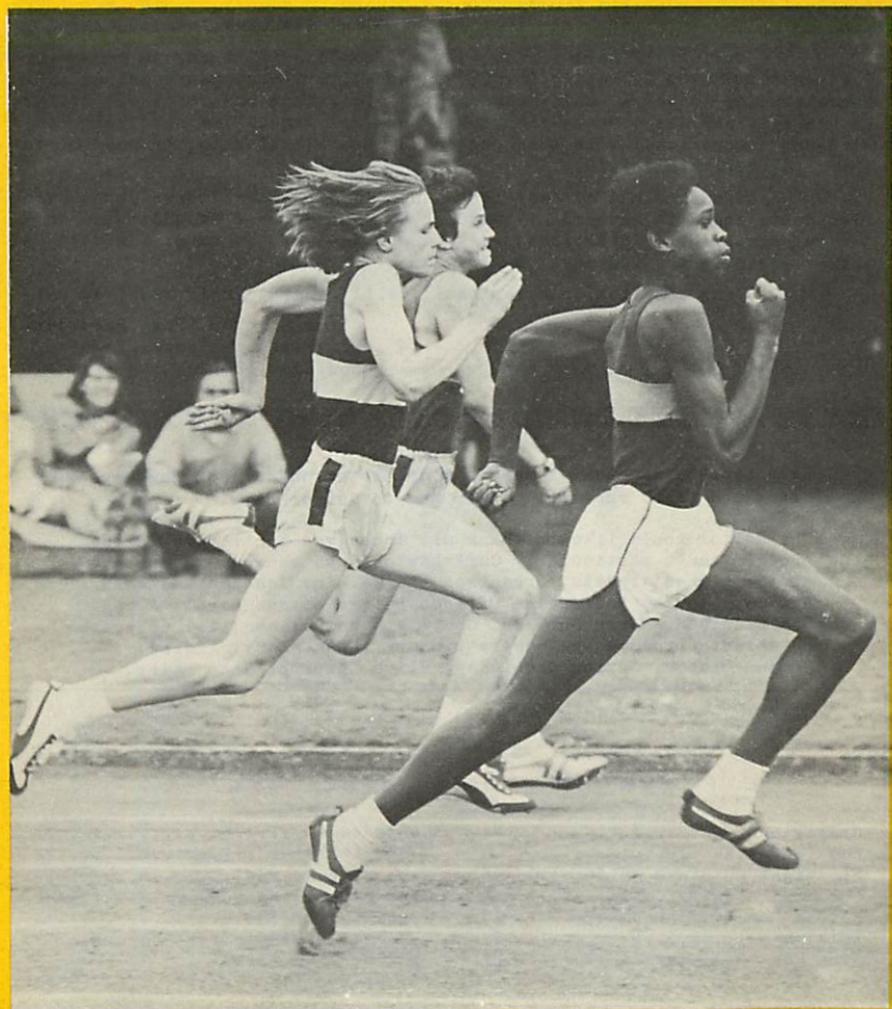


THE SEPTEMBER 1974  
**BELGRAVIAN**



**the official gazette of belgrave harriers •**

# Club Honours Board

Dear Belgravian,

Following A.A.Harley's untimely death last year your Committee considered various proposals for commemorating the unique service rendered to the Club by this fine Belgravian. It was eventually decided that a Club Honours Board featuring Senior Championship successes was not only something that a club of our stature merited anyway, but it would be particularly appropriate for carrying a plaque in memory of Alf. who took such an interest in the history of our club and its many team successes.

During Alf Harley's 46 years of membership he was twice President, Honorary Secretary for 26 years, Editor for 9 years and Walking Secretary for 10 years, and thousands of Belgravians enjoyed the benefits of his selfless devotion to the Club. There are many, I am sure, who would wish to be associated with this project by contributing to the cost of the board (approximately £270).

The fund has already been launched by the Past Presidents, Vice-Presidents and Life Members of the Club but its success depends also on General membership. Subscribers will be notified of the unveiling date and acknowledged in the December "Belgravian".

Your donation, however small, will be gratefully received by:-

Clive Shippen (Past President)  
24, Fryston Avenue,  
Coulston, Surrey.

Held over to the next issue is a complete run-down on Belgrave's track and field records, Senior Men to Junior Boys.

The Editor would like to thank all those who contribute to the 'Belgravian', particularly Carl Lawton, who manages to compete at the highest levels, organises the Walking Section and gets his copy to the Belgravian Offices before anyone else! Also, Ron Linstead, Harry Shields, Charlie Manning (who will no longer be able to produce the centre picture pages - any offers), Gordon Biscoe, Gordon Doubleday, Clive Shippen, John Baker.

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Front Page: David Bailey strides out to win the Senior Boys 100m at the Club Championships and shows fine style in the process. Ivan Beaumont was second and Mark Shippen third. Photo: Ron Linstead

# THE BELGRAVIAN

SEPTEMBER 1974

NUMBER 186



FOUNDED 1887

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## COMMENT

At last Battersea Park athletic track can boast some all-weather surfacing. Well, on the jumping areas at least. The long jump run-up was put down by Dunlop and the high jump area has been laid with a substance developed in the United States and completely new to this country. In the few weeks that these areas have been in use there has already been a noticeable increase in the standard of jumping and in the number of those who wish to jump at Battersea track.

There appear to be no plans afoot to re-surface the entire track or to enhance the pole vault and throwing areas. Apparently there is also a problem in safely housing the high jump landing bed, for at the present the only vandal proof store is on the other side of the Park, and this means that it is not always available for use. All this is a great pity because the whole south-western sector of London is very much a barren wasteland as far as the athlete is concerned. He or she must travel to West London Stadium or the Crystal Palace to use the most modern athletic facilities. On the credit side, the groundsman at Battersea has intimated that during the winter months when he is less busy he will cut down the remains of the old pole vault 'mound' (at present inhabited by a nest of rats), so that at least that site will be ready should any developments arise.

On a slightly different tack, a TV programme some weeks ago highlighted the problems faced by youngsters in south-west London. The main point made was that there is nothing for them to do and nowhere for them to go, not even for a kick-about with a football. The fact that a large park exists in Battersea with football pitches, tennis courts and an athletic track, not to mention a fun-fair, riverside embankment and gardens, seemed to be totally ignored by the programme. However, it must be admitted that these amenities are not available on winter evenings, and if a scheme could be got off the ground to develop a sports centre that would be open all year round in all weathers, a great deal would have been done to alleviate the problem. It would certainly also give athletics the chance to exploit an area of London that is virtually untapped.

Our sport has a great advantage over others in that it can be practised by almost anyone who has the determination to get up and have a go. Bear in mind the incredible performance of the man at our league meeting at Exeter who, with only one leg, won the high jump with a leap of 6'0"! Whatever one's sex or shape or size, there is an athletic event to be tackled and even if one is never likely to become a world-beater there is the pleasure of measuring improvements, inch by inch and second by second.

Given the facilities athletics can be a real glamour sport, attracting many more than the comparative few who now take part.

# grapevine

- TED STIMPSON recently underwent an operation in Wimbledon Hospital and is now out and about again. He was pleased to see a number of Belgravians who visited him during his short stay in hospital. Ted, a Past-President, is one of those who do a great deal for us, lending a hand at track, country and road fixtures. He also plays a large part on our social side and for many years has organised the Club's Annual Dinner - an event which few, if any, clubs can equal. In 1939 he led our cross-country team home in the "National" at Manchester to score our second team win (the first was in 1935), and as fourth man home gained an international vest. After war service he gained another E.C.C.U. winning team medal at Sheffield in 1948. Over recent years he has enjoyed a weekly spin over the Common, and is a regular attendeer at Committee meetings; he also represents us on the Middlesex County A.A.A. Committee.
- RICHARD MOODY, now a Surgeon Lieutenant in the Royal Navy, is off on an enviable tour of duty this winter. He sails from Plymouth on September 17th on board HMS Achilles, a Leander Class frigate, as Medical Officer for a group of ships. Ports of call will be Gibraltar - where he hopes to take part in the race to the top of the rock, Cape Town, Mombasa, Mauritius - for Christmas, and Singapore. Richard will be back in the UK next summer.
- We had a representative at the International Walks at Hamburg in May, the Chief Judge was our Vice-President and Olympic representative WILF WESCH.
- Many years ago when Belgrave Hall was St. John's Hall it was looked after by a Mr. and Mrs. SAVAGE. With the passing of time the Hall became ours, the dear old couple passed on and the good work was carried on for a number of years by their son TOM. We are sorry to learn that Tom died recently in Wimbledon Hospital. For a good many years he cleaned up at the Hall and served us with refreshments, and we mourn the passing of an old friend.
- LEO COY has taken over the job of recording the United Kingdom's Club Ranking lists for the National Union of Track Statisticians. Let us hope that the performances of Belgrave athletes will make his task that much more enjoyable.
- The scene was the A.A.A. Championships. The world record holder and ex-world record holder were engaged in a seven-foot-plus duel in the high jump and three leading American pole vaulters were also in action. "... Cheerio blokes, I'm going now..." JOHN MARTIN our field events captain was actually leaving right in the middle of such excitement. It has always been said that the call of true love is strong. Poor John must have it bad!
- For two years now PETE SUTTON has been unable to run because of a chipped bone in his foot but it's nice to see him regularly at the Hall on a Sunday morning, keeping in touch even if he can't get out for a jog.
- There seems to have been a population explosion in Belgrave circles recently. PETER and MARGARET HILLIAR and DON and JENNY MacLEAN are hearing the patter of tiny feet ... again. Spectating at the Club Championships was none other than our 800 metre record holder DAVE COCKS with two year old daughter ELIZABETH. Dave and his wife CHRIS (ex-Selsonia) are both well and have recently had another addition to their family - a son GRAHAM. PAM and JOHN DAVIS, another Selsonia Ladies AC/Belgrave partnership, are also doing their best to keep the Club stocked with thoroughbreds, and seven weeks after the arrival of another bouncing boy, Pam was out jogging again.

● A few raised eyebrows were in evidence from visiting officials at the Club Championships when GORDON BISCOE regarded the new all-weather long jump run up and said with tongue in cheek, "Looks good. Should be alright when they get the cinders down on top of it!"

● DENNIS McKEOWN has been away in Belgium for two months racing on his bike with some success. He looks forward to donning his running shoes again in the near future.

● Hurdlers beware! PAUL WHITBY begins a post graduate physical education course at Madeley College this autumn. Hopes to be super-fit next season.

● Making a welcome appearance at our last Battersea track meeting was the incredible HENRY MARTIN who has probably been a member of more athletic clubs than he has had training sessions. Now running in the colours of Hercules Wimbledon, his come-back session over 200 metres was his first race on the track after four years of injury problems.

● PAUL WILLIAMSON is off to Norwich and East Anglia University where he will be studying history and art.

● Congratulations to LIONEL MANN upon winning the Civil Service Marathon Championship held in conjunction with the Poly A.A.A./R.R.C. marathon.

## Consideration ...

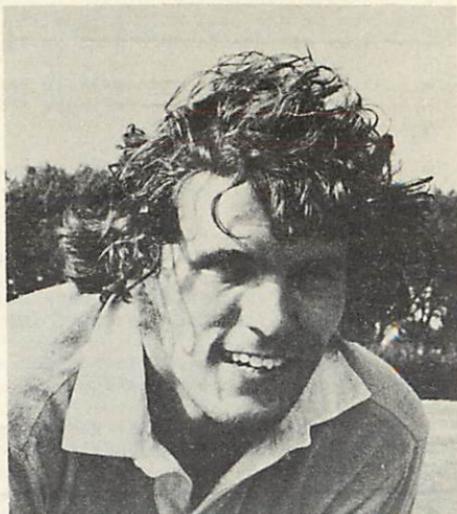
... is probably the word I'm looking for - it's this that makes administration so much easier. It's when someone goes beyond the line of duty, often without being asked, to put themselves out to help our Club. I'm not referring to the Carters, Biscoes, Bakers and Couzens of our Club who frequently receive the accolades they deserve, but to the man often overshadowed. Someone like Pete Sutton who sweeps out the canteen and committee room, someone like Joe McDonald who at the hint of a suggestion is so eager to please, or Fred Paget washing up and running a bar. And talking of bars - Dennis MacManus, Jack Carter and Stuart Barrett - we couldn't have done without them. These are not just words, without them we could have put up the shutters as far as socials were concerned. Brian 'T' Gorman and his efforts have given heart to our training from the Hall. Colin Pearson, an active athlete, has rolled up his sleeves to the most foul but necessary cleaning work. Arthur Penstone, always busy - Bert Stroud with his wife and kids, whether it's in the canteen or standing on corners directing runners for four hours at a stretch and still smiling. To mention one lady makes others immediately spring to mind. Pat Mead, never an observer, always involved, the track people know how much and all who read this magazine owe her thanks. Evelyn Stimpson, mainspring in so many ventures, grafting away with needle and thread or paintbrushes or pottery, forever helpful and understanding. Margaret McMillan and her great efforts at the Bazaar - Sue Coy - Mary Crookes and Stephanie Langheim - have all pitched in with their positive contributions. Gwen Couzens and Bill's Mum at the Jumble Sales. My own Mum, not Yidisha but a continuous source of lucrative ideas and help. And Linda, my bossy daughter, who as I write is making papier mache piggy banks for the Merton Show - her involvement with tea making, distributing leaflets, selling programmes, running raffles, etc., is total.

I thank you all - missed some? Of course. The bloke what never made a mistake never made anything. To those, please accept my apologies. And to you all, cited or not, thank you - thank you very much.

CHAS. MANNING, President.

# SPOTLIGHT on .....

## STEPHEN WHITE



Steve White became a member of Belgrave Harriers as a 15 year old in 1965, introduced by Tony Brooks. Immediately, those connected with the track and field side could not help being impressed by the slim youngster who trained with purpose from the very beginning, who seemed to know exactly what he was about, and who exuded the calm confidence of a future champion.

Nearly a decade later, Steve could be said to be the man at the heart of our team. It's not just that he nearly always wins for us, it's the way he does it with assurance and flowing style, perhaps three or four times during an afternoon. He lives at Oxford and in spite of the travelling involved, always turns out for the Club in league and cup matches. On one occasion this year he had gone down to Brighton for the weekend yet still visited Mayesbrook Park in East London to spearhead our team. Another time, representative honours had been gained by him but there was no easing up for the event as he staunchly carried the claret and gold for us just the day before.

Representative honours include the A.A.A., Southern Counties A.A.A., Surrey A.A.A., Berks/Bucks/Northants/Oxon., and he gained a junior international vest in matches against France and West Germany in 1969. Steve was 3rd in the English Schools senior 200 metres in 1968, 2nd in the junior A.A.A. 200 metres championship in 1969 and a finalist in the senior A.A.A. 200 metres in 1973. He has sprinted faster than any other Belgravian and only John Mitchell has leapt further. Honours are not confined to the sports field, however. At Tulse Hill School he was Deputy Head Boy and has been President of Oxford University Athletic Club.

The following questions were put to Steve recently by Alan Mead and give some insight to the motivation of this quiet, great Belgravian.

Alan: What made you choose athletics as your main sport?

Steve: I suppose I enjoyed the personal success of athletics. It was good to win at football of course but there it's a team success, athletics gave me a lot of personal confidence. Also, I preferred the loneliness of the training, it seemed more purposeful and there was a greater sense of progress than in the team games. This is not to say I spurned company, not that I didn't enjoy team games. It was just that if I was going to take something seriously then I had to devote all my self-centred attention to it; football etc., was an enjoyment, athletics became more fundamental. There was, moreover, the sheer aesthetic pleasure of running well and being fit.

- A: Are any other members of your family involved in sport?  
 S: I think my father used to play football in the Army, otherwise not.
- A: How often did you train when you started running and jumping?  
 S: I started at primary school when I was 9 but that didn't involve much training, I just ran when the district sports came along. I can remember going to Sunday morning training at Tooting Bec prior to the local cub pack's sports - we really were very keen. I didn't start training seriously until I was 14 - about 5 days a week.
- A: What other sports did you take part in at Tulse Hill School?  
 S: Soccer, basketball, cricket for my first two years until athletics began to intrude.
- A: A basketball player I once encountered said you were known as "wonderboy" as you were a good all-rounder.  
 S: It makes me sound like some "All American Boy" cartoon character. I hope nobody called me this, but I certainly was actively involved in three major sports, captain in two of them (athletics and basketball) and particularly successful in athletics, and my successes were well paraded by the school authorities. I suppose it did make me popular and it meant that I got to know a great many people whom I would never normally have spoken to, and they me. For a great many boys at Tulse Hill prowess at sport was more admirable than any other ability.
- A: Did you receive any coaching at school?  
 S: I did receive the regular coaching from school masters until I had some success and showed some promise. I was then singled out for more privileged attention and given more detailed schedules and so on. Then, when I joined Belgrave, there was Dave Ansell who was one of the finest long jump coaches in the country. (I think Derek Cole and Alan Lerwill have missed him since he went North - we all owe a lot to Dave). Then in my fourth year at school, Dick Wyer arrived to teach P.E. and he has been friend and 'coach' ever since.
- A: Where did you train at that time?  
 S: At school, where gymnasium and weights facilities were excellent, plenty of encouragement too; Brockwell Park and Herne Hill track.
- A: How much of your early success was due to sheer ability?  
 S: I honestly don't know because I was training relatively seriously relatively early and therefore never permitted myself to rely for long on natural ability alone. However, I did win races at primary school, at district level and at holiday camps. I suppose actually that natural ability was important and also a contributory factor in my choice of athletics as my main sport. I've tended to be a bit philosophical in my answer to your first question - sheer natural ability was important.
- A: What ambitions did you have in those days?  
 S: In the short run to win the English Schools (I'm still upset that I never did); to win a junior international vest; to pass my exams ('O' and 'A' levels) - this above all else. In the long run to win the Olympics, of course! and to go to University.
- A: What were your achievements in sport in your Tulse Hill days?  
 S: Early on in soccer; in my second year we won the Ewell Trophy and London Grammar School Cup (we were the best team in London that year). I was playing for a Sunday club side which perennially won league and cup. Until I started to play in the 1st eleven, I honestly think the team I was playing in lost no more than 10 matches. That probably had little to do with me but it was marvellous to play in such successful teams. In basketball I played for London Schools. In athletics I won the London Schools Intermediate long jump in 1967, 3rd in the English Schools senior 200 metres 1968, 2nd A.A.A. junior 200 metres, junior internationals against France and West Germany 1969.
- A: When did you go up to Oxford and what were you reading?  
 S: October 1970; Politics, Philosophy and Economics.

## SPOTLIGHT ON STEVE WHITE Continued.....

A: How did you make your mark in the athletics team?

S: I actually went up to Oxford assuming I would have no trouble getting into the athletics team and quite honestly I didn't; the standards were not particularly high and anybody who had success at school was eagerly welcomed.

A: When did you become President of Oxford University Athletic Club?

S: In 1973 for academic year 1973-74. My term ended in May this year after the Varsity match. Julian Goater is the present President. I was Hon. Sec. in 1971-72 and have been on the committee in one way or another ever since.

A: You graduated in 1973, how is your post graduate course going?

S: Fairly laboriously at present. I spent much too much time being President of O.U.A.C. last year and now spend hours in the library catching up and trying to find a thread for a thesis. I must admit I'm looking forward to finishing and leaving the academic environment.

A: What do you hope to do after this?

S: "Something in the City". Actually I really don't know specifically, but probably something allied to my subject (Economics). Perhaps Government Economic Service or Bank of England. I do fancy working for the U.N. or something like that but they usually require experience in business or government first. I really don't relish the prospect of becoming an urban commuter with mortgages and gas bills. Perhaps I'll work for 'Shelter' or 'Child Poverty Action' - the irony of that would be that I probably couldn't afford to find accommodation myself. This might all sound a little flippant but I'm not too concerned about my future (I think my wife's more concerned!) and I'm confident I'll do something worthwhile and enjoyable.

A: When did you meet your wife?

S: I met Jean in 1968. We were married in 1972.

A: How does Jean view your athletic career?

S: With benign tolerance.

A: What moments stand out in your athletics?

S: My worst moment is being knocked out of the English Schools 200 metres in 1969 when I had the fastest time in the country to date and was favourite - I really wanted to win that.

I was really pleased on beating Cambridge by a record margin this year, not because the Varsity Match is a prestigious match nowadays, not primarily because of anything I did personally, but because it was such a magnificent team performance and there was a real sense of club spirit. That was a wonderful reward for all the tribulations I experienced as President throughout the year.

Other than this I felt totally elated to break 22 seconds for the first time and 24 feet and also 50 seconds for 400 metres. I've run abroad for Lambeth, Great Britain and O.U.A.C. and I've enjoyed every trip.

A: Have you met many athletic "personalities"?

S: David Hemery once in the showers at Crystal Palace. Alan Pascoe is a "good bloke". Both he and Hemery, I've noticed, are prepared to give encouragement to youngsters, to interrupt their own sessions to say a few words. I really admire such humility in such greatness. But I have met many people in athletics and quite honestly, whether they've been "personalities" or not hasn't really been significant.

A: Do you prefer jumping or sprinting?

S: It depends whether I am jumping or sprinting well. Though I do find it more difficult to train for jumping because of lack of company and coaching at Oxford; it's easier to get out and run.

A: Have you realised your athletic ambitions?

S: I do worry about improving and I do still want to obtain an international vest. But

I'm not obsessed with this particular ambition. I will do all I can to achieve it but if I fail I will find satisfaction in the knowledge that I have tried rather than disappointment in failure. More important is to enjoy athletics here and now, and I do, so I have no reason to complain. Doing the O.U.A.C's President's job made me approach the sport from a new direction, and as I have said, creating a club spirit and helping the rest of the team gave me a great deal of enjoyment and satisfaction. I'm sure it is the most worthwhile thing I have done at Oxford.

A: How long will you continue to compete?

S: For as long as I enjoy it. I suspect that when I start work, it might be a case of for as long as I can find the time.

A: Would you be satisfied with competing at a lower level?

S: I often wonder whether my enjoyment of athletics derives from my success. I believe it might. In which case if I cease to be successful I shall cease to enjoy athletics and therefore pack it up. However, my criteria for success might change, I might regard myself as successful if I am fit at 30 and so continue to do athletics even though I am no longer winning. I hope I shall do some sport when I am older. I'm certainly not doing it for the glory and nothing else.

continued on following page



It's 1969 and Steve White, fastest junior in Britain with 21.7, wins the Southern Counties A.A.A. junior 200 m. in 21.8.

Photo: Ron Linstead.

## SPOTLIGHT ON STEVE WHITE Continued.....

A: How often do you train and what type of training do you do?

S: Six days per week, winter and summer.

Weights three times per week in winter, twice per week in spring and once in summer. I get coaching/advice from Dick Wyer, otherwise I just work things out for myself.

I train mainly at Iffley Road track and sports hall or on college playing fields.

My sessions are very flexible and varied to avoid boredom. I usually try to concentrate on one particular aspect of technique per session, leg drive, arms or whatever. I do repetition work over 60, 70, 120, 150, 200, 300 metres and always try to keep the quality high, even in snow. This isn't easy but I prefer this approach to doing, say 10 x 300 metres with 30 seconds recovery in about 45 seconds. Anything above 38 seconds for a 300 metres is poor for me.

I do a lot of supplementary work, stretching, hopping, bounding, weighted belts, etc. In fact, I spend one whole session a week doing this sort of thing in the winter.

Weights: I mix pyramid work, in which I go for maximums (215lbs. clean, 210lbs. bench press, 600lbs squat), with light, fast repetitions in order to facilitate speed of contraction and avoid feeling cumbersome.

In general I try to fulfil set tasks but never by strain and unnecessary pain. Relaxation is fundamental, enjoyment is absolutely essential. I couldn't become an athletic metronome. I like to think that what I am doing requires some thought and some grace.

A: Do you play any other sport now?

S: This year no. Last year I played football but at present athletics is my sole sport.

A: What other interests do you have?

S: Theatre, Literature, the papers, dinners with friends, weekends with friends, a few pints, my wife (not in that order!).

A: Do you have any regrets about being so involved in athletics?

S: Believe it or not I've always taken pains to avoid being involved in athletics to the exclusion of all else. So athletics is just one, albeit important, of the things I do. I don't regret any part of my athletics career. It has enabled me to meet many people, it's given me self-confidence, self-control and so on, and of course I've enjoyed the glory and respect of others.

A: What are your views on Belgrave Harriers?

S: I think Belgrave's first priority must be to win the Southern League and gain promotion to the National League. This has become an increasingly difficult task and will continue to become more difficult. We shall, if we are not careful, become a club firmly entrenched in the Southern League with little hope of improvement. This will arise because good athletes, and promising athletes, will be attracted to the better competition they will find in the National League. The situation is therefore cumulative, the existing strong clubs will grow stronger and the provincial league clubs, competing with these National League teams in recruitment, will grow weaker until some equilibrium position is reached. The final result might be that clubs relegated from the National League will be too strong for provincial league clubs and therefore will be promoted back to the National League the following year; the population of National League clubs therefore remains fairly stable over a time.

I wouldn't like to generalise too much in this respect. There are and will be provincial league clubs who will rise to National League standard and prosper. As examples of these we have Borough of Enfield, Essex Beagles, Metropolitan Police, Oxford City A.C., in the future perhaps Windsor, Slough and Eton and Haringey. But these clubs all have special characteristics not possessed by Belgrave: (i) a single readily identifiable area from which to recruit, very often with no competing clubs in the same area (Oxford City, Metropolitan Police, Windsor, Slough and Eton), (ii) a tartan track which has provided a focal point to the club, which is why I rate the prospects of Haringey and Windsor rather highly.

S: Belgrave, on the other hand, has a catchment area which stretches over the whole of South London and competes for recruitment with many other South London clubs. Although Belgrave Hall provides some sort of focal point it benefits mainly cross country and road runners and anyway its attraction must be weakened by having club members so diversified geographically. This makes it difficult for a large percentage of the club to get to and train at the Hall at the same time. I would therefore include Belgrave (potentially, if not yet) with clubs like Herne Hill Harriers, South London Harriers, Surrey A.C., Queens Park Harriers, Hercules-Wimbledon. All these clubs hardly inspire hope for the future and appear, if anything, to be on the wane as far as competitive results are concerned.

I am informed that Belgrave has the athletes - if only they would turn out! - I have been told this since the Southern League was formed. Belgrave, I was assured, were still a great club, just wait till next year, and if only so many athletes weren't on holiday or in the army and posted elsewhere, or else just couldn't be bothered, we would win the Southern League easily. I think we are still deluding ourselves. In the last Belgravian we were congratulating ourselves for being the best club in Surrey. How can we honestly regard this as a success when we still haven't won the Southern League. And if we do regard this as a success then I think our standards are ashamedly low; how can we, in all conscience, encourage a promising youngster to join us when all we can offer is success in Surrey, surely if we are interested in his development we would rather prefer to divert him to Thames Valley Harriers or Croydon Harriers or Enfield where he would find better competition.

I think that if we are still potentially National League calibre, all those holidaymakers and couldn't be bothered athletes should be pressed to turn out now, because if we wait we will not even have the expectation of good results, the current athlete will have retired and the good youngster will have gone elsewhere. But if the malaise is more fundamental, as it probably is, then we must look for more fundamental solutions. I would favour amalgamations. There are too many clubs in South London. Talent is diluted too thinly and consequently good athletes are condemned to Southern League competition indefinitely. I think that serious consideration should be given to a more rational athletics set-up in South London so that we can eliminate petty squabbles between clubs about who uses which track and who has prior claim on a local youngster. I appreciate that there will be serious opposition to such changes. Many of the South London clubs are the oldest in the country and have long and admired traditions. Also Belgrave Harriers has one of the finest social set ups of any athletic club with its dances and socials and club magazine. I recognise all this and would hate to see it jeopardised. Moreover, the Southern League isn't such a bad league. In some ways, it is preferable to the National League as you compete against different clubs each time out and the atmosphere is more relaxed. Again I accept this and have personally enjoyed the Southern League a great deal. However, unless there is some attempt to win the league and to get into the National League one of the most fundamental drives of athletics is denied - the will to win. If this is missing in Belgrave, and we don't want to get into the National League, then we might as well become a successful social club and forget about athletics.

Finally, if we did have bigger clubs and a Belgrave team in the National League, it would still be possible by some adjustment to the existing rules, to run 'B' sides in the provincial leagues. Thus you have a club catering for all levels of ability and providing a means for the athlete who ceases to be good enough for the National League to continue with his athletics with the same club at a lower level.

I am sorry for the length of this answer, but it really has been frustrating getting nowhere in the Southern League over the years; I'm afraid nothing less than winning or coming second will give us access to the National League. The alternative is not encouraging.



# ROAD AND COUNTRY

As the records now show, our cross country and road performances last season were not very exciting to say the least. Second place in the Surrey C.C.Champs. and the performance in our own 12 stage road relay being probably our proudest boast. As has now been stated many times it is important that in the next few seasons we must find new talent to take over from some of our more 'ageing' members, either by developing them through our junior ranks and/or from recruiting new members.

However, apart from our need for new stars what was perhaps more disappointing last season was the general low turn-out at all levels in just normal inter-club events as well as Club championships. Due, it appears, generally to apathy and the non-desire to travel to away matches in preference to counter attractions!

In order to give a new look to some of our traditional fixtures and maybe inject a little incentive, a bit more club spirit and teamwork once again, it has been decided for the coming season to introduce a points competition. This will cover a number of selected races which will be indicated in the forthcoming fixture list.

The basis of this competition is not new and has, in a similar form, been run effectively by one of our Surrey rivals for some years. The rules of the competition are detailed below and it is intended that for this season (Sept - April) it will be treated as a pilot scheme and depending upon its success any modifications needed will be made for following years.

The prize for this competition will be to the value of £10 and of the winners own choosing. Other prizes may be awarded as is felt necessary. It should be noted that this competition in no way affects handicap prizes or medals etc awarded for any individual Club championship.

May I request that all cross country and road runners help to make this scheme a success but more than this, that in the coming season they will endeavour to make Belgrave a success, especially when selected for representative teams. (Special dispensation will be arranged for those gaining international representation!!)

## ROAD RUNNING AND CROSS COUNTRY POINTS COMPETITION.

Points will be scored as follows:

1. In any designated inter-club match open to all members,
  - a) the first 12 members to finish - 6 points.
  - b) the next 12 members i.e. 13 - 24 - 5 points.
  - c) the next 12 members i.e. 25 - 36 - 4 points.
  - d) the remainder who complete the course - 3 points.
2. In any Club championship,
  - a) members whose positions in the championship are within the first third of the total number of starters. - 5 points.
  - b) members within the second third - 4 points.
  - c) the remainder who complete the course - 3 points.
3. All members actually coming under starters orders in the races designated, irrespective of whether finishing or not, will score 1 point.
4. For acting as a recognised official, course marker or pointsman - 2 points.

The competition is open to all junior and senior members, both first and second claim.

In the case of road relays, points will be awarded as in (2) above except that times will be considered instead of positions.

In the event of any dispute the decision of the Belgrave Committee will be final.

**GORDON BISCOE** Road Running and Cross Country Secretary.

# WE WIN OUR OWN & SURREY 20 MILE ROAD RACE

JULY 20th 1974 - WIMBLEDON - BELGRAVE OPEN 20 MILE ROAD RACE.

On a hot and humid afternoon and without a single Belgrave vest in our scoring team (is this a record?) we won the open team race from Cardiff and T.V.H., and the Surrey County team race from Epsom & Ewell and Croydon. In fairness to our scoring men, however, it was probably just as well that they wore the lightweight white string vests rather than the heavier club vests since in common with other competitors they were denied the refreshment station we should have had along the Kingston by-pass as there were simply insufficient helpers for us to man it. With the aid of helpers from Mitcham and Hercules we managed to have sufficient (just!) pointsmen and helpers. The Club is indebted to the few regular helpers who did turn up.

D.Patterson of T.V.H. led at 5 miles by 13 seconds from Bob Atkinson (Cardiff) and Bill Weller, and by 10 miles had increased his lead to 76 seconds. However, by 15 miles Bob Atkinson was in the lead by 14 seconds from Bill Weller who was in turn 44 seconds up on Patterson. Lionel Mann and Pat O'Connor were running strongly well up the field and although Atkinson increased his lead to win and the second Cardiff man D.Jones was 4th, Bels. ran out winners by 5 points.

Bill Weller won the Surrey race held in conjunction with Pat O'Connor 2nd. With Stuart Barratt in support we just won the Surrey team race by one point.

All in all a good afternoon for our runners but an embarrassment to a club of our size that we had to rely on outside help for one of our major promotions of the year.

## DEREK CROOKES

1. B.Atkinson..(Cardiff AAC) 1:46:35	45. S.Barrett .....	2:13:58
2. W.Weller....(BELGRAVE H) 1:47:24	62. D.Bonsor .....	2:27:58
3. D.Patterson.....(TVH) 1:49:04	63. C.Henn .....	2:29:58
4. L.Mann .....(BELGRAVE H) 1:51:06	66. G.Piddington .....	2:37:29
11. P.O'Connor .....	70. E.Thorp .....	2:46:22
33. G.Haszard .....	dnf D.Maughan .....	-
42. P.Pringle .....		

Open team race: 1. BELGRAVE H 15pts; 2. Cardiff AAC 20pts; 3. T.V.H. 35pts.  
Surrey Championship: 1. BELGRAVE H 14pts; 2. Epsom & Ewell 15pts; 3. Croydon H 23pts.

## more thanks

Contributions continue to come in for the President's Appeal Fund. Many thanks to ....

D.Mouch	L.Mason	
H.Fletcher	W.Ashford	Vice-President
R.Glover	A.S.Manning	
W.C.Spencer	J.Morris	
G.Doubleday	Mrs. W.Shepherd	Vice-President
S.P.Crosbie	Mrs. Savage	Vice-President
O.E.Longshaw	F.G.White	
C.Collis	Mrs. J.Manning	
L.J.Coleman	D.MacManus	
P.Hilliar	H.King	Life Member

Don't forget, you have up until the A.G.M., September 18th to make your contribution.

## ROAD ROUND-UP

In the Maidenhead 10 miles, back in April, Lionel Mann was well up the field with 5th place in 53:29. Stuart Barrett just missed the hour with 60:12 (56th) and George Piddington clocked 67:31 (67th).

The Isle of Wight Marathon is always a tough event. This year's race in May took place on a very hot day when only the first 21 beat 3 hours. Paul Pringle's 2:53:58 (16th) was excellent. George (52nd) reached the finish in 3:56:47 having taken 68 minutes for the last six miles!

You can't keep old George down though. Nine days later he lined up with Lionel and Trevor Hart for the Aldershot 6-miler. Lionel (2nd) and Trevor (3rd) had a close race, finishing only 4 secs. apart with 31:52 and 31:56. George (41st) completed the team with 40:22 and gave us 4th place just missing the prizes by 1 point.

What a lad he is! Another week goes by and on June 1st George picks a very hot day for his annual pilgrimage to Hull, to fly the Belgrave flag in a 20 mile road race. Only the first two home beat 2 hours and our man was timed at 2:34:11 (32nd).

Bill Weller, limbering up for the Belgrave '20', led home our team in the Hanwell Carnival '5' with 24:50 (3rd). Pat O'Connor wasn't far behind - 26:09 (10th), and the Bels. closed in 2nd team behind Shaftesbury H. On the same day the Fleet '4' gave Derek Crookes 21:45 (31st), George 23:53 (51st) and Ron Langheim 31:09 (64th) the chance to flex their muscles. Good to see you competing again Ron - at least it made a pleasant change for George to have another Belgravian behind him for once!@#'+

June 23rd, and over at Grays in the Thurrock 10 mile race Bill paced out a respectable 49:51 (4th). He gained another 4th with 66:59 on July 7th in the Welwyn Half Marathon, won by Kirkham of Coventry. Pat 70:48 (16th), Lionel 71:41 (21st) and Doug Maughan 77:15 (62nd) gave us another 2nd team place behind TVH.

Sweet revenge came for Pat O'Connor in the Horsham '10' when he beat Trevor Hart who had gained an earlier victory in the Chichester to Portsmouth race. Pat was 12th in 52:55, with Trevor 53:39 (15th), Paul Pringle 58:57 (46th), Stu' Barrett 63:11 (77th), the ubiquitous George 65:05 (87th), Don Bonsor 65:29 (89th), and we finished 4th as a team.

The following day, June 14th, Lionel waged a lonely battle against mainly Luton United runners to win the Bedfordshire 10 mile championship. He finished 26 secs. clear of the field in 52:19.

Glen Haszard who recently joined us and comes from New Zealand, ran in conditions more suited to his homeland when he tackled the Chigwell '10'. In 80F degrees over a very hilly course he pulled through the field well in the second five miles to finish in 61:03 (22nd). Doug. Maughan finished 27th in 61:48, hot and tired.

### VETERANS' 5 MILE ROAD RACES - BATTERSEA PARK.

JUNE 25th 1974. 1. P.Newell 27:51; 5. A.Bruce 29:46; 16. C.Henn 31:38; 20. J.Hilton 33:00; 23. D.Gordon 33:54; 25. J.V.Baker 34:39; 27. J.Plummer 36:02; 29. J.McDonald 36:43; 30. R.Glover 36:43.

JULY 16th 1974. 1. S.Charlton 28:00; 6. J.Dooley 29:40; 7. A.Bruce 29:55; 8. F.Paget 30:00; 18. C.Henn 32:15; 21. R.Glover 33:03; 23. R.Conway 33:07; 24. J.McDonald 33:12; 25. J.Hilton 33:34; 29. J.V.Baker 35:55.

A special mention must be made for Joe McDonald. Running in his second vets race within a month he improved by an astonishing  $\frac{3}{4}$  minutes over the same 5 mile course. A bit late in the day for wondering how far he will go at that rate. The secret, so he says, is a thorough warm-up.

AUGUST 6th 1974. 1. L.O'Hara 26:00; 20. R.Glover 32:10; 27. J.McDonald 34:05; 30. J.V.Baker 34:27.

**BOB GLOVER**

## HEROIC RUN BY JOHN BAKER

John Baker, our 50 year old Hon. Treasurer, has been the butt of many a jest regarding his un-athletic appearance. Looking like an emaciated version of West German international Harald Norpoth, he lurks near the back of our road and country races, eagerly waiting to pounce like death upon any runner who should get within his range.

The writer will remember to his last days the terror that struck him one murky Saturday in mid-winter. In the gathering dusk on the last lap of the Club '10' he entered the woods with all strength rapidly failing and John Baker behind in full cry. The wail of the banshees could be heard, the harsh panting of tortured lungs getting closer and closer ... until ... he could struggle no more, and he too fell prey to the grey ghost of Belgrave.

We in Belgrave know that beneath John's fragile frame burns a determination that is matchless but one can well imagine the disbelief expressed by his fellow employees at Esso - "What, you a runner!" .

Well, they are regarding John with awesome respect now. You see, a sponsored run/walk was organised by the Esso folk, to raise money to buy a kidney machine for Charing Cross Hospital. John had no problem in gaining sponsors, for after all, surely a bloke like him wouldn't last a mile!

The event took place around Richmond Park, a favourite haunt of our hero. After 30 magnificent miles he wanted to go on and on but Mrs. Veronica Charles, one of the organizers, insisted that John called it a day. He was tired but was in no trouble with his health and doubtless he could have gone on all week. No, it was his poor sponsors that needed protection. They had already been skinned to the tune of £138 by John's efforts and if someone hadn't stepped in they would be working off their debt for another year!

One sour footnote was that one of his sponsors refused to pay up on the grounds that he just did not believe it.

Great work John.

ARM

don't forget your

'phone Ted Stimpson  
01 942 3893  
for further details

*Dinner and Dance*

at

"the worcester rooms"

WORCESTER HOTEL, MALDEN ROAD  
WORCESTER PARK, SURREY.

6.30pm. for 7.00pm.

including raffle £4

november 23rd 1974

# WALKING

The summer season has passed and left behind its mark of success and failures. Without doubt much of the credit for placings in some of the races must go to our 'veterans'. John Bromley gave us 2nd team in the Leicester Mercury, Dave McMullen, 2nd team Lambeth, and Bob Farley, winning team Hastings to Brighton. We pulled up well to be 2nd team in the National 50km after a bad one in the '20'.

However, despite our bad ones, we have moved up in the 'Nationals' table from last year's position but this was due to our turning out a team in the Junior Championship last October. With now three active walkers in each age group, Junior and Youths, plus two in the Boys, there is every hope of having teams in this year's 'Nationals' at Chelmsford in October.

On a farewell note, Bob Farley is off to Saudi Arabia for a two year term as a University Lecturer. Bob, who had a quiet period as a result of a knee operation, has fought back well to regain his team position in the longer races. This again leaves our team depleted, especially following Allan Callow's departure mentioned in the previous issue.

News from overseas indicates that Allan has settled in to his new abode and Dave De Bondi is changing status at last. He is marrying a physiotherapist who one hopes will speed Dave up.

**CARL LAWTON**

On April 28th at Des Moines, Iowa, ex-Belgravian John Knifton took the American National title over 25 kilometres with 1:56:03.

Course record for LAWTON in

## **LEICESTER MERCURY 20m**

MAY 25th 1974

1. C.Lawton ..... (BELGRAVE) 2:35:36	10. J.Moullin ..... 2:46:44
2. R.Dobson ..... (Southend) 2:37:18	40. J.Bromley ..... 3:05:43
3. B.Adams ..... (Leics.) 2:37:56	43. D.King ..... 3:06:32
6. R.Middleton .. (BELGRAVE) 2:44:39	44. G.Farley ..... 3:06:48

Teams: 1. Leicester 31pts; 2. BELGRAVE H 49pts; 3. Met. W.C. 71pts.

## **Southern Area Track League**

JUNE 1st 1974 - BATTERSEA PARK - QUALIFYING ROUND.

10 km: 1. C.Lawton 48:39; 2. R.Parkin (Medway) 49:36; 3. J.Moullin 50:20;	5 km: 1. D.Stevens (Steyning) 23:39; 2. R.Middleton 23:53; 7. L.Evans 25:48; 9. M.Bennett 26:24; 13. R.Picton 27:52; 16.
N.Greaves 29:12. 3 km: 1. P.Selby (Surrey WC) 13:55; 4. J.Hall 14:14; 9.	R.Tanner 16:09; 10. S.Bennett 16:27. <u>Junior 2 km:</u> 1. J.Dunsford 9:45; 2.
M.Pope (Steyning) 9:54.	

Teams: 1. BELGRAVE H 78pts; 2. Surrey W.C. 74pts; 3. Brighton 72pts.

JUNE 8th 1974 - LUTON - VAUXHALL MOTORS 10 Km.

1. P.Marlow (Southend) 45:06; 2. C.Lawton 46:03; 8. R.Middleton 48:17.
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JUNE 9th 1974 - PADDINGTON - BRWC 5 Km.

1. R.Mills (Ilford) 21:38; 5. C.Lawton (BELS) 22:56; 7. J.Moullin 23:41; 11. R.Middleton 24:12

JUNE 9th 1974 - DOUGLAS, ISLE OF MAN.

In his last race before emigrating to New Zealand, Allan Callow finished 2nd in 97:37 to Paul Nihill (Croydon) 90:07 over 20 kilometres.

**Lambeth '5'**JUNE 11th 1974 - BROCKWELL PARK.

1. S.Lightman (Met WC) 35:55; 2. C.Lawton (BELS) 36:12; 3. A.Seddon (Enfield) 37:18; 10. J. Moullin (BELS) 38:44; 22. D.McMullen 41:02; 24. A.Lucas 41:08; 31. J.Dunsford 42:09; 33. D.Fotheringham 42:16; 43. R.Tanner 44:02; 65. J.Morris 47:57.

Teams: 1. Surrey WC 23pts; 2. BELGRAVE 27pts; 3. Ilford 30pts.

Boys 2½ km: 1. S.Tidey (Brighton) 17:45; 2. J.Dunsford (BELGRAVE) 18:16.

**NATIONAL 20 MILES**JUNE 15th 1974 - REDDITCH.

The day was oppressively warm with the sun breaking through to full strength for the last 90 minutes of the race, making it wonderful for supporters but one of extreme difficulty for the competitors. The strength sapping humidity and deceptively difficult course lured many to over-reach and fall by the wayside, including our own Carl Lawton from whom we have come to expect so much. Ray Middleton with his vast experience gave his usual sterling performance while Ray Hall, but a shadow of his old self, showed it was possible to work through the field and achieve a respectable position.

John Moullin, John Dunsford and Dave King who made up our scoring team deserve praise but to win the 'Blue Riband', the oldest of the Road Walking Championships requires an utter dedication to training and team work. It is a subject for discussion and reflection on 'How best achieved under present conditions'.

It is possibly nostalgia but I recall we have won this team championship 13 times and placed 26 times since the inception 55 years ago of this 20 miles National competition and my feelings yearn for a return to the fitness and comradeship which resulted from the Saturday training sessions round Richmond Park, the laps of the Bridges from Battersea Park, during the mid-week and all-day strolls on a Sunday.

In addition to the four-a-side Championship the 'Nijmegen Shield' for the first club to finish eight men is an important feature of this



Walking Secretary Carl Lawton, caught by the camera of 'Glimpy' Jones

National 20 miles Championship continued .....

event and for many years it was a foregone conclusion that we would win this coveted award. Alas, it is many years since we were able to argue who would take it home, or finish a complete team.

Enough of looking back. Sincere thanks to the Midland Counties for an extremely well organised Championship and to our own officials who travelled to Redditch and played a major role as recorders and judges.

1. R.Thorpe... (Sheffield) 2:39:47	41. J.Dunsford ..... 3:10:59
2. R.Dobson .. (Southend) 2:42:45	58. D.King ..... 3:18:33
3. J.Warhurst. (Sheffield) 2:44:54	74. R.Hall ..... 3:22:41
6. R.Middleton (BELGRAVE) 2:49:41	100. G.Farley ..... 3:32:59
14. J.Moullin ..... 2:55:49	109. J.Keown ..... 3:38:20

Teams: 1. Southend 46pts; 2. Sheffield 48pts; 3. Surrey WC 61pts;  
6. BELGRAVE H 102pts.

#### JUNE 23rd 1974 - BASILDON FESTIVAL OF ROAD WALKING.

15 km: 21. J.Bromley 80:49. Jnr/Yth 5 km: 13. J.Dunsford 24:13; 17. M.Scammell.

In the Vets AC Championship held at Battersea Park on July 7th over 3,200 metres, Dave McMullen came home 2nd in 15:30 behind K.Livermore (Woodford Green).15:09. John Bromley was 5th in 15:59 and 12th was evergreen Charlie Speechley, 86 years old and spritely enough to clock 25:29.

## **NATIONAL 50km - BELS. 2nd**

JULY 20th 1974 - HENDON - R.W.A. NATIONAL 50 Km.

The Championship was the responsibility of the Southern Area of the R.W.A., and any who have ever assisted in finding a good, safe, sporting course with easy travelling facilities for competitors from all parts of the country, with all the refreshments and other needs required for a race of over 30 miles, will know how formidable was the task.

In no small part the original thinking of Ray Middleton devised a 10 lap course from Copthall Stadium, Hendon which amply met these requirements and enabled spectators, attendants and competitors to give of their best to achieve individual and team honours.

My own observation is that the venue has great possibilities for events of a similar nature.

The day was warm and Carl Lawton sensible to his responsibilities started steadily, moving in that immaculate easy style that at 20 miles one could picture him going to the front. This was not to be, fatigue suddenly struck him and the last two laps were an illustration of his doggedness to finish and complete our team.

As for so many years Ray Middleton came through to lead our team home and with John Moullin and Dave King we finished an honourable second.

The energy of the whole Middleton family must be commented on. Their name is synonymous with "Belgrave Harriers". Jean and her daughters organised raffles which I understand more or less covered the costs of the championship and few people realise the work they do. Congratulations.

1. R.Dobson ..... (Southend) 4:16:58	18. J.Moullin ..... 4:48:23
2. J.Warhurst ... (Sheffield) 4:18:58	36. D.King ..... 5:10:32
3. R.Thorpe ..... (Sheffield) 4:24:08	38. G.Farley ..... 5:14:53
8. R.Middleton ... (BELGRAVE) 4:38:30	68. D.Fotheringham .... 5:41:24
12. C.Lawton ..... 4:40:41	79. J.Keown ..... 5:52:00

Teams: 1. Sheffield 43pts; 2. BELGRAVE H 63pts; 3. Leicester 74pts.

National 20 miles, 50 kilo's and Hastings to Brighton reports by

**HARRY SHIELDS**

JULY 3rd 1974 - BATTERSEA PARK - INTER-CLUB MEETING.

10 km: 1. C.Lawton 45:41; 2. C.Fogg (Enfield) 48:59; 3. P.Hodkinson (Camb) 50:30; 7. R.Hall 54:06; 9. D.King 55:22. 5 km: 1. D.Johnson (Brighton) 23:21; 2. A.Banyard (Southend) 23:29; 3. J.Hall 24:16; 4. J.Bromley 25:17; 6. J.Dunsford 25:20. 3 km: 1. A.Seddon (Enfield) 13:52; 2. D.Rosser (Southend) 13:53; 3. M.Scammell (Newham) 14:32; 4. J.Dunsford Jr. 14:39; 5. A.Lucas 14:50; 11. J.Scammell 17:36; 13. A.East 18:56; 14. M.Yates 19:18  
Teams: 1. BELGRAVE H 204pts; 2. Surrey W.C. 156pts; 3. London Vids. 152pts.

***P.B's by Lawton and Hall in AAA 3km***JULY 13th 1974 - CRYSTAL PALACE.

1. R.Mills ..... (Ilford) 12:27.0      5. C.Lawton .. (BELGRAVE) 12:53.8  
2. P.Marlow .....(Southend) 12:28.4      11. J.Hall ..... 13:45  
3. B.Adams ..... (Leics.) 12:40.2

***Bels. lose hold on track league***JULY 27th 1974 - EAST LONDON STADIUM.

3 km: 1. K.Carter (Southend) 12:59; 7. J.Hall 13:53; 19. J.Tanner 14:50;  
21. S.Bennett 15:51. 5 km: 1. P.Marlow (Southend) 22:45; 2. C.Lawton 22:59;  
11. J.Dunsford 25:08; 14. M.Bennett 26:00. 10 km: 1. A.Seddon (Enfield)  
44:52; 7. J.Moullin 50:16; 13. J.Bromley 51:58; 14. D.McMullen 52:14.  
Junior 2 km: 1. J.Tidy (Brighton) 9:10; 2. J.Dunsford 9:34; 12. D.Bennett  
12:27; 14. C.Woodward 12:37.

Teams: 1. Brighton 135pts; 2. Southend 109pts; 3. Surrey WC 102pts;  
4. BELGRAVE H 100pts.

***European Games 20km trial***AUGUST 3rd 1974 - VICTORIA PARK.

1. A.Seddon (Enfield) 88:50; 2. R.Mills (Ilford) 89:04; 3. O.Flynn (Bas)  
89:26; 6. C.Lawton 93:01; 20. R.Middleton 99:05; 36. J.Dunsford 106:32;  
39. J.Hall 107:47; 47. D.McMullen 111:45.

Youths 2 km: 1. A.Worth (Leicester) 9:46; 2. J.Dunsford 9:47; 4. S.Bennett  
10:16. Boys 1600m: 9. D.Bennett 9:52.

***3km CLUB CHAMPIONSHIP***AUGUST 7th 1974 - BATTERSEA PARK.

1. C.Lawton ..... 13:27 13:42      5. J.Dunsford Sen. .... 13:07 15:05  
2. J.Hall ..... 13:35 14:20      6. D.Fotheringham .... 13:31 15:41  
3. J.Dunsford Jr. .... 12:36 14:32      7. S.Bennett ..... 13:34 16:24  
4. D.McMullen ..... 13:01 14:46      8. C.Gittens ..... 12:42 17:42

Standards: 1st Class - Lawton. 2nd Class - Hall, Dunsford Jr., McMullen.

Handicap: 1. J.Dunsford Jr. Don Brown Style Award: C.Lawton.

Immediately after the Club championship over 3,000 metres at Battersea, Carl and John Hall travelled over to the Crystal Palace to compete in the London Fire Brigade Meeting. Again the event was 3,000 metres and both improved on their times of earlier in the evening.

1. R.Mills (Ilford) 12:22; 2. P.Marlow (Southend) 12:23; 3. C.Lawton 13:10;  
7. J.Hall 13:59; 8. R.Tanner 14:38.

## Ray Middleton wins Hastings to Brighton

AUGUST 10th 1974 - HASTINGS.

The weather forecast was showers or longer outbreaks of rain, thunder at times, gale force gusts of winds from the West, with sunny intervals. How right they were. The fight of competitors along Hastings front to start the 38 miles trek. Thunder, lightning, torrential rain at about 14 miles, then in line with the famous nursery rhyme, "Out came the sunshine", when the South Downs and the countryside displayed all the beauty and lushness which makes one say "This England".

Through-out our men fought the elements and at 20 miles had clearly established themselves, leading in the individual and team championship. A further check between Lewes and Falmer showed Carl Lawton with an 100 yards advantage over Ray Middleton, with Carl Walking with fine style and confidence of the champion that we know he is. Both had a five minutes lead over the next man. Our team was well placed.

How surprised on arriving at Brighton to find Ray had beaten Carl by over two minutes. Ray's record over the past 10 - 20 years is awesome, astounding and must be unsurpassed in Club history. Congratulations to the remainder of the team.

1. R.Middleton..(BELGRAVE)	5:36:42	14. D.King .....	6:29:28
2. C.Lawton .....	5:39:11	16. J.Hall .....	6:32:59
3. M.Nye .....	(Surrey WC) 5:46:13	18. J.Dunsford .....	6:38:57
11. R.Farley.....(BELGRAVE)	6:24:26		

Teams: 1. BELGRAVE H 13pts; 2. Surrey WC 14pts; 3. Brighton 31pts.

★ ★

In Valenciennes, France on June 22nd, Carl Lawton was 2nd in a One Hour Track walk. He covered 12,937 metres (8 miles 47 yards). Competing for Great Britain against Sweden in Stockholm on July 31st in a 10 kilometre race he finished 3rd in 45:16.8. The winner was H.Tengren (Sweden) 43:56 and 2nd was S.Lightman (GB) 44:43.

Have you recorded a time this year on the track that has not appeared in the 'Belgravian'? Yes, then write to the Editor because the Club rankings will appear in the next issue AND THEY WILL INCLUDE TRACK WALKS.

### A word from your Treasurer—

This issue may not appear until after the A.G.M. so it is impossible to forecast whether I will still be treasurer.

I would like to thank those who pay their subscriptions promptly and I hope the members who still owed last year's have now paid up as this will save my time and club money in sending out reminders.

The subscription rate is low despite increases in everything we use. I hope members remembered this and responded well to the request for bottles for the stall at the Merton Show on August Bank Holiday Monday. If you did forget, try to sell as many A.A.A. draw tickets as you can. Should fund raising come to a stop I will ask the Committee to consider £6 per year as a minimum subscription so it's up to you.

If you do not attend the A.G.M. it will be no use moaning to me about any decisions which are taken. Your voice can be heard at the A.G.M. so use it there, not in the pub afterwards.

JOHN BAKER

# from the 'belgravian'

## 25 years ago

SEPTEMBER 10th 1949

In the London to Brighton walk on September 10th, eleven of our walkers started off on the stroke of Big Ben at seven o'clock, to be joined later by a number of supporters. In the early stages, Jack Bidgood Bert Clayton, Jack Baker, Jack Wakeley and George Oliver, walked in a group with Don Heath and Joe Wilson not far away. Gordon Doubleday, F.Herring, Sid Spencer and Bill Urry followed at an easier pace.

Jack Bidgood eventually went away from the others and at Chequers Horley was in 9th position. A check at Crawley (29 $\frac{1}{2}$  miles) showed that our men had held their positions with the exception of Jack Wakeley who had stopped for a massage. By the time Bolney was reached, Jack Bidgood had improved his position to 7th, Clayton was 16th, Baker 21st and Wilson 27th. With the retirement of Bert Martineau from the Surrey team there seemed a chance that our team would be placed and although Jack Bidgood dropped a couple of places to go back to 9th, Joe Wilson moved up to 23rd and at the finish our positions were: Jack Bidgood 9th; Bert Clayton 16th; Joe Wilson 21st; Jack Baker 23rd making a score of 62 points and just losing us the third position. So Jack Bidgood became our long-distance champion as well as holder of the 20 miles Championship. He's a champion to be proud of. His judgement of pace and unflagging stamina throughout the race set a fine example. Bert Clayton was a worthy second and showed his grit in overcoming tiredness in the last few miles. Joe Wilson walked his best Brighton to date and came along in fine style in the latter half to finish remarkably fresh. Jack Baker pluckily stuck it out over the last half to complete the team.

## and 40 years ago

NOVEMBER 1934 - CRAZY CABARET.

The second Social of the Season was held on November 3rd, and was well supported by our guests, Croydon H., Epsom H., and Mitcham A.C., supplemented by the ladies who had been running from the Windmill during the afternoon.

No doubt the advertised Crazy Cabaret, produced by Tom Cotton and trained by Miss Jo Parsons, was one of the attractions, and accounted for the really fine crowd which assembled.

The versatile talent among the Bels. is outstanding! Among the performers were several who have delighted us before, including Tom Cotton, Florrie Footer (once again in the role of Princess Charming), and our old friends Castor and Oil, who again left us without a leg to stand on.

The curtain rose at 9 pm with Miss Gladys Bailey singing "Over My Shoulder", which served to introduce us to "The Seven Belgrave Sisters" (including sylph-like Sidney and Harley, the original Harlequin) in a singing and dancing act which was well received.

Then followed Castor and Oil (alias T.Carter and P.Donnelly, or vice versa. Which is vice and vich is versa, I'll leave you to guess). Their act was very moving. Tom, girlishly garbed in a shimmering creation of russet and gold which displayed her form (or that which he used in lieu of) to advantage, and with lovelight in her eyes, although a trifle haughty as becomes such a queenly figure, was soon swept off her feet by the advances of Paddy, all sackcloth and gnashes. Eventually her feminine charm, plus a half-nelson, brought the debonair swain grovelling at her feet, only to be left flat for his pains! Curtain, amidst tremendous applause.

The ballet opened with Tom Cotton singing.....

.....Love in Bloom appeared from the flower pot in the form of Footer in a blonde wig, garlanded with yellow pansies and little else. Around the hall he scampered, followed by the corps-de-ballet, spraying the audience with sweet scents and Mitcham Lavender.....

Altogether a most successful show!

THANK GOODNESS HIS  
TERM OF OFFICE IS  
NEARLY OVER - THERE'S  
NO DIGNITY IN THE  
MAN - DOWN TO WOOLWORTHS  
AND BACK ON THE OTHER  
SIDE - SUPPOSING TOM  
POLLAK HAD SEEN HIM -  
STILL HE WONT GET  
DONE FOR STREAKING -



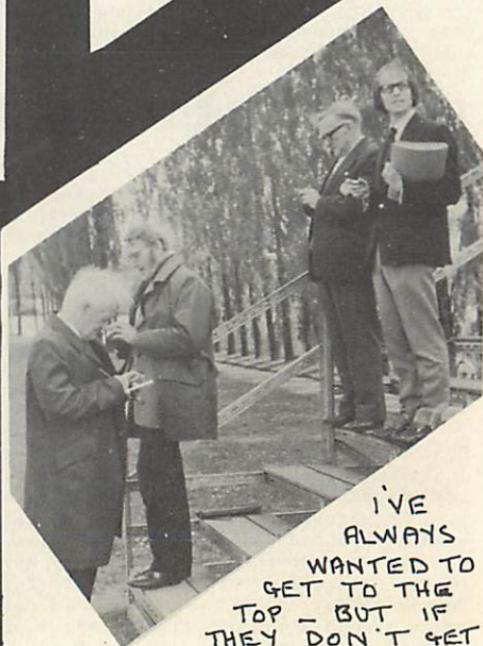
HE'S SO SUBORN -  
'JACKO'S ALREADY  
TOLD HIM HE'LL  
NEVER DO ANY  
GOOD WITH A  
GRIP LIKE THAT -



## falling stars



THEY JUST SAID .,  
"ANG ON TO THE END  
OF THIS...." THAT  
WAS THREE HOURS  
AGO ! ?



I'VE  
ALWAYS  
WANTED TO  
GET TO THE  
TOP - BUT IF  
THEY DON'T GET  
THIS RACE OFF I'LL  
NEVER GET THE NEXT  
ISSUE OF 'VETERIS' DONE!



TED "IT'S ONLY A BIT  
PART BUT I NEVER  
HAD THIS TROUBLE  
WITH 'GARBO' —  
SACK 'EM — LET  
BRIAN GORMAN —  
PLAY THE PART —  
GORDON "OK CHIEF — AND  
I'LL BEAR IN MIND  
WHAT YOU SAID  
ABOUT THE STEPHEN  
BOWMAN CORSET — BUT  
FRANKLY YOU DONT  
LOOK MUCH BETTER  
AND YOU'VE HAD  
THE OPERATION!



I'M SORRY DEAR YOU  
CANT STAR WITH STEVE  
MAQUEEN — IT SAYS  
HERE YOU PLAY OPPOSITE  
TOM CARTER —

## rising stars

THEY'D MAKE  
R MINDS — IS  
OR THE DOG  
WANT?



I CANT UNDERSTAND IT —  
THE LETTER SAID  
SOMETHING ABOUT  
RESHOOTING THE ONEDIAN  
LINE — BUT THIS LOOKS  
MORE LIKE AN ADVERT  
FOR FISH FINGERS —



# YOUNG ATHLETES

The Youths Medal Competition was neatly sewn up by Peter Crosbie who warily steered clear of the long track races but scored heavily in the field and sprint events to pick up the maximum 100 points for five events. Paul Warren and Danny Richards provided the other medallists with Adrian Cook and David Didino not competing in the necessary five events but nevertheless putting up some good performances.

- |                    |     |                   |    |                   |    |
|--------------------|-----|-------------------|----|-------------------|----|
| 1. P.Crosbie ..... | 100 | 3. P.Warren ..... | 91 | 5. D.Didino ..... | 58 |
| 2. D.Richards .... | 93  | 4. A.Cook .....   | 59 |                   |    |

This year's Boys Competition for the Mrs. L. Ryan Cup turned out to be the most exciting on record. With no less than 45 boys taking part it was a major achievement to score in the necessary five events.

When the day for the last three events arrived everything was set for a close finish. Mark Shippen, the leader after five events, was unable to improve any more as he was away on holiday; Martin Munro who scored max. points on the first two events and was then unable to attend for the next three was back in contention; Simon Shanks had scored well in three events but now desperately needed two more good scores; Ivan Beaumont, older than most of the others and therefore suffering with a lot less handicap allowance; all were pushing for the lead.

The 1,500 metres was Simon's strong point and he scored well, finishing just behind Tony Pilcher and new member J.Heath. Ivan Beaumont leapt a tremendous 15'10" to win the long jump outright and also gained 2nd in the high jump but was it enough? All the time Martin Munro was creeping up with really solid all-round performances.

Working out all the scores for such a close competition was a real headache and after checking and re-checking, Simon Shanks was declared the winner, only  $1\frac{1}{2}$  points ahead of Martin Munro who was in turn  $5\frac{1}{2}$  up on Ivan Beaumont. The medal for the best score outside the first three in all eight events was won by Stephen Fletcher with a tough all-round performance and not so far behind him came Andrew Byrne who won a special medal. Andrew has improved dramatically in the last twelve months, proving that no matter how far behind you are now, determination plus the strength you gain each year can make all the difference. The losers today can be tomorrow's winners.

A final word of congratulation must go to those mighty "micro-colts" who competed so doggedly against boys considerably older than themselves - David Hicks, David Worley, Andrew Vallance and not forgetting Philip Headley who at eight years old and with only the same allowance as twelve year olds finished a magnificent 4th in the 1,500 metres with an actual time of 5 minutes 48 seconds!

- |                     |                  |                      |                  |                       |    |
|---------------------|------------------|----------------------|------------------|-----------------------|----|
| 1. S.Shanks .....   | 91 $\frac{1}{2}$ | =5. S.Fletcher ..... | 80               | 9. D.Bailey .....     | 72 |
| 2. M.Munro .....    | 90               | =5. R.Danpure .....  | 80               | 10. A.Byrne .....     | 60 |
| 3. I.Beaumont ..... | 84 $\frac{1}{2}$ | 7. M.Smith .....     | 76 $\frac{1}{2}$ | 11. S.W.Crosbie ..... | 54 |
| 4. M.Shippen .....  | 82               | 8. A.Pilcher .....   | 76               | 12. J.Heath .....     | 53 |

\*\*\*\*\*  
 DON'T FORGET - Club racing strip is available from Tom Carter at Belgrave Hall on Saturday afternoons. If you can't make it, phone him on 764 7725. Shorts, singlets, track suits, ties, blazer badges - place your orders now.

# BOYS COMPETITION

100m				800m			
	Actual Time	H'cap. Time	Pts		Actual Time	H'cap. Time	Pts
S.W.Crosbie	15.1	12.1	20	A.Pilcher	2:42	2:12	20
S.Shanks	15.4	12.4	18 $\frac{1}{2}$	S.Shanks	2:47	2:17	19
M.Shippen	13.9	12.4	18 $\frac{1}{2}$	M.Cain	2:40	2:20	18
I.Beaumont	13.3	12.8	17	R.Danpure	2:28	2:23	16 $\frac{1}{2}$
A.Pilcher	16.0	13.0	14 $\frac{1}{2}$	S.Fletcher	2:33	2:23	16 $\frac{1}{2}$
R.Danpure	13.5	13.0	14 $\frac{1}{2}$	S.W.Crosbie	2:56	2:26	15
S.Fletcher	14.0	13.0	14 $\frac{1}{2}$	M.Smith	2:58	2:28	14
M.Smith	16.0	13.0	14 $\frac{1}{2}$	M.Shippen	2:45	2:30	11 $\frac{1}{2}$
A.Byrne	16.2	13.2	12	P.Murphy	2:50	2:30	11 $\frac{1}{2}$
P.Murphy	15.4	13.4	10 $\frac{1}{2}$	J.Searle	2:55	2:30	11 $\frac{1}{2}$
D.Hayter	14.9	13.4	10 $\frac{1}{2}$	I.Beaumont	2:35	2:30	11 $\frac{1}{2}$
J.Searle	16.0	13.5	9	A.Byrne	3:05	2:35	8 $\frac{1}{2}$
P.Hook	16.6	13.6	8	D.Hayter	2:50	2:35	8 $\frac{1}{2}$
D.Couzens	16.7	13.7	7	D.Hicks	3:06	2:36	7
A.Percival	16.8	13.8	6	A.Percival	3:08	2:38	6
L.Coomber	14.5	14.0	4 $\frac{1}{2}$	P.Miller	3:12	2:42	5
D.Hicks	17.0	14.0	4 $\frac{1}{2}$	P.Hook	3:13	2:43	4
G.Gardner	15.5	14.5	3	P.Stride	3:14	2:44	3
A.Smith	15.7	14.7	2	L.Coomber	2:51	2:46	1 $\frac{1}{2}$
D.Worley	17.8	14.8	-	G.Gardner	2:56	2:46	-
P.Stride	17.8	14.8	-	K.Sturmev	3:19	2:49	-
P.Miller	18.3	15.3	-	B.Hicks	3:21	2:51	-
B.Hicks	18.6	15.6	-	D.Lawrence	3:23	2:53	-
D.Lawrence	18.8	15.8	-	A.Smith	3:07	2:57	-
A.Phelan	17.5	16.5	-	A.Phelan	3:18	3:08	-
J.Hincks	17.6	16.6	-				
K.Sturmev	20.8	17.8	-				

JAVELIN				LONG JUMP			
	Actual Dist.	H'cap. Dist.	Pts		Actual Dist.	H'cap. Dist.	Pts
M.Shippen	31.77	37.77	20	I.Beaumont	15' 10"	16' 1"	20
S.W.Crosbie	22.02	34.02	19	M.Munro	13' 0 $\frac{1}{2}$ "	15' 9 $\frac{1}{2}$ "	19
M.Smith	17.37	29.37	18	J.Heath	12' 4"	15' 1"	18
I.Beaumont	27.00	28.50	17	S.Fletcher	14' 0 $\frac{1}{2}$ "	14' 9 $\frac{1}{2}$ "	17
P.Murphy	17.30	24.80	16	S.Shanks	11' 5 $\frac{1}{2}$ "	14' 5 $\frac{1}{2}$ "	16
A.Byrne	12.77	24.77	15	D.Bailey	14' 0 $\frac{1}{2}$ "	14' 3 $\frac{1}{2}$ "	15
D.Hayter	18.40	24.40	14	R.Danpure	13' 7"	13' 10"	14
M.Cain	16.55	24.05	13	L.Coomber	13' 5 $\frac{1}{2}$ "	13' 8 $\frac{1}{2}$ "	12 $\frac{1}{2}$
P.Miller	10.69	22.69	12	P.Stride	10' 8 $\frac{1}{2}$ "	13' 8 $\frac{1}{2}$ "	12 $\frac{1}{2}$
J.Searle	13.64	22.64	11	A.Pilcher	10' 6"	13' 6"	10 $\frac{1}{2}$
A.Phelan	19.37	22.37	10	A.Byrne	10' 6"	13' 6"	10 $\frac{1}{2}$
A.Percival	9.70	21.70	9	R.Bowling	13' 1 $\frac{1}{2}$ "	13' 4 $\frac{1}{2}$ "	9
G.Gardner	18.44	21.44	8	G.Wallace	13' 3"	13' 3"	7 $\frac{1}{2}$
D.Couzens	9.42	21.42	7	D.Couzens	10' 3"	13' 3"	7 $\frac{1}{2}$
S.Shanks	8.99	20.99	6	D.Worley	9' 6"	12' 6"	6
P.Stride	8.70	20.70	5	A.Vallance	9' 4"	12' 4"	4
B.Hicks	8.58	20.58	4	S.Fernandes	9' 4"	12' 4"	4
R.Danpure	19.04	20.54	3	B.Hicks	9' 4"	12' 4"	4
D.Lawrence	7.16	19.16	2	D.Hicks	9' 3"	12' 3"	2
S.Fletcher	16.10	19.10	1	P.Headley	8' 10 $\frac{1}{2}$ "	11' 10 $\frac{1}{2}$ "	1
D.Worley	5.99	17.99	-	G.Gardner	11' 0"	11' 9"	-
L.Coomber	16.38	17.88	-	A.Phelan	9' 7"	10' 4"	-
D.Hicks	14.50	15.65	-				
A.Smith	11.92	14.92	-				
J.Hincks	10.35	13.35	-				

continued on following page

1500 m	Actual Time	H'cap. Time	Pts	HIGH JUMP	Actual Height	H'cap Height	Pts
A.Pilcher	5:32	4:27	20	R.Danpure	5' 0	5' 1	20
S.Shanks	5:34	4:29	19	I.Beaumont	4' 9	4'10	19
J.Heath	5:33	4:38	18	D.Bailey	4' 7	4' 8	18
P.Headley	5:48	4:43	17	J.Heath	4' 0	4' 7	17
M.Munro	5:45	4:50	16	S.Fletcher	4' 3	4' 5	16
R.Danpure	5:04	4:51.5	15	M.Munro	3' 9	4' 4	15
A.Byrne	6:05	5:00	14	A.Pilcher	3' 6	4' 2	14
D.Bailey	5:13	5:00.5	13	S.Shanks	3' 6	4' 2	13
D.Hicks	6:06	5:01	12	P.Headley	3' 6	4' 2	12
D.Couzens	6:08	5:03	10 <sup>1</sup> / <sub>2</sub>	D.Worley	3' 6	4' 2	11
D.Worley	6:08	5:03	10 <sup>1</sup> / <sub>2</sub>	B.Hicks	3' 6	4' 2	11
B.Hicks	6:09	5:04	9	A.Vallance	3' 6	4' 2	11
S.Fletcher	5:33	5:10.5	8	P.Stride	3' 6	4' 2	11
A.Vallance	6:22	5:17	7	G.Wallace	4' 1	4' 1	7
P.Stride	6:27	5:22	6	G.Gardner	3' 9	3'11	4 <sup>1</sup> / <sub>2</sub>
I.Beaumont	5:37	5:24.5	5	A.Phelan	3' 9	3'11	4 <sup>1</sup> / <sub>2</sub>
L.Coomber	5:42	5:29.5	4	A.Byrne	3' 3	3'11	4 <sup>1</sup> / <sub>2</sub>
C.Gardner	6:00	5:37.5	3	D.Hicks	3' 3	3'11	4 <sup>1</sup> / <sub>2</sub>
S.Fernandes	6:46	5:41	2	L.Coomber	3' 9	3'10	1 <sup>1</sup> / <sub>2</sub>
A.Phelan	6:32	6:09.5	1	R.Bowling	3' 9	3'10	1 <sup>1</sup> / <sub>2</sub>
				D.Couzens	no ht.	-	-

## YOUTHS COMPETITION

	Javelin	100m	800m	1500m	HJ	LJ	Total
P.Crosbie	45.15m/20	13.0/20	-	-	4'9/19	16' 0/20	100
D.Richards	-	-	-	5:31/19	4'5/18	14' 0/18	93
P.Warren	15.80m/18	14.3/18	2:39/19	-	-	-	91
A.Cook	-	-	-	4:48/20	5'1/20	14'1 <sup>1</sup> / <sub>2</sub> /19	39
D.Didino	20.85m/19	13.5/19	2:32/20	-	-	-	58

The number of points shown in the right hand column for each Youth is the total scored for the individuals best five events.

### MAY 25th 1974 - NORBITON - BANSTEAD COACHES TROPHY MEETING.

100m: 3. D.Bailey. 200m: 4. D.Bailey. 400m: 4. T.Staff 59.9. 800m: 2. P.Sullivan 2:09.3. 1500m: 1. M.Manning 4:29.2; ns. A.Cook 4:48.9. TJ: 3. I.Beaumont 10.67m. Shot: 4. L.Iannucci 8.60m. Disc: 5. L.Iannucci 20.88m. Jav: R.McCrossen 32.90m. 4 x 100m: 3. Belgrave H 50.2.

Match result including Seniors: 1. BELGRAVE H 192pts; =2. Feltham AC 180pts; =2. Surrey AC 180pts.

Several good performances were put up by our lads in the match against Sutton & Cheam and Hercules Wimbledon at Battersea. Particularly outstanding was Ivan Beaumont who equalled the Club Senior Boys 100m record and then leapt 5.38 metres to add 5 centimetres to the long jump record that had stood since 1961. He must have had plenty of energy to spare because he also competed in the 400 and 800 metres. Stephen W. Crosbie, who competed in every event from 100 to 800 metres, set up a new mark of 71.6 for the Junior Boys 400 metre race.

# MEET ANTHONY PILCHER

Photo:  
George Robb

A youngster who has started his athletics with a bang is 12 year old Tony Pilcher. Tony has only been running for a couple of months, having joined the Club after a visit to one of our jumble sales, but already he has set new figures for the junior boys 800 metres and has equalled the 1,500 metre record.

His best 800 metre run came in the Brighton young athletes meeting where he burst from the pack with well over half a lap to go and then kept it up to the finish to win in 2:31.4. This scorching finish has become his trademark and it is a surprise to hear him say, "I don't like 800 metres, it's too far. I really like the 100 metres."

Tony goes to Bushey School at Raynes Park. He gets plenty of sporting encouragement at home from his father, Reg., a keen veteran cyclist who competes for the 29th Wheelers based in Tooting. Reg. has become a most welcome helper when it comes to measuring long jumps etc.

At the moment Tony trains once a week on Sundays at Wimbledon Park. This coming winter he hopes to attend the Friday night sessions at Belgrave Hall as well as continuing his other sporting interest - football. He plays little league football for the Barclay Savers and Oakway teams.



## WELCOME TO THE FOLLOWING NEW MEMBERS

James S. Heath  
Linford L.L.Lindsay  
John V.Hincks  
Raymond Bowling  
Stephen Watts  
Alexander G.Watson  
John Tabler  
Cliff Woodward  
Anthony J.Phelan  
David R.Ferguson

Leonard D.L.Johnson  
Anthony C.Pilcher  
Derek L.Prince  
Stephen W. Crosbie  
Richard A. Danpure  
John D.P.Sullivan  
Kenneth J.O'Rourke  
Anthony R.Smith  
Martin T.Smith  
Phillipe C.Weldin

JUNE 12th 1974 - TOOTING - INTER-CLUB MATCH.

100m: M.Munro 14.9; A.Pilcher 16.0; D.Couzens 16.5; S.Wahab 17.2;  
 A.Vallance 17.3. 200m: M.Munro 30.4; D.Kemp 30.5; S.Shanks 32.4;  
 A.Pilcher 33.7; D.Couzens 35.8; S.Wahab 35.9; A.Vallance 36.8; A.Byrne  
 37.7. HJ: M.Shippen 1.47m. LJ: M.Shippen 4.45m; D.Couzens 3.41m; A.Byrne  
 3.39m; S.Shanks 3.39m; M.Munro 3.55m; A.Pilcher 3.26m; A.Vallance 2.98m;  
 P.Miller 2.77m; D.Lawrence 2.73m; S.Wahab 1.98m.

**Brighton Young Athletes Meeting**JUNE 22nd 1974 - WITHEAN STADIUM, BRIGHTON.Junior Boys

100m Heats: M.Munro 14.6; A.Byrne 15.5; D.Couzens 15.8; S.Wahab 16.5;  
 B.Hicks 16.7; A.Vallance 16.7. Final: M.Munro 14.4. 800m: 1. A.Pilcher  
 2:31.4; 4. M.Munro 2:38.4.

Senior Boys

100m: D.Bailey 13.2. 200m Heats: P.Churchley 27.0; D.Bailey 27.2; M.Cain  
 30.8; D.Kemp 31.0. Final: 6. P.Churchley 26.7. 800m: D.Bailey 2:20.8.  
LJ: D.Hayter 4.49. PV: 1. M.Shippen 2.56m. Jav: 4. M.Shippen 30.24. Shot:  
 3. R.Divito 8.52m.

Youths

2000m Walk: 2. J.Dunsford 9:20.6. 1500mSC: 5:08.8. Jav: 1. P.Crosbie  
 50.68m; 5. J.Dunsford 35.38m

AUGUST 7th 1974 - BATTERSEA PARK - INTERCLUB MATCH v SUTTON & CHEAM H  
 v HERCULES WIMBLEDON AC.

100m: (B) 2. I.Beaumont 13.2. (C) 2. S.W.Crosbie 14.5; 3. A.Pilcher 16.0;  
 4. D.Couzens 16.2; 5. P.Headley 16.8; 6. P.Stride 17.6. 200m: (B) 2.  
 S.W.Crosbie 31.8; 3. A.Pilcher 34.0. (C) 2. D.Worley 37.0. 400m: (B/C)  
 1. I.Beaumont 65.5; 3. S.W.Crosbie 71.6; 4. A.Pilcher 76.4; 5. P.Headley  
 79.7; 7. P.Miller 89.2; 8. P.Stride 90.6. 800m: (B/C) 2. S.W.Crosbie  
 2:42.3; 3. I.Beaumont 2:43.0; 5. P.Headley 2:50.0; 6. R.Hehir 2:59.0;  
 7. D.Worley 3:05.8; 8. P.Miller 3:07.0; 9. P.Stride 3:13.0; 10. D.Lawrence  
 3:14.5. 4 x 100m: 2. Belgrave 'A' 67.5; 3. Belgrave 'B' 73.2. LJ: (B) 1.  
 I.Beaumont 5.38. (C) 2. A.Pilcher 3.73; 3. D.Couzens 3.62; 5. P.Stride  
 3.42; 7. P.Miller 2.81; 8. D.Lawrence 2.78.



# 5 STAR AWARDS



Once again the track season draws to a close, and as last year times and distances have been checked against the magic 5 star chart and converted to points. Last year we had two 5 star members. This year, with months of training behind them, the improvement in our lads' performances is apparent and we can boast six who have gained the coveted five star badge. It should be remembered that the points are scored by taking a boy's best three events during the season (one field event and two track or vice versa)

Metal coat badges or cloth badges suitable for sewing on to a track suit (as shown above) are available at 25 pence each, and whether you have attained a 1 star badge or a 5 star badge Belgrave is proud of you. Keep at it through the winter and maybe you can achieve the next grade up in 1975.

Write to Leo Coy and enclose a 25 pence postal order if you wish to obtain your badge and if you just want the free certificate that goes with it, or you have any enquiries, write to him anyway.

Leo's address is 40, JEDBURGH STREET, LONDON S.W.11. He looks forward to hearing from you.

## Under 11

A. Byrne .....	4
P. Headley .....	5
D. Hicks .....	4
A. Vallance .....	4
D. Worley .....	4

## Under 12

S. Fernandes ...	3
M. Flynn .....	2
B. Hicks .....	3
L. Johnson .....	
D. Lawrence .....	2
P. Miller .....	3
T. Percival .....	3
S. Shanks .....	5
M. Smith .....	4
P. Stride .....	3
K. Sturmeay .....	1

## Under 13

P. Clay .....	3
D. Couzens .....	3
S. W. Crosbie .....	4
J. Heath .....	3
M. Munro .....	4
A. Pilcher .....	4
J. Searle .....	2
S. Wahab .....	2
D. Warren .....	2

## Under 14

M. Cain .....	2
R. Divito .....	3
D. Hayter .....	

## Under 14

M. Cain .....	2
R. Divito .....	3
D. Hayter .....	3
C. Hemmings .....	3
J. Mead .....	3
P. Murphy .....	3
M. Shippen .....	5

## Under 15

D. Bailey .....	4
I. Beaumont .....	5
R. Bowling .....	2
L. Coomber .....	2
R. Danpure .....	5
S. Fletcher .....	3
G. Gardner .....	2
A. Phelan .....	1
A. Smith .....	2
G. Wallace .....	3
N. Yusef .....	3

## Under 16

A. Cook .....	5
P. Warren .....	1

## Under 17

P. Crosbie .....	4
D. Richards .....	2

## 17 - 20

D. Didino .....	3
-----------------	---



Photo on opposite page by George Robb.

The start of the senior boys 800 metres at the Club Championships. Richard Danpure (extreme left) was the eventual winner in 2:22.3.

# CLUB CHAMPIONSHIPS

The return of the Belgrave Club Championships to their historical home of Battersea Park coincided with the all-weather jumping surfaces at that venue becoming available for the first time. A fair number of senior athletes took part, but the most pleasing thing was to see the ranks of youngsters who keenly contested the boys and colts events with heats necessary in both age groups for the 100 metres. So often boys events are held separately from senior competitions, but mixing with the old'ns and simply competing at the same track on the same afternoon seemed to raise their enjoyment of the proceedings. The organisation ran as sweetly as ever and we must thank our visiting officials - Harry Hathway, 'Tommy' Thomas, Mrs Nightingale and Mr and Mrs Long - who did great work in the timekeeping department.

The jumping events produced some excellent performances. Outstanding was the triple jumping of 14 year old Ivan Beaumont who gained 2nd in the senior competition with a distance that beat his own boys record. (Here it must be noted that the following week at Battersea he pulverised the long jump record as well. It had stood since 1961!) Reg. Hopkins, having spent a fortune by entering practically every event, had an exciting duel in the long jump with Snowy Brooks, with the former just getting the verdict with a personal best leap. He also won the high jump, a mere centimetre below the championship best. The junior high jump gave David Didino the chance to launch himself to a new height of 1.67m and Richard Danpure, a new signing, set a championship best in winning the boys event. Philip Clay smashed the previous junior boys club record by 7 centimetres in this event. Richard completed an unusual double by taking his 800 metre race as well. Yes, those jumping areas are going to be a real boon.

Colin Pearson seems to be the eternal runner-up. He has run in Club Championships from 800 metres to 20 miles, always giving his all, but he has never quite managed to make off with the winners "pot". This year's 800 metres was reckoned to be wide open, although Peter Carton, simply on past performances, was favourite. Could Colin do it? Well, he certainly tried, and maybe he was a shade ahead as he attacked Pete down the final straight but as they crossed the line with Colin wildly lunging forward it was Peter who got the decision. Colin turned the tables on him in the 1,500 metres by producing a do or die burst with a full lap to go. Peter had to give way but Laurie O'Hara was clearly untroubled by such tactics.

Alan Black was in a class of his own in the steeplechase although Leo Coy, reducing his week old best by another 30 seconds, is improving fast these days and looks certain to produce a sub - 10 minute run in the not so distant future.

Mark Shippen won a close boys javelin competition with 3rd placer Stephen W. Crosbie setting a new junior boys record. A titanic struggle took place in the senior javelin between John Martin, the holder, and Snowy Brooks. John must have been fairly sure of keeping his hold on the trophy because he hadn't bothered to clean it up. Snowy managed to wrest it away but John had the last laugh when he won the discus after Snowy produced six no throws!

Snowy admitted later that his start was "a bit naughty" in the 100 metres. He held Charlie Gillett off by a tenth with young Reg. breaking new ground with an 11.6 for third. Charlie later stamped his authority on the 200 and 400 metre fields with a couple of good times considering the dusty condition of the track. Philip Gee added a worthy 2nd in the one lap sprint to his earlier 800 metre third place, and Paul Williamson reaped some of the benefits of consistent training with his effort in the 400 metres. At the start of this season, his first, he clocked 56.6 for the event. He is now down to 52.6.

As shown on this issue's cover, David Bailey led home the field in the senior boys' sprint with some hot opposition breathing down his neck. New member James Heath took the colts' race.

SENIORS

100m: 1. C. Brooks 11.3; 2. C. Gillett 11.4; 3. R. Hopkins 11.6; 4. P. Whitby 12.4; 5. S.P. Crosbie 13.1. 200m: 1. C. Gillett 23.2; 2. R. Hopkins 24.1; 3. P. Whitby 25.4; 4. J. McDermott-Roe 26.4. 400m: 1. C. Gillett 51.2; 2. P. Gee 51.9; 3. P. Williamson 52.6; 4. A. Mead 53.7; 5. R. Hopkins 56.4. 800m: 1. 1. P. Carton 2:01.1; 2. C. Pearson 2:01.1; 3. P. Gee 2:04.5; 4. A. Mead 2:06.1; 5. D. Baines 2:09.0; 6. T. Hart 2:12.6; 7. D. Davis 2:19.3; 8. D. McMillan nt; 9. R. Glover nt; 10. C. Manning 2:34.6. 1,500m: 1. L. O'Hara 4:11.8; 2. C. Pearson 4:12.0; 3. P. Carton 4:16.2; 4. T. Hart 4:29.5; 5. L. Coy 4:36.2; 6. D. Crookes 4:42.7; 7. D. MacLean 5:21.4. 3,000mSC: 1. A. Black 9:37.4; 2. L. Coy 10:17.0; 3. C. Shippen 10:27.6; 4. L. Mann 10:30.8. LJ: 1. R. Hopkins 6.69; 2. C. Brooks 6.68; 3. S.P. Crosbie 6.33; 4. R. McCrossen 5.99; 5. P. Whitby 5.23; 6. D. Didino 5.15. HJ: 1. R. Hopkins 1.85; 2. C. Brooks 1.80; 3. A. Bent 1.75. TJ: 1. S.P. Crosbie 12.15; 2. I. Beaumont 11.63; 3. P. Whitby 10.55; Shot: 1. C. Brooks 12.67; 2. J. Martin 11.08; 3. W. Couzens 10.14; 4. A. Ryan 7.67. Discus: 1. 1. J. Martin 28:56; 2. A. Ryan 25:30; 3. W. Couzens 25:00. Javelin: 1. C. Brooks 48:69; 2. J. Martin 48:46; 3. S.P. Crosbie 42:82; 4. R. Hopkins 41:45; 5. W. Couzens 40:76.

JUNIORS

100m: not held. 200m: 1. R. McCrossen 26.3; 2. D. Didino 27.6. 400m: 1. P. Sullivan 57.3; 2. S. Watts 69.9. 800m: 1. P. Sullivan 2:12.4; 2. M. Manning 2:16.2; 3. A. Cook 2:20.8; 3. S. Watts 2:42.2. 1,500m: 1. S. Holmes 4:54.7; 2. A. Cook 4:57.4; 3. M. Manning 4:58.5; 4. P. North 5:02.1. HJ: 1. D. Didino 1.67; 2. A. Cook 1.52; 3. R. McCrossen 1.37.

SENIOR BOYS

100m: Heat 1. 1. D. Bailey 13.6; 2. G. Wallace 14.2; 3. J. Mead 14.2; 4. P. Sneddon 14.2; 5. S. Fletcher 14.2; 6. P. Stride 17.3. Heat 2. 1. I. Beaumont 13.3; M. Shippen 13.6; 3. R. Bowling 14.1; 4. S.W. Crosbie 14.5; A. Smith 15.0. Final: D. Bailey 13.4; 2. I. Beaumont 13.5; 3. M. Shippen 13.7; 4. R. Bowling 14.2; 5. J. Mead 14.6; 6. G. Wallace 14.7. 800m: 1. R. Danpure 2:22.3; 2. D. Bailey 2:23.5; 3. R. Bowling 2:31.5; 4. S. Fletcher 2:35.0; 5. I. Beaumont 2:47.0; 6. S.W. Crosbie 2:48.6; 7. J. Sewell 2:49.0; 8. G. Gardner 2:50.0; 9. G. Wallace 2:58.8. HJ: 1. R. Danpure 1.52; 2. M. Shippen 1.44; 3. I. Beaumont 1.42; 4. G. Wallace 1.34; 5. P. Clay 1.34; 6. A. Smith 1.34; 7. S.W. Crosbie 1.19; 8. M. Smith 1.19; 9. S. Wahab 1.19; 10. D. Worley 0.99. Javelin: 1. M. Shippen 27.34; 2. I. Beaumont 25.84; 3. S.W. Crosbie 25.34; 4. G. Wallace 19.56; 5. P. Clay 19.12.

JUNIOR BOYS (COLTS)

100m: Heat 1. 1. S. Shanks 15.3; 2. M. Smith 15.5; 3. P. Clay 16.0; 4. D. Lawrence 18.4; 5. J. Tabler 18.6. Heat 2. 1. J. Heath 14.5; 2. M. Munro 14.6; 3. D. Couzens 16.5; 4. S. Fernandes 17.1; 5. A. Vallance 17.2. Final: 1. J. Heath 14.6; 2. M. Munro 15.0; 3. S. Shanks 15.4; 4. M. Smith 16.2; 5. D. Couzens 16.3; 6. P. Clay 16.4. 800m: 1. A. Pilcher 2:46.9; 2. P. Headley 2:49.4; 3. S. Shanks 2:49.9; 4. P. Clay 2:57.0; 5. M. Munro 3:01.5; 6. P. Stride 3:11.1; 7. D. Worley 3:15.2; 8. A. Vallance 3:16.8; 9. D. Lawrence 3:29.2. LJ: 1. M. Munro 4.12; 2. D. Couzens 3.81; 3. M. Smith 3.70; 4. S. Shanks 3.86; 5. S. Fernandes 3.35; 6. A. Vallance 3.32; 7. P. Stride 3.16; 8. J. Tabler 2.70.

\*\*\*\*\*

Well done Laurie O'Hara! We hear that this magnificent veteran has been awarded a Southern Counties vest and has been selected to compete for the S.C.A.A.A. in the 3,000 metres in their match against the British Under 20's team.

\*\*\*\*\*



photos by  
**RON LINSTEAD**



Club Championships 1974. Top: Pete Carton (right) wins the 800 metres from Colin Pearson, both recording the same time. Bottom left: Future Belgrave lasses (!) showing their paces in the childrens races. Bottom right: Ronnie McCrossen, winner of the Junior 200 metres.

# TRACK AND FIELD

What a let down! After finishing 3rd and 4th in the Southern League in 1972 and 1973 respectively, our final place this year was a mediocre 11th (out of 25 clubs). We won our opening fixture but the results of the next three meetings looked like we were aiming for arithmetic progression (or perhaps I mean regression!) - we finished 2nd, 3rd and 4th. Our decline was partly arrested by gaining third place in the penultimate fixture but we finished the season at Wimbledon Park with a 4th place.

In common with many other clubs we do not have an unlimited depth of talent, especially in middle distance events and, therefore, injuries to one or two key men (which has happened this year) are really felt. Life is not made easier by a number of members whose variety of excuses never cease to amaze and depress me.

I only hope that 1974 was a bad year and that everyone will make an effort to support whoever takes on the mantle of Track Secretary in 1975. Division 1 of the Southern League is extremely competitive and it would not take much more of a decline to make Division 2 a real possibility in 1976.

After all that I would like to thank those who have made my job easier by their reliability and willingness to compete. Unfortunately space does not permit me to list them all but Steve White (who travels from Oxford to compete for the club) and Charlie Gillett deserve a mention for their efforts; neither ever seems to have a bad run.

New names have, of course, been seen in the Belgrave team this year; Martin Scott, who after competing very successfully at the beginning of the season unfortunately pulled a muscle (see you next season), Paul Williamson, who has steadily improved his 400 metres time and is now almost a regular in the 4 x 400 metres relay team, Leo Coy, who has found his niche in the team at 3,000 metres Steeplechase. He has only run this event three times but has improved from 10m.44secs. to 10m.5.8secs., and finally, Michael Manning, who although still a Junior has turned out in a couple of 5,000 metres league races and has run very well.

PHILIP GEE Track Secretary

The Annual Belgrave Rankings will appear in the December issue of the 'Belgravian'. If you have recorded a performance outside the normal Club fixtures that you feel may have gone unnoticed please write to the Editor as soon as possible. Performances by 2nd-claim members would also be welcomed and this year we hope to include track walking lists as well.

## 'BANSTEAD COACHES' WIN

MAY 25th 1974 - NORBITON BANSTEAD COACHES TROPHY MEETING.

100m: (A) 1. M.Marshall 11.5; (B) 1. C.Gillett. 200m: (A) 2. C.Gillett 23.9; (B) 1. M.Marshall 23.9. 400m: (A) 1. P.Gee 52.2; (B) 1. P.Williamson 54.2. 800m: (A) 4. A.Mead 2:04.5; (B) 3. S.Holmes. 1500m: (A) 2. J.Stow 4:02.8; (B) 1. J.Rimmer 4:14.3. 5000m Team Race: 1. L.Mann; 2. T.Hart; 5. L.Coy; 6. S.Lloyd. 110mH: (A) 2. R.Hopkins 18.8. 400mH: (A) 1. R.Hopkins 61.4; (B) 2. A.Mead 65.4. LJ: (A) 2. S.Crosbie 6.14m. TJ: (A) 1. S.Crosbie 12.67m; (B) 1. M.Marshall 12.03m. PV: (A) 2. R.Hopkins 2.59m. Shot: (A) 3. J.Martin 11.12; (B) 3. A.Ryan 6.12m. Disc: (A) 4. J.Martin 27.86m; (B) 3. A.Ryan 25.90m. Jav: (A) 3. J.Martin 36.98m; (B) 2. R.Hopkins 38.78m. Ham: (A) 1. W.Couzens 32.12m; (B) 1. J.Martin 24.76m.

Match result including Youths: 1. BELGRAVE H 192pts; =2. Feltham AC 180pts; =2. Surrey AC 180pts.

MAY 29th 1974 - CHISNICK - v POLY H., T.V.H., EALING/SOUTHALL, TWICKENHAM.

100m: 2. P.Gee 11.4; ns. P.Williamson 12.2; S.Crosbie 12.2; A.Mead 12.3.  
 200m: 2. C.Gillett 23.0; ns. P.Gee 23.4; P.Williamson 24.5; A.Mead 24.5;  
 S.Crosbie 24.9. 400m: 5. P.Williamson 55.7. 800m: 5. S.Holmes 2:07.4; 7.  
 R.Moody 2:11.8. 1500m: 4. M.Manning (J) 4:37.3; 6. J.Flynn (J) 4:55.0.  
 3000m: 5. L.Mann 8:55.2; 9. D.Jardine 9:46.0; 10. C.Shippen 9:51.0. LJ:  
 2. S.Crosbie 6.03m. Shot: 2. J.Martin 10.92; 4. F.Glass 10.47m. Disc:  
 2. F.Glass 37.16m; 4. J.Martin 27.57m. Jav: 2. S.Crosbie 33.76m. 4 x 100m:  
 1. Belgrave H (P.Williamson, S.Crosbie, A.Mead, P.Gee) 47.5.

Match: =1. T.V.H. 172pts; =1. Poly H 172pts; 3. Twickenham 166pts; 4.  
 BELGRAVE H 70pts; 5. Ealing/Southall 48pts.

JUNE 6th 1974 - HURLINGHAM - INTERCLUB MATCH v LONDON AC v RMA SANDHURST.

100m: (A) 1. M.Scott 11.5; 3. C.Gillett 11.6. (B) 1. P.Gee 11.6; 2.  
 P.Williamson 12.0; 3. A.Mead 12.0. 200m: (A) 1. M.Scott 22.5; 3. C.Gillett  
 23.2 (B) 1. A.Mead 25.0; 2. P.Williamson 25.2; 3. M.Eaton 25.3; 5.  
 D.Bailey; 6. D.Richards. 400m: 3. A.Mead 53.8; 6. D.Bailey. 800m: 2. P.Gee  
 2:07.1; 3. S.Holmes 2:07.5; 4. C.Pearson. 1500m: 3. C.Pearson 4:12.4; 4.  
 L.Mann; 5. T.Hart. 3000m: 3. L.Mann 9:33; 4. L.Coy 10:17; 5. S.Lloyd 10:25  
 110mH: 1. P.Whitby 16.8. 4 x 100m: 2. BELgrave 48.9. LJ: 2. M.Eaton 5.45.  
 Jav: 2. J.Martin 46.27. Dis: 4. J.Martin 29.46.

Match: 1. RMA Sandhurst 102pts; 2. London AC 92pts; 3. BELGRAVE H 76pts.

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It's no wonder Leo Coy has been chopping down his best times when one considers his training companions. Why, the other week, when setting out to run up to Wimbledon Common from his home at Clapham, who should fall in alongside him but world record holder Brendan Foster. Brendan was staying with friends in Clapham whilst visiting London for the Emsley Carr mile and had got himself lost while out for a run. The two ran together to Wimbledon and back - and the following week Leo was down to 9:08 for 3,000 metres and 10:05.8 for the steeplechase!

## 'SNOWY' 3rd IN A.A.A.

JUNE 8th/9th 1974 - ALDERSLEY.

Snowy Brooks once again improved his Club record decathlon score, this time by 73 points, when he and Reg Hopkins made the journey to Aldersley to take part in the AAA Decathlon Championship. Reg also increased his best score by 175 points with his finest effort coming in the long jump. With many areas in his scoring open to enormous improvement when compared to his individual performances, he has an exciting future ahead of him in this event.

Taking an early lead in the championship Snowy set up fastest time in the 100 metres, and when he followed this with 2nd in the long jump, 1st in the shot and equal 1st in the 400 metres, it was not surprising that the Belgravian found himself leading the competition at the end of the first day. The second day includes his weaker events and he slipped to 2nd overall, 17 points behind the leader, after the hurdles and discus. A best ever vault of 3.50 metres took him temporarily back into the lead and although he lost ground again in the final two contests he was more than proud of his 3rd place in the AAA Championship with a score that moved him to 7th in the United Kingdom for 1974.

First Day. (figures after oblique represent points scored)

	100m	LJ	Shot	HJ	400m	
Snowy	11.1/780	6.80/778	13.58/701	1.84/716	50.8/770	- 3715pts
Reg	11.8/622	6.61/738	8.51/346	1.76/643	53.5/659	- 3008pts

Second Day.

	110mH	Disc.	PV	Jav.	1500m	
Snowy	16.3/721	34.80/579	3.50/672	43.70/545	4:59.6/410	- 6642pts
Reg	17.1/652	27.62/419	2.82/473	40.94/503	4:47.4/480	- 5537pts

1. M.Corden (Sheffield) 7035pts; 2. A.Drayton (Southampton) 6786pts;  
3. C.Brooks (BELGRAVE H) 6642pts; 10. R.Hopkins (BELGRAVE H) 5537pts.

## BRITISH CUP

JUNE 9th 1974 - CROYDON ARENA.

100m: 1. S.White 11.1. 200m: 1. S.White 22.3. 400m: 3. P.Gee 51.6. 800m: 5. J.Boardman 2:01.2. 1500m: 2. J.Stow 3:58.5. 10000m: 7. D.Maughan 36:36. 4 x 100m: 3. Belgrave (P.Gee, P.Whitby, C.Gillett, S.White) 44.7. 4 x 400m: 3. Belgrave (C.Gillett, A.Mead, P.Gee, S.White) 3:28.5. 110mH: 2. P.Whitby 17.0. 400mH: 5. P.Gee 61.8. 3000mSC: 1. A.Black 9:42.6. LJ: 1. M.Scott 6.67m. HJ: 2. A.Bentt 1.70m. TJ: 4. S.Crosbie 12.50m. PV: 4. A.Bentt 2.60m. Shot: 6. J.Martin 11.76m. Disc: 7. J.Martin 26.90m. Jav: 3. J.Martin 43.94m. Ham: 5. W.Couzens 31.52m.

Match result: 1. Brighton & Hove 132pts; 2. Croydon 127pts; 3. BELGRAVE H 110pts; 4. Mitcham AC 107pts; 5. Cambridge H 98pts; 6. Crawley AC 75pts; 7. Sutton & Cheam 54pts.

JUNE 12th 1974 - TOOTING - v HERNE HILL H., MITCHAM, SUTTON &amp; CHM., SLH.

100m: 2. M.Marshall 11.6; ns. 2. P.Gee 11.8; 3. 12.5. 200m: 2. P.Gee 23.3; ns. 1. P.Whitby 25.0; 2. A.Bentt 25.2. 400m: 3. P.Williamson 54.7; ns. 1. A.Mead 53.3. 800m: 2. C.Pearson 1:59.8; 5. C.Gillett 2:01.9; 7. A.Mead 2:04.6; 9. L.Coy 2:07.8. 1500m: 3. J.Rimmer 4:07.8; 7. C.Pearson 4:22.4; 8. W.Kerr 4:23.9; 9. C.Shippen 4:26.8; 10. L.Coy 4:28.5; 13. J.Flynn 4:41.4; 14. N.Kirmatzis 4:44.5. 3000m: 9. C.Pearson 9:10.2; 16. J.Kelly 9:56; 17. D.Crookes 9:57. 4 x 200m: 2. Belgrave (P.Whitby, S.Crosbie, A.Bentt, P.Gee) 1:36.6. Shot: 1. J.Martin 11.35m; ns. W.Couzens 9.97m; Disc: 2. J.Martin 29.99; ns. W.Couzens 26.53m. LJ: 2. S.Crosbie 5.75m. HJ: 4. S.Crosbie 1.47m.

Match Result: 1. SLH 46pts; 2. BELGRAVE H 44pts; 3. HHH 33pts; 4. Sutton & Cheam 28pts; 5. Mitcham AC 18pts.

JULY 17th 1974 - HURLINGHAM - INTERCLUB MATCH v LONDON AC v SURREY AC.

100m: 1. C.Gillett 11.4; 2. P.Gee 11.7. 200m: 1. C.Gillett 23.3; 2. P.Gee 23.9. 400m: 1. P.Williamson 55.2. 800m: 2. L.O'Hara 2:07.8; 4. L.Coy 2:23.5; 5. C.Manning 2:34.7. 1500m: 1. C.Pearson 4:10.9. 3000m: 3. L.Coy 9:22. 100m(B): 1. J.McDermott-Roe. 4 x 100m: 1. Belgrave H 55.0.

Match: 1. BELGRAVE H 51pts; 2. London AC 39pts; 3. Surrey AC 15pts.

***Southern Counties A. A. A.***JUNE 21st/22nd 1974 - CRYSTAL PALACE.

200m Final: 6. S.White 22.0 (21.9 ht). 400m: C.Gillett 50.1. 400mH: C.Brooks 55.7. 3000mSC: 8. A.Black 9:16.8. 3000m: 8. L.O'Hara 8:24.8. 5000m: 7. J.Bicourt 13:57.6. LJ: 7. M.Scott 6.92m.

**WE SINK TO 3rd IN LEAGUE**JUNE 29th 1974 - SUTCLIFFE PARK.

Our field events section was boosted for the third match of the series by the appearance of Eric Barker, and with Cliff Brooks reaching top form we gained a double win in the shot putt. Unfortunately only four other individual wins came our way and in some events we were hard pushed to even turn out a team. Gerry North arrived to watch and was pressed into running an unaccustomed 1,500 metres in a pair of borrowed spikes with Lionel Mann, who had already run the 5,000 metres, to keep him company.

Charlie Gillett enjoyed his elevation to 'A' string status, equalling his best 100 metre time and winning the 200 metres. This gave Steve White the chance to have a rest from the short events and tackle the one lap race for a change. The net result was the same as usual with Steve crossing the line first in a most comfortable looking 50.6 seconds.

Both short hurdle races provided easy wins for Belgrave with Paul Whitby aggressively taking the 'A' field apart for a clear 1 second margin of victory and Reg Hopkins doing a similar demolition job in the 'B' race. Brothers Steve and Peter Crosbie again proved their worth by scoring some useful points in the triple jump and javelin.

Overall, however, it was very disappointing to finish behind Cambridge Harriers, who are not so strong these days, and Shaftesbury Harriers who are new arrivals from division two. Even our regular relay wins at the meeting's close did little to salvage our pride.

'A'

'B'

100m	2. C.Gillett	11.4	5. M.Pratt	12.6
200m	1. C.Gillett	23.2	2. C.Brooks	23.9
400m	1. S.White	50.6	4. P.Gee	52.8
800m	4. J.Boardman	2:02.4	4. A.Mead	2:02.9
1,500m	5. G.North	4:17.3	5. L.Mann	4:36.1
5,000m	3. L.O'Hara	15:02.0	2. L.Mann	15:52.6
110m H	1. P.Whitby	16.4	1. R.Hopkins	17.6
400m H	4. C.Brooks	58.0	2. R.Hopkins	61.2
3,000m SC	3. A.Black	9:41.8	5. C.Shippen	10:29.2
Long J	3. S.White	6.58	3. R.Hopkins	6.02
High J	3. A.Bentt	1.70	2. R.Hopkins	1.70
Triple J	4. A.Bentt	12.77	2. P.Crosbie	12.52
Pole Vlt	4. C.Brooks	3.20	2. A.Bentt	3.10
Shot	1. C.Brooks	13.59	1. E.Barker	12.32
Discus	4. E.Barker	36.16	2. C.Brooks	34.94
Javelin	4. J.Martin	49.20	2. P.Crosbie	43.70
Hammer	3. E.Barker	44.70	2. W.Couzens	32.28
4 x 100m	1. Belgrave H ( P.Gee, C.Brooks, C.Gillett, S.White)...	45.0		
4 x 400m	1. Belgrave H ( C.Gillett, R.Hopkins, P.Gee, S.White)...	3:27.5		

Match Result: 1. Cambridge H 140pts; 2. Shaftesbury H 134pts; 3. BELGRAVE 119pts; 4. Portsmouth 93pts; 5. Blackheath H 51pts.

# OUR WORST S. LEAGUE EVER

JULY 6th 1974 - CLIFTON PARK, EXETER.

If the previous week's performance was bad, this effort was a disaster. A crop of injuries and other commitments reduced the Belgrave team to shreds and although those who did go enjoyed themselves, we sank to our lowest ever placing in the Southern League of 4th. To rub salt into the wound even our local rivals Hercules Wimbledon managed to beat us.

But let us not dwell on the gloomy side. As already mentioned our team was out to enjoy itself and the shortage of men gave most the chance to double up on events or tackle something new.

Our hurdlers were in top shape. Reg Hopkins set up a personal best time to win the opening track event, the 400 metre hurdles, and Paul Whitby followed this with a magnificent first ever attempt at the event in 59.4 after a blistering start. They both went on to win their short hurdle races with Paul reducing his seasonal best to 16.2.

The 800 metres gave us more points than of late with both our men ducking under two minutes for the first time this year and John Stow later followed this with an impressive win in the 1,500 metres.

Charlie Gillett and Philip Gee covered the shorter sprints quite successfully and Paul Williamson made his league debut in the 'B' 400 metres with a good 2nd place. Two youngsters also making promising first appearances were David Didino who reached 3rd in the 'B' high jump, and Michael Manning who gained a similar position in the 5,000 metres. Yet another new face was that of Stephen Hartley who has a lot more triple jumping in him when he gets fitter. In the pole vault Alan Mead started out to 'get a point' and ended up by only narrowly failing at 2.60m.

Covering all the throws between them, Bill Couzens and John Martin still had enough energy to compete with Bob Taylor when it came to repetition beer drinking on the train home to London.

	'A'		'B'
100m	3. C.Gillett ..... 11.4	3. P.Gee ..... 11.6	
200m	2. C.Gillett ..... 23.0	2. P.Gee ..... 23.5	
400m	5. A.Mead ..... 54.6	2. P.Williamson ..... 54.1	
800m	2. J.Stow ..... 1:57.9	2. J.Boardman ..... 1:59.2	
1,500m	1. J.Stow ..... 4:05.5	2. J.Rimmer ..... 4:10.0	
5,000m	3. P.Carton ..... 15:13.0	3. M.Manning ..... 17:00.6	
110m H	1. P.Whitby ..... 16.2	1. R.Hopkins ..... 17.5	
400m H	1. R.Hopkins ..... 57.3	2. P.Whitby ..... 59.4	
3,000m SC	3. A.Black ..... 9:32.6	- no competitor	
Long J	4. R.Hopkins ..... 6.07	4. S.Hartley ..... 5.54	
High J	5. R.Hopkins ..... 1.70	3. D.Didino ..... 1.60	
Triple J	5. S.Hartley ..... 11.22	- D.Didino	
Pole Vlt	5. R.Hopkins ..... 2.90	4. A.Mead ..... 2.40	
Shot	5. J.Martin ..... 11.20	5. W.Couzens ..... 9.96	
Discus	5. J.Martin ..... 28.66	5. W.Couzens ..... 27.74	
Javelin	4. J.Martin ..... 43.96	3. W.Couzens ..... 38.86	
Hammer	5. W.Couzens ..... 29.40	2. J.Martin ..... 24.40	
4 x 100m	1. Belgrave H (P.Gee, P.Whitby, R.Hopkins, C.Gillett).... 45.4		
4 x 400m	2. Belgrave H (P.Williamson, P.Gee, C.Gillett, R.Hopkins)3:35.9		

Match Result: 1. Plymouth 124pts; 2. Exeter 117pts; 3. Hercules Wimbledon 107pts; 4. BELGRAVE H 99pts; 5. Medway 89pts.

## BICOURT SELECTED FOR ROME

Congratulations to John Bicourt on his selection for the European Games in Rome. His exploits since the last issue include: 3rd UK v Poland in Warsaw, 4th AAA Champs., 3rd UK v Czechoslovakia in Edinburgh, 5th International Meeting, Oslo, 3rd British Games at Crystal Palace, 2nd, UK v Norway v Benelux Countries again in Oslo.

## Championship wins by Whitby and Stow

JULY 10th 1974 - BATTERSEA PARK.

After a day of intermittent rain and beneath a sombre and humid sky, 19 runners moved off to cover the 12½ laps of our annual 5000 metre championship.

Following a brisk, bunched first lap the race soon formed into a pattern of small groups: Black, O'Hara, Stow and Carton in the first group were leading a second of North, Pearson and Mann; while further back a grimacing Clive Shippen was giving his younger rivals Coy, Jardine and Maughan a hard time.

Five laps from home the leading group broke up with Stow and O'Hara leaving Peter Carton and a tiring Alan Black. And with less than a mile to go Gerry North ventured from group two and moved into 4th position.

At the bell Stow and O'Hara were still locked together; their nimble feet almost stride for stride. Only a final last gasp dash in the home straight by the younger man prevented Laurie from annexing the 5000 metres title to the 10,000m he earned in May.

Further back Peter Carton held the bronze position; Clive Shippen reversed his 10,000m position over Leo Coy, as did Doug Jardine over Doug Maughan; Fred Paget finished in a lung-busting dead heat with Derek Crookes and our gallant President brought up the rear.

In the 110m Hurdles Paul Whitby ran in devastating fashion to put up a particularly good time on the Battersea Park cinders and take the championship at his first attempt. Decathlon man Reg Hopkins was 2nd and Ronnie McCrossen snatched a narrow margin over Steve Crosbie for 3rd.

5000m

**STUART BARRETT**

1. J.Stow .....	14:50.0	11. D.Maughan .....	16:39.8
2. L.O'Hara .....	14:51.0	12. G.Haszard .....	17:18.4
3. P.Carton .....	15:19.0	13. D.Crookes .....	17:23.0
4. G.North .....	15:23.0	14. F.Paget .....	17:23.0
5. A.Black .....	15:24.0	15. M.Manning .....	17:37.8
6. C.Pearson .....	15:27.0	16. D.Davies .....	17:39.0
7. L.Mann .....	15:28.0	17. E.Thorp .....	18:17.6
8. C.Shippen .....	16:19.8	18. B.Merry .....	18:37.8
9. L.Coy .....	16:21.2	19. C.Manning .....	19:37.0
10. D.Jardine .....	16:26.6		

First Class Standard: 1st to 7th. Second Class Standard: 8th to 10th.

110m Hurdles

1. P.Whitby .....	16.4	3. R.McCrossen .....	20.2
2. R.Hopkins .....	18.4	4. S.Crosbie .....	20.2

JULY 10th 1974 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING.

400m: C.Brooks 51.8; P.Williamson 53.2; A.Mead 53.3; J.Boardman 55.0.

1500m: J.Boardman 4:15.0. PV: C.Brooks 3.00m.

## A. A. A. Championships

Four Belgravians competed in this year's A.A.A. Championships at the Crystal Palace. Steve White, not jumping at his best, was 14th in the long jump with 6.75m whilst on the track Carl Lawton and John Hall distinguished themselves in the 3,000 metres Walk with 5th and 11th positions, both setting up new personal records.

Over the same distance but with a few 'barriers' in the way John Bicorn got up to 4th (2nd U.K.athlete) after a sluggish start.

Another to find foreign athletes ahead of him was our second-claimer Chris Barber. In his heat of the 1,500 metres he crossed the line 6th in 3:46.9 behind four overseas competitors.

# BROCKMAN TROPHY

JULY 20th 1974 - WIMBLEDON PARK.

Belgrave '20' day, traditionally one of the hottest of the year, turned out to be quite a successful day for the Club. Whilst our road runners up at the Common toiled their way beneath the sun to a team victory and our walkers gained 2nd place in the National R.W.A. 50km, our track and field team reached a creditable 2nd amongst the twelve clubs contesting the 'Brockman Trophy'. Trophy meetings generally do not have the atmosphere that they once generated but the 'Brockman', organised slickly by Herne Hill Harriers is still one of the best track meetings of the summer.

A personal best by Paul Whitby in the high hurdles event took him to just one tenth of a second behind our club record, although he was rather disgruntled with his 2nd place. Paul's progress in the few months we have known him has made him one of the key members of our team.

Five times Charlie Gillett stepped onto the track to race and his record at the end of the day was remarkable. He won both his sprint heats in good times, improved on them again in the finals and then helped our relay team on it's way to 2nd place.

Other highlights included Cliff Brooks' throwing and easy 400 metre hurdles win, Arnold Bents' triple jump of bang on 13 metres, and a determined recovery by Alan Black after he had fallen very heavily at one of the barriers in the steeplechase whilst starting to pull away from the field.

100m: 3. C.Gillett 11.3. 200m: 2. C.Gillett 22.8. 400m: 4. P.Gee 51.7.  
 800m ht: 5. A.Mead 2:05.5. 1,500m: 9. C.Pearson 4:11.6. 5,000m: J.Stow dnf.  
 10,000m: 4. G.North 32:11.2. 110mH: 2. P.Whitby 15.8. 400mH: 1. C.Brooks  
 58.8. 3,000mSC: 2. A.Black 9:42.6. LJ: 5. C.Brooks 5.90. HJ: 6. C.Brooks  
 1.70. TJ: 4. A.Bent 13.00. Shot: 2. C.Brooks 13.64. Disc: 3. C.Brooks  
 37.64. Jav: 3. W.Couzens 44.70. Hammer: 6. W.Couzens 29.46. Relay - 100 x  
 200 x 300 x 400 - 2. Belgrave H (P.Gee, C.Gillett, P.Williamson, C.Brooks)  
 2:03.9.

1. Southampton 74pts; 2. BELGRAVE H 56pts; 3. Mitcham AC 45pts.

## AAA Draw 1974

Very soon you will be receiving books of tickets to sell for the above mentioned draw. Before you put them back in an envelope and return them to me with a note saying that the chaps at work will not buy any, or your family are against gambling, just bear in mind the following points. First of all, for every ticket you sell, 50% goes to the A.A.A. and we as a club get the other 50%. This is a tremendous chance to get some easy money for our Club funds. In the not so distant future big decisions will have to be made as to which road Belgrave Harriers as a club will take if we are to remain a force to be reckoned with. Whatever decision is made, it will cost money.

Now that you are ready to go and sell your tickets, remember to ask everybody at work, especially people who you think are not interested. You will in many cases be surprised and pleased with the support they show. Also, presuming that the tickets are 5p each, use a salesman's play and suggest two for 10p (you can always climb down to one ticket if they show any doubts)

Remember, it's easy money for our Club and you will get the benefits. I am certain I can count on all you Belgravians to give this venture 100% support.

RON LANGHEIM

# ANOTHER LEAGUE 3rd

JULY 27th 1974 - MAYESBROOK PARK.

This was a much better team performance than in the previous two league matches but we still had to give way to strong Met. Police and Ilford sides.

Steve White led the way with another fine sprint double and later anchored both our relay teams. Cliff Brooks won his first ever pole vault competition and Philip Gee provided our only other points maximum in the 400 metres 'B'. It was nice to see Gerry North back in action over 5000 metres, in fact our middle distance section looked a lot stronger than of late. Leo Coy, in his first attempt at the event, improved every time he took a barrier in the steeplechase and had enough go in him to raise a spirited sprint at the end. At the other end of the hurdling spectrum, Paul Whitby found himself in a really hot 110 metre race where he could only manage 4th although equalling his week-old best of 15.8.

	'A'		'B'
100m	1. S.White ..... 11.1	3. C.Gillett ..... 11.5	
200m	1. S.White ..... 22.2	4. C.Brooks ..... 23.4	
400m	2. C.Gillett ..... 51.1	1. P.Gee ..... 51.5	
800m	4. J.Stow ..... 1:59.5	4. C.Pearson ..... 2:03.4	
1,500m	4. P.Carton ..... 4:05.6	4. J.Stow ..... 4:06.6	
5,000m	2. L.O'Hara ..... 15:09.0	2. G.North ..... 15:31.6	
110m H	4. P.Whitby ..... 15.8	3. R.Hopkins ..... 17.0	
400m H	3. R.Hopkins ..... 59.4	4. P.Whitby ..... 60.4	
3,000m SC	2. A.Black ..... 9:44.2	3. L.Coy ..... 10:44.4	
Long J	2. S.White ..... 6.57	2. C.Brooks ..... 6.36	
High J	5. R.Hopkins ..... 1.75	4. D.Didino ..... 1.60	
Triple J	4. R.Hopkins ..... 11.73	4. D.Didino ..... 10.38	
Pole Vlt	1. C.Brooks ..... 3.20	4. R.Hopkins ..... 2.75	
Shot	2. C.Brooks ..... 13.41	3. J.Nartin ..... 11.21	
Discus	3. C.Brooks ..... 37.22	4. J.Martin ..... 25.18	
Javelin	3. J.Martin ..... 46.52	3. W.Couzens ..... 38.38	
Hammer	3. W.Couzens ..... 30.12	3. J.Martin ..... 23.20	
4 x 100m	2. Belgrave H (P.Gee, C.Brooks, C.Gillett, S.White)..... 43.7		
4 x 400m	2. Belgrave H (C.Brooks, P.Williamson, P.Gee, S.White).. 3:31.4		

Match Result: 1. Met. Police 145pts; 2. Ilford 134pts; 3. BELGRAVE 111pts; 4. Highgate 103pts; 5. Surrey AC 44pts.

AUGUST 7th 1974 - BATTERSEA PARK - INTERCLUB MATCH v SOUTH LONDON H. v SUTTON & CHEAM H. v HERCULES WIMBLEDON AC.

100m: 1. P.Gee 11.7; n/s 2. P.Whitby 11.7; 3. A.Mead 12.0. 200m: 1. P.Gee 23.8. 400m: 1. P.Williamson 52.9; n/s 1. A.Mead 53.5; 2. P.Whitby 54.0. 800m: 2. C.Gillett 2:01.0; n/s 4. L.Coy 2:07.6; 6. K.Jones 2:14.0. 1,500m: 3. L.Coy 4:24.5. 3,000m: 2. L.Lindsay 10:04.6. 4 x 100m: 1. Belgrave 47.0. LJ: 4. I.Beaumont 5.22. Shot: 3. J.Martin 10.70; n s 2. W.Couzens 9.50. Jav: 1. W.Couzens 43.00.

Match: 1. BELGRAVE H 42pts; 2. Hercules Wimb. AC 40pts; 3. South London 32pts; 4. Sutton & Cheam 24pts.

AUGUST 14th 1974 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING.

200m: P.Gee 23.4; P.Williamson 24.5. 3,000m: L.O'Hara 8:28.8; L.Coy 9:08.

The British Universities Sports Federation Championships were staged at Kirkby this year on July 5th/6th. Two Belgravians competed; Steve White won the 200m in 22.5 and placed 2nd in the long jump with 6.84m, and M. Scammell clocked 14:44.2 to reach 2nd in the 3,000 metre walk.

# THE '74 LEAGUE CLOSES

AUGUST 17th 1974 - WIMBLEDON PARK.

And so to the last match of the season. There were some marvellous individual performances; our wins in the 100 and 200 metres, Jim Rimmer's return from the wilderness, Pete Carton under 2 minutes, Colin Pearson - a good double performance, another best from Leo Coy, youngsters Ronnie McCrossen and Michael Manning, two very good relay runs, Paul Whitby's hurdles, Paul Williamson's two excellent runs, and of course Snowy's eight events. It's no good though, when two events did not include a Belgrave competitor, and due to holidays and injuries a woefully weak field team found itself outclassed.

	'A'		'B'
100m	1. S.White ..... 10.9	1. C.Gillett ..... 11.3	
200m	1. S.White ..... 22.0	1. C.Gillett ..... 22.9	
400m	4. C.Brooks ..... 52.4	3. P.Williamson ..... 52.8	
800m	3. P.Carton ..... 1:58.7	4. C.Pearson ..... 2:00.7	
1,500m	1. J.Rimmer ..... 4:03.8	2. C.Pearson ..... 4:09.1	
5,000m	5. T.Hart ..... 15:58.6	4. M.Manning ..... 16:50.4	
10m. H	2. P.Whitby ..... 15.9	4. R.McCrossen ..... 19.0	
400m H	4. P.Whitby ..... 59.9	4. P.Gee ..... 61.7	
3,000 SC	2. A.Black ..... 9:36.8	2. L.Coy ..... 10:05.8	
Long J	2. S.White ..... 6.29	5. R.McCrossen ..... 5.36	
High J	5. C.Brooks ..... 1.65	- .....	
Triple J	5. S.White ..... 11.78	- .....	
Pole Vlt	3. C.Brooks ..... 2.45	5. A.Mead ..... 2.00	
Shot	2. C.Brooks ..... 12.89	3. J.Martin ..... 10.84	
Discus	5. C.Brooks ..... 32.28	4. J.Martin ..... 27.53	
Javelin	4. J.Martin ..... 44.08	4. C.Brooks ..... 41.62	
Hammer	5. J.Martin ..... 22.14	4. C.Brooks ..... 19.32	
4 x 100m	1. Belgrave (P.Gee, C.Brooks, C.Gillett, S.White) ..... 44.3		
4 x 400m	2. Belgrave (P.Gee, P.Williamson, C.Gillett, S.White) .... 3:26.8		

Match Result: 1. Windsor 130pts; 2. Oxford 124pts; 3. Verlea 99pts;  
4. BELGRAVE H 97pts; 5. Surrey Beagles 88pts.

## FINAL SOUTHERN LEAGUE POSITIONS (DIVISION ONE).

1. Essex Bgls 30; 2. Met. Police 28½; 3. Oxford City 27; 4. Ilford 26;  
5. Windsor 23; 6. Epsom & Ewell 23; 7. Shaftesbury H 22; 8. Herne Hill 21;  
9. Haringey 20; 10. Verlea 19½; 11. BELGRAVE HARRIERS 19; 12. Mitcham 19;  
13. Hercules Wimbledon 18½; 14. Cambridge H 18; 15. Plymouth 16½; 16.  
Aldershot 16; 17. Highgate 16; 18. Blackheath 15; 19. Portsmouth 14; 20.  
Feltham 11; 21. Surrey Bgls 10½; 22. Exeter 10; 23. Medway 9½; 24.  
Bournemouth 9; 25. Surrey AC 7.

Congratulations to Essex Beagles who in their first year in division one won every single match, a feat not previously accomplished. Commiserations to Surrey AC, last year in National league division four and now diving to Southern league division two.

There were four winners for the Bels. in the recent National Veterans' Championships held at Copthall Stadium. Laurie O'Hara took the 1,500 metres in 4:13.6 and the 5,000 metres in 15:14.0, and Clive Shippen won the 3,000 metre steeplechase with 10:12.4. In the 50 - 54 age group Dave McMullen stepped it out to a 14:40.2 3,000 metre walk victory.

Doug Maughan and second claim member Keith May had the middle distances well under control in the Stock Exchange Championships held at the Duke of York's Track, Sloane Square in June. Keith won the 800m and 1500m with 2:01/4:43 and Doug placed 2nd in the 3000m with 9:29.

## The proposed 'Alf. Hawley' club honours board

John Walker writes:-

Dear Editor,

Belgrave Harriers. Quo vadis. Is Belgrave Harriers dying? No. Then why the proposed memorial board? I have seen the cap in hand circular and I believe the sum mentioned, 350 nicker (minimum!) should be spent in a much wiser fashion.

Now, contrary to what some wildly deranged Belgravian may think I aint no lecturer! Either in Big Hall or Belgrave Hall! I feel that something should be done to shove some plasma back into the Bels and that can be done only one way. Not with a board, but with flesh and blood. Youngsters. Here I must pay tribute to men who since the Bels formation have done great work administratively. If it is felt by some that one such person should be especially remembered what better than that his name and memory be given to an event - close to his heart - the tribute being no less sincere than as I understand is being contemplated, by a memorial board.

There is another way to remember the history of Belgrave. How about printing, say, 500 copies of the Bels history, with photos, and selling them? In this way a permanent reference could always be to hand in many homes. I realise a lot of work would be involved but it surely is practical and when the books are sold the club would benefit.

Another venture which I'd support would be to encourage youngsters - early teenagers for example by taking parties of lads on regular training weekends by coach somewhere. Also, I believe, as I understand Bill Laws does, that Belgrave should advertise more than at present. Space should be bought in various newspapers and other media.

Getting back to saving money. Why have medals? Incidentally this aint sour grapes! I know I aint won many. I am serious in the medals suggestion. Today engraving and medals are very expensive.

One other thing. I don't believe our Treasurer is that old that he can't take out several novices on a training run. Naturally I mean male novice runners.

JOHN WALKER

As our Past President Clive Shippen has been responsible for organising the Club Honours Board scheme, and is well qualified to comment on John's other suggestions, we felt it would be of interest to hear his views too.

### ... and Clive Shippen replies

My first reaction on reading John's letter was, "This is just the sort of man we need on our Committee". Ideas are always welcome and, although many come in for quite a buffeting, it is always of benefit to the Club that they should be debated by a lively Committee. I believe our present Committee to be a lively one and, under Charlie Manning's chairmanship, it has had a good year.

Unfortunately, the large amount of investigation and sub-committee work which precedes a decision is not always common knowledge, but I can assure John that several alternative memorial schemes were discussed at great length over a period of months before a final decision was reached. It may interest him to know that his suggestion was one of those considered.

.... continued on following page

As for the Club Honours Board itself, the cost is now expected to be £80 less than the estimated sum and it is my hope that Club funds will not have to find any of the anticipated £270. The response from Past Presidents, Vice-Presidents and Life Members to my request for them to launch this fund was marvellous and well over half sent in letters applauding the decision.

In the course of a year several hundreds of visitors from all spheres come to our Headquarters and on many occasions I have noticed individuals studying with interest the Ken O'Kell boards listing Past Presidents and Internationals. We cannot expect all outsiders to be fully aware of our history but there is a good chance that many future visitors will leave Belgrave Hall with a better knowledge of our great record.

And it is of that great record that Alf Harley was terribly proud. So much so that he spent a great deal of time collecting together all the information he could find, with a view to writing the book that John Walker would like to see. It was never started, but we discussed it and pooled our researches. I hope to make that book reality, but if it took Blackheath six years to write theirs, ours can hardly be done quicker! As for selling 500 copies and making some money for the Club, my own experience of "The Belgravian" and "Veteris" leads me to doubt whether this could be regarded as a money spinning venture.

Now to the youngsters. John suggests that we shove some plasma back into the Bels. Surely he must have seen the Young Athletes section of the June "Belgravian"? There seemed to be plenty of plasma amongst the 50-odd colts, boys and youths photographed or mentioned in that issue - and as our coach trip to Brighton showed, they can produce some useful results in open competition too. Reg Hopkins and Bill Couzens are principally responsible for the healthy state of our young membership, and although they get some help they could do with a lot more. I am sure that they will both be delighted to hear that John supports this type of venture. Perhaps they will hear from you John. Oh! And by the way - see you at the A.G.M.!

CLIVE SHIPPEN

## *Bel's king of the mountains*

John Blair-Fish is still running well over the fells up North. Early season efforts included the Camethy Hill Race where he finished 19th out of 98 competitors over the 9 mile/1,600 feet course in 57 mins. 6 secs., and the Manx Mountain Marathon - which sounds a real killer as it traverses 30 miles/9,000feet - in which he was 12th from 51 in 6hrs. 15mins. in spite of losing three-quarters of an hour and climbing an extra 1,000 feet through an error in navigation.

During the summer he tackled eight more of these 'superman events' in Wales and Scotland, gradually improving his average position, over distances varying from 3 to 17 miles, with climbs being as much as 7,500 feet. (Makes the 'kiss of death' on our 5½ mile race look a bit weak doesn't it.) A particularly good performance was his 4th in the Ben Lomond 9miles/3,000feet where he crossed the line 4th in 1hr. 15mins.

John has cut back in training in the last few weeks to concentrate on the Ben Nevis race on September 7th. He was 40th last year and looks forward to improving on that.

Good luck to you John. We hope to see you running down South again some day.

