

Athletics

WEEKLY

Dec. 29th, 1956

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Vol. 10. No. 52



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EVERY SATURDAY — NINEPENCE

MOST athletes will have heard of Circuit Training and quite a number are using it as a regular part of their normal work, but there are still many who know little or nothing about it and have therefore had no chance to sample the benefits to be gained by this latest type of "toughening up" training.

It is, therefore, of more than passing interest to know that a book is to be published shortly by two of the pioneers of Circuit Training, R. E. Morgan, B.A., and G. T. Anderson, B.Sc., Director and Lecturer of the University of Leeds Department of Physical Education.

This should be of great benefit to clubs and athletes alike, particularly the former, where it is desired to commence regular Circuit Training. It is usually recommended that this type of work should be done *after* normal training, but it need not be so. However it is incorporated into the training programme, it is a most useful adjunct to the usual work and one of the main points about it is that progress can be seen quite clearly, thereby retaining interest throughout. Further details of the book will be made known as and when it becomes available.

This number should have included the final list of Senior Best Performances but, probably due to delays in the Christmas mail, we have not received it in time. It will therefore have to appear in the New Year, when we shall also be including photographs of the Olympic Games in Melbourne.

The official film of the Games, by the way, will disappoint most followers of athletics, though some of the highlights have been caught by the cameras.

Questionnaires are going out to all the Olympic winners, and it is hoped to commence publication of them shortly.

On Monday, New Year's Day, the Morpeth-Newcastle 13½ miles Road Race takes place as usual. I have no details of the entry, though the Hon. Secretary wrote earlier in the month that Ian Binnie's entry had come in and that he was expecting Eddie Kirkup and Jack Haslam to run. It is doubtful whether we shall receive the results in time for inclusion next week, but if not, they will appear in the following issue.

In conclusion, may I thank the many readers who have sent Christmas and New Year Cards, and a Happy New Year to you all.

THE EDITOR.

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ATHLETIC

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ATHLETES WHO HAVE REPRESENTED THE A.A.A. IN 1956

Name	Club	Events	Appearances
Abrahams, P.	Brighton A.C.	880 yards	1
Allday, P. C.	London A.C.	Hammer	4
Anthony, D. W.	Poly. H. and Watford H.	Hammer	3
Ash, M. C.	Belgrave H.	120/220 Hds. & High Jump	2
Barber, P. D.	Darnley A.C.	880 yards	1
Barrett, B. T.	Surrey A.C.	1,000m./1 mile & 2/3 miles	5
Beaumont, R.	R.A.F. & Shaftesbury H.	880 yards	1
Beecroft, R. G.	Clayton-le-Moors H.	Steeplechase	1
Blagrove, M. T.	Ealing H.	880 yards	1
Boughton, J. R.	Ilford A.C.	Sprints	3
Box, K. J.	Liverpool H. and A.C.	Sprints	2
Boyd, I. H.	Herne Hill H.	1,500 m./1 mile	2
Brasher, C. W.	Achilles Club	1,500m./1 mile & 2/3 miles	2
Breacker, A.	Mitcham A.C.	Sprints	6
Broad, G. E.	Hermes Club	Long Jump & Pole Vault	4
Brown, A. G.	Loughborough Coll. A.C.	Sprints & 120/220 Hurdles	3
Buswell, E. D. C.	Loughborough Coll. A.C. and Gt. Yarmouth A.C.	880 yards	1
Butterfield, J. J.	Cambridge H.	Discus	1
Button, E.	Metropolitan Police A.C.	High Jump	1
Cameron, J. R.	Thames Valley H.	1,500m./1 mile & 2/3 miles	2
Carr, G. A.	Woodford Green A.C.	Weight & Discus	4
Carrington, C. D.	Achilles Club	120/220 Hurdles	2
Champion, B. J.	R.N.A.C. and Reading A.C.	Weight	3
Caulder, K. F.	Surrey A.C.	1,500m./1 mile	1
Clark, P. R.	R.A.F., Salisbury A.C. and Thames Valley H.	1,500m./1 mile	1
Clemson, S.	Pilkington A.C.	Sprints	1
Coleman, R. F.	Essex Beagles	Long Jump	3

Name	Club	Events	Appearances
Cosh, D. E. J.	Herne Hill H.	Javelin	2
Cruttenden, A. R.	Polytechnic H.	Long Jump	3
Cullen, P. S.	Rotherham H. and A.C.	Javelin	4
Davies, J. E.	Belgrave H.	1,500m./1 mile	2
Davies, R. A. C.	Hornchurch H.	Javelin	1
Disley, J. I.	London A.C.	1,500m./1 mile	1
Douglas, E. R.	Essex Beagles	1,500m./1 mile	1
Driver, P. B.	South London H.	1,500m./1 mile	1
Dunkley, R.	Shaftesbury H.	2/3 miles	2
Eldon, S. E.	Windsor & Eton A.C.	2/3 miles	1
Elliott, G. M.	Woodford Green A.C.	Pole Vault	2
Ellis, G. S.	London A.C.	440 yards	1
Ellis, M. J.	Thames Valley H.	Hammer	2
Engo, P. B.	London A.C.	Hop, Step and Jump	1
Erinle, T. S.	Loughborough Coll. A.C.	Sprints	5
Evans, J. S.	Polytechnic H.	1,500m./1 mile	1
Farrell, M. A.	Birchfield H.	880 yards	5
Farrell, T. S.	Liverpool H. & A.C.	440 yards and 440 Hurdles	5
Feldmanis, O.	Mitcham A.C.	Discus	1
Field, D. W.	Birchfield H.	Hop, Step and Jump	1
Firth, M. W.	South London H.	2/3 miles	1
Fletcher, C.	Bridgend A.C.	Pole Vault	1
Foord, H. V.	Brighton A.C.	2/3 miles	2
Gaworski, T. J.	Belgrave H.	Weight & Discus	2
Goodall, R. F.	Woodford Green A.C.	Walk	1
Goodrich, G. D.	South London H.	Long Jump	1
Gordon, A. D.	Achilles Club	1,500m./1 mile	3
Gorrie, D. C. E.	Achilles Club	880 yards	2
Groves, J. F.	Walton A.C.	440 yards	1
Hallam, R. G.	R.A.F.	Pole Vault	1
Harker, D. J.	Blackheath H.	440 yards	1
Harper, C.	Birchfield H.	Hammer	1
Harris, R. J.	Belgrave H.	Weight	1
Hawkins, B.	Metropolitan Walking C.	Walk	1
Hedley, P.	Sheffield United H. & A.C.	Steeplechase	1
Hewson, B. S.	Mitcham A.C.	880 yards	3
Higgins, F. P.	Southgate H.	440 yards	7
Harradine, M.	Thames Valley H.	Javelin	2
Hildreth, P. B.	Polytechnic H.	Hurdles	6
Holtum, R.	Belgrave H.	Sprints	1
Hopkins, A. B.	Walton A.C.	Pole Vault	3
Howland, G. D.	Shaftesbury H.	Pole Vault	1
Ibbotson, G. D.	R.A.F. & Longwood H.	2/3 miles	5
Isbester, P.	Ilford A.C.	Discus	1
Jacobs, B. J.	Doncaster P.W.A.C.	High Jump	1
Jenkins, C. M.	Achilles Club	120/220 Hdls. & High Jump	3
Johnson, D. J. N.	Woodford Green A.C.	880 yards	1
Jones, M. C.	Woodford Green A.C.	440 yards	1
Joslin, J. W.	Woodford Green A.C.	Hop, Step & Jump	1

Name	Club	Events	Appearances
Kane, H.	London A.C.	440 yards and 440 Hurdles	5
Knight, G.	Essex Beagles	2/3 miles	1
Knight, C. M. G.	Reading A.C.	Pole Vault	2
Locke, L. C.	U.F. A.C.	880 yards	1
Lovelady, D.	Sefton H.	880 yards	1
Loveland, C. N.	Army and London A.C.	Javelin	1
Ludlow, M. C.	Hythe A.C.	High Jump	2
Luxon, P. C.	Belgrave H.	Long Jump	2
Malcolm, I. W. R.	Achilles Club	120/220 Hurdles	1
Marsden, K.	Achilles Club	880 yards	1
Mayers, I. A.	Belgrave H.	Sprints	1
Maynard, M. R.	Herne Hill H.	2/3 miles	2
McDonald, J. J.	Westbury H.	880 yards	2
Merrett, D. J.	Belgrave H.	Sprints	1
Menta, G.	U.L.A.C. & Woolwich Poly. H.	High Jump	1
Metcalfe, J.	Achilles Club & Chesterfield H.	Sprints & 120/220 Hurdles	3
Morley, R. A.	Blackheath H.	Steeplechase	1
Morrell, M. E.	Wirral A.C.	Javelin	1
Morrison, J. A.	Cambridge H.	1,500m./1 mile	2
Norris, K. L.	Thames Valley H.	2/3 miles	1
North, K. A. K.	Achilles Club	Pole Vault	1
Nugent, M. E.	South London H.	Pole Vault	1
O'Gorman, D.	St. Albans City A.C.	2/3 miles	1
Okuwobi, O.	Cambridge H.	High Jump	6
Orman, S.	U.L.A.C. & Polytechnic H.	Sprints	1
O'Sullivan, D.	Achilles Club	120/220 Hurdles	2
Palmer, W. B. L.	Achilles Club	Weight & Discus	3
Parker, F. J.	South London H.	120/220 Hurdles	2
Parry, L. C.	Bolton United H. & A.C.	Long Jump & H.S. & J.	2
Pembble, D. C.	Kent C.C.S.C.	Steeplechase	2
Perkins, A. F.	Ilford A.C.	2/3 miles	1
Petitjean, R.	Middleton H. & A.C.	Pole Vault	1
Pharaoh, M.	R.A.F. & Walton A.C.	Weight & Discus	4
Phillips, P. B.	Woodford Green A.C.	Hop, Step & Jump	1
Pinnington, A. R.	Achilles Club	Sprints	2
Pirie, D. A. G.	South London H.	1,500m./1 mile	2
Porter, S. R.	St. Paul's Coll. A.C.	Pole Vault	1

Continued on back page

ST. SYLVESTRE ROAD RACE

Two hundred and fifty athletes will compete in the annual Saint Sylvestre "round the houses" race at Sao Paulo on New Year's Eve. It is probable that one of the entrants will be Lazslo Tabori, Hungarian middle-distance ace, who did not return to his country after the Olympic Games.

Other prominent competitors will be Chromik of Poland, Schade of Germany, Volpi

of Italy plus the two Argentinian long-distance specialists, Lemos and Suarez.

Sixteen nations will be represented, according to promises made to the organisers.

We are informed that it was Farrell who ran the first leg, and Rawson the second, in the 4 x 880 yards relay in the B.E. v. U.S.A. match, and not the other way round, as contained in Derek Cole's report from Sydney.

ARTHUR KEILY

(DERBY & COUNTY A.C.)

*answers the
Questionnaire*



Name (Surname first):	Keily, Arthur Patrick
Birthplace and date:	Derby 18th March, 1921.
Height:	5ft. 6ins.
Weight:	8st. 7lbs.
Occupation:	Plater's helper.
Club:	Derby and County A.C.
When did you first commence athletics?	1949.
What were your first events?	Cross-country, 880yds., 1 Mile track.
What are your favourite events now?	Road races, but try to go through cross-country, as I firmly believe this is an essential build-up to all kinds of racing.
What are your best marks at these events?	10m. 49.50, 15m. 1hr. 14m. 31s., 20m. 1hr. 47m., Marathon 2hrs. 22m. 37s., 30m. 2hrs. 59m. 08s.
Give brief details of your athletic career, championships won, dates and performances:	<p>1954: 1st. All-Ireland Marathon 2hrs. 35m. 33s. (Nat. and A.C. rec.); 1st. Doncaster to Sheffield & Northern Marathon (Champ. & Course rec.); 1st. Liverpool City Marathon; 1st. Sedgley 15m. 1hr.:25.38 (Course rec.); 1st. Belper 15m. 1:14.31 (Course rec.).</p> <p>1955: 1st. Liverpool City Marathon; 1st. S.L.H. 30m.</p> <p>1956: 1st. Liverpool City Marathon; 1st. Walton 15m. 1:21.41; 1st. S.L.H. 30m. 2:59.8 (Course rec. and best ever time recorded in Britain); 3rd Polytechnic Marathon 2:22.37; 4th A.A.A. Marathon 2:32.4.</p>

Which performance gave you most personal satisfaction and why?

Poly. Marathon 1956. My placing was 3rd and my time of 2hr. 22m. 37s. amazed me as I had only been training six weeks after a complete three months lay-off with tendon trouble and a torn calf muscle.

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

(a) Everyday if possible. (b) Same.

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

5.45 a.m. to 7 a.m. 5.45 p.m. to 7 p.m.

How long do you spend on each training session?

As above, roughly 1hr. in the mornings. $1\frac{1}{2}$ to $1\frac{1}{2}$ hrs. at night.

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

Monday: Morning 6m., night 11m.

Tuesday: Morning 6m., night 11m.

Wednesday: Morning 6m., night very fast 3m.

Thursday: Morning 6m., night 11m.

Friday: Morning 6m., night 11m.

Saturday: 10m., if race, cut down on Thursday night and

Friday runs to 3m. steady.

Sunday: 10m. to 20m.

Always run the morning run steady, and night run at a good pace. I always run every training spin over 12 miles at a steady pace.

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

The same as summer only with more clothes on.

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

Have just completed two marathons and a 30m. race in six weeks, but it is quite obvious this cannot be kept up. I try to pick out the most important races within reason.

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

For all distance races directly the order is given all out, I just run up and down till the race starts, which varies in time.

How many days rest do you prefer before competition?

None. I prefer to ease to short slow runs two days before competition.

Name the coaches who have coached you:

Jack Piggs and Eric Borman, Hon. A.A.A. coaches who got me over my early teething troubles. Johnny Johnston to whom I owe all my present success at long distances.

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

For competition, I would sincerely like to see more long distance races with standard medals for those not fortunate enough to get a forward placing, some of these fellows I feel would like some incentive. Perhaps if entry fees were raised to help defray cost it could quite easily be managed.

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

Always turn out smart, if you can't be a champion, look like one. Don't try to do in six months what takes six years. There's more to running than just running. There's no short cut in training, take the long voyage home, in other words take your time and build up steady, don't rush it. All the top athletes took years to get where they are to-day.

TRIUMPH OVER ADVERSITY

JOHN McLAREN

IF you are a Scotsman, and you are just a little interested in sport, then if you hear the name McLaren you know that means just one thing: "Guts!"

John McLaren is the greatest potential Scotland has ever possessed over the country. His successes, in that type of running last winter were nothing short of great in an unhandicapped runner of his age, but in his case, with the disability which he has completely conquered, it is really incredible.

First, let it be understood that this article is not going to be about a lad with a disability who overcomes it to do well, no, this is about a great runner who simply runs because he wishes to, who with or without any affliction could have risen to the stature he has attained to-day. You see, that is the great thing about John, he has no chip on his shoulder to overcome, perhaps that's why he is what he is.



John McLaren was born on the 20th April, 1934, at Fauldhouse, West Lothian, Scotland. It was at the age of two that he was struck down by "Polio," that being the case he does not remember much about how his illness affected him at the time, except that as time wore on he could not attempt some of the

By

James Christie

things his more fortunate compatriots could, e.g., climbing a great deal and vigorous ball games.

However, the years passed and John began to grow up, in June of 1950 he took his first step in actually attempting to take part in any sport, he joined Shotts Miners Amateur Athletic Club. Little did he or Scottish athletics realise then what a place he was going to take within such a short space of time in this sport.

His first efforts in his new venture were nothing spectacular, races at his club and handicap 1 mile races in open entry meetings. The first time I ever saw him competing was at the Edinburgh City Police Sports in 1953. That day he took part in the 1 mile, coming round the last bend in second place he produced a "Terrific" finish to win. At that time I thought he looked a good runner and that he might do well over longer distances. However, after I had seen him run in the Junior Cross-Country Championships of Scotland, held in severe wintry conditions in 1954, I was convinced that in him we had a nucleus from which to build a young cross-country team which could win the European Cross-Country Championship for Scotland.

In the track season of that year 1954, he had many victories in handicap 1 mile races and 2 mile team races, culminating in a 3rd place in the Senior Scottish 3 mile track cham-

Continued on page 18

Spotlight on—

THAMES VALLEY HARRIERS

By
JOHN WILLIS

Right: International track and country star, KEN NORRIS

THIS week Spotlight turns its beam on Thames Valley Harriers and the first interesting fact I found out about the club was that it was a paper chase held back in 1886 which started the Valley on the path to becoming one of the most powerful clubs in Britain.

Some of the youngsters who took part in the chase enjoyed the sport so much that, when the athletic grounds at Twickenham opened a few months later, they went along.

The idea of organising a club was first brought up a few months later, but it was not until the following year that the East Twickenham Harriers were formed. This was shortly changed to the Twickenham Harriers and later still, as members began to join from the surrounding districts, to Thames Valley Harriers.

The only major successes to come the club's way during the early years were the Southern Junior cross country in 1892 and S. Cottrill's victory in the E.C.C.U. in 1895.

In 1901 the Valley moved from Twickenham to Barnes in Surrey and they hold the unique honour of claiming individual winners in both the South of the Thames in 1904 through H. D. Montague, and the North of the Thames with H. A. Olney in 1950.

Except for the summer of 1917, T.V.H. managed to struggle along with the advent of the first World War. The biggest blow, however, was still to come. With members returning from the war, several



officials walked out on the club over a matter of policy and they became hard put to carry on.

In 1920 Thames Valley Harriers very nearly amalgamated with another club also severely hit by the war, but after having survived somehow for more than thirty years, the club was determined to hold out.

Thus the club continued and in 1927 won the Middlesex County A.A.A. championships. After a further difficult period in the early thirties, the club gradually grew in strength and in 1935 produced their first International in A. D. G. White for Scotland.

THE WAR

The following year G. Traynor won the A.A.A. long jump and represented Britain in Berlin.

The club's progress was again halted by war when, in 1939, the majority of their senior members were called up for service. By concentrating on youngsters still at school, however, the Valley survived.

On the track, the club combined with Southall and Finchley as the West Middlesex Triangle, but over the country T.V.H. competed under their own name.

Since the war have come the Valley's biggest successes. In 1947 Alec Olney, one of the club's

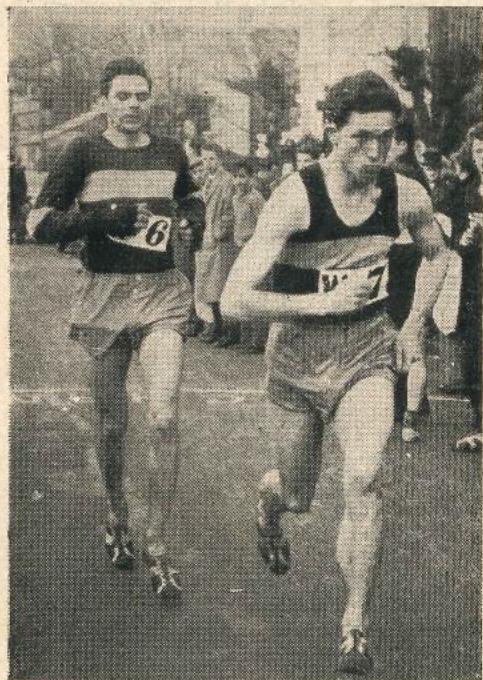
greatest performers, joined the Valley and in his initial season gained the first of his many International vests. The following year he competed for Britain in the Olympic Games at Wembley. During his short athletic career, Alec won 23 club championships—a record—and led the team to many victories, the finest being in the Southern in 1950.

Another of the Valley's outstanding youngsters was M. J. Denley who, besides gaining his Olympic vest at Helsinki, became the first Valleyman to hold an English Native record. His javelin throw of 216 feet 1 inch standing for some time.

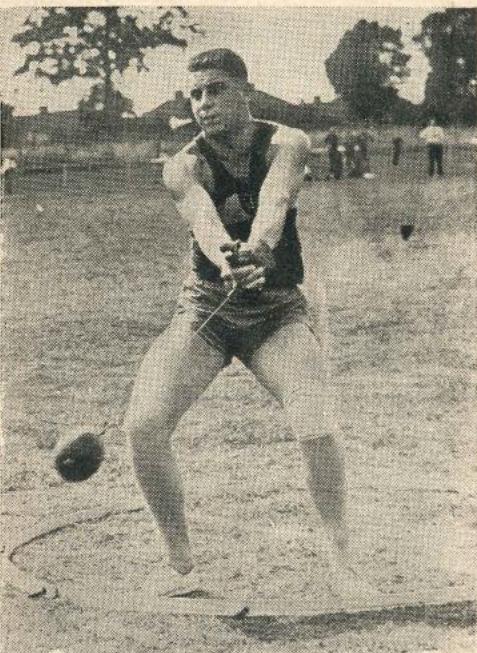
In the last year or two, Thames Valley Harriers have gone from strength to strength and their many victories include wins in the 1953 London-Brighton National relay; Southern Marathon Championships 1953 and 1956 and the A.A.A. 4 x 110 yards relay, 1953 and 1956.

One of the club's major successes in recent years has been Ken Norris. Besides gaining International vests over both track and country, Ken together with the young sprinter, Dave Segal, were the T.V.H. members representing Britain in Melbourne.

What of the future? The Valley are at present



ALBERT INGLES and EDDIE ELLIS during the London-Brighton Relay.



MICHAEL ELLIS, one of Britain's best prospects for the future.

producing some fine athletes who may be making their marks in world athletics very shortly.

One of the better known is Michael Ellis who is just out of the junior ranks and already making a mark in the hammer sphere. Then there are Derek Haith, the A.A.A. junior half-mile champion; Hugh Bone, third in the weight in the A.A.A. junior; and Michael Philips who is still a youth but already promising great things in the hammer.

Administratively the club has been lucky in finding officials who have given long service to the sport, and it is interesting to note that two of the Founder members, C. Harry Major and 'Tich' Anderson, are still members of the club.

T.V.H. are indeed fortunate in having had such a devoted President as C. R. Smith. Joining the club in 1908, Charlie has been President since 1924.

Someone once wrote "as an active athlete Charlie was part of the backbone of the club—an athlete who supported the club through thick and thin. It is such as he who make clubs." This is a splendid tribute to a man who has contributed much to the Valley's success.

Len Beadle and Alec White are the only two Secretaries to have held office since 1931, while

Scottish News

By W. Diverty

North-Eastern Cross-Country League, 2nd Race, 6½m. at Dundee, 8/12/56

St. Andrews University were worthy winners of this race with 52pts. Their runners filled the first four places with I. Docherty the winner in 35.18, and A. Barrie 2nd. in 35.21. These two led throughout the race. Strathtay H. ran their usual consistent race to finish second with 68pts. Hawkhill H. who were understrength did well to finish third with 81pts., with Dundee Thistle taking fourth place with 107pts. Veteran Charlie Robertson, Thistle, ran well to finish 7th in 36.18.

1. St. Andrews Un. (I. Docherty 1, A. Barrie 2, I. Carter 3, I. D. Maycock 4, S. Allen 15, D. Wilson 27). 52 pts.
2. Strathtay H. (A. Cameron 5, I. Newton 9, I. Inness 10, J. MacDonald 12, C. Boyle 18). 68 pts.
3. Hawkhill H. (W. Kennedy, 6, L. Simpson 8, I. McDougall 11, R. Strachan 13, A. Smart 21, J. Kennedy 22). 81 pts.
4. Dundee Thistle H. (C. D. Robertson 7, J. Miller 16, J. McInally 17, D. Miller 20, J. Petrie 23, J. Fotheringham 24). 107 pts.

Individual Race

1. I. Docherty, St. Andrews
2. A. Barrie, St. Andrews
3. I. Carter, St. Andrews
4. I. D. Maycock, St. Andrews
5. A. Cameron, Strathtay H.
6. W. Kennedy, Hawkhill H.

League Placings

1. Strathtay H. 123 pts.
2. Hawkhill H. 146 pts.
3. St. Andrews Un. 155 pts.
4. Dundee Thistle 207 pts.

Dundee Hawkhill H. "Richie" Trophy 5m. Handicap, 1/12/56.

1. J. Kennedy, (1.40)
2. W. Adamson, (4.20)
3. W. Kennedy, (1.25)
4. E. McLean, (3.40)
5. J. McLean, (4.20)
6. A. Smart, (2.35)

Fastest Times

1. W. Kennedy
2. J. Kennedy
3. L. Simpson



MICHAEL DENLEY, one of the many fine javelin throwers turned out by T.V.H., largely due to that fine javelin coach, Bill Plumridge.

A. L. Phipps has been the club winter skipper for more than twenty years. Another stalwart is Arthur Bentall, who has been Assistant Secretary since 1934.

Finally in the T.V.H. Jubilee handbook there is an interesting anecdote concerning Arthur, which also symbolises the spirit and sportsmanship which have put the Valley in the forefront of athletics. One of the Valley's young runners was unable to compete in a championship because he had obtained a driving job and had to work on Saturday afternoons. Arthur Bentall, although he much wanted to see the race himself, stepped into the breach and on that Saturday afternoon was seen driving around the district acting as a van driver, while the young lad was out wearing the Thames Valley colours.

The Valley certainly have not had luck on their side on the way to the top. I think much of their success can be attributed to one thing, a magnificent club spirit.

With the Ladies

WOMEN'S NATIONAL SENIOR ROAD WALK CHAMPIONSHIP

December 15th

It was a case of "the same again" when the Women's National Senior Road Walk was held at Kingstanding, Birmingham, on 15th December over a $2\frac{1}{2}$ miles course.

Dilys Williams of Birchfield Harriers won the individual race for the fifth year running, and Birchfield the team race for the seventh consecutive year. Small Heath and London Olympiades gave them a good fight but with 3 in 8; they were just a little too good for their rivals. Dilys Williams was in a class of her own and went right away to win unchallenged.

The winning team received a very fine new shield presented to the Association by their Chairman, Mrs. D. Nelson Neal, to be called the "Frank E. Neal Memorial Shield" in memory of her late husband.

1. D. Williams (Birchfield H.) 18.39.
2. P. Myatt (Smethwick) 19.16.
3. J. Heath (Small Heath) 19.59.
4. J. Williams (Lond. Olymp.) 20.07; 5. B.

Franklin (Birchfield) 20.39; 6. N. Loines (Small Heath) 20.46; 7. N. Rogers (Lond. Olymp.) 20.51; 8. R. Phillips (Birchfield) 20.52; 9. V. Reynolds (Small Heath) 20.58; 10. H. Vincent (Lond. Olymp.) 21.04; 11. R. Phillips (Smethwick) 21.31; 12. C. Owen (Small Heath) 21.33; 13. K. Field (Small Heath) 21.35; 14. J. Wallis (Harborne) 21.55; 15. J. Forbes (Small Heath) 22.03; 16. A. Hackett (Harborne) 22.27; 17. S. Bradley (Lond. Olymp.) 22.28; 18. M. Hockey (Birchfield) 22.53; 19. A. Hurdley (Harborne) 23.02; 20. A. Farr (Smethwick) 23.14; 21. H. Sargent (Harborne) 23.21; 22. B. Smith (Birchfield) 23.29; 23. W. Collins (Met. W. Police) 23.37.

Teams:

	Pts.
1. Birchfield H.L.S.	(1. 5. 8) 14
2. Small Heath	(3. 6. 9) 18
3. Lond. Olympiades	(4. 7. 10) 21
4. Smethwick	(2.11.20) 33
5. Harborne	(14.16.19) 49

A return international cross-country race with Scotland will definitely be held, and will take place at Musselburgh on March 30th, 1957.



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Beautifully made, warm fleecy lined, 50% heavier than the average suit, usual pockets and zips. Colours — Navy, Royal, Maroon, Green, Black. Showerproof.

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"S" (5'2" — 5'5")	41/11
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"L" (5'10" — 6'1")	47/11
"OS" (6'2" — 6'5")	50/11

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THE SPORTS CENTRE

6. High Dewar Road : Rainham, Kent

Walking

By A. D. McSweeney

BEST PERFORMANCES, 1956

2 Miles (Track)

J. Barracough (Lancs. W.C.)	13:54.0
R. F. Goodall (Woodford Grn.)	13:58.8
G. W. Coleman (Highgate H.)	13:59.0
G. W. Coleman (Highgate H.)	14:02.4
G. Howell (Highgate H.)	14:04.4
R. F. Goodall (Woodford Grn.)	14:09.0
S. F. Vickers (Belgrave H.)	14:10.2
G. Howell (Highgate H.)	14:11.0
G. Howell (Highgate H.)	14:12.0
G. Williams (Belgrave H.)	14:15.0

10,000 Metres (Track)

G. W. Coleman (Highgate H.)	44:07.0
R. F. Goodall (Woodford Grn.)	47:48.2
B. Hawkins (Metropolitan)	48:31.6

7 Miles (Track)

G. W. Coleman (Highgate H.)	50:19.0
G. W. Coleman (Highgate H.)	51:08.4
R. Hardy (Sheffield U.H.)	51:37.6
R. F. Goodall (Woodford Grn.)	52:11.0
S. F. Vickers (Belgrave H.)	52:19.4
S. F. Vickers (Belgrave H.)	52:45.2
G. W. Coleman (Highgate H.)	52:51.4
A. H. Poole (Worcester H.)	53:05.6
B. Hawkins (Metropolitan W.C.)	53:09.4
A. H. Poole (Worcester H.)	53:11.8
G. Chaplin (Coventry Godiva)	53:15.6

One Hour (Track)

G. W. Coleman (Highgate H.)	8m.168y.
S. F. Vickers (Belgrave H.)	8m.120y.
G. W. Coleman (Highgate H.)	8m.050y.

20 Kilometres (Road and Track)

S. F. Vickers (Belgrave H.)	92:34.2
G. W. Coleman (Highgate H.)	94:01.3
†G. W. Coleman (Highgate H.)	*94:06.0
R. Hardy (Sheffield U.H.)	94:40.4
R. Hardy (Sheffield U.H.)	95:47.0

(† all on track)
(* record)

Junior 1 Mile (Track)

M. Shannon (Newport H.)	7:07.4
M. Shannon (Newport H.)	7:08.4
R. Bygraves (Highgate H.)	7:16.8
R. Bygraves (Highgate H.)	7:17.8
T. B. Clark (Belgrave H.)	7:14.0
S. G. Frankiss (Highgate H.)	7:19.6
R. Bygrave (Highgate H.)	7:20.0
N. Milsum (Belgrave H.)	7:21.0

Youths' 1 Mile (Track)

J. Trower (Steyning A.C.)	7:32.8
J. F. Wood (Steyning A.C.)	7:37.2
R. H. Sheppard (Steyning A.C.)	7:54.0
S. F. O'Connor (Cambridge H.)	7:57.0
S. J. Cameron (Queens Park H.)	8:22.2

(To be continued)

RESULTS

December 15th

SOUTH-EAST LANCS. LEAGUE

The fourth races of the season for seniors and youths were held from Knowle Paper Mills, Walsmsley, Bury, over a $3\frac{1}{2}$ miles course comprising hilly country and heavy plough, the seniors covering two laps and the youths one.

Over 80 runners took part in the senior event and they soon strung out after the start. After one lap had been covered K. Docker (Rochdale) led from A. Walker (Royton), J. Salt and E. Booth, both of Rochdale.

Nearing the finish Hughes and Salt of Rochdale were seen to be running together and they

made no attempt to fight it out, both being given the same time of 43min. 31sec. But the referee gave Hughes as the winner and this deprived Salt of the chance to break the record of 18 consecutive wins. Up to this race he had won fourteen on the trot.

In the youths event over 30 runners turned out and A. Dewhurst of Rochdale was a comfortable winner. The positions of the runners are being checked to ensure the correct points being recorded.

1, A. Hughes (Rochdale) 43.31; 2, J. Salt (Rochdale) 43.31; 3, E. Booth (Rochdale) 43.43; 4, E. Noble (Rochdale) 43.54; 5, A. Walker (Royton) 43.57; 6, K. Docker (Rochdale) 44.9; 7, M. Whiteoak (Clayton-le-Moors) 44.33;

The Shaftesbury Harriers' team which won the Middlesex Youths' Championship. L. to R: A. Sunderland 2nd, J. A. Jales 1st, B. R. Brookman 6th, and G. Strange 7th.

J. W. Yardy



8, B. McOwen (Rochdale) 44.49; 9, J. Jenkinson (Bury) 44.52; 10, J. Walker (Royton) 45.39; 11, P. T. Booth (Bury) 45.43; 12, P. N. Dent (Clayton-le-Moors) 46.22. **Teams:** 1, Rochdale 24pts.; 2, Royton 103; 3, Clayton-le-Moors 104; 4, Bury 115; 5, Radcliffe 316.

Youths: 1, A. Dewhurst (Rochdale) 22.27; 2, G. Robinson (Rochdale) 22.56; 3, T. Rhodes (Radcliffe) 22.57; 4, T. Marsden (Bury) 23.33; **Teams:** 1, Rochdale 9pts.; 2, Clayton-le-Moors 24; 3, Radcliffe 25; 4, Bury 26. 5eq., Royton and Middleton 55pts.

BIRMINGHAM & DISTRICT LEAGUE

Small Heath Harriers consolidated their position at the head of the Birmingham & District Cross-Country League (First Division) with a convincing win in the second race at Great Barr. With five in nine and six in twenty-two they totalled 44 points. Birchfield had a good day and were second with 60. Weakened by service calls and injuries, Coventry Godiva dropped out of the reckoning and are now third, 147 points behind Small Heath.

John Lake (Small Heath) was a worthy individual winner and completed a heavy, good seven-mile course in 40min. 35sec.

Division I.

1, J. Lake (Small Heath H.) 40min.35sec.; 2, B. Browning (Birchfield H.) 41.18; 3, C. M. Gray (Small Heath H.) 41.23; 4, C. Simpson (Small Heath H.) 41.34; 5, T. A. Iliffe (Small Heath H.) 41.55; 6, A. D. Mann (Birchfield H.) 42.00; 7, H. C. Mousley (Birchfield H.) 42.03; 8,

J. Mills (Sparkhill H.) 42.05; 9, J. Durk (Small Heath H.) 42.14; 10, K. Rickhuss (Tipton H.) 42.19; 11, B. Harbach (Tipton H.) 42.24; 12, B. Shaw (Wolverhampton H.) 42.32.

Teams: 1, Small Heath H. 44pts.; 2, Birchfield H. 60; 3, Wolverhampton H. 137; 4, Coventry Godiva H. 173; 5, North Staffs. H. 221; 6, Tipton H. 231; 7, Lozells H. 288; 8, Sparkhill H. 331; 9, Stourbridge, Wordsley H. 439.

Youths: 1, A. Hodgetts (Stourbridge H.) 19 min. 17sec.; 2, A. Walker (North Staffs. H.) 19.25; 3, M. Herriott (Sparkhill H.) 19.28. **Teams:** Birchfield H. 19pts.; 2, Coventry 28; 3, Tipton 40.

Division 3

1, A. Westwood (Dudley H.) 29min.39sec.; 2, A. Whittle (West Bromwich H.) 29.59; 3, G. Ashby (West Bromwich H.) 30.37; 4, D. Witts (Evesham AC) 30.40; 5, N. Bridgewater (Dudley H.) 30.48; 6, T. Philpotts (Oldbury AC) 31.02; 7, R. Bratt (Oldbury AC) 31.08; 8, R. Screen (West Bromwich H.) 31.29; 9, M. Blogg (West Bromwich H.) 31.37; 10, J. H. Haden (Dudley H.) 31.40; 11, J. Kendrick (West Bromwich H.) 31.45; 12, T. W. Payne (R.A.F. Cosford) 31.53.

Teams: 1, West Bromwich H. 60pts.; 2, Dudley H. 83; 3, Oldbury AC 84; 4, RAF Cosford 140; 5, Kidderminster H. 208; 6, Walsall AC 219.

Youths: 1, Brotherton (Evesham AC) 16.53; 2, J. Malpass (West Bromwich H.) 17.32; 3, J. Cope (West Bromwich) 17.39; **Teams:** 1, West Bromwich 9pts.; 2, Evesham 17; 3, Bromsgrove 31.

MID-CHESHIRE LEAGUE

1eq., M. Corcoran (Macclesfield), A. Morten (Macc.) and J. Boswell (Macc.) 38.21; 4, N. Ashley (Crewe) 38.46; 5, Knott (Stockport) 39.30; 6, M. Lafferty (M) 40.16; 7, L. Fitzsimmon 40.28; ; 8, T. Mallon (Stockport) 40.48; 9, J. Wilford (Crewe) 40.55; 10, Watson (Stock.) 41.16; 11, F. Holland (Macc.) 41.29; 12, Nancollis (Winnington Pk.) 42.18. **Teams:** 1, Macclesfield 23pts.; 2, Stockport 43; 3, Crewe 64; 4, Winnington Pk. 97.

Salford H. & A.C. beat **Swinton H. & A.C.** 26pts. to 54. 1, C. Aldred (S) 29.06; 2, J. Alcock (Swinton) 29.37; 3, F. Dawson (S) 29.40; 4, V. Short (S) 30.00; 5, P. Dawson (S) 30.06; 6, A. Rothwell (S) 30.12. In a Boys' match **Swinton** beat **Salford** 22pts. to 26. 1, A. Green (Sal.) 15.12; 2, B. Crossley (Sal.) 16.18; 3, T. Thornley (Cal.) 16.19; 4, J. Stevens (Swin.) 16.38; 5, T. Peverley (Swin.) 17.19; 6, R. Jackson (Swin.) 17.36.

CHINGFORD DISTRICT LEAGUE

1, F. Seal (Ponders End) 27.52; 2, G. T. Olding (Hornsey) 28.18; 3, R. Mackay (Hornsey) & R. Wing (Hornsey) 28.57; 5, G. Whitten (Chingford) 29.05; 6, D. Webster (Hornsey) 39.21; 7, G. Hurdwell (Chingford) 29.32; 8, J. Baldwin (Chingford) 29.34; 9, G. Earle (Horn-

sey) 29.40; 10, R. Carter (Loughton) 29.43; 11, D. Wilcox (Wadham) 29.45; 12, R. Winchester (Ponders End) 29.57. **Teams:** 1, Hornsey 44 pts.; 2, Chingford 68; 3, Ponders End 149; 4, Enfield 153; 5, Loughton 211; 6, Grafton 230; 7, Wadham 247.

South London H. beat **Ranelagh H.** in a "mob" match over $7\frac{1}{2}$ M. 1161pts. to 1615. 1, J. R. Langridge (SLH) 43.40; 2eq., P. J. Pirie (SLH), A. Pegley (SLH) and R. A. Ashford (SLH) 44.20; 5, J. R. Kirk (R) 44.32; 6, A. L. Hedger (R) 45.11. **Ranelagh H. Champ.:** 1, J. R. Kirk; 2, A. L. Hedger; 3, J. Cook.

Plymouth Spartan A.C. beat **Devonport A.C.** 7pts. to 14 in a youths' match over $2\frac{1}{2}$ M. 1, V. French (Spartan) 13.24; 2, S. Williams (Spartan) 13.25; 3, A. Thomas (Devonport) 13.27; 4, R. Harrison (Spartan) 14.15; 5, D. Poil (Devonport) 15.06; 6, K. Venton (Devonport) 15.06.

Epsom and Ewell H. 25pts. beat **Sutton and Cheam H.** 49 and **Croydon H.** 60. 1, R. Laws (E) 40.59; 2, A. Rogers (E) 41.36; 3, D. Loveless (S) 41.39; 4, C. Proctor (C) 43.32; 5, E. Bowditch (S) 43.48; 6, P. Bird (E) 43.53.

Southend A.C. $7\frac{1}{2}$ M. **Championship.** 1, R. Morgan 43.04; 2, J. McCalla 43.07; 3, L. Stripp 45.01; 4, J. Lowen 46.04; 5, R. Wilson 47.16. **H'cp:** R. McCalla (0.30) 42.37.



Finish of the Olympic 10 metres final in Melbourne. L. to R.: HOGAN (Australia) 3rd, MORROW (U.S.A.) 1st, GERMAR (Germany) 5th, BAKER (U.S.A.) 2nd, AGOSTINI (Trinidad) 6th, and MURCHISON (U.S.A.) 4th.

Kettering Town H. 7M. Championship. 1, A. W. Gale 39.29; 2, D. W. Barber 40.53; 3, T. Caswell 41.18; 4, D. Smith 41.44; 5, G. Smith 42.41; 6, D. Curtis 43.07; **H'cp:** G. Smith 38.56.

Wigmore H. beat **Lloyds Bank S.C.** 32pts. to 46 over 7M. 1, R. Lambert (W) 36.03; 2, L. Beaven (W); 3, Scovell (L).

Stock Exchange A.C. beat **Combined YMCA. and London Fire Brigade Teams** 23 pts. to 32. 1, P. Hore (SEAC) 31.53; 2, R. Allen (YMCA) 32.05; 3, D. Couzens (SEAC) 32.59; 4, R. Taylor (SEAC) 32.59; 5, A. Kemp (SEAC) 33.00; 6, G. Garwood (LFB) 33.43.

Barnet A.C. 7½ Miles Club Championship. 1, J. D. Wood 39.55; 2, D. Woodward 40.05; 3, B. Day 41.54; 4, J. Rowe; 5, P. Rothenbaugh 43.27; 6, J. Hanscomb 44.01. **H'cp:** 1, D. Woodward (2.30) 37.35; 2, J. Hanscomb (6.10) 37.51; 3, J. Rowe (2.50) 39.04.

C.W.S. 26pts. beat **Plesseys A.C.** 30 and **Veterans' A.C.** 64 in a match from Woolston Hall, Chigwell. 1, P. F. Servante (C.W.S.) 29.57; 2, D. J. Winger (C.W.S.) 30.06; 3, P. E. Servante (C.W.S.) 30.06; 4, S. Webb (Plesseys) 32.20; 5, E. Hinds (Plesseys) 32.20; 6, L. Hoskins (Plesseys) 32.20; 7, D. Hoskins (Plesseys) 32.20; 8, A. M. Carter (Plesseys) 32.20; 9, R. Ball (C.W.S.) 32.40; 10, T. Mitchell (Vets.) 36.43.

Aylesford Paper Mills S.C. 51pts., beat **Cambridge H.** 94, **Hercules A.C.** 98, **Ilford A.C.** 103 and **Kent A.C.** 188 over 7 miles at Bexley. 1, A. Perkins (Ilford) 42.09; 2, A.

Sherry (A.P.M.) 42.43; 3, R. Forster (A.P.M.) 43.01; 4, J. Morrison (Camb. H.) 43.27; 5, H. Lydiate (Hercules) 43.54; 6, J. Line (Kent) 44.18; 7, A. Edgar (Hercules) 45.01; 8, M. Bergman (Camb. H.) 45.05; 9, D. Ward (A.P.M.) 45.44; 10, J. Charlesworth (A.P.M.) 45.59.

Cambridge H. beat **Hercules A.C.** in a youths' match by 20pts. to 43. 1, P. Duggan (Hercules) 17.8; 2, J. Smith (Camb. H.) 17.14; 3, D. Ducker (Camb. H.) 17.29; 4, M. Cantrell (A.P.M.) 17.39; 5, S. O'Connor (Camb. H.) 17.59; 6, H. Thornton (Camb. H.) 18.10.

ENGLISH RUNNERS IN FRANCE

Four runners, Chorlton (Doncaster P.W.), Nichols (Sheffield U.H.), Wild (East Cheshire) and Salvat (Finchley) comprised the E.C.C.U. team competing in the international cross-country race "La Voix du Nord" on 16th December.

The speedy Salvat was the first to show in front when the field settled down after a fast start, with Vandewattyne, Leenaert, Ameur, Johnny Wild and Bernard in the leading bunch.

Before long a bunch of four took over the lead, Ameur, Bernard, Vandewattyne and Leenaert. Wild was in the next bunch some 10 yards behind. At this stage Chorlton was 15th.

Vandewattyne was dropped soon after and joined Viset, Genure and Chorlton, who had moved up, to form a second bunch 20 yards behind the leaders. Another 30 yards behind were Nichols and Wild, but Salvat had dropped back.

Continued on page 19

THAMES VALLEY HARRIERS WINTER MEETING

FIELD EVENTS (Under A.A.A. Laws)

Saturday, 9th February, 1957
Commencing at 1.45 p.m.

**At The Alperton Track, Alperton Lane,
Wembley, Middx.**

OPEN SCRATCH COMPETITIONS

(No Awards)

High Jump : Long Jump : Pole Vault
(All cinder approaches)

Hammer : Shot : Discus (concrete circles)
Javelin (cinder approach)

ENTRIES (Free) on A.A.A. Forms to—**W. L. Plumridge, 48 Devonshire Rd., Chiswick, W.4.**
Close, first post—14th January, 1957.

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26-28in. 8/0 30-32in. 8/3

34-36in. 8/6 38-40in. 8/9

Inc. p.t. Postage 4d.

Heavier Shorts in Italian Cloth, white
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Women's athletic shorts, Italian cloth,

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Athletic Slips, improved style, 3/3. Postage 3d.

THE SPORTS CENTRE
6 High Dewar Road, Rainham, Kent

TRIUMPH OVER ADVERSITY—contd.

ship of that year to Ian Binnie, the reigning champion and record-holder over the distance. With the coming of the Cross-country season he intensified his training with the intention of retaining his Scottish Junior Title and also having a crack at the Junior English event.

Both of his intentions were successful and in annexing both Scottish and English titles he created such an impression on the Scottish Cross-Country Union that they selected him to run in the Senior Scottish Cross-Country Team at San Sebastian, Spain, in the European Cross-Country Championships of 1955. It was in this race that John suffered a very bad tendon injury, which caused him to curtail his track appearances that summer, however he did manage to win the Lanarkshire 2 mile Championship. Resting for most of the summer, he thought that by the time another winter season would be on him his heel would have been completely cured, but in this he was unfortunate and he had to start another tough season not quite as fit as he would have liked.

We all know now, how in spite of his injury, he took 5th place in the Scottish Cross-Country Championships thereby qualifying for a place in the team to compete in the European Cross-Country event at Belfast. How he finished the first Scotsman home in 12th place, beating some of the most accomplished distance runners in Europe in doing so. This track season of 1956, John has only competed once, in the 3 mile Championship of his new club, Victoria Park Amateur A.C. He won that event, but at the end told me of how much his heel had troubled him, especially that afternoon on the rough Scotstoun Showground track. It was this which made him decide to withdraw from further track events this year and rest up for this Cross-Country season.

Undoubtedly he was missed last summer, but if he returns a fitter and stronger athlete this winter, then it will have been worth the long wait. To quote John: "When you have a small trivial injury, you always think you can run it off, but if you continue, then it only becomes worse, whereas if you drop everything completely for a spell, when you return, your running will still be there, have no fear. I should have laid off completely last year and my injury would have been gone for good, instead, I kept trying to do something all the

time with the result I still have the roots of the trouble there."

At 22 years of age and a wealth of experience behind him, John should know what he is talking about. In the past five-and-a-half years he has won 60 to 65 awards and prizes between Championship and handicap events. He has been "Capped" twice for Scotland and he has won Both Scottish and English titles. His enforced rest can do nothing but good, so on his return Scottish athletic fans will be expecting bigger and better things from the cheery lad from Fauldhouse.

Now more about John himself. He is about 5 feet 7 inches in height and weighs around the 9 stone mark. Dark haired and slim, with the wiry toughness of most great country runners he keeps to no special diet, eating what he pleases in moderation. The job he holds with the Glenboig Union Clay Co., Ltd., Fauldhouse, as a dispatch clerk, is advantageous to his training. Having to walk 5 miles to and from his work and walking amongst wagons labelling means that even in a normal day he puts in a lot of ground work in strengthening his legs before he starts training in the evening.

When in training for Cross-Country or track he always puts in 6 days a week. For the country, after a warm-up of 1 or 2 miles he may do 4 x 2 mile runs or 9 x 1 mile runs or yet again 8 x 1 mile full out, with rests between, of course. As far as the track is concerned he can vary it much more. Usual warm-up, then 15 x 440 yards, 4 x $\frac{3}{4}$ of a mile, or 2 to 3 mile runs as he feels.

His ambitions?

To run 3 miles in under 14 minutes and 6 miles in under 29 minutes, on the track. Over the country, to win both Senior Scottish and British Cross-Country titles and finish in the first three in the European event. Advice for youngsters in the game? "The most important thing is enjoying your running, when you train put everything you have into it but don't let athletics run your life."

How has athletics affected his life? To John it has given an air of confidence and also it has helped immensely to overcome his disability. In fact, as he puts it: "Sometimes I forget I even have one." It is in statements from him, like the one above, which make you realise that here is not only a very great athlete, but also a very great man.

ENGLISH RUNNERS IN FRANCE (contd.)

At the finish it was a real surprise for the home crowd to find Leenaert, of Belgium, coming home with a good 20 yards to spare from the more fancied Ameur.

First English runner was Chorlton with an excellent fifth place, 15secs. behind the winner and just in front of Marcel Vandewattyne, of Belgium. Nichols and Wild, the latter dropping a little near the end but holding on to his position, were not far behind and Salvat, who probably suffered for his early impetuosity, not disgraced by his 18th position.

1. Leenaert (Belg.)	31.08
2. Ameur (France)	31.12
3. Jonkers (Holland)	31.15
4. Bernard (France)	31.17
5. A. Chorlton (England)	31.23
6. Vandewattyne (Belg.)	31.26
7. Geneve (Fr.)	31.27
8. Nichols (Eng.)	31.30
9. J. Wild (Eng.)	31.45
10. Simonet (Fr.)	31.46
11. Chevalier (Fr.)	31.53
12. Kunen (Hol.)	31.54
13. Beddiaf (Fr.)	32.02
14. Bonneau (Fr.)	32.04
15. Cuje (Hol.)	32.07
16. Bogey (Fr.)	32.08
17. Jouret (Bel.)	
18. F. Salvat (Eng.)	

OXFORD FRESHMEN'S SPORTS

100: 1, J. W. J. Pinnick; 2, B. R. Parker; 3, A. Wynn-Evans; 10.8. 220: 1, B. R. Parker; 2, J. W. J. Pinnick; 3, C. R. Terras; 22.8. 440: 1, M. Riegils; 2, J. D. Caute; 3, D. Smith; 53.6. 880: 1, D. Smith; 2, L. T. D. Skeen; 3, G. Wilkinson; 2:00.4. Mile: 1, J. G. Eales; 2, J. W. Myrning; 3, J. D. A. Widdowson; 4:33.0. 2M: 1, D. J. P. Richards; 2, A. W. Burnett; 3, A. M. Montague; 9:16.9. 120 Hdls: 1, M. C. B. Williams; 2, R. Woodward; 3, G. Henthorn 19.0. 220 Hdls: 1, N. H. Proctor; 2, T. Southall; 3, G. J. K. Broughton; 26.5. LJ: 1, A. M. Merica 20'11"; 2, N. Gubb; 3, G. K. Broughton. H.J.: 1, G. J. K. Broughton 5'8"; 2, E. M. Dyson; 3, D. L. Allen. P.V.: 1, T. R. Akrill 10'0"; 2, A. G. T. Wontner; 3, A. J. Beardon. Wt: 1, A. Silor 41'3"; 2, H. J. Wilson-Price; 3, J. Velecky. D: 1, A. Siler 144'8"; 2, J. Velecky. J: 1, Doyle 155'6"; 2, D. Bannerman; 3, A. Conway.	
Seniors	

100: 1, C.O. Buchanan; 2, Van Rosium; 3, B. H. H. Excell; 10.8. 220: 1, C. O. Buchanan; 2, B. H. B. Excell; 3, A. G. Whittaker; 23.0. 440: 1, R. J. Solomon; 2, C. O. Buchanan; 3, J. B. Garner; 51.0. 880: 1, G. H. Critchlow; 2, A. C. Allison; 3, A. Campbell; 2:01.0. Mile: 1, D. C. E. Gorrie; 2, J. Winch; 3, A. J. Merrifield; 4:20.0. 2M: 1, P. Abrahams; 2, D. G. Maclean; 9:14.4. 120Hdls: 1, J. Metcalfe; 2, A. E. Wieler; 3, J. C. C. Nugent; 16.5. 220 Hdls: 1, R. J. Solomon; 2, D. J. Farrant; 3, A. E. Wieler; 26.3. LJ: F. M. B. Fisher 18'11"; 2, A. J. P. Whitfield; 3, A. A. Ward.	
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H.J.: 1, A. E. Wieler 5'4". **P.V.:** 1, C. J. Weekes 11'0". **Wt:** 1, G. R. Northern 43'4"; 2, L. Jebb; 3, P. Isbester; **J:** 1, D. Taylor 162'6".

CAMBRIDGE FRESHMEN'S SPORTS

100: 1, J. B. Whittaker; 2, C. A. Stott; 3, M. J. Thomas; 10.3. 220: 1, C. A. Stott; 2, D. E. Palmer; 3, M. E. Barlett; 23.9. 440: 1, D. E. Palmer; 2, W. B. Young; 3, J. B. Westcombe; 53.9. 880: 1, K. T. Marsh; 2, N. N. Browne; 3, W. B. Young; 2:04.8. Mile: 1, P. Wigley; 2, P. Boorman; 3, D. Murray-Bruce; 4:33.0. 2M: 1, P. Wigley; 2, D. J. Murray-Bruce; 3, G. R. Stevens; 9:32.0. 120 Hdls: 1, R. H. Wade; 2, R. C. Kwan 16.7'; 220 Hdls: 1, R. H. Wade; 2, R. C. Kwan 28.6. LJ: 1, J. B. Whittaker 2'6"; 2, P. J. Todd 20'3"; 3, N. O. Akinrele 19'11". H.J.: 1, J. B. Whittaker 5'6"; 2, N. Hartley 5'6"; 3, J. D. G. Kirkham 5'4". P.V.: 1, S. R. Smith 10'0"; 2, I. McK. Simpson 9'6"; 3, P. M. Wynn 9'0". Wt: 1, J. A. Fletcher 38'1"; 2, S. R. Smith 36'3"; 3, A. Worts 34'7". D: 1, K. Oldcorn 106'1"; 2, J. Fletcher 96'4"; 3, J. Kelly 95'0".	
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Seniors

100: 1, T. L. Higgins; 2, M. H. Chaplin; 3, R. Crosthwaite; 10.3. 220: 1, M. Orrell-Jones; 2, M. H. Chaplin; 3, B. C. Chapman; 22.5. 440: 1, M. J. Atkins; 2, R. Thomson; 3, D. Thornton; 51.2. 880: 1, A. Cowey; 2, M. Orrell-Jones; 3, P. Bentley; 1:59.8. Mile: 1, D. Thornton; 2, M. J. Palmer; 3, R. Walker; 4:21.0. 2M: 1, R. Martin; 2, G. B. Crowder; 10:02.0. 120Hdls: 1, J. N. D. Scott; 2, T. C. Andrews; 3, P. Neild; 16.6. 220Hdls: 1, M. J. Atkins; 2, J. W. Lethbridge; 3, T. Andrews; 25.8. LJ: 1, L. C. M. Howells 21'2". H.J.: 1, J. Kitching 5'8"; 2, B. Whittle 5'6"; 3, D. R. Willis 5'6". H.S.J.: 1, D. R. M. Lillistone 41'8"; 2, C. J. Constable 40'9"; 3, J. T. Mattison 39'9". P.V.: 1, G. E. Reynolds 9'6". Wt: 1, P. O. Prior 40'1"; 2, K. Lee 38'5". D: 1, P. D. Prior 117'8"; 2, K. Lee 117'; 3, G. Reed 109'.	
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THOUGHT FOR TOMORROW

Tread the path of virtue,
Turn away from wrong,
Smoke not vile tobacco,
Indulge in nothing strong.

Dine with moderation,
On plain and wholesome fare
Train with concentration,
Till you've no flesh to spare.

You'll be fast, fit and tireless,
And never out of breath,
Lithe and tough and fearless,
And bored to flipping death.
Revilo.

ATHLETES WHO REPRESENTED THE A.A.A. IN 1956—contd.

Name	Club	Events	Appearances
Rawe, D. J.	Herne Hill H.	440 yards	1
Rawson, M. A.	Birchfield H.	880 yards	5
Rhodes, G.	North Staffs H.	2/3 miles	1
Roberts, R. G.	Achilles Club	Sprints	4
Roden, G.	Thames Valley H.	Hop, Step and Jump	1
Rowe, A.	Doncaster P.W.A.C.	Weight & Discus	2
Ruddy, M. J.	Polytechnic H.	Sprints	5
Salisbury, J. E.	Loughborough Coll. A.C. and Birchfield H.	440 yards	1
Salter, D. H. R.	London Hospital	440 yards & 440 Hurdles	4
Salvat, F. G.	Finchley H.	2/3 miles	1
Sampson, J.	Kent A.C.	Discus	1
Savidge, J. A.	London A.C.	Weight	1
Sando, F. D.	Aylesford P.M.S.C.	2/3 miles	1
Sandstrom, E. R.	R.A.F.	Sprints	10
Segal, D. H.	Thames Valley H.	Sprints	4
Schofield, M. R.	Polytechnic H.	2/3 miles	1
Shaw, R. D.	Achilles Club	Hurdles	6
Shenton, B.	Polytechnic H.	Sprints	3
Shirley, E.	Finchley H.	1,500m./1 mile	2
Short, E. A.	Belgrave H.	Steeplechase	1
Smith, C. G.	Thames Valley H.	Javelin	1
Spooner, J. A.	Essex Beagles	Sprints	3
Stableforth, P. G.	U.L.A.C. & Walton A.C.	High Jump	1
Stinson, H. R. H.	Achilles Club	120/220 Hurdles	1
Suddaby, C. W.	Achilles Club	2/3 miles	2
Sutton, R. A.	Polytechnic H.	120/220 Hurdles	2
Tan, E. Y.	Loughborough Coll. A.C.	Sprints	3
Thirlby, G. W.	Leicester H.	440 Hurdles	1
Thomas, A. C.	London A.C.	Sprints	1
Thorpe, J.	St. Alban's City A.C.	1,500m./1 mile	1
Tucker, D. E.	Herne Hill H.	Javelin	2
Vandyck, C.	London A.C.	High Jump	1
Vanhegan, D. F.	Southgate H.	Hammer	1
Villiers, G.	Achilles Club	Long Jump	1
Vine, P. A. L.	Achilles Club	Hurdles	5
Walmsley, M. F.	Manchester Univ. & South London H.	1,500m./1 mile	2
Ward, I.	Bury A.C.	Pole Vault	3
Webster, A.	Sutton-in-Ashfield H.	880 yards	1
Wheeler, M. K. V.	Bournemouth A.C.	440 yards	2
Wilmhurst, K. S. D.	Walton A.C.	Long Jump & H.S. & J.	3
Wood, K.	Sheffield United H.	1,500m./1 mile	1
Wrighton, J. D.	Southgate H.	440 yards	1
Wyatt, F. L.	Bristol A.C.	2/3 miles	2
Young, J. R.	Bishops Vesey G.S.	Sprints	3