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The 7th Edition

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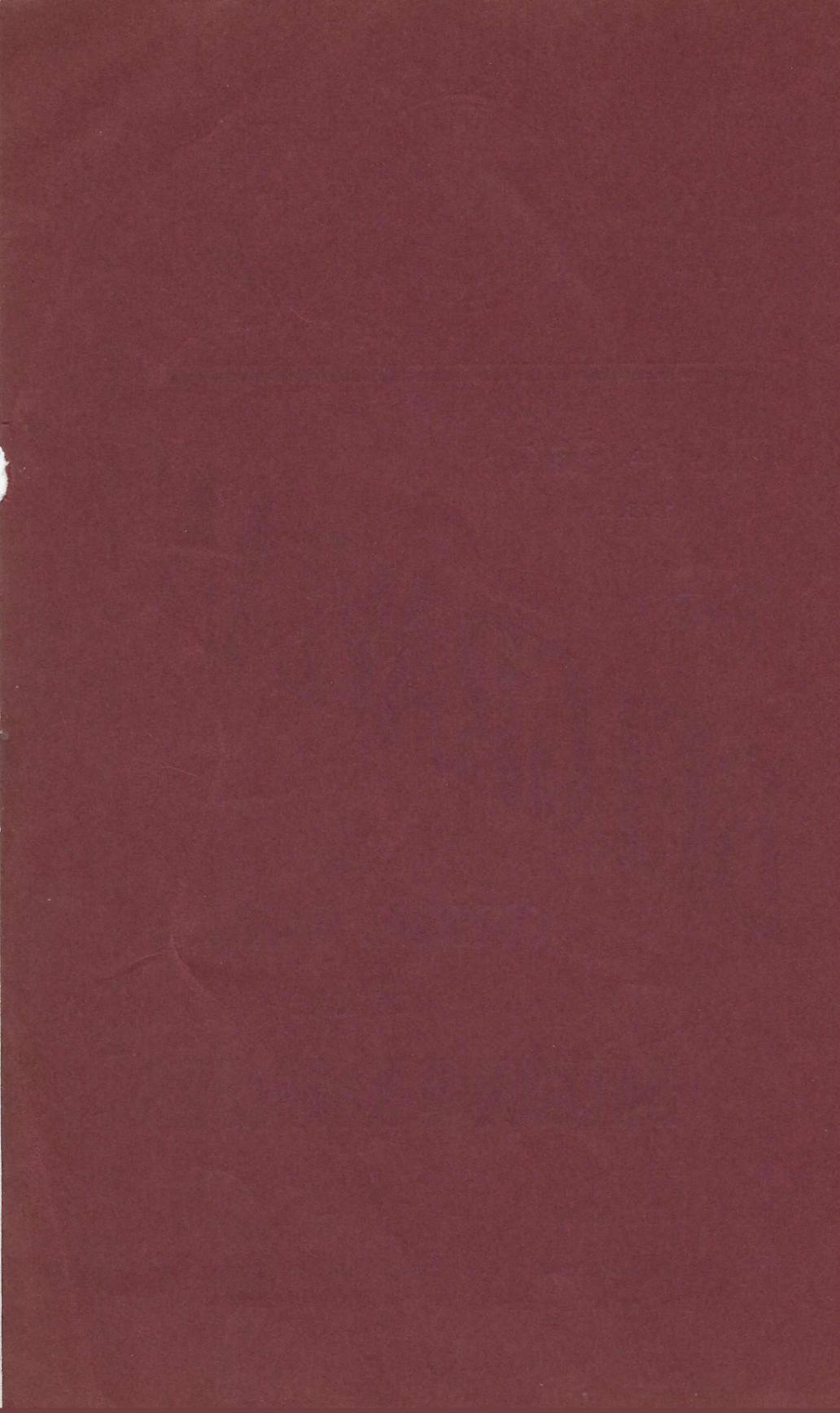
BELGRAVIAN

The
OFFICIAL GAZETTE
of the

BELGRAVE HARRIERS

SEPTEMBER, 1928

PRICE 4^d



THE 7th EDITION

(1928).

OF

THE BELGRAVIAN

SEPTEMBER, 1928.

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CLUB NOTES.

Since our last issue several meritorious performances have been put to our credit.

At Haverhill, on Bank Holiday, B. W. Fleming gained the long jump Championship of Suffolk with a jump of 22ft. 1in. In addition he was second in the county high jump Championship. Fleming has been jumping at his best recently and his success is a matter for hearty congratulations.

Tommy Green, our long distance walking champion, was in excellent form to get 2nd to W. F. Baker in the Nottingham to Birmingham race of 55 miles. His time was 9hrs 15m. 14s. The best wishes and highest hopes of us all will go with him to Brighton on September 8th.

Another trophy was secured by our team at Hook, when it was put up for the first time in an invitation relay (440, 220, 220 and 880yds.).

We have once more gained the best aggregate of points to win the "Inter-Club Relay Shield," against Mitcham A.C., Croydon H. and Epsom H., and the season just ending has proved "a real good 'un" from all points of view; we shall be eager to hear a summary of our most successful season at the club Annual General Meeting, to be held on September 25th at All Saints' Parish Hall, Prince of Wales Road, opposite the Queen's Road gate of Battersea Park.

The attendance at the A.G.M. will be a good one, but there will be room for those who make it a habit not to "turn-up" at this business meeting, perhaps because they think their presence does not matter. However, if you have not already done so, learn to *know* your club—understand "how it works." Use your privilege of helping to decide its officials for next year, see for yourself that the right men control the club. Then you will

always have more opportunity for lending your help to our schemes, and less chance to grumble, although to write the word "grumble" is to strike a note which, happily, has not been heard among our members for a long time.

A private bus has been engaged for our supporters on the day of the London—Brighton walk and there should be a good "Belgrave" flavour on the road.

That tall boy, Pinnock, is amongst us again after a nasty illness. We are jolly glad to see him well, and look forward to seeing him running again.

As befits a good Treasurer, Mr. A. E. Macher is almost weeping because half-a-dozen members have not paid their subs., or fees for the dinner and dances. However, if the defaulters don't "buck up" he'll put a big black mark against their names—so there! Moreover, the expenses for prizes, affiliation fees, rents, etc., incurred before Christmas, have to be paid from members' annual subscriptions, so that every sportsman who is able will bring his 6/- to the A.G.M. and give the Treasurer a good start. It's a hard job, is the Treasurer's.

INTER-CLUB MEETING AT RICHMOND, August 16th, 1928.

The Doris Shield, which is competed for at this annual fixture, was presented for competition between the Ashcombe A.C., the Thames Valley H. and the Belgrave H. in 1925, by the late R. W. Ricketts. We have held the Shield since its presentation and retained our hold of it this year.

This very successful and exciting meeting was rendered especially notable by an event not on the programme and not strictly athletic. A number of small "fighter" airplanes were flying over the ground at a good height, when one was seen to be on fire, and we all held our breath as it fell, with engine roaring, headlong to the ground. At first it seemed to be dropping into the Richmond Athletic Ground itself, but it disappeared behind the trees of Kew Gardens and we heard it crash. A second or two later a great cloud of black smoke went up.

The pilot jumped clear with his parachute and, swinging in the wind, was carried across the ground and over the houses towards Mortlake, where, we were relieved to hear, he landed on a roof without injury to himself.

Several athletes put up unofficial mile records running to the burning plane, and the rest of us had to be reminded that this *was* an athletic meeting before the Two Miles Walk could be started.

In this event H. W. Glover, of Ashcombe A.C., was virtual

scratch on 20yds. and certainly "shifted some," but the race went to a promising young Belgravian in L. Storey, who walked well off 540yds. L. C. Ransford (T.V.H.) was 2nd, and C. W. Redgrave (Bel.) 3rd.

The 440yds. (inter-club) was a good race, with six runners—2 from each club—competing. Titherley got away at a good pace, pursued by C. T. Hook, of Thames Valley, whom he led by several yards all the way. J. A. Jones, our other man, came up with a fine burst in the last 100 yards and only failed by inches to gain second place.

The Two Miles Team Race was the big event of the evening. Nuti (T.V.H.), and Browning (Ashcombe) made the pace for the first mile (time 4-56), while the Belgrave men packed splendidly and we had all our six together at half distance. In the 5th lap J. E. Flower went up and took the lead followed by Duffett and Nuti. With 300yds to go, Bill Rice made a brilliant and well timed effort and shot into the lead, which he held to the finish, being followed closely by Duffett and the two Flowers. Time 9-49 Jolly well run, Bill!

The Mile Handicap was won comfortably in 4-23 by G. A. Allen, of T.V.H., with his clubmate, W. O. Pearson, 2nd—both from the 160yds. mark. Our friend Rollins waltzed in 3rd. The first two got so much away from the rest of the field that, as seen by one of the "also ran," they appeared to be in a race by themselves.

By the time the One Mile Relay was reached, darkness was falling, and, from across the ground, we could only see the runners from their shorts upwards. The invisibility of their legs produced an amusing illusion, as if they were being drawn along on wires!

J. A. Jones ran a good "half" and handed over a trifle ahead of the other two, and Titherley's "quarter" gave us a lead of 5yds. A. A. Lander ran the third stage and Odell finished a fast furlong with 10yds. to spare.

Odell won the inter-club 100yds., but did not attempt to go "all out" in the handicap event in view of the relay race later in the evening. The Bels' won three out of six heats and were placed third. Results are as follows:—

MATCH.

100 Yards—1, M. E. Odell, B.H.; 2, G. Pierce, A.A.C.; 3, R. W. Beswick, A.A.C., 10 1-5s.

440 Yards—1, H. Titherley, B.H.; 2, C. T. Hook, T.V.H.; 3, J. A. Jones, B.H., 51 3-5s.

2 Miles Team—1, Belgrave H., 10 pts.; 2, Thames V.H., 33 pts.; 3, Ashcombe A.C., 45 pts., 9m. 49s.

B.H. Team—W. Rice, 1; E. A. Duffett, 3; J. E. Flower, 3; T. J. Flower, 4

1 Mile Relay—1, Belgrave H. ; 2, Thames V H. ; 3, Ashcombe A C, 3m. 45s

HANDICAPS.

100 Yards—1, A. Felkens, 6½yds, T.V.H. ; 2, D C. Meadows, Syds, T.V.H. ; 3, T. J. Wilhams, 10yds, B H, 10s

1 Mile—1, G. A. Allen, T V H., 160yds. ; 2, W. O. Pearson, T V H, 160yds. ; 3, H. L. Rollins, B.H., 95yds, 4m 23s.

2 Miles Walk—1, L Storey, B H, 540yds. ; 2, L. C Ransford, T.V.H., 570yds. ; 3, C. W. Redgrave, B H, 555yds. · 13m. 30s.

CLUB MEETING.

August 22nd.

We had a dull evening for our last summer gathering, but rain held off during the running of the programme.

A. G. Wallington, who has been lying low for most of the season, showed a shade inside evens to win the "hundred" off 7 yards.

In the second event, the 1,320 handicap, Dick Best kept in the front until the finishing straight, when Bill Rice passed him to make a spectacular win. He waited until 220yds. from the tape before he left the tail of the race, then went through the field in the next 150yds., and turned into the home straight on the heels of the two leaders. It was a brilliantly judged victory.

The 440yds. race was not well supported. Unfortunately the 100yds. finalists had hardly time for a "breather," but this was unavoidable owing to the short time before darkness came on. A. A. Lander, who won the event, is a very keen runner of good promise.

Charlie Speechley, well-remembered by our walkers of two years ago, made his début in the two mile walk, after his absence in America. He has the same characteristic style, but appears a little slimmer than formerly. The event was won by L. Storey—his second win in a week. Mr. W. Fish has helped him change the crude style of a novice into that of a walker.

RESULTS.

100 Yards Handicap—Heat Winners : A A. Lander (8½), 10 1-5 ; C. Boud (10), 10 1-5 ; T J Purdy (6), 10 1-5 ; A G. Wallington (7), 10 1-5 ; J. S. Williams (9½), 10 ; Fastest second, K. E. Webb (7). Final : A. G. Wallington, 1 ; T. J. Purdy, 2 ; J. S. Williams, 3. Time 10 secs.

1,320 Yards Handicap—W. A. Rice (17), 1, H. L. Rollins (63), 2 ; R. W. Best (100), 3. Time 3m. 17s

440 Yards Handicap—Final : A A. Lander (23), 1, J. C. Clark, (30), 2 ; A H. Butt (23), 3. Time 51s.

2 Miles Walk Handicap—L Storey (460), 1 ; W. G. Dodkin (365), 2 ; C. W. Redgrave (535), 3. Time 14m 4 2-5s.

CLUB TRACK CHAMPIONSHIPS.

A keenly interested assembly of spectators turned up to see the sport on August 4th, even though the weather was so bad that buckets, etc., were used to clear a large pool of water at the starting-post. Mr. J. W. Carne officiated as referee in the "absence," on holiday, of our President, although many thought they recognised the latter in a bronzed young man, immaculately clad, who looked on. No doubt Mr. Hare was with us in spirit; even so, such realistic enjoyment of the ghostly company he kindly bestowed on us is seldom experienced.

In spite of a wet track underfoot and a heavy sky overhead, no slow times were returned; on the contrary, new club records were made in the 440yds. and 880yds. Championships by that fine athlete, J. Cooper Clark. As a newcomer he won our 440yds. Championship last year. Since then he has surprised us by winning a sensational "half" at the Bridge, and now it is interesting to wonder what his capabilities would be if he were "pushed." We hope he will look after himself and try the A.A.A. Championships next year.

In winning the 100yds Championship, M. E. Odell is to be congratulated on his fourth successive victory.

T. J. Flower did well to win the mile against very warm opposition.

Unfortunately A. L. Fletcher could not defend his title in the walk, through illness. The evergreen R. D. McMullen put up good time on a slow track. He is proving himself the most remarkable all-round veteran in the annals of walking; and walking, no less than other sports, boasts some great veterans.

100 YARDS CLUB CHAMPIONSHIP

"Grosvenor Cup" Holder M. E. Odell.			
Club record	C. Baldwin, 1924	}	10 1-5 secs.
	M. E. Odell, 1926		
M. E. Odell	1
T. Bates	2
G. R. Maryon	3
			10 2-5 secs.

440 YARDS CLUB CHAMPIONSHIP.

"J. G. Sawyer Memorial Cup." Holder: J. Cooper Clark.			
Club record	C. R. Dunckley, 1926.	51 4-5s.	
J. Cooper Clark	1
H. Titherley	2
G. R. Maryon	3
			51 secs.

The following gained standard medals for beating 56s.: A. A. Lander, H. Scrimshaw and J. A. Jones.

880 YARDS CLUB CHAMPIONSHIP.

"R. W. Best Cup." Holder: F. L. Buckingham.
 Club record: F. L. Buckingham, 1927. 2m. 4 3-5s.

J. Cooper Clark...	1
J. A. Jones	2
W. Rice	3

2m 1 3-5s.

The following gained standard medals for beating 2m. 8s.:
 W. H. Williams, W. L. Bayliss and J. Harris.

Scrimshaw led off at a brisk pace, followed closely by Williams, Bayliss and Harris. This was the order at the bell. With 440yds. to go, Cooper Clark forged ahead and quickly spread-eagled the field. Jones followed him with Harris in the third position, Rice displacing the latter about 200yds. from the post.

1 MILE CLUB CHAMPIONSHIP.

"Garnett Cup." Holder: E. A. Duffett.
 Club record: E. A. Duffett, 1927. 4m. 37 3-5s

T. J. Flower	1
E. A. Duffett	2
W. Rice	3

4m. 39 4-5s

The following gained standard medals for beating 4m. 55s.:
 M. A. Gray, J. E. Flower, W. G. Webb and W. L. Bayliss

The field slowed down considerably in the second lap. In the last lap Duffett forced the pace. T. J. Flower responded and secured the inside berth, which he held on entering the home straight. Duffett was beaten by a yard, with Rice two yards away and both J. E. Flower and Webb close up.

2 MILE WALK CLUB CHAMPIONSHIP.

"A. J. Sawyer Memorial Cup." Holder: A. L. Fletcher.
 Club record: A. L. Fletcher, 1927. 14m. 32 $\frac{3}{4}$ s

R. D. McMullen	1
H. F. King	2
B. J. T. Knifton.	3

15m. 4 2-5s.

J. B. Carne gained a standard medal.

220 YARDS JUNIOR CHAMPIONSHIP (UNDER 18).

"R. W. Ricketts Cup." Holder: J. A. Ford.
 Club record: J. A. Ford, 1927. 23 $\frac{3}{4}$ s.

J. A. Ford	1
J. S. Williams	2
L. W. White	3

24 1-5s.

100 YARDS BOYS' CHAMPIONSHIP (UNDER 15).

"Chandler Cup." Holder: G. L. Rooke (not now qualified).

T. Wiley	1
E. Stone	2

13½s.

75 Yards Handicap: Heat Winners—K. E. Webb, 6yds., W. C. Bates, 8½yds.; A. Wallington, 5½yds.; E. Gordon, 10½yds.; R. Williams, 16yds.; A. Willoughby, 24½yds.

Final: E. Gordon, 10½yds., 1; R. Williams, 16yds., 2; K. E. Webb, 6yds., 3; 7 9-10s.

100 Yards under 15 years: E. Stone, 3yds., 1; A. Mewes, 1yd., 2; T. Wiley, Scratch, 3, 13s.

80 Yards Handicap: H. L. Rollins, 50yds., 1; W. Callow, 68yds., 2; L. E. Fletcher, 100yds., 3; 2m. 2 4-5s

220 Yards Hurdles: T. C. Jones, owes 10yds., 1; G. H. Powell, 24 yds., 2; W. H. Gee 20yds., 3; 33 7-10

A feature of the hurdles race was the winner's excellent style in taking the obstacles

Altogether the performances were well above the average and prove very conclusively the all-round improvement.

MORE SUCCESSES.

W. G. Webb (145yds.) scored a comfortable win in a big field for the mile at the London Fire Brigade Sports at the Bridge. His time was 4m. 16s. and he was rewarded with a seven-guinea half-hunter gold watch. At the same meeting R. D. McMullen secured another "pot"—the special entry prize in the 2 miles walk.

AUGUST BANK HOLIDAY—

Chiswick: 1 mile medley relay. Purdy, Dixon, Titherley, Ford (A.J.), (scr.) 2nd

T. J. Purdy (15) 220yds., 1st. 22 1-5s.

H. W. East (18) 100yds. local. 1st.

W. G. Dodkin, 2 miles walk. 3rd.

Grays: 1 mile relay. Duffett (660yds.), Scammell (880 yds. walk), Odell (220yds.), (scr.) 1st.

Iver: J. C. Clark (38), 440yds., 1st—the due reward of concentrating on races at this distance.

Chertsey. After winning the club championship, R. D. McMullen, with the optimism of youth, went here to get 4th in the 2 miles walk from a back mark.

J. A. Jones, 880yds., 2nd at the same meeting.

Littlehampton: L. Hickman (165), 2 miles walk, 3rd.

August 22nd. Constabulary Sports, Southend.

H. Titherley, 220yds., 1st.

August 25th A. A. Lander, 330yds., 1st at Billericay.

J. Cade, 1 mile walk, 2nd at Crittalls.

IF WINTER COMES—

IF?—and in England? Can you imagine the English climate ever missing WINTER? Of course not. We are sure to have it, and how will you pass the time? In front of a fire with a book, perhaps, or waiting for the rest of a football team to turn up (and they don't, because it's raining, snowing, or frosty).

Now don't forget that you're supposed to be a HARRIER. Running is your avowed choice of recreation, SO WHY NOT RUN? By running I do not necessarily mean racing. You try to do that all the summer, and all the summer you try to find that extra yard, or that final sprint in a quarter, half, or mile, and you don't find it. Why? Because you should spend the winter GETTING IT not LOOKING FOR IT.

The steady, enjoyable runs over Wimbledon Common, at any pace you may fancy and in all weathers, give a far happier view of running as a pastime than tearing round a dusty track on a hot summer evening can ever do.

The keen air, the easy gait, the pleasant surroundings and the fun and chaff of your companions, all blend in making cross-country running the finest sport that's going. There is no need for racing, in fact, we discourage it on these runs. Racing comes soon enough, when you have learned to run. You will want to race then, and we shall want you to race then also.

Returning from the run, you enjoy a hot bath, hot tea and cakes, and then depart for home feeling that you've done yourself a good turn.

At times we all sit down to a jolly tea, and spend the remainder of the evening in dancing. This is where the fairer sex join us, and they cannot complain that we entice you away, because we invite them also.

This is a summary of our winter activities. Now, why not come with us? Believe me, you are missing the best of the Club life, and when spring comes round again, instead of appearing amongst us like a tortoise that has slept for six months of the year, you will already be fit for that "sharpening -up" process which brings you the early prizes

You will also have made friends again with the handicapper. He will be giving you the old mark and you can do without it, having found that elusive extra yard or finishing sprint. Then you'll admit that it was a pleasant search that found it, and you'll find yourself saying "COME ON OCTOBER."

Opening run—Saturday, September 29th, at 3 p.m. at St. John's Parish Hall, Denmark Road, Ridgeway, Wimbledon. Tea 1/-, and dance in the evening. Come along and tell the ladies to come at 5-30 p.m. for tea.

SPORTS JOTTINGS

By "Observer."

With the recent Bank Holiday meetings still fresh in our minds, it appears that some Clubs support a meeting in full strength. This is what I would like our own Club to do - a char-a-banc could be hired for the day, a meeting selected some way out, and then friends and competitors alike could enjoy a fine day's outing; and if our boys had any successes, then I am sure that these would be recognised in the true Belgravian manner on the homeward journey. As things are at present, our runners mostly all go to separate meetings, sometimes finding themselves the only representative of the Club present, and I am sure they do not enjoy the meeting as they would if with a party of fellow-runners and friends.

The meeting at Rayleigh seems to have been the scene of several incidents. In the half-mile, the competitors were sent a lap too many in the first heat, whereupon the judges decided that the second heat should be over the same distance, and the final over the correct course. The 100yds. final saw J. S. Williams of our Club adjudged the winner, but owing to dissent of the crowd the race was re-run, and Williams was placed second, the judges allowing the latter result to stand.

It is surprising in a county so strong in athletics as is Middlesex that their 1 mile Relay Championship should result in a team having a walk-over. This was the case at the Ponders End meeting, where this event was staged. Five teams had entered, but only one, St. Mary's, Hornsey, turned out; and so it would appear that this county's relay championship is held in very small esteem by the Clubs concerned * Gold, Silver and Bronze medals are given, and yet there is such a lack of interest shown. As the event has for the past two years been held on this unpopular track, perhaps a change of venue will result in the race securing better support, and so be more in keeping with a county of Middlesex' status.

"There's nothing harmful in cross-country running, so long as you don't go in for competitive racing." Such were the headlines of an article in a well-known sports paper. I personally think the above a little too stringent, as so long as you train steadily during the early part of the season, I do not see that indulging in competitive racing later on does anyone any harm. The article also mentioned runners who finished vomiting and foaming at the mouth. Well, the former is often the case with runners who are foolish enough to indulge in a meal just beforehand, but otherwise I have never seen many cases, while as to the foaming at the mouth, I only hope that I have never finished a

race in that condition, otherwise they would probably have thought me a fit candidate for a mad-house.

I certainly, however, agree with the writer who is against racing taking place nearly every Saturday, as this not only tends towards staleness, but in the end will prove harmful to the athlete. I understand that a few of our members would welcome more inter-club races, but consider our fixture list well served by the T V.H. and Ashcombe fixtures. Here the opposition is not too strong and the result is a nice steady run for our cracks, which together with their training spins, tunes them 'up for the bigger races after Christmas.

My next three Club members are :—

T. J. Flower, the elder of the "terrible two," who recently joined our Club from Kensington A.C., and who do certainly not regret the change. Joe is on the tall side, has a raking stride, and has succeeded in carrying off one of our trophies at the first attempt. As he won Kensington's Cup outright, being successful three years in succession, he evidently makes a practice of this sort of thing. Runs equally well on track and country and will greatly strengthen the Club in team races.

J. E. Flower, "the other one," who bids fair to outdo his brother. Jack, who looks a typical athlete, has had a very successful season on the track, and has shewn wonderful improvement on last season's form. Conscientious training coupled with a father who takes an active interest in his boys' performances, are in the main responsible for this. He won the North of Thames Junior last year, and will doubtless be well to the fore in the forthcoming cross-country races.

A. D. Pyer, otherwise known as Micky, a Club stalwart for many years, and one who is still able to compete with the best of them. Has won many Club Championships, and is also the present Territorial Champion. Runs especially well over the country and is confident of being one of our winning team in the Surrey County Race.

" BRIGHTON " NOTES.

We have a fine team entered for us in the Brighton Race this year, and we have reason to expect another team victory. Among our representatives are T. W. Green, 2nd last year in 8hr. 26m. 44s.; J. Rathbone, whose record reads, 1923, 13th, 9hr. 29m. 39s., 1924 retired at Dale Hill lying 6th, 1925, 6th, 8hr. 57m. 46s., 1927, 6th, 9hr. 2m. 6s.; J. Belchamber, 1920, 3rd, 8hr. 52m. 19s., 1922, 4th, 8hr. 54m. 3s., 1923, 5th, 1924, 4th; F. Rickards, J. N. Thomas and several other useful men.

Unfortunately my records do not go back further than the 1923 race, but our team record since then is as follows:—

1923—2nd—J. Miles 3rd, 8hr. 53m. 39s., J. Belchamber 5th, J. Rathbone 13th

1924—1st—E. A. Wall 3rd, J. Belchamber 4th, S. Manning 6th

1925—2nd—J. Rathbone 6th, S. Manning 10th, E. A. Wall 11th.

1926—4th—E. G. Cooper 10th, S. A. Manning 13th, J. N. Thomas 29th

1927—1st—T. W. Green 2nd, J. Rathbone 6th, S. Manning 12th.

Green, Belchamber, Miles and Rathbone are among those who have beaten 9 hours, while Allen, Chalk, Cooper, Hare, Manning and Wall have finished inside 9 hr. 30m. on one or more occasions.

The Club Long Distance Championship is decided in conjunction with this race.

A NEW SHIELD.

A new Shield will be put up for competition in the next National R.W. Championship, and will go to the team which scores best with eight men. The new trophy owes its origin to the long distance walks held in Holland. Each leader of the four teams sent by Gt. Britain was presented with a medallion, on his team completing the course. It was agreed that a very useful purpose could be served by having these medals mounted on a shield and presenting them as a trophy in the R.W.A. championship race.

The Belgrave, we hope, will now be able to bring home even more spoil from the "National."

THE "BELGRAVIAN."

Although for a long time the Club Magazine has not paid its way, the last two editions have practically paid for themselves. The number of regular subscribers can be set down as 230, and this opportunity is taken of thanking them for the support they have given. An attempt will be made, shortly it is hoped, to reduce the subscription which is asked and to introduce new features for the improvement of this paper. Any help that can be given will be welcomed. With ordinary luck we should get another 100 subscribers before very long, and if only 30 members who have not yet given anything will pay the amount asked, i.e., 3/- (4d per copy) each they will, between them, defray the cost of this issue. Remember, more money—better mag.

To contribute a page to the monthly budget is no less important than to pay the dues. The help which the following have given

should be recognised · J. B. Belchamber, A. A. Harley, L. E. Fletcher, A. E. Macher, J. W. Macher, S. L. King, H. Parker, S. Drake, C. Speechley and "Observer."

Can we not add to our staff of journalists? Won't some historians come forward? Don't forget, more writers—better mag.

Anyhow, the ship won't go under if you want her to float, so it's up to you.

"TRAINING FOR ATHLETES."

For some months prior to the recent Olympic Games the press had naturally given more than usual prominence to athletics and March, 1928, was therefore a most suitable time for the publication of 'Training for Athletes,' by H. M. Abrahams and Dr A. Abrahams, in collaboration with five other experts.

In many ways this volume may be considered an enlargement of H. M. Abrahams' work, now two years old, in the Masters of Sports Series issued by Harrap. Dr. Abrahams has been well-known in athletic journalism for nearly two decades, and the ex-Olympic sprinting champion writes as well as he speaks, so one can easily understand the success that this new book has already received. It is quite likely that it will remain for years as the standard treatise on athletic training.

Throughout, the authors are unmerciful with old-fashioned ideas of training. They claim justly in the second page that it is the duty of a writer "of any modern scientific work upon training to repudiate a number of ancient traditions." The first part deals with general training: embracing its scientific principles and the much-discussed subjects of diet, alcohol and tobacco. In the second part exhaustive treatment is given for the specialised training in connection with each of sprinting, middle and long-distance running, hurdling, jumping, and two other field events. The chapter on middle-distance running has been prepared by that super-athlete whose name has almost become a legend, D. G. A. Lowe. Whether or not it is thought that walkers are not athletes, for some reason this branch is not included. It is mentioned only as a subsidiary exercise, and even then strolling is meant. One gets the impression that the book has been written with the public-school and university performers largely in mind: and among these walking is not popular as it deserves to be.

Great pleasure is given to the reader in finding frequent reference to present-day champions, and in having such references supplemented by excellent photographs. Unfortunately this

method "dates" any manual, and subsequent editions might need drastic revision to be brought up to date.

No more interesting and useful book can ever have been written on the subject. Open it at any page and at random and one just reads on and on. Every track man (winter men are dismissed on one page) should regard a copy as an indispensable item of his equipment.

L.E.F.

CORRESPONDENCE.

TO THE EDITOR

Dear Sir,

May I preface some suggestions with a few facts, generally considered in the building up of a great athletic club.

The calibre of any club is judged by the ability of its representatives in scratch races. An obvious means of developing the high standard of running which these require has been the promotion of matches between clubs of fairly equal strength, with the happy result that runners have steadily improved on best performances in their efforts to uphold the prestige of their respective clubs. The desired end—a higher standard of running—has been obtained *among those who participate in the competition*, but those who are not good enough for the team do not enjoy the advantages of this inter-club experience. It is as desirable therefore that in matches of this kind second and even third teams should be put into the field, not necessarily at the same meetings, but included, to give additional interest, in other fixtures.

We, as a club, can claim, without presumption, to have been fortunate enough to outstrip our rivals in competitions of the kind under discussion. For four years we have shown ourselves stronger than six other clubs with whom, it was thought, we should compete on level terms. Open to us therefore is an alternative to the foregoing suggestion.

Let us have some matches on the track next season with, say, the Herne Hill H., Highgate H., or the Poly. Such a fixture is eagerly looked for from our committee, after the success we have enjoyed this summer; it is the step onwards which progress demands. Our "cracks" will welcome the test; they consider it their due after what they have accomplished. And, very important is this, a chance must be given to those scores of runners who are waiting for an opportunity to represent the club. Between them they will be able to look after our interest in the

"Doris" Shield and the Inter-Club Relay Shield, while their seniors are seeking fresh honours.

So much for that, but I must pay tribute to the splendid spirit of sport for sport's sake which these desperate inter-club struggles bring with them. True sportmanship is the natural consequence of running or walking for one's club, and to do one's level best in this cause is the surest way of drawing us together, so that our club really means something to us all.

To change my subject, I want to conclude with a word or two about the Magazine. I notice with satisfaction that its articles come from several different pens, and it seems to me that if the number of writers can be increased, so will the success of the Magazine become greater. Members should not wait for personal invitations to write a few lines, but throw off their modesty or bestir themselves, as the need is, and make our paper something which is necessary, something to be looked forward to, and something to be proud of.

Yours faithfully,
B.

Stoke-on-Trent.

To THE EDITOR and
My Dear Emaciated Belgravians,

Just a line to congratulate you all on your sequence of really fine performances, and also to offer my sympathies on the unfortunate effect it is having on your bodily appearance. The thought of all you poor skinny beings makes my heart ache and I realise now why Albert Macher always looks like the rising sun—it's the comfort of having plenty of flesh on. I tell you candidly, the feeling of carrying 12 stone odd is just wonderful, and yet your Gazette has various contributors who will write articles on members who travel abroad, and north, to escape your highbrow-named disease.

Let me assure you that we have escaped it, and I grieve to hear, on absolutely authentic information, that the other 99% of our members are suffering from acute optical disorders through searching here, there and everywhere for Horticultural Displays. I learn, too, of a well-known member who has insomnia because his aggregate of points is below schedule, but it's these flower shows that are their salvation.

Little did our friend and jolly good donor, Dicky Best, dream that his generosity in giving cups would drive our boys to England's beautiful country. It's queer how tastes vary, but I suppose you fellows who are boxed up in a stuffy Capital all the week love to fill your lungs in the fields and meadows.

I suppose you find it a great delight to look forward all the week to a choice display of Roses, Sweet Peas, Love-in-a-mist and, in Footer's case, the rare species of Passion Flowers! No doubt the odour of fresh cut hay overcomes you so that have to stop in the course of the race to inhale the fragrant scent, and with wonderful presence of mind you just rise to the occasion and get 2nd or 3rd! But then, when our lads enter these events they don't really want to run, and in nine cases out of ten they jolly well don't. No doubt they are suffering from mental fatigue after the mathematical problems with which they are constantly faced.

Still, I think you all do remarkably well in view of the terror that is in your midst—"Observer." I should think that the person is a lady, judging by the outspoken and, in some cases, quite vicious remarks made about our boys; although I very much endorse the view of the "Points Cup" (having never won it!).

It is very pleasing to pick up a paper so far from home and see photos of our club events, side-by-side with much higher "game," but with the progress you are making it will soon be quite a common feature of the papers.

Having had the great "pleasure" of working on our Club Championship day, and so missing a glorious "cut-throat" afternoon at Battersea Park, I had to spend the week-end in Stoke instead of S.W.15.

Well, on Tuesday I thought I would visit a sports meeting, so off I strutted to the Stoke Victoria Festival to compare it with the "Bridge."

The track was 6 to the mile, with 80yds. straight on each side, and a crushed brick-dust surface, whilst the bends were of grass. The meeting was largely advertised, and the prizes were very good. A very small crowd was present, although everywhere is on holiday all Wakes Week, and everyone seemed very ignorant of "who was who."

The affair started O.K., as Ellis ran through a field of 35 and won the 880 from scratch in 1-59 on this terrible track, but the field was a very poor class except for about 5 "Birchfielders." Beman was on 50yds. After this it was a positive "wash-out," and I sighed for a "Fire Brigade" or "City Police" atmosphere. To improve matters it rained as usual, and with an American running in the 220 (Morgan Taylor)—although not entered, and no apparatus for Barnes to leap over 13ft in the Pole Jump, it was a very tame meeting.

I expected "fireworks" in a 2-mile short limit race, with 3 men on scratch, but this ended in a procession, so I was not very thrilled with my first meeting here. Of course the chaps do not have the same facilities that you lucky blighters have and there

is not a track for miles, now that they have altered the footer ground to make more accommodation.

Competition is scarce, unless you want to travel 20 miles on an average. Anyhow, they have got you stone-cold for the winter season, that is of course as far as the country goes; but as I said before, they are "not in it" with you, when it comes to the club room side of the sport. I can tell all you folks that St. John's Hall, Wimbledon, can give some of London's night clubs a start! Our genial Secretary, Wally Bayliss, giving selections from Schubert, clad in nothing! Then there's our President, Harry Hare, having all his superfluous fat massaged away by Tommy Eaton's magic paws. Then in barges Footer, barking like a mongrel with pneumonia, after a "tear-up" with the boys.

Well, my dear chaps (London Olympiades included) I must conclude and hope, with luck, to be fortunate enough to run with you in the "Surrey" or "South of Thames" at least once more, but with old age creeping on and the "feminine peril" growing greater it makes running very hard to keep up. So far I have steered clear of the fate of some of our notorious 880 or rather 820 "runners," but when we see the performances of MacMullen and Tommy Green, we must admit that there is something in married life after all.

Try to arrange the next Box Hill outing when all the stray members are in town.

Cheerio and mind you keep up the "wiping up" of all and sundry. Let us hear of prospective "Los Angeles" 1932 clients—except when I am in the race.

All the best,

O.K. from STOKE.

On August 15th we ran two teams against St. George's Services A.C. The first, in a 1-mile medley relay, was beaten after a close race, but the second gained 3rd, 4th, 5th and 6th places to win the 2-miles team race comfortably.

Do not forget September 29th at St. John's Hall, The Ridgeway, Wimbledon, for the opening of our cross-country and road-walking season. There will be no fast work, and packs will go out to suit the slowest of our runners and walkers; so turn out and sample the glorious comraderie of the country.

DON'T FORGET THE A.G.M.

