

THE 2nd EDITION

(1931)

OF

THE BELGRAVIAN

FEBRUARY—MARCH.

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H. L. ROLLINS, 33 Chichele Road, N.W.2.

(to whom all monetary contributions should be sent).

Since our last Gazette was published we have enrolled J. Noah, C. Lancaster, R. Fowles, F. W. Turner, R. Marshall, H. G. Thompson, E. F. J. E. Marshall, R. W. T. Tungay, L. L. Hyde and C. H. E. Penny as members, and we wish them every success in our colours. Turner is the well-known ex-Air Force and Middlesex champion, and we hope to enjoy his assistance for a long while to come.

* * * * *

Arthur Allum merits the congratulations of all upon his splendid running in the Southern Cross-country Championship. He is the first Belgrave man to finish in the first three of this race, and it should not be long before he improves, even upon this. Another season and we may have a real Southern (perhaps even National) champion among us. Well run, Arthur! We look forward to seeing you lead the Belgrave team to their first Southern win next year.

* * * * *

Since writing the above Arthur has very nearly exhausted our supply of superlatives by finishing fifth in the National Championship, and so earned a place in the English team. The Club's best wishes go with Arthur to Ireland, and, meanwhile: Jolly well run, Sir!

The Club's heartiest congratulations to our Past-President, W. H. Hare, upon his recent marriage. Harry has served the Club well as President, Hon. Secretary, Hon. Treasurer, Hon. Editor, and in many other ways in the past, and if he is only half as successful a husband as he has been (and is) a Club official, he may well be described as "The Ideal Husband." We wish Mr. and Mrs. Hare a long course, and every happiness.

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It has been decided by the Committee that, in future, medals won in Championships when competing in the Club name shall be engraved at the Club expense.

THE TEN MILES CHAMPIONSHIP.

Saturday, January 31st, was the day chosen for 27 enthusiastic Club members to contest the possession of the "Macher" Shield over the usual 10 miles course round Wimbledon Common.

The conditions were fairly good—though the ground was sodden after heavy rains and the runners had to face a steady wind as they came in from the Kingsmere.

Bert Footer, the title holder, having had further trouble with his leg, was an enforced but enthusiastic onlooker, so the big struggle lay between our two County Champions.

At the start, Dewberry, Warboys and Allum sprang into the lead and were joined by Jack Flower before reaching the "village"; Allum, however, soon moved into first position and maintained it the whole way, gradually but steadily increasing the lead. At the Kingsmere, Penny had come up to second place, about 70 yards behind; at the end of the first lap, the gap was enlarged to 150 yards; at 7 miles 250 and at the finish some 500 yards.

Allum ran with that determination to win that is the secret of success in every race and it is evident that he has acquired the "winning habit." The handicapper's endeavour to restrain him from carrying off the handicap prize as well, again failed, and thus to have achieved within the space of a few weeks a double scratch and handicap win in Club championships is in itself an exceptional distinction.

Penny was followed home closely by Warboys, who took third handicap prize, and Frank Webb, who failed only by a yard or two to catch his brother, received the second.

The two Webbs were followed in by a couple of Flowers; Joe having made a slightly slower start which brought him 10th at 4 miles, when his brother was third. At 7 miles Jack was lying fifth, with Joe ninth, and they finished sixth and seventh.

Carter, who came next, ran a good steady race, but dropped a couple of places in the second lap, which Fletcher picked up and finished close behind. Chorley ran well to finish 11th and Rollins and Eastman had a rare "dust up" down the straight, Rollins winning on the post.

Dewberry, Duffett and Bayliss, with several others, thought that once round the course was enough and so were not included in the final reckoning.

A rumour was heard in the dressing-room that the handicapper had got lost, but this of course was not so. Handicappers don't do that sort of thing!

From this race it is evident that the two Arthurs are going to set a fine example to our teams in the coming big races, and we trust they will be ably supported by their "Knights of the Round Table."

* * * * *

The following comments on the race by well-known people have been received :—

AL CAPONE (on being told the result by Transatlantic 'phone) : "Gee! Your boys sure are the slick goods and if they care to come over and join my racket, it's a darned sure thing nobody will get within 1760 yards of putting them 'on the spot.'"

SIR JOSIAH STAMP (the eminent economist) says : "The sterling qualities of the Belgrave Harriers are clearly based on the right use of the Penny."

MR. CHERRY KEARTON, F.Z.S. : "After watching the antics of the deer in Richmond Park, I was amazed at the beauty in the motion of Allum's legs."

MISS AMY JOHNSON : "I think Arthur is a dear."

MR. ALEXANDER (Hon. Sec. Birchfield H.) : "The fine performances of Allum and the Belgrave Harriers leave us in SUSPENSE regarding the result of the 'National' and 'Brighton Relay.'"

S.D.

RESULT.

Pos'n	Name	Time	Start	H'cap Time	H'cap Pos'n
1.	A. Allum	59 53 ...	Scr. ...	59 53 ...	1
2.	A. W. Penny	61 36 ...	0 15 ...	61 23 ...	5
3.	S. H. Warboys	61 44 ...	0 30 ...	61 14 ...	3
4.	W. G. Webb	63 16 ...	1 30 ...	61 46 ...	6
5.	F. R. Webb	63 19 ...	3 00 ...	60 19 ...	2
6.	J. E. Flower	63 54 ...	0 30 ...	63 24 ...	12
7.	T. J. Flower	65 20 ...	4 00 ...	61 20 ...	4
8.	C. T. Carter	65 43 ...	3 00 ...	62 43 ...	9
9.	H. J. Fletcher	65 55 ...	3 45 ...	62 10 ...	7
10.	A. Robertshaw	66 51 ...	3 00 ...	63 51 ...	14
11.	S. R. Chorley	67 22 ...	4 00 ...	63 22 ...	10
12.	T. F. Morrell	68 26 ...	4 45 ...	63 41 ...	13
13.	H. L. Rollins	68 37 ...	6 00 ...	62 37 ...	8
14.	W. H. Eastman	68 39 ...	4 15 ...	64 24 ...	15
15.	A. H. Traquair	71 53 ...	8 30 ...	63 23 ...	11
16.	A. E. Miller	73 28 ...	6 00 ...	67 28 ...	17
17.	G. Still	74 36 ...	9 30 ...	65 06 ...	16
18.	W. Hazel-Harrison	78 04 ...	7 30 ...	70 34 ...	18
19.	L. E. Fletcher	81 49 ...	9 30 ...	72 19 ...	19
20.	J. E. Harvey	83 50 ...	10 00 ...	73 40 ...	20

27 started.

THE SURREY COUNTY JUNIOR C.C.C.

This Championship, open to those between 18 and 21 years of age and having Surrey qualifications, was held for the first time this year, at Imber Court. The course was intended to be of five miles, but owing to error it was nearer seven miles in length. Our runners did very well in finishing second in the team race, and Michael and Canard distinguished themselves by finishing in the first half-dozen.

J.G.C.

RESULT.

	m. s.		m. s.
1. C. W. Cook		12. J. G. Coleman	45 26
(Ashcombe A.C.)	41 32	17 C. W. Law	46 27
5. R. D. Michael	43 28	18. A. A. Thorne	46 28
6. A. C. Canard	44 10	20 H. J. Freestone... ..	47 59
11. R. W. Martin	45 20		

TEAM SCORES.

1. Surrey A.C.	30 pts.
2. Belgrave H.	34 pts.
3. Mitcham A.C.	35 pts.

THE SOUTH OF THAMES CHAMPIONSHIP.

The South of Thames Cross Country Championship was held on February 14th at Windsor Great Park. It was a brilliant day, and conditions were more or less ideal for running. Yet in spite of this our team gave a lamentably weak display and greatly disappointed the supporters who made the journey. So far as

watching the race was concerned it was hopeless as the runners disappeared from sight and unless one was prepared to trudge a mile and a half up the Long Walk one did not see them again until the finish. Even at the half-distance our boys were hopelessly placed and it speaks well for Frank Webb and H. J. Fletcher that they finished where they eventually did.

Another to run well was R. G. Michael, one of our Juniors, who incidentally was only put in the team at the last moment. Of the others, well, they all appeared to be trying hard enough and so we must just put it down to temporary loss of form.

RESULTS.

	m. s.			m. s.	
1. W. A. Townsend			94. R. G. Michael ...	50	57
Swindon A.C.	46	7	124. A. C. Canard ...	51	53
36. F. R. Webb ...	49	32	126. S. R. Chorley ...	51	55
45. H. J. Fletcher ...	49	44	146. T. F. Morrell ...	52	39
62. N. R. Dewberry ...	50	4	157. A. E. Smith ...	53	5
69. T. J. Flower ...	50	15	162. A. E. Miller ...	53	31
73. C. T. Carter ...	50	20	180. H. L. Rollins ...	54	36

TEAM SCORES.

1. Herne Hill H. ...	121 pts.
2. South London H. ...	194 pts.
3. Dartford H. ...	213 pts.
10. Belgrave H. ...	379 pts.
22 teams finished. 221 runners.	

THE "SOUTHERN."

The Southern Counties Cross Country Championship was held this year at Shenfield and we can look back upon the date, February 28th, with a certain amount of satisfaction.

The Ten Miles Championship, the 43rd of the series, was preceded by a race over five miles, open to Juniors under 21 years of age on the date of the race.

Our team did not shine in finishing 17th, but A. Kench once again gave signs of developing into a very useful runner.

In the Senior race we had great hopes of seeing Arthur Allum head the field, but at the half-distance it was apparent that he had undergone a "bad time" in the early stages, for he was in the fifth position, about 200 yards behind the leader, Weatherill, of South London Harriers. In the second lap, however, Arthur made a really great effort and in fact caught Weatherill with a little over a mile to go, but then had to let the S.L.H. runner get away to win by thirty yards. This running places Arthur in the front rank and next year we expect to acclaim him as Southern Champion.

Our next men home were Warboys (16th), Penny (18th), Footer (33rd) (a really wonderful effort this, after a very short preparation), Jack Flower (38th), and Duffett (52nd). These gave us a total of 159pts., and although we did not improve upon

last year's third position, we certainly confirmed it, and with a lower score than that at Brighton. Aldershot Command A.C., who finished twelve points behind us last year, by slightly better packing beat us by the same margin on this occasion and took second place.

The winners, South London Harriers, who were without Oddie and Thompson of last year's team, ran amazingly well to finish 6 men in the first 17 positions. They are to be heartily congratulated upon such a fine performance.

Our remaining six men ran well, our 12th man finishing 120th. South London's 12th man was 133rd, and so we became holders for the first time of a trophy which has been in the possession of S.L.H. for many years past: "The Guildford Cup," presented by Mr. Odling-Smee for the first Club, with Surrey Headquarters, finishing their complete team of twelve men. The twelve men concerned will receive a Club medal as a souvenir of this occasion, and next year we hope that "The Frank Wynne Cup" will follow the "Guildford Cup" to its new home.

It will be of interest, no doubt, to compare our showing this year with that of 1928, when the Championship was held over the same course. On that occasion our first man home was Footer (33rd). This year Footer was again 33rd, but *fourth* man for the Club. Our sixth man in 1928 was A. Clark, 133rd, whereas our 12th man was 120th this year. We were placed 10th three years ago with 422 points, this year 3rd with 159 points.

Thus in the course of three years we have shown considerable progress, and it is almost certain that this rate of improvement will be maintained or even accelerated.

JUNIOR RACE RESULT (5 MILES).

1. R. G. Bunday (Slough A.C.).	114. J. G. Coleman.
13. A. Kench.	131. C. Law.
77. R. G. Michael.	135. R. W. Martin.
92. A. C. Cauard.	198. A. A. Thorne.

1. South London H.	...	60 pts.
1. South London H.	...	61 pts.
17. Belgrave H.	...	296 pts.

SENIOR RACE. ORDER OF FINISHING AND TIMES.

	m.	s.		m.	s.
1. L. H. Weatherill, S.L.H.	62	26	57. F. R. Webb	...	66 27
2. A. Allum	...	62 39	69. W. G. Webb	...	66 55
16. S. H. Warboys	...	64 15	76. C. T. Carter	...	67 8
18. A. W. Penny	...	64 36	86. T. J. Flower	...	67 37
33. H. E. Footer	...	65 16	119. A. E. Smith
38. J. E. Flower	...	65 39	120. A. Robertshaw
52. E. A. Duffett	...	66 15			

2. Aldershot Command A.C.—7, 13, 15, 27, 42, 43	147pts.
3. Belgrave H.—2, 16, 18, 33, 38, 52	159pts.
4. Surrey A.C.—22, 34, 36, 47, 49, 54	242pts.
5. Polytechnic H.—8, 19, 32, 63, 79, 81	282pts.
6. Woodford Green A.C.—4, 39, 45, 55, 61, 100	304pts.
27 teams finished. 276 runners.			

FORTHCOMING FIXTURES.

“Well, thank goodness that’s over,” I can imagine our cross country men saying now that another strenuous season has just finished.

We now come to what we might term the Road season, the ultimate aim being, of course, the London to Brighton Relay race.

On March 28th we are holding a 5 Miles Road race, with Handicap in conjunction, from our headquarters at Wimbledon. The team to represent the Club in the Relay race is selected on the form shown here, so all budding aspirants for a place in the team should make a point of turning out on the 28th. For those whose thoughts do not fly so high there is the Handicap to be considered and long marks must be expected from such a Club Champion as Arthur Allum.

April 11th is the great day, the London to Brighton Relay race starts from Westminster at 11 a.m., on the first stroke of Big Ben.

As usual the Club will have its own Private Bus going down, this being for the team and supporters. Book your seats now. See note elsewhere in this issue.

Our team should be a very strong one and we should improve many minutes on our last performance.

We come then to the opening day of our Track Season. The first Club meeting will be at Battersea Park Track on Saturday, May 2nd.

As last year we shall have an Inter-Club match with the London Athletic Club, a very attractive fixture when one considers the celebrities the L.A.C. can field. Then there will be the usual handicaps for Club members, and kindly note to let me have your entries and fees as early as possible.

We have secured the use of Battersea Park Track for a number of evening meetings during the Summer, and will give fuller particulars in the next issue of our Gazette.

We shall again be competing in the 1st Division of the Southern
TEAM SCORES.

1. South London H.—1, 6, 9, 10, 12, 17	55pts.
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Amateur Athletic League, and have also received an invitation to compete in the “Kinnaird Trophy” competition at Stamford Bridge on May 30th.

There will also be an Inter-Club competition for Field Events, on much the same lines as last year, when each Club held an event at one of their meetings.

Dates of these meetings have yet to be fixed, so of them more anon.

All entries and enquiries to E. A. DUFFETT, *Running Hon. Sec.*,
1 Raymead Avenue, Thornton Heath.

THE BRIGHTON BUS.

There are a limited number of seats available for members wishing to accompany the team on the Club bus as supporters on April 11th. Immediate application should be made, with fare, 5/- for return journey, to

H. L. ROLLINS, 33 Chichele Road, N.W.2.

WITH THE WALKERS.

Our scratch teams have continued in the victorious vein and have brought the number of successive wins to eight—without doubt a unique feat in the history of road walking. The successes are as follows:—

Road Walking Association's Open "7."

Enfield A.C. Open "7."

Highgate H. Open "7."

Belgrave H. Open "7."

Surrey W.C. Godstone and Back Walk (18 $\frac{3}{4}$ miles).

Cambridge H. Open "7."

L.C.C. Tramways S.A. Open ".7"

Ashcombe A.C. Open "10."

* * * * *

Len Fletcher and Frank Elson have assisted the Club in seven of these eight wins; Tommy Green six times; Fred Rickards on three occasions; Harold King, Frank Thorn and Ted Saunders each twice; and Joe King and Jack Field once each.

And always behind these have been others to take on the responsibilities and maintain the Club's record should the leaders falter.

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Attention is drawn to the lecture on "Walking" to be given by Mr. W. W. Webb at the London Day Training School, Southampton Row, W.C.1., on March 23rd, at 7 p.m. This is one of the series of lectures arranged by the A.A.A., and admission to a single lecture is free. All walkers are welcome.

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Further to the remarks which appeared in our last issue regarding the possibility of an attempt upon World's records in Battersea Park during the Summer season, we are now able to

give the date allotted to us by the London County Council. It is Monday, June 8th, and proceedings will start at 12-30 p.m. and continue until 9 p.m. Further information will appear next month.

RETURN MATCH v. METROPOLITAN POLICE A.A.

On January 24th the Police team visited us for a return fixture and on this occasion we reversed the defeat we sustained at Imber Court in no uncertain manner. Our "Open 7" course of two laps was used and we placed the first seven men home, and scoring 12 aside, won by 101pts. to 199.

RESULT.

		m. s.				m. s.	
1.	A. L. Fletcher ...	B	57 33	17.	W. G. Dodkin ...	B	64 27
2.	F. H. Elson ...	B	58 18	18.	P.c. Burgess ...	P	64 55
3.	F. W. Thorn ...	B	58 31	19.	P.c. Phipps ...	P	65 29
4.	C. W. Redgrave ...	B	58 34	20.	P.c. Lovatt ...	P	66 54
5.	J. E. Field ...	B	58 43	21.	H. E. Larman ...	B	66 4
6.	E. Saunders ...	B	58 54	22.	E. A. Jackman ...	B	66 17
7.	R. F. Elson ...	B	60 12	23.	P.c. Adams ...	P	66 18
8.	P.c. Rayner ...	P	60 20	24.	P.c. Towers ...	P	67 11
9.	C. H. Speechley ...	B	60 51	25.	S. T. Ring ...	B	67 31
10.	P.c. J. Rathbone ...	P	61 33	26.	A. H. Field ...	B	67 36
11.	A. A. Harley ...	B	61 43	27.	P.c. Harris ...	P	68 45
12.	P.c. Allen ...	P	63 20	28.	P.c. Searle ...	P	69 47
13.	P.c. Bidgood ...	P	63 51	29.	P.c. Bunn ...	P	71 19
14.	P.c. Toogood ...	P	63 58	30.	S. T. Ball ...	B	72 20
15.	R. G. Hillier ...	B	64 19	31.	J. W. Haggart ...	B	74 23
16.	P.c. Caffrey ...	P	64 26	32.	P.c. Smith ...	P	74 38

TEAM ANALYSIS.

Belgrave H.—1, 2, 3, 4, 5, 6, 7, 9, 11, 15, 17, 21	101
Metropolitan Police—8, 10, 12, 13, 14, 16, 18, 19, 20, 22, 23, 24	199

THE OPEN WALKS.

Since the last "Belgravian" saw the light three Open walks have been held. In the 7 miles event promoted by the Cambridge Harriers, our "A" team easily won the scratch team event, while the "B" team annexed the handicap team first prizes. In

addition, Harry Larman, a persevering and improving walker, was placed second in the individual handicap. With Fletcher (1st) beating C. W. Hyde in clear-cut fashion, and Green third, we again took away the bulk of the awards, a pleasing habit we have cultivated in the course of our yearly visits to Eltham.

In the L.C.C. Tramways S.C. Open 7 Miles Walk, the judges were more than usually busy, but the fair style of our walkers did not call for disqualifications, and we finished five men in the first seven. Needless to say, we were easy winners of the scratch team event, with the low score of 14 pts., and the "A" team also took second honours in the handicap race.

We entered three teams in the Ashcombe A.C. Open 10 Miles

Race and supplied the first two men home, three in four, and six in eight! The "A" team took double first honours, with the "C" team third. Although our members were unplaced in the individual handicap, we had fourth, fifth, sixth and seventh places, and six in twelve.

Altogether, from our point of view, three most successful "Opens," with three scratch team wins, two handicap team wins, one second and one third; and Len Fletcher heading the field each time! Details follow:—

CAMBRIDGE H. OPEN WALK RESULT.

			Actual	Allee.	H'cap.
			m. s.	m. s.	m. s.
1.	A. L. Fletcher	A ...	51 28	0 20	51 8
2.	C. W. Hyde Enfield A.C.	51 43	scr.	51 43
3.	T. W. Green	A ...	52 19	0 40	51 39
9.	F. H. Elson	A ...	54 56	2 50	52 6
10.	J. E. Field	A ...	54 57	3 20	51 37
19.	H. F. King	A ...	56 10	2 10	54 0
22.	C. W. Redgrave	B ...	56 26	6 20	50 6
24.	R. F. Elson	B ...	56 31	6 30	50 1
30.	C. H. Speechley... ..	A ...	57 4	5 10	51 54
43.	A. A. Harley	B ...	58 17	7 10	51 7
49.	L. Storey	A ...	58 37	4 30	54 7
50.	H. E. Larman	B ...	58 41	9 10	49 31
66.	R. G. Hillier	B ...	61 3	6 40	54 23
73.	A. H. Field... ..	B ...	61 28	9 10	52 18
83.	S. T. Ring	B ...	62 27	9 0	53 27
94.	E. A. Jackman	B ...	63 38	8 20	55 18

113 finished the course.

TEAMS.

Scratch—1, Belgrave H., 23 pts.; 22, Valentines S.C., 67pts.; 3, Enfield A.C., 68 pts.

Handicap—Belgrave H. (B) (Larman, Elson (R. F.), Redgrave, Harley), 200m. 45s.; 2, Valentines S.C., 201m. 50s.; 3, Cambridge H., 204m. 51s.; 5, Belgrave H. (A) 206m. 18s.

L.C.C. TRAMWAYS S.C. 7 MILES OPEN.

	m. s.		m. s.
1.	A. L. Fletcher	40.	A. A. Harley
2.	T. W. Green	41.	J. C. Bidgood
5.	F. H. Elson	47.	H. E. Larman
6.	H. F. King	50.	R. G. Hillier
7.	J. E. Field	67.	A. H. Field
12.	R. F. Elson	95.	T. W. Salmon
15.	F. W. Thorn	113.	S. T. Ball
22.	C. W. Redgrave	114.	A. Martin
34.	C. H. Speechley		

TEAM RESULTS.

Scratch—Belgrave H. (1, 2, 5, 6), 14pts.; 2. Surrey W.C. (14, 17, 20, 23), 74pts.; 3. Enfield A.C. (8, 16, 26, 51), 101pts.

Handicap—1. Polytechnic H., 215m. 54s.; 2. Belgrave H. (A) (J. Field, F. Elson, Fletcher, King), 217m. 43s.; 3. Enfield A.C., 218m. 22s.; 5. Belgrave H. (B), 218m. 38s.

ASHCOMBE A.C. OPEN 10 MILES WALK.

Pos'n	Name	Team	Actual		All'ce	H'cap		H'cap Pos'n
			Time	2-5		Time	2-5	
1.	A. L. Fletcher ...	A ...	76	14 2-5	Ser. ...	76	14 2-5	6
2.	T. W. Green ...	A ...	78	18 ...	0 20 ...	77	58 ...	
4.	H. F. King ...	A ...	78	56 ...	2 30 ...	76	26 ...	10
5.	F. H. Elson ...	A ...	79	25 ...	3 10 ...	76	15 ...	7
7.	F. W. Thorn ...	B ...	80	57 ...	4 30 ...	76	27 ...	11
8.	E. Saunders ...	A ...	81	2 ...	5 0 ...	76	2 ...	4
16.	R. P. Elson ...	C ...	84	3 ...	7 10 ...	76	53 ...	
20.	J. Rathbone ...	B ...	84	47 ...	5 0 ...	79	47 ...	
21.	A. A. Harley ...	C ...	84	54 ...	8 50 ...	76	4 ...	5
23.	W. G. Dodkin ...	B ...	85	1 ...	7 0 ...	78	1 ...	
30.	R. G. Hillier ...	C ...	86	27 ...	8 20 ...	78	7 ...	
40.	B. J. T. Knifton	B ...	88	23 ...	3 30 ...	84	53 ...	
43.	C. W. Redgrave	C ...	88	48 ...	7 0 ...	81	48 ...	
45.	A. H. Field ...	C ...	89	18 ...	11 40 ...	77	38 ...	
47.	C. H. Speechley	B ...	89	30 ...	6 20 ...	83	10 ...	
48.	H. E. Larman ...	C ...	89	40 ...	9 20 ...	80	20 ...	
50.	F. E. Eborall ...	B ...	90	6 ...	9 40 ...	80	26 ...	
80.	E. A. Jackman	A ...	96	25 ...	10 50 ...	85	35 ...	
85.	J. E. Course ...	C ...	98	53 ...	10 0 ...	88	53 ...	
86.	S. T. Ring ...	B ...	99	14 ...	11 30 ...	87	44 ...	

TEAM SCORES.

1.	Belgrave H. (A) (Saunders 76.2, Fletcher 76.14, F. Elson 76.15, H. King 76.26) ...	304m. 57s.
2.	Polytechnic H. ...	305m. 29s.
3.	Belgrave H. (C) (Harley 76.4, R. Elson 76.53, A. Field 77.38, Hillier 78.7) ...	308m. 42s.
4.	Belgrave H. (B) ...	314m. 41s.

THE 10 MILES WALKING CHAMPIONSHIP.

This race was regarded by many as an easy thing for A. L. Fletcher, whose improved and consistently good walking has proved a feature of this season. Green, however, decided that Len would have to earn his championship medal, and never left Fletcher's shoulder until the last half mile. Len then made an effort and won by a few yards after a very keen race. Harold King, good enough to win the championship of many another club, had to be content with third place, and E. Saunders was fourth.

The handicap went to Green, who had a minute start off Fletcher, and Harley beat Redgrave for second place by one second.

RESULT.

Pos'n	Name	Actual Time	All'ce Scr.	H'cap Time	H'cap Pos'n
1.	A. L. Fletcher	75 0	...	75 0	4
2.	T. W. Green	75 5	1 0	74 5	1
3.	H. F. King	80 35	3 55	76 40	6
4.	E. Saunders	81 43	5 0	76 43	7
11					
5.	C. W. Redgrave	82 1	7 40	74 21	3
6.	A. A. Harley	85 5	10 45	74 20	2
7.	C. H. Speechley	86 12	8 0	78 12	11
8.	W. G. Dodkin	86 36	8 20	78 16	12
9.	R. F. Elson	88 31	7 30	81 1	14
10.	H. E. Larman	88 34	10 45	77 49	8
11.	A. H. Field	89 8	13 45	75 23	5
12.	R. G. Hillier	91 3	10 30	80 33	13
13.	S. T. Ring	93 22	15 30	77 52	9
14.	E. A. Jackman	93 32	15 30	78 2	10
15.	J. E. Course	98 32	17 0	81 32	15
16.	S. T. Ball	102 30	20 0	82 30	16

THE "JUNIOR."

The eagerly awaited R.W.A. Junior Championship, over a ten miles course at Luton, arrived on March 7th, and although we started out with a quiet feeling of confidence that we should make a fair showing, it must be admitted that we returned to London disappointed.

We had hardly expected to win, with five of last year's team no longer eligible, but had hoped that the Club's habit of getting placed in this race year after year would be maintained. However, it was not to be, and we congratulate whole-heartedly Enfield A.C. upon their first win. Two years ago they were third (we were second); last year they finished second to us and on this occasion they stepped up another place.

The race was started, with bitterly cold winds blowing, by the Mayor of Luton. Frank Thorn took the lead and was always well-placed, until the six mile mark, where he suffered disqualification. Reg. Elson also came under the judges' ban and with C. W. Redgrave, whose walking has shown great improvement this year, having an off day and eventually dropping out, our chances had gone. This combination of misfortunes allowed the Hon. Secretary, A. A. Harley, to be the first Club man home, filling 31st position. The Arctic weather affected various members of our two teams and when final scores were made out, it was found that our teams had finished 11th and 22nd.

Our pangs of disappointment (they were only fleeting, of course, the Belgrave disposition will not allow of anything else!) have now turned to determination to gain the Club's fourth win

next year. Our record of three wins has yet to be equalled and we always hope to be one (or more) in front of our nearest rivals!

RESULT.

		m. s.				m. s.	
1.	W. G. Richardson			98.	A. H. Field	...	B 90 38
	Woodford Grn. A.C.	79	8	108.	S. T. Ring	...	B 91 36
31.	A. A. Harley	...	A 84 42	111.	T. W. Salmon	...	B 92 2
44.	W. G. Dodkin	...	A 85 37	117.	F. E. Eborall	...	B 92 57
61.	R. G. Hillier	...	A 87 37	124.	E. A. Jackman	...	B 93 51
79.	C. H. Speechley	...	A 88 52	129.	J. E. Course	...	B 94 41
80.	H. E. Larman	...	A 88 55	158.	S. T. Ball	...	B 99 5

TEAM RESULT.

1.	Enfield A.C.	36 pts.	5.	Derby W.C.	156 pts.
2.	Surrey W.C.	82 pts.	11.	Belgrave H. (A)	215 pts.
3.	Sheffield U.H.	98 pts.	22.	Belgrave H. (B)	434 pts.
4.	Leicester W.C.	134 pts.					

WALKING—TRAINING AND TECHNICAL POINTS.

By O. HORWOOD.

Race-walking requires many months of slow walking to create perfect style. Style is the most essential thing of all and must be natural to suit each individual. Speed is the last thing to be thought of. Style and fitness create the speed and enable the walker to maintain it throughout a race. All walkers should try to possess that which is so essential—the stride of the legs from the hips—always providing that this is not overdone. When speeding up, the stride should be slightly shortened, and a quicker arm action used.

The rear leg should stride out perfectly straight from the toe to the heel, always bearing in mind to keep the feet close together and the shoulders down when swinging the arms. Avoid, above all, any outward turn of the feet. Practice on a chalked or marked line will create a close and even stride, but this can be spoilt by a bad arm action, which is essential to give perfect balance. Slight inward arching of the back gives the hips free play, but stiffening or straining on the legs should be avoided.

Let your movements be free and easy, and as natural as possible, and always start slowly when training. A good arm action can easily be practised at home with a towel, by the simple action of drying your back after a bath, keeping the elbows close to the hips, but do not let the hands come up too high, only in line with the chest.

Not only is walking natural and healthy, but it creates an upright carriage and does away with those unsightly drooping and round shoulders.

No hard and fast rule can be laid down as to when to train. This must be discovered by the individual, who should find out what suits him best, and, of course, as his business hours will permit. Personally, I do not favour night training. In my opinion, it is better to get in a Saturday afternoon and Sunday morning training walk on the road; for, remember, all races take place during the afternoon and not at night. A comfortable stroll, say once or twice a week, is beneficial.

For Summer training "little and often" is a good motto and to be preferred to "occasionally and too much." When training, concentrate on what you are doing, and when racing, be determined. Be a good loser or winner and respect the judges should you come under their decision.

Walking, at times, may be heartbreaking, for such reasons as disqualifications, or trying to hold on to a competitor who deserves to be ruled out, but is allowed to go on and finish—a very trying experience. On such occasions, overcome your disappointment, and come up smiling for the next race.

Some walkers are quicker than others in finding their form and this at times may subject the temperament to a severe test. However, persevere and your training will meet with its due reward.

Remember our present champion, Len Fletcher, as an example of one who had a very trying season, but stuck to it, and has now come into his own.

We are very proud of our walkers' wonderful successes and I honour them in the future; and as a final word to our younger walkers, assure them that we look to them in the future to take the place of the Seniors and maintain their reputation.

FORTHCOMING WALKING FIXTURES.

We have now left behind the shorter distance Open races, and have before us races of fifteen and twenty miles, culminating in the National Championship at Enfield on May 9th, when we hope to regain the Championship for the South.

May 21st.—Surrey County Championship (10 miles) from "The Ravensbury Arms," Mitcham Common.

On the same day "The Bishop's Walk" (20 miles) will be held at Birmingham and we shall have a team there to defend the Cup won last year.

April 18th.—Club 20 Miles Championship for the "R. W. Ricketts Shield," with sealed handicap in conjunction. Entries close a week before and should be sent to the Hon. Secretary. Fee 1/-.

April 25th.—North London H. Open 15 Miles Walk.

May 2nd.—First Two Miles Track Handicap of the Summer season.

May 9th.—R.W.A. National Championship at Enfield. Note the date and come along and cheer.

A. A. HARLEY, 44 Rosebury Road, S.W.6.

THE LIGHTER SIDE OF THE CLUB.

The Social held on the occasion of the visit of the Metropolitan Police walkers, and Herne Hill runners, proved one of the brightest of the season. True we did not have overwhelming numbers, but the Band was the best yet engaged and our "turns" were really first-class. Jack Rathbone with his sax, and Charlie Redgrave and friend with some very witty songs, pleased everybody.

Another Social has been arranged for March 21st, when the Godiva Harriers, of Coventry, visit us. It is hoped that everybody will make it a real Belgrave social and give our Midland friends a hearty welcome.

Our last Dance of the season did not prove such a financial success as the others, clashes and the "flu" probably being to blame. However, smaller numbers seemed to make for a brighter and more convivial gathering and many present remarked that it was the most enjoyable of the season.

Now a word regarding the Club Annual Dinner. This will be held on Saturday, May 2nd, following our first track meeting of the Summer, at Carr's Restaurant, over "The Windsor Castle," Victoria. This is the ideal place for a Club function, for it is accessible from all parts. Trams, buses and trains (both District and Southern) are all within a minute's walk of the door. First-class artistes are being engaged and it only requires a truly representative Belgrave gathering to ensure the best Belgrave dinner yet.

Tickets (6/- each) may had upon application to

W. A. RICE, 36 Ascalon Street, S.W.8

THE OUTFITTING DEPARTMENT.

Club Vest	3	3
Club Vest Badge	1	6
Club Blazer Badge	2	6
Club Coat Badge (Metal)	1	0

Obtainable from—

H. PARKER,

164 Bedford Hill, S.W.12.

Club Ties (3/- each, or by post 3/3) from—

A. A. HARLEY, 44 Rosebury Road, S.W.6.

