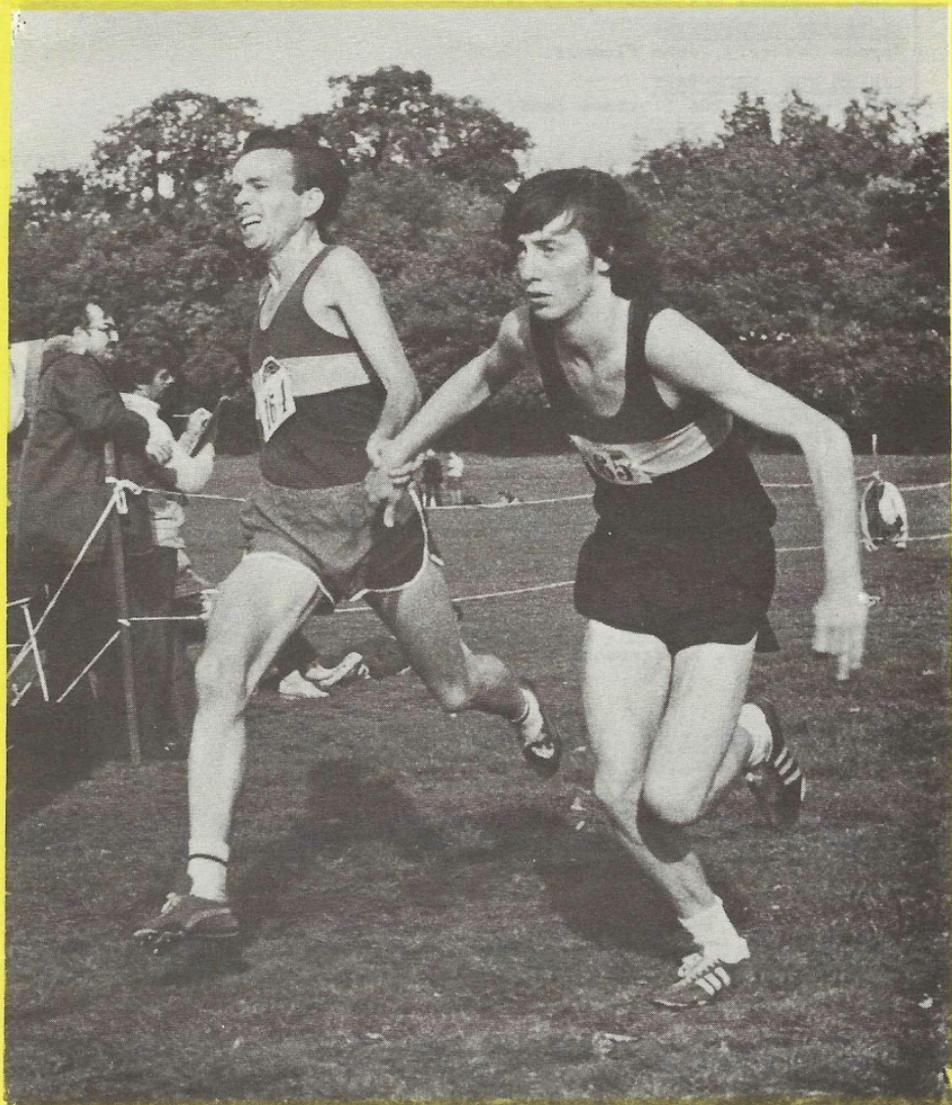


THE DECEMBER 1976
BELGRAVIAN



the official gazette of belgrave harriers •

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THE BELGRAVIAN

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Time for a World Championships ?

So, another Olympic year fades away. There are of course many international meetings before the world's best athletes meet again in Moscow in 1980 but for those at their prime now four years is too long to wait, the chance to be global champion might be gone for ever.

It has also always seemed unfair that so many talented athletes never get the chance to compete in the premier meeting. Take the American 400 metre men for example. Most years that nation produces as many top performers as the rest of the world put together yet when it comes to the Olympics three will be allowed to compete and only then when they have undergone the ordeal of peaking on a given day for their national trials. A similar situation exists for British distance men and East German women in the 400 metres but an almost unknown Pacific island may enter a competitor who is not even up to club standard.

Alright, so this in itself is one of the great things about the Olympic Games, the bringing together of youth from all over the world to take part in a festival of sporting endeavour; but it does not bring together all the finest athletes of the day to do battle until a champion emerges.

The Games themselves have become bloated. It is now beyond the reach of the smaller nations to promote them in the manner to which we have become accustomed in recent history, but as the Olympics get larger we find that most amateur of athletic events - walking - being excluded.

Is it not time then that a World Athletic Championships Meeting was instigated, preferably to be held every two years. Athletes eligible to compete would be all those who had achieved a qualifying standard (higher than the Olympic Qualifying Mark) during, say, a six month period ending one month

.... continued on page 4.

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Front page: James Rimmer hands over to Adrian Cook in the Surrey AC cross country relay.

Back page: Ernest Obeng from Anum, Ghana, had an outstanding first season with Belgrave Harriers with 12 wins out of 12 races in the league, 5th in the A.A.A. 100m final, victor in the G.L.C. 100m and 200m, Club Champion over the same distances and twice equalling our Club Record for the 100m. photos by Alan Mead

TIME FOR A WORLD CHAMPIONSHIPS ? (continued from page 3.)

before the event. There would be no restriction on the number of competitors from any one nation in any event so long as they had attained the standard. Although the total number of athletes taking part might be more than those who go to the Olympics, with just the one sport involved most of the major cities in the world could stage the meeting at existing stadiums. Gone would be the requirement for vast complexes of living accommodation and huge showpiece stadiums that would rarely be filled again.

A full athletic programme with the exception of relays should take place at this meeting but with additional events of 3,000 metre run and 10,000 metre walk for women and 20km, 50km, even 100km walks for men. Need it be added that flag raising and national anthems would have no part to play.

This two yearly championship need not put too great a strain on the fixture list of major meetings. If it were held on the years preceding the Olympics and the years after, this would still leave a regular blank season in which the Commonwealth and European Games could be held - but perhaps with a regular world meet they should be dropped. Rotation would then be as follows:- Olympics/World/ - /World/Olympics/World/ - / etc.

All this may seem to be a rather radical view of how things could be in the athletic world but is it so impossible? What do you think?

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Work off that turkey and Christmas pud at Battersea Park on Sunday 26th December at the

BOXING DAY HANDICAPS

Entries on the day. Meeting commences at 11 a.m. with the 100 metres heats.

Events: 100 metres and Shot Putt for men, 100 metres for ladies, 3,000 metre walk for all-comers. Prizes for the first three in each event.

Obeng, Seatter and Deegan star at A. A. A.

AUGUST 13th/14th 1976 - CRYSTAL PALACE.

Thin on the ground as usual in the A.A.A. Championships, we were nevertheless treated to three fine performances by Belgrave athletes.

On the Friday night Ernest Obeng was at his scintillating best in the 100 metres. Drawn in the first heat, he lined up alongside the Olympic 200 metre champion Don Quarrie of Jamaica and as the runners burst from their blocks Ernie's pick-up seemed the best and for a while he appeared to be shading Quarrie. It was neck and neck through to the tape with the heat result: 1st Quarrie 10.69, 2nd Obeng 10.70. Just 1/100th of a second in it! The following wind was +2.3m/s. (For record purposes a following wind should not exceed 2.0 metres per second). Jim Evans in heat three did not look comfortable under the severe pressure of a A.A.A. heat and clocked 11.13 for 5th.

Could Ernie run as well in the final? Quarrie now showed the field what an Olympic Champion is made of as he won by a clear 2 metres without being pressed. The fight for the other medals was nowhere near as clear cut as the next six runners, with our man in the thick of them, crossed the finish line within 15/100ths. When the judges sorted them out Ernest was 5th only centimetres from a medal and again equalling the Club Record but this time without a helpful breeze.

1. Quarrie (Jamaica) 10.42; 2. Wells (Edinburgh S) 10.62; 3. McFarlane (Vic. Pk) 10.69; 4. Bennett (Birchfield) 10.69; 5. Obeng (Belgrave) 10.71; 6. Roberts (Cardiff) 10.75; 7. Bonsor (Wolverhampton) 10.77; 8. Monk (Leicester) 10.96 (+0.2m/s).

The 3,000 metre walk on Saturday gave Belgravians the chance to voice their support again. Adams of Leicester seemed to have the race sewn up when he was disqualified, leaving the way clear for Ilford's Roger Mills. But plugging away in a most determined fashion was our New Zealander Graham Seatter. Graham came home to a fine second place to gain our only A.A.A. medal. Richard Tanner had gone out fast at the start but paid for it later when John Hall swept past him. For a while there was some confusion over the times with Seatter being given 12:30.1 according to the electronic score-board but this was apparently caused by Mills strolling back and forth across the recording equipment in his pleasure at winning.

1. Mills (Ilford) 12:22.6; 2. Seatter (Belgrave) 13:01.4; 3. Carter (S'end) 13:06.0; 4. Dobson (S'end) 13:13.2; 5. J.Hall (Belgrave) 13:17.4; 6. Buchanan (B & H) 13:23.6; 7. Tanner (Belgrave) 13:45.0; 8. M.Scammell (Newham/Belgrave) 14:06.0.

For most of the Belgrave spectators, with Obeng's 200 metre heat (5th in 21.78), that was the lot as far as our competitors were concerned. How were they to know that Gerard Deegan, racing to 4th place in the 5,000 metres and wearing the strip of Eire, was a fully paid up first claim member. Gerard ran steadily throughout the race near the front of the pack but when Brendan Foster opened up with 600 metres to go, stringing out Rose and Spedding behind him, it seemed that the Irishman had no hope of a medal. As the finishing straight was reached, however, Spedding began to struggle. Deegan closed rapidly and it seemed he might do it after all. But no, he crossed the line two metres adrift of third place and our medal tally remained at one. Nevertheless, his time removed just over 3 seconds from the Club Record set by Geoff North on the same track in 1969.

1. Foster (Gateshead) 13:33.0; 2. Rose (Bristol) 13:37.0; 3. Spedding (Gateshead) 13:40.2; 4. Deegan (Waterford/Belgrave) 13:41.2.

Our President

Reg. Hopkins



It was sixteen years ago that Reg Hopkins decided that he ought to get fit and started jogging at Battersea Park track. It was not long before he was presented with an application form and became a member of Belgrave Harriers.

Reg was soon involved in Club activities and became well known for his help on the social side of the Club, mainly when it involved youngsters. After two years he became an active member of the Committee and it was apparent even then that his interest centred mainly on the younger side of the Club.

Reg took over the office of Junior Hon. Secretary when, sadly, Jack Hampshire died and he remained with the job for ten years. It was ten years of very hard work and self sacrifice, dealing with all age groups from 11 to 20 years.

He can boast of running the first ever Colts in cross country races in this country. Now of course it is the accepted thing.

He can record many successes, amongst them:

- Boys Surrey Cross Country Champions
- Youth Surrey Cross Country Champions
- 2nd team in Southern Youth Cross Country Champs.
- 5th team in National Youth Cross Country Champs.

Probably his proudest moment was when Belgrave took the first five places in the Surrey Boys Cross Country Championship. In those days we were almost spoilt with the success of our younger athletes over the country and on the track.

These successes came from dedication by Reg who earned the complete loyalty of the boys and his well known words at the end of a race, "Well done lads," were always appreciated.

One of the most time consuming activities for Reg were his training week-ends for the boys, usually at camp sites at Hastings or Bognor. These trips were a regular feature in the summer programme resulting in the tremendous team spirit that brought success.

The "Belgravian" records many of Reggie's reports, usually taking three pages of excellent reading. He organised the very popular Belgrave Open Youths Relay for eight consecutive years.

It was two years ago that Reg found it impossible to continue to give the time necessary as Junior Hon. Secretary, as his full time job as Youth leader demanded even more time, and Reggie's mammoth ten years had come to an end.

It seems impossible that over the years Reg managed to find the time to coach his own son to become a very high standard athlete who, like his father, is a glutton for work covering as many events during a meeting as possible for the Club. Reg is a familiar face to the coaching world at Crystal Palace and is greatly respected there for his work with young athletes.

We are very proud of our President Reg Hopkins who has nurtured Rule 4 of Belgrave Harriers:

"The object of the club shall be the encouragement of amateur athletics."

Bill Couzens

FROM THE PRESIDENT

Dear Belgravians,

I would like to thank all those members who voted me into the office of Club President, you will never know what a great honour I consider it to be.

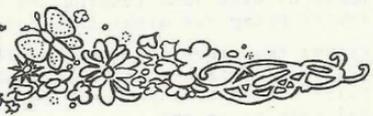
It is a positive fact in the athletic world that Belgrave is held in highest esteem. Our history in all fields has assured us of this distinction. Another highly prized quality that we have is our ability to maintain those traditions that we developed from our early beginnings and yet still have the flexibility to look to the future and apply change when necessary in a changing world.

This balance of change with stability is not easy or always possible but we in Belgrave are fortunate that one of our traditions is to bring forth from our membership officers and committee who can look to the needs of the Club. They manage to give their time and dedication, consider the past and the future and make decisions that allow Belgrave to maintain its proud position in athletics, continuing to show good example to other clubs in the 70's and the future.

As President I would ask that all members both young and old, male and female support them in this honourable task and so maintain the traditions that make Belgrave unique.

Reg. Hopkins

grapevine



- Congratulations to Bill Lucas who was recently elected President of the Insurances Athletic Association. And may we take this opportunity to thank Bill on behalf of all members for his marvellous 25 year stint as the Club's running handicapper.
- Sixty-five members turned up for the A.G.M. in September, amongst them Charlie Speechley who will soon be 80 years old. Charlie had made the two hour journey to Wimbledon from his Eastcote home to attend, changing buses and trains several times. When the meeting was over at around 10pm he was quite prepared to walk down the hill to the station and set off on that two hour journey again. What a keen Club man he is.
- We are sorry to learn that Mrs. Savage has been indisposed with sciatica, fortunately she is making headway.
- Frank Webb tells us that Bill is in good shape and continues to make progress.
- News on the chess scene is that Pete Hardwick and Keith Duckett were still trying to settle last winter's championship in October. After months of trying to arrange a time and place for the final they got together and drew. Meanwhile the 1976/77 competition is getting under way. Put your name on the list in Belgrave Hall if you wish to take part.
Late news: Peter Hardwick - 1975/76 winner.
- A recent welcome visitor was Stan Davies, a good team man in his active days and a great club man. He is now settled in at his new home in Suffolk, near Haverhill.
- Handicap prizes for Club events have been increased in value from this winter - £3, £2 and £1.
- Eric Hall is now back in London - for the working week anyway, his home still being in Norfolk. Tom Morrell has settled down in Norfolk and is a keen bowls player.
- Bill Ashford is back in Britain again although his job entails travelling. It was good to have him at the finish of the Three Miles Handicap with the familiar recording board - an invaluable member of our hard working band of officials.
- The '5 $\frac{3}{4}$ ' gave our new handicapper 'Boofer' Bruce his first chance to manipulate the field and although the first two handicap times were well clear of the rest it was interesting to note that the next 17 were all grouped within one minute with a further 12 in the following minute. Road and Cross Country Secretary Gordon Biscoe was impressed with the statistics but not so impressed as he wrestled with the post-race arithmetic, allowing the Hon. Handicapper - who competed - to take a shower.
- Who says you can't teach an old dog new tricks! Bert East, who we are sure will not mind us revealing that he is now 73, regularly competes in walking races but just recently taught himself to swim and can now cover three or four widths of the baths.
- Army man Mel Ford sends his regards to all who remember him. He has not been competing much lately but after a mere four weeks training got down to 56.8 for the 400 metre hurdles late this summer.

■ Congratulations to Fred Denny on becoming a Grade I Walking Judge, so that in addition to judging Club, Police and Opens Fred can now officiate at National Championships.

■ A letter from the London Borough of Merton arrived in mid-Olympics appealing for help towards training expenses for four Merton based competitors. Talk about help being too little and too late!

■ Peter Hardwick makes the news again. The 'Grapevine' compilers couldn't help being impressed by his new gold shorts with claret edging (regulation issue from Bernard Merry's Clothing Emporium.) It seems that Peter's previous pair, an indescribable shade of battleship grey, became too grim for even him to wear, so he took them to the launderette. That was the last time they were seen for the washing machine broke down under the strain and Brian Gorman, always one to spread the gossip, reports that Merton Council were called in to unblock the drains.

■ While enjoying an after run 'cuppa' John Baker was overheard reminiscing about his best ever run in our Yacht Handicap: "I can't quite remember now whether it was 18:34 in 1959 or 19:59 in 1834."

ED. LACEY

On Sunday, November 14th 1976 Ed. Lacey, one of the Nation's leading sports photographers, died in a road accident near his home in Surrey. He was 55.

Ed. was 27 when he joined Belgrave Harriers in February 1948 and was soon enjoying his running amongst the back half of the field in our cross country and road races over distances of up to 10 miles. He competed in the South of the Thames Junior Race, recorded a best of 35:22 in the '54' and even ventured onto the track to gain 3rd place in a 600 yard handicap.

He had served with the Royal Air Force during the war and was trained in tele-communications, and continued in this line of work with Cable & Wireless Ltd. until the mid-60's when he took the plunge and became a freelance photographer. He had been taking outstanding photographs of athletics for some years but his real breakthrough came at Tokyo in 1964 when a couple of superb shots enabled him to cover his entire trip to the Olympic Games and he came home with all the equipment he required. From then on he went from strength to strength and sports journals and newspapers carried his work the world over.

Ed. had a remarkable flair for catching the drama of athletics in his pictures - the Bob Beamon long jump at Mexico City - the shot of Bedford and Puttemans in the Munich 10,000 metres where one cannot help feeling one is sharing the track with the subjects. Ed. was at the top of his career and earlier this year Kodak honoured him with an exhibition of his work.

He was always a keen Club man. The 'Belgravian' has been fortunate in being graced with hundreds of his photographs over the years. Ever eager to oblige, a phone call to him from the Editor saying, "One of our chaps is competing in the big meeting this weekend," would invariably result in a sheaf of full plate photo's arriving on Monday morning.

He became a real personality in the athletic world. With his long white hair and cheery face his figure was as well known as any international competitor's, and always, even in the middle of the most hectic afternoon's work, he would still manage to find time to chat with his club-mates or indeed anyone who was working out there in the arena near him.

Nine Belgravians and wives attended the service at Randalls Park Crematorium, Leatherhead, and there were wreaths from practically all the national newspapers, Kodak, Nikon Cameras..... such was the regard with which he was held.

All our deepest sympathy goes to his widow Kathleen and family.

HON. SEC'S. REPORT

FOR 1975-76.....

Mr. President, Ladies and Gentlemen,

May I present my report for the year 1975/6, this being the 89th year of Belgrave Harriers.

The year has been a momentous one from Belgrave's point of view with many major decisions being made and implemented.

Last year's A.G.M. left the Committee with a mandate for a referendum of Club members to seek their views concerning a Ladies Section. The result being a three to one vote in favour. So from July 1st 1976 Belgrave became a mixed club with affiliation to the main Women's Associations. The recruitment to this section has been promising with about 35 members at present. We are delighted that Win Shepherd has volunteered to be our first Women's Secretary while it is in its embryo state; her experience and knowledge to advise and assist will be to our advantage.

We extended a friendly hand to Selsonia Ladies A.C. with a view to a merger but our advances were refused.

The formation of a Ladies Section has created pressures on the Officers of the Committee for fresh thinking and ideas. The main problem being the ladies changing accommodation within the confines of Belgrave Hall; this will necessitate a major re-building of the interior of Belgrave Hall. It is hoped to start this work later in the year. Our sincere thanks must go to Arthur Bruce for his great work on the design and plans, also to Bill Laws for his preparation and presentation to the Sports Council of our claim for a grant to finance the improvements. The success of this application was one of the highlights of the year.

During the past year we have been saddened by the news of the death of Past President W. Bayliss who held the office of General Hon. Secretary for many years - a truly great Belgravian - and past members 'Champ' Smith and Denis Logan who were both Past Presidents of the Vets A.C.

We are pleased to see Bill Webb fully recovered from his serious illness.

Turning to the competitive fields, we did not lay claim to any major team titles, but there were many fine individual performances by Club members spread throughout the various sections and age groups.

The Club year started with the Cross Country season, where the re-building of team spirit with pack training has led to improving results, with Gordon Biscoe and his men working hard carrying the burden of past history. There cannot be many clubs who can field 50 competitors in a Club race. Without doubt the quality will come from the quantity in the end. The season ended with our first sponsored Belgrave-Haig Road Relay, sponsored by John Haig subsidiary of the Distillers Co. Congratulations to Gordon Biscoe and Charlie Manning for work in this event.

The mild winter terminated with the news that John Bicourt had been invited to spend six weeks high altitude training with the Polish Olympic team in Mexico, subject to him finding the finance for his fares. It was agreed on Committee that we would underwrite the cost by £250. The great fund raiser Charlie Manning set about picking a pocket or two to obtain this amount ably assisted by Ron Wyld's boys 50 x 1 mile sponsored run; the target was reached.

Later in the season John Bicourt provided us with food for thought when getting within two tenths of the British Record for the steeplechase in

Stockholm. He later gained selection for the Olympic Games but his earlier form did not return; he merits our sincere congratulations for keeping Belgrave's name in the International field.

As stated earlier, performances were more individual than team. On the track, new-comer Ernest Obeng must rank as the "find of the year"; undefeated in 12 Southern League races, and equalling the Club record when finishing 5th in the A.A.A. 100 metres final, only 2/100ths second from a place. Paul Whitby broke the Club 110 metre hurdle record with 15.6.

Belgrave finished 7th in the Southern League Division I. We lost the matches by a few points but we have several promising new-comers to our track and field team and without doubt we could be pressing for a place in the National League. Our congratulations and thanks must go to Bill Couzens and Alan Mead who combine the jobs of selection and competition as Field Secretary and Track Captain respectively.

Through the younger echelon some fine athletes are appearing. In the Youths, Mark Shippen, who gained the British Age 15 Pole Vault Record with 3.90m when competing in the Youths Inter-counties, representing Surrey, and next equalled it when winning the A.A.A. Youths title. Two other fine prospects, Steve Samson and Mark Lindsay-Bailey both broke the Club Youth High Jump Record with Lindsay-Bailey finishing the holder with 1.85m. These three young men have all competed for the Club in the Southern League with distinction.

The outstanding Boy is John Fernee who won the Surrey Schools 400 metres and later finished 3rd in the Southern Boys 400 metres. In the Colts Matthew Cannon shows tremendous promise in all events.

The enthusiasm of the young athletes is a joy to watch. The numbers have grown so quickly that more help is needed in this quarter and I personally would like to thank Brian Pritchard for taking over as Young Athletes Secretary when the previous secretary resigned in mid-term.

The Walking Section finished 3rd club overall in the R.W.A. Championships but it was not till the last championship, the 50km, that we gained a place - 2nd. The highlight of the team was winning the London - Brighton team race. How do you congratulate our Walking Hon. Secretary Carl Lawton? He won every Club Championship from 3,000 metres to 50 kilometres, every Surrey County title from 3,000 metres to 20 miles, 3rd Southern A.A.A. 3,000 and 10,000 metres, 3rd C.A.U. 10,000 metres, 3rd A.A.A. 10,000 metres, failed by 17 seconds to get into the 20kms team for the Olympics and finished by getting 2nd R.W.A. 50kms and being selected for Great Britain in the first 50km World Team Championship in Sweden. Shaun Maxwell retained the A.A.A. Youth Walk Championship and now has come South; he will strengthen the team. We welcome another recruit in the New Zealand Junior Champion Graham Seatter who gained 2nd place in the A.A.A. 3,000 metres. He will be staying several years.

So much for the performances which are recorded in greater detail in the greatest club magazine "The Belgravian" - so well written, typed and edited by Alan Mead.

May I record my personal thanks to our President Bill Couzens, who during the year has worked like ten men. Just look at his record: Social Secretary organising three dances, one river boat shuffle, two jumble sales (raising approximately £700 for club funds), Field Events Secretary, helping on the coaching of the young athletes who have joined during the past year, and his total involvement as "The President" which meant steering the formation of the Ladies Section.

To finish on a personal note, I would like to sincerely thank all those officials in the "engine room" who do all the work but only receive a vote of thanks for their efforts and help, especially over the period June/July when my family problems were so acute.

My last words are: get involved in all aspects and we as a Club will get to the top again; mistakes, put down to experience."

Ray Hall, September '76

Institute of Athletic Cheats

FINAL EXAMINATION

Chief Examiner: Cecil Gittins, I.O.C., B.A.A.B.

Note: Any candidate found not cribbing or in any way acting dishonestly will be failed.

The person who submits the most amusing and original answer paper will be awarded a T-shirt with the words 'Belgrave Cheat of the Year - 1977'.

Entries close January 31st 1977 and are restricted to Belgrave Harriers only. The decision of the Chief Examiner is final.

1. Consider the advantages and disadvantages of using assumed names in competition. Do disguises aid in any way?
2. What should you be doing when the judges are not watching? How do you know they are not watching?
3. What is the application of forgery in athletics? (consider entry forms, birth certificates etc.)
4. You are offered a bribe as an athletic judge to fiddle the result of a race.
 - a) How do you accept the bribe without anyone knowing?
 - b) How do you do what is required without anyone realising? (any answers will be welcomed by the Chief Examiner).
7. You want to put your opponents at a disadvantage. How do you put them off? What do you say? What do you get your friends among the spectators to shout?
2. Give as many examples as you can to show how to bend the rules.
36. You have been caught out flagrantly violating the rules and are liable to disqualification by an honest judge. What can you do?
37. What use can be made of wrong apparatus? (Wrong weight implements, spring loaded starting blocks, too low hurdles).
39. You have read "AAA Rules for Competition" and realise that by staying within these rules you can use them to your advantage. Give examples of how this is possible. (Barrack room lawyers are recommended to answer this).
39. You are about to start a race over 1 mile. How do you cut corners so as to run 1,500 metres?
40. Compare a "Fair Start" with a "False Start". How is one made to seem like the other?
105. What influence does the sight of the prize table have on your actual performance?
35. You have been eliminated in the heats. How do you win the final?
5. List drugs which improve performance but which will not be detected in medical tests.

Send your answer paper to The Institute of Athletic Cheats, 17 High Ashton, Kingston Hill, Kingston upon Thames, Surrey KT2 7QL.

WALKING

How do I start this report? We have had such success during these past few months, I really don't know how.

The attitude and atmosphere in the walking section can only be described as electric. Our juniors are the National Champions and, although biased, I feel that has been the highlight of events so far. But examine the results and see how many events and honours Belgrave teams and individuals have won. See how the youngsters and the womens sections are forming thanks to the efforts of Joe Wilson.

Much of the individual success has gone to the Kiwi, Graham 'call me Seats' Seatter who, in the space of three months, has ranked himself amongst Britain's best, including our own Carl. Although he may one day go back to New Zealand, I hope it isn't for years, because he could become the new key to future Belgrave success. As for Carl Lawton, well, let him tell you about the World Championship in Sweden. But at least he got there and let us consider his remarkable record this season; National 50K - 2nd; National 20K - 4th; National 20 mile - 4th. Those performances ranked him top competitor last season in national competitions according to the Racewalking Record, and deservedly so.

Ron Day, Dave King, John Morris, John Keown and Bob Picton saw to it that Belgrave retained that London to Brighton trophy. Ron became Belgrave champion at his first attempt at this 54 mile race and did particularly well on his melons and accolade. It's these boys that show the walking world the depth and consistency of the club.

Shaun Maxwell as National Youth champion and record holder has 'walked' (sorry!) straight into our senior team and I am looking to him to lead next years juniors to national success.

Forces are now beginning to re-appear at the hall these days to the extent that on occasions we have had three separate training groups. Nigel Morris, John Dunsford and Stuart Bennett are now expressing their wishes to form a greater part in the team, hence the extra training (and the national trophy). Gerry Sexton is always there on a Monday night and I also hear that the other half of the 'Denmark Duo' Mick Sexton is in training for the Belgrave Open '7', that's the spirit.

It is good that our top ladies Anna Matthews and Jane Pritchard are using the hall also, but I would warn Jane against serving behind the counter with the chief tea-maid Brian Gorman - he's dodgy!!

So things are looking up these days down Denmark Road and I would advise all walkers to make the effort and get down on a Tuesday or a Thursday for whatever training they wish. You need us and we need you this winter. Richard Tanner

JULY 24th 1976 - PARLIAMENT HILL.

3Km: 5.J.Dunsford Jnr. 14:25; 6.T.Thorogood 14:31; 7.S.Sharpe 14:35. 5Km: 3.R.Tanner 23:55; 7.R.Middleton 24:45; 10.R.Picton 26:14. 10Km. 1.C.Lawton 47:43; 5.J.Hall 50:07. Under 16 2Km: 11.P.Clay 11:23; 13.J.Searle 12:03.

Teams: 1.Brighton & Hove 132pts; 2.Belgrave H. 119pts; 3.Ilford 107pts.

JULY 31st 1976 - BROCKWELL PARK - LAMBETH WALKING FESTIVAL.

10Km: 1.R.Mills (Ilford) 45:01; 2.C.Lawton 45:30; 11.J.Hall 48:05; 13.R.Tanner 38:25; 26.N.Morris 51:59; 27.S.Sharp 52:09; 28.D.Fotheringham 52:14; 32.J.Dunsford 53:19; 40.S.Bennett 54:16; 52.J.Keown 56:56;

Teams: 1.Enfield 21pts; 2.Ilford 21pts; 3.Belgrave H. 22pts.

Youths 5Km: 2.S.Maxwell 24:36. Girls under 17 5Km: 3.A.Matthews 28:31. Girls under 15 3Km: 10.J.Pritchard 19:10.

AUGUST 1st 1976 - ALDERSHOT - SOUTHERN INTER COUNTIES JUNIOR.

Junior 3Km: 'A'. 2.S.Bennett 14:53; 'B'. 1.T.Thorogood 14:45; 2.J.Dunsford 14:59;
Youth 2Km: 'A'. 3.P.Clay 11:30; 'B'. 2.J.Searle 11:36

AUGUST 6th 1976 - EDINBURGH - COCA COLA MEETING.

1.B.Duda (Poland) 6:06(world best); 2.R.Mills (Ilford) 6:10.4; 3.G.Seatter 6:35;
 4.C.Lawton 6:35.

AUGUST 7th 1976 - VICTORIA PARK - SOUTHERN AREA 20KM.

1.C.Lawton 93:30; 2.S.Maidment (Steypning) 95:34; 3.M.Greasley (Sheffield) 96:03;
 5.G.Seatter 96:30; 11.J.Hall 101:32; 12.R.Tanner 101.46; 22.D.Fotheringham 108:43;
 27.R.Picton 111:50; 31.J.Moullin 112:54;

Teams: 1.Belgrave H. 26pts; 2.Ilford 28pts; 3.Steyning 35pts.

AUGUST 14th 1976 - HASTINGS TO BRIGHTON.

1.P.Selby (S.W.C.) 5:43; 4.C.Lawton 6:01; D.King 6:45.

AUGUST 17th 1976 - ENFIELD OPEN 10KM.

1.G.Seatter 45:27; 3.J.Hall 47.58; 8.J.Dunsford 51:18 11.D.Fotheringham 52:14.

Teams: 1.Belgrave H. 19pts; 2.Enfield 19pts.

AUGUST 18th 1976 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING.

3Km: 1.G.Seatter 12:41.8; 2.C.Lawton 13:00.8; 5.J.Hall 13:31.

 * * *



Whilst our mens' team was not at its best at Luton on October 30th, our girls made up for it. Highly placed in the 5km walk were (left to right) Anna Matthews 3rd/31:00, Wendy Dunsford 6th/35:22 and Diane Cook 5th/33:39; with Jane Pritchard (right) first home in the under 15 2.5km group and Barbara Dunsford (not in picture) 5th.

photo by Alan Mead

AUGUST 28th 1976 - ENFIELD 20KM.

1.A.Seddon (Enfield) 92:56; 2.G.Seatter 94:03; 3.C.Lawton 95:50; 10.R.Tanner 100:46; 15.R.Day 107:44; R.Middleton 108:10; J.Morris 116:23.

Teams: 1. Enfield 16pts; 2.Belgrave H. 26pts; 3.Ilford 40pts.

Womens 5Km: 4.A.Matthews 30:09; Girls under 15: 5.J.Pritchard 16:55

Cliffhanger (Brighton style)

SEPTEMBER 4th 1976 - LONDON TO BRIGHTON WALK.

With only one of last year's winning team available we thought we would be hard put to win this year's event. However, the entry was not as big as it might have been and this was reflected in team strengths. Five of the 47 starters were Belgravians.

At the "Swan and Sugar Loaf" our lads had settled down and were beginning to take nourishment. A little way down the road at about 15 miles Dave King and Ron Day were together and later on came John Morris, John Keown and Bob Picton, all going well. A quick tally showed Surrey WC to be ahead of us. On to Bolney (39 miles) and first of ours through was Dave who gave us a cheery wave and a smile - he obviously felt good. In his wake was Ron, later the other three, walking determinedly. Surrey led us by 28 points to 33. As timekeeper at this point I had to see the field through and make myself heard above the roar of the coastbound traffic!

When I got on the road again it wasn't until about three miles from the finish that the first Belgravian came into view. Bob, with a Surrey man between himself and John K. Later we passed John M with that last glorious mile to go. At the finish a quick look at the finishing list showed Ron to be 9th and Dave 11th. They had both "hammered" it over the last miles to gain valuable points. What can we say of Ron Day, from novice to Club Champion in eighteen months.

Now for the team race; John Morris soon arrived, and with three men in for each club we had a one point advantage. A group of eager Belgravians including the President anxiously awaited the next arrivals and soon a smiling John Keown turned into the finish. We had chalked up another win, but wait! Another Belgrave vest comes tearing down the finish, Bob Picton must have really moved over the last miles to catch the fourth Surrey man and add relish to our win. Dave collected his seventh winning team medal to equal George Beecham's tally.

Bill Couzens presented Club Championship medals to our first three, all gained standard medals, Ron gaining a first class.

Nobody can walk a "Brighton" without the services of an attendant and our team was helped on its way by Carl and Barbara together with Dave's wife. Richard Tanner and Graham Seatter were in a "mini" and Tim Thorogood and Steve Sharp on cycles.

9. R.Day 9:13:44; 11. D.King 9:17:47; 16. J.Morris 9:35:11; 19. J.Keown 9:46:03; 20. R.Picton 9:47:00.

Team: 1. Belgrave H 30pts; 2. Surrey WC 33pts.

'Doub'

SEPTEMBER 5th 1976 - BRIGHTON - 10KM. TRACK.

1.G.Seatter 46:48.6; 2.C.Lawton 48:49.0; 5.J.Hall 49:20.0; 7.T.Thorogood 52:33.0.

SEPTEMBER 11th 1976 - HIGHAMS PARK - SOUTHERN AREA JUNIOR/YOUTH/BOYS CHAMPS.

Junior 10Km: 1.R.Tanner 50:02; 2.L.Dordoy (Ilford) 50:54; 3.N.Stone (Newham) 53:08; 4.T.Thorogood 53:41; 7.S.Sharp 54:39; 8.J.Dunsford 58:16

Teams: 1.Belgrave H. 2.Essex Police.

3Km: 18.G.Sexton 19:48.

THE TWO MILE RECORD

The only British Record held by a Belgravian was taken from us recently when Brian Adams of Leicester scorched to a 2 mile walk time of 12:52.6, taking 9.8 seconds from the mark set by Stan Vickers at the White City in 1960.

What a year 1960 was for our walkers. With Stan and Eric Hall leading the way Belgrave took the National '10', '20' and R.W.A. 50kms, and our two stalwarts crowned a magnificent season by placing 3rd and 10th respectively in the Rome Olympic 20 kilometre walk.

However, for pure excitement the race of the year must have been that marvellous duel between Stan Vickers and Ken Matthews (Royal Sutton Coldfield) for the A.A.A. 2 mile walk championship. Stan had taken the Southern race in 13:30.4 on June 25th - a personal best at that time - and then four days later improved to 13:26.4 at Battersea in a match versus the Stock Exchange. On July 2nd he defeated Matthews at Peterborough, equalling George Lerner's British Record dating from 1904, with 13:11.4.

Then came the A.A.A. Champs on July 16th; Matthews was now in great form, smarting from his previous defeat and eager to settle the score. With the gun Matthews tore into the lead and completed the first lap in 92 seconds with Vickers clinging to him like a leech, and breaking clear of the field they continued in this fashion to the mile mark reached in 6½ minutes. The Belgravian refused to let his opponent get away and tremendous excitement built up in the stadium, excitement no longer confined just to the walking fraternity as these two athletes were locked together in their struggle.

At the bell the crowd roared their encouragement and as the walkers entered the back straight for the last time Matthews seemed to hesitate just fractionally. In a flash Stan was past him with a vicious sprint and pouring on the effort round the final bend came home to take the title in the record time of 13:02.4, 7.2 seconds ahead of his rival and timed over that last lap in 90.4.

SEPTEMBER 12th 1976 - SOUTHEAD 5.

1.A.Seddon (Enfield) 35:26; 2.C.Lawton 35:49; 3.P.Marlow 35:51; 8.R.Tanner 38:44; 15.S.Maxwell 40:58; 23.D.Fotheringham 42:06

Teams: 1.Southend 29pts. 2.Ilford 37pts. 3.Belgrave H. 40pts.

SEPTEMBER 18th 1976 - STEYNING.

Junior/Youth 6Km: 1.G.Seatter; 2. G.Morris; 4.R.Tanner; 6.T.Thorogood; 8.J.Dunsford; 10.N.Morris.

Teams: 1.Belgrave H. 2.Steyning. 3.Essex Police.

OCTOBER 2nd 1976 - WIMBLEDON.

1.G.Scott (MPAA) 37:52; 2.J.Hall 38:05; 3.P.Hodkinson (MPWC) 38:41; 5.R.Middleton 40:28; 6.J.Dunsford Jr. 40:30; 7.R.Day 41:47; 8.N.Morris 41:48; 9.D.Fotheringham 42:07; 10.R.McMullen 42:36; 11.J.Dunsford Snr. 42:50; 12.J.Bromley 44:55; 14.J.Keown 45:53; 15.J.Morris 46:13; 17.T.Cook 47:38; 20.A.East 56:57;

Handicap: 1.R.Middleton 40:28 (2:30) 37:58; 2. J.Dunsford Jr. 40:30 (2:30) 38:00; 3. J.Hall 38:05 (Scratch) 38:05.

Teams: 1. Belgrave H. 38pts; 2. M.P.W.C. 40pts;

★ ★ ★

Opposite: Belgrave's leading lady on the walking scene - seventeen year old Anna Matthews, seen here in action at Luton in the 5km event. photo by Alan Mead



OCTOBER 2nd 1976 - WIMBLEDON - BOYS/GIRLS/WOMEN 2 MILES YACHT HANDICAP.

1.P.Morris 19:37 (0:45) 20:23; 2.G.Sexton 19:39 (1:00) 20:49; 3.R.Dorman 16:58 (4:00) 20:58; 4.A. Matthews 18:45 (2:30) 21:15; 5. S.Sethi 18:51 (2:30) 21.21; 6.K.O'Sullivan 20:23 (1:00) 21:23; 7.J.Pritchard 19:50 (1:45) 21:35; 8.P.Porter 20.10 (2:00) 22:10; 9.B.Dunsford 22:41 (00) 22:41; 10.D.Cook 20:42 (2:45) 23.27; 11.W.Dunsford 23:05 (1:30) 24:35; 12.S.Pritchard 25:11 (0:15) 25:26.

Hat trick for Carl with team prizes to boot

OCTOBER 9th 1976 - CHIPPENHAM TO CALNE 6 MILES OPEN ROAD WALK.

The ancient and historic Wiltshire towns of Chippenham and Calne are separated by six miles of road and every October sees the classic open walk between them. Belgrave has supported this event for a number of years and past winners include the late Harry Churcher, Stan Vickers and more recently Carl Lawton; and a win or two in the team race.

This year's event was a good one for us, although shortly after the start Graham Seatter came under the judges ban. At half way Carl and his old rival Shaun Lightman were in the lead, and on a long steady climb Carl pulled away and increased his lead to win comfortably - his third in a row. Soon to arrive was John Hall in 7th place, obviously back on his best form. But then Steyning A.C. vests began to appear and at one stage had three men in to our two. The team result was soon settled however with the arrival of Richard Tanner, who now walks with the authority of a seasoned competitor, closely followed by Shaun Maxwell to show us what a great addition he is going to be to our teams. Our other men showed our West Country friends a sample of the backing up that our team gets.

The prize presentations took place in the new Sports Centre at Calne. We had won the team race convincingly, and when the handicap team race was announced it turned out to be Belgrave again. John Hall's efforts brought him fifth individual handicap prize.

The locals always appreciate the help they get from London and this popular fixture is always a 'must' for Jack and Joan Goswell who look after the results, ably assisted by Harry Shields who also judges. Percy Wright also judges and makes the trip from Southampton. It was good to see Joun Moullin, unfortunately persistent back trouble has kept him off the road.

'Grapevine' will, I hope, forgive me for mentioning John Dunsford. A year ago he was seriously ill after an operation, and now he is clocking 54:09 for a good six miles course. What a capacity Belgravians have for recovery!

1. C.Lawton 44:21; 2. S.Lightman (Met) 44:53; 3. D.Cotton (Holl) 44:58; 7. J.Hall 46:12; 12. R.Tanner 47:02; 14. S.Maxwell 47:18; 23. R.Middleton 49:23; 40. R.Picton 51:40; 53. J.Dunsford, Jnr. 52:55; 64. J.Dunsford, Snr. 54:09. 130 started.

Teams: 1. Belgrave H 22pts; 2. Steyning 40pts; 3. Halesowen 49pts. G.S.D.

WELCOME TO THE FOLLOWING NEW MEMBERS

Phillip A. Porter
James J. Preston
Jack. R. Baker
Michael J. Earp
Michael S. Gomm
Robert Jones
Mark I. Kingman
Richard K. Kingman
Larry McLean
Bryan G. Tanner
Richard Taylor
Julie F. Moore

Thomas Cook
Katherine S. O'Sullivan
Anne M. Slattery
Andrew J. Beagley
Suzanne Beagley
Edward R. Critch
Edward W. Davies
John L. Edwards
Barry S. Freeborn
Barbara J. Lawton
Gwen Couzens
/oss S. Martin

John F. Abberton
Christopher Hopkirk
Richard Hughes
Karen S. Lunniss
Joan H. Samuels
Karen Norris
Gary J. Oriss
Joseph Camelia
Barry J. Hossin
Ricardo Koza
Ray Bannerman

continued at foot of next page

JUNIORS BECOME NATIONAL CHAMPS.

OCTOBER 16th 1976 - SHEFFIELD - R.W.A. UNDER 21 NATIONAL CHAMPIONSHIP.

The national championship held on 16th October 1976 at Norton, Sheffield must be recorded as the finest ever - and we won it. With seven men finishing the course in under 47 minutes, the senior grade 1 national 10 kilometre standard, and 16 men under 50 minutes, the grade 1 junior standard, the competition was ferocious. Not only did we win, we won easily, with individual honours deservedly going to Graham Seatter. Graham set the championship record over this new distance of 10 kilometres (previously 5 miles) in winning his first race as a Bels team member and broke 45 minutes, something which no British junior (under 21) has ever done. This New Zealand bred British immigrant took the lead after an explosive first kilo and from that point he was never seriously challenged. He said afterwards to me "At least I have proved to myself that I am not a head case in these big ones, I must admit I was beginning to wonder". He had no idea what was going on behind him and he doesn't know what he missed, as from about 60 starters only 6 failed to finish.

The junior squad had trained specifically for 4 weeks on the track at Wimbledon Park to improve their speed with the aim of winning this race and it paid off. John Dunsford, Nigel Morris and myself all set personal best times and that in itself is quite amazing. John knows the score in these races but Nigel did incredibly well during the training period and, of course, in the race. He was our fourth man home and didn't win himself a medal but I would like to express the teams gratitude for his efforts, and here's hoping that he brings the team home next year. Stephen Bennett turned up out of the blue after recent injuries and he too did us proud, although I understand his injury problems are not over yet.

Sheffield United Harriers have won the team championship title on two previous occasions in the past three years and on their home ground they were out to do it again. At the halfway stage they looked very much the favourites and even our keenest fans, Gerry Sexton and Carl Lawton had their doubts. But we were confident of a victory weeks ago and we had no intentions of going all the way to Sheffield just for second place. We had put in the work during those weeks and it began to show in the later part of the race when the opposition faded. Our confidence was slightly dampened by the non-appearance of Tim Thorgood and Steve Sharpe but in the end it turned out to be their loss and not ours. This victory goes to prove that if you want something badly enough you must take it as long as the effort and hard work has been put in. After gaining two bronze and one silver medal on previous occasions I can only express my personal thanks to the team members who helped me to win gold in my last year as a junior and hope that next year's team will do just as well, if not better.

Shaun Maxwell walked to a fine 2nd place in the Youth's 5Km. and it was good to see a full team of Boys in action in the 3Km. race.

As captain I really believe that this is just the beginning for the Bels. I hope to see a good winter's training put in and I am quite sure that our next victory must be the senior R.W.A. 10 miles National Championships.

Richard Tanner

Junior 10Km: 1.G.Seatter 44:59; 2.C.Harvey (Lancs.) 45:13; 3.D.Cotton (Holloway) 45:54; 8.R.Tanner 47:28; 17.J.Dunsford 50:24; 22.N.Morris 51:50; 32.S.Bennett 53:30.

Teams: 1. Belgrave H. 18pts; 2. Sheffield 23pts; 3. Leicester 43pts.

Youth 5Km: 2.S.Maxwell 23:38.

Boys 3Km: 34.P.Clay 17:11; 38.S.Sethi 17:20; 41.R.Porter 17:30; 45.J.Searle 17:40; 56.G.Sexton 18:26.

New members continued....
Desmond A. Bullock
Stephen A. Hancock
Graeme J. Martin

Martin Worth
Clare M. Babbs
Jacqui Baker
Martin Lambeth

David Orriss
Michael R. Riley
Janseen Sethi
Stephen R. Williams

WALKING '76

compiled by
Carl Lawton

2Km:

R. Dorman	10:15
*A. Matthews	11:14
P. Clay	11:22
J. Searle	11:36
*D. Cook	11:46
*J. Pritchard	12:00
* O'Sullivan	12:25
G. Sexton	12:44

3Km:

C. Lawton	12:41.2
G. Seatter	12:41.4
S. Maxwell	13:05.8
J. Hall	13:17
M. Scamell	13:23
R. Tanner	13:34
J. Dunsford Jnr.	14:17
T. Thorogood	14:27
N. Morris	14:37
R. Day	14:38
S. Sharp	14:45
S. Bennett	14:53
D. Fotheringham	14:56
M. Yates	15:16
R. Picton	15:25
D. King	15:47
R. Dorman	15:59
J. Bromley	16:11
J. Dunsford Snr.	16:42
P. Clay	17:11
S. Sethi	17:20
P. Porter	17:30
P. Duncan	17:35
T. Cook	17:38
J. Searle	17:40
J. Plummer	17:50
C. Gittins	18:14
G. Sexton	18:26
*J. Pritchard	18:52
A. East	19:27
P. Sexton	21:16
M. Peart	24:28

5Km:

C. Lawton	21:39.8
G. Seatter	21:43
J. Hall	23:00.8
S. Maxwell	23:10.8
R. Tanner	23:13
M. Scamell	23:17
T. Thorogood	24:07
J. Dunsford Jnr.	24:20.8
R. Day	24:38
R. Middleton	24:45
M. Yates	25:26
S. Bennett	25:33
N. Morris	25:41
R. Picton	26:14
*A. Matthews	28:31
J. Dunsford Snr.	28:40
*W. Dunsford	34.45

10Km:

C. Lawton	44:50.2
G. Seatter	44:59
R. Tanner	47:28
J. Hall	57:58
R. Middleton	48:20
J. Dunsford Jnr.	50:24
T. Thorogood	51:13.2
N. Morris	51:50
S. Sharp	52:09
D. Fotheringham	52:13
R. Day	52:14
S. Bennett	53:39
D. McMullen	53:44
J. Bromley	55:58
J. Keown	56:56
J. Morris	57.10

* = Girls

20Km:

C. Lawton	92:15
G. Seatter	94:03
R. Tanner	100:46
J. Hall	101:32
R. Middleton	105:01
R. Day	107:44
D. Fotheringham	108:43
R. Picton	111:50
J. Moullin	112.54
J. Morris	116:23
J. Keown	117:03

50Km:

C. Lawton	4:26
R. Middleton	4:53:40
R. Picton	5:23:20
D. King	5:35.24
J. Keown	5:45:32



Jane Pritchard (S) won the under 15 2.5km walk at Luton on October 30th in 15:08.

ROAD AND COUNTRY

BRACKNELL '5'

1. K.Tesh (Portsmouth) 23:55; 15. G.North 25:07 (1st Vet); 19. L.O'Hara 25:22 (2nd Vet); 31. J.Jackson 26:12; 37. C.Pearson 26:37; 52. T.Oehr 24:14; 59. P.Hardwick 27:26; 65. S.Masterson 27:37; 78. H.Satchell 28:06; 87. S. Holmes 28:15; 99. S.Williamson 28:44; 117. V.Butcher 29:36; 138. J.Plummer 30:36; 173. R.Langheim 39:51. 190 started. 174 finished.

Teams: 1. Windsor 25; 2. Aldershot 28; 3. London Irish 45; 4. Belgrave 'A' 65; 14. Belgrave 'B' 148; 22. Belgrave 'C' 230; 34. Belgrave 'D' 354. 43 teams closed in.

SEPTEMBER 4th 1976 - BLENHEIM PARK - WITNEY '12'.

1. J.Mouat (Hillingdon) 62:02; 9. W.Weller 64:31; 13. G.North 65:07; 23. P.O'Connor 66:38; 46. C.Pearson 70:41; 48. S.Masterson 71:17; 116. E.Thorp 83:09; 150 started 128 finished.

SEPTEMBER 11th 1976 - WOKING - SURREY COUNTY ROAD RELAY CHAMPIONSHIP.

A Team: P.O'Connor 14:31; J.Rimmer 15:01; W.Kerr 16:22; S.Masterson 15:36; W.Laws 16:52; S.Parrett 16:12. B Team: P.North 17:03; E.Thorp 16:54; C.Henn 17:54; V.Butcher 16:12; B.Taylor 16:30; K.Sinclair 19:23.

Teams: 1. South London H 85:36; 2. Walton AC 87:41; 3. Hercules Wimbledon 89:39; 5. Belgrave H 'A' 94:34; 13. Belgrave H 'B' 103:56.

EGGING THEM ON!



SEPTEMBER 11th 1976 - WINDSOR - POLY. "GOLDENLAY" MARATHON.

How could I miss the opportunity for such a title for an event sponsored by Goldenlay, who sell eggs in a big way. The 62nd Poly Marathon, traditionally Windsor to London (Stamford Bridge, White City and finally Chiswick stadiums) was held on Saturday 11th September on much less busy roads in the Windsor area, starting as usual at the Castle and finishing on the track at Windsor.

Three Belgravians lined up with over 120 others to be sent on their way by 1948 Olympic 400m Champion, Arthur Wint, now High Commissioner for Jamaica. Shades of the old wartime combination of Belgrave-Poly track team who used to provide opposition to Services teams etc. The first seven miles were inside the Park - no traffic problems here, then no to a well organised course along Berkshire lanes and back to Windsor to finish with $1\frac{3}{4}$ laps of the track.

Jon Jackson was a creditable 23rd, he had hoped for something better, however 2:38:27 isn't bad going and if he can keep clear of injury a faster time could be his. Paul Pringle, just home from holiday in Yugoslavia (where he enjoyed a daily run) was 49th in 2:56:25, and hoping to do a steady ten miles the following day. Our other man, George Piddington, was 86th in 3:24:02. He wasn't too comfortable but kept going in his dogged fashion.

On the official side the Chief Judge was Les Cohen. Yes, the $1\frac{3}{4}$ laps were run in lanes.

'Doub'

1975~76 POINTS COMPETITION ☆☆

The 1975/76 Cross Country and Road Running Points Competition resulted in a comfortable win for Pat O'Connor with 63 points, with Colin Pearson scoring second highest at 57 but ineligible for a prize after his previous season's win. No fewer than 98 runners took part in the races designated as "Points Races" - just imagine that lot turning out in one go - imagine sixteen teams in the Walton Relay for instance.

1. P.O'Connor	63	33. C.Gillett	19	=64. D.Jardine	9
C.Pearson	(57)	=34. A.Black	18	=64. T.Staff	9
= 2. B.Gorman	56	=34. W.Laws	18	=64. J.Dooley	9
= 2. E.Thorp	56	=34. R.Cullum	18	=69. H.Satchell	8
4. P.Hardwick	53	37. C.Shippen	17	=69. D.Reilly	8
5. J.Stow	47	=38. C.Lawton	16	=69. P.Pringle	8
= 6. C.Henn	44	=38. N.Kirmatzis	16	=69. S.Masterson	8
= 6. L.Mann	44	=38. J.Plummer	16	=73. P.Wrench	7
8. S.Williamson	42	=38. S.Lloyd	16	=73. P.North	7
9. L.O'Hara	41	=42. A.Stroud	15	=75. R.Langheim	6
10. D.Maughan	39	=42. V.Butcher	15	=75. D.Gordon	6
=11. J.Jackson	38	=42. J.Davies	15	=77. J.Martin	5
=11. A.Mead	38	45. J.Middleton	14	=77. S.Martin	5
=11. W.Weller	38	=46. G.Collins	13	=77. S.Barrett	5
14. L.Coy	37	=46. D.Searle	13	=77. J.Flynn	5
15. W.Kerr	36	=46. A.Fairclough	13	=77. R.Smith	5
=16. G.Piddington	35	=46. J.Wasbrough	13	=77. S.Holmes	5
=16. R.Coombs	35	=51. D.Davies	12	=83. B.Merry	4
=18. K.Duckett	32	=51. R.Piotrowski	12	=83. R.Hopkins	4
=18. M.Manning	32	=51. S.Sharp	12	=83. W.Matthews	4
20. P.Gardner	30	=51. B.Taylor	12	=83. J.Heathfield	4
=21. A.Bruce	26	=55. D.Bonsor	11	=83. D.Bailey	4
=21. M.Best	26	=55. D.McMillan	11	=83. D.Crookes	4
23. B.Marnion	25	=55. R.Richardson	11	=83. T.Hart	4
24. J.Dudman	24	=58. D.Richards	10	=90. P.Batchelor	3
25. J.Bicourt	23	=58. C.Dabbs	10	=90. P.Gee	3
=26. P.Staples	21	=58. C.Manning	10	=90. D.McLean	3
=26. J.Stratton	21	=58. G.Pearson	10	=90. N.Greaves	3
=26. D.Jones	21	=58. R.Danpure	10	=90. C.Brooks	3
=26. G.North	21	=58. K.Stimpson	10	=90. R.Linstead	3
=26. John Baker	21	=64. A.Cook	9	=90. A.Manning	3
32. L.Morris	20	=64. B.Campbell	9	=90. E.Young	3

HARRIERS HARRASS HOUSEBREAKERS

A recent Thursday night training session became rather more exciting than normal when the pack ended up chasing two burglars.

At the four mile point and returning along Wimbledon Park Road our runners saw two men hastily emerge from a front garden. Nothing too suspicious at this stage but when an alarm bell was heard and the front door of a darkened house seen gaping open, thoughts began to stir even in the numbed minds of those who had been "hanging on." Jogging back to a side turning along which the suspects had gone, they were spotted running for all they were worth towards their parked car.

A shout of "After them!" and a dozen harriers were off in hot pursuit. Unfortunately, by the time they were reached, they were safe and sound in their vehicle and despite the attempts of Howard Satchell and Alan Mead to smash the car windows, with engine racing the intruders made off.

Paul Roche now urgently knocked on the door of a nearby house and persuaded the occupants that the twelve men jogging up and down in the front garden were not escaped lunatics but really did want to dial "999".

To date the police have had no luck in tracing the burglars in spite of car number, descriptions, and so on, but there is no doubt that those villains must have had the fright of their lives.

Four in a row for Stow

SEPTEMBER 18th 1976 - WIMBLEDON - AUTUMN 5 $\frac{3}{4}$ MILES ROAD RACE.

There was a heartening turn-out of 47 for the autumn '5 $\frac{3}{4}$ ' road race and with five in action at Crawley, another five at Reading, plus the 19 youngsters, there were no fewer than 76 Bels competing on the roads on the opening day of the winter season.

The loss of men to the two 'away fixtures' meant that John Stow, keeping well away from peak fitness at this early stage of the season, had an effort-less win by over two minutes to take his score up to four consecutive wins around this course. Leo Coy and Doug. Brew both made welcome appearances and must have been surprised by their forward placings. Cross-country captain Colin Pearson finished a battered fourth, suffering from an ear infection, tooth extraction and blisters after what was intended to be a casual run; but what red-blooded Belgravian could deny the challenge of seeing Brian Gorman in his sights as the finish was neared.

Further back in the pack Paul Roche showed promise of good things to come, only six months after joining the Club. Howard Satchell continued his come-back of all come-backs and a hirsute John Dudman seemed to have lost little of his form after taking time off to visit Australia.

Possibly the best run came from Simon Williamson. His 32:08 was only a few seconds down on his March run when everyone is reckoned to be considerably faster and this gained him third handicap prize behind the racing Piddington and Geoff Pearson.

It must be a long time since the victor of any of our races was seen in the kitchen washing up tea cups after the event. Well done John Stow!

1. J.Stow 29:09; 2. D.Brew 31:17; 3. L.Coy 31:27; 4. C.Pearson 31:42; 5. B. Gorman 31:44; 6. S.Williamson 32:08; 7. D.Maughan 32:14; 8. S.Barrett 32:24; 9. P.Roche 32:30; 10. J.Dudman 32:45; 11. H.Satchell 33:02; 12. S.Holmes 33:14; 13. V.Butcher 33:47; 14. R.Coombs 33:58; 15. W.Laws 34:01; 16. A.Bruce 34:17; 17. B.Taylor 34:18; 18. Jack Baker 34:37; 19. E.Thorp 34:46; 20. D. Searle 34:56; 21. D.Jones 34:57; 22. M.Best 35:13; 23. G.Piddington 35:33; 24. K.Duckett 35:37; 25. S.Williams 35:41; 26. P.North 35:44; 27. C.Henn 36:03; 28. D.Baines 36:05; 29. D.Crookes 36:15; 30. B.Merry 36:23; 31. T.Dowdall 36:39; 32. A.Stroud 37:01; 33. G.Pearson 37:10; 34. J.Carr 37:36; 35. Hughes 37:57; 36. G.Collins 38:07; 37. J.McDonald 38:20; 38. D.Gordon 39:07; 39. B.Marmion 39:13; 40. A.Mead 39:21; 41. C.Manning 39:48; 42. John Baker 40:35; 43. D.Davies 41:01; 44. R.Glover 43:07; 45. R.Langheim 45:19; 46. J.Morris 47:39; 47. J.Camelia 48:06.

Handicap: 1. G.Piddington (8:45) 26:48; 2. G.Pearson (10:00) 27:10; 3. S. Williamson (4:00) 28:08.

And what of our men competing elsewhere? Well, at Reading the Bels picked up a handy 3rd team place in the Police 10 miles road race with 52 points behind R.A.F. Lyneham 23 points and Aldershot 31 points. The R.A.F. provided the individual winner with S. Jones 49:21 but Bill Weller came home to a good 2nd in 50:47 to beat the Aldershot men Woods and Downing. Pat O'Connor 52:33 and Lionel Mann 53:10 completed our scoring team in 9th and 17th places. Just one week after the Poly. Marathon (in which he moved up to 2nd in the Club Marathon Champ.) Jon Jackson still had enough in his legs to record 54:44 for 24th and Stuart Masterson, improving all the time these days, placed 32nd in a PB of 55:27.

The Southern Veterans' 10 miles Road Championship was held at Crawley and here it was Belgrave all the way. After a steady run, taking in the Sussex scenery, Gerry North and Laurie O'Hara ran in together for equal first in 52:55 (they tossed a coin to decide who should take first prize) and with Pat Newell 6th in 56:24 the team race was well stitched up with 8 points for the Bels to Havering's 26 and Thames Valley's 47. Chas. Walker was 42nd and Bill Kerr 60th of the 125 starters.

Competing in a 25 kilometre race at Winschoten, Holland, G. Piddington (Engeland) placed 25th in 1 hour 43 minutes and 16 seconds. The only other British competitor was winner Chris Stewart.

Flooding of the track at Wimbledon Park caused Hercules Wimbledon's ten mile road race to be cut to 9½ miles but even allowing for this, there were some worthy times from the Belgrave contingent.

Track man Jamie Stevenson ran well in the Walton Road Relay only to find that his team's next man off, Captain Colin Pearson, was nowhere to be seen. Apparently he had been "caught short" about a mile from the take-over. After a few minutes of confusion with Belgravians disappearing in all directions to avoid an extra run, Lionel Mann who had already started the 'A' team filled the breach and completed another circuit in his track suit to keep the 'B' team in the race.

SEPTEMBER 25th 1976 - WALTON ON THAMES - WALTON ROAD RELAY.

A Team: L.Mann (7) 16:05; J.Rimmer (8) 16:25; W.Weller (5) 15:57; D.Brew (8) 17:08; L.O'Hara (7) 16:05; J.Stow (7) 15:42. B Team: S.Williamson (20) 17:36; J.Stevenson (17) 17:29; L.Mann (24) 20:47; S.Masterson (20) 17:21; H.Satchell (19) 17:42; B.Gorman (22) 17:36. C Team: B.Taylor (27) 18:29; Jack Baker (29) 19:36; S.Holmes (22) 17:28; E.Thorp (24) 18:59; C.Henn (24) 18:59; D.Jones (26) 19:21. D Team: A.Mead (33) 20:46; B.Marmion (32) 21:59; J.Washbrough (30) 19:01; C.Pearson (29) 17:09; John Baker 22:45.

Teams: 1. South London H 94:21; 2. Aldershot, Farnham & D 95:14; 3. Croydon H 95:43; 7. Belgrave H 'A' 97:23; 22. Belgrave H 'B'; 26. Belgrave H 'C'.

OCTOBER 2nd 1976 - WIMBLEDON - HERCULES WIMBLEDON 10 MILE ROAD RACE.

1. K.Penny (Camb H) 44:46; 2. S.Jones (RAF Lyneham) 44:53; D.Faircloth (Croydon) 45:54; 10. W.Weller 47:39; 20. L.Mann 48:40; 28. C.Pearson 50:10; 62. S.Masterson 52:30; 64. D.Brew 52:33; 114. E.Thorp 56:30; 124. D.Searle 57:44; 132. G.Piddington 58:52; 153 finished.

Teams: 1. Croydon H 38pts; 2. Windsor, Slough & Eton 41pts; 3. RAF Lyneham 44pts; 5. Belgrave H 'A' 58pts; 19. Belgrave H 'B' 240pts.



Our Honorary Treasurer John Baker, that's the one without the hair, takes up the running for the 'B' team in the exalted position of 18th during Surrey AC's cross country relay. Mike Riley, at present unable to represent the Club in the 'A' team whilst undergoing a qualifying period, went on to clock 55:55 in the following day's Walton '10'.

photo by Alan Mead

BLAST FROM THE PAST

OCTOBER 2nd 1976 - WIMBLEDON - YACHT HANDICAP 3 MULE ROAD RACE.

Even with the rival attraction of the nearby Wimbledon '10', there was still a good turn-out for our Yacht '3', Ron Langheim being first away and John Stow following him 5 minutes 40 seconds and 49 runners later. Some fine running gave John the highly respectable time of 14:49 in conditions that were far from ideal and he ended up only 22 seconds from first place.

At the Windmill Brian Marmion had taken the lead and, moving well, thought he would be able to hang on to the finish but as always the middle and back markers begin to work through from here on and by the time the stump of the old elm was reached at the final turn into Southside it was Tony Fairclough all the way. Tony, one of Tom Carter's 'boys' from around 1960, was joined soon after by Howard Satchell, another from the same era to slip through the handicapper's net. But splitting these two was young David Bradford - at 16 years of age turning in a good 16:22.

It was nice to see Dave Cocks in action again and going very well on once a week training, also our President Reg. Hopkins.

Figures below represent the actual times, the handicap allowance and the elapsed time (started when the first runner set out.)

1. A.Fairclough	16:22	(3:45)	20:07	26. Jack Baker..	18:10	(3:00)	21:10
2. D.Bradford..	16:48	(3:25)	20:13	27. D.Jones.....	18:22	(2:50)	21:12
3. H.Satchell..	16:30	(3:45)	20:15	28. D.McMillan..	18:33	(2:40)	21:13
4. J.Rimmer....	15:36	(4:40)	20:16	29. D.Cocks.....	18:39	(2:40)	21:19
5. S.Holmes....	16:11	(4:10)	20:21	30. G.Collins....	19:14	(2:10)	21:24
6. P.Roche.....	17:34	(2:50)	20:24	31. D.Gordon....	19:46	(1:40)	24:26
7. K.Duckett... 17:34		(2:50)	20:24	32. M.Riley.....	16:57	(4:30)	24:27
8. B.Marmion... 18:36		(1:50)	20:26	33. P.Staples... 19:02		(2:30)	21:32
9. J.Stow..... 14:49		(5:40)	20:29	34. J.Plummer... 20:04		(1:30)	21:34
10. L.Coy..... 16:02		(4:30)	20:32	35. John Baker.. 20:17		(1:20)	21:37
11. J.Carr..... 18:53		(1:40)	20:33	36. E.Pallent... 20:20		(1:20)	21:40
12. P.Gardner... 17:07		(3:35)	20:42	37. R.Ballard... 19:03		(2:50)	21:53
13. A.Manning... 18:53		(1:50)	20:43	38. A.Mead..... 19:24		(2:10)	21:54
14. R.Hughes... 18:34		(2:10)	20:44	39. D.Davies.... 19:49		(2:10)	21:59
15. B.Gorman.... 16:35		(4:10)	20:45	40. C.Manning... 20:39		(1:30)	22:09
16. R.Martin.... 19:26		(1:20)	20:46	41. L.Maclean... 19:33		(2:40)	22:13
17. D.Maughan... 16:49		(4:00)	20:49	42. G.Martin.... 19:34		(3:15)	22:49
18. B.Taylor.... 17:24		(3:25)	20:49	43. R.Hopkins Jr 20:00		(2:50)	22:50
19. M.Best..... 18:01		(2:50)	20:51	44. P.Crosbie... 20:01		(2:50)	22:51
20. C.Henn..... 18:11		(2:40)	20:51	45. R.Langheim.. 22:52		(0:00)	22:52
21. P.Hardwick.. 16:51		(4:00)	20:51	46. R.Glover.... 22:29		(1:30)	23:49
22. S.Barrett... 16:55		(4:00)	20:55	47. R.Hopkins Sr 22:40		(1:40)	24:20
23. D.Baines.... 18:25		(2:40)	21:05	48. J.Camilla... 24:40		(0:45)	25:25
24. R.Wyld..... 19:36		(1:30)	21:06	49. S.Crosbie... 22:46		(2:40)	25:26
25. J.McDonald.. 19:48		(1:20)	21:08				

OCTOBER 9th 1976 - PUTNEY VALE - VETERANS' C.C. RACE v V.A.C. v MITCHAM A.C

1. E.Nolan (V.A.C.) 27:22; 2. B.Gorman 27:31; 8. R.Coombs 29:41; 9. Jack Baker 29:48; 16. A.Stroud 31:20; 17. C.Henn 31:34; 22. C.Manning 34:10; 23. D.Bullock 34:20; 24. J.Plummer 34:35; 26. John Baker 35:02; 35. J.Morris 49:47

Teams: 1. Vets A.C. 37pts; 2. Belgrave H 74pts; 3. Mitcham AC 94pts.

OCTOBER 16th 1976 - RICHMOND PARK - SURREY A.C. CROSS COUNTRY RELAY.

A Team: C.Pearson (12) 16:58; P.O'Connor (9) 16:40; J.Rimmer (9) 16:28; A. Cook (9) 17:24; D.Brew (10) 17:35; P.Gardner (11) 18:04. B Team: M.Riley (18) 17:13; John Baker (29) 22:38; C.Henn (27) 20:09; P.Staples (27) 20:25; P.Hardwick (25) 18:20; D.Davies (25) 20:40.

1. Brighton & Hove 92:46; 2. Aldershot, Farnham & Dist. 93:14; 3. London Irish 94:03; 11. Belgrave 'A' 103:09; 25. Belgrave 'B' 119:25.

NEVER MIND THE QUALITY.....

OCTOBER 17th 1976 - WALTON-ON-THAMES - WALTON A.C. 10 MILE ROAD RACE.

Belgrave had the largest contingent by far but without real fire-power could not get anywhere near the prizes in this year's star studded Walton '10'. It was Walton A.C.'s 31st annual 10 mile race and it turned out to be just about the largest 10 mile field that most of those present had ever seen. Nigh on 400 entries had been received and of these around 300 assembled on the back straight of the Stompond Lane track for the start.

With the gun there was much shuffling before the runners could all get moving for the first of the 2½ laps on the track and it did seem a possibility that the leaders might complete their first circuit only to meet up with a wall of runners who had not yet managed to get going. However, all went well and before long the field was strung out along the Walton roadways.

Laurie O'Hara completed a fine 51:48 for 33rd place with Lionel Mann and evergreen Pat Newell closing in the 'A' team. New Zealander Mike Riley ran to an impressive 55:55, just ahead of Stuart Masterson (limbering up for the following week's Unigate Marathon) and Paul Roche in his first '10' got the best of Brian Gorman, much to the latter's chagrin. Presumably we have seen the last of Chas. Walker on the roads as he had been muttering threats before the race about about packing it in if he couldn't beat the hour - we shall see!

Incidentally, the course had been accurately re-measured and this year was a genuine 10 miler, 406 yards longer than last year's event.

1. A.Simmons (Luton) 48:29; 2. B.Ford (AFD) 48:36; 3. B.Plain (Cardiff) 48:50; 33. L.O'Hara 51:48; 41. L.Mann 52:07; 98. P.Newell 55:46; 100. M.Riley 55:55; 102. S.Masterson 56:04; 105. P.Roche 56:13; 110. B.Gorman 56:29; 118. D.Brew 56:57; 147. S.Barrett 58:30; 152. D.Maughan 59:04; 171. E.Thorp 60:18; 181. A.Bruce 60:40; 182. D.Searle 60:42; 188. J.Wasbrough 60:52; 196. C.Walker 61:18; 211. J.Dooley 62:53; 220. R.Coombs 62:27; 221. C.Henn 62:46; 224. K.Duckett 63:31; 240. G.Piddington 65:22; 247. A.Stroud 67:14; 253. A.Mead 68:50; 261. John Baker 71:10; 276 finished.

Teams: 1. Aldershot, Farnham & D 21pts; 2. South London H 53pts; 3. Bristol 71pts; 15. Belgrave 'A' 172pts; 28. Belgrave 'B' 307pts; 34. Belgrave 'C' 375pts; 35 teams closed in.

He was doing his best !

Our sport gives us opportunities to do our best. We do not expect miracles and any Belgravian doing their best always gets our respect and admiration.

Representing your country is a case in point, and in the I.A.A.F. 50 kilometres Walking Championship at Malmo, Sweden, on 18th September, Carl Lawton was on the way to a great performance for his country. Unfortunately something happened at 40 kilometres and suddenly he was on the roadside and out of the race. A subsequent check-up revealed that he was suffering from a complaint not unknown to athletes - a form of anaemia. Fortunately he is on a course of treatment which should soon correct this.

The measure of Carl's performance can be appreciated by his 5 kilometre splits 25:30, 50:18, 1:14:50, 1:39.10, 2:03:55; 2:28:47, 2:54:40 and 3:22:17. At 30Km. he was in front of the two other British competitors and he must have been inside 2:40 for 20 miles - a time few have beaten. He was 32nd at 5Km. and had worked his way up to 19th at 30Km.

Carl has since scored a convincing win in the Chippenham to Calne walk, not to mention beating several of our runners in the North Surrey League Race! so we hope that the best is yet to come.

HOW LOW CAN WE GO!

OCTOBER 23rd 1976 - WIMBLEDON - SURREY CROSS COUNTRY LEAGUE DIVISION ONE.

Last season the Bels ended up in their lowest ever position of 5th overall in the Surrey cross country league division one and the question was asked, "Have we reached our lowest ebb?" This year's opening fixture seems to have provided the answer, for if in our home match we can do no better than 7th and last - over 50 points behind the 6th team - there appears to be little hope that we will remain in the same division for next season. However, again referring to last season, we did once turn out all our top men and came away from that fixture missing first place by a single point. If we can do that again there is still hope.

Still, there is always a bright side to be found. Forty-seven claret and gold vests crossed the finish line and in the two veterans' matches held in conjunction we ended up winners. Simon Williamson, one of our younger runners, did extraordinarily well to place 65th with Paul Roche only two seconds behind him. Another of our juniors coming through nicely now is Peter Gardner whose eye opening 81st nearly caught B. Gorman unawares. Trevor Hart was back in our scoring ten again for the first time in years and suprisingly had enough in reserve to keep Simon Holmes at bay.

1. P.Standing (Walton) 27:13; 2. R.Pitt (Croydon) 27:37; 3. P.Adams (Aldershot F & D) 27:41; 22. J.Stow 29:07; 35. L.Mann 29:52; 40. J.Rimmer 30:09; 43. C.Pearson 30:17; 44. D.Marlowe 30:18; 62. A.Black 31:10; 65. S.Williamson 31:12; 66. P.Roche 31:14; 72. T. Hart 31:31; 74. S.Holmes 31:36; 75. L.Coy 31:42; 80. B.Gorman 31:47; 81. P.Gardner 31:52; 92. P.Newall 32:16; 100. D.Brew 32:37; 106. C.Walker 33:08; 109. C.Lawton 33:14; 113. D.Maughan 33:29; 115. P.Hardwick 33:39; 121. J.Wasbrough 33:51; 126. D.Searle 33:58; 129. R.Coombs 34:06; 134. Jack Baker 34:32; 138. E.Thorp 34:38; 144. B.Taylor 35:15; 145. B.Merry 35:15; 147 K.Duckett 35:33; 151. D.Jones 35:59; 152. M.Best 36:00; 155. C.Henn 36:23; 157. D.Davies 36:26; 158. D.Bonser 36:32; 160. G.Collins 36:51; 161. G.Piddington 36:58; 167. R.Day 37:43; 169. D.Baines 38:03; 170. A.Mead 38:14; 179. D. McMillan 38:44; 180. G.Pearson 38:46; 183. C.Manning 39:26; 184. J.Plummer 39:32; 185. John Baker 39:34; 187. D.Hurd 39:58; 188. D.Gordon 40:06; 190. D.Bullock 40:34; 194. J. Morris 44:02; 195. R.Langheim 47:23; 196 finished.

Teams: 1. Croydon H 210pts; 2. Aldershot, Farnham & Dist. 232pts; 3. Walton AC 328pts; 4. South London H 389pts; 5. Hercules Wimbledon 394pts; 6. Herne Hill H 439pts; 7. Belgrave H 493pts.

Veterans' race held in conjunction (5 to score) 1. Belgrave H 34pts; 2. Blackheath H 38pts; 3. Herne Hill H 48pts. (9 to score) 1. Belgrave H 76pts; 2. Blackheath H 95pts.

NOVEMBER 6th 1976 - EPSOM DOWNS - 'B' MATCH v NATIONAL WESTMINSTER BANK.

1. M.Riley 36:53; 3. P.Gardner 37:37; 4. A.Cook 37:37; 6. P.Hardwick 38:06; 11. L. Morris 39:43; 12. B.Merry 39:48; 13. E.Thorp 40:00; 15. Jack Baker 40:12; 16. K.Duckett 40:18; 17. J.Wasbrough 40:20; 18. A.Stroud 40:42; 19. D.Jones 41:25; 20. C.Henn 41:58; 21. B.Taylor 42:07; 22. D.Davies 42:20; 25. D.McMillan 44:33; 26. J.Heathfield 44:43; 27. B.Marmion 45:32; 28. C.Manning 46:01; 29. John Baker 46:27; 31. N.Archer 46:07.

Teams: 1. Belgrave H 'A' 66pts; 2. National Westminster Bank 78pts; 3. Belgrave H 'B' 171pts.

"STRANGE BUT TRUE" (extracts from the A.A.A. Rules for Competition)

Rule 107 (a) Road races shall be run on roads

Rule 2 (1) In these rules the term "14 years of age" on a given date refers to an athlete whose fourteenth birthday falls on or before the given date, but who has not reached his fifteenth birthday on that date.

Rule 110 (5) County Championships are open to any amateur under AAA laws possessing a County Qualification.

Rule 34 All advertisements; programmes matter shall state that the Meeting or Competition is held "Under AAA Laws". This rule does not apply to International Meetings.

YOUNG ATHLETES

The cross country season has got off to a good start for the Boys section with some encouraging performances both individually and team-wise.

At the moment we seem to be racing somewhere almost every week and this looks to be the way it will carry on for most of the season. This is a happy situation to be in as the boys seem to thrive on the races and are always eager for the next. With the large turnout of boys we are getting I am sure it will not be too long before we get the success they are looking for.

The points competition for the Ron Wyld award has begun again and I am sure this will be a closely fought competition as already the boys are following the points situation with great interest.

I must at this stage welcome all the new members to the club. In one of them, Alan Perriam, we have discovered a real force in our cross country section to rank alongside Mark Sinclair and John Searle. I feel I must also mention Mark Sharp and Peter Morris who are ever present at Belgrave Hall for training and never miss a race. Also Gerard Sexton who is ever willing to help any boy in the Club on our pack runs and who has shown a great improvement this year as have all the boys. With youngsters like these Belgrave Harriers can only go from strength to strength.

As there are more boys I would like to include for a special mention I shall in future do a profile on different boys in each issue.

The five star award scheme has gone well again this year and we shall be including a full report in our next issue.

Once again I would like to thank all the people who have assisted in the Young Athletes section and it is great to see Bob Taylor back in action on our pack runs.

More and more girls are joining Belgrave Harriers but with the exception of walking races, we have not yet entered any inter-club competitions. However, we have applied to join the "Lily B" Track League next summer so girls, get training! The results of our own competitions for girls are included in this Young Athletes section of the magazine.

Brian Pritchard Telephone 670 8465

AUGUST 22nd 1976 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING.

1500m Race 1: J.Searle 4:53.6. Race 2: M.Sinclair 5:02.2; P.Morris 5:21.

SEPTEMBER 5th 1976 - BATTERSEA PARK - FIVE STAR AWARD TRIALS.

100 metres: Girls under 13. 1. P.Taylor 14.8; 2. R.Morris 16.3; 3. T.Couzens 17.6; 4. A.Jones 18.4; 5. B.Sexton 20.5. Race 2. 1. J.Carter 14.0; 2. C.Taylor 15.0; 3. A.Taylor 16.2.

100 metres: Boys under 11. 1. R.Taylor 16.2; 2. R.McCann 17.0; 3. M.Pederzoli 17.4; 4. M.Gumley 18.8; 5. K.Sexton 21.1. Boys 12 - 13. 1. P.Lyttle 13.7; 2. S.Pritchard 16.4; 3. P.Thorp 16.5; 4. G.Sexton 16.8; 5. S.Holden 16.9. Boys under 15. 1. J.Standing 13.4; 2. S.Wahab 13.9; 3. R.Bannerman 13.9; 4. D.Couzens 15.3; 5. M.Sharp 15.4. Boys under 14. 1. P.Taylor 13.9; 2. B.Doolley 15.8. Boys under 16. 1. M.Lindsey Bailey 12.2; 2. C.Hopkirk 13.6; 3. J.Grant 14.3; 4. G.Lambert 15.7.

On October 31st two Belgravians were members of the winning team in Herne Hill Harriers' cross country race for schools. Thirty-six runners completed the four mile course in Brockwell Park with Adrian Cook leading home the Raynes Park team in third place and Richard Dorman 14th.

In a race at St. Catherine's School, Gerry Sexton was first past the post with four seconds to spare over the second placer.

SEPTEMBER 11th 1976 - WOKING - SURREY COUNTY ROAD RELAY CHAMPIONSHIP.

This proved to be an interesting race for our 'B' team. Shaun O'Sullivan took over in 10th place at the beginning of leg three with our 'A' team having gone through in 5th spot. However, without either of our third leg runners seeing each other, the 'B' man handed over at the end of his stint in 5th place whilst the 'A' man Peter Morris found himself 10th. With a 9:03 timing it is obvious that Shaun ran a short lap somehow, but the mixup was not confined to Belgrave Harriers, several teams took the same route and the final result was academic.

Boys: 5. Belgrave H 'B' (M.Cannon 12:52, S.Wahab 13:02, S.O'Sullivan 9:03; M.Sharp 12:16). 10. Belgrave H 'A' (R.Dorman 11:37, J.Searle 12:07; P.Morris 13:32; M.Sinclair 11:41). Youths: 10. Belgrave H (D.Pradford 10:56; B.Marmion 12:56; J.Roberts 13:14; D.Bailey 12:24).

In the last issue of the "Belgravian" we featured the struggle for the Club's 1,500 metre record for Boys between Mark Sinclair and John Searle. It has subsequently been brought to notice that both have clocked 4:52.0 in school races and therefore they share the record. In fact research has also brought to light another 4:52.0 timing, set some years back by Reg, Hopkins Jnr.

It should be noted, however, that in future schools results will only qualify for record purposes if achieved in area athletic championships and above, thus eliminating the possibility of doubtful timing.

Some of the younger Bels. pictured on the Common: Standing (left to right) Barry Ever-son, Keith Sinclair, Patrick Murphy, Mark Sharp, Nigel Streatfield, Mark Sinclair, Gerard Sexton, Graham Gardner, Alan Perriam, Philip Clay, Peter Morris, Brian Pritchard, John Searle. Kneeling - Mario Pederzolli, Scott Wyld, Simon Pritchard, Paul Thorp, Gerry Howden, Simon Howden, Kevin Sexton, Richard Streatfield.

photo by John Wasbrough



SEPTEMBER 12th 1976 - HATFIELD PARK - SPORT FOR ALL DAY.

"Sport For All Day" was celebrated by the Bels with some exciting handicap competitions with over £26 in record tokens for prizes. Special prizes for those covering the most events without winning a place prize went to Gerry Sexton, Jackie Carter and K.O'Sullivan.

Girls 100m: 1. A.Taylor; 2. T.Goodwin; 3. C.Taylor. 200m: 1. A.Jones; 2. B.Sexton; J. Samuels.

Boys 100m: 1. P.Lyttle; 2. S.Wahab; 3. P.Taylor. 200m: 1. P.Lyttle; 2. R.Palmer; 3. P. Taylor. 800m: 1. P.Thorp; 2. J.Searle; 3. D.Couzens.

Girls and Boys 2,000m walk: 1. Richard Dorman; 2. Anna Matthews; 3. Philip Clay.

SEPTEMBER 18th 1976 - WIMBLEDON.

Nineteen youngsters battled around the three laps ($\frac{3}{4}$ mile per lap) at the top of Lauriston Road in their opening competition of the season. Richard Dorman, over age but competing as a non-scorer, was first home in 14 minutes exactly but close behind came boys race winner John Searle in 14:06 with Gerard Sexton first colt and R.Palmer first under-11.

1. J.Searle 14:06; 2. A.Perriam 14:33; 3. M.Sharp 14:53; 4. G.Sexton 15:28; 5. N.Streatfield 15:51; 6. P.Thorp 16:10; 7. R.Palmer 16:21; 8. P.Morris 16:47; 9. S.Wyld 16:54; 10. M.Pederzoli 16:59; 11. R.McCann 16:59; 12. K.Sexton 17:52; 13. M.Gumley 18:30; 14. R.Jones 18:36; 15. S.Halden 18:36; 16. M.Worth 18:50; 17. M.Gomm 19:55; 18. G.Orriss 21:09.

OCTOBER 3rd 1976 - PUTNEY VALE - K.L.G. CROSS COUNTRY RACES.

Junior Boys: 15. G.Sexton 16:40; 20. P.Thorp 17:03; 29. R.Palmer 17:31; 30. N.Streatfield 17:31; 41. S.Pritchard 18:15; 42. R.McCann 18:15; 52. M.Cannon 18:56; 55. T. McCormack 19:07; 57. D.Blackburn 19:09; 59. S.Halden 19:12; 63. S.Wyld 19:32; 64. K. Sexton 19:34; 66. A.Paniyoti 19:50; 68. M.Gumley 20:01; 74. M.Worth 20:49; 78. M.Gomm 21:26; 81. D.Orriss 21:54; 82. R.Koza 22:04; 83. J.Gregory 22:18; 86. P.Lyttle 23:19; 93 finished.

Teams: 1. Mitcham AC 28pts; 2. Bracknell 29pts; 3. Hercules Wimbledon 30pts; 6. Belgrave H 64pts.

Senior Boys: 15. J.Searle 15:28; 17. M.Sinclair 15:34; 21. A.Perriam 16:12; 25. M.Sharp 16:30; 28. P.Morris 16:49; 43. S.Wahab 18:02; 52. G.Orriss 20:52; 55 finished.

Teams: 1. Hillingdon 12pts; 2. Bracknell 22pts; 3. Hercules Wimbledon 25pts; 6. Belgrave H 53pts.

OCTOBER 10th 1976 - BEDDINGTON PARK - COLLINGWOOD AC OPEN XC RACES.

Under 11: 42. R.Taylor; 52. R.McCann; 66. M.Pederzoli; 77. K.Sexton; 113. M.Gumm. Teams: 1. Collingwood 23pts; 2. Sutton & Cheam 37pts; 3. Sussex Rd 40pts; 16. Belgrave H 163pts. 29 teams finished.

Under 13: 36. M.Cannon; 54. G.Sexton; 67. N.Streatfield; 91. P.Thorp; 97. S.Pritchard; 132. S.Wyld; 153. D.Orriss; 155. R.Koza; 154 P.Lyttle. Teams: 1. Sutton & Cheam 36pts; 2. Medway AC 36pts; 3. Havering 42pts; 15. Belgrave 'A' 157pts; 35. Belgrave 'B' 382pts.

Under 15: 31. M.Sinclair; 33. J.Searle; 43. R.Perriam; 60. M.Sharp; 101. S.Wahab; 108. P.Morris; 121. D.Couzens; 124. G.Orriss. Teams: 1. Collingwood 13pts; 2. Surrey AC 38pts; 3. Havering 45pts; 8. Belgrave 'A' 107pts; 29. Belgrave 'B' 330pts.

Under 17: 21. D.Bradford; 24. R.Dorman; 50. B.Marmion.

Opposite page - the $2\frac{1}{4}$ mile race held on September 18th. Top: Raymond McCann holds off Mario Pederzoli at this point but Mario crossed the finish line first. Centre left: Gerard Sexton, first colt home, leads from Nigel Streatfield. Centre right: Micro-colt Kevin Sexton showed good form to place 12th of the 18 runners. Bottom: Getting ready for the start
photos by Pat Mead





Left: The man behind the Young Athletes, Brian Pritchard, keeps count of the finishers whilst Denis McManus timekeeps. Right: Youth Brian Marmion in action during the '5½'.
photos by Pat Mead

OCTOBER 16th 1976 - BROCKWELL PARK - HERNE HILL HARRIERS CROSS COUNTRY LEAGUE.

Junior Boys: (2 miles) 29. N.Streatfield 13:17; 50. P.Thorp 13:41; 63. S.Pritchard 13:56; 109. S.Wyld; 164. R.McCann; 167. S.Halden; 172. K.Sexton; 233. P.Lytle; 249 fin'd.

Teams: 1. Medway AC 42pts; 2. St.Joseph's 53pts; 3. Parmiters School 99pts; 15. Belgrave H 415pts; 43 teams closed in.

Senior Boys: (3 miles) 23. M.Sinclair 18:10; 25. A.Perriam 18:13; 45. M.Sharp 18:45; 54. P.Morris 18:56; 119 finished.

Teams: 1. Havering AC 33pts; 2. St. Joseph's 73pts; 3. Elliott Reed 164pts; 9. Belgrave H 267pts; 25 teams closed in.

Youths: (4 miles) 15. R.Dorman 23:51; 55 finished.

Teams: 1. Elliott Reed 48pts; 2. Blackheath H 79pts; 3. Dartford H 131pts; 14. Belgrave H 239pts; 15 teams closed in.

Overall league positions: 1. Walton AC 35pts; 2. St. Joseph's 34pts; 3. Havering AC 34pts; 12. Belgrave H 15pts.

OCTOBER 23rd 1976 - WIMBLEDON - SURREY CROSS COUNTRY LEAGUE.

1. J.Mayhew (Herc.Wimb) 14:20; 2. A.Dippy (Walton) 14:30; 3. P.Weston (Croydon) 14:36; 19. R.Dorman 16:07; 29. A.Perriam 16:35; 38. M.Sinclair 16:53; 50. M.Sharp 17:30; 52. M.Cannon 17:32; 53. G.Sexton 17:32; 56. P.Morris 17:56; 59. N.Streatfield 18:16; 61. B. Marmion 18:33; 63. P.Clay 18:42; 68. R.Palmer 19:02; 69. S.Wyld 19:11; 70. P.Thorp 19:09; 79. A.Hancock 20:56; 80. R.McCann 20:56; 81. M.Pederzoli 20:57; 83. K.Sexton 21:09; 84. S.Haldon 21:22; 86. M.Worth 21:38; 88. R.Streatfield 22:00; 90. P.Lytle 23:51; 91 finished.

Teams: 1. Aldershot, Farnham & Dist. 42pts; 2. Herne Hill H 64pts; 3. Hercules Wimbledon 71pts; 4. Walton AC 81pts; 5. South London H 109pts; 6. Croydon H 119pts; 7. Belgrave H 144pts.

Eric Hall writes about the A.G.M.

Dear Editor,

Must be respectful now that you have earned recognition of your great services to the Club by being made Life Member. This means you can't resign now, you can only be kicked out. Many things were said about you before your peerage was granted and although I was there and silent I would like you to know that those of us who are far flung wait with baited breath for the postman to drop the "Belgravian" through our letter boxes. Even after many years away from Wimbledon I can still read of the exploits of those I knew when they and I were young! Many thanks and please keep it up.

Talking of other times reminds me that I suffered a bit from the Rip Van Winkle syndrome on Wednesday, as although some of the members were not known to me, the subjects brought forward were old friends. Should we have a telephone? Who hadn't paid their subs and when were they to be sacked? Coaching? What should be done with the Hall? Should it be licensed? Many of the players were the same and their comments easily forecast! Ted Stimpson offered suggestions as to where Arthur Penny was, Tom Carter hadn't met a coach for years, Jack Goswell flogged football tickets as ever. I had read that we had a ladies section and so I was pleased to notice several brighter spots in the audience but at the same time I noticed that we were all a lot older (the men that is!) and I had to ask Bob Taylor to be reassured that we still have a male athletics section - there weren't too many signs of them about but then I suppose they were training! Or looking for coaches?

The main unsolved mystery of the evening besides where the money went and as there wasn't enough where was the rest to be found, was how do so many really old Belgravians manage to stay looking the same? By my reckoning Charlie Speechley must be over 60, Charlie Jones over 40, Tom Carter almost 95, Doub getting on for 35 but none looked any older than when I joined the Club in 1948.

The evening was brought to a fitting conclusion for me by Jack Goswell beating me back to his car!

I am still wondering though why we need to raise more money from people who have given the Club everything but blood when we have a healthy balance salted away with a building society - perhaps our treasury officials have a secret of some sort which could be patented and sold!

To those absent from the A.G.M. - get your finger out next year and make it a night of laughter and memories at Wimbledon in (I hope) the new Hall.

Editor: "It's a pleasure!"

E. W. Hall



Another comeback for Count Howard Satchell! Perhaps it was the rumblings of the re-building plans that disturbed him and brought him forth again, crawling down the walls of ancient Belgrave Hall. But whatever, this hoary harrier is now out for the blood of anything that moves over 1,500 metres and above, so get your teeth into your training before he gets his into you - and don't spare the garlic!

George Flanagan, our leading youth/junior cross country runner in the 1950's, will be leading the 1976 British Hoggar Mountains Bilma Sands Expedition commencing 10th October 1976.

The main task of the expedition will be the first ever attempt to cross and explore a north to south route from Nguigmi in the Sahara Desert through the Temere Desert and Bilma Sands to Zouar. This route for the non geographically minded basically presents the tremendous task of crossing the desert over the sief dunes instead of the already conquered east to west route using the sief dune valleys.

The sief dunes are enormous sand dunes and can rake at an angle of 32 degrees to a height of 1000 feet. The dunes are around 40 miles long with the valleys between them about 2 miles wide.

George will lead a party of six using two land rovers. The land rovers are specially equipped with winching gear designed by the team, together with aluminium stakes, steel cable, 30 metre rolls of rubberized tracking all to be used in a carefully planned operation to negotiate the 32 degree angle of the dunes. This will take care of going up one side of the sief dunes but even more hazardous will be the run down the other side, where a slight deviation of the steering wheel can overturn the vehicle.

The actual crossing distance is about 700 miles and the party hope to cover this in 10 to 14 days.

One of the most important factors for survival in the desert is navigation and without landmarks this is very hard to achieve. Therefore each land rover is equipped with a "sun compass" for daytime using a method called "dead reckoning". This calls for great responsibility by the navigators who must be able to spot any deviation during the day and correct it back onto the planned route. Each night their actual position will be checked by taking "astra fixes" (measuring the angle of three stars utilizing a theodolite). The only record of the area at the moment is from long range photographs which have been carefully studied by the team.

George has already got the party to a high standard of fitness during recent practice operations in South Wales. His main training has been running up hills, preferably of soft sand, carrying 60lbs of aluminium stakes.

The food for the trip will consist of dehydrated foods and high calorie foods such as bars of chocolate nuts, raisins, etc. The maximum water that can be carried is 100 gallons per vehicle; this must last in

BELGRAVE HARRIER LEADS BRITISH EXPEDITION

writes Bill Couzens

the worst instance for 360 miles.

The party will celebrate the crossing by spending Christmas in Tamanrasset and will then move on to explore the Hoggar Mountains which is a range in the Sahara Desert. This area has only briefly been explored by a French expedition who only reached the outskirts. George has planned a number of journeys to the interior of this mountainous area and will build up maps showing the extent and height of the main mountains. This will take about two months.

Let's wish George and his party the very best of luck and may Belgrave and Britain make the first successful crossing.

W. L. BAYLISS

The most fitting epitaph to W.L. Bayliss (Wally) is the "Vote of Thanks" accorded to him at the A.G.M. in 1938 when he retired after 11 years as Secretary and was re-elected President for the third successive year. It was framed in the following terms. "That this meeting place on record its very grateful thanks and appreciation for the services rendered to the Belgrave Harriers by Mr. W.L. Bayliss as the Hon. Secretary during the past eleven years.

His unfailing efforts to further the development and welfare of the Club in all its activities have materially assisted in the acquisition of every Road and Cross Country Team Honour in the Athletic World. In addition, his services have been of the greatest assistance in obtaining the leasehold of our own Headquarters. We feel that no Hon. Secretary has retired with as great a measure of satisfaction and appreciation for the services rendered to our Club and we both congratulate and thank most heartily Wally Bayliss for his sterling efforts on our behalf."

The resolution was received and passed with acclamation.

Wally had then given 20 years service to the Club, i.e. he joined immediately after the 1918 war. Not only did he shine as an administrator he was a more than useful competitor. In 1927 he was 9th in the South of Thames Junior and in our first placed team. He was prominent in our Championship and Club matches.

In 1930, when I joined the Club as a lad of 17 years, Wally was a man of senior and mature stature whom I looked up to with some awe. Such was his personality that one quickly found the man and the genial and generous nature it contained. He had many endearing and individual characteristics. He always sported a bowler hat, as befitted his position in charge of the servicing and maintenance of the Southern Railway locomotives at Battersea Nine Elms Yard. A high light was being conducted to see the re-coaling and overhaul of the great King Arthur and other locomotives by him.

I am writing with two photographs before me, one taken on a trip to Paris in 1936, what a time Wally had trying to control us. The other is a group photo taken in 1934, Wally as centrepiece, with the nine who represented their County that year. Memories of these and other events simply crowd in.

His generosity was legion. He knew those down on their luck. A pair of shorts would appear for one in need in time for an important championship.

Before the war, the Club Christmas Draw was an event. The Draw took place at Wally's home, where a number of us would gather and enjoy his hospitality. This was the time that Ted Stimpson suffered enormous leg pull in his transition from Engine Cleaner to his later vocation in the musical field.

Wally is probably the last of our great pre-war administrators, who did so much in moulding the lives of so many young men during the great years of depression.

He was one of that unselfish band of men who not necessarily blessed with all the world's riches by their integrity and love instinctively did the right thing and set the standard of general, unselfish and generous conduct which should be the Hallmark of a Belgrave Harrier.

With the dispersal of the locomotive works, a growing family, advancing age we have lost sight of Wally for a number of years but to a great number of us he will always be a cherished memory.

Harry Shields

TRACK AND FIELD

The 1976 season wound up with the Bels placed 7th in the Southern League Division One. During the summer we rose on occasions to give the best clubs a run for their money and then sank when the opposition was not so strong and were therefore unable to record a single match win, although three 2nds and three 3rds is not bad; solid but uninspiring.

Haringey finished top but it was Oxford City, strengthened by Steve White, who won the crucial British League qualifying match thereby opening the door to the National League. We wish them luck and feel sure that they will hold their own among the top 24 clubs in the country.

Haringey remain with us in the South but among the five clubs relegated from our division are Royal Navy (South), local rivals Mitcham AC and Verlea (who incredibly beat us in their home match). Achilles are dropping out of the league entirely.

Joining us from Division Two will be Victoria Park, Bedford, Exeter, Cambridge & Coleridge and South London H. The real danger in this group is Victoria Park who were unbeaten this year and have an amazing group of young sprinters headed by 16 year old Mike McFarlane who was 3rd in this year's A.A.A. Senior Championship 100 metres.

Dropping down from the Nationals are Reading AC whose meteoric ascent took them up the four national divisions in four years. After a solitary season in division one their equally meteoric descent has brought them plummeting back to the South in the same length of time.

DIVISION ONE FINAL RESULT

1. Haringey	804	28
2. Oxford City	792	28
3. Epsom & Ewell	786 $\frac{1}{2}$	28
4. Ilford	791	27
5. Windsor	718	23
6. Southend	681	21
7. BELGRAVE H	678	21
8. Portsmouth	667	20 $\frac{1}{2}$
9. North London	690 $\frac{1}{2}$	19 $\frac{1}{2}$
10. Chelmsford	654	18
11. Herne Hill	652	18
12. Yeovil	622 $\frac{1}{2}$	18
13. Aldershot	641 $\frac{1}{2}$	17 $\frac{1}{2}$
14. Cambridge H	606	17
15. Harlow	651 $\frac{1}{2}$	16 $\frac{1}{2}$
16. Croydon	646 $\frac{1}{2}$	16 $\frac{1}{2}$
17. Blackheath	603	16 $\frac{1}{2}$
18. Hercules	618	16
19. Highgate	619	15
20. Feltham	604	15
21. Royal Navy S	600 $\frac{1}{2}$	15
22. Verlea	576 $\frac{1}{2}$	14
23. Wycombe	488 $\frac{1}{2}$	8
24. Mitcham	478	7
25. Achilles	262 $\frac{1}{2}$	6

40?

Then quit track

The "Sunday Times Magazine" recently published a guide listing twentyfive ways for the middle-aged to keep fit, and one of the sports they included was cross country running. However, they also listed sports which the respective administrative bodies had suggested were not only harmful to take up but should also be given up at the age of 40 even if one had been taking part in that sport for years; athletics was one of these. Maybe the A.A.A. have never heard of men like Laurie O'Hara.

AUGUST 4th 1976 - BATTERSEA PARK - 5,000 METRE TRACK CHAMPIONSHIP.

1. J.Stow 14:51; 2. L.O'Hara 15:09; 3. L.Mann 15:38; 4. A.Black 15:40; 5. J.Stevenson 16:06; 6. L.Coy 16:08; 7. S.Masterson 16:30; 8. M.Manning 16:40; 9. P.Hardwick 16:54; 10. V.Butcher 17:06; 11. C.Gillett 17:09; 12. B.Gorman 17:25; 13. S.Williamson 17:29; 14. C.Lawton 17:31; 15. N.Kirmatzis 17:39; 16. J.Wasbrough 17:50; 17. R.Coombs 17:50; 18. B.Merry 17:59; 19. D.Wooll 18:12; 20. K.Duckett 18:14; 21. M.Best 18:24; 22. E.Thorp 18:42; 23. C.Manning 20:08; 24. R.Lightfoot 20:19; 25. B.Marmion 21:57; 26. R.Langheim 23:22. 32 started. 1st Class standards 16:00. 2nd Class standard 16:30.

AUGUST 21st 1976 - MOTSPUR PARK - SOUTHERN LEAGUE (DIVISION 1) MATCH 6.

In the sixth and last league match we had a seriously depleted team; somehow holidays, injuries, representative matches and the like never seem to afflict the opposition to the extent that they afflict the Bels. Epsom & Ewell were much too strong for us on this occasion but we really were unlucky to lose 2nd place to Herne Hill by one point.

Ernest Obeng continued his remarkable string of wins and by taking the 100 and 200 metres completed the league programme undefeated - 12 runs and 12 wins. Having recovered from his knee injury Jim Evans took both 'B' sprints again and he also is unbeaten in the league although missing out on a couple of 200s.

Alan Black produced a clear steeplechase win and Bill Weller made a rare track appearance to take the 'B' 5000 metres. We scored pretty well on the field, with Cliff Brooks testing every sinew as usual, tackling six events before lining up for both relays. Our two Youth high jumpers also did us proud, with Mark Lindsay-Bailey breaking the Youths' Club Record in gaining 2nd in the 'A' event and Stephen Samson scoring similarly in the 'B'.

The 4 x 100 gave us maximum points and the situation between the Bels and Herne Hill, desperately close all afternoon, seemed to be slightly in our favour with the 4 x 400 pole vault and hammer to be completed. However, hawk-eyed observers may have noticed 'Snowy' Brooks flinch during his sprint relay leg, and fifteen minutes later as he rounded the final bend on the first leg of the long relay he pulled up sharply and then painfully sank to the ground. One of those mighty hamstrings had broken down for the rest of the season.

Meanwhile, the announcer directed our attention to the pole vault where Mark Shippen, who had already won the 'A' string event, now had the bar set at 4 metres - a height in excess of his own UK age 15 record. He came close but that 4 metre barrier remained unconquered for the time being.

100m: 1. E.Obeng 10.9; 1. J.Evans 11.4. 200m: 1. E.Obeng 22.8; 1. J.Evans 22.4. 400m: 2. C.Gillett 51.2. 5. A.Mead 58.1. 800m: 4. J.Stevenson 2:00.1; 3. C.Pearson 2:04.8. 1500m: 3. J.Stow 4:06.0; 3. A.Cook 4:21.5. 5000m: 4. G. North 15:41.0; 1. W.Weller 15:58.2. 110mH: 5. C.Brooks 18.4; 3. M.Lindsay-Bailey 17.7. 400mH: 5. M.Smith 61.5; 5. A.Mead 72.3. 3000mSC: 1. A.Black 9:49.6; 4. L.Coy 10:24.8. LJ: 5. C.Brooks 6.17; 5. A.Bentt 5.89. HJ: 2. M. Lindsay-Bailey 1.85; 2. S.Samson 1.75. TJ: 3. A.Bentt 12.61; 3. M.Smith 12.22. PV: 1. M.Shippen 3.85; 2. C.Brooks 3.10. SP: 2. C.Brooks 12.29; 2. J. Martin 10.80. DT: 2. C.Brooks 37:58; 2. M.Smith 32.90. JT: 3. C.Brooks 49.09; 3. J.Martin 45.99. HT: 4. W.Couzens 29.90; 3. M.Smith 22.44. 4 x 100m: 1. Bels (E.Obeng, C.Brooks, C.Gillett, J.Evans) 44.2. 4 x 400m: (C.Brooks, J. Stevenson, J.Stow, C.Gillett) dnf.

Teams: 1. Epsom & Ewell H; 2. Herne Hill H; 3. Belgrave H.

Congratulations to James Evans who was voted the most outstanding athlete at the 1976 Surrey County Championships.

The Officers and Committee of Belgrave Harriers wish all members and their families a very Happy Christmas and a successful New Year.

Winner of the Club's Marathon Championship for 1976 was Bill Weller, from Jon Jackson, Lionel Mann and Stuart Masterson.

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T&F TOP TWENTY '76

compiled
by
Leo Coy

100 metres:		200 metres:		400 metres:	
E.Obeng	10.7	E.Obeng w/a	21.6	C.Gillett	50.7
J.Evans	10.8	J.Evans w/a	21.8	R.Hopkins	51.
C.Brooks	11.4	C.Brooks	23.5	C.Brooks	52.5
R.Hopkins	11.7	R.Hopkins	24.1	A.Mead	53.2
P.Whitby	11.8	P.Whitby	24.1	P.Whitby	53.6
J.Ferne (B)	12.0	M.Smith	24.2	J.Stevenson	53.9
A.Bentt	12.2	S.Crosbie	24.5	P.Gee	54.0
S.Crosbie	12.3	J.Ferne (B)	24.8	J.Ferne (B)	54.4
M.Shippen (Y)	12.4	P.Gee	24.8	N.Kirmatzis	54.7
D.Bailey (Y)	12.5	D.Bailey (Y)	24.8	C.Pearson	56.1
P.Crosbie (J)	12.7	C.Pearson	25.5	S.Crosbie	56.7
P.Murphy (Y)	13.0	M.Shippen (Y)	25.8	M.Manning (J)	57.3
C.Hopkirk (Y)	13.1	R.Danpure (Y)	25.9	D.Bailey (Y)	57.5
S.Wahab (B)	13.2	S.Samson (Y)	26.0	L.Coy	57.8
M.Munro (B)	13.4	S.Wahab (B)	28.3	S.Fletcher (Y)	58.0
M.Cannon (C)	14.2	M.Sinclair (B)	29.3	P.Murphy (Y)	58.2
M.Sinclair (B)	14.2	M.Cannon (C)	29.7	A.Cook (J)	61.0
D.Couzens (B)	15.0	K.Sinclair	30.5	R.Dorman (Y)	63.8
M.Sharp (B)	15.0	M.Sharp (B)	30.8	S.Wahab (B)	64.9
D.Seymour (B)	15.1	R.Palmer (B)	35.1	B.Marmion (Y)	68.2
800 metres:		1,500 metres:		3,000 metres:	
J.Stow	1:57.2	J.Bicourt	3:53.2	J.Bicourt	8:06.2
J.Stevenson	1:58.2	J.Stow	3:54.0	J.Stow	8:14.6
J.Boardman	1:59.0	J.Phelan	3:55.0	L.O'Hara (V)	8:25.8
C.Pearson	1:59.7	J.O'Meara	3:57.9	J.Phelan	8:49.0
C.Gillett	2:00.1	L.O'Hara (V)	4:02.0	A.Black	9:09.0
N.Kirmatzis	2:01.9	J.Stevenson	4:08.6	R.Smith	9:09.2
A.Mead	2:02.5	C.Pearson	4:13.0	C.Pearson	9:09.8
A.Cook (J)	2:04	A.Cook (J)	4:14.9	L.Coy	9:10.2
S.Holmes	2:07.2	J.Rimmer	4:16.1	S.Masterson	9:15.8
P.North (J)	2:10.2	A.Black	+4:16.3	S.Barrett	9:25.0
L.Coy	2:11.2	S.Holmes	4:16.8	L.Mann	9:25.5
P.Gardner (J)	2:11.7	R.Smith	4:17.3	A.Cook (J)	9:26.2
B.Taylor	2:12.0	P.O'Connor	+4:20.0	B.Gorman (V)	9:27.0
M.Manning (J)	2:12.6	L.Coy	+4:20.0	P.Hardwick	9:44.0
D.Bradford (Y)	2:13.5	W.Kerr (V)	4:20.3	P.Roche	9:47.4
S.Williamson (J)	2:14.0	L.Mann	4:20.4	B.Taylor	9:55.0
S.Masterson	2:16.6	G.North (V)	+4:20.9	V.Butcher	9:56.2
D.McMillan	2:17.0	J.Boardman	+4:20.9	P.Gardner (J)	9:56.4
J.Davies (V)	2:18.0	S.Lloyd	+4:21.9	S.Williamson (J)	10:04.0
E.Thorp (V)	2:19.0	S.Barrett	4:25.0	T.Dowdall	10:07.8

5,000 metres:	10,000 metres:	2,000 metres S'chase:
G.Deegan 13:41.2	L.O'Hara (Y) 30:42.0	J.Bicourt 5:31.4
J.Phelan 14:32.0	G.North (V) 31:17.2	A.Black 6:00.2
J.Stow 14:51.0	P.O'Connor 33:08.4	L.Coy 6:30.2
J.Bicourt 14:53.6	L.Mann 33:30.8	A.Cook (J) 6:37.0
G.North (V) 15:01.6	B.Gorman (V) 34:30.4	
L.O'Hara (V) 15:09.0	S.Barrett 34:53.0	
P.O'Connor 15:33.4	L.Coy 35:15.0	
L.Mann 15:38.0	S.Masterson 35:25.0	
R.Smith 15:39.0	P.Hardwick 35:57.4	3,000 metres S'chase:
A.Black 15:40.0	P.Roche 36:28.6	J.Bicourt 8:22.8
W.Weller 15:58.2	V.Butcher 36:59.8	G.Deegan 8:57.6
J.Stevenson 16:06.0	H.Satchell 37:25.4	A.Black 9:28.
L.Coy 16:08.0	B.Taylor 37:26.8	J.Phelan 10:03.0
W.Kerr (V) 16:16.0	K.Duckett 38:14.8	L.Mann 10:06.0
B.Gorman (V) 16:29.4	J.Wasbrough 39:11.6	L.Coy 10:06.0
S.Masterson 16:30.0	C.Manning 42:44.4	M.Manning (J) 10:22.8
M.Manning (J) 16:40.0		
P.Hardwick 16:54.0		
V.Butcher 17:06.0		
C.Gillett 17:09.0		
	4x100m: Obeng, Brooks, Gillett, Evans 43.2	
	4x400m: Mead, Stow, Kirmatzis, Gillett 3:31.3	
110 metres hurdles:	400 metres hurdles:	Hammer Throw:
P.Whitby 15.4	C.Brooks 57.3	J.Aska 32.48
C.Brooks 16.6	P.Whitby 57.5	J.Martin 30.84
R.Hopkins 17.0	M.Smith 58.3	W.Couzens 30.84
M.Smith 17.1	D.Bailey (Y) 65.4	M.Smith 22.44
M.Lindsay-Bailey(Y) 17.1	J.Martin 65.7	R.Danpure (Y) 12.30
D.Bailey (Y) 20.8	A.Mead 72.3	
R.Danpure (Y) 22.6		
Shot Putt:	Discus Throw:	Javelin Throw:
C.Brooks 13.08	C.Brooks 37.80	P.Crosbie (J) 51.80
J.Martin 12.20	M.Smith 35.34	C.Brooks 51.16
W.Couzens 10.70	J.Martin 31.24	J.Aska 47.12
P.Crosbie (J) 9.93	R.Hopkins 30.00	J.Martin 45.20
R.Hopkins 9.70	W.Couzens 24.56	W.Couzens 45.18
J.Kelly 9:14	M.Sexton 23.96	S.Crosbie 38.96
P.Duncan 8.43		R.Hopkins 33.00
S.Crosbie 8.32		
M.Sexton 7.90		
Long Jump:	High Jump:	Triple Jump:
R.Hopkins 6.65	R.Hopkins 1.85	A.Bentt 13.11
S.Crosbie 6.43	C.Brooks 1.85	S.Crosbie 12.88
A.Bentt 6.20	M.Lindsay-Bailey(Y) 1.85	M.Smith 12.74
C.Brooks 6.17	P.Samson (Y) 1.81	R.Hopkins 11.90
D.Bailey (Y) 5.71	R.Danpure (Y) 1.70	R.Danpure (Y) 11.00
M.Shippen (Y) 5.52	A.Bentt 1.65	A.Black 10.61
M.Smith 5.42	M.Shippen (Y) 1.62	J.Aska 10.18
S.Samson (Y) 5.28	J.Standing (Y) 1.60	
J.Ferne (B) 5.18	A.Cook (Y) 1.60	
J.Martin 5.14	S.Wahab (B) 1.56	
C.Hopkirk (Y) 4.71	P.Gardner (J) 1.55	Decathlon:
J.Searle (B) 4.64	P.Clay (B) 1.53	C.Brooks 5506
B.Marmion (Y) 4.44	M.Cannon (C) 1.45	R.Hopkins
D.Couzens (B) 4.39	M.Sinclair (B) 1.45	
M.Cannon (C) 4.38	J.Searle (B) 1.40	
S.Wahab (B) 4.36	M.Munro (B) 1.35	
C.Powley (B) 4.31	S.Wyld (C) 1.35	Pole Vault:
M.Sinclair (B) 4.30	T.Cook (B) 1.25	M.Shippen (Y) 3.92
D.Seymour (B) 4.16	P.Thorp (C) 1.15	C.Brooks 3.55
P.Hurd (B) 4.15	D.Blackburn (B) 1.15	R.Hopkins 3.30
		A.Mead 2.50

V - Veteran (over 40).

J - Junior (under 20 on Dec 31st).

B - Boy (under 15 on Sept 1st).

Y - Youth (under 17 on Sept 1st).

C - Colt (under 13 on Sept 1st).

from the Belgravian ...

... 25 years ago

AU CROSS DU METRO JANUARY 19th 1936.

..... we were honoured by an invitation to compete in an international cross country race to be held near Paris on Sunday, January 19th. The invitation was, of course, forwarded to us through the international board of the A.A.A. and in consultation with the English Cross-country Union; and our Committee, recognising the implied compliment, decided to accept our first invitation to compete as a team abroad.

Accordingly ten runners (H.E.Footer, J.Parker, L.J.Cohen, J.W.Kemp, H.W. Shields, A.W.Penny, C.T.Carter, E.S.Stimpson, A.E.Taylor, A.R.Shaw), three officials (W.L.Bayliss, H.Parker, A.A.Harley) and six supporters (T.C.Jones, W.Sutton, J.Chamberlain, G.S.Doubleday, N.Isaacs, J.St. Leger) made the crossing via Newhaven - Dieppe and duly arrived at Paris.....

..... The seniors were assembled and each team trotted round the track and were presented by loud speaker to the crowd. Then the line-up and start. The course consisted of four laps of very sticky grassland, returning to the track for the beginning of each lap; the runners being in view practically the whole time. Twenty-four teams were entered and there was a good complement of runners. The start was a very, very fast one. At the half-mile it is doubtful if we had a man inside the first fifty positions. Then Pat Parker decided that it was time the Belgrave colours were taken further forward, and he gained dozens of places, closely followed by Tom Carter. At the end of the first lap they occupied sixth and seventh places. A few positions later came Les Cohen, with Bert Footer and Arthur Penny together in the early twenties, and our others not far behind.

On the second lap Parker moved up to fifth behind Guiomar, Bernard (Metro), and two Moroccan soldiers of S.A.Verdun. Carter was 6th, followed by Penny 12th, Footer 14th, Cohen 15th, Taylor 17th, Shaw 21st, Kemp 24th, Stimpson 32nd and Harry Shields 33rd.

The next lap showed a great improvement in our placings and we appeared to have a great chance of winning easily, for Pat Parker was now third only about sixty yards behind the leaders. Penny and Footer had moved up to 5th and 6th respectively, closely followed by Carter 8th, Cohen 14th, Taylor 15th Shaw 16th.

On the last lap the positions were maintained and Parker eventually finished 3rd a short way behind the two Frenchmen, Penny 4th (having passed a man down the straight), Footer 6th, Carter 7th, Cohen 15th, Taylor 16th (giving us a score of 51 points), Shaw 17th, Stimpson 21st, Kemp 29th and Shields 44th completing our team. The second team were the Moroccans (with a score of 130 points), third the Brussels team (who won the race last year) with 156 points, and fourth our hosts, Metro, with 157 points.

Our team must be congratulated on the fine performance in this race, having worthily upheld the traditions of English cross-country running, and also brought the name of the Club into the limelight on the Continent.

We received a fine trophy in the form of an athlete in bronze, and our first seven received prizes for their efforts.

... and 40 years ago

BELGRAVE VICE-PRESIDENT'S HEROISM 1951.

PC F. Stone, assistant Warrant Officer at Marlborough Street Magistrate's Court (better known to our older members as Fred Stone) was at Bow Street Police Court presented with a cheque for £15 from the Police Reward Fund

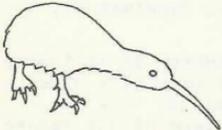
for an act of courage which resulted in the arrest of two smash and grab raiders in Sloane Street, SW., on April 17th 1951.

Fred was on duty in plain clothes when a car drew up outside a jewellers shop. One of the occupants jumped out and after smashing the window snatched a valuable bracelet. He was seized by PC Stone who was savagely attacked by the two men with iron bars. Although severely injured he clung to one of the men until assistance arrived. The other escaped but was later arrested. The men subsequently appeared at the Central Criminal Court and received prison sentences of 8 years and 6 years respectively.

"No more striking example of heroism has ever come before this court," said Chief Metropolitan Magistrate Sir Laurence Dunne who made the presentation.

Some of our older members will recollect that he was awarded the King's Police Medal in 1928 for rescuing a man from the Thames at Westminster and the British Empire Medal in 1941 for helping to remove persons from a cellar in a bombed building which had collapsed. Those in a position to judge such cases have little doubt that his latest action will earn further recognition, for example, a bar to his King's Police Medal and it is not too much to say that his name is likely to rank as one of the most gallant English policemen of all time.

Footnote: Fred, one time member of our distance walking teams, was later awarded the George Medal for his courageous action, therefore having received three awards for gallantry at the hands of three monarchs. As a result of the injuries he sustained, he was forced to retire from the police force.



Kiwi Korner



Three new members who have immediately fitted into the Belgrave community are New Zealanders Graeme Martin, Graham Seatter and Mike Riley who all hail from the city of Christchurch, home of the 1973 Commonwealth Games. Our Christchurch based talent scout Allan Callow was responsible for this Kiwi influx when he influenced fellow walker Graham Seatter into joining Belgrave when he came over to the U.K. Graham was Junior N.Z. Champion over 10Km. in '72 and '74 and was 2nd in '73 but this talented young man who competed for High School Old Boys in his home town obviously has far more in store for the walking world than this, already having reached 2nd in the A.A.A. Champs, 3,000m.

When Graham's mates Graeme and Mike also came over it was quite natural that they should all gravitate to the King of Denmark and after casual remarks that they were interested in running it was also quite natural that they should suddenly find Belgrave application forms rammed under their noses.

Graeme was previously a rugby player and is new to athletics but he has already been bitten by the running bug and like most others in the Club has set his sights on Brian Gorman to start with. Mike competed in New Zealand on the track for Univ. of Canterbury and has clocked 1:59/4:01.7 for 800/1500. He also ran cross country and road with United Harriers and over 16Km. (81 metres short of 10 miles) recorded 55:03, a time which he has immediately reinforced over here with 55:55 in the Walton '10'.

All three have no plans for moving on for some time and will remain here for at least a year depending on visa extensions etc. We hope they will make their stay in Britain a long one for already they have fulfilled our image of sportsmen from the "land of the silver fern" and a more popular trio would be hard to find.

The A.A.A. Draw was another success for Belgrave Harriers thanks to the work of Ron Langheim. We sold over 800 books to make £207 profit - the second most in the country, and Richard Tanner sold a ticket that won £250.

Get training for the 1977 100 x 1 mile relay on June 19th. This time everyone gets a run because we are entering a 'B' team.

THE FLYING SQUADRON

At almost every league match the final events, the relays, generate the most excitement of the afternoon and more often than not the match result depends on the outcome of these races. In recent years the sprint relay has been one of Belgrave's strongest events and when our '76 squad of Obeng, Brooks, Gillett and Evans were together this summer they very nearly secured maximum points each time out.

Relay racing, unlike most of our modern athletic events, did not originate in the British Isles but was imported from the United States of America where the inaugural Pennsylvania Relay Carnival was held as early as 1893. The first known relay to take place in this country was held two years later on September 14th 1895 at Stamford Bridge in a meeting promoted by Ranelagh Harriers. The programme of that meeting described the event as a "Flying Squadron Race". Each team was to comprise of three runners who would cover the distances of $\frac{1}{4}$ mile, $\frac{3}{4}$ mile and 1 mile, passing on a flag from one man to the next. It was regarded as somewhat of a novelty event and the "Sportsman" of those days in its "Athletic Notes" reported:

"It is to be hoped that other meetings will follow the Ranelagh Harriers' example in the matter of including a novelty in their programmes. The flying squadron race was quite the feature of the afternoon. The event could be made more interesting by winding up with a short distance."

Finchley Harriers won that first relay, from Polytechnic H., Ranelagh H., Essex Beagles and Blackheath H.

A relay race was eventually included in the A.A.A. Championships of 1911 over the distance of 1 mile (880yds, 220yds, 220yds, 440yds) and the first Olympic relay - the 4 x 100 metres - made its appearance in the Games of 1912 at Stockholm where Great Britain placed first in 42.4 with a team of D.H. Jacobs (H.H.H), H.M. Macintosh (Camb. University), V.D'Arcy and Willie Applegarth (both Poly. H). The sprint relay did not become a A.A.A. Championship until as late as 1927.



Belgrave's only win in the A.A.A. senior sprint relay championship came in 1954 when on July 31st at Birmingham the team of Dennis Merrett, Ron Holtum, Basil Walden and Ivan Mayers won their 4 x 110yds heat in 42.9 and then went on to take the final with the second best time recorded by a club team - 42.6. A junior Belgrave squad came close to this in 1965 at Hurlingham (42.8 by John Mitchell, Denis Gleeson, Chris Martin and Jim Vivian) when winning the A.A.A. Junior 4 x 110yds but in spite of this and our continuing tradition of good sprinters that 1954 record remains.

It is certainly within the scope of our present sprinters to improve the Club Record. With the fastest man on the slightly longer first leg and good baton changing, remembering that if the man coming in has to stretch to reach the take-off man's fully extended trailing arm a full metre can be gained, up to 2.5 seconds can be subtracted from the total of the quartet's individual 100 metre times. With two 10.8s and two 11.3s, say, that gives a realistic target of 42 seconds dead. - Maybe next year?



At 4 x 400 metres, the other standard track relay, our best time dates back to 1961; once again in the days of imperial distances (4 x 440yds). Peter Eldridge, Brian Morris, Graham Worrall and Gerry Leroy averaged 48.3 apiece in placing second to an all international Birchfield team (Yardley, Farrell, Rawson, Brightwell) in the A.A.A. Champ., their time of 3:15.3 beating the previous A.A.A. record.

An earlier A.A.A. second place had been gained in 1938 at Motspur Park thanks to Messrs. Bird, Botwright, Jarlett and Pack, with Achilles AC being the victors.

Unfortunately there appears to be little hope of emulating these performances until some new 400 metre talent emerges.

Past Presidents

H.Morton Carr	(dec)	F.G.Thomson	(dec)	A.W.Penny	
G.O.Haig	(dec)	H.Evans	(dec)	D.M.Shepherd	(dec)
H.Morton Carr	(dec)	R.J.Savage	(dec)	W.E.Lucas D.F.C.	
H.T.Blackstaffe	(dec)	H.Parker	(dec)	J.W.Goswell	
H.Brown	(dec)	W.G.Webb		R.T.Taylor	
D.Fitte	(dec)	A.A.Harley	(dec)	F.Jarvis	
A.F.W.Macher	(dec)	E.A.Duffett		E.S.Stimpson	
R.Murphy	(dec)	F.H.Elson	(dec)	F.Simmons	
R.W.Ricketts	(dec)	T.F.Morrell		G.S.Doubleday	
W.H.Hare		H.W.Shields		A.A.Harley	(dec)
E.Gordon	(dec)	C.T.Carter		A.D.Pyer	
J.B.Bellchamber	(dec)	S.C.Roberts	(dec)	C.Shippen	
J.R.McKay	(dec)	F.R.Webb		C.E.Manning	
O.Horwood	(dec)	T.C.Jones		R.C.Hall	
W.L.Bayliss	(dec)	L.J.Cohen		W.J.Couzens	

Life Members

J.V.Baker	R.C.Hall	A.W.Penny
J.C.Bidgood M.B.E.	W.H.Hare	A.Penstone
G.Biscoe	R.Hopkins	G.Piddington
A.Bruce	F.Jarvis	A.D.Pyer
C.T.Carter	T.C.Jones	F.Rickards
C.E.Churcher	H.F.King	H.W.Shields
L.J.Cohen	S.L.King	C.Shippen
J.G.Coleman	C.Lawton	F.Simmons
L.J.Coleman	W.E.Lucas D.F.C.	E.S.Stimpson
T.H.Cotton	C.E.Manning	A.E.Taylor
W.J.Couzens	A.R.Mead	R.T.Taylor
N.R.Dewberry	R.C.Middleton	S.F.Vickers
G.S.Doubleday	T.F.Morrell	C.W.Walker
E.A.Duffett	C.J.Munro	F.R.Webb
H.E.Footer	G.A.North	W.G.Webb
J.W.Goswell	L.O'Hara	P.G.Wright
E.W.Hall	G.M.Pearson	

Vice Presidents

W.J.Ashford	J.Heathfield	G.W.Piddington
J.V.Baker	P.Hilliar	R.Plummer
R.Bhatia	B.J.T.Knifton	A.Readman
J.Bicourt	W.R.Laws	E.T.Ryan
J.C.Bidgood M.B.E.	B.Lulham	T.H.Scrimshaw
G.Biscoe	J.McDonald	Mrs. E.R.Savage
C.Brooks	C.MacLennan	Mrs. D.M.Shepherd
D.E.Brown	A.R.Mead	K.Stimpson
C.Chantler	B.Merry	F.M.Stone
S.Davies	W.Merryman	W.G.True
E.P.Donovan O.B.E.	A.F.Mitchell	W.Wesch
P.L.Duncan	C.J.Munro	S.White
B.Eglinton	K.B.O'Kell	J.Wilson
H.E.Footer	C.Pearson	

