

Athletics

WEEKLY

ONE SHILLING

INCORPORATING WORLD ATHLETICS

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THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

KILBY BEATS RECORD IN HOG'S BACK RACE

BRIAN KILBY, Britain's athlete of the year, lived up to his title by scoring a magnificent victory in the Hog's Back 9½ miles road race on December 15th. Michael Turner, the Cambridge Blue, set a cracking pace for the first 7 miles but ("it was hard work all the way"). Kilby managed to open up a winning margin of 50y over the last 2½ miles. Helped by a strong following wind for most of the distance, the European and Empire marathon champion clocked the startling time of 44.15—34 seconds faster than Basil Heatley's 1960 record. Turner was also well inside the previous figures, while in 3rd place Martin Hyman was nearly a minute faster than his winning time of last year.

At the 6 miles mark, Turner held a 30y lead over Kilby, but Brian was running so forcefully and with such determination that the final result was not really in doubt. Hyman and Juan Taylor, running abreast, followed a couple of hundred yards back, with Heatley 5th a few strides behind. Buddy Edelen, the fastest British-based marathoner of the year, was 6th.

Hyman ripped past Taylor 150y from the finish to take 3rd place, their duel carrying them well away from Heatley, who was in turn swiftly being caught by Edelen. John Lindsell enjoyed one of the best races of his career in 7th place, ahead of international club-colleague Dave Cooke. Nevertheless, despite Portsmouth placing their scoring three in the first eight, the team race was won convincingly by Coventry Godiva, whose last scorer was Heatley in 5th place!

The race, which was well organised by Guildford & Godalming A.C., was the most successful in the history of this minor road "classic". Admittedly, conditions were favourable (though it was excessively humid) but the overall standard took a big leap forward. The 50th finisher in the inaugural 1958 race recorded 52.59, in 1959 the time was 51.29, in 1960 49.59 and 1961 50.19. This year the 50th man clocked 49.19, while the 100th finisher returned 51.45 against last year's 52.57.

Just how fast was Kilby running? Assuming the course is an exact 9½ miles (which the organisers do not claim), his time of 44.15 represents 4:39.5 miling speed—27:57.0 for 6 miles, 46:35.0 for 10 miles! If the distance covered was 9¼ miles (4:47.0 miling), the 6 and 10 miles equivalents are 28:42.0 and 47:50.0. Pretty fancy running whichever way one looks at it.

- 1, B. Kilby (Coventry Godiva H) (rec) 44.15
2, D. M. Turner (Liverpool H) 44.24

- 3, M. Hyman (Portsmouth AC) 44.58
4, J. Taylor (Cov) 45.05; 5, B. Heatley (Cov) 45.13; 6, L. Edelen (Hadleigh) 45.23; 7, J. Lindsell (Ports) 45.46; 8, D. Cooke (Ports) 45.58; 9, J. Edwards (Bristol) 46.00; 10, M. Price (Bris) 46.15; 11, L. Presland (Surrey) 46.16; 12, W. Adcocks (Cov) 46.24; 13, A. Perkins (Ilford) 46.37; 14, I. Edmonds (Bris) 46.43; 15, S. Eldon (Windsor) 46.50; 16, J. Hogan (Poly) 46.55; 17, H. Clayton (Bris) 46.57; 18, F. McDermott (Cov) 46.59; 19, R. Iron (VPH) 47.11; 20, R. Macey (St. Albans) 47.13; 21, D. MacFadzean (R. Navy) 47.14; 22, D. Plater (Ilf) 47.15; 23, R. Robinson (Guildford) 47.18; 24, M. Edwards (Oxford C) 47.25; 25, G. Stevens (Reading) 47.26; 26, J. Luxford (Horsham) 47.28; 27, M. Baker (Horsham) 47.31; 28, C. Plumpton (Ports) 47.42; 29, J. Cooke (Ports) 47.42; 30, M. Porteous (Read) 47.47; 31, M. Gale (Bris) 47.57; 32, B. O'Sullivan (Ox. C) 48.00; 33, R. Franklin (Tipton) 48.00; 34, B. Hill-Cottingham (Chelmsford) 48.00; 35, J. Snowden (Epsom) 48.21; 36, K. Scurr (Eps) 48.23; 37, E. Elderfield (TVH) 48.35; 38, L. Williams (VPH) 48.38; 39, G. Winchester (Walton) 48.39; 40, D. Smyth (Bris) 48.41; 41, B. Wilkinson (St. A) 48.52; 42, R. Brown (R. Navy) 49.03; 43, D. Rhodes (Wind) 49.05; 44, R. Shergold (Ports) 49.06; 45, T. Turney (Cov) 49.10; 46, E. Earl (Hercules) 49.13; 47, G. Hicks (TVH) 49.15; 48, H. Lloyd (Cov) 49.17; 49, B. Fletcher (R. Navy) 49.18; 50, R. Adams (Bris) 49.19; 51, D. Crookes (Belgrave) 49.21; 52, A. Weatherall (R. Navy) 49.28; 53, R. Walsh (SLH) 49.45; 54, C. Gough (Ports) 49.46; 55, C. Ingram (Guild) 49.51; 56, J. Lee (Wind) 49.56; 57, J. Awcock (Horsham) 49.57; 58, D. Turner (Eps) 49.58; 59, M. O'Donoghue (HHH) 50.01; 60, B. Bacon (Read) 50.10; 61, J. Cock (Eps) 50.11; 62, P. Smith (St. A) 50.12; 63, A. Sunderland (Shaftesbury) 50.12; 64, D. Bucke (Guild) 50.14; 65, T. Magee (Southall) 50.21; 66, J. Doggett (Walt) 50.27; 67, R. McCalla (Southend) 50.30; 68, J. Clarke (R. Navy) 50.31; 69, F. Salvat (Ports) 50.36; 70, M. Wakefield (TVH) 50.37; 71, A. Gibson (Bracknell) 50.38; 72, D. Owens (Ilf) 50.39; 73, G. Sly (Farnham) 50.40; 74, R. Belmore (Guild) 50.41; 75, C. Wroth (S'all) 50.45; 76, (Continued next week)

M. Coggins, 23 Ashmore Road, Gloucester, is anxious to obtain copies of "A.W." prior to January 21st, 1950.

Our walking correspondent's report and results had not arrived by the time we went to press, due no doubt to the delay in Christmas mails. We hope to include his usual feature next week.

Editor: P. W. GREEN

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EVERY SATURDAY — ONE SHILLING

DELAYS AND CHRISTMAS

IN the last few weeks there have been a large number of delays reported to us in the receipt of *Athletics Weekly*, particularly in the case of the December 8th issue. This was despatched from here as usual but the foggy weather caused such a shocking pile up on the railways that many parcels to wholesalers were reported "missing" well after the week-end.

From our inquiries it would seem that parcel traffic came to a standstill in some cases and we have heard of many instances of parcels sent that week still awaiting delivery. This is something quite beyond our control and we can only hope that deliveries, despite Christmas mail, are now back to something like normal for this time of year. Subscribers have, so far as we know, been getting their copies normally.

It was nice to meet so many of the members of our Belgrade party again when the re-union was held last Friday. More than 60 attended from all parts of the country and we were entertained to some fine films and slides from Guy Butler, Joe Hurst, Dave Barker and Cyril Tappenden. I think everyone enjoyed it immensely and thought it well worthwhile. Some of the shots of Bled were terrific and so were many of the action films and slides.

We shall include all the results we can in this issue, which has had to be printed earlier than usual to allow the December 29th number to be produced before the holiday. Readers are reminded that our first issue in 1963 will be larger, with more pages, and the type area per page is also being increased which will also give you more for your shilling—the price remaining the same as before.

THE EDITOR

**Our Best Wishes to all our
readers for a Merry Christmas**

Cover photo by Ed Lacey: Soon after the start of the Surrey A.C. Cross-Country Relay at Kingston.

BEDS. WIN EASTERN INTER-COUNTY

The Annual Inter-County Race for the "Arthur Berry" trophy was run at Witchford, Ely, on December 8th. in pouring rain. Despite the conditions most athletes ran to known form, Norman Clarke (Lincoln) winning the senior race from Terry Smith (Ipswich). Beds won the trophy after a close tussle with Lincs. in all three races.

Seniors

1, N. Clarke (L) 43.02; 2, T. Smith (S) 43.27; 3, J. Lawrence (B) 44.08; 4, D. Griggs (C) 44.56; 5, R. Matthews (L) 44.58; 6, M. Crolla (L) 45.00; 7, D. Farrell (N) 45.06; 8, J. O'Callaghan (B) 45.08; 9, B. Longden (L) 45.43; 10, J. Taylor (L) 46.17; 11, A. Layton (B) 46.20; 12, M. Mardle (B) 46.26; 13, L. Jones (L) 46.47; 14, D. Lombard (L) 47.04; 15, R. Double (S) 47.19; 16, P. Chaplin (S) 48.53; 17, R. Chaplin (S) 49.11; 18, D. Lake (L) 49.29; 19, H. Soper (B) 49.32; 20, J. Andreae (C) 49.48.

Teams: 1, Lincs 44 pts.; 2, Beds 74; 3, Cambs. 113; 4, Suffolk 119; 5, Norfolk 155.

Juniors

1, A. Coe (N) 29.24; 2, R. Bain (L) 29.32; 3, G. White (B) 29.34; 4, J. Moore (B) 30.01; 5, P. Jarrold (S) 30.11; 6, T. Coleman (B) 30.20

7, B. Hadwen (S) 30.57; 8, R. Day (L) 31.05; 9, B. Langran (C) 31.07; 10, J. Bowles (N) 31.16; 11, C. Ashpoles (B) 32.00; 12, M. Whymer (C) 32.27; 13, N. Adair (B) 32.37; 14, T. Nuccoll (N) 32.41; 15, C. Smith (C) 32.47; 16, A. Thorpe (L) 33.11; 17, A. West (L) 33.12; 18, H. Wilson (L) 33.13; 19, M. Daykin (N) 33.14; 20, J. Cotton (C) 33.23.

Teams: 1, Beds. 24 pts.; 2, Lincs. 43; 3, Norfolk 44; 4, Cambs. 56. Suffolk failed to close in.

Youths

1, M. Tagg (N) 15.07; 2, P. Romaine (L) 15.08; 3, P. Bowen (B) 15.09; 4, M. Pakey (B) 15.10; 5, A. Cox (B) 15.21; 6, B. Byrne (N) 15.32; 7, M. Goodson (L) 16.12; 8, R. Browne (N) 16.20; 9, R. Hansard (L) 16.21; 10, B. Potter (B) 16.29; 11, D. Chapman (B) 16.29; 12, R. Leek (S) 16.29; 13, H. Boggis (L) 16.33; 14, D. Hyde (B) 16.40; 15, G. Holland (L) 16.41; 16, G. Savage (S) 16.42; 17, J. Parry (L) 16.43; 18, C. Beck (C) 16.47; 19, D. Ingle (L) 16.48; 20, B. Taylor (C) 16.49.

Teams: 1, Beds. 47 pts.; 2, Lincs. 63; 3, Norfolk 105; 4, Suffolk 144; 5, Cambs. 152.

Trophy Results: 1, Beds. 145 pts.; 2, Lincs. 150; 3, Norfolk 304; 4, Cambs. 321.

MITCHAM A.C. INVITATION SCHOOLS' C.C. RACES

At Banstead, December 1st

Senior (16/17)

1, D. Strudwick (Selhurst GS)	19.01
2, L. Johnson (Selhurst GS)	19.14
3, M. Sharp (Rutlish Sch)	19.30
4, W. Tindall (Wimbledon Coll)	19.33; 5, C. Major (Tulse Hill)
19.36; 6, C. Coward (Kings Coll)	19.51; 7, I. Andrews (Tulse)
19.55; 8, I. Marsden (Kings)	19.58; 9, T. Vennart (Sutton GS)
20.03; 10, D. Morgan (Wim. C)	20.06; 11, A. Kerr (Kings)
20.08; 12, Reynolds (Glyns GS)	20.09; 13, V. Troy (Wim. C)
20.09; 14, R. Walker (Kings)	20.10; 15, C. Frinton (Sel).
52 finished.	

Teams:

	Pts.
1, Selhurst G.S.	(1. 2.15) 18
2, King's Coll. Sch.	(6. 8.11) 25
3, Wimbledon Coll.	(4.10.13) 27
4, Tulse Hill Sch. 31; 5, Selhurst 'B' 58; 6, Rutlish Sch. 60; 7, Glyn G.S. 71; 8, King's Coll. 'B' 72.	13 teams closed in.

Juniors (14/15)

1, J. Valentine (King's Coll) 10.11
2, S. Badgery (Queen's Sch) 10.17
3, R. Horswood (Sutton GS) 10.24
4, C. Knell (Carshalton West) 10.32; 5, D. Weeks (Selhurst) 10.47; 6, C. Felix (J. Fisher) 11.01; 7, W. Munnery (Sel) 11.12; 8, A. Roberts

(Mitcham GS) 11.13; 9, A. Lake (Mitcham GS) 11.14; 11, R. Kirkin (Rut) 11.18; 12, K. Kitchen (Wim. Coll) 11.23; 13, I. Archer (Kings) 11.24; 14, A. Garvey (Bish. T. Grant C) 11.26; 15, P. Quinn (J. Fisher) 11.27. 76 finished.

Teams:

	Pts.
1, Selhurst G.S.	(5. 7.10) 22
2, John Fisher Sch.	(6.15.19) 40
3, King's Coll. Sch.	(1.13.26) 40
4, Tulse Hill Sch. 62; 5, Mitcham G.S. 64; 6, Bishop Thomas Grant Sch. 'B' 78; 7, Bish. T. Grant 82; 8, Wimbledon Coll. 88.	17 teams closed in.

MIDDLESEX YOUTHS C.C. CHAMPIONSHIPS

At Enfield, December 8th

1, F. Roskilly (Ponders End)	18.57
2, K. McKay (Shaftesbury)	19.04
3, R. Simnett (Ponders End)	19.31
4, M. Frisby (P. End) 19.37; 5, B. Barnes (P. End) 19.38; 6, R. Reed (P. End) 19.38; 7, M. Carter (Wigmore) 19.46; 8, R. Smart (P. End) 19.49; 9, R. Spicer (Shaft) 19.50; 10, J. Buchanan (Hayes) 19.52.	

Teams:

	Pts.
1, Ponders End	(1. 3. 4. 5) 13
2, Harrow Sch.	(10.12.17.20) 59
3, T.V.H.	(11.16.18.19) 64
4, Shaftesbury 64; 5, Hayes & Harlington 71; 6, Southgate 90.	

LEAGUE RACES

NORTH-WEST LONDON C.C. LEAGUE At Whetstone, November 24th

Youths

1. K. Mackay (Shaftesbury)	17.13
2. M. Carter (Wigmore)	17.57
3. R. Spicer (Shaftesbury)	18.03
4. R. Pressley (Barnet) 18.36; 5. J. Street (Hampstead) 18.54; 6. T. Humphrey (Bar) 18.55; 7. M. Wheatley (Bar) 19.10; 8. J. Parker (Shaftes) 19.13; 9. G. Jenkins (Hamp) 19.48; 10. R. Wells (Wig) 21.31.	

Teams:	Pts.
1. Shaftesbury	(1. 3. 8) 12
2. Barnet	(4. 6. 7) 17
3. Wigmore	(2.10.11) 23
4. Hampstead	27.

Boys

1. P. Brown (Shaftesbury)	12.42
2. J. Gillespie (Shaftesbury)	12.45
3. C. Appla (Shaftesbury)	12.59
4. J. Bristow (Shaft) 13.10; 5. R. Taylor (Barnet) 13.16; 6. J. Still (Shaft) 13.40; 7. A. Satchell (H'gate) 13.47; 8. T. Hall (Barnet) 14.37; 9. C. Smith (H'gate) 14.40; 10. M. Ransley (H'gate) 14.52.	

Teams:	Pts.
1. Shaftesbury	(1. 2. 3) 6
2. Barnet	(5. 8.11) 24
3. Highgate	(7. 9.10) 26

CYPRUS INTER-SERVICES C.C. LEAGUE

At Akrotiri, November 24th

1. Brittliffe (Akrotiri)	32.34
2. Porter (Akrotiri)	33.04
3. Stronger (Nicosia)	33.57
4. Payne (Pergamos) 34.05; 5. Atkinson (Akrot) 34.15; 6. Watson (Episkopi) 34.15; 7. Johns (Akrot); 8. Aronold (RE); 9. Hall (Akrot); 10. Cox (Epi); 11. Waller (Epi); 12. Cruickshank (Nic); 13. Summerville (Akrot); 14. Russell (Epi); 15. Kirby (Epi); 16. Hodgson (RE); 17. Clark (Akrot); 18. Goddard (9th Sigs); 19. Cowley (Akrot); 20. Read (RAOC).	

Teams:	Pts.
1. RAF Akrotiri	(1. 2. 5. 7. 9.13) 37
2. RAF Episkopi	78
3. Army R.E.	126
4. RAF Pergamos 162; 5. RAOC 192; 6. 9th Signals 240; 7. RAF Nicosia 270.	

NORTH WESTERN COUNTIES' LEAGUE At Kendal, December 1st

1. P. Hall (Barrow AC)	31.06
2. M. Vickers (Barrow AC)	32.11
3. F. Reeves (Barrow AC)	32.16
4. S. Ellis (Kendal) 32.25; 5. P. Moore (Bar)	

33.28; 6. D. Winward (Bar) 33.37; 7. M. Smith (Lunesdale) 33.50; 8. D. Large (Bar) 33.55; 9. J. Nicholson (Kendal) 33.56; 10. C. Wood (Bar) 34.04; 11. R. Lewney (Bar) 34.12; 12. T. Sawford (Morecambe Coll) 34.55; 13. G. Brown (Ken) 35.06; 14. E. Fenn (Lanc'r) 35.14; 15. G. Till (Lun) 35.24; 16. M. Harrop (Ken) 35.32; 17. D. Frankland (Lun) 35.35; 18. D. Lyth (Lun) 35.41; 19. K. Botham (Lun) 36.05; 20. M. Gunn (Lun) 36.12.

Teams:	Pts.
1. Barrow	(1. 2. 3. 5. 6. 8) 25
2. Lunesdale & Prim.	(7.15.17.18.19.20) 96
3. Kendal	(4. 9.13.16.27.29) 98

Boys

1. C. Wilson (Kendal)	9.42
2. B. Parson (Kendal)	9.42.5
3. G. McGregor (Kendal)	9.55
4. M. Howard (Ken) 10.26; 5. T. Johnson (Ken) 10.38; 6. R. Deane (Skerton Sch) 10.50; 7. B. Edwards (Sker) 10.56; 8. J. Pilcher (Sker) 10.57; 9. A. Harmer (Lun) 10.59; 10. C. Alliston (Sker) 11.19.	

Teams:	Pts.
1. Kendal	(1.2.3) 6
2. Skerton School	(6.7.8) 21

CHILTERN LEAGUE At Perivale, December 1st

Senior/Juniors

T. J. Briault ran in Ealing's colours and was first home but, being only a second-claim member, did not count in the placings.

1. M. Barratt (Ealing)	25.55
2. S. Eldon (Windsor)	26.33
3. T. Bivens (Ealing)	26.38
4. R. Beecroft (Ruislip) 26.46; 5. J. Lusty (Eal) 26.49; 6. M. Blagrove (Eal) 26.51; 7. D. Slatter (Wycombe) 26.54; 8. R. Graham (Win) 27.01; 9. D. Case (Eal) 27.23; 10. M. Hobbs (Eal) 27.26; 11. E. Casey (Eal) 27.27; 12. C. Canton (Eal) 27.35; 13. N. Holden (Win) 27.42; 14. M. Dixon (Watford) 27.49; 15. D. Rhodes (Win) 27.53; 16. S. Cooney (Ealing) 27.55; 17. J. Gilmore (Eal) 28.02; 18. J. Ewing (Eal) 28.08; 19. G. Archer (Ruis) 28.08; 20. R. Marriner (Win) 28.17.	

Teams:	Pts.
1. Ealing	(1. 3. 5. 6. 9.10) 34
2. Windsor	(2. 8.13.15.20.23) 81
3. Ruislip	(4.19.25.28.29.49) 154
4. Watford 162; 5. Wycombe 204.	

Youths/Boys

1. J. Brown (Watford)	16.00
2. D. Webb (Windsor)	16.22
3. G. Walsh (Windsor)	16.35
4. B. Allen (Win) 16.35; 5. A. Storey (Ealing) 16.39; 6. P. Fuller (Wat) 16.41; 7. M. Gillet (Wat) 16.41; 8. J. Burton (Wat) 16.50; 9. D. Dilnot (Win) 16.56; 10. C. Kitching (Win) 17.01.	

Teams:	Pts.
1, Windsor	(2. 3. 4. 9) 18
2, Watford	(1. 6. 7. 8) 22
3, Ruislip	(11.13.14.30) 68
4, Wycombe 77; 5, Ealing 80.	

CORINTHIAN BUSINESS HOUSE LEAGUE At Eltham, December 1st

1, L. Bruce (CWS)	19.53
2, L. Way (Plessey)	20.03
3, J. Phelan (LFB)	20.16
4, A. Richards (Recorder) 20.38; 5, B. Boardley (Cowans) 20.39; 6, R. Foster (Ples) 20.39; 7, P. E. Servante (CWS) 20.42; 8, J. Fuller (Ples) 20.44; 9, R. Copleston (RACS) 20.51; 10, A. Heywood (Cowans) 21.04; 11, A. Reed (Cowans) 21.07; 12, A. Osborne (RACS) 21.08; 13, R. Ball (CWS) 21.14; 14, J. Whitborne (RACS) 21.27; 15, B. Walsingham (RACS) 21.51; 16, M. Bissett (Ples) 22.09; 17, P. Bevis (LFB) 22.19; 18, R. Maggio (CWS) 22.26; 19, P. F. Servante (CWS) 22.53; 20, P. Wright (RACS) 22.56.	

Teams:	Pts.
1, Plessey	(2.4. 6.14) 26
2, C.W.S. A.C.	(1.5.11.15) 32
3, Cowans	(3.8. 9.16) 36
4, Royal Arsenal Co-op. 42; 5, City of London Police 74.	

NORTHUMB. & DURHAM LEAGUE At Gateshead, December 8th

1, W. Reed (Nth Shields Poly)	35.42
2, W. Sutton (Gosforth)	36.23
3, R. Alderson (Jarrow)	36.28
4, A. Ball (Elswick) 36.57; 5, D. Bryson (Sund) 37.14; 6, F. Rounthwaite (Jarrow) 37.22; 7, S. Wilkie (Gates) 37.51; 8, J. Anderson (Salt)	

38.00; 9, A. Galbraith (Gos) 38.02; 10, R. Henderson (Elswick) 38.11; 11, T. Laybourne (Jar) 38.26; 12, J. Stirling (Gates) 38.31; 13, M. Robson (Gates) 38.34; 14, J. Backley (Elswick) 38.41; 15, D. Hush (Gos) 38.49; 16, W. Noble (Heaton) 38.56; 17, A. Leitch (Gates) 39.08; 18, W. Ramage (Gos) 39.11; 19, R. Fisk (Elswick) 39.16; 20, P. Pattinson (Gos) 39.24.

Teams:	Pts.
1, Gosforth	91
2, Gateshead	95
3, Elswick	100
4, Jarrow 131; 5, Bedlington 204; 6, N. Shields Poly 289.	

Youths

1, R. Milner (Elswick)	18.57
2, M. Newton (Sunderland)	19.07
3, S. Mikell (Gateshead)	19.10
4, B. Forster (Gates) 19.29; 5, K. Bond (Gates) 20.04; 6, D. Little (Salt) 20.31; 7, P. Johnson (Ben) 21.16; 8, J. Atkinson (Salt) 21.20; 9, J. Stevenson (Gates) 21.22; 10, R. Rielly (Salt) 21.25.	

Teams:	Pts.
1, Gateshead	(3. 4. 5. 9) 21
2, Saltwell	(6. 8.10.16) 40
3, Elswick	(1.12.16.16) 45
4, Sunderland 50; 5, Benwell 55; 6, Jarrow 59.	

Boys

1, J. Mouat (South Shields)	11.34
2, A. Clough (Elswick)	11.36
3, P. Vinsome (Gateshead)	11.37
4, M. O'Neill (Sund) 11.37; 5, G. Hardy (Heaton) 11.56; 6, C. McFadden (Salt) 11.59; 7, J. Oliver (Gos) 12.00; 8, J. Crofts (Elswick) 12.03; 9, R. Fairfax (Elswick) 12.04; 10, R. Richardson (Gos) 12.04.	



First three home in the Harry Whitehurst Memorial Cross-Country Race, promoted by Sheffield United Harriers. L. to R.—Alan Cocking (Bramley) 2nd, Tony Evans (Hallamshire) 1st and Peter Watson (Bramley) 3rd.

Eric North

Teams:	Pts.
1, Elswick	(2. 8. 9) 19
2, Gateshead	(3.11.15) 29
3, Gosforth	(7.10.13) 30

NORTH WALES LEAGUE

At Wrexham, December 8th

1, C. Loosley (Aberystwyth Univ) ...	29.35
(Course Record)	
2, S. Oultram (Bangor Univ)	29.57
3, G. Williams (Aberystwyth U)	30.11
4, V. Blackwell (Wrexham) 30.22; 5, R. Jones (Rhyl) 30.36; 6, P. Hamlet (Ban. U) 30.53; 7, B. Drake (Ban. U) 31.02; 8, R. Bradbury (Ban. U) 31.02; 9, D. Hughes (Rhyl) 31.20; 10, H. Roberts (Ban. U) 31.32; 11, R. Cullum (Aber. U) 31.35; 12, G. Guest (Ban. U) 31.41; 13, A. Chard (Wrex) 32.00; 14, P. Williams (Aber. U) 32.10; 15, T. James (Aber. U) 32.10; 16, G. Williams (Wrex) 32.22; 17, D. Williams (Wrex) 33.06; 18, J. Yarwood (Aber. U) 33.26; 19, K. Tudor (Wrex) 33.29; 20, V. Davies (Rhyl) 33.33.	

Teams:	Pts.
1, Bangor Univ. (2. 6. 7. 8.10.12)	45
2, Aberystwyth U. (1. 3.11.14.15.18)	62
3, Wrexham	(4.13.16.17.19.21) 90
4, Rhyl 126; 5, Bangor Normal Coll. 170; 6, Bangor Univ. 'B' 185.	

Irish Notes

MALCOLM CUP

DUNCAIRN NOMADS scored a convincing 43 points victory over North Belfast Harriers to win the Malcolm Cup in a 6 miles race promoted by Queen's University.

Queen's went to the attack from the start with North Belfast always in a challenging position but in the latter stages Duncairn Nomads forged ahead and there was no doubting their supremacy. North Belfast held off a strong challenge from Willowfield for runners-up, the latter outscoring a fading Queen's University team.

The individual test produced exciting running with Bob Kirkland (C. Antrim), Eddie Brady (Duncairn) and Derek Clayton (East Antrim) all enjoying spells of leadership. Colin Shillington (Willowfield) lay in a challenging position and with a couple of laps to go forced the pace and raced into a clear lead which he maintained easily to score his second cup success in the same number of weeks.

Methodist College 'A' scored a win at the expense of North Belfast in the 3 miles Youths' race, while Billy Robins gave Willowfield individual honours.

The 2nd stage of the Best-All-Rounder over a distance of 5 miles proved a stern struggle for supremacy. Peter Nodwell (Duncairn) won

in fine style from Derek Graham (9th Old Boys) in 27.30 and Jim Mahood (Willowfield) came through strongly to oust Stan Vennard (Duncairn Nomads) from third place.

1, C. Shillington (Willowfield)	33.47
2, M. Wilson (Ballydrain)	34.09
3, E. Brady (Duncairn)	34.28
4, T. Hewitt (Lisnagarvey) 34.49; 5, R. Leet (Duncairn Nomads) 34.54; 6, H. Pavis (Willow) 35.03; 7, R. Kirkland (Co. Antrim) 35.06; 8, R. O'Neill (Lis) 35.12; 9, J. Foy (N. Belfast) 35.15; 10, J. Flynn (B'drain) 35.15; 11, A. Jenkins (Dun) 35.22; 12, H. Morrison (Dun. N) 35.26.	

Teams:	Pts.
1, Duncairn Nomads (4.10.11.14.16.18)	47
2, North Belfast	(7.15.22.23.24.27) 118
3, Willowfield	(1. 5.17.32.34.49) 138
4, Queen's Univ. 156; 5, Co. Antrim 166; 6, Duncairn 188; 7, Ballydrain 245; 8, I.C.T. 369.	

Youths

1, W. Robinson (Willowfield)	17.38
2, W. McIlroy (North Belfast)	17.47
3, A. Chivers (Ballyclare HS)	17.48
4, M. Teer (N. Belfast) 17.56; 5, T. Mawhinney (MCB) 18.01; 6, J. Finn (Lisnagarvey) 18.18; 7, L. Murdock (Dun) 18.25; 8, A. Steven (MCB) 18.30; 9, T. Mitchell (Pontara RS) 18.36; 10, G. Anderson (MCB) 18.38; 11, D. McWhirter (B'clare) 18.39; 12, J. McCreery (Pont) 18.40.	

Teams:	Pts.
1, Methodist Coll. (5. 8.10.25)	48
2, North Belfast	(2. 4.21.27) 54
3, Ballyclare H.S. (3.11.19.24)	57
4, R.B.A.I. 80; 5, Pontara R.S. 96; 6, Down H.S. 116; 7, Duncairn Nomads 125; 8, Willowfield 128.	

Best-All-Rounders, 2nd Stage

1, P. Nodwell (Duncairn)	27.30
2, D. Graham (9th Old Boys)	27.49
3, J. Mahood (Willowfield)	28.05
4, S. Vennard (Dun. Nomads) 28.18; 5, J. Gordon (9th OB) 28.22; 6, J. Barret (9th OB) 28.28; 7, J. Teer (Dun) 28.36; 8, R. Catterson (E. Ant) 28.42; 9, R. Hopper (9th OB); 28.53; 10, H. Wilson (E. Ant) 28.56; 11, D. Smith (Dun) 29.02; 12, H. Simpson (9th OB) 29.05.	

TESTS FOR OFFICIALS

Middlesex County A.A.A. are holding written A.A.A. Tests for starters, timekeepers, judges (track and field events) at Regent Street Polytechnic, on Wednesday, January 9th, 1963, at 6.15 p.m. in room 9. This will include track and field events' judges who wish to obtain 85% or more for consideration for upgrading from Grade III to Grade II. Names and entrance fee of 2/6 per section should be sent to D. W. Brown, 34 Malvern Gardens, Kenton, Harrow, Middlesex, by January 5th.

With the Ladies

SOUTHERN WOMEN'S INDOOR MEETING

Stanmore, December 7th

THIS was the first indoor meeting organised by the S.C.W.A.A.A. and though not productive of a massive entry or marks of a very high calibre, should be the forerunner of many more. The Mitcham duo, Jill Hall (born 28.12.46) and Jennifer Taylor (16.7.44), waged one of their many close battles, the former just getting the verdict (7.3 for both, in heat and final). Both have bests of 7.1 set at Wembley earlier this year.

60: (A) 1, J. Hall (Mit) 7.3; 2, J. Taylor (Mit) 7.3; 3, P. Gaze (Shaft) 7.8 (7.6 ht). (B) 1, L. Andrews (Shaft) 7.6; 2, S. Beldham (Mx. L) 7.6. (C) 1, J. Lindsay (Mx. L) 7.8; 2, M. Judd (So'ton) 7.8 (7.7 ht). (D) 1, J. Whitehead (LO) 8.0; 2, B. Meredith (Mit) 8.0 (7.8 ht).

60H: (A) 1, M. Botley (Rainham) 8.4; 2, S. Beldham 8.6; 3, P. Gaze 8.9 (8.8 ht); 4, M. Lusted (Mit) 8.9 (8.7 ht). (B) 1, J. Whitehead 9.2; 2, J. Catt (Chelsea CPE) 9.2.

HJ: 1, A. Savory (Mx. L) 4'10"; 2, J. Whitehead 4'9"; 3, P. Williams (Ruislip) 4'8".

LJ: 1, J. Whitehead 17'0¼"; 2, J. Catt 16'9¼"; 3, J. Taylor 16'1¼".

A. Huxtable

NORTHERN ROAD RELAY CHAMPIONSHIP (3x1¼M)

Bradford, December 8th

On the first leg Brenda Bailey (Bury) led in 10.14 from Janet Massey (Sale) 10.54 and Ada Russell (A'dale) 11.13. On lap 2 Sallie Newell took Sale into the lead with a lap of 10.33, followed by Marilyn Ashton (Bury) 11.26, and Madeleine Ibbotson running a great 9.21 to bring Longwood into the reckoning.

The last leg saw Kathleen Hudson (Bury) put up third fastest time of 10.18 to bring Bury home in first place, with Joyce Helliwell (A'dale) and Olive Whiteley (Longwood) also passing the Sale runner before the finish.

1, Bury & Ratcliffe 31.58; 2, Airedale 33.33; 3, Longwood 34.09; 4, Sale 34.23. **Fastest Times:** M. Ibbotson (Longwood) 9.21, B. Bailey (Bury) 10.14, K. Hudson (Bury) 10.18.

HAMPSHIRE C.C. CHAMPIONSHIP Aldershot, December 8th

1, S. Lofts (Aldershot) 15.15; 2, J. Williams (Ald) 15.32; 3, J. Hale (Ports. At) 17.01; 4, B. Stansfield (Ports. At) 20.44.

Junior C.C. Run: 1, M. Bram (Ald); 2, D. Grantham (Ald); 3, S. Nicolls (Ald); 4, V. Forster (PA); 5, E. Randle (PA); 6, F. O'Dono-

van (PA); 7, E. Donaldson (Ald); 8, A. Jones (PA); 9, M. Hamilton (SAC); 10, M. Jones (Ald).

ESSEX C.C. CHAMPIONSHIP

Hadleigh, December 8th

1, P. Jones (Ilford) 15.52; 2, R. Lincoln (Essex L) 16.20; 3, M. Williamson (Ex. L) 16.29; 4, P. Gardner (Chelms) 16.30; 5, I. Lincoln (Ex. L) 16.52; 6, M. Tucker (Chelms) 17.21; 7, P. Smith (Ilf) 17.58; 8, G. Plater (Ilf) 18.06; 9, J. Morton (Ex. L) 18.11; 10, J. Britton (Ex. L) 18.23; 11, J. Welch (Ex. L) 18.30; 12, A. Pym (Ilf) 18.54; 13, P. Speer (Romford) 19.15; 14, V. Mattock (Ilf) 19.52; 15, K. Oliver (H'church) 20.19.

Teams: 1, Essex L. (2.3.5) 10 pts; 2, Ilford (1.7.8) 16; 3, Hornchurch (15.16.17) 48.

NEW CLUB

Rainey Endowed School Harriers is a new club formed in Co. Londonderry, N. Ireland. Any English or Scottish Schools touring in 1963 are invited to fit in a race with the School Youth team. Officials are:—President, Mrs. J. Schofield; Secretary, O. Ross, Rainey Endowed School, Maghercefeld, Co. Derry; Treasurer, B. Henry; Captain, M. Boyle; Boys' Capt., R. Irwin.

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THE SPORTS CENTRE

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WORLD Athletics



Edited by Melvyn Watman

U.S. Power Struggle Continues

THE position concerning the struggle for power between the Amateur Athletic Union and the U.S. Track and Field Federation (see November 17th issue) recently took a turn for the better, only for hopes of a settlement to be dashed again.

Representatives of the A.A.U. and the National Collegiate Athletic Association (which controls the new Federation) met on November 12th, with Attorney General Robert Kennedy in attendance. The outcome was the formation of a coalition—subject to ratification by the general membership of the A.A.U. and the various groups that make up the Federation.

Though details of the proposed coalition remained secret, it is understood that the A.A.U. would continue to be responsible for non-scholastic competition, while the Federation would organise college and school activities. The A.A.U. would retain control of international selection until the 1964 Olympics, after which the coalition (with the A.A.U. and Federation equally represented) would become the body recognised by the I.A.A.F.

A joint statement issued after the meeting proclaimed: "Track and field in the U.S. will be stronger and the sport and our country stand to be winners. We feel track and field is entering into a new era."

At the A.A.U.'s annual convention on November 29th, the 35-man executive committee unanimously endorsed the coalition plan—except that it refused to surrender the A.A.U.'s status as the U.S. governing body recognised by the I.A.A.F.

Three days later the A.A.U. called on Congress to intervene in the dispute. The A.A.U. stated it would uphold its version of the coalition plan, but would make no further compromises with the Federation.

On December 4th the A.A.U. took the step of declaring ineligible those athletes who had competed in Federation-sanctioned track and cross country meets in October and November. The athletes involved—including Britain's Dave Segal and Australians Al Lawrence, Laurie Elliott and Geoff Walker—will be barred from future A.A.U. and international meets, though they can appeal to their local A.A.U. associations for reinstatement.

This provocative move met with a wave of criticism from coaches and officials. Walter Byers, executive director of the N.C.A.A., said: "It is completely unreasonable and ridiculous for the A.A.U. to rule ineligible fine young men merely for running in track competition conducted by the nation's high schools and colleges."

The Government, concerned by the possible weakening of the 1964 U.S. Olympic team, is likely to intervene if the latest split is not patched up quickly.

M.W.

McARDLE WINS U.S. TITLE

Irish-born Pete McArdle won the American A.A.U. cross country title—and a trip to Sao Paulo for the Midnight Run—in Chicago on November 24th. He covered the 10,000m course in 29:53 to win by 4 secs. from John Gutknecht, with Max Truex 3rd in 30:30. British steeplechaser John Cleator, a freshman at Chicago University, placed 9th.

The N.C.A.A. title (East Lansing, Mich., November 26th) went to the 4:01.7 indoor miler, Tom O'Hara, who clocked 19:20.3 for the 4 miles course. Pat Traynor was 2nd (19:22) and Danny Murphy 3rd (19:32).

CHRIS SURETY

(Ilford A.C.)

answers

the A.W.

Questionnaire



Name (Surname first):

Surety, Christopher Walter Edward.

Birthplace and date:

East Ham, 4.1.37.

Height and weight:

6'1"/1.85, 168lb./75kg.

Occupation:

Tally clerk.

Club:

Ilford A.C.

When did you first start athletics, and at what events?

At school, aged 12; hurdles and sprints.

What are your favourite events now?

Hurdles—all distances.

Best marks:

440y—48.5, 880y—1:52.0, 120yH—15.3, 220yH—24.0, 400mH—51.0.

Outstanding achievements:

Co-holder U.K. 400mH record (51.0), 1961; A.A.A. 440yH finalist, 1958-62; 1st A.A.A. 220yH 1960; semi-finalist European 400mH, 1962; 6th Empire 440yH, 1962.

Which performance has given you most personal satisfaction?

My race in Germany last year against Helmut Janz. I led by two yards up to the last hurdle, but I faltered and the experience of Janz beat me. After hearing the time of 51.0 I wondered what I might have done if I had taken it smoothly.

How many days a week do you train in (a) summer and (b) winter?

(a) 5, (b) 6.

At what time of day do you normally train?

Evening: 6.30-9.00.

How long are your training sessions?

1½-2 hours.

Give details of a typical week's training in summer:

Monday—6x220 (26), jog 220 recovery.
Tuesday—3x5 hurdles (440 distance), full recovery between each; 2x330 (36).
Wednesday—10x150 fast and relaxed, walk 290 recovery.
Thursday—2x660 (84), 10 min. rest between each.
Friday—Rest.
Saturday—Race.
Sunday—4x330 (37), full recovery between each.
(Warm up and suppling exercises before starting any schedule).

Give details of a typical week's training in winter:

Monday—At gym, five-a-side football to warm up, circuit training and several weight training exercises.
Tuesday—4x660 (90).
Wednesday—Same as Monday.
Thursday—15x150, relaxed fast running, 290 jog between each.
Friday—Rest.
Saturday—Cross country covering roughly 5 miles at a jog, but sprinting up many hills.
Sunday—Hurdles—high, low or intermediate.

How often do you compete in season?

Twice a week if possible.

Describe your pre-race warm up:

Prior to 440 hurdles—1½ mile jog, exercises, 4x150 easy strides, stepping over and easy striding over hurdles. Total time taken: 40 min.

How many days rest do you like before competition?

Two before major competition.

Coach:

Alf Pells (Ilford A.C.).

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

For many winters now I have trained in the dark on tracks in the London area. I would like to see floodlighting on a few more tracks, and put up with the track being crowded—as I'm sure they would be if lights were installed.

What advice would you offer the beginner?

Set yourself a target, and try to reach it. Not all of us get there, but it's great fun trying.

Describe your weight and circuit training:

On Monday and Wednesday in winter only—12x3 squat thrusts, 15x3 step ups on bench, 6x3 chins on beam, 12x3 press ups, 12x3 dorsal raise, 8x3 curls, 4x3 rope swings, 8x3 dorsal raise on bench (45° angle). All these exercises are completed one after another, taking about 16 min. to complete.

Annual progression at 440y hurdles (including conversions):

1955—60.8, 1956—58.0, 1957—56.0, 1958—54.0, 1959—53.7, 1960—52.4, 1961—51.3, 1962—51.9.

Milkha Singh Beaten at Home For First Time

Reports **RANJIT BHATIA**

Hans Joachim Reske, West Germany's European 400m bronze medallist, became the first man ever to beat Milkha Singh on Indian soil. Results of this third Indo-German meet at Jullundur on November 1st:—

100m: Germar (G) 10.7, Powell 10.8; 200m: Schumann (G) 21.5, Hebauf (G) 21.5, Powell 22.3; 400m: Reske (G) 47.9, Milkha Singh 48.0, Makhan Singh 48.5; 800m: Missalla (G) 1:51.7, Dayal Singh 1:52.1, Daljit Singh 1:52.8; 1,500m: Eyerkauf (G) 3:51.3, Mohinder Singh 3:52.0, Fricke (G) 3:53.3; 5,000m: Kubicki (G) 14:53.5, Tarlok Singh 14:55.2; 3,000mST: Pan Singh 9:02.5, Chunilal 9:23.1; 110mH: Gurbachan Singh 14.7, Bock (G) 14.8; 400mH: Janz (G) 52.7, Amrit Pal 54.3; 4x100m: Germany 41.9, India 42.2; 4x400m: Germany 3:12.8, India 3:13.5; HJ: Ajit Singh 6'4½"/1.94, Gurbachan Singh 6'4½"/1.94; PV: Ajaib Singh 13'4"/4.06, von Moltke (G) 13'4"/4.06; LJ: Satyanarayana 23'3"/7.09; TJ: Amrik Singh 45'11½"/14.01; SP: Urbach (G) 56'10½"/17.33, Irani 50'4"/15.34; DT: Urbach (G) 169'7½"/51.70, Balkar Singh 161'10"/49.33, von Moltke (G) 161'0½"/49.08; HT: Fassl (G) 186'0½"/56.70, Ajmer Singh 162'7½"/49.57.

The fourth meet was held in Calcutta on November 4th. Results:—

100m: Hebauf (G) 10.5, Germar (G) 10.6, Powell 10.8; 200m: Schumann (G) 22.0, Nagabhusanam 22.3; 400m: Reske (G) 48.0, Jagdish Singh 48.8, Makhan Singh 48.9; 800m: Missalla (G) 1:52.0, Dayal Singh 1:52.1, Daljit Singh 1:55.0; 1,500m: Eyerkauf (G) 3:53.0, Mohinder Singh 3:53.6, Pritam Singh 3:54.4; 3,000m: Kubicki (G) 8:29.2, Flossbach (G) 8:31.8, Chunilal 8:33.4; 110mH: Bock (G) 14.7, Ajit Singh 15.3; 400mH: Janz (G) 52.7, Amrit Pal 54.3; 4x100m: Germany 42.2, India 43.0; 1,000m medley: Germany 1:54.2, India 1:54.3; HJ: Ajit Singh 6'5"/1.96; PV: von Moltke (G) 13'5½"/4.11; Ajaib Singh 12'9"/3.89; LJ: Satyanarayana 23'8"/7.21; TJ: Raj Kumar 46'1¼"/14.07; SP: Urbach (G) 54'7½"/16.65, Irani 51'2"/15.60; DT: Urbach (G) 161'7½"/49.26, Balkar

Singh 150'7½"/45.91; HT: Fassl (G) 189'2"/57.66, Ajmer Singh 164'3"/50.06.

November 7th, Madras. 100m: Hebauf (G) 10.5, Powell 10.7; 200m: Germar (G) 21.0, Rajasekharan 21.7; 400m: Reske (G) 48.2, Jagdish Singh 49.0; 800m: Dayal Singh 1:52.9, Eyerkauf (G) 1:54.4; 1,500m: Mohinder Singh 3:51.2, Pritam Singh 3:57.7, Flossbach (G) 3:58.2; 3,000m: Fricke (G) 8:37.6, Pritam Singh 8:39.1; 3,000mST: Pan Singh 9:24.4, Chunilal 9:26.0; 110mH: Bock (G) 14.8, Premanandan 15.0; 400mH: Janz (G) 51.3, Amrit Pal 53.3; 4x100m: Germany 40.8, India 42.2; 1,000m medley: Germany 1:52.2, India 1:52.8; HJ: Jeet Singh 6'4"/1.93; PV: von Moltke (G) 13'3"/4.04; LJ: Satyanarayana 22'2½"/6.78; TJ: Jaganatharao 46'11½"/14.32; SP: Urbach (G) 56'6"/17.22, Irani 50'8"/15.44; DT: Urbach (G) 161'4"/49.17, Balkar Singh 154'7"/47.12; HT: Fassl (G) 190'9"/58.14, Ajmeer Singh 171'8"/52.32.

November 9th, Hyderabad. 100m: Germar (G) 10.5, Powell 10.9; 200m: Schumann (G) 21.2, Nagabhusanam 21.4; 400m: Reske (G) 55.2 (!); 1,500m: Mohinder Singh 3:58.7; 3,000m: Kubicki (G) 8:49.0, Tarlok Singh 8:49.5; 3,000mST: Chunilal 9:37.0, Pan Singh 9:38.0; 110mH: Prem Nandan 15.0; 400mH: Janz (G) 54.0, Amrit Pal 54.5; 1,000m medley: Germany 1:56.7, India 1:57.5; HJ: Jeet Singh 6'2"/1.88; 3, Reske (G) 5'9"/1.75; PV: Bock (G) 11'9"/3.58; LJ: Satyanarayana 22'7½"/6.90; TJ: Jaganatharao 44'7½"/13.60; SP: Urbach (G) 55'2½"/16.83, Irani 50'1"/15.27; DT: Urbach (G) 161'1¼"/49.10, Balkar Singh 150'11¼"/46.02; HT: Fassl (G) 195'2½"/59.50, Ratan Chand 165'7½"/50.48.

JANZ CLOCKS 51.3 AGAIN

November 11th, Bombay. 100m: Germar (G) 10.9, Powell 11.0; 200m: Schumann (G) 21.5, Powell 21.8; 400m: Reske (G) 47.1, Makhan Singh 48.0; 800m: Missalla (G) 1:50.3, Dayal Singh 1:51.1; 1,500m: Eyerkauf (G) 3:53.0, Mohinder Singh 3:53.0, Pritam Singh 3:53.6; 3,000m: Kubicki (G) 8:38.1, Fricke (G) 8:39.0, Chunilal 8:40.6; 5,000m: Flossbach (G) 15:04.2, Pan Singh 15:04.4; 110mH: Gurbachan Singh 15.1, Haas (G) 15.1 (!); 400mH: Janz (G) 51.3, Amrit Pal 52.2; 4x100m: Germany 41.3, India 41.6; HJ: Jeet Singh 6'4"/1.93, Gurbachan Singh 6'4"/1.93; PV: Ajaib Singh 13'6"/4.11, Bock and von Moltke (G) 12'0"/3.66; LJ: Satyanarayana 23'8½"/7.23, Gurbachan Singh 23'3½"/7.10; TJ: Jaganatharao 45'10½"/13.99; SP: Urbach (G) 56'11"/17.35, Irani 51'5½"/15.68; DT: Urbach (G) 165'0½"/50.30, Balkar Singh 158'8½"/48.37; HT: Fassl (G) 178'8½"/54.47, Ajmer Singh 154'9"/47.17.

BRITISH "TOP 50" 1962

COMPILED ON BEHALF OF THE N.U.T.S. BY LEN GEBBETT AND STAN GREENBERG
DECATHLON LIST BY ANDREW HUXTABLE

Any amendments and/or additions will be gratefully received by Len Gebbett,
14 Yarrell Mansions, Queens Club Gardens, London, W.14.

SHOT								
63'11"	Arthur Rowe	13.6	152'8"	Arthur McKenzie	21.7	155'9"	James Lally	9.6
61'11"	Martyn Lucking	2.10	151'8"	Arthur Rowe	2.6	154'11"	Peter Seddon	16.6
59'2"	Michael Lindsay	29.11	151'0"	Reg Reid	19.5	154'11"	David Brands	4.7
53'6"	Nicholas Morgan	28.9	150'11"	David Harrison	8.4	152'9"	N. Adam	4.7
53'3"	Gerald Carr	7.4	149'7"	Michael Bellingham	8	152'5"	John Butterfield	5.5
52'9"	John Sheldrick	11.8	149'5"	John Weightman	7.7	151'8"	John Whyte	21.7
52'2"	David Davidson	11.8	148'7"	Michael Kelly	2.6	151'5"	J. Nash	25.8
51'10"	Michael Bellingham	8.9	148'11"	Martyn Lucking	9.5	151'4"	Samuel Johnson	15.8
51'7"	Leonard Chinnery	10	146'11"	Malcolm Pemberton		150'10"	Boleslaw	
50'11"	David Harrison	14.7			17.5		Baranowski	3.7
49'10"	Alan Carter	23.5	146'7"	Hywell Williams	18.7	150'5"	Peter McCarthy	2.6
49'9"	Roy Lyon	29.5	146'0"	Harper	19.5	150'2"	Laurenzio	
49'9"	Walter Chandler		145'7"	David Gribler	22.6		Rigamonti	21.7
49'7"	Jeffrey Teale	28.7	145'3"	Peter Dorreen	2.5	150'1"	M. Wright	2.6
49'6"	Ian McPherson	12.6	145'2"	John Sampson	4.3			
48'7"	Anthony Elvin	16.6	145'0"	Derek Clarke	28.7		JAVELIN	
48'6"	Ian Rioch	2.6	143'10"	Barry Dodd	28.8	260'0"	John McSorley	14.7
48'5"	Roy Hollingsworth	28.7	143'7"	John Tennant		255'8"	Colin Smith	24.11
48'4"	Stanley Clark	24.5	143'2"	Ian McPherson	26.5	237'9"	Clive Loveland	18.8
47'8"	Alexander Sutherland		143'0"	Aneurin Evans	1.9	230'9"	John Kitching	28.7
		28.4	142'11"	John Lloyd	16.5	228'7"	John Greasley	9.6
47'7"	Frank Crozier	2.6	142'9"	Maurice Maher	14.5	225'11"	Colin Bacon	5.5
47'7"	Gerald Davis	27.6	142'7"	Peter Jones	16.6	224'0"	Richard Miller	20.10
47'7"	Cornelius Ellerbrook		142'3"	Donald Salter	16.5	222'11"	Geoffrey Hill	9.6
	(Neth)	16.6	142'2"	Jeffrey Teale		221'5"	Roger Lane	12.5
47'6"	Eric Cleaver	13.6	141'8"	John Hogg	23.6	217'1"	John Crout	17.5
47'4"	C. Longe	9.7	141'6"	Gerald Davis	28.7	212'11"	Brian Sexton	9.6
47'4"	Michael Pollard	26.5	140'9"	Ian Swindale	2.6	211'8"	Peter Cullen	9.5
47'2"	G. Firth	22.5	140'6"	Jack Brewer	15.8	206'10"	William Tancred	2.6
47'2"	Archie Buttriss	2.6	140'5"	Walter Chandler	6.8	206'10"	H. Warrington	
47'1"	Ian Swindale	30.6	139'10"	W. Butler	26.5	206'4"	Henry	
46'8"	David Messham	23.6	139'10"	G. Deh (Gha)	5.5		Kennedy-Skipton	3.5
46'6"	Roger Pearman	20.6	138'9"	Geoffrey Pearse	12.5	204'0"	James Romer	25.8
46'6"	Michael Elford	5.5	138'6"	William Tancred	30.6	203'7"	John Fitzsimmons	
46'0"	Lawrence Bryce	26.5	138'3"	George Northern	11.6	203'1"	Kevin Flanagan	8.9
46'0"	Alan Lowe	1.8				202'7"	Michael Wade	22.5
45'9"	Terence Clegg	11.6				202'4"	John Andrews	16.6
45'9"	John Roach	24.3					Christopher	
45'8"	John Owen	5.5	208'10"	Howard Payne	28.9		Hayman	16.6
45'8"	Derek Ward	28.7	196'7"	Robert Brown		202'0"	John James	26.5
45'7"	John McDonald	12.6		(Aus)	20.6	202'0"	J. Horsfall	23.6
45'7"	Barry King	24.3	192'11"	Lawrence Hall	26.5	201'10"	Norman Willcock	28.4
45'6"	F. Fitzpatrick	23.6	191'9"	Peter Allday	6.6	201'10"	Raymond Davies	20.10
45'6"	Arthur McKenzie	21.7	184'3"	John Dutton	9.9	199'6"	William Bushnell	2.6
45'5"	Barry Shapcott	11.8	182'11"	Zigfrids Nikazis	26.5	198'11"	M. Miller	5.5
45'3"	Jesse Deane (USA)	2.6	175'5"	Warwick Dixon	31.5	198'10"	Fraser Riach	30.6
45'3"	Aneurin Evans	1.9	173'4"	Alexander		198'10"	Michael Birch	2.6
45'2"	Howard Payne	20.10		Valentine	18.8	198'8"	George Evans	27.5
45'0"	R. Baxter (USA)	25.10	171'8"	Barry Thomas	19.5	198'5"	David Price	1.9
45'0"	Phillip Oulton	16.6	170'0"	Michael Emens		197'10"	Maurice Rosen	16.5
			168'6"	Alan Hughes	13.7	197'9"	Morrison Clayton	16.6
			167'11"	Gerald Carr	3.3	197'6"	B. O'Neill	11.8
			166'2"	D. Bayes	9.9	197'6"	Barry Dodd	17.6
			166'0"	Lawrence Bryce	12.5	197'1"	C. Spilsbury	5.5
			165'4"	Niall Macdonald	9.5	196'7"	John Pestell	5.5
			164'4"	Robert Nicoll		195'8"	John Sale	16.6
			163'1"	David Miles	26.6	195'0"	David Stevens	12.5
			161'3"	Frank Gandy	1.6	195'0"	David Gribler	15.9
			158'11"	Peter Gibbs	9.9	194'2"	Ronald Kerridge	26.5
			157'10"	John Scott	12.6	193'10"	Alan Jones	19.5
			157'8"	R. Taylor	18.7	193'11"	Brian Kettle	11.2
			157'7"	Albert Ley	21.7	192'5"	Clive Southgate	2.6
			156'2"	Gregory Stores	7.11	191'8"	William Peet	7.7
			156'1"	Gunars Vainovskis	21.7	191'3"	Gerd Diefenthal	
			155'11"	David Bailay	2.5		(WG)	19.5
DISCUS								
177'2"	Eric Cleaver	21.10						
176'9"	Roy Hollingsworth	18.5						
173'0"	Gerald Carr	21.4						
172'6"	Michael Lindsay	26.11						
170'6"	John Sheldrick	29.9						
166'9"	Anthony Cunnew	2.6						
165'4"	Leonard Chinnery	21.10						
163'7"	Peter Nimmo							
161'7"	Otto Feldmanis	28.7						
155'2"	Derek Ward	6.8						
153'0"	John Wigglesworth	10.7						

How They Train:

THE TWO GREATEST STEEPLECHASERS

THE two greatest names in present day steeplechasing are Zdzislaw Krzyszkowiak (Poland), Olympic champion and world record holder at 8:30.4, and Gaston Roelants (Belgium), European champion in 8:32.6. Krzyszkowiak (33) is 5'7 $\frac{1}{2}$ "/1.72 and 129lb/59kg., and has been racing since 1948. He is described by his coach, Tadeusz Kepka, as a model of self-discipline and hard work, but has been plagued with injury and illness throughout his career. His flat times include 3:44.8 for 1,500m, 7:58.2 for 3,000m, 13:51.2 for 5,000m and 28:52.4 for 10,000m. Roelants (25) is similarly built at 5'7"/1.70 and 128lb/58kg. He began racing in 1954 and has been coached since April 1960 by E. Vanden Eynde; previously he was self-coached. He has run 3:52.6, 8:10, 13:53.8 and 29:19.4 on the flat, and is the reigning International cross country champion.

By courtesy of Fred Wilt and the publishers of *Track Technique*, we publish below the training schedules of these two magnificent athletes.

ZDZISLAW KRZYSZKOWIAK

Pre-race warm-up: Jog 25-30 min; 5 min. general calisthenics; 5x80-100m at 15-18 sec. per 100m pace, walk and jog 100m between; 300m at racing speed; rest 15-20 min. before racing.

Pre-training warm-up: Jog 5-6km; 6x100m in 15-18 sec., walk and jog 100m between; 100m. general calisthenics.

Winter training:

Day 1: 20km, with 4-5x1,600m fast striding en route.

Day 2: 90 min. easy running in woods.

Day 3: 18km in woods, with 8x1,000m fast striding en route.

Day 4: Strength training in gym.

Day 5: 10x600m at 1:45 pace in woods without



Gaston Roelants

timing, jog 600m between.

Day 6: Strength training in gym.

Day 7: Rest.

Summer training (May-Oct):

Day 1: Competition.

Day 2: Jog 16km.

Day 3: 10x400-800m at racing pace in woods, jog an equal distance after each fast run.

Day 4: 6x600m at racing speed in woods, jog 600m between.

Day 5: Practise hurdling and water jump technique in woods for one hour, utilising bushes and tree-stumps as obstacles.

(Continued on page 16)

TOP 50 (Contd.)

190'11 $\frac{1}{2}$ "	Herbert Bowron	18.7
190'11"	C. Brand	
190'8"	Cliff Nash	16.6
190'7"	Eric Cheetham	2.6

DECATHLON

6237	Zlatko Sumich	
	(Aus)	10/11.8
6184	George McLachlan	10/11.8
6147	Thomas Blodgett	
	(USA)	14/15.5
5792	John Montgomery	
	(Aus)	10/11.8
5610	Robert Walker	16/17.6
5582	Derek Clarke	4/5.9

5531	John Jones	29/30.6
5441	Brian Kettle	20/21.10
5222	Colin Andrews	29/30.6
5004	Raymond Radley	25/26.5
5000	Trevor Woods	10/11.8
4912	Roger Hickman	10/11.8
4895	Edward McQuat	16/17.6
4784	Roy Mills	8/9.6
4768	Ian Grant	10/11.8
4762	John Harmes	8/9.9
4638	John Lister	20/21.7
4624	Alec Lattimer	25/26.5
4611	Robert Warren	10/11.8
4570	Andrew Munden	10/11.8
4567	James Dixon	4/5.9

4521	Christopher Carter	8/9.9
4482	Gerald Beaton	25/26.5
4433	John Gingell	28/29.7
4363	Ronald Hearfield	4/5.9
4341	Peter Yaxley	22/23.9
4292	G. Morris	4/5.9
4282	A. Docker	4/5.9
4255	Robert Hay	8/9.6
4122	Michael Bellingham	
		22/23.9
4095	Norman Woolhouse	
		22/23.9
4058	James Davies	20/21.7
4036	George Britten	25/26.5
4033	David Terry	25/26.5

Bernie Cecins sees

4:41.4 Mile by Chamberlain

New Zealand girl cracks Diane Leather's world mark

FOLLOWING the British Commonwealth Games, we anticipated that the inter-club meeting at Perry Lakes Stadium, Perth, on December 8th, would bring nothing but a terrible anti-climax. This was not the case, however, thanks to two charming girls—Marise Chamberlain (NZ) and Victorian brunette Joan Beretta—who kept us spellbound for a little inside five minutes to prove that the golden era of women's distance running is yet to begin.

Throughout this historic mile race I was feeding lap times to Herbert James Elliott, who later in the day was to comment on the race for T.V. Herb said just before the race: "I still don't think that women should run more than 220 yards." A few minutes later, he added: "Looks like great fun after all!"

And great fun it was. There were only three runners in this invitation race: Marise, Joan and West Australian girl, Elizabeth Wellman (17). Dixie Willis had announced during the week that she would not be competing, and she was sitting with us in the grandstand for a bird's eye view on what this women's distance running was all about.

Marise took the lead with the first stride and was never headed. With Joan trailing by 3-4 yards, the New Zealander passed the 440 peg in 64.6 (about the same as the MEN in the previous week's mile final!) and then slowed down to a steady 73 in the next lap to reach the half-mile in 2:17.6. She continued at even speed (73.8 third lap) for 3:31.4 at the three-quarters. At the bell Joan was only some 2 yards behind, and we started to wonder how it would all end.

Around the turn, with some 330 to go, Marise really applied the pressure and began to draw away. When Marise passed 1,500m in an unofficial 4:19.0 it became obvious that Diane Leather's 7-year-old world's best of 4:45.0 would go. Running into a 3m/sec. wind, she slowed down somewhat yet reached the tape full of running in 4:41.4. Her last lap had taken exactly 70. She was followed home by Joan, who missed the English girl's old standard by half a second. The other starter gave up after the first lap.

Both girls were astonishingly fresh after the race. I suggested to Joan that she looked capable of running another mile at the same speed. She just grinned and said: "Not quite,

but another lap at least!" This was Marise's second mile race—a drastic improvement of 15.4 sec. on her 4:56.8 last January. It was Joan's 6th mile since September 1961, and 11.5 sec. faster than when she won the British title last summer in 4:57.0.

Marise said it was the easiest race she had ever contested: "I was completely relaxed and just strolled about as in a training run. When I heard the first lap time I was surprised—I thought I was running around 70 and certainly not in 65. I knew then that a new time was "on". I don't think that I would like to run too many races over the mile—it is nice to have a change from 440 and 880 once in a while. However, I do feel that the new time is bound to come down to 4:35 at least. As for women to run a mile, well there is nothing wrong with it; a properly trained girl should have no worry about it."

What does a girl think of when running a 4:41.4 mile? "Well," says Marise, "I wondered in the last lap whether Joan would make a bid. I felt strong and just wanted to be challenged to let myself go." Her most serious problem, though, was that in the middle of the race a clip fell out of her "pony-tail", and she wondered whether or not to stop to arrange her hair!

CONFIDENCE RESTORED

Marise Ann Millicent Chamberlain was born on December 5th, 1935. Now, at 27, she still has not made up her mind whether to keep going until the Tokyo Olympics. "I shall have a long talk with my coach, Mr. Voldemars Briedis, when I return home. He has guided me through the years to world record bettering performances in races from 400m to one mile. I felt a bit low after the half-mile last Saturday (Dixie Willis beat her by two seconds for the gold medal) but today has restored my confidence." Marise did only light training during the week.

To Joan Beretta, this race gave a new outlook on her potential. For the first time she is convinced that she can go places. Aged 25, she is a "latecomer" to big time athletics. At the Games she finished 5th in the 880 (Joy Jordan and Phyllis Perkins were 3rd and 4th) in a personal best 2:12.2. It is obvious that she was capable of running around 2:06, but lacked confidence in herself.

Things will be different from now on and Joan is looking forward to several years of top class running. She is quite a gal, with a keen sense of humour. Discussing some of her rivals in Australian middle distance running, she remarked casually: "I hope they all get married next year!" She then resumed munching a few more chocolates from a box she received as her prize and offered a handful to Dixie Willis, hoping no doubt that extra weight might slow down her rival one day . . .

The 5 minute "barrier" has now been bettered on 25 occasions by 12 girls. The first woman to come close was Edith Treybal (Rumania), who returned 5:00.4 in 1953. A year later, Diane Leather (now Mrs. Charles) took two-tenths off this time on May 26th, and only 48 hours later ran 4:59.6. Nina Otkalenko appears to be the only Russian star to have attempted this event: she beat Diane at the White City in October 1954 in five minutes flat. The all-time list reads:—

4:41.4	Marise Chamberlain (NZ)	1962
4:45.0	Diane Leather (GB)	1955
4:45.5	Joan Beretta (Aus)	1962
4:53.6	Maureen Smith (GB)	1957
4:54.2	Roma Ashby (GB)	1960
4:54.8	Leila Buckland (GB)	1955
4:47.2	Phyllis Perkins (GB)	1955
4:57.8	Norah Smalley (GB)	1957
4:58.0	Ann Oliver (GB)	1955
4:58.4	Madeline Ibbotson (GB)	1955
4:58.6	Edith Treybal (Rum)	1955
4:58.6	Elizabeth Joyce (GB)	1961

STEEPLECHASERS (Contd.)

Day 6: 8x400m in 67 sec. in woods, jog 400m between.

Day 7: Rest.

He trains the year round, never more than once daily, from 5 to 7 p.m. Workouts are from 1½ to 2 hours per day.

GASTON ROELANTS

Pre-training warm-up: 45 min. jogging, with 5 acceleration runs en route. Brief calisthenics.

Pre-race warm-up: Identical to above, except that hurdles and water jumps are included.

Winter training: Before 1961, he trained 3-4 times per week, running 10,000m cross country on each occasion, plus a heavy cross country racing schedule. Since 1961 his winter training has been changed to fartlek running in the woods, weight training and fewer cross country races.

Spring training (April 1960):

Day 1: 15x300m (51), walk 300m between.

Day 2: 10x100m (14), jog 300m between; jog 10 min; 10x600m (1:45), jog 600m between; warm-down jogging to end workout.

Day 3: Jog 30 min.

VALKAMA DIES IN CAR CRASH

Only two months after Ove Jonsson's tragic death, another great Nordic athlete has been killed in a car crash: 34-year-old long jumper Jorma Valkama (Finland). Valkama, one of the finest and most consistent of European long jumpers, was the reigning A.A.A. champion; in winning the title last July he set a championship record of 25'1¼"/7.65. Perhaps his finest achievement was gaining the bronze medal at the 1956 Olympic Games. Valkama's fatal accident occurred near Lahti on December 11th.

Day 4: 5x60m sprints, walk 200m between; 4x400m (65), walk 400m between; jog 5 min; 2x1,000m (2:50), jog 10 min. between.

Day 5: 15x400m (67), walk 90 sec. between each.

Day 6: Rest.

Day 7: Competition.

Summer training (June/July 1960):

Day 1: 25-30x200m (31), 50-60 sec. recovery between each by walking 100m and jogging 100m.

Day 2: 30 min. technique practice over hurdles and water jump.

Day 3: 8x200m (28), walk and jog 40-50 sec. between.

Day 4: 20x200m (31), jog and walk 200m in 50-60 sec. between.

Day 5: 10x100m (13), walk 300m between.

Day 6: Rest.

Day 7: Competition, or 3-4x800m (2:15).

He never trains more than once daily; his workouts beginning at 6.30 p.m. and lasting 1½-2 hours. At the end of September he rests 6 weeks prior to beginning training for the coming season.

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THE SPORTS CENTRE

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WEST LANCS. C.C.A. "H. S. FINNEY" **TROPHY RACE** **December 1st**

Brian Woolford (Wallasey) scored a good win after a thrilling tussle with Jim Delooze (Warrington) and David Jeffs (Wirral) over an undulating grassland course at Sherdley Park, St. Helens. In the team event Wirral A.C. maintained their season's unbeaten record with an easy win over Warrington and Pembroke.

1, B. Woolford (Wallasey)	29.07
2, J. Delooze (Warrington)	29.15
3, D. Jeffs (Wirral)	29.25
4, D. Biddle (Wir) 29.28; 5, J. Parkes (Pemb)	29.41; 6, D. Jenkins (Liv) 29.43; 7, K. Mather (Wall) 29.59; 8, B. Chalton (Wall) 30.06; 9, J. Nunnen (Wir) 30.22; 10, T. Beesley (Pemb) 30.27; 11, E. Lightfoot (Warr) 30.28; 12, J. Needham (Sef) 30.31; 13, J. Ashworth (S'port) 30.33; 14, K. Needham (Sef) 30.35; 15, D. Rimmer (Wir) 30.36; 16, T. Harper (Wir) 30.40; 17, B. Jones (Wir) 30.42; 18, M. Dean (Pres) 30.48; 19, G. Meachin (Warr) 30.57; 20, R. Harris (Pemb) 31.00.

Teams:	Pts.
1, Wirral	(3.4.9.15.16.17.21.25) 110
2, Warrington	243
3, Pembroke	315

Youths

1, J. McLoughlin (Sutton)	17.42
2, P. Meldrum (Wallasey)	17.59
3, E. Connor (Pembroke)	18.07

Boys

1, J. Berman (Warrington)	14.19
2, P. Garrety (Pembroke)	14.35
3, T. Overington (Wirral)	14.40

STAFFORDSHIRE JUNIOR **CROSS-COUNTRY CHAMPIONSHIPS** **December 8th, 1962**

Juniors

1, D. Willis (Wolverhampton)	36.36
------------------------------	-------

2, R. Boyden (N. Staffs & Stone)	37.00								
3, T. Fones (Tipton)	37.26								
4, G. Dean (N. Staffs)	38.00; 5, W. Carr (Tip)	38.07; 6, A. Protman (Bilston)	38.20; 7, T. Powell (Wolv'n)	38.45; 8, J. Willetts (Dudley)	38.54; 9, J. McColgan (Stour)	38.57; 10, M. Evans (Stour)	39.20; 11, M. Davies (Wolv'n)	39.51; 12, R. Harris (Burton)	39.52.

Teams:	Pts.
1, Tipton	(3. 5.13.18) 39
2, Wolverhampton	(1. 7.11.20) 39
3, Newcastle H.S.	(15.16.22.23) 76

Boys

1, D. Jones (Tipton)	15.48								
2, A. Adams (City of Stoke)	15.53								
3, D. Connor (Penn Sch)	15.59								
4, S. Hyde (Birchfield)	16.02; 5, C. Lissemann (Bilston Town)	16.03; 6, K. Hodson (Wolv'n)	16.05; 7, D. Rowland (Wolv'n)	16.10; 8, N. Deakin (Michelin)	16.15; 9, D. Hughes (Wolv'n)	16.19; 10, D. Witherton (Tipton)	16.20; 11, G. Gilson (Stoke)	16.24; 12, C. Abbotts (N. Staffs)	16.26.

Teams:	Pts.
1, Wolverhampton	(6. 7. 9) 22
2, Tipton	(1.10.13) 24
3, City of Stoke	(2.11.15) 28

MIDLANDS 21 pts. BEAT U.A.U. 76 **AND R.A.F. 96**

Though not calling on their internationals just returned from Perth, the Midlands were the easiest of winners of this annual encounter. Peter Leake soon led the field and set up a useful lead which he held to the end, though Juan Taylor was closing the gap in the later stages. Brian Kilby ran as a non-scorer and was third man home.

1, P. Leake (M) 35.16; 2, J. Taylor (M) 35.20; 3, B. Heatley (M) 35.29; 4, P. Killeen (M) 35.58; 5, A. Walker (M) 36.00; 6, R. Cooper (M) 36.00; 7, W. Adcocks (M) 36.12; 8, J. Jackson (UAU) 36.13; 9, W. Jeffs (RAF) 36.15; 10, R. Hill (UAU) 36.15.

SHREWSBURY AMATEUR ATHLETIC CLUB'S **4th Annual ROUND THE HOUSES RACE**

Sponsored by Arthur Guinness, Son & Co. (Park Royal) Ltd. Under A.A.A. Laws
MONDAY, DECEMBER 31st, 1962, at 11.30 p.m.

From Old Market Square :: High Street, Shrewsbury
 Distance: 4 miles 220 yds. Changing at Old Post Office Hotel

PRIZES—1st valued £7 and Guinness Perpetual Trophy, 2nd £5, 3rd £3, 4th £2, 1st Salopian £2, 1st Over 40 £2. Souvenir tie first 12 to finish. 1st Team 4 prizes valued £3 and medals, also Nesslerie Shield to be held for 1 year, 2nd 4 at £2 and medals, 3rd 4 at £1 and medals.

Entrance Fees: Individuals 3/-; Teams (6 run, 4 count) 5/- per team. All team runners to enter as individuals. Entries and enquiries to G. R. Davies, c/o 14 Links Road, Belle Vue, Shrewsbury, or 11 Eastway, Flixton, Urmston, Lancs. Closing date December 23rd. No late entries accepted.

Accommodation for Monday night if requested before December 22nd. Dance and Refreshments after Race. Private Party and Dance for athletes and friends at Liberal Club till 3 a.m.

LETTERS TO THE EDITOR

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

INTER-AREA RACE?

Sir,

It should now be quite apparent that the R.A.F. and U.A.U. are no longer capable of producing teams to match the senior team strength of the Midland Counties C.C.A.

The Midlands have won all the last five encounters with ridiculous ease, only three runners splitting the Midland team since 1958. And while the Midlands are gaining in strength, the R.A.F. no longer have the good runners they recruited in the days of National Service, while the U.A.U., relying mainly on juniors, cannot hold the same team for long.

Yet because the award of Association colours would be cheapened if made to "second team" runners, the Midlands are obliged to put out their best team—that is how the R.A.F. and U.A.U. would prefer it anyway—but surely, this does not mean it has to be the best senior side available.

The answer, it would seem, is for the Midlands to field a junior team against the R.A.F. and U.A.U., and to invite the North and South to provide senior team opposition, possibly as part of the same fixture.

There are all too few representative matches for our cross-country runners and an inter-area clash would, I feel, create as much interest as is provided by the corresponding fixture during the track season.

Yours faithfully,

J. Seager

COACHES

Dear Sir,

Recently I heard the President of a well-known London Club refer to an A.A.A. Honorary Coach as a "theorist", and suggested that only athletes who had gained success in athletics were entitled to coach. How right was his assessment?

None of the great contemporary coaches were great athletes. This applies to Dyson, Cerutti, Stampfl and Lydiard, but they were all active participants in sport. Dyson was a county standard hurdler, Cerutti a keep-fit exponent, Stampfl a miler, Lydiard a marathon runner.

How many great international runners have produced world-beaters? I cannot recollect any. It would seem therefore that the so-called "theorists" have the edge on famous performers when it comes to the question of teaching the basic fundamentals of an event.

I think it is a dangerous policy for any

responsible official to cast aspersions about holders of the Senior and Junior A.A.A. Coaching Awards. Most holders of these awards have been active athletes in the first instance, and have gone to considerable bother to study the techniques of the events they coach. One has only to read the A.A.A. Coaching Newsletter to realise the wealth of information and skill these coaches possess. Personally, I hope to see the day when all coaching of athletes by unqualified trainers will be banned.

Yours faithfully,

F. J. Horwill,

A.A.A. Hon Coach

WHAT HAS HAPPENED TO RUNNING?

Dear Sir,

May I, with tongue only partly in cheek, suggest that if the present trend in middle and long distance running continues, we can look forward (sic) to times getting slower and final laps getting faster.

How long before some sprightly youth wins the Olympic 10,000 metres in 39 mins. with a final lap of around 48 secs? The recent European and Empire races have thrown up freak results partly because of weather conditions—and yet this is not true of the steeplechase, so is it all weather?

Perhaps it follows from holding these Championships in sub-tropical zones—one recalls that Rome, Belgrade and Perth are in these zones. How I, at least, yearn for a Zatopek, a Kuts or a Pirie (1953 variety).

Yours faithfully,

L. Crouch

P.S. I question the "long season" reply to our people's apparent loss of form. Six years ago, at a similar time of year, we had possibly our best ever Olympics (trackwise).

BOOKS WANTED

Dear Sir,

I am very anxious to purchase the following books, which are not now available through the normal channels, to assist me in studies of the history of distance-running training.

- (1) Any of the books by Arthur Newton, including his "Commonsense Running".
- (2) F. A. M. Webster, "Athletics of To-day"; London: Frederick Warne & Co., Ltd., 1929.
- (3) F. A. M. Webster, "Coaching and Care of Athletes". 1938.
- (4) Alfred Shrubbs, "Long Distance Running and Training"; 1909.

- (5) Ross and Norris McWhirter, "Get To Your Marks": London, Nicholas Kaye, 1951.
 (6) 1960 "A.T.F.S. Annual", published by World Sports.

It may be possible that some of the older athletes and coaches may have copies of these books and if they are willing to part with them, I would be delighted to hear from them. They will also be used as part of the library that will be available at the next "Distance Training Week-End" held by the Devon A.A.A. at Braunton.

If anyone can suggest further books from the immediate or distant past which would be of use, I would be grateful if they would drop me a line.

Many thanks,

Yours sincerely,

Tony Ward,

Coaching Secretary, Devon A.A.A.,
 13 Maidenwell Road,
 Plympton, Devon.

WELSH NOTES

by **BERNARD BALDWIN**

KEN NORRIS delighted his audience in Mountain Ash Town Hall on the night of last Thursday week, when he recounted the story of his victory in the Sao Paulo race in 1955. Ken had earlier presented the trophy which he won in Brazil to the Chairman of the Council, Councillor Harry Ward, J.P., for perpetual competition in the Nos Galan 4 miles race. In return Councillor Ward presented Ken with a miniature miner's lamp, and Mrs. Ward presented Mrs. Norris with a bouquet of flowers.

The trophy, a bronze statuette, will be awarded to the winning team this year, but retained in the Council Chamber, owing to its size and weight, and a miniature handed over to the captain of the winning team. At the time of writing, 100 entries have been received for the 4 miles and 25 for the mile.

The civic reception of all athletes who have arrived by 4 p.m. on New Year's Eve is always a happy affair, and the Council have again agreed to provide this, in Mountain Ash Town Hall. There is to be no Jones' Dash in Abercynon this year, but the Nos Galan Gwid, Invitation 100 yards, goes on at 8 p.m. (heats) and 9 p.m. (final), before the 4 miles, at 11.45 p.m.

Tom Richards has run as Mystery Runner or the bearer of a goodwill message at each Nos Galan since its inception in 1958, but this



Ken Norris presents the trophy which he won at Sao Paulo, in 1955, to Cllr. H. Ward, J.P., Chairman of Mountain Ash Council, for annual competition in the Nos Galan 4 Miles Race. Organiser, Bernard Baldwin, looks on.

Ron Bevan

year he will be replaced by former Welsh Cross Country champion, Lyn Bevan, of Newport Harriers. Lyn will bring a message from the Mayor of the Rhondda Valley, over the mountain top, to Llanwonno, and thence to Penrhiwceiber for the start of the mile.

The third annual inter-county cross country match between the Secondary Schools of Monmouthshire and Glamorgan took place at Llanrumney School, Cardiff on Saturday, 8th December.

Results: Juniors: 1, Mon. 34 pts; 2, Glam. 45. 1, G. Payne (G); 2, S. Ritter (M); 3, J. Parry (M). **Middles:** 1, Glam. 25 pts; 2, Mon. 58. 1, B. Morris (G); 2, S. Stuart (G); 3, I. Rennie (G). **Seniors:** 1, Glam. 33 pts; 2, Mon. 54. 1, P. Durrant (M); 2, H. Davies (G); 3, I. Powell (G).

S. Wales C.C. & A. League

Glamorgan Police gave a warm welcome and first class 7 miles course for the inter-club race at their Waterton Sports Centre, Bridgend, on December 8th, when Jim O'Brien led from
 (Continued on page 22)

SOUTHERN A.A.A. INDOOR MEETING, Stanmore, December 8th

JOHN HOWELL and **Rex Porter** competing for the first time since their return from Perth met with mixed fortunes. The former achieved one of his poorest marks and lost to **Anthony Endean** who, it will be recalled, jumped 23'2" as a youth in 1958. **Rex Porter**, still bothered by the knee injury that affected him at **Perry Lakes Stadium**—he thought he "was the best one-legged vaulter there"—came in at 13'6", cleared on his second attempt and then called it a day! He is certain that there will be a break-through next year by Britain's vaulters. **Michael Campbell** had the galling experience of clearing 6'4" and then watching the bar drop after at least 1 sec. had elapsed. His second and third attempts were not so close.

60: (A) 1, **A. Tymms** (Sy. AC) 6.6; 2, **R. Summerfield** (Camb. & C) 6.6; 3, **D. Bryant** (B'heath) 6.7 (6.6 ht). **(B)** 1, **J. Fix** (Ilf) 6.7; 2, **K. Scott** (HHH) 6.7; 3, **F. Holland** (Sy. AC) 6.8.

60H: (A) 1, **J. Parker** (Ach) 7.8; 2, **G. Tymms** (Sy. AC) 7.8; 3, **D. Hemery** (Ruis) 8.1 (8.0" ht). **(B)** 1, **G. Manning** (Dork) 8.2 (8.1 ht); 2, **E. Sawkins** (B'heath) 8.3; 3, **A. Fear** (Wat) 8.3 (8.2 ht).

HJ: 1, **M. Campbell** (Ruis) 6'3"; 2, **M. Hurman** (TVH) 6'1"; 3, **G. Beaton** (TVH) 5'10"; 4, **P. Gates** (Epsom) 5'10".

LJ: 1, **J. Endean** (Walt) 21'7½"; 2, **J. Howell** (HHH) 21'6"; 3, **G. Britten** (Ex. B) 20'7".

TJ: 1, **G. Britten** 46'5½"; 2, **E. Robinson** (H'church) 44.41"; 3, **P. Clarke** (St. Alb) 44'0".

PV: (A) 1, **A. Tymms** 11'0"; 2, **R. Bennett** (Herc) 10'6". **(B)** 1, **S. R. Porter** (S'gate) 13'6"; 2, **J. Hutton** (Herc) 13'0".

Juniors

60: (A) 1, **R. Frith** (Poly) 6.5 (6.4 sf); 2, **G. Tarrant** (CUAC) 6.7 (6.6 sf); 3, **E. Wood** (Roch'r) 6.7. **(B)** 1, **D. Bennett** (Felt) 6.9; 2, **D. Brander** (S'gate) 6.9; 3, **C. Snaith** (Heaton) 6.9.

60H: (A) 1, **D. Hemery** 8.1 (7.9 ht); 2, **M. Beever** (Wat) 8.3; 3, **P. Morrison** (Ilf) 8.7 (8.6 ht). **(B)** 1, **T. Smith** (So'ton) 8.9.

60H: (A) 1, **D. Hemery** 8.1 (7.9 ht); 2, **M. Beever** (Wat) 8.3; 3, **P. Morrison** (Ilf) 8.7 (8.6 ht). **(B)** 1, **T. Smith** (So'ton) 9.8.

HJ: 1, **M. Campbell** 6'3"; 2, **D. Newman** (Epsom) 6'0"; 3, **S. Ogle** (Bedford) 5'8".

LJ: 1, **E. Wood** 21'6"; 2, **D. Wade** (Belg) 19'10½"; 3, **M. Elvy** (Slough) 19'9½".

TJ: 1, **R. Fenner** (Sy. AC) 39'7".

Youths

60: (A) 1, **E. Page** (Vinters) 6.7; 2, **P. Morrison** 6.8; 3, **A. Hodgkins** (Bucks & D) 7.0 (6.9 ht). **(B)** 1, **G. Beckley** (TVH) 7.0; 2, **C. Keeley** (Chich'r) 7.0.

HJ: 1, **E. Hill** (Wyc) 5'9"; 2, **R. Giblett** (S'all) 5'6".

TJ: 1, **R. Power** (Ex. B) 43'1¼"; 2, **C. Leeson** (Orange Hill) 42'11¼"; 3, **J. Cowper** (H'gate) 38'4".

A. Huxtable

CIVIL SERVICE C.C. CHAMPIONSHIPS

At Richmond Park—December 8th

1, **M. Price** (GPO Eng. Dept) 26.59
2, **L. Presland** (M. of Aviation) 27.46
3, **J. Garey** (M. of Health) 28.08
4, **P. Mellor** (M. of Housing & LG) 28.13; 5, **D. Fudge** (Admiralty) 28.20; 6, **K. Flowers** (GPO) 28.25; 7, **C. Walker** (M. of Works) 28.33; 8, **A. Glenister** (Somerset H) 28.38; 9, **K. Scurr** (Dir. of O.S) 28.43; 10, **A. Butcher** (I.R.) 28.47; 11, **P. Carr-Lock** (Aviation) 28.48; 12, **D. Plater** (I.R.) 28.48; 13, **W. Browan** (War Dept) 28.52; 14, **B. Cordes** (M. of Pensions) 29.02; 15, **D. Bucke** (M. of Ag) 29.05; 16, **R. Jeans** (War Dept.) 29.10; 17, **W. Wheeler** (Admiralty) 29.18; 18, **M. Dunphy** (Pensions) 29.20; 19, **R. Burtwell** (Aviation) 29.31; 20, **D. Case** (War Dept.) 29.31.

Teams:

1, G.P.O. Eng. Dept. (1. 4.16.20.26) 67
2, Min. of Aviation (2. 6.14.18.28) 68
3, War Dept. (8.11.15.22.27) 83
4, In. Revenue 96; 5, M. of Pensions 111; 6, Customs & Ex. 138; 7, Min. of Agric. 196; 8, Nat. H.M. 225; 9, G.P.O. Research 245; 10, Hermes (LTR) 261.

Pts.

CAMBRIDGE BEAT OXFORD 23-58

It was all Cambridge at Roehampton on December 8th when they swamped the Dark Blues to win the annual cross-country match by 23 pts. to 58. **Mike Turner** led from start to finish to win in 37.50, only 3 sec. outside the course record.

1, **D. M. Turner** (C) 37.50; 2, **T. F. K. Johnston** (C) 38.33; 3, **M. R. Heath** (C) and **A. I. C. Heron** (C) 39.35; 5, **C. H. Llewellyn-Smith** (O) 40.29; 6, **G. I. Lawson** (C) 40.51; 7, **C. R. Fitt** (C) 41.01; 8, **H. R. Glyde** (O) 41.14; 9, **J. P. Boulter** (O) 41.21; 10, **K. I. Evans** (C) 41.29; 11, **M. H. Mullin** (O) 41.54; 12, **M. L. Statham** (O) 42.06; 13, **R. Norton** (O) and **J. Lunn** (O) 43.47; 15, **R. W. Harvey** (O) 43.47; 16, **A. J. Maxwell** (C) 45.27.

Boreham Wood A.C. elected the following: President, **R. C. Crump, Esq., J.P.**; Secretary, **C. E. Booth**, Wavertree, Barnet Lane, Elstree, Herts; Treasurer, **M. Hadwin**, 4 Haggerton Road, Boreham Wood; Fixtures Sec., **A. Kirsop**, 21 Hartsford Road, Boreham Wood; Ladies' Sec., **Miss P. Poole**, 35 Lemsford Court, Boreham Wood; Captain, **John Kidd Jnr**; Ladies' Captain, **Miss H. Scarfe**.

HYMAN FIRST HOME IN PORTSMOUTH "5"

December 8th

- 1, M. Hyman (Portsmouth AC) 25.29
- 2, J. Edwards (Bristol) 25.31
- 3, H. Clayton (Bristol) 25.45
- 4, J. Lindsell (Ports) 25.49; 5, G. Gough (Ports) 25.53; 6, C. Plumpton (Ports) 25.59; 7, P. Knott (Ryde) 26.05; 8, D. McFadzean (Royal Navy) 26.10; 9, M. Gale (Bris) 26.20; 10, B. Fletcher (RN) 26.24; 11, P. Kilford (Ports) 26.30; 12, B. Williams (Guildford) 26.32; 13, R. Shergold (Ports) 26.37; 14, *R. Jones (Ports) 26.41; 15, B. Lillicrap (Ports) 26.42; 16, *B. Switzer (So'ton) 26.46; 17, R. Adams (Bris) 26.50; 18, A. Weatherill (RN) 26.59; 19, J. Winslade (Ports) 27.01; 20, R. Pape (RN) 27.04 21, R. Belmore (Guild) 27.07; 22, *D. Inns (Gosport) 27.12; 23, R. Harwood (Guild) 27.17; 24, C. Ingram (Guild) 27.23; 25, A. Tunks (Redhill) 27.27; 26, R. Brown (RN) 27.38; 27, *J. Perry (Salisbury) 28.10; 28, P. Fagge (RN) 28.11; 29, R. Paine (Ports) 28.12; 30, J. Mellowdew (Redhill) 28.13.

Teams:

- 1, Portsmouth (1. 4. 5. 6) 16
- 2, Bristol (2. 3. 9.15) 29
- 3, Royal Naval South (8.10.16.18) 52
- 4, Guildford & Godalming 72; 5, Ryde H. 107;
- 6, Redhill & Reigate 117.

Handicap: 1, R. Copping (Port) 6.10, 23.49; 2, G. Gough (Ports) 1.40, 24.13; 3, B. Fletcher (RN) 2.10, 24.14.

Young Athletes' 3M.

- 1, A. McReath (Eastleigh) 14.10
- 2, J. Gulliver (Eastleigh) 14.10
- 3, R. Brown (Southampton) 14.19
- 4, M. Woodford (S'ton) 14.22; 5, R. Hemphill (East) 14.26; 6, F. Summers (Guildford) 14.31; 7, A. Walker (Hove) 14.38; 8, G. Sparks (Guild) 14.40; 9, L. Henderson (East) 14.41; 10, D. Young (Ports) 14.42; 11, P. Gittens (East) 14.44; 12, R. Jenkins (Ports) 14.48; 13, D. Stubbington (S'ton) 14.50; 14, D. Budde (Hove) 15.06; 15, H. Robinson (S'ton) 15.10; 16, M. Lane (Guild) 15.11; 17, J. Williams (Guild) 15.14; 18, *W. Weller (Redhill) 15.23; 19, G. Green (Hove) 15.27; 20, *R. Lawson (Churchers' Coll) 15.29.

Teams:

- 1, Eastleigh (1. 2. 5) 8
- 2, Southampton (3. 4.13) 20
- 3, Guildford & G. (6. 8.16) 30
- 4, Hove 39; 5, Portsmouth 42.

* Individual.

Woking A.C. elected the following: Chairman, G. Daborn; Gen. Secretary, F. Vinall, 10a Loder Close, Sheerwater, Woking; Fixtures Sec., N. Bird, 85 Queen Elizabeth Way, Kingfield, Woking; Treasurer, P. Haines, Flat 2, The Vicarage, White Waltham, Berks.

WOLVERHAMPTON G.S. ROAD RELAY

THIRTY schools and colleges in the Midlands entered for the second Road Relay promoted by Wolverhampton Grammar School on November 17th.

On lap 1 White took Moseley GS into an 8 seconds lead over St. Phillips GS. Holders KES, Birmingham, were 4th and King Henry VIII, Coventry, 5th. Brown, running the first leg for the host team, suffered from severe stomach cramp and limped in last.

On lap 2 Mundh held on to Moseley's lead by a mere second from Bonfield (K. Henry VIII). Davies (KES, Stafford) brought his team from 25th to 7th with a record breaking run of 14.30.

Gadsby built up a 32 seconds lead for King Henry VIII on lap 3, with Harper Adams, Agri. Coll., coming up from 8th to 4th. On the last leg Fletcher had a lead of 120 yards after a mile, but Watters was running strongly for Harper Adams and closed the gap considerably in running second fastest time of 14.38.

1, King Henry VIII, Coventry (Cocklebergh 15.33, Bonfield 15.26, Gadsby 15.09, Fletcher 15.27) 61m. 35s.

2, Harper Adams Agric. Coll. (Statham 15.58, Lewis 15.47, Beresford 15.26, Watters 14.38) 61m. 49s.

3, Moseley G.S. (White 15.09, Mundh 15.52, Jerrard 15.42, McKenzie 15.39) 62m. 22s.

4, Newcastle HS; 5, G. Dixon GS; 6, Shrewsbury Sch.; 7, St. Phillips GS; 8, Bolton, **Fastest Laps:** Davies (KES, Staff.) 14.30, Watters (H. Adams) 14.38, Wilkes (Lordswood) 14.57, White (Moseley) 15.09, Gadsby (Coventry) 15.09.

POLE VAULTERS ASSOCN. NOTES

Secretary: W. T. Hamilton, c/o Carnegie College, Beckett Road, Leeds 6 (temp.).

Glass-fibre poles are much in the news of late but two cases have come to light recently which stress the need for caution. Case 1 is a senior vaulter who after much perseverance had to sell his pole at a considerable financial loss because it was unsatisfactory. Case 2 is an 11-year-old boy who had persuaded his father to buy a pole—presumably at a cost of several birthday presents!

Without delving into mechanics or pros and cons, there is sufficient evidence available to state firmly that fibre-glass poles do not suit everyone; they are difficult to obtain and careful selection is absolutely essential. Anyone thinking of purchasing one might save himself considerable expenditure of energy (and maybe cash!) if he drops me a line at People's College, Castle Road, Nottingham; I shall be only too willing to pass on the information I have.

T.H.

OTHER RESULTS

November 17th

R.A.F. Jurby Road Run. 1, D. Sargent 20.35; 2, P. Lancaster 20.41; 3, Flt. Lt. C. Pierce 21.05; 4, V. Doyle 22.40; 5, K. Bowden 23.45; 6, Fowler 24.35.

Wimbledon 38 pts. beat Westminster Bank 70, London Sch. of Economics 123. 1, J. Thresher (W) 26.04; 2, R. Linstead (W) 26.46; 3, R. Lovegrove (W) 27.10; 4, K. Shaughnessy (W) 27.51; 5, Hodgson (WB) 27.59; 6, R. Thomas (W) 28.01.

(Youths) Raynes Park G.S. 25 pts. beat Wimbledon 42. 1, eq., K. Fay, M. Kortenray (W) 15.44; 3, eq., Onslow, Shrub, Holland, Jackson (all RP) 16.01.

November 21st

Rickmansworth G.S. beat Royal Masonic Sch. 22-65. 1, eq. Willshaw, Oliver, Crick, Dooley, Smith (RGS) 23.56; 6, Yates (RM) 24.32; 7, Skey (RG) 24.52.

November 24th

Newport beat Gilwern 47-59. 1, K. Flowers (G) 36.18; 2, T. Edmunds (G) 36.24; 3, G. Matthuidis (N) 36.34; 4, L. Bevan (N) 37.14; 5, D. Morgan (Cardiff TC) 37.18; 6, A. Aylett (G) 37.24.

Woodford Green beat Finchley 46-61. 1, eq. E. Major, A. Lewis (WG) 35.36; 3, L. Phipps (WG) 35.53; 4, M. McLoughlin (F) 36.05; 5, C. Crump (WG) 36.54; 6, eq. J. Boutle, M. Smith, M. Heryet (F) 38.24.

Worthing and Dist. H. 5m. H'cp. 1, A. Roberts (4.05) 28.47; 2, B. Johnstone (10.20) 29.38; 3, C. Howard (1.10) 30.35; 4, C. Stone (5.20) 31.07; 5, I. Syred (2.00) 31.26; 6, R. White (0.40) 31.28. **Fastest Times:** P. Robinson 31.38; C. Howard 31.45.

St. John's Coll. (York) 34½ pts. beat Sheffield Univ. II 43½. 1, M. Hague (SJ) 27.02; 2, A. Norris (S) 27.32; 3, eq. M. Sudlow (S) T. Howkins (SJ) 28.23; 5, D. Blackmore (S) 28.32; 6, J. Consterdine (SJ) 29.06.

Croydon 14 pts. beat Surrey A.C. 25, Redhill and Reigate 29 (Youths). 1, E. von Terssch 18.10.

Rainey Endowed Sch. beat Annadole G.S. 10-27. 1, Boyle (R) 17.30; 2, Steele (R) 17.35; 3, Henry (R) 17.40.

Shaftesbury 35 pts. beat Welwyn 51; United Hospitals 105. 1, R. Parker (S) 27.25; 2, B. Smyth (W) 27.53; 3, D. Howe (S) 27.55; 4, A. Sunderland (S) 27.57. **Shaftesbury 5M H'cp. in conjunction.** 1, E. Nolan (5.00) 25.05; 2, T. Newberry (5.30) 25.56; 3, R. Parker (1.20) 26.05.

Sale 79 pts; beat Manchester & Dist. L.C.H. 87; Manchester Univ. 108; Bolton Utd. 115; Rochdale 123; Sale II 245; Clayton-le-Moors 265; Manchester Univ. II 320; Bolton Utd.

II 375. 1, J. Whetton (MU) 31.56; 2, eq. Montague (MD), D. Veals (MD) 32.17; 4, J. Frost (S) 33.12; 5, M. Jefferson (S) 33.12; 6, D. Farmer (S) 33.14; 7, P. Keeling (B) 33.15; 8, A. Hughes (R) 33.16; 9, R. Gregory (MD) 33.29; 10, J. Eastwood (R) 33.32.

November 24th

Bristol 25 pts. beat Millfield Sch. 119, Birchgrove did not close in. 1, M. Price (Bris) 30.10; 2, H. Clayton (Bris) 30.35; 3, W. Stiffall (Bir) 31.30; 4, D. Lee (Bris) 31.40; 5, J. Gingell (Bris) 31.46; 6, eq. D. Smith (Bris) R. Adams (Bris) 31.53. **(Youths) Bristol 14 pts. beat Birchgrove 32, Bristol 'B' 38, Millfield Sch. 55.** 1, R. Parker (Bris) 23.20; 2, R. Lavis (Bris) 24.01; 3, J. Purnell (Bris) 24.58; 4, P. Tye (Bris) 24.58; 5, M. Martin (Bir) 25.35; 3, W. Francis (Bir) 25.43.

Cardiff Univ. beat Swansea Univ. 36-44. 1, B. Tucker (C) 33.53; 2, M. Walsh (S) 34.26; 3, L. Jones (C) 34.37; 4, B. Hancock (C) 34.39; 5, R. Hancock (S) 35.07; 6, A. Cooper (S) 35.07.

November 28th

Ballyclare H.S. 19 pts. beat Rainey Endowed Sch. 24, Maghercfeelt Tech. 35. 1, A. Chivers (B) 16.50; 2, M. Diamond (M) 16.59; 3, B. Henry (R) 17.05.

Manchester Univ. III 31 pts. beat Moseley Hall G.S. 71; Sale G.S. 92; Manchester IV 127. 1, S. Gould (Mos) 22.51; 2, R. Grimshaw (Man) 23.16; 3, A. Gillanders (Man) 23.20; 4, J. Ferguson (Man) 23.21; 5, J. Dalingwater (Man) 23.23; 6, D. Barrar (S) 23.30.

December 1st

Belfast Royal Academy 33 pts. beat Rainey Endowed Sch. 34, R.A.F. Ballykelly 70. 1, Pepper (RAF) 16.52; 2, Oiligly (BRA) 16.55; 3, Henry (R) 17.14.

London Univ. 35 pts. beat Blackheath 53, Thames Hare & Hounds 83. 1, J. Farrington (LU) 26.37 (course rec); 2, F. Rogers (B) 27.57; 3, D. Farrell (LU) 28.04; 4, R. Webber (B) 28.18; 5, P. Banner (T) 28.26; 6, eq. B. King, T. Foxton, G. Hillington (LU) 28.33.

United Hospitals' Hare & Hounds beat Wimbledon 46-62. 1, Pott (UB) 30.46; 2, Lovegrove (W) 30.58; 3, Shaughnessy (W) 31.06; 4, Napier (UH) 31.17; 5, Walters (UH) 32.19; 6, Holt (UH) 32.19.

Ranelagh 34 pts. beat Imperial Coll. 61; Southampton Univ. 86. 1, eq. W. Bird, C. Wade, A. Hedger (R) 28.01; 4, M. Jewell (S) 29.07; 5, I. McIntosh (R) 29.07; 6, P. Moss (I) 29.31.

Herne Hill H 7½M Race and H'cp. 1, eq. M. Gowan, A. Towl 44.20; 3, J. Derham 44.45; 4, L. O'Sullivan 45.06; 5, T. Robertson 45.19; 6, M. Maynard 45.48. **H'cp. 1, M. Randy (6.45) 41.18; 2, D. White (4.15) 41.59; 3, A. Willis (6.45) 42.02.**

(Continued next week)

BEXHILL ROAD RELAY

JOHN PETTITT gave Aylesford P.M. the lead on lap 1, followed by Carter (Hove) and Lowe (TVH). On the second lap Eddie Ellis took the Valley in front, followed by Garrett (Woodford) and Weller (Blackheath).

Meddings went past Hawkes (TVH) on the third lap and Woodford held their lead to the finish, with Brighton always in third place. On the fourth lap Eric Major ran fastest lap of the day for the leaders and with Chapman and Stearns following, they had nearly a minute advantage at the end.

1, Woodford Green A.C. (Baker 14.10, Garrett 13.09, Meddings 13.26, Major 13.04, Stearns 13.09, Chapman 13.55) 80m.53s.

2, Thames Valley H. (Lowe 13.41, Ellis 13.35, Hawkes 13.58, Card 13.12, Stacey 14.06, Freeman 13.20) 81m.52s.

3, Brighton A.C. (Cobley 13.55, Taylor 13.50, Theurer 13.40, Candlish 13.49, Jones 14.09, Foord 13.41) 83m.04s.

4, Blackheath 83.28; 5, Walton 83.39; 6, Maidstone 84.23; 7, T.V.H. 'B' 84.29; 8, Ealing 86.04; 9, Cambridge H. 86.12; 10, Blackheath 'B' 86.34; 11, Brighton 'B' 87.17; 12, Hove 90.24; 13, T.V.H. 'C' 91.04; 14, Aylesford P.M. 91.11; 15, Bexhill 92.11; 16, Brighton 'C' 94.43; 17, Eastbourne 96.22.

Fastest Times: E. Major (WG) 13.04, D. Chapman (WG) 13.09, R. Garrett (WG) 13.09, M. Barratt (Ealing) 13.11, J. Card (TVH) 13.12, R. Freeman (TVH) 13.20.

KENDAL 5M YACHT HANDICAP

December 8th

1, M. Palmer (Blackpool) 3.15,30.45; 2, D. Burch (Clayton) 2.30,30.58; 3, E. Almond (Leyland M) 6.00,31.18; 4, D. Swarbrick (B'pool) 0.50,31.23; 5, B. Howarth (Ley. M) 5.30,31.37; 6, D. Hopkinson (Clay) 0.35,31.42; 7, P. Hall (Barrow) 0.45,31.58; 8, A. Byrne (B'pool) 1.15,32.02; 9, B. Gill (Barrow) 1.20,32.04; 10, G. Brown (Kendal) 4.15,32.05; 11, K. Metcalfe (Clay) 2.30,32.10; 12, N. Baker (Preston) 6.10,32.12; 13, A. Patton (Clay) 4.15,32.13; 14, M. Nicholson (Windermere) 4.15,32.14; 15, E. Spencer (B'pool) 3.30,32.17.

Fastest Time: D. Swarbrick 24.43.

Teams: 1, Blackpool (1.4.8.15) 28 pts; 2, Clayton-le-M. (2.6.11.13) 32.

WELSH NOTES (Contd.)

start to finish. 1, J. O'Brien (Pt. Talb) 43.04; 2, A. Price (Neath) 44.15; 3, John O'Brien (Pt. Talb) 45.01; 4, G. Evans (Carm) 45.13; 5, J. Evans (Neath) 45.22; 6, F. Bell (Carm) 45.45; 7, P. Meredith (Swan. Un) 45.57; 8, M. Walsh (Swan. Un) 45.58; 9, B. Jones (Neath) 45.59; 10, G. Jones (Neath) 46.10; 11, R. McColi (Swan. Un) 46.22; 12, W. Perkins (Glam. Pol) 46.52. **Teams:** 1, Neath (2.5.9.10) 26; 2, Swansea Univ. 39; 3, Glamorgan Police 78.

WINTER PAARLAUF MEETING

Hornchurch, December 2nd

The first Winter Paarlauf Meeting at Hornchurch was an outstanding success with over 70 athletes attending, despite the cold and a frozen track.

10M—2 Man Relay: 1, D. Stearns/B. Wade (Woodford) 44.30; 2, T. Edwards/T. Pailthorpe (Hornchurch) 44.42.5; 3, K. Burgess/R. Beil (Chelmsford) 44.42.5; 4, M. Barber/J. Mayes (Hornchurch) 45.37; 5, B. Longden/T. Hatch (Hornchurch) 45.55.5; 6, C. Burton/M. Creedon (Romford) 46.34; 7, J. Archer/C. Joslin (Chelms) 48.12; 8, T. Hitchcock/G. Anderson (Romford) 48.32.

5M Paarlauf: 1, M. Robinson/A. Fuller (Hornchurch) 23:19.5; 2, D. Griffin/J. Clesher (Hornchurch) 23.44 (Y); 3, D. Bland/W. Clarke (Hornchurch) 24.21.

3M Paarlauf for Sprinters: 1, J. Salisbury/F. Strifflins (Ilford) 13.02; 2, J. Archer/C. Joslin (Chelmsford) 13.12 (Y); 3, P. Jones (Ilf) and F. Hammerton (H'church) 13.24; 4, E. Fenwick/K. Webster (Hadleigh) 13.24; 5, M. Erith/P. Fulcher (Chelms) 13.53 (Y); 6, J. Davis/M. Elliott (Chelms) 13.58 (J).

1½M Paarlauf for Women: 1, C. Oxtan/H. Rowe (Colchester) 7.20; 2, P. Gardner/M. Tucker (Chelmsford) 7.23; 3, A. Pym/P. Ingle (H'church) 7.59; 4, K. Oliver/J. Parker (H'church) 8.31.

FIXTURE LIST, 1962

January

- 1 Morpeth—Newcastle "13½".
- 5 County C.C. Championships.
- 5 Yorkshire Team Trials, Bramley Park.
- 11 Indoor Meeting, Feltwell.
- 11/12 Southern C.A.A.A. Indoor Meeting, Stanmore.
- 12 Women's Inter-County C.C., Wimbledon.
- 12 N. Yorks. & S. Durham League, Wilton.
- 12 Sheffield & Dist. Champs., Tankersley. Nr. Rockingham, and Yorkshire Women's C.C. Champs.
- 12 Northumb. & Durham League, Wilton.
- 12 Bingley C.C. Handicaps.
- 12 Surrey Youths C.C. Champs, Kingston.
- 12 N. Western League, Lunesdale.
- 12 S.E. Essex C.C. League, Chelmsford.
- 12 Birmingham League, Small Heath.
- 12 S.E. Lancs. C.C. League, Royton.
- 12 Mitcham "15½".
- 13 E.C.C.U. Team at Mezidon, France.
- 19 Inter-County C.C. Champs., Reading.
- 19 Junior Inter-County C.C., Wimbledon.
- 19 East Surrey League, Redhill.
- 19 Runners v. Cyclists, Hoo.
- 19 Somerset Champs., R.A.F. Locking.
- 19 Ferriby "10".
- 26 Gosney Trophy, Southampton.
- 26 Sheffield & Dist. Lge., Rockingham.
- 26 Mid. Lancs. League, Peterborough.

- 26 Rochester Open Women's C.C. Race & Girls Run, Hoo, Nr. Rochester.
- 26 National Junior Women's C.C. (Midlands)
- 26 Liverpool & Dist. Champs., St. Helens.
- 26 Halifax & Dist. C.C. Champs., Roils Head.
- 26 Oxfordshire Boys' Champs., Oxford.
- 26 Cambs. J.Y.B. Champs., Linton.
- 26 N. Midlands League, Peterborough.
- 26 Chingford & Dist. League, Chingford.
- 26 Brighton C.C. Relay.
- 27 E.C.C.U. Team at San Sebastian.

February

- 2 North of Thames Championships.
- 2 South-Western Champs., Taunton.
- 2 West Lancs. Championships.
- 2 Birmingham & Dist. League Div. 1, Birchfield; Div. 2, Halesowen; Div. 3, Bromsgrove.
- 2 South of Thames Championships, Ewell.
- 2 East Lancs. Championships.
- 2 Yorkshire Champs., Exley, Halifax.
- 2 Leicester & Rutland Youth's Champs.
- 2 Cambs. A.A.A. v. Cambridge Univ.
- 2 Epsom & Elwell Y. & B. C.C. Races.
- 3 E.C.C.U. Team at Hannut, Belgium.
- 8/9 Southern C.A.A.A. Indoor Meeting, Stanmore.
- 9 North Western League, Barrow.
- 9 Southern Women's Champs., Aldershot.
- 9 Sussex Championships, Horsham.
- 9 Sheffield & Dist. League, Graves Park.
- 9 North Surrey League, Addington.
- 9 Indoor Meeting, Feltwell.
- 9 S.E. Essex League, Brentwood.
- 9 Shaftesbury Boys' C.C. Race.
- 16 Southern Championships, Parl. Hill.
- 16 Derbyshire Schools' Champs., Chapel-en-le-Frith
- 16 Northern C.C. Champs., Blackburn.
- 16 Midland C.C. Champs., Coventry.
- 16 Eastern C.C. Champs., Colchester.
- 22 Army A.A. Champs., Blackdown.
- 23 Kent League, Hayes.
- 23 Beds. & Hunts Y. & B. Champs., Kimbolton.
- 23 Women's Greater London C.C. League & Girls Race, Chigwell.
- 23 Mid-Lancs. League, Morecambe.
- 23 Scottish Championships.
- 23 Hove Relays (S. & Y.), Brighton.
- 23 Berks, Bucks & Oxon Champs., Maidenhead.
- 23 Leicester & Rutland Boys' Champs., Leicester.
- 23 Surrey Boys' Champs., Morden.
- 23 Nottinghamshire Champs., Welbeck.
- 23 Bradford & Dist. Champs., Paddock.
- 23 Welsh Championships.
- 23 Kent Schools' Champs., Walderslade.
- 23 Imperial College Hyde Park Relay.
- 23 Essex Schools' C.C. Champs.
- 23 Weymouth "10".

March

- 1 Royal Navy Champs., HMS Dryad, Hants.
- 2 National C.C. Champs., Cambridge.
- 2 East Surrey League, Dorking.
- 2 Southern 7M. Walk, Battersea Park.
- 2 Ryde Boys' Relay.
- 2 R.R.C. (Devon) Open "10", Plymouth.
- 8 Inter-Services Champs., Fareham.
- 9 Women's National Champs., Richmond Pk.
- 9 Eastern Counties Indoor Meeting, Feltwell.
- 9 Middlesbrough "12".
- 9 Ilford Road Relay, Ilford.
- 9 Horseheath-Cambridge Road Race.
- 9 Leeds & Dist. Boys' Champs.
- 9 Y.M.C.A. Youth Champs., Leicester.
- 15/16 A.A.A./W.A.A.A. Indoor Champs., Wembley.
- 16 English Schools' Champs., Coventry.
- 16 Cambridge H. Open Road Relay, Bexley.
- 16 Hull & Dist. Champs., Hull.
- 16 Worthing & Dist. "10", Sompting.
- 16 Tobacco Trades C.C. Champs., Kingston.
- 16 Walthamstow A.C. Youths Road Relay.
- 16 Windermere-Kendal Road Race.
- 16 Leeds & Dist. Champs.
- 16 Cambs. 10M. Road Race.
- 16 Orion C.C. "15".
- 16 Taunton "10".
- 16 Ballyclare "10".
- 16 East Antrim H. Open "10".
- 16 Wordsley "15".
- 17 International C.C. Champs., San Sebastian.
- 20 Army A.A. v. Berks, Bucks & Oxon v. Civil Service v. U.A.U., Reading.
- 21 Police A.A. Champs., Northallerton.
- 22/23 W. Germany v. Gt. Britain (Indoors), Stuttgart.
- 23 Swindon A.C. Road Relay.
- 23 Preston C.C. Relay.
- 23 T.V.H. Road Relay, Cranford.
- 23 Combined Services v. E.C.C.U., HMS Dryad.
- 23 Women's Ilford Road Relay, Chigwell Row.
- 23 Cambridge & Coleridge Spring Relay.
- 23 Chingford Road Relay.
- 23 Bristol Aeroplane Co. "10".
- 29/30 Int. Indoor Meeting, Wembley.
- 30 Liverpool & Dist. Union Road Relay, Sefton Park.
- 30 Wigmere "15".
- 30 A.A.A. 7M. Track Walk Champ., Hurlingham.
- 30 Dorset Champs., Dorchester.
- 30 Watford Road Relay, Watford.
- 30 Livingston Road Relay, Leicester.
- 30 Brighton Front Relays
- 30 A.T.C. Champs., Reading.
- 30 Longwood "10", Bradley Bar.
- 30 London Fed. of Boys' Clubs, Chigwell.
- 30 Alcester "15".
- 30 Duncain Nomads Open "15".

(Continued next week)