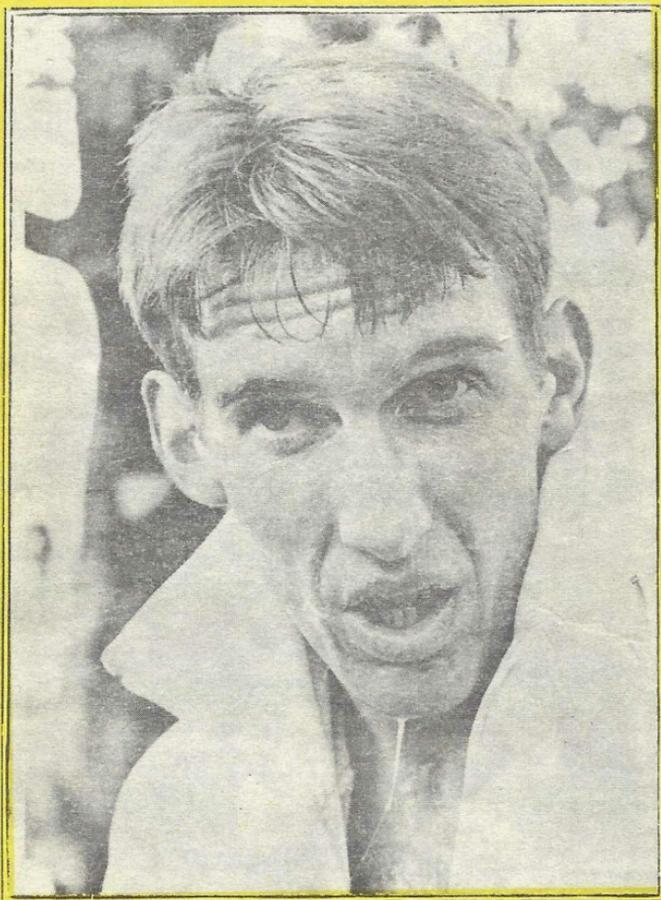


The

BELGRAVIAN



**Official Gazette of
Belgrave Harriers**

NOVEMBER, 1965



FRONT SPICE

(Photo: A. Gavellini) John Whresher stands triumphant after winning the LONDON v MILAN 1500 metres in 3:46.7. The other athletes are (left to right) Rizzo (3:47.8), Somaggio (3:49.5) and Gowan (3:56.4).

(Photo: R. Inghstead) A fine study of Hugh Barrow, who had two memorable runs for Belgrave last month. Our picture was taken in our road relay (see P.14).

FRONT COVER



THE BELGRAVIAN

FOUNDED 1887

November 1965

No. 157

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EDITORIAL

We wish all our members a MERRY CHRISTMAS and a HAPPY NEW YEAR. Before crossing the threshold of 1966, though we would suggest you cast more than a passing glance at our back page, which lists the best track and field performances of 1965.

Compared with three or four years ago these lists are a revelation. Although some events are a little weak there is an overall picture of quality and depth that is deeply satisfying.

Certain performances and events stand out. In the three miles we had no less than 7 men breaking the magical 14 mins, yet it seems only yesterday that the great Sydney Wooderson became the first Briton to achieve this feat.

Six men over 20'-0" in the long jump and the leading two still Juniors! Eight sprinters doing 10.5 or better and only two of them Seniors! Our record-breaking AAA junior 4x110 relay quartet that made the opposition look mediocre---one could soon run out of superlatives if all events were appraised.

What is the reason for such progress? Well, there is little doubt that the advance of our sprinters and jumpers is very largely due to the expert handling of Ben Lulham and that long-jumper-turned-coach, Dave Ansell. Thanks to the enthusiastic attention of George Piddington, our coaching Honorary Secretary, there is also more co-ordination now amongst the coaches and greater efforts made to help those in the cinderella events. The prospects for the future are indeed limitless. 1965 could be the year that started it all.

* * *

Once again that outstanding walker, Ray Middleton, has been awarded the "Tommy Green" Cup for the year's most meritorious performance. As National 50 Kilos champion he richly deserved our highest award. The Race Walking Association also acknowledged his championship win by awarding him the "Edgar Horton" cup. Our walkers are indeed fortunate to have calibre of this sort around which to re-build those mighty teams of a few years back.



WELCOME

- | | | | |
|--------------------|------------------|------------------|----------------|
| Jack BAKER | (Middlesex) | John HAMILTON | (Middlesex) |
| Nino BONDONNO | (Middlesex) | Robert HAMILTON | (Middlesex) |
| Douglas BREW | (Hertfordshire) | William LAWS | (Surrey) |
| Tony BROOKS | (Surrey) | Raymond LEWIS | (Essex) |
| Richard CALDERWOOD | (Middlesex) | Michael MANGAN | (Surrey) |
| John CARLTON | (Surrey) | Kenneth McCLUNG | (Scotland) |
| Peter COLLA | (Middlesex) | William MATTHEWS | (Yorkshire) |
| Robert COULLAULT | (Surrey) | David MAYO | (USA) |
| Carl CROSS | (Middlesex) | Alec MORGAN | (Warwickshire) |
| George DANCE | (Northumberland) | William NEWHILL | (Warwickshire) |
| Kevin DONAGHEY | (Surrey) | Jeffrey SHAW | (Surrey) |
| Ian GILLINGS | (Surrey) | Raymond TORRE | (Surrey) |
| John GRAY | (Pembrokeshire) | Stephen WHITE | (Surrey) |
| Geoffrey HALE | (Surrey) | Eric WIKKENS | (Surrey) |

HONORARY MEMBERS

George CHANTLER of Feltham (starter & marksman) re-joined
Frank KEMP of North Cheam (Grade I timekeeper) re-joined. Previously a Belgrave Junior sprint champion.

(continued on p.6)

HON SEC'S NOTES

We all regret the news of the passing of Mrs. R.W. Ricketts, a Vice-President of the Club for many years, and widow of Bob Ricketts, our dynamic President in the early 1920's. Bob's personality and ability undoubtedly gave the club the leadership it needed in the years immediately following the first World War; and was the main contribution to the Belgrave sequence of growing successes which eventually brought National Championships to the Club, and a national reputation.

In all his work he had the full support, and the sacrifice, of his wife and family; and their contribution was a very real one indeed. The Ricketts family gave us the "Belgrave Cup", the Ricketts Shield, the Ricketts Cup, and the "Doris" Shield - and to that same Doris, the daughter, we offer our thanks and sympathy on the recent death of her Mother.

At the Annual General Meeting we honoured ourselves by electing to Life Membership FRANK JARVIS (Asst. Hon. Secretary and a great worker for a number of years) and TED STIMPSON (International runner, Club Officer and our present Social Hon. Secretary); and adding to our list of Vice-Presidents STAN DAVIES, JACK HAMPSHIRE (Snr) and BEN LULHAM all of whom have been and continue to be, great workers for the Club.

Our Club Track and Field Championships have been provisionally booked at Hurlingham Track on Saturday, 4th June 1966. All Club athletes are asked to note this date immediately and to ensure that they will be able to participate when the Championships come along and not be committed elsewhere. Club officials and supporters are similarly asked to make a note of this important date.

Our good wishes go with Gerry and Geoff North who have been invited to go to Mexico City with a small party of athletes and doctors on a British Olympic Association mission to study the problems of acclimatisation and of competition at 7,500 feet above sea level, as a prelude to the Olympic Games to be held in Mexico City in 1968.

We hope our lads will enjoy their trip and return ready to take first and second place in the Southern and English Cross-Country Championships in their stride.

How proud we were - those of us who had the privilege of being at Hurlingham Park Track - to see our Junior sprint relay team have a magnificent win in the AAA Championships. The style and power of our lads' running impressed everyone and gave us future visions of Senior relay Championships to be won! And here let us give praise to the man behind the win - Ben Lulham - whose coaching and encouragement has made such a memorable season possible.

It was good to see at the AGM a number of our younger members present and a good sprinkling of those who have worked hard for the club in years gone by. We were particularly glad to welcome Past President Syd Roberts after a critical illness from which he is now making a fast recovery, Jimmy Flatt a Club cross-country Champion of the 1920's, Charlie Speechley who joined us in 1919 and almost ever-present Harry Evans who won an RWA Championship (and led home the second team) as far back as 1908.

We provided three members of the London team which visited Milan recently to compete against a Lombardy team as part of the British Trade Fair Week. They were John Thresher, who won the 1,500 metres event; Derek Boosey, second in the Triple Jump and fourth in the Long Jump; and Gerry North, third in the 10,000 metres event, (In this race a new Italian record was set up by the winner, Ambuj); but the London team had an easy win in the overall match.

We should be due this winter for a return to Championship winning form over the country. The Surrey, the South of Thames Senior, the Southern and the English could all provide Belgrave wins - They have done so in the past! And while we are at it, let's make a determined effort to win also the special trophies awarded to the clubs who finish their complete team of runners in the most forward positions. These are an index of strength and depth and should well suit our teams.

We have welcomed a great number of new members in recent months and we wish them happiness and success in our colours. A particular welcome to David Mayo, a young schoolmaster from U.S.A., who has come to our country to learn all about Walking and to raise himself to International level of performance. We wish him well and will watch his improvement toward his goal with great interest.

A.A.H.

The President

Bob Taylor, our President for 1965/66, was persuaded to join the Club in 1949 by one Chas. Walker; both being buddies in the Royal Signals. Although Bob had dabbled in the sport of athletics for some while it wasn't until 1950, after his first winter of REAL training, that he gave any hint of the things to come, with a 3rd place in the Club 1 mile Champ., 2nd in the LCC mile and 12th in the South of the Thames Junior Cross Country.



By 1952 he was really moving and apart from making the final of the AAA 880 yards, he collected a fistful of medals, being placed in the Middlesex, Civil Service, City Charity and Brockman Trophy 'halves' and winning the Club Champs. and Heathfield Trophy at the same distance. Nor did he confine his activities to the track for he was also a member of our very successful 'Brighton' team that won the Southern and came 2nd in the National London-Brighton Road Relay that year. The following season brought even more success when Bob won nearly all these events and more. His dedication in training and determination in racing made him an athlete to be feared.

Any lesser mortal would have been satisfied with this sort of progress, but not so Bob. He reckoned that by switching his distance to the mile he had a good chance of making the international team for the 1954 European and Empire Games. His times alone will show how close he was to his goal:- 880y - 1:53.6 $\frac{1}{4}$ mile - 3:00.8 1 mile - 4:14.0 (on the Drayton Green track!). Remember this is 1954!

Unhappily for Bob, and athletics in general, illness struck and it was three years before he could run again. Even then he managed to regain his Club title at 880 yards, but Bob was always one to give his all in racing and he decided that without the training, he would do himself more harm than good, so he called it a day.

He had already been Track Captain since 1956 so when the Track Secretary's job became vacant in 1962, Bob was the obvious successor. A great Club man, whether he be encouraging our teams, leading the 'Brighton' choir, coaching the youngsters or helping to organise our various social activities, Bob Taylor does US honour by becoming our President. And it still takes a fit man to beat him down to Tibbets Corner and back.

A Word From Your President

I should like to take this opportunity to express my sincere thanks for the great honour you have paid me by electing me as your President for the coming year.

Every President hopes that the Club will have a successful year and so far our senior runners have started the winter season with some excellent performances. I am sure that there are greater things to come, for success breeds the success which I hope will spread throughout the Club. We have the athletes and officials in every section of the Club to once again achieve the highest honours in the sport. Together, I hope we can make this a year to remember in the history of the Club.

Wishing you all a very Merry Christmas and Best Wishes for the coming year.

Yours Sincerely

Bob Taylor

A. G. M.

Wednesday, 22nd September, 1965 was the day chosen for the Belgrave Harriers' Annual General Meeting. The Notice of the Meeting together with the agenda was circulated to all members (approx. 500) as is required by the Rules of the Club.

So it was that the President, Jack Goswell, stood and waited for the Belgravians to attend their own particular Meeting; whereat much information could be gathered and valuable contacts made. To summarize, a meeting to examine the account of the year's work carried out by the Committee on behalf of Belgrave Harriers; the development of the particular branch of athletics of any individual member; the facilities made for his advancement and for the furtherance of athletics in general. It is an inalienable right of every Belgravian that he can attend the Annual General Meeting of the Club to investigate its management. Of the approx 500 members only about 75 to 80 made the journey to Belgrave Hall for the meeting. When it is remembered that the average attendance at the monthly committee meetings is 35 and that it is reasonable to think that the full number of 41 committee members were present, it indicates that about 40 members were interested in the development of Athletics carried out by the Belgrave Harriers.

It could be said, of course, that the method of managing the affairs of the Club gives satisfaction to the majority of its members and that it was unnecessary to attend the meeting. This reasoning may be one of comfort to any committee, but good administration depends on criticism and watchfulness, and questions from the 'floor' are invigorating.

The meeting was opened by the President and the business of the Belgrave Harriers commenced. The deaths of Mrs. Ricketts (Vice-President), T. Askew and C. Warren were reported, this part of an Annual General Meeting always strikes a sombre note, contributing to the history of the Club as it does by the passing of the torch of the Belgrave Harriers ideals from the Elder Belgravian to the young Belgravian. The Club is proud of its history and of its approach to Athletics.

In making his report to the meeting, the Secretary, Alf. Harley commented on the performances of members in their various fields of athletics. The improving prowess of the Juniors and the winning of the Southern Counties A.A.A. 4 by 110 yards Junior Relay Championship. Mention was made of the various activities carried out by the Social committee and a special word of thanks was due to Mrs. Savage, together with Mrs. W. Shepherd and Mrs Hampshire for their efforts and hard work in providing a catering service of a very high standard to members and visitors at Belgrave Hall on all possible occasions. The Committee believed that a debt of thanks was owing to all the ladies for their assistance to Belgrave Harriers.

The presentation of the financial accounts was worthy of notice inasmuch that the accounts had been audited by two chartered accountants and the mass of figures had been reduced to a state of simplicity and understanding much appreciated by the members present.

The business of the meeting proceeded without incident; the election of two Life-Members - F. Jarvis and E. Stimpson, the award of Junior Honours Badges to J. Vivian J. Martin, D. Gleeson and C. Oliver as members of the successful Junior Relay team mentioned above. Robert Taylor was elected President of the Club for the ensuing year and the other Offices were duly filled. To a new member it would appear that Officers are elected as though pre-destined for Office; no one opposes; no other nominations are made. No Officer is pre-destined, but someone has to do the work, and until the new man comes along, the work will continue.

Amanuensis

WELCOME (continued from p.3.)

Honorary Members:-

E.C.PALK of Wimbledon. James SLANEY of Northolt Park.

Jack WILLIAMS of Portslade, Sussex.

Mrs Doris GEZZLE of Fleet, Hants. - daughter of R.W.Ricketts.

2ND CLAIM

David BURCH (Lancashire) member of CLAYTON-LE-MOORS.

Belgrave were easy winners of the 2 miles team race in the Southern Counties track meeting at Crystal Palace on October 19th. Mel Thorpe (9:08.6) was the individual winner with Laurie O'Hara (9:17.0) 4th and Tony Fairclough (9:18.0) 5th. Our score of 10 points was too good for Woodford Green (20) and Kent (22).

TRACK & FIELD ROUND-UP

August 7th - Hurlingham - AAA JUNIOR CHAMPIONSHIPS

Vivian beats even time

Jim Vivian had the galling experience of beating all British contenders, underlining the fact that he is the best Junior 'dash' specialist in the country, yet losing the AAA title to South African, Paul Nash. Jim's time of 9.9 secs was a personal best which equals our Senior Club Record and shatters the Junior mark by 2 tenths. He was also 4th in the final of the furlong (3rd Briton) and should have no difficulty in taking both these events next year when he is still eligible.

In the Long Jump, John Mitchell had trouble in trying to pull out that 'big one' and was a foot below his best, nevertheless finishing 4th just behind yet another South African.

After taking up the 'quarter' only halfway through the season, Denis Gleeson now has a best time of 51.3. With a little extra strength gained during this winter, next season should see him under 50.0 and providing the nucleus of a decent Senior 4 x 440y team. Just a few years ago this was our strongest event - it could be so again.

RESULT:

100y	1.P.Nash (South Africa)	9.8	220y	1.P.Nash (South Africa)	21.7
	2.J.Vivian (BELGRAVE H)	9.9		2.H.Baillie (Bell'n)	22.0
	3.D.Harcombe (N.Shields)	10.0		3.J.Southall (Tipton)	22.5
				4.J.Vivian (BELGRAVE H)	22.5
LJ	1.H.Robertson (Bell'n)	23'3¾"	440y heats.		
	2.A.Lowndes (Doncaster PW)	23'2¾"			
	3.C.de Nysschen(Sth.Africa)	22'4½"		D.Gleeson (BELGRAVE H)	51.3
	4.J.Mitchell(BELGRAVE H)	22'2¾"			

August 21st - Wimbledon

JUNIOR INTER-COUNTIES

100y	1.R.McStocker(Essex)	10.3	220y	1.C.Martin (Surrey/BEL)	22.7
	3.J.Mitchell (Sussex/BEL)	10.4		2.T.Janaway (Essex)	22.8
	4.C.Martin (Surrey/BEL)	10.4		3.J.Mitchell (Sussex/BEL)	22.9
2m	1.M.Absalom (Essex)	9:16.6	L.J.	1.J.Mitchell(Sussex/BEL)	21'1½"
	2.S.Badgery (Surrey)	9:16.6		2.W.Thorne (Kent)	20'10½"
	7.A.Major (Surrey/BEL)	9:46.0		3.G.Buchanan (Middlesex)	20'7½"

Team:- 1.Essex 33½pts 2.Surrey 29½pts 3.Middlesex 200pts

FAST TIMES BY THRESHER & NORTH IN SWEDEN

August 21st - Stigtoma

1500m 1.J.Thresher 3:53.6 3000m 1.Geoff North 8:07.4 2.J.Thresher 8:08.6

August 25th - Stockholm

There was a classy line-up for the 5000m, with such stars in attendance as Roelants and Allonsius for Belgium, Mecsar and Kiss for Hungary and (shades of Billy Morton) "That popular policeman all the way from Africa - Kipchoge Keino". Geoff North finished 7th but must have got some satisfaction in beating Najde of Sweden, who defeated both the North brothers in the final North Surrey League fixture last winter.

1500m	1.Wheeler (Australia)	3:47.9	2.J.Thresher	3:48.3
5000m	1.K.Keino (Kenya)	13:29.8	3.Temu (Kenya)	13:57.6
	2.G.Roelants (Belgium)	13:45.8	7.Geoff North	14:04.0

August 27th - Halsingborg

Geoff North just had the measure of Temu (Kenya) over 3000m, with John Thresher in close attendance. Twenty-three seconds earlier, however, Keino had crossed the finishing line in an incredible 7:39.5, absolutely slaughtering Siegfried Herrmann's recent World Record by 6.5 seconds.

1.K.Keino(Kenya) 7:39.5 2.Geoff North 8:02.8 3.Temu(Kenya) 8:02.8
4.J.Thresher 8:03.4

DANNY BRINGS HOME A 'SILVER'

August 26th/31st - Tel-Aviv MACCABIAH GAMES

Running in the 800m, Danny clocked an impressive 1:52.5 to take 2nd place for Britain behind Herrmann (USA) who won in record time. He also ran in the 1500m, finishing in 4:04.2 (approx.4:22 for 1 mile).

Three years ago Dan was just a mediocre sprinter who found he had more success over the 'quarter', managing to win the Surrey junior. Later the same season he scrounged a run in an invitation 380y and duly won, beating several more fancied rivals. Since then he has improved steadily and could in the next few years become one of the 'greats' over 880yards and 1 mile.



THE A.A.A. 4 X 110 YARDS JUNIOR RELAY CHAMPIONS 1965

Photo: E. D. Lacey

Left to right: J. Vivian, D. Gleeson, C. Martin, J. Mitchell.

The progress of that outstanding 15 year old high jumper ARNOLD BENT, still continues. Under the careful eye of coach Dave Ansell, Arnold has now reached 5'8" in his training sessions.

Britain's top ten Junior high jumpers for 1965 ranged from 6'3" to 5'11½" but Arnold Bent has FOUR YEARS in hand of many of those top rankers, so he has excellent prospects of leading the Junior lists before he reaches Senior status

★

★

★

October 9th/10th - Milan - LONDON v MILAN (Lombardy)

Triple Jump		Long Jump	
1.F.Alsop (London)	52'9½"	1.P.Reed (London)	23'11½"
2.D. BOOSEY (London)	47'6½"	2.Magni (Milan)	22'0½"
3.Agostini (Milan)	45'2¼"	3.D. BOOSEY (London)	21'0¼"
1,500 metres		10,000 metres	
1.J.THRESHER (London)	3:46.7	1.Ambu (Milan)	29:09.2
2.Rizzo (Milan)	3:47.8	2.J.Hogan (London)	29:18.3
3.Sommagio (Milan)	3:49.3	3.GERRY NORTH (London)	29:54.0

Match Result: London 120 pts

Milan 92 pts

SURREY COUNTY ROAD RELAY

Peter Hilliar reports:-

By kind permission of Mr. Billy Smart and his circus, who decided not to operate in direct competition this year, the Surrey Road Relay was held over six laps of the original 2.94 mile course at Woking Lido on September 11th.

As in recent years, Bill Lucas our team manager was faced with the problem of getting a pint into a quart pot, as only eight Surrey qualified athletes turned up. It was hardly surprising that we did not get up into the medals. With the help of four notorious aliens, we managed to field two teams, albeit of somewhat variable quality.

The relay started with our two representatives Charlie Walker and John Dear lining up with 24 other teams. Both ran somewhat below themselves to bring the 'A' team in 18th and the 'B' team 17th. On this first lap Hercules and Mitcham took the first two places, which they were to hold throughout the race. On the second lap the 'A' team, through Peter Hilliar, moved up to 15th while Chris Keavey brought the 'B' team in 19th.

It was on the third lap that it all began to happen. Tony Fairclough ran well to move the 'A' team up to 12th, despite a football injury incurred that morning! However, he and the rest of the field were shaken rigid by a tremendous run by "The White Tornado" from Blackpool, Geoff North, who picked up 10 places to gain 9th position for the 'B' team. This knocked 2 seconds off Gordon Pirie's course record and was the fastest time of the day.

Positions remained fairly static on the fourth stage with Eric Penny and Howard Satchell recording the same times. Next off for the 'A' team was John Thresher who passed a struggling Clive Shippen (running for the 'B' team) to bring us up to 8th. Gerry North set off at a tremendous pace for the 'A' team to attack his brother's lap record. Despite picking up 3 places to bring us up to 5th, he failed to pip "Our Kid" by 5 seconds. Mel Thorpe ran soundly to anchor our 'B' team in 12th place.

Hercules, in not only finishing first but breaking the record, proved the benefit of solid team running. It is worth reflecting that if we had turned out our best Surrey team, we might have been able to give them a real race.

RESULT:

1.Hercules AC.....83:24	C.Walker	14:57(18)	J.Dear	14:53(17)
2.Mitcham AC.....84:21	P.Hilliar	14:58(15)	C.Keavey	15:18(19)
3.South London H..84:42	A.Fairclough	13:57(12)	Geoff North	13:23(9)
5.BELGRAVE H 'A'..86:15	E.Penny	15:24(13)	H.Satchell	15:24(11)
12.BELGRAVE H 'B'..89:06	J.Thresher	13:31(8)	C.Shippen	15:59(14)
	Gerry North	13:28(5)	M.Thorpe	13:59(12)

Fastest of day: Geoff North 13:23, Gerry North 13:28, M.Gowan(HHH)13:29, J.Thresher 13:31.

Yacht '3'

1.G.Pearson	(4:00)	12:41	25.C.Henn	(3:30)	14:07
2.T.Cook	(7:00)	12:58	26.D.Hurd	(3:00)	14:08
3.R.Sinclair	(3:00)	12:58	27.A.Fairclough	(0:30)	14:11
4.P.Smith	(5:00)	13:09	28.R.Hopkins	(4:00)	14:15
5.J.V.Baker	(6:00)	13:11	29.C.Keavey	(2:00)	14:16
6.J.Baker	(4:00)	13:12	30.D.W.Jones	(2:30)	14:19
7.A.Mead	(4:00)	13:16	31.J.Smart	(3:00)	14:25
8.A.Chandler	(4:10)	13:32	32.P.Iqbal	(5:30)	14:31
9.J.Rimmer	(3:00)	13:37	33.W.Brown	(3:00)	14:34
10.K.Stimpson	(3:30)	13:49	34.P.Gee	(4:30)	14:35
11.C.Steer	(1:10)	13:53	35.P.Fox	(4:30)	14:38
12.R.James	(3:00)	13:54	36.J.Bicourt	(1:00)	14:42
13.P.Wrench	(4:00)	13:55	37.B.Merry	(3:00)	14:44
14.R.Clark	(3:50)	14:00	38.D.Gordon	(4:00)	14:46
15.E.Short	(3:20)	14:00	39.R.Langheim	(3:30)	14:47
16.G.Biscoe	(2:00)	14:01	40.J.Kelly	(3:00)	14:49
17.C.Walker	(1:30)	14:01	41.W.Fairfield	(4:00)	14:53
18.D.Crookes	(2:00)	14:01	42.A.Morrison	(1:30)	14:57
19.H.Satchell	(2:00)	14:04	43.A.Major	(1:30)	15:10
20.C.Manning	(4:30)	14:04	44.R.Nelson	(4:30)	15:41
21.A.Bruce	(2:00)	14:04	45.D.McMillan	(4:00)	15:48
22.R.Glover	(2:00)	14:05	46.W.Couzens	(5:00)	15:50
23.W.Laws	(3:30)	14:06	47.J.Hampshire	(2:00)	15:53
24.M.Thorpe	(0:30)	14:07			

Fastest times:-

1.M.Thorpe	14:37	4.C.Walker	15:31
2.A.Fairclough	14:41	5.J.Bicourt	15:42
3.C.Steer	15:03	6.R.Sinclair	15:58

WALTON RELAY

October 2nd -

On October 2nd we sent four teams to Walton AC's Hewitt-Jones road relay with hopes of avenging last years defeat by Portsmouth's 'B' team when they split their resources. This year however, with a weakened team, they were beaten into 6th place and the Bels 'A' team ran out comfortable winners by over 1 minute from Walton AC. Together with our 'B' team taking the first 'B' team awards we completed a most successful afternoons work. The fact that we led after the second leg, never to be headed until the finish, shows the comparative ease of our victory.

On stage one Chris Steer, who is running better than ever just now, brought us in 37 seconds behind the leader, Hyman of Portsmouth, in 6th position. He handed over to John Thresher who set about the opposition in a determined fashion, turning the 37 sec. deficit into a 32 sec. lead and thereby running the third fastest time of the day. Our lead was increased on stage three by Gerry North to 1 minute 16 secs from Ranelagh and Walton, Portsmouth dropping to 6th. The fourth leg saw Geoff North stretching our lead further whilst behind him Tulloh brought Portsmouth up to 2nd, recording the fastest time of the day. Walton cut our lead to 4minute 11 secs on the fifth stage, moving into 2nd place, but Charlie Dabbs had done enough to hand Mel Thorpe a comfortable lead which he increased, bringing us home 1 minute 17 secs ahead of Walton AC. Hercules had moved up to finish 3rd, Bob Holt running 2nd fastest time.

Our 'B' team gained the 'B' team awards after hovering between 12th and 8th positions, ending with the latter in 97:25secs.

The Belgrave success here augered well for the coming season and we confidently looked to the future, in particular to the Belgrave Road Relay one week hence.

RESULT:

1.BELGRAVE H 'A'	93:02	8.BELGRAVE H 'B'	97:25
2.Walton AC	94:19	20.BELGRAVE H 'C'	103:55
3.Hercules AC	94:22	.BELGRAVE H 'D'	
<u>'A' team</u>		<u>'B' team</u>	
C.Steer	15:45	C.Walker	16:07
J.Thresher	14:54	J.Dear	16:28
Gerry North	15:05	A.Black	15:45
Geoff North	15:38	J.Bicourt	16:06
C.Dabbs	16:16	P.Hillier	17:06
M.Thorpe	15:24	T.Hart	15:53

(Cont'd. over)

<u>'C'team</u>		<u>'D'team</u>	
E.Penny	16:31	J.Hampshire	17:39
R.Glover	16:29	B.Merry	19:24
H.Satchell	18:13	C.Keavey	18:06
G.Biscoe	17:08	G.Piddington	18:48
D.Crookes	17:29	R.Brown	18:25
D.Maclean	18:05	A.Mead	18:18

Fastest times:- B.Tulloh(Ports) 14:51, R.Holt(Herc) 14:53, J.Thresher (BEL) 14:54, A.Moore(B.R.C.) 14:57, Gerry North(BEL) 15:05, M.Hyman(Port)15:08

WIMBLEDON - Sept.25th **Gerry North wins '5³/₄'**

Gerry North won the Autumn road race by more than a minute and in so doing clocked the second fastest time ever recorded.

No sooner had our President, Bob Taylor, sent the runners on their way than North was straight into a clear lead, opening up 30 yards in half a mile and never being approached thereafter. Behind this fine solo effort the race was on for minor placings, with Thorpe, O'Hara and Fairclough soon emerging as the likeliest contenders.

At the bottom of Cope Hill the trio were close together, 40 seconds down on North, and drawing away from all but Steer who had progressed to a well placed fifth. Cambridge Road and the steady drag towards the steep "kiss of death" saw the fading of O'Hara as Fairclough stepped up the pace. Slowly but surely, Tony's effort began to tell on Thorpe also and by the time the hills were over and the common reached Mel had slipped behind by four fighting seconds. He tried every thing he knew over that last flat one mile but was unable to alter Fairclough's lead by a single inch.

Laurie O'Hara held his fourth place easily enough and Chris Steer, who ran most of the race on his own, finished a meritorious fifth. Jack Brown showed the rest of the field a thing or two, beating his old rivals Newell and Walker and dusting up those young "upstarts" Bicornut, Dear and Major!

Ken Stimpson shook the Hon.Handicapper by taking first prize with nearly a minute to spare (you are a marked man now Ken!) and J.V.Baker made full use of a 10 minute mark to gain second award. The fast improving Chris Steer was a worthy third.

RESULT:

1.Gerry North	(Scr.)	27:27	22.D.Hurd	(6:00)	33:52
2.A.Fairclough	(1:00)	28:30	23.J.MacDonald	(5:30)	34:07
3.M.Thorpe	(1:00)	28:34	24.E.Short	(6:00)	34:13
4.L.O'Hara	(1:15)	28:47	25.B.Merry	(7:00)	34:27
5.C.Steer	(2:00)	29:10	26.D.Newell	(7:00)	34:34
6.J.Brown	(2:15)	29:49	27.J.Baker	(6:00)	34:38
=7.P.Newell	(1:30)	30:14	28.J.Walker	(7:00)	35:05
=7.C.Walker	(2:00)	30:14	29.W.Laws	(7:00)	35:11
9.J.Bicornut	(2:00)	30:29	30.R.Brown	(6:30)	35:41
10.J.Dear	(2:15)	30:48	31.P.Sutton	(7:00)	35:46
11.A.Major	(3:00)	31:15	32.D.Maclean	(2:30)	35:51
12.A.Bruce	(3:30)	31:18	33.E.Pallant	(7:30)	35:53
13.R.Glover	(3:30)	31:21	34.R.Clark	(7:00)	36:00
14.P.Hilliar	(3:00)	31:35	35.R.Hopkins	(8:00)	36:01
15.G.Biscoe	(4:00)	31:38	36.R.Bolem	(8:00)	36:14
16.C.Keavey	(4:15)	31:41	37.C.Manning	(8:30)	36:17
17.A.Morrison	(3:30)	31:50	38.W.Fairfield	(8:30)	36:45
18.D.Crookes	(4:00)	32:05	39.J.Plummer	(9:00)	36:58
19.J.Hampshire	(3:30)	33:09	40.H.Stearman	(7:00)	37:00
20.K.Stimpson	(7:00)	33:10	41.J.V.Baker	(10:00)	37:06
21.D.W.Jones	(5:00)	33:11			

ALDERSHOT YOUTH'S ROAD RELAY (4x1¹/₂m)---October 30th

Teams: 1. Windsor 28:39, 2. Ilford 28:43, 3. Aldershot 29:22

8. BELGRAVE 'A' 31:46, 18. BELGRAVE 'B' 35:43

<u>'A'</u>		<u>'B'</u>	
J. Kelly.....	7:47	R. Davies.....	9:28
E. Geary.....	7:58	D. McMillan.....	8:13
A. Chandler.....	7:48	W. Ockendon.....	8:44
P. Gee.....	8:13	A. Brooks.....	9:18

Boys Race Belgrave 13th out of 31 teams.

Team: R. Hamilton 8:07, J. Hamilton 8:03, M. Bondonna 8:09, P. Iqbal 9:04

Merthyr Mawr '65

or 'The Agony of the Middle Distance Runner'

On the weekend of October 29/31 on an otherwise desolate Welsh beach blessed with swirling winds and driving rain about 150 athletes tested themselves against the elements and a varying degree of selected sand dunes that form part of the Middle Distance Training camp at Merthyr Mawr, South Wales.

The camp is run and organised by the Southern Counties A.A.A. under its administrator Tony Ward and aided by Ron Pickering and six other A.A.A. Senior coaches together with internationals Derek Ibbotson, John Whetton, Bruce Tulloh and John Boulter.

The majority of the athletes, from all over Britain, arrived on Friday night at Ogmore School Camp, the headquarters of the course and some five miles by road (two if you waded the river Ogmore) from the dunes of Merthyr Mawr.

On the Saturday morning, after being shown a filmed sequence of the 1936 Olympic marathon, the entire group set off on the run to the dunes; all rather apprehensive of the tough training schedule which had been presented to them earlier. At the dunes we were split into three groups under the watchful eyes of the coaches and allotted to one of the three main activities that form the basis of the course; hill running, Paarlauf and 'Fartlek.'

'The Hill,' as it is affectionately called by all, consists of a 1 in 3 gradient and about 150 yards in length. The idea is to run continuously for ten minutes up and down the hill; the record number of ascents being seven. With the further information that no-one had ever failed to complete the session the athletes attacked the hill, the leaders intent on the record, the tail-enders contenting themselves to get through the ten minutes. After a few laps most of the runners were almost doubled up and endeavouring to keep a running action in response to the coaches demands of "keep your arms moving." Most people were urged to continue long after they were ready to give up and the sound of the whistle at the end of the ten minutes sent the entire group into a welcome state of collapse.

Most people seemed to achieve improved performances on the second day, whilst several of the girls surpassed the feats of many of the boys.

To any sane athlete this training alone would have constituted a reasonable day's work out; to have it followed within ten minutes by a hard 'Fartlek' session among the dunes and a further 15 minutes of 'Paarlauf' in the afternoon, sends even the most conscientious devotee into outbursts of protest. The Fartlek session on the first day lasted only 20 minutes but this was stretched to 40 on the second day when Derek Ibbotson was aided by Bruce Tulloh and John Boulter. Unfortunately, with such numbers, a true Fartlek session was impossible and most athletes found they were running almost flat out during most of the run.

Lunch was taken at the farmhouse which has been developed by a handful of Welsh enthusiasts as a training centre, after which the group were left in the hands of the coaches in a 'Coaches Disposal' period where it is left to the coaches to do as they please.

This was followed by the Paarlauf which consists of a 300 yards circuit with two hills, the athletes running for a total of fifteen minutes. The athletes were paired up and although on the first day they could choose where they took over, on the second day each runner had to do whole laps!

This completed the day's training and the whole group gratefully jogged back the short way, cooling their feet in the water of the river Ogmore on the way. After a refreshing shower and change the entire group listened to an entertaining talk on the virtues of weight-training by Ron Pickering who explained the advantages to be gained by middle distance athletes from this type of training.

After dinner a film of Bruce Kidd in training was shown followed by an Any Questions Seminar where the entire coaching staff aired their views on the variety of questions put to them by the athletes.

The end of the day was greeted with the satisfaction and knowledge that we had completed one of the toughest days training we are likely to attempt, at least until next year!

John Dear

The Inaugural Invitation Relay

Belgrave beat Portsmouth by 14 seconds

Wimbledon - October 9th

Twenty one teams lined up for our first invitation road relay for Southern clubs. The only notable exceptions being South London Harriers and Surrey AC. The race was promoted by Belgrave to fill the gap left by the cessation of the Southern London - Brighton road relay and it is anticipated that this event will be used as the main guide in selecting the ten southern clubs to take part in each April's "News of the World" National London - Brighton Relay.

The race was a resounding success, both for organisation and team result. Despite being without Gerry North, Thresher and Kerr our team still shook Portsmouth to the core over this course of six long and six short stages run alternately.

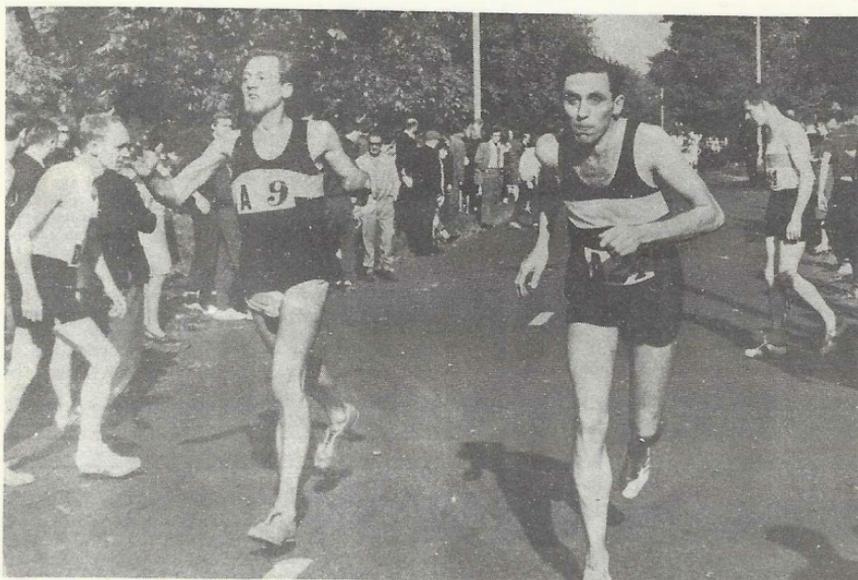


Photo: R. Lindsay

Trevor Hart hands over to Charlie Walker with Weatherill (Portsmouth) waiting to take over from the fast-finishing Tulloh.

Hugh Barrow will certainly not forget his first road relay in Belgrave colours. Taking the 11th stage the 21 year old Scotsman set off 7 seconds behind John Cooke of Portsmouth and with a great spell of running turned this deficit into a 2 second lead - despite a fast finish from international Cooke. The man who took over from Hugh (Alan Black) will also remember this occasion for having to face a situation that could well have produced a repeat performance of the last National 'Brighton' when the Portsmouth runner beat Alan in the final few strides. This time, however, Alan made no mistake; though Wale of Portsmouth turned the duel into a real "cliff-hanger" by stealing the lead with only half a mile to go. Alan's impressive final sprint gave Belgrave a 14 seconds winning margin - thus avenging, to the second, their defeat by Pompey in last October's 'Brighton' Relay.

Just over four hours earlier Bob Taylor sent off the first stage runners over the long circuit of 5½ miles. Laurie O'Hara was immediately up with the leaders and only Ellis (TVH) and Lindsell (Ports) got the better of him. Pat Newell was next to run on the first of the short circuits (3½ miles) and soon overtook the Portsmouth runner (Plumpton) but Reading and Windsor were soon upon him and Pat had to be content to hand over to Mel Thorpe in 4th place. Mel underwent a similar experience by passing all three runners

ahead only to be passed in turn by Harland (Camb.H), Herring (B'ht) and D. Cooke (Portsmouth)

Charlie Dabbs hit fine form on stage four moving us up to within 11secs of the leader Holman (Camb.H) and taking 62 secs and 35 secs respectively off the Portsmouth and Blackheath runners. Geoff North took us to the front for the first time, though Johnston of Pompey was close behind, and John Bicourt increased the lead afterwards over 'veterans' Weeks-Pearson (B'ht) and Salvat (Ports) so that at the halfway mark the team times were 1.BELGRAVE H 2:04:00, 2.Blackheath 2:04:32, 3.Portsmouth 2:04:49 4.Mitcham 2:06:13, 5.Ealing 2:06:18, 6.Thames Valley 2:06:35.

On stage 7 Trevor Hart had the additional spur of knowing Tulloh to be 49 secs behind. Try as he would, the Pompey runner just couldn't regain the lead for his club and the determined Hart hung on to 10 seconds of his valuable lead. That hero of the Brighton Road, Charlie Walker, fought hard to hold his place on the next leg but Weatherill was 23 seconds faster on the day and Tony Fairclough took off (almost literally) on stage 9, thirteen seconds behind the imposing Martin Hyman. No respecter of reputations and certainly not (according to Hyman) any respecter of old age, Tony caught and went straight past the suprised Portsmouth man. However, the international's experience paid off and he went back into the lead just as Tony was feeling at his worst and crossed the line 30 seconds to the good.

It was on stage 10 that Chris Steer had the difficult task of getting on equal terms again to give Hugh Barrow every chance in his awaited battle with Cooke. Chris did not let the side down and, against the form book, took 13 seconds off Portsmouth's Reynolds, thus setting up our last two runners for a deserved victory.

The response of club members and officials in helping with the organisation of the race deserves the highest praise and too many were involved to mention names - except, of course, Bill Lucas who was responsible for the whole thing.

RESULT:

1.BELGRAVE H	4:08:20	12.Ranelagh H	4:20:54
2.Portsmouth AC.....	4:08:34	13.Reading AC	4:20:58
3.Ealing H	4:13:00	14.Herne Hill H	4:24:20
4.Blackheath H.....	4:13:19	15.Boro.of Enfield.....	4:26:02
5.Hercules AC.....	4:14:55	16.Polytechnic H	4:29:16
6.Cambridge H	4:15:12	17.Croydon H	4:29:25
7.Mitcham AC.....	4:15:44	18.Ilford AC.....	4:30:44
8.T.V.H	4:16:26	19.Shaftsbury H	4:31:19
9.Windsor & Eton	4:18:51	20.Brighton AC	4:32:09
10.Walton AC	4:19:26	21.Hornchurch H.....	4:33:10
11.Essex Beagles.....	4:19:37		

BELGRAVE TIMES:

1.L.O'Hara	25:22	2.P.Newell.....	16:11
3.M.Thorpe	25:41	4.C.Dabbs	15:47
5.Geoff North	25:17	6.J.Bicourt	15:42
7.T.Hart	25:50	8.C.Walker.....	16:18
9.A.Fairclough	25:57	10.C.Steer	15:45
11.W.Barrow.....	24:45	12.A.Black	15:45

Fastest times of the day:

Long Stage: 1.T.Johnston (Ports) 24:33	2.J.Herring (Blackheat) 24:41
Short Stage: 1.J.Halliday (Herc) 15:35	2.R.Lewis (Walton) 15:38

Yet another Belgravian heads south; this time Mike Shingles. Mike, the 'local boy' who this year was beginning to make good, has left us, for a while at least, for the charms (!) of New Zealand!! - and we thought he earned himself the name of "Night Owl" for his late night training.

☆ ☆ ☆

If Fred Paget, now in Australia doesn't soon renew his permit for the Duke of York's track; a lot of people will have to start obtaining their own.

☆ ☆ ☆

For those who haven't seen the track suit - Geoff North spent his holiday in Sweden this year.

☆ ☆ ☆

It is good to see Dudley Gordon in full training again after his accident early this year. The Boxing Day handicap can't be far off!

GeeBee

Belgrave push Godiva

Bristol - Weston Super Mare and back Road Relay

October 30th

This was the first time that the Club have sent a team to this race promoted by Westbury Harriers, who in their own estimation consider it to be a more representative event than the National Relay over the London-Brighton course. The race is over a distance of 42 miles divided into eight stages and most of the leading clubs take part.

This years race was to a degree marred by an extremely strong headwind on the run into Weston which slowed the times considerably. If conditions had been normal there is little doubt that the first two teams (Coventry and ourselves) would have beaten the course record.

John Thresher met some strong opposition on the 1st leg (5¼ miles) which proved to be more hilly than we had expected, and could do no better than 7th about 30 seconds behind the leaders who were North Staffs (Shelley), Portsmouth (Lindsell), Bristol (Edwards), Coventry (Kilby), Bournemouth (Stewart) and Ilford (Batchelor) in that order.

The 2nd leg (5¼ miles) is also a tough one with stiff climbs on an undulating course. Mel Thorpe gave a good account of himself with a first class effort which took us up to 4th. Ahead, however, Dick Taylor of Coventry was building up a good lead by dropping Dave Cooke of Portsmouth, who in turn took his team away from Bristol. At the end of this leg we were about a minute behind the leaders but within striking distance of Bristol.

Chris Steer, who has been running extremely well this year, with the controlled consistency of a seasoned athlete, closed the gap considerably on the teams ahead on the 3rd stage (4½ miles) and although not gaining any places finished close up to Bristol. His effort gave him the second fastest time of the day.

Gerry North, in the teeth of a gale off the sea, found the going very tough into Weston, on a leg of 5¼ miles. Running with Eddie Strong of Bristol, he gained slowly on Tim Johnston of Portsmouth until Strong was forced to slow down with stomach cramp brought on by the strong wind. Gerry pressed on alone and just failed to catch Johnston. Juan Taylor of Coventry had gained slightly to give his team a lead of about 45 seconds which was whittled down by about 20 seconds when his next runner was not ready. The strength of the wind can be judged by the fact that no one was within three minutes of the stage record.

On the first leg of the return journey Adcocks ran for Coventry, Bruce Tulloh for Portsmouth and we had Hugh Barrow. Tulloh was in great form and took his team into the lead with a record breaking run which lowered the stage record by fifteen seconds. Hugh, with a time only two seconds outside the previous best, almost caught the Coventry runner.

Trevor Hart on stage 6 (4½ miles) was in devastating form and took us into the lead for the first time. Not only did he catch and pass Coventry, but made up 20 seconds on Portsmouth, eventually leaving them 1½ minutes behind! At the end of the stage we had a few seconds lead over Coventry. Trevor's time was 28 seconds inside the previous best but unfortunately Dunne of Donore was slightly faster. (Eds: Hart was in fact fastest)

Geoff North and Hammond of Coventry ran together for most of the 7th stage (5¼ miles) but Hammond got away by about 20 seconds near the end. John Cooke for Portsmouth in 3rd place made no impression at all on either of the teams ahead.

Laurie O'Hara on the last leg (5¼ miles) had the unenviable task of chasing Basil Heatley. At one time we thought he was going to catch up and we could look forward to a sprint finish, but the experience of Heatley prevailed and Coventry stayed in front to win by 25 seconds.

With a little more experience of the course, we could probably have improved on our performance slightly which might have produced a win, but Coventry thoroughly deserved their victory with some extremely good running; as befits the National Road Relay Champions.

Olympian

RESULT:

1. Coventry Godiva.....3:22:24
2. BELGRAVE HARRIERS.....3:22:49
3. Portsmouth AC.....3:24:30
4. Leicester C.A.T.....3:25:07
5. Derby & County A.C.....3:26:03
6. North Staffs & Stone AC.....3:27:19
7. Donore H.....3:28:20
8. Birchfield H.....3:28:40
9. Bristol A.C.....3:30:05
10. Tipton H.....3:30:20

(29 teams finished)

• SOCIALLY YOURS •

With C'rlie Manning politely but firmly resigning as Social Secretary after a brilliant year in office, many doubts were expressed as to the fate of our dances this coming winter. But we had reckoned without the enthusiasm and drive of TED STIMPSON, who in a very short time had organised our first dance and, aided and abetted by a willing band of helpers, lined up a string of dates that a debutante would be proud to have in her diary.

January 1st. CARNIVAL NIGHT - lose those County Champ. 'blues' at this fancy dress dance; music supplied by Colin Bowden.

January 9th Childrens' Christmas Party.

April 2nd A TRAMPS BALL - everyone to come in their tattiest gear, disguised (?) as tramps.

In addition to these dates, keep your eye on the Social notice board for news of coming rambles etc.

☆☆☆ Jazz scene ☆☆☆

The date - Saturday, October 23rd, the scene - Belgrave Hall, the occasion - a return visit of Colin Bowden's All Star Jazz Band for the first Social of the season. This group proved to be so popular at our last 'do' that we just had to ask them for another appearance and although having only short notice, Colin was pleased to oblige.

By eight o'clock the crowds were flocking in and it wasn't long before things warmed up and the place was really jumping. 'Traddie' Satchell was well away leading the dancing, but one couldn't help noticing the look of horror on his partners face, not knowing which direction she would be thrown by him next. Our barmaid, Nin, did a roaring trade, getting through three barrels of bitter. Charlie Manning later boasted that he and Peter Wrench accounted for most of it in an effort to drink one another under the table.

After the interval the pace hotted up even more, the band breaking into a few Charleston numbers. "Give us a drum solo", went up the cry. Colin needed no further encouragement and launched a rip-snorting effort accompanied by those weird shrieks and chuckles he makes in his inebriated state.

All too soon it was over and the band reluctantly played their last tune. They enjoy these sessions as much as we do and were really pleased when we asked them back for our New Year dance on January 1st.

Yes, it seems that the standard of our socials set last year is not only going to be equalled, but beaten.

On Sunday, 31st October this happy band of ramblers strolled from Virginia Water to Ascot by a roundabout route covering approx. 13 miles. The going was fairly flat so a fast pace ensued and after a while even John Martin's voice was somewhat subdued. After an hour's lunch at a little country pub, and giving their solitary slot machine hell, the cry "head 'em up, move 'em out" went up and we staggered out into the rain. But even this could not dampen the enthusiasm and we arrived back in Clepham Junction that evening happy, if wacked out.



Don't forget the children's party!

If you have any little brats not yet 12 years of age, send them along to our grand party on Sunday, January 9th where they will get their usual ration of "purple hearts" and a loaded gun, or some other lethal weapon, from our fake Father Christmas - who is generally pretty fed up with the whole season by the time the 9th day of January arrives!!

Please see that your children's name, age, sex and address is put on the social notice board or send the details to Ted Stimpson at 64, Beverley Way, S.W.20. Closing date for submission of names is Friday, 24th December.

WALKING

Things have not been going at all well. We are still in the middle of a bad patch and, although we have the potential to break out of it, there is no sign yet of a recovery.

We have suffered badly over the last year or so with many of our best walkers moving away from London. We have Eric Hall in Leicester, Gerry Cameron in Market Harborough, Bob Barnes in Cambridge, Bob Farley in Loughborough, Dave King in Bournemouth, John Knifton in U.S.A. and Bill Newhill back in Coventry. Those who are able to support our fixtures can hardly be expected to turn out regularly from such distances, so it is important we build up a London based nucleus which our distant members can Supplement from time to time.

Jack Goswell and Ray Hall are trying hard to do this and will no doubt succeed in time, but it would be of great value to them, the Club, and to the walkers themselves if Tuesday evenings at Belgrave Hall were regarded as a "must" in their training programmes. Pack training is of great value. It is not only beneficial to one's fitness, but creates esprit-de-corps and stimulates one's enthusiasm---particularly in the cold winter months---and what could be more enjoyable than the hot shower, the hot tea, the sandwiches and the company of your fellow members after a brisk walk round the Wimbledon roads!

Gerry Cameron has left the Civil Service and is now living quite near that other stalwart, Eric Hall. Why is it that walkers improve so much when they mix with Eric! Gerry, like so many others, has made tremendous strides since training with Eric, and his improvement should be of great value to our team.

Meanwhile, the backbone of all our efforts, Ray Middleton, goes on and on and on. Each year he grows in stature. Not only is his experience respected in the athletic world but also his club spirit. His great win in the National 50 Kilos brought him the RWA "Edgar Horton" Cup and also our own "Tommy Green" Cup. We are lucky to have a ready-made Spearhead for our future teams

There is a possibility that things will improve before the National '10' in March. Dave King, who has great potential over ten miles and upwards is expected to re-appear in the Police '7', just after Christmas, and could do very well later in the season. Hamlin, Picton and Barnes were regular training companions until Bob Barnes moved to Cambridge; then the 'pack' broke up. Is it too much to hope that these three will make a come-back and realise the form they so often promised to produce?.

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## **BELS WIN LONDON - BRIGHTON WALK**

**4th September - RAY HALL TAKES "BELGRAVE CUP"**

What a field! Besides last years champion, South African George Hazle, there were three Olympic gold medalists taking part - Abdon Pamich, Don Thompson and Norman Read. Nevertheless our own six men were quite undeterred and when the 91 starters were sent on their way Ray Hall and Dave King soon showed they meant business. Dave had his usual fast start and after 5 miles was lying 7th. Although the Olympic men up front were contuinuig to draw away at the rate of one minute a mile, he was still holding his place at the 10 mile mark with Ray Hall and a bunch closing up behind.

Hall piled on the pace to pass King and broke up the group in the process. But at 20 miles King recovered and Hall's half-minute lead over his team-mate was turned into a one minute deficit by the time 25 miles was reached. Our leading two were now placed 9th and 11th and with George Beecham and John Morris making progress down the field we were certainly in with a chance in the team race. Team leaders at this stage were Steyning AC, whose hopes were dashed 5 miles later when their leading walker, Norman Read, retired when in 3rd place.

At 30 miles Ray was once again in front of Dave King, this time by two minutes, and their positions were 7th and 10th respectively. The last 20 miles was a battle to see if we could hold on to a slender lead in the team race and although Ray dropped one place and Dave five, we managed to beat our old rivals S.W.C. by 4 points, thanks to excellent support from the experienced George Beecham and a very good effort by John Morris.

## RESULT:

|                       |         |                           |          |
|-----------------------|---------|---------------------------|----------|
| 1.A.Pamich (Italy)    | 7:37:42 | 24.G.Beecham (BELGRAVE H) | 9:24:59  |
| 2.D.Thompson (MVG)    | 7:45:04 | 31.J.Morris "             | 9:37:29  |
| 3.G.Hazle (S.Africa)  | 8:03:58 | 43.J.Keown "              | 9:59:29  |
| 8.R.C.Hall (BELGRAVE) | 8:46:50 | 47.D.Fotheringham "       | 10:10:13 |
| 15.D.King "           | 9:07:27 |                           |          |

11th September - WOODFORD GREEN OPEN 5 1/2 MILES

|                      |       |                          |        |
|----------------------|-------|--------------------------|--------|
| 1.P.Fullager (SWC)   | 38:43 | 43.R.Picton (BELS)       | 47:17  |
| 2.R.Middleton (BELS) | 39:48 | 47.D.Fotheringham        | 47:58  |
| 3.M.Fullager (SWC)   | 40:16 | 52.C.Yescombe "          | 48:51  |
| 15.R.C.Hall (BELS)   | 42:26 | 78.P.Wilson "            | 54:45  |
| 17.R.Barnes "        | 42:50 | Team Result:             |        |
| 20.S.L/Jones "       | 43:01 | 1.Metropolitan WC .....  | 15 pts |
| 39.M.Hamlin "        | 46:30 | 2.Surrey WC.....         | 17 pts |
|                      |       | 3.BELGRAVE HARRIERS..... | 34 pts |

HIGHGATE H. ONE HOUR TRACK WALKSParliament Hill---Sept. 25th.

The 'B' and 'C' races were held in dull, miserable weather but 'the rains came' during the 'A' race and made conditions most unpleasant.

One hour is pretty short stuff for Ray Middleton, but he showed a fair turn of speed and only failed by 169 yards to hit the magical 8 miles-- a performance he has not yet achieved.

Gerry Cameron showed surprising form in the 'B' race, finishing 2nd behind Hughes of Smethwick. Bob Barnes also walked well to finish 4th, just 143 yds behind his team-mate.

It was good to see Hamlin and Picton out again, although they were obviously not very fit. Fotheringham was our first man home in the 'C' event finishing well up in 8th position after quite a "sharp" effort.

## RESULT

'A'

'B'

|                                         |                                     |
|-----------------------------------------|-------------------------------------|
| 1. P. McCullagh (Met).....8mils-184yds  | 1.R. Hughes(Smethwick)..7mils-1110y |
| 2. R. Hart (Roath).....8mils-180yds     | 2.G. Cameron (BELS).....7mils- 760y |
| 3. P. Fullager(Surrey).....8mils- 51yds | 3.F. Myers (Highgate)...7mils- 680y |
| 5. R. Middleton (BELS).....7mils-137yds | 4.R. Barnes(BELS).....7mils-617y    |
| 28. R. Hall.(BELS).....7mils-690yds     | 37.M. Hamlin(BELS).....6mils-1473y  |
| 28. S. L/Jones (BELS).....7mils-322yds  | 48.P. Duncan (BELS).....6mils- 665y |

'C'

Teams

|                                            |                                  |
|--------------------------------------------|----------------------------------|
| 1. R. Thorpe (Don Valley)....7mils-510yds  | 1. Metropolitan W.C.....28pts    |
| 8. D. Fotheringham (BELS)....6mils-1548yds | 2. Leicester W.C.....68pts       |
| 23. G. Yescombe (BELS).....6mils-1005yds   | 3. BELGRAVE H.....69pts          |
| 31. R. Picton (BELS).....6mils- 856yds     | G.MacLennan finished 39th in the |
| 59. H. Shields (BELS).....5mils-1600yds    | 'D' event with 5-1576.           |

## The Leicester '7'

Leicester---2nd October

Held on the day of our opening '5', Steve Laker-Jones and Ray Hall travelled to join our three 'local' lads, Eric Hall, Gerry Cameron, and Bob Farley (having his first outing since returning from Germany and joining Loughborough College). Although thin on the ground our team did very well. Eric Hall showed he can still rise to the occasion, despite two bouts of stomach illness in the preceding weeks; whilst training companion Cameron

was in fine form with Laker-Jones close up behind. Ray Hall closed in the team and we were not so very far off a surprise win.

#### RESULT

|                                        |                          |
|----------------------------------------|--------------------------|
| 1. P. McCullagh (Met.W.C.).....50:34   | 14. G. Cameron.....55:37 |
| 2. R. Wallwork (Lancs. W.C.).....51:28 | 16. S. L/Jones.....55:54 |
| 3. R. Lodge (R.Sutton C.).....52:18    | 25. R.G. Hall.....56:51  |
| 11. E.W. Hall (BELGRAVE).....55:07     | 54. R. Farley.....60:18  |

#### Teams:

1. Sheffield Utd H.....(2,8,9,17).....36 points
2. Leicester W.G.....(4,11,14,15).....44 points
3. BELGRAVE H.....(7,10,12,19).....48 points

#### THE OPENING '5'

##### Wimbledon--2nd October

Although we had five men at Leicester and Ray Middleton in the 'Lugano' Cup Finals, our turn-out for the first home race of the season was quite encouraging.

Bob Barnes was an easy winner, romping away in an impressive manner. Fotheringham, Hamlin and Keown followed up in encouraging style, but Met. Police won the match for all that.

#### RESULT

|                                       |                                     |
|---------------------------------------|-------------------------------------|
| 1. R. Barnes (BEL).....40:48          | 13.A.H.East (BEL).....49:19         |
| 2. D.Fotheringham (Pol/BEL).....44:04 | 15.G.MacLennan (Pol/BEL).....49:52  |
| 3. M. Hamlin (BEL).....44:20          | 16.G. Gittings (BEL).....50:06      |
| 4. J. Keown (BEL).....44:31           | 17.H. Shields (BELS).....50:18      |
| 7. G. Yescombe (Pol/BEL).....45:13    | 19.B. Stevenson (Pol/BEL).....53:14 |
| 9. D. Mayo (BEL).....46:30            | 20.J. Scammell (BEL).....53:30      |
| 11. W. Belderson (Pol/BEL).....47:36  | 21.J. Wilson (BEL).....54:13        |

#### Teams:

1. M.P.A.A.....61 points
2. BELGRAVE H.....75 points

#### Handicap

1. J. Keown (6:00) 38:31,
2. G. Yescombe (6:35) 38:48,
3. R.Barnes(1:35)39:14

#### 9th October

### CHIPPENHAM - CALNE

After a fairly successful outing in the Leicester Open '71, when they finished 3rd team, the same four turned out in the Chippenham - Calne. The team, consisting of "Yo Yo" Hall (he goes downhill alright but can't climb 'em) Ray Hall, the chaffeur; Gerry Cameron, the 2nd fastest Scot; and Steve Laker Jones, at present tail end Charlie, were helped out this time by Harry Shields.

This West Country 6 mile is a very popular fixture and the Bels had much road side support. It was very nice to see so many old friends, several of whom were fitter than we were by the time the race was over! Unfortunately we didn't win the pork pies which went to a gang of Welsh Wizards from Roath, but were second quite easily. The great thing was the packing, 4 in 12 and only a minute between Eric and Steve. Harry, as befits a centurion, finished 100th and rounded off the day topically by lecturing on Roman Roads and White Horses! Gerry of course had to be one up so he wangled 4th handicap prize.

A very pleasant day was marred only by the lengthy presentation - 55 mins. during which all aspects of the Wiltshire scene were covered, even congratulations offered to one official for his opposition to Dr.Beechings rail closure - I also missed the connection!

#### RESULT:

#### Eric Hall

|                              |                               |
|------------------------------|-------------------------------|
| 1.P.McCullagh (MET WC) 44:10 | 9.R.G.Hall (BELS) 47:57       |
| 2.R.Hart (Roath) 46:14       | 11.G.Cameron (BELS) 48:03     |
| 3.G.Chaplin (Coventry) 46:44 | 12.S.Laker Jones (BELS) 48:37 |
| 8.E.W.Hall(BELS) 47:46       | 100.H.Shields (BELS)          |

Team Result: 1.Roath 34pts    2.BELGRAVE H 40pts    3.Leicester WC 61pts

Gerry Cameron won the Senior '6' at the "Hinckley Times" Meeting on September 11th.

# HOW I TRAINED

We continue our series of training articles from Belgrave Newsletters of the early 1950's

## (4) PERCY READING - PREPARATION FOR 100 MILE RACING

With six months to prepare, the feet are at first carefully tended and spirit applied to strengthen the skin on the heels, toes (especially the tips), all great toe and big joint areas and that troublesome little toe too. All is well and the training can start.

It is decided that all races should be taken and included in the training schedule. For the first four weeks or so, strolls of 7-10 miles are taken three times weekly in addition to the usual mid-week training spin of 5 miles and the Saturday race or Club spin of 5-7 miles. I should say here that my strolls average 4% to 4½ m.p.h. I also wear ordinary shoes, not racing shoes. They should be reserved for stripped training and racing. I usually wear a size larger than I need, as it allows plenty of room for the toes.

Toe nails should always be kept short to avoid getting them lifted in a race. Don't let yourself be one of those people who say "I reckon to lose so many nails in the Brighton". You don't necessarily have to MARTYR yourself to become a centurion.

Continuing our schedule into February, our strolls are increased to 10-12 miles and the spins to 7-8 miles on Saturdays with an occasional 20 mile stroll on Sunday morning. This continues to be the order of the day until the middle of March when the 10 mile races are over. So we now prepare for the Regents Park '15' thus:- Our weekly stroll of 15-18 miles, two at about 10 miles and a stripped spin over 5 miles to aid speed, plus of course, the Saturday race or Club spin over 10-12 miles. Now a 20 mile stroll for Sunday mornings but only if Saturday has been an easy day and not a race. With the Met. '15' over, we start to make mileage. We should try and get in a 20 mile stroll during each week, two if possible.

Up to the National '20' our plan would be:-

|            |                                      |                   |                   |
|------------|--------------------------------------|-------------------|-------------------|
| Monday:    | 10 mile stroll                       | 8.30pm to 10.40pm |                   |
| Tuesday:   | 20 mile stroll                       | 7.00pm to 11.10pm |                   |
| Wednesday: | 5 or 6 mile stripped spin            |                   |                   |
| Thursday:  | 20 mile stroll                       | 7.00pm to 11.00pm |                   |
| Friday:    | 7 mile stroll if racing next day     |                   | } 9.00pm onwards. |
|            | 12 mile stroll if training next day. |                   |                   |
| Saturday:  | Race, or 15-18 miles Club spin       |                   |                   |
| Sunday:    | Stroll about 25 miles,               | 7.00am onwards.   |                   |

Thus about 90 - 100 miles are covered weekly. Always drink plenty of fluid to combat staleness, and change strolling areas.

Having seen the National '20' safely through, you should begin to feel very fit and your powers of recovery very speedy. As a business man plans for better production efficiency, so too, should the long distance walking enthusiast. If he has an evening appointment he might get out strolling at 5.30am or 6.00am for an outing of 8-9 miles at no inconvenience to himself, leaving his evening free.

From now up to the race our programme would run along these lines:-

|            |                                                                                                                             |
|------------|-----------------------------------------------------------------------------------------------------------------------------|
| Monday:    | Work, tea, gardening. 9.30pm to 12 midnight stroll about 12 miles.                                                          |
| Tuesday:   | Club training 7-10 miles and 6 or 7 miles strolling                                                                         |
| Wednesday: | Stroll straight from work 6.00pm to 1.00am or later, about 35 miles.                                                        |
| Thursday:  | A spot of tea and a long stroll, straight after work, 35 - 40 miles from 6.00pm to 2.00am                                   |
| Friday:    | Stroll about 15 miles, 8.30 to 11.40pm.                                                                                     |
| Saturday:  | Club stroll or training spin about 20 miles (stroll if taken about 40 miles)                                                |
| Sunday:    | Stroll 6.00am to 2pm about 35 miles or so. Afternoon and early evening, gardening. Then 6-7 miles before retiring.          |
| OR         | Day stroll say 7.00am to 8.00pm stopping for lunch and tea, well into the countryside and doing some 55 miles or even more. |

In the 'Lugano' Cup Finals at Pescara, Italy on October 9th, East Germany were overall winners with Great Britain second. In the 50 Kilos event Ray Middleton was Britain's second scorer, finishing in 7th place with 4:19:14. This was an excellent performance in a truly world class field in which the great Pamich could only finish 3rd. Ray's old rival, Don Thompson, walked his best race since pre-illness days to finish 4th.

# The Highgate '7'

## MIDDLETON FORTUNATE WINNER—October 30th

Although Ray Middleton was the declared winner he felt little satisfaction in receiving the award, for McCullagh and Wallwork were certain of first two places when they went off course in the closing stages. Nevertheless, Ray had walked very well and it was a pity his performance also should be overlooked as a result of the unfortunate incident. The team result was not affected---not that that made any difference to us, for our team was well depleted. Gerry Cameron was unable to get down from the Midlands and Hamlin, Mayo and Farley were unexpectedly away, with the result that only 10 of our 23 entries finished, and we were unplaced in the team event.

### RESULT

|                                 |       |                                |       |
|---------------------------------|-------|--------------------------------|-------|
| 1. R. Middleton (BELGRAVE)..... | 53:16 | 65. G. Beecham (BELGRAVE)..... | 64:46 |
| 2. M. Fullager (Surrey).....    | 55:47 | 72. W. Belderson ".....        | 65:29 |
| 3. D. Thompson (Met.).....      | 58:59 | 96. A.H. East....              | 69:54 |
| 52. S. L/Jones (BELGRAVE).....  | 62:49 | 100. P. Wilson.....            | 71:45 |
| 55. J. Keown...{ " }.....       | 63:05 | 101. A. Stevenson...".....     | 72:12 |
| 64. C. Capener.{ " }.....       | 64:13 | 103. J. Wilson.....            | 74:27 |

## IMBER COURT ---November 6th

The Civil Service Championship was held in conjunction with a Civil Service/Met Police/Stock Exchange/Belgrave match. As we have members in all three opponent's teams we were "beaten by ourselves" and finished last!

The race was over 7 miles and Ray Middleton was an easy winner to take the Civil Service title for the third time in four years and lead his London Postal Region team to an equally comfortable win.

### RESULT

|                             |       |                                |       |
|-----------------------------|-------|--------------------------------|-------|
| 1. R. Middleton (C.S.)..... | 53:05 | 34. D. Mayo (BELS).....        | 63:25 |
| 2. D. Vale (C.S.).....      | 54:57 | 35. D. Fotheringham (Pol)..... | 63:31 |
| 3. G. Fogg (Pol).....       | 54:57 | 38. G. Yescombe (Pol).....     | 65:00 |
| 4. G. Cameron (C.S.).....   | 55:23 | 52. G. Johnson (BELS).....     | 68:06 |
| 8. R.G. Hall (S.E.).....    | 57:19 | 57. B. Stevenson (Pol).....    | 68:56 |
| 18. R. Farley (BELS).....   | 59:34 | 59. G. MacLennan (Pol).....    | 69:25 |
| 21. J. Keown (BELS).....    | 61:34 | 64. P. Wilson (BELS).....      | 70:43 |
| 32. C. Capener (BELS).....  | 62:46 | (80 started---74 finished)     |       |

### Teams:

1. Civil Service 21pts, 2. Stock Exchange 48pts, 3. Police 66pts, 4. BELS 75pts.

There is little that can be said about this year's ENFIELD '7', as far as Belgrave is concerned. Held on the day of the Club Dinner, there was little chance of attending both functions. McCullagh and Wallwork made no mistake this time, keeping on course and pushing our own Ray Middleton back to third place; it should not be forgotten though that Ray, as a 50 Kilos man, is taking these men on at their own shorter distance game. Another unable to get his legs going quick enough in these 'sprints' is that other well known international distance man, Don Thompson, who finished 5th on this occasion.

The only other Belgrave positions to hand at time of press are 59, G. Capener 63:02 and 60, G. Beecham 63:35.

## **THE 46th OPEN 7**

### BELGRAVE '7'---Wimbledon, Nov. 27th

With our most reliable quartet on show (half Leicester, half London) we were able to show what can be done when we put our minds to it---finishing a most worthy second to a full-strength Metropolitan team.

Once again McCullagh (Met) and Wallwork (Lincs) fought it out at the front, with Ray Middleton pretty secure in third place throughout. Most of our walkers were soon settled into their positions and there were no great changes during the race. Eric Hall shaped well and Gerry Cameron continued to ride on a crest of a wave with another excellent performance. Herding

them in close behind was Ray Hall who, although not yet full fit, walked a real captain's race---his 19th position ensuring us of a second team place.

Jack Goswell's shrewd placing of John Keown in the 'A' team paid off and Bel 'A' took second award here also.

This was the 14th 'Open' that Jack has organised and as usual, everything went off well. Twenty-two teams took part and there were 149 starters and 141 finishers---two of these being from as far afield as the Isle of Man and Guernsey!

All in all a good day for Belgrave, both in team effort and organisation.

RESULT

|                                        |                                   |
|----------------------------------------|-----------------------------------|
| 1. P. McCullagh (Met WC).....51:56     | 84. G. Beecham (BELGRAVE)..65:08  |
| 2. R. Wallwork (Lancs WC).....52:03,   | 90. J. Morris ( " )..65:35        |
| 3. R. Middleton (BELGRAVE H).....53:45 | 112. G. Johnson( " )..68:34       |
| 6. E.W.Hall.....( " ).....54:41        | 123. A.H. East ( " )..70:45       |
| 16. G. Cameron... ( " " ).....56:40    | 127. P. Wilson ( " )..71:30       |
| 19. R.C. Hall.....( " " ).....57:06    | 130. C. Gittens (OPH/BELS)..72:53 |
| 36. R. Farley.....( " " ).....59:14    | 135. J. Wilson (Ind.).....75:07   |
| 64. J. Keown.....( " " ).....62:40     | 140. F. Denny..( " ).....79:19    |
| 71. D. Mayo.....( " " ).....63:35      |                                   |

Teams:

- 1. Metropolitan W.C. (1,4,6,15).....26 points
- 2. BELGRAVE H..... (2,5,14,17).....38 points
- 3. Surrey W.C..... (3,27,28,30).....88 points



(Photo: C. Skippen)

SUNDAY MORNING AT ARNcliffe'S

Some of the "gang" enjoying refreshments---and Ron Linstead's clowning--- on the lawn of Lauriston Cottage.

- L. to R. (rear) Charlie Dabbs, Charlie Smart, Trevor Hart, Ron Mitchell, Arthur Bruce, Howard Satchell, Ron Linstead, Mel Thorpe, John Thresher.
- L. to R. (front) Peter Wrench, John Dear, Gordon Biscoe, Charlie Manning.



In the World Best Performances list for 1965, Ray Middleton was ranked 8th in the 50 Kilos event with 4:17:23. Ahead of him were 5 Russians and 2 East Germans; top ranker being Schtscherbina (USSR) with 4:08:52.

# SPOTLIGHT ON .....

## ..... GERALD A. NORTH



On March 10th 1962 it rained. It was 'National' day and the National that year was held at Blackpool—a mere depressing place than Blackpool on a cold, wet March day would be hard to imagine. Belgrave's runners arrived at the course tired after a long train journey and with little prospect of success. Our Youth team lightened the gloom somewhat by gaining 4th place but the Seniors slumped to 17th and the Juniors to an even lowlier 48th !

However, one thing that will be remembered by those Belgravians who made that miserable trip long after they have forgotten Belgrave's failures is the sight of a certain Blackpool runner outsprinting Bruce Tulloh to clinch the Senior individual title. That certain runner was, of course, the man who was to become our cross-country captain and main instigator of the 'Belgrave Renaissance' - Gerry North. That National Title was the high spot of a brilliant year - possibly the most successful in Gerry's career (most successful so far that is)

Gerald Arthur North was born in Chester on 2nd May 1936. Whilst at school, although admitting a preference

for soccer, he showed an aptitude for running when, at the age of 15, he broke his schools 880 yard record with 2:23.3. But it was not until 1953 that he really began to make his presence felt when he joined the local athletic club, Blackpool & Fylde AC. In this, his first year of real competitive cross-country, he finished 5th in the West Lancs Youth's Championship and 11th in the Northern'. Gerry continued to improve and confirmed his promise in 1956 when he finished 4th in the National Junior C.C. Championship, only 27 seconds behind the winner, Roly Langridge (SLH). In the same year he won his first major track title, the Army 3000m Steeplechase in 9:44.2 whilst doing National Service. He also came 3rd in the Lancs. 3 mile Championship.

After finishing National Service in October 1957, Gerry began his build-up for the forth-coming cross-country season. His training, which involved repetition running over sand dunes and mileages of up to 100 miles a week, was thought by many so-called experts to be too gruelling for a Junior but Gerry was undeterred and persevered with his methods. His dedication paid off and his 1957/58 achievements were crowned by a superb victory (by over a minute) in the National Junior C.C. Championship at Parliament Hill when he shattered a class field which included the likes of Laurie Reed, Stan Eldon, John Merriman and Don Taylor.

Shortly after this magnificent victory came something of a crisis in Gerry's career - a long bout of stomach trouble; in almost every race he was dogged by 'stitch'. Where many lesser runners would have quit, Gerry stuck it out and after experimenting with eating habits and diet he managed to shake off most of the ill effects. In 1959 he was back in business with 8th place in the

Inter-Counties and 12th in the National. In 1960 he won the Inter-Counties and was 4th in the National and the following year improved to 3rd. - both performances winning selection for England in the International. 1962 was the year of 'North's National' and the same year he also won the Inter-Counties to become only the third man to ever win both races in one season.

Later that year Gerry moved to London and became a fully fledged member of Belgrave. This was thanks to some detective work by none other than Charlie Walker who thought he had seen Gerry in a London cafe. Correspondence between Clive Shippen and Gerry confirmed that in fact he was contemplating a move south and Clive with his customary foresight, offered him the help and facilities of London's Number One Club. Gerry accepted and shortly afterwards moved into a flat in Putney, thus providing Belgrave with the spearhead they had needed for so long.

Since joining Belgrave, Gerry has continued to win representative honours including a full international track vest against West Germany in 1963 and still more England Cross-Country vests. One lifelong ambition still remains unfulfilled and that is to represent Great Britain in the Olympic Games. Injury at a crucial period in 1964 spoiled his chances of selection for Tokyo; although injured or not he could hardly have run worse than some of our middle distance runners. There is still 1968, and as this article goes to press Gerry will in fact be in Mexico, alongside four other human guinea-pigs, undergoing tests to ascertain the effects of altitude on 'sea level' athletes. Everyone in Belgrave will be hoping he makes the return trip in three years time.

**Chris Steer**



(Photos: E. D. Lacey)

\*1957 - Gerry North, running for Blackpool & Fylde AC, wins the National Junior C.C. Champ. at Parliament Hill Fields.

1960 - John Merriman leads Gerry and Gordon Pirie in the National C.C. Champ. at West Bromwich. Basil Heatley was the winner and Gerry finished 4th.

# ROAD RUNNING

## July 31st - OXFAM MARATHON

Geoff Pearson, Alan Bishop and Len Bishop represented Belgrave in the second Oxfam Marathon, Alan completing his qualification for a Club second class standard.

|                       |         |                           |         |
|-----------------------|---------|---------------------------|---------|
| 1.D.Plater (Ilford)   | 2:22:45 | 37.G.Pearson (Belgrave H) | 2:57:04 |
| 2.I.Edmonds (Bristol) | 2:24:05 | 46.A.Bishop               | 3:02:11 |
| 3.C.Fitt (Mitcham)    | 2:29:40 | 57.L.Bishop               | 3:09:48 |

## August 7th - BRACKNELL '5'

Laurie O'Hara ran well to finish 5th in this long '5', Charlie Walker and Chris Keavey completing our scoring three. Phil King, Charlie Smart and Ron Langheim made up our much depleted team.

### RESULT:

|                         |       |                          |       |
|-------------------------|-------|--------------------------|-------|
| 1.M.Barratt (Ealing)    | 26:42 | 71.C.Keavey (BELGRAVE H) | 31:03 |
| 2.J.MacNamara (Poly)    | 26:51 | 94.P.King                | 33:04 |
| 3.I.McIntosh (Ranelagh) | 27:19 | 99.C.Smart               | 33:52 |
| 5.L.O'Hara (BELGRAVE H) | 27:34 | 107.R.Langheim           | 34:55 |
| 39.C.Walker             | "     |                          |       |

Team:- 1.Ealing H 16pts 2.Ranelagh 'A' 19pts 3.SLH 'A' 34pts  
4.Coventry Godiva 45pts 9.BELGRAVE H 94pts.

124 runners finished and 23 teams closed in.

## Speedy Vet

Jackie Brown is now a 'vet', so it should now be a case of taking his "Brown Paper" and string along to the various road races and collecting the vet's 'pots'. Already he has collected the vet's prize in the Woolwich '10' in which he finished a very creditable 11th.

## August 21st - TURNER'S HILL '5' Bels. First and Last.

Laurie O'Hara (3rd) Trevor Hart (6th) and Mike Shingles (9th) easily took the team prize on this hilly course. Phil King ran very well in leading home the 'B' team which brought up the rear.

### RESULT:

|                         |       |                            |       |
|-------------------------|-------|----------------------------|-------|
| 1.B.Collins (Surrey)    | 25:13 | 43.P.King (BELGRAVE H 'B') |       |
| 2.J.MacNamara (Poly)    | 25:16 | 49.D.Crookes               | " 'A' |
| 3.L.O'Hara (BELGRAVE H) | 25:29 | 52.K.Stimpson              | " 'B' |
| 6.T.Hart                | " 'A' | 57.G.Piddington            | " 'B' |
| 9.M.Shingles            | " 'A' | 65.C.Smart                 | " 'B' |
| 30.G.Biscoe             | " 'A' | 67R.Langheim               | " 'B' |
|                         |       | 72.J.Plummer               | " 'B' |

Team:- 1.BELGRAVE H 'A' 11pts 2.Mitcham 'A' 39pts 3.Essex Beagles 40pts  
12.BELGRAVE H 'B' 140pts 12 teams closed in.

## August 28th - BELS. 2nd in WYCOMBE '5'

In spite of having four men in the first twelve places, the Bels failed to win this three-to-score team race by 3pts. If it had been four to score we would have won by 5pts. All the 'A' team (Mel Thorpe, Laurie O'Hara, Trevor Hart and Tony Fairclough) ran well in a very classy field. Chris Steer, the new Club 20 mile Champion, had to be content with leading our 'B' team home on this occasion.

|                      |       |                         |       |
|----------------------|-------|-------------------------|-------|
| 1.M.Barratt (Ealing) | 24:44 | 67.A.Bruce (BEL'B')     |       |
| 2.J.Lusty (Ealing)   | 24:50 | 68.D.Brew (BEL'C')      |       |
| 3.B.Bacon (Reading)  | 24:55 | 73.D.Crookes            | " 'B' |
| 5.M.Thorpe (BEL'A')  | 25:08 | 76.P.King (BEL'B')      |       |
| 7.L.O'Hara           | "     | 84.J.MacDonald (BEL'C') |       |
| 10.T.Hart            | "     | 85.C.Smart              | " 'D' |
| 12.A.Fairclough      | "     | 96.P.Sutton (BEL'D')    |       |
| 24.C.Steer (BEL'B')  | 26:35 | 104.R.Langheim          | "     |
| 52.G.Biscoe          | "     | 112.J.Plummer           | "     |

Team: 1.Ealing H (1,2,16) 19pts 19.BELGRAVE 'C' (68,73,84) 225pts  
2.BELGRAVE 'A' (5,7,10) 22pts 22.BELGRAVE 'D' (96,104,112) 312pts  
12.BELGRAVE 'B' (24,52,67) 143pts 24 teams closed in.

That promising young athlete John Barnard has decided to follow in the footsteps of Johnny Key (Fulham) and leave Belgrave for the "big-time" of first class football. John is now on the playing staff of Plymouth Argyle and we shall watch his fortunes with great interest.

September 25th - LONDON - BRIGHTON

Geoff Pearson was the sole representative of the Club in this race, finishing 31st.

|                                   |         |                         |         |
|-----------------------------------|---------|-------------------------|---------|
| 1.B.Gomersall (Harehills)         | 5:40:11 | 3.G.Eadie (Cambuslang)  | 5:49:45 |
| 2.T.Corbitt (Pioneer Club,N.York) | 5:44:35 | 31.G.Pearson (BELGRAVE) | 7:40:50 |

October 23rd - FAVERSHAM '5'

The usual 'rebels' enjoyed their annual outing to Faversham where the race this year was held in conjunction with the town's carnival. After being held up trying to get out of London, it was touch and go whether we would get to the start on time. Gordon Biscoe nearly went through the roof of his car when we were held up by the carnival procession within a mile of the changing rooms. Unfortunately for Gordon, it was he who suffered most for the lack of warm-up. Or perhaps it was the strain of driving! Charlie Walker and Bill Kerr did their 'old pal's act' and finished equal 7th. Arthur Bruce had a good run to complete our scoring team.

|                           |       |                         |       |
|---------------------------|-------|-------------------------|-------|
| 1.D.Gibson (SurreyAC)     | 27:16 | 13.A.Bruce (BELGRAVE H) | 29:53 |
| 2.R.Freeman (TVH)         | 27:45 | 16.D.Crookes            | 30:32 |
| 3.J.Pettitt (TVH)         | 28:06 | 17.G.Biscoe             | 30:42 |
| = 7.W.Kerr (BELGRAVE H)   | 29:06 |                         |       |
| = 7.C.Walker (BELGRAVE H) | 29:06 |                         |       |

45 finished, 8 teams closed in

Team: 1.Thames Valley H 10pts      2.BELGRAVE H 26pts

Rochester '5'---November 20th

Despite our road-running captain's car breaking down and some of our members not making the race we still managed to finish a team---albeit only 8th.

Bill Kerr showed he is gradually returning to form with an encouraging 24th place. He should strike form just right for the County, Area and National Championships. John Dear improved on his disappointing run in the previous week's South of Thames race with a well placed 36th. Charlie Walker, who had plenty to say during the race---(it must demoralise the opposition) was our third scorer. Not a particularly strong team for such a tough race.

RESULT.

|                                |       |                         |       |
|--------------------------------|-------|-------------------------|-------|
| 1. M. Batty (Thurrock).....    | 24:30 | 24. W. Kerr (BELS)..... | 26:23 |
| 2. J. Batchelor (Ilford).....  | 24:46 | 36. J. Dear ".....      | 26:59 |
| 3. H. Fowler (N. Staffs.)..... | 25:01 | 47. C. Walker ".....    | 27:26 |

Teams

1. Nth. Staffs 26; 2. Essex Beagles 63; 3. Hercules 68; 8. BELGRAVE 164.

A Word From The Coaching Secretary .....

If any member would like advice on a track or field event please let me know. My address is 12, Killyon Road, S.W.8. I shall see that the coach best suited to your needs is put in contact with you. A list of coaches and training facilities can be found in the 1965/66 handbook.

Whether you be a "good-un" or a "scrubber" our coaches will be only too pleased to help you, so take advantage of this.

I would remind members that weight training classes still take place (under the supervision of Frank Simmons) on Monday, Wednesday and Friday evenings at RAVENSTONE ROAD SCHOOL, BALHAM, S.W.12.

On Sunday mornings, Ben Lulham (sprints) can be found at Norbiton track, whilst Dave Ansell (jumps), Bob Taylor (middle distance), Tom Carter (middle and long distance) and myself are always at Battersea Park. I am also at Belgrave Hall on Tuesday evenings throughout the winter.

The Club is only too keen to offer you coaching advice - **MAKE THE MOST OF IT!**

**George Piddington**

Are YOU supporting our football scheme? If not, drop the Editors a line now.





## BELS Romp Surrey AC Relay

October 16th - RICHMOND PARK

Leading from start to finish Belgrave won this year's event by nearly 3 minutes. John Bicourt had a brilliant run on the first stage to record our second best time and hand over with a 20 yards lead to Laurie O'Hara. Laurie increased this by a further 30 yards and Tomy Fairclough stretched the time margin to 25 seconds. The two Norths then took well over a minute off Drewett and Badgery of Mitcham leaving Mel Thorpe to thoroughly enjoy himself by putting a further 350 yards between us and our rivals.

All of our runners were in the fastest three times for their respective stages - three being fastest. Atogether an excellent outing.

RESULT:

|                            |               |       |             |       |
|----------------------------|---------------|-------|-------------|-------|
| 1. BELGRAVE H ..... 94:21  | J. Bicourt    | 15:37 | Geoff North | 16:05 |
| 2. Mitcham AC ..... 97:06  | L. O'Hara     | 15:57 | Gerry North | 15:10 |
| 3. Surrey AC ..... 97:20   | A. Fairclough | 15:48 | M. Thorpe   | 15:44 |
| 4. Hercules AC ..... 97:26 |               |       |             |       |

Fastest of day: Gerry North 15:10, R. Holt (Herc) 15:19, Luxford (Horsham) 15:25, J. Bicourt 15:37, D. Holt (Herc) 15:40, J. Snowden (Surrey) 15:43.

Wimbledon - October 30th - v THAMES VALLEY H.

We had a very poor turn out for this mob match and were absolutely swamped by TVH who finished twelve men in the first fourteen. We must have had a strong team of reserves at the Bristol-Weston Relay!

Adrian Major was 50 yards clear of the field at one point but had to give way to the experienced 'Valley' men, eventually finishing a good 5th, backed up closely in 7th place by Bob Glover. Two runners who improved by minutes on their previous weeks run over the same course were Howard Satchell and Jackie Hampshire.

|                        |       |                           |       |
|------------------------|-------|---------------------------|-------|
| 1. B. Ellis (TVH)      | 28:11 | 29. E. Pallant (BELGRAVE) | 34:23 |
| 2. R. Newman "         | 28:50 | 30. J. MacDonald "        | 34:32 |
| 3. D. Catlin "         | 29:03 | 31. D. Newell "           | 34:32 |
| 5. A. Major (BELGRAVE) | 29:34 | 32. C. Henn "             | 34:43 |
| 7. R. Glover "         | 30:22 | 34. A. Mead "             | 34:53 |
| 15. D. Brew "          | 31:42 | 35. P. Sutton "           | 35:18 |
| 17. J. Hampshire "     | 32:11 | 36. P. Smith "            | 35:27 |
| 18. H. Satchell "      | 32:13 | 37. J. Martin "           | 35:36 |
| 20. D. Hurd "          | 32:43 | 38. R. Hopkins "          | 35:50 |
| 24. W. Laws "          | 33:26 | 39. A. Bousefield "       | 37:28 |
| 25. G. Piddington "    | 33:42 | 41. W. Matthews "         | 37:56 |
| 26. P. Pepe "          | 34:04 | 42. T. Cook "             | 38:27 |

Team result. scoring 20 a side: TVH 280 pts BELGRAVE H 541 pts

## The North Surrey League

After One Race:

|                       |         |
|-----------------------|---------|
| 1. Hercules AC .....  | 234 pts |
| 2. BELGRAVE H .....   | 307 pts |
| 3. Walton AC .....    | 308 pts |
| 4. Mitcham AC .....   | 370 pts |
| 5. Herne Hill H ..... | 401 pts |
| 6. Surrey AC .....    | 450 pts |
| 7. Croydon H .....    | 455 pts |

Wimbledon - October 23rd

As usual, the first of the season's four league matches was held in conjunction with our own opening race over the country - the 5 miles h'cap. Our turnout was disappointing. Several of our leading runners were taking a well earned rest from racing, but the position was worsened by a team of useful runners going to Faversham for the '5' where the course was over the same distance as the easy Wimbledon course, the opposition of little stature and, most important of all, where the Club needed them least. Fortunately, Bob Glover declined to go and by supporting our main fixture became a vital scorer in our league team.

John Thresher produced a strong finish, passing two men in the last 100 yards, to be our first scorer in fourth place. Mel Thorpe and Chris Steer were a further 13 secs and 26 secs further back respectively and Trevor Hart, with a little more in hand than usual, our fourth scorer. Chris Steer's

effort was particularly good - he improves every time out. D.Brew and R.James indicated we shall be seeing quite a lot more of them - the latter winning the handicap jointly with Adrian Major.

RESULT:

|                     |       |                           |       |
|---------------------|-------|---------------------------|-------|
| 1.R.Holt (Hercules) | 27:08 | 4.J.Thresher (BELGRAVE H) | 27:40 |
| 2.C.Church (Walton) | 27:22 | 5.D.Smallbone (Mitcham)   | 27:44 |
| 3.D.Holt (Hercules) | 27:33 | 6.S.Badgery (Mitcham)     | 27:47 |

BELGRAVE RESULT:

|                |        |       |                 |         |       |
|----------------|--------|-------|-----------------|---------|-------|
| 1.J.Thresher   | (0:30) | 27:40 | 22.D.Newell     | (6:30)  | 33:21 |
| 2.M.Thorpe     | (1:00) | 27:53 | 23.G.Piddington | (5:00)  | 33:25 |
| 3.C.Steer      | (1:15) | 28:19 | 24.J.Macdonald  | (6:00)  | 33:28 |
| 4.T.Hart       | (1:00) | 28:43 | 25.E.Short      | (6:30)  | 33:32 |
| 5.A.Major      | (3:00) | 29:09 | 26.P.Pepe       | (6:30)  | 33:57 |
| 6.J.Bicourt    | (2:00) | 29:29 | 27.H.Satchell   | (4:30)  | 33:58 |
| 7.P.Hilliar    | (3:00) | 29:43 | 28.P.Smith      | (6:00)  | 34:01 |
| 8.B.Nott       | (3:00) | 30:20 | 29.R.Brown      | (7:00)  | 34:03 |
| 9.J.Dear       | (2:30) | 30:33 | 30.C.Henn       | (7:00)  | 34:04 |
| 10.R.Glover    | (3:30) | 30:35 | 31.B.Merry      | (6:00)  | 34:07 |
| 11.D.Brew      | (3:30) | 31:27 | 32.W.Laws       | (7:00)  | 34:18 |
| 12.C.Keavey    | (4:00) | 31:38 | 33.E.Pallant    | (7:30)  | 34:43 |
| 13.R.James     | (5:30) | 31:39 | 34. Davies      | (7:00)  | 35:00 |
| 14.K.Stimpson  | (5:30) | 32:15 | 35.C.Manning    | (8:00)  | 35:10 |
| 15.J.Hampshire | (4:00) | 32:26 | 36.P.Sutton     | (7:30)  | 35:55 |
| 16.C.Shippen   | (3:00) | 32:38 | 37.J.Martin     | (7:00)  | 36:02 |
| 17.G.Pearson   | (5:30) | 32:44 | 38.P.Wrench     | (6:30)  | 36:08 |
| 18.G.Mann      | (4:00) | 32:47 | 39.D.Stroud     | (6:00)  | 36:12 |
| 19.J.Dooley    | (5:00) | 32:48 | 40.T.Cook       | (11:30) | 38:56 |
| 20.P.King      | (5:00) | 32:53 | 41.D.Maclean    | (3:00)  | 42:59 |
| 21.D.Hurd      | (6:00) | 33:05 |                 |         |       |

**REIGATE PRIORY RELAY**

November 6th

This popular event drew some strong opposition and Belgrave 'A' could only manage 4th place; one or two runners looking a little jaded. John Bicourt ran a good first leg to bring us in 3rd but thereafter it was all Surrey AC. leaving the other teams to fight it out for the places. Belgrave looked set for second after good runs by Laurie O'Hara and Mel Thorpe, but Bob Holt (Herc) squeezed in front of Tony Fairclough on the penultimate leg and Chris Steer was passed by Collins (Windsor) on the last. Yet again there was controversy over lap times and Laurie was unlucky not to be credited with fastest lap (he got the medal though!).

RESULT:

|                      | 'A' team     | 'B' team | Chris Steer |       |
|----------------------|--------------|----------|-------------|-------|
| 1.Surrey AC.....     | J.Bicourt    | 9:44     | A.Major     | 10:00 |
| 2.Hercules AC.....   | A.Black      | 9:58     | J.Dear      | 10:16 |
| 3.Windsor & Eton .   | L.O'Hara     | 9:18     | R.Glover    | 10:16 |
| 4.BELGRAVE H .....   | M.Thorpe     | 9:40     | E.Penny     | 11:24 |
| 19.BELGRAVE 'B'..... | A.Fairclough | 9:45     | P.Hilliar   | 10:18 |
| 29.BELGRAVE 'G'..... | C.Steer      | 9:49     | W.Kerr      | 9:52  |

Fastest of day:

|                              | 'G' team   | 'D' team |              |       |
|------------------------------|------------|----------|--------------|-------|
| 1.Hazeldine (Brighton) 9:14* | H.Satchell | 10:30    | G.Piddington | 11:21 |
| 2.L.O'Hara (BELGRAVE) 9:18   | C.Keavey   | 11:31    | A.Mead       | 11:43 |
| 3.T.Briaault (Enfield) 9:21  | D.Hurd     | 11:08    | J.Hampshire  | 11:10 |
|                              | R.Simclair | 10:20    | R.Clark      | 11:56 |
|                              | D.Burch    | 10:13    | R.Brown      | 11:10 |
|                              | D.Brew     | 10:46    |              |       |

\* Lastest amendment to result gave fastest time to O'Hara. Hazeldine did 10:14!

**SUBSCRIPTIONS 1965/6**

Members are reminded that subscriptions fell due on Sept. 1st.

## 25 YEARS AGO.....

### FROM "THE BELGRAVIAN" 1940

"At the AGM the Hon. Secretary (A.A. Harley) recalled that as the year had progressed, more and more members had been absorbed into H.M. Forces, until we had now reached the stage when almost every member between the ages of 20 and 34 (with the exception of a few working long hours in reserved occupations) was either serving in some way or expecting to do so in the near future."

"..... in the year under review the Belgrave Harriers had done more to keep athletics alive - and vigorously alive - than any other organisation. He did not expect or desire columns in the Press praising the Club's efforts; but he knew that but for Belgrave Harriers, it's headquarters, it's promotions, and it's athletes, the Athletic Year would not have been nearly so successful as it had been proved."

E. Gordon proposed that F.G. Thomson should be President for the ensuing year. He said that Mr. Thomson had joined the Club in 1889 - two years after formation - and had been honoured with Life Membership as far back as 1897. He had served athletics in many high positions and was one of the best known and most respected AAA officials of the day. G.H. Powell seconded the proposal.....

Ten members were elected to serve on the Committee as follows:- F.R. Webb, H. Parker, T.F. Morell, F.H. Elson, H.W. Shields, L.J. Cohen, C.T. Carter, E.A. Duffett, R.J. Savage and T.C. Jones."

## .....and 40 YEARS AGO

"The entry for the Yacht 3 miles run was quite satisfactory, 36 being handicapped; of these, however, 9 declined the engagement, whilst some, who were obviously out for the airing only, did not attempt to complete the course. The race went to the long markers, of whom A.M. Martin proved best, closely pressed by J. Pritchard....."

Fastest times were by F. Buckingham (Scr.) 15:10, A.E. Smith (O:33) 15:29 and J.G. Flatt (O:50) 16:06."

"Will members make a note to purchase "The Sporting Life" on Wednesdays for details of Club notes and activities"

## POSTBAG

### Professionalism

Clive Shippen's article in the last issue raises many valid doubts about the present situation in amateur athletics which ought to be reviewed. It also, however, left many questions unanswered as to the actual organisation of professional athletics. What would be the advantage to athletics and athletes generally? That surely is the most important question.

Clive mentioned only two possible advantages, first that athletes would be able to cash in on their success by advertising and secondly that the publicity would result in increased attendances at athletic meetings. The first point is true but surely for only a small number of athletes. Sponsors would only be interested in the very few top class athletes and, what is more important, is that it is quite possible that the money which is at present being channelled into coaching schemes by advertisers might be diverted to individuals. This would certainly not be to the advantage of athletics generally and could conceivably lead to a lowering of standards rather than an improvement. There are too few coaching schemes available at present, especially in field events, without us tempting sponsors to put their money into promoting individual athletes.

Would professionalism increase attendances? I doubt it very much unless the "professionalism" was in regard to the presentation of meetings. Provided the competition is interesting and well presented, the spectators will come whether it is amateur or professional.

I think Clive gives the impression that the dedicated amateur cannot succeed. But surely our success in the last Olympics shows that it is possible. I doubt whether many athletes have parents who are indulgent enough to keep them whilst they train every day. But even so, is that advantage any more unfair than that of the London athlete, with every facility for training on his doorstep, over the person who lives in a village in North Wales or Scotland? We cannot hope to level out such inequalities.

There is no doubt that such things as broken time payments, American "athletic" scholarships, etc. should be investigated and more watertight rules framed, but I think even our present set up is preferable to professionalism.

Gerry Cameron

## SOUTH of THAMES 'Junior'

### Knole Park, Sevenoaks--Nov. 13th

At the half-way mark Belgrave were in with a chance of securing their first 'Junior' win for 15 years, but yet again our chance slipped away and we finished in the surprisingly low position of 11th.

Mel Thorpe had a great run. Forcing the pace for most of the race he had to give way at the line to the fast-finishing Church (Walton)---it was of little consolation to see his rival on his knees a little afterwards or to know that another lap would probably have "burnt them off". Not far behind the "flying" Thorpe was young Adrian Major, whose run was no less noteworthy. For a first year junior to finish as high as 12th in this field of mainly senior runners, and only 22 seconds behind the winner, was an effort of which he can feel truly proud.

These two prepared the foundation for a winning score and it only needed John Bicourt and John Dear to finish 30th and 40th respectively for us to clinch a win---positions they would normally achieve quite comfortably; Bicourt being 21st last year. However, a tough week-end at the Merthyr Mawr training camp a few days earlier had taken it out of them and they both experienced one of "those" days, slipping back down the field to 116th and 188th positions, leaving Peter Hilliar (80) and new member Dick Calderwood (110) to close in the team.

Another promising newcomer to run well was Ron Sinclair who led our 'B' team home, finishing high enough up (96th) to score in our 'A' team.

#### RESULT:

|                                  |                                     |
|----------------------------------|-------------------------------------|
| 1. G. Church (Walton).....27:25  | 12. A. Major (Bels).....27:47       |
| 2. R. Thorpe (Bels).....27:26    | 80. R. Hilliar (Bels).....29:50     |
| 3. S. Badgery (Mitham).....27:26 | 110. R. Calderwood (Bels).....30:25 |

Other Belgravians: 96. R. Sinclair; 116. J. Bicourt; 152. G. Biscoe; 174. D. Maclean; 188. J. Dear; 190. H. Satchell; 191. J. Hampshire; 202. C. Keavey; 220. D. Hurd; 231. G. Piddington; 232. R. Brown; 235. R. Laws; 240. E. Penny; 261. J. Martin; 262. P. King.----350 started.

## Essex Beagles G.C. Relay

### November 13th - Ghigwell Row

Because of the South of Thames Junior event being held on the same day, we only sent a bare team of six to this inaugural relay.

The 2.30 pm start must of caught most of our team unawares, for when Chris Steer set off on the first stage no-one had yet arrived to take over! Chris ran well to finish 3rd and was considerably relieved to see Tony Fairclough on the line. Tony achieved an identical time and position to Chris and was equally relieved to find Alan Black awaiting him; though Alan had no time for the slightest "warm-up". The remainder of our team had by this time appeared and with Bill Kerr and Laurie O'Hara closing in with our fastest times and narrowing the gaps ahead we finished a good 3rd behind very strong Ealing and Essex Beagles teams.

#### RESULT:

|                          |               |       |           |       |
|--------------------------|---------------|-------|-----------|-------|
| 1. Ealing H ..... 83:33  | G. Steer      | 14:02 | T. Hart   | 14:09 |
| 2. Essex Bgls..... :50   | A. Fairclough | 14:02 | W. Kerr   | 13:58 |
| 3. BELGRAVE H .... 84:10 | A. Black      | 14:23 | L. O'Hara | 13:36 |

Fastest of day: M. Batty (Thurrock) 13:01, S. Purkis (Romford) 13:18, R. Young (Hornchurch) 13:27, J. Hegan (Poly) 13:28, L. O'Hara (Bels) 13:36.

### THE T.V. STARS

How many of you saw the Sportsview programme on the British "guinea-pig" team in Mexico? The film featured those two stars of stage and screen---The North brothers. That male version of Greta Garbo, Geoffrey, complete with dark glasses and Paris-designed hat spoke his lines delightfully, while brother Gerry gratefully breathed in Geoff's rarefied air after an exhausting climb from the swimming pool!

## No Luck in G.L.C.

### LONDON CHAMPIONSHIPS—Parliament Hill Fields Nov.27th

Once again the bogey of Parliament Hill hit our team. The course was at it's muddiest, the wind at it's coldest, but our runners showed a lack of stamina that must be put right before the really big races arrive.

After a magnificent start our fortunes gradually deteriorated. It was a grand sight to see a spearhead of claret and gold at the head of the 150 strong field as they poured over the top of the first hill. All six 'A' team men and three of our 'B' team were up in the first 18, with Black, Steer, and Thresher right on the heels of pacemakers Briault (Boro' of Enf.) and Baldwin (B'fth). But, the outward journey was over the heaviest going and into the teeth of a biting wind and our lads just didn't like it; Black, Steer and Hart beginning to slip back after the one mile mark. However, we still had four 'A' team men up at the front and everything now depended on them.

At the half-way mark Briault had a 50yds lead from Baldwin, with John Thresher five yards further back. Then came O'Hara (7th), Thorpe (9th) and Fairclough (10th) with John Bicourt leading the 'B' team not far behind in 18th place. Hercules AG, the holders, were scoring 50 points to our 29 and everything looked set for a Belgrave win. It was not to be. The Hercules boys made ground and we lost it---yet half a mile from the finish we still had a four point lead. Our final stroke of bad luck then hit Tony Fairclough who was our third scorer. Stomach cramp brought him to a stop and he could do little more than canter in, dropping back from 13th to 27th with all the hard work behind him. It was a bitter blow to Tony, who is such a good team man, but it also shows how important it is that the rest of the team do not assume they won't be required for scoring. On this occasion there was no one at hand to take over the scoring role.

John Thresher found the second lap too tough and suffered a bout of "stitch" but finished strongly to salvage 6th place. Laurie O'Hara and John Bicourt were the most consistent runners, pretty well holding their places throughout. Most encouraging run of the day was by Joe Riley, a new member, who finished a useful 32nd in his 'first' over this notorious course.

### RESULT

|                                  |       |                             |  |
|----------------------------------|-------|-----------------------------|--|
| 1. T. Briault (B. Enfield).....  | 30:16 | 32. J. Riley (BEL 'B')..... |  |
| 2. P. Yates (Windsor).....       | 31:32 | 33. A. Black.. " " .....    |  |
| 3. B. Gollins (Surrey).....      | 31:36 | 35. T. Hart.. " 'A' .....   |  |
| 6. J. Thresher (BEL 'A').....    | 31:56 | 41. J. Dear.. " 'B' .....   |  |
| 7. L. O'Hara (BEL 'A').....      | 31:57 | G. Steer.. " 'A' .....      |  |
| 14. R. Thorpe ( " " ).....       |       | 66. G. Walker.. " 'B' ..... |  |
| 19. J. Bicourt ( " 'B' ).....    |       | G. Keavey " 'B' .....       |  |
| 27. A. Fairclough ( " 'A' )..... |       | 115. E. Penny " 'B' .....   |  |

### Teams:

|                                    |       |                                   |       |
|------------------------------------|-------|-----------------------------------|-------|
| 1. Hercules AG (4,9,10,16).....    | 39pts | 4. Blackheath H. (3,14,17,44).... | 78pt  |
| 2. BELGRAVE H (5,6,13,26).....     | 50pts | 5. Polytechnic (11,21,23,29)....  | 84pt  |
| 3. Boro. of Enfield (1,8,25,39)... | 73pts | 6. Surrey AC (2,24,42,46).....    | 114pt |
|                                    |       | 7. BELGRAVE 'B' (18,31,32,40)...  | 121pt |

### MAKE A NOTE IN THOSE NICE NEW DIARIES

The 1966 Club Track and Field Championships will be held at Hurlingham Park on Saturday, June 4th.

### FORTHCOMING FIXTURES

On Dec. 18th we have a home match against Polytechnic H. and this year's Boxing Day track meeting will be held on MONDAY 27th Dec. at Battersea Park Track (11.a.m).

The Christmas Day Paarlauf will be held as usual from Lauriston Cottage at 11 a.m.



**BACKPIECE** (Photo: R. Linstead)

John Thresher (10) and Geoff. North (9) in the muddy thick-of-it during the Fire Brigade '2' at White City on Sept. 18th. The six runners that surround them are Gibson, Tulloh, Jackson, Stewart, Johnston, and J. Cooke. Geoff. (8:51.0) won from Jackson with John 6th (8:55.4).



(Photo: R. Linstead)

John Mitchell sets his record-breaking leap of 23'-0 $\frac{1}{2}$ ' when winning the Junior long jump at the London Champs. in Sept.

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## CLUB RANKINGS 1965

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|                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>100y:</u><br>9.9 J.Vivian (J)<br>10.2 C.Brooks<br>10.3 J.Mitchell(J)<br>C.Ryan<br>D.Gleeson (J)<br>C.Martin (J)<br>10.4 J.Barnard (Y)<br>10.5 R.Jones (J)<br>10.8 D.Nicklin (J)<br>C.Oliver (J)                                                                                       | <u>220y:</u><br>22.2 J.Vivian (J)<br>22.5 C.Martin (J)<br>22.9 J.Mitchell(J)<br>23.2 C.Brooks<br>23.5 C.Ryan<br>R.Jones (J)<br>C.Oliver (J)<br>23.6 D.Gleeson (J)<br>23.7 D.Rees                                                                                                                           | <u>440y:</u><br>51.1 D.Wiseman<br>51.3 D.Gleeson (J)<br>51.5 T.Brooks (Y)<br>52.5 A.Mead<br>52.9 R.Nelson (J)<br>53.0 D.Cocks<br>53.2 D.Rees<br>53.4 R.Jones (J)<br>53.5 P.Smith (J)<br>53.6 J.Vivian (J)                                                                   |
| <u>880y:</u><br>1:52.2 D.Wiseman<br>1:52.3 J.Thresher<br>1:55.5 W.Barrow<br>1:56.3 Geoff North<br>1:58.0 A.Morrison<br>1:59.0 W.Kerr<br>1:59.5 R.Sinclair<br>1:59.6 L.O'Hara<br>2:01.0 T.Hart<br>2:02.0 P.Hilliar<br>J.Bicourt<br>P.Pepe<br>2:02.2 D.Baines<br>2:03.0 D.Wade<br>P.Newell | <u>1 mile:</u><br>4:02.7 J.Thresher<br>4:03.1 W.Barrow<br>4:07.8 Geoff North<br>4:12.8 W.Kerr<br>4:16.0 R.Thorpe<br>L.O'Hara<br>4:21.6 Gerry North<br>4:23.2 D.Maclean<br>M.Shingles<br>4:24.0 J.Bicourt<br>4:25.0 J.Dear<br>4:28.0 P.Newell<br>4:29.0 A.Fairclough<br>4:29.4 A.Major (J)<br>4:30.0 T.Hart | <u>2 miles:</u><br>8:43.0 Geoff North<br>8:53.4 M.Robinson (USA)<br>8:53.6 W.Kerr<br>8:55.4 J.Thresher<br>8:58.0 Gerry North<br>9:00.2 L.O'Hara<br>9:02.2 R.Thorpe<br>9:18.0 C.Dabbs<br>A.Fairclough<br>9:19.0 D.Maclean<br>M.Shingles<br>9:28.0 J.Bicourt<br>9:29.0 T.Hart |
| <u>3 miles:</u><br>13:33.0 Geoff North<br>13:37.0 Gerry North<br>13:50.0 M.Robinson(USA)<br>13:52.8 W.Barrow<br>13:54.0 J.Thresher<br>13:55.8 R.Thorpe<br>13:56.8 W.Kerr<br>14:18.2 L.O'Hara<br>14:23.0 C.Dabbs                                                                          | <u>6 miles:</u><br>28:19.0 Gerry North<br>29:30.4 T.Hart<br>30:05.0 L.O'Hara<br>30:12.0 M.Shingles<br>30:59.0 J.Brown<br>32:09.0 A.Major (J)                                                                                                                                                               | <u>3000m SC:</u><br>9:27.0 A.Black<br>9:28.4 J.Bicourt<br>9:40.0 J.Dear<br>9:58.0 D.Maclean<br><br><u>2000m SC:</u><br>6:02.0 J.Bicourt                                                                                                                                     |
| <u>10 miles:</u><br>50:09.8 Gerry North                                                                                                                                                                                                                                                  | <u>Discus:</u><br>108' 3 1/2" N.Head<br>104' 6 1/2" R.Jones (J)                                                                                                                                                                                                                                            | <u>Shot:</u><br>40' 7 7/8" N.Head<br>35' 8" J.Martin (J)<br>35' 2" D.Rees                                                                                                                                                                                                   |
| <u>120y H:</u><br>15.7 P.Pepe                                                                                                                                                                                                                                                            | <u>Pentathlon:</u><br>2816 R.Jones (J)<br>2473 J.Martin (J)                                                                                                                                                                                                                                                | <u>Pole Vault:</u><br>10' 6" D.Rees<br>10' 0" E.Stanghon                                                                                                                                                                                                                    |
| <u>440y H:</u><br>56.9 P.Pepe                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                             |
| <u>Long Jump:</u><br>23' 2 1/2" J.Mitchell (J)<br>22' 6 1/2" R.Jones (J)<br>22' 3 1/2" C.Brooks<br>21' 0 1/2" D.Boosey<br>20' 9 1/2" D.Nicklin (J)<br>20' 8" D.Rees                                                                                                                      | <u>Triple Jump:</u><br>50' 2 1/2" D.Boosey<br>44' 1 1/2" C.Brooks<br>43' 2" R.Jones (J)<br>39' 5 1/2" D.Ansell<br>36' 3 1/2" N.Head<br>35' 3" J.Kelly (Y)                                                                                                                                                  | <u>Javelin:</u><br>210' 2" N.Head<br>167' 5" B.King<br>162' 7 1/2" W.Couzens<br>140' 4 1/2" R.Jones (J)<br>128' 10" J.Martin (J)<br>117' 11" J.Kelly (Y)                                                                                                                    |
| <u>High Jump:</u><br>5' 6" C.Brooks<br>5' 5" A.Bent (B)<br>5' 4" A.Kerry<br>5' 2" E.Stanghon<br>5' 0" J.Martin (J)                                                                                                                                                                       | <u>Relays:</u><br>4 x 110y<br>42.8 (J) J.Mitchell, D.Gleeson, C.Martin, J.Vivian<br>45.5 (S) C.Ryan, A.Mead, P.Pepe, C.Brooks<br><br>4 x 220y<br>1:32.4 (J) C.Martin, C.Oliver, J.Vivian, D.Gleeson                                                                                                        |                                                                                                                                                                                                                                                                             |

Senior Club Records were set by Nick Head (Jav), Geoff North (2m/3m) and equalled by Jim Vivian (100y).

Junior Club Records were set by John Mitchell (L.Jump), Jim Vivian (100y), Bob Jones (Triple Jump) and by our relay squad in both sprint relays.

Some noteworthy times over metric distances are:-

|                 |            |         |                                   |
|-----------------|------------|---------|-----------------------------------|
| Geoff North's   | 5000m..... | 13:57.6 | (approximately 13:29 for 3 miles) |
|                 | 3000m..... | 8:02.8  | " " 8:42 " 2 miles)               |
| John Thresher's | 3000m..... | 8:03.4  | " " 8:42.5 " 2 miles)             |
| Danny Wiseman's | 1500m..... | 4:04.2  | " " 4:22 " 1 mile)                |