



THE 1st EDITION
(1931)
OF
THE BELGRAVIAN
JANUARY

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(to whom all monetary contributions should be sent).

Congratulations to W. A. Rice, our popular Social Hon. Secretary and mile champion, upon his recent marriage. His club-mates wish him many years of happiness, and a presentation will be made to Mr. and Mrs. Rice during our Social Evening at Wimbledon on the 24th.

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The following members were elected at the last Committee meeting : C. Grainger, E. W. Suttle, J. E. Read and E. Elmslie. We accord them a hearty welcome and hope we shall get to know them very well.

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The Club's congratulations have been merited during the past month by the following :—

Messrs. Penny, Cook, Wills, Carter, Bignall and Smith upon winning the Surrey Cross-country Championship.

Arthur Penny and Arthur Allum upon being the first men home in the Surrey and Middlesex Cross-country Championships, respectively.

A. L. Fletcher for winning the London Business Houses' Seven Miles Walking Championship.

Messrs. T. W. Green, J. F. King and E. Saunders upon finishing first, second and twelfth in the Godstone and back Walk, thus gaining first team honours.

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We share in the general regret at the news of the death of

Sir Joseph Hood, Bart., Mayor of Wimbledon, for he had been a Patron of the Club for many years, and had taken an interest in the Club's activities for some time past.

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As we go to press there comes the news of Arthur Allum's win in the London Business Houses Championship, and of Len Fletcher's eclipse of C. W. Hyde at Eltham. Also of the dual win in scratch and handicap team races at the Eltham Walk. Congratulations!

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THE OUTFITTING DEPARTMENT.

Club Vest	3	3
Club Vest Badge	1	6
Club Blazer Badge	2	6
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Obtainable from—

H. PARKER,
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Club Ties (3/- each, by post 3/3) from—
A. A. HARLEY, 44 Rosebury Road, S.W.6.

Now that the Championship season is almost upon us, every team member and supporter should wear a Club tie and so let others know his Club even when his voice is (temporarily) inactive.

THE FINAL INTER-CLUB RACE (DEC. 13th).

BY H. E. FOOTER.

East Sheen was the venue for the last of the three inter-club races held this season between Ashcombe A.C., Thames Valley H. and ourselves.

Only fifty-nine runners faced the starter and this must be put down to the close proximity of the festive season, when all the young bloods are inspired by admiring females to gaze earnestly into shop windows to see the decorations and other things. While the he-men wallow through the muck and slime these poor deluded youths think they are getting off lightly, but little do they know the female mind!

Well, to get to the sterner stuff, the 59 runners consisted of 24 "Bels.," 20 Ashcombe and 15 Thames Valley Harriers. The competitors undressed at "The Hare and Hounds" and then had

rather a long walk uphill to the Sheen Gate of Richmond Park, where they were to start and finish.

The start was a good one in which Cohen (Ashcombe A.C.), Joe Flower and Dewberry showed to advantage, then over half a mile of parkland and encircling the Deer Enclosure with the runners in the following order: Cohen, Allum, Penny, Jack Flower, Frank Webb, Nuti (T.V.H.), Carter, Dewberry, Morrell, Robertshaw, Smith and Joe Flower.

Thus at a mile and a quarter Belgrave had practically settled the team question and it only remained to see who would gain individual honours.

Skirting Pen Ponds and rounding Spanker's Hill Wood found many of the runners complaining of pains, a not unknown thing among athletes, I am afraid, so that the order changed slightly, though not among the leaders. After leaving White Lodge and crossing the bridge near Roehampton Gate, Cohen was gradually leaving the field and Arthur Allum, now seventy-five yards away, had to increase his efforts to hold the leader. Fletcher and Robertshaw, who had started slowly were now gaining much ground and many places.

Nearing the finishing post, Cohen led Allum by fifty yards and Arthur made a desperate spurt to try and gain the tape but was beaten by half-a-dozen yards or so, with Penny a hundred yards in the rear, followed by Jack Flower. Then came Warboys, Nuti, of the "Valley," Robertshaw, Dewberry, Carter, with a sprained ankle, Fletcher, who passed six in the last mile, Brown- ing (Ashcombe), Smith, at last finding a bit of form, and Joe Flower.

So Belgrave scored a hollow victory with nine in the first dozen.

RESULT.

	m. s.		m. s.
1. L. J. Cohen ...A.A.C.	29 9	20. R. G. Michael ...B.H.	32 18
2. A. AllumB.H.	29 12	25. F. R. Webb "	33 10
3. A. W. Penny..... "	29 47	28. H. L. Rollins ... "	33 12
4. J. E. Flower "	30 4	32. J. W. Woodley... "	33 53
5. S. H. Warboys... "	30 7	34. H. J. Freestone .. "	33 59
6. A. J. NutiT.V.	30 13	41. G. Still "	34 55
7. A. Robertshaw B.H.	30 50	43. L. J. Coleman... "	35 44
8. N. R. Dewberry .. "	30 56	45. R. J. Savage "	36 13
9. C. T. Carter "	31 11	47. A. E. Scott "	37 5
10. H. J. Fletcher... "	31 13	48. W. S. Dallimore .. "	37 19
11. A. E. Smith..... "	31 18	50. H. Roy "	37 28
13. T. J. Flower ... "	31 35	51. A. H. East "	37 40
16. T. F. Morrell ... "	31 55		

TEAM SCORES.		pts.
Belgrave H.—2, 3, 4, 5, 7, 8, 9, 10, 11, 13, 16, 20, 25, 27½...	...	160½
Ashcombe A.C.—1, 12, 14, 18, 21, 24, 30, 32, 35, 37, 39,		
40, 42, 46	...	391
Thames Valley—6, 15, 17, 19, 22, 23, 26, 27½, 29, 31, 36,		
38, 44, 49	...	382½

THE SEVEN MILES CROSS-COUNTRY CHAMPIONSHIP.

Once again, another murky day for the "Blackstaffe" Shield race. Dull, damp, misty weather greeted the thirty-two runners as they faced Mr. Gordon, our President, for the start. This was the nineteenth race for this particular trophy, presented as far back as 1910 by Mr. H. T. Blackstaffe, the Olympic Sculling Champion of 1908, and for which competition among our cross-country men to have the honour of being its guardian for each ensuing year has become more and more keen as time goes on. Now only the very fittest can hope to survive and be in at the finish.

This year was no exception to the rule and after a fast start the race developed into a gruelling struggle between those two well-known county athletes, Arthur Allum (Middlesex) and Arthur Penny (Surrey) while Allum is also our three miles Champion. In the breakaway two things were very noticeable, the lead gained by Joe Flower over the rest of the field, and the waiting tactics adopted by Sid Warboys. Both, I think, carried a little to excess their ideas to be of any great use to them.

The field, after crossing the road by the Village, soon closed on Flower, and Allum went to the front only to be headed by Jack Flower when crossing the Golf Links. Down Gravelly Hill Allum let out a link and made the pace a "corker."

First Jack, then Penny, and afterwards Harold Wills, our second-claim member from Herne Hill Harriers, tried to dispute the lead with Allum, between the bottom of the hill and Beverley Brook, but gave it up in disgust. When coming over the short rise by the cemetery, Allum was just ahead of Penny, and going up that short, stiff climb to the flagstaff they were practically together with Jack Flower about thirty yards behind. After him came Wills, then Warboys grunting like some over-fed bulldog and reminding me of another old Belgravian with his Birchell bellow. Dewberry stomped by me next, and in his wake came Frank Webb. Then came our old friend and International runner, Bignall, of Highgate Harriers, with Ernie Duffett, a former holder of this Belgrave Championship, in close company. Next

we have Bert Smith at last prepared to "do or die," with "Nobby" Fletcher at his heels.

Hello! here comes the "three starred nap," Tom Cotton, in quite a hurry. He must be after something very urgent to be dashing about like this. Hush! did somebody mention a handicap? Never let it be said that men are only running to-day for such paltry things. Lock! what's that, Shell? No, only Robertshaw, with Bill Webb loping along after him, looking as though it was "too much fag" even to run.

At this point about two miles from the start, the issue seemed already to be between the two in the lead, with Jack Flower standing an outside chance of getting on terms. But this Jack found impossible as the farther they went the faster the pace became in front. At the end of the first circuit, with another lap to go, Allum began to force the pace over the Golf Links, and Penny was hard put to hang on. Jack Flower by now had dropped back further still, and found when turning at the Village that he had a leeway of nearly a hundred yards to make up. Of the others, Warboys and Bill Webb had gained much ground, while Wills and Joe Flower were losing their positions.

After descending Gravelly Hill again, crossing the brook near Robin Hood Gate, climbing the horse-ride to the Flagstaff, the leaders were next seen near the Windmill, where Penny looked to be trying to take the lead. Jack Flower in third place seemed to be the same distance away as before, but Warboys was coming along fast. Apparently his previous efforts were to get up steam, and not, as I thought, a warning for people to get out of the way. Now came Bignall, who had gained three places on this lap; and Dewberry, with Frank Webb trying to get on terms. Bill Webb must have given himself a shake, for here he comes looking very fresh. Robertshaw with machine-like action and Duffett pounding along behind passed quickly, then Wills—wishing somebody had rolled out that last hill. Bert Smith pattered along just in front of Fletcher. Then came Joe Flower, finding the distance not to his liking, and after a short interval, Tom Cotton loomed from the mist, hoping his foot would hold out to the finish. Next, running together, Michael and Eastman, and after them, with brief gaps, the rest of the field with the two veterans, Dick Savage and George Still amongst them.

At last, with the passing of our "champion heavy-weight," Charlie Poulter, and the gathering dusk, I thought it time to hasten to the winning post.

Allum, I found had won by nearly two hundred yards in the very fast time of 39 min. 3 sec., or just a minute and a few seconds better than last year. Penny, I heard, had to contend with

stomach trouble over that last mile and explains why he fell away so at the finish.

Jack Flower ran in third, still about the same distance away from Penny as before, while Warboys was only a short distance behind him. Bignall occupied fifth place, with Bill Webb next, having passed his brother, Frank, and Dewberry in that burst across the common between the Windmill and Village.

Looking through results the following men: Allum, Warboys, Bignall and Bill Webb must have put in some sterling work over the last three miles.

Sufficient it is to say the handicap fell to our new Champion, Arthur Allum, while Tom Cotton had to be satisfied with second place, a few seconds to the good of Vice-Captain Dick Savage.

The result, as a whole, shows improvement on recent years as regards team-work, as the runners were closer together than of yore, though numerically the turn-out leaves much to be desired.

Surely there are amongst the five hundred odd members, men who, if they would only turn up and train, would walk into the team for such races as the Surrey County, South of Thames and other district races, while our Southern and National team can be improved by new blood, to infuse greater enthusiasm in the present men by their backing.

There is plenty of room for your talent in any of these teams, so why not try and get fit instead of standing about watching, with your nose on somebody's shoulder and your toes under somebody's boots? "Welcome."

H.E.F.

RESULT.

Posn.	Name	Actual Time	Allce.	H'cap Time	Posn. in H'cap
1.	A. Allum	39 3	0 25	38 38	1
2.	A. W. Penny	39 36	Ser.	39 36	10
3.	J. E. Flower	40 24	0 30	39 54	12
4.	S. H. Warboys	40 30	0 25	40 5	13†
5.	H. J. Bignall	41 1	1 45	39 16	6
6.	W. G. Webb	41 25	1 0	40 25	19†
7.	N. R. Dewberry	41 27	2 0	39 27	8
8.	F. R. Webb	41 34	2 0	39 34	9
9.	E. A. Duffett	41 48	1 30	40 18	17
10.	A. Robertshaw	41 50	2 0	39 50	11
11.	H. E. Wills	42 8	1 45	40 23	18
12.	A. E. Smith	42 8	2 0	40 8	15
13.	H. J. Fletcher	42 55	2 30	40 25	19†
14.	T. J. Flower	43 5	3 0	40 5	13†
15.	T. Cotton	43 41	4 45	38 56	2
16.	R. G. Michael	43 58	4 45	39 13	5
17.	W. H. Eastman	43 58	3 10	40 48	22

18.	F. J. Summerfield	...	44	5	...	2	30	...	41	35	...	24
19.	W. W. Wallis	...	44	5	...	2	50	...	41	15	...	23
20.	H. W. Woodcock	...	44	49	...	2	0	...	42	49	...	29
21.	H. L. Rollins	...	44	58	...	4	45	...	40	13	...	16
22.	A. C. Canard	...	45	3	...	2	30	...	42	33	...	27†
23.	R. J. Savage	...	45	49	...	6	50	...	38	59	...	3
24.	G. Still	...	47	8	...	8	0	...	39	8	...	4
25.	H. Roy	...	48	35	...	9	15	...	39	20	...	7
26.	R. Freestone	...	48	38	...	6	50	...	41	48	...	25
27.	W. S. Dallimore	...	48	48	...	6	30	...	42	18	...	26
28.	A. H. East	...	49	36	...	9	0	...	40	36	...	21
29.	A. E. Scott	...	50	3	...	7	30	...	42	33	...	27†
30.	C. E. Poulter	...	53	30	...	9	30	...	44	0	...	30

† Dead heat.

THE BOXING DAY MEETING.

Our Boxing Day Meeting was spoiled to some extent by the weather conditions but entries were well up to standard and some good running was seen by the few spectators who braved the pouring rain.

There were six heats in the 120yds. Handicap and the fastest up was G. Weston, a newcomer to the Club, and on his showing a decided acquisition to our meagre list of sprinters. Three of the other heat winners were Juniors, off long marks, while Jim Tosh and G. Tutin completed the finalists. T. C. Jones won the fourth heat but as his name was down for the fifth, the judges had no option but to disqualify him. In the final Pelcot, off next to limit, won with Clasby the limit man second, and Weston third.

A large field turned out for the 2 miles run with Bert Cook on the post of honour. He was conceding Allum and Jack Flower 5yds., but once the pistol went these two jumped away from him and commenced to forge their way through the field. However, after a couple of laps Woodley, another new member and off a long mark, had taken the lead and the farther he went the bigger his lead became. At the bell he had a huge lead with Eastman second, but round the back straight Allum, running finely, went into second place, but pursuit of the leader was hopeless. Eastman down the straight stalled off a challenge by Jack Flower and so finished third. The time, 9 min. 46 sec., speaks for itself and Woodley is to be congratulated on his good running even allowing for his long mark. Arthur Allum once again showed that Christmas festivities do not affect him and his was a very fine performance considering the large field which competed.

A good field started in the Walk and it was soon seen that a

close race would ensue between those two young walkers of infinite promise, C. W. Redgrave and R. F. Elson, who started from the same handicap mark. Eventually, Elson gained the advantage and won, but both walked well in again winning handicap awards. They are always doing this sort of thing and won't be happy until they are on the scratch mark: A. L. Fletcher, from scratch, gave a fine exhibition of fast walking despite unfavourable conditions and, passing Harley, Latter and Larman in the last quarter of a mile, finished third.

RESULTS.

120 Yards Handicap—Heat 1, G. Weston, 10½, 11 4-5 sec.; Heat 2, G. H. Pamment, 16, 12 sec.; Heat 3, P. A. Pelcot, 16½, 12 sec.; Heat 4, J. E. Tosh, 4, 12 sec.; Heat 5, C. Clasby, 19, 12 sec.; Heat 6, G. A. Tutin, 10½, 12 sec. Final: 1, P. A. Pelcot; 2, C. Clasby; 3, G. Weston. Won by 2 yds.

Two Miles Handicap—1, J. W. Woodley, 400; 2, A. Allum, 5; 3, W. H. Eastman, 270. Time: 9 min. 46 sec.

Three Miles Handicap—1, R. F. Elson, 430; 2, C. W. Redgrave, 420; 3, A. L. Fletcher, Ser. Time: 22 min. 1 sec.

WITH THE WALKERS.

The victory of our team on Boxing Day in the Croydon—Godstone and back walk brings our total of successive open scratch team wins to five. We hope to continue in the winning way in the Cambridge H., L.C.C. Tramways S.C., and Ashcombe A.C.'s Open Walks, which rapidly follow one another.

To offset our success in the Open races, we have twice been defeated in match events, once by the Surrey W.C. and once by the Metropolitan Police, as described elsewhere.

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Those who have followed Tommy Green's walking feats with interest, and have read Mr. J. B. Belchamber's informative articles which have appeared in our columns from time to time, have long been aware of his ability to get inside record time at the longer distances. Unfortunately, times recorded on road courses cannot be accepted by the Amateur Athletic Association or International Athletics Federation, as there can be no certainty that the distance is exact, and, of course, gradients and road surfaces differ considerably. So a record, to be accepted by the governing bodies, must be accomplished on a certified track, and timed by not less than three approved timekeepers.

It is hoped to promote an event during the Summer in which these conditions will be complied with, and so afford Tommy an opportunity of placing his name and that of the Belgrave Harriers upon the record books.

Much work has yet to be done, and many details to be settled, before we can say for a certainty that this event will take place. We hope to give our readers further particulars in a later issue.

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The "Junior" Championship is rapidly approaching and all those eligible for this race should now be training seriously with a view to upholding the Club name in this race. Intending competitors should be out at least twice a week (say Saturday and Tuesday) and the merits of strolling as a supplement to the ordinary training cannot be too strongly emphasised.

From these efforts it is hoped that a strong team will mature, capable of making opposing teams say fearfully, "What about Belgrave?" and then for our lads to justify the pessimism of the other teams.

MATCH v. METROPOLITAN POLICE A.A.

On December 13th we visited the splendid quarters of the Metropolitan Police at Imber Court for our walking match. Our party numbered twelve but could not be described as our strongest team for some of our walkers were engaged in preparing for the "Godstone" Walk. Included in the Police team were some of our clubmates in Messrs. Rathbone, Bidgood, Salmon, Mac Donald and Winner, and the first two of this quintet were mainly responsible for our defeat at the hands (or the feet) of the Police.

The course consisted of two laps over very level ground and Len Fletcher took the lead right from the starting signal given by our President, Mr. E. Gordon. Thorn kept Len company for a while, but then experienced leg trouble which caused him to stop for a few minutes and lose several places which could not afterwards be regained. Meanwhile, C. W. Redgrave, walking in fine style, had gone into second place, a position which he had to surrender to A. H. Rayner, of the Police, later.

A group of four policemen then followed, eventually filling fourth, fifth, sixth and seventh positions, and this packing proved the critical factor and gave our hosts their win. It had been arranged prior to the race to score twelve aside on the University scoring system and the final result appears below.

And so we take pleasure in congratulating the M.P.A.A. on their first win in the long series of races between our two clubs. We have long had a very high opinion of the sportsmanship of the police and have had the pleasure of including members of the M.P.A.A. in our ranks and teams. In fact, many of our past wins in the R.W.A. Championships have been largely due to "Belgrave—Police" members. Names such as E. A. Wall,

J. Miles, F. Rickards and J. Rathbone occur to one as having figured in our winning teams in the past and it is hoped that this list will be added to in due course.

To return to the race, after digressing a little. Len Fletcher gave his usual fine exhibition of walking without having to exert himself unduly, and C. W. Redgrave deserves our congratulations for his very fine effort which, we trust, will soon become commonplace to him. H. S. Latter and E. A. Jackman, this season's newcomers, gave evidence that they will not always be in the second half of the race—far from it.

In the Police ranks we were pleased to see Jack Rathbone and Jack Bidgood prominent, for we shall require them both later in the season, the former in the R.W.A. National Championship and the latter in both "Junior" and "Senior" races.

RESULT.

	m.	s.		m.	s.
1. A. L. FletcherB	56	12	16. R. G. HillierB	62	18
2. P-c. RaynerP	56	45	17. P-c. SalmonP	62	43
3. C. W. RedgraveB	57	36	18. P-c. TowersP	63	6
4. P-s. ClarkP	57	43	19. H. LatterB	63	9
5. P-c. RathboneP	58	12	20. S. T. RingB	63	35
6. P-c. NicholsP	58	44	21. P-c. BurgessP	63	26
7. P-c. BidgoodP	59	17	22. P-c. AdamsP	63	40
8. F. W. ThornB	59	37	23. H. E. LarmanB	63	46
9. R. F. ElsonB	59	38	24. P-c. HarrisP	63	55
10. A. A. HarleyB	60	15	25. E. A. JackmanB	63	56
11. P-c. ToogoodP	61	5	26. P-c. BunnP	65	14
12. P-c. CaffreyP	61	6	27. S-s. BatsonP	65	22
13. S. L. KingB	61	13	28. J. HaggartB	65	50
14. P-c. LovattP	61	16	29. P-c. BullP	67	7
15. P-c. PhippsP	61	19	30. P-c. MacDonald ...P	68	12

M.F.A.A.—132pts. Belgrave H.—168pts

"HORWOOD CUP" AND 7 MILES JUNIOR CHAMPIONSHIP.

At Wimbledon it was rather cold, damp, and dispiriting on the afternoon of December 20th, when twenty of the Club's junior walkers took part in the sixth annual contest for the "Horwood Cup" and the sealed handicap held in conjunction with this race. This trophy was presented to offer additional encouragement to such of our walkers as are eligible for the Road Walking Association's Junior Championships at 10 miles, and the distance of our race was fixed at 7 miles so that our younger members should not have too many races at the longer distance, but should train up to it gradually throughout the Winter Season.

As is usual in the year following a success for the Claret and

Gold in the Open Junior race our Club "Junior" was of exceptional interest as, with the winning four and Khlopin ineligible, we were all anxious to learn the quality of those who are to carry on for the club in a race in which we have a wonderful record to maintain.

The form revealed was certainly gratifying. F. W. Thorn was fancied to win and right from the start it was evident that he was determined to do so as convincingly as possible. Taking the lead immediately he opened a gap of 120 yards in the first mile and this advantage he increased steadily and evenly throughout to win eventually by about 600 yards. For second place the struggle was a very fine one. R. F. Elson made a bold bid for it and in the early stages of the race he got away from C. W. Redgrave and C. H. Speechley, both of whom were expected to be well up. L. Storey was also prominent hereabouts. Charlie Speechley started slowly, but warming up thoroughly at 2 miles, he was a close 4th at the half distance. In the last lap Elson fell away and Redgrave stayed on well to beat Speechley by 17 secs. for second place.

In addition to winning the cup Thorn won the handicap. His time was 2 min. 6 sec. faster than that returned by him in the Club's Open Walk over the same course and yet the day was certainly not so favourable. Had he returned this time in the former race he would have been placed 4th, after Fletcher, Pope and Tommy Green. Moreover, his time was $1\frac{3}{4}$ min. faster than Frank Elson's when winning last year. As the latter was a very close second in the last open Junior Championship, it will be seen that Thorn's chance of an individual win for the Club in this year's race is indeed a rosy one.

As regards the strength of our team, it would appear that, despite the fine race between our next three men home, it is not quite equal on present form to the one which represented us successfully last year. However, considering the youthfulness of almost all in this year's team, there is good reason to expect a much greater improvement between now and March 7th than we could have hoped for from last year's more mature team. L. Storey has had only a few races at 5 miles and over, and he should improve vastly in stamina. C. W. Redgrave has walked splendidly in his last three races and Harley finds a little extra speed each week. H. E. Larman walked strongly to gain 2nd place in the handicap, and one of the most pleasing features of the race was the fine walking of H. S. Latter, who is but a boy of slender build and years, yet who maintained a delightful and exemplary style throughout the race despite the stiff hills.

RESULT.

Posn.	Name	Actual Time	Allee.	H'cap Time in H'cap	Posn.
1.	F. W. Thorn	56 58	...	Ser. ... 56 58	1
2.	C. W. Redgrave	59 29	1 25	... 58 4	4
3.	C. H. Speechley	59 46	1 45	... 58 1	3
†4.	J. H. Graygoss	60 33	0 35	... 59 58	11
5.	R. F. Elson	60 45	2 20	... 58 25	6
6.	L. Storey	61 32	1 0	... 60 32	12
7.	A. A. Harley	61 56	3 35	... 58 21	5
8.	H. E. Larman	63 31	6 20	... 57 11	2
9.	A. H. Field	64 15	5 15	... 59 0	8
10.	H. S. Latter	64 16	5 20	... 58 56	7
11.	F. E. Eborall	67 7	5 15	... 61 52	15
12.	E. A. Jackman	67 45	6 0	... 61 45	13
13.	S. T. Ring	68 24	6 5	... 62 19	16
14.	S. T. Ball	68 31	8 40	... 59 51	10
15.	J. E. Course	68 45	7 0	... 61 45	13
16.	J. N. Thomas	69 10	9 30	... 59 40	9
17.	J. W. Haggart	69 53	6 50	... 63 3	17
18.	A. Martin	72 0	8 40	... 63 20	18

†Not eligible for Championship.

WINNERS TO DATE.

- January, 1926—J. G. Scamell, 58 min. 35 sec. (old course).
- January, 1927—A. L. Fletcher, 57 min 1 sec. (old course).
- December, 1927—J. G. Scamell, 57 min. 12 sec. (old course).
- December, 1928—F. H. Elson, 58 min. 45 sec.
- December, 1929—F. H. Elson, 58 min. 42 sec.
- December, 1930—F. W. Thorn, 56 min. 58 sec.

J.B.B.

THE GODSTONE WALK.

This race, promoted annually by the Surrey Walking Club on Boxing Day, was held this year in very trying conditions, hard rain and bitterly cold winds troubling the competitors throughout the 18½ miles.

Tommy Green, who only decided to come at 9 a.m. on the morning of the race, owing to a severe chill which had troubled him during the week, won the race by about a minute and a half from another Belgravian, Joe King. Having the first two men home gave us a great advantage in the team race and our trio was completed by Vice-Captain Saunders, who stuck gamely to his task over the last four miles when the intense cold threatened cramp. Jack Field was forced to retire owing to the severity of the conditions, but his younger brother, A. H. Field, did well to finish the course and be placed fifth in the sealed handicap.

And so we must thank Messrs. Green, King and Saunders for winning this race in the Club name—the fifth open scratch team win this season—and trust they will repeat the performance in the National Championship.

RESULT.

	h.	m.	s.		pts.
1. T. W. Green... ..	2	41	41	1. Belgrave H.	16
2. J. F. King	2	43	17	2. Surrey W.C.	24
12. E. Saunders	2	49	35	3. Metropolitan W.C.	44
23. A. H. Field	2	58	17	Valentines S.C.	44

FORTHCOMING WALKING FIXTURES.

Jan. 31st—L.C.C. Tramways S. Club's Open Race at Bellingham.

Feb. 7th—Club 10 miles Championship for the "R. Murphy" Shield, with sealed handicap in conjunction.

It will be remembered that in last year's race A. L. Fletcher beat T. W. Green by a yard after walking neck and neck all the way. This year's Championship should be equally keen and the Handicap in connection also promises to be a very close affair. Entries (1/-) should be sent or given in at once.

Feb. 21st—Ashcombe A.C. Open Walk from "The Hare and Hounds," East Sheen. This popular race, the last "Open" before the "Junior," will be, as usual, over a ten miles course and if we fare as well as we did in the corresponding race last year we shall be well satisfied.

Mar. 7th—R.W.A. JUNIOR CHAMPIONSHIP DAY.

The "Junior" is being held this year at Luton and as there will be, in all probability, a special train with cheap fares available, we shall expect a good crowd of supporters to cheer our men on. It is, as yet, a little too early to write of our prospects but there is no doubt that our team will not disgrace the Club's record in this event which is "saying a mouthful."

Enquiries to A. A. HARLEY, 44 Rosebury Road, S.W.6.

SOCIAL.

This season's social fixtures have been very successful and it is hoped that the last event on the social programme, prior to the Annual Dinner, will meet with the same measure of support. This is the Dance to be held at Wandsworth Town Hall on February 20th. Tickets are ready and may be obtained from

W. A. RICE, 36 Ascalon Street, S.W.8.

A BELGRAVE FLAG DAY.

The result of last Saturday's County Championships provided Belgrave with two new Champions in Arthur Allum (Middlesex) and Arthur Penny (Surrey) while in the latter case, Penny had the honour of leading the Belgrave team to triumph over our great

rivals, South London Harriers and Surrey A.C. for the third successive year.

Imber Court, the scene of the Surrey activities and home of the Metropolitan Police A.C., while providing excellent dressing and feasting accommodation, left opposite recollections as regards cross-country running. One circuit of a frost-bound field and three laps of a huge reservoir faced the hundred odd competitors at the start of the 7 miles trek stipulated for this particular race. It proved nothing more than a glorified track-race, with one or two individuals complaining bitterly about not being able to obtain a foot-hold on the frozen surface. Still, as conditions were alike for everybody, the result must stand as current form of each man at the present time.

After completing a circle round the starting field the leading positions were held by Belton (Surrey A.C.), Cohen (Ashcombe A.C.), Penny, Cook, Stansbury (Ranelagh), and Wills.

Entering the gate to the reservoir Belton led this bunch by a dozen yards or so with Carter in eleventh position and Smith, Bignall, Dewberry and Duffett in the next dozen places. Coming by the gate to start another lap the leadership had passed to Penny, with Cohen and the same little bunch on his heels.

Next seen, at about four miles, Penny had an eighty yards lead of Stansbury (Ranelagh) with Cook close behind. Wills was about sixth, Carter still eleventh, running smoothly, but Smith had lost two valuable positions to the S.L.H. boys. Bignall, also, was feeling none too happy, and Dewberry was wheezing along like some punctured tyre with Duffett just behind.

Six mile mark found Penny's lead stronger than ever with a hundred yards advantage over Stansbury and Cook. Wills now finding the pace too much was gradually dropping back but still fighting hard. Carter seemed fixed in his position, while Bignall had reclaimed two places. Bert Smith had lost another two but was, nevertheless, running strongly. Dewberry and Duffett were still chasing one another round about the thirtieth position.

With four men in the first dozen, and two in the next, it looked very rosy for us, but you can never tell over that last mile when some men always seem to find that little bit extra which counts with team scores. Our fellows, it seemed, were all in, but though they lost a place here and there, not much ground was lost.

At the finish Penny ran in victorious by over a hundred and fifty yards, with Stansbury second, and Belton third. Then Cook for us, a little wait, then Wills, with Carter not far away.

Some Surrey boys, then Bignall and at last our sixth man, Smith, followed by a crowd of S.L.H. men.

Well, with six in twenty, surely we must have won, but we hear that Surrey have six in eighteen. Now comes the news that they have beaten us by a point, then that they have only counted five men, and last, but not least, the official verdict that we are the winners with 61 points to Surrey A.C.'s 73, with S.L.H. third. Hurrah! the "Pickett" Cup is once more ours to hold for the coming season.

Now boys! Hats off to our new champions and may they win still higher honours in the struggles to come; and let us back them up with team work.

We've beaten S.L.H. before in the Surrey race, so that is no new honour, but have never done so in either the Southern, National or Brighton Relay.

With two of the team running so splendidly, now is our chance to accomplish this feat, if only the rest of us provide them with the sound backing needed in these championships.

Perseverance in training, and we may add many more new trophies to our festive board next May. Get to it!

Below will be found a chart showing positions of each individual at the various distances.

	1 ml.	3 mls.	4 mls.	6 mls.	7 mls.	H.E.F.
A. Penny	3	1	1	1	1	
H. S. Cook	5	5	2	3	4	
H. E. Wills	4	6	7	9	9	
T. C. Carter	11	11	11	11	12	
H. Bignall	21	17	19	17	18	
A. E. Smith	18	15	17	19	21	
N. R. Dewberry	24	20	29	29	29	
E. A. Duffett	22	31	31	30	30	
S. R. Chorley, T. Morrell, W. Mitchell and W. Eastman completed our team.						

THE MIDDLESEX CROSS-COUNTRY CHAMPIONSHIP.

A field of 155 started in the Middlesex Senior Cross-Country Championship and of the fifteen individual entrants nine were Belgravians. Although Stubbs, Broadley and Adamthwaite were non-starters the entries were of a high standard and included such men as Ferris, Harman and Elwin. While expecting Allum to be well up we hardly dared to hope that he would beat these three stars. Yet this is what he did, and in winning this

Middlesex title undoubtedly put up the finest performance of his athletic career.

Warboys led the field for a short time, as he did in last year's National, but he soon relinquished it to Harman, the former International. About the same time Allum and Ferris moved up to second. At half-way they passed Harman, and a fine fight between the famous Marathon runner and Allum ensued. Allum was forcing the pace, but Ferris, blowing in his usual fashion, hung on to him and Allum was unable to shake him off until two miles of the unpleasantly hard ground had been endured. As soon as he did get away from Ferris he went right away to gain a good lead which he held to the end, winning by nearly fifty yards.

Warboys had only dropped a few places and succeeded in finishing ninth. Our next two were the brothers Webb, who seem to be inseparable in cross-country races and who finished 32nd and 33rd. Frank Webb did some very fast running in the last two miles for he was hung up for a long time by barbed wire. This misfortune happened to Robertshaw, and J. E. Flower had a bad time, which accounts for their being outside the first forty. T. J. Flower ran his usual steady race and was only a short way behind his brother and Robertshaw. In a race of this standard it is creditable to finish in the first hundred, and Rollins, after starting slowly, succeeded in this. The ninth Belgrave man to finish was L. E. Fletcher.

It says a lot for the spirit of the Club that nine men not running for any team awards should all finish this trying course, in spite of various accidents common to cross-country running. Had we been eligible to run as a team, and had Robertshaw and J. E. Flower been running up to form we might have been placed in the team race.

In conclusion a tribute should be paid to J. F. Bain, of Ealing Harriers, who was unlucky enough to lose his shoe in the first furlong and then raced seven and a half miles with only one shoe over hard, frozen, uneven ground and through water covered with floating ice. In spite of this he finished sixth. Not many would have put their club first to such an extent.

Full times and positions of our men will be in next month's "Belgravian."

L.E.F.

FORTHCOMING EVENTS.

On the 31st we have our 10 Miles Cross Country Championship for the "Macher Shield" (Holder, H. E. Footer) with a Sealed

Handicap in conjunction. As the holder has only just commenced training his chances of retaining the Shield are slight, and we must look to our two County Champions to have a battle royal for the honour.

February 7th we have a run with Croydon H., Mitcham A.C. and Epsom H. from the former's headquarters at Sanderstead. I have been given to understand that the dressing room here is very small, so will advise our members later as to the advisability of making the journey.

The 14th sees the South of the Thames Championship, probably at Windsor Great Park. Judging by the recent Surrey County running our team has a decidedly improved look about it, for of that team Carter, Smith and Dewberry are eligible together with Frank Webb, Joe Flower and Wally Bayliss, the last two having scored in last year's team who were placed second. The reason why the other four members are now barred is that they were in our placed team in the Southern, this being one of the many barring clauses for the South of Thames race. We have, however, other members who should by now be seriously considered when the final reckoning is made.

February 21st. We have two fixtures on this day, both away, one at Ealing versus the local club with whom we had an enjoyable run early in the season, and the other with our old friends, the R.A.F., at Kenley. The run with Ealing Harriers will be an all-to-score-affair, but the race with the R.A.F. must be confined to a limited number owing to restricted dressing accommodation.

On the 28th we have the race of the year so far as the majority of our boys are concerned. The Southern Counties C.C. Championship will then be held at Shenfield, where the race was held in 1928 and where incidentally some of our boys ran remarkably well. Our team these days is much stronger and with our members achieving so many notable successes it is only natural our thoughts should turn to the possibility of our winning the Southern. That we have a fine chance cannot be denied and the only question seems to be, will our boys be as fit then as they are now? The answer is entirely in their hands; steady training and a careful preparation will do it. Well, we will hope for the best and leave it to the boys to bring one more honour to the "Bels." that of being Southern Champions.

On March 14th the National Cross Country Championship will be held in Wickstead Park, Kettering. Last year the Club did excellently in being placed sixth, while Bert Footer ran the race

of his life in being 24th in such a class field as this. Among a batch of teams which include England's best we can hardly expect much improvement on last year's placing, but whereas then we were the second Southern club home let us this time take yet another step forward by being the first Southern club to finish and thus add more laurels to our already heavy crown. We have another fixture on this day, a triangular match with the Old Emanuel A.C. and College of St. Mark and S. John A.C. over our 5 miles course at Wimbledon. This will give our members who do not make the journey to Kettering a chance of representing the Club and we shall have to turn out a useful team as some good men are included in the opposition.

All enquiries to E. A. DUFFETT, *Hon. Running Sec.*,

1 Raymead Avenue, Thornton Heath.

TRAINING.

Why Do You Fail?

By H. E. FOOTER.

Many athletes when essaying cross-country running train spasmodically, and when they do turn out, treat it either as a race or as a schoolgirls' treat. Don't laugh and chatter while running, you can't do such things in a race. The best way to get the utmost out of oneself when racing is to study oneself when training. Notice where you begin to feel that "beat" feeling which comes to everyone between the first mile and a half and the three miles mark, and fight it off. Don't give in as many do; you will soon get over it, and although you are tired you will find that you can continue automatically if you are able to control your breathing. Now, if you talk while training you are throwing a strain on the chest and your breath is not flowing in and out regularly, but in jerks, which causes loss of strength in an effort to maintain pace with the other members of the pack.

Many think that they can get fit in a fortnight, or by turning out when they feel like it, but forget that they may not feel like it on the particular day they are asked to race. In my opinion, the minimum time for anyone to get at all fit for a race is a month, and then only by training three times a week, supplemented by walking.

I should divide my month's training as follows:—

First Saturday. Run over 5 miles course, steady pace but not a crawl, and finish feeling you have expanded your lungs and stretched your leg muscles. If you feel "half-dead," you have gone too fast.

Sunday. Stroll 8 miles very easy.

Monday. Rest.

Tuesday. Run 5 miles at a medium pace, with as much style as can be maintained without strain on any part of the body, as you will probably be feeling tight from Saturday's spin.

Wednesday. Stroll 8 miles and have a brisk rub-down and bath afterwards.

Thursday. Run 3 miles smartly.

Friday. Half-an-hour's stroll before turning in.

Second Saturday. You have now settled down, so in this 5 miles run you should pick out the heavy stuff and a hill or two, but after running over these always have an easy. Don't force the pace but finish briskly.

Sunday. Stroll 10 miles at a reasonable pace. Bath and change afterwards.

Monday. Take things easy. Stroll about 3 miles on the way home from business.

Tuesday. Run 5 miles at medium pace, quickening up towards the end, say over the last mile.

Wednesday. Stroll 6 miles briskly with rub-down after.

Thursday. Run 3 miles easy.

Friday. Walk 4 miles easy.

Third Saturday. Run a fairly fast 5 miles.

Sunday. An easy 10 miles stroll.

Monday. Walk 5 miles inside the hour.

Tuesday. Run 5 miles medium. Finish fresh, not winded.

Wednesday. Stroll 6 miles moderate pace.

Thursday. 3 miles run, taking things easy.

Friday. Walk 4 miles easy.

Fourth Saturday. Run 6 miles, picking out the heavy ground and climbing the hills briskly, but finish gently.

Sunday. Stroll 10 miles at a fair even pace.

Monday. Just stroll home as before.

Tuesday. Run 5 miles fairly fast.

Wednesday. Stroll 6 miles, finishing briskly.

Thursday. Run 3 miles slowly.

Friday. Rest.

Fifth Saturday. You should be ready to race.

H.E.F.

In the foregoing article the writer includes strolling in his schedule of training, as many famous runners have done in the past. In fact, many authorities insist that the strolling is almost as important as the training runs. In this connection, remember the Club strolls leaving the south side of Putney Bridge every Sunday morning at 10 a.m. All are welcome.

THE INTERNATIONAL 100 KILOS WALK.

It is with pleasure that we give below a translation of the description of Tommy Green's win in the International Walk at Milan. This article appeared in the *Il Mezzogiorno Sportivo* and is of particular interest as the accounts appearing in the English newspapers at the time were of a scanty nature and lacked detail.

A phrase such as "Green, incomparabile ed instancabile" scarcely requires translation, and such compliments coming from sportsmen on the Continent make us prouder than ever of "our Tommy."

Milan, Nov. 9th, 1930.

THE ENGLISHMAN GREEN WINS 100 KILOMETRES AFTER AN EXCITING DUEL WITH OLIVONI.

The Englishman Green won the 100 kilometre walk organized by the *Sporto Gazette*. His victory would not have been so easily attained had it been in the days when walking was held in so great esteem in Italy.

The race, as a whole, did not attract a strong complement of our best walkers, and to-day, Donato Pavesi, watching Green on his way to certain victory, regretted that he could not go back over the years to the age of his efficiency. For then the race might quite easily have produced a different result.

Green's time is notable, and that in itself reflects credit upon some of our walkers in the rear who proved that they will in time be capable of a similar performance.

Considering the number of entrants, and the widespread public interest taken in it, the race can be considered a success. The enthusiasm of the crowds for this most popular sport has certainly not waned.

The experience gained by the Englishman last time in this most difficult test stood him in good stead. If, at that time, Green committed errors of judgment in overcoming the many difficulties the 100 kilometres presents, by not distributing his energies wisely, to-day he adopted better tactics and won accordingly.

The style in which Green won was indisputable, for he was in splendid physical condition and possessed a good morale. Also, he realized how opportune it was, in such an exacting battle, to allow his most feared rivals to set the pace in the preceding kilometres, and so study, in the early stages, their intentions and capabilities.

Green adopted this plan to perfection, and when the time came for him to take an active part in the competition, he did so with a strong faith in himself.

In that mood he arrived at Saronno and only Olivoni—the new National walker—replied to his attack. From that point it can be said that the 100 kilometres resolved itself into a battle between these two.

Green and Olivoni proceeded neck and neck for practically 40 kilometres, both walking with elastic step, neither showing an atom of fatigue. Behind them, fading in the distance, came their adversaries . . . Beaten were the old warriors by the increasing pace—the youths incapable of making any perceptible ground upon the leaders. The hopes of the Italians were all set upon Olivoni, the only one who was able to respond to the faith placed in him and who struggling manfully to rob the stranger of such a valued prize.

In this manner the race between Green and Olivoni became the centre of interest in the race, for between these two was being waged an emotion-provoking and keenly contested tussle. Olivoni put all he possessed into his task on hand. He struggled on with his heart in his throat—responding to every fresh attack of the Englishman with ready and spontaneous reaction, even producing, at one time, an extraordinary effort when the Englishman seemed to be tiring.

Better comportment of our representative could not be expected, and now, coming to the ultimate result, one has to proffer to Olivoni all due merit for his performance against a man of Green's class. Green, incomparable and untiring, took the upper hand in this emotional duel while we were still hoping. This happened when three-quarters of the course

had been covered, when the struggles of the two began to make themselves felt, and the road was beginning to seem interminable to the competitors.

At this juncture one had to admire and value Green's resources. Freed of Olivoni's opposition, he did not slacken his pace but proceeded calmly and determinedly, certain of having given of his best.

Green quite deservedly won this (the 18th) race, traversing the last quarter of the course amidst the acclamations of the crowds which lined the streets, and which sportingly appraised the champion who had added yet another victory to his illustrious record.

Of the Italian participants, we have shown that Olivoni was the best, actually the only one who really defended his national colours. To be placed second in the final classification demonstrates to the utmost what the Milanese could do. In summing up one has to admit that Green's performance was undoubtedly a revelation and befitting a great champion when the time is considered.

The doleful note is struck when one realizes the failures of our old and trusted warriors. Giani finished 5th, Pavesi 10th, and Brignoli, Rivolta Biondetti and some others fell by the roadside owing to the fierceness of the battle. In these our hopes were chiefly placed. A serene day, a moderate temperature, a good road—all were elements favourable for them to give of their best, and yet the result was negative.

Only the youths were able to give us some satisfaction, even if not victorious. Next to Olivoni, one cites Guidotti—the first of the juniors, tenacious and eager; then also Casalli, who came fourth. He was courageous, but not capable of keeping the pace which was set by the others.

RESULT.

						h.	m.	s.
1.	T. W. Green, Belgrave H.	10	30	24
2.	Olivoni, S.C. Italia	10	40	4
3.	Guidotti, G.S. di Milano	11	16	30
4.	Casalli Domenico	11	33	0
5.	Astolfi	11	33	30
6.	Cassani	11	38	30

