

THE



BELGRAVIAN



**Official Gazette of
Belgrave Harriers**

**QUARTERLY
JUNE, 1969.**



FRONTISPIECE: (Ron Instead) BELGRAVE takes "Silver" in the National Relay at Leicester, and here is Trevor Hart handing over to Dick Piotrowski at the end of stage 8, in third place and 47 seconds behind the ultimate winners, Coventry Godiva.

FRONT COVER (The Times) A photo to bring back memories. The great SYDNEY WOODERSON, former world record holder for the mile, runs alongside Belgrave's Past-President and former international, TED STIMPSON during Blackheath Harriers' Centenary 1000L mile relay at Croydon Arena. For full details of the occasion see page 13.



THE

BELGRAVIAN

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JUNE 1969

NO. 170

President
F. Simmons

Gen. Hon. Sec.
A.A. Harley,
7, Brickwall Lane,
Ruislip, Middx.

Hon. Treasurer.
D.M. Shepherd,
104, Florence Road,
S.W.19.

Hon. Editor.
C. Shippen,
24, Fryston Avenue,
Coulston, Surrey.

EDITORIAL

Of all the sporting pursuits requiring strength of character athletics is undoubtedly among the foremost. Not only must the successful athlete be endowed with physical ability but he must also be equipped with the right brands of fortitude, determination, courage and wisdom. He must be prepared to test himself frequently in competition, to keep his training under careful review, to listen to advice with a discerning ear, to be aggressive--yet humble; to be dedicated--yet human. Many other qualities are called upon during an athlete's career--particularly when his performances are below par. All athletes have those bad spells when their performances are suffering, and there can be a multitude of reasons for the setbacks, including many non-athletic ones. It is at these times that patience is required. In common with the athletics scene at large we have lost many promising youngsters over the years and one can only conclude that they did not possess the necessary attributes in their approach to the sport. Lack of

patience is often a contributory factor and one wonders if those that have fallen by the way-side now envy those that have made good.

The Club is indeed fortunate that at the present time we are blessed with many youngsters who have shown the necessary patience and displayed the basic essentials of athletic success. We have more now than at any time. Steve White, Bill Curtin, Martin Eloiice, Richard Langley, Arnold Bentt, Lee Sullivan and Peter Carton are just a few of the names that come to mind and (dare we hope?) seem to have overcome the difficult periods which face all youngsters who try to take their athletics seriously. These names, and the many others that are pushing them hard, are the first really succulent fruits to be borne by our active youth policy.

There should be much to follow; but in recognising the patience displayed by these athletes in their steady progress, we must not forget the even greater patience shown by the coaches and officials to the Youths and Boys---to say nothing of the frustrations they experience in their efforts to keep the best of talent within the sport.

Belgrave Harriers are proud of the success being earned by our younger members, and follow their activities with great interest. Keep it up lads!--there is more than one international amongst you.

THANK YOU

£74

£74..4.11d. actually! Clear Profit! After all expenses paid - this is a magnificent achievement and is due entirely to a handful of Belgravians and their wives, girl friends, mothers and children - I won't name you individually because I'm bound to miss someone out - but I can't let the occasion go without special mention to Bill Lucas, our Auctioneer who, frankly so captivated his audience that even the stall holders stood on tiptoe to listen to the honeyed words - the enticement - the embellishment - the lies! A tarted up candlestick he handled with a delicacy befitting the last fertile egg of the dodo - he peered intently at a spot and uttered something about

not being able to quite make out the hallmark?! And the bids bubbled up and up. His assistant was a very welcome newcomer to our venture, Ben Lulham's wife, Elsie. Also a special Thank You to the unselfish way in which some of Reg Hopkin's boys, youths and juniors journeyed south to the hall before departing north for a competition. Well done! Thank you ALL once again.

C.E.M. (Fund Raising)

HON. SECRETARY'S NOTES

Heartiest Congratulations to our HON. TREASURER on his election to the Committee of the Southern Counties A.A.A. at the third attempt. We have every confidence that Dave Shepherd will have a valuable contribution to make and so supplement the good work he is already doing on the Surrey County A.A.A., in the Cross Country Associations and with the Club.

Incidentally, LES COHEN was at the head of the poll for Vice-Presidents of the Southern Counties A.A.A., and our HON SECRETARY was elected a Life Vice-President on retiring from the President's chair.

Our congratulations also go to Past President FRANK JARVIS now confirmed as Hon. Secretary of the Race Walking Association and to our Hon. Editor CLIVE SHIPPEN now a member of the Surrey County A.A.A. Committee.

How pleasing it is to have greatly improved news of Past President HARRY SHIELDS and to know that an early return to work is probable, following convalescence. Harry was first admitted to hospital in October last and has battled on in his indomitable way for many months. Naturally, it will be quite a while before his full strength returns and he will have to be extremely cautious when the cold winds blow, but it is certainly very pleasing to know that Harry is back with us again even though his attendance will not be as regular, and as effective (in terms of hard work) as in the past.

Our Vice Presidents MRS. WINN SHEPHERD and her mother, MRS. SAVAGE, have intimated that after seven years of hard work on our behalf in serving tea and refreshments on Saturdays at Belgrave Hall, they will be unable to continue with the good work in the coming Winter season. We are very grateful indeed for the conscientious and gracious manner in which this service has been rendered for so long and we are very conscious of the hard work involved and the worrying difficulties in estimating requirements in advance when our needs fluctuate so widely. We also appreciate that WINN, as a former President of the Surrey W.A.A.A., and in other capacities, has so often sacrificed her own athletic interests to 'feeding the brutes' at Belgrave Hall and we cannot ask her to continue to do this indefinitely. We do offer a very sincere 'Thank You' to our two lady Vice Presidents for all they have done for us over so long a period.

We now need other volunteers - male or female - to carry on the good work and minister to the needs of the hungry and thirsty athlete after his run or walk each Saturday during the Winter months and commencing in September. Would anyone able and willing to give this very essential service to the Club please get in touch with the Hon. Secretary?

We are anxious to have this important matter resolved in time for our full scale resumption at Wimbledon in September and members or ladies prepared to help us in this way will be very welcome indeed.

ALF TAYLOR, a member of our winning E.C.C.U. and other teams of years ago and a former Social Hon. Secretary has now retired from business and is resident in Somerset. ALF was a great character in the Club in the 1930's and a worker in many different ways and deservedly had the honour of LIFE MEMBER accorded to him. A spell of ill-health in recent years prevented him from coming to Wimbledon as frequently as he would have wished. We wish him 'Good Health' and 'Good Luck' in his retirement and we hope to see him on occasions.

We acknowledge in all sincerity the generosity of ARTHUR WHITEHEAD in defraying the cost of the necessary alterations and additions to the 'LADY FELL Shield' and the 'LAURISTON Shield' awarded in our Annual 20 Miles Run, with which ARTHUR was so closely associated in its inaugural and subsequent years.

It was highly gratifying to have our President and no less than 14 Past Presidents of the Club present and active at the Track and Field Championships on May 31st and even this fine figure would have been exceeded but for two involuntary absences, one on account of illness and one on athletic business.

Our sincere congratulations to JOHN THRESHER and JOHN BICOURT on their selection for England in the Home Countries International at Grangemouth. Both runners have been honoured previously in representative matches, but this is the first time they have qualified for an England vest. We trust they will earn regular places in the England and Great Britain teams. Also selected for England were DEREK BOOSEY, our triple jumper, with many International honours to his credit and second claim member ALAN LERWILL whose consistent long-jumping has earned him Olympic and International Honours.

Our Annual General Meeting will be held on Thursday 18th September at Belgrave Hall and we hope all members will note the date and make every effort to attend.

A A H

ROAD RELAY ROUND-UP

Champion runners-up! What else can we be called with five silvers and a bronze? The record is even more galling than it seems, for at Southampton, Cranford, Reading and Wimbledon we were beaten to the post by Hercules Wimbledon every time. And then, with our team hitting top form for the National event, and HW deflating, Coventry took over the role of Fels whippers and we were second once again. Yet there was contentment in the Belgrave camp on leaving Leicester; a feeling, perhaps, that we were the best team of the day and that Coventry, with those truly great runners Taylor and Adcocks, shouldn't really count against ordinary mortals. Yes, Belgrave came good at Leicester---and it was always on the cards that they would. The variety of teams fielded in the early events always seemed to avoid our strongest combination and with several key men training to peak for Leicester we came up trumps when it really counted. Hercules Wimbledon, on the other hand, had enjoyed a long run of success without injury or loss of form, and when their had one did turn up it was National day---and all those previous successes seemed to fade into insignificance.

The first of those successes was at Southampton where the last of the relays to Bournemouth was held on March 9th. The March "BELGRAVIAN" told how HW gained a 35 seconds winning margin.

Two weeks later, at Cranford, we fielded five teams in a field of high quality and despite several of our runners being below form (including both Norths) we finished second and third. The 'E' team ran exceptionally well and if times could have been predetermined then the Norths and Hart would have lost their 'A' team places! With O'Hara, Kerr and Biscourt in the 'C' team there was obviously a lot of rivalry and improved form ahead. This was a refreshing revelation, for at Reading the previous Sunday our runners had looked jaded. Admittedly Cris Keavey had stepped into the breach to make up a team, but even allowing for this we didn't look to be in the class of Reading who finished nearly four minutes ahead.

Then came the Southern. We had won three times in a row---why not a fourth? We were, perhaps, a little complacent; but this soon disappeared when we learned that Gerry North was injured and Tony Fairclough sick. It was probably good for both ourselves and the race (in the long run) that Hercules Wimbledon should jump in once again and collect a trophy from under our nose.

We needed a win badly but felt somehow that Brighton (6 short legs) wouldn't give it to us if Belgrave (12 long and short legs) couldn't. And so it was---second yet again. No need to name the winners either!

The next two weeks produced the usual crop of heart attacks for the selectors. Every time the Secretary, Captain or vice-captains heard the 'phone ring they feared news of injury or illness; but instead of the team weakening day by day as had been our lot for some time, it gained in strength.

Everyone was improving. Confidence was increasing, and this was boosted still further by the welcome return of Laurie O'Hara. To show that it was now our turn to have a run of good fortune, Peter Morris joined us first claim. Peter was with us in Germany during our tour a couple of years ago and as he was living in London for an extended stay decided to renew his acquaintance with us. It was a comforting thought to know that we had such a fine runner on the final stage and, as you will see on another page, he had the honour of carrying our colours across the line in second place ahead of Tipton, the Midland Relay Champions. Yes, Belgrave had 'come good' at last. Now for Coventry!

SUMMARY

SOUTHAMPTON---BOURNEMOUTH---March 9th

See March edition of "THE BELGRAVIAN" (p.34)

READING (Reading AC)---March 16th

1. Reading AC.....103:15		(Fels team)	
2. Mitcham AC.....105:16		(6) L. Mann.....17:29	(4) Gerry North.....17:05
3. BELGRAVE H.....107:09		(3) G. Dance.....17:35	(3) Geoff North.....17:42
4. Reading 'B'.....109:07		(7) C. Keavey....19:41	(3) T. Hart.....17:37

Fastest times: Badgery (Mit) 16:51, Lightfoot (Read) 16:55, Stevens (Read) 17:02.

CRANFORD (Thames Valley Harriers)---March 22nd

1. Hercules Wimbledon....82:12			
2. BELGRAVE 'A'.....83:06		(3) A. Major.....16:30	(8) P. O'Connor.....16:38
3. BELGRAVE 'B'.....84:04		(2) A. Fairclough..16:28	(5) R. Piotrowski...16:47
24. BELGRAVE 'C'.....89:12		(2) T. Hart.....16:50	(5) L. Mann.....17:06
42. BELGRAVE 'D'.....94:10		(2) Geoff North....16:39	(5) K. Diprose.....17:09
53. BELGRAVE 'E'.....97:05		(2) Gerry North....16:39	(2) J. Thresher....16:24



LEFT: Tony Fairclough completes our fastest short stage to send Adrian Major away.

(Photos by Ron Linstead)

RIGHT: Bill Dance takes the lead for the first time and Pat O'Connor sets off leaving Dave Holt (HW) on the line. Moments later, Holt was in the lead which he stretched to give his club a winning margin.

STAGE 7: Pat O'Connor (24:50---9th fastest)

It was not a happy day for Pat, for although he was faster than the three teams behind he was completely shattered by Dave Holt (HW) who shot past early on and opened up a lead of 1:14. Pat's run was nowhere near as bad as it seemed at the time, as he had pushed T.V.H., Mitcham and Blackheath even further behind.

STAGE 8: Tony Fairclough (15:28---1st fastest)

Having spent most of the week in bed it was courageous of Tony, to say the least, to offer to do a short stage. The selectors relied on his judgement and it paid off---just---for Tony had had more than enough at the change over. His excellent effort made inroads into the lead of HW and totally relegated the rest of the field. It was now a two horse race.

STAGE 9: Adrian Major (24:35---5th fastest)

Fuller (HW) and Adrian both ran well up to current form and drew even further away, with the Hercules Wimbledon man squeezing an extra 19 seconds of lead.

STAGE 10: Dick Piotrowski (15:40---1st fastest)

Dick became our third consecutive fastest man for the short stage and brought us back to within 21 seconds of the leaders. The remainder of the field were well over 2 minutes behind.

STAGE 11: John Thresher (23:59---3rd fastest)

Normally, a 21 seconds deficit is something John would get his teeth into, but when it's Bob Holt ahead it's a different matter!. Inspired by the fine running of his team, Holt set out to settle the issue there and then, and smashed Tim Johnstone's course record in the process. Johnstone also ran on this stage and these two runners were the only ones to better John who was our fastest long stage man of the day.

STAGE 12: John Blcourt (15:49---5th fastest)

The finish was a little more than a formality. Gaps of 1 minute ahead and 3 minutes behind could not be significantly altered on a short leg and John coasted in without undue effort.

The previous race was held in October 1967; this was the first to be held on the Area Relays Spring date.

RESULT: (first 10 only)

1. Hercules Wimbledon.....	3:59:46	6. Portsmouth AC.....	4:10:15
2. BELGRAVE H.....	4:00:53	7. Blackheath H.....	4:10:17
3. Mitcham AC.....	4:10:26	8. Polytechnic H.....	4:11:01
4. T.V.H.....	4:10:44	9. S.L.H.....	4:10:10
5. Reading AC.....	4:10:06	10. Brighton & Hove.....	4:10:28

IT'S FAIRCLOUGH'S 'WIMBLEDON CUP'

5 $\frac{1}{2}$ Miles Road Championship - Wimbledon Cup, March 1969

This race produced a good turnout of about fifty runners but notable absentees were the North brothers, Bicourt and Hart.

The usual bunch were together round the top field for the initial laps all contesting the lead but on the run down Cope Hill the runners began to spread out and it was obvious that the race was to be won by Fairclough, Major or Thresher.

Tony Fairclough was in great form and was driving himself hard up Cambridge Road to try to drop the rest. Over the latter part of the race it was only Adrian Major who gave him any trouble and these two opened up a gap from Thresher.

Tony eventually ran out the winner in the excellent time of 27:35.0 which has only been beaten on two other occasions - a personal best and also a best performance for Adrian who was only five seconds behind.

A word of praise for Charlie Walker who is again showing his true form - this enabled him to take first prize in the handicap with John Stow, an up and coming young member second and John Kelly third.

W.E.L.

RESULT:

1. A. Fairclough	(0:45)	27:35	25. W. Laws	(4:00)	:12
2. A. Major	(1:00)	:40	26. B. Gorman	(3:30)	:13
3. J. Thresher	(0:20)	:57	27. V. Butcher	(5:30)	:31
4. L. Mann	(1:15)	28:24	28. G. Pearson	(6:30)	:50
5. P. O'Connor	(1:15)	:25	29. C. Henn	(6:15)	34:40
6. G. Dance	(1:00)	:33	30. K. Stimpson	(7:30)	:11
7. K. Diprose	(1:45)	:50	31. P. Pringle	(7:00)	:22
8. R. Piotrowski	(1:30)	29:12	32. R. Hamilton	(7:00)	:23
9. R. Cross	(2:00)	:27	33. J. Hamilton	(7:00)	:23
10. W. Kerr	(2:00)	:28	34. J. Martin	(7:30)	:36
11. L. O'Hara	(1:00)	:50	35. W. Matthews	(7:30)	:37
12. W. Curtin	(3:00)	:55	36. G. Piddington	(5:30)	:44
13. C. Walker	(4:30)	30:23	37. R. Beaumont	(8:30)	:45
14. J. Rimmer	(3:00)	:35	38. B. Merry	(5:00)	35:02
15. C. Shippen	(3:15)	:51	39. G. McNally	(8:00)	:15
16. P. Hilliar	(3:30)	:56	40. D. Davis	(7:30)	:33
17. H. Satchell	(3:00)	31:13	41. D. MacLean	(5:30)	:34
18. C. Keavey	(4:30)	:53	42. P. Sutton	(8:00)	:47
19. J. Kelly	(6:00)	32:12	43. D. Hurd	(7:00)	:48
20. D. Brew	(3:30)	:18	44. P. Breslin	(8:00)	36:12
21. N. Bacon	(6:00)	:20	45. J. MacDonald	(7:30)	37:14
22. J. Stow	(6:30)	:35	46. J. V. Baker	(10:30)	:25
23. J. Woodcock	-	:40	47. C. Manning	(10:30)	38:06
24. C. Pearson	(6:30)	33:07	48. R. Harvey	(8:00)	39:07



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### ANOTHER WINNING TEAM

John Hamilton, Nigel Bacon, Vic Butcher and Robert Hamilton are seen here holding the Winners trophy after the London Federation of Boys Clubs Cross-Country Championships in March.

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Silver in National Relay

FINE TEAMWORK BY BELS

National Road Relay, Leicester - May 3rd 1969

We fielded our strongest possible team for this event - in fact it was probably the best 12 man team we have ever turned out and hopes of a win ran high, despite our defeat by Hercules/Wimbledon in the Southern Relay. Although our lads all ran well it was again the overall strength of Coventry Godiva with the added fillip of Dick Taylor - who on his own is worth 1½ minutes over the best of most other clubs - plus an extremely good run by Adcocks, who produced the second best time of the day, which brought about our downfall and we had to be content with second.

Adrian Major ran on the first stage and was a little disappointed with his 10th place although we were well positioned with regard to our chief rivals. Hercules/Wimbledon, who were keen to beat us again, lost five minutes on this stage which later proved to be irretrievable.

Laurie O'Hara, back in the team after a period of illness, ran very well to pick up three places but we were concerned to see Derby out in front and forty four seconds ahead of us - Coventry had taken up second place so the battle was really on.

Tony Fairclough came next and although he gained two places he was not in the killer form he had shown in our road championship and we lost ground on the leaders. The pattern of the final result was however showing up, with Derby, Leicester CATS, Coventry, Tipton and ourselves in that order.

Bill Kerr, the veteran (well almost) kept us in fifth place and narrowed the gap by thirteen seconds - a good performance.

Geoff North, now running into form took Stage 5 and with a time of 27:24.0 produced our best long stage time of the day. Still 5th at the end, but now only forty seven seconds behind the leaders. The order now Tipton, Coventry, Derby, Leicester, Belgrave with the remainder dropping away.

John Bicourt closed the gap further with a good run on the short 6th stage and displaced Leicester to take us up to 4th.

Trevor Hart in his usual dogged manner gained another place and we were amongst the medals for the first time but we were still forty seven seconds adrift on Coventry who were out in front never to be again headed. Tipton were holding on to 2nd.

Next came Dick Piotrowski and although gaining a little on Tipton dropped five seconds on Coventry.

The race was now in its last stages and we still had four excellent runners to come with a trump card for the last stage but we had reckoned without Dick Taylor. Instead of John Thresher keeping in touch Dick ran right away from both Alan Rushmer (Tipton) and John and came in with a lead over 2 minutes and 20 seconds which made Coventry practically invincible. Taylor's time of 25:55.0 was 41 seconds faster than anyone else on the day - truly remarkable running.

Bill Dance who although now living in Huddersfield maintains regular touch with us and true allegiance, came in for the 10th stage and brought us right up to the heels of Tipton although Coventry were going even further ahead.

Gerry North, always a great performer on the road, had Jim Wright to contend with and gave us a bit of a fright by losing contact during his run but by a magnificent effort at the end pulled up the deficit and raced past Wright to put us in second place 2½ minutes behind Coventry and 2 seconds ahead of Tipton.

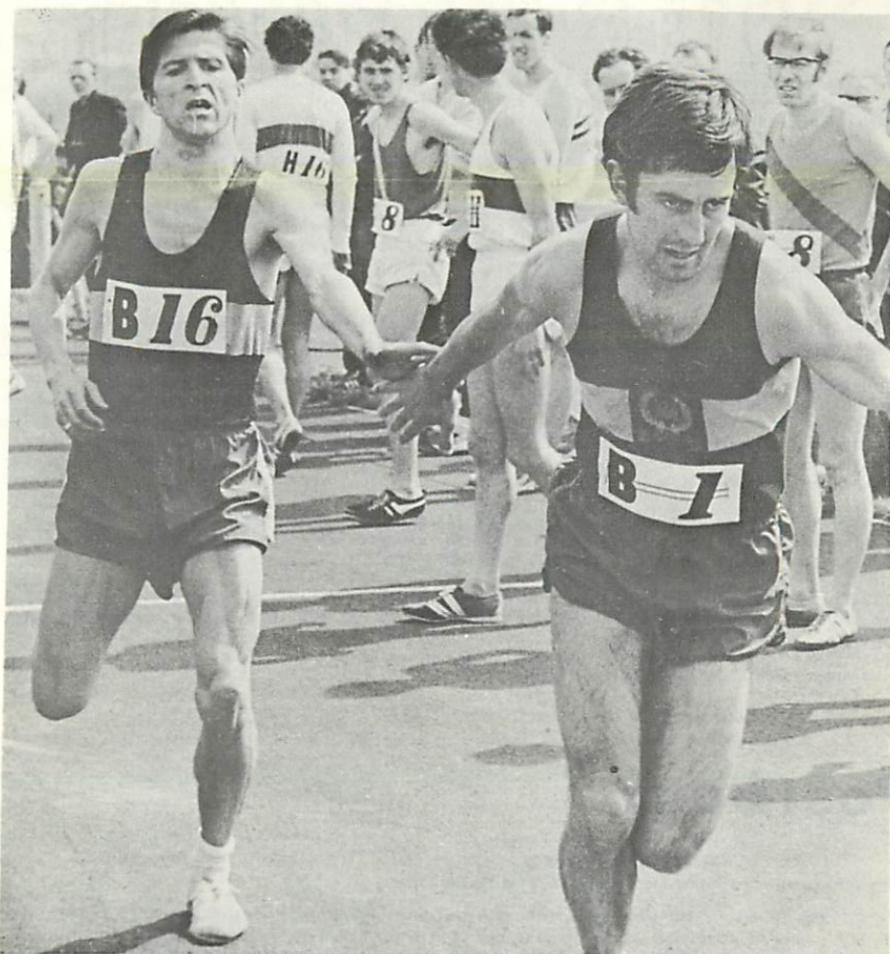
For the last leg we had a new member from Blackpool, Peter Morris, who has an excellent reputation and his first outing for Belgrave was most successful for he not only gained half a minute on Coventry but clinched second place by increasing our lead over Tipton to 24 seconds - an excellent effort which also gave him our fastest time on the short stage.

We can in no way blame our boys for letting Coventry win once more - they were as keen as mustard to win but we need a Dick Taylor or two to raise an above average team to an invincible team - perhaps we have such runners in our younger ranks.

RESULT: 1. Coventry Godiva A.C. 4 hours 5 minutes 1 second
2. Belgrave H. 4 " 7 " 2 "
3. Tipton H. 4 " 7 " 26 "

Team Long Legs Major (27:51) Fairclough (28:07) Geoff North (27:24)
Hart (27:52) Thresher (27:36) Gerry North (27:25)
Short Legs O'Hara (13:25) Kerr (13:30) Bicourt (13:24)
Piotrowski (13:36) Dance (13:34) Morris (13:18)

Olympian



(Photo by Ron Linstead)
A perfect 'change-over' and John Bicourt sets off to continue the good work done by our fastest man of the day - Geoff North.

DEDICATION

MICKY PYER follows up his coaching article in the last gazette with some thoughts on that oft-used word 'DEDICATION' - directed at our younger members in particular.

'The mind governs the body, not the body the mind. As a man thinks, so he eventually does'. Thus I have read. If this be true, how does it concern you as far as athletics is concerned? We can accept the simple fact that we have to make up our minds as to what we want to do and how far we are prepared to go to achieve our desires.

Do you want to aim high for one particular object, to plan and concentrate towards that end, disregarding all else? Whether you succeed or fail everything has gone into that one high effort; selecting particular events to the exclusion of all others, to form the rungs of your ladder of aspiration. Let us suppose the object is achieved; you will find it far harder to keep there than it was to get there, but there is undoubtedly the great and lasting satisfaction of achievement. Again, let us suppose you do not achieve your object. Perhaps there will be some measure of satisfaction with successes on the 'rungs'. Dedication depends

---Cont'd on p.14.

I BEG YOUR PARDON!

As a result of overwhelming demand, we have decided to print the following article; it will be of use to all 'Hacks', 'Has-beens' and those who never were. Until this moment the aforementioned have had to work out their own excuses for failure, on the spur of the moment, and when in no fit state for mental, or any other form of exertion. We dedicate this article to each and every active member, if it does not apply to you now, there is always next week to consider.

A most favourite excuse is the one in the form of a question, this is most suitable for the miler-half miler. At the end of the race you look around in every direction at once and say in a loud voice 'Who pushed me?' This excuse should not be used if you were trailing the field throughout, as you are likely to get the reply that it was an athlete from the following heat.

Sprinters usually blame the Starter; this is quite alright, but needs to have a subtle approach, much better to walk up to the winner and ask 'Was that your Dad who started us?'

Cross-country runners are prone to lose a shoe during the race, however you must remember where you put it; we would advise you mark the burial spot with your other shoe. The 'got lost' routine is now very much out of vogue and usually entails much more effort than actually keeping to the course. If you do get into really desperate straights we would suggest that you hide in a bush for a while to emerge when the leaders re-appear. (On a one lap course it is better to take a few sandwiches).

Sickness and cramp will always ensure a sympathetic hearing and both can be brought about by cutting down on the breathing. As this is most uncomfortable and likely to have fatal consequences, we would not advise the over-playing of this condition.

Finally we would suggest a little 'reverse Psychology'; when you reach the finishing line, a dead stone last, just look at the other competitors and utter with a choking noise the words 'I lost'. In no time at all they will convince you that your race was 'not really a bad one', in fact it was 'quite good' and if you lack pride enough to use these excuses, then you will have no conscience in accepting their verdict.

The above item is re-printed from the T. V. H. Gazette "Interval" of December, 1960.

Postbag:

DAVE COCKSEGE writes in reply to what he calls "Dave Mitchell's sneer at NUTS members, published in the last issue of the Belgravian".

The athlete, a self-obsessed creature if ever there is one, has created the NUTS himself. The NUTS were founded because there is a demand for them, and the tasks they perform (compiling deep rankings, assisting with team selections, seeding etc.), and the athlete himself is always deeply interested in the times and distances he and his rivals notch up. This attitude, I am sure, did not simply grow up because of the NUTS but has come on steadily since the onset of scratch competition, and is here whether we like it or not.

Of course there is a danger that we may become over-concerned with times and distances but where do you draw the line? At World record attempts or at BMC organised time-trials? Wouldn't hearing his lap times tend to spur on a runner rather than make him slow up, as Dave seems to believe? When Ron Clarke ran 12:52.4 at the White City he said the lap times were the only thing that kept him going after he dropped Lindgren. Surely an athlete gains just as much personal satisfaction out of setting a personal best as he does at beating a rival, and this is good. To do both together is therefore that much better.

I agree that Cross Country shows a refreshing lack of statistical inhibition, with the emphasis on man beating man, but are we not just as over-concerned with this branch of the Sport in the UK? Sure, English runners dominate over the country as Dave says, but let's not kid ourselves. Who is really interested, except the English? How many Olympic 5,000 and 10,000 champions have our great and glorious Cross Country traditions produced? We make demi-Gods of our National Cross Country Champions, yet how many of them come through to real track greatness? No Dave, we are just too keen on slogging along over the mud and fields every Winter, dreaming of that ECU vest and a couple of plumb trips to the Continent as the ultimate of our ambitions. The NUTS are around to see we don't get complacent in this way (rather ineffectively so far, I admit); to list our ever growing number of men under 14:00.0 for '3' every year; to point out how this tremendous strength in depth could be used.



100 x 1 MILE RELAY

CROYDON ARENA - April 27th

There were rare goings on at Croydon track on the last Saturday of April. People coming and going all day; reunions by the score; periods of quiet; spells of noisy excitement. And all the time there were four runners circling the track. Even the casual observer could see that they were not the same four runners all the time, for the variety of styles, ages and speeds was probably the greatest ever seen at an athletic meeting.

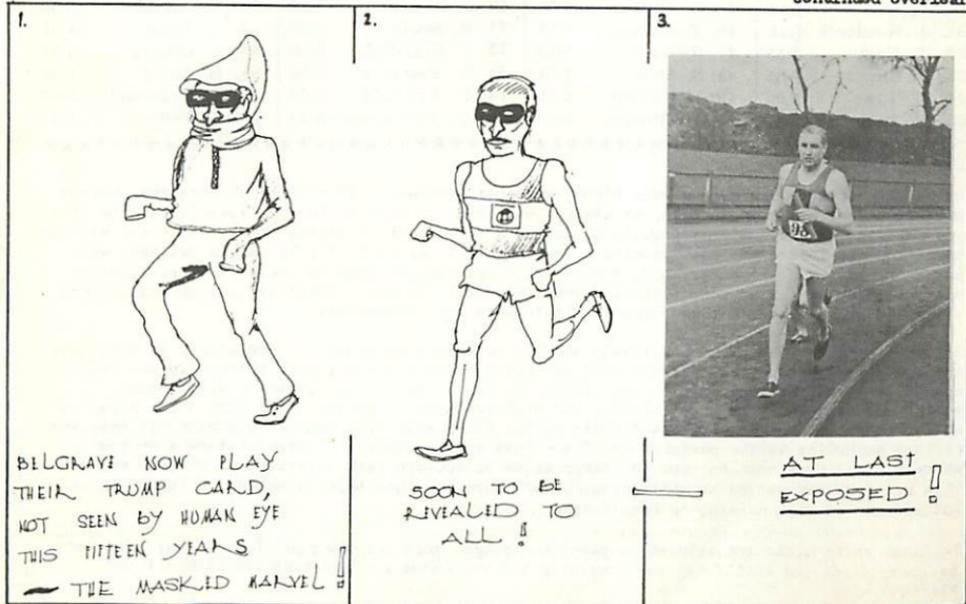
The occasion was Blackheath Harriers' 100 x 1 mile relay race, which they were staging as part of their centenary celebrations, and the four clubs competing were Blackheath, Belgrave, Croydon and Cambridge Harriers.

The first, fiftieth and final legs were run by Presidents or Past Presidents of the clubs and Tom Carter had the privilege of leading off for the Bels at 9 o'clock in the morning. Our former cross-country international's style and pace judgement were as immaculate as ever and with laps of 92, 96, 98 and 98 he clocked a useful 6:24 to finish third.

On stage 3, Tony Brooks took us into the lead and then throughout the morning, our lead lengthened steadily. This was mainly due to many of our better runners arranging a pack training run for the late morning. Star of the morning was undoubtedly Charlie Smart who was known to have a fair turn of speed over the shorter distances - but for 59 years old Charlie to chalk up 5:17 was quite sensational and must surely be a world's best.

At midday the press began to congregate in anticipation of the great Sydney Wooderson (Blackheath's President) taking the 50th stage. Ted Stimpson had been delegated to do this leg for Belgrave, but as we were 2½ miles in the lead at this point our former international was held back so he could run his last 3 laps with the legendary black-clad 'Heathen'. It was a moving moment for those that remembered that slight insignificant figure winning the A. A. one mile of 1935; setting a world record mile in 1937 and a world record 880 in 1938 (which stood for 15 years!); winning the European 1500 meters in 1938 also and then virtually suspended training during much of his service during the war years; returning to form to take the European 5,000 meters in 1946 and then in the twilight of his career, to pass our own Vic Blowfield in the last 400 yard of the 1948 National Cross-Country Championships to achieve another memorable victory. Yes, many memories were brought back during Sydney's 6 minutes and 18 seconds on the track. Ted was the faster by 9 seconds, but would have given anything for a similar margin in 1938!

continued overleaf



The afternoon saw a nap hand of Belgrave walkers doing a spot of legitimate "lifting" and doing very well at it too - Len Duquemin was the fastest with 5:11 and their average was a useful 5:27. Meanwhile Blackheath's bigguns were making inroads into our lead and on stage 82 we were overhauled.

After 90 miles we were 2½ minutes down but far from out, for on six of the next seven legs we gained ground and with only 3 miles left we held a lead of 36 seconds. However, our final trio of Bill Lucas (receiving the full backing of the cross-country team!) Joe McDonald and our former Empire Champion, Arthur Penny, were no match for the strong finish of our hosts and we went down by 1½ laps. But the result was not important and it seemed fitting that Blackheath should win. The duel for third place was even closer, with Croydon getting home from Cambridge by 450 yards.

The occasion was remarkable for the spirit and enthusiasm amongst the runners and the excitement displayed by the spectators - particularly in the afternoon. From Belgrave's point of view the largest bouquet of all must go to Don Maclean who had the mammoth task of organising and managing 100 runners to run to a nine-hours timetable. For him, it was an even longer day!

RESULT:	1.	Blackheath Harriers	8:38:04	3.	Croydon Harriers	9:20:55
	2.	BELGRAVE HARRIERS	8:40:56	4.	Cambridge Harriers	9:22:20

Belgrave Times

1. C. Carter	6:24	26. R. Linstead	5:00	51. P. Gee	5:17	76. S. McMeekin	5:29
2. G. Pearson	5:20	27. M. McNair	4:47	52. E. Stimpson	6:09	77. G. Biscoe	5:14
3. A. Brooks	5:01	28. J. Kelly	4:47	53. J. Davies	5:00	78. D. Hurd	5:16
4. J. Martin	5:05	29. J. Brown	4:39	54. J. Hall	5:00	79. M. Ford	4:51
5. a. Major	4:34	30. T. Fairclough	4:33	55. B. Quirk	5:24	80. E. Short	5:48
6. C. Shippen	5:18	31. J. Plummer	5:46	56. D. Baines	5:15	81. A. Bishop	5:39
7. C. Smart	5:17	32. B. Smith	4:55	57. K. Stimpson	5:36	82. P. Smith	5:13
8. P. Hillier	4:52	33. C. Calderwood	4:50	58. D. MacLean	5:12	83. B. Merry	5:19
9. C. Pearson	4:57	34. N. Bacon	4:56	59. B. Curtin	4:38	84. W. Matthews	5:26
10. B. Gorman	5:02	35. C. Walker	4:52	60. L. Duquemin	5:11	85. E. Longshaw	5:29
11. J. Thresher	4:23	36. E. McNally	5:14	61. J. Moullin	5:19	86. R. Chandler	5:38
12. J. Hamilton	4:57	37. J. Innou	5:58	62. W. Wesch	5:16	87. D. Brew	4:49
13. R. Hamilton	4:57	38. H. Waigh	6:05	63. P. Duncan	5:23	88. R. Mainstone	5:08
14. J. Rimmer	4:38	39. L. Penny	5:18	64. C. Lawton	6:05	89. E. Pallent	5:26
15. H. Satchell	4:48	40. H. Harvey	5:46	65. P. Duckem	5:38	90. C. Manning	5:39
16. G. North	4:36	41. P. Newell	4:48	66. C. Keavey	5:52	91. R. Moody	5:00
17. J. Dear	4:51	42. M. Bloice	5:27	67. M. Jones	5:21	92. C. Collis	5:23
18. C. Dabbs	4:51	43. V. Butcher	4:58	68. B. Glover	4:43	93. A. Black	4:34
19. A. Brien	4:39	44. R. Langley	4:52	69. A. Bruce	5:24	94. B. Kerr	4:38
20. P. O'Connor	4:43	45. B. Kedhane	6:02	70. J. Dooley	5:20	95. N. Duckett	6:08
21. J. Woodcock	4:51	46. P. Carton	4:54	71. R. Sawle	5:20	96. L. Mann	4:32
22. T. Hart	4:35	47. S. Barlow	5:23	72. J. Heathfield	5:30	97. L. O'Hara	4:31
23. J. Bicourt	4:35	48. S. Stow	4:51	73. R. Beaumont	5:26	98. B. Lucas	6:26
24. B. Laws	5:05	49. B. Godfrey	5:39	74. C. Fairfield	5:28	99. J. McDonald	5:40
25. B. Taylor	5:41	50. P. Breslin	5:21	75. G. Piddington	5:29	100. A. Penny	6:48

---Cont'd from p.11.

on so many factors and upon a very strong sense of purpose. If you are unsponsored, have no private means, a living to make, or studies and exams to qualify for professions and the like, you may find it extremely difficult to follow a rigid plan of dedication. It is not well to sacrifice the future for the present. You can win a box full of gold medals but they will not keep you. On the other hand, the years of opportunity come but once. Dedication can only be taken as far as your personal commitments will allow. Therefore you should proceed within the boundaries of these commitments towards your objective.

So much for those who have high ideals and the necessary potential. But whilst we must have individualists we must have team-minded aspirants since there are both individual and team events. It is the team events that afford the best opportunity for those with lesser potential, especially in cross country and similar types of races. The last scoring man is as important and as necessary to success as the first scorer. Many a team race has been won or lost according to the performance of the last scoring man. So here we have a medium whereby the 'lower echelon' can set their minds to achieve team selection. To be a member of a winning team can be as satisfying, if not more so, than being a second or third individual but with no winning team medal.

To those whose minds are attuned to being in things 'just for the fun' I would say 'for once set your minds and REALLY try for something and who knows you may surprise yourself and everyone else.

BLACKHEATH CENTENARY — SOME 'NOTABLE' PERFORMERS



Who said the British Empire is dead?
How can it be when its Champion
(1934) is still in action!



We all know that marathon
runners are souls in torment
but this is ridiculous. Only
25 miles 385 yds. to go Colin!



A furtive moment caught by
the camera; our road running
Hon. Sec. discovered treading
the forbidden black shale!



Sheer poetry in motion!
Fresh from his recent triumphs
at the Duke of York's, appearing
by kind permission of Charles
Smart Productions.



Presenting the only runner to
maintain unbroken contact with
the ground and to almost eliminate
knee lift; incidently he is wearing
a Belgrave vest!



This hurts me more than it
hurts you! Our resident
mathematician calculating his
effort to a nicety!

ROAD RUNNING

GORDON BISCOE WRITES:

It is gratifying to be able to report that the hopes and predictions for success on the road recorded in previous editions of the Belgravian are at last becoming reality. This season so far, having been our best for some considerable time. Also pleasing to note is that, whereas in previous years we have had to rely on a 100% turn out each time from our 'hard core' of distance men, (i. e. Messrs. Hart, Mann, O'Connor and North), to obtain any success; we have now had a succession of new faces making either a debut or return to the scoring team, namely Messrs. Brien, Shippen, Hall K. Stimpson and currently Charlie Dabbs and Bill Dance, all helping to add a little strength in depth to the team; previously long overdue :- If he maintains the form shown earlier this season in Canada it is possible a place could still be found for Chris Steer when he returns !.

At the end of June, John Hall, ever wishing to keep up to date, moved to South Wales for his 'investiture' as Parks Superintendent; Tregedor. Whilst wishing him and his family every success, John will be missed as a great club man and for his valuable assistance in helping out behind the scenes. However, it is good to know he does not intend changing his loyalties but will remain 100% Belgrave. This has been his best season so far, and from being 'completely green' two years ago to a time 2:44:59 in this year's tough Isle of Wight marathon, there can only be one explanation - hard work!

Clive Shippen, looking for fresh fields to conquer, is another who has recently turned his attention to distance running, in an attempt to realise an ambition to run a marathon. His success in the Poly, considering the conditions, was no mean effort for a first attempt especially when one considers that his longest race ever before this was the Chichester to Portsmouth 16m. in May; - yet another example of what hard work can do - (N. B. all this in addition to editing the Belgravia n!!)

May all this be the start of many successes to come, both team and individual.

MAIDENHEAD 10m. and FELTHAM 5m. EASTER MONDAY

7th. APRIL, 1969

Once again calling on our strength in depth we were able to support two regular Easter Monday fixtures in the same afternoon. At Maidenhead we were defending the title, only this time without Gerry North, last year's individual winner. This of course appeared as a weakness in our team and our hopes of retaining the trophy were somewhat dimmed, in view of the strong opposition this race attracts. However, when Trevor Hart announced just before the start that he was only out for a training run we all knew this meant he was out to 'have a go'. In spite of the most unusual bank holiday weather, i. e. hot and sunny, a large field of well over 100 faced the starter.

At the end of 4½ miles Rushmer (TIPTON H.) had already established a commanding lead with Trevor true to form in 7th. place, and Lionel Mann and Pat O'Connor 12th. and 15th. respectively. However, at this point casualties included nearly all our 'B' team of Messrs. Brew, D. Jones and Pringle. In the next 6¾ miles (it being an old fashioned '10' of approximately 11 miles) Trevor maintained his excellent running to move through to 4th. position, whilst Pat did another of his special finishes and score another victory over Lionel.

John Hall entered in the 'A' team rose to the occasion with an excellent run to reap the benefit of his hard training. John Woodcock, a relatively newcomer to our midst, made his debut on the road at this distance ran a very creditable race and was our only 'B' team man to finish. - Glad to have you with us John, may it be the first of many.

Needless to say spirits were high when the results showed that we had retained the trophy with a fewer number of points than last year.

Meanwhile at Feltham, another fine body of men were doing battle over 5 miles. Here Adrian Major, full of the joys of Spring, made one of his rare but welcome appearances on the road (as opposed to relays that is) and lead our three teams home. Last year's individual winner Laurie O'Hara was not so fit this time and was chased home by Bill Kerr to complete our 'A' team. As usual in this race, and as indicated by the results, many personal duels were fought and we hope justice was done; but the 1 sec. difference between Brian Gorman and Bob Glover takes some believing and allegations that it was a fix are still being investigated.

An indication of the strength of the field is that in spite of all this talent our 'A' team could only secure 4th. place.

RESULTS

MAIDENHEAD 10m.

1.	A. RUSHMER (TIPTON H.)	51:45	11.	L. MANN	..	55:18
4.	T. K. HART (BEL. A)	54:07	36.	J. HALL	..	60: 07
9.	P. O'CONNOR ..	54:53	66.	J. WOODCOCK (BEL. B)	..	65: 34

TEAMS :-	1.	BELS 'A'	18	3.	WINDSOR/ETON 34
	2.	RANELAGH	22	14	TEAMS CLOSED IN

FELTHAM 5m.

1.	D. BEDFORD (SHAFTS:H)	24:07	34.	R. GLOVER	27:34
7.	A. MAJOR	25:11	54.	C. PEARSON	29:44
13.	L. O'HARA	25:49	66.	J. McDONALD	30:51
16.	W. KERR	26:03	68.	P. SUTTON	31:07
21.	C. WALKER	26:42	74.	J. SMART	33:10
31.	C. SHIPPEN	27:26	75.	M. F. JONES	33:11
33.	B. GORMAN	27:33	(80.	Finished)	

TEAMS:- Ealing & S'Hall 26 pts. 4. Bels A 36 pts 9. Bels B 98 pts 19. Bels C 178 pts

FINCHLEY '20'Ruislip 19.4.69

In recent years this race has usually been held in rather high temperatures not conducive to fast times. However on this occasion the weather was cool and dry and ideal for distance running.

Once the 160 competitors had been sent on their way, Lionel Mann used his natural speed to secure a forward position early on, whereas the rest of the boys opted for a steadier start. At 5 miles Lionel was 7th, Pat O'Connor 17th Tony Brien 49th, with the remainder of our contingent nearer the back than the front. The 5 and 10 mile points showed little overall change although Lionel drifted back a little and Pat and Tony were making steady progress forwards.

At the finish Lionel had recovered well to be 10th (1.49.32) and Pat continued to improve to finally finish 13th (1.49.40) - both beating the 1.50.00 barrier for the first time. Meanwhile Tony Brien ran his last 5 mile lap faster than his previous three laps to move from 34th to 20th (1.52.20) - an excellent effort in his first "20" This trio achieved a great success in annexing the Southern Counties Team Championship.

Having managed three in twenty there was now a long gap before Bill Matthews, Geoff Pearson and Don Bonser arrived almost together; some twenty minutes later Alan Bishop jogged happily in.

We suffered two casualties - Doug Brew at 10 miles with severe blisters, and Gordon Biscoe running himself to a standstill between 18-19 miles.

RESULTS

1.	T. F. K. Johnston (Porsmouth)	1.40.01	94.	W. Matthews	2.10.12
10.	L. Mann	1.49.32	95.	G. Pearson	2.10.32
13.	P. O'Connor	1.49.40	97.	D. Bonser	2.11.41
20.	A. Brien	1.52.20	117.	H.A. Bishop	2.32.56

Southern Teams

1.	Belgrave H	26pts
2.	Cambridge H	31pts
3.	Ealing & Southall	32pts

Open Teams

1.	Ealing & Southall	59pts
5.	Belgrave H	79pts

THE KENT 20

Lionel Mann reports:-

The Kent 20 unfortunately clashed with the National Road Relay on May 3rd so Belgrave were unable to field their usually strong distance team.

However we did start the race with a full team and although the weather was against any fast times the Belgrave contingent proved themselves capable of competent performances in a really hot race - weatherwise.

Cambridge Harriers won the team event placing four men in five. L. Mann split their sequence by taking fourth place, he was ably backed by John Hall and Ken Stimpson which clinched third team place for Belgrave and continued their recent series of successes over the longer distances.

RESULT:

1.	F. Maillardet (Camb)	1. 50:08.6	25.	K. Stimpson	2. 15:10
4.	L. Mann	1. 55:37	26.	G. Pearson	2. 16:40
16.	J. Hall	2. 06:49	32.	D. Bonser	2. 21:40

Teams: 1. Cambridge H. 8pts, 2. Medway A.C 38pts, 3. Belgrave 43pts.

CHICHESTER - PORTSMOUTH 16m. 10th. MAY.

After several years absence from this event we returned this year to score another team success and with it another trophy. Here Gerry North stepping up the distance once again ran another sound race. Forced to let the eventual winner, D. Holt (Herc./Wimb.), go at 13m. he proceeded to treat Plumpton (Ports. A. C.) to a hectic last half mile to gain 2nd. place. Trevor Hart and Lionel Mann ran their usual reliable and intelligent races, but in view of the rather windy and sometimes miserable conditions on the road their efforts must not be taken for granted.

Pat O'Connor did not enjoy this one having become detached early on, he had to run most of the way on his own and never really got in the hunt for one of his tussels with Lionel.

Other events of this race were D. Brew's good showing once again and Clive Shippen's debut at distance running. Ken Stimpson managed to pick up yet another prize for being first vet. home and the day was rounded off by a large number returning to George Piddington's estate on Hayling Island nearby for a well earned "nosh up" and for which we were all grateful.

RESULT

1. D. HOLT (Herc/Wimb)	1:24:15	26. C. SHIPPEN	1:35:47
2. G. NORTH	1:24:40	34. C. DABBS	1:37:28
5. T. HART	1:26:33	50. K. STIMPSON	1:53:15
7. L. MANN	1:27:28	53. G. PIDDINGTON	2:00:45
13. P. O'CONNOR	1:30:03	57. J. V. BAKER	2:09:26
23. D. BREW	1:34:12		

TEAMS:- 1. BELS 'A' 9 2. READING AC 21 3. PORTSMOUTH AC 24

The POLY

POLY MARATHON - Windsor - Chiwick 14.6.69

Our nine strong band of marathoners viewed the 80 degree heat somewhat unfavourably at Windsor Castle. Despite the heat however all but two eventually finished - a great tribute to their determination in adverse conditions.

"TK" was first home in 10th place (2,36.21) having been in the leading dozen all the way and "hanging on" well in the later stages. Lionel Mann and Pat O'Connor were 26th and 34th, and these three secured 2nd place in the Southern Counties Championship. Next home was Clive Shippen, showing excellent judgement in his first marathon, finishing 47th in 2,53.45. Together with the other three Clive formed the team which came second in the Open Team Race

Later Ken Stimpson, Geoff Pearson and Don Bonsor all arrived very tired and glad to see the finish.

C.D.

RESULTS

1. P. Hampton (RNAC)	2.25.22	34. P. O'Connor	2:47:17
2. D. Holt (H-W)	2.26.56	47. C. Shippen	2:53:45
3. I. MacIntosh (Ranlagh)	2.27.44	70. K. Stimpson	3:04:10
10. T.K. Hart	2.36.21	82. G. Pearson	3:10:06
26. L. Mann	2.45.44	90. D. Bonsor	3:19:23

Open Teams

1. Cambridge	43pts
2. Belgrave	45pts
3. Thurrock	55pts

Southern Teams

1. Thurrock H	28pts
2. Belgrave H	33pts
3. Cambridge H	33pts

INTER COUNTIES '20'---BATTERSEA PARK---MAY 26TH

1. W. Adcocks (Warwicks)	1:39:38	Teams	1.	Surrey	16 pts
8. Gerry North (Surrey)	1:44:23		2.	Kent	27 pts
32. L. Mann (Beds. & H.)	1:51:08		3.	Lancs	44 pts

Miscellaneous

ROMFORD HALF MARATHON - Sat. 5th. April

1. F. Maillardet (Camb. H)	1:8:10	70. G. Piddington (Bels)	1:29:20
54. D. Bonser (Bels)	1:24:15	75. P. Pringle ..	1:31:50
59. W. Mathews ..	1:25:34	87. Finished	

Team: 1. Camb. 12 pts. 11. Bels. 117 pts. (13. Teams closed in)

REDHILL 10m. - Mon. 7th. April

1. M. Absalom (Boro Ro Col)	49:28	109. P. Pringle (Bels)	63:08
12. L. Mann (Bels)	52:19	113. G. Piddington ..	64:24
32. C. Walker ..	53:56	138. Starters	

FLEET 4m. - 21st. June

1. R. Ingleton (Ports)	18:36	25. C. Calderwood	21:34
13. C. Dabbs	20:08	44. M.F. Jones	24:27

Teams: 1. Ports. 23 pts. 7. Bels 82 pts.

CAMBERLEY 5 MILES----5TH JUNE

1. M. Barratt (Ealing)	25:26	64. R. Beaumont (BELS)	32:04
11. L. O'Hara (BELS)	26:19	65. G. Piddington "	32:10
12. L. Mann "	26:25	73. M. Jones	33:33
82 finished.			

NOTTS 15 MILES---14TH JUNE

1. R. Hill (Bolton)	1:16:17	41. G. Piddington (BELS)	1:52:20
52 finished.			

EMMELOORD--HOLLAND--25 KILOMETRES--21ST JUNE

49. G. Piddington (BELS & ENG.) 1:55:59.

VETS AC--10 MILES ROAD RACE--24TH MAY

1. R. Franklin (T.V.H.)	50:31	- Macmillan (BELS)	68:05
W. Mathews (BELS)	58:18	J. Walker "	68:36
C. Manning "	63:31	V. Elowfield "	69:06

ATTENTION ROAD RELAY MEN!

Especially those that ran in the Brighton Front Relay last year. We won the "Wazeeda" trophy which was taken home by one of our members. At this year's race we lost the title but were unable to produce the trophy for our successors, Hercules Wimbledon. Will the team member who took home the trophy after the 1968 race please contact Bill Lucas without delay.

THE LAST LAUGH!

"I'll never forget it", chirped Gordon Biscoe, "there was John Baker - running so determinedly the last half-mile of the Finchley Twenty - and walking in the same direction was a man carrying a large pane of glass - and he overtook John! - but John just got him on the downhill bit!" That was 1968. This year another funny thing happened, ask Gordon what happened to him at 19½ miles!!!

The Feltham Marathon is being held on August 16th and the Surrey County A.A.A. propose to hold a county championship in conjunction. Will those qualified Surrey runners who have entered please drop a note to that effect to Keith Vaughan, 51, Sunnymede Avenue, West Ewell, Surrey.

BOBBY'S DAILY



CRIME PAYS OFF

PLANNING TO SPLIT SECONDS

I have discontinued long speeches on account of my throat. Several people have threatened to cut it!

OFFICER OF THE CENTURY



MR. BIG SURVEYS THE SCENE

Footpads,

Bowstreet Runners - he has outstripped them all - a jet set man before this century started - his honours are legion - unable to come to the Club Dinner, he sends a white fluffy teddy bear - he has been personally entertained by Tulula Bankhead in New York, retained by the Shah as dancing partner to his daughter at Shepherds Hotel, Cairo. His 80th Birthday party was in the House of Commons sponsored by Chris Chataway - his only problem is to get progressive ideas across to his contemporaries, 50 years his junior!

A proposed coup d'etat foiled. Planning to split seconds the minute details are being worked out. Here we catch a first ever glimpse (the photographer went in fear of his life) behind the scenes of the gang in the operations room going over the strategy for the big gold and silver raid, code named "Open Seven". You'll notice they have disguised themselves as spectacles, but our crime reporter had no difficulty in seeing through this deadly ruse to recognise on the extreme left, tall, thin, aquiline, intelligent Slippery Sid now holding a watching brief; previously in charge of extortion. Next to him is Bruver Jack who acts as the mouthpiece and whose eloquence is well known in the circles that this gang operate. Opposite, is Honest Frank, the clerk working out the odds and making sure the "house" doesn't lose. Unobtrusively in the corner is the real brains of the outfit. "J.G.", computing on her fiendish machine the result that can spell death to the Brighton & Hove Mob or the Basildon Bunch. But, as Robbie Burns said about, "The best laid plans ...", this organisation lost the gold to the Southend Sockers and had to rest content with the Silver.



POLICE BRUTALITY - NONSENSE! I'VE NOT ENJOYED A BEATING SO MUCH SINCE THAT CORRECTION MISTRESS AT LOUGHBOROUGH.



ANARCHISTS IN ACTION

The fiendish dustbin exploders seen here preparing to deposit their raincoats, which are yer actual "jelly" into the public waste receptical. Master actors, all of them - you'd think by their casual bearing that they were standing at an athletics track.

Straight up, Officer!
I wuz jus' standin'
there an' it came orf
in me 'and!



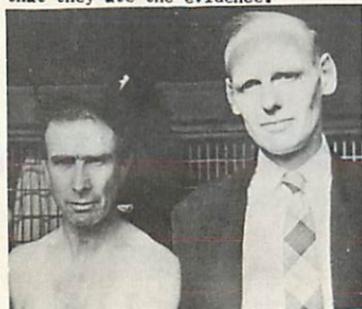
"What does the expression 'Sez you' mean?", asked the Judge.

"M'Lord", replied the Clerk of the Court, "It appears that it is a slang expression of American origin which has gained regretful currency in the language of our people through the insidious agency of the cinema. I am led to understand it is employed to convey a state of dubiety in the mind of the speaker as to the veracity or credibility of a statement made to him".

"Oh, yeah!", replied the Judge.

MAC AND JOHN

Accused of hijacking a Red Cross 'plane loaded with food parcels. The Judge decided, after weighing the defendants, that the charge was to be dropped on condition that they ate the evidence.



WE'RE OUT!

Can't you tell! By the smiles on these three new parolees - gone are the quick exchanges through the grill on visiting day - there is Hope on Hilliar's face as he prepares to beat the F.T. index (downward!); Sadness on Satchell's (he was making a bomb looking after the Guvnor's accounts) and Cunning on Old Lag Law's, knowing he can beat Lucas the Beak's handicap, after extensive circuit (rock-bashing) training "inside".



"Oh darling, I've missed!" she cried as she raised her revolver and fired again.



JAIL BREAK

Mass break out from Dartmoor, all having been indicted for their attempt on the GARNETT CUP on the 31st May of this year. The inmates made their bid whilst in the exercise yard. "Their recapture is imminent", explained an official who claims their summer uniform with their number is dead giveaway.

The Public are warned not to tackle these men on their own. Every one is a desperado and some are more villainous than others. Consider the one that got away with it - quiet, respectable with an impeccable background and connections; that's on the surface, take away his jacket, remove his tie, take off his trousers and dress him like that and he is a tiger! On his left is the link man Major the ex-minor who is making a name for himself in the big time. Then there is Scarlet O'Hara and Doug Brew - Doug Brew - I ask you! He is Juan Lopez de Miguel for a monkey.

YOUTHS & BOYS

Reg. Hopkins reports

Once again we will be taking part in the A.A.A. Five Star Award Scheme and this year the committee have agreed to award an honours badge to any boy obtaining five stars. We hope you will all join in this series of tests. If you want scoring tables or testing, any of the Club coaches are qualified to test you and so a regular attendance at Battersea Park should see all of you the proud wearers of track suit badges in a very short time.

Martin Bloice won the Wandsworth Schools 440 yards in 56.0 held at Hurlingham on 15th June and will represent his district in the London Schools.

Have heard from Edmund Godfrey, our member at school up at Blackburn, that he recently improved his best mile time to 5:09.

Seen at the County Champs. What a sight to see! Ian Gillings (all 3ft 6in of him) talking like old pals to David Hemery (all 6ft of him). What a true champion, always ready to give time even in the middle of a meeting to youngsters. Wish there were more like him.

800 metres Juniors in the South London Schools. Reg Hopkins did 2:20.2 in his heat to get into the final where he came fourth in 2:20.9.

Barnet A.C. Road Relays

Youths:	1. I Whittle	Luton A.C.	14.38	Bels.	12. J. Stow	16.13
	2. J. Davies	T.V.H.	14.59		29. E. McNally	17.42
	3. P. Bennett	Hornsey	15.03		30. P. Breslin	18.03
					35. B. Keohane	21.07
Teams:	1. Hornsey	32 pts.				
	2. T.V.H.	36 pts.				
	3. Luton	47 pts.				
	6. Bels.	91 pts.				

Redhill and Reigate - Easter Monday, 7 April

Colts 2 mile Road Race

1. A. Barnet	Andover	10.31	Bels.	16. R. Hopkins	12.42
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Boys 2 mile Road Race

1. R. Wickers	Brighton	10.37		B. Quirk	11.54
2. R. Langley	Belgrave	10.43		M. Bloice	12.04
3. P. Carton	Belgrave	10.47			

Team: 1. Belgrave

Brighton Road Race - April 12

16. J. Stow	14.15
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Andover and District - Young Athletes Track Meeting Tidworth Hants. 3 May 69

Youths 1 mile

2. W. Curtin	4:29
4. P. Carton	4:41

Youths 220 yards

6. M. Bloice	24.9
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Youths 880 yards

1. R. Langley	2:06.6
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Youths 110 Hurdles

5. B. Quirk	18.9
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Youths 440 yards

2. R. Langley	53.9
4. M. Bloice	55.3
	(54.9 Heat)

Victoria Park A.C.

Boys Road Relay - Belgrave disqualified for having over age members of team (so were the first eight teams)

In unofficial race Belgrave were second A. Team and the organisers of the race have agreed to give a set of medals to first three teams in unofficial race.

B. Curtin	7.08	P. Carton	7.31	Teams:	T.V.H.	36.44
J. Stow	7.18	B. Quirk	8.15		Belgrave	37.44
R. Langley	7.36				Swindon A.C.	38.07

B. Team

E. McNally	8.19	S. Barlow	10.20
M. Bloice	8.40	J. Ioannou	10.10
R. Hopkins	9.28		

Bill Curtin was third fastest of the day and Davies of T.V.H. did 7.2 and Smith of Thurrock 7.4.

The Easter Holiday

Over the Easter Holidays a party of 10 youths went down to Bognor and stayed in a caravan for a combined holiday and training weekend. (Halls Green was not available to us due to having repairs done and builders still on the site). This was most successful and a good time was enjoyed by all, some worthwhile work was done on the road across country and on the sand.



AND HERE ARE THE HAPPY HOLIDAYMAKERS !

BACK ROW: Nigel Bacon, Martin Bloice, Vie Butcher, Barry Quirk.
FRONT ROW: Reg Hopkins, Eddie McNally, Richard Langley, John Ionnou.

Opening Track Meeting - 19 April at Battersea

Boys 880 yards

1. D. Harvey	2:20.2	6. J. Clancy	2:59.0
2. R. Hopkins	2:29.4	7. K. Fabian	3:09.0
3. A. England	2:32.8	8. R. Jenkins	3:16.0
4. I. Gillings	2:46.7	9. M. Smith	3:30.0
5. S. Beardall	2:59.0		

Boys and Youths 1500 metres Walk - Battersea 30 April

1. V. Butcher	7:59.6	8. J. Ioannou	9:06.0
2. B. Keohane	8:19.0	9. B. Quirk	9:12.0
3. J. Stow	8:33.0	10. M. Bloice	9:12.0
4. E. McNally	8:43.0	11. P. Carton	9:26.0
5. J. Paraskeva	8:46.0	12. J. Hickey	9:50.0
6. S. Barlow	8:49.0	13. M. Weight	10:08.0
7. N. Dickett	9:00	14. G. Seligmann	10:15.0

South London Schools Championships - Crystal Palace 13 May

<u>Senior 200 metres</u>	1. Steve White	21.9 (record)
<u>Senior High Jump</u>	Arnold Bent	6ft 0in.
<u>Intermediate 1500 metres</u>	1. P. Carton	4:14.8
<u>Intermediate High Jump</u>	2. A. Mills	5ft 4in.
	3. S. Corrigan	5ft 2in.

Southern Counties Open Meeting - Crystal Palace 14 May

<u>Youths 800 metres</u>	1. R. Langley	2:02.8
<u>Youths 400 metres</u>	1. R. Hamilton	
<u>Youths 1500 metres</u>	J. Stow	4:23.0

North London Grammar Schools - White City 20 May

<u>Intermediate 890 yards</u>	1. R. Langley	2:03.9
<u>Senior 890 yards</u>	3. X. Yianni	2:08.0

Lewisham Schools Championships - 13 May

<u>One Mile</u>	1. E. McNally	5:09.0
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A Day at Hastings ~

Richard Langley flexes his muscles to the amusement of Mark Waight, Stew Barlow and Martin Bloice, while (right) Reg Hopkins Jnr., Martin Bloice, Barry Quirk and Nigel Bacon pose in a more traditional manner.

Bloice & Langley Star at CamberleyCamberley and District Young Athletes Meeting - Bracknell 24 May

<u>Boys 800 metres</u>	6. R. Hopkins	2:23.0
<u>Boys High Jump</u>	1. R. Hopkins	5ft. 0in.
	(second and third also jumped 5ft)	
<u>Youths 100 metres</u>	6. J. Ioannou	12.9
<u>Boys 200 metres</u>	Mark Waight who came fourth would have been third but a runner ran across Mark's lane in the finishing straight. His time was 26.2.	
<u>Youths 1000 metres steeplechase</u>		

	6. P. Breslin	3:07.7	(badly spiked on first hurdle)
	8. E. McNally	3:18.9	
<u>Youths 800 Metres</u>	1. R. Langley	2:03.3	
	Another fine run from Richard who commanded the field right from the start. This is his first year as a youth and he is now meeting boys older and more experienced but this does not deter him one bit.		
<u>Youths 1500 metres</u>	1. Weatherley	Bracknell A.C.	4:03.8
	2. W. Curtin	Belgrave	4:04.4
	4. P. Carton		4:11.2
	6. J. Stow		4:18.6

Personal best from Bill. This run was well inside A.A.A. Grade I standard and so qualifies him for Club Honours Badge. Both Peter and John made A.A.A. Grade II

A fantastic 400 metres in the youths event placed Martin Bloice second but with a time of 52.9 only .2 outside A.A.A. Grade I and still only a first year youth Martin seems a natural at this distance and can judge his effort to perfection. With more training we feel sure we have the county champion this year and who knows for the future?

(Ed: Martin has since won the County title)

Incidentally he recently broke his school record (Spencer Park) for the 800 yards in 2:09.9 and also won the 220 yards in 24.9.

Relay 4 x 100 metres Although our youths team put up their best time this season (47.9) we could only manage fifth place.

WALKING

The County Walks

Walking in the Hampshire '10' John Moullin finished 2nd in 77.38. On the Belgrave course for the Surrey '10' our boys were edged out over the second half of the race although we provided the individual winner Wil Wesch.

<u>Result:</u> 1. W.Wesch	79.05	<u>Team:</u> 1. Surrey WC	23
6. C.Lawton	85.53	2. Belgrave	26
9. R.Coates	86.46	3. Lon Vids	31
10. R.Parley	86.47		

March 8th. Ipswich '10'.

Another win for Wil with Belgrave taking the team race without too much trouble although Bob Coates for the B team had to throttle back to avoid taking points from the A by beating Pat Duncan - between them they arranged a draw

<u>Result:</u> 1. W.Wesch	77.10	13. B.Ward	85.23	
2. R.Middleton	78.03	14. C.Lawton	85.28	
3. D.Gulliver	78.17	18. D.DeBondi	89.32	Team: Belgrave
11. P.Duncan	84.12	20. B.Eglinton	94.41	
12. R.Coates	84.12			

R.W.A. & Inter-Counties '10'

March 15th. R.W.A. National '10' Miles Championship.

Held over the fast up and down Morden course the first national of 1969 proved something of a disaster for Belgrave when Wesch was pulled after one lap. Pat Duncan had to abandon his casual stroll and although he pulled back some 30 places it was not enough to give our 'other' speed men the backing they needed and we had to be content with second place.

<u>Result:</u> 1. J.Nihill	Swc	71.14	92. D.Fotheringham	Bels	84.17
2. J.Webb	Bas	73.05	106. C.Lawton	"	86.12
3. R.Hughes	Leic	73.27	154. J.Keown	"	91.29
14. R.Middleton	Bels	75.22	165. G.Beecham	"	93.02
16. L.Duquemin	"	76.06	171. J.Morris	"	93.44
17. J.Moullin	"	76.13	169. B.Eglinton	"	93.33
61. P.Duncan	"	82.00	202. P.Wilson	"	99.10
65. G.Cameron	"	82.15	204. J.Wilson	"	100.21
81. B.Ward	"	83.42			
			<u>Team Result:</u> 1. Leicester WC		67
			2. Belgrave		90
			3. Highgate		103
			13. Belgrave 'B'		230

March 22nd '15' Miles Inter-Club at Steyng.

1. P.Duncan	2:07:21	
5. R.Coates	2:16:22	2nd Team: Belgrave
9. D.DeBondi	2:20:29	

March 29 AAA 10,000 Metres.

2 Men inside first class standard for Belgrave, John Moullin a further 2 mins down with Wesch trying too hard and coming under the judges ban.

Result: 6. L.Duquemin 46.55 7. R.Middleton 46.59 12. J.Moullin 48.55
In the Junior '15' before the Metropolitan Walking Club 20 Kilos Paul Duckett returned a snappy 41.08

In the main race only Ray Middleton shone and Belgrave were pipped by a greatly improved Coventry team including ex-belgravian Bill Wright.

<u>Result:</u> 10. R.Middleton	Bels	97.42	30. J.Moullin	Bels	107.23
14. L.Duquemin	"	100.17	40. D.Fotheringham	"	111.55
16. W.Wesch	"	101.07			

June 13th - BUSF Sports 3,000 Metres Walk.

1. D.King	Bels	13.58	2. D.Berry	(2nd Claim)	14.02
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(Photo by Ron Linstead)

IT CAN'T BE !

Yes it is. It's Percy Wilson leading Olympian Paul Nihill in the R.W.A. '10'. One snag though - Nihill is a lap ahead !

CLUB 20 MILE CHAMPIONSHIP

April 12th - Club 20 Mile Championship for the Rickett's Shield

On a not very good day W.Wesch took his first club championship. Tucking in behind early leaders Len Duquemin and May Middleton, Wil was content to let it go for the first 15 miles but when he made his move there was no response and he finished very strongly well clear of a struggling Middleton.

Result:

1. W.Wesch	Bels	2.44.53	12. B.Eglinton	Bels	3.19.25
2. K.Middleton	"	2.47.31	13. J.Keown	"	3.25.03
3. L.Duquemin	"	2.48.28	14. T.Cook	"	3.26.09
4. D.Watts	MP	2.59.42	15. G.Beecham	"	3.29.14
5. R.Coates	Bels	3.00.25	16. J.Morris	"	3.31.34
6. D.DeBondi	"	3.00.26	17. - Mann	MP	3.34.11
7. J.Hedgthorn	MP	3.01.12	18. F.Gerrish	MP	3.34.23
8. L.Taylor	MP	3.06.15	19. P.Wilson	Bels	3.34.44
9. G.Matheison	MP	3.13.56	20. J.Wilson	"	3.35.49
10. D.Fotheringham		3.13.56	21. C.Gittens	"	3.42.06
11. K.Chamberlain		3.15.19			

Belgrave 56 Police 84

In the handicap our newcomer from Australia walked his best race yet to hold Coates to 1 second and win comfortably, the time 2.26.26- Dave DeBondi.

Duquemin Wins ELSON Cup

April 19th - Club 10,000 Metres Championship for the Elson Cup.

Len Duquemin showed that going metric makes no difference when he took the field by the scruff of the neck and dominated this race in much the same devastating form as he showed last year. The first four all walked well and Bob Coates suprised some with an impressive display of speed.

Result:	1. L.Duquemin	45.50	9. R.Ficton	53.05
	2. R.Middleton	47.22	10. F.Duncan	53.39
	3. W.Wesch	47.47	11. D.DeBondi	56.35
	4. J.Moullin	47.56	12. B.Eglinton	57.48
	5. R.Coates	50.26	13. J.Morris	58.00
	6. D.Fotheringham	51.40	14. T.Cook	58.37
	7. G.Cameron	52.32	15. A.East	60.35
	8. C.Lawton	53.03	16. C.Gittens	62.41

Nat'l 20k Champions

" " " " Again

May 10th - Gomersal - R.W.A. National 20 Kilos Championship

Once again this hilly Yorkshire village proved to be a happy hunting ground for Belgrave. On this occasion we were out to turn the tables on Leicester and revenge our defeat over 10 Miles although Lancashire, Wakefield and Basildon were also poised threateningly should anything go wrong. So worried were we by reports of the severity of the course and wild rumours of ropes and ice-axes that we sent out our scout Wil Wesch who travelled up a week early in order to be fully prepared. Using this start to its full advantage Wil seems to have mopped up most of the social life by the time his clubmates joined him for there he was complete with charming attendant for the summer season. The course was tough but also extremely fast. From the start our boys worked together as a team packing well in the twenties with a second group developing in the forties. Surprisingly Leicester never seemed to be in it at all and the real threat developed from Wakefield who were on home territory. At ten miles Belgrave were almost out of the wood when Barras of Wakefield was pulled and from then on there could never be any doubt, Belgrave's four closed in magnificent fashion with Ray Middleton right up with the fast men Len Duquemin, John Moullin and Wil Wesch hard on his heels 19 points clear of Lancashire.

Result:

1. P.Nihill	S.W.C.	90.07	52. C.Lawton	Belgrave	105.29
2. P.Fullager	Basildon	90.58	54. I.Duncan	" "	105.50
3. J.Webb	" "	91.42	55. R.Farley	" "	106.02
9. R.Middleton	Belgrave	94.41	69. R.Coates	" "	108.38
17. L.Duquemin	" "	97.50	75. D.DeBondi	" "	109.53
19. J.Moullin	" "	98.08			
20. W.Wesch	" "	98.13	<u>Team Result:</u>	1. Belgrave	57 Points
				2. Lancashire	76 " "
				3. Basildon	85 " "

Mercury '20'

May 24th - Leicester Mercury 20 Miles

Using this race as a warm up for the National Championships in June Belgrave placed four in the first sixteen to win comfortably from Bristol. In pouring rain only Wil Wesch went well to head the team in fourth individual position.

Result:

1. B.Eley	Bristol	2:42:15	(Rec)		
2. J.Warhurst	Sheffield	2:45:49			
3. S.Lightman	Met WC	2:49:04		<u>Team Result</u>	1. Belgrave 29
4. W.Wesch	Belgrave	2:51:56			2. Bristol 40
7. R.Middleton	" "	2:54:39			3. Leicester 46
8. L.Duquemin	" "	2:59:52			
16. J.Moullin	" "	3:05:51			
25. I.Duncan	" "	3:14:08			
69. B.Capener	" "	3:34:49			
96. R.Ficton	" "	3:47:34			

May 26th - Bradford 50 Kilos

Once again it poured with rain during the early part of the race giving Pat Duncan his second wet journey of the weekend. Dave King showed a powerful return to form on this tough course and both Bob Coates and Dave DeBondi walked stormers at their first attempt at 50 Kilos. At one point Belgrave threatened Wakefield but their greater experience won the day and we closed in second.

Result:

1. J.Warhurst	Sheffield	4:32:58	10 R.Coates	Belgrave	5:00:50
2. G.Barras	Wakefield	4:41:58	15 D.King	" "	5:03:11
3. R.Wallwork	Lancashire	4:44:32	18 D.DeBondi	" "	5:06:53
6. P.Duncan	Belgrave	4:55:40	24 R.Farley	" "	5:17:26

National 20 m

Title Retained

June 14th - RWA National 20 Miles Championship

A really hot day and the tough three lap course made this 20 Mile race more a test of endurance than a display of fast walking. It is a tribute to Belgrave that under such conditions we not only finished 25 points clear to win the team title - our first win since 1960 - but also retained the Nijmegen Shield for the first full team of eight to finish. 8th man Dave DeBondi closing the team in 31st position. Everyone pushed themselves to the limit but Ray Middleton and John Moullin stand out with Ray really showing what counts on the day. In the team race Leicester blew right out but Wakefield showed some of the form which may threaten our chances over the 50 Kilos.

Result:

1. P.Nihill	S.W.C.	2.44.51	34. R.Farley	Belgrave	3.16.00
2. B.Eley	Bristol	2.46.24	37. D.DeBondi	" "	3.17.45
3. W.Sutherland	Highgate	2.48.45	39. D.King	" "	3.18.56
5. R.Middleton	Belgrave	2.51.40	43. G.Cameron	" "	3.19.45
11. J.Moullin	" "	2.58.33	58. B.Capener	" "	3.27.17
14. W.Wesch	" "	3.01.17	61. G.Beecham	" "	3.27.49
15. L.Duquemin	" "	3.01.36	66. J.Morris	" "	3.28.55
23. R.Coates	" "	3.07.14	89. J.Keown	" "	3.41.40
26. P.Duncan	" "	3.09.35			

Team:	1. Belgrave	33
	2. Wakefield	58
	3. Coventry	93
	9. Belgrave B	177

Nijmegen Shield - Belgrave carriers in 31st Position.

June 1st - Invitation 10,000 Metres - Brighton

1. R.Mills	Ilford	46.36	4. J.Moullin	Belgrave	47.29
2. L.Duquemin	Belgrave	46.39	9. R.Coates	" "	50.31
3. R.Middleton	" "	47.09			
			Team:	1. Belgrave	14
				2. Brighton	27
				3. Steyning	37

June 10th - Lambeth '51

Len Duquemin confirmed his recent speedy form with a fine second place just 7 seconds down on Bill Sutherland. Although he finished in the first 8 John Moullin was not good enough to make the team!

Result:

1. W.Sutherland	Highgate	36.11	19. R.Coates	Bels	40.37
2. L.Duquemin	Belgrave	36.18	20. P.Duncan	" "	41.00
3. C.Young	Essex B	36.29	25. C.Lawton	" "	41.55
5. R.Middleton	Belgrave	37.46	28. D.Fotheringham	" "	42.27
7. W.Wesch	" "	38.22	34. B.Ingarfield	" "	43.43
8. J.Moullin	" "	38.37	35. D.DeBondi	" "	44.05
			43. B.Eglinton	" "	45.28
Team:	1. Belgrave A	14	51. A.Hinchcliff	" "	48.01
	2. Ilford	22	55. C.MacLennan	" "	49.03
	3. Highgate	23	61. P.Wilson	" "	50.49
	6. Belgrave B	66			

Bob Coates' improved form was enough to win him the handicap by 30 Seconds.

Nearly a clean sweep for Belgrave in the Surrey County Track Walks. The senior was won by Paul Nihill from Wil Wesch, Paul Duckett took the junior and Andy Hinchcliff walked off with the youth title.

RAY MIDDLETON was first man home for Great Britain in the 50 Kilos event in the match against West Germany on May 3rd. The race was won by Magnor (WG) in 2:58:56.4 but Ray put in a typically gutsy performance showing he is far from finished with the international scene, despite badly blistered feet which certainly blunted his attempt to challenge Magnor soon after the 20 Kilo point. Ray's time was 3:03:51; ahead of team-mates Lightman, Sutherland, and Chaplin.

TRACK AND FIELD

PETER HILLIAR (Track Captain) WRITES:

The present track season seemed to start sooner than usual but this illusion only resulted from the somewhat belated National Road Relay. Consequently, it was difficult to stir up much more than a modicum of interest for the first meetings. So far, our results have been poor relative to our potential.

The potential certainly exists and, if this season so far has done nothing else, it has certainly introduced several promising "newcomers" to nudge on the "veterans" to greater heights. Readers will remind me, I am sure, that this claim has been advanced before only to come to nothing. In this case, however, I feel certain that it is justified. For interest a brief comment on the season's progress in the track events is given:-

100 and 200 metres

Potentially two of our strongest events, but with Jim Vivian plagued by injury, Steve White sitting his "A" levels and John Mitchell with heavy university commitments in the early season, it hasn't usually worked out that way. Chris Martin, Cliff Brooks and the ubiquitous Tony Brooks have generally been on hand as able substitutes and Charles Gillet was "discovered" at Motspur Park, where he finished 2nd in the Surrey 200 metres (no-one knew he was first claim!). Aris Sapountzoglou has been working in his own inimitable way and nearly surprised Chris in the Club Championships.

400 metres

Once a weak spot, but with new member, Mel Ford (50.4), Philip Gee and Dave Rees (51.3), and Tony Brooks strolling to 51.7, there could be some promise yet of a pair of sub-50 quarter millers and a useful 4 x 400 metres team. Philip Smith and Cliff Brooks are both capable of pushing any of this quartet and if any of our talented sprinters turned their hand to some over-distance work, who knows what might happen.

800 metres

Another problem spot, the main snag now is not who to put in but who to leave out. Any one of John Boardman, Douglas Jardine, John Kelly, Lionel Mann (no '20' the week before!) could get under 1 minute 55 secs. and then improve, while the "veteran" track captain isn't giving up yet! Other promising runs so far have come from Adrian Major, John Woodcock, Colin Pearson, John Hamilton, Mark McNair, Jim Rimmer and youths Bill Curtin and Richard Langley.

1500 metres

No problem here with John Thresher and Geoff North both coming into cracking form and Adrian Major and Laurie O'Hara able stand-bys. To date, however, no newcomer has flashed into view as a possible challenger, although we have seen Alan Black starting to perform impressively again.

5000 metres

Another particular strong point, with John Thresher and Geoff North already under 14 minutes. New member, Peter Morris, has already done 14.30 and with Adrian Major, Tony Fairclough, Laurie O'Hara, John Bicourt and Lionel Mann backing up, we should have no problems.

3000 metres steeple chase

John Bicourt, after his brilliant 8-50.2 in the Inter-Counties leads the lists and we look forward to even better things later on in the season. Peter Morris has yet to be pushed and should go well under 9 minutes later on. With Dick Piotrowski and Alan Black also well under 10 minutes and John Dear, recovered from a nasty injury, capable of 9-30 or under, we look strong.

FIELD EVENTS

Bill Couzens writes:

'GET THE STRENGTH OF THE GRENADIER GUARDS AROUND YOU'

A number of Grenadier Guards from the Chelsea Barracks started training at Battersea Park and were quickly spotted by Tom Carter who, after some well chosen words to a Polytechnic Harrier talent scout invited them to join us, the local club. This without a doubt is a great asset to our Field Events team, our new members are:- Glyn Ratcliffe - 150 foot Discus Thrower and 44 foot shot putter (although I saw him do 46 feet in training the other day) He also has to his credit a 133 foot hammer throw but only using one turn.

Steven Inman - Pole Vault, has vaulted 12' 9" in training, his competition best is 11' 9". He is also a 180 foot javelin thrower.

Mel Ford - Javelin Thrower, has done 180 foot standing throw. He has tremendous potential 'Far better to have them with us thanag'in us!'

April 19 - Battersea Park

100 m.	3. P. Gee	12.0	5. A. Brooks	12.2
200 m.	4. A. Brooks	23.8		
400 m.	A.1. P. Gee	51.9		
	B.2. P. Smith	53.2	3. H. Rickner	53.9
800 m.	2. J. Kelly	1:59.2	5. M. Ford	2:02.8
	6. M. McNair	2:02.8	8. A. Black	2:05.0
	9. R. Moody	2:05.0		
1500 m.	2. J. Rimmer	4:12.2	3. C. Pearson	4:24.8
	5. R. Glover	4:26.7	6. J. Martin	4:27.8
	7. C. Keavey	4:36.0	8. M. McNair	4:41.0
	9. D. MacLean	5:01.0		
3000 m.	1. J. Thresher	8:19.0	3. L.O'Hara	8:49.6
	8. C. Calderwood	9:31.0	9. J. Kelly	9:50.0
4 x 110 yds.	2. Belgrave H.(A)	45.9	3. Belgrave H. (B)	47.5
100 m scoring)	3. D. Glendenning	12.2	4. R. Couillault	12.2
	5. D. Scott	12.4		
High Jump	5. D. Glendenning	5' 4"	6. R. Couillault	5' 2"
Javelin	1. B. King	190' 0"	3. F. Glass	161' 6"
Long Jump	1. A. Lerwill	24' 8½"	3. D. Glendenning	20' 6½"
Shot	2. G. Ratcliffe	41' 6"	4. W. Couzens	34' 6"

RESULT 1. Belgrave H. 82 pts. 2. Woodford Green 56 pts. 3. Met Police. 49 pts.
4. Ealing/Southall 30 pts.

Junior

100 m.	1. D. Cole	11.5	2. L. Sullivan	11.9
	4. S. Barlow	12.6	5. P. Breslin	13.2
200 m.	1. D. Rees	23.7		
400 m.	1. D. Rees	54.6	2. S. Barlow	57.3
1500 m.	1. A. Boys	4:30.0	2. J. Blair-Fish	7:14.0
4 x 110 yds.	1. Belgrave H.	59.8		
Long Jump	1. L. Sullivan	20' 2½"	2. D. Cole	19' 8"

RESULT 1. Belgrave H. 60 pts. 2. Ealing/Southall 21 pts.

Youths

100 m.	2. M. Micallef	12.5	4. E. Quirk	13.3
	5. J. Ioannou	13.5	6. G. Jeessop	13.7
400 m.	1. A. Rees	1:01.4	2. G. Jeessop	1:07.2
800 m.	1. P. Breslin	2:19.6	3. B. Quirk	2:20.4
	4. E. Godfrey	2:23.0		
4 x 110 yds.	Belgrave Harriers disqualified			
Long Jump	2. J. Ioannou	16' 10½"	4. E. Quirk	13' 8½"

RESULT 1. Ealing/Southall 51 pts. 2. Belgrave 39 pts.

April 30th. - Battersea Park - Club Handicaps

400 metres Hurdles		(Handicap Time)	(Actual Time)	(Handicap Time)	(Actual Time)
1.	H. Rickner	53.5	64.0	9. J. Martin	57.7
2.	E. McNally	55.4	69.4	10. V. Butcher	58.0
3.	M. Macnair	56.0	64.5	11. M. Ford	58.2
4.	A. Bent	56.0	63.5	12. R. Hamilton	58.4
5.	P. Smith	56.4	63.4	13. P. Hillier	58.7
6.	P. Gee	56.8	64.8	14. R. Couillault	59.8
7.	A. Brooks	57.1	59.1	15. C. Keavey	62.0
8.	J. Hamilton	57.6	67.6		76.0

Shot		(Handicap Distance)	(Actual Distance)	(Handicap Dist.)	(Actual Dist.)
1.	M. Ford	43'-4"	28'-10"	8. P. Smith	41'-1"
2.	A. Bent	43'-0½"	28'-9½"	9. J. Martin	40'-8½"
3.	P. Ratcliffe	42'-4½"	41'-10½"	10. R. Hamilton	40'-4"
4.	R. Couillault	42'-4"	29'-7"	11. J. Hamilton	39'-10½"
5.	P. Gee	42'-0½"	27'-6½"	12. D. Maclean	39'-7"
=6.	C. Keavey	41'-9"	21'-9"	13. M. McNair	38'-1½"
=6.	A. Brooks	41'-9"	25'-9"		23'-1½"

CARSHALTON TROPHY

Carshalton 26th April

This was our first appearance in the Carshalton Trophy for some years and because of the following week's National Road Relay we were very depleted. The gale force wind ruled out good performances, as can be gauged by Chris Martin's winning 24.8 in the 220. Our only other winner was Brian King, who beat quite a fair field in the Javelin in very difficult throwing conditions. Overall we were probably lucky to find other teams weak and thus to finish second.



Photo by Ron Linstead

Chris Martin wins the 220 yards

100 yds	2. A. Brooks	11.1	Result: 1. Croydon H.	42 pts.
220 yds	1. C. Martin	24.8	2. Belgrave H.	38 pts.
440 yds	2. P. Gee	54.8	3. London A.C.	31 pts.
880 yds	4. J. Kelly	2:07.9	4. Mitcham A.C.	26 pts.
1 mile	4. J. Rimmer	4:54.1	5. Walton A.C.	17 pts.
Shot	T. Ratcliffe		6. Epsom/Ewell	16 pts.
Javelin	1. B. King	173' 11"		
High Jump	3. P. Hilliar	5' 0"		
Long Jump	4. A. Brooks			

A.A.A. V CAMBRIDGE UNIV.---CAMBRIDGE-24TH APRIL

5000M: 1. J. Thresher (A.A.A.) 14:14 3000M S/C: J. Bicourt (A.A.A.) 9:16:4

SURREY COUNTY V LONDON UNIV.---MOTSPUR PARK---30TH APRIL

3000M S/C: 2. J. Bicourt 8:55:8.

A.A.A. V BOROUGH RD COLLEGE V LONDON UNIV.---MOTSPUR PK--14TH MAY

3000M S/C: 1. J. Bicourt (A.A.A.) 8:58:2 2. R. Plotrowski (A.A.A.) 9:15:4
 100 M: 4. J. Mitchell (London) 10:7 200M: 4. J. Mitchell (London) 21:9

SOUTHERN COUNTIES OPEN MEETING--CRYSTAL PALACE--14TH MAY

5000M: 1. P. Morris 14:29.0 1500M: 3. A. Major 4:00.2
 800M: 3. D. Jardine 1:58.7 5. J. Rimmer 1:59.9 6. R. Moody 2:00.8

NATIONAL LEAGUE

National League, Division 3 - 1st Meeting - Horwood Scrubs 10th May

As a result of the machinations of the AAA's dreaded computer, we found ourselves in Division 3 along with Bristol, Croydon, L. A. C., Southampton and Woodford Green. It appeared from our turn-out that we wished to remain in Division 3 or possibly to be relegated to more peaceful pastures. However, we eventually struggled up to 3rd behind Southampton and Croydon, both of whom we defeated last season. Our best performances came from John Thresher and Geoff North in the 1500, Derek Glendinning and Bob Couillault in the Triple Jump and our "B" string sprinters Steve White and Chris Martin. We finished the meeting on a high note with a victory in the sprint relay, thanks to a brilliant last leg by Jim Vivian. Mention should also be made of our willing all-rounders, who are always prepared to have a go at anything without fuss - people like Tony Brooks, John Martin and Malcolm Robertson in the field events.

100 m.	(A) J. Vivian (disq.)		(B) 1. S. White	11.5
200 m.	(A) 3. J. Vivian	22.9	(B) 1. C. Martin	23.1
400 m.	(A) 5. P. Gee	51.7	(B) 4. P. Smith	53.1
800 m.	(A) 6. J. Boardman	1:58.4	(B) 4. J. Rimmer	2:03.4
1500 m.	(A) 1. J. Thresher	3:56.8	(B) 1. Geoff North	4:03.8
5000 m.	(A) 3. A. Major	14:58.6	(B) 2. L. O'Hara	15:13.8
110 m. Hur.	(A) 4. R. Couillault	17.4	(B) 3. J. Martin	20.0
400 m. Hur.	(A) 4. M. Ford	58.4	(B) 2. A. Brooks	60.0
3000 m. S/C	(A) 3. R. Piotrowski	9:30.8	(B) 3. A. Black	9:52.0
4 x 100 m.	1. Belgrave	43.3	(S. White, R. Couillault, C. Martin, J. Vivian)	
4 x 440 yds.	4. Belgrave	3:31.2	(A. Brooks, D. Jardine, P. Gee, M. Ford)	
Hammer	(A) 3. M. Robertson	140' 9"	(B) 3. W. Couzens	114' 9"
Long Jump	(A) 3. S. White	21' 1 1/2"	(B) 5. F. Kossi	19' 7 1/2"
Pole Vault	(A) 4. F. Kossi	9' 0"	(B) 4. A. Brooks	8' 0"
Discus	(A) 5. F. Glass	122' 6"	(B) 3. M. Robertson	100' 4"
High Jump	(A) 3. A. Bent	5' 9"	(B) 3. S. Ipaye	5' 6"
Triple Jump	(A) 1. D. Glendinning	47' 3"	(B) 2. R. Couillault	45' 7 1/2"
Shot	(A) 5. W. Couzens	35' 3 1/2"	(B) 5. J. Martin	34' 4 1/2"
Javelin	(A) 5. B. King	165' 10"	(B) 2. F. Glass	155' 5"
RESULT:	1. Southampton A.C. 254 pts	2. Croydon H.	231 1/2 pts	
	3. Belgrave H.	212 1/2 pts	4. Woodford Grn.A.C.	200 pts
	5. London A.C.	169 pts	6. Bristol A.C.	164 pts

VANCOUVER TROPHY

Vancouver Trophy - Woodford Green - May 18th

"It always rains for the Vancouver" - thus one of our regulars competing in his third Vancouver. The rain wasn't the main worry, but the very gusty wind didn't help matters. In the 100 metres, the conditions of qualification for the final weren't really geared up to the climatic conditions, with a changeable wind, a "fastest loser" basis is really unfair. Whatever our grievances, we were never in the running for the trophy. Our only winner was Peter Morris with an impressively relaxed performance in the steeplechase. A last element of comedy (peculiar sense of humour!) was provided by the sprint relay being held in a hail storm.

100 m. (Heat)	2. J Mitchell	11.8		
200 m. (")	5. C. Brooks	24.4		
400 m. (")	3. P. Gee	53.4	5. P. Smith	54.4
800 m. (")	3. D. Jardine	2:01.5	4. J. Boardman	2:01.2
1500 m.	5. Geoff North	4:06.4	6. A. Major	4:06.7
3000 m. s/c	1. P. Morris	9:30.0		
110 m Hur Fin	5. R. Couillault	17.4		
400m Hur Heat	3. M. Ford	59.1	4. A. Brooks	63.7
3000 m Walk	4. W. Wesch	13:56.2		
Hammer	5. W. Couzens	117' 5"		
Pole Vault	6. A. Brooks	9' 0"		
Triple Jump	4. D. Glendinning	44' 8"		
Discus	5. T. Ratcliffe	139' 6"		
High Jump	2. A. Bent	5' 8"	6. C. Brooks	5' 4"
RESULT:	1. Woodford	72 pts	2. Birchfield	55 pts
	3. Wol/Bilston	53 pts	4. Cardiff	40 pts
	5. Ilford	32 pts	6. Belgrave	28 pts

(12 Clubs competed)

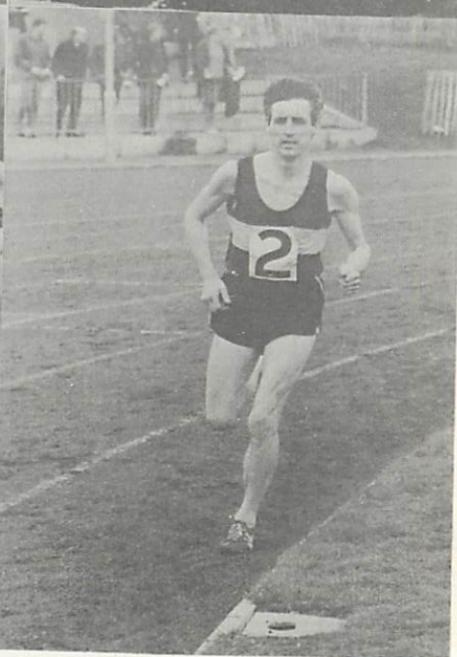


PHOTO ACTION AT NATIONAL LEAGUE

TOP LEFT: Dick Piotrowski heads for a ducking in the S/chase, but surfaced to go on to finish 3rd. in 9:30, 8

TOP RIGHT: In the 'B' S/chase Alan Black sets the pace and also secured 3rd. position.

BOTTOM LEFT: Adrian Major runs at the shoulder of Don Faircloth (Croydon) in the 'A' 5000 metres before he too finished 3rd.

BOTTOM RIGHT: In the 'B' 5000 metres Laurie O'Hara proved too good for most of the second strings and he is seen here finishing 2nd.

CLUB CHAMPIONSHIPS

Hurlingham 31st May

Another wet and windy Hurlingham occasion, assisted by a track that looked like something out of a ploughing contest! However the threatened cloudburst didn't occur, so conditions weren't unduly uncomfortable.

As usual the two most popular events proved to be the 800 metres and 1500 metres. The 800 metres was an uneven race, only settled down the straight, where Peter Hilliar held off a fast-finishing John Boardman. The first five finishers were within 0.8 second of each other, giving an indication of their closeness. The 1500 was won by the proverbial "street" by a highly impressive John Thresher, leading all the way. Otherwise, the most impressive athlete on view was Steve White, who managed a personal best 100 metres in the conditions, as well as completing his junior triple with the 200 and 400 as well. The senior sprints were annexed again by Chris Martin, whose main rival proved to be the fast improving Chris Sapountzoglou.

Another impressive performance came in the steeplechase where Peter Morris moved smoothly to a personal best ahead of Dick Piotrowski. Lionel Mann ran his obligatory second race of the day and showed the most unorthodox jump technique since the balmy days of Arkle. Still, he managed to beat the only female impersonator in the race in Nigel Bacon!

The best track winner was Philip Gee, who ran an intelligent 400 metres to beat Mel Ford into second place. Philip is on the verge of a breakthrough, but it hasn't come yet. His win, is a just reward of some solid work over the last year.

Turning to the field, Bob Couillault surpassed himself with a 5' 8" high jump - we knew he'd done it in training, but didn't believe him! He even beat Arnold Bent! As he also won the long jump and a close-up second in the triple jump to Derek Glendinning, he could be said to have had a field day. Otherwise Nick Head and Frank Glass shared the throwing events between them, with a particularly close javelin competition going to Nick ahead of Brian King.

RESULTS

<u>100 metres Boys</u>		<u>FINAL</u>		<u>400 metres Senior</u>	
(Heat 1)		1. S. White	11.0	1. P. Gee	51.9
1. S. Crosbie	13.5	2. L. Sullivan	11.5	2. M. Ford	52.3
2. R. Hopkins	13.6	3. D. Rees	11.7	3. P. Smith	52.9
3. R. Butt	14.4	4. M. Bloice	12.2	4. C. Martin	52.9
4. R. Jenkins	15.2			5. R. Glendinning	56.9
5. K. Fabian	16.0				
(Heat 2)		<u>100 metres Senior</u>		<u>800 metres Boys</u>	
1. S. McFall	13.8	1. C. Martin	11.5	1. R. Hopkins	2:17.8
2. L. Smith	13.9	2. Sapountzoglou	11.6	2. S. Holmes	2:20.7
3. N. Lockyer	14.4			3. D. Harvey	2:22.6
4. G. Saunders	14.6			4. S. Crosbie	2:38.1
<u>FINAL</u>		<u>200 metres Junior</u>		5. J. Diggins	2:39.5
1. S. Crosbie	13.6	1. S. White	22.1	6. G. Saunders	2:54.0
2. R. Hopkins	13.9	2. D. Rees	23.4		
3. S. McFall	14.2	3. A. Bent	24.3	<u>800 metres Junior</u>	
4. L. Smith	14.5	4. M. Bloice	24.4	1. W. Curtin	2:01.4
5. R. Butt	14.6	5. S. Barlow	25.1	2. R. Langley	2:01.8
6. N. Lockyer	14.6	6. M. Marshall	25.3	3. J. Hamilton	2:02.1
				4. P. Carton	2:03.8
		<u>200 metres Senior</u>		5. R. Hamilton	2:10.2
		1. C. Martin	23.2	6. S. Barlow	2:11.7
		2. Sapountzoglou	23.4		
		3. M. Ford	23.8	<u>800 metres Senior</u>	
		4. R. Couillault	24.2	1. P. Hilliar	2:00.9
				2. J. Boardman	2:01.0
		<u>400 metres Junior</u>		3. L. Mann	2:01.4
		1. S. White	52.0	4. J. Woodcock	2:01.5
		2. D. Rees	53.2	5. D. Jardine	2:01.7
		3. M. Bloice	54.2	6. C. Pearson	2:03.4
		4. J. Hamilton	54.8	7. H. Satchell	2:04.6
		5. R. Hamilton	55.7	8. R. Moody	2:07.2
<u>100 metres Junior</u>					
(Heat 1)					
1. S. White	11.6				
2. D. Rees	11.7				
3. J. Smith	12.1				
4. A. Rees	12.5				
(Heat 2)					
1. L. Sullivan	11.7				
2. M. Bloice	12.1				
3. M. Marshall	12.1				

9. D. Baines	2:07.6
10. M. McNair	-
11. J. Martin	-
12. D. McMillan	-
13. C. Manning	-
14. J. McDonald	-
15. J. Baker	-

1500 metres Junior

1. W. Curtin	4:13.2
2. P. Carton	4:17.2
3. R. Langley	4:17.9
4. J. Stow	4:18.3
5. P. Breslin	4:37.0
6. V. Butcher	4:41.0
7. L. Harris	4:44.5
8. E. McNally	4:47.0
9. J. Blair-Fish	-

1500 metres Senior

1. J. Thresher	3:54.0
2. A. Major	4:03.6
3. L. O'Hara	4:06.4
4. J. Dear	4:12.0
5. J. Rimmer	4:13.3
6. D. Brew	4:16.6
7. R. Smith	4:19.0
8. M. McNair	4:22.0
9. W. Laws	4:26.0
10. C. Calderwood	4:27.0
11. C. Pearson	4:29.0
12. B. Gorman	4:29.0
13. R. Glover	4:31.0
14. J. Davies	4:34.0
15. C. Henn	4:40.0
16. D. Davies	4:49.0
17. R. Beaumont	4:55.0
18. G. Piddington	5:07.0
19. J. McDonald	5:18.0

3,000 metres S/chase

1. P. Morris	9:09.8
2. R. Piotrowski	9:50.6
3. L. Mann	10:28.2
4. N. Bacon	10:30.8
5. V. Butcher	10:57.8
6. D. Maclean	12:56.0

3,000 metres Walk

1. W. Wesch	13:22
2. J. Moullin	13:39
3. R. Coates	14:24
4. C. Lawton	14:36
5. D. Fotheringham	14:50
6. S. James	15:35
7. H. Hooper	16:23
8. A. Hinchcliffe	16:47
9. T. Cook	16:47
10. A. East	17:29
11. C. McLennan	17:48
12. P. Wilson	18:53

Discus

1. F. Glass	127' 6 $\frac{3}{4}$ "
2. N. Head	121' 7 $\frac{3}{4}$ "
3. W. Couzens	98' 11"

Weight

1. N. Head	39' 6"
2. G. Ratcliffe	38' 11 $\frac{1}{2}$ "
3. W. Couzens	38' 1 $\frac{1}{2}$ "
4. J. Martin	34' 8 $\frac{1}{2}$ "
5. F. Glass	34' 0 $\frac{1}{2}$ "

Javelin

1. N. Head	190' 11"
2. B. King	186' 1"
3. F. Glass	145' 9"
4. J. Fordham	135' 8"

High Jump Boys

1. R. Hopkins	4' 9"
2. D. Harvey	4' 6"
3. N. Lockyer	4' 4"
4. G. Saunders	4' 3"
5. S. Holmes	4' 2"
6. L. Smith	4' 2"
7. R. Butt	4' 1"
8. S. McFall	3' 10"

High Jump Junior

1. R. Moriah	5' 1"
2. L. Harris	5' 0"
3. S. Corrigan	5' 0"

High Jump Senior

1. R. Couillault	5' 8"
2. A. Bentt	5' 3"
3. N. Head	5' 3"

Long Jump

1. R. Couillault	21' 8"
2. L. Sullivan	21' 2 $\frac{1}{2}$ "
3. D. Glendinning	21' 0"
4. A. Kossi	19' 7 $\frac{1}{2}$ "
5. D. Ansell	19' 5 $\frac{1}{2}$ "
6. M. Marshall	18' 1 $\frac{1}{2}$ "

Triple Jump

1. D. Glendinning	44' 9"
2. R. Couillault	44' 7 $\frac{1}{2}$ "
3. D. Ansell	38' 4"
4. N. Head	36' 8 $\frac{1}{2}$ "
5. S. Corrigan	33' 7 $\frac{1}{2}$ "
6. F. Glass	33' 5 $\frac{1}{2}$ "

21 May - Match v S.L.H. and Hercules/Wimbledon at Battersea Park

100 m.	2. C. Martin	11.7	3. A. Brewster	12.2
200 m.	1. C. Martin	23.2	3. A. Brewster	24.7
400 m.	1. P. Gee	51.8		
800 m.	1. J. Thresher	1:56.2	2. D. Jardine	2:00.1
1500 m.	1. A. Major	4:04.5	3. P. Hilliar	4:14.1
	5. D. Hurd	4:48.9		
3000m.	4. L. Mann	8:51.0	8. H. Satchell	9:15.0
	9. C. Walker	9:19.0	10. J. Stow	9:21.0
	11. N. Bacon	9:23.0	12. V. Butcher	9:27.0
	14. B. Gorman	9:33.0	17. C. Calderwood	9:54.0

Discus:	1. F. Glass	125'-5"	2. T. Ratcliffe	123' - 0"		
Shot:	1. J. Martin	35'-10 $\frac{1}{2}$ "	2. W. Couzens	34'-10"	3. T. Ratcliffe	34'-6"
Javelin:	1. B. King	180'-4"	2. F. Glass	163'-5"		

<u>RESULT:</u>	1. Belgrave	95 pts.	2. Hercules/Wimbledon	64 pts
	3. S.L.H.	33 pts.		

Non - Scoring

100 m.	1. A. Sapountzoglou	11.9	2. P. Gee	12.0
	3. A. Brooks	12.1	4. M. Ford	12.2
	5. P. Smith	12.4	6. D. Scott	12.5
200 m.	1. A. Brooks	23.7	2. M. Ford	23.7
	3. A. Sapountzoglou	23.8	4. P. Smith	24.4

---(Cont'd overleaf)

300 m.	1. L. Mann	1:58.9	2. M. Kay	1:59.1
	3. J. Boardman	1:59.9	4. J. Rimmer	2:01.3
	5. J. Woodcock	2:01.6	6. M. McNair	2:01.7
	7. C. Pearson	2:02.4	8. L. O'Hara	2:02.4
	9. D. Baines	2:03.3	10. J. Martin	2:04.0
	11. C. Walker	2:11.0	12. C. Calderwood	2:12.0
100 m. Jun	1. L. Sullivan	11.8		
200 m. Jun.	2. R. Hamilton	24.9	3. S. Barlow	25.5
400 m. Jun.	1. J. Hamilton	54.9		
300 m. Jun.	1. J. Hamilton	2:07.2	2. R. Hamilton	2:10.7
	3. S. Barlow	2:11.5		
1500 m.	1. R. Langley	4:21.3	2. P. Carton	4:27.1
	5. J. Blair-Fish	5:36.0		
RESULT:	1. Hercules/Wimbledon	43 pts.	2. Belgrave	47 pts.
			3. S.L.H.	7 pts

27 May - Match v. Walton A.C. at Stompond Lane

100 m.	2. A. Sapountzoglou	11.6	3. P. Gee	11.8
200 m.	2. P. Gee	23.5	3. P. Smith	23.8
	5. A. Sapountzoglou	24.0		
400 m.	1. A. Brooks	51.7	3. R. Hamilton	55.3
	4. J. Martin	55.5		
300 m.	1. D. Jardine	1:58.9	3. A. Major	1:59.3
	5. J. Hamilton	2:01.0	6. C. Pearson	2:01.7
	7. R. Hamilton	2:04.0	9. C. Manning	2:29.0
1500 m.	1. Geoff North	3:55.8	2. A. Major	4:08.4
	6. B. Gorman	4:32.0	7. R. Glover	4:32.0
	3. C. Pearson	4:40.0		
3000 m.	2. P. Hilliar	9:17.0	4. C. Calderwood	9:38.4
4 x 110 yds.	1. Belgrave	46.5	(Sapountzoglou, Smith, Scott, Gee)	
Shot	1. J. Martin	39' 1 $\frac{1}{2}$ "	2. W. Couzens	36' 10"
Discus	1. F. Glass	123' 2"	2. W. Couzens	96' 10 $\frac{1}{2}$ "
Javelin	1. B. King	174' 9"	2. F. Glass	145' 6"
Long Jump	2. A. Brooks	18' 0 $\frac{1}{2}$ "	4. J. Hamilton	17' 0 $\frac{1}{4}$ "
High Jump	1. J. Martin	5' 0"	4. P. Hilliar	4' 8"
<u>Non-scoring</u>				
100 m.	1. A. Brooks	11.6	2. P. Smith	11.8
	3. D. Scott	11.9		
RESULT	1. Belgrave H.	75 pts.	2. Walton A.C.	53 pts.

 ---Cont'd from opposite page

Our seniors had little to offer and many were conspicuous by their absence. Colin Gillett and Chris Martin took silver and bronze in the 200 metres, both in 22.9, and Chris also finished third in the 100 metres (11.5). Our only other senior medal winner was Wil Wesch who took second place behind a National record-breaking Hill in the 3,000 metres walk. Bob Coates was fourth.

Trevor Hart was our only distance man to run in both the 5,000 and 10,000 races, where he carried our colours to 7th (14:38) and 4th (30:36) respectively. Adrian Major was right on his heels for most of the 5,000 and finished one place and four seconds down.

Belgrave obviously have a great future ahead of them in the Surrey Championships, on the showing of their young athletes. One can only hope that our present seniors will be inspired by the thought.

RESULTS

SENIORS

100: 3. C. Martin 11.5 200: 2. C. Gillett 22.9, 3. C. Martin 22.9.
 500: 7. T. Hart 14:38.0, 8. A. Major 14:42.2.
 1000: 4. T. Hart 30:36.0, 3000 s/chase: 5. N. Bacon 10:30.8.
 3000 Walk: 2. W. Wesch 13:32.4, 4. R. Coates 14:01.0.
 4x110: 1. Surrey AC 44.8, (Belgrave 44.8, disqualified)
 4x440: 1. H.H.H. 3:23.3, 2. Belgrave 3:26.6.
 High Jump: 3. A. Bentt 5'-10".

JUNIORS

100: 1. S. White 11.1, (L. Sullivan 11.5 heat). 400: 5. D. Rees 55.8.
 Long Jump: 1. S. White 21'-11 $\frac{1}{2}$ ", 2. L. Sullivan 21'-7 $\frac{3}{4}$ ", 3. A. Bentt 21'-2 $\frac{1}{4}$ ".
 High Jump: 1. A. Bentt 5'-7", 4x110: 1. Belgrave 44.8.
 4x220: 3. Belgrave 1:35.6. 3000 m/W: 1. P. Duckett 15:02.8.

YOUTHS

400: 1. M. Bloice 52.6. 800: 2. R. Langley 2:00.6.
 1500: 1. W. Curtin 4:06.1, 2. P. Carton 4:07.7, 5. J. Stow 4:12.6.
 3000: 1. W. Curtin 9:13.8, 4. P. Carton 9:30.6, 5. R. Langly 9:35.4, 8. J. Stow 9:38.8
 1000 s/chase: 6. P. Freslin 3:13.0, 3. B. Quirk 3:26.8.
 2000 m/W: 1. A. Hinchcliffe 10:50.6.

Surrey Championships

WIMLEEDON PARK MAY 17/18.
MOTSPUR PARK JUNE 3/5/7.

Both meetings were highly successful, but the Motspur crowd is not the size it used to be. Perhaps the County needs a Pirie or Hewson to bring back the crowds. If so, there is plenty of potential amongst the County's Youth, and Belgrave have their fair share of it. In fact, the most outstanding feature of the Championships, from a Belgrave viewpoint, was the performance of our younger members.

Bill Curtin, our County Boys Cross Country Champion, annexed the Youths 3,000 metres title on May 18th and then followed it up with a convincing win in the Youth 1500 metres race on June 7th. In both races he was chased hard by Peter Carton who is improving so rapidly that he has Bill worried at times. Peter's 4th and 2nd places were exceptionally good performances and a little more confidence will make him a potential title winner.

For sheer beauty of movement and perfect judgement there was nothing to match Martin Bloice's win in the Youths 400 metres. Drawn in lane 3 he let the field race away over the first 200 metres and then powered his way through them one at a time, taking the lead with 50 metres to go and breaking the tape at optimum pace like a seasoned quarter miler. His time of 52.6 was a personal best and as a first year youth has the makings of another Brian Hewson.



Photo by Ron Linstead

THE LAST CHANGE-OVER IN THE COUNTY 4 X 110 YDS SENIOR FINAL ON MAY 17. WINNERS WERE SURREY AC FROM HERNE HILL WITH BELGRAVE HARRIERS DISQUALIFIED.

Another strong finisher new to the Youths ranks was Richard Langley who won a thoroughly deserved silver medal in the 800 metres. He ran intelligently in a tightly bunched field and, despite a stumble, held his form well down the long finishing straight. His time was only six-tenths outside the magical two minutes.

Despite our own Steve White running the last leg for Tulse Hill School, Belgrave won the 4 X 110 yards Junior relay title by a fifth of a second in 44.8. However, he turned the tables for his school in the 4 X 220 event and relegated us to third behind Mitcham. Steve was in a class of his own in the Junior 100 metres at Motspur Park three weeks later winning comfortably in 11.1. Lee Sullivan just missed the final with 11.5. Both these athletes also played their part in the finest "clean-sweep" of the Championships when, with Arnold Pentt making up the trio, they all cleared over 21'-0" in the Junior Long Jump with the medal order reading White, Sullivan, Pentt.

Arnold Pentt has not yet approached his high jumping form of last year but, nevertheless still retained the Junior title with a modest leap, for him, of 5'-7". He later improved to 5'-10" in finishing third in the Senior event.

Despite all of the aforementioned successes our lads had still not finished, and it was most refreshing to see those Pat Duncan coached youngsters Hinchcliffe (Youth) and P. Duckett (Junior) score good wins in the 2,000 metres and 3,000 metres walks.

←-Cont'd opposite

BEST PERFORMANCES 1969

FIRST CLAIM MEMBERS ONLY (As at June 28th)

<p><u>100 metres</u></p> <p>10.7 J. Mitchell 11.0 J. Vivian 11.0 S. White (J) 11.2 C. Martin 11.3 C. Brooks 11.4 A. Brooks</p>	<p><u>200 metres</u></p> <p>21.7 S. White (J) 21.9 J. Mitchell 22.9 J. Vivian 22.9 C. Gillett 22.9 C. Martin 23.0 A. Sapountzoulu</p>	<p><u>400 metres</u></p> <p>50.4 M. Ford 51.0 D. Rees (J) 51.3 A. Brooks 51.3 P. Gee 51.9 M. Bloice (Y) 52.0 P. Smith</p>
<p><u>800 metres</u></p> <p>1:56:2 J. Thresher 1:57:7 J. Boardman 1:58:0 J. Kelly 1:58:1 L. Mann 1:58:2 D. Jardine 1:59:3 A. Major</p>	<p><u>1500 metres</u></p> <p>3:56:8 J. Thresher 3:56:8 Geoff North 3:58:4 R. Piotrowski 3:59:4 A. Major 4:06:0 W. Kerr 4:06:1 W. Curtin (Y)</p>	<p><u>3000 metres</u></p> <p>8:03:6 J. Thresher 8:16:4 Geoff North 8:16:6 J. Bicourt 8:18:8 P. Morris 8:41:2 L. O'Hara 8:51:0 L. Mann</p>
<p><u>5000 metres</u></p> <p>13:56:0 J. Thresher 13:57:8 Geoff North 14:29:0 P. Morris 14:38:0 T. Hart 14:42:2 A. Major 14:57:6 L. Mann</p>	<p><u>10,000 metres</u></p> <p>30:19:6 T. Hart 30:38:0 A. Fairclough</p>	<p><u>3000 metres S/chase</u></p> <p>8:50:2 J. Bicourt 8:55:0 P. Morris 9:15:4 R. Piotrowski 9:39:0 A. Black</p>
<p><u>High Jump</u></p> <p>6'-0" A. Bentt (J) 5'-8" R. Couillaullt 5'-6" S. Ipaye</p>	<p><u>Long Jump</u></p> <p>23'-11" J. Mitchell 21'-11$\frac{1}{2}$" S. White (J) 21'-8" R. Couillaullt 21'-7$\frac{3}{4}$" L. Sullivan (J) 21'-5$\frac{1}{2}$" C. Brooks 21'-2$\frac{1}{4}$" A. Bentt (J) 21'-0" D. Glendinning</p>	<p><u>Pole Vault</u></p> <p>9'-0" A. Kossi 9'-0" A. Brooks</p>
<p><u>Discus</u></p> <p>139'-6" G. Ratcliffe 128'-9" F. Glass 121'-7$\frac{3}{4}$" N. Head</p>	<p><u>Javelin</u></p> <p>190'-11" N. Head 190'-0" B. King 166'-5" K. Schofield 163'-5" F. Glass</p>	<p><u>Hammer</u></p> <p>140'-9" M. Robertson 117'-5" W. Couzens</p>
		<p><u>110 m. Hurdles</u></p> <p>17.4 R. Couillaullt</p>

MALKIN TROPHY AT HURLINGHAM PARK ON SUNDAY 8th. JUNE 1969

100 metres:	(A) 5. A. Sapountzoulu	(B) 2. A. Brooks	11.3
200 metres:	(A) 5. A. Sapountzoulu	23.0	(B) 3. P. Smith 24.0
400 metres:	(A) 3. P. Gee	51.3	(B) 2. M. Ford 50.4
800 metres:	(A) 5. J. Boardman	1:59.8	(B) 5. C. Pearson
1500 metres:	(A) 3. H. Satchell	4:10.2	(B) 4. R. Hamilton
3000 metres:	2. L. O'Hara	8:41.2	
3000 metres S/Chase:	(A) 1. A. Black	9:46.8	(B) 3. V. Butcher 10:51.0
4 x 440 yds.	4. Belgrave H.	3:30.5	(P. Gee, J. Hamilton, P. Smith, M. Ford)
Hammer	(A) 5. W. Couzens	116'-10"	(B) 3. J. Martin 75'-10"
Shot	(A) 3. G. Ratcliffe	43'-7 $\frac{3}{4}$ "	(B) 5. J. Martin 35'-2"
Long Jump	(A) 2. C. Brooks	21'-5 $\frac{1}{2}$ "	(B) 2. A. Bentt 18'-10 $\frac{3}{4}$ "
High Jump	(A) 3. A. Bentt	5'-6"	(B) 2. C. Brooks 5'-4"
Discus	(A) 3. T. Ratcliffe	135'-3"	(B) 1. F. Glass 128'-9"
Triple Jump	(A) 4. C. Brooks	40'-5 $\frac{1}{4}$ "	(B) 5. R. Hamilton 34'-2 $\frac{1}{2}$ "
Javelin	(A) 4. K. Schofield	166'-5"	(B) S. Inman 154'-5"

Result: 1. Met. Police 229 pts. 2. London A.C. 203 pts. 3. Belgrave 191 pts.
4. Blackheath H. 189 pts. 5. Cambridge 150 pts. 6. Q. P. H. 94 pts.

BEDFORDSHIRE COUNTY CHAMPIONSHIPS

800 metres: 4. L. Mann 1:58.1
 5000metres: 1. L. Mann 15:21.4, 10,000 metres: 2. L. Mann 32:13.2

ESSEX CHAMPIONSHIPS

Javelin: 3. B. King 181'-8"

25/26 May - Inter Counties**CLUB RECORD for BICOURT**

100 m. S/Final 6. J. Vivian (Surrey) 11.3
 3000 m S/C 2. J. Bicourt (Surrey) 8:50.2 (Club Record)
 5000 m 8. J. Thresher (Surrey) 13:59.0 20. R. Piotrowski (Berks) 14:59.0

... and FORD

SANDHURST---June 4th --- 400m H M. Ford (Belgrave)

55.4-----Club record.

Q.P.H. V SUTTON & CHEAM H.---BATTERSEA PARK---11TH JUNE

100M: 3. A. Sapountzoglou 11.5	4. P. Gee 11.6
200M: 5. P. Gee 23.7	6. A. Sapountzoglou 23.7
400M: 3. J. Woodcock 53.6	5. P. Hilliar 54.8
800M: 1. K. May 1:58.0	3. L. O'Hara 2:01.0
4. A. Major 2:02.0	6. H. Satchell 2:04.0
7. D. Baines 2:05.0	8. C. Pearson 2:06.0
	9. D. Brew 2:08.0
1500M: 1. A. Elack 4:28	2. R. Mainstone 4:13
4. J. Rimmer 4:21	5. O'Gorman 4:22
7. J. Kelly 4:30	8. R. Glover 4:31.
300M: 1. A. Elack 9:02	2. C. Walker 9:24
4. B. Gorman 9:40.	3. C. Calderwood 9:30.0

4X 110 YDS : 3. Belgrave H 'A' 45.5 5. Belgrave H 'B' 50.9
 DISCUS: 2. W. Couzens 101'5" 3. J. Martin 96'-7½"
 LONG JUMP: 1. A. Brooks 19'1" 4. D. Glendinning 18'-5"
 JAVELIN : 1. B. King 169'11½" 2. W. Couzens 144'11"
 SHOT: 2. J. Martin 36' ½" 4. W. Couzens 35' 2½"

RESULT 1. BELGRAVE H 81 PTS 2. SUTTON/CHEAM 63 PTS 3. Q.P.H. 62 PTS

JUNIOR

100 metres: 2. A. Mills. 12.5 200 metres: 2. J. Hamilton. 26.0 4. A. Mills. 26.2
 400 metres: 2. J. Hamilton 54.0 800 metres: 2. R. Hamilton. 2:15.0
 1500 metres: 1. R. Hamilton. 4:27.0 2. V. Butcher. 4:28.0
 4 x 110 yds. 1. Belgrave H. 49.2 2. Sutton/Cheam 49.4
 Discus: 1. J. Ioannou 90'-11" 2. J. Paraskeva 87'-1½"
 Long Jump: 2. J. Hamilton 17'-8½" 3. A. Mills 17'-0½"
 Javelin: 3. E. McNally 104'-2" 4. J. Paraskeva 98'-4" 5. M. Waight 96'-10"
RESULT: 1. Sutton/Cheam 92 pts. 2. Belgrave H. 68 pts.

KINNAIRD TROPHY AT CHISWICK ON SATURDAY 14th. JUNE 1969

100 metres: (Heats) 4. A. Brooks 11.4	100 metres: (Final) 6. C. Martin 11.2
200 metres: (Heats) 5. C. Martin 24.0	100 metres: (Final) 6. A. Brooks 23.3
400 metres: (Heats) 4. P. Gee 51.9	400 metres: (Final) 6. P. Smith 53.2
800 metres: (Heats) 5. J. Boardman 1:58.5	800 metres: (Final) 6. P. Hilliar 2:1.8
1500 metres: 10. A. Major 3:59.4	
3000 metres S/C: 3. R. Piotrowski 9:25.3	
5000 metres: 6. L. O'Hara 14:58.4	7. A. Fairclough 15:12.0

Result: 1. Loughborough Coll. 40 pts. 2. Birchfield H. 39 pts. 3. T. V. H. 36 pts.
 4. Poly H. 35 pts. 5. Brighton/Hove 32 pts. 6. Surrey A. C. 25 pts.
 7. Blackheath 20 pts. 8. Achilles
 9. Southampton
 10. Belgrave H. 6 pts.

BACK COVER: "PHEW! - CAN'T SAY I ENJOYED THAT!"

Ron Linstead's camera catches ADRIAN MAJOR recovering and ruminating, moments after one of his many track races.

