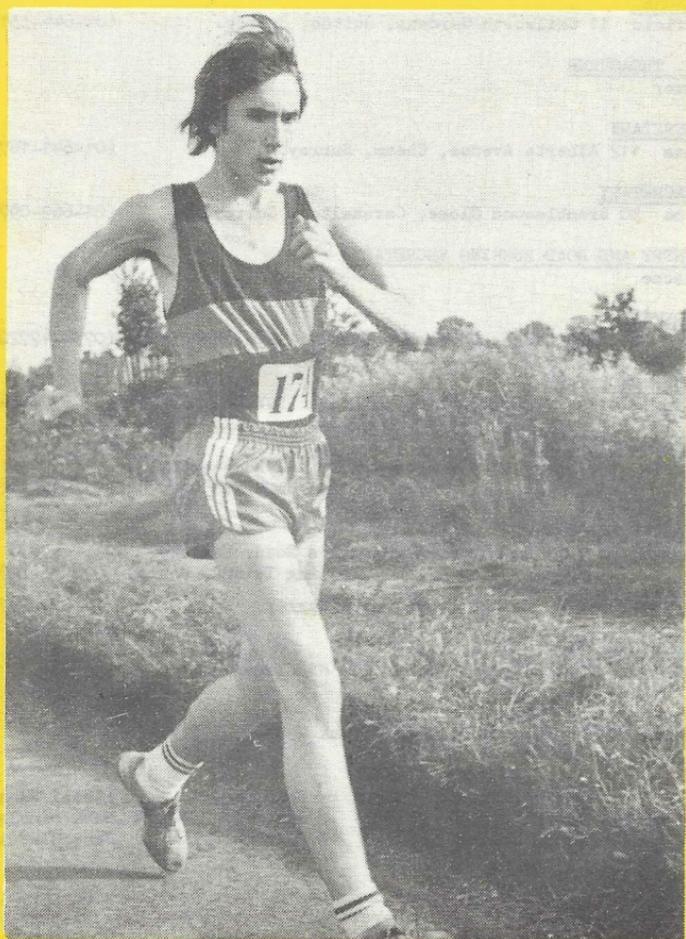


THE OCTOBER 1979
BELGRAVIAN



the official gazette of belgrave harriers •

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Track	-	Reg Hopkins	Road	-	Lionel Mann
Field	-	Cliff Brooks	Juniors	-	Mark Sinclair
Country	-	Simon Holmes	Youths	-	John Gladwin

ELECTED COMMITTEE

Mrs. Gwen Couzens, Richard Dorman, Brian Gorman, Eric Hall, Ron Langheim,
Bill Laws, John Morris, Brian Pritchard, Gerry Sexton, Mrs. Wyn Shepherd.

Front Page: Belgrave's latest Junior International - Richard Dorman.

Back Page: Two of Belgrave's long serving stalwarts. Laurie O'Hara hands over to Lionel Mann during the 100 x 1 mile relay.

Inside Back Page: Winning Surrey Relay Youths Team. L to R, John Searle, Mark Sinclair, Dave North, Mark Waller, John Gladwin. Photos: Bill Laws.

THE BELGRAVIAN

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FOUNDED 1887

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Surrey.

For the pessimists among us events over the last 6 months may well have provided satisfaction. In Spring we were relegated to Div.2 of the N.Surrey C.C.League. Last month we just escaped relegation from Div.1 of the Southern T & F League on a technicality. On many occasions our members have failed to support events with good performers standing on the sidelines. Middle distance running which for years was our strength is now at a low ebb. And on the social side events held to make the most of our improved facilities at Belgrave that have received scant support. Not very encouraging.

Fortunately there is a brighter side. Our Walkers continue to hold the banner high. Our Ladies continue to progress gaining promotion to Div.3 of the Southern T and F League and Linda Nicolls became our first Ladies International; but perhaps most encouraging of all is that for the first time in over a decade a fistful of track records have been broken by our Youths and Boys and Richard Dorman has gained his Junior International vest. Indeed, as we go to press we learn of a win by the Youths in the tough Surrey Road Relays.

So, like the curate's egg we are good in parts. Why? If we look back over more successful years we find a veritable who's who of personalities dedicating time and effort to encouraging, managing and leading our active athletes. We see it today with Carl Lawton and the Walkers, Ray Hall and the Ladies, and Colin Pearson and the Youths. Such people would be the first to point out that they rely for support on a willing band of helpers. But the fact remains, it is a few dedicated individuals who provide the spark and effort to see things through.

Our Committee must set the targets with regard to fund raising, recruiting, coaching or competing. It is our officials and athletes who must see they are achieved. To do this they need help and support. Sharing the work load is a practical way of helping so why not contact Derek Crookes and chat it over. Let us all aim to move Belgrave to a paramount position for our centenary year. Don't delay, its only 8 years away!

Our sincere thanks and good wishes are sent to Alan Mead who steps down after his latest stint as Hon. Editor. Originally working with Clive Shippen, but for the last seven years operating solo, Alan has set high standards which will be difficult to follow. Bill Laws has taken over on a temporary basis and asks Section Secretaries to keep him supplied with results and reports. Anyone wishing to take over on a regular basis should contact Bill.

★★★★

IN
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★★★★

OUR PRESIDENT



Photo by Bill Laws

Our new President joined Belgrave Harriers in 1932 as a boy. He was a member of winning and placed Surrey Youths and Junior cross country teams, competed in the Southern Junior cross country team and ran in many senior team events, helped by the guiding influence of Dick Savage Snr.

Bill joined the Royal Air Force in 1939, and during 1940 was involved in a Beaufighter crash at 200 mph at Fradley near Lichfield, resulting in injuries causing every muscle in his back to be badly torn. Bill was nursed back to health after many months of treatment by the R.A.F. and was very determined to run in top class company. He was told that serious running would be out, but set out to prove otherwise.

By working in conjunction with Joe Binks who helped with advice and by giving medals for various races, a very strong unit Track team was formed in the Midlands, and in between war duties the team won many races, getting invitations in aid of the Red Cross. The team received an invitation from Joe Binks to appear in the "British Games" June 1945 which were sponsored by The News of The World and featured top athletes from our allies, U.S.A. France and Poland. Bill ran against Sydney Wooderson in the mile and was pulled along against foreign opposition to a time of 4.18 finishing fourth to Sydney Wooderson.

Shortly after this Bill was posted to another unit and set about forming a good road team. He succeeded in this by getting other athletes from various clubs who were in the R.A.F. and were stationed around to join in forming a team. The team qualified to run in the war time London to Brighton relay road race held at Mitcham, The News of The World being the sponsors. The team was well in the lead until the last lap when beaten into third place. The winning army team was captained by none other than Les Cohen of Belgrave, who ran the last leg for the army.

Bill introduced Norman Graves to Athletics who became a very good athlete, and today is a top grade AAA time keeper in the North of England, and a member of Wirral A.C.

On leaving the services Bill went to Yorkshire to live for a period, where he ran for Leeds Harehills Harriers as a guest only, refusing to leave Belgrave.

On returning to London he picked up the threads with Belgrave, helping now to take out new members and to give training hints and advice.

Many are still members to this day, Clive Shippam was one, and when he got his county colours no one else could have been more overjoyed for him than Bill. Bill has served on many committees, eventually becoming Field Events Secretary and with the help of Charlie Jones, in the first year we won the famous Sward Trophy, the top trophy award for field events for teams at that time.

Although he could not give so much time of late, through work commitments, Bill helped wherever possible on committees and at meetings and remains the most loyal and enthusiastic of Belgravians. We wish him good fortune in his year of office.

From The President

Dear Belgravians,

May I take this opportunity to thank all those who voted for me as Club President for 1979/80. After many years in athletics it is an honour I shall always cherish. Times have changed considerably from when I first joined Belgrave, we used to train then from a back room of a pub called "The Sun" in Chelsea. As a young new member at that time, the main thing that struck me so strongly, was the tremendous enthusiasm and great determination to own our Club Headquarters and to make Belgrave a name to be remembered.

That band of athletes and officials got our Club Headquarters, and they made Belgrave a name in athletics.

I am pleased to say we still have a few members, both as athletes and officials who have that enthusiasm and Belgrave Hall has been improved still further through this. But having said that, it must be pointed out they do need all the help and co-operation they can get. Unfortunately too many jobs are left to the few.

It is your Club, it is what you feel and want for Belgrave; it is more than ever that your efforts are needed for the Club. How strong is your determination and enthusiasm? Will it spread to others to get our teams back on top again?

To all active members who get selected for teams on track, road, and cross country, do give all the support you can and you will find your own performances will improve with it.

Good luck in the year ahead.

Bill Merryman

Late result.

SEPTEMBER 12th 1979 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING

500m: S.Williamson 15.38; A.Binda 15.54; D.Maughan 16.36.

grapevine

■ Congratulations to Tom Carter who enters his 50th year with Belgrave. We understand that when Tom joined in 1929 he came 2nd in the Yacht 3 and soon after made 5th in the British Legion Ballroom Championships. It was lucky for Belgrave that these positions were not reversed because Tom's past and present contributions to the Club are second to none.

■ Wedding bells for John Martin! A late September event which took Dorset by storm due in no small part to the weekend attendance at Bridport of some 30 Belgravians and their families. Our very best wishes to John and Jenny who are setting up home in Streatham.

■ Can it be contagious? Are the rumours true? We are not sure but has Gordon Biscoe made wedding plans without us knowing? The answers to these questions are all YES! Scoop. Gordon and Margaret are to wed in late October, but so good is the security best man Charlie Manning doesn't know the date. But then knowing Charlie!!! However, our best wishes to Gordon and Margaret. We hope to see you around soon to hear all about it.

■ And yet another one. Ann Manning married on October 6th so Charlie is forgiven for being in a perpetual state of shock. Again congratulations and every happiness to Ann and John.

■ Spotted recently in a sports shop, in the shadow of St. Pauls in the City, was Dennis Brickwood. Dennis, a well known figure in Belgrave road running circles during the 1950's, has now retired from BP and no longer runs, but looks immensely fit. Not surprising when one considers that he now coaches squash several times a week, not to mention playing regularly. Of course he wishes all his old friends well.

■ It was good to hear from Win. Shepherd that her mother, Mrs. Savage, is out of hospital and home again. Her loyalty and devotion to the Club date back to longer than most of us can remember, we certainly remember those sandwiches and great slices of cake which she used to serve at sit down teas in the hall which preceded our Socials.

■ We are delighted that Gordon Doubleday has recovered from his illness and is once again contributing to the 'Belgravian'. Gordon unfortunately missed the 100 x 1 mile relay where he usually represents Belgrave as official time-keeper. Our good performance this year and Gordon's absence are believed to be unconnected.

■ It was good to see our Vice-President, Ranjit Bhatia, at the open 20 miles run. He brought his gear and was seen running around the course with Clive Shippen. He looked very fit (he put up many fine performance for us when he was studying over here) and is the Indian correspondent of Athletics Weekly.

■ Another seen at the "20" was our oldest active member, Charlie Speechley, who, at over 90 years of age still "doubles up" over 100 and 200 metres - he's in a class of his own, there appears to be no takers in the 90 plus class!



TRACK AND FIELD

Early hopes of a significant improvement over last year's performance in the Southern League, Division 1 were quickly dashed and we ended the season fearing relegation. Fortunately, the top teams gaining promotion included area clubs Aldershot F and D, and Blackheath and for geographical reasons this effectively prevented our demotion. Our past dependence on Ernest Obeng and Cliff Brookes was clearly illustrated by the effect of their absence on our points scores at crucial matches. Nonetheless a year is a long time in athletics and with our youngsters showing remarkable improvement we face next year with determination and hope.

Our thanks are due to track and field secretary, Steve Crosbie who steps down due to pressure of business and the need to devote more time to his new home. Steve has been blooded during a difficult episode in our history and hopes to pick up the threads as part of the management team at a future date. His athletics career will, we hope, progress unhindered by official responsibilities.

Alan Mead takes over Steve's duties and brings to the post the experience and knowledge of Belgravians both present and past which few can match. We know he would not have taken the post unless he was prepared to give it 100 per cent. Wish him good fortune and please give him your full support. Alan outlines his plans following the review of the season's performances.

MARCH 18th 1979 - CRYSTAL PALACE - BLACKHEATH H WINTER MEETING.

300m : 3.E.Obeng 35.0 Jnr. PV: 1.M.Shippen 3.60m.

APRIL 14th 1979 - BATTERSEA PARK - TIME TRIALS.

100m: 1.C.Gillett 12.0; 2.D.Bailey 12.2; 3.M.Lindsay-Bailey 12.3; 4.S.Crosbie 12.4; 100m: 1.C.Gillett 24.5; 2.D.Bailey 24.9; 3.M.Lindsay-Bailey 25.0; 4.S.Crosbie 25.7; 800m: 1.N.Kirmatzis 2.03.4; 2.J.Stevenson 2.04.04; 3.J.Gladwin 2.07.02; 4.C.Gillett 2.09.03; 5.M.Cannon(Y) 2.10.7; 7.R.Griffiths 2.28.5; 1500m: S.Williamson 4.32.8; 2.E.Murphy 4.51.7; Yths 100: 2.P.Lyttle 12.3; 5.K.O'Neill 12.8; 200m: 1.P.Lyttle 24.3; 5.K.O'Neill 26.7; Boys LJ 1.P.St.Ange 5.27m.

APRIL 25th 1979 - BATTERSEA PARK - MATCH -V- LAC etc.

A few brave souls battled through the April showers in this early season preliminary. Derrick Williams won the 100m but lost his duel in the 200m, while Pat Lyttle just missed out in the Youths 100m by 0.1 second. David North produced a very good early season run in the 3000m and Peter St.Ange jumped 13 cms further than his effort on April 14th.

Snr. 100m: 1.D.Williams 11.7; N/S 100m: 4.P.Whitby 12.0; 200m: 2.D.Williams 23.4; 800m: 5.S.Holmes 2.5.9; 11.D.McMillan 2.15.0; 1500m: 4.P.Nicol 4.28.1; 7.R.Bale 4.40.0; 3000m: 5.D.North 9.16.0; 10.P.Eardner 9.59.0 11.L.Coy 10.15.0; 16.W.Kerr 10.43.0; Yths: 100m: 2.P.Lyttle 11.9; 200m: 3.P.Lyttle 25.3; 6.K.Clarke 26.0; 800m: 1.M.Waller 2.7.2; 3.K.Clarke 2.15.6; LJ: 2.P.St.Ange 5.40m.

Teams: Snrs. 1.SLH 33; 2.HW 26; 3.LAC 25; 4.Belgrave 18; 5.HHH 13; Yths: 1.HHH 19; 2.Belgrave 17; 3.HW 14; 4.LAC 14; 5.SLH 13;

APRIL 28th & 29th 1979 - MOTSPUR PARK - SURREY CHAMPIONSHIPS.**Early Titles**

Two Surrey titles in these preliminaries to the main championships. The senior 4 x 100 team looked strong on paper and so it proved on the track even with an awkward last change over. Ernest Obeng put us into the lead from the start, Derrick Williams carried the clubs colours down the back straight, but as Charlie Gillett came off the final bend he had a sudden attack of cramp and Jim Evans had to slow down to get the baton. John Gladwyn started his season off well with a time of 51.1 to win the Junior 400m title.

Snr. 4 x 100m: 1.Belgrave 43.3 (E.Obeng, D.Williams, C.Gillett, J.Evans).
4 x 400m: 4.Belgrave 3.39.5 (J.Gladwin, C.Gillett, N.Kirmatzis, D.Williams).
Jnr. 400m: 1.J.Gladwin 51.1 PV: 4 = M.Shippen 3.60m.

MAY 5th 1979 - SUTCLIFFE PARK - SOUTHERN LEAGUE DIVN.1.

Although the team was much depleted, injuries hitting many athletes even before the season started, several personal bests were achieved during the afternoon. John Gladwin set a personal best in winning the A 800m with 2.0.3 having stayed in fourth place until the final straight. Derrick Williams broke the 7 metre barrier to win the A string with 7.07m. other personal bests were set by Mark Waller in the 800m and Simon Holmes in the 5000m.

Paul Whitby and Mark Lindsey-Bayley produced good wins in the 110 hurdles and Paul completed the double with the 400 hurdles. Surprise maximum points came from the shot with Cliff Brooks and John Martin while Mark Shippen returned to form with a 4.10m win in the Pole Vault. A marvellous last leg by Reg Hopkins, given a split time of 51.5 ended the afternoon on a winning and noisy note.

100m: 2.J.Evans 11.1; 3.C.Brooks 11.8. 200m: 3.J.Evans 22.5; 3.C.Gillett 23.9. 400m: 2.D.Williams 53.1; 4.D.Bailey 54.0. 800m: 1.J.Gladwin 2.00.3; 4.M.Waller 2.03.6; 1500m: 5.S.Holmes 4.29.6; 5.D.Crutcher 4.54.6
5000m: 5.S.Holmes 15.55.0; 3.I.Duncan 15.58.4; 3000m SC: 4.I.Duncan 10.38.0; 3.L.Coy 10.39.8. 4 x 100m: 5.49.8 (P.Lyttle, C.Brooks, D.Williams, J.Evans)
4 x 400m: 1. 3.29.9 (J.Gladwin 53.2; D.Williams 53.1; C.Gillett 52.1; R.Hopkins 51.5) 110 H: 1.P.Whitby 16.2; 1.M.Lindsey-Bayley 16.4 400 H: 1.P.Whitby 58.1; 4.M.Lindsey-Bayley 63.4. LJ: 1.D.Williams 7.07; 3.S.Crosbie 6.14.
TJ: 5.S.Crosbie 12.60; 4.A.Bentt 12.19. HJ: 4.M.Lindsey-Bayley 1.75; 2.A.Bentt 1.70. PV: 1.M.Shippen 4.10; - A.Bentt N/H Shot: 1.C.Brooks 13.88; 1.J.Martin 10.68. DT: 3.C.Brooks 35.40; 3.J.Martin 28.56. JT: 4.C.Brooks 45.44; 4.S.Crosbie 40.26. HT: 5.J.Martin 21.06; 5.S.Crosbie 8.05.
Teams: 1.Old Gaytonians 132; 2.Surrey AC 121; 3.Cambridge.H. 109; 4.Belgrave 104; 5.Oxford.B. 71. N/S 200: 1.R.Hopkins 24.2; 2.P.Lyttle 24.5; 3.S.Crosbie 25.7.

MAY 8,10,11,12 1979 - MOTSPUR PARK - SURREY CHAMPIONSHIPS.**More Medals**

Peter Crosbie retained his Javelin title to make his tally now eight successive Javelin wins in the Surrey's. This was his first competition of the season and the distance of 59.62m was very creditable considering his knee injury. Other title winners were John Gladwin with 2.1.4 in the Youths 800m and Scott Wyld in the Boys High Jump with 1.68m. Creditable second places came from Mark Shippen in the senior Pole Vault with 4.00m, Derrick Williams's 7.07m in the Senior Long Jump, Mark Lindsey-Bayley in the Senior 110 H in 15.8 and Mark Waller in the Youths 1500m with 4.14.0

Snr:- 100: J.Evans. 200: 5.J.Evans 22.7. 400: 5.C.Gillett 51.8, Heat: R. Hopkins 52.8. 800: Heat N.Kirmatzis 2.4.0. 110 H: 2.M.Lindsey-Bayley 15.8. PV: 2.M.Shippen 4.00m LJ: 2.D.Williams 7.07m; R.Hopkins 6.35; S.Crosbie 6.18. TJ: 6.S.Crosbie 12.50. Jav: 1.P.Crosbie 59.62.
Yths:- 100: 5.P.Lyttle 12.2 (Heat 11.9) 200: 3.M.Brocklington 23.6. Heat P.Lyttle 24.7. 800 1.J.Gladwin 2.1.4; 3.M.Waller 2.4.3. 1500: 2. M.Waller 4.14.0 Heat G.Sexton 4.31.6 3000m 13.G.Sexton 9.58.0 LJ: 8.P.Lyttle 5.49.
Boys:- HJ: 1.S.Wyld 1.68 TJ: 4.S.Wyld 10.44

MAY 19th 1979 - NEW RIVER - SOUTHERN LEAGUE, DIV.1.

Five wins on the day, the best of which was probably new member Jose Munoz's 1.54.7 in the A 800m. Paul Whitby was over the 110 Hurdles in 15.6 and Matthew King won the B shot in 12.02. Jim Evans broke 11 seconds in coming second in the A 100 and Steve Crosbie broke 13m on the triple jump for the first time in three years. Overall yet another fourth place for the team.

100m: 2.J.Evans 10.9; 4.C.Brooks 11.4; 200m: 2.J.Evans 22.2; 4.C.Gillett 23.3;
400m: 4.R.Hopkins 51.4; 3.D.Williams 51.7; 800m: 1.J.Munoz 1.54.7; 5.M.Waller
2.3.2. 1500m: S.M. Waller 4.18.4; 5.J.Bicourt 4.27.3. 5000m: 4.J.Bicourt
14.57.0; 3.I.Duncan 16.04.0; 3000 SC: 4.L.Coy 10.46.5; 110 H: 5.M.Lindsey-
Bayley 19.2; 1.P.Whitby 15.6. 400 H: 4.P.Whitby 57.7; 5.D.Bailey 61.9.
4 x 100: 1.Belgrave 43.9 (P. Lyttle, D.Williams, C.Brooks, J.Evans) 4 x 400:
2.Belgrave 3.26.0 (C.Gillett 50.5; R.Hopkins 51.9; D.Williams 53.7; J.Munoz 49.9)
Dis: 3.C.Brooks 37.24; 3.M.King 31.48 Jav: 4.C.Brooks 46.72; 3.S.Crosbie 42.62
Shot: 2.C.Brooks 13.06; 1.M.King 12.02 Ham: 4.M.King 23.68; 4.S.Crosbie 11.68
TJ: 3.S.Crosbie 13.20; 2.D.Williams 12.77 PV: 3.M.Shippen 4.00; 3.A.Bentt
3.00 HJ: 2.M.Lindsey-Bayley 1.85; 4.A. Bentt 1.65. Teams: 1.N.London 141;
2.Hercules w.130; 3.Hounslow 104; 4.Belgrave 101½; 5.Southend 56½.

MAY 26th 1979 - TOOTING BEC - ROSENHEIM LEAGUE.

A good time for Nick Kirmatzis in the 1500m without any opposition to push him, a terrific final 20m from Pat Lyttle to take the senior Mens 100m and a personal best by Paul Whitby in the 200m were the highlights of this meeting.

Snrns:- 100: 1.P.Lyttle 12.0. N/S P.Whitby 12.0, D.Bailey 12.1 200m: 2.P.Whitby
24.2 400m: N/S D.Bailey 55.2, S.Crosbie 58.2 800m: 4.S.Williams 2.10.9
N/S A.Painter 2.8.8 1500M: 3.S.Holmes 4.13.5 N/S N.Kirmatzis 4.13.3, D.North
4.27.8, T.Dowdall 4.32.2, A.Binda 4.35.4, B.Taylor 4.50.0 3000m: 4.D.North
9.43.0; N/S T.Dowdall 9.44.0 HJ: 5.S.Crosbie 1.20 LJ: 3.S.Crosbie 5.56
SP: 1.C.Brooks 12.77.
Yths:- 200: 1.P.Lyttle 24.5 HJ: 1.P.St.Ange 1.50 LJ: 4. P.St.Ange 4.92
SP: 2.R.Young 9.08. Dis: 3.R.Young 22.45.
Snrns: 1. SLH 60; 2.HHH 45; 3.Croydon 34; 4.Belgrave 36; 5.Surrey.B.
6.Collingwood 31.
Yths: 1.Surrey.B. 31; 2.HHH 30; 3.Belgrave 24; 4. SLH 19; 4.Collingwood 19;
6. Croydon 12.

MAY 30th 1979 - BATTERSEA PARK - 10000m CLUB CHAMPIONSHIPS.

Wet 10,000 m

Help! Mummy, Mummy! My feet are wet, my clothes are wet, my hair's wet, everybody's soaked and still these silly men play splash in the puddles. Why don't they stop mummy, then I could go into the dry? My pen won't write, my pencil won't write, my crayons won't write. I don't know who went past me mummy, its so dark and they still keep wading by. They are nasty mummy, they keep shouting at me "how many laps left". I won't play with them, their mummies never taught them manners, I tell them they got to say please. I'm at the lido now mummy, and its still the same swimmers. They very clever, they swim on the lake. A bell mummy! The lifeguards are telling them to clear the pool. Simon, Ian and Laurie are all racing for the changing rooms. Laurie wins mummy, he had more air in his water-wings to keep him afloat. I'm still here mummy and so are the lifeguards, I'll thank them mummy, they all got wet but they did stay to see all the pool was clear of swimmers mummy.

1.L.O'Hara 33.0; 2.S.Holmes 33.01; 3.I.Duncan 33.05; 4.P.O'Connor 33.27;
5.R.Lettins 33.49; 6.C.Walker 35.30; 7.D.Searls 35.30; 8.K.Duckett 35.30;
9.T.Dowdall 35.40; 10.D.Maughan 35.49; 11.R.Bale 37.57; 12.P.Hardwick 38.29;
13.B.Taylor 38.50; 14.L.McLean 39.00; 15.L.Mann 39.33; 16.J.Middleton 40.10;
17.S.Cox 40.40; 18.C.Manning 46.29.
Boys: 100m: 1.P.St.Ange 13.5; 2.M.Williams 16.3; 3.A.Bryan 16.6.

JUNE 2nd 1979 - BATTERSEA PARK - SOUTHERN LEAGUE. DIV.1.

Normally the field seems to be let down by the track but this day it was the other way round. The track was slow after all the heavy rain in the week, but even so Nick Kirmatzis gained a personal best in the 1500, John Bicourt gave us good points in the steeple-chase and with Ernest Obeng all the sprints and both relays were won. With no real back up on the field the club was again fourth but by the narrowest of margins.

100m: 1.E.Obeng 11.5; 1.J.Evans 11.5 200m: 1.J.Evans 22.7; 1.C.Gillett 23.2
400m: 2.J.Gladwin 52.4; 1.D.Williams 51.2 800m: 2.J.Munoz 1.59.9; 2.S.Holmes 2.0.2.
1500m: 4.N.Kirmatzis 4.6.0; 4.J.Rimmer 4.20.0 110H: 4.M.Lindsey-Bayley 16.6; 4.D.Bailey 20.3 400 H: 4.D.Bailey 62.7; 3.M.Lindsey-Bayley 60.9
3000 SC: 1.J.Bicourt 9.29.6; 2.I.Duncan 10.13 5000m: 4.L.O'Hara 15.25 5.T. Dowdall 17.16.
4 x 100: 1.Belgrave 44.3 (E.Obeng, P.Lyttle, D.Williams, J.Evans) 4 x 400: 1.Belgrave 3.28.1 (J.Gladwin, D. Williams, J. Munoz 49.9, C.Gillett 50.5).
Dis: 5.J.Martin 26.72; 5.S.Crosbie 10.68 LJ: 3.D.Williams 6.57; 2.S.Crosbie 6.24 Ham: 4.W.Couzens 27.60; 3.J.Martin 22.16; Shot: 4.J.Martin 10.27; 5.S.Crosbie 8.10. TJ: 4.S.Crosbie 13.00; 2.D.Williams 12.84 Jav: 5. J.Martin 40.64; 3.S.Crosbie 38.64 HJ: 4.M.Lindsey-Bayley 1.90; 2.R.Hopkins 1.75; PV: 3 = R.Hopkins 2.50. Teams: 1.Hillingdon 114; 2.HHH 111; 3.SLH 108; 4.Belgrave 107½; 5.Verlea 94½.

JUNE 6th 1979 - CARSHALTON - ROSSENHEIM LEAGUE.

Our one man youth team did exceptionally well.

Snr: 100m: 3.D.Bailey 12.2; 200m: 4.D.Bailey 24.7 400m: 4. S.Crosbie 58.3
800m: 3.S.Williams 2.7.5. 1500m: 3.S.Holmes 4.17.9. 3000m: 5.E.Hart 10.29.3
SP: 5.S.Crosbie 7.08 TJ: 3.S.Crosbie 11.74 HJ: 5.M.Sinclair N/S S.Crosbie 1.40
Jav: 3.S.Crosbie 37.82 200 N/S S.Williams 26.7 4 x 200m: 4.Belgrave 1.41.5.
Yths: 100: 1.P.Lyttle 12.0 400m: 3.P.Lyttle 61.6 SP: 2.P.Lyttle 10.48
HJ: 4.P.Lyttle 1.40 Jav: 3.P.Lyttle 26.76.
Snr: 1.SLH 57; 2.Surrey B.45; 3.HHH 41; 4.Belgrave 34; 5.Collingwood 34; 6.Croydon 32.
Yths: 1.Surrey B.36; 2.HHH 30; 3.Belgrave 25; 4.Croydon 21; 5.Collingwood 18; 6.SLH 2.



Photo by Stu Barrett



Photo by Bill Laws

The one man club team. Pat Lyttle who defeated 2 clubs single handed in a Rossenheim League match.

CLUB CHAMPIONSHIPS

JULY 7th 1979 - MOTSPUR PARK - CLUB CHAMPIONSHIPS.

Snrs. 100: 1.D.Williams 11.5; 2.C.Gillett 11.9; 3.P.Whitby 12.2; 4.A.Bent 12.2
 200: 1.D.Williams 23.0 2.R.Hopkins 23.1; 3.C.Gillett 23.2 400: 1.J.Munoz 51.0
 2.C.Gillett 51.6; 3.S.Williams 54.0; 4.P.Gardner 56.1; 5.S.Crosbie 57.6.
 800: 1.J.Munoz 1.58.3 (CBP) 2.S.Williams 2.4.8; 3.P.Gardner 2.7.9 4.D.Searle
 2.7.9; 5.T.Dowdall 2.11.1; 6.R.Smith 2.13.8; 7.L.Lyons 2.18.5; 8.R.Bale 2.18.8
 9.B.Taylor 2.19.3; 10.D.Maughan 2.22.1; 11.D.Gordon 2.24.0; 12.C.Manning 2.35.8
 13.J.Plummer 2.40.5; 1500: 1.N.Kirmatzis 4.11.0; 2.S.Holmes 4.11.8; 3.L.O'Hara
 4.12.1; 4.A.Binda 4.26.9; 5.D.Searle 4.30.2; 6.T.Dowdall 4.32.0; 7.J.Newham
 4.32.0; 8.J.Hall 4.35.5; 9.L.Lyons 4.44.2; 10.B.Taylor 4.44.8; 11.C.Lawton 4.52.1
 3000SC: 1.J.Rimmer 10.32.6; 2.T.Dowdall 10.42.0; 3.L.Mann 11.51.4 110H: 1.
 P.Whitby 15.7; 2.M.Lindsey-Bayley 16.2; 3.A.Bent 17.9; 4.C.Brooks 18.2;
 LJ: 1.D.Williams 6.85; 2.R.Hopkins 6.74; 3.M.Lindsey-Bayley 6.36; 4.A.Bent 6.22;
 5.P.Crosbie 5.91; 6.P.Whitby 5.67; 7.M.Shippen 5.38; HJ: 1.M.Lindsey-Bayley 1.85
 TJ: 1.S.Crosbie 12.57; 2.A.Bent 12.41; 3.P.Whitby 11.76; Dis: 1.C.Brooks 36.78;
 2.P.Crosbie 29.70. SP: 1.C.Brooks 12.64. Jav: 1.P.Crosbie 49.82; 2.S.Crosbie
 46.24 3000 Walk: 1.C.Lawton 12.56.2 (Style Award). 2. R.Dorman 13.9.0;
 3.J.Hall 13.34.4; 4.M.Scammell 13.39.8; 5.J.Newham 13.42.8; 6.P.Blagg 14.29.8;
 7.K.McDermott 14.38.2; 8.E.Crossingham 14.56.8; 9.J.Dunsford 14.58.4; 10. D.
 Fotheringham 15.13.4; 11.P.Morris 15.41.6; 12.J.Bromley 15.44.8; 13.M.Hills
 16.14.0; 14. J.Morris 16.44.4; 15.I.McDermott 16.47.2; 16.J. Scammell 16.53.8.

Jnrs: 100: 1.P.Lyttle 12.0; 2.M.Shippen 12.2 200: 1.P.Lyttle 24.1; 2.M.Shippen
 24.4 400: 1.J.Gladwin 52.5; 2.P.Lyttle 60.1 800: 1.J.Gladwin 1.57.6 (CBP)
 2.M.Waller 2.7.0; 3.G.Sexton 2.12.1 1500: 1.M.Waller 4.17.9; 2.R.Dorman 4.32.0
 3.G.Sexton 4.37.2; 4.A.Horton 4.52.1; HJ: 1.S.Samson 1.90 (CBP). 2.S.Wyld 1.70
 3.P.Lyttle 1.40.

Snr./Int.Ladies: 100: 1.J.Barclay 13.1 200: 1.J.Barclay 27.0; 2.D.McNeil 28.4;
 800: 1.T.Jordan 2.47.3; 2.C.Growney 2.50.2; 3.A.Jones 2.59.5; LJ: D.McNeill
 5.34; 2.J.Barclay 4.99. SP: 1.W.Dunsford 10.19; 2.K.Smith 7.80; 3.V.St. Ange
 6.85; Jav: 1.V.St.Ange 27.89; 2.W.Dunsford 17.54; 3.K.Smith 13.73 Dis:
 1.W.Dunsford 25.62; 2.K.Smith 19.68; 3.J.Barclay 17.42; 4.V.St.Ange 17.12;
 5.D.McNeill 16.60. 3000 Walk: 1.L.Nicholls 16.58.8; 2.A. Matthews 17.35.8
 3.T.McDermott 18.24.6.

Jnr.Ladies/Filles: 100m: 1.G.Mahoney 12.9; 2.P.St.Ange 13.1; (F-Rec) 3.B.Rowe
 13.9; 4.J.Butler 14.7 200: 1.P.St.Ange 27.3; 2.B.Rowe 29.6; 3.T.Jordan 30.9
 4.A.Jones 32.9; LJ: 1.P.St.Ange 4.77; 2.G.Mahoney 4.66; 3.B.Rowe 4.23;
 4.A.Jones 3.55 SP: 1.T.Couzens 7.09 Jav: 1.T.Couzens 15.56 2000 Walk:
 1 R.Morris 12.51.8.

JUNE 13th 1979 - BATTERSEA PARK - 5000m CLUB CHAMPIONSHIPS.

1. L.O'hara	15.31	2. S.Holmes	15.39	3. I.Duncan	15.54
4. J.Rimmer	16.14	5. P.O'Connor	16.20	6. A.Binda	16.30
7. T.Dowdall	16.38	8. D.Searle	16.58	9. M.Sinclair	16.59
10.L.Coy	17.22	11.C.Walker	17.31	12. K.Duckett	17.34
13.R.Bale	17.41	14.D.Maughan	17.42	15. R.Martin	17.43
16.K.Sinclair	17.52	17.B.Taylor	18.14	18. A.Horton	18.17
19.L.Mann	18.24	20.R.Combes	18.25	21. L.McClean	18.34
22.C.Cross	19.41	23.D.Gordon	20.50	24. C.Manning	20.56

More Odds and Ends:

June 2/3 Southampton C.Brooks 5881 (11.1, 6.77, 13.54, 1.75, 52.3
 Dis 110H, 38.72, 3.40, 49.02, 5.8.2) June 3rd 100: E.Obeng 10.4, S.Sampson
 HJ: 1.92 representing Suffolk. J.Gladwin 800: 2.1.55.9 SCAA Yth.Champs
 Crystal Palace.

JULY 4th 1979 - CROYDON - ROSENHEIM LEAGUE.

Snrs: 100: 5.S.Crosbie 13.0 200: 6.S.Crosbie 26.2 400: 5.S.Williams 55.6.
 800: 2.S.Holmes 2.4.3. 1500: 4.T.Dowdall 4.28.0. 3000: 4.M.Waller 9.37.0.
 400 H: 3.S.Crosbie 70.6 HT: 4.P.Crosbie 21.18. JT: 1.P.Crosbie 43.48.
 TJ: 4.S.Crosbie 11.58 Teams: 1.SLH 58. 2.HHH 50. 3.Croydon 36. 4.Surrey B.
 35. 5.Belgrave 31. 6.Collingwood 27.

Yths: 100: 5.R.Young 13.9 400: 2.M.Waller 55.7 1500: 1.J.Gladwin 4.12.6.
 HT: 4.R.Young 17.04 JT: 3.R.Young 24.46 TJ: 4.R.Young 10.25 Teams:
 1.Surrey B.34. 2.HHH 31. 3.Belgrave 23. 3.SLH 23. 5.Croydon 17.
 6.Collingwood 7.

JULY 18th - BATTERSEA PARK - ROSENHEIM LEAGUE.

Snrs: 100: 3.P.Lyttle 12.0 400: 5.P.Gardner 58.8 800: 3.S.Holmes 2.4.4.
 1500: 1.A.McIntosh 4.7.1. 3000: 4.S.Williamson 9.24.2 110H: 1.P.Whitby 16.1;
 4 x 200: 6.Belgrave 1.45.9. HJ: 1.S.Sampson 1.83. Teams: 1.SLH 59; 2.
 Croydon 50; 3.Surrey B.38; 4.HHH 33; 5.Belgrave 32; 6.Collingwood 27.

N/S:- 100: C.Lewis 12.2 800: R.Hopkins 2.3.7; C.Gillett 2.6.3; J.Searle 2.7.4
 B.Gordon 2.22.7. 1500: M.Waller 4.18.4; B.Smith 4.21.3; A.Binda 4.27.4;
 T.Dowdall 4.30.0, R.Bale 4.38.6; L.Lyons 4.39.0 3000: T.Dowdall 9.39.6;
 D.Maughan 10.6.0.

Yths: 200: 1.P.Lyttle 24.7 800: 1.D.North 2.9.0 3000: 1.D.North 9.26.2.
 HJ: 1.S.Wyld 1.72 Ham: 3.P.Lyttle 15.00 LJ: 4.P.Lyttle 17.3. Dis. 3.R.Young
 25.80 Teams: 1.Belgrave 35; 2.HHH 31; 3.Surrey 29; 4.SLH 19;
 5. Collingwood 13. N/S: Ham: R.Young 17. HJ: L.Eppincott 1.60; 800:
 K.Clarke 2.21.4 7000: G.Sexton 9.59.2.

JULY 28th - CROYDON - SOUTHERN LEAGUE, DIV.1.

A very weakened team put up a brave fight, but there was little to shout about.
 There were only two Belgrave wins during the afternoon, Paul Whitby in the
 110 Hurdles and our track captain, Charlie Gillett in the 200 metres. Several
 second places were achieved. Cliff Brooks in the shot, Derek Williams in the
 200m, Dennis Brown in the 800, Reg Hopkins in the long jump, Peter Crosbie in
 the javelin and 4 x 100 relay team

100m: 3.D.Williams 11.4; 3.C.Gillett 11.7 200: 2.D.Williams 23.4;
 1.C.Gillett 23.4. 400: 3.R.Hopkins 52.7; 4.J.Gladwin 52.5. 800: 2.D.Brown
 1.58.6; 5.T.Dowdall 2.13.9. 1500: 5.S.Williamson 4.22.2; 5.J.Gladwin 4.37.4.
 5000: 4.J.Bicourt 15.30.4; 4.D.North 16.57.2. 3000 SC: 4.I.Duncan 10.11.1.
 4.T.Dowdall 10.18.1 110H: 1.P.Whitby 16.0; 3.A.Bent 18.0. 500H: 4.P.Whitby
 60.8; 5.K.Clarke 68.3 4 x 100: 2.(D.Williams, P.Whitby, C.Gillett, R.Hopkins)
 44.5. 4 x 400: 4.(D.Williams 51.1; D.Brown 55.1; C.Gillett 52.6; R.Hopkins
 54.3). 3.33.1 Ham: 5.P.Crosbie 21.80; 5.S.Crosbie 15.88 LJ: 3.C.Brooks 6.20;
 2.R.Hopkins 6.01 HJ: 3.S.Samson 1.85; 2.A.Bent 1.75 SP: 2.C.Brooks 13.12;
 5.R.Hopkins 10.00 PV: 3.A.Bent 2.40; 3.R.Hopkins 2.25 Jav: 2.P.Crosbie 51.70;
 3.S.Crosbie 41.08 TJ: 4.A.Bent 12.14; 3.S.Crosbie 12.02 Dis: 2.C.Brooks
 39.54; 5.P.Crosbie 26.26 Result: 1.Blackheath 131; 2.Croydon 110;
 3.Cambridge + Col.105; 4.Belgrave and Bracknell 95½.

DOUGLAS SPORTS

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JULY 14th 1979 - CROYDON - ROSENHEIM LEAGUE.

Only two wins during the evening, John Gladwin in the Youths 1500 and Peter Crosbie in the Javelin.

100: 5.S.Crosbie 13.0 400: 5.S.Williams 55.6 1500: 4.T.Dowdall 4.28.0.
 3000: 5.M.Waller 9.37.0 400H: 3.S.Crosbie 70.6 TJ: 4.S.Crosbie 11.58
 JT: 1.P.Crosbie 43.48 Ham: 4.P.Crosbie 21.18 Teams: 1.SLH 58, 2.HHH 50,
 3.Croydon 36, 4.Surrey B.35, 5.Belgrave 31, 6.Collingwood 27.
 Yths: 100: 5.R.Young 13.9 400: 2.M.Waller 55.7 1500: 1.J.Gladwin 4.12.6
 HT: 4.R.Young 17.04 Jav: 3.R.Young 24.46 TJ: 4.R.Young 10.25 Teams:
 1.Surrey B.34, 2.HHH 31, 3.Belgrave 23, 3.SLH 23, 5.Croydon 17.
 6. Collingwood 7.

AUGUST 4th 1979 - PORTSMOUTH - SOUTHERN LEAGUE, DIV.1**Dunkirk Spirit**

There seemed to be the best club spirit at a league meeting for a long, long while but regrettably the club finished last and the outlook is division two next year. Reg Hopkins got the better of Derrick Williams in the long jump and our only other win was the 4 x 100 relay. The 4 x 400 produced an exciting finish with three clubs finishing in the space of a metre.

100: 2.D.Williams 11.1 4.P.Lyttle 11.7 200: 2.D.Williams 23.1; 3.C.Gillett
 23.2 400: 5.R.Hopkins 53.0; 5.S.Crosbie 56.1 800: 4.J.Gladwin 1.57.3
 5.S.Williams 2.4.7. 1500: 4.M.Waller 4.13.2 5.N.Kirmatzis 4.28.8. 5000:
 4.P.O'Connor 16.04.2; 3.S.Williamson 16.18.4. 3000 SC: 5.T.Dowdall 10.3.0
 5.M.Sinclair 11.08.2 4 x 100: 1.Belgrave 44.4 4 x 400: 3.Belgrave 3.27.8
 110 H: 3.P.Whitby 15.9; 3.R.Hopkins 16.9 400H: 2.P.Whitby 57.0; 5.S.Samson
 63.8 LJ: 1.R.Hopkins 6.80; 1.D.Williams 6.74 HJ: 4.S.Samson 1.75; 5.R.Hopkins
 1.55 PV: 5.R.Hopkins 2.30; 4.S.Samson 2.30 TJ: 4.D.Williams 12.80; 4.
 S.Crosbie 11.96 HT: 5.P.Crosbie 21.72; 5.J. Martin 21.24 DT: 5.P.Crosbie
 29.82; 5.J.Martin 27.80 SP: 5.J.Martin 10.20; 4.R.Hopkins 9.97 JT: 2.P.Crosbie
 56.38; 5.S.Crosbie 32.90. Teams: 1.AFD 148¹/₂; 2.Royal Navy S.114;
 3.Yeovil Olym. 104¹/₂; 4.Havering 92; 5.Belgrave 80.

AUGUST 1st 1979 - CROYDON - ROSENHEIM LEAGUE

100: 2.R.Hopkins 11.9 800: 6.L.Coy 2.26.9 N/S S.Crosbie 2.33.8; C.Manning
 2.41.4. 1500: 4.T.Dowdall 4.28.5 N/S L.Coy 4.58.0 400 H: 5.S.Crosbie 68.0
 HT: 6.S.Crosbie 14.26 JT: 3.S.Crosbie 36.60 Teams: 1.HHH 52; 2.Croydon 50;
 3.Collingwood 37; 4.Surrey B.35; 5.SLH 31; 6.Belgrave 18.
 Yths: 100: 1.P.Lyttle 11.8 400: P.Lyttle 56.7 HT: 3.P.Lyttle 17.10
 JT: 3.P.Lyttle 24.88 Teams: 1.Surrey B.33; 2.HHH 29; 3.SLH 21; 4.Belgrave
 18; 5.Croydon 14; 6. Collingwood 14.

Rosenheim ResultFINAL ROSENHEIM AREA LEAGUE TABLES

Seniors: 1. SLH 32. 2.HHH 29. 3.Croydon 23. 4.Surrey Beagles 20.
 5.Belgrave 14. 6.Collingwood 11.

Youths: 1.Surrey Beagles 32. 2.HHH 30. 3.Belgrave 26. 4. SLH 17.
 5.Collingwood 11. 6.Croydon 11.

AUGUST 15th 1979 - TOOTING - ROSENHEIM LEAGUE FINAL.

The youths team, in particular Pat Lyttle, had done well in reaching the final meeting in which the top three clubs from each area league come together. On the day the club had one winner, John Gladwin, who romped away an easy first. Raymond Young was third in the discus.

200: 4.P.Lyttle 24.7 800: 1.J.Gladwin 2.3.0 1500: 6.K.Clarke 4.49.2
 SP: 4.P.Lyttle 9.96 Dis: 3.R.Young 23.10 HJ: 6.P.St.Ange 1.45 LJ: 6.
 P.Lyttle 5.15 Match Team result not received. Ed.

Southern League ----- ResultSOUTHERN LEAGUE DIVISION 1. FINAL TABLE 1979

	<u>Pts.</u>		<u>Pts.</u>
1. A F & D	29	22. Cambridge H.	12
2. Blackheath	27	23. Oxford B.	9
3. Ilford	26	24. Bracknell	9
21. Belgrave	12½	25. Southend	8



John Gladwin wearing lucky 13 on his way to victory in the Surrey Youths 800m.

Photo by Bill Laws

ALAN MEAD looks to 1980.

My name is Alan Mead and I am your new Track & Field Secretary. I had reservations about accepting this post, living as I do some distance from the scene of our activities, but having now made the decision to take it on I aim to do my utmost to get our track and field side working together for a dramatic improvement in our league fortunes. I no longer have any pretensions about making the team myself so all my effort is going to be expended in chasing you up. Don't let me down!

Assistant T & F Secretaries are John Martin, with special responsibility for field events, and Leo Coy, who is going to look after all matters relating to T & F officials. We could still do with another assistant to take care of recording at our home fixtures, so if you feel ready to take on a spot of work on perhaps ten occasions next summer, now is the time to step forward. Full instructions will be provided if you haven't done anything like this before.

Our Captains in the arena are Reg. Hopkins, Jrn. on the track and Cliff Brooks on the field.

It will be noted that we have drawn the two old sections (track section and field section) together. Once upon a time when some meetings consisted solely of track or field events the split had some meaning. Now, I feel, the separation only complicates matters. In what other sport does half the team get selected by one panel, the other half by another, and some of each by both!

Don't think that I am relying just on the Folk named above. All members, particularly the more senior competitors (and ex-competitors) should interest themselves in the progress of others, help the less experienced athletes with their training if possible and keep an eye out for talent. It would be a good idea if we all carried a couple of membership forms in our kit bags.

* * *

Before going any further we must thank Steve Crosbie for all the work he put in as last year's Track Secretary. It must have been really depressing to put in all that effort only to see the Bels. end up just avoiding relegation.

* * *

Yes that's right, we do stay up in Division One of the Southern League after all. We cannot say we deserve First division status, having ended the 1979 season below the normal relegation line. But we were saved by the fact that both Blackheath H and Aldershot, Farnham & District AC went out at the top after qualifying for the National League.

Two of our members - sprinter Jim Evans and javelin thrower Peter Crosbie - have quit our side for that of Epsom & Ewell H. and National League Competition. Perhaps they were convinced we would be relegated or maybe they had no confidence in Belgrave's ability to hold together in the face of adversity. Whatever their reasons, I am sure we will prove them wrong and can only say that if we all turned our backs when things got rough and failed to respond to the challenge our sport would collapse.

WHEN THE GOING GETS TOUGH, THE TOUGH GET GOING!

* * *

When next season's fixtures have been mapped out, probably soon after the New Year, a get together of all parties interested in our track and field side will be arranged. At this meeting we will outline our plans for the season and be open to any helpful suggestions. This will be an ideal time to get to know other members of the team: for the Youth 800m man to chat to the thrower, the battle-scarred victor of countless 400m races to talk tactics with the 5000m specialist, the pole vaulter to swap 'hairy tales' with the official, and the novice to work out which event looks most likely to enable him to break into the team.

Letters will be sent out advising the date of this meeting. If you are interested in attending but are not, perhaps, an established team member already and feel that your interest is not known, please 'phone me and I will make sure that you too receive details. Don't forget - if you are 16 or over next season you are old enough to compete for us in senior league competition.

For many years we have relied (very successfully at one time) on our road runners and cross country runners to fill in at 5000m and 3000m steeplechase. Of course we hope they will continue to show an interest in the track for while they are clearly our fastest they will surely get first choice. Nevertheless, it is high time that we looked to runners who are dedicated to the track and it is our intention to give our young middle distance men every encouragement. The 16 and 17 year old who is already around 16 minutes for the 5000 metre event is far more likely to make a big breakthrough if we give him the opportunity than the hoary veteran of innumerable encounters up to marathon distance who we know is going to run dead on 15 minutes 50 seconds.

For Southern League matches, those who are selected for each meet will receive notification as early in the week as the post makes possible. At least one reserve sprinter and middle distance man will also be selected and will be expected to travel to the match. Non-scoring races are held over 200m and 1,500m so they will definitely get a race. If we can round up a reserve thrower as well, so much the better. If you are not selected but would still like to run in the non-scoring races or would like to attend simply to support the team, please let me know in good time so that transport can be arranged.

For trophy meetings, and these are few and far between these days, a team will also be selected but if you turn up on the day you are pretty sure of getting competition although a 'phone call to me beforehand should avoid any unnecessary journeys.

All other meetings, including Rosenheim mid-week league matches, will provide competition for whoever turns up on the day. No selection here - however slow you go you will find somebody to compete with. At the request of some members we will also be providing some handicap events for non-veterans. Ted Stimpson has kindly offered to sponsor one of these events (probably 800m with a 600m for boys) and we are hoping to get some good quality prizes for other events as well. The traditional handicaps, such as Boxing Day, are of course open to all.

For Your 1980 Diary.

Southern League fixtures for next season are:-

May 3rd	Portsmouth (Portsmouth, L.Irish, Yeovil, N.London)
May 31st	Chelmsford (Chelmsford, Wycombe, QPH, HHH)
June 7th	New River (Haringey, SLH, Highgate, Hillingdon)
June 28th	Croydon (Croydon, Hounslow, Ilford, Old Gay.ts.)
July 19th	Wimbledon Park (HW, Harlow, RNAC, Verlea)
August 16th	Motspur Park or Battersea Park (our home match) (Plymouth, Surrey, Cam/Col., Havering).

It may surprise you to know that your officials actually plan their holidays to avoid missing league matches. If you, as a competitor, can do the same it will help the Club no end. Note that our home match is right in the middle of the holiday season, but if we can get a strong turn-out on that day, taking advantage of the weakness of others, we can finish the season with a win.

* * *

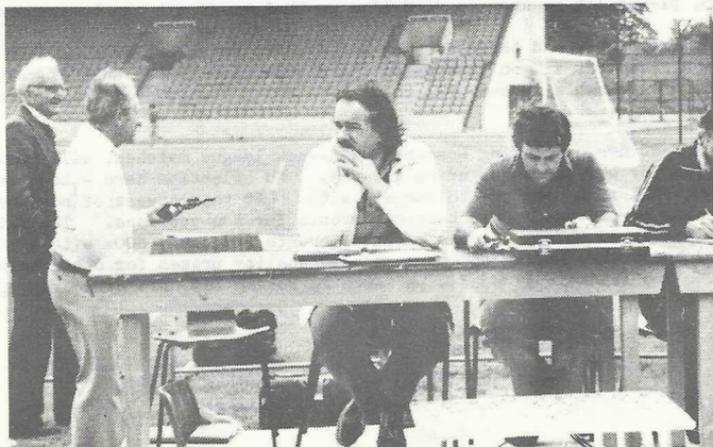
Keep in touch. Train hard throughout the winter and come out fighting next spring.

Telephone Nos:-

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Work: 01-248 3999 Ext.14

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Caversham Park Village,
Reading, Berkshire.

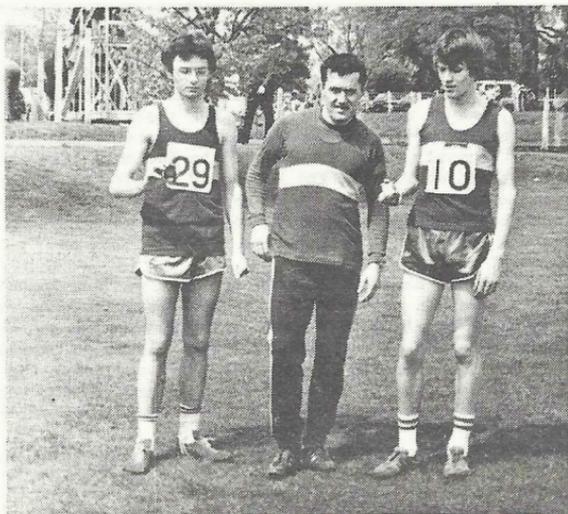


Key decisions before 100 x 1 mile relay. O.K. Fellas it's going to be 9 hard hours. Does anyone want to take the easy way out? Belgrave's Bill Couzens seems unimpressed!

Photo by Bill Laws

ADVERTISEMENT

Young Athletes!



You've all heard of him. Now at long last we have captured a true likeness of the one and only - yes, it's Colin (Butch) Pearson. (The one in the middle). Belgrave's answer to Harry Wilson - Colin is our trainer par excellence specializing in the personal discomfort of all those young gentlemen wishing to improve their athletic endeavours.

Here we see him with two of his proteges and their comments offer inspiration to us all. Says Young Waller (on the left) "I can't understand a word he says, but I like the way he says it!" Pure ambrosia - and Captain Gladwin (on the right) shows what dedication can do. "I started to get every other word about mid-season. I well remember his 'pull finger ...' as I cruised under 2 minutes for the first time."

What more can we say. Youths, boys and colts 'phone now and prepare for a new experience at the experienced hands of 'Butch' Pearson.

Telephone Colin Pearson

or Belgrave Hall

01-946-6859

Evenings 01-788-6361

Work 01-947-2106

BELGRAVE KIT - AVAILABLE FROM DOUG MARCHAN

Belgrave Hall 01-946 6859

or 01-686 2649

WALKING

Well we did win a National Senior title, albeit in surprising circumstances, but it still counts and it was done without our strongest team. It was rather unfortunate that the reaction of that race was that criticism was levelled at the judging system. Generally the criticism came from those walkers who had been disqualified, and in most cases it was not their first disqualification. Belgrave have little to criticise as we had fifteen starters and fifteen finishers. More recently we were third in the National 50km and as a result we have finished third overall in the McSweeney Trophy, an improvement of three places on last year. Ahead of us were Surrey and Leicester. We can still do better and if hard work, determination and co-operation are combined we will.

Generally the summer has been quite successful, we won the Lambeth with strong packing, 6 in 15. We won the Southern Track competition and were second in the Leicester Mercury 20 miles. The 100 miles at Ewhurst was not up to hopes with Ron Day having to retire at half way, but at least he started. John Morris and John Keown did credit to themselves by completing the distance, John Morris with his fastest time to date, and John Keown fighting through a bad patch - 30 miles of it - in which lesser mortals would have called it a day.

Congratulations to the new Junior International Linda Nicholls and Richard Dorman.

The winter season will soon be on us and the Open 7's etc. We had some fairly good turn outs last winter and it is these races that are the breeding grounds of future Belgrave stars and team men. We need some dedicated walkers to put Belgrave back at the top.

Derek Howie, now a B.A. recently spent two weeks in Farnham Park Hospital, Slough having a back ailment sorted out, he went there thinking that it was a holiday camp and did not realise that he was expected to do exercises all the time. He hopes to be back on the road in the not too distant future. Graham Seatter is coming to England for two months for the Lugano cup final. Allan Callow, now based in the Isle of Man after his jaunt to Canada, has had two failed trips to London, once for the 20kms National when due to plane delays he overslept and missed the race, and more recently for the track league when he went down with a virus infection on the morning of the race.

Individually there have been some good results, Paul Blagg 3rd in the Barking to Southend, Mike Nicholls winning the English Schools Intermediate Championship, Carl Lawton winning the National 20kms and Hastings to Brighton.

On the ladies side, not a successful summer, as I have said before with the low numbers it is difficult to ensure a team turn out and to do so the girls need to be far more dedicated than the men. The Nationals are coming round again soon and it would be pleasant to improve on our 3rd place last year.

Walking Reports by Carl Lawton Walking Secretary

MARCH 3rd 1979 - BATTERSEA PARK - SOUTHERN AREA 10 MILES CHAMPIONSHIP.

Following the Belgrave victory three weeks earlier on the same course in the G.L.C. 10 miles championship it was a repeat performance for the Southern. In the Senior ladies race Belgrave dominated with a 1-2 victory.

Senior Mens 10 miles: 1.S.Lightman (Met.W.C.) 74.38; 2.C.Lawton 75.05; 3.A.James (Enfield) 75.30; 5.J.Hall 76.51; 10.R.Dorman 78.50; 15.M.Scamell 79.59; 18.J.Newnham 80.21; 20.P.Blagg 80.41; 29.V.Hutchins 83.29; 38.N.Morris 86.00; 46.R.Day 89.18; 66.J.Morris 96.02; Teams: 1. BELGRAVE 29; 2.Ilford 46; 3.Steyning 60.

Junior/Youth 5kms: 1.G.Maynard (Cambridge H.) 23.11; 2.M.Nicholls 23.25; 6.K.McDermot 24.26; 10.P.Morris 25.21.

Junior Ladies 3kms: 16.T.McDermot 18.13; Boys 3kms: 14.S.Pritchard 17.35.

Senior Ladies 5kms: 1.L.Nicholls 27.40; 2.S.Rook 28.18.

Sand Dance

In the annual Bournemouth Piers 6 miles on March 10th - where anything can be expected - sand across the promenade prevented the full length between Bournemouth and Boscombe being used, and what was used was treacherous in parts. Despite this Carl Lawton retained the title for the third year but even with backing up from Mike Scamell and John Newnham Belgrave were beaten by Steyning in the team race.

MARCH 14th 1979 - CRYSTAL PALACE - SCAA 10kms CHAMPIONSHIP.

On a cold evening those who braved the conditions saw Gordon Vale of Surrey leave Carl Lawton standing as he broke the British Junior Record with 44m.41.6. In the closing stages Belgrave's Richard Dorman failed by 20 seconds to collect a championship medal.

2.C.Lawton 46.32; 3.B.Armstrong (Ilford) 46.32; 4.R.Dorman 46:52.6; 8.J.Newnham 48:56.8; 11.M.Nicholls 50:49.6;

MARCH 31st 1979 - HORNBURCH - A.A.A. 10kms CHAMPIONSHIP.

1.B.Adams (Leics.) 43.48; 5.C.Lawton 45.55; 10.R.Dorman 46:56.6; 21.J.Newnham 50.43; 23.T.McDermot 51.41.

W.A.A.A. 10kms CHAMPIONSHIP.

1.M.Fawkes (N.S.Poly) 48:37.6; (World Record). 10.L.Nicholls 60.30; 11.S.Rook 61.07; 12.A.Mathews 61.52; 13.M.Keenan 64.37; 14.J.Pritchard 64.46.

On Wednesday 4th April Mike Scamell recorded a personal best of 47.07 when finishing 3rd in the Esso 10kms Championship.

APRIL 7th 1979 - YORK - NATIONAL AND INTER-COUNTIES 10 MILES CHAMPIONSHIP

The original date of the race three weeks previous had to be cancelled due to bad weather conditions. The field was below the normal size due to the latest date clashing with the fixture at Battersea Park. Flynn, the holder from Basildon, was not surprisingly disqualified at 4 miles and it remained for Harvey of Lancs. to take his first National title. Belgrave failed to get into medal position due to an all round below par performance.

1.C.Harvey (Lancs) 71.25; 2.B.Adams (Leics) 71.51; 3.R.Mills (Ilford) 72.14; 7.C.Lawton 74.09; 29.J.Hall 77.35; 32.M.Scamell 77.57; 34.R.Dorman 78.37; 39.J.Newnham 79.20; 82.D.Fotheringham 86.58; 107.T.McDermot 92.51; 125.J.Keown 98.12.

Teams: 1.Leicester W.C.61; 2.Steyning A.C.62; 3.York Postal 65; 5.BELGRAVE 88.

APRIL 7th 1979 - BATTERSEA PARK - METROPOLITAN W.C. 20kms.

1.G.Nibre (Ilford) 95.21; 7.N.Morris 108.23; 9.J.Bromley 109.13; 11.R.Picton 109.42; 16.E.Crossingham 114.32; 22.R.Day 118.45.

Team: 1.Ilford. 2.BELGRAVE. 3.Enfield.

APRIL 11th 1979 - CRYSTAL PALACE - S.C.A.A.A. 3kms. CHAMPIONSHIP

1.R.Mills (Ilford) 12:31.2; 2.C.Lawton 12:50.8; 4.R.Dorman 13.03; 7.J.Hall 13.29.8; 10.J.Newnham 13:41.8; 13.N.Morris 14:50.6; 15.V.Hutchins 15.12.

APRIL 21st 1979 - SUSSEX - BRIGHTON TO STEYNING 20kms.**A Belgrave First !**

Held on the usual undulating course it was Mike Parker of New Zealand who led from the start and was over a minute clear of Lawton at half way. French International De Cosse suffered disqualification after only 5kms. Over the closing stages Lawton closed the gap on Parker and passed him for a fourth consecutive win with just over one km. to go. For the first time it was BELGRAVE who won the team race with some close packing.

1.C.Lawton 94.05; 2.M.Parker (Brighton & N.Z.) 95.30; 3.C.Maddocks (Dawlish) 96.29; 8.R.Dorman 100.08; 10.J.Hall 101.26; 11.J.Newnham 101.35; 13.P.Blagg 103.37; 17.T.McDermot 105.32; 24.N.Morris 108.54; 34.E.Crossingham 116.15; 35.C.Long 117.22; 40.S.Curran 120.14.

Team: 1.BELGRAVE 21. 2.Brighton 34. 3.C.A.Fleurs (France) 61.

APRIL 28th 1979 - STEYNING - SOUTHERN AREA 20 MILES CHAMPIONSHIP.SIX IN ONE:

If six counties held their 20 Miles Walking Championship on the same day, we would have six poor fields with few officials. Combine these all with the S.Counties Championship and you get a good field with an adequate supply of officials and a good race. This year's event covering a one lap course incorporated our own Club Championship.

One notable absentee from the Belgrave line-up was Doug. Fotheringham, President of the Southern R.W.A. who could hardly complete in an event for which he was referee and starter. The race started in a slight drizzle which fortunately cleared up and we had a cool afternoon. At the 5 miles point, Carl was amongst the leaders. At 10 miles the field was beginning to split up, with the leaders still moving well. Carl had a slight lead from Mike Parker (a New Zealander competing for Brighton) at 15 miles. Of the seven teams Surrey W.C. appeared to have the edge, but our team was pressing hard.

At the finish Parker, after a ding dong with Carl over the last stages had a 41 seconds advantage with Adrian James (Enfield) in hot pursuit. Carl won the Surrey County and the Club Championship. Our second man was expected to be John Hall, but John Newnham had other ideas and caught him over the closing stages to take second place in the Club Championship. This was his first medal in a major Championship and it is good to see his form at the shorter distances showing through over 20 miles. Completing the team was Nigel Morris who assured us of second team medals - the first Senior Championship medal for this powerfully built walker.

The team winners, Surrey W.C. seem to be finding teams similar to those of bygone days and beat us in both Southern and Surrey Championships.

After the presentation of the awards we were shown the film which the B.B.C. made of last year's Hastings to Brighton Walk.

1.M.Parker (Brighton) 2:36.28; 2.C.Lawton 2:37.09; 3.A.James (Enfield) 2:37.21; 13.J.Newnham 2:51.54; 15.J.Hall 2:53.19; 21.N.Morris 3:03.25; 27.R.Day 3:07.47; 29.C.Long 3:08.35; 30.J.Dunsford 3:09.28; 42.S.Curran 3:26.42; 44.J.Keown 3:30.28.

Team: 1.Surrey W.C. 31. 2.BELGRAVE 44. 3.Brighton 48.

MAY 2nd 1979 - BATTERSEA PARK - BELGRAVE (ELSON CUP) & SURREY
COUNTY 10kms CHAMPIONSHIP.

Although closing fast in the latter stages Vale of Surrey failed to take Lawton's hold on the County title. In the Club Championship retained by Lawton, Dorman held off Hall in the last lap for second.

1.C.Lawton 46.12; 2.G.Vale (S.W.C.) 46.17; 3.S.Elms (Guest) 47.17;
4.R.Dorman 47.36; 5.J.Hall 47.44; 6.J.Newnham 48.44; 7.K.McDermot 52.19;
10.J.Dunsford 52.43; 11.V.Hutchins 53.09; 12.R.Middleton 54.35;
13.D.Fotheringham 54.39; 15.P.Morris 55.44; 17.J.Morris 59.08; 18.L.Mann
63.35.

The handicap presented by Mrs. Aplin was won by John Hall.

MAY 12th 1979 - VICTORIA PARK, LONDON - NATIONAL 20kms CHAMPIONSHIPS.

NATIONAL WIN - For Carl and Team.

A Walker's Race - this was how one seasoned performer described the R.W.A. National 20kms Championship held in Victoria Park on 12th May. His remarks were prompted by a glance at the result sheet which showed that 102 out of 137 starters finished - 14 disqualified and 21 retired. Not only did one have to be extra fit to cope with the sudden onset of the warm weather, but the walking had to be impeccable as the judges were much in evidence.

To the race itself, the early leaders were Olly Flynn, Mike Parker, Brian Adams and Amos Seddon with Carl not too far back. The team race looked good for Ilford A.C. who had many well up. This was the position at half-way but the pressure was beginning to tell, Carl was holding his own and our others were beginning to feel the benefit of a steady start. Well into the second half we expected the leading group - they were reduced to one! Our own Carl, who was pulling away from Parker. The judges had been busy with the leaders! Our others were going well and seemed to have some in hand for the last lap where so much can happen to your positions.

Carl obviously scenting his first National win speeded his way home 2 min. 6 secs. ahead of the second man, A.King, the much improved Leicester walker. Carl's win was a very popular one indeed, but more was to come. John Hall in ninth scoring position had one of his best outings. Then in came the third Sheffield man to give them three home to our two (they don't relinquish their titles easily). Our next man was Mike Scamell and in he came with John Newnham alongside. There was still scope for Sheffield but three non-scorers Richard Dorman, Trevor McDermott and John Dunsford finished before the Sheffield team was completed. So, great walking by Mike and John in gaining their first R.W.A. winning team medals and to John Hall who has figured in placed teams, but the winning medal has always eluded him.

We had a good turnout for the Bel's and it was good to see how well some of our newer and younger members performed.

The last word of course is for Carl for a great performance (remember what a fine walk he had against the Mexicans not that long ago over the same course). Yes, its congratulations from all Belgravians upon winning a National R.W.A. Championship, thus taking yourself alongside Tommy Green, Harry Churcher, Stan Vickers, Eric Hall, Ray Middleton and Wilf Wesch.

Gordon Doubleday

1.C.Lawton (Bels) 92.25; 2.A.King (Leic) 94.31; 3.S.Lightman (Met) 95.53;
9.J.Hall 98.22; 19.M.Scamell 102.05; 20.J.Newnham 102.05; 30.R.Dorman
105.12; 32.T.McDermot 105.38; 40.J.Dunsford 108.16; 55.R.Day 112.11;
62.M.Harrison 113.39; 70.J.Bromley 116.00; 71.E.Crossingham 116.03; 76.
C.Long 118.00; 91.J.Morris 124.12; 94.S.Curran 125.47; 97.J.Keown 127.23.

Team: 1.BELGRAVE 42. 2.Sheffield 53. 3.Leicester 63.

MAY 19th/20th 1979

The weekend of May 19th-20th must have been one of the busiest for Belgrave walkers for some time. It was not the number of competitors but the number of competitions spread out through the northern hemisphere. Two meetings in Italy, one in France and two in England. Starting in Italy, Carl Lawton and Richard Dorman were representing Britain in a match against Italy. In the 35kms Carl Lawton was 7th in 3:04.47; and in the Junior 10kms Richard Dorman was 8th in 49.06. Down the road from Gradisca is Milan where John Dunsford, who incidentally had paid his own way out there, won his age group in a veterans 20kms.

A little nearer home it was Linda Nicholls turn in Rouen to be representing England in an International 5kms in which she finished 5th in 28:32.6.

At home on the Saturday down at Southampton the English Schools Championships were held in which Belgrave had 9 competitors. In the Senior Boys 10kms, 4th was Trevor McDermot in 50.20; and 12th P.Morris in 54.56. Junior Boys 3kms, 20th I.McDermot 16.40; 34.R.McCann 17.48; 38.S.Fritchard 17.59. Intermediate Girls 3kms: 21.T.McDermot 18.34. Junior Girls 2 1/2kms: 43.R.Morris 16.02. Last event to be mentioned in the English Schools is the Intermediate Boys 5kms in which Belgrave had a winner with Mike Nicholls in 23.19; and 7th Kevin McDermot in 24.45.

Finally, the last event of the weekend the Annual Police Long Distance Walk from Barking to Southend. Although it has to be admitted that only the first section of the finishers are regular competitors it is still an achievement to be well placed. This year it fell to Belgravian Paul Blagg to finish third in 5:05.54. He was followed by Derrick Ellis 10th, 5:39.22 and John Morris 22nd, 5:57.10. Also in the race were three cadets but they were not competing in the actual race, they were Mark Harrison, Charles Long and Russell Day who finished up as the winning cadets team.

MAY 26th 1979 - LEICESTER - LEICESTER MERCURY 20 MILES

1.B.Adams (Leics) 2:37.35; 2.C.Lawton 2:38.24; 3.A.King (Leics) 2:38.39;
7.J.Newnham 2:47.56; 24.J.Dunsford 3:02.24; 27.R.Day 3:08.26; 53.J.Keown
3:28.10;

Team: 1.Leics. 15. 2.BELGRAVE 35. 3.York Post. 65.

In the Inter-Counties meeting at Cwmbran, John Hall was the only Belgrave walker and he finished 10th 10kms 48.15 and 6th 3kms 13:26.1 representing Sussex.

On June 3rd, John Newnham won his first Open race when he beat the field over 5kms at Bedford.

A week later at Luton in the Vauxhall 10kms, Belgrave dominated the day by filling the first four places with Richard Dorman, Mike Nicholls, Mike Scamell and John Newnham filling the spots.

JUNE 16th 1979 - LEICESTER - NATIONAL 35kms CHAMPIONSHIP

Held on a flat fast course of seven laps, the weather, which turned out to be rather warm, took its toll on the field as nearly a quarter failed to finish. Belgrave's turn out was not at its best and as a result finished outside the medals in fourth place. The final result was always in the balance as changes due to temperature and disqualifications sorted out the field, finally it was Roger Mills who took the title. First Belgrave man was Carl Lawton in 4th place.

1.R.Mills (Ilford) 2:52.08; 2.R.Dobson (Ilford) 2:52.44; 3.A.James (Enfield)
2:54.07; 4.C.Lawton 2:56.47; 17.N.Scamell 3:09.10; 18.J.Newnham 3:09.14;
31.J.Dunsford 3:20.22; 44.R.Middleton 3:31.24.

Team: 1.Sheffield 29. 2.Ilford 36. 3.York Postal 49. 4.BELGRAVE 63.

JUNE 22nd - 23rd 1979 - EWHURST SURREY - SURREY WALKING CLUB OPEN 100 MILES.Third Surrey '100':

On June 22nd/23rd Surrey Walking Club held their 3rd four yearly Open 100 Miles Walking Race at Ewhurst, Surrey. The Club who since its formation at the end of the last century has promoted ultra long distance races were in 1971 forced, because of increasing traffic problems, to substitute a 100 Miles for their traditional Open London to Brighton and back event.

This year's race attracted an entry of 113 which included 54 walkers from overseas. Belgrave's team consisted of Ron Day and the 'terrible twins' Johnny Morris and John Keown. For Ron this was his first attempt at 100 miles. The two Johns, now veterans, were making their third appearance in this event.

The race was held over ten equal tough hilly laps and here and there the road surface was very poor. The only successful way of walking through the wooded sections during the hours of darkness was by following the white lines which were painted on the road.

The start at 6 p.m. on a warm, sunny Friday evening was very impressive, with some of the foreign teams waving flags and singing national songs. With 107 starters the walkers were immediately faced with the problem of finding space to settle down at their own pace without 'bunching'. Most walkers donned white vests as dusk turned to night. Our three passed 20 miles in 3 hrs.52.

The next two laps were walked by the light of bicycle lamps. Dawn saw the passing of the 50 miles mark at which point Ron Day was forced to retire. Both John Morris and John Keown walked strongly to 70 miles but here Keown had a recurrence of back trouble and, thereafter, slowed. The last 20 miles took him over 6 hours, but his determination to complete his 3rd consecutive 100 spurred him to the finish. John Morris achieved a remarkable feat by setting a personal best. Not bad for a veteran!

John Keown

Result: 1. D.Boxall (Brighton & Hove A.C.) 17:24.00; 2.J.D.Harrison (Boundary H) 17:45.53; 3.J.P.Vos (R.W.A.Holland) 18:03.59; 16.J.Morris (Belgrave H) 20:23.30; 50.J.Keown (Belgrave H) 22:37.44;

R.Day retired after covering 50 miles in 10h. 14m.55s.

107 Started 77 Finished inside 24 hours.

Teams: (3 to score) 1.Enfield H. 26. 2.R.W.A.Holland 35. 3.L.A.T. Holland 37.

JUNE 24th 1979 - BASILDON - BASILDON FESTIVAL

This did not prove to be a well supported meeting from the Belgrave point of view, as we would undoubtedly have collected a few team victories had we had full turn outs.

Two individual victories were recorded by Richard Dorman and Carl Lawton both of whom had been up the previous Friday night on the Ewhurst 100.

Senior Mens 15kms: 1.C.Lawton 69.13; 2.A.Seddon (Enfield) 69.46; 10.J.Newnham 76.02; 14.M.Nicholls 76.45; 19.J.Bromley 82.06;

Team: 1. Ilford 14. 2.BELGRAVE 22.

Junior Mens 5kms: 1.R.Dorman 23.46; 3.K.McDermot 25.35. Boys U.13: 6.

I.McDermot 10.56; Womens 3kms: 14.W.Dunsford 20.53;

Girls U 15: 7.T.McDermot 12.06.



JUNE 30th 1979 - BROCKWELL PARK - LAMBETH FESTIVAL.

The main event, the 10kms, was well supported with 12 Belgrave starters and six finishers in the first 14, but the supporting events lacked some team effort.

Senior Mens 10kms: 1.M.Parker (Brighton) 43.53; 2.A.Seddon (Enfield) 44.56; 3.C.Lawton 45.47; 10.R.Dorman 47.57; 11.J.Hall 48.09; 12.J.Newnham 48.16; 13.M.Scammell 48.35; 14.M.Nicholls 48.36; 24.J.Dunsford 51.29; 34.E.Crossingham 53.03; 41.D.Fotheringham 54.40; 43.P.Morris 55.48; 49.C.Long 57.25; 50.S.Curran 57.25;

Team: 1. BELGRAVE 22. 2. Brighton 24. 3. Steyning 37.

Ladies 10kms: 3.L.Nicholls 60.50; 7.T.McDermot 65.16.

JULY 11th 1979 - WIMBLEDON PARK - SURREY 3kms CHAMPIONSHIP

Carl Lawton made it a clean sweep of the county championships when he won the 3kms from Richard Dorman.

1.C.Lawton 13.15; 2.R.Dorman 13.28; 3.P.Selby (S.W.C.) 13.39; 4.J.Newnham 13.40; 5.E.Crossingham 14.39; 6.R.Day 14.59; 8.P.Morris 15.47.

JULY 13th 1979 - CRYSTAL PALACE - A.A.A. 3kms WALK.CHAMPIONSHIP

Roger Mills of Ilford won this title for the eighth time in 12:09.1. Mike Parker of Brighton was second in 12:22.8; Carl Lawton retained his third place of last year in a time of 12:37.7; only a second outside his personal best. The other Belgrave finisher was John Hall in 8th with 13:21.6.

JULY 21st 1979 - COVENTRY - NATIONAL 50kms CHAMPIONSHIP.

One Under The Eight

Belgrave had the honour of throwing away the chance of winning the Milan Trophy - first team with eight men home - for the simple reason that we did not start eight men. We had seven starters and seven finishers. It is always unfortunate to those who have tried to be let down by those that have not. As a form of condolence we were rewarded with third team in the Championship. Carl Lawton could not produce his best form and was nearly caught by a fast finishing Paul Blagg picking up his first National Medal John Newnham and Ron Day backed up. Behind them and only one place off his 49th National medal was Ray Middleton and another newcomer to 50kms Nigel Morris. 7th man home was John Keown completing his first race since the 100 miles.

1.M.Parker (Brighton) 4:14.26; 2.A.James (Enfield) 4:14.30; 3.C.Maddocks (Dawlish) 4:22.08; 15.C.Lawton 4:37.54; 17.P.Blagg 4:41.33; 21.J.Newnham 4:47.13; 30.R.Day 4:59.01; 32.R.Middleton 5:03.00; 35.N.Morris 5:06.45; 53.J.Keown 5:46.54.

Team: 1.Sheffield 39. 2.Leicester 47. 3. BELGRAVE 64.

Facing Page

Belgrave's triumphant record breaking 25 x 1 mile vets team. (Well almost all of them) - We're not certain how John Walker got in the photo!

THREE MEDALS FOR BELGRAVE IN THE JUNIOR/YOUTH CHAMPIONSHIPS AT
CLECKHEATON - JULY 22nd 1979.

Junior 10kms: 1.G.Vale (S.W.C.) 45.55; 2.R.Dorman 46.41; 6.S.Marshall 50.27;
Youth 3kms: 1.G.Maynard (Camb.) 13.39; 2.M.Nicholls 14.05; 3.K.McDermot 14.06;

As a result of this meeting Richard Dorman was selected for his second Junior International, this time against Poland and Italy at Wolverhampton.

JULY 28th 1979 - PARLIAMENT HILL - SOUTHERN AREA TRACK LEAGUE COMPETITION.

Southern Win

This meeting of four races in each of the two divisions involves a long afternoons racing. Belgrave in Division one had not won the Championship for some years and it was unlikely that we would win it today due to unavailability of some of our walkers due to holiday commitments and Allan Callow having to withdraw at the last minute due to illness despite having made the trip from The Isle of Man.

In the first race of the afternoon, Belgrave were immediately struggling due to the non appearance of one walker and we could only finish second from last. The second race, 3kms changed the picture with a 1 and 3 from Richard Dorman and John Newnham. In the third race Carl Lawton was 2nd over 10kms and Paul Blagg 7th giving Belgrave 66 points equal with Havering and only two points clear of Brighton and three of Steyning. So it all hinged on the final race of the afternoon, the 5kms. Bel were relying on two Youths to keep the flag flying and so they did despite Kevin McDermot losing a few places in the last three laps, but Mike Nicholls held on for third.

So it was that Belgrave won the meeting, but not through having the best team but for the fact that other clubs turned out weak teams.

U 15 2kms: 7.I.McDermot 11.02. 3kms: 1.R.Dorman 13.19; 2.S.Gower (Ilford) 13.26; 3.J.Newnham 13.48; 11.D.Ellis 15.33.

5kms: 1.A.Seddon (Enfield) 22.20; 3.M.Nicholls 24.28; 8.K.McDermot 25.30;

10kms: 1.G.Morris (Steyning) 47.23; 2.C.Lawton 49.30; 7.P.Blagg 51.37.

Team: 1. BELGRAVE 89. 2.Havering 86. 3.Brighton 83. 4.Ilford 76.

AUGUST 4th 1979 - HASTINGS TO BRIGHTON 38 MILES.

Lawton Takes 'Hastings'

This was to be the race that Don Thompson's 19 year old record for the course was going to be broken by the new 50kms champion, Mike Parker. But this was not to be. This event, often considered to be harder than the London to Brighton, has its pitfalls, the first half is always varying in surroundings and is sheltered, but as one enters West Sussex things change, long straight open roads where the going gets tough. Mike Parker discovered this and retired before reaching 50kms. So it was that Carl Lawton in his 8th outing came through to pass Parker near that devastating Lewes Hill and win the race in his fastest ever time and third fastest all time. Behind him Ron Day produced 12th and Dave King, once again coming out of hibernation for the 'long ones', 24th, but it was not enough to retain the team title held for the last two years.

1.C.Lawton 5:34.57; 2.D.Boxall (Brighton) 5:50.25; 3.A.Geal (Steyning) 5:53.50;
12.R.Day 6:32.05; 24.D.King 6:57.08.

Team: 1.Enfield 25. 2.S.W.C. 26. 3.BELGRAVE 27.

AUGUST 11th 1979 - VICTORIA PARK - SOUTHERN AREA 20kms CHAMPIONSHIPS.

Once again conditions took the toll, another hot afternoon resulted in generally slow times. Bels were not able to reproduce the National 20kms performance but with a rejuvenated John Dunsford, came home second.

1.R.Mills (Ilford) 91.01; 2.C.Lawton 95.21; 3.G.Morris (Steyning) 95.37.
 13.J.Hall 102.18; 16.J.Newnham 103.45; 22.J.Dunsford 105.32; 25.D.Ellis 110.38
 27.M.Nicholls 112.45; 32.E.Crossingham 118.49;
 Team: 1.Ilford 17; 2.BELGRAVE 36. 3. S.W.C. 37.

At a Junior International Meeting at Wolverhampton, Richard Dorman set a personal best for 10kms with 46m. 39s. In Hanover John Dunsford was 25th in the World Vets. 20kms in 105.m.47s.

from the Belgravian 25 years ago

Heathfield Trophy 1954

The outstanding race of the day was no doubt the 880 yards in which Bob Taylor came up against Gordon Pirie who he had recently defeated over the same distance. This time, however, Pirie beat Bob by four yards in the time of 1m 53s. both runners beating the track record of 1m 55s. set up by Bill Nankerille. Bob's time of 1m 53.6s was a new Club record and a personal best.

... and 40 years ago

AAA Championships 1939

Harry Churcher followed up his win in the seven miles walk with a win in the two miles event by the margin of fifteen seconds. Harry, with J. Chapelle (Belgium), shares the distinction of being the only athlete holding two titles - no mean feat in these days of specialisation. Harry's time was 13 min.50 sec. Percy Wright, sixth and Len Coleman, seventh, gained standards.

In the other events, Tom Carter and Arthur Penny won standards in the six miles. In the one mile Len Herbert and Bill Lucas both achieved personal bests in the 440 yards Final Eddie Pack was unable to hold A. Pennington over the finish but was a worthy second, returning the excellent time of 49.4 In the three miles (the fastest ever run in this country) Les Cohen and Charlie Smart were well placed and gained standards.

WITH THE LADIES

We find ourselves at the end of a successful season, with promotion from Division IV to Division III Women's Southern Track & Field League. This will mean more travelling and more cost to the Club with possible travel to Cornwall to compete. In this League we finished 2nd out of 36 clubs participating in this Division. We consolidated our position in the Lily 'B' Division II by finishing 3rd in front of Aldershot 'B', Guildford and Woking, the last 2 teams will go down into Division III.

There were many fine individual performances with most of the Clubs records being broken. We had our first International, Linda Nicholls walked for G.B. versus France. Well done Linda. In the Surrey Championship we gained our first Track & Field medals; Dawn MacNeil 3rd, Senior Long Jump 5.26m (Club Record), Glenda Mohoney 3rd Junior 100m, and the Junior 4 x 100m Relay 3rd. The Junior relay team finished 4th in the Southern Championships which I rate as one of the best performances at 51.4 sec. this team was anchored by Glenda Mohoney who finished unbeaten over 100m in the League. (Perhaps one day she will run 200m's). Our strong points are sprints and field events. In the sprints we must thank Frank Simmons without whom we would not have achieved half of our successes. Our track Captain, Dawn MacNeil, often competed in 5 events at Leagues meeting. Great leadership, and she was given great support from our few senior athletes especially Jackie Barclay in the sprints and long jump. In the field, our Field Events Captain, Wendy Dunsford, progressed well to get the Club Shot record with 10.22m, now being coached by Mike Winch she's doing 11 metres in training. Many competitors have not been mentioned, but their support has made this team and without it we would not be competing in the higher Division next year, and my job as Team Manager would have been impossible. Thank you all.

In Rosalyn Donaldson we have one of those natural athletes who, if they train hard, will reach the top. She finished the season with the Club Junior Records in the long jump, shot, discus and javelin. Besides running in the relay and sometimes competing in the 1500m she finished the season winning the award for the best performance in the promotion match at Newham.

I must give my thoughts for the Olympic Year 1980. "THINK", because in 4 years time you could be competing at Los Angeles for G.B. So work hard and remember to keep enjoying your athletics it could be your key to the world. 'O' and 'A' levels are not needed but help.

For the last three years I've been Team Manager (and every other job) and its with great pride I can state that everywhere we have been asked back, the officials of the other clubs always comment on the good behaviour of our athletes. Lets keep it that way. Remember to leave a good memory and thoughts and remember that you are Belgrave. One of the nicest habits is when you've finished your event, turn to the officials and say "thank you" or possibly put a hand out to shake hands, it goes a long way to get over problems which come from years of bad publicity.

Finally, I must say thank you to all those people who have helped over three years of growth in the Ladies Section, at this stage I'm not certain what I will be doing next season, this I will decide at Xmas.

Good luck to the new management, Derek Jones, please give him the support you gave me.

Lets not say good-bye just 'au revoir'.

Ray Hall

A Tribute

It is impossible to express to other sections of Belgrave the tremendous enthusiasm which Ray has engendered in the Ladies Team. To arrive at the present situation after only 3 years in existence is a tribute in itself to Ray's hard work. We cannot believe that he will desert his 'offspring'. Rather we see him temporarily retired - bloodied but unbowed. The best cure will be for some of you to offer to help Derek and Ray prepare for the year ahead.

MAY 19th 1979 - BATTERSEA PARK - SOUTHERN WOMENS TRACK & FIELD LEAGUE, DIV. IV

Lady Bels Win

Seniors: 100m (A) 2.J.Barclay 13.0; (B) 1.D.MacNeil 13.9. 200m (A) 3.J.Barclay 26.6. (B) 3.J.Jackson 28.3. 400m (A) 2.M.Woodward 65.3; (B) 6.E.Estwick 70.4. 800m (A) 4.S.Rook 2:40.7; (B) 2.S.Davis 2:41.6. 1500m (A) 4.S.Rook 5:56.8; (B) 3.P.Mulhearn 6:44.9. 3000m (A) 4.P.Mulhearn 13:18.4; (B) 2.A.Matthews 14:05.6. HJ: (A) 3.S.Hurd 1.40; (B) 3.D.MacNeil 1.25. 400mH: (A) 3.M.Woodward 81.1; (B) 1.S.Hurd 77.2. LJ: (A) 2.D.MacNeil 5.14; (B) 1.J.Barclay 4.96. Shot: (A) 4.K.Smith 7.59; (B) 1.A.Slattery 7.44. Discus: (A) 5.K.Smith 18.30; (B) 5.A.Slattery 16.33. Jav: (A) 2.V.St.Ange 30.66; (B) 3.A.Slattery 20.20. 4 x 100m 1.Belgrave 52.1. 4 x 400m 4.Belgrave 4:31.0. 100mH: (A) 6.C.Cosgrave 21.6; (B) 2.J.Jackson 20.0.

Juniors: 100m: (A) 1.G.Mohoney 13.3; (B) 1.P.St.Ange 13.9. 200m: (A) 1.G.Mohoney 28.1; (B) 2.B.Rowe 29.2. 800m: (A) 3.J.Arberry (B) 3.J.Bridges 2:49.0. 1500m: (A) 5.T.Jordan 6.01; (B) 4.A.Jones 6:14.6. HJ: (A) 6.J.Reid 1.25; (B) 2.T.Lennard 1.20. LJ: (A) 2.R.Donaldson 4.81; (B) 1.P.St.Ange 4.77. Discus: (A) 2.M.Sexton 18.72; (B) 1.K.Cosgrave Shot: (A) 2.T.Lennard 7.58; (B) 1.T.Couzens 6.96. Jav: (A) 3.T.Couzens 17.66; (B) 3.J.Bridges 8.36. 75mH: (A) 1.P.St.Ange 12.8; (B) 1.J.Loffinmakin 14.2. 4 x 100m Relay: 1.Belgrave 52.6.

Teams: 1.Belgrave 215; 2. Portsmouth A 187½; 3.Havering B 187; 4.Bexley 168½; 5.H/Wimbledon 132; 6.Dartford 100.

JUNE 17th 1979 - CROYDON - LILLY 'B' LEAGUE, DIVISION II.

Girls: 75mH: (A) 1.P.St.Ange 12.6; (B) 4.C.Growney 17.2. 100m: (A) 1.P.St.Ange 13.4; (B) 3.A.Ugbade 15.6. 200m: (A) 3.B.Rowe 30.1; (B) 3.A.Jones 31.2. 800m: (A) 3.C.Growney 2:51.8; (B) 2.A.Jones 2:51.8. HJ: - LJ: (A) 1.B.Rowe 4.34; (B) 5.L.Barney 2.77. Discus: (A) 2.B.Rowe 12.43. Shot: - Jav: (A) 6.L.Barney 4.00. 4 x 100m: 2.Belgrave 57.6. 1000m Walk: (A) 5.M.Parson 7:02.02.

Juniors: 75mH: (A) 2.Equal, J.Loffinmakin 13.6; (B) 5.S.Jackson 14.6. 100m: (A) 1.G.Mohoney 13.3; (B) 1.J.Reid 13.9. 200m: (A) 2.G.Mohoney 27.6; (B) 4.S.Dyer 30.5. 800m: (A) 2.T.Growney (B) 4.T.Jordan 2:52.0. 1500m: 1600m: Walk: (A) 1.R.Morris 10:11.5; HJ: (A) 5.J.Reid 1.25; (B) 6.J.Butler 1.05. LJ: (A) 2.G.Mohoney 4.63; (B) 2.R.Augustin 4.17. Shot: (A) 6.M.Sexton 7.08; (B) 3.J.Weldin 6.76. Discus: (A) 4.M.Sexton 19.08; (B) 3.J.Weldin 17.05. Jav: (A) 5.D.Yiadom 17.62; (B) 4.C.Johnson 13.28. 4 x 100m Relay: 1.Belgrave 53.3.

Teams: 1. Croydon 331; 2. Surrey B. 258; 3. A.F.D. 'B' 251; 4. Belgrave 241; 5. Woking 234; 6. Guildford 221.

Seniors: 400mH: (A) 5.M.Woodward 93.1; (B) 4.C.Cosgrave 86.4. 100mH: (A) 5. C.Cosgrave 21.5; (B) 3.D.MacNeil 21.3. 100m: (A) 2.J.Barclay 12.7; (B) 2. J.MacNeil 13.6; 200m: (A) 3.J.Barclay 26.6; (B) 1.D.MacNeil 29.1. 400m: (A) 4.M.Woodward 66.7; (B) 4.J.Jackson 75.0. 800m: (A) 3.J.Barclay 2:40.9; (B) 4.V.St.Ange 3:31.0. 1500m: (A) 5.W.Dunsford 6:48.6; (B) 5.K.Smith 8:15.9. 3000m: - HJ: (A) 4.M.Woodward 1.30m. LJ: (A) 2.D.MacNeil 4.99m; (B) 1. J.Barclay 4.69m. Shot: (A) 2.W.Dunsford 9.85; (B) 1.K.Smith 7.80. Discus: (A) 2.W.Dunsford 20.34. (B) 2.K.Smith 20.34. Jav: (A) 1.V.St.Ange 27.68; (B) 2. A.Slattery 22.04. 4 x 400m Relay: 4.Belgrave 5:23.8; 4 x 100m Relay: 4. Belgrave 54.0.

Juniors: 100m: (A) 1.G.Mohoney 13.2; (B) 1.S.Jackson 14.1. 200m: (A) 1. G.Mohoney 27.6; (B) 1.J.Reid 27.9. 800m: (A) 5.J.Bridges 2:52.0; (B) 3. T.Jordan 2:48.2. 1500m: (A) 4.J.James 6:01.3; (B) 3.R.Donaldson 6:37.0. 75mH: (A) 1.P.St.Ange 12.6; (B) 1.J.Loffinmakin LJ: (A) R.Donaldson 4.82; (B) 1.P.St.Ange 4.69. HJ: - Discus: (A) 1.R.Donaldson 21.98m; (B) 2.J.Weldin 15.08m. Shot: (A) 2.J.Loffinmakin 7.34; (B) 2.J.Weldin 6.47. Jav: (A) 2.J.James 23.38; (B) 2.D.Yiadom 15.76. 4 x 100m Relay: 1.Belgrave 52.4.

Teams: 1. Portsmouth 159; 2. Belgrave 154; 3. Bexley 148; 4. Havering 137; 5. Hercules/Wimbledon 104.

JULY 14th 1979 - ERITH

Another Win

Seniors: 100m: (A) 1.J.Barclay 12.4; (B) 2.D.MacNeil 13.3. 200m: (A) 1.J. Barclay 26.1; (B) 3.D.MacNeil 28.8. 400m: (A) 3.E.Murrell 66.6; (B) 4. J.Jackson 72.6. 800m: (A) 4.S.Davies 2:46.1; (B) 3.M.Woodward 3:00.4. 1500m: (A) 4.S.Davies 6:20.1; (B) 4.E.Murrell 6:41.4. 3000m: - 400mH: (A) 4.C.Cosgrave 94.5; (B) 3.W.Dunsford 89.9. 100mH: (A) 5.C.Cosgrave 20.5; (B) 3.D.MacNeil 20.6. HJ: (A) 4.D.MacNeil 1.30; (B) 3.M.Woodward 1.20. LJ: (A) 2.J.Barclay 5.04; (B) 1.D.MacNeil 4.74. Shot: (A) 2.W.Dunsford 9.44; (B) 2.K.Smith 7.67. Discus: (A) 2.W.Dunsford 24.25; (B) 1.K.Smith 20.46. Jav: (A) 1.V.St.Ange 30.46; (B) 4.W.Dunsford 15.42. 4 x 400m Relay: 5. Belgrave 5:27.2; 4 x 100m Relay: 6. Belgrave 55.0.

Juniors: 100m: (A) 1.G.Mohoney 12.9; (B) 1.S.Jackson 14.0. 200m: (A) 1. P.St.Ange 27.0; (B) 1.J. Reid 27.6. 800m: (A) 2.T.Growney 2:35.9; (B) 4. T.Jordan 2:49.0. 1500m: (A) 4.J.Arbery 5:58.8; (B) 4.A.Salih 6:11.3. 75mH: (A) 1.P.St.Ange 12.8; (B) 1.S.Jackson 14.4. LJ: (A) 2.R.Donaldson 4.60; (B) 1.S.Durowojy 4.58. HJ: (A) 2.G.Mohoney 1.30; (B) 1.J.Reid 1.25. Discus: (A) 3.R.Donaldson 21.15; (B) 1.J.James 16.72. Shot: (A) 3.C.Johnson 7.18; (B) 2.J.James 7.11. Jav: (A) 1.R.Donaldson 26.25; (B) 1.J.James 23.68. 4 x 100m Relay: 1. Belgrave 52.3.

Teams: 1. Belgrave 214; 2. Havering 201; 3. Bexley 172; 4. Hercules/Wimbledon 154; 5. Portsmouth A 151; 6. Dartford 87.

JULY 21st 1979 - ALDERSHOT.

Girls: 100m: (A) 1.P.St.Ange 13.1; (B) 2.T.Hopkins 14.6. 200m: (A) 1. P.St. Ange 27.3; (B) 3.A.Jones 31.6. 800m: (A) 3.A.Jones 2:46.0. 1000m Walk: (A) 4.M.Parsons 6:36.6. 4 x 100m Relay: 3. Belgrave 58.8. Jav: (A) 1.F. Donaldson 20.24; (B) 2.D.Yiadom 13.48. LJ: 1.P.St.Ange 4.62; (B) 1.A.Jones 3.74. Shot: (A) 3.T.Hopkins 5.52. Discus: (A) 1.F.Donaldson 18.70; (B) 1.S.James 17.70.

Juniors: 100m: (A) 1.G.Mohoney 13.1; (B) 1.J.Reid 13.6. 200m: (A) 2.J.Reid 27.6; (B) 1.G.Mohoney 27.8. 800m: (A) 2.T.Growney 2:31.7; (B) 2.T.Jordan 2:44.9. 75mH: (A) 6.J.Loffinmakin 13.5; (B) 5.J.Bridges 14.3. 1600m Walk: (A) 1.S.Dyer 10:16.8. 4 x 100m: 1. Belgrave 51.7. HJ: (A) 6.J.Reid 1.15. Jav: (A) 2.J.James 24.80; (B) 2.R.Donaldson 20.82. Shot: (A) 2.R.Donaldson 9.52; (B) 3.J.Loffinmakin 6.50. LJ: (A) 1.R.Donaldson 4.73; (B) 5.G.Mohoney 3.73. Discus: (A) 3.J.Weldin 16.84; (B) 1.J.James 16.40.

Teams: 1. Croydon 308; 2. Surrey B 275; 3. Belgrave 263; 4. A.F.D.B. 5. Guildford 203; 6. Woking 163.

SEPTEMBER 1st 1979 - NEWHAM - PROMOTION MATCH.

Seniors: 400mH: (A) 5.S.Hurd 82.3; (B) 3.M.Woodward 77.1. 100mH: (A) 2. J.Jackson 18.3; (B) 2.S.Heard 20.0. 100m: (A) 3.J.Barclay 13.3; (B) 2.D. MacNeil 13.5. 200m: (A) 3.J.Barclay 27.5; (B) 4.D.MacNeil 29.3; 400m: (A) 6.M.Woodward 73.0; (B) 2.E.Murrell 69.0. 800m: (A) 5.S.Davies 2:52.4; (B) 5.E.Weston 3:12.0. 1500m: (A) 6.S.Davies 6:9.6; (B) 6.W.Dunsford 7:23.0. HJ: (A) 4.S.Hurd 1.30; (B) 4.E.Punter 1.20. LJ: (A) 2.D.MacNeil 5.19; (B) 1.J.Barclay 4.83. Shot: (A) 1.W.Dunsford 9.71; (B) 3.K.Smith 7.45. Discus: (A) 4.W.Dunsford 23.21; (B) 5.K.Smith 18.89 Jav: (A) 5.E.Murrell 21.16. 4 x 100m: 1.Belgrave H.53.1; 4 x 400m Relay: 2.Belgrave 4:36.4

Juniors: 100m: (A) 1.G.Mohoney 13.3; (B) 5.J.Loffinmakin 14.3. 200m: (A) 2.P.St.Ange 27.7; (B) 1.G.Mohoney 28.2. 800m: (A) 3.T.Growney 2:39.0; (B) 5.B.Rowe 2:55.9. 1500m: (A) 5.J.Bridges 6.13; (B) 7.S.Dyer 6:33.0. 75mH: (A) 1.P.St. Ange 12.6; (B) 5.M.Williams 14.4. HJ: (A) 4.G.Mohoney 1.35; (B) 6.T.Lennard 1.10. LJ: (A) 1.R.Donald 5.10; (B) 1.P.St.Ange 4.62. Shot: (A) 1.R.Donaldson 8.78; (B) 2.T.Lennard 7.75. Discus: (A) 3.M.William 21.40; (B) 3.F.Donaldson 15.94. Jav: (A) 3.R.Donaldson 23.54; (B) 2.F. Donaldson 18.94. 4 x 100m Relay: 1.Belgrave 51.7.

Teams: 1.Havinger 234; 2.Belgrave 220; 3.Havant 207; 4.Duchy of Cornwall 193; 5. Newham 189; 6. Hayes Pk. 157; 7. Oxford 143.

SEPTEMBER 8th 1979 - REDHILL.

Girls: 100m: (A) 2.B.Rowe 14.0. 75mH: (A) 5.C.Growney 17.1. 200m: (A) 2.B.Rowe 28.9; (B) 6.A.Jones 33.6. 800m: (A) 2.C.Growney 2:49.9; (B) 2. A.Jones 2:54.3. 1000m Walk: (A) 3.L.Barney 7.05; (B) 5.A.Agyemane 8.57. 4 x 100m: 5.Belgrave (L.Barney, C.Growney, A.Jones, B.Rowe) 62.2. Shot: (A) 1.F.Donaldson 7.24; (B) 4.L.Barney 4.64. Discus: (A) 1.F.Donaldson 20.42; (B) 1.B.Rowe 17.82. Jav: (A) 2.F.Donaldson 19.14. HJ: (A) 6.C.Growney 1.00.

Juniors: 75mH: (A) 4.S.Jackson 13.5; (B) 4.M.William 14.5. 100m: (A) 1. G. Mohoney 13.1; (B) 3.S.Jackson 14.3. 200m: (A) 2.J.Loffinmakin 28.5; (B) 2. J.Tull 29.4. 800m: (A) 2.T.Growney (B) 4.T.Jordan 2:50.1. 1500m: (A) 4.J.James 5:56.2. 1600m Walk: (A) 1.R.Morris 10:13.1; (B) 1. S.Dyer 10:19.2. 4 x 100m: 1.Belgrave (S.Jackson, J.Loffinmakin, G.Mohoney, R.Donaldson) 52.6. Shot: (A) 4.T.Leonard 7.93; (B) 2.J.Loffinmakin 7.28. Discus: (A) 3.J.James 20.76; (B) 2. M.Williams 16.06. Jav: (A) 3.J.James 22.80; (B) 4. C.Johnson 16.86. LJ: (A) 1.R.Donaldson 4.70; (B) 2.R.Morris 4.04. HJ: (A) 4.G.Mohoney 1.40; (B) 4.R.Donaldson 1.30.

Teams: 1. Croydon Harriers 337; 2.Surrey Beagles 300.3; 3. Belgrave 269; 4. Aldershot & Farnham B 221.3; 5. Guildford 217; 6. Woking 163.3.

MELBOURNE TROPHIES.**EXTRAS**

4 x 100m Junior: 1.Belgrave 52.0. Senior: 4 x 100m: 3.Belgrave 53.8. Junior: 800m: J.Loffinmakin 2:46.7, Dyer 2:49.3. Senior: 800m 2.R.Hann 2:26.9 (Club fastest, but second claim). Trophy Result: 4.Belgrave 68.

SOUTHERN W.A.A.A. CHAMPIONSHIP - CRYSTAL PALACE.

Junior: 4 x 100m: 4.Belgrave (S.Jackson, P.St.Ange, J.Reid, G.Mohoney) 51.4. (Club Record). Junior: 100m G.Mohoney 12.8 (Club Record). Junior LJ: 7. P.St.Ange 5.00 (Girls Record).

SURREY COUNTY W.A.A.A. CHAMPIONSHIPS.

Junior: 4 x 100m Relay: 3.Belgrave 54.1. Junior: 100m: 3.G.Mohoney 13.2. Senior Long Jump: D.MacNeil 5.26 (Club Record).

APRIL 21st 1979 - REDHILL - 7 TEAM.

1. Belgrave 231; 2. Winchester 228½;

SEPTEMBER 8th 1979 - SUTCLIFFE PARK

Shot: W.Dunsford 10.56 (Club Record).

100 x 1 mile relay

JUNE 10th 1979 - CRYSTAL PALACE - MARCONI/BLACKHEATH 100 MILE RELAY.

The response to the 100 x 1 mile relay this year was so good that we started feeling that an improvement in performance over recent years was on the cards. As things turned out, progress was so good that by the middle of the day we were nearly $\frac{1}{2}$ hr. ahead of our anticipated schedule and runners were arriving only just before they were due to run.

The day started in magnificent fashion with Nick Kirmatzis bringing Bels home at the end of the first mile in first place in 4.25. This time turned out to be the fastest of the day for us despite valiant efforts by Jose Manoz, Simon Holmes and Laurie O'Hara. John Gladwin ran a blinder in 4.29 to record the fastest Youth's time for the whole of the 33 teams competing at 24 venues and as such was presented with the prize for the best under 17 year old.

Every stage had its story. Richard Dorman was the fastest walker in 4.55 while Youth Bill Davis caused great amusement by positioning himself under the left armpit of an American who was being introduced over the Tannoy as an Inter-Collegiate superstar. Bill hung on to record 4.46 and the American suffered 3rd degree chapping!

Twenty five of our vets ran consecutive legs to set a world best time (report in Vets Corner) and the final result was a time of 8 hrs:46.36 sufficient for 4th place out of the 33 teams competing throughout the country. This time was some 16 minutes faster than last year and is only fractionally outside the time set by the now famous 1969 team. We had the satisfaction of well beating Cambridge who pipped us by 1 second last year and Ray Hall tells the story that the following Monday a Junior at the Stock Exchange approached him apologetically, "Now I know who Belgrave are!" (Said junior belonged to Cambridge).

And so as usual we all enjoyed it immensely and look forward to breaking further records next year. If things keep on improving some of you will need to train to make the team!

Our thanks to all helpers and organisers, particularly Brian Pritchard, Bill Couzens who recorded every Belgrave lap time and John Baker who not only booked people in but also managed to collect some subs.

Finally, our thanks to Blackheath for organising what is becoming one of the highlights of the Club year and to their sponsors Marccni-Avionics for the great prizes and interest.

Bill Laws

Teams:		
1. Aldershot F & D		8:22.05;
2. Highgate		8:26.20;
3. Blackheath		8:26.36;
4. Belgrave		8:46.36;
5. Cambridge		8:49.10;

10 mile splits.

49.56; 52.44; 56.44; 54.16; 52.00; 53.11; 49.57; 54.22; 51.18;



“Have YOU paid your subs ?”

contact the Treasurer if you haven't

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

1. N. Kirmazis	4:25	35. G. Pearson	5:58	69. S. Webb	5:10
2. J. Abberton	4:40	36. J. Plummer	5:50	70. P. Lyttle	6:27
3. D. Crookes	5:11	37. J. Bromley	5:45	71. B. Taylor	5:16
4. P. O'Connor	4:48	38. J. Dooley	5:52	72. K. Duckett	5:08
5. A. Binda	4:52	39. R. Coombes	5:34	73. L. Coy	4:55
6. D. Searle	4:50	40. D. Baines	5:32	74. A. Cook	5:22
7. C. Lawton	5:04	41. K. Miller	5:32	75. I. Morton	4:40
8. J. Wasbrough	5:14	42. J. Dunsford	5:09	76. G. Allerton	5:07
9. R. Hopkins	4:59	43. W. Kerr	5:04	77. I. Duncan	4:45
10. S. Crosbie	5:53	44. C. Manning	5:50	78. A. Bentt	5:31
11. R. Bale	5:04	45. G. Piddington	5:42	79. J. Rimmer	4:42
12. P. Roche	5:00	46. G. Biscoe	5:55	80. S. Holmes	4:31
13. M. Harrison	5:16	47. E. Thorpe	5:32	81. R. Young	5:33
14. P. Moysey	5:01	48. A. Stroud	5:33	82. L. Lyons	4:53
15. M.R. Smith	4:54	49. L. O'Hara	4:34	83. K. Clarke	5:18
16. P. Morris	5:39	50. L. Mann	5:26	84. C. Pearson	4:56
17. D. Maughan	5:05	51. J. Manos	4:30	85. A. Fairclough	5:09
18. R.F. Day	5:16	52. G. Collins	5:37	86. S. Wahab	5:19
19. M. Blackmore	5:19	53. J. Marsh	5:07	87. S. Wyld	5:50
20. G. Williscroft	5:24	54. A. Grant	5:17	88. K. Sexton	6:32
21. J. Newham	4:52	55. T. Hart	5:13	89. G. Sexton	4:50
22. J. Jackson	4:54	56. D. Whisson	5:59	90. R. McCann	5:48
23. M. Shippen	5:53	57. C. Gillett	4:59	91. A. Horton	5:17
24. M. Gay	5:11	58. S. Sharp	5:21	92. P. Gardner	4:57
25. W. Laws	5:05	59. D. Williams	5:19	93. J. Davis	5:05
26. C. Walker	5:06	60. A. Black	4:38	94. W. Davis	4:46
27. P. Staples	5:40	61. T. Dowdall	4:56	95. S. Pritchard	6:27
28. C. Henn	5:15	62. B. Merry	5:35	96. D. Couzens	5:49
29. K. Sinclair	5:07	63. D. Macmillan	5:32	97. M. Sinclair	5:06
30. C. Cross	5:41	64. A. Painter	4:53	98. J. Gladwin	4:29
31. D. Gordon	5:40	65. P. Blagg	5:15	99. D. North	4:43
32. J. Davies	5:15	66. D. Ellis	5:22	100. M. Waller	4:39
33. A. Bruce	5:22	67. R. Dorman	4:55		
34. D. Maclean	6:06	68. M. Nicholls	5:06		

THE CLUB DINNER



92nd Dinner and Dance

The Dog and Fox
Wimbledon

SATURDAY 17th NOVEMBER 1979

6.45 pm for 7.15 pm

Dancing for all ages until 1.00 am

..... Bar until 1.00 am

phone Bill Laws (01-337 7215) for tickets

VETS. CORNER

It is always pleasant to see individual sections of Belgrave thriving and while there are many who believe that the increasing interest in competing by the o'40's is leading to a loss of potential officials, it is nonetheless encouraging to hear of performances which enhance the reputation of our Club. A world best time at 25 x 1 mile, a world second best time at 4 x 800m and a world champion in the form of L. O'Hara is no mean achievement for the 79 Vets track season. As more of our runners move into the veteran class, with Pat O'Connor entering the ranks in July 1979, Alan Black in September 1979 and Derek Crooks in early 1980, we welcome the advance of our younger runners on whose shoulders the future depends. Having said that, the most active and successful middle distance runner continues to be the evergreen, the 47 year old, the one and only Laurie O'Hara.

O'Hara rules O.K?

Yet another busy season for Laurie with the main objective being the World Vets Championships held in Hanover in July 1979. A series of sharp road races served to bring Laurie to peak condition for the World Championships and although he ran faster over 5000m during the year the Hanover race proved tough with Laurie just outkicking Ida of Germany and Almsó of Spain to win yet another gold medal, this time in the 45 to 50 class, (1B). The following summary lists just a selection of our super vets' 1979 performances.

- | | |
|-----------|--|
| 16.4 | Feltham 5 (Road) 15th. 24.57. 1st Vet. |
| 21.4. | London Transport Relay (Road) 2½ mile. 11.54. 2nd Fastest Open. |
| 12.5. | Middlesex Champs. (Track) 5000m. 15.08. 4th. Open |
| 3.6. | H.H.H. Vets Track Relays 4 x 800m. 2.09. Fastest. |
| 10.6. | Crystal Palace 100 x 1 mile. 4.34. Fastest Vet. |
| 9.6. | Barnet Vets 10km (Road). 31.46 (1st). 2nd Gomez. 3rd Barnett. |
| 16.6. | Hanwell 5. 24.30. 12th. Open. |
| 30.6. | Oxford. Southern Vets. 1500m. 4:11.0. 1st.
5000m.15:26.0 1st. |
| 27/7/2.8. | Hanover. World Vets Championships. |
| | Group 1B. 1. 15:34.1. 2.Ida (Germany) 15:36.3. 3.Almsó (Spain)
15.43.9. |
| | Cross Country: 2nd (Laurie Fell). G.B. Team 1st. |
| 1.9. | G.L.C. Track Championships: 15.27. 8th. Open. |
| 5.9. | West London Open Track Meeting. 3000m. 8:37.9. 12th. |
| 9.9. | Middlesex Champs. (Track) 10000m. 31.46. 3rd Open. |

Vets Reports by

Bill Laws

JUNE 3rd 1979 - TOOTING BEC.

The June vets relays at Tooting Bec Track were organised with the intention of beating as many world best club times as possible. Although an afternoon of racing covered events ranging 4 x 100m to 4 x 800m, Belgrave's interest was centred on the two 4 x 800m races and all present were pleased to see Bel's 40-50 year team finish with a second fastest ever time. Bill Kerr on only 2 weeks training led on the first leg, but faded in the finishing straight to hand over to Bill Laws in 4th place. Bill ran steady laps of 66 and 65 to pass to Mitcham runner and Keith Sinclair held this position to the final handover. Laurie moved Bel's from 3rd to 2nd, but Herne Hill just managed to hold on. Better luck next year!

- 4 x 800m. (over 40) 1. (world best) H.H.H. 8:52.4; 2. Belgrave 8:56.2
 (Splits W.Kerr 2:15.0; W.Laws 2:11.0; K.Sinclair 2:21. L.O'Hara 2.09)
- 4 x 800m. (over 50) 1. Cambridge 9:32.6; 2. Woodford Green 9:56.0
 4. Belgrave 10.21. (Splits. C.Manning 2.40, A.Bruce 2.33; J.Dooley 2.36,
 C.Walker 2.32).

World Best

JUNE 10th 1979 - CRYSTAL PALACE - 25 x 1 mile.

As part of the Marconi/Blackheath Harriers 100 x 1 mile relay (see separate report) Bel's vets ran 25 consecutive miles in an attempt to beat the best time set up in 1977 by Sale Harriers. Superb running by all team members ensured that the final time of 2 hr. 17 min. 38 secs. was some 12 mins. 32 secs. inside the Sale time.

Laurie O'Hara was fastest with 4.34 and Charlie Walker was the fastest over 50 with 5.06. At over 60 Geoff Pearson showed a clean pair of heels to many runners with a sub-6 minute effort. John Dunsford preparing for the world vets walking championships, surprised everyone by running 5.09. The average time for the 25 stages was 5 min. 30.3 while the average age of the team turned out to be no less than 47 years.

Fast 10

MAY 5th 1979 - WIMBLEDON - VETERANS A.C. '10'.

One lap through the village and 3 laps of the Yacht '3' made the vets '10' course familiar to the Bel's runners. At least to all runners except Laurie who, not content with rushing into a quick lead, then proceeded to cut the corner at the village thereby reducing the distance by 250 metres. Nonetheless the times clocked were fast reflecting the high quality field. Gorman rested up for this one and took full advantage of his freshness.

1. O'Hara (Bels) 49.35 2. D. Case (Ealing) 52.05. 3. G. Bowman. 4. S. Charlton 52.53. 5. B. Gorman (Bels) 53.18.

Belgrave placings: 10. W. Laws 54.36; 17. C. Walker 56.12; 22. K. Sinclair 57.50; 26. E. Thorpe 59.17; 37. C. Henn 62.27; 48. C. Cross 66.15; 52. D. McMullen 68.27; 55. J. V. Baker 73.15. 83 Started.

JULY 28th - JULY 31st 1979 - HANOVER - WORLD VETS WALKING CHAMPIONSHIPS.

Belgrave was represented in the World Championships by John Dunsford who walked with distinction against strong foreign opposition in both the 10km and 20km's. The totals competing at all ages in these events were 209 and 192 respectively.

10km Group 1B: 1. G. Weidner (Ger.) 43:50.1; 2. W. Schmidt (Ger.) 47:51.8;
 3. L. Marquis (Switz.) 48:31.9.
 Belgrave 10. J. Dunsford 50:26.5.

20km Group 1B: 1. G. Weidner 1:31.58; 2. L. Marquis 1:39.39; 2. W. Schmidt 1:39.58
 Belgrave 8. J. Dunsford 1:45.58.

SEPTEMBER 8th 1979 - HORSHAM VETS 3

1. D. Bartholomew 15.51; 2. K. Sinclair 17.23. 45 Finished.
 Also running was Gerry North who was 6th in 16.46.

YOUTHS AND BOYS

The boys and youths entered the track season with various degrees of preparation. For the older members the summer would bring 'O' level exams and training would need to be tempered, and in some cases curtailed, in order to meet academic targets.

In the circumstances the track and field results which were achieved exceeded all expectations. Numerous first class performances were recorded and the individual efforts were in all cases first class. Our turn out for team events left much to be desired and we must put things in order for next year with better organisation by the officials being a top priority. There is a need for greater support for our young athletes and their tremendous performances will surely inspire our older members and perhaps new members or relatives all to help next year. The men to contact are Alan Mead and Colin Pearson.

And now to those performances. For sheer all round ability pride of place must go to Pat Lyttle. A quick glance at the Track and Field Results will show you that on June 13th Pat competed alone, singly, by himself against the might of 5 other clubs and after 7 events covering running, jumping and throwing brought Belgrave home in 3rd place. When he gets some support

Following good performances in the Surrey Championships several youngsters were selected to represent Surrey in the Junior and Youths Inter Counties Championships at Crystal Palace on the 17th June. John Gladwin finished 2nd in the 400m in 50.5 sec. and smashed M.Bloice's 1970 club record of 51.3. Mark Waller finished 3rd in the 800m beating Surrey's 'A' string runner and with 2:00.8 was only 0.2 sec. outside the club Youth record. Dave North finished 4th in the 3000m in 9:04 to clip 3 seconds off the 1969 club record set by Peter Carton while Richard Dorman won the Junior 3000m walk in 13:10. And Belgraves involvement didn't end there. Simon Pritchard gained his first County vest walking for Surrey in the Youths 3000m while Kevin McDermott walked for Middlesex. (We have not received details of these and other youths and boys walking events. Ed.)

Special mention for Youths' Captain, John Gladwin. During the season John has gradually reduced his 800m time winning the Surrey Youths 800m in 2:01, the G.L.C. Youths in a championship record of 1:55.6 and finally hoisting the club record to 1:54.3 in a special Southern Counties invitation race at the Crystal Palace. The merit of this performance may be judged against the club record which existed at the start of the season of 2:00.6 which was set by Richard Langley as far back as 1969.

Not to be outdone the field events youngsters have been improving. None more so than Scott Wyld who finished the season with a 1.75m jump to break Matt Cannon's 1978 record of 1.70m. We hear that Scott has been invited to compete in Paris at the end of October. Well done! We also hear, from several sources, that Steve Sampson has broken the Club Junior High Jump record with 1.92m and look forward to receiving confirmation and details.

W R L

SOCIAL

Teenage Social Section? Suggestions have been made that the younger elements in Belgrave would prefer to arrange their own Social evenings using Belgrave Hall. What do the youngsters think of this idea? Any budding organisers around wishing to take a lead? Send comments and ideas - preferably sensible ones! - to the Hon. Editor.

MAY 12th 1979 - MOTSPUR PARK - SURREY CHAMPIONSHIPS.Youths:

100 : 5.P.Lyttle 12.2 (Heat 11.9). 200: 3.M.Brockington 23.6. Heat
 P.Lyttle 24.7. 800: 1.J.Gladwin 2:1.4; 3.M.Waller 2:4.3; 1500: 2.M.Waller
 4:14.0; Heat G.Sexton 4:31.6. 3000m: 4.D.North 9:24.0; 13.G.Sexton 9:58.0;
 LJ: 8.P.Lyttle 5.49.

Boys: HJ: 1.S.Wyld 1.68m. TJ: 4.S.Wyld 10.44.

JUNE 6th 1979 - THURLINGHAM - LONDON SCHOOLS.

HJ: 1.S.Wyld 1.71m.

JUNE 16th 1979 - CRYSTAL PALACE - SOUTHERN COUNTIES BOYS.

HJ: 2.S.Wyld 1.73m.

JUNE 17th 1979 - CRYSTAL PALACE - JUNIOR AND YOUTHS INTER-COUNTIES.**Good Inter Counties**Youths:

400m: 2.J.Gladwin 50.5; 800m: 3.M.Waller 2:00.8.
 3000m. 5.D.North 9:04.0.
 3000m Walk: () K.McDermott () S.Pritchard 17.50.

Juniors:

1. R.Dorman 13:10.0.

JULY 18th 1979 - CRYSTAL PALACE - SPORTS COUNCIL MEETING.**Scot Flies High**Boys:

HJ: 1.S.Wyld 1.75m.

SEPTEMBER 1st 1979 - WEST LONDON STADIUM - G.L.C. CHAMPIONSHIP.Youths:

800m: 1.J.Gladwin 1:55.6 (CBP) 6.M.Waller 2:03.8.

Juniors:

1500m: 8.J.Searle 4:21.0. 11.M.Sinclair 4:30.0.

SEPTEMBER 9th 1979 - CRYSTAL PALACE - SCAA INVITATION MEETING**Gladwin's Classy 800**

Youths 800m: 2.J.Gladwin 1:54.3 (CR).

Clear Win

With Mark Sinclair and John Searle eligible to run as Youths on the road, there was an embarrassment of talent and Mark was the unfortunate one selected to run the first leg for the 'B' team. Sutton and Cheam opened up a strong lead with Sturman on the first $1\frac{3}{4}$ mile lap. John Searle brought the Bels in in 3rd place with Mark just 6 seconds behind in 4th for the 'B' team. Dave North pulled the team up to second place but as Mark Waller took over the 3rd leg, Sutton and Cheam had opened up a lead of 52 seconds. Mark proceeded to run 43 seconds faster than the S & C third stage runner so that at the last handover Bels were just 9 seconds adrift. Not content to sit in John Gladwin gave it everything and sprinted in with a lead of 42 seconds. Arthur Pemy (official timekeeper) sited on the finishing line was overcome with emotion and had to be revived prior to the arrival of the second team. Bels had 5 youths under 9 minutes whereas the best anyone else could manage was 2. This raises hopes for the cross country season. Waller, Gladwin and North will be eligible for this race next year when they will be second year youths.

Youths:

Belgrave 'A' : 1.J.Searle 8:51; 2.D.North 8:44. 3.M.Waller 8:55.
4.J.Gladwin 8:28

'B' : 1.M.Sinclair 8:57.

Teams: 1.Belgrave 34:58; 2.Sutton & Cheam 35:40; 3.Collingwood 36:34.

Boys: Belgrave 'A' : 1.P.Lytle 13:58 (off course), 2.A.Horton 9:57;
3.C.Detralle 10:17; 4 (DNF).

Colts: Belgrave 'A' : 1.G.Pearson 11:20; 2.D.Ferrari 11:13.



John Searle



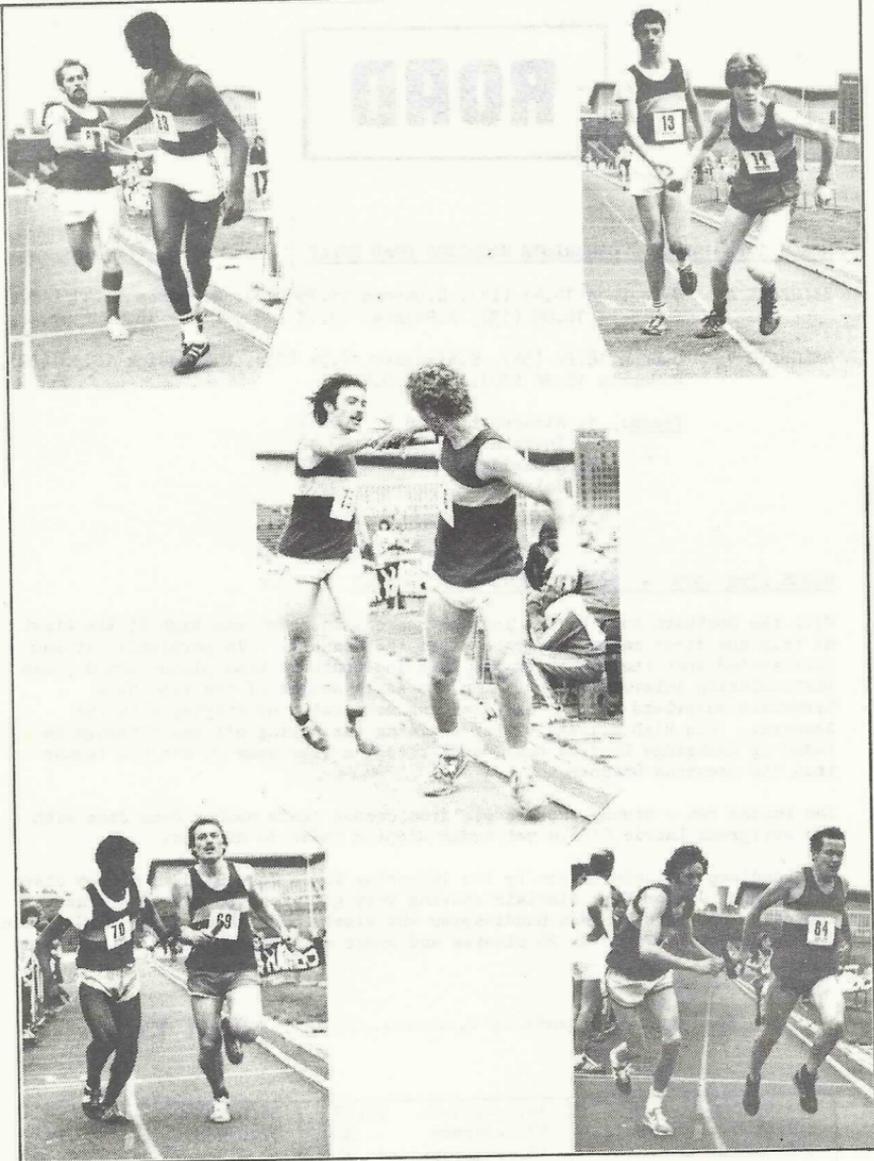
Dave North



Mark Waller.

In full flight during
the Surrey Road Relay.

Photos by Bill Laws



Some interesting styles in baton changing at the 100 x 1 mile relay.

Top left. Kevin Clarke (83) demonstrates the cross leg shuffle as he takes the baton from new member L.Lyons.

Top right. M.Harrison (13) demonstrates the walkers change as he hands over to P.Moysey.

Bottom left. Steve Webb (69) milkman to the last gives Pat Lyttle no change.

Centre. Ian Morton (75) provides a fine example of the jumping high level pass with Graham Allerton intercepting.

Bottom right. Colin Pearson (84) uses the jumping low level pass to send Tony Fairclough on his way. Photos by Bill Laws.

ROAD

MARCH 17th 1979 - CAMBRIDGE HARRIERS ROAD RELAY

BELGRAVE A C.Pearson 16.41 (21), S.Duncan 15.35 (13), S.Holmes 16.41 (15),
L.O'Hara 16.08 (13), A.Painter 17.13 (16), L.Coy 16.58 (15).

BELGRAVE B C.Henn 18.24 (35), K.Sinclair 18.34 (33), P.Hardwick 18.38 (32),
R.Martin 18.36 (30). - D.N.F.

Teams: 1. Aldershot F and D 90.41
2. Invicta 90.42
3. Cambridge 91.03
15. Belgrave 99.16

43 teams started

MARCH 23rd 1979 - 5½ MILE CLUB CHAMPIONSHIP

With the Southern Road Relays looming nearer, interest was high at the start of this the first major road race after the Country. In particular it was anticipated that the fight for the last few Southern team places would prove particularly interesting. During the early stages of the race Nick Kirmatzis surprised all but his training associates by staying with the leaders. His high mileage winter training was paying off and although he faded up Cambridge Road he hung on to record a time some 5½ minutes faster than the previous October.

Ian Duncan ran a steady race to win from second claim member John Stow with the evergreen Laurie O'Hara yet again dipping under 30 minutes.

The handicap was jointly won by the improving Youth John Gladwin and by Steve White, with Junior Mark Sinclair showing very good form to gain 3rd place. The only loser was the Hon.handicapper who wisely had taken refuge in S.Africa. To handicap 5 men home in 26 minutes and under must be something of a record!

Road Running Reports by

Bill Laws

1.J.Duncan 28.57	16.J.Gladwin 32.27	31.R.Coombs 35.50
2.J.Stow 29.12	17.B.Gorman 32	32.D.Wooll 36.32
3.L.O'Hara 45	18.M.Waller 45	33.D.Davies 46
4.S.Williamson 30.38	19.D.Maughan 33.12	34.G.Fiddington 37.16
5.S.Holmes 31.07	20.C.Lawton 18	35.A.Horton 34
6.J.Jackson 17	21.S.White 27	36.P.Staples 38.26
7.L.Coy 22	22.C.Walker 34	37.G.Pearson 53
8.D.Searle 32	23.P.Hardwick 43	38.A.Mead 39.13
9.W.Laws 38	24.P.Wooll 48	39.D.McMullen 43
10.N.Kirmatzis 41	25.K.Duckett 53	40.C.Manning 55
11.D.Crookes 53	26.C.Henn 34.02	41.J.Baker 40.10
12.P.Gardner 55	27.R.Martin 17	42.J.Plummer 23
13.M.Sinclair 32.02	28.K.Sinclair 27	43.D.Gordon 30
14.A.Painter 13	29.L.McLean 35.18	44.K.Stimpson 41.10
15.L.Mann 15	30.R.Bale 31	45.J.McDonald 48.28

Handicap: 1.J.Gladwin 25.27; 1 equal S.White 25.27; 3.M.Sinclair 25.47;
4.D.Crookes 25.53; 5.M.Waller 26.00.

MARCH 31st 1979 - CRANFORD - TVH ROAD RELAY.

A final selection race for the Southern Road Relay with Derek Crookes unable to make it thereby relying on his 5 $\frac{1}{2}$ run for selection. Gerry North running for Portsmouth clocked 19.02.

BELGRAVE A. S.Williamson 18.23, N.Mirmatzis 18.44, L.O'Hara 17.37.
J.Jackson 18.59, S.Holmes 18.04.

BELGRAVE B. L.Mann 18.19, W.Laws 18.57, A.Binda 19.41, P.O'Connor 17.52
L.Coy 18.37.

BELGRAVE C. M.Sinclair 19.27, K.Sinclair 20.12, D.Davies 22.05, C.Henn
20.23, J.Lee 19.18.

Team Position: BELGRAVE A - 28th.

MARCH 31st 1979 - ORION 15.

15 miles racing over the country at this time of year is something which only dedicated distance men can with reason justify. It was surprising, therefore, that Ian Duncan should chose this race the week before the Southern relay and disastrous that he should injure himself limping home in over 2 hours.

1. D.Clark. Belgrave Placings: 58.D.Maughan 1.51.54. 88 J.Wasbrough
1.57.29, 94 K. Duckett 1.59.28, 104 J.Duncan 2.03.05. 157 finished.
Teams: 1. Walthamstow, 15. Belgrave. 24 Teams finished.

APRIL 7th 1979 - BELGRAVE-HAIG 12 STAGE RELAY.**A Low Ebb**

With Ian Duncan, John Bicourt and John Jackson all crying off in the preceding week Gordon Biscoe aged visibly as the day of the Southern 12 stage relay approached. In the event the selected team produced a performance similar to those of recent years and regrettably once again we failed to qualify for the National 12 stage relay.

Simon Williamson ran as well as could be hoped but such was the standard on the first stage that he handed over in 31st position and despite a fine run by Dennis Brown on the third stage our highest and final position was 27th. It was good to see John Searle making the team having just turned 17. We can only hope that the younger members will train hard for future years and that some of our seniors will show the promise which we know they have. It is of interest to note that a relatively small improvement by each stage runner would advance our position considerably.

Gordon Biscoe with his ready team of helpers once again enhanced our reputation as smooth organisers of major events. Haig increased their sponsorship and prizes and their continued backing was greatly appreciated by all competitors.

Long Stage: 1.S.Williamson (31) 27.25, 3.D.Brown 25.33 (27),
5.S.Holmes 27.42 (28).

Short Stage: 2.N.Kirmatzis (29) 17.44, 4.J.Rimmer 17.15 (28),
6.D.Crookes 19.16 (28).

Long Stage: 7.P.O'Connor (28) 27.08. 9.L.O'Hara 26.16 (27).
11.L.Mann 28.24 (27).

Short Stage: 8.W.Laws (28) 17.57. 10. L.Coy 17.41 (27) 12.J.Searle 18.25 (27)

	<u>Long Stages</u>	<u>Short Stages</u>
Fastest Times:	1. S. O'vett 23.47	1. J. Wigley 15.21
	2. A. Simmons 23.53	2. M. Brameld 15.58
	3. J. Davies 24.01	3. S. Newton 16.02
Teams:	1. Aldershot F and D 4.08.51	
	2. T.V.H. 4.10.23	
	3. Shaftesbury 4.11.12	
	27. Belgrave 4.30.46	
	35 Teams competed.	

APRIL 13th 1979 - MAIDENHEAD 10.

1. R. Brown, Bournemouth A.C. 50.21; 2. P. Flavall, Oxford 50.26;
 3. R. Samuel, Shaftesbury 51.34.
 Belgrave. 70. L. Mann 59.05 183 started.

APRIL 16th 1979 - HOUNSLOW - FELTHAM 5.

A superb run by Laurie O'Hara to beat such well known names as Kevin Steere, Chris Sly and Pete Brown. Now 47 Laurie seems to get faster as the years go by and took the vets prize 43 seconds ahead of Mike Barratt.

1. B. Ford, Ald. F & D. 23.05; 2. Gren Tuck, Camb. + C. 23.30.
 3. P. Flavel, Oxford 23.32.

Belgrave: 15. L. O'Hara 24.57; 93. L. Mann 28.39; 125. R. Coombs 30.37.

Teams: 1. Aldershot F & D 16 pts. 2. Cambridge + C. 30 pts. 3. Essex B. 56 pts.
 15. Belgrave 214 pts.

159 individuals and 21 teams finished.

APRIL 28th 1979 - BROCKWELL PARK - HERNE HILL '10'.

Superb Run By Laurie

It is not for nothing that the Herne Hill '10' has a reputation for being a gruelling race. With 18 hills and numerous sharp turns on parkland paths it is an event which many athletes avoid. The early leaders included International Keith Penny, Olympic Marathoner Barry Watson and our own Laurie O'Hara. Laurie finished within 1½ minutes of Watson in 6th place and won the vets prize by a long way. John Jackson made a welcome return after a long break due to injury and ran well for 25th place. Lionel Mann started well, but fell away with a recurrence of the leg injury which has been giving him trouble during the past year. Joe Dooley ran strongly to win the over 50's prize.

1. K. Penny (Cam) 49.55; 2. P. Richardson (Havering) 50.39; 3. B. Watson (Cam) 50.42.
 BELGRAVE 6. L. O'Hara 52.15; 25. J. Jackson 56.31; 30. D. Searle 57.27; 41. W. Laws 58.38;
 53. L. Mann 59.54; 71. A. Grant 62.05; 75. K. Sinclair 62.16; 78. J. Dooley 62.40;
 101. G. Piddington 66.49; 120. D. McMullen 75.16.

136 Finished.

AUGUST 26th 1979 - BRACKNELL 5.

1. S. Jones (R.A.F.) 23.44; 2. K. Penny (Cam) 23.45; 3. J. Goater (Shaft) 24.04;
 Belgrave: 40. A. Binda 27.06; 42. S. Williamson 27.10; 100. K. Sinclair 29.35;
 171 Finished.

Teams: 1. R.A.F. 2. Walton. 3. Windsor Sth. 12. BELGRAVE
 36 Teams Finished.

JULY 21st 1979 - WIMBLEDON - BELGRAVE '20'.

O'Connor Best Of The Bels

A record field of 160 (from a record entry of 236) started in the 28th Open 20 Mile Road Race. The weather was good for such a race and the result soon looked certain to be the same first and second as last year. This turned out to be the case with Mike Hurd winning from Dave Patterson and Mike Woods.

Pat O'Connor recorded his first Belgrave Championship win with Rex Bale second and Doug Maughan 3rd.

In the Ladies race, held in conjunction, Joyce Smith recorded a world best time of 1hr. 57mins.

Thanks must be extended to all those who helped with the race - without their assistance the event would have been impossible.

Results - Open Race:

1. M.Hurd (R.A.F.)	1:44.24;	88.(7) C.Henn	(Bels) 2:12.35;
2.D.Patterson (T.V.H.)	1:47.34;	90.(8) J.Grant	(Bels) 2:12.57;
3.M.Woods (A.F.D.)	1:48.35;	95.(9) J.Wasbrough	(Bels) 2:14.20;
28.(1) P.O'Connor (Bels)	1:59.21;	99.(10)P.Pringle	(Bels) 2:17.00;
54.(2) R.Bale (Bels)	2:04.01;	111.(11)M.Best	(Bels) 2:21.14;
62.(3) D.Maughan (Bels)	2:06.11;	114.(12)R.Tester	(Bels) 2:22.03;
64.(4) A.Painter (Bels)	2:06.39;	118.(13)C.Cross	(Bels) 2:29.23;
82.(5) J.Dooley (Bels)	2:10.23;	122.(14)E.Thorpe	(Bels) 2:32.06;
85.(6) L.Mann (Bels)	2:11.18;	132.(15)G.Piddington	(Bels) 2:40.18;

Positions in brackets indicate the Belgrave Championship.

Teams: 1.Aldershot F & D 12; 2. Walton AC 28; 3. Epsom & Ewell H. 45.
10.BELGRAVE 'A' 137; 16.BELGRAVE 'B' 207; 17.BELGRAVE 'C' 214.

Surrey Race:

1. R. Roath 1:50.19; 2. P.Barnett 1:51.04; 3. L.Wells 1:51.29;

Teams: 1. Walton A.C; 11. 2. Epsom & Ewell H 'A' 20; 3. Aldershot
F & D 22; 6. BELGRAVE H 'A' 59; 9. BELGRAVE H 'B' 100.

(Footnote: Derek modestly omits to mention his part in organising this race which has involved him in several months of hard work over and above his other duties. Ed.)

SEPTEMBER 2nd 1979 - WYCOMBE - FURNITURE 5.

1. N.Rose (Bristol) 22.43.

Belgrave: 13. D.Brown 24.52; 46. A.Binda 26.33; 122. K.Sinclair 29.34;
158. R.Coombs 31.47. 197 Finished.

SEPTEMBER 8th 1979 - BROCKWELL PARK - SURREY ROAD RELAYS.

With only 7 seniors turning up and Lionel wishing to get away early the teams selected themselves. Its a pity our 'A' team runners are shy of racing. With a full team we could have been in the medals.

'A' Team: S.Williamson 13.39; S.Holmes 13.38; A.Binda 13.49; L.Coy 14.26.
T.Dowdall 14.30; W.Laws 15.29.

'B' Team: L.Mann 14.38; J.V.Baker 18.51.

Teams: 1.H.W. 79.00; 2.Walton 79.19; 11. BELGRAVE 85.31.

OBENG '79

The fine television coverage of athletic events this summer past has enabled us to "visit" stadiums across Europe. Apart from the exciting middle-distance happenings we have witnessed regular clashes between the world's top sprinters and how thrilling it has been to see our own Ernest Obeng trading wins with the best. Given this form again next summer, Ernie could be an Olympic finalist but if he can progress again like he did from '77 to '78 and then again to '79, he could even be near the medals.

We offer a resume of Ernie's 1979 season.

Jan.	100m	10.2	1st.	Nairobi	African Students Championships
Apr.	300m	36.0	3rd.	C.Palace	Blackheath H Meeting.
Apr 25	200m	21.4	1st.	C.Palace	SCAAA v Lough., London U., Oxford U.
May 2	200m	21.8	1st.	C.Palace	SCAAA v Surrey, Boro. Road, RAF
May 16	100m	10.67	1st.	C.Palace	Philips International Night of Athletics (McFarlane U.K. 10.81, Quarrie Jam 10.95) (Quarrie Jam. 21.06, McFarlane UK 21.16)
	200m	21.27	3rd.		
May 20	200m	21.5	1st.	Enfield	Invitation
May 28	200m	22.38	1st.	Cwmbran	Inter-Counties Champs.
Jun 3	100m	10.4	1st.	Southampton	Invitation
	300m	35.3	1st.		
Jun 20	100m	10.34	3rd.	Nairobi	International (Williams U.S.10.30, Deal U.S. 10.32.) (Coleman U.S.20.75, Atuti 21.14)
	200m	21.10	2nd.		AAA heats (withdrew from final)
Jul 14	200m	21.36		C.Palace	International
Jul 17	100m	10.45	1st	Oslo	(Edwards U.S. 10.53, Quarrie Jam 10.78) (Edwards U.S. 20.55, Quarrie Jam 20.58)
	200m	21.13	3rd.		African Championship (heat)
Aug 2-5	100m	10.1	1st.	Dakar	(Semi-final) wind assisted.
	100m	10.20	1st.		(Final)
	100m	10.54	1st		
Aug 15	100m	10.30	6th	Zurich	IAAF/Dubai Golden Sprints. (Sanford US 10.15, McTear US 10.20, Wells UK 10.22, Riddick US 10.25, Glance US 10.27).
	200m	21.12	11th		(Gilkes Guyana 20.33, Sanford US 20.39, Wells UK 20.42)
					8th place overall.
Aug 24	100m	10.36	5th	Montreal	World Cup Final. (Sanford US 10.17, Leonard Cuba 10.26, Woronin Pol.10.28, Prenzler GDR 10.33)
Aug 31	100m	10.48	3rd	C.Palace	Rotary Watches International. (Wells UK 10.33, McTear US 10.40)
Sep 8	100m	10.46	3rd	Gateshead	Amoco International (Wells UK 10.26, McTear US 10.30, Woronin Pol.10.59 also beating Gilkes Guyana).
Sep 9	200m	21.27	4th		(Gilkes Guyana 20.59, Wells UK 20.71, Quarrie Jam.21.10).
Sep 14	100m	10.43	3rd	C.Palace	Coca-Cola/I.A.C. International (McTear US 10.21, Wells UK 10.25, also beating Quarrie Jam. and Gilkes Guyana).
	200m	20.83	5th		(Wells UK 20.20, Gilkes Guyana 20.32, Quarrie Jam.20.65, Hoyle UK 20.70).

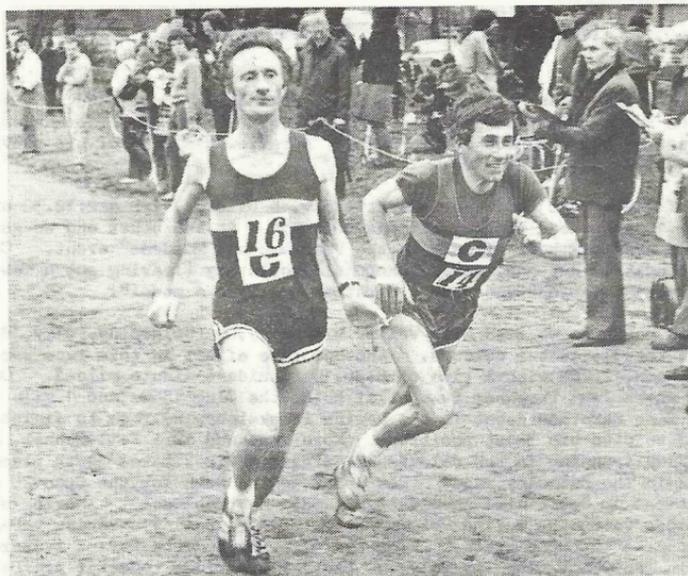
Progression so far:-

1976 10.7, 21.6w

1977 10.5, 21.7 (21.5w)

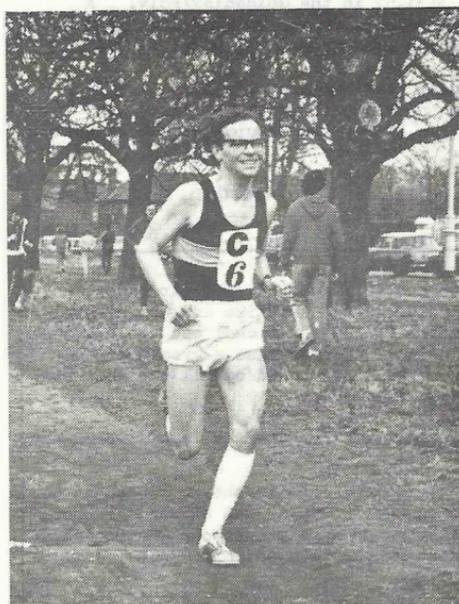
1978 10.29, 21.36

1979 10.21, (10.20w 10.1 manual), 21.10 (20.83w) ★★★★★, Alan Mead

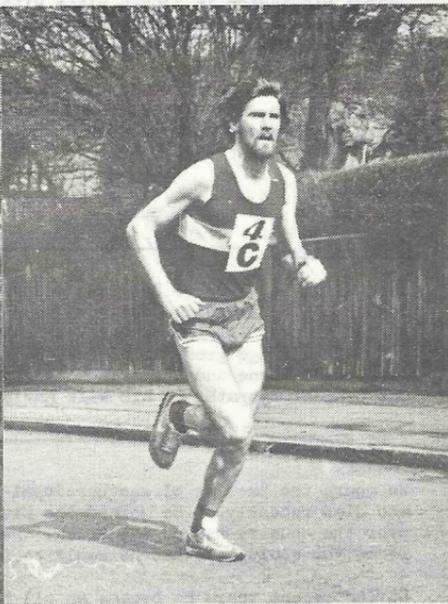


Pat O'Connor's expression tells all. He hasn't seen the competition during his leg of the Southern Road Relay. Bill Laws smiles but he too is destined to run a lonely time trial.

Photo by Stu Barrett



A golden oldie! Our Hon. Sec. Derek Crookes in the Southern Road Relay.



Bearded Dennis Brown runs the Southern Road Relay.

Photos by Alan Mead

MARATHON RANKINGS '79

A year ago the Welsh Marathon enthusiast, John Walsh, published a British Marathon Ranking List for 1977. This included all known performances, and this year he has produced a 1978 List. A review was made of his previous list, so let's take a look at 1978.

Pride of place goes to Trevor Wright (Wolv. & Bilston) for a 2:12.32 at Fukuoka (Japan) 1 sec. ahead of Pony Simmons (Luton). At the other end we get four, five and even six hour efforts in the "Masters and Maidens" event. Credit where credit is due and, as Joe MacDonald would say (leaving out a few adjectives) "Everyone who runs a marathon deserves a medal".

In 110th position we find Bill Weller with 2:27.04 (Goldenlay-Poly), Bill now runs in the Gloucester colours. Another fine effort in this race was by Lionel Mann, 252nd with a time of 2:36.10 (inside 6 minute miles). Over to Canada where John Thresher (who still holds the Club 1500m and 1 mile records) made a fine marathon debut in the Regina (Saskatchewan) race to finish 5th in 2:39.25 to give him 321st position. More renowned as a Fell-Runner, John Blair-Fish (running in the colours of Edinburgh S.H.) takes 347th place with 2:40.22 in the Barnsley race. How about coming down for the Open 20 John? (Three times up Cops Hill shouldn't present any problems!). Moving on over 300 places to 694th we find Veteran (over 50) Joe Dooley cracking three hours with 2:52.48 in the Unigate. Closely following is John Davies (veteran 40+) 744th in 2:54.55 (Goldenlay/Poly). Another two close together are Peter Hardwick 916th in 3:01.48 (Unigate) and John Wasbrough 927th in 3:02.09 (Goldenlay/Poly). In position 1054 our worthy handicapper, Arthur Bruce who clocked 3:09.01 and travelled all the way to New York to do it. Veteran (40+) Paul Pringle chose what many regard as the toughest of them all, the Isle of Wight to do 3:11.21 for 1089th placing. Another of our "evergreen" runners, Geoff Pearson (now 60+) went to W.Berlin for the World Vets. Championship to clock 3:14.27 for 1135th place in the rankings. Here comes George Piddington in 1365th place with 3:31.57 in the Goldenlay/Poly. A French man, Jean-Paul Beutler ran in our colours in the Unigate and did 3:32.53 (1375th). In the same race, David Drake did 3:54.13 for 1559th.

Altogether 1778 performances are listed, 47 events have been taken into consideration. A nice piece of work John Walsh, it must have taken many hours to produce, however it did leave you 2:35.54 to occupy 244th position!

Gordon Doubleday

JACK WILLIAMS

Jack Williams, late of Belgrave and Veterans AC, departed from our ranks on August 6th. He joined Belgrave as a junior in the twenties and won several sprint titles. Later he was Vets champion at club, national and world level and held his age group world record for 200m. He was also a great help on the social scene and was a fine fellow who will be missed by all who knew him. Our deepest sympathy to his wife Mavis and family.

J.H. FLETCHER

We mourn the passing of another loyal Belgravian, Jack ("Nobby") Fletcher who died recently. He joined the Club in the '20s' and was a "regular" both over the country and on the track. Although he rarely made our Championship Teams you could bet that he would be shouting the team on.

During recent years he became an all the year round swimmer, and still came to the big meetings. He was a "regular" on the Brighton Road and he had seen more Brighton Walks than most people - you generally ran into him at Bolney, then at the finish. He was very fond of Brighton and it seemed a second home to him. He was often accompanied by his wife to whom we send our sincere sympathies.

Rankings '79 — Men

<p style="text-align: center;"><u>100m</u></p> <p>E.Obeng 10.2 J.Evans 10.9 C.Brooks 11.1 D.Williams 11.4 C.Gillett 11.7 P.Lyttle (Y) 11.8 P.Whitby 11.8 D.Bailey 12.1 S.Crosbie 12.2 A.Bentt 12.2 M.Shippen (J) 12.2 C.Lewis (Y) 12.2</p>	<p style="text-align: center;"><u>200m</u></p> <p>E.Obeng 21.1 J.Evans 22.2 D.Williams 23.0 R.Hopkins 22.9 C.Gillett 23.2 M.Brockington (Y) 23.6 P.Lyttle (Y) 23.9 P.Whitby 24.2 M.Shippen (J) 24.4 S.Crosbie 24.5</p>	<p style="text-align: center;"><u>400m</u></p> <p>J.Munoz 50.1 J.Gladwin (Y) 50.5 D.Williams 51.2 R.Hopkins 51.4 C.Gillett 51.6 C.Brooks 52.3 D.Bailey 53.2 S.Williams 54.0 P.Gardner 56.1 S.Crosbie 56.1</p>
<p style="text-align: center;"><u>800m</u></p> <p>J.Gladwin (Y) 1:54.3 J.Munoz 1:54.6 D.Brown 1:58.6 N.Kirmatzis 1:59.7 S.Holmes 2:00.2 M.Waller (Y) 2:00.8 S.Williams 2:02.9 R.Hopkins 2:03.7 J.Stevenson 2:04.4 P.Gardner 2:04.8</p>	<p style="text-align: center;"><u>1500m</u></p> <p>D.Brown 3:55.0 N.Kirmatzis 4:05.3 A.McIntosh 4:07.1 J.Gladwin (Y) 4:09.0 L.O'Hara (V) 4:11.1 S.Holmes 4:11.8 M.Waller (Y) 4:14.0 S.Williams 4:15.9 S.Williamson 4:16.1 J.Rimmer 4:20.0</p>	<p style="text-align: center;"><u>3000m</u></p> <p>L.O'Hara (V) 8:37.2 D.North (Y) 9:04.0 J.Searle (J) 9:17.0 S.Williamson 9:24.2 M.Waller (Y) 9:37.0 T.Dowdall 9:39.6 D.Maughan 9:43.0 G.North (V) 9:43.0 G.Sexton (Y) 9:52.0 P.Gardner 9:59.0</p>
<p style="text-align: center;"><u>5,000m</u></p> <p>J.Bicourt 14:57 L.O'Hara (V) 15:08 S.Williamson 15:39 S.Holmes 15:39 A.Binda 15:54 I.Duncan 15:54 P.O'Connor (V) 16:04 J.Rimmer 16:24 D.Maughan 16:29 T.Dowdall 16:38</p>	<p style="text-align: center;"><u>10,000m</u></p> <p>L.O'Hara (V) 31:46 S.Holmes 33:01 I.Duncan 33:05 P.O'Connor (V) 33:27 R.Lettins 33:49 C.Walker (V) 35:30 D.Searle 35:30 K.Duckett 35:30 T.Dowdall 35:40 D.Maughan 35:49</p>	<p style="text-align: center;"><u>2000m S/C</u></p> <p>M.Sinclair (J) 7: 6.7</p> <p style="text-align: center;"><u>3000m S/C</u></p> <p>J.Bicourt 9:03.4 T.Dowdall 10:02.0 I.Duncan 10:11.1 J.Rimmer 10:32.6 L.Coy 10:39.8 M.Sinclair (J) 11:08.2 L.Mann 11:51.4</p>
<p style="text-align: center;"><u>110 H</u></p> <p>P.Whitby 15.6 M.Lindsey-Bailey 15.8 R.Hopkins 16.4 C.Brooks 16.7 A.Bentt 17.9 D.Bailey 20.3</p>	<p style="text-align: center;"><u>400 H</u></p> <p>P.Whitby 57.7 M.Lindsey-Bailey 60.9 D.Bailey 61.9 S.Crosbie 68.0 K.Clarke (Y) 68.3</p>	<p style="text-align: center;"><u>Shot (Senior)</u></p> <p>C.Brooks 13.99 M.King 12.02 J.Martin 10.68 R.Hopkins 10.00 A.Bentt 9.28 P.Crosbie 9.00 S.Crosbie 8.10</p>



Long Jump

D.Williams	7.07
R.Hopkins	6.77
C.Brooks	6.85
M.Lindsey Bailey	6.36
S.Crosbie	6.24
A.Bentt	6.22
P.Crosbie	5.91
P.Whitby	5.67
P.Lyttle (Y)	5.49
P.St.Ange	5.40

Discus (Snr)

C.Brooks	39.54
M.King	33.70
P.Crosbie	29.70
J.Martin	28.56
S.Crosbie	20.28

Discus (Yths)

R.Young	26.60
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Shot (Snr)

C.Brooks	13.99
M.King	12.02
J.Martin	10.68
R.Hopkins	10.00
A.Bentt	9.28
P.Crosbie	9.00
S.Crosbie	8.10

Shot (Yths)

R.Lyttle	10.48
R.Young	9.08

High Jump

S.Samson (J)	1.92
M.Lindsey Bailey	1.90
C.Brooks	1.81
A.Bentt	1.75
R.Hopkins	1.75
S.Wyld (B)	1.75
S.Wyld (Y)	1.60
M.Sinclair (J)	1.50
P.St.Ange (B)	1.50
R.Young (Y)	1.45

Javelin (Snr)

P.Crosbie	59.62
C.Brooks	50.04
S.Crosbie	46.24
J.Martin	40.64

Javelin (Yths)

P.Lyttle	26.76
R.Young	24.46

Triple Jump

S.Crosbie	13.20
D.Williams	12.84
A.Bentt	12.41
P.Whitby	11.76
S.Wyld (B)	10.44
R.Young (Y)	10.25

Pole Vault

M.Shippen (J)	4.10
C.Brooks	3.40
A.Bentt	3.00
R.Hopkins	2.50

Hammer (Snr)

W.Couzens	27.60
M.King	23.68
J.Martin	22.16
P.Crosbie	21.80
S.Crosbie	15.88

Hammer (Yths)

R.Young	17.12
P.Lyttle	15.00



Scott Wyld setting record heights at the Crystal Palace.

Photo by Stu Barrett

WELCOME

David Adams
Graham Allerton
David Barratt
Janet Butler
Christopher Celaire
Lynn Cook
Camilo Cornejo
Cathy Cosgrave
Fiona Donaldson
Sonia Dyer
Mary Ejvone
Andrew Gladwin
Robert Gohar

Cathy Growney
Tamsin Growney
Martin Hills
Tracey Hopkins
Sarah Hurd
Maria Keenan
Eva Kessler
Ludwig Kessler
Paul King
Teresa Leonard
Leo Lyons
Alan MacIntosh
John Marsh

Stephen Marshall
Ian McDermot
Earlene Murrell
Melanie Parsons
Gregory Pearson
Gwen Scott
Arnold Smithies
Claudia Sonden
Graeme Thom
David Wooll
Peter Wooll
Frederick Young
Doris Yiadom



