a day, although when the 1960 invaders have finished with it, the locals will probably wish it could be rebuilt in that time. Likewise no champion developed overnight; Sunday newspaper journalists would have us believe otherwise, but invariably omit to record the inevitable decline of these nine day wonders.

The road to the top rung in athletics, let alone to the half-way rung, is a hard one, and a sensible, moderate approach to training and racing is essential if one is to avoid the disappointment of finding oneself unable to do better times in racing than in training.

Of great interest to statisticians, the published questionnaires answered by the stars in their various branches of athletics may well be misleading to the uninitiated, to those aspiring to fame, or to those training to a schedule which perhaps has not yet been given sufficient time to produce the required results.

The mere fact that A.S. Similate thrives on 100 miles a week plus, and as a result is a likely selection for the what-have-you games, is not the slightest justification for anyone to copy him with any certain hope of success. What the questionnaire probably does not state is that the subject has only arrived at his present state after years of steadily increasing the quantity and severity of his training.

One man's meat being another man's poison, moderation must be practised until some indication can be obtained as to the amount of work one's body can absorb.

Whatever one's event, the importance of regular training cannot be over-emphasized. Far better do little and often than two or three mammoth sessions a week. The ideal is to become as accustomed to training as one is to daily work.

Look ahead, in fact look well ahead and set your sights accordingly. Make sure that you start your races with boilers at full steam, not half pressure due to injudicious training. Training will build you up - straining will break you down.

LEICESTER MERCURY OPEN 20 MILES WALK, MAY 24TH

7	R.C. Hall	2.55.53	20	H. McGreechan	3.09.08
12	G.E. Beecham	3.05.02	35	H.W. Shields	3.17.31
16	G.S. Checkley	3.06.44	44	B. Eglinton	3.21.25

Team race result:- 1st Metropolitan W.C. 13 pts
 2nd Leicester W.C. 55 "
 3rd Delgrave H. 53 "

Around the Counties

It is surprising how far flung are some of our members when the question of county qualification arises.

The following list of performances in this year's events gives some indication of our strength and probably shows the reason (distance of travel) for our inability to muster any semblance of such strength in matches.

Surrey

C. Ryan	100 yds	3rd	10.1s.
C. Ryan	220	1st	22.5s.
E.W. Hall	2 miles walk	1st	14m.24s.
G. Williams	" " "	2nd	14m.24.2s.
F. Keown	" " "	3rd	15m.32.4s.
Relays:-	4 x 110 yds	3rd	45.5s.
	4 x 440 "	1st	3m28.3s.
E.G. Arnold	Hammer	3rd	112'3"

Essex

P. Porter	Hammer	1st	154'2"
B. Coleman	120 yds hurdles	3rd	17.5s.

Middlesex

J. Davies	One mile	1st	4m.17.6s.
P. Newell	Three miles	3rd	14m.14s.
D. Ansell	Long jump	3rd	21'7"

Beds and Hunts

N. Caves	Hop, Step & Jump	1st	42'10 $\frac{1}{2}$ "
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Kent

S. Vickers	2 miles walk	1st	14m6s. (record)
E. Bishop	20 miles road run	1st	1h.58m.8s.

Sussex

B. Morris	220 yds	1st	22.4s.
B. Morris	440 "	1st	51.6s.

JuniorsMiddlesex

A. Cornick	1 mile walk	1st	7m41.4s.
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Surrey

B. Knifton	1 mile walk	1st	7m.17.4s.
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In the Stock Exchange 2 miles walk championship at Sloane Square on 4th June, Stan Vickers was first home in 14m.7.4s. which was a new record, beating the existing time of 14m.11s. set up in 1933 by H.Hake. Ray Hall was second in 15m.14.1s.

ISLE OF WIGHT MARATHON. JUNE 7TH

Although only in its second year, this event is fast becoming one of the most popular in the road running calendar. With first class organisation and an interesting if somewhat hilly course, it can be recommended to all road runners.

In spite of being fairly new to marathon running both Leonard and Eric Bishop ran very confidently to finish 5th and 8th respectively. Bob Plummer, by gaining 11th place, completed our scoring team which was beaten by T.V.H. by the narrow margin of two points. All our six starters completed the course - quite a good effort.

5	L.C. Bishop	2.40.08	14	G.H. Pearson	2.49.42
8	E.M. Bishop	2.43.38	24	H.A. Bishop	2.59.58
11	R.G. Plummer	2.47.46	38	W. Wortley	3.13.39

63 finished

Teams:- 1st T.V.H. 13 pts. 2nd Belgrave 15 pts. 3rd Orion 44 pts.

CLUB 20 MILES WALK CHAMPIONSHIP ("RICKETTS SHIELD") JUNE 7TH

1.	E.W. Hall	2.47.23	7	B. Eglinton	3.14.36
2	R.C. Hall	2.54.47	8	F.G. Rolfe	3.15.39
3	G.S. Checkley	2.57.30	9	C. Yescombe	3.16.00
4	H. McGreechan	2.59.42	10	H.W. Shields	3.17.04
5	G.E. Beecham	3.08.35	11	B. Hooper	3.19.37
6	J.F. Keown	3.09.56			

Also started:- B. Stevenson and A. Readmen.

Handicap result:- 1st J.F. Keown(24.00); 2nd H. McGreechan(13.0)
3rd E.W. Hall(Scratch)

2 MILES WALK MATCH v. STOCK EXCHANGE

<u>Battersea Park</u>			<u>June 11th</u>		
2	E.W. Hall	14.27	17	J. Coleman	16.24
4	E.A. Smith	14.52	20	D. Fotheringham	16.48
6	R. Middleton	15.34	21	H.W. Shields	16.55
7	B. Cornick	15.35	22	C. McLennen	17.10
9	J. Knifton	15.43	26	R. Moreland	18.12
10	G.E. Beecham	15.44	27	D. Logan	18.31
13	S. James	15.50	28	A. East	18.37
14	G. Dyson	15.52	32	L. Butler	19.15
15	B. Hooper	16.16			

Match result(17 a side) Belgrave H. 273 pts.
Stock Exchange 322 pts.

WALTON 15 MILES ROAD RACE. JUNE 14TH

On a rather warm day, and in a field of close on one hundred starters, Eric Gebbett performed very well to finish in 8th place with a time of 1h.25m.18s. He was well backed up by Eric Bishop in 13th place and Bob Plummer 16th. In the team race we just pipped Mitchem for third place.

8	E.W. Gebbett	1.25.18	29	H.A. Bishop	1.33.19
13	E.M. Bishop	1.28.20	31	K.G. Stimpson	1.35.01
16	R.G. Plummer	1.29.07	40	J. McDonald	1.37.39

Also started:- A. Penstone and W. Coates.

Team race result:- 1st Walton A.C. 16 pts
2nd Thames Valley H. 20 "
3rd Belgrave H. 31 "