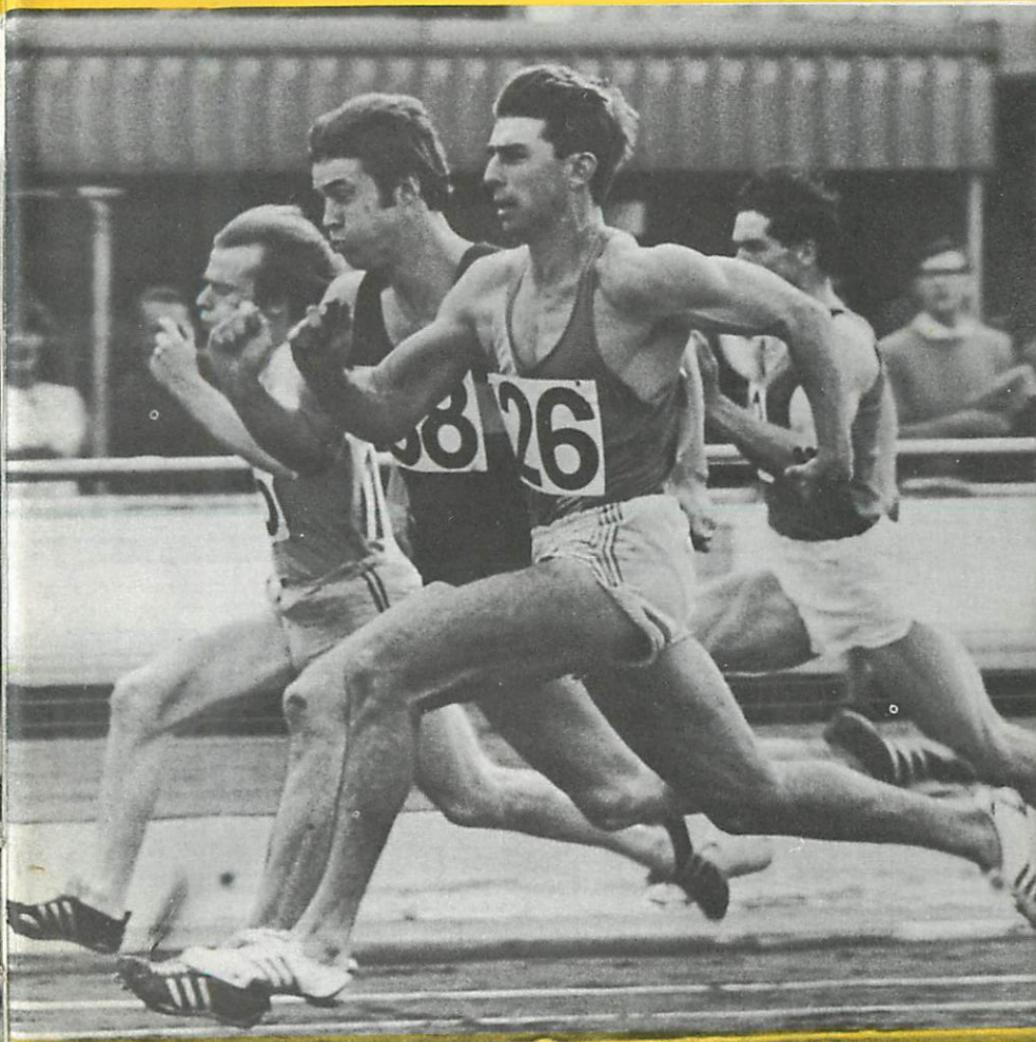


**THE**



**BELGRAVIAN**



**Official Gazette of  
Belgrave Harriers**

QUARTERLY  
SEPTEMBER, 1968



**FRONTISPIECE:** Richard Langley (right), this year's winner of the London Schools A.A. 880 yards title, exchanges notes with last year's winner---fellow Belgravian Bill Curtin.

**FRONT COVER:** (Photo by Ed Lacey) Jim Vivian (18) matches world-record holder Paul Nash stride for stride in his heat of the A.A.A. 100 yds at White City. Both qualified in 10.1.



# THE BELGRAVIAN

FOUNDED 1887

SEPTEMBER 1968

No. 167

**President**

E. Stimpson

**Gen. Hon. Sec.**

A.A. Harley,  
7, Brickwall Lane,  
Ruislip, Middx.

**Hon. Treasurer.**

D.M. Shepherd,  
104, Florence Road,  
S.W.19.

**Hon. Editor.**

C. Shippen,  
24, Fryston Avenue,  
Coulston, Surrey.

## EDITORIAL

Our congratulations go to Derek Boosey who has been selected to represent Great Britain and Northern Ireland in the Triple Jump at the Mexico Olympic Games in October. He partners Fred Alsop of Havering A.C., who was 4th in Tokyo in 1964. All Belgravians will be with him in spirit when he takes his turn on that very lonely Tartan strip in Mexico City. Another to tread that important run-up will be our second claim member from Q.P.H. Alan Derwill, who is coached by our own Dave Ansell. We wish him also every success.

Whilst recording our pleasure at Derek Boosey's selection we also extend our sympathies to two club-mates who so very nearly joined our leading field events man - John Thresher and Ray Middleton. Until a week or so before the selectors met, John was one of only three Britons who had done the Olympic qualifying time for 5,000 metres (the others were Taylor and Rushmer).

When it came to the final qualifying race our top track man couldn't make it. Until the National 50 Kilos Championship, few would have wagered against Ray Middleton representing his country again. Ray's wonderful record, which includes a Commonwealth Games 'silver', and his ability to 'come good' at the right time seemed sufficient to carry him through. Well, even the Greats cannot be great all the time, and our top walker had to give way to those fine prospects Eley and Lightman.

Thresher and Middleton live to fight another day, and while they relax after their battle, our thoughts, hopes and good wishes go out to the whole Olympic team for whom the battle has barely begun.

\* \* \* \* \*

In the excitement of the recent rush to attain Olympic qualifying standards, the pilot National League meetings have faded into obscurity, with the two Midland fixtures so far held not even reaching the pages of the National Press. However, from Belgrave's point of view, the publicity would have been received with mixed feelings as we could finish only 4th on each occasion. Whilst we at press the third and last meeting will be held at West London Stadium. We might do better: we might not. Either way, the National League will only be a success if it receives the full and unqualified support of every potential team member. However, no amount of support on the part of visiting teams will off-set poor organisation by the host club and at Perry Barr our athletes were far from impressed. To be a success this league needs publicity, a show of imagination and, yes, expense on the part of the organisers. Until the athletes are made to feel it is something different from an ordinary inter-club fixture then it stands little hope of arousing any wider interest.

## WELCOME

Robert J. COOK (Surrey)  
Leslie I. HARRIS (Jamaica)  
Lloyd A. HARRIS (Guyana)  
John W. HURLEY (Surrey)  
Paul JABLONSKI (Surrey)  
Michael KNOX (Midd'x)

(Surrey)  
(Jamaica)  
(Guyana)  
(Surrey)  
(Surrey)  
(Midd'x)

Mark McNAIR (Surrey)  
Dennis PAGE (Surrey)  
Malcolm ROBERTSON (Surrey)  
Lee J. SULLIVAN (Surrey)  
Stephen SUTTIE (Surrey)  
Graham SUTTIE (Surrey)

The Editor wishes to thank Gwen Couzens and Sally Lucas for their assistance in typing the June and September issues of "The Belgravian" and, at the same time, extends a welcome to any budding journalist who would like to co-operate in the production of future gazettes.

ALL CONTRIBUTIONS ARE WELCOME

## HON SEC'S NOTES

We congratulate our President, TED STIMPSON, and Evelyn on the 25th anniversary of their marriage which falls in the latter part of Ted's Presidential year, and wish them many more years of health and happiness to come!

As suggested in our last issue, the Borough of Wandsworth now confirms that owing to financial stringency the Wandsworth Show and Seven miles road race, planned for September 7th, will not now take place.

Also it should be noted that our twelve-aside Road Relay will not take place on Saturday, October 12th but will be promoted in conjunction with the Southern Counties A.A.A. from our Wimbledon Headquarters on Saturday, March 29th, 1969. This is at the request of the A.A.A. who are desirous that all Areas should hold their Road Relay events on the same day, and thus afford a sound basis for the acceptance or refusal of Clubs' entries in the National Road Relay which will follow in April.

Our popular Youths Open Road Relay will take place at Wimbledon on October 19th when we hope for a first class entry.

Incidentally, our hard working Race Hon. Secretary and Road Running and Social Hon. Secretary, Gordon Biscoe, has recently changed his address which is now:- 34 PANS WAY, EWELL, SURREY (Telephone 01 393 4433)

On another page will be found the official notification of the Annual General Meeting to be held on Wednesday, September 18th. No other notice will be circulated. It is hoped that all members will book the date immediately and do their utmost to attend this meeting which marks the birth of another Club year.

By the time this is read, you will have received from that 'glutton for hard work on behalf of the Club', Past President FRANK WEBB, some A.A.A. Draw books. Please do your best to dispose of them all and return the counterfoils and cash in good time. And if you have been overlooked, or require further books, do not hesitate to get in touch with Frank at 50 Longford Avenue, Southall, Middlesex.

The actual draw will be in the hands of Harry Secombe, engagements permitting, at the Athletes Dance at the Lyceum Ballroom on Friday, September 27th. Over £1,000 of prizes have been guaranteed and the first is a FORD Escort 1100 c.c. Super.

One-third of all our Club sales will form a very welcome addition to our own Club funds and we ask your full support on behalf of the A.A.A., the sport, and ourselves.

Our Social Hon. Secretary has details of the Athletes Dance if you should wish to be present and perhaps drive the first prize away!

WANTED - a young member who would be prepared to assist with envelope addressing from time to time. Many of us have started on Club work in this way - who knows where it may lead? If you can help please let the Hon. Secretary know.

Athletic leagues loom before us in 1969 and we expect to take part in the principal National League (three divisions each consisting of nine clubs) as of right. These competitions will make heavy demands on our all-round ability, however, and on our ability to get all the right people in the right place, in the right frame of mind, at the right time.

However, our Club spirit is as strong as that to be found anywhere and we are reasonably sure that no-one will fail us except for the very best of reasons, and even then will give adequate notice so that a reserve can be substituted.

Obviously, and we are far from being alone in this, we need strengthening in some events, particularly in the 'heavy' competitions - the Shot, the Hammer Throw, the Discus, etc. If you know any young giants who can be enthused into training and taking advantage of our Coaches' skill and attention, bring them along and we'll make something of them!

Our annual Schools Track Relay Race would be made much more attractive if a suitable Challenge trophy could be provided. If any of our older members has a cup or trophy mouldering into blackness, tucked away under the bed or stowed away in the loft, and really doing no good at all and would like to present it to the Club, we for our part would be very glad of the opportunity of considering its acceptance! Keep in the queue, please!

The recent deaths of the Brothers Macher, who were elected to membership in 1912, robs us of our longest serving members, and it is now necessary to leap over the 1914-1918 War

(Cont'd on page 6)

# Notice of A.G.M.

7 Brickwall Lane,  
Ruislip,  
Middlesex

September 1st, 1968

Dear Belgravian,

In accordance with Rule 9, the Annual General Meeting will be held on Wednesday, 18th September, 1968 at 6.30 p.m. at BELGRAVE HALL, DENMARK ROAD, S.W.19, when your attendance is requested. No other notice of this Meeting will be circulated.

There will be no training from Headquarters on this evening. Tea will be available from 5.30 p.m. to 6.20 p.m.

Yours faithfully,

A.A. HARLEY  
General Hon. Secretary

## A G E N D A

1. To read the Notice convening the Meeting
2. To read and confirm the minutes of the Annual General Meeting held on September 20th, 1967.
3. To note apologies for non-attendance.
4. To receive the Hon. Secretary's report.
5. To receive the Hon. Treasurer's report.
6. To consider a recommendation from Committee, under Law 11 (g), that the following should be elected to Life Membership:-
  - a) RAY C. MIDDLETON
  - b) TOM PRITCHARD
7. To present Honours Badges
8. To elect Officers and Committee for 1968/69
9. Any other matters

## THE CLUB DINNER

This year's dinner/dance will be held at the Wimbledon Hill Hotel on Saturday, November 16th. Remember, tickets are limited and they were all sold well in advance last time. The price is unchanged at 35/- and applications should be sent in good time to,

E.S. STIMPSON, 64 BEVERLEY WAY, S.W.20 (MAL 3893)

## HON. SEC'S NOTES (Cont'd from page 4)

period (when the Club ceased to exist except as a name), to December 1919 when CHARLIE SPEECHLEY was elected to membership, and it must have been about this time that Past President HARRY HARE came into the Club. 1920 members still showing themselves frequently are BERT EAST and GEORGE POWELL. The Brothers McKAY, FRED STONE, JIMMY PLATT and MICK PYER came into the fold in 1921, and 1922 gave us WALLY BAYLISS (Hon. Secretary for eleven years and President for three), the incomparable BERT FOOTER, and champion walker HAROLD KING. KEN O'KELL first showed himself in 1923 and 1924 followed with that great walker FRED RICKARDS, TOM PRITCHARD and a very loyal member of earlier days, SYD KING. JOE SCAMELL and BEN KNIFTON joined Belgrave in 1925, and the following year TOM MORELL, CHARLIE JONES, ALF HARLEY and LEN ROLLINS were accepted into membership.

1927 was a bumper year indeed with TOMMY SCRIMSHAW (three times an International at 880 yards before he was 21), JOE COLEMAN, ERNIE DUFFETT, who guided the destinies of our runners for 25 years, and Olympic champion TOMMY GREEN all signing Belgrave forms. International and Empire Games Champion ARTHUR PENNY was elected in 1928 as was also NORMAN DEWERRY and FRANK WEBB. JACK BIDGOOD, LEN COLEMAN and TOM COTTON donned Belgrave vests in 1929 and that great character, International and Champion runner, and Past President TOM CARTER was persuaded into the claret and gold in August 1930.

So much for our old-timers and most of them still playing their parts in the Club's activities, and setting an example of service to the Club over a long period for the younger members to follow.

There may be some omissions from the above list - if so, apologies, and let's hear from you!

The recent A.A.A. Championships programme proudly showed under the heading 'Junior 440 yards Relay' A.A.A. Club Record (under 19) and Best Championship performance, 42.8 secs. Belgrave H., at Hurlingham, August 28th, 1965.

In the second heat, however, Wolvarhampton and Bilston A.C. trimmed a tenth of a second off our record and in the final brought the time down to 42.5 secs. So our winning team of 1965 (J. MITCHELL, D. GLEESON, C. MARTIN, J. VIVIAN) have lost a record, but they may well come back and create a senior best performance.

Meantime, further junior runners are maturing and Belgrave should regain their record in the not too far distant future.

Our Football Competition will be starting again soon and we ask for your support. It means so much to us, and helps considerably to keep your Club at the top. Full details may be had from the Hon. Treasurer.

\*

1924 was also the year that ERNEST NEVILLE joined our Vice-Presidents list and ALBERT WATTAM (who made his annual pilgrimage from Wainfleet Lines to compete in the Brighton Walk for many years) was elected to membership.

A.A.H.

## A PRESIDENT'S Adieu

Dear Belgravians,

By the time you read this letter my term of office will almost be completed and so I would like to take this opportunity to tell you how much I have enjoyed this last year.

I have tried to spend as much time as possible with each section and in doing so have come to know many more members.

We have had quite a successful year and my congratulations go to the walkers for winning two National Championships. My thanks also go to the track and field men for winning two trophy meetings and for retaining the Brockman Trophy. Being a country man I was a little disappointed that we were unable to make the grade in any major cross country championship, but I am hoping that our new President will have this honour. I am sure the juniors, youths and boys sections will continue to progress with as much enthusiasm as they have done in the past.

I would like to thank the Committee for all their help and support during the past year; also my thanks go to all the ladies who have kindly given their time to assist in various activities for the Club.

(Cont'd opposite)

# A. E. & J. W. MACHER

It is with sorrow that we record the deaths of Albert and Gus Macher, Vice Presidents of the Club for many years, and members since 1912. Albert was also a Life Member, an honour accorded him for his many services to the Club and in appreciation of his work as Hon. Treasurer and Social Hon. Secretary.

Neither Albert nor Gus had any pretensions of being good athletes. They ran because they enjoyed it and the last twenty placings in the 'Southern', if and when the Club competed, were bound to embrace the MACHERS. Their happy outlook was communicated to others, however, and they found great pleasure in their service to the Club, in which their father—PAST PRESIDENT A.F.W. MACHER also shared. They were at their happiest taking out the beginners' pack, acting as pointsmen, and in assisting the Club to progress in a hundred different ways. Their integrity, their work for the Club, their desire to see it move from the ranks of the Junior clubs to Senior status (which it did in 1929) created enthusiasm in others and this was the spirit which carried the Club upwards through the 1930's to the highest honours.

After the World War of 1914-18 the Club resumed its Cross-country activities in the Wimbledon area, and our Headquarters were at 'The Swan', Ridgway, the skittle alley being used as the dressing accommodation. A jump through the low window, a trot up Lauriston Road and the Belgrave Harriers of those days were on ground very familiar to us. The day came, however, when the skittle alley was to be converted into a Lounge Bar and the Club was compelled to look for new quarters. Bob Ricketts, our dynamic President of those days, asked various Committee men to keep their eyes open for alternative accommodation and Albert Macher did just this and discovered St. John's Hall, Denmark Road, as it was then known. Enquiries of the caretaker, however, revealed that another caller had been interested in the premises and had the first refusal. This saddened Albert and he reported back to the President in a miserable mood which quickly turned to joy and pleasure when it was found that the other caller with the option was Harry HARE, the Club Hon Secretary. It's history now that we rented the Hall for years and later acquired the leasehold, and still later the freehold of what is now known as Belgrave Hall

The Machers early realised that the Club would never make its mark in the Cross country world if we conducted ourselves as all the other clubs of our size did and virtually looked upon seven miles as the limit of distance to be run, except on the occasional entry into Southern and English Championships when our runners were not distance-fit. At that time the 'peak' of the season was the 7 miles Championship which took place well after Christmas.

The three Machers presented a Shield to the Club (carrying their name) for a 10 miles Cross country Championship and this had the effect of changing the approach and the emphasis of the Cross Country season within the Club. The seven miles championship was brought forward before Christmas and the runners trained on for the longer distance and the Club 10 miles Championship in the New Year. A new mental approach now became obvious and with the emergence of Bert Footer, whose main interest from his early running days was always in the E.C.C.U. Championships, we were all set to win the major Cross country Championships. This found its ultimate expression in the winning of medals in ten successive E.C.C.U. Championships!

We certainly owed the Machers a lot. They generously dipped deeply into their pockets when the first Club Track Championships were introduced in 1922 and on many other occasions.

It was a great pleasure to us that ALBERT was fit enough to attend our Track Championships just over a year ago and meet an old club friend in Edmund Donovan from New York; and that in January last he was present at Wimbledon to present the MACHER Shield to the winner.

We honour the memory of two great Club men and offer sincere condolences to their families. R.I.P.

( Cont'd from opposite page)

In closing may I remind you that your attendance would be greatly appreciated at the A.G.M. to welcome your new President and to help select the officers for the following year.

May I wish all members success in their different fields of sport during the coming year.

Yours sincerely,

*Led Stimpson*

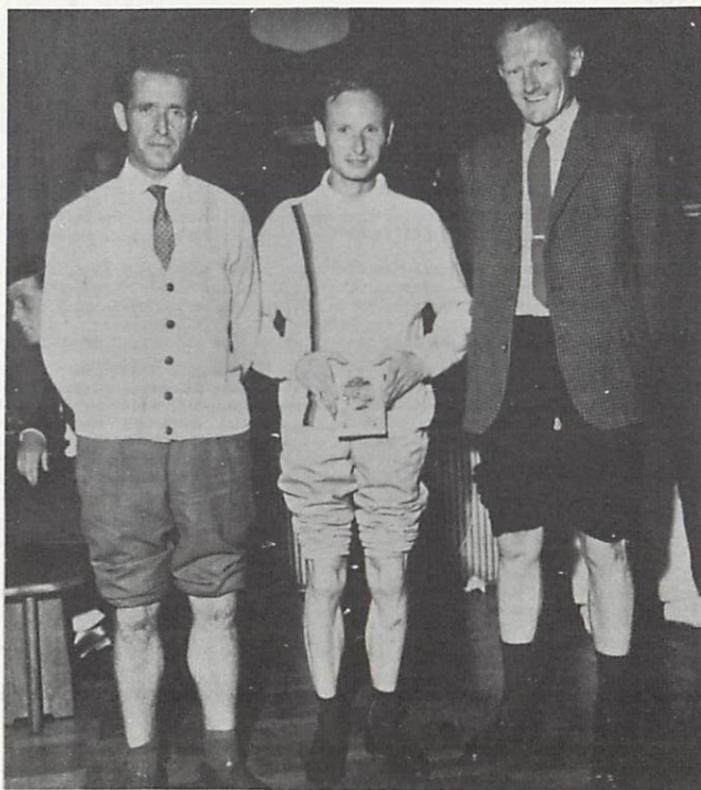
# ROAD RUNNING

## CONSOLATION 'WIN' AT PAIGNTON

June 22nd--PAIGNTON '15'

Those four stalwarts G. Piddington, J. Hall, D. Bonsor and W. Matthews made the 200 miles trip to 'sunny' Paignton in June for some sun, relaxation and a race. Well, they got the latter alright but little of the first two. The '15' was held in torrential rain and George Piddington was brought to a walk at 12 miles (his last five took 45 mins!) but John Hall battled on to finish 14th with Bonsor 8 places behind. George's misfortune pushed our lads out of the 3rd place medals.

Bill Matthews dropped out after being mis-directed by a policeman (so he says). This story took a knock that evening though when chauffeur Matthews lost our fun-seeking trio in the town---his navigation is definitely suspect!



As the evening wore on spirits became high again and the rigours of the afternoon's race were forgotten. Our lads were determined to take back a prize of some sort and, with great confidence, entered a "Knobbly Knees" competition---you can guess who won. Belgrave's 'winning team' of Hall, Piddington and Bonsor are pictured above---what prospects!

### RESULT

1. T. Godolphin (Plymouth)	79:36	14. J. Hall (BELGRAVE)	90:36
2. D. McFadzean ( " )	81:59	22. D. Bonsor ( " )	98:16
3. B. Smith (Exeter)	82:57	26. G. Piddington ( " )	110:54

# BELGRAVE 20

July 20th--Wimbledon

Belgrave's 17th Open 20 miles was won by Ian MacIntosh (Ranelagh) in the good time of 1:47:30: a good time indeed, for in the oppressive heat 24 of the 84 starters were forced to retire, including our own Brian Gorman who spent the night in hospital suffering from heat exhaustion.

MacIntosh went to the front right from the start and had dropped the field after only half a mile. He raced thro' five in 25:18, ten in 52:19 and fifteen in 79:32---an excellent performance in such conditions.

Lionel Mann was first Belgravian to finish in a creditable fifth place, but he paid for a fast start and would probably have done better if he had stayed back with the trio that eventually passed him. Pat O'Connor maintained his recent good form for 10th and Bob Glover's 18th place was a particularly good effort.

As usual the organisation went off smoothly and Gordon Biscoe deserves mention for handling yet another successful promotion

## RESULT

1. I. MacIntosh	(Ranelagh)	1:47:30	43. G. Pearson	(BELS A)	2:16:07
5. L. Mann	(BELS A)	1:55:37	48. D. Bonsor	( " C)	2:21:23
10. P. O'Connor	( " " )	2:00:32	50. W. Laws	( " " )	2:22:08
18. R. Glover	( " B )	2:03:14	52. P. Sutton	(BELS " )	2:29:13
24. J. Hall	( " A )	2:07:55	54. G. Gorman	( " B )	2:34:22
31. K. Stimpson	( " " )	2:11:45	56. G. Piddington	( " " )	2:37:55
42. W. Mathews	( " C )	2:15:50	58. P. Pringle	( " " )	2:44:14

## Team:-

1. Ranelagh	13 pts	4. BELGRAVE 'A'	27 pts
2. Ealing & Southall	26 pts	7. " 'B'	80 pts
3. Hercules & Wimbledon	27 pts	8. " 'C'	82 pts

# BRACKNELL '5'

Once again we had a very encouraging turn out for this popular event fielding no less than four teams. The team title we won last year was retained inspite of strong opposition from Portsmouth A.C., by the narrow margin of two points. No doubt a plan of campaign worked out by our A team to beat Pompey had a lot to do with it.

From the start Gerry North, out to give himself a hard run, took an early lead and as the field completed a lap of the track before going out into the wood, all our 'A' team was inside the first eight positions, Gerry's efforts however took their toll over this pleasant but undulating course, and approximately half a mile from home Martin Hyman who till then had been 'sitting in' opened up a lead which Gerry was unable to close as they came back onto the track. Laurie O'Hara and Trevor Hart put in another of their reliable runs apiece, to edge out Portsmouth men, with Lionel Mann following very closely behind---no doubt regarding it as a mere sprint! With Pat O'Connor now recording some of his best form, another good performance came from John Hall who improves with every outing irrespective of distance--- Messrs. Baker, Bonsor and Mathews etc please note!

## RESULT

1. M. Hyman	(Portsmouth)	23:10:35	64. J. Baker	27:49
2. Gerry North		23:17:00	70. D. Brew	28:31
5. L. O'Hara		23:32:00	74. W. Mathews	28:43
8. T. Hart		23:54:00	76. D. Bonsor	28:59
12. L. Mann		24:05:00	83. P. Pringle	29:50
27. P. O'Connor		25:05:00	85. J. McDonald	30:08
47. J. Hall		26:47:00	89. P. Sutton	30:57
56. W. Laws		27:16:00	93. R. Langheim	32:00
59. H. Satchell		27:25:00		

## Team

1. BELGRAVE A	13 pts
2. Portsmouth	15 pts
3. Ranelagh	23 pts

## CHELTENHAM FESTIVAL 7 MILE--13th July 1968

1. W. Adcocks	Coventry Godiva	34:33
14. L. Mann	BELGRAVE	36:27
66. B. Merry	"	42:43

## WHAT IS A ROAD RUNNER?

According to Collier's Encyclopaedia a ROAD RUNNER is "A terrestrial New World cuckoo! One road runner, *G. Californianus* (which Club is he from?) ranges from the southwestern United States to central Mexico, while *G. Affinis*, a smaller bird (and better medal bet?), occurs generally throughout Mexico and northern Central America."

"They have erectile feathers on the crown, a rather long bill, a very long tail, and powerful legs for running. Their plumage is brown above, glossed with green, and everywhere streaked with white and buff, and buffywhite beneath, streaked on the breast with black."



THE GREATER ROAD RUNNER  
(*G. CALIFORNIANUS*)

THE LESSER ROAD RUNNER  
(*G. AFFINIS*)

"ROAD RUNNERS feed on small rodents (preferably from Coventry Godiva!) reptiles, mollusks, centipedes and insects of all kinds. The western road runner is known for it's ability to kill rattlesnakes."

"Their nests are compact structures of sticks, lined with grass, feathers, bark, snake skin and roots, built in cacti, bushes or low trees" (or if really desperate, at Belgrave Hall).

"They rarely take to their wings, though they are good fliers. They can outrun a horse or horse drawn vehicle (such as George Piddington's car) and are famous for their former(?) habit of racing travellers along a highway."

And What of the bearded variety, Lionel Mannicus?



GERRY NORTH leads  
the ultimate winner  
Bob Holt (H/W) in  
the "Brockman"  
10,000 m.

Photo: R. Linstead

# TRACK AND FIELD

## BILL COUZEN REVIEWS FIELD EVENTS

With the Summer Season all too quickly coming to an end and only two major meetings left (the Boughrey trophy and the 3rd and last National League meeting at Twickenham) this is probably the best time to re-cap on the season so far. We can be pleased with winning the Ryder trophy and the Brockman trophy but disappointed with our 4th place in the two National League meetings. With Nick Head out of the Country and Frank Glass unable to attend the first two meetings this exposed our shallowness in the Shot and Discus with our men only picking-up a consolation point in each event. Without a doubt we must find a couple of heavy men who would take these two events seriously.

The new Pole Vault pit is near completion at Battersea Park and we intend to take full advantage of this extra facility by holding Pole Vaulting sessions on Sunday Mornings every two weeks throughout the Winter under the guidance of Frank Simmons. Anyone interested is welcome: Seniors, Juniors, Youths and Boys, just let me know.

We will be holding our Sunday Morning Winter meetings at Battersea Park again this coming winter with special emphasis on the Hurdles events. Dates for these fixtures will be in the New Handbook.

\* \* \* \* \*

In our next issue Tony Brooks will review Track.

### JUNE 12th - Battersea Park - Match v Sutton/Cheam, Hercules/Wimbledon

#### Juniors:

100:	1. M. Franks (B)	10.6	440:	1. M. Franks (B)	54.0
880:	1. J. Hamilton(B)	2:17.6		2. J. Hamilton(B)	55.0
	2. R. Bishop (H/W)	2:26.8		3. G. Marshall(S/C)	56.0
L J:	1. J. Smith (B)	18' 1 1/2"	1 m:	1. N. Bacon (B)	4:55.5
	2. R. Kibble (B)	16' 10"		2. R. Payne (H/W)	5:06.6
Jav:	1. D. Wilkinson (B)	149' 9"			
	2. G. Marshall (S/C)	114' 9"			
		97' 1"			

Result: Belgrave 52 pts. Sutton/Cheam 13 pts Hercules/Wimbledon 10 pts

### JUNE 12th - Southern Counties A.A.A. Open Meeting - Crystal Palace

1500: A.C. Major 3:57.4 100/400 (J): S. White 11.1/51.5

### JUNE 26th - Battersea Park - Match v London A.C and Surrey A.C.

#### Senior:

100:	1. J. Mitchell	10.3	220:	2. A. Brooks	23.7
	5. P. Gee			3. S. Ipaye	24.1
440:	1. A. Brooks	52.2	880:	1. A. Major	2:01.6
	3. P. Gee	52.7		2. L. Mann	2:03.8
1 m:	1. L. Mann	4:38.4		3. H. Satchell	2:04.9
	3. B. Gorman	4:42.3		6. D. Gordon	2:13.4
	4. D. MacLean	4:57.8	2 m:	2. L. Mann	9:57.4
440:	1. D. Winsborrow	52.5		3. C. Keavey	10:11.4
n/s	2. K. May	52.8		4. B. Gorman	10:22.6
	3. P. Smith	53.2		5. R. Glover	10:24.0
	4. P. Hilliar	54.4		7. V. Butcher	10:38.0
	5. R. Couillault	55.8		8. B. Merry	10:56.0
Dis:	3. F. Glass	115' 3"	Shot:	4. J. Martin	34' 6 1/2"
	4. J. Martin	99' 10"		5. F. Glass	34' 4"
L.J:	3. D. Ansell	19' 10"	H.J:	2. D. Winsborrow	5' 8"
	5. R. Couillault	19' 8"		3. S. Ipaye	5' 3"

Result: 1. Belgrave H. 88pts. 2. London A.C. 77 pts. 3. Surrey A.C. 33 pts.

#### Junior:

100:	1. L. Sullivan	10.6	220:	1. L. Sullivan	23.6
	3. A. Bent	10.8		5. A. Bent	24.5
L.J:	1. A. Bent	21' 0 1/2"	Dis:	1. A. Bent	118' 0"
	2. L. Sullivan	20' 2 1/2"			

Result: 1. Surrey A.C. 63 pts. 2. Belgrave H. 46 pts. 3. London A.C. 20 pts.

29th June - Harrow - London Borough of Harrow Trophy Meeting

Only a first year junior and showing all the class of an international, Steve White hit the straight yards up on Dave Williams of Notts A.C. and only in the last few yards did Williams pull past to win; leaving Steve second with a Club Junior Record.

Adrian Major, 3rd in the mile, Bill Kerr and Gerry North, 2nd and 3rd in the 'three', and Bill Dance 2nd in the 'chase' were the highlights of Belgrave's 2nd placing behind T.V.H. - by just 3 points. Victory over T.V.H. cannot be far off.

100: 1. J. Vivian 10.4	220: 1. S. White 23.0	440: 4. C. Martin 52.2
(Heats) 2. C. Martin 10.7	(Heats) 3. J. Vivian 22.9	(Heats) 6. P. Gee 52.5
<u>Final</u> 2. J. Vivian	<u>Final</u> 2. S. White 22.1*	
880: 5. P. Hilliar 2:01.5	1m: 3. A. Major 4:18.8	3m: 2. W. Kerr 13:55.8
(Heats) 6. A. Brooks 2:00.5		3. Gerry North 14:08.0
3000m 2. G. Dance 9:40.4	120: 2. D. Winsborrow 16.5	Jav.: 6. F. Glass 177' 9"
s/c	Hur's. R. Couillault 18.4	H.J.: 2. D. Winsborrow 5' 10"
	(Heats)	5. C. Brooks 5' 6"
	<u>Final</u> 3. D. Winsborrow 16.4	

<u>Result:</u>	1. T.V.H. 46 pts.	6. Hillingdon A.C. 19 pts.
	2. Belgrave H. 43 pts.	7. Borough of Enfield 15 pts.
	3. Blackheath H. 42 pts.	8. Verlea A.C. 13 pts.
	4. Reading A.C. 41 pts.	9. S.L.H. 12 pts.
	5. Notts A.C. 31 pts.	10. Walton A.C. 10 pts.

3rd July - Rotary Trophy Meeting - Ruislip

Second yet again, this time beaten by only two points by Hillingdon A.C.

This defeat can mainly be blamed on Hillingdon's Andy Kerr who trains with Bels.

Full marks to Chris Martin who scored a double in the sprints, Adrian Major for a personal best mile and Bill Kerr in the three miles.

100: 1. C. Martin (Bel) 10.5	220: 1. C. Martin (Bel) 22.8
2. M. Potter (Poly) 10.6	2. D. Osborne (Poly) 23.7
440: 1. P. Charles (E/S) 49.7	880: 1. M. Wands (Hill) 1:54.3
3. P. Gee (Bel) 52.9	4. P. Hilliar (Bel) 2:00.1
1 m: 1. S. Buchanan (Hill) 4:14.3	3 m: 1. W. Kerr (Bel) 14:02.0 (team race)
2. A. Major (Bel) 4:15.1	H. Satchell 15:28.0 4th team)
120: 1. D. Barrington (Poly) 16.4	B. Gorman 15:39.0
H 2. D. Winsborrow (Bel) 16.5	C. Keavey 16:03.0
4 x 110 1. Belgrave H. 45.3	1 m 2. Belgrave H. 3:39.5
(D. Winsborrow	Med: (220 C. Martin
R. Couillault	220 P. Gee
A. Brooks	440 A. Brooks
C. Martin)	880 P. Hilliar)
LJ 1. M. James (W/E) 21' 6"	Shot: 1. A. Kerr (Hill) 47' 1 $\frac{1}{2}$ "
3. R. Couillault (Bel) 20' 10 $\frac{3}{4}$ "	3. W. Couzens (Bel) 34' 10 $\frac{3}{4}$ "
Dis. 1. A. Kerr (Hill) 142' 4"	HJ 1. M. Campbell (Hill) 6' 6"
2. P. Glass (Bel) 121' 8"	2. D. Winsborrow (Bel) 6' 1"
Jav: 1. D. Greasley (Poly) 223' 3"	
2. F. Glass (Bel) 183' 4"	

<u>Result:-</u>	1. Hillingdon A.C. 62 pts.	4. Polytechnic H. 39 pts.
	2. Belgrave H. 60 pts.	5. Windsor & Eton 19 pts.
	3. Baling/Southall 40 pts.	6. T.V.H. 11 pts.

JULY 17th -- Battersea Park -- Schools Medley Relay

1. Beverley 3:54.7	2. St. Gerrards 3:55.3	3. Tulse Hill 3:58.0
4. St. Joseph College 3:59.1	5. Spencer Park 4:04.8	6. Hinchley Wood 4:21.6

# RYDER 'STOLEN' BUT REGAINED

## TONY BROOKS REPORTS:

With the Mayor of Southampton in a hurry to leave and two rather excitable women scorers fiddling with the points Bel. were adjudged second in this major trophy meeting. On a recount, made after the presentation was over, it was agreed that we had in fact won by 3 points and not lost by 9 as was announced and later published by the Press. Thus our moment of glory was snatched from us on the day it really counted.

John Mitchell, as strong as ever, won the 'A' hundred, was second in the long jump and ran in both the relays. Chris Martin did both sprints and both of the relays. Adrian Major ran the mile and 3 miles, Tony Brooks the half mile, triple jump and both relays, Denzil Winsborrow 3 events and Bob Couillault 3 events.

In other words, all who went along did more than their share of work and the reward was the Ryder Trophy for the first time and victory against Pilot league 'A' leaders, Southampton and 'Poly'. Congratulations!

### JULY 6th - Southampton - Ryder Trophy Meeting

100 (A) : 1. J. Mitchell	10.1	220 (A) : 3. C. Martin	22.8
(B) : 2. C. Martin	10.4	(B) : 6. P. Gee	23.9
440 (A) : 4. P. Gee	52.0	880 (A) : 4. P. Hilliar	1:59.7
(B) : 3. P. Smith	52.6	(B) : 2. A. Brooks	1:59.1
1 m (A) : 2. A. Major	4:18.7	3 m (A) : 1. Gerry North	13:52.0
(B) : 4. J. Dear	4:31.5	(B) : 2. A. Major	14:30.2
3000 m/c (A) : 1. R. Piotrowski	9:30.6	120 Hur : (A) : 2. D. Winsborrow	15.8
(B) : 1. G. Dance	9:40.8	(B) : 5. R. Couillault	17.6
1 m Medley Relay : 3. Belgrave H.	3:39.2	(220 C. Martin, 220 J. Mitchell, 440 A. Brooks 880 P. Hilliar)	
4 x 110 Relay : 2. Belgrave H.	44.0	(A. Brooks, D. Winsborrow, C. Martin, J. Mitchell)	
P.V. (A) : 5. D. Winsborrow	9' 6"	Shot (A) : 3. N. Head	42' 1"
H.J. (A) : 3. D. Winsborrow	5' 8"	(B) : 3. J. Martin	35' 0 $\frac{1}{2}$ "
(B) : 2. P. Hilliar	5' 0"	L.J. (A) : 2. J. Mitchell	22' 2 $\frac{1}{2}$ "
Tr. J (A) : 2. R. Couillault	44' 8 $\frac{1}{2}$ "	L.J. (B) : 3. R. Couillault	20' 3"
(B) : 5. A. Brooks	37' 7 $\frac{1}{2}$ "	Jav. (A) : 3. N. Head	203' 6"
Disc (A) : 4. N. Head	118' 3"	(B) : 2. B. King	181' 3"
(B) : 2. P. Glass	115' 9"		
Result:			
1. Belgrave H.	191 pts.	6. Milocarian A.C.	87 pts.
2. Southampton	188 pts.	7. Walton A.C.	77 $\frac{1}{2}$ pts.
3. Royal Navy (South)	110 pts.	8. Polytechnic H.	52 pts.
4. Blackheath H.	97 pts.	9. Portsmouth A.C.	47 $\frac{1}{2}$ pts.
5. H.H.H.	95 pts.		

### JULY 14th - Imber Court - Malkin Trophy Meeting

100 (A) : 2. C. Martin	10.2	220 (A) : 1. C. Martin	22.8
100 (B) : 1. C. Brooks	10.5	220 (B) : 2. C. Brooks	23.7
440 (A) : 2. P. Gee	53.0	880 (A) : 3. A. Brooks	2:02.7
440 (B) : 2. P. Smith	52.9	880 (B) : 3. A. Major	2:05.6
1 m : 3. P. Hilliar	4:37.0	2 m : 1. L. O'Hara	9:23.4
7. D. MacLean	4:55.4	2. A. Major	9:26.2
120H (A) : 4. J. Martin	18.8	11. P. Hilliar	10:38.0
120H (B) : 1. C. Brooks	17.7	Jav : 4. B. King	160' 1"
Discus : 6. J. Martin	102' 8"	L.J. : 2. A. Bent	20' 4"
		4. C. Brooks	19' 10 $\frac{1}{2}$ "
T.J. : 6. C. Brooks	39' 9 $\frac{1}{2}$ "	Hammer : 3. M. Robertson	133' 10"
8. A. Brooks	38' 6 $\frac{1}{2}$ "	5. W. Couzens	110' 10"
H.J. : 2. A. Bent	6' 0"		
7. C. Brooks	5' 2"		
Result:			
1. Blackheath H.	94 pts.	3. Belgrave H.	84 pts.
2. London A.C.	86 pts.	4. Met. Police	81 pts.

Result:
Team: 2 miles
1. Bel. 14
2. Black. 16
3. L.A.C. 23
4. Met. Pol. 25

### Surrey County Relay Championships at Crystal Palace, Tuesday, 23rd July

Senior 4 x 100 metres	1. Belgrave H.	(A. Brooks, A. Brewster, C. Martin, J. Vivian)	41.0
4 x 400 metres	4. Belgrave H.	(A. Brooks, P. Smith, P. Gee, A. Mead)	3:25.6

# A.A.A. CHAMPIONSHIPS

Held at the White City on 12th and 13th July, this year's Championships took on an added interest as the competitors were also out to achieve Olympic qualifying time and impress the selectors. For Belgrave there was no success. We were quite well represented but, on the day, almost outclassed.

**100 yards** - Six heats were held, with the first three in each to go thro' to the semi-final. Jim Vivian made it to the starting line only thro' the efforts of Ted Chappell, who for 3 weeks had been treating Jim for a back injury. Vivian was drawn in the first heat with world champion, Paul Nash (S.A.), and finished a good second in 10.1 - same time as Nash. John Mitchell had to wait until Heat 6 for his stint knowing that Piggot and Reynolds were dangerous opposition but knowing little of the South African T. Moorgosi. A dashing effort by Mitchell, during which he hung on to Reynolds like a leech, enabled him to beat Moorgosi 10.3 to 10.4 and qualify for the semis in 3rd place.

The semis were really tough, with first two from three heats qualifying for the final. John started well in Heat 2 but faded in the last 20 yards to finish last in 10.5. Jim Vivian looked to have a good chance in heat 3. Kelly was a logical winner, but it did seem a possibility to pip Cheetham for second - but it was not to be; a form-book finish placed Jim 3rd with 10.2.

**Result:** 1. P. Nash (S.A.) 9.9, 2. R. Jones (W.G.) 9.9, 3. B. Kelly (Bury) 9.9

**3000 Metres Steeplechase:** - For the first time it was decided to run heats, but as it happened there were only 18 starters. Two heats of nine were held with five to qualify from each. Although the seeding was done well John Bicourt still faced a pretty formidable task. Of the four G.B. athletes to have achieved Olympic qualifying standard, three were in his heat (Herriott, Bryan-Jones and Ashton). In addition there was Reading's international, Gerry Stevens and Szabo of Hungary. John needed to be at his best ever, but he wasn't. Showing no life at all he lost contact at halfway and besides finishing about 75 yards down on the five favourites also had to give way to Ewing of Aberdeen. His time of 9:02.0 was no disgrace but over 10 seconds outside his best. In the final, Barrus (U.S.A.) dropped out leaving Ashton (5th John's heat) last in 8:59.21

**Result:** 1. Bryan-Jones 8:36.2, 2. Jackson 8:37.8, 3. Herriott 8:39.2

**"PEPSI-COLA" INTERNATIONAL 5000 METRES:** - The A.A.A. 3 miles championship was postponed until August 10th to make way for this major event. World record holder Ron Clarke did not appear but there was still Roelants and Poileunis of Belgium and Sawaki and Suzuki of Japan to chivy up our runners. This was the occasion when everyone expected the 'terrible three' - Rushmer, Taylor and McCafferty - to clinch their Olympic places. But the latter did not appear and does not seem to be interested in Mexico. What a chance then for our own John Thresher. John had the psychological advantage of being the only Briton to have achieved the qualifying standard, thanks to a super win (13:49.0) in Paris the previous week. A similar time close up on Taylor and Rushmer could well give him a passport to Mexico. There were 26 starters and the race was run at a very even pace. For the first 3 laps John was at the rear of the field but, as the mile was passed in 4:27.2, he moved through to fifth and was nicely placed; Taylor, Rushmer, Roelants and Swaki, with Derek Graham alongside. 2,000 metres went by in 5:30 and there was no change until 3,000 metres, when Taylor suddenly stepped up the pace. John was still fifth and well placed to hang on, for the rest of the field was dropping away, but he also had nothing in hand and was forced to let the top few go. Once he had lost contact he went to pieces and slipped steadily back for the remainder of the race, losing almost  $\frac{1}{2}$  lap in 5. It was a bitter disappointment to John and all Belgravians felt for him. It didn't help either to realise that his 13:49 Paris effort would have placed him between Taylor and Roelants in 4th place, nor to find that John's 56 seconds last lap in France was 2 seconds better than Sawaki's in London. It's the race itself that counts.

**Result:** 1. Sawaki (Jap) 13:45.6 2. Rushmer (Tipton) 13:46.4 3. Taylor (Cov) 13:48.0

**Six Miles:** - Invariably the best event of the Championships, this year's race was no exception. For the first time in memory all 35 entrants started and G. Kiss of Hungary made it a round 3 dozen. Each mile needed to be run in a little under 4:34 to dislodge Gammoudi's all-comers record and it was none other than our own Gerry North who took the field through the mile post in a snappy 4:30.4. Gerry looked good, but one wondered whether someone had kidded him it was the 'three' - if they had, it was probably Martin Hyman, who was anchoring the field a full straight behind. With the rhythm set, Johnstone, Grove, Holt (R) and Hogan took 2-lap stints in front to tow the field through 3 miles in 13:44.2. Only 3 seconds covered the first 16 at this point with Gerry still in the bunch, but not looking quite so frisky now. Within a lap, Gerry was off the back of the leaders to begin his payment for that first-half extravagance. Meanwhile, his old rival Hyman - a full half lap down - started to move thro', caught Gerry at  $\frac{1}{2}$  and at the finish had turned that  $\frac{1}{2}$  lap deficit into a  $\frac{1}{2}$  lap lead, clocking 28:35.2 to

Gerry's 29:12.4. Gerry's last three miles was a slowest ever 15:25.8! But that first half of the race suggests that Gerry was tuned to do a personal best 3 miles that day. That's athletics.

Result: 1. Johnstone (Port) 27:22.2 2. Tagg (Norf) 27:26.4 3. Alder (Morp) 27:28.6

Long Jump: - Although a portable 'Tartan' strip had been laid for the event, performances at this notorious pit failed to improve by the expected margin. Belgrave eyes were on John Mitchell and second claim member Alan Lerwill, both coached by Dave Ansell. International Lerwill had little difficulty in qualifying with 24' 7", but with only eight to go thro' to the final rounds John's task was immense. Qualifying always looked a possibility but in the end his 22' 5" placed him 14th, just 4" behind the leading non-qualifier (9th). Alan almost repeated his excellent qualifying leap in the final rounds (24' 6") but was squeezed out of a 'bronze' by close rival Reed - by such margins are medals won and lost!

Result: 1. L. Davies (Neath) 26' 0 $\frac{1}{2}$ " 2. Yamada (Jap) 25' 0 $\frac{1}{2}$ " 3. Reed (H/W) 24' 7 $\frac{1}{2}$ "

Triple Jump: - Everyone hoped that Derek Boosey would continue his recent excellent form. The 'Tartan' strip should have given our injury prone triple jumper the confidence he needed to show that his recent Olympic-qualifying leap of 53' was not out of the blue. Of the home contingent only Alsop and Boosey had achieved the Mexico mark but foreigners Ciocina (Rumania) and Csiffra (Hungary) were 54' plus and 53' plus jumpers respectively. Derek started beautifully with a 50' 0 $\frac{1}{2}$ " effort which led the field, until Alsop and Wadhams squeezed by. The contest became a real ding-dong battle with the various leaders edging ahead by the odd inch or two throughout the six rounds. Derek upped his mark to 50' 9 $\frac{1}{2}$ " but his superior speed did not, on this occasion, overcome his lack of spring after the 'step'. After each good 'hop' he quickly gravitated to earth, hitting the sand well short of his optimum length. With Hamlyn and Wadhams hitting top form, Derek was obviously disappointed with his sixth place. Nevertheless, he still has the comfort of knowing that only he and Alsop can, so far, be considered for Mexico

Result: 1. Ciocina (Rum) 52' 7 $\frac{1}{2}$ " 2. Alsop (Hav) 52' 1" 3. Hamlyn (B'ht) 51' 11"

4 x 110 Junior Relay: - Although Belgrave held the A.A.A. Club record and Best Championship Performance of 42.8, set at Hurlingham in 1965, this was the first time since then that we had entered the event. We had little prospect this year of reaching the final, but it was good to see our name on the programme and four claret and gold vests on the track at the same time. Our team of D. Rees, M. Franks, J. Hamilton and S. White had had no practice at baton changing but ran their hearts out and despite clumsy change-overs, still managed 45.5. However, they were eliminated in their heat by Wolverhampton and Bilston who, to rub salt into the wound, clipped a tenth off our record. To show it was no fluke either they won the final with a new A.A.A. u/19 record of 42.5!

And so another year's Championships have ended. Each year we seem to be better represented and indications are that this trend will continue. Who knows? the 1972 Championships could well see our present wealth of young talent shaking up the next batch of Olympic hopefuls!

One Black Spot: For the first time - yes, it must be the first time ever - we had no starter in the 2 miles walk. What is worse, WE DIDN'T EVEN HAVE ANY ENTRY. This must surely be the death-knell of this event!

<u>JULY 17th - Battersea Park - Match v S.L.H., Poly H and Stock Exchange</u>			
100:	1. A. Lerwill	10.5	100: 1. A. Brewster 10.8
(A)			(B)
220:	1. J. Mitchell	22.5	440: 2. K. May 52.7
	2. A. Lerwill	22.9	3. P. Smith 53.1
			5. P. Gee 53.3
880:	1. K. May	1:59.6	1 m: 1. W. Kerr 4:23.0
	3. A. Major	2:01.8	3. A. Black 4:31.1
	5. J. Kelly	2:05.5	7. C. Pearson 4:42.8
	6. H. Satchell	2:06.1	Jav: 1. B. King 181' 11"
	1. L. O'Hara	9:08.4	2. J. Martin 152' 4"
2 m:	2. A. Fairclough	9:14.2	L.J: 2. R. Couillault 20' 5 $\frac{1}{2}$ "
	5. W. Kerr	9:33.0	4. A. Brooks 19' 8 $\frac{1}{2}$ "
	6. L. Mann	9:41.6	H.J: 1. D. Winsborrow 5' 5"
	8. P. Hilliar	9:57.0	2. R. Couillault 5' 2"
	9. B. Gorman	10:05.0	100: 1. M. Franks 10.8
	12. C. Calderwood	10:15.0	m/s 2. A. Bent 10.9
	13. C. Keavey	10:23.0	3. S. Ipaye 11.0
	14. R. Glover	10:40.0	4. A. Brooks 11.1
	15. B. Merry	10:44.0	5. P. Gee 11.2
	16. D. Hurd	11:07.0	6. P. Smith 11.3
	17. J. Martin	11:57.0	Shot: 2. J. Martin 35' 9"

Result: 1. Belgrave H. 98 pts. 2. S.L.H. 63 pts 3. Poly. H. 25 pts  
4. Stock Exchange 22 pts.

# NATIONAL LEAGUE

## PERRY BARR JULY 21st

Competing against some of the strongest teams in the country, Belgrave came away satisfied that they had given a good account of themselves. Fourth out of the six clubs many of B.s. performances could have been more than enough to win their "sister league".

On an undulating track, Adrian Major equalled his best mile ever, whilst Gerry North and Bill Kerr both returned good two-mile times.

In the sprints, Jim Vivian looked more like his old self and John Mitchell powered round to an easy 220 yards win.

A word of thanks to Alan Black for turning up with only 12 hours notice.

### RESULTS

100: (A) : 2. J. Vivian	10.1	220: (A) : 4. C. Martin	22.9
(B) : 1. J. Mitchell	10.3	(B) : 1. J. Mitchell	22.6
440: (A) : 4. A. Brooks	51.4	880: (A) : 6. A. Mead	2:02.3
(B) : 6. P. Gee	54.1	(B) : 6. P. Hilliar	2:00.4
1 m: (A) : 2. A. Major	4:15.2	2 m: (A) : 2. W. Kerr	9:01.6
(B) : 4. A. Black	4:28.8	(B) : 1. Gerry North	9:01.6
4 x 110 yards Relay: 3. Belgrave H.	(C. Brooks, J. Mitchell, C. Martin, J. Vivian)	43.3	
4 x 440 yards Relay: 5. Belgrave H.	(A. Mead 52.9, A. Brooks, 51.2, P. Gee 53.2, C. Martin 52.9)	3:30.2	
120 Hur (A) : 2. D. Winsborrow	16.0	440: Hur (A) : 5. C. Brooks	59.6
(B) : 6. R. Couillault	17.4	(B) : 5. R. Couillault	60.3
Hammer (A) : 4. M. Robertson	125' 5"	P.V. (A) : 3. D. Winsborrow	10' 6"
(B) : 2. W. Couzens	104' 1"	Tr. J. (A) : 4. R. Couillault	44' 1"
L.J. (A) : 3. C. Brooks	20' 7"	Shot (A) : 6. W. Couzens	33' 5 1/2"
(B) : 2. A. Bent	19' 6 1/2"	(B) : 6. J. Martin	33' 3"
H.J. (A) : 4. D. Winsborrow	5' 10"	Jav. (A) : 5. B. King	155' 8"
(B) : 1. A. Bent	5' 8"	(B) : 2. W. Couzens	145' 2"
Discus (A) : 6. M. Robertson	101' 8"		
(B) : 6. J. Martin	93' 2"		
Result: 1. Birchfield H.	144 pts	4. Belgrave H.	81 pts.
2. T.V.H.	115 pts	5. Leicester C.A.T.	63 pts.
3. Notts A. C.	82 pts	6. Sale H.	60 pts.

## NOTTINGHAM AUGUST 3rd

The second National League meeting, held at Nottingham, ended up with the same result as the first. This time however, the points separating the clubs were less, and with the remaining match in London Belgrave could well finish third out of the six clubs.

The results of this league match were very promising.

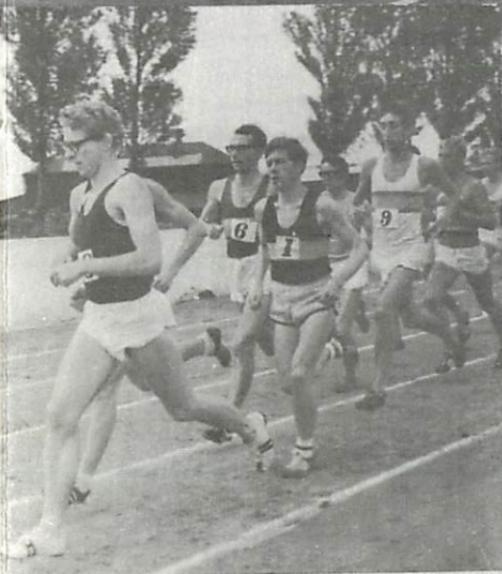
Scoring a double win in the 100 yards, Jim Vivian 9.8 and John Mitchell 10.0, Belgrave were also first in the 3000 metres steeplechase, Dick Pitrowski 9:11.4, the 'B' Mile, Bill Kerr 4.15.4 and the 'B' 220, Jim Vivian 22.2.

Outstanding performances of the afternoon were Jim Vivian's 100 yards, Adrian Major's personal best mile and Dick Pitrowski's personal best steeplechase.

### RESULTS

100 (A) : J. Vivian	9.8	220 (A) : 4. S. White	22.8
(B) : 1. J. Mitchell	10.0	(B) : 1. J. Vivian	22.2
440 (A) : 5. P. Smith	52.4	880 (A) : 4. P. Hilliar	2:00.3
(B) : 4. P. Gee	52.8	(B) : 2. A. Brooks	1:58.2
1 m (A) : 5. A. Major	4:15.0	2 m (A) : 5. W. Kerr	9:15.0
		(B) : 2. A. Fairclough	9:16.4
4X 100 : 3. (White, Mitchell, Franks, Vivian)	43.9		
4X 440 : 4. (Brooks, Hilliar, Gee, Smith)	3:29.1		
3000S/c (A) : 1. R. Piotrowski	9:01.4	120H (A) : 5. D. Winsborrow	17.5
(B) : 6. N. Bacon	11:11.4	(B) : 3. B. Townsend	17.3
L.J. (A) : 2. J. Mitchell	21'-7 1/2"	440H (A) : 4. J. Martin	62.2
(B) : 3. A. Bent	19'-9"	(B) : 2. M. Franks	61.2
H.J. (A) : 1. A. Bent	5'-10"	Shot (A) : 6. J. Martin	34'-6"
(B) : 1. B. Townsend	5'-8"	(B) : 5. W. Couzens	33'-11 1/2"

(Cont'd on page 18)



PHOTOS BY PETER HILLIAR

NATIONAL LEAGUE-----PERRY BARR

TOP LEFT: Bob Coullhault in full flight during 120 yds hurdles 'B' event.  
TOP RIGHT: Bill Kerr trails Goodman (TVH) in 2 miles 'A' race to finish 2nd.  
CENTRE LEFT: Adrian Major (1) on the way to 2nd place in the 1 mile (4:15.2)  
CENTRE RIGHT: Denzil Winsborrow snatches 2nd place in the 'A' 120yds hurdles.  
BOTTOM LEFT: Bill Kerr ponders his heaving chest while Tony Brooks sorts out  
a relay quartet with coach Dave Ansell (hidden).  
BOTTOM RIGHT: John Mitchell scores a fine win in the 220yds 'B'.

## NATIONAL LEAGUE (Cont'd from page 16)

PV (A):	3. D. Winsborrow	11'-0"	Discus (A):	6. J. Martin	93'-0"
(B):	2. B. Townsend	9'-6"	(B):	5. W. Couzens	89'-10"
TJ (A):	6. A. Brooks	37'-10"	Javelin (A):	4. B. King	173'-9"
(B):	6. M. Franks	37'-8"	(B):	4. B. Townsend	140'-5"
Hammer (A)	4. W. Couzens	112'-4"	(B)	3. B. King	85'-6"

## Teams:

1. T.V.H.....	122pts	4. BELGRAVE H.....	97pts
2. Birchfield H.....	111pts	5. Leicester C.A.T.....	75pts
3. Notts AC.....	103pts	6. Sale H.....	73pts

## JULY 21st - Perry Barr - Waddilove Trophy and National League Meeting

## Glenville Trophy (Juniors)

100: (A) :	4. M. Franks	10.8	220: (A) :	3. M. Franks	23.8
(B) :	5. D. Rees	11.0	220: (B) :	3. D. Rees	24.4
880: (A) :	5. W. Curtin	2:03.3	1 m: Team :	4. Belgrave H.	
(B) :	4. R. Hamilton	2:06.8		10. J. Blair Fish	4:50.4
Jav:	4. D. Wilkinson	140' 8"		12. C. Calderwood	4:56.9
				14. N. Bacon	5:02.2
				16. J. Hamilton	5:30.6
4 x 110 yards	3. Belgrave H. (D. Rees, M. Franks, R. Hamilton, J. Hamilton)				46.6

Result:	1. Birchfield H.	36 pts	4. Notts A. C.	24 pts
	2. Sale H.	29 pts.	5. Belgrave H.	20 pts
	3. T.V.H.	28 pts.	6. Leicester C.A.T.	18 pts.

## JULY 14th - Battersea Park - Junior Match

100: 3. D. Rees	11.0	220: 2. D. Rees	23.8
4. L. Johnson	11.1	5. R. Hamilton	25.4
440: 1. M. Franks	53.8	880: 1. M. McMaier	2:07.6
2. J. Hamilton	55.0	2. R. Hamilton	2:09.2
1 m: 1. J. Blair-Fish	4:42.3	3. J. Hamilton	2:10.2
2. M. McMaier	4:54.3	Jav: 1. A. Bent	130' 10"
Shot: 1. E. Leniston	32' 1"	H.J: 1. A. Bent	5' 10"
L.J: 1. A. Bent	21' 8 1/2"		
3. M. Franks	17' 2 1/2"		

Result: 1. Belgrave H. 82 pts 2. S.L.H. 29 pts. 3. Poly H. 14 pts

## JULY 23rd - Match v. Walton A.C. - Stompond Lane, Walton

100: 2. L. Sullivan	10.6	220: 2. L. Sullivan	23.4	440: 3. L. Mann	57.0
4. P. Hilliar		4. P. Hilliar		4. C. Manning	64.3
880: 1. A. Major	2:01.2	1 m: 1. A. Major	4:29.1	2 m: 1. L. Mann	9:26.0
3. J. Rimmer	2:04.6	2. L. Mann	4:33.0	4. C. Calderwood	10:10.0
Shot: 1. J. Martin	36' 5"	4. C. Pearson	4:45.0	HJ: 2. P. Hilliar	5' 1"
2. W. Couzens	36' 1"	8. R. Glover	5:04.0	Discr: 2. J. Martin	98' 2"
Jav: 3. B. King	180' 9"	9. B. Merry	5:04.2	4. W. Couzens	94' 3"
4. J. Martin	141' 11"	LJ: 2. L. Sullivan	18' 10"		
		4. C. Pearson	16' 2 1/2"		

Result: 1. Walton A.C. 66 pts. 2. Belgrave H. 54 pts.

(Cont'd from opposite page)

L.J: 1. J. Mitchell	22' 6 1/2"	Disc: 6. N. Head	126' 10"	Jav: 5. N. Head	195' 0"
H.J: 3. D. Winsborrow	5' 11"	T.J: 6. R. Couillault	43' 7 1/2"		
Continental Medley Relay:					
(110 yds, 220 yds, 330 yds, 440 yds)		3. Belgrave (C. Martin, J. Mitchell, A. Brooks, J. Vivian)			1:59.1

Result:	1. Belgrave	57 pts.	7. Cambridge H	32 pts.
	2. Blackheath	56 pts.	Surrey A.C.	28 pts.
	3. T.V.H.	48 pts.	9. Polytechnic H.	28 pts.
	4. H.H.H.	35 pts	10. Walton A.C.	17 pts.
	Hercules/Wimbledon	33 pts	11. Mitcham A.C.	14 pts.
	6. Croydon H.	33 pts	12. S.L.H.	12 pts.

# Bels Retain 'Brockman'

## W.E. LUCAS REPORTS

As the holders of this trophy we were, of course, confident that we would retain our hold on this important award, but few of us realised how closely contested the meeting would be. Right up to the last event the result was in doubt and the spectators were kept at a pitch of feverish excitement before it was announced that Belgrave had won for the second year in succession. This is no mean achievement when it is considered that clubs like Blackheath, Hercules/Wimbledon, Polytechnic, Surrey A.C. and Thames Valley were our opposition - these are some of the strongest track clubs in the country and three of them are participating in the pilot National League scheme.

We can attribute our success to the depth of our team and for the excellent support given to each other by both the track and field event competitors.

The meeting was run for the first time over metres as against yards so winners were achieving new records. The first Belgravian to do this was Jim Vivian who took the 100 metres in 11 secs. This was closely followed by John Mitchell with 22' 6 $\frac{1}{2}$ " in the Long Jump and later in the afternoon John Thresher won the 1500 in the excellent time of 3:44.6. This event was



Photo: R. Linstead

### John Thresher races away from the 1500 metres field

the only race previously contested over this distance and John carved 2.5-secs. off the previous record. Our other winner of the day was Dick Piotrowski who took the 3000 metres steeplechase in a personal best time of 9:09.0 - watch out Bicourt!!!

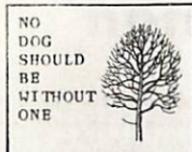
Second place was won by Chris Martin in the 200 with the good time of 22.2.

Denzil Winsborrow had a busy afternoon with third in the high hurdles, an event in which he is rapidly improving, and in the high jump, and was also 4th in the pole vault. There were other good performances by Nick Head (Javelin and Discus), Bob Couillaunt (Triple), new member Robertson (Hammer), Tony Brooks (400) and Peter Hilliar (800). Bill Kerr and Gerry North were a little disappointing in the 5,000 and 10,000 respectively.

Throughout the afternoon we had been alternately well in the lead and fractionally in front with Blackheath pushing us closely. When the last event, the relay, went to the start we had 2 pts. to spare and we felt that all was well when Jim Vivian went off on the last 440 yards leg. Unfortunately, Jim faded a little in the straight and the Blackheath runner took his opportunity to rush past. Fortunately only one place separated us and we finished the afternoon one point ahead - it was a hectic moment but all was well in the end.

100m: 1.J. Vivian	11.0	200m: 2.C. Martin	22.2	400: 5.A. Brooks	50.5	
800m: 4.P. Hilliar	1:58.9	1500m: 1.J. Thresher	*3:44.6	5000: 6.W. Kerr	14:54.6	
1000m: 4.Gerry North	29:53.8	110m: 3.D. Winsborrow	16.3	400m: 4.R. Couillaunt	59.4	
		Hur :		Hur :		
3000m S/C :	1.R. Piotrowski	9:09.0	Ham: 4.M. Robertson	128' 8"	P.V: 4.D. Winsborrow	11' 0"

(Cont'd opposite)



me p o r  
CAPITALIST  
o n r y



## NEWS SUMMARY

Ken Shackelford, 42, Belgrave "Pop" man made a dramatic reappearance at Crystal Palace to win the Vet's mile (actually 1600 m.) in a sizzling 4' 40.4"

Your President, A. Penny, R. Glover, C. Manning and porters are reported safely back from the North face of the Eiger. Last year's expedition included A. Mead, C. Steer and B. Merry, unavailable for this trip because they are still convalescing from vertigo, frostbite and malnutrition.

## STOCK EXCHANGE REPORT

The market is having a very good session at the moment. This rise has been accelerated by the crop of statements from Brockman and Ryder. Gilt edge Hart, Duquemin, Middleton, Major, Kerr and Martin continue as the backbone of our economy.

Whilst high flyers Bent and Thresher continue to excite, Dull spots occurred with results from Hilton, C. Walker and Pearson; the latter's performance only relatively poor because of the swan song from K. Stimpson who is turning in results above himself, a clear case of the Apprentice taking over from the Master. Hiller lost some ground no doubt due to general weakening by supporting the new acquisition. J. Hall went ahead in a thin market and recent close exchange with B. Heatly from Coventry has helped. A buoyant mood was evident in Breweries, Young's leading the rise on news that the next Belgrave Dinner will be held at the Dog and Fox. Jubilation on the Insurance pitch was short lived when a "no foundation" statement came from C. Dabbs that he was leaving to go into catering (a rather nice mobile hamburger bar in Dean St.). Aquasquetum dropped sharply when D. Ansell and B. Merry and J. MacDonald made their plans clear for a Men's boutique in Accrington.

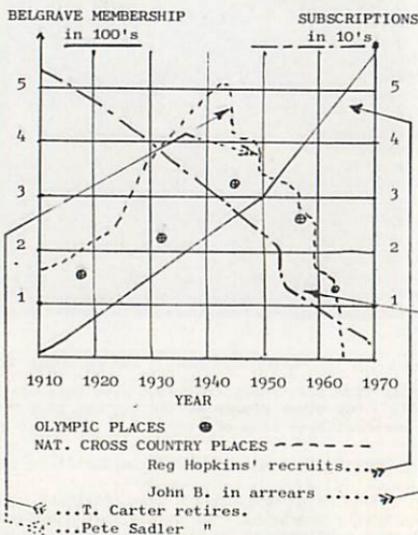
## ANSWERS IN BRIEF

HAVING BEEN LUCKY IN GETTING EVERY 4TH CHEWING GUM FROM THE MACHINE FREE COULD YOU RECOMMEND A SUITABLE INVESTMENT FOR THE MONEY SAVED. (L. O'Hara.)

Yes. You could buy a considerable Number of Russian 4% Bonds (1890) F. GILSON.

## Labour News

Mr. A. Penstone speaking at Transport House last night blamed the Pollen Count for general lack of support at Janitor level. "It's all the bits of dust", he said, "that inflame the membraned and attack the foundations of our hall by inducing damp and subsequently dry rot." Anguished faces wilted before wave after wave of trouble. After the crying stopped they had to have a funny turn on. Enter Brian Graham Hamilton Gorman (perm any two from four) who spoke on meeting targets half way, who no doubt had in mind his first 10 (B.P.) in the Bels, '20'.



"HAVING RECENTLY WON A SMALL SUM WITH A 'DUAL FORECAST' ON THE AAA'S 100 YDS. I'D LIKE TO BUY A SPECULATIVE HOLDING. (C. Steer)

A short term gain could very well be made in L. Mann. This versatile Company has an excellent record into all spheres from one lap to Marathon. The real danger is diversification into cycling, swimming golf, football. (Note - When I won by placing the first three in the Poly, I had to drink my prize) (B. NOTT)

.....

## MINES IN THE NEWS

by FOOLSGOLD

When I was very tiny and before I even went to a school, the world was young, and under a blue summer sky - within sight of Mummy - I was digging a little hole .. in the garden .. when through the flowers I saw a small green man, about the size of the average elf.

"Hallo! What are you doing?", he said.

"I'm digging a hole". I replied.

He put his head on one side and asked, "If it takes two men one day to dig a hole how long would it take four men to dig half a hole?". He leapt on to a marigold and shook the dew all over me.

"Er.. I don't know .. wait, yes I think I do, it's .. it's a quarter of a day".

"Ha! Ha! Ha! He! He!" and he rocked about so much he fell onto the ground. "No you silly boy, you can't have half a hole! A hole is a hole!"

"Oh!", I said rather crestfallen.

"I'll tell you what though. Instead of you digging away like that why don't you buy a hole?".

"Can I".

"Of course".

"Where do I buy them?"

"From a wholesaler", he said.

So for payment I gave him my tin train and he arranged for the delivery of a hole. Now it so happened that the wholesaler was very busy and he had a lot of holes loaded up on his lorry. As he came swaying along the garden path to bring me my hole one of them bounced off. It was much too big for him to lift on by himself so he gently backed up to get it near his tailboard. Unfortunately his brakes weren't all that good and he didn't quite stop in time and to my astonishment he rolled right back into the hole - I never saw him again.

So started my early interest in mines and today they are just as precarious.

### BOARD MEETINGS

The Annual General Meeting has been called for Wednesday 18th September, 1968. Your presence is firmly requested and proxy votes are strongly discouraged.

FOR THOSE WHO LIKE TO KEEP ALL THEIR EGGS IN ONE BASKET .....

## Unit truss

BY LITESOME

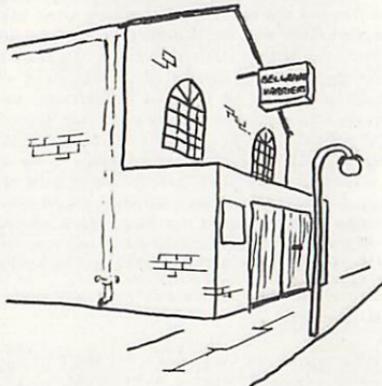
Winding up Procedures, by Matrimonial Services, has precluded further quotations of G. North Jr.

## How to spend it...

(J. Dear is on vacation at present but will be back next time)

H. Satchell, E. Penny, B. Sawyer hadn't a pencil between them, hence this article will be held over.

## Property



### FOR SALE

This desirable residence. Suit family (of 500). Mod. cons. opt. ext. 1ge dng rm. Picture gallery. Limited water on tap; unlimited through roof. Kitchen available for snacks. Will dispose to highest bidder (anything over 3/4d. considered) complete with caretaker. Please apply P. Duncan, Securities Inc. reg. office, Lichtenstein.

bisect the lines to .....

### SPOT THE HALL



# O'HARA'S DOUBLE

CLUB 3 MILES CHAMPIONSHIP

CLUB 6 MILES CHAMPIONSHIP - Battersea Park

The O'Hara/Fairclough duel continues. Whenever a Belgrave Championship is held these two are almost inseparable - remember the Club '10' eighteen months ago? Last year Fairclough took both '3' and '6', with Laurie second each time. This year it was O'Hara's turn. He won by margins of 10 seconds, 3.2 seconds against the 0.6 and 14.6 seconds defeats of last year.

The three miles event was held on 31st in good conditions. The race very quickly became a four man affair and with only two laps remaining Fairclough still lead the tightly grouped quartet. Adrian Major made his effort shortly afterwards and with Laurie O'Hara clinging like a leech turned the battle into a duel. The last 300 yards saw the unleashing of the O'Hara finish and it was all over. Dick Piotrowski continued his run of good form and was 24 seconds faster than last year. Others to show great improvement in 12 months were John Hall (58 secs), Bill Laws (56 secs) and Pat O'Connor (34secs).

The 'six' was held on Wednesday, August 7th, in appalling conditions. Torrential rain had flooded the track and a strong wind blew across the arena. A few passes of the multi-legged field was sufficient to turn the lakes into quagmires - a final touch that convinced many that we really were in December rather than August. Bill Kerr took the field through the early stages at a brisk pace with Fairclough, O'Hara, Mann and Piotrowski in close attendance. At 4 miles Fairclough was back in his usual role of pacemaker with his shadow, O'Hara (mud-spattered from top to toe) close alongside. Kerr was slipping rapidly down the field and Lionel Mann had lost contact after a magnificent fight. With 300 yards to go Laurie let loose to leave Tony with a spray of wet cinders for his pace-making efforts. The next instalment of this 'Taylor/Rushmer' type contest is eagerly awaited. Lionel Mann was a popular third placer, and in his present rate of improvement continues he will be one of our key men next year - in all events: it has even been suggested that he be appointed as the official Belgrave team in future National League meetings! Other good efforts were put in by Pat O'Connor, Brian Gorman and junior Cliff Calderwood.

### 3 miles Result:

1. I. O'Hara	14:04.0	13. W. Laws	15:59.8
2. A. Major	14:11.0	14. M. McMair	16:18.0
3. A. Fairclough	14:14.0	15. P. Glover	16:19.0
4. R. Piotrowski	14:15.0	16. C. Calderwood	16:23.0
5. T. Hart	14:31.0	17. J. Hall	16:37.0
6. L. Mann	14:44.0	18. C. Fairman	17:05.0
7. G. Dance	14:49.0	19. D. MacLean	17:30.0
8. A. Black	15:06.0	20. P. Sutton	17:31.0
9. P. O'Connor	15:17.0	21. C. Henn	17:32.0
10. C. Keavey	15:51.0	22. J. MacDonald	18:40.0
11. C. Walker	15:55.0	23. J. Plummer	18:49.0
12. C. Shippen	15:59.0	24. R. Langheim	19:19.0

### 6 miles Result:

1. I. O'Hara	29:37.8	11. C. Calderwood	33:23
2. A. Fairclough	29:41	12. C. Walker	33:43
3. L. Mann	30:13	13. R. Glover	33:59
4. T. Hart	30:14	14. C. Shippen	34:00
5. R. Piotrowski	30:45	15. J. Hall	34:32
6. W. Kerr	31:20	16. W. Fairfield	36:26
7. P. O'Connor	31:34	17. W. Matthews	37:25
8. R. Donnison	32:31	18. P. Sutton	37:37
9. B. Gorman	33:07	19. - Longshaw	38:47
10. C. Keavey	33:16	20. J. McDonald	40:57

### JULY 31st - Battersea Park - 120 yards Hurdles Championship

1. D. Winsborrow	17.0	2. B. Townsend	17.8
------------------	------	----------------	------

### JULY 31st - Battersea Park - 300 yards Handicap

1. P. Hilliar	32.2	14 yds.	5. J. Hamilton	12 yds
2. J. Mitchell	32.3	Scr.	6. P. Gee	7 yds
3. C. Pearson	32.3	20 yds.	7. A. Brooks	Scr.
4. P. Smith	32.4	9 yds.		

# WALKING

## PAT DUNCAN REPORTS:-

The summer walking season has been dominated by the Olympics, particularly for Belgrave who hoped that Ray Middleton would be able to follow his 1964 Tokyo selection with a trip to Mexico for the 1968 Games. Ray achieved a number of personal bests over the shorter distances but his twenty mile times have been disappointing particularly when compared with those of some of his rivals. On the other hand he held Nihil to a minute in the West German 35 Kilos and we all hoped that he would be able to find his best form for the National 50 Kilos. Alas this was not to be and Ray finished fourth, the first three virtually selecting themselves they walked so well. Great competitor that he is within a week Ray was again on the road for the 20 Kilo trial in Wales and again he finished a very strong fourth. The selectors have a difficult job but the method of arriving at the 20 Kilo representatives could hardly be said to give all possible a fair chance. Selection, we were told earlier in the year, would be based on the Inter-Counties Track 7 on June 2nd and the Welsh Games 20 Kilos on July 27th. Many of our better performers were unable to take part in the June 2nd race as it clashed with the German international. This left the second race which, even though for some years it has been accepted that it is possible to be good over both 20 and 50 Kilos, was held so soon after the 50 Kilo race that it was almost impossible for any of the distance men to recover in time to do themselves justice. That Ray did as well as he did is a reflection on his tremendous strength and courage and I for one find it tragic that one of the country's greatest walkers should have to use all his guts and ability to overcome unnecessary obstacles imposed by an unrealistic and thoughtless process of selection rather than in producing the best possible performance. As it is the third place in Mexico will be filled by a brilliant sprint-walker who has managed to hang on for the last 5 miles of two 20 Kilo races in this country in the last two years. It is almost heart-breaking to consider that the selectors have overlooked Ray's tremendous record of consistent high class performances in favour of a man who despite only racing when he feels like it has still dropped out of two of the last three important 20 Kilo events in this country.

### LAMBETH 5 Miles - June 11th.

Walking with more determination than the previous Saturday our boys had no difficulty in taking the first team prizes by five points from Met.  
Result:

1. J. Padraza	34.59	11. J. Moullin	37.33	44. R. Picton	42.30
2. J. Oliveros	36.07	20. F. Duncan	39.21	45. R. Coates	42.33
3. A. Thompson	36.14	30. C. Lawton	40.22	49. D. Fotheringham	43.08
4. R. Middleton	36.22	40. R. Puffett	42.13	83. T. Cook	47.18
5. L. Duquemin	36.23	42. B. Ward	42.19	92. J. Wilson	50.40

Team: 1. Belgrave 13. 2. Met 18.

### SWINDON INVITATION 20 MILES - June 22nd.

With three to score our team had little to worry about although the weather seemed to have a bad effect on them. At one point Ray looked set well to move through in his usual manner but the cold and wet caused some stiffness which had him struggling over the last few miles.

Result:

1. S. Lightman	2.38.53	2. P. Thorn	2.43.43	3. R. Middleton	2.45.31
4. A. Banyard	2.46.22	5. D. Thompson	2.48.10.	6. L. Duquemin	2.48.39
9. J. Moullin	2.58.42				

### MANCHESTER - BLACKPOOL - June 29th.

From the gun Pat Duncan set about the opposition in no uncertain way and by 20 Miles (2.57.00) had opened a gap of six minutes over the main bunch. An overdose of glucose gave Roy Thorpe of Wakefield a brief spell in the lead but by 50 Kilos (4.33.50) Pat had once again gone ahead and from then on he moved steadily away to improve on his last year's record by some 2½ minutes. Thorpe fell back some forty minutes with Guy Goodair also of Wakefield coming through to second place some 12 minutes behind the leader. Once again Bernard Eglinton beat 10 hours to finish 31st.

Result:

1. F. Duncan	7.57.01 (Record)	3. G. Barrass	8.14.52
2. G. Goodair	8.09.39	31. B. Eglinton	9.54.59

BELGRAVE INTER-CLUB TRACK WALKS - July 3rd.

Last year the Bels were unable to field a full team in our own track promotion so this year it was very encouraging to see so many of the boys turning out and disappointing that only three were able to score in each event. In the five Ray Middleton scored a resounding win over Don Thompson with Carl Lawton and Bob Licton backing up very well. Len Duquemin proceeded to repeat Rays example in the three and only six seconds prevented John Noullin from doing the same over two. In all our team produced 5 of the first 9 positions.



Photos: C. McLennan

CARL LAWTON

BRIAN WARD

DOUG. FOTHERINGHAM

Result:

5 Miles

1. R. Middleton
2. D. Thompson
3. C. Fogg
5. C. Lawton
9. R. Licton

3 Miles

- |                  |       |
|------------------|-------|
| 1. L. Duquemin   | 21.56 |
| 2. W. Sutherland | 22.30 |
| 3. J. Duncan     | 23.24 |
| 6. B. Ward       | 24.36 |

2 Miles

- |                     |       |
|---------------------|-------|
| 1. K. Easlea        | 14.27 |
| 2. J. Noullin       | 14.33 |
| 3. R. Barnes        | 15.00 |
| 10. D. Fotheringham | 16.14 |

Team. Belgrave Harriers 213 Surrey Walking Club 140 Highgate 138  
Enfield 118, London Vidarians 106, Metropolitan 90.

Olympic Selection 20 Kilos - Cymbran July 27th.

Within a week of finishing fourth in the National 50 Kilos Ray Middleton was back to record what can only be described as a fantastic 95.25. Starting steadily Ray stormed through the field and took 1m 20secs off a shattered Arthur Jones over the last 5 Kilos. Had the race been better organised ( Jones had been dropped at 7 Kms only to find himself in the lead again when the leaders were misdirected) Ray would almost certainly have caught him and be going to Mexico in his place. As it was the selectors were faced with a very difficult choice as this was the first 20 Kilo race in this country since last year's National that Jones has bothered to finish. Ray on the other hand has been turning in great performances over all distances but just lacked that final edge finishing fourth in both selection races.

6 Miles versus Surrey WC at Tooting July 30th.

1. F. Nihill	S.W.C.	42.45	6. J. Duncan	Belgrave	47.49
2. F. Fullager	Basildon	43.40	11. D. King	" "	51.22
3. D. Rosser	Southend	46.53	15. W. Wesch	" "	53.01
4. C. Lawton	Belgrave	47.30	20. T. Cook	" "	56.51

Team: 1st Surrey Walking Club 24, 2nd Belgrave 31.

# GUINEA PIGS at BRACKNELL

## by Pat Duncan

As part of the research effort for Mexico, the International Athletes Club and Dr. Griffith Pugh organised a series of tests to assess the effects of different diets and drinking routines on long distance performances. Inevitably, such an exercise has its drawbacks but some of the findings may well prove useful to those who take part in endurance (2 Hrs +) events. My own conclusions which follow are very subjective but I would be pleased to send a full copy of the results to anyone interested.

Briefly the tests set out to assess the effects of drinking or not drinking on runners and in the case of walkers to see if it was possible to increase the storage capacity of the body by undergoing a special diet for the week prior to competing. Although the runners were not taking part in the experiment with diet it was concluded that they too could benefit from the experience of the walkers. Similarly the runners' experience with drinks was also relevant to walkers.

Half the runners were allowed to drink during their run which was held over a moderate 40 Kilo course, the other half were not. Both the trials were run in cool conditions and the results showed that no advantage was obtained from drinking but that the drinkers ran the last 10 Kilos at least as fast as the non-drinkers so that drinking does not adversely affect running ability. In hot conditions however marathon runners have lost 10% of their body weight and their temperatures have risen to 107F. This leads to a very rapid decrease in work capacity and reduction in speed followed by eventual collapse. By drinking in hot conditions (70F +) runners can obtain a decisive advantage by delaying the point where the temperature reaches its critical limit. Drinking in this case meant taking about 2 Pints in the 2 hours prior to racing and a similar amount in small doses during the race. It was also found that there was little point in taking salt during the event and that the drinks should only be slightly sweetened. The recommendation was therefore that Marathon runners should practise drinking these amounts before and during races.

Half the walkers were put on a special diet which involved starving the muscles of carbohydrates for the first three days and then reversing this by eating large quantities of carbohydrates for the next three days. In this way it was hoped to increase the amount of glycogen fuel stored in the body immediately prior to the event. Both trials showed that those on the special diet walked significantly faster over the last 10 Kilos.

My own conclusions may be summarised as follows:

1. Training hard and on occasions over similar distances remains the most important physical and mental preparation for endurance events particularly when courses and weather conditions are likely to vary.
2. I felt significantly stronger in several races as a result of the diet which for me involved very little difficulty. I gave up sugar, bread and potatoes for the first part and fried foods, fat, eggs, cheese and butter for the second. For the two days prior to racing I consumed large amounts of Glucose, Sugar and Salt as well as a certain amount of Beer. The last meal was taken the night before racing with only Toast, Glucose and Tea or Coffee without Milk on the same day. I also drank up to three pints before racing and small amounts regularly throughout the race. I found that it was best to drink warmish drinks of squash, water or slightly fizzy lemonade and to spread these throughout the race rather than waiting until thirsty and then drinking too much at one time. Where drinks were cold I held them in my mouth briefly to avoid chilling the stomach. As a side note I would mention that after three days without carbohydrates I could hardly train my legs felt so dead but that in the second half of races I felt not only stronger but also confident that all that energy was waiting to be used. I also found that my recovery rate after races improved considerably, an important advantage if one races regularly over long distances.
3. By taking Glucose and Salt in the days prior to racing the risk of being sick during the race was considerably reduced.
4. The diet, apart from increasing stamina, has two other important side effects. Starting one's preparations six days before the race not only in terms of food and drink but also training and sleep, has advantages over the haphazard 10 minutes warm-up adopted by many distance men. A regular pre-race routine gives a feeling of confidence and reduces the possibility of upsets resulting from unexpected changes in routine.

Finally, I would like to thank Martin Hyman, Bruce Tullon, Dr. Pugh and his research team for their interest and expert guidance. I am a great believer in eating and drinking exactly what one likes but these tests have shown, in a very common-sense way, how a few simple variations can materially help the distance man and his racing.

# Nat'l 50k Champions

RWA National 50 Kilo Championship - July 20th.

Held over that notorious Belgrave burial ground at Ewell this race was to be the basis for the Olympic 50 Kilo selections. Paul Nihill, Tokyo Silver medallist, Lightman and Eley had all shown themselves to be in tremendous form but with 13 laps to endure our Ray Middleton's reliability was likely to prove useful. After a very fast start only Lightman was with Nihill and at 20 Kilos Paul moved rapidly away to win by over three minutes. Towards the finish Eley caught Lightman and these two finished nearly a mile ahead of Ray who never appeared happy and instead of closing the gap over the second half in his usual manner slipped steadily back to a disappointing fourth. In the team event there were several strong teams out but defending champions Belgrave were so strong that despite losing Duquemin, Keown and Picton we were still able to win by 11 points. Pat Duncan, John Moullin and Bob Farley all walked strongly with some secure backing in the form of Dave King and George Beecham. Gerry Cameron had some rude things to say when lapped by one of his clubmates but soon recovered to finish his first 50 Kilos in fine form. Bernard Eglinton also turned in a useful performance so that had the captain been a prophet we could also have taken the Milan Trophy for the first team to finish eight. As it was our declared team was depleted by retirements so that Surrey took the honours.

## RESULT:

1. P.Nihill	S.W.C.	4.18.59	16. G.Farley	Belgrave	5.02.16
2. B.Eley	Bristol	4.22.16	31. D.King	" "	5.18.42
3. S.Lightman	M.W.C.	4.23.17	35. G.Beecham	" "	5.22.45
4. R.Middleton	Belgrave	4.31.11	37. G.Cameron	" "	5.24.00
9. P.Duncan	" "	4.51.12	47. B.Eglinton	" "	5.41.57
10. J.Moullin	" "	4.54.05			

Team: 1st Belgrave ( 3,7,8,12 ) 30 Points  
 2nd Met WC ( 2,5,16,18 ) 41 Points  
 3rd Wakefield(6,13,17,20) 56 Points

## HASTINGS-BRIGHTON WINNERS

Hastings-Brighton August 10.

Four Belgravians, all experienced campaigners over this tough 38 Mile course, were sent on their way by the Mayor of Hastings. Pat Duncan moved off fast knowing that with only five days to recover from his exertions in Prague the sooner he reached Brighton the better. Dave King also went well for the first 10 Miles but then required all the experience of General Goswell to pull him through to Lewes where he recovered sufficiently to pull back a place from London Vidarians to ensure that Belgrave captured the team honours. George Beecham moved through steadily to back up our faster men but the real performance of the day came from Bernard Eglinton who not only held George to two minutes but came within an ace of taking the first veterans prize as well. Bernard and George also finished first and second in the handicap to round off a fine team effort. Once again with both Pat and Dave staggering about a bit with exhaustion we realised how much we depend on our attendants and in particular Jack, not only to keep our teams intact through the inevitable bad patches but also to supply information which so often paves the way to victory.

Result: 1.D.Thompson	MWC	5:45:00	7.D.King	Bels	6:23:28
2.C.Fogg	Enfield	5:51:11	11.G.Beecham	"	6:40:03
3.P.Maidment	L.Vids	5:57:30	13.B.Eglinton	"	6:42:47
5.F.Duncan	Bels	6:08:22			

Team: 1. Belgrave (2,4,7) 13 2. London Vids ( 1,6,11) 18 3. SWC (3,8,12) 23

Handicap: 1. B.Eglinton 5:14:47, 2. G.Beecham 5:22:03

1st Sussex Man P.Duncan.

\* \* \* \* \*

Prague - Kodebrady August 4th.

Walking for Britain in this long-established international 50 Kilo event Ray Middleton helped team-mate Bryan Eley over a difficult patch to finish 20th in 4:31:59. Travelling independently Pat Duncan recorded a personal best 4:45:40

## Miscellaneous

Len Duquemin has had a disappointing summer over the longer ones but on the track he has been speeding along following his 4th place in the inter counties '7' ( 52.59) with a 14.04 2 Miles for the AAA versus the RAF. 2 Weeks later Ray Middleton came up with a 14.05 when representing the Civil Service and John Moullin's 14.39 for Hampshire shows that Belgrave have some pretty useful and versatile performers. Bob Barnes has also broken 15.00 this year.

Our only representative in the Birmingham Outer Circle was Bernard Capener who finished this tough 25 Miler in a very good 4.09.28. At this rate Bernard will soon be troubling ~~our~~ more experienced distance men.

In the USA 50 Kilos Dave Mayo recorded a fine 4:52:00 in his first try at this distance. Also in America John Knifton has been moving fast with a 14.38 " 2 ".

Walking for the London Postal Region Ray Middleton turned in a fast 44.50 for the Tooting 6 Mile course finishing nearly 2 minutes ahead of Junior International Phil Embleton.

## FROM 'THE BELGRAVIAN' 25 years ago

OCTOBER 1943 Belgrave Hall will be open on Wednesday evenings. It is most essential that white clothing should be worn during black-out.

We are most grateful to the Polytechnic Harriers for the help that their members have been to us during the track season, particularly Metcalfe and Maurice Wright. The services of Doug Wilson were not always available owing to many calls on him by Jack Crump for representative matches. We hope to have the pleasure of the Poly C.C. runners and walkers at Belgrave Hall during the winter season.

Arthur Beaumont has now recovered from a bomb splinter in the elbow --- Dan Patience has been wounded in N. Africa; brother Alec has also been wounded but has returned to his unit --- Arthur Beales is missing from air operations over Germany --- Tommy Clinton (Irish Guards) writes from hospital that he was wounded just before last Christmas whilst on a landing trip. He lost all his running kit - can anyone help him out?!

## and 40 years ago

SEPTEMBER 1928 We shall be eager to hear a summary of our most successful season at the Club's A.G.M., to be held at All Saint's Parish Hall, Prince of Wales Road - opposite the Queen's Road gate of Battersea Park.

The Don's Shield was presented for competition between Ashcombe A.C., T.V.H., and Belgrave in 1925 by the late R.W. Ricketts. We have held the Shield since its presentation and retained our hold of it this year. This very successful and exciting meeting was rendered especially notable by an event not on the programs and not strictly athletic. A number of small 'fighter' airplanes were flying over the ground --- when one fell, with engine roaring, headlong to the ground. It seemed to be dropping into Richmond Athletic Ground itself. The pilot jumped clear with his parachute and, swinging in the wind, landed on a roof without injury to himself. Several athletes put up unofficial mile records running to the burning plane!

Club Championship Results: 100 yds: N.E. Odell 10.4; 440 yds: J. Cooper-Clark 51.0; 880 yds: J. Cooper-Clark 2.01.6; 1 mile: T.J. Flower 4.39.8; 2 miles W: R.D. McMullen 15.04.4; 220 yds. Jun.: J.A. Ford 24.2; 100 yds. boys: T. Wiley 13.5

## August 7th-----Battersea Park-----2 Miles Walk

1. P. Duncan	(0:50)	15:28.0	4. T. Cook	(3:00)	17:46.8
2. D. King	(1:20)	15:51.6	5. C. McLennan	(3:50)	19:01.0
3. W. Wesch	(1:55)	16:27.4	6. A. East	(4:15)	19:03.0

## More Reminiscences

Kennington Oval — penny farthing bicycles — South London Harriers — 'The Kings Head' Pimlico. A jumble of names and places, you might say, that have absolutely nothing in common: but you would be wrong. Present day occupants of the Members' Pavilion at the Oval would wince to hear of such connections, but on a certain day in September 1887 those connections were very real. J.H. MARTYN, a founder-member of Belgrave Harriers, reveals the answers in the following notes, penned in 1951 a few years before his death.

I was only 20 years of age when the Belgrave Harriers was first formed. I can only give a few facts of the inauguration as it was so long ago, but the actual founding date was September 1887 (Jubilee Year). This is how it came about.

A small group of young men, myself included and all being keen athletics fans, were at the Oval to witness the Cycle Sports of the South London Harriers (Penny-Farthing bicycles in those days). During the meeting one of us had a brain wave and said "Instead of going to watch sports meetings, why don't we form a Harriers club of our own?" This idea was at once agreed to, and it was arranged to meet and discuss the matter further. This was duly done and a Secretary appointed with a Captain and Committee also.

Mr. A.H.N. Edwards was the first Honorary Secretary and myself (a sprinter) the first Captain. The Committee consisted of names, many of which I have since forgotten, but those I can remember are C. Kirby, I. Gee, E. Hopkins, G. Thatcher and A. Brodie.



BELGRAVE 13 YEARS LATER ———— 1900

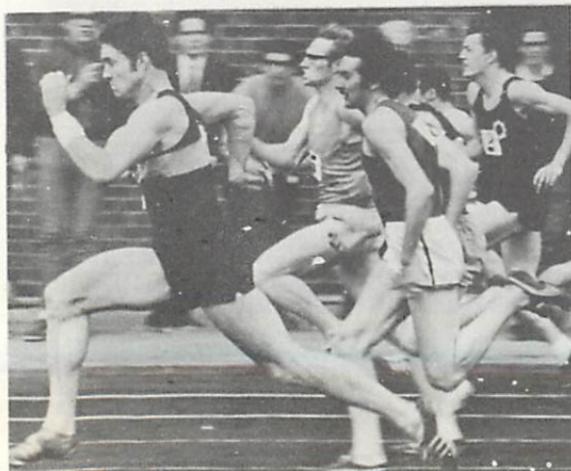
We engaged a room at 'The Kings Head' public house, Ranelagh Road, Pimlico and made this our Headquarters. We met every Friday evening and our training was carried out on the Embankment (road and pavement). The road walkers and distance runners headed for Battersea Park whilst the sprinters, in addition to their Embankment running, used to go to Lillie Bridge Grounds and get free training from Harry Hutchings, an international sprinter who was always pleased to help us.

It was agreed that the Club should have a name and a badge. After a lot of discussion and many suggestions it was decided to adopt the name BELGRAVE rather than the leading alternative, Pimlico — the better part of Pimlico being called South Belgrave! The badge was to be the Portcullis, the Westminster Arms, and the motto "Semper Paratus". Crossed keys have since been added to the original badge. The first President was a Patron, H. Moreton Carr, Esq. One of our first members was a famous walker, Bill Sturgess.



START OF A BELGRAVE WALK-----1900

Since these early days I have always followed the exploits of the Club and look forward each week to the reports in the Wandsworth Borough News. I am very proud of BELGRAVE HARRIERS and the heights they have attained — and all from the ideas of a few boys of so long ago.




---

JIM VIVIAN streaks to a 100 metres win in the 'Brockman' Trophy.

---

Photo: R. Linstead

# YOUTHS & BOYS

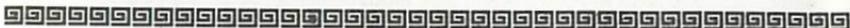
## REG HOPKINS REPORTS:-

Well, the track season is almost over, and we have arrived at the time when we must look back and sum up our results.

I would say without doubt that it was a success for the following reasons:-

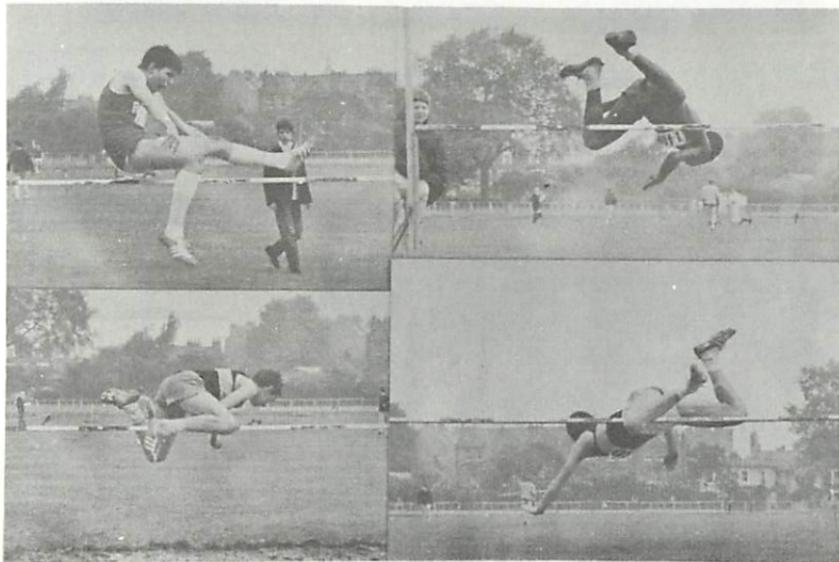
1. Everybody, without exception, improved on previous bests, in fact, it seemed that as week followed week personal bests were going all the time - and that is all anyone can ask.
2. We had good turn-outs at all our fixtures, particularly at the Club Championships; this was very pleasing.
3. Without mentioning names several members of the Club, by their great efforts, kept the name Belgrave to the fore in all the premier events in the country.

We are already looking forward to the country and I can hardly wait. If we get a small portion of luck to stave off any injuries, the known ability of some of our team matched with the promise of others, being supported by all, at all fixtures, then we must break through and make this the most successful winter the junior section has ever known. Remember, it does, of course, mean regular training and best efforts in all races.



### Club Championships: Boys High Jump

1. Barry Quirk	4' 8"	4. Stephen Corrigan	4' 6"	7. Kevin Coulman	3' 9"
2. Reg Hopkins	4' 7"	5. Lloyd Harris	4' 6"	8. Jimmy Paraskera	3' 9"
3. Richard Langley	4' 6"	6. Martin Bloice	4' 3"	9. Paul Jablonski	3' 6"



### THERE'S MORE THAN ONE WAY!

Barry Quirk, Lloyd Harris, Reg Hopkins and Richard Langley show a variety of styles during the Boys High Jump Championship.

JUNE 15th - Crystal Palace - London Schools Championships

H J (Senior): 1. A. Bent	6' 3" rec.	200 m (Senior): 1. S. White	22.1
L J (Senior): 2. D. Cole	20' 2"	1000 m S/C (Sen): 4. V. Butcher	
L J (Inter): 1. L. Sullivan	20' 6 $\frac{1}{2}$ "	800 m (Boys ): 1. R. Langley	2:06.7
	4. J. Smith	80 m H (Boys ): 1. B. Quirk	11.6

---

## TRACK SENSE

We have recently had a large influx of new and young members.

During an athletics meeting most club members enjoy being at the centre of things; this being on the central grass arena either waiting to compete, warming up or just watching. At big meetings only officials and competitors are allowed this privilege but at Club fixtures members can move freely wherever they wish. This is all very nice but a certain responsibility goes with this freedom. The following code of behaviour should be observed by all Club members when in attendance at any track, at any time.

1. Do not cross the track in any direction when a race is either in progress or about to start.
2. Before crossing the track look both ways, and wait if someone is running or walking by.
3. Do not stand in the vicinity of judges or timekeepers.
4. Do not block the vision of judges or timekeepers - particularly down the finishing straight.
5. Do not walk on or stand around run-ups or landing areas.
6. If you are in the centre of the arena and a race is in progress, sit down.
7. Keep your eyes open for javelins and discuses (remember these were once weapons of war and can be lethal)
8. Do not return javelins, discuses or shots by throwing them back. Carry them.

Lastly, remember that you would not like a personal best performance of yours ruined because some idiot didn't take care: so make sure you don't spoil it for others -

### ALWAYS OBSERVE TRACK AND FIELD ETIQUETTE

JUNE 26th - Deptford Park - London Fed. Boys Clubs (Under 13 yrs.)

880 yds: 1. Reg. Hopkins 2.35

JULY 6th - East London Stadium - London Boro' of Hackney Meeting

880 (Youths): V. Butcher 2:13.1, J. Stow 2:19.0, E. McNally 2:28.2

880 (Boys ): M. Bloice 2:15.7, R. Hopkins 2:26.6

JULY 7th - Battersea - Veterans A.C. Invitation Races

880 (Youths): W. Curtin 2:06.0

880 (Boys ): M. Bloice 2:15.0, R. Hopkins 2:24.0, M. Waight N.T.

JULY 13th - Battersea - London Federation Boys Clubs

100 (Junior): 1. L. Sullivan 10.9 220 (Junior): 2. M. Burnstead 26.5

880 (Junior): 1. W. Curtin 2:04.9 2m (Senior): 3. V. Butcher 10:30.6

1 m. (Senior): 2. V. Butcher 4:58.0 3. N. Bacon 5:03.0

440 (Colts) : 1. M. Bloice 58.1 High Jump (Colts): R. Hopkins 4' 9"

880 (Colts) : 1. R. Langley 2:08.7, 2. M. Bloice 2:12.0

4 x 110 Relay (Colts) 1. Belgrave 52.2 (Bloice, Waight, Hopkins, Dodsworth)

Medley Relay (Junior) 1. Belgrave 3:59.6 (Curtin, Bloice, Burnstead, Maloney)

Note: The Colt, Junior and Senior grades shown are those of the L.F.B.C. only

JULY 17th - Battersea - Belgrave Boys' Mile

1. R. Langley 4:47.6 2. V. Butcher 4:53.8 3. J. Stow 5:12.8 4. L. Harris 5:25.1  
5. R. Hopkins 5:35.0 6. I. McNally 5:47.1 7. C. Croft 5:53.6

## LANGLEY wins Surrey Boys 880y Juniors take 4x110

JULY 23rd - Crystal Palace - Surrey County Championships Part II

Although Barry Quirk tried very hard to win the Boys 80 yards hurdles, Danvers (Wm. Penn School) had too strong a finish and passed him a yard or two from the tape and Barry had to be content with second spot; nevertheless, a good effort and the first medal for Belgrave that night.

Steven Beadon also ran for Belgrave but lack of hurdling and training made it certain he would not do as well as he did last year.

2. Barry Quirk 11.8                      5. Steven Beadon 13.1

In the last track event which was the heats of the Boys 880 yards, two of our three entries got through to the final; Richard Langley, quite easily and Martin Bloice, a little harder but deservedly. Reg Hopkins, although running gamely especially down the finishing straight (passing two opponents), was outclassed on this occasion.

The final proved a real thriller. Richard had said before the start that he would try to lead from beginning to end and did so for the first lap but when Taylor of Mitcham, a boy with a big reputation at the moment, passed him we thought perhaps Richard had chosen the wrong tactics. We had worried needlessly, though, for the Mitcham lad's lead was only very brief and Richard again took control going down the back straight continuing to widen the gap between himself and the rest of the field to win quite easily.

Martin Bloice looked under strain most of the way but suddenly came through with a fine finish and fairly streaked up to the tape.

1. Richard Langley Belgrave 2:07.4                      2. C. Taylor Mitcham 2:08.7  
   Martin Bloice Belgrave 2:14.3

What a great time was had by the Bel. supporters and there was quite a crowd of them present on this night to see the next race which was the junior 4 x 110 yards relay. It is doubtful whether anyone expected us to do well as we were without Steve White on this occasion. Dave Rees got us away to a fine start handing over with a lead to Mick Franks who increased this with great power and completed a great batton change with Arnold Bent who ran superbly to give John Hamilton a clear lead over the rest of the field. John, not content just to hold this gave it all he had and increased the lead even more. The fans went wild (Nigel Bacon had to be held down!) What a fine birthday present this was for their 'leader' Reg Hopkins.

Vic Butcher improved on his best time for the 1000 metres Steeplechase with 3:02, only 2 seconds outside A.A.A. Grade 1 Standard. Vic's running was most stylish and was fast enough but he loses over his opponents due to poor hurdling.



### BRACKNELL YOUNG ATHLETES MEETING

LEFT: Richard Langley holds the Boys 880 yards cup.  
RIGHT: Belgrave Boys 4x110 yds relay team, Reg Hopkins, Martin Bloice, Barry Quirk and Richard Langley. (No prizes for guessing that our picture is mirrored).

# NEWS from the SCHOOLS

## RAINES GRAMMAR

Richard Langley was awarded the Victor Ludorum Trophy for breaking 3 school records this season with 57.3, 2:10, and 4:50. His highly successful season started, when the cross-country season was barely over, with a 2:13 win in the S.C.A.A.A. 880 yards at Cophall Stadium and, with the season still not over, is down to 2:05 (English Schools). Amongst his many wins was the London Schools A.A. 800 metres in 2:06.7 and, in a recent match against Daneford and Cooper Grammar Schools, he took the 220 in 25.9 and the 440 in 59.0.

Another good prospect at Raines is Barry Quirk, an 80 metres hurdler. He took his School's title in 12.1, the East London Schools in 11.6 and the London Schools also in 11.6. Unfortunately, his times were not considered fast enough by the London Schools A.A. for him to compete in the English Championships, even though 4th man in the English final did 11.4. Barry is determined to make it next year and better his uncle who was once placed in the Championships. Consolation came his way when he was selected to represent London v Essex v Surrey at Norbiton where he finished 3rd in 12.1.

## ST. GERARDS

After a great start to the season - he was down to 2:03.3 before the end of May - Bill Curtin was injured during the critical June month and missed almost certain selection for London as a result. He soon got back to fitness in July, winning the Catholic Schools' 880yds title, and then, on July 21st at Perry Barr repeated his early season form with another 2:03.3. At the St. Gerard's School Championships Mark Waight pulled off a treble by taking the Junior 100, 220 and 440 yards titles. Also at this school is John Hickey who is doing some fine hurdling, we hear; and, of course, top-ranker of them all, Arnold Bent (6'-3" HJ)

## STOCKWELL MANOR

In a recent school match Alan Mills, still only 14, cleared a useful 5' 4". This would have given him 2nd place in the London Schools. In the Manor Championships Michael Lewis took the Javelin event.

## SPENCER PARK

Martin Bloice was another to score a triple victory in his school's championships. He won the 100 yards in 11.5 and the long jump with 14' 9", and then rounded it off with a convincing win in the 220.

## KINGS COLLEGE SCHOOL

John Blair-Fish, Peter's younger brother, produced personal best performances recently when he recorded 4:45.2 for the mile and 10:06 for 2 miles. In neither instance were conditions good and there is every reason to believe that he will improve still further before the season is out.

## ST. JOSEPH'S ACADEMY

Eddy McNally attempted an unusual treble at his School's Championships when he entered for the discus, shot and 880 yards. Unusual or not, he was placed in all three with 2nd, 3rd and 3rd respectively.

## TULSE HILL

Steve White has been in great form this season, winning the London Schools 200 metres and placing 3rd in the English Championships 220 yards with 22.2 - a great prospect who will probably find his metier in the 440 yards.

Vivian Weathers recently achieved 9' 3" in the pole vault.

This school has a good record, athletically, and Belgrave are fortunate enough to have several of their boys as members. At time of going to press, though, we have no news of other school performances.

## WALWORTH COMPREHENSIVE

Congratulations to young Reg Hopkins who has been awarded his school colours. Reg represented his school in five matches, doing a high jump/880 yards double each time and gaining maximum points on every occasion.

## RICHARD CHALLENGER

John Stow set up a personal best performance at his school's championships when he finished second in the 880 yards, on a grass track, with a time of 2:16.

## ENGLISH SCHOOLS CHAMPS.

The National Schools Championships were held this year at Portsmouth. This is the meeting where Britain's future Olympic stars begin to emerge, and the very high standards set in previous years were matched or beaten at the 1968 meeting. Belgrave had four athletes in the London team, and to support them, our junior member NIGEL BACON who reports on the meeting.

It was a real pleasure to travel with, and watch, this happy-go-lucky London Schools Team. Whenever one of them competed, the remainder would cheer like mad.

The first competitor from Belgrave to appear was Richard Langley who ran in the Junior Boys (under 15) 880 yards. In his heat he finished 4th with 2:05.2, but with winners only plus four fastest losers to qualify for the final it did not look good enough. As it happened Richard's heat proved to be the fastest and he qualified as 3rd fastest loser. In the final he really excelled himself. Although the ultimate winner Morris forged ahead with two laps of 60.6 each, Richard held his form well and over the last 150 yards was fast catching the leaders. I am sure that an earlier move would have put him nearer the front but, nevertheless, his excellent effort placed him fourth with a time of 2:05.0 - exactly the same as that clocked by lanky Bill Curtin when he was 14. Watch out Bill!

Next to come was Arnold Bent in the Senior Boys (under 20) high jump. This, for me, was the biggest disappointment of the day. Arnold had done 6' 3" in the London Schools meeting but on this occasion could only manage 5' 10" for 5th place behind winner Broughton (6' 1"). With the competition lasting 4 hours, Arnold probably lost his concentration. However, he has the consolation of knowing he has done the best U.K. Junior performance this year. Better luck next time, Arnold.

Lee Sullivan was our next point of interest and, although he had clocked a 10.3 seconds 100 yards at an earlier schools meeting, he opted for the Intermediate Boys (under 17) long jump. He came through the preliminary rounds quite well and in the final eventually finished 6th with 20' 1 $\frac{1}{2}$ " - only a  $\frac{1}{4}$ " behind 5th place and 1" behind 4th. Well done Lee. By the way, he later helped the London 4 x 110 relay team to gain second place.

Steve White, our star sprinter, ran in the 220 yards winning his heat in 22.2 seconds. In the final he was drawn in Lane 6, but ran the bend of his life to lead by about 2 yards into the straight. With 30 yards to go he was still leading but Harrison (Cheshire) and Rodwell (Glos) had drawn level. Harrison moved ahead to win in 22.0 and Rodwell pipped Steve on the tape 22.1 to 22.2. Congratulations on a fine effort Steve. Later, he also helped his 4 x 110 relay team to 5th place in the final.

All told, it was a very good day for our young Belgrave stars.

\*\*\*\*\*

### NATIONAL BOYS CLUBS CHAMPIONSHIPS

On 20th July two Bels., Lee Sullivan and Bill Curtin, travelled up to Solihull, Birmingham to represent London in the All England Boys Club Championships. Lee was the more successful with a double win, taking the 100 yards in 10.7 and the long jump with 20' 11".

Bill, running in the 880 yards was 4th with a time of 2:05.9 against some of the best youths in the country. Nigel Bacon went along to support our lads, and quite a useful friendship was brought about with the members of Small Heath Harriers; the parents of these boys being kind enough to give our lads accommodation and transport, without charge. Small Heath have promised to send a team down to our Youths Relay so we shall have the chance to give them a Belgrave reception.

Incidentally, Lee represented English Boys Clubs (who won) against Scotland and Wales in the 4 x 110 yards relay and so can say he is some sort of International now!

\*\*\*\*\*

Miscellaneous - Best wishes to Mick Harvey who has recently been in hospital and is still under his doctor. We hope he will soon be able to resume training.

Lee Harris is not only doing well at his schools meetings but is also picking up the medals in the various A.T.C. Championships.

# MEDAL COMPETITION

The 1968 competitions were won by Richard Langley (Boys) and Vic Butcher (Youths).

Nine events are held during the season and the best five performances go towards the athlete's final points total. No one managed to compete in all nine events but Langley's five wins gave him a magnificent maximum of 100 pts.

The fight for second place in the Boys event was not decided until the last throw of the last event (shot put) when Bloice snatched a half point margin on Waight. Over 40 boys and 17 youths took part --- a very healthy state of affairs.

## F I N A L T A B L E

BOYS:		100pts.	YOUTHS:		94 pts.
(top 7)	1. R. Langley	93½ "	(top 7)	1. V. Butcher	90 "
	2. M. Bloice	93 "		2. E. McNally	87 "
	3. M. Waight	92 "		3. R. Kibble	84 "
	4. R. Hopkins	85½ "		4. J. Stow	60 "
	5. B. Quirk	81 "		5. L. Sullivan	57 "
	6. Ld. Harris	74 "		6. J. Smith	51 "
	7. C. Croft			7. L. Harris	

### BOYS 880 YARDS

1. R. Langley.....	2:13.0	4. M. Waight.....	2:27.7	7. S. Suttie.....	2:42.0
2. M. Bloice.....	2:17.2	5. S. Corrigan.....	2:39.0		
3. B. Quirk.....	2:24.4	6. I. McNally.....	2:39.6		

### YOUTHS 880 YARDS

1. W. Curtin.....	2:10.7	4. V. Weathers.....	2:20.2	7. E. McNally.....	- -
2. V. Butcher.....	2:13.5	5. J. O'Hagan.....	- -		
3. J. Stow.....	2:18.5	6. L. Harris.....	- -		

### BOYS ½ MILE

1. R. Langley.....	3:34.6	8. S. Wateman.....	4:07.0	15. N. Giolleto.....	4:30.0
2. M. Bloice.....	3:50.3	9. B. Wheeler.....	4:10.0	16. L. Harris.....	4:33.0
3. R. Hopkins.....	3:55.0	10. M. Cowley.....	4:11.0	17. A. Silver.....	4:38.0
4. K. Osborne.....	3:56.6	11. P. Duggan.....	4:15.0	18. M. Ramsford.....	4:43.0
5. I. Gillings.....	4:01.0	12. C. Savage.....	4:17.0	19. J. Pareskera.....	4:48.0
6. P. Jablonski.....	4:03.0	13. I. McNally.....	4:24.0	20. C. Saul.....	5:07.0
7. C. Croft.....	4:04.0	14. P. Savage.....	4:28.0		

### YOUTHS 1 MILE

1. V. Butcher.....	4:53.9	4. L. Harris.....	5:14.4
2. X. Yianni.....	5:10.4	5. E. McNally.....	5:25.2
3. J. Stow.....	5:14.0		

### BOYS JAVELIN

1. R. Langley.....	98' 9"	4. I. McNally.....	86' 1"	7. M. Bloice.....	77'
2. M. Waight.....	94' 5½"	5. S. Corrigan.....	84' 1"		
3. B. Quirk.....	88' 2"	6. S. Suttie.....	82' 8"		

### YOUTHS JAVELIN

1. J. O'Hagan.....	100' 11½"	3. V. Weathers.....	90' 2"	5. L. Harris.....	60' 7½"
2. E. McNally.....	99' 6"	4. V. Butcher.....	69' 10"	6. J. Stow.....	47' 8"

### BOYS HIGH JUMP

1. R. Hopkins.....	4' 10"	6. G. Suttie.....	4' 5"	11. J. Hurley.....	3' 10"
2. B. Quirk.....	4' 9"	7. P. Sharkey.....	4' 5"	12. I. McNally.....	3' 9"
3. M. Bloice.....	4' 8"	8. Kwami.....	4' 4"	13. R. Cook.....	3' 8"
4. L. Harris.....	4' 8"	9. C. Croft.....	4' 3"	14. S. Bearcroft.....	3' 8"
5. S. Suttie.....	4' 6"	10. J. Pareskera.....	4' 2"	15. A. Mills.....	3' 6"

### YOUTHS HIGH JUMP

1. L. Harris.....	4' 9"	3. S. Rogers.....	4' 4"	5. V. Butcher.....	4' 0"
2. E. McNally.....	4' 8"	4. R. Kibble.....	4' 2"	6. J. Stow.....	3' 7"

### BOROUGH OF HILLINGDON TROPHY MEETING:

Held in appalling conditions, and on the evening of the 'Southerns', Bels. could do no better than to field four men - Phillip Gee, Tony Brooks and Adrian Major on the track and Bill Couzens on the field.

Congratulations to these four on finishing third behind Hillingdon and T.V.H. and especially to Adrian Major on running two 2-mile races in two days inside 9 mins. 30 secs.

# Autumn Relay Prospects

## CLIVE SHIPPEN REVIEWS THE FORTHCOMING ROAD SEASON

With the Belgrave and S.C.A.A.A. Relay being switched from October to March the balance between the Autumn and Spring seasons has been improved. All three area relays (Southern, Midland, Northern) will be held on the last Saturday in March, with the National Relay in April - this leaves the Bristol-Weston and the Johnstone relays as our main targets each Autumn. This year's fixtures are as follows:-

- 14th September - Surrey Road Relay, Woking Lido
- 21st September - Blackheath H. Relay, Hayes, Kent
- 21st September - Belgrave 5½ miles h'cap (non-championship)
- 29th September - (Sunday) Havering A.C. 'Johnstone' Relay, Hornchurch
- 5th October - Walton A.C. Relay, Walton
- 12th October - Belgrave 'Yacht' 3 miles h'cap
- 19th October - Bristol-Weston Relay \*

Seven consecutive weeks of racing and, with the exception of the 'Johnstone' and the Bristol-Weston, anyone can take part. The Surrey, Blackheath and Walton Relays (all 3 mile stages) require entries from the Club, so ring Bill Lucas (660 2576) NOW if you want a run.

The Surrey Road Relay is now open to non-Surrey runners, providing they don't compete in the 'A' team. This is a meeting well worth attending. Changing accommodation is in the Woking Lido, where a swim can be had after your run. The setting is very pleasant and the weather usually warm and sunny. In fact, our runners enjoy the relaxed atmosphere so much that they rarely get in amongst the medals.

The Blackheath and Walton Relays are also very popular and in these we usually fare quite well. Last time out, in both, we were second: so these are two cups we shall be striving to regain.

Nothing could be more domestic than the Yacht '3', and this year it does not clash with a road relay. We have the grand prospect, therefore, of seeing 70 odd 'runners' from all sections of the Club pitting themselves against the handicapper - and of witnessing that final half-mile from the Village when the field closes right up in its rush for the line, threatening to embarrass the officials (and please the Handicapper) with a mass finish.

Competition takes on a different light when the '5½' is run. This race soon sorts out the 'men' from the 'boys', and most of the runners are out for a fast time. Many Belgravians have used this race as a yardstick of their fitness, and the selectors in particular place considerable store on it. As in all events, standards have risen and the TOP 100 performances are very nearly under 29 minutes. The list is re-produced opposite and several interesting facts emerge. For instance, Charlie Walker still clings to his record of most performances in the top 100 (8) - though he has 12 efforts inside 29.16. Laurie O'Hara and Charlie Dabbs are close behind with 7 and it is interesting to note that the 'old school' of Walker, Dabbs, Newell and Bauloh are jointly responsible for 26% of the list. The first man to break 29 mins was Ray Tooby in March 1953 and the first to break 28 mins. Rangit Bhatia in March 1960. The North brothers have a stranglehold at the head of the list and it will be some time before they receive company but it is surprising to see that Gerry has run only 4 times in 13 races. The top 100 times have been done by 33 different athletes - the September and March races should see some interesting insertions.

There are some doubts at the time of writing as to whether the Bristol-Weston relay will be held over the usual course and there is a possibility of its being substituted by a conventional 8 x 1 lap relay. Traffic gets worse year by year and the point to point relays are finding it difficult to survive. Nevertheless we shall still need strong teams for the Bristol and Hornchurch events, so how are we placed? Well, this is always the worst time of the year to assess our strength: each Autumn bringing the loss of at least one key man. No sounds have been heard from Geoff North so he must be discounted. Gerry Williams and Chris Steer are overseas and there always seems to be a question mark against Bryan Duxton, though he did well last Autumn.

Three runners capable of transforming our team are Major, Fairclough and Piotrowski. The latter two have the disadvantage of living a long way off but if they have set their minds on a good winter then our team has considerable hope, for the experienced nucleus is still there. Our leading runners this Autumn are likely to be,

Gerry North  
John Thresher  
Laurie O'Hara  
Adrian Major

Tony Fairclough  
John Bicourt  
Dick Piotrowski  
Bill Dance

Bill Kerr  
Trevor Hart  
John Dear  
Lionel Mann  
Roger Donnison

(Cont'd opposite)

## All Time Top 100 Performances Over Belgrave's 5<sup>3</sup>/<sub>4</sub> Miles Road Course

1.	27:14	GEOFF NORTH	3.66	1	51.	28:36	J.W. BROWN	3.61	22
2.	27:15	GERRY NORTH *	3.62	2	52.	28:39	D. BAULOH	3.58	23
3.	27:20	Gerry North	(2) 3.67				M. Thorpe	(2) 9.66	
4.	27:27	Gerry North	(3) 9.65		54.	28:41	J.C. SMART	(6) 3.54	24
5.	27:50	J. THRESHER	9.67	3			A. Fairclough	(6) 9.64	
6.	27:55	W. KERR	3.64	4			W. Kerr	(5) 9.67	
7.	27:56	R. BHATIA	3.60	5	57.	28:42	J. Bicourt	(2) 3.66	
8.	27:58	L. O'HARA	3.68	6	58.	28:43	B. SAWYER	9.62	25
							P. Newell	(2) 3.65	
9.	28:01	A. FAIRCLOUGH	3.64	7	60.	28:44	C.W. Walker	(4) 3.56	
10.	28:03	A. Fairclough	(2) 3.67				C. Dabbs	(4) 9.64	
11.	28:06	J. BIGCOURT	3.68	8	62.	28:45	M. ROBINSON	(2) 9.63	26
12.	28:05	T. HART	3.68	9			B. Sawyer	(2) 9.63	
13.	28:06	T. Hart	(2) 3.66		64.	28:46	P. BAGNALL	(3) 3.55	27
14.	28:07	G.W. DANCE	3.67	10			M. Thorpe	(3) 3.65	
15.	28:08	C. DABBS	3.60	11			J. Thresher	(2) 3.67	
		C. Dabbs	(2) 3.66				G.W. Dance	(2) 3.68	
17.	28:10	L. O'Hara	(2) 3.67		68.	28:47	P. Newell	(3) 9.58	
18.	28:13	A. MAJOR	3.66	12			L. O'Hara	(7) 9.65	
		C. STEER	3.67	13	70.	28:48	J. EROMLEY	(4) 3.54	28
20.	28:15	C. Steer	(2) 3.66				P. Newell	(4) 9.63	
		Geoff North	(2) 3.67		72.	28:49	P. Newell	(5) 3.67	
22.	28:16	A. Major	(2) 3.67		73.	28:50	R.C. TOOBY	(2) 3.53	29
23.	28:17	Gerry North	(4) 9.67				A. BEDFORD	(2) 3.55	30
		A. Major	(3) 3.68				C.W. Walker	(5) 3.57	
25.	28:19	Geoff North	(3) 3.64				D. Bauloh	(2) 3.59	
26.	28:21	P. NEWELL	3.59	14	77.	28:52	T. Hart	(5) 9.64	
		L. O'Hara	(3) 3.66		78.	28:53	E. GEBBETT	(5) 3.58	31
		W. Kerr	(2) 3.67				C. Dabbs	(5) 9.66	
29.	28:22	L. O'Hara	(4) 3.65		80.	28:55	P. Bagnall	(2) 3.57	
30.	28:23	B. BUXTON	9.67	15			A. Bedford	(2) 3.54	
31.	28:24	W. Kerr	(3) 3.63		83.	28:59	C.W. Walker	(6) 3.64	
32.	28:25	R. LINSTEAD	3.54	16			A. Black	(2) 3.66	
33.	28:26	T. Hart	(3) 3.64						
		A. Fairclough	(3) 3.66		84.	29:00	D. Bauloh	(3) 3.56	
35.	28:27	P. GILSON *	3.66	17			P. Bagnall	(3) 3.57	
36.	28:28	C. Dabbs	(3) 9.63		86.	29:01	D. Bauloh	(4) 3.55	
		J. MOORE	3.64	18			C. Dabbs	(6) 9.56	
38.	28:29	C.W. WALKER	3.60	19	88.	29:02	E. Gebbett	(2) 9.62	
		A. Fairclough	(4) 9.67		89.	29:03	G. DAVIDSON	(2) 9.56	32
40.	28:30	W. Kerr	(4) 9.64				E. Gebbett	(3) 9.57	
		A. Fairclough	(5) 9.65		91.	29:04	C.W. Walker	(7) 3.53	
42.	38:31	C.W. Walker	(2) 3.55				D. Bauloh	(5) 3.54	
		A. BLACK	3.64	20			J.C. Smart	(2) 3.55	
		T. Hart	(4) 9.66				C. Dabbs	(7) 3.63	
45.	28:33	L. O'Hara	(5) 3.64		95.	29:05	J. Brown	(2) 9.62	
46.	28:34	C.W. Walker	(3) 3.63				A. Black	(3) 3.65	
		C. Steer	(3) 3.64		97.	29:06	C.W. Walker	(8) 9.63	
		M. THORPE	9.65	21	98.	29:07	L.W. HERBERT	(4) 3.54	33
49.	28:35	L. O'Hara	(6) 9.63				P. Bagnall	(4) 3.56	
		C. Steer	(4) 9.67		100.	29:08	P. Newell	(6) 9.55	

\* Competing as second-claim member

(Cont'd from opposite page)

If free of injuries Charlie Dabbs and Alan Black should also be there. We can also hope that, as in previous years, someone else is due to move into the upper echelons of our strength. This Autumn relay season should provide the answer, and set the pattern for another winter.

† Since writing this review I hear that we shall be losing Bill Dance in September. Bill is returning to the North again after establishing himself as one of our most loyal members and a hot favourite for the cross-country captaincy. His reliability and enthusiasm will be sadly missed.

\* Now cancelled.

# Best Performers 1968 (AS AT AUGUST 7th)

Marks are for first-claim members only.

Figures in brackets indicate best performances in 1967. 'm' indicate conversion from metric

**TRACK ONLY:** A fully comprehensive track and field list will appear in the December issue of THE BELGRAVIAN

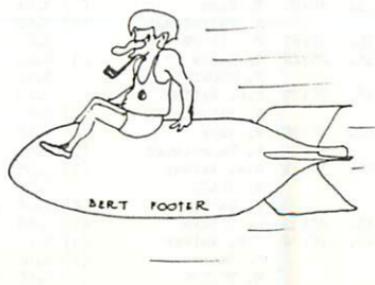
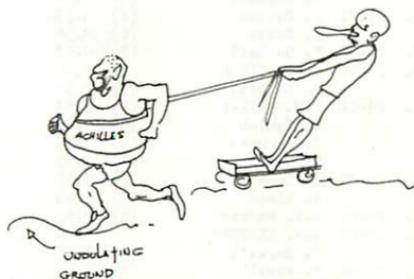
<b>100 yards (9.8)</b> 9.8 J. Vivian 9.8 J. Mitchell 10.2 C. Martin 10.2 S. White (J) 10.2 D. Boosey 10.3 C. Brooks 10.4 C. Martin 10.5 A. Brooks 10.5 L. Sullivan (Y)	<b>220 yards (24.9)</b> 21.9 J. Vivian 22.1 S. White (J) 22.3 C. Martin 22.4 C. Brooks 22.5 A. Brooks 22.5 J. Mitchell 22.7 D. Boosey 23.4 D. Rees (J) 23.5 L. Sullivan (Y)	<b>440 yards (49.9)</b> 50.7 S. White (J) 50.8 A. Brooks 51.6 C. Martin 51.6 A. Mead 52.0 P. Gee  <b>880 yards (1:55.3)</b> 1:57.4 J. Thresher 1:57.7 A. Major 1:58.1 A. Mead 1:58.1 P. Hilliar 1:58.2 A. Brooks 1:58.7 L. Mann
<b>1 mile (4:07.2)</b> 4:14.3 J. Thresher (3:44.6 for 1500 m) 4:14.6 W. Kerr 4:15.0 A. Major 4:20.1 J. Bicourt (3:57.8 for 1500 m)	<b>2 miles (8:38.4)</b> 8:44.6 J. Thresher 8:55.2 L. O'Hara 9:01.6 Gy North 9:01.6 W. Kerr 9:04.6 A. Major 9:06.4 R. Piotrowski	<b>3 miles (13:23.0)</b> 13:21.0 m J. Thresher 13:45.4 Gy. North 13:55.6 J. Bicourt 13:58.8 W. Kerr 14:00.8 A. Major 14:04.0 L. O'Hara 14:12.8 A. Fairclough 14:15.0 R. Piotrowski
<b>3,000 m S/chase(8:57.6)</b> 8:51.2 J. Bicourt 9:01.4 R. Piotrowski 9:27.8 G. Dance 9:31.0 J. Dear	<b>6 miles (28:08.4)</b> 28:53.8 Gy. North 29:11.6 T. Hart 29:26.0 L. O'Hara 29:41.0 G. Dance 29:41.0 A. Fairclough	

③

"HANGING ON TO THE LEADERS"

④

"GOING LIKE A BOMB"



## August 7th-----Battersea Park-----4-Event Handicap

### 100 Yds

1. W. Couzens (16 yds.all'ce)	10.3
2. P. Hilliar (9 " " )	10.5
3. R. Hamilton (10 " " )	10.6

### 880 Yds

1. P. Gee. (55 yds all'ce)	1:59.7
2. J. Plummer (120yds all'ce)	2:00.3
3. J. Hamilton (50 " " )	2:01.8

### Long Jump

1. W. Couzens (8'-0" all'ce)	25'-3½"
2. J. Plummer (9'-0" " )	24"-2½"
3. A. Mead (7'-3" " )	23'-11¼"

### Shot

1. C. Manning (19'-0" all'ce)	42'-9¾"
2. J. Plummer (15'-0" " )	42'-0¾"
3. P. Gee (15'-0" " )	41'-8¾"

### RESULT

1. J. Plummer 32½ pts	2. P. Hilliar 27pts	3. W. Couzens 23 pts
= 4. J. Hamilton 21½ pts.	= 4. N. Bacon 21½ pts.	6. P. Gee 21 pts.

**REMINDER**

HAVE YOU SOLD ALL YOUR TICKETS YET?

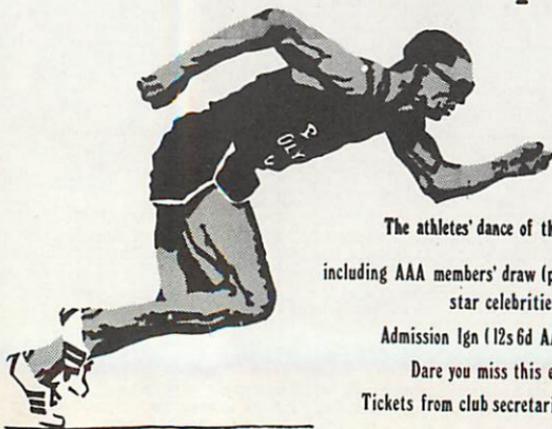
41 prizes are just waiting to be won!

AMATEUR ATHLETIC ASSOCIATION MEMBERS' DRAW Organising Secretary: L. A. G. Higdon, 26 Park Cres., London, W.1. Proceeds in aid of the British Olympic Appeal and A.A.A. Funds		H 19821
Prizes valued at well over <b>£1,000</b>		
FIRST PRIZE	<b>FORD ESCORT</b> (1100 cc) SUPER	DONATED BY PEPSI COLA BOTTLING CO.
2nd Prize	5/6 DAY MINI CRUISE FOR TWO (NEWCASTLE/OSLO)	FRED OLSEN LINES LIMITED
3rd Prize	JERSEY HOLIDAY FOR TWO, Inc. AIR TRAVEL (Any Week 5th to 19th Oct., 1968 or April, 1969)	MERTON HOTEL LTD. (Hotel Accom.) B.E.A. (Air Tickets)
4th Prize	ELECTROLUX DISHMAID	ELECTROLUX LIMITED
5th Prize	EASTBOURNE HOLIDAY FOR TWO (1 Week off-season)	KINGSLEY WINDSOR HOTELS LTD.
6th Prize	GENT'S STAINLESS STEEL WRISTLET WATCH	OMEGA WATCH COMPANY
35 ADDITIONAL PRIZES LISTED OVERLEAF		SUBSCRIPTION
Draw will take place at the A.A.A. Dance, Lyceum Ballroom, London, on FRIDAY, 27th SEPTEMBER, 1968. Draw limited to members of the A.A.A.		<b>6d.</b> PER TICKET

All cash, counterfoils and unsold books must be returned to:  
 F.R. WEBB, 50 LONGFORD AVENUE, SOUTHALL, MIDDLESEX,

NOT LATER THAN --- SEPTEMBER 18th

## Let's all get up and run to a dance that is a hit on September 27th



The athletes' dance of the year at the Lyceum Ballroom, London

including AAA members' draw (prizes worth over £1000 - 1st prize Ford Escort),  
 star celebrities, cabaret and grand tombola

Admission 1gn (12s 6d AAA members, 10s parties more than 10)

Dare you miss this evening of fabulous entertainment?

Tickets from club secretaries or AAA offices, 26 Park Crescent, W1

Support your sport in Olympic year

**BACK COVER:** (Photo by Ron Linstead) John Mitchell soars to a winning long jump distance of 22'-6½" in the Brockman Trophy.

