

NOVEMBER, 1945

# The BELGRAVIAN

The

Official Gazette

of the

Belgrave Harriers

## BELGRAVE HARRIERS

PRESIDENT : R. J. SAVAGE

*Hon. Secretary* : H. PARKER, 3, Fritham Close, Malden, Surrey.

*Hon. Treasurer* : W. G. WEBB, 28, Avenue Gardens, Teddington, Middx.

*Assistant Hon. Secretaries* :

*Running* : H. W. SHIELDS, 37, Hudson Road, Bexley Heath, Kent.

*Walking* : S. C. ROBERTS, 35, Perrymead Street, S.W.6.

*Field Events* : T. C. JONES, 6, Broomwood Road, S.W.11.

*Junior* : A. JANNAWAY, 137, Craddock Avenue, Ashtead, Surrey.

*Supporters' Club* : L. J. COHEN, 34, Lower Kenwood Avenue, Enfield, Middlesex.

*Captains* :

*Cross Country* : C. T. CARTER. *Vice* : T. F. MORRELL

*Walking (Road)* : C. E. CHURCHER; *Vice* : A. READMAN.

*Walking (Track)* : J. G. COLEMAN; *Vice* : H. J. ROUSE.

*Running (Track)* : F. R. WEBB; *Vice* : J. FROST.

*Field Events* : T. C. JONES; *Vice* : G. H. POWELL.

*Juniors* : A. BISHOP.

\* \* \* \*

*Hon. Editor* : G. S. DOUBLEDAY, 219, West Barnes Lane, New Malden, Surrey.

*Belgrave News Letter* : P. G. WRIGHT, 14, Chapel Farm Terrace, Cwmcarn, Monmouth.

*Starter* : G. FELL.

*Timekeepers* : C. COOK, W. INGE, J. TURNER.

*Handicappers* : Running, E. A. DUFFETT; Walking, S. C. ROBERTS.

\* \* \* \*

*Hon. Auditors* : J. B. BELCHAMBER, T. COTTON.

*Trustees* : E. GORDON, F. G. THOMSON.

*Elected Committee* : L. J. COHEN, T. COTTON, W. BRUNNING, A. A. HARLEY, W. INGE, S. JARLETT, T. F. MORRELL, G. H. POWELL, A. READMAN, A. E. TAYLOR.

*Headquarters* : Belgrave Hall, Denmark Road, Ridgway, Wimbledon.

*Track Training* : Tooting Bec Track.

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NOVEMBER 1945

No. 98

## EDITORIAL

Since the last issue events have moved quickly. The sudden ending of hostilities in the Far East has brought Peace to the World again. A number of our members have already been demobilised and many others hope to return to civilian life soon. We extend a hearty welcome to those who have been away from us and wish them the best of luck in the battles ahead for places in our teams. The Committee has decided that the Club shall return to its full pre-war programme, and a glance at the Fixture List will show that there is a busy season ahead.

At the outbreak of war we occupied a position which had never before been attained by any club. We were National Road Walking Champions (20 miles) and English Cross-Country Champions (10 miles). We also won the R.W.A. National "Junior" (qualification basis) Ten Miles' Championship. Our walkers were runners-up in the 50 Kilos Championship, whilst our runners had been placed in the Southern, and the London-Brighton Relay. Of our best Individual Performances, Harry Churcher was our brightest star. A.A.A. Champion at Two and Seven Miles, Inter-Counties Road Walking and Track Champion, unbeaten in Open Road Walks for two seasons. Ted Stimpson and Arthur Penny represented England in the International Cross-Country Race. Tom Carter was Southern Counties' Six Miles Track Champion, he also held the Surrey Title, and was fourth in the A.A.A. Ten Miles' Championship. Eddie Pack was Southern and Inter-Counties 440 yards Champion, and runner-up in the A.A.A. title. Charlie Melchior was second in the Southern and third in the A.A.A. Javelin Throw. Joe Coleman was third in the A.A.A. Seven Miles and third in the Southern Two Miles' Walk. Stan Botwright was third in the Southern Furlong. Many other members gained A.A.A. and Southern Standards, and won honours in County Races.

During the war our runners, walkers and field events men have striven hard to uphold the high position held by the Club, and we can say that no other club maintained such a high all-round level of performance. We can feel justly proud of our war-time record. Now we have to set about the task of defending our titles from teams from all parts of England. We have some very good material for team-building, and the only way to reach championship class is by hard work, regular and systematic training, and a carefully graded racing programme. Our sectional captains will be most pleased to give training advice, etc., to those who need it.

Most of our younger members will probably be called up. We sympathise that many will have a promising athletic career interrupted, but, presumably, it will affect all of the same age-group. A number of those already called up have hopes of continuing their athletics with the Forces so that when they come out they will be fit to take on all and sundry. We hope that as many as possible will be able and encouraged to do this, and that all will keep in touch with the Club and visit us when on leave. Meanwhile they have our best wishes and we hope that the support given to us by our serving members during the war will set a tradition of loyalty which they will follow.

## THE ANNUAL GENERAL MEETING

This was held at Belgrave Hall on October 13th with the President in the Chair. He opened the meeting by saying that this was the first Annual General Meeting after Victory, and Peace had been won by great sacrifices. Speaking with emotion, he asked the assembly to stand for a few moments in silent memory of the members who had made the supreme sacrifice in order that we might live our lives in freedom. He was pleased that a large number of our members were home and re-united with families and friends.

The Hon. Secretary, in introducing his report, said that it had been a difficult year, but the Club's good progress had been maintained. Victory celebrations had interfered with one or two fixtures. He then announced the Committee's decision to revive our pre-war programme. He closed by thanking those many Club Officials who had ungrudgingly given him help during the past year.

The Hon. Treasurer then gave us a review of our finances. We had an increase in assets over the previous year. He paid a warm tribute to the continued work of Les Cohen and the Supporters' Club. The sound state of our finances was due to his efforts. The Treasurer expressed his appreciation to the Hon. Auditors, and the accounts were adopted.

The Committee's recommendations for Life Membership were then proposed. Percy Wright's abilities as a walker and of his Club spirit, and above all, his great work in the production of the "Belgrave News Letter," were mentioned by his sponsors. Tom Carter's sponsors mentioned his athletic ability, and his good work as a Club Official. The meeting elected these two great sportsmen and clubmen to Life Membership.

Alf Harley then addressed a few remarks on behalf of those like himself who have been serving overseas. He expressed a debt of gratitude to all Club Officials who had kept the Club going in difficult times. During the meeting a telegram arrived from Ken O'Kell, wishing us a successful meeting and the best of luck to all Belgravians.

Then came the important task of electing Club Officers for the coming year. Mr. R. J. Savage was again elected President. Dick has served us well throughout the last few months, and it would be fitting, said the Hon. Secretary, for him to be in office for our first post-war year. The President thanked the meeting and said that he would do his utmost to keep Belgrave in its present position.

The other officials and committee were elected, details can be seen on the inside cover. The name of S. C. Roberts was added to the list of Vice-Presidents.

\* \* \* \*

Fellow Members,

It is very gratifying to me that in recording your appreciation you have elected me as your President for the ensuing year, and I am proud to have this honour once again bestowed upon me.

I should like to thank all those who have given me so freely of their valuable time during my first year of office. This help has done so much to ease my task. During the war all these members have held together a club, which they knew, would be appreciated by those whose duties had called them to distant places. A club, so held during such trying times, is, I feel sure, worthy of high places in the Athletic World, and I know that our members will see to this, and make the name of Belgrave honoured, wherever and whenever the occasion arises. Responsible positions that have been held by the club members during the dark years of history, should not go by without special notice. I therefore feel that to all

these men, I, on behalf of all members of the club, should thank them, and to say that these duties they have done will not go by unnoticed.

To those of you I have been so happy to see once again after being away, I should like to record my pleasure in having you with us.

There are still a number of you, I know, anxiously awaiting the time when you can join us; I say to you, may the time be short, and trust that I shall have the great pleasure of welcoming you amongst us once again.

There are those who will not come back, those who whilst they were with us we were happy to call our friends, they have laid down their lives. May this big sacrifice not be in vain, and may we all be worthy of their sacrifices, and carry on in such a way that they would have been proud.

I send you all my best wishes wherever you may be, and I am confident that we shall all do our best in every way to make this a real peace-time year.

Yours truly,

R. J. SAVAGE.

\* \* \* \*

14, Chapel Farm Terrace,  
Cwmcarn, Mon.

To the Hon. Secretary.

Dear Sir,

I should like to convey my thanks to the President, Committee, and all members of the Belgrave Harriers, for recently electing me a Life Member, a honour greatly appreciated.

My dearest wish is that I shall be able to continue working for the Club for many years to come. My good wishes are always with the Belgrave and always will be.

Very sincerely yours,

PERCY WRIGHT.

\* \* \* \*

Congratulations to Alf Harley upon his election to the Chairmanship of the Road Walking Association (Southern Committee). Also to Svd Roberts upon being elected Vice-Chairman.

\* \* \* \*

Dick Savage and Tom Carter have been elected to the Committee of the Surrey County A.A.A.

\* \* \* \*

To cries of "Who is this man?" Harry Shields was recently elected to the Committee of the Southern Counties Cross Country Association.

\* \* \* \*

Belgrave Hall is open for mid-week training on Tuesday and Thursday evenings, from 6.30 p.m. We need hardly stress the need for training with the pack—a factor largely responsible for the success of our teams.

\* \* \* \*

Tooting Track is open for training every Wednesday evening at 7 p.m. to 9 p.m. Bob Jessop and Charlie Cook will be pleased to meet members at Tooting Track on Sunday mornings.

One important reason for the successful working of the Club during the war was that we had a keen, hard-working Committee. We did not hear much about them, but without the individual efforts and team-work of its members, the running of a club like ours would have been impossible. The Committee members often put themselves to great inconvenience to attend meetings, which were held at all sorts of places. Let us be thankful that we had members who, in addition to extra war-time civilian duties, were willing to serve the Club on the administrative side.

\* \* \* \*

Ken Stimpson, brother of our famous Ted, tells us that he met Mr. W. H. Bowers (father of our junior sprinter, killed serving with H.M. Navy). In offering his best wishes to the Club for its continued success, he offered his son's gear to the Club. This gesture, which is much appreciated, will certainly be put to good use. Thank you, Mr. Bowers.

\* \* \* \*

Most things have gone up in price since the war, but the Club Subscription has kept at the same modest figure. The Hon. Treasurer will be pleased to inform members how they stand in this delicate but important matter. We remind members called up for Service that they need pay no subscriptions whilst serving.

\* \* \* \*

We extend a most hearty welcome to our returned Prisoners of War. Alec and Dan Patience are now out of the Army and will be turning up on the Common. Frank Halls reports progress with his leg, Arthur Beales' chief trouble is indigestion. Alf Miller is back at New Malden. We congratulate them on their liberation from the rigour and monotony of captivity, and wish them all a speedy and happy return to normal life, and trust that their worst memories will be soon forgotten and that they will enjoy a well-deserved happiness.

\* \* \* \*

The war, both in Europe and the Far East having been concluded, we shall, as soon as is deemed fit, revert to our pre-war programme of evening meetings and championships. Will all members holding trophies for whatever purposes, kindly advise the Hon. Secretary the particulars of the trophies held?

\* \* \* \*

Once again it will not be out of place to give a word of thanks to Syd Jarlett (Tiny) for his very successful "school" of youngsters whom he looks after at the Tooting Track.

None of the great men of the past had volunteered to act as coaches as had been hoped. We are well aware that this means a certain amount of time away from home, but these "schools" need not necessarily be held at Tooting. Arrangements could be made to hold them in a convenient district to suit the coach. For instance, George Clay holds a "school" at New Malden.

\* \* \* \*

Charlie Cook as a recruiting "sergeant" is par excellence. More's the pity he is not younger so that he could take a "school" as in the days of yore.

\* \* \* \*

George Clay has also been very busy recruiting, and he says he has one or two up his sleeve. Ben Lulham, who has helped us once or twice recently, is one of them.

It is interesting to note a new "record" in membership, for with the election of Clifford John, there are now three generations of Redgraves in the Club. Bill, a "back-room boy," his grandad, and a very keen member of the Supporters' Club, Charlie (father), known to most of us as a walker, but also known to a large circle of variety entertainers as the author of "Just a Couple of Pals," and also was recently on the air in the Navy Band Box, and "C.J.," whom we all hope to see in action in about 1965.

\* \* \* \*

Another war-time friendship has been that of Norman Graves and his club, Wirral A.C. We have been favoured on more than one occasion by a visit from a Wirral stalwart, Mr. Evans, and both he and his Hon. Sec., Bill Werton, would like us to pay a visit to Wallasey for a cross-country run.

\* \* \* \*

Les Cohen, always willing to help, despite his exacting job in connection with the Supporters' Club, finds time to promote his firm's annual sports, with the number of competitors running into many hundreds! In his "spare time" he slips up to the City and buys the prizes for our Handicap Meeting in September. No wonder he is thin.

\* \* \* \*

We are sorry to learn that Frank Thomson has been ill again. We all wish him a speedy return to health, so that he can carry on with the good work with the A.A.A. Committee.

\* \* \* \*

Once again we are indebted to Syd Jarlett, George Edrey and Charlie Jones for their help in training.

To George Still, our evergreen veteran, for taking the youngsters over the Common on a Saturday afternoon. To all those Officials who have given up their Saturday afternoons to assist as Judges at our Inter-Club and other meetings. I purposely do not mention names, in case anyone is overlooked, but these "backroom boys" know whom I mean.

\* \* \* \*

The famous Brussels club, St. Gilloise, would like us to pay them a visit. What have you to say to that? Their member, Etienne Gailley, joined us during the war period, and Bill Nankerville joined them during his stay in Brussels. Their President would like the bonds of friendship to be a little tighter.

\* \* \* \*

We congratulate Basil Waldon on his winning both the 100 yards and 220 yards Surrey County Juniors Championships at the White City on Whit Monday. He clocked 11.2 for the 100. In the Southern Junior Championships he won his heat in 10.9, and at the end of the season in Club matches at Tooting he was clocked in two separate meetings at 10.7.

\* \* \* \*

Derrick Burfit has been "written up" by more than one athletic writer of repute, as being the most likely of any English runner to beat the elusive 4-minute mile. His convincing win in the Southern Junior Mile in 4.38 at Chiswick and his Middlesex Junior Mile figure of 4.26, show that he is going on the right way.

Extracted from *The Stagbearer*, the official organ of the Birchfield Harriers:

"Our boys are full of praise for the hospitality and welcome extended to them by . . . and to the Belgrave Club and Tom Carter in particular, and have asked me to place on record in this issue their sincere appreciation of all that was done to make the visit so enjoyable, even if it did result in their arriving home with the milk in the morning."

I've heard just a little of this "evening out," and just wonder what the wives of Tom and Sir Harry had to say about it! Just as well, perhaps, that "our Bert" was not available!

\* \* \* \*

## READ, MARK, LEARN AND INWARDLY DIGEST

We have now reached a time we have all been waiting for—Cross-Country Championships. Unfortunately some of us will be missing through Service conditions and other reasons beyond our control. Many of us, in fact, I may say most of us, have never experienced a cross-country championship season. If you think you have trained hard, LET ME TELL YOU it is nothing to the way you have got to train if you hope to get in THE Belgrave team which will be called upon to defend its title as English Cross-Country Champions on March 9th, 1946. at Leamington Spa. We were winners of the title when it was last held in 1939.

Although six years have elapsed and some of the older members will be returning, I expect to see plenty of fireworks when we all get together again. Members such as Dan, Alec and Ron Patience, Ted Stimpson, Charlie Smart, Jim Ginty, Arthur Penny, Pat Parker, Jimmy Kemp, Bill Lucas and a host of others, not forgetting Bert Footer, the Club's greatest captain of all time. Bert will be the right man to shake you up, which he will no doubt do, having no Commando stuff to mess about with. So you young members, 22 years and upwards, try and show the "old 'uns" how to do it.

### UP THE BELS.

C. T. CARTER,

*Cross-Country Captain.*

\* \* \* \*

A hearty welcome is extended to the undermentioned new members and we trust that they will have a long and happy association with us.

D. W. Adie (S.E.23), A. C. Allen (S.W.1), E. Briggs (Hounslow), H. W. Bruce (S.W.11), A. Ball (Thornton Heath), R. W. Billett (S.W.17), G. C. Clay (S.E.11), J. W. Chamberlain (S.W.18), P. W. Drew (S.W.3), W. H. Eyre (Barnet), J. W. G. Fitzsimon (S.E.1), D. J. and W. H. Fleming (Sanderstead), K. C. Grimes (S.W.12), C. George (Carshalton), J. Hitchman (S.W.12), A. W. Hanson (S.W.20), E. Humphries (S.W.19), A. A. Hawkins (Morden), D. Hewertson (Wembley), W. Hooper (S.W.19), A. R. Hare (Manorbier), R. Knight (S.W.8), R. Layton (S.W.6), B. Lulham (Kingston), P. Mason (Thornton Heath), F. Malthouse (S.E.11), P. J. Monaghan (Hemel Hempstead), D. Manceri (S.E.11), R. Milton (Morden), G. Osmint (S.W.20), H. W. Pascoe (Tottenham), F. Rowell (Canada), M. A. Parker (S.W.9), L. Storey (S.E.9), F. Cutts Watson (Wembley), B. Walden (Sutton), D. B. Watson (S.W.16), A. J. Wickwood (Mitcham), A. T. Whitecross (W.14), J. E. R. Willson (S.W.6), C. J. Redgrave (S.E.27), born 1/7/45, C. J. Rutland (Enfield), born 18/6/45.

Club correspondence has been returned from the following members, and any news of them will be appreciated by the Hon. Secretary, A. L. Hibbert (Cambridge), W. MacGregor (Scots Guards), S. D. Richards (R.A., M.E.F.).

\* \* \* \*

News is sought of *Stephen David Richards*, of Edgware. The last communication sent him having been returned marked "certified missing."

\* \* \* \*

#### NEWS OF MEMBERS.

As demobilisation proceeds this item will become smaller, but we hope that all members away from home will keep in touch with the Club so that we can give members news of those far away. The Club has in recent years received many letters from members overseas, thanking us for sending them regular (perhaps not too frequent) copies of the *Belgravian*, and many have expressed particular interest in news of members. So don't forget to let us know where you are, we might be able to give you the address of a member who might be in the next town or village, a thousand miles away!

*Len Marchani* is a regular correspondent from the Azores. He manages to train fairly regularly and won the quarter, half and one mile at a sports meeting. Hopes to be competing at home in the 1946 track season. We all hope to be seeing you too, Len! Is now L.A.C.. He occasionally meets *Ray Dunford*, who is also in the Azores.

*Norman Graves*. During last cross-country season he took part in many French races, wearing Belgrave Colours. Informs us that the French held their "Nationals" throughout the four years of occupation. Ran second in Wirral A.C. 10 'Miles' Championship Cup, when on leave.

*Will Nankeville* has moved to Hamburg from Brussels, where he had a good time with the Union St. Gilloise Club. He ran third to the Belgian champion in the 400 and 800 metres against Royal Racing Club de Brussels. In a 600 metre event he forced the winner to set up a new Belgian record. Later: is now at Belsen.

*Bert Footer*, also somewhere near Hamburg, and training some of his Commandos for a Brigade Race.

*Frank Elson* has been promoting sports in Belgium and won three swimming events and a walking race.

*Colin Sutton* travelled a thousand miles to win a walking race. May be home shortly.

*Don Brown* is now a Chindit and keeping fit.

*George Durrant* writes in admiration of Burmese teak and temples, but not so keen on forcing his way through teak in the jungle from Imphal to Rangoon.

*Arthur Beaumont* reminds us of the ardours of the Italian campaign, and is looking for a change when he returns to civil life. It is rumoured that he was married when on leave recently.

*Len Rollins* writes from Ceylon about perpetual sweating. Is very busy and will be pleased to see any members who happen to be near H.M.S. Bherunda.

*Jimmy Kemp*, with E. Africa Command, and offers us vests and shorts. Has put on weight and "feels the years." Sends congratulations to the lads for their good showing.

*Frank King* enjoyed a welcome leave at home this summer, but had to return to Italy.

*Bill Snell*, very busy in an office job with no P.T. The roads are very bad and over mountains, and it is very hot. Hopes to be home in January.

*Syd Jones* was home on leave during the summer. See Field Events.

*Bill Sutton* was seen at the Hall recently.

*Jim Heathfield*, another one at Hamburg, previously at Bruges. Does no running.

*Henry Stirling* has been in Hong Kong and may be there for another year or so.

*Len Camin* is with S.E.A.C.

*Bill Hewitt* finished second in the 1,500 metres in a district athletic championship at Florence. The winner was an old rival, P. Dee, of Mitcham, who clocked 4.22, with Bill 8 seconds behind. Has met Phillips, of Blackheath.

*Len Coleman* sends his usual cheery letter from W. Africa. Celebrated Victory by burning palm trees and firing spare ammunition into the sea. Won't be home this winter, which, he says, will keep him from the rigours of winter and risk of pneumonia!

*Ted Stimpson* has come up against the famous Midlands International, Reg Draper, in some sports with the B.A.O.R. In the three miles Ted was second in 15.37 against Draper's 15.27, and was second in the one mile in 4.38. His brother is still afloat, and with the Home Fleet.

*Dick Stride* read a recent *Belgravian* in a foxhole 20 yards from "Jerry." He was second in a Brigade three miles cross-country race, being beaten on the tape in 15.6. In a letter he sent he gave vivid details of house to house fighting in Italy with the London Irish Rifles.

*Alf Orton* is still keeping fit in the desert, and hopes to be at the Hall very soon.

*Don Abbott* is now with the R.A.F. in India.

*Jack Watts* is home again, and sends his regards to his Belgrave and Eastleigh friends.

*Gordon Harvey* is now fit and well in India, and, through his parents, has expressed his continued interest in the Club's activities.

*Dick Michael* has left H.M.S. Sidmouth and is now with H.M.S. Speedy.

*Charlie Smart* is still over the water, and has been winning prizes in France. Obviously very fit!

*Percy Wilson* is still somewhere on the Continent, so brother Joe informs us.

*Cooper Clark*, one time 440 and 880 yards Club Champion, was recently spotted in Vienna by Alf Harley. Cooper is now a corporal in the R.A.F. and sends his best wishes to all his old friends.

*Len Herbert* represented the R.A.F. on many occasions, and won their three miles' championship.

*Bill Lucas* was recently seen wearing the medal ribbon of the Distinguished Flying Cross, also bronze Oak Leaves, denoting "mentioned in despatches." Heartiest congratulations, Bill. Bill flew his total of flying hours in a Wellington bomber during the early days of the war, and made several trips over Germany. Has recently been flying Mosquitoes. He was recently married. Warmest congratulations and best wishes to both.

*George Long*, after five months in Normandy, is back in the mountains of Scotland.

*David Bayley*, one of our newer members, stationed in N. Ireland, ran second in a one mile race over there. The winner was another Belgravian, *David Main Snakey!* Is returning to England shortly.

*Dick Negus* is with an officers' training unit in Kent. He injured a knee on an assault course and is to have an operation.

*Tony Whincup*, now at Leicester. Broke sprint records during the fighting in Normandy. Is doing office work.

*Arthur Cook* has been suffering from jaundice. Is expecting release in October, and then back to his megaphone.

*Norman Shrubbs* flew home from India to marry *Lilian Read*, a well-known supporter. They spent their honeymoon walking in Surrey. Best of luck and happiness to you both!

*Ron Patience* was second in the N. Ireland Command three miles' championship. Is probably demobbed by now.

*Jack Flower* is now home and out of the Army. Has put on a lot of weight, a fact readily believed by those who have seen him.

*Joe Flower* writes from Somerset sending best wishes to all of his old friends.

*Doug. Earle* has done no racing for several years, owing to heart-strain. He may be starting again in a mild way.

*Allan Dunn* has been called up to H.M.S. Duke at Malvern. Is keeping fit and has played some rugby.

*Doug. Woodhead* may be doing some cross-country running when the weather is too bad for flying. He used to parachute supplies to resistance movements from Norway to S. France.

*Frank Webb* is now home from S. Africa, but is not yet demobbed from the R.A.F.

*Dennis Rodaway* was recently seen round the S.W.11 district by our old friend *Charlie Cook*.

"*Sailor*" *Johnson* recently visited the Hall for a run when on leave.

*Alan Lomas* was at the Hall recently, and is still with the R.A.F.

*Peter Nunn* has been recently called up, and is stationed at Durham. Hopes to keep up running.

*Albert Boddy* has been called up and is with the General Service Corps in Cornwall.

*Len Spooner* has gained another pip and is now a Captain. Congratulations Len! Is expecting an early release.

*Bert Clayton* has been having trouble with his feet and is seeing a specialist. We trust they are soon normal again and that we shall be seeing you on the road soon.

*Jack Rutland* has moved from Wales to Leicester, and recently became the proud father of a son, Graham John. Mention is made elsewhere of his win in the Army Walking Championship. Perhaps what is not generally known is that he completed the last two miles in agony owing to bad blisters—they were wearing tuff boots! That's the stuff champions are made of!

*Charlie Redgrave* nearly went overseas, his age group was called off the boat a few hours before sailing! Has spent a few hours (maybe days) at sea in spite of being at shore establishment. Believes his demob. is not far off.

*Ken Cuff* appeared at the Hall recently wearing a kilt, and seemed even bigger than he did on his last visit.

*Albert Sampson* was a competitor at the Club Handicap meeting after three or more years abroad. He looked very fit.

*Ray Woodard* is to be congratulated upon being elected a Vice-President of Walton A.C. Ray is now a Surgeon-Lieutenant in the Navy, and when living in London was a regular member of George Still's pack.

*John Brown*, who is stationed at Scarborough, gained second place in the Northern Command 880 yard championships. This gained him a place in the N.C. team competing in the Army Championships at Aldershot. He gained fourth place, and as a result was a reserve for the Army team at the White City meeting on August Monday.

*Percy Wright* is another hoping for and expecting an early release. Meanwhile he is still at Newport, but manages frequent visits to town. He was present at the A.G.M. to see the Club show its approval and appreciation of his great services to them by electing him an Hon. Life Member. The B.N.L., now well into its fifth year, is still going strong. It is estimated that he has written over a thousand letters as well as the B.N.L.

*Harry Churcher* hopes to get back to his old form when he is demobbed, which, we learn, is very soon now. It would be grand to see Harry leading them in again, and when we think of pre-war champions who have staged a "come-back," we are very confident. We all wish you the best of luck, Harry.

*Fred Clay* was married this summer and has moved to Leicester. Congratulations and best wishes to you both for your future health and prosperity. Fred hopes to pay us frequent visits.

*Jock Frost* also has our congratulations and best wishes on the occasion of his marriage in August. Don't forget to pass them on to the wife, Jack! Represented the A.A.A. last summer, and won the furlong for them against Northern Counties at Bradford.

*Fred Rickards*, we regret to say, has been invalided from the Police Force. Our sympathies, Fred; we sincerely hope that you will enjoy better health for the change.

*Arthur Jannaway* informs us that he is resting following nervous overstrain. "Jan," since he has taken over the Juniors, has put in some hard work, and we trust that he will soon be with us again, doing the important task of looking after to-morrow's champions. Congrats. on finishing third in the road race at Bexley.

*Charlie Bond*, now living at Barnes, and sends his best wishes to all. Has been signing on new members.

*Eddie McKeown* damaged his shoulders and fingers when playing rigger for Great Britain against N. Ireland last season. Is now fit again, having been selected to play in Paris for his team, Rosslyn Park.

*Harry Timberlake*, although unable to take an active part in sport, is a very willing helper for the Club and for local youth athletic organisations.

*Jim Watson* was promoted to Inspector early in the year. Congratulations, Jim. Was on sick-leave for a short while, as he strained a few muscles in his neck when rescuing a bomb-victim from a seemingly impossible situation.

*Will Jacques* is now recovering from appendicitis at Oakham (Rutland).

*Will Ellis* has had his leg in plaster owing to a torn muscle.

*Wally Ives* is now getting down to civilian life and is back on the trolleybuses again. He is also getting down to it on the road.

*Arthur Penny* is hoping to defend his Ten Miles' Cross-Country title. If Arthur gets really fit, then who ever wishes to win the Macher Shield will have to go all the way.

*Peter Vine*, having recovered from his injury sustained playing football about two years ago, is playing again—this time for Kingstonians. We all wish him the best of luck.

*Peter Harding's* many friends will learn with profound regret that he has been stricken with infantile paralysis. Peter has our deepest sympathies and ever sincere wishes for a complete and speedy recovery.

*Alf Harley*, *Charlie Churcher* and *Joe Coleman*, by virtue of their demobilisations, find themselves in the last part (civilians) of this feature. By the time that these notes appear they will no doubt be playing prominent parts in the Club.

*Laurie Jackson* was at the Club Handicap Meeting, and was still limping.

*George Tyrer*, our oldest cross-country runner, looked in at the Hall recently.

*Syd King* has been out training again; it looks as if we are going to see some *old* faces in our post-war teams.

## TRACK RESULTS

### v. WEST MIDDLESEX TRIANGLE

#### SOUTHALL, 5th MAY

100 yards (1st race): 1 Clay (B.); 2 Wigley (T.); 3 Frost (B.);  
5 Machell (B.). 10.5 secs.

100 yards (2nd race): 1 Metcalfe (P.B.); 3 Fisher (P.B.). 10.8 secs.

220 yards (1st race): 1 Wigley (T.); 2 Metcalfe (P.B.); 3 Frost (B.);  
23.8 secs.

220 yards (2nd race): 1 Fisher (R.) (P.B.); 3 Fisher (A.). 25.1 secs.

440 yards: 1 Denroche (P.B.); 2 Clay (B.); 3 Bishop (B.). 53.2 secs.

880 yards: 1 Howell (T.); 2 Edwards (B.). 2 mins. 8.5 secs.

One Mile: 1 Cox (P.B.); 3 Howell (P.B.); 5 Main (B.); 4 mins.  
36 secs.

Two Miles: 1 Carter (B.); 3 Pearson (B.); 4 Shields (B.); 5  
Walker (N.) (B.); 6 Morrell (B.); 7 Eeles (B.); 8 Tobin (B.); 9 Taylor  
(B.). 10 mins 10 secs.

High Jump: 1 Heddon (T.). 5 ft. 2 ins. 3 Jones (B.) and East (B.).  
4 ft. 11 ins.

Long Jump: 1 Heddon (T.). 19 ft. 4½ ins. 3 Jones (B.). 16 ft. 9 ins.  
4 Machell (B.). 16 ft. 4½ ins.

Shot Putt: 1 Powell (B.), 27 ft. 3½ ins. 2 Bishop (B.), 27 ft. 1 in.

Discus: 1 Powell (B.), 84 ft. 9 ins.

Javelin: 1 Powell (B.), 116 ft. 2 ins. 3 Machell (B.), 81 ft. 10 ins.

Match Result: 1 Belgrave H., 64 pts. 2 West Middlesex Triangle,  
48 pts.

### v. METROPOLITAN POLICE AND LONDON FIRE FORCE; EPSOM H.; AND SUTTON AND CHEAM AND WALTON A.C. (Combined)

#### SUTTON, 12th MAY

100 yards (1st race): 1 Fisher, R. (P.B.). 10.8 secs.

100 yards (2nd race): 1 Clay (B.). 10.8 secs.

100 yards (3rd race): 1 Frost (B.); 2 Metcalfe (P.B.); 3 Fisher, A.  
(P.B.); 4 Haynes (B.). 10.7 secs.

220 yards (1st race): 1 Frost (B.). 23.8 secs.

220 yards (2nd race): 1 Metcalfe (P.B.). 24.1 secs.

220 yards (3rd race): 1 Fisher, R. (P.B.); 2 Haynes (B.); 4 Fleming  
(B.). 23.9 secs.

440 yards (1st race): 1 Rosewell (S. & W.); 2 Jarlett (B.). 55 secs.

440 yards (2nd race): 1 Wilson (S. & W.); 2 Bishop (B.). 55.5 secs.

880 yards: 1 Ede (E.); 2 Main (B.); 3 Nankeville (B.). 2 mins.  
3.2 secs.

One Mile: 1 Howell (P.B.); 2 Cohen (B.). 4 mins. 47 secs.

Open Two Miles: 1 Bingham (F.); 4 Pearson (B.); 7 Morrell (B.);  
8 Eeles (B.); 9 Walker, N. (B.). 9 mins 53 secs.

Result: 1 Finchley H. 9 points; 2 Belgrave H. 19 points.

Two Miles Walk (Surrey Clubs v. M.P.A.A.): 1 McMullen (B.);  
2 Rouse (B.); 3 Readman (B.); 5 Roberts (B.); 6 Wilson (B.). Time  
16 mins 15 secs. M.P.A.A. 17 points, Clubs 19 points.

Long Jump: 1 Pallett, 21 ft. 11 ins.; 3 Clay (B.), 19 ft.; 4 Jones  
(B.), 18 ft. 9 ins.

Relay (4 x 110 yards): 1 Belgrave H. (Haynes, Fisher, Clay and  
Frost). 42.4 secs.

Result: 1st, Belgrave H., 84½ points.

## JUNIOR MATCH v. MIDDLE WHITGIFT SCHOOL

CROYDON, 17th MAY

100 yards: 1 Grieve (S.); 2 Walden (B.); 3 Fleming (B.); 4 Briggs; 5 O'Malley. 11 secs.

220 yards: 1 Grieve (S.); 2 Freestone (B.); 3 Bishop (B.); 4 Renel (B.). 23 secs.

440 yards: 1 Rosier (S.); 2 Bishop (B.). 57 secs.

880 yards: 1 Fenner (S.); 4 Adams (B.); 5 Danielson (B.); 6 Fleming (B.). 2 mins. 13 secs.

One Mile: 1 Daniels (B.); 4 Pitt (B.); 5 Blunden, K. (B.). 5 mins. 4.4 secs.

High Jump: 1 Jones (B.), 4 ft. 11 ins.; 2 Fleming (B.), 4ft. 10 ins.; 3 Vine (B.), 4 ft. 9 ins.

Long Jump: 1 Jones (B.), 18 ft. 7 ins.; 2 Fleming (B.), 17 ft. 8 ins.

Shot Putt: 1 Vine (B.), 37ft. 2 ins.; 2 Bishop (B.), 36 ft. 2 ins.

Relay (4 x 110 yards): 1 School; 2 Belgrave (Walden, Freestone, Fleming and Bishop). 49.1 secs.

Result: 1st, Belgrave H., 26 points; 2 School, 25 points.

## BRITISH GAMES.

### WHITE CITY (WHIT-MONDAY)

Michael Broadbent is inches behind C. B. Holmes in the 100 yards, won in 10.3 secs. In the Youths' Sprint, Basil Walden won his heat in 11.2 secs., qualified in the second round, but was unplaced in the final. Will Nankeville was up the front for most of the way in the 880 yards, but was four yards behind the winner in third place, in 1.59. David Main found his true form in the Mile and won from Nankiwell (Southgate) and Bingham (Finchley) by six yards in 4.37.2. Derrick Burfitt won as he liked in the Youths' One Mile in 4.30.

Fred Clay, feeling the effects of a strenuous afternoon the previous Saturday at Dartford, lost his heat in the 100, but won his 220 yards first heat in 24.4, but failed to qualify in the second round. Jack Frost too, had had a strenuous Saturday, having won the furlong for the A.A.A. at Oxford, was unplaced in his heat in the 100 yards, and gave the furlong a miss. Tom Carter was fourth in the Two Miles, won by Doug. Wilson in 9.13.8, Pascoe being third. Stan Botwright tried an unusual distance, the half-mile, but was unplaced.

### v. SOUTHGATE H. and DARTFORD H. (Combined)

#### TOOTING BEC. 26th MAY

100 yards: 1 Clay; 2 Walden; 5 Machell. 11 secs.

220 yards: 1 Clay; 2 Metcalfe (P.). 24.4 secs.

880 yards: 1 Brown, J.; 3 Shields. 2 mins. 6.4 secs.

One Mile: 1 Edwards (D.); 2 Carter; 3 Cohen; 4 Morrell. 4 mins. 58 secs.

Two Miles: 1 Walker (N.); 2 Ludlow; 3 Tobin. 10 mins. 28.4 secs.

Two Miles' Walk: 1 Martin (D.). 2 McMullen; 3 Rouse; 4 Speechley; 5 Wilson. 15 mins. 17 secs.

High Jump: 1 Springett (D.), 5ft.; 2 Bull, 4ft. 11 ins.; 3 Jones, 4 ft. 9in.s

Long Jump: 1 Bull, 18 ft. 9½ ins.; 3 Jones, 17 ft. 11½ ins.

Shot: 1 Wood (D.), 34 ft. 4½ ins.; 2 Melchior, 33 ft. 11¼ ins.

Discus: 1 Wood (D.), 105 ft.; 2 Melchior, 90 ft. 7 ins.; 4 Powell, 80 ft.

Javelin: 1 Melchior, 140 ft.; 3 Powell, 109 ft.

Result: 1st, Belgrave-Poly, 39 points.

The following Handicap Events were held:

*One Mile*: 1 Herbert (50 yards); 2 Brown, J. (80 yards); 3 Jones (200 yards). 4 mins. 24.8 secs.

*Shot Putt*: 1 Melchior (4ft. 6 ins.). 2 Metcalfe (10 ft.); 3 Weston (6 ft. 6 ins.).

*220 yards*: 1 Metcalfe (5yards); 2 Clay (5 yards); 3 Freestone (17 yards). 24 secs.

*Javelin*: 1 Jones (50 ft.), 150 ft.; 2 Crawley (80 ft.), 148 ft.; 3 Machell (50 ft.), 146 ft.

v. WALTON A.C.

WALTON, 30th JUNE.

*100 yards*: 1 Wigley (T.V.H.); 2 Clay (B.). 10.5 secs.

*220 yards*: 1 Wigley (T.V.H.); 4 Rowell (B.). 23.9 secs.

*440 yards*: 1 Clay (B.); 4 Lulham (B.). 54.9 secs.

*One Mile*: 1 Hovell (T.V.H.); 3 Walker (N.) (B.). 4 Heath. 4 mins. 40 secs.

*Two Miles*: 1 Ruddick (W.); 4 Rowland (B.). 10 mins. 4 secs.

*High Jump*: 1 Hiden (T.V.H.); 2 Rowell (B.). 5 ft. 4 ins.

*Relay*: 1 Walton; 3 Belgrave.

*Result*: 1st Walton A.C., 44 points; 4th, Belgrave-Poly, 23 points.

During the afternoon Basil Walden won the Surrey County A.A.A. Junior 220 yards title.

v. METROPOLITAN POLICE and L.A.C.

IMBER COURT, 28th JULY

*100 yards*: 1 Fairgrieve (L.A.C.); 2 Walden. 10.6 secs.

*220 yards*: 1 Fairgrieve (L.A.C.); 2 Botwright; 3 Harrison. 22.5 secs.

*440 yards*: 1 Jarlett; 2 Lulham; 3 Bishop. 53.4 secs.

*880 yards*: 1 Fry (P.); 3 Clay. 4 Jarlett. 20.5 secs.

*One Mile*: 1 Howell (P.B.) and G. Lucas. 4 mins. 28.6 secs. Best time on this track this season.

*Two Miles*: 1 Pascoe; 2 Carter; 4 Rowland. 9.42.

*Two Miles Walk*: 1 Morris (P.); 2 McMullen; 3 Churcher (C.). 15 mins. 3 secs.

*Javelin*: 1 Melchior, 149 ft. 1 ins.; 3 Powell, 137 ft. 5 ins.

*Long Jump*: 1 Pallett (P.), 19 ft. 1 in.; 2 Clay, 18 ft. 11 ins.

*Mile Medley Relay*: (880 Wilson, 440 Botwright, 220 Watson, 220 Clay). 3 mins. 36 secs.

*Result*: 1st, Belgrave, 58½ points; 2nd, M.P.A.A., 48½ points.

v. GUARDS ARMOURD TRAINING DEPOT, PIRBRIGHT

OCTU SANDHURST and MET. POLICE

PIRBRIGHT, 11th AUGUST

*100 yards (1st race)*: 1 Walden; 2 OCTU. 10.5 secs.

*100 yards (2nd race)*: 1 Wright (P.B.); 2 OCTU. 10.4 secs.

*220 yards (1st race)*: 1 Clay; 2 Guards. 23 6/10 secs.

*220 yards (2nd race)*: 1 Wright (P.B.); 2 Guards; 3 Watson. 24 secs.

*440 yards (1st race)*: 1 Watson (Camp); 2 Lulham; 3 Parker. 53.1 secs.

*440 yards (2nd race)*: 1 Brown, J.; 2 Guards; 3 Bishop. 54.1 secs.

*880 yards*: 1 Brown, J.; 2 Watson (G.); 3 Clay. 2 mins 3 4/5 secs.

*One Mile*: 1 Howell (P.B.); 7 Daniels (B.). 4 mins. 35 2/5 secs.

*Two Miles*: 1 Pascoe; 2 Carter; 3 Morrell. 10 mins. 2 secs.

*Javelin*: 1 Melchior (B.), 159 ft. 9 ins.; 4 Powell (B.)

*Discus*: 1 Grigg (M.P.), 124 ft.; 5 Melchior, 87 ft. 10 in.; 7 Powell

*Long Jump*: 1 Fenton (G.), 18 ft. 11 ins.; 5 Fleming, 17 ft. 5 ins.; 6 Clay, 17 ft. 1 in.

*Points*: 1st, Guards, 100 points; 3rd, B.P., 90 points.

v. WEST MIDDLESEX TRIANGLE, MET. POLICE AND  
FIRE FORCE (Combined)  
ALPERTON, 18th AUGUST

- 100 yards: 1 Wigley (Triangle); 3 Waldron. 10.5 secs.  
220 yards: 1 Wigley (Triangle); 3 Wright (P.B.). 23.6 secs.  
440 yards: 1 Kuy (Triangle); 2 Bishop; 3 Fisher (P.B.); 4 Jarlett.  
53.8 secs.  
880 yards: 1 Kuy (Triangle); 3 Bishop. 2 mins. 4 secs.  
Mile: 1 Howell (P.B.); 5 Cohen. 4 mins. 37 secs.  
Two Miles: 1 Hovell (Triangle); 2 Tobin; 4 Poynden. 10 mins.  
4 secs.  
Javelin: 1 Melchior, 147 ft.; 3 Powell, 132 ft. 7 ins.; 4 Fleming,  
111 ft. 1 in.  
Weight: 1 Brewer (M.P.), 40 ft. 1½ ins.; 3 Melchior, 31 ft. 11 ins.  
Discus: 1 Collins (M.P.), 116 ft. 8 ins.; 3 Melchior, 93ft. 6 in.;  
5 Powell, 84 ft. 8 ins.  
Long Jump: 1 Pallett (M.P.), 21 ft. 4 ins.; 4 Powell, 16 ft. 10 ins.  
High Jump: 1 Clarke (M.P.), 5 ft. 6 in.; 4 Fleming (B.), 5 ft.  
Relay (4 x 110 yards): 1 Police, 48 secs.; 2 P.B. (Wright, Lulham,  
Machell, Waldron (in that order). (Alan Bishop ran for the Police.)  
Result: Triangle 57 points, M.P. 39 points, P.B. 34 points.

JUNIOR MATCH  
v. HERNE HILL HARRIERS  
TOOTING, 25th AUGUST

- 100 yards: 1 Walden; 3 Fleming; 5 Fleming; 6 Adams. 10.7 secs.  
220 yards: 3 Allen; 4 Knight; 5 Easto. 24.8 secs.  
440 yards: 2 Bishop; 3 White, L. 55.8 secs.  
880 yards: 1 Bishop; 2 Humphries; 4 Pitt; 6 Easto. 2 mins. 9 secs.  
One Mile: 2 Tobin. 4 mins. 55 secs.  
Three Miles: 3 Tobin; 4 Clinton. 15 mins. 45 secs.  
High Jump: 1 Rowell, 5 ft. 4 ins.; 4 Hendry, 5 ft. 1 in.; 5 Fleming,  
4 ft. 10 ins.  
Long Jump: 3 Fleming, 17 ft. 4½ ins.; 4 Rowell, 17 ft. 3 ins.  
Weight: 2 Rowell, 31 ft. 4 ins.  
Discus: 3 Rowell, 98 ft. 2½ ins.  
Javelin: 1 Watson, 133 ft. 5½ ins.; 2 Fleming, 125 ft. 10 ins.; 3  
Machell, 128 ft. 3 ins.  
Relay (4 x 110): 1 H.H.H., 47.1 secs.; 2 "A" (Rowell, Walden,  
Machell, Allen); 3 "B" (Fleming, Adams, Knight, Easto)  
Result: H.H.H. 58 points, Bels. 40 points.

v. CAMBRIDGE HARRIERS  
CHARLTON PARK, 1st SEPTEMBER

- 100 yards (1st race): 1 Fairgreave (L.A.C.); 2 Metcalfe (P.B.); 4  
Fleming (B.). 10.4 secs.  
100 yards (2nd race): 1 Fyfe (L.A.C.); 3 Matthews (B.). 10.4 secs.  
220 yards (1st race): 1 Fairgreave (L.A.C.); Metcalfe (P.B.).  
23.5 secs.  
220 yards (2nd race): 1 Pallett (L.F.F.); 4 Matthews (B.). 24 secs.  
440 yards: 1 Wint (P.B.). 52 secs.  
880 yards: 1 Fry (C.); 2 Howell (P.B.); 4 Bishop (B.). 2 mins.  
0.4 secs.  
One Mile: 1 Lucas (G.) (B); 4 Pascoe (B.). 4 mins. 47.6 secs.  
Two Miles: 1 Carter (B.). 10 mins 1.4 secs.  
One Mile Medley Relay: 1 Bels.-Poly. 3 mins. 48 secs.  
High Jump: 1 Gold (L.A.C.), 5 ft. 2 ins.; 2 Powell (B.), 5 ft. 1 in.  
Long Jump: 1 Wint (P.B.), 21 ft. 4¼ ins.  
Javelin: 1 Dalrymple (L.A.C.), 170 ft. 7 ins.; 3 Melchior, 160 ft.  
11½ ins.  
Result: 1st, London A.C. 48 points; Belgrave Poly 45 points.

v. METROPOLITAN POLICE and DORKING ST. PAULS

TOOTING, 8th SEPTEMBER

100 yards: 1 Frost; 6 Wright (P.B.). 10.3 secs.  
 220 yards: 1 Frost; 3 Wright (P.B.). 26 secs.  
 440 yards: 1 Jarlett. 56 secs.  
 880 yards: 3 Parker, M.; 5 Morrell. 2 mins. 6 secs.  
 One Mile: 1 Parker (D.); 2 Monaghan; 3 Howell (P.A.). 4 mins.  
 30 secs.  
*Two Miles' Run*: 1 Carter; 4 Lucas, W. 9 mins. 54 secs.  
*High Jump*: 2 Rowell, 5 ft. 4 ins.  
*Discus*: 3 Rowell, 99 ft. 3 ins.; 4 Melchior, 91 ft. 6 ins.  
*Shot*: 3 Melchior, 33 ft. 2½ ins.; 4 Weston, 23 ft. 10 ins.  
 JUNIORS v. POLYTECHNIC, HERNE HILL, SUTTON & CHEAM,

EPSOM & MITCHAM

TOOTING, 8th SEPTEMBER

100 yards: 1 Walden. 3 Mathew (P.). 10.7 secs.  
 220 yards: 1 Fiornan (P.); 5 Adams. 24.8 secs.  
 440 yards: 1 Fiornan (P.); 3 Bishop. 56.6 secs.  
 880 yards: 1 Craxton (P.); 3 Bishop. 2 mins. 8 secs.  
*Mile*: 1 Craxton (P.); 3 Mowatt (P.); 5 Bruce. 4 mins. 59 secs.  
*Long Jump*: 2 Adie, 17ft. 7 ins.; 3 Fleming, 17 ft. 5 ins.  
*Discus*: 3 Adie, 88 ft. 4 ins.; 5 Fleming, 71 ft. 8½ ins.  
*Relay* (4 x 110 yards): 1 H.H.H.; 2 Poly; 3 Belgrave.

MEMBERS' HANDICAP MEETING

TOOTING, 15th SEPTEMBER

The attendance at this meeting was spoilt by "Thanksgiving Day." A number of new members showed their paces and were amongst the prizewinners.

100 yards (heat 1): 1 L. Adams (7 yards); 2 B. Adie (8). Time 10.6 secs.

*Heat 2*: 1 T. C. Jones (9); 2 A. Fleming (7). 10.7 secs.

*Heat 3*: 1 E. Lulham (6); 2 G. Osmint (8). 10.7 secs.

*Final*: 1 Adams; 2 Adie; 3 Jones. 10.3secs.

300 yards (heat 1): 1 J. Frost (scr.); 2 L. Adams (18). 32.8 secs.

*Heat 2*: 1 G. Osmint (25); 2 A. Bishop (17). 33.4 secs.

*Heat 3*: 1 L. White; 2 B. Lulham (16).

*Final*: 1 Frost; 2 Adams; 3 Bishop. 33.8 secs.

880 yards: 1 A. H. Bruce (85); 2 P. Monaghan; 3 A. Bishop (40). 1 min. 58.2 secs.

*Two Miles Run*: 1 S. Eeles (200 yards). 2 D. Main; 3 C. T. Carter (30).

*Two Miles' Walk*: 1 J. G. Scamell (365 yards); 2 C. Speechley (450); 3 A. Joels (240). 14 mins. 39 secs.

*High Jump*: 1 R. Watson (7 ins.). 5 ft. 7 ins.; 2 A. Fleming (5), 5 ft. 6 ins.; 3 G. Hendry (2), 5 ft. 6 ins.

*Long Jump*: 1 A. Fleming (3 ft. 6 ins.), 21 ft. 5 ins.; 2 C. Jones (2 ft. 6 ins.), 21 ft. 4 ¼ ins.; 3 B. Adie (4 ft.), 20 ft. 10½ ins.

*Shot Putt*: 1 Machell (12 ft.), 37 ft. 10 ins.; 2 D. Vine (8 ft. 6 in.), 37 ft. 7 in.; 3 C. Crawley (13 ft.), 36 ft.

*Discus*: 1 B. Adie (20 ft.), 101 ft. 3 ins.; 2 C. Crawley (35 ft.), 99 ft. 9 in.; 3 G. Powell (11 ft.), 94 ft. 5¾ ins.

*Javelin*: 1 C. Jones (35 ft.), 173 ft. 11 ins.; 2 C. Allen (50 ft.), 164 ft. 2½ ins.. 3 D. Fleming (40 ft.), 162 ft. 11 ¼ ins.

JUNE 9th

JUNIOR MATCH v. MIDDLE WHITGIFT SCHOOL

SENIOR MATCH v. GUARDS DEPOT (PIRBRIGHT), MET. POLICE, NATIONAL FIRE SERVICE & EASTLEIGH A.C., & DORKING ST. PAULS

A grand afternoon's sport was had at Tooting with the above fixtures. Dorking St. Pauls decided to compete in the Senior Fixture, leaving the Junior a straight match with Middle Whitgift School.

Walden, Bishop and several of our Juniors gave fine performances of great promise and a close match resulted. We look forward to future fixtures with our Croydon friends.

The Senior match was of a most friendly character, with clubs borrowing and loaning men to provide keen matches. Some of our men must regard themselves as almost regular Police representatives.

The Belgrave-Poly combination eventually proved the winners after a pleasant afternoon's sport.

JUNE 23rd. MATCH v. GILLINGHAM & DISTRICT

After the poor show of the previous year we were determined together with Polytechnic, to make amends and prove that we could tackle and beat the best.

So, with what must be the strongest team any two clubs in the country could muster, we fought our way through the holiday crowd at Victoria and journeyed to Gravesend to give battle.

"What a battle." Jimmy Green had got together a team comprising Cyril Holmes (A.A.A. sprint champion) and notables from all parts of the country.

It was unfortunate that a short limit mile was included in the programme, which robbed us of the services of Doug. Wilson, and probably affected the result of the meeting.

As it was a close match resulted, and grand performances were put up by our sprinters, Jack Frost and Fred Clay, against such opposition, with Jack Brown, our A.A.A. junior 880 yards champion, others giving their usual sterling performances. A feature of the two miles was the welcome return of Arthur Penny, and we look forward to his return and the assistance he can give in the training of our younger members.

Everyone present had a grand afternoon with an excellent tea and dance in the evening to round off a perfect day.

MATCH v. OXFORD & DISTRICT

OXFORD, 7th JULY

This fixture was poorly supported and we must apologise to our Oxford friends for the show we gave.

The difficulties of travelling at this time deterred many members.

As it was, we were badly beaten, but I should mention that those who braved the journey had a grand time.

MATCH v. DARTFORD HARRIERS

DARTFORD, 25th AUGUST

To use a phrase borrowed from another article, this reached a new "low" as the Americans would say, with only about six men turning up. A feature of the meeting was the running of George Lucas in both the 880 yards and two miles, and of Lulham in the 440 yards.

We are grateful to Harry Shields for giving these accounts of meetings. Unfortunately we have not got complete details.

## SOUTHERN JUNIOR CHAMPIONSHIPS

16th JUNE

Southern Junior Championships were again held at the Polytechnic Track at Chiswick this year. The Club's representatives again made their presence felt.

In the Mile, Derrick Burfit was defending the title he won last year and after his previous performances it did not look as if there was anyone to extend him. He won his heat in 4 mins. 38.4 secs., and in the final did 4 mins. 38 secs., to record another win. Derrick's ease of running showed the extent of his training and his grasp of the fundamentals of racing technique. He won both heat and final with consummate ease by over 50 yards. Don Adie was the other Belgravian in this race, and whilst he did not reach the final, showed promise.

The next event, the 100 yards, was expected to be won by Grieve, but our two representatives were expected to show up well. Basil Walden reached the final and was only beaten by a yard or so to be placed fourth in the fast time of 10.4 secs. Alan Fleming did not get a place in his heat, but with more racing experience, should improve.

Bates, our runner in the "Half," showed up very well in his heat to gain second place and reach the final. He was unplaced in this but might possibly have done better if he had gone away with the field at the start instead of making a last quarter effort, which did not avail him much. The final was, however, won in 6 secs. faster time than his heat.

In the "Quarter," Heathfield and Freestone were our two runners. Heathfield won his heat in 56.5 secs and although Freestone ran a game race he was unable to get into the placings to enable him to reach the final. Here again, more experience will no doubt enable him to improve. In the final Heathfield put up a very good show, and although only placed fourth, showed that he was not outclassed in a race that was won in 3 secs. faster time than that which won his heat. He told me afterwards that his Army life did not allow him much time for training and this makes his performance all the more creditable.

In the field events we had hopes that Alan Dunn would at least be able to reproduce or perhaps improve on his last year's performances and so gain a place in the Javelin. However, his luck seemed to be out, mainly perhaps owing to his not having sufficiently checked his run-up. One throw, given as a "no-throw," was over 180 feet, which would have gained him first place. His actual recorded best throw was just over 145 feet, but he did not gain a place with this. Dennis Fleming, a son of one of our old members, showed promise of bigger things in this event. He is only 16 and with an increase in age and weight, should improve considerably.

Alan Fleming, a brother of Dennis, competed in the Long Jump, but had to contend with the long-jumper's bugbear, "No jumps." He, however, showed promise and will no doubt develop in due time.

Dunn and Adie also competed in the Discus, Dunn gaining fourth place.

T. C. JONES.

\* \* \* \*

### FIELD EVENTS' GOSSIP

We started off the present season with a serious handicap owing to Jerry Thompson, our best Shot Putter, having been confined to hospital suffering from sugar diabetes. It is to be hoped his recovery will be as speedy as possible, so that we may perhaps be able to have his services in the first post-war season.

This loss meant that the brunt of the Shot event fell upon Charlie Melchior. He has gained us useful points in all matches and did a personal best of 34 ft. 8 ins. in the match against the Police at Imber

Court. He has been supported by George Weston, one of our veteran runners, on a number of occasions, and also Alan Bishop and Doug. Vine, both of whom are young and should develop into the 35-foot standard soon. Weston has scored successes in the A.A.A. Shot handicaps.

In the middle of the season we were glad to see Sid Jones, our Shot Champion, home on leave from Germany. He was persuaded to turn out, and in spite of not being stripped, managed to get second place with an effort of 35 feet 8 ins., showing he has none of his powers impaired.

Melchior has also been our leading exponent with the Javelin. Here, again, he has gained us valuable points, in fact, in most matches, we have been able to look upon him as a certain winner. His performances have not been quite as good as in previous seasons. George Powell has once again proved that the passing of the years does not necessarily decrease the powers of the elbow. Alan Dunn, of whom great things were expected this season, did not quite reach the heights expected in the Junior events, but did a wonderful throw of over 160 feet with a senior Javelin in the first of the A.A.A. handicaps, to win. This event has shown a revival in popularity this season, and with more practice and attention to style and technique, Frank Watson, a new member, Bert Machell and our Field Events' Captain, should show some good performances.

In the Discus, Charlie Melchior and George Powell have again gained points. We have been glad to welcome a new member in this event in Fred Rowell, who is a Flight Lieutenant in the R.C.A.F. He has proved himself the best of our men and recorded a best performance of 103 ft. 4 ins.

Rowell has also been our chief hope in the High Jump. His novel style, not often seen in this country, has enabled him to gain valuable points in matches. Unfortunately Guy Hendry is still in the R.A.F. and has been able to turn out only a few times. In the Club Handicap, however, he did 5 ft. 4 ins., which equalled Rowell's best. Support in this event has been rather lacking and we shall have to unearth some jumpers for next season if we are not to lose too many points in matches.

In the Long Jump we have again been unfortunate in not having the services of Tom Wiley, and therefore our Field Events' Captain has been our first string. His best performance was 19 ft. 10½ ins. at Walton. Fred Clay has lent valuable assistance, as have Bert Machell and Alan Fleming. This is another event in which we shall have to unearth some new talent.

We have a number of promising Juniors, who next season, it is hoped, will get down to a serious study of the technique of their particular events. Don Adie (Discus and Long Jump), Alan Fleming (Javelin), Drew (Shot), Allen (Shot and Javelin), Freestone (Discus) and George (Long Jump), are names which come to mind.

Just one last word. It does not seem to be realised by most people the tremendous amount of work which has to be put into running these events at meetings. The assistance is required of a judge and two marksmen for each event. Added to this it is necessary to run two events together so as to keep pace with the rest of the meeting. Our thanks are due to Neil Crawley, Mr. Morrell, Bill Fleming, Mr. Pollard, Timberlake and others who have assisted in this way during the past season. Don't forget, some of you folk who are just spectators at meetings, if you want to do a job of work, volunteer to do something for the Field Events' men, they will be thankful. Your services can always be utilised.

T. C. JONES,

*Field Events' Captain.*

## WITH THE WALKERS

Since our last issue we have come to the end of the Second World War and we now have the great task of settling down to re-organisation. Many of our members are already back with us and the number is increasing almost daily. The season just closed proved no less strenuous than those of the past few years. Towards the latter part we had the welcome assistance of Charlie Churcher, rapidly returning to form, and in one match at Imber Court, both him and Harry. Charlie, however, proved the fitter of the two and finished third to Morris of S.A.C.

The Track Season opened with J. Scamell (Sen.) winning the first A.A.A. Open Handicap at Victoria Park. Later in the season young Scamell, following in father's footsteps, won the handicap in Crittall's Open Meeting at Braintree. It is interesting to note that on the same date, 20 years before, his father won the same handicap in exactly the same time. At the Met. A.C. Open Meeting still later, father and son were first and second respectively in the Mile Handicap, with E. Jackman third.

Our walkers have also met with similar success on the Road. In a strong field at Coventry, a new promotion of 15 miles, Joe Wilson won the Handicap with a margin of 3 minutes. Unfortunately the Club was not strongly represented, and did not furnish a team.

The war has produced for the Club yet another champion in Jack Rutland, winner of the first Army Road Walking Championship, at Aldershot, Percy Wright finishing fourth. Len Spooner, winner of the Southern Command Championship, was, unfortunately, unable to take part, owing to an injury.

In the Sutton and Cheam 5 Miles Victory Meeting, the Club completed the treble, gaining both Scratch and handicap team honours and first place in Individual Handicap. Wally Ives, turning out for a training spin, took the wrong turning, but eventually closed in after walking an extra half mile.

In the Royal Gwent 10 Miles, at Newport, Percy Wright and Jack Rutland were without any strong support, but the Club finished third in the Scratch Team Race, 2 points behind Birmingham W.C.

A new feature this year was the promotion at Eastleigh of a race over the Olympic distance of 50 kilos. Despite the fact that the majority of walkers have been unable to train properly for distance racing, an immense entry was received, Tommy Green himself turning out for the Club team for the first time since before the war. Bob Readman unfortunately had a bad time, and although Jack Rutland, Tommy Green and Joe Wilson walked extremely well, we only managed to tie for third place in the Scratch Team Race. Further details are given below. It is hoped that this will be an annual event, and that next year conditions will permit the Club being in a position to provide the attendance that is so essential to competitors in long-distance racing. Eddie Jury elected to walk for his business house, Southdown Motors, in this event and thus forfeits his first claim status as Belgrave for the present season. A few weeks before the Eastleigh race, Tommy Green distinguished himself by beating both Norman Burt and Eddie Jury over a distance of 18 $\frac{1}{2}$  miles at Poole, Dorset. Certainly a grand performance.

And now we look forward to welcoming back the many members who have been away with the Services. Alf Harley (now back with us), has been elected to resume the Chairmanship of the Southern Committee, which he was compelled to vacate on going into the R.A.F. With Syd Roberts as his second in command, the interests of the Club and walking in general are in good hands, and with the re-establishment of the R.W.A. General Committee and the gradual return to normal conditions with a full championship programme, we can look forward to a full and successful season on the road this winter.

S. C. ROBERTS.

## METROPOLITAN OPEN 15 MILES

### REGENT'S PARK, 21st APRIL

1 H. H. Whitlock (Met. W.C.), 2 hrs. 2 mins. 42 secs.; 15 A. Readman, 2.13.58; 21 J. E. Rutland, 2.16.46; 23 P. J. Reading, 2.17.58; 29 P. G. Wright, 2.19.18; 30 R. D. McMullen, 2.19.42; 42 J. H. A. Robins, 2.23.05; 43 H. J. Rouse, 2.23.29; 45 S. G. Spencer, 2.24.14; 54 L. R. Spooner, 2.27.41; 58 G. S. Doubleday, 2.29.04; 59 A. O. Tookey, 2.29.15. 68 A. H. East, 2.35.26.

*Scratch Team Race* (3 to score): 1 Surrey W.C., 21 pts; 6 Belgrave H., 62 pts.

## HIGHGATE OPEN 20 MILES

### PARLIAMENT HILL, 5th MAY

1 H. J. Forbes (Birmingham W.C.), 2 hrs. 55 mins. 9 secs.; 7 J. E. Rutland, 3.5.10; 9 E. A. Jury, 3.7.07; 17 A. Readman, 3.10.55; 31 J. Wilson, 3.18.55; 45 S. G. Spencer, 3.27.29; 48 J. H. A. Robins, 3.27.50; 50 P. G. Wright, 3.33.57; 59 F. W. Brunning, 3.44.48.

*Scratch Team Race* (4 to score): 1 Surrey W.C., 40 pts.; 3 Belgrave H., 57 pts.

## SURREY CLUBS 2 MILES

### TOOTING, 12th MAY

1 R. D. McMullen, 16.15; 2 H. J. Rouse, 16.35; 3 A. Readman, 16.50; 5 S. C. Roberts, 17.10; 6 J. Wilson, 17.12.

## GODIVA H. 15 MILES

### COVENTRY, 19th MAY

1 H. H. Whitlock (Met. W.C.), 2 hrs. 3 mins. 39 secs.; 30 J. Wilson, 2.19.27; 53 F. W. Brunning, 2.36.23. Handicap Winner, J. Wilson (22.30).

## MIDDLESEX CLUBS 2 MILES

### PARLIAMENT HILL, 26th MAY

1 C. Megnin (H.H.), 15 mins. 43 secs; 17 P. J. Reading, 17.11; 20 A. O. Tookey, 18.44; 21 S. G. Spencer, 18.45.

## VAUXHALL MOTORS 7 MILES

### LUTON, 2nd JUNE

1 H. H. Whitlock (Met. W.C.), 53.19; 34 J. H. A. Robins, 62.50; 43 S. G. Spencer, 65.50; 50 J. Wakefield, 67.03. 54 F. W. Brunning, 68.25.

## LYONS CLUB 5 MILES

### SUDBURY HILL, 9th JUNE

1 H. H. Whitlock (Met. W.C.), 41.08; 11 R. D. McMullen, 44.06; 14 J. H. Rouse, 44.27; 22 P. J. Reading, 46.11; 25 J. G. Scamell, 46.54; 29 S. C. Roberts, 47.46; 32 J. Wilson, 48.04; 33 J. H. Scamell, 48.34; 34 W. M. Young, 48.47; 36 J. H. A. Robins, 48.49; 38 C. H. Speechley, 49.12. 48 S. G. Spencer, 51.12; 54 J. Wakefield, 52.02; 56, J. Tilling, 52.47; 58 F. W. Brunning, 53.04.

## LONDON TRANSPORT (CENTRAL BUSES) 5 MILES

### WALTHAMSTOW, 23rd JUNE

1 A. A. Cooper (W.G.), 39.30; 8 R. D. McMullen, 42.00; 19 J. H. Scamell, 44.58; 20 J. G. Scamell, 44.59; 24 P. J. Reading, 45.13; 25 W. M. Young, 45.24; 28 C. H. Speechley, 45.55; 31 J. H. A. Robins, 46.33; 34 S. G. Spencer, 47.08; 39 J. Wakefield, 48.15; 48 F. W. Brunning, 50.45.

*Scratch Team Race* (3 to score): 1 Highgate H., 16 pts.. 3 Belgrave H., 40 pts.

*Handicap Team Race*: 1 Enfield A.C., 112.59; 2 Belgrave H. (J. H. Scamell, C. H. Speechley, J. Wakefield), 114.03.

INTER-CLUB MEETING  
PARLIAMENT HILL, 4th JULY

*One Mile*: 1 E. A. Staker (H.H.), 7.06; 5 J. G. Scamell, 7.52; 6 J. H. Scamell, 7.53; 8 P. J. Reading, 7.55; 12 A. O. Tookey, 8.41.  
*Two Miles*: 1 A. A. Cooper (W.G.), 14.41; 9 A. Readman, 16.33; 12 W. M. Young, 16.52; 18 A. O. Tookey, 19.25.  
*Three Miles*: E. A. Staker (H.H.), 22.27; 5 P. J. Reading, 24.31.  
*Team Race* (2 scoring in each event): 1 Highgate H. "A," 88 pts.; 5 Belgrave H., 41 pts.

LYONS CLUB 5 MILES INTER-CLUB  
SUDBURY HILL, 21st JULY

1 A. A. Cooper (W.G.), 39.41; 4 R. D. McMullen, 41.15; 8 P. J. Reading, 42.31. 11 A. Readman, 43.27; 14 J. Wilson, 44.32; 17 S. C. Roberts, 45.33; 21 W. M. Young, 47.27; 22 E. A. Jackman, 47.34; 23 S. G. Spencer, 47.46.  
*Team Race* (3 a side): 1 Woodford Green, 14 pts.; 4 Belgrave H., 29 pts.

SURREY COUNTY A.A.A. 2 MILES  
TOOTING, 4th JULY

1 C. J. Morris (Surrey A.C.), 15.05; 2 R. D. McMullen, 15.10; 3 H. J. Rouse, 16.05

SUTTON & CHEAM 5 MILES OPEN  
SUTTON, 6th AUGUST

1 C. Megnin, 39.41; 5 R. D. McMullen, 40.38; 6 C. E. Churcher, 40.54; 7 A. Readman, 41.08; 8 H. J. Rouse, 41.54. 11 S. C. Roberts, 43.17; 13 C. H. Speechley, 44.09; 18 S. G. Spencer, 46.02; 26 W. Ives, 59.53.  
*Scratch Team* (3 to score): 1 Belgrave H. (McMullen, Churcher, Readman), 15 pts.  
*Handicap Team*: 1 Belgrave H. (Speechley, Readman, Rouse), 111.41.  
*Individual Handicap*: 1 C. H. Speechley, 7.45.

2 MILES INTER-CLUB  
PARLIAMENT HILL, 18th AUGUST

1 A. A. Cooper (W.G.), 15.09; 3 R. D. McMullen, 15.20; 7 C. E. Churcher, 15.56; 8 H. J. Rouse, 16.00; 19 J. Wilson, 17.26; 21 S. G. Spencer, 18.05; 22 A. O. Tookey, 18.19  
*Team Race* (3 to score): 1 Highgate H., 13 pts.; 2 Belgrave H., 18 pts.

METROPOLITAN W.C.  
PADDINGTON, 1st SEPTEMBER

*One Mile Open Handicap*: 1 J. G. Scamell (200 yards); 2 J. H. Scamell (185); 3 E. A. Jackman (200). Time 6 mins. 46 secs.  
*Scratch Mile* (age 16-21): A. F. Joels was one second behind E. J. Barnes (Highgate H.), who won in 7 mins. 49 secs.  
*Five Miles Road Handicap*: 1 J. Macdonald (H.H.) (7.30), 36 mins. 13 secs.; 9 A. F. Joels (5.25), 38.30; 11 J. H. Robins (7.10), 38.40; 19 H. J. Rouse (3.55), 39.12; 20 W. M. Young (6.15), 39.15; 21 R. D. McMullen (2.25), 39.17; 28 S. G. Spencer (7.50), 39.45; 29 A. Readman (3.10), 39.55; 30 W. F. Brunning (11.00), 40.08; 40 J. Wilson (5.35), 41.06; 43 S. C. Roberts (3.30), 41.20; 50 P. J. Reading (4.45), 42.21

LYONS CLUB 5 MILES INTER-CLUB  
SUDBURY HILL, 12th SEPTEMBER

1 C. Megnin (H.H.), 40.26; 2 J. E. Rutland, 40.39; 15 P. J. Reading, 44.24; 16 C. H. Speeachley, 44.33.

EASTLEIGH, "VICTORY" 50 KILOS.  
22ND SEPTEMBER.

This, the longest walk for over six years, attracted an entry of 147—a magnificent response from the walkers to this great event held over the Olympic distance of 50 kilos (31½ miles). There was an imposing prize list, thanks to the sponsor of the race, our own Tommy Green, Olympic Walking Champion, 1932, etc., etc. Chief of the awards was a £100 trophy given by Tommy himself for the winning team—Metropolitan W.C., who were led by their Olympic Champion, Harold Whitlock (1936). Our team of three (Jack Rutland, Tommy Green and Joe Wilson) tied with Leicester W.C. for third place, but our Midland friends took the awards on a lower time aggregate. H. J. Forbes, the Birmingham crack, who won, covered the distance in the very good time of 4 hours 48 minutes 59 seconds. Joe Wilson, with an allowance of 40 mins., took third prize in the Individual Handicap. Finally, our thanks to Tommy for his magnificent efforts, not forgetting the tea afterwards! and our congratulations upon his fine performance at the age of 53. Our members returned the following times.

10 J. E. Rutland, 5.8.1; 12 P. J. Reading, 5.10.38; 17 T. W. Green, 5.16.2; 20 J. Wilson, 5.16.50; 32 A. Readman, 5.25.7; 40 P. G. Wright, 5.30.57; 47 J. H. A. Robins, 5.33.6; 55 S. G. Spencer, 5.41.3; 72 J. Tilling, 5.52.6; 80 W. Ives, 6.4.14; 84 A. O. Tookey, 6.7.15.

ROYAL GWENT, 10 MILES OPEN.  
NEWPORT, 7TH AUGUST.

1 D. J. P. Richards (Newport H.), 1.22.14; 4 P. G. Wright, 1.25.55; 5 J. E. Rutland, 1.27.55; 11 J. H. A. Robins, 1.34.56; 14 A. Hare, 1.40.44.

*Team Race* (4 to score): 1 Coventry Godiva, 26 points.

*Novice Prize*: A. Hare.

ARMY CHAMPIONSHIP.  
ALDERSHOT, 20TH JULY.

Held over 12½ miles of undulating country roads, against a head-wind, competitors wearing Army boots. 1 J. Rutland; 4 P. G. Wright. Jack Field also competed.

STROLLING

On a moonlit night in June a party of walkers from London Clubs enjoyed the first post-war Brighton Stroll (52 miles). Joe Wilson, Bert Joels, Jack Tilling, Percy Reading, and Bert Mitchell (better known as a cross-country and marathon runner, also as a bee-keeper) made the grade both on the walk and on the grub-stakes. A number of blisters and other troubles assailed our lads, but they kept going and we congratulate them on their feat of helping to re-open the Brighton Road to pedestrians!

Charlie Churcher is reviving Sunday morning strolls. These strolls are suitable for all types of athletes, runners and field events men being as welcome as walkers. The pace is moderate, and should be well within the ability of all. Strolling is a valuable adjunct to stripped training, and is specially good for the lungs and developing stamina. It is also a useful means of getting to know your club-mates. Strolls start at 9.30 a.m. from Putney. Charlie Churcher (25 Fairlight Road, S.W.17) will gladly supply further particulars.

## MARATHON NOTES

We have been unable to field complete teams in these events this year, but we hope that next year we shall be turning out in good strength. The Polytechnic are planning to run their classic marathon from Windsor to Chiswick over a new course, this will be a welcome change from the wartime four lap course at Chiswick. The Kent Twenty was held at Hayes on 26th May over four hilly laps and in a rainstorm. A very hard race. Fred White ran the course in 2hrs. 11mins. 38secs. Doubleday and Jim Watson also finished, but were outside Time Standard. In the Polytechnic Marathon at Chiswick on 16th June, Doubleday was our only finisher in 3hrs. 18mins., Fred White having retired at 20 miles. A week later Fred made amends by finishing sixth in the Wolverhampton Marathon in 3hrs. 11mins., over a very hill course.

\* \* \* \*

### FOR THOSE WHO DON'T KNOW, ONLY!

If you are thinking seriously of becoming a first rate athlete on the track, there are very certain fundamentals to be considered. Obviously training is very necessary, but that is only a part of the story. The other parts will follow in their order and must be considered and carried out effectively as part of an athlete's curriculum. The schedule of training, *i.e.* exercises, must be planned to benefit the particular parts of one's anatomy where the call is made for the greatest effort of energy and execution.

Firstly, what of your constitution? Are you a normal human being, without specific or latent disease. Are your lungs, heart and stomach working well and co-ordinately under normal conditions. If so, then, to maintain an ordinary standard of health the body requires a normal amount of food and sleep to maintain the state of normality. This particular intake of food and sleep is known as basic metabolism. What in effect happens in this happy state of normality? The effect of any movement through the media of muscle, fascia, etc., causes heat in the body through combustion of fibrous structures of the body and the cells are broken down having served their purpose, and die off. The nervous system is called upon to use up its energy by controlling all the voluntary and involuntary movements within a human body. Therefore to sum up simply, we have heat, wastage and energy to replace after any movement whatsoever.

This replacement is mainly done through the medium of the Alimentary Tract, to wit, the digestive system, liver and the blood stream. How it is carried out will take many pages to describe. The wastage from the body is of course borne away in the form of gaseous matter, vapour, perspiration, coughing, sneezing, urinating and by defecation. Thus it will be noted, water plays a very great part in this human function of living and should be a very integral part of the intake in order to facilitate digestion and assimilation of food and to replace the water lost through the wasting processes. Now where are we? Well, the greater the effort, the greater is the demand for replacement, hence more food is necessary of the body over normality and in order to build up any particular part of the body over and above the ordinary state, in order to strengthen those limbs a further amount of food is essential. Well, what are these foods to be? Firstly, the proteins or builders which are found in meats, fish, peas, beans, eggs, etc. The values of these can be measured against wastage, which can also be measured.

Then we need the Carbohydrates or starchy foods which are convertible into the sugars in the body and are a source of energy and heat creation. There are the fats which become emulsified and replace the fats lost from the body to internal connective tissues.

It means then that diet, food, plays a very vital part in the life of an athlete. Can we do it on war-time rations—well it is open to question.

If we can then we must concentrate on the quickening of our reflexes and strengthening of our limbs by exercise which can only be accomplished by exercising within the limits of our possible food replacement.

In other words, train wisely, don't overdo violent exercise.

Keep the innards clean to avoid internal stagnation.

Take a sufficiency of food in proper proportion.

Drink plenty of water.

Keep the skin of your body clean and allow the pores to work properly.

Be moderate in all things and get plenty of sleep and give the food a chance to build up those cells.

Get plenty of fresh air to stimulate the blood corpuscles which revivify the blood, which does a hell of a lot for you if you, live and train aright. "Sacred thy Body as thy Soul."

G. W. CLAY.....

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## IN DAYS OF OLD—100 YEARS AGO

FRIDAY, SEPTEMBER 26th, 1845

The following appeared in an issue of the "Essex Chronicle":

A race against time came off at Braintree on Saturday. Mr. William Lambert bet Mr. William Payne five sovereigns that the youth "Snowy," as he is cognomened should run over a mile of ground on the Coggeshall road in the short space of five minutes. The lad did his work well and had twenty seconds to spare, much to the astonishment of the numerous spectators and the delight of the backer. A liberal collection was made for "Snowy," and Mr. Lambert offered to back the youth for twenty sovereigns that he would accomplish twice the distance, two miles, in ten minutes.

Surely, this is something of a feat (if its true), on a good track "Snowy" would have been good for a four minute mile, even a hundred years ago.

T. F. M.

It is with feelings of profound regret that we write of some sad news received from Mrs. Olive Bennett. She has informed us that she has heard from the Air Ministry that Les. is amongst those missing from a prisoners' transport which was torpedoed and sunk off the coast of Sumatra in September, 1944. It is indeed a cruel blow after such high hopes had been held that Les. would be back with her again. We had shared Olive's hopes and we join with her in disappointment and sorrow. Les. was one of the mainstays of our sprinting section, and was a useful long-jumper, and figured in many a relay team. He was a valuable Club Officer, having been Track Vice-Captain and Committee Member. Les. was very active on the Social side, and had often acted as M.C. His many friends in the Club send their heartfelt sympathies to Olive for this very sad news.

We are sorry to record the death of Mr. Fred Ford (Senior). He was a staunch Belgravian and right up to the time of his death he displayed keen interest in the progress of the Club. Mrs. R. J. Savage and daughter represented the President at the funeral, which took place at Earlsfield, also present were the Hon. Secretary, Ted Gordon, Harry Shields and Tom Carter. Our deepest sympathies to Fred.

We learn with deep regret of the death of Arthur Chetland, one of our oldest active members. He was active all the year and was a regular figure at Belgrave Hall in the winter, and in the summer he trained on the track, and was a regular competitor in Veterans' events. Athletics were but one of his many interests, and his many friends in the Club—indeed he regarded all members as his friends—will mourn the passing of a highly esteemed member.

## WINTER FIXTURES, 1945-1946

|      |    |     |   |
|------|----|-----|---|
| Oct. | 6  | H R | 3 Mile Road Run Handicap  |
|      | 20 | A R | Southern Counties 5 miles, Dartford   |
| Nov. | 10 | H R | South of Thames Junior Team Race, 5 miles                                     |
| Dec. | 8  | R A | Southern Counties 5 miles, Hayes  |
|      | 22 | H R | Savage Shield (Junior), 5 miles with sealed handicap                          |
|      |    | H R | Blackstaffe Shield (Senior), 7 miles with sealed h'dcap                       |
|      |    | H W | Metropolitan Police   |
|      | 26 |     | Boxing Day Handicap at Tooting, 100 yds.; 2 miles run; 3 miles walk (11 a.m.) |
|      |    | H W | Surrey W.C. Open 5 (3 p.m.)   |
| Jan. | 5  | A R | County Races  |
|      |    | A W | Cambridge Open 7  |
|      | 12 | A R | Thames Valley H, Cranford   |
|      |    | H W | Woodford Green  |
|      |    | A R | Surrey County Junior and Youths' Races  |
|      | 19 | H R | Tyrian Club (B team) Sutton and Cheam H                                       |
|      | 26 | H R | Macher Shield, 10 miles with sealed handicap                                  |
|      |    | A W | Metropolitan Police Open  |
| Feb. | 3  | H W | Murphy Shield, 10 miles with sealed handicap                                  |
|      | 9  | A R | South of Thames, 7 mile Championship  |
|      |    | H W | Surrey Clubs  |
|      | 16 | H W | Horwood Cup Race, 7 miles with sealed handicap                                |
|      | 23 | H R | Southern Counties 7 miles Championship  |
|      |    | A W | Woodford Green Open   |
| Mch: | 2  | A R | Southern Counties Junior, 5 miles, Cheam                                      |
|      |    | H W | R.W.A. Junior 10  |
|      | 9  | H W | Metropolitan Police   |
|      |    |     | English Cross Country Union, Senior and Youths Championships, Leamington Spa  |
|      | 16 | H W | BELGRAVE OPEN   |
|      |    | A R | Epsom H, Epsom  |
|      | 23 | A R | Metropolitan Police, Hayes  |
|      |    | A W | County Championships  |
|      | 30 | A R | Southern Counties 7½ miles, Epsom   |
|      |    | H R | Army Cadet Championship   |
| Apl. | 6  | A R | T.V.H. 20 miles Road Relay, Cranford  |
|      | 13 | A W | Met 15  |
|      | 27 | A R | Finchley 20   |
|      |    | A W | The Godstone, 18¾ miles   |
|      |    | A R | Eastleigh 20 miles Road Relay   |
| May  | 11 | A W | R.W.A. 20, Coventry   |
| June | 10 | A W | Bradford 32½ miles Open   |

H—Home. A—Away. R—Run. W—Walk.