

**THE**



# **BELGRAVIAN**



**Official Gazette of  
Belgrave Harriers**

**QUARTERLY**

**MARCH, 1970**



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**FRONTISPIECE** (Photo: C. MacLennan)---R.W.A. National '10' and Inter-Counties Champion, WILL WESCH.

**FRONT COVER:** (Photo: Ron Linstead)---JOHN BICOURT (89) and GEOFF NORTH (98), our second and third scorers in the 'National', stride out in the fifties of the thousand-strong field at Blackpool



# THE BELGRAVIAN

FOUNDED 1887

MARCH 1970

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## EDITORIAL

This issue will be reaching you about two weeks later than usual but it's delay in going to the printers has enabled us to feature the highlight of the edition as you now find it---WE HAVE FOUND OUR FIRST NATIONAL CHAMPION OF THE 70'S! WILL WESCH, whose popularity soon overflowed from the Walking Section into the rest of the Club when he joined us only 18 months ago, is the new National R.W.A. '10' and Inter-Counties Champion. Belgravians everywhere offer him their hearty congratulations. Pat Duncan's account of the Liverpool race on another page covers the details of his great effort and tells of the hard work Will had to put in to reap his success. It was truly "a tremendous performance by a man who has worked hard for every second and every yard, earning our respect in the process, and making us very proud to have him as a clubmate".

Our joy at finding our first National Champion since 1965 (Ray Middleton) received a further boost when Carl Lawton, Ray Middleton top form to clinch the team title too---thus winning the only National R.W.A. title to elude them last year. Our congratulations go out to the team and the officials who have served us so well. Our walkers have certainly gone into the 70's on the crest of a wave; but they are only a whisker ahead of our Youth runners who have just completed a cross-country season deserving of the highest praise. Second in the 'Southern' and fourth in the "National" were performances of high merit, but our lads are not yet ready to leave the Youth class until they have made a real mark and, astonishingly, all six of our National team qualify for this category again next year. The weight of favourites is an unkind burden for Youths to bear, but there is no doubt that it is in this section that Belgrave's main hopes lie for emulating the walkers.

A word too for our Senior cross-country runners who nowadays have to face a thousand opponents in National Championships with standards rising at a remarkable rate. They had struggled rather through the season and it is to their credit that they produced their best effort on National day. In finishing sixth they beat the holders, Tipton Harriers, and had a points score low enough to have given them bronze medals last year.

So the picture at the beginning of a new decade bodes well for Belgrave at running and walking---but one part of the picture is not too clear. Will our track and field men win that Southern League and get us back into the National Divisions where we belong?.

## HON. SECRETARY'S NOTES

Owing to a change of job involving difficult hours, Bill True has been obliged to resign from the office of Hon. Handicapper (walking), a position he has held for many many years and in which he has given universal satisfaction. Our Vice President would have liked to carry on for a few more years yet but circumstances will not permit and we extend our warm thanks to Bill for all his hard work and our congratulations on the high standard of handicapping he has always given us.

Our hearty congratulations go to Track Captain, Peter Hilliar, on his recent marriage and we wish Mr. and Mrs. Hilliar years of happiness and good health ahead.

Congratulations to CHARLIE SPEECHLEY who had his 82nd birthday recently and is still very active indeed - and in a competitive way at that! He confides that he covered 1,100 miles in training and racing last year! Charlie is one of our oldest members, having competed in the first Belgrave Open Walk in 1919.

The following dates have been allocated to us by the GLC for our track meetings and these will, of course, be supplemented by many other fixtures. All members, athletes and officials alike are asked to note the dates given below and give full support so ensuring a successful Summer season.

April 25 (Sat)	Battersea Park
May 6 (Wed)	Battersea Park
May 20 (Wed)	Battersea Park
June 6 (Sat)	Club Track and Field Championships at Hurlingham Park (2.30 p.m.)
June 10 (Wed)	Battersea Park
June 24 (Wed)	Battersea Park
July 1 (Wed)	Invitation Inter Club Walks - Battersea Park
July 15 (Wed)	Battersea Park
July 27 (Mon)	Battersea Park
Aug 5 (Wed)	Battersea Park

Other dates to note are:-

April 4 (Sat)	Southern and Belgrave 12 Stage Road Relay (Wimbledon)
July 11 (Sat)	Belgrave 20 Miles Open Run (Wimbledon)
Oct 17 (Sat)	Belgrave Open Youths Road Relay (Wimbledon)
Nov 28 (Sat)	Belgrave 51st Annual Open 7m Walk (Wimbledon)

The GLC are altering the track at Battersea Park to a 400 metres lap which may assist our mathematics - or will it? New hurdles are promised and also improved facilities in the jump pits.

The Five Star Award Scheme for young athletes at school and within the clubs has proved a tremendous success and last year 85,000 certificates and 24,000 badges were awarded in the South. It is anticipated that even greater numbers will qualify this coming season and no doubt we as a Club will gain considerable benefit from the scheme. Several of our younger members have already qualified in the highest grade and we hope that each season will add to their number. We also hope that many young athletes will continue with the sport and join our ranks when they will receive a very cordial welcome.

The Commonwealth Games are to be held at Edinburgh on July 16 to 25 and we hope that we shall be well represented in the competing teams.

Congratulations to our Youth's team on their second placing in the Southern Cross Country Championships at Parliament Hill Fields. They ran really well and showed that our teams of the future will rise above all opposition. We have yet to win this championship inaugurated in 1948 but we may be sure it won't be long now.

We were second in 1950 at Eastbourne and again in 1954 (Parliament Hill Fields). Third place was ours at Ewell in 1961 and the following year at Reading and now we are among the medals again! The trophy for this event 'The Walter C. Jewell Trophy' should naturally gravitate towards us for in pre-War days this rather handsome cup was known as the 'Jockey Cup' and was won three years in succession by Belgrave in a two mile team race on the track and was on permanent display at our mid-week quarters of those days 'The Rising Sun', Ebury Bridge Road. During the War we held it in safe keeping and later when the clouds cleared it was re-claimed and adopted for use as a Cross Country trophy. We had a sentimental regard for this cup for it was the first open team trophy to be won by the Club. Let's hope our young runners will take a year's lease on it when the 1971 championships come round.

We pay tribute to Ken O'Kell's continuing generosity in keeping up-to-date our Honours Boards showing our 'Presidents' and 'Internationals' which he kindly presented to the Club some years ago. Ken, a Club champion of the '20's, manages to keep very fit thanks to his walks in Epping Forest and an interest in bowls.

ARTHUR KENDALL, of Shaftesbury Harriers, and Hon. Secretary of the Southern Counties AAA for many years past (and previously of the Middlesex County AAA) is resigning this year. It is impossible to even begin to assess his value and competence over so many years to the Association and its affiliated Clubs and we can only express grateful thanks for all his efforts, and good health in his retirement.

No less than 35 years have passed since Belgrave won the ECCU Championship at Beaconsfield, our team consisting of BERT FOOTER (11), DAN PATIENCE (14), JIM GINTY (15), ALF TAYLOR (18), TOM CARTER (19) and HARRY SHIELDS (20). Other wins came in 1939, 1946 and 1948 and we had a sequence of being 'in the medals' from 1933-1948, War years omitted. We have striven hard in subsequent years and accomplished some excellent performances but team medals have eluded us. This is written ahead of this year's championship and let's hope this statement proves false when it comes to be read!

It is interesting to note that since our initial win in 1935 no Club has a record superior to our four wins. Birchfield H. have recorded three, Bolton U.H. one, Coventry Godiva two, Derby & County A.C. three, Mitcham A.C. one, North Staffs and Stone one, Portsmouth A.C. three, Sheffield U.H. two, South London H. three, Sutton Harriers and A.C. four, Tipton H. one and Victoria Park A.A.C. (Scotland) one. Time we went ahead again! There's always Birchfields' 28 wins between the years 1880 - 1953 to overtake and surpass!

HARLEY - OUT! OUT! OUT! - - - - WHAT'SNAME - IN! IN! IN!

#### SITUATIONS VACANT

WANTED - a brand new Honorary Secretary to take place of present incumbent who has been suffered since 1938 and is about to be put out to grass. Candidate must possess all the virtues and some of the vices, be house-trained, of patient disposition and regular habits, capable of turning the other cheek and spending his own money generously. Ability to address envelopes, stick stamps, record minutes, shift chairs, split infinitives etc. an advantage. Small knowledge of Amateur Athletics might possibly be helpful but not essential.

Prospects non-existent, no help given with removal expenses, all fringe benefits carefully cut away. Office conditions lamentable, pension by arrangement with Minister of Social Security.

Applicants should queue at the door of the Presidential sanctum inranks of three, equipped with 48 hours emergency rations and bed-rolls, pending interview, and be prepared to swear an oath of continence, abstinence, celibacy and eternal loyalty to the Belgrave Harriers (founded 1887 - semper paratus). Or telephone 01 946 6859 (ANSA-BACK system installed) quoting Ref. NBBG/BEL/HONSEC and giving the ancient passwords 'Nine in six, Up the Bels'.

Seriously, we need a competent, enthusiastic Hon. Secretary soon. Are you the man for the job?

----- A.A.H.

## CHILDRENS PARTY

On Sunday 11th January the good ship Belgrave paid a return visit to Wimbledon and Captain Hoppy and his motley crew welcomed aboard a handsome bunch of girls and boys; the galley provided a fine tea, cakes, sandwiches, jelly, orangeade etc., etc. This was soon polished off and the decks were cleared for action when pirates came aboard. These were soon subdued and clapped in irons, a promise of good behaviour was gained from them and games were organised. Crew and passengers all had great fun.

It was then reported by the look-outs that the ship was crossing the Equator. The ship was hove to and who should climb over the side but King Neptune himself. The crew were then subjected to the crossing-the-line ceremony, much to the delight of our young passengers; Captain Hoppy, Pete the pirate, Blackdog Paddy and young Jim Gillings and the rest hastily abandoned ship.

All the Company now retired to the main lounge where the Purser, Bill Laws, had arranged a film show. Soon the whole ship was filled with laughter, children's and adult's, at the antics of Tom and Gerry and company. Ice cream was distributed and soon consumed.

All eyes were now turned upwards when an old friend made his appearance, without his trousers, but in his normal long flowing red robe. Yes, Father Christmas had returned and it was apparent from his stooping shoulders and slow pace that his sack was heavy.

Nobody had been forgotten, he had a toy for all.

Eight bells now being sounded it was time for the good ship to make its way over the horizon and all good children to be on their way home, but not without saying thanks to all the crew, ladies and gentlemen who served in the galley and those who swabbed the decks later.

## Jumble Needed

WE MUST RAISE FUNDS FOR THE CLUB. OUR LAST JUMBLE SALE MADE £37. WE COULD TREELE THIS FIGURE. DID YOU CONTRIBUTE ANY JUMBLE?

The next Jumble Sale is at Belgrave Hall on Saturday 9 May. Why not get your wealthy neighbours to clear out their cupboards, lofts, drawers, shelves, sheds, etc. Please bring your jumble to Belgrave Hall at the latest on Friday 8 May or if you want your jumble collected please contact

Bill Couzens  
Tel: 946 7490

## OBITUARY

We have to advise the death of a very old member, E.R. (Bob) Jessop in his 91st year. Bob who had been a first class footballer in his day, was for many years a great supporter of the Club, and was to be found at all the major Championships sporting his colours and encouraging the Club teams. We mourn his passing.

It is with regret that we also have to advise the death of W.F.C. Davies of Chiswick who died recently in his 63rd year. Our sympathies are extended to his widow.

### BOXING DAY MEETING

#### 2 Miles Handicap

1. J. Kelly	360 yds	8m 48s	9. A. Black	200 yds	9m 20s
2. R. Glover	380 yds	8 56	10. V. Butcher	400 yds	9 21
3. P. Carton	280 yds	8 58	11. S. Holmes	560 yds	9 25
4. A. Major	120 yds	8 58	12. E. McNally	480 yds	9 25
5. J. Davies	420 yds	9 00	13. A. Bruce	390 yds	9 29
6. R. James	420 yds	9 04	14. L. Coy	550 yds	9 39
7. G. Biscoe	580 yds	9 16	15. L. O'Hara	Ser,	9 41
8. C. Keavey	420 yds	9 17	16. D. Rees	600 yds	9 59
			17. R. Hopkins (jnr)	560 yds	10 01

#### 120 Yds Handicap

##### Heat 1

1. M. Bloice	9 yds	12.7s	3. P. Smith	7 yds	13.1s
2. A. Brooks	5 yds	12.7	4. N. Bacon	14 yds	-

##### Heat 2

1. C. Brooks	4 yds	12.5s	4. S. Barlow	8 yds	-
2. P. Gee	6 yds	12.7	5. G. Jessop	17 yds	-
3. D. Rees	6 yds	12.9			

##### Final

1. M. Bloice	9 yds	12.6s	4. P. Gee	6 yds	-
2. A. Brooks	5 yds	12.6	5. P. Smith	7 yds	-
3. C. Brooks	4 yds	12.7	6. D. Rees	6 yds	-

#### Boxing Day Shot Handicap

1. C. Keavey	(22' 3")	46' 0 $\frac{1}{2}$ "	4. P. Gee	(16' 6")	44' 10 $\frac{1}{2}$ "
2. A. Brooks	(18' 3")	46' 0"	5. N. Bacon	(23' 3")	44' 9 $\frac{1}{2}$ "
3. C. Brooks	(12' 0")	44' 11"	6. J. Kelly	(16' 3")	44' 7"

*Welcome*

We extend a cordial welcome to the following new members who have joined us since our last issue and hope that they will not hesitate to contact any of our officials should they require any help or advice.

The county or country in brackets indicates their place of birth.

Baker	John	(Surrey)	Nelson	Lascelles	(Jamaica)
Cambridge	John	( " )	Pienkowski	Peter	(Poland)
Cure	Michael	(London)	Johnson	John	(Ireland)
McFall	Stephen	(Lancashire)	Elliott	Martin	(London)
McLintock	Alistair	(Scotland)	Shirley	J.	( - )
Nazer	Colin	(London)			

(Continued from opposite page)

15'-0" and the discus 10'-0" in each grade. Dave Ansell's jumpers will be pleased to see their long jump marks preserved but the triple men will not feel too happy at having to find another 1 $\frac{1}{2}$ " 1-2" or 1'-6" according to which grade they are aiming.

As for our own Club marks, which are unchanged, except for a 1" increase in the Senior and Junior high jumps, it looks as though they are due for a big overhaul.

## STANDARDS 1970

Event	Club	A. A. A.			Event	Club	A. A. A.		
		I	II	III			I	II	III
<b>SENIOR</b>									
200	23.7	22.0	22.7	23.5	400 H	-	54.4	56.3	58.2
400	53.7	49.1	50.3	51.7	3KmW(I)	14:00	13:25	13:55	14:30
800	2:03.0	1:51.9	1:53.6	1:58.0	(II)	15:00	-	-	-
1500	4:15	3:48.0	3:51.0	3:58.0	10KmW(I)	47:30	47:00	49:15	51:30
2 miles	-	8:56	9:10	9:28	(II)	49:30	-	-	-
5000 (I)	16:00	14:13	14:31	14:54	HJ	5'-4"	6'-4"	6'-0"	5'-10"
(II)	16:30	-	-	-	PV	-	13'-9"	12'-6"	11'-0"
10,000(I)	33:15	30:20	31:00	32:40	LJ	19'-3"	23'-6"	22'-6"	21'-6"
(II)	34:30	-	-	-	TJ	38'-0"	48'-0"	46'-2"	44'-6"
10 miles	-	50:30	52:30	56:30	SHOT	33'-0"	55'-0"	50'-0"	46'-0"
20 miles	2:08:00	1:53:00	2:00:00	2:12:00	DISC	100'-0"	160'-0"	150'-0"	140'-0"
Marathon	2:55:00	2:30:00	2:40:00	2:50:00	HAM	-	180'-0"	165'-0"	145'-0"
3000 S/C	10:15	9:10.0	9:25.0	9:50.0	JAV	140'-0"	220'-0"	195'-0"	175'-0"
110 H	-	15.2	15.8	16.4	DEC	-	6,000	5,500	5,000
<b>JUNIOR</b>									
200	24.9	22.7	23.1	23.9	3KmW	-	14:30	15:00	16:00
400	55.7	51.2	52.4	54.2	HJ	5'-0"	5'-9"	5'-8"	5'-6"
800	2:09	1:57.2	1:59.4	2:03.4	PV	-	11'-0"	10'-6"	9'-6"
1500	4:35	4:01.2	4:04.8	4:10.4	LJ	-	22'-0"	21'-0"	20'-0"
3000	-	8:45	9:00	9:30	TJ	-	44'-0"	42'-6"	40'-6"
2000 S/C	-	6:12	6:25	6:45	SHOT	-	48'-0"	45'-0"	41'-0"
110 H	-	15.6	16.0	17.0	DISC	-	145'-0"	130'-0"	120'-0"
200 H	-	24.2	25.0	26.0	HAM	-	150'-0"	130'-0"	110'-0"
400 H	-	55.9	57.8	60.2	JAV	-	180'-0"	165'-0"	145'-0"
<b>YOUTH</b>									
200	-	23.2	23.7	24.3	PV	-	10'-6"	9'-6"	8'-6"
400	-	52.3	53.6	56.2	LJ	-	20'-0"	19'-3"	18'-3"
800	-	2:01.3	2:04.2	2:07.2	TJ	-	41'-0"	39'-6"	37'-6"
1500	-	4:10.4	4:16.0	4:22.0	SHOT	-	47'-0"	43'-6"	42'-0"
1000 S/C	-	3:00	3:10	3:25	DISC	-	150'-0"	135'-0"	125'-0"
100 H	-	14.8	15.2	16.0	HAM	-	140'-0"	125'-0"	110'-0"
2KmW	-	9:40	10:00	11:00	JAV	-	160'-0"	150'-0"	140'-0"
HJ	-	5'-6"	5'-5"	5'-3"					

The A.A.A. Senior Standards for 1970 show many changes, all of course for the tougher. The Juniors are let off lightly with only the long jump being revised, the three grades being increased by 12", 6" and 3" respectively. The Youths get off scot free with all marks remaining as last year.

It is the Seniors that take a hammering---no less than ten events being upgraded. Grade I in the 200 and 400 are cut by a tenth of a second only, but in the 800 all three grades are cut by 0.9, 1.2 and 0.3 respectively. The 1500 cut is 1.0, 1.0, 2.0 but the 3,000 Steeplechase is slashed by a mammoth 10, 10, 20 seconds!

The marathon men do not escape by any means, the cuts in their three standards being 5 mins, 5 mins, and 10 mins.

In the Field, the shot mark is increased by an imposing 10%, the biggest change of all; the increases in each grade are 5'-0", 4'-0" and 3'-0". The hammer goes up by 10'-0", 15'-0",

# YOUTHS & BOYS

One of the most pleasing aspects of Belgrave Club life today is the quality of our Youths. Not just their fine performances on track, road and country, but also their spirit, enthusiasm and general behaviour. A lot is said daily in the National Press about the youth of today but generally it portrays only one side of the coin. In Belgrave we seem to have the other. It is not just running ability that has brought the results enjoyed this last cross country season. Nor is it just due to the number of miles put in during those many dark, cold winter evenings. It is also due to the character and general approach of the Youths themselves. This is not something they were necessarily born with of course and it is probably fair to say that they have benefitted a great deal from the influence of our Club structure generally and from their section officials in particular.

Reg Hopkins and Tom Carter have played a large part over the years in building up this important part of our Club. The Youths and Boys mean a great deal to Reg and it is doubtful whether anyone could quite share the joys and sorrows as he does. Sometimes it looks as though he gets his emotions the wrong way round. He looked like crying and was lost for words after the Southern and National performances which pleased him so much, yet when a disappointing result comes along now and again he is the chirpiest, cheerful man around. This latter quality must be a great help to young runners who can get dismayed so easily. In this era of Bedford-type training and 200 miles a week it is easy for youngsters to be badly influenced by the publicity and made to believe that other people's schedules will make them champion runners too. It is not easy to understand that one man's meat is another man's poison and that there is a mental approach to training as well as a physical one.

The moderating influence of Reg and Tom in training policy has made itself felt. The Youths' successes have been chieved on a maximum of 50 miles a week. They have many years ahead of them on which to build up their training in both quality and quantity---and they realise it.

Belgrave are proud of their Youths and Boys, but the Youths and Boys will tell you that no pride could be greater than that which they have in Belgrave Harriers.

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## Youths Win County Title

Milford Heath---January 3rd

Everything went very much to form in this first Championship of the 70's and it was nice to know that that meant Belgrave were to run out easy team winners with the remarkably low score of 19 points.

The Aldershot pair Ford and Adams were reckoned to be certainties for medals but our own Bill Curtin, the reigning County Boys Champion, pushed them hard in the early stages, but he had to give way in the second mile as Ford proved invincible. Peter Carton moved up on Bill and got away in the final stages for an excellent third place (now this lad improves!) while Bill was outkicked by his almost inseparable rival from Mitcham AC, M. Fromant. John Stowe was only 120 yards further back with Tony Binda a similar distance behind John, but closing fast.

Our Press Honorary Secretary, Don Maclean, was an interested spectator as he was a winner of this race in the early 1950's. We went into the 50's winning this Championship in 1950, 51, and 52. Will we do the same in the 1970's?

### RESULT

|               |               |       |                |       |
|---------------|---------------|-------|----------------|-------|
| 1. B. Ford    | (W.Surrey H.) | 16:45 | 20. V. Butcher | 19:17 |
| 2. P. Adams   | ( " )         | 17:36 | 27. L. Harris  | 19:39 |
| 3. P. Carton  | (BELGRAVE H.) | 17:49 | 30. X. Yianni  | 19:55 |
| 4. M. Fromant | (Mitcham AC)  | 17:54 | 31. P. Breslin | 19:59 |
| 5. W. Curtin  | (BELGRAVE H.) | 17:55 | 32. E. Godfrey | 20:00 |
| 7. J. Stowe   | ( " )         | 18:13 | 34. E. McNally | 20:04 |

### Teams:-

|                                 |        |                      |         |
|---------------------------------|--------|----------------------|---------|
| 1. BELGRAVE H. (3,4,5,7)        | 19 pts | 4. Walton AC         | 75 pts  |
| 2. West Surrey H. (1,2,13,18)   | 34 pts | 5. Wimbledon Coll.   | 85 pts  |
| 3. Guildford & God.(8,11,16,21) | 56 pts | 6. Tulse Hill School | 108 pts |

Ian Gillings won the Kingston district (1st year) boys C.C. Championships and went on through to the Surrey Schools on February 7th.

Simon Holmes and David Harvey have been helping their school (Emmanuel) to some good cross country wins in recent weeks.



Photo: Ron Linstead

BILL CURTIN (11) gets up with his rival M. Fromant (105) just after the start of the County Championship. JOHN STOWE, EDMUND GODFREY and PETER CARTON follow up behind No.12.

## SAVAGE SHIELD

Wimbledon---January 17th

Held over two laps of our cross-country course the Junior 5 miles Championship for the "Savage" Shield was contested by six runners. First year youths Curtin and Stowe set the pace with Bill running out an easy winner. McNair, in his last year as a Junior, led in the remainder.

### RESULT

|              |       |              |       |               |       |
|--------------|-------|--------------|-------|---------------|-------|
| 1. B. Curtin | 29:54 | 3. M. McNair | 30:52 | 5. V. Butcher | 32:29 |
| 2. J. Stow   | 30:38 | 4. T. Binda  | 32:21 | 6. M. Harvey  | 37:21 |

London Schools Cross-Country Championships-Parliament Hill---January 17th

As the result of fine performances in the three races four of our members were selected to represent London in the ALL ENGLAND CHAMPIONSHIPS at Blackburn later in the season.

### Junior Boys:

3. Ken Osbourne (Bels) 14:50

### Intermediate Boys

2. Richard Langley 18:55

### Senior Boys

2. Peter Carton 25:46  
5. X. Yianni 26:52  
12. R. Hofstedt 27:50  
20. E. McNally  
40. M. Clancy

London Federation Boys Clubs Road Run (Two Bridges) 2½ mile---January 17th

### Senior Race

1. P. Carton 14:03  
2. R. Langley 14:03  
4. E. McNally 15:08  
7. M. Clancy 15:18  
8. R. Hopkins 15:28

### Junior Race

1. K. Osbourne 9:59  
3. J. Cambridge 11:12

Epsom—January 24th

In the Epsom and Ewell open youths cross-country race over 4 miles, Belgrave ran out easy winners of both the individual and team races.

RESULT

|               |             |       |                |        |       |
|---------------|-------------|-------|----------------|--------|-------|
| 1. B. Curtin  | (BELS)      | 20:19 | 9. T. Binda    | (BELS) | 21:25 |
| 2. M. Blameld | (Medway)    | 20:38 | 20. X. Yianni  | "      | 22:21 |
| 3. P. Carton  | (BELS)      | 20:41 | 21. V. Butcher | "      | 22:23 |
| 4. P. Yates   | (Guildford) | 21:05 | 26. P. Breslin | "      | 22:54 |
| 5. J. Stow    | (BELS)      | 21:08 | 38. M. Clancy  | "      | 25:30 |

Teams:- 1. BELGRAVE                      2. Walton AC                      3. Guildford and Godalming

## Jack Hampshire TROPHY

Boys C.C. Championship - Wimbledon, 24 Jan

An easy win for Richard Langley. The next few, however, had a tussle for the minor placings. Though Simon was tiring towards the end and the others were closing up fast he managed to hold on to the lead he had built up. Reg managed to snatch third place from Ken Osborne although only after a final all out last 50 yards or so.

|                |      |       |                  |      |       |
|----------------|------|-------|------------------|------|-------|
| 1. R. Langley  | Scr. | 16:54 | 9. J. Talhades   | 3.20 | 18:45 |
| 2. S. Holmes   | 2.00 | 17:04 | 10. J. Cambridge | 3.30 | 18:57 |
| 3. R. Hopkins  | 2.00 | 17:15 | 11. N. Duckett   | 1.30 | 19:55 |
| 4. K. Osborne  | 2.00 | 17:15 | 12. I. Beaumont  | 6.15 | 21:58 |
| 5. B. Quirk    | 1.30 | 17:20 | 13. C. Nazer     | 6.45 | 22:48 |
| 6. M. Eloice   | 1.45 | 18:16 | 14. J. Baker     | 6.00 | 23:28 |
| 7. D. Harvey   | 2.00 | 18:17 | 15. S. Walker    | 8.00 | 24:46 |
| 8. I. Gillings | 5.30 | 18:26 | 16. A. Blair     | 6.30 | 26:10 |

## A SOUTHERN SILVER!

Parliament Hill - February 7

Parliament Hill may have been at it's treacherous, muddiest worst but it was shining silver all the way for Belgrave's youths on this murky February day.

Carton and Curtin got a good start but Peter was unable to keep in touch with his team-mate for long and didn't look quite so happy in the mud. Nevertheless, he pressed on in his most determined style to finish an excellent 13th - 38 seconds behind Bill who looked 'out on his feet' over the last 600 yards.

One who was far from 'out' was Tony Binda whose slight frame skimmed over the muddy surface of the closing stages faster, probably, than any of the field. It is unusual to see a cautious start in one so young. He was fast catching John Stow who had put in some very hard work in the middle stages and was hanging on to his forward position with great determination.

It was a fine display by our youths and Reg Hopkins was the proudest man at Parliament Hill that day. They all deserved the accolade of congratulations that showered upon them.

RESULT

|              |                    |       |                 |       |
|--------------|--------------------|-------|-----------------|-------|
| 1. J. Goater | (Shaftesbury H)    | 22:43 | 8. W. Curtin    | 24:07 |
| 2. J. Davies | (T.V.H.)           | 22:59 | 13. P. Carton   | 24:45 |
| 3. B. Ford   | (Aldershot F. & D) | 23:23 | 29. J. Stow     | 25:19 |
| 4. B. Smith  | (Thurrock H)       | 23:45 | 31. A. Binda    | 25:13 |
| 5. T. Crabb  | (Eton M)           | 23:54 | 114. V. Butcher | -     |
| 6. P. Adams  | (Aldershot F. & D) | 24:01 | 122. X. Yianni  | -     |

( 166 finished)

Teams

|                                |         |                      |         |
|--------------------------------|---------|----------------------|---------|
| 1. T.V.H. (2,17,22,24)         | 63 pts  | 4. Brighton & Hove   | 125 pts |
| 2. BELGRAVE H. (8,13,29,31)    | 81 pts  | 5. Aldershot F. & D. | 155 pts |
| 3. Shaftesbury H. (1,34,36,51) | 122 pts | 6. Horsham B.S.      | 159 pts |

### WHAT THE DICKENS?

It's a far far better time that I do than I have ever done. It's a far far better pace at which I go than I have ever known.

PETER CARTON  
(With apologies to Sidney)

2 miles cross-country match v Wimbledon College-----Boys under 15 years

This was certainly a two-horse race, with the first two a minute clear of the field. Winner was new member Ken Osbourne who beat Totman of the College by 2 seconds. Ken looks a promising lad and could well follow in the footsteps of our present band of successful youngsters. Young Reg Hopkins was a good third, while Ian Gillings with several years ahead in the Boys ranks showed improved form.

RESULT

|                |             |       |                  |       |
|----------------|-------------|-------|------------------|-------|
| 1. K. Osbourne | (Belgrave)  | 12:49 | 10. J. Cambridge | 15:06 |
| 2. J. Totman   | (Wim. Coll) | 12:51 | 13. S. Crosbie   | 16:13 |
| 3. R. Hopkins  | (Belgrave)  | 13:45 | - C. Nazer       | 17:13 |
| 8. I. Gillings | ( " )       | 14:44 | - S. Walker      | 18:00 |

Teams:-

|                      |           |                |        |
|----------------------|-----------|----------------|--------|
| 1. Wimbledon College | 33 points | 2. BELGRAVE H. | 50 pts |
|----------------------|-----------|----------------|--------|



LEFT: KEN OSBOURNE, 3rd in London Schools (Junior Boys).

Photos: R. Hopkins

RIGHT: XANTHOS YIANNI (E), 5th in London Schools (Senior Boys) and EDMUND GODFREY.

\*\*\*\*\*

## A BELGRAVIAN'S Call To Battle!

Once more onto the track, dear friends, once more;  
 And run your heart out down that final straight!  
 In school there's nothing so becomes a boy  
 As modest stillness and humility;  
 But when that last lap bell sounds in your ears,  
 Stiffen the sinews, summon up the blood,  
 Disguise fair nature with hard-favoured rage;  
 Then set the teeth, stretch the nostril wide.  
 Gasp in the breath and bend up every spirit to its full height!  
 On, on, you noble Belgraves whose past is filled with veterans of sure proof--  
 Veterans that, like so many Zatopeks,  
 Have in these parts both morn and evening run and packed their spikes for lack of  
 argument:-  
 Dishonour not your seniors; now attest  
 That those whom you call seniors won't despise you!  
 Be copy now to boys of grosser clubs,  
 And teach them how to run.  
 I see you stand like greyhounds in the slips,  
 Straining upon the start.-----the games' afoot!  
 Follow your spirit; and upon this charge  
 Cry-God for Lucas! Carter! and Belgrave!

(With apologies to "Will")

\*\*\*\*\*

Due to most members being down, or just recovering, from flu we could only manage two stages in the Brighton Boys Cross-Country Relay on January 10th, but it was nice to see Richard Langley lead the first leg home.

# SURREY C. C. LEAGUE

## YOUTH/BOY DIV. 1

### FINAL TABLE

|                        |         |                            |         |
|------------------------|---------|----------------------------|---------|
| 1. BELGRAVE HARRIERS   | 142 pts | 5. South London Harriers   | 445 pts |
| 2. Mitcham A.C.        | 221 pts | 6. Hercules Wimbledon A.C. | 519 pts |
| 3. Walton A.C.         | 250 pts | 7. Ranelagh Harriers       | 615 pts |
| 4. Herne Hill Harriers | 373 pts |                            |         |

With the second lowest total ever, Belgrave chalked up a runaway win in the 1969/70 league season. True, that Bill Curtin and Peter Carton gave us a proud start each time out, but true also that with five to score three other runners had a vital part to play, and indeed no less than six different athletes played their part in filling those supporting places.

Three places down after the first race to Mitcham and a further seven down after the second made the victory prospects look tough at the halfway mark. But with a fantastic effort on Mitcham's own course our lads rubbed our host's noses into the mud by filling the first five places.

To show that the outcome was no more than a formality, Curtin and Carton, in the final fixture, coasted away together to cross the line equal first. A fine performance and a fine show by a fine bunch of lads.

Bill Curtin took the individual award with impressive placings of 2nd, 1st, 2nd and equal 1st. He also had the unusual experience of sharing the winning time in every race.

The first race was reported in the December issue of 'The Belgravian'. The next three races went as follows:-

### RACE NO. 2 - Peterham, Richmond Park - December 13

Having been inched out of victory in the first race by Fromant of Mitcham, Bill Curtin was out for revenge. This time he reversed the decision by a similar number of inches. Walton's Francis pipped Peter Carton again for third place and Tony Binda ran through strongly to secure 11th place, just two places ahead of Vic Butcher who closed in our scoring four.

### RESULT

|                      |       |                |       |                |       |
|----------------------|-------|----------------|-------|----------------|-------|
| 1. W. Curtin (Bels)  | 14:06 | 4. P. Carton   | 14:38 | 24. E. McNally | 16:06 |
| 2. M. Fromant (Mit)  | 106   | 11. A. Binda   | 15:04 | 27. M. Clancy  | 16:39 |
| 3. P. Francis (Walt) | 137   | 13. V. Butcher | 18    | 46. R. Hopkins | 19:26 |

(47 finished)

### Teams

|                 |        |                        |         |                   |        |
|-----------------|--------|------------------------|---------|-------------------|--------|
| 1. Mitcham A.C. | 44 pts | 4. Herne Hill Harriers | 94 pts  | 6. Herc/Wimbledon | 123pts |
| 2. Belgrave H.  | 51 pts | 5. S.L.H.              | 117 pts | 7. Ranelagh H.    | 151pts |
| 3. Walton A.C.  | 64 pts |                        |         |                   |        |

### RACE NO. 3 - Morden Park, December 27

It would take more than the upheaval of Christmas festivities to upset our lads when it comes to running. So, instead of fielding depleted teams like some of our rivals, we turned out no less than 14 of the 44 runners! And what a riot it was too! With the terrible twins getting well clear early on, John Stow and Richard Langley gradually consolidated third and fourth places. Tony Binda had his usual steady start and made his way through the field in great style to finish furiously over the final 400 yards or so and clinch the clean sweep that all Belgravians were longing for.

### RESULT

|                      |       |                |       |                 |       |
|----------------------|-------|----------------|-------|-----------------|-------|
| 1. P. Carton (Bels)  | 15:16 | 15. V. Butcher | 16:36 | 32. B. Quirk    | 17:54 |
| 2. B. Curtin (Bels)  | 16    | 16. L. Harris  | 145   | 37. M. Clancy   | 15:35 |
| 3. J. Stow (Bels)    | 144   | 23. E. Godfrey | 17:12 | 39. J. McCaffey | 143   |
| 4. R. Langley (Bels) | 147   | 24. E. McNally | 115   | 41. R. Hopkins  | 145   |
| 5. A. Binda (Bels)   | 151   | 28. S. Holmes  | 130   | (44 finished)   |       |

### Teams

|                 |        |                        |         |                   |         |
|-----------------|--------|------------------------|---------|-------------------|---------|
| 1. Belgrave H.  | 15 pts | 4. Herne Hill Harriers | 85 pts  | 6. Herc/Wimbledon | 135 pts |
| 2. Mitcham A.C. | 62 pts | 5. S.L.H.              | 110 pts | 7. Ranelagh H.    | 165 pts |
| 3. Walton A.C.  | 75 pts |                        |         |                   |         |

### RACE NO. 4 - Farthing Downs, Coulsdon, February 21

There was little to fear from the opposition over the snow-covered North Downs. More important to keep injury free on the treacherous surface and think of the following week's National.



Photo: Ron Linstead

BILL CURTIN and PETER CARTON make it one-two again at Coulsdon.

Once again the 'twins' performed their famous duet to look in a class of their own. Tony Binda regained his third scorer position from John Stow and Richard Langley to finish seventh - a fine effort.

#### RESULT

|                      |         |                |       |                 |       |
|----------------------|---------|----------------|-------|-----------------|-------|
| 1. P. Carton (Bels)  | 14:23 = | 12. R. Langley | 15:27 | 26. J. McCaffey | 16:42 |
| 2. W. Curtin (Bels)  | 1:23 =  | 15 -           | 1:36  | 29. L. Harris   | 1:50  |
| 3. M. Fromant (Mit)  | 1:45    | 16. V. Butcher | 1:48  | 41. R. Hopkins  | 1:21  |
| 4. - Connelly (Walt) | 1:56    | 20. P. Breslin | 16:25 | 43. M. Clancy   | 1:22  |
| 7. A. Binda (Bels)   | 15:09   | 24. E. McNally | 1:40  | 49. M. Harvey   | 1:52  |
| 10. J. Stow (Bels)   | 1:23    | 25. S. Holmes  | 1:41  | (54 finished)   |       |

#### Teams

|                 |        |           |         |                   |         |
|-----------------|--------|-----------|---------|-------------------|---------|
| 1. Belgrave H.  | 32 pts | 4. H.H.H. | 92 pts  | 6. Ranelagh H.    | 135 pts |
| 2. Walton A.C.  | 57 pts | 5. S.L.H. | 109 pts | 7. Herc/Wimbledon | 141 pts |
| 3. Mitcham A.C. | 74 pts |           |         |                   |         |

## Mitcham Young Athletes Relay

Morden Park, February 14th (4x2 Miles Relay)

This race included juniors under 20 years of age. Not having any juniors available on this occasion our team was composed of our youths team minus Bill Curtin who was competing in Ireland. We did not, in these circumstances, expect our lads to fare very well thinking that they would be outclassed.

Peter Carton opened the first leg for us and disappeared from view in around 4th or 5th spot. This being a 2 mile course round Morden Park it wasn't long before the runners came into sight and much to our delight and surprise who should be in the lead but Pete, going like the clappers and holding on right to the changeover with 8 secs on the second team, Aldershot. Full of congratulations for Peter we just caught the back of John Stow going away for the second leg. We thought that we had had our moment of glory and that John, although he would always try his best, must lose several places during his stint. But once again we were all

mistaken: John was not to be outshone by Peter and he covered the distance in exactly the same time as his team mate and only Adams of Aldershot (6th in the Southern) passed him. Surely we couldn't keep this up "Who said so," cracked Tony Binda, flying over the third leg. He knew we were in with a chance now and he certainly made the most of it. We already knew how tenacious he could be and this was a situation he gloried in, holding on to our second position in fine style. Then we had to face the moment of truth. Vic Butcher was to run the final leg that would normally have been Bill Curtin's. Vic is keen and dedicated to our club and sport and he trains hard and often, but he has yet to find the form we know he could produce. Vic was very nervous and he had to face several good runners on his leg, including one of the Tuck twins. We did our best to inspire him with confidence but it was to no avail. He ran much below form dropping us to fifth position. Vic did his best of course and it didn't exactly cheer him up to know that any one of our 'B' team runners would have gained third place. Never mind, that's the way it goes; we did much better than we had expected anyway.

R.H.

RESULT

|                       |       |                 |       |
|-----------------------|-------|-----------------|-------|
| 1. Walton AC          | 42:09 | 5. BELGRAVE 'A' | 43:50 |
| 2. Ald. F. & District | 42:50 | 9. BELGRAVE 'B' | 46:19 |
|                       |       |                 |       |
| P. Carton             | 10:31 | P. Breslin      | 11:20 |
| J. Stowe              | 10:31 | E. Godfrey      | 11:36 |
| A. Binda              | 10:57 | X. Yianni       | 11:36 |
| V. Butcher            | 11:51 | E. McNally      | 11:47 |

Fastest Individual: G. Tuck (Camb. & Col.) 9:57



TONY BINDA takes over from JOHN STONE for the third stage of the Mitcham Young Athletes Relay at Morden Park.

Photo: Ron Linstead

## SURREY COUNTY BOYS CHAMPS.

Morden Park—February 14th

Strong, gusting winds and a snow-bound course with stretches of treacherous ice did not detract from some fine racing and Belgrave were only just pushed out of bronze medals.

Richard Langley might well have taken 3rd place in normal conditions, but his fluid action seemed to suffer more than most over the icy surface and he had to be content with 6th place. Simon Holmes, Barry Quirk and David Harvey all backed up well to complete our scoring team whose 4th place out of 18 was no mean effort.

RESULT

|               |            |       |                 |        |
|---------------|------------|-------|-----------------|--------|
| 1. C. Taylor  | (Mitcham)  | 16:57 | 29. B. Quirk    | (BELS) |
| 2. P. Francis | (Walton)   | 17:01 | 30. D. Harvey   | "      |
| 3. J. Lee     | (Croydon)  | 17:37 | 33. R. Hopkins  | "      |
| 6. R. Langley | (BELGRAVE) | 18:18 | 35. J. McCaffee | "      |
| 20. S. Holmes | "          | 19:27 |                 |        |

Teams:-

|               |        |              |       |                     |       |
|---------------|--------|--------------|-------|---------------------|-------|
| 1. Mitcham AC | 23pts, | 2. Walton AC | 41pts | 3. Guildford & God. | 81pts |
|               |        |              |       | 4. BELGRAVE H.      | 88pts |

# Youths 4th in National

Stanley Park, Blackpool—February 28th

What a performance! The future holds no bounds for these lads. Every outing supercedes the previous one and in asking "where will it all end?" one hopes the answer will be "In England's Senior team of 1975!"

All six of our lads are first year youths and watching them on the sidelines, with itchy feet, was Richard Langley who will be fighting to displace one of our scoring four next year when gold is the target.

This year, the only possible target was silver (Small Heath were known to be invincible) but no one really expected us to pick up medals. After all, it would be a big enough task to put Shaftesbury and our Southern conquerors T.V.H. behind us without considering the Midlands and North. How wrong we nearly were! With Carton and Curtin grimly hanging on to their places around the twenty mark, John Stowe going well in the early sixties and Tony Binda only another twenty places back, a count at two miles placed us second, yes second.

Could we hold it? Gateshead and Pembroke were both pressing furiously and slowly cutting their scores. Peter held on well, Bill dropped a place or two, John was slipping rather more having put everything into the first half and Tony Binda was making ground (as usual) as the finish approached.

It was a very close thing. Only 13 points covered the three teams and we were the unlucky ones to miss medals. The lads deserved some memento of their great effort but perhaps next year will be known as "the year after Blackpool".

One cannot really single out any of the scoring four. They all ran at their best and are such good prospects that the order of finishing could change yet again next season. In a club such as ours they should be able to realise their full potential. They have the right connections, the rest is up to them.

## RESULT

|                |                  |       |                 |        |       |
|----------------|------------------|-------|-----------------|--------|-------|
| 1. C. Falconer | (Springburn H.)  | 20:50 | 21. P. Carton   | (BELS) | 21:57 |
| 2. R. Smedley  | (J. Willmott GS) | 20:59 | 25. W. Curtin   | "      | 22:03 |
| 3. J. Kendrick | (Small Heath)    | 21:00 | 73. J. Stowe    | "      | -     |
| 4. J. Goater   | (Shaftesbury)    | 21:01 | 77. A. Binda    | "      | -     |
| 5. N. Rose     | (Bristol AC)     | 21:12 | 290. X. Ylanna  | "      | -     |
| 6. J. Davies   | (T.V.H.)         | 21:14 | 309. P. Breslin | "      | -     |

(365 finished)

## Team:-

|                         |               |            |
|-------------------------|---------------|------------|
| 1. Small Heath Harriers | (3,7,9,51)    | 70 points  |
| 2. Gateshead H.         | (13,28,66,76) | 183 points |
| 3. Pembroke A. & C.C.C. | (31,46,55,57) | 189 points |
| 4. BELGRAVE HARRIERS    | (21,25,73,77) | 196 points |
| 5. Shaftesbury H.       | (4,59,68,91)  | 222 points |
| 6. Brighton & H. AC     | (41,47,48,96) | 232 points |

(52 teams finished)

FROM YOUR TREASURER

JUST A  
REMINDER



SUBSCRIPTIONS ARE SIX MONTHS OVERDUE!

# THE MEN BEHIND THE TROPHIES

## HARRY PARKER

Harry Parker was born in Westminster and lived and worked for the greater part of his life in this area which will always be associated with the Club's beginnings. In 1910 Harry joined the Westminster Harriers and here he met many sportsmen he was to know for the rest of his life. A dispute in the Westminster club, which was an organisation of many sections, led to the formation of the Chelsea Harriers but in 1912 this club was absorbed into the Belgrave Harriers. Harry and several others quickly settled down and devoted themselves to a lifetime with the 'Bels', and this continued for 38 years until Harry passed on in 1950.

Harry was a keen and enthusiastic team man in his active days and thereafter proved himself to be one of the finest Belgravians ever by reason of his unremitting work for the Club. He rarely missed a fixture. He served in many capacities at various times. He was in turn our Running Hon. Secretary, Assistant Hon. Secretary, Hon. Treasurer, President and a Life Member and working all the time for the Club he held so dear. We joked about his little black memo book, in and out of his pocket with staccato notes entered therein, the innumerable postcards he sent to rally the faithful, his bias towards everything Belgravian, his contemptuous



1921

The above picture shows Harry Parker (17) with a group of cross-country team-mates.

Left to Right:

F. Ford, H. Fearn, ----, C. Barrington,  
R. J. Savage (14), J. J. Crichton (22),  
A. L. Porter, E. Musselbrook (15), -----,  
E. T. Coxall, HARRY PARKER (17),  
E. Cope (Vice President), A. Fraser (20),  
H. Wright (Timekeeper).

1941

Twenty years later Harry walks to the start of the Surrey County Cross Country Championships with Tom Carter who won the title.



feeling for those who had sneered at Belgrave in earlier days and made use of the club for their own purposes only. His greatest work, however, was undoubtedly done during War years when almost single handed he kept in touch with hundreds of members distributed throughout the world and managed to act as a clearing house for all the news he gathered. To Harry, as much as anyone, goes the credit that Belgrave was a real club, very much in being, and financially sound when we re-assembled to resume, more or less, where we had left off.

Harry had served as President of the South of the Thames C.C. Association, as an official at the 1948 Olympic Games, as an AAA Handicapper and in 1950 became President of the English Cross Country Union (and Southern Counties C.C. Association) - the highest honour to be accorded in cross country running councils, and the first Belgrave Harrier to attain this position - only to die in his year of office, much to our sorrow.

So passed a great Belgravian. Harry had earlier presented us with the 'Pyramid' Cup for our Weight Put Championship and on his death his many friends subscribed to present to the Club 'The Harry Parker Memorial Bowl' which is awarded to the first Club man to finish in the ECCU Senior Championship.

These two trophies will assuredly remind us as long as the Club shall exist of one of its finest workers and of one who never gave anything other than the best that was in him to the Belgrave Harriers.

AAH

## FROM 'The Belgravian'

### 25 years ago ●●●●●

As we go to press so comes the good news that we have all waited for, Victory in Europe. Amidst the rejoicing and thanksgiving, members' thoughts may have been turned towards the Club, and how it has fared during these last five odd years. The Club has many good reasons to be proud of its services to athletics and to its members. Belgrave Hall was open not only to our own members but to members of clubs less fortunate and to visiting athletes and servicemen. Much could be written of the fortunes of our many members. A large number, probably the majority, of our active members was called up for service in the Forces. We had, however, many members in reserved occupations, the Police and Civil Defence. These, in spite of long working hours and extra duties and less leisure time, have been able to keep the Club going. We were also pleased to welcome services members when on leave, and they proved valuable helps to the Club's teams.

We have also been fortunate in having a live and efficient Committee of hard working officers. They gave up much valuable time in the interests of the Club. It is perhaps little realised how much work is done behind the scenes.

We do not know how long it will be before athletics are restored to their pre-war scale and scope but we can confidently say that when they are Belgrave will be to the fore. The past winter has shown us that we can still lead the way and we congratulate our runners and walkers on a good season's work. Once again Derrick Burfitt has merited special mention. He won the National Youth's Cross-Country Race by a convincing margin. He also took other junior titles in his stride.

Soon, many of our Services men will be coming back to us and we look forward to seeing them line up with our teams. Others will be drafted to the Far Eastern zone where we already have a number of members. To those who will still be serving we send our best wishes for a speedy and safe return. Until that much-awaited day, they will often be in our thoughts.

### ●●●●● and 40 years ago

The past month, the climax of the winter season, has been wonderfully successful for our runners and walkers. The cross-country men have been placed in the 'Southern' for the first time in the Club's history and followed this up by what is, perhaps, an even better performance - sixth in the National - another 'best yet'.

The walkers have won the Junior Championship again and now Belgrave hold both Senior and Junior Championships. Incidentally, we are the first Club to have won the Junior title three times. A team went to Birmingham on March 22 and brought back the 'Bishop of Birmingham's Cup' - our first visit to the Midland town for this race since 1921, when we won the trophy for the first time.

# ROAD RUNNING

## GORDON BISCOE WRITES:

At the time of writing the Road season will once again be getting under way with its familiar pattern of races, and after last year's successes our obvious aim must be to try and improve on these. There has been no news of any of our long distance men contemplating retirement so it's expected that the usual faces will be there. The unknown quantities are, as to whether Glas. Dabbs can make another of his come-backs and recapture some of his previous form; and as to what new distance men may emerge from our ranks as has happened in previous years with Tony Erien and Clive Shippen etc.

The tendency to try and simplify events continues slowly, this year the AAA Marathon once again combines with the Poly Marathon and there is a strong proposal that the Surrey 20 should be held in conjunction with our own Belgrave 20 on July 11th.

We always try to give as complete a record of club performances as possible in the Belgravian as well as the ranking lists introduced in the last issue. So if during the season anyone sets any times they think we may not know about, would they please let Lionel Mann or myself know about them as we're interested in all results.

\* \* \* \* \*

## HOGS BACK

### Hog's Back----December 20th

The usual large field set off in excellent running conditions. Geoff North cut out the early pace with a group which gradually reduced to about a half dozen. Just after the seven miles mark however the Holt twins sped away leaving their adversaries to fight for the minor placings. Geoff secured sixth place in an excellent time of 44:55 just over 200 yards down on Bob Holt.



Photo: Ron Linstead

GEOFF NORTH leads the Hogs Back field ahead of the Holt twins (97 & 96) and Joslyn (300) who filled the first three positions at the finish.

Dick Piotrowski and Lionel Mann provided excellent backing in 15th and 19th places respectively, enabling us to take second place in the team race to the consistently strong Hercules Wimbledon outfit.

The rest of the boys had typical pre-Christmas runs spreading the Belgrave spirit of goodwill throughout the lower echelons of the field. Despite this we provided four men in the first ten in the Veterans Section----Arthur Bruce (4th), Denis Jones (5th), Ken Stimpson (9th) and Geoff Pearson (10th).

**RESULT**

|                   |                      |       |                    |       |
|-------------------|----------------------|-------|--------------------|-------|
| 1. R. Holt        | (Hercules Wimbledon) | 44:14 | 107. D. Jones      | 53:44 |
| 2. D. Holt        | " "                  | 44:22 | 132. K. Stimpson   | 56:42 |
| 3. A. Joslyn      | (Polytechnic H.)     | 44:39 | 135. G. Pearson    | 56:51 |
| 6. G. North       | (BELGRAVE H.)        | 44:55 | 140. G. Piddington | 57:03 |
| 15. R. Piotrowski | " "                  | 46:25 | 150. P. Pringle    | 59:22 |
| 19. L. Mann       | " "                  | 46:46 | 157. A. Stroud     | 60:39 |
| 79. W. Kerr       | " "                  | 51:13 | 160. C. Manning    | 61:32 |
| 106. A. Bruce     | " "                  | 53:28 | 166. J. Baker      | 66:39 |

**Teams:-**

1. Hercules Wimbledon 16pts, 2. BELGRAVE 30pts, 3. Reading 32pts.

**MITCHAM 15****Mitcham 15<sup>1</sup> miles Road Race—Jan 10th**

Belgrave won very little in this race except for a prize in the raffle and a free pen donated to each finisher. We were 4th in the Jim Peters Trophy with three to score and second in the Fry Trophy with six to score. The race was won by Alan Domleo from Badgery and Lem. Pat O'Connor led in the Belgrave squad followed by Lionel Mann, Clive Shippen and Brian Joines.

John Hall motored up from Wales to compete and informed us that he is giving up his first claim on Belgrave and expecting an addition to his family. It was great seeing him again and we hope he keeps in touch with us.

For some inexplicable reason Pat O'Connor looked extraordinarily pleased with himself after this race, or perhaps that inane grin was caused by shock - who knows?

L.M.

**RESULT**

|                         |         |                      |         |                         |         |
|-------------------------|---------|----------------------|---------|-------------------------|---------|
| 1. A. Domleo (Derby)    | 1.19:25 | 61. B. Joines (Bels) | 1.33:10 | 88. K. Stimpson (Bels)  | 1.46:13 |
| 2. S. Badgery (Mitcham) | 1.19:36 | 63. C. Walker ( " )  | 1.33:21 | 89. G. Piddington ( " ) | 1.47:02 |
| 3. D. Lem (Leicester)   | 1.19:48 | 70. J. Hall ( " )    | 1.35:05 | 90. P. Pringle ( " )    | 1.47:02 |
| 14. P. O'Connor (Bels)  | 1.23:27 | 81. R. Plummer ( " ) | 1.40:22 | 93. A. Bishop ( " )     | 1.49:52 |
| 19. L. Mann (Bels)      | 1.25:35 | 82. D. Bonsor ( " )  | 1.40:45 | 104. R. McMillen ( " )  | 2:08:06 |
| 48. C. Shippen (Bels)   | 1.30:40 |                      |         |                         |         |

**A HILLINGTON WIN****Hillington '5' - 14 February 1970**

The Belgrave quartette of Geoff, Gerry, Laurie and Lionel scored a very good win in this race, taking the team event by two points from a sharp Westbury Harriers led by Dai Francis.

Dave Bedford took individual honours ahead of Bob Richardson and Geoff North in a fairly high class field in which 163 finished.

**RESULT**

|                  |                |       |                |              |       |
|------------------|----------------|-------|----------------|--------------|-------|
| 1. D. Bedford    | (Shaftesbury)  | 23:52 | 7. K. Bartlett | (Coventry)   | 24:33 |
| 2. R. Richardson | (Blackheath H) | 24:02 | 8. Gerry North | (Belgrave H) | 24:35 |
| 3. Geoff North   | (Belgrave)     | 24:05 | 17. L. O'Hara  | ( " )        | 25:05 |
| 4. D. Francis    | (Westbury H.)  | 24:07 | 19. L. Mann    | ( " )        | 25:13 |
| 5. L. Presland   | (Surrey A.C.)  | 24:26 | 63. B. Joines  | ( " )        | -     |
| 6. A. Joslyn     | (Poly H.)      | 24:30 | 82. D. Trow    | ( " )        | -     |

## Sport clinics sought to reduce loss from injuries

WAYS of reducing the suffering, disability and economic loss caused by sports injuries are outlined by physicians and surgeons. It is estimated that there are 1,500,000 such injuries every

year, which result in the sufferer being unable to continue his sport. Ten per cent. of the injuries cause absence from work.

Special sports injury clinics are advocated by Mr Norman Capener, consultant adviser on orthopaedics to the Department of Health, in the Proceedings of the Royal Society of Medicine.

Such clinics, he says, should be open at weekends to permit immediate treatment.

Sports injuries should no longer be regarded as insignificant. They were no less important than industrial injuries and equally might lead to

economic loss. Hundreds of thousands of amateurs were engaged in sport.

Games and athletics were on balance greatly to man's good. That there were hazards was the price of achievement, and it was here that medicine came in. The important contributions which medical science could make to sports had been neglected.

**Three shifts**

Life was lived in three shifts of eight hours each—work, sleep and pleasure. The last one was lengthening greatly.

The danger was that passive viewing, whether in the arena or in front of the domestic viewing box, might sap the very vitality of mind and body which games should encourage.

# THINK METRIC NOW!

It will not be long before British athletics goes metric completely and no more will our field events men and statisticians have to get involved with fractions of an inch when recording performances. Once we have become familiar with the new set of "barriers" this change will bring the metric result will mean more to us than it does at present.

To the non-specialist each field event has a mark he regards as a barrier. The mark is usually determined by the roundness of the figure rather than the difficulty in obtaining it, with the result that some events have no convenient barrier for the spectator. The long jump fills the latter category perhaps. Twenty feet is commonplace, but thirty feet is unattainable in the javelin and hammer 250 feet doesn't sound quite so magical as 200 feet did and 300 feet will. In domestic triple jumping 50 feet means something, just as 60 feet does in the shot.

Soon it will all change. Those events which had convenient "barriers" are likely to lose them and those that were stuck in no man's land will have a new lease of life. In the long jump for instance our club men will aim for 7 metres (23'-0") and the internationals the already magical 8 metres (26'-3"). For Britons at any rate the popular high jump target will be 2 metres (6'-6½"). The shot will become tougher; the old 60 feet barrier will now stretch out to 20 metres (65'-7½"). And the javelin throwers will have to take their choice in 10 metre steps until someone achieves the 100 metres throw, then they'll really have something to throw for! The 4 metre and 5 metre marks are conveniently situated for Britain's pole-vaulters, the imperial equivalents being 13'-1½" and 16'-5" respectively.

So one could go on; but the moral should be clear. THINK METRIC FROM THE BEGINNING. Fix in your mind new salient points for each event and work around them---just as mile times are evaluated on the number of seconds either side of 4 minutes.

For your guidance we are reproducing a metric conversion table, but we hope you will soon overcome the desire to convert metric into imperial. The table converts imperial into metric (you can read it in reverse of course) and you will notice that the metric figures are given in millimetres. The third decimal place will not apply in athletic results as marks are recorded to the nearest 10 millimetres. At this point it is worth mentioning that the metric system being adopted is the new Systeme Internationale (S.I. units) which will result in the Engineering and Science world adopting a completely new terminology which will be just as new to other European countries as ourselves. As far as linear measurement is concerned our European colleagues have a head start, as the metre and millimetre have been retained. However, THE CENTIMETRE BECOMES AS EXTINCT AS THE INCH. It would therefore be quite wrong for us to fall into the habit of using a non-standard term and, in this respect, it is unfortunate that the A.A.A. should have chosen to amend their measurement rules this year by introducing the centimetre. They could quite easily have ruled that measurements be taken in ten millimetre increments instead of introducing a revision to the wording later on. Someone didn't do his homework!

The centimetre markings on the present metric tapes will eventually be changed from 1,2, 3,4 etc. to 10,20,30,40 etc.---all helping to confuse those who have just digested the centimetre!

The metric system is upon us. THINK METRIC NOW.

Feet and inches to metres and millimetres (to nearest millimetre)

| Feet | Inches                 |       |       |       |       |       |       |       |       |       |       |       |
|------|------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|      | 0                      | 1     | 2     | 3     | 4     | 5     | 6     | 7     | 8     | 9     | 10    | 11    |
|      | Metres and millimetres |       |       |       |       |       |       |       |       |       |       |       |
| 1    | 305                    | 25    | 61    | 76    | 102   | 127   | 152   | 178   | 203   | 229   | 254   | 279   |
| 2    | 610                    | 330   | 350   | 381   | 406   | 432   | 457   | 483   | 508   | 533   | 559   | 584   |
| 3    | 914                    | 940   | 965   | 991   | 1,016 | 1,041 | 1,067 | 1,092 | 1,118 | 1,143 | 1,168 | 1,194 |
| 4    | 1,219                  | 1,245 | 1,270 | 1,295 | 1,321 | 1,346 | 1,372 | 1,397 | 1,422 | 1,448 | 1,473 | 1,499 |
| 5    | 1,524                  | 1,549 | 1,575 | 1,600 | 1,625 | 1,651 | 1,676 | 1,702 | 1,727 | 1,753 | 1,778 | 1,803 |
| 6    | 1,829                  | 1,854 | 1,880 | 1,905 | 1,930 | 1,955 | 1,981 | 2,007 | 2,032 | 2,057 | 2,083 | 2,108 |
| 7    | 2,134                  | 2,159 | 2,184 | 2,210 | 2,235 | 2,261 | 2,286 | 2,311 | 2,337 | 2,362 | 2,388 | 2,413 |
| 8    | 2,438                  | 2,464 | 2,489 | 2,515 | 2,540 | 2,565 | 2,591 | 2,616 | 2,642 | 2,667 | 2,692 | 2,718 |
| 9    | 2,743                  | 2,769 | 2,794 | 2,819 | 2,845 | 2,870 | 2,896 | 2,921 | 2,946 | 2,972 | 2,997 | 3,023 |
| 10   | 3,048                  | 3,073 | 3,099 | 3,124 | 3,150 | 3,175 | 3,200 | 3,226 | 3,251 | 3,277 | 3,302 | 3,327 |
| 11   | 3,378                  | 3,404 | 3,429 | 3,454 | 3,480 | 3,505 | 3,531 | 3,556 | 3,581 | 3,607 | 3,632 | 3,657 |
| 12   | 3,658                  | 3,683 | 3,708 | 3,734 | 3,759 | 3,785 | 3,810 | 3,835 | 3,861 | 3,886 | 3,912 | 3,937 |
| 13   | 3,962                  | 3,988 | 4,013 | 4,039 | 4,064 | 4,089 | 4,115 | 4,140 | 4,166 | 4,191 | 4,216 | 4,242 |
| 14   | 4,267                  | 4,293 | 4,318 | 4,343 | 4,369 | 4,394 | 4,420 | 4,445 | 4,470 | 4,496 | 4,521 | 4,547 |
| 15   | 4,572                  | 4,597 | 4,623 | 4,648 | 4,674 | 4,699 | 4,724 | 4,750 | 4,775 | 4,801 | 4,826 | 4,851 |
| 16   | 4,877                  | 4,902 | 4,928 | 4,953 | 4,978 | 5,004 | 5,029 | 5,055 | 5,080 | 5,105 | 5,131 | 5,156 |
| 17   | 5,182                  | 5,207 | 5,232 | 5,258 | 5,283 | 5,309 | 5,334 | 5,359 | 5,385 | 5,410 | 5,436 | 5,461 |
| 18   | 5,486                  | 5,512 | 5,537 | 5,563 | 5,588 | 5,613 | 5,639 | 5,664 | 5,690 | 5,715 | 5,740 | 5,766 |
| 19   | 5,791                  | 5,817 | 5,842 | 5,867 | 5,893 | 5,918 | 5,944 | 5,969 | 5,994 | 6,020 | 6,045 | 6,071 |
| 20   | 6,096                  | 6,121 | 6,147 | 6,172 | 6,198 | 6,223 | 6,248 | 6,274 | 6,299 | 6,325 | 6,350 | 6,375 |
| 21   | 6,401                  | 6,426 | 6,452 | 6,477 | 6,502 | 6,528 | 6,553 | 6,579 | 6,604 | 6,629 | 6,655 | 6,680 |
| 22   | 6,706                  | 6,731 | 6,756 | 6,782 | 6,807 | 6,833 | 6,858 | 6,883 | 6,909 | 6,934 | 6,960 | 6,985 |
| 23   | 7,010                  | 7,036 | 7,061 | 7,087 | 7,112 | 7,137 | 7,163 | 7,188 | 7,214 | 7,239 | 7,264 | 7,290 |
| 24   | 7,315                  | 7,341 | 7,366 | 7,391 | 7,417 | 7,442 | 7,468 | 7,493 | 7,518 | 7,543 | 7,569 | 7,595 |
| 25   | 7,620                  | 7,645 | 7,671 | 7,696 | 7,722 | 7,747 | 7,772 | 7,798 | 7,823 | 7,848 | 7,874 | 7,899 |
| 26   | 7,925                  | 7,950 | 7,976 | 8,001 | 8,026 | 8,052 | 8,077 | 8,103 | 8,128 | 8,153 | 8,179 | 8,204 |
| 27   | 8,230                  | 8,255 | 8,280 | 8,306 | 8,331 | 8,357 | 8,382 | 8,407 | 8,433 | 8,458 | 8,484 | 8,509 |
| 28   | 8,534                  | 8,560 | 8,585 | 8,611 | 8,636 | 8,661 | 8,687 | 8,712 | 8,738 | 8,763 | 8,788 | 8,814 |
| 29   | 8,839                  | 8,865 | 8,890 | 8,915 | 8,941 | 8,966 | 8,992 | 9,017 | 9,042 | 9,068 | 9,093 | 9,119 |

## Feet and inches to metres and millimetres (to nearest millimetre) continued

| Feet | Inches                 |        |        |        |        |        |        |        |        |        |        |        |
|------|------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
|      | 0                      | 1      | 2      | 3      | 4      | 5      | 6      | 7      | 8      | 9      | 10     | 11     |
|      | Metres and millimetres |        |        |        |        |        |        |        |        |        |        |        |
| 30   | 9.144                  | 9.169  | 9.195  | 9.220  | 9.246  | 9.271  | 9.296  | 9.322  | 9.347  | 9.373  | 9.398  | 9.423  |
| 31   | 9.449                  | 9.474  | 9.500  | 9.525  | 9.550  | 9.576  | 9.601  | 9.627  | 9.652  | 9.677  | 9.703  | 9.728  |
| 32   | 9.754                  | 9.779  | 9.804  | 9.830  | 9.855  | 9.881  | 9.906  | 9.931  | 9.957  | 9.982  | 10.008 | 10.033 |
| 33   | 10.058                 | 10.084 | 10.109 | 10.135 | 10.160 | 10.185 | 10.211 | 10.236 | 10.262 | 10.287 | 10.312 | 10.338 |
| 34   | 10.363                 | 10.389 | 10.414 | 10.439 | 10.465 | 10.490 | 10.516 | 10.541 | 10.566 | 10.592 | 10.617 | 10.643 |
| 35   | 10.668                 | 10.693 | 10.719 | 10.744 | 10.770 | 10.795 | 10.820 | 10.846 | 10.871 | 10.897 | 10.922 | 10.947 |
| 36   | 10.973                 | 10.998 | 11.024 | 11.049 | 11.074 | 11.100 | 11.125 | 11.151 | 11.176 | 11.201 | 11.227 | 11.252 |
| 37   | 11.278                 | 11.303 | 11.328 | 11.354 | 11.379 | 11.405 | 11.430 | 11.455 | 11.481 | 11.506 | 11.532 | 11.557 |
| 38   | 11.582                 | 11.608 | 11.633 | 11.659 | 11.684 | 11.709 | 11.735 | 11.760 | 11.786 | 11.811 | 11.836 | 11.862 |
| 39   | 11.887                 | 11.913 | 11.938 | 11.963 | 11.989 | 12.014 | 12.040 | 12.065 | 12.090 | 12.116 | 12.141 | 12.167 |
| 40   | 12.192                 | 12.217 | 12.243 | 12.268 | 12.294 | 12.319 | 12.344 | 12.370 | 12.395 | 12.421 | 12.446 | 12.471 |
| 41   | 12.497                 | 12.522 | 12.548 | 12.573 | 12.598 | 12.624 | 12.649 | 12.675 | 12.700 | 12.725 | 12.751 | 12.776 |
| 42   | 12.802                 | 12.827 | 12.852 | 12.878 | 12.903 | 12.929 | 12.954 | 12.979 | 13.005 | 13.030 | 13.056 | 13.081 |
| 43   | 13.106                 | 13.132 | 13.157 | 13.183 | 13.208 | 13.233 | 13.259 | 13.284 | 13.310 | 13.335 | 13.360 | 13.386 |
| 44   | 13.411                 | 13.437 | 13.462 | 13.487 | 13.513 | 13.538 | 13.564 | 13.589 | 13.614 | 13.640 | 13.665 | 13.691 |
| 45   | 13.716                 | 13.741 | 13.767 | 13.792 | 13.818 | 13.843 | 13.869 | 13.894 | 13.919 | 13.945 | 13.970 | 13.995 |
| 46   | 14.021                 | 14.046 | 14.072 | 14.097 | 14.122 | 14.148 | 14.173 | 14.199 | 14.224 | 14.249 | 14.275 | 14.300 |
| 47   | 14.326                 | 14.351 | 14.376 | 14.402 | 14.427 | 14.453 | 14.478 | 14.503 | 14.529 | 14.554 | 14.580 | 14.605 |
| 48   | 14.630                 | 14.656 | 14.681 | 14.707 | 14.732 | 14.757 | 14.783 | 14.808 | 14.834 | 14.859 | 14.884 | 14.910 |
| 49   | 14.935                 | 14.961 | 14.986 | 15.011 | 15.037 | 15.062 | 15.088 | 15.113 | 15.138 | 15.164 | 15.189 | 15.215 |
| 50   | 15.240                 | 15.265 | 15.291 | 15.316 | 15.342 | 15.367 | 15.392 | 15.418 | 15.443 | 15.469 | 15.494 | 15.519 |
| 51   | 15.545                 | 15.570 | 15.596 | 15.621 | 15.646 | 15.672 | 15.697 | 15.723 | 15.748 | 15.773 | 15.799 | 15.824 |
| 52   | 15.850                 | 15.875 | 15.900 | 15.926 | 15.951 | 15.977 | 16.002 | 16.027 | 16.053 | 16.078 | 16.104 | 16.129 |
| 53   | 16.154                 | 16.180 | 16.205 | 16.231 | 16.256 | 16.281 | 16.307 | 16.332 | 16.358 | 16.383 | 16.408 | 16.434 |
| 54   | 16.459                 | 16.485 | 16.510 | 16.535 | 16.561 | 16.586 | 16.612 | 16.637 | 16.662 | 16.688 | 16.713 | 16.739 |
| 55   | 16.764                 | 16.789 | 16.815 | 16.840 | 16.866 | 16.891 | 16.916 | 16.942 | 16.967 | 16.993 | 17.018 | 17.043 |
| 56   | 17.069                 | 17.094 | 17.120 | 17.145 | 17.170 | 17.196 | 17.221 | 17.247 | 17.272 | 17.297 | 17.323 | 17.348 |
| 57   | 17.374                 | 17.399 | 17.424 | 17.450 | 17.475 | 17.501 | 17.526 | 17.551 | 17.577 | 17.602 | 17.628 | 17.653 |
| 58   | 17.678                 | 17.704 | 17.729 | 17.755 | 17.780 | 17.805 | 17.830 | 17.856 | 17.882 | 17.907 | 17.932 | 17.958 |
| 59   | 17.963                 | 18.009 | 18.034 | 18.059 | 18.085 | 18.110 | 18.136 | 18.161 | 18.186 | 18.212 | 18.237 | 18.263 |
| 60   | 18.288                 | 18.313 | 18.339 | 18.364 | 18.390 | 18.415 | 18.440 | 18.466 | 18.491 | 18.517 | 18.542 | 18.567 |
| 61   | 18.593                 | 18.618 | 18.644 | 18.669 | 18.694 | 18.720 | 18.745 | 18.771 | 18.796 | 18.821 | 18.847 | 18.872 |
| 62   | 18.898                 | 18.923 | 18.948 | 18.974 | 18.999 | 19.025 | 19.050 | 19.075 | 19.101 | 19.126 | 19.152 | 19.177 |
| 63   | 19.202                 | 19.228 | 19.253 | 19.279 | 19.304 | 19.329 | 19.355 | 19.380 | 19.406 | 19.431 | 19.456 | 19.482 |
| 64   | 19.507                 | 19.533 | 19.558 | 19.583 | 19.609 | 19.634 | 19.660 | 19.685 | 19.710 | 19.736 | 19.761 | 19.787 |
| 65   | 19.812                 | 19.837 | 19.863 | 19.888 | 19.914 | 19.939 | 19.964 | 19.990 | 20.015 | 20.041 | 20.066 | 20.091 |
| 66   | 20.117                 | 20.142 | 20.168 | 20.193 | 20.218 | 20.244 | 20.269 | 20.295 | 20.320 | 20.345 | 20.371 | 20.396 |
| 67   | 20.422                 | 20.447 | 20.472 | 20.498 | 20.523 | 20.549 | 20.574 | 20.599 | 20.625 | 20.650 | 20.676 | 20.701 |
| 68   | 20.726                 | 20.752 | 20.777 | 20.803 | 20.828 | 20.853 | 20.879 | 20.904 | 20.930 | 20.955 | 20.980 | 21.006 |
| 69   | 21.031                 | 21.057 | 21.082 | 21.107 | 21.133 | 21.158 | 21.184 | 21.209 | 21.234 | 21.260 | 21.285 | 21.311 |
| 70   | 21.336                 | 21.361 | 21.387 | 21.412 | 21.438 | 21.463 | 21.488 | 21.514 | 21.539 | 21.565 | 21.590 | 21.615 |
| 71   | 21.641                 | 21.666 | 21.692 | 21.717 | 21.742 | 21.768 | 21.793 | 21.819 | 21.844 | 21.869 | 21.895 | 21.920 |
| 72   | 21.946                 | 21.971 | 21.996 | 22.022 | 22.047 | 22.073 | 22.098 | 22.123 | 22.149 | 22.174 | 22.200 | 22.225 |
| 73   | 22.250                 | 22.276 | 22.301 | 22.327 | 22.352 | 22.377 | 22.403 | 22.428 | 22.454 | 22.479 | 22.504 | 22.530 |
| 74   | 22.555                 | 22.581 | 22.606 | 22.631 | 22.657 | 22.682 | 22.708 | 22.733 | 22.758 | 22.784 | 22.809 | 22.835 |
| 75   | 22.860                 | 22.885 | 22.911 | 22.936 | 22.962 | 22.987 | 23.012 | 23.038 | 23.063 | 23.089 | 23.114 | 23.139 |
| 76   | 23.165                 | 23.190 | 23.216 | 23.241 | 23.266 | 23.292 | 23.317 | 23.343 | 23.368 | 23.393 | 23.419 | 23.444 |
| 77   | 23.470                 | 23.495 | 23.520 | 23.546 | 23.571 | 23.597 | 23.622 | 23.647 | 23.673 | 23.698 | 23.724 | 23.749 |
| 78   | 23.774                 | 23.800 | 23.825 | 23.851 | 23.876 | 23.901 | 23.927 | 23.952 | 23.978 | 24.003 | 24.028 | 24.054 |
| 79   | 24.079                 | 24.105 | 24.130 | 24.155 | 24.181 | 24.206 | 24.232 | 24.257 | 24.282 | 24.308 | 24.333 | 24.359 |
| 80   | 24.384                 | 24.409 | 24.435 | 24.460 | 24.486 | 24.511 | 24.536 | 24.562 | 24.587 | 24.613 | 24.638 | 24.663 |
| 81   | 24.689                 | 24.714 | 24.740 | 24.765 | 24.790 | 24.816 | 24.841 | 24.867 | 24.892 | 24.917 | 24.943 | 24.968 |
| 82   | 24.994                 | 25.019 | 25.044 | 25.070 | 25.095 | 25.121 | 25.146 | 25.171 | 25.197 | 25.222 | 25.248 | 25.273 |
| 83   | 25.298                 | 25.324 | 25.349 | 25.375 | 25.400 | 25.425 | 25.451 | 25.476 | 25.502 | 25.527 | 25.552 | 25.578 |
| 84   | 25.603                 | 25.629 | 25.654 | 25.679 | 25.705 | 25.730 | 25.756 | 25.781 | 25.806 | 25.832 | 25.857 | 25.883 |
| 85   | 25.908                 | 25.933 | 25.959 | 25.984 | 26.010 | 26.035 | 26.060 | 26.086 | 26.111 | 26.137 | 26.162 | 26.187 |
| 86   | 26.213                 | 26.238 | 26.264 | 26.289 | 26.314 | 26.340 | 26.365 | 26.391 | 26.416 | 26.441 | 26.467 | 26.492 |
| 87   | 26.518                 | 26.543 | 26.568 | 26.594 | 26.619 | 26.645 | 26.670 | 26.695 | 26.721 | 26.746 | 26.772 | 26.797 |
| 88   | 26.822                 | 26.848 | 26.873 | 26.899 | 26.924 | 26.949 | 26.975 | 27.000 | 27.026 | 27.051 | 27.076 | 27.102 |
| 89   | 27.127                 | 27.153 | 27.178 | 27.203 | 27.229 | 27.254 | 27.280 | 27.305 | 27.330 | 27.356 | 27.381 | 27.407 |
| 90   | 27.432                 | 27.457 | 27.483 | 27.508 | 27.534 | 27.559 | 27.584 | 27.610 | 27.635 | 27.661 | 27.686 | 27.711 |
| 91   | 27.737                 | 27.762 | 27.788 | 27.813 | 27.838 | 27.864 | 27.889 | 27.915 | 27.940 | 27.965 | 27.991 | 28.016 |
| 92   | 28.042                 | 28.067 | 28.092 | 28.118 | 28.143 | 28.169 | 28.194 | 28.219 | 28.245 | 28.270 | 28.296 | 28.321 |
| 93   | 28.346                 | 28.372 | 28.397 | 28.423 | 28.448 | 28.473 | 28.499 | 28.524 | 28.550 | 28.575 | 28.600 | 28.626 |
| 94   | 28.651                 | 28.677 | 28.702 | 28.727 | 28.753 | 28.778 | 28.804 | 28.829 | 28.854 | 28.880 | 28.905 | 28.931 |
| 95   | 28.956                 | 28.981 | 29.007 | 29.032 | 29.058 | 29.083 | 29.108 | 29.134 | 29.159 | 29.185 | 29.210 | 29.235 |
| 96   | 29.261                 | 29.286 | 29.312 | 29.337 | 29.362 | 29.388 | 29.413 | 29.439 | 29.464 | 29.489 | 29.515 | 29.540 |
| 97   | 29.566                 | 29.591 | 29.616 | 29.642 | 29.667 | 29.693 | 29.718 | 29.743 | 29.769 | 29.794 | 29.820 | 29.845 |
| 98   | 29.870                 | 29.896 | 29.921 | 29.947 | 29.972 | 29.997 | 30.023 | 30.048 | 30.074 | 30.099 | 30.124 | 30.150 |
| 99   | 30.175                 | 30.201 | 30.226 | 30.251 | 30.277 | 30.302 | 30.328 | 30.353 | 30.378 | 30.404 | 30.429 | 30.455 |
| 100  | 30.480                 | —      | —      | —      | —      | —      | —      | —      | —      | —      | —      | —      |

## Athletics

IAAF DELAY  
SHOE BAN

By A Special Correspondent

The International Amateur Athletic Federation has postponed its proposed ban on shoes

bearing trade marks until October and a sub-committee has been set up to "consider and report on the wider aspects of advertising and sponsorship in relation to amateur athletics."

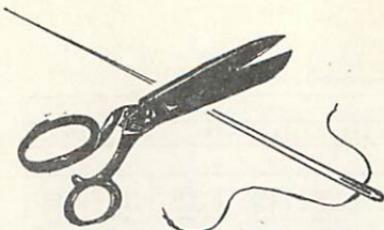
The Federation had previously decided that, as from May 1, athletes taking part in international competition should wear only white shoes with no distinguishing marks.

This followed rumours that

some athletes had received large sums for wearing shoes of leading manufacturers at the Mexico Olympics.

The Federation may now follow a similar line as the international body of skiing, who are making arrangements for manufacturers to pay national federations for the privilege of using their equipment.

If athletics adopted this policy several countries would welcome increased revenue.



## NEWS ABOUT PEOPLE

Our now regular correspondent Miss Minnie Bannister, alias Win Penny, commenting on the Paris Scene, said "I can't see anything in these see-through dresses, though Arthur's been trying to for years.

\*\*\*\*\*

Some people are hard to please. A recent collection of clothes given by Jean Manning was returned by Oxfam being unable to locate any 18 stone starving refugees.

\*\*\*\*\*

For Sale - Complete high class wardrobe. Owner successfully completed course with Ryvita - Apply "Wyn Shepherd".

## LENGTHS AND SHAPES

- This article has been withdrawn at the request of the Race Relations Board.

\*\*\*\*\*

# Bill's Boutique

THIS IS BELGRIDGE'S BIENNIAL SALE

GENTLEMEN'S  
AND  
HABERDASHERY  
DEPARTMENTS

LADIES LINGERIE



I mean ... actually I didn't ask to grace the pages of this ... this magazine. But dash it all, chaps, can't you make a better turn out. You know us Herc/Wim.fellows have a certain aplomb, Eh, What! By the by, anybody seen my bicycle clips?



Complement your  
good dress with the,  
'Gorman' Sun ray  
Lamp.

## ADVERTISEMENT

Before stepping out in your new gear - try a little Eau de Toilette behind your ears, but watch the seat doesn't fall on the back of your head.

# CLASSIFIED ADVERTISEMENTS

## PREMISES FOR SALE

PREMISES TO SHARE - Well known kilt designer and Haggis stitcher, Bill Kerr, want to sub-let the other half of his suitcase to partner with similar interest.

## WINDOW DRESSING

WINDOW DRESSING - Make an exhibition of yourself. Consult D. Ansell, Moulin Rouge.

## PARTNERSHIP

TAYLOR - Highly skilled - 43 - seeks change. Would like all round position. Salaried. Residing Shepherds Bush. Would move (probably have to) BOX 219.

## CUTTING SERVICE

Freelance Cutter, medalist and trophy winner modern, accurate, (would take out appendix for encore) - Rabbi Coleman

## OUTWORKERS

Outdoor Waistcoat maker required. Apply second tree on right past pond Clapham Common.

FOR SALE - HATS. CAPS, SIZE 9 $\frac{1}{2}$ " (would suit W. Wesch) - Apply B. Ingarfield, Feltham

## PADDING

Road maps tell you all you want to know - except how to fold them up again.

"The doctor said I'm to take things quietly".

"That's a shame - and you are so fond of soup."

Nothing improves a joke more than when it is told by the boss.

"Allow me to present my wife to you."

"Many thanks, but I have one!"

A 'cynic' is a man who believes the world is neither round nor flat but crooked.

## 23 Sharp & Snappy



For absolute elegance in sporting clothes. Consider these models showing the latest fabric, the miracle fibre - Winceyette. Here in both garments the cut is loose, the neck is wide and the collar soft, a secret pocket on one whilst the other is patched, both are semi-elasticated and additional fastenings are by little cunningly designed bits of fine plated metal, these are easily replaced by using the ones that usually affix race numbers to vests. We wish we could show you the vibrant colours but alas, we are in black and white. It was considered, as a contrast, to show the rather down-at-heel attired athletes like Bernard Merry and Adrian Major, but frankly this is a nice paper - we want to keep it that way, so decided against it.

Don't say, Smirnoff  
Say, Reg Hopkins

oh! Dear!



She had just returned from a car ride in the country and her mother noticed that one of her shoes was muddy.

"Why is your left shoe muddy and your right shoe not?" the mother asked.

"I changed my mind!" she said

# WALKING

Pat Duncan writes:

A clean sweep in the Open '7's is an encouraging start to 1970, nor should we forget that the Belgrave 'A' team has not been beaten since last Easter. Since then Carl Lawton, Wilf Wesch and Bob Coates have really developed, benefitting no doubt from hard sessions together both on the road at Wimbledon and during the summer on the track. Barry Ingarfield is the latest addition to the Wimbledon school and his times have also improved steadily through the winter. Our older established walkers also seem determined to make their mark so we enter the National season as confident as we can be that some good results should be coming our way. Looking around for rivals Bristol are coming on and while in the Midlands Leicester seemed to have slipped a little Bromsgrove have come on a lot. Further North our old rivals Wakefield will be around over the distance but the real threat must come from Lancashire who could probably be our most dangerous rivals. In the South there are a number of clubs who, with just one or two more class men could really give us trouble. Basildon, Ilford and Metropolitan all have the potential but no depth. If things go well Belgrave should take all the National titles this year. Unbeaten before next Christmas would be even better and this requires not just the odd good performance but sustained training and continuing good results from all in the club. Wilf Wesch and Ray Middleton fit this description and it will be these two who form the core of our future teams.

The National '10' result and report on Page 29 came in after Pat Duncan's above preview. It's now, one down with three to go!

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## CAMBRIDGE '7'

BEXLEY - Cambridge Harriers Open '7' - December 13th.

Many of our usual 'A' team stars were missing for this one but Ray Hall, Team Captain and local expert on this course, scented prizes early in the race to walk a stormer as fourth scoring man enabling Belgrave to snatch the title by a meagre five points.

Result:

|                 |        |       |                    |      |       |
|-----------------|--------|-------|--------------------|------|-------|
| 1. P.Nihill     | Surrey | 51:17 | 30. R.Hall         | Bels | 59:34 |
| 2. S.Lightman   | Met WC | 52:04 | 32. D.Fotheringham | "    | 59:57 |
| 3. W.Sutherland | HH     | 52:18 | 34. B.Ingarfield   | "    | 60:03 |
| 5. W.Wesch      | Bels   | 52:41 | 44. J.Bromley      | "    | 62:40 |
| 9. C.Lawton     | "      | 54:27 | 82. J.Wilson       | "    | 72:03 |
| 17. J.Moullin   | "      | 56:41 | 87. P.Wilson       | "    | 73:40 |

Team: Belgrave Harriers 50, Highgate Harriers 55, Metropolitan WC 71.

## HORWOOD CUP

WIMBLEDON - Belgrave Junior 7 Miles for the Horwood Cup - December 20th.

Bob Coates put in a fast opening lap and was then content to cruise round the second half of the race to win the Horwood Cup in a fast time. Doug Fotheringham was not on top form but finished second proving too strong for a fast improving Barry Ingarfield. Those two distance stalwarts Ray Hall and Pat Duncan did their best to screw each other throughout the race with Pat pulling away up the last hill "out of earshot". Joe Wilson made a fool of the handicapper winning by over a minute and a half.

Result:

|                   |          |       |                   |      |       |
|-------------------|----------|-------|-------------------|------|-------|
| 1. R.Coates       | Belgrave | 55:21 | 10. K.Chamberlain | MPWC | 63:41 |
| 2. C.Lawton       | " "      | 55:54 | 11. J.Bromley     | Bels | 64:47 |
| 3. W.Wesch        | " "      | 58:18 | 12. D.Holmes      | MPWC | 66:58 |
| 4. D.Fotheringham | " "      | 59:48 | 13. R.Hodges      | MPWC | 67:01 |
| 5. B.Ingarfield   | " "      | 60:12 | 14. A.Eddlestone  | MPWC | 71:30 |
| 6. P.Duncan       | " "      | 61:50 | 15. A.East        | Bels | 71:54 |
| 7. R.Hall         | " "      | 62:10 | 16. J.Wilson      | "    | 72:16 |
| 8. P.Duckett      | " "      | 62:23 | 17. P.Wilson      | "    | 74:14 |
| 9. L.Taylor       | MPWC     | 62:26 |                   |      |       |

Match Result: 1. Belgrave 24, 2. Met. Police 54. Handicap: J.Wilson 48:16.

BATTERSEA - Boxing Day '3'.

A very encouraging turnout for this traditional after-Christmas meeting. The faster boys obviously suffered less from Christmas although it was Doug Fotheringham who pulled out the surprise. Wilf Wesch produced the fastest time.

## Result:

|                   |              |       |              |              |       |
|-------------------|--------------|-------|--------------|--------------|-------|
| 1. D.Fotheringham | 24:22 - 2:30 | 21:52 | 6. F.Duncan  | 25:40 - 2:30 | 23:10 |
| 2. J.Moullin      | 23:31 - 1:30 | 22:01 | 7. A.East    | 29:19 - 6:00 | 23:19 |
| 3. R.Middleton    | 23:06 - 1:00 | 22:06 | 8. F.Wilson  | 30:38 - 7:00 | 23:38 |
| 4. L.Duquemin     | 22:38 - 0:30 | 22:08 | 9. C.Gittens | 29:42 - 6:00 | 23:42 |
| 5. W.Wesch        | 22:12 - 0    | 22:12 | 10. T.Cook   | 28:59 - 5:00 | 23:59 |

WIMBLEDON - Belgrave Inter-Club '7' - December 27th.

|                   |        |       |                   |      |       |                  |       |
|-------------------|--------|-------|-------------------|------|-------|------------------|-------|
| 1. F.Nihill       | Surrey | 52:28 | 12. L.Taylor      | MPWC | 63:24 | 23. D.Halliday   | 67:01 |
| 2. W.Wesch        | Bels   | 53:07 | 13. C.Flint       | "    | 63:32 | 24. D.Hodges     | 67:06 |
| 3. L.Duquemin     | "      | 54:07 | 14. L.Mitchell    | SWC  | 64:13 | 25. G.Holmes     | 67:40 |
| 4. F.Embleton     | Met WC | 57:10 | 15. C.Marsh       | "    | 64:33 | 26. D.Ainsworth  | 69:06 |
| 5. J.Moullin      | Bels   | 57:12 | 16. K.Emslie      | "    | 64:34 | 27. G.Leach      | 69:56 |
| 6. K.Read         | SWC    | 59:23 | 17. K.Chamberlain | "    | 65:35 | 28. G.Eddlestone | 70:25 |
| 7. B.Ingarfield   | Bels   | 60:30 | 18. R.Mitchell    | SWC  | 65:50 | 29. G.Mathison   | 70:46 |
| 8. D.Fotheringham | "      | 60:56 | 19. C.Megnin      | HH   | 65:52 | 30. G.Hallifax   | 73:04 |
| 9. R.Green        | SWC    | 61:58 | 20. J.Keown       | Bels | 65:57 | 31. R.Youldon    | 73:04 |
| 10. P.Duncan      | Bels   | 63:02 | 21. D.Warrilow    | MPWC | 66:42 | 32. F.Wilson     | 73:53 |
| 11. J.Clifton     | MPWC   | 63:09 | 22. D.Holmes      | "    | 66:49 | 33. E.Frost      | 79:24 |

Match result 1. Belgrave 42, 2. Surrey 56, 3. Police 76.

Handicap 1. F.Wilson 48:53, 2. W.Wesch & L.Duquemin 50:07.

## ODE TO THE BEL-BOYS

The Belgrave boys are special breed,  
All living by a mighty creed -  
Strict training schedules very tight  
Adhered to fiercely every night.  
Out in gale force winds, 'tis true  
They all return a dangerous hue!  
Diets plamed - no fatty feasts  
Must confront these athlete beasts -  
They live an die this tough old sport,  
On Saturdays their nerves are wrought  
'What's going to happen?' is the cry  
As they warm up and gently fry.  
The starter starts, the men are off,  
Some passers by just stand and scoff.  
'Come on the Bels' the cry rings out  
The women folk all stand and shout;  
Claret and gold well up in front,  
The men now start to groan and grunt.  
Judges pulling suspect styles  
Even though they've walked for miles!  
The pace speeds up, the race is ending  
The Belgrave name is worth defending.  
Time keepers waiting at the end,  
Now they round the final bend  
Has all this training been in vain?

Oh no, the Bels have won again.  
In the showers all talk is loud,  
The winners are so very proud.  
One by one they dress and go  
To where the tea does freely flow -  
Lumps of cake and various feed  
Disappear with frightening speed!  
The men could sit and talk all night  
In fact it looks as though they might.  
Us women banished to the loo  
Must now encroach on this taboo  
But my men, of you we're proud  
We sometimes tell you out aloud.  
Although we often rant and rave  
We really think you're very brave.  
I suppose we'd rather sit and knit  
Whilst you're out doing your bit  
It's better that you train like hell  
And thus end up a better 'Bel'.  
A. NONY. MOUSE

Clue - one of the wives, who devotes her entire time to cleaning, washing and feeding one of these special breed - but he's lovely really.

## POLICE '7'

IMBER COURT - Metropolitan Police Open '7' - January 10th.

Great walks from Wilf Wesch, Carl Lawton and Len Duquemin with good support from Ray Middleton gave Belgrave a clear victory in this police race which, for many walkers, is the unofficial championship of the year. This victory gave Belgrave a clean sweep in the London Open '7's, yet another great achievement by the boys. Bob Coates hung grimly to Paul Nihill from the gun but it was too good to last and at four mile Bob was pulled out. John Moullin also failed to satisfy the judges but with steady walking from our leading four the race was ours.

## Result:

|                 |      |       |                   |      |        |
|-----------------|------|-------|-------------------|------|--------|
| 1. P.Nihill     | SWC  | 49:50 | 78. R.Picton      | Bels | 61:01  |
| 2. S.Lightman   | Met  | 50:54 | 121. A.East       | "    | 69:29  |
| 3. P.Embleton   | "    | 51:11 | 131. J.Wilson     | "    | 71:35  |
| 4. W.Wesch      | Bels | 51:40 |                   |      |        |
| 6. C.Lawton     | "    | 53:04 | Team: 1. Belgrave | 28   | Points |
| 8. L.Duquemin   | "    | 53:34 | 2. Surrey         | 56   | " "    |
| 16. R.Middleton | "    | 54:24 | 3. Met WC         | 85   | " "    |

## CLUB '10'

### WIMBLEDON - Belgrave 10 Miles Championship for the Murphy Shield - January 24th

A tremendous performance from Wilf Wesch who roared straight off the front of a fast field and stayed there throughout the race. Bob Coates could not hold him down the hills but pulled it back so well over the last three miles that Wilf only finished 7 seconds ahead. In third place, his first in a senior club championship, Carl Lawton produced a time which in normal years would have won this race. The first three were so far clear that they also took the handicap with Bob Coates winning in 73:06.

## Result:

|                    |          |       |               |          |        |
|--------------------|----------|-------|---------------|----------|--------|
| 1. W.Wesch         | Belgrave | 73:59 | 13. R.Hall    | Belgrave | 89:42  |
| 2. R.Coates        | " "      | 74:06 | 14. R.Picton  | " "      | 91:02  |
| 3. C.Lawton        | " "      | 76:43 | 15. C.Flint   | "MPWC"   | 91:08  |
| 4. L.Duquemin      | " "      | 77:22 | 16. P.Duncan  | " "      | 91:53  |
| 5. J.Moullin       | " "      | 79:20 | 17. R.Hodges  | MPWC     | 93:31  |
| 6. R.Middleton     | " "      | 80:16 | 18. J.Keown   | Belgrave | 94:55  |
| 7. P.Maidment      | Guest    | 83:49 | 19. J.Leach   | MPWC     | 96:07  |
| 8. A.Seddon        | MPWC     | 83:55 | 20. R.Youldon | MPWC     | 101:06 |
| 9. L.Mockett       | MPWC     | 84:20 | 21. J.Wilson  | Belgrave | 102:27 |
| 10. B.Ingarfield   | Bels     | 84:33 | 22. P.Wilson  | " "      | 104:18 |
| 11. D.Fotheringham | "        | 86:04 | 23. C.Gittens | MPWC     | 108:34 |

Match Result: Belgrave 42, Police 94.

### Junior (Under 21) Race over 5 Miles for the Olympic Cup.

Lack of competition did not prevent Paul Duckett from turning in a useful 42:12 to win this championship. Andy Hinchcliff, 3 years younger than Paul, took the silver medal and broke 47 minutes.

## GARNET

### CHIGWELL - RWA 10 Miles Junior Championship - February 7th.

Bob Coates started this race for the Garnet cup as the firm favourite. For the earlier part of the race he lay back but after five miles began to work through. At 7 miles he was with the leader Dave Watson from Southampton but then disaster struck and Bob was pulled and with him Belgrave's chances for team honours. Barry Ingarfield confirmed his recent form with Doug Fotheringham and Bob Picton both supporting well. Newcomer from Ireland John Johnson failed to break 100 minutes but scored in the team. This cheerful addition to our ranks looks a good prospect for the longer distance teams when stamina counts for more than speed. Poor Percy Wilson was never his usual self but hung on.

## Result:

|                   |             |                |                    |           |        |            |     |
|-------------------|-------------|----------------|--------------------|-----------|--------|------------|-----|
| 1. D.Watson       | Southampton | 78:23          | 15. R.Picton       | Belgrave  | 86:23  |            |     |
| 2. D.Holly        | Brighton    | 79:39          | 19. D.Fotheringham | "         | 86:48  |            |     |
| 3. D.Stevens      | Steyning    | 80:44          | 55. J.Johnson      | "         | 100:33 |            |     |
| 10. B.Ingarfield  | Belgrave    | 84:52          | 69. P.Wilson       | "         | 110:25 |            |     |
| Team: 1. Brighton | 25,         | 2. Southampton | 55,                | 3. Surrey | 60,    | 5 Belgrave | 99. |

Continued from opposite page

fierce. With European 20 Kms. champion Paul Nihil certain, barring accidents, to fill one of the places that only leaves two for the other leading contenders. Besides Ray others in the fight for a place will probably be Ronnie Wallwork (The Commonwealth title holder), Shaun Lightman (Metropolitan W.C.), Roy Lodge (Bromsgrove & Redditch A.C.), Bryan Eley (Bristol W.C.) and Jake Washurst (Sheffield U.H.). Although walkers for the English team will not be chosen exclusively on their performances in any particular race all the leading contenders will have their eyes set on the first three positions in the National 20 Miles Championship. This race will be held in the Midlands on June 13th. Both Guernsey and Scotland will be holding their own local trials.

The winner at Edinburgh should be Paul Nihil with a tough fight for the minor placings between Gardiner (Australia), Sutherland (Scotland) and the other English walkers.

# Five Bels at Edinburgh?

THE COMMONWEALTH WALK by John Keown

The 9th British Commonwealth Games will be held in Edinburgh from the 16th to 25th July. Included in the programme will be a Men's 20 Miles Road Walk. This event will start at 10.30 a.m. on Saturday July 18th.

The inclusion of such an event in the Games owes much to the hard work and tenacity of the British Athletic Authorities, especially the officials of the Race Walking Association. The fight to get a walk included in the Games began in 1934 when Ernest Neville proposed and the late Jack Crump seconded a motion at a meeting of the Southern Area R.W.A., calling upon that body to urge the Road Walking Association (title changed in 1954), to appoint a special sub-committee to take such steps, on behalf of the Association, as it might deem expedient to obtain the inclusion in the next Empire Games of a 50 Kms. Road Walking Race. Such a sub-committee was set up. Despite the enthusiasm of the R.W.A. for the idea it was to be over 30 years before a walk was included in the Games. During the late 1950's and the early 1960's the Association, through their Hon Secretary, L.W. 'Timber' Woodcock, and the British representative on the Walking Commission of the I.A.A.F., Harold Whitlock, continually pressed athletic authorities in Commonwealth countries to support the appeal for the inclusion of a walk in the Games.

On 6th August, 1966 the first Commonwealth 20 Miles Road Walk was held at Kingston, Jamaica. Walkers from England filled the first two places. Ronnie Wallwork from Lancashire Walking Club took the gold medal in 2 hours 44 minutes 42.8 seconds whilst the silver medal was taken by our own Ray Middleton in 2 hours 45 minutes 19.0 seconds. Norman Read, and exile Englishman from Steyning, walking in the colours of New Zealand, took the bronze medal in 2 hours 46 minutes 48.2 seconds.

This year Belgrave could have a greater interest in the walk. We could have four, possibly five, club walkers representing between them three different countries.

Both Gerry Cameron and Bob Coates have as their ambition representing the host country Scotland. Gerry, who did much work behind the scenes to get race walking re-established in Scotland a couple of years ago, will find it very difficult to make the team. Business commitments and a growing family curtail the amount of time he can devote to training and racing. Bob, on the other hand, has an excellent chance of making the Scottish team. He is one of Belgrave's brightest hopes for the future. It is only two years since Bob competed in his first walking race, the 1968 Belgrave 20 Miles Championship. Prior to this he was an amateur racing cyclist for four years. During 1969 this young Scotsman made steady progress from being an average club walker to a top class one. Two performances of note during the summer of 1969 were a 3,000 Metres at Brighton when he clocked 13 minutes 16.4 seconds and an 8th place in the 'Birmingham 25' when he clocked 3 hours 49 minutes 18 seconds. In the last few months when Bob has been training five days a week, despite some trouble with the judges, he has recorded some very fast times over 7 and 10 miles. Now we await with interest to see what will happen when he tackles the 20 mile races. Here, we hope his mode of progression will make the judges happy. He should be capable of a time inside 2 hours 50 minutes. His greatest rivals for places in the Scottish team will be Bill Sutherland (Highgate H.) and Alan Buchanan (Brighton & Hove A.C.).

In 1967 Len Duquemin won the Southern 'Garnet' 10 Miles Championship and lead Sarnia Walking Club from Guernsey to success in the team championship. Another member of the winning team was John Mollin who finished third in the race. Shortly afterwards these two walkers came to work in the London area and joined Belgrave Harriers. Their arrival came at an opportune moment when the club was struggling to rebuild its walking section. Since then both have played an important part in the many club team successes recorded during the last two years. Now both hope to be included in a small team which Guernsey will be sending to the Commonwealth Games.

Len, now 39 years old, has been walking since 1963. Besides his 'Garnet' win he has won the 1968 Highgate Open Seven and last summer he finished first in the Belgrave 10,000 Metres Track Championship. His best 20 mile time is 2 hours 45 minutes 35 seconds.

28 year old, John, began race walking in 1964. During 1969 he performed well over many distances. Pride of place must go to his 4th place in the Open London to Brighton when, in his very first race over the course, he recorded the excellent time of 8 hours 22 minutes 35 seconds. In the 1968 National 20 miles he clocked 2 hours 53 minutes his best performance so far over this distance.

Our other candidate for a place in one of the National teams is Ray Middleton who finished second in the inaugural race back in 1966. Ray, a very experienced International, is a truly great Belgravian. His first major success was winning the Southern 'Garnet' 10 miles in 1959. Since then he has seldom been outside the scoring four in club teams at all distances from 5 to 38 miles. His best distance is probably 50 Kms. Between 1961 and 1969 Ray has finished outside the first three in the National 50 Kms only once, in 1968, when he was 4th. As he has to try for a place in the England team the strongest as regards walkers in the Commonwealth his task is extremely difficult. Competition for the three places in this team will be

← Continued opposite

BATTERSEA PARK - GLC '10' - February 14th.

The full result of this race is not available but some superb walking from the Belgrave boys gave us the team title by three points. Len Duquemin and John Moullin are not eligible for this race and Ray Middleton put one of those famous feet through his motorbike chain and could not make the start. This gave Barry Ingarfield his chance for gold and how he used it producing a personal best and breaking 82 for the first time! Up front Carl Lawton finished fifth ahead of Wilf Wesch who was just clear of Bob Coates. This must be Carl's best ever 10 and puts him in with a chance for top honours this year. The great strength and reliable style of this young Belgravian is a threat to all the top men.

|                   |     |       |                  |      |       |                    |      |        |   |        |
|-------------------|-----|-------|------------------|------|-------|--------------------|------|--------|---|--------|
| 1. P.Nihill       | SWC | 72:19 | 5. C.Lawton      | Bels | 74:42 | 28. D.Fotheringham | Bels | 85:07  |   |        |
| 2. W.Sutherland   |     | 73:19 | 6. W.Wesch       | "    | 74:59 | 30. B.Ward         | "    | 85:57  |   |        |
| 3. S.Lightman     |     | 73:55 | 7. R.Coates      | "    | 75:07 | 38. P.Duncan       | "    | 89:28  |   |        |
| 4. P.Embleton     |     | 74:23 | 19. B.Ingarfield |      | 81:49 | 63. J.Johnson      | "    | 101:11 |   |        |
| Team: 1. Belgrave |     |       | 33 Points        |      |       | 66. J.Wilson       |      |        | " | 103:20 |
| 2. Met WC         |     |       | 37 " "           |      |       |                    |      |        |   |        |
| 3. Surrey         |     |       | 47 " "           |      |       |                    |      |        |   |        |

BASINGSTOKE - Open 10 Mile Walk - February 21st.

Belgrave were out in force once again to win this title which they first took last year. This is a tough course which although short in 1969 has been lengthened to the point where it is perhaps 1½ minutes long. Claret and Gold was well to the front from the start but Ray Middleton started feeling a bit off colour so that the massacre which followed was somewhat above even our expectations for the Belgrave scoring four were only split by Olympian Bryan Eley. Wilf Wesch led the boys home with Carl in close attendance. Len pulled out a big one and Ray shook off his earlier sickness to move through the field with deceptive ease.

## Result:

|               |          |       |                |          |       |
|---------------|----------|-------|----------------|----------|-------|
| 1. W.Wesch    | Belgrave | 76:18 | 5. R.Middleton | Belgrave | 79:30 |
| 2. C.Lawton   | "        | 77:45 | 19. J.Moullin  | "        | 84:44 |
| 3. B.Eley     | Bristol  | 78:36 | 26. P.Duncan   | "        | 88:03 |
| 4. L.Duquemin | Belgrave | 78:51 | 29. R.Hall     | "        | 88:53 |

Team : 1. Belgrave 12. 2. Steyning 44.

## The County Walks

February 28th - COUNTIES ROUNDUP

Claret and Gold was well up in the various county 10 mile championships. In the Surrey at Mitcham Wilf Wesch retained the title he won last year with Carl Lawton and Ray Middleton taking the minor placings. In the Team race Belgrave packed as well as could be expected to return minimum points for probably the first time ever in this event.

## Result:

|             |      |       |                |      |       |             |           |
|-------------|------|-------|----------------|------|-------|-------------|-----------|
| 1. W.Wesch  | Bels | 76:28 | 3. R.Middleton | Bels | 79:44 | Team:       |           |
| 2. C.Lawton | "    | 79:01 | 4. R.Coates    | "    | 82:32 | 1. Belgrave | 10 Points |
|             |      |       |                |      |       | 2. Surrey   | 29 " "    |

At Salisbury for the Hampshire Championship Len Duquemin walked a tremendous race but had to give way to the local boy Dave Watson. John Moullin, working back to peak for finished third.

## Result:

|             |             |       |               |      |       |              |       |
|-------------|-------------|-------|---------------|------|-------|--------------|-------|
| 1. D.Watson | Southampton | 75:22 | 2. L.Duquemin | Bels | 75:50 | 3. J.Moullin | 79:44 |
|-------------|-------------|-------|---------------|------|-------|--------------|-------|

March 7th - Battersea Park - Southern Counties 6 Miles Road Walk.

A warm up for the National team but also the chance for newcomer Johnny Johnson to break the hour for Six miles. His margin of 3½ minutes suggests that it will not be long before a 7 in the hour badge also comes his way.

## Result:

|                 |      |       |                |      |       |                    |       |       |
|-----------------|------|-------|----------------|------|-------|--------------------|-------|-------|
| 1. S.Lightman   | Mets | 43:36 | 6. R.Middleton | Bels | 46:00 | 33. D.Fotheringham | 51:28 |       |
| 2. W.Sutherland | HH   | 43:38 | 7. R.Coates    | "    | 46:07 | 63. J.Johnson      | Bels  | 56:32 |
| 3. W.Wesch      | Bels | 44:13 | 21. P.Duncan   | "    | 50:17 | 81. A.East         | "     | 60:05 |
| 4. C.Lawton     | "    | 45:22 | 27. J.Moullin  | "    | 51:04 | 85. J.Wilson       | "     | 60:58 |
| 5. L.Duquemin   | "    | 45:31 | 32. B.Ward     | "    | 51:23 | 87. T.Cook         | "     | 61:27 |

# WESCH WINS NATIONAL 10

## BELS Take Team Title

March 21st 1970 - LIVERPOOL - The National 10 Miles Championship

So just 18 months ago 2 walkers started training in Battersea Park. They were approached by a flabby German called Wesch who reckoned he'd done a bit of walking - naturally being Belgrave men they smashed him into the ground leaving him at the furthest point from the changing rooms. Gradually, 'Yer Kraut' as he is known to his close friends, began to improve. Victory in the Surrey 10 mile championship last year followed good results in the Club 10 and the Basingstoke. Then came disaster with disqualification in the National and second place for Belgrave, a setback which Wilf took harder than his clubmates but which was soon forgotten with victories in the Club 20 and some fine track performances. By August it was clear that Belgrave had another champion in the stable but it took a trip to Frankfurt to really show the world. Here before his own crowd Wilf destroyed the East German Junior star Schuster and held off Ray Middleton in his peak Athens form. Throughout the winter Wilf has been putting away 90 - 100 miles a week, in all weathers, preparing himself for the season to come. Victories in the Belgrave 10, the Basingstoke and the Surrey Championship set the stage and on Saturday at Liverpool Belgrave once again had a National Champion to lead the team. Remembering the dying words of one of his sparring partners during a particularly fierce blizzard "I'm not going through all this bloody suffering to see you beaten in the last mile by some scrubber" Wilf caught Ron Wallwork at 9 miles and after a desperate neck and neck struggle for nearly  $\frac{3}{4}$  of a mile the Belgrave man's superior strength and fitness paid off and he surged away for a brilliant 72:07 victory. The Belgrave Team all produced their best. Carl Lawton "I'd have done 74:30 if I had't cracked" winning his Honours Badge with a tremendous 75:00 11th position. Then, just 46 seconds later Len Duquemin our fourth scoring man. Ray Middleton produced a good one just 10 years after he first made the Belgrave National 10 Team, in fact it was his second fastest ever. With the addition of Bob Coates, slouching along in 77 minutes the Belgrave boys also took second place in the County result. With such performances the team race was a formality and for all the club the pleasure came from the front where a lean hard Belgravian defeated some of the finest walkers in the world to take the National Title. A tremendous performance by a man who has worked hard for every second and every yard, earning our respect in the process, and making us very proud to have him as a clubmate.

### RESULT

|                 |           |       |                  |      |       |
|-----------------|-----------|-------|------------------|------|-------|
| 1. Wilf Wesch   | BELGRAVE  | 72:07 | 44. J.Moullin    | Bels | 78:58 |
| 2. R.Wallwork   | Lancs     | 72:14 | 58. B.Ingarfield | "    | 80:39 |
| 3. B.Nemerich   | Frankfurt | 72:46 | 82. P.Duncan     | "    | 82:58 |
| 11. C.Lawton    | Bels      | 75:00 | 84. B.Ward       | "    | 83:12 |
| 13. R.Middleton | "         | 75:22 | 117. B.Capener   | "    | 87:33 |
| 17. L.Duquemin  | "         | 75:46 |                  |      |       |
| 27. R.Coates    | "         | 76:53 |                  |      |       |

|         |               |    |        |
|---------|---------------|----|--------|
| TEAM:   | 1. Belgrave   | 35 | Points |
|         | 2. Lancashire | 65 | " "    |
|         | 3. Leicester  | 75 | " "    |
| COUNTY: | 1. Essex      | 34 | " "    |
|         | 2. Surrey     | 49 | " "    |
|         | 3. Lancashire | 54 | " "    |

### SURREY COUNTY TRACK RANKINGS ~ 1969

#### 3,000 metres

|         |                 |      |
|---------|-----------------|------|
| 12:09.0 | P.Nhill,SWC     | 9/6  |
| 12:50.0 | W.Wesch,Bels    | 10/9 |
| 13:16.4 | R.Coates,Bels   | 7/6  |
| 13:25.0 | R.Middleton,Bel | 7/6  |
| 13:56.8 | P.Maidment,LV   | 7/6  |
| 14:06.2 | B.Keegan,LV     |      |

#### 10,000 metres

|         |               |      |
|---------|---------------|------|
| 43:20.4 | P.Nhill,SWC   | 27/9 |
| 46:59   | R.Middleton,B | 29/3 |
| 47:47   | W.Wesch, Bels | 19/4 |
| 48:30   | D.Delaney,LV  | 1/3  |
| 48:47   | D.Vale,SWC    | 16/4 |
| 49:52   | P.Maidment,LV | 29/3 |
| 50:13.8 | R.Coates,Bels | 1/6  |
| 50:51   | K.Read,SWC    | 16/4 |

## An Old-un's Reverie

HOW LONG A BELGRAVIAN HAVE I BEEN!  
WEL SIR, I'D SAY FOR FORTY YEARS OR MORE,  
I JOINED WHEN MY YEARS WERE JUST NINETEEN,  
NOW I HAVE SAID GOODBYE TO O'ER SIXTY FOUR.

RACES ON TRACK AND ROAD I HAVE OFT' RUN,  
AND ACROSS COUNTRY, SO GREATLY ENJOYED;  
THIS WAS MY PLEASURE; REGRETS HAVE I NONE;  
FOR THUS WAS MY SPARE TIME MOSTLY EMPLOYED.

WHAT WAS THE FIRST PRIZE I EVER RAN FOR?  
THE THREE MILE ROAD HANDICAP, I BELIEVE,  
AND WITH A FAIR START, I MANAGED TO SCORE  
FOR WHICH A SUGAR BOWL I DID RECEIVE.

RIGHT PROUD OF THIS ACHIEVEMENT I WAS SIR;  
ELATED WITH THE THOUGHT THAT I HAD WON,  
I PONDERED, AND TO ME IT DID OCCUR,  
THAT RUNNING AND RACING COULD BE GOOD FUN..

WITH THIS IN MIND, DOWN TO TRAINING I GOT,  
AND BEFORE LONG I WAS MAKING THE TEAMS,  
THAT STARTED OUR WINNING WAYS ON THE TROT,  
WHICH GAVE US REALITY, NOT DREAMS

'TIS THE COMPANY I VALUE THE MOST,  
AND SO MANY A FRIENDSHIP'S BEEN MADE,  
TO WHICH I RAISE MY GLASS AND GIVE A TOAST  
THAT THEY MAY LAST MANY A DECADE.

FOR MUTUAL WARMTH OF GREETING YOU'LL SEE,  
WHEN AND WHEREVER BELGRAVIANS MEET,  
FOR IT IS IN EACH OTHERS COMPANY  
THE SPIRIT SHOWS, THAT MAKES THE BOND COMPLETE

I REMEMBER THOSE WHO HAVE DEPARTED  
AND RUNNERS AND WALKERS OF YESTERYEAR,  
FOR IT WAS THEY WHO HELPED TO GET STARTED  
ALL THAT HAS BEEN ACHIEVED AND HOLD DEAR.

CHAMPIONS GREAT AND CHAMPIONS SMALL  
WITHIN OUR RANKS, THROUGH THE YEARS, HAVE EMERGED  
AND MAY THEY ALWAYS PASS THROUGH BELGRAVE HALL  
AS IF A PLACE FOR THEM HAS BEEN RESERVED

THERE ARE SO MANY WHO HAVE DONE SO MUCH  
TO PICK BUT ONE, WOULD CHOOSE ANOTHER'S PEER,  
FOR ALL HAVE NEVER LOST THE COMMON TOUCH  
THAT HAS BROUGHT US MEMBERS FROM FAR AND NEAR.

TO ALL BELGRAVIANS WHO ARE YET TO BE,  
LET NOT YOU, THE SPIRIT OF BELGRAVE DIE,  
FOR WE WILL PADE TO JUST A MEMORY  
WHEN IT BECOMES OUR TIME TO SAY GOODBYE.

SIM E. SERKEL

**W. & G. HALES** OF WIMBLEDON

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**29, KINGSTON ROAD S.W.19**

**NR 5TH WIMBLEDON UNDERGROUND 01-542-2073**

John Stowe clocked sixth fastest time of the day (14:48) in the Aldershot, Farnham and District cross-country relay on Sunday, January 18th. He and Paddy Breslin (16:01) were representing the Richard Challenor's who were the first school to finish.

# Postbag:

Reg Hopkins is not the only one to have youngsters under his wing. In his latest letter RANJIT BHATIA tells us that six of Otto Peltzer's best young athletes have joined Ranjit at Delhi's St. Stephen's College. He endeavours to guide them whenever he can and particularly enjoys training in company again. Two of the sixteen years old runners recently clocked 4:10 (1500m) and 8:54 (3000m)—seems to be scope here for a postal competition! Ranjit, himself, was unable to compete in most of India's major meets through work commitments. Nevertheless, he still managed to finish 3rd in the State 1500m and 4th in the Northern Championships over 5,000m.

Our Indian Vice-President has been spending a lot of time on athletics journalism. He is a regular contributor to an Indian newsweekly and sends news to Athletics Weekly also. He has just completed a chapter for Brian Mitchell's new book and is in the throes of writing for the American, Fred Wilt. He was hoping to cover the Commonwealth Games in a journalistic capacity but is unable to find a sponsor. Has anyone any ideas? Ranjit appeals once again to our globe trotting members to make an effort to visit Delhi if they are travelling East, and compete in races there.

\* \* \* \* \*

Talking of globe-trotters, CHRIS STEER is just about as far away from Delhi as one could get—Canada—and he sends greetings to all Belgravians. For 5 months he has been roaming around the U.S.A. and Mexico in an old van. He is now in Vancouver "tanned, unfit and broke!" He hopes to be back here in the Summer when he has earned his return fare. He has managed to do a bit of racing and finished 19th in the Pacific A.A.U. cross country championship in San Francisco.

While training in Golden Gate Park, San Francisco, Chris was astounded to hear the cry "UP THE BELS". It was U.S. walker Tom Dooley who joined us last summer during his stay in the U.K. with an American team. It's a small world alright, particularly for Chris it seems, for when he was told that Frenchman Guy Monnet had joined us he remarked "That was the guy I accidentally tripped up in a cross-country race here in Canada a few months back". It sounds as though Guy will be looking forward to Chris's return!

\* \* \* \* \*

Your Editor's appeal in the last issue for old photographs and literature did not go unheeded for Past President and former Editor, HARRY HARE, sent in a lot of material which has proved to be of great interest. Harry did a tremendous amount for Belgrave during those vital years in the "twenties" when we were building for the future and striving to make our mark in the major championships. Much of his work was the cornerstone of what we have today and Belgravians have not forgotten it. Harry has not been in very good health of late so we wish him a speedy recovery and perhaps we will have the pleasure of seeing him at one of our fixtures in the near future.

\* \* \* \* \*

## Letter from Mrs. Savage

I would like to thank the Walking Section for the lovely bouquet they gave me at the Open Belgrave Walk. It was the first one I had ever had given me. I remember the first open walk quite well, and I have seen a good many others. Belgrave Harriers is very dear to my heart, I have spent some happy times with the runners at races and social evenings. I enjoyed doing the teas and refreshments which I had to give up as my health is not too good these days.

I wish the Club every success in the future and hope to see the Claret and Gold on top in all sections



**DON'T FALL BEHIND!**

SUBSCRIPTIONS  
ARE  
SIX MONTHS  
OVERDUE!

A. E. SMITH

G. F. EASTON

J. G. FLATT

W. A. RICE

A. D. PYER

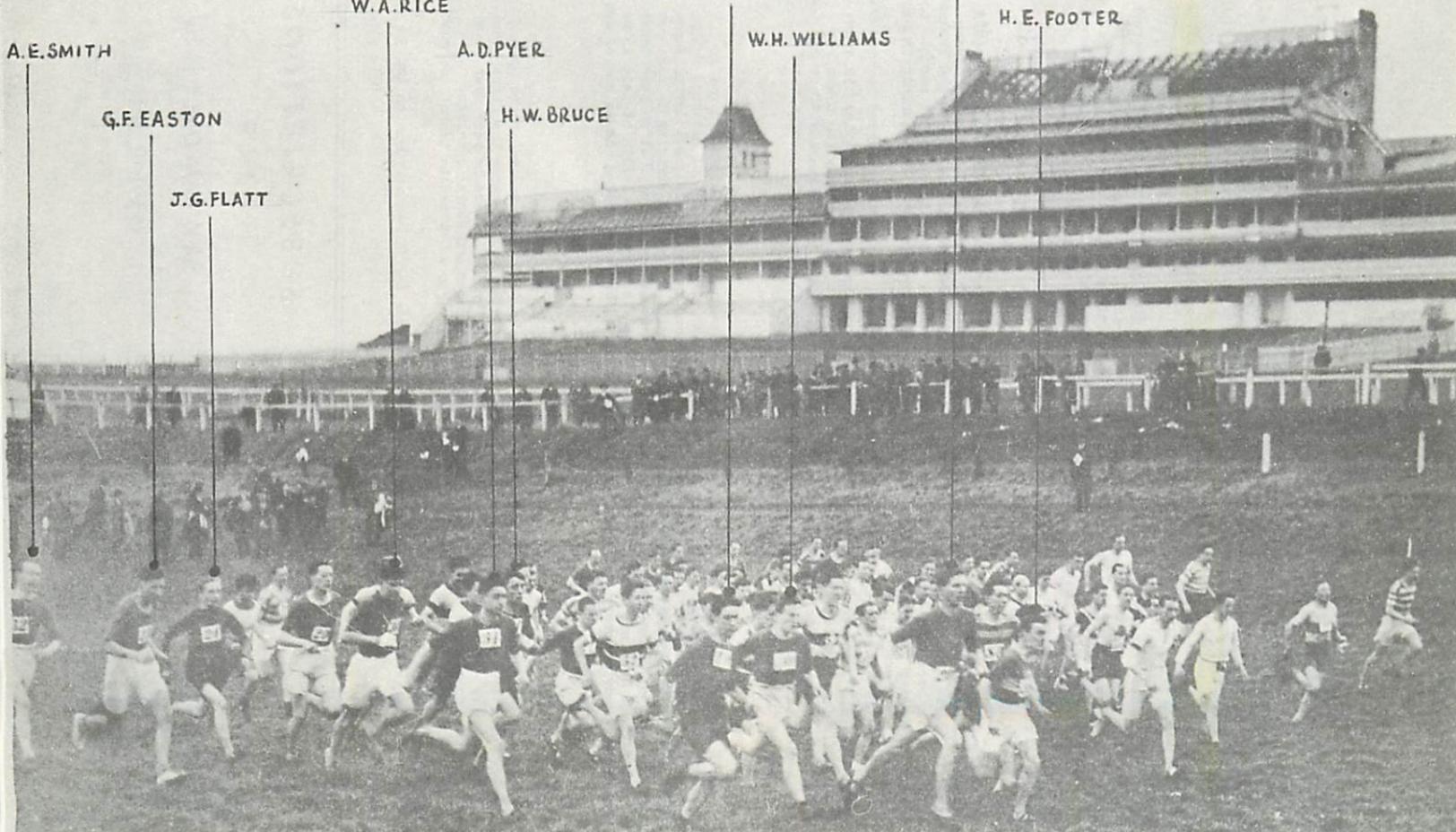
H. W. BRUCE

J. D. ANDREWS

W. H. WILLIAMS

K. B. O'KELL

H. E. FOOTER



# CROSS COUNTRY

GORDON BISCOE writes:-

One must inevitably look back over this years cross country season with mixed feelings for although one could not call it a failure there was a lot left to be desired. Our only notable successes were the N.S. League once again and the G.L.C. Championship. With most of our best runners barred, not a great deal was expected from the two South of Thames races although if all those eligible had pulled their weight and turned out we could have had a more respectable placing. No one will deny that the Surrey County Championship was just given away, to be followed by our biggest defeat of all, the Southern. Its fair to say that for a team already weakened by injuries etc, there was good reason why two of the team ran poorly on the day, unfortunately however these things do not count in the final analysis. Finally to the National, true we did not realise that ambition of winning but but at least we improved upon last years position of 7th by two places with the 9 man cup thrown in for good measure. To mention once again, that but for injuries to two of the team the result could have been much better, seems to highlight our theme in all this year's major events; and that when once again we have everyone running together again 100% fit, and as a team, success will improve accordingly.

Personality-wise, congratulations are due to Adrian Major for his best overall individual position in the N.S. League and to John Bicourt for his run in the National. One cannot end without highlighting Gerry North's fine run, yet once again, in the 'National'. He must by now have established a record which many of his younger rivals, for all their words, will find hard to emulate.

With the Southern and National Road Relays immediately ahead maybe we can end the season as we started (with the Johnston Relay)---on a winning note!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

## Surrey Championships

MILFORD HEATH-----January 3rd

If ever a championship was thrown away it was this one. Yet it was not because of the way our runners performed, but simply because few of them didn't even start! The course was about a mile away from the school used for changing and was not easy to find. Even so, everyone managed to allow sufficient time to succeed except Messrs. Satchell, Walker, Kerr and Black who were still on a grand tour of the Surrey roads when the starting pistol was fired. Bad luck of course but one would expect to find experienced runners acquainting themselves with the course a good half hour before the start. As it happened, any one of this quartet only had to make the first 41 places and become our sixth scorer to give Belgrave the Championship.

Although Gerry North was not expected to retain his title on this very fast course which favoured Bob Holt (H/W) he fought with great tenacity. At halfway he had to give ground to Holt who opened a sizeable lead but Gerry came again at the finish to run home about 80 yards down.

Meanwhile, Major and Bicourt were going great guns on a course which seemed to suit them and enabled us to finish three in six and be well represented in the County team. On the other hand, Tony Fairclough was run off his feet and was heard to be pining for Parliament Hill with mutterings of "Wait 'till the Southern".

Charlie Dabbs and John Kelly supported well and deserved their bronze medals---but that big 'IF' still remains.

### RESULT

|                  |                 |       |                   |       |
|------------------|-----------------|-------|-------------------|-------|
| 1. R. Holt       | (Hercules-Wimb) | 34:15 | 16. A. Fairclough | 36:28 |
| 2. Gerry North   | (BELGRAVE H.)   | 34:27 | 35. C. Dabbs      | 38:13 |
| 3. D. Holt       | (Hercules-Wimb) | 34:54 | 57. J. Kelly      | 40:00 |
| 4. D. Fairclough | (Croydon H.)    | 34:58 | 59. C. Pearson    | 40:03 |
| 5. A. Major      | (BELGRAVE H.)   | 35:11 |                   |       |
| 6. J. Bicourt    | ( " " )         | 35:14 | (84 finished)     |       |

### Teams:-

|                          |                     |            |
|--------------------------|---------------------|------------|
| 1. Hercules Wimbledon AC | (1,3,9,17,26,39)    | 95 points  |
| 2. Mitcham AC            | (10,11,14,19,20,24) | 98 points  |
| 3. BELGRAVE HARRIERS     | (2,5,6,15,30,51)    | 109 points |

## FLASHBACK 44 years

PHOTO (Opposite Page)

The start of the 1926 Surrey County Championship at Epsom Downs which Belgrave (79pts) won from Epsom (81 pts) and Surrey AC (93pts). Our six scorers were Ken O'Kell (3rd), Micky Pyer (4th), Bert Footer (8th), J. Andrews (17th), A.E. Smith (21st) and H.W. Bruce (26th). The great Bert had an off-day here but things were put right by Andrews running well above himself.

## SOUTH OF THAMES

Crawley - January 13

With most of our leading runners still barred from this race we had no hope of the team award, but in John Blcourt we had high hopes of an individual place. Unfortunately John was suffering with another bout of severe catarrh, which plagues him from time to time, and was unable to continue after the halfway mark when he was a well-placed eighth. Another casualty was Clive Shippen who fell after only half a mile and retired with a sprained ankle. Tony Brien put in a surprise appearance and although short of competition and looking a little overweight ran into an excellent 25th place: R.A.F. life is obviously doing him no harm.

### RESULT

|                                  |       |                         |       |
|----------------------------------|-------|-------------------------|-------|
| 1. P. Standing (Brighton & Hove) | 39:01 | 87. D. Trow (Bels)      | 43:33 |
| 2. I. Macmillan (Invicta)        | 39:15 | 114. H. Satchell (Bels) | -     |
| 3. R. Geyers (S.L.H.)            | 39:40 | 132. R. James ( " )     | -     |
| 25. A. Brien (BELGRAVE H)        | 41:03 | 151. C. Pearson ( " )   | -     |
| 41. A. Black ( " )               | 42:06 | 211. C. Keavey ( " )    | -     |
| 76. J. Rimmer ( " )              | 43:19 | ( 236 finished )        |       |

### Teams

|                           |                         |                          |
|---------------------------|-------------------------|--------------------------|
| 1. Cardiff A.A.C. 138 pts | 2. Mitcham A.C. 158 pts | 10. BELGRAVE H. 476 pts. |
|---------------------------|-------------------------|--------------------------|

## MACHER SHIELD

CLUB 10 MILES CHAMPIONSHIP, WIMLEEDON---JANUARY 17TH

Trevor Hart's hold on the Macher Shield was shortlived, for the old school of Fairclough and O'Hara who have had so many close struggles in this event were at it again with Tony getting clear this time to avoid the lash of Laurie's finish. Trevor had the consolation of a bronze medal.

Alan Black showed a welcome return to form in 5th place and Dave Trow again beat the handicapper, despite having his 10:00 mark in the '7' cut to 7:00 for the longer race. Bill Kerr missed the opportunity of making the Southern "twelve" with an indifferent run, even allowing for a momentary diversion.

### RESULT

|                         |       |                           |       |
|-------------------------|-------|---------------------------|-------|
| 1. A. Fairclough (1:30) | 58:24 | 12. C. Shippen (6:30)     | 64:12 |
| 2. L. O'Hara (2:00)     | 58:38 | 13. C. Pearson (8:00)     | 64:39 |
| 3. T. Hart (1:30)       | 58:58 | 14. D. Jardine (10:00)    | 67:03 |
| 4. P. O'Connor (2:00)   | 59:37 | 15. D. Jones (9:00)       | 68:00 |
| 5. A. Black (4:00)      | 60:43 | 16. C. Keavey (11:00)     | 71:19 |
| 6. J. Rimmer (4:00)     | 61:27 | 17. J. Dooley (12:00)     | 71:39 |
| 7. D. Trow (7:00)       | 63:02 | 18. G. Piddington (14:00) | 73:16 |
| 8. B. James (7:00)      | 63:32 | 19. D. Davies (16:00)     | 73:38 |
| 9. W. Kerr (3:30)       | 63:52 | 20. W. Mathews (14:00)    | 73:52 |
| 10. D. Brew (5:00)      | 63:57 | 21. P. Pringle (15:00)    | 74:21 |
| 11. J. Kelly (7:30)     | 64:07 | 22. J. Heathfield (16:30) | 76:02 |

### Handicap

|                  |                   |                   |                    |
|------------------|-------------------|-------------------|--------------------|
| 1. D. Trow 56:02 | 2. R. James 56:32 | 3. J. Kelly 56:37 | 4. L. O'Hara 56:38 |
|------------------|-------------------|-------------------|--------------------|

## INTER - COUNTIES

Derby - January 17

Six Belgravians took part in this year's championship but none represented the winning team - Lancashire. Our two Surrey representatives, Gerry North and Adrian Major had the consolation of belonging to the runners-up, though Adrian was 7th scorer narrowly missing a silver team medal.

### RESULT

|                          |       |                            |       |
|--------------------------|-------|----------------------------|-------|
| 1. R. Taylor (Warwicks)  | 36:45 | 72. A. Major (Surrey)      | 39:44 |
| 18. Gerry North (Surrey) | 38:12 | 120. L. Mann (Beds & H)    | 40:29 |
| 49. Geoff North (Kent)   | 39:17 | 182. R. Piotrowski (Berks) | 41:49 |
|                          |       | 293. B. Joines (Oxford)    | 44:54 |

# SOUTHERN CHAMPS.

## PARLIAMENT HILL---February 7th

A race our runners will wish to forget, with Hercules Wimbledon getting five men home before our second and, to rub it in, Reading and Blackheath pushing us out of the medals altogether.

Gerry had been very short of training in the preceding week or so through pressure of work and although he was up in 7th place at 5 miles, uncharacteristically blew-up over the last mile and dropped 21 places---Geoff passing him on the run-in.

Of the remainder, little also can be said. They were never in it and morale was pretty low afterwards. An injured and frustrated Fairclough was obliged to be a spectator but even he at his best would not have saved the day. Everyone hoped that our runners had got rid of their bad runs all in one day.

### RESULT

|                                |       |                      |               |
|--------------------------------|-------|----------------------|---------------|
| 1. D. Bedford (Shaftesbury H.) | 45:50 | 70. L. Mann (BELS)   | 50:45         |
| 2. W. Mullett (Brighton & H.)  | 46:45 | 89. T. Hart "        | 51:18         |
| 3. R. Holt (Hercules-Wimb)     | 47:01 | 92. J. Dear "        | 51:25         |
| 23. Geoff North (BELGRAVE H.)  | 48:51 | 93. W. Kerr "        | 51:26         |
| 28. Gerry North ( " " )        | 48:59 | 100. R. Piotrowski " | 51:39         |
| 32. J. Bicourt ( " " )         | 49:08 | 109. P. O'Connor     |               |
| 45. A. Major ( " " )           | 49:38 | 112. A. Black        | (577 started) |
| 68. G.W. Dance ( " " )         | 50:43 |                      |               |

### Teams:-

1. H/W 124 pts., 2. Reading 246 pts., 3. Blackheath 259 pts., BELGRAVE H. 266 pts.

## VETS AVENUE SENIORS

This was the match we've been waiting for, a 5 Mile cross country race at Hayes against the veterans of Blackheath with the added interest of the meeting between Jackie Brown and Charlie Walker brought together for the first time as Vets by the Cross Country Secretary through devious means known only to himself.

Unlike the seniors the previous week at Parliament Hill the Vets overcame Blackheath, but what hopes had the Heathens with Jack and Charlie, arch rivals over two decades, out to run each other into the ground. Unfortunately, both went off course twice and although the younger man won on this occasion we shall wait to see if more racing will prove Jack still has the beating of Charlie.

### RESULT

|                      |       |                       |       |
|----------------------|-------|-----------------------|-------|
| 1. C. Walker Bels    | 29.20 | 9. J. Heathfield Bels | 32.23 |
| 2. J. Brown "        | 29.32 | 10. J. Walker "       | 32.55 |
| 3. R. Morley B'heath | 30.56 | 12. C. Manning "      | 33.19 |
| 4. W. Matthews Bels  | 31.20 | 20. E. Stimpson "     | 36.16 |
| 8. G. Pearson "      | 32.11 | 24. L. Coleman "      | 49.13 |

|              |                  |               |        |               |         |
|--------------|------------------|---------------|--------|---------------|---------|
| <u>Teams</u> | Scoring 6 a side | 1. Belgrave   | 34 pts | 2. Blackheath | 45 pts. |
|              | Scoring 9 a side | 1. Blackheath | 90 pts | 2. Belgrave   | 90 pts. |



Photos: C. Shipp

No, it's not the Blackheath Vets Match! These photos were taken at the 1963 National (Cambridge) and show JACK BROWN (63) and CHARLIE WALKER(75) making their last joint appearance in a Belgrave National team. Charlie ran one more National (1964). Jack and Chas now look as though they'll be back at the front again cleaning up some of the Veteran races and leading a strong Club team.

# SURREY C. C. LEAGUE

## SENIOR/JUNIOR DIV. 1

It's five wins in a row now for Belgrave, who tightened their grip on the League Shield which they wrested from Hercules A.C. in 1966. But it was no easy passage this year. When Hercules/Wimbledon had the first four home at Petersham and followed this two weeks later with the first three at Morden Park the end of our reign looked in sight. However, yet again our depth in numbers saved us, for in the final fixture at Coulsdon just a week before the National our second string runners took us to a sound win. With many of the top athletes missing this one out, the other clubs suffered more than ourselves. Belgrave's scoring ten for the four fixtures came from a combination of nineteen runners. Our biggest team out was for the opening race at Wimbledon (42) and the smallest at the final fixture at Coulsdon (17).

Croydon Harriers were winners of the Division II league and will return to the first division next season at the expense of Herne Hill Harriers whose gallant fight to avoid relegation failed by a mere four points.

### FINAL TABLE

|                            |             |                          |             |
|----------------------------|-------------|--------------------------|-------------|
| 1. BELGRAVE HARRIERS       | 747 points  | 5. Ranelagh Harriers     | 1734 points |
| 2. Hercules Wimbledon A.C. | 827 points  | 6. South London Harriers | 1898 points |
| 3. Mitcham A.C.            | 1229 points | 7. Herne Hill Harriers   | 1902 points |
| 4. Walton A.C.             | 1603 points |                          |             |

Race No. 1 was reported in the last edition of 'The Belgravian', the remaining races went as follows:-

### RACE NO. 2 - Petersham, Richmond Park, December 13

We went into this race with a handsome 40 points lead but although conditions were good and we were almost on home ground we took an almighty hammering from the Herc/Wimbledon boys who had the first four home and scored the season's best winning total of 130 points.

### RESULT

|                       |       |                    |       |
|-----------------------|-------|--------------------|-------|
| 1. R. Holt (H/W)      | 26:01 | 11. L. Mann (Bels) | 26:58 |
| 2. D. Holt (H/W)      | :09 = | 18. P. O'Connor    | 27:15 |
| 3. M. Beevor (H/W)    | :09 = | 20. R. Piotrowski  | :19   |
| 4. M. Fuller (H/W)    | :27   | 24. J. Thresher    | :38   |
| 5. A. Major (Bels)    | :28   | 26. J. Dear        | :40   |
| 6. I. MacIntosh (Ran) | :30   | 36. W. Kerr        | 28:17 |
| 7. T. Hart (Bels)     | :37   | 41. C. Dabbs       | :29   |
| 8. M. Kortemray (Mit) | :49   | 42. D. Brew        | :31   |

### (Non-scorers)

|                |       |                 |       |                  |       |
|----------------|-------|-----------------|-------|------------------|-------|
| 49. J. Kelly   | 29:10 | 84. D. Jones    | 31:34 | 117. P. Wrench   | 35:05 |
| 56. C. Walker  | :23   | 90. C. Keavey   | 32:16 | 118. R. Hamilton | :08   |
| 57. D. Trow    | :26   | 92. D. McKeown  | :30   | 122. C. Manning  | 36:10 |
| 60. C. Pearson | :35   | 96. C. Henn     | :50   | 125. D. Rees     | 37:26 |
| 63. R. Glover  | :53   | 107. P. Gee     | 33:59 | 127. J. Baker    | 38:50 |
| 76. B. Orman   | 30:43 | 108. P. Pringle | :59   | (128 finished)   |       |
| 77. B. Merry   | :44   | 116. A. Stroud  | 34:54 |                  |       |

### Teams

|                       |         |                |         |                        |        |
|-----------------------|---------|----------------|---------|------------------------|--------|
| 1. Hercules/Wimbledon | 130 pts | 4. Ranelagh H. | 358 pts | 6. Herne Hill Harriers | 511pts |
| 2. Belgrave H.        | 227 pts | 5. Walton A.C. | 424 pts | 7. S.L.H.              | 535pts |
| 3. Mitcham A.C.       | 300 pts |                |         |                        |        |

### RACE NO. 3 - Morden Park, December 27

Whether the Christmas spirit was responsible is anyone's guess, but our turn-out for this race suggested that we were still smarting from the Petersham defeat. Once again the Holts and Beevor swept through to the first three places to give Hercules/Wimbledon another great start but this time, like Terriers at their heels, there came a rush of claret and gold vests. Amends had been made, for when the totals were made up Bels had climbed back to a single point lead and all depended on the final fixture.

|                       |         |                          |       |
|-----------------------|---------|--------------------------|-------|
| 1. R. Holt (H/W)      | 23:47 = | 11. A. Fairclough (Bels) | 24:38 |
| 2. D. Holt (H/W)      | :47 =   | 12. R. Piotrowski        | :43   |
| 3. M. Beevor (H/W)    | :56     | 13. T. Hart              | :43   |
| 4. G. Biscoe (Mit)    | 24:01   | 14. L. O'Hara            | :44   |
| 5. A. Major (Bels)    | :06     | 22. J. Dear              | 25:11 |
| 6. M. Kortemray (Mit) | :16     | 25. W. Kerr              | :17   |
| 7. L. Mann (Bels)     | :18     | 26. P. O'Connor          | :20   |
| 8. J. Roberts (SLH)   | :19     | 36. A. Black             | :26   |

## (Non-scorers)

|               |       |                |       |                  |       |
|---------------|-------|----------------|-------|------------------|-------|
| 44. M. McNair | 25:50 | 63. C. Pearson | 26:48 | 98. G. Pearson   | 30:00 |
| 47. A. Stroud | :55   | 66. R. Glover  | :56   | 101. R. Beaumont | :44   |
| 52. D. Trow   | 26:08 | 68. C. Walker  | 27:04 | 104. P. Wrench   | 31:10 |
| 55. J. Kelly  | :20   | 83. C. Keavey  | 28:34 | 105. K. Stimpson | :14   |
| 56. R. James  | :21   | 93. D. Davies  | 29:39 | (110 finished)   |       |

Teams

|                       |         |                |         |                 |          |
|-----------------------|---------|----------------|---------|-----------------|----------|
| 1. Belgrave Harriers  | 171 pts | 4. Walton A.C. | 376 pts | 6. Ranelagh H.  | 498 pts  |
| 2. Hercules Wimbledon | 229 pts | 5. S.L.H.      | 409 pts | 7. Herne Hill H | 545 pts. |
| 3. Mitcham A.C.       | 257 pts |                |         |                 |          |

RACE NO. 4 - Coulsdon, Farthing Downs, February 21

It was unfortunate that the final race should be at this venue on this date but fixture congestion provided no alternative. The course was the toughest of all and the timing just seven days before the National. Nevertheless, there was still a good turn-out by most clubs. Hercules Wimbledon and ourselves both had only three of their National nine running and if it had been five scoring the race would have been very close, but a solid quartet of Belgravians in the twenties assured us of a surprisingly comfortable win.



Photo: Ron Linstead

O'HARA and HART, 3rd and 4th scorers at Coulsdon.

Herne Hill gave South London a fright by finishing fourth and pushing the host club into last place, but SLH scraped home in the final table by just four points.

Adrian Major produced another fine effort to finish fourth and with race positions of 24, 5, 5 and 4 took the individual award for the lowest points scored by a runner taking part in all four races.

RESULT

|                |        |       |                 |        |       |
|----------------|--------|-------|-----------------|--------|-------|
| 1. Gerry North | (Bels) | 27:24 | 14. T. Hart     | (Bels) | 29:36 |
| 2. J. Roberts  | (SLH)  | 28:20 | 16. P. O'Connor |        | :47   |
| 3. M. Fuller   | (H/W)  | :34   | 20. D. Fernes   |        | 30:06 |
| 4. A. Major    | (Bels) | :50   | 23. A. Black    |        | :19   |
| 5. L. Duke     | (Ran)  | :56   | 26. J. Thresher |        | :30   |
| 6. J. Halliday | (H/W)  | 29:01 | 28. W. Kerr     |        | :40   |
| 13. L. O'Hara  | (Bels) | :35   | 40. D. Trow     |        | 31:01 |

## (Non-scoring)

|                 |       |                |       |                |       |
|-----------------|-------|----------------|-------|----------------|-------|
| 44. J. Rimmer   | 31:25 | 54. C. Shippen | 31:55 | 87. J. Davies  | 34:58 |
| 48. C. Dabbs    | :34   | 56. C. Walker  | 32:00 | (113 finished) |       |
| 49. H. Satchell | :38   | 60. R. James   | :08   |                |       |

Teams

|                       |         |                  |         |                |         |
|-----------------------|---------|------------------|---------|----------------|---------|
| 1. Belgrave H.        | 185 pts | 4. Herne Hill H. | 373 pts | 6. Ranelagh H. | 446 pts |
| 2. Hercules/Wimbledon | 264 pts | 5. Mitcham A.C.  | 415 pts | 7. S.L.H.      | 446 pts |
| 3. Walton A.C.        | 356 pts |                  |         |                |         |

# BELS 6th in NATIONAL

STANLEY PARK, BLACKPOOL—February 28th

With an indifferent season's results pointing to a bad National for Belgrave; the bearers of claret and gold rose to the occasion and finished one better than last year—6th. In doing so they beat the holders Tipton who finished a struggling 8th.

Once again Gerry North was our spearhead and he set the pattern for the rest of the team to follow. His form had not been too good of late, but here he was on his happy hunting ground of 1962 where he had outsprinted Bruce Tulloh to pull off a rare Inter-Counties/National double. The course was officially a "figure of eight" route but appeared to be a triple figure of eight with runners on view at all points of the compass seemingly running in all directions.

There were 997 starters (50% more than 1962) and the start seemed even faster than usual. Even so, Gerry actually got his nose to the front after the first mile or so, "I found myself there, rather than pushing for it" he said later. In contrast, John Dear found his first National a struggle and looked unhappy from the beginning. He finished just one place behind former team-mate Msl Thorpe who was Coventry's 7th man.

John Bicourt and Geoff North went well, particularly John, and they soon settled down in the fifties where they remained to the end. Lionel Mann made the first 100 for the first time—the course was obviously to his liking. Adrian Major, Trevor Hart and Bill Dance all ran to current form with Trevor closing in the scoring six, as last year.

Tony Fairclough discovered that you can't go into a National with any hope of a useful run unless you have fully recovered from injury. In February Tony was running even better than last year when he was our 2nd man in the National in 36th place, but a knee injury put him out of the Southern and it had not fully cleared by the time the Blackpool race came round. Result—a poor run and a flare-up of the injury.

The team race was very close and only Stoke and Derby had six men home before Belgrave. There was some consolation in our winning of the 'nine' cup.

The junior team were rather outclassed and finished in 31st position, but they stuck to their task well. John Blair-Fish, who seems to have overcome his poor form of last year, was our first man in 183rd place and seems to be going better every week.

## RESULT

|                |                     |       |                             |
|----------------|---------------------|-------|-----------------------------|
| 1. T. Wright   | (Hallamshire H.)    | 42:48 | 17. Gerry North             |
| 2. R. Taylor   | (Coventry God. H.)  | 43:06 | 51. J. Bicourt              |
| 3. D. Bedford  | (Shaftesbury H.)    | 43:18 | 52. Geoff North             |
| 4. M. Turner   | (Liverpool H.)      | 43:25 | 98. L. Mann                 |
| 5. M. Baxter   | (Leeds City AC)     | 43:36 | 105. A. Major               |
| 6. R. Wilde    | (Manchester D.L.C.) | 43:43 | 121. T. Hart                |
| 7. J. Caine    | (Gateshead H.)      | 43:43 | 143. G.W. Dance             |
| 8. R. Grove    | (Leicester Cor.)    | 43:47 | 224. A. Fairclough          |
| 9. A. Elinston | (Atrincham & D.)    | 43:53 | 337. J. Dear                |
| 10. R. Holt    | (Hercules-Wimb.)    | 44:01 | (997 started, 931 finished) |

## Teams:-

|                            |                            |            |
|----------------------------|----------------------------|------------|
| 1. City of Stoke AC.....   | (28,30,60,65,67,81).....   | 331 points |
| 2. Hercules Wimbladen..... | (10,14,22,38,131,147)..... | 362 points |
| 3. Derby & Cty AC.....     | (20,31,39,92,100,112)..... | 394 points |
| 4. Coventry God. AC.....   | (2,23,25,33,103,208).....  | 394 points |
| 5. Manchester DLC.....     | (6,40,46,93,97,137).....   | 419 points |
| 6. BELGRAVE H.....         | (17,51,52,98,105,121)..... | 444 points |

## JUNIORS

|                     |                   |       |                    |
|---------------------|-------------------|-------|--------------------|
| 1. K. Rollasm.....  | (Tipton H.)       | 29:45 | 183. J. Blair-Fish |
| 2. J. Lane.....     | (Feltham AC)      | 29:53 | 242. N. Bacon      |
| 3. P. Gilseman..... | (Corby T'n AAC)   | 29:55 | 247. R. Hamilton   |
| 4. J. Milton.....   | (Saltwell H.)     | 29:59 | 266. J. Hamilton   |
| 5. Graham Tuck..... | (Cambridge & Col) | 30:04 |                    |
| 6. J. Ferguson..... | (Ayr-Seaforth)    | 30:07 | (274 finished)     |

## Teams:-

|                  |          |                           |          |                 |          |
|------------------|----------|---------------------------|----------|-----------------|----------|
| 1. Brighton & H. | 126pts., | 2. Airedale & Spen Valley | 140pts., | 3. Wakefield H. | 185pts   |
|                  |          |                           |          | 31. BELGRAVE    | 938 pts. |

Only eight of the 148 clubs who entered the National Senior Cross Country Championships finished teams in the Youth, Junior and Senior events. BELGRAVE ranked 3rd on a position count, but Coventry's record would seem to indicate that they will be a threat for several years to come. Brighton and Hove are also likely to be a force in the next few years when their juniors reach the Senior ranks. In two years time, with our Youths one class higher, we could well be inside the first ten in all three races. Sen/Jun/Yth pos'ns were as follows: Coventry (4/4/7) 15; Brighton & H (22/1/6) 29; BELGRAVE (6/31/4) 41; Tipton (8/10/39) 57; Aldershot PD (36/9/13) 58; Blackheath (9/19/34) 62; Airedale SV (43/2/21) 66; Wakefield (68/3/43) 144.

# A COUNTRYMAN'S JOTTINGS ●●●●●●●●●●

As odd as it may seem, most Belgravians were highly satisfied with our 6th place in the National at Blackpool. Odd, because we were very disappointed with our 4th places in 1966/7/8 and disgusted with our 7th position last year. Why then the pleasure at being 6th? Well, this cross-country season has been a long string of disappointments---poor team form, erratic individual performances, the tailing off of several good runners and a multitude of other depressing circumstances. Apart from the Surrey League we were becoming known as Champions of Nothing and our abysmal Southern performance seemed to be the last nail in the coffin.

As the National approached it became apparent that our second and third scorers of last year, Fairclough (36th) and O'Connor (81st) would probably be out of the scoring six this time through injury and loss of form respectively. What hope was there then in 1970 when we were only 7th in 1969?

As it happened our lads rose to the occasion like a real team and all deserve the highest praise for turning the tide. Mind you, Bicourt and Mann were the only ones to produce their best National positions, and if the others had equalled their's the positions would have read 1,51,12,98,78,83,87,36,337---the best six giving us a winning total of 261 points! But such hopes are in the realms of fantasy and to be realistic sixth place was a very good effort.

It is interesting to note that our score of 444 points would have placed us third last year.

Our best performance in recent years was our third consecutive 4th place at Sutton Coldfield in 1968 when we were only 23 points from silver medals. Our score of 354 points that year would have given us second place last year and this year. That's the way it goes!

\* \* \* \* \*

What a great performer Gerry North is. He can overcome set-backs and raise himself to unexpected heights like no other runner I know. Gerry's business commitments are taking up more and more of his time and involve considerable travelling and the manning of exhibition stands. He managed only one training session in the week prior to the Southern and found standing all day at an exhibition so fatiguing that he couldn't have faced running even if he had had the time. The Southern was one long struggle, but he still pushed himself to the limit and it was only when his legs went rubbery in the closing stages, through all those hours of standing, did his iron-will have to give best, concede about a dozen places and finish a lowly 28th.

(Continued overleaf)



Photo: Ron Linstead

No, he's not winning! But he is running a fine race ahead of Freary, Hill, Flain and Jackson in the National Championships. GERRY NORTH eventually finished 17th.

Gerry may have been down but he wasn't out, and he bounced back in the race that counted, the National, with a fine 17th. Some may say "Ah! But he won it once". True that is. But it was eight years ago that he did so, and he had more time for training then.

With twice a day training and 100 to 150 miles a week commonplace amongst the leading runners it is remarkable that Gerry North can keep in touch on his modest 70 a week. "If I had every afternoon available like Mike Turner or had time to train twice a day like many of the others, I would have no trouble making the International team, I know" he told me--- and who would disagree?

Gerry North has the most impressive National record of them all. Not only has he run in every National since 1956 (15 of them) but on only 3 occasions has he failed to make the first 12. In 1958 he retired with "stitch" trouble which plagued him for 18 months; in 1967 he was ill and collapsed after barely making the finish, and this year, despite short training, he was 17th---the only blemishes on a record which will probably never be matched. Here are the positions.

|               |         |      |      |      |      |
|---------------|---------|------|------|------|------|
| 1956 (Junior) | 4th     | 1961 | 3rd  | 1966 | 4th  |
| 1957 (Junior) | 1st     | 1962 | 1st  | 1967 | 48th |
| 1958          | Retired | 1963 | 12th | 1968 | 11th |
| 1959          | 12th    | 1964 | 6th  | 1969 | 10th |
| 1960          | 4th     | 1965 | 10th | 1970 | 17th |

Ignoring 1958, his average National placing is 10th!!

\* \* \* \* \*

Over the last year or so, the weekly mileage of athletes seems to have shown a sudden jump. Ten years ago we were saying that our runners should be training at least 50 miles a week. Two years ago it was 70. Now, in the space of 2 years it seems to have become the round 100. There have always been the few runners hitting 100 a week but this minority has now moved up to the 150 to 200 bracket, leaving the bulk of the leading club men reaching for that magical 100, week after week. Where will it all end? Dave Bedford and Jack Lane (both Juniors) do 200 and 150 miles a week respectively. Bedford does three, four or even five sessions a day. On the day after winning the North of Thames Championship he ran a steady 25 miles in the morning, a brisk five in the afternoon and an easy run before going to bed in the evening. As a student at Brighton Teachers Training College he has a lot of time for running but what will he do when he has to earn a living?

Dedication has reached such limits these days that we are getting nearer and nearer to a two-tier athletics system. The super athletes will be obliged more than ever to seek full-time training facilities and thus take the first step into professionalism.

Which reminds me of Bruce Tulloh's talk to the R.R.C. on his run across the U.S.A.----- 2,900 miles odd in 66 days. After averaging over 300 miles a week for more than two months Bruce said "The journey showed me that it is possible for a fit athlete to train for up to eight hours a day". We can only hope that Bedford didn't hear him!

\* \* \* \* \*

Our Youths produced their finest performance to date at Blackpool. At one point they were lying 2nd, but slipped to 4th by the narrowest of margins. Nevertheless they were the first Southern club to finish, pushing Southern champions T.V.H. back to 9th.

Apart from their excellent running, the most interesting feature of the team is that all six are first year Youths. So next year, with Richard Langley moving up to join them, we could well have a team that will produce the sort of victory Small Heath achieved i.e. 3,7,9 and 51 making 70 points.

Curtin and Carton are showing great progress and seem to be reaching the positions from which most of the top Seniors emerge. It is odd, but invariably the Youth medallists are never heard of as Seniors. Conversely, many of the Senior medallists were virtually unknown as Youths.

Examples are Trevor Wright 59th, Mike Turner 25th and 38th, Mike Baxter 35th and 31st and Mike Tagg 32nd. By placing between 21st and 77th our Youths have shown they are following in distinguished footsteps.

\* \* \* \* \*

It is only two years since the Editor reproduced my 5<sup>th</sup> ranking list, yet already our runners have virtually re-written it. Four races have taken place since March 1968 with the result that the 100th best performance has been cut from 29:08 to 28:50. And I can remember when a sub-30 minutes time would squeeze one into the road relay twelve---as recently as the mid-sixties too! The revised list is reproduced with these jottings.

Charlie Walker, who in earlier lists had as many as a dozen performances recorded, has had his tally reduced to five. The highest is now eight, by Laurie O'Hara, with Tony Fairclough just one place behind.

The Norths still have a firm grip on the leading times and it is difficult to see them being dislodged over the next two years.

Fairclough and Major are the latest recruits to the exclusive sub-28 club which now numbers eight in all. But the outstanding time in my book is still that magnificent time of 28:25 by Ron Linstead which he ran as a Youth 16 years ago, when Curtin, Carton, Stowe and Binda were new-born babes in their cots! Our Youths have two more opportunities of going one better. I'm sure that Ron would be happy to see them all succeed.

Continued opposite →

## All Time Top 100 Performances Over Belgrave's 5 $\frac{3}{4}$ Miles Road Course

|     |       |                   |      |    |     |       |                   |      |     |
|-----|-------|-------------------|------|----|-----|-------|-------------------|------|-----|
| 1.  | 27:14 | GEOFF NORTH       | 3.66 | 1  | 50. | 28:27 | F. GILSON*        | 3.66 | 22. |
| 2.  | 27:15 | GERRY NORTH *     | 3.62 | 2  |     |       | R. Piotrowski (2) | 9.69 |     |
| 3.  | 27:20 | Gerry North (2)   | 3.67 |    | 52. | 28:28 | C Dabbs (3)       | 9.63 |     |
| 4.  | 27:26 | Geoff North (2)   | 9.69 |    |     |       | J. MOORE          | 3.64 | 23  |
| 5.  | 27:27 | Gerry North (3)   | 9.65 |    | 54. | 28:29 | C.W. WALKER       | 3.60 | 24  |
| 6.  | 27:35 | A. FAIRCLOUGH     | 3.69 | 3  |     |       | A. Fairclough (5) | 9.67 |     |
| 7.  | 27:40 | A. MAJOR          | 3.69 | 4  |     |       | P. O'Connor (3)   | 3.70 |     |
| 8.  | 27:50 | J. THRESHER       | 9.67 | 5  | 57. | 28:30 | W. Kerr (4)       | 9.64 |     |
| 9.  | 27:53 | Gerry North (4)   | 9.69 |    |     |       | A. Fairclough (6) | 9.65 |     |
| 10. | 27:55 | W. KERR           | 3.64 | 6  | 59. | 28:31 | C.W. Walker (2)   | 3.55 |     |
| 11. | 27:56 | R. BHATIA         | 3.60 | 7  |     |       | A. BLACK          | 3.64 | 25  |
| 12. | 27:57 | J. Thresher (2)   | 3.69 |    |     |       | T. Hart (5)       | 9.66 |     |
| 13. | 27:58 | L. O'HARA         | 3.68 | 8  | 62. | 28:33 | L. O'Hara (6)     | 3.64 |     |
|     |       |                   |      |    |     |       | G.W. Dance (2)    | 3.69 |     |
| 14. | 28:00 | L. MANN           | 9.69 | 9  | 64. | 28:34 | C. W. Walker (3)  | 3.63 |     |
| 15. | 28:01 | A. Fairclough (2) | 3.64 |    |     |       | C. Steer (3)      | 3.64 |     |
|     |       | R. PIOTROWSKI     | 3.70 | 10 |     |       | M. THORPE         | 9.65 | 26  |
| 17. | 28:03 | A. Fairclough (3) | 3.67 |    |     |       | A. Major (5)      | 3.70 |     |
|     |       | J. RICOULT        | 3.68 | 11 | 68. | 28:35 | L. O'Hara (7)     | 9.63 |     |
|     |       | L. O'Hara (2)     | 3.70 |    |     |       | C. Steer (4)      | 9.67 |     |
| 20. | 28:05 | T. HART           | 3.68 | 12 | 70. | 28:36 | J.W. BROWN        | 3.61 | 27  |
| 21. | 28:06 | T. Hart (2)       | 3.66 |    | 71. | 28:39 | D. BAULCH         | 3.58 | 28  |
|     |       | L. Mann (2)       | 3.70 |    |     |       | M. Thorpe (2)     | 9.66 |     |
| 23. | 28:07 | G.W. DANCE        | 3.67 | 13 | 73. | 28:41 | J.C. SMART        | 3.54 | 29  |
| 24. | 28:08 | C. DABBS          | 3.60 | 14 |     |       | A. Fairclough (7) | 9.64 |     |
|     |       | C. Dabbs (2)      | 3.66 |    |     |       | W. Kerr (5)       | 9.67 |     |
|     |       | R. SMITH          | 3.70 | 15 | 76. | 28:42 | J. Hicourt (2)    | 3.66 |     |
| 27. | 28:10 | L. O'Hara (3)     | 3.67 |    | 77. | 28:43 | B. SAWYER         | 9.62 | 30  |
| 28. | 28:11 | P. MORRIS         | 9.69 | 16 |     |       | P. Newell (2)     | 3.65 |     |
| 29. | 28:13 | A. Major (2)      | 3.66 |    |     |       | J. DEAR           | 3.70 | 31  |
|     |       | C. STEER          | 3.67 | 17 | 80. | 28:44 | C.W. WALKER (4)   | 3.56 |     |
|     |       | P.O'CONNOR        | 9.69 | 18 |     |       | C. Dabbs (4)      | 9.64 |     |
| 32. | 28:15 | C. Steer (2)      | 3.66 |    |     |       | J. Thresher (3)   | 9.69 |     |
|     |       | Geoff. North (3)  | 3.67 |    | 83. | 28:45 | M. ROBINSON       | 3.61 | 32  |
| 34. | 28:16 | A. Major (3)      | 3.67 |    |     |       | B. Sawyer (2)     | 9.63 |     |
| 35. | 28:17 | Gerry North (5)   | 9.67 |    | 85. | 28:46 | P. BAGNALL        | 3.55 | 33  |
|     |       | A. Major (4)      | 3.68 |    |     |       | M. Thorpe (3)     | 3.65 |     |
| 37. | 28:19 | Geoff North (4)   | 3.64 |    |     |       | J. Thresher (4)   | 3.67 |     |
| 38. | 28:21 | P. NEWELL         | 3.59 | 19 |     |       | G.W. Dance (3)    | 3.68 |     |
|     |       | L. O'Hara (4)     | 3.66 |    | 90. | 28:47 | J. Thresher (5)   | 3.70 |     |
|     |       | W. Kerr (2)       | 3.67 |    |     |       | P. Newell (3)     | 9.58 |     |
| 41. | 28:22 | L. O'Hara (5)     | 3.65 |    |     |       | L. O'Hara (8)     | 9.65 |     |
| 42. | 28:23 | B. BUXTON         | 9.67 | 20 | 92. | 28:48 | J. BROMLEY        | 3.54 | 34  |
|     |       | T. Hart (3)       | 3.70 |    |     |       | P. Newell (4)     | 9.63 |     |
| 44. | 28:24 | W. Kerr (3)       | 3.63 |    | 94. | 28:49 | P. Newell (5)     | 3.67 |     |
|     |       | L. Mann (3)       | 3.69 |    |     |       | P. O'Connor (4)   | 9.68 |     |
| 46. | 28:25 | R. LINSTAD        | 3.54 | 21 | 96. | 28:50 | R.C. TOOBY        | 3.53 | 35  |
|     |       | P. O'CONNOR       | 3.69 |    |     |       | A. BEDFORD        | 3.55 | 36  |
| 48. | 28:26 | T. Hart (4)       | 3.64 |    |     |       | C.W. Walker (5)   | 3.57 |     |
|     |       | A. Fairclough (4) | 3.66 |    |     |       | D. Baulch (2)     | 3.59 |     |
|     |       |                   |      |    |     |       | K. DIPROSE        | 3.69 | 37  |

\* Competing as second-claim member

(Continued from opposite page)

By the time you read these notes we shall be in the throes of the road relay season and, once again, we have to consider our chances in the premier events.

First major event is the Belgrave and Southern Counties Road Relay at Wimbledon on April 4th. Hercules Wimbledon wrested the title from us last year and seem to be even stronger in 1970, so the task of regaining the title could be truly formidable. And yet, we have the ability to do it in a 12 stage race. One of our major attributes has been our quality in depth. We have survived our bad patches because at all times we have had several runners fighting for that last place, and if Gerry North missed out through injury we would not be weakened to the same extent as Hercules Wimbledon's losing Bob Holt. Our rivals, therefore, have to rely on fielding their best three runners race in, race out, and we will be at hand for the slightest slip.

(Continued overleaf)



The results were disappointing but the event was a success. The first four stages were run on the Brighton Road and the scene brought back many memories of the classic London-Brighton relay. Traffic was no problem on this stretch and everything moved freely. It was less perfect on the narrow road of the second half where, although they may not have realised it, most congestion was caused by the many runners who would persist in continuing their run beyond the hand-over. On the final two stages it was difficult to pick out the competitors from those on training spins (invariably two abreast) who forced traffic to stop or swing wide ten times more frequently than was really necessary. This disregard of keeping a course clear during a race would not be tolerated at the 'National', nor at the White City. It could well prejudice future promotions by the hardworking Crawley AC.

**RESULT**

|                       |        |                  |        |
|-----------------------|--------|------------------|--------|
| 1. Hercules Wimbledon | 173:37 | 4. BELGRAVE H.   | 178:18 |
| 2. Reading AC         | 177:09 | 5. S.L.H.        | 181:51 |
| 3. Mitcham AC         | 177:48 | 6. Blackheath H. | 183:04 |

**Positions & Runners (stage ranking in brackets)**

| 'A'            |       |       | 'B'               |       |        |
|----------------|-------|-------|-------------------|-------|--------|
| 6. A. Major    | 27:23 | (6th) | 9. P. O'Connor    | 27:38 | (9th)  |
| 4. L. Mann     | 19:04 | (7th) | 6. J. Dear        | 18:52 | (4th)  |
| 4. Gerry North | 28:38 | (4th) | 11. C. Shippen    | 31:27 | (17th) |
| 5. W. Kerr     | 29:02 | (9th) | 12. C. Walker     | 30:18 | (17th) |
| 4. Geoff North | 28:00 | (2nd) | 12. R. Piotrowski | 30:39 | (11th) |
| 4. T. Hart     | 14:43 | (3rd) | 12. J. Rimmer     | 15:30 | (12th) |
| 3. L. O'Hara   | 16:02 | (1st) | 13. D. Trow       | 16:27 | (4th)  |
| 4. J. Thresher | 15:26 | (4th) | 13. H. Satchell   | 17:29 | (13th) |

'C' Team: 23. C. Pearson 30:29 (23rd), 23. J. Kelly 20:59 (23rd) (29 teams started)

## IT'S PIOTROWSKI'S 'WIMBLEDON CUP'

### 5<sup>3</sup> Miles Road Championship - Wimbledon Cup, March 14th

A total of 55 runners set out for the first of this years domestic battles of the road, on a rather cold afternoon which resulted in the times being overall slower than usual by some 30-40secs.

After the first lap of the common it was Trevor Hart in the 'drivers seat' with a neat bunch of about 8 gathered around him including a bronzed Bob Smith, recently back from Australia and the most recent addition to our ranks Guy Monnet who hails from France.

Passing the Crooked Billet after 2 laps the leading bunch had broken up slightly with John Thresher and Pat O'Connor losing contact and with Guy having dropped further back. For the climb up Cambridge Road it was Smith, O'Hara, Mann and Piotrowski leading the field leaving the final scene to be enacted over the last lap of the common where a 'return to form' Dick Piotrowski outspurred fast finisher Laurie O'Hara.

One of the most pleasing aspects of the race was some of the performances put up by the youths namely Messrs Curtin, Stowe, Carton and Binda. It obviously wont be long before some of our established team members find their places in jeopardy.

|                       |        |       |                    | G.I.B.  |       |
|-----------------------|--------|-------|--------------------|---------|-------|
| 1. R. Piotrowski      | (1:00) | 28:01 | 28. H. Satchell    | (3:30)  | 32:28 |
| 2. L. O'Hara          | (0:50) | 28:03 | 29. P. Breslin (Y) | (3:30)  | 32:31 |
| 3. L. Mann            | (0:45) | 28:06 | 30. P. Fringle     | (8:00)  | 32:47 |
| 4. R. Smith           | (1:45) | 28:08 | 31. J. Dooley      | (6:00)  | 33:16 |
| 5. T. Hart            | (1:00) | 28:23 | 32. N. Bacon (J)   | (5:30)  | 33:27 |
| 6. P. O'Connor        | (1:15) | 28:29 | 33. M. Elliott     | (6:00)  | 33:32 |
| 7. A. Major           | (0:30) | 28:34 | 34. D. Jones       | (5:15)  | 33:37 |
| 8. J. Dear            | (1:30) | 28:43 | 35. C. Fairfield   | (5:30)  | 33:55 |
| 9. J. Thresher        | (0:30) | 28:46 | 36. W. Matthews    | (7:15)  | 33:50 |
| 10. W. Curtin (Y)     | (2:45) | 28:59 | 37. G. Piddington  | (7:00)  | 34:11 |
| 11. J. Stowe (Y)      | (3:15) | 29:04 | 38. D. Bonser      | (7:00)  | 34:14 |
| 12. J. Rimmer         | (3:00) | 29:48 | 39. S. Barrett     | (8:00)  | 34:31 |
| 13. W. Kerr           | (1:30) | 29:59 | 40. C. Keavey      | (6:15)  | 34:35 |
| 14. C. Walker         | (4:00) | 29:59 | 41. D. Davies      | (7:30)  | 34:36 |
| 15. J. Brown          | (4:00) | 30:19 | 42. C. Henn        | (6:30)  | 34:55 |
| 16. P. Carton (Y)     | (2:45) | 30:19 | 43. E. McNally (Y) | (8:30)  | 34:59 |
| 17. G. Monnet         | (—)    | 30:33 | 44. J. Heathfield  | (9:00)  | 35:01 |
| 18. J. Kelly          | (3:15) | 30:50 | 45. P. Sutton      | (7:30)  | 35:30 |
| 19. R. James          | (3:00) | 31:00 | 46. D. McMillan    | (9:00)  | 36:19 |
| 20. J. Blair-Fish (J) | (5:00) | 31:06 | 47. K. Stimpson    | (7:00)  | 36:20 |
| 21. A. Binda (Y)      | (4:30) | 31:09 | 48. P. Wrench      | (7:00)  | 36:26 |
| 22. C. Shippen        | (3:15) | 31:14 | 49. M. Harvey (J)  | (8:00)  | 36:31 |
| 23. B. Joines         | (3:30) | 31:23 | 50. C. Manning     | (10:30) | 36:51 |
| 24. D. Trow           | (2:30) | 31:54 | 51. R. Beaumont    | (6:15)  | 37:14 |
| 25. R. Langley (B)    | (3:45) | 32:15 | 52. D. McMillen    | (11:00) | 37:33 |
| 26. V. Butcher (Y)    | (6:30) | 32:22 | 53. E. Pallant     | (10:30) | 37:57 |
| 27. R. Glover         | (3:45) | 32:26 |                    |         |       |

**BACK COVER :** (Photo: Ron Linstead)---PAT O'CONNOR (168) and LIONEL MANN (166) fight it out during the Mitcham '15'. Pat finished 14th and Lionel 19th.

