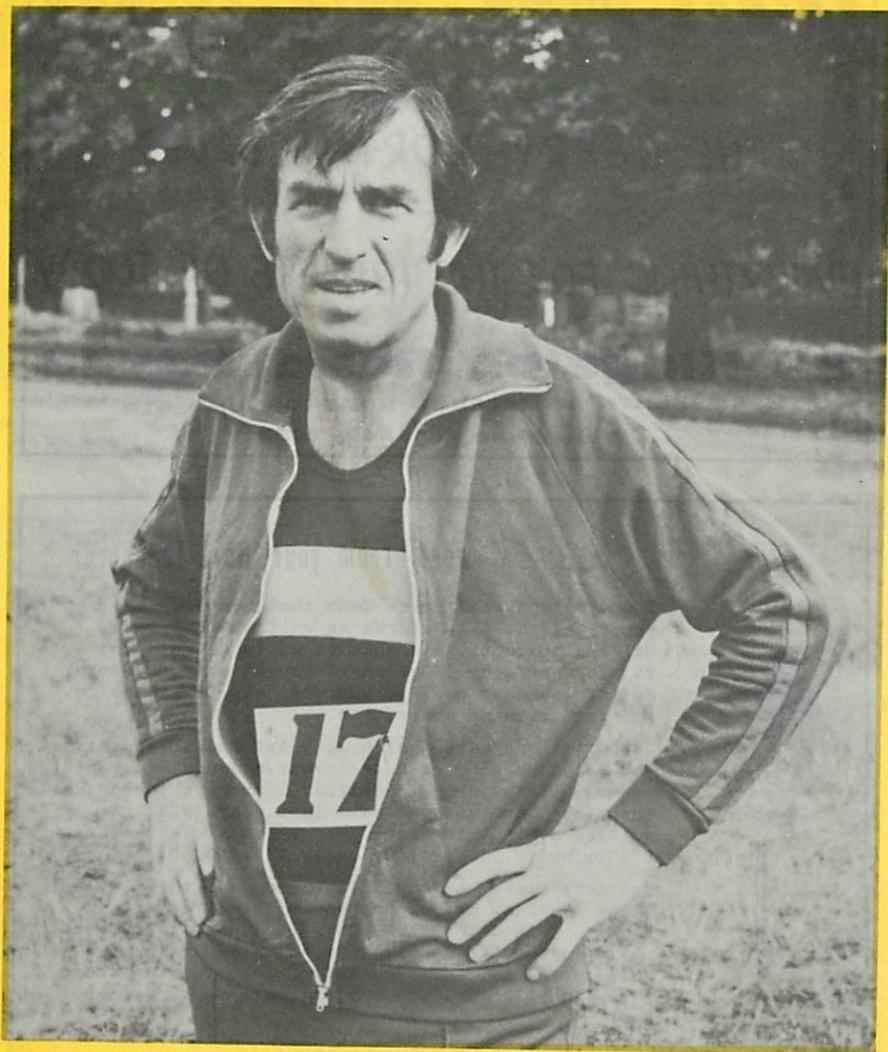


THE DECEMBER 1973
BELGRAVIAN



the official gazette of belgrave harriers •

W. & G. HALES OF WIMBLEDON

For a wide range of

adidas · puma · gola · reebok

and shoes supplied by

THE GERRY NORTH CO. LTD.



EVERYTHING FOR THE ATHLETE OF TODAY

29 Kingston Road, S.W.19

NEAR SOUTH WIMBLEDON UNDERGROUND STN.

Telephone 01-542 2073

----- a word from your Hon. Treasurer



I understand from Frank Webb that members have not supported the A.A.A. draw as well as last year. Selling these tickets enables us to get others to pay for our sport. Failing this you must pay more out of your own pocket. Support your Committee in its fund raising activities.

Subscriptions were due on July 1st and if you have not yet done so please send your cheques and postal orders made payable to Belgrave Harriers to the Hall. Those who have not yet paid last years will be getting a final reminder. The rates are:- Seniors - £3.00, under 21 - £1.50, under 17 - £0.50.

Handicap races cost the Club money and the 3 miles Yacht handicap in October was the smallest field since I joined the Club. This is a social run and Philip Gee proved that a fit sprinter off a good mark can beat the distance men. It's your handicap fees I'm after so turn out and make me happy next year

THE BELGRAVIAN

DECEMBER 1973

NUMBER 183



FOUNDED 1887

President.

C. E. Manning.

General Hon. Sec.

P. B. Hilliar,
22, Allington Drive,
Tonbridge, Kent.

Hon. Treasurer.

J. V. Baker,
c/o Belgrave Hall,
Denmark Road,
Wimbledon SW19 4PG.

Hon. Editor.

A. R. Mead,
17, High Ashton,
119, Kingston Hill,
Kingston upon Thames,
KT2 7QL.

A HAPPY CHRISTMAS AND
A SUCCESSFUL NEW YEAR
TO ALL MEMBERS.

COMMENT

Our hearty congratulations go to no less than five of our members who have gained selection for the Commonwealth Games to be held in Christchurch, New Zealand in January. In the 20 miles Walk Belgrave will have the terrific line-up of Carl Lawton representing England (and whose wife Barbara has been selected for the High Jump), John Moullin and Len Duquemin representing Guernsey and Allan Callow for the Isle of Man. John Bicourt, after winning the trials in fine form, will wear the English rose in the 3,000 metres Steeplechase.

We still await the decision of the athletics body of Barbados regarding their team. If an athletics team is sent to represent them it will surely include Cliff Brooks who in October became the Barbadian Decathlon Record holder whilst reaching 4th place in the A.A.A. Championship.

You will no doubt have noticed that this edition of the "Belgravian" is somewhat slimmer than recent issues and photographs are less numerous. No one will need reminding of the increase in prices these days, and as the cost of producing the gazette has steadily risen it has become obvious that it would have to be pruned. Nevertheless, we aim to continue to spread the news of all those who wear the "Claret and Gold" as best we can and look forward to receiving your views, ideas and articles.

*** IN THIS ISSUE ***

From the President	4	George H. Powell, Obit.	13
Grapevine	5	Youths and Boys	14
Our President	6	Track and Field	17
Annual General Meeting	7	The Coach Athlete Relationship ..	20
Three Vet's to Hamburg	7	Belgrave Dinner '73'	24
Walking	8	Road and Country	25
Where are they now?	11	Harriers on Wheels	27
A few thoughts on athletics ...	12	Prices's Athletic Club	30

DON'T MISS THE BOXING DAY HANDICAPS. 100 METRES, 2 MILES, SHOT AND WALK.
BATTERSEA PARK 26th DECEMBER, COMMENCING 11 am.

FROM THE PRESIDENT

Hallo Folks - what can I say except repeat my inaugural address at the A.G.M., and you all heard that - eh? Ah, you weren't there - sorry, of course, it was raining - well it was thanking you for the wise decision in electing me to office - I hope I can do it proper like - that the mantle of responsibility doesn't crush my natural dubious character. The speech continued by querying my ability or knowledge to justify the new position (it's athletics we are talking about) - that the only thing I hoped to be remembered for was a substantial improvement in our liquid capital and thought it could go down in our history as the - Year of the Fast Buck - see - I know how generous and open hearted you are - so remember the widow's mite - give to the President's Maintenance Fund - building Maintenance that is - the target will be announced at the Club Dinner.

I must finish now only I am mentally stunned - bit of a shock see - it's unbelievable really - like a man with a fear of heights scaling Mount Everest or a chap suffering from hydrophobia swimming the channel. John Baker beat me in the "5¹" - sob! So did Joe "MacDonald" - except he did apologise for passing me - anyway I did beat that swine Ken. He! He!

C.E.M.

Charles E. Manning

competition result

The winner of our word competition in the last magazine was LEO COY who will receive two tickets for the Barn Dance on January 26th as his well earned prize. Leo scored with 223 words of four letters or more from the letters that make up 'BELGRAVIAN'.

Of course it should have been stated in the rules that proper nouns should not be included so these were deleted from any entry where they had been used.

Runners up were Bob Barnes, 220, and Denis MacManus, 211, with Dave McMillan, Gordon Doubleday, John 'The Treasurer' Baker and Carl Lawton not far behind.

★ Once again we are very grateful to Mrs. Hampshire who kindly bought two tickets for the Club Dinner to be given to two of our youngsters who have excelled during the year. Each year Mrs. Hampshire does this in memory of her late husband Jack who was our popular Junior Secretary. It is very much appreciated. This years recipients - Toby Staff and Stephen Walters.

grapevine

- All those who know CHARLIE SMART will be sorry to hear that he suffered a stroke whilst training at the Duke of York's Barracks in October. Our best wishes and hopes for a speedy recovery go to him.
- At the University of Edinburgh JOHN BLAIR-FISH is studying meteorology and in his spare time has taken to fell running with some success, wearing Belgrave colours on Scottish hills that have not previously seen the "claret and gold". In the Cairngorm Fell Race, 10 miles with a 3,000 ft climb, he was well up the field in 9th position and he put up two more good performances with 22nd in the Mamore Fell Race (16 miles/1600 ft) and 16th in the Creag Dubh Hill Race (2 miles/1200 ft). The last we heard was that he was training for the Ben Nevis Race over 10 miles and up 4,400 ft.
- The colourful personality of LEN COLEMAN will be missed on Saturday afternoons at the Hall from now on. After 30-odd years service at the Garrick Hotel where he rose to become Head Chef, he has now retired and has gone to live in Londonderry. Good luck Len. We hope that you will occasionally be over to keep in touch.
- Considerable mirth was caused by the notice in the last magazine of the 86th Dinner and Dance. "... Bring your girl-friend or your wife to meet your new Club President"(CHARLIE MANNING). - You must be joking! Incidentally Charlie cracked a bone in his ankle during the opening North Surrey League Race but we are hoping that he will soon be gracing our 'C' or 'D' teams again. On second thoughts though, has anyone actually seen the x-rays, could this just be an elaborate ruse to pull the wool over the eyes of our Hon. Handicapper.
- Down at Wentworth, following the golf, who should TOM CARTER espy but ALEC ROBERTSHAW, a Belgravian from the "thirties". He now sports a goatee beard and is keeping very spritely, and passes on his best wishes to those who remember him.
- Congratulations to DOUG and CAROL JARDINE on the arrival of twins. Members are now treating the beer in the "King of Denmark" with more than a little respect.
- In 1956 our Youth 1 mile walk record holder was JOHN KNIFTON. John emigrated to the United States but continued with his walking. In the Lugano Cup 50 km this October it was good to see his name still prominent as he led the USA team home in 14th place.
- LES COHEN, the organiser of our football competition, was re-elected Hon. Secretary of the Southern Counties Cross Country Association in September, thus becoming the longest serving Secretary of any athletic governing body. He first took the post in 1949.
- Off to settle in Canada are JOHN and JILL KELLY and we wish them good luck and success in their new home. John joined us as a Youth from Battersea County School and since then has represented us over all distances up to 10 miles. One of his more hilarious episodes was as a member of our Junior 4 x 110 yards relay team in the County Champs. some years ago. Desperately roped in at the last minute and unaware of the niceties of track running he started in the wrong lane, switched to the inside position round the bend and back to the correct lane by the takeover. Unbelievably we were not disqualified and gained third place.

OUR PRESIDENT

Athlete - Artist - Musician - Playboy - Speculator and Industrial Chemist - these are but some of the many chapter headings one could use to describe our President for the coming year, namely, Charles Edmund Manning. However, space does not permit such divulgencies and the ensuing libel actions would also prove too costly. To some people though it may come as a surprise to learn that Charlie, born in Mitcham in 1928, had a fairly normal childhood, graduating through all the normal boyhood pursuits of Boy Scouts (and Guides) and ATC before enthusiastically embarking on his National Service in the Army. It should be stated that his enthusiasm waned dramatically within two hours of his initial arrival and only temporarily recovered when he was informed after his basic training that he had been selected (!) to serve as a rifleman with the East Surrey Regiment in Greece.

Charlie's next signing came in November 1950 when he joined Belgrave, although his actual athletic career had begun much earlier than this. He recalls running across the school playground at the age of 5½ to be greeted by the teacher with the words that "Someday you will be a great athlete". The passing of the years of course have proved her to be completely wrong! It is fair to say however that although Charlie himself tends to be rather modest and at times scathing about his running performances, his career has not been quite so uneventful as he makes out. The proud owner of a Surrey County Standard for 20 miling, he went into training in 1970 for a special trip to Sweden to compete in a veterans' marathon, but over the years his main contribution has been to club athletics with a keenness to at least turn out in all events and all weathers for track, road and cross country races, from 100 yards to the Marathon as well as the Long Jump, an achievement that many brighter stars cannot boast. "I've only ever won one medal in my life", he comments, "for life saving; and the only prize I ever got was a 'Tart Server' ".

Without doubt his biggest impact on Belgrave has been in recent years as a Committee Member, Social Secretary or Secretary of the 20 miles Road Run. His organising ability has resulted in him being co-opted to mastermind many other projects within the Club and his cheerfulness and enthusiasm to get things done - coupled with a dislike for officialdom and incompetence has been a lesson to all.

When not involved in Belgrave matters Charlie's hobbies (the printable ones that is) include painting and drawing and quite often these artistic abilities are also put to the Club's benefit. The ownership of a monopoly set at a tender age set him off on another hobby, of dabbling on the Stock Exchange, and he continues to provide many of Belgrave's financial wizards with great amusement with his dealings - mind you, the things he says about Peter Hilliar's "tips", whilst on a training run, cannot be called amusing.

It would not be fair to give Charlie all the credit for his achievements without making mention of his wife Jean and children Ann, Linda and Christopher (how do they put up with him!). To see the "family" in action when a Social or Belgrave printing job, etc., is being organised, makes one wonder if Charlie is only the "front man" for a more highly organised team working behind the scenes.

One Life Member of the Club has described Charlie as unique, other people have used other phrases but whatever they are, the post of President is no doubt going to be refreshingly different this year.

Gordon Biscoe

Congratulations to Frank Jarvis a Past President and Assistant Hon. Secretary of the Club for many years, who was recently elected President of the Race Walking Association.

ANNUAL GENERAL MEETING

A fairly quiet Annual General Meeting was held at Belgrave Hall on the evening of Thursday 20th September. Unfortunately the number of members who attended plunged yet again, worsened probably by the torrential rain. In the gloom of the Hall as the gutters flooded and rain cascaded down the windows, the proceedings unwound.

The report of the General Hon. Secretary, particularly highlighting John Bicourt's outstanding steeplechasing and Arthur Bruce's efforts in decorating the Hall, and that of the Hon. Treasurer, "a fairly healthy situation", were received without much comment other than a mutter of "Isn't this meeting dull", from one of our senior members who was obviously looking for fireworks.

Gordon Biscoe our Cross Country and Road Running Secretary, and John Baker our Hon. Treasurer, were both elected to be Life Members of the Club having given much valuable service. Both have been members for over 20 years, Gordon being introduced by Percy Wilson when he left the R.A.F., and John initially joining as a walker and as it was said by his proposer, "... he has been getting slower ever since."

The effervescent Charlie Manning was voted to be our new President and taking the President's badge from the retiring Clive Shippen he said, "My athletic knowledge is abysmal, my ability is laughable but one thing I am good at is fund raising and that is what we are going to do." Judging from his efforts since then, this was no idle boast.

The Committee proposed George Chantler and Jim Heathfield as Vice-Presidents and from the floor our 1972 Olympic trio of Cliff Brooks, Wilf Wesch and John Bicourt together with Bill Merryman were also put forward. All were successfully installed.

Tributes were paid to Arthur Penny, retiring as Hon. Starter, and Bill Webb as Trustee and it was very pleasing to see two new faces stepping into the official scene - Ron Langheim as starter and Denis MacManus as timekeeper. Carl Lawton took over from Pat Duncan as Walking Secretary.

THREE VET'S TO HAMBURG

An expedition of three Belgrave Vets (John Bromley, John Dunsford and Dave McMullen) set forth on the last week-end of September to contest a walk in Hamburg. We met at John Bromley's headquarters at the Police Cadet Training School, Hendon, and travelling in John's well equipped Dormobile (which does literally carry the kitchen sink!) we picked up John Hedgethorpe of Essex Cadet School en route.

We embarked at Harwich for Bremerhaven; the very functional boat carrying vehicles and passengers boasted cafe and dining room with a "serve yourselves as many times as you like" breakfast, to which we did full justice. On leaving the boat we travelled on straight tree-lined roads through flat, rolling farmland with interesting farm buildings. We set up camp on arrival at our destination in Weddel, on the banks of the River Elbe.

The 20 kilos race was, without prior consultation between us, an example of team walking, the three Bels getting and staying together until the last two miles with John Dunsford getting the better of us eventually, and John Bromley obviously not fully recovered yet from his recent "op"; it was a good do though, and I feel we all gave a good account of ourselves. Meanwhile John Hedgethorpe in the 50 kilos was performing well up to his present very good form.

After the race at the presentation we made the acquaintance of various continental ex-internationals of yesteryear. One or two remembered the name of Belgrave through meeting Harry Churcher at Wembley in 1948.

The return journey went without a hitch, but with a rather rougher crossing, which did not however impede our performance when it came to another serve yourself breakfast.

It was a very pleasant trip and one which I am sure will be remembered with nostalgia in years to come.

Dave McMullen

WALKING

The past season has had its high spots and its disastrously low ones too. To say we are a weak walking side at the moment is far from the truth as the latest count shows us with 34 active walkers, enough to turn out a winning team on almost every occasion. Harry Shields, one of the past-masters of teammanship summed it up very well in his report of the National 20 miles in the last 'Belgravian'. But to crash from 1st in the 20km to a worst ever (subject to confirmation) 8th in the 50km..... Admittedly our line up for the '50' of seven starters included three who had never walked a '50' before - Eric Stroud, John Hall and Martin Yates - but where were the others? Ray Middleton's performance was as usual typical of his determination and superb timing as he clinched 4th spot and a place in the British Lugano Cup team yet again. Carl Lawton and John Hall suffered drastically over the closing stages and John Moullin had to give up the fight as did Martin Yates. Our remaining two finishers Dave King and Eric Stroud suffered in the damp conditions during the last hour.

We bounced back two weeks later to win the Southern Area Track League which showed our strength with the absence of Allan Callow and Len Duquemin but within another two weeks we crashed out of the 'Brighton' with only four starters including Eric Stroud, who in his first attempt had to give in at Crawley. The reliable Dave King, John Keown and Johnny Morris finished but with no Lawton, Middleton, Moullin, Duquemin or Duncan, their efforts were in vain. Something else was missing on that road this year, the cheerful face of Percy Wilson at Gatwick feeding station and staunch Alf Harley officiating.

Another weak turn out at the end of September was the Highgate 'Hour' with only two Bels in the 'A' and relying on John Dunsford in the 'B' we had little chance of holding Leicester. A highlight of the afternoon was without doubt Jonathan Dunsford in the Boy's Mile in which he turned in a brilliantly paced 7 minutes 24 seconds to win in record time. He changed his tactics to come through from behind instead of his usual blazing start and it paid off.

A turning point in the Club's history was at the A.G.M., attended by only four walking representatives. After five years as Walking Secretary Pat Duncan resigned. During his days at the top of long distance walking he broke the Manchester to Blackpool record and is still the only man under eight hours. He was 2nd in the Lugano 100 kilos and was ever present at all races throughout the year. Now 'semi-retired' we trust he will turn out for us on many more occasions.

We had no difficulty in retaining the Chippenham to Calne 6 miles but yet again we flunked a National. This time it was the National Junior 5 Miles at Sheffield. On paper we had an excellent chance of a team place but Martyn Bennett was unable to get over from the 'Lakes' and a couple of others regretfully could not make it.

Congratulations however to Jonathon Dunsford on his 2nd placing in the National Boys 2 miles.

Carl Lawton

WALKING SECRETARY

JULY 29th 1973 - GLOUCESTER CARNIVAL '71.

1. A.Smallwood (Halesowen) 53:04; 6. J.Bromley (BELS) 57:34; 15. R.Carter 62:20.

Team:- 1. Halesowen 24pts; 2. Trwobridge 24pts; 3. BELGRAVE H 31pts.

TRACK LEAGUE FINAL

AUGUST 18th 1973 - EAST LONDON STADIUM.

Despite the absence of Duquemin and Callow, Bels easily won this meeting for the second consecutive year. It was made easy for us by the fact that none of the other teams could round up a full compliment.

We started the ball rolling with a 2nd for John Hall in the 3 kilos behind Ken Carter (Southend). Then, in the 10 kilos, where a very slow time was produced, Carl Lawton won from John Moullin in the sticky conditions. The Junior 2 kilos was a Belgrave walkover with Martin Bennett winning from Johnathon Dunsford. Finally we placed 3rd in the 5 kilos with Ray Middleton and Len Evans doing us the honours.

3 Kilos: 1. K.Carter (Southend) 13:28; 2. J.Hall (BELS) 13:57;
6. J.Dunsford 14:97.

5 Kilos: 1. P.Marlow (Southend) 21:55; 2. J.Lord (Highgate) 22:37; 3.
R.Middleton (BELS) 23:36; 11. L.Evans 25:37; 14. R.Hall 26:19.

10 Kilos: 1. C.Lawton (BELS) 47:59; 2. J.Moullin 48:21.

Team: 1. BELGRAVE H 140pts; 2. Highgate 98pts; 3. Enfield 91pts.

AUGUST 25th 1973 - ENFIELD.

20 Kilos: 1. S.Lightman (Met) 96:39; 2. C.Lawton (BELS) 97:32; 3. R.Dobson
(Basildon) 97:40; 5. R.Middleton (BELS) 101:31.

5 Miles: 1. J.Hall (BELS) 41:05; 5. M.Bennett 43:33.

DISAPPOINTING 'BRIGHTON'

SEPTEMBER 1st 1973.

With Belgrave starters at their weakest for many a year we had little hope of getting anywhere. Unfortunately, due mainly to inexperience, Eric Stroud retired at 50 kilos leaving only three to finish. With winner Ladany of Israel under the eight hours, Belgrave's first man was Dave King in 23rd place.

1. S.Ladany (Israel) 7:57:27; 2. P.Selby (Surrey) 8:10:40; 3. G.Schoth
(W.Germany) 8:41:49; 23. D.King (BELS) 9:47:19; 28. J.Morris 9:58:34;
40. J.Keown 10:19:08.

Team: 1. Surrey WC 16pts; 2. Yorkshire WC 32pts; 3. Leic.WC 58pts;
Belgrave H did not close in a team.

SEPTEMBER 9th 1973 - BORAS, SWEDEN - LUGANO CUP QUALIFYING ROUND.

50 Kilos: 1. S.Lightman (GB) 4:18:27; 2. R.Dobson (GB) 4:19:00;
3. U.Andersson (Sweden) 4:21:09; 7. R.Middleton (GB/BELGRAVE H) 4:30:12.

Team: 1. GREAT BRITAIN 49pts; 2. Sweden 45pts; 3. France 30pts.

OCTOBER 6th 1973 - WIMBLEDON - OPENING 5 MILES WALK.

1. A.Seddon (Enfield)	36:49	19. R.Barnes	43:08
2. C.Lawton ... (BELGRAVE)	37:28	20. D.Fotheringham	43:14
3. A.Callow	37:34	21. J.Dunsford	43:38
4. J.Moullin	37:43	23. E.Stroud	44:12
5. R.Middleton	37:46	26. S.Bennett	45:09
8. L.Duquemin	38:42	29. J.Keown	46:51
11. L.Evans	41:28	33. J.Morris	47:30
13. J.Dunsford	41:58	34. T.Cook	47:45
14. M.Bennett	42:17	40. C.Gittens	49:38
15. R.Hall	42:33	41. P.Duncan	50:50
17. M.Scammell	43:00	42. J.Scammell	57:04

Team: 1. BELGRAVE H 169pts; 2. Met. Police 237pts.

Handicap: 1. C.Gittens; 2. S.Bennett; 3. R.Middleton.

Personal best for Lawton

OCTOBER 10th 1973 - CRYSTAL PALACE - LONDON v CZECHOSLOVAKIA

3 Kilos: 1. Nvotny (Cz) 12:27; 2. P.Marlow (GB) 12:31; 3. Biro (Cz) 12:50;
4. C.Lawton (GB/BELGRAVE H) 13:02.

BELS. RETAIN CHIPPENHAM TO CALNE '6'

OCTOBER 13th 1973

1. P.Marlow.... (Southend)	42:27	12. L.Duquemin	45:49
2. B.Adams (Leicester)	43:25	13. J.Moullin	45:52
3. E.Taylor..... (Nomads)	43:42	51. R.Hall	50:18
4. C.Lawton (BELGRAVE)	44:00	64. J.Bromley	51:42
6. A.Callow	44:52	66. R.Carter	52:02

Team: 1. BELGRAVE H 26pts; 2. Leicester 47pts; 3. Sarnia 56pts.

OCTOBER 17th 1973 - CRYSTAL PALACE - SOUTHERN COUNTIES AAA OPEN MEETING.

5 kilos: 1. C.Lawton (BELS) 22:25.

NATIONAL CHAMPIONSHIPS

OCTOBER 20th 1973 - SHEFFIELD

Junior 5 miles

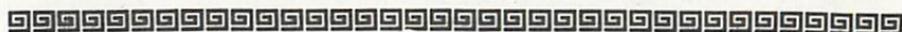
1. J.Lord (Highgate)	37:39	35. M.Long	44:44
17. M.Scammell..(Newham/BELG)	42:29	47. T.Pearman	49:49
19. R.Carter	(BELGRAVE H) 42:40		

Youths 3 miles

21. S.Bennett ... (BELGRAVE H) 26:50

Boys 2 miles

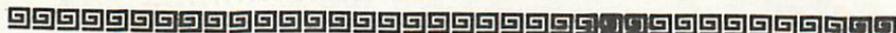
1. W.Bolton(Blackburn) 15:24 2. J.Dunsford..(BELGRAVE H) 15:26



FOUR BELGRAVE WALKERS FOR NEW ZEALAND

Following the result of the Commonwealth Games Trial at Imber Court on Saturday 27th October Carl Lawton, 3rd in a new Club Record of 2:34:44, will join Len Duquemin and John Moullin (Guernsey) and Allan Callow (Isle of Man) in New Zealand in January.

1. J.Warhurst (Sheffield) 2:32:34; 2. R.Thorpe (Sheffield) 2:34:04; 3. C.Lawton (BELGRAVE H) 2:34:44; 7. R.Middleton (BELGRAVE H) 2:41:38.



Where are they now ?

Those of you who are old enough may recall a regular feature under the above heading which used to appear in the News Chronicle. I had occasion to recall it recently when I saw the following result in an East Anglian newspaper:-

..... 300m Walk R.Barnes (C) 15m. 45s.....

We used to rib a chap by the name of Bob Barnes about the old Chronicle feature and I wondered if this R. Barnes was related, or was he even the same person in disguise as (C)?

Was this the same Bob who would lead any training session round the hills despite the presence of several internationals? Was this the same Bob who broke Ted Smith's heart with his disregard of pace keeping advice? Was this the same Bob who had more than once rendered even Jack Goswell speechless, and who had caused John Knifton to flee the country? Was it the same Bob who had led Ken Matthews in the National '20' when Ken was en route to a record breaking performance (the lead changed after several hundred yards)?

If the answer to the above is YES, and I think it is, then my faith in Bob has been rewarded. He now ranks as No.1 over 300 metres, a distance not often used in walking races but nevertheless this is no mean performance. To put up such a performance means that Bob has persevered with his training and has at last reaped a true reward. He has also conquered his old tendency to make the early pace only to fold disastrously after a few yards. He once went from top gear to reverse in three yards flat!

What does the future hold for Bob now? If we assume that he now uses even pace walking then we can look forward to a seven miles this winter in 9 hours followed by a 50 kms next summer in 2 days or so. If he then tackles the Brighton he could well arrive by midday on the Monday! There will be nothing to stop this lad now except the lack of timekeepers and lodgings for them.

There may be some among you who feel that I am not serious, I am. I never lost an opportunity in the old days to encourage Bob. Usually it was necessary to use language which the Editor would not permit me to use in this article and it rarely had any effect. The only way to get Bob to comply with a request to steady up was to whisper the magic words, "First one back to the Hall gets the tea".

In case any of you are suspicious about the time given above I hasten to add; firstly, I am offended, secondly Bob is offended and thirdly, I checked up before rushing into print. The reporter said that it was a great performance marred only by the fact that the distance was only 298 metres on remeasurement, the track was downhill, there was a force 8 following gale, the timekeeper was shortsighted and dropped the watch and there were no judges. On the question of Bob's style, a knowledgeable spectator was heard to say, "Never seen anyone move like it since Peter Radford". (For my younger readers, if any, Peter Radford was a sprinter!)

Great stuff Bob, keep it up but watch out next year. I will be eligible for Norfolk!

Eric Hall

A.A.A. MEMBERS DRAW. The sum of £52.52 was raised for club funds by the members who sold tickets on the Club's behalf. A little disappointing when so much could be raised with more effort. Anyway thanks to those members who sold tickets and to FRANK WEBB who once again undertook the task of sending out the books.

A FEW THOUGHTS ON ATHLETICS

by HARRY SHIELDS

A tatty book suddenly caught my eye during a clear-out at home. Its title - "Training" by Harry Andrews, dated 1903, Crystal Palace Track. He was trainer to South London Harriers, Albert Shrubbs, A.A. Chase, Montague A. Holbein and many other famous champions.

My imagination in trying to bridge the gap between present and past, dwelt on a report in the "Guardian" earlier in the week where the effects of sponsorship and patronage had reached the state to create envy among top athletes, because some had their meat bills paid and not others. Similarly the theme of a television programme in the same week was that a new and successful flavour for chocolates was found when three workmen accidentally fell in the mixing vat and gave a slightly meaty flavour. Market research found that this was just the taste required and there was a clamour to put to use spent politicians, finished athletes, etc., to maintain the essential supply of suitable flesh. All very similar to the gladiatorial fights of the Romans and feeding to the lions, when the favourites were beyond their prime.

SIGNIFICANCE OF THE CRYSTAL PALACE.

The importance of the Crystal Palace is that it was erected for the Great Exhibition of 1851 as the symbol of Britain's supremacy and leadership in engineering techniques. When it was moved from Hyde Park to the Crystal Palace site, it became the high-light of a Londoner's day out. There were magnificent views of it from many parts of the Metropolis with perhaps the finest from Richmond Park on a moonlit night.

START OF THE CENTURY.

The turn of the century is when "Athletics" became generally accepted as commencing its modern era. Roger Bannister in his book "The First Four Minutes", sets out clearly the ideals of modern athletics as proclaimed at the Olympic Games 1896.

"The important thing in the Olympic Games is not winning but taking part. The essential thing in life is not conquering but fighting well."

I wonder how far we have left this to complete the circle and suffer the fate of the Grecians, the Roman Empire and other civilisations, where the cult of the human body and physical perfection became an aim in itself. Success was so important that the professional athlete emerged and with it went the ideals of the amateur spirit, and decline of that civilisation.

My thoughts ran on to the photographs at the Hall of the early days of the Club, the training and racing along the Embankment, the keenness required to set a 24 hour watch on a changing tent in Battersea Park, to save it from hooliganism. It was the age of the six day, 54 hour week, training equipment was of the poorest, cinder tracks like ash heaps, cold water in a bucket for washing, yet it was the period of individual dedication and enthusiasm, when clubs such as ours were founded and made to blossom, friendships and comradeship reached their highest peak.

EXTRACTS FROM THE BOOK.

To return to the small book of "Harry Andrews", it is written in an easily readable style, full of commonsense, of much value to the young athlete entering athletics today.

The modern sprinter does not have the problem of making "a hole", nor do "corks" constitute part of his equipment but the emphasis on the way of establishing a good general fitness is excellent advice. The training for 440 yards is quite a gem and it is interesting to read of the record of 48 $\frac{1}{2}$ seconds by R. Buttery at Gateshead on 4th October 1873, a century ago.

Middle distance and mile training are other snippets. It is thought provoking to read of the half-mile record of 1 minutes 53 $\frac{1}{2}$ seconds by

A Few Thoughts On Athletics, continued.....

F.Blewitt at Sydney, New South Wales in 1871, and the time of 1 minute 55 and four fifths of a second established by E.C.Bredin at Stamford Bridge on the 9th August 1897. Our predecessors must have been real men to overcome their conditions.

The mile has always been the "Blue Ribbon" of athletics and the advice on how the race should be run, his description of the race between W.G. George and W.Cummings at Lillie Bridge on 23rd August 1886 in which the former established the World Record of 4 minutes 12 $\frac{3}{4}$ seconds, are pearls. The remarks that this record would probably never be beaten have proved untrue, but it stood for a very long time.

Distance running is similarly treated, with emphasis that Sunday should be a day off, partly on religious grounds and partly to offset any consequent staleness. It should not be spent in absolute idleness, but afford an opportunity for a long, pleasant country walk, as relief in the monotony of training on the track. It is almost pre-war "Belgrave" stuff.

There are so many snippets on exercises, field events, clothing, massage, breathing, etc. to form the basis of a further article.

FINAL OBSERVATIONS.

My research led me to observe many things. The story of "Achilles" and the reason why his naked figure in Hyde Park was subscribed for by the gentlewomen of this country. Why he was gelded by the men-folk and a fig-leaf substituted. Apart from the patronage and sponsorship in Grecian and Roman times, the slave trade had a similar basis. It relied on breeding from top class physical specimens with perfect bodies. There were all sorts of rewards and privileges for achieving their targets.

It all seems to have some relevance to where we are going, but my wife warned me off from elaborating my thoughts further. What will be our reflections on the present Crystal Palace in 70 years time.

GEORGE H. POWELL

It is with sadness we have to record the death of George who was elected a member in October 1920. He had almost reached his 70th year.

He was really the Father of our Field Events Section. His earliest success of note was to win the triple jump at the British Games at Stamford Bridge in 1921. Although he competed in all field events including hurdles he eventually developed as a javelin thrower of some prowess. He won numerous Surrey Championships and represented his County on many occasions. He won and was placed in 'Southerns' and also placed in the A.A.A. Championships. It was his regret that he never quite made an International team although he was reserve on one occasion. His best performance was in the region of 190 feet and in about 1926 won a trophy meeting at Enfield with a throw in excess of the then British Record but could not have the performance put forward for recognition as no steel tape was available for measuring.

His love of Belgrave was such that when he moved from the London area to Broadstairs many years ago he named his house "Belgrave Lodge". His passion for the Club and its success was all consuming. I can well remember him on many occasions persuading me to compete in some event in which I was not very proficient "Just for the Club and to gain a point". I was able to get my own back in later years when Field Events Captain or Secretary and George never failed me for the Club.

Although for years we had not seen him very often, I know he still remained an avid Belgravian. A thorough sportsman and gentleman, he will be missed by all who knew him.

Our sincerest condolences go out to his wife Emmie, his daughter Patricia and son Hugh who was Club member for some years.

George we salute you - we will remember you.

T. Charlie Jones

YOUTHS & BOYS

We now have upwards of fifty youngsters who are keenly interested in athletics and for most of them this has been their first year of competition. Already there are signs that many are destined to become regular members of our Senior teams in the years ahead. Those who find it difficult sometimes to stay with other lads of their own age should not despair however. All that is needed is patience and steady training, not yet too severe but always with thought for the future. This also applies to those who find themselves in front now. Winning will not always come easily and certainly not without regular and gradually increasing training.

The A.A.A. Five Star Award proved to be a great success and listed below are the names of boys who have qualified for a badge, with the grade attained shown next to their name. Congratulations particularly go to Toby Staff and Simon Shanks who qualified for the highest grade.

If you wish to receive your badge get in touch with Alan Mead, 17 High Ashton, Kingston Hill, Kingston upon Thames, KT2 7QL and they will be applied for on your behalf. State whether you want a metal coat badge or one suitable for sewing onto a tracksuit. Normally they cost 25 pence each but as this is the first year we have encouraged this scheme you will receive them free, the cost being born by the Club.



Under 11

S.Shanks	5
S.Fernandes	4
B.Hicks	4
A.Byrne	3
D.Churchley	3
A.Vallance	3
B.Wild	3
N.Stretford	2

Under 12

P.Clay	4
G.Morgan	4
M.Munro	4
D.Couzens	3
R.Holland	3
S.Wahab	3
D.Warren	3

Under 13

M.Shippen	4
M.Caine	3
S.Lane	3
J.Mead	3
P.Murphy	3
R.Divito	2

Under 14

I.Beaumont	4
M.Farraday	4
D.Bailey	3
G.Budinger	3
G.Wallace	3
R.Bashford	2
A.Fairweather	2
S.Fletcher	2
G.Gardener	2
G.Mugg	2
J.Hincks	1

Under 15

P.Churchley	4
A.Cook	4
D.Didino	4
M.Walters	3
P.Warren	2
R.Waller	1
A.Walsh	1

Under 16

T.Staff	5
C.Williams	4
P.Crosbie	4
P.Fairweather	1

Under 17

P.North	3
S.Walters	3

SEPTEMBER 22nd 1973 - WIMBLEDON - BOY'S ONE MILE ROAD RACE.

1. A.Cook	5:10	6. A.Byrne	6:42
2. G.Budinger	5:50	7. S.Wahab	6:57
3. M.Shippen	5:56	8. S.Fernandes	7:22
4. S.Shanks	6:04	9. C.Hemmings	7:38
5. D.Couzens	6:33		

OCTOBER 7th 1973 - PUTNEY VALE - K.L.G. OPEN COLTS C.C. RACE.

16. D.Bailey	15:17	56. D.Lawrence	18:37
36. I.Beaumont	16:44	58. A.Vallance	18:54
39. S.Shanks	17:17	59. M.Monroe	18:58
44. M.Shippen	17:39	60. P.Clay	19:07
54. D.Couzens	18:33	64. A.Byrne	19:30
55. P.Miller	18:34	66. S.Wahab	20:39

Teams: 1. Bracknell 15pts; 2. Hillingdon; 3. Mitcham AC; 6. BELGRAVE H.

OCTOBER 27th 1973 - WIMBLEDON COMMON - COLTS CROSS COUNTRY RACE.

Simon Shanks showed good form in leading home our team in this Hercules Wimbledon organised 2½ mile race. Although as a team our boys didn't get into the first three, they all enjoyed their run and should do well if they keep at it.

13. S.Shanks 15:33; 23. D.Couzens 17:15; 30. S.Wahab 18:31; 32. A.Byrne 18:39.

COMBINED BOYS AND YOUTHS RACE

9. J.Flynn 13:06; 12. T.Ambler 13:17; 16. R.McCrossen 16:09.

Team: 1. Poly. H. 6pts; 2. Hercules Wimbledon 15pts; 3. BELGRAVE H 24pts

Surrey Cross-Country LeagueOCTOBER 20th 1973 - WIMBLEDON COMMON.

1. P. de Giovanni... (Croydon)	12:49	48. R.McCrossen	17:41
2. G.Nelson	(SLH) 13:00	49. S.Shanks	17:45
3. I.Logan (Ald., Farn. & D)	13:01	55. D.Couzens	19:53
9. M.Manning (BELGRAVE H)	13:19	56. P.Clay	20:04
28. J.Flynn	14:44	57. A.Byrne	20:46
36. S.Walters	15:37	58. S.Wahab	21:15
47. G.Budinger	17:12		

Teams: 1. Herne Hill H 41 pts; 2. Aldershot, Farn. & D. 53 pts; 3. SLH 80 pts; 4. Herc Wimb 81 pts; 5. Croydon H 91 pts; 6. BELGRAVE H 119 pts.

MEET JONATHAN DUNSFORD

Following in his father's footsteps, Jonathon, now aged 14, took up Walking a little over 12 months ago because his school, Roxeth Manor Harrow needed somebody to fill in for them in the area championship. Soon afterwards he joined Belgrave and has now become a powerful prospect under his parent's guidance.

His progression in his early days left something to be desired but a disqualification in March of this year at Battersea seemed to put him on the right road and since then he has been faultless.

For much of this year in open Boys races in the South and Midlands, Jonathon has consistently finished in the first four. Despite this it was rumoured that he was to be ignored by his area for the Middlesex Schools Championship because he was thought to be not good enough. Fortunately things were put to rights and he competed, winning comfortably. Then followed the English Schools race in Cheshire where on an extremely fast road course Jonathon clocked 14:38 for 3km to take 3rd place only 17 seconds down on the winner. He thinks this is certainly his best race to date but is threatening to do better and get an international vest in the future.

Meanwhile, walking is not his only athletic activity and he will do anything if asked - 5 foot high jumping for example! Field Events Secretary please note.

LATE NEWS: Jonathon finished an excellent 2nd in the National Boys 2 miles only 2 seconds behind the winner. His time - 15minutes 26.7 seconds.



MEET GARY BUDINGER

Many Belgravians have already been struck by the aggressive running of 13 years old Gary Budinger. He likes nothing better than to run an 800 metre race as hard as he can, pulling all the stops out from the gun and ensuring that if anyone is going to beat him they'll have had to make a hard race of it. With a preference for the 800 metres himself, it is no surprise to learn that International Andy Carter is one of his heroes, and he gets along to as many top class meetings as he can to see the stars in action.

'Budgie', as he is known to his pals, is another lad from Wandsworth School. He first donned the 'claret and gold' in July 1972 when he was "looking for an athletic club" and met John Baker at Tooting Track. Jogging over the Common comprises most of his training although he makes an occasional trip to Crystal Palace and also plays as a forward in his school football team. He hopes to do well at 800m, 1500m, cross-country and the steeplechase and is particularly pleased with the number of races that have become available to him as a Belgrave Boy.

Keep at it Gary - we too are pleased to have made your acquaintance.

League dates to avoid when booking next year's holiday ★★★★★

May 11th	Croydon	v. Blackheath, Epsom, H.H.H., Aldershot.
June 1st	Mayesbrook Pk.	v. Essex B., Feltham, Mitcham, Southgate
June 29th	Sutcliffe Pk.	v. Camb. H., Portsmouth, Shaft.H., B'mth
July 6th	Clifton Hill, Exeter.	v. Exeter, Plymouth, Herc W., Medway.
July 27th	Cricklefield.	v. Ilford, Surrey AC., Highgate, Met. P.
August 17th	Wimbledon Pk.	v. Oxford, Surrey B., Verlea, Windsor.

TRACK AND FIELD

Most clubs would be highly delighted to finish fourth in the Southern League but I cannot help feeling that we should have at least finished second. However, I think it fair to say that the competition was tougher than ever this year and this is best illustrated by the fact that we finished one place lower than in 1972 even though we scored one more point and beat two of the three clubs above us when we met.

After four of the six fixtures we were lying in second position just behind Oxford and we had high hopes of at least retaining that place. Unfortunately our fifth fixture was at Bournemouth and a number of our members were either unable (due to holidays) or unwilling to compete. Eric Barker, one of our field event stalwarts, had the misfortune to break down on the way and this weakened our team even more than anticipated. After a bright start our lack of depth began to tell and despite great efforts from many people, especially Snowy Brooks, Charlie Gillett, Steve White and Arnold Bentt, we gradually slipped behind Mitcham and it looked as though we would have to settle for second place.

However, more disasters awaited us. A disputed decision in the Javelin and disqualification in the 4 x 100 metres relay left us in third position behind Bournemouth.

This result meant that we had little chance of reaching the National League qualifying meeting but at the last match at Wimbledon Park we turned out a strong team and won quite comfortably by nearly 25 points. It was not until after the meeting that we realised that Snowy Brooks had scored 29 points out of our total of 141 and this did not include the points which he helped us win by running in both the relays. This must be close to a league record and illustrates what a valuable Club man Snowy is.

Finally, thanks are due to all those who turned out regularly and competed in two, three, four or more events and without whose support we would look very sick indeed, but there are still a few members who are either unwilling to turn out or do not let me know quickly if they are not available. An improvement in this direction could be the factor that will enable us to win the Southern League next year.

Philip Gee

TRACK SECRETARY

SOUTHERN LEAGUE DIV. 1

FINAL RESULT

	Match positions						Match Pts.	Lg. Pts.
1. Oxford City	2	1	1	1	1	1	830	29
2. Windsor Slough & Eton	1	1	2	2	1	1	795	28
3. Met. Police	2	3	1	1	1	1	790	27
4. <u>BELGRAVE HARRIERS</u>	1	1	2	1	3	1	759	27
5. Aldershot, Farnham & D.	3	2	1	1	1	2	690	26
6. Mitcham 25; 7. Camb.H 23; 8. Feltham 20; 9. Ilford 20; 10. Epsom 19½;								
11. Surrey B 17½; 12. Highgate 17; 13. Bournemouth 15½; 14. Herne H 15;								
15. Medway 15; 16. Blackheath 14½; 17. Exeter 14½; 18. Portsmouth 14½;								
19. Crawley 14; 20. Walton 14; 21. Wycombe 13½; 22. Harlow 13; 23. QFH								
12; 24. Camb & Col 9; 25. Worthing & Dist 7.								

AUGUST 18th 1973 - BOURNEMOUTH.

	'A'		'B'
100m	1. S.White 11.0	1.	C.Gillett 11.5
200m	1. S.White 22.3	1.	C.Gillett 23.1
400m	3. P.Gee 52.7	3.	A.Mead 53.7
800m	3. P.Carton 2:00.1	3.	D.Wiseman 2:03.4
1500m	4. J.Rimmer 4:10.9	5.	C.Pearson
5000m	4. J.Phelan 15:28.0	3.	P.O'Connor 15:49.6
110mH	3. A.Bentt 17.3	1.	R.Hopkins 17.4
400mH	1. C.Gillett 58.7	1.	R.Hopkins 60.3
3000mSC	2. A.Black 9:33.0	5.	C.Shippen 10:48.6
Shot	4. J.Martin 11.06	5.	W.Couzens 9.14
Discus	5. J.Martin 27.46	5.	W.Couzens 23.76
Javelin	5. J.Martin 42.54	4.	W.Couzens 36.84
Hammer	4. W.Couzens 25.94	2.	J.Martin 25.88
Long J	1. S.White 6.75	1.	R.Hopkins 6.31
High J	2. R.Hopkins 1.75	-	A.Bentt
Triple J	2. S.White 12.74	1.	A.Bentt 12.39
Pole Vlt	2. A.Bentt 2.93	-
400m rel	Disqualified		
1600m rel	3. Belgrave H (A.Mead, D.Wiseman, R.Hopkins, P.Gee)..... 3:36.8		

1. Mitcham AC 125½ pts; 2. Bournemouth 110 pts; 3. BELGRAVE H 107 pts;
4. Portsmouth AC 99 pts; 5. Walton AC 91½ pts.

SEPTEMBER 15th 1973 - WIMBLEDON PARK.

	'A'		'B'
100m	2. S.White 11.0	1.	C.Gillett 11.6
200m	2. S.White 22.0	1.	C.Brooks 23.1
400m	2. C.Gillett 50.6	1.	P.Gee 51.5
800m	3. P.Carton 1:59.9	2.	A.Mead 2:01.8
1500m	1. J.Bicourt 3:55.9	1.	J.Rimmer 4:02.2
5000m	3. T.Hart 15:22.6	3.	W.Kerr 16:04.0
110mH	1. C.Brooks 16.3	1.	A.Bentt 17.4
400mH	1. C.Brooks 56.4	2.	R.Hopkins 58.9
3000mSC	2. J.Phelan 9:33.6	1.	A.Black 9:34.8
Shot	1. C.Brooks 12.45	1.	E.Barker 12.44
Discus	3. E.Barker 34.40	1.	C.Brooks 32.32
Javelin	5. W.Couzens 41.70	5.	J.Martin 34.46
Hammer	2. E.Barker 41.02	3.	W.Couzens 30.40
Long J	2. S.White 7.07	2.	R.Hopkins 6.12
High J	2. A.Bentt 1.75	-	R.Hopkins
Triple J	3. A.Bentt 12.92	2.	R.Hopkins 12.54
Pole Vlt	2. C.Brooks 2.75	2.	A.Bentt 2.45
400m rel	2. Belgrave H (P.Gee, C.Brooks, C.Gillett, S.White) 44.1		
1600m rel	2. Belgrave H (A.Mead, R.Hopkins, P.Gee, C.Brooks) 3:29.3		

1. BELGRAVE H 139 pts; 2. Herne Hill H 116 pts; 3. Medway 105½ pts;
4. Harlow 99 pts; 5. Queens Park H 73½ pts.

BELS 3rd IN 'BROCKMAN' TROPHYAUGUST 4th 1973 - CRYSTAL PALACE.

100m:5. S.White 11.3. 200m:2.S.White. 400m: 4. A.Mead 52.9. 1500m: 3.
J.Stow 3:57.7. 5000m: 4. L.O'Hara 14:55.0. Shot:2.E.Barker 12.61. Discus:
5.E.Barker 36.10. Hammer:3.E.Barker 45.74. HJ:3. A.Bentt 1.80. LJ:1.
S.White 6.82. TJ:6.A.Bentt 12.67.110mH: 5.A.Bentt 19.2. 400mH: 2.
C.Gillett 57.4. Med.Rel: 3.Belgrave H (A.Bentt, C.Gillett, S.White, A.Mead)

1. Brighton & Hove 75½ pts; 2. Hillingdon 65 pts; 3. BELGRAVE H 52½ pts;
4. Enfield 51 pts; 5. Herc. Wimbledon 44 pts; 6. TVH 37 pts; 7. HHH 36 pts
8. Cambridge H 33 pts.

AUGUST 8th 1973 - BATTERSEA PARK - v. LONDON A.C., SOUTH LONDON H.200m: 3. J.McDermottroe 25.2. 400m: 1. A.Mead 53.6; 3. D.Wiseman 55.4.Jav: 3. W.Couzens 40.54; 4. R.Hopkins 32.48. Shot: 1. W.Couzens 9.28; 2. J.Martin 9.14. Disc: 2. J.Martin 25.60; 3. W.Couzens 25.12.

Match result: 1. London A.C. 99 pts; 2. S.L.H. 58 pts; 3. BELGRAVE 43 pts.

Juniors:- 100m: 1. R.Hopkins 12.1; 4. S.Crosbie 13.1. 200m: 1. R.Hopkins 25.0; 3. S.Crosbie 26.2. 400m: 1. R.Hopkins 56.0; 3. T.Staff 57.5; 4. T.Amblar 59.3. 800m: 3. T.Staff; 4. P.Sullivan 2:10.0; 6. P.North 2:20.0. 1500m: 3. S.Walters 4:48.8. 400m relay: 1. Belgrave 50.5; Shot: 2. S.Crosbie 10.02; 5. P.Crosbie 8.93. LJ: 1. R.Hopkins 5.89; 2. S.Crosbie 5.70. Jav: 1. P.Crosbie 41.40; 2. S.Crosbie 32.52; 4. L.Ryan 23.84. Disc: 1. L.Ryan 29.36

Match result:-1. BELGRAVE H 89 pts; 2. L.A.C. 51 pts; 3. S.L.H. 41 pts.

Snowy Brooks 4th in A. A. A. Decathlon**Reg Hopkins gains G.B. colours**

Although late in the season, the A.A.A. Decathlon Championship and combined Senior and Junior International vs. France gave our two decathletes a chance to shine again. Cliff Brooks added another 180 points to his Club Record whilst Reg. Hopkins in his first international (first of many we hope) beat 5000 points once more, both of them making particularly good progress in the Pole Vault.

AAA Champ: 1. D.Kidner (TVH) 6969 pts; 2. N.Phipps.(Woking) 6654 pts; 3. M.Corden 6595 pts; 4. C.Brooks (BELGRAVE H) 6569 pts.Junior International G.B. vs. France: 1. B.LeGlaunec (Fr) 6227 pts; 2. P.Saint Jours (Fr) 6205 pts; 3. J.Dumoulin (Fr) 6186 pts; 8. R.Hopkins (GB/BELGRAVE H) 5074 pts.**A winner never quits ~****a quitter never wins**

"If you think you are beaten, you are,
If you think you dare not, you don't.
If you like to win, but you think you can't,
It is almost certain you won't.

"If you think you'll lose, you're lost
For out of the world we find,
Success begins with a fellow's will -
It's all in the state of mind.

"If you think you are outclassed, you are,
You've got to think high to rise,
You've got to be sure of yourself before
You can ever win a prize.

"Life's battles don't always go
To the stronger or faster man,
But soon or late the man who wins
Is the man WHO THINKS HE CAN!"

Anonymous

THE COACH-ATHLETE RELATIONSHIP (middle distance running)

★ ★ ★ ★ ★
by Staff Coach
under 20's Joint
Southern Coaching
Committee,
FRANK HORWILL

It has been said by a B.A.A.B. National Coach, "Middle-distance running is the most coached event in Britain and the worst coached event." Having examined a good number of prospective coaches on behalf of the Southern Coaching Committee, I must confess that his observations are valid. There exists a peculiar idea amongst those who take up coaching that it is a subject that needs little or no study, they rely largely on their practical experience as runners. The findings of physiologists seem to be an alien subject to be treated with considerable scepticism.

An athlete goes to a coach because he wants to improve. It is the coach's duty to fulfil this obligation in attractive and logical ways. He must ask himself these questions -

- 1) Do I possess the necessary knowledge for this event?
- 2) Have I the necessary time to do this job adequately?
- 3) Have I the patience to suffer setbacks with fortitude?
- 4) Have I the health?
- 5) Have I sufficient income to spare for the extras that coaching demands?
- 6) Above all else, do I love the event with an absorbing fervour?

How does one acquire the necessary knowledge? There are certain books to read which I call the basic minimum, the A.A.A. Handbook, MIDDLE DISTANCE RUNNING by Tony Ward; STRENGTH TRAINING by Ron Pickering; CIRCUIT TRAINING by Adamson and Morgan; THE COMPLETE MIDDLE DISTANCE RUNNER by Messrs. Watts, Wilson and Horwill. I consider any middle-distance coach who hasn't got these on his shelf is missing out a lot. In addition to this he should be in touch with recent trends in his event, these can be read in RUNNER'S WORLD and TRACK TECHNIQUE from the United States. However, the coach should aspire to obtain the following books as time allows. RUN RUN RUN edited by Fred Wilt; MODERN TRAINING FOR RUNNING by K. Doherty; PHYSIOLOGY OF EXERCISE by H. de Vries; RUN TO THE TOP by Arthur Lydiard; MIDDLE DISTANCE RUNNING by Percy Cerutti; NO BUGLES NO DRUMS by Peter Snell; THE JIM RYUN STORY by C.N. Nelson; TRACK ATHLETICS by Watts and Marlow.

It helps greatly if the coach has been a runner himself. He has a sympathy with the athlete when he suffers in some training sessions, for suffer he must. "No gain without pain" is a truism of distance training. He has a sympathy with the athlete when he is going through a bad patch. He can share his triumphs with an inner warmth which can only be appreciated if he has been through the same experience.

Coaching is time consuming. During the summer he will probably be at the track three days a week for something like 2-3 hours at a time, a total of nine hours a week. He will have to find time to travel to watch his proteges race; from his athletes' performances he can spot weaknesses in their condition and their execution of the race. A nagging wife who resents her husband coach being away from home several hours a week is a liability and sooner or later this will manifest itself in the coach's attitude to his charges. Divorce or giving up coaching is the only remedy!

"Patience is a virtue," and in coaching this saying will be very applicable. When an athlete trains well and looks set for a great time and fails, there is a temptation for the coach to lose patience and despair. He must, however, examine HIMSELF for the athlete's failure, "Is there something I've left undone?" must be answered frankly. It should also be remembered that a statistical study of world-class performances showed that on average, the athletes had been competing for EIGHT YEARS, thus a boy of 17 years who has been running since he was 14 has another 5 years before he reaches his prime. The age when a mile is most likely to break 4 minutes for a mile is 24, so the statisticians tell us. The next most likely ages are 22 and 26.

Not only must the coach be of good health, he must also set a good example in this respect. Unless the coach has some serious physical setback, he should at least limber up with his athletes and do the suppling, stretching and strengthening exercises with them. His athletes' warm up will be his work-out in many cases! There is something too aloof about the coach who does not change into a track-suit for track sessions. The coach who conducts a training session with a cigarette or cigar drooping from his mouth must be condemned wholeheartedly. So also, must the coach who sits in the stands while it rains and proceeds to yell times and instructions from comparative comfort. Athletes like to feel the coach is there with them in body and soul. Some coaches manage to compete as well as coach, my own view is that if coaching is done properly, the coach will have little time to train fully with his charges and also race.

Coaching is expensive. The books listed will set him back the best part of £20 and the magazines something like £12 a year in subscriptions. Then there is the cost of travel to and from the track and races; cost of stop-watches, track-suit and hold-all. Some coaches have succeeded in getting local education authorities to look upon training sessions as a night-school type activity, the coach getting a fee for his services. This practice should be encouraged. When a coach gets well-known his postage costs can be quite horrific, one M.D. coach in the South gets an average of 60 letters a week, most of which require a reply. The public should be encouraged to enclose a stamped addressed envelope when the mail reaches these proportions.

This raises the question of postal coaching. Obviously it has disadvantages, the athlete's technique at sprinting, for instance, might be grossly wasteful and only observation and supervision can correct the fault. Athletes being coached by post should be encouraged to make monthly, quarterly or six monthly visits to their mentors for a re-assessment of their technique, etc. If an athlete has no faith in local coaches or hasn't got any coaches available at all, then the next best thing is postal coaching backed up with telephone chats.

The successful coach must love his event and never tire of talking and writing about it. I once heard a Senior M.D. coach say, "I'm getting bored coaching M.D." What an admission! There is so much of interest in coaching middle distance runners that he should never have time to be bored. Here are some things he can check over with his athletes:-

- a) Their morning and midday pulse rates. On rising, the pulse is at its slowest and by midday it is at its normal fastest. The athlete should be told to keep a record of this in his diary. When he loses form his diary should be checked for any irregularities of the rate. His rate should be checked back after he has done a personal best time, it is good to know, for instance, that on rising his rate was 30 beats and at midday was 40 beats. This indicates peak condition.
- b) Weekly Weight. An athlete loses weight rapidly if he is unfit and new to training, after a while a plateau weight emerges. If the athlete

...continued on following page

The Coach Athlete Relationship continued....

loses form, his weight for the two previous weeks should be checked, if it has progressively gone down, he is in a state of STRESS, training must be reduced or stopped, and an investigation made into his way of life. Worry over exams often causes loss of weight as does anything which puts his emotions under strain. Until the emotional problem is solved it is useless trying to get him fit. See Chapter on WHEN THINGS GO WRONG in the book THE COMPLETE MIDDLE DISTANCE RUNNER by Messrs. Watts, Wilson and Horwill. Athletes must learn what their best racing weight is.

c) Sleep. When athlete complains about insomnia it is a stress symptom and an enquiry should be made about his general health. Usually, one stress symptom is accompanied by another, sore throat, stomach disorders, irritability, etc.

d) Way of living. Athletes require 4,000 calories a day and it is useful to ask them once in a while to record their every meal and the time it was taken. Recent dietary work shows that meals taken little and often lead to a better work-load and better acclimatisation in extremes of hot and cold. Watch out for the athlete who has a cup of tea and a bun for lunch, sooner or later he will develop anaemia without adequate meat each day. This means the haemoglobin in his blood which is responsible for conveying oxygen will be inadequate. The athlete only has to be one gramme under average and his blood will carry 1.34cc of oxygen LESS.

The coach should have an understanding with his athlete over his way of living. Young athletes in their teens are feeling their feet, especially with regard to parties, drinking and sex. The old idea that these must be banished from the athletes' lives and that they must lead a monastic existence is no longer valid. Parties, drinking and sex in moderation never did any athlete any harm and probably does him a lot of good. However, when an athlete turns up at the track on a Sunday morning and fails to train properly and gives as an excuse, "I went on a "bender" last night," he should refrain from making such sessions repetitive!

The coach must also appreciate the difficulties of the athlete taking "A" levels or his finals at college. I have always found it useful to set down the athletes' time as follows:-

- 1) Eight hours work a day. Anybody working more than this in a day is a fool!
- 2) Eight hours sleep a day. Sleep is little snatches of "death" and if we spend more than eight hours a day in bed, in our lifetime we spend something like 23 years in a state of "death", excessive sleep is simply interval training for death.
- 3) Eight hours free time. It is this part of the daily routine that needs examination; three hours will be required for food; possibly two hours for travel to and from work or school. This leaves something like three hours a day into which training can be done. At the very least, an athlete can find $1\frac{1}{2}$ hours a day to train at anytime of his scholastic career.

Much useful running can be done in the morning before breakfast, this has to be worked up to over several months. Going straight out in the morning every day of the week is too much of a shock for the system, one morning a week for a month is a reasonable start, then two mornings the next month and so on. It is quite erroneous to think that repetition running cannot be done before breakfast, it can. Igloi, America's greatest distance coach, frequently gave repetition running in the morning at 6 o'clock and it never did him any harm (He has produced the highest number of sub-4 minute milers in the world). My own athlete, Jim Douglas, 3:56 miler does this morning routine:

Sunday	6 miles steady
Monday	16 x 200 on grass untimed with 100 metres jog rest.

Tuesday 6 miles steady
 Wednesday 32 x 100 on grass untimed with 50 metres jog rest.
 Thursday 6 miles steady
 Friday As for Monday
 Saturday As for Wednesday if no race.

Athletes like to know the ins and outs of their training. It is the coach's job to convince his athletes that what they are doing is physiologically sound. If an athlete asks, "What is the point of this session?" the coach must have a convincing answer. For example, Gerschler, Saltin, Astrand and Watson all have their own views as to how the Oxygen Uptake in athletes can be best obtained, the coach must decide which one he favours. Astrand has a special way of preparing 800 metre runners for their race and its demands, the coach must know of this and be prepared to use it. The steady run below certain pulse rates is wasteful and inefficient, the athlete should be told of Karvonen's training threshold table.

When the coach sends his charges to the starting line he must have a feeling that NO STONE HAS BEEN LEFT UNTURNED in their preparation, their stamina, speed, strength, style and tactics have all been catered for. Here is an example of a race where many of the athletes weren't suitably prepared. The race was an Area Junior 1500 metres championship, the favourite was a 17 year-old boy who had done 1:52 for 800 and 3:49 for 1500. The rest of the field were around the 1:58 800 mark and 4 mins. for 1500. It was decided by one athlete's coach that if the favourite had a weakness, it was his stamina. The plan was to speed up the third lap and draw the sting out of the favourite. The coach knew that his athlete was accustomed to running consecutive laps faster in training. The first lap of the race was 63 secs; 2nd lap 64 secs; then a third lap of 59 secs. By then the contender had the favourite hanging on for grim death with the rest of the field well adrift, although the favourite won the race he was forced to run a personal best and the second favourite recorded a personal best time of 3:53, an improvement of 6 seconds. After the race, the boy who came third said, "I just couldn't accelerate in the third lap," this was coaching deficiency. Here lies the essence of successful coach-athlete relationship, preparing to meet all circumstances together as a team.

It is my view that a successful coach;athlete relationship must revolve around some detachment of the coach from his charges, undue familiarity is to be frowned upon. This is where perhaps the American coach scores, Igloi would have no nonsense from his charges he explained what they should do and why, if they didn't do it, out they went! If an athlete comes to a coach for training he should do what he is told otherwise he should refrain from being coached if he knows best. It is also grossly unfair to the coach if an athlete goes away and does only bits and pieces of a training schedule for the coach will never know if it is his work or the athlete's own interpretation which has brought about an improvement or otherwise. Athletes should give coaches two years to bring about the necessary major improvements they seek.

One of the problems the coach will experience with some athletes is nerves before competition, in extreme cases athletes have been known to become very ill before a race and to disintegrate rapidly as the race day approaches. My own formula which I put to the athlete is a series of questions as follows:

- 1) Will your not winning this race affect the future of the country?
- 2) Will your parents or boss throw you out if you don't win?
- 3) Will your life be greatly affected by not winning?
- 4) Has your training gone really well?
- 5) Aren't you really in tip top condition for this race?

The Coach Athlete Relationship continued.....

Athletes enjoy variety. Occasionally the coach should allow his charges to go off and train on another track or go away for a training week-end. He should also avoid consecutive days of the same training activity, this is why I do not believe in training on the track every day or running along the roads day after day. I like variety in the length of repetitions, if the last track repetition was 200's I avoid this distance next time round. Schedules are made out over a three weeks cycle, each week differing from the other. The same training repeated each week is a boring pastime.

When coaching the colt or youth the coach should err on the side of moderation in the training load. The athlete must feel on top of the training, must feel that it is enjoyable. Many colts and youths are lost to the sport because an over-zealous coach has given them heavy work-loads before they could enjoy it. This does not mean that training should not be progressively harder as time goes by, it simply means starting off modestly and increasing the load when the boy or girl is well able to assimilate it. Relays are a good form of training for boys.

Coaches are often confronted with the problem of what rest to give between reps., and what number of reps. Simplicity is advisable and this means altering only one thing: THE REST TIME. I'm in favour of the repetitions being CONSTANT. For example, during the winter on a Sunday morning at the track athletes are given 32 x 200 in 34 secs. with 90 secs. rest during which time they jog about. A month later this can be altered to only 75 secs. rest, and every month 15 secs. is taken off the rest time until only 15 seconds rest is left. When this stage is reached the speed of the reps. is increased to 32 seconds and the rest starts again at 90 seconds.

BELGRAVE DINNER '73'

There have been 86 Belgrave Dinner and Dances and it must be said that the 1973 Dinner, held at "The Dog & Fox" Wimbledon on Saturday Nov. 17th must have been one of the best.

Our new President Charles Manning was proposed by the retiring President Clive Shippen. We all wish Charlie well during his term of office, and it is a certainty that some surprises and ideas will be forthcoming, both in the social life of the Club and many other activities.

He treated us to a most amusing and original speech, which goes to show that talent will out, and the evening was launched in a very happy way. We were honoured by the presence of Mrs. Bonner the Lord Mayor of Merton who gave the response for the guests.

Presentation of the Tommy Green cup was made to John Bicourt by the President and we wish him every success when he visits New Zealand. The presentation to the Past President was made by Charles Manning, and we all thank Clive Shippen for a job well done.

Two attractive young ladies, Miss Pelinda Saveen and Miss Linda Manning presented bouquets to the President's wife Jean and to Mrs. Bonner.

During the dinner, which by the way was excellent, each lady received a packet which turned out to be a tin of "Joy To Eat" sardines. This was another bright idea from Charlie, who provided them to compensate for the absence of the fish course.

Mr. Peter Hilliar did a great job as Toastmaster, and the music for dancing was played with rhythm and gusto by the Florida Club Band. They made dancing a pleasure.

Ted Stimpson did his usual excellent job of arranging the Dinner, not forgetting Eve Stimpson, whom we are sure was also involved in the operation. It was greatly appreciated.

continued at foot of next page.....

ROAD AND COUNTRY

AUGUST 4th 1973 - BRACKNELL '5'

11. J.Phelan	24:56	91. G.Fiddington	31:05
41. A.Fairclough	26:45	101. R.Glover	32:36
50. C.Pearson	27:02	103. J.McDonald	33:20
76. F.Paget	29:15	106. R.Langheim	38:15

Teams: 1. Aldershot, Farn. & D. 20pts; 2. Windsor, Slough & Eton 21pts;
3. Thame Valley H 27pts; 9. BELGRAVE H 'A' 89pts; 23. BELGRAVE H 'B' 235pts

AUGUST 4th 1973 - CRYSTAL PALACE - HERNE HILL '10'.

1. B.Watson(Cambridge H)	50:48	59. D.Bonser	65:57
6. T.Hart	52:55	61. W.Fairfield	66:50
10. L.Mann	54:30	65. J.Hilton	67:55

Teams: 1. Leamington 28pts; 2. Walton AC 31pts; 3. Epsom & Ewell 33pts;
5. BELGRAVE H 44pts.

AUGUST 25th 1973 - WYCOMBE PHOENIX 5 MILE ROAD RACE.

1. B.Ford(Ald. Farn & D)	23:22	49. C.Pearson	27:21
10. L.O'Hara	24:40	76. R.Glover	29:21
16. J.Phelan	25:02	83. F.Paget	30:32
28. T.Hart	25:56	96. J.McDonald	33:31
31. P.O'Connor	26:04	104. R.Langheim	40:15

Teams: 1. Aldershot, Farnham & Dist. 10pts; 2. Thames Valley H 42pts;
3. Windsor, Slough & Eton 43 pts; 6. BELGRAVE H 'A' 54pts;
14. BELGRAVE H 'B' 208pts.

Surrey County Relay

SEPTEMBER 8th 1973

With later holidays and longer track seasons, this has not been one of our best attended races for some years now and this year was no exception. We took sixth place with a 'mixed' team behind a much stronger turn-out from Aldershot and Hercules Wimbledon. Possibly the most notable feature for us was that in the week that George Best returned to Manchester United, John Thresher returned to the Belgrave team, even if he did look more like a rugby player than an athlete! It would be nice to think it could become a habit again.

A.Fairclough	15:31	C.Shippen	15:57
T.Hart	14:42	J.Thresher	16:22
C.Pearson	15:20	A.Black	14:56

Charlie Henn started a 'B' team with 17:32

Teams: 1. Aldershot, Farnham & Dist. 85:12; 2. Herc. Wimb. 87:29;
3. A.F. & D 'B' 87:43; 6. BELGRAVE H 92:48

.... Belgrave Dinner '73' continued.

It was good to see so many of the "Old" (not in age of course!) stalwarts of the Club, Arthur Penny, Tommy Carter, Tommy Morell and many others. Space makes it impossible to mention them all, but it shows that they still have a twinkle in their toes as well as their eyes. It was also a pleasure to see George Chandler and his family and we are glad he was able to come after his recent illness.

It was a good evening, everything went with a swing and all went home feeling great after an evening with our friends.

CLARICE MERRYMAN

SEPTEMBER 9th 1973 - BASILDON 10 MILE ROAD RACE.

1. S.Walker (Thurrock) 50:29; 51. P.Pringle (BELS) 61:00; 61. D.Maughan 62:19; 94. J.V.Baker 73:08; 100. R.Conway 75:21.

Team:- BELGRAVE H 13th.

The autumnal "five-and-threequarters"SEPTEMBER 22nd 1973 - WIMBLEDON.

1. W.Weller.....	(0:30)	28:15	19. R.Hopkins, Jr. ...	(7:00)	34:15
2. L.O'Hara	(0:30)	28:19	20. G.Piddington	(8:30)	34:37
3. J.Phelan	(0:40)	28:23	21. L.Jones	(5:30)	34:52
4. L.Mann	(1:15)	28:27	22. E.Thorpe	(6:00)	34:54
5. C.Pearson	(2:15)	29:52	23. C.Henn	(7:30)	35:03
6. P.O'Connor	(1:30)	29:24	24. D.Jones	(7:30)	35:21
7. A.Fairclough	(2:00)	29:55	25. A.Mead	(8:00)	35:28
8. G.North	(0:30)	30:22	26. R.Conway	(9:00)	35:37
9. L.Coy	(4:00)	30:39	27. G.Collins	(6:00)	35:55
10. M.McNair	(3:00)	30:48	28. J.Hilton	(9:00)	36:17
11. C.Shippen	(2:45)	30:57	29. J.McDonald	(11:00)	36:33
12. B.Gorman	(2:30)	31:44	30. R.Glover	(5:30)	36:36
13. J.Dooley	(5:30)	32:40	31. J.V.Baker	(10:00)	36:47
14. W.Kerr	(2:30)	32:52	32. A.Stroud	(8:00)	37:03
15. F.Paget	(5:00)	33:06	33. C.Manning	(9:00)	37:39
16. P.Pringle	(5:30)	33:10	34. K.Stimpson	(9:00)	38:09
17. S.Barrett	(5:00)	33:25	35. D.McMillan	(9:30)	39:46
18. S.Holmes	(5:00)	34:14	36. R.Langheim	(12:00)	42:32

Handicap:- 1. J.McDonald 25:33; 2. G.Piddington 26:07; 3. R.Conway 26:37.

Hewitt-Jones Road RelaySEPTEMBER 29th 1973 - WALTON - HEWITT-JONES ROAD RELAY.

'A'		'B'	
L.Mann	(1) 15:30	C.Dabbs	(17) 17:47
C.Pearson	(7) 16:27	S.Holmes	(18) 18:06
T.Hart	(8) 16:14	A.Mead	(19) 18:59
P.O'Connor.....	(7) 16:09	E.Thorpe	(19) 19:04
A.Fairclough	(7) 16:26	J.Davies	(16) 17:22
L.O'Hara	(7) 15:39	G.North	() 16:19
'C'		'D'	
W.Kerr	(11) 16:25	J.Baker	(23) 20:23
S.Walters	(20) 19:50	C.Manning	(22) 20:47
P.Gee	(20) 19:03	A.Stroud	(22) 20:16
C.Henn	(20) 18:47	G.Biscoe	(22) 19:31
W.Laws	(17) 18:20		
D.Jones	() 19:25		

Teams: 1. Aldershot, Farnham & D. 93:16; 2. Hercules Wimb. 94:36;
3. Reading AC 94:59; 7. BELGRAVE H 'A' 96:22; . BELGRAVE H 'B' 107:37;
. BELGRAVE H 'C' 111:50.

WELCOME TO THE FOLLOWING NEW MEMBERS

Raymond J. Deeks	Running	Jeremy M.Morton	Running
Jonathon S. Coy	Field	Albert A. Ryan	Field
Mahmoud A.A. Sheheta ...	Field	Philip Sneddon	Running
John Flynn	Running	David A. Langheim	Running
Charles V. Hemmings ..	Running	Michael J. Scammell ..	Walking
Michael A. Bailey	Running	Nigel W. Steatfield ..	Running

HARRIERS ON WHEELS!

News of our cycling/running contingent and what they have been getting up to this summer during their 'rest' from cross country running.

Many readers may already be aware of the small invasion of racing cyclists who frequent Belgrave Hall during the winter months, and may be interested to hear of the summer seasons performances put up by the MIDDLESEX CLARION CYCLING CLUB.

Basically the racing is divided into two different forms - individual time trials over 10, 25, 50 and 100 miles, and bunched racing where the average distance is 70 miles.

In what has been one of the most competitive seasons of road racing Bob Fruellet triumphed on a points system for the Club Championship over Dick Callum. Both riders in the process having wins and other high placings in open events. Racing in criteriums (approx. 30 miles and usually flat but twisty) Bob shone but these events unfortunately do not count towards Club honours. He obtained no less than 11 placings including a good showing in France in a race which included many top international riders. It must also be mentioned that in the Isle of Man's Viking Trophy Race of 75 miles, or two laps of the TT course, Dick obtained a highly respectable position amongst riders from all over the country.

Veteran Dennis McKeown performed well in the Manx 'Mannin Veg.' which is considered a high class race. He was also highly placed in another of the few road races he took part in - the 'Courage two day'.

On the time trialling scene, Dave Carlsson in his first proper season did a fine under-the-hour ride at 25 miles. Personal bests were also done by Bob and Dick, the three riders teaming up to clinch the South-West London combined team award over 25, 50 and 100 miles against the clock. These are three distances in which the Club Championships are incorporated in any open races. The '25' and '100' was won by Dick who also clinched the best all rounder award, and the '50' was awarded to Bob.

Probably the most notable performance of the year was a brilliant 25 miles time trial by Dick who broke a Club Record which which had withstood all attempts since 1969. Since news of this has been gently broken to Bob, several eye witnesses have observed our hero thundering down the roads on frantic training sessions.

Compiled by Dick Callum: 32 mins.10 secs
Punctuation by Den McKeown: a yawn and a half
Additional 'guff' from Bob Fruellet: 4 mins. 7 secs.
Blow by blow commentary - Dave Barry, Dalby Carlsson

The Yacht Handicap

OCTOBER 6th 1973 - WIMBLEDON

Philip Gee found he had enough stamina left over from the track season to hold the pack at bay and beat the handicapper, with new member John Flynn moving very well just behind him in second place. Like pike amongst minnows, Colin Pearson and Alan Black ripped through the field at the "village" but couldn't quite get amongst the prizes.

Sadly, the number of starters was very much down this year.

1. P.Gee	17:41	3:50	13:51	14. A.Major	16:01	1:30	14:31
2. J.Flynn	17:58	4:00	13:58	15. A.Mead	18:04	3:30	14:34
3. A.Stroud ...	18:20	4:20	14:00	16. G.Collins ...	18:37	4:00	14:37
4. M.Best	17:56	3:50	14:06	17. L.Coy	16:09	1:30	14:39
5. R.Glover ...	17:07	3:00	14:07	18. C.Manning ...	19:12	4:30	14:42
6. C.Pearson ...	15:10	1:00	14:10	19. D.Jones	18:55	4:00	14:55
7. J.V.Baker ..	19:13	5:00	14:13	20. J.Baker	18:27	3:30	14:57
8. E.Thorpe ...	17:44	3:30	14:14	21. D.McMillan ..	19:03	4:00	15:03
9. A.Black	15:05	0:50	14:15	22. G.North	15:49	0:40	15:09
10. C.Henn	17:49	3:30	14:19	23. E.Pallant ..	20:18	5:00	15:18
11. R.Conway ...	18:10	3:50	14:20	24. J.McDonald ..	20:34	4:30	16:04
12. F.Paget	16:53	2:30	14:23	25. R.Langheim ..	22:45	6:30	16:15
13. W.Laws	16:55	2:30	14:25	26. N.Holman ...	20:58	4:00	16:58

Wimbledon '10'

OCTOBER 6th 1973 - WIMBLEDON

1. R.Richardson..(Blackheath)	49:00	66. S.Barrett	59:03
6. W.Weller	50:27	70. P.Pringle	60:04
12. L.Mann	52:02	71. W.Kerr	60:09
16. T.Hart	52:20	78. G.Piddington	63:47
20. P.O'Connor	53:00	85. W.Fairfield	65:53
65. J.Dooley	58:43	86. D.Bonser	66:44

Teams: 1. Hercules Wimbledon 12pts; 2. BELGRAVE H 'A' 21pts; 3. Holmfirth 37pts; 9. BELGRAVE 'B' 89pts.

A win in Surrey A.C.'s relay

OCTOBER 13th 1973 - RICHMOND PARK - SURREY A.C. CROSS COUNTRY RELAY.

Was it the getting-fit-again leadership of Captain Gerry North, the presence of Olympic runner John Bicourt, the temporary team manager Colin Pearson, or the plain absence of Gordon Biscoe (at the Walton '10'); whatever it was we don't know but the victory was most welcome as was the general turn-out, completing both 'B' and 'C' teams.

Gerry's good start gave Adrian Major the chance to take us into the lead and this he did, running well and beginning to make a return to his form of old. We were never again headed although Borough Road College made a little ground towards the end.

Further down the field conditions were really chaotic. Runners seemed to take every path except the correct one and Philip Gee, looking for lane markings no doubt, was given 7th fastest time of the day as he toured the course picking up several places for the 'B' team yet not seeing another runner on the way!

'A'		'B'	
G.North	(2) 15:52	J.Flynn	20:00
A.Major	(1) 16:51	D.McMillan	20:18
J.Bicourt	(1) 15:41	A.Mead	19:23
C.Pearson	(1) 16:53	P.Gee	15:58+
A.Black	(1) 16:51	C.Shippen	18:27
J.Rimmer	(1) 16:11	C.Dabbs	19:31

'C'			
W.Laws	18:10	+ runner went off course.	
.Dugwell	20:41		
F.Paget	16:04+	Fastest laps:	
R.McCrossen	22:15	1. F.Briscoe (Herc Wimb) .:	15:21
R.Hopkins	16:42+	2. J.Brown	15:31
S.Holmes	19:31	3. J.Bicourt	15:41

Teams: 1. BELGRAVE H 97:59; 2. Borough Road College 98:12; 3. Borough Road College 'B' 100:28; 12. BELGRAVE H 'B' 111:58.

..... and 2nd at Walton on the same day.

OCTOBER 13th 1973 - WALTON A.C. 10 MILES ROAD RACE.

1. R.Richardson ... (B'hth)	48:54	42. S.Barrett	58:10
2. D.Holt (Herc Wimb)	48:55	45. P.Pringle	58:37
3. M.Hurd	(RAF) 49:20	58. E.Thorpe	61:48
8. T.Hart (BELGRAVE)	51:13	67. G.Piddington	63:05
13. L.Mann	51:56	68. C.Henn	63:21
19. P.O'Connor	52:46	69. R.Conway	65:26
28. W.Kerr	55:20	71. J.V.Baker	66:41
		73. A.Stroud	66:51

Teams: 1. Blackheath H 18pts; 2. BELGRAVE H 31pts; 3. Walton AC 36pts; 7. BELGRAVE 'B' 131pts.

SURREY X-COUNTRY LEAGUE

OCTOBER 20th 1973 - WIMBLEDON COMMON.

1. R.Holt (Herc Wimb) 23:29	109. R.Hopkins 28:38
2. F.Briscoe..... (Herc Wimb) 23:34	113. J.Dooley 28:51
3. P.Adams... (Ald., Farn. & D) 23:41	114. S.Barrett 28:58
5. J.Bicourt (BELGRAVE F) 23:53	115. R.Glover 29:00
12. L.O'Hara 24:29	116. E.Thorpe 29:05
13. C.Barber 24:36	124. C.Henn 29:47
15. G.North 24:42	128. W.Laws 30:05
16. L.Mann 24:47	129. D.McKeown 30:13
19. J.Rimmer 24:58	132. P.Gee 30:29
23. A.Black 25:04	133. L.Jones 30:31
25. P.O'Connor 25:06	136. G.Piddington 30:48
26. T.Hart 25:07	137. M.Best 30:55
40. A.Fairclough 25:30	138. K.Maylie 31:05
46. C.Pearson 25:54	139. A.Mead 31:10
51. A.Major 26:07	141. A.Stroud 31:26
63. C.Dabbs 26:39	146. J.Heathfield 32:21
79. L.Coy 27:19	148. G.Pearson 32:36
102. F.Paget 28:23	149. J.V.Baker 32:48
103. J.Thresher 28:26	153. P.Wrench 33:45

Teams: 1. Aldershot, Farn. & D. 176 pts; 2. BELGRAVE H 193 pts; 3. Herc/Wimbledon 195 pts; 4. Herne Hill H 412 pts; 5. South London H 449 pts; 6. Croydon 481 pts; 7. Met. Police 576 pts.

A. A. A. Marathon

OCTOBER 27th 1973 - HARLOW.

Bill Weller clocked a pretty respectable 2:28:55 in this Commonwealth Games qualifying event but the incredible thing is that he damaged a calf muscle after only ten miles! His time is obviously going to be improved before long.

The indefatigable Paul Pringle was our next man home, a minute or so ahead of John Davis, of 1:52.8 880yds/4:10.6 mile fame some 17 years ago and here making his debut at the marathon. As John later said, "You can run all your life but its not until you've tackled a marathon that you realise you know nothing about running".

1. I.Thompson (Luton) 2:12:40	137. P.Pringle 2:54:19
2. R.Hill (Bolton) 2:13:22	142. J.Davies 2:55:36
3. C.Kirkham (Coventry) 2:15:25	191. D.Bonser 3:28:20
47. W.Weller (BELGRAVE) 2:28:55	dnf. J.V.Baker

Team: 1. Bolton 39pts; 2. Cardiff 54pts; 3. TVH 73pts; 15. BELGRAVE 326pts.

NOVEMBER 3rd 1973 - EPSOM DOWNS - v. NATIONAL WESTMINSTER BANK.

It's always a pleasure to run with our friends the Bankers over at Epsom Downs, across the race course to Headley Church and back again. With a dip in the 'tin bath' afterwards followed by a handsome tea at the 'Derby Arms', this is cross country as it should be run. Who cares about the result.

1. T.Hart 33:27	15. L.Jones 39:06
2. P.Carton 33:42	16. P.Gee 39:31
4. C.Pearson 35:58	17. C.Henn 39:44
6. J.Davies 36:10	18. A.Stroud 40:12
8. F.Paget 37:12	19. D.Jones 40:55
10. S.Barrett 37:40	21. A.Nead 42:33
11. E.Thorpe 38:15	22. E.Ellis 43:06
12. D.Maughan 38:16	23. C.Pearson 43:53
13. R.Glover 38:32	24. J.V.Baker 44:37

Teams: 1. BELGRAVE H 'A' 81pts; 2. Nat. West Bank 106pts; 3. BELGRAVE H 'C' 116pts.

In the June issue of the 'Belgravian' we reproduced a photograph of members of Price's A.C., taken in 1922, prompting our Vice-President EDMUND P. DONOVAN, O.B.E. to tell us more of the Club's early days and its connection with Belgrave Harriers.....

Price's Athletic Club

The story really begins in 1911 when I first went to work at Price's. Inasmuch as I was the youngest and newest member in the department it was not long before the two practical jokers of the department, having heard of my small success as a runner at school, started to needle me by working up rivalry with another young man, a little older than myself, on our respective prowess in running. The culmination of all this was a race between us at half a mile for a silver medal donated by one of the pranksters.

The race, which I won, took place on Clapham Common. The scene of the encounter was witnessed by one or two Belgravians who eventually induced me to join the club.

Athletics did not begin to flourish, however, at Price's until 1916, when the company bought the grounds at Earlsfield.

Upon my return from the R.A.F. to the company and civilian life in 1919, I was called into the Managing Director's Office and asked to take on the duties of Secretary of the sports meeting which he wanted held to promote the new grounds and encourage athletics.

In my youth and ignorance I willingly accepted (perhaps the possibility of promotion might have had something to do with it, but that never materialized).

Having accepted, I began to wonder where does one start? There were tickets to be printed, display bills designed and distributed, refreshment bar and catering arranged for, hiring of the Wandsworth Silver Prize Band for playing during and after the meeting - dancing being a "must" at this type of affair in those days. Most of these details were taken care of by an able committee, but the actual laying out of the programme and the measurement and marking of the grounds was the work of good Belgrave Harriers - Oscar Horwood, Harry Goodfellow, Bob Ricketts, Ted Adams and myself. This took many evenings, but all was in order by the morning of the great day.

It was a delightful sunny August Saturday. Ticket sales had been good and there was fine representation from the subsidiary companies, to add to the competition in the events, and a good turn out of femininity for the dancing afterwards. There were also two events for women - 100 yards and a quarter mile. Female athletics was just getting started. It was all in all, a successful day!

Of those named in the photo I only remember two clearly - A.E. Macher, a member of a great Belgrave family, and the gentleman with plenty of cap in the back row - Harry Fearn, with whom I worked when I first started at Price's. While he never competed himself, he and another P.A.C. man, Fred Ford, were stalwart supporters of the Bels.

As a matter of fact, Harry Fearn was with me at my first club evening meeting at Stamford Bridge, in which I competed in 1912 and placed in the Novice Mile. I remember his coming home with me after the meeting, I proudly carrying my prize, a ceramic and silver mounted salad bowl and servers. Medals were only awarded in championships in those days. Every other prize took the form of something useful or ornamental (?).

Athletic meets used to advertise First Prize 5 guineas guaranteed value in the South. For some reason, they were allowed to be more liberal in the North where it was 10 guineas.

Meetings are run on much more geographic lines these days, times are faster, training more intense, hair longer. However I still look back fondly to the days of Oscar Horwood, Bob Ricketts, Dick Murphry.

... continued at foot of next page

Club Rankings 1973 continued.

<u>Shot Putt</u>	<u>Discus</u>	<u>Javelin</u>
C.Brooks 13.74	G.Ratcliffe..... 48.50	D.Moulder 53.30
E.Barker 13.54	C.Brooks 36.92	J.Martin 50.32
G.Ratcliffe..... 13.16	E.Barker 36.12	W.Couzens 44.84
J.Martin 11.80	J.Martin 29.68	P.Crosbie (Y).... 44.50
W.Couzens 10.02	W.Couzens 26.24	D.Roberts 43.58
R.Hopkins (J)... 9.67	R.Hopkins (J) 24.12	C.Brooks 42.68
<u>5 kg. (Y)</u>	<u>1.75 kg. (J)</u>	S.Crosbie (J).... 37.54
C.Williams 11.04	S.Crosbie 21.92	R.Hopkins (J).... 35.58
		<u>800 gr. (J)</u>
		S.Crosbie 38.96
		<u>700 gr. (Y)</u>
		P.Crosbie 47.50
<u>Hammer</u>	<u>Pole Vault.</u>	<u>Decathlon</u>
E.Barker 45.74	C.Brooks 3.40	C.Brooks 6569 pts
G.Ratcliffe 37.50	A.Bentt 3.03	R.Hopkins (J). 5161 pts
W.Couzens 30.40	R.Hopkins (J) 2.60	
J.Martin 25.88		
Notable performances by second claim members:-		
K.May 800m/1:54.8		
A.Stayning 800m/1:54.7, 1500m/3:52.0, 3000m/7:59.4, 3000mSC/8:52.6		

from the 'belgravian'

25 years ago

THE YACHT HANDICAP..... 1948.

This event, which always opens our winter programme, was held from Belgrave Hall on October 2nd, and a record field of 61 turned out.

Arthur Bruce proved the winner of a good race with J. McDonald second and A. Whitehead third. Len Marchant made fastest time by clocking 15 mins. 43 secs.

1. A.H.Bruce (H'cap time 14:39/ Actual time 16:09); 2. J.McDonald (14:40/ 16:55); 3. A.P.Whitehead (14:41/17:16).

and 40 years ago

THE SOCIAL SCENE November 1933.....

The band coaxed almost everyone onto the floor, and Tom Cotton's songs were greatly appreciated. The lads performed "Little Nell" with tragic feeling. Carter's entrance as a bewhiskered policeman on a piebald steed held up the action for some minutes, but eventually it concluded amid thunderous applause. Then, on with the dance, some unofficial acrobatics and floor grovelling by our old friends "Castor and Cil" - and on until Time cut short our pleasure.

Price's Athletic Club continued

the Machers, Jimmy Belchamber, and many others, who stuck by the club when it was "touch and go" whether it would survive. When I get a copy of the "Belgravian", I feel very proud that I was a part of those days, when I see how wonderfully the Claret and Gold is still being carried forward from the days when it was only twenty-five years old!

Edmund P. Donovan

CLUB RANKINGS '73

<u>100 metres</u> C.Brooks 10.7 S.White 10.9 M.Marshall 11.0 J.Vivian 11.3 C.Gillett 11.4 D.Roberts 11.6 L.Sullivan 11.7 P.Gee 11.9 R.Hopkins (J) 11.9 A.Mead 12.4	<u>200 metres</u> S.White 21.6 M.Marshall 22.8 C.Brooks 23.0 C.Gillett 23.1 P.Gee 23.5 R.Hopkins (J) 24.4 A.Mead 24.4 D.Roberts 24.8 S.Crosbie (J) 25.0 R.McCrossen (Y) .. 25.1	<u>400 metres</u> C.Brooks 50.3 C.Gillett 50.4 P.Gee 51.5 D.Wiseman 51.9 M.Ford 52.2 A.Mead 52.9 J.Stow 53.4 R.Hopkins (J) 53.4 J.Boardman 54.9 T.Staff (Y) 55.1
<u>800 metres</u> J.Stow 1:54.3 D.Wiseman 1:55.0 P.Carton 1:55.2 J.Boardman 1:58.4 A.Mead 1:59.2 A.Black 2:05.0 T.Staff (Y) 2:05.1 C.Pearson 2:06.1 P.Gee 2:07.1 L.Mann 2:07.1	<u>1500 metres</u> J.Bicourt 3:48.6 J.Stow 3:50.4 J.Rimmer 3:58.3 L.O'Hara (V) 3:58.5 P.Carton 3:59.5 D.Wiseman 4:03.3 C.Pearson 4:09.5 J.Phelan 4:11.6 A.Black 4:12.2 C.Shippen (V) ... 4:18.8	<u>3000 metres</u> J.Bicourt 8:06.8 J.Stow 8:18.4 L.O'Hara (V) ... 8:22.0 J.Rimmer 8:43.0 R.Smith 8:46.6 W.Kerr (V) 8:50.2 L.Mann 9:07.4 C.Pearson 9:11.5 C.Shippen (V) ... 9:13.0 F.Newell (V) ... 9:16.0
<u>5,000 metres</u> J.Bicourt 14:17.2 L.O'Hara (V) ... 14:39.8 J.Phelan 14:56.6 P.Carton 15:18.8 T.Hart 15:18.8 L.Mann 15:21.0 A.Black 15:22.0 R.Smith 15:25.0 W.Kerr (V) 15:40.4 P.O'Connor 15:49.6	<u>10,000 metres</u> L.O'Hara (V) ... 30:46.6 L.Mann 31:16.6 P.O'Connor 32:03.6 G.North 32:35.2 A.Fairclough ... 32:44.2 B.Gorman 33:56.6 L.Coy 34:35.4 D.Haughan 34:43.0 C.Steer 34:43.0 P.Newell (V) ... 35:10.2	<u>3,000 metres S'chase.</u> J.Bicourt 8:26.6 A.Black 9:15.4 J.Phelan 9:33.6 C.Pearson 10:21.6 L.Mann 10:43.0 J.Dear 10:45.0 C.Shippen (V) .. 10:48.6 S.Walters (Y) .. 12:00.6
<u>110 metres Hurdles</u> C.Brooks 15.7 R.Hopkins (J) ... 17.0 A.Bentt 17.3 D.Roberts 17.9 J.Martin 20.0 <u>0.99m height (J)</u> R.Hopkins 16.3	<u>400 metres Hurdles</u> C.Brooks 55.2 C.Gillett 55.7 M.Ford 56.4 R.Hopkins (J) 58.6	<u>400 metres Relay</u> P.Gee/C.Brooks/ C.Gillett/S.White 43.5 <u>1,600 metre Relay</u> C.Brooks/R.Hopkins/ P.Gee/C.Gillett 3:27.0
<u>Long Jump</u> S.White 7.15 L.Sullivan 6.90 C.Brooks 6.82 R.Hopkins (J) 6.56 M.Marshall 6.27 S.Crosbie (J) 6.06 R.McCrossen (Y) ... 5.65 J.Martin 5.46 D.McMillan 5.00 R.Hamilton 4.99	<u>High Jump</u> R.Hopkins (J) 1.88 C.Brooks 1.83 A.Bentt 1.80 D.Didino (B) 1.50 J.Martin 1.47 R.Gratton (Y) 1.39 A.Cook (B) 1.37 P.North (Y) 1.29 C.Williams (Y) ... 1.29 T.Staff (Y) 1.29	<u>Triple Jump</u> R.Heward-Mills .. 15.54 M.Marshall 13.36 A.Bentt 13.30 S.White 12.74 R.Hopkins (J) 12.54 L.Sullivan 11.80 S.Holmes (J) 10.53 I.Beaumont (B) ... 10.20