

Aug. 13th, 1955

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Vol. 9. No. 33

Athletics WEEKLY



IBBOTSON LEADING CHATAWAY AND SCHADE (Germany)

GT. BRITAIN v GERMANY

GLASGOW RANGERS
SPORTS



BRIAN BARRETT
answers the Questionnaire

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Walking

By A. D. McSweeney

OUR first two in the National 50 kilometres, Albert Johnson (Sheffield U.H.) and Don Thompson (Metropolitan) fly to Prague this week-end for the Prague to Podebrady 50km., taking place on Sunday. This is a local race of importance with a smattering of invited International competition. How many other foreign competitors there will be we don't know at the moment. Lionel Woodcock, the R.W.A. General Hon. Sec., is travelling as team manager, so by past experience our boys should be well looked after. 1947 was the last time we were represented in this race, and then C. Megnin and H. J. Forbes finished 3rd and 4th, Megnin only half a minute behind Josef Dolezal. The latter has improved tremendously since, so we musn't expect our pair to be "on his tail" at the finish, good as they are.

This cuts out Thompson from the line-up in the Hastings to Brighton 38 miles race starting from Hastings front at 11 a.m. to-day, Saturday. Although not really severe, apart from Lewes Hill, met at 30 miles, no one seems very fresh at the end of it and it's generally acknowledged that if you can finish this you can finish the "Brighton," and at the same pace. In the absence of Thompson, the 1953 winner, M. N. Guilmant may well have a clear road, since last year's winner, H. McGreechan, also of Belgrave, doesn't seem fit enough to stir them up at the moment. And inadvertently I mentioned last week Guilmant as being the present holder. The entry is a strong 70 with Poly. and Belgrave the outstanding Clubs on paper. Apart from those mentioned, H. D. Neilson, V. W. G. Stone and J. Culver will be well in the picture.

The London-Brighton entries will close on Monday week, August 15th. An interesting development is the entry (subject to usual procedure) of A. Resta, of the Milan Club. He is a prominent distance man in Italy, and was third in both the 1953 and 54 Milan 100 kilometres. In each case he followed home the reigning London-Brighton Champion, respectively W. Cowley and M. N. Guilmant, so can be considered a danger to our best on his day. This will be the 30th annual race and in the

early years we did have two Italian winners, but no other foreigners have been successful.

NYMEGEN MARCHES

Last week's issue had to go to press so early that I was unable to include the good news that all the R.W.A., Stock Exchange and Metropolitan Police Walkers finished the 4-day test in Holland satisfactorily and gained their various awards. Quite a number of our men have completed these marches five or more times, and W. F. Baker and J. K. Hadley—Captain of the "B" Team, now sport a number six on their medal ribbon. Veteran Arthur Spicer, one-time marathon runner with Hampstead H., and since a notable distance Walker, has gone up to eight and is keen to go on for his "ten" and the "gold" cross, while your writer, leader of the party and Captain of the "A" team now has eleven credits, more than any man outside Holland.

Nearly half the British contingent of 45 walkers were participating for the first time and there is such a lot to be learned—very painfully at times—by the first visit. Foot troubles were very prevalent and although some kept their blisters "under their hat," insofar as they could, they will be wiser men in future. We all get blisters at times, but more attention to the right type of footwear for this slogging is necessary. Racing shoes are "out" and we have often found that good fast racing men fold-up on these marches while men who have done little racing but plenty of hard strolling get through in good shape. One such this year was Jack Goswell, the Belgrave Walking Section man-of-all-work, who held his own with the best and was a fine team man in the full sense of the word. For those who would like to have a go next year let me issue a warning, we rise at the unearthly hour of 2.30 a.m. and start the Marches at 3.45 a.m. each day.

We had quite a surprise down at Chertsey on Bank Holiday, for after the much improved Rod Hutchison had swept into a good lead in the six miles, the sun "got him" and Terry Hardie, of Lancashire W.C.—on holiday in the South, outwalked Don. Thompson and George

Continued on page 19

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CONTENTS

	PAGE
BODY LEAN by Arthur Newton...	4
SCOTTISH NOTES ...	5
BRIAN BARRETT	
Answers to the Questionnaire	6
IN THE NEWS by R. A. Olver	
Stanislav Nyenashev	9
Gt. BRITAIN v. GERMANY ...	10
READERS' LETTERS ...	15
RANGERS' SPORTS ...	19

EVERY SATURDAY — NINEPENCE

THIS week-end's match with Hungary should prove the highlight of this season's athletics in Britain.

Few countries have improved athletically as much as Hungary in recent years and in many events, particularly the middle distances, their performers are brilliant. Good though our men are, Iharos and Co. will give them their greatest test so far and the results will give both countries a line on Olympic prospects next year.

It is unfortunate that George Ellis has had to withdraw, but this will give the promising Michael Ruddy his chance in the furlong. If Brian Shenton runs in the short sprint we may find him back to something approaching his best form, for he ran well at Ibrox last Saturday against Dick Blair, the American ace. With Ken Box also nursing a muscle injury, good sprinters are one of our greatest needs at the moment.

"Paarlauf."

As will be seen on another page, George Scutts and Charlie Smart, two of the most knowledgeable athletes in this country where "paarlauf" races are concerned, have been quick to criticise the meddling with existing rules for this event by the A.A.A. when they put one on at the White City on September 21st.

As one who promoted such an event in England last season and saw how by sheer strategy in running Charlie Smart, despite his years, pulled back a lead of 100 yards to a mere few yards in a matter of three or four laps, I feel sure that those who made this decision can have no idea of what the race is really like. Before messing about with recognised rules, a ten minute chat to one of these runners would have convinced them that all they will succeed in doing is to spoil a most interesting event—or would that be *infra dig*?

It is still not too late to put this right, but at the moment it seems a case of "When is a paarlauf not a paarlauf?"

New Track.

Hayes and Harlington A.C. have just moved onto their new track, of which they are justly proud, and commence operations with a match against Spiel und Sport of Hamburg, on Monday next, 15th August, at 6.45 p.m. Maidenhead C. and A.C. and Ealing Ladies' Olympiads are also joining in what will be a first effort of its kind in this district. The grandstand has only just been started on, but the local Council have promised to complete it with floodlighting for winter training at the end of the present year.

THE EDITOR.

Cover photo by E. D. Lacey

ARTHUR F. H. NEWTON, former long distance record holder and now adviser to many marathon and long distance runners, has something to say about

BODY LEAN

THE continual reference to body lean by various writers on athletics makes me wonder how much real thought they have given to the subject. We are told that a "lean" of so many degrees should be cultivated for such and such a distance and less or more according to whether the distance is greater or shorter. In plain English all this seems to me to be sheer nonsense—to take two outstanding modern world record holders—Nurmi had far less body lean than Jim Peters though he raced over shorter distances.

I'm not the only one who is always telling fellows to listen to all the advice they can get but to accept none of it until they have satisfied themselves that there's good reason for it. Very well, now apply your headpiece to this matter of body lean. It doesn't take you half a second to realise that no man ever yet knew—or ever will—the angle of body lean he was adopting at any specified moment: all the more so because at no two given moments is the "lean" exactly the same. It is easy enough to test this. Just try standing quite still for a minute or so: you know then that if you are perfectly steady there can be no "lean" at all. Yet you can't keep absolutely still no matter how much you try, for you will notice at once that there's continual adjustment of your stance to meet the very slight alterations that are always occurring. You can't even sit absolutely motionless for a minute on end, though this is nothing like so difficult as standing. Yet even when sitting your body lean could not be meticulously measured. If a true diagnosis could not be made for a sitting position a standing one would be even more imaginative and for running it becomes a self-evident impossibility. This is even more so when you recollect that as no two fellows ever look exactly alike they never also act precisely alike and therefore never have positively the same body lean for any particular action. I take it, then, that body lean is not a thing to be studied in the way suggested by so many of our writers, but should be approached from an entirely different viewpoint.

There can be no doubt that your body knows a lot more about its adjustment than you will ever understand, and all you need to do is to apply your reason to discover what you can about its methods. In this way we have learnt that nature always does any work in the most economical way and with the least possible wastage of energy—the fact that a natural action IS easy is a proof that just about the utmost economy of energy must have been achieved.

That, then, must be the secret of good running or good action of any kind, viz. to perform the work with the least possible expenditure of energy: in other words it means that you must run—or whatever it is you are doing—without unnecessary waste in the form of gesture. You've only got to look at any animal or (in nearly every case) the finest of our athletes to perceive that they get along almost unconcernedly without any fuss or fluster. Your business then is to cut out every imposed action you have been taught to acquire and to let your body look after itself while it takes the line of least resistance. But you needn't think that's going to be simple: the best performances are those done in the easiest way but it takes a mighty lot of practice to discover the details, and you will have to experiment and leave it to your body to decide what it finds most suitable for its conditions. You know well enough that you can never hope to make a first class job of a thing when you're not trained for it, and that necessitates your having to train below racing pace while you learn. Racing, i.e. letting out to your utmost for a specified period, is not the normal way of doing anything, and should be reserved only for special occasions.

* * *

Found at White City, on Saturday, 30th July, one plastic "Pakamac." If the owner will contact K. L. Joy, 24 Lynton Road, South Harrow, Middx., with details, this article will be duly returned.

Scottish Notes

By W. Diverty

THE A.G.M. of the Scottish Cross-Country Union will be held on Sat., 10th September, 1955, in the Free Gardeners' Hall, Picardy Place, Edinburgh. Cross-Country fixtures arranged to date are as follows:—

1955—Nov. 5th, District Relay Champs.

Nov. 19th, Edinburgh-Glasgow Road Relay.

1956—Jan. 28th, District Championships.

Feb. 25th, Senior, Junior and Youths' Championships.

March 17th, International Championship, Belfast.

Two young Scots distinguished themselves at the A.A.A. Junior Championships at Reading. They were E. McKeating, Geo. Heriots School, who won the 100y. in 10secs., and A. Hannah, Athenian A.C., who took the 200y.H. in 23.4s. Eddie McKeating is the Scottish Schools 100y. Champion. He missed the Junior Championships by playing cricket for his school. Alex Hannah is the Junior 200y.H. Champion. Both lads are coming stars provided they train hard and along proper lines.

The British Police Championships at Liverpool saw the Scots bring home 6 titles. Bill Piper (Glasgow Police) was the outstanding winner of the meeting. He won the H.J. with 6'5½", a grand jump and a Police Record and personal best for Bill. He also won the P.V. at 11'6". Scottish S.P. Champion Tom Logan (Renfrew Police) won the S.P. with 44'6", A. M. Low, Paisley, the L.J., 21'1", A. Stewart, Lanarkshire, 100y., 10.6, and Policewoman Miss S. Plenderleith, Edinburgh, the 100y., 12.3. In the 1m. Medley Relay, Glasgow took 3rd place to the Metropolitan Police.

A team of six athletes from Eastern Germany is coming for the Edinburgh Highland Games next week. Herr Schoeder, who will accompany the team, hopes to meet Lord Burghley while he is here to talk about recognition by the I.A.A.F. of Eastern Germany.

The departure of Norman Gregor to Kenya is another loss to British athletics. Norman, who was born in Aberdeenshire, was always a popular visitor to his native heath. He is the holder of the Scottish native record in the pole vault at 13ft. 6½in., made at the Rangers' Sports in August, 1954. A victim of red tape and antiquated ideas by officialdom, he never received the official recognition his ability

merited. All his athletic friends will, I am sure, join me in wishing Norman the best of luck in Kenya.

July 16th

Edinburgh City Police Sports. 100: W. McDonald (Perth) 7, 10.7; 220: J. Brown (DAAC) 11, 22.9; 880: M. McLoughlin (Edin. S.) 32, 1:53.9; **Mile:** I. C. Donald (Heriots) 135, 4:15.0; **HJ:** D. R. Lyon (Edin. N.) 5", 6' 2"; **Mile Medley Relay:** Clydesdale 3:39.3; **Junior 100:** I. Sutherland (RHS) 3, 10.5. **Invitation 120yds:** A. Breaker (Edin. S.) 1, 12.1.

Kilwinney Sports. 100: F. Farquhar (Lochwinnoch) 8½, 10.0; 220: W. Armour (Kilmarnock) 13, 23.8; 880: J. Finlayson (Hamilton) 20, 2:05.0; **Mile:** D. Mathieson (Ayre) 75, 4:34.4; **HJ:** J. McKenzie (WSH) 4½", 6' 2"; **Medley Relay:** Kilmarnock 4:07.2; **Junior 300:** A. McNally (Doon) 11, 34.6; **Youths 100:** J. Cuthbertson (Stewarts YC) 5, 10.5.

Broughty Ferry Sports. 100: H. Ryan (Strathray) 10½, 10.1; 880: J. Johnstone (Q) 18, 2:04.7; **Mile:** J. MacDougall (Hawkhill) 140, 4:22.0; **15M. Road Race:** G. C. King (G. Wellpark) 1:39.41; **HJ:** E. Steele (Hawkhill) 7", 5' 7"; **Junior 440:** J. Thomson (Hawkhill) 22, 54.8; **Youths 220:** L. Mullen (Kirkcaldy) 9, 24.2.

July 21st

Field Events Club. **Wt:** 1, J. Drummond; 2, J. Simmonds; 3, B. Gurrowski 41'3"; **D:** J. Drummond; 2, L. Nisbet; 3, B. Gurrowski 128' 10"; **J:** 1, D. W. R. Mackenzie; 2, L. Nisbet; 3, M. Aithan 184'9"; **H:** 1, E. C. K. Douglas; 2, R. S. Scott; 3, J. Malcolm 178'1".

July 23rd

Elgin Amateur Sports. North of Scotland A.A.A. Championship Events: 220y: S. Sanderson, Glasgow Un. 23.6; 880y.: J. L. Hendry, Walton A.C. 2. 4.6; **S.P.:** K. N. Macdonald, Forbes H. 35'10½".

Open Events: 100y: A. L. Hyde, R.N.A.S.; 440y: W. J. Gorman Shettleston H.; 1m.: J. L. Hendry, Walton A.C. (45) 4. 23.0; **6m. Road Race:** A. Hendry, Unattached 31. 41.0; **H. (Scots):** W. Mackintosh, Inverness Pol. 106' 7"; 100y.W.: K. Reid, Forbes H.; 220y.W. A. Ross, Forbes H.

WOMEN

July 16th

Broughty Ferry Sports. 100: K. Dewar (Strathray) 7, 12.0; 220: K. Dewar (Strathray) 12, 27.7.

Edinburgh Police Sports. 100: K. Glasgow (Grangemouth) 5½, 11.6; 440: A. Herman (Edin. S.) scr. 58.5; 4 x 110 **Relay Championship:** 1, Edinburgh N. "A"; 2, Maryhill; 3, Edinburgh S. 51.2. *Rangers' Sports on page 19*



BRIAN BARRETT

(SURREY A.C.)

answers the Questionnaire

- Name (Surname first):** Barrett, Brian Tony
- Birthplace and date:** Tolworth, Surrey 17/6/33
- Height:** 5ft. 6ins.
- Weight:** 8st. 6lbs. stripped
- Occupation:** Carpenter and Joiner (at present doing National Service in R.A.F., due for demob. early September)
- Club:** Surrey A.C.
- When did you first commence athletics?** At School, 1947
- What were your first events?** 440yds., 880yds. and high jump
- What are your favourite events now?** All events from 880yds. to 9 miles cross-country
- What are your best marks at these events?** 880yds. 1:58.2; Mile 4:09.2; 2M. 8:45.6; 3M. 13:40.8; 6M. 29:12.6
- Give brief details of your athletic career, championships won, dates and performances:**
- 1952** Best times Mile 4:31.0; 2M. 9:46.9; 56th National C.C. Junior
- 1953** Surrey Mile Champ. best times, Mile 4:13.0; 2M. 9:09.0; 12th Nat. C.C. Junior

- 1954 3rd Surrey, Mile 4:11.2; 3rd Southern, Mile 4:14.6; 1st R.A.F. Mile 4:13.4 (rec.); 1st L.F.B. 2M. 8:55.0; 3rd England v. Belgium 2M. 8:57.6; 2nd Nat. C.C. Junior; 2nd R.A.F. C.C. 4th Inter-Services C.C.
- 1955 3rd International 2M. 8:45.8; 3rd Southern 3M. 13:40.8; 5th Southern 6M. 29:12.6; 3rd A.A.A. 3M. 13:46.6; 30th Nat. C.C. Senior 2nd R.A.F. C.C.; 2nd Inter-Services C.C.

Which performance gave you most personal satisfaction and why?

Two performances, London Fire Brigade 2 miles, because I was feeling so good, I knew I was going to win with $\frac{1}{2}$ mile to go; also the City Mile 1954, when I knew I had to do 61.2 for the last lap to break 4:10.0. I managed to hang on to Brian Hewson and break 4:10.0 by a $\frac{1}{5}$ th of a second.

How many days a week do you train in (a) Summer and (b) Winter?

- (a) 7 (usually 8 sessions a week); (b) 7 (usually 8 to 9 training sessions a week)

At what time of the day do you normally do your training?

While in the R.A.F. in the afternoon 3 p.m. to 5 p.m. At home in evening 6 p.m., Saturday afternoons and Sunday mornings.

How long do you spend on each training session?

Between 1hr. and 2hrs.

Give a brief outline of your training in the Summer season, with a typical week's work:

Most of my work is on the fast and slow principle. I have started doing a few more time-trials this year.

Monday: $\frac{3}{4}$ M. time trial (approx. 3-10 to 3-17) then 10 to 20 x 150yds. fast strides.

Tuesday: 20 x 220yds. (about 30secs.)

Wednesday: 4 x 660yds. (about 92 or 93secs.)

Thursday: 12 x 440yds. (about 62secs.)

Friday: Running on good grassland on "Fartlek" principle. If race Saturday, jog or rest.

Saturday: Race, if no race, 2 or 3 x 2M. fast strides about 9-20 pace for 2M. and a few sprints.

Sunday: After a hard race, jogging. Otherwise 5 x 220 yds. (30secs.); 10 x 440yds. (62secs.); 5 x 220yds. (30secs.).

Give a brief outline of your training in the Winter season, with a typical week's work:

More or less on the same principles as the Summer, only I increase the distance of the fast and slow and the strides.

Monday: 6 to 8 x 880yds. fast strides

Tuesday: 16 x 440yds. fast strides

Wednesday: 4 x 1 Mile fast strides

Thursday: 6 to 8 x 880yds. fast strides

Friday: Running on good grassland on fartlek principle. 1 $\frac{1}{2}$ hrs.

Saturday: Race, if no race, 2 or 3 x 2M. fast strides about 10mins. for 2M.

Sunday: After a hard race, jogging, otherwise 20 x 220 yds. or 14 x 300yds.

How often do you compete in the competitive season(s)?

1954 track season 38 races in 25 weeks. 1954-55 C.C. season 15 races in 23 weeks.

Describe briefly the warming-up you do before competition and time taken:

Between 2 miles and 3 miles (approx. 18 to 30mins.) jogging with a few loosening up exercises.

How many days rest do you prefer before competition?

1 day before a big race, otherwise train the day before.

Name the coaches who have coached you:

Have had some good advice from Mr. P. W. Green.

Have you any suggestions for improvements in competition or athletics generally?

I think it is about time there were more cinder tracks in this country, especially in the north, where I am stationed. To my knowledge there is no cinder track within 50 miles, perhaps even more than that. I think this is very bad for developing athletics in this country. Also better warming-up facilities at White City.

What advice would you offer to the young athlete or novice?

Find out what training suits you, and remember to build up gradually, over months and years, not days. Don't shirk your training. Don't stay indoors if it is raining, get out and get on with your training but don't hang about with wet clothes on.

HON. SENIOR COACHES' PRACTICAL EXAMINATION Southern Area

Arrangements have been agreed with the Chief National Coach to hold the Practical part of the Hon. Senior Coaches' Examination on Sunday, 4th September, at Motspur Park.

An invitation to take part in the examination is extended to all previous unsuccessful candidates (fee 5/-), and to ex-Internationals who can be tested in the events) in which they gained their colours (fee 10/-). The latter must provide some evidence of having had some coaching experience.

Owing to the growth of the Coaching Scheme, it is essential that more Hon. Senior Coaches be appointed. Will those qualified, therefore, please give the matter their earnest consideration.

Application forms and full details will be readily supplied by the Area Hon. Coaching Secretary, L. F. Northam, 38 Bath Road, Bedford Park, W.4.

CENTURIONS

Presentation of Awards

The Rt. Hon. the Lord Mayor of London, Sir Seymour Howard, owing to changes in his engagements has had to alter the date of his invitation to Centurions to attend at the Man-

sion House, London. The new date is Monday, 26th September, at 6 p.m.

* * *

Sheila Hoskin writes to say that she did not compete in the "Daily Mirror" Trophy, as reported recently. Other Spartan competitors must have been wearing her number in the 100 yards and long jump.

IDEN WINS UPMINSTER "10"

Geoff Iden, recovered from his A.A.A.A. marathon only nine days before, was a good winner of the Upminster 10 miles road race on August Bank Holiday Monday. There were only 22 starters and Bernie Hames led by 80 yards at 3 miles, but was overtaken by Iden a mile later. Hames kept within 20 yards of the winner until 8 miles was reached, when Iden went away to win by 200 yards in 52.47. Southend took the team race with 12 pts.

1, G. L. Iden (V.P.H.) 52.47; 2, B. Hames (Essex B.) 53.23; 3, L. Jones (Southend) 54.31; 4, R. McCalla (Southend) 55.30; 5, D. Loveless (Epsom and E.) 56.14; 6, A. Bradford (Southend) 56.24.

Full results of the Croydon v. Birmingham match arrived too late for inclusion and will appear next week.

STANISLAV NYENASHEV (U.S.S.R.)

ON December 12th a 20-year-old Russian athlete named Stanislav Nyenashev broke the World's record for the hammer with a throw of 210ft. 1½in. Yet he was not even considered good enough to represent his country at last season's European Championships.

The Russians have a habit of doing this sort of thing. No doubt you remember Pyotr Denisenko, also an absentee at Berne, who shortly after the championships set up a new European record for the pole vault.

A temporary loss of form was responsible for Stanislav's non-inclusion in the Russian team, and consequently the name of Nyenashev is not as familiar to followers of athletics outside the Iron Curtain as Kuts, Ignatyev or Krivonosov. But he did in fact break the Russian record in 1953 with a throw of 199ft. 1½in.

Stanislav was born at Baku, a port on the Caspian Sea, in 1934. He started hammer-throwing at the age of fifteen, and in his first year reached 147ft. 7½in. with the help and guidance of trainer Safarov.

He made astonishing progress. In 1950 he had advanced to 169ft. 10in., and spent a short time in Moscow, where he received a lot of good advice from Imre Nemeth, the Hungarian champion. Stanislav had previously been instructed by the former Russian ace Alexandre Kanaki, and it was all done by correspondence. In point of fact, they had never met.

The progress continued. A throw of 177ft. 5in. in 1951, and the following year he attained 186ft. 9½in., the thirteenth best in Europe for 1952. And remember that Stanislav was only eighteen.

He is lucky in that Baku, his home-town, possesses an ideal climate, and most of his best marks have been made there. It was in Baku that Stanislav broke the Russian national record in December, 1953, after having defeated his great rival Krivonosov in the U.S.S.R. championships the previous August.

The latter won the European title with 207ft. 9½in., a World's record. So it was not surprising that Stanislav made up his mind to beat this performance in the 1954 Russian championships. But neither of them got near this figure. Krivonosov winning with 198ft. 8½in., and Stanislav finishing with 195ft. His only consolation was in beating Redjkin, who had

been preferred to him in the Russian selection for the European championships.

Now comes a World's record for Stanislav Nyenashev at the age of twenty. A good omen for the 1956 Olympic Games. For which occasion he sets his target at 220ft. At his present rate of progress, i.e. ten feet per year, it should be easy.

Nyenashev's best mark this year is a mere 191ft. 8½in. This has been bettered by his old rival, Krivonosov with a throw of 197ft. 5½in. But it is early days in the U.S.S.R., where national championships are normally held in September.

By that time Stanislav hopes to be exceeding 200ft. regularly. As age is very much on his side, he does not really have to worry too much about next year's Olympics. He will only be 26 in 1960, which could be his peak year.

Only time and trainer Safarov will reveal whether this prophecy will prove to be correct.

INTERNATIONAL MEETING, KARLSRUHE

100m: 1, T. Baker (USA) 10.7; 2, Futterer (Germ.) 10.8; 3, Germar (Germ.) 10.8; 4, Janecek (Czech.) 10.8; 5, Pohl (Germ.) 10.9. **200m:** 1, T. Baker (USA) 21.2; 2, Futterer (Germ.) 21.4; 3, Kaufmann (Germ.) 21.6; 4, Janecek (Czech.) 21.7; 5, Pohl (Germ.) 21.7. **400m:** 1, Hegg (Germ.) 48.8; 2, Blummell (Germ.) 49.0; 3, Mann (Germ.) 49.0. **800m:** 1, Stracke (Germ.) 1:53.4; 2, Lueg (Germ.) 1:53.5; 3, Brenner (Germ.) 1:53.9. **1500m:** 1, Richtzenhain (Germ.) 3:58.0; 2, Cikel (Czech.) 3:58.2; 3, Laufer (Germ.) 3:58.4. **5000m:** 1, Zatopek (Czech.) 14:31.2; 2, Konrad (Germ.) 14:53.4; 3, Porbadnik (Germ.) 14:59.6. **110mH:** 1, Steines (Germ.) 15.2; 2, Schottes (Germ.) 15.2; 3, Meister (Germ.) 15.5. **HJ:** 1, Jens (Germ.) 6' 4"; 2, Lein (Germ.) 6' 2½"; 3, Richter (Germ.) 6' 0¼". **Wt:** 1, Skobla (Czech.) 54' 7½"; 2, Wegmann (Germ.) 52' 4"; 3, Lingnau (Germ.) 52' 2½". **4 x 110m. Relay:** 1, Karlsruhe S.C. 42.0; 2, Eintr. Frankfurt 42.8; 3, ASV Koln 43.0.

Women

100m: 1, Stubnick (E. Germ.) 12.0; 2, Egert (Germ.) 12.6; 3, Erny (Germ.) 12.6. **200m:** 1, Stubnick (E. Germ.) 25.1; 2, Bohmer (Germ.) 25.4; 3, Erny (Germ.) 25.6. **80mH:** 1, Eiberle 11.8. **Javelin:** 1, Zatopkova (Czech.) 160' 10"; 2, I. Muller (Germ.) 126' 11". **4 x 100m. Relay:** 1, Eintracht Frankfurt 48.7; 2, OSV Horde 49.5.

GT. BRITAIN 111 pts. GERMANY 95 pts.

(Women) GT. BRITAIN 53 pts. GERMANY 50 pts.

THE outstanding event on the first day was Chataway's world record three miles, in which he and Ibbotson took turns in leading through alternate laps until, with two laps to go, Chataway went away to leave his partner and cover the last half-mile in 2:04.6 for a total time of 13:23.2, 3.2sec. better than Kuts' world record and 4sec. faster than his previous best. Chataway's lap times were: 67.0, 67.8, 65.2, 66.0, 67.8, 68.0, 68.2, 69.6, 68.0, 71.0, 63.6, 61.0.

The next best on merit in the day's programme was not mentioned in the newspapers I saw. This was the boys' invitation 880 yards, which was won in the fantastic time of 1:54.7, with three inside 1.56. The winner was A. T. Day, the chunky holder of the English Schools' half-mile title, but Gerald Batty, the Kent Schools' and junior county champion from Rochester was responsible for the fast time. Batty went straight into the lead and took the field through a 56.6 first lap, with Day and Plumpton only a few yards behind. Starting on the last lap Batty was still going strong but the pace was too much for all but Day and Plumpton. Even such a fine young runner as A. R. Batchelor had to drop back. With 220 yards to go Day and Plumpton made their

efforts and it was soon obvious that Day, with his strong finish would be the winner. That finely built miler, C. Plumpton, was a good second in 1:55.7, and Batty held on well to take third place in 1:56.8. While we have youngsters like this there is no need to worry about the future of English middle distance running.

The 100 yards in the match showed up the paucity of our sprinters. Despite the absence of Futterer, easily Germany's best, our men were outclassed and never in the hunt, Kaufmann beating his compatriot Pohl in 9.8.

The 440 yards was a good race, but there was never any doubt about the winner, Karl Haas always running just that bit too fast for Peter Fryer, who hung on well to take second place. Wheeler ran fast over the first 350 yards but was struggling down the straight, though beating Geister narrowly for third position.

The mile was a great disappointment despite the fact that Hewson won. With all four of the competitors wanting to play a waiting game, the race developed into a farce. The first lap took 71.4 sec. with Lawrenz leading from Lueg, Hewson and Wood in that order,



MARK PHARAOH was a somewhat unexpected winner of the Discus event against Germany. Here he is making his winning throw of 162ft. 0 $\frac{1}{2}$ in.

E. D. Lacey

the half-mile was reached in 2:23.6 and the three-quarters in 3:30.4. Then Hewson tore away to complete the mile in 4:21.6 with a last lap in 51.2. He was tiring at the end, however, and losing ground to Lawrenz, who came past Wood again to take second place.

SLOW HANDCLAP

I do not agree with Jack Crump, who thought the slow handclapping by the crowd "unfair." The spectator pays to see first-class athletics and winning or scoring points is **not** everything. Those who have seen the slow crawls in cycle racing, with last lap sprint finish, know just how irritating this can be, and if we get much of that in athletics the sport will soon lose much of its public appeal. Those who come to see international athletes in action will never be satisfied with speeds which they know full well can be managed by schoolboys, with a final burst at the end. If the spectator feels he is not getting value for his money, then he has every right to protest. The average spectator at the White City is a good sportsman and shows his appreciation of a good performance by any athlete from any country, but he is not going to put up with this kind of nonsense, and I don't blame him!

For once Jack Parker was quickly into his running over the hurdles and instead of coming through, he was soon out in front and going away in his usual determined style. Even so, the time of 14.3 was a surprise, though he was well clear of the field. This equalled the British National record and beat Don Finlay's old figures of 14.4 for a new English Native record.

John Disley excelled himself in the steeplechase. He led at the start, then dropped back to last, Muller taking a lead of some 10 yards from Brasher. At 3 laps Disley and Brasher were up with Muller and then started to go away. Brasher led on the last lap but with 350 yards to go Disley went by and finished strongly to win in 8:52.2, which beat all the British records. Brasher, with 8:56.0, was also inside the old records.

In the 4 x 440 relay, F. P. Higgins took a slight lead over Kuhl with an approximate 49.1, then despite a bad changeover, Wheeler, with 47.9, kept practically the same distance from Geister for Peter Fryer, with 48.0, to get right away from Bonah. Fryer handed over a 12 yard lead to Johnson, who showed 48.2 for his



A. T. DAY (Cheshire) winning the Schools' Invitation 880 yards in 1min. 54.7secs. from C. PLUMPTON (Hants.) and G. G. BATTY (Kent).

leg. Haas made no effort to catch him and was content with a steady run during which the gap opened to about 20 yards.

Mark Pharaoh, with his first throw, gained first place in the discus, for though the Germans were consistent, they could not improve on this distance. Piper, in the high jump, confirmed his recent improvement and showed that he has the right temperament by winning a close fight with Puell, of Germany, both clearing 6ft. 4in. In the hop, step and jump Wilmshurst won by more than 2ft. at 49ft. 7in., with the Germans in second and third places.

In the women's events Jean Scrivens ran splendidly to win in 24.4, which beat Sylvia Cheeseman's British National record set up in 1949, while in the 80m. hurdles we had a fine performance by Pam Seaborne which confirmed her as Britain's No. 1 woman hurdler despite her defeat in the national championships. Gastl went with the gun, hesitated, then



F. J. PARKER winning the 120 yards hurdles for Gt. Britain against Germany in the fast time of 14.3 sec., a new English Native record.

H. W. Neale



went on still with a slight lead. Seaborne was behind but moved up steadily to catch Sander and fail only by inches to Gastl, who gained the verdict in 11.3, all three being credited with the same time:

Thelma Hopkins won the long jump with something to spare, a good thing for Britain as Jean Pickering (Desforges) had not recovered her usual form. In the weight and javelin, however, our girls were outclassed.

In the 220 yards hurdles invitation event, Bob Shaw turned the tables on his rival, Paul Vine, to win a close race in 24sec. dead. In the other schools races, D. W. Needham ran a nice 220 to score in 23.0. Pam Wyatt ran away from her rivals in the girls' 100 yards, and Essex took the girls' relay. The invitation tug-of-war went to New Haw and Woodham, who beat Cowbeach 2-0.

100: 1, K. Kaufmann (G) 9.8; 2, L. Pohl (G) 9.9; 3, E. R. Sandstrom (GB) 10.1; 4, G. S. Ellis (GB) 10.2.

440: 1, K-F. Haas (G) 47.7; 2, P. G. Fryer (GB) 48.2; 3, M. V. Wheeler (GB) 48.8; 4, H. Geister (G) 48.9.

Mile: 1, B. S. Hewson (GB) 4:21.6; 2, O. Lawrenz (G) 4:22.6; 3, K. Wood (GB) 4:22.8; 4, W. Lueg (G) 4:25.2.

3 Miles: 1, C. J. Chataway (GB) 13:23.2 (World, Brit. A-C, Brit. Nat. and Eng. Nat. records); 2, G. D. Ibbotson (GB) 13:42.2; 3, H. Schade (G) 13:44.8; 4, W. Konrad (G) 14:08.0.

3,000m. S'chase: 1, J. Disley (GB) 8:52.2 (Brit. A-C Brit. Nat. Eng. Nat. records); 2, C.

W. Brasher (GB) 8:56.6; 3, L. Muller (G) 9:04.6; 4, G. Hesselmann (G) 9:04.8.

120 Hurdles: 1, F. J. Parker (GB) 14.3 (eq. Brit. Nat. rec. and New Eng. Nat. rec.); 2, P. B. Hildreth (GB) 14.8; 3, B. Steines (G) 14.8; 4, K. Schottes (G) 14.8.

High Jump: 1, W. Piper (GB) 6'4"; 2, T. Puell (G) 6'4"; 3, H. J. Jenss (G) 6'1"; 4, P. B. Stableforth (GB) 6'0".

Hop, Step and Jump: 1, K. S. D. Wilmshurst (GB) 49'7"; 2, K. Trozowski (G) 47'6½"; 3, T. Strohschnieder (G) 47'2"; 4, D. W. Field (GB) 46'5".

Discus: 1, M. Pharaoh (GB) 162'0½"; 2, G. Noak (G) 161'7½"; 3, M. Buhrle (G) 159'1"; 4, G. A. Carr (GB) 144'9½".

4 x 440 Relay: 1, Great Britain (Higgins, Wheeler, Fryer, Johnson) 3:13.2; 2, Germany (Kuhl, Geister, Bonah, Haas) 3:16.0.

Women

220: 1, J. Scrivens (GB) 24.4 (Brit. Nat. and Eng. Nat. records); 2, C. Bohmer (G) 24.9; 3, S. Hampton (GB) 25.2; 4, J. Brutting (G) 25.9.

80m. Hurdles: 1, G. Gastl (G) 11.3; 2, P. G. Seaborne (GB) 11.3; 3, M. Sander (G) 11.3; 4, M. Francis (GB) 11.6.

Long Jump: 1, T. Hopkins (GB) 19'4½"; 2, A. Seonbuchner (G) 18'6"; 3, M. Sturm (G) 18'2½"; 4, J. Pickering (GB) 17'10½".

Weight: 1, M. Werner (G) 45'3½"; 2, A. Lafrenz (G) 42'9"; 3, J. Cook (GB) 38'0½"; 4, J. Balkwill (GB) 35'0½".

Javelin: 1, A. Bommel (G) 150'10"; 2, E. Anhoff (G) 144'8"; 3, A. Collins (GB) 139'9"; 4, M. Podmore (GB) 124'0".

220 Hurdles Invitation: 1, R. D. Shaw

(Achilles) 24.0; 2, P. A. L. Vine (Achilles) 24.1; 3, F. J. Parker (SLH) 24.6; 4, D. J. Merrett (Belgrave) 24.7.

Tug-of-War (Invit.): New Haw and Woodham beat Cowbeech 2-0.

Boys: Schools' A.A. Events.

220: 1, D. W. Needham (Somerset) 23.0; 2, L. C. Painter (Kent) 23.3; 3, J. E. Game (Middlesex) 23.8; 4, C. J. Woodley (Huntingdon) 24.1; 5, P. Hagell (Essex).

880: 1, A. T. Day (Cheshire) 1:54.7 (Champ. best perf.); 2, C. Plumpton (Hampshire) 1:55.7; 3, G. G. Batty (Kent) 1:56.8; 4, P. M. Collins (Surrey) 1:59.5; 5, A. R. Batchelor (Sussex) 2:00.5; 6, J. Young (Middlesex) 2:00.8.

Girls:

100: 1, P. Wyatt (Essex) 11.1; 2, M. Umpelby (Surrey) 11.9; 3, B. Sullivan (London) 11.9; 4, N. Pickerell (Herts); 5, C. Layzell (Sussex); 6, M. Fry (Middx.).

4 x 110 Relay: 1, Essex 49.7; 2, London 50.5; 3, Middx. 51.8; 4, Sussex 52.3.

Second Day, August 1st

The Monday programme seemed to fall a bit flat and it would appear that one or two invitation international events are necessary to make up an attractive programme where an international match is spread over two days. Interesting though the schools' events were, the public will need a little more "meat" if they are to continue to support these two-day meetings.

The highlight of the Monday was undoubtedly the 880 yards and it was particularly outstanding because of the return to form of Derek Johnson, who put up his best performance since Berne. The psychological factor may have entered into it, for Derek has always had the beating of Brian Hewson over a "half" and despite the latter's great improvement, this was confirmed once again.

Freidrich, of Germany, led through the first lap in 54.5, with Hewson third and Johnson last. In the back straight, with 300 yards to go, Hewson dashed to the front and was followed by Johnson and Stracke. The British pair started drawing away from the Germans and as they entered the home straight Johnson made his effort and passed Hewson, who was tired and struggling in the last 25 yards. The Germans had dropped well behind and it was obvious that the time was fast. The final time was altered several times before it was confirmed as 1:48.7, which beat all Sydney

Wooderson's records made in 1938. Hewson was also inside the old figures.

The 220 yards was a repeat of the shorter sprint, with the Germans proving too good for our pair, Ellis and Henderson.

As was rather expected, the six miles was a procession and a dreary affair for the spectators. The standard of the Germans was too poor to be true, Eberlein being a lap and a half behind at the finish, and Steller looking more like a marathon runner than a six miler, well over two laps. Norris and Sando had the easiest of runs, keeping together throughout and hardly exerting themselves in coming home in 29:57.0.

Bob Shaw was a comfortable winner of the 440 hurdles, and Farrell put in a fine, determined performance, in second place to give us maximum points.

The hammer, which started the proceedings and the progress of which was announced to the spectators from start to finish, was a fluctuating event. Allday had a good throw of 183'5" in the first round, which kept him in the lead despite one from Ziermann in the third round only an inch less, until, in the final round, the German veteran Storch equalled Allday's distance and, having a second best throw of 180'0" compared to Allday's 175'5", thereby took first place. Douglas never looked like getting in a good throw and does not seem to be at his best on these occasions. Storch was a model of consistency and, except for his fourth throw, improved each time. Furthermore, he was the only one not to have a "no throw" to his credit.

POLE SNAPS

The pole vault nearly proved a tragedy for Elliott and Britain when early in the contest Geoff Dyson's metal pole, which Elliott has been using for some four years, snapped and gave the vaulter a severe shaking. Despite a damaged knee, Elliott decided to wait until 13ft. and come in at that height. As it turned out, by so doing he won the event, clearing this height at his first attempt. All four vaulters cleared the same height, but according to their failures, Elliott was placed first, Schneider second and Ward third. The Germans used borrowed poles, having left their own at their hotel.

We did not expect to get much change out of our visitors in weight or javelin. Nor did

we, though Palmer managed a personal best of over 51ft. in the former, which just failed to give him second place, and Tucker had a good throw for him of 219'10" which kept him in second place to the end.

With Wilmshurst not reaching his best and both Germans being within an inch of 24ft., the latter gained maximum points in the long jump.

The 4 x 110 relay, which was the final event of the afternoon, turned out a surprise win for the British team. Ellis started off on the inside, and though he gained little, if anything, on Pohl, there was such a good change between Ellis and Sandstrom that we gained a couple of yards. Sandstrom ran well against Kaufmann and Ruddy lost little against Knauser, so that when Shenton took over the baton he was still in the lead, though only by a small margin. What might have proved a tight finish fizzled out when the Germans muffed their last change for Yensen to come home 8 yards down. At first it was announced that the German team had been disqualified, but this was soon amended and the Germans allowed to score points for second place.

The women's 100 yards proved as comfortable a victory for the British girls as the men's had proved for Germany, Margaret Francis winning easily in 10.9.

Diane Leather was in a class of her own in the women's 880, winning unchallenged in 2:09.5, and Betty Loakes was just as good a second though she tired near the finish. In the 4 x 110 relay Germany gave us a better run than might have been expected and there was not a great deal in it until Margaret Francis finished with a determined run to clinch the issue.

Thelma Hopkins was in sparkling form in the high jump and went on to clear 5'6½", failing in an attempt at 5'8½", which would have been a new world record. Dorothy Tyler took second place on failures at 5'4" to give us maximum points. In the discus our girls were outclassed by the German pair, with Lafrenz winning at 151ft.

Needham, of Somerset, confirmed his superiority in the Schools' 220 by taking the 100 by two yards in 10.4, once again demonstrating a fine starting technique. In the girls' events V. Cutting well beat the best national championship performance when winning the 150 yards in 16.6sec., and in the 80 yards

hurdles, J. Walker went with the gun, hesitated, then got going again to pull away and win comfortably in 11.2, which equalled the best performance at the national championships.

The final scores found Britain winning both matches, the men more easily than had been anticipated, but the women having a much closer fight to get home by a mere 3 points.

Second Day

220: 1, K. Kaufmann (G) 22.0; 2, L. Pohl (G) 22.0; 3, W. Henderson (GB) 22.4; 4, G. S. Ellis (GB) 22.5.

880: 1, D. J. N. Johnson (GB) 1:48.7 (Brit. A-C, Brit. Nat. and Eng. Nat. records); 2, B. S. Hewson (GB) 1:48.9; 3, F. Stracke (G) 1:50.5; 4, H. Freidrich (G) 1:50.8.

6 Miles: 1, K. L. Norris (GB) and F. D. Sando (GB) 29:57.0; 3, H. Eberlein (G) 32:08.6; 4, S. Steller 32:32.6.

440 Hurdles: 1, R. D. Shaw (GB) 52.7; 2, T. S. Farrell (GB) 53.3; 3, A. Maier (G) 54.0; 4, K. Kloss (G) 57.0.

Long Jump: 1, M. Molzberger (G) 23'11½"; 2, D. Richter (G) 23'11"; 3, K. S. D. Wilms-hurst (GB) 22'11½"; 4, A. R. Cruttenden (GB) 22'8".

Pole Vault: 1, G. M. Elliott (GB) 13'0"; 2, J. Schneider (G) 13'0"; 3, I. Ward (GB) 13'0"; 4, K-H. Thenee (G) 13'0".

Weight: 1, K-H. Wegmann (G) 51'7"; 2, H. Lingnau (G) 51'3"; 3, W. B. L. Palmer (GB) 51'0½"; 4, M. Pharaoh (GB) 45'5½".

Javelin: 1, H. Will (G) 226'8"; 2, D. E. Tucker (GB) 219'10"; 3, A. Maier (G) 219'3½"; 4, P. S. Cullen (GB) 212'6".

Hammer: 1, K. Storch (G) 183'5"; 2, P. C. Allday (GB) 183'5"; 3, H. Ziermann (G) 183'4"; 4, E. C. K. Douglas (GB) 176'8".

4 x 110 Relay: 1, Great Britain (Ellis, Sandstrom, Ruddy, Shenton) 41.5; 2, Germany (Pohl, Kaufmann, Knauser, Yensen) 42.2.

Second Day WOMEN

100: 1, M. Francis (GB) 10.9; 2, H. Armitage (GB) 11.1; 3, M. Sander (G) 11.3; 4, E. Butz (G) 11.4.

880: 1, D. Leather (GB) 2:09.5; 2, B. Loakes (GB) 2:12.8; 3, E. Schiller (G) 2:15.8; 4, M. Weiss (G) 2:17.2.

High Jump: 1, T. Hopkins (GB) 5'6½"; 2, D. J. Tyler (GB) 5'4"; 3, J. Kilian (G) 5'4"; 4, W. Erhard (G) 5'3".

Discus: 1, A. Lafrenz (G) 151'0"; 2, M. Werner (G) 147'10"; 3, M. Giri (GB) 132'9"; 4, S. Needham (GB) 125'1".

4 x 110 Relay: 1, Great Britain (Pashley, Scrivens, Armitage, Francis) 46.9; 2, Germany (Butz, Fuhrmann, Brutting, Sander) 47.6.

Continued at foot of next page

Letters to the Editor

THINK AGAIN, A.A.A.!

Dear Sir,

I was very surprised to read in your editorial that the A.A.A. had decided to limit a "paarlauf" to four miles. How ridiculous to mess about with an already established event. I suggest they put the water before the jump in their next steeplechase, it would be just as stupid.

The whole point of running for a time rather than a distance is the element of surprise created by the gun being fired with one minute to go, and the rule that whoever is running at that time *must* carry on for the last minute. In a close race the event winner is often decided by the fact of having to run for another minute after just completing a fast half lap.

As one of the few runners who have tried to get this event made popular in this country, I welcome the fact that a "paarlauf" should be put on at the White City, but please let the A.A.A. think again and run it properly.

I am sure J. C. Smart, who ran in several of these races with me in Germany, will agree that much of the excitement would be taken out of the event by running for a distance instead of a time. As an indication of the distances achieved in Germany, up to 1953, the best recorded was in the region of 6m. 1400yds. for half an hour. This compares favourably with the 4m. 1151yds. of P. Driver and C. Wilson at Paddington recently.

Yours faithfully,

G. E. Scutts,
Portsmouth A.C.

Charlie Smart (Belgrave H.), who has probably more experience than anyone in this country of "paarlauf" events, says:

"I entirely agree with the comments made by George Scutts. This type of race is usually won by strategy and tactics in the later stages, particularly in the last minute, when further baton changes are not permitted and when it is so important for the stronger runner to be in possession of the baton at the appropriate time (not always easy in the excitement of the race) and it is the final stages which make the "paarlauf" so interesting. This interest would be lost if the event was limited to a set distance instead of time. In fact it would cease

to be a "paarlauf" in its recognised and accepted form, and I fail to see any point in making a change.

I understand a German team has been invited to compete and if they fail to run or to run well, they will most certainly blame this departure from standard for such failure. As George remarks, an athlete could be invited to compete in a steeplechase and then asked to run the race clockwise! It would make the water jump more interesting!"

MARATHONS

Dear Sir,

I enjoyed Mr. C. G. Green's letter about the A.A.A. Marathon. I don't think Marathon runners will mind being accused of obstinacy—we just know when we are right! Perhaps A.A.A. officials sometimes feel the same.

It is worth emphasising, once again, that humidity rather than heat, is the usual cause of "heat exhaustion" or heat stroke. The 23rd July was a warm day, but the important factor was the very high humidity. When the muscles are making heat, unless this can be lost at the same speed, heat exhaustion is liable to occur. On a humid day evaporation is difficult, so that the principal source of cooling is impaired. Thirst is not experienced to anything like the same extent as on a dry day, so the tendency is to drink too little fluid. This may help to make matters worse.

The Road Runners' Club has submitted a draft set of rules for Marathons to the A.A.A.,

Continued on page 17

Schools' A.A. Events

Boys:

100: 1, D. W. Needham (Somerset) 10.4; 2, M. Elliott (Essex) 10.6; 3, B. W. Richardson (London) 10.7; 4, J. Jarvis (Middlesex) 10.7.

660 Relay: 1, Middlesex 1:09.6; 2, Essex 1:10.0; 3, Sussex 1:10.3; 4, London 1:10.3.

Girls:

150: 1, V. Cutting (Essex) 16.6 (Ch. best perf.); 2, J. Thompson (Hants) 17.4; 3, J. L. Dudderidge (Middx.) 17.6.

80y. Hurdles: 1, J. Walker (Cheshire) 11.2 (eq. Ch. best perf.); 2, R. C. Taylor (Surrey) 11.6; 3, P. E. Rutt (London) 11.6; 4, J. Terry (Essex) 11.6; 5, J. M. Green (Sussex) 11.7; 6, J. Angrove (Middx.) 12.0.

RESULTS

July 11th

"Norrna," of Bergen (Norway) 56pts. beat Lloyds Bank 43 and South London H. 31. 100: J. Fourie (SLH) 10.2; 220: J. Fourie (SLH) 22.2; 440: Wykes (LB) 52.2; 880: P. B. Driver (SLH) 1:55.2; Mile: D. W. F. Collins (LB) 4:26.0; 120H: E. Linde (N) 17.1; LJ: G. D. Goodrich (LB) 21'2½"; HJ: F. Myrhe (N) 6'1"; PV: Hogheim (N) 12'10"; Wt: Helle (N) 43'2"; D: E. Helle (N) 138'9"; J: K. van de Fehr (N) 165'6".

July 13th

"Norrna," of Bergen, Norway, 93pts. beat Old Rutlishians 68, and South London H. 66. 100: P. R. Mills (OR) 10.6; 220: H. Hogheim (N) 23.5; 440: B. A. Cox (SLH) 53.3; 880: J. G. Douglas (Aust.—guest) 2:02.3; Mile: D. A. G. Pirie (SLH) 4:17.4; LJ: H. Hogheim (N) 21'5"; HJ: F. Myrhe (N) 5'10"; Wt: E. Helle (N) 45'5" (rec.); D: E. J. Brewer (OR) 137'4"; J: K. v.d. Fehr (N) 179'11"; 4 x 110 Relay: Norrona 45.9.

July 18th

South London H. beat "Norrna" 68pts. to 66. 100: J. Fourie (SLH) 10.4; 220: J. Fourie (SLH) 23.1; 440: R. Gray (SLH) 51.6; 880: M. F. Walmsley (SLH) 1:54.5; Mile: P. B. Driver (SLH) 4:20.6; 120H: F. J. Parker (SLH) 16.4; LJ: H. Hogheim (N) 21'2"; HJ: F. Myrhe (N) 5'10"; PV: H. Hogheim (N) 12'10"; Wt: E. Helle (N) 43'2"; D: E. Helle (N) 130'10"; J: K. v.d. Fehr (N) 164'9"; 4 x 110 Relay: S.L.H. 45.4.

July 19th

Grimsby H Sports. 100: J. Brown (RAF Binbrook) 8, 9.8; 220: J. Brown (R.A.F., Binbrook) 17, 21.7; 880: A. Bemrose (Grimsby) 84, 1:50.7; Mile: P. C. Ashton (Grimsby) 153, 4:11.2; Junior (15/19): 100: C. C. Southall (Barton) 8½, 10.3; 220: D. R. Brown (Boston) 16, 22.9; Boys (11/15): 80: T. Noble (Scunthorpe P.) 4, 9.0; 880: D. Patchett (Barton) 55, 2:03.1. Lincolnshire Senior 100yds. Champ.: 1, M. T. Wright (Scunthorpe P.); 2, D. Powell (Grimsby); 3, P. Joell (Scunthorpe P.) 10.1; Lincs. 880yds. Junior Champ.: 1, G. E. McClean (Grimsby); 2, M. Whitehead (Scunthorpe P.); 3, D. G. Bell (Lin. Well.) 2:04.1.

July 20th

Darlington Coronation Meeting. 100: R. Galley (Darlington) 6, 9.8; 220(S/L): W. Henson (Benwell) 4, 21.9; Mile: W. Boak (Elswick) 110, 4:00.8; Youths 880: D. B. Lowrie (Darlington) 70, 1:53.3; Invitation Events: 880(S/L): D. J. N. Johnson (Woodford Gn.) scr. 1:52.1; 3000m. (S/L): K. Norris (TVH) scr. 8:14.8.

North London H. Evening Meeting. 220: P. Dollemore 24.1; 880 H'cp: P. Dollemore 40, 2:01.8; Mile: J. H. Langwith 4:22.8; Junior

220: K. Gooderham 24.5; Novices 440: I. J. Cromar 58.1.

July 21st

Dorking and District beat "Norrna" and South London H. 58pts. to 57. 100: E. Knight (D) 10.3; 220: E. Knight (D) 23.0; 440: Darruck (D) 52.5; 880: P. B. Driver (SLH) 1:52.6 (grd. rec.); Mile: R. Ede (D) 4:30.6; 2M: P. J. Pirie (SLH) 9:29.6; HJ: F. Myrhe (N) 6'2½" (grd. rec.); Wt: E. Knight (D) 38'0"; J: Saunders (N) 150'6"; 8 x 176 Relay: Dorking 2:32.2; Medley Relay: Norrona and SLH 2:47.8 (grd. rec.).

Barnet A.C. 87pts. beat Old Fullarians A.C. 68 and Trinity Old Boys A.C. 67. 100: D. Rasey (B) 10.4; 220(1): D. Rasey (B) 24.0; 220(2): B. Smitts (OF) 25.0; 440(1): J. Wallace (T) 53.0; 440(2): A. Stokes (T) 56.2; 880: 1 eq., M. Jones B) and D. Wood (B) 2:09.0; Mile: D. Wood (B) 4:43.2; LJ: B. Smitts (OF) 19'5"; HJ: B. Smitts (OF) 5'4½"; Wt: D. Vanhegan (B) 43'1"; D: D. Vanhegan (B) 117'¾"; J: P. Hayball (B) 162'10"; 4 x 220 Relay: Trinity O.B. 1:35.0.

July 23rd

Borough of Bexley Sports. 100: J. A. Stevens (V. of Aylesbury) 6, 9.8; 220: D. J. Hadler (Cambridge H.) 17½, 22.0; 880: J. H. Mayatt (Aylesford PM) 74, 1:51.1; Mile: J. A. Morrison (Camb. H.) 140, 4:05.2; 2M. Walk: R. A. West (Camb. H.) 385, 14:03.6; Medley Relay: Camb. H. "B" 25, 3:40.2. Veterans: 100: S. J. Caffall (Watford) 1, 11.2; Mile: R. G. Hearn (Aylesford PM) 80, 4:52.0; Festival of Britain Junior Trophy. Cambridge H. and Essex Beagles 32pts. each beat Dartford H. 22 and Carshalton H. 10. Mile Team: Essex Beagles 11pts. Ind.: N. Roberts (Camb. H.) 4:28.6; Wt: J. Newman (Carshalton) 43'8"; J: N. Willcock (Camb. H.) 158'7"; 4 x 110 Relay: Camb. H. 46.2; 4 x 220: Camb. H. 1:36.0; Medley Relay: Essex Beagles 3:54.8.

Reading A.C. 60 beat R.A.F. Yatesbury 45 and Arborfield Garrison 34. 100: J. R. Sigeo (R) 10.4; 220: J. R. Sigeo (R) 23.1; 440: J. Russell (R) 52.6; 880: D. Thornton (Y) 2:01.3; Mile: D. Ibbotson (Y) 4:16.6; 2M: G. A. Budden (R) 9:43.4; LJ: Lillington (A) 19'11"; HJ: I. Sharp (Y) 5'10"; PV: G. M. Schmidt (A) 12'0"; Wt: W. H. Leckie (R) 38'4"; D: W. H. Leckie (R) 121'9"; J: N. Eighteen (R) 165'5"; 4 x 110 Relay: R.A.F. Yatesbury 44.8.

Walton A.C. 53pts. beat Aldershot A.C. 45, Camberley and D.A.C. 40½, Farnham A.C. 27½, and Woking A.C. 19. In a Junior match for the "Norman Smith" Trophy. 100(1): B. Poulter (A) 11.3; 100(2): Gagg (Wal.) 11.5; 220(1): Gadd (Wal.) 25.2; 220(2): B. Poulter (A) 25.5; 440(1): Perry (Wok.) 54.9; 440(2): Burnay

(Wok.) 57.8; **880(1):** Allis (Wal.) 2:10.4; **880(2):** North (A) 2:07.1; **Mile:** Morris (F) 4:35.5; **LJ:** Wyatt (Wal.) 18'11"; **HJ:** R. Lane (C) 5' 1"; **880 Medley Relay:** Walton 1:45.9. **Invitation Senior Mile:** 1, B. T. Barrett (Surrey A.C.) 4:11.4; 2, R. Stonehouse (Farnham) 5:11.8; 3, P. Shipley (Farnham).

Mitcham A.C. Championships. 100: A. Breaker 10.6; **440:** R. Boyce 51.7 (rec.); **880:** R. Boyce 1:58.9; **3M:** D. Pawsey 14:49.4; **HJ:** P. Engo 5'10" (rec.); **HSJ:** P. Engo; **D:** O. Feldmanis 136'6". **Juniors: 100:** B. Cox 10.9; **440:** J. Davis 53.9; **Mile:** J. Porter 4:44.2; **LJ:** B. Cox 18'7½"; **J:** M. Gabriel; **Boys: 100:** G. Holbrow 12.4.

Reading A.C. 103pts. beat **Idrottsklubben Ymer** (Sweden) 85 and a **District Team**, 49. **100:** J. R. Sigeo (R) 10.3; **440:** E. A. De Vertuil (R) 51.4; **880:** I. H. Parr (R) 1:59.7; **Mile:** S. E. Eldon (R) 4:21.2; **2M:** R. Lindgren (Sw) 9:20.6; **LJ:** D. Luke (R) 21'3"; **HJ:** D. Luke (Reading) 5'9"; **HSJ:** M. J. Stanley (R) 39'10"; **Wt:** B. J. Champion (R) 43'11"; **D:** W. H. Leckie (R) 134'6"; **J:** G. Soderberg (Sw.) 195'9"; **4 x 110 Relay:** Reading 44.2.

LETTERS TO THE EDITOR (contd.)

which were apparently too late to be considered for inclusion in this year's handbook. What has been included, however, is an amendment to Rule 110, whereby refreshments may be provided only at ten miles and every five miles point thereafter. This seems to be a bad step in the wrong direction as, previously, the rule provided for refreshments at every three miles after ten miles. On a day such as the 23rd July frequent refreshments, including sponging, would have provided the only means for ensuring the well-being of the competitors. The addition of a level teaspoonful of salt to each pint of water drunk would have been an additional safeguard, and is accepted by the majority of marathon runners without complaint.

May we hope that the A.A.A. will give serious consideration to the recommendations of the Road Runners' Club, which have been carefully considered by Marathon runners of great experience.

Yours faithfully,

H. B. Lee,

Hon. Medical Officer,
Road Runners' Club.

WHITE CITY COMMENTARIES—

G. B. v. Germany

Dear Sir,

What a brilliant success was the commentary on the Hammer Throw, in the Great Britain—Germany Match. Could the voice have been other than that of Dennis Cullum?

I was so impressed by this progressive step that I sought the opinion of many of the spectators present, all entire strangers to me. They were unanimous in their praise at this move to enlighten the "rank and file" athletics follower.

Such commentaries can, of course, only be arranged as opening events before the track programme commences. But dare I hope that the Saturday programme of the Great Britain—Hungary match can be so arranged that Geoff Dyson can do a similar commentary on the Pole Vault?

Yours faithfully,

Sidney A. Williams,
Cambridge Harriers.

Arthur Gold put over an excellent commentary on the women's high jump, right in the middle of the meeting, and this seemed to be very well received—Ed.

COMPARISON OF FIELD EVENTS

Dear Sir,

Dennis Cullum's article on the various field events and their comparison at this year's A.A.A. Championships made interesting reading, but does it not show how ridiculous some of these I.A.A.F. tables are?

For instance, when he compares the equivalent in other events to a hammer throw of 185 ft. 5in., surely it cannot be suggested that in the light of present world standards this is as good as a long jump of 25ft. 5½in? There was only one performance exceeding this distance in the long jump in 1954, but 32 exceeded the distance in the hammer. In fact, the tables don't go high enough to evaluate the present top hammer throwers!

Other inconsistencies can easily be found and I suggest it is time to bring these tables up to date in view of the great improvements made in several events in recent years. At present they seem pretty useless.

Yours sincerely,

A. J. Martindale,
Coventry.

Women's Results

July 16th

Portsmouth Atalanta Trophy Meeting. Portsmouth Atalanta 113pts. beat Gosport A.C. 46, Medan A.C. 40 and Southampton A.C. 9. 100(1): J. Vaughan (PA) 12.3; 100(2): R. Smith (PA) 12.6; 220(1): J. Vaughan (A) 27.9; 220(2): R. Smith (PA) 29.6; 440: N. Smalley (PA) 60.0; 880: N. Smalley (PA) 2:24.5; Mile: J. Smith (PA) 6:31.8; LJ(1): C. Loader (A) 15' 11"; LJ(2): E. Barnett (PA) 14' 11"; HJ(1): E. Barnett (PA) 4' 6"; HJ(2): M. Dollery (PA) 4' 6"; Wt(1): E. Barnett (PA) 27' 2"; Wt(2): P. Lipscombe (PA) 26' 3"; D(1): P. Lipscombe (PA) 99' 3"; D(2): J. Pearson 80' 1"; J(1): G. Wickenden (G); J(2): M. Norris (G); 660 Relay: Portsmouth Atalanta 1:21.0. In a Junior match Medan 48pts. beat Gosport 47, Portsmouth At. 34, Eastleigh 20 and Southampton 14. 60(1): I. Spencer (E) 8.0; 60(2): J. Whitlock (M) 8.0; 100(1): S. Sartain (G) 12.6; 100(2): D. Watkinson (G) 12.6; 150(1): S. Hart (G) 19.6; 150(2): S. Sartain (G) 20.0; LJ(1): J. Whitlock (M); LJ(2): M. King (M); HJ(1): V. Constable (M) 4' 5"; HJ(2): J. Meadows (M) 4' 4"; 4 x 110 Relay: Medan 56.5.

July 19th

Grimsby H. Sports. 100: M. Naylor (Grimsby) 9½, 11.3; Lincolnshire Ladies' 220 yds. Champ. 1, O. Lake (Grimsby); 2, J. Skinner (Scunthorpe P.); 3, M. Naylor (Grimsby) 26.1.

July 20th

Cambridge H. 68pts. beat Selsonia L.A.C. 48 and Woolwich Polytechnic 22. 100: 1, J. Rouse (S); 2, B. Selway (C) 12.6; 220: J. Rouse (S); 2, M. Coomber (C) 28.1; 440: P. Lockwood (C); 2, P. Evans (S) 64.8; Mile: 1, L. Buckland (C); 2, M. Flin (S) 5:18.4; LJ: 1, G. Collins (C); 2, M. Flin (S) 14' 7"; Wt: 1, A. Legg (C); 2, M. Flin (S) 33' 5"; D: 1, A. Legg (C); 2, G. Higley (C) 85' 7". 660 Relay: Cambridge H. 1:23.8. In a Junior match Cambridge H. 46pts. beat Selsonia L.A.C. 34½ and Woolwich Poly. 29½. 80: 1, M. Weston (S); 2, P. Proctor (S) 9.8; 150: 1, M. Weston (S); 2, M. Carlier (S) 17.9; LJ: 1, P. Raggett (C); 2, R. Rowlands (P) 15' 10"; HJ: 1, G. Johnson (C); 2, R. Rowlands (P) 4' 4"; D: 1, J. Hannan (P); 2, P. Raggett (C) 70' 1"; 4 x 110 Relay: 1, Selsonia; 2, Camb. H. 53.6.

Darlington Coronation Meeting. 100: C. Simpson (Darlington) 7, 10.9; 220(S/L): C. Simpson (Darl.) 10, 24.3. 80mH. Invit.: 1, P. Seaborne (Essex L.) 11.4; 2, P. Wainwright (Airedale) 11.4. W.A.A.A. Territorial Medley Relay: 1, North (O. Lake, J. Newbould, V.

Murphy, A. Oliver); 2, South; 3, Midlands 4:02.6.

July 23rd

Borough of Bexley Sports. 100: M. R. Coomber (Camb. H.) 10½, 11.2; 220: O. Johnson (Utd. Banks) 20, 26.3; 880: P. Gruber (Aylesford PM) 63, 2:10.6; Kent Women's 660 Medley Relay Champ.: 1, Aylesford PM; 2, Cambridge H.; 3, Phoenix A.C. 1:21.9.

July 24th

Mitcham A.C. Championships. 100: J. Burroughs 11.9; 220: C. O'Gorman 27.8; 80mH: C. O'Gorman 12.5; HJ: D. Tyler 5' 4"; Wt: G. Charman 35' 7"; Junior 100: J. Chuter 12.8; 150: J. Chuter 19.8; 70H: J. Harper 12.3; LJ: N. Bliss 15' 10"; Girls' 100: C. Hanks 12.7.

July 30th

Spartan L.A.C. 72pts. beat Southend A.C. 57 and Highgate H. 27. 100(1): J. Crump (S) 11.6; 100(2): C. Cope (S) 11.6; 220(1): E. Hay (Sp.) 26.6; 220(2): H. Mason (H) 27.0; 440(1): J. Crump (S) 58.3; 440(2): P. Devine (S) 59.3; 80mH(1): P. French (Sp.) 12.4; 80mH(2): M. Hiscox (Sp.) 12.5; LJ: C. Cops (S) 18' 10"; HJ: E. Holland (Sp.) 5' 0"; Wt: M. Holroyd (S) 26' 11"; D: S. Burt (Sp.) 85' 9"; J: M. Bonnano (H) 85' 9"; Relay: Spartan 50.5; Intermediate: 100(1): D. Wood (Sp.) 12.0; 100(2): A. Smith (Sp.) 12.1; 150(1): P. Buck (Sp.) 17.1; 150(2): D. Hart (Sp.) 18.1; Relay: Spartan 51.5. In a Junior match, Southend "A" 53pts. beat Spartan 49; Southend "B" 32 and Highgate 21. 100(1): B. Hamilton (S) 12.0; 100(2): J. Staines (S) 12.8; 150(1): B. Hamilton (S) 18.1; 150(2): S. Mackenzie (Sp.) 18.5; 70H(1): J. Crocott (S) 10.6; 70H(2): D. Cooper (Sp.) 11.1; LJ: J. Staines (S) 15' 11"; HJ: D. Cooper (Sp.) 4' 9"; D: F. Prentice (S) 65' 0"; J: R. Martin (S) 69' 6"; Relay: Spartan 53.4.

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Preface by Chris Chataway

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GLASGOW RANGERS F. C. SPORTS

August 6th

BRILLIANT sunshine favoured the Rangers' F.C. Sports, but a breeze proved just a little too strong for sprint records.

Dick Blair, U.S.A., had a brilliant sprint double, winning the 120yds. handicap in 11.4, a record but for the wind, and the 220yds. in 21.8. Blair is a fine, clean-limbed sprinter in true American manner. The 440yds. was won by the young English runner, M. K. Wheeler in 48.8, while the 880yds. was a thriller. S. Oseid (Norway) set the pace with his colleague, A. Boysen, at his heels, and Hewson, Johnson and Courtney (U.S.A.) just behind. After a lap, Boysen took over but as they entered the home straight, Tom Courtney challenged, and as Boysen faltered, these three had a terrific tussle before Courtney won in 1:49.2, with Hewson a yard away 2nd, and Johnson 3rd, for a new Scottish All-comers' record.

The 1 mile was a race of tactics with no-one willing to set the pace. Entering the 3rd lap, Alex Breckenridge (Victoria Park) decided to speed things up and shot ahead, followed by Ken Wood and Gunnar Nielsen. A stirring last lap saw the Dane triumph in 4:08.9, a new Scottish All-comers' record, with Ken Wood 2nd in 4:09.8 and Bobby Seaman (U.S.A.) 3rd.

In the two miles, Ibbotson, B. T. Barrett and K. Norris took turn about at leading, and at the bell, Ibbotson and Barrett opened up a gap of some 10yds. from Ken Norris, with the others trailing behind. Ibbotson and Barrett battled every inch of the way before Ibbotson won by about 2 yds. in 8:56.2.

Invitation Events:

120yds.: 1, D. Blair (U.S.A.); 2, B. Shenton (A.A.A.); 3, E. Sandstrom (A.A.A.) 11.4. **220 (1):** 1, D. Blair (U.S.A.) 21.8; 2, E. Sandstrom (A.A.A.) 22.3; 3, W. Henderson (S.A.A.A.) 22.5. **220(2):** 1, M. Ruddy (A.A.A.) 22.0; 2, B. Shenton (A.A.A.) 22.3; 3, A. S. Dunbar (S.A.A.A.) 22.5. **440:** 1, M. Wheeler (A.A.A.) 48.8; 2, A. Christiansen (Denmark) 49.5; 3, F. P. Higgins (A.A.A.) 880: 1, T. Courtney (U.S.A.) 1:49.2 (Scottish A-C record); 2, B. Hewson (A.A.A.) 1:49.3; 3, D. J. Johnson (A.A.A.) 1:49.7. **1 Mile:** 1, G. Nielsen (Denmark) 4:08.9 (Scottish A-C record); 2, K. Wood (A.A.A.) 4:09.8; 3, R. Sea-

man (U.S.A.) 4:13.4. **2 Miles:** 1, D. G. Ibbotson (A.A.A.) 8:56.2; 2, B. T. Barrett (A.A.A.) 8:56.9; 3, K. Norris (A.A.A.) 9:04.4. **Pole Vault:** 1, I. Ward (A.A.A.) 13'4"; 2, G. Schmidt (A.A.A.) 13'4"; 3, G. Broad (A.A.A.) 12'6". **220 Hds.:** 1, P. B. Hildreth (A.A.A.) 24.3; 2, R. D. Shaw (A.A.A.) 24.8; 3, P. A. L. Vine (A.A.A.) 24.9. **1 Hour Race:** 1, G. King (Greenock Wellpark) 10m. 1625yds.; 2, N. Fox (Shettleston) 10m. 898yds.; 3, D. Clelland (Falkirk Vict.) 10m. 374yds. **1 Mile Relay:** 1, A.A.A. (F. P. Higgins, M. Wheeler, B. Hewson, D. Johnson) 3:19.8; 2, Scandinavian Select (A. Christiansen, Denmark; B. Jolseth, Norway; S. Oseid, Norway; A. Boysen, Norway).

Open Events:

100: 1, P. Parlane (Unatt.) 8; 2, F. McCarvel (Poly.) 3; 3, G. Rodger (Clydesdale) 4½; 9.8. **220:** 1, G. Rodger (Clydesdale) 10; 2, E. D. Petty (Teviotdale) 7; 3, F. McCarvel (Poly.) 7; 22.3. **880:** 1, W. McBrine (Monkland) 60; 2, I. Crawford (Springburn) 46; 3, W. Linton (Garscube) 14; 1:55.6. **1 Mile:** 1, W. Mulrooney (Cambuslang) 165; 2, I. Irvine (Bellahouston) 125; 3, J. Poulton (Motherwell) 155; 4:14.5. **8 laps S'chase:** 1, F. Nelson (Bellahouston) 205; 2, A. Breckenridge (Vict. Pk.) 50; 3, C. Meldrum (Jordanhill) 130; 9:35.9. **1½ Mile:** 1, I. Jamieson (Springburn) 5'0", 25'1"; 2, G. Gorman (Vict. Pk.) 4'9", 24'8½"; 3, A. Clelland (Shettleston) 5'6", 24'4". **Junior 220:** 1, G. J. Campbell (Dumbarton) 13; 2, A. Ballantyne (Vict. Pk.) 9; 3, G. W. Carlisle (Paisley GS) 12; 22.7. **Youths' 100:** 1, A. Watson (Shett.) 1; 2, G. Hepperman (Shett.) 5½; 3, G. Reid (Shett.) 2; 10.2.

WALKING (contd.)

Meadows to score a fine win. It was no surprise to find that he also took the Handicap.

August 1st, Chertsey British Legion Open 6 Miles—1, T. J. Hardie (Lancs. W.C.) 47.46; 2, D. Thompson (Met.) 47.53; 3, G. Meadow (Highgate) 48.21; 4, C. Hooper (Eastleigh) 48.38; 5, R. West (Cambridge) 49.17; 6, N. Thompson (Met.) 49.19; 7, F. Bailey (Poly.) 49.31; 8, C. Field (Highgate) 49.45; 9, R. Hutchison (Met.) 50.30; 10, K. Dulieu (Highgate) 50.36. **Teams:** 1, Met. W.C. 12; 2, Highgate H. 16; 3, Eastleigh A.C. 25. **Handicap:** 1, T. J. Hardie; 2, C. Field; 3, N. Thompson.

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