

THE JUNE 1974  
**BELGRAVIAN**



**the official gazette of belgrave harriers •**

# CLUB CHAMPIONSHIPS

August 3rd

BATTERSEA PARK

## WELCOME TO THE FOLLOWING NEW MEMBERS

R.Joicey .....	Running	Terence V. Wall .....	Running
Martin D.Scott ....	Field/Running	Glen Haszard .....	Running
R.J.Stocker .....	Running	Edward P.G.Spillane .....	Running
C.Barber.....	Running	Alan R. Lucas .....	Walking
Michael Manning .....	Running	David Hayter .....	Running
R.Perry .....	Running	Graham E. Ives .....	Walking
D.W.Drake .....	Running	Patricia A. Mead .....	Hon. Member
Paul M. Thorpe .....	Running	David W. Churchley ...	Field/Running
F.White .....	Hon. Member	Stephen Fletcher .....	Running
Roy Coombs .....	Running	David Kemp .....	Running
C.Grayson .....	Walking	Gordon L. Mugg .....	Running
N.Greaves .....	Walking	Michael Farraday .....	Field/Running
M.Dempsey .....	Field	Nicholas R. Kiritiatzis ...	Running
Timothy C.S. Andrews.	Fld/Running	Paul D. Stride .....	Field/Running
Shirley A Gill .....	Hon. Member	Philip J. Headley .....	Running
Malcolm Peart .....	Walking	Lorenzo Iannucci .....	Field
Michael J. Young ..	Field/Running	John D. Pitt .....	Field
Stan. Brand .....	Hon. Member	Nadir Yusef .....	Field/Running
Danny Richards .....	Running	Simon D. Lloyd .....	Running
Michael D. Reidy ..	Field/Running	Paul M. Whitby .....	Running
Richard J. Tanner .....	Walking	Stephen Hartley .....	Field
John C. Searle .....	Running	Paul Williamson .....	Running

A subscription renewal form is enclosed with this issue of the magazine and it is hoped all members will pay promptly. I hope those few who still owe last year's will save me the time and expense in sending out final reminders. When I say final I mean FINAL.

The subscriptions are kept at their low level by the hard work of a few members who help on fund raising. Remember this when you are asked to sell AAA Draw tickets later in the year.

Remember, to send out reminders costs money so send in your cheque or postal order now.

HON. TREASURER

# THE BELGRAVIAN

JUNE 1974

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**FOUNDED 1887**

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## COMMENT

### TOP CLUB IN SURREY

Each year Peter Matthews of the National Union of Track Statisticians compiles a list of club rankings, calculating positions by scoring the best performance by a first-claim member of a club at each standard track and field event using the I.A.A.F. scoring tables.

Last year's list, published in the 'Athletics Weekly' on April 13th 1974 makes interesting reading and shows that we were the top club in Surrey in 1973. Additionally we were placed ahead of all the clubs which contest the Southern League Division I with one unlikely exception, that of Queens Park H., who were in fact relegated to Division II

A pointed quote from Mr. Matthews was as follows:

"I firmly believe that there are too many clubs in some areas, South London for example, and that the best interest of athletes are best served by strong clubs offering good competition, good training and coaching facilities and good social amenities. Naturally there must be enough clubs to provide competition, but many amalgamations have proved highly successful and there must be scope for more."

Our claim to the position of top club has been speedily reinforced this season. In the Surrey County Championships we annexed the Charles Peach Memorial Trophy, awarded to the club scoring most points in the Senior Championships.

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Front Page: Cliff Brooks tackling one of his favourite events, the 400m Hurdles during the league meeting at Maysbrook Park. Photo: Alan Mead

# grapevine

- RON Linstead requests the help of Club members. He intends making a map indicating where Belgravians have competed in various parts of the globe. If you can supply a name, event, venue and date, send it to Ron, c/o Belgrave Hall, Denmark Road, Wimbledon, SW19 4PG. It doesn't have to be of international standard - any Bel, any event, anytime and anywhere.
- Congratulations to BILL LUCAS who is now on the official list of team managers. His first assignment was as manager to Bernie Plain on his trip to Monza, Italy.
- One Belgravian always to be seen at Walking events is Hon. Life Member, HAROLD KING. We were particularly pleased to see him at the Club 20 miles Walking Championship as he has recently undergone three operations and has obviously made good progress. In his active days (some forty odd years ago) he was a fine stylist and was Kent County Champion. Nowadays as one of the country's top walking judges, his services are in demand, it is always good to go to a meeting to find some of our older members on the list of officials. Carry on! Harold.
- If you have any old copies of the "Belgravian" that you no longer require RON LANGHEIM will be pleased to hear from you as he is eager to build up a complete set and is prepared to travel anywhere to pick them up Ron's address is; 1 Cranleigh Road, Feltham, Middlesex.
- Following the anecdote related in the last edition regarding the member who donated the princely sum of 20p towards the cost of the Belgravian, have you heard of the one who, when approached to buy a programme at our recent 12 Stage Road Relay, declined with the comment, "I've already seen someone else's".
- A result sheet from way back came to light the other day. It was for the Poly Road Relay, 1956, and amongst the 'B' team were the following:- J. Heathfield 14:31, G. Biscoe 14:25, C. Shippen 15:35. An immediate comment from one of the above was, "What! Vets! It's no good Clive Shippen doing it now, he should have done it then!"
- We are pleased to report that CHARLIE SMART continues to make progress in his fight back to health and is now managing to take a daily stroll 'round the block' near his home. He will, of course, still be pleased to see anyone who cares to call but rumour has it that he is hoping to build up enough speed training during the coming months to be able to escape quickly out of the backdoor when John Walker appears to deliver one of his famous three hour lectures on his recent training and races!
- Belated congratulations to PETER NORTH who has gained the Duke of Edinburgh's Silver Award. He is now attempting the Gold Award which involves completing five sections; a residential qualification, where one has to learn to live with others, an expedition, service, physical efficiency involving a series of exercises and interests. Peter's expedition will be to the Lake District where 4 days and 3 nights will be under canvas, and it is no surprise to learn that athletics covers the "interests" section.
- There will be a change of venue this year for the Annual Club Dinner. It will be held on November 23rd at the "Worcester", directly opposite the railway station, Worcester Park.
- It was good to see GORDON DOUBLEDAY back in action timekeeping at the Belgrave Road Relay for the first time after his illness, and subsequently getting back into the swing of things again.

- Our longer distance runners will remember JOHN HALL who moved to Wales some years back. Now he is on the move again and has taken a position as horticultural supervisor for three years in Lusaka, Zambia.
- CHAS. MANNING would like to point out that the Belgrave promotional T-Shirts are primarily for fund raising and advertising, and they are not approved Club racing strip.
- WIN SHEPHERD was at her usual place a few weeks ago at the Surrey Women's A.A.A. Championships giving out competitors numbers. We were sorry to learn that her mother, MRS. SAVAGE, was ill last winter, but is now making a recovery and we hope that she will soon be herself again. Older members will recall the enthusiastic help which our two lady Vice Presidents have given us over many years, not forgetting those welcome cups of tea so cheerfully dispensed on wet and cold Saturday afternoons.
- In April a number of Belgrave boys were involved in the filming of an advertisement for 'Bemax' so watch out for them when the advert reaches T.V. They earned £40 for the Club with their efforts and this will be spent on a vaulting pole and javelins suitable for use by the youngsters.
- One who never misses the Club 10,000m Walk Championship is MRS. APLIN, and again we were pleased to see her at Battersea Park on May 1st. She was accompanied by Mr. Aplin and after the event she presented the Frank Elson Cup to the winner. It is good to know that through her our links with the Elson family who have done so much for the Club in the past are maintained.
- In the recent Australian Veterans' Championships the pole vault was won by JIM McGRATH, once our leading field events' exponent. Nice to know that he is still keeping in trim. Another Belgravian, BARRY SAWYER was 5th in the 5,000m at the same meeting. Barry was the man who took up running to get fit for chess and went on to become our Club Record Holder for the marathon.
- At the recent London Schools Meeting was DENZIL WINSBORROW, an all-rounder for Belgrave in the sixties. Denzil is now teaching in South London but spends his spare time playing cricket for Blackheath. He passes on his best wishes to all.

## thankyou

..... And still weighing in with their most welcome contributions as at 1st May.

W.C.Batson O.B.E.	non-member	B.Nott	
B.Eglington	Vice President	A.Penny	Past President
S.James		R.Picton	
C.Lawton		F.Simmons	Past President
O.Longshaw		C.Speechley	
W.Lucas	Past President	S.Wahab	
L.Mann		W.Webb	Past President
H.Miller			
E.P.Donovan O.B.E.	Vice President		

..... and owing to a typist's error, left over from the previous list, K.Stimpson.

Thankyou all - and those people that have been meaning to but haven't - do it now - now. A further list in our next edition.

C. E. M.

\* In our last issue BILL LAWS wrote:-  
WHO KNOWS WHERE WE ARE GOING ?

... and in typical succinct and diplomatic style the President answers

## "TALK'S CHEAP!"

I'm sorry the first flush of enthusiasm has waned - honeymoons (so we are told) are invariably a disappointment and confirm that anticipation is better than realization.

However, let's consider the points made. Firstly, when I took office I deliberately avoided saying, "I want you to win the National", or, "Bring back three trophies", or, "More effort - train harder - get some team spirit", etc., etc. Why? Because a) I'm a weak athlete and appreciate that what I ask is beyond me; and b) athletes are fundamentally selfish - this is particularly true of the better class ones who train and compete with a savage intensity for self gratification and if the club benefits it is a spin-off from their personal accomplishments - one can't and mustn't condemn this attitude because this is how champions are made, and when you have your champions in a team you're in the medals. So, with our efficient sectional secretaries I could safely leave the athletes but what was I personally to do?

The planting of trees, laying foundation stones, starting a race or presenting prizes was to me so much dross. What really mattered was, what will Belgrave Harriers be in five or ten years time? I don't want to upset the status quo. You read in this mag. "25 Years Ago - 40 Years Ago" - it's not a lot different from today (except that with only 273 runners in the National in 1934 I'm not suprised our runners did well! what?). Time and tide wait for no man and we should guide Belgrave progressively on in the direction we want it to go, if not, events could overtake us. For instance, what if the Borough of Merton built a tartan track - who will be given the right to lease? Councillors, J.P.'s are concerned with Civic Pride - sympathetic approval is already evident with certain other clubs. Our voice must be heard. Again, how are we to compete at National levels with a surfeit of clubs like Ranelagh, Thames Hare & Hounds, Mitcham AC, Sutton & Cheam, Epsom & Ewell, Hercules Wimbledon, Herne Hill, etc. all vying for members? The result is a dilution of talent. Birchfield, Coventry, Cardiff, Aldershot, Wolverhampton, etc. are basically one club towns - the inference is obvious.

Therefore the way seemed clear and what mattered most was the future.

Having decided what the priority was, one had to investigate the peripheral activities that would further that aim. Thus:-

Raise money - it has to be a practical, attainable amount but one which will noticeably swell our funds. The object of more money is to substantially improve our facilities for athletes. This would encourage new members. The form it should take would be to increase the floor area to give a) a more suitable environment for all our activities - changing, training gymnasium, social, administration - whilst b) providing an independant area for letting.

(You don't take a sledge hammer to crack a nut and conversely you don't say the Presidential appeal is to build a second floor in our Headquarters - but just hope that it will help.)

Committee Arthur Bruce says, "The decisions of a committee are the sum total of its fears". And, "A camel is a horse designed by a committee". This of course is not really true but decisions have to be taken and made positive. They may not be popular but rather than, "reporting back at the next meeting - " which can become an interminably frustrating process. Try to generate more dynamic thinking and break down the lethargic stereotyped habits.

Ladies - consider seriously a section which might range from young ones competing to their more mature sisters in official positions (no, seriously) supporting juniors, catering, etc.

Public Relations - project the club to a wider audience via the press, radio and public shows.

Well, what progress have we made?

In the political field we have established who we are, what we are, and where we are going. We have talked to the Mayor, to Councillors, heads of local government departments. We have our representatives on the Surrey and Middlesex A.A.A. Committees.

Discussions on the enlargement of the club are taking place.

The promoting of the name of our club is in progress - not as fast as I'd like, partly I think our own fault and also through certain partisan activities by a person known to many of us!

The question of a Ladies Section has been mentioned and no doubt will be considered further.

Committees have not been all sweetness and light but decisions have been made and acted upon.

The financial target was set for £500. Not easy, not easy at all but it is now a fait accompli although the pressure's STILL ON!

Thinking. Alan Mead, by putting himself out, thought of a way of saving the club a possible £150. Ron Langheim, on an exciting modification to one of our races which would have been extremely popular, although inadvisable at the moment. Neither of their ideas were used - but they did think.

And now Bill Laws writing, having given considerable thought to the subject Great! So, Bill, instead of leaving them as castles in the air, what can you do to make them facts?

**CHAS. MANNING**

CROSS COUNTRY ROUND-UP.

DECEMBER 15th 1973 - KINGSTON VALE - VETERANS 5 MILE CROSS COUNTRY.

7. F.Paget 27:48; 16. D.Jones 29:50; 18. E.Stroud 30:08; 33. J.V.Baker 32:42; 35. G.Pearson 33:12.

Teams - 1. North London 36pts; 2. Crawley 110pts; 3. Blackheath 115pts; 4. BELGRAVE H 136pts.

FEBRUARY 16th 1974 - VETERANS 5 MILE CROSS COUNTRY.

1. L.O'Hara 25:37; 3. R.Coombs 30:18; 5. C.Henn 31:23; 6. E.Stroud 31:30; 8. C.Walker 32:18; 9. R.Glover 32:23; 13. C.Manning 33:25; 14. J.V.Baker 33:53; 19. J.Plummer 35:45.

Teams - 1. BELGRAVE H 32pts; 2. Veterans AC 51pts.

**BAKER SLAMS MANNING AGAIN**

MARCH 10th 1974 - KINGSTON VALE - VETERANS 5 MILE CROSS COUNTRY.

10. R.Glover 32:48; 11. J.V.Baker 32:54; 13. J.Walker 33:41; 15. C.Manning 34:37.

# TRACK AND FIELD

MARCH 24th 1974 - CRYSTAL PALACE - BLACKHEATH H. WINTER MEETING.

100m: S.White 11.2, P.Williamson 11.8; 300m: S.White 35.7; 3000m: D.Maughan 9:24.7; LJ: S.Crosbie 6.32m.

APRIL 17th 1974 - CRYSTAL PALACE - S.C.A.A.A. OPEN MEETING.

400m: P.Gee 53.1, P.Williamson 56.4; 800m: C.Barber (MAC/2nd claim Bel) 1:54.3, D.Wiseman 2:03.1, A.Mead 2:04.2; 10000m Southern Champ.: D.Maughan 34:22, LJ: R.Hopkins 6.46m, S.Crosbie 6.24m, R.McCrossen 6.16m.

APRIL 20th/21st 1974 - WIMBLEDON PARK - SURREY CHAMPIONSHIPS PART I.

4 x 100m: 2. BELGRAVE H (P.Williamson, M.Marshall, C.Gillett, P.Gee) 45.1;  
4 x 400m: 3. BELGRAVE H (A.Mead, P.Williamson, D.Wiseman, P.Gee) 3:32.2;  
3000m SC: 4. C.Pearson 10:10.6, 5. C.Shippen 10:23.6. Decathlon: 1. R.Hopkins 5362 points.

MAY 1st 1974 - WEST LONDON - T.V.H. GRADED MEETING.

200m: M.Scott 22.8; P.Williamson 24.7. 3000m: C.Pearson 8:57.6; D.Maughan 9:24; R.Dixon 9:3?

## FIRST LEAGUE MATCH WON

MAY 11th 1974 - SUTCLIFFE PARK - SOUTHERN LEAGUE MATCH ONE.

We could so easily have lost this first match in the Southern League thereby immediately dashing our hopes of reaching the qualifying competition for the National League in 1974. It is ironic that in our club where the majority of active members are middle and long distance runners, we have the greatest difficulty in turning out a good team in the longer track races and of our more established runners only big-hearted Laurie O'Hara heeded the call, and this after doing shift work all through the previous night.

Most outstanding for Belgrave was Martin Scott who came up against another remarkable Junior in the 400m, Herne Hill's Wayne Tarquini, the self styled "whizz-kid from outer space". Martin was drawn in the outside lane but held his nerve when his rival closed to his shoulder down the back stretch and then kicked away off the final bend into the howling gale that blew up the finishing straight throughout the meeting. His time was worth well under 50 seconds in normal conditions.

That wind killed any ideas of pacemaking in the longer races and lap times were often reduced to a dawdle.

We picked up some good points on the field where although we were short handed, luck was with us for a change. Bill Couzens and an injured John Martin backed up our mainstay "Snowy" Brooks in the throws and kept the score moving along nicely. A pleasing personal best came from Reg. Hopkins in the Pole Vault, and Arnold Bentt and Reg. teamed up together again in the short hurdles and the High Jump. We rely heavily upon these two willing characters.

It is in the sprints, however, that we are at our most powerful, Steve White's flowing movement contrasting with Mick Marshall's powerhouse action but both with the same effect. When it came to the relays the points position was critical with Herne Hill Harriers breathing down

our necks. Superb baton changing from Mick to Charlie Gillett and on to Steve gave us a comfortable win in the 4 x 100m and now, as so often in these meetings, the overall result depended on the 4 x 400m. Reg. Hopkins in his 5th event of the day opened for us and brought us to the first take-over in 3rd spot behind our red and black clad rivals. Making a welcome appearance over one lap was Steve White who cruised round in a stylish 52 seconds, getting the feel of the distance, and confessing later to having had several seconds in hand. Steve pulled us right up and Philip Gee gave another "guttty" performance, fighting to keep us in a good position so that the sting in our tail, Martin Scott, would be all set for another clash with Tarquini. Martin immediately went to the front but ran steadily, holding back as much as possible, knowing he could outspurt the other man in the final stretch. Neck and neck they hit the straight and for the second time in the afternoon our man carried Belgrave's colours to the tape.

The match was ours, albeit with the lowest winning score of the day throughout the South.

	'A'	'B'
100m	1. S.White ..... 11.6	1. M.Marshall ..... 12.0
200m	1. S.White ..... 23.0	2. M.Marshall ..... 23.9
400m	1. M.Scott ..... 50.8	2. P.Gee ..... 53.8
800m	4. D.Wiseman ..... 2:03.4	4. A.Mead ..... 2:08.4
1500m	4. J.Boardman ..... 4:30.1	4. D.Wiseman ..... 4:36.0
5000m	4. L.O'Hara ..... 15:17.0	4. L.O'Coy ..... 16:45.8
110mH	3. R.Hopkins ..... 19.0	4. A.Bentt ..... 21.3
400mH	3. C.Brooks ..... 60.2	1. R.Hopkins ..... 59.5
3000mSC	4. A.Black ..... 10:00.4	3. C.Pearson ..... 10:40.2
Long J	1. M.Scott ..... 6.91	1. M.Marshall ..... 5.81
High J	1. R.Hopkins ..... 1.70	2. A.Bentt ..... 1.65
Triple J	4. M.Marshall ..... 12.32	2. A.Bentt ..... 12.28
Pole V	3. R.Hopkins ..... 2.75	3. A.Bentt ..... 2.44
Shot	2. C.Brooks ..... 12.66	1. J.Martin ..... 11.06
Discus	5. C.Brooks ..... 32.94	4. W.Couzens ..... 19.88
Javelin	3. C.Brooks ..... 43.40	2. W.Couzens ..... 37.22
Hammer	4. W.Couzens ..... 30.88	4. J.Martin ..... 24.34
4 x 100m	1. Belgrave H (M.Scott, M.Marshall, C.Gillett, S.White).... 44.5	
4 x 400m	1. Belgrave H (R.Hopkins, S.White, P.Gee, M.Scott)..... 3:29.6	

Match Result: 1. BELGRAVE H 122pts; 2. Herne Hill H 115pts; 3. Epsom & Ewell H 103pts; 4. Aldershot, Farnham & D 101pts; 5. Blackheath H 98pts.

Competing in the 'Multinational' Meetings in South Africa in April gave John Bicourt the chance to try his hand at high altitude racing. At Johannesburg (6,500ft) he clocked 9:09.4 behind Bonzet (S.A) 8:56.8 and Davies (TVH/GB) 9:04.8, and at Pretoria (4,000ft) these three repeated their placings with 8:56.0, 8:57.6, 9:01.8. At sea level Port Elizabeth, John notched up a 2nd in 8:43.2 to Fava (Italy) 8:32.0

FROM THE N.U.T.S. 1973 CLUB RANKINGS.

1. Cardiff AAC, 2. Birchfield H, 3. Thames Valley H, 9. Queens Park H, 21. BELGRAVE H (4th S.League), 25. Croydon H, 26. Hercules Wimbledon AC, 29. Windsor Slough & Eton (2nd S.League), 31. Met. Police (3rd S.League), 39. Oxford City (1st S.League), 45. Epsom & Ewell, 48. Blackheath H, 53. Herne Hill H, 57. Surrey AC, 58. Surrey Beagles, 61. Aldershot Farnham & Dist., 63. Mitcham AC. 102 clubs were listed.

# SURREY CHAMPIONSHIPS

MAY 14th/16th/18th 1974 - MOTSPUR PARK

This was a "Surrey" to remind one of the vintage years of the late fifties and early sixties. There was glorious weather, a reasonable standard of competition, and a Belgravian in every Senior track final. The rabble of Bels. sitting on the grassy slopes overlooking the back straight took in the sunlight on bared chests, sank the odd ale, and generally enjoyed themselves.

Reg. Hopkins, Surrey Decathlon Champion already, had a busy day. During the heats he drastically improved his best 400m time and qualified for the final but on the Saturday he was not quite at his best. To add insult to injury, he was knocked out of the final six in the Long Jump by club mate Steve Crosbie who chose this occasion to up his best ever distance. However, it was due mainly to Reg that we won the Charles Peach Memorial Trophy for the club scoring most points in the Championships.

Mick Marshall narrowly beat Charlie Gillett in a tight 200m, having gained 3rd in the 100m and Philip Gee was at his most aggressive, tearing out that first 200m in the one lap event and hanging on to gain a medal. In the middle distances Colin Pearson improved his best 1500m time and Danny Wiseman recorded an impressive 1:54.7 in the 800m heat only to find that the 'snap' had gone when it came to the final. John Bicourt's 5000m bid seemed to be going well until the last few laps when a rapid acceleration by the leaders left him stranded.

100m: 3. M.Marshall 11.4; 5. P.Williamson 12.4. 200m: 2. M.Marshall 23.1; 4. C.Gillett 23.2; nq - P.Williamson 24.5. 400m: 3. P.Gee 51.2; 6. R.Hopkins 55.2 (51.5 ht). 800m: 8. D.Wiseman 1:59.6 (1:54.7 ht); nq - A.Mead 2:00.6. 1500m: 10. C.Pearson 4:08.0 (4:07.2 ht) 5000m: 6. J.Bicourt 14:27.8; C.Pearson 16:18; LJ: 5. S.Crosbie 6.53; nq - R.Hopkins 6.19. HJ: 4. R.Hopkins 1.75. 110mH: 4. R.Hopkins 16.9. 400mH: 5. R.Hopkins 60.5.

Charles Peach Memorial Trophy: 1. BELGRAVE H 81pts; 2. Epsom & Ewell 72pts; 3. Sutton & Cheam 62pts.

Below: Reg. Hopkins Jnr. - Surrey County Decathlon Champion for 1974.

Photo: Ron Linstead



## STEVE WHITE ~10.6/21.2!

Superfast times came from Steve White in the 100th Oxford v Cambridge match on May 16th at West London, and it was nice to read in the paper next morning: "White is Oxford's hero". Unfortunately a strong following wind made the times invalid for record purposes but he surely must be on the verge of reducing his legal personal bests. He took the 100m in 10.6, the 200m in 21.2, the Long Jump with a leap of 5.82 and was a member of the winning 4 x 100m team.

On Sunday 2nd June, the day after he had turned out for Belgrave in four events in a league match, he improved his best Long Jump for the year with 7.19m whilst representing the Southern Counties.

## O'Hara wins Club 10,000m

MAY 22nd 1974 - BATTERSEA PARK - 10,000m CLUB CHAMPIONSHIP.

It's easy to say that once again Laurie O'Hara beat Lionel Mann to retain the Club Championship over 10,000m but that statement simply does not do justice to either man. Nor does it tell of the pain that both suffer as one tries to break the other until, as usual on that 25th lap, Laurie's final burst prevails.

The battle for the bronze was most interesting. It was a four way contest between Dougs. Jardine and Maughan, Leo Coy and Clive Shippen. They kept within a couple of yards of each other until half-way when Leo, suffering from stitch, dropped back by some 30 - 40 metres. Doug. Jardine now took up the running from Doug. Maughan and the laps gradually reeled off. Suddenly, Leo was catching them again and with six to go they were all together once more. Now Doug. Jardine tailed back for good and as the last few circuits were approached an exciting finish was promised. The pace slowly rose but Leo clung on to the other two until at the classic 300m mark he was away. It was a good run to celebrate his birthday but that third place medal was no gift, he had to work for it.

1. L.O'Hara .....	31:41.6	6. D.Jardine .....	34:42.8
2. L.Mann .....	31:49.4	7. D.Davies .....	36:49.8
3. L.Coy .....	34:15.6	8. C.Henn .....	37:05.6
4. C.Shippen .....	34:19.0	9. R.Coombs .....	37:10.8
5. D.Maughan .....	34:20.2	10. J.Flynn .....	39:48.4

1st Class Standards: O'Hara, Mann.

2nd Class Standards: Coy, Shippen, Maughan.

After a dismal debut at the "Dukes" Ron Langheim turned up at Wimbledon to start the Boys' races. His initial "To your marks - Get set" was followed by, well, nothing. The guns hadn't been cocked or something. And when the judges did hear his whistle, the timekeepers didn't.

However, after a while the whole thing began to gel and Ron was improving all the time. Until the last race, when for some reason or other he shot himself. Looking at his pretty wife I couldn't see the logic in this, and as he made his crimson way to the stand someone shouted, "Get off the track!".

His own comment after two injections and twelve stitches in his hand, "I'll be the laughing stock of Belgrave", which of course is nonsense. As someone pointed out, he can always use the other hand.

C.E.M.

# TOUGH GOING IN ESSEX

JUNE 1st 1974 - MAYESBROOK PARK, ESSEX.

Our team for the second league meeting was stronger than the one we took to Sutcliffe Park so there was every hope of another win. Unfortunately the opposition was stronger too and instead of winning we were pushed down into second place by Essex Beagles. Even our ever reliable Steve White was forced to accept a couple of second places, a most unusual occurrence, and this in spite of producing a noteworthy 10.9/21.9.

Two welcome newcomers to the team were Peter Crosbie and Paul Whitby. Peter, a Youth, produced some good throwing in the Javelin and with 45.47m reached 3rd place in the 'A' event. Paul, who comes from Sussex and has only just joined the Club, clocked a snappy 16.3 in the high hurdles, a time which he will almost certainly be trimming down some more this summer. The 4 x 100m relay squad chalked up an impressive win in 43.4, beating the second team by well over 10 metres and running in a way that augurs well for the championship relays later in the season.

Another good point for us was the form shown by Cliff Brooks (wearing his hair in fashionable braids), gradually returning to peak fitness.

We had two double wins in the Long Jump and the 400m. With Steve White and Martin Scott in the Long Jump we have a duo capable of taking on anyone, and Martin also figured in the other double, this time with Philip Gee as a partner. But with only two other winners, Charlie Gillett and Mick Marshall, we were not good enough to hold the Essex Club. We can only pride ourselves on seeing how obviously pleased these clubs are when they do manage to defeat Belgrave.

'A'

'B'

100m	2. S.White	10.9	1. M.Marshall	11.1
200m	2. S.White	21.9	1. C.Gillett	23.2
400m	1. M.Scott	51.2	1. P.Gee	51.6
800m	4. P.Carton	2:00.8	3. J.Boardman	2:02.4
1500m	3. J.Stow	4:01.6	3. J.Rimmer	4:08.1
5000m	3. L.Mann	15:24.0	2. T.Hart	15:38.0
110mH	3. C.Brooks	16.4	2. P.Whitby	16.3
400mH	3. C.Brooks	58.4	2. R.Hopkins	60.1
3000mSC	5. C.Shippen	10:32.0	4. C.Pearson	10:43.2
Long J	1. M.Scott	6.89	1. S.White	6.38
High J	4. R.Hopkins	1.75	4. A.Bentt	1.70
Triple J	4. M.Marshall	11.95	4. A.Bentt	11.57
Pole V	3. R.Hopkins	2.89	2. A.Bentt	2.89
Shot	2. C.Brooks	13.46	4. J.Martin	9.85
Discus	3. C.Brooks	34.62	5. J.Martin	27.04
Javelin	3. P.Crosbie	45.47	3. W.Couzens	42.32
Hammer	3. W.Couzens	31.06	4. J.Martin	24.47
4 x 100m	1. Belgrave H (M.Scott, M.Marshall, C.Gillett, S.White)	43.4		
4 x 400m	2. Belgrave H (R.Hopkins, C.Brooks, M.Scott, P.Gee)	3:29.5		

Match Result: 1. Essex Beagles 136pts; 2. BELGRAVE H 118pts; 3. Mitcham AC 105pts; 4. Haringey & Southgate 94pts; 5. Feltham 85pts.

We were well represented in the Inter-Regional Championships at Crystal Palace on May 26th/27th. Carl Lawton (46:07.8) in the 10,000m walk and John Bicourt (8:36.6) in the Steeplechase both won for Surrey. Now representing Berkshire Steve White ran in the 100m heats (11.1) and was 6th in the 200m final (22.2). In the Long Jump Martin Scott (6.75) finished 10th for the North Eastern Counties.

We also had an interest in the 1mile where Chris Barber, one of our 2nd-claim members qualified for the final with 4:05.5, beating the eventual winner Dave Black in the process. Suffering from a bad cold he was forced to pull out in the final, and finished the day up in bed. Incidentally, Chris has clocked 1:53.6 for 800m this season as well - couldn't we do with that talent.

# WALKING

Where have all the flowers gone?

This issue of the "Belgravian" coincides with the departure of Allan Callow for New Zealand, to the land that attracted him a few months ago. Since his arrival from the Isle of Man in 1971 Allan has been prominent in many of our competitions including our winning National teams and we regret that he is to leave us at a time when we are slightly on the weak side

Our weakness at present appears to be based on the failure of our younger members to persevere when the going is a bit hard. Success will seldom if ever come immediately but a little sustained effort could well produce the results in time. There is also the problem that Walking is very much an individual sport in the sense that members are spaced over wide areas and find it difficult to get together for training. However, with the arrival of the summer one hopes that the tide will turn and that those in hibernation will reappear.

Some of our turn-outs in races over the past few months have been disappointing especially in the 10k and 20mile Club championships.

The lighter side of the issue has been the regaining of both the National 10 miles, on which Harry Shields reports, and the Met. 20 kilos.

Johnathan Dunsford has been continuing his consistent performances including a win in Eire in an inter-club meeting. Our schoolboys have all succeeded in reaching the All-England Schools meeting, results of which will appear later.

CARL LAWTON

## COUNTY ROUND-UP

### SURREY 10 miles

FEBRUARY 24th 1974 - WIMBLEDON.

1. P.Selby .....	(Surrey)	78:10	10. R.Farley .....	87:20
2. H.Timms .....		82:43	15. R.Hall.....	90:08
3. R.Middleton ..	(BELGRAVE)	83:12	22. J.Keown.....	96:05
6. D.McMullen .....		84:40	23. J.Morris .....	99:36
9. J.Bromley.....		85:54		

Teams: 1. Surrey 17pts; 2. BELGRAVE H. 25pts; 3. London Vids. 44 pts.

### MIDDLESEX 10 miles

FEBRUARY 23rd 1974 - ENFIELD.

1. J.Lord .....	(High)	74:43	12. D.Fotheringham .....	91:43
4. J.Hall .....	(BELGRAVE)	81:47		

### SURREY 10 km

APRIL 10th 1974 - BATTERSEA.

1. P.Selby .....	(Surrey)	47:14	5. J.Bromley .....	52:24
2. C.Lawton .....	(BELGRAVE)	47:59	6. D.McMullen.....	52:48
3. A.Lucas (BELGRAVE Guest)		51:12	11. J.Morris .....	60:20
4. K.Read .....	(Surrey)	52:16		

### MIDDLESEX 10 km

1. S.Lightman .....	(Met)	46:50	3. J.Hall .....	(BELGRAVE) 49:32
2. C.Fogg.....	(Enf)			

**MIDDLESEX 20 miles**APRIL 20th 1974 - ENFIELD

1. S.Lightman ..... (Met)2:39:	19. D.King ..... 3:14:54
2. C.Fogg ..... (Guest)2:43:	20. J.Dunsford ..... 3:16:06
15.D.Fotheringham (BELGRAVE)3:12:28	

**SURREY 20 miles**APRIL 27th 1974 - WIMBLEDON

1. C.Lawton ..... (BELGRAVE)2:46:00	20. D.King ..... 3:15:33
2. P.Hodkinson.... (Camb. H.)2:46:04	24. G.Farley..... 3:20:06
3. P.Selby..... (Surrey)2:49:20	25. D.Fotheringham..... 3:21:03
4. R.Middleton... (BELGRAVE)2:49:42	31. J.Keown..... 3:28:15
11.J.Hall..... 3:04:19	32. J.Morris..... 3:28:15
18.R.McMullen..... 3:14:11	

★★★

**BELS. WIN NATIONAL '10'**MARCH 16th 1974 - WHETSTONE, LEICESTER - R.W.A. NATIONAL 10 MILE CHAMP.

When I arrived home at midnight, I was greeted by my wife with the time hallowed words, "What sort of day have you had?" There is only one answer. A day spent with Jack and Joan Goswell, the company of our walkers, the knowledge that Belgrave had played its full part, administratively and in active participation, adds up to one thing - complete satisfaction.

What an amazing record we have in this Championship since its inception 28 years ago. Champions 11 times and placed 11 times. No other club nears this unique performance and again this was to prove no exception.

While watching the race my impression was we had been beaten, so imagine my elation when working out the results to hear Jack suddenly say, "We have won!"

Reviewing the result sheet shows "superb packing again bore its fruit" Too much praise cannot be given to Allan Callow for leading our team to victory, ably supported by his team mates John Moullin, Ray Middleton and Carl Lawton. Carl, the captain, had recently had leg trouble and it was his determination over the last two miles that ultimately gave victory. The forward walking of John Hall must give him great satisfaction while Dave McMullen, who took part in the first Championship, can only be described as a phenomenon.

**HARRY SHIELDS**

1. P.Marlow .... (Southend) 72:58	46. J.Hall ..... 81:41
2. R.Thorpe ... (Sheffield) 73:32	62. D.McMullen ..... 83:23
3. E.Taylor ..... (Nomads) 73:42	68. J.Bromley ..... 83:59
12. A.Callow .. (BELGRAVE H) 76:59	97. M.Scammell ..... 86:35
28. J.Moullin ..... 79:37	119. J.Dunsford ..... 88:19
33. R.Middleton ..... 79:52	146. D.Fotheringham ..... 90:30
36. C.Lawton ..... 80:31	193. J.Keown ..... 97:53

Teams: 1. BELGRAVE H 78pts; 2. Brighton & Hove; 3. Sheffield 91pts.

★★★

MARCH 9th 1974 - COVENTRY - GREYFRIARS OPEN YOUTH/JUNIOR 6 Km.

1. B.Lines (Sheffield) 27:33;	9. J.Dunsford (BELGRAVE) 29:30 (1st Youth);
22. R.Tanner (BELGRAVE) 31:11.	

MARCH 30th 1974 - WEST LONDON STADIUM - A.A.A. 10 Km.

1. P.Marlow (Southend) 44:58.4;	2. R.Adams (Leics) 45:51.0;	3. S.Lightman (Met.WC) 46:30.0;	14. R.Middleton (BELGRAVE) 49:24.2;	20. J.Hall 51:07.0.
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APRIL 3rd 1974 - CHIGWELL - INTER-SERVICES MATCH.

1. A.Seddon (Met. Pol) 76:50;	2. J.Lord (Civil S) 79:24;	3. P.Selby (CS) 79:41;	7. R.Middleton (CS) 82:12;	12. J.Hall (CS) 85:30.
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# A 1st victory over Brighton

APRIL 6th 1974 - BATTERSEA PARK - METROPOLITAN WALKING CLUB MEETING.

A one point margin gave Belgrave victory over Brighton after they had dominated the early stages. In the Youths, Jonathan Dunsford could not hold the Steyning youngster.

1. R.Thorpe .... (Sheffield) 95:24	31. D.McMullen ..... 109:27
2. P.Selby ..... (Surrey) 96:24	32. J.Dunsford ..... 109:29
3. S.Lightman ..... (Met) 96:45	44. G.Farley ..... 113:05
8. C.Lawton ..... (BELGRAVE) 100:44	57. D.King ..... 116:54
9. R.Middleton ..... 101:15	58. E.Stroud ..... 117:01
15. J.Hall ..... 103:40	68. D.Potheringham ..... 120:04
25. J.Moullin ..... 107:08	80. J.Morris ..... 123:46
26. J.Bromley ..... 107:13	83. J.Keown ..... 125:22

Teams: 1. BELGRAVE H 38pts; 2. Brighton 39pts; 3. Ilford 52pts.

H'cap: 3. J.Bromley; 12. J.Hall.

Youths  $\frac{3}{4}$  miles. 1. J.Morris (Steyning); 2. J.Dunsford (BELGRAVE).

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A jumble sale was held on March 30th and a good turn out by members and their families resulted in a profit of £45.06 for club funds. Our thanks to them and to ..... yes, you've guessed, Gwen and Bill Couzens.

Belgrave's winning score in the 1974 National 10 mile Championship was a record high for the event. It is worth noting that we have also scored lower than any other club in this race with 13 points in 1947.

## Slough 35 km

MAY 4th 1974

1. S.Lightman ..... (Met) 2:57:21	8. J.Dunsford..... 3:26:39
2. L.Ruddock .....(Ilford) 3:09:27	19. J.Keown..... 3:51:26
3. I.Richards ..... (Met) 3:17:55	20. J.Morris..... 3:51:33
7. D.King .....(BELGRAVE) 3:26:39	

Teams: 1. Met. W.C.                      2. Verlea                      3. BELGRAVE

## NATIONAL 20km

MAY 11th 1974 - SHEFFIELD

Not the strongest field that we would have liked to have turned out, but without Allan Callow we could not expect much. Olly Flynn led from 5k\* to the finish while further back Carl Lawton was well placed in the first 20. Disqualification of Lightman, Thorpe and Wallwork enabled him to gain places without trying and eventually he ended up 10th. Middleton and Moullin walked steadily through pulling back places over the undulating course, and John Hall ambled through as 4th man. John Dunsford managed to overcome the usual consistency of John Bromley who was suffering from stomach ache.

1. O.Flynn ..... (Basildon) 92:06	33.J.Moullin ..... 102:28
2. P.Marlow ..... (Southend) 92:32	36.J.Hall ..... 103:40
3. R.Mills ..... (Ilford) 93:06	59.J.Dunsford..... 108:54
10.C.Lawton .... (BELGRAVE) 95:48	73.J.Bromley ..... 112:45
26.R.Middleton ..... 100:49	

Teams: 1. Southend 37pts; 2. Brighton 51pts; 3. Sheffield 80pts;  
4. BELGRAVE 89pts.

## National Schools Champs.

MAY 11th 1974 - REDDITCH

Jonathan Dunsford could only manage 4th in the Intermediate, losing out by one second at the finish. Both Stuart Bennett and Nigel Greaves walked steady races to finish in the top half.

In the Senior Boys, Martin Bennett put in a creditable time for 5th position.

Intermediate:

1. M. Dunion.....(Essex) 23:31	23.S.Bennett .....(Mx/Bels) 27:10
4. J. Dunsford... (Mx/Bels.) 24:18	27.N.Greaves ..... (Surrey) 27:30

Senior:

1. P.Dodd                      (Warwicks) 49:12	5.M.Bennett..... (Mx/Bels) 52:18
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MAY 12th 1974 - CRYSTAL PALACE - SOUTHERN COUNTIES A.A.A. OPEN MEETING

1. C.Lawton .....(BELGRAVE) 13:35	3.J.Hall ..... (BELGRAVE) 14:23
2. B.Armstrong ... (Ilford) 13:56	4.M.Scammell ..... 14:54

## Southern 10km

MAY 15th 1974 - CRYSTAL PALACE

1. S.Lightman ..... (Met)	44:40	14.M.Scammell .....	49:13
2. C.Lawton .....(BELGRAVE)	45:37	15.J.Hall .....	49:17
3. P.Selby ..... (Surrey)	46:35		

## Surrey 3000m Win For Lawton

MAY 18th 1974 - MOTSPUR PARK

1. C.Lawton.....(BELGRAVE)	13:32	3.D.McMullen .....	14: ?
2. B.Keegan .....( - )	14:03		

### Junior

1. N.Greaves .....(BELGRAVE)	10:44		
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## Middlesex 3000m

MAY 18th 1974 - WEST LONDON STADIUM

1. S.Lightman ..... (Met)	13:22	3.J.Hall .....	(BELGRAVE) 14:15
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## In Reply To Bill Laws

No doubt some members who read Bill Laws' article will have said to themselves, "He's right you know". I would suggest that Bill attends Belgrave Hall for training sessions and involves himself in Club affairs. I will comment on the main points of the article.

### 1. Widen the membership.

To encourage new membership, Gordon Biscoe and myself this winter alone have officiated at the City Police Relay, Police and Inter-Services C.C. Race and a cross country race for cyclists. Others also help and we had good support at the Ravensbury Park and Merton Shows.

I might add it is no good encouraging people to join the Club if they should arrive at Belgrave Hall for training and find only a few old members like myself present. Members must be prepared to show Club spirit and help youngsters and new-comers.

### 2. Re-build.

I doubt if we could afford a larger site at today's prices. We do own the freehold of our present site and can improve our premises which are already better than any other club owned HQ I have visited round the country.

### 3. Finance through an appeal fund.

This financial year already the sum of £129 has been donated and this does not include the President's Appeal Fund.

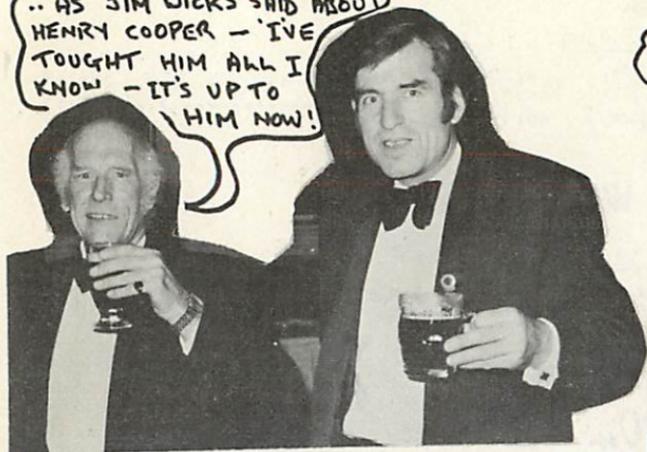
### 4. Get support from the Council.

What negative thinking. It's just as well past members did not sit back and wait for something to fall into their laps.

Unfortunately there are a number of Bill Laws in the Club, continually saying, "If only THEY would do so and so!"

J.V.BAKER

.. AS JIM WICKS SAID ABOUT HENRY COOPER - I'VE TOUGHT HIM ALL I KNOW - IT'S UP TO HIM NOW!



WHEEWWW! THE DONT MAKE 'EM LIKE THAT ANY MORE.

COR.. I SHOULD HAVE A COLD BATH



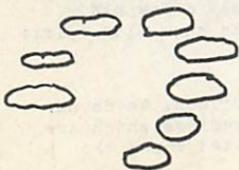
DONT WORRY - I'VE GOT HIM CHAINED DOWN - IT'S THE FULL MOON D Y'EE

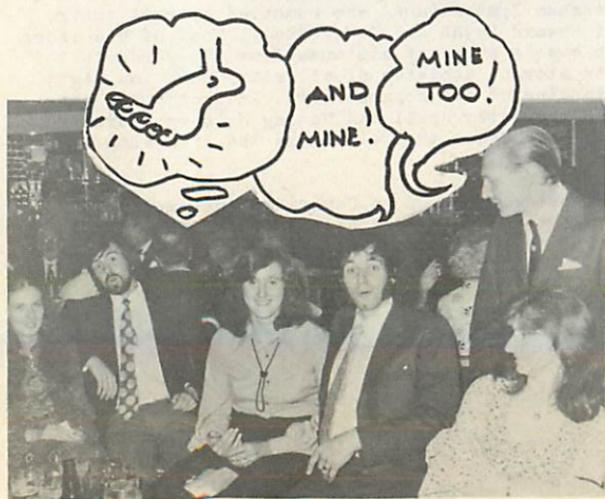


TRUST YOU TO FORGET YOUR KLEENEX AT A MOMENT LIKE THIS



SMILE! HE'S ENJOING THIS - EVEN IF WE AREN'T!





★

# SPOTLIGHT ON .....

## CHARLIE GILLETT



"Come on Charlie. Come on. Come on." The cries of encouragement from Charlie Gillett's wife Buffy and children Suzy, Jody and Ivan, have become a regular feature at our league meetings. And more often than not that encouragement is rewarded as Charlie powers round the 200 metre bend and notches up another five points for Belgrave Harriers. To the track and field team he needs no introduction, and those with an interest in rock music will certainly have heard of the name of Charlie Gillett before now.

Charlie was born in Lancashire on 20th February 1942 but grew up in the town of Stockton-on-Tees in Durham. His only recollections of his schooldays at Grangefield Grammar School involve athletics. As a youngster he became a member of Billingham Synthonia AC who numbered amongst their members the famous names of Howard Payne and J.H.Metcalf. Most of his races in those days were handicap events over any distance from 100 yards to 1 mile and these races used to attract athletes of all standards. You might well have found Ron Hill standing on the scratch mark. In fact after the Rome Olympics the New Zealanders Peter Snell and Murray Halberg toured Britain and whilst up in the North East they also toed the line with athletes from the Durham area.

In 1961 Charlie left Teesside to go up to Cambridge University and his immediate aim was to get into one of the sports teams - not necessarily athletics, for he was prepared to tackle cross-country, rugby, anything. He ran for the University team of Alverstone AC, trying to find the weakest point of their track team so that he could lever his way in. Each week before a fixture, the names of those selected would be posted in the window of a local sports shop and on one occasion as Charlie eagerly scanned the list he picked out his own name - as second string quarter-mile hurdler. He immediately made his mark by running that race in 59.8, anyone who could beat one minute being classified as "a born hurdler".

His ambition now was to beat 50 seconds for the quarter-mile on the flat, after all, he had clocked around 51 seconds as a 17 year old. Training long and hard his times crept down but that barrier just would not be broken. Every week he ran fifty-point-something and one afternoon he even raced three times over one lap only to have the watches stop at 50.2 - 50.6 on each occasion.

1964 was a good year for Charlie. He won the British Universities 440 yard championship in ..... yes, fifty-point-something-else, and by now he had met Buffy and they moved to Bristol. His training slackened off but he was selected to run for the Northern Counties A.A.A. in a relay and it was something of a revelation to find that his relay split was 49.8. And then in an N.C.A.A.A. match against the American Brigham Young University he reached his goal with 49.5. He was astounded, for on virtually no training he had attained what had hitherto seemed impossible. His outlook on athletics immediately changed - athletics is for enjoyment.

Now he was off to the United States of America. He had toured there a couple of years previously, and after visiting places like New Orleans and El Paso his already keen interest in music was intensified. At Teachers College Columbia in New York his athletics came to a stop. "How anyone ever does any sport in New York I don't know. There just seem to be no facilities what so ever."

Returning to London in 1966, he took up a teaching post at Kingsway College for Further Education. He found it tough going and eventually left this career in 1969. About this time Penguin Education asked him to contribute towards a book about sport entitled "All In The Game", and whilst driving across Chelsea Bridge he had noticed a running track down between the trees. He had vowed to call in there when he had a little more time so why not combine the writing with a return to running as well? A little jogging at Battersea Park track and the next step was to approach a by-stander and enquire, "Do you know of a club round here?". Well, as the by-stander was Bob Taylor the reply was obvious, and after a three year lay off, Charlie was back on the track.

His first event was the long hurdle race again in the Cecil Fry Trophy Meeting at Ilford. He reflects, "I was running quite contentedly around the final turn when four or five guys I'd never seen before suddenly started shouting and urging me on. Wow! These people take it seriously, I thought, so I finished as hard as I could." His time was 55.6 and by the end of the season he was down to 54.4, a personal best and Club Record.

Charlie is deeply involved in writing for the music papers and broadcasting, and his book "Sounds of the City", a history of music since the 1950's was put out by Sphere Publications in 1970. Occasionally he appears

continued on page 33.



Right: Charlie sets out on another 200m. His best times are 200m/22.6, 400m/49.5, 400mH/54.4.

# ROAD RUNNING

## It's North again in '5<sup>3/4</sup>'

MARCH 16th 1974 - WIMBLEDON.

The turn-out for this race was a little bit healthier than for some of our Cross Country Championships this year although still below those we have had in former years.

"I'm only just getting fit so I'm not taking it seriously", but Gerry North never could resist a challenge and once again, after running the best part of the race with the leading group, turned it on at the end to grab the verdict from Lionel and Laurie. John Stow pleased himself and the selectors for the Southern Relay with a very fine run after his gradual return to form in the latter part of the cross country season. It was also good to see Danny Wiseman back from wherever it is he disappears to in the winter. It's a pity we don't have his talent around more often on the country and road. Junior, Simon Holmes, got up into the respectable half of the field and Michael Manning, a youth, brought comfort to those of us looking for some new Belgrave talent with a splendid first time run in this event. Michael earned himself the handicap prize and the recognition of being a must in our future teams.

1. G.North	(0:30)	28:09	18. D.Davies	(6:00)	34:10
2. L.Mann	(1:00)	28:11	19. R.Coombs	(6:00)	34:17
3. L.O'Hara	(0:30)	28:13	20. A.Bruce	(6:30)	34:45
4. J.Stow	(1:15)	28:35	21. E.Thorp	(7:00)	35:15
5. P.O'Connor	(1:30)	28:53	22. D.Jones	(8:00)	35:32
6. T.Hart	(1:00)	29:12	23. C.Henn	(7:30)	35:59
7. J.Rimmer	(1:15)	29:26	24. A.Stroud	(8:00)	36:03
8. C.Pearson	(1:45)	30:04	25. G.Piddington	(7:00)	36:33
9. L.Coy	(3:00)	30:51	26. P.Williamson	( - )	36:37
10. D.Wiseman	(4:00)	31:44	27. R.Glover	(8:00)	36:38
11. R.Dixon	(5:00)	32:04	28. J.V.Baker	(9:30)	36:47
12. M.Manning	(6:00)	32:18	29. J.Flynn	(8:30)	37:07
13. D.Maughan	(4:15)	32:39	30. A.Mead	(8:00)	37:23
14. D.Crookes	(5:30)	32:47	31. P.Gee	(8:00)	37:51
15. S.Holmes	(5:00)	32:51	32. C.Manning	(10:00)	38:02
16. P.Pringle	(5:30)	33:10	33. J.Plummer	(10:00)	39:27+
17. S.Barrett	(5:00)	34:04	34. J.McDonald	(9:00)	42:41

+ short course.

Handicap:- 1. M.Manning 26:18; 2. R.Dixon 27:04; 3. L.Mann 27:11.

## Cambridge H. Road Relay

MARCH 23rd 1974 - BEXLEY.

'A'		'B'	
J.Stow	(2) 16:06	C.Pearson	(12) 16:40
W.Weller	(3) 16:20	A.Fairclough	(14) 17:28
G.North	(4) 16:10	T.Hart	(10) 16:34
L.Mann	(4) 16:22	D.Wiseman	(13) 17:53
P.O'Connor	(3) 16:30	L.Coy	(13) 17:40
L.O'Hara	(4) 16:22	D.Maughan	(12) 18:05

continued on following page ....

## CAMBRIDGE ROAD RELAY continued ....

'C'

S.Holmes	(26)	18:13	W.Kerr	(28)	19:52
C.Henn	(29)	19:46	G.Biscoe	(22)	20:23
E.Thorp	(28)	19:59	Team did not close in.		

Teams: 1. Hercules Wimb. AC 96:13; 2. Cambridge H 96:57; 3. Aldershot, Farnham & D. 97:32; 4. BELGRAVE H 97:50.

## Thames Valley H. Road Relay

MARCH 30th 1974 - CRANFORD

'A'

G.North	(9)	16:55
J.Stow	(6)	17:02
W.Weller	(5)	16:50
P.O'Connor	(5)	17:13
L.Mann	(7)	17:41

'B'

C.Pearson	(23)	17:35
T.Hart	(11)	17:00
P.Carton	(17)	18:19
A.Fairclough	(16)	18:04
R.Dixon	(20)	19:33

'C'

S.Holmes	(52)	19:22
D.Crookes	(48)	19:31
D.Maughan	(38)	19:03
E.Thorp	(37)	20:25
G.Biscoe	(35)	21:14

'D'

I.Young	(51)	19:25
D.Davies	(58)	20:33
F.Paget	(50)	19:51
A.Stroud	(42)	21:35
C.Manning	(38)	22:16

Teams: 1. Thames Valley H 83:22; 2. Reading 83:44; 3. Herc. Wimb.AC 84:06; 7. BELGRAVE H 85:41

## Veterans

'A'

C.Shippen	(42)	18:36
J.Davies	(38)	19:07
P.Newall	(32)	18:21

'B'

R.Coombs	(62)	20:04
C.Henn	(63)	20:28
D.Jones	(54)	20:50

Teams: 1. Ealing & Southall 53:11; 2. BELGRAVE H 56:04;

'C'

J.V.Baker	(78)	21:39
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Teams: 1. Ealing & Southall 53:11; 2. BELGRAVE H 56:04; 3. TVH 57:35

## BELGRAVE ROAD RELAY

APRIL 6th 1974 - WIMBLEDON - BELGRAVE &amp; SOUTHERN COUNTIES A.A.A. R.RELAY.

G.North	(7)	25:24	L.Mann	(5)	26:32
J.Stow	(2)	16:08	T.Hart	(5)	16:43
W.Weller	(1)	25:49	J.Phelan	(3)	25:48
P.O'Connor	(1)	16:26	A.Fairclough	(3)	17:08
J.Bicourt	(1)	26:03	L.O'Hara	(4)	25:27
C.Pearson	(2)	16:56	J.Rimmer	(5)	16:56

Teams: 1. Thames Valley H 4:12:19; 2. Aldershot, Farnham & D 4:13:51; 3. Cambridge & Coleridge 4:15:04; 4. Hercules Wimb. AC 4:15:11; 5. BELGRAVE H 4:15:20

John Blair-Fish continues his fell running activities up North. On April 6th he finished 28th in the Pendle Fell Race and three weeks later was placed 3rd in the Goatfell Hill Race at Brodick, Isle of Arran.



Above: The 5 $\frac{1}{2}$  mile road race. Left to right - Stuart Barrett, Paul Williamson, John Flynn (obscured), Paul Pringle and Dave Davies.

Photo: Ron Linstead

APRIL 15th 1974 - FELTHAM AC EASTER 5 MILE ROAD RACE.

1. F.Briscoe (Herc.Wimb.AC) 23:11	73. F.Paget .....	29:03
68. R.Dixon .....(BELGRAVE) 28:08	86. R.Conway .....	32:09

Teams: 18. BELGRAVE H 194pts.

**INTERNATIONAL VETS' 10km**

On Sunday May 19th in Paris, a 10,000m road race for Veterans was held as a curtain raiser to the World Veterans Marathon. A team of Bels made the trip but the race turned out to be a bit of a fiasco when half the field went off course and took a short cut. Clive Shippen, running in 18th place before the disaster, found himself 92nd at the finish, although by the same token Fred Paget did come up to 39th. Only the first five runners of the original leaders managed to get back to the front, amongst them Laurie O'Hara who was only narrowly defeated. Belgrave did not appear in the official result but after unofficial calculations placed 3rd behind German and French teams.

1. A.Ida (WG) 38:15; 2. L.O'Hara (BELGRAVE) 38:19; 3. H.Jesberg (WG) 38:40

## Finchley '20'

APRIL 20th 1974

Coming as it does, in recent years, only a week before the National Road Relay, this race has tended to be avoided by most of our leading road runners and thus it was this year left to Lionel Mann to lead home our team of lesser but hardworking mortals. Lionel's time of 1:52:10 was itself indicative of a return to form and recovery from some stomach trouble that he had suffered in the recent relays and for his efforts won himself the Beds. & Hunts. County title held in conjunction. Our next man home, Doug Maughan, gave a very creditable performance in his first "twenty", easily breaking the two hour barrier and taking 2nd place to Lionel in the Beds. & Hunts. Championship. Stewart Barrett also reaped the efforts of his consistent training of late and here's hoping he continues to improve on this now without any more long lay offs.

1. H. Leeming .....(Derby)	1:39:18	92. S. Barrett .....	2:04:10
2. K. Angus (Sheffield U.H)	1:42:21	111. J. Davies .....	2:08:12
25. L. Mann .....(BELGRAVE)	1:52:10	118. P. Pringle .....	2:10:06
60. D. Maughan .....	1:59:01	163. G. Piddington .....	2:35:59
		dnf J.V. Baker .....	

Teams: 1. Verlea 49pts; 2. TVH 49pts; 3. Ealing & Southall 58pts;  
11. BELGRAVE H 180pts.

Bedfordshire County Champ. held in conjunction: 1. L. Mann; 2. D. Maughan.

## Canterbury '6'

APRIL 20th 1974

A departure from our normal routine at this time of the year, it was decided to run this one to give some of the team competition between our own 12 stage relay and the National. As it was, it turned out to be a very pleasant afternoon with Belgrave getting back amongst the 'pots' after the recent lean spell. The course was ideal with only a small amount of traffic in the early stages. The rest of the race was run in quiet country lanes and the service roads of an orchard in full blossom. Whilst in the terms of a well-known soap advert, one could hardly call a bunch of steaming runners "beauty cradled in fragrance" it made the suffering that much more pleasant.

A return to form Gerry North was only just held off at the end by a younger element from Invicta, a club to be reckoned with next year when some of their new signings become first claim. Trevor Hart, also back in form, ran himself into a long stage for the National Relay and Pat O'Connor did a typical "run through" at the end. With Tony Fairclough suffering from a heavy cold and joining the supporters, it was left to a still far from fit Bill Kerr, straight from a decorating session at home and still with paint in his hair, to complete our scoring team. He was rewarded with his share in the 'pots'. As the results show the team places were very close and in spite of two recounts, demanded by the captain and team manager respectively, we still had to be content with second place to Invicta by one point.

1. R. Newble .....(Invicta)	28:25	6. T. Hart .....	29:13
2. M. Brameld .....(Invicta)	28:27	7. P. O'Connor .....	29:27
3. G. North .....(BELGRAVE)	28:32	32. W. Kerr .....	32:43

Teams: 1. Invicta 30pts; 2. BELGRAVE H 31pts; 3. Blackheath H 42pts.

APRIL 27th 1974 - HERNE HILL HARRIERS 10 MILE ROAD RACE.

1. I. Woodward (Leamington)	52:19	43. P. Pringle .....	61:05
37. S. Barrett ....(BELGRAVE)	59:56	58. G. Piddington .....	67:04
39. J. Dooley .....	60:13		

Teams: 8. BELGRAVE H 80pts.

# NATIONAL ROAD RELAY

APRIL 27th 1974 - SUTTON COLDFIELD

In recent years Sutton Coldfield's reputation has done little to commend it to our hearts and this year was no exception. It did nothing for our health! nothing for our runners! and nothing for our prestige! After a pleasant drive up by car, the weather broke and the start coincided with the downpour which we have now come to expect. This seemed to set the seal in the race as far as any Southern club was concerned. Any ideas they may have had of breaking the Midland stranglehold on this race were soon washed away, as the results show.

It is true we were not at full strength, missing Laurie O'Hara, due to work and domestic commitments, and John Bicourt who was in South Africa. Unfortunately, Pat O'Connor and Bill Weller were both suffering with minor ailments which caused them to run below form but, having made due allowance for all these reasons, we were still some minutes behind the leaders although everyone tried their best. It is probably best summed up by a comment made at the time - "We are not just up against good club competition, with the likes of Dave Black (Smallheath H.) and Brendan Foster (Gateshead) around it's world class competition". This, of course, once again highlights our need for good new blood in the team, but on a brighter note, it was great to see Peter Carton back in the team (which I hope will now be permanent) and showing something like a return to form with our second fastest short leg of the day.

J.Stow .....	(15)	26:56	P.O'Connor .....	(20)	27:51
P.Carton .....	(14)	15:01	A.Black .....	(18)	15:29
J.Phelan .....	(17)	26:45	W.Weller .....	(19)	27:21
J.Rimmer .....	(17)	15:14	A.Pairclough .....	(19)	15:37
G.North .....	(16)	26:56	T.Hart .....	(19)	27:00
C.Pearson .....	(16)	15:19	L.Mann .....	(17)	14:55

Fastest short leg: G.Morgan (Cardiff) 14:11

Fastest long leg: B.Poster (Gateshead) 24:28

Teams: 1. Tipton 4:06:35; 2. Edinburgh 4:07:06, 3. Cardiff 4:07:15; 4. Gateshead 4:07:19; 5. Coventry 4:09:35; 6. Airdale & Spennings 4:09:50; 7. BELGRAVE H 4:14:25.

MAY 4th 1974 - HAMPSTEAD 10 MILE ROAD RACE.

1. R.Richardson(Blackheath)	49:55	59. J.Dooley .....	59:58
3. W.Weller .....	(BELGRAVE) 50:27	78. S.Barrett .....	63:06
54. P.Pringle .....	59:16		

Teams: 9. BELGRAVE H 82pts

## Bill Weller Leads Belgrave To Victory

MAY 11th 1974 - CHICHESTER TO PORTSMOUTH 16m ROAD RACE

One of the few point to point races left, this has long been an established fixture in the Belgrave calendar. This turned out to be our third successive team victory, only this year we went one stage further in providing the individual winner also, namely, Bill Weller.

Although the start was somewhat delayed by the non-appearance of the Mayor of Chichester, the official starter, once under way the field lost no time in settling down as they set out for Portsmouth in spring sunshine and a headwind. After the first mile a leading bunch of about seven had already formed, including Bill Weller, Lionel Mann and Trevor Hart with Pat O'Connor showing signs of becoming detached. At eight miles, Bill and Lionel had drawn away from the rest of the field by some 30 to 40 yards but with Trevor in close attendance with the chasing group. Around 12 miles Bill was out on his own and Lionel, having been caught, was tucked in behind Dugdale of T.V.H., Trevor was having a private battle with Chris Haines of Blackheath some 30 seconds behind whilst Pat was having a similar struggle with Ian Wilson, also Blackheath, some distance further back.

Thus the procession entered Portsmouth with Bill coming home a clear winner, Lionel just unable to regain second place, and Trevor in spite of some anxious queries along the route as to "where's Pat! - where's Pat!" completing our scoring team.

Pat, in spite of a bout of sickness near the end, still managed to get himself into the individual prizes, which was very convenient, as Bill's mother, delighted at his success after several attempts, had not only provided some tremendous vocal support for the team along the road, but I think was about to take up a collection on Pat's behalf as she didn't like to think of him being left out!

Eddie Thorp provided another good 'back up' run, as he has done so many times for us this year, whilst George Piddington scored a convincing victory over John Baker. - There's no need to be too smug about this though George, for if only we could convince John to stick to the shorter distances, which we all know he's better at, then you'd have problems - (Still, with 1:54:50 for 16 miles you must have them now, I should think! )

1. W.Weller ....(BELGRAVE)	1:25:59	11. P.O'Connor .....	1:29:50
2. G.Dugdale .....	(TVH) 1:26:28	57. E.Thorp.....	1:47:30
3. L.Mann .....	(BELGRAVE) 1:26:30	70. G.Piddington .....	1:54:50
5. T.Hart .....	1:27:12	81. J.V.Baker .....	2:13:36

Teams: 1. BELGRAVE H 9pts; 2. Blackheath H 19pts; 3. R.N.A.C (S) 42pts; 11. BELGRAVE 'B' 102pts.

## THE SAGA OF TEN THOUSAND MUTTERS

There is an old Polish proverb that goes "Never tell the devil too much of your mind", so when I just happened to mention up at the Hall that I was going to have a go in the 10,000 metres, a deathly hush fell about, heads turned and eyeballs cracked round in their sockets. I ventured to add that "10,000 metres was just a nice round number and I wanted to get a time", and I was with friends again.

As you all know, us cyclists know how to train hard and race hard, so I worked out a training schedule and a diet sheet, and stepped up my evening runs on the Embankment. On Saturday afternoons I ran my utmost and I even did a few press-ups before "brekkers".

But Easter was now upon us and we were away on our bikes, touring the West Country. Up hill and down dale, in all we covered about 300 miles but no running for about three weeks. So straight into running again and on one of the evening five mile runs on the Embankment my left foot started to hurt on the instep.

Now us cyclists never get this sort of trouble so I got all the advice I could and bathed it in hot water, cold water, hot water, cold water, rubbed it, strapped it, massaged it, cussed it, cursed it, kicked it, spat on it and after all this careful treatment it slowly got better.

I was way behind with my training and I missed the 'Ten' in the Park which I was going to use as a training run. Anyway I placed sponge rubber in my shoes and after a little rest started running again but very gently and I figured about 40 minutes for this 30 minute event as I wanted to run inside my limit.

So on the evening of 22nd May we were at Battersea Park track warming up. We lined up and were away. A few laps and the race settled down into a pattern, the fast runners in front and the not so fast behind (good thinking). After a while my mind settled down too .... ten laps gone... I think I'll go rock climbing for my holidays ... those power station chimnies are straight .... Laurie's going well ... must fill the scooter tomorrow .... Linda Manning is quite nice looking .... pity Charlie is such a good runner .... a real good dinner tonight ... Laurie's going well, and it was five laps to go.

I started to make my move but my left foot was beginning to hurt again and soon it was all over. I enjoyed the experience if enjoyed is the right word. A year ago I did not even run. So after a couple of gulps of power station fumes I was trotting round, working out my toxins.

Now the moral of this little story is, "always take note of Polish proverbs", and as a footnote, the Thumper Fan Club may be interested to know that at the time of writing my left foot is better but both legs ache like hell!

**THUMPER**

# YOUNG ATHLETES

Great things are happening amongst the younger element in the Club. In each age group records are being broken and several of our Youthful members are on the verge of joining Martin Scott, a Junior, in representing Belgrave in full blooded Senior competition.

Particularly pleasing is the fact that so many of these new marks are being set on the field, an area which has been neglected in the past. Peter Crosbie, for example, launched the Javelin out to 53.97m in a meeting at Camberley. This broke the Youths Club record set 17 years ago and he has subsequently sent the Senior implement over 49 metres. Albert Ryan is another with a powerful arm action, promising great things with the Discus.

Down in the Boys section there is an even greater state of flux. Whilst Mark Shippen has been setting a worthy Club best in the Pole Vault, at a height which must be considered for Youth and Junior records as well, Ivan Beaumont has been pushing out the Triple Jump 'frontier'. The results of the Friday night weight sessions have made a dramatic impression in the Shot where many lads have virtually doubled their last year's performance, with Martin Munro leading the field. David Warren is the 'Samson' of the group. There can't be many boys of twelve years old who can do six military presses with a 60lb bar.

## MARCH 16th 1974 - WIMBLEDON - COLTS 1½ MILE ROAD RACE.

1. G.Budinger .....	10:23	5. J.Johnson .....	11:43
2. S.Shanks .....	10:56	6. P.Thorp .....	11:54
3. G.Wallace .....	11:22	7. S.Wahab .....	12:27
4. M.Munro .....	11:38	8. A.Byrne .....	12:31

## MARCH 24th 1974 - CRYSTAL PALACE - SOUTHERN COUNTIES OPEN MEETING.

Junior 100m: 1. M.Scott 11.3. LJ: 1. M.Scott 7.12. Youths Javelin: 1. P.Crosbie 49.80.

Our apologies to Michael Manning. In our last issue we reported that he had won the Youths cross country championship, which of course he did, but unfortunately the report was headed 'Adrian Cook wins Youths Championship'.

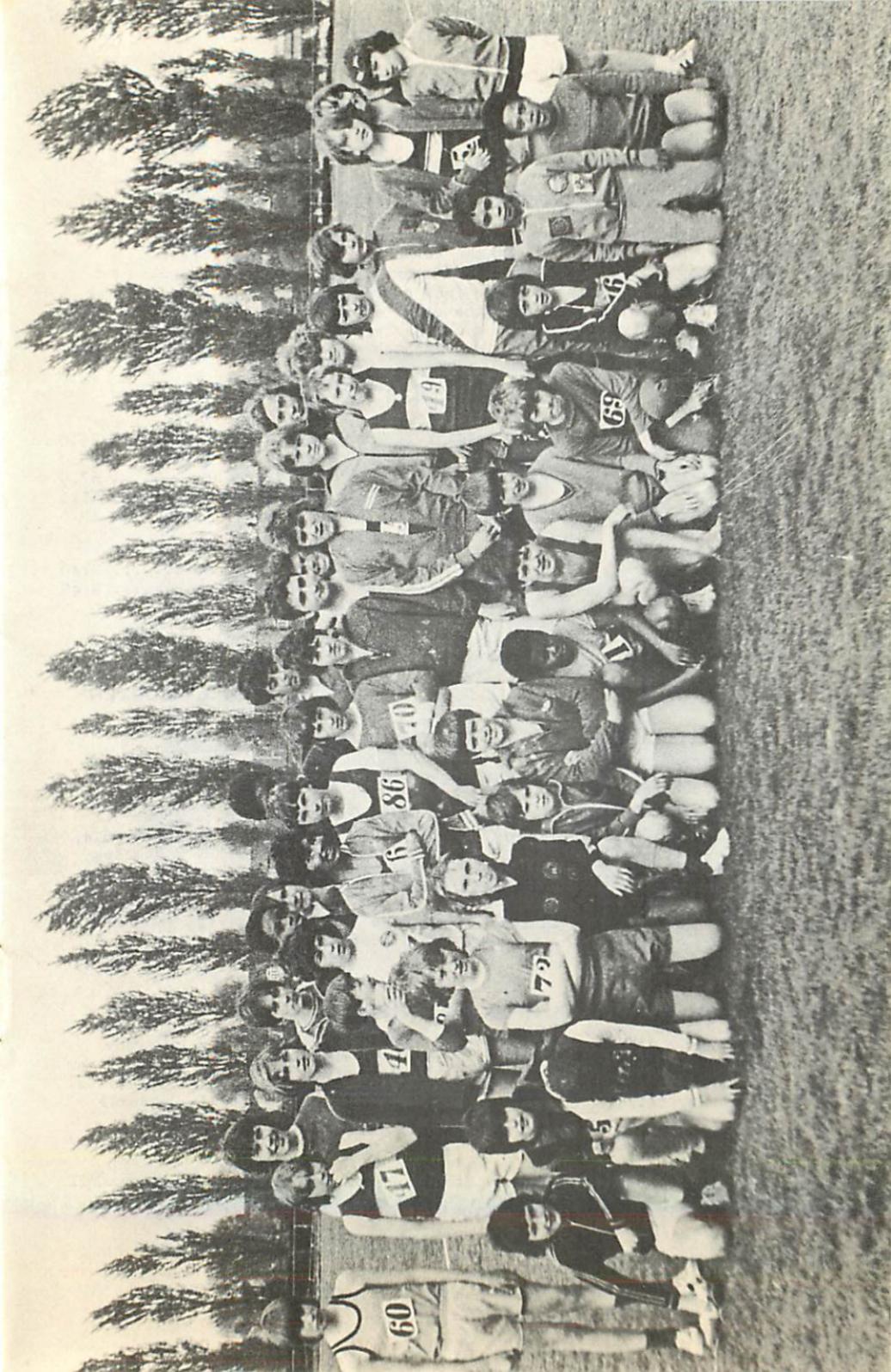
JUNIOR BOYS CLUB RECORDS: Further research since our last issue has revealed three marks set by Garry Budinger last year. 800m/2:41.0, 1,000m/3:31.7, 1,500m/5:32.0

## Youths Competition

200m		Pts	SHOT		Pts
P.Crosbie	26.9	20	P.Crosbie	34' 7½"	20
D.Richards	28.8	19	D.Richards	26' 0"	19
P.Warren	30.8	18	P.Warren	18' 9½"	18

Opposite Page: Over forty boys took part in our 'Battersea Bells' v Wimbledon Bells' match at Wimbledon Park on May 12th. It was a great success.

Photo: Reg Hopkins Snr.



## The Night Of The Gladiators

Belgrave Hall can rest in peace at least until September when "they" are back.

Yes, the pulling, heaving, pushing, gasping, struggling, gritting of teeth, Friday night training for Boys is over for the summer break. Some twelve to fifteen boys have attended these sessions continuously for five months and from learning to lift the weights correctly, they have progressed rapidly in technique and strength. The weight training is followed by circuit training where four exercises finishing with a short sprint are carried out one after the other against the stopwatch, and the fastest times of the evening are keenly sought after. Finally hand-ball gives a lighter side to the evening although not a game for the faint hearted, especially the referee.

Best times for the circuit training are as follows:-

### 1 circuit

M.Munro .....	51.5	L.Iannucci ....	58.0	D.Warren .....	65.0
G.Budinger ....	53.0	P.Miller .....	59.0	D.Lawrence .....	65.0
S.Shanks .....	54.0	P.Warren .....	60.0	C.Hemmings .....	67.0
D.Couzens .....	54.0	R.Divito .....	60.0	S.Wahab .....	67.0
P.Clay .....	56.5	A.Vallance ....	61.0	A.Byrne .....	70.0

### 2 circuits

S.Shanks .....	2:00	D.Couzens .....	2:17	C.Hemmings .....	2:40
M.Munro .....	2:06	P.Miller .....	2:19	A.Byrne .....	2:40
P.Clay .....	2:15	S.Wahab .....	2:34		

### 3 circuits

G.Budinger ....	3:20	D.Couzens .....	3:24	P.Miller .....	3:25
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## BILL COUZENS

MAY 12th 1974 - WIMBLEDON PARK - WIMBLEDON BELS. v BATTERSEA BELS.

### GROUP I (11 and under)

100m: 1. L.Johnston 16.1; 2. M.Smith 16.1; 3. D.Couzens 16.5; 4. D.Hicks 16.6; 5. S.Fernandes 17.0; 6. P.Headley 17.5; 7. M.Flynn 18.3. 400m: 1. M.Smith 76.0; 2. L.Johnston 76.6; 3. D.Hicks 80.3; 4. S.Fernandes 85.4; 5. B.Hicks 87.8; 6. M.Flynn 90.9. 800m: 1. S.Shanks 2:51.5; 2. P.Headley 2:58.8; 3. P.Miller 3:03.8; 4. D.Couzens 3:09.2; 5. D.Lawrence 3:43.8. 1500m: 1. S.Shanks 6:11.9. Long Jump: 1. S.Shanks 3.59; 2. D.Couzens 3:47; 3. A.Byrne 3.33. High Jump: 1. M.Smith 1.06; =2. B.Hicks 0.99; =2. M.Flynn 0.99; 4. L.Johnston 0.91; Shot: 1. D.Lawrence 5.28; 2. P.Miller 5.00. Javelin: 1. D.Hicks 13.02; 2. D.Lawrence 11.86; 3. P.Miller 10.62.

### GROUP II (12 to 13)

100m: Heat One 1. S.Lane 13.7; 2. J.Mead 13.9; 3. C.Hemmings 14.5; 4. A.Smith 14.6. Heat Two 1. M.Shippen 14.1; 2. D.Hayter 14.8; 3. P.Murphy 15.1; 4. S.Wahab 17.3; 5. G.Morgan 17.4. Final 1. S.Lane 14.1; 2. M.Shippen 14.2 3. D.Hayter 14.3; 4. J.Mead 15.0; 5. C.Hemmings 16.0; 6. A.Smith 17.4. 400m: 1. S.Fletcher 65.9; 2. M.Munro 68.6; 3. P.Murphy 68.7; 4. J.Searle 76.4; 5. P.Clay 84.2. 800m: 1. G.Budinger 2:33.6; 2. S.Fletcher 2:36.6; 3. M.Cain 2:53.4; 4. J.Searle; 2:56.6; 5. M.Munro 3:07.8. 1500m: 1. G.Budinger 5:56.0. Long Jump: 1. M.Shippen 4.36; 2. D.Hayter 4.03; 3. J.Mead 4.02; 4. P.Murphy 3.86; 5. M.Munro 3.64; 6. R.Divito 3.52. High Jump: 1. S.Lane 1.35; 2. A.Smith 1.32; 3. S.Wahab 1.19; 4. S.Fletcher 1.19; 5. G.Morgan 1.16; 6. P.Clay 1.06. Shot: 1. R.Divito 9.23; 2. D.Warren 7.78; 3. G.Morgan 7.73; 4. G.Budinger 7.05. Javelin: 1. M.Shippen 23.78; 2. J.Mead 20.58; 3. D.Warren 16.92; 4. C.Hemmings 15.98; 5. M.Cain 15.16.

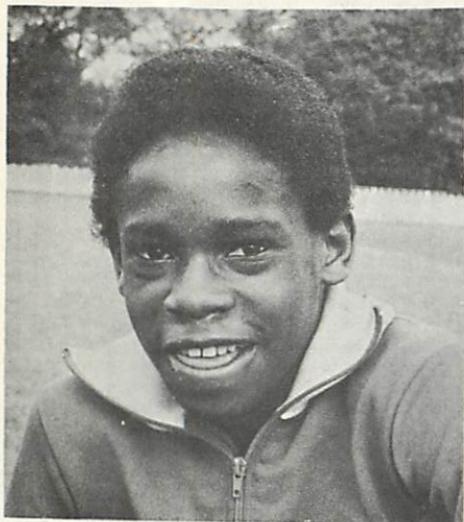
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GROUP III (14 to 16)

100m: 1. M.Farraday 13.4; 2. D.Bailey 13.4; 3. G.Wallace 14.9; 4. M.Reidy 15.5. 400m: 1. D.Bailey 60.5; 2. A.Cook 61.4; 3. I.Beaumont 62.4. 800m: 1. D.Didino 2:44.5; 2. D.Richards 2:48.0; 3. G.Wallace 2:54.2. 1500m: 1. A.Cook 5:13.5; 2. M.Reidy 5:34.6. Long Jump: 1. I.Beaumont 4.89; 2. M.Farraday 4.79; 3. D.Didino 4.42. High Jump: 1. A.Cook 1.44; 2. D.Didino 1.42. 3. G.Wallace 1.21. Shot: 1. L.Iannucci 10.45; 2. N.Yusaf 10.29. Javelin: 1. N.Yusaf 28.50; 2. L.Iannucci 19.00.

4 x 100m 1. Battersea 54.0; 2. Wimbledon 56.6

Overall Match Result: 1. Wimbledon 130pts; 2. Battersea 95pts.



## MEET DAVID BAILEY

Michael David Bailey favours athletics to the exclusion of all other sports. He ran well in his school races last summer and went on to represent Kennington School in the district championships over 1500 metres. David, as he prefers to be called, then heard about Belgrave Harriers from a friend and lost no time in turning up at Battersea Park one Sunday morning.

This rangy youngster from Vauxhall has not looked back since. Several times throughout the winter he performed well over the 'country' and now that the track season is with us again and with the careful guidance of coach Frank Simmons, he has revealed a turn of speed in the sprints that has already caught a few Seniors unawares in training sessions.

As he is now 14 years of age this will be his last season in the Boys age group and he hopes to do well in the Surrey Championships at Motspur Park where he has entered the 80 metre hurdles, 200 metres and 400 metres. His immediate aim is to improve on his best 200 metres (26.8) and 1500 metres (5:00) and to this end he trains three times a week with the occasional extra run in the early morning. But it is the steeplechase that figures in David's long term plans, and if the enthusiasm and potential he has already shown are anything to go by, he will be making his presence felt in this event in a few years time.

After two events in the Boys Competition the leaders are as follows:-  
M.Munro 40pts, M.Shippen 32pts, M.Smith 30pts, D.Bailey 26pts, S.Fletcher  
25pts, C.Hemmings 24pts, P.Churchley 24pts.

## Boys Competition

200m	Actual Time	H'cap Time	Pts	SHOT	Actual Dist.	H'cap Dist.	Pts
M.Munro	30.9	24.9	20	M.Munro	25' 7"	32' 7"	20
S.Shanks	32.5	25.3	19	N.Yusef	31' 6 $\frac{1}{2}$ "	32' 6 $\frac{1}{2}$ "	19
M.Shippen	29.5	25.9	18	D.Warren	25' 6"	32' 6"	18
J.Mead	30.5	26.9	16	R.Divito	27' 2 $\frac{1}{2}$ "	31' 2 $\frac{1}{2}$ "	17
S.Fletcher	29.3	26.9	16	M.Smith	21' 4"	29' 4"	16
D.Bailey	28.1	26.9	16	S.Wahab	20' 10 $\frac{1}{2}$ "	28' 10 $\frac{1}{2}$ "	15
M.Smith	34.2	27.0	14	M.Shippen	24' 9 $\frac{1}{2}$ "	28' 9 $\frac{1}{2}$ "	14
M.Cain	32.2	27.4	13	C.Hemmings	23' 7"	28' 7"	13
P.Churchley	28.8	27.6	12	P.Churchley	27' 3 $\frac{1}{2}$ "	28' 3 $\frac{1}{2}$ "	12
C.Hemmings	32.6	27.8	11	P.Clay	20' 1 $\frac{1}{2}$ "	28' 1 $\frac{1}{2}$ "	11
I.Beaumont	29.1	27.9	10	D.Bailey	26' 4"	27' 4"	10
P.Murphy	32.8	28.0	8 $\frac{1}{2}$	S.Fletcher	25' 3 $\frac{1}{2}$ "	27' 3 $\frac{1}{2}$ "	9
D.Hayter	31.6	28.0	8 $\frac{1}{2}$	A.Vallance	18' 7"	26' 7"	8
P.Clay	35.5	28.3	7	A.Byrne	18' 1"	26' 1"	7
A.Byrne	35.6	28.4	6	D.Lawrence	18' 0 $\frac{1}{2}$ "	26' 0 $\frac{1}{2}$ "	6
D.Couzens	35.7	28.5	5	I.Beaumont	24' 6 $\frac{1}{2}$ "	25' 6 $\frac{1}{2}$ "	5
J.Searle	34.8	28.8	4	M.Cain	20' 5 $\frac{1}{2}$ "	25' 5 $\frac{1}{2}$ "	4
S.Fernandes	36.5	29.3	2 $\frac{1}{2}$	T.Percival	17' 4"	25' 4"	3
S.Wahab	36.5	29.3	2 $\frac{1}{2}$	P.Miller	16' 9"	24' 9"	2
P.Headley	36.6	29.4	2 $\frac{1}{2}$	P.Murphy	19' 5"	24' 5"	1
R.Divito	33.0	29.4	2 $\frac{1}{2}$	D.Couzens	16' 1 $\frac{1}{2}$ "	24' 1 $\frac{1}{2}$ "	-
T.Percival	37.0	29.8	-	S.Shanks	15' 6"	23' 6"	-
N.Yusef	31.0	29.8	-	P.Stride	15' 4"	23' 4"	-
A.Vallance	37.2	30.0	-	S.Fernandes	15' 2"	23' 2"	-
P.Stride	37.7	30.5	-	D.Hayter	18' 9"	22' 9"	-
G.Gardner	33.0	30.6	-	P.Headley	14' 7"	22' 7"	-
P.Miller	38.3	31.1	-	J.Searle	14' 7"	21' 7"	-
D.Worley	38.7	31.5	-	J.Mead	17' 7"	21' 7"	-
D.Warren	37.5	31.5	-	K.Sturmev	13' 2 $\frac{1}{2}$ "	21' 2 $\frac{1}{2}$ "	-
D.Lawrence	39.3	32.1	-	G.Gardner	18' 10"	20' 10"	-
A.Smith	37.2	34.8	-	J.Hicks	16' 11"	18' 11"	-
K.Sturmev	42.4	35.2	-	D.Worley	10' 8"	18' 8"	-
M.Flynn	42.6	35.4	-	M.Flynn	9' 11"	17' 11"	-
J.Hicks	38.0	35.6	-	A.Smith	14' 9"	16' 9"	-

## Three Surrey Champions

MAY 14th/16th/18th 1974 - MOTSPUR PARK - SURREY COUNTY A.A.A. CHAMPS.

This was one of our most successful Surrey Championships for a long time, with a Champion from Belgrave in each of the age groups.

Peter Crosbie retained his Youth Javelin title although he was a little disappointed with the distance and Albert Ryan excelled with 2nd place in the Discus.

In the youngest group, the Senior Boys, it was really pleasing to watch Mark Shippen tackle the Pole Vault with a maturity beyond his thirteen years. He survived early difficulties at the lower heights and after getting the uprights moved back a few inches went on to exceed his best training height (this was his first competition) by some 50cm. His winning vault of 2.65m would not disgrace any Southern League Senior! Mark will still be eligible for the same age group next year.

continued on following page ....

## SURREY A.A.A. CHAMPIONSHIPS continued ..

Ivan Beaumont put in some good jumping and his 11.15m in the Triple Jump beats the Club Senior Boys record set 13 years ago. Over 400m, David Bailey in only his third attempt at the distance including the heats, set up a worthy personal best of 58.6 and was unlucky not to get amongst the medals, coming through strongly in the finishing straight.

Martin Scott's performance in the Long Jump was remarkable. His second leap carried him 7.13m beyond the take-off board - a personal best, Junior Club record and 12cm better than the previous County Championship best performance. Two jumps later he improved again to 7.17m, a distance which puts him 8th in the United Kingdom so far this year. His 49.7 for 2nd place in the 400m final seemed quite commonplace after that, inside the old County record as it was. It is obvious that Steve White's Junior Club mark of 49.4 is in danger.

Juniors.

400m: 2. M.Scott 49.7. 1500m: 6. S.Holmes 4:22.1. LJ: 1. M.Scott 7.17 (Jnr. Club Record/ Champ. Best).

Youths.

Discus: 2. A.Ryan 32.18. Javelin: 1. P.Crosbie 47.02

Senior Boys.

200m: nq - D.Bailey 27.0. 400m: 4. D.Bailey 58.6. 800m: nq - G.Budinger 2:31.3. 1500m: nq - G.Budinger 5:12.9. LJ: 5. I.Beaumont 5.11. TJ: 4. I.Beaumont 11.15 (Snr. Boys Club Record). Pole Vault: 1. M.Shippen 2.65m (Snr.Boy/Youth/Junior Club Record).

Trevira track suits in claret with gold side stripes are available at the tremendous price of £4.50 for Colts and Boys. This price is something like half what you could expect to pay normally. If you are interested, get in touch with Clive Shippen, 24 Fryston Avenue, Coulsdon, Surrey. Telephone 660 0480. You will need to give the following measurements: Chest, Waist, Hips, Full height, Thigh, Calf, Inside leg, Length of sleeve from shoulder seam to wrist with arm bent.

## SPOTLIGHT ON CHARLIE GILLETT continued from page 21

on "chat-shows" on TV, for whenever there is anything to be said about contemporary music, Charlie Gillett is the man to say it. His programme "Honky Tonk" on Radio London on Sundays at 12 noon has been on the air for over two years now and is a favourite with those who love good rock music.

The thing Charlie likes most about athletics is the competitiveness. He likes nothing better than to get out on the track and run as hard as he can. Fitness is really just an incidental. What does bother him is the generally poor presentation of the sport. He comments, "Buffy isn't really interested in sport but she likes to come to an athletics meeting and enjoys it for it's variety of events. There must be many more people who would become interested if only it could be put over to them in the first place." Belgrave Harriers he regards as a pretty good set-up which is efficiently run, and he particularly appreciates the advice given by Frank Simmons during Sunday morning sessions (before he has to dash off to the studio and "Honky Tonk" that is). One weakness though, he feels, is the fact that we are an all male club. As he says, "It's nice to see that some people take along their girl friends and wives to watch the meetings but it could be better still with a ladies section."

ALAN MEAD

Stories of wonderful times by Tony Brien have been filtering through from the United States. Times like 13:29 for 3 miles followed half an hour later by 8:29 for 2 miles in a relay, both races indoors on the boards. The following article appeared in "Runners World" in May and gives some idea of what our member at Marymount College has been up to.

## AN IRISHMAN IN KANSAS

by Skip Olsen

If you've heard of Marymount College it has probably been because of Tony Brien. Marymount is in Salina, Kansas, and has an enrollment of about 600. Tony Brien is from Ireland. He is the NAIA cross-country and indoor two-mile champion, but perhaps his biggest accomplishment since coming to the United States was his fourth place in the AAU cross-country.

When Brien decided to come here, he didn't know of Marymount himself. Two friends from Ireland, brothers Phil and Liam Ryan, had persuaded Tony to join them at Cal Poly in Pomona. Brien arrived only to find the school had filled its quota of foreign students.

The Ryans contacted Tom Rupp, a former Poly coach who had gone to Marymount. Rupp said sure, send him along. How often does a school of 600 in Kansas come across an almost-Olympian?

At 18, Brien had been good enough to make the Irish team for the international cross-country championships. His competitive running had only started when he was 17, having evolved from his soccer playing. The soccer team ran 6 - 8 miles three days a week at a track club's facilities. The club's coach talked Tony into running for its youth team, and his running career blossomed quickly after that.

It wasn't without hitches, however. "Due to severe attacks of tendinitis and shin splints," Brien says, "I have never been able to train continuously for a long period of time." He didn't have another injury-free period until almost three years after he ran the cross-country international.

"In the spring of 1972, I remained free of injury long enough to train for the Olympic trials in the marathon. I ran twice a day for four months (99% LSD\*) and built my mileage up to 180 a week. I finished fourth in 2:18:45 (my previous best was 2:46). The first three went to Munich."

At the time, Brien was working as an air traffic controller in the British Air Force, and he says, "the shift work was not conducive to hard training. So when I was offered an athletic scholarship in the States I jumped at the chance to be able to train harder plus gaining the benefits of travel and a college education."

He tried to train harder when he got to Kansas in late 1972, but the tendon problems cropped up again. Tony placed 20th in the NAIA cross-country race as a freshman. Last track season, he began to come around. He ran a 29:18 six-mile at the Kansas Relays. The same weekend he did 2:26 in the meet's marathon. A week later he had a 2:27 marathon at the Drake Relays. Again he was having tendon troubles - hardly a surprise considering the heavy schedule of races. (Brien himself says he prefers only to run a hard race every two months or so, with the others being easier and used as training sessions.)

By the fall, 22-year-old Tony was back in the best form of his life. He won all but three races, losing only to Australian Garry Bentley (NCAA College Division champion from South Dakota State), Kenyan Mike Boit, and US Olympians Frank Shorter, Doug Brown and Jeff Galloway - these three in the AAU.

Brien had lost to Boit by 15 seconds in an early season race. They met again at the NAIA, this time on Marymount's home course in Salina. Tony says he was hoping to place "in the top three". But after the first mile, he felt he could win. That first mile was run in 4:16! Boit ended up falling after two of the five miles and coming in 11th. The fall may or may not have changed the outcome. At any rate, a tailwind of 30 miles per hour pushed Tony across the line a comfortable winner in a course record time of 23:42.

\* LSD for the uninitiated means Long, Steady, Distance work.

# from the 'belgravian'

## 25 years ago

The Senior and Junior Surrey County Championships, with one or two exceptions, were held at Motspur Park on June 4th 1949 when the Club did quite well and the result of the Club's coaching methods was clearly seen.

Alan Sexton performed a double in winning the 100 and 220 yards and in the latter event he set up a new county record of 22.7 secs.

S.C.A.A. Junior Championships at Cambridge - July 9th. Sexton won his heat in 24.1; Tebbutt won his heat in 24.6; Picton, Marshall and Rae were each second in their heats. Sexton beat Marshall in the second round in 23.6; Picton won his second round in 23.9. Final: 1. A.Sexton 23.0  
4 x 110 yards relay 1. Belgrave 43.5 (Sexton, Marshall, Tebbutt, Rae).

A.A.A. Junior Championships at Birmingham - July 29th. In the 220 yards Alan Sexton won his heat in 22.8 secs. and the final in 22.1 secs., a new junior record.

## and 40 years ago

There is only one way to commence this issue of our Journal ( July - August 1934 ) and that is to extend our heartiest congratulations to A.W. Penny upon his magnificent win for England in the Six Miles event at the Empire Games.

It is no exaggeration to say that every one of us shares in the pleasure which Arthur undoubtedly feels, and it is our very sincere hope that this coming Cross Country season will find him National and International Cross Country Champion.....

..... Fine weather favoured the Club Championships held at Battersea Park on August 11th, and a number of sound performances were witnessed, even if there was nothing of a really exceptional character.

The mile was looked upon as one of the "star" events of the afternoon, and a good field including our Empire Champion, Arthur Penny, lined up for the start. Joe Flower led the field for a lap at a pace which suggested he had no intention of completing the distance - a suggestion which, of course, was soon confirmed. This left Allum, Shaw and Ring together. In the closing stages, last year's race was repeated, Allum again winning by a small margin from Shaw. Ring continued his wonderfully improved running by taking the third medal, and Penny finished fourth.

Fifteen walkers contested the 2 miles championship, and from the starting shot Brown led, with Harley on his heels for 200 yards. Joe King the Sussex Champion, then came into second position and so the race finished, with Don Brown never in any danger of being caught, although the time was fully three-quarters of a minute slower than his best.

E.S.Stimpson, 18½ years of age, showed style and ability in taking the 880 yards handicap. He should develop into a Club Champion, with maturer years.

Ted Stimpson is now on the Committee of the Middlesex County A.A.A. so if any of you lads over the river have any problems - he's your boy.

Back Page: Colin Pearson (7) and Clive Shippen (4) reach 'splashdown' during the Surrey County Championship Steeplechase. They finished 4th and 5th respectively. Photo: Ron Linstead.

