


Athletics



WEEKLY



Vol. 7 No. 51

DECEMBER 19th 1953

PRICE SIXPENCE

BEST BRITISH JUNIOR PERFORMERS 1953

MIDLANDS BEAT
U.A.U. & R.A.F.



G. W. COLEMAN TAKES
CAMBRIDGE WALK

TRAINING AND COACHING ADVICE PANEL

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

TRAINING & COACHING ADVICE PANEL

Readers' queries can be answered by our panel of experts which includes Senior Hon. Coaches and international athletes like A. A. Gold, G. J. Pallett, Sam Ferris, H. A. Johnston, Jim Peters, Len Ward, P. W. Green and others. Some queries and answers will be published. If a personal reply is required, two stamped envelopes should be included, one with your name and address on it and the other left blank. Send your query to—"ADVICE PANEL," "Athletics Weekly," Kent Art Printers, Ltd., Chatham, Kent.

CROSS COUNTRY RUNNING

Q. Is cross-country racing suitable for young boys or is it likely to do them harm?

A. Joyner (Bedford)

A. Much depends on what is meant by "young boys." For 15 and 16 year-olds some occasional racing will do no harm if they are used to running, but in any case a boy should have a medical check-up before indulging in any running of this kind. Once he has been given the "all-clear" by the doctor, some training should be done with reasonable regularity before any racing is indulged in, and the distance should not exceed two or three miles. Once a month is quite enough for races, though much depends on the nature of the training and the course over which they run.

PUTTING THE SHOT

Q. Is lack of height a great disadvantage with a shot-putter? I have a boy who is keen on this event but is definitely on the short side, though strongly built. As he is good at several events I don't know whether I should persuade him to make some other event his first choice or allow him to concentrate mainly on the shot.

C. Merrilees (Coventry).

A. The height of release of the shot is a potent factor in the distance achieved. Height of the putter is therefore important. If the lad is good at several events it would be to his advantage to persuade him to an event where his height would not be a disadvantage—or such a disadvantage.

The discus is not so much affected; the javelin is, mainly because of the length of the javelin—there is difficulty in clearing the ground behind the thrower. The hammer

is also affected because the short thrower is forced to make a shallow swing. If the lad persists in the shot as a first event he may do well as a junior, but in the adult class may find that his lack of stature prevents him reaching the top flight.

Letter to the Editor

COACHING OF JUNIORS

Dear Sir,

I read George Hubert's letter in last week's issue of "Athletics Weekly" with some surprise. He complains of the lack of coaching in athletic clubs for the under fifteen years.

The athletic club of which I am a member places a great emphasis on the training and coaching of young athletes. I think it can claim to be one of the few clubs who organise coaching facilities for both sexes from the age of thirteen years. We have a large number of coaches of both sexes who work with four age groups. The under fifteens receive group instruction while the youths and juniors are coached by their respective coaches. This leaves the senior coach a free hand to handle the more advanced.

It is often found that many of the clubs' best performers come from the youth section, therefore care is taken to arrange competitions in the summer to encourage them. As a matter of interest it was a youth who won a handsome prize in a specially prepared five event contest against all comers.

Yours sincerely,

D. M. Rose.

Athenian Athletic Club, Edinburgh.

Athletics Weekly

Official Organ of Athletics in Great Britain

Vol. 7. No. 51. Dec. 19th, 1953

EDITOR: P. W. GREEN

Published by—

ATHLETIC & SPORTING
PUBLICATIONS

Editorial Offices—

ATHLETICS WEEKLY,
KENT ART PRINTERS, Ltd.,
THE BROOK,
CHATHAM, KENT.
(Chatham 4644-5)

Advertisement Representatives—

W. HORACE BIGGS,
PRESS ORGANISATION Ltd.
115 HIGH HOLBORN,
LONDON, W.C.1.
(Chancery 8752-3)

Printed by—

KENT ART PRINTERS Ltd.,
THE BROOK,
CHATHAM,
KENT.

Subscription Rates—

12 MONTHS (52 issues) 30s.
6 MONTHS (26 issues) 15s.
3 MONTHS (13 issues) 7s. 6d.

CONTENTS

	PAGE
ADVICE PANEL	2
BEST BRITISH JUNIOR PERFORMERS, 1953	4
MIDLANDS BEAT U.A.U. & R.A.F.	8
A RECORD RUN	9
WALKING, by A. D. McSweeney	10
WOMEN'S RESULTS	16

EVERY SATURDAY — SIXPENCE

MAIN topic this week-end will be the mile at Motspur Park, where Don Macmillan will be helped in his attempt to qualify for Australia's Empire Games team by several of Britain's best milers. If held in the summer, enthusiasts would be talking of the possibility of a four minute mile, but under winter conditions—even if the mild weather remains—anything under 4.10 can be considered good.

Despite the presence of Roger Bannister, I fancy Gordon Pirie to repeat his great mile performance when he beat Wes Santee. Given really good conditions on the day he might even repeat the time, but it is expecting a lot.

In the meantime John Landy is pursuing his attempt on the four minute mile. His most recent effort of 4 min. 2sec. was a grand run, but he is going to find the removal of those last two seconds a most elusive objective.

Bad Luck

It was distressing to hear from Dennis Holden, who gained his first international vest over the country last winter that he has to discontinue his running for some time at least. Sickness after racing, which accompanied a loss of form this summer, led Dennis to seek medical advice and an X-ray has disclosed a shadow on the lung. He is to have further X-rays and in the meantime has been told not to do any racing. His personal ambition was to win the National Cross-Country Championship this winter. All those interested in athletics will wish Dennis a speedy recovery.

Sportsmen

Stan Cox, the marathon runner and former A.A.A. champion, has asked me to publish the appreciation which appears below these notes to two very fine sportsmen. Stan's two daughters were involved in a road accident last March and are still troubled with the after effects of concussion. Stan has received anonymously a very fine Christmas gift on their behalf and wishes to express the appreciation of his wife, himself and his daughters to two grand sportsmen. I am sure, they, too, will have a Happy Christmas.

THE EDITOR

TO "TWO PALS" (Over the Country)

Glennys and Delphine, the daughters of Stan Cox, would like to thank two very kind Uncles for their Christmas gift.

BEST BRITISH JUNIOR PERFORMERS, 1953

By H. E. D. O'Neill

It is to be noted that only performances made by athletes under the age of nineteen are recorded. Whilst every precaution has been taken to ensure authenticity, it is probable that someone may have been missed or that a performer has been included whose performance is doubtful; if this is the case the compiler would be pleased to hear of the error. Wind assisted marks are not included, nor those known, without doubt, to be suspect.

100 Yards

10.0	J. A. N. Railton (Liverpool Pembroke)	Port Sunlight	1/8
10.1	M. J. Ruddy (Maidstone G.S.)	Aylesbury	30/5
10.1	F. Greasley (R.A.F.)	Nottingham	25/7
10.2	I. Sargent (Eastbourne Coll.)	Eastbourne	23/3
10.2	M. C. Jones (Woodford Green)	Woodford	20/5
10.2	S. H. Lane (Marlborough Coll.)	Marlborough	18/6
10.2	J. G. Harle (Army)	Shoebury	30/6
10.2	J. A. Spooner (Fairbairn)	Southgate	4/7
10.2	S. Orman (Hackney G.S.)	Hackney	18/7
	(Six others recorded 10.3)		

220 Yards

22.4	J. A. N. Railton (Liverpool Pembroke)	Liverpool	30/5
22.4	J. A. Spooner (Fairbairn)	Woodford	30/5
22.5	J. Crumplin (Army)	Aldershot	30/6
22.6	C. A. Buchanan (Herne Hill H.)	Southampton	4/7
22.6	J. Wotton (Devonshire)	Uxbridge	18/7
22.7	M. C. Jones (Woodford Green)	Woodford	7/7
22.7	D. J. Pulsford (Rhymey G.S.)	Monmouth	1/7
22.8	J. R. Boughton (Ilford A.C.)	Woodford	30/5
22.9	P. T. Davies (Lancing)	Lancing	2/4
22.9	J. Richards (Notts A.C.)	Nottingham	4/7
22.9	W. J. Warmington (Oxford City A.C.)	Southgate	4/7

440 Yards

50.0	M. K. V. Wheeler (Taunton School)	White City	18/4
50.1	M. C. Jones (Woodford Green)	Woodford	24/6
50.6	A. Sanderson (Inverness Royal)	Glasgow	4/7
50.7	W. J. Warmington (Oxford City A.C.)	Uxbridge	18/7
50.8	R. G. Sinclair (Brighton College)	White City	18/4
51.3	C. J. W. Haines (Malvern College)	White City	18/4
51.5	C. M. Clapham (Watford G.S.)	St. Albans	30/5
51.5	R. E. Dixon (Lord Wandsworth Coll.)	Southampton	13/6
51.5	J. M. Morgan (Kilburn G.S.)	Wimbledon	/6
51.6	P. L. Burt (Leeds)	Leeds	9/5
51.6	H. R. Smith (Halesowen Tech. Coll.)	Birmingham	20/6

880 Yards

1:57.0	R. Dunkley (Shaftesbury H.)	Paddington	30/5
1:58.0	D. Richards (Roath H.)	Abertillery	27/6
1:58.1	D. Thornton (Ermysted G.S.)	White City	8/8
1:58.5	M. Martin (Mount St. Mary's Sch.)	White City	18/4
1:58.7	D. F. Reynolds (Allhallows School)	White City	18/4

1:59.5	F. J. Wright (Belgrave H.)	Chiswick	13/6
1:59.7	P. J. Linford (T.V.H.)	Chiswick	13/6
1:59.9	K. White (Bolton)	White City	18/4
2:00.0	J. A. Draper (Hampstead H.)	Paddington	30/5
2:00.4	J. B. Herring (Blackheath H.)	Birmingham	18/7
2:00.5	T. J. Collins (Ilford A.C.)	Mayesbrook Park	15/8
2:00.6	I. R. Porteous (Galashiels Acad.)	Glasgow	4/7

Mile

4:20.6	R. Dunkley (Shaftesbury H.)	Southgate	4/7
4:22.2	J. B. Herring (Blackheath H.)	Southgate	4/7
4:24.0	T. J. Collins (Ilford A.C.)	Aldershot	30/5
4:24.5	D. J. Courtman (Chelmsford A.C.)	Aldershot	1/7
4:25.2	E. Thorpe (Army)	Reading	6/6
4:25.6	B. W. Kent-Smith (Kelly Coll.)	White City	17/4
4:26.0	J. L. P. Dalton (St. Lawrence School)	White City	17/4
4:26.0	Stone (Blackheath H.)		
4:26.0	Salvat (Finchley H.)		
4:28.0	W. E. Jebb (Belfast)	Belfast	6/6
4:28.0	R. J. Darchambeaud (S.L.H.)	Uxbridge	24/6
4:28.4	A. Jordan (Manchester)	Stockport	4/7

120 Yards Hurdles

15.3	C. W. S. Miller (City of Rochester A.C.)	Southgate	4/7
15.4	V. C. Matthews (London A.C.)	Harrow	22/6
15.4	M. J. Dunmal (R.A.F.)	Halton	27/6
15.5	P. Sleet (Guildford G.S.)	Motspur Park	11/6
15.6	D. C. Frost (Windsor and Eton)	Southgate	4/7
15.6	H. H. Edwards (Bellahouston H.)	Cardiff	25/7
15.9	J. Waring (Durham Schools)	Uxbridge	18/7
15.9	M. J. Gatehouse (Caerphilly)	Cardiff	25/7
16.0	S. N. Fairweather (Felsted School)	Aldenhams	25/7
16.0	J. P. Patten (S.L.H.)	Odda, Norway	22/8

200 Yards Hurdles

24.0	H. H. Edwards (Bellahouston H.)	Cardiff	25/7
24.2	C. T. Snook (High Pavement G.S.)	Nottingham	4/7
24.4	C. F. R. Steward (Coleridge A.C.)	Cardiff	25/7
24.4	J. C. Ellison (Shettlestone H.)	Cardiff	25/7
24.7	B. Tillott (Walton A.C.)	Wimbledon	27/6
24.8	G. D. Atkinson (Leeds)	Stockport	4/7
25.0	N. W. Saint (Felsted School)	Aldenhams	25/7
25.1	P. T. Davies (Lancing Coll.)	Cardiff	25/7

High Jump

6'0"	A. P. J. Orton (Shaftesbury H.)	Paddington	30/5
5'11 $\frac{1}{2}$ "	P. R. H. Shinn (Ely A.C.)	Downham Market	30/6
5'11"	J. P. Patten (S.L.H.)	Tooting Bec.	6/7
5'11"	H. Bateman (Sussex Schools)	Uxbridge	18/7
5'11"	J. T. Darlington (Whitchurch G.S.)	Uxbridge	18/7
5'11"	A. Thomson (Army)	Aldershot	30/6
5'11"	B. J. Borner	Chatham	15/8
5'10"	B. E. Wardley (Enfield G.S.)	White City	17/4
5'10"	A. Daugherty (Halifax H.A.C.)	Stockport	4/7
5'9 $\frac{1}{4}$ "	B. F. Ash (S.L.H.)	Frankfurt	-/8

Long Jump

22'6 $\frac{1}{4}$ "	G. M. Gray (Beds. Schools)	Uxbridge	18/7
22'4"	P. Cresswell (Mansfield Tech.)	Nottingham	25/7
22'1 $\frac{1}{8}$ "	S. Orman (Hackney Down G.S.)	Eton Manor	7/5
21'11"	B. W. Smith (Southend A.C.)	Woodford	30/5
21'10"	A. P. J. Orton (Shaftesbury H.)		29/6
21'9 $\frac{3}{4}$ "	W. G. Dawes (Queen Eliz. G.S.)	Wakefield	30/5
21'9 $\frac{3}{4}$ "	H. Simmonds (Berks. Schools)	Uxbridge	18/7
21'9 $\frac{1}{4}$ "	J. L. Booth (Notts A.C.)	Nottingham	4/7
21'8"	P. K. Knowles (York Schools)	Uxbridge	18/7
21'7 $\frac{1}{4}$ "	B. Constable (Durham Schools)	Uxbridge	18/7
21'7 $\frac{1}{4}$ "	J. C. Brown (S.L.H.)	Wimbledon	16/5
21'6 $\frac{1}{2}$ "	D. Fairweather (Exmouth)	Plymouth	6/6

Hop, Step and Jump

45'10"	A. Thomson (Army)	Aldershot	30/6
45'8 $\frac{1}{2}$ "	W. G. Dawes (Queen Eliz. G.S.)	Bradford	30/5
45'4"	J. K. Ryder (Ld. Wandsworth School)	Southgate	4/7
44'8"	J. E. Whall (Kent A.C.)	Sittingbourne	13/6
43'5 $\frac{3}{4}$ "	W. J. French (T.V.H.)	Paddington	30/5
43'2 $\frac{1}{4}$ "	H. H. Edwards (Bellahouston H.)	Edinburgh	20/6
43'0 $\frac{3}{4}$ "	G. A. Highway (Camb. H.)	Southgate	4/7

Pole Vault

12'6"	G. M. Schmidt (S.L.H. & John Fisher School)	White City	23/5
11'6"	G. Campbell (Heriot's School)	Glasgow	30/5
11'3"	C. K. Fletcher (Bridgend)	Barry	30/5
11'0"	D. Miles (S.L.H. & John Fisher School)	Purley	16/5
11'0"	M. E. Nugent (John Fisher School)	Battersea	9/5
11'0"	D. J. Barnes (Poly. H.)	Cardiff	25/7
11'0"	M. Fitzgerald (Clonliffe H.)	Cardiff	25/7
11'0"	D. B. Davis (Pontedawe G.S.)	Cardiff	25/7

Shot

50'2 $\frac{1}{2}$ "	J. E. Whall (Kent A.C.)	Brighton	30/5
50'0 $\frac{3}{4}$ "	G. A. Carr (Woodford Green)	Ilford	30/6
49'9"	C. E. Carr (Radley Coll.)	White City	17/4
49'0 $\frac{1}{2}$ "	J. P. Jones (John Ruskin School)	Cardiff	25/7
48'2"	J. Sampson (Kent A.C.)	Sittingbourne	13/6
47'10"	I. Harrison (Sherbourne School)	Sherborne	1/7
47'7"	F. G. Crozier (T.V.H.)		10/6
47'4"	C. G. Smith (T.V.H.)	Harrow	22/6
47'4"	R. E. Wilkins (Poly H.)	Cardiff	25/7
46'11 $\frac{3}{4}$ "	M. J. Martin (John Fisher School)	White City	17/4
46'8"	A. T. Morgan (Cardiff H.S.)	Cardiff	25/7
46'7 $\frac{1}{2}$ "	M. A. Carter (Denstone Coll.)	Cardiff	25/7

Discus

156'9"	J. Sampson (Kent A.C.)	Ladywell	11/5
156'7 $\frac{1}{2}$ "	G. A. Carr (Woodford Green)	Uxbridge	17/7
148'11"	W. Dixon (Camb. H.)	Uxbridge	18/7
144'10"	J. M. Cross (Etlham Coll.)	Nottingham	18/4
143'9"	R. E. Blundell (Brighton A.C.)	Uxbridge	18/7
143'0"	B. Parker (Herne Hill H.)	Tooting	25/4
141'7"	R. Elliott (Newton Abbott)	Plymouth	13/6

Continued at bottom of page 7

JOSEF DOLEZAL TO TRAIN ZATOPEK WAY *By ARMOUR MILNE*

(Continued)

Dolezal is 5ft. 7½in. in height and weighs 10st. 7lbs. His best performances are: 3 kms., 11:58.0; 5 kms, 21:01.0; 10 kms., 43:31.0; 15 kms, 1:07:54; 20 kms, 1:30:26.4; 30 kms, 2:21:40; 50 kms (road), 4:23:14; 6 mls., 42:59.2; 7 miles, 51:06.4; 10 miles, 1:12:48.8; two hours, 25,005 metres.

This winter Dolezal is to train the Zatopek way. He will walk 20 to 25 kilometres a day 4 to 5 times a week, and by way of variety will run 10 to 15 kilometres once a week! Running he considers easier than walking. And he should know. This summer he came out of hospital, ran in the Czechoslovak marathon championship, and finished eleventh in two hours 43 mins., on training for walking! He says that he felt much fresher at the end of the marathon than he does at the end of a 50 kilometre walk. This, by the way, was not his best marathon performance. He was second in the same race in 1952 in 2 hours 40 mins. He likes marathons as a relief from walking and considers them helpful to conditioning!

This winter, in addition to his almost-daily long road walks he intends to put in a lot of work in the gymnasium strengthen-

ing his abdominal muscles. He will take part in whatever activities the others are doing in the gym. He will also get in some swimming every week.

In the Spring he will step up his Zatopek-style training by introducing alternate speed bursts and alternate stretches at an easy pace. This manner of training got him his two world records this year and he is confident that it will be productive of even greater pace for next summer. One week's training is:

Monday: 7 x 1 km. (7 separate kilometres fast, with 300 metres easy in between each kilometre). Tuesday: 4 x 3 kms. (4 separate kilometres fast, with 7 mins. slow walking in between each 3 kms). Wednesday: 20-25 x 500 metres (20-25 times 500 metres fast, with 100 metres slow in between each 500 metres). Thursday: 20 kilometres fast stroll. Friday: No training. Saturday: Evening stroll. Sunday: competition.

* * *

Hampshire County W.A.A.A. elected the following at their A.G.M.—President, Mr. F. R. Hyerley; Hon. Secretary, J. Horsburgh, 50 Kingsway, Aldershot; Hon. Treasurer, A. W. Turnbull, 26 Grove Road, Havant.

141'6"	G. Northern (Yorks)	Barnsley	27/6
140'5"	M. Parker (Luton)	Luton	13/6
139'1½"	M. J. Martin (John Fisher School)	White City	18/4
138'9"	G. Hallatt (Birkenhead School)	Manchester	6/6
137'5"	M. Blindt (Woodhouse G.S.)	White City	18/4

Javelin

215'2½"	M. Lanning (T.V.H.)	Chiswick	7/7
209'6"	C. G. Smith (T.V.H.)	Southgate	22/8
193'1"	D. Henderson (Madras Coll.)	St. Andrew's	-/6
184'11"	C. N. Loveland (St. Bede's Coll.)	Stockport	4/7
174'5"	J. R. Mason (Watford H.)	Watford	16/5
171'8½"	P. Gribler (Berks Schools)	Uxbridge	18/7
167'8½"	J. G. Grindle (R.N.)	Ipswich	6/6
166'7½"	J. A. Lyon (Walton A.C.)	Southgate	4/7

Hammer

170'8½"	M. J. Martin (John Fisher School)	White City	20/6
157'5½"	J. P. Radford (Kimbolton)	Luton	13/6
155'7½"	W. D. Hondt (John Fisher School)	Motspur Park	30/5
153'1"	P. J. Strickland (John Fisher School)	White City	20/6
149'9"	E. D. O'Farrell (John Fisher School)	White City	20/6
144'3"	A. C. Holloway (S.L.H.)	Harrow	29/6



The Oxford University team which won the cross-country match against Cambridge. L. to R.—D. W. C. Dove, I. H. Boyd, C. W. Suddaby, F. Aldridge, M. McKean, E. Doorbar, D. J. N. Johnson, D. H. Robinson. *H. W. Neale*

MIDLANDS BEAT U.A.U. and R.A.F.

Fine run by E. L. Hardy (Derby & County)

A representative team of the Midland Counties Cross-Country Association which included five internationals and others who had assisted A.A.A. teams, proved far too strong for the Universities Athletic Union and the Royal Air Force in the annual cross-country match held over six miles at Edgbaston last Saturday. The race was noteworthy for the strong running of the Midland captain, E. L. Hardy (Derby and County A.C.) who, as captain of his side, not only set his charges a fine example by staying at the head of affairs, but did so with a display of vaulting the many hurdles that could not fail to impress the English Union officials in attendance at the event. Hardy went into the lead from the start, and with a third of the distance covered he was seen to be some twenty-five yards ahead of his fellow English international, R. Hatton (Birchfield) with R. Beecroft (Liverpool University) a similar distance away in third place. F. L. Wyatt (Bristol A.C.) who came

in as a late selection in the Midland team due to an injury sustained by F. Green, was well up in fourth place.

With another lap completed Hardy had increased his advantage to one of sixty yards over Hatton, with H. Minshull (Manchester University) and Wyatt running together ten yards in arrears, with Beecroft next. The Derby man had more than doubled his advantage over Hatton when the field came round for the last time, with Wyatt having consolidated his third position 35 yards behind. Beecroft and Minshull were together slightly in front of three Midlanders, A. E. Binder, A. E. Dalton, and P. Parmenter.

The Midland team claimed eight of the first ten positions, only Minshull and Beecroft being able to avert a clean sweep, and they performed quite well in view of the class of the opposition. The first Air Force runner to finish was Cpl. Payne (Cosforth) in fourteenth position. Details:—

1. E. L. Hardy (M) 32.26
2. R. Hatton (M) 32.53
3. F. L. Wyatt (M) 33.07
4. H. Minshull (U.A.U.) 33.14; 5. R. Beecroft (U.A.U.) 33.14; 6. D. Parmenter (M) 33.26; 7. A. E. Dalton (M) 33.27; 8. A. E. Binder (M) 33.32; 9. C. J. Simpson (M) 33.56; 10. B. B. Heatley (M) 33.57; 11. E. Buchanan (U.A.U.) 33.59; 12. J. Lyne (U.A.U.) 34.12; 13. M. P. Smith (U.A.U.) 34.18; 14. Cpl. Payne (R.A.F.) 34.20; 15. F/Lt. D. Haw (R.A.F.) 34.28; 16. A/c Brown (R.A.F.) 34.31; 17. G. B. Saunders (U.A.U.)

- 34.35; 18. S. Chilton (U.A.U.) 34.38; 19. Sgt. Cobley (R.A.F.) 34.56; 20. Sgt. Gallagher (R.A.F.) 34.59; 21. B. Kay (U.A.U.) 35.11; 22. Cpl. Hill (R.A.F.) 35.12; 23. J. Morgan (M) 35.15; 24. Sgt. Todd (R.A.F.) 35.27; 25. A/c Yates (R.A.F.) 35.30; 26. D. W. Rustridge (U.A.U.) 36.48; 27. Sgt. McMinnis (R.A.F.) 38.06.

Teams :

Pts.

1. Midlands (1.2.3.6.7.8) 27
2. Universities A.U. (4.5.11.12.14.17) 62
3. Royal Air Force (14.15.16.19.20.22) 106

A RECORD RUN — North Berwick to Edinburgh

On Wednesday, 9th December, F/O J. McGhee, R.A.F., broke the record for the North Berwick to Edinburgh run, a distance of 23 miles.

F/O McGhee is better known as Joe McGhee, Shettleston H. (ex St. Modans A.C.) and was recently awarded by the S.A.A.A. the Donald McNab Robertson Trophy for the best record in road races each season.

Joe McGhee set off from N. Berwick P.O. at 1.15 p.m., accompanied by a car containing Mr. D. J. Jamieson, the S.A.A.A. Timekeeper and his father.

Gullane (4½m.) was reached in 26m.35.6s., then Aberlady (7¼m.) 52m. 30s. The 6m. stretch from here to Prestonpans brought

his time up to 1hr. 18m. 48.6s., well inside the record. Next Levenhall (16m.), 1hr. 30m. 3s., Joppa (18m.), 1hr. 38m. 48s., Portobello (20m.), 1hr. 49m. 5s., and finally the G.P.O., Edinburgh, 22½ miles in 2hrs. 5m. 19.6 secs.

The previous record was 2hrs. 38m. 15s., made by J. Morrow, Edin. E.H., in 1930.

It is a pity that McGhee made the attempt alone, otherwise I have no doubt he could have reduced the record still further.

Perhaps some of the Edinburgh Clubs will now promote a race over this course and bring Scotland's leading distance runners together. Meanwhile congratulations to F/O J. McGhee, M.A. (Glas. Un.) on a very fine show. W.D.



The Aylesford Paper Mills S.C. team which won the Dover A.C. 5 Miles team race. L. to R.—J. R. Charlesworth, M. Whennan 2nd, F. D. Sando 1st, S. S. Acott 3rd, J. S. Ellis Fuller's P.N.S. Photo

COLEMAN TAKES CAMBRIDGE "SEVEN"

THERE was never any doubt of George Coleman's superiority in the Cambridge Harriers Open 7 Miles at Eltham, on Saturday, in a field of 160 starters, of whom 142 finished, 18 being disqualified. Although R. H. Richards and F. W. Barrett, the Cambridge H. cracks, who beat him a fortnight ago, were both disqualified with less than a mile to go, Coleman was well in front then and going like steam.

From the start Barrett took a lead with Hawkins, Coleman and Goodall together ten yards behind. This was the order at two miles, with Richards next best and not looking too confident. Judges were by now exacting a not inconsiderable toll and Belgrave took a knock-out blow with their leading men, McMullen and McGreechan—and later James, ruled out.

At four miles Barrett led by twenty yards with Coleman well clear of the rest for second place. Team points showed: Highgate, who were without J. Devis — their second man home in each of their three previous successes (2, 8, 9, 15) 34; Woodford (4, 10, 11, 12) 37; Metropolitan (3, 7, 13, 17) 40. A mile further on Coleman closed up on Barrett, then dropped a few yards on the long climb, to go with a rush just before breasting the last rise and to shoot away giving Barrett no chance at all. Barrett and Richards, fifth, were both eliminated just after.

With half a mile to go, team positions were unchanged and the race looked to be Highgate's fourth successive win; points, Highgate 26; Woodford 30; Metropolitan 32; then they took a blow with Tunbridge ruled out and Woodford were the winners with four in nine, very fine packing. "Met" have a good "big-un" coming along in Peter Axford, and his win in the handicap was very deserved. Jack Leviitt, Surrey A.C. was second and "Dicky" Green, of Surrey W.C. and Stock Exchange, third.

Two big surprises were the number of prominent men disqualified and the fast times shown all round. Coleman's win in

51m. 51s., was a minute-and-a-half better than Barrett's, of last year, and the field in general showed about a minute per head faster than expected. Was this just one of these "fast" days? Or were the watches sluggish? I just don't know. Cambridge say the course was a certified seven miles.

POLICE ON THE BEAT

Contrary to practice in the Running world the Metropolitan Police Walkers do not enter teams, as such, in Open competition, and their strength in Opens is spread among the Clubs. The spreading may be rather uneven with big dollops in some places and a very thin film in others, but did they ever change their policy in regard to Open events they would be a force to be reckoned with in more ways than one.

The entry of over a hundred Police for their seven miles race at Colindale, on Thursday of this week, included no less than 53 novices, some of whom were exceeding the regulation four-miles-per-hour for the first time. Writing before the event I make no secret of the fact that in Eric O'Hara, of "N" Division, they have an exceptional novice. On only his third training spin with me I found him too fast and have had to pass him up to the speedier pack. He has been a useful member of the Police cross-country team but will be in a much higher class as a walker.

One familiar face was missing at Colindale, that of Superintendent John Bidgood, a former Metropolitan Police long-distance champion, and bulwark of many a Belgrave distance team. Mr. Bidgood, readers will be very sorry to hear, is in fact seriously ill in St. Thomas' Hospital with a lung complaint, which has necessitated an operation. We all wish him a very speedy recovery to health.

National Junior Champion, Colin Young (Essex Beagles) was missing from the Cambridge race on Saturday because of an injury, involving some stitches in his head, received on a training spin one evening. He

Continued on back page

BEXHILL RELAY FOR AYLESFORD P.M.

Fast run by Frank Sando

Though Aylesford P.M. were on sixth after the first stage and nearly a minute behind, they pulled up to first place through M. Whenman on stage 2 and were never headed, finishing only two seconds outside the record of 1:22.16 put up last year by Cambridge Harriers. Frank Sando, running the fifth stage, put up fastest time of 13.03, only six seconds outside D. H. Holden's record of 12.57.

A. E. Foster, of Brighton, led on stage 1 from L. F. Cass (Camb. H.) and P. R. Chantler (Eastbourne). On the next, Whenman moved up to take the lead, but Blackeby (Camb. H.) stuck to him over the last half-mile to finish only 3 secs. down.

On stage 3 Charlesworth put Aylesford further ahead, but H. V. Foord, of Brighton, ran a fast leg to take his club from fifth to second, 31 sec. behind the leaders. Brighton dropped back badly on the next stage, but Dellar took Cambridge back to second place with a good run.

Stage 5 saw Frank Sando go right away for a clear lead. Cambridge retained their place and were now well in front of Bex-

hill. J. Pemble ran a good leg for Maidstone. On the last lap Acott had an easy run to win for Aylesford and could undoubtedly have broken the record had he realised how near they were to Cambridge's time. Cambridge missed the services of their record holder, Dennis Holden, who was present but on medical advice did not run. Harland, of Cambridge, and D. Pemble, of Maidstone, both put up fast times on this final stage.

1, Aylesford P.M. (Pettitt 14.07, Whenman 13.24, Charlesworth 13.46, Macoy 14.10, Sando, 13.03, Acott 13.48) 1hr. 22m. 18sec.

2, Cambridge H. (Cass 13.22, Blackeby 14.12, Maynard 14.36, Dellar 13.51, Mahon 14.07, Harland 13.19) 1:23.27.

3, Bexhill A.A.C. (Small 13.58, Bates 13.56, Cole 13.58, Wicks 14.30, Ballard 14.31, Webb 13.47) 1:24.40.

4, Brighton and C.H. 1:25.31; 5, Maidstone H. 1:25.41; 6, Hercules A.C. 1:26.33; 7, Cambridge "B" 1:28.10; 8, A.P.M. "B" 1:28.22.

Fastest times: Sando (APM) 13.03. D. Pemble (Maidstone) 13.11, Foster (Brighton) 13.14, Foord (Brighton) 13.17, Harland (Camb. H.) 13.19.

RESULTS

December 2nd

RAF Upwood "A" 27 pts. beat RAF Feltwell "A" 51, RAF Upwood "B" 73, RAF Wittering 83, RAF Feltwell "B" 121. 1, Osborn (U) 32.30; 2, Smith (W) 32.45; 3, Taylor (U) 33.45; 4, Neil (U) 34.48; 5, Aylmer (F) 34.55; 6, Williams (P) 35.10.

December 5th

Southall A.C. 78 pts. beat Ruislip and N.A.C. 118 and Queens P.H. 118, in a Junior and Youths match. 1, G. Hanson (QPH) 20.40; 2, N. Rees (QPH) 21.02; 3 eq., J. Gunn (S) and I. Stewart (S) 21.21; 5, C. Wroth (S) 21.30; 6, T. Gough (R) 21.34.

Bedford and County A.C. beat N. Herts A.C. 25 pts. to 64. 1, C. E. Kennedy (B) 29.19; 2, R. Dunphy (B) 30.04; 3, P. Sher-

wood (NH) 30.16; 4, V. Farrar (B) 30.20; 5, J. Hutchinson (B) 30.34; 6, G. Hudson (B) 30.53.

T.V.H. 73 pts. beat Belgrave H. 113, Ealing 262, Oxford City 290 and Aylesford P.M. 349. 1, A. H. Olney (TVH) 42.55; 2, M. Barrett (E) 43.44; 3, E. Ingles (TVH) 44.13; 4, E. Ellis (TVH) 44.44; 5, A. Thornton (TVH) 45.00; 6, R. Tooby (B) 45.02. In a 17 a-side match T.V.H. beat Belgrave 257 pts to 347.

Kent A.C. and Croydon H. tied with 11 pts. and C.Y.M.C.A. 25 pts. 1, N. Fox (K) 29.28; 2, Stone (C) 29.40; 3, J. Turner (K) 30.14; 4, B. Proctor (C) 30.18; 5, V. Murry (C) 32.18; 6, R. Fish (CYMCA) 32.26.

Old Brentwoods' A.C. beat **Brentwood School** 40 pts. to 41. 1, P. E. G. Albert (OB) 26.59; 2, J. C. Webster (OB); 3, B. C. Cross (B) 4, Johnston (B).

Bristol South H. beat **Westbury H.** 23 pts. to 32. 1, D. Llowarch (BSH) 30.12; 2, J. Court (W) 30.31; 3, P. J. Bowden (BSH) 30.37; 4, T. M. Chorley (BSH) 30.39; 5, J. Edwards (BSH) 30.43; 6, R. Gazzard (W) 30.59; In a Junior match **Westbury H.** beat **Bristol S.H.** 10 pts. to 12. 1, P. Holloway (BSH) 17.17 (course rec.); 2, Kimmings (W) 17.42; 3, Ivory (W) 17.47; 4, C. Rickards (BSH) 18.02.

St. Albans City A.C. Champs. Senior 7½ M. 1, D. O'Gorman 40.55; 2, R. W. Hills 42.44; 3, P. R. Tearle 44.16. **Junior 5M.:** 1, J. Hubball 30.05; 2, G. F. Bareham 30.54; 3, D. Sutcliffe 32.27; **Youths 3½M.:** 1, P. D. Palmer 17.44; 2, D. Brown 18.14; 3, J. Mathison 22.25.

Barry H. beat **R.A.F. St. Athan** 23 pts. to 32. 1, D. Lakin (B) 30.54; 2, R. Adams (B) 31.27; 3, D. Clarke (B) 31.42; 4, A/C Dean (RAF) 32.07; 5, A/C Gibson (RAF) 32.45; 6, A/C Powell (RAF) 32.47.

Birmingham Univ. 39 pts. beat **Newport U.C.** 69, **Cardiff U.C.** 94 and **Aberystwyth U.C.** 112. 1, L. Bevan (N) 28.19; 2, T. Woods (N) 29.45; 3, J. Wingfield (C) 29.52; 4, D. Shott (B) 30.00; 5, D. R. Williams (B) 30.05; 6, R. Ellis (B) 30.15.

Surrey Youths' Race. 1, S. Langridge (SLH) 23.05; 2, R. Linstead (Belgrave) 23.07; 3, J. Edgar (Belgrave) 23.14. **Teams:** 1, Farnham A.C. 40 pts.; 2, Belgrave H. 40; 3, Hercules A.C. 88.

Portsmouth A.C. "A" 63 pts. beat **Portsmouth A.C. "B"** 66 and **Tatchbury Mount** 110. 1, D. J. Smith (P "A") 36.22; 2, A. H. Isaac (P "A") 36.36; 3, S. A. Bollen (P "B") 36.56; 4, J. Clark (T.M.) 37.49; 5, G. Hewitt (T.M.) 37.49; 6, J. S. Richardson (P "A") 38.51. In a Junior match **Portsmouth (Y)** 12 pts. beat **Portsmouth A.C. (J)** 24 and **Tatchbury Mount** 45. 1, G. Clark (PY) 16.22; 2, C. Plumpton (PY) 16.23; 3, A. Newell (PJ) 16.28; 4, J. Lindsell (PY) 16.28; 5, A. H. Cowdry (PY) 16.39; 6, W. T. Wheeler (PJ) 16.45.

Reading Univ. beat **Bristol Univ.** 32 pts. to 47. 1, Dawson (R) 33.55; 2, W. D. Thomas (B) 33.58; 3, Scott (R) 34.16; 4, Newnham (R) 35.14; 5, Carmichael (R) 35.25; 6 eq. D. B. Harris (B) and J. F. Deans (B) 35.33.

Bristol Univ. II. beat **Newport H.S.** 33 pts.

to 47. 1, D. R. James (NHS) 19.05 (course rec.); 2, P. J. Holland (NHS) 19.30; 3, M. E. Sheard (B); 4, J. Helm (B); 5 eq., B. Button (B) and D. Hilt (B).

London Univ. 21 pts. beat **Clonliffe H.** 81 and **Dublin Univ.** 102. 1, J. S. Evans (LU) 26.31; 2, T. E. Keegan (LU) 26.32; 3, R. H. Dunkley (LU) 26.33; 4, A. J. Llewellyn (LU) 26.53; 4, D. J. P. Richards (LU) 27.01; 5, T. Bailey (LU) 27.15; 6, D. J. Pain (LU) 27.23.

December 8th

Bexhill A.A.C. 2½M. Road Champ. 1, T. D. Morford 13.44 (rec.); 2, N. R. Cole 14.03; 3, J. Small 14.04; 4, M. Bates 14.14; 5, A. Bates 14.23; 6, C. H. Ballard 14.34.

December 9th

RAF Upwood "A" 27 pts. beat **RAF Oakington** 30 and **RAF Upwood "B"** 85. 1, Osborn (U) 29.10; 2, Cross (O) 29.40; 3, Day (O) 30.40; 4, Williams (U) 31.00; 5, Sessions (O) 31.30; 6, Hunter (U) 31.40.

Bristol Univ. beat **RAF St. Athans** 38 pts. to 40. 1, W. D. Thomas (BU) 33.50; 2, LAC Gibson (RAF) 34.35; 3, Sgt. Scuttis (RAF) 34.40; 4, M. W. Hunter (BU) 34.45; 5, D. F. Kelly (BU) 34.50; 6, P/O Brookfield (RAF) 34.55.

RAF Honington beat **RAF Bircham Newton** 26 pts. to 55. 1, LAC Symons (H) 23.18; 2, AC Palmer (H) 23.55; 3, LAC Young (BN) 24.0; 4, SAC Porter (H) 24.55; 5, SAC Dickson 25.00; 6, Cpl. Keeting (H) 25.00.

RAF Boscombe Down 44 pts. beat **43rd LAA Bullford** 67, **REME Blandford** 90, and **RAF Rudloe Manor** 139. 1, AC Barrett (BD) 32.30 (course rec.); 2, Cpl. Isaac (BD) 32.40; 3, AC Wilkinson (BD) 33.10 4, Gnr. Seddon (LAA) 33.30; 5, P/O Goater (RM) 34.00; 6, RQMS Prestidge (LAA) 34.30.

Leicester Univ. Coll. beat **Saltley T.C.** 33 pts. to 53. 1, McArdle (LUC) 38.14; 2, Bell (S) 38.48; 3, Phillips (LUC) 39.08.

Ranelagh H. beat **Cheshunt G.S.** 123 pts. to 130. 1, D. Braybrook (R) 24.12; 2 eq., J. Davies, W. Bird, A. Pearce (All R) 24.33; 5 eq. A. Roser (C), A. Phypers (C) 24.51.

December 12th

Highgate H. 6M. Champ. for "Bliss and Warren" cups. 1, P. Stokes 35.23; 2, T. Newby 35.45; 3, G. Harrison 35.50; 4, R. Tooth 37.15; 5, J. Evans 37.27; 6, E. Dawes 37.43 (H'cp "Warren Cup") G. Harrison (2.00) 33.50.

SOMERSET CHAMPIONSHIPS

At Bath

Seniors—7½ Miles

In the absence of the holder, F. L. Wyatt, through selection for the Midlands team, the race went to P. H. Bowden (Bristol S.), who led practically all the way to win by 200 yards.

1, P. H. Bowden (Bristol S.) 42.12; 2, T. M. Chorley (Bristol S.) 42.52; 3, B. Davis (Bath C.S.) 42.55; 4, H. Hyman (Bristol S.); 5, K. Werry (Bath C.S.); 6, E. Lawrence (Taunton); 7, B. Starks (Bath A.C.); 8, B. Durman (Bath C.S.); 9, L. Truscott (Bath C.S.); 10, L. Lawrence (Bristol S.); 11, L. Gay (Bristol A.C.); 12, M. Mallard (Bristol A.C.). **Teams:** 1, Bristol South H. (1.2.4.10) 17 pts.; 2, Bath Civil Service 25 pts.; 3, Taunton 54 pts.; 4, Yeovil and D. 73 pts.

Juniors—5 Miles

The holder, J. R. Crumple, reached the ground too late to compete but saw his club colleague, J. R. Edwards, win from another, G. R. Norman, and the Kingswood schoolboy, A. D. Sanders.

1, J. R. Edwards (Bristol S.) 28.29; 2, G. R. Norman (Bristol S.) 28.42; 3, A. D. Sanders (Kingswood) 28.52; 4, J. B. Long (Bristol S.); 5, T. Lawson (Bristol S.); 6, G. Kendall (Kingswood); 7, P. Wilby (Kingswood); 8, G. Banfield (Bristol A.C.). **Teams:** 1, Bristol S. (1.2.4) 7 pts.; 2, Kingswood Sch. 16 pts.

Youths—3 Miles

Yeovil supplied the first four home and won the team race with minimum points.

1, D. Graham (Yeovil) 16.36; 2, D. Blake (Yeovil) 16.37; 3, A. Last (Yeovil) 16.37; 4, P. Dunn (Yeovil); 5, H. Roberts (Kingswood); 6, R. Skates (Bath and C.). **Teams:** 1, Yeovil A.C. (1.2.3) 6 pts.; 2, Kingswood Sch. 23 pts.; 3, Bath and C. 24.

WILTSHIRE CHAMPIONSHIPS

At Swindon

Seniors—5½ Miles

1, J. F. Bowen (RAF Yatesbury) 33.08; 2, J. A. Pike (Bristol Univ.) 33.25; 3, K. W. Rickuss (RAF Yatesbury) 34.12; 4, A. H. Isaacs (Portsmouth A.C.) 34.24; 5, D. V. Amor (Swindon) 34.33; 6, E. Richardson (Swindon) 34.36; 7, T. Hastie (Wallsend) 34.44; 8, M. Sawyer (Trowbridge) 35.01; 9, A. Wilkinson (RAF) 35.12; 10, B. Parker (Salisbury) 35.13; 11, P. Whiteman (RAF Yatesbury) 35.19; 12, M. H. James (Swindon) 35.20. **Teams:** 1, RAF Yatesbury

(1.3.11.13) 28 pts.; 2, Swindon A.C. (5.6.12.14) 37 pts.

Juniors—4½ Miles

1, M. Prynne (Salisbury) 25.29; 2, LAC Rees (RAF Compton B.) 26.24; 3, D. Lillcrap (Salisbury) 26.54; 4, B. Lillcrap (Salisbury) 26.55; 5, G. Butt (Salisbury) 27.03; 6, S. Heapy (RAF Yatesbury) 27.23; 7, L. Dean (Salisbury) 27.24; 8, P. Hill (Salisbury) 27.50. **Teams:** 1, Salisbury and Dist. 8 pts.; 2, RAF Yatesbury 29 pts.

Youths—2¾ Miles

1, R. Currie (Westinghouse and C.) 16.46; 2, J. Pratt (Swindon) 17.10; 3, H. Stratford (Marlborough Coll.) 17.34; 4, H. Huntley (Trowbridge) 17.45; 5, J. Pearce (Trowbridge) 17.46; 6, R. Ealey (Swindon) 17.53. **Teams:** 1, Marlborough College 18 pts.; 2, Swindon A.C. 19 pts.; 3, Trowbridge A.C. 22 pts.

S.E. LANCS LEAGUE

At Blackley

At the halfway mark in this race over 6½ miles, Albert Walker, of Royton, was slightly in the lead from J. Salt (Rochdale) and T. Nortley (Radcliffe). Walker increased his lead to win by 200 yards from Salt, but Nortley dropped back to 5th position. Royton once more just beat Rochdale for team honours and now have an 18 pts. lead in the championship series.

1, A. Walker (Royton) 38.49; 2, J. Salt (Rochdale) 39.09; 3, B. McOwen (Rochdale) 39.22; 4, W. Giles (Royton) 39.28; 5, T. Nortley (Radcliffe) 39.38; 6, A. Hughes (Rochdale) 39.47; 7, J. Walker (Royton) 39.52; 8, J. Fearn (Royton) 40.07; 9, E. Toft (Royton) 40.09; 10, A. Bowdler (Rochdale) 40.30; 11, G. R. Dale (Radcliffe) 40.38; 12, R. Rowbottom (Rochdale) 40.45. **Teams:** 1, Royton H. (1.4.7.8.9.14) 43 pts.; 2, Rochdale H. (2.3.6.10.12.13) 46; 3, Bury A.C. 129; 4, Radcliffe 170; 5, Blackley 183; 6, N. Manchester H. 236.

MIDLANDS LEAGUE

Senior 5M. 1, A. Webster (Sutton in A) 34.23; 2, F. Crooks (Sutton in A) 34.23; 3, D. Bates (Derby) 34.35; 4, D. Tilley (Lincoln W) 34.44; 5, K. Barnsdale (Lincoln) 34.54; 6, J. Chamberlain (Leicester H) 35.01; 7, K. Johnson (Leicester CAT) 35.16; 8, A. Keilly (Derby) 35.25; 9, T. Edwards (Leicester H) 35.30; 10, D. Kirk (Notts) 35.36; **Teams:** 1, Derby and CAC 48 pts.; 2, Lincoln W. 57; 3, Notts AC 118; 4, Sutton in

A. 120; 5, Leicester H. 141; 6, Leicester CAT 195.

Youths 3M: 1, P. Otter (Leicester H) 18.18; 2, N. Clarke (Lincoln) 18.19; 3, L. Pratt (Leicester H. 19.11; 4, T. Taylor (Hinckley TC) 19.13; 5, K. Hunter (Derby) 19.15; 6, C. Billson (Leicester H.) 19.20. **Teams:** 1, Leicester H. 10 pts.; 2, Derby 22; 3, Hinckley TC 27; 4, Notts AC 64; 5, Lincoln 72; 6, Melton GS 75; 7, Leicester CAT 91.

NORTHUMBERLAND AND DURHAM LEAGUE

Senior: 1, A. Turner (Bedlington) 44.26; 2, A. Rainey (Gosforth) 44.40; 3, E. Thompson (Morpeth) 44.55; 4, E. Duffy (Gosforth) 44.59; 5, A. Thompson (Jarrow) 45.02; 6, T. Aisbitt (Morpeth) 45.08; **Teams:** 1, Morpeth 90 pts.; 2, Heaton 98; 3, Bedlington 107.

Youths: 1, J. Rutherford (Gateshead); 2, F. Broughton (Morpeth); 3, C. Black (Gateshead). **Teams:** 1, Gateshead H. 21 pts.; 2, Gosforth H. 37; 3, Saltwell H. 44.

Boys: 1, G. Hepburn (Gosforth) 6.20; 2, J. Gibson (Gosforth) 6.22; 3, H. Barnfather (Heaton) 6.29. **Teams:** 1, Gosforth H. 7 pts.; 2, Saltwell H.; 3, Heaton H. 29.

MIDDLESEX YOUTHS' CHAMPIONSHIP At Cranford

1, P. Linford (TVH) 16.18; 2, E. Wren (Southgate H.) 16.25; 3, C. Ward (Highgate H.) 16.26. **Teams:** 1, Thames Valley H. 26 pts.; 2, Highgate H. 43; 3, Southgate H. 62.

MITCHAM ATHLETIC CLUB 3rd Annual

OPEN 15 MILES ROAD RACE

Saturday, 9th Jan., 1954. 2.30 p.m.
from

The Three Kings Hotel, Mitcham

The Club has been given the
Mitcham Challenge Trophy

(Value 75 guineas)
for annual award to the first individual

Other Awards—

Ind. prizes—£5, £3, £1/10/0

Team—The JIM PETERS Challenge
Trophy and prizes value £4/10, £3/3, £2/5

ENTRIES—6/-. Individuals 2/6, on
A.A.A. forms, to C. F. MARSHALL, 229
Hillcross Avenue, Morden, Surrey.

Closing date—FRIDAY, January 1st, 1954

LONDON UNIVERSITY CHAMPIONSHIP

1, T. E. Keegan (L.S.E.) 26.58 (rec.); 2, *J. S. Evans (Northampton Poly.) 27.04; 3, R. H. Dunkley (L.S.E.) 27.15; 4, D. J. P. Richards (U.C.) 27.46; 5, T. Bailey (I.C.) 28.10; 6, D. J. Pain (I.C.) 28.27. *Individual. **Teams:** 1, University Coll. 39 pts.; 2, Imperial Coll. 62; 3, L.S.E. 62.

INTER-BANKS CHAMPIONSHIP

1, D. A. G. Pirie (Lloyds) 29.57; 2, J. D. Wood (Barclays) 30.23; 3, P. J. Pirie (Lloyds) 30.52; **Teams:** 1, Barclays 51 pts.; 2, Lloyds 52; 3, Westminster 127.

INSURANCE CHAMPIONSHIP

1, *H. J. Hicks (H. Chaplin) 29.18; 2, D. Chapman (F.P.) 31.46; 3, G. S. Ward (P) 31.55; 4, E. V. Towler (NB and M) 32.15; 5, *B. W. Jackson (A) 32.20; 6, B. G. Lucas (S) 32.40. **Teams:** 1, Pearl 20 pts.; 2, London and L. 65; 3, Cuaco 90; 4, Friends Provident 90; 5, Ibis 94; 6, E. W. Payne 108. *Individual.

LONDON SHIPPING CHAMPIONSHIP

1, M. R. Maynard (Maori) 30.05; 2, R. S. Clark (Maori) 30.34; 3, E. Kerridge (Maori) 32.25; **Teams:** 1, Maori Club 13 pts.; 2, Bank Line 31; 3, Houlder Brothers 43.

Belgrave H. beat Mitcham A.C. 45 pts. to 126. 1, J. W. Brown (B) 36.17 (course rec.); 2, G. T. Olding (B) 37.06; 3, R. Linstead (B) 37.25; 4, D. Brickwood (B) 37.33; 5, R. T. Taylor (B) 37.45; 6, J. Masters 37.48.

Belgrave H. 7M. Champ. held in conjunction. 1, J. W. Brown; 2, R. Linstead; 3, D. Brickwood. **H'ep:** 1, R. Linstead (2.30) 34.55; 2, D. Briggs (3.15) 35.14; 3, D. Brickwood (2.15) 35.18.

Shaftesbury H. "B" 11 pts. beat **Centymca H.** 40 and **Faraday H.** 2. 1, R. Parker (S) 30.26; 2, A. J. McKay (S) 30.50; 3, B. Roberts (S) 30.59; 4, E. McKay (S) 31.12; 5, J. Waterhouse (S) 31.37; 6, S. F. Neale (S) 31.37.

Finchley H. beat Woodford Gn. 117 pts. to 183. 1, E. Shirley (F) 40.08; 2 eq., E. Whitehead (F) and K. Harvey (F) 41.30; 4, D. Raven (F) 42.07; 5, R. Lowe (WG) 42.27; 6, E. Mundy (F) 43.05.

Maidenhead A.C. 31 pts. beat **Wycombe Ph.** 34, **Slough A.C.** 77 and **Southall AC** 89. 1, R. Ellis (M) 38.27; 2, Scott (M) 39.04; 3, Selwood (W) 39.05; 4, Barlow (W) 40.04; 5, Brown (M) 40.08; 6, Tugwood (W) 40.24.

More results next week

AUSTRALIAN MILERS SET ALL-TIME RECORD

Frank O'Connell, rising W.A. half-miler, clipped 0.2 sec., from John Landy's state open record with 1:53.4 in Perth, on November 28th. O'Connell's superior finish proved too much for another good boy, Graham Adair, whose time was 1:53.9. In Melbourne, Len McRae, powerfully-built 24-year-old country schoolteacher, ran his best 880 with 1:53.9.

McRae has tremendous potential, but suffers because of training limitations. Much of his work must be done on the roads in the mountain hamlet where he teaches school, except for Friday nights, when he trains with Landy, and Sunday mornings.

By
JOE GALLI

Ken Doubleday whipped over the high hurdles in 14.8 but was aided by a strong wind. Ray Weinberg, owing to pressure of business, has not yet competed, although he is training hard with a view to gaining a place in Australia's Empiad team.

Dave Stephens, who ran promisingly in Rumania in August, gave a glimpse of what he might do when he won the Grade A 3 miles in 14:21.2. John Plummer won a good mile in 4:15.0; from Alex Henderson 4:16.5 and marathon star Allan Lawrence, 4:16.6. Twelve Australians have so far this year bettered 4:18.0, an all-time record. Less than three years ago the national record was 4:15.8 by Don Macmillan!

In Sydney, Bill Job and Kevin Reede clocked 9.8 and 9.9 respectively for 100 yards, while in Adelaide, Alastair "Scotchey" Gordon ran 9.8. Lloyd Hadfield, who is known to English hammer throwers, established a new S.A. state record of 159ft. 7½in.

Margaret Johnson, of Brisbane, managed one of the best broad jumps by an Australian woman when she established Queensland state junior and senior records of 18ft.

8½in. on Nov. 28th. In Sydney, Marlene Matthews ran 100 yards in 11 sec., while Gwen Wallace, understudy to Shirley Strickland, returned 11.7 for 80m. hurdles.

In the truly sensational class was a broad jump of 17ft. 10in. by Beverley Weigel, who is only 13 years of age, in a children's day meeting in Auckland (N.Z.) on November 28th. She also won over 100 yards in 11.5 sec.

SOUTH AFRICAN 3M. RECORD

Dawie Pypers, of Stellenbosch University, knocked 11.6 sec. off the S.A. 3 miles record, when winning a great race from Murray Boshoff at Port Elizabeth, after Boshoff had led by 30 yards on the last lap. Pypers won in 14:32.1, while Boshoff, who also well beat the previous time, clocked 14:33.7.

Other excellent performances were 6ft. 5½ in. high jump by Joe Truter and 207ft. 1¼in. javelin throw by John Veitch.

On Nov. 14th, D. Swanepoel broke Esther Brand's S.A. women's shot record with 39 ft. 9½in. and on November 28th she smashed the S.A. javelin record with a throw of 133 ft. 11¾in.

Aldershot A.C. elected the following officials at their A.G.M.—Hon. Secretary, J. Horsburgh, 59 Kingsway, Aldershot; Hon. Treasurer, W. H. Dennison, 65 Victoria Road, Aldershot; Team Captains, J. Farmer and Miss J. Lovell.

BOGNOR REGIS ATHLETIC CLUB

6th Annual

10 MILES OPEN ROAD RACE

(Under A.A.A. Laws)

Easter Monday, April 19th 1954

Team Trophy (Perpetual)

Individual Trophy (Perpetual)

Individual Prizes valued—

£7/10/0; £5; £2/10/0

Particulars from J. H. P. YNE Hon Sec.,
The Croft, Chalcroft Road, Bognor Regis.

WALKING (contd.)

hopes to be back in the thick of it after Christmas, but this accident—despite the fact that he was clad all in white—is one more instance of the need for care when training or racing on the public roads. I hope to have something further to say on this score next week.

December 12th.

Cambridge 7 Miles Open Walk, Eltham

1. G. W. Coleman, Highgate H. 51.51
2. B. Hawkins, Metropolitan W.C. 52.29
3. R. F. Goodall, Wood. Gn. A.C. 53.17
4. L. T. Adams, Essex Beagles..... 53.24
5. H. T. Whitlock, Met. W.C. 54.12
6. A. H. Cotton, Wood. Gn. A.C. 54.42
7. A. J. Hosking, St. Albans C. 54.43; 8. G. L. Meadows, Highgate H., 54.06; 9. A. L. Mash, Woodford G. 55.04; 10. J. Goodall Woodford G. 55.12.

Teams: 1, Woodford Gn. (3, 6, 8, 9) 26; 2, Metropolitan W.C. (2, 5, 10, 13) 30; 3, Highgate H. (1, 7, 11, 34) 53.

Handicap: 1, P. Axford, Met. (8.40) 47.32; 2, J. Levitt, Surrey A.C. (9.40) 48.05; 3, R. Green, Surrey W.C. (8.50) 48.17.

Handicap Teams: 1, Surrey A.C. 196m. 45s.; 2, Metropolitan W.C. 198.42; 3, Highgate H. 199.27.

Midland R.W.A. 7M. League Walk, Handsworth. 1, A. Poole (Worcester) 57.10; 2, J. Logan (Leicester) 57.44; 3, I. Paul (Birm. W.C.) 58.16; 4, B. Kibble (Leicester) 58.52; 5, F. O'Reilly (Lozells) 59.04; 6, A. Rozentals (R. Sutton) 59.17. **H'cp:** C. Evans, Leicester (7.30) 53.43. **Teams:** 1, Leicester W.C. 24 pts.; 2, Birmingham 52; 3, R. Sutton 56. **H'cp:** Birmingham 3:36.55.

At their A.G.M. on Nov. 25th, Dover A.C. elected the following officials—Chairman, J. Gagan; Secretary, D. W. Penn, 13 Whitfield Avenue, Dover; Treasurer, Miss M. Meenehan, "Uplands," Lower Road, River, Dover; Walking Sec., J. Thomas, 33 Chaucer Crescent, Dover; Social Sec., C. C. Royce, 9 Pencester Court, Dover.

* * *

The written examination for A.A.A. Hon. Senior Coaches will take place on Saturday, 27th February, 1954. Candidates who wish to sit the examination should write to the A.A.A. Offices, Crown Chambers, 118 Chancery Lane, London, W.C.2.

Women's Results

December 6th

Orpington A.C. H'cp: 1, A. Shephard (0.15) 21.40; 2, S. Gaiger (scr.) 22.20; 3, A. Hobling (0.30) 23.30; 4, R. Southam (2.00) 24.45.

December 12th

MIDLAND WOMEN'S TURLEY SHIELD RACE

1, K. Field (S. Heath) 14.22; 2, C. J. Hesson (Bilston T.) 14.38; 3, J. Matthews (Birchfield) 14.47; 4, V. Oakes (Stourbridge) 14.52; 5, M. Stokes (Birchfield) 14.58; 6, B. Hammond (S. Heath) 15.14; 7, P. Marsh (Stourbridge) 15.25; 8, M. Zeff (Birchfield) 15.27; 9, I. Cross (S. Heath "B"); 10, S. Valentine (S. Heath) 15.45. **Teams:** 1, Birchfield H.L.S. 16 pts.; 2, Small Heath "A" 17; 3, Small Heath "B" 38; 4, Smethwick 47; 5, Stourbridge 49; 6, Harborne "A" 60; 7, Oldbury 66; 8, Harborne "B" 117.

Orpington A.C. beat Phoenix A.C. 10 pts. to 11. 1, A. Shephard (O) 16.15; 2, J. Weaver (P) 16.17; 3, G. Buckle (P) 16.23; 4, S. Gaiger (O) 16.28; 5, J. Coote (O); 6, B. Kane (P). Club Champ. held in conjunction: 1, J. Weaver; 2, G. Buckle; 3, B. Kane.

Ilford Ladies' Champ: 1, Y. Mattok 15.36; 2, M. Beckford 15.48; 3, M. Westney 16.06; 4, P. Green 16.41.

Phoenix A.C. elected the following officers at their A.G.M.—President, H. Hampton, Esq.; Hon. Secretary, Miss K. Croucher, 27 Otford Crescent, S.E.4; Match Sec., A. F. Whiffen, 67 Abbotshall Road, S.E.6; Treasurer, F. Theakstone; Capt. Miss J. Weaver; Vice-Capt., Miss G. Buckle; Coach, A. F. Whiffen.

CLASSIFIED ANNOUNCEMENTS

Classified announcements can now be accepted at the following rates: 2/- per line of six words; 12 insertions 1s. 8d., 24 insertions 1s. 6d. per line.

Cloth Club Badges supplied to your design, low prices, stamp please for list. Domestic Developments, 26, Anerley Hill, London, S.E.19.

Club Name Track Suits. Postal application. TRACKCRAFT, 17 Mortimer Street, London, W.1.