

The Belgravian.

The Official Gazette

OF THE

Belgrave Harriers.

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6d.

Headquarters—

ST. JOHN'S HALL, RIDGWAY,
WIMBLEDON HILL.

Training Quarters—

Summer :
BATTERSEA PARK TRACK.

Winter :

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EBURY BRIDGE ROAD, S.W.1.

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FOREWORD.

We can make no apology for again referring in this column to our policy, for it is essential to clearly define the whole position as to the future.

Unfortunately, our effort to obtain sufficient definite promises of support that would enable us to issue “The Belgravian” monthly, failed to rouse the interest required. Therefore the number of replies to the circular sent out, did not justify us in publishing again previous to this issue.

We have, however, received some very decided opinions as to the desirability of carrying on, and further we have been fortunate enough to receive some assistance whereby we have been enabled to institute a “Gazette Fund” which should obviate the necessity of dipping too deeply into the Club Funds.

There remains, then, hopes that we may eventually attain our objective—the monthly issue.

For this it is essential that those who have so far failed to respond to our call should endeavour to do so at an early date.

The success of Club work demands the whole hearted support of all the members, and if every one supported us in this effort we should have no fears as to the future.

May we rely on you?

CROSS COUNTRY.

We had expressed the hope, in our last issue, that we might terminate our sequence of minor placings in the South of Thames "Junior," and at Roehampton on November 14th we proceeded, with some degree of confidence to "do the necessary." It seemed touch and go at one time as to whether the race would be decided, for a fog made conditions very bad for racing whilst later a pointsman misdirected the field so that eventually the leaders, following their own individual inclination, found their way home by devious routes and nearly caught the judges totally unprepared. Fortunately, the field followed their leaders and everything turned out O.K. H. E. Footer turned up trumps and finished second, only beaten a margin of one second. A. D. Pyer, H. W. Bruce and K. B. O'Kell followed in close order in the first nine places. Therefore with a total score of 24 points the team race was beyond doubt.

Pos.		Time.
		m. s.
1	C. E. Poole, S.L.H.	23 51
2	H. E. Footer, Bel. H.	23 52
3	H. R. Browning, Ash. A.C.	23 53
6	A. D. Pyer, Bel. H.	23 59
7	H. W. Bruce,	24 1
9	K. B. O'Kell,	24 5
18	W. L. Bayliss,	24 21
21	A. E. Smith,	24 25

TEAM PLACINGS.
(17 competed.)

	Pts.
1 Belgrave H.	24
2 South London H.	40
3 Epsom H.	78
10 Belgrave "B" Team	187
14 Belgrave "C" Team	277

Naturally, after this success we had visions of "larger game" in the County Championship at Epsom. Following a postpone-

ment this race was held on January 2nd over a two lap course on "The Downs." In the draw for position at the start we drew 13, which may have appeared ominous but was really the best berth, on the inside. Coming round at the end of the first lap we seemed to be well away with the team race, having a lead of some 20 points. Epsom, however, were closing up rapidly whilst our back men were feeling the effects of the heavy going. Coming round the second time at Tattenham Corner, K. B. O'Kell and A. D. Pyer were going great guns with H. E. Footer, who had an off day, plugging along in 8th position. Then came the "turn up" in J. Andrews who showed wonderful improvement and helped considerably to withstand the efforts of our Epsom friends so that eventually we ran out winners of our first Cross Country Championship by a margin of 2 points.

Pos.	Time.	m. s.
1	W. T. Dear, Surrey A.C.	28 42
2	M. A. Kempton, Ranelagh H.	28 58
3	K. B. O'Kell, Bel. H.	29 10
4	A. D. Pyer,	29 17
8	H. E. Footer,	29 39
17	J. D. Andrews,	30 16
21	A. E. Smith,	30 30
26	H. W. Bruce,	30 52
	TEAM PLACINGS.	Pts.
1	Belgrave H.	79
2	Epsom H.	81
3	Surrey A.C.	93

After this victory we looked with renewed confidence to the next event—"the South of Thames" Championship on February 13th. This event was decided at Gatton Park, Merstham, over a course decidedly heavy after considerable rain. This fact undoubtedly had an adverse effect to our chances and contributed to the somewhat inconsistant running of some of

the team so that the form shown in the Club Championship was completely reversed, almost to the extent of making the handicapper go grey--that by the way.

H. E. Footer showed the way home of our team and in doing so succeeded in doing this for the third successive year in this event. H. W. Bruce followed and in all the circumstances put up a very creditable performance, in his first Season over Country, to finish 25th.

The team race proved a close affair for third position but we had eventually to give way by some 35 points. The performance on the whole may be considered very satisfactory and shows considerable improvement on recent years. With a little more support we shall eventually beat our previous best of 1904 when we finished third.

The Cup presented by Sir J. Colman, over whose estate the race was run, was awarded to the Club with the lowest score for the whole of its 12 men. This went to the winners, Cambridge Harriers, who actually finished their 12 men before we had our team of 6 home. In this contest we came out third best with South London H. between us and the winners.

Pos.		Time.
10	H. E. Footer	44 54
27	H. W. Bruce	46 2
31	K. B. O'Kell	46 6
39	A. D. Pyer	46 27
48	J. D. Andrews	46 40
83	A. E. Smith	47 35
95	A. G. Jones	47 48
106	G. F. Easton	—
113	W. L. Bayliss	—
142	W. H. Williams	—
154	J. G. Flatt	—
189	S. L. King	—

TEAM PLACINGS.

Pos.	(25 competed.)	Pts.
1	Cambridge H.	134
2	Reading A.C.	150
3	South London H.	203
5	Belgrave H.	238

Whilst space is not available for full details we cannot pass without reference to the Inter-Club races with Ashcombe A.C. and Thames Valley H.

The first event was fully reported in the last issue so that there remains the races at Isleworth and at Wimbledon. It is pleasing to be able to record victories in both these races so that we had the distinction of winning all three, which constitutes our best. Other events indulged in, were races with Brighton Railway A.C. at Wimbledon and at Brighton in both of which we came out best.

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CLUB EVENTS.

The 7 mile Cross Country Championship for the "H. T. Blackstaffe" Shield and the 7 mile "Junior" Road Walking Championship, a newly instituted race, for the "Oscar Horwood" Cup were held at Wimbledon on January 23rd. We were somewhat unfortunate with the weather but the racing rose above such mundane affairs and provided good entertainment for those who braved the elements. As was generally expected K. B. O'Kell soon asserted himself in the run and successfully retained his title whilst J. Scamell proved himself a worthy winner of the walk. The performances of Scamell, since he started last year, have been truly remarkable for in some 12 races he has gained as many prizes. The sealed handicap in the run was voted a good thing for J. D. Andrews on his running in the Surrey County Race, and so it proved. It was, however, a popular win and well deserved.

We were fortunate enough to secure the presence, after a long

absence, of Mr. H. T. Blackstaffe, President of the Club in 1909-1912 and donor of the Cross Country trophy instituted in 1910. After presenting the prizes including a "Special" to O'Kell from Mrs. Blackstaffe he expressed his satisfaction and appreciation of the progress the Club has made. Doubtless if all goes well we shall eventually achieve those higher honours to which he referred. Anyway that is what we are out to do.

Result 7 Miles Cross Country
Championship for

"BLACKSTAFFE SHIELD."

Pos.		Start H.	time	Actual P.H.
1	K. B. O'Kell	scr.	45.24	45.24
2	H. E. Footer	0.5	45.54	45.59
3	A. D. Pyer	0.10	47.0	47.10
4	H. W. Bruce	0.30	47.15	47.45
5	J. D. Andrews	4.50	43.24	48.14
6	A. E. Smith	2.10	46.54	49.4
7	A. G. Jones	3.30	45.41	49.11
8	G. F. Easton	4.0	45.25	49.25
9	W. H. Williams	4.0	45.46	49.46
10	W. L. Bayliss	3.10	46.37	49.47
11	G. Still	4.30	45.18	49.48
12	S. L. King	4.0	46.29	50.29
13	R. J. Savage	4.30	46.23	50.53
14	W. Rice	6.0	45.25	51.25
15	J. G. Flatt	3.0	48.28	51.28
16	R. Hedger	7.0	47.27	54.27
17	S. Petherick	6.15	48.26	54.41
18	J. H. Webb	7.0	48.35	55.35

7 Miles Junior Walking Championship
and Sealed Handicap.

Pos.		Start H.	time	Actual P.H.
1	J. G. Scamell	1.0	58.35	59.35
2	J. B. Carne	1.30	58.30	60.0
3	C. H. Speechley	1.40	58.56	60.36
4	F. W. Thorne	scr.	61.26	61.26
5	C. H. Rogers	2.5	60.1	62.6
6	W. J. Fish	3.20	58.48	62.1
7	A. H. East	1.55	61.30	63.25
8	R. E. Wills	2.50	61.21	64.11
9	W. M. Franklin	3.30	61.29	64.59
10	E. Green	7.30	59.40	67.10
11	D. McDonald	4.40	62.52	67.32
12	B. J. Knifton	7.40	61.43	69.23
13	A. Martin	7.45	61.55	69.40

It was somewhat unfortunate that the "R Murphy Shield Race" for the Club 10 mile Walking Championship should have to be held on the same day as the

"South of Thames" but a congested fixture list gives little opportunity to avoid clashing. The entry may be considered satisfactory and the race proved more interesting than at one time was to be expected. Really it resolved itself into a repetition of last year's event with R. D. McMullen and E. L. Reeve racing practically together until the last few yards when McMullen had sufficient reserve to open up a gap which sufficed him to retain the trophy. J. Scamell did well to finish third and he may be expected to be well up in the R.W.A. "Junior" on March 6th. His forward placing gave him first position in the handicap from J. Rathbone who was fourth in the championship.

10 Mile Walk Championship and
Sealed Handicap.

Pos.		Start H.	time	Actual P.H.
1	R. D. McMullen	1.15	80.31	81.46
2	E. L. Reeve	1.45	80.2	81.47
3	J. G. Scamell	3.0	79.18	82.18
4	J. Rathbone	3.5	79.46	82.51
5	J. B. Carne	3.45	82.14	85.59
6	S. A. Manning	5.0	82.5	87.5
7	V. J. Peacock	8.10	80.8	88.18
8	R. E. Wills	7.45	81.23	89.8
9	W. J. Fish	6.45	82.38	89.23
10	O. Horwood	6.30	84.12	90.42
11	E. A. Wall	3.15	90.3	93.18
12	W. J. Hawker	7.45	85.34	93.19
13	D. McDonald	14.45	81.30	96.15
14	A. Martin	15.15	82.5	97.20

* * *

The Hon. Editor tenders many thanks for the following contributions towards the "Gazette Fund."

By proceeds of presentation and sale of a "Gigantic Cake" by H. Evans, £1 13s. Donations—
J. B. Belchamber, £1, M. E. Odell, 2s. 6d.

Further contributions will be duly acknowledged and no objection will be made to filling up one column of the next issue for this purpose.

FUTURE EVENTS.

We have now but few remaining fixtures at Wimbledon. To be precise, there remains but two races to decide, the 10 mile C.C. Championship on March 27th for the "Macher Shield" and on April 10th the 20 mile walk for the "R. W. Ricketts Shield."

All being fit and well both races should be well worth support and, in this respect, the alteration of the course, made last year, for the run provides better facilities for the spectator, even though the race is probably won and lost by the time that the top of Gravelly Hill is reached. We shall be better able to consider the prospects of the individual winner after the "Southern," meanwhile the holder's prospects appear brightest.

The 20 mile walk was always hoped to be a trial for the National event and to provide information for the selection of our teams. Looking back the three years that the race has been held, it may certainly be said that little help has been afforded in this respect. Last year's event was probably best for the first three home in the Club race were first three of the winning team at Derby.

It is rather unfortunate that the County Walking Championships clash with our C.C. race on March 27th for there are many of us who will be unwilling to miss one of these events. It is up to our walkers now to complete a meritorious double by winning the Surrey County Race for by doing so they will enable us to put up a record for the Surrey County by holding both Championships.

CLUB NOTES.

By the Hon. Sec.

The Summer Season is rapidly approaching and some of our members are already training on the track. Fixtures have been arranged and the Battersea Park Track engaged for our several meetings. The inter-club relays have been settled and will be run in the following order: Battersea, Croydon, Mitcham and Epsom, all on Wednesday evenings. The match with Ashcombe A.C. and Thames Valley Harriers will be held at Richmond.

* * *

We have had two more valuable trophies presented to us by Mr. W. L. Bayliss and by Mr. Oscar Horwood, both being given to the Walking Section. Mr. Bayliss presents his to the first Club man home in the National Road Walking Championship and Mr. Horwood's cup is given to the Club 7 miles Junior Walking Champion. The cups are perpetual trophies and the property of the Club. The Club's thanks have been passed along to these gentlemen for their kind gifts.

* * *

We are now looking forward to our Club walking champions. A most promising walker is our 7 miles Junior Champion, J. G. Scamell and great things are expected of him. The race for the Club 10 miles Championship again resulted in a win for McMullen by a yard from the unfortunate member E. L. Reeve. If these two fine walkers could only produce that form in the National we should not worry as to whose name should go on the Shield for 1926.

Our team in the National will take a lot of beating and if our members in that race turn out fully trained we ought to score another success. Each year makes it harder to secure premier honors and the opposition will be greater, so let the Belgravians rise to the occasion and place a team in the field well trained and fit to do honor to the Club.

* * *

The Hon. Sec. would like to enrol a lot more new members, and the old members are asked to do their utmost to find promising material to strengthen the Club's several teams.

* * *

The Hon. Sec. is looking well ahead when he asks members to book the date June 27th. We are holding our mid-night stroll to Brighton on that day, starting from Croydon at 9.30 p.m. A large party is expected for the stroll and as arrangements have to be made well in advance he would like to hear from any of the members who anticipate this very pleasant outing.

* * *

One hears that two of our members are entering for the Brighton and back race on June 19th. The single journey is enough for some of us. It requires a large heart and a good pair of feet to tackle the second journey.

* * *

We have recently been presented with a most gorgeous Notice Board painted in the Club's colors by our energetic supporter Mr. Chandler. We are hoping to get the consent of the L.C.C. to place this board in the dressing room at Battersea Park, so that our members during the Summer Season can be advised of the

Club's engagements and open meetings.

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The Inter County competitions are now an established event. Members who have County qualifications are reminded that if they wish their names placed before the different County authorities for consideration will they communicate with the Club Hon. Sec.

* * *

Since the early part of the Season, when our walkers were making a show in "opens" we have been unusually quiet.

We were able to capture team honours in our own "open" in November and later in the Enfield A.C. "7." After this—

It has been stated, that, following the latter success our walking Hon. Sec. presented the members of the winning team with cigars, and that this is responsible for the change. We scarcely like to accept this as authentic and trust that the scandal was more vile than the cigars.

* * *

With the last of the "Open" Road Walking handicaps now past we may again congratulate ourselves on securing, in our race, the largest entry and field for any of these events, excepting of course that promoted by the governing body, the Road Walking Association.

* * *

Congratulations to "Micky" Pyer on being first man home for the winning team in the London Business Houses C.C. Championship.

Where was A. E.? Qualifying for another Novice Medal?

SOCIAL

The tea and dance, following the County Championship at Epsom, at which the Shield, won by the Club in the Inter-Club Relay Contests, was presented, proved a great success. So much so that it seems a pity that we cannot have it all over again for the benefit of those who did not turn up.

Congratulations are certainly due to those who organised the affair and special thanks to Mitcham A.C. for filling a breach, due to a misunderstanding, and providing their excellent band for the dance. Those who were not dancing found much entertainment around corners and behind screens and it is rumoured that certain decorations, usually associated with Christmas time, had rather a busy time. We have not yet been able to ascertain exactly why our Track Captain missed the train home or what was happening when Tommy Eaton opened the wrong door.

* * *

The trips to Brighton on January 9th, was more in the nature of a Social, and following the racing a good muster sat down to tea. Wally Bayliss entertained for a while and afterwards we went various ways until it was time for the return. Those who stayed overnight were divided in the evening between dancing and other entertainment but seemingly the non-dancers did themselves well even though one did have an inclination to trip the light fantastic to the tune of "2½." No one knows what that might be, so don't ask the Editor. On Sunday morning a stroll was arranged over the Sussex Downs to Ditchling Beacon thence along the ridge of the hills to Lewes, where

efforts were made to exhaust a stock of ginger beer and sausage rolls. An attempt to dive into the history of the battle of Lewes, when on the site by the Racecourse Grand Stand, failed dismally. Footer said he was too dry for dry subjects. Altogether 14 returned on Sunday evening after a really enjoyable time.

* * *

A good muster turned up for the R.W.A. Smoker at the Stadium Club on January 25th, and enjoyed a capital entertainment. The films of the Championships at Richmond, Windsor, Derby and Chingford were shown and if the projection was not first rate we were able to recognise many "Belgravians" in various states. Our running members felt inclined, at times, to chant that well known excerpt from "The Three Blind Mice"—"See how they run," whilst one facetious critic thought the screen rather too small to show all of a certain member's legs at the same time.

The third Annual Dinner on January 29th, proved a great success. In the unfortunate and unavoidable absence of our President, Mr. W. Griffin presided. Approximately 100 members and friends were present and enjoyed a well served dinner followed by a capital entertainment.

The speeches were wisely cut to a minimum and if one speaker was afterwards accused of mixing his metaphors he could reasonably plead that we had been compelled to mix his wine previously.

An opportunity was found to present our Social Hon. Sec. L. C. Smith, with a clock, as some token of appreciation of the manner in which he has catered for our Socials during the past 4 years.

SPRINT TRAINING.

For young members of 18 and others over that age who have no professional trainer to supervise their work, a few hints on the subject of running in sprints may be welcomed.

Company in training is most desirable and the tyro should endeavour to do his work with one who is a little faster than himself. A schedule of work has been drawn up, which, if followed conscientiously, though making due allowance for difference in runners, should enable the sprinter to get into good condition in a reasonable length of time.

The first two weeks should be devoted to getting into fair physical condition and limiting the running exercise to easy striding of 150 to 440 yds., keeping well up on the toes.

Now to work to schedule. After a few warming up starts, run three 30 yard distances with several straightaways of about 80 yards at half speed, finishing with an easy 220 yards swing.

The following week, in addition to the daily work of the preceding week, run a fast 50 yards on Wednesday and another on Saturday. Then the straightaway work may be increased to 150 yards and the sprinter may finish up with a couple of 100 yard runs at half and three-quarter speed, finishing the last 20 at top speed. If the sprinter is training for the 220 and 300 yards as well as the 100 he may finish his daily work with an easy 440 or 220 yards on alternate days. Besides practising starting he should run 50 yards twice daily and 75 yards on

Thursday and Saturday. Also keep up the finishing work at 220 and 440 yards on alternate days at half speed.

The next week's work should begin with several starts and one 50 and one 100 yards at nearly full speed. On Tuesday try a 75 at top speed or a race between the tyro at that distance. With a few starts and half and three-quarter speed straightaways until Thursday, on Friday he should be able to go through the full distance at top speed. The daily finishing work now, should be 220 yards at half speed.

For the next week, the work should begin with a 300 yard run at nearly top speed as strengthening work for the 220 yard event. This should be followed on Tuesday and until Thursday with a 120 yards at top speed, starts, and finishing bursts to the half and three-quarter speed work. On Saturday arrange a 100 or 220 yards race.

In the 220, the runner should not make the mistake of endeavouring to go at full speed for the whole distance. He should sprint the first 70 yards at full speed, then ease up slightly until the last 70 yards when he should put all his strength into the finish. The carriage of the body for sprinting should be well forward although it will be found more suitable to bring the carriage more erect as the distance is increased.

There is, I think, just enough work and to spare, in the foregoing suggestions and I do not think that any harm will be done by any youth of 18 who tackles such a schedule.

F. H. DIFFORD.