

THE

OCTOBER 1978

BELGRAVIAN



the official gazette of belgrave harriers •

WELCOME

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Front Cover.

Ernest Obeng of Ghana and Belgrave Harriers beats Olympic 200 metre Champion Don Quarrie of Jamaica over 100 metres at the Philips Night of Athletics, Crystal Palace May 24th. photo by Mike Street

Back Cover.

Youth John Gladwin, one of our talented younger members who this year has clocked 52.0 for 400 metres and 2:01.3 for 800 metres. photo by Stu Barrett

All other photographs in this issue apart from those on pages 7 and 8 by Stu Barrett.

THE BELGRAVIAN

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Congratulations to our three members who gained selection for the Commonwealth Games at Edmonton, Canada in August.

In the 30 kilometre walk, held in blistering conditions, Graham Seatter placed 7th for New Zealand while Allan Callow, representing the Isle of Man, was numbered among those who failed to finish. Graham's best performance of the year was without a doubt that magnificent display he put up at Stretford when he pulverised a selected field over 20 kilometres, winning by three minutes to record 87:37.

A successful summer campaign by the outstanding sprinter Ernest Obeng eventually gained him recognition from Ghana. Ernie has raced many of the best in the World this year and has not had a poor run in a season stretching back to March. After following his progress through the preliminary rounds of the Commonwealth 100 metres it was a thrill for all Belgravians to see him line up against two Olympic Champions. Ernie placed 8th in the final and then came home to run an electrifying 10.29 at Crystal Palace for his sixth Club Record of 1978. For this latter performance the Committee have awarded Ernest the "Tommy Green" Cup for the most meritorious performance by a Belgravian in 1978. (Last year he shared that honour with Graham Seatter.)

We must also remember the summer of 1978 for Cliff Brooks' narrow failure to earn selection for the Games. Setting his best ever decathlon score of 6,727 points (with veteran status not that many seasons away over the horizon), he was just short of the qualifying mark

that would have enabled him to compete for Barbados.

Teamwise it was not such a good season but we must give recognition to our ladies section who gained promotion from their division of the Lily B League, and our boys and colts who did likewise in the Ebbisham League. All credit to the teams and their organisers.

A Word From The Treasurer -

At the end of my year as President I would like to thank all those members who give a helping hand on all the various jobs which need to be done to enable others to enjoy their athletics.

Congratulations to the three members who made the Commonwealth Games teams for their respective countries and I am sure some of our present youngsters will now endeavour to emulate them.

Now for my moan, Twice as many members owed their subscriptions than at the end of the last financial year. Reminders were sent out so there is no excuse. Suspension will follow for those who again ignore the requests for payment.

Again at the end of the financial year I thank all the following members for donations.

G.Biscoe, C.Brooks, J.V.Baker, C.T.Carter, R.J.Carter, D.Crookes, L. Coleman, N.Dewberry, G.Doubleday, P.Duncan, E.Donovan, Mrs. Hare, M.F Jones, H.King, J.Morris, T.Morrell, L.Morris, A.Penny, A.Penstone, E. Penny, Mrs. Savage, F.Stone, H.Shields, M.Stearman, C.Speechley, C. Shippen, F.Webb, W.Webb, C.Walker.

John Baker

MARATHON AGONIES



"I suppose you will want to see this" said my wife switching the T.V. to the film "The Games". This is about the Olympic Games and the climax is the marathon, and is set in Rome. The hero is a British Runner, Harry Hayes, played by Michael Crawford. When preparing for the part Michael joined the Bels and a 1968 magazine shows a picture of him training on Wimbledon Common. In the film he is the favourite for the marathon and his trainer wants him to run the first sub. two hours marathon!

The event is held on a very hot day and our hero draws away running at a fantastic pace, the half-way mark being reached in just under the hour. He is first to enter the stadium, but he has run himself out and he staggers round the track to be passed by six others and to collapse just after finishing.

A similar fate actually befell a former Belgravian in another Olympic Marathon - True or false?

True! In the 1948 Olympic Marathon E'tienne Gailly (Belgium) was first into Wembley Stadium only to stagger round and be passed by D. Cabrera (Argentine) and our old friend, Tom Richards of S.L.H. On crossing the line for the bronze medal E'tienne was whipped on to a stretcher. During the war he had escaped to Britain from occupied Belgium, and as a keen runner he joined us and trained with and competed for the Bels. "Steve" Gailly was well liked and when he returned to Belgium it was predicted in the "Belgravian" that he would make his mark. A few years later he was tragically killed in a car accident. A marathon is held annually in Belgium in his honour.

Also competing at Wembley in 1948 was Belgravian Bill Lucas (5,000m), Harry Churcher (10,000m Walk) and Bill Nankeville (1,500m).

The fastest marathon on record stands to the credit of Derek Clayton (Australia), who, in 1969, clocked 2h.8mins.34secs. at Antwerp. So the two hour barrier is still some way off - a tantalising and agonising one and threequarters of a mile.

'Doub'



compute your collapse point

You might like to experiment with this Collapse Point Theory. It works as follows:

- ~ You will stop or slow down dramatically at a point about three times your average daily distance for the past six to eight weeks.
- ~ Say you've averaged 35 miles a week during that time. That's five miles a day. Your projected collapse point is 15 miles. Your maximum race distance should, therefore, be a little less than 15 miles.

Weekly total	10	15	20	25	30	35	40	45	50	55	60
Daily average	1½	2¼	3	3½	4¼	5	5¾	6½	7	7¾	8½
COLLAPSE POINT	5	7	9	11	13	15	17	20	21	23	26
Max. race distance	3	5	6	8	10	13	15	19	19	20	20

(Taken from 'Step Up To Racing' by K. Young, Arizona State College - via 'Gate' the Highgate Harriers Journal).

From the 'Belgravian' 25 years ago

..... The Heathfield Trophy held at Walton-on-Thames. Bob Taylor won a fine race to win the 880 yards in 1min. 55.8secs.....

..... Congratulations to Hugh McGreechan on winning the Surrey W.C. 14 miles Keston race and also winning the Police Long Distance Championship - Barking to Southend - for the third time. Harry Shields won the London Transport 10 Miles Championship.

..... In the Club Championships at Battersea Park Jack Brown came over from the White City where he had been running for the Great Britain "B" team in an attack on the 4 x 1 mile world's record, and he successfully defended his 1 mile title, beating Chas. Walker in 4mins. 25.6secs. The 1 mile Junior saw a surprise win with R.D. Baines beating J.B.Edgar in 4mins. 39.8secs.

and 40 years ago

..... We note from the Press that a Wimbledon Athletic Club has been formed, and shall watch its progress with interest.

..... The Belgrave Open Walk 26th November 1938..... By knocking 43 seconds off the course record (53mins. 5secs.), Harry Churcher treated a large crowd of onlookers to an excellent display of fast walking. After a small lap of the Common Harry was already in front and eventually won by the comfortable margin of 1min. 30secs.

From the President

As your President for this year I should like to take this opportunity of wishing you much success in the coming season.

Over the past years I have been inspired by great team spirit and enthusiasm with Belgrave, now older and slower the same spirit is still as strong but it should be remembered that you only get out of sport what you put into it.

I should also like to remind members that the Club and our sport cannot run without its officials. Do not take them for granted give them the support they deserve.

Yours in sport,

Ray Middleton

Graham Seatter 7th in Edmonton



The conditions could probably not have been much worse for the Commonwealth Games 30 Kilometre walk at Edmonton, in which two Belgravians were competing. The sun scorched the sixteen starters unmercifully and it is not surprising that four men failed to finish including our own Allan Callow representing the Isle of Man.

The Australians Sawall and Erikson blasted off, followed by Jobin the Canadian record holder while Belgrave's Graham Seatter (New Zealand) took things a little steadier. At 5KM Jobin led in 22:14 with Sawall 22:16 and then a gap until England's Olly Flynn passed the checkpoint with Erikson in 22:37 and Graham 22:54. Sawall pushed hard to lead at 10Km in 45:12, 11 seconds up on Jobin but Olly Flynn had closed up with 45:29 with our man still 5th in 46:15.

By 15Km Sawall led in 1:08:37 but Flynn had him in his sights, 13 seconds down. Jobin passed by in 1:09:27 and Graham was up to 4th in 1:10:05, 24 seconds clear of Brian Adams with Erikson apparently fading. Adams took Graham (1:35:55) in the next 5Km stretch and then up front Flynn moved into a lead he was to maintain to the end. By 25 kilometres Erikson stormed back into medal contention but Graham was in bad trouble as was Jobin and it must have been a desperate effort to keep going in the 26°C (80°F) temperature. Adams, Seddon (England) and Boeck (Canada) came past and eventually he crossed the line 7th in 2:31:48.9.

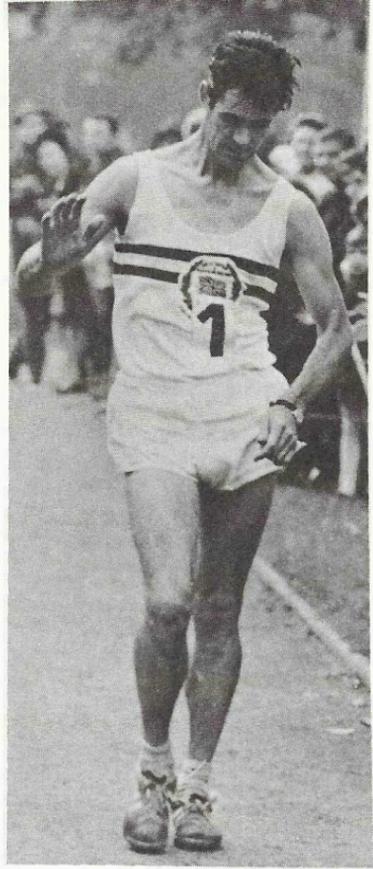
1.O.Flynn (England) 2:22:03.7; 2.W.Sawall (Australia) 2:22:58.6; 3.T. Erikson (Australia) 2:26:34.0; 4.B.Adams (England) 2:29:41.5; 5.A. Seddon (England) 2:29:57.5; 6.H.Boeck (Canada) 2:31:48.9; 7.G.Seatter (New Zealand) 2:31:48.9; 8.G.Young (Isle of Man) 2:33:14.9.

OUR PRESIDENT

RAY C. MIDDLETON

by John Keown

Ray places 2nd over 30km in a match v German clubs at Frankfurt



What qualities do we look for in a President? We expect him to be a person who is a leader; one who will inspire others to give of their best; one who has down the years clearly demonstrated his loyalty to his club and his fellow members. In Ray Middleton, Belgrave Harriers have found such a person.

Ray was born in London on 9th August 1936. At school he competed in the high jump and 880 yards but not being too successful in these events, in 1951 he tried his hand at race walking. Despite finishing third out of three in a one mile novice walk he discovered that he enjoyed the sport and so joined Belgrave Harriers.

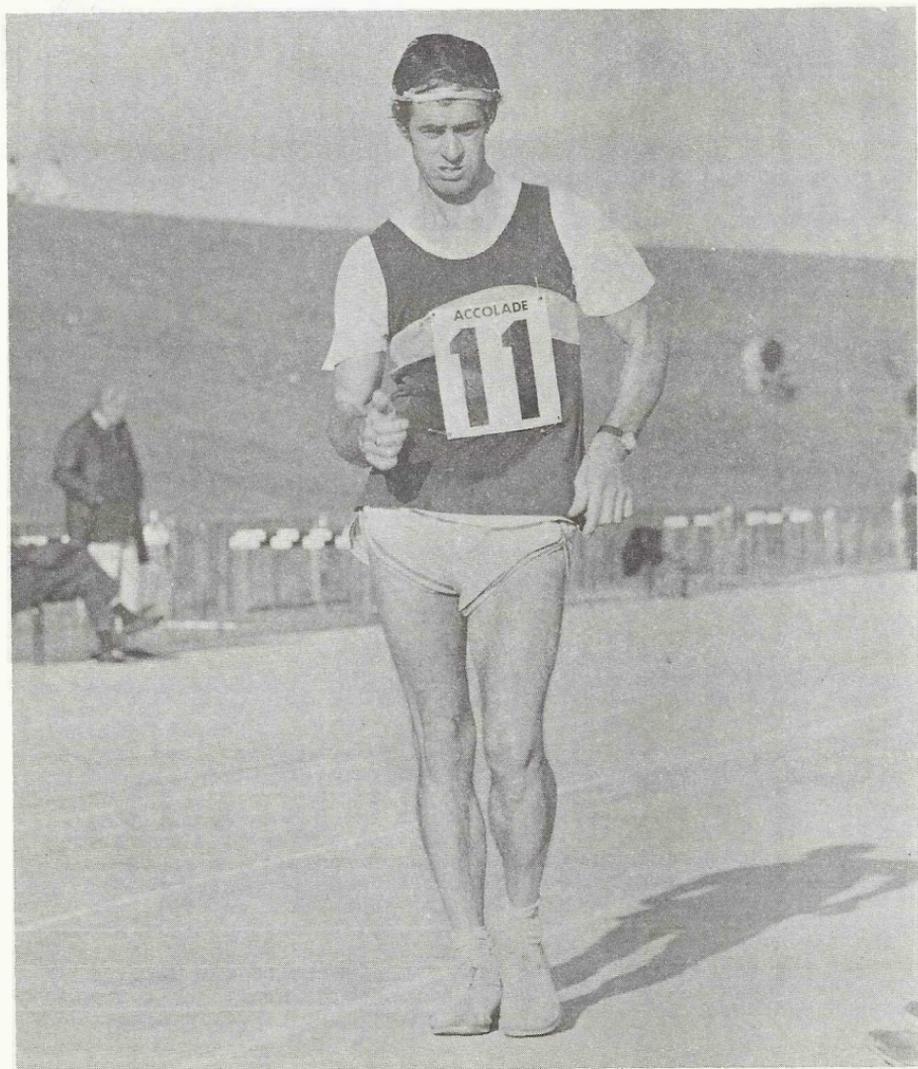
Progress was slow but steady for Ray. In the R.W.A. Junior 5 Miles Championship in 1956 he finished sixth with a time of 41m.21s. The following year he began to win Club championships, and in 1959 at Wembley he won his first major race, the Southern "Garnet". He gained his first Surrey County vest the same year. In 1961, ten years after taking up race walking, Ray established himself as one of the top middle distance walkers in the United Kingdom. He finished third in the National 20 Miles, second in the Leicester Mercury 20 miles and second in the National 50 Kms when he split the two Thompson brothers, Don and Nigel. He gained his first international

vest that year when he represented Great Britain over 50Kms in the Lugano Trophy Competition.

At Baddesley Colliery, Warwickshire in 1963 Ray gave one of the best walking performances of his long career when at his third attempt he won the National 50Kms with a world-class time of 4h.16m.43s. Two years later at Bolton he again won the National 50Kms.

Ray has represented his country on numerous occasions. Besides taking part in six Lugano Trophy finals he has competed in three European Championships, one Olympic Games and a Commonwealth Games. In the latter event at Kingston, Jamaica, Ray won the silver medal in the

Ray Middleton during his record breaking 8 hours walk at White Hart Lane (New River Sports Centre) on 29th September 1974



inaugural 20 Miles Walk.

During the present decade Ray has turned his attention to such established "classics" as the Hastings to Brighton and London to Brighton. In 1970 he won the Hastings to Brighton and when finishing second to Shaul Ladany (Israel) in the London to Brighton established a new Club Record of 7h.50m.47s. for the 53 miles journey from Big Ben to Brighton seafront. Just a month after winning the 1974 "Brighton" in an International 8 Hour track walking race at White Hart Lane, London, Ray crowned all his previous performances by establishing new World Best distances and times for 6, 7 and 8 hours, 40 and 50 miles.

During the last 20 years Ray has been a scoring member of practically all Belgrave walking teams at every distance from 5 miles to 53 miles. The fact that he is the proud owner of nearly 50 National team medals clearly demonstrates his loyalty to the Club and his ability to inspire other members to bring top honours to Belgrave. His consistency over all distances will almost certainly see him go down in history as one of the all-time greats of British Race Walking.

Ray's activities have not been confined to racing. He has for a number of years been an elected member of the Southern R.W.A. Committee. Besides competing in National Championships he has successfully acted as local organiser of the longer championships. His knowledge of the competitors and their requirements made him a natural choice as chief steward in charge of the feeding stations at last year's Lugano Trophy final at Milton Keynes.

In all his endeavours Ray has always had the whole-hearted support of his wife Jean and his daughters, Debra and Lesley. Jean has, down the years, been an ardent and vocal supporter of Belgrave. Her ability to sell programmes, tickets, etc. to even the most reluctant athlete has gained her the grateful thanks of many a race organiser.

The election of Ray Middleton as President of Belgrave Harriers cannot do other than increase the Club's standing in athletic circles because his pleasing personality, high sense of sportsmanship and cheery cockney humour will quickly enable him to gain the friendship and respect of everyone he meets. Before his year in office is over some members may forget his surname but, as in race walking circles, his popularity will be noted by the frequent reference to "Ray" in conversation about Belgrave affairs.

THE CLUB DINNER

will be held on Saturday, 18th November at

THE DOG & FOX WIMBLEDON

phone Bill Laws (01-337 7215) for tickets

Great sprinting from Ernest Obeng



Those interested in track athletics will remember 1978 as the year in which Scotland's Allan Wells rose from obscurity to the highest levels of world class sprinting. In Belgrave, however, we have another reason to mark the '78 season as a special one - Ernest Obeng's equally meteoric rise to very nearly the same standard.

In 1977 Ernest, a chemistry student at Chelsea College, University of London, had taken our Club Record for 100 metres down from 10.7 to 10.5 and also set new figures for the 200 metres of 21.5. His best fully automatic timing over the shorter race was 10.74 and it is interesting to note that the difference of .24 seconds between his best "auto" and "manual" times is exactly the conversion factor applied by track statisticians when measuring one against the other.

A winter of hard work with coach Martin Coomber ironed out the wrinkles in Ernie's technique and as early as March in indoor competition he posted a warning to his rivals by winning three 60 metre races on the same day, all in 6.8 seconds; then in the Blackheath H Winter Meeting he scored his first outdoor success of the season - 1st over 100 metres in 10.8.

Representing the Southern Counties on April 26th he streaked to a resounding win with a new Club Record of 10.4 with the second man a full five metres behind and back on the same track, Crystal Palace, a week later, he proved the former run was no fluke by clocking 10.5 and also reducing our 200 metre best to 21.4.

Now came his sweetest victory to date and one which earned him respect far beyond Crystal Palace, the scene of his triumph. Lined up for the start of the Philips International Games 100 metres on May 24th were two fairly highly rated Americans, Britain's number two sprinter Mike McFarlane and the Olympic 200 metre champion Don Quarrie of Jamaica. Ernie stormed down the straight heading the field all the way to defeat Quarrie - 10.3 to 10.4 (photo-electric timing not in use).

The Inter-Counties Championships came and racing in Surrey's colours Ernie gave Belgrave their first champion in this meeting since 1966 when Geoff North took the 3 miles. His 10.46, without wind aid, was a Championship Best Performance. Likewise the SCAA Champs, where a windy 10.34 kept him well clear of the field for another CBP, and where for good measure he also gained 3rd in the 200 metres and our Club Record for the longer event took another dive to 21.36.

Far from being unranked back in April among the top Commonwealth contenders, Ernie, who packs more power into his five foot six frame than many another six footer, was now being tipped to reach the semi-finals at Edmonton if only he could gain recognition in his native Ghana. Having met some of the best in the world in 1978 he was still unbeaten over his speciality, the 100 metres. However, after clocking 10.58 twice in the preliminary rounds of the AAA

Champs on July 24th he suffered his first defeat at the hands of Sanford (USA) and Abrahams (Panama) in the final where a headwind kept them down to 10.42, 10.53 and 10.67 respectively. Now Ernie left the scene for a short while to compete in the African Games where Ghana at last recognised his talent and put him on their list of entries for the Commonwealth Games.

And so to Edmonton, Canada, and the XI Commonwealth Games.....

On August 6th the first round of the 100 metres took place and into a slight breeze Ernie won his heat just 1/100th outside his best time with 10.47. The second round had him matched against Quarrie again who this time got the better of the battle - 10.36 to 10.44 and Ernie's 5th Club Record of the season. A swirling wind the following day made things difficult for all the runners. The first semi was taken impressively by Wells (Scotland) in 10.31 but in the second race Quarrie hit his best form at the crucial time, equalling the Games Record with 10.19 ahead of Haseley Crawford (Trinidad) the Olympic 100 metre champion in 10.24. Gilkes (Guyana) placed 3rd in 10.31 and right on his tail came Ernie with 10.32 and a place in the final. By now the wind was gusting dramatically and the final got under way with a following blast of nearly four times the legal limit. At 50 metres Crawford showed just ahead of Wells but as the line was approached Quarrie came through to take his 6th Commonwealth Games "Gold". Ernie placed 5th or 6th at 70 metres but faded at the very end for 8th.

1. D.Quarrie (Jamaica) 10.03 Games Record; 2. A.Wells (Scotland) 10.07; 3. H.Crawford (Trinidad) 10.09; 4. J.Gilkes (Guyana) 10.15; 5. M.McFarlane (England) 10.29; 6. P.Narracott (Australia) 10.31; 7. C.Braithwaite (Trinidad) 10.32; 8. E.Obeng (Ghana) 10.34.

Good running on the lead-off leg for Ghana's 4 x 100 metre squad enabled Ernie to share in a 39.74 timing for 5th place in the final.

One might have thought that this was a fine note on which to end the season but our member still had his best run yet to come. The Rotary Watches International Games saw one of the best 100 metre line-ups seen in the United Kingdom: Silvio Leonard (Cuba) - the world's fastest in 1977 with an incredible 9.98, Osvaldo Lara (Cuba) - a best of 10.11, Charlie Wells (USA), Allan Wells, Haseley Crawford and Ernest Obeng. The race was a cracker, producing the tightest of finishes. Leonard was judged the winner in 10.26 from Crawford 10.26 and Obeng 10.29! Scotland's Wells was 4th 10.33 with Lara and Charlie Wells back down the field in 5th and 6th. A tremendous time by Ernie and with the wind OK he claimed his 6th improvement on his own and Club's best performances during the '78 season.

One more run was to come. The Coca-Cola meeting 100 metres was run into a cool evening breeze and did not produce spectacular times but Ernie was still in form and obviously delighted with his 3rd place behind Crawford and Gilkes but ahead of Clancy Edwards of the USA (owner of one of the fastest times in the world for 1978) and our old friend Don Quarrie.

A remarkable season by our Ghanaian member.

Footnote:

The African Games results were late coming in but reveal that Ernie placed 5th in the 100m final in 10.58 after a 10.42 heat (wind readings unknown). He also reached the semi-final of the 200m with a 21.46 heat but was then eliminated.

WITH THE LADIES



We have not won any great honours in our second full track season but we have competed with credit and gained much experience, participating in two different leagues giving competition for 11 years old and upwards. I intend to write about each league separately. You will see we lack competitors in the middle distance events and we need assistance in all quarters concerning coaches and officials.

We have travelled like a mini "Cooks Tour" competing at Portsmouth next to the harbour, Hastings where we did battle, Dorking in the shadow of Box Hill, Erith next to the marshes, Redhill in sight of the Fullers

Earth quarries... plus our own home matches. Now say athletics is not educational!

***** reports by **Ray Hall**

Southern League Division 4

In this section we competed against five clubs (Portsmouth B, Hastings AC, Hercules Wimbledon, Bexley Borough and Dartford B) in three matches. All these matches were closely fought especially in the middle order where you will note we lost a place by one point in two competitions.

The first match meant a coach trip to Portsmouth where we had few winners but some fine performances from Shirley Rook (800m/1500m senior), Anne Slattery (senior javelin), Marjorie Woodward (3000m) and the 4 x 400m team made up of 3 field events girls Karen Smith, Wendy Dunsford, Anne Slattery and Valerie Bridges who ran the fastest leg. Of the juniors, the Taylor sisters Pam and Angela, Tina Couzens Barbara Dunsford and M: 7 Sexton competed with success on the field whilst on the track Lorna Brown and Celia Estwick ran well in the 200m.

The next match, our home match at Wimbledon Park, was notable for Junior Club Records by Glenda Mahoney (100/200m) Angela Taylor (75m hurdles) and Veronica St. Ange (Javelin). Senior Shirley Rook gained club records in the 800m and 3000m and Dawn McNeil worked hard by competing in no less than five events. Our Captain Wendy Dunsford had two seconds and a third in the field. After holding high hopes for this match we were disappointed to only finish 5th but just five more points would have placed us 3rd, so closely contested was this match.

The last competition in the Southern League for us this year was at Erith. Our only win came in the Senior Shot thanks to Wendy Dunsford in the 'A' string and the ever present Anne Slattery, 'B' string. The meeting was notable for the help from our walkers, Jane Pritchard Linda Nicolls and Anna Matthews who ran in the 800m 1500m and 3000m to help the team. New names appeared in Belgrave colours, with the seniors Ruth Johnson (Dawn's sister), Angela Sharp (a converted sprinter from Durham) and Sarah Laing, who all competed in events they had not done before. We must mention a word about the courage shown by Dawn MacNeil who was injured in the high jump and had to retire, but came back later to anchor the relay team with a great run for their second fastest time of the season. You should have seen her later attempting to walk down the stairs at Clapham Junction.

APRIL 22ND 1978 - PORTSMOUTH - SOUTHERN LEAGUE DIV. IV

Junior. 100m: 4.G.Mohoney 14.1; 3.P.St.Ange 14.4. 200m. 3.L.Brown 30.1; 2.C.Estwick 29.6. 800m: 5.J.Warnett 2.57.6; 5.B.Jones 3.02.3. 1500m: 6.B.Sexton 7.29.3. 75mH: 4.A.Taylor 15.3; 5.D.Cumberbatch. 4 x 100m: 2.Belgrave 56.1; HJ: 4.G.Mohoney 1.25; 5.D.Cumberbatch 1.00 LJ: 3.P.Taylor 4.38; 1.A.Taylor 4.26. SP: 3.B.Dunsford 6.48; 3.M.Sexton 6.10. DT: 2.B.Dunsford 16.96; 4.M.Sexton 12.72. JT: 2.T.Couzen 14.34; 3.M.Sexton 9.26.

Senior. 100m: 4.J.Carter 13.9; 3.J.Moore 14.3. 200m: 4.J.Carter 30.3; 4.J.Moore 30.4. 400m: 2.O.Griffiths 72.1; 4.C.Taylor 80.0. 800m: 3.S.Rook 2.38.9. 1500m: 3.S.Rook 5.48.3. 3000m: 3.M.Woodward 13.36.0. 4 x 100m: 2.Belgrave 54.9. 4 x 400m: 3.Belgrave 5.11.1. HJ: 2.J.Barrett 1.50; 2.J.Moore 1.30. LJ: 4.J.Carter 4.23; 5.O.Griffiths 3.21 SP: 2.W.Dunsford 8.96; 2.A.Slattery 7.11; DT: 4.W.Dunsford 18.02; 1.K.Smith 17.56. JT: 3.A.Slattery 23.32; 1.W.Dunsford 14.62.

Teams: 1.Portsmouth 231; 2.Bexley 170; 3.Hastings 164; 4.Belgrave 159 5.Hercules Wimbledon 148; 6.Dartford 61.

JUNE 24TH 1978 - WIMBLEDON PARK - SOUTHERN LEAGUE DIVISION IV.

Junior. 100m: 1.G.Mohoney 12.9 (Club record); 6.P.St.Ange 14.6. 200m: 2.G.Mohoney 27.9 (Club record); 5.R.Morris 33.3. 800m: 6.A.Busa 2.56.9; 5.R.Cahill 2.58.4. 1500m: 4.C.Khan 6.05.4; 4.R.Morris 7.03.6. 4 x 100m: 1.Belgrave 56.5. 75mH: 3.A.Taylor 13.0 (Club record); 4.A.Ugade 16.5. HJ: 5.G.Mohoney 1.25; 3.A.Taylor 1.20. LJ: 3.A.Taylor 3.99; SP: 1.M.Sexton 6.85; 1.T.Couzens 6.80; DT: 4.M.Sexton 13.60; 3.J.Weldin 13.40. JT: 2.V.St.Ange 21.04; 2.T.Couzens 13.80.

Senior. 100m: 5.D.MacNeil 13.4; 4.J.Moore 13.8. 200m: 6.D.MacNeil 29.2. 4.J.Moore 29.3. 400m: 5.E.Wilson 74.1. 800m: 2.S.Rook 2.33.5; 1.E.Wilson 2.45.1. 1500m: 6.J.Pritchard 7.21.8. 3000m: 3.S.Rook 12.44.0. 4 x 100m: 5. Belgrave 55.5. 4 x 400 5.Belgrave 5.58.0; HJ: 2.D.MacNeil 1.35; 2.J.Moore 1.25 LJ: 3. D.MacNeil 4.63. 5.J.Pritchard 3.25; SP: 2.W.Dunsford 9.44; 1.A.Slattery 7.58; DT: 3.W.Dunsford 15.96; 2.K.Smith 15.88. JT: 3.A.Slattery 23.50; 2.W.Dunsford 15.90.

Teams: 1.Hastings 213; 2.Portsmouth 171; 3.Bexley 156; 4.Hercules Wimbledon 152; 5.Belgrave 151; 6.Dartford 119.

The Night of the A.G.M.

They came in small groups of twos and threes, making their way toward the canteen. Who were these people I wondered. Could they be the K.G.B. I waited with bated breath. When the meeting started they showed their strength by grouping on the right side facing the chair. It was some time before we were enlightened. They proved to be the walking section of whom we hear quite a lot but rarely see. They had come to promote one of their top men to be President. I gave a sigh of relief.

Good luck during your term of office Ray Middleton. I am sure you will do a good job.

An Onlooker.

JULY 15TH - ERITH - SOUTHERN LEAGUE DIVISION IV.

Junior: 100m: 3.L.Brown 13.8; P.St.Ange 13.9. 200m: 3.L.Brown 28.2;
 6.R.Ugbade 31.9. 800m: 6.R.Cahill 2.52.2; 4.T.Jordan 2.51.4. 1500m:
 4.Y.Johnson 7.04.1. 4 x 100m: 3.Belgrave 55.8. 75mH: 3.A.Taylor 13.7
 4.J.Warnett 16.0. HJ: 2.A.Taylor 1.29; 5.J.Warnett 1.19 LJ: 4.P.St.
 Ange 3.93; 3.A.Taylor 3.88. SP: 6.J.Weldin 5.82; 2.V.St.Ange 5.69.
 DT: 5.J.Weldin 13.10; 3.V.St.Ange 11.18; JT: 5.L.Brown 12.30;
Senior. 100m: 4.D.MacNeil 13.3; 3.E.Wilson 14.0; 200m: 4.E.Wilson
 27.9; 4.R.Johnson 28.9; 400m: 3.A.Sharp 76.2; 4.L.Nicoll 78.8; 800m:
 5.L.Nicoll 3:00.5. 4.J.Pritchard 3:34.1. 1,500m: 5.A.Sharp 6:54.8;
 4.J.Pritchard 7:38.8. 3,000m: 3.A.Matthews 13:39.2. 4x100m: 2.Bel-
 grave 53.9. 4x400m: 4.Belgrave 5:34.5. 100mH: 3.S.Laing 22.4. HJ: 4.
 S.Laing 1.35; 2.D.MacNeil 1.25. LJ: 2.D.MacNeil 5.01; 2.S.Laing 4.07
 SP: 1.W.Dunsford 9.30; 1.A.Slattery 7.79. DT: 4.W.Dunsford 18.84; 3.
 K.Smith 17.34. JT: 4.A.Slattery 19.64; 4.W.Dunsford 13.62.
Teams. 1.Hastings 215; 2. Bexley 199; 3.Portsmouth 174; 4.Hercules
 Wimbledon 147½; 5.Belgrave 146½; 6.Dartford 80.



Joanna Warnett, who
 competed for Bel-
 grave in the 100 x
 1 mile relay at
 Crystal Palace.

Lily B League

This league is for girls 11-12 years old and juniors 13-14 years old and we competed against Aldershot & Farnham "B", Camberley & District Dorking St. Pauls and Redhill & Reigate. First of the three matches took place at Battersea Park on May 28th on one of those few pleasant days we have had this summer.

In the girls events we lacked competitors in some of the field events and this without a doubt cost us important points in the final classification. In the sprints Pam St. Ange and Janet Bridges ran well to win their events and they were also members of the winning relay team. Bernadette Sexton had a busy afternoon with a second place in the walk, third in the "B" 800 metres and second in the "B" javelin. Antonia Ugbade won the "B" 75 metre hurdles and Alison Jones was second in the "B" long jump, both these girls competing for the "Belles" for the first time.

In the junior section we found a javelin thrower in Veronica St. Ange who finished with 19.30m. Glenda Mohoney won the 100 metres and placed second in the high jump, whilst Caroline Khan had a hard afternoon with second in the 1,600 metre walk and third in the 1,500 metres with a personal best. Barbara gained three firsts, the 1,600 metre walk, the "B" shot and the "A" discus. Not far behind came Karen Norris with two firsts - the "A" shot and the "B" javelin. Pam and Angela Taylor had successful afternoons and Joanna Warnett raced well to finish 2nd in the "A" 800m in a personal best.

In the end we failed by four points to gain second place over Dorking St. Pauls.

On a Sunday afternoon we travelled to Battlebridge, Redhill to renew our battle with Dorking St. Pauls, and both teams ended up closer to Aldershot than in the first match. Aldershot, Dorking and Belgrave each took a turn in the lead during the second half of the match.

Our winners in the girls were Antonia Ugbade, who took the "B" 75m hurdles and also placed second in the "B" 200 metres, Jackie Weldin, who won the shot and discus in her first outing for Belgrave, Bernadette Sexton, who took part in three events including her winning 1,000 metre walk, and Janet Bridges - the "B" 100 metres. Much better all round performances in this section.

Our junior sprinters did us proud with three wins and a second place. Glenda Mohoney took the "A" 100 metres, equalling her best of 12.9, and in the "B" events Lorna Brown won the 100 metres and Celia Estwick the 200 metres. The 1,600 metre walk saw Caroline Khan doing well for second place and a personal best, being very well supported by Rosalind Morris who won the "B" string. Both these girls later ran in the 1,500 metres - hard work on a hot afternoon. Our only winner on the field was Mary Sexton in the "B" shot.

Finally, we placed third just 11 points behind first placers Aldershot

MAY 28th 1978 - BATTERSEA PARK - LILY B LEAGUE

Girls 11-12. 100m: 2.P.StAnge 14.8; 1.J.Bridges 14.9. 200m: 1.P.St. Ange 32.5; 3.A.Ugbade 34.8. 800m: 5.M.McPartlin 3:15; 3.B.Sexton 3:20. 4x100m: 1.Belgrave 60.3. 75mH: 4.C.Babbs 17.6; 1.A.Ugbade 17.0. 1,000mW: 2.B.Sexton 6:38.0. HJ: 4.C.Babbs 1.05; 3.M.McPartlin 1.05. LJ: 2.J.Bridges 3.86; 2.A.Jones 3.38. JT: 3.J.Bridges 11.30; 2.B. Sexton 6.50.

Juniors 13-14. 100m: 1.G.Mohoney 13.4; 2.P.Taylor 13.8. 200m: 2.P.Taylor 28.6; 4.R.Ugbade 32.8. 800m: 2.J.Warnett 2:47.0. 1,500m: 3.C.Khan 5:59.0 4x100m: 2.Belgrave 55.8. 75mH: 3.A.Taylor 14.2; 3.J.Warnett 16.7. 1,600mW: 2.C.Khan 10:17; 1.B.Dunsford 11:06. HJ: 2.G.Mohoney 1.40. LJ: 2.P.Taylor 4.37; 1.A.Taylor 4.25. SP: 1.K.Norris 7.55; 1.B.Dunsford 7.04. DT: 1.B.Dunsford 19.04; 2.M.Sexton 13.74. JT: 2.V.St.Ange 19.30; 1.K.Norris 11.28.
Teams: 1.Aldershot 332; 2.Dorking St.Pauls 298; 3.Belgrave 294; 4.Redhill & Reigate 148; 5.Camberley 109.

JUNE 6th 1978 - REDHILL - LILY B LEAGUE

Girls 11-12. 100m: 2.P.StAnge 14.2; 1.J.Bridges 14.4. 200m: 2.P.St.Ange 29.9; 2.A.Ugbade 31.4. 800m: 5.B.Sexton 3:16.4; 4.M.McPartlin 3:22.6. 4x100m: 3.Belgrave 60.7. 75mH: 3.C.Babbs 16.5; 1.A.Ugbade 16.1. 1,000mW: 1.B.Sexton 6:28.1. HJ: 3.C.Babbs 1.20; 2.M.McPartlin 1.10. LJ: 4.A.Jones 3.38; 2.J.Bridges 3.33. SP: 1.J.Weldin 5.90. DT: 1.J.Weldin 14.46. JT: 3.B.Sexton 10.32; 2.J.Bridges 10.02.

Juniors 13-14. 100m: 1.G.Mohoney 12.9 (Club Record) 1.L.Brown 14.0. 200m: 2.L.Brown 28.0; 1.C.Estwick 28.4. 800m: 3.J.Warnett 2:50.0; 3.D.Douce 3:17.0. 1,500m: 3.C.Khan 6:04.3; 3.R.Morris 7:07.5. 75mH: 2.A.Taylor 13.3; 4.J.Warnett 17.9. 1,600mW: 2.C.Khan 9:57.3; 1.R.Morris 10:48.3. 4x100m: 2.Belgrave 54.0. HJ: 3.G.Mohoney 1.31; C.Estwick 1.25; LJ: 4.A.Taylor 3.87; 3.J.Warnett 3.45. SP: 3.K.Norris 6.42; 1.M.Sexton 6.41. DT: 3.K.Norris 15.40; 2.M.Sexton 13.10. JT: 2.V.St.Ange 20.78; 3.K.Norris 13.44.

Teams. 1.Aldershot 325; 2.Dorking St.Pauls 323; 3.Belgrave 314; 4.Redhill & Reigate 314; 5.Camberley 161.

JULY 22nd 1978 - DORKING - INTER-CLUB MATCH

A late invite on the previous Tuesday gave the team manager much telephoning to get a team together but we travelled with hope. We finished third out of six teams. Sutton & Cheam were clear winners followed by Dorking St.Pauls 141, Belgrave 132, Guildford & Godalming 129; Camberley, and Herne Hill Harriers.

Girls. 100m: 1.P.St.Ange 13.9; 4.L.Bucknor 14.9. 200m: 1.P.St.Ange 29.3; 2.F.Haswell 30.0. 800m: 4.F.Haswell 3:02.0. 4x100m: 1.Belgrave 58.3. HJ: 4.C.Babbs 1.10. LJ: 4.C.Babbs 3.55. SP: 1.J.Weldin 6.40. DT: 3.J.Weldin 13.84. JT: 4.J.Weldin 10.02. n/s 100m: F.Haswell 14.0.

Juniors. 100m: 1.C.Estwick 13.1; 2.V.St.Ange 13.3. 200m: 1.C.Estwick 28.6; 4.J.Warnett 32.2. 800m: J.Warnett 3:02.0; T.Jordan 3:03.4. HJ: 3.A.Taylor 1.27. LJ: 3.A.Taylor 4.12. SP: 5.M.Sexton 6.46. DT: 5.M.Sexton 15.07. JT: 3.V.St.Ange 16.98. 4x100m: 2.Belgrave 56.8.

JULY 29th 1978 - HASTINGS - INTER-CLUB TROPHY MEETING.

Seven Club Records

We gave the away day tickets a try for our Sussex by the sea trip. This meeting was the first trophy match our ladies team had been invited to - an historical event.

The match was also notable for the fact that no fewer than seven new Club records were set in the three different age groups. We travelled without any hurdlers and so we asked four people to compete in events they had never done before and, remarkably, we finished with one first and three second places because their rivals fell or failed to finish.

The girls and juniors broke their relay records and now the junior team is faster than the seniors! A special word of praise for Claudette Jackson for her courage after being injured in the 100 metres. After being taken to hospital for patching up and injections, she came back to compete in the 200 metres, 400 metres, high jump and relay.

Girls. 100m: 2.P.St.Ange 13.6; 1.J.Bridges 14.0. 200m: 2.P.St.Ange 28.1 (club record); 1.F.Haswell 30.4. 800m: 3.F.Haswell 2:51.0 (club record); 3.B.Sexton 3:39.2. 4x100m: 1.Belgrave (S.Jackson, J.Bridges, J.Weldin, P.St.Ange) 56.2 (club record). 75mH: 2.S.Jackson 15.7; 2.J.Bridges 16.8. HJ: 2.J.Bridges 1.20. LJ: 2.P.St.Ange 4.49 (club record) 2.J.Bridges 3.44. SP: 2.J.Weldin 5.79; 2.B.Sexton 4.60.

Juniors. 100m: 1.G.Mohoney 13.0; 2.L.Brown 13.6. 200m: 3.L.Brown 27.9; 3.J.Jackson 28.6. 800m: 4.R.Cahill 2:55; 3.T.Jordan 2:59.4. 4x100m: 2.Belgrave (L.Brown, V.St.Ange, C.Estwick, G.Mohoney) 53.2 (club record). LJ: 3.G.Mohoney 4.51 (club record) 2.C.Estwick 4.32. 75mH: 2.J.Jackson 14.1; 1.R.Cahill 16.4. HJ: 3.J.Jackson 1.05. SP: 3.M.Sexton 6.30; 2.V.St.Ange 6.00. DT: 4.M.Sexton 14.63; 2.V.St.Ange 13.77. JT: 4.M.Sexton 10.08.

Seniors. 100m: 4.D.MacNeil 13.1; 4.C.Jackson 15.5. 200m: 4.D.MacNeil 28.0; 4.C.Jackson 32.6. 400m: 3.A.Sharp 73.5; 3.C.Jackson 75.6. 800m: 3.L.Nicol 3:7.2; 3.J.Pritchard 3:23.6. 1,500m: 3.A.Sharp 6:38.0; 3.W.Dunsford 7:27.8. 4x100m: 4. Belgrave 53.9. HJ: 2.D.MacNeil 1.35. LJ: 3.D.MacNeil 5.08 (club record) 2.A.Sharp 4.72. SP: 1.W.Dunsford 9.62; 3.A.Slattery 7.04. DT: 3.W.Dunsford 19.88; 2.A.Slattery 17.20. JT: 2.A.Slattery 23.40; 3.W.Dunsford 14.80.

Teams. 1. Portsmouth Atlanta 253; 2.Hastings 189; 3.Belgrave Harriers 176; 4.Eastbourne 124.

Adrian Cook hands the 100 x 1 mile relay baton to Roy Coombs



JUNE 4th 1978 - CRYSTAL PALACE.



100x1 mile relay

For the many supporters who stayed to watch the closing stages of the 100 x 1 mile relay at the Crystal Palace the close finish between Belgrave and Cambridge Harriers provided the most exciting racing seen so far in this event. After 100 miles only three metres or half a second separated Laurie O'Hara from Cambridge's last stage runner.

The story started at 10am in perfect weather conditions when 11 teams at the Palace together with a further 29 teams at other venues began this marathon team event. The Bels. made a steady start placing 17th nationally and 7th at the Palace after the first 10 miles. Hopes for a rapid rise through the field were not realised as several of our middle distance runners failed to appear. It was fortunate that 18 reserves had turned up and as it turned out each of them was needed - the last being our President John Baker who had spent the day booking in team members (and chasing those who had not paid their subs).

By 80 miles Bels. had moved to 5th place at the Palace and 11th nationally. Everyone was confident that our last ten scheduled runners - all of them track specialists - would move through the field. So it was that at the 93rd mile Bels. passed Croydon and on stage 95 passed Hercules Wimbledon who had run out of senior runners. Cambridge, who were $1\frac{1}{2}$ miles ahead, looked out of reach but a series of good runs meant that Laurie O'Hara took over the last stage some 600 metres down on the Cambridge President. A first lap by our remarkable veteran in 64 seconds rapidly cut into the lead and by now all the spectators were cheering, fully anticipating the prospect of a close finish. And so to the last lap. Laurie entered the finishing straight in a sustained sprint some 50 metres down and despite all his efforts failed by a mere 3 metres.

Belgrave finally placed 3rd at Crystal Palace and 7th nationally. The time was slower than in recent years, the only Belgrave record being set by Bill Couzens who once again sat through the whole day recording individual lap and mile times. Other faithful stalwarts also worked flat out all day and special thanks are due to Brian Pritchard, Gordon Doubleday, Tom Carter and John Baker.

It was good to see how many of our boys and youths are progressing and special mention should be made of Mark Waller's, Matthew Cannon's David North's and John Searle's fine runs. Several old faces made a welcome re-appearance and rumour has it that old 'TK' will be battling it out with Tony Fairclough this winter. John Stow made a welcome return to clock fastest of the day

Bill Laws.

(It would be remiss of us not to mention Bill's own contribution to our day's competition, co-ordinating the Belgrave effort as usual.)

Don't miss the

Battersea Park on Tuesday 26th December.

BOXING DAY HANDICAPS

Entries on the day. Events: Ladies 100metres and walk. Mens 100 metres, shot, 3,000 metres run and 3,000 metres walk. Boys and Colts 2,000 metres

100 x 1 MILE RELAY continued.

1. J.Stevenson	4:37	35. J.Davies	5:19	69. D.Macmillan	5:28
2. P.Roche	4:56	36. J.Rimmer	4:42	70. P.Lyttle	6:37
3. P.Hardwick	4:56	37. P.Clay	5:57	71. G.Gillett	5:02
4. D.Crookes	5:16	38. T.Hart	5:29	72. A.Horton	6:00
5. M.Cannon	4:59	39. P.Morris	5:43	73. A.Atkins	5:52
6. A.Fairclough	5:11	40. L.Coy	4:59	74. B.Merry	5:26
7. C.Lawton	5:07	41. R.Hopkins	5:09	75. D.Dugwell	5:35
8. J.Heathfield	5:45	42. C.Manning	6:10	76. E.Morris	4:44
9. M.Head	5:25	43. K.Duckett	5:14	77. A.Painter	5:00
10. G.Williscroft	5:32	44. D.Maclean	5:37	78. A.Cook	5:23
11. R.Taylor	6:39	45. R.Dorman	5:13	79. R.Coombs	5:28
12. J.Martin	5:47	46. W.Matthews	6:01	80. G.Sexton	5:19
13. J.Wasbrough	5:10	47. K.Sinclair	5:55	81. G.Piddington	5:56
14. W.Laws	4:55	48. D.North	4:50	82. A.Binda	5:06
15. R.Martin	5:24	49. P.Clinch	5:34	83. B.Taylor	5:14
16. J.Abberton	4:39	50. J.Gladwin	5:02	84. W.Kerr	4:50
17. D.Bailey	5:17	51. S.Wyld	6:39	85. R.Bale	5:05
18. G.Price	5:38	52. S.Crosbie	6:00	86. G.Biscoe	5:56
19. P.Moysey	5:15	53. M.Riley	5:07	87. J.Morris	6:49
20. S.Barrett	5:33	54. S.Wahab	5:19	88. S.Pritchard	6:32
21. B.Marmion	5:20	55. N.Morris	5:11	89. D.Couzens	5:43
22. P.Newell	5:03	56. D.Gordon	5:37	90. A.Mead	5:09
23. C.Shippen	5:18	57. J.McDonald	6:35	91. J.Bicourt	4:41
24. M.Shippen	6:04	58. D.Brew	5:01	92. J.Baker	6:48
25. D.Ellis	5:36	59. M.Waller	4:46	93. J.Stow	4:26
26. D.Searle	5:10	60. M.Sinclair	5:22	94. P.Gardner	4:42
27. N.Kirmatzis	4:52	61. J.Lister	5:37	95. A.Black	4:40
28. E.Thorpe	5:26	62. C.DeGale	5:59	96. I.Morton	4:41
29. P.Thorpe	6:49	63. K.Clark	5:17	97. L.Mann	4:48
30. R.Brown	4:48	64. J.Angus	5:10	98. S.Holmes	4:34
31. D.Maughan	5:23	65. I.Pigot	5:35	99. I.Duncan	4:38
32. C.Walker	5:16	66. J.Searle	4:57	100. L.O'Hara	4:32
33. R.McCann	5:58	67. T.Dowdall	5:19		
34. J.Plummer	5:59	68. Miss J.Warnett	6:49		
				Total:	9:00:58

1. Sale 8:01:03.5; 2. Aldershot F&D 8:33:38.6; 3. Blackheath H 8:37:47.6; ...6. Cambridge H 9:00:57; 7. Belgrave H 9:00:58.

Average time per mile for Belgrave H: 5:24.6.

Footnote: Bill Laws still has several T-shirts inscribed with details of the relay. Why not order one or more for winter training - all sizes, white, yellow and blue. Phone Bill now on 01-337 7215



“Have YOU paid your subs ?”

contact the Treasurer if you haven't

20 and over £7, under 20 £4,
under 17 £2, Associate Members £2
Second claim members £3.

★ WALKING

The summer season is now past and there are not many trophies in the cupboard. We have tried and although we managed it sometimes, on many occasions we failed to be there first.

Looking down the list of registered competitors, i.e. those that replied to the circular sent out towards the end of last year, we have 34 competing walkers on the mens' side and 8 girls. This is the largest number we have had for some years and maybe this is a good sign for the future but with such a number, some of us should not become disinterested and expect someone else to turn out all the time. Each individual should feel part of the team whether or not he actually picks up the prizes or medals.

Over the last few months we have had a few more useful additions to our numbers. The most prominent of these is Derek Howie. Having competed in three Nationals this year any doubts as to his authenticity to compete have been completely dispelled. In December last year the Club was contacted with regards to his application for membership. A Scotsman, living in Scotland, he was partially coached by Bob Coates and wanted to join Belgrave but there was one small problem (to us not to him) for he is virtually blind. This is obviously something that has to be considered as regards competing on the roads but the Club took the bull by the horns and accepted his membership. Derek had never raced on the roads until January of this year although he had done a few track races with credit.

Since then Derek's performances have been astounding. In the National '10' he was 14th, in the Brighton to Steyning over one of the most arduous and difficult road courses he was 8th, and he was selected to compete for Scotland against Greece in Athens. To top this he then placed 12th in the National 30Km to win the Sidney Bayliss Cup for Belgrave's first man and also gained a Club honours badge. In the National 50Km he was second Belgravian home and in the Hastings to Brighton event he led our team to victory with an individual 5th place!

Graham Seatter made a short stop off to England in June en route for Canada and the Commonwealth Games. He competed for us on a few occasions including 4th in the A.A.A. 3Km. Since his return to New Zealand last November he has notched up two club records - these being for 10 and 3 kilometres.

John Knifton, on tour with the U.S.A. Olympic squad, competed in the National 50Km at Stretford and was our first man to finish.

On the Girls' side we have had rather a quiet summer with nothing outstanding to report. Exams and other commitments have rather restricted progress but with these now out of the way for most of them, we can look forward to a hard and successful winter with full team turn outs now that Linda Nicholls has become eligible for team events. On the lesser known side of walking is the Lily B League for Girls under 15. As with last year we have been able to produce some placings in the two walks that are held in these meetings and Barbara Dunsford, Bernadette Sexton and newcomer Caroline Carne have been able to keep up the same standard this year.

Overall the Club can look forward to some good results during the coming season if everyone pulls together. We start off with the

1.W.Wright (Soton) 73:22; 2.C.Lawton 74:02; 5.J.Hall 75:15; 22.R.Middleton 80:15; 25.J.Bromley 81:26; 31.R.Picton 83:11; 36.R.Day 84:57; 37.L.Duquemin 85:40; 48.J.Dunsford 86:43; 63.J.Morris 97:08.
Teams: Steyning 37pts; Belgrave H 42pts; Ilford 56pts.

Youth 5Kms. 5.M.Nicholls 25:46; 9.K.McDermot 27:08; 11.P.Morris 27:28
Junior 5Kms. 3.T.McDermot 26:12.
Ladies 5Kms. 4.A.Matthews 28:58; 6.J.Pritchard 31:24.

It seems as if we are continually reporting personal best performances from John Hall. Once again the Crystal Palace was the scene for another of his improvements, this time over 10km in the S.C.A.A. Championships on March 10th, where he placed 5th with 45:47. Carl was 2nd in 45:17 behind Ilford's Roger Mills, 44:39.

MARCH 18th 1978 - CRYSTAL PALACE.

The R.W.A. 10

With race programmes diminishing in size and detail the programme for the 32nd Annual National Ten Miles Championship was excellent value at tenpence. Not only did it give the names of officials and competitors but it was the first occasion upon which walkers individual numbers were worn (i.e. permanent ones issued to them by the R.W.A. through their clubs and to be worn at all open events). Then came lists of the first 3 to finish and first three teams since the first race in 1947. Here, it may be recalled that immediately prior to World War II the Bels had been unbeatable in team races over the seven to ten miles range but unfortunately there was no National Championship. After the war our walkers soon got down to things at Belgrave Hall and our winning ways continued and it is no surprise that we won the first National 10 held at Sheffield with Harry Churcher and Jack Rutland taking the first two places. Charlie Churcher was 8th and didn't get a team medal!

Looking down over the years we find that Sheffield and ourselves have won the title eleven times each, with ourselves claiming eight seconds to their four and three thirds to their six. Prior to the war the Inter-Counties Walk had been held annually since 1934 as a separate event and in 1948 it was held in conjunction with the National Title. Naturally a number of Belgravians have helped their counties.

It is perhaps worth while going back over the years and recalling the Belgravians who have served us so well in this event, the most popular of the National Walking Championships. Composition of winning teams given:

- 1947 1.Harry Churcher, 2.Jack Rutland, 4.Dave McMullen, 6.Joe Coleman. 13 points (the lowest score on record).
1948 1.Harry Churcher, 4.Charles Churcher. 17.Joe Coleman, 20.Jack Rutland.
1949 Third team (one point behind second team).
1950 3.Harry Churcher. Team second.
1951 3.Harry Churcher. Team second.
1952 -
1953 -
1954 -
1955 Team third.
1956 -
1957 1.Stan Vickers. 2.Eric Hall. 16.Ted Smith, 18.George Checkley.
1958 1.Stan Vickers. 2.Eric Hall. 17.Dave McMullen, 22.Ted Smith.

- 1959 2.Stan Vickers. 3.Eric Hall. 5.George Williams, 18.Ray Hall.
 1960 2.Stan Vickers. 3.Eric Hall. 7.George Williams, 11.Ray Middleton.
 1961 2.Eric Hall. Team unplaced.
 1962 Team third.
 1963 4.Vaughan Thomas. 12.Ray Middleton, 22.John Knifton. 24.Eric Hall.
 1964 Team second.
 1965 Team second.
 1966 -
 1967 Team second.
 1968 Team second.
 1969 Team second.
 1970 1.Wilf Wesch, 9.Carl Lawton. 11.Ray Middleton, 14.Len Duquemin.
 1971 5.Wilf Wesch. 10.Carl Lawton. 13.Allan Callow. 25.Ray Middleton.
 1972 8.Carl Lawton, 9.Allan Callow, 14.Ray Middleton, 31.Barry Ingarfield.
 1973 Team second.
 1974 9.Allan Callow, 19.John Moullin, 24.Ray Middleton, 26.Carl Lawton.
 1975 -
 1976 -
 1977 2nd Carl Lawton, team unplaced.
 1978 Please read on!

Incidentally the first Belgian to finish holds the Frank Thomson Trophy for a year. Frank was a Past President of the Club and the R.W.A. (of which he was also an elected Life-Member). A great Battersea Park man, he also judged and coached Track and Field Events.

Allan's Back

It was good to see the cheery figure of Allan Callow on arrival at the Crystal Palace for this years R.W.A. '10'. He was already in his tracksuit ready to battle for the Bels. again. There was some sunshine but a decided nip in the air. The start had been delayed as news had come through that most of the Sheffield team (the holders) were still on the road having been delayed on the motorway. Unfortunately they didn't arrive until after the "field" was off. In fact it was over six minutes after the "off" that they were able to pin on their numbers and get going - a gap that no aspiring winners could hope to close.

Another hitch was that due to a landslip the original course of seven laps couldn't be used owing to mud and water on the course, an alternative course of four laps (out and home) had been quickly planned.

At the end of the first lap (covered in less than 17 minutes) Olly Flynn (Basildon) had opened up a gap on Brian Adams (Leicester) who was clear of the rest of the field. Carl was in the leading group with John well placed and it wasn't long before Allan came through with Ray moving strongly to complete our four. At halfway the leader was just inside 33 minutes, clearly a fast time was in view - or was the course suspect?

Olly and Brian kept their places to the finish with very fast times - it turned out that the course was short so fast times and personal bests were in plenty. A good race for third place resulted in the bronze going to young Graham Morris (Steyning A.C.). Carl led the team home again and John maintained the fine form he has been showing. Allan celebrated his return home with a good turn of speed and Ray, dependable as ever, closed the team in.

The team positions were difficult to assess so it was wait and see! As things turned out Ilford A.C. were clear winners with Leicester W.C. (who started only the minimum of four) a few points ahead of us. So, once again, our walkers rose to the occasion to gain third team medals. Congratulations to our walkers for adding to our many past successes in this race.

We must not overlook the great performance of our new member Derek Howie. Making his first appearance in a National Championship he competed as an individual and finished in 14th place in 71m.53s. What is remarkable is that this was only his third road race and he is almost completely blind. He is a student at Stirling University and should be a strong contender for a Scotland vest.

1.0.Flynn (Bas) 67:29; 2.B.Adams (Leics) 68:13; 3.G.Morris 69:08; 7. C.Lawton 70:19; 13.J.Hall 71:52; 14.D.Howie 71:52; 25.A.Callow 73:16; 32.M.Scammell 74:06; 47.R.Middleton 76:09; 67.R.Picton 79:30; 77.J. Dunsford 80:12; 92.N.Morris 82:49; 104.D.Fotheringham 84:23; 129.R. Day 87:56; 146.J.Keown 90:01; 176.G.Beecham 95:28.
Teams: 1.Ilford AC 58pts; 2.Leicester WC 72pts; 3.Belgrave H 77pts.

MARCH 25th 1978 - WEST LONDON.

A.A.A. 10Km. 1.B.Adams 43:44; 4.C.Lawton 45:41; 19.R.Middleton 49:39.
W.R.W.A. 10Km. 1.C.Tyson 49:59; 10.A.Matthews 57:41; 11.S.Rook 58:13;
15.C.Nicholls 63:26; 17.J.Pritchard 65:38.
Junior/Youth 3Km. 4.R.Dorman 14:19. 6.T.McDermot 14:23; 7.M.Nicholls 14:26; 23.S.Sethi 16:28.

APRIL 8th 1978 - BELGRAVE 20 MILES CHAMPIONSHIP.

1.C.Lawton 2:51.09; 2.M.Scammell 2:56.19; 3.L.Duquemin 3:07.38; 4.R. Picton 3:09.43; 5.R.Day 3:14.03; 6.J.Dunsford 3:14.03; 7.J.Keown 3:25.32.

Diane Cook was the highest placed of our ladies on April 8th at Ewell gaining 2nd over 3Km in the Senior Surrey Ladies Championship with 19:21. In the Intermediate 3Km Jane Pritchard was 5th in 18:20 while Shirley Rook was timed at 16:30 for 3rd in the open 3Km.

APRIL 15th 1978 - BRIGHTON TO STEYNING 20Km

1. C.Lawton 94:15; 2. J.DeCosse (France) 95:21; 3. P.Fox (Steyping) 96:11; 4. J.Hall 96:43; 8. D.Howie 98:03; 17. R.Dorman 108:29; 21. R.Day 109:12; 38. N.Morris 121:27.
Teams: 1. Steyping 22pts; 2. Belgrave H 33pts.

Acting as a track judge at the Ministry of Defence Sports, held at Motspur Park, was former Club sprint champion S.C.Botwright. Just before World War II started Stan was triple champion, holding our 100, 220 and 440 yards titles. He was also prominent in Civil Service and Middlesex County Championships as well as a regular in inter-club matches. Naturally he was asking after old friends and talked of Boxing Day Handicaps and Club socials.

APRIL 29th 1978 - CROYDON - ENGLISH SCHOOLS CHAMPIONSHIPS

Five Years Old

The fifth English Schools Athletic Association Race Walking Champs were held from Monks' Hill Sports Centre, South Croydon. Testing courses had been planned over undulating laps with the Southern Committee of the R.W.A. providing key officials.

The first event, Junior Girls 2,500m, had Tracy McDermot (Mddx.) lining up for her fifth race and in clocking 14:55 to finish 31st she showed the improvement predicted in the report on her first effort at Enfield in November. We also had a representative in the Boys' 3,000m, P.Porter who finished 36th.

The Intermediate Girls' 3,000m saw two of our girls in action. Linda Nicholls (Kent) finished 9th in 17:22 and was unlucky not to get a team medal. Kent tied with Hereford and Worcester for 3rd place but were placed fourth under A.A.A. Laws. Jane Pritchard was London's only representative; a great team walker, she finished 19th in 18:25. For the complete programme of six events London could only muster six competitors, for most of the capital's walkers came from the outer boroughs and so represented various home counties.

The Intermediate Boys' 5,000m saw three of ours in action. Michael Nicholls did well to finish 8th in 24:54 and collected a winning team medal for Kent. This gave particular pleasure to Harold King, himself a Kent County Champion in the 'thirties. Kevin McDermot (Mddx.) put up a PB to finish 20th in 26:05, whilst S.Sethi did a creditable 27:03 to finish 29th. Peter Morris was on the sidelines as a reserve for Surrey, unfortunately he had an "off-day" on the day of the trial; had he walked he would have gained a good placing.

Anna Matthews lined up for London in the Senior Girls 5,000m and soon settled down in 4th place, a position she held to the finish where the watches showed 29:02. She had made a great effort and seemed distressed afterwards but soon recovered.

The Senior Boys 10,000m had quite a "classy" line up, many of the competitors having done well against Seniors in open races. After the first of the seven laps Richard Dorman (Surrey) and Trevor McDermot (Mddx.) were in a group in 4th position. As the laps went by our two pulled away and it looked like 4th and 5th for us. Coming into the finish Richard had a short lead but Trevor put in a great effort to catch him. However, Richard found sufficient speed to keep him away. Great stuff from these two which highly pleased Club supporters, their times were 49:59 and 50:05 respectively.

These championships, now five years old, look like being here to stay - they get fine support from the R.W.A. Some great walking from Britain's stars of the future - it was good to see ten Belgravians carrying their county colours with such credit.

It was a pleasure to see a couple of former Belgrave stalwarts at the ESAA Walking Championships. Hon. Life-Member Percy Wright, a walker of the 'thirties, 'forties and 'fifties was with the Hants. and Vectis team. He has recently retired from his post as Headmaster of a school at Southampton. The other was Eddie Short, a member of our cross-country and road relay teams in the 'fifties and 'sixties. Now a Deputy Headmaster he is invariably seen at Surrey Schools Champ and on this occasion he was a competitors' steward.

MAY 3rd 1978 - BATTERSEA PARK - BELGRAVE/SURREY 10km TRACK CHAMPS.

1. C.Lawton 46:45; 2. J.Hall 47:51; 3. R.Middleton 49:47; 6. R. Dorman 52:06; 7. T.McDermot 52:17; 8. R.Picton 52:34; 9. J.Bromley 53:05; 10. L.Duquemin 53:07; 11. J.Dunsford 53:33; 13. M.Nicholls 53:51; 15. R.Day 56:02; 17. K.McDermot 57:09; 18. P.Morris 57:11; 19. J.Newnham 58:00; 20. J.Morris 59:45.

MAY 13th 1978 - COVENTRY - R.W.A. 20km CHAMPIONSHIP.

Coventry - Unlucky City

Not a very fitting description of this famous Midlands city which, in addition to many fine institutions, has great sporting traditions. However, last year we tied for 3rd place in the R.W.A. National '10' only to be placed 4th under the A.A.A. Rules covering such eventualities. This year we went there for the 20 kilo's championship and fared even worse! John Hall was disqualified on the last of the three laps and so we had to go back to Len Duquemin in 44th scoring position to complete the team.

At halfway the team position looked very open, Sheffield, Steyning, Ilford, Coventry and ourselves were doing well and the holders, Sheffield, didn't seem to have a stranglehold on the title as they did last year. Olly Flynn (Basildon) scored his fifth consecutive individual win with Brian Adams (Leicester) passing Roger Mills (Ilford) for second place. Carl walked well for 6th place and then came a flush of Steyning and Sheffield vests. Allan was our next man then Ray - but where was John Hall? Alas he had been disqualified and obviously it was no medals this time. Mike Scamell, now first-claim, finished a creditable 32nd and when he is eligible for us he will be strong addition to our teams. We sincerely congratulate Steyning A.C. on their team win, beating strong teams from Sheffield and Ilford.

1. O.Flynn (Basildon) 88:44; 2. B.Adams (Leicester) 89:47; 3. R. Mills (Ilford) 90:42; 6. C.Lawton 92:37; 21. A.Callow 96:27; 32. M. Scamell 98:59; 36. R.Middleton 100:13; 53. L.Duquemin 105:25; 60. R.Picton 107:32; 65. J.Dunsford 108:25; 108. J.Keown 119:15; 111. J.Morris 120:03.
Teams: 1. Steyning 55pts; 2. Sheffield 57pts; 3. Ilford 60pts; 7. Belgrave H 96pts.

This was the fourteenth 20 Kilos Championship and we have provided one individual winner, Wilf Wesch in 1970, and in 1967 Ray Middleton was third. Our record in the team championship is as follows:

1965 3rd
1968 Winners (Ray Middleton, Len Duquemin, Bob Barnes, Gerry Cameron)
1969 Winners (Ray Middleton, Len Duquemin, John Moullin, Wilf Wesch)
1970 2nd
1972 3rd
1973 Winners (Len Duquemin, Ray Middleton, John Moullin, Carl Lawton)
1975 3rd
1977 3rd

We are sorry to learn that the sister of Joe and Len Coleman died recently. Len came over from Northern Ireland, where he now lives, for the funeral and paid a visit to the Hall. Unfortunately there was no home fixture so our numbers were a bit thin, nevertheless he was able to have a chat with old and new friends and to see the "new look" of the Hall

Not one to let a dubious disqualification in the National 20Km upset him, John Hall bounced back the following day, May 14th, to win the Sussex 3Km in 13:18. This made a hat-trick of Sussex championships for John: on January 21st he took the 20Km title and on May 7th the 10Km in 46:05

Representing his county in the Inter-Counties meeting at Cwmbran on May 28th/29th, John took 5th over 10Km in 47:37 and in the 3Km scored 4th with yet another PB - 12:57.

MAY 20th 1978 - NEW RIVER STADIUM - MIDDLESEX CHAMPIONSHIPS.

Two winners and one second place from three entrants must be an excellent result in any form of competition, writes Bill True who was Chief Walking Judge at this meeting. Our three members walked strongly and were officially congratulated on their fine performances. They are obviously showing the benefits of the guidance and training of Ray Middleton.

Junior 3Km. 1.T.McDermot 14:45.

Youths 3Km. 1. K.McDermot 15:47; 2. S.Sethi 15:53.

JUNE 2nd 1978 - CRYSTAL PALACE - S.C.A.A.A. 3Km CHAMPIONSHIP.

1. R.Mills (Ilford) 11:59.10; 3. C.Lawton 12:49.06; 5. J.Hall 13:02.06; 10. P.Blagg 13:42.97; 12. R.Dorman 13:56.50; 15. R.Peters 14:21.81; 16. D.Ellis 14:24.84; 18. M.Nicholls 14:27.86.

JUNE 17th 1978 - SHEFFIELD - NATIONAL 30Km.

This was a championship in which a placing was virtually certain for us but it all went wrong. No one person had a bad race - just everyone, some worse than others. So it was 6th place for the Bels. A fast three lap course proved the undoing of many and the final three for Commonwealth Games selection was never a certainty until the finish.

The only one who did walk to form was non-scoring Derek Howie who in spite of his efforts has been overlooked by the Scottish selectors for Edmonton.

1. O.Flynn (Basildon) 2:21:54; 2. B.Adams (Leicester) 2:22:26; 3. A.Seddon (Boro' of Enfield) 2:25:26; 12. D.Howie 2:32:28; 18. C.Lawton 2:35:15; 23. J.Hall 2:37:03; 33. A.Callow 2:40:09; 38. P.Blagg 2:43:21; 41. R.Middleton 2:44:49; 58. R.Picton 2:52:37; 72. J.Dunsford 2:59:08; 97. J.Keown 3:11:21.

Teams: 1. Sheffield 29pts; 2. Steyning; 3. York Postal; 6. Belgrave H 79pts.

JUNE 23rd 1978 - CRYSTAL PALACE - A.A.A. 3Km CHAMPIONSHIP.

John Hall recorded yet another personal best, bringing his best time down to 12:54.70 in 8th position. Two Belgravians fought it out for the bronze medal with Carl just prevailing over Graham Seatter by three tenths of a second, 12:41.12 to 12:41.42. The race was won by Ilford's Roger Mills in 12:05.07 from Brian Adams of Leicester, 12:24.72.

JUNE 24th 1978 - DOWNLEY 5Km ROAD WALK.

1. C.Lawton 25:03 (course record); 6. R.Dorman 25:46; 7. L.Duquemin 28:24; 10. J.Dunsford 28:54; 11. R.Picton 29:10; 14. N.Morris 29:42.

JUNE 25th 1978 - BASILDON FESTIVAL OF WALKING.

Ladies 3Km. 1. C.Tyson (Lakeland) 14:27; 10. S.Rook 16:53; 11. A. Matthews 17:09; 15. L.Nicholls 17:53; 16. D.Cook 18:32; 24. J. Pritchard 20:27

Youth/Junior 5Km. 1. S.Miley (Harbourne) 23:18; 3. R.Dorman 24:02; 7. M.Nicholls 25:13; 8. P.Blagg 25:20; 9. D.Ellis 25:39; 10. R. Peters 25:45; 21. P.Morris 28:01.

Senior 15Km. 1. C.Lawton 69:43; 2. R.Dobson (Southend) 70:04; 16. J.Bromley 79:52 (1st handicap).

JULY 15th 1978 - STRETFORD - R.W.A. NATIONAL 50KM CHAMPIONSHIP.

Club Trophy Goes West

The late Jimmy Belchamber did much for the Club in the years between the two World Wars, particularly with regard towards the walkers. He was no mean performer himself over the longer distances and was also one of the Club's Hon. Auditors for many years. After he died we were presented with a trophy to perpetuate his memory, to be awarded to the first Belgrave man home in the R.W.A. 50 Km Championship.

For many years past the trophy has had pride of place at a certain house in Hendon. This year, alas, Ray Middleton had to miss the race because of injury (he has competed in every 50 kilos since 1961). The Club's performance was a below par one, we were down to 6th place in the team championship with the winners being Sheffield United Harriers who must be congratulated on finishing their team in 6th, 7th, 8th and 9th positions - perfect packing. They also took the Milan Trophy with their eighth walker in 42nd position.

Making a welcome re-appearance in our team was John Knifton, home on holiday from the U.S.A. where he now lives. He celebrated his return by being our first to finish over the seven lap course; so the Club trophy goes to the United States where John has won A.A.U. Walking titles. He was closely followed by Derek Howie, walking as an individual, with John Hall taking 3rd place in the Club Championship. Carl Lawton and Bob Picton completed the team.

1978 will not go down as a good year for us regarding the Championships. Our record in this event is unapproached by any other club. Of the forty team championships held to date

Although 1978 will not go down as a good year for us regarding team championships our record in this event is unapproached by any other club. Of the forty team championships held to date we have won 17, with 11 and 6 second and third placings respectively. Definitely an "off" year. John's journey from Texas must be the farthest ever mad to win a Club Championship. Congratulations John once again.

1.D.Cotton (Holloway) 4:14:25; 2. I.Richards (Coventry) 4:18:32; 3. B.Adams (Leicester) 4:19:22; 24. J.Knifton 4:47:40; 25. D.Howie 4:48:37; 33. J.Hall 4:52:44; 35. C.Lawton 4:53:49; 45. R.Picton 5:12:54; 55. J.Dunsford 5:24:32; 59. J.Keown 5:32:09.

Teams: 1. Sheffield 30pts; 2. Steyning 68pts; 3. Coventry 75pts; 6. Belgrave H 101pts.

JULY 16th 1978 - STRETTFORD - R.W.A. INVITATION 20 KM ROAD WALK.

The Morning After!

Over the same course at Stretford the R.W.A. held an invitation 20 kilos walk the following morning. A select field of 18 started. The result was a great win for Graham Seatter who finished nearly three minutes ahead of his old rivals Roger Mills (Ilford) and Amos Seddon (Boro' of Enfield). At 5km he was one second ahead of Roger in 22:11 but by 10km he had a 39 second lead in 43:59. By 15km the lead was extended to 2 minutes 9 seconds and Graham sped over the last 5km in 22 minutes dead to win in 87:37. This is the fastest time by a British clubman for several years and is a new Club Record.

Congratulations on some great walking Graham, its good to see you back in such great form - a great day. Allan Callow and Derek Howie (who had competed in the longer race the previous day) were our other representatives.

1. G.Seatter 87:37; 2. R.Mills (Ilford) 90:32; 3. A.Seddon (Boro' of Enfield) 90:54; 14. A.Callow 99:38; 15. D.Howie 110:59.

JULY 22nd/23rd 1978 - CWMBRAN - A.A.A. UNDER 20 CHAMPIONSHIPS.

Junior 10Km. 1. M.Miley (Harbourne) 47:44.8; 3. P.Blagg 48:33.2; 4. R.Dorman 48:48.4; 7. T.McDermot 51:09.6; 8. D.Ellis 51:29.2; 9. R. Peters 52:28.8.

Youth 3Km. 1. N.Troy (Harbourne) 13:10.6; 9. K.McDermot 15:53.4.

JULY 30th 1978 - CITY FESTIVAL.

Girls 3Km. 1. S.Till (Crawley) 16:26; 2. L.Nicholls 17:37; 4. J. Pritchard 18:06.

Senior Men 5Km. 1. R.Mills (Ilford) 21:19; 2. C.Lawton 21:39; 9. R. Dorman 23:27; 15. J.Newnham 24:04; 17. M.Nicholls 24:46; 27. J. Scamell 28:32.

AUGUST 5th 1978 - HASTINGS TO BRIGHTON.

1. A.Alomaine (France) 5:38:39; 2. P.Hodkinson (Camb. H) 5:38:40; 3. J.Lees (Brighton) 5:45:55; 5. D.Howie 5:57:05; 6. C.Lawton 6:03:39; 10. J.Hall 6:13:25; 14. J.Dunsford 6:33:50; 24. R.Day 6:58:36; 25. D. King 6:58:36; 34. J.Keown 7:12:
Teams: 1. Belgrave H; 2. Surrey W.C.; 3. Enfield.

John Keown has drawn our attention to the feats of a great Belgrave long-distance walker of the past. Between 1921 and 1929 J.N. Thomas became the first walker in history to successfully complete three successive London to Brighton and Back Walks (104 miles).

He started walking as a novice at the age of 44 in 1919. Two years later he tackled his first B & B - 24h:23m.42s. In 1926 at 51 he did it again in 22h:28m.04s. In 1929 at 54 he put up his best performance of 21h:35m.07s and he figured prominently in several 'Brightons'. He died round about 1932.

In 1971 Surrey W.C. decided to stop using the London to Brighton road for this race and instead a ten lap course at Ewhurst (Surrey) is used. John, having completed two Ewhurst 100's could well equal Thomas' feat when the race is held next year.

YOUTHS AND BOYS

M E D A L C O M P E T I T I O N 1 9 7 8 * * * * *

<u>BOYS</u>	Shot	80mH	HJ	400m	100m	Jav	LJ	1500m		
R.Taylor	5.76	16.5	1.40	73.5	14.6	24.00	4.33	6:02	1st	95pts
M.Cannon	8.51	13.2	1.70	58.4	12.8	40.62	5.05	4:43	2nd	95pts
P.Lytle	9.06	15.8	1.45	66.0	12.4	25.22	5.57	6:44	3rd	88pts
R.McCann	5.10	18.1	1.20	69.9	15.0	14.66	3.57	5:44	4th	85pts
G.Williscroft	5.22	17.9	1.35	72.1	15.7	18.75	4.10	5:06	5th	75pts
S.Simpson	2.31	20.3	1.10	76.3	15.5	-	3.56	5:20	6th	62pts
C.DeGale	4.85	-	1.10	68.5	14.8	11.05	3.79	5:39	7th	60pts
K.Sexton	2.65	-	0.90	85.2	18.2	8.35	2:69	6:11	8th	35pts
P.Cornejo	-	-	-	-	15.1	16.72	4.10	5:25		
P.Thorp	5.77	16.4	1.20	-	-	-	-	-		
P.Gerhard	5.03	16.4	1.00	75.7	-	-	-	-		
R.Palmer	3.98	18.5	1.20	77.5	-	-	-	-		

<u>YOUTHS</u>	Shot	100mH	HJ	400m	100m	Jav	LJ	1500m		
K.Clarke	8.82	19.0	1.40	59.0	12.8	21.42	5.43	5:08	1st	96pts
P.Clay	8.20	-	1.65	60.6	13.4	25.96	5.62	-	2nd	93pts
S.Marmion	10.25	-	1.40	66.7	13.7	31.84	5.34	5:48	3rd	91pts
J.Gladwin	7.27	25.5	-	53.8	12.6	22.96	4.67	-	4th	90pts
S.Wahab	6.86	-	1.60	59.9	13.0	20.34	4.84	4:56	5th	88pts
D.Couzens	6.03	20.2	1.35	66.8	13.9	22.96	5.09	5:26	6th	87pts
M.Waller	8.30	-	-	57.9	-	-	5.08	-		
J.Litster	6.76	-	-	66.1	14.2	-	4.89	-		
D.North	5.75	-	-	61.5	14.6	-	4.45	-		
M.Yexley	7.94	-	-	-	16.0	-	3.64	-		

As usual it was each competitor's best five performances out of the eight events that counted towards the final result, with the Boys events additionally being held on a handicap basis. There were some fine results all round but at the end of the competition there was still no clear cut winner in the Boys section, Robert Taylor eventually getting the verdict over Matt Cannon by virtue of his greater score in all eight events.

Opposite page.

Left: First year Youth David North was clocked at 4:50 for his mile in the Philips 100x1 mile relay. David ended the season with bests of 1,500m/4:24 3,000m/9:22 and 5,000m/16:57.

Right: The equally talented Mark Waller, also a Youth, ran his mile in 4:46 and his other 1978 times read as follows: 800m/2:04.9 1,500m/4:24.6 and 3,000m/9:47.



MAY 8th - 13th 1978 - MOTSPUR PARK - SURREY COUNTY CHAMPIONSHIPS.

Pat Lyttle's County Double

Our youths and boys were a bit thin on the ground at this year's Surrey Championships but still managed to gain three medals. Patrick Lyttle was the star performer. First in his heat of the Boys 100 metres with the fastest heat time of 12.6, he went on to win the final in a time one tenth faster still. He was also unbeaten in the longer sprint, setting the fastest time of the championships with a heat time of 25 seconds dead and then maintaining his winning streak with a narrow victory in the final. Pat placed 4th in the long jump with 5.19 metres to round off a successful couple of days work.

Chris Powley was clocked at 12.8 for 3rd in his preliminary round of the Youths 100 metres but did not quite make the final. On the field Stuart King heaved the Youth shot out to 13.01 metres for 2nd and just missed the medals in the discus with 37.74 metres and 4th spot.

Our only middle distance man in action was John Searle whose 2:11.0 and 4:37.5 did not get him beyond the heats of the Youths 800 metres and 1,500 metres.

MAY 17th 1978 - TOOTING - ROSENHEIM LEAGUE MATCH 1

200m: 3.C.Powley 24.0. 3,000m: 3.J.Gladwin 10:24.0; 4.G.Price 11:13.0
 HJ: 4.P.Clay 1.55; 5.S.Wahab 1.55. LJ: 6.P.Lyttle 4.64; 8.D.Couzens 4.50. DT: 2.S.King 38.62.

Teams: 1.H.H.H. 28; 2.Surrey Beagles 27; 3.S.L.H. 26; 4.Belgrave H 20pts.

MAY 20th 1978 - CARSHALTON - EBBISHAM LEAGUE MATCH 1

Hurdlers set the pace

Belgrave started their league campaign with a visit to Carshalton track with a small team and not very much confidence. All changed after the first few events when the Bels. stormed into the lead after fine wins by R.Taylor and P.Thorp in the hurdles. For the rest of the afternoon we were never headed and ended up clear winners from Guildford & Godalming. Each member of the team showed great competitiveness and fought for every point. Pat Lyttle showed his class with three wins plus a relay victory and was ably supported by Matt Cannon who gained two wins and a 2nd. This great win set us up for the remaining two league matches and hopefully for promotion to division one next year.

Boys. 100m: 1.P.Lyttle 12.1. 200m: 1.P.Lyttle 26.1; 4.A.Horton 31.1. 400m: 1.M.Cannon 58.8; 2.A.Horton 68.9. 800m: 2.M.Cannon 2:15.3; 6. G.Willisroft 2:34.3. 1,500m: 3.G.Willisroft 5:33.5; 9.G.Sexton. 4x100m: 1.Belgrave H 54.3. 80mH: 1.P.Thorp 15.9. LJ: 1.P.Lyttle 5.24. HJ: 1.M.Cannon 1.60; 2. S.Wyld 1.40. SP: 2.P.Thorp 5.97; 3.G.Sexton 5.10

Colts. 100m: 2.R.Taylor 14.7; 3.G.Willisroft 15.3. 200m: 3.R.Taylor 30.2. 400m: 2.R.Palmer 77.7. 800m: 2.R.McCann 2:33.9; 5.R.Palmer 2:41.0. 1,500m: 2.R.McCann 5:27.4; 4.R.Palmer 5:38.3. 80mH: 1.R. Taylor 15.6.

Teams. 1.Belgrave H 202; 2.Guildford & Godalming 171; 3.Epsom & Ewell 161; 4.Dorking 151; 5.Aldershot 49.

Pat Lyttle pulled out all the stops at the Southern Counties AAA Boys Championships at Crystal Palace on May 29th. His long jump of 5.60 metres took him to 3rd place and also made sure that his name will go down on the Club Record lists as he beat Mark Shippen's three year old record by 18 centimetres.

JUNE 3rd 1978 - WIMBLEDON PARK - EBBISHAM LEAGUE MATCH 2

Second Ebbisham win

Again our hurdlers got us off to a flying start and we were never out of first place during the afternoon. With two new faces competing for the first time, Paul Gerhard and Simon Simpson, we were much stronger and won 14 events in all. The confidence was flowing throughout the match which was a great change from previous years and the spirit and enthusiasm in the team was good to watch. With one match to go and Epsom and Guildford fighting it out for the second promotion spot, the last match was likely to be a formality.

Boys. 100m: 1.P.Lyttle 12.8; 5.S.Pritchard 15.4. 200m: 1.P.Lyttle 26.3; 4.P.Gerhard 33.4. 400m: 1.M.Cannon 57.0; 1.A.Horton 68.7. 800m: 1.M.Cannon 2:11.2; 2.G.Williscroft 2:32.0. 1,500m: 3.G.Sexton 5:16.4; 4.P.Thorp 5:51.3. 4x100m: 1.Belgrave 53.7. 80mH: 1.P.Thorp 16.2. HJ: 1.M.Cannon 1.55; 2.G.Williscroft 1.20. TJ: 1.P.Lyttle 10.64; 3.P.Gerhard 7.77. DT: 2.G.Sexton 9.72; 2.P.Thorp 11.94.

Colts. 100m: 5.R.Taylor 15.8; 4.K.Sexton 18.3. 200m: 5.S.Simpson 34.1; 5.K.Sexton 38.2. 400m: 2.R.Palmer 73.1; 1.S.Simpson 74.7. 800m: 2.R.McCann 2:35.9; 4.K.Sexton 3:08.7. 1,500m: 4.R.McCann 5:26.2; 2.R.Palmer 5:33.1. 4x100m: 2.Belgrave 62.1. 80mH: 1.R.Taylor 15.3. 1.R.Palmer 16.0. HJ: 1.R.Taylor 1.30. TJ: 2.R.McCann 8.22.

Teams: 1. Belgrave H 245; 2.Epsom & Ewell 175; 3.Guildford & God'ming 159; 4.Dorking 153; 5.Aldershot 148.

Only John Searle turned out for the second Rosenheim League match, held at Croydon Arena, and he was rewarded with a time of 4:28.1 for 2nd place in the Youths 1,500m.

JUNE 21st 1978 - TOOTING BEC - ROSENHEIM LEAGUE MATCH 3

200m: 1.C.Powley 24.0. 800m: 1.J.Gladwin 2:04.5; n/s M.Waller 2:06.8. K.Clark 2:31.4. 3,000m: 1.D.North 9:32.0; n/s M.Waller 9:50.0. HJ: =2.S.Wahab 1.55. LJ: 4.P.Lyttle 4.77. SP: 3.S.Marmion 9.12.

Teams: 1.H.H.H. 35; 2.Surrey Beagles 32; 3.Belgrave H 30; 4. S.L.H. 27; 5.Croydon 4.

JULY 12th 1978 - WIMBLEDON PARK - H.A.C. MEMORIAL TROPHY

Matt Cannon (14) 2:05.1

The HAC Trophy this year had a special significance for Belgrave. It was felt in some quarters that we could frighten the other clubs and surprise many by lifting this trophy. It turned out that we were not quite good enough on the night. With six members not bothering to turn out or tell anyone why they did not, too much was placed on the other team members. Despite these setbacks and with two of the new stars of Belgrave, J.Gladwin and D.North, watching from the stand we finished third overall with some great performances. It was our best ever position in this meeting.

continued on following page.....

Chris Powley battled with English Schools runner-up Powell in the 200m and just finished 2nd. Stuart King, as dependable as ever, got two seconds in the shot and discus, and Phil Clay also took second in the 'B' shot. M.Gay made a good debut in the 400m and others to catch the eye were of course Pat Lyttle, John Searle, Kevin Clarke and Gary Wilson.

Belgrave stars of the night were: Mark Waller, winning a classic 800m and just failing to catch the winner in the 1,500, and Matt Cannon, who having placed 2nd in the hurdles in a Club Record then proceeded to pulverise the field in the 800 metres with 2:05.1 (the Club Record stands at 2:05.0 set in 1961!).

How nice to see Belgrave doing well on the track and field in all events. Those who watched the match noticed two important factors: a new spirit among all our young athletes the like of which we have not had before.

Youths. 100m: 4.C.Powley 11.8; 5.S.Wahab 13.2. 200m: 2.C.Powley 23.5; 4.D.Couzens 30.1. 400m: 5.S.Wahab 58.5; 2.M.Gay 59.0. 800m: 1.M. Waller 2:04.9; 3.J.Searle 2:17.6. 1,500m: 2.M.Waller 4:24.6; 2. J. Searle 4:32.4. 4x200m: 4.Belgrave 1:42.9. 100mH: 5.P.Clay 18.0; 3. K.Clarke 17.6. LJ: 4.P.Clay 4.81; 3.K.Clarke 4.62. SP: 2.S.King 12.64; 2.P.Clay 8.78. DT: 2.S.King 34.78; 4.D.Couzens 15.72.
Boys. 100m: 1.P.Lyttle 12.4; 5.G.Wilson 13.8. 200m: 2.P.Lyttle 25.3; 5.G.Wilson 28.5. 400m: 2.M.Cannon 56.1; 4.A.Horton 66.3. 800m: 1. M.Cannon 2:05.1; 4.S.Pritchard 2:54.0. 1,500m: 5.G.Sexton 4:54.4; 3. D.Blackburn 5:03.3. 4x200m: 5.Belgrave 1:50.0. LJ: 3. P.Lyttle 5.10; 1.G.Wilson 4.64. SP: 4.G.Sexton 7.07; 4.P.Thorp 5.53. DT: 4.G.Sexton 15.54; 4.P.Thorp 12.80.
Teams. 1.Hercules Wimbledon 229; 2.Sutton & Cheam 205; 3.Belgrave H 181; 4.Epsom & Ewell H 165; 5.Surrey AC 94; 6.Garth High School 63.



Under 11
M.Williams 5*
K.Sexton 4*

Under 13
R.McCann 5*
R.Taylor 5*
R.Palmer 4*
S.Simpson 4*

Under 14
G.Williscroft 4*
P.Cornejo 4*
C.DeGale 3*
P.Thorp 3*
P.Gerhard 2*

Under 15
M.Cannon 5*
P.Lyttle 5*
G.Wilson 4*
D.Blackburn 3*
G.Sexton 3*

Under 16
J.Gladwin 5*
M.Waller 5*
D.North 5*
K.Clarke 4*
J.Litster 3*
M.Yexley 2*

Under 17
S.Wahab 4*
P.Clay 4*
M.Sinclair 4*
M.Gay 3*
S.Marmion 3*
D.Couzens 3*

JULY 15th 1978 - GUILDFORD - EBBISHAM LEAGUE MATCH 3

Boys and Colts top their league

We hired a mini-bus for the last match and with a depleted team of six colts and five boys travelled south to Bannister Park, confident of promotion to division one. With Dennis Blackburn making a timely first appearance in the league this year and two newcomers, Mark Williams and Ben Peel we were going to fight all the way for victory.

At the end of the day we conceded first place to Aldershot, having been in the lead a number of times throughout the afternoon. Again everybody performed really well but perhaps a special mention should be made of Simon Simpson who took everybody on in the 800m and tried to do the same in the 1,500m but was knocked over by someone three times his size when he was going really well. Simon picked himself up to finish 4th and later ran a leg in the relay. A mention also for Mark Williams who recorded 14.7 for the 100m - he reaches the age of nine in November! Ben Peel filled in the two sprints but did not look too happy although his times were good. When Ben was asked to do the 1,500m he responded by running 5:40 and looked a natural.

Our league win means next year we face the mighty Hercules in Division One. With the boys we now have in the Club we must have a promising future, but they still need looking after on a regular basis and by not doing so, the people in Belgrave who could have helped but didn't have let the lads down.

Boys. 100m: 1.P.Lyttle 12.1; 4.A.Horton 14.6. 200m: 1.P.Lyttle 26.7; 3.A.Horton 33.4. 400m: 3.D.Blackburn 66.0; 4.A.Horton 68.0. 800m: 3.D.Blackburn. 1,500m: 3.G.Sexton 5:00.6. 4x100m: 2.Belgrave 54.5. 80mH 4.G.Sexton 14.9; 2.P.Thorp 15.4. TJ: 3.D.Blackburn 8.95. LJ: 2.P.Lyttle 5.09; 4.P.Thorp 3.70. JT: 4.G.Sexton 10.56; 1.P.Thorp 21.82.

Colts. 100m: 5.M.Williams 14.7; 5.B.Peel 16.8. 200m: 5.R.Taylor 33.7; 4.B.Peel 37.2. 400m: 2.R.McCann 70.0; 4.K.Sexton 82.8. 800m: 2.S.Simpson 2:34; 1.R.McCann 2:39. 1,500m: 4.S.Simpson 5:30.5; 2.B.Peel 5:40. 4x100m: 4.Belgrave 62.4. 80mH: 1.R.Taylor 15.0; 2.S.Simpson 16.5. TJ: 2.R.Taylor 8.71; 1.R.McCann 8.41. LJ: 5.M.Williams 3.29; 4.K.Sexton 2.95.

Teams. 1.Aldershot 247; 2.Belgrave H 217; 3.Guildford & Godalming 187
4.Dorking 173; 5.Epsom & Ewell 153.

☆☆☆

EBBISHAM LEAGUE DIVISION TWO FINAL RESULT * * * * *

1. BELGRAVE HARRIERS	14 (664)
2. Guildford & Godalming A.C.	10 (517)
3. Epsom & Ewell Harriers	8 (489)
4. Aldershot, Farnham & District A.C.	7 (444)
5. Dorking St. Pauls A.C.	6 (474)

JULY 19th 1978 - WIMBLEDON PARK - ROSENHEIM LEAGUE MATCH 5

200m: 2.L.Horton 25.2. 3,000m: 1.D.North 9:25; n/s M.Sinclair 10:06.0
HJ: 4.M.Sinclair 1.50. DT: 2.S.King 30.52.

Teams. 1.Surrey Beagles 35; 2.H.H.H. 29; 3.S.L.H. 26; 4.Belgrave H 19; 5.Croydon H 18.

AUGUST 2nd 1978 - CROYDON - ROSENHEIM LEAGUE MATCH 6

100m: 1.C.Powley 12.2. 400m: 1.J.Gladwin 54.3. 1,500m: 1.M.Waller 4:26.4; 5.J.Searle 4:36.4; 7.M.Sinclair 4:45.0. JT: 4.M.Gay 18.50; n/s M.Yexley 20.58.

Teams: 1.H.H.H. 36; 2.Surrey Beagles 29; 3.Belgrave H 21; 4.S.L.H. 20; 5.Croydon 10.

☆☆☆

ROSENHEIM LEAGUE (YOUTHS) FINAL RESULT OF GROUP * * * * * *

1. Herne Hill Harriers	31	(177)
2. Surrey Beagles	31	(175)
3. South London Harriers	25	(145)
4. BELGRAVE HARRIERS	18	(101)
5. Croydon Harriers	16	(80)

Below. Tony Binda hands over to Bruce Taylor at Crystal Palace



Nineteen not out*

* By the time this article is read it could well be twenty.

Firstly an apology to John Keown (already kindly acknowledged and accepted). In the last Belgravian he was credited with seventeen London to Brighton Walks, in fact he has done nineteen in a row. John has still a way to go to reach Hugh Neilson's (Woodford Green) thirty-three, not to mention his twenty-one "hundreds". However, he has walked more "Brightons" than any other Belgravian, being followed by George Beecham, fifteen between 1954-72 and Dave King 1964-77, both of whom have won seven first team medals. To make amends we give a list of his performances.

John also has three 100 miles performances to his credit and these are included for good measure. These performances would not have been possible without help on the road by others so a tribute to the selfless efforts of Charlie McLennan, Jack Goswell, Bob Barnes, Gerry Cameron, Bob Picton, Carl Lawton and Pat Duncan, and when not competing against him, John Morris.

John will be lining up for this year's "Brighton" and next year's Ewhurst '100' - we wish him luck for these two events and subsequent super efforts.

John Keown's London - Brighton performances.

★	1.	1959	24th	10h:03m.32s	
★	2.	1960	18th	9h.24m.26s	
★	3.	1961	15th	9h:26m.08s	Scoring member of 1st team.
★	4.	1962	18th	9h:26m.29s	
★	5.	1963	31st	9h:44m.15s	
★	6.	1964	27th	10h:03m.35s	
★	7.	1965	43rd	9h:59m.29s	
★	8.	1966	22nd	9h:48m.58s	Scoring member of 3rd team.
★	9.	1967	18th	9h:31m.18s	Scoring member of 1st team.
★	10.	1968	21st	9h:46m.28s	
★	11.	1969	38th	9h:58m.23s	
★	12.	1970	31st	10h:00m.36s	
★	13.	1971	36th	9h:57m.01s	Scoring member of 2nd team.
★	14.	1972	28th	10h:05m.17s	
★	15.	1973	40th	10h:19m.08s	
★	16.	1974	25th	10h:09m.14s	
★	17.	1975	37th	9h.47m.20s	
★	18.	1976	19th	9h.46m.03s	Scoring member of 1st team.
★	19.	1977	33rd	9h.53m.22s	Scoring member of 2nd team.

.....and 100 Miles performances.

★ 25/26 June, 1971. Surrey W.C. Ewhurst (instead of Brighton and Back) Open 100 miles 16th in 20h:49m.27s. to become Centurian No. 473. John Morris walked with him to become No. 474. Bels won second team medals, led by John Moullin who won the race in a fantastic 16h:55m.44s. (Centurian No. 462).

★ 27/28 June, 1975. Ewhurst 100m. 16th in 20h:58m.47s.

★ 28/29 May, 1976. Woodford Track 100m. 7th in 21h:01m.41s.

G.S.D.

ROAD RUNNING

APRIL 1st 1978 - WIMBLEDON.

Belgrave Relay

1.Thames Valley H. 4:10:06; 2.Aldershot,Farnham & Dist. 4:11:04; 3. Invicta AC 4:15:46; 4.Southampton & Eastleigh 4:16:03; 5.Portsmouth AC 4:16:22; 6.Cambridge & Coleridge 4:16:51;.....13.Belgrave H 4:23:46
27 teams started. 26 teams finished.

Fastest laps. Long (5½ miles) N.Coupland (Southampton & Eastleigh) 23:47. Short (3¼ miles) P.Lee (Cambridge H) 15:51.

Belgrave times and positions. I.Duncan (11)25:30; J.Rimmer (11)16:58; J.Bicourt (16)26:58; S.Holmes (15)17:08; W.Weller (17)26:23; S. Williamson (17)17:42; P.O'Connor (16)26:32; P.Gardner (16)17:43; J. Stow (15)27:02; L.Coy (14)17:10; L.O'Hara (13)26:55; A.Black (13) 17:45.

JUNE 10th 1978 - WINDSOR - 64TH POLYTECHNIC MARATHON.

1.D.Francis (Westbury) 2:19:05; 2.W.Domoney (Sheffield) 2:21:44; 3.R. Heron (Brighton & Hove) 2:22:31; 11.W.Weller 2:27:04; 36.L.Mann 2:35:58; 116.J.Davies 2:54:55; 146.J.Wasbrough 3:02:09; 207.G.Piddington 3:31:57.

Teams: 1.Windsor, Slough & Eton 41; 2.Cambridge H 76; 3.Southampton & Eastleigh 111; 11.Belgrave H 163.

JULY 15th 1978 - WIMBLEDON.

The '20'

123 of the 163 entries started the 27th Open Belgrave '20' on 15th July and of these 100 finished. Conditions were good and at 5 miles there was a bunch of 8 runners together; Mike Hurd and Don Faircloth (Croydon H), Dave Patterson (TVH), Paul Earles (Windsor S & E), Colin Taylor (Airdale & Spen Valley), Ian Macintosh (Ranelagh), Tom Moore (Liverpool H) and Tom Roden (S.L.H.). These were timed through in 25:41. By ten miles Moore and Roden had dropped from the leading bunch, who were through in 51:42. Between 10 and 15 miles gaps opened up so that now Hurd (1:17:31) led from Earles (1:17:54), Patterson (1:18:01) Don Faircloth (1:18:04).

The latter two both passed Earles before the end, however, but Mike Hurd ran out a clear winner by nearly a minute. Team honours went to Croydon from Ranelagh and T.V.H.

The overall quality of the race was an improvement with the first 30 inside 2 hours and the first 8 inside 1hr.50mins.

The Surrey Championship in conjunction was won by Don Faircloth from Paul Earles and Tom Roden with Epsom & Ewell Harriers easy Team winners.

In the historic Women's race held in conjunction Lyn Billington (Feltham AC) did a very good 2hrs.10mins.16secs. with Bridget Cushen (Mitcham) 2:28:30 and Betty Norrish (Brighton & Hove) 2:30:00. All three times impressed those watching the race.

BELGRAVE '20' continued.....

Of the Bels, Lionel Mann retained the Belgrave Championship from Bill Laws (a silver medal at his first '20' attempt) and John Davies. Thanks as usual must go to all the regular marksmen, recorders, refreshment post stewards, timekeepers and results team who helped make the afternoon a success.

Derek Crookes.

1.M.Hurd (Croydon H) 1:43:39; 2.D.Patterson(TVH) 1:44:33; 3.D.Faircloth (Croydon H) 1:44:54; 25.L.Mann 1:57:57; 54.W.Laws 2:07:44; 58.J.Davies 2:08:10; 63.J.Dodey 2:10:35; 75.P.Pringle 2:16:03; 78.A.Painter 2:17:00; 79.J.Wasbrough 2:17:38; 91.G.Pearson 2:26:33; 95.G.Piddington 2:29:13; dnf. C.Cross.
Open team race. 1.Croydon H 18; 2.Ranelagh H 19; 3.Thames Valley H 20; 7.Belgrave H 'A' 81; 11.Belgrave H 'B' 117.
Surrey team championship. 1.Epsom & Ewell H 12; 2.Ranelagh H 23; 3.South London H 28; 5.Belgrave H 55.

JULY 19th 1978 - HILLINGDON VETS 6.4 MILE RELAY.

Seventeen teams contested this increasingly popular event with Mitcham TVH, Hillingdon, Ealing and Belgrave all fancying their chances. As events turned out Ealing came home clear winners in a new course record with the Bels a comfortable second. Laurie O'Hara ran the fastest stage beating his old rival Mike Barratt by 2 seconds and picking up a bottle of wine in the process. All prizes were liquid and alcoholic and no doubt this will continue to remain a popular event with Belgrave's maturer runners.

Bill Laws.

Teams. 1.Ealing & Southall 31:58; 2.Belgrave H 32:49; 3.Hillingdon 33:02.
Belgrave times. B.Gorman 8:08; L.O'Hara 7:34; C.Walker 8:41; W.Laws 8:28.

AUGUST 5th 1978 - DARTFORD HALF MARATHON.

Following last year's inaugural race which Belgrave won, this year's Dartford Half Marathon attracted a considerably larger field and on a warm sunny day over 250 runners lined up for the off. Belgrave's team consisted of several men making their debuts at the distance. Of the seasoned campaigners both Lionel Mann and John Jackson were recovering from leg injuries and were content at finishing without undue strain. Of the other Belgravians David Searle pulled through over the later stages to claim the scalp of Peter Hardwick. Overall, however, the result was a poor one for Belgrave and the hoped for signs of a resurgence in distance running were not evident in this race.

Bill Laws.

1.K.Penny (Camb.H) 1:05:55; 2.D.Francis (Westbury) 1:06:04; 3.P.Eales (Windsor, Slough & Eton) 1:07:08; 29.W.Weller 1:13:27; 67.L.Mann 1:17:17:26; 98.J.Jackson 1:20:36; 105.D.Searle 1:20:57; 109.P.Hardwick 1:21:05; 118.J.Wasbrough 1:21:59; 128.J.Dooley 1:23:00; 156.A.Bruce 1:26:03; 252 started.
Teams. 1.Harlow 49; 2.Brighton & Hove 53; 3.North London 69; 13.Belgrave H 195.

AUGUST 12th 1978 - HENDON - SHAFTESBURY '10'.

1.B.Plain (Cardiff) 48:54; 2.J.Odin (N.London) 49:06; 3.G.Pringuer (Haringey) 49:40; 108.J.Jackson 56:24; 143.D.Searle 58:00; 179.J.Wasbrough 59:10; 261.G.Piddington 64:10; 350 started, 335 finished.

MARATHON RANK

John Walsh of Cardiff A.A.C. is not only an enthusiastic Marathon Runner but he compiles a British Marathon Ranking List. The 1977 List makes interesting reading, 1441 athletes in all are ranked from the sub. 2.15 Internationals to performers who take over twice the time for this arduous event. This number includes veterans over forty and over fifty, and the ladies (31 of them) and covers forty events including those overseas where British athletes have run.

Naturally the positions of our Club members are of interest. To get in the first hundred is no small feat and it is good to see Bill Weller ranked 84th. Laurie O'Hara's run in the World Veterans Championship at Gothenburg finds him in 329th place. You naturally expect to come across the name of Lionel Mann and there it is 411th. Doug. Brew and John Davies occupy 548th and 549th placings - separated by two seconds (but over different courses). Paul Pringle is on the right side of the three hours mark in 651st (689 beat three hours). Doug. Maughan is 881st and newcomer Len Collingwood 1092nd. Not such a newcomer, Geoff Pearson, listed as over 50 (he's over 60!) is 1128th

Competing for other clubs we find Mike Kortenaar 337th and, knowing of his performances at Fell Running, it was no surprise to see the name of John Blair Fish 512th.

The compiling of this list is a marathon effort indeed, so many thanks John Walsh and congratulations upon your performance which enabled you to appear opposite position 193.

AUGUST 27th 1978 - BRACKNELL - 5 MILES ROAD RACE.

1.S.Jones (RAF) 23:15; 19.L.O'Hara 25:44; 55.B.Gorman 27:21; 57.J. Jackson 27:27; 86.A.Binda 28:28; 125.W.Kerr 29:55; 135.R.Martin 30:27; 146.L.McLean 31:07; 150.B.Taylor 31:17; 175.K.Cross 34:12; 200 started 191 finished.

SEPTEMBER 6th 1978 - READING - READING POLICE '10'.

1.I.Thompson (Luton) 49:02; 2.D.Francis (Westbury) 49:10; 3.R.Brown (Bournemouth) 50:19; 5.J.Jackson 56:25; 84.L.Mann 58:53; 85.P.Hardwick 59:00; 108.A.Painter 60:30; 111.T.Dowdall 60:36; 119.J.Wasbrough 60:49; 179.D.Maughan 64:24; 187.J.Angus 65:31; 189.G.Piddington 65:43; 233.K.Cross 71:48; 244 finished.

Oposite page. The Philips 100x1 mile relay.

Top right: Charlie Gillett. Centre left to right: Dudley Gordon, Gerry Sexton, George Piddington and Robin Brown. Bottom left to right: Simon Pritchard, Joe McDonald and Alan Painter.

Crystal Palace N.S.C. 0000007

Rank	Initials	Name	Time
41	R	HOPKINS	509
42	C	MANNING	510
43	K	DUCKETT	514
44	D	MCLEAN	537
45	R	DORMAN	513
46	W	MATTHEWS	501
47	K	SINCLAIR	555
48	D	NORTH	450



TRACK AND FIELD

Showing that he was all set for another track season, Laurie O'Hara placed 2nd in the Southern Veterans 10,000 metre Championship at Crystal Palace on April 29th. His time of 31:39.0, 30 seconds behind Nat Fisher, placed him at the top of his age group. Other Bels to compete were Gerry North 5th in 32:06.8, and Charlie Walker, 23rd in 35:27.0.

APRIL 29th/30th, MAY 8th - 13th 1978 - MOTSPUR PARK - SURREY AAA.

Seventh javelin title for Crosbie

Only one winner came from the Belgrave stable at this year's County Championships. Peter Crosbie did not let the fact that he is in his first season as a senior stop him from continuing his winning ways as he took his seventh consecutive Surrey County Javelin title. It was no marginal victory either, his 64.12 metre cast being over 7 metres further than the best effort of the second man. There was not much else to enthuse over, however, for with 1,257 entries taken for this meeting, we had only eleven men who actually turned out and for the first time in a long while we did not run a relay team in any age group.

100m: 2.J.Evans 11.3; E.Obeng did not run in final after 11.1 heat.
 200m: 4.J.Evans 23.0 (22.3ht). 1500m: 9.J.Abberton 4:03.2. 110mH.
 3.P.Whitby 16.5. 400mH: 5.P.Whitby 59.4. 3000mSC: 9.L.Coy 10:26.0.
 LJ: 2.M.Scott 6.80; 7.R.Hopkins 6.26; 10.S.Crosbie 6.01. PV: 2.M.
 Shippen 3.60. SP: 6.M.King 11.46. DT: 12.M.King 30.52. JT: 1.P.Crosbie
 64.12. Decathlon: 2.R.Hopkins 5703.
Juniors. PV: 2.M.Shippen 3.80.

MAY 6th 1978 - BATTERSEA PARK - SOUTHERN LEAGUE DIV I. MATCH I.

League keenness dampened

With a fifth national league being formed next season all we had to do was finish near the top of this year's league table and we had an excellent chance of promotion. Our opening match was at home and all our top men had pledged their support. But then it rained...and it rained.... and on the Saturday morning the track was awash. The meeting was cancelled and under the league rules that means points for the match are not allocated until the end of the season. If we ended up ahead of the Clubs we would have met on this day we would be allocated the full five league points, if one of them was ahead of us we would get four...and so on down to one point if they were all ahead of us. Not a good start when one considers that this was our home match.

MAY 17th 1978 - TOOTING - ROSENHEIM LEAGUE MATCH I.

100m: 4.D.Bailey 12.2; n/s 'A' 1.M.Scott 11.5; 3.C.Powley 12.0; 6.S. Crosbie 12.7; n/s 'B' 2.R.Hopkins 12.0; 4.P.Whitby 12.3. 200m: 5.D. Williams 25.1. n/s 'A' 5.S.Crosbie 25.4. n/s 'B' 5.R.Martin 26.3. 400m: 5.N.Kirmatzis 56.4. n/s 1.P.Whitby 54.6; 3.S.Crosbie 58.6. 800m 1.J.Stevenson 2:01.1. n/s 2.S.Holmes 2:07.8; 4.R.Hopkins 2:12.6; 6.B. Marmion 2:15.1; 7.L.Mann 2:20.0; 9.R.Martin 2:20.9. 1500m: 1.J.Rimmer 4:16.0; 7.W.Kerr 4:31.0; 9.L.Mann 4:35.4. 3000m: 18.B.Marmion 10:26.0 4x200m: 3.Belgrave 1:37.5. 2000mSC: (no water jump) 4.L.Coy 6:31.4; 6 L.Mann 6:42.6. HJ: 4.A.Bentt 1.65. LJ: 4.S.Crosbie 5.52. SP: 2.M.King 11.04; 4.J.Martin 10.69. DT: 3.M.King 34.28; 6.J.Martin 27.54. Teams. 1.South London H. 51; 2.Herne Hill H. 49; 3.Belgrave H. 46; 4. Surrey Bgls 44; 5.Croydon H. 31; 6.Redhill & Reigate 18.

MAY 20th 1978 - CRYSTAL PALACE - SOUTHERN LEAGUE DIV.I MATCH 2.

25 points from Brooks

Cliff Brooks was our outstanding competitor with three wins included in his usual attempt at a "one day decathlon". Perhaps his most outstanding effort was a 16 second hurdles victory - very snappy for this time of the season and exactly equal to the time set by Paul Whitby our 'A' string man. Jim Evans was also in good form with 10.9 and 22 second sprints, and Martin Scott celebrated his return to our league team by winning the long jump. Ian Duncan undertook a daunting double by turning out in the 5000 metres and steeplechase yet still clocked a couple of good times. Our younger members made their presence felt on both field and the track with Matt King picking up 6 points in the heavy events, Mark Shippen beating all other competitors in the pole vault by nearly half a metre, and an inspired Dave Bailey cut his best 400 metres down to 52.8 and then ran 51.6 in the relay.

It was a close match but with just one or two weak events on the afternoon we were narrowly pushed into 3rd team place.

100m: 1.J.Evans 10.9; 2.M.Scott 11.4. 200m: 2.J.Evans 22.0; 4.S. Crosbie 25.2. 400m: 3.C.Gillett 52.0; 3.D.Bailey 52.8. 800m: 5.J. Stevenson 1:58.6; 2.S.Williams 2:02.4. 1500m: 3.J.Bicourt 3:58.4; 2.J. Stow 4:05.6. 5000m: 4.L.O'Hara 15:05.8; 2.I.Duncan 15:14.2. 4x100m: 2.Belgrave 43.8. 4x400m: 3.Belgrave 3:31.1 (J.Stevenson 53.5, S. Williams 54.2, P.Whitby 51.8, D.Bailey 51.6). 110mH: 2.P.Whitby 16.0. 1.C.Brooks 16.0. 400mH: 3.P.Whitby 57.8; 2.M.Smith 60.9; 3000mSC: 4.I. Duncan 9:54.0; 5.L.Coy 10:57.8. HJ: =4.C.Brooks 1.75; 3.A.Bentt 1.70. LJ: 1.M.Scott 6.75; 1.C.Brooks 6.47. TJ: 2.A.Bentt 12.93; 1.S.Crosbie 12.35. PV: 1.M.Shippen 3.60; 1.C.Brooks 3.00. SP: 4.C.Brooks 13.80; 3.M.King 10.65. DT: 3.C.Brooks 39.72; 3.M.King 31.82. JT: 3.C.Brooks 52.00; 4.J.Martin 37.68. HT: 4.W.Couzens 31.92; 3.J.Martin 22.34. Teams: 1.Ilford AC 129½; 2.Blackheath H 122; 3.Belgrave H 119½; 4. Exeter H 91; 5.Victoria Park H 65.

Early Olympics

The first Olympic Games are believed to have been held as early as 1370BC. In 776BC Coreobus won the Stade race (192.27 metres) from which comes the word stadium. The Games were a bloodthirsty affair in those days although in 884BC King Ephitis of Elis spoiled the spectacle by introducing a sacred truce, banning legal disputes and the execution of death penalties during the Games. The terms of the truce were engraved on a discus and set out in five concentric rings which in modern times were used to symbolise the five continents of the world.

MAY 27th 1978 - NORBITON - BANSTEAD COACHES TROPHY.**Banstead Trophy win**

100m: 1.J.Evans 11.1; 1.R.Hopkins 11.9. 200m: 1.J.Evans 22.9; 5.S. Crosbie 25.4. 400m: 3.R.Hopkins 53.0; 2.M.Earp 52.8. 800m: 3.S.Holmes 2:04.5; 2.S.Williams 2:09.9. 1500m: 2.J.Rimmer 4:10.2; 2.S.Williams 4:17.4; n/s P.Gardner 4:20.4; W.Kerr 4:28.2. 5000m: 2.L.O'Hara 15:23.6 4.I.Duncan 15:53.0; 7.L.Mann 16:08.0; 10.S.Holmes 17:11.4; n/s B. Taylor 18:23.4. 4x100m: 1.Belgrave 45.0. 110mH: 1.P.Whitby 16.5; 1. R.Hopkins 16.7. 400mH: 2.P.Whitby 58.2. 3000mSC: 4.L.Mann 10:22.4. HJ 2.A.Bentt 1.65; 1.P.Whitby 1.48. LJ: 2.S.Crosbie 6.09; 1.R.Hopkins 5.92. TJ: 4.A.Bentt 12.26; 2.S.Holmes 10.83. SP: 1.C.Brooks 13.03; 1.S.King 11.88. DT: 1.C.Brooks 39.72; 1.M.King 32.08. JT: 1.P.Crosbie 61.94; 1.C.Brooks 47.94. HT: 4.M.King 22.40.

Juniors. 100m: 1.C.Powley 11.7; 2.D.Bailey 12.3. 200m: 1.C.Powley 24.1; 4. - 25.7. 400m: 1.D.Bailey 53.3; 2.B.Marmion 59.5. 800m: 5.B.Marmion 2:13.5. 1500m: 4.B.Marmion 4:51.4. 4x100m: Belgrave disq. HJ: 4.S.King 1.40. LJ: 2.P.Lyttle 5.07. TJ: 4.P.Lyttle 9.02. SP: 1.M.King 11.70. DT: 1.S.King 32.12. JT: 2.S.King 37.50.

Teams. 1.Belgrave H 277; 2.Surrey AC 252; 3.Woking 202; 4. Hercules Wimbledon AC 192; 5.London AC 123; 6.Mitcham AC 110.

MAY 31st 1978 - BATTERSEA PARK - 10,000 CLUB CHAMPIONSHIP.

1.L.O'Hara 32:23; 2.I.Duncan 32:33; 3.L.Mann 32:36; 4.J.Rimmer 33:35; 5.L.Jones 36:19; 6.L.Coy 36:40; 7.D.Searle 37:42; 8.L.McLean 38:54; 9.S.Barrett 39:12; 10.R.Bale 39:23; 11.P.Moysey 39:47; 12.M.Head 40:31; 13.C.Manning 44:18; 14.D.Hurd 44:27.

JUNE 7th 1978 - CROYDON - ROSENHEIM LEAGUE MATCH 2.

100m: 1.J.Evans 11.3; n/s 1.R.Hopkins 11.9. 400m: 5.B.Marmion 60.5. 800m: 5.S.Williams 2:09.3; 8.L.Mann 2:29.2. 1500m: 4.S.Holmes 4:16.0; 10.L.Mann 4:40.0; 11.T.Dowdall 4:42.0; 12.P.Hardwick 4:43.0; 15.C. Lawton 4:48.0; 16.R.Dorman 4:49.0. 3000m: 8.P.Hardwick 10:08.4; 12.T. Dowdall 10:19.4. JT: 2.W.Couzens 39.80. HT: 2.W.Couzens 28.38. 2000mW: 1.C.Lawton 8:37.0; 3.R.Dorman 9:13.0; 4.N.Morris 9:42.4

Teams: 1.South London H 79; 2.Herne Hill H 70; 3.Croydon H 66; 4. Surrey Beagles 58; 5.Belgrave H 43.

JUNE 17th 1978 - SOUTHEND - SOUTHERN LEAGUE DIV.I MATCH 3.**Bels last...**

Still no full result sheet is forthcoming from this fixture and perhaps it is just as well because any hopes we had of finishing near the top of the league were dashed as we placed last against clubs we should have beaten! From here on our 1978 league side had a different target - keeping clear of the relegation zone.

JUNE 21st 1978 - TOOTING - ROSENHEIM LEAGUE MATCH 3.

100m: 3.C.Powley 12.0. 200m: 5.H.Oginious 27.0. 400m: 4.B.Harrison 58.3. 800m: 3.S.Holmes 2:02.5. n/s 4.D.Bailey 2:09.8; 6.R.Hopkins 2:12.1; 7.N.Kirmatzis 2:13.0. 1500m: 1.D.Brown 4:04.3. n/s 1.J.Rimmer 4:14.3; 5.T.Dowdall 4:39.0; 6.W.Kerr 4:42.8; 8.P.Hardwick; 9.R.Martin 3000m: 5.L.Coy 9:44.0; T.Dowdall 9:56.0; B.Morrison 10:32.0. 4x200m: 1.Belgrave H 1:36.2. SP: 2.M.King 11.70; n/s B.Lightfoot 10.98; R. Martin 10.74; W.Couzens 9.87.

Teams: 1.Herne Hill H 60; = 2.South London H/Surrey Beagles 45; 4. Croydon H 36; 5.Belgrave 33.

JULY 1st 1978 - NORBITON - SOUTHERN LEAGUE DIV. MATCH 4.

... and then disqualified ...

Even worse than coming last, this time the Bels received no league points at all and after four matches our score was four points out of a possible twenty. There were some bright spots, particularly Simon Holmes' fine run in the 800m, but after the race an official from another club realised that we had run New Zealander Dennis Brown whose clearance to run in the league was apparently not due until a few days later. A complaint to the track referee soon followed and a simple oversight turned into a major disaster as we were disqualified. One couldn't help feeling sorry for Dennis, in the centre of a difficult situation after a good run, but he will obviously be a tremendous asset to our side.

Once again the full results have not been received but Bedford won with 143, followed by Epsom & Ewell 137, Hercules Wimbledon 93, Belgrave H 78 (but disqualified) and Surrey AC 75. Mark Shippen was 2nd in the pole vault with 3.80 metres and Martin Scott leapt 6.95 metres for 3rd in the long jump.

JULY 19th 1978 - WIMBLEDON PARK - ROSENHEIM LEAGUE MATCH 5.

100m: 1.J.Evans 11.2; n/s. 1.J.Evans 11.4; 2.R.Hopkins 11.4; 4.K.Ashaye; 6.S.Crosbie 12.4; 7.H.Oginnious. 200m: 1.R.Hopkins 23.6; n/s 1.K.Ashaye 23.7. 400m: 5.S.Crosbie 57.8. 800m: 5.B.Marmion 2:10.6. 1500m: 4.S.Holmes 4:20.1. n/s. 4.I.Duncan 4:16.0; 12.T.Dowdall 4:33.0; 13.L.Mann 4:35.0; 15.P.Hardwick 4:37.0; 16.W.Kerr 4:32.0. 3000m: 3.I.Duncan 9:12.0; n/s. 9.T.Dowdall 9:46.0; 12.P.Hardwick 9:54.0; 19.B.Marmion 10:52.0; 22.R.Martin 11.15. 4x200m: 5. Belgrave 1:49.8. SP: 1.C.Brooks 13:14; n/s. M.King 10.90. DT: 1.C.Brooks 37.72 n/s. 1.M.King 32.30.

Teams. 1.Croydon H 57; 2.Surrey Beagles 49; 3.Herne Hill H 44; 4. South London H 43; 5.Belgrave H 41.

JULY 22nd 1978 - BRACKNELL - SOUTHERN LEAGUE DIV. I MATCH 5.

... then last again

A good result in the penultimate match and we would stave off relegation. Our team travelled to Berkshire in hope and with seven juniors and youths in the side at least our prospects for the future look bright.... But after an afternoon of fighting for third position we suddenly found ourselves trailing again as the final events took place

Kunle Ashaye and Derrick Williams, both juniors, were terrific in the sprints and under the captaincy of Charlie Gillett and with Reg Hopkins, they managed to underline our track motto "Belgrave always win the relay". Dave Bailey put up another good performance in the one lap sprint and John Gladwin, a youth, came very close to the Club Record in the 800 metres. John also started our 4x400 metre squad who came close to victory, all recording very useful times.

We did reasonably well on the field with 'A' string wins coming from Pole Vaulters Mark Shippen and javelin thrower Peter Crosbie but our middle distance and hurdling team members found the opposition tough. John Bicourt, running although suffering from a virus, stopped running in the 5,000 metres after having difficulty breathing and then on remembering how much we needed the points, he got going again to struggle for another six laps to the finish - only to be disqualified for stepping off the track! Such is our luck in 1978 and the net result of an afternoon's endeavour was one solitary league point almost certainly ensuring that we join division two in 1979.

SOUTHERN LEAGUE MATCH 5 continued

100m: 3.K.Ashaye 11.6; 2.D.Williams 11.6. 200m: 5.C.Gillett 23.9; 2.K.Ashaye 23.1. 400m: 2.R.Hopkins 51.8; 2.D.Bailey 52.5. 800m: 4.S.Holmes 1:58.9; 5.J.Gladwin 2:01.5. 1500m: 5.J.Stow 4:01.4; 4.J.Rimmer 4:08.6. 5000m: 5.L.O'Hara 15:12.6. J.Bicourt, disq. 4x100m: 1.Belgrave 44.0. 4x400m: 2.Belgrave 3:26.7. 110mH: 5.A.Bentt 18.6; 5.S.Holmes 22.9. 400mH: 5.R.Hopkins 61.5. 4.S.Crosbie 71.4. 3000mSC: 4.I.Duncan 9:54.8. 5.L.Mann 11:01.6. HJ: 3.S.Sampson 1.80; 2.A.Bentt 1.75. LJ: 3.D.Williams 6.90; 1.R.Hopkins 6.25. TJ: 3.A.Bentt 12.97; 3.S.Crosbie 11.91; PV: 1.M.Shippen 3.65; C.Brooks, no height. SP: 2.C.Brooks 12.97; 4.J.Martin 10.18. DT: 5.C.Brooks 31.90; 3.J.Martin 28.50; JT: 1.P.Crosbie 57.41; 3.C.Brooks 48.10. HT: 4.W.Couzens 33.28; 5.J.Martin 22.08.

Teams: 1.Windsor S. & E. 134; 2.Bracknell AC 111; 3.Cambridge H 98; 4.Aldershot F & D. 97; 5.Belgrave H 91.

JULY 26th 1978 - BATTERSEA PARK - 5000M CLUB CHAMPIONSHIP.

1.L.O'Hara 15:32; 2.J.Rimmer 15:38; 3.S.Holmes 16:23; 4.A.Binda 16:37
5.R.Lettin 16:42; 6.D.Searle 16:43; 7.B.Gorman 16:45; 8.W.Laws 16:46;
9.A.Fairclough 16:53; 10.P.Hardwick 16:54; 11.T.Dowdall 16:55; 12.D.
North 16:57; 13.M. Sinclair 17:37; 14.J.Wasbrough 17:44; 15.L.Mann
18:10; 16.T.Hart 18:14; 17. M.Head 18:22; 18.W.Kerr 18:25; 19.B.
Taylor 18:30; 20.L.McLean 18:35; 21.N.Morris 18:55; 22.G.Collins
18:59; 23.M.Gay 19:36; 24.C.Cross 19:47; 25.D.French 19:51; 26.D.
Gordon 10:32; 27.J.Plummer 20:41; 28.B.Marmion 21:35; 29.S.Marmion
21:35.

AUGUST 8th 1978 - CROYDON - ROSENHEIM LEAGUE MATCH 6.

100m: 3.K.Ashaye 12.2. n/s. 3.P.Crosbie 12.4; 5.S.Crosbie 12.7.
200m: 2.K.Ashaye 24.5; n/s 'A'. 3.C.Powley 24.8; n/s 'B' 3.D.Bailey
25.2. 400m: 2.D.Bailey 53.6; n/s S.Crosbie 57.0. 800m: 5.L.Coy 2:16.2
1500m: 6.T.Dowdall 4:45.0; 7.W.Kerr 4:46.8. 3000m: 12.L.Coy 9:48.0;
13.T.Dowdall 9:50.0. 4x200m: 2.Belgrave H 1:37.9. JT: 1.P.Crosbie
52.16; n/s S.Crosbie 35.12.

Teams: 1.Croydon H 59; 2.Herne Hill H 48; 3.Belgrave H 35; 4.South
London H 33; 5.Surrey Beagles 21.

Steve Williams, finishing a Rosenheim League 800m at Tooting.



AUGUST 19th 1978 - NEW RIVER - SOUTHERN LEAGUE DIV. I MATCH 6.

We just hang on

At last our team showed what they are capable of: Against very good opposition from Croydon and North London, solid performances all round left the Bels in 2nd position, almost doubling our points for the season.

Once again our sprinters scored heavily with Jim Evans, Kunle Ashaye and Derrick Williams looking really good, when it came to the relay they scorched to a magnificent 42.6 for second fastest time ever in Belgrave history - and that without Ernest Obeng. Derrick also got the better of Martin Scott in the long jump but nevertheless Martin has had a reasonable season and looks far more comfortable concentrating on jumping these days. A marvellous run came from Mark Lindsey-Bayley in the high hurdles. Still a junior, he ran 15.8 to win the 'A' race just two tenths shy of Paul Whitby's Senior Club Record. Simon Holmes ran well under 2 minutes for the 800 metres yet again - what a good summer he has had - and Cliff Brooks notched up another big individual score of 23 points.

As it turned out this final fling prior to expected relegation just did the trick. When the qualifying matches for the National League came around no fewer than four Southern League Clubs made the grade: Epsom & Ewell H, Windsor, Slough & Eton AC, Bedford & Cnty and Chelmsford. So with these clubs going out of the top of our league the number due to be relegated was fewer than expected and we kept up by the skin of our teeth. Surely we have now reached our nadir. Many of our team members now come from the 16 to 19 age group and they can only improve under the leadership of the experienced Charlie Gillett and Cliff Brooks.

100m: 1.J.Evans 10.9; 2.K.Ashaye 11.2; 200m: 2.J.Evans 22.2; 2.D. Williams 22.8. 400m: 5.R.Hopkins 52.3; 5.D.Bailey 52.6. 800m: 3.S. Holmes 1:58.5; 4.L.Coy 2:09.3. 1500m: 3.J.Stow 3:58.4; 3.J.Rimmer 4:08.0. 5000m: 4.L.O'Hara 15:36.0; 4.I.Duncan 16:45.0. 110mH: 1.M. Lindsey-Bayley 15.8; 1.C.Brooks 16.8. 400mH: 3.C.Brooks 58.0; 5.M. Smith 64.4. 3000mSC: 3.I.Duncan 10:18.0; 2.L.Coy 10:46.0. 4x100m: 1. Belgrave 42.6. 4x400m: 2.Belgrave 3:27.2. HJ: 4.M.Lindsey-Bayley 1.80; = 1.A.Bentt 1.75. LJ: 2.D.Williams 6.69; 1.M.Scott 6.62. TJ: 4.A.Bentt 12.92; 3.S.Crosbie 12.54. PV: 3.M.Shippen 3.62; 2.C.Brooks 3.20. SP: 2.C.Brooks 12.69; 5.J.Martin 9.71. DT: 3.C.Brooks 35.60; 3. M.Smith 31.06. JT: 3.P.Crosbie 54.72; 2.C.Brooks 48.14. HT: 5.W. Couzens 29.20; 5.J.Martin 22.40.
Teams: 1.North London AC 127; 2.Belgrave H 111½; 3.Croydon H 109½; 4.Yeovil 93; 5.Cambridge & Coleridge 92.

Early Olympics

The ancient Games, before 393AD, grew from one race to a five day programme. Cheating was a serious crime and very respected judges were carefully appointed; an initiation rite marked the seriousness of their noble task. Athletes were sometimes beaten for false starts! The five days were as follows: 1st day - the opening ceremony. 2nd day - the pentathlon (discus, javelin, running, wrestling and jumping. 3rd day - running over a distance approaching 5,000 metres. 4th day - wrestling, boxing and pankration (involving gouging, strangling and limb breaking. 5th day - those still able mounted the pedestal.



TOP TWENTY '78

compiled by
Leo Coy

100m (Rec:10.29)

E.Obeng	10.29
J.Evans	10.8
K.Ashaye(J)	11.2
C.Brooks	11.3
M.Scott	11.4
R.Hopkins	11.4
D.Williams ..(J)	11.6
C.Powley(Y)	11.6
D.Bailey(J)	11.9
P.Lyttle(B)	11.9
P.Whitby	12.3
S.Crosbie	12.4
P.Crosbie	12.5
C.Gillett	12.6
J.Gladwin(Y)	12.6
M.Cannon(B)	12.8
K.Clarke(Y)	12.8
S.Wahab	13.0
S.Gayle	13.1
P.Clay	13.4

800m (Rec: 1:49.6)

D.Brown	1:55.2
S.Holmes	1:58.5
J.Stevenson	1:58.6
A.Painter	2:01.1
J.Gladwin(Y)	2:01.3
S.Williams	2:02.4
M.Waller ..(Y)	2:04.9
M.Cannon(B)	2:05.1
R.Brown	2:07.2
B.Marmion ..(J)	2:08.7
L.Coy	2:09.3
D.Bailey(J)	2:09.8
J.Searle(Y)	2:11.0
R.Hopkins	2:12.1
N.Kirmatzis	2:13.0
T.Dowdall	2:16.0
M.Sinclair (Y)	2:19.5
L.Mann	2:20.0
R.Martin	2:20.9
D.Maughan	2:29.0

200m (Rec:21.36)

E.Obeng	21.36
J.Evans	21.8
D.Williams ..(J)	22.8
R.Hopkins	23.0
K.Ashaye(J)	23.1
C.Gillett	23.1
C.Powley(Y)	23.4
M.Earp	24.5
P.Lyttle(B)	24.9
S.Crosbie	25.2
D.Bailey(J)	25.2
M.Warrick(Y)	25.7
K.Clarke(Y)	25.8
M.Gay	26.3
R.Martin	26.3
H.Oginnious	27.0
G.Wilson(B)	28.5
D.Couzens(Y)	30.1
R.Taylor(C)	30.2
A.Horton(B)	31.1

400m (Rec: 47.7)

R.Hopkins	51.2
C.Gillett	51.6
D.Williams ..(J)	51.6
J.Gladwin(Y)	52.0
D.Bailey(J)	52.1
C.Brooks	52.8
M.Earp	52.8
D.Brown	54.3
P.Whitby	54.6
M.Cannon(B)	56.1
N.Kirmatzis	56.4
S.Crosbie	57.0
M.Waller(Y)	57.9
B.Marmion(J)	58.3
S.Wahab(Y)	58.5
M.Gay	58.8
K.Clarke(Y)	59.0
P.Clay	60.6
D.North(Y)	61.5
P.Lyttle(B)	66.0

1,500m (Rec: 3:44.6)

D.Brown	3:52.8
J.Stow	3:53.0
J.Bicourt	3:58.4
J.Abberton ...	4:03.2
J.Rimmer	4:08.6
S.Holmes	4:09.0
L.O'Hara(V)	4:11.8
P.Gardner	4:12.5
I.Duncan	4:16.0
J.Stevenson ..*	4:16.3
C.Williams ...	4:17.4
A.Painter	4:19.0
A.Black	* 4:19.1
I.Morton	* 4:20.0
E.Morris	* 4:22.8
J.Searle ..(Y)	4:22.8
D.North(Y)	4:24.0
M.Waller ..(Y)	4:24.6
R.Brown	* 4:26.5
L.Mann	* 4:26.5

3,000m (Rec: 7:59.6)

J.Bicourt	8:14.2
J.Stow	8:27.0
I.Duncan	8:48.8
D.North(Y)	9:22.0
S.Williams	9:43.0
L.Coy	9:44.0
T.Dowdall	9:46.0
M.Waller ..(Y)	9:47.0
P.Hardwick....	9:54.0
M.Sinclair(Y)	10:06.0
J.Gladwin (Y)	10:24.0
B.Marmion (J)	10:26.0
G.Price ..(B)	11:13.0
R.Martin	11:15.0

5,000m (Rec: 13:44.4)

L.O'Hara ..(V)	15:05.8
I.Duncan	15:14.2
J.Rimmer	15:29.4
L.Mann	16:08.0
S.Holmes	16:23.0
S.Williams...	16:36.0
A.Binda	16:37.0
R.Lettin	16:42.0
D.Searle	16:43.0
B.Gorman (V)	16:45.0
W.Laws	16:46.0
A.Fairclough..	16:53.0
P.Hardwick...	16:54.0
D.North ..(Y)	16:57.0
M.Sinclair(Y)	17:37.0
J.Wasbrough..	17:44.0
T.Hart	18:14.0
M.Head	18:22.0
B.Taylor	18:23.4
W.Kerr ... (V)	18:25.0

10,000m (Rec: 29:21.0)

L.O'Hara .(V)	31:39.0
I.Duncan	32:33.0
L.Mann	32:36.0
J.Rimmer	33:35.0
L.Jones	36:19.0
L.Coy	36:40.0
D.Searle	37:42.0
L.McLean	38:54.0
S.Barrett	39:12.0
R.Bale	39:23.0
P.Moysey .(Y)	39:47.0
M.Head	40:31.0
C.Manning (V)	44:18.0
D.Hurd	44:27.0

2,000mSC (Rec: 5:31.4)

J.Bicourt	5:48.2
L.Coy	6:31.4
L.Mann	6:42.6

3,000mSC (Rec: 8:22.9)

J.Bicourt	8:48.0
I.Duncan	9:52.4
L.Mann	10:13.6
J.Rimmer	10:22.2
L.Coy	10:26.0

80mH 83.8cm heightB (Rec: 12.3)

M.Cannon . . .(B)	12.3
G.Sexton . . .(B)	14.9
R.Taylor . . .(C)	15.0
P.Thorp . . .(B)	15.4
P.Lyttle . . .(B)	15.8
P.Gerhard . .(B)	16.4
S.Simpson . .(C)	16.5

100mH 91.4cm heightY (Rec: 16.2)

K.Clarke . . .(Y)	17.6
P.Clay(Y)	18.0
D.Couzens . .(Y)	20.2
J.Gladwin . .(Y)	25.5

110mH 99.0cm heightJ (Rec: 15.0)

M.L-Bayley .(J)	15.0
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110mH 106.7cm height(Rec: 15.4)

P.Whitby	15.5
M.L-Bayley .(J)	15.7
C.Brooks	16.0
R.Hopkins	16.3
A.Bentt	18.6
S.Holmes	22.9

400mH 91.4cm height(Rec: 53.1)

C.Brooks	56.9
P.Whitby	56.99
M.Smith	60.9
R.Hopkins	61.5
S.Crosbie	71.4

Long J (Rec: 7.41)

C.Brooks	7.02
M.Scott	6.95
D.Williams . .(J)	6.91
R.Hopkins	6.44
A.Bentt	6.33
S.Crosbie	6.29
M.L-Bayley . .(J)	6.11
M.Smith	5.70
S.Gayle	5.67
P.Clay	5.62
P.Lyttle(B)	5.60
K.Clarke(Y)	5.43
S.Marmion . .(Y)	5.34
D.Couzens . .(Y)	5.09
M.Waller . . .(Y)	5.08
M.Cannon . . .(B)	5.05
J.Litster . . .(Y)	4.89
S.Wahab(Y)	4.84
J.Gladwin . .(Y)	4.67
G.Wilson . . .(B)	4.64

High J (Rec: 1.91)

R.Hopkins	1.85
C.Brooks	1.80
M.L-Bayley . .(J)	1.80
S.Samson(J)	1.80
A.Bentt	1.75
M.Cannon . . .(B)	1.70
M.Sinclair . .(Y)	1.68
P.Clay(Y)	1.65
S.Wahab(Y)	1.61
H.Oginniou . . .	1.60
P.Whitby	1.48
P.Lyttle(B)	1.45
K.Clarke(Y)	1.40
S.Marmion . . .(Y)	1.40
S.King(Y)	1.40
R.Taylor(C)	1.40
S.Wyld(B)	1.40
G.Williscroft(B)	1.35
D.Couzens . . .(Y)	1.35
3 athletes at . .	1.20

Triple J (Rec: 16.22)

A.Bentt	13.21
D.Williams . .(J)	12.40
S.Crosbie	12.35
S.Gayle	11.95
K.Clarke(Y)	10.95
S.Holmes	10.83
P.Lyttle(B)	10.64
J.Litster(Y)	9.88
S.Holmes(B)	8.95
R.Taylor(C)	8.71
R.McCann . . .(C)	8.41
P.Gerhard . .(B)	7.77
S.Simpson . . .(C)	7.35

Pole V (Rec: 4.20)

M.Shippen . . .(J)	3.80
C.Brooks	3.60
R.Hopkins	3.20

Discus 1.25Kg weightB (Rec: 25.07)

G.Sexton(B)	15.54
P.Thorp(B)	12.80

Discus 1.5Kg weightY (Rec: 41.22)

S.King(Y)	41.22
M.Yexley(Y)	21.10
D.Couzens . . .(Y)	15.72

Discus 2Kg weight(Rec: 51.80)

C.Brooks	40.74
M.King	34.28
M.Smith	32.26
R.Hopkins	28.72
J.Martin	28.64
W.Couzens	26.56

Shot 4Kg weightB (Rec: 13.00)

P.Lyttle(B)	9.06
M.Cannon(B)	8.51
G.Sexton(B)	7.07
P.Thorp(B)	5.97
R.Taylor(C)	5.76
G.Williscroft.(B)	5.22
R.McCann(C)	5.10
P.Gerhard . . .(B)	5.03
C.deGale(B)	4.85
R.Palmer(C)	3.98

Shot 5Kg weightY (Rec: 13.89)

S.King(Y)	13.89
S.Marmion . . .(Y)	10.25
K.Clarke(Y)	8.82
P.Clay(Y)	8.78
M.Waller(Y)	8.30
M.Yexley(Y)	7.94
J.Gladwin . . .(Y)	7.27
S.Wahab(Y)	6.86
J.Litster(Y)	6.76
D.Couzens . . .(Y)	6.03
D.North(Y)	5.75

Shot 7.257Kg weight(Rec: 15.78)

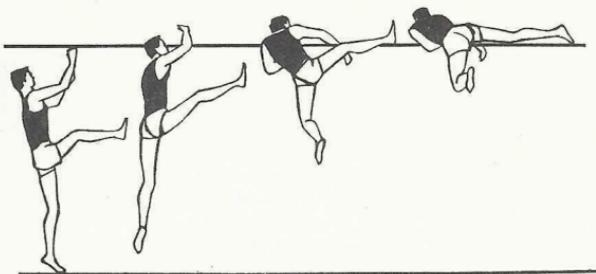
C.Brooks	13.86
M.King	11.88
B.Lightfoot . . .	10.98
J.Martin	10.76
M.Smith	10.57
W.Couzens . . .(V)	10.50
R.Hopkins	10.32

Javelin 600gm weightB (Rec: 42.22)

M.Cannon(B)	40.62
P.Lyttle(B)	25.22
R.Taylor(C)	24.00
P.Thorp(B)	21.82
G.Williscroft(B)	18.75
P.Corneto . . .(B)	16.72

Javelin 700gm weight
Y (Rec: 54.62)

S.King(Y)	37.50
S.Marmion	...(Y)	31.84
P.Clay(Y)	25.96
J.Gladwin	...(Y)	22.96
D.Couzens	...(Y)	22.96
K.Clarke(Y)	21.42
M.Yexley(Y)	20.58
S.Wahab(Y)	20.34
M.Gay(Y)	18.50



Javelin 800gm weight
(Rec: 64.39)

P.Crosbie	64.12
C.Brooks	54.68
J.Martin	44.98
W.Couzens	...(V)	43.46
A.Bentt	41.54
S.Crosbie	41.40
R.Hopkins	40.56

4x100m (Rec: 42.3)

K.Ashaye (J), D.Williams (J), C.Gillett, J.Evans	42.6
Boys. M.Cannon, P.Lytle, S.Pritchard, A.Horton	53.7
Colts. R.McCann, R.Palmer, S.Simpson, R.R.Taylor	62.1

Hammer 7.257Kg weight
(Rec: 52.32)

W.Couzens	...(V)	33.28
J.Martin	22.54
M.King	22.40
S.King(Y)	19.32

4x200m

D.Williams (J) R.Hopkins, C.Powley (Y), D.Bailey (J)	1:36.2
Youths. K.Clarke, S.Wahab, P.Clay, C.Powley	1:42.9
Boys. M.Cannon, A.Horton, G.Wilson, P.Lytle	1:50.0

Decathlon (Rec: 6727)

C.Brooks	6,727
R.Hopkins	5,700

4x400m (Rec: 3:15.3)

R.Hopkins, C.Gillett, D.Bailey, J.Gladwin	3:26.8
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Fillies. 100m: 1.J.Bridges 14.8; 2.J.Weldin 15.1; 3.C.Babbs 15.4;
 4.T.Nicolls 17.1.

JULY 8th 1978 - MOTSPUR PARK.

CLUB CHAMPIONSHIPS

Senior Men. 100m: 1.D.Williams 11.7; 2.C.Gillett 12.6. 200m: 1.R.Hopkins 23.0; 2.D.Williams 23.0; 3.C.Gillett 23.1. 400m: 1.R.Hopkins 51.2; 2.C.Gillett 52.2; 3.D.Brown 54.3. 800m: 1.S.Holmes 1:58.8; 2.D.Brown 1:59.5; 3.A.Painter 2:06.2; 4.T.Dowdall 2:16.0; 5.D.Maughan 2:29.0; 6.D.Gordon 2:31.0; 7.J.Plummer 2:33.0. 8.C.Manning 2:43.0. 1500m: 1.J.Bicourt 4:07.6; 2.S.Holmes 4:09.0; 3.P.Gardner 4:12.5; 4.A.Painter 4:25.0; 5.I.Duncan 4:27.0; 6.J.Jackson 4:28.0; 7.P.Hardwick 4:33.0. 8.W.Laws 4:34.0; 9.T.Dowdall 4:40.0; 10.L.Coy 4:42.0; 11.J.Hall 4:44.0; 12.R.Dorman 4:45.0; 13.C.Lawton 4:51.0; 14.M.Nicholls 5:10.0; 15.N.Morris 5:13.0; 16.J.Morris 6:28.0. 3000mSC: 1.I.Duncan 9:53.4; 2.L.Mann 10:13.6; 3.J.Rimmer 10:22.2; 4.L.Coy 10:29.0. 3000mW: 1.J.Hall 13:00.0; 2.C.Lawton 13:29.2; 3.P.Blagg 13:53.0; 4.R.Dorman 14:00.0; 5.D.Ellis 14:15.0; 6.M.Scammell 14:16.0; 7.M.Nicholls 14:23.0; 8.L.Duquemin 14:27.0; 9.J.Dunsford 14:49.0; 10.R.Picton 14:54.0; 11.R.Peters 14:55.0; 12.J.Bromley 14:59.0; 13.J.Newnham 15:05.0; 14.D.Fotheringham 15:32.0; 15.P.Morris 16:04.0; 16.N.Morris 16:10.0; 17.J.Scammell 16:56.0; 18.J.Morris 17:27.0. HJ: 1.M.Lindsay-Bayley 1.76; 2.A.Bentt 1.71. LJ: 1.A.Bentt 6.33; 2.S.Crosbie 6.29; 3.M.Lindsay-Bayley 6.11; 4.M.Smith 5.70; 5.S.Gayle 5.67; TJ: 1.A.Bentt 13.21; 2.D.Williams 12.40; 3.S.Crosbie 12.26; 4.S.Gayle 11.95. SP: 1.C.Brooks 13.05; 2.J.Martin 10.72; 3.M.Smith 10.57; 4.W.Couzens 10.50. DT: 1.C.Brooks 38.42; 2.M.Smith 31.60; 3.J.Martin 28.64; 4.W.Couzens 26.51. JT: 1.C.Brooks 47:69; 2.J.Martin 43.94; 3.W.Couzens 43.46; 4.A.Bentt 41.54; 5.S.Crosbie 41.40. 110mH: 1.P.Whitby 15.5; 2.M.L-Bayley 15.7.

Junior Men. 100m: 1.K.Ashaye 11.6; 2.C.Polley 11.8; 3.D.Bailey 11.9; 4.K.Clark 12.8; 5.S.Gayle 13.1. 200m: 1.C.Powley 23.4; 2.K.Ashaye 24.7; 3.M.Gay 26.3. 400m: 1.D.Williams 51.6; 2.J.Gladwin 52.0; 3.D.Bailey 52.1; 4.B.Marmion 58.9. 800m: 1.J.Gladwin 2:01.3; 2.M.Waller 2:06.5; 3.M.Cannon 2:08.0; 4.B.Marmion 2:08.7; 5.M.Sinclair 2:19.5. 1500m: 1.D.North 4:31.0. HJ: 1.M.Lindsay-Bayley 1.76; 2.M.Cannon 1.67; 3.S.Wahab 1.61.

Boys. 100m: 1.P.Lyttle 11.9 (CBP); 2.G.Wilson 13.5; 3.D.Blackburn 13.6. 800m: 1.M.Cannon 2:14.1; 2.D.Blackburn 2:30.5; 3.P.Lyttle 2:32.7; 4.P.Cornejo 2:38.0; 5.S.Simpson 2:39.0; 6.M.McCann 2:40.0; 7.R.Taylor 2:58.0; 8.R.Mann 3:06.0. HJ: 1.M.Cannon 1.60; 2.P.Lyttle 1.35; 3.R.Taylor 1.30.

Colts. 100m: 1.R.Taylor 15.0; 2.R.McCann 15.0. HJ: 1.R.Taylor 1.30; 2.R.Mann 0.90.

Senior Ladies. 100m: 1.D.MacNeil 13.6 (CBP); 2.E.Wilson 13.8; 3.R.Johnson 13.8; 4.J.Moore 14.1; 5.A.Sharp 15.1; 6.C.Jackson 15.4. 200m: 1.R.Johnson 28.8; 2.E.Wilson 29.1; 3.J.Moore 29.4. 800m: 1.M.Woodward 2:46.2; 2.L.N.Colls 3:00.0. 3000mW: 1.A.Matthews 17:09.6; 2.L.Nicolls 17:52.4; 3.J.Pritchard 20:02.4. LJ: 1.D.McNeil 4.87; 2.E.Wilson 4.77; 3.J.Moore 4.19; 4.A.Sharp 3.96; 5.C.Jackson 3.58. SP: 1.W.Dunsford 9.28; 2.A.Slattery 7.65; 3.K.Smith 6.85. DT: 1.W.Dunsford 21.12; 2.B.Dunsford 21.08; 3.A.Slattery 18.76; 4.K.Smith 17.56. JT: 1.A.Slattery 14.66; 2.W.Dunsford 14.32.

Junior Ladies. 100m: 1.G.Mohoney 13.2 (CBP); 2.L.Brown 13.7; 3.C.Estwick 14.0; 4.J.Jackson 14.3; 5.Y.Jackson 16.1. 200m: 1.L.Brown 28.1; 2.J.Jackson 29.1; 3.A.Taylor 29.8; 4.T.Jordan 31.9. 800m: 1.R.Cahill 2:50.0; 2.T.Jordan 2:50.1; 3.A.Busa 2:54.0; 4.D.Douse 3:25.0; 5.N.Forman 3:24.0. 2000mW: 1.C.Khan 12:45.0; 2.T.Nicholls 12.48. LJ: 1.G.Mohoney 4.43; 2.A.Taylor 4.30; 3.J.Bridges 3.86; 4.C.Babbs 3.73; 5.J.Weldin 3.73; 6.T.Jordan 3.60; 7.N.Foreman 3.31; 8.C.Khan 3.30; 9.D.Douse 2.93. SP: 1.T.Couzens 6.63; 2.B.Dunsford 6.55; 3.J.Weldin 6.01.

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