

Athletics

WEEKLY

Vol. 17 No. 52

December 28th, 1963

THE ATHLETE'S MAGAZINE



**INCORPORATING
WORLD ATHLETICS**

INSIDE

Radford in Form
—9.6 at Cosford



Story of Guto
Nythbran



Women's C.C. &
Walking Races



How Babka Trains



U.K. Best Performers
(The Throws)



Schools' C.C. Races



Cover Photo by Ed. Lacey:

Don Taylor (Herne Hill) who represents Great Britain in the San Paulo (Brazil) race on New Year's Eve.

CANTERBURY 5 MILE ROAD RACE

December 14th

1, A. Gibson (Maidstone H)	27.25
2, K. Mitchell (Canterbury A.C.)	28.03
3, G. Smith (Maidstone H)	28.32
4, A. Whiting (Maidstone) 28.32; 5, J. Rae (Maidstone) 28.47; 6, D. Ward (Rochester) 28.47; 7, W. Chidwick (Cast. OB) 28.49; 8, O. Reed (Bromley GS) 29.28; 9, J. Mayatt (TVH) 29.43; 10, W. Jones (Army) 29.47; 11, D. Stedall (Roch) 30.19; 12, D. Townsend (Canterbury) 30.32; 13, G. Witt (Cant) 30.41; 14, J. Sampson (Cant) 30.46; 15, R. Castle (Cant) 31.05; 16, G. Jex (Cant) 31.06; 17, W. Rhodes (Roch) 31.12; 18, N. Collor (Cast. OB) 31.19; 19, V. Giles (Maid) 31.19; 20, R. Mann (RAF) 31.27; 21, M. Templeman (Cant) 31.31; 22, A. Cook (Maid) 31.35; 23, J. Turton (I. of Thanet) 31.51; 24, B. Hulks (Cant) 31.55; 25, D. Channon (Roch) 32.06; 26, J. Blackford (Cast. OB) 32.23; 27, K. Emmerson (Kent Pol) 32.30; 28, R. Curtis (Kent Pol) 32.51; 29, I. McMillan (Cant) 32.52; 30, A. Tupper (Dover Citadel) 32.53; 31, T. Thorpe (Kent Pol) 32.56; 32, R. Bates (Cast OB) 33.40; 33, P. Rossiter (Kent Pol) 33.57; 34, B. Clark (Roch) 34.22; 35, A. Lancaster (Roch) 34.22; 36, A. Fisher (Dover Cit) 34.29; 37, G. Linnell (Cant) 34.55; 38, M. Wenborn (Cast OB) 35.03; 39, J. Mansfield (Dover Cit) 35.11; 40, K. Potter (Dover Cit) 35.16.	

Teams:

1, Maidstone H.	(1, 3, 4, 5) 13
2, Canterbury A.C.	(2, 12, 13, 14) 41
3, C. of Rochester	(6, 11, 17, 25) 59
4, Castlemount O.B. 83, 5, Kent Police 111; 6, Dover Citadel 145.	

Pts.

YOUTHS—3 Miles

1, R. Hayman (Maidstone H)	15.28
2, M. Hawkins (Kent A.C.)	16.02
3, M. Dennett (Faversham GS)	16.07
4, R. Bush (Canterbury) 16.10; 5, R. Newble (Maidstone) 16.12; 6, C. Goddard (Kent) 16.14; 7, P. Mummery (Cant) 16.15; 8, J. Carey (Kent) 16.16; 9, M. Hodges (Dartford) 16.30; 10, R. Friend (Dart) 16.39; 11, J. Impett (I. of Thanet) 16.44; 12, C. Champion (Cant) 16.48; 13, J. Tole (Cant) 16.49; 14, P. Farrant (Maid) 16.50; 15, M. Reuby (Kent) 17.05; 16, C. Gilbert (Jnr. SHC) 17.25; 17, C. Brand (Faversham GS) 17.34; 18, M. Mason (Jnr. SHC) 17.37; 19, K. Welch (I. of Thanet) 17.43; 20, S. Dale (Faversham GS) 17.43.	

Teams:

1, Kent A.C.	(2, 6, 8, 15) 31
2, Canterbury A.C.	(4, 7, 12, 13) 36
3, Faversham G.S.	(3, 17, 20, 24) 64
4, Jnr. Sol. HC Bde. 82.	

Pts.

CLARKE SMASHES TWO WORLD RECORDS

AUSTRALIAN Ron Clarke, who ran a 4:06.8 mile in February 1956 when he was 18 and who for years was written off as just another boy wonder, achieved two amazing performances in Melbourne on December 18th. He ran 10,000 metres in 28:15.6 (2.6 seconds inside Pyotr Bolotnikov's world record) after passing 6 miles in 27:17.6—no less than 26.2 seconds faster than Sandor Iharos' world figures. There were reportedly only 23 spectators present, fewer than the number of laps covered by Clarke.

Clarke (26) had a previous best 6 miles time of 28:11.6 made 14 months ago. He was the silver-medallist in the Empire Games 3 miles, having led for 11 laps before retiring in the 6 miles. Murray Halberg said of him after that 3 miles: "You may not realise it in Australia, but Ron is one of the finest talents in distance running today." How right he was!

The record run came only three days after a 5,000m race in which Clarke (13:51.6) finished a close second to Alby Thomas, whose time of 13:51.4 was an Australian record. Holder of the Australian records at 10 miles and the hour, Clarke has a string of fast times to his credit from the mile (4:03.4 last January) to the marathon (2:24:38 last July).

Ron, it will be remembered, was the bearer of the Olympic torch at the opening of the Melbourne Olympics in 1956. Will he, eight years later, mount the rostrum?

M.W.

Sam Ferris Appeal Fund

Further donations are acknowledged from:—Norman Easlea; Ray Bott; Cecil Phillips; Bob Plummer; Dave Barker; Roger V. Tarrant (aged 9 years); Mrs. E. Tarrant; George Coleman; Vic Sealy; Leeds St. Marks H.; Barry Willis; Len Jones and family; R. W. Jeans; Martin James; Aylesford Paper Mills A.C.; A. G. Howlett; Middlesex Ladies A.C.; Stan Belton; Michael Heck; W. C. Young; M. J. Humby; E. Leech; Fred Nickolls; David R. Barrington; "Islington Admirers"; Brian Glanville; J. Iddon; Arthur Gold; James Crouch; Ed Lacey; R.A.F. Marathon Runner; J. Prior; P. Bodley.

December 10th

Southend-on-Sea Paarlaf. 1, F. Lowes & Dawson (Hadleigh) 28.31; 2, Masters & Cooper (Southend) 28.48; 3, D. Lowes & Carter (Had) 28.54; 3, McCalla & Seaman (South) 30.59.

Dorothy Hyman was elected B.B.C. Sports-view Personality of the Year on Thursday, December 19th.

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QUIET WEEK-END

FOLLOWING so closely on the Christmas festivities, we have a quiet week-end this Saturday before the County Championships next week. Very little in the way of racing is on the card—Thames Valley Harriers stage their Boys' Cross Country Races as usual, North Surrey League have a race at Kingston, and Crawley A.C. have invitation events for women and girls.

Next Tuesday, December 31st, Shrewsbury and Keswick put on "Round the Houses" Races, while Nos Galan have their well known road races. The following day brings one of the North's main events in the Morpeth to Newcastle Road Race.

Watch It!

Two letters in the week before Christmas were connected with driving at night. Rod Chaplin of Ipswich H. and Welwyn A.C. wrote to endorse the remarks of Mr. Marshall a short time ago regarding athletes who will use the roads at night wearing dark track suits which make the runner almost invisible at times to the driver of a car. Mr. Chaplin says that he "had the shattering experience while travelling in a friend's car of almost cutting down one of my own clubmates wearing a navy blue tracksuit". Several readers have mentioned how useful self-adhesive fluorescent strips, obtainable from cycle shops, are for this purpose. Better to be safe than sorry.

The other letter came from much travelled Dave Barker, known to most of those who have been on any of the "A.W." parties to the Olympic Games, European Championships etc. His many friends will be sorry to learn that Dave is in bed suffering from a broken leg and other injuries sustained when another driver came out in front of him and tried to cut across the dual carriageway to the other lanes, only for his engine to stall. Though his car was a "write off" and he will be out of action for some time, Dave is as irrepressible as ever and is already making plans to travel with us next season.

Sam Ferris Appeal Fund

Every post brings in more donations and tributes. As I write—before Christmas—the total stands at £334. 5s. 8½d. and more has been promised from individuals, clubs and other organisations.

A number of readers have sent helpful suggestions. It has been quite impossible to reply to these but they are all being considered by the most suitable authority. The many letters and Christmas cards sent to Sam, and others I feel he would like to see, are being forwarded on to him and will, I am sure, give him much pleasure at this very appropriate time of the year. A special folder or receptacle, suitably blocked or engraved, is being designed and will be presented to Sam at a later date.

THE EDITOR

EVERY SATURDAY — ONE SHILLING

Race Walking

by L. W. Woodcock

NATIONAL "10" Venue Change: The RWA National 10 Miles Championship was to have been held in Cardiff on its traditional date, the third Saturday in March. Unfortunately it has been found impossible to promote in Cardiff on this date as it would clash with the Rugby International between Wales and England. The RWA General Committee have, therefore, reallocated the Championship to the Southern Area and a new venue will be announced shortly.

The Committee have set up a special Sub-Committee, with representatives from all Areas, to consider what changes, if any, are desirable in the Championship programme, taking into consideration Club events and Open promotions. The review, and any recommendations, to be completed in time for presentation at the May General Committee Meeting, but there will be no changes in 1964.

Australian News: The popularity for Race Walking has spread in the Northern Territory. An Annual Open 15 Miles is held in Darwin and sponsored by "The Northern Territory News" and entries are increasing:—1961—240, 1962—307 and this year 348. The publicity given to this event is fantastic and thousands of local people cram the streets. Darwin may well be the only place in Australia where popularity for Race Walking exceeds that for Australian Football! The race starts at 7.0 a.m. The year's winner was Army walker, Eddie Westburgh, with a new course record of 2hrs. 21mins. in sizzling heat. The winner of the women's section was Josaphine Ruddick. The "walking bug" has bitten Darwin folk so hard this year that they have organised a 62 miles relay walk, with a 42 miles jaunt for the girls. With baton-changes at each 5 miles, the Army team passed the 50 miles point in 9hrs. 03mins, and the final time was 11hrs. 11mins, with the girls taking 9hrs. for their 42 miles. The fastest 5 miles times were—men, Glen Laurie (46 mins), women—Angela Lyons (59m. 15s).

London Business Houses "7": The London Business Houses 7 Miles Road Walking Championship was held last Saturday at Wembley. The lead was soon taken by the Holder, Ken Easlea (North Met) and Bob Clark (Molins). By the half-distance Bob Clark had drawn away by about 100 yards who went on to win by 32 seconds. Rod Hutchinson (GEC) was third. The Team race was won by Hermes, the title used by the London Telephone Region, but Molins SC were a little unfortunate as they finished two in the first five and their third man went off course.

Surrey WC Open: Surrey Walking Club's Open Junior/Youth race was won by Junior International, Peter Selby of the promoting Club. Shaun Lightman (Met WC) took an early lead but was caught by Selby after the first mile, who drew away to win easily. Peter Fullager, also of the promoting Club,

was third and supported by his brother, Richard, led Surrey to a convincing win. The Open Boys race was won by G. Saxty (Trowbridge AC) from J. Smith (Essex Beagles) and I. Fraser (Trowbridge AC). Trowbridge won the Team race.

Progress in the Schools: The English Schools A.A. have decided that it will be impossible for a walk to be included in their 1964 Track Championships. Consideration was given to holding a walk on the road but this proved impossible because next year's venue is adjacent to the M.I. However their Development Committee are to consider the possibility of promoting a road event in conjunction with their Cross-Country Championships.

The "International Trophy": The RWA have awarded the "International Trophy" for 1963 to Ken Matthews (Royal Sutton Coldfield WC) for his win in the IAAF "Lugano Cup" 20 Kms Final in Italy.

Coming Fixtures:

- Jan 4th: Essex Beagles Open Junior/Youth Walks, Chigwell. M.P.A.A. v Steyning A.C. 10 Miles, Hayes.
- Jan 11th: Metro Police Open 7 Miles, Imber Court. Midland Standard 10 Miles.
- Jan 18th: London Vidarians WC v M.P.A.A. 10 Miles, Mitcham. Highgate Harriers v M.P.A.A. 7 Miles, Highgate.
- Jan 25th: Belgrave Harriers 10 Miles Championship & Match v Police, Wimbledon. Inter-Clubs 10 Miles, Brighton. Stock Exchange A.C. 7 Miles Championship, Regents Park.
- Jan. 29th: R.A.F. 7 Miles Championship, RAF Halton.
- Feb 1st: RWA Southern Area "Garnet" Championship.
- Feb 8th: L.C.C. 10 Miles Championship, Battersea Park. RWA Midland Area Senior 10 Miles Championship.

December 14th

London Business Houses 7 Miles Championship, Wembley. 1. R. A. Clark (Molins) 53.48, 2. K. C. Easlea (North Met) 54.20, 3. R. L. Hutchinson (GEC) 56.15; 4. R. E. Davies (Hermes) 56.21; 5. R. Hyland (Molins) 57.46; 6. S. Laker Jones (LT District Line) 58.18.
Teams: 1, Hermes 23 pts; 2, L.T. (Central Road Services) 34pts.

Surrey W.C. Junior and Boys Races, South Croydon. (Junior/Youth). 1. P. Selby (Surrey WC) 28.45; 2. S. Lightman (Met WC) 28.58; 3. P. Fullager (Surrey) 29.03; 4. D. Watts (Met) 29.43; 5. I. Brooks (Watford) 30.24; 6. R. Fullager (Surrey) 30.46; 7. I. Randall (Leicester) 31.00; 8. W. Holloway (Met-Y) 31.16; 9. G. Toone

(continued on page 27)

CORRELATION OF SPRINT PERFORMANCES AMONG BRITISH ATHLETES

By
GERRY MASON

THE objects of this article are to examine the relationship between the sprint performances of Britain's best ever athletes over 100 and 220 yards, and to show whether they tend to possess relatively greater ability over one distance than the other. However, it must be emphasised that sprint performances can only be compared relatively since two critical factors have to be taken into account.

Firstly, one cannot make a direct comparison on the basis of actual time alone. Theoretically, a 9.4 sec sprinter who maintains the same average speed throughout a 220 yards race, would clock 20.68 sec. However, this does not take into consideration that the second 120 yards of a 220 yards is run with the aid of a flying start. The exact advantage so gained will vary with the individual but will be in the region of 0.8 sec.

Secondly, most furlong races in this country are run round a full turn which will increase the time for the race by as much as 0.5 sec compared to a straight 220 yards. This discrepancy is perhaps illustrated best by the 0.3 sec differential in the World Records for the 220 yards straight and full turn respectively. Admittedly, the two World Records are held by different athletes, otherwise one would expect the differential to be greater.

In the table which follows the average is taken of all the 220 yards times of Best British Performers who have clocked 9.8 sec or better for 100 yards. The resulting data is tabulated according to the best 100 yards time. This average is then compared to a theoretical 220 yards time, based on the assumption that the speed for the 100 yards will have remained constant over the longer distance. This assumption is of course partly fallacious since no runner's speed will remain anywhere near constant but it does serve as a basis of comparison.

of sprinting in the longer event. Save for Peter Radford's former World Record the average figures for the times of Britain's best performers over 220 yards show that most British sprinters are relatively better over the shorter distance. It is significant though, that the slower the best 100 yards time the faster relatively is the corresponding 220 yards time. This is shown by the very small difference (0.01) between the theoretical and actual time of 9.8 sec 100 yards performers.

Peter Radford is Britain's only 9.4 sec performer, if one discounts the equivalent metric performances of 10.3 sec, and, as one would expect, his former World Record 220 yards emphasises that he showed more relative ability over the longer distance. At the same time however, the present writer has always been rather sceptical of Radford's actual ability over the longer distance. The fact that his next best times in the furlong are only within 0.4 sec of his World Record time indicate that it may have been rather in the nature of a 'flash in the pan'. This is emphasised too, by the number of defeats that he has sustained at the hands of Dave Jones and Robbie Brightwell, both of whom are only capable of within 0.4 sec of his former world record time.

Among the 9.5 sec performers the average 220 yards times of the same athletes are somewhat slower although competitors like Dave Jones (21.0 sec) and Dave Segal (21.1 sec) are close to the theoretical time. At the other end of the scale are performers like Berwyn Jones (21.6 sec) whose abilities clearly lie in the short distance event.

The trend among 9.6 sec performers is much the same although it is rather anomalous that the average best 220 yards times of these performers is almost the same as in the 9.5 sec group. Perhaps this anomalous feature is a pointer towards the inaccuracies of timing sprint events to the nearest 1/10th sec rather than to the nearest 1/100th sec. Among the sprinters in the 9.6 sec group Mike Hildrey (21.2 sec) inclines towards the longer distance whereas Len Carter has not bettered 21.5 sec.

Among the 9.7 sec performers Robbie Brightwell is the classic example of an athlete showing much greater ability over the furlong, as shown by his 21.0 sec clocking, compared to the theoretical time of 21.34 sec. It is not surprising therefore, that he is in World Class over 440 yards and 400 metres. At the other end of the scale is George Cmela who has only clocked 21.7 sec.

Best 100 yards time	Theoretical 220 yards time at same speed	Average 220 yards time of British performers	Difference
9.4 sec	20.68 sec	20.50 sec	-0.18 sec
9.5 sec	20.90 sec	21.32 sec	+0.42 sec
9.6 sec	21.12 sec	21.33 sec	+0.21 sec
9.7 sec	21.34 sec	21.48 sec	+0.14 sec
9.8 sec	21.56 sec	21.57 sec	+0.01 sec

From the above figures several general conclusions may be drawn about the relative quality

The 220 yards times of the 9.8 sec performers
Continued on page 26

RADFORD IN FORM—9.6 AT COSFORD

THE most outstanding performance at the open indoor meeting sponsored by the Royal Air Force at Cosford on December 11th was Peter Radford's power-packed 100 yards in 9.6—a U.K. and European best and only a tenth outside Dave Sime's world best. Running with all his old power and drive Radford was two yards up on Dave England (9.9) at 60 yards and then Peter's sustained acceleration began to tell. For the first time for years Radford said he could feel the power all the way and could have gone on at the tape. Radford went on to win the 60 yards in 6.6 and the 440 yards in 50.7.

In the absence of Daphne Arden, out with a foot injury, Bill Marlow's other protégée Maureen Tranter took the women's 100 yards in 10.8, a tenth outside Daphne's U.K. best on this track two years ago.

Trevor Burton was one of 18 competitors in the pole vault. Eventually, at about 10.30 p.m., he cleared 13'6". R. Brown (Birchfield) achieved a personal best of 12'0".

The meeting was an unqualified success, although with an entry of over 500 there were one or two errors in the programme timing which it is hoped will be overcome at the next meeting, to be sponsored by the M.C.A.A.A. on January 8th.

Results:—

Seniors

60: (A) 1, P. Radford (Birch) 6.6; 2, D. England (S. Heath) 6.8; 3, A. Pelopida (Herc) 6.9 (B) J. Bailey (Stoke) 6.9 (C) 1, K. Scott (BUAC) 6.8; 2, E. Bailey (Stoke) 6.9 (D) D. Wassell (Spark) 7.2. (E) 1, G. Reade (Spark) 6.8; 2, T. Mustard (B'ham) 6.9. **100:** (A) 1, Radford 9.6; 2, England 9.9; 3, Pelopida 10.0. (B) M. Tozer (BUAC) 10.2. (C) 1, Scott 10.0; 2, J. Bailey 10.2. (D) J. Fanning (Broms) 10.3. (E) Reade 10.1. **440:** (A) 1, Radford 50.7; 2, M. Scott (BUAC) 51.3; 3, M. Stowe (Birch) 53.7. (B) V. Madeje (St. Pauls) 56.0. (C) 1, J. Bailey 53.7; 2, I. Wilson (B'houston) 53.7. (D) Norman (BUAC) 54.5. **880:** (A) 1, N. Duggan (Sparkhill) 2:00.7; 2, T. Ross (Birchfield) 2:01.7; 3, I. Wilson 2:02.5. (B) P. Butcher (Dudley) 2:02.7. **1 Mile:** (A) 1, A. Feast (Birchfield) 4:23.0; 2, R. Gibbs (Birchfield) 4:24.0; 3, A. Rushmer (Oldbury) 4:24.8. (B) T. Vincent (W'ton) 4:19.6. **60H:** A. J. Lees (Solihull) 8.2. **100H:** 1, A. Endean (Walton) 13.7; 2, Lees 13.8. **PV:** 1, T. Burton (Stoke) 13'6"; 2, R. Brown (Birch) 12'0"; 3, P. Garner (Stoke) 11'6". **SP:** 1, G. Sheppard (Broms) 39'8"; 2, C. Hollings (Solihull) 39'4"; 3, D. Clarke (Notts) 38'6".

Juniors

60: (A) N. Palmer (Wellingboro') 6.8 (B) 1, K. Jackson (Stoke) 6.9; 2, W. Williams (Hollvhead) 6.9. **100:** (A) 1, Palmer 10.1; 2, E.

December 11th

Bailey (Stoke) 10.2. (B) K. Jackson (Stoke) 10.3; 2, Williams 10.3. **440:** (A) 1, Palmer 55.4; 2, J. Revell (Birch) 55.7. (B) J. Daniels (Broms) 58.8. **880:** 1, K. Bowers (N. Staffs) 2:04.2; 2, J. Russell (Oldbury) 2:04.9; 3, M. Stubbs (Broms) 2:05.8. **1 Mile:** 1, Bowers 4:33.4; 2, D. Brearley (Broms) 4:45.4.

Youths

60: (A) 1, A. Morgan (Birch) 7.0; 2, M. Burke (Becket S) 7.0 (B) S. Ross (W'ton) 7.1 (C) Thornby (RAF Cosford) 7.2. (D) S. Draper (Broms) 7.2. **100:** (A) 1, Morgan 10.3; 2, R. McGuire (Birch) 10.5. (B) 1, Burke 10.4; 2, D. Tansley (Becket) 10.5. (C) Thornby 10.7. **440:** (A) J. Addiss (Birch) 56.6. (B) 1, J. Haller (Oldbury) 51.9; 2, D. Rowlands (W'ton) 53.9. (C) Tansley 55.5. **880:** (A) 1, K. Bartlett (Leam) 2:08.7; 2, K. Rasmussen (Oldbury) 2:08.7; 3, J. Walker (Godiva) 2:09.9. (B) A. Higgs (Solihull) 2:11.6. (C) R. Steele (Birch) 2:10.2. **1 Mile:** (A) 1, P. Stewart (Birch) 4:27.6; 2, Bartlett 4:38.4; 3, M. Tatacum (Notts) 4:39.6. (B) D. Warner (Cosford) 4:52.0. **SP:** 1, S. Haller (Oldbury) 43'4½"; 2, P. Thornley (W'ton) 42'9½"; 3, D. Williams (Notts) 40'11".

Women

60: (A) 1, M. Tranter (Bilston) 7.3; 2, A. Johnson (Stoke) 7.5; 3, M. Campbell (Birch) 7.6. (B) P. Bailiffe (Stoke) 7.5. (C) G. Durass (S. Heath) 7.7. (D) P. Jones (Birch) 7.9. (E) E. Barrett (Birch) 7.8. **100:** (A) 1, Tranter 10.8; 2, Johnson 11.1; 3, Campbell 11.3. (B) 1, B. Edwards (Bilston) 11.2; 2, T. Appleby (Godiva) 11.3. (C) Durass 11.6. **80mH:** 1, Bailiffe 12.0; 2, S. Webb (Godiva) 12.0; 3, Appleby 12.3. (B) C. Taylor (Godiva) 14.1. **SP:** 1, J. Frampton 34'6¼"; 2, S. Parish (Birch) 33'5½"; 3, P. Jones (Birch) 30'6".

Intermediates

100: (A) 1, D. Barrett (Birch) 11.8; 2, G. Willis (Harborne) 11.8. (B) M. Bray (Broms) 11.6. **80yH:** 1, Barrett 12.1; 2, M. Gearing (Solihull) 12.1; 3, J. Kelly (Birch) 12.2. **SP:** 1, M. Spode (Stoke) 35'1½"; 2, J. Wray (Birch) 33'8"; 3, J. Baker (Godiva) 27'5½".

M. A. F.

Hull H. & A.C. hold their Ferriby "10" Road Race on January 18th, when a collection will be made for the "Sam Ferris Appeal Fund".

We are now advised that J. Iddon and A. Pugh (Bolton) were 10th. in the 10 Mile Paarlaf at Bolton on Dec. 1st, with a time of 46m.52s.

IBBOTSON AND BOOTH LEAD FOR A.W. TROPHY



“**A**THLETICS WEEKLY” is once again offering awards to the three teams with the best performances in 1963 for the Two-Man, Ten Mile Relay. The team with the best performance will hold the *Athletics Weekly* Trophy for 12 months.

With the last few days coming up—the contest for 1963 closes on December 31st.—Derek Ibbotson and Tony Booth still lead. The first three at present are:—

1, G. D. Ibbotson and A. Booth (Longwood H.) 42 min. 37.2 sec. at Blackburn on August 28th.

2, F. J. Maillardet and B. E. Boulton (Cambridge H.) 42 min. 46 sec. at Ladywell Park,

RULES FOR TWO-MAN, TEN MILE RELAY COMPETITION

1. Both competitors must be first claim members of a Club, University, College, Service Unit, etc. A.A.A. Laws and the first claim rule will apply.

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

3. Runners may change-over whenever they please, but they must cover the full 10 miles between them. For this purpose a baton not exceeding 12 inches in length **must** be used. If the baton is dropped, it must be recovered (i.e. the baton must be carried the full 10 miles). Performances must be on a 440 yds. track.

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

London, on October 27th.

3, C. Robinson and R. Carter (Rochdale H.) 42 min. 50 sec. at Pilkington Sports Ground on September 14th.

Applications for performances to be considered may be submitted on the form provided up till January 10th, 1964.

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

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

(Runners) and

of (club, etc.) Time.....mins.....secs.

Name of track Cinders or grass.....

Date of performance.....

(Signed)..... Date.....

Official capacity or qualification.....



A leading group during the Youths' Race organised by Rockingham A.C. near Barnsley, with No. 86 B. Barden (Sheffield Utd.) leading from No. 27 D. Barker (Hallamshire). D. Atkin (Airedale), the winner, had already built up a good lead and was out on his own.

Eric North

ALL PORTSMOUTH IN "ROUND THE HOUSES" RACE

1. M. Hyman (Portsmouth AC) 24.47
2. D. Cooke (Portsmouth AC) 25.02
3. J. Cooke (Portsmouth) 25.02
4. J. Edwards (Bristol) 25.06; 5. H. Clayton (Bris) 25.22; 6.* R. Ingleton (Ryde) 25.31; 7. R. Shergold (Ports) 25.35; 8.* K. Hazeltine (Surrey AC) 25.41; 9. D. McFadzean (RNAC-S) 25.45; 10. M. Gale (Bris) 25.48; 11. R. Jones (Ports) 25.51; 12. G. Gough (Ports) 26.16; 13. A. Tunks (Redhill) 26.21; 14. R. Taylor (Bris) 26.30; 15. G. Ingram (Guildford) 26.40; 16.* K. Dyer (Ryde) 26.45; 17. A. Weatherill (RN) 26.50; 18. A. Vanderplank (Eastleigh) 26.54; 19.* M. Woodford (Southampton) 27.05; 20. P. Kilford (Ports) 27.08; 21. J. Mellowdew (Redhill) 27.09; 22. H. Cobie (Ports) 27.10; 23.* K. Shepherd (Red) 27.14; 24.* D. Inns (Ports) 27.30; 25.* G. Kirkhope (Ryde) 27.38; 26. J. Campbell (Meden) 27.41; 27.* R. Parker (Bognor Regis) 27.41; 28. R. Belmore (Guild) 27.45; 29. M. Aisher (Red) 27.46; 30. B. Fletcher (RN) 27.51; 31.* R. Jeffery (Salisbury) 27.57; 32.* R. Wilds (So'ton) 28.01; 33. R. Paper (RN) 28.16; 34. R. Paine (Ports) 28.22; 35. K. Smith (Meden) 28.27; 36.* M. Hedges (Salis) 28.34; 37. R. Baynes (Ports) 28.36; 38. W. Tabor (East) 28.39; 39. A. Gill (RN) 28.40; 40. B. Lockhart (Meden) 28.43.

* Individual

H'cp. 1. M. Woodford (So'ton) 3.30, 23.35; 2. D. McFadzean (RN) 1.45, 24.00; 3. R. Ingleton (Ryde) 1.25, 24.06.

Teams:

- | | | |
|--------------------------|-----------------|----|
| 1. Portsmouth A.C. | (1, 2, 3, 6) | 12 |
| 2. Bristol A.C. | (4, 5, 8, 12) | 29 |
| 3. R.N.A.C. (South) | (7, 14, 22, 23) | 66 |

At Portsmouth, December 14th

4. Redhill & Reigate 109; 5. Meden (I.O.W.) 111; 6. Guildford & Godalming 114.

Young Athletes

1. *A. McReath (Eastleigh) 15.28
2. E. Brabrook (Guildford) 13.39
3. R. Fox (Southampton) 15.48
4. D. Budde (Hove) 16.11; 5. D. Young (Portsmouth) 16.24; 6. C. Stanier (Ports) 16.24; 7. R. Barr (Ports) 16.30; 8. R. Crofts (Guild) 16.34; 9. T. Burnham (Ports GS) 16.38; 10. *W. Stock (City of Rochester) 16.44; 11. J. Cornhill (Eggs) 16.59; 12. M. Tomlins (Ports GS) 17.04; 13. G. Kirkland (So'ton) 17.05; 14. D. Stubbington (So'ton) 17.11; 15. R. Raynsford (Guild) 17.13; 16. R. Budde (Hove) 17.17; 17. D. Palfrey (Ports) 17.21; 18. T. Gleaves (Eggs) 17.25; 19. N. Doland (So'ton) 17.28; 20. P. Knight (Ports GS) 17.30; 21. M. Brownjohn (Eggs) 17.48; 22. P. Williams (Ports GS) 17.53; 23. R. Bourne (Guild) 17.54; 24. G. Ingram (Hove) 17.56; 25. F. Duncan (Guild) 18.11.

Teams:

- | | | |
|--|-------------|----|
| 1. Portsmouth A.C. | (4, 5, 6) | 15 |
| 2. Guildford & Godalming ... | (1, 7, 13) | 21 |
| 3. Southampton | (2, 11, 12) | 25 |
| 4. Portsmouth G.S. 36; 5. Hove 39; 6. Eggs' G.S. 44; 7. Portsmouth "B" 75; 8. Guildford "B" 84; 9. Portsmouth G.S. "B" 85; 10. Portsmouth G.S. "C" 98. | | |

We understand that the Norfolk Gazelles team which won the Glemsford Youth Relay at Sudbury on Nov. 23rd was Parker 15.56 Tagg 14.14, Daykin 15.27, in that order.

League Races

NORTHUMB & DURHAM LEAGUE.

At North Shields, December 14th.

1, S. Mikell (Gateshead H)	37.57
2, A. Nattrass (Heaton)	39.59
3, R. Balding (Heaton)	40.46
4, W. Murray (Jarrow) 41.00; 5, F. Innes (Bedlington) 41.04; 6, A. Leitch (Gates) 41.09; 7, D. Little (Saltwell) 41.19; 8, D. Cox (Salt) 41.59; 9, W. Sutton (Gosforth) 42.02; 10, D. Cocker (Heat) 42.03; 11, J. Hawes (Heat) 42.05; 12, P. Carmichael (Morpeth) 42.13; 13, T. Horne (Mor) 42.24; 14, E. Bowen (Gates. Congers) 42.26; 15, K. Bond (Gates) 42.34; 16, P. Parker (Gates) 42.35; 17, R. Flinn (Gos) 42.57; 18, R. Thompson (Bed) 43.05; 19, M. Atkinson (Salt) 43.11; 20, J. Burn (Gates) 43.21.	

Teams:	Pts.
1, Heaton H. (2, 3,10,11,21,32)	79
2, Gateshead H. ... (1, 6,15,16,20,24)	82
3, Saltwell H. (7, 8,19,25,27,30)	116
4, Gosforth 188; 5, Morpeth 206, 6, Jarrow 226.	

Youths.

1, B. Simpson (Gateshead H)	19.29
2, R. Allen (Bedlington H)	19.59
3, P. Hedworth (Heaton)	20.08
4, R. Milne (Elswick) 20.40; 5, G. Bond (Gates) 20.45; 6, L. Robson (Gates) 20.50; 7, B. Richardson (Gates) 20.56; 8, M. Benn (Heat) 21.03; 9, W. Robinson (Salt) 21.05; 10, J. Crofts (Els) 21.08.	

Teams:	Pts.
1, Gateshead H. (1, 5, 6, 7)	19
2, Elswick H. (4,10,13,19)	46
3, Heaton H. (3, 8,15,25)	51
4, Gosforth 58; 5, S. Shields 77; 6, Bedlington 83.	

Boys

1, J. Foley (Gateshead H)	11.58
2, A. Richardson (Gateshead H)	12.11
3, J. Trainor (Gateshead H)	12.15
4, D. Rowlands (Gates) 12.18; 5, D. Halliday (Jarrow) 12.27; 6, W. Robertson (Els) 12.31; 7, P. Geary (Heat) 12.36; 8, R. Elliott (Gates) 12.36; 9, B. Foster (Gates) 12.45; 10, J. Bradley (N. Shields) 12.49.	

Teams:	Pts.
1, Gateshead H. (1, 2, 3)	6
2, N. Shields Poly. (10,14,16)	40
3, Heaton H. (7,13,20)	40
4, Elswick 46; 5, Jarrow 48; 6, Houghton 56.	

CHINGFORD LEAGUE BEAT

CHILTERN LEAGUE 118-135

1, M. Dixon (Chiltern)	31.04
2, R. Beercroft (Chiltern)	31.38
3, R. Middleditch (Chingford)	32.04

4, A. Watters (Chil) 32.05; 5, T. Homes (Chil) 32.20; 6, M. Keough (Ching) 32.27; 7, G. Olding (Ching) 32.29; 8, R. Bennett (Ching) 32.40; 9, L. Gaskin (Ching) 32.40; 10, B. Kennedy (Ching) 32.43; 11, J. Sullivan (Ching) 32.50; 12, C. Ridley (Ching) 32.51.	
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Teams:	Pts.
1, Chingford L. (3, 6, 7, 8, 9,10,11,12,13,18,21)	118
2, Chiltern L. (1, 2, 4, 5,14,15,16,17,19,20,22)	135

Irish Notes

WEST DOWN CUP

A FIELD of 150 faced the starter for the West Down Cup over 6 miles of country at Dundonald, nr. Belfast, on Dec. 14th. From the start Alex McGovack (Shorts) jumped into the lead and first time round was 50 yards ahead of a bunch comprising Colin Shillington (Willowfield), Des Smith (A. Foundry) and Ronnie Leet (D. Nomads).

As the race progressed Shillington dropped the other two and steadily closed the gap, taking the lead in the third mile. McGovack had another spell in the lead, going into the last lap in front, but Shillington had too much in hand and came again to win by 50 yards. Duncairn once again proved too strong for East Antrim and North Belfast.

1, C. Shillington (Willowfield)	31.27
2, A. McGovack (Shorts)	31.39
3, R. Leet (Dun. Nomads)	32.41
4, M. Wilson (Ballydrain) 32.47; 5, W. McCue (Lisnagarvey) 33.01; 6, D. Nixon (Queens Un) 33.02; 7, D. Smith (Alb. Foundry) 33.14; 8, W. Thompson (N. Belfast) 33.17; 9, W. Winters (E. Antrim) 33.22; 10, S. Vennard (D. Nomads) 33.28; 11, J. Teer (Duncairn) 33.30; 12, J. Cranston (D. Nomads) 33.32.	

Teams:	Pts.
1, Duncairn Nom. ... (2, 8,10,15,19,24)	78
2, East Antrim (7,11,17,22,32,34)	123
3, North Belfast ... (6,13,14,25,29,37)	124
4, Queens Univ. 146; 5, Willowfield 147; 6, Duncairn 203.	

Youths—3 Miles

1, L. Murdock (Duncairn)	16.56
2, J. Ferris (9th Old Boys)	17.04
3, J. G. Haule (R.B.A.I.)	17.23
4, R. Newton (Co. Antrim) 17.30; 5, J. Glover (D. Nomads) 17.31; 6, W. Irving (N. Belfast) 17.32; 7, B. Hill (M.C.B.) 17.33; 8, D. H. Logue (R.B.A.I.) 17.34; 9, D. Martin (M.C.B.) 17.42; 10, G. Walker (D. Nomads) 17.57; 11, H. Ard (D. Nomads) 17.59; 12, J. Moreland (Alb. Foundry) 18.04.	

Teams:	Pts.
1, Duncairn Nomads (5,10,11,16)	42
2, R.B.A.I. (3, 8,19,20)	50
3, M.C.B. (7, 9,13,22)	51
4, Co. Antrim 88; 5, 9th. Old Boys 92; 6, Albertville 132.	

George Montgomery

A CELEBRATED WELSH RUNNER

The story of Guto Nythbran, the inspiration behind Nos Galan

THE Rhondda Valley in mid Glamorgan contributes little to the beauty of Wales, yet the people of these parts have risen above this encumbrance and made themselves what has been described as "an amazing community".

Here, personalities abound, with characters on every corner. The land of Tommy Farr, Jimmy Wilde and Freddy Welsh, of brass bands and male voice choirs, and whose mountainside rugby teams have been the pride of Wales, produced a runner over 200 years ago whose performances would put those of Pirie and Zatopek in the shade.

This runner, in his greatest race, ran 12 miles in 53 minutes.

His name was Griffith Morgan, or Guto (pronounced Gitto) Morgan. He was born in 1700 at Llwnceilyn near Porth, where the Rhondda divides, but his parents moved to Nythbran Farm a year or so later, and here Guto grew up, working on the farm.

With Morgans all around him Guto soon became known as Guto Nythbran, such is the way in Wales, and this name was soon to resound through history as that of the greatest runner the world had ever known.

Now it had long been the boast of shepherds in the area to be fleet-footed, and before long Guto vied with them, often supporting his claims by casually catching a sheep and rounding them up each evening, unaided. Then, when they lay in the pen Guto would go off for a run with the hounds over the mountain.

Many of the stories of Guto's fame are steeped in legend now, but one story which persists is a gem.

The Brown One

One, evening, it seems, Guto took longer than usual to round up the sheep, and when his father asked the reason Guto replied "Oh, I had a little trouble with the brown one tonight". They went out together to investigate, and found, lying dead beat in the pen, a hare.

The story spread throughout the parish of Llanwonno, and soon Guto's fame spread far and wide, and he was often called upon to show his paces.

Another occasion, so they say, Guto's mother sent him on an errand to Pontypridd, over 5 miles away, and was amazed to find he had returned before the kettle had boiled. Even she doubted his sincerity until he produced the

article he was sent for.

Stories such as these are known to all school children in Wales, and they giggle with glee at the thought of an obscure Welsh shepherd being a world-beater, especially as Guto's greatest claim is inscribed on his grave. They've got a gravestone to prove it!

Among Guto's admirers was one Jane, who kept the local shop. "Jane o' shop" they called her, and Guto admired her immensely. They say that she loved the money which Guto won in wagers rather more than the lad himself, and she soon became his manager, for

By Bernard Baldwin

Guto was a simple fellow, and she was a shrewd handler of the purse-strings.

Despite this, their friendship was an earnest one, and she soon inspired Guto with the confidence which she herself had in his powers. They became inseparable, and she amassed a fortune from Guto's winnings, while love of Jane was Guto's only spur. He carried all before him in his early races, winning as he pleased, and when £500 was staked on a race against an Army Captain stationed at Hirwaun, Guto's determination was never stronger. He won, over a 3 miles course, with ease and a wealth of affection was showered on him on his return by the parishioners.

Challenge

As Guto grew older his speed scarcely diminished, though his challengers were now very few, so it was with great joy that news was received one day of a fresh challenge from England. The parish was a buzz of excitement in no time, and the news spread from mouth to mouth, via the church congregation, until everyone for miles around knew of it, and began to prepare for the great day.

The challenge was from a young runner styled "Prince". The race was to be over a twelve miles course from Newport in Monmouthshire to Bedwas Church, near Caerphilly, and a fantastic sum of money was wagered on the result. They say that Jane wagered her entire savings on the race, and she was heavily laden with the sovereigns in her apron on the day. Hundreds of other had also wagered their life savings, and Guto had been careful to prepare for the race,

Continued on Back Page

WORLD Athletics

edited by Melvyn Watman

BRITISH BEST PERFORMERS

1963

Compiled by the National Union of Track Statisticians

Amendments will be gratefully received by Bob Sparks, 15 Mayfair Av., Worcester Park, Surrey

SHOT

60'8 1/2"	M. Lindsay	2.7
57'7 1/2"	M. Lucking	5.8
54'5 1/2"	A. Carter	11.8
53'8"	A. Buttriss	8
52'7"	D. Harrison	15.6
52'0"	L. Chinnery	7.12
51'9 1/2"	B. King	2.5
51'9 1/2"	E. Byam	17.7
51'7"	A. Lowe	20.7
51'3"	D. Davidson	15.6
51'0 1/2"	J. Teale	14.9
50'3 1/2"	A. Elvin	4.5
49'11 1/2"	A. Richardson	6.7
49'11"	C. Longe (B.G.)	3.7
49'10"	C. Ellerbroek	15.6
49'9"	M. Bellingham	22.6
49'8 1/2"	R. Hollingsworth	20.7
49'8 1/2"	N. Morgan	15.6
49'4"	I. Rioch	15.6
49'13"	S. Clark	18.5
49'0 1/2"	A. McKenzie	2.5
48'11"	D. Waterhouse	2.3
48'10 1/2"	P. Fitzpatrick	15.6
48'9 1/2"	R. Baxter (USA)	15.6
48'9"	R. Lyon	25.5
48'8"	D. Dodd	29.7
48'7"	M. Pollard	24.4
48'2 1/2"	I. McPherson	22.6
47'10 1/2"	G. Davis	25.5
47'9 1/2"	F. Crozier	6.6
47'6"	A. Sutherland	27.4
47'4"	D. Edmunds	25.5
47'3"	G. Ross	7.5
47'0 1/2"	F. Walters	16.5
47'0"	P. Mason	23.5
46'8 1/2"	W. Tancred	22.6
46'7 1/2"	A. Evans	22.6
46'6"	G. McHugh	20.7
46'5 1/2"	H. Bone	22.6
46'5 1/2"	F. Simons	14.9
46'1"	P. Gray	25.5
46'1"	J. Muller (SA)	20.7
45'10"	L. Bryce	20.4
45'10"	A. Chromniak	10.8
45'7 1/2"	M. Meade	15.6
45'6"	M. Elford	22.6
45'5"	B. Shapcott	29.6
45'3"	J. Bayless	24.7
45'2 1/2"	H. Payne	17.8
45'1 1/2"	M. Draycott	22.6

DISCUS

186'0 1/2"	R. Hollingsworth	14.9
176'2 1/2"	M. Lindsay	23.8
165'6"	E. Cleaver	17.7
163'7 1/2"	P. Nimmo	27.4
162'10 1/2"	R. Baxter (USA)	12.6
161'4"	A. McKenzie	2.5
160'6 1/2"	O. Feldmanis	30.6
158'11"	D. Ward	29.6
157'6 1/2"	A. Buttriss	1.6

157'6 1/2"	J. Weightman	3.8
157'1 1/2"	M. Cushion	14.7
157'1"	W. Tancred	14.7
156'11"	L. Chinnery	16.2
156'11"	J. Butler	29.6
156'10"	K. Maksimczyk	23.7
155'7"	S. Sanders (USA)	22.11
155'3"	J. Wigglesworth	3.7
155'2"	B. King	2.5
154'7"	J. Sheldrick	4.2
153'2 1/2"	D. Clarke	17.7
151'10"	H. Williams	22.5
151'4 1/2"	G. Davis	10.8
150'10"	D. Roscoe	22.11
150'7"	J. Teale	14.9
149'11"	J. Sampson	14.9
148'9"	M. Bellingham	8.6
147'6"	P. Mandic (Yug)	15.5
147'0"	M. Pemberton	8.6
146'2"	J. Hillier	3.7
145'5"	J. Stone	18.5
144'4"	A. Evans	22.6
144'2 1/2"	J. Muller (SA)	19.8
144'1 1/2"	B. Gillo	1.7
144'1"	J. Bayless	24.7
144'0"	B. Dodd	8.8
143'8"	A. Cunnew	18.5
142'11 1/2"	J. Brewer	25.5
142'8"	R. Reid	27.4
142'8"	A. Ghiradani	7.9
142'3"	N. Kitchen	31.5
142'1"	A. Carter	4.5
141'9 1/2"	S. Clark	17.8
140'11"	A. Lowe	27.7
140'4 1/2"	A. Branch	25.5
140'4"	M. Kelly	5.6
140'0"	P. Mason	19.6
139'9 1/2"	D. Gribler	2.6
139'8"	G. Beaton	10.8
139'6"	P. Doreen	7.5
139'2 1/2"	C. Ellerbroek	22.6

HAMMER

207'4"	H. Payne	3.8
183'6 1/2"	W. Dixon	4.8
183'2"	J. Dutton	3.8
183'0"	Z. Nikazis	4.5
181'6 1/2"	L. Hall	13.10
180'2 1/2"	D. Bayes	17.7
178'5"	A. Valentine	29.6
170'4"	A. Hughes	19.6
168'6"	P. Ritchie	21.4
168'6"	B. Thomas	11.5
165'4 1/2"	J. Emens	7.9
165'0"	W. Heague	26.6
163'9"	Smith (USA)	13.7
163'8"	R. Nicoll	
163'6"	R. Taylor	19.6
163'4 1/2"	L. Bryce	20.7
163'4"	J. Scott	1.5
161'3"	G. Stores	25.5
161'0"	N. McDonald	11.6
160'6"	M. O'Hara	8.6

160'0"	D. Vanhegan	4.5
156'9 1/2"	L. Rigamonti	8.9
156'0"	D. Brands	21.9
155'9 1/2"	A. Ley	20.7
155'7 1/2"	P. Aston	15.9
155'3"	N. Adam	17.7
154'11 1/2"	J. Whyte	13.7
154'10"	R. Smith	22.6
152'1"	C. Dennison	7.9
151'5 1/2"	J. Hislop	19.6
150'9"	G. Vainovskis	27.4
150'3 1/2"	Manning	4.6
150'2 1/2"	D. Mitchell	14.5

JAVELIN

260'0"	J. Greasley	14.9
243'9"	R. Miller	27.7
237'9"	C. Smith	13.7
232'7"	R. Lane	15.6
229'10 1/2"	C. Loveland	27.7
227'2 1/2"	J. McSorley	15.6
225'0 1/2"	J. Fitzsimons	28.3
213'3"	P. Cullen	30.5
212'1 1/2"	D. Travis	18.8
209'11 1/2"	J. Appleton	31.8
209'10 1/2"	R. Fletcher	13.7
209'0"	C. Southgate	18.5
208'8 1/2"	J. Kitching	13.7
208'7"	T. Blodgett (USA)	12.6
208'0"	W. Bushnell	27.4
206'9"	W. Turner	25.5
206'3 1/2"	J. Crout	22.6
205'9 1/2"	N. Hart-Ives	17.7
205'0"	M. Tinniswood	27.6
204'8 1/2"	W. Hedger	29.6
204'2 1/2"	C. Spilsbury	3.6
203'9 1/2"	B. Dodd	8.7
202'0"	R. Bartlett	23.3
201'11"	J. Andrews	17.8
201'9"	G. Davis	25.5
201'9"	W. Peet	10.8
200'11 1/2"	Z. Sumich (Aus)	10.8
200'11"	M. Clayton	15.6
200'6"	J. Pestell	25.5
199'6"	G. Evans	9.6
199'3 1/2"	D. Price	6.6
198'9"	M. Foster	10.7
197'8"	J. Marmery	14.9
197'2"	J. Romer	
196'11"	R. Dale	20.7
196'9"	R. Kerridge	25.5
196'5"	M. Hudson	8.5
195'4"	R. Davies	9.6
195'2"	M. Dingle	18.5
194'10 1/2"	C. Brand	27.7
194'4"	N. Reid	15.6
194'4"	C. Nash	16.7
194'2 1/2"	G. White	25.5
194'1 1/2"	B. Sexton	18.5
193'11"	M. Nobbs	22.7
193'11"	C. Hayman	25.7
192'6 1/2"	C. Riach	10.8
191'8 1/2"	J. Harvey	25.5

World Record Evolution

Compiled by Peter Lovesey, Bob Sparks
and Melvyn Watman

SHOT (from 7' circle)

36'6"/11.12*	J. Stone (GB)	15.4.67
37'7"/11.46*	J. Stone (GB)	29.6.67
37'11"/11.56*	J. Stone (GB)	20.6.68
38'0"/11.58*	Richard Waltham (GB)	5.3.69
38'6"/11.73*	W. Trehair (GB)	23.9.69
38'9"/11.81*	W. Bullock (GB)	28.5.70
41'0"/12.50*	D. Lundie (GB)	18.3.71
42'5"/12.93*	E. J. Bor (GB)	25.3.72
43'0"/13.11	F. L. Lambrecht (USA)	2.6.83
43'5"/13.23*	J. Maxwell (Ire)	19.4.84
44'10 1/2"/13.68*	James O'Brien (Ire)	11.7.85
46'2"/14.07	George Gray (Can)	90
46'3 1/2"/14.11	George Gray (Can)	10.8.91
46'7 1/2"/14.22	George Gray (Can)	19.9.91
47'0"/14.33	George Gray (Can)	16.9.93
48'0 1/2"/14.64*	Dennis Horgan (Ire)	9.8.97
48'2"/14.68*	Dennis Horgan (Ire)	25.9.97
48'2 1/2"/14.69	Dennis Horgan (Ire)	29.9.00
48'7"/14.81	Ralph Rose (USA)	31.8.04
48'10"/14.88*	Dennis Horgan (Ire)	18.9.04
49'6"/15.09	Wesley Coe (USA)	5.8.05
49'6 1/2"/15.10	Ralph Rose (USA)	7.9.07
49'7 1/2"/15.12	Ralph Rose (USA)	21.9.07
49'10"/15.19	Ralph Rose (USA)	7.9.08
51'0"/15.54	Ralph Rose (USA)	21.8.09
51'9 1/2"/15.79	Emil Hirschfeld (Ger)	6.5.28
52'0 1/2"/15.87	John Kuck (USA)	29.7.28
52'7 1/2"/16.04	Emil Hirschfeld (Ger)	26.8.28
52'7 1/2"/16.04	Frantisek Douda (Cz)	4.10.31
52'8 1/2"/16.07	Herman Brix (USA)	28.5.32
53'0 1/2"/16.17	Leo Sexton (USA)	27.8.32
53'1 1/2"/16.20	Frantisek Douda (Cz)	24.9.32
53'6"/16.31	Jack Torrance (USA)	6.4.34
53'6"/16.31	John Lyman (USA)	14.4.34
54'1"/16.48	John Lyman (USA)	21.4.34
55'1 1/2"/16.80	Jack Torrance (USA)	27.4.34
55'5"/16.89	Jack Torrance (USA)	30.6.34
57'1"/17.40	Jack Torrance (USA)	5.8.34
58'0 1/2"/17.69	Charles Fonville (USA)	17.4.48
58'4 1/2"/17.79	Jim Fuchs (USA)	28.7.49
58'5 1/2"/17.82	Jim Fuchs (USA)	29.4.50
58'8 1/2"/17.90	Jim Fuchs (USA)	20.8.50
58'10 1/2"/17.95	Jim Fuchs (USA)	22.8.50
59'0 1/2"/18.00	Parry O'Brien (USA)	9.5.53
59'2 1/2"/18.04	Parry O'Brien (USA)	5.6.53
59'9 1/2"/18.23	Parry O'Brien (USA)	24.4.54
60'5 1/2"/18.42	Parry O'Brien (USA)	8.5.54
60'5 1/2"/18.43	Parry O'Brien (USA)	21.5.54
60'6"/18.44	Parry O'Brien (USA)	11.6.54
60'10"/18.54	Parry O'Brien (USA)	11.6.54
61'1"/18.62	Parry O'Brien (USA)	5.5.56

61'4"/18.69	Parry O'Brien (USA)	15.6.56
61'4 1/2"/18.71	Parry O'Brien (USA)	18.8.56
62'3"/18.97	Parry O'Brien (USA)	3.9.56
62'6 1/2"/19.06	Parry O'Brien (USA)	3.9.56
62'8"/19.10	Parry O'Brien (USA)	1.11.56
63'2"/19.25	Parry O'Brien (USA)	1.11.56
63'2"/19.25	Dallas Long (USA)	28.3.59
63'2 1/2"/19.26	Dallas Long (USA)	2.5.59
63'2 1/2"/19.27	Parry O'Brien (USA)	18.7.59
63'4"/19.30	Parry O'Brien (USA)	1.8.59
63'7"/19.38	Dallas Long (USA)	5.3.60
63'10"/19.46	Bill Nieder (USA)	19.3.60
64'6 1/2"/19.67	Dallas Long (USA)	26.3.60
65'7"/19.99	Bill Nieder (USA)	2.4.60
65'10"/20.07	Bill Nieder (USA)	12.8.60
65'10 1/2"/20.08	Dallas Long (USA)	18.5.62

* from 7' square

DISCUS (from 8'2 1/2' circle)

111'8"/34.04*	Richard Sheldon (USA)	12.9.96
118'9"/36.19*	Charles Henneman (USA)	28.8.97
122'3 1/2"/37.27*	Richard Sheldon (USA)	13.9.99
129'4"/39.42†	Frantisek Janda-Suk (Czech)	00
129'4"/39.42*	Martin Sheridan (Ire/USA)	02
131'7"/40.11*	Martin Sheridan (Ire/USA)	03
133'6 1/2"/40.70*	Martin Sheridan (Ire/USA)	1.9.04
133'11 1/2"/40.83*	Martin Sheridan (Ire/USA)	9.05
136'0 1/2"/41.46*	Martin Sheridan (Ire/USA)	25.4.06
136'10"/41.71*	Martin Sheridan (Ire/USA)	07
139'6 1/2"/42.53*	Martin Sheridan (Ire/USA)	6.08
144'0"/43.89	Martin Sheridan (Ire/USA)	5.09
145'9 1/2"/44.44	James Duncan (USA)	11
156'1 1/2"/47.58	James Duncan (USA)	27.5.12
157'0 1/2"/47.86	Armas Taipale (Fin)	20.7.13
158'4 1/2"/48.27	Armas Taipale (Fin)	17.8.13
160'0 1/2"/48.77	Hans Hoffmeister (Ger)	22.7.28
163'8 1/2"/49.90	Eric Krenz (USA)	9.3.29
167'5 1/2"/51.04	Eric Krenz (USA)	17.5.30
169'8 1/2"/51.74	Paul Jessup (USA)	23.8.30
171'11 1/2"/52.42	Harald Andersson (Swe)	25.8.34
174'2 1/2"/53.10	Willy Schroder (Ger)	28.4.35
174'8 1/2"/53.26	Archie Harris (USA)	20.6.41
175'0"/53.34	Adolfo Consolini (It)	26.10.41
177'11"/54.23	Adolfo Consolini (It)	14.4.46
180'2 1/2"/54.93	Robert Fitch (USA)	8.6.46
181'6 1/2"/55.33	Adolfo Consolini (It)	10.10.48
185'3"/56.46	Fortune Gordien (USA)	9.7.49
186'11"/56.97	Fortune Gordien (USA)	14.8.49
190'0 1/2"/57.93	Sim Iness (USA)	20.6.53
190'7 1/2"/58.10	Fortune Gordien (USA)	11.7.53
194'6"/59.28	Fortune Gordien (USA)	22.8.53
196'6 1/2"/59.91	Edmund Piatkowski (Pol)	14.6.59
198'8 1/2"/60.56	Jay Silvester (USA)	11.8.61
199'2 1/2"/60.72	Jay Silvester (USA)	20.8.61
200'5 1/2"/61.10	Al Oerter (USA)	18.5.62
202'2 1/2"/61.64	Vladimir Trusenyov (USSR)	4.6.62
204'10 1/2"/62.45	Al Oerter (USA)	1.7.62

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TOKYO MEDAL PROSPECTS

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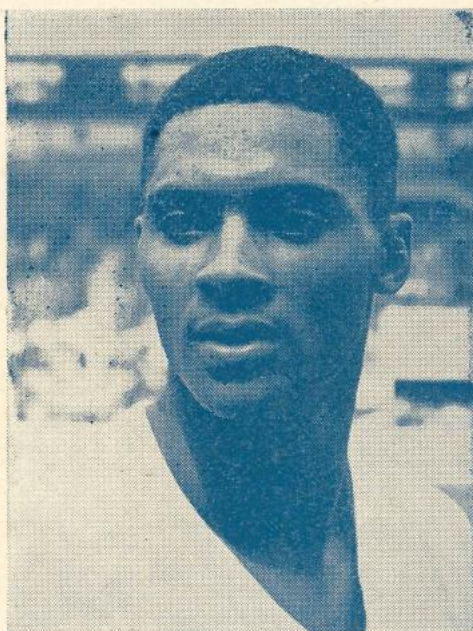


JOHN BOULTER

JOHN BOULTER may have won the Canadian mile title while touring with an Oxford and Cambridge team in 1961 but it was not until this past season that he established any sort of reputation in Britain. His performances over 880y this year were an eye-opener, not just on account of his accumulation of fast times but because of the manner in which he almost invariably raced. Here at last was the man to restore Britain's sadly tarnished middle-distance running prestige. No faint hearted first-lap shuffling for Boulter. His idea was to stride out in 52 or 53 seconds, thereby detaching himself far enough from the field to prevent his being caught on the second circuit—and ensuring a fast overall time. This strategy worked brilliantly in domestic competition and Boulter earned a deserved reward by tying the U.K. record of 1:47.8, but he was just that little lacking in strength against top foreign competition. Time and again he led into the final straight only to be passed in the last few yards. One hopes that the experience gained this year, coupled with a solid winter's training and a less intense racing programme, will produce that extra toughness he will need to repel those late challenges.

(Photo by Mark Shearman)

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HENRY CARR

TO clock 9.7 for 100y and 21.0 for 220y (straight) at the age of 16 suggests a liberal measure of inherent athletic ability. Henry Carr, who recorded those times in 1959, is a splendid natural athlete—6'3"/1.90 tall, weighing 185lb/84kg—who seems likely to carry the world records for the furlong and quarter-mile to practically undreamt-of heights in the next few years. Already he has revolutionised all concepts of running the curved 220y by notching up a 20.3 mark. This is the event he likes best and he will almost certainly concentrate on the 200m in Tokyo (together with a leg in the 4x400m relay). His quarter-miling potential is almost frightening. He ran 48.3 in 1960 and 47.8 in 1961, missed out in 1962 and this year covered 400m in a relay in 44.3. Adolph Plummer notwithstanding, he must be considered the man most likely to succeed in running a lap at an even-time tempo (44.0). He is a red hot competitor: NCAA 220 champion, AAU 220 co-champion, winner of all four of his races on the European tour. His so-easy 20.9 at the White City won't be quickly forgotten. Carr was born in Montgomery, Alabama, on November 27th 1942.

(Photo by Fionnbar Callanan)

Who's Who in British Athletics

Maurice Herriott

Born Great Wyrley (Staffs), 8.10.39; 5'10½"/1.79, 143lb/65kg; 36" chest; 44 pulse at rest; motor cycle fitter; Sparkhill Harriers; coached by Tom Heeley; married; lives at Sparkhill (Birmingham).

Became interested in athletics in 1954; started at 880y and mile. Favourite events are steeplechase and 2 miles. Best marks: 880y—1:53.4 (1962), 1M—4:09.0 (1963), 3,000m—8:18.8 (1962), 2M—8:51.0 (1962), 3M—13:47.0 (1963), 5,000m—14:15.6 (1963), 3,000mST—8:35.4 (1963). Annual steeplechase progress: 1957—4:25.8 (1,500m), 1958—4:18.0, 8:59.2, 1959—8:48.6, 1960—8:53.2, 1961—8:42.0, 1962—8:43.8, 1963—8:35.4.

1957—AAA Junior 1M steeplechase champion. 1958—AAA Junior 1,500mST champion. 1959—AAA champion, first international. 1961—AAA champion. 1962—AAA champion, finalist European Champs. (did not run), 2nd Empire Games. 1963—AAA champion. Holder of U.K. record. Set junior "world record" of 8:59.2 in 1958. Competed in 15 match events for GB, winning 7, scoring 56 out of possible 75 points.

Performance that gave most pleasure was beating Sokolov in this year's Russia v. GB match. Greatest disappointment: "Not being able to run in European Games final through injury." Will compete "as long as possible." 1964 target is to make Olympic team; all-time goal is to "try to improve my steeplechase times." Most likes "travelling and making friends"; dislikes "nothing, except bad water jumps."

Eddie Strong

Full name: Edward Frank Strong. Born Timsbury (Somerset), 2.6.36; 5'8"/1.73, 140lb/64kg; 38" chest; 60 pulse at rest; stock control clerk; Bristol A.C. and Fry's Club; self-coached "but consider the help, advice and most of all inspiration given me by Ron Rowles to have been invaluable", married, one son (1½); lives at Keynsham (near Bristol).

"Became interested after being detailed to run in the station sports during National Service in RAF—won 3 miles in 17 minutes." Started seriously in 1957. Favourite events are 3 miles, road relays and cross-country. Best marks: 1,500m—3:51.6 (1962), 1M—4:07.6 (1962), 3,000m—7:58.2 (1962), 2M—8:43.2 (1962), 3M—13:25.8 (1962), 5,000m—13:56.4 (1962), 6M—28:58.4 (1962). Annual progress at 3M/5,000m: 1957—13:58.0; 1958—13:54.8, 1959—13:55.8, 1960—14:06.0, 1961—13:46.2, 1962—13:25.8, 13:56.4m; 1963—13:40.0, 14:01.2m.

1962—first cross-country international, eliminated in European 5,000m heat (in 13:56.4) which was first international, 6th Empire Games 3M. 1963—3rd National c-c. No GB match appearances.

"Have yet to experience feelings of either great pleasure or disappointment having done so much in such a short time at the top." Will compete "until I cease to enjoy running." Ambition is "to make the 1964 Olympic team and reach final of 5,000m." Most likes "competition, travel and meeting people." Played senior amateur soccer for Eastbourne Town (Corinthian League).

Robbie Brightwell

Full name: Robbie Ian Brightwell. Born Rawalpindi (then India, now Pakistan), 27.10.39; 6'2"/1.88, 170lb/77kg; 40" chest; 45 pulse (lying) at rest; physical education specialist at Tiffin School, Kingston; Birchfield Harriers and Surrey A.C.; coached by Geoff Gowan; engaged to Ann Packer; lives at Teddington (Middx).

"I've always been able to run at a faster average rate than colleagues since junior school and this encouraged me to develop this ability. However, I really took training seriously at the age of 17." Started at 100y and 220y; favourite event now is the 220 (sic). Best marks: 100y—9.7 (1958, 1962), 100m—10.6 (1959, 1962), 200m—20.9 (1962), 220y—21.1 (1962), 400m—45.9 (1961, 1962), 440y—45.9 (1962), 880y—1:51.7 (1962), HJ—6'0"/1.83 (1962), LJ—23'8"/7.21 (1962). Annual progress at 100y, 100m, 200m/220y, 400m/440y: 1956—10.4, 23.5; 1957—10.0, 21.8; 1958—9.7, 21.3; 1959—9.9, 10.6m, 21.5, 47.9 (time trial); 1960—9.8, 10.7m, 21.2m, 46.1m; 1961—9.9, 10.7m, 21.6, 45.9m; 1962—9.7, 10.6, 20.9m, 45.9; 1963—21.5, 46.2m (only three 400m races due to bad foot injury from April to August).

1956—English Schools intermediate 220y champion. 1957—English Schools and AAA Junior 220y champion. 1958—eliminated Empire Games 220y semi-final, first full international, 5th European 200m. 1960—2nd (1st U.K. finisher) AAA 440y, eliminated Olympic 400m semi-final (in U.K. record of 46.1), 5th 4x400m. 1962—AAA 440y champion; European 400m champion, 2nd 4x400m; 2nd 440y and 4x440y at Empire Games. Holder U.K. records at 440y, 4x400m and 4x440y; European record holder at 440y and 4x440y. Competed in 11 match events for GB, winning 5, scoring 42 out of possible 56 points.

Performances that have given most pleasure: "Every time I win." Greatest disappointment: "Every time I lose." 1964 is "probably my

last year." Target is "to give Henry Carr/Ulris Williams a run for their life". All-time goal is "to get an Olympic medal." Most likes winning and "the people who make the sport"; dislikes losing.

John Cooper

Full name: John Hugh Cooper. Born Bromyard (Herefordshire), 18.12.40; 6'1"/1.85, 184lb/84kg; 40" chest; 45 pulse at rest; school master (physical education); Birchfield Harriers and Surrey A.C., coached by Geoff Gowan; unmarried; home is in Rugby ("digs" at West Wickham, Kent).

Began at 80y hurdles: "At junior school I liked racing against other boys, especially over sticks." Specialised in triple jump from 1956 to 1959. Favourite events are 440y hurdles and 220y hurdles. Best marks: 100y—10.2 (1961), 440y—48.6 (1963), 880y—1:54.4 (1963), 220yH—24.0 (1963), 400mH—50.5 (1963), LJ—21'10 1/2"/6.67 (1957), TJ—45'3 1/2"/13.81 (1957), 120yH (3'3")—14.2 (1959). Annual progress at 400mH/440yH: 1960—56.5, 1961—52.0m, 1962—51.9m, 1963—50.5m.

1957—English Schools intermediate TJ champion. 1961—first international. 1962—eliminated European 400mH heat. 1963—2nd (1st U.K. finisher) AAA 440yH. Holder U.K. 400mH record. Competed in 8 match events for GB, winning 4, scoring 29 points out of 40.

Performance that gave most pleasure: "Naturally, my 50.5 v. Russia in September 1963." Greatest disappointment: "Not going to the 1962 Empire Games." Will compete for perhaps another four years. Target for 1964 is an Olympic gold medal. All-time goal: "More gold medals—world record."

Most likes winning, dislikes losing. View of administration: "The athletes themselves should be considered a little more, but prefer to make no further comment." Captained Leics. County Young Amateurs at cricket, played for Midland public & grammar schools rugby team. Father was an even-time sprinter, brother won AAA vest in long jump.

Alan Carter

Born Bristol, 30.5.44; 6'2 1/2"/1.90, 217lb/99kg; 45" chest; 62 pulse at rest; chemistry student at University College of Swansea; Westbury Harriers; coached by Ron Pickering; unmarried; lives in Bristol.

Began seriously at 100y and high jump in about 1956. Favourite events now are shot, 100y, HJ, discus, 220y. Best marks: 100y—10.0w (1961), 100m—11.0 & 10.8w (1963), 220y—23.4 (1963), HJ—5'9"/1.75 (1963), SP—54'5 1/2"/16.60 (1963), SP (12lb)—61'4"/18.69 (1963), DT—142'1"/43.31 (1963). Annual progress at SP: 1958—42'3"/12.88 (8lb 13oz), 1959—53'11 1/2"/16.45 (8lb 13oz), 1960—53'4 1/2"/16.26 (10lb), 1961—61'11 1/2"/18.88 (10lb), 57'4 3/4"/17.49 (12lb), 1962—60'9 1/2"/18.52 (12lb), 49'10 1/2"/15.20 (16lb), 1963—61'4"/18.69 (12lb), 54'5 1/2"/16.60 (16lb).

1961—English Schools intermediate SP champion. 1962—English Schools and AAA Junior SP champion. 1963—AAA indoor and AAA junior SP champion, first international. Holder U.K. junior records for 12lb and 16lb. Competed in three match events for GB, scoring 5 out of possible 15 points.

Performance that gave most pleasure was his 53'1 1/2"/16.20 indoors in Stuttgart last winter in his first international. Greatest disappointment: "Not being good enough for the World Student Games." Plans to compete "until at least 1972." Target for 1964 is 61'0"/18.59 ("have done 58'/17.68 in training this year"). All-time ambition is to break Arthur Rowe's European record (64'2"/19.56) and then reach 66'0"/20.12.

Most likes "travelling, meeting people and winning"; dislikes "officials who don't think about the athletes." View of administration: "Administration should be younger and more concerned with athletes than personal power. More places on small trips abroad for field athletes." Played rugby and cricket for county schools team. Brother (Donald) has held English Schools under—17 100y record at 10.1 since 1957.

Malcolm Yardley

Full name: Harold Malcolm Yardley. Born Oldham (Lancs), 23.12.40; 5'7"/1.70, 138lb/63kg; sub-contracts assistant; Walton A.C.; coached by Jim Sharlott, advice from John Jeffrey and Brian Shenton; unmarried; lives at Shepperton (Middx).

Joined an athletic club at age of 12; first events were cross-country and 880y. Favourite events are 220y, 440y and 880y and particularly 4x440y relay. Best marks: 100y—9.9 (1961) & 9.8w (1959), 100m—10.8 (1959), 200m—21.6 (1960), 400m—46.6 (1960), 440y—47.4 (1960), 800m—1:53.4 (1959), LJ—20'8 3/4"/6.32 (1957). Annual progress at 400m/440y: 1954—57.9, 1955—52.7, 1956—51.4, 1957—49.4, 1958—48.2m, 1959—47.2m, 1960—46.6m, 1961—47.2m, 1962—48.2 (injured most of year), 1963—47.8 (back injury most of year).

1956/7—English Schools intermediate 440y champion. 1958—AAA Junior 440y champion. 1959—first international. 1960—eliminated 2nd round Olympic 400m, 5th 4x400m. Member of U.K. 4x400m record team. Competed in three individual match races for GB, scoring 6 out of 15 points.

Performance that gave most pleasure: "Beating the Russian boys in the 400m in Moscow, 1959, in a new European junior record (47.2)". Biggest disappointment: "Failure at Rome Olympics." Has no idea how long he will compete. 1964 target is to make Olympic team; all-time goal is "world record for 880y".

Most likes "associating with fellow athletes"; dislikes "inefficiently organised athletic meetings, particularly where announcements are allowed to be made when competitors are awaiting starter's orders." View of administration: "Administration at all levels—club, county, area and national—

continued on page 18

Runners For "Westminster Stakes"

THE news that Terry Higgins, the former international quarter-miler (47.8 400m in 1951), has been chosen prospective Conservative parliamentary candidate for Worthing means that the Tories will be fielding no fewer than four famous names in athletics at next year's General Election.

Norris and Ross McWhirter, the co-founders of what might be termed the "new wave" of British athletics writers, are fighting at Orpington and Edmonton respectively; while Chris Chataway—the Parliamentary Secretary, Ministry of Education—will be anxious to retain his seat for Lewisham North.

off-beat track notes

Track and field's main contribution to the Labour Party is Philip Noel-Baker (74), M.P. for South Derby and a former Minister. Mr. Noel-Baker, who took the silver medal in the 1920 Olympic 1,500m, won the Nobel Peace Prize in 1959. The Leader of the Opposition was, it is said, quite a useful cross-country runner in his university days.

Two distinguished overseas statesmen who can look back with pride to their athletic careers are ex-Premier of Jamaica, Norman Manley, and the President of Finland, Urho Kekkonen.

Mr. Manley set a Jamaican junior 100y record of 10.0 in 1911 (when the world record stood at 9.6)—a mark equalled by, among others, his son D. R. Manley 30 years later. Mr. Kekkonen was Finnish high jump champion in 1925 and his best marks included 10.9 for 100m, 6'0 $\frac{3}{4}$ "/1.85 high jump, 46'4 $\frac{3}{4}$ "/14.14 triple jump and 31'10 $\frac{1}{4}$ "/9.71 for the standing triple jump, which was claimed as a world record at the time.

Death of Bruno Zauli

Luciano Barra, of Rome, pays tribute to Bruno Zauli, who died on December 7th at the age of 60.

"A great loss for European athletics is the news of Bruno Zauli's death. It happened in Grosseto, Tuscany, where Mr. Zauli went to inaugurate a new track.

"Mr. Zauli was President of the I.A.A.F.'s European Committee, Secretary-General of the Italian National Olympic Committee (C.O.N.I.) and Honorary President of the Italian Athletics Federation. His way to the top was long, but it provided the experience that made of him an outstanding official.

"Mr. Zauli was born in Osimo (Ancona) on December 19th 1902. In his early years he was



CHRIS CHATAWAY

Ed Lacey

a sports journalist. Later, as a graduate in medicine, he developed the sport's knowledge in that particular sphere. He started his career with the C.O.N.I. in 1939 as chief press officer. From 1946 to 1957 he was President of the Athletics Federation and in those years he introduced athletics into schools with great success. As General Secretary of C.O.N.I., his experience was of great help in organising the Olympic Games in Rome.

"Just a few weeks ago in Sofia, Bruno Zauli's great dream—the European Cup—received official approval. Shall we dedicate this Cup to his memory?"

Dorothy and Mary tops

The annual women's world rankings compiled by Jacek Samulski (Warsaw) and Jan Popper (Prague), which are based on an athlete's competitive record and consistency as well as best mark, list British athletes top of three events: Dorothy Hyman in the 100m and 200m, Mary Rand in the long jump. Ann Packer is rated Europe's leading quarter-miler. Here are the rankings:—

100y/100m: 1, HYMAN (GB); 2, Popova (USSR); 3, Bowering (Aus); 4, McGuire (USA); 5, Itkina (USSR); 6, Raepke (EG); 7, Bennett (Aus); 8, Burvill (Aus); 9, Szyroka (Pol); 10, Heine (WG). (ARDEN, GB, ranked 10th in Europe).

200m/220y: 1, HYMAN (GB); 2, Bennett (Aus); 3, Popova (USSR); 4, Burvill (Aus); 5, Itkina (USSR); 6, Raepke (EG); 7, Cuthbert (Aus); 8, Heine (WG); 9, Beasley (Aus); 10, Szyroka (Pol). (RAND, GB, ranked 10th in Europe).

400m/440y: 1, Sin Kim Dan (NK); 2, Cuthbert (Aus); 3, Willis (Aus); 4, PACKER (GB); 5, GRIEVESON (GB); 6, Itkina (USSR); 7, Amooore (Aus); 8, Chamberlain (NZ); 9, v. d. Zwaard (Neth); 10, Schmidt (EG).

800m/880y: 1, Sin Kim Dan (NK); 2, Chamberlain (NZ); 3, Kraan (Neth); 4, Willis (Aus); 5, Mukhanova (USSR); 6, Skobtsova (USSR); 7, Kazi (Hun); 8, Babintseva (USSR); 9, Gurevich (USSR); 10, Dmitriyeva (USSR).

80mH: 1, Kilborn (Aus); 2, Piatkowska (Pol); 3, Kulkova (USSR); 4, Balzer (EG); 5, Fisch (WG); 6, Koshelyeva (USSR); 7, Yoda (Jap); 8, Schell (WG); 9, Heine (WG); 10, RAND (GB). (NUTTING, GB, ranked 11th in Europe).

HJ: 1, Balas (Rum); 2, Woodhouse (Aus); 3, Mason (Aus); 4, Chenchik (USSR); 5, Cheng Feng-yung (Ch); 6, Pushkaryeva (USSR); 7, KNOWLES (GB); 8, Kostyenko (USSR); 9, SLAAP (GB); 10, Montgomery (USA).

LJ: 1, RAND (GB); 2, Shchelkanova (USSR); 3, White (USA); 4, Geissler (EG); 5, Hoffmann (WG); 6, Ort (Neth); 7, Krzesinska (Pol); 8, Balzer (EG); 9, Kotsar (USSR); 10, Toien (Nor).

SP: 1, T. Press (USSR); 2, Garisch (EG); 3, Lutte (EG); 4, Helmboldt (EG); 5, Zybina (USSR); 6, Bogner (Hun); 7, Zhdanova (USSR); 8, Doynikova (USSR); 9, Young (NZ); 10, Salagean (Rum).

DT: 1, Nemcova (CSR); 2, T. Press (USSR); 3, Lotz (EG); 4, Lorenz (EG); 5, Yelkina (USSR); 6, Ponomaryeva (USSR); 7, Ulbricht (EG); 8, Kleiberne (Hun); 9, Kuznyetsova (USSR); 10, Manoliu (Rum).

JT: 1, Gerhards (WG); 2, Ozolina (USSR); 3, Graefe (EG); 4, Gorchakova (USSR); 5, Schwalbe (EG); 6, Shastitko (USSR); 7, Diaconescu (Rum); 8, Vysotskaya (USSR); 9, Sato (Jap); 10, Stanciute (USSR). (PLATT, GB, ranked 12th in Europe).

Pen: 1, Shchelkanova (USSR); 2, RAND (GB); 3, Heine (WG); 4, Kardas (USSR); 5, Piatkowska (Pol); 6, Bystrova (USSR); 7, Hoffmann (WG); 8, Sysyakova (USSR); 9, Guenard (Fr); 10, Balzer (EG). **M. W.**

CORRECTIONS

Dave Chapman (December 14th issue) ran 6 races for GB, winning 12/30. He was eliminated in heats at 1960 Olympics and 1962 European. Ann Packer ran 54.8y between her 53.4m and 53.3m.

AUSTRALIA: ANOTHER FAST RUN BY RON CLARKE

COMPETING in a twilight meeting in Melbourne on December 10th, Ron Clarke reduced his 2 miles best to 8:35.2. The world's top ten performers at the distance in 1963 are:

8:29.6 Michel Jazy (France)
8:33.0 Albert Thomas (Aus)
8:34.8 Michel Bernard (France)
8:35.0 Robert Bogey (France)
8:35.2 Ron Clarke (Aus)
8:37.2 Bruce Tulloh (GB)
8:37.2 Dave Power (Aus)
8:40.4 Tom O'Riordan (Irl)
8:41.8 John Anderson (GB)
8:41.9 John Snowden (GB)

December 5th, Perth. 220y: Biffen 21.2; women's 220y (3m/sec f.w.): Burvill 23.5; 220yB (wind O.K.): Hooper 24.5, Dufall 24.5.

December 7th, Adelaide. TJ: Boase 51'8"/15.75 (he will compete against David Norris in New Zealand in January); women's 100y/220y: Bowering 10.7/25.0.

December 7th, Sydney. SP: Chinnery (ex-GB) 52'0"/15.85 (personal best); women's 100m: Bainbridge 11.8, Black 11.8; 220y: Bainbridge 23.9; 880y: Willis 2:12.6; LJ: Frith 20'2 1/2"/6.16.

December 7th, Melbourne. Ian Tomlinson, contesting his first triple jump since coming from Japan, sailed to a fine leap of 53'1"/16.18. HJ: Peckham 6'6"/1.98; LJ: Blackmore 24'5"/7.44w; SP: Muller 49'1 1/2"/14.98, Selvey 48'6 1/2"/14.80; women's 100y (headwind): Jenkins & Kilborn 10.8; 100y (windy): Evans 10.8w; 80mH (into gale): Kilborn 12.1 (!); LJ: Webster 19'5"/5.92w; SP: Roberts 45'9 1/2"/13.96.

Bernie Cecins

WORLD RECORD EVOLUTION continued

255'5 1/2"/77.87	Yrjo Nikkanen (Fin)	25.8.38
258'2 1/2"/78.70	Yrjo Nikkanen (Fin)	16.10.38
263'10"/80.41	Bud Held (USA)	8.8.53
266'8 1/2"/81.29	Bill Miller (USA)	21.8.54
266'8 1/2"/81.29	Bud Held (USA)	21.5.55
268'2 3/4"/81.76	Bud Held (USA)	21.5.55
274'1 1/2"/83.56	Soini Nikkinen (Fin)	24.6.56
274'5 1/2"/83.66	Janusz Sidlo (Pol)	30.6.56
281'2 1/2"/85.71	Egil Danielsen (Nor)	26.11.56
282'3 1/2"/86.04	Al Cantello (USA)	5.6.59
284'7 7/8"/86.74	Carlo Lievore (It)	1.6.61

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WHO'S WHO continued

could be improved by infusion of young blood. There is not sufficient encouragement given to younger members to join the administration. Many 'greybeards' have too narrow an outlook and restrict progress." Played soccer for Leicester Boys team. Grandfather was timed at 10.0 for 100y in the early 1900's.

HOW RINK BABKA TRAINS

RINK Babka, whose best discus throw of 203'9"/62.10 this year has been exceeded by only two men in history (Al Oerter and Jay Silvester), was born at Cheyenne, Wyoming, on September 23rd, 1936. He is 6'5"/1.96 tall and weighs 264lb/120kg. He began competitive discus throwing in 1954, aged 17, and his annual progress has been as follows:—1954—148'2½"/45.17, 1955—162'9"/49.61, 1956—179'8½"/54.77, 1957—186'4"/56.80, 1958—188'4½"/57.42, 1959—190'2"/57.96, 1960—196'6½"/59.91, 1961—194'7½"/59.32, 1962—198'0"/60.35, 1963—203'9"/62.10. He was silver medalist in Rome.

Babka's best marks at other events are:—100y—10.3, HJ—6'3"/1.90, LJ—20'2"/6.15, SP—57'7½"/17.56, JT—188'11"/57.58, DT (standing)—179'0"/54.56, DT (practice)—215'3"/65.61 (1).

Pre-Competitive Season Training: (September or November to April or May).

Weight training: Monday, Wednesday, Friday—about 1½ hours. Bench press: 1x10 (250lb), 1x8 (340lb), 1x5 (365lb), 1x3 (380lb), 1x1 (410lb). Crooked bar curls: This exercise is done with the hands placed so that the thumbs are out during the competitive season and reversed (i.e. thumbs in) for about 1½ months during the off season. 1x8 (200lb) 1x8 (220lb), 1x8 (240lb), 1x8 (250lb), 1x8 (220lb). Lateral pull: 1x8 (100lb), 1x8 (120lb), 1x8 (150lb), 1x8 (200lb), 1x10 (130lb). Lateral (butterfly) raises: 1x10 (25lb), 1x8 (35lb), 1x8 (45lb), 1x5 (50-55lb). Half-squats: 1x10 (200lb), 1x8 (350lb), 1x8 (400lb), 1x6 (430lb), 1x5 (465lb), 1x1 (500lb).

Running: Tuesday, Thursday, Saturday, Sunday. Jogging one mile per day. No speed work. In addition to this, Babka swims as often as possible and plays basketball and handball.

Competitive season training: (Competitive season of 5-12 meets is April-May to June-July. At the end of the competitive season Babka rests for 2-3 months before commencing training for the coming season.)

Monday: 1. Jog ¼ mile (warm up). 2. Loosening-up exercises. 3. Throw 10 easy throws. 4. Work on form. 5. Take 5 hard throws. 6. Work on form until tired (about 10 throws). 7. Run four 100y dashes. 8. Jog 1 mile—any speed. 9. Shower.

Lift weights on Monday night, 1-2 hours after throwing workout or after supper. Babka lifts weights on one or two nights per week during the competitive season, and except for using lighter weights on most exercises and modifying his bench press, uses the schedule outlined above.

Babka writes: "Some people like to continue heavy bench press during season. I do not—for this reason: I try to stay loose and supple. The bench press tends to keep my shoulders tight. I do replace the exercise with incline press with dumbbells—going as far down as I can with the weight movement. This keeps pectorals strong and long."

Tuesday: Same workout as Monday.

Wednesday: "After warm-up take 6-10 hard throws for distance and then go and run."

Thursday: As for Wednesday.

Friday: Rest.

Saturday: Competition.

Sunday: Jog 1 mile, swim or do anything athletic.

If the meet is on Friday, Babka skips the Thursday workout.

Technique:

Babka considers that the six major points of technique to master in throwing the discus are:—

1. "Balance. Balance throughout the turns is most important. If one starts on balance, there is a good chance you will end on balance at throwing position. I work with young throwers on the grass; this slows them down and helps correct balance sooner.

2. Timing. To be in the right position at the right time, to use everything you have.

3. Explosive ending.

4. Carry discus high and far back all through the spin.

5. Leg lift for power at end to get height on the flight of the discus.

6. Throw up and over left leg at throwing time."

He considers the best feature of his technique to be "timing—landing in throwing position, long pull". His worst feature? "None, but could throw better if had larger ring so I could go faster in the ring. I would say speed is my worst feature in the ring."

Babka does not use an overweight discus in training as he believes "it is not good for your timing; the discus is like golf—it needs timing." On the value of standing throws, Babka said "it is good to warm up and for beginning a young boy to learn the feel of the discus. Other than that—no."

Babka usually trains in the late afternoon and generally spends 1-1½ hours on each workout.

JIM HAY

(reprinted from "Track Technique")

DEATH OF VILLEM BUKOVSKY

We learn with the deepest regret of the death of the man behind the Kosice Marathons, Villem Bukovsky, on November 30th. Squire Yarrow, who took many British teams over to the races, writes "He was a good friend to all who took part in the race and I am sure will be missed, not only in his own country, but wherever marathon men foregather".

Croydon H. have a few seats vacant on their bus going to Nos Galan at Mountain Ash, leaving Croydon at 8 a.m. on December 31st. Anyone interested in going should ring Pollards 7237 and ask for John Page.



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TRIPLE WIN FOR SALE IN KENDAL A.A.C. RELAYS

THE Kendal Road Relays were held over a different course than in previous years on Dec. 14th. A lap of 1 mile 75 yards was used, the youths running two laps and the other age groups one lap each.

The youths' race proved a tactical victory for Sale over the strong Blackpool & Fylde team. Leggatt (Sale) held Morris (Blackpool) to a 4 sec. lead at the first changeover and Glazier then ran the fastest leg of the race to turn a small deficit into a 21sec. lead which Grace increased still further, leaving Fairley an easy task to come home a comfortable winner by 30 seconds.

The anticipated tussle between the same two clubs did not materialise in the 14-16 race, Blackpool arriving too late owing to a traffic hold-up. After McGuirk (St. Michael's College) had held off Richardson (Sale) on lap 1, Dean stormed into the lead to run the fastest of the day for a new record of 4min. 51sec. and put Sale well out in front. The remaining Sale runners put in workmanlike performances to give them a comfortable victory for the fourth year running. The host club excelled themselves by taking second place, coming through from 4th on lap 1 to 2nd. on lap 4, challenged strongly all the way by St. Joseph's College.

The under-14 race, held for the first time, produced a great struggle between Sale and Carnforth School, here being no more than 7sec. between them at any stage of the race.

Youths

1, Sale H. (Leggatt 10.11, Glazier 10.06, Grace 10.28, Fairley 10.39) 41.24.
2, Blackpool & Fylde (Morris 10.07, Thomasson 10.31, Abrams 10.51, Fewery 10.25) 41.54.

3, Kendal A.A.C. (Ross 10.51, Parsons 11.08, Harrop 11.13, Frankland 11.18) 44.30.

4, Carlisle G.S. 45.56; 5, Blackpool 'B' 46.34; 6, Barrow G.S. 48.13; 7, Keswick Sch. 50.24.

Fastest Laps: Glazier (Sale) 10.06; Morris (B'pool) 10.07; Leggatt (Sale) 10.11; Fewery (B'pool) 10.25; Grace (Sale) 10.28; Thomasson (B'pool) 10.31.

14-16

1, Sale H. (J. Richardson 5.06, T. Dean 4.51; D. Worthington 5.11, T. Loneragan 5.19) 20.27.

2, Kendal A.A.C. (Hodgson 5.20, Collinson 5.24, Hargreaves 5.25, Cleasby 5.09) 21.18.

3, St. Joseph's Coll. (Bridge 5.10, Shaw 5.44, Dickinson 5.13, Boniface 5.14) 21.21.

4, Carlisle G.S. 22.28; 5, Cartmel Sch. 22.43; 6, St. Michael's Coll. 22.58; 7, Horwich R.M.I. 23.15; 8, Keswick Sch. 24.11.

Fastest Laps: T. Dean (Sale) 4.51; McGuirk (St. M) 5.05; J. Richardson (Sale) 5.06; B.

Cleasby (Kend) 5.09; Bridge (St. J) 5.10; Worthington (Sale) 5.11.

U/14

1, Sale H. (D. Pestal 5.23, J. Ginty 5.44, M. Hawkins 5.30) 16.37.

2, Carnforth Sch. (Larry Russell 5.24, Baines 5.49, Lyn Russell 5.29) 16.42.

3, Cartmel Priory Sch. (Henderson 5.35, Braithwaite 5.47, Robinson 5.48) 17.10.

4, Longlands Sch. 17.11; 5, Carnforth 'B' 17.42; 6, Cartmel 'B' 17.56; 7, Carnforth 'D' 17.59; 8, Longlands 'B' 18.00; 9, Carnforth 'C' 18.01; 10, Carlisle G.S. 18.01; 11, St. Joseph's Coll. 18.03; 12, Kendal 18.10; 13, St. Michael's Coll. 18.12; 14, Barrow GS 18.28; 15, Keswick Sch. 18.44; 16, St. Michael's 'B' 19.19; 17, Barrow GS 'B' 19.30.

Fastest Laps: D. Pestal (Sale) 5.23; Larry Russell (Carn) 5.24; Lyn Russell (Carn) 5.29; Hawkins (Sale) 5.30; Blamire (Long) 5.31; Henderson (Cart) 5.35.

Welsh Notes

By Bernard Baldwin

WHAT we hope is the final chapter in the story of the permit for the Women's event in Nos Galan came this weekend. The Welsh Women's A.A.A. stated that the appeal against their decision to refuse a permit for the proposed Dash could not be heard before Christmas as it would necessitate the calling of a special meeting. As this could not be arranged a permit form for a Women's Mile was requested, but the Welsh Women's A.A.A. stated that they could not issue this either, and the request would have to go to the Secretary of the Women's Cross Country and Road Walking Association.

One week later the Nos Galan Committee were informed that a permit for the Women's Mile would be granted by this association, and the forms were being posted forthwith.

And so, with Nos Galan brochures already on sale, it seems likely that the people of Penrhiwceiber will see Women runners in action after all. This is good news, whatever else has been said in the past ten weeks, and everyone is now looking forward to the races, which have at last received the blessing of the governing body.

The annual inter-County cross country match between Glamorgan and Monmouthshire Secondary Schools took place on Saturday last at Mill Street School, Pontypridd. Glamorgan won all three events by large margins, but the boys of both counties so obviously enjoyed themselves that it was felt that more matches of this kind should be arranged. A match, Cardiff versus the rest of Glamorgan will go on in the new year.

(continued on page 23)

With The Ladies

MIDLAND COUNTIES TURLEY SHIELD C.C. RACE

At Trentham Gardens, Staffs, December 7th

1. J. Warrant (Westbury H) 13.18
2. S. O'Dell (Birchfield H) 13.25
3. P. Mills (Westbury H) 13.31
- 4, S. Johnson (Coventry Godiva) 13.43; 5, A. Nye (Leamington) 13.55; 6, P. Ramm (Broms-grove) 14.03; 7, P. Hunter (Harborne) 14.09; 8, S. Campbell (Stourbridge) 14.14; 9, J. Parkes (Wolverhampton) 14.30; 10, D. Price (Harborne) 14.31; 11, H. Buswell (Stafford) 14.36; 12, D. Brown (Small Hth) 14.39; 13, G. Love-say (Tipton) 14.46; 14, J. Hancox (Har) 14.55; 15, P. Cooper (West) 15.05; 16, S. Spence (Cov) 15.07; 17, D. Gibson (Cov) 15.09; 18, M. Col-leran (Bir) 15.10; 19, S. Cashmore (S. Hth) 15.11; 20, N. Sayer (Mich) 15.20; 21, J. Baker (Cov) 12.25; 22, S. Clark (Cov) 15.26; 23, M. Atkinson (Bir) 15.27; 24, J. Wall (Tip) 15.51; 25, C. Rowe (Cov) 16.39; 26, P. Talbot (Tip) 16.43; 27, J. Kelly (Bir) 16.45; 28, G. Burns (Bir) 16.47; 29, H. Thrush (Bir) 16.52.

Teams:

- | | Pts. |
|---|----------------|
| 1. Westbury H. | (1, 3, 15) 19 |
| 2. Harborne H. | (7, 10, 14) 31 |
| 3. Coventry Godiva H. | (4, 16, 17) 37 |
| 4, Birchfield 54; 5, Tipton 63; 6, Birchfield "B" 73. | |

C.C. League Race (14-15)

1. R. Stirling (Wolverhampton) 6.52
2. J. Coates (Birchfield) 7.05
3. M. Challenor (N. Staffs) 7.15
- 4, B. Kemp (Bir) 7.35; 5, R. Spurway (Staff) 7.41; 6, R. Humphrey (Cov) 7.45; 7, J. Birkett (Tipton) 7.57; 8, M. Sharples (Cov) 8.01; 9, M.

- Hawkins (Bir) 8.06; 10, C. Arnold (Tip) 8.18; 11, A. Marlow (Tip) 8.30; 12, S. Peters (Staff) 8.33; 13, C. Montgomery (Mich) 8.34; 14, S. Nicholls (Broms) 8.44; 15, J. Jones (Unatt) 9.14; 16, R. Gorton (Broms) 9.14; 17, A. Parker (Cov) 9.39; 18, D. Head (Stour) 9.39; 19, L. Paeuley (Bir) 11.31.

12-13

1. S. Hower (Halesowen Coll) 6.06
2. B. Atkins (Birchfield) 6.16
3. S. Lloyd (Westbury) 6.18
- 4, C. Hornby (Bir) 6.19; 5, D. Colebourne (Bir) 6.25; 6, J. Pelley (West) 6.30; 7, P. Nicholls (Long Meadow S) 6.34; 8, E. White (Bir) 6.37; 9, S. Lever (Bir) 6.38; 10, K. Forrest (Hales) 6.39; 11, J. Matthews (Bir) 6.40; 12, R. Blick (Bir) 6.44; 13, P. Podmore (Cov) 6.49; 14, K. Bogle (Long) 6.49; 15, A. Townsend (Wolver) 6.51; 16, A. Lawrence (Long) 6.55; 17, S. Coates (Long) 6.56; 18, A. Spolton (Bir) 6.58; 19, L. Andrews (Stour) 6.59; 20, J. Rumbelow (Bir) 7.01.

MIDLAND

The Midlands W.A.A.A. have staged three Girls' Road Walk Races for a League on a points basis, and some good stylish walking has been very evident which should raise the standard generally for the future.

Two twelve year olds have so far dominated the League, Denise Colbourne has been second on all three occasions and Jane Matthews has won on her two outings. There must be something in the name of Matthews which attracts them to walking! Angela Pearce walked very well in the first League race to win and also shows great promise. All races are at 1½ miles distance.

Third League Race

1. J. Matthews (Birchfield H) 14.21
2. D. Colbourne (Birchfield H) 14.54



The first three home in the Inter - Cities Cross - Country Race promoted by Rockingham A.C. L. to R.—Madeline Ibbotson (Longwood) 1st., Mary Hodson (Bury) 2nd. and Alison Leggett (Mitcham—running for Sheffield) 3rd.

Eric North

3. A. Pearce (Halesowen Coll) 15.03
 4. D. Cox (Hales) 15.07; 5. A. Griffiths (Cheltenham) 15.11; 6. A. Spolton (Birch) 15.12; 7. G. Montgomery (Michelin) 15.29; 8. K. Forrest (Hales) 15.37; 9. M. Brown (Bir) 15.45; 10. J. Ellis (Hales) 15.54; 11. E. Farr (Hales) 15.56; 12. J. Robinson (Hales) 15.59; 13. S. Brown (Bir) 16.02; 14. P. Willett (Hales) 16.14; 15. J. Hathaway (Bir) 16.22.

Surrey C.C. Championships

Epsom Downs, December 14th

PAM DAVIES convincingly retained her Surrey individual title when leading Selsonia to a team triumph over the winners for the last three years, Mitcham A.C. The holders were without Carole Mitchell, who would still have had to win to give her team the race by one point, but Pam Davies looked unbeatable on the day. Highly placed in Surrey Athletic Club's colours was Olympic sprint finalist Jennifer Smart.

Rita Haines (Silverthorne Sc./Hercules) won the junior race by a wide margin, while her schoolmate Eileen Duke led the field home in the young girls' event. Indeed, Silverthorne's teams caught the eye with second placing in the junior and victory in the young girls' races.

Seniors (2½ Miles)

1. P. Davies (Selsonia) 15.16
 2. J. Briggs (Selsonia) 15.40
 3. V. Tomlinson (Aldershot) 15.49
 4. A. Smith (Mitcham) 15.54; 5. A. Sissons (Epsom) 15.59; 6. S. Westlake (Mit) 16.30; 7. B. Davies (Sel) 16.44; 8. P. Brown (Mit) 16.53; 9. J. Smart (Surrey AC) 17.12; 10. L. Marsden (Mit) 17.46; 11. B. Cushen (Hercules) 17.49; 12. V. Splinder (Sel) 17.50; 13. N. Davies (Sy. AC) 18.04; 14. J. Catt (Herc) 18.07; 15. S. Thompson (Sy. AC) 18.08; 16. E. Sissons (Epsom) 18.09; 17. L. Anderson (Herc) 18.18; 18. J. Carrington (Mit) 18.24; 19. J. King (Epsom) 18.49; 20. E. West (Mit) 19.14.

Teams:	Pts.
1. Selsonia	(1, 2, 6) 9
2. Mitcham	(3, 5, 7) 15
3. Surrey A.C.	(8,12,14) 34
4. Epsom & Ewell 37; 5. Hercules 39; 6. Croydon 68.	

Girls 14-15 (1½ Miles)

1. R. Haines (Silverthorne S) 11.06
 2. J. Phillips (Mitcham) 11.48
 3. C. Springall (Th. Carlton) 11.57
 4. C. Smith (Sel) 11.59; 5. L. Cordery (Silv) 12.25; 6. J. Dennington (Kingsdale) 12.33; 7. M. Beacher (Mit) 12.40; 8. K. Roberts (Sel) 12.42; 9. J. Pearson (Mit) 12.48; 10. P. Tye (Sy. AC) 12.50; 11. D. Leach (Kings) 13.02; 12. J. Overton (Kings) 13.02; 13. J. Browne (Kings) 13.10; 14. P. P. Tonnar (Sy. AC) 13.18; 15. V. Nairne (Kings) 13.26; 16. Y. Kirby (Sel) 14.13; 17. L. Gowdie (Silv) 14.27; 18. J. Fitzgerald (Croy) 14.29; 19. S. Finch

(Sy. AC) 14.30; 20. L. Murray (G. & G.) 14.38.

Teams:

	Pts.
1. Mitcham	(2, 6, 8) 16
2. Silverthorne S.	(1, 4,16) 21
3. Selsonia	(3, 7,15) 25
4. Kingsdale Sch. 26; 5. Surrey A.C. 39.	

Young Girls 12-13

1. E. Duke (Silverthorne S) 8.09
 2. M. Wells (Selsonia) 8.14
 3. M. Gregory (Silverthorne) 8.18
 4. P. Legg (Sel) 8.19; 5. J. Oldall (Woking) 8.20; 6. L. Aderbowale (Silv) 8.20; 7. M. Vinal (Woking) 8.21; 8. B. Walton (Sel) 8.22; 9. P. Pardue (Sy. AC) 8.23; 10. M. Felix 8.30; 11. D. Chantrell (Silv) 8.32; 12. L. Carper (Silv) 8.33; 13. L. Enever (Mit) 8.33; 14. B. Coley (Silv) 8.45; 15. J. Piddington (Silv) 8.52; 16. M. White (Epsom) 8.56; 17. D. Hooper (Woking) 8.59; 18. D. Pickard (Dorking) 8.59; 19. S. Oldall (Woking) 9.10; 20. C. Sibley (Woking) 9.13.

Teams:

	Pts.
1. Silverthorne Sc.	(1, 3, 6) 10
2. Selsonia	(2, 4, 8) 14
3. Woking	(5, 7,16) 28
4. Mitcham 51; 5. Kingsdale 66; 6. Dorking 82.	

SOUTHERN WOMEN'S A.A.A.

London Olympiads have been awarded the "W. J. Pepper" Trophy as the best Southern Counties Senior Women's athletic club of 1963. In the year's Southern Championships they scored an aggregate of 56 pts. to take the Trophy for the fourteenth time. Selsonia L.A.C. were second with 34 pts. and Mitcham A.C. third with 24 pts.

The "A. H. Short" Junior Trophy was won by Southend-on-Sea A.C. with 38½ pts., Middlesex L.A.C. being second with 28 pts. and Mitcham A.C. third with 23 pts.

WELSH NOTES continued

Junior

1. E. Kinsey (Merthyr G.S.) 8.21; 2. A. Davies (Llandaff S.M.) 8.23; 3. D. Fowles (Lady Mary S.M.) 8.26.

Teams: 1. Glamorgan 23; 2. Monmouthshire 62.

Middle

1. D. Gurney (Canton H.S.) 11.54; 2. T. Greenaway (Mill St. S.M.) 12.00; 3. I. Evans (Llanrumney S.M.) 12.06.

Teams: 1. Glamorgan 25; 2. Monmouthshire 68.

Senior

1. I. Jones (West Mon. G.S.) 15.34; 2. I. Powell (Pengam G.S.) 15.46; 3. W. Morgan (Barry G.S.) 15.46.

Teams: 1. Glamorgan 27; 2. Monmouthshire 74.

Just over 200 have entered the Nos Galan 4 miles on New Year's Eve, and just over 30 the mile. Entries, at time of writing, were still coming in.

Schools' Races

SOUTH LONDON SCHOOLS BOYS' C.C. CHAMPIONSHIPS

November 27th & December 4th

BISHOP THOMAS GRANT retained both Junior and Intermediate team awards but by the narrowest of margins. They scored the same number of points as Tulse Hill in both races and won on the forward placing of their sixth man!

Seniors

1. Andrews (Tulse Hill)	20.24
2. Long (William Penn)	21.25
3. Lynch (Wilson's)	21.31
4. Bastin (Elliott) 21.46; 5. M. Pike (Wilson's) 21.58; 6. Walton (Kingsdale) 21.59; 7. Beach (Tulse) 22.35; 8. Euston (Tulse) 22.37; 9. Porter (Elliott) 22.56; 10. Gill (Tulse) 23.19; 11. J. Pike (Wilson's) 23.22; 12. McGarry (Tulse) 23.43; 13. Astrop (Tulse) 23.02; 14. Bird (Wilson) 24.45.	

Intermediates

1. D. Adams (Tulse Hill)	19.49 (rec)
2. B. Byrne (Bishop T. Grant)	20.06
3. J. Tappy (Tulse Hill)	20.13
4. C. O'Sullivan (BTG) 20.28; 5. G. Britzman (BTG) 20.31; 6. N. Binda (Tulse) 20.34; 7. R. Keys (Tulse) 20.35; 8. R. Bain (William Penn) 20.36; 9. C. Appleby (Oakfield) 21.04; 10. J. Latuske (W. Penn) 21.09; 11. M. Fletcher (BTG) 21.10; 12. K. Miles (Wilson's) 21.15; 13. A. Mathieson (Tulse) 21.17; 14. J. Nicholls (Elliott) 21.19; 15. B. Keenoy (BTG) 21.24; 16. N. Cutress (Wilson's) 21.26; 7. E. Stallard (BTG) 21.27; 18. W. Gowans (BTG) 21.28; 19. A. Garvey (BTG) 21.29; 20. D. Brock (W. Penn) 21.30.	

Teams:

1. Bishop Thos. Grant (2, 4, 5, 11, 15, 18)	55
2. Tulse Hill (1, 3, 6, 7, 13, 25)	55
3. William Penn (8, 10, 20, 22, 42, 49)	151
4. Bishop T. Grant 193; 5. Wilson's 202; 6. Elliott 219; 7. Oakfield 281; 9. Thomas Calton 294.	

Juniors

1. M. James (Tulse Hill)	16.36 (rec.)
2. K. Kuhl (Elliott)	16.54
3. R. Wimple (Tulse Hill)	17.05
4. E. Gelsthorpe (Tulse) 17.06; 5. P. Martin (B. Thos. Grant) 17.07; 6. J. Melder (BTG) 17.08; 7. D. O'Sullivan (BTG) 17.16; 8. W. Conroy (Samuel Pepys) 17.18; 9. D. Oldham (W. Penn) 17.19; 10. H. Laurence (Tulse) 17.20; 11. K. Swan (W. Penn) 17.24; 12. A. Smith (S. Pepys) 17.28; 13. D. Connolly (Stockwell M) 17.31; 14. P. Hawney (W. Penn) 17.35; 15. E. Bell (Aristotle) 17.38; 16. A. Norgate (BTG) 17.40; 17. J. Abberton (Stock) 17.41; 18. T. Tossell (S. Pepys) 17.42; 19. L. Butcher (Elliott) 17.43; 20. M. Kearney (BTG) 17.47.	

Teams:

1. Bishop Thos. Grant (5, 6, 7, 16, 20, 22)	76
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2. Tulse Hill	(1, 3, 4, 10, 24, 34) 76
3. Samuel Pepys	(8, 12, 18, 30, 41, 43) 160
4. Elliott 169; 5. B. Thos. Grant "B" 228; 6. William Penn 236; 7. Stockwell Manor 238; 8. Aristotle 283; 9. W. Penn 305; 10. West Square 401.	

WARWICKSHIRE SCHOOLS' INTER-DISTRICT C.C. RACES

At Birmingham, November 16th

O/15

1. Bartlett (Mid-Warks)	16.44
2. Wainwright (Coventry)	17.25
3. Phillips (Mid-Warks)	17.29
4. Cawley (Rugby) 17.40; 5. Johnston (East Birmingham) 17.44; 6. Fitzpatrick (E. Birm) 17.45; 7. Chamberlane (Nuneaton) 17.48; 8. Davies (Kings Norton) 17.50; 9. Blake (South Birm) 10; Shakell (Nun); 11. Lister (Nun); 12. Byrne (Nun).	

Teams:

1. Nuneaton	(7, 10, 11, 12, 18, 22) 80
2. Coventry	(2, 13, 14, 20, 30, 37) 116
3. Rugby	(4, 16, 23, 25, 27, 35) 130
4. Kings Norton 143; 5. Mid-Warwickshire 222; 6. South Birmingham 245; 7. Saltley 281; 9. West Birmingham 326.	

U/15

1. Kelly (Coventry)	10.29
2. Smith (South Birmingham)	10.34
3. Wilkins (Solihull)	10.47
4. King (S. Birm) 10.51; 5. McGawley (Rugby) 10.54; 6. Nelson (E. Birm) 10.57; 7. Parker (Nuneaton) 10.58; 8. Fall (Kings Norton) 11.01; 9. Fellows (Cov) 11.01; 10. Bradley (Kings Norton).	

Teams:

1. Kings Norton	(8, 10, 14, 15, 16, 25) 88
2. Coventry	(1, 9, 12, 26, 27, 39) 114
3. Rugby	(5, 13, 17, 19, 29, 33) 116
4. Saltley 163; 5. South Birmingham 174; 6. East Birmingham 245; 7. Nuneaton 283; 8. Mid-Warwickshire 347; 9. Solihull 381; 10. West Birmingham 408.	

U/13

1. Ferguson (South Birmingham)	8.07
2. Dale (Rugby)	8.09
3. Barnes (Mid-Warwickshire)	8.18
4. Lee (Kings Norton) 8.19; 5. Waldew (Rugby) 8.21; 6. Field (Saltley) 8.22; 7. Kavanagh 8.23; 8. Duncalf (Nuneaton).	

Teams:

1. Coventry	(7, 9, 10, 13, 20, 23) 82
2. Kings Norton	(4, 14, 15, 19, 22, 25) 99
3. Mid-Warwickshire	(3, 16, 21, 24, 38, 45) 147
4. Rugby 156; 5. East Birmingham 177; 6. Saltley 208; 7. Nuneaton 246; 8. South Birmingham 351; 9. West Birmingham 375; 10. Solihull 491.	

2nd INTER-AREA RACES

At Rugby, December 7th

1. Bartlett (Mid-Warwickshire)	17.33
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2. Rasmussen (West Birmingham) ... 17.36
3. Herrity (West Birmingham) 17.40
4. Collins (West Birm) 17.54; 5. Peck (Kings Norton) 17.57; 6. Bates (Nuneaton) 18.04; 7. Calverley (W. Birm) 18.08; 8. Jennings (Saltley) 18.10; 9. Wainwright (Coventry) 18.13; 10. Higgs (Solihull) 18.15; 11. Hipkiss (Kings Norton) 18.16; 12. Miller (Rugby) 18.17; 13. Stokes (Salt) 18.21 14. Green (Rugby) 18.35; 15. Pinks (Rugby) 18.38; 16. Webster (Rugby) 18.43; 17. Eaton (W. Birm) 18.48; 18. Burd (Salt) 18.52; 19. McCarthy (K. Norton) 18.54; 20. Cawley (Rugby) 18.56.

Teams:

Pts.

1. West Birmingham (2, 3, 4, 7, 17, 57) 90
2. Rugby (12, 14, 15, 16, 20, 21) 98
3. Kings Norton 114; 4. Saltley 158; 5. Coventry 199; 6. Nuneaton 200; 7. Mid-Warwickshire 203; 8. Solihull 267.

U/15

1. Kelly (Coventry) 15.21
2. Fellows (Coventry) 16.10
3. Full (Kings Norton) 16.11
4. Parker (Nuneaton) 16.13; 5. Poole (Rugby) 16.13; 6. McGawley (Rugby) 16.17; 7. Connolly (Rugby) 16.19; 8. Hobday (Rugby) 16.21; 9. Bradley (K. Norton) 16.23; 10. Brooks (Mid-Warks) 16.24.

Teams:

Pts.

1. Coventry (1, 2, 11, 12, 18, 19) 63
2. Rugby (5, 6, 7, 8, 20, 22) 68
3. Kings Norton (3, 9, 13, 16, 25, 33) 99
4. E. Birm 208; 5. Nuneaton 232; 6. Saltley 257; 7. Mid-Warwickshire 306; 8. W. Birm 359; 9. Solihull 433.

U/13

1. Wheway (Coventry) 10.16
2. Dale (Rugby) 10.17
3. Dunkley (Rugby) 10.17
4. Barber (Solihull) 10.19; 5. Kavanagh (Cov) 10.21; 6. Walden (Rugby) 10.22; 7. McWilliams (Mid-Warks) 10.28; 8. Vaughan (Rugby) 10.31; 9. Morris (Cov) 10.38; 10. Cole (Cov) 10.40.

Teams:

Pts.

1. Coventry (1, 5, 9, 10, 12, 15) 52
2. Rugby (2, 3, 6, 8, 16, 17) 52
3. Kings Norton (11, 14, 18, 28, 30, 48) 149
4. Mid-Warwickshire 164; 5. E. Birm. 232; 6. Saltley 276; 7. Nuneaton 277; 8. Solihull 280.

Don't Shout "Attaboy" from the Rear Join the B.A.U.

Apply to Ken Brookman, Park Cottage, Radley, Nr. Abingdon, Berks., enclosing 2/6 and if possible stamped addressed envelope.

Please Act Now and Write In.

EDDIE WATT WINS P.E. COLLEGE CHAMPIONSHIP

At St. Mary's, December 7th.

SIXTY-SEVEN runners, representing 8 teams lined up for the start. A good class field included Eddie Watt, fourth in the recent London County Championship, Mike Mills, the Metropolitan Training Colleges champion, and Claude Goffin, winner of the last season's European Catholic University Championship.

The field was not long in spreading out and at one mile Mills (Borough Road), Watt (King Alfred's), Hague (York) and Williams (St. Luke's) had opened a gap of thirty yards. By the half way mark, however the individual race was obviously between Mills and Watt, who were having a great tussle. Hague was now a clear third, but Gandy and Piper (St. Mary's) and Dunphy (Borough Road) had overhauled Williams and were in hot pursuit.

Eddie Watt, obviously in excellent form, proved just too strong for Mills over the last mile, drawing away gradually to win by about fifty yards. Hague, despite having run almost entirely alone for most of the race hung on gamely to his third place, while the three-man struggle behind him resulted in Dunphy narrowly defeating Piper for fourth, with Gandy falling away slightly in the closing stages to come sixth. The first seven runners in the race beat the existing course record of 30mins. 56secs. for the 5½ mile course.

The team race resulted in a triumph for Borough Road College over last year's winners St. Mary's, whose six scoring runners did their fastest ever times on their home course.

1. Watt (King Alfred's) 29.17
2. Mills (Borough Rd) 29.27
3. Hague (St. John's York) 30.04
4. Dunphy (Boro' Rd) 30.18; 5. Piper (St. Mary's) 30.21; 6. Gandy (St. M) 30.43; 7. Williams (St. Luke's) 30.55; 8. Horn (King A) 31.00; 9. Stark (Boro' Rd) 31.06; 10. Chant (Boro' Rd) 31.08; 11. Frazer (Chester) 31.12; 12. Goffin (I.L.E.P.S-Meux) 31.21; 13. Puckring (St. J) 31.40; 14. Dimmock (Boro' Rd) 31.41; 15. Newman (Chester) 31.46; 16. Tetley (King. A) 31.49; 17. Labro (ILEPS) 31.58; 18. Lawes (Boro' Rd) 31.59; 19. Tribick (Chester) 32.21; 20. M. Murray (Boro' Rd) 32.28; 21. Consendine (St. J) 32.35; 22. O'Connell (St. M) 32.40; 23. P. Murray (Boro' Rd) 32.45; 24. Quigley (St. M) 32.51; 25. Ford (Boro' Rd) 32.53; 26. Wylde (St. M) 32.55; 27. Reeves (St. L) 32.59; 28. Bannister (Cardiff) 33.09; 29. Chapman (St. M) 33.11; 30. Lewis (Card) 33.15; 31. Spence (St. M) 33.18; 32. Shaylor (St.

continued on page 76

Correlation of Sprint Performances (Contd.)

tend to show the greatest deviation of all. Willie Applegarth (21.2 sec), George Ellis (21.2 sec) and A. Sweeney (21.3 sec) were all athletes whose forte was definitely over the longer distance. At the other extreme there are performers like Paddy Toner of Northern Ireland who at his best was only capable of around 22.3 sec. Similarly, Ken Box (22.1 sec) was another sprinter who apparently had little stamina over the longer distance.

No single explanation is forthcoming for this apparent discrepancy between best performances in the 100 and 220 yards. However, there appears to be some correlation between stature and relative ability over the longer distance. Metcalfe and Brightwell are both tall at 6' 2" and also show relatively greater ability over the longer distance. David Segal and Jones however, are only about 5' 10" and yet have achieved good performances over the 220 yards. Berwyn Jones (5' 9") shows lack of ability over the furlong but then there have been several performers fairly short in stature who have shown some ability over the longer distance. Notable was John Young (5' 8½") who, in a disappointingly short athletic career, had best times of 9.7/21.4 sec. This suggests that the explanation may not lie so much in physical considerations as in physiological make up, in that some sprinters can run a greater distance on a given amount of oxygen intake.

Many sprinters, particularly those who have been on the verge of international selection may have concentrated on one event to the exclusion of the other. A possible case in point is that of Ron Jones who hitherto has concentrated on the short sprint. Consequently, his best recorded furlong time is only 21.4 sec but he is probably capable of nearer 21.0 sec. That he probably possesses the necessary stamina is shown by his 48.2 sec relay clocking.

Possibly allied to the above reason is a psychological fear of distance. Many athletes, having experienced success in the 100 yards may have been unwilling to try the furlong. Or, in the few cases that they have run they will have been 'tensed up' which will have resulted in a performance somewhat below their latent capabilities.

P.E. College Championship (Contd.)

L) 33.18; 33, Backway (St. L) 33.24; 34, Hodson (Chester) 33.24; 35, Clemo (Card) 33.27; 36, Pearson (St. J) 33.31; 37, Hawes (Chester) 33.35; 38, Brown (St. J) 33.42; 39, Thomas (St. L) 33.43; 40, Wellicome (Card) 33.45.

Teams:	Pts.
1, Borough Rd, Coll. (2, 4, 9,10,14,18)	57
2, St. Mary's Coll. (5, 6,22,24,26,29)	112
3, St. Johns (York) Coll.	155
4, Chester Coll. 159; 5, Seq. St. Luke's Coll, Kings Alfred's Coll. 183; 7, Cardiff 216; 8, I.L.E.P.S. (Meux) 250.	

The possible disadvantages of timing to the nearest 1/10 sec instead of the nearest 1/100 sec have already been alluded to. It may also be mentioned that the human error involved in timekeeping may well produce a time that is over flattering by as much as 0.2 sec. This being so, it will be evident that any 100 yards time may be overflattering compared to the 220 yards since the possible human error in timekeeping will be constant irrespective of distance.

Another contributory factor to the relative lack of ability of British athletes over the longer distance is the 'tightness' of the turn on some tracks. Well known is the comparative slowness of the White City track for this very reason.

Finally, a word may be said about the relative effects of wind assistance. In the 100 yards any amount of assistance up to the permitted limit will undoubtedly assist the sprinter. On the other hand, any wind assistance gained in a 220 yards race will be largely offset by the fact that the race is run round a full turn and will at some stage be run into the face of the wind. This means that any wind assistance within the permitted limit will be of correspondingly more benefit in a 100 yards than a 220 yards race. Thus, the 100 yards time of a sprinter will tend to be overflattering compared to his 220 yard time.

Bibliography

United Kingdom Best Performers of All time (N.U.T.S. 1963).

POLYTECHNIC H. BEAT ARMY 33-72

At Richmond Park, Dec. 14th.

Jim Hogan beat the Poly Championship and course record by 2 mins.

1, J. Hogan (P)	32.5"
2, P. McMahon (P)	34.27
3, G. Burt (A)	34.7"
4, R. Matthews (P) 34.52; 5, B. O'Gorman (P' 35.30; 6, J. Cleator (P) 35.40; 7, B. Fernee (P' 36.11; 8, D. Fernee (P) 36.11; 9, Spacie (A) 36.21; 10, Freeman (A) 36.44; 11, Watkins (A) 36.44; 12, Reynolds (A) 37.05.	

Poly Championship: 1, Hogan; 2, McMahon; 3, Matthews.

Preliminary Notice

BOURNEMOUTH ATHLETIC CLUB'S
18th Annual
SOUTHAMPTON - BOURNEMOUTH
ROAD RELAY

Under A.A.A. Laws
for the Evening Echo Shield
(holders Bristol A.C.)

Saturday, 14th. March, 1964,
3 p.m. prompt

Entries (on A.A.A. forms): 12/6 1st
team, 7/6 subsequent teams, to B. P.
James, 45 Ashton Road, Moordown,
Bournemouth.

Closing date 2nd March, 1964

Other Results

November 30th

Bournemouth A.C. Champs. 1, T. Vincent 42.27; 2, B. Pluck 43.04; 3, D. Mullen 43.45. (**Jnr**) 1, M. Saltmarsh 24.44; 2, J. Darling; 3, B. Watson. (**Yth**) 1, C. Stewart 23.47; 2, C. White; 3, R. Gillson.

Finchley H. Yacht H'cp. 1, J. Leitch (11.30) 63.25; 2, eq. H. Wild, D. Raven (15.30) 53.36; 4, D. Milsom (14.15) 65.01; 5, J. Billups (7.00) 65.23; 6, P. Knowles (8.00) 65.43. **Fastest Times:** 1, eq. D. Raven, H. Wild 48.06; 3, B. Middleton 49.19.

December 4th

Wycliffe Coll. beat Ashton Keynes App. Sch. 21-64. 1, P. Gardner (W) 21.27; 2, J. Wilson (W) 21.31; 3, B. Rogers (W) 21.43; 4, M. Woodman (W) 21.45; 5, D. Little (W) 22.13; 6, H. Rivers (W) 22.19.

December 7th

Sheffield United H. Baldwin Cup H'cp. 1, R. Fletcher (6.00) 36.49; 2, B. Steeple (14.00) 36.55; 3, A. Corker (3.15) 37.33. **Fastest Time:** K. Wood (scr) 37.51.

Cardiff High Sch. beat Wycliffe Coll. 30-48. 1, P. Price (C) 21.54; 2, K. Morris (C) 21.54; 3, C. Rennie (C) 21.54; 4, J. Wilson (W) 22.26; 5, R. Davies (W) 22.36; 6, I. Harrison (C) 22.51.

Harlow 10pts. beat Luton 20, Icknield 20. 1, Townsend (H) 32.17; 2, Bunyan (I) 32.23; 3, Morell (L) 32.35; 4, Clarke (H) 33.05. (**Yths/Boys**) **Luton 6pts. beat Harlow 18, Icknield 23.** 1, Simmons (L) 20.47; 2, Kerr (L) 21.01; 3, Hills (L) 21.05; 4, McHugh (I) 21.36.

Finchley 53pts. beat Ruislip 94; Watford 110; Wycombe 115; Southall 117 scoring 6 a side. Scoring 11 a side Finchley beat Watford 114-141. 1, R. Beecroft (R) 36.27; 2, M. McLoughlin (F) 36.57; 3, M. Dixon (Wa) 37.21; 4, R. Clarke (F) 37.29; 5, M. Heryet (F) 37.37; 6, T. Magee (S) 37.44. (**Boys**) **Watford beat Finchley 6-18.** 1, P. Hepworth (W) 19.40; 2, R. Humphrey (W) 20.28; 3, P. Phillips (W) 20.30; 4, W. Doyle (F) 20.46; 5, W. Doyle (F) 20.46; 6, G. Hallett (F) 20.52.

Southend-on-Sea Club Champs. 1, R. McCalla 45.28; 2, D. Lesley 47.42; 3, J. Lowen 50.21; 4, D. Taylor 50.28; 5, M. Seaman 55.08. (**Jnr**) 1, M. Menday 36.32. (**Yths**) 1, P. Jones 19.24; 2, J. Halfhide 19.30.

ROCKINGHAM C.C. RACES

December 7th

Youths 3 Miles. 1, D. Atkin (Airedale) 15.25; 2, P. Glazier (Sale) 16.11; 3, P. Abel (Sale) 16.12. **Teams:** 1, Sale 16 pts.; 2, Sale "B" 29; 3, Sheffield U.H. 51. **Boys 14-16, 2 Miles.** 1, T. Dean (Sale) 12.15; 2, B. McGrath (Airedale) 12.21; 3, R. Heathcote (Hallamshire) 12.27. **Teams:** 1, Sale 16 pts.; 2, Bradford G.S.

33; 3, Hallamshire 36. **Boys 12-14, 2 Miles.** 1, R. Hollings (Wakefield) 13.20; 2, D. Clegg (Thurnscoe High) 13.28; 3, R. Hose (Doddworth SM) 13.30. **Teams:** 1, Doddworth S.M. 16 pts.; 2, Sale 33; 3, Barnsley GS 34. **Women's Inter-City, 2 Miles.** 1, M. Ibbotson (Huddersfield) 14.16; 2, M. Hodson (N. Manchester) 14.24; 3, A. Leggatt (Sheffield) 15.35. **Teams:** 1, North Manchester 25 pts.; 2, South Manchester 29 pts.

THAMES HARE AND HOUNDS' OLD BOYS' INVITATION RACE At Roehampton, December 14th

1, M. B. S. Tulloh (Wellington) (rec.) 25.54
2, P. H. Blair (Lancing) 26.41
3, A. I. H. Fyfe (Lancing) 26.47
4, C. H. Llewellyn Smith (Wellington) 27.02; 5, A. Shrimpton (Haberdashers) 27.18; 6, R. D. Robinson (K.C.S.) 27.23; 7, C. Fitt (Lancing) 27.26; 8, R. Lovegrove (Rutlish) 27.32; 9, J. Littlewood (Haberdashers) 27.55; 10, J. Forrest (Westminster) 28.15; 11, R. Adams (Wellington) 28.33; 12, W. Cummings (K.C.S.) 28.41; 13, D. Stevens (Wellington) 28.49; 14, R. Linstead (Rutlish) 28.55; 15, R. Ashworth (K.C.S.) 28.57; 16, R. Frewin (Rutlish) 29.02; 17, M. Reindorp (Lancing) 29.05; 18, M. Lipscomb (Lancing) 29.06; 19, S. Goodenough (Wellington) 29.11; 20, R. F. Blake (Charterhouse) 29.15; 21, A. C. M. Prince (Malvern) 29.21; 22, R. E. Bell (St. Dunstan's) 29.25; 23, G. Wood (Rutlish) 29.30; 24, H. E. Welby-Everard (Charterhouse) 29.31; 25, M. Brown (Westminster) 29.33; 26, P. Johnston (K.C.S.) 29.36; 27, C. Childs (Shrewsbury) 29.38; 28, R. Simons (Haberdashers) 29.38; 29, J. A. T. Pritchard (St. Edward's) 29.55; 30, J. Copley (St. Dunstan's) 30.03. 58 finished.

Teams:

	Pts.
1, Wellington	(1, 4, 11, 13) 29
2, Lancing	(2, 3, 7, 17) 29
3, K.C.S., Wimbledon	(6, 12, 15, 23) 56
4, Rutlish	59; 5, Haberdashers 79; 6, Westminster 88; 7, Shrewsbury 128; 8, Bradfield 134; 9, Malvern 139; 10, Harrow 153.

RACE WALKING continued

(Leicester—Y) 31.25; 10, R. Long (Highgate) 31.50; 11, W. Sutherland (Highgate) 31.50; 12, R. Gowland (Leicester) 32.54.

Teams: 1, Surrey W.C. 9pts; 2, Metropolitan W.C. 13; 3, Leicester W.C. 29.

(**Boys**) 1, G. Saxty (Trowbridge AC) 17.08; 2, J. Smith (Essex Beagles) 17.21; 3, I. Fraser (Trowbridge) 18.25; 4, B. Adams (Leicester) 18.43; 5, W. Maw (Leicester) 18.43; 6, J. Staines (Leicester) 19.02; 7, R. Jones (Trowbridge) 19.11; 8, B. Cakebread (Essex Beagles) 19.19; 9, M. Parrott (Steyning) 19.29; 10, B. O'Sullivan (Surrey WC) 19.40; 11, E. Boxall (Essex Beagles) 19.50; 12, P. Mason (London Vidarians WC) 19.54.

Teams: 1, Trowbridge 11 pts; 2, Leicester 15; 3, Essex Beagles 20.

A CELEBRATED WELSH RUNNER continued

sleeping in a midden for three nights beforehand, where the warmth of the manure made his legs more supple.

He was therefore in fine fettle on the day, despite his 37 years, and he went off for a run over Gwyngul mountain early that morning. The 30 miles journey on foot to Newport tired him a little, but he soon recovered and pranced about at the start as impatient as a greyhound.

His confidence, coupled with his genuine offers of advice, unnerved his opponent who determined to set the pace. Prince was much the younger man, and he soon set up a good lead, while Guto's followers were becoming alarmed.

But at 10 miles Guto had closed the gap, and after toying with his opponent for another mile he sped away over the last mile to win with ease in the astonishing time of 53 minutes.

Tragic ending

His followers were overjoyed and began to make merry, while Guto approached Jane for her customary embrace.

But so enthusiastic was she on this occasion that she rushed forward and slapped him heavily on the back, saying "Bravo Guto bach, bravo!"

But the slaps proved too much after the strain of the final spurt, and with a gasp poor Guto fell dead on the spot. His heart had been displaced and he had run his last race on this earth.

The scenes of grief were indescribable, and Guto's body was carried in solemn procession to its last resting place in the shadow of the church in the hills, where the sigh of the breezes of Gwyngul, and the call of the curlew will sing for ever his sad requiem.

In 1958 the Road Runners' Club (Glamorgan) revived the memory of Guto with the Nos Galan road races through the streets of nearby Mountain Ash. Now each New Year's Eve at 11.20 p.m. a solitary runner appears out of the darkness at Llanwonno, his identity until that moment being a closely-guarded secret, and he runs to the graveside in St. Gwynno's Churchyard, carrying a lighted torch.

Then, after pausing at Guto's grave, he wends his way down the mountainside to nearby Mountain Ash, where he starts the midnight 4 miles road race.

The Spirit of Guto pervades the hillsides that night, and the life and tragic death of Guto Nythbran are recalled to memory.

Essex Ladies A.C. elected the following at their A.G.M.—President, Mrs. E. F. Peacock; Secretary, Miss M. Clancy; Treasurer, Mrs. J. Thomas; Match Secretary, Mr. J. King; Captain/Press Sec., Miss J. Welch.

Advertise *YOUR* event and increase your entries

EPSOM & EWELL HARRIERS'

Annual

BOYS' 2 MILE & YOUTHS' 3 MILE CROSS-COUNTRY RACES

(Under A.A.A. Laws)

SATURDAY, 1st FEBRUARY, 1964

At 2.30 p.m. The Paddock, Epsom Downs

Separate awards to Youth Club & Schools' Teams. Teams of 8 to run, 4 to score. Fees: 2/6d. per team, 1/- individuals.

Entries by Jan. 18th to A. S. Mould, 8 Richlands Avenue, Stoneleigh, Epsom (Ewell 9194).

CORNWALL A.A.A.

CROSS-COUNTRY

A race will be held to select a team to represent Cornwall in the Inter-Counties C.C. Championship at Epsom on January 18th.

This Trial will be held at R.A.F.

St. Mawgan on Jan. 4th. at 3 p.m.

Entries to be submitted to Mr. P. Spencer, 12 Glynn Road, Padstow, Cornwall.

SOUTHERN COUNTIES A.A.A.

First Annual

INDOOR CHAMPIONSHIPS

At Stanmore Arena, January 10-11th

EVENTS

Friday

6.00 p.m.	High Jump Youth
6.30 p.m.	Pole Vault Youth
7.00 p.m.	Triple Jump Youth/ Junior/Senior
7.00 p.m.	60 Yds. Hurdles Heats Youth
7.15 p.m.	60 Yds. Flat, Heats, Youth
7.45 p.m.	60 Yds. Flat Heats, Junior

Saturday

1.00 p.m.	High Jump Jnr/Snr.
1.30 p.m.	Pole Vault Jnr/Snr.
2.00 p.m.	Long Jump Youth/ Junior/Senior
2.30 p.m.	60 Yds. Hurdles Heats, Senior
2.45 p.m.	60 Yds. Hurdles, Heats, Junior
3.00 p.m.	60 Yds. Flat, Heats, Senior

Entrance Fee 2/6 per event

Entries on A.A.A. forms (separate form each event) to G. B. Cooper, Champs. Secretary, 54 Torrington Place, London, W.C.1. Entries close Dec. 28th.

Found. Gaberdine raincoat and pair of gloves after the Canterbury Road Races. Owners please write to H. Malloy, 63c Tenterden Drive, Canterbury.