

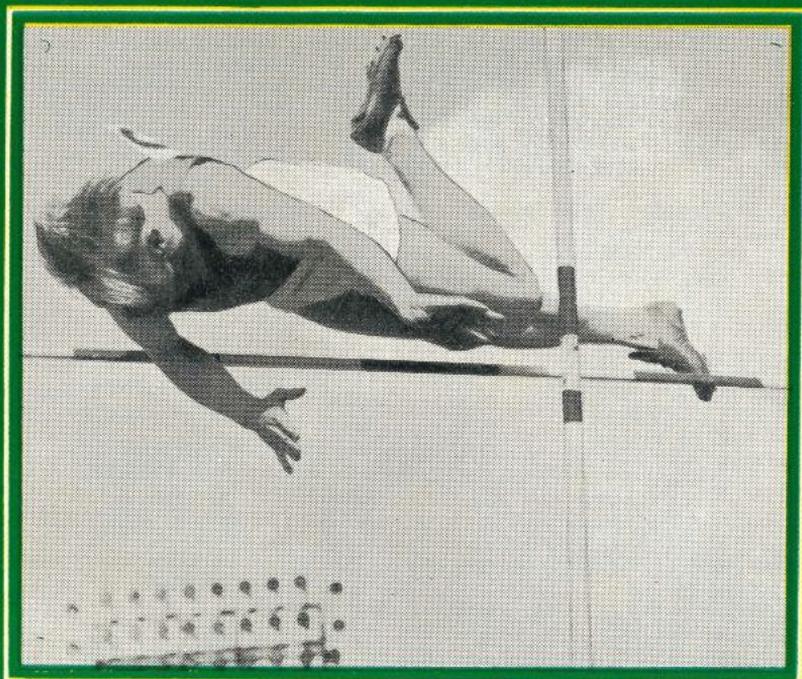
Athletics

WEEKLY

AUG. 30th 1958

9^D

Vol. 12. No 35



GEOFF ELLIOTT



JOE YANCEY AND THE PIONEERS

**PERSONALITY
PARADE**

**OVERSEAS
NEWS**

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

WALKING

By A. D. McSWEENEY

Stan Vickers, The Walkers' Hero

A GOLD for Stan Vickers and a "highly-commended" for Tom Misson is no poor result from Stockholm and Walkers can claim to have played their part fully in the above expectation show by Great Britain generally.

It was the margin of Vickers' success that was so astonishing. To beat the World-best by nearly two minutes in just over twelve miles was something undreamt of even by the most optimistic. Clearly Vickers played the right game for the occasion, and he took plenty of time to size up the opposition before stepping on the accelerator.

Elsewhere in this issue may be found a more comprehensive and eye witness account of the 20 kilometre, and the 50 kilometre walks, but the following intermediate times of the first three to finish in the 20km. show the manner in which Vickers literally romped away in the second half.

	Vickers (GB)	Spirin (Russia)	Back (Sweden)
5km.	23.52	24.04	23.52
10km.	47.15	47.27	47.15
15km.	70.00	70.59	71.21
20km.	93.09	95.04.2	95.22.2

Stan did 47.15 for the first half and 45.53 for the second. Albert Johnson, 11th with: 24.14, 48.31, 74.31, 101.54.4, faded rather badly over the last third of the distance, and this wasn't his best form.

Vicker's time was the best ever by a Gt. Britain athlete as was also Tom Misson's in the 50km. Misson 4th, just beat Don Thompson's time in our 50km. Championship at Wimbledon in June. Don was 5th, but 4½ minutes behind his clubmate, and nearly eight minutes behind the winner. Our "little-uns" held their own, but I did expect Thompson to be nearer the winner, Evgeni Maskinskov (Russia), on time.

London v. Warsaw. The Polish 20km. champion and record holder, Szyszczka—he was 9th in 99.44 at Stockholm—will be chief opposition to Stan Vickers in the floodlit 5 miles at the White City on Wednesday next, September 3rd. Supporting Vickers will be Eric Hall, Bob Goodall, Bryan Hawkins, Tom Misson, George Meadows, Colin Williams, of London, and also Ken Maatthews from the Midlands. Ken will not score in the match. The Walk starts at

5.45 p.m. Gates open 5 p.m.

It's good to know also that there will be a 10,000m. Walk in the France v. Gt. Britain match in Paris, on 14th September.

Midland 50km. George Chaplin was away on his own at Leicester to win in 4h.37m.15s., which was 26 seconds better than his championship best of last year. In this company Chaplin was outstanding. Second was Alf Poole, of Worcester, with Albert Staines, recovering form, a few seconds behind. Leicester also had next three to finish and scored a minimum of 10 points in the team race.

Record Entry. Over sixty are entered for the Fire Brigade Open 2 miles handicap at White City to-day, Saturday, including our top-liners. Vickers would have to do 13.30 to win but the attempt should be worth watching.

The Woodford Green "Jubilee" 5 miles on Saturday next seems to have gained very good support, while the London-Brighton (Sept. 13th) entry is a few down on usual but still just over the one hundred mark.

Winter "Opens"

Oct.

- 4 Leicester W.C. 7 Miles
- 11 Chippenham-Calne 6 Miles
- 18 National Junior 5 Miles, Luton
- 25 Highgate H. 7 Miles

Nov.

- 8 Enfield A.C. 7 Miles
- 22 Belgrave H. 7 Miles

Dec.

- 6 Cambridge H. 7 Miles

1959

Jan.

- 10 Metropolitan Police Open 7 Miles

Midland 50 km. Championship, Leicester. 1, G. Chaplin (Godiva H.) 4.37.15; 2, A. H. Poole (Worcester) 4.45.54; 3, A. Staines (Leicester) 4.46.26; 4, M. Blyth (Leicester) 4.51.21; 5, P. Markham (Leicester) 4.52.07; 6, B. Kibble (Leicester) 5.02.42. **Teams:** 1, Leicester W.C. 10, 2, Lozells H. 44, 3, Royal Sutton C.W.C. 44.

Hants. County 7 Miles Championship, Southampton. 1, C. G. Ball (Southampton) 58:32.8; 2, C. R. Hooper (Basingstoke) 58:43.2; 3, B. Dearling (Basingstoke) 60:52.6.

Bingley H. and A.C.'s Annual C.C. Handicaps for Seniors, Juniors, Youths and Boys will be held on Saturday, 10th January, 1959, from Bingley C.S. School.

The first three in the Southern Women's Inter-County Championships 1 mile were as follows and not as printed in the August 23rd issue of "A.W." 1, M. Smith (Mx); 2, J. Briggs (Sy); 3, P. Benn (Mx).

The new Hon. Gen. Secretary of Derby and County A.C. is Mr. R. Dalton, 85 Whittington Street, Allenton, Derby.

Editor : P. W. GREEN

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CONTENTS

	Page
JOE YANCEY AND THE PIONEERS by Melvyn Watman	5
PERSONALITY PARADE (JOY JORDAN) by Fred Philpot	6
OVERSEAS NEWS, by Melvyn Watman	8
THE CLINICAL PHYSIOLOGY OF PHYSICAL REHABILITATION (A Review) by David Ryde, M.B., B.S.	10
READERS' LETTERS	14
A.A.A. v. C.S. v. U.A.U.	16

EVERY SATURDAY—NINEPENCE

A GRAND SHOW

WHO would have thought that Britain would do anything like as well as they did in Stockholm?

Encouraged by a grand crowd of supporters, who made their presence felt in no uncertain manner, the team performed brilliantly—and that without Heather Young and June Paul in the relay and 200 metres (Paul looked all over the winner in heat and semi-final of the 200m., but developed a slight "pull" which went in the early stages of the final).

Every competitor knew, from the massive Union Jack in full view of the whole stadium and the vocal encouragement, that they were not alone and had plenty of support.

Most responded with grand performances, many with their best ever, and some of the baton changing had to be seen to be believed.

There were few failures, and one must expect a few, particularly in the field events where things do not always go right. It was annoying at the time to find one athlete for whom I have the greatest admiration quite unfit, mentally or physically, to run the race of his life. By giving the facts to the team's medical adviser I was able to restore the athlete's confidence, but could not undo the ruinous training which led to such a poor showing at the championships. However, the lesson was learned and I know it is not likely to happen again.

We had our tails up from the time Stan Vickers caused the Union Jack to be hoisted for the first time, and we were soon ready for anything. Probably the least expected performances were Rawson's 800m. and Hewson's 1500m. wins, both the result of brilliant tactical running, and the second place of our girls in the sprint relay without Young and Paul.

Certainly the most exciting was the 4 x 400m. with Haas closing the gap with every stride down the final straight but just failing to catch Salisbury.

Already many of the supporters are thinking of the trip to Rome in 1960! We shall be having a similar party making the trip, and as I understand half the accommodation has already gone, immediate application is advised for preliminary details which involve no obligation at present. We are arranging for an instalment plan by which readers going can pay monthly if desired and obtain the benefit of any interest involved.

THE EDITOR.

Cover photo by E. D. Lacey

JOE YANCEY AND THE PIONEERS

TWO major athletic clubs exist in America's largest city: the New York Athletic Club and the New York Pioneer Club. That may not seem many, compared with the dozens flourishing in the London area, but as the vast majority of New York's athletes compete first claim for their school or college it is sufficient.

Both clubs have achieved a great deal of success in competitive athletics, having produced world record holders and Olympic champions — but that is where the similarity between them ends.

The N.Y.A.C. is an all-sports organisation (best known for its track and field section) backed by many wealthy businessmen. To its eternal discredit, the club sees fit to debar from membership all Negroes and Jews, and those who would qualify must prove they have considerable financial resources. A very "select" club—and one that has no place in a democratic society.

In striking contrast are the Pioneers—a club to gladden the heart of any humanitarian. The club opens its "doors" (it has no permanent headquarters) to any man who wants to participate in the great sport of track and field.

It is more than a club; it is a community. There are about 300 competing and 500 inactive members, with everyone knowing everyone else. A unique bond exists between Pioneers: a bond that cuts right through artificial racial and national barriers.

The man mainly responsible for this social phenomenon is the club's co-founder, Joe Yancey (45), the greatest ever Negro coach. This likeable income tax collector (yes, it's possible!) does more than train his athletes on track and field matters. His "boys" bring all their personal problems to him, too, and he has contributed as much to the field of human relations as he has to athletics.

Joe is not a professional psychologist or philosopher, but he makes a point of knowing

By

MELVYN WATMAN

his athletes, learning about their social background and hopes and fears, and is thus well qualified to advise.

Joe, and all the others who help run the club, are entirely unpaid—rare in the American sports set-up. In fact, they often have to dig into their own pockets to keep the club going. Joe hopes that one day some foundation will sponsor the club, but until that date he and his colleagues will have to struggle along as at present.

The athletes, about 70 per cent. of whom are coloured, look on Joe as a father. They would do anything for him and always give of their best. This "run till I drop" attitude has more than once helped the club on to unforeseen victories.

CLUB SPIRIT

The intense club spirit always makes itself felt and never more so than at the Madison Square Garden indoor meets. A section of one of the bends, about 50 yards past the main finishing line, is occupied exclusively by Pioneers: thus the name of Pioneer Corner. Club members racing around this bend are given such a tremendous cheer that they could not possibly fail to be inspired. As one who has had the privilege of squatting down at Pioneer Corner I can testify to the startling effect this rooting produces.

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Pioneers who have made the top grade include such Olympians as Andy Stanfield, Jim Gathers, Reggie Pearman, George Shaw, Lou Jones, Ken Bantum, Merideth Gourdine, Gordon McKenzie, Elliott Denman, Bruce Macdonald, and Irving Mondschein, plus equally talented athletes like Marty Engel, Charles Pratt, Bernie Mayer, Stan Lampert, Eulace Peacock, Ed Conwell, Hugh Short, Ron Soble, Tom Carey, Harry Bright, Ronnie Laird, Frank Bowens, Roscoe Browne, Dick and Hugo Maiocco, Mike Herman, Bob Thomas, Ira Kaplan, Larry Ellis, Sid Kiwitt and Ike Matza. Not a bad record for a club that only recently came of age.

Joe Yancey, incidentally, was coach to the Jamaican Olympic team in 1952 and 1956. At Helsinki he had less than a month in which to lick into shape the 4 x 400 metres relay team of Arthur Wint, Les Laing, Herb McKenley and George Rhoden. None of them was anywhere near peak fitness and yet, after intense coaching by Joe, the team went on to win the relay title in world record time; Rhoden won the 400 metres; McKenley was runner-up in the 100 and 400 metres; Wint was second in the 800 metres and fifth in the 400 metres; and Laing was fifth in the 200 metres. What a team—but what a coach!

A.A.A. DECATHLON

Incorporating the Northern and Midland Championships, and held at Loughborough on August 8th-9th

1, C. J. Andrews, Army and London A.C. (100m: 11.5; LJ: 19'10"; SP: 35'9"; HJ: 5'5½"; 400m: 52.6; 120H: 17.3; DT: 113'7¾"; PV: 9'10"; JT: 165'3¾"; 1500m: 4:48.7) 5113pts.

2, A. G. Brown, Loughborough C. (11.7; 20'3¾"; 35'11"; 5'3¾"; 52.9; 17.6; 115'3¾"; 9'10"; 146'5½"; 4:53.4) 4871pts.

3, E. S. L. B. Maloney, Croydon H. (11.5; 20'2"; 36'9"; 5'10"; 54'2"; 18.1; 86'8"; 11'0"; 152'4"; 5:2.3) 4865pts.

4, D. C. Brown, Thames V.H. and R.A.F. (11.3; 21'0"; 35'3"; 5'1¼"; 50.6; 20.1; 104'11"; 10'6"; 118'9½"; 4:38.5) 4847pts.

5, J. Freebairn, Glasgow Univ. A.A.C. (12.1; 20'1¼"; 40'3"; 5'10"; 57.0; 19.5; 102'4¼"; 11'7¾"; 144'1¼"; 5:11.5) 4594pts.

6, D. S. Clarke, R.A.F. and Yatesbury A.C. (12.1; 18'3¼"; 38'6"; 4'11¼"; 54.3; 19.2; 126'9¼"; 7'10"; 173'10¼"; 4:38.5) 4498pts.

**DON'T MISS NEXT
WEEK'S SPECIAL**

EUROPEAN CHAMPIONSHIPS NUMBER

*with an eye-witness account and full
results of the whole meeting.*

7, R. C. Sykes (Bellahouston) 4318pts.; 8, D. T. Noble (Moseley G.S. and Sparkhill) 4239 pts.; 9, R. Pearman (Queen Elizabeth G.S., Wakefield) 4131pts.; 10, V. C. Matthews (London AC.) 4018pts.; 11, J. S. Medhurst (Birmingham University A.C.) 3918pts.; 12, T. Dediare (Loughborough College A.C.) 3751pts.; 13, J. H. Lloyd (Birchfield H. and Hereford A.C.) 3720pts.; 14, R. T. Tolson (Hull and Spartan A.C.) 3691pts.; 15, R. J. Shelmerdine (Loughborough College and Warrington A.C.) 3626 pts.; 16, W. A. Austin (Sale Harriers) 3577pts.; 17, J. Graham (Old Fullarians) 3497pts.; 18, A. Powell (Rowntrees A.A.C.) 2600pts.

18 started; 18 finished.

Northern Championship: 1, Pearman; 2, Tolson; 3, Shelmerdine.

Midland Championship: 1, Brown; 2, Noble; 3, Medhurst.

Surrey A.C. are holding their 6 x 2½M. C.C. Relay on Saturday, 20th September, from Latchmere Road Sch., Kingston, at 3 p.m. Entries close Monday, 8th September, to T. C. Reynolds, 118a Morden Road, London, S.W.19. (Tel: LIBerty 1761).

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PERSONALITY PARADE



Spotlight on



JOY JORDAN (*SPARTAN LADIES*)

EACH season an athlete who has been there or thereabouts for some time, without catching the public—or the Pressman's—eye, suddenly crashes into the limelight at the beginning of the track events. Last year it was Mike Berisford now it is the turn of the ladies and 22-year-old Joy Jordan from Mytchett, Surrey.

Inside 4 days this small, fair-haired Government scientific worker beat the fabulous Diane Leather over 880 yds. Her times in far from perfect conditions were 2 min. 14.5 secs. at Leyton and 2 min. 15.2 secs. at Chiswick. These show a marked improvement over her best last season 2:17.8, when she finished 6th in the Women's A.A.A. Championships. This year she triumphed once again over Diane Leather to take the W.A.A.A. title in a desperate finish in 2:13.3.

Chatting to Joy, I soon discovered that she places all the credit for her successes upon the head of her husband and trainer, Dennis Jordan an engineer. No champion on the track, he is an ardent athletics fan and is in the stand at all Joy's meetings.

Recent events have produced a crops of new fields for Joy to conquer. She has left the Aldershot club and joined Spartan L.A.C. Furthermore, having represented Hampshire her birthplace so far, she now intends to try and gather Surrey honours.

Distances too, vary for Joy. Dennis, the record keeper, tells me that she held the Hampshire 100 and 220 yds. titles in 1956. Last year she finished runner-up in the County 220 and 440 and took 3rd place in the 100 yds.

Altogether Joy has been running for over 9 years. During the winter she included some cross-country in a tough schedule. For Summer training hubby Dennis arranges three training evenings and then lets Joy take a night's rest. A hard programme, but obviously one which is paying dividends.

I began to get the impression that Dennis was a real all-work-and-no-play task master despite his pleasant smile. But my fears were shattered when Joy added that she and Dennis frequently go



V. S. Hobbs

fishing or dig the garden for relaxation. "It's so restful," smiled her husband.

At the end of our chat I realized that Joy and Dennis formed the perfect team—both on and off the running track. One of which we shall hear plenty more.

Footnote.—Joy is one of the few bespectacled lady athletes. True to feminine vanity however, she soon took them off when A.W. photographer popped up after she had beaten Diane Leather at the Sward Trophy meeting!

Fred Philpot

Overseas News

By MELVYN WATMAN

THE American touring team's next outing was at Budapest's celebrated Nepszadion on August 5th and 6th. In a non-scoring match against Hungary (plus guests) numerous performances of the highest merit were produced.

The greatest of them all by far as the 49.2 for 400 metres hurdles by Glen Davis, thus breaking his own world record by 0.3sec. More important, it was superior to Gert Potgieter's recent 440 yards record of 49.7 (equal to a metric of 49.4). On the previous day, Davis had won the 400 metres Flat in a scintillating 45'6"!

Note the differential between his flat and hurdle times is 3.6sec., compared with little more than two seconds by such impeccable hurdlers as Lituyev and Yulin in their heyday. When Davis really brushes up his technique we may see something close to 48sec.!

Another world record—but a rather shallow one—was broken by Istvan Roszavolgyi in the 1500 metres. He clocked 3:40.3; compared

with his own official mark of 3:40.6, but Jungwirth has a time of 3:38.1 on the file. In this race, Lajos Kovacs (who ran well at the Whit-sun British Games) clocked a startling 3:41.1, with Bill Dellinger breaking Wes Santee's American (and former world) record with a completely unexpected 3:41.5 (equal to a 3:59.6 mile). Kovacs ran a 1:47.7 800 metres the next day: his double being one of the greatest ever recorded.

The steeplechase was another "hot" race, with Phil Coleman proving himself a worthy successor to "Ash" by leading the way home in 8:43.4.

Many more significant marks were recorded, as will be seen from the results:

100m(A): Murchison 10.4, Collymore 10.5, Goldovanyi 10.7; **100m(B):** I. Davis 10.4, Givens 10.7, Guyricza 10.7; **200m(A):** Collymore 20.9, I. Davis 21.2, Southern 21.4, Shelby 21.4, Goldovanyi 21.5, Jakabfy 22.2; **200m(B):** Segrest 21.3, Murchison 21.4, C. Csutoras 21.6, G. Csutoras 21.9; **400m:** G. Davis 45.6, Yerman 46.9, C. Csutoras 47.2, I. Kovacs 48.0, Caffey 48.1; **800m:** Courtney 1:47.0, L. Kovacs and Szentgali 1:47.7, Grelle 1:48.4, Parsch 1:51.9; **1500m:** Roszavolgyi 3:40.3 (WR), L. Kovacs 3:41.1, Dellinger 3:41.5 (US rec.), Moran 3:44.2, Szekeres 3:46.4, Varga 3:48.9, Pentivari 3:49.1; **3000m:** Iharos 8:04.0, Szabo 8:04.8,

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Varga 8:05.2, Szekeres 8:05.8, J. Kovacs 8:06.4; **300ST**: Coleman 8:43.4, Hecker 8:44.8, Jeszensky 8:45.2, Wittne 8:48.0, Barkanyi 8:53.8; **110mH**: Jones 13.6, Robinson 13.6, Edstrom 14.2, Retezar 14.4 (eq. Hung. rec.), Johnson 15.2; **400mH**: G. Davis 49.2 (WR), Culbreath 50.5, Lombos 54.2; **4 x 100m**: USA (Murchison, I. Davis, Segrest, Collymore) 39.8, USA "B" (Givens, Southern, Robinson, Jones) 40.3, Hungary; **HJ**: Dumas 6'11", Lansky (CSR) 6'7 $\frac{1}{2}$ ", Stuber 6'7 $\frac{1}{2}$ ", Medovartsky 6'5 $\frac{1}{2}$ "; **PV**: Morris 14'5 $\frac{1}{2}$ ", Brewer 14'1 $\frac{1}{2}$ "; **LJ**: Shelby 25'9", Jackson 24'4", Foldessy 23'11 $\frac{1}{2}$ ", Johnson 23'10 $\frac{1}{2}$ "; **HSJ**: Floerke 50'7 $\frac{1}{2}$ "; **SP**: O'Brien 61'11 $\frac{1}{2}$ ", Long 59'8", Skobla (CSR) 57'0 $\frac{1}{2}$ ", Varju 54'6 $\frac{1}{2}$ " (Hung. rec.), Mihalyfi 52'2 $\frac{1}{2}$ "; **DT**: Babka 188'4 $\frac{1}{2}$ ", Klics 182'7 $\frac{1}{2}$ ", Szecsenyi 180'3 $\frac{1}{2}$ ", O'Brien 175'9 $\frac{1}{2}$ ", Solyom 164'4", Levai 163'11 $\frac{1}{2}$ "; **HT**: Hall 214'4", Connolly 209'0 $\frac{1}{2}$ ", Zivotszky 205'9", Csermak 201'9 $\frac{1}{2}$ "; **JT**: Kulcsar 247'3 $\frac{1}{2}$ ", Held 242'3 $\frac{1}{2}$ ", Cantello 240'11", Petovari 230'6 $\frac{1}{2}$ ", Johnson 214'7 $\frac{1}{2}$ ".

Women

100m: Daniels 11.7, Matthews 12.1; **200m**: Williams 24.1, Daniels 24.3, Munkasci 25.1; **400m**: Green 58.4 (US rec.), Vegh 58.9; **800m**: Sasvari 2:14.6, Ugi 2:16.6, Green 2:18.6 (US rec.); **80mH**: Somogyi 11.2; **4 x 100m**: USA 46.5, Hungary 47.4; **LJ**: Matthews 20'3 $\frac{1}{2}$ " (US rec), White 19'11 $\frac{1}{2}$ ", Kuhn 19'1"; **SP**: Brown 52'11 $\frac{1}{2}$ ", Shepherd 45'2", Bago 43'0 $\frac{1}{2}$ "; **DT**: Brown 156'8", Connolly (CSR) 156'0"; **JT**: Antal 152'0 $\frac{1}{2}$ ", Larney 150'7 $\frac{1}{2}$ ", Wershoven 148'0 $\frac{1}{2}$ ".

Athens was the last port of call on August 9th and 10th for this brilliant American team which has won the admiration of all European track fans. A gale force wind slowed down times on the track but did not visibly hinder the field exponents. Greece's top athletes rose to the occasion: the defeats handed out to Dellinger, Courtney and Coleman bear witness to that.

Individual highlight was still more brilliant shot putting by Parry O'Brien (who reached the colossal distance of 65'3 $\frac{1}{2}$ " while training in Moscow). Equally pleasing was the consistent form shown by the immense 18-year-old from Arizona, Dallas Long, who has never yet been outclassed by O'Brien—an achievement in itself.

100: Murchison 10.4, Collymore 10.5, Givens 10.7, Georgopoulos 10.8; **200m**: Collymore 21.0, Robinson 21.7; **400m**: Southern 47.5, G. Davis 47.9, Yerman 48.1, Sillis 49.0; **800m**: Depastas 1:51.0, Courtney 1:52.1; **1500m**: Grelle 3:49.9, Moran 3:50.2, Constantinides 3:51.5; **5000m**: Hiotis 14:33.6, Dellinger 14:34.6; **3000 ST**: Papavassilou 8:52.2 (Gr. rec.), Coleman 8:59.4; **110mH**: Jones 14.2, Robinson 14.3, Marsellos 15.0; **400mH**: G. Davis 51.0, Cul-

breath 51.2; **4 x 100m**: USA "A" 41.0, USA "B" 41.5, Greece 42.5; **4 x 400m**: USA 3:11.6; **HJ**: Dumas 6'6 $\frac{1}{2}$ ", Stuber 6'2 $\frac{1}{2}$ "; **PV**: Morris 15'3", Roubanis 14'9", Brewer 14'1 $\frac{1}{2}$ ", Efstathiades 13'9 $\frac{1}{2}$ "; **LJ**: Shelby 25'2", Jackson 24'1 $\frac{1}{2}$ ", Spyropolous 23'5 $\frac{1}{2}$ "; **SP**: O'Brien 62'6", Long 60'2 $\frac{1}{2}$ ", Tsakanikas 55'6 $\frac{1}{2}$ "; **DT**: Babka 182'7 $\frac{1}{2}$ ", Kounadis 176'6 $\frac{1}{2}$ " (Gr. rec.), Johnson 164'0 $\frac{1}{2}$ "; **HT**: Hall 209'5 $\frac{1}{2}$ ", Kouveloyannis 167'8 $\frac{1}{2}$ ".

Women

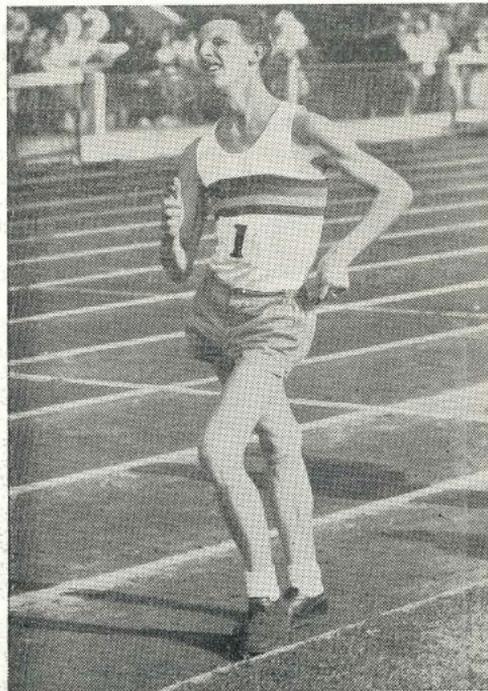
200m: Williams 24.0, Daniels 24.3, Mousouri 26.0 (Gr. rec.); **SP**: Brown 53'3 $\frac{1}{2}$ ".

Various American and Commonwealth teams have participated in meets throughout Europe in recent weeks. Results include:—

28.6, Tranaas (Sweden). 100m. and 110mH: Gardner (Jam.) 10.3 and 14.3; 800m: Waern (Sw) 1:50.1, Kerr (Jam.) 1:50.1.

29.6, Jonkoping. 100m. and 110mH: Gardner 10.3 and 14.5; 400m: Kerr 47.3.

(Continued on page 20)



COLIN WILLIAMS winning the Inter-Banks 2 Miles Walk for the third successive year.

B. R. Nicholls

THE CLINICAL PHYSIOLOGY OF PHYSICAL FITNESS AND REHABILITATION

A review of the book by Ernst Jokl, M.D.

Published at 63s. by Blackwell Scientific Publications

IN recent years physical medicine has been developing from an almost passive mechanical science towards an active means of rehabilitation. This is in part due to the advances made by team doctors and physiotherapists who have been impressed with rapid improvements in their charges. Conversely sport is becoming, in some centres, a means of treatment for various disease, the Paralympics at Stoke-Mandeville being a product of this. That there should now be a monograph on this subject is a sign of progress. It is from the rehabilitation Centre of Kentucky University where Prof. Jokl is director.

Prof. Jokl, himself a pre-war 400m. hurdles champion, has shown great insight into the medical and surgical problems besetting athletes. I shall confine my review to this aspect which forms no small part of his book.

The early chapters are based on the sound

theory that physical training is the core of medical rehabilitation. This, Jokl illustrates with heart defects giving details of many athletes who achieved eminence in spite of serious defects. One such case concerned a great British Empire Marathon runner who

By

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

was found to have several cardiac valve disorders, showing that, heart muscle like any other muscle, is built up with physical training and can compensate for many disadvantages. Jokl however advises caution during illness and with raised temperatures.

The next chapters stress that the nervous system adjusts itself to requirements and many



JOHN MERRIMAN (Great Britain) leading MARTIN HYMAN (Great Britain) and A. ONENTIA (Kenya) in the Britain v. Empire 6 Miles.

H. W. Neale

MOLLY HISCOX

(Spartan L.A.C.) setting
a new world record of
55.6 sec. for the 440
yards at the *News of the
World British Games.*

H. W. Neale



cases are discussed, the best known being Harold Connolly who has extensive paralysis of his left arm due to birth injury: it is underdeveloped and $4\frac{1}{2}$ ins. shorter than his right arm. It is possibly the feeling of inadequacy which such defects cause, that is the motivation for success; thus training cripples for sport is a means of moral, social and physical rehabilitation again, illustrated by the Stoke Mandeville games. Most of us know personally such an athlete. (Murray Halberg's paralysed shoulder and arm were clearly visible on T.V. as he won the Empire Games 3 miles).

Further, fitness is determined more by training than by age and many invalids between sixty and eighty-four, because of skilled physical training, have resumed their jobs in good health. The Indian marathon champion is 48 years of age.

A chapter on the "Wisdom of the Body" shows how training attempts to establish "normality." A fat man gets thinner and a thin man puts on weight (muscle). A weak muscle, injured or paralysed is restored to strength with training. Absence of Periods in girls due to deprivation of freedom, is restored when exercise is undertaken. In the 1956 Olympics six gold medals (track and swimming) were won during menstruation and no one dropped out because of this. Three

pregnant women competed at Melbourne, successfully, and all without mishap.

Next were chapters on the adaptability of the body to physical training. Cases quoted are of champions who have small hearts, diabetes, advanced cancer and bad eyes (visual efficiency between 10-20%), and how their adaptations were brought about.

There is an account of shortness of breath. "Breathing" statistics in champion athletes varied greatly (i.e. chest size and expansion, oxygen debt, vital capacity); there is a significant trend towards larger measurements for athletes but exceptions from this trend do occur even among champion athletes, some being below the general average—suggesting the great adaptability of the various systems.

The rest of the book is devoted to the Theory and Practice of Rehabilitation. Here we learn from Jokl that many athletes have Heat-Regulation mechanisms inadequate to cope with extremes of heat. Jokl advocates Sauna baths twice weekly as practised in Finland, and he quotes the 1924 Olympics in Paris, where Nurmi and Fitola came first and second in the 5,000m., two thirds of the other competitors collapsing in the heat — we can all recall more recent tragic races. An interesting experiment mentioned shows that oxygen

(Continued on page 19)

THE A.W. TWO-MAN, TEN MILE RELAY AWARDS

"ATHLETICS WEEKLY" offers a special perpetual trophy to be held for 12 months by the team (Club, University, College, Service Unit, etc.) having the best performance each year for a two-man ten-mile relay.

In addition, "Athletics Weekly" offers the following awards for the best performances at this event in 1958:—

Best Performance—Two high grade, fly back, 1/10th second stop watches.

Second Best Performance—Two track suits of highest quality.

Third Best Performance—Two 12 months' subscriptions to "Athletics Weekly."

This competition is open to ALL amateur athletes and details of performances will be published in "Athletics Weekly," with the best three to date.

BEST PERFORMANCES TO DATE

The three best performances so far entered are:—

43:34.8 by K. L. Norris and E. G. Ellis (T.V.H.) at Chatham on 2.7.58.

43:52.8 by L. F. Fletcher and J. Herring (Blackheath H.) at Chatham, on 2.7.58.

44:01.6 by K. L. Norris and E. G. Ellis (T.V.H.) at Alperton on 29.4.58.

Closing date December 31st 1958

RULES FOR TWO-MAN, TEN MILE RELAY COMPETITION

1. Both competitors must be first claim members of a Club, University, College, Service Unit, etc. (In Britain the first claim rule shall apply).

2. Applications for performances to be considered must be made on the proper entry form which will be printed in "Athletics Weekly," from time to time. Each form **must** be signed by a responsible official who has witnessed the performance and must certify that time and distance are correct. The performance need **not** be made in actual competition.

3. Runners may change-over whenever they please, but they must cover the full 10 miles between them. For this purpose a baton not exceeding 12 inches in length **must** be used. If the baton is dropped, it must be recovered (i.e. the baton must be carried the full 10 miles).

4. The decision of the following Committee shall be final:—Mr. J. C. G. Crump, O.B.E., the British Amateur Athletic Board Hon. Secretary; Mr. Roy Moor, Athletic Correspondent of the "News Chronicle," and former international quarter-miler, and the Editor of "Athletics Weekly."

CUT HERE

APPLICATION FOR CONSIDERATION OF "TWO-MAN, TEN MILE RELAY" PERFORMANCE

I certify that the following performance was witnessed by me, that the full distance was covered, the timing performed by qualified timekeepers, and that the rules as published were adhered to in every particular.

(Runners) and

of (club, etc.) Timemins.....secs.

Name of trackCinders or grass.....

Date of performance

(Signed) Date.....

Official capacity or qualification

LIVERPOOL CITY MARATHON

AUGUST 16th

After a fast start, the five mile mark was reached in 27min.48s., and in the lead were the Rotherham pair, Chris. Fleming-Smith and Herchel Thompson, with Dai Rees (Godiva), John Tarrant (Salford), Ken Honney (Walton), Bob Pape (RNAC) and the two Keily Brothers Joe and Arthur, of Derby, in close attendance.

At 10 miles Joe Keily was forcing the pace with brother Arthur and Fleming-Smith, while Honney was now 50yds. down with Pape a further 150yds. away, the time at this point being 54.48. Thompson 6th and Tarrant 7th.

Prospects of a record looked likely when the 15 mile mark was reached in 1:23.30, 3½ mins. faster than last year. Pape was now moving up. The team race was getting very interesting as Walton, Derby and Rotherham all had their three men well placed. Walton eventually won with 16 points.

Twenty miles was reached in 1:53.00 with the leaders running strongly, except Fleming-Smith, who was flagging badly. It was here that Pape made his effort while the other three stopped for drinks. He shot into a 70yds. lead, with Joe Keily and Honney going after him, but some 3 miles further on Pape's forceful running began to tell and he went away to win in 2:27.09, breaking Bill McMinnis's 1953 record by 12secs. Arthur Keily managed to pass Joe Keily and Honney, but Honney came again and took second place from Arthur. 67 runners started.

- | | | |
|------------------------------|--------------|-------------------------------------|
| 1. R. Pape (RNAC) | (rec.) | 2:27.09 |
| 2. K. Honney (Walton) | | 2:28.12 |
| 3. A. Keily (Derby) | | 2:28.34 |
| 4. J. Keily (Derby) | 2:31.23; | 5. H. Thompson (Rotherham) 2:36.27; |
| 6. T. Richardson (Walton) | 2:36.41; | 7. A. Nendick (Hull) 2:37.08; |
| 8. G. Winchester (Walton) | 2:33.38; | 9. B. Crossan (Pembroke) 2:39.40; |
| 10. Dawson (Salford) | 2:40.16; | 11. D. Rees (Godiva) 2:41.27; |
| 12. J. Harrison (Sutton) | 2:41.40; | 13. A. Mail (Derby) 2:42.16; |
| 14. J. Fleming-Smith (Roth.) | 2:43.18; | 15. Guilfoyle (Pem.) 2:43.18. |

Teams:		Pts.
1. Walton	(2. 6. 8)	16
2. Derby	(3. 4. 13)	20
3. Rotherham		34

Advertise **YOUR** meeting
and increase your entries

POLYTECHNIC HARRIERS

OPEN ROAD RELAY (Eight Laps of Three Miles) (Under A.A.A. Laws)

Saturday, 20th September — 3 p.m.
from

Polytechnic Stadium, Chiswick, W.4

Entry Fee — 8/- per team

Clubs can enter more than one Team.

ENTRIES on A.A.A. Forms to—

M. PINKERTON

Hon. Race Secretary,

444 Pinner Road, North Harrow, Middlesex.

Closing Date — September 8th

Awards:

Winning Team : Challenge Trophy
(Holders H.H.H.).

Sets of Medals to First 3 Teams and
to First "B" Team.

Medal for fastest lap.

Any further information from above address.

SALISBURY & DISTRICT A.A.C.

ANNUAL

"ROUND THE HOUSES" ROAD RACES

(Under A.A.A. Laws)

Saturday, 13th September, 6.0 p.m.

Market Place, : Salisbury, Wilts

OPEN 5 MILES TEAM (6 run, 4 score) & IND.

Awards — 1st Team, "City of Salisbury" Challenge Trophy, set of medals and prizes; 2nd and 3rd Teams, prizes. 1st Runner, "P. Fulford" Challenge Trophy and replica (Holder: B. Kent-Smith, Devonport); 2nd and 3rd runners prizes. 1st Veteran (over 40) plaque.

YOUTH 3 MILES TEAM (4 run, 3 score) and IND.

Age over 16, under 18 on 1st Oct., 1957. Awards—1st Team, set medals and prizes; 2nd and 3rd Teams, prizes. 1st Runner "K. Scammell" Challenge Trophy and replica (Holder, A. Thomas, Devonport); 2nd and 3rd runners, prizes.

ENTRIES on A.A.A. forms to **Mr. M. Humby,**

8 Pennyfarthing St., Salisbury, Wilts., by 1st Sept. Fees: Open Team 10/-, Ind. 3/-; Youth Team 5/-, Ind. 2/-.

LETTERS TO THE EDITOR

Views expressed in readers' letters are not necessarily those of the Editor or the publishers

WALTER JEWELL ASKS SOME PERTINENT QUESTIONS

Dear Mr. Editor,

The admirable T.V. coverage of the Empire Games (both systems)—and the Bank Holiday meeting at White City furnished remarkable object lessons of what well placed T.V. cameras can do to assist or absolutely damn weak-kneed management of top grade promotions, and the danger of the present commentary organisations of both systems. In general they talk too much, continually spoil their efforts by fantastic reports of placings and times and thereby expose themselves to ridicule, as well as annoying the T.V. licensee.

Your Editorial leader of 26th July and Tony Snoad's letter in the current issue confirms these expressions. There were many qualified officials prevented from travelling, checking times, places and commentaries of both meetings. A summary of these should be of immense value to any governing body. A re-run of the films — with all sound effects interrupting, given at the same rate as the intake would be priceless for the controlling bodies to clear up any misgivings under any score.

T.V. portrayal can sell T.V. as well as athletics or other sports but all aspects should be examined closely. T.V. can also assist judging,

time-keeping as well as the Photo Finish Recording System, which is not entirely fool-proof as we know by experience. The starting gun was occasionally out of action at these meetings surely!

Reverting to the 100yds. Final Empire Games, it is interesting to note "The Official Magazine of the B.O.A." on which two members of the B.A.A.B. hold Editorial positions and the responsibility for passing British records publishes the final result as—

1. K. Gardner (Jam.) (—equals) 9.5
2. T. Robinson (Bah) 9.6
3. M. Agostini (Can) 9.6

We have previously been assured it was 9.4 with 6 watches in agreement!! Did you ever? Who and what are we to believe?

Walter C. Jewell,
Life Vice-President, A.A.A.

SPORTS WRITERS

Sir,

Herb Elliott said in his masterly T.V. interview with Max Robertson that Britain had the most vicious set of sports writers in the world. Not only do they attack a good man when he is down (Derek Ibbotson) but they have now turned on those who have done so

The finest obtainable

ROAD RUNNING SHOES

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Beautifully supple black leather uppers with white strip facings. Very comfortable but hardwearing microcellular sole. Extremely light in weight. Half-sizes. These are really superior shoes and one well known road runner writes: "They are the best shoes I've ever had and I have just completed over 2,000 miles in them without a blister."

Uppers now made of finest kangaroo—at no extra cost

Price 55/4

Postage 1/6

THE SPORTS CENTRE—6 High Dewar Road, Rainham, Kent

much to build up our sport. In his article, "Cynicism beats our athletes," Christopher Brasher, newest member of the tribe, makes the extraordinary claim that because some of our "leading officials" are paid for their work by newspapers or the B.B.C. that this slows down our middle distance runners. If cynicism slows down our middle distance runners why has it speeded up our sprinters and quarter milers?

This is a thinly veiled attack on Jack Crump and Harold Abrahams, who recently made the B.B.C. pay £60,000 for five years of televising rights. Mr. Abrahams has been broadcasting to everyone's enjoyment, for at least 25 years, and has been writing in the "Sunday Times" for at least 30 years. It is about time that this carping scribe from Fleet Street learnt to do a constructive job for Britain's sport instead of attacking the real workers among our officials.

Yours truly,
G. Andrews.

HYPNOSIS

Dear Sir,

David Ryde's recent article on "Hypnosis in Sport," in "Athletics Weekly," of the 9th Aug., 1958, was no doubt of great interest to all Athletics followers. Whilst pointing out that I am not setting myself up as an authority on the subject, I feel it appropriate to offer a word of warning to anybody considering lending himself to this type of experiment.

Although hypnosis is now used quite extensively in many fields, a section of the medical fraternity are extremely perturbed by this. Freud and the medical men who followed on his work, originally employed hypnosis but later rejected it, as they found it to have harmful effects upon their patients after the hypnotic state.

Yours faithfully,
L. A. Loftus,
Salford H. & A.C.

IN AGREEMENT

Dear Sir,

In his letter in "A.W." August 16th, Senior Coach Evans hits the nail right squarely on the head. Half of our "trouble" in British athletics has been caused by the attitude of—

don't let's run against the big guns too often, or, we must qualify easily now. I am not so sure that it is the athletes themselves who have cultivated this attitude, so much as the fault of the many coaches and advisers who evidently have had "long experience" of running tactics.

Elliott and Lincoln have been dating it up all season, the Americans meet each other week after week and then match the best in Europe day after day.

But knowing the people who seem to "run" British athletics it will probably be decided that everybody else is out of step.

There is no better preparation for running 880y. in 1:47.0 than running the distance previously two or three times in 1:48.0.

Lack of belief in this idea is the real reason for our middle distance decline—**nothing else.**

Yours faithfully,
Stan Greenberg



KEN HONNEY (Walton) leading JACKIE HASLAM (T.V.H.) during the 2 hours' race in which they finished 2nd and 3rd.

A.A.A. v COMBINED SERVICES v U.A.U

AUGUST 16th

by Patrick Brian

BUT for a little cloud, the weather conditions for this triangular match were above average. Three very good performances together with some hard tussles at the finishing line made up for the not-so-good organisation (marking out the 100 yards from a 120 yard finish seconds before the race was due to commence and poor announcements of results (no place times below three men and reserves names given).

Of the three good performances, Arthur Rowe's putt of 58ft. was worthy of great praise. Just $14\frac{1}{2}$ " outside the European record and 2" better than the invincible Parry O'Brien's British All-Comers' Record made in 1953. This now puts Rowe third in the European all-time list.

Peter Radford clocked a good 9.6 in the 100 yards, going ahead after 20 yards and beating Whitehead and Sandstrom by two yards. Gordon Miller was in excellent form again and after clearing 6'5", he attempted to 6'6 $\frac{1}{2}$ " for the English Native record, but could not find that little extra kick.

In the 220, Segal won comfortably from Scott-Oldfield in a slow time by this year's standards. Wrighton also won the quarter with the same ease slowing up at the tape with Yardley making a very good effort in the last

20 yards. In the half mile Boyd ran exceedingly well and held off a late challenge from Mike Farrell and won by three yards. The mile brought together Berisford, Clark and Goddard, and the last named together with Turner made the running in the first two laps, the quarter coming in 65.4 and the half in 2/8.7. On the back straight of the third lap Clark, who had been lying last up to then, kicked to the front with a very fast burst and took Berisford with him. Clark then opened up a lead of ten yards and went through the $\frac{1}{2}$ mile in 3/6.8. He went on to win by seven yards from Berisford in 4/7.5 (his personal best this year).

The three miles proved that Hyman can beat Merriman on the run-in. Merriman led for nine of the laps with Hyman taking the tenth. With 600 yards to go Merriman regained the lead and held on until Hyman made his challenge with 40 yards to go. Running shoulder to shoulder over the last 30 yards, Hyman just got the verdict at the tape, both runners being given the same time. Separate mile times were 4:30.6, 4:35.4 and 4:28.0.

In the relay the Combined Services pulled off a very good win thanks very largely to a good first change-over and an excellent run by Noel Fontyn on the second leg. Peter Hildreth

BRIGHTON ATHLETIC CLUB FLOODLIT MEETING

(Under AAA Laws)

Saturday, 20th September, 1958—7 p.m.

at

Brighton Sports Arena, Withean

Open Handicaps

Senior Men — 440 Yards and 880 Yards only.

Prizes — £5, £3 and £2

Entry Fee — 1/6 each Event

Entries Close 10th September, 1958.

Forms from and entries to L. King, Esq.,
6 Horsham Avenue, Peacehaven,
Sussex.

Free transport to connect with last London bound train.

WEST HARTLEPOOL BURN ROAD HARRIERS

in conjunction with

R.R.C. "TEES-SIDE BRANCH"

OPEN 14 2/3 MILES ROAD RACE

at

WEST HARTLEPOOL

on

SATURDAY, OCTOBER 11th, 2.30 p.m.

AWARDS—1st and 2nd Team Prizes (3 to count). Individual awards, Novice award and Standard Certificates.

ENTRIES—5/- per team, 2/- individual on A.A.A. forms to I. R. F. Shirley, 24 Prior St., Cockerton, Darlington, Co., Durham.

Closing Date — 27th September

Rotherham runners leading the field soon after the start of the Middleton (Lancs.) 15 Miles Road Race.



S. Cook

won the 120 yards hurdles as expected, being well up at the halfway mark. Shaw in the quarter hurdles and Herriott in the steeplechase both had easy victories. In the long jump, Brian Woolley had a new Universities record and a personal best this year with a jump of 23'9 $\frac{1}{2}$ ". Of the other field events, all marks were well below standard although Carr in the discus and Ellis in the hammer broke the Universities record and the latter threw just over 200'. Smith broke the Inter-Services javelin record with a throw of 215'7".

In the invitation events Vine easily won the 220 low hurdles and in the invitation men's relay the European Games team of Radford, Sandstrom, Segal and Breacker easily beat the Rest in a very good clocking of 41.1 seconds.

The A.A.A. were the winners of the match with 96 points with the Combined Services second and the U.A.U. third.

Results:

100 Yards: 1, P. F. Radford (AAA) 9.6 (—E. N. Rec.); 2, N. J. Whitehead (U) 9.8; 3, E. R. Sandstrom (S) 9.8; 4, N. S. Fontyn (S) 9.9; 5, R. I. Brightwell (AAA) 10.0; 6, J. D. R. Jeffrey (U) 10.1.

220 Yards: 1, D. H. Segal (AAA) 22.0; 2, J. R. Scott-Oldfield (AAA) 22.3; 3, N. S. Fontyn (S) 22.7; 4, J. Boughton (S) 22.8; 5, J. D. R. Jeffrey (U) 23.0; 6, N. Harris (U) 23.7.

440 Yards: 1, J. D. Wrighton (S) 48.4 (Int.-Serv. Rec.); 2, M. J. Yardley (AAA) 48.6; 3, T. S. Farrell (AAA) 49.0; 4, S. G. Purkis (S) 49.9; 5, G. Lockwood (U) 51.2; 6, R. G. A. New (U) 52.1.

880 Yards: 1, J. R. Boyd (S) 1:52.3 (Int.-Serv. Rec.); 2, M. A. Farrell (AAA) 1:52.7; 3, T. Cox (CS) 1:52.8; 4, P. Davie (P) 1:53.5; 5, R.

G. A. New (U) 1:53.5; 6, K. Marsden (AAA) 1:54.5.

One Mile: 1, P. R. Clark (S) 4:07.5; 2, M. Berisford (AAA) 4:09.5; 3, G. W. Goddard (AAA) 4:14.3; 4, B. J. Turner (S) 4:15.0; 5, W. P. Adams (U) 4:18.0; 6, C. Plumpton.

Three Miles: 1, M. Hyman (U) 13:34.0 (Univ. Rec.); 2, J. L. Merriman (AAA) 13:34.0; 3, A. J. Wood (S) 14:00.2; 4, F. A. Seal (S) 14:11.2; 5, J. Heywood (U) 14:15.4; 6, A. Redrup (AAA) 14:24.0.

4 x 110 Yards: 1, Combined Services A.A. (Cruwys, Fontyn, Croosey, Sandstrom) 42.4; 2, A.A.A. 42.8; 3, U.A.U. 43.0.

120 Yards Hurdles: 1, P. B. Hildreth (AAA) 14.4; 2, C. W. S. Miller (S) 14.7; 3, V. C. Matthews (AAA) 14.9; 4, M. Stokely (U) 15.1; 5, C. D. Carrington (S) 15.3; 6, R. Birrell (U) 15.3.

440 Yards Hurdles: 1, R. D. Shaw (AAA) 54.1; 2, J. Richards (S) 55.3; 3, C. J. Andrews

(Continued on page 19)

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OTHER RESULTS

July 30th

1st **R.A.F. Jever** 196pts.; 2nd **HQ(U) 2 T.A.F.** 170; 3rd **R.A.F. Bruggen** 151; 4th **R.A.F. Svl** 101pts. **100m:** Flt. Lt. Brown (B) 11.2; **200m:** Flt. Lt. Brown (B) 22.6; **400m:** Flt. Lt. Brown (B) 49.1; **800m:** S.A.C. Fleet (J) 2.0.4; **1500m:** L.A.C. Graves (J) 4.7.2; **5000m:** L.A.C. Graves (J) 15.42.8; **3000m S'chase:** 1st A. C. Kenney (HQ) 9.53.8; 2nd L.A.C. Graves (J) 9.53.8; **110 mH:** S.A.C. Maloney (J) 16.6; **LJ:** S.A.C. Maloney (J) 20'4"; **HJ:** S.A.C. Maloney (J) 5' 6"; **HSJ:** S.A.C. Sawyer (J) 41'10"; **SP:** J/T Isbester (HQ) 41'9"; **DT:** J/T Isbester (HQ) 144'6"; **JT:** S.A.C. Jeynes (S) 167'4"; **HT:** A.C. Statter (HQ) 124'4"; **Relay:** Bruggen 44.7.

August 6th

Deutsche Luftwaffe beat 2 T.A.F. 100pts. to 99. **200m:** Flg. Stugh (D.L.) 21.3; **400m:** S.A.C. Fleet (2 T.A.F.) 49.4; **800m:** Geft Flomm (D.L.) 1.55.1; **1500:** L.A.C. Bennett (2 T.A.F.) 4.4.5; **5000m:** L.A.C. Bennett (2 T.A.F.) 15.55.6; **3000m S'chase:** Cpl. McQuade (2 T.A.F.) 9.48; **400mH:** S.A.C. Johnson (2 T.A.F.) 59.6; **SP:** J/T Isbester (2 T.A.F.) 44'7½"; **DT:** J/T Isbester (2 T.A.F.) 159'4½"; **HT:** A.C. Statter (2 T.A.F.) 123'6"; **Relay:** D.L. 44secs.

NORFOLK FIFTEEN MILE RACE

on

Saturday, 13th September, 1958

2.30 p.m. at

Royal Air Force Station, Watton

(Near Thetford)

(Under A.A.A. Laws)

Incorporating:

Norfolk County 15 Mile Championships.

Special Awards to First 3 R.A.F. Runners to finish.

Team Race, 4 to run, 3 to score.

Special Award to First Suffolk Man to finish.

Awards to 1st, 2nd, 3rd and 4th individuals.

Time certificates to all finishers inside 1 hour 45 minutes.

Entries on A.A.A. forms. Norfolk Championship 2/6, Individuals 2/6. Teams 6/-. All Team runners must enter as individuals. No runners under 21 years of age may compete.

Entries to—DON H. ALDRED, 3 Cardington Road, Watton, Thetford, Norfolk. Tele: Watton 384. Ext. 106.

Closing Date—Last Post, 3rd Sept., 1958

August 7th

St. Albans City A.C. Championships. 100: A. Hajdu 10.7; **220:** A. W. McDonald 23.0; **440:** J. D. Cooper 51.6; **880:** J. Thorpe 2:00.0; **Mile:** J. Thorpe 4:22.4; **3M:** D. O'Gorman 13:57.5; **LJ:** A. Hajdu 20'7"; **HJ:** P. Myhill 5'6"; **HSJ:** J. D. Cooper 40'11"; **SP:** B. W. Dodd 44'0"; **DT:** D. C. Phillips 92'10"; **JT:** B. W. Dodd 184'11".

August 8th

Rhondda Valley A.C. beat Farnham A.C. 153pts. to 119. **100:** J. C. Jones (R) 10.3; **220:** J. C. Jones (R) 23.1; **440:** D. Wheeler (F) 51.9; **880:** N. Horrell (R) 1:56.0; **Mile:** R. Stonehouse (F) 4:19.6. **Invit. 3M:** B. J. Lee (Roath) 16:04.0.

August 9th

BURTOFT TROPHY MEETING

First Strings. 100(1): M. Rossiter (RNAC) 10.6; **220:** F. Furness (B) 23.3; **440:** F. Furness (B) 52.7; **880:** A. Docherty (RN) 2:00.3; **Mile:** H. V. Foord (B) 4:26.6; **3M:** H. V. Foord (B) 14:24.8; **LJ:** L. Ross (RN) 19'11"; **HJ:** P. McKenzie (B) 6'0"; **SP:** R. Guest (A) 45'5"; **DT:** P. Parker (G) 117'10"; **JT:** E. Elliott (G) 167'5"; **2nd Strings: 100:** G. Buck (RN) 10.7; **220:** J. Williamson (B) 23.6; **440:** M. Rossiter (RN) 55.5; **880:** M. Walden (S); **Mile:** F. Blake (S); **3M:** E. Yates (S); **LJ:** E. Hargreaves (RN) 17'10"; **HJ:** W. Wiseman (RN) 5'4"; **SP:** L. Parker (G) 34'6"; **DT:** L. Parker (G) 115' 10"; **JT:** H. Crotty (RN) 133'2". **Result:** 1, R.N. (South) 111pts.; 2, Brighton 89; 3, Alder-shot 81; 4, Southampton 79; 5, Gosport 76; 6, Eastleigh 13.

Shaftesbury H. Championships. 220: R. G. Patten 22.9; **880:** M. Howe 1:58.8; **LJ:** A. P. Orton 20'5½"; **SP:** A. P. Orton 41'5"; **DT:** C. Fielding 112'0". **Juniors. 220:** R. Bowers 24.5; **880:** P. Rogers 2:05.4; **LJ:** R. Bowers 20'2½"; **SP:** R. J. Smith 41'4"; **DT:** A. Johnson 124'4". **Youths. 220:** A. Roadnight 24.0; **880:** P. Sulston 2:06.6; **LJ:** J. Calver 20'0"; **SP:** A. Forbes 37'10"; **DT:** A. Johnson 169'4". **Boys. 100:** F. Snow 11.4; **880:** C. Ashby 2:23.6.

Pontrilas A.C. Sports. 100: H. B. Emery 10.2; **300m:** H. B. Emery 38.8; **1500m:** V. A. Tarrant (Hereford) 4.20.2; **3M:** J. Gamlin (Westbury) 15:11.2. **Teams:** 1st Westbury Harriers 9pts. **LJ:** J. Hawkins (West.) 18'3"; **HJ:** A. Buttriss (Aber.) 5'1½"; **DT:** A. Buttriss (Aber.) 149'0". **Junior Men Relay:** 1st Pontrilas A.C. (G. C. Dunsford, R. J. Price, G. Michael, B. Lewis). **Youths 300:** D. L. Lambert (Aber.) 36.0. **Boys 200:** M. Muggerridge 28.5.

A.A.A. v. C.S. v. U.A.U. (contd.)

(S) 57.3; 4, S. K. Salmon (U) 57.3; 5, R. Bell (U) 57.9; 6, R. J. Frampton (AAA) 60.5.

3000 Metres St.: 1, M. Herriott (AAA) 9:14.4; 2, J. Fruin (S) 9:28.6; 3, D. Gallagher (S) 9:33.8; 4, R. J. Collins 9:35.0; 5, J. Wingfield (U) 9:58.0; 6, J. E. Hoskyns (U) 10:31.4.

High Jump: G. A. Miller (AAA) 6'5" (— Pers. Best); 2, P. J. Brinson (S) 6'0"; 3, D. Chadderton (U) 6'0"; 4, P. S. Emerneni (U) 6'0"; 5, D. Wilson (S) 6'0"; 6, B. Jones (AAA) 5'10".

Long Jump: 1, J. B. Woolley (U) 23'9½" (Univs. Rec.); 2, G. J. T. Britten (AAA) 22'11"; 3, K. H. Parker (AAA) 22'7½"; 4, E. Darlow (S) 22'0"; 5, Inst/Lt. Bailey (S) 21'11½"; 6, M. England (U) 21'8½".

Hop, Step and Jump: 1, G. J. T. Britten (AAA) 46'0"; 2, AA3 Ellis (S) 45'3"; 3, F. Wyers (AAA) 45'2½"; 4, A. Evans (S) 41'11½"; 5, M. England (U) 41'4"; 6, Crabb (U) 39'2".

Pole Vault: 1, G. E. Broad (AAA) 13'0"; 2, S. R. Porter (AAA) 12'6"; 3, J. D. Neal (S) 11'6"; 4, C. E. East (S) 11'6"; 5, W. Smith (U) 11'6"; 6, W. Worth (U) 11'6".

Weight: 1, A. Rowe (AAA) 58'0" (BE and C., Brit A-C, Brit. Nat., Eng. Nat. Recs.); 2, M. T. Lucking (AAA) 49'5"; 3, G. A. Carr (U) 47'4"; 4, R. Guest (S) 44'10"; 5, F. I. Swindale 44'1"; 6, R. Birrell (U) 36'3".

Discus: 1, G. A. Carr (U) 167'4" (Univs. Rec.); 2, M. R. Lindsay (AAA) 161'3"; 3, E. A. Cleaver (S) 155'11"; 4, D. Andorka (AAA) 148'10"; 5, F. I. Swindale (S) 141'6"; 6, N. D. Watkins (U) 129'10".

Hammer: 1, M. J. Ellis (U) 200'8" (Univs. Rec.); 2, W. Dickson (AAA) 165'5"; 3, J. Dutton (S) 156'10"; 4, B. A. Thomas (AAA) 156'0".

Javelin: 1, C. G. Smith (S) 215'7" (Int.-Serv. Rec.); 2, P. S. Cullen (AAA) 214'5"; 2, R. A. C. Davies (AAA) 211'5"; 4, N. D. Watkins (U) 202'3"; 5, M. F. Johnson (S) 195'4"; 6, J. R. James (U) 190'6".

BELGRAVE HARRIERS
Second Annual
OPEN YOUTHS, ROAD RELAY
(4 x 2 miles)
(Under A.A.A. Laws)

Saturday, 18th October, 1958, at 3 p.m.
from

Belgrave Hall, Denmark Rd., Wimbledon

Set of Plaques to 1st, 2nd, 3rd Teams. Plaque for fastest Individual Lap.

Entries (5/- each team) close 1st October to Arthur Whitehead, Lauriston Cottage, South Side, Wimbledon Common. S.W.19.

Result of Match

1, A.A.A. 96pts.; 2, C.S.A.A. 68pts.; 3, U.A.U. 32pts.

Invitation Events

220Yds. Hlds.: 1, P. A. L. Vine (Achilles) 25.3; 2, R. P. D. Van Rossum (W.G.A.C.) 26.8; 3, C. J. Andrews (Army) 26.9; 4, M. C. Stokely (S.L.H.) 27.5; 5, C. W. S. Miller (R.A.F.) 27.7.

4 x 110 Yds. Men: 1, European Games Team (P. Radford, E. R. Sandstrom, D. Segal, A. Breacker) 41.1; 2, The Rest (R. Brightwell, N. Whitehead, J. Scott-Oldfield, T. Farrell) 42.2.

Demonstration Event

4 x 110 Yards Women: J. Neal, D. Hyman, D. Wood, D. Turner 48.4.

REVIEW BY DAVID RYDE, M.B., B.S. (ctd.)

intake is increased beyond maximal levels when heavy arm work is included in training. Thus Courtney and Boysen ran carrying dumbbells weighing 10-15 lb. repeatedly producing maximum O₂ debt; this bears some resemblance to running uphill and circuit training.

This book also reflects Prof. Jokl's knowledge of Medical History and his Philosophy of Life. One can get a better perspective of it and its value to sport-medicine by comparing it to the effect the new Achilles book "Modern Athletics" will have on running. The book will prove valuable reading to doctors, senior coaches and physiotherapists. It is well bound and magnificently illustrated, and will be easily accessible on my bookshelf. The author is to be congratulated.

ST. ALBANS CITY ATHLETIC CLUB

(Affiliated to A.A.A. and Kindred Bodies)

3rd ANNUAL CROSS - COUNTRY RELAY RACE

(Under A.A.A. Laws and E.C.C.U. Rules)

Round the Old Roman City of Verulamium
on

Saturday, 20th Sept., 1958, at 3 p.m.

Course 6 x 2½ miles of grassy slopes and woodland paths

Awards—1st Team—"Reg Corley" Trophy and Prizes; 2nd and 3rd Teams and First Unplaced "B" Team—Prizes. Three Fastest Laps—Prizes.

Fresh Changing Rooms this year—Verulamium Dressing Rooms adjoining Roman Museum (off A414 near Roman Theatre)—only 100 yards from start of race.

Refreshments available during and after race. Entries on A.A.A. Forms to **C. Salt**, 174, St. Albans Road, Sandridge, nr. St. Albans, Herts, by Monday, 8th September, 1958.

Fees—10/- First Team; 5/- each subsequent team.

OVERSEAS NEWS (contd.)

29.6, Lausanne. 100m. and 200m: Norton (US) 10.6 and 22.2; 400m: Yerman (US) 47.9; 800m: Courtney (US) 1:48.2, Waegli (Switz.) 1:49.1; 110mH: Gilbert (US) 15.0; HJ: Whetstone (US) 6'4 $\frac{1}{4}$ "; SP: Nieder (US) 55'5".

1.7, Zurich. 200m: Weber (Switz) 22.0, Yerman 22.4; 400m: Yerman 47.5; 800m: Courtney 1:50.7; 110mH: Lauer (W.Ger.) 14.0, Gilbert 15.0; SP: Nieder 54'8 $\frac{1}{4}$ ".

1.7, Helsinki. 100m: Gardner 10.5; 400m: Kerr 46.9, Mal Spence (Jam) 47.5; 1500m: Vuorisalo (Fin) 3:44.2, Herrmann (E. Ger.) 3:44.7, Bowden (US) 3:48.3; 400mH: G. Davis (US) 51.2; PV: Preussger (E. Ger.) 14'9", Landstrom (Fin) 14'5 $\frac{1}{4}$ ", Brewer (US) 14'5 $\frac{1}{4}$ "; SP: Koivisto (Fin.) 53'2", Babka (US) 51'3 $\frac{1}{4}$ ".

1.7, Ludwigshaven. 100m: White (US) 10.3, Burg (W. Ger) 10.3; 200m: White 21.2, Atterberry (US) 21.3, Burg 21.3; 400m: Atterberry 46.7; 110mH: Robinson (US) 13.8, Schottes (W. Ger) 14.2; HJ: Pull (W.Ger) 6'9"; SP: Davis (US) 59'0 $\frac{1}{4}$ ".

2.7, Helsinki. 800m: Makomaski (Pol) 1:49.8, Reinnagel (E. Ger) 1:50.0; Vuorisalo (Fin) 1:50.2, Sowell (US) 1:50.7; 110mH: Gardner 14.3; DT: Babka 185'0 $\frac{1}{2}$ "; HT: Connolly (US) 209'7".

3.7 Berne. 800m: Courtney 1:46.9; 110mH and 200mH: Gilbert 13.9 and 23.5; HJ: Whetstone 6'6 $\frac{1}{4}$ "; SP: Nieder 56'2".

4.7 Gothenburg. 200m: Gardner 21.3; G. Davis 21.6, Mal Spence (Jam) 21.9; 400m: Kerr 47.6; 800m: Kazmierski (Pol) 1:51.1, Waern (Sw) 1:51.9, Sowell 1:52.3; 1500m: Lundh (Nor) 3:47.9 . . . 4, Bowden 3:51.6; 110mH: Gardner 14.4; 400mH: G. Davis 50.9; PV: Landstrom 14'6", Brewer 13'9 $\frac{1}{4}$ ".

6.7, Milan. 100m: Norton 10.5; 400m: Yerman 46.8; 800m: Courtney 1:48.5; 110mH: Gilbert 14.0; HJ: Whetstone 6'6 $\frac{1}{4}$ "; SP: Nieder 56'10 $\frac{1}{4}$ ".

6.7, Duisbourg. 100m: White 10.5, Jeffries (SA) 10.6; 200m: Jeffries 21.2, White 21.5; 400m: Spence (SA) 47.7; 1500m: Konstantinides (Gr) 3:51.1, Clark (SA) 3:51.3; 110mH: Robinson 14.1, Malan (SA) 14.1, Swart (SA) 14.2; 400mH: Potgieter (SA) 51.3; SP: Davis 60'0 $\frac{1}{4}$ "; 4 x 400m: S. Africa 3:16.9.

8.7, Helsinki. HT: Connolly 215'1 $\frac{1}{4}$ "; Women's DT: Olga Connolly 167'5 $\frac{1}{4}$ ".

8.7, Stockholm. 400m: G. Davis 46.3, Gardner 47.3, Kerr 47.3; 110mH: Gardner 14.4; JT: Fredriksson (Sw) 265'3".

9.7, Stockholm. 800m: Barris (Sp) 1:49.6, Sowell 1:49.9, Bowden 1:50.5 . . . 6, Waern 1:52.3; 400mH: G. Davis 50.4.

9.7, Cologne. 100m: Gernar (W. Ger.) 10.3, White 10.4, Hary (W. Ger) 10.4; 200m: Ger-

mar 20.7, White 20.8, Day (SA) 21.0; 800m: Schmidt (W.Ger) 1:49.0; 1500m: Lewandowski (Pol) 3:45.2; 5000m: Ozog (Pol) 14:03.6; 110mH: Robinson 13.7, Lauer 13.7, Swart 13.9, Brand (W. Ger) 13.9; 400mH: Potgieter 50.0, Janz (W. Ger) 50.9; SP: Davis 57'9 $\frac{1}{4}$ ", Meconi (It) 56'8 $\frac{1}{2}$ "; DT: Consolini (It) 175'10 $\frac{1}{2}$ ", du Plessis (SA) 167'8 $\frac{1}{4}$ "; 4 x 100m: W. Germany 40.3.

11.7, Hallefors. 100m. and 400m: G. Davis 10.5 and 47.3; 800m: Bowden 1:49.8, Waern 1:50.7; PV: Brewer 14'5 $\frac{1}{4}$ ".

12.7, Lausanne. 100m: Norton 10.5; 400m: Yerman 47.6; 800m: Courtney 1:49.4; 110mH and 200mH: Gilbert 14.3 and 23.9; SP: Nieder 57'2 $\frac{1}{4}$ ".

13.7, Munich. 100m: Gernar 10.4, White 10.5; 200m: White 21.1; 400m: Kaiser (W. Ger.) 48.1, Atterberry 48.6; 800m: Depastas (Gr) 1:49.1; 110mH: Lauer 13.8; PV: Roubanis (Gr) 15'1"; SP: Davis 59'1 $\frac{1}{4}$ ".

13.7, Augsburg. 110mH: Lauer 13.7, Robinson 13.7; SP: Davis 58'6 $\frac{1}{4}$ ".

14.7, Chambery. 100m: Norton 10.4, Yerman 10.7; 200m: Norton 21.3; 400m: Courtney 47.6; 110mH: Gilbert 14.2; HJ: Whetstone 6'2"; SP: Nieder 58'2".

15.7, Halmstad. 400m and 400mH: G. Davis 47.0 and 52.0; 800m: Sowell 1:51.5; 1500m: Bowden 3:53.5; PV: Brewer 13'1 $\frac{1}{4}$ ".

17.7, Oslo. 200m: G. Davis 21.1; 800m: Boysen (Nor) 1:47.6, Lundh 1:47.8, Sowell 1:48.2, Hammarsland (Nor) 1:49.1, Bowden 1:49.9; 400mH: G. Davis 49.8; DT: Babka 179'3 $\frac{1}{2}$ "; JT: Macquet (Fr) 253'7 $\frac{1}{4}$ ", Danielsen (Nor) 248'4 $\frac{1}{4}$ ".

17.7, Zurich. 100m. and 200m: Norton 10.4 and 21.1; 400m: Yerman 47.0; 800m: Courtney 1:47.1; 110mH. and 200mH: Gilbert 13.9 and 22.9; HJ: Whetstone 6'5"; SP: Nieder 59'10 $\frac{1}{4}$ "; 4 x 100m: USA 41.1.

18.7, Oslo. 100m: G. Davis 10.3 (!); 400m: G. Davis 45.6; Sowell 47.5; 1500m: Delany (Ire) 3:44.8; 110mH: Olsen (Nor) 14.2, Kinsella (Ire) 14.5; PV: Landstrom 14'7 $\frac{1}{4}$ ", Brewer 14'1 $\frac{1}{4}$ ".

30.7, Vaxjoe (Sweden). 400m: Pettersson (Sw) 47.9, Sowell 47.9; 800m: Bowden 1:47.8, Waern 1:48.4.

7.8, Poitiers. Women. 100m: Willard (Aus) 11.7, Capdevielle (Fr) 11.7, Hayes (Aus) 12.2; 200m: Willard 24.7, Fluchot (Fr) 24.8, Johnson (Aus) 24.9; 80mH: Wigney (Aus) 11.1, Djian (Fr) 11.1, Hayes 11.3; HJ: Mason (Aus) 5'6", Frith (Aus) 5'5"; LJ: Djian 20'0 $\frac{1}{4}$ " . . . 4, Watson (Aus) 18'3 $\frac{1}{4}$ "; DT: Jackman (Aus) 131'9 $\frac{1}{4}$ "; JT: Pazera (Aus) 159'6 $\frac{1}{4}$ "; 4 x 100m: Australia 47.4.

10.8, Thonon-Les-Bains. 100m: Norton 10.4, Delacour (Fr) 10.4; 200m: Norton 20.9; JT: Macquet (Fr) 265'11 $\frac{1}{4}$ ".