

THE

NOVEMBER 1975

BELGRAVIAN



the official gazette of belgrave harriers •

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John Morris, Brian Pritchard, Ken Stimpson, Brian Gorman, Derek Crookes, Arthur Bruce, Ron Langheim, Bill True, Bill Laws, Bill Merryman.

On behalf of the Club I would like to thank the following members who have made donations to Club funds during the year ending June 30th 1975. This list is extra to the President's Fund list published by Charlie Manning.

Mrs Aplin	C.T.Carter	H.King	A.Penny	C.Shippen
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HON. TREASURER

THE BELGRAVIAN

NOVEMBER 1975

NUMBER 190



FOUNDED 1887

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With "Montreal '76" looming ahead, US Olympic marathon champion Frank Shorter, a lawyer by profession, has upset the Olympic appellation by publicly admitting that he has received £100 per month while touring Europe and disclosing that another American, a sprinter, has collected £6,000. Of course under cover payments are nothing new and apart from blatant cases all the organising bodies have done in the past is turn a blind eye to the situation. But with this admission the IAAF are in a difficult situation. If they do declare Shorter a professional, thus barring him from the Games, it is just possible in these militant times that many of the other top athletes will also admit to receiving payments - and a mass show of solidarity like that could wreck the Olympics. On the other hand, if they fail to ban him the way will be open for many other top 'amateurs' to follow in his footsteps. The outcome is awaited with interest.

Much closer to home are the moves taken recently within Belgrave Harriers in response to the oft repeated question, "Why do we have no ladies section?" An insert is enclosed with this magazine. Please read it carefully and then make your feelings known as directed.

As this will be the final "Belgravian" for 1975, the President, Officers and Committee would like to take this opportunity to wish all members and their families a Happy Christmas and a successful New (Olympic) Year. The Editor would also like to thank those who have contributed towards the magazine in the past year, particularly Carl Lawton, Gordon Biscoe, John Keown, Gordon Doubleday and Chas. Manning.

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Front Cover: The middle of the pack round the corner into Southside, soon after the start of the Autumn '5 $\frac{1}{2}$ ' road race. Photo by Pat Mead

Back Cover: At last! Colin Pearson wins his first ever Club Championship, the 800 metres, from Alan Mead and Pete Carton. Photo by Alan Black

grapevine

● We were shocked to learn that shortly after his great debut on the Brighton Road JOHN DUNSFORD was in hospital. He was due to go in for an operation but unfortunately complications set in. There was extensive bleeding requiring massive blood transfusions, and then he had a lung infection. Happily, the latest news is encouraging and we hope that he will soon be amongst us again and trying those shoes on.

● BILL WEBB celebrated his 81st birthday by acting as track judge at our Club Championships. In between races, as one timekeeper gazed across the track to where Bill was on the judges stand alongside BILL LUCAS, he remarked, "Do you know Bill is 81 today?" To which came guest timekeeper DON TURNER's reply, "Which one is Bill Webb?"

● Up at Kirkby, Liverpool for the British Athletics Cup semi-final, the Bells were getting a real hammering. BILL COUZENS, putting all his effort into 29 metre hammer throws was up against the sort of opposition one sees depicted on Scots Porage Oats packets - launching mighty heaves the length of the stadium. Feeling small against such giants, Bill was made to feel even smaller when a young lad ran up to him for his autograph. Bill was just about to sign when the lad's father bellowed from the crowd, "No, not him, one of the others!"

● It was good to see JOAN GOSWELL at a recent fixture. A deterioration in her vision resulted in a visit to hospital and an operation. Fortunately her sight was not lost but we are sorry that she has had to curtail some of her activities. We make no apology for recalling how for many years she produced almost instant result sheets at walking events. Our best wishes to you Joan.

● Belated congratulations to ARNOLD BENTT and PAT on their engagement. Pat has supported us at several of our league fixtures and is already used to the strange ways of athletes, her brother being Herne Hill's talented javelin thrower Neville Wade.

● We had two competitors in this year's open London to Brighton run which attracted 108 starters. BILL WELLER (who completed the course last year) unfortunately had to retire. PAUL PRINGLE, who trains so conscientiously and who failed to finish last year, completed the journey in 7 hours 34 mins 15 seconds. Although outside second-class standard time it earned him a certificate for finishing within the time limit. Most would agree that to run from London to Brighton is a feat in itself, so well done Paul!

● Numbers, pins, medals and prizes, how do they get there? For countless years they have been ably taken care of by Past President TOMMY MORRELL, our Assistant Hon. Treasurer for many years. Tommy is moving to Norfolk so in wishing him many years of happiness in his new home we also extend to him our thanks and appreciation for what he has done for us. Older members will recall that in the old days, when our bathing facilities were somewhat primitive, Tommy, with his ever watchful eye on the Club's finances, would go round with a hat for "hot water money". Tommy will be near to his son-in-law ERIC HALL (double Olympian and RWA Champion). Eric gets little chance of competition (except for the occasional Civil Service Race) but he still enjoys strolling.

● How do you separate JOE and LEN COLEMAN - a problem that couldn't be decided at that legendary RWA Garnet Race in '38. We were pleased to see them both at the AGM, Len having made the journey from N.Ireland, and he vows to make it for the Club's Centenary Dinner! Joe, we are sorry to learn is due for a spell in hospital and we hope that he will soon be out and about again.

● GERRY LEROY. The name still conjures up memories of sparkling quartermile races of fifteen years ago when this lightly built and lightly trained Mauritian was the scourge of the tracks. Now of veteran status he is still racing and racing well (although not in Belgrave colours). Over in Toronto for the first World Masters Championships in August, he clocked 51.1 for 2nd place in the 400m final in the 40 - 44 age group whilst the winner took 50.7. Gerry's Club Record of 47.7 has been on the books since 1960 but as fast a time as this is, however, it does appear to be a mark which could be revised in the next couple of seasons when Vice President STEVE WHITE gets his teeth into one lap racing.

● Eighty-seven year old CHARLIE SPEECHLEY also made the trip to Toronto. He lined up for a 200 metre race against Fritz Schreiber (Sweden), a mere lad of 82, and Duncan (Tartan Flash) MacLean the 90 year old Scot. The Swede won in 44.7 with MacLean 2nd at 49.2 and Charlie 3rd at 53.3. He revealed that he had had an argument with a toilet door during the preceding week and hadn't really recovered from his 5,000m walk. Charlie swam for Britain in the 1912 Olympics.

● Congratulations to SALLY and BOB RICHARDSON on the arrival of KATHRYN MARY (weighing in at 7lb 8oz for those to whom such things are meaningful). It appears that the store from which the prams etc. were ordered by the Richardsons promised the whole lot free if the baby arrived on the date they predicted. Sally chose September 9th and at nine minutes to midnight on that date, with the whole hospital cheering her on, Kathryn showed precocious pace judgement and pipped the store on the line. Nice work!

● Congratulations to JOHN KEOWN on becoming President of the Southern Area of the Race Walking Association. A well deserved honour for one who does so much behind the scenes. John joins the band of other Belgravians (there are many) who have held this office.

● You'll have noticed the number of runners these days who sport sweat-shirts with slogans emblazoned upon them. Latest one to be spotted is 'ROLLERBALL', worn by MARTIN BEST. When questioned about it Martin said. "Yes, Rollerball is the name of the latest science fiction film depicting a violent and bloody sport of the future but it is also the name given to Thursday night road runs with BRIAN GORMAN!"

● JUDY and JAMES RIMMER are another couple who are hearing the patter of tiny feet for the first time since DUNCAN JAMES was born in August. Let's hope he takes after Judy otherwise, if he patters those tiny feet too hard, he's sure to pick up his first achilles tendon injury before long!

● One who has helped with timekeeping at recent RRC Marathons is former member NORMAN GRAVES, who is now one of the top timekeepers in the North and was Chief Timekeeper at the International meeting against USSR. Norman was introduced to the Club during the 1939-45 war by BILL MERRYMAN. He was stationed near London and often ran in our colours. He was recently sent a copy of the "Belgravian" and was delighted to read news of his old club.

● We are sorry to learn that Jack "Nobby" Fletcher had a double spell in hospital this summer. He was, however, sufficiently recovered to see this year's Brighton walk and we can be sure that seeing our present walkers repeating our triumphs of earlier days did him much good. See you next year Jack!

● FRED DENNY has also been in for a repair job. He is now back again at the roadside scrutinising the walkers' progression. We hope that he is soon fully recovered.

● Those who watch the TV athletic programmes must have noticed some familiar faces amongst the arena marshalls. Those who have graced our screens include RAY HALL, BILL LUCAS, TOM CARTER, CLIVE SHIPPEN, and PETER HILLIAR. Fleeting glances have also been obtained of LES COHEN and ED. LACEY. On the action side we have had the pleasure of seeing JOHN BICOURT and STEVE WHITE. Let's hope that next season more of our members will make the break-through to top class competition and so appear on our screens.

OUR PRESIDENT



What is it that makes some men become so involved in the affairs of their club whilst others remain largely unmoved and dispassionate? It doesn't necessarily have anything to do with becoming a good athlete. Perhaps it doesn't have anything to do with athletics at all and is more to do with the comradeship which a club like ours possesses, and the provision of a common meeting ground for those from all walks of life and of all ages. Whatever the reasons are one thing is for sure. They don't come any more proud of their club than our President for 1975/76 Bill Couzens.

Bill became a member of Belgrave Harriers at sixteen in 1952, introduced by his friend George Flanagan and the late Dave Martin Shepherd. It may come as a surprise to those who have more recently made Bill's acquaintance to learn that his first steps in the world of athletics were as a runner. He was no slouch either. Almost immediately he became Junior Cross Country Captain of a very successful team and before long was able to post times of 2:04 for 880 yards, 4:42 for the mile, 16:21 for the Yacht handicap '3' and 32:48 for the '5 $\frac{3}{4}$ '.

The standard of our runners was particularly high in those days. Bill, although considering himself "a proper runner at that time", found that he could not make the team and as he still admits, he "only likes winning". So looking across to the weaker field event section of the Club he decided to take up throwing the javelin. He cast his first spear in competition at the age of eighteen and has remained one of the stalwarts of our field side ever since.

National Service with the Army from 1957 to 1959 moved him to Oxford where he joined Oxford City as a second-claim member and he managed to reach 3rd place in the Army Javelin Championship. During this period he was made an Army recognised coach and organised his division's athletics. After his Army interlude Bill commenced weight and circuit training under the tuition of Frank Simmons at Ravenstone School, Balham, and eventually reached his best throw of 55.98m (183'10") and twice held the "Dailey Cup" as Club Javelin Champion. He continues his weight work to this day although the wheel has now turned full circle and he finds himself in the position of tutor now that a full set of weights and mats are available at Belgrave Hall.

On the official side he took on the Field Captain's mantle from 1962 to 1966 and then became Field Events Secretary, a post he still holds ten years on. He has been a regular Committee member for 20 years, always with forceful views on the way the Club's affairs are conducted and never afraid to stand up and argue against the odds if he feels it necessary. In truly democratic fashion, if he does have to face a defeat by the majority he will take it without rancour. Of course he was also the instigator of the Friday night weights and Sunday morning track sessions for boys.

He married Gwen in 1961, and with good heart she has shared in Bill's efforts to help organise dances, jumble sales (their personal best stands at £123.67), dart matches, and so on. It is nothing to see the two of them, their youngsters David and Tina, Bill's parents, and not forgetting Jason the gentle Great Dane, up to their necks in second hand clothing, washing machines, toy forts and car bumpers. All to help swell Belgrave's coffers and provide some of the cash necessary to cover the travelling expenses, track fees and the many other costs incurred by Belgrave Harriers that are taken for granted. A vivid memory also comes to mind of Gwen at Wimbledon Park track on a cold Sunday afternoon, hemmed in behind a typewriter by sixty noisy Belgravians under the age of sixteen, all clamouring for their certificates denoting their afternoon's performances before they went home.

You might wonder how Bill manages to find the time to fit in all these activities but he also brews his own beer, enjoys fishing and boating, and is an ardent supporter of Fulham Football Club, a fact to which his neighbours can testify after that club reached the F.A. Cup Final last season and no. 13 Alverstone Avenue became decked in black and white streamers and rosettes. Then there are the marvellous parties, when Jason is banished to the stairway, there to solemnly regard the influx of Belgravians, relations and employees of Rosser & Russell who carouse the night away.

Bill loves to hear the Pennys and Carters and Stimpsons relating tales of the old days. "I've heard it all again and again," he says, "but I enjoy it just the same because by golly they used to win didn't they." Yes, Bill is a proud Belgravian and we are honoured that he is to be President of Belgrave Harriers for the forthcoming year.

PRESS REPORTS

At the 5 $\frac{3}{4}$ miles road race held in September I was approached by a certain long distance runner. I hope he reads this article and feels guilty. I was told that Epsom & Ewell H had a very large write-up on the SLH '30' in the local press and despite the Bels having a team entered which finished third not a single word was mentioned of the performance.

I would like to make it clear to the person concerned and others, that neither myself as press secretary, nor the road running secretary knew of any Belgravian taking part in the SLH '30'.

I think I speak for all sectional secretaries as well as myself in saying that it would be courteous if any club members, no matter whether they be field events men, runners or walkers, could let their event secretary know that they intend taking part in an event and also give them a report of their performance afterwards. There is no excuse for not contacting anyone as all the secretaries addresses and in some cases phone numbers appear in the fixture cards. I am sure it does not take long for a quick phone call to be made, just to tell how you, the Bels, got on. Then it will appear in the press.

I make a point of phoning the secretaries regularly every week on Sunday evenings for reports so there is no excuse for anyone who fails to pass information on to them. As I informed that runner at the '5 $\frac{3}{4}$ ', if we had known the information it would have reached the press. We do not have crystal balls to look into.

He then informed me that two runners, there may have been more but not even the road running secretary knew, were taking part in the London - Brighton race the following Saturday. I gave him my telephone number and Gordon Biscoe's so that he could let either of us know the result for the press. Neither of us have been informed (maybe they both dropped out of the race). Now what does he have to say about certain events not getting a mention in the press? I suggest that he eats his words and if he feels that he can do someone else's job better, then he should stand up and volunteer at the next A.G.M. But somehow, I don't think he would be elected.

GEORGE PIDDINGTON

FROM THE PRESIDENT

As your President this year I am in the enviable position of being able to say pretty well what I like and (I hope) get away with it.

I would like to make it clear immediately that SEMPER PARATUS ie. our motto does not mean, as suggested by one of our younger members at a boys athletic meeting, that Belgrave always lose. It means 'always ready'. If you wonder always ready for what, I suggest you join the training sessions at Belgrave Hall on Tuesdays and Thursdays, and no doubt you will find out. (This remark is addressed to runners who may not be supporting Gordon Biscoe's all out effort to rebuild a successful cross country team).

It may seem "old hat" to some but if you need to be inspired with Belgrave enthusiasm watch Carl Lawton's brigade of walkers in a team race and you will see effort and team spirit second to none, and the success that goes with it.

We have done it before on the country and we can do it again.

If you were unable to attend the A.G.M. you may not be aware of the changes that were made.

Our new Club Secretary is Ray Hall, taking over from Peter Hilliar who has carried this office for five years. Peter must have found the secretary's job difficult with the long journey from his home in Tonbridge and also having examinations to contend with. However, Peter is a glutton for punishment as he is now Assistant Hon. Secretary.

Alan Mead's gallant effort of taking over the Track Secretary's job last year, and also being Editor of the "Belgravian" at the same time must be the ultimate in work load taken on by any actively competing Belgravian. What a pity we could not gain promotion to the National League for him. Our thanks go sincerely to Alan's wife Pat who not only "put up with it all" for a year but helped out at every meeting, recording results and at times almost acting as team manager. Alan remains as Editor of the Belgravian and also Track Captain.

Clive Shippen has taken over as Junior Hon. Secretary from Reg Hopkins. Reg has held this office for the last eight years and has put in an enormous amount of work in building and maintaining a healthy young section in Belgrave. Unfortunately Reg's job as a full time Youth Leader has made it gradually impossible to carry on with the Junior Secretary's job. Without a doubt over the years Reg has given consistently to our boys that most difficult thing to part with nowadays - "time". Thanks Reg.

BILL COUZENS

WELCOME TO THE FOLLOWING NEW MEMBERS

Keith G. Abbott	James G. Caple	Michael Buckley
Ben Halliday	Justin Pritchard	Jonathon J. Gregory
Michael J. Hodgkinson	Peter K. Taylor	Dennis O'Reilly
Shaun Maxwell	Simon D. Williamson	Michael J. Plummer
Simon J. Peddy	Neil A. Robson	David Yiannopoulos
Glen G. Junejan	Stanislaus Lodo	Edwin Young
Mark Steel	Stephen Samson	Paul F. Rofe
John H. Denis	Mark Lindsay-Bailey	Alan D. Sexton
Paul A. Johnson	Gerard T. Deegan	Christopher J. Stratten
Jon A. Jackson	Martin K. Smith	Danziel Trenholm
Simon Bateman	Noel P. Carmody	Edward Weldin.

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TRACK AND FIELD

We did not achieve our target - the league promotion meeting - and we must be realistic, we were not really near it. Nevertheless, 1975 must be regarded as a fairly successful season. Our league performances (2nd, 4th, 1st, 1st, 2nd, 2nd) finally put us 4th in the table - respectable if not outstanding. We reached the semi-finals of the British Cup for the first time and, in addition, of the club matches that were scored we won four out of six and also took the Surrey Club Championship for the second successive year.

To single out team members for a special mention would be unfair. All played their part and the exploits of our main points scorers have already been outlined. Most pleasing was the willingness of team members to switch to another event or double up to keep the team functioning at its best.

Another promising sign is the emergence of considerable talent amongst our younger ranks. There are a couple of Youths and even Boys who are already good enough to join the three Juniors who have competed in our league team. By next season they should be staking their claims.

The British League qualifying meeting proved very interesting. In spite of winning all their Southern League matches, Oxford City again failed to make it to the Nationals whilst Shaftesbury were successful. Of the national clubs who were forced to requalify, Brighton & Hove made it but Croydon will be joining us in the South in 1976.

SOUTHERN LEAGUE - FINAL RESULT

1. Oxford City... 30	9. Aldershot 21½	18. Highgate 14
2. Shaftesbury .. 29	10. Herne Hill..... 20	19. Feltham 13½
3. Ilford 27	11. Portsmouth 19	20. Achilles 11½
4. BELGRAVE H ... 24	12. Verlea 19	21. Kent 11
5. Royal Navy (S) 23	13. Blackheath 18½	22. South London. 9
6. Windsor S & E. 22½	14. Mitcham 17½	23. Surrey Bgls.. 9
7. Haringey & S . 22	15. Wycombe Phoenix. 16	24. Worthing 9
8. Cambridge H .. 22	16. Epsom & Ewell .. 15	25. Plymouth 9
	17. Hercules Wimb... 14	

Clubs 21 to 25 to be relegated. If you are wondering how Haringey managed to end up 7th after being ahead of us all season, it's because they lost all their league points for their third match - the penalty for fielding an ineligible athlete.

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JULY 5th 1975 - BRACKNELL - SOUTHERN LEAGUE MATCH 4.

Lying 9th of the 25 Southern League teams in division one after three matches, Belgrave continued to make progress up the table with a fine win at Bracknell, taking us up to 6th. A challenge from the Royal Navy did not materialise and we romped home ahead of an improved Wycombe Phoenix side.

Steve White was still not completely recovered from his knee problem so rather than aggravate it with all out sprinting, he ran in the 400m and placed a close 2nd to Laing of SLH with 49.8. This left a gap in the shorter sprints but Jim Evans was encouraged to run his first ever 200m by the persuasive Snowy Brooks and a 23.1 debut ensured that the 'B' 200 was his for the rest of the season.

Reg Hopkins looked downcast after his run in the 400m hurdles but not one to brood about a below par performance, he was soon making amends with wins in the 'B' high and triple jumps and setting a personal record of 3.35m in the pole vault. It was good to see Steve Crosbie back to form in the triple jump.

John Stow gave us our fastest league 5,000m of the year but still had to give way to SLH's redoubtable pair Roberts and Gevers whilst his partner Simon Lloyd had to vault the railings and run in flats to avoid missing the start. Leo Coy clocked a tantalizing 10:02 in the 'chase.

After a rare defeat in the short relay our sprinters turned on a marvellous 4 x 400m and showed that a 3:20 time is not beyond the realms of possibility.

	'A'		'B'	
100m	3. J.Evans	11.5	1. C.Gilllett	11.5
200m	3. C.Gillett	22.9	2. J.Evans	23.1
400m	2. S.White	49.8	4. P.Gee	52.6
800m	4. A.Mead	1:59.3	4. J.Boardman	-
1500m	4. L.O'Hara	4:04.0	2. W.Kerr	4:07.0
5000m	2. J.Stow	14:35.0	2. S.Lloyd	16:05.0
110mH	2. P.Whitby	16.5	1. C.Brooks	16.9
400mH	4. R.Hopkins	62.4	3. P.Whitby	60.2
3000mSC	2. A.Black	9:32.2	2. L.Coy	10:02.0
LJ	1. C.Brooks	6.60	2. S.Crosbie	6.40
HJ	3. C.Brooks	1.83	1. R.Hopkins	1.83
TJ	2. S.Crosbie	13.21	1. R.Hopkins	12.26
PV	4. R.Hopkins	3.35	3. C.Brooks	3:04
SP	3. C.Brooks	12.44	2. J.Martin	11.36
DT	4. C.Brooks	33.70	2. J.Martin	30.26
JT	3. P.Crosbie	49.00	1. C.Brooks	46.98
HT	3. W.Couzens	30.25	3. J.Aska	27.80
4x100	2. (P.Gee, C.Brooks, C.Gillett, J.Evans)	44.2		
4x400	1. (P.Gee 53.8, R.Hopkins 51.6, C.Gillett 49.4, S.White 49.7)	3:24.5		

Match Result: 1. BELGRAVE H 128pts; 2. Wycombe Phoenix 113 $\frac{1}{2}$ pts; 3. Feltham 112pts; 4. Royal Navy (South) 93pts; 5. South London H 89 $\frac{1}{2}$ pts.

WIN. PENNY

We would all like to convey our condolences to Arthur and Eric Penny on the sad passing away of Win. It came as a sudden shock to all of us.

Win was one of the stalwart ladies connected with the Club, often seen at our races cheering Arthur and the Club to greater heights. In spite of her illness that occurred ten years ago she continued to attend functions. One of Win's great pleasures was to commence the Tuesday tea room at Belgrave Hall but unfortunately she had to give this up when illness attacked her.

The President Ray Hall and many friends paid homage to Win at Putney Vale Cemetery.

TED STIMPSON

49.9 from Gillett

JULY 26th 1975 - NEW RIVER SPORTS CENTRE - SOUTHERN LEAGUE MATCH 5.

Our team continued to acquit itself well but holidays had begun to take their toll and it would have taken a 100% strong Belgrave side to hold back the youthful Haringey and Southgate men.

Top honours on this scorching day went to Charlie Gillett who ran inside 50 seconds for the first time in many years. It was an all out effort all the way from the outside lane and it wasn't until coming off the final bend that Chas. caught sight of one of his rivals for the first time in the race. After a desperately fought finishing straight our man was pipped by two tenths by an outstanding 16 year old H&S runner.

Now used to the idea of 200m, Jim Evans was given something else to think about - the long jump. Sheer speed and little technique got him to 6.59 for a good 'B' win. Junior member Tony Rosell turned out in Belgrave colours for the first time in the 400m hurdles. It was a really brave effort for Tony had never raced a flat 400m before, let alone one with barriers, but there is something about him that catches the eye and marks him as a young man with a future. Promoted to the 'A' race, Paul Whitby's run moved him up to a completely new level of performance, his increasing staying power combining nicely with that attacking hurdling style.

Laurie O'Hara and Bill Kerr, our dependable veteran duo, again did their stuff in the 1500m and Arnold Bentt, back after an illness, proved yet again that lack of training means nothing to him. Iron man Cliff Brooks fought the combined effects of the heat and a raging headache and still notched up eight events and a staggering 27 individual points not counting the relay.

	'A'		'B'
100m	1. S.White 11.1	1.	J.Evans 11.4
200m	1. S.White 22.3	2.	J.Evans 23.4
400m	2. C.Gillett 49.9	3.	P.Gee 52.6
800m	5. A.Mead 2:00.1	3.	C.Pearson 2:00.4
1500m	2. L.O'Hara 4:01.5	2.	W.Kerr 4:08.7
5000m	4. J.Stow 15:04.0	4.	L.Mann 15:50.4
110mH	1. P.Whitby 16.1	1.	C.Brooks 16.8
400mH	2. P.Whitby 57.2	4.	A.Rosell 62.3
3000mSC	4. L.Coy 10:11.0	4.	C.Pearson 10:35.0
LJ	2. C.Brooks 6.60	1.	J.Evans 6.59
HJ	3. C.Brooks 1.85	1.	A.Bentt 1.80
TJ	4. A.Bentt 12.79	5.	P.Whitby 11.98
PV	1. C.Brooks 3.35	1.	A.Bentt 2.73
SP	2. C.Brooks 12.76	4.	J.Aska 10.02
DT	4. C.Brooks 36.40	5.	J.Aska 26.24
JT	2. P.Crosbie 48.06	2.	C.Brooks 47.24
HT	5. J.Aska 25.12	5.	A.Mead 8.67
4x100m	1. (J.Evans, C.Brooks, C.Gillett, S.White) 43.0		
4x400m	4. (A.Mead 53.2, P.Whitby 54.7, P.Gee 52.6, C.Gillett 51.3). 3:31.8		

Match Result: 1. Haringey & Southgate 137pts; 2. BELGRAVE H 120pts; 3. Verlea 102pts; 4. Highgate 95pts; 5. Epsom & Ewell 86pts.

KEN COLYER

JAZZ Saturday 20th December 8pm 75p

JULY 30th 1975 - BATTERSEA PARK - INTER-CLUB MATCH.

100m: 1. J.Evans 11.5. n/s 1. C.Brooks 11.9; 2. P.Whitby 12.0; 3. A.Rosell 12.5; 4. D.Richards 14.9. 200m: 1. J.Evans 23.4; 4. C.Brooks 24.7. 400m: 1. A.Mead 53.2; 2. P.Whitby 53.8. n/s 2. A.Rosell 55.8; 3. T.Staff 57.6. 800m: 1. C.Gillett 2:01.1; 2. L.O'Hara 2:02.3; 4. N.Kirmatzis 2:04.3; 5. R.Langley 2:05.2; 6. L.Coy 2:07.8; 7. F.Hibbert 2:08.8; 9. T.Staff 2:14.0; 10. C.Pearson 2:20.1; 12. A.Manning 2:21.8; 13. C.Manning 2:38.3. 5000m: 3. L.Mann 16:16.6; 8. B.Gorman 16:38.0; 10. M.Manning 17:01.8; 11. R.Lettin 17:20.2; 14. K.Duckett 18:26.0; 15. E.Thorp 18:56.0; 16. J.Middleton 21:34. LJ: 2. P.Whitby 5.85. SP: 2. C.Brooks 12.08; 3. J.Martin 10.97; 4. J.Aska 9.93. JT: 1. P.Crosbie 47.36; 2. J.Aska 45.98; 3. J.Martin 40.74. 4x100m: 1. Bels 47.1.

Match Result: 1. BELGRAVE H 47pts; 2. Hercules Wimb. 33pts; 3. London AC 24pts; 4. South London H 18pts; 5. Surrey AC 8pts.

AUGUST 6th 1975 - CRYSTAL PALACE - SCAAA OPEN MEETING.

Senior. 400m: C.Brooks 53.5. 800m: J.Boardman 1:58.2; A.Mead 1:58.9.

Junior. 100m: A.Rosell 12.3. 400m: A.Rosell 55.0.

British Cup

AUGUST 10th 1975 - KIRKBY, LIVERPOOL.

What can one say about our British Cup semi-final at Kirkby other than that we were annihilated. The majority of our team were obviously not happy with the long coach ride and those who managed to get there under their own steam in their own time fared no better.

It was the first time we have come up against National League teams in force and it proved a chastening experience. The gulf between "them" and "us" has widened dramatically and if it was not for the fact that Warrington did not contest many events we would have been dead last. Some members of our side found that lining up with so many internationals was shattering and all fight seemed to drain away. Others gave near their best and still placed last. Still, it has taken a couple of years to get this far - it is obviously going to need a few more for the next stop.

100m: 4. S.White 11.1. 200m: 4. S.White 22.1. 400m: 7. C.Gillett 50.8. 800m: 8. A.Mead 2:13.9. 1500m: 7. J.Stow 3:56.1. 5000m: 8. L.Mann 15:50.4. 10,000m: 6. B.Kerr 34:46.6. 110mH: 6. P.Whitby 16.5. 400mH: 7. R.Hopkins 61.2. 3000mSC: 7. M.Manning 10:30.8. LJ: 5. R.Hopkins 6.16. HJ: 6. C.Brooks 1.80. TJ: 6. S.Crosbie 13.21. PV: C.Brooks no height. SP: 6. C.Brooks 12.33. DT: 6. C.Brooks 33.96. JT: 5. P.Crosbie 50.34. HT: 7. W.Couzens 29.00. 4x100: 3. Bels (J.Evans, C.Brooks, C.Gillett, S.White) 43.0. 4x400: 6. Bels (A.Mead 52.5, R.Hopkins 53.5, C.Gillett 51.0, S.White 52.7) 3:29.7

Match Result: 1. Wolverhampton & Bilston 139pts; 2. Edinburgh Southern 130 pts; 3. Stretford 98pts; 4. Sale 88pts; 5. Liverpool 85pts; 6. Shaftesbury 84pts; 7. BELGRAVE H 54pts; 8. Warrington 40pts.

AUGUST 20th 1975 - CRYSTAL PALACE - SCAAA OPEN MEETING.

Seniors. 200m: J.Evans 23.3. 400m: A.Mead 52.9. 400mH P.Whitby 57.3; C.Brooks 57.6.

Junior. 400m: A.Rosell 55.3. 1500m: T.Staff 4:46.0.

Good work by Ron Langheim in organising our AAA Draw ticket sales netted £182.40 for the Club. Outstanding sellers were John Dunsford and Dennis Jones who got rid of 200 books at the London Transport Sports Meeting, and John Stow's mother who sold 35 books. Only the RAF and Portsmouth AC sold more books than the Bels.

Whitby gusts to 'record'

AUGUST 16th 1975 - WORTHING - SOUTHERN LEAGUE MATCH 6.

Three hours before the meeting was due to start news filtered through that the venue had been switched to Worthing instead of Brighton which was ruled unfit due to "heavy overnight rain". So those of our number not going by coach, thereby missing the news, suffered some inconvenience.

The rolling grass track, lack of hurdles and fierce wind at Worthing, not to mention the cancellation of a couple of events due to non-existent facilities ensured that the last league match of 1975 was a low key affair. All credit to Worthing & Dist. AC officials who managed to get over the last minute switch without too many traumas. It seems that they have a running battle with the groundstaff at Brighton, their nearest cinder track, and reports from members who made the fruitless trip to the original venue confirm that the arena was bone dry.

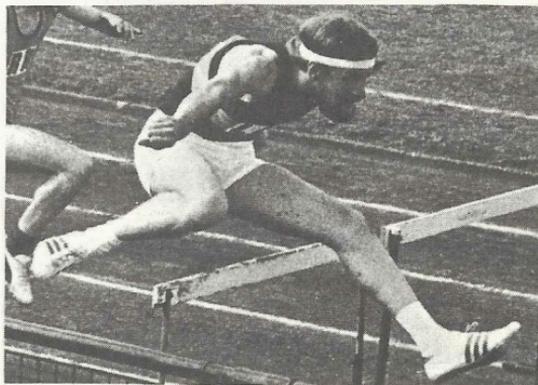
Making the most of the gale at his back Paul Whitby, unexpectedly racing in his home town, combatted the dips and bumps to record 15.6 in the 110m hurdles - a superb run which although obviously wind assisted must rank alongside our record of 15.7 held by Cliff Brooks. Jim Evans won his 'B' 100m taking advantage of that same wind, clocking a personal best of 11.1, the same time as Steve White in the 'A' race.

In spite of everything the team positions were very much as they should have been and we placed 2nd to Shaftesbury.

	'A'		'B'
100m	2. S.White 11.1	1. J.Evans 11.1	
200m	1. S.White 22.5	2. J.Evans 23.4	
400m	1. C.Gillett 52.0	2. P.Gee 54.8	
800m	4. N.Kirmatzis 2:09.4	4. A.Mead 2:12.2	
1500m	2. J.Stow 4:10.8	2. L.O'Hara 4:13.3	
5000m	5. W.Kerr 16:33.6	3. L.Mann 16:47.0	
110mH	2. P.Whitby 15.6	1. C.Brooks 16.4	
400mH	3. R.Hopkins 63.4	1. P.Whitby 60.9	
LJ	1. R.Hopkins 6.43	2. J.Evans 6.06	
HJ	4. C.Brooks 1.75	3. A.Bentt 1.65	
TJ	3. A.Bentt 12.05	1. R.Hopkins 11.85	
SP	2. C.Brooks 12.55	2. J.Martin 11.17	
DT	4. C.Brooks 34.20	4. J.Martin 23.42	
JT	4. C.Brooks 44.32	3. J.Martin 43.34	
HT	3. J.Aska 31.34	1. W.Couzens 30.92	
4x100m	Disq. (J.Evans, C.Brooks, S.White, P.Whitby)		
4x400m	1. (A.Mead 54.7, P.Gee 54.8, C.Gillett 52.0, S.White 53.7).. 3:35.2		

Match Result: 1. Shaftesbury 137pts; 2. BELGRAVE H 112pts; 3. Worthing & Dist 95pts; 4. Surrey Beagles 82pts; 5. Achilles 36pts.

Paul Whitby has set personal bests over 110H/15.6, 400H/57.2 this year.



CLUB CHAMPIONSHIPS

AUGUST 9th 1975 - BATTERSEA PARK.

Unlike so many former occasions, this year's Club Championships meeting took place in scorching conditions. With the temperature near 90° F, the grass burnt yellow and the top half inch layer of track made up of a sand-like consistency, one almost expected the odd mirage of palm trees and camels to pop up. Proceedings ran smoothly throughout, and with a reasonable turn-out of competitors it was nice to note that the Club Standard was achieved at least by the winner in every senior event (no standards have been designated for 100m and 110mH).

Paul Whitby picked up the first win of the afternoon in the hurdles but must have been surprised at being run extremely close by Reg Hopkins who lopped half a second off his best. Cliff Brooks took the shot and discus titles comfortably in spite of having had a 16lb shot 'accidentally' dropped on his foot by one of his rivals. Luckily no damage was caused other than bruising.

Looking sharper every time he runs, Jim Evans was obvious favourite for the 100m and he duly broke the tape in 11.3, equalling his own and championship bests. Most spectators would have backed Charlie Gillett in the 200m, however, where Jim got off to a marvellous start and, drawn in a lane outside Charlie, actually drew away for another clear victory.

The 800m very often provides plenty of excitement and this year was no exception. John Boardman and Alan Mead, fresh from sub-2 minute exploits during the week, faced the holder Peter Carton and that champion runner-up Colin Pearson. The race started at a real dawdle with the first 200m taking around 33 seconds until, with well over a lap to go, Colin suddenly burst away. Several times over the second lap the others closed on him only to have him surge again. With 100m remaining the race was still not resolved for Track Secretary Alan Mead was poised at the leader's shoulder but down the straight a gap gradually widened and Colin had beaten the sprinting types at their own game. It was a popular win for Colin has placed 2nd at 20 miles, 800m, even darts, but had never before this day won a Club Championship. Some consolation was provided for the second placer by his picking up the 400m race, ten years on from his previous win.

An interesting javelin competition was won by Peter Crosbie who beat Messrs. Martin, Brooks and Couzens with every one of his throws, five being measured at 50 metres plus. This event also had the distinction of providing four standards - more than in any other event.

In the long jump Steve Crosbie was close to his best in beating Reg Hopkins who took the high jump as only competitor, nevertheless with a good leap.

The predicted battle between Leo Coy and Lionel Mann in the 'chase gave them both good times, with the former breaking 10 minutes for the first time. Nothing could stop Alan Black claiming another win however.

The largest field of the day assembled for the final event, the 1500 metres. Immediately stringing out the field Laurie O'Hara then cruised round to add the "Garnett Cup" to his 5,000m and 10,000m trophies. This triple achievement has only been attained previously by Laurie himself in 1971 and Pat Newell in 1957.

In the Junior events Tony Rosell made an impressive impact in his first ever Club Championship meeting, winning all three sprints. Close up behind him in the 100m and 200m was Youth Paul Churchley who showed such promise when he joined the Bels a couple of seasons back as a boy, and whose steady improvement marks him as an exciting prospect.

Another youngster who seems to have been with us for ages and who continues to progress relentlessly is Adrian Cook, who took the 800m and then followed it up for good measure with 2nd, behind Michael Manning, in the 1,500m and 2nd in the high jump. Richard Danpure, yet another first year Youth, leapt

continued over page

CLUB CHAMPIONSHIPS continued...

an amazing 1.75 metres in winning that high jump, putting him 4th overall in the Club this year and a likely senior league reserve for 1976.

John Fernee won by a clear margin in the Boys 800m but although no mean performer as a sprinter, found himself well beaten by Mark Shippen in the 100m. Mark's 12.8 set a new championship best and beat the Club record by four tenths. He also won the high jump.

SENIORS

100m: 1. J.Evans 11.3 (Eq. CBP); 2. C.Gillett 11.6; 3. S.Crosbie 12.2. 200m: 1. J.Evans 23.0; 2. C.Gillett 23.6; 3. R.Hopkins 23.6; 4. S.Crosbie 25.1; 5. J.Caple 27.3. 400m: 1. A.Mead 53.7; 2. P.Whitby 54.2; 3. F.Hibbert 54.8; 4. N.Kirmatzis 55.6; 5. A.Black 59.2. 800m: 1. C.Pearson 2:02.4; 2. A.Mead 2:03.0; 3. P.Carton 2:05.8; 4. J.Boardman 2:07.2; 5. N.Kirmatzis 2:07.5; 6. F.Hibbert 2:11.5; 7. D.Baines 2:13.5; 8. S.Masterson 2:18.0; 9. D.McMillan 2:22.0; 10. E.Thorp 2:22.0; 11. M.Best 2:25.0; 12. D.Gordon 2:26.0; 13. G.Piddington 2:31.0. 1500m: 1. L.O'Hara 4:09.2; 2. W.Kerr 4:18.4; 3. C.Pearson 4:24.5; 4. L.Coy 4:36.7; 5. S.Masterson 4:36.8; 6. P.Hardwick 4:47.4; 7. D.McMillan 4:53.9; 8. M.Best 4:55.0; 9. D.Davies 4:56.0; 10. F.Hibbert 4:58.0; 11. E.Thorp 5:01.0; 12. R.Price 5:03.0; 13. G.Piddington 5:10.0; 14. D.McLean 5:59.0. LJ: 1. S.Crosbie 6.53; 2. R.Hopkins 6.21; 3. P.Whitby 5.70. HJ: 1. R.Hopkins 1.82. TJ: not held. DT: 1. C.Brooks 32.92; 2. J.Martin 30.04; 3. W.Couzens 23.94. SP: 1. C.Brooks 12.12; 2. J.Martin 11.00; 3. W.Couzens 9.86; 4. J.Aska 9.74. JT: 1. P.Crosbie 54.24; 2. J.Martin 46.74; 3. C.Brooks 46:06; 4. W.Couzens 44.82. 110mH: 1. P.Whitby 16.4; 2. R.Hopkins 16.4; 3. A.Rosell 18.8; 4. C.Brooks 19.2. 3000mSC: 1. A.Black 9:53.8; 2. L.Coy 9:59.8; 3. L.Mann 10:06.6

JUNIORS

100m: 1. A.Rosell 12.4; 2. P.Churchley 12.5; 3. P.Crosbie 12.6; 4. B.Marmion 15.3. 200m: 1. A.Rosell 25.2; 2. P.Churchley 25.4. 400m: 1. A.Rosell 55.6. 800m: 1. A.Cook 2:15.2; 2. P.Gardner 2:16.4; 3. S.Williamson 2:17.4; 4. R.Danpure 2:23.0; 5. B.Marmion 2:43.6. 1500m: 1. M.Manning 4:34.5; 2. J.Juerke (guest) 4:43.2; 3. A.Cook 4:48.2; 4. S.Williamson 4:55.3; 5. P.Gardner 5:02.0; 6. B.Marmion 5:13.4. HJ: 1. R.Danpure 1.75; 2. A.Cook 1.57; 3. P.Churchley 1.44; 4. P.Crosbie 1.37.

BOYS

100m: 1. M.Shippen 12.8 (CBP); 2. J.Fernee 13.3; 3. S.W.Crosbie 14.0; 4. M.Munroe 14.5; 5. P.Thorp 17.2. 800m: 1. J.Fernee 2:28.3; 2. S.W.Crosbie 2:41.3; 3. P.Headley 2:52.4. HJ: 1. M.Shippen 1.52; 2. M.Cannon 1.37; 3. S.W.Crosbie 1.34; 4. M.Munroe 1.31; 5. J.Fernee 1.24; 6. P.Thorp 0.98.

decathlon news

Our two decathletes finished off the season with a couple of competitions that gave them some good individual marks but rather lower overall scores than they might have hoped for.

In the AAA Decathlon at Cwmbran on August 30th/31st, Cliff Brooks was lying in 3rd position after the first day with 3359pts, having improved his seasonal bests in the 100m (11.6) and 400m (53.1). Highlight on the second day was his best ever javelin throw of 51.96. The tenth event, the 1,500m (4:54.7), was also pretty strong but generally his performances were just average for him, and he finally placed 7th, 340pts adrift of the medals, with 6312pts.

Reg Hopkins competed as a guest in the Middlesex Championship at Spikes Bridge on September 13th/14th. He too put in a fine first days work, reaching his best half-way score of 3195pts and including a high jump of 1.85, something he has never before achieved in a decathlon. Pouring rain ruined his chances of going for a good final score on the second day although he once again ran 16.4 for the hurdles, proving that his run in the Club Champs was no fluke. Reg's score was 5455pts which placed him 2nd.

YOUNG ATHLETES

Any boys who would like to train for cross-country races and also build up their strength and stamina for next year's track and field events are welcome to join us. We are now having regular pack training runs from Belgrave Hall every Saturday afternoon at 2.30pm and Sunday morning at 10.30am.

ALL BOYS ARE WELCOME

We also started a Boy's Points Competition on the 5th October, the winner of which will hold the competition trophy for one year. There will also be medals for the first three boys in the competition to keep.

The competition works as follows:

Every boy who starts in a race gets (one point).

If you finish in the first 3rd of boys running you get (three more points).

If you finish in the second 3rd of total boys running you get (two more points).

And if you finish in the last 3rd of boys running you get (one more point).

So if 60 boys start in a race and you finish 15th, you get one point for starting and three points for finishing in the first 20 (which is the first 3rd of total boys running), so altogether you would get 4 points for that race.

You also get one point for training on Saturday afternoons and one point for training on Sunday mornings from Belgrave Hall.

RON WYLD

Y. A. LEAGUE 4

JULY 6th 1975 - FELTHAM.

Youths.

3,000m: 7. B.Marmion 13:22.2. 1,500mSC: 2. A.Cook 4:57.2. 100mH: 7. B.Marmion 22.1. HJ: 5. A.Cook 1.50. TJ: 6. A.Cook 10.43. HT: 7. B.Marmion 12.22.

Senior Boys.

100m: 7. J.Ferne 13.8. 200m: 7. M.Munroe 29.5. 400m: 4. J.Ferne 61.5. 1,500m: 8. M.Sinclair 5:26.4. 800mH: 7. P.Clay 16.2. 4x100m: 5. Bels. 4x400m: 4:35.0. HJ: 3. M.Shippen 1.55. LJ: 5. M.Shippen 5.36. TJ: 6. M.Munroe 9.75. SP: 6. V.Betnelli 6.20. DT: 7. M.Munroe 17.34. JT: 6. S.W.Crosbie 27:56. HT: 4. V.Betnelli 12.98. 3,000m 8. J.Searle 11:58.2.

Match Result: 8. BELGRAVE H

H.A.C. TROPHY

JULY 16th 1975 - WIMBLEDON PARK.

Youths. ('A' and 'B' strings in all events)

100m: 3. D.Nurthen 12.4. 200m: 4. D.Nurthen 25.8. 3. D.Bailey 28.5. 400m: 3. D.Bailey 60.9. 800m: 2. A.Cook 2:14.6, 4. B.Marmion 2:45.5. 1,500m: 3. A.Cook 4:42.2, 4. B.Marmion 5:25.0. 100mH: 3. D.Bailey 17.0, 2. A.Cook 18.5. 4x200m: 5. Bels 1:55.6. LJ: 2. D.Nurthen 5.17, 4. D.Hayter 4.33. SP: 4. L. Iannucci 9.93. DT: 4. L.Iannucci 25.00, 4. D.Nurthen 20.30.

Senior Boys.

100m: 4. J.Ferne 13.5, 2. I.Nurthen 13.3. 200m: 4. J.Ferne 27.5, 4. P.Clay 31.1. 400m: 2. J.Ferne 60.3, 3. M.Munroe 64.2. 800m: 5. D.Hanks 2:40.8, 4. S.Wahab 2:39.1. 1,500m: 5. M.Hodgkinson 5:18.0, 4. M.Sinclair 5:35.0. 800mH: 2. M.Shippen 13.0, 4. P.Clay 16.6. 4x200m: 5. Bels 1:55.2. LJ: 3. M.Shippen 4.4. D.Couzens 3.80. SP: 2. D.Warren 10.45, 1. I.Nurthen 7.74. DT: 5. D.Warren 22.29, 5. M.Munroe 19.93.

Match Result: 1. Surrey AC 217pts; 2. Herc. Wimb AC 202pts; 3. Epsom & Ewell 186pts; 4. BELGRAVE H 163pts; 5. Sutton & Cheam H 130pts.

Paul Churchley and Mark Shippen made the trip to Redhill for Redhill and Reigate's Pentathlon competitions on August 30th. Paul reached 6th place in the Youths event with 1724 points and Mark, competing in the Boys event, set an inaugural Senior Boys Club Record of 1641 points in 3rd place.

JULY 23rd 1975 - BATTERSEA PARK - INTER-CLUB MATCH.

Youths:

100m: 4. D.Bailey 13.6. 200m: 3. D.Bailey 27.0. 400m: 1. D.Bailey 62.0, 3. B.Marmion 67.6. 800m: 2. B.Marmion 2:37.3. 1,500m: 1. A.Cook 4:43.6. LJ: 3. D.Bailey 4.97. HJ: 1. A.Cook 1.57. SP: 3. A.Cook 8.40, 4. B.Marmion 7.00 JT: 1. A.Cook 20.68. 4x100m: 2. Bels.

Match Result: 1. BELGRAVE H 35pts; 2. Epsom & Ewell 33pts; 3. Herc.Wimb 24pt

Senior Boys.

100m: 3. M.Shippen 13.3. n/s 3. J.Mead 13.9; 4. S.W.Crosbie 14.7; 5. S.Wahab 200m: 3. M.Sinclair 31.4. 400m: 2. J.Ferne 62.4. 800m: 4. P.Shaw 2:27.5; 5. J.Ferne 2:28.7; 7. A.Steel 2:38.3; 11. S.Wahab. JT: 2. S.W.Crosbie 27.40; 3. P.Clay 25.10; 4. M.Munroe 20.76. SP: 1. D.Warren 9.88; 2. P.Shaw 6.00. LJ: 3. J.Ferne 4.77; 4. P.Clay 4.54; 5. P.Shaw 4.54; 7. M.Munroe 4.35; 10. D.Couzens 3.95; 11. M.Sinclair 3.68. HJ: 3. M.Shippen 1.44; 5. P.Clay 1.37; 6. S.Wahab 1.37; 9. S.W.Crosbie 1.29; 10. A.Steel 1.29; 11. J.Ferne 1.21; 13. P.Shaw 1.21. 4x100m: 2. Bels 'A' 56.3; 4. Bels 'B' 63.4.

Match Result: 1. Hercules Wimb. 37pts; 2. BELGRAVE H 25pts; 3. Epsom & Ewell 20pts; 4. Herne Hill 19pts.

JULY 30th 1975 - BATTERSEA PARK - INTER-CLUB MATCH.

Young Athletes (Youths and Boys combined).

100m: 5. P.Churchley 12.8. n/s 3. M.Shippen 13.0. 200m: 2. P.Churchley 26.0. n/s 3. S.W.Crosbie 30.2; 4. P.Weldin 30.3. 400m: 1. J.Ferne 59.7; 3. P. Churchley 64.4. n/s 3. P.Thorp 81.7. 800m: 4. P.Shaw 2:22.4; 10. P.Thorp 2:59.0. 1,500m: 1. A.Cook 4:37.4; 4. B.Marmion 5:15.3. LJ: 5. M.Shippen 5.33; 7. M.Munroe 4.58; 14. P.Thorp 3.50. HJ: 6. A.Cook 1.52; 9. P.Churchley 1.44; 11. P.Shaw 1.37; 13. S.W.Crosbie 1.29; 15. P.Weldin 1.21; 16. P.Thorp 1.06. 4x100m: 1. Bels 51.6

Match Result: 1. BELGRAVE H 31pts; 2. Hercules Wimb. 27pts; 3. Surrey AC 23 pts; 4. South London 20pts; 5. London AC 16pts.

Richard Danpure (25) leads from Peter Gardner, Adrian Cook (16) and Simon Williamson (103) in the Junior 800 metres in the Club Championships

photo by Pat Mead



Y. A. LEAGUE 5

AUGUST 3rd 1975 - GUILDFORD.

Youths.

100m: 6. P.Churchley 12.9. 200m: 5. P.Churchley 25.4. 1,500m: 5. B.Marmion 5:48.2. 1,500mSC: 5:01.1. 100mH: 6. B.Marmion 22.7. HT: 5. B.Marmion 12.18
JT: 5. P.Churchley 28.50. 6. A.Cook 1.50. TJ: 4. A.Cook 10.14.

Senior Boys.

100m: 6. J.Ferne 13.1. 200m: 8. M.Munroe 29.4. 400m: 3. J.Ferne 59.8. 800m: 7. P.Shaw 2:36.0. 1,500m: 8. M.Sinclair 5:44.0. 3,000m: 5. J.Searle 12:45.4
800mH: 5. P.Clay 16.1. PV: 1. M.Shippen 3.12. SP: 6. D.Warren 10.02. DT: 6. D.Warren 19.66. JT: 7. S.W.Crosbie 25.20. HJ: 6. P.Clay 1.35. LJ: 8. P.Shaw 4.55. TJ: 5. M.Munroe 9.69. 4x100m: 3. Bels 53.0. 4x400m: 6. Bels 4:30.0

Match Result: 1. Feltham 222pts; 2. Herne Hill 184½pts; 3. Surrey AC 176pts; 7. BELGRAVE H 93pts.

We have now been running the AAA 5 Star Award Scheme for three years and in each year the number of youngsters attaining the full 5 Star Award has increased. There were two in 1973, six in 1974 and now ten in 1975.

Remember, the award is based on your best three performances (one track and two field or vice versa) during the season.

If you wish to apply for a badge signifying the standard you have reached, write to Leo Coy, 40 Jedburgh Street, S.W.11 (phone 228 7897) and enclose a postal order or cheque for 25p made payable to Belgrave Harriers. Don't forget to state whether you require a cloth badge, suitable for your track-suit, or a metal coat badge. You will also receive a certificate.

Awards gained in 1975 were as follows:-

<u>Under 11</u>	<u>Under 14</u>	<u>Under 15</u>
S.Wyld 5	J.Ferne 5	M.Shippen ... 5
P.Thorp 4	M.Munroe 5	S.Samson 4
S.Pritchard . 2	P.Clay 4	S.Lane 3
	S.W.Crosbie.. 4	I.Nurthen ... 3
<u>Under 12</u>	D.Hanks 4	J.Mead 2
M.Cannon 5	J.Searle 4	P.Murphy 2
	S.Wahab 4	M.Hodgkinson. 2
<u>Under 13</u>	M.Sinclair .. 3	
P.Weldin 4	D.Couzens ... 2	<u>Under 16</u>
G.Juneman ... 3	P.Kelley 2	D.Bailey 5
P.Taylor 3	V.Betnelli .. 2	I.Beaumont .. 5
W.Hicks 2	S.Bateman ... 2	P.Churchley . 5
G.Rofe 2		R.Danpure ... 5
		D.Nurthen ... 4
		B.Marmion ... 3
		<u>Under 17</u>
		A.Cook 5
		D.Didino 3



WEIGHT AND CIRCUIT TRAINING FOR BOYS

Boys weight and circuit training has recommenced at Belgrave Hall on Friday evenings at 6.45pm. Dates are as follows:-

1st session 10th October, 17th October, 24th October, 7th November, 14th November, 21st November.

2nd session 16th January, 23rd January, 30th January, 6th February, 13th February, 20th February.

BOYS' & YOUTHS' COMPETITIONS

With Wimbledon Park track ruled unfit because of flooding for the weekend of our Boys and Youths competitions, the events had to be fitted in later in the season on one evening and a Sunday morning at Battersea.

Once again both competitions were really close with only three points covering Youths Paul Churchley, Richard Danpure and Dave Bailey, and two points separating the first two Boys John Fernee and Philippe Weldin. Philip Clay, improving each year, reached 3rd in the Boys group and Martin Munroe, who shows such good all-round strength, took the medal for the best eight events (not counting the other medallists).

boys									
	100m	400m	1,500m	80mH	LJ	HJ	SP	JT	Pts
1. J.Fernee	13.3	60.0	5:12.2	13.0	4.43	1.27	-	18.40	98
2. P.Weldin	14.8	72.2	5:50.6	15.7	4.21	1.24	6.68	25.82	97
3. P.Clay	14.7	66.2	5:46.8	15.4	3.99	-	6.90	20.42	91 $\frac{1}{2}$
4. M.Munroe	14.6	64.8	5:34.9	15.4	4.46	1.24	7.17	23.94	86 $\frac{1}{2}$
5. S.Wahab	14.9	70.9	5:48.2	16.6	4.01	1.39	6.78	-	82 $\frac{1}{2}$
6. M.Shippen	-	66.3	-	12.9	4.04	-	8.03	32.78	81
7. M.Sinclair	15.0	74.0	5:26.8	15.9	4.18	1.21	-	-	77
8. J.Searle	15.4	78.3	5:31.0	17.8	3.62	1.14	4.54	15.06	67
9. D.Couzens	15.8	-	6:11.3	-	3.95	1.06	4.37	10.68	65
10. J.Mead	13.9	-	-	18.0	3.95	1.29	-	22.38	57 $\frac{1}{2}$
Also competed:									
S.W.Crosbie	-	66.2	-	-	-	1.37	-	26.66	-
D.Hanks	14.9	-	5:29.3	-	-	1.32	-	-	-
P.Murphy	-	73.5	-	16.3	3.96	-	-	-	-
S.Wyld	17.5	-	7:10.1	-	-	1.14	-	-	-
M.Hodgkinson	15.7	-	5:20.0	-	-	1.14	-	-	-
S.Pritchard	17.8	-	7:12.0	-	-	-	-	-	-
P.Morris	-	-	5:53.0	-	-	-	-	-	-
P.Thorp	-	-	-	-	-	0.99	-	-	-
W.Hicks	-	-	-	21.8	-	-	-	-	-
S.Bateman	-	71.4	-	17.2	4.18	-	-	-	-
V.Bettinelli	-	82.0	-	20.2	3.63	-	6.06	-	-
P.Taylor	-	72.7	-	16.4	4.03	-	-	18.08	-
G.Rofe	-	77.7	-	17.8	3.47	-	5.35	12.56	-
S.Samson	-	59.1	-	13.8	5.43	-	7.63	-	-
M.Cannon	-	68.5	-	15.6	4.05	-	5.16	19.90	-
.Watts	-	85.7	-	-	3.14	-	4.38	10.50	-

youths									
	100m	400m	1,500m	100mH	LJ	HJ	SP	JT	Pts
1. P.Churchley	12.8	60.6	-	-	5.72	-	8.73	28.00	98
2. R.Danpure	13.1	62.2	4:55.8	18.3	5.02	1.60	8.82	23.44	97
3. D.Bailey	12.9	59.8	5:33.6	17.6	5.44	1.37	6.89	-	96
4. A.Cook	15.0	61.5	4:44.1	18.5	4.98	1.57	7.45	19.60	93
5. B.Marmion	15.5	75.0	5:33.8	-	4.31	-	6.09	17.02	82

Our young boys were out training on the Common, led by Ron Wyld and Brian Pritchard, when the pack was challenged to a race by a group of girls from a riding school. Brian held the horses for the girls whilst they, in spite of the encumbrances of riding hats, jodhpurs, etc., dismounted to take on the might of the Bels. Of course they had no chance ... well alright, it was a bit close.

OCTOBER 5th 1975 - PUTNEY VALE - THE KLG RACES.Under 14.

11. J.Fernee 14:38; 21. M.Sinclair 15:10; 26. P.Clay 15:28; 32. G.Rofe 15:44; 40. J.Searle 15:57; 50. P.Morris 16:26; 65. P.Thorp 17:25; 69. G.Sexton 17:40 78. S.Wyld 18:08; 83. P.Stride 18:49; 84. M.Harris 18:50; 92. S.Pritchard 19:10; 97. D.Yiannopoullous 19:27; also competed M.Munroe. 112 started 107 finished.

Under 16.

21. R.Danpure 15:20; 33. B.Marmion 16:16; 34. G.Mustafa 16:30; 38. P.Churchley 16:41; 46. D.Bailey 17:52.

OCTOBER 12th 1975 - BEDDINGTON PARK - COLLINGWOOD A.C. RACES.Under 15

60. M.Sinclair; 64. P.Clay; 70. J.Searle; 88. P.Morris; 99. S.Bateman; - R.Streatfield. 166 ran.

Under 13

113. P.Weldin; 130. G.Sexton; 131. D.Yiannopoullous. 162 ran.

Under 11

45. N.Streatfield; 46. P.Thorp; 86. S.Wyld; 94. S.Pritchard. 127 ran.

Surrey C. C. League

OCTOBER 25th 1975 - WIMBLEDON COMMON.

Quite a transformation seems to be taking place in our Youths and Boys cross country team thanks to the efforts of Ron Wyld and Brian Pritchard. Last season we usually barely had the five lads necessary to complete a team. But in this first league race of the current season the Bels supplied almost one third of the runners, and as a team jumped half way up the field from last year's regular 6th or 7th place.

Junior Captain Adrian Cook was first home for the Bels in 7th place but not far behind him came Jonathon Dunsford. We know Jonathon to be a champion walker already and on this showing his services will be sought after as a runner whenever he is available. Completing the team were Richard Danpure, Brian Marmion and John Fernee. Should one of these slip, however, there is a whole host of very young talent to back up, spearheaded by Mark Sinclair.

1. J.Mayhew (Herc.Wimb) 14:54; 7. A.Cook 15:52; 13. J.Dunsford 16:10; 25. R.Danpure 17:06; 39. B.Marmion 18:25; 45. J.Fernee 18:49; 46. M.Sinclair 18:50; 48. J.Searle 18:59; 49. P.Rofe 19:00; 51. P.Morris 19:03; 57. P.Thorp 20:03; 58. P.Shaw 20:13; 60. G.Sexton 20:24; 61. S.Wahab 20:27; 62. S.Wyld 20:36; 67. D.Couzens 21:46; 68. P.Miller 21:48; 69. P.Stride 22:08 70. A.Manning 22:16; 71. S.Pritchard 22:16; 73. N.Streatfield 24:21; 74 finished.

Teams: 1. Croydon H 54pts; 2. Aldershot, Farnham & D 57pts; 3. Hercules Wimbledon 71pts; 4. BELGRAVE H 105pts; 5. Walton 109pts; 6. SLH 113pts; 7. Ranelagh 121pts.

MRS. HAMPSHIRE

We are sorry to have to record the passing of Mrs. Hampshire. For many years after the death of her husband Jack, who was our Junior Secretary, she kept a keen interest in Belgrave Harriers and annually bought Club Dinner tickets in memory of Jack to be awarded to young Belgravians who had done well during the year.

CLUB RANKINGS 1975

<u>Long Jump</u> R.Hopkins 6.93 S.White 6.86 M.Scott 6.81 C.Brooks 6.74 S.Crosbie 6.60 J.Evans 6.59 P.Whitby 5.85 R.McCrossen .. (J) 5.80 P.Churchley .. (Y) 5.72 D.Nurthen (Y) 5.72 I.Beaumont ... (Y) 5.57 D.Bailey (Y) 5.44 S.Samson (SB) 5.43 M.Shippen ... (SB) 5.42 R.Danpure (Y) 5.02 A.Cook (Y) 4.98 D.Didino (Y) 4.95 D.Richards ... (J) 4.82 J.Ferneu (SB) 4.77 J.Martin 4.75	<u>High Jump</u> C.Brooks 1.85 R.Hopkins 1.85 A.Bentt 1.80 R.Danpure (Y) 1.75 M.Carruthers ... 1.60 A.Cook (Y) 1.57 D.Didino (Y) 1.55 M.Shippen ... (SB) 1.55 S.Crosbie 1.50 P.Churchley .. (Y) 1.45 P.Clay (SB) 1.42 S.Lane (SB) 1.40 S.Wahab (SB) 1.40 P.Crosbie (J) 1.37 M.Cannon (SB) 1.37 D.Bailey (Y) 1.37 S.W.Crosbie . (SB) 1.37 P.Shaw (SB) 1.37 M.Munroe (SB) 1.31 J.Mead (SB) 1.30 A.Steele ---- (SB) 1.30	<u>Triple Jump</u> S.Crosbie 13.25 A.Bentt 12.87 R.Hopkins 12.77 P.Whitby 11.98 I.Beaumont .. (Y) 11.92 A.Cook (Y) 10.43 M.Munroe (SB) 9.75 S.Wvld (JB) 7.64 <u>Pole Vault</u> C.Brooks 3.50 R.Hopkins 3.35 M.Shippen ... (SB) 3.20 A.Bentt 2.73 <u>Discus</u> (2kg) G.Ratcliffe 48.86 C.Brooks 37.00 R.Hopkins 30.88 J.Martin 30.26 W.Couzens 28.46 J.Aska 26.24 (1.75kg) R.McCrossen . (J) 25.96 (1.5kg) N.Yusef (Y) 25.80 L.Iannucci ... (Y) 25.00 P.Churchley . (Y) 21.00 D.Nurthen ... (Y) 20.30 (1.25kg) M.Shippen .. (SB) 25.07 D.Warren (SB) 22.29 M.Munroe ... (SB) 19.93 R.Divito ... (SB) 15.18
<u>Shot</u> (6.257kg) G.Ratcliffe 13.40 C.Brooks 13.14 J.Martin 12.51 J.Aska 11.01 W.Couzens 9.86 R.Hopkins 9.70 (5kg) D.Didino (Y) 10.74 N.Yusef (Y) 10.23 L.Iannucci ... (Y) 9.93 R.Danpure ... (Y) 8.82 P.Churchley . (Y) 8.73 A.Cook (Y) 8.40 I.Beaumont ... (Y) 8.22 D.Nurthen ... (Y) 7.75 (4kg) D.Warren ... (SB) 10.45 R.Divito ... (SB) 10.44 M.Shippen .. (SB) 8.03 I.Nurthen ... (SB) 7.74 S.Samson ... (SB) 7.63 M.Munroe ... (SB) 7.17	<u>Javelin</u> (800gm) P.Crosbie ... (J) 55.78 C.Brooks 51.96 J.Martin 47.40 J.Aska 45.98 W.Couzens 44.82 R.Hopkins 39.50 R.McCrossen . (J) 36.98 (700gm) N.Yusef (Y) 36.85 P.Churchley . (Y) 28.50 R.Danpure ... (Y) 23.44 A.Cook (Y) 20.68 (600gm) M.Shippen .. (SB) 32.78 S.W.Crosbie. (SB) 28.92 P.Weldin ... (SB) 25.88 P.Clay (SB) 25.10 M.Munroe ... (SB) 23.94 J.Mead (SB) 22.38 I.Nurthen ... (SB) 22.32 D.Hanks (SB) 21.70 M.Cannon ... (SB) 19.90	<u>Hammer</u> (7.257kg) W.Couzens 31.38 J.Aska 31.34 J.Martin 20.90 A.Mead 8.67 (5kg) R.Danpure ... (Y) 17.91 A.Cook (Y) 14.88 B.Marmion ... (Y) 12.22 (4kg) D.Warren ... (SB) 21.03 R.Divito ... (SB) 19.68 S.Lane (SB) 19.37 .Betnelli . (SB) 12.98
<u>Decathlon</u> C.Brooks 6340 R.Hopkins 5650 <u>Pentathlon</u> Junior implements R.McCrossen .. (J) 2051	<u>Pentathlon</u> Youth implements D.Didino (Y) 1913 I.Beaumont ... (Y) 1812 P.Churchley .. (Y) 1724 Senior Boys implements M.Shippen ... (SB) 1641	
<u>4 x 100 metres relay</u> Seniors (J.Evans, C.Brooks, C.Gillett, S.White) 43.0 Youths (R.Danpure, I.Beaumont, D.Didino, D.Bailey) 49.5 Juniors (D.Richards, P.Crosbie, P.Sullivan, R.McCrossen) 50.0 Senior Boys (composition of team unknown) 53.0 <u>4 x 400 metres relay</u> Seniors (P.Gee 53.8, R.Hopkins 51.6, C.Gillett 49.4, S.White 49.7) 3:24.5		

100 metres	200 metres	400 metres
S.White 10.7	S.White 21.6	S.White 49.3
J.Evans 11.1	C.Gillett 22.9	C.Gillett 49.9
C.Gillett 11.5	J.Evans 23.0	M.Scott 51.3
M.Scott 11.5	M.Scott 23.0	P.Gee 52.3
C.Brooks 11.6	R.Hopkins 23.6	A.Mead 52.9
R.Hopkins 11.7	C.Brooks 24.2	C.Brooks 53.1
P.Whitby 12.0	A.Mead 24.3	R.Hopkins 53.5
M.Marshall 12.1	P.Gee 24.7	P.Whitby 53.8
P.Williamson 12.1	M.Marshall 24.8	J.Boardman 53.9
S.Crosbie 12.2	R.McCrossen .. (J) 24.9	P.Williamson 54.5
A.Mead 12.3	D.Bailey (Y) 25.1	F.Hibbert 54.8
J.Turner-Bridger .. 12.3	S.Crosbie 25.1	A.Rosell (J) 55.0
A.Rosell (J) 12.3	A.Rosell (J) 25.2	N.Kirmatzis 55.6
D.Nurthen (Y) 12.4	P.Churchley .. (Y) 25.4	D.Bailey (Y) 56.6
P.Churchley .. (Y) 12.5	D.Nurthen (Y) 25.6	T.Staff (J) 57.6
P.Crosbie (J) 12.6	C.Pearson 25.6	J.Kelly 59.0
I.Beaumont ... (Y) 12.7	I.Beaumont ... (Y) 25.9	S.Samson (SB) 59.1
M.Shippen (SB) 12.7	N.Kirmatzis 26.0	A.Black 59.2
J.Ferne (SB) 13.0	M.Munroe (SB) 27.0	J.Ferne (SB) 59.7
R.Danpure (Y) 13.1	D.Didino (Y) 27.2	P.Churchley .. (Y) 60.6
800 metres	1,500 metres	3,000 metres
J.Boardman 1:58.2	J.Stow 3:52.4	J.Bicourt 7:59.6
J.Stow 1:58.4	J.Bicourt + 3:57.0	L.O'Hara ... (V) 8:31.0
A.Mead 1:58.9	L.O'Hara ... (V) 4:01.5	W.Kerr (V) 8:47.0
C.Gillett 2:00.4	C.Pearson 4:05.5	C.Pearson 8:51.0
C.Pearson 2:00.4	W.Kerr (V) 4:06.0	P.Carton 9:07.8
P.Carton 2:01.5	J.Rimmer 4:07.5	J.Boardman 9:21.0
L.O'Hara ... (V) 2:02.3	A.Black + 4:12.0	L.Coy 9:21.0
P.Williamson ... 2:02.6	S.Lloyd + 4:18.0	L.Mann 9:21.0
N.Kirmatzis ... 2:04.3	L.Coy + 4:23.0	D.Maughan 9:26.0
R.Langley 2:05.2	G.North + 4:23.0	M.Manning .. (J) 9:42.0
L.Coy 2:07.8	J.Boardman 4:23.4	D.Crookes 9:54.0
F.Hibbert 2:08.8	L.Mann + 4:24.0	D.Davies 10:19.0
T.Staff (J) 2:09.8	C.Gillett + 4:25.0	J.Searle .. (SB) 11:32.4
J.Kelly 2:11.7	N.Kirmatzis .. + 4:26.0	B.Marmion ... (Y) 12:20.0
D.Baines (V) 2:13.5	P.O'Connor ... + 4:27.0	
P.North (J) 2:14.5	D.Jardine + 4:30.0	
A.Cook (Y) 2:14.6	J.Kelly + 4:31.0	
P.Gardner .. (J) 2:16.4	M.Scott + 4:31.0	
R.Danpure .. (Y) 2:17.2	M.Smith + 4:31.0	
S.Williamson (Y) 2:17.4	D.Brew + 4:31.0	
	A.Fairclough . + 4:31.0	
5,000 metres	10,000 metres	110 metres hurdles
J.Bicourt 13:57.6	L.O'Hara... (V) 30:21.0	P.Whitby 15.6
J.Stow 14:35.0	A.Black 31:54.4	C.Brooks 16.4
L.O'Hara .. (V) 14:45.4	L.Mann 32:27.4	R.Hopkins 16.4
G.North 15:29.8	G.North 32:37.0	M.Carruthers 17.6
A.Black 15:30.6	M.Stow 32:37.2	A.Rosell (J) 18.8
W.Kerr (V) 15:36.0	L.Coy 33:50.0	A.Mead 20.8
P.O'Connor ... 15:38.0	D.Maughan ... 34:16.0	S.Crosbie 22.2
S.Lloyd 15:41.0	A.Fairclough . 34:17.6	
L.Mann 15:50.4	W.Kerr (V) 34:46.4	
C.Pearson 15:51.0	B.Gorman .. (V) 34:46.6	
L.Coy 16:05.0	M.Manning .. (J) 35:46.0	
B.Gorman .. (V) 16:38.0	M.Best 35:47.8	
M.Manning .. (J) 17:01.8	R.Coombs .. (V) 36:25.0	
R.Lettin 17:20.2	D.Jones ... (V) 38:01.6	
P.Paget ... (V) 17:25.0	D.Davies 38:06.2	
D.Crookes 17:28.0	J.Wasbrough . 38:15.4	
C.Lawton 17:30.0	K.Duckett ... 38:28.6	
J.Dooley .. (V) 17:31.0	C.Kirkpatrick . 38:30.0	
M.Best 17:48.0	P.Wooll 39:34.0	
B.Merry 17:56.0	C.Fairfield ... 39:53.0	
		400 metres hurdles
		R.Hopkins 56.6
		P.Whitby 57.2
		C.Brooks 57.6
		A.Rosell (J) 59.4
		A.Mead 64.1
		3,000 metres st'chase.
		J.Bicourt 8:33.2
		A.Black 9:32.2
		L.Coy 9:59.8
		J.Rimmer 10:04.4
		L.Mann 10:06.0
		M.Manning .. (J) 10:30.8
		C.Pearson 10:38.0

WALKING

The end of a relatively successful year has come around again. Regrettably we could not pull off a National win for our President but on the brighter side we were second overall in the championship table which, when one considers our highest placing in any championship was third, is quite remarkable. We would have been first but for the fact that we did not start a Youths team. This latter fact will occur again this year. We have enough Youths but they will not all be available.

Yet again we reigned supreme in the distance classics, the 'Hastings' and the 'Brighton', with Ray Middleton and Dave King being present in both cases. However, one man we can't forget - John Dunsford - scored in our third place National 50km and winning 'Brighton', went to Canada to the Vets' Champs, and has given full support throughout the year, but is now recuperating after what should have been a simple operation in hospital turned into major surgery due to complications. We all wish him well and hope it will not be long before he is back on the road again. Meanwhile, his son Jonathon is keeping the flag flying with some good performances in senior races, and together with Shaun Maxwell will be next year's junior backbone.

For the first time in many a year Belgrave has now got an exceedingly strong Junior and Youths team (on paper) but getting them all to line up together in a race is a different matter. Aply. led by Richard Tanner and Martin Lewin, we hope for some success next year despite some falling by the wayside before then.

Although covered later by Gordon Doubleday a passing mention of the 'Brighton' in this column is given to all the attendants who rose with the lark to travel the weary road to Brighton or who went to give support.

The strength in depth is once again to the fore but we still need a few men a bit faster. Maybe some break will soon sort that out - and that does not cover Ray Middleton's wrist which is now well healed.

CARL LAWTON
WALKING SECRETARY

Ray Middleton placed second (4hrs. 50mins) to R.Dobson (4hrs. 42mins) in the Southern Championship 50 kilometres on June 21st.

In a 3km event over at Parliament Hill on June 25th, Carl Lawton clocked 13:16 in 2nd place behind A.Buchanan of Brighton and Hove (13:04). M.Yates was timed at 14:28 for 8th and R.Day 15:42 for 14th places.

The Dunsford racing team led home our scorers in a 5km race at Downley on June 28th. The race was won by L.Mockett (Ilford) in 27:17 with 5th place going to John Dunsford in 28:43 and 6th place to Jonathon Dunsford in 29:07. Other Belgrave competitors were 9th S.Sharp 30:12, 11th N.Greaves 30:24 and 13th R.Hall 30:39.

On the afternoon of the 100 x 1 mile relay Ray Middleton took 1st and Steve Sharp 2nd in a handicap race at Acton. Reference to the times of the morning's relay shows that these two were the slowest and second slowest of the 'running' walkers. Secretary's comment - "No comment".

The Belgrave Open 5 miles handicap held at Battersea Park on July 2nd was finally won by M.Oliver of Enfield despite Bert East fighting to the end. Bert did, however, have the slowest time but only just. Promising, (always) Pat Duncan held him to 5 seconds.

THE WALKING LISTS 1975

COMPILED BY JOHN HALL AND CARL LAWTON

3 km:

Lawton	12:54	Miller	14:17	Bennett M.	15:42
Lewin	13:38	Sharp	14:17.8	Bennett S.	15:46
Hall, J.	13:41	Yates	14:28	Hall R.	15:55
Tanner	13:47.8	Dunsford (Snr).	14:30.4	Carter	16:14
Dick	13:52	Dunsford (Jnr).	14:37	Scamell J.	16:29
Scamell M.	13:52	Bromley	14:46.8	Morris	17:00
Maxwell	13:57.6	Greaves	14:51	Gittins	17:42
Thorogood	14:03	Barnes	14:56	East	18:37
Middleton	14:15	Day	15:01	Bennett D.	19:46
		McMullen	15:02	Peart	23:57

5 km:

Lawton	23:16
Maxwell	24:03
Tanner	24:15
Hall J.	24:36
Middleton	24:46
Dunsford (Snr).	25:11
Scamell M.	25:36
McMullen	26:03
Fotheringham ..	26:30
Day	26:47
Bennett M.	28:21
Scamell J.	29:27

10 km:

Knifton	45:04	Dunsford (Snr) .	52:49
Callow	45:16	King	52:58
Lawton	45:58	Greaves	53:00
Dick	48:38	Bennett S.	53:31
Tanner	49:00	Dunsford (Jnr) .	53:34
Lewin	49:06	Thorogood	53:55
Hall J.	49:06	Miller	53:55
Scamell M.	49:46	McMullen	53:59
Middleton	50:05	Pistpn.....	54:02
Bromley.....	50:06	Sharp	54:24
Yates	51:55	Scamell J.	57:51

20 km:

Callow	94:48	Tanner	103:10	McMullen	112:37
Lawton	96:20	Scamell M.	105:44	Fotheringham ..	113:17
Middleton	100:44	Dunsford (Snr)	105:45	Day	115:32
Hall J.	101:58	Dick	106:51	Morris	119:27
		Bromley	108:49	Keown	119:36

Walking Shorts

Life-membership of the Race Walking Association was bestowed on Frank Jarvis at the Annual General Meeting on September 13th.

The award of the Edgar Horton Trophy by the R.W.A. for the year 1974/75 was to Ray Middleton for his performances in the Accolade 8 Hour Race last autumn.

For the season 1974/75 Belgrave Harriers finished 2nd behind Sheffield in the A.D.McSweeney points table which is used to determine the best all round walking club in the National Championships. Scores were 142 points against 128 points.

John Keown was elected President of the Southern Race Walking Association at the A.G.M. on August 11th. At the same meeting Doug. Fotheringham was elected a Vice-President. Two other Belgravians, Carl Lawton and Ray Middleton, were re-elected to the committee. A month later Carl was appointed Assistant Hon. Secretary. On the same night second-claim member Cyril Gittins was re-elected Chairman of the Southern R.W.A. General Committee for another year.

John Hall was recently appointed Hon. Walking Secretary of the Civil Service A.A.

Surrey '100'

by JOHN KEOWN

On the 27th - 28th June, Surrey Walking Club held an open 100 Miles Road Walking Race at Ewhurst near Guildford. Out of a programme entry of 102, 95 walkers faced the starter. Half the field consisted of foreign walkers mainly from Holland. Other continental countries represented by at least one walker were Austria, Belgium, France and West Germany.

Amongst the British clubs taking part was a team from Belgrave Harriers. The team consisted of four walkers; George Beecham, Dave King, Johnny Morris and John Keown. For George and Dave it was their first attempt at 100 miles. The two Johns had successfully qualified as 'Centurions' in a similar race in 1971.

A last minute alteration to the course because of road works meant that the race was held over ten equal tough hilly laps around the village of Ewhurst. Each lap included a 'dog leg' of $1\frac{1}{2}$ miles which walkers found helpful when gaining places but rather disheartening when losing ground. The organisation of the race was first class. Much of the credit for this must go to George Halifax the race Hon. Secretary, and the members of his club, Surrey W.C. The presence on the roadside of so many Surrey walkers, active and retired, and their friends was an example to other clubs as to how they should support and help with their club's open races.

The race began at 6pm on a warm sunny Friday evening. After a couple of miles the field sorted itself out with the leading contenders for top honours at the front and the others struggling to settle down at a pace which they thought would enable them to finish. Unfortunately many chose to go too fast and paid the penalty later by either dropping out or falling back towards the rear of the field. In a race of this length it is extremely difficult to strike the right balance between speed and distance.

The first Belgravian to reach the 10 miles mark was Dave King in 1:43:59. After a short interval came Johnny Morris and John Keown in 1:48:58 closely followed by George Beecham in 1:51:18. Dave was now walking smoothly and going steadily away from his clubmates. He reached the 20 mile mark in 3:32:23. The two Johns followed in 3:43:05 with George clocking 3:52:29. Just after the 25 mile mark Morris slowed down leaving Keown to continue on his own. Lack of training due to an injury a few weeks before the race coupled with too fast a start had taken its toll. At the end of the lap he retired.

During the 3rd lap darkness fell and the competitors put on white shirts and their tracksuit bottoms. Because of the presence of trees along large sections of the course it was very difficult to see the surface of the road for about four hours from 11pm to 3am. The weather remained fine during the night but a stiff breeze made it a little too cold after the heatwave conditions of the previous week. As dawn broke the three remaining Belgravians reached the half way mark. Dave recorded 9:41:04, John 10:14:10 and George 10:46:42.

In the 6th lap King developed some leg trouble and began to slow up. Keown who had lost some ground during lap 5 fought hard to get going again. Further back Beecham was struggling gamely along. Lap 7 was to see the end of the Belgrave team. During the lap George, overcome by a bout of giddiness, unfortunately ended up in a ditch and out of the race. John, now walking with greater confidence passed Dave before the end of the lap and continued to reel off the remaining three laps in 2:07, 2:08 and 2:05 respectively.

It was only after crossing the finishing line that John learned that he was the only Belgravian left in the race. Dave retired at the end of lap 7 having covered 70 miles in 14:46:58.

From early Friday night Carl Lawton helped by Martin Yates looked after the Belgrave competitors. It certainly was not their fault that we failed to finish a team as they did everything in their power to keep all four competitors on the road. Without their invaluable help none of our walkers would have got as far as they did. Carl, who followed John round the last

lap on his bicycle, kept his charge blissfully unaware of the fate of George and Dave until he was safely past the 100 miles mark.

At the finish to clock John home in 16th place with a time of 20:58:47 was Past President, Gordon Doubleday.

1. D.Boxall (Brighton & Hove 17:56:06; 2. J.P.Vos (R.W.V.Holland) 18:17:46; 3. G.Tranter (Royal Sutton Coldfield) 18:40:01; 16. J.F.Keown (Belgrave H) 20:58:47. 95 started. 56 finished inside 24 hours.

Teams: 1. R.W.V. Holland 'A' 24pts; 2. L.A.T. Holland 24pts; 3. R.W.V. Holland 'B' 56pts.

Other Belgrave times: J.Morris 30mils 6:16:50; G.Beecham 60mils 13:15:25; D.King 70mils 14:46:58.

Note: My personal thanks to both Carl and Martin for their help during the race.

Bels win Slough 35 km

JULY 5th 1975 - SLOUGH.

1. J.Lees (B & H) 2:59:18; 2. R.Middleton 3:03:18; 3. C.Lawton 3:11:45; 5. J.Moullin 3:12:56; 9. J.Dunsford 3:20:56; 13. R.Picton 3:28:13 (4th h'cap).

Teams: 1. BELGRAVE H 16pts; 2. Brighton & Hove 35pts; 3. Highgate 47pts.

A.J.Sawyer Memorial Cup

JULY 9th 1975 - BATTERSEA PARK.

Carl Lawton retained the 3km Championship but failed to keep his hold on the style award on a time fault, due to having competed in the 5,000m run minutes beforehand.

1. C.Lawton	14:01	10. D.McMullen	15:02
2. J.Hall	14:19	11. D.Fotheringham	15:29
3. T.Thorogood	14:25	12. R.Day	15:32
4. J.Dunsford	14:33	13. M.Bennett	16:15
5. S.Sharp	14:44	14. S.Bennett	16:38
6. J.Bromley	14:47	15. J.Morris	17:00
7. N.Greaves	14:51	16. C.Tittens	18:17
8. R.Barnes	14:56	17. M.Peart	23:57
9. D.Reeman (guest)	15:00		

Handicap: 1. S.Sharp; 2. R.Barnes .

3rd in National 50km

JULY 19th - LEICESTER.

A close and humid day produced one of the largest 50km fields for many years with 120 starters. Belgrave had a depleted team on and off the road due to John Moullin puncturing and Jack Goswell's car breaking down. Despite this, Bels proved their worth to finish 3rd with Ray Middleton leading us home closely followed by Carl Lawton. Then came John Dunsford and Dave King, and John Keown and John Morris closed in.

1. J.Warhurst (Sheffield) 4:30:32; 2. J.Lees (B & H) 4:26:13; 3. C.Fogg (enfield) 4:27:44; 7. R.Middleton 4:34:43; 10. C.Lawton 4:40:15; 30. J. Dunsford 4:54:45; 35. D.King 5:01:33; 58. J.Keown 5:21:38; 64. J.Morris 5:25:56.

Teams: 1. Sheffield 43pts; 2. Southend 50pts; 3. BELGRAVE H 71pts.

Best wishes for a happy future go to John and Heather Hall and Philip and Sandra Gee on their recent marriages.

S. R. W. A. Track League Final

Back in 1972 the Southern Race Walking Association decided to hold annually a competition with the object of encouraging clubs to support track walking and produce teams comprising walkers of all age groups. The competition is held in two stages; a qualifying round and a final. Each consists of four races; three for walkers over the age of 16 and one for walkers under the age of 16. Each club is entitled to start three walkers in each race, two to score. This year's final was held at East London Stadium on the 26th July 1975.

Amongst the ten teams who had qualified for the final were Belgrave Harriers. The Club walkers were anxious to atone for their poor showing in the 1974 final when after winning the competition in 1972 and 1973 they failed to finish in the first three.

In the first race of the afternoon, the 3,000 metres, Carl Lawton our hard working Walking Secretary began the fight for top honours when he finished 1st in 13:40. Newcomers Tim Thorogood and Steve Sharp finished in 5th and 10th places with times of 14:03 and 15:17. The next race, the 10,000 metres, saw John Bromley complete his preparation for the World Veteran's Championships in Canada by finishing 3rd to British Internationals Amos Seddon (Enfield) and Stuart Maidment (Yeovil Olympiads). His time was 51:15. He was supported by Les Dicks and Martin Lewin who finished in 7th and 8th places with 53:42 and 54:26. The leading team positions at the half-way stage were Belgrave with 68pts, Brighton & Hove with 64pts and Enfield with 60pts.

The third race on the programme was the 2,000 metres for walkers under 16 years of age. Our competitors in this race were Stephen Humphries and Desmond Bennett. Both gave of their best but failed to hold the much more experienced Brighton pair of O'Shea and Buchanan who finished 2nd and 3rd. Our pair, with times of 11:01 and 12:31, finished 5th and 10th. With one race to go Brighton led Belgrave by five points (101 to 106).

Although John Hall, Ray Middleton and John Dunsford fought hard in the last race the 5,000 metres to close the gap, Brighton's Scottish International Alan Buchanan kept his club in first place by winning the race. Our three finished 3rd, 4th and 6th with times of 24:36, 24:46, and 25:11 respectively. The top three teams were Brighton and Hove 135pts, Belgrave 131 pts and Enfield with 108pts.

Five Belgravians finished in an all-comers 5,000 metres race which did not form part of the competition. They were 6th Dave McMullen with 26:03, 9th Doug. Fotheringham with 26:30, 10th John Hall with 26:42, 13th Martin Bennett with 28:21 and 18th Joe Scamell with 30:14.

Helping to run the meeting as she has done for the last three years was Mrs Dunsford, who ensured that full details of each race were available within 15 minutes of the end of each race.

JOHN KEOWN

The Southern Counties A.A.A. Junior and Youth Championships were held at West London Stadium on July 19th/20th and Belgrave provided three medallists. The Junior 3km event went to G.Morris of Steyning in 13:39.8 but filling 2nd and 3rd places were Martin Lewin (13:46.8) and Richard Tanner (13:55.2). These two and Tim Thorogood (14:17.6) who was 6th and Steve Sharp (14:17.8) 7th gained the Junior AAA First Class Standard. M.Bennett was 10th (15:42.2) and S.Bennett 13th (16:32.6).

Jonathon Dunsford placed 2nd in the Youths 2km race.

In a one mile race at Brighton on July 20th Carl Lawton was timed at 6:52 behind Roger Mills (Ilford) 6:28. Shaun Maxwell was 6th in 7:06 and Jonathon Dunsford in his second race of the weekend placed 8th in 7:32.

In the National Youths 2km race at Kirkby Stadium, Liverpool on July 26th, Shaun Maxwell scored a good victory in 9:06.8 with Jonathon Dunsford 5th in 10:35.6.

July 27th and at Weymouth the South Western Counties Open 10km event was won by Carl Lawton in 48:40 from S.Maidment (Yeovil) 49:20 and C.Pogg (Exeter) 49:40.

John Hall was the lone representative of Belgrave in the AAA Championship 3km at the Crystal Palace on August 2nd. He finished 8th of the ten finishers in 13:51.0. Roger Mills of Ilford provided something of a sensation when he was 'pulled' on the very first lap going for a super-fast time. Paul Nihill won in 12:43.2

S.A.R.W.A. 20km

AUGUST 9th 1975 - VICTORIA PARK.

1. O.Flynn (Basildon) 91:22; 2. B.Adams (Leics) 92:21; 3. A.Seddon (Enfield) 92:25; 16. C.Lawton 104:23; 21. J.Hall 106:06; 34. R.Picton 112:31; 47. J. Keown 117:09; 57. J.Morris 122:16.

Teams: 1. Ilford 22pts; 4. BELGRAVE 73pts.

Middleton again

AUGUST 16th 1975 - HASTINGS TO BRIGHTON.

Ray Middleton yet again won this annual Sussex stroll but Carl Lawton, in spite of taking an early lead and holding it to 28 miles, fell back to 9th.

1. R.Middleton 5:52:04; 2. D.Boxall (B & H) 5:54:55; 3. P.Hodkinson (Camb H) 6:04:04; 8. D.King 6:28:03; 9. C.Lawton 6:28:04; 17. J.Moullin 6:44:27; 19. R.Picton 6:46:28.

Teams: 1. BELGRAVE H 16pts; 2. Brighton & Hove 21pts; 3. Steyning 26pts.

AUGUST 30th 1975 - ENFIELD - 20km.

1. A.Seddon (Enf) 92:52; 4. C.Lawton 97:45; 10. R.Middleton 100:44; 13. J. Hall 103:32; 19. J.Dunsford 105:45; 38. R.Day 115:32; 42. J.Morris 119:27.

Teams: 1. BELGRAVE H 24pts; 2. Enfield 25pts; 3. Ilford 35pts.

Junior 10km: 1. D.Shepherd (Essex Pol) 49:20; 2. R.Tanner 49:50.

Youth 5km: 1. J.Dunsford 24:52.

The Merton Show

As the last bottles were put on the shelves and the numbered straws set out on the counter, the Merton Show opened on Sunday August 24th - very quietly.

Luckily Monday saw the crowds flocking in and altogether 3,047 tickets were sold. This was the culmination of weeks of preparation by the team of willing members putting tickets in straws, arranging posters, shelving and scaffolding.

I would like to thank all those members who donated bottles and also the following who made up the team:

Ray and Pauline Hall	Gordon Biscoe
Carl and Barbara Lawton	John Morris
Ron and Stephanie Langheim	George Piddington

George, by the way, travelled up from Hayling Island to give a hand. My thanks also to Tom Carter and Arthur Penny for their invaluable help.

The total raised altogether for Club funds was £165. Repeating Charlie Manning's words of last year, a great team effort just think what the Club could do.

JOHN BAKER

Cock of the walk !

SEPTEMBER 6th 1975 - LONDON TO BRIGHTON WALK.

I have never been able to relate roads with numbers, the notable exception being the Brighton Road (A23). This year saw the 50th Annual Open Walk promoted by Surrey W.C. and as Big Ben boomed out six o'clock on 6th September some 98 walkers (9 teams and individuals) including 9 Belgravians set off.

At the first check (5mls) Ray Middleton and Joe Toehill (Yorks W.C) led the way. On to about 15 miles and the race was beginning to take shape, the leaders were hammering away and Carl Lawton was a short distance away in third place. Dave King, John Moullin and John Dunsford soon followed giving us a strong position teamwise, and it wasn't long before the rest were through. Shortly after 20 miles Ray forged ahead and as Toehill weakened Carl came up into second place. John Moullin didn't look too comfortable again, he has been having back trouble and it was good to see him in action again. John Dunsford, on his first Brighton, was steadily making headway.

By Bolney (38 mls) Ray was well in command with Carl strongly behind him. Dave King and John Dunsford were still going well, particularly the latter. With about nine miles to go disaster struck. Carl was suddenly afflicted with leg cramp and in spite of roadside treatment was unable to continue and retired. So over Dale Hill and the six odd miles into Brighton Ray again led the field home. This repeated last year's double of winning the Hastings to Brighton as well. He was followed home by veteran Ken Harding of Royal Sutton Coldfield and Dave Boxall, the 100 miles specialist, of Brighton. In 9th place came John Dunsford, and this must rank as his best ever performance. We hope to see him again in action at what seems to be his best event. Another solid performance by Dave King brought him home in 19th place.

At this stage we had the edge over Surrey W.C. for the team race, a few more crossed the line and then somebody called out, "It's Moullin" and John came in 26th to clinch the team race. So, for the 50th "Brighton" the Bels provided both individual and team winners, Cock of the Walk indeed! In 36th place came the other two Johnnies, inside second class standard (try telling either of them that the other was 36th!) Our other two starters John Hall and Bob Picton unfortunately were among the non-finishers. It was good to see some of our younger walkers on the road as attendants.

According to our statistician on the A23, Bels have won the team race no less than 21 times against 19 wins by Surrey W.C. Two clubs have won twice and six clubs once. We have provided individual winners in Tommy Green (four times), N.Guilment (once) and Ray Middleton (twice).

John Keown has completed 17 successive Brightons, and of those in this year's race Dave King and John Morris have notched up 11. Dave King now has six winning team medals (between 1965-75) and is chasing George Beecham's seven winning team medals (1956-68). This year's field was the largest since 1956 when 106 started.

1. R.Middleton 8:10:21 (best performance 7:50:47/2nd 1970); 9. J.Dunsford 8:53:50 (no previous performance); 19. D.King 9:22:47 (8:46:01/3rd 1964); 26. J.Moullin 9:31:19 (8:22:35/4th 1969); =36. J.Keown 9:47:20 (9:24:26 18th 1960) =36. J.Morris 9:47:20 (9:20:38/16th 1960);

Teams: 1. BELGRAVE H 36pts; 2. Surrey W.C. 45pts; 3. Verlea.

"Regulars" on the Brighton Road will be sorry to learn that the landlord of the "Queen's Head", Bolney is leaving. This place has been a timing, feeding and sponging point for many years and has been run by the same family for 94 years. So we join in thanking Mr. Dollamore for his kind and cheerful service over the years and give him our best wishes.

GORDON DOUBLEDAY

The trophy awarded by Surrey County for one best junior performance at the County Track Championships this year went to Richard Tanner for his win in the 3km Walk. Last year it was held by our long jumper Martin Scott. Who will make it a Belgrave hat-trick in '76?

In a Counties match at West London Stadium on 14th September John Dunsford won the Youths 2km in 9:33. In the Junior 3km race Martin Lewin placed 2nd and Steve Sharp 6th behind G.Morris of Steyning.

Meanwhile, over at Southend Carl Lawton was setting a personal best for 5 miles of 36:10 in a race won by P.Marlow of Southend in 35:38. S.Gower (Ilf) was 3rd in 36:50.

SEPTEMBER 24th 1975 - CRYSTAL PALACE - LONDON FIRE BRIGADE MEETING 3km.

1. R.Dobson (Southend) 13:00.4; 2. C.Lawton 13:03.8; 3. A.Buchanan (B & H) 13:12.2; 5. M.Scamell 14:32.6; 7. M.Yates 14:41.8; 10. S.Sharp 14:59.8; 12. R.Day 15:38.

SEPTEMBER 20th 1975 - STEYNING - JUNIOR & YOUTH 4 MILES.

1. D.Cotton (Holl. Poly) 30:28; 2. G.Morris (Steyning) 30:48; 3. M.Angous (Grey) 31:33; 4. R.Tanner 31:44; 7. J.Dunsford 32:51; 15. S.Sharp 34:32; 16. N.Greaves 34:56.

Teams: 1. Steyning 14pts; 2. BELGRAVE H 18pts.

SEPTEMBER 27th 1975 - PARLIAMENT HILL - HIGHGATE ONE HOUR WALKS.

Section A: 4. C.Lawton 12,730yds. Section B: 4. R.Tanner 11,851yds. Section C: 1. T.Thorogood 11,639yds; 2. J.Dunsford 11,418yds.

Opening '5'

OCTOBER 4th 1975 - WIMBLEDON.

1. A.Seddon (Enf)	35:52	18. M.Yates	42:14
2. C.Lawton	36:07	19. D.Fotheringham	42:15
3. H.Stewart (Enf)	37:38	20. R.Picton	42:28
7. R.Tanner	39:07	22. D.Sharp	43:15
8. J.Hall	39:13	24. R.Barnes	43:43
9. M.Scamell	40:11	25. R.Day	44:04
10. R.Middleton	40:29	27. R.Hall	44:29
11. M.Lewin	40:37	31. J.Keown	46:15
12. T.Thorogood	40:54	36. J.Scamell	47:00
13. J.Moullin	41:08	37. J.Morris	48:03
14. J.Bromley	41:28	38. T.Cook	48:19
15. J.Dunsford, Jnr	41:37	40. C.Gittens	53:20
17. R.McMullen	42:09	41. A.East	54:01

Teams: 1. BELGRAVE H 254pts; 2. M.P.A.A. 261pts.

JUNIORS DOMINATE MPA A NOVICES RACE

OCTOBER 8th 1975 - CHIGWELL.- 6 MILES.

1. R.Tanner 47:09; 2. M.Lewin 47:45; 3. T.Thorogood 48:15; 5. N.Carmody 52:40; 6. S.Bennett 52:54.

OCTOBER 8th 1975 - CRYSTAL PALACE - SCAA OPEN 3km.

1. R.Mills (Ilf) 12:13.4; 2. M.Dunion (Essex Pol) 12:49.4; 3. C.Lawton 12:54.0; 7. J.Hall 13:47.6; 9. S.Maxwell 13:57.6; 13. S.Sharp 14:28.8; 15. M.Yates 14:39.4; 19. R.Day 15:01.

In the 25 kilometre walk at the World Masters Championships in Vancouver John Dunsford finished 6th in the 40 - 44 age group in 2:13:50 whilst Dave McMullen in the 50 - 54 group was 4th in 2:27:00

Bels on top again

OCTOBER 11th 1975 - CHIPPENHAM TO CALNE 6 MILES.

Following his personal best time for the course in the previous week's 5 mile race at Wimbledon, Carl Lawton was again in tremendous form. He easily won the Chippenham to Calne 6 mile road walk for the second successive year in another best time, almost $1\frac{1}{2}$ minutes ahead of the 2nd man. With Richard Tanner 12th and Ray Middleton 14th the Bels retained the team race from Sarnia of Guernsey.

1. C.Lawton 43:20; 2. D.Cotton (Holl.Ply) 44:49; 3. I.Brooks (Southend) 45:22; 12. R.Tanner 47:20; 14. R.Middleton 47:50; 16. J.Hall 47:52; 23. M.Scamell 49:19; 26. J.Moullin 49:28; 29. M.Lewin 49:40; 33. S.Maxwell 50:07; 42. J.Bromley 50:29; 54. R.Picton 51:44; 55. S.Sharp 51:45.

Teams: 1. BELGRAVE H 27pts; 2. Sarnia 60pts; 3. Greyfriars 71pts.

Maxwell stars

OCTOBER 18th 1975 - COVENTRY - NATIONAL JUNIOR & YOUTH CHAMPIONSHIPS.

A great race by Shaun Maxwell gained him the National Youths title over 3 miles in 23:37 ahead of C.Hope (Steyping) 23:40. With Jonathon Dunsford backing up magnificently in 23:43 for 4th, we only needed one more starter to have been up in the medals. Steyping won the team race with 16pts

D.Cotton of Holloway Polytechnic won the Junior race over 5 miles in 36:38 with Richard Tanner our first man home in 9th spot with 39:14. Martin Lewin was close behind in 12th position with 39:41 with Tim Thorogood 13th in 39:56 and Steve Sharp 22nd 41:40. The team race was an extremely closely fought affair. Our third and final scorer finished ahead of any other teams' third man but we still had to be satisfied with 3rd place and 31pts. Sheffield won and Holloway Poly were 2nd, both with 28pts.

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from the Belgravian ...

... 25 years ago

SEPTEMBER 1950 - LCC TRACK CHAMPIONSHIPS

Gordon Lowers retained his 100 yards title in the good time of 10.6 secs on a very heavy track, and then Ches. Walker won the mile in 4 mins 28.8 secs. with Bob Taylor in second place.

Jack Braggington was third in the 3 miles run which was won in a new record time, while in the Junior events we had D.G.McLean 2nd in the 1 mile with Ray Tooby, now in the Army, finishing 3rd.

Maurice Jones, perhaps better known as "Glimpy", finished 3rd in the Junior 880 yards with his usual strong burst down the straight and should do well next season.

SEPTEMBER 23rd 1950 - SURREY COUNTY ROAD RELAY.....

At Old Woking on September 23rd once again our team proved too good for the opposition and thus we won the "Underwood" Trophy for the third year running.

Ches. Walker went off first for us and he beat Stone of Dorking and Martin of Walton AC to give Jack Braggington a useful lead, and his time of 14:12 beat the previous course record. Braggington did 14:38 to further increase our lead and then Len Adams returned 14:48 and when he handed over to Stan Davies the next team was not in sight. Stan did 15:16 but can feel very satisfied with the thought that he is our only runner to have been in all three of our winning teams. Archie Bedford was our next runner and he returned a time of 14:26 which beat the old record of 14:30 and then Bill Lucas took over for the final leg and he did 14:11 which was only beaten by Chataway of Walton, who put up a new record time of 14:02 for this course of 2.94 miles.

... and 40 years ago

SEPTEMBER 14th 1935 - BATTERSEA PARK

..... We also held our Club 3 miles Track Championship at this meeting and in winning for the first time, C.T. (Tom) Carter ran one of his best races to date. Unlike the 1 mile championship, he wisely let J.Parker go and worked up to his man gradually. When he did catch his rival he soon went in front, and Pat was well beaten long before the finish. He managed to retain his hold on second place, and Arthur Allum and Syd Ring had a fine tussle for third position, with Allum proving the speedier when they reached the home straight. Arthur Penny, our Empire Games 6 Miles Champion, made his first appearance of the season after his long enforced rest, and ran very wisely in qualifying for 2nd Class Standard.

..... The time of 15 minutes 19 2-5 secs. was, considering the conditions underfoot, very good; and on this form Tom should have a very successful winter season.

OCTOBER 31st 1935, IMPORTANT

..... At the Special General Meeting held at the "Rising Sun" on October 31st, after discussion, the proposal of the Committee to increase the subscriptions to 8/- per annum for Senior members; 4/- per annum for Junior members (under 18); and 1/- per annum for Boys (under 15); was approved, and becomes operative immediately. This subscription is to include the free distribution of four issues of the "Belgravian" annually, and there is no doubt that our subscription value is still the greatest obtainable among athletic clubs.

ROAD AND COUNTRY

ARISE, AWAKE, OR BE FOREVER FALLEN!

Shakespeare probably did not have Belgrave in mind when he originally penned the above words but broadly this was the basic message of a circular letter recently distributed to all our cross-country and road runners.

To allow for anyone who may have been inadvertently omitted in this circulation and because of its considered importance to our future successes I make no apology for reproducing the contents in part again now for general information, as follows:-

Much has been said and written via the "Belgravian" etc. in recent years about our performances, and many comparisons drawn with the teams and triumphs of former years. However even the most loyal clubman must now admit that due to lack of talent, the ageing and loss of former stars, the lack of spirit or just plain apathy or whatever the reason, our performances and fortunes on the road and country during the last few seasons have been taking a downward trend and the end of last season saw us at a fairly low ebb.

The fortunes of all clubs of course fluctuate from time to time but it is equally obvious that to put ourselves on the upward trend again a concerted effort is needed to rebuild our teams and just as important, team and club spirit, the basis of success.

With these facts in mind certain plans have been made for the coming year which it is hoped (and in fact expected!!) that all active runners will support. These are best outlined as follows.

THE OBJECT is to re-establish a club spirit by means of pack training runs centred around Belgrave Hall. This has been the basis of our (and other clubs) successes in the past and is currently working wonders for 'Gateshead' as those who saw a recent TV programme will have observed. The emphasis will be on 'youth' in an attempt to mould and integrate the youths and juniors which we have already got (with ability!) in with the senior members. As well as give guidance and assistance where necessary with a proper training programme.

THE PLAN is, with Gerry North having expressed the desire to stand down as Cross Country Captain, that Colin Pearson will be nominated in his place at the A.G.M. with John Stow and Leo Coy as Vice Captains. A training programme will then subsequently commence as follows:

TUESDAY EVENINGS	LEAVE BELGRAVE HALL	6.20 P.M.
SUNDAY MORNINGS	LEAVE BELGRAVE HALL	10.45 A.M.

Packs will be divided into the 'A' (or fast) pack led by Messrs. Pearson, Coy and Stow and a 'B' (medium) pack led by Messrs. Bruce, Biscoe and Mead. Provision will be made for a 'C' (slow) pack as the occasion arises.

It is intended that all packs will leave the Hall together and then subdivide as necessary, therefore whilst it is appreciated that many runners already have their own established times and training programme it is emphasised that it is only planned to 'organise' you for two sessions per week and it is hoped that all will co-operate in order to achieve a united effort. For too long we have had too many odd groups going off at various times 'doing their own thing'.

Flexibility will be the keyword in the organising of the training runs with the emphasis on training so it is not envisaged, or expected to turn them into races. I would therefore stress that everyone is wanted to join in. You may not be planning to make the 'National' or Road Relay Teams, but all can play a role in encouraging and advising younger members or just helping with that aforementioned club spirit - as well as getting fit of course! Eccentrics and drop-outs we're not interested in!

Generally no ambitious claims are being made or imposed, like winning the 'National' next year, that will follow! But a more realistic approach is to start with events we can improve in. Two targets we will therefore be aiming for is to improve our overall position in the N.S. League from 5th place last year (so a maximum turn out on these occasions please!) and a 'place' in the South of Thames Senior (we could win this one with the right support).

Finally success will breed success, we have the facilities and organisational ability second to none, and a depth in numbers still the envy of many; the right combination of these will attract the brighter talents we need - so lets have a show of strength all round on 1975/76. I know everyone can't train from Belgrave Hall but if you can get there please do.

The 'Points Competition' will operate again, and considerable effort has already gone into laying these and other plans - the rest is up to you to make these efforts worthwhile.

For any information, comments or criticism (constructive please!) on the above or any other points contact any of those mentioned above.

At the time of writing some 5 weeks after having put these plans into operation (and with Messrs. Pearson, Stow and Coy having been duly elected at the A.G.M.) it is very pleasing to report that we have had a very encouraging response to this 'Call to Arms' (or should it be Legs!). Packs of runners, some 20 to 30 or more strong, are now regularly going out from the Hall. It's good to see Peter Carton and Richard Langley back in training on a Sunday morning together with Adrian Cook, whose talents we haven't had the benefit of yet due to the claims of his school; or Doug Maughan on a Tuesday evening 'mixing it' with Colin and Brian Gorman. Whilst in the medium pack Peter Gardner, Simon Williamson, Peter North and Brian Marmion have shown great improvement and enthusiasm.

Having hopefully sounded a note of encouragement may I quickly add that this is, of course, only just the start and there is a long way to go. So I would like to express thanks to those who have already made an effort and request that they keep up the good work. To those who have not yet joined in - please get involved whenever you can. We do realise that there will be 'teething troubles' with some of our plans but given the chance we will sort them out. However as already stated, any suggestions, ideas or constructive comments are welcome - but please do make them constructive, in the right place and at the right time!

In lighter vein, it is interesting to note the other ways in which the abovementioned plans have had an effect.

Already this season Brian Gorman has bought a new Belgrave vest and raced three times.

Already in the Walton Relay John V. Baker was seen to pass another runner on the fifth stage. This almost brought him a press interview with Tom Pollak until John mumbled something about Tom not having paid his subs!

On another page can also be seen some typical Charlie Manning ramblings on his impression of the situation. Needless to say he's got the various packs and pack leaders all mixed up - but then if you can make an impact on anyone as thick as Charlie, it must mean something!!!

GORDON BISCOE

The Surrey Road Relay was organised this year by our own Derek Crookes, now the county's road running organiser and a Middlesex man if ever there was!

We win our own '20' again

JULY 19th 1975 - WIMBLEDON - BELGRAVE 20 MILE ROAD RACE.

One hundred runners started in the Open 20 mile road race and of these 81 finished. The race was fairly comfortably won by Tim Johnston who, after the first five miles, was out in front in splendid isolation. Don Faircloth and our own Bill Weller had good runs to finish 2nd and 3rd. Good backing by Pat O'Connor and Lionel Mann ensured we won the open team race for the second year running. By the narrowest of margins we just failed to retain the Surrey Championship held in conjunction. Although equal on points to SLH their 3rd scorer was better placed.

Thirteen of the fourteen Belgrave runners finished. These included Martin Best and John Wasbrough making their 20 miling debut and Geoff Pearson - still going well.

Next year's race will be the 25th and to mark the occasion it would be an idea to give the first 25 finishers a prize. To cut down cost to the Club, however, I would ask that if anyone has a "redundant" prize or present at home they let either myself or a member of the Club Committee have it. This will enable you to get rid of unwanted objects and alleviate the need for asking for donations.

D. R. CROOKES

1. T. Johnston (Portsmouth) 1:44:33; 2. D. Faircloth 1:46:15; 3. W. Weller 1:48:50; 7. P. O'Connor 1:54:50; 15. L. Mann 2:00:28; 31. J. Davies 2:06:32; 52. C. Henn 2:17:35; 66. M. Best 2:24:46; 68. G. Piddington 2:26:13; 69. P. Pringle 2:28:24; 71. E. Thorp 2:29:41; 75. J. Wasbrough 2:34:07; 77. G. Pearson 2:35:25; 80. D. Drake 2:45:59; 81. J. V. Baker 2:57:49.

Open Team: 1. BELGRAVE 'A' 18pts; 2. Croydon 29pts; 3. Ranelagh 31pts; ... 11. BELGRAVE 'B' 116pts.

Surrey Team: 1. S.L.H. 18pts; 2. BELGRAVE H 18pts; 3. Ranelagh 22pts.

SLH '30'

SEPTEMBER 6th - COULSDON.

There were 56 starters in this year's SLH '30', won by Croydon's Don Faircloth in 2:53:13. A Belgrave trio of Bill Weller (3:04:46), Lionel Mann (3:19:06) and Paul Pringle (3:25:05) placed 5th, 13th and 19th to gain the third team prizes with 37 points. SLH won with 29 points and Epsom & Ewell were second with 33 points.

SURREY COUNTY ROAD RELAY

SEPTEMBER 13th 1975 - WOKING.

'A' team: C. Pearson 14:59; G. North 14:54; P. O'Connor 14:18; J. Stow 14:06; C. Dabbs 15:55; A. Black 14:53.

Competing in a composite team: W. Laws 16:04; M. Manning 15:22.

Fastest laps: R. Holt (HER) 13:28; R. Gevers (SLH) 13:59; W. Upcott (SLH) 14:04 ... 5th fastest J. Stow (BEL) 14:06.

Teams: 1. Hercules Wimb. 86:06; 2. SLH 86:22; 3. BELGRAVE 89:05.

On September 6th in the Ben Nevis fell Race, a category A event over 10 miles and climbing 4418 feet, John Blair-Fish improved yet again. His record now reads - 1973 27th 2:03, 1974 22nd 1:45, 1975 13th 1:41:27. The race was won by Dave Cannon of Gateshead in 1:29:58.

A week later in the Vaux Mountain Trial the legendary Joss Naylor of Kendall won over 19 miles and 8,000 feet in 4:37:45. John was again well placed - 16th in 5:35:44.

It's Stow again

SEPTEMBER 20th 1975 - WIMBLEDON - THE AUTUMN 5 $\frac{3}{4}$ MILE ROAD RACE.

The first race of the 'winter season', the non-championship 5 $\frac{3}{4}$ mile road race, took place in sunny and warm conditions and although the majority of our top men gave this one a miss no fewer than 48 runners took part.

After the customary rush around the initial circuits of the top part of the Common, the field settled down and before heading off down the dip towards the "Crooked Billett" O'Connor and Stow had begun their relentless push away from the rest. Colin Pearson found himself alone in 3rd spot and as the race took its course down Cope Hill and back up the steep Cambridge Road, leading positions were static. A brief pause at the top of the "kiss of death" enabled Colin to bring up the contents of his stomach but at least he was able to suffer in private for the leading pair, still shoulder to shoulder, were well over one minute ahead.

At the War Memorial with half a mile to go John Stow tried to surge away into a decisive lead but was unable to bring it off. Pat O'Connor was still close on his tail as the final turn into Lauriston Road came up and the track man was forced to turn on another fierce burst to ensure his win was beyond doubt. Both turned in times considerably faster than their spring performances in the championship race.

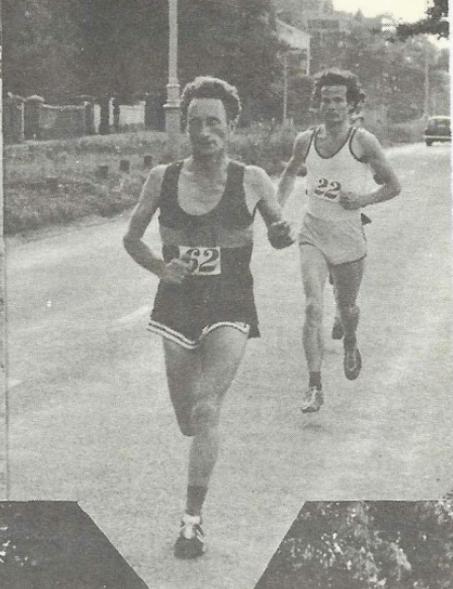
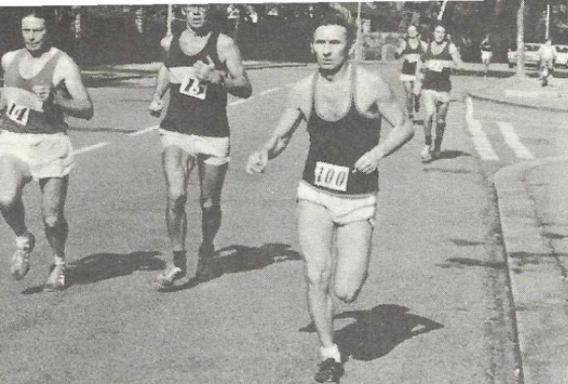
Michael Manning continued his progress towards the top and two other youngsters to run well were Simon Williamson and Pete Gardner. Messrs. Gorman and Maughan were locked in combat as the finish approached and the time-keepers were unable to split them although the former's "Rollerball" tactics got him the judges' verdict.

1. J.Stow	28:37	25. D.Bonser	36:06
2. P.O'Connor	28:46	26. M.Best	36:40
3. C.Pearson	30:56	27. W.Matthews	36:42
4. C.Moulton (guest)	31:11	28. J.Heathfield	36:55
5. M.Manning	31:53	29. A.Stroud	36:58
6. B.Gorman	32:01	30. G.Pearson	37:10
7. D.Maughan	32:01	31. G.Collins	37:11
8. J.Davies	32:30	32. T.Staff	37:13
9. W.Laws	32:51	33. K.Duckett	37:30
10. P.Pringle	33:10	34. D.Searle (guest)	37:43
11. W.Kerr	33:10	35. J.McDonald	37:54
12. C.Lawton	33:38	36. D.Gordon	37:59
13. A.Bruce	33:38	37. D.McMillan	38:15
14. J.Dudman	33:47	38. K.Stimpson	38:16
15. J.Dooley	33:56	39. R.Danpure	38:35
16. S.Williamson	34:11	40. V.Butcher	39:08
17. P.Hardwick	34:26	41. C.Stratton	40:00
18. E.Thorp	34:30	42. J.Plummer	40:32
19. C.Shippen	34:45	43. B.Campbell	40:33
20. P.Gardner	34:46	44. P.Wrench	41:02
21. N.Kirmatzis	34:50	45. A.Mead	42:13
22. C.Henn	35:03	46. D.Richards	43:03
23. R.Coombs	35:49	47. B.Marmion	43:19
24. G.Piddington	35:55	48. R.Langheim	47:09

Handicap: 1. P.O'Connor (1:45) 27:01; 2. A.Bruce (6:30) 27:08; =3. P.Pringle (6:00) 27:10; =3. G.Pearson (10:00) 27:10.

THE
JAGUARS

Saturday 7th February 8pm 75p



The Autumn '52' road race. Top left: John Davis, Paul Pringle and Bill Kerr
Top right: Pat O'Connor leads from John Stow after one mile. Bottom left:
 Doug. Maughan, now almost recovered from his leg injury. Centre: Veteran
 Clive Shippen and Junior Pete Gardner match strides. Bottom right: The
 leaders enter Southside from Lauriston Road soon after the start.

Photos by Pat Mead,

NO TRAINING

No training on Thursday November 27th from Belgrave Hall as our head-
 quarters are required on that day as a polling station.

A chess tournament is being organised by Richard Danpure and will be held
 in late November. Enter your name on the list in Belgrave Hall if you wish
 to take part.

WALTON AC ROAD RELAYSEPTEMBER 27th 1975 - WALTON. (6 x 3miles, 500 yards)'A' team: G.North (5) 16:20; L.O'Hara (3) 15:52; P.O'Connor (3) 16:00; M.Manning (7) 17:15; C.Pearson (7) 17:01; J.Stow (6) 15:40.'B' team: B.Gorman (17) 17:25; S.Williamson (19) 18:33; C.Dabbs (18) 17:42; C.Henn (19) 19:03; W.Kerr (17) 17:55; E.Thorp (17) 19:08.'C' team: A.Mead (31) 20:58; P.Hardwick (30) 18:21; J.Stratton (30) 20:28; D.Davies (27) 20:16; J.V.Baker (26) 21:49; B.Marmion (25) 21:11.

Fastest laps: R.Holt (HER) 15:10; M.Connelly (WAL) 15:12; D.Faircloth (CRO) 15:21..... 9th fastest J.Stow (BEL) 15:40.

Teams: 1. Croydon 93:59; 2. Aldershot F & D 94:23; 3. Hercules Wimb. 96:46; 6. BELGRAVE 'A' 98:08; 17. BELGRAVE 'B' 109:46; 25. BELGRAVE 'C' 123:03.***Danpure, Danpure Oh! what a lucky lad you are***OCTOBER 4th 1975 - WIMBLEDON - YACHT HANDICAP '13'.

1. R.Danpure 17:48 (5:30) 12:18	21. J.Stow 14:43 (0:20) 14:23
2. D.McMillan ... 18:10 (5:00) 13:10	22. P.O'Connor ... 15:03 (0:40) 14:23
3. B.Marmion 18:47 (5:30) 13:17	23. E.Thorp 17:45 (3:20) 14:25
4. T.Staff 17:59 (4:40) 13:19	24. L.Coy 15:56 (1:30) 14:26
5. P.Hardwick 16:40 (3:10) 13:30	25. C.Pearson 15:27 (1:00) 14:27
6. J.Martin 19:45 (6:00) 13:45	26. K.Stimpson ... 19:58 (5:30) 14:28
7. S.Williamson.. 17:03 (3:10) 13:53	27. J.V.Baker ... 20:05 (5:30) 14:35
8. P.Gardner 17:31 (3:30) 14:01	28. A.Fairclough.. 16:27 (1:50) 14:37
9. J.Dudman 17:06 (3:00) 14:06	29. R.Langheim ... 22:40 (8:00) 14:40
10. W.Laws 16:49 (2:40) 14:09	30. M.Best 17:51 (3:00) 14:51
11. R.Coombs 18:04 (3:50) 14:14	31. G.Pearson 19:31 (4:40) 14:59
12. C.Gillett 17:35 (3:20) 14:15	32. B.Campbell ... 20:00 (5:00) 15:00
13. G.Collins 18:46 (4:30) 14:16	33. P.North 18:32 (3:30) 15:02
14. J.Plummer ... 20:17 (6:00) 14:17	34. A.Mead 19:29 (4:00) 15:29
15. N.Kirmatzis .. 17:48 (3:30) 14:18	35. P.Staples ... 18:11 (2:40) 15:31
16. B.Gorman 16:28 (2:10) 14:18	36. K.Duckett 19:33 (4:00) 15:33
17. V.Butcher 18:48 (4:30) 14:18	37. J.McDonald ... 20:43 (5:00) 15:43
18. C.Henn (..... 17:51 (3:30) 14:21	38. P.Batchelor .. 16:39 (0:20) 16:19
19. A.Bruce 17:12 (2:50) 14:22	39. P.Gee 20:10 (3:20) 16:50
20. D.Richards ... 19:53 (5:30) 14:23	

OCTOBER 4th 1975 - WIMBLEDON - HERCULES WIMBLEDON '10'.

1. R.Holt (HER) 48:10; 30. J.Jackson 54:48; 76. J.Dooley 59:55; 85. P.Pringle 61:58; 94. G.Piddington 64:07; 100. D.Bonsor 65:42; 105. B.Matthews 67:33.

SURREY AC X-C RELAYOCTOBER 11th 1975 - RICHMOND PARK - (6 x 2 $\frac{3}{4}$ miles)'A' team: G.North 14:07; C.Pearson 14:55; P.O'Connor 14:19; L.O'Hara 14:05; L.Coy 15:02; W.Kerr 15:21.'B' team: S.Williamson 16:02; C.Shippen 16:16; B.Gorman 15:32; P.Gardner 16:58; C.Gillett 16:45; N.Kirmatzis 16:41.'C' team: B.Marmion 17:56; A.Mead 18:17; J.Stratton 17:37; D.Richards 19:05; C.Henn 17:22; W.Laws 16:36.**AAA 6 STAGE RELAY**OCTOBER 18th 1975 - WIMBLEDON.

Thirty one teams completed the seventh A.A.A. Six stage Road Relay, held once again from our own headquarters thanks to Belgrave Promotions Inc., and among them were the Bels in 24th place (111:35). Winners were again Liverpool H (104:10), who were never lower than 4th, ahead of Shaftesbury H (104:47), going from strength to strength these days and carrying forward their 1975 track successes onto the road. Cardiff AAC (105:11) were third.

AAA 6 STAGE RELAY continued

Of the Belgrave team, Colin Pearson and Leo Coy came into the side at the last moment due to minor injuries to Gerry North and John Bicourt.

C.Pearson (27th) 18:45; J.Stow (20) 17:45; A.Black (24) 19:26; P.O'Connor (24) 18:00; L.Coy (25) 19:10; W.Weller (24) 18:29. Fastest of the day was B.Ford (Aldershot, F & D) 16:46.

WALTON '10'

OCTOBER 19th 1975 - WALTON.

1. B.Ford (AFD) 47:03; 2. B.Watson (Camb H) 47:45; 3. J.Jones (Windsor) 47:45.; 24. L.O'Hara 50:30; 39. P.O'Connor 51:24; 51. J.Jackson 52:29; 101. W. Kerr 56:16; 104. D.Maughan 56:31; 123. A.Bruce 58:24; 132. E.Thorp 58:53; 138. J.Wasbrough 59:10; 155. R.Coombs 60:39; 162. C.Henn 60:56; 171. K.Duckett 62:21; 173. M.Best 62:48; 176. G.Piddington 63:42; 199. A.Mead 68:07; 202. J.Stratten 69:07; 206. J.Baker 72:37. 257 started. 213 finished.

1st Vet. L.O'Hara. 1st Vets team BELGRAVE H .

Teams: 1. TVH 'A' 25pts; 2. Aldershot F & D) 30pts; 3. Walton 'A' 57pts; 11. BELGRAVE H 'A' 105pts; ... BELGRAVE 'B' 352pts; BELGRAVE 'C' 466pts.

Surrey C. C. League - Race 1

OCTOBER 25th 1975 - WIMBLEDON COMMON.

A marvellous turn out of 41 Belgravians (including some of our walkers doing a spot of legal lifting) for the opening Surrey League Race gave Messrs. Biscoe and Pearson the first indication that their training scheme is bearing fruit. If as many toe the line for the away matches we will really be getting somewhere. Teamwise things were not quite as good as they could have been - just two more men in the 30's would have placed us right up within range of SLH and Aldershot. As it was we finished 4th but the result was fairly close and there are three matches to go yet.

John Stow underlined the fact that he is the man of the moment by leading home the claret and gold vests in spite of the welcome presence of Dick Piotrowski and Bob Richardson. John Bicourt sportingly ran even though he was suffering from a twisted ankle and this worthy effort saved us from 5th team place. Colin Pearson had his work cut out to get in front of Leo Coy who is running better and better these days and particularly good runs came from Brian Gorman, closing in the Belgrave team in 60th place, and youngsters Simon Williamson and Pete Hardwick. Charlie Gillett always gives all he's got and it must have surprised many to see this 22.9/200 metre man breathing down Comrades Marathoner Arthur Bruce's neck.

1. P.Standing (Walton) 27:37; 2. R.Treadwell (Croydon) 27:47; 3. S.Harrison (Aldershot) 27:52; 11. J.Stow 28:29; 13. R.Piotrowski 28:38; 17. R.Richardson 28:52; 29. P.O'Connor 29:32; 37. L.Mann 29:51; 43. J.Bicourt 30:10; 45. C.Pearson 30:12; 46. L.Coy 30:1258. A.Fairclough 30:55; 60. B.Gorman 31:21; 76. M.Manning 31:53; 77. C.Dabbs 31:56; 87. S.Williamson 32:31; 98. D. Maughan 33:17; 102. P.Hardwick 33:28; 107. A.Bruce 33:48; 110. C.Gillett 34:22; 111. E.Thorp 34:26; 114. S.Barrett 34:36; 115. S.Martin 34:36; 116. J.Flynn 34:39; 118. J.Wasbrough 34:48; 122. L.Morris 35:08; 124. C.Henn 35:11; 127. N.Kirmatzis 35:21; 129. M.Best 35:22; 130. B.Merry 35:30; 131. P.North 35:50; 132. D.Bonsor 35:52; 135. J.Stratten 36:19; 136. R.Hopkins 36:22; 138. S.Sharp 36:30; 139. H.Satchell 36:58; 142. G.Piddington 37:15; 146. D.Searle 37:32; 147. V.Butcher 37:39; 149. D.Maclean 38:09; 150. J. McDonald 38:17; 151. A.Mead 38:26; 156. J.Middleton 38:55; 161. N.Greaves 41:02. 166 finished.

Teams: 1. South London H 255pts; 2. Aldershot F & D 257pts; 3. Walton 331pts; 4. BELGRAVE H 353pts; 5. Croydon H 373pts; 6. Hercules Wimbledon 406pts; 7. Ranelagh 510pts.

A. G. M. NOTES

SEPTEMBER 17th 1975 - BELGRAVE HALL.

The 88th A.G.M. was the best attended for many years. Over 60 members were present to hear P.Hilliari deliver his last report as General Hon. Secretary, a position he has held for five years. J.Baker explained the new style balance sheet and commented that if all those miserable ----s had paid their subs we would have broken even for the year. Instead we made a large loss.

A.Bruce and C.Lawton were elected life-members for their tremendous services to the Club. R.Hall relinquished the role of President and became General Hon. Secretary. R.Hopkins, for many years a popular Junior Hon. Secretary, resigned and Clive Shippen offered to take his place. R.Wyld took over the new position of Junior Team Manager.

The Track Secretary's job became vacant* as A.Mead resigned after leading us through our best season for some years. G.Biscoe presented his plans to re-vitalise our road and cross country sections by holding regular pack runs from the Hall throughout the winter.

It seems fitting that at a time when we are at last doing something to get Belgrave back to the top, we should have W. Couzens as President. This man is always involved in Belgrave activities - weight training in the winter, hammer throwing and coaching in the summer, not to mention jumble sales and barn dances. With R.Hall beside him as Gen. Hon. Sec. we have the right men at the top.

Throughout this A.G.M. there was an air of optimism in Belgrave Hall. Perhaps it was because with people like W.Couzens, R.Hall, G.Biscoe, C.Shippen, R. Wyld, C.Lawton and J.Baker guiding us we cannot fail. Watch out you southern clubs we are on the way back.

LEO COY

* This situation was subsequently resolved in the following manner: John Martin to take on the new post of Track & Field Fixtures Secretary, Arthur Penny to become Officials Secretary - another new post, Ray Hall to look after the general Track Secretary's job, and Alan Mead to become Track Captain.

Ray Hall writes ~

The end comes so quickly, and my year as President has disappeared into history. First I must thank all my officials for their great help and tolerance during the past year. It's wonderful to be able to write that not one of my Club Officers let me down. Thankyou, gentlemen.

My further education was assisted and enlightened by trips to the Isle of Man and Kirkby, Liverpool (with its defunct ski-run), and many other parts of the athletic scene. I must make special mention of the track and field section with its wonderful team spirit, led by the never complaining Alan Mead, well assisted by Pat. I then started to mention individual members of the team but quickly stopped because so many came to mind. I'll always remember them as great people, not just numbers and times. So another facet is added to my athletic outlook. My advice to all Belgravians is get involved in all parts and sections of the Club, the motto being "Get involved and get your money's worth."

Congratulations to our new President Bill Couzens. I only hope he gets as much pleasure in his Presidential Year as I did. Good luck.

Now, in my new appointment as General Hon. Secretary, I'm feeling my way, so I'll give you some dates of interest:-

Southern Counties Meetings at Crystal Palace - December 10th, January 14th, February 11th.
 Championships 1976. May 15th recommended for County Champs. June 19th Southern Senior Champs at Crystal Palace. July 17th/18th Southern Junior & Youth Champs (venue not decided). August 6th/7th AAA under 20 Champs, Warley. August 13th/14th AAA Champs, Crystal Palace.

continued over page

continued from previous page

Anyone interested in written tests for track and field event officials at Poly, January 9th - further information from Ted Stimpson our able Middlesex County Representative.

RAY HALL

YOUR ENTERTAINMENT LINE UP

SATURDAY 1st NOVEMBER - JUMBLE SALE

Can we have your best jumble up at the Hall by Friday 31st October? Help will be greatly appreciated on the Friday night and, most important, selling on the Saturday morning between 10.30 am and noon.

SATURDAY 22nd NOVEMBER - CLUB DINNER AND DANCE

At the 'Worcester' (opposite Worcester Park Station). For only £4 you can enjoy a good meal and dancing. Music provided by a dance band until midnight and then a disco until 2am. Phone Bill Laws 337 7215 for further details but you'd better be quick, tickets are going like hot cakes!

SATURDAY 13th DECEMBER - BELGRAVE DARTS CHAMPIONSHIP

The 'Denmark Pot' will again be at stake at the Denmark Public House on Saturday 13th December at 7.30 pm. Entrance fee to be decided on the night. Enter your name on the list in Belgrave Hall or phone me.

SATURDAY 20th DECEMBER - KEN COLYER 'LIVE' AT BELGRAVE HALL

Another visit from Ken Colyer's All Star Jazz Band. Tickets 75 pence. Don't miss this pre-Christmas 'hoot'.

SATURDAY 7th FEBRUARY - THE JAGUARS ROCK GROUP

Remember the last time the Jaguars came to Belgrave Hall. If you were there you'll never forget it. Make sure you don't miss this chance to see and hear one of London's top semi-pro groups. Tickets 75p.

FRIDAY 9th APRIL - BARN DANCE

The Country Dance Band return again. Tickets 75p.

BELGRAVE RIVERBOAT SHUFFLE

Watch out for details of this exciting event coming up early next summer. Date to be decided.

BILL COUZENS

SOCIAL SECRETARY.

Telephone 01-946 7490.

Editor's note: What a load of old "cods-wallop" this is. Mind you, we might have known better than to ask Chas. to write about the new pack training scheme. - anything he writes seems to turn out looking like this.

Still, he did get the time right (6.20). Turn to page 34 for the full information.

6.20!

It used to be "Scramble" (1) then "Red leader to angels one five" (1). A dozen years later it was, "10-4" (2), and half a decade further on we became familiar with, "Zero - we have lift off!" (3) Now we hear, "It's 6.20 let's go!" as the eloquent Colin Pearson gently persuades twenty three and a half (Bernard Merry) runners out of the doors of Belgrave Hall. Colin is very delicate at delivering his instructions because Brian Gorman is a bit sensitive. Other members of the pack well know the captain's kindly orders and the understanding way he cajoles them to attend fixtures. That his boss, Gordon Biscoe, in the Boffins department drafting out the master plan, secretly refers to him as "the Fuhrer" and the pack themselves are getting him an Iron Cross for Christmas, in no way reflects on this warm, human person.

After the mass start, that sweeps majestically past the trickle of athletic flotsam from the cottage, the mighty Belgrave Harriers Racing Machine divides with fantastic precision into three. The leader for the premier pack is John Stow, who was nurtured at the Belgrave Breast and is now honed to a dangerous sharpness. A Titan of awe inspiring potential and putting it back in as, fast pack, leader.

The second line of attack is spearheaded by Leo Coy (4) who is Battersea's answer to Anthony Quinn. His rumbustious bearing hides the mean streak of dedication that has superior runners stretched to breaking point. Don't be taken in by this mar of few words - he's a killer underneath and built out of whipcord.

The third pack is led by a contradiction - he runs beyond the pain barrier, the nerves of his brain obviously switch off yet he is an intellect. He looks like a shire horse but goes like Nijinsky - he can discourse on Alfred Shrubh, Yuri Gagarin, Grandma Moses, Christine Keeler or Socrates, usually does, and probably at 49 miles in a 54 mile race. You may not end up the best runner in the world but stick with Arthur Bruce and you'll know the displacement of every soldier at Waterloo and what the captain had for breakfast on all the second line frigates of the Japanese Navy on Pearl Harbour Day.

Alan Mead. I can't say anything about him without being rude but he fits into the pattern by taking out specialist packs - that's the rubbish that cannot get into the three proper packs.

Ignore the selfish sods like Arthur Penny, Ted Stimpson, Charlie Manning and John Baker who do their own thing - badly. They are rebels, renegades and obviously don't believe in pack running.

Treat with contempt Berry - always looking for an easy run - Richard Danpure surprise ????? winner of the Yacht '3' and Bob (Clean Air Duct) Glover, they have tired blood.

The men to watch, to train with, to win with, are Colin Pearson, John Stow, Leo Coy, Arthur Bruce and Alan Mead.

(1) R.A.F. Battle of Britain language. (2) Broderick Crawford in Highway Patrol
 (3) Saturn Rocket Launch. (4) His wife has beautiful hair.

