

NOVEMBER, 1947

The BELGRAVIAN

The
Official Gazette
of the
Belgrave Harriers

BELGRAVE HARRIERS

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Walking (Road): C. E. CHURCHER; *Vice:* J. C. BIDGOOD, J. WILSON.

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Headquarters: BELGRAVE HALL, DENMARK ROAD, RIDGWAY, WIMBLEDON.

Track Training: TOOTING BEC TRACK.

EDITORIAL

It has been a long time since the last issue. Your Hon. Editor must take some of the blame for this lapse. He apologises and hopes you will accept his excuses of too much work and, therefore, too little leisure in which to produce this journal. The rest of the blame must fall on that well-known scapegoat, "circumstances beyond our control," and on those few contributors who were tardy in sending their material.

This is Belgrave's Diamond Jubilee year. Sixty years is a long time for a Club such as ours to have been in existence. It has seen two most terrible World Wars and it has lost some of its best sons in each. But now in this Year of our Lord, 1947, it is flourishing, winning and expanding like no other club in England to-day. Those of us who know Belgrave know the reason for this happy state of affairs. And we also know that we are not just enjoying one of those cycles of success but that the youth of the Club is pressing towards the day when it can burst into its own. One had only to observe, this summer, the members performing in the "under sixteen" events to see furthermore that we have a second layer of younger members already keen and already infused with the Belgrave spirit. Very satisfying all of this, but we must not become too smug, we must not accept our success as falling from the heavens to us. Remember, that it took hard work to build the Club. Hard work raising every penny of its money, hard work making runners, walkers, throwers, hard work organising, hard work enlarging the membership, and all of this must have often seemed at the time nothing but "sweat, tears and blood." We are now reaping our sowings. But let us remember, that it still means sowing, and to sow is to labour. The older members who helped to turn this Club into such a glorious one will not forget that which has passed. The younger members, knowing only the fullness of the Club, might be tempted to forget and take too much for granted at times unless they always carry in their minds a knowledge of the labour accomplished for their benefit and for the glory of the Club.

So that a Club of Belgrave's size and importance should function efficiently a great deal of work is still being done by its officials. These people, the president, secretaries, treasurer, captains and vice-captains, elected committee, and many other volunteers and helpers, give up most of their spare time for the Club's good. We are always in need of good officials and willing helpers. So let anybody who thinks he can be of use in this way not hide his light under a bushel. We need you!

COMMENTARY

Mention of members' athletic feats are not being made in the Commentary for this issue. This is mainly because there have been so many of them that space would hardly permit. Such mentions are made elsewhere in this journal. It is, however, our aim to produce "The Belgravian" quarterly in the future and therefore enable this Commentary to cover its traditional wide range again.

Frank Elson is now out of hospital and has been seen training at the Dukè of York's. We are all most happy to see Frank making such a recovery, and we hope it will continue.

Charles Smart, writing from Germany, tells of some fast running, including a win he accomplished in a half-an-hour's race. He missed the six mile mark by a mere 220 yards or so, and that on a wet, gusty day!

Bert Ellsey, who has recently joined us, is one of the old school of cross-country runners, having graduated with the now defunct Boro Poly A.C. and Ashcombe St. Georges. He was always a good team man and should be a useful addition to our list of officials. He is a vice-president of the English Cross-Country Union, is past-president of the Southern Counties C.C.A., vice-president and vice-chairman of the Surrey County A.A.A., president of the South of Thames C.C.A. and has a seat on the Southern Committee of the A.A.A.

Harry Shields has been re-elected to the committee of the Southern Counties C.C.A. Harry will, no doubt, raise a shout for us here!

Joe Coleman, Charles Churcher and Harry Rouse have been elected to the Southern Committee of the R.W.A.

Our hon. secretary, Alf Harley, is organising the Olympic Road Walk. Besides this, Alf is hon. treasurer of the R.W.A., vice-president of the Southern Committee of the R.W.A. and R.W.A. delegate to the A.A.A.

Alf Taylor has come through an operation and is now running again. One of our best runners of the past, it is good to see Alf out again.

Dick Towndrow has now joined us as a first claim member.

Our Social Hon. Secretary sends these dates for Belgrave Socials at Belgrave Hall; 15th November, 13th December, Special Xmas Party 27th December, 24th January, 1948.

WALKING NEWS AND RESULTS

Following the splendid progress made by our walkers as reported in our last issue, the road season continued with still further successes. Although the Junior team at Leicester could get no better than 4th place, all our men walked up to expectations. The only disappointment being the loss of the individual title which we had hoped would be annexed by young Mac. Brown of Enfield, however, struck some excellent form and Mac had to be content with second place. Team honours went to our old friends Surrey Walking Club rapidly returning to strength and to say the least, the Championship has come back to the home county. High light of the season was the double win in the new 10 miles National Championship. Following a succession of wins in open road races over a similar distance, everyone looked forward to the Bels giving a good account of themselves. With our scoring four in the first six and an aggregate of 13 points, it should be many years before this record is equalled, let alone beaten. Jack Rutland's performance is particularly worthy of mention, since we had begun to feel that his best distance was 7 miles.

A week later the new National Road Champion gained still further honours by annexing once more the A.A.A. title on the track at 7 miles. Harry led all the way round maintaining an almost even lap schedule, to win comfortably from the two Italians, one of whom made a bold attempt to overtake him in the last three miles. Our remaining men, all walked exceedingly well and were successful in gaining standards.

The Club 20 proved a very interesting race. 26 competitors faced the starter, our old friend Dick Murphy, and as it was already known that a few intended using it only as a training spin, it was not surprising that only 16 finished. Right from the start our Road Captain, Charlie Churcher set the pace, followed by Joe Coleman. Colin Sutton, walking very wisely, kept well back in the early stages,

but eventually made up quite a lot of ground and although he was unable to seriously challenge Charlie for the lead, eventually finished an easy second. Joe Coleman dropped back in the later stages of the race allowing Bob Readman to take the third position. Jack Rutland had previously stated that he intended to retire early in the race owing to a bad cold the week before, and judging by the race in general, we had every hope of making our presence felt in the National 20 a fortnight later.

Fate, however, was unkind to us at the last minute, as we received news that Colin Sutton was in bed with bronchitis. Coupled with Joe Coleman's retirement from the race at 8 miles with cramp, our chances were considerably weakened. I will not say any more except to say that all our walkers gave an excellent account of themselves and to congratulate our old friends Surrey Walking Club on their fine win.

The Inter-Club Contest at Tooting Bec Common proved a great improvement on last year. Entries were received from eight clubs, but unfortunately only ourselves and Surrey W.C. were able to turn out a full team of eight. The contest, therefore, developed into a battle between us and Surrey W.C. in which we came out top. Harry Churcher had a great duel with Jim Morris (S.A.C.) in the four miles and eventually took the lead and won, giving us a good start. Our lads filled first place in all the four events.

At Motspur Park on June 7th, Harry Churcher once again showed the way home in the Surrey County Championship, with Mac and Joe Coleman filling second and third places. Three weeks later they repeated the process in the Southern Counties Championships, finishing in the same order. Earlier in the day Jack Rutland had secured the new County Title—7 miles—showing Eddie Staker of Highgate a clean pair of heels.

Successes have followed one on top of another, both individual and team. Despite the fact that Harry Churcher was not entered for the two miles team race at the Kinnaird Meeting—he should have been in France but the trip was cancelled at the last minute—our lads, led by Mac, won with an aggregate of 13 points.

In the 10,000 metres events, Harry once again gave a grand exhibition of walking. At Tooting on 25th June, Jim Morris again gave him a good race, but was unable to get the better of him. On this occasion Harry returned the excellent time of 46.27.

Congratulations to Gordon Doubleday on his admission to that very select fraternity "The Centurions," which he achieved in the Brighton and Back on June 20-21st. Fred Herring, unfortunately, had to retire at 30 miles, but no doubt he will have another shot.

In the R.W.A. 50 kilos at Eastleigh we again met with misfortune. Both Charlie Churcher and Jack Bidgood were compelled to retire owing to bad blisters, at a time when we had a good opportunity of being placed, so once again we must congratulate our friends of the Surrey Walking Club on their fine win. The long distance races this season have made it clear that we need some more good distance men. Next year we hope to have the services of Bert Webb. Jack Baker is showing great improvement, as also is Sapcote, who, unfortunately, was on the Sick List and unable to compete. Bob Readman too, was absent, having arrested a couple of housebreakers, so we must be content to make a real effort during the coming season to build up a really strong team capable of bringing back to the club the National titles we held before the war.

There were eight entries for the Novices 1 mile race at Tooting Bec on 9th July. Maynard, a new club member, walked in fine style to win, followed by two of our Police friends, Tasker and Noonan, both of whom we hope will soon be members of the Club. Jimmy Coates, our youngest active walker, showed considerable improvement and finished fourth.

Harry Churcher's visit to Dublin on 9-7-47 with the A.A.A. team proved most successful, his time 21.23 for the three miles being a new Irish record, the previous best, 22.8, having stood since 1919.

In the A.A.A. two miles at White City on July 19th, he once again put up a very fast time of 13.56 only to be beaten by the holder, Hindmar by the very small margin of two seconds.

To sum up the activities of the Walkers during the past few months it may be said that everyone has given of his best, and although that best wasn't always quite good enough, the name of Belgrave stands to-day as prominent in walking circles as ever.

WOODFORD GREEN OPEN FEBRUARY 15th, at WOODFORD

1	H. G. Churcher	82.14
3	D. McMullen	83.55
5	C. F. Sutton	84.55
6	J. G. Rutland	84.59
8	J. G. Coleman	85.49
10	A. Readman	86.10
24	A. H. East	91.43
26	S. G. Spencer	92.24
27	H. G. Clayton	92.36
28	D. Heath	92.47
53	J. H. Robins	96.53
59	D. Sapcote	98.30

Scratch Team Race.—Belgrave Harriers 1st 15 points.

Individual Handicap.—D. Heath, Alice. 12.40.

Handicap Team Race.—Belgrave Harriers 2nd. McMullen, Readman, Sutton, H. Churcher.

JUNIOR CHAMPIONSHIP MARCH 1st, at LEICESTER

1	C. P. Brown, Enfield	84.45
2	D. McMullen	85.52
14	A. H. East	91.07
17	H. J. Rouse	91.37
25	J. Wilson	93.15
26	S. G. Spencer	93.22
39	D. Heath	95.22
42	H. J. Robins	96.11
66	W. G. True	99.10
96	P. Wilson	105.40

Championship Result.—1. Surrey W.C. 40 points. 4. Belgrave Harriers 58 points.

MATCH v. SURREY WALKING CLUB SOUTH CROYDON, MARCH 8th, 1947

1	H. G. Churcher	79.59
2	C. E. Churcher	81.15
3	D. McMullen	82.09
8	H. J. Rouse	88.22
10	J. Wilson	89.32
16	D. Heath	91.45
23	S. L. King	95.52

Result.—7 a side. Belgrave Harriers 51 points. Surrey W.C. 54 points.

SURREY COUNTY CHAMPIONSHIP
IMBER COURT, MARCH 15th, 1947

1	H. G. Churcher	79.14
2	D. McMullen	80.17
3	J. G. Coleman	82.07
4	C. E. Churcher	82.40
8	H. J. Rouse	86.34
11	J. Wilson	88.15
12	G. Doubleday	89.04
14	A. East	90.09
16	S. L. King	90.31
24	D. Heath	94.58
29	W. Brunning	104.04
32	R. G. Taylor	107.12

Result.—Belgrave Harriers "A" 1st 10 points. Belgrave Harriers
 "B" 5th 89 points.

MIDDLESEX COUNTY CHAMPIONSHIP (CADOGAN A.C.)
ENFIELD, MARCH 15th, 1947

1	C. J. Morris	80.51
3	A. Readman	81.38
4	C. F. Sutton	83.22
5	J. Rutland	83.24
24	S. G. Spencer	91.18
41	R. F. Elson	101.47

Team Championship.—1. Polytechnic H. 32 points. 2. Cadogan
 A.C. 36 points.

BRITISH WORKERS 10 MILES OPEN
PARLIAMENT HILL, MARCH 22nd, 1947

1	C. Megnin, Highgate	81.54
2	J. Rutland	82.46
3	C. Sutton	83.22
17	J. Stirling Wakeley	90.15
19	J. Wilson	91.18
24	D. Heath	94.08
40	W. Brunning	105.23

Individual Handicap.—2nd J. Stirling Wakeley, Allowance 11.40.

Team Handicap.—1st Belgrave H. (Wakeley, Sutton, Wilson
 Rutland).

NATIONAL 10 MILES CHAMPIONSHIP
SHEFFIELD, MARCH 29th, 1947.

1	H. G. Churcher	81.23
2	J. E. Rutland	81.48
4	D. McMullen	82.30
6	J. G. Coleman	82.41
12	C. F. Sutton	85.02
15	C. E. Churcher	85.41
31	H. G. Clayton	89.44
35	A. H. East	90.58
44	H. J. Rouse	93.55

Team Championship.—1. Belgrave Harriers 13 points.

CHICHESTER TO PORTSMOUTH, APRIL 5th, 1947

1	C. E. Churcher	2.17.55
6	H. G. Clayton	2.28.05
20	S. G. Spencer	2.34.19
24	J. H. Robins	2.36.56

Individual handicap.—1. C. E. Churcher, 9 mins.

Scratch team race.—3. Belgrave Harriers 44 points.

A.A.A. SEVEN MILES TRACK CHAMPIONSHIP
WHITE CITY, APRIL 5th, 1947

1	H. G. Churcher	52.48.4
5	J. Rutland	54.58
6	D. McMullen	55.77
8	J. G. Coleman	55.35

METROPOLITAN W.C. 15 MILES
REGENT'S PARK, APRIL 12th, 1947

1	C. E. Churcher	2. 3.47
6	C. F. Sutton	2. 9.57
8	J. E. Rutland	2.10.23
10	A. Readman	2.11.08
25	J. G. Coleman	2.17.23
27	H. G. Clayton	2.17.46
41	S. G. Spencer	2.21.38
47	J. Wilson	2.23.28
59	A. East	2.26.35
65	J. H. Robins	2.27.55
66	P. Sapcote	2.27.58
78	G. Doubleday	2.32.12
88	R. Elson	2.35.09
89	P. Wilson	2.35.35
97	C. Speechley	2.38.10
98	W. Brunning	2.38.47
107	G. Becke	2.45.44
110	R. Taylor	2.52.19

Scratch Race.—1. Belgrave 15 points.

20 MILES CLUB CHAMPIONSHIP
WIMBLEDON, APRIL 26th, 1947

1	C. E. Churcher	2.54.56
2	C. F. Sutton	2.56.07
3	A. Readman	3. 6.28
4	J. G. Coleman	3. 9.49
5	A. H. East	3.12.31
6	H. G. Clayton	3.15.45
7	J. S. Wakeley	3.16.12
8	J. Wilson	3.17.22
9	S. G. Spencer	3.21.09
10	W. A. Wesson	3.24.00
11	D. Heath	3.24.22
12	G. Doubleday	3.26.00
13	D. Sapcote	3.28.48
14	P. Wilson	3.31.46
15	F. S. Herring	3.35.40
16	R. F. Elson	3.41.45

Handicap.—1. C. Churcher, Scratch. 2. A. East, 17 mins. C. Sutton, Scratch.

NATIONAL 20 MILES CHAMPIONSHIP
HENDON, MAY 10th, 1947

1	H. J. Forbes	2.47.40
6	C. E. Churcher	2.55.23
16	A. Readman	3. 0.34
20	H. G. Clayton	3. 1.32
30	J. G. Rutland	3. 4.44

48	A. H. East	3.10.05
53	J. Wilson	3.12.47
58	J. C. Bidgood	3.15.34
69	D. Sapcote	3.18.12
74	G. Doubleday	3.19.26
78	D. Heath	3.19.36
87	S. G. Spencer	3.22.28
91	R. F. Elson	3.24.21
94	G. Bentley	3.25.27
105	J. H. Robins	3.29.50
106	P. Wilson	3.29.50

Team Championship.—1. Surrey W.C. 46 points. 3. Belgrave 72 points.

CLUB 2 MILES HANDICAP

TOOTING BEC, MAY 17th, 1947

1	H. G. Churcher ...	14.31	Scratch
2	A. East	14.32	450 yds.
3	D. McMullen	14.35	100 "
4	B. Knifton	14.48	400 "
5	J. Wilson	14.53	470 "
6	H. Rouse	14.59	300 "
7	R. Elson	15.00	530 "
8	W. True	15.00	470 "
9	P. Wilson	15.09	600 "
10	D. Heath	15.09	510 "
11	J. Field	16.35	480 "
12	J. Scamell	16.37	320 "
13	R. Frazer	16.46	440 "

INTER CLUB CONTEST

TOOTING BEC TRACK, JUNE 2nd, 1947

4 Miles:—

1	H. G. Churcher	30.21.8
2	J. C. Morris	30.32
3	C. E. Churcher	32.10

1. Bels. 30 points. S.W.C. 23 points. Met. W.C. 19 points. L. Vid. 13 points. Enfield 12 points. Highgate Harriers 9 points. S.A.C. 15 points.

3 Miles:—

1	J. E. Rutland	23.22
2	A. L. Fletcher	24.25
3	W. Burgess	24.28

Bels. 31 points. S.W.C. 27 points. L. Vid. 14 points. S.A.C. 12 points. Enfield 11 points. H.H. 10 points. Poly. 9 points. Met. W.C. 7 points.

2 Miles:—

1	D. McMullen	15.19
2	M. J. Fisher	15.58
3	H. Rouse	16.23

Bels. 30 points. S.W.C. 28 points. H.H. 22 points. Met. W.C. 11 points.

1 mile:—

1	J. G. Coleman	7.17.2
2	L. P. Hancock	7.23
6	B. Knifton	8.18

S.W.C. 28 points. Bels. 27 points. H.H. 14 points. L. Vid. 12 points. S.A.C. 10 points.

RESULT:—

1	Belgrave H.	118	points
2	Surrey W.C.	106	"
3	Highgate H.	55	"
4	Met. W.C.	37	"
5	Surrey A.C.	37	"
6	L. Vidarians	26	"
7	Enfield A.C.	23	"
8	Poly. H.	9	"

SURREY COUNTY TWO MILES CHAMPIONSHIP
MOTSPUR PARK, JUNE 7th, 1947

1	H. G. Churcher	14.36.4
2	D. McMullen	
3	J. G. Coleman	
7	H. J. Rouse	

MATCH v. SURREY W.C. AND CAMBRIDGE HARRIERS
AND CLUB HANDICAP

TOIING BEC, JUNE 11th, 1947

1	H. G. Churcher...	14.40	Scratch
2	J. G. Colman ...	15.01	20 secs.
3	D. McMullen ...	15.06	20 secs.
4	Hancock	15.12	S.W.C.
5	A. L. Fletcher ...	15.26	30 secs.
6	H. Martineau ...	15.40	S.W.C.
7	S. Burgess	15.46	S.W.C.
8	H. Kemp	15.58	S.W.C.
9	West	16.02	C.H.
10	A. Readman	16.14	
11	L. Woodcock ...	16.24	S.W.C.
12	Johnson	16.39	S.W.C.
13	J. Scamell	16.41	2.30
14	B. Knifton	16.51	3.05
15	W. Baker	16.56	1.30
16	J. Wilson	17.04	2.20
17	Peterson	17.05	C.H.
18	W. True	17.06	3.0
19	S. King	17.10	2.10
20	Johnson	17.54	C.H.
21	D. Heath	17.59	3.25
22	Anderson	18.03	C.H.
23	Parker	18.18	S.W.C.
24	Challen	18.22	S.W.C.
25	R. Elson	18.24	3.50
26	P. Wilson	18.30	3.30
27	Frost		S.W.C.
28	May		C.H.
29	C. Speechley ...	19.12	3.10
30	McLaglen		
31	W. Wesson	20.20	3.05

Match Result.—9 a side versus Surrey Walking Club. Belgrave Harriers 74 points. S.W.C. 97 points.

Triangular match—6 a side. Belgrave Harriers 34 points. Surrey W.C. 48 points. Cambridge H. 89 points.

Handicap.—1. B. Knifton. 2. W. True. 3. J. Scamell.

KINNAIRD MEETING

CHISWICK POLY. GROUND, JUNE 14th, 1947

2 MILES TEAM RACE

1	R. D. McMullen	14.38.8
3	J. E. Rutland	14.48
4	J. G. Coleman	14.52

Team Race.—1. Belgrave Harriers.

INVITATION 10,000 METRES

TOOTING BEC, JUNE 25th, 1947

1	H. G. Churcher	46.27.8
5	J. E. Rutland	49.19
8	A. L. Fletcher	49.36

A.A.A. SOUTHERN 7 MILES CHAMPIONSHIP

MOTSPUR PARK, JUNE 28th, 1947

1	J. E. Rutland	55.37
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A.A.A. SOUTHERN 2 MILES CHAMPIONSHIP

MOTSPUR PARK, JUNE 28th, 1947

1	H. G. Churcher	14.25.6
2	D. McMullen	14.45
3	J. G. Coleman	14.54

LEWIS'S OPEN 22 MILES

LEICESTER, JUNE 7th, 1947

1	H. Forbes, Birmingham ...	3.10.23
4	C. E. Churcher	3.19.09
12	C. D. Sutton	3.24.17
30	J. Wilson	3.36.13
37	S. G. Spencer	3.41.52
47	A. J. S.-Wakeley	3.47.17
56	J. H. Robins	3.52.53

Team Race.—1. Leicester W.C. 32 points. 4. Belgrave H. 83 points.

ONE MILE NOVICE'S RACE

TOOTING BEC, JULY 9th, 1947

1	D. Maynard, Bel.	8.18.4
2	F. Tasker, Unat.	
3	S. Noonan, Unat.	
4	J. Coates, Bel.	
5	S. Cobb, Bel.	
6	R. Fairman, Bel.	
7	R. Scrimshaw, Bel.	

CLUB HANDICAP

TOOTING BEC, JULY 9th, 1947

1	D. Heath	14.12	580 yards
2	A. Readman ...	14.26	300 "
3	J. S.-Wakely ...	14.31	440 "
4	R. Elson	14.32	600 "

50 KILOS. R.W.A. CHAMPIONSHIP
EASTLEIGH, JULY 12th, 1947

1	H. J. Forbes	4.40.06
10	C. Sutton	4.59.13
19	H. G. Clayton	5. 8.57
27	J. Wilson	5.17.28
28	J. C. Baker	5.19.03
38	J. S.-Wakeley	5.30.32
39	S. Spencer	5.32.17
41	A. J. Robins	5.37.32
45	G. Doubleday	5.44.37
47	P. Wilson	5.46.10

Team Championship.—1. Surrey W.C. 26 points. 4. Belgrave 56 points.

RUNNING NEWS AND RESULTS

SOUTH OF THAMES 7 MILES C.C. CHAMPIONSHIP

This race was held in Windsor Great Park, and the course was snow-covered and badly frozen in places.

A field of 176 runners comprising 20 teams faced the starter, and owing to the way the course was situated, the runners disappeared from sight up the Long Walk towards the "Copper Horse" and one only saw them again when they came in sight on the homward stretch.

George Lucas ran a fine race to finish 5th while Les Stokell in finishing 7th justified our high hopes of him as a real "find." Albert Frost also ran well to finish 9th and with Bill Lucas 14th, Stan Eales 24th and Syd Jarlett 28th, our team scored 87 points, a total that in most years would have won the team championship, and is actually the lowest score ever recorded by a team taking second place.

Eric Herbert was unlucky to miss a medal by one place, while our team of 12 won the "Colman" Cup, which is awarded to the club with the lowest score for its team of 12 men to finish.

Norman Walker is to be thanked for this, as he only turned up to watch but was pressed into service with "borrowed" togs in order for us to field a complete team.

Actual finishing positions and times of our men are given hereunder:—

5 G. F. Lucas 47.45; 7 C. L. Stokell 47.59; 9 A. E. Frost 48.16; 14 W. E. Lucas 48.54; 24 S. R. J. Eales 49.31; 28 S. Jarlett 49.51; 29 E. H. Herbert 50.7; 38 C. Abberton 50.53; 40 G. S. Doubleday 50.59; 52 A. Smith 51.56; 67 A. H. Bishop 52.30; 78 N. P. Walker 52.55. Team result.—1 Aylesford P.M. 67; 2 Belgrave H. 87; 3 Herne Hill H. 161.

SOUTHERN JUNIOR C.C. CHAMPIONSHIP

Held on Ascot Racecourse over yet another snow-covered course, although the snow was fairly firm underfoot.

Derrick Burfitt retained his title but only after a hard fight with young Robertson of Reading, who made his effort too soon, although we must confess the finishing post was not clear owing to spectators encroaching on the course.

Our team occupied a very creditable third place and our boys' times and positions are given hereunder:—

1 D. R. Burfitt 28.55; 11 A. H. Bruce 30.5; 12 E. A. Short 30.5; 34 L. C. Bishop 31.29; 77 R. Garwood 33.16; 91 E. M. Bishop 34.12. Team result.—1 South London H. 22; 2 Thames Valley H. 37; 3 Belgrave H. 56; 4 R.A.F. Haltoti 74.

SOUTHERN SENIOR C.C. CHAMPIONSHIP

The race was held after the Junior event on Ascot Racecourse, so that a fairly clear trail had been made in the snow, and from the start Olney of T.V.H. set a fast pace.

Stan Belton and Len Herbert kept with him throughout and although the former was dropped over the last two hundred yards, Herbert only got by Olney down the finishing straight.

Our friends from Aylesford repeated their South of Thames victory over us, although we were without Les Stokell, resting an injured ankle, while George Lucas had an off-day.

Even so, they only won by the narrow margin of 5 points, and Vic Blowfield and Albert Frost again ran extremely well.

We were also the holders of the "Odling-Smee" Cup, awarded to the first club to finish their team of 12 men, but owing to Bert Footer's retirement, only had 11 in the first 93 places, there actually being 244 finishers.

Our runners actual positions and times are appended hereunder:—

1 L. W. Herbert 54.4; 9 V. S. Blowfield 55.26; 12 A. E. Frost 55.45; 27 G. M. Pearson 57.0; 28 R. W. Tobin 57.5; 42 S. R. J. Eales 57.32; 56 A. F. Mitchell 58.19; 68 G. F. Lucas 58.59; 90 G. S. Doubleday 60.3; 93 T. G. Clinton 60.11.

Team result.—1 Aylesford P.M. 113; 2 Belgrave H. 118; 3 Blackheath H. 203; 4 Reading A.C. 204; 5 Finchley H. 246; 6 Thames Valley H. 290.

ENGLISH SENIOR C.C. CHAMPIONSHIP

Held at Apsley over a course almost knee-deep in snow, this was definitely not a fair test to the runners, although A. A. Robertson ran in really magnificent style and fully deserved his win. Len Herbert finished 6th and so gained yet another International vest, while Albert Frost ran in great style to finish 17th, and so gain his club Honours badge.

Sutton Harriers, the Northern champions, beat us for the team championship, although we retained the "Finch-Wayte" Cup awarded to the first Southern club to finish.

Positions and times are given below:—

6 L. W. Herbert 61.0; 17 A. E. Frost 62.58; 31 R. W. Tobin 64.32; 37 V. S. Blowfield 64.52; 51 E. S. Stimpson 65.34; 65 S. R. J. Eales 66.30; 80 E. H. Herbert 67.39; 92 A. F. Mitchell 68.1.

Team scores.—1 Sutton H. 160; 2 Belgrave H. 184; 3 Reading A.C. 187; 4 Blackheath H. 255; 5 Aylesford P.M. 256; 6 Thames Valley H. 300.

ENGLISH YOUTHS C.C. CHAMPIONSHIP

This race was held at Apsley and owing to travelling difficulties several would-be competitors missed the start, while the snow-covered course made things very difficult for the runners. Young Pirie of S.L.H. gained a fine individual victory and looks certain to gain several honours in the cross country world. Our team was very weak only Len Bishop being still under age, from last year's team which gained *third place*.

Gilbert ran quite well and should do better in future races, as also should Garwood.

Our boys positions and finishing times are given hereunder:—
41 L. C. Bishop 22.16; 45 E. T. Gilbert 22.20; 102 R. Garwood 23.22; 109 L. Cheesley 23.38; 132 E. P. Buchanan 24.54.

CLUB FIVE MILES ROAD RACE

Held at Wimbledon on March 29th, this race usually takes the form of a trial race for the selection of our Brighton Relay team. Vic Blowfield led almost throughout and finished a comfortable winner from Albert Frost and Bill Lucas.

George Lucas unfortunately had to retire with leg trouble and Len Herbert was away competing in the International race in Paris. Ted Stimpson showed a welcome return to form, and Arthur Penny also showed there is life in the old 'uns.

M. E. Heard a new member from the Royal Navy ran in good style and should be an asset to our teams when demobbed.

The handicap was deservedly won by Ken Stimpson, with Alf Taylor second and Heard third.

Placings and times are given below:—

Position	Name	Act. Time	Start	Hcp. Time	Postn. in Hcp.
1	V. S. Blowfield	30.29	0.45	29.44	11
2	A. E. Frost	30.46	1.15	29.31	8*
3	W. E. Lucas	31.10	1.30	29.40	10
4	E. S. Stimpson	31.15	1.50	29.25	6
5	C. T. Carter	32. 0	1. 0	31. 0	21*
6	E. H. Herbert	32. 7	3. 0	29. 7	5
7	S. R. J. Eales	32.14	2.20	29.54	13
8	A. W. Penny	32.17	1.45	30.32	17
9	M. E. Heard	32.18	4. 0	28.18	3
10	R. W. Tobin	32.27	2. 0	30.27	16
11	H. W. Shields	32.31	3. 0	29.31	8*
12	K. G. Stimpson ...	32.35	4.30	28. 5	1
13	A. E. Taylor	33. 1	4.45	28.16	2
14	R. R. Minahan ...	33.32	3.30	30. 2	14
15	B. Oliver	34.16	5.30	28.46	4
16	S. T. Ring	34.27	3.30	30.57	19
17	A. Smith	34.28	5. 0	29.28	7
18	A. H. Bishop	34.34	4.30	30. 4	15
19	E. M. Bishop	34.36	4.50	29.46	12
20	G. R. Chantler	36.15	5.15	31. 0	21*
21	S. Charlton	36.29	5.30	30.59	20
22	C. Mains	36.47	6. 0	30.47	18
23	W. G. Isaac	39.22	7. 0	32.22	23

* dead heat.

T.V.H. ROAD RELAY RACE

There was an entry of 22 teams for this annual event, and once again our Midland rivals, the Birchfield Harriers, travelled down to compete. Owing to the uncertainty of George Lucas's leg trouble we had decided to let him run the first leg for our "C" team, and nobody was very much surprised when he came home with the lead. Albert Frost then took our "A" team into the lead, which Vic

Blowfield kept, although going slightly off the course, which enabled the Birchfield man to get close on his heels. Len Herbert went off just in front of Bobby Reid for the final leg, and they turned the last corner still together, but Len got in front with a fine finishing burst. Our "B" team had also run well to gain 4th place, and only a record-breaking run by Alec Olney deprived them of third place. The "C" team finished 6th, and our "D" team 11th, which considering the entry was a very good performance on all our lads' part.

Team result.—1 Belgrave "A"; 2 Birchfield H.; 3 Thames Valley "A."

CAMBRIDGE H. ROAD RELAY RACE

Held at Bexley with an entry of 17 teams, and in order not to over-race our team men, we sent along more or less a "B" side. They did very well to finish in 4th place, beating clubs such as Herne Hill, Cambridge and Finchley, and our men's positions and times were as under:—

10 S. R. J. Eales 18.30; 7 A. E. Taylor 18.0; 7 K. G. Stimpson 17.52; 6 H. W. Shields 18.16; 6 R. R. Minahan 18.23; 4 G. F. Lucas 16.58.

Team result.—1 Blackheath H.; 2 Thames Valley H.; 3 Aylesford P.M.; 4 Belgrave H.

THE "NEWS OF THE WORLD" LONDON TO BRIGHTON RELAY

Held on April 19th, 1947, this gave us our first big win of the winter season.

Our runners and positions were as follows:—

Stage I

1 V. Blowfield 29.31

Stage II

1 E. Stimpson 27.57 57.28

Stage III

1 G. F. Lucas 22.42 1.20.10

Stage IV

1 S. Eales 21.22 1.41.32

Stage V

1 E. Herbert 24.33 2. 6. 5

Stage VI

1 A. Penny 21.07 2.27.12

Stage VII

1 A. Frost 32.33 2.59.45

Stage VIII

2 C. Carter 23.13 3.22.58

Stage IX

1 L. Herbert 21.54 3.44.52

Last Stage

1	Belgrave H.		
	(W. Lucas)	18.27	4. 3.19
2	Blackheath H.		4. 5.33
3	Coventry Godiva		4. 5.45
4	Surrey A.C.		4. 7.25

THE TRACK SEASON

Although 1947 was our Diamond Jubilee season, the season taken as a whole, was rather disappointing from the general point of view. We did moderately well in club matches, although so long as our members receive competition, the actual results do not matter so much. What is more important, is the support given these fixtures by club members and both Harry Shields and Frank Webb were far from satisfied with the results of their numerous cards to members asking them to turn up for the various matches. Another disappointing feature was the lack of support for the open team and relay events for which the club entered teams and then had to withdraw owing to insufficient numbers being present.

This raises the question of whether a Team and Relay Secretary should be appointed, and I am sure our Committee would welcome any volunteers for this onerous position.

Individually, we had our members well to the fore in the various championships and representative matches, and outstanding was Willie Nankeville, the first Englishman to finish in a record-breaking 1 mile race at the A.A.A. championships. Willie also represented his country in the match v. France in Paris, and looks a certain choice for the Olympic Games 1,500 metres. Len Marchant, George Lucas and Len Herbert also represented the A.A.A. during the season, and J. T. Cope and W. W. Lockyer gave promise of better things to come and should both be troubling the best next season. Our young South African member, E. N. McKenzie, also showed up well during the season and stands a very good chance of representing his country at next year's Olympic Games.

Derrick Burfitt found his R.A.F. duties against record-breaking performances, which has been his wont in the past, but even so he turned out for the club whenever he was home on leave and we much appreciated his help.

The club handicaps were also not so well supported as we have been used to in pre-war years, when we were at Battersea Park, and we may have to prune these for next season.

We give a summary of results of the various Inter-Club matches held during the past track season, which speak for themselves.

MATCH v. EALING HARRIERS

This was held at the Drayton Green track on May 10th, and took the form of a three-sided match for the "Gordon Stewart" Trophy, last competed for in 1939. Clubs competing were Ealing Harriers, Walton A.C., and ourselves, and the final scores were—Belgrave H. 30 points. Walton A.C. 24 points. Ealing H. 10 points.

Our Canadian sprinter, Al Page, turned out for us, prior to returning to Canada, and ran well to finish second in the 100 to Lewis of Walton, and also gained third place in the 220 yards.

Bill Lucas won the 1 mile, and Len Marchant ran away with the 880 with Vic Blowfield in second place.

Our 2 milers suffered a shock when Turing of Walton went away in the final lap to win in 10 mins. dead.

We won the final event, the 1 mile Medley relay and so retained our hold on the trophy, and express our thanks to the local club for a pleasant afternoon's sport.

PORTSMOUTH ROAD RACE

Held from Chichester to Portsmouth on May 10th, our team was led by that old war-horse, Bert Footer. Bert ran well to finish

in third place, our first man home being R. R. Minahan, better known as "Minnie," who surprised the handicapper by finishing second to Ballard of Surrey A.C. in the scratch race.

Needless to say, Minahan was an easy winner of the handicap award, and our team of Minahan, Footer and George Chantler won the team race in handsome style.

THE KENT "20"

Held at Chislehurst on May 17th, and Bert Footer ran in something like his old form to finish fourth in a good class field. He also led our team to victory in the team race, our other men being Bert Mitchell 13th and George Chantler 14th, and the team scores were—Belgrave H. 31. Thames Valley H. 34. Woodford Green A.C. 37.

MATCH v. LONDON A.C.

This was our first club meeting of the season held at Tooting, on May 17th, and our opponents in a senior match were old friends in the London A.C. and the Metropolitan Police A.C. Once again Al Page came to our rescue by winning the two short sprints, and we sadly missed his help during the remainder of the season. Les Grimshaw finished second in the 100 yards, but pulled a muscle in the 220 and this trouble has kept him off the track since then. Vic Blowfield was third in the 880 and E. N. McKenzie was second in the 440 yards, but our milers were conspicuous by their absence and Eric Herbert ran well to finish fourth in this event. Final scores were—London A.C. 53. Met. Police 45. Belgrave H. 40.

In the club handicap events, the 100 yards was won by Geoff. Osmint (7½); 2nd F. E. Norman (8); 3rd A. C. Allen (8½). Time 10.4 secs. The 1 mile saw a close finish between Les Stokell (140) and Archie Bedford (130), which the former just won, and Syd Jarlett (110) took third place. Time 4 min. 19.5 secs.

INTER-CLUB MATCH AT BANSTEAD

This was held in the Hospital grounds on May 24th, and our old member Alec Robertshaw was in charge of the ground arrangements, and this year the weather was much kinder than last. Ten clubs had been invited to compete for a brand new trophy to be awarded annually, and we were very pleased to become the first holders of the trophy. It was a neck-and-neck struggle between South London Harriers and ourselves throughout, and our members can be said to have done well against such opposition. Ted Read ran second to Liffen of S.L.H. in the 100, while Jack Frost was second in the first strings 220 yards, and E. N. McKenzie displayed impressive form in winning the second strings race. Stan Botwright and Fred Clay, a welcome visitor, gained us further points in the two 440 yards races, and Len Marchant won the 880 yards in fine style for so early in the season. Vic Blowfield and Derrick Burfitt also picked up useful points in the 1 mile event, and our team also won the team race in the 2 miles race. Willie Nankeville turned out in the 1 mile medley relay and led our team to a fine victory. Final team scores were—Belgrave H. 65. South London H. 53. Surrey A.C. 29. Finchley H. 29. Mitcham A.C. 28. Worthing and Dist. H. 24. Sutton and Cheam H. 24. Epsom H. 18. Walton A.C. 15. Dorking St. Paul's A.C. 9.

MATCH v. HERNE HILL H.

Held at Tooting on May 28th, this was a three-sided match won by the home club from ourselves and Dorking St. Paul's.

Owing to the lack of senior runners we had to turn out Alan Sexton in the 100 yards and although he won in fine style, we dislike using junior members in senior competition.

Len Marchant won the 880 in 2 min. 2.9 secs., and Vic Blowfield won the 1 mile in 4 min. 37 secs.

Bob Wise finished second in the 440 with Jim Beaumont third, but the final scores saw us well behind

Result of match.—Herne Hill H. 57. Belgrave H. 38. Dorking St. Paul's A.C. 15.

COUNTY CHAMPIONSHIPS

In the Middlesex County events, W. W. Lockyer, a new member, ran well to finish second in the 880 yards, and Vic Blowfield gained third place in the 1 mile.

George Lucas lost a close race by inches in the Kent County 3 miles race in record time, and Charlie Melchior won the Javelin Throw in the Hertfordshire event.

Ted Read was third in the Surrey 220 yards and Willie Nankeville was second with Len Marchant third in the 880 at the same meeting. Len Herbert finished third in a 4 min. 24.2 secs., 1 mile race, with Jimmy Wood, a second-claim member in second place. In the Surrey County 3 miles race, Bill Lucas was second with Len Herbert third, but Len turned the tables by finishing second to Olney (Middx.) in the Inter-County event.

MATCH v. OLD ELIZABETHANS A.C.

Held at Tooting on June 11th, we had a triangular match against new opponents in the Old Elizabethians A.C. and old friends, the Cambridge Harriers. Les Grimshaw turned out with his leg strapped up and won the 100 yards for us, and Syd Jarlett won the 880 yards in quite his old style. Len Herbert captured the 1 mile with his brother Eric in fourth place, and Les Stokell won the 2 miles with Tom Clinton second.

Final match points were—Belgrave H. 56. Cambridge H. 41. Old Elizabethians A.C. 24.

We had a club 220 yards handicap event on the same programme and this was won by Les Christmas (18), with Jim Heathfield (14), on leave from the B.A.O.R., second and Charlie Jones (20) third. Entries for this event were most disappointing and shows our paucity of sprinters in the club ranks.

“KINNAIRD” TROPHY

This annual Inter-Club contest was held at the Polytechnic Stadium, Chiswick, on June 14th, and twelve clubs had been invited to compete. In finishing equal fifth in the competition we can be said to have done well, but hope for still better results next season.

Willie Nankeville finished second in the 1 mile, and Len Marchant, after gaining a 20 yard lead in the first lap of the 880 yards, was caught on the post by R. L. Sarbutt (Poly.), whose tragic death was recently reported.

Len Herbert and Bill Lucas both ran well in the 3 mile event, but even so were well behind the leader, Alec Olney of T.V.H. Final match scores were—Achilles 1. Poly. H. 43. Herne Hill H. 24. South London H. 24. Belgrave H. 18. Thames Valley H. 18. London A.C. 15. Manchester A.C. 11. Milocarian A.C. 10. Blackheath H. 8. Birchfield H. 6. Southgate H. 2.

SOUTHERN SENIOR CHAMPIONSHIPS

Highlight of this meeting held at Motspur Park on June 28th, was the fine performance of George Lucas in winning the 3 mile race in the fast time of 14 min. 28.6 secs. This is one of the fastest times recorded during the present season and puts George well in the running for a place in the 5,000 metres event at the Olympic Games next season.

Len Marchant was third in the 880 yards, won in 1 min. 57.4 secs., and Ted Read qualified for the second round in the 220 yards but could not progress further.

MATCH v. DORKING ST. PAUL'S A.C.

Held at the local club's ground with the lovely Box Hill in the background, this was also a triangular match, with Worthing and District making the long journey from the coast in order to compete. The match was rightly started prompt on time, but we were then very short of numbers, although our members turned up in good strength later in the afternoon.

Les Christmas ran in the 100 yards and did well to gain second place, while for the next event the 880 yards, we had Ben Lulham and Freddie Bradnum, and Lulham gained second place in a slow run race. For the 440 yards we had Jack Frost and Jim Beaumont taking first two places, while Bill Lucas won the 1 mile in 4 min. 34.3 secs., with Frank Abberton in third place. Incidentally we turned out, with the home club's permission, about a dozen runners, as several of our distance runners had turned up under the impression that a 2 miles was on the programme, and rather than disappoint them, it was agreed to let them all run in the 1 mile event.

Ted Read and Les Christmas were first and second in the 220 yards, and we also won the medley relay race. Final scores saw us lose the match by the narrow margin of one point, we scored 46 to the home club's 47, with Worthing scoring 37.

After the meeting we were entertained to tea in the club pavilion and all agreed it was a good afternoon out in the country, and we look forward to next season's return fixture.

CLUB 3 MILES CHAMPIONSHIP

This was included on the programme at our club meeting at Tooting on July 9th, and a good field turned out.

Bill Lucas made the pace most of the way, but in the final lap Len Herbert went right away from his field to win in a new record time for this event of 14 min. 55 secs. George Lucas was unable to be present, but how much Len had up his sleeve remains to be seen in future races. Bill Lucas was second with Ted Stimpson third, and 1st class standard medals were won by—A. E. Frost, E. H. Herbert, C. L. Stokell, A. W. Penny and G. M. Pearson, and 2nd class awards by—F. Abberton, H. W. Shields and R. R. Minahan.

Also at this meeting we held a School's Relay race, and this was won by Wimbledon Technical School, with Wallington Grammar School second and Strand School third.

In the club handicap events, results were as under:—

100 Yards.—1 G. B. Wood (7); 2 L. G. Christmas (6); 3 R. C. Negus (5). Time 10.1 secs.

100 Yards (Boys).—1 C. Neal (5); 2 D. E. Marshall ($\frac{1}{2}$); 3 R. Griffiths (5). Time 11.2 secs.

880 Yards.—1 S. Jarlett (30); 2 L. Marchant (Scr.); 3 A. W. Bedford (40). Time 1 min. 58.8 secs.

440 Yards.—1 J. T. Cope (10); 2 S. Jarlett (15); 3 R. A. Wise (15). Time 51.2 secs.

MATCH v. SOUTH LONDON H.

Held at Tooting on July 14th, and once again we were poorly represented in the sprint events, although Les Christmas did well in gaining third place in both races.

E. N. McKenzie won the 440 yards in 52.5 secs., and J. T. Cope a new member introduced by George Weston, showed his worth by winning the 880 yards in 2 mins. 1.6 secs.

Our leading men in the 2 miles race were Archie Bedford, Frank Abberton and Tom Clinton, but W. C. Young, the Cambridge blue, scored a good win for the home side in this event. We lost the medley relay to a strong S.L.H. team, and final scores were—S.L.H. 52. Belgrave H. 45.

A.A.A. CHAMPIONSHIPS

We had quite a good entry for these championships, and our men put up a most creditable show and enhanced the club's name by so doing. Len Marchant qualified for the final of the 880 yards and Willie Nankeville did likewise in the 1 mile event. Charlie Smart, on leave from Germany, where he is with the Control Commission, ran an excellent race in the 6 miles event, and although short of distance training, he finished a good third to Chivers (Reading) and Peters, the holder. On the Saturday, Harry Churcher set the pace by a thrilling race in the 2 miles walk, and then Willie Nankeville set us roaring by making the pace in the 1 mile final, and he eventually finished third to Garay (Hungary), and Slykhuis (Holland), in the record time, for this event, of 4 min. 10.6 secs. Len Marchant, although running well in the 880 final, had to be content with fifth place in a fast run race. In the 3 miles, George Lucas ran well to gain third place behind Lafaster (Holland) and Olney (T.V.H.), while after a slow start, Len Herbert ran through to finish sixth. Len is convinced that these tactics suit him best, but in such company we still remain to be assured that anyone, apart from a Wally Beavers, can catch his field and go through to win.

A repetition of this year's form in next season's championships should ensure us of representation in Britain's team for the Olympic Games, and we have several "dark horses" yet to show their paces in these championships.

TRIANGULAR MATCH AT TOOTING

This was held on July 23rd, and our opponents were Herne Hill H. and Dorking St. Paul's A.C. Both the latter club and ourselves were poorly represented and as Herne Hill had Wilkinson and Higgins for the short sprints, they naturally scored major points in both these events. Len Marchant won the 880 in 1 min. 59.2 secs. and E. N. McKenzie was second, while Syd Jarlett and Bob Wise were second and third in the 440 yards.

Charlie Smart turned out for us in the 1 mile and did well to finish third to Rowe and J. H. Barry, the Irish runner now with Herne Hill. There was no 2 miles as we had a club 1 mile handicap which was a very close affair and four runners finished almost in line. The judges placings were—1 L. M. Marchant (20); 2 E. H. Herbert (110); 3 A. W. Bedford (90). Time 4 min. 19.8 secs., which makes Marchant's performance more than useful. Final match scores were—Herne Hill H. 66. Belgrave H. 30. Dorking St. Paul's A.C. 14.

MATCH v. THAMES VALLEY HARRIERS

Held at Alperton Track on July 26th, and our numbers were on the small side, but those members who did turn up had an enjoyable afternoon's sport. Those who were privileged to witness Dave Martin-Shepherd's efforts in the Long Jump will not readily forget his style of jumping, it had to be seen to be believed! However, we do thank him for turning out at short notice and we were also pleased to see Derrick Burfitt present although he only arrived home on leave that same morning.

Once again we were short of sprinters and failed to score a point in these events. E. N. McKenzie won the 880 yards in impressive style in 2 min. 1 sec., and Derrick Burfitt ran away from his opponents in the 1 mile to return 4 min. 31 secs.

V. D. Wynyard was third in the 440 and Tom Clinton ran in good style to win the 2 miles event. We had to make up a scratch team for the medley relay, but even so Derrick Burfitt almost caught Anzola of T.V.H. over the final stage.

I almost forgot to mention that Southgate Harriers were also competing although their numbers were even smaller than our own. Final scores were — Thames Valley H. 53. Belgrave H. 35. Southgate H. 19.

MATCH v. CAMBRIDGE HARRIERS

Held at Charlton Park on July 30th, and again our numbers were very few, although Ted Read won the 100 and Bob Wise the 220. J. T. Cope was surprisingly beaten into third place in the 440, and for the 880 and 1 mile our members were conspicuous by their absence. Tom Morrell did manage a fourth place in the latter event, and in the 2 miles Tom Clinton was second, with Frank Abberton third, in 9 min. 53 secs.

Our field event members also gave poor support and final scores were—London A.C. 52. Cambridge H. 41. Belgrave H. 28.

THE CLUB CHAMPIONSHIPS

Held at Tooting Track on August 2nd, before a large crowd, and some good racing was seen. Ted Read retained his 100 yards title, with a newcomer in G. R. Lowers in second place.

Alan Sexton beat D. J. Merrett in the 100 yards Junior, and repeated this performance in the 220 yards junior event.

The 100 yards Boys race saw D. E. Marshall beat a fellow school-mate in R. M. Davis, with M. Baker third.

The expected dust-up between Len Marchant and E. N. McKenzie saw Len an easy winner at the finish, as "Mac" made his effort too soon and finished a very tired young man.

Arthur Bruce won the Junior 880 with Len Bishop second and B. Arnold third, and it is interesting to note that all these three lads are in the Services.

M. Paxton who is actually a junior, ran in the 440 yards and won his heat in good style. In the final J. T. Cope and Jack Frost, the holder, had a neck-and-neck struggle with Cope getting the verdict. Paxton finished third and this lad should show great improvement next season.

Ted Read completed a double by winning the 220, with Les Christmas beating G. R. Lowers for second place.

The race of the afternoon from the spectators point of view was the 1 mile and it was a pity that Willie Nankeville was a non-starter. Len Herbert, the holder, ran a splendid race to retain his title in 4 min. 24.4 secs., and Bill Lucas just beat Derrick Burfitt for second place. Len Marchant, Vic Blowfield, Albert Frost, Jack Brown and Eric Herbert all gained standard awards, and with the men we have available I think we could take on any club in the country, at say 6 or 8 × 1 mile.

New records were established in the junior sprints by Alan Sexton, his time for the 220 beating that recorded in the senior event. Harry Churcher was another record-breaker in the 2 miles Walk, and Len Herbert's time was also a new club record, and makes the times recorded about twenty years back seem very slow in comparison.

Full results are given below:—

100 Yards.—1 E. G. Read; 2 G. R. Lowers; 3 E. A. Raynham. Time 10.5 secs.

220 Yards.—1 E. G. Read; 2 L. G. Christmas; 3 G. R. Lowers. Time 23.6 secs.

440 Yards.—1 J. T. Cope; 2 J. J. Frost; 3 M. Paxton. Time 51.5 secs.

880 Yards.—1 L. M. Marchant; 2 E. N. McKenzie; 3 J. T. Cope. Time 1 min. 59.3 secs.

1 Mile.—1 L. W. Herbert; 2 W. E. Lucas; 3 D. R. Burfitt. Time 4 min. 24.4 secs.

2 Mile Walk.—1 H. G. Churcher; 2 J. G. Coleman; 3 D. McMullen. Time 14 min. 11.2 secs.

100 Yards Boys.—1 D. E. Marshall; 2 R. M. Davis; 3 M. Baker. Time 11.5 secs.

100 Yards Junior.—1 A. D. Sexton; 2 D. J. Merrett; 3 G. Osmint. Time 10.7 secs.

220 Yards Junior.—1 A. D. Sexton; 2 D. J. Merrett; 3 G. Osmint. Time 23.4 secs.

880 Yards Junior.—1 A. H. Bruce; 2 L. C. Bishop; 3 B. Arnold. Time 2 min. 11.5 secs.

Discus.—1 J. A. Mackenzie; 2 B. A. Lee; 3 A. A. Dunn. Distance 106 ft. 2 in.

High Jump.—1 R. C. Negus; 2 R. Nichini; 3 T. C. Jones. Height 5 ft. 2 in.

Javelin.—1 C. A. Melchior; 2 L. J. Higgins 3; A. A. Dunn. Distance 154 ft. 3 in.

Long Jump.—1 L. G. Christmas; 2 A. W. Fleming; 3 A. H. Machell. Distance 20 ft. 0 $\frac{1}{4}$ in.

Weight.—1 W. H. Sutton; 2 C. A. Melchior; 3 L. Higgins. Distance 36 ft. 5 $\frac{1}{4}$ in.

Standard medals were won by the following—880 yards—J. W. Brown, A. H. Bishop, A. H. Orton, S. Jarlett. 440 yards—R. A. Wise, P. J. Briggs, A. J. Beaumont. Discus—W. H. Sutton, G. H. Powell. Javelin—A. C. Allen, G. H. Powell. Shot—J. A. Mackenzie.

I must not forget to mention the members' children's races and some very well known club names figured among the competitors, but what the proud parents said about the Handicapper is another matter!

MATCH AT IMBER COURT

Held on the fine Police ground, this match took the form of a six-sided conest and in coming out on top our lads can be said to have done well. Ted Read scored a double in the two short sprints and Jim Beaumont managed a fourth place in the 440. J. T. Cope was beaten in the 880 by Kierans in 1 min. 59.8 secs., and Jack Brown won the 1 mile in 4 min. 37 secs.

Ted Stimpson showed a glimpse of his old form in winning the 2 miles in 9 min. 52 secs., and we also won the medley relay event. E. N. McKenzie was second for us in the High Jump, thus showing his versatility, Charlie Melchior won the Javelin, and Bill Sutton had a couple of second places in the Weight and Discus. Final match scores were—Belgrave H. 67. Met. Police 56. Polytechnic H. 42. Blackheath H. 41. Finchley H. 41. Dartford H. 33.

MATCH v. MITCHAM A.C.

Held at the *News of the World* ground on August 11th, and our numbers were once again on the small side, although we were pleased to see W. W. Lockyer turning out. He won the 880 yards for us and we hope that next season his work will permit him to assist us more often than this season. Alan Sexton won the 100 yards and Jim Beaumont was second in the 220.

E. N. McKenzie won the 1 mile in 4 min. 38 secs., and "Mac" has proved a real club man in every respect and we shall miss him very much when, eventually, he goes back to his homeland.

We also won the relay, but had no competitors in both jumping events, and the final match scores were—Mitcham A.C. 64. Belgrave H. 34. Epsom and Ewell H. 14.

RETURN v. SOUTH LONDON H.

As the first match was so closely contested, the S.L.H. asked us to meet them again, which we did at Tooting on August 20th. They had out a very useful side and although Willie Nankeville came along to win the 880 yards, once again our sprinters were missing. With Ted Read still in the R.A.F. we naturally cannot expect him to turn out on every occasion, but without him we do not seem to win many sprint events.

E. N. McKenzie was beaten by Derek Pugh in the 440, and it is interesting to recall that Pugh turned out for our junior team when still at Rutlish School.

We fielded a team in the medley relay, but only because S.L.H. lent us a man, and this seems a sorry state of affairs in our club, with our membership.

Result of the match was—South London H. 63 points. Belgrave H. 33 points.

FINAL CLUB MEETING

This was held at Tooting on September 13th, and the programme consisted of club handicap events, with a pre-Olympic trial walk to open the proceedings. This was won by Jim Morris, a very fine walker, but it seemed as if Harry Churcher was a little tired, which is not to be wondered at in view of his very strenuous season on the track.

The 100 yards Boys handicap was not so well supported as the previous one, and the final was won by K. Wilson (6), with S. J. Nicholas (2) second and M. Baker (3) third.

The 100 yards club saw Alan Sexton (4) win a close race, beating G. B. Wood (4) with J. A. Mackenzie (7) reaping the reward of his perseverance throughout the season, gaining third place.

A small field turned out for the 880 yards, and we were pleased to see D. W. Cattrall, a war-time member, make a reappearance on his return from service overseas. Alan Bishop, off 45, went away with 300 yards to go and won in 1 min. 55.5 secs., which is very good running. V. D. Wynyard (65) was second with Jim Beaumont (70) third, and the latter has also proved a good clubman throughout the season.

The 2 miles run handicap saw M. Groves, off 370, make every post a winning one, and he won by 200 yards in 9 min. 22 secs., and so can have that one on the Handicapper! The rest of the field had a good tussle for second place with Vic Blowfield proving the stronger over young Arthur Bruce.

Alan Sexton scored a double by winning the 300 yards, off 14, with a new member in R. B. Thomas second, and C. A. James, one of our celebrated "twins" who only their mother can tell apart, in third place.

Full list of results hereunder:—

100 Yards Boys.—1 K. Wilson (6); 2 S. Nicholas (2); 3 M. Baker (3). Time 11.6 secs.

100 Yards.—1 A. D. Sexton (4); 2 G. B. Wood (4); 3 J. A. Mackenzie (7). Time 10.5 secs.

300 Yards.—1 A. D. Sexton (14); 2 R. Thomas (24); 3 C. A. James (28). Time 32.2 secs.

880 Yards.—1 A. H. Bishop (45); 2 V. D. Wynyard (65); 3 A. J. Beaumont (70). Time 1 min. 55.5 secs.

2 Miles.—1 M. Groves (370); 2 V. S. Blowfield (60); 3 A. H. Bruce (160). Time 9 min. 22 secs.

2 Mile Walk.—1 A. H. East (390); 2 H. J. Rouse (320); 3 R. F. Elson (600). Time 14 min. 21.4 secs.

Weight.—1 C. A. Melchior; 2 W. H. Sutton; 3 L. J. Higgins. Distance 38 ft. 6 in.

Javelin.—1 A. C. Allen; 2 D. Whitehead; 3 W. H. Sutton. Distance 171 ft. 4 in.

High Jump.—1 L. G. Christmas; 2 D. Whitehead; 3 T. C. Jones. Height 5 ft. 7 in.

Hop, Step and Jump.—1 G. B. Wood; 2 T. C. Jones; 3 L. G. Christmas. Distance 40 ft. 4 in.

MATCHES v. SCHIEDAM

The Wandsworth Branch of the Anglo-Netherlands Sports Association, arranged home and away matches with the town of Schiedam (Holland), and asked Tom Carter if he would see to the compilation of the Wandsworth team.

Tom did not know the strength of the opposition and, therefore, played safe by fielding a fairly strong team, one almost up to County standard. He naturally asked several of our own members to take part and Herne Hill Harriers supplied the rest.

The first match was held at Tooting, on Sunday, 22nd June, and a good crowd watched the many events. The Wandsworth team was captained by Dave Grigg, the English International, and in the 100 yards Ted Read was beaten by inches by Jackson of Herne Hill in 10.4 secs.

Len Marchant won the 880 in 2 min. 2 secs., with Norris second, and then E. N. McKenzie finished second in the 440 to Higgins in 51.9 secs.

The 3 miles saw Len Herbert and Tommy Rowe out in front and after a good race Len triumphed in the good time of 14 min 39.8 secs. Vic Blowfield won the 1 mile and so far Wandsworth had had the first two home in every running event. Bill Sutton was second to Dave Grigg in the Discus Throw, and then Ted Read won the 220 yards and the home team also won the medley relay.

In fact the only success registered by our visitors was in the Ladies' Weight Putt, but nevertheless, they showed themselves very good sports, and returned home complete with Belgrave button-hole badges and looking forward to next year's visit. Incidentally, many of our members had the pleasure of entertaining our Dutch friends in their homes, and all agreed that they found the Netherlanders very good company.

The return match was held at Schiedam on 12th July, but owing to the nearness of the A.A.A. championships many of our runners could not make the journey. Dick Negus was one of our members who travelled over, as did Charlie Jones, and Dick won the 100 yards, and was also second in the High Jump, and then capped a busy afternoon's work by winning the 220.

The final scores saw the home side victorious by one point, and they entertained our lads very well, even to the extent of covering Dick Negus's neck-tie, I think it must have been the yellow one, with their autographs in ink!

We look forward to meeting our Dutch friends again next season, and am sure that they will keep the name of Belgrave fresh in their memories.

SOUTHERN AMATEUR ATHLETIC LEAGUE

This league was revived again in something like its pre-war form, although it was kept to North and South of Thames divisions, with two sections in each. We were in Section I of the South division along with Blackheath H., Cambridge H., Herne Hill H., Mitcham A.C. and Surrey A.C.

The first event, the 4 × 880, saw four clubs turn out, and the 3 miles also had four clubs competing. After that it dropped to three each in the 4 × 440 and 1 mile team race, and then to two clubs only for the 4 × 220 and so to the final event, the 1 mile medley relay in which we were the only club to field a team, and so had a walk-over.

Incidentally, Blackheath did not compete in a single league event, Cambridge only in two, and Herne Hill, after a good start in winning two events, suddenly decided that they had not got the men to field full teams and so withdrew from the league.

Mitcham competed in three events, Surrey A.C. in four, and it was left to Belgrave to be the only club to turn out for every event.

We took the view that having promised to compete in the league it was up to us to honour the fixtures, even though at times we turned out teams very much below the standard required for such a competition.

Needless to say, we won the league with a total of 27 points with Surrey A.C. next with 19½ and Mitcham A.C. third with 14½. It was, however, a rather empty honour, and it looks very doubtful if the league will continue to run next season, and I rather doubt if any will regret its passing.

It was also decided to run a Junior section and the same clubs were invited to compete with South London H., taking the place of Blackheath. Here again some clubs did not honour the fixtures, in fact, only S.L.H., Herne Hill and ourselves turned out in every event, and the final league placings saw South London tie with Herne Hill with 16 points each, with Mitcham A.C. and ourselves joint third with 9 points each.

With so many lads in the Services it is difficult for clubs to field junior sides under 19 years of age, unless one is going to turn out lads of 14-16, a policy with which we do not agree as being in the best interests of the lads concerned.

E.A.D.

WITH THE JUNIORS

On May 17th, at Tooting, we had a match against the junior section of the London Athletic Club, and lost a closely contested match by 23 points to 19. Alan Sexton beat Janner in the 100 yards in 10.4 secs., and the two Bishop brothers, Eric and Len, were first home in the 880. Arthur Bruce won the 1 mile event with Eddie Short second, and Geoff. Osmint was second in the 220 yards. We actually lost the match on the two jumping events, and badly need members who specialise in this branch of athletics.

On May 12th, we had our now annual match against the Whitgift Middle School at Croydon. E. N. McKenzie, who is 19 years of age, turned out for us in the two sprint races, and displayed fine form in beating Alan Sexton, running for his school on this occasion. Tony James ran a plucky race to win the 440, and we had the first two home in the 880 yards.

Eddie Short won the 1 mile against his old schoolmates, with Len Bishop in second place. Once again the field events found us wanting, and the School also won the final event, the 4 × 110 yards relay, and by so doing won the match by 27 to 24, the scores being level prior to the relay.

Our lads were given tea and buns afterwards and returned home well satisfied with a good evening's sport.

On June 4th, we journeyed to Charton Park for a match against the Cambridge Harriers Juniors, and Alan Sexton beat Gibson, who, later in the season won the Southern Junior sprint championship. Peter James was third in the Long Jump, and Eric Bishop third in the 440. Alan Sexton completed a double by winning the 220, and the final match scores were—Cambridge H 25.- Belgrave H. 11.

We had a return match with the Cambridge lads at Tooting on June 11th, and sadly missed Alan Sexton, who was running for his school. Our only winner was A. C. Allen in the Javelin event, but Geoff Osmint had a couple of third places in the two sprints, and the James' twins also scored points for us. The final result saw us losing the match by 25 to 17.

At the Kinnaird meeting on June 14th, they held a Junior Inter-Club contest, and we were one of six clubs invited to take part. A. C. Allen was third in the Javelin, with a throw of 139 ft. 4 ins., and Arthur Bruce was third in the 1 mile. Alan Sexton was third in the 100 yards to Wilkinson and Cohen, both juniors of exceptional ability, and Alan was only beaten by 2½ yards in 10.2 secs. Geoffrey Osmint finished third in the 220, and the final result saw us scoring 16 points to finish joint fourth, which was a good effort with the six leading clubs in the South competing.

The Southern Junior championships were held at the Walton-on-Thames track on 21st June, and Alan Sexton finished second in the final of the 100 yards, beaten by a yard in 10.4 secs.

Arthur Bruce finished second in his heat of the 1 mile, run at 3.50 p.m., with the final at 5.20 p.m., and it is asking a lot of Juniors under 19 to run two mile races in one afternoon. Arthur was naturally a little tired in the final, and with the three leading runners getting away from the rest of the field, he eventually finished fourth.

Geoff. Osmint ran in the 220, but failed to qualify in his heat and should do better next season, while Sexton entered for both sprints, but wisely competed only in the one, after running in heat, semi-final and final.

On the 25th June we had a junior match at the Polytechnic Stadium, Chiswick, but our numbers were very small, no sprinters turning up, while Eddie Short, who did turn up for the steeplechase, found they had decided to cancel this event. D. A. Arnold and Peter James were second and third in the 600 yards, and Tony James was second in the 300. Eric Bishop was third in the 1,000 yards and the Polytechnic beat us in the 4 × 110 yards relay. A. C. Allen won the Javelin for us, and H. J. Boxall was second in the High Jump, and this lad can always be relied upon to turn up for this event and should improve with careful coaching. Final scores were—Polytechnic H. 40. Belgrave H. 18.

We met our close rivals the Herne Hill Harriers at Tooting on July 2nd, but with Wilkinson turning out for the two sprint events, we had to be content with minor placings. Boxall won the High Jump for us, as did Allen the Javelin event, but these were our only two first places of the evening, and the final score was 58—22 in the home team's favour.

On July 9th, we had our return match with the Whitgift Middle School at Tooting, and gained our revenge by 28 points to 23. Sexton won the 100, with Osmint second, and these placings were repeated in the 220 yards. Arthur Bruce won the 880 in 2 min. 10.6 secs., and he completed a double by winning the 1 mile in 5 min. 3 secs., which brought back memories when his father used to do likewise in the club colours. He also brought along an Army chum in F. Kurton to win the 440 for us, and he should prove a useful addition to our ranks. A. C. Allen won the Weight, as did Boxall the High Jump, but once again we were beaten in the relay event and it looks as if our lads could do with some coaching in this style of racing.

On July 14th, we had a junior match against the South London Harriers, but found the opposition much too strong for us. We were short of sprinters, being minus our usual duo of Sexton and Osmint, and the home club picked up major points in these races. Arthur Bruce again won the 1 mile event and as he beat Jenkins, the former Public School champion, and P. J. Pirie, the National Youths C.C. champion, he can be well satisfied with his performance. Peter James won the Long Jump with 17 ft. 17½ ins., and his twin brother Tony was third in the 220 yards. Kurton was third in the 440, and D. Whitehead second in the Javelin. The final result was a win for S.L.H. by 70 points to our 30.

We had a return match with Herne Hill, with Mitcham A.C. also competing at Tooting on July 23rd, but once again our turn-out was very poor, and it would seem that too many of our likely lads are in the Services due to the Conscription Act. Alan Sexton won the 100 yards, and a new member in D. J. Merrett won the 220 in 23.4 secs., and looks like being a champion of the future, if I am any judge. This also applies to the Herne Hill youngsters, who won the Long Jump with a leap of 19 ft. 9 ins., and the final match scores were Herne Hill H., 44; Mitcham A.C., 29; Belgrave H., 14.

On July 28th we took part in a four-cornered junior contest at the "News of the World" track at Mitcham, and this proved a very closely contested match. In the short distance races they had first and second string events, and in the 100 yards, D. J. Merrett won in 10.6 secs., and A. D. Davis was second in the other 100. Alan Sexton won the first 220, and Geoffrey Osmint the other one, so for once our sprinters can be said to have had a good evening out. Eric Bishop was third in the 880, and as Eric is in the Navy, it speaks well for his enthusiasm in turning up so often to assist the club. Eddie Short, our junior captain, was third in the 1 mile, and E. T. Bateman gained a couple of places in the discus and javelin events. The match result was a triple tie for the first place between Sutton and Cheam, Herne Hill and Mitcham with 34 points each, while we scored 27.

The A.A.A. Junior Championships were held at Manchester on August 9th, and this venue was naturally too far distant for many of our lads to take part. Arthur Bruce competed in the 1 mile but failed to secure a place, but a new member in M. M. T. Paxton running in the 440 yards in the name of his school, ran a grand race to be beaten only a foot in the 440 yds. final in the fast time of 51.7 secs. Paxton, who ran in our club championship 440, looks another George Dunckley in the making, and those who remember George's fine running, will wish Paxton every success in his efforts.

Our final junior match of the season was held at Tooting on August 20th, when we had another match against the South London Harriers and the Poly juniors. Our numbers were again on the small side, due possibly to holidays, and our only winner was Alan Sexton in the 220 yds. P. J. Lewis was second in the 100, and a new member in J. Hill was third in the 1 mile. The final result saw S.L.H. score 25 points with the Poly 13 and ourselves 12.

On looking at the season's results it looks a fairly poor show from our point of view, but when one considers how many of our lads of 18 and 19 are not now available, it will be appreciated that those who did turn out acquitted themselves very well. We have distinct "finds" in Merrett and Paxton, while Alan Sexton has proved in a class by himself over the sprint distances. Arthur Bruce has also done well over the middle distances, but badly needs more support in these events. The two James brothers have proved themselves good club members, and should both improve on their performances next season. This also applies to the Bishop brothers, but here again Service calls must come first. We have two further brother members in D. A. Arnold and B. Arnold, and trust we shall see more of them on the track next season. Geoffrey Osmint should improve when he is physically stronger, being on the frail side as yet, and both A. C. Allen and H. J. Boxall have been of great help in the field events, but we could do with still more members in this branch of the sport.

Any junior members who would like to turn out in our junior matches on the track and over the country should get in touch with our Junior Secretary, Frank Webb, who will be glad to offer them advice as to training, etc.

Here again we could do with a few senior members, who now find competitive racing too much for them, to come along and lend a hand in coaching and encouraging our junior talent both on training nights and on match days. Any offers?

E.A.D.

OVER THE COUNTRY

I am sure we all hope that the present cross-country season will prove more successful than last, when we were beset by injuries. Even so, we did better than most clubs and retained the "Finch-Wayte" Cup, awarded to the first Southern club in the English Senior C.C. Championship.

This season the English championships, senior, youths and also possibly a junior under 21 race, will be held at Sheffield. The Southern Championships, senior and junior, will be held at Aylesford, which is in the nature of a compliment to the local club, who did so well last season.

The South of Thames "Junior" race, this applies to ability and not to age, will be held at Dartford, and the Senior championship at Cheam, where we won the Junior race last season, and this should be a good omen to our boys.

The International race is being held at Reading, and as this race only comes South about every 21 years, this will be a fine chance for our members to see the cream of the European runners in action over the country.

The popular London to Brighton Relay will be held on April 10th and we are hoping to record yet another win and so set up a record for the number of wins by one club.

Our own Club championships are being held on the usual dates, and as all these races have a sealed handicap in conjunction, it is to be hoped that all our members will support these events.

You will find a list of fixtures on the back page, and we welcome new opponents in the Old Croydonians H.C., Oxford University and Aylesford Paper Mills S.C. We also meet old friends in the Thames Valley Harriers, Walton A.C., Mitcham A.C., and Ealing Harriers.

Some of these fixtures are "B" team matches, which will give some of our newer members a chance of representing the club, but any member can turn up for these fixtures, and this especially applies to our Service members, and they will always get a run.

We are glad to see F. P. King and F. Jeffries back in training again, after being de-mobbed, and we hope they will soon find their pre-war form. We also welcome as a first-claim member our old friend Dick Towndrow, who finished 14th in last year's English Senior championship, when representing the Polytechnic Harriers.

Frank Abberton is now qualified to run for us in the open championships, and George Lucas should also prove a tower of strength to our teams. We wish Eric Herbert better luck than last season, when he was our 7th man in many races, thus just missing a medal, and we hope Les Stokell, our "find" of last season, will steer clear of injuries. With Bill Lucas, Ted Stimpson (who was a 1939 international over the country), Vic Blowfield, Albert Frost, and last but by no means least, Len Herbert (who represented England in last year's International race), we have the men who can sweep the board as regards the "open" races, and, given a fair "rub of the green," I certainly think they will.

I am not forgetting such as Dick Tobin, Geoff Pearson, Tom Clinton and Tom Carter, who were all members of our last winning "National" team; also Stan Eales, who backed up our teams so well last season; but these members cannot carry on for ever, and it is to the newer members that we look to to carry the Belgrave colours to the forefront once again.

Just a word to some of our new members about this question of training over the country, and especially to our track athletes who want to keep in trim during the winter months. I cannot do better than quote a well-known authority who says, "I consider the slow and easy run of three miles or so over the country every week during the winter as the finest training. It will increase stamina and keep you in wonderful health, so that with the return to the track season you should run faster and stay better. Many athletes wonder why they should race faster on building-up training alone. They think it is essential to have a fast run or a trial in training, usually with the idea of speeding up. I am convinced that fast and hard work in training adds races to your programme and wastes valuable energy. Heavy work put into training brings the stale period, not the races." Mark well these last words and remember "don't race in training," a stride-out over the last few hundred yards will not hurt anybody, but otherwise do as your pack-leader tells you and I am sure you will enjoy and look forward to your training runs.

I wish all our members a pleasant and successful season over the country and if I can help in any way, by letters to Commanding Officers asking for leave to run in any of our races, or in any other respect, please write to me.

Entries and enquiries to: E. A. Duffett, Running Hon. Secretary,
57, Harcourt Road,
Thornton Heath, Surrey.

FIELD EVENTS REVIEW

The past season has been a little disappointing as far as good individual performances are concerned, but the standard in both Junior and Senior events has been well up to that of previous years.

It was hoped that Sid Jones would return to his pre-war form in the Shot and Discus events, in this, his first full season after demobilisation. His early season form with the Shot was good, he having produced efforts of over 38 feet on occasion, but his Discus throwing was some way below his best. Unfortunately, before the season was very old, he suffered an injury to a finger, which put him out of competition for the rest of the season. Better luck next year, Sid!

Bill Sutton, our second string, stepped into the breach after Sid's injury and showed a welcome return to his pre-war form with the Shot. He won the Club Championship with an effort of 36 feet 5½ inches and beat 37 feet once or twice. His Discus throwing was well up to his usual standard and he produced a good throw of over 105 feet to gain third place in the Surrey County Championship.

A new member, Jock Mackenzie, showed promising form with the Shot, but his best performances have been with the Discus. He won the Club Championship with a throw of over 109 feet. His style is by no means good, but with a concentrated study of technique should be able to show considerable improvement on his throwing of this season.

Geoff. Freestone, George Powell and Len Higgins have lent valuable assistance in this event.

Our Javelin throwers, Charlie Melchior, Alan Dunn and veteran George Powell have not shown performances up to their best, but Charlie again won the Hertfordshire County Championship and the Club Championship with a throw of 154 feet 3 inches.

Alan Dunn has been rather disappointing, but this may be accounted for by his lack of training facilities at the Naval Station where he is now serving. He, however, gained third place in the Club Championship with 141 feet.

Len Higgins has consistently thrown between 140 and 150 feet, and his effort of 149 feet to gain second place in the Club Championship was particularly encouraging. Next season we hope to see him do 160 feet or more.

Ron Jeal, although now stationed with the R.A.F. in the South has, unfortunately, not been able to turn out, but we hope he will by next season, and show a return to his 1937-38 form, in which he produced throws of over 170 feet.

It is in the jumping events where we are still somewhat weak. Our Captain has suffered from various injuries during the season and has only been able to turn out on a few occasions.

Frank Norman, our Long Jump Champion of last year, has also suffered from injuries and has not been able to turn out often. He, however, gained places in the Essex County Long and Hop Step and Jump Championships.

We have been glad to welcome Les Christmas, who joined us during the winter. He has shown quite good form in both the Long Jump and Hop Step and Jump. He won the Club Championships at both with efforts of 20 feet 0 $\frac{1}{4}$ inch and 39 feet 2 $\frac{1}{4}$ inches. The latter a Championships record. He should be getting around the 21 feet and 43 feet marks in the Long Jump and Hop, Step and Jump, with the acquisition of a "hitch-kick" during the winter season. Another newcomer, Geoff. Wood, also shows exceptional promise in these two events. He won the Club Hop, Step and Jump handicap from scratch with an effort of over 40 feet, which would have won the Club Championship for him had he then been a member. Next season we hope to see him getting among the winners in both events.

We were glad to see Alan Fleming turn out in the Long Jump Championship and gain second place with 19 feet 7 $\frac{1}{2}$ inches. This was not so good as he had been doing in R.A.F. events, but we hope he will be able to reproduce that form when he returns to civilian life. In fact, we expect him to beat 22 feet shortly.

Dick Negus has again been our best High Jumper. His best performance of 5 feet 7 inches was achieved with the new "Straddle" style, which he seems to be mastering. His High Jump Championship winning effort was, however, only 5 feet 4 inches. Our South African middle distance runner, Mackenzie, has shown leanings towards this event and, in fact, jumped 5 feet 8 inches in the match against the Police. A newcomer, D. O. Allen, and others are showing promise, and we hope to see A.G. Leigh out next season, since he has now been demobbed from the R.A.F.

The Juniors are all showing promise, but we have missed Dennis Fleming, who is now in the R.A.F.

Arthur Allen has, however, taken his place as our best Junior Javelin thrower, and he is to be congratulated on gaining a standard in the Senior Club Championship. Doug. Whitehead has backed him up and we hope, with a winter season studying technique, he will produce some really good performances.

These two have also shown promising form in the Shot. Arthur, in fact, improved his performances over 6 feet during the season.

Arthur Allen has also taken up the Discus and should be showing some good form by next season. Dibble and Nickini are two others who should be able to show us good performances in this event.

The Junior jumpers, as with the Seniors, have not produced anything exceptional in either the High or Long Jump. Boxall, who did 5 feet 3 inches; Nickini, who was second in the Senior Championship; Cooper and Whitehead should all show improvement in the High Jump next year.

We seem particularly short of Long Jumpers. A. D. Davis and one of the James twins have had to be relied on mostly. Both have done about 17 feet, and Davis did produce one effort of 17 feet 10½ inches, which shows promise of 19-foot jumps in the future, with a bit more speed. Geoffrey George is another who shows much promise in the Long Jump, and we should like to see him in more competition.

It is regretted that entries in some of the Championships and Handicaps have not been so numerous, when one considers the numbers we have who are interested in Field Events. Whilst on the subject of entries, it should be noted by everyone that the Handicapper expects to receive your entries, otherwise it makes it extremely difficult for him. It has been the rule to include everyone whom the Handicapper thinks might want to compete, which often involves extra work in handicapping members who do not turn out. Next season don't forget to send along your entries, preferably at least a week before the event, otherwise you may find you have not been entered and will not be allowed to compete, even if you do turn up. Fees should, of course, be sent with the entries.

Charlie Jones hopes to continue the Coaching classes which were run last year at Wimbledon, during this winter, at Tooting Bec Track, on Saturday afternoons on dates to be announced, weather permitting, of course. This is a particularly good chance for Juniors and others taking up these events, where technique is relied upon so much, to learn in the off-season, when they are not distracted by actual competition.

In this connection we should like all members who have recently joined and indicated that they were interested in "Field Events," on their form, to drop a line to Charlie Jones, our Field Events Secretary, letting him know which events you are actually interested in.

SOCIAL NEWS BY D.M.S.

The first Social of the 1947/48 season was held at Belgrave Hall on October 4th. After the afternoon racing the tea-fight got into full swing and, considering the rations, most members did full justice to same and proved nothing lacking in the Belgrave appetite. Such speed was made in clearing the food that a time lag between finishing tea and the band's arrival had to be filled. This was ably dealt with by Les Cohen, with the help of Nitty Penny; who showed us a very easy way to break broom handles.

The band arrived in time, thus saving any further breakages, but all the same, thanks to Les for keeping us amused.

The dancing commenced, but at 8.30 p.m. H.E.F., acting as Master of Ceremonies, announced that we were to witness the Kings of the Speedway in a battle for the "Loving Cup," the most coveted of "Tropics" presented by the world-famous film star, Betty Grabell, who would personally present the "Loving Cup" to the winner. For such a race it was necessary that the track be cleared, raked, etc. Enter the Cleaners.

Champ Smith leading, on tractor plus rake Snaky; (note veteran) Webb, still working handicap, a close 2nd, bring up the rear, getting all the leavings. Ex-A.B. Minny, who, I'm sure, thought he was still swabbing down the main decks of H.M.S.

A hush over the vast crowd as the giants, or Kings of the Speedway, take their bows from their fans: N. Parker (C. T. Carter), Wimbledon; Ron Johnson (Micky Walker), New Cross; Eric Chitty (H. Churcher), West Ham; Bill Kitchen (Tommy Morrell), Wembley.

After the enthusiastic applause from the fans had died down, our Master of Ceremonies was able to announce the arrival of none other than Betty (Jim Beaumont) Grabell. Did she have it all; I'm telling you; and were the ladies envious of those Nylons, they were out of this world; I mean right out. No long skirts for Miss Grabell. She had nothing to hide—nothing at all.

Taking up her seat in the stands, the Kings of the Speedway made their way to the paddock for their machines. Whilst under the direction of that most famous turf accountant, Les Littlewood (Ike Cohen) opened a book for the fans to back their favourites, ably assisted by some very doubtful characters. Did I say they opened a book? The fiddling done with that book in five minutes would, I feel sure, have taught the Club Treasurer and Auditors more than they ever thought possible. Announcing the odds, definitely left the book in a cloud of suspicion, but who cared? The riders were ready and at the start.

Betty giving the signal that the race was on, all riders got away to a perfect start and it was very difficult to tell who would win. Each rider had the opportunity (here, I think, Les Littlewood had got at the riders) for the result: Tom Carter (N. Parker, Wimbledon) was the winner. Riding round to an enthusiastic applause from the crowd and pulling up in front of the film star, dismounting to receive the "Loving Cup." I regret it is not possible for me to describe this beautiful china pot with one handle, but I understand from last year's winner there would be an empty space under the bed. Needless to say, the Master of Ceremonies had bought the champagne, or Tizer, with which it was hoped to drink the winner's health, but one mouthful was enough, and the whole contents was thrown to the Master of Ceremonies, who was so well and truly soaked that the next act developed into a strip-tease. It was only due to the fact that we had not been censored by the Lord Chamberlain that further clothes were not removed. The Master of Ceremonies making a hasty exit, minus trousers.

The next two races were for novice riders, ladies first. Here I may say, without contradiction, we have some great talent, whom, I

feel sure, if let loose on the roads, would be a menace and drive all careful people from using the public thoroughfare. The amateur gentlemen, or local barrow boys, were next, and by the look of the new machines fruit and vegetables had been their main line of business. The prize for this race was given by the President of the Spivs' Union. The result was a win for G. Chandler, whom, I understand, has been training and receiving, at enormous expense, instructions from a King of the Speedway. The exit of the Stars and the end of racing, dancing continued until 11 p.m.

With a word of thanks from the Social Committee to all the members who had made such a good job of the decorations to the hall, and with thanks to all who came and helped to make such a good start to our Social Season and wishing that each future Social will be better than the preceding. Also announcing that the date for the next Social at Wimbledon, November 15th, '47, and trusting you will all be there.

TWO LETTERS FROM THE HON. ASST. TREASURER.

As Hon. Assistant Treasurer, one of my duties is to act as Secretary to the "House Sub" Committee, which comprises Messrs. C. E. Churcher, C. T. Carter, C. F. Poulter, D. Martin-Shepperd and officers *ex-officio*.

"Belgrave Hall," like countless other buildings in the London area, did not escape the ravages of war or the effects of deterioration.

Many months of battle were waged by the committee with the "War Damage" Commission, who finally consented to allow only the bare necessities of repair to be carried out.

It was obvious, therefore, with the return of many older members and the enrolment of so many newcomers, that something had to be done to make "Belgrave Hall" presentable for the ambitious programme being carried out by the Social Committee this winter.

My call for volunteers to do this work met with immediate response, for which I was most grateful.

The work was planned for three Sundays under the supervision of C. E. Churcher, and all general objectives were reached, although many smaller items remain outstanding. It is indeed gratifying to know that when one wants something for "Belgrave Harriers" someone is always ready to oblige—that's the "Belgrave Spirit."

It would be futile for me to mention any volunteer individually; they were all grand workers, therefore, in presenting their names I am sure that with my sincere thanks I can add the thanks of every member who enjoys the amenities of "Belgrave Hall."

The volunteers were Messrs. F. Walker, R. Durban, J. Hill, G. Durant, H. E. Footer, D. Martin-Shepperd, S. Eales, W. Reddin, R. Stewart, H. Churcher, W. Sutton, C. E. Poulter, C. E. Churcher, R. Patience, B. Smith, R. R. Minahan, F. Simmons, Dunne and McDonald.

T. F. MORRELL,
Hon. Asst. Treasurer.

Through the pages of the "Belgravian," I would like to make an urgent appeal to all old active members of the club.

We have now joining the club a great number of enthusiastic youngsters who are keen to do well in athletics. You will realise their first ambition—to have a pair of spikes and wear a club vest.

During these days of extreme difficulties the cost of spikes is atrocious and far beyond the means of youngsters to-day, while club vests, due to their colour, are unobtainable.

I have received many gifts of shoes and vests from various members not now active and they can be assured that they are gratefully accepted by me and their future owners.

I am sure the "Belgrave" spirit still prevails in you all and that you will lend a hand to put these youngsters on the ladder of athletic success.

Therefore, I make this appeal to those concerned: Please turn out that cupboard or drawer for any kind of athletic apparel, spikes, vests, shorts or sweaters that you can spare or do not now need, they will certainly be put to good use.

Parcels should be sent to me at the address below. Postage will be defrayed.

T. F. MORRELL,
3, Florian Road, Putney, S.W.15.

SOME NOTES ON SHORT DISTANCE TRAINING

By G. W. CLAY

The article herewith is intended for helping those of the "Bels" who feel they are never sure what to do when preparing for particular track events up to and including the half-mile. The first phase comes along almost as soon as the Cross Country Season finishes and thoughts veer round to the excitement which is to come, and the question arising "What shall I do and how shall I set about it?" The second part of the query is often the hardest to decide. There I can perhaps help the uninitiate. If you feel like a week or two in repose, then I say take advantage and rest. Take note of your weight and general feeling. When you have fed and rested, thus having built up your constitution, plans should be put into operation for training for your particular event. In all cases, the athlete must be physically fit for racing and for a few weeks he should concentrate on jogging steadily on grass, which is kinder to the legs and system generally than cinders. Exercises must be indulged in so that the muscular system is able to stand up to the full demands made on it by racing.

It is advisable to learn a little of the mechanical working of the muscles which are called upon to give of their utmost during fast work. The long muscles of the abdominal region and loins, the abductor and adductors of the legs, the soleus and gastrocnemius muscles of the lower leg, and the sinews of the feet all need particular attention. The aim is flexibility coupled with quick reflex action and therefore I recommend plenty of abdominal exercising, body bending and stretching, plenty of ankle work, etc.

Balance and poise should be aimed at in addition to suppleness.

There are plenty of good text-books on Swedish Exercises which will do nicely to help obtain this end.

Having got through the jogging stage, it is then time to commence striding practice. This gives length to the stride and should bring one gradually on to the toes (very essential) for short-distance runners.

From this stage of the proceedings it is advisable to commence "striding" coupled with some short bursts of speed, chiefly carried out on the "straight" of the track. During the striding, particular attention should be paid to correct style in action. A feeling of relaxation should be felt from the waist upwards, and practice should be continued until this has been achieved. In bend striding the outer leg should be carried slightly round and forward over the inner leg and a slight lean should be affected towards the axis of the bend. The bend of the "track" should be the economical part of the track and athletes should learn to use it in such a manner so that effort is conserved there. Therefore, one should lengthen the stride a little and slow the tempo of movement. This is advisable in all manner of track racing. (Rule: Never race on bends.) Getting a little nearer to technique we can get down to some improving of our speed. We can assume that stamina has been improved meanwhile.

The writer finds that striding 300 yards (for sprinters), coupled with two bursts of speed of about 20 or 30 yards at first, good training for such development. This is in a general kind of way only.

It will be realised that specialised treatment is needed for each race. Therefore, for 100 yards race we must, in addition to the above, do some short and rapid speed work over from 30 to 50 yards, later doing 50 fast, then slower to 75 and finish with a fast run through the worsted. Training is really a series of additional works, but never train by continually running the full distance at full speed. This is a great mistake. An essential and contributory factor to good sprinting is the high arm action, which must also be straight and short in its distance of travel.

The head position is important. It must never be thrown back, otherwise the tension along the front abdominal line will bring up the knees like a funeral horse's legs, and as a result your stride is considerably shortened and a considerable amount of effort wasted. In all distances up to and including the 440 yards a fast "getaway" is vital, so for this I append a few notes on this part of the game.
Sprint Starting Position.

Depends entirely upon the build of the person. The position may be anywhere between the old orthodox and the bullet position.

Hands on line; weight well forward to the extent of being in a position that the sprinter is nearly overbalancing forward.

The back should be level, i.e., parallel with the ground.

The head should be dropped and eyes looking towards the feet.

The trailing leg to be relaxed and ready to lift on hearing the gun.

On hearing the shot the leading leg and body should immediately straighten out and come into line at an angle of 45 deg. relative to the ground.

At the same time the arm on the opposite side to the trailing leg should be raised and ready to strike simultaneously with the trailing leg, which should be lifted by bringing up the knee, ready to

slam down for the first step. The first step should be very short and rapid, the subsequent steps shall increase in length gradually until the running position is assumed. The actual running position will not be achieved until about 12 to 15 yards have been covered. The toes of the sprinter on his mark, shall be slightly turned inwards.

A common fault with many of our best sprinters is found in that they position the leading leg too far forward; the result is that the body moves upwards and over the knee before the forward momentum of the body is obtained.

Another fault is that a terrific forward thrust is made by pressure of the trailing leg on to the foot in the rear hole, thus creating an initial swerve, which must ultimately be corrected.

Further faults are common, such as a massive stride out from the holes; jumping from the holes, heads taut and all shoulder muscles under strain; these should be relaxed.

The position of the hands is a factor which contributes largely to a successful start. The hands should be placed on the ground parallel with the shoulders, arms straight in order to give height to the forward portion of the body. Thumbs should be on the inside and the fingers spread out.

In a straight sprint there should be no body swerve, otherwise the athlete will run a zig-zag course, which is not, after all, the shortest distance between two points. As a final word, please try to analyse your efforts and find out what is wrong; then rectify the faults.

It is better, too, for two or three athletes to train together for the same distance and get to the track for this purpose promptly so that the schedule will not be interfered with. Relay racing needs plenty of practice, and team members should get together often for this purpose. That baton needs to pass very slickly at top speed. This is an artist's job and demands a lot of careful working out.

The foregoing remarks, I hope, may be of interest, although no actual detail per individual has been proffered.

It must follow that one must digress a little owing to certain individual requirements.

ATHLETIC INJURIES

By C. R. WOODARD, Accident Officer, The Middlesex Hospital, W.1

I have been asked to write a summary of the talks on athletic injuries that I gave last winter in Belgrave Hall. Although there was a very poor attendance, I know that all athletes are justifiably worried as to what they should do to get the best advice if they are unfortunate enough to sustain injury, and the purpose of this article is not only to make this clear, but to point out some of the risks that are taken if such injuries are neglected.

Firstly, it is essential to see a specialist at once, unless, of course, you prefer to spend months of doubt as to how severe the injury is. In a great hospital such as my own there are facilities for investigating such injuries, and no doubt is left as to the type or severity of them. If you appreciated how easily and how often mistakes are made, you would never rely on anybody but an expert; wrong treatment not only leads to months of delay, but may mean you never take an active part in athletics again.

This hospital, for one, is open night and day and is always prepared to see anyone. After five o'clock in the evening it is not possible to make any specialised investigations, however.

British athletes are renowned for their blind trust in unqualified "quacks." They do not realise that, for every success, such a man has a hundred failures. We see them in places like this, and if any of you had seen one in a hundred of other people's mistakes that we have seen in the last six months, you would be appalled. I do not say that we make no mistakes, but we have heaps of facilities to reduce our mistakes to an absolute minimum.

There are certain principles of treatment of athletic injuries and, although as I have said previously, you must see a specialist at once, no matter how trivial the injury, the first-aid treatment of many common injuries is vitally important.

The bugbear of athletic injuries is rest. The old idea of resting strains and partial tears of muscles is wrong. They must be exercised at once. The guiding principle is not rest, but work. A well-known athlete, 12 months ago, pulled a muscle in his thigh and was told to rest. He was unable to run again that season as a result of this advice because his muscles went so stiff. He was getting back into training for this season, when he tore it again. I immediately treated him and got him back on the track within two hours, running perfectly. He has since won several races and suffers no recurrence of the trouble. That demonstrates how different the results of the right treatment can be from the wrong. I might add that a full report of this case is being given to the official medical journals, because the treatment is revolutionary and promises to be outstandingly successful. The principle of rest for such injuries is wrong, for rest leads to fibrosis and contractions; the muscle tone is lost. Whereas active exercise enables the rest of the affected muscle to take over, and the increased circulation removes the swelling and bruising caused by the tear.

All sprains, whether of ankles, knees or wrists, should be strapped at once and actively used. In the case of ankles, the strapping should extend from toes to below knee and completely cover the heel. Then only a minimum amount of swelling occurs. There should be no massage for at least a week.

There are two other athletic injuries which are often wrongly treated and misdiagnosed. Firstly, the broken bone in the foot. This is a far commoner injury than people suppose. In the cold spell at the beginning of this year, while training over the country, not racing, at least six well-known athletes, including two internationals, broke bones in their feet. If treated correctly there is no reason why any one of these men shouldn't be back to form within two months. Treated wrongly, with failure to realise that the bone is broken, and only X-ray can confirm this, the athlete may never run again. But six such cases have been seen by us. I wonder how many more there were, and how many still remain unrecognised.

The other common injury that I want to mention is bruising of the sole of the foot, due to hard ground and tracks. An athlete may

find the soles of his feet painful for months on end. It is simply due to bruising, and can be immediately relieved by wearing spongy rubber soles, in both ordinary shoes and running shoes. No harm can be done by drawing attention to other types of injury. Everyone has heard of a torn cartilage of the knee. There are not more than a handful of surgeons in this country who could make a certain diagnosis of this injury in any case and get it right every time. And yet most sportsmen and athletes, if they sustain a torn cartilage, or other injury of the knee, allow their knees to be massaged and manipulated by a masseur! He can never be certain to any degree whatsoever of what he is dealing with, and often has never even heard of a torn cartilage, torn ligaments, loose ligaments, or loose bodies, just to mention four conditions which may occur in the knee, and all of which require different treatment. He remains unaware of the enormous harm he can do to the knee if he encourages a man to go on playing or running with a torn cartilage in the knee. A torn cartilage has to come out, and only a surgeon can take it out. A torn ligament, on the other hand, responds to non-surgical treatment, but why be in any doubt as to which injury you have sustained?

Some people have sustained a torn cartilage in the knee, gone on using it, set up an arthritis in the knee, and for the rest of their lives had trouble with it. All this because they never saw a surgeon, who could have told them at the first that they must have it out. Recently a first-class athlete tore his cartilage, playing rugby football. It was taken out, and within three months he won the two sprints in an inter-university meeting. He is an Olympic hope. There is no reason to suppose he will have any further trouble with his knee. If he had not received expert advice he might still be doing the knee harm by trying to play with the torn cartilage. Many first-class athletes have done so in the past and have ruined themselves.

I had hoped by now to have started an advisory clinic for athletes after working hours in the evenings, but I have met a great deal of opposition from old buffins all the way along the line, so I cannot yet say the idea has materialised. However, perhaps it will have done so by the time you see this.

But if you want advice, and at the same time realise how you are helping to collect data and knowledge on such injuries, come and see us at this hospital, and we will give you all the help we can.

WINTER FIXTURES. 1947-1948.

- Oct. 4. (H) Club 3 miles Run and 5 miles Road Walk Handicaps.
 11. (H) Training Run and Walk. Club A.G.M. at 4.30 p.m.
 18. (H) "B" Team v. Old Croydonians H. at Sanderstead.
 (H) 3 miles Run and 3 miles Walk for Unattached Novices
 and Belg.
 25. (H) Club 5 miles C.C. run with sealed handicap.
 Highgate Harriers Open 7 miles Walk.
- Nov. 1. (H) Run v. Oxford University and Mitcham A.C.
 8. South of Thames "Junior" C.C. race at Dartford.
 Enfield A.C. Open 7 miles Walk.
 15. (H) "B" Team v. Old Croydonians H. and Walton A.C.
 22. Run v. Aylesford Paper Mills S.C. at Aylesford.
 29. (H) Club Open 7 miles Walk (No accommodation for
 runners).
 Run v. Thames Valley H. and Eastleigh A.C. at
 Craford.
 "B" Team v. Ealing H. at Perivale.
- Dec. 6. Surrey County Youths C.C. race at Cheam.
 (H) Training run.
 13. (H) Club 7 miles C.C. Championship with sealed h'cap.
 20. (H) Club 5 miles Junior C.C. Championship with sealed
 handicap.
 26. Club Track meeting at Tooting. Handicaps, 100 yards.
 2 miles Run and 3 miles Walk.
 27. (H) Training run.
- Jan. 3. Surrey County Senior and Junior C.C. Championships
 at Coulsdon.
 10. (H) Training Run.
 17. Inter-Counties C.C. Championship at Horsham.
 (H) Training Run.
 24. (H) Club 10 miles C.C. Championship with sealed handicap.
 31. "B" Team v. Walton A.C. at Esher.
- Feb. 7. (H) Run v. Aylesford Paper Mills S.C.
 14. South of Thames C.C. Championship at Cheam.
 21. (H) Training Run with Thames Valley H.
 28. Southern Counties Senior and Junior C.C. Champion-
 ship at Aylesford.
- Mar. 6. (H) Training Run.
 13. English Senior, Junior and Youths' C.C. Champion-
 ships at Sheffield.
 20. (H) Club 5 miles Road Race with sealed handicap.
 27. T.V.H. Road Relay Race at Cranford.
- Apr. 3. Cambridge H. Road Relay Race at Bexley.
 10. London-Brighton Road Relay Race (start at Mitcham).
 17. (H) Training Walk.
 24. (H) Club 20 miles Walk Championship with sealed handi-
 cap.

(Walking Fixtures from Syd. Roberts.)