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The 1st Edition

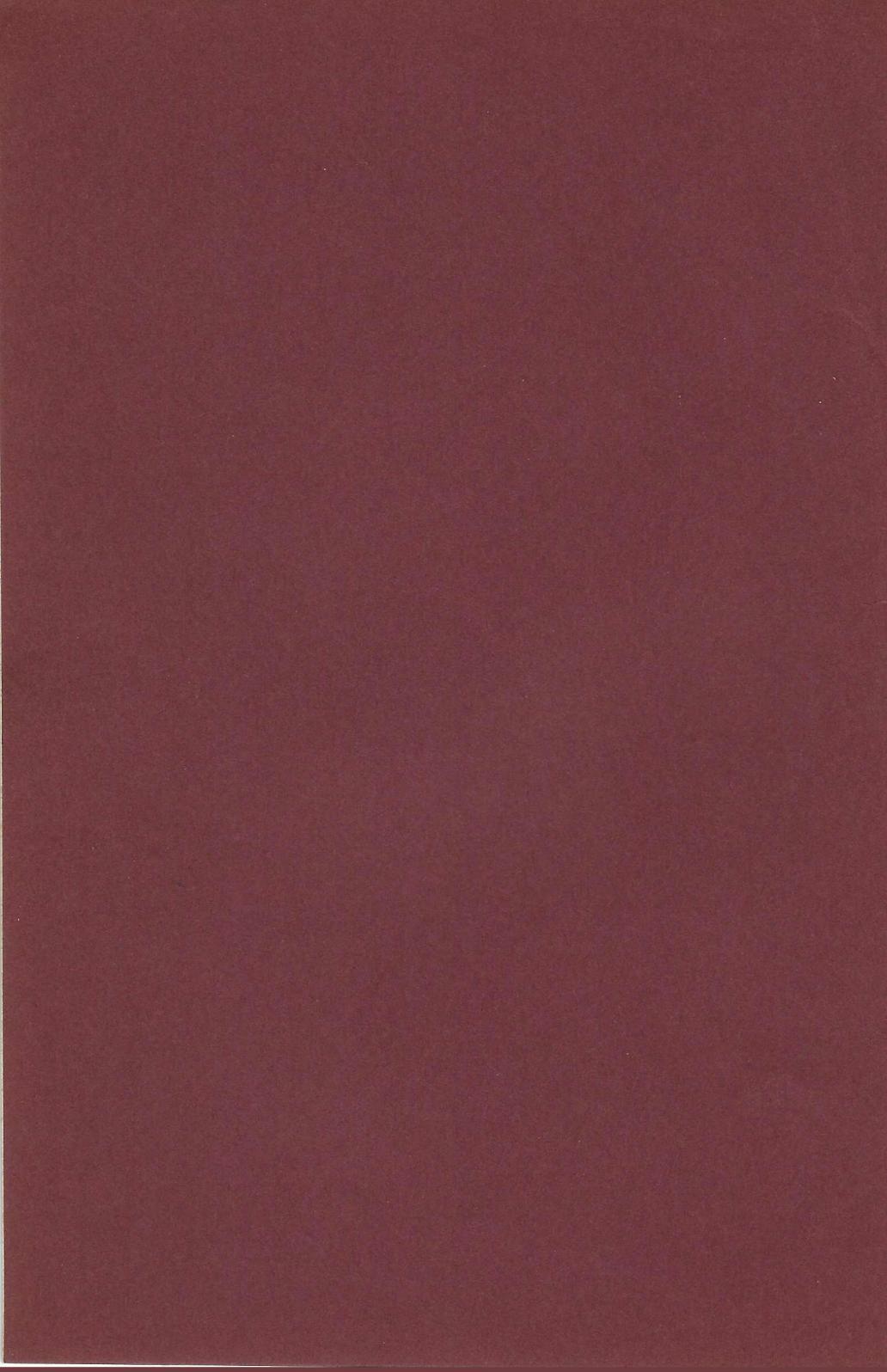
1933

THE
BELGRAVIAN

The
OFFICIAL GAZETTE
of the
BELGRAVE HARRIERS

JANUARY

PRICE 4^d



THE 1st EDITION
(1933)
OF
THE BELGRAVIAN
JANUARY.

President : J. B. BELCHAMBER,
Gen. Hon. Secretary : W. L. BAYLISS, 71 Ravensbury Road, S.W.18.
Hon. Treasurer : W. H. HARE, 16a Albert Bridge Road, S.W.11.
Hon. Editors : A. A. HARLEY.
F. R. WEBB, 38a Edenvale Street, S.W.6.
(to whom all monetary contributions should be sent).

It gives us much pleasure to wish A. E. Smith and T. Hampson many years of happiness; and to congratulate them most heartily upon the occasion of their recent marriages.

* * * * *

Congratulations to the members of our cross-country team which regained the Surrey title for the Club; and in particular to A. Penny and H. E. Footer, who finished first and second respectively.

Such form will assuredly carry our team into prominent positions in the Championships to come.

* * * * *

A hearty handshake and "Well run" also to Harry Shields, who finished first in the Middlesex Junior cross-country championship at Northholt. If Harry elects to run in the Southern Counties "Junior" Championship he must stand a very good chance of winning this title; and we shall have a capable team to afford him backing.

* * * * *

Owing to business claims H. Parker has found it necessary to resign his position as Assistant Hon. Secretary. His resignation has been accepted by the Committee, who will continue to have the benefit of Mr. Parker's advice and experience gained during his 20 years' association with the Club.

H. L. Rollins has consented to fill the vacant post, and it is hoped that all our active men will co-operate with him and lighten his task as far as possible. He has served the Club creditably in the past as Social Hon. Secretary, and as Joint Hon. Editor; and we wish him every success in his new position. His ability is proved, his enthusiasm tremendous, and we have no doubt that the Club will continue to progress under his guidance. His duties principally concern the runners; so, Runners, give him your support, your confidence and your co-operation,

and see the Club forge ahead under the power of your united efforts!

* * * * *

The following were accepted into membership at our last Committee meeting: W. F. Davies, E. P. Pearce, H. W. Clemow, D. J. Heath, G. H. Dalziel, L. Jones, F. E. C. Buck. We extend to them all our usual very cordial welcome, and trust their potential performances will be a credit both to themselves and their Club.

* * * * *

The Hon. Treasurer is anxious to receive:—

- (a) Overdue subscriptions.
- (b) Orders for Vests, Ties, Badges, etc.
- (c) Donations to "The Belgrave Building Fund."

Please allay his anxieties at the earliest possible moment.

HURDLING.

By F. R. GABY

[The famous hurdler, who was five times A.A.A. Open Champion (1922-3-5-6-7), a member of the British Olympic team (1924-8), and British Empire team (1930)].

First of all let us deal with the physical qualifications that go to make the hurdler: height, length of leg, flexibility or looseness around the hips and a fair speed are the main essentials if one is to excel, and of these, the last two may, if not already possessed by the athlete, be developed by careful training and exercising. Phlegmatic temperament is also extremely useful in order to stand him in good stead against the many setbacks which may be his lot during the early days of training. The foregoing qualifications are for the ideal type of hurdler, the combination of which go towards making the champion.

There are many, no doubt, who would like to take up this fascinating sport, but who are prevented by the thought that they do not possess the above. However, this should not deter them, because it is only given to one or two in any sport to be champions, and if every one who takes up sport of any kind stops to consider what chance they have of becoming top dog—where would we be? I venture to say that sport would soon be dead if it were not for the vast majority who enter sport for the love of it and with no thought of becoming champions.

All this may sound rather strange after opening this article with qualifications for a champion hurdler, and although my later remarks may seem as though I am still on the same subject, I wish it to be understood they are general and directed to help the merest novice, as well as the athlete who has already had hurdling experience.

It should be fairly evident that the budding hurdler, right from his early days, needs a coach to look after him, who will correct his faults and give him every encouragement, so that he may gain confidence in himself.

We come now to the description of the event. The start, the run up and the take-off may be dealt with together, as they all depend on each other. It is usual to take seven, eight or nine strides to the first hurdle, but the actual number taken will be decided by the length of stride, which leg is used to lead over the hurdle and also by which leg comes out of the holes first at the start. This very important part of the race will have to be found by practice.

The taking off point is approximately $7\frac{1}{2}$ ft. from the hurdle, and if the hurdler finds that seven strides (the number usually taken) does not bring him to this position, then he must shorten his strides and try nine. If on the other hand nine strides takes him too near, then he must compromise by taking eight, and in this case alter the leading leg or reverse the starting leg. The writer was one of the few who found nine strides suited him best.

Too great an emphasis cannot be laid on the importance of thoroughly mastering the run-up, for on this depends the speed which will be generated over the hurdles. Let a man get away badly and if he is not very experienced he will at once struggle and overstride, which usually proves fatal, for in all probability he will crash a hurdle and come down. Form must be maintained at all costs.

The hurdle clearance should be $11\frac{1}{2}$ to 12 ft., which is split up by approximately $7\frac{1}{2}$ ft., from the take-off to the hurdle and inside $4\frac{1}{2}$ ft. to the landing point, and action is thus: As the hurdler arrives at the taking off point, the leading leg is lifted and kicked out towards the top bar, the opposite arm is thrust forward in a line with the leading leg and at the same time the body is bent sharply from the waist to meet the upward lift of the leading leg. This body dip is very important and should be such that the knee practically touches the chest. Now as the leading leg reaches the top of the hurdle, the rear leg, which has been left hanging loose and idle, commences to come up. The leading leg is now snapped down and the body is given an upward lift, this, although primarily used for a quick and close landing, automatically helps to lift the rear leg upward and enables it to be in a position on landing to follow through for a full first stride, which is a most important point. As the leading leg approaches the ground, the very forward lean of the body now gives way to the more straightened or running angle and the hurdler must land on the ball and not on the flat of the foot. At this moment the rear leg should be still very high and started on its follow through stride assisted by the reverse

arm being thrust forward. This stride is no mere passive movement, but a real live and vigorous action, because on it depends whether the following two strides to the next hurdle are stretched or taken in a nice easy running action. Under no circumstances must the first stride be chopped.

This is the whole action of high hurdle clearance and there now remains the other nine hurdles to be cleared in the same unbroken manner and the final sprint to the tape. The hurdler must keep his eye on the immediate hurdle to be cleared, and as he clears the last of these the tape flashes across his vision for the first time. Here the value of good technique is found by the athlete being, automatically in the correct running position to sprint the final fifteen yards to the tape without having, so to speak, to gather his arms and legs to him for this last effort. This, often, is a deciding factor in a close race.

EXERCISES AND TRAINING.

(1) This is an exercise which teaches and corresponds with the take-off action and which helps to strengthen the under muscles of the leading leg, also the abdominal and back muscles. Fling up leading leg sharply, simultaneously bending the body from the waist to meet this leg, at the same time throw out the opposite arm and keep the other bent, in the running action, to the body. It is essentially a vigorous action and must be carried out in one movement. It may be attempted walking or standing still and treated as an indoor or outdoor exercise.

(2) This is an exercise which teaches hurdle clearance. Take a 3-ft. hurdle and stand about $1\frac{1}{2}$ to 2 ft. in front, lift the leading leg over hurdle, bend the body from the waist down to the leg, throw out the opposite arm, keeping the other arm close into the body and drop over hurdle as though in act of clearing, not forgetting to bring the rear leg round and take a full stride forward. A fine exercise for the winter in the gymnasium for gaining style, as the different movements may be done slowly and faults more easily corrected under the supervision of a coach. It may also be varied by walking up to the hurdle and clearing it in the above manner; this will call for a good control of the body if the hurdler is to clear in good style. It may also be tried over a 2-ft. 6-in. hurdle.

(3) This exercise will teach the hurdler to swing his rear leg and help to develop the hip muscles. Take a 3-ft. hurdle (to commence with), stand at one side and lift the rear leg into its flexed position of crossing the hurdle and let it rest on the top, now bend the body forward, swing the leg over and round, taking the full stride forward, not forgetting to use the arms in unison. This may later be attempted over the 3-ft. 6in. hurdle in one movement without the preliminary rest on the top, but only when

the hurdler has strengthened, loosened and accustomed the hip muscles to action.

(4) This exercise, which helps tremendously, is quite a difficult one to carry out. Sit on the floor (if indoors, on a mat, as there is a fair amount of pressure on the knee and ankle) in the position of crossing the hurdle: leading leg outstretched, rear leg flexed and arms in position, now try and raise and lower oneself without the arms or hands touching the floor. In the raised position one is resting on the heel of the leading leg and the side of the rear foot. It places a great strain on the under muscles of the whole of the leading leg and the hip of the flexed leg. This should be attempted very carefully at first as a strain or pulled muscle may result, but although it is very difficult it is probably the most beneficial of the series. In addition, one can strengthen the back and abdominal muscles whilst in this flexed position on the ground by bending the body from the waist so that the shoulder touches the knee, at the same time flinging out the opposite arm in a line with the leading leg.

All the exercises described may be attempted in the gymnasium during the winter, and if the hurdler will practice the whole of them assiduously he will find that it is half the battle. Providing there is sufficient room for a full run-up and a fair space in which to pull up, there is nothing to stop a little fast work in the gymnasium, but it is advisable to have a loose stick or cane for the top bar of the hurdle as this will give confidence to the hurdler. A long heavy cocoanut mat for landing is necessary and should be long enough to take up the first stride after landing, the fact that it is long and heavy will prevent it from slipping. Due allowance must be made in the run-up for the difference between turf and a wood floor. I have personally carried out all the above exercises in the Polytechnic gymnasium during winter time, using the items named: mat, loose stick, etc.

When the time arrives for practice or training in the open, the exercise described may be carried out as in the gymnasium, but a preliminary warming up process is necessary, otherwise a strained or pulled muscle may be the result. More than one hurdle may now be attempted and these also should have loose tops, so that some fast work may be accomplished without loss of confidence to the hurdler. A knee or ankle pad may be worn at this stage.

Careful measuring of the run-up, take-off, landing and the three strides between hurdles must be gone into. Pieces of paper may be used as a guide to this, and when on cinders, brushing before each run will help by enabling fresh measurements to be taken of the actual strides, take-off and landing. Correct one fault at a time and keep at it until the particular point is mastered. Some athletes are gifted with the ability to do the cor-

rect thing after only a little practice, others may take quite a long time, but they must peg away until it is second nature to do it as it should be done.

When the athlete has mastered some of the technique of hurdling he may then practice starts out of the holes with the sprinters, and do some bursts of fifty to seventy-five yards, with an occasional run of 200 yards at three-quarter speed, the latter will help to develop stamina to last out 120 yards over a flight of hurdles.

When in real training for competition one rarely runs over a full flight, between five and seven hurdles being enough, with plenty of slow running, doing five strides between hurdles and a couple of fast runs doing three strides, is usually sufficient. The reason for the slow running five strides is that it enables one to do a considerable amount of hurdle practice without unduly tiring oneself. But please remember this slow running five strides between hurdles should not be practised until one has mastered the three strides. This may sound rather puzzling, but five strides is useless for competition, and therefore the three strides must be concentrated on first.

(The above article is reprinted by kind permission of the Civil Service Sports Council; and by courtesy of Mr. F. R. Gaby, whose efforts over the hurdles have given us all many thrills and moments of pleasure).

FIELD EVENTS.

With Christmas over and the New Year here, the majority of us will be looking forward to the opening track fixture and getting down to strict training. I should like to see all the Field Events men start to polish up their technique and be ready for the Southern Amateur Athletic League events, the London Athletic Club match, and Club handicaps. We must seek to raise our standard, and ensure that the Club Field Events representatives in match events will be a credit to the Club and pull (or putt!) their weight.

Entries for the Club jumping events were a little disappointing last year and it is hoped that some of our newcomers will apply themselves to these events. The Shot Putt handicaps were very successful—the extra event held on Championship Day providing a record entry.

In conclusion, I would like to end on a personal note, by warning the Javelin throwers that I am not a dart-board! Let's hope 1933 will prove a very successful year for the Club in general and the Field Events section in particular!

Enquiries, etc., to

W. H. J. SURTON, 33 Tintern Street, Ferndale Road, S.W.4.

WITH THE RUNNERS.

In which we make the most of a bad job!

It is unfortunate that the first fixture which should have been recorded, described, analysed and duly placed before our readers in these columns has passed—and we have no detailed result to offer! The race referred to was the third of the series between Ashcombe A.C., Thames Valley H. and ourselves, held over the course of the first-named club from their quarters at Sheen, on December 10th.

We hear that Belgrave gained their usual easy team win, that Tom Carter was the first man to finish, and that Bill Rice and Harry Shields were prominent on our behalf. Also that Arthur Penny was the unfortunate victim of bad pointing, and went off the course when leading by a large margin, and was eventually placed 16th. However the team race was already won; and as we appear to have said all we have to say it is as well to pass to the next item.

K. B. O'Kell, a former Club Champion and holder of the "Blackstaffe Shield," now finds the pen mightier than the running pump and contributes

"THE BLACKSTAFFE SHIELD."

Every year, during the Cross-country season, it is generally the cherished desire of all our gallant winter members to be the proud possessors of the above prize. That it has evaded the grasp of many worthy contenders cannot be denied, but this year this cannot be said. As an impartial critic, I venture to say that the winner, Arthur Penny, would have beaten all the previous holders, had they been in action, as in their hey-day, on this particular occasion. This is with all due respect to such brilliant runners as A. Allum and H. E. Footer. Penny ran like an animal; strong, fit as a fiddle and superbly trained. There were no men good enough to push him, and it is to Arthur's credit that he ran every inch of the distance, as his figures prove, apart from the fine physical display he gave.

The "field" lined up minus a lot of very familiar faces—rather a pity, as some of the spicy "tear-ups" between various antagonists are very enjoyable to all concerned. However, we are all controlled by our own particular circumstances.

Conditions were ideal; no wind, just a nice nip in the air, when our worthy "Father"—Teddy Gordon—told the 25 Belgravians to "go," and they all set off to see who would be back first and hailed as the Club 7 Mile Cross-country Champion.

The watches were ticking away, Harry Parker was having a very anxious time getting smokes from other chaps and squeez-

ing into photographs, when Penny came along. At approximately half-way he led "Nick" Carter by 23 sec.—roughly 115 yards—quite a lead to create over a man of Carter's ability. Mains was on Carter's shoulder, then came our "second Footer"—Harry Shields—nearly a minute behind Penny! Cook, Rice, Shaw and Walker were in a string after this. Mention should be made of Shaw, who was in very experienced company. All the above boys were clocked, and we made off for the finish.

In a very short time Penny came into sight and finished as fit as anyone could wish for. Carter came next, full out—a very game finish and only 37 seconds behind the winner. Next was Mains, 39 sec. behind. Shields 4th—great running by such a young "colt." Rice beat Shaw by 2 sec.—Bill always could raise a spurt. After this came all the "field" at intervals.

My early remarks on Penny need not be added to. Carter deserves every praise for some very fine running, and also a lot of sympathy in not having a chance to have his name inscribed on the shield. He is in an era of super-runners—quite a different state of affairs from 1924—1926. Mains is a stout-hearted Belgravian, and has a knack of always running very well when the Club needs endeavour most. Shields was 4th; if he looks after himself and takes advice, he will win this trophy one day. Bill Rice is great, as consistent as the moon, and as varying; sometimes brilliant, sometimes clouded over, but always there. Of Shaw, I do not know much owing to business ties. However, I hear great reports of his promise, and sincerely trust he will mature to this anticipated success. To get sixth in a Belgravian Championship is a very good performance. I cannot dwell on all the members who made the race interesting, but Bill Webb might have chosen a more appropriate place than 13th! Bill is no chicken, but a fine Captain, and consequently a great asset to the Belgrave Harriers.

The figures to be given will clearly show the credit and ability of all the various competitors. The handicap seems to have gone to the deserving fellows who put in some hard running. Perhaps our handicapper, Ernie Duffett, deserves a small medal for a good handicap. Four seconds between 3rd and 4th men—extremely accurate over seven miles and with a cunning horde of fellows!

In conclusion, I extend my best wishes to all in the forthcoming Championships, and trust they will see that we have a good supply of the familiar headlines: "Belgrave Triumph Again."

Arthur Penny should reserve a place in his cabinet for the "Southern" Honours, and have a needle and cotton prepared to sew a Red Rose badge on to his vest. As Belgravians, we all sincerely trust he will not disappoint the Club, himself and all his fellow-members.

Arthur Allum and the croaking Footer were out again, and I also hope these two will contradict my earlier comments, with a reservation: that Allum does not overdo it, on top of his recent serious operation. However, their wonderful team spirit is to be greatly admired, and with the backing available we look forward to the big events with great optimism. Set a hot pace you fellows, and give our competitors a first-class view of your elegant shoulders, which house some stout hearts and spirits. The dawn of our greatest victories has broken—let us look back at the end of 1933 with quiet pride and whisper modestly: “I told you so, Belgrave Harriers!”

RESULTS.

Pos.	Name	Act. Time	Start	H'cap Time	Pos. in H'cap
1.	A. W. Penny	39 23 ...	Scr. ...	39 23 ...	8
2.	C. T. Carter	40 0 ...	1 45 ...	38 15 ...	1
3.	C. Mains	40 39 ...	2 0 ...	38 39 ...	3
4.	H. W. Shields	41 19 ...	2 15 ...	39 4 ...	6
5.	W. A. Rice	41 24 ...	2 15 ...	39 9 ...	7
6.	A. R. Shaw	41 26 ...	2 50 ...	38 36 ...	2
7.	H. J. Fletcher	41 30 ...	2 50 ...	38 40 ...	4
8.	H. S. H. Cook	41 46 ...	1 30 ...	40 16 ...	12
9.	F. A. Walker	41 50 ...	2 55 ...	38 55 ...	5
10.	C. H. E. Penny... ..	42 20 ...	2 50 ...	39 30 ...	9
11.	C. W. Tame	42 27 ...	2 50 ...	39 37 ...	10
12.	S. T. Ring	43 22 ...	3 0 ...	40 22 ...	13
13.	W. G. Webb	43 56 ...	2 30 ...	41 26 ...	16
14.	F. Tame	44 8 ...	2 30 ...	41 38 ...	17
15.	R. G. Michael	45 0 ...	5 0 ...	40 0 ...	11
16.	W. S. Mitchell	45 34 ...	1 55 ...	43 39 ...	22
17.	A. S. Lindsay	46 16 ...	3 30 ...	42 46 ...	19
18.	A. E. Taylor	46 36 ...	3 0 ...	43 36 ...	21
19.	J. A. Jones	46 45 ...	5 0 ...	41 45 ...	18
20.	H. Titherley	46 55 ...	6 0 ...	40 55 ...	15
21.	H. D. Brown	47 54 ...	7 0 ...	40 54 ...	14
22.	A. H. Traquair	48 6 ...	5 15 ...	42 51 ...	20

On December 31st we welcomed, for the first time, Tooting Bec Hospital S.C. Read on from here:—

It was agreed to start 10 men aside for this race, with six aside to score. It was soon obvious to the spectators that our team were destined for an easy journey, Meggett being the only visitor to trouble our runners. This proved to be the case, the first five to finish the course being Belgrave Harriers. First position was shared by two of our promising younger runners—both eligible for the South of the Thames Senior event—in “Bert” Mitchell and “Nobby” Fletcher. Times, etc., of our men appear below.

RESULTS.

1.	A. F. Mitchell.....	32 12	7.	H. S. Cook.....	32 30
1.	H. J. Fletcher.....	32 12	11.	A. E. Taylor.....	34 12
3.	W. A. Rice.....	32 21	12.	W. L. Bayliss.....	34 48
4.	A. W. Penny.....	32 24	17.	D. Randall	37 42
5.	F. A. Walker.....	32 24	18.	E. J. Bayliss.....	38 19

TEAM SCORES.

1.	Belgrave H.—1, 2, 3, 4, 5, 7	22 pts.
2.	Tooting Bec. H.H.—6, 8, 9, 10, 13, 14	60 pts.

"Captain" Webb crosses some verbal channels and takes us with him.

"DOWN COBHAM WAY."

It was New Year's Eve, though 'twas hard to believe so, for the countryside was bathed in beautiful sunshine as we sped luxuriantly to the field of honour comfortably seated in a superbly upholstered 20-seater. Who wouldn't go to Cobham?

Having stormed the Village Hall, only to find that Cobham A.C. had long since moved their quarters elsewhere, we eventually reached our hosts, who gave us a very warm welcome, though their numbers were sadly depleted, possibly on account of the nearness of the fixture to the season's festivities.

When we stripped for action there was a nipiness in the air that made one eager for work, and as the signal for the start of the race was given the teams plunged forward to their first objective, a gap in the hedge some 200 yards away, with the intervening whole a soft, sticky mass of newly-ploughed soil. A veritable cross-country man's joy!

"What does he know of Wimbledon,
Who only Wimbledon knows?"

Two Cobham boys, Osborne and Hoar, were the first to drag their limbs across this stretch, closely followed by Carter, Michael and Shields.

From here the course consisted of a short stretch of lane and two left-handed circuits of roughly $2\frac{1}{2}$ miles of soft grass land and plough, interspersed by several obstacles; and then a final spurt home across the plough, from whence we started, making in all roughly $5\frac{1}{2}$ miles.

Half-a-mile out Osborne (Cobham) and Michael dropped back and Dench (Cobham) went up to the front with Carter and Shields.

Thus remained the leaders until the end; Carter and Shields leading and Dench in close attendance. Carter always appeared to have the best of the other two, though there was a critical few minutes when Dench gained a temporary advantage of 25 yards, due to our boys missing the turn point.

C. Tame was our next man home, having taken things steadily in the early part of the race he put in some sterling running in the last $2\frac{1}{2}$ miles which took him near the front. W. W. Mitchell came next, though not at his best, followed by Saunders and R. G. Michael who had been having a great duel with Osborne.

The result of the race was never in doubt with Cobham's 4th man trailing in the rear.

The excellent running of the Juniors is worthy of comment. Shields should have many more good performances to his credit ere he reaches his majority. Michael is obviously improving and A. T. Jordan was seen doing tricks with the Captain on a parallel bar 2 miles out with Chantler and Martin close behind.

E. Saunders made a very welcome re-appearance and performed very creditably. On the whole this was a very enjoyable outing, the change of going being a great contrast to that at Wimbledon, but beneficial for all that.

I am sure all those who ran thoroughly appreciated the little things Dick Savage did for our comfort. The tea he brought from Cobham's hospitable quarters was good—and the arranging of the bus can be sometimes a much more irksome task than that of riding in it. The advantage of a coach on such an occasion cannot be gainsaid and maybe one day we shall learn to use them more often, but, I trust, in a more economical way.

RESULTS.

1. Carter, C. T.B	32 47	11. Chantler, G.B	35 17
2. Shields, H. W.B	32 47	12. Ring, S. T.B	35 20
3. Dench, G.C	33 05	13. Jordan, A. T.B	35 25
4. Tame, C.B	33 15	14. Martin, D.B	35 25
5. Hoar, F. W.C	33 35	15. Smith, A. E.B	35 50
6. Mitchell, W. W. S.B	34 15	16. Titherley, H.B	39 30
7. Osborne, A.C	34 20	17. Traquair, A. H.B	40 00
8. Saunders, E. G.B	34 25	18. Dodson, W. W.C	40 05
9. Michael, R. G.B	34 50	19. Brown, H. D.B	42 00
10. Webb, W. G.B	35 15		

TEAM SCORES.

Belgrave H.—1, 2, 4, 6,.....13	Cobham A.C.—3, 5, 7, 18.....33
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Len Rollins discourses on the winning of the Individual and Team Championships of Surrey, as follows:—

SURREY COUNTY CROSS-COUNTRY CHAMPIONSHIP.

Held at Epsom, 14th January, 1933.

What a day! Bill Rice and Tommy Carter, both suffering from the effects of the 'flu. But that did not deter us. A record entry lined up at the start, and our boys were anxious to get away.

"They're off!" the bookies shouted. Sorry! thought I was at the Derby, being on the course, and standing next to Charlie Cook with a big, fat cigar (somebody remarked, "Lord Lonsdale!").

After the field had covered $1\frac{1}{2}$ miles two Ranelagh men were making the pace, closely followed by Penny and Footer. Carter, Robertshaw and others were well up. Out into the country and Arthur Penny thought it was time to get going, so he went into the lead unchallenged.

At three miles Penny loomed into sight 30 yards ahead of K. C. Allen, then our little "Bert" chasing Allen. Carter, undoubtedly feeling the effects of the 'flu, was 13th with the remainder of our team hanging on. This looked good and almost a certain Team Championship. After covering 5 miles Penny had left Allen by 200 yards and Bert fighting, as usual, was running 5 yards behind Penny (1st and 2nd). Robertshaw, Mitchell, A. F. (running as an individual), Carter and Cook were going great guns, occupying 13th, 14th, 15th and 17th positions and Mickey Walker holding 19th place. Tommy Carter collapsed but managed to pick himself up and eventually finished. Penny and Footer ran together until the last 100 yards, when Arthur Penny went away and won a glorious race by 10 yards. Congratulations, Arthur, upon running such a fine race and winning for the second time the Surrey County Championship.

"Bert," although down with 'flu only a few weeks ago, ran a great race, and more will be heard of him in the big races.

H. S. H. Cook, who finished 13th, ran well and once again was in our scoring six.

Alec Robertshaw, whom we unfortunately do not see very much of these days, ran splendidly and scored in the 14th position. Keep it up, Alec, we shall want to see more of you in the Southern!

Mickey Walker deserves special praise. Only in his second cross-country season, and if I may say so, only a moderate runner (yet), but what a fighter! He is an example to all members. Strenuous training has reaped its reward.

Tommy Carter occupied 18th position and after a very hard race deserves a special pat on the back. Right from the start it was a terrific fight for him and only goes to prove his fine team spirit in running for the Club as he did. It would have been interesting to have seen what Carter would have accomplished if he had been fit. He has already this year beaten Dench, of Cobham A.C., who finished fifth. Would the Bels. have had 1, 2, 3? However, we were content with our win.

Our six men scored 63 points as against Ranelagh's 130 and Surrey A.C.'s 150. We had the pleasure of taking the Cup from the latter Club.

Of the remainder of the team, hard luck for Charlie Tame, who finished 21st and 7th for the Club. Our Captain, W. G. Webb, taking things very easily, completed the course and in company with Bill Rice and Nobby Fletcher, finished 37th, 38th and 41st respectively, closely followed home by W. W. S. Mitchell, 53rd.

Perhaps the most unfortunate man was A. F. Mitchell, who arrived late and was entered as an individual. He ran splendidly, particularly after taking into consideration that he is unable to

train, and only had two hours' sleep the previous night, owing to his work, and yet finished 15th. Congratulations, Mitchell!

* * * * *

[Hon. Editor's Note—It is our pleasure to pay tribute to an act of sportsmanship on the part of H. E. Footer, and this is most easily done by quoting an extract from a letter to the Hon. Editor from A. F. Mitchell. “. . . . Owing to my work, I was a few minutes late at Epsom and so was not included in the team for the Surrey County Championship. I ran as an individual and finished 15th, and although as an individual my position didn't count in team race, Bert insisted that I should take his medal as a souvenir of the race. I accepted it in the spirit in which it was offered and it will be, I am sure, one of my most treasured possessions. This demonstrates the fine sporting spirit of the Belgrave Harriers. Yours etc. (signed), A. F. Mitchell.]

Comment on the above is quite unnecessary, and we will content ourselves with “Well run, Bert! Well done, Bert!”

RESULTS.

Position	m. s.	Position	m. s.
1 1 A. Penny	40 54	28 21 C. Tame	44 12
2 2 H. E. Footer	40 57	37 30 W. G. Webb	44 42
15 — A. F. Mitchell	43 18	38 31 W. A. Rice	44 45
16 12 H. S. Cook	43 21	41 34 H. J. Fletcher	44 54
18 14 A. Robertshaw	43 23	53 45 W. W. Mitchell	45 27
20 16 F. A. Walker	43 20	64 — S. T. Ring	46 25
22 18 C. T. Carter	43 49		

TEAM SCORES.

1. Belgrave H. pts.	
1, 2, 12, 14, 16, 18	63
2. Ranelagh H.	130
3. Surrey A.C.	150
4. Epsom H.	154
5. South London H.	183
6. Mitcham A.C.	224

H.L.R. ON THE AIR.

Hullo, everybody, this is H. L. Rollins calling, and I thank our Hon. Editor for his kind words in introducing me as your new Assistant Hon. Secretary. I fully realise the task I have taken upon myself, and also appreciate the enormous amount of work E. A. Duffett did when he was Running Hon. Secretary. However, I shall give of the best of my ability to serve the Club and in all fairness to myself I ask you members to co-operate with me and do your share when the time is opportune, in turning out to support the fixtures the Committee arrange for you.

We are now in the “Championship season” and our chances do appear to be good. There is our 10 miles Championship to be held at Wimbledon on the 28th and form shown in this race will help the Selection Committee to choose the team for “The South of the Thames Senior” to be held at Epsom on 11th February. With Carter, Shields, Shaw, Mains, Rice, Mitchell (A.F.), Walker, Fletcher and others our team looks good. Also the “Sir

Jeremiah Colman" Cup for the first team to finish 12 men (which we hold) must be retained. So come on, "The Bels," and put in some sterling training for this event.

The Southern Counties race is being held at Chingford, but as this race is some weeks ahead I will deal with this later.

In conclusion, I should like to see more members supporting the fixtures than have been in the past, particularly the Social runs arranged by the Committee. Usually a tea and social follows the run, and it is up to all members to participate.

I should be glad to hear from any new members desiring information, and shall do all in my power to help them enjoy the benefits of Club membership to the full.

Enquiries to H. L. ROLLINS, 81 The Broadway, N.W.2.

OUR BOXING DAY MEETING.

As usual, a good crowd gathered at Battersea Park to witness our Boxing Day programme of handicaps. The entry for the Two Miles Run was excellent; that for the Sprint good for the time of year; but the number competing in the Walk was disappointing, although it must be remembered that we had teams competing in two distance events on the same day.

R. W. Jordan showed excellent form in easily winning the Two Miles Handicap, and it is a great pity that business claims prevent him from turning out for us on Saturdays. Arthur Penny, in finishing second from the scratch mark, was responsible for a very fine performance, and was only slightly slower than Jack Flower in the corresponding race last year.

The 120 yards Sprint final was a very close affair, victory going to F. W. Pritchard with Mewes and Pamment only inches away.

The Walk provided Don Brown with another chance to show his great improvement, which is rapidly taking him into the highest class.

RESULTS.

120 Yards.—1, F. W. Pritchard (12); 2, A. Mewes (15); 3, A. H. Pamment (10). Time 12½ sec.

Two Miles.—1, R. W. Jordan (130); 2, A. Penny (scr.); 3, A. R. Shaw (100); 4, H. J. Fletcher (140). Time 9 min. 33 4-5 sec.

Three Miles Walk.—1, D. E. Brown (300); 2, E. A. Jackman (515); 3, J. G. Coleman (350). Time 22 min. 30 sec.

WITH THE WALKERS.

Our racing activities have not followed one another quite so frequently during the last week or two; but the weeks to follow will provide everyone with all the competition they desire. To set out our coming fixtures in tabulated form:—

Jan. 28—Club 10 Miles Championship ("R. Murphy" Shield).

Feb. 4—L.C.C. Trams S.C. Open 7 Miles Race.

Feb. 18—Ashcombe A.C. Open 10 Miles Race.

Mar. 4—R.W.A. JUNIOR CHAMPIONSHIP (10 MILES)
AT BIRMINGHAM.

* * * * *

Is it again our turn to win the "Junior"? Our first team of eight walkers will all be doing their utmost, and it would take a super-optimist to predict our first four to finish. This is all to the good, and if only our men can avoid the very prevalent illness which is striking so many down at the moment, we need fear no team.

* * * * *

One of our newcomers this season, F. W. Chandler, is showing gradual improvement; and is joined this month by three others, L. Jones, D. J. Heath and H. W. Clemow, who, we trust, will soon settle down and become valuable members of our Walking Section.

* * * * *

One of the most pleasing features of this season's activities has been the phenomenal improvement of Don Brown. Following upon an excellent walk v. Surrey W.C. over their West Wickham course, he took second place in the Club Junior Championship; and has since finished third in the London Business Houses Championship. In this latter event he also won the sealed handicap held in conjunction. Congratulations! Brown should be well to the fore when the R.W.A. "Junior" is decided.

* * * * *

It has been decided to hold the R.W.A. National Championship (20 miles) which takes place on May 13th, in the Dulwich area. The race will start and finish on the Crystal Palace Parade and will consist of three laps (two of 7¼ miles, and a smaller one to complete the distance) in the Dulwich and Herne Hill districts. It is hoped that when the time comes we shall have a large crowd of supporters around the course to encourage our walkers. Further details will follow in later issues.

MATCH v. SURREY WALKING CLUB.

We travelled to Croydon on December 10th to meet our old rivals, Surrey W.C., over their West Wickham and back course, 9¾ miles to testing roads.

Harold King took the lead from the start, closely followed by Archibald and Kemp, of the S.W.C., with Brown, A. H. Field and Harley not far away. Field dropped away later, and at about four miles Archibald took the lead from King and retained it to the end. Shortly afterwards, Kemp suffered disqualification, and with Brown walking strongly and Saunders coming through the field at a fast pace, our chance of a team win looked very rosy. At about six miles, however, W. F.

Amer, one of the Surrey stalwarts, entered the first half-dozen places and eventually finished second. Thus Surrey W.C. had the first two men, followed by four of ours, but the superior packing of our hosts in the later positions gave them a team win.

Of our walkers, we were pleased to see King again in action; and Brown's forward walking gave general pleasure and was in advance of anything he had previously shown. His style and turn of speed were very impressive; and we look to him for many fine performances in the future.

RESULTS.

	h.	m.	s.		h.	m.	s.
1. W. Archibald.....S	1	20	13	18. J. E. Field.....B	1	29	28
2. W. T. Amer.....S	1	21	53	19. N. A. L. Burt.....S	1	29	35
3. H. F. King.....B	1	22	3	20. A. J. Bell.....S	1	29	55
4. D. E. Brown.....B	1	22	13	21. R. G. Hillier.....B	1	30	15
5. E. Saunders.....B	1	22	43	22. W. Holman.....B	1	31	21
6. A. A. Harley.....B	1	22	55	23. T. L. Bowden.....S	1	31	39
7. F. W. Mayor.....S	1	23	12	24. A. Graham.....S	1	31	39
8. L. Woodcock.....S	1	23	38	25. S. A. Manning....B	1	31	43
9. G. Swan.....S	1	23	45	26. E. M. Shipman....S	1	33	45
10. H. L. Etherington S	1	24	36	27. W. H. Snell.....B	1	34	20
11. T. C. Reynolds...S	1	25	29	28. L. K. Discombe...S	1	35	9
12. R. F. Elson.....B	1	25	45	29. J. Pryor.....S	1	35	14
13. A. H. Field.....B	1	25	57	30. G. M. Coulon.....S	1	35	42
14. F. W. Blackmore S	1	26	25	31. R. H. Milne.....S	1	35	58
15. S. E. Horton.....S	1	27	20	32. E. Parslow.....S	1	37	54
16. R. W. Astill.....S	1	27	46...	33. F. W. Chandler...B	1	39	20
17. T. A. Coombes...S	1	27	55	34. J. D. Levy.....S	1	48	23

TEAM SCORES.

1. Surrey W.C.—1, 2, 7, 8, 9, 10, 11, 14, 15, 16 93 pts.
2. Belgrave H.—3, 4, 5, 6, 12, 13, 17, 18, 19, 20.....117 pts.

THE "HORWOOD CUP" RACE.

There were 15 starters in the race held on 17th December, 1932, at Wimbledon, over our usual seven-miles course for the Club Junior Championship and the "Horwood" Cup. F. W. Thorn, a former winner, and C. W. Redgrave, second last year, were notable absentees, both having been unable to train this season. C. E. Churcher and J. G. Coleman, who have been scoring for the Club in open handicaps this year, were prevented from racing by colds; but otherwise the field was well representative of our Junior strength. A most interesting race ensued. Harry Churcher, the holder, cut out a fast pace at the start, but D. E. Brown, who improves every time out, would not be shaken off, and for four miles the pair raced neck and neck. In the second lap, however, Brown tired and eventually lost second place to Charlie Speechley, whilst Harry Churcher went on to win by about 270 yards in the exceptionally fast time of 56 min. 53 sec.—the fastest yet recorded over the course by any walker qualified to take part in the R.W.A. "Junior" Championship.

Speechley improved on his last year's time by 1 min. to win the handicap by 3 sec. from D. E. Brown. Bert Field, despite a pull for second prize in the preceding Club handicap, took the third handicap prize.

RESULTS.

Pos.	Name	Start	Actual Time	H'cap Time	Pos. in H'cap
1.	H. G. Churcher (holder)	Ser. ...	56 53 ...	56 53 ...	8
2.	C. H. Speechley	2 45 ...	58 2 ...	55 17 ...	1
3.	D. E. Brown	2 50 ...	58 10 ...	55 20 ...	2
4.	A. A. Harley	2 50 ...	59 9 ...	56 19 ...	4
5.	A. H. Field	3 25 ...	59 15 ...	55 50 ...	3
6.	R. F. Elson... ..	3 10 ...	61 12 ...	58 2 ...	9
7.	C. F. Sutton	3 15 ...	61 39 ...	58 24 ...	10
8.	H. S. Latter... ..	1 0 ...	62 2 ...	61 2 ...	14
9.	R. G. Hillier	5 30 ...	62 3 ...	56 33 ...	5
10.	E. A. Jackman	5 50 ...	62 25 ...	56 35 ...	6
11.	W. G. Snell	8 40 ...	65 19 ...	56 39 ...	7
12.	W. F. A. Newby... ..	7 40 ...	66 9 ...	58 29 ...	11
13.	J. McCarthy	7 30 ...	66 40 ...	59 10 ...	12
14.	L. Jones	7 20 ...	67 9 ...	59 49 ...	13

Since last the Belgrave Harriers won the R.W.A. "Junior" Championship in March, 1930, the three races for the Club Junior Championship have been held over the course used in the race described above, and as several of this year's team have taken part in two or more of these races, the following table throws light upon the improvements made.

	Dec. 1930	Dec. 1931	Dec. 1932
H. G. Churcher	—	58 13 ...	56 53
C. W. Redgrave	59 29	58 37 ...	—
D. E. Brown... ..	—	63 0 ...	58 10
C. H. Speechley	59 46	59 2 ...	58 2
R. F. Elson	60 45	60 47 ...	61 12
A. A. Harley	61 56	59 15 ...	59 9
A. H. Field	64 15	62 10 ...	59 15
E. A. Jackman	—	63 15 ...	62 25

The continued improvement made by Charlie Speechley is the most remarkable feature to be noted, as he is already a veteran. D. E. Brown has only been racing 16 months and promises to develop into a champion. Bert Field gets minutes faster in seven-miles races each after each "50 Kilos" or "Brighton" race that he essays.

As in addition to those tabulated we have H. S. Latter, who walked only 16 seconds slower than Harry Churcher in our "Open" 7 miles race, C. E. Churcher and J. G. Coleman, our Junior team promises a god performance, but it is well to remember that the opposition grows stronger every year. Surrey Walking Club will be represented by, perhaps, as strong a team as has ever won the race, so our men must train assiduously from now until 4th March.

J.B.B.

"THE GODSTONE."

Owing to the counter-attraction of a 12 miles event promoted at Eastleigh, we were not so strongly represented as usual in the Godstone and back race. However, our team performed quite creditably, although they were unplaced. Saunders and A. H. Field in particular deserve mention, the latter taking second prize in the sealed handicap.

The record for the course was broken by G. T. Galloway, of S.W.C., who walked the 18 $\frac{3}{4}$ miles in 2 hrs. 36 min. 19 sec.

RESULTS.

	h.	m.	s.		h.	m.	s.
1. G. T. Galloway ...S	2	36	19	34. J. E. FieldB	2	57	36
8. E. Saunders.....B	2	45	58	34. W. H. Holman....B	2	58	25
12. A. H. Field.....B	2	47	39				

TEAM SCORES.

	pts.		pts.
1. Surrey W.C. (A).....	17	4. Woodford Green A.C.....	43
2. Surrey W.C. (B).....	20	5. Belgrave Harriers	50
3. Metropolitan W.C.	29		

THE EASTLEIGH WALK.

The Eastleigh Town S.C. decided to promote an Open Walk on Boxing Day, the course being from Eastleigh to Southampton and back, a distance of 12 miles. The purpose of the race was to encourage the sport in the locality with a view to strengthening the promoting club; and, possibly, lead to the formation of other clubs in the district.

The entry was not a large one, but interest in Tommy Green's home town was tremendous and large crowds turned out for the start and finish.

Green, as expected, was the winner, being followed home by Sykes, Cooper and Watts, all of Eastleigh. Then came Harley and Bidgood, of ours, and as scoring was three aside, the home team won by 9 pts. to 12pts.

The Eastleigh team and Belgrave team shared (unequally!) all the awards, as the attached result shows.

RESULT.

	h.	m.	s.		h.	m.	s.
1. T. W. Green.....B	1	35	8	5. A. A. HarleyB	1	43	41
2. W. SykesE	1	36	14	6. J. C. BidgoodB	1	44	55
3. G. CooperE	1	40	13	14. W. H. Snell.....B	1	54	15
4. E. WattsE	1	41	56				

SCRATCH TEAM RESULT.

1. Eastleigh Tn. S.C.	9	pts.
2. Belgrave H.—2, 5, 6... ..	12	pts.

HANDICAP TEAM RESULT.

1. Eastleigh Tn. S.C. (A).	3.	Eastleigh Tn. S.C. (B).
2. Belgrave H.		

All entries or enquiries regarding Walking matters should be addressed to A. A. HARLEY, 39 Roxburgh Avenue, Isleworth, Mx.

HONOURS BADGES.

The Committee have decided to institute an Honours Badge which will be awarded to those members reaching a certain standard of ability. The standard of attainment to secure one of these badges has been kept high in order that it shall be an "Honours Badge" in every sense of the word, and to ensure that it shall be considered a real honour to have one's name added to the list of those entitled to bear the Badge. The form the badge will take has not yet been definitely decided, but will probably consist of the Club badge combined with a laurel wreath, and will be worn on the vest. It is, of course, impossible to make these awards retrospective, and the following conditions have been drawn up to govern the award of Honours Badges:—

(1). No badge to be awarded without the consent of the General Committee and the names of winners to be recorded on the Club Minute Book.

(2). Only first-claim members shall be eligible, and only performances when entered in the Club name shall be considered.

(3). Only one badge may be awarded to any member.

(4). The Committee is empowered to consider any performances not otherwise provided for such recommendation under this clause to be confirmed by the Annual General Meeting.

The following are the qualifications necessary to secure an Honours Badge:—

CROSS-COUNTRY RUNNING.

Anyone finishing in the first 25 individual positions of the National Cross-Country Championship; or in the first six individual positions in the Southern Cross-Country Championship.

TRACK RUNNING.

Anyone attaining First Class A.A.A. standard in the A.A.A. Championships, or finishing in the first four positions of the 100 yards A.A.A. Championships.

FIELD EVENTS.

Anyone attaining A.A.A. First Class standard in Championships.

TRACK WALKING.

Anyone attaining First Class standard in the A.A.A. Championships.

ROAD WALKING.

Anyone finishing in the first 12 individual positions in the R.W.A. National Championships; or in the first three individual positions in the R.W.A. "Junior" Championship.

Our readers will probably be interested in the following revised A.A.A. standards to take effect at this year's Championships.

3 Miles Run—from 14 min. 45 sec. to 14 min. 50 sec.

6 Miles Run—from 31 min. to 31 min. 15 sec.

7 Miles Walk (1st Class)—from 57 min. 30 sec. to 55 min.

(2nd Class)—from 57 min. 30 sec. to 57 min.

BELGRAVE BUILDING FUND.

A period of 12 months has now elapsed since the Building Fund was instituted, and if the amount of cash now standing to its credit does not reach the optimistic figure that was at first anticipated, there remains a satisfactory feeling that progress has been made and that the fulfilment of the objective will eventually mature.

For the information of any member who may not be aware of the scheme, the following brief details are repeated :—

1. To provide suitable headquarters with all facilities for training and recreation for the exclusive use of Belgrave Harriers.

2. Subscriptions to fund to be regular and purely voluntary.

3. As an easy method it is suggested that you do not spend a halfpenny and that every coin of that denomination be placed aside for the benefit of the Fund.

A box for that purpose will be provided if required.

4. In the event of the scheme being abandoned, each member's actual contribution will be returned.

It will be of interest to all to know that the Committee recently considered an offer for sale of a large house situated in Lauriston Road, Wimbledon, midway between St. John's Hall and the Common. The premises would have been well suited to the Club as Headquarters. The amount required was in the region of £2,500, and after careful consideration, lack of capital and difficulties in raising sufficient income to repay mortgage and working costs caused the matter to be dropped.

And yet if every reader would enter whole-heartedly into the halfpenny scheme we could tackle the matter with a light heart.

However, it was not anticipated that our Headquarters would be obtained quite so quickly; whilst the information obtained by the Committee will be of service in the future.

The present state of the fund is as follows :—

	Income	Expenditure
Invested with Fulham & Walham Green Building Society	51 1 0	NIL.
Cash in hands of Hon. Treasurer	5 6 8½	
Total Assets	£56 7 8½	

The fund is growing weekly. May we have your support to hasten the growth?

Any details will be given by Hon. Treasurer.

SOCIAL.

Reserve these dates :—

Jan. 28th—Social at Wimbledon.

Feb. 15th—Dance at Wandsworth Baths.

Mar. 11th—Dance at the Queensberry Hall, South Kensington.

