

The Belgravian.

The Official Gazette

OF THE

Belgrave Harriers.

Founded 1887.

No. 6.

SEPTEMBER 1926.

6d

Headquarters—

ST JOHN'S HALL, RIDGWAY,
WIMBLEDON HILL

Training Quarters—

Summer.

BATTERSEA PARK TRACK.

Winter:

"RISING SUN,"
EBURY BRIDGE ROAD, S W 1.

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Walking Hon. Secretary—

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FOREWORD

It may be considered in some quarters that an explanation is due for the lapse between this current issue of our Gazette and that of the previous one in May.

Whilst it must be admitted that the period has really been too long, it may be explained that it is desirable to publish at a time that may be most suitable to the occasion. It is chiefly for this reason that it has been considered that the near approach of a new Season, foreshadowed by the issue of the notice of the Annual General Meeting, would provide a suitable occasion for this issue of "The Belgravian."

Without wishing in any way to anticipate the report of our Hon. Secretary it may be confidently stated that the past year has been in almost every respect a record one, and that at no previous period has the Club had such a long run of successes in all branches of our sport, or have been so well established as at the present.

It should, however, be remembered that the welfare of the Club is the concern of each individual member and every endeavour should be made to attend the Annual General Meeting when those to whom you entrust the management of the Club are elected for the ensuing year.

A good deal of misconception sometimes arises, as to the control of our meetings and of sundry small affairs, which would be speedily removed were the sometime critic's to endeavour to provide a remedy for any defect, imaginary or real, rather than mere talk. It will always be found that constructive criticism is helpful and is always welcomed whilst destructive criticism is just shattering and discouraging.

The Club, as it stands to-day, is the result of much hard work and enthusiasm, sometimes in very adverse circumstances, on the part of a comparatively few members who would be only too pleased to have the whole hearted co-operation of every member to go further and further ahead. The Club is your's and is what every member cares to make of it. There is much work that can be done, but no reward other than the satisfaction of knowing that the cause is a good one, and that which we all have when the Club or some member, which should be the same thing is able to achieve some meritorious success.

Do, then, attend the A.G.M. and if you are nominated and elected to any office, be sure that there is no back sliding and your name a mere ornament to the handbook. Have the desire to do the job better than it has been done before and you will have done well, and all that can be desired.

NEW SEASON PROSPECTS.

There will be little time from the commencement of the new Season before we have to consider the first Cross-Country events.

The South of the Thames Junior Race is due to be decided on November 13th, and since our

last year's winning team, H. E. Footer, A. D. Pyer, H. W. Bruce and K. B. O'Kell are now not eligible by the rules to compete, together with J. D. Andrews and A. E. Smith, who, with the first four, were in the winning team in the County Championship, a ready made opportunity is provided for some of our members who have up to the present been overshadowed by, shall we say, "The Big Six," to carry on the good work. The County Race will be held on January 8th, which appears a rather awkward period but will doubtless find our men keen enough to retain the trophy.

Walkers, apart from the usual road handicaps, have no great concern before the Road Walking Association Junior Championship next March, which event should be well within our reach. Always, of course, providing that those qualified to compete will make this their objective. It would be a difficult proposition for any Club in the Country, and incidently the race is National, to produce a team to defeat A. L. Fletcher, J. G. Scammell, J. B. Carne, F. W. Thorn, S. A. Manning, J. Rathbone and O. Horwood.

In the ordinary course of events our 20 mile men may be relied upon to take care of themselves, but in view of the greater efforts, on the part of our antagonists, to wrest the Shield from our care, it behoves us to exercise a little discretion and to prepare accordingly.

"DORIS SHIELD" CONTEST.

Our Inter-Club contest with Ashcombe A.C. and Thames Valley Harriers was this year held at Richmond, and here we gained

a further success and retained possession of the "Doris Shield" which trophy was competed for the first time last year. The usual programme was held, and M. E. Odell won the 100 yards scratch in very easy style with L. C. Smith second. G. R. Dunckley did not arrive in time to compete in the 440, in which L. C. Smith scored a third, but was able to assist in the Relay and after being apparently hopelessly left (that is by those who do not know him) made hacks of his opponents to hand over a lead that was never in danger of being reduced. Our full team was H. W. Smith, G. R. Dunckley, L. C. Smith and M. E. Odell. The 2 mile team race also went to us very easily. We actually had our six home before the second man of either of the other Clubs, and scoring 4 a side totalled 15 points to 34 of Ashcombe, who were second. Our scoring team was A. D. Pyer, H. W. Bruce, K. B. O'Kell and H. E. Footer.

The final scores for the contest were as follows:— Belgrave 12, Ashcombe 7, Thames Valley 5.

The usual handicaps were included and J. A. Ford won the 100 and M. Hasler won the mile.

INTER-CLUB RELAYS.

The Relay races for the Inter-Club Shield have not produced quite the same amount of support from our members as was received last year. Yet in spite of us being very badly situated, at times with milers running in the 100 yard sprints, we have emerged from the contests with much credit and have retained our position as holders by the narrow margin of two points.

Really it may be said that as a result of our difficulties the

proceedings have been given a greater interest, for the final result was always in doubt, even up to the last event.

If anything has to be greatly regretted it is the fact that the Epsom Harriers found difficulty in raising their teams to the extent that even on their own ground they were unable to run in one event whilst at Battersea they failed altogether to put in an appearance.

The full detail as below will show exactly how we fared in each event. The scoring being 4 points for a win, 3 for a second, 2 for a third and 1 for a fourth.

The final scores last year were Belgrave 58, Mitcham 41, Croydon 38, Epsom 23.

SCORES AND ANALYSIS OF INTER-CLUB RELAYS

AT CROYDON, JUNE 17th.

	Bel.	Croy.	Eps.	Mit.
4 x 100	1	4	2	3
4 x 880	4	3	1	2
4 x 300	4	3	1	2
4 x 1 mile	4	3	2	1
	—	—	—	—
	13	13	6	8

AT MITCHAM, JULY 14th.

4 x 100	4	3	1	2
4 x 880	2	1	3	4
4 x 300	4	2	1	3
4 x 1 mile	1	4	3	2

— — — — —

24 23 14 19

AT EPSOM, AUGUST 18th

4 x 100	2	1	3	4
4 x 880	4	2	1	3
4 x 300	2	3	1	4
4 x 1 mile	3	2	0	4

— — — — —

35 31 19 34

AT BATTERSEA, SEPTEMBER 1st.

4 x 100	2	3	0	4
4 x 880	4	2	0	3
4 x 300	4	2	0	3
4 x 1 mile	4	2	0	3

— — — — —

Total 49 40 19 47

4 x 100 4 x 880 4 x 300 4 x 1 m. Tot.

Bel.	9	14	14	12 = 49
Mit.	13	12	12	10 = 47
Croy.	11	8	10	11 = 40
Epsom	6	5	3	5 = 19

CLUB NOTES.

By the Hon. Sec.

We have to congratulate ourselves on the good finish to another highly successful summer season. A great measure of success has been accorded to our members and the number of prizes gained by our athletes exceed those of last year.

We have had one great disappointment owing to the General Strike. We did not have the opportunity to defend our title of "National Champions" of road walking. That race being eventually abandoned. We shall have our chance next May at St. Albans.

Although no race was held for this championship the club got a chance to show their merits in the Inter-County walk. Three of our members, A. L. Fletcher, R. D. McMullen and J. B. Carne, walking for Surrey, achieved premier honours in that race and so had the distinction of winning one of the County Cups for Surrey.

Still continuing our walking notes, members will be interested to know that three of our men competed in the London-Brighton and back race held in June. They all finished inside the time of 24 hours and thus gain the "Hall Mark" of road walking, viz.: the Centurion Medal. An interesting presentation will take place at the close of our A.G.M.

Our runners have had a real good time. Several of them are not satisfied with one event at a meeting and have got into the habit of making it "doubles."

One of our prominent runners is now known as the "Second" Mr. Smith.

The Relay races this season have not been the success that they were last year. Owing to the members not turning out when called upon, the officials have had a lot of hard work to fill the places of the missing men. Also those that have turned out have had to compete in distances outside those to which they are accustomed. We have met with stronger opposition this year and have only retained the Shield by the small margin of 2 points.

ALL NIGHT STROLL TO BRIGHTON.

This was held on June 26th-27th, starting from Croydon. The attendance could have been better. At about 9 o'clock in the evening the policeman on point duty outside the "Swan and Sugar Loaf" began to get uneasy as the members commenced to arrive. He was assured that it was only a stroll to Brighton and not a meeting of the unemployed intent on marching to London. After a foot inspection, by Captain Jimmy, we started. After a rest at Redhill we resumed the stroll and a right merry party we were. Everybody was in high spirits although several of the walkers would discuss handicappers and their worth to Athletics. Owing to the exuberance of the walkers we arrived at Bolney a little in front of time, so this was taken advantage of by all having a good wash and brush up. While waiting for breakfast a party of the Surrey Walking Club came up, this helped to pass the time away and we said Good-bye to them as our signal for breakfast had just

been given to us. My word, walking does make you hungry. Several were overweight when we once more took to the road. Between here and Brighton several dropped out, preferring to complete the journey viewing the country comfortably sitting on the top of a bus. After a bath and change of clothes all looked remarkably well, but all seemed in want of some sleep. Lodgings were taken on the beach, but the beds were terribly hard. We were afraid of losing one of our members owing to the high wind blowing. As he is over 6 feet tall and on the slight side the boys loaded his pockets from the contents of the beach and so his life was saved. We have to thank Mrs. Batchelor of Bolney for her kindness to the Belgraves and for the great breakfast she provided. We hope to see her again next year when I hope we shall have a bigger muster, worthy of such a club as ours.

* * *

The Cross Country season is again with us and a little foreword has been added to the A.G.M Notice, which I hope the members will read carefully and try to support us during the winter.

* * *

The Club is to be congratulated on securing the services of that well known runner, Arthur Clark. He will in time be a great acquisition to our strength, but he will have to put in the qualifying period first. I hope our members will profit by his advice of the "country" and being one of the best of sportsmen he no doubt will give this to runners ungrudgingly. With his advice and guidance we ought to turn out a team every bit as good as the team that won the Surrey Champion-

ship.

Our Social Hon. Sec. had the misfortune to lose his County title this year. Hard luck Len. He is going to make up for this by working harder for the Dances. A splendid list of dances has been arranged and we start on September 17th, at Battersea Town Hall. Now then all of you, turn up in force and give Len a good push off.

We always must have a champion of some kind in the Club and as Len Smith disappointed, our energetic field event member, G. H Powell, came along and obliged. He is now the holder of the "Southern" Javelin Championship. This he won at Chatham, in June, with a throw of 145 ft. 2 ins. More power to his elbow next time. The Club offer him their heartiest congratulations on this win and hope next year he will improve and win an A.A.A. Championship.

It would greatly assist the officials if members would settle their accounts a little more promptly. A club with a membership such as ours entails an enormous amount of work. So why wait to be asked for subs. and entry fees and vests? Members are asked to keep this note in mind when entering for their next race.

No more pleasing performance has been witnessed, this Season, than that of G. R. Dunckley's run in the L A C. 440 yards Scratch race on September 4th

His victory in $50\frac{1}{2}$ seconds is, however, only the forerunner of something even greater in the near future.

CLUB CHAMPIONSHIPS.

Our Club Championships were again held on the Saturday preceding August Monday, and if the entries were below the average, which is to be regretted, no complaint could be made as to the quality of the racing.

It had been hoped that the institution of Standard time medals for the 440, 880 and 1 mile Championships might have tended to produce more support but seemingly this year we clashed more than usual with holidays.

The proceedings opened with the 100 yards Championship, in which for the first time we were able to dispense with heats. Here M. E. Odell gained a very easy victory, to retain his hold of the Grosvenor Cup, in time equal to that of C. Baldwin in 1924. The 880 was expected to provide a keen struggle, and after F. L. Buckingham, the holder, had led for nearly the whole of the journey he dropped out when challenged, entering the straight, by H. W. Smith who went on to gain a clever win in time equal to that of last year.

A re-arrangement of the usual programme gave the walkers an opportunity of having a track practically unmarked by the runners. With three previous holders, H. F. King, E. L. Reeve and R. D. McMullen, in the field a good race was anticipated and realised. Once again the Trophy changed hands. This time to a comparatively young member, A. L. Fletcher who has shown so much promise this year.

The time 14 mins 42 secs is a record for the race and yet does not represent the limit of his capabilities.

Fast times were now quite the order of the day and after G. R. Dunckley had cantered home in the 440 in 51 $\frac{1}{2}$ secs, K. B O'Kell, after a tussle all the way with H. W. Bruce, gained his third successive victory in the mile.

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

Full details will probably be of interest

CLUB CHAMPIONSHIPS.

100 yards, (Grosvenor Cup)

M. E. Odell (holder)	...	1
T Bates	...	2
L. C. Smith	...	3
3 yds	1 $\frac{1}{2}$ yds.	10 $\frac{1}{2}$ secs

440 yards, (J. G. Sawyer Memorial Cup)

G. R. Dunckley (holder)	...	1
G R Maryon	2
H. W. Smith	3
15 yds	1 yd	51 $\frac{1}{2}$ secs

No others beat Standard 56 secs

880 yards, (R. W. Best Cup)

H W Smith	..	1
W. H. Williams	..	2
W. D. Pritchard	..	3

4 yds 8 yds. 2 mins. 5 $\frac{3}{4}$ secs

No others beat Standard 2 min. 8 sec.

1 mile (Garnett Cup.)

K B O'Kell (holder)	...	1
H W Bruce	2
A D Pyer	3

4 yds. 30 yds. 4 min 40 sec

W G Dodkin beat Standard

4 min 55 sec

2 Mile Walk,

(A. J. Sawyer Memorial Cup)

A. L. Fletcher	1
R D McMullen (holder)	..	2
H. F. King	3

25 yds 15 yds 14 min 42 sec

J B Carne, E L Reeve, A H East, W. H. Hare beat 1st class Standard 15 min 45 sec and C H. Speechley beat 2nd. class Standard 16 min 15 sec

JUNIOR CHAMPIONSHIPS.

100 yards, (Chandler Cup)
(under 15)

J A Ford	...	1
W. Redgrave	2

S R Ward	3
8 yds. 2 yds.	11 $\frac{1}{2}$ sec.
220 yards, (R W Ricketts Cup)	
(under 18)	
A E Randall	1
J A Ford	2
L W White ..	3
4 yds 8 yds	24 $\frac{2}{3}$ sec.

OTHER EVENTS

220 Yards Hurdles	
C T Pollard	1
L C Smith	2
G H Powell	3
1 yd 15 yds	32 $\frac{2}{3}$ secs
100 Yards Handicap, (under 15)	
J A Ford (scratch)	1
J Crilly (20 yds)	2
G M Odell (10 yds)	3
1 yd same	11 secs
880 Yards Handicap	
W C Bates (55 yds) ...	1
S L King (55 yds)	2
W Rice (32 yds)	3
3 yds 5 yds	2 min. 2 sec

THE BRIGHTON WALK.

The Brighton Walk and the Club Championship for the "Belgrave Cup," took place on September 11th, and judging by the dreamy eyes of some, who were in attendance at the start, it would appear that it is as well that the race comes but once a year.

The bus that accompanied the walkers did not fill to the extent expected, but, however, picked up many passengers on the way, for the casualties amongst the walkers were unusually heavy.

Really we seemed to be very unfortunate all through. Of our eleven entries, J. Miles and J. B. Belchamber were non-starters, whilst J. K. Chalk, who had been expected to put up a good performance, was very soon in trouble and was out of the race shortly after passing Purley. J. Rathbone, holder of the "Belgrave Cup," collapsed about half way

and after a further attempt to resume had definitely to retire. This left S. A. Manning, E. G. Cooper, O. Horwood and G. Tompkings as our leading four, but all experienced bad times and finished much below their own expectations.

We did appear, at one time, to have an outside chance of gaining second place in the team race, but eventually we failed to get in the first three. Disappointment seemed to be general, and was reflected in the faces of most of our attendants. One in particular came into Brighton looking very black, both metaphorically and literally.

However, a cheerful week-end soon dissipated all gloom.

RESULT

Pos	Act		Time
Pos			H M S
1	10	E G Cooper	9 17 16
2	13	S A Manning	9 24 26
3	25	J N. Thomas	9 51 22
4	31	C A Wattam	9 59 20
5	33	O Horwood	10 0 52
6	36	G Tompkings	10 6 8
7	44	G H Lawrie	10 19 36

The Hon. Editor wishes to acknowledge, with many thanks, a donation of 10/- to the Gazette Fund, from "Coronach," per L. C. Smith.

EDITORIAL.

My appeal for help, in the last issue, did not go entirely unheeded.

Of my tentative suggestions, Messrs Cook and East decided to ignore my banter and proved very effectively that "Dog Yards" and "Nine Minute Miles" could be very easily overdone. Old Charlie, he must pardon the familiarity, "busted" the handicappers hand-work in the Club 75 yard

handicap, in June, whilst East surprised the majority by winning a very fast 2 mile open walk at the Bridge.

"Mickey" Pyer took me at my word and decided that a poetical recruiting appeal for his hardy warriors, The London Irish, would go down well. Personally, I am just a little bit dubious about it, but try it for yourselves.

"Roll up my lads and let me see,
If any good, as a soldier you'll be
Three pounds per year, and camp with
pay,
Now is your chance, don't dally a day
Come now it is no time for trifles,
Roll up and join the Irish Rifles"

"We are a real good sporting crowd,
About us, nothing low or loud
Real good fellows and sportsmen all,
The thin, the fat, the short, the tall
And, I am quite willing to bet,
The day you join you'll ne'er regret"

"Of trophies we have quite a few,
A little more than one or two
But with some men from Belgrave's
Stable,
We ought to fill full many a table
Roll up my lads, let me have your wish
That you will join "The London
Irish"

"SHAKES PYER"

Would 14 days C.B. meet the case?

An interesting letter has been received from Mr. E Musselbrook, Cross-Country Captain in 1914-15, who writes the following:—

Now that the Cross-Country Season is almost here, a look into this important part of the Club's work before hand will do no harm. I will give you a few of the great factors that I found very beneficial while running at my best. *First* of all, *Diet*. Dinner, Fish, (boiled for preference) Bread and Butter, Cocoa, 1 pint to which

is added 1 large tablespoonful of Horlicks Malted Milk, this between 12 a.m. and 3 p.m. when racing at 3.30. *Secondly*, don't *smoke*!! and always avoid getting into a smoking compartment when travelling to a Meeting. Remember that a few mouthfuls of smoke will be quite sufficient to give you a tight and stuffy chest, whereas full and even breathing is essential for you to do your best.

When you commence your Cross-Country running do not run more than 3 miles for the first few weeks, then increase to 5 miles. No more than this should be tried before December, then steady 7 miles should be commenced. In January run a steady 10 miles, but not more than 3 times before February. Concentrate on sevens, the extra 3 miles will come to you when required. Now about running. A pair of socks will be very beneficial, just covering the ankles, these prevent small stones from getting into the shoes. Try to cultivate striding, i.e.; long paces, find for yourself a steady pace, having found same, practice increasing the length of your stride. Do not quicken your paces. When overtaking a man do so by striding, this will help your breathing. *A word of warning*; don't race every time you go for a run, your program will supply you with enough racing. Remember that all our best performances have been done by packing together. This will help you to do your best for the Club.

E. MUSSELBROOK.