

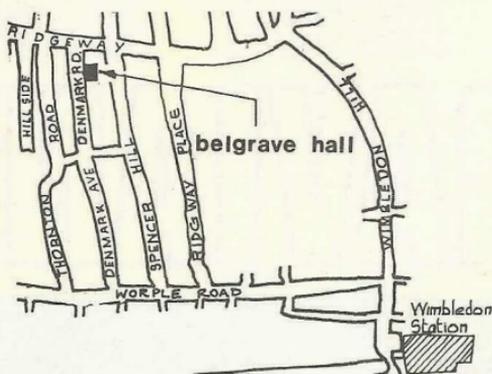
THE

AUGUST 1976

BELGRAVIAN



the official gazette of belgrave harriers •



A.G.M.

SEPTEMBER 15th 1976 6:30 PM

WELCOME TO THE FOLLOWING NEW MEMBERS

John Care	Richard J. Dorman	Matthew J. King
Angelo Martinetti	John Carr	John O'Meara
James R. Pullen	Marion C. Ashford	John Eldred
Trevor Shimell	Marjorie Woodward	James Farley
Christopher P. Powley	Clive P. Mulligan	Mark A. Gumbley
Timothy R. Hall	Christopher J. Warnes	Alison E. Jones
Anthony S. Manning	Howard J. Evans	Ann R. Hemmings
Robert D. Palmer	Grant R. Burree	Gerald T. Jezzard
Paul Roche	Barry Everson	S. Standing
Dennis H. Seymour	Patrick Lyttle	Andrew P. Hawkins
Anna E. Matthews	Nigel G. Morris	Giovanni Attolico
Carolyn G. Taylor	Ricky Paul	Rex R. W. Bale
Angela J. Taylor	Mario Pederzolli	Horace Cambell
Pamela L. Taylor	Graham M. Seater	Thomas H. Chandler
David Bradford	Brian Dooley	Pieri C. Douglas
Dennis W. Blackburn	Alan L. Perriam	Derek M. Jones
James R. Stevenson	Raymon McCann	Jennifer M. MacLean
Tina A. Couzens	Barbara Dunsford	Flora M.A. MacLean
Diane J. Cook	Barbara J. Dunsford	Margaret G. MacLean
Peter C. Satur	Wendy J. Dunsford	Daniel C. Price
Jacquelin Carter	Wendy J. Richardson	Ruth E. Sinclair
Leslie S. Barber	Bernadette G. Sexton	Alexander J. Rogers
Christopher P. Bond	Lucy Cannon	Toby Rogers
James A. Brinkley	Charlotte Brown	Nicholas J. Pieske
	Timothy McCormack	

A. A. A. Draw

The 1975 A.A.A. Draw saw Bels finish in 3rd place in the race to sell the most books of tickets. Only the R.A.F. and Portsmouth A.C. sold more. I would like to thank everybody who sold books and made this a very profitable venture for the club. By selling 1368 books we made £182.40. Special thanks are due to Dennis Jones, John Dunsford, Mrs. Stow, Bill Couzens and John Baker who sold 300 books between them. Well done!

The 1976 Draw sees a slightly different format with the tickets being 10p each instead of 5p. I don't see much of a problem here. I will be issuing books of tickets to you all and would ask everyone to sell them as soon as possible and not just leave them in the envelope and pop them behind the mantelpiece. So I will leave it to you to pull out all the stops - ask your neighbours, friends, parents and relations to buy a ticket. And don't forget to ring me or drop me a line when you need more.

Ron Langheim 1 Cranleigh Road, Feltham, Middlesex. 01-890 5422.

THE BELGRAVIAN

AUGUST 1976

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FOUNDED 1887

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W. Couzens

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Well, he made it. John Bicourt was as good as his word and he got to Montreal but disappointingly did not make the final. He has had a good season, his new found aggression first coming to the surface in Yugoslavia in May when he attempted to outrun the field. This aggressive attitude then carried him beyond the old British record in the 2000mSC (behind Staynings) and then to that marvellous 8:22.8 in Sweden - just 2 tenths behind the then British record for 3000mSC. It got him through the trials and into the Olympic arena but appeared to drain away with a couple of laps to go in the qualifying round when his "legs went".

Congratulations to Carl Lawton who so narrowly missed the Olympic team for the 20km walk. At 50km, however, he was successful in gaining selection to compete for Britain in the World Championship, an event now taking the place of the missing walk at the Olympics.

A look at the list of new members on the opposite page will show just how the decision to make Belgrave Harriers a club for men and women has had its effect. A veritable membership explosion! Add this to the emergence now of our youngsters, some of whom have been working away for two or three years with only small success, and the future is beginning to look a lot more exciting for the Club.

Please note that as from November Belgrave Hall will be undergoing a dramatic face-lift with the extension of the upstairs floor and the addition of ladies changing rooms and showers. Please be patient in the event of any inconvenience.

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IN THIS ISSUE

STOP PRESS: In an Inter-county match at Aldershot on August 1st Mark Shippen broke the UK Record for 15 year olds in the pole vault. His height was 3.90m and was 10cm higher than the winning junior mark.

In the same match no fewer than five young Belgravians competed in the walks. 3000m(J) 'A' 2. S.Bennett (Mx) 14:53.6; 'B' 1. T.Thorogood (Sy) 14:45.8; 2. J.Dunsford (Mx) 14:59.0. 2000m(Y) 'A' 3. P.Clay 11:30; 'B' 4. J.Searle 11:36 The latter two were both senior boys competing in the youths event for Surrey.

Front Page: Paul Whitby, who hurdled to a new club record of 15.4 in the 110 metres event at Ewell Court on July 24th.

grapevine



■ In 1965 Mike Shingles left these shores for the charms of New Zealand! It was interesting to read in 'AW' recently that Beverley Shingles, Mike's kiwi wife, placed 44th out of 308 starters in a marathon at Rotorua. Beverley, now 35, recorded 2:48:46, only 27 minutes behind the winner. - What about that John Davies?

■ We note that the ladies of the MacLean family have signed up in force. Don MacLean always used to be most adamant that we should never have women members but recently he was heard to say: "My children can do what they like - they don't have to do athletics, they don't have to train but if they are going to join a club it's GOT to be Belgrave.

■ John Thresher writes from Canada and sends his regards to all at the King of Denmark. He says that he eagerly awaits his Belgravian and other letters from home. Supergorm is now a local folk hero amongst the English runners in his area and he notes that Laurie O'Hara is still indestructible.

■ Our Past President and Hon Treasurer for many years, Bill Webb, has recently been in hospital after a heart attack. Happily, Bill has made a great recovery and was present at the Club Championships.

■ Our man in Cambridgeshire, Bob Barnes, recently suffered a collapsed lung shortly after moving house. We understand that he is making good progress. We also learn that an addition to the family is on the way.

■ Our congratulations go to Reg Hopkins Jnr. and Jackie who were married on August 14th. Fancy picking the day of the AAA Championships. They will be setting up home near Crystal Palace so we can look forward to a super-fit Reg. next year.

■ Television viewers who watched "The African Runners" in the Olympic Games series saw a face familiar to us in the early fifties - Franz Stampfl. He was Club Trainer for a while and recently has had an eye on the Kenyan athletes.

■ Congratulations to Joe Wilson on becoming a Grade I Walking Judge. Even before he hung up his walking shoes Joe was putting something back into the sport and the Club, particularly with the youngsters. Joe's promotion shows the high regard which his fellow judges have for his capabilities.

■ John Dunsford continues to improve and on June 9th he lined up for the 3,000 metre walk. We look forward to John finding his way back to his old form.

■ In 1951 John Bromley narrowly missed a Surrey Vest (cross-country). Twentyfive years later his persistence was rewarded when he gained selection for the county team in the Inter-Counties 10 miles road walk held in conjunction with the R.W.A. Championship.

■ A big thank you to Joe Coleman who motorcycled to York for the R.W.A. 10 miles championship and who was ready at the finish with welcome cups of tea for our lads as they finished.

■ Chief Judge at this year's R.W.A. 20 Miles Championship was our own Harold King, a fine honour for an official who is held in high esteem by fellow judges and competitors alike.

The Treasurer Writes

I would like to thank all the following members who have made donations to the Club's funds during the last financial year. This list includes those who gave to the championship medal fund and also the last Merton Show bottle stall.

Mrs. Aplin
W. Ashford
M. Best
G. Biscoe
G. Beecham
G. Bentley
C. Brooks
J. V. Baker
R. Coombs
R. Cullum
C. T. Carter
C. Collis
L. Coleman
C. Churcher
W. Couzens
G. Doubleday

N. Dewberry
P. Duncan
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C. Pearson
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R. T. Taylor
J. Thresher
S. Vickers
F. Webb
W. Webb
T. Wall
A. Whincup

John Baker
Honorary Treasurer.



Left: Beresford Campbell and David Drake on the first lap of the Belgrave '20'. Right: John Wasbrough still though running 20 miles was funny after 3 miles.

Great news for Belgrave Hall project

REGIONAL SPORTS COUNCIL BACKS LADY BELS. TO THE TUNE OF £4,250.

The Sports Council's Grant-in-Aid Scheme has in the past attracted many requests from multi-sports clubs anxious to obtain funds for special projects. The rules of the Scheme require applicants first to clearly demonstrate that successful projects will provide improved facilities for several sports and second that the club or organisation concerned must have greater than local significance. It is the latter requirement which makes it particularly difficult for athletic clubs to obtain Grant-in-Aid from the Sports Council and it is believed that up to now no athletic club has been successful in obtaining financial support from the Sports Council.

In the light of the known difficulties it was without a great deal of hope that the Belgrave Committee asked Bill Laws to produce documentation for submission to the Sports Council requesting finance towards modifying Belgrave Hall to provide proper changing and shower facilities for Belgrave's newly formed Ladies Section.

The steps were carefully planned. While Arthur Bruce was preparing designs and obtaining budget quotations Bill was visiting the Sports Council finding out the rules for submissions. It immediately became clear that the submission would not be to the Sports Council itself but to the Greater London and South East Sports Council. It is the Regional Sports Councils who vet submissions and they meet every four months to consider applications following an initial screening process. Invariably the submissions are for monies considerably in excess of the funds available and it is the job of the Regional Councils to rank these and to 'draw the line' below which projects are referred for re-submission if desired. Many projects are rejected completely. The approved lists of projects are then submitted to the Sports Council by the Regional Sports Councils to make up a total U.K. portfolio supported by the Sports Council itself.

Several discussions with officials of the London and South East Sports Council followed by a visit from senior officials to Belgrave Hall enabled the final case to be prepared. Two main themes were developed, the first arguing that the separate sections of race walking, track and field, cross country and road running constituted a multisport club. The second and most significant argument hinged around Belgrave's claim to have greater than local significance. Having two centres, one located at Battersea Park Track in the Borough of Wandsworth and the other at the Belgrave Headquarters in the Borough of Merton, clearly helped the case. A map of S.E. England showing the location of all Belgrave's members graphically illustrated how widespread is our membership and a final key factor was the increased opportunity for ladies in central London which the introduction of a Ladies Section will facilitate.

The key meeting to discuss our proposals took place on June 14th and on the 21st June we received notification from the Greater London and South East Council that they had recommended to the Sports Council the Belgrave scheme be included for grant aid of £4,250. At the time of going to press final confirmation had not been received from the Sports Council but they traditionally support the recommendations of the Regional Councils. More information will be provided in the next edition of the Belgravian but all members will like to know that a working party headed by Arthur Bruce is already pressing ahead with plans for modifications to Belgrave Hall. Ken Stimpson has agreed to take charge of fund raising and has a mammoth goal of £4,000 to aim for. But more of this later - the story is just starting and represents an exciting opportunity for us all. Let the final words be from Colonel Garside, Secretary to the Greater London and South East Sports Council, who wrote "In recommending your project the Regional Sports Council is confident that it will make a real contribution to sport in your area".

That's our intention - it's now up to all of us to turn this intention into reality.

WRL

from the Belgravian ...

... 25 years ago

1951..... BELGRAVE HALL

The new "House" Sub-Committee again crave your indulgence for conditions prevailing at the Hall. Every effort is being made to obtain the necessary licences for rebuilding. We ask, therefore, that you bear with us and hope that by the winter season of 1952 we will have reached at least part of our objective, i.e., completely rebuilding the Hall.....

... and 40 years ago

1936 OUR WIMBLEDON HEADQUARTERS

As we go to press, arrangements have almost been completed for the acquisition of the lease of St. John's Hall, Wimbledon.....
.... It is hoped to add to the amenities of the Hall - which has of course been impossible in the past - and generally equip it so that we shall have a first class athletic and social centre for years to come. Our Committee are likely to have some late nights planning any alterations and developments that may be decided upon, and the co-operation of all members will be needed to ensure that Belgrave Hall (or whatever we decide to call our headquarters) is the success it deserves to be.

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CLUB CHAMPIONSHIPS

JULY 10TH, 1976 - MOTSPUR PARK.

The best Club Championships for years - that's how most members who were present viewed the 1976 meeting; and with eight Championship Best Performances, 3 Club Records, far more competitors than normal, glorious weather AND events for ladies, who would argue the point. One of our timekeepers was heard to remark afterwards, "it was the most attractive club meeting I can remember". Although in his case the presence of a bar and a pint of foaming amber liquid in his fist might have had something to do with it. Why on earth haven't we gone to Motspur Park before now - well done Fixtures Sec. John Martin for thinking of it.

Star of the girls' sprinters was 15 years old Jackie Carter who won the junior ladies 100m. and the combined 200m. Anna Matthews recorded a very good time in the 2,000m. walk with S. Rook second and Jane Pritchard third. Carl Lawton, of course, was faultless in the men's 3,000m. walk and it's nice to have this event back in the meet.

With injury still hampering him Jim Evans was unable to give Ernest Obeng a real fight in the men's 100m. but even without pressure Ernest sped to a time of 10.9, four tenths inside the previous championship best. Once again the 800m. provided plenty of excitement and we really must hand it to Colin Pearson who retained his title against strong opposition proving himself a worthy champion.

Every time out now over the high hurdles Paul Whitby seems to produce a sparkling performance and this occasion's 15.8 took six tenths off from the championship best and was just one point slower than the club record he shares with Cliff Brooks. A commanding performance came from John Stow in the 1,500m where, out for John Thresher's record of 3:54.0, he ran a solo 3:55.5. Good running too from a speedy looking Stu' Barrett.

Only three athletes contested the jumps but there were no easy victories. The Triple saw Steve Crosbie scrape home by a centimetre from Arnold Benth but Reg. Hopkins had the advantage in the High and Long Jumps. As usual Cliff Brooks took the shot and discus and even had the audacity to approach within 36cm. of Peter Crosbie in the Javelin.

There were two double victors amongst the juniors with the 100/200 going to Dave Bailey and Adrian Cook taking the 1,500m. and retaining the 800m. Mick Manning, last year's winner of the longer race found it a tough afternoon placing 2nd in the 1,500m after being shunted to 3rd in the two lap event by Peter North who startlingly revealed some real fight. Two very good 15 year olds beat their elder brethren in the junior age group. John Fernee won the 400m in an assured manner, adding it to his Boys 800m and 100m titles (the latter in Club Record time) and Stephen Samson, who is just old enough to compete against seniors, clinched a place in the following Southern League match by clearing a magnificent 1.81m in the high jump.

A couple of years back Sheik Wahab seemed so unco-ordinated in jumping and running that one would never have thought that he could succeed at athletics. This season he has taught us a lesson we should not forget - never underestimate anybody, particularly when they stick at it when the going is tough. Sheik's first win in a 100m at Chiswick this season surprised him as much as anyone else but now he has got used to the idea of winning - taking the boys high jump title at championship best performance height and running second to John Fernee in the sprint.

On the other side of the coin we have the lad who at 13 years old has started off his athletic career with a bang. Matthew Cannon, having already reduced our Junior Boys record for 1500m by OVER HALF A MINUTE and added 24cm to the high jump mark, now added the 800 record to his tally - awe inspiring.

Senior Men.

100m: 1. E.Obeng 10.9 (CBP); 2. J.Evans 11.0 (beats old CBP); 3. P.Whitby 12.0; 4. A.Bentt 12.2; 5. S.Crosbie 12.3. 200m: 1. E.Obeng 22.7; 2. C.Pearson 25.5. 400m: 1. C.Gillett 51.9; 2. R.Hopkins 52.1; 3. P.Whitby 53.6; 4. J.Stevenson 53.9; 5. A.Mead 54.0; 6. N.Kirmatzis 55.8; 7. S.Crosbie 57.5. 800m: 1. C.Pearson 1:59.7; 2. C.Gillett 2:00.4; 3. J.Stevenson 2:00.8; 4. N.Kirmatzis 2:08.0; 5. B.Taylor 2:12.0; 6. A.Mead 2:15.0; 7. D.McMillan 2:17; 8. J.Davies 2:18.0; 9. E.Thorp 2:19.0; 10. J.Hamilton 2:22.0; 11. R.Bale 2:26.0; 12. M.Best 2:26.0; 13. D.Gordon 2:26; 14. K.Duckett 2:32; 15. J.Carr 2:34.0; 16. J.Plummer 2:57.0; 17. C.Manning 2:57.0. 1500m: 1. J.Stow 3:55.5; 2. L.O'Hara 4:07.4; 3. J.Rimmer 4:16.1; 4. S.Barrett 4:25.0; 5. S.Masterson 4:27.0; 6. L.Mann 4:35.0; 7. T.Dowdell 4:35.0; 8. B.Taylor 4:37.0; 9. R.Tanner 4:37.0; 10. J.Davies 4:38.0; 11. S.Holmes 4:39.0; 12. L.Coy 4:39.0; 13. V.Butcher 4:39.0; 14. N.Kirmatzis 4:49.0; 15. C.Lawton 4:55.0; 16. K.Duckett 4:57.0; 17. D.McMillan 5:00.0; 18. M.Best 5:00.0; 19. E.Thorp 5:02. 110mH: 1. P.Whitby 15.8 (CBP); 2. R.Hopkins 17.0. 3000mSC: 1. A.Black 9:41.0 2. L.Mann 10:14.4; 3. L.Coy 10:17.6. LJ: 1. R.Hopkins 6.54; 2. S.Crosbie 6.43; 3. A.Bentt 6:07. HJ: 1. R.Hopkins 1.84; 2. A.Bentt 1.65. TJ: 1. S.Crosbie 12.57; 2. A.Bentt 12.56. SP: 1. C.Brooks 12.59; 2. J.Martin 11.99; 3. W.Couzens 9.79. DT: 1. C.Brooks 35.68; 2. J.Martin 31.24; 3. W.Couzens 24.56; 4. P.Sexton 23.96. JT: 1. P.Crosbie 49.24; 2. C.Brooks 48.88; 3. J.Martin 44.02; 4. W.Couzens 42.58; 5. S.Crosbie 38.96. 3000mWalk: 1. C.Lawton 13:48.2; 2. J.Hall 13:53.4; 3. R.Tanner 14:23.4; 4. T.Thorogood 14:37; 5. N.Morris 14:39; 6. S.Sharp 15:00; 7. D.McMullen 15:13; 8. M.Yates 15:22; 9. S.Bennett 15:23; 10. N.Robson 17:01; 11. J.Morris 17:07; 12. T.Cook 17:23; 13. J.Plummer 17:50; 14. P.Sexton 21:16; 15. G.Sexton 23:02; 16. M.Peart 24:28.

Junior Men.

100m: 1. D.Bailey 12.7; 2. P.Crosbie 12.7; 3. P.Murphy 13.0. 200m: 1. D.Bailey 25.2. 400m: 1. J.Ferne 55.1; 2. D.Bailey 55.9; 3. P.Murphy 58.8. 800m: 1. A.Cook 2:08.1; 2. P.North 2:10.2; 3. M.Manning 2:12.6; 4. P.Gardner 2:14.8; 5. S.Williamson 2:17.0; 6. J.Roberts 2:22.0; 7. P.Hurd 2:43.0. 1500m: 1. A.Cook 4:27.5; 2. M.Manning 4:28.8; 3. D.Bradford 4:29.4; 4. P.North 4:39.0; 5. S.Williamson 4:41.0; 6. P.Gardner 4:51.0; 7. J.Roberts 4:57.0; 8. B.Marmion 5:05.0; 9. M.Morris 5:07.0; 10. P.Hurd 5:28.0. HJ: 1. S.Samson 1.81 (CBP); 2. A.Cook 1.60; 3. P.Gardner 1.55.

Boys.

100m: 1. J.Ferne 12.0 (Club Record, CBP) 2. S.Wahab 13.2; 3. M.Munro 13.4; 4. M.Sinclair 14.2; 5. D.Couzens 15.0; 6. M.Sharp 15.0; 7. T.Cook. 800m: 1. J.Ferne 2:20.6; 2. J.Searle 2:22.8; 3. M.Cannon 2:24.7 (Junior Boys Club Record); 4. M.Sinclair 2:25.0; 5. A.Perriam 2:33.0; 6. P.Morris 2:38.0; 7. M.Sharp 2:40.0; 8. T.Cook 2:45.0; 9. G.Sexton 2:45.0; 10. D.Blackburn 2:52.0; 11. D.Langheim 3:19.0; 12. K.Sexton 3:23.0; 13. T.Hall 3:27.0. HJ: 1. S.Wahab 1.56 (CBP); 2. P.Clay 1.53 (beats old CBP); 3. J.Standing 1.53 (beats old CBP) 4. M.Cannon 1.45; 5. M.Sinclair 1.45; 6. J.Searle 1.40; 7. M.Munro 1.35; 8. T.Cook 1.25; 9. P.Thorp 1.15.

Junior Boys (Colts).

100m: 1. M.Cannon 14.2 (= Club Record); 2. S.Pritchard 15.3; 3. G.Sexton 15.9; 4. P.Thorp 16.4; 5. M.Pederzoli 16.6; 6. S.Wyld; 7. T.Hall; 8. K.Sexton. HJ: 1. S.Wyld 1.35; 2. D.Blackburn 1.15.

Senior Ladies:

100m: M.Woodward 14.7; 2. D.Cook 15.9; 3. S.Rook 15.9; 4. P.Davies 17.1. 200m (combined S & J): 1. J.Carter 30.3; 2. C.Taylor 31.3; 3. D.Cook 32.1; 4. S.Rook 33.1; 5. A.Hemming 34.8. 2000m Walk: 1. A.Matthews 11:19.6; 2. S.Rook 11:28.6; 3. J.Pritchard 12:39.4; 4. W.Dunsford 12:54.0; 5. D.Cook 13:18.4; 6. P.Mead 14:06.4; 7. B.Dunsford 14:38.4.

Junior Ladies.

100m: 1. J.Carter 14.4; 2. C.Taylor 15.0; 3. P.Taylor 15.4; 4. J.Pritchard 15.9; 5. A.Hemmings 16.4; 6. B.Sexton.

NOTE: Ladies athletic vests are now available in Club colours (claret with gold edging) with Club badge at £2. Contact Bill Couzens 946 7490.

WALKING

This last season has been one of our worst for a long time, indicated by the fact that the club is now waiting, and often depending, upon its younger members to bring in the trophies. We have found ourselves 'pot hunting' this spring, very successfully I might add, and if you think that there is anything wrong with that - don't. The most important thing in the sport is to 'compete, the next is to win. I do not apologise for being critical. It is now the time for all of us to start putting in some hard training for ourselves and the club.

Our performance against tough opposition, especially in the National Championships, has been disappointing partly due to non-appearance and injury but also lack of hard work.

Individually, however, things have started to move; Carl Lawton just missed out in the Olympic trial and is forever holding the team together; Steve Sharp has become one of our most dedicated members and this is beginning to make a big difference to his ability and attitude; Tim Thorogood is also beginning to listen to sound advice and has become a necessary member of our team. Ron Day, with only a year's experience and a young 29 years old, has put in some creditable performances over 20 miles, and Richard Tanner also caused a few surprises by doing so well over the distance of 33 miles - against the advice of Ray Middleton who vows that his interest in the lad has finished.

And of the 'old boys', their season of 'Hastings' and 'Brightons' is yet to come. I wish them all the best and expect them to win yet again. Well done those men who did so well in the 100 miles at Woodford!

It leaves me to say that I want to see the arrival of our 'young promises' such as Morris, Bennett, Maxwell, Dunsford, Robson, Miss Jane Pritchard, Miss Anna Matthews and Miss Diana Cook bursting onto the scene. I look forward to a good autumn, to working with you and most of all to winning together.

Richard Tanner

Book Review.....

by Gordon Doubleday

From time to time books have been written about Race Walking and they are mostly out of print or unavailable. Fortunately the gap is now filled with the publication of "Race Walking" by Julian Hopkins the National Coach.

The cost is £1.25 for this well planned and well produced book. All aspects are dealt with and the author, who is an active walker, has gone to much trouble to produce it. As well as covering technique and style there are exercises, well illustrated by diagrams, and descriptions of the muscles, joints, etc. which play the essential parts in driving you along between 8 and 9 mph and retaining contact. There are model training schedules, hints on what to wear and how to plan your racing. The question of diet is dealt with comprehensively and this includes drinks and the timing of eating and drinking for racing. There are photographs too, including a "filmstrip" of the Russian Gold Medallist V. Golubnichy.

For the competitive walker with serious intentions this book is surely a must. If its sales are followed by an improvement in our position in world walking it will have been well worth while. There is much in it to commend it to athletes other than walkers, so, runners and field events men get a look at it if you can - you might well pick up a hint or two.

"Race Walking" is published by the B.A.A.B. and can be obtained from Peter Marlow, 112 Lennard Road, Beckenham, Kent. The price (including postage) is £1.40.

Two Seconds

MARCH 6th 1976 - BATTERSEA PARK - S.C.A.A.A. 10 MILES CHAMPIONSHIP.

Our string of double wins came to a halt in Battersea Park on Sat. 6th March when we had the Southern Counties 10 miles walking championship. Although it was a bright day it was very cold. We were not at full strength with a number of absentees and Richard Tanner competing in the 10,000m junior event.

After the first of the five laps Roger Mills (Ilford) was leading Carl Lawton at a very fast pace. Brighton vests were prominent then came John Hall and Ray Middleton and our next two men, one of whom would be our fourth scorer, were further back, Ron Day just having a small lead on Doug. Potheringham - battling away as usual. Hopes of an individual win went as Roger drew away from Carl on every lap and he won with a sparkling performance. Carl held off fast finishing Shaun Lightman (Met. WC) to finish in a very good time although not as fast as his winning time in the G.L.C. race. John and Ray both gave sound performances to consolidate the team but it was obvious that Brighton would be the winners. Could we get a place? Ron provided the answer and his steadily improved walking brought him a second place team medal - after less than a year in the game! Ron is now finding himself in the most heavily populated part of the field, which will give him experience in picking off the opposition.

It was good to see Joe Scamell out again. On his fourth lap he heard the patter of what were once tiny feet - his son Michael lapping him. Michael is now an established sub-80 minute man which must make dad a proud man.

With an improving Steyning A.C. in third place we did well to split the "invaders" from Sussex. We always hope to have a good turn-out of club men in Battersea Park events and the finishing list will show how our others fared.

The afternoon's programme was a full one with other events on the famous circuit. We saw our juniors hard at work and it was no surprise when we learnt that Richard was a good second, and, supported by the two Stephens Sharp and Bennett, we took first team medals. So we did get a win after all - one which points the way to future successes.

GSD

MARCH 10th 1976 - CRYSTAL PALACE - S.C.A.A.A. OPEN 5km.

1. P.Nihill 21:20.8; 2. C.Lawton 21:44.8; 6. R.Tanner 23:13.0; 8. M.Scamell 23:28.4; 10. J.Hall 23:29; 16. R.Day 25:06.

MARCH 13th 1976 - BOURNEMOUTH 6 MILES.

1. P.Marlow (Southend) 42:50; 2. C.Lawton 43:03; 9. R.Tanner 46:57; 18. R. Day 49:30; 28. S.Sharpe 52:24.

MARCH 20th 1976 - YORK - R.W.A. 10 MILES CHAMPIONSHIP.

There was a good turn out considering the distance but that did not help put us above 11th position. Carl Lawton, in 6th position at the half-way distance, fell back to 35th due to stomach problems and the teams overall position was the worst for many a year.

1. O.Lynn (Basildon) 69:59; 2. B.Adams (Leicester) 71:00; 3. R.Mills (Ilf) 71:09; 35. C.Lawton 77:45; 51. J.Hall 80:00; 57. R.Middleton 80:13; 93. R. Day 84:10; 107. R.Picton 86:02; 109. D.Potheringham 86:08; 163. J.Keown 94:13; 166. J.Scamell 95:20.

Teams: 1. Boro' Enfield 40pts; 2. Sheffield 53pts; 3. Southend 78pts; 11. Belgrave H 192pts.

Our two "supervets" Duncan Maclean and Charlie Speechley were in action at Norbiton track on 29th May. In addition to the Banstead Trophy events there was a Veterans' Sprint Handicap, and our pair were seen in action again.

MARCH 27th 1976 - WEST LONDON STADIUM - A.A.A. 10km.

Carl was back in form after his problems of the previous week, timed at 45:10 behind Leicester's Adams (42:56) and Mills of Ilford (43:01). A ferocious start by Shaun Maxwell in the Junior/Youth 3km event took him clear of the field and although he faded towards the end he hung on to win in 14:33. Stuart Bennett placed 7th in 15:10.

In Rotterdam on the same day, Richard Tanner finished 3rd in a 3km event in 13:54.

APRIL 3rd 1976 - BATTERSEA PARK - MET. W.C. 20km.

John Hall was the first Belgravian home in this event, filling 19th spot with 103:06. Stuart Bennett reached 5th in the Junior 10km race and Youth Shaun Maxwell was 2nd with 24:22 in his 5km race.

APRIL 7th 1976 - BATTERSEA PARK - SURREY A.A.A. 10km CHAMPIONSHIP.

1. C.Lawton 45:56; 4. R.Middleton 50:31; 7. R.Day 52:14; 10. J.Bromley 56:05; 11. J.Morris 58:15.

APRIL 10th 1976 - BRIGHTON TO STEYNING 20km.

A steady start saw Carl Lawton take the lead on this gruelling course at about the half-way mark. He was timed at 46:35 at 10km and then put in a superb 46:14 for the second part of the race to reduce Roger Mills' course record by 26 seconds. His final time 92:49. Richard Tanner showed up well for a young man in this tough event, placed 11th in 104:14, and John Hall was not far behind in 14th position with 105:59.

APRIL 14th 1976 - CRYSTAL PALACE - S.C.A.A.A. 10km CHAMPIONSHIP.

1. R.Mills (Ilford) 43:38; 2. P.Nihill (Croydon) 43:44; 3. C.Lawton 45:32.

APRIL 17th 1976 - WIMBLEDON - BELGRAVE AND SURREY COUNTY 20 MILES CHAMP.

1. C.Lawton 2:49:20; 2. R.Middleton 2:56:33; 3. N.Simmonds (Surrey WC) 2:59:12; 5. R.Tanner 3:02:26; 6. R.Day 3:06:24; 9. R.Picton 3:15:55; 13. D. Fotheringham 3:21:16; 16. J.Morris 3:27:18; 17. J.Keown 3:27:33.

APRIL 28th 1976 - BATTERSEA PARK - CLUB 10,000 METRE TRACK CHAMPIONSHIP.

In the form of his life. Carl again took the Club 10,000 metres track walk championship, this time in a personal and championship best of 44:58.2. John Hall was a comfortable second in 50:07 and Tim Thorogood gained third with his 51:13. Other placings: 4. R.Picton 52:24; 5. R.McMullen 53:44; 6. S.Sharp 54:02; 7. R.Day 55:12; 8. J.Morris 57:10 (1st h'cap).

MAY 1st 1976 - MOTSPUR PARK - SURREY COUNTY 3km TRACK CHAMP.

In taking the 3km track walk, Lawton completed a fine double in the Surrey track championships, with his time yet another PB. But not all the glory goes to our Walking Secretary for filling 2nd and 3rd places were Messrs. Tanner and Day making it a Belgrave clean sweep.

1. C.Lawton 12:44.0; 2. R.Tanner 14:41; 3. R.Day 14:58.

In a junior and youth 4 mile event held on the same day in Battersea Park Tim Thorogood led home a Belgrave team to 3rd place. Tim's individual position was 5th in 31:12 with Stuart Bennett 11th in 32:48 and Steve Sharp, 15th in 33:57.

MAY 5th 1976 - CARSHALTON - LONDON VIDARIANS 5 MILE YACHT H'CAP.

1. C.Lawton 35:34; 2. M.Scammell 39:13; 5. R.Day 40:52; 6. T.Thorogood 41:40; 9. R.McMullen 42:15; 11. S.Sharp 42:43; 16. J.Morris 46:33.

National 20km

MAY 15th 1976 - SOUTHEND.

With only four starters we could not expect much teamwise and in fact our final 7th place was higher than expected. For Belgravians, however, the main issue was whether Carl Lawton could continue his recent tremendous form and land a place in the Olympic team.

In gusty conditions Flynn, Mills and Adams blasted it from the start whilst further back Carl steadily tracked Nihill who was making his bid for a fourth appearance at the Olympics. At the 15km point the early pace began to have its effect and drama set in as Seddon was disqualified and Marlow retired. With 2½km remaining, Mills began to sway about the road, Adams began to catch him but was himself overtaken by the Belgian DeJonkheere and Nihill. Fighting as hard as he can our man moved closer to that coveted Olympic berth as Mills collapsed with the finish just in sight. But Carl had given his all and the third Briton home, Adams, crossed the line 43 seconds ahead.

Our congratulations to Carl for pulling out his best ever time in this Olympic trial and our commiserations too for coming so close to his goal.

1. O.Flynn (Basildon) 90:00; 2. P.Nihill (Croydon) 91:38; 3. B.Adams (Leics) 91:58; 4. C.Lawton 92:15; 36. M.Scamell 104:35; 38. J.Hall 104:41; 42. R. Middleton 105:01; 95. J.Keown 117:03.

Teams: 1. Sheffield 31pts; 2. Southend 52pts; 3. Leicester 86pts; 7. Belgrave H 137pts.



In the Middlesex County Championships on 15th May Belgrave Juniors made their mark by filling the first three places in the junior 3km walk. Jonathon Dunsford won in 14:55 with Stuart Bennett only 5 seconds behind in 15:00 and Steve Sharp third in 15:10.



In his first attempt at the event, Richard Tanner reached a praiseworthy 4th in the Police Barking to Southend Walk with 5hrs 13mins 17secs. Doug. Fotheringham was 11th with 5:44 and Johnny Morris 19th with 5:54:07.

MAY 22nd 1976 - TOOTING - TRACK LEAGUE.

3km: 4. T.Thorogood 14:40; 6. M.Yates 15:16. 10km: 4. D.Fotheringham 52:13; 7. J.Bromley 55:58. 5km: 7. S.Bennett 27:34; 10. J.Dunsford 28:40. Jnr 2km: 8. P.Clay 11:22; 13. J.Searle 11:48; 18. G.Sexton 12:44.

Teams: 1. Brighton 87pts; 4. Belgrave H 62pts.

MAY 22nd 1976 - LEICESTER MERCURY 20 MILES.

1. D.Bautista (Mexico) 2:22:53 (World Best) 2. R.Gonzales (Mexico) 2:26:31; 3. D.Colin (Mexico) 2:31:02; 9. C.Lawton 2:39:17; 29. R.Middleton 2:55:20; 38. R.Day 2:59:46 (PB); 51. R.Picton 3:05:18 (PB).

Teams: 1. Sheffield 18pts; 2. Leicester 33pts; 3. Belgrave H 70pts.

MAY 30th/31st 1976 - CRYSTAL PALACE - INTER-COUNTIES CHAMPIONSHIPS.

10km: 1. R.Mills (Essex) 43:52; 2. B.Adams (Leics) 44:33; 3. C.Lawton 44:50.2 (PB); 10. R.Picton (Berks) 52:17. 3km: 1. B.Adams 12:09; 4. C.Lawton 12:41.8.

24hrs — 100miles Track Walk

MAY 28th/29th 1976 - WOODFORD BRIDGE.

On the 28th/29th May Woodford Green AC promoted an Open 24 Hours Walk on the new all-weather track at Ashton Playing Fields, Woodford Bridge, Essex. This event incorporated a 100 miles race.

Twentyfive walkers, including three from Belgrave Harriers, entered for this race. One of these was Ray Middleton our 6, 7 and 8 hours record holder. He was going to attempt to break the records from 70 miles to 100 miles. Unfortunately a week or so before the race Ray found that he had problems with his breathing. The failure of the ailment to respond to medical treatment forced him to withdraw from the race.

Amongst the 23 competitors who faced the starter at 2pm on Friday the 28th were the 'terrible twins' of the Belgrave long distance walking team, Johnny Morris and John Keown. These two have probably walked more miles together in competition than any other pair of walkers. Each has a great respect for the other's capabilities. Over distances in excess of 20 miles Johnny, when fit, has the edge over John but the reverse is true in shorter races.

The race provided a new challenge for the two Belgravians as the maximum time they had previously spent on a track was 65 minutes. Lapping the 400 metres track for hour after hour at approximately 5 mph meant that the temptation to stop was at times overpowering and required great determination to keep going.

Right from the 'off' the two Johns settled down to lapping the track together at between 2m 50s and 2m 55s per lap. Every four laps they changed places so that each in turn had the benefit of the inside. Their speed during Friday remained constant so that they reached the 50 mile mark in 9h 52m in 4th and 5th positions.

During the night there was a marked drop in temperature but the addition of tracksuits and the supply of hot cups of tea every hour by Carl and Barbara Lawton aided by Steve Sharp, enabled the two Belgravians to remain comfortable and in good spirits. A rather bleak dawn saw them still together. By this time they had lost a place to George Eastwood (Woodford Green) who after a very slow start was making up ground rapidly. During Saturday morning a gentle rain persisted for some time.

Around the 75 miles mark Morris began to have trouble with a leg which he had injured the previous week whilst trying to start his motorcycle. Treatment at regular intervals from Carl and Steve enabled him for a time to maintain his position. By 80 miles the injury was causing him so much trouble that he lost contact with Keown. The latter now moved steadily away from his fellow Belgravian to reach 90 miles in 18h 20m. Shortly afterwards his luck ran out as his feet, which were badly blistered, began to hurt and he developed a pain in the lower part of his back. These injuries made walking in an upright manner difficult. Despite the expert attention of Carl and John Dunsford Snr, who had joined the club helpers early on Saturday morning, Keown's problems increased until he was walking with a decided 'list to port'. Walking in this fashion caused him to slow considerably. Morris now fully recovered from his leg injury passed his clubmate around the 95 miles mark and went on to complete the 100 miles in 5th position in 20h 46m 36s (a personal best performance).

Reducing speed, Johnny now allowed John to catch him up and together they completed what was supposed to be the one lap required to bring the latter to the 100 miles mark. At this point the announcer gave Keown's position as 6th with a time of 21h 1m 41s. (Later the official result sheet gave the position as 7th, time 21h 4m 41s).

Despite the fact that at the 100 miles point the two Belgravians were in the lead in the team race (2 to score), in order to save Keown from possible serious injury both walkers retired at 101 miles.

The 'terrible twins' have now successfully completed 100 miles both on the road and the track. Their success at Woodford owes much to the excellent help provided by a small band of Belgravians under the leadership of Carl Lawton our hard working Walking Secretary.

Amongst the officials who organised the race was Doug. Fotheringham. He acted as a steward, relief chief recorder and one of the judges. Belgravian Bill True joined the judges on Saturday morning.

100 miles: 1. D.Harrison (Boundary H) 18:04:07; 2. C.Young (Essex Bgls) 18:12:02; 3. P.Worth (Verlea) 19:23:18; 5. J.Morris (Belgrave H) 20:46:36; 7. J.Keown (Belgrave H) 21:04:41. 15 reached this point.

24 hours: 1. D.Harrison (Boundary H) 131m 336y; 2. C.Young (Essex Bgls) 129m 35y; 3 P.Worth (Verlea) 121m 609y. 8 finished and 6 walkers completed more than 100 miles.

Team: Woodford Green AC 219m 1379y.

The "Terrible Twins" wish to thank Carl, Barbara, Steve and John for their help.

John Keown

Carl Lawton gained further international honours when he represented Great Britain over 20 kilometres in the International match against West Germany at Salzgitter on June 6th. The start was at 8 am and the event was won by Olympic Gold Medallist Bernd Kannenberg in 87:11. Carl was 6th in 93:31, his 5km splits being 23:27/46:30/69:40 which demonstrates his pace judgement - one of the hallmarks of a champion.

Everyone in Belgrave will congratulate Carl upon his selection and performance. What a worker he is for not only does he put in the training and preparation to reach international grade, but he is also ready to advise newcomers. They all know Carl and by now they must know Barbara - let us finish by thanking her for the support which she gives to our walkers.

JUNE 12th 1976 - VAUXHALL MOTORS 10km.

1. S.Lightman (Met) 45:28; 2. C.Lawton 45:32; 12. R.Tanner 50:27; 14. R. Middleton 50:52; 18. R.Day 52:30; 23. S.Sharp 53:27; 31. J.Dunsford 55:09; 34. S.Bennett 55:37; 35. J.Bromley 56:09.

Teams: 1. Belgrave H 23pts; 2. Enfield 35pts.

National 20miles

JUNE 19th 1976 - STEVENAGE - NATIONAL 20 MILES WALK.

This was another best forgotten National, once again due to unavoidable absenteeism - Bob Picton had put his hand through a window. Carl finished 4th and Ray Middleton backed up with Ron Day and Doug. Fotheringham but it was only good for 7th.

1. R.Mills (Ilford) 2:32:13; 4. C.Lawton 2:37:30; 43. R.Middleton 2:55:00; further individual positions unavailable at present.

Teams: 1. Sheffield 44pts; 2. Southend 49pts; 3. Brighton & Hove 62pts; 7. Belgrave H

News from Scotland! Bob Coates is keeping fit running and walking and we are eager to hear how his efforts have resulted.

From Germany! The announcer at the Walking International was our Vice-President and former triple R.W.A. Champion and Olympic representative ('72) Wilf Wesch. He is now manager of an hotel at Bad Harzburg in the Harz Mountains and he and his wife Ann (from Earlsfield) now have two children.

R.W.A. 50km

JULY 17th 1976 - BIRMINGHAM - R.W.A. 50km CHAMPIONSHIP.

Belgrave's undermanned team travelled to Birmingham for what turned out to be a tough national (107 started and 62 finished). The Bels chances of anything were hopeless but it happened, we didn't win but 2nd was good enough. Carl Lawton led the boys home in 2nd position with Ray Middleton 18th. Bob Picton finally showed that perseverance pays off, in this case with a National medal to take home. Dave King completed the team.

As a result of this Belgrave still managed third in the year's National Rankings out of 30 clubs. National positions have been: Junior 3rd, 10m 11th 20km 7th, 20m 7th and 50km 2nd.

1. R.Thorpe (Sheffield) 4:23:43; 2. C.Lawton 4:26:01; 3. R.Dobson 4:26:27; 18. R.Middleton 4:53:40; 41. R.Picton 5:23:34; 49. D.King 5:35:24; 55. J. Keown 5:45:32.

Teams: 1. Sheffield 38pts; 2. Belgrave H 79pts; 3. Surrey WC 85pts.

Ben Knifton in action

Ben Knifton writes from retirement in Portugal and says that he often thinks of all his old friends in Belgrave and sends his warmest greetings to them all. He also tells of his latest race:-

When I saw there was a walking race in Faro over 1800 metres for those aged from 8 to 80 I thought "I'll have a go". I had a week in which to prepare and trained on the road after dark each evening because it was too hot during the day. These activities brought curious enquiries from friends locally who had seen me by the head-lights of their cars.

I included in my diet salt tablets, wholemeal bread, honey and milk. I lost a pound in weight each day. My leg muscles ached a bit at first so I treated them with hot baths and gave them a good massage using my wife's talcum powder. I never smelled so good and felt so fit!

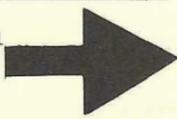
At the venue I joined an enthusiastic crowd. The youngsters were all excited and the handsome athletic youths gave me friendly smiles. It was a good atmosphere in which to be. I was interviewed and my opinion sought on the promotion of the event and the activities of the club. I was photographed wearing their club armband and again with a group of the younger competitors.

It was a crowded start in the narrow street and I was nearly tripped head-long. I recovered to see the stalwart youths disappear ahead of me and I was out on my own. I pounded the cobbles in pursuit, encouraged by the crowd. Round the second lap I gained places although my limbs rebelled. Approaching the finish the cheers grew to a crescendo. Who could ask for more? I had always wanted to represent Great Britain and it had come at last! I could even ignore the painful wrench in the muscle of my right thigh! (not enough salt tablets?) I was then photographed with the first and second place winners. Friendly chats followed and a cordial farewell.

Back in Albufeira I was asked how I had got on. I produced the standard medal I won in the A.A.A. Championships in 1929, (I always was a braggart!) but they were not fooled. In fact, the Real Amizade Farense presented me with their club badge which I am very proud to wear as a memento of my last race in fifty splendid years as a member of the Belgrave Harriers from 1925 - 1975.

A hastily written postcard arrived at Belgrave Hall
after the Games.

"Sorry. It just didn't work out." - John Bicourt.



£180+

What can you say? Having been asked to organise the "personal contribution" to John Bicourt, who's obviously not everyone's chalice of hemlock, I thought I'd lent my venerable name to a right deadbeat.

But had I? Not a bit - the response was really gratifying - it meant anything but a deadbeat. It meant that Belgravians with their warmth and generosity AND OTHERS believed in him. It meant they had faith in his ability, they had respect for his judgement and it would be a little bit of them out there in Montreal. John carried some of their hopes and their desires. He did them proud.

Me? I'd just like to say, as I always seem to be saying, "Thankyou", to all those listed below. Finally, what made me think it really worth while were those comments on the return slips.

Anonymous	David A Cocks	John Hilton	Bert Mitchell
Mrs E.M.Aplin	L.R.Cole	Jon Jackson	R.J.Mitchell
W.Ashford	Len Coleman	Frank Jarvis	L.Morris
M.Ali	E.W.Cook	J.F.Keown	Malcolm Peart
John Baker	Bill Couzens	Kingston A.C.	Ray Plummer
R.L.Barnes	Edmund P.Donovan	V.W.F.Law	George Piddington
Gordon Biscoe	David Drake	R.A.Lettin	Mrs. G.W.Robson
L.C.Bishop	The Dunsfords	Martin Lewin	N.A.Robson
John Boardman	B.Eglinton	G.Lockey	P.G.Robson
Reg. F. Bolam	Reg. Elson	Chas. MacLennan	Clive Shippen
Stanley Brand	M.Ferrari	Lionel Mann	Mark Shippen
D.A.Brickwood	G.E.Flanagan	C.A.Manning	Frank Simmons
Don Brown	T.J.Flower	C.E.Manning	E.E. & S.G.Spencer
'Berry' Campbell	D.Gezzele	A.S.Manning	Mike Stearman
C.T.Carter	A.W.Hall	Bill Matthews	Bruce J. Taylor
J.C.W.Carter	Harry A. Hathway	D.McManus	John Thresher
K.S.Carter	Chas. Henn	Les Mason	W.G.True
Charlie Churcher	Peter Hilliar	Alan Mead	Tony Whincup
			Steven J. White

"determination is a vital factor in a runners armoury and John's decision is a brave one by any standards

"Good luck Johnn."

"anything to put the Union Jack on top."

"... you moved me, pity you can't do the same when I'm running."

"with our good wishes for his success."

"...John deserves it whether he makes the team or not."

"I wish you every success with your efforts as it is good to see our Committee taking such a positive action in assisting one of our own clubmen in this way. These are the kind of actions which make Belgrave great."

"... John Bicourt will endeavour to put just a little bit back by advice to younger members drawing upon his now great experience in top class athletics, and explaining that there is no easy way to the top"

"All best wishes for the success of JB in his bid to carry the name and colours of the Bels and Britain."

"As an absolute Olympic fanatic I hope the enclosed will find its way to helping John who will be living out what most of us only dream about."

"Best of luck to John."

"You're doing a great job Charlie, every success."

To be absolutely honest there were some that were so brutally frank as to be almost hysterical - time oddly enough has proved most of them to be wrong for John HAS QUALIFIED. There were also many more like the above so it was very worth while - thanks once again.

Chas Manning Past President

TRACK AND FIELD

Sadly we have had to say farewell - at least on a first claim basis - to Stephen White, the powerful sprinter who has supported us nobly for years in spite of living at Oxford. Steve has now transferred to Oxford City AC and no one would have blamed him if he had switched ages ago. He always felt that he should remain true to his first club Belgrave particularly when there was always the possibility of moving back to London after University, but now he has settled comfortably into Oxford life and wishes to have more to do with club athletics. It is only natural that he should become a full member of his local club. Best of luck Steve from all the Bels and thanks for all you have put into running for us over the years.

It is amazing how sometimes someone seems to arrive out of the blue to fill a gap. Last year Jim Evans turned up, filling a vacant place and now developing into a really good sprinter. This year, no sooner than Steve White had transferred to Oxford, Ernest Obeng from Ghana began to clock remarkable times in Belgrave colours. He opened his account in early March with 11.2 for 100 metres and by April was running 22.0 for 200 metres. On April 24th in a Southern Counties Open Meeting he made use of a following wind at Crystal Palace to race to a marvellous double of 10.8/21.6, his 200m time immediately qualifying him for a Club Honours Badge.

At the time of writing Ernest is unbeaten in the league after ten races and has a good chance of maintaining this record to the end of the season. He even had the audacity to beat Steve White when they clashed at Wimbledon, and another exciting occasion was his 10.8 in league match 3 after slipping at the start and giving away $1\frac{1}{2}$ metres.

Ernest only missed a trip to Montreal because the athletics administrators in Ghana lost touch with him for a while (although Ghana subsequently withdrew anyway). Now living in Kew, he will be eligible to compete in our Surrey relay team next year and, of course, line up alongside county champ. Jim Evans in the individual events.

Jim also gained a Club Honours Badge this season for beating the AAA 1st Class Standard in the Surrey 200 metres. Since then he has gone on to represent Surrey on a couple of occasions but unfortunately an injury sustained in a five-a-side football match kept him out of 200's from mid-season on.

John O'Meara, a successful junior with Brighton & Hove, has also become a great asset to our teams. In no time at all he ducked down to 3:57.9 for 1500 metres and this in spite of some years away from racing. He could be the man to give John Stow some opposition from within the Club.

Another to gain early success in Belgrave colours is Jamie Stevenson. New to athletics but very talented, Jamie does not seem to know how 800 metre races are supposed to hurt. With no background work and just speed sessions on the track he was almost immediately below 2 minutes and providing our middle distance section with a real shot in the arm. Colin Pearson has also had a good season over this distance in spite of losing plenty of training early on due to injury.

Charlie Gillett has been fighting to keep our heads above water in the one lap sprint but is desperately in need of a strong partner for the 'B' race. In fact one more 400 runner is not enough - we need two or three for relays and to allow Charlie to tackle the 800m, back up in the 200m or even be allowed the luxury of the occasional injury. That pulled calf muscle that he picked up in the 100 x 1 mile relay - you may remember he hopped the last two laps - kept him out of action and gave us some real headaches for a few weeks.

At 5000 metres and steeplechase our old regulars are still going strong and John Phelan made a flying visit from Ireland in mid-season to add his talent

to the longer races. A good win over 5km at Wimbledon made up for his disastrous run at Parliament Hill the previous week when he reckons to have run his slowest ever 'chase'. Pat O'Connor has regularly been competing on the flat and was rewarded with a personal record of 15:33.4 at Welwyn Garden City. Lionel Mann and Mick Manning have also put up their best times this year in the steeplechase and with Alan Black regularly in action Leo Coy had to wait for an odd 400 metres to make his 1976 league debut!

Another of our Celtic members, G.Deegan, represented Eire in an international v Luxembourg and Wales early in the season. He won the 3000m steeplechase with 8:57.6 to become the second fastest ever Belgravian.

A most welcome addition to our team after his 9 month qualifying period since leaving Crawley AC is Martin Smith who as a junior completed a good decathlon and beat 50 seconds for 400 metres. Martin now has athletics flowing in his blood again after a spell in the doldrums. He can hurdle, jump, throw and sprint and its nice to see him already notching up a few PB's in claret and gold. A good winter will undoubtedly see him one of our key competitors - if he isn't already.

One who always manages to make it to the meet albeit with seconds to spare sometimes due to Saturday morning working, is John Aska. John's favourite event is the javelin but he regularly shows up to heave the hammer. When he did get the chance eventually to throw the spear at league match 5, his defeat of regular thrower Cliff Brooks must have been all the sweeter.

Cliff, Arnold Bentt and the Crosbie brothers have all had more than their share of injuries this summer but luckily they have not been kept out of action all together.

Paul Whitby has had a marvellous year, chipping away at his best 400 hurdles time and regularly under 16 seconds in the 110m high hurdles. It was a great moment at Ewell Court when he smashed the Club Record with a 15.4 timing, taking 0.3 from the old mark.

As a team we are currently lying 6th in the Southern League with the possibility of finishing 5th but no higher. This is a true reflection of our present standard. On a good day with all our top men out we can and have come close to clubs like Haringey & Southgate, Oxford and Ilford but we just do not have the reserves at the moment to fill in when our first choice athletes in any event are unable to compete. But at least we are holding on. In a league in which the competition gets more fierce every season, several clubs have dropped from the 'Nationals' only to find themselves still struggling in the Southern League. Quite a few of our past rivals have found that struggle too much and have sunk to the second division and beyond. Meanwhile, since 1972, we have held on at 3rd, 4th, 11th and 4th. of the 25 clubs in division one.

Best of all there has been a gradual infusion of younger blood in our team. Stephen Samson, Mark Lindsay-Bailey, Mark Shippen and Richard Danpure have all received the call and two hot tips for next year are Adrian Cook and John Ternee.

Move over you oldies or fight.... the youngsters are on their way!

MAY 1st 1976 - MOTSPUR PARK - SURREY AAA CHAMPIONSHIPS (PART 1).

Reg Hopkins started the season well to score 5506 points for second place in the Surrey decathlon. The first day was just about his best ever and he led the competition with 3065 points but the following day his luck ran out. On the way to a fast high hurdles time he badly hit a barrier and virtually stopped and then had two big javelin throws ruled 'no-throws' and had to go for a 'safe' throw to make sure he didn't miss out on the points. His final score was 144 down on his best.

4 x 100: 3. Bels (P.Gee, R.Hopkins, C.Gillett, J.Evans) 44.5 (44.4 heat).
4 x 400: 4. Bels (C.Gillett 51.9, P.Whitby 53.9, A.Mead 54.2, N.Kirmatzis 53.6) 3:33.6. Decathlon 2. R.Hopkins 5506pts.

MAY 5th 1976 - MOTSPUR PARK - v. UNIVERSITY OF LONDON, SLH, SURREY AC, EPSOM & EWELL.

100m: 1. J.Evans 11.0; 2. E.Obeng 11.0. 200m: 1. E.Obeng 22.7; 2. J.Evans 22.9. 400m: P.Gee 55.0; A.Mead 54.3. 800m: S.Holmes 2:07.2; A.Cook 2:08.0; L.Coy 2:11.2. 110mH: P.Whitby 15.8. 400mH: P.Whitby 59.2. 1500m: 1. J.Stow 4:00.0. HT: W.Couzens 27.60.

MAY 8th 1976 - MILTON ROAD, CAMBRIDGE - SOUTHERN LEAGUE (DIV 1) MATCH 1.

100: 1. J.Evans 11.1; 1. E.Obeng 11.1. 200: 1. E.Obeng 22.4; 1. J.Evans 23.1
400: 1. C.Gillett 50.9; 4. A.Mead 54.4. 800: 2. J.Stow 1:57.2; 3. N.Kirmatzis 2:01.9. 1500: 2. J.Bicourt 3:58.0; 3. W.Kerr 4:20.3. 5000: 1. J. Bicourt 14:53.6; 3. P.O'Connor 15:43.0. 110H: 3. P.Whitby 16.5; 4. R.Hopkins 20.5. 400H: 2. P.Whitby 58.0; 2. R.Hopkins 66.0. 4 x 100: 1. Bels (E.Obeng, C.Brooks, C.Gillett, J.Evans) 43.4. 4 x 400: 1. Bels (A.Mead 53.5, J.Stow 54.4, N.Kirmatzis 53.2, C.Gillett 50.2) 3:31.3. LJ: 4. S.Crosbie 6.35; 2. A. Bentt 6.20. HJ: 4. R.Hopkins 1.75; 4. C.Brooks 1.60. TJ: 3. S.Crosbie 12.88; 4. R.Hopkins 11.90. PV: 4. M.Shippen 10'7"; 3. R.Hopkins 9'0". SP: 5. C. Brooks 11.03; 2. J.Martin 10.95. DT: 5. C.Brooks 34.48; 5. J.Martin 27.21. JT: 3. P.Crosbie 44.70; 1. C.Brooks 42.10. HT: 4. J.Aska 29.66; 4. W.Couzens 28.10. 3000SC: 2. L.Mann 10:14.2; 1. M.Manning 10:27.2

Teams: 1. Windsor, Slough & Eton 128pts; 2. BELGRAVE H 120pts; 3. Southend 111pts; 4. Cambridge H 94pts; 5. Achilles 74pts.

MAY 11th/13th/15th 1976 - MOTSPUR PARK - SURREY AAA CHAMPIONSHIPS (PART 2).

This was the day of Jim Evans' first real test after a winter of hard determined training, and after a long afternoon of competition in gusty conditions the grin on his face betrayed that he had succeeded beyond even his own wildest dreams. He took his 100m heat ahead of Danny Laing of SLH whose powerful surge at the end of the race left the spectators gasping. Many of the watchers thought that when Laing turned it on from the start in the final there would be no one to touch him, but as the gun was fired it was Jim all the way, scoring a clear victory over Lavender (Epsom & Ewell) and Laing. Our man's 10.8 was a personal best - in fact his first time under 11 seconds, although admittedly aided by a hefty wind.

Now a county champion, a relaxed Jim Evans settled into his blocks later for the 200m, a straight final, with international Bob Benn of Croydon drawn outside him. Running a fast turn he entered the straight a stride up on Benn and try as he might, the Croydon Harrier just could not do anything about it. James took the tape for his second title in another best ever of 21.8 - over one whole second chopped off his previous best and this time with the wind only marginally over the limit.

John Stow did everything right but for the second successive year trailed Thames Valley's Clive Thomas home, unable to match his finishing burst over the last 150 metres. Paul Whitby ran 15.9 in his hurdles heat but could only manage 16.2 in the final for third place thus relinquishing his hold on the championship. With fewer finalists than last year, we lost the Peach Trophy for the top senior club to Epsom & Ewell Harriers.

Of our juniors taking part in the meeting, Adrian Cook reduced his 1500m to 4:20.0 with the promise of plenty more to come and Peter Crosbie became a Surrey County Champion for the 5th consecutive year.

Seniors.

100m: 1. J.Evans 10.8 (+5.8mps); 2. P.Lavender (E & E) 10.9; 3. D.Laing (SLH) 10.9. 200m: 1. J.Evans 21.8 (+2.8mps); 2. R.Benn (Croydon) 21.9; 3. P.Lavender (E & E) 21.9. 800m ht: 5. A.Mead 2:04.9. 1500m: 1. C.Thomas (TVH) 3:53.1; 2. J.Stow 3:54.7; 3. J.Greatrex (SLH) ht: S.Holmes 4:16.8. LJ: 4. R.Hopkins 6.65. HJ: 4. R.Hopkins 1.60. SP: 6. J.Martin 10.94. DT: C.Brooks 35.70. JT: 6. C.Brooks 48.02. 110mH: 3. P.Whitby 16.2 (15.9 ht). 400mH: 5. P.Whitby 59.8.

Juniors.

800m ht: P.Gardner 2:12. 1500m: 9. A.Cook 4:23.2 (4:20.0 ht). JT: 1. P. Crosbie 49.46.

MAY 22nd 1976 - WELWYN GARDEN CITY - SOUTHERN LEAGUE (DIV 1) MATCH 2.

100m: 1. J. Evans 11.2; 1. E. Obeng 11.2. 200m: 1. E. Obeng 22.4; 1. J. Evans 23.0. 400m: 5. A. Mead 55.5; 4. P. Gee 54.0. 800m: 5. A. Mead 2:02.9; 5. N. Kirmatzis. 1500m: 3. L. O'Hara 4:04.0; 2. J. O'Meara 4:04.5. 5000m: 4. P. O'Connor 15:33.4; 4. W. Kerr 16:16.0. 110mH: 1. P. Whitby 16.1; 2. R. Hopkins 17.7. 400mH: 4. P. Whitby 58.8; 1. R. Hopkins 58.8. 3000mSC: 2. A. Black 9:48.0; 2. L. Mann 10:06.0. LJ: 4. S. Crosbie 6.25; 2. A. Bent 5.89. HJ: 2. R. Hopkins 1.80; 3. R. Danpure 1.70. TJ: 5. S. Crosbie 11.85; 5. R. Danpure 10.80. PV: 3. M. Shippen 3.40; 1. R. Hopkins 3.30. SP: 4. J. Martin 12.06; 3. W. Couzens 10.22. DT: 5. J. Martin 29.82; 5. W. Couzens 25.18. JT: 5. P. Crosbie 44.46; 2. J. Martin 42.68. HT: 5. W. Couzens 28:58; 3. J. Martin 22.41. 4 x 100m: 1. Belgrave (P. Whitby, R. Hopkins, E. Obeng, J. Evans) 44.0. 4 x 400m: 4. Belgrave (A. Mead 54.1, R. Hopkins 54.2, P. Gee 53.7, N. Kirmatzis 53.2) 3:35.2.

Teams: 1. Verlea 117pts; 2. Aldershot, Farnham & D 114½; 3. Belgrave H 106; 4. Hercules Wimbledon 103; 5. Wycombe Phoenix 92½.

MAY 26th 1976 - CHISWICK - v. POLY H, THAMES VALLEY H, EALING & SOUTHWALL, TWICKENHAM, LONDON IRISH.

100m: 1. R. Hopkins 11.7; 2. P. Whitby 12.0. 1500m: 1. C. Pearson 4:13.4; 5. L. Coy 4:28.8; 7. M. Best 4:55.6; 10. C. Manning 5:26.0. 3000m: 8. B. Gorman 9:36.2; 9. P. Hardwick 9:45.4; 10. S. Barratt 9:51.4; 11. V. Butcher 9:56.2; 12. T. Dowdall 10:07.8; 13. B. Taylor 10:08.8; 14. H. Satchell 10:12.0; 15. K. Duckett 10:19.0; 18. M. Best 10:29.0. 400mH: 2. P. Whitby 60.9; 5. J. Martin 65.7. LJ: 4. R. Hopkins 4.25. SP: 2. J. Martin 11.29; 3. W. Couzens 9.58.

Teams: 1. TVH 111pts; 2. Poly H 88pts; 3. BELGRAVE H 85pts; 4. Ealing 47pts 5. Twickenham 40pts; 6. London Irish 5pts.

MAY 29th 1976 - NORBITON - BANSTEAD COACHES TROPHY MEETING.Seniors.

100: 3. C. Brooks 12.0; 2. R. Hopkins 12.6. 200: 4. P. Gee 24.8; 2. R. Hopkins 24.5. 400: 3. N. Kirmatzis 54.7; 1. P. Gee 55.0. 800: 2. J. Stow 1:59.6; 1. A. Mead 2:02.5. 1500: 4. C. Pearson 4:17.6; 2. N. Kirmatzis -. 5000: 1. L. O'Hara 15:10.0; 3. P. O'Connor 15:35.2; 4. R. Smith 15:39.0; 6. B. Gorman 16:29.4; 12. S. Masterson 17:16.0; 16. B. Taylor 17:58.0; team race 1st Bels. 110H: 1. P. Whitby 16.1; 1. R. Hopkins 18.0. 400H: 3. R. Hopkins 62.5; 3. J. Martin 70.5. 3000SC: 1. A. Black 9:46.0; 1. M. Manning 10:22.8. 4 x 100: 2. Bels 46.7. LJ: 1. R. Hopkins 6.40; 1. S. Crosbie 6.24. HJ: 2. C. Brooks 1.70; 1. R. Hopkins 1.65. TJ: 3. A. Black 10.61; 2. J. Aska 10.18. PV: 3. R. Hopkins 2.80; 3. A. Mead 2.50. SP: 3. C. Brooks 11.54; 1. J. Martin 11.14. JT: 3. C. Brooks 47.84 1. J. Martin 43.50. HT: 4. J. Aska 25.86; 2. J. Martin 21.22.

Juniors.

100: 6. R. Dorman -; 4. P. Satur 15.6. 200: 5. D. Bailey 25.4; 3. R. Danpure 25.9. 400: 3. D. Bailey 57.5; 3. A. Cook 61.0. 800: 2. A. Cook 2:07.3; 2. R. Dorman 2:22.7; n/s P. Satur 2:26.6. 1500: 3. P. Gardner 4:40.3; 1. S. Williamson 4:41.9; n/s D. O'Reilly 4:47.4; B. Marmion 5:03.2; P. Satur 5:17.2. 110H: 3. D. Bailey 20.8; 2. R. Danpure 22.6. 4 x 100: 4. Bels 50.8. LJ: 3. D. Bailey 5.50. HJ: 3. R. Danpure 1.60. TJ: 4. R. Danpure 11.00. SP: 5. P. Crosbie 9.93. JT: 1. P. Crosbie 48:56. HT: 3. R. Danpure 12.30.

Teams: 1. BELGRAVE H 265pts; 2. Surrey AC 249pts; 3. Hercules Wimb. 180pts. 4. Mitcham 109pts; 5. L. Irish 76pts; 6. London AC 56pts.

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It's refreshing to see someone like new member Jamie Stevenson (3rd from right) coming into the sport. Jamie, at 27, is relatively new to athletics and not being aware of where he should place in a race, runs to win. His first two 800 metre events gave him wins and his first 1500 metres gave him 2nd and 4:08.6

JUNE 2nd 1976 - BATTERSEA PARK - v. POLY H., HERCULES WIMBLEDON AC, WELSH GUARDS, COLDSTREAM GUARDS.

100m: 1. P.Whitby 11.8; 5. R.Hopkins 12.2. n/s 1. D.Bailey 13.1. 200m: 3. R.Hopkins 24.1; n/s 1. P.Whitby 24.1; 3. D.Bailey 24.1; 6. K.Sinclair 30.5. 400m: 4. M.Manning 57.3. 800m: 3. N.Kirmatzis 2:03.2; 4. A.Cook 2:07.0; 8. S.Williamson 2:14; 9. P.North 2:17; 12. C.Manning 2:40. 1500m: 5. C.Pearson 4:30.1; 8. M.Manning 4:33.0; 10. P.Gardner 4:34.0; 11. T.Dowdall 4:36; 12. S.Williamson 4:39; P.North 4:53; B.Marmion 5:03. 3000m: 2. B.Smith 9:09.2; 3. C.Pearson 9:09.8; 5. L.Mann 9:25.8; 6. B.Gorman 9:27; 7. P.Roche 9:48; 8. B.Taylor 9:55; 9. V.Butcher 9:58; 10. K.Duckett 10:09. 110mH: 1. P.Whitby 16.0; 4. R.Hopkins 18.0. 4 x 100m: Bels 'A' disq.; Bels 'B' 54.1. LJ: 1. R.Hopkins 6.12; 4. D.Bailey 5.58; 6. M.Shippen 5.52. HJ: 3. M.Shippen 5'4"; 4. A.Cook 5'0". SP: 1. J.Martin 12.13; 4. W.Couzens 9.58. JT: 2. W.Couzens 40.66; 3. J.Martin 39.98. DT: 3. J.Martin 27.66; 5. W.Couzens 22.86.

Teams: 1. BELGRAVE H 79pts; 2. Welsh Guards 65pts; 3. Hercules Wimb. 54pts; 4. Coldstream Guards 25pts.

JUNE 9th 1976 - BATTERSEA PARK - CLUB 10,000m CHAMPIONSHIP.

1. L.O'Hara 32:09.0; 2. L.Mann 33:30.8; 3. B.Gorman 34:30.4; 4. S.Barratt 34:53; 5. L.Coy 35:15; 6. S.Masterson 35:25; 7. P.Hardwick 35:37.4; 8. P.Roche 36:28.6; 9. V.Butcher 36:59.8; 10. H.Satchell 37:25.4; 11. B.Taylor 37:26.8; 12. K.Duckett 38:14.8; 13. J.Wasbrough 39:11.6; 14. C.Manning 42:44.4.

Shot handicap: 1. P.Duncan 13.61 (actual 8.43); 2. M.Sexton 13.39 (7.90); 3. J.Kelly 13.10 (9.14); 4. C.Brooks 12.78 (11.86); 5. W.Couzens 12.63 (9.58); 6. J.Martin 12.61; (11.09). Guest competitors: R.Lightfoot 9.42; J.Lightfoot 10.79; B.Lightfoot 10.50.

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In the Southern Counties Championships at Crystal Palace Ernest Obeng placed 3rd in the 100m final in spite of a shortage of training due to exams. In the 200m he had the galling experience of reaching 3rd in his heat with 22.1 with only the first two to qualify and all the other heats won in slower than 22.5.

Charlie Gillett, back from injury sustained in the 100 x 1 mile relay, was timed at 51.4 over one lap and Cliff Brooks, in his first 400 hurdle race of the year, ran to a good 57.3 - neither made the finals.

Over the high hurdles Paul Whitby again came close to the Club Record with 15.79 (the record is 15.7). John Phelan ran the 5,000m in 14:45 and John Stow failed to get into the 1500m final as fastest loser by 1.5 seconds - he ran 3:55.

Steve White, running now in Oxford's colours, finished 6th in a good 400m final with 48.96.

JUNE 13th 1976 - CROYDON ARENA - PYE GOLD CUP 1ST ROUND.

100m: C.Brooks disq. 200m: 2. E.Obeng 22.5; 400m: 5. C.Gillett 52.5. 800m: 2. J.Stow 1:58.4. 1500m: 2. J.Bicourt 4:01.8. 5000m: 2. R.Smith 15:41.0. 10000m: 4. P.O'Connor 33:08.4. 110mH: 4. M.Smith 17.1. 400mH: 4. C.Brooks 59.9. 3000mSC: 4. A.Black 9:48.8. LJ: 6. R.Hopkins 5.88. HJ: 6. R.Hopkins 1.70. TJ: 4. M.Smith 12.25. PV: 2. M.Shippen 3.66. SP: 2. J.Martin 12.20. DT: 2. C.Brooks 36.88. JT: 5. C.Brooks 49.32. HT: 5. W.Couzens 30.84. 4 x 100m: 1. Belgrave (E.Obeng, C.Brooks, C.Gillett, M.Smith) 43.8. 4 x 400m: 4. Belgrave (J.Stow, P.Gee, C.Gillett, N.Kirmatzis) 3:40.8

Teams: 1. Brighton & Hove 160; 2. Croydon H 127; 3. Belgrave H 106; 4. Surrey AC 103; 5. Blackheath H 97; 6. Horsham 62.



Left: Ernest Obeng gains a clear victory over Steve White (Oxford City) in the 100 metres during the league match at Wimbledon. Right: Charlie Gillett continues to pound the 400 metre circuit. In the Wimbledon race he clocked his fastest of the season - 50.7.

JUNE 26th 1976 - PARLIAMENT HILL - SOUTHERN LEAGUE (DIV 1) MATCH 3.

100: 1. E.Obeng 10.8; 1. J.Evans 11.2. 200: 1. E.Obeng 22.7; 4. M.Smith 24.2. 400: 3. C.Gillett 50.7; 5. A.Mead 54.0. 800: 5. J.Boardman 2:07.8; 1. J.Stevenson 1:59.5. 1500: 2. J.Stow 3:55.1; 1. J.O'Meara 3:57.9. 5000: 3. L.O'Hara 15:24.0. 4. R.Smith 15:46.0. 110H: 1. P.Whitby 15.7 (= Club Record) 3. C.Brooks 16.6. 400H: 5. R.Hopkins 65.1; 1. P.Whitby 57.5. 3000SC: 4. A.Black 9:30.0; 4. J.Phelan 10:03.0. 4 x 100: 2. Bels (Obeng, Brooks, Gillett, Evans) 43.2. 4 x 400: 5. Bels (Mead, Brooks, Hopkins, Gillett) 3:39.6. LJ: 3. R.Hopkins 6.20; 2. S.Crosbie 6.18. HJ: 4. R.Hopkins 1.85; 2. C.Brooks 1.85. TJ: 3. A.Bentt 13.11; 2. M.Smith 12.51. PV: 4. M.Shippen 3.75 (Junior and Youth Club Record); 4. C.Brooks 3.00. SP: 2. C.Brooks 12.46; 2. J.Martin 11.62. DT: 3. C.Brooks 37:04; 2. M.Smith 33.76. JT: 5. P.Crosbie 49.97; 1. C.Brooks 49.36. HT: 5. J.Aska 30.54; 2. W.Couzens 29.76.

Teams: 1. Haringey & Southgate 126pts; 2. BELGRAVE H 114pts; =3. Croydon 104; =3. N.London 104; 5. Highgate 87pts.

JULY 3rd 1976 - WIMBLEDON PARK - SOUTHERN LEAGUE (DIV 1) MATCH 4.

100: 1. E.Obeng 10.8; 5. M.Smith 12.0. 200: 1. E.Obeng 22.1; 5. A.Mead 25.0. 400: 4. C.Gillett 50.7; 5. N.Kirmatzis 54.6. 800: 5. C.Pearson 1:59.1; 3. J.Stevenson 1:59.8. 1500: 3. J.O'Meara 4:05.6; 2. L.O'Hara 4:05.9. 5000: 1. J.Phelan 15:05.6; 3. P.O'Connor 16:20.4. 110H: 1. P.Whitby 15.9; 1. M.Smith 17.4. 400H: 1. P.Whitby 56.5 4. R.Hopkins 59.6. 4 x 100: 2. Belgrave (M. Smith, P.Whitby, C.Gillett, E.Obeng) 43.7. 4 x 400: 4. Belgrave (P.Whitby, J.Stevenson, N.Kirmatzis, C.Gillett) 3:34.9. LJ: 3. S.Crosbie 6.13; 4. R.Hopkins 5.51. HJ: 2. R.Hopkins 1.70; 2. A.Bentt 1.65. TJ: 4. A.Bentt 12.81; 1. M.Smith 12.70. PV: 2. C.Brooks 2.85; 1. A.Bentt 2.45. SP: 4. C.Brooks 12.31; 2. J.Martin 11.65. DT: 4. C.Brooks 38.28; 5. M.Smith 33.66. JT: 3. J.Martin 48.02; 2. C.Brooks 44.12. HT: 5. W.Couzens 28.56; -. J.Aska -. 3000SC: was not held due to the dangerous condition of the barriers.

Teams: 1. Ilford 129pts; 2. Oxford 124pts; 3. BELGRAVE H 109pts; 4. Yeovil 89pts; 5. Chelmsford 87pts.

JULY 21st 1976 - BATTERSEA PARK - INTER-CLUB v HERCULES WIMB. AC, L.A.C.

100m: 1. J.Evans 11.1. 400m: 5. Lightfoot 58.2; 6. D.Bailey 60.1. 800m: 6. P.Gardner 2:11.7; 7. B.Taylor 2:13.2; 8. S.Masterson 2:16.6; 8. C.Manning 2:39.1. 1500m: 1. S.Barratt 4:26.5; 3. H.Satchell 4:32.4; 5. S.Masterson 4:33.3; 7. S.Williams 4:34.7; 8. P.North 4:35.8. 3000m: 2. L.Mann 9:28.0; 4. P.Roche 9:47.4. HJ: 3. S.Samson 1.75. SP: 1. J.Martin 11.59; 3. B.Lightfoot 10.49; 4. R.Lightfoot 9.33; 5. W.Couzens 9.10. JT: 1. P.Crosbie 45.48; 2. J.Martin 43.12; 7. R.Lightfoot 25.56.

Teams: 1. London AC 30; 2. Belgrave H 27; 3. Hercules Wimbledon 25.

JULY 24th 1976 - EWELL COURT - SOUTHERN LEAGUE (DIV 1) MATCH 5.

100m: 1. E.Obeng 10.9; 1. J.Evans 11.0. 200m: 1. E.Obeng 22.2; 5. P.Crosbie 24.5. 400m: 3. C.Gillett 51.1; 5. L.Coy 57.8. 800m: 2. J.Stevenson 1:58.2; 2. C.Pearson 2:01.9. 1500m: 1. J.Stow 3:57.1; 2. J.O'Meara 4:08.2. 5000m: 4. G.North 15:25.0; 3. P.O'Connor 15:38.0. 110mH: 3. P.Whitby 15.4 (Club Record); M.Lindsay-Bailey 17.1. 400mH: 3. P.Whitby 58.2; 1. M.Smith 58.3. 3000mSC: 3. A.Black 9:33.3; 4. L.Mann 10:10.0. LJ: 2. A.Bentt 6.00; 4. S.Crosbie 5.40. HJ: 3. M.Lindsay-Bailey 1.75; 3. S.Samson 1.65. TJ: 4. A. Bentt 12.38; 1. S.Crosbie 12.36. PV: cancelled due to dangerous landing area SP: 2. C.Brooks 13.08; 2. J.Martin 11.43. DT: 3. C.Brooks 37.80; 2. M.Smith 34.78. JT: 4. J.Aska 47.12; 4. C.Brooks 44.04. HT: 2. J.Aska 32.48; 1. W.Couzens 29.88. 4 x 100m: 1. Belgrave (E.Obeng, C.Brooks, C.Gillett, J.Evans) 43.2; 4 x 400m: 4. Belgrave (J.Stevenson 53.0, J.Stow 54.9; C.Brooks 54.6, C.Gillett 50.7).

Teams: 1. Portsmouth AC 123; 2. Belgrave H 120; 3. Blackheath H 115; 4. Royal Navy (S) AC 100; Mitcham 80.



John Phelan races to a fine 5000 metre win at Wimbledon Park during our home league match.

JULY 31st 1976 - EWELL COURT - EPSOM & EWELL H. TROPHY MEETING.

400m: 5. S.Crosbie 56.7; 1. C.Pearson 56.1. 800m: 4. C.Pearson 2:04.1.
1500m: 2. J.Stevenson 4:08.6. 3000m: 1. J.Stow 8:55.8; 3. A.Black 9:09.0;
 8. P.Hardwick 9:44.0; 13. S.Williamson 10:04.0; 16. E.Thorp 10:42.0. 110mH:
 3. M.Lindsay-Bailey 17.7. 2000mSC: 1. A.Black 6:00.2; 1. L.Coy 6:30.2. LJ:
 4. M.Smith 5.42; 2. J.Martin 5:14. HJ: 1. M.Lindsay-Bailey 1.75; 4. A.Cook
 1.50. TJ: 2. M.Smith 12.74; 2. S.Crosbie 12.07. SP: 3. J.Martin 11.16; 3.
 S.Crosbie 8.32. DT: 3. M.Smith 35.34; 3. J.Martin 28.68. JT: 4. J.Martin
 45.20; 3. S.Crosbie 36.54.

Teams: 1. Epsom & Ewell H 165pts; 2. Walton AC 139pts; 3. Herc. Wimb. 117pts
 4. Belgrave H 105pts; 5. Queens Pk H 101pts.

DINNER AND DANCE

Reserve the date now - November 20th - for this year's Dinner & Dance and put a note in your diary to book tickets at the end of September! This year I am asking everyone to pay before the event to avoid cash-flow problems and to save time chasing up the elusive many. Following last year's great success I expect a considerable demand so book early - the numbers will be limited and the tickets are realistically priced at £5 each. I can assure you of another different and enjoyable evening at the Worcester Hotel so note the date and contact me in September.

Bill Laws 01-337 7215 or 19 Tudor Avenue, Worcester Park, Surrey.

Please make all cheques payable to Belgrave Harriers.

WITH THE BELLES

I have been wondering what would be the most apt expression of welcome to you. Maybe, "I welcome you in becoming members of our new ladies section" - Sound a bit cold.

Perhaps, "You are now members of one of the oldest and most famous athletic clubs in the country" - sounds ancient and pompous.

Could be, "You are welcomed as members of one of the first "all male" clubs to become mixed" - ugh!!

Each of these comments are true of course but after seeing our colours of claret and gold worn to much better advantage - "Why the heck didn't we do it years ago."

You may wonder what happens now with regard to ladies competitions, training, etc.

A ladies sub-committee has been formed headed by Winn Shepherd. Winn, to say the least, is an asset. She is an active Past President of the Surrey Women's AAA, a very high standard walker in her competitive days, and her association with club and top class athletics goes back for more years than she may care to tell. The word asset is an understatement!

At present our main training sessions are at Battersea Park track, mostly Sunday mornings, although Tuesday and Thursday evening training with the coaching of Tom Carter (running) is available.

Our headquarters Belgrave Hall at Wimbledon is being upgraded, with the introduction of a new second floor to incorporate ladies' changing rooms and showers for cross country and walking, and later circuit training. At the moment a temporary shower has been fitted in the ladies room upstairs for your use until the improvements have been completed (they start November 1976).

I look forward to seeing you all at the Annual General Meeting at Belgrave Hall on Wednesday 15th September. Come and vote for your own captains and officials. Let us hear your points of view.

Let us all work together and ensure that in the future Belgrave Harriers ladies will be second to none.

Bill Couzens President

Thirteen-year old Jackie Carter won the first track race for Belgrave ladies over 100 metres - her time 14.1. She followed this up with further wins over 100 metres and 200metres at the Club Championships a few weeks later.

On the walking scene Jane Fritchard has hoisted the Belgrave colours with great success. On March 27th at West London she placed 6th in a 2km event with 13:22, and then on May 1st at Battersea Park over 3km she returned 18:52 for 2nd place. Subsequently, we hear, Jane gained a WAAA Standard by reducing her best 2km time to 12:00.

Tremendous walking has come from Anna Matthews this summer, and in the 2km race held during our Club Championships she was clocked at 11:19.6. Anna looks set for a fine future in race walking.

For full results of the races held during the Club Championships see page 8.

YOUNG ATHLETES

Since becoming involved in the boys' section almost a year ago, I have seen a great improvement in the boys who were with the Club at that time, and have been very encouraged by the steady flow of boys who have since joined Belgrave.

Our Sunday morning sessions at Battersea Park have been very successful and this has been due to the band of helpers who have been willing to help out in any capacity that has been required of them.

As I am a new boy to this job myself and with still a lot to learn, I have been grateful for all the help and advice I have been given by senior members of the Club. In particular from Bill Couzens, Ray Hall and Tom Carter and also Keith Sinclair who has been a permanent member of our training sessions this year and who has always been willing to take a pack of boys on training runs for me.

The Club have awarded four honours badges (for attaining the A.A.A. 1st Class Standard in their event) this year. John Paul Fernee in the boys group gained his for his 400 metre running; youths Mark Shippen for the pole vault and Stephen Samson and Mark Lindsay-Bailey for the high jump. They all have the makings of fine senior athletes - in fact the three youths have already competed in our senior league team and John has only been kept out or the senior 4 x 400 squad by the ruling that forbids boys racing against seniors.

I also feel that I must give a mention to the boys who have been ever willing to turn out and represent Belgrave Harriers whenever required.

In closing I would like to offer an invitation to any Belgravian, or father, who feels he would like to help in our section in any capacity. Please contact me as the young athletes are the future of Belgrave Harriers and indeed British athletics.

Brian Pritchard Telephone 670 8465

MAY 11th/13th/15th - MOTSPUR PARK - SURREY A.A.A. CHAMPIONSHIPS.

Youths. 100mH: 5. P.Murphy 16.8. PV: 1. M.Shippen 3.10. 400m ht: S.Fletcher 58.0. 1500m ht: 8. R.Dorman 4:49.

Boys. 400m: 2. J.Fernee 56.1. 1500m ht: J.Searle 4:56.0; M.Sinclair 5:00.8; J.Fernee 5:05.0; P.Morris 5:17.0.

MAY 26th 1976 - CHISWICK - INTER-CLUB MATCH.

Youths:

100m: 2. D.Bailey 12.5. 1500m: 5. D.O'Reilly 4:52.0; 6. P.North 4:53.8.
400H: 2. D.Bailey 65.4.

Boys.

100m: 1. S.Wahab 14.4. 1500m: 2. J.Searle 4:55.2; 4. P.Morris 5:15.1; 7. D. Seymour 5:45.3. 3000m: 3. M.Sinclair 10:56.4. LJ: 3. D.Couzens 4.32; 4. S. Wahab 4.08.

Colts.

100m: 4. G.Sexton 16.9; 5. S.Wyld 17.1. 1. S.Pritchard 16.8. 1500m: 3. G. Sexton 5:40.2; 4. S.Wyld 6:00.0; 6. S.Pritchard 6:17.4

A special welcome to Derek Jones who joins Belgrave as a field events coach and field judge.

Ron Wyld Shield won by Mark Sinclair

The 'Ron Wyld Shield', presented for the very first time, went to Mark Sinclair. The competition is an extremely hard one to win for it is gained through points awarded during the whole of the winter season for racing AND training! And when there are lads as keen as John Searle and Peter Morris breathing down the winner's neck Belgrave Harriers can be pleased with the way things are going in the Young Athletes section.

The similar Colts event was taken by Scott Wyld from Gerard Sexton and Simon Pritchard, youngsters who support our events come hell or high water

JUNE 2nd 1976 - BATTERSEA PARK.

Boys.

100m: 1. J.Ferne 13.4; 2. S.Wahab 13.8; 3. D.Couzens 15.1; 4. M.Sharp 15.1; 5. D.Seymour. 400m: 1. S.Wahab 68.1; 2. J.Ferne 68.1; 3. M.Sharp 72.5; 4. S.Pritchard 82.0. 1500m: 1. M.Sinclair 4:55.3; 2. J.Searle 4:56.3; 3. P. Morris 5:10.6.

Colts.

100m: 1. M.Cannon 14.3; 2. G.Sexton 16.0; 3. S.Pritchard 16.2; 4. S.Wyld 17.0. 1500m: 1. M.Cannon 4:59.0; 2. G.Sexton 5:39.3; 3. S.Wyld 6:10.2.

JUNE 9th 1976 - BATTERSEA PARK.

Colts. 800m: 1. M.Cannon 2:24.1; 2. G.Sexton 2:46.4; 3. R.Palmer 2:47.8; 4. S.Wyld 3:00.5; 5. S.Pritchard 3:01.4.

JUNE 26th 1976 - CRYSTAL PALACE - SOUTHERN COUNTIES A.A.A. CHAMPS.

Boys. 400m: 3. J.Ferne 54.7. 1500m ht: J.Searle 4:58.2; P.Morris 5:03.0; M.Sinclair 5:06.0.

JULY 3rd 1976 - WIMBLEDON PARK.

Boys 800m: 1. J.Searle 2:26.4; 2. M.Sinclair 2:35.1; 3. M.Sharp 2:38.2; 4. P.Morris 2:39.8; 5. P.Thorp 3:05.0; 6. S.Pritchard 3:07.8.

Boys' 1500m record spree

The Boys Club Record for 1500 metres, set by Adrian Cook in 1973, stood at 5:01.0 at the beginning of this season but some determined racing this year has resulted in this time being gradually whittled down.

In the Surrey Championship heats Mark Sinclair ran first and took the record with 5:00.8 but his reign as record holder was not long for John Searle went one better in his heat with 4:56.0. John Fernee ran 5:09 and Peter Morris 5:17.

At Chiswick in May during an inter-club match John Searle reduced his time again to 4:55.2. Peter Morris also improved to 5:15.1 but Mark tackled the 3000 metres and set new Club figures for that distance - 10:56.4.

John and Mark clashed at Battersea Park on June 2nd and although he tried everything he knew, John just could not get away and Mark roared away from his rival over the final 150 metres to score a fine win in 4:55.3 - just one tenth shy of the record. Then on July 14th John gained his revenge, pushing Mark back to 2nd once more and reducing the best time yet again to 4:54.7.

Neither of these lads can feel secure though because Peter Morris, running in their wake, has steadily chopped down his best to 5:03 and the outstanding Matthew Cannon has claimed the Colt's record with 4:59.

Mark Shippen vaults even higher

Up and up goes Mark Shippen in the pole vault. He increases his personal record with amazing regularity and each time he does so, our Youth and Junior Club Records go up as well. His latest best of 3.80 added another 5 centimetres and was achieved in the Southern Counties A.A.A. Youth Champs at West London Stadium on July 18th. The first three in the competition all cleared the same height but Mark was relegated to the bronze position on the countback rule.

Mark had damaged an ankle whilst training a couple of weeks beforehand and at the All-England Schools Meeting he was a little off form to place 5th in with 3.30 but proving that he has the temperament for this nerve racking event he was back with a bang just one week later at the 'Southern'.

JULY 14th 1976 - WIMBLEDON PARK - HERCULES A.C. TROPHY MEETING.

Boys 100m: 3. J.Ferneer 12.4; S.Wahab 13.9. 200m: S.Wahab 28.3; M.Cannon 29.7; 400m: 1.J.Ferneer 54.4; M.Sharp 70.2. 800m: M.Cannon 2:22.4; M.Sharp 2:41.5. 1500m: J.Searle 4:54.7; M.Sinclair 5:02.0. 800mH: P.Clay 16.2; M.Cannon 14.4. LJ: J.Searle 3.86; D.Couzens 3.85. DT: P.Clay 22.95; J.Standing 24.64. SP: D.Warren 10.13; J.Standing 10.31. 4 x 200m: J.Ferneer, S.Wahab, D.Couzens, M.Cannon 1:53.5.

Youths. 100m: D.Bailey 12.7; C.Hopkirk 13.1. 200m: D.Bailey 24.8; S.Samson 26.0. 400m: P.Hurd 71.6; R.Dorman 63.8. 800m: D.Bradford 2:13.3; B.Marmion 2:38.1. 1500m: 2. D.Bradford 4:30.6; P.Morris 5:28.1. 100mH: P.Murphy 16.2; S.Samson 17.5. LJ: D.Bailey 5.05; S.Samson 5.28. DT: C.Hopkirk 29.58; B.Marmion. SP: C.Hopkirk 10.53; B.Marmion. 4 x 200m: D.Bailey, P.Murphy, S.Samson, C.Hopkirk 1:47.1

Teams: 4. Belgrave H; 6 teams competed.

JULY 21st 1976 - BATTERSEA PARK - INTER-CLUB v HERCULES WIMBLEDON.

100m: 3. M.Sharp 15.2. 800m: 8. G.Sexton 2:48.0; 9. N.Pieske 2:59.0. LJ: D.Bailey 5.51; C.Hopkirk 4.71; D.Couzens 4.31. HJ: 2. J.Standing 1.60; 3. S.Wahab 1.44.

JULY 31st 1976 - EWELL COURT.

100m: 1. J.Ferneer 12.2; 3. S.Wahab 13.8. 1. M.Sharp 15.3; 2. S.Pritchard 15.9; 3. P.Thorp 16.5; 4. R.Palmer 16.7. 200m: 1. J.Ferneer 24.8; 2. S.Wahab 28.7; 3. M.Sinclair 29.3; 4. M.Sharp 30.8; 5. R.Palmer 35.1. 400m: 1. J.Ferneer 56.0; 2. S.Wahab 64.9; 4. M.Sharp 72.0; 5. R.Palmer 79.8. 1500m: 3. J.Searle 4:57.8; 5. P.Thorp 6:08.2; 6. R.Palmer 6:09.6.

Powerful 400m running by John Fernee

At fifteen John Fernee has all the makings of a fine athlete. With diligent and progressive training over the next five years he could do really well but we all know that it is easier said than done.

He missed the AAA Grade I Standard in the Surrey Championship 400 metres by just 1 tenth, placing 2nd in 56.1 but in the Southern Championship at Crystal Palace he qualified for the final with a marvellous 54.6 and then ran 54.7 the following day for 3rd. On July 14th at Wimbledon Park, he went even better, racing to a 54.4 win in the Hercules AC Trophy Meeting.

Keep at it John. We are watching the beginnings of your athletic career with great interest.

boys' competition

	100m	400m	1500m	80mH	HJ	LJ	SP	JT	
1. M.Cannon	14.0	65.8	5:03	15.0	1.58	4.38	7.00	23.79	100
2. P.Clay	14.4	66.2	-	15.3	1.60	-	8.41	21.48	85
3. D.Blackburn	14.4	73.4	5:57	16.5	1.14	3.87	4.35	-	84
4. J.Searle	14.4	65.5	5:04	16.6	1.37	4.64	6.04	17.34	80
5. M.Sinclair	14.5	68.8	5:04	15.8	1.44	4.30	5.84	19.38	78
6. S.Wahab	14.0	72.6	-	15.8	1.50	4.36	6.65	14.64	75
7. S.Wyld	16.2	78.4	6:13	18.8	1.27	3.82	4.04	14.89	73
8. S.Pritchard	15.8	78.2	6:19	17.8	-	3.04	4.05	8.98	71
=9. G.Sexton	16.0	-	5:33	17.8	-	3.60	4.41	11.35	70
=9. M.Sharp	14.8	69.4	5:32	16.6	1.32	4.14	5.43	12.67	70
=9. R.Palmer	15.8	76.4	5:50	20.4	1.14	2.95	2.73	7.82	70
Also competed:									
L.Barber	16.8	78.2	6:09	-	-	3.12	3.63	-	
J.Brinckley	15.0	71.4	5:35	-	1.14	4.03	6.09	12.75	
G.Burree	15.9	89.6	-	19.8	-	3.58	4.83	17.73	
D.Couzens	14.8	73.6	-	16.4	1.22	4.39	5.05	11.39	
J.Ferne	12.7	-	-	-	-	5.18	-	19.19	
P.Morris	15.4	84.0	-	-	-	3.40	4.02	9.02	
M.Pederzolli	17.0	-	6:42	-	-	3.00	-	5.87	
C.Powley	13.0	61.9	-	17.2	-	4.31	8.89	17.14	
K.Sexton	20.0	-	6:43	-	-	2.36	-	4.55	
D.Seymour	15.0	73.4	-	17.2	-	4.16	6.90	18.87	
P.Stride	15.2	77.6	6:11	18.0	1.14	3.61	5.54	14.85	

youths' competition

	100m	400m	1500m	100mH	HJ	LJ	SP	JT	
1. D.Bailey	14.3	59.5	5:06	17.8	1.37	5.71	8.89	8.70	100
2. B.Marmion	15.5	68.2	5:24	23.4	1.29	4.44	7.66	21.29	96
3. P.Hurd	16.0	73.6	5:30	-	1.14	4.15	5.71	18.06	91
4. R.Dorman	-	-	-	21.6	1.29	-	-	-	

It was good to see our Vice-President from New York, Ed. Donovan, at the Boys and Youths events at Battersea Park on June 12th. Ed. still has many ties with the old country and one which he always renews is his association with the Bels. Recalling how he used to run as a schoolboy and joining the Club before the First World War he expressed his pleasure at what we are doing for the youngsters and the keenness and enthusiasm they displayed. Later in the afternoon came the news of John Bicourt's run in the Olympic Trials and he was delighted at the prospect of a Belgravian competing at Montreal.

We are sorry to learn of the death of Ernest "George" Aplin during a spell in hospital following an operation. With Mrs. Aplin (sister of the late Frank Elson) he was a loyal supporter, particularly of walking events. He was also active in local work.

The Club offers its sympathies to Mrs. Aplin and we were pleased to see her once again defying the elements to see the Club 10,000m walking championship at Battersea Park. It was a very cold evening and not only did she see the last man in but stayed on to present the Elson Cup and the sealed handicap prize which she has kindly donated for a number of years.

SPOTLIGHT on

JOHN BROMLEY



Few Belgravians can have the same world wide experience of athletics as John Bromley. John, who joined the Army at the age of 14 in 1942, has been a competitor and coach in three continents. His interest in sport has not been confined to athletics: he has taken part in swimming, fencing, boxing, basketball, hockey and the modern pentathlon. This latter event which is included in the Olympic programme involves a competitor in running, swimming, fencing, pistol shooting and horseriding.

John's athletic career, which began in 1943 when he won the Army College 1 mile Championship, has included wins in club, county and Singapore Championships. When recurring achilles tendon trouble forced him to give up running he turned to race walking. His progress at this sport is illustrated by the fact that this year he was chosen to represent Surrey in the Inter-Counties 10 miles Road Walking Championship.

The following questions were put to John recently by John Keown and provide details of his successful athletic career and give a brief picture of the breadth and depth of his experiences of sport at all levels.

Q: Place and date of birth?

A: Patricroft, Manchester, on 9.2.28.

Q: Were you always interested in athletics?

A: Before joining the army I had never taken part in any sport other than swimming which was of a good club standard. During PT lessons I found I was quite good at running and during a bit of a friendly argument a challenge developed and I found myself in my first athletic meeting.

Q: Has Belgrave Harriers been your only athletic club?

A: No. I have been a member of Winton Harriers, City of Rochester AC, Woking AC, Surrey AC and Swifts AC (Singapore). I joined Belgrave in 1949.

Q: What was your favourite distance when a runner?

A: One mile and steeplechase.

Q: Name major titles which you won as a runner?

- A: 1944 - Welsh Youths A.A.A. 1 mile
 1946 - Welsh Junior A.A.A. 1 mile
 - Kent County Junior A.A.A. 1 mile
 1947 - Singapore A.A.A. 880 yards and 1 mile
 1949 - Lancashire County A.A.A. 1 mile
 1953 - Surrey County A.A.A. 2 mile Steeplechase (new record)
 - Army A.A. 2 mile Steeplechase (new record)
 1954 - Belgrave Club 880 yards and 1 mile Championships
 1955 - Singapore A.A.A. 880 yards
 1957 - Singapore A.A.A. 1 mile and 3 miles (new record)

Q: Name any coach who has helped you as a runner?

A: After my first race in the army two people took a keen interest in me and gave me much assistance and encouragement. While I was at the Army Apprentice College Sergeant McCowan, Royal Engineers, with no athletic background but lots of enthusiasm, used to get me up at 5:30 am to go for a run and exercise. He rode beside me on his bicycle. Corporal Taylor, Royal Engineers, who had been a sprinter and was a member of a London Club gave me general advice and took me to several events, the most important of which was the White City British Games Junior 1 mile at Whitsun 1945.

Q: Which performance or performances gave you most satisfaction when you were a runner and why?

A: Two races. Race No. 1 a 4 x 440 yards relay Army v Singapore A.A.A. in 1955. Singapore A.A.A. had a very good team and were advertising by newspaper and radio how they were going to attempt to break the Singapore record for this event. They had a very good chance and on paper would possibly win this event by a straight. I was army coach and with Peter Balls, an 880 runner from Thames Valley Harriers got a team together. The line-up for the race looked like 440 runners v. middle and distance runners. At the end of leg 1 the army were only 5 yards down. As the race progressed it was obvious that the army boys were all running 'blinders'. I was the last runner taking over, only 2 yards down (I a distance runner with only 440 yards to cover). I must have been in a trance as I couldn't remember passing the Singapore runner yet we won by 1 yard. My time was 49 seconds. Both teams beat the old record and I was selected on this performance as anchor man for Singapore's 4 x 440 yards relay team that year.

Race No. 2 was a 1 mile in Kenya in 1963. I had been training an army African 1 mile team. When the day of the event arrived one of the runners was missing. I decided I would make up the team; I was apprehensive as I had done no racing for over 12 months due to an achilles operation, and knowing how the Africans run! Thirty-two competitors and myself the only European in the line-up! At the end of the first lap I was 50 yards behind the last African with all the spectators shouting 'MZEE MZEE' (Old man, old man). I closed my ears and at the end of the third lap I was in 12th position. I crossed the line in 8th position. Three of the four competitors I had passed in the last lap had dropped out, two of them with only about 20 - 30 yards to go. It was a team race and my team had won. There were fierce arguments about the runners who had dropped out. These were much too fast for me to understand so I enquired of a member of my own team what the trouble was. He told me that the runners who had dropped out were 'ill' and must be 'very ill' as Bwana Bromley had passed them and is 'MZEE KABIZA' (A very old man). I was 38 at the time.

Q: What advice would you give to a young novice runner/walker?

A: All athletes dream of being at the top. My advice therefore falls under four headings; patience, enjoyment, training and competition.

Patience - learn about yourself. Don't try to become a champion overnight.

Enjoyment - Don't become a fanatic and a bore. If you are determined to be number one you must live the sport and be dedicated but enjoy and obtain fun out of it at the same time.

Training - Hard work and self-discipline. Regard training as a 'bank account' - what you put in you can take out. Steady build up gives you interest. If you overdraw on the account during training or racing you become tired and jaded. Train regularly. Listen to advice whoever it may

come from and think about it. Some small point could be the missing link. Try different methods of training and don't be afraid to have a rest period or a change of event. If you are training or racing hard, rest is a very important aspect of the build-up and preparation. A day or more's relaxation can pay dividends.

Competition - Always remember that whatever the competition, irrespective of the position in which you finish, there is satisfaction and a sense of achievement in knowing that you have done your best.

Q: Why did you choose to be a walker after having had a successful career as a runner?

A: Whilst in Singapore in 1957 I had very severe achilles tendon trouble. This never really cleared up and then when I went to Kenya I got so involved with running again that my achilles finally ruptured. A few years later I had to have another operation on the same foot which caused a new joint to be made for my big toe and for the foot to be one inch shorter than the other. I tried to keep up my running but so many minor injuries to the legs occurred that I became very frustrated, stopped running completely, got very fat and became very unfit. Race Walking provided the answer to my injury problems.

Q: Did your job at the Police Cadet School influence your change from runner to walker?

A: Yes. Each term at the school, all cadets take part in a Road Walking Race for their inter-house competition. During one of these races, in 1970, I joined in and found that it did not affect my achilles tendon or my foot as running did, so I took up race walking and got a new lease of life.

Q: Was this your first walking race?

A: No. My first race was in Singapore in 1955; Singapore to Jahore Bahru in Malaya, a distance of 17.5 miles. There were approximately 800 competitors. I only entered to prove to myself and to my section of Gurkha soldiers that I could do it, and to my surprise I won.

Q: Which distance gives you most satisfaction as a walker?

A: 10 miles on the road; 10 kilometres on the track.



The Club Championships of 1954 were held at Battersea Park. John Bromley took the 880 yards in 1:59.6 from I. Badiali and Chas. Walker and then the 1 mile in 4:24.8 from 'Jumbo' Masters and Cliff Roffey.

Q: Do you encourage cadets at your school to be walkers rather than runners?
 A: No. My appointment at Hendon is Physical Training Officer which is officer in charge of all physical training and sport at Hendon Cadet School. At present we have 500 girl and boy cadets under training. They are all encouraged to take up a sport and on two afternoons per week it is my responsibility to make sure that every cadet is involved in sport on those days, without excuse. Where possible every cadet takes part in the sport of his/her choice and it is my job to help him/her in every way possible. This also includes the sports secretaries and staff interested in each sport.

Q: Any other comments on the sport of Race Walking?
 A: I have been involved in many types of sport as a competitor, coach and official, and without the slightest hesitation I say that the Race Walking fraternity are the friendliest, happiest, most helpful and dedicated people I have met in any sport whether they be competitor, assistant or official. I am only sorry I did not become involved in Race Walking many years earlier

Q: Name some of the athletes you have helped over the years.
 A: Main one of Belgrave Harriers - Brian Morris - 440yds international. Others - Les Armstrong - 880yds MAC international, and four Olympic Games competitors - Jim Fox (Modern Pentathlon), Ernie Pomfret (Steeplechase), Bill Tancred (Throwing Events) and Wilson Kiprigit of Kenya (800m). On the walking side I helped, in 1975, six juniors into the first fourteen positions of the British rankings for 3,000m and 10,000m. All police cadets they were:- George Nibre, Martin Lewin, Richard Tanner, Tim Thorogood, Terry Moore and Stuart Bennett.

Q: In what other aspects of athletics have you been involved?
 A: In 1950 I started to get involved in coaching and later took the A.A.A. coaching examinations under the National Coaches. I took my final coaching examination, which was Walking, in 1975. Over the years I have become a qualified A.A.A. coach in every event. I have also qualified as a Track and Field Judge, Starter, Timekeeper, Groundsman, Clerk of the Course, Meet Organiser and Administrator - but not a Race Walking Judge yet! However small the job, I have had the frustration, pleasure and enjoyment of doing it. I have been an unofficial but recognised national athletic coach in three countries. I was the Army Senior Athletic Coach and Senior Instructor at the Army School of Physical Training, Athletics Dept. for several years. In 1968 I acted as team manager and coach to several British Modern Pentathlon 'B' teams abroad and in England during the preparation for the Olympic Games in Mexico.

Q: During your long athletic career, what has impressed you the most?
 A: Without any doubt my first contact with athletics in Kenya. The depth and potential in natural runners, jumpers and javelin throwers is FANTASTIC. In my first week in Kenya I was sent to Nakuru in the Rift Valley, quite a small town by our standards, with an altitude of 6,000 feet. I was asked by a Commanding Officer of an Army unit to select and train a 4 x 400 metres team. He had already selected 30 men! I decided to cut it to eight so I ran time trials on completion of which eighteen were under 50 seconds - running in bare feet. I selected my eight, all between 47 and 49 seconds each. Fantastic, what a team I had, I thought. At the meeting the team I had selected finished 3rd out of six teams with all my team running an average of 48 seconds. Beaten into 3rd position - I couldn't believe it! Javelin throwers, twelve in the competition all over 200 feet - some from standing throws. High Jump, last six in the competition all over 6 feet 6 inches!

One small story on the Javelin. I was trying to explain the benefits of a good run up, cross over and delivery over a standing throw to a group of African athletes. One African, an over 200 feet man, asked me to show this method so I did, all as per text book, and I achieved a distance of just over 100 feet. They all walked away saying their way was best!

John Keown

ROAD AND COUNTRY

FEBRUARY 14th 1976 - PUTNEY VALE - VETERANS' INTER-CLUB.

21. A.Bruce 29:16; 26. R.Coombes 29:40; 33. A.Stroud 30:24; 38. D.Jones 30:58; 41. C.Henn 31:06; 42. E.Young 31:27; 46. D.Davies 31:50; 57. J.Baker 33:32; 58. D.Gordon 33:50; 59. J.Carr 34:00; 61. J.Plummer 34:15; 78 fin'd.

Teams: 5. Belgrave H 201pts.

WOKING '10'.

17. W.Weller 50:38; 26. P.O'Connor 51:17; 44. J.Jackson 52:59; 49. L.Mann 53:44; 93. P.Hardwick 57:37; 117. S.Barratt 59:06; 123. K.Duckett 59:35; 125. L.Morris 59:43; 126. A.Bruce 59:44; 148. V.Butcher 62:35; 164. G.Piddington 65:04; 189 finished.

Teams: 1. Croydon H 18pts; 2. Thames H & H 23pts; 3. Portsmouth AC 31pts; 5. Belgrave H 'A' 60pts; 24. Belgrave H 'B' 222pts.

Stow retains '5 $\frac{3}{4}$ '

MARCH 20th 1976 - WIMBLEDON - 5 $\frac{3}{4}$ MILES ROAD RACE CHAMPIONSHIP.

1. J.Stow 28:10; 2. W.Weller 28:16; 3. L.O'Hara 28:29; 4. P.O'Connor 29:00; 5. C.Pearson 29:56; 6. S.Lloyd 30:24; 7. L.Mann 30:36; 8. R.Smith 30:41; 9. L.Coy 30:45; 10. S.Holmes 30:56; 11. B.Gorman 31:19; 12. P.Hardwick 31:35; 13. A.Cook 31:53; 14. D.Maughan 31:57; 15. S.Williamson 32:02; 16. R.Cullum 32:17; 17. W.Kerr 32:22; 18. M.Manning 32:40; 19. D.Crookes 32:50; 20. A.Bruce 32:56; 21. P.Gardner 33:16; 22. J.Wasbrough 33:36; 23. C.Shippen 33:39; 24. S.Masterson 33:57; 25. E.Thorp 34:01; 26. J.Dooley 34:03; 27. T.Dowdall 34:11; 28. V.Butcher 34:13; 29. R.Coombs 34:16; 30. B.Taylor 33:15; 31. D.Bailey 35:38; 32. M.Best 35:42; 33. A.Stroud 35:44; 34. A.Mead 35:45; 35. R.Linstead 35:50; 36. D.Searle 35:55; 37. J.McDonald 36:14; 38. A.Manning 36:35; 39. C.Henn 36:52; 40. G.Piddington; 41. B.Marmion 37:09; 42. S.Sharpe 37:23; 43. J.V.Baker 37:53; 44. K.Stimpson 38:24; 45. D.Gordon 39:00; 46. J.Plummer 39:18; 47. C.Manning 39:58; 48. G.Pearson 40:12.

Handicap: 1. S.Williamson 26:32 (5:30); 2. R.Cullum 26:47 (5:30); 3. S.Holmes 26:56 (4:00).

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MARCH 27th 1976 - CRANFORD - T.V.H. ROAD RELAY.

'A' Team. L.O'Hara 16:50 (7); J.Stow 16:31 (3); G.North 17:43 (5); W.Weller 17:06 (5); C.Pearson 17:38 (3). 'B' Team. L.Mann 17:47 (33); J.Jackson 18:37 (37); T.Hart 19:05 (38); P.Hardwick 18:47 (32); M.Manning 19:00 (34). 'C' Team. S.Lloyd 17:58 (37); A.Cook 19:21 (44); S.Williamson 19:17 (45); E.Thorp 20:02 (45); K.Duckett 20:37 (46). 'D' Team. P.Gardner 19:24 (61); A.Fairclough 19:12 (59); W.Laws 20:28 (59); B.Taylor 20:55 (51); T.Dowdall 19:47 (49). 'E' Team. B.Marmion 21:14 (87); S.Masterson 19:54 (74); A.Mead 21:26 (74); R.Cullum 19:18 (57). Vets 'A' Team. R.Coombs 19:59 (75); D.Jones 20:53 (73); J.Davies 18:51 (62). Vets 'B' Team. E.Young 20:53 (85); C.Henn 20:49 (79); J.McDonald 22:27 (79). Vets 'C' Team. J.Carr 21:48 (90); J.Baker 22:10 (89).

Fastest times. 1. M.Connelly (Walton) 16:22; =2. G. Tuck (Camb H), R.Gevers (SLH) 16:30; =4. J.Stow 16:31.

Teams: 1. T.V.H. 84:07; 2. Southampton 85:12; 3. Belgrave H 'A' 85:48; 34. Belgrave H 'B' 93:16; 46. Belgrave 'C' 97:15; 49. Belgrave 'D' 99:46.

Veterans: 1. Ealing 53:57; 2. Cambridge H 54:19; 3. Southampton 55:03; 5. Belgrave H 'A' 59:43; 15. Belgrave H 'B' 64:09.

APRIL 6th 1976 - DUKE OF YORK'S BARRACKS, CHELSEA - DUKES 10 LAP HANDICAP.

Once again Dudley Gordon reminded us that he is the uncrowned handicap king of Belgrave Harriers, this time with a clear quarter of a minute margin. But just look who took second, none other than Joe McDonald, showing disdain for his increased handicap penalty after recent successes by revealing even more speed than normal.

1. D.Gordon 8:45 (12:40); 2. J.McDonald 9:04 (12:19); 3. D.Bullock 9:07 (14:07). Scratch times: 1. J.Stow 9:46; 2. K.May 10:25; 3. J.Boardman 10:29; 4. D.Maughan 10:34; 5. D.Crookes 11:17.

APRIL 10th 1976 - CANTERBURY ROAD RACES.

Senior '6': 1. J.Patton (Birchfield) 27:58; 10. P.O'Connor 30:05; 15. L.Mann 30:27; 17. C.Pearson 30:35; 33. M.Manning 31:58; 43. S.Holmes 32:41.

Teams: 1. Invicta 36pts; 2. Blackheat 67pts; 3. Belgrave H 75pts.

Under 18 '3½': 1. G.McCall (invicta) 18:58; 4. A.Cook 19:36; 6. P.Gardner 19:51; 8. S.Williamson 20:00; 16. B.Marmion 24:23.

Teams: 1. Invicta 9pts; 2. Belgrave H 18pts; 3. Folkestone 24pts.

APRIL 10th 1976 - NEWPORT TO RYDE '7'.

58. G.Piddington 46:51; 74 finished.

APRIL 17th 1976 - RUISLIP - FINCHLEY 20 MILES ROAD RACE.

Unfortunately we were unable to finish a team in Hillingdon AC's 20 mile promotion which incorporated several other championships. It was some consolation therefore when it was learned that the Surrey team had won the inter-county event, Derek Crookes being Surrey team manager. That man Piddington ran a personal best for the distance (although he was to do 20 miles faster than this during the I-O-W Marathon).

1. R.Richardson (Blackheath) 1:41:34; 2. D.Faircloth (Croydon) 1:41:42; 12. W.Weller 1:48:22; 23. P.O'Connor 1:53:22; 125. G.Piddington 2:28:40; dnf - J.Baker 1:55:33 at 15m; D.Drake 34:31 at 5m. 229 started.

APRIL 17th 1976 - HIGHAMS PARK RELAY.

'A' Team. L.Coy 11:52 (8); A.Cook 12:46 (10); L.O'Hara 11:17 (8); B.Gorman 12:15 (6); J.Stow 11:01 (3); C.Pearson 12:16 (3). 'B' Team. W.Kerr 12:23 (16); H.Evans 12:35 (14); S.Masterson 12:48 (13); T.Hart 12:36 (11); B.Taylor 13:35 (13); G.Biscoe 14:27 (14).

APRIL 19th 1976 - FELTHAM - 5 MILE ROAD RACE.

Only two competitors in this year's Feltham '5' - Laurie O'Hara 7th 25:06 and Bert Stroud 79th 31:02. However, we had a full team for the young athletes' race and they placed 9th with 91 points. Adrian Cook was first home for the Bels. in 24th position with 14:09 and then followed P.Gardner 31st 14:25, S.Williamson 36th 14:28 and B.Marmion 74th 16:28.

Of the 92 starters in this year's Herne Hill '10', two were Belgravians. Lionel Mann reached 11th in 55:15 and George Piddington was 73rd in 67:39.

MAY 8th 1976 - CHICHESTER TO PORTSMOUTH 25km.

At the end of the race less than a minute separated Bill Weller from the winner, Mick Woods of Aldershot. Unfortunately the stronger members of the road running team were on this occasion on duty at Cambridge, shoring up the track and field team so we were unable to score in the team race.

1. M.Woods (Aldershot) 1:27:53; 2. W.Weller 1:28:45; 34. G.Piddington 2:04:32; 64. D.Drake 2:23:02. 86 started and 73 finished.

Teams: 1. Aldershot, Farnham & D 10pts; 11. Belgrave H 105pts.

MAY 15th 1976 - THE ISLE OF WIGHT MARATHON.

Bill Weller took what must be a winning lead in this year's club championship for the marathon by clocking 2:30:10 on this tough course. John Davies ran a creditable 2:58:51 and Georgie Piddington raced to his best ever '20' 2:26 and then carried on to 3:23:21 for the full distance.

1. J.Mouat (Hillingdon) 2:25:57; 5. W.Weller 2:30:10; 49. J.Davies 2:28:51; 85. G.Piddington 3:23:21; 102. D.Drake 3:59:20; dnf J.Baker.

Teams: 1. Cambridge H; 10. Belgrave H.

Two shorter road races in which the Bels took part were the Aldershot '6' on May 31st and the Fleet '4' the following week, June 5th. In the former a rejuvenated Gerry North showed good form by coming home in 18th position to take the first veterans' prize in 32:03. Jon Jackson placed 31st 33:07 with Mr. Piddington 85th 39:24. of the 101 starters.

107 ran in the Fleet race and of these Jon Jackson put up our best performance in 48th with 20:40 while Georgie Porgie ran home 92nd in 23:55. Hardly worth getting changed was it George?

Doctor's Warning at R.R.C. Marathon

JULY 3rd 1976 - MILTON KEYNES - R.R.C. MARATHON.

The Milton Keynes (R.R.C) Marathon was held on July 3rd during the seemingly endless heatwave and in such conditions the competitors and officials were given a warning about hyper-thermia (inability of the body to remove excess heat) by "Doc" Harold Lee who speaks not only with medical authority but as an active long-distance runner himself. In brief the competitors must be withdrawn from the race, put in a shady place and soaked with cold water. Fortunately no severe cases were reported.

Amongst the 190-odd starters were seven Belgravians and at 10 km Bill Weller wasn't too far behind the leaders. Lionel Mann was digging in and Ranjit Bhatia was sampling the British roads again in the Belgrave team. A little way back John Davies and Paul Pringle were keeping each other company, and John Baker and Dave Drake were steadily plodding away.

By 20 km positions were much the same with the effects of the heat beginning to show. At 30 km Lionel was going well in 38th place, having overtaken Bill Weller who had retired. John and Paul were still together but Ranjit had slipped back although obviously determined to finish. John Baker had found the going too tough and had retired. Let us pay tribute to John; as Hon.

Treasurer he puts in a terrific amount of work and the fact that he trains for and enters marathons shows the character and quality of the man. Our other competitor Dave Drake had also retired - we hope that this newcomer to our ranks (a veteran) will have better luck with his future efforts.

To the finish! Over the last 12 km Lionel must have put in some great running as he picked up eleven places to finish 27th in 2:42:09 - short of training and with no long runs under his belt. John Davies too found some strength in the later stages and pulled away from Paul to finish 78th in 3:09:56. Paul, in his turn, was 92nd in 3:18:34, both came to the finish in good style. It is always good to see a chap finish a hard race tired but triumphant. Poor Ranjit had really felt the effects of the unusual humidity, nevertheless he produced a burst to pick up a place on the run in to finish 115th in 3:34:18.

We must take off our hats to anybody who can run a marathon in such conditions, and it was good to see four Belgravians rising to the occasion. Well done!

Gordon Doubleday

King of the Road

George Piddington, playboy of the south coast, driver of fast cars and road runner extraordinaire is becoming a cult figure even outside the realms of Belgrave Harriers. Supporters breathlessly enquire where this mercurial son of Belgrave is racing each week and the following poem is just one of many submitted to the offices of the 'Belgravian' by ardent female admirers.

Georgie-boy went for a run
From Hampshire up to Surrey.
His nimble feet scarce touched the ground
So urgent was his hurry.

Past houses, shops and townships:
Past field and munching cow,
All along the dusty road,
Without a stop no-how.

At last he came to Aldershot
(The dreaded name strikes fear)
The chronic shortage of recruits
Endangers all men near.

One hears of evil press-gangs,
Of secret goings on,
Of hands that snatch a body,
To put a uniform on.

George says he heard the sounds of men
Behind those spartan walls,
Of groans and cries of misery
Of screams and plaintive calls.

So like an arrow he shot past
That walled and dismal place
- A grabbing hand just missed him
And merely scratched his face

Behind him there were running feet
As in pursuit to catch him,
But fleet of foot is Georgie -
No clumsy lout could catch him.

Because he ran so speedily
And spurted past his fate,
George won his race with honours -
All his opponents were late!



George Piddington pictured during the Belgrave '20'. At this stage his antennae must have been malfunctioning for he does not seem to have detected 'the grey ghost', Hon. Treasurer John Baker, creeping up behind.

The 25th Belgrave '20'

JULY 17th 1976 - WIMBLEDON.

On 19th July 1952 the first Belgrave Open 20 Mile Road Race took place and was such a success that it immediately became an established event on the road running calendar. The race was initiated and organised by Arthur Whitehead, the Mayor of Wimbledon started the race, nurses of the Red Cross began their association with the event and the Wimbledon Boy Scouts acted as pointsmen.

In spite of major widening of the roads of the course between Tibbett's Corner and Fuller's Garage and the hazard of at least 10 times the 1952 volume of traffic, the race continues to be a success but will we still be promoting the event (and the Belgrave Relay if it comes to that) in another 25 years? Unless something happens to curb the ever increasing flow of traffic or we change our courses - and it is difficult to see where we could - the answer would almost certainly seem to be no.

The 25th Belgrave '20' took place in uncomfortably warm and humid conditions. Thirteen Belgrave men lined up amongst the 100 odd starters but hopes of a third consecutive team victory were not high with Pat O'Connor and Bill Weller choosing to give this one a miss this year. Starter Bert Mitchell, who ran in the inaugural race, sent them on their way and others present who were connected with that first race were Joe McDonald acting as pilot (he was first home in 1952 in 2:08:35), Arthur Penstone helping wherever necessary, Denis Brickwood spectating and, of course, Arthur Whitehead whose premises are still used as a base for the Red Cross.

Once the field had become sorted out the leading places did not really change throughout the race. At 5 miles Lionel Mann and Jon Jackson ran through together in 21st place taking things steadily, with Pat Newell, looking as fit as ever, close behind. Towards the rear end John Baker had gone off like a rocket - well, a slow rocket - but was to pay for such extravagance before the race was run.

As the halfway point came up Lionel could be seen to be working through nicely, still shadowed by Jon. John Davies was also making good progress through the field having set himself a target before the race of 2:08 - such pace judgement is remarkable. Eddie Thorp slipped back after a fast start but was fighting well, having been passed by Paul Pringle but keeping ahead of the rest of the Belgrave pack led by Mr. Piddington, resplendent in peaked cap.

Fifteen miles. Pat Newell was holding steady in 27th, the position he held at '5' but up ahead Lionel was beginning to 'motor'. Arms pumping and knees high, he was up to 7th spot and aiming for higher still. Jon was now 31 seconds down on him but his recently injured leg seemed to be holding up well and his 10th place gave us hopes of team medals after all.

And so the finish was reached with nearly all our men gaining places on the last lap. When the points were tallied the Belgrave trio of Mann, Jackson and Newell had come remarkably close to making it a hat-trick of open team wins. In the Surrey race we were successful with a one point advantage over Ranelagh thanks again to Jackson and Newell, this time teamed up with none other than Eddie Thorp who was particularly pleased with his first ever medal - a county gold at that!

It had been a splendid day's work by Jon Jackson. Not only did he gain two team medals, he also took the individual county championship. A marvellous way to celebrate his first whole year in Belgrave colours - last year he ran in our race unattached. Congratulations too to 'Berry' Campbell who on twice a week training completed his first ever '20'.

Sad to say the event was marred by an unfortunate accident on the stretch of road after Tibbett's Corner. Richard Charney of TVH was in 14th place after 15 miles but was then struck by a car and had to be taken to hospital. It would appear that the driver involved found himself in a tight spot twixt traffic and runners and rather than scratch his vehicle he pulled over to

the left. Richard Charney needed considerable stitching on his head and body but was not kept in hospital overnight. All Belgravians will wish him a speedy recovery and return to road racing. How about offering him a free entry and a special prize on completion of the 1977 event.

The race was very well organised by Derek Crookes who would like to thank all those who helped make it a success.

1. G.Dugdale (TVH) 1:47:14; 2. M.Hurd (RAF) 1:49:12; 3. J.Avis (Camb H) 1:50:02; 6. L.Mann 1:55:01; 12. J.Jackson 1:57:11; 28. P.Newell 2:04:06; =36. J.Davies 2:08:18; 63. P.Pringle 2:17:47; 72. E.Thorp 2:23:23; 77. J.Wasbrough 2:25:29; 78. C.Henn 2:25:36; 81. G.Piddington 2:30:25; 84. B.Campbell 2:41:06; 87. J.Plummer 2:50:04; 88. J.Baker 3:07:03.

Open team race: 1. Ranelagh 20pts; 2. Belgrave H 26pts; 3. Cambridge H 46 pts; 12. Belgrave H 'B' 139pts; 13. Belgrave H 'C' 154pts.

Surrey team race: 1. Belgrave H 16pts; 2. Ranelagh 17pts; 3. Epsom & Ewell 19pts; 5. Belgrave H 'B' 43pts.



Top: Bert Mitchell sends the 100 odd starters on their way for the 1976 Belgrave '20'. Bottom left: Jon Jackson, second Belgravian home and Surrey Champion. Bottom right: As third scoring member of the Belgrave team entered in the county championship, Eddie Thorp picked up his first medal - a gold.

Blackheath H ~ Philips 100 x 1 mile

MAY 9th 1976 - CRYSTAL PALACE.

1. J.Boardman	4:42	35. T.Thorogood	5:08	69. P.Hilliari	5:53
2. P.O'Connor	4:41	36. J.Aska	6:01	70. P.Morris	5:44
3. R.Callum	5:02	37. J.Roberts	5:07	71. R.Smith	4:38
4. P.Whitby	5:17	38. H.Satchell	5:08	72. C.Henn	5:11
5. V.Butcher	5:06	39. S.Masterson	4:57	73. S.Wahab	5:41
6. R.Linstead	5:28	40. D.O'Reilly	5:17	74. R.Hall	5:41
7. W.Laws	4:58	41. K.Sinclair	5:45	75. J.Bicourt	4:14
8. R.Hopkins	5:12	42. R.Tanner	5:05	76. E.Thorp	5:14
9. D.Couzens	6:25	43. A.Cook	4:43	77. A.Mead	5:05
10. S.Crosbie	5:57	44. S.Williamson	5:05	78. J.Searle	5:19
11. S.Fletcher	5:38	45. M.Sinclair	5:46	79. G.Biscoe	5:33
12. P.Murphy	5:59	46. L.Bichi	5:22	80. D.Baines	5:26
13. T.Hart	4:58	47. P.Hardwick	4:55	81. D.Maughan	4:58
14. S.Barrett	4:53	48. N.McCaul	5:49	82. P.Gardner	4:59
15. J.Martin	5:18	49. R.Coombes	5:26	83. J.Jackson	4:57
16. J.Wasbrough	5:15	50. N.Grieves	5:57	84. G.North	4:42
17. S.Holmes	4:39	51. W.Kerr	4:55	85. B.Gorman	4:58
18. J.Hamilton	5:33	52. R.Dorman	5:42	86. J.Eldred	5:05
19. M.Smith	5:31	53. R.Danpure	5:25	87. L.Coy	4:41
20. B.Taylor	5:09	54. J.Rimmer	4:56	88. J.Ferne	5:19
21. C.Shippen	4:55	55. M.Best	5:22	89. K.Duckett	5:02
22. M.Shippen	5:42	56. B.Merry	5:24	90. C.Walker	5:21
23. R.Langley	5:04	57. G.Powley	5:58	91. J.Davies	4:58
24. J.Dunsford	5:17	58. D.Dugwell	5:48	92. A.Black	4:37
25. J.Bromley	5:39	59. J.Evans	5:56	93. S.Lloyd	4:43
26. J.Heathfield	5:35	60. G.Piddington	5:49	94. M.Manning	5:01
27. J.Kelly	5:35	61. P.Hurd	5:43	95. M.Hodgkinson	5:31
28. R.Day	5:38	62. N.Kirmatzis	4:53	96. D.Bailey	5:28
29. N.Robson	5:39	63. P.Staples	5:44	97. B.Marmon	5:38
30. C.Lawton	4:58	64. D.McMillan	5:16	98. C.Pearson	4:43
31. M.Lewin	5:52	65. C.Manning	5:57	99. J.Stow	4:22
32. J.Hall	5:07	66. P.North	5:13	100. L.O'Hara	4:31
33. S.Sharp	5:31	67. C.Gillett	5:24		
34. S.Bennett	5:28	68. J.Carr	5:40		

Final time: 8:49:32.0

There is an old adage that to be a good middle distance runner an athlete must be able to run a decent mile. The Philips 100 x 1 mile relay is unique in that it allows athletes of all specialities to run the magic mile as part of a team - and quite often the comparisons are very interesting.

The Blackheath Harriers/Philips relay for 1976 took place on May 9th and 48 clubs at 23 venues around the U.K. lined up for the 10 am start. Belgrave, 9th in 1975, was not expected to improve its placing especially as our middle distance runners have been in the doldrums for several years. In addition last minute cancellations did not enhance our chances and 16 reserves were used on the day and at the final count only 58 of our 1975 team lined up for the 1976 event. The encouraging feature of these changes was that whereas in past relays we have drawn heavily on our older members, this year our new runners comprised mostly of boys and youths.

At the Crystal Palace May 9th dawned as a fine warm day following several days of record May temperatures. While conditions in the Midlands and North of England where average, 85°F was reached at Belgrave's venue and the heat around midday slowed many of our less fit runners. It was a remarkable achievement therefore that Belgrave finished the 100 miles in a time only 15 seconds slower than in 1975 but with an improvement to 6th place in the National rankings.

Five teams competed at the Palace and Belgrave was headed by Blackheath, Kent, Medway and Cambridge at the 10 mile mark. Kent soon faded and Medway were gradually overhauled. Cambridge were more difficult to catch and following a great run by young John Fernee on leg 88 Keith Duckett took the Bel into 2nd place behind a much improved Blackheath team. A fine last 20 miles ensured that we moved up onto the National leader board with Laurie O'Hara

From The President

By the time you read this Belgravian my year of office will be almost over and I can say without fear of criticism it has been "eventful".

Just a few reminders:

- + Belgrave Harriers become a mixed club.
- + "Haig Whisky" sponsor our very successful Belgrave Open Relay.
- + A great fund raising effort to assist John Bicourt in training for the Montreal Olympics. HE MADE IT.
- + Carl Lawton just missed selection but would have made the 50km walk if it had not been withdrawn from the Olympic Programme. His consolation is to compete for Great Britain in the 50km walk World Championship.
- + Six honours badges awarded to club athletes for beating the AAA 1st Class Standard.
- + Great social scene. The Jaguars, Ken Colyer, the Barn Dance, the River Boat Shuffle. These with jumble sales raised approximately £520.
- + A face lift for Belgrave Hall, with a new second floor changing rooms and showers for our ladies. Work commences in November 1976 (We are going to need money for this)

It all looks good BUT we need officials, a Track Secretary, a Coaching Secretary. Don't take this lightly. We need help to run our Club, one of the biggest in the country. Too few are doing all of the work. An officials job is not a chore unless the load gets too great, so why join the team in the "engine room" and share the load.

I urge you to make an effort to attend the Annual General Meeting on Wednesday 15th September, let us hear hear your views, you can also hear ours.

Bill Couzens

BLACKHEATH H - PHILIPS 100 x 1 MILES continued ...

anchoring the team home in 6th place.

Team spirit during the whole of the day was magnificent with runners and officials alike entering into the spirit of things. As Belgrave's team organiser I should like to thank all those who helped with particular mention of Brian Pritchard - for booking in all the runners and providing a full set of reserves, and Bill Couzens who as team recorder sat for the whole 8 $\frac{3}{4}$ hours noting every lap time as well as computing stage times - an achievement which rivals one of NASA's astronaut feasibility tests. Gordon Doubleday efficiently and unobtrusively took spells at timekeeping and I lost my voice shouting everyone on.

Result. 1. Sale H 8:04:28.0 (World Best Performance); 2. Aldershot, Farnham & Dist 8:16:19.8; 3. Blackheat H 8:19:38.4; 4. Notts AC 8:44:41.0; 5. Portsmouth 8:47:39.6; 6. BELGRAVE H 8:49:32.0; 7. Highgate; 8. Cambridge H; 9. Tipton; 10. Croydon; 11. Herne Hill H. A combined Oxford City/University team ran 8:43:15.6

Belgrave 10 mile splits with National positions in brackets. 52:48 (16); 52:53 (15); 54:02 (13); 53:36 (12); 53:53 (11); 55:15 (12); 55:27 (12); 52:02 (9); 50:02 (7); 49:32 (6).

Note:- The 1977 Blackheath/Philips Relay will be held on June 19th 1977 - book the date and start training - I have a feeling that we can improve a lot next year.

Bill Laws

Back Page: Meet some of the 'Belles'. Left to right - Wendy Richardson, Jane Pritchard, Anna Matthews, Tina Couzens, Joan Samuels, Pat Mead and Win Shepherd.

