

April 6th, 1957

9^D

Vol. 11. No. 14

Athletics WEEKLY



FINISH OF L.A.C. WINTER MEETING 800m.

HEARTS and ATHLETES

By DAVID RYDE, M.B., B.S.

THE WIGMORE "15"

By Sam Ferris



ROAD RELAY

RESULTS & REPORTS

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Walking

Southern Record for Stan Vickers

A BRIGHT, but nippy, day and a track in really good condition, materially assisted in fast times being recorded in the Southern AAA 7 miles at Battersea Park. Stan Vickers knocked off no less than 45.8 seconds from the previous best time for the event, put up by Bryan Hawkins last year.

Hawkins was a non-starter as was also Bob Goodall, second on two or three occasions, so Vickers had no strong challenger for chief honours. He was in the lead from the gun and after a rather faster first mile in 7m.0.2s., settled down into very even laps with miles averaging 7m.35s. In the last three miles he cut well into Hawkins' time and actually gained 29.8 seconds on the record in the last two miles to clock 52m.23.6s. In the course of this he lapped all but three of the 41 starters.

Colin Williams (Ilford) held second place throughout to finish in 53m.50.6s.—as good as some winning times, and George Meadows (Highgate) just got the better in a close finish of Tom Misson (Met.) to clinch third, they clocking 54m.16.4s. and 54m.17s. respectively.

Mike Shannon, of Newport, failed to arrive and this robbed the Junior 6 miles of much of its interest. **John Edington**, the National Junior Champion, soon went in front after a brisk start by Wally Parr (Trowbridge) and Terry Gough (Met.), and by half distance was right out on his own. The Godiva lad romped home in 47m.53s. with 1m.18s. advantage over Gough, Parr losing ground but finishing third.

Bob Bygrave (Highgate) also had a comfortable win in the Youth 3 miles in 24m. 5s., over S. F. O'Connor (Cambridge) 24.36; and S. J. Cameron (Q.P.H.) 24.50.

Lancashire W.C. have found a useful recruit in G. Miller, of the U.S.A. Air Force. He finished joint sixth in their 15 miles on Saturday last and second in the Handicap.

Times were below average in the **Stock Exchange A.C. 25 Miles Championship**, at Hayes, Kent, but holder R. E. Green had no one to push him this time. His keen rival, Ted Hipkins, has not been in form and was content to hold third place until the last few miles where he overtook young Dave Stevens to finish over 4 minutes behind Green.

Big event this Saturday is the Metropolitan Open 15 Miles at Regents Park. 3 p.m. Junior race 2.30. First six London clubmen home in the 15 miles will represent London Clubs v. Paris on May 18th from the same venue.

March 21st

National Police 10 Miles Championship,

By **A. D. McSweeney**

Harrogate. 1, G. Checkley (Met.) 83.43; 2, A. Macfarlane (Met.) 84.45; 3, C. W. Fogg (Met.) 86.29. **Team:** Metropolitan.

March 23rd

London Vidarians W.C. Inter-Club 15 Miles, Mitcham. Joint 1st R. F. Goodall (Woodford Grn.), G. L. Meadows (Highgate) 2.01.03; 3, R. E. Davies (Woodford Grn.) 2.05.06; 4, G. Checkley (Belgrave) 2.05.47; 5, B. L. Low (Woodford Grn.) 2.09.52; 6, R. C. Pantling (L. Vidarians) 2.09.59. **Teams:** 1, Woodford Grn. 9½; 2, Belgrave H. 20; 3, Highgate H. 20½.

Surrey W.C. "Keston" 14 Miles, South Croydon. 1, R. E. Green (Stock Ex.) 2.06.30; 2, V. W. G. Stone (Surrey W.C.) 2.07.35; 3, R. C. Hall (Stock Ex.) 2.08.22; 4, D. F. Griggs (Surrey W.C.) 2.09.10; 5, D. J. Stevens (Stock Ex.) 2.12.10; 6, J. Edgington (Surrey W.C.) 2.12.16. **Match:** Surrey W.C. 129; Stock Exchange A.C. 171. **Handicap:** G. V. Rhodes.

Stepping A.C. Inter-Club 15 Miles, Steyning. 1, E. W. Hall (Belgrave) 2.07.33 (course record); 2, M. H. Tadd (Brighton) 2.11.43; 3, H. McGreechan (Police) 2.11.57; 4, J. F. Holding (Police) 2.18.25; 5, C. Edwards (Police) 2.18.30; 6, C. Yescombe (Police) 2.19.41. **Teams:** 1, Met. Police 51; 2, Brighton A.C. 82; 3, Steyning A.C. 98.

Lozells H. Inter-Club 15 Miles, Birmingham. 1, K. Matthews (R. Sutton) 2.05.25; 2, C. Chaplin (Godiva) 2.07.25; 3, J. Edgington (Godiva) 2.08.45; 4, F. O'Reilly (Lozells) 2.19.3; 5, K. Abolins (R. Sutton) 2.19.50; 6, I. Williams (Godiva) 2.21.07. **Teams:** 1, Coventry Godiva 22; 2, Lozells 42; 3, Birmingham 53.

Leicester W.C. 15 Miles Club Championship. 1, J. Rawlings 2.9.26; 2, A. Staines 2.10.24; 3, M. Blyth 2.11.15. **Handicap:** A. Cooper.

March 30th

A.A.A. Southern 7 Miles Championship, Battersea Park. 1, S. F. Vickers (Belgrave) 52m.23.6s.; 2, C. Williams (Ilford) 53.50.6; 3, G. Meadows (Highgate) 54.16.4; 4, T. Misson (Met. W.C.) 54.17; 5, R. E. Davies (Woodford Grn.) 54.57.6; 6, N. Thompson (Met. W.C.) 55.29.8.

Junior 6 Miles. 1, J. Edgington (Coventry Godiva) 47.53; 2, T. Gough (Met. W.C.) 49.11; 3, W. Parr (Trowbridge) 50.44. **Youths' 3 Miles.** 1, R. Bygrave (Highgate) 24.05; 2, S. F. O'Connor (Cambridge H.) 24.36; 3, S. J. Cameron (Q.P.H.) 24.50.

Stock Exchange A.C. 25 Miles Championship, Hayes. 1, R. E. Green 3h.54m.31s.; 2, C. E. Hipkins 3.58.57; 3, D. J. Stevens 4.1.6.

Enfield A.C. v. Police 11½ Miles Match,
Continued on page 19

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EVERY SATURDAY — NINEPENCE

ARTHUR KEILY, the Derby marathon runner, has written to point out an anomaly in connection with the A.A.A. marathon standard, reduced this year to 2hr. 35min.

A runner can only gain A.A.A. standard in either the A.A.A. Championship or *his own area race*. Now, for Northerners this means the Doncaster-Sheffield race and for Southerners the Poly Marathon. Two entirely different races with, I should imagine, an average difference in time of something like 6-7 minutes. Yet the same standard applies to both events! The Poly race is obviously the easiest in which to gain A.A.A. standard, yet no Midlander or Northerner can do so *because it doesn't happen to be his area championship*.

This is all wrong and I would suggest that a certain standard be set for each area race, if over a well known course, perhaps in line with the R.R.C. standard. This would give runners in all areas a fair chance of gaining A.A.A. standard.

Furthermore, the A.A.A. Marathon date is often announced late and it is usually an embarrassment to marathon men anyway. Why not adopt a measure which I believe originated from Billy McMinnis—to hold it in conjunction with one of the well-known marathons in a different area each year—with a certain standard for that particular course?

Owing to a couple of queries in connection with the Brighton Aquarium Relays, the report of this event will be included next week, and we have so far been unable to obtain an adequate report of the Wolverhampton Relay. It is hoped that this, too, can be given in our next issue.

THE EDITOR.

TRACK MEETING SECRETARIES

Don't forget that preliminary announcement of your summer meeting. We are still giving four insertions for the price of three in ALL sizes. Specially low rates for the two smaller sizes—1½ in. s.c. 20/-; 3 in. s.c. or 1½ in. d.c. 40/-. Four insertions reduces these to 15/- and 30/- per insertion. Quarter-page s.c. or d.c. £3.

An advertisement in "Athletics Weekly" reaches those you wish to contact—the athletes—and an early insertion will mean your meeting being included in their diaries before they make arrangements to go elsewhere. Send in that preliminary announcement NOW!

Remember, four insertions for the price of three in ALL sizes.

Cover photo by H. W. Neale

BRIAN BARRETT (Surrey A.C.) winning the L.A.C. Winter Meeting 800 metres in 1min. 54.6 sec., from P. RUTTER (Oxford City), with J. SOINE (South Africa) third.

Letters to the Editor

ROAD RACE CLASHES

Dear Sir,

In view of the fact that the A.A.A. Marathon has just been fixed for 10th August, the Coventry Godiva Harriers have decided to cancel their 20 miles race which was to have been held a week later.

I feel that the A.A.A. should fix the date of their Marathon—and also that of the reinstated 10 miles—at least nine months in advance, thereby giving promoters of other distance races a chance to arrange their events without undue clashing. After all, the date of the A.A.A. Senior Track Championships is fixed at least a year ahead.

The Coventry Committee are a very enthusiastic crowd and it seems a pity that all their efforts are to be wasted. I was looking forward to seeing this fairly new venture becoming well established on the fixture list calendar. Perhaps they will follow a suggestion of mine and hold it on 27th July, which is the date one would have expected to find the A.A.A. Marathon taking place, if their usual practice of holding it in conjunction with the Junior Track Championships had been followed.

From Coventry to Peterborough—whilst I sympathise with Mr. Wright's remarks in "Athletics Weekly," about the clashing of the Inter-Counties "20" with the Peterborough Marathon, let me hasten to point out that the R.R.C. has been attempting to get the Counties' Athletic Union to stage this race for more than two years, in order that distance runners may obtain a County vest. The C.A.U. would only agree if they could find a sponsor and, finally, the "News of the World" agreed providing it was held in conjunction with the Whitsun Inter-County Track Championship. Whilst I would like to see the race going to Peterborough and other outlying areas in turn, I'm afraid it is a question of expense and beggars can't be choosers!

Unfortunately the Peterborough entries will be affected, but they should not forget that Counties are limited to three runners each in the "20." I say leave the date as Whit-Monday this year, but how about moving it forward to August Bank Holiday in future years?

No doubt many people will think that the fixture list is getting too congested, but I think it only illustrates the upward increase in popularity of road running.

Finally, may I ask as many road runners as possible to support the "Bernie Hames" Memorial Half-Marathon, which is being staged by Essex Beagles in conjunction with the Joe Louis Trophy Meeting at Barking on 31st August.

Yours sincerely,

Terry Dooris,

R.R.C. Fixtures Hon. Secretary.

JOHNSON'S INDOOR 660

Dear Sir,

I think it is rather unfair to dismiss Derek Johnson's indoor 660 at Manchester merely as "fastish." His time of 1:17.9 represents a 1:10.8 pace for 600 yards, and it is reasonable to assume that had he run only 600 yards he would have broken 1:10. The 600 yards is a most popular event in U.S. indoor meets, and nearly every top-ranking American quarter and half-miler in history has run the distance. Yet the world's best, by Mal Whitfield and Tom Courtney—perhaps the two greatest 440/880 runners of all time—is only 1:9.5. So surely Johnson's performance, his first indoors, ranks as a superlative achievement.

If the milers did, in fact, cover one mile less 128 yards, it means they ran only 8 yards, 1 foot, 4 inches—barely four strides—short of 1500 metres. Had Ken Wood sustained his pace for the extra distance he would have clocked 3:38.6 for the metric mile—two whole seconds inside world record figures—and the mile in 3:54.5! At level pace, Wood passed through 1000 yards in 2:13.2, 1000 metres in 2:25.8, and $\frac{1}{4}$ mile in 2:56.9. Hypothetical 1500 metres times for Ibbotson and Berisford would be 3:39.8 and 3:43.9 respectively. Indoor miling is generally considered to be between one and two seconds faster than outdoors, but nevertheless the performances at Manchester seem too phenomenal to be authentic. I hope I am proved wrong!

Yours faithfully,

Melvyn Watman,

Grafton A.C.

EMIGRANTS TO CANADA

Dear Sir,

I have noticed from time to time in "Athletics Weekly" mention of British athletes emigrating to this country, apparently to Ontario and B.C. in general. I hope that in a very few weeks this station will have a cross-country team, but unfortunately scope in Manitoba is limited. However, there is a good possibility that service aircraft may be available to us and I would like to make use of your columns to contact these emigrants who have joined Canadian clubs, and still take "A.W.," with a view to a fixture before the summer begins.

There are a considerable number of R.A.F. trainees at this station and the station team would probably be drawn chiefly from them.

Yours truly,

J. B. Barnard, Flg./Off. R.A.F.,

Officers' Mess, R.C.A.F. Station, Winnipeg,
Manitoba, Canada.

Several letters have been held over until next week.

HORNCHURCH HARRIERS

Second

ANNUAL INVITATION MEETING

THURSDAY, 16th MAY :: 6.45 p.m.
HORNCHURCH STADIUM, UPMINSTER

Scratch Events:

MEN—300yds., 600yds., 2000mtrs., 3000mtrs.,
3000mtrs. S'chase, Half Marathon Road
Race.

WOMEN—1500mtrs., 100mtrs., 4 x 110 yds.
Relay.

Hon. Organiser: H. A. Johnston, 25 Fairfield
Avenue, Upminster, Essex.

MAIDENHEAD CYCLING & ATHLETIC CLUB 10 MILE ROAD RACE

(Under A.A.A. Laws)

Easter Monday: April 22nd, 1957
at 3.15 p.m.

From Kidwells Park, Maidenhead
Team Race (4 run, 3 score) for Coronation
Trophy. Plaques for winning team.
Individuals—"Aspro" Cup and 1st, 2nd, 3rd
prizes. Certificates for all finishers. Handicap prizes 1st, 2nd, 3rd. Prize for first
veteran (over 40).

First Class Prizes.

Entries (fee 2s. 6d. covers Ind. H'cp. & Vets.)
on A.A.A. forms, close April 8th, 1957, to
D. Deane, 52 Market St., Maidenhead.

ATHLETES' SERVICE

The Annual Athletes' Service will be held on Sunday, 14th April, from 3.0 p.m. to 4.0 p.m. in The Fyvie Hall, The Polytechnic, 309 Regent Street, London, W.1, when Bernard Studd, President of the Polytechnic will be the Chairman, the Rev. "Nick" Stacey the speaker, and the Lesson will be read by Norah Smalley. All athletes and friends will be welcome and tea will be available after the service.

FREE ADMISSION FOR SCHOOLS AT SWARD MEETING

As an experiment and in order to give young field event enthusiasts encouragement, the Polytechnic H. will allow boy and girl athletes who are still at school to be admitted free to their Sward Trophy Meeting at Chiswick Stadium, on May 11th, providing they purchase a programme in advance. To qualify for this concession they should send their name and address and school, with 1/- for a programme; to A. E. Winter, Hon. Organising Secretary, The Polytechnic, Regent St., London, W.1., and a programme will be sent to them a week before the meeting.

PRELIMINARY NOTICE

HOTPOINT RECREATION CLUB

The next Annual Open Sports
and Gala Day will be held on
the 6th July, 1957.

ENTRIES CLOSE

for the

SILVER JUBILEE

FINCHLEY "20"

First Post on Monday, 15th April, 1957

Send to: Hon. Secretary,

J. TURPIN, 36 OLD OAK RD., LONDON, W.3.

who will be glad to supply full
details & entry forms on request.

Entry Fee: 3/-.

Date: 27th April

BRITISH ALL TIME BEST PERFORMERS

By H. E. D. O'NEILL

(Continued)

3 Miles

13:23.2	C. J. Chataway (Achilles)	London	31.7.55
13:28.2	G. D. Ibbotson (S.L.H.)	London	4.8.56
13:29.8	D. A. G. Pirie (S.L.H.)	Manchester	22.6.55
13:29.8	F. D. Sando (A.P.M.)	Chiswick	25.6.55
13:29.8	K. L. Norris (T.V.H.)	Chiswick	25.6.55
13:32.2	F. Green (Birchfield H.)	London	10.7.54
13:34.8	R. Dunkley (Shaftesbury H.)	Glasgow	9.6.56
13:35.2	H. V. Foord (Brighton)	London	23.6.56
13:40.8	B. T. Barrett (Surrey A.C.)	Chiswick	25.6.55
13:42.2	M. R. Maynard (Herne Hill H.)	London	28.5.55
13:46.6	F. L. Wyatt (Bristol A.C.)	London	23.6.56
13:47.0	P. B. Driver (S.L.H.)	Vancouver	3.8.54
13:47.2	A. F. Perkins (Ilford A.C.)	London	23.6.56
13:49.6	K. F. Caulder (Surrey A.C.)	Chiswick	25.6.55
13:50.2	P. J. Pirie (S.L.H.)	Chiswick	25.6.55
13:50.6	J. Braughton (Blackheath)	Chiswick	25.6.55
13:52.4	J. W. Brown (Belgrave H.)	London	15.9.56
13:53.2	S. C. Wooderson (Blackheath)	London	20.7.46
13:53.6	I. H. Boyd (Herne Hill H.)	London	7.4.56
13:54.2	F. Salvat (Finchley H.)	London	14.7.56

5,000 Metres

13:36.8	D. A. G. Pirie (S.L.H.)	Bergen	19.6.56
13:51.6	C. J. Chataway (Achilles)	London	13.10.54
13:54.4	G. D. Ibbotson (S.L.H.)	Melbourne	28.11.56
14:04.0	K. L. Norris (T.V.H.)	Prague	14.9.55
14:08.6	S. C. Wooderson (Blackheath)	Oslo	23.8.46
14:10.6	F. D. Sando (A.P.M.)	London	10.10.56
14:10.8	K. Wood (Sheffield U.H.)	London	21.9.55
14:11.4	R. Dunkley (Shaftesbury)	London	10.10.56
14:12.8	J. Heywood (Herne Hill H.)	London	21.9.55
14:13.6	A. S. Jackson (Edinburgh U.A.C.)	Helsinki	4.6.56
14:14.6	A. F. Perkins (Ilford A.C.)	London	12.9.56
14:17.8	P. B. Driver (S.L.H.)	Brussels	15.6.55
14:18.2	A. B. Parker (Christie)	Helsinki	22.7.52
14:20.8	M. R. Maynard (Herne Hill H.)	Belgrade	15.6.55
14:21.8	J. W. Brown (Belgrave H.)	Woodford Bridge	15.9.56
14:27.2	F. Green (Birchfield H.)	Berlin	29.8.53
14:27.2	P. J. Pirie (S.L.H.)	London	2.8.54
14:28.0	D. C. Pemble (Maidstone)	Stockholm	10.9.54

6 Miles

28:13.6	K. L. Norris (T.V.H.)	London	13.7.56
28:14.2	F. D. Sando (A.P.M.)	London	13.7.56
28:19.4	D. A. G. Pirie (S.L.H.)	London	10.7.53
28:30.6	H. V. Foord (Brighton)	London	13.4.56
28:34.8	P. B. Driver (S.L.H.)	London	9.7.54
28:42.8	A. F. Perkins (Ilford)	London	21.4.56
28:52.0	G. D. Ibbotson (S.L.H.)	London	30.5.55
28:53.4	I. Binnie (Vict. Park A.C.)	London	10.7.53
28:55.8	G. Knight (Essex Beagles)	London	13.7.56
28:56.8	A. E. Ingles (T.V.H.)	London	24.4.54
28:57.8	J. H. Peters (Essex Beagles)	London	9.7.54
29:00.6	F. Norris (Bolton U.H.)	London	20.6.52
29:03.0	J. E. Nichols (Sheffield U.H.)	London	13.7.56
29:07.8	B. Heatley (Godiva H.)	Birmingham	23.5.56

29:12.4	W. Hesketh (Manchester A.C.)	London	10.2.53
29:12.6	B. T. Barrett (Surrey A.C.)	London	23.4.55
29:13.8	K. F. Caulder (Surrey A.C.)	London	23.4.55
29:17.2	A. J. Weeks-Pearson (Blackheath)	London	9.7.54
29:18.0	J. Heywood (Herne Hill H.)	London	9.7.54
29:21.6	C. M. Gray (Small Heath H.)	London	10.7.53

10,000 Metres

29:05.9	K. L. Norris (T.V.H.)	Melbourne	23.11.56
29:17.2	D. A. G. Pirie (S.L.H.)	Stockholm	3.9.53
29:27.6	F. D. Sando (A.P.M.)	Berne	25.8.54
29:57.8	G. Knight (Essex Beagles)	Brussels	17.10.56
30:03.6	P. B. Driver (S.L.H.)	Berne	25.8.54
30:07.4	A. F. Perkins (Ilford)	Prague	21.7.56
30:09.8	F. Norris (Bolton U.H.)	Helsinki	20.7.52
30:09.8	M. R. Maynard (Herne H.H.)	Prague	21.7.56
30:31.6	F. E. Aaron (Leeds St. M.)	Brussels	23.8.50
30:52.2	C. W. Suddaby (Achilles)	Croydon	4.7.56
30:58.2	J. A. Burns (Elswick H.)	Berlin	2.8.36

Marathon

2.17:39.4	J. H. Peters (Essex Beagles)	Windsor-Chiswick	26.6.54
2.20:15.8	R. Clark (Herne Hill H.)	Windsor-Chiswick	16.6.56
2.21:42.0	S. E. W. Cox (Southgate H.)	Windsor-Chiswick	14.6.52
2.21:48.6	F. Norris (Bolton U.H.)	Windsor-Chiswick	16.6.56
2.22:37.2	H. J. Hicks (Hampstead)	Windsor-Chiswick	16.6.56
2.22:37.2	A. P. Keily (Derby A.C.)	Windsor-Chiswick	16.6.56
2.23:52.0	E. L. Smith (Harehill Lib.)	Windsor-Chiswick	16.6.56
2.25:03.0	J. Haslam (T.V.H.)	Windsor-Chiswick	16.6.56
2.25:29.0	E. Kirkup (Rotherham)	Windsor-Chiswick	16.6.56
2.25:51.0	G. L. Iden (Queens Park H.)	Windsor-Chiswick	16.6.56
2.25:50.0	J. McGhee (Shettleston H.)	Edinburgh	25.6.55
2.26:16.0	R. W. McMinnis (R.A.F.)	Windsor-Chiswick	16.6.56
2.27:01.0	A. Lawton (Harehill Lib.)	Windsor-Chiswick	13.6.53
2.27:11.0	J. Lancaster (Manchester A.C.)	Windsor-Chiswick	16.6.56
2.27:41.0	R. Lambert (Wigmore H.)	Windsor-Chiswick	16.6.56
2.28:15.0	P. J. Vivian (T.V.H.)	Windsor-Chiswick	16.6.56

To be continued next week

SOUTHERN UNIVERSITIES BEAT UNIVERSITY OF WALES

21pts. to 66 over 6½M. at Bristol

1eq., W. Hartill (So'ton), R. Landbeck (So'ton); B. Juxon (So'ton); P. A. Nash (Exeter); M. Tulloh (So'ton); R. S. Young (Bristol) 36.38; 7, C. Bryans (Bangor) 37.09; 8, A. Griffiths (Reading) 37.42; 9, J. Lyons (Aberystwyth) 38.36; 10, O. L. Gilbert (Exeter) 38.45; 11, J. Boaden (Bangor) 40.03; 12, L. Broadbent (Bangor) 40.28; 13, E. Morris (Aber.) 40.48; 14, D. Bentley (Bangor) 41.34; 15eq., A. Jones (Aber.) and E. Winstanley (Aber.) 44.17.

WORTHING 10M. ROAD RACE

1. W. Bird (Ranelagh) 51.26
2. W. Harthill (Bexhill) 52.33
3. G. Saunders (Redhill and R.) 53.00
4, R. Ellis (Maidenhead) 53.27; 5, M. Foulkes (V. of Aylesbury) 54.10; 6, E. Seal (Ryde) 54.58;

7, F. Webb (Woodford Green) 55.13; 8, D. Jones (Brighton) 55.29; 9, P. Porter (Oxford City) 55.50; 10, R. James (Ryde) 55.58; 11, J. Holland (Worthing) 56.19; 12, D. Stubbings (Redhill) 56.40; 13, D. Richardson (Brighton) 56.52; 14, K. Lancaster (Horsham) 57.03; 15, B. Turner (Worthing) 57.41; 16, J. Hay (Brighton) 57.49; 17, G. Davies (Bexhill) 57.53; 18, J. Wicks (Bexhill) 58.00; 19, B. Nott (Ranelagh) 58.08; 20, B. Sparks (Worthing) 58.21; 21, M. Trent (Horsham) 58.23; 22, R. Johnson (Brighton) 58.46; 23, D. Humphrey (Horsham) 59.13; 24, C. Lee (Worthing) 59.59; 25, T. Chapman (Brighton) 60.20.

Teams:

	Pts.
1. Bexhill A.A.C.	(2.17.18) 37
Brighton A.C.	(8.13.16) 37
3. Ranelagh H.	(1.19.26) 46
Worthing H.	(11.15.20) 46
5, Redhill and R. 47; 6, Ryde 49; 7, Horsham 58; 8, Maidenhead 88; 9, Herne Hill 105.	

HEARTS AND ATHLETES

THE heart is a pump in the form of a hollow muscle, and like any other muscle it becomes more powerful with training.

Blood, which contains food and oxygen, is pushed by the heart through a system of vessels to all parts of the body. At rest the heart pumps roughly a gallon of blood a minute and in severe exercise it can pump 5-7 times this amount by beating faster and more strongly.

It is with some difficulty that the heart at a moment's notice, can undertake severe exertion from a state of rest. The oxygen requirements of the body rise beyond the rate of supply causing an oxygen debt, accompanied by the sensation of fatigue. It takes up to ten minutes to overcome this debt, depending on one's fitness, at which point "second wind" is reached. Hence the value of gradually "warming up" before a race to achieve second wind (and to reduce injuries).

A great physician once said that the burdens imposed by exercise upon the heart, however heavy those burdens may be, never exhaust the heart's reserves. In other words the greatest exertion cannot tire a healthy heart. Fatigue is in the mind as much as in the body.

Fit athletes have highly efficient hearts which beat slowly and strongly, and have a lowered blood pressure. The heart rate or pulse can thus be used as an index of fitness.

It was formerly held that an "Athlete's Heart" was a defective one. This term is now held to mean a heart of superior performance. There is thus no reason why heart disease should be a bar to training if heart function tests show adequate reserves of power.

Sir Adolphe Abrahams, in his new book, "The Human Machine" (Penguin Books 3/6) tells of a Rugby player whose athletic prowess earned for him the title "The Iron Man of South Africa." Yet when he died it was revealed that he had a badly diseased heart, blood vessels and kidneys. In 1940 a case of serious heart disease in a marathon runner was described, and in 1942 a German specialist recorded many such cases. This doctor wrote that the presence of heart disease did not prevent the individual from maintaining a very high standard of physical efficiency.

One must appreciate that heart disease is

not brought about by training, as was formerly thought, but was present in spite of training.

Recent evidence suggests that heavy smoking over many years, and diets rich in fat, may both in the end contribute towards heart disease.

There is already evidence that exercise, performed throughout life, can limit or delay the onset of heart and blood vessel disease.

At the end of a race, blood does not return to the heart but collects in the leg veins, so momentarily the heart has a reduced output with consequent diminished supply to the brain. This is responsible for the dizziness and occasional fainting at the end of a race. The athlete falls down, and now blood flows freely back to the heart. Thus fainting is a compensatory mechanism and not due to "heart

By
DAVID RYDE, M.B., B.S.

strain." The best treatment is to keep such people covered and resting quietly till they come round.

Dizziness and nausea at the end of a race can usually be avoided by "warming down" and not stopping suddenly. A middle distance runner for example, would be well advised to continue jogging for another lap before finally coming to a standstill.

It may well be that those who have heart trouble should be encouraged to undergo physical training within suggested limits as an aid to confidence and enjoyment of life, and as a form of treatment.

KANGAROO LEAGUE

Woodford Green A.C. are holding a Novices' Inter-Schools' and Youth Organisation Jumping Competition at Ashton Playing Fields, Woodford Bridge, on Sunday, 14th April, 1957 at 10.30.

Events include **Long Jump and Hop, Step and Jump** for Boys 13-15 years and **Youths** 15-17 (age reckoned as on 1st April, 1957). Any School, organisation or individual wishing to compete (no entry fee) should contact Hon. Sec., "Kangaroo League," 36 Primrose Road, South Woodford, London E.18, as soon as possible.

SOUTHAMPTON — BOURNEMOUTH ROAD RELAY

March 23rd

THE 12th Annual Southampton Bournemouth Road Relay, organised by the Bournemouth Athletic Club, attracted an entry of 19 teams, with Walton A.C., the winners on the last two occasions, trying for a third success.

On the first stage, newcomers R.A.P.C. (Devizes) went into the lead with P. White, closely followed by Joyce (R.N.A.C.) and a bunch of runners representing Portsmouth, Walton, Bournemouth, Reading and Southampton in close support. At the finish of this stage White was holding off Joyce, with Plumpton (Portsmouth) third, closely followed by Thompson (Southampton), Chinchin (Bournemouth), Bacon (Reading) and Judd (Walton).

Over the second stage, Hayden (Portsmouth) took over the lead from Camden (R.A.P.C.) and smashed the stage record he set up last year by 26secs. to create a new record of 22mins. 48secs., with Ingram (Reading "A") going into third place and Marsh (RNAC) dropping back to fourth position. A fine run by Eveleigh brought Reading "B" from twelfth to sixth position.

On the third stage Scutts (Portsmouth) still held the lead from I. Parr (Reading), with Jeffs (R.A.P.C.) in third place. G. Downes (Bournemouth) moved up one position, with Richardson (Walton) coming from seventh to fifth place. Mackay (RNAC) had, at this stage, dropped back to eleventh, and Clayton (REME) had put in a fast run to equal the record set up by H. Downer (Eastleigh) in 1956 of 25 min. 15secs. to bring his team up to sixth.

On the fourth stage, Lindsell (Portsmouth) kept the 2.14s. lead over Taylor (Reading), with Wigmore (R.A.P.C.) still keeping his team in third place. Winchester (Walton) took fourth place from D. Coombes (Bournemouth) who finished fifth, and S. Bulpitt (Southampton) moved up to sixth place, while Reading "B" dropped back to thirteenth.

The fifth stage saw Llewellyn (Walton) put in a very fast run in an effort to catch Bollen (Portsmouth), and he reduced their lead to only 21secs. Llewellyn created a new record for this stage with 25m. 38s., the previous record being held by D. Pain (Eastleigh) with 26.01 in 1956. R.A.P.C. (Marchant) were still holding their slender lead over (Reading) Ross, with Tulford (Southampton) fifth and Stone (Bournemouth) sixth.

On the sixth stage Hyman (Portsmouth) started opening up a gap from Roath (Walton) to run home comfortable winners along the last two miles of seafront to record the time of 23min. 07s. for this new lap, with last year's

winners, Walton, second and Taylor (R.A.P.C.) third.

1, Portsmouth A.C. "A" (Plumpton 26.41; Hayden 22.48; Scutts 26.09; Lindsell 23.50; Bollen 28.12; Hyman 23.07 2hrs. 30mins. 47secs.

2, Walton A.C. "A" (Judd 27.55; Duckworth 24.23; Richardson 26.01; Winchester 24.04; Llewellyn 25.38; Roath 24.45) 2hrs.32m.46s.

3, R.A.P.C. "A" (White 26.13; Camden 23.55; Jeffs 27.06; Wigmore 25.08; Marchant 27.42; Taylor 24.45) 2hrs.34m.47s.

4, Reading "A" 2:35.14; 5, Bournemouth "A" 2:38.34; 6, R.E.M.E. 2:38.55; 7, Southampton "A" 2:39.12; 8, Salisbury "A" 2:39.29; 9, Portsmouth "B" 2:41.13; 10, Eastleigh 2:41.44; 11, Walton "B" 2:41.56; 12, RNAC "A" 2:42.22; 13, Reading "B" 2:45.10; 14, Portsmouth "C" 2:53.31; 15, Tatchbury Mount "A" 2:54.53; 16, R.N.A.C. "B" 2:56.46; 1, Salisbury "B" 2:57.46; 18, Southampton "B" 2:58.31; 19, Eastleigh "B" 3:03.13.

Fastest Laps:

1st Lap—White (R.A.P.C.) 26.13; 2nd Lap—Hayden (Portsmouth) 22.48 (record); 3rd Lap—Clayton (REME) 25.15 (eq. record); 4th Lap—Lindsell (Portsmouth) "A" 23.50; 5th Lap—Llewellyn (Walton "A") 25.38 (record); 6th Lap—Hyman (Portsmouth "A") 23.07 (new Lap).

UNIVERSITIES BEAT ARMY

The annual match between the U.A.U. and the Army, run over a course of 6½ miles at Aldershot on March 20th, resulted in a first win for the universities. After the field had settled down, a group of five students together with Gunner Fowler, Cfn. F. R. Garrett and L/Cpl. Clayton, went ahead and a good finish resulted in Jack Heywood, the international, and young Bruce Tulloh crossing the line together in 35 mins. 8secs., about 50 yards ahead of Fowler and Clayton. The universities filled the next three places and with their six scoring runners in twelve places won by 33.45.

1, J. Heywood (Reading) and M. B. Tulloh (Southampton) 35.08; 3, L/Cpl. Clayton (1st T.B. REME) and Gnr. H. Fowler (67 S. Regt. RA) 35.19; 5, B. Juxon (Southampton) 35.24; 6, A. J. Brown (Nottingham) and J. N. Wright (Loughborough) 35.50; 8, Cfn. F. R. Garrett (34 Base REME) 35.32; 9, Sign. P. O. Williams (2nd T.R.R. Signals) 35.33; 10, Pte. P. R. White (R.A.P.C. Trn. Centre) 35.43; 11, Cfn. G. Turner (1st T.R. R. Signals) 35.47; 12, P. A. Nash (Exeter) 36.30; 13, W. P. Adams (Sheffield); 14, P. Dawson (Reading); 15, Spr. J. Flockton (3rd T.R.P.F.); 16, J. C. Creigh (Durham).

WORLD NEWS



M. BAKER, running with his arm in plaster, handing over to D. SMITH, for Horsham Blue Star H. in the Cambridge H. Road Relay.

G. E. H. Cranham

U.S.A.

March 16th, Chicago. Voted the star of the Chicago Daily News Relays was Ron Delany, on account of his easy 4:3.8 mile triumph—a time beaten indoors only by Gunner Nielsen. As usual, Delany was content to follow until the last lap; when he cut loose to win by 25 yards from Burr Grim. Ted Wheeler was third, and an injured Laszlo Tabori fourth and last. The previous meet record was Wes Santee's 4:4.2 of 1955.

Milton Campbell ran another 7.1 for 60 yards hurdles, to equal the listed world mark. He edged out Hayes Jones and Lee Calhoun. Another meet record equaller was Ira Murchison, undoubtedly the winter's top sprinter, who covered 50 yards in 5.2.

Charlie Jenkins won the 600 yards in 1:11.6; Horace Ashenfelter took the two miles event in 9:3.2; Phil Reavis, back in form again, high jumped 6.9½; and Don Bragg and Bob Richards tied at 15.3.

March 16th, New York. The featured event of the New York Pioneer Club Games was the 600 yards. A surprise winner was John Tucker (23) who caught Reggie Pearman (32) on the tape (a most unusual occurrence) in 1:12.8. Bob McMurray was a close-up third, and fourth place went to Dennis Gatto.

Harry Bright, a better runner indoors than out, won the 880 yards in 1:15.3—a time beaten only by Tom Courtney (1:52.2) on a flat board track. George King took the mile in 4:19, Bobby Gordon ran 60 yards in 6.3, and Charley Pratt beat Harrison Dillard's year-old meet record in the 60 yards hurdles, with 7.3.

March 16th, Fort Worth (Texas) Texas University upheld its reputation for producing great sprint relay teams when Wally Wilson, Eddie Southern, Hollis Gainey, and Bobby Whilden combined to clock 40.4 for the 4 x 110 yards relay at the South-Western Recreation meet. The performance was made around two turns. Whilden won the straight 220 in 20.8, a meet record, but was beaten by Bobby Morrow in a 9.5 century. Southern accounted for another meet record in the low hurdles—22.7.

March 22nd, Cleveland. Laszlo Tabori, fully recovered from injury, set about the world indoor two miles record at the Knights of Columbus Games, and came close to succeeding. After being inside schedule for 1½ miles he faded slightly to record 8:54.6, barely four seconds outside the best.

Following his slight exertion the previous week Ron Delany was content to float the mile in 4:10.4, beating Jim Beatty by ten yards. Three other stars who won comfortably in slow times were Ira Murchison (5.4 50 yards), Charlie Jenkins (1:12 600 yards), and Arnie Sowell (2:12.2 1000 yards). Lee Calhoun equalled the world's best of 6.1 in the 50 yards hurdles event.

March 26th, Abilene (Texas) Running for Abilene Christian College against North Texas State University, Bobby Morrow really got moving—clocking 9.3 for 100 yards and 20.0 for 220 yards (straight). Both times equalled the world record, but Morrow was aided by a strong wind. Team mate Bill Woodhouse was second in both races.

By MELVYN WATMAN



Harold Connolly and Olga Fikotova were married in Prague Town Hall on March 27th. Emil and Dana Zatopek acted as witnesses in the civil ceremony.

Outdoors. Alex Henderson, the young Australian who ran a 4:5.8 mile at Melbourne in March, 1956, won the mile for Arizona State College against San Jose State College at Tempe, Arizona, on March 16th, in 4:11.5. His laps were 62, 62, 65, 62.5.

Despite poor weather conditions, some useful performances were recorded in the U.C.L.A.—Striders' match at Los Angeles, on March 18th. Mike Larrabee won the 220 (straight) in 21.1 and 440 in 47.7; Bob Seaman beat Bill Weiss in a 4:12.2 mile; Dave James took the century in 9.8; B. Johnson covered the high hurdles in 14.3, and K. Thompson the lows in 23.8.

Jack Davis (25) ran his last race, at Athens, on March 17th, setting a track record of 14.4 for 110 metres hurdles. He will stay in the sport he has served so well, for in his spare time he will coach athletes of University of Southern California, his alma mater. During 1956, Davis broke 14secs. on no fewer than 23 occasions.

GERMANY

Winners at indoor meeting at Keil on March 23rd included 60m, Maletzki 6.9; 800m. Paul Schmidt 1:52.3; 1500m, Brand 3:55; 3000m, Stephan Lupfert 8:22.8; HJ, Werner Bahr 6.2½; PV, Drumm 13.1½; SP Hermann Lingnau 54.11½



TONY WEEKS-PEARSON handing over in first position to L. F. FLETCHER for Blackheath H. in the Cambridge II. Road Relay at Bexley.
E. D. Lacey

SOUTH AFRICA

Tom Courtney headed a small United States team to tour South Africa recently. A rain-soaked track at Johannesburg on March 23rd slowed Courtney to a 1:53.2 half mile, and at

Continued on page 19

WATFORD SPORTS

(Under A.A.A. & W.A.A.A. Rules)

Woodside New Cinder Track

Whit-Monday, June 10th, 2 p.m.

MEN—100, 300, 880yds. H'cps. (Prizes value £12 each event); 2 Miles Team (4 run, 3 score); 3,000m. S'chase; Junior 880, Youths ½ mile.

LADIES—(All H'cps.) 100, 150, 440yds., 4 x 110 Relay, Shot, Discus, High Jump, Long Jump. Juniors and Schoolgirls 100 and 4 x 110 Relay.

Entries (2/- first event, 1/- others, Juniors 1/-, Relay 5/-, Team Race 7/6) close Monday, May 27th, to R. B. Stevens, 126 Kenilworth Drive, Croxley Green, Herts. (Rickmansworth 5539).

KODAK OPEN SPORTS

(Under A.A.A., W.A.A.A., N.C.U. Rules)

Whit-Saturday, June 8th : 2 p.m.

Harrow Weald, Wealdstone, Middx.

MEN—100, 300, 880, 2 Miles H'cps (Prizes value £12 each event), 10 Miles Road Race, Ind. and Team (4 run, 3 score), Junior 880, Youths ½ Mile.

LADIES—(All H'cps.) 100, 220, 880yds., 4 x 110 Relay, 80m. Hdls., High Jump, Long Jump, Shot, Discus. Juniors and Schoolgirls' 100 and 4 x 110 Relay.

Entries (2/- first event, 1/- others, Juniors 1/-, Relay and Team Races 5/-) close Saturday, May 25th, to R. Stevens, Hon. Sec., Kodak Works, Harrow, Middx.

SMALL HEATH WIN LIVINGSTONE RELAY

THE 1957 Livingstone 15 miles road relay will long be remembered for three remarkable record breaking achievements and the fact that eleven runners broke the 15-minute barrier for the approximate three-mile circuit.

Small Heath Harriers added yet another fine chapter to their impressive Midland record by winning the race in 1hr. 14min. 21sec.—34sec., faster than the previous best figures held by Birchfield Harriers. And it is something else to their credit that all their five runners were inside 15 minutes.

Derby and County A.C., who won last year, were second and also beat the old record.

But perhaps the greatest of the three records set up was that of Derby's Arthur Keily. For an athlete more at home over much greater distances, the English native 30-mile record holder, ran an amazing first stage to beat former colleague Eddie Hardy's best ever time of 14min. 30sec. by just one second.

Imagine the scene as, anxious to give their teams a good start, Keily, Browning (Birchfield), Osborne (Small Heath) and Bateman (BTH Rugby) get away at an incredible pace. By half-way Bateman is dropped and Mills (Sparkhill) moves up.

It's still Keily and Browning out in front as Osborne falls back. The Birchfield man tries to push away but Keily, by grim determination, refuses to quit and hangs on.

Keily's persistence pays-off and 300 yards out goes ahead to win by seven seconds. Best times: Keily (14.29) record; Browning (14.36); Bateman (14.40); Mills (14.45) and Osborne (14.59).

Stage 2. Derby's hopes of staying in front vanish quickly as Small Heath's Bill Gray reduces the gap. With a mile to go, he passes Derby's Cartwright who has a bad run (15.34). Gray (14.57) hands on to Trevor Iliffe seven seconds ahead of Alan Taylor (Derby).

Stage 3. This is another good race. Taylor leads Iliffe but is unable to hold out. But it's still an open race with Small Heath only two seconds in front. Best times: Taylor (14.40) and Iliffe (14.45).

Stage 4. Small Heath strike their winning blow. Skipper John Lake is too good for Hill and hands over to Colin Simpson 30 seconds in front of the Derby runner. Best times: Lake (14.43).

Stage 5. Bullivant tries desperately to put Derby back into the winning picture, but despite his smooth action running, the margin is too wide and Simpson runs in confidently.

Meanwhile, Birchfield, who had dropped behind Coventry, move back into third position.

Best times: Bullivant (14.50) and Simpson (14.57).

Result: 1, Small Heath 1.14.21; 2, Derby and County 1.14.44; 3, Birchfield 1.16.25; 4, Coventry Godiva 1.16.31; 5, Leicester 1.18.39; 6, Notts 1.18.53; 7, Birchfield "B" 1.19.04; 8, B. T. H. (Rugby) 1.19.24; 9, Godiva "B" 1.19.49; 10, Lincoln Wellington 1.20.17; 11, Derby "B" 1.20.39; 12, Melton Mowbray 1.21.9; 13, Sparkhill 1.22.43; 14, Small Heath "B" 1.23.51; 15 Lincoln Welling "B" 1.24.14.

J. Seager.

SUFFOLK JUNIOR CHAMPIONSHIPS

1. T. Cox (Newmarket and M.) 36.51
2. D. Wathen (Hollisley) 38.39
3. R. Riches (Nacton Rd. YC) 39.40
- 4, S. W. Rennard (Hollisley) 41.10; 5, H. Downie (Holl.) 41.41; 6, G. Pearce (Holl.) 42.59; 7, Cpl. Boulter (RAF Wattisham) 43.49; 8, Cpl. Bacon (RAF Wattisham) 44.45.

Youths

1. Shaw (H.M.S. Ganges) 18.21
2. A. Barton (Culford Sch.) 18.58
3. M. Napier (K. Ed. VI. Sch.) 19.04
- 4, D. Begg (Woolverstone Sch.) 19.12; 5, A. Moore (K.Ed. VI. Sch.) 19.16; 6, B. Workman (Wool. Sch.) 19.19; 7, J. McSween (RHS Holbrook) 19.23; 8, J. M. Richards (RHS Holbrook) 19.32; 9, G. Patrick (Nacton Rd. YC) 19.36; 10, Slater (HMS Ganges) 19.50; 11, Freestone (HMS Ganges) 19.59; 12, Tilbrook (Culford Sch.) 20.00; 13, M. Brown (Wool. Sch.) 20.03; 14, Leonard (HMS Ganges) 20.11; 5, D. Suttle (Culford Sch.) 20.14.

Teams:

- | | | |
|---------------------------|------------------------|---------|
| 1. H.M.S. Ganges | (1.10.11.14.) | Pts. 36 |
| 2. Woolverstone Hall Sch. | (4. 6.13.18) | 41 |
| 3. Culford Sch. | (2.12.15.22) | 51 |
| 4, Royal Hospital Sch. | 64; 5, Nacton Rd. Y.C. | 81. |

Boys

1. P. Ramsden (Newmarket and M.)... 16.16
2. Lewis (H.M.S. Ganges) 16.35
3. A. Butcher (Sudbury G.S.) 16.54
- 4, A. Hull (Woodbridge Sch.) 17.00; 5, D. H. Colwill (R.Hosp. S.) 17.16; 6, Mellor (H.M.S. Ganges) 17.24; 7, Jones (H.M.S. Ganges) 17.27; 8, Roome (HMS Ganges) 17.29; 9, M. J. Slater (Culford S.) 17.32; 10, P. Muller (R. Hosp. S.) 17.33.

Teams:

- | | | |
|---------------------------|----------------------|-----------------------------------|
| 1. H.M.S. Ganges | (2. 6. 7. 8) | Pts. 23 |
| 2. Royal Hospital Sch. | (5.10.11.12) | 38 |
| 3. Royal Hospital Sch. | (14.23.24.41) | 102 |
| 4, Woolverstone Hall Sch. | 106; 5, Ipswich Sch. | 119; 6, King Edward VI. Sch. 127. |

With the Ladies

L.O.A.C. ROAD RELAY GOES TO BIRCHFIELD H.L.S.

THE L.O.A.C. Road Relay run on Saturday, 23rd March, was, by general consent, voted the most successful to date. Favoured by ideal weather conditions, a field of 17 Club teams supported the event, and the competitors responded with some first class running, capped by a new lap record for the course. It was fitting that Diane Leather, in something like her old form, should be responsible for the new figure, 9min. 29secs., thus beating her own original record by 9secs.

The Mayor of Wembley, Councillor L. J. Sullivan, L.P., who started the race, and later presented the trophies, professed he had never believed Women's Athletics could be so interesting and exciting, and congratulated all the competitors on their bearing and performance.

Lap 1: The field soon broke up with Beckford (10.09) of Ilford "A," D. Williams (10-18) Birchfield and Gaiger (10-29) Orpington, most prominent, followed by Fry (Ilford "C"), Francis (Essex) and L.O.A.C. "A," "B," "C" teams all together.

Lap 2: Critchley took over first for Ilford, followed by Franklin (Birchfield), the latter moving very well to take over the lead. Vivian of L.O.A.C. moved up from 6th to 3rd place and these three begin to drop the rest of the field. Sims (Essex) maintained 4th position. At the end of the lap, the leaders were Franklin (Birchfield) 10.39, Critchley (Ilford "A") 10.53, Vivian (L.O.A.C. "A") 10.39.

Lap 3: Nusser took over for Birchfield with a slender lead of 5 secs., from Perkins (Ilford "A"), with Ricketts (L.O.A.C.) a further 28

secs. behind, these three being well ahead of the rest of the field. Perkins running in her usual forceful style, quickly took the lead with 10.06 for the lap, Nusser returned 10.47 and Ricketts 10.30, well in front of Everson (Essex) and Butcher (L.O.A.C. "B").

Lap 4: Westney (Ilford "A") was away 36 secs. in front of Leather for Birchfield, and Vincent a further 15 secs. behind. Turning on full power, Leather gained the lead soon after half-way to win by 15 secs., returning a lap time of 9 min. 29secs. as against Westney's 10.20; Vincent 10-19 gained a little but not enough to improve upon 3rd place. Smalley with a powerful 10.06 pulled up her team position from 9th to 6th.

1, Birchfield H. 41mins. 13secs.; 2, Ilford "A" 41mins. 28secs.; 3, L.O.A.C. "A" 42mins. 18secs.

Handicap: 1, Ilford "C"; 2, L.O.A.C. "B"; 3, Hampstead H.

Fastest Laps: D. Leather 9.29; P. Perkins (Ilford) 10.06; N. Smalley (Portsmouth) 10.06; M. Beckford (Ilford) 10.09; J. Hall (Selsonia) 10.09; D. Williams (Birchfield) 10.18.

Hertfordshire W.A.A.A. 2½M. C.C. Championship. 1, M. Lindars (Watford) 18.41; 2, M. Dick (London Olymp.) 19.00; 3, J. Stafford (Watford) 20.20; 4, M. Rogers (L.O.) 21.04.

Southampton A.A.C. Newcomers' C.C. Race, 1, A. Willis 14.30; 2, P. Shipley 14.37; 3, J. Lord 15.04; 4, D. Moggeridge 15.11; 5, J. Quick 16.40.

DIANE LEATHER WINS C.C. INTERNATIONAL

Musselburgh, March 30th

FINE weather favoured the annual race between Scotland and England, which was run over a 2 lap circuit of Musselburgh Race Course to make up a distance of 2 miles.

Diane Leather went into the lead right away, closely followed by Roma Ashby and June Bridgeland. With about a mile covered, these three were some 30 yds. ahead of Anne Oliver in 4th place, with Maureen Bonnano 5th, and Phyllis Perkins 6th. The leading Scots girl was Doreen Fulton in 7th place, 40yds. behind Perkins. These placings were maintained to the finish, with Diane Leather a good winner

from Roma Ashby by about 35yds. in 11:15. This was Miss Leather's third success in this race.

1, D. Leather (E) 11.15; 2, R. Ashby (E) 11.21; 3, J. Bridgeland (E) 11.45; 4, A. Oliver (E) 11.53; 5, M. Bonanno (E) 11.54; 6, P. Perkins (E) 12.05; 7, D. Fulton (S) 13.10; 8, B. Rodger (S) 13.26; 9, M. O'Hare (S) 13.27; 10, H. Cherry (S) 13.52; 11, D. Greig (S) 14.02; 12, M. Campbell (S) 14.15.

Teams: England (1, 2, 3, 4) 10pts.; Scotland (7, 8, 9, 10) 34.

More Women's results on page 19

THE WIGMORE "15"

By Sam Ferris

GIVE a collection of road runners reasonable weather, excellent organisation, enthusiastic officials and keen competition and they'll all have fun. That's how it was at the Wigmore "15" on Saturday 30th March when Club President Freddie Carter signalled into action a field of 132 drawn from 22 clubs in the team event plus 32 individual entrants who also came to enjoy the convivial comradeship which is invariably associated with these road races. Proof of the popularity of this event is evident in the ever increasing entry and number of starters—13 up on last year. Who cares about the magnificent H.K. Harman Memorial Trophy or the grand array of prizes—BEFORE the race. They didn't even receive a cursory glance BUT—after the race; Well, what do you think?

At 2.30 p.m. the colourful field swept down Savernake Road like a Sheriff's Posse and the race was on for Ron (Lambert) who was determined to prove that the Wigmore attributes were not just confined to material values. At the "Eleventh Hour" the "Wigs" have found their ideal—a Clubman to win their own promotion; it all started in 1946 when Ron was just another little "Eariwig". It may be

imagined that Ron is the English version of the Italian Lambretta but my interpretation is that the reverse would more readily satisfy imagination since Ron was a two pedal product long before ideas for the Lambretta were hatched. Our Lambert is more economical, equally reliable and almost as fast.

From the start Ron's "works" were geared to a top speed of 11 m.p.h. but not even a Lambert could negotiate the steep "Cut-throat Hill" without a change-down and it was 10.50 on the clock when, with Eric Gebbett on the pillion, he passed the 2 miles point. Len Jones—ever consistent in this race—was some 30 yards away, then came Don Martin, Colin Collis and George Harrison equal distance behind. Completion of the small middle lap of 3 miles was at this point where Lambert came up to 5 miles in 26.30, followed by Jones 26.50, Gebbett 27.10, Collis 27.30, Harrison and Bishop 27.35. Only 5 seconds later McCalla, Honey, Richardson, Atkinson and Martin came along together closely followed by Eric Ford and George Scutts—both steadily returning to something like their old form.

Five minutes later the long gradient up Bishop's Avenue had to be faced for the second time. The Surveyor's reference to this mile stretch as "an easy gradient" amuses those who happen to be "in the mood" but you just cannot find anyone in that frame of mind when wearing a competitor's number in Bishop's Avenue. Rather are they apt to doubt the accuracy of the Surveyor as they ascend this gradient on the first lap, question his integrity on the second and suspect his sanity on the third lap.

Slight fluctuations in positions were inevitable and there was obvious formation of companionable groups so that by 7 miles Lambert was 40 seconds ahead of Jones with Gebbett a similar distance in rear and just ahead of a "Skiffle Group" led by Colin Collis and consisting of Harrison, Atkinson, Martin, Richardson and McCalla. Now for a good down-hill stretch to make up fast time for the 10 miles check, which the Big "Eariwig" passed in 51.30 with Jones falling further back to 52.45. Then came Richardson and Atkinson together in 53.10 followed some 15 seconds later by Harrison and Gebbett, then Martin, Honney, Collis,

WEYMANN'S SPORTS AND SOCIAL CLUB, ADDLESTONE

10 MILES OPEN ROAD RACE & HANDICAP

(Under A.A.A. Laws)

ON SATURDAY, 25th MAY, 1957

Start and finish Weymann's Sports Ground. One lap course.

AWARDS

1st Prize value	...	£7	7	0
2nd Prize value	...	£5	0	0
3rd Prize value	...	£2	10	0

Handicap

1st, 2nd and 3rd Prizes.

Entry fee 2/-. Entries to J. H. Rix, 110 Sayes Court Farm, Addlestone, Surrey, by 7th May, on A.A.A. forms.

McCalla, Bishop and Scutts to round up the first dozen all inside 54.30.

Hereabouts the battle for team honours became keen for Walton and Belgrave members were all aware that each had to pass the other only over dead bodies! And so this rivalry prevailed to the end with the final stretch favouring the determined Walton boys. At 13 miles the first dozen were identical in alignment as at the finish except that Atkinson dropped from 5th to 9th and Collis moved up from 9th to 6th in a final effort to out-run the Walton team.

It was a great day for the "Earlrigs" with Lambert smashing Eddie Kirkup's course record by 1min. 42secs.—and with apparent ease—Wigmore placing 4th team and the ever-green "Nick" Carter landing the handicap prize. They do say "Charity begins at Home."

1. R. Lambert (Wigmore H.) 1.20.14
 2. L. Jones (Southend-on-Sea) 1.22.00
 3. G. Harrison (Highgate H.) 1.22.05
 4. E. R. Richardson (Walton) 1.22.20; 5. K. G. Honney (Walton) 1.22.55; 6. C. N. Collis (Belgrave) 1.23.11; 7. D. Martin (Shaftesbury) 1.23.16; 8. E. J. Gebbett (Belgrave) 1.23.27; 9. J. Atkinson (Hampstead) 1.24.37; 10. R. D. McCalla (Southend) 1.24.42; 11. L. C. Bishop (Bel.) 1.24.59; 12. G. J. Winchester (Walton) 1.25.02; 13. G. E. Scutts (Portsmouth) 1.25.10; 14. R. A. Foulkes (V. of Aylesbury) 1.25.53; 15. R. W. Butler (Finchley) 1.26.19; 16. D. W. Penn (Dover) 1.26.35; 17. S. F. Beale (Shaft.) 1.27.02; 18. T. L. White (Poly) 1.27.03; 19. W. Powell (Camb. City) 1.27.05; 20. H. N. Nunn (Blackheath) 1.27.39; 21. J. H. Collins (Imperial Coll.) 1.27.41; 22. G. A. Phipps (Camb. City) 1.28.03; 23. D. W. Drake (Camb. City) 1.28.06; 24. D. A. Matthewson (Wigmore) 1.28.11; 25. R. F. Wilson (Wigmore) 1.28.12; 26. D. Loveless (Sutton and C.) 1.28.15; 27. J. C. Legge (Orion) 1.28.53; 28. A. R. Mills (Ilford) 1.28.53; 29. P. Goodsell (Walton) 1.29.11; 30. R. C. Elkerton (Highgate) 1.29.17.
- 122 finished.

Teams: 1, Walton A.C. 20 pts.; 2, Belgrave H. 24; 3, Southend-on-Sea 37; 4, Wigmore H. 42; 5, Highgate H. 57; 6, Cambridge City 63.

Handicap: 1, L. C. Carter (Wigmore) 34.30; 2, A. D. Ducker (Camb. H.) 17.30; 3, T. L. White (Poly) 12.00.

The annual 14 Miles Road Race will not be held at Mitcheldean, Glos., this year.

YOUNG ATHLETES' COACHING COURSE FOR GIRLS

The first Course of its kind, sponsored by the Southern W.A.A.A., with Geoffrey Dyson as Chief Coach, and arranged by the C.C.P.R., will be held at Hurlingham, London, S.W.6, on April 29th to May 2nd inclusive. It is intended for girl athletes between the ages of 15 and 20 years. Further details can be obtained from the C.C.P.R., 6 Bedford Square, London, W.C.1.

Isle of Sheppey A.C. would like to hear of one or two clubs willing to join in an inter-club fixture at Sheerness on 4th May, 25th May, 3rd August or 31st August. Please write to P. S. Bailey, 15 Fonblanque Rd., Sheerness, Kent.

Potters Bar A.C. invite anyone interested to a talk by Norris McWhirter on the Melbourne Olympics at Cranborne School Hall, Potters Bar, on Wed., April 10th, commencing 8 p.m. (Bus No. 29 or 313 to Cranborne Road stop).

Tony Corio, 54 East Block, Brook Hill, Woolwich, S.E.18, has copies of A.W. from 1948-54 which he would like to exchange with other readers.

LONDON SHIPPING ATHLETIC ASSOCIATION

TEN MILES OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 20th APRIL, 1957

From

Headquarters of Blackheath Harriers
56 Bourne Way, Hayes, Kent
at 3 p.m.

Prizes—Individual £6/6/0; £4/4/0; £2/2/0
Team £4/4/0; £2/2/0; £1/1/0

Teams of Six to run, four to score
Entry fees: Teams 6/-; Individual 1/-

Entries on A.A.A. forms to Hon. Sec:
J. Luzmore.

c/o Houlder Brothers & Co., Ltd.
53 Leadenhall St., London, E.C.3

ENTRIES CLOSE : 10th April, 1957

SALTWELL TAKE GOSFORTH ROAD RELAY

WITH a well balanced team, three of whom ran the fastest times on their stages, and a great last leg run by Anderson, Saltwell Harriers were comfortable winners of the Gosforth Harriers' Open Road Relay last Saturday.

On the first leg J. Bell, of the promoting club, ran a storming race to come home a good first at the take-over in 22.09, but on stage 2 D. Hush had only a 2sec. advantage when he handed over, M. Atkinson having put in a fine run of 22.29 for Saltwell, who were now on the heels of the leaders.

On stage 3 P. Hollywood did likewise and turned a 2sec. deficit into a lead of 11sec. when he handed over to J. Anderson for the final stage. Anderson went right away to gain a comfortable victory for Saltwell and put up fastest time of the day. In the meantime Gosforth had drawn away from Gateshead to take second place.

1, Saltwell H. "A" (J. Robertson 22.33, M. Atkinson 22.29, P. Hollywood 22.17, J. Anderson 21.29) 1hr. 28m.48s.

2, Gosforth H. "A" (J. Bell 22.09, D. Hush 22.51, K. Nielson 22.30, P. Pattison 22.55) 1hr. 32m. 19s.

3, Gateshead H. "A" (M. Robson 23.02, C. Holmes 22.50, J. McMahon 23.25, M. Frazer 23.02) 1hr.32m.19s.

4, Bedlington 1:32.53; 5, Morpeth 1:33.16;

6, Saltwell "B" 1:33.48; 7, Heaton 1:35.23; 8, Burn Road 1:35.24; 9, Gosforth "B" 1:36.43; 10, N. Shields Poly 1:37.48; 11, Gateshead Congers 1:38.23; 12, Benwell 1:38.53; 13, Bedlington "B" 1:39.59; 14, Gateshead "B" 1:41.05; 15, Gosforth "C" 1:43.34; 16, Sunderland 1:44.47.

Fastest time: J. Anderson (Saltwell) 21.29.

BOYS' RACE

Jarrow "A" were easy winners of the boys' race over three laps, showing fastest times on the first and last stages, and only one second behind the Congers' runner, Carrick, on the middle leg.

A. Wappett set Jarrow on the winning trail with a run of 11.06, which I. Dutton increased before handing over to I. Douglas to go right away and show fastest time of the race with 11.02 and bring his club home with a 46sec. lead over Saltwell "A."

1, Jarrow A.C. "A" (A. Wappett 11.6, I. Dutton 11.34, I. Douglas 11.02) 33min. 42sec. 2, Saltwell "A" (R. Dixon 11.26, T. Anderson 11.37, W. Churchill 11.25) 34min. 28sec; 3, Heaton H. (E. Hawes 11.55, C. Angus 12.15, W. Noble 11.44) 35min. 54sec.; 4, Sunderland 36.11; 5, Jarrow "B" 36.20; 6, Benwell "A" 36.54; 7, Elswick 37.51; 8, Saltwell "B" 37.53; 9, Gateshead 38.40; 10, Benwell "B" 39.52.

Fastest time: I. Douglas (Jarrow) 11.02.

WATFORD RELAY FOR ST. ALBANS

TWENTY-NINE teams started in the Watford Road Relay and the race soon developed into a great tussle between Finchley and St. Albans. Frank Salvat started off in storming fashion with a new record of 13.57 on the first lap. He was followed home by Marlow (Highgate) 14.27, Wilson (Welwyn) 14.35

and O'Connor (QPH) 14.38. St. Albans started quietly enough with Davies 14.48.

Finchley still led through North on stage 2, but Redrup (14.09) ran a fine leg for Wycombe to pull them up to second, with Thompson (QPH) third and Blyth (St. Albans) fourth.

On lap 3 Denis O'Gorman beat Salvat's time for a new record of 13.56 which just got him home in front of Raven (Finchley), with Harwood (QPH) 22 seconds down in third place.

Lap 4 saw Eric Shirley put Finchley back in the lead, 23 seconds up on St. Albans, with Queen's Pk. now just over a minute behind the leaders. The lead changed hands for the last time on lap 5 when Thorpe gained over a minute on Porter (Finchley) to finish 40sec. up at the take-over, and on the final leg Palmer went further away for St. Albans to score a well merited victory in the record time of 86 min. 54sec. Shilling ran a grand stage for Highgate to pull them up to third place. Queen's Park took the award for the most improved team.

1, St. Albans City A.C. (Davies 14.48; Blyth

BOGNOR REGIS ATHLETIC CLUB

9th ANNUAL

10 MILES

OPEN ROAD RACE

(Under A.A.A. Laws)

Easter Monday, 22nd April

at 3 p.m.

Team Race (6 run, 4 score)—1st Team: Trophy and 4 prizes; 2nd and 3rd Teams: 4 prizes.

Holders—South London Harriers

Entry Fee 6/- per Team

Individual Race — Trophy and 1st, 2nd, 3rd prizes valued £7.7.0, £5, £2.10.0

2/- Single Entry

START AND FINISH ON ESPLANADE

(opposite Rex)

Closing date April 13th

Particulars from G. C. Dinmore,
6 Sandymount Avenue, Bognor Regis, Sussex

14.45; O'Gorman 13.56; Allen 14.49; Thorpe 14.28; Palmer 14.08) 86mins. 54secs. (record).

2, Finchley H. "A" (Salvat 13.57; North 14.38; Raven 14.55; Shirley 14.25; Porter 15.31; N. Porter 14.20) 87mins. 46secs.

3, Highgate H. "A" (Marlow 14.27; Perron 15.25; Jelves 15.43; Shilling 14.54; Brown 14.22; Shilling 14.08) 88mins. 59secs.

4, Q.P.H. 89.26; 5, V.P.H. 89.32; 6, Blackheath 89.41; 7, Welwyn 92.52; 8, Barnet 94.00; 9, Q.P.H. "B" 94.04; 10, Poly. 94.30; 11, Uxbridge 94.39; 12, Wycombe 95.17; 13, Oxford

95.21; 14, Finchley "B" 95.39; 15, St. Albans "B" 95.58; 1, Highgate "B" 96.15; 17, Watford 96.22; 18, Watford "B" 96.54; 19, V.P.H. "B" 97.24; 20, Old Fullarians 98.46; 21, New Haw and Woodham 100.50; 22, St. Albans "C" 102.32; 23, Watford "D" 102.44; 24, Barnet "B" 102.51; 25, Watford "C" 103.53; 26, Finchley "C" 104.43.

Fastest laps: O'Gorman (St. Albans) 13.56; F. Salvat (Finchley) 13.57; P. Palmer (St. Albans) 14.08; J. Shilling (Highgate) 14.08; A. J. Redrup (Wycombe Ph.) 14.09.

OLNEY'S RECORD GOES IN T.V.H. RELAY

A RECORD entry of 52 teams from 16 clubs found 44 facing the starter for the annual T.V.H. Relay over four laps of 5 miles.

Stan Eldon set the ball rolling and Eton, being followed home by Brian Barrett, of Surrey 22.58, and two T.V.H. runners, Haslam 23.00, and Linford 23.06. The eventual winners, Herne Hill, were 8th through Shave with 23.57.

On stage 2 Cameron (23.02) took T.V.H. into a lead of 17sec., while Tony Towl (22.48) pulled Herne Hill up to third place, 26 sec. behind Stones, of Windsor (23.48). Surrey (Cleverley 24.14) dropped to 6th.

Ingles put in a great run for the Valley in stage 3, and at the take-over they were over half a minute in front of Herne Hill, who was only six seconds up on Surrey, for whom Caulder had shown 23.18. Woodford were a good fourth (Weatherdon 23.43).

Ken Norris had an easy run to come home 42 seconds in front of Jack Heywood (Herne Hill) who had put in a fine effort of 23.01, but had gained only a minute from Lewis, of Woodford, who excelled himself with 23.02 to go right away from Eddie Ellis, running for T.V.H. "B" and take third place, both having passed Parry, of Surrey (25.33).

1, T.V.H. "A" (J. Haslam 23.00, J. Cameron 23.02, A. Ingles 22.54, K. Norris 23.47) 92min. 43sec.

2, Herne Hill "A" (B. Shave 23.57, A. Towl 22.48, A. Hine 23.39, J. Heywood 23.01) 93min. 25sec.

3, Woodford Green "A" (M. Cannell 23.50, C. Crump 23.15, P. Weatherdon 23.43, A. Lewis 23.02) 93min. 50sec.

4, T.V.H. "B" 95.33; 5, Surrey A.C. "A" 96.03; 6, Windsor and Eton 96.23; 7, Poly "A" 96.50; 8, Ealing "A" 97.31; 9, T.V.H. "C" 97.59; 10, Woodford "B" 98.14; 11, Hampstead "A" 98.27; 12, T.V.H. "D" 98.39; 13, Loughborough Coll. "A" 98.53; 14, Reading 100.21; 15, Ilford 100.29; 16, T.V.H. "E" 101.23; 17, Woodford "C" 101.39; 18, Surrey "B" 102.21; 19, R.A.F., Halton 102.46; 20, Ealing "B"

102.54; 21, Southall "A" 103.02; 22, Hayes and H. 103.50; 23, T.V.H. "F" 103.56; 24, Dartford 103.58; 25, Poly "B" 104.10; 26, Woodford "C" 104.55; 27, Poly "C" 105.14; 28, Woodford "D" 105.35; 29, Maidenhead 106.04; 30, Hampstead "B" 106.24. 38 teams finished.

Fastest times: Eldon (Windsor) 22.31 (record); Towl (Herne H.) 22.48; Ingles (TVH) 22.54; Barrett (Surrey) 22.58; Haslam (TVH) 23.00; J. Heywood (TVH) 23.01.

Cambridge Harriers include in their Club Meeting at Charlton Park, S.E.7, on Saturday, April 13th, Open Unattached Novice races at 100 yards and one mile, also 100 yards for Youths (under 1 on April 1st). Medals for first 3, entries free to S. G. Wood 10, Mayhill Road, Charlton, S.E.7.

A buff coloured zip fronted pullover was lost at Hurlingham on 23rd March at the L.A.C. Meeting by Charles Van Dyck. Should anyone have picked it up, would they please return to G. D. Basan, 45 Tierney Road, Streatham Hill, London, S.W.2.

Barnet A.C. annual Boys' Road Relay (4 x 2 miles) will be held on April 27th. Entries to W. Randall, 45 Sebright Road, Barnet.

Hampshire & Isle of Wight Constabulary ATHLETIC SPORTS MEETING

Under A.A.A., W.A.A.A. and N.C.U. Rules

**Saturday, 1st June, 1957
Fleming Park, Eastleigh**

Open events include: Tug-of-War, Sprints, Distance and Ladies' Relay and 100 & 220 yds.

Entries Close: 20th May, 1957

Full details from Superintendent J. T. Cansfield, Police Station, Eastleigh.

OTHER RESULTS

March 13th

West Ham College of Technology 8M. Road Race. 1, J. Heywood (Reading) 42.20 (record); 2, P. Dawson (Reading) 42.49; 3, M. Batty (LSE) and B. Davis (LSE) 43.46. **Teams:** 1, Reading 11pts.; 2, L.S.E. 20; 3, Imperial 25.

March 16th

CAMBRIDGE UNIVERSITY beat LOUGHBOROUGH COLLEGE 96pts. to 46.

75(1): T. A. Erinle (L) 7.8; **75(2):** J. N. Whitehead (L) 8.2; **150(1):** J. R. Scott-Oldfield (C) 15.3; **150(2):** M. J. Atkins (C) 15.4; **300(2):** M. H. Chaplin (C) 32.7; **660(1):** F. J. Chapman (C) 1:24.6; **660(2):** J. E. Salisbury (L) 1:23.7; **1 Mile:** R. Dunkley (C) 4:09.5; **2M:** J. Palmer (C) 9:24.8; **70H(1):** I. W. R. Malcolm (C) 8.8; **70H(2):** I. W. R. Malcolm (C) 9.1; **140H(1):** D. W. Donaldson (C) 15.6; **140H(2):** M. J. Atkins (C) 15.7; **H.J.:** B. E. Wordley (C) 6'0"; **L.J.:** A. J. Grant (C) 23'0"; **P.V.:** M. E. Nugent (C) 11'6"; **Wt:** G. E. Carr (L) 47'4"; **D:** G. A. Carr (L) 156'1"; **HSJ:** E. Y. Tan (L) 45'8"; **J:** R. Barber (C) 190'5½". **4 x 110 Relay:** Cambridge 43.2; Loughborough 43.4.

ENGLISH Y.M.C.A. CHAMPIONSHIPS

1, W. Boak (Carlisle) 34.00; 2, A. Barch (Sheffield) 34.03; 3, S. Hardicker (Man'r) 34.27; 4, A. Loftus (Man'r) 35.04; 5, M. Ainsworth (Sheff.) 35.45; 6, G. Boak (Carlisle) 35.47; 7, J. Sweetman (Chelt.) 36.25; 8, J. Russell (Man'r) 36.32; 9, R. Freeman (Man'r) 37.04; 10, G. Roberts (Man'r) 37.04. **Teams:** 1, Manchester YMCA 15pts.; 2, Carlisle 28; 3, Huddersfield 68.

CAMBRIDGE A.C. INTER-CLUB ROAD RELAY (4 x 5M.)

1, Cambridge Univ. 1hr.47.18; 2, Camb. City 1:48.39; 3, Peterborough 1:50.38; 4, N. Herts 1:56.18; 5, Bedford 1:56.44; 6, Peterborough "B" 1:57.43. **Fastest laps:** G. Stevens (Camb. Un.) 25.08 (record); D. J. Cannon (N. Herts.) 26.00; G. A. Phipps (Camb. C.) 26.04; R. Townsend (Peterboro') 26.10.

QUEENS PARK H. SCHOOLS' ROAD RELAY

1, Watford G.S. 49.31 (record); 2, Haberdashers Aske "A" 50.05; 3, Latymer Uppers Sch. 50.03; 4, Watford G.S. "B" 50.58; 5, Bishopshale 51.03; 6, Harrow Weald County 51.10; 7, Lower Sch. of John Lyon 51.23; 8, Islip G.S. 52.08; 9, Luton G.S. 52.17; 10, Haberdashers Aske "B" 52.29; 11, Hertford G.S. 52.44; 12, Lower Sch. of J. Lyon "B" 52.59. **Fastest times:** T. Briault (Latymer Upper) 11:49 (record); 2, D. Huxley (Harrow

Weald) 11.53; D. Boyt (Watford GS) 12.06; J. Littlewood (Haberdashers Aske) 12.15; R. Maddern (L.Sch. J. Lyon) 12.18; G. Strange (Hab. A.) 12.18.

Macclesfield H. 4 x 2½M. Road Relay. 1, Macclesfield H. 45.32; 2, Stone 47.33; 3, Stockport 47.57; 4, Crewe 48.56; 5, Macclesfield "B" 49.06; 6, Alsager T.C. 49.54. **Fastest times:** 1, M. Corcoran (Macc.) 10.40; 2, A. Morten (Macc.) 11.06; 3, M. Whittaker (Stone) 11.15.

2nd T.A.F. Championships at R.A.F., Gutersloh, Germany. 1, SAC Palmer (Durne) 32.21; 2, SAC Bennett (Geilenkirchen) 32.47; 3, SAC Shelley (Jever) 32.57; 4, SAC Hassall (Celle) 33.05; 5, F/O Jennings (Wahn), SAC Groves (Wahn) and AC Ibbotson (Wahn) 33.18. **Teams:** 1, RAF Wahn 70pts.; 2, RAF Celle 98; 3, RAF Wildenrath 196; 4, RAF Oldenburg 224; 5, RAF Jever.

Millfield School v. E.M.I. (Wells) A.C. H.J.: 1, A. Khudhairi (M) 5'1½"; 2, Michel (EMI); 3, Mayhew (EMI); **LJ:** A. Khudhairi (M) 19'7"; 2, Mayhew (EMI); 3, Bourn (EMI); **1 Mile:** 1, Trustram (M) 4:45.2; Blinman (EMI); 3, Bourn (EMI). **Jav:** 1, N. Head (M) 228'6½"; 2, Hogsten (M); 3, Wall (EMI). **Junior 1M.:** 1, I. Morgan (M) 5:13.0; 2, Tunnell (M); 3, Newman and Rogers (M).

Southampton A.A.C. beat Southampton University "B" 45pts. to 60 in a 5½M. Road Race. 1, R. Thompson (SAAC) 28.04; 2, S. Bulpitt (SAAC) 28.15; 3, B. Willis (SUAC) 28.22; 4, R. Fulford (SAAC) 28.44; 5, B. James (SUAC) 28.53; 6, K. Crooke (SAAC) 29.52.

R.A.F. Wildenrath beat R.A.F. Bruggen 21 pts. to 40 over 5M. 1, SAC Prout (B) 27.00; 2, P/O Webley (W) 27.35; 3, J/T Butterfield (W) 28.10; 4, SAC Lewis (W) 28.45; 5, SAC Deakin (W) 29.30; LAC Moss (B) 30.00.

Loughton A.C. Road Relay. F. Seal (Ponders End A.C.) broke the individual course record when he won the Loughton A.C. invitation road relay at Loughton on 16th March, in a time of 10mins. 9 secs. Eton Manor A.C. took first place in the team event when they won in 65mins. 39secs., Chingford A.C. were second in 66mins. 38secs. and Ponders End third in 66mins. 50s.

R.A.F. Nicosia 41pts. beat Ayios Nikolaos 56 and Karalis Depot 75 over 5½M. 1, Sgt. Sargent (N) 29.54; 2, LAC Grey-Hunter (AN) 30.06; 3, SAC Pilkington (N) 30.54; 4, Cpl. Clark (N) 32.03; 5, F/Lt. Clarke (AN) 32.13; 6, Sgt. Ackroyd (K) 32.21.

Continued on back page

L.O.A.C. SET RECORD IN ILFORD WOMEN'S RELAY

IT was a fine day for the 13th Ilford Women's Road Relay, in which 12 teams competed. A close race was anticipated between London Olympiades and Ilford, though the latter were not a full strength due to the absence of Phyllis Perkins who was competing in the International against Scotland.

At the end of the first lap Selsonia (M. Flin 11.08) were leading by 6 sec. from Ilford (P. Smith 11.14), L.O.A.C. (P. Burrridge 11.17) and Essex (D. Bines 11.31).

On stage 2 L.O.A.C. were taken into the lead by S. Bradley (11.39), followed by Essex (M. Everson 11.27) and Selsonia (B. Berwick 11.51), with Ilford (B. Pettitt 12.01) dropping to fourth place.

On the third lap a fine run by M. Ricketts of 10.53 gave L.O.A.C. a lead of 26sec. over Ilford, for whom M. Westney (11.0) had moved up to second place, and Essex (M. Frances 11.18).

Lap 4 took L.O.A.C. still further ahead (E. Vivian 11.21) followed by Ilford (M. Critchley 11.26) and Essex (M. Caldwell 12.36).

On the fifth and final lap L.O.A.C. maintained their lead from Ilford, with H. Vincent and M. Beckford doing the same time of 10.55, the winners setting a new record for the course of 55min. 05sec.

1, London Olympiades "A" 55.05; 2, Ilford

"A" 56.37; 3, Essex L. 58.28; 4, Selsonia 58.57; 5, Small Heath 60.27; 6, L.O.A.C. "B" 60.51; 7, Ilford "B" 62.53; 8, Harborne 63.40; 9, Paignton 64.36; 10, Ilford "C" 66.20; 11, Hampstead 66.33; 12, Ealing 68.15.

Handicap: L.O.A.C. "B."

Fastest times: M. Ricketts (L.O.) 10.53; H. Vincent (L.O.) 10.55; M. Beckford (Ilford) 10.55; M. Westney (Ilford) 11.0; M. Flin (Selsonia) 11.08; J. Hall (Selsonia) 11.12.

WALKING (contd.)

Enfield. 1, C. W. Fogg (Enfield) 1.37.29; 2, K. C. Easlea (Enfield) 1.40.45; 3, S. R. Mantor (Enfield) 1.42.40. **Teams:** Enfield A.C. 35; Met. Police 43.

Lancashire W.C. 15 Miles. 1, T. J. Hardie 2.24.4; 2, A. Pugh 2.25.2; 3, J. Todd 2.34.0. **Handicap:** J. Todd.

WORLD NEWS (contd.)

East London, Cape Province, a few days later he ambled around 800 metres in 1:56.8.

U.S.S.R.

Soviet field event athletes are rapidly reaching top form. Recent marks include: PV, Anatoliy Albov 13.9½; SP, Georgiy Fyodorov 53.10½ and Lebediev 52.3½; HT, Anatoliy Samotsvetov Yeliseva long jumped 19.6½.

RUMANIA

Nicolae Rascanescu hurled the hammer 191.8½, his best ever, at Bucharest to beat Constantin Dumitru (181.2). Aurel Raica put the shot 51.2½ and Manolescu threw the discus 155.1½.

INDIA

The 21.0 200 metres reported last week was recorded by Milkha Singh, and not Mohinder Singh.

Three Indian records were set during the Inter-railway championships at New Delhi in March. K. George pole vaulted 12.4½, Avtar Singh threw the javelin 202.0, and a Southern Railway team clocked 42.6 for the 4 x 100 metres relay.

Dorset A.A.A. elected the following at their A.G.M.—Chairman, J. Whalley, Esq.; Hon. Sec., D. J. Hall, Kempston House, Rodwell, Weymouth; Championship Sec., P. Gill, 33 Ranelagh Rd., Weymouth; Ladies' Sec., Mrs. S. Jennings, 62 Dawlish Crescent, Wyke Regis, Weymouth.

LONDON ATHLETIC CLUB SCHOOLS CHALLENGE CUP MEETING

will be held at the
WHITE CITY STADIUM, LONDON
(Under A.A.A. Laws)

On April 26th at 2.00 p.m.

And April 27th at 1.30 p.m.

14 SENIOR EVENTS

5 JUNIOR EVENTS

(age 14—16) for Boys Only

Full details and entry forms from—

G. D. BASAN,
45 Tierney Road, Streatham Hill,
London, S.W.2.

Telephone : : **Tulse Hill 6779**

Entries close 10th April

RESULTS (contd.)

Holmfirth H. 4½M. Championship. 1, L. Lisles 31.36; 2, N. Haigh 34.45; 3, C. Battye 37.47. **H'cp:** 1, N. Haigh.

South London H. 3½M. Schools' Race. 1, A. J. Yates (Wallington) 21.07; 2, J. B. Colban (Ardingly) 21.15; 3, J. S. Downer (Purley) 21.16; 4, C. R. Thompson (Caterham) 21.23; 5, C. F. Havercroft (Ardingly) 21.27; 6, J. Bernard (Reigate) 21.29. **Teams:** 1, Purley 51 pts.; 2, Ardingly 56; 3, Reigate 66; 4, Wallington 98; 5, R.G.S. 107; 6, King's Canterbury 110; 7, Roan 127.

Essex Boys' Championship. 1, R. Dumbrell (Hornchurch) 15.57; 2, J. Tull (Leyton) 16.14; 3, F. J. Greatrick (Brentwood) 16.15; 4, J. Catto (Thurrock) 16.19; 5, L. J. Archer (Southend) 16.21; 6, A. Rumbold (Leyton) 16.26. **Teams:** 1, Hornchurch 16pts.; 2, Leyton 20; 3, Tom Hood T.S. 46; 4, Thurrock 54; 5, Hadleigh O. 56; 6, Wadham 63; 7, Chelmsford 73.

March 17th

Salisbury and Dist. A.A.C. beat Weymouth St. Paul's A.C. 36pts. to 42. 1, B. Dunn (W) 37.35; 2, J. Parfett (S) 38.03; 3, B. Lillicrap (S) 38.20; 4, M. Childs (S) 38.47; 5, C. Dunn (W); 6, M. Andrews (W). In a Youths' match **Salisbury beat Weymouth** 15pts. to 22. 1, D. Webb (S) 15.00; 2, T. Oke (S); 3, S. Hassett; 4, Casswell (W); 5, Rutherford (W); 6, Simmonds (W).

March 21st

Luton Schools' C.C. Championships. 1, D. Scott (Icknield) 13.14; 2, I. Dempster (Ick.); 3, G. Short (OBR); 4, R. Phillpott (BH); 5, W. Southwood (BH); 6, Macpherson (Ch.); 7, Squire (Ick.); 8, Macarthur (BH); 9, Maughan (SS); 10, Barrett (BH); 11, Boxford (Ick.); 12, Foster (Ch.). **Teams:** 1, Icknield Sch. 74pts.; 2, Beech Hill S. 87; 3, Stopsley 152; 4, Luton GS 156; 5, Old Bedford Rd. S. 161; 6, Challney 177; 7, Surrey St. 205; 8, Denbigh Rd. 272. **u/16 Race:** 1, G. Hardy (Ick.) 13.10 (course rec.); 2, R. Easton (Luton); 3, P. Coleman (Luton); 4, A. Roe (Luton); 5, T. Bahini (Lut.); 6, Meredith (Lut.).

March 23rd

Yorkshire Youths' Organisations Championships. 1, L. Millan (Doncaster) 16.45; 2, R. Froggatt (Wakefield); 3, B. W. Priestley (Huddersfield). **Teams:** 1, Huddersfield 59pts.; 2, Halifax 61; 3, Sheffield 74. **Junior:** 1, M. Harrop (Four Valleys) 14.30; 2, M. Baines (FV). **Teams:** 1, Sheffield 82pts.; 2, Central Yorks 93; 3, Huddersfield 129.

Civil Service Round the City Relay. 1, Air Ministry 75.19; 2, Inland Revenue 78.22; 3, London Postal Region 79.19; 4, Inland Rev. "B" 80.32; 5, Customs and Excise 89.34; 6, E.T.E.S.S.A. 89.56. **Fastest lap:** B. Hallowell (AM) 18.18.

Charterhouse School 28pts. beat **R.G.S. Guildford** 33, **Old Guildfordians A.C.** 41 and **Guildford and Godalming A.C.** 43 over 4½M. 1, P. A. Nash (OG) 22.39 (rec.); 2, R. Belmore (G and G) 23.55; 3, C. Wright (C) 24.00; 4, J. J. Thompson (C) 24.30; 5, R. Stallard (OG) 24.34; 6eq., T. J. Treharne (RGS) and C. J. Voice (RGS) 25.00.

Gosport A.C. beat H.M.S. St. Vincent 15pts. to 40. 1, A. Newell (G) 17.00; 2, T. McDowell (G) 17.37; 3, B. Russell (G) 17.51; 4, H. Trueman (G), B. Elkins (G) and J. Gallacher (St. V.) 17.52.

Crewe A.C. 4 x 2½M. Road Relay. 1, Macclesfield H. (Morten) 13.24; Lafferty 14.59; Corcoran 13.11; Shufflebottom 14.22) 56m.06s.; 2, Stone (Gerrard 14.09; Fowler 13.41; Shelley 14.16; Minshall 15.12) 57.18s.; 3, Stockport Clayton 14.34; Mallon 14.23; Taylor 14.33; Watson 14.41) 58m.11s.; 4, Crewe 58.53; 5, Warrington 59.03; 6, Macclesfield "B" 59.43. **Fastest times:** Corcoran (Macclesfield) 13.11; Morten (Macc.) 13.34; Fowler (Stone) 13.41.

Maidstone H. Championships. 1, J. Pemble 36.32; 2, A. Cook 37.05; 3, M. Vincent 39.17; 4, B. Wickens 40.07; 5, D. Shorrocks 40.49; 6, J. Clattery 42.11. **H'cp:** D. Shorrocks (5.30) 35.19; J. Pemble (0.19) 36.13; B. Mitchell (6.00) 36.22. **Juniors:** 1, M. Chapman 17.36; 2, A. Gibson 18.22; 3, R. Raines 19.03; 4, A. Bonner 19.32; 5, D. Tidman 20.09; 6, P. Hayman 20.28. **H'cp:** R. Raines (1.55) 17.08; M. Chapman (scr.) 17.36; P. Hayman (2.40) 17.48.

St. Albans City A.C. beat Luton Hare and Hounds 25pts. to 36 over 4M. Road. 1, A. Layton (L) 21.01; 2, J. Ewin (L) 21.13; 3, G. Allen (St. A.) 21.14; 4, J. G. Davies (St. A.) 21.15; 5, D. Sutcliffe (St. A.) 22.01; 6, R. Daniell (St. A.) 22.07. **St. Albans City 4M. Road Champ.** held in conjunction. 1, G. Allen 21.14; 2, J. G. Davies 21.15; 3, D. Sutcliffe 22.01. **H'cp:** D. Sutcliffe (1.15) 20.46; 2, G. Allen (0.10) 21.04; 3, A. Twigg (1.20) 21.08.

Epsom and Ewell H. 10M. Road Championship. 1, R. Laws 55.48; 2, D. Budd 57.20; 3, D. Howe 57.36; 4, E. Williams 58.58; 5, A. Blatchford 62.17; 6, E. Brown 62.37. **H'cp:** D. Howe (3.00) 54.36.

(To be continued)