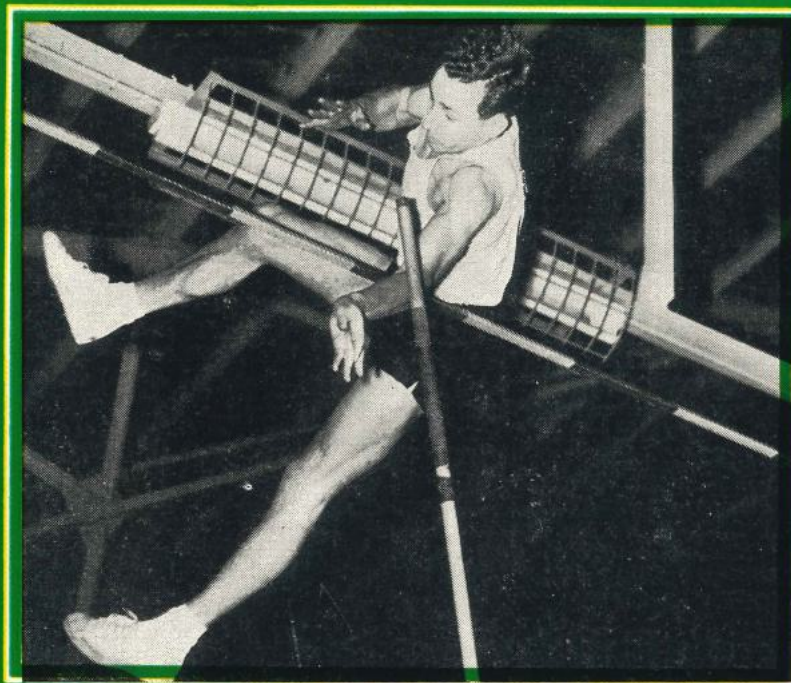


# Athletics WEEKLY

Feb. 13th, 1960.

9<sup>D</sup>

Vol. 14. No. 7.



T. McMANUS wins A.A.A. Indoor Pole Vault



**N.U.T.S. & T.V.H.  
WINTER MEETINGS**

**NORTHERN WOMEN'S  
CROSS-COUNTRY  
CHAMPIONSHIP**

**The Treatment of Athletic Injuries** *Part 4*

**THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN**



## FIRST N.U.T.S. MEETING

THE first winter meeting of the N.U.T.S., at Hurlingham on Feb. 6th, attracted nearly 200 athletes. Senior events were limited to the track and did not therefore, clash with the T.V.H. meeting. Careful seeding ensured some close competition in the more than 30 races.

Outstanding performer was Taylor in the 3 miles. Laurie Read, still suffering from the effects of a heavy cold, led for the first half of the race, but could not hold the Lincolnshire runner when he went in front.

Next on merit was probably Robertson's 440 yards (previous best 52.0!) and Brian Sivyer, who was running well, has no cause for self criticism in being beaten by such an unexpectedly strong opponent.

A most welcome athlete was Soko Oloko (LAC/Nigeria), a 14.3 high hurdler who will, I am sure, have some excellent races against our best this summer.

L.G.

100(A): A. Meakin (RAF) 10.2; A. McDonald (St. Albans) 10.2. (B): B. Shaw (TVH) 10.2; Lawson (Hornsey) 10.2. (C): G. Cole (Leics. Coll.) 10.4. (D): M. Terry (Southall) 10.7. (E): B. Curtis 10.8. 220 Str.(A): M. Yardley (Birchfield) 22.6; A. Meakin (RAF) 22.6. (B): B. Shaw (TVH) 23.1. (C): T. Burgess (Poly) 23.7. (D): M. Terry (Southall) 24.2. (E): B. Curtis 24.3. 440 (A): M. Potter (Poly) 50.5; A. McDonald St. (Alb.) 51.6. (B): L. Charles (QPH) 52.5. (C): T. Laughton (S'hal) 54.2. (D): M. Fitch (Ruislip-N) 53.4. 880 (A): J. Wenk (Welwyn) 1:57.2; R. Jones (Hamp) 1:57.7. (B): J. F. Sergeant (Walt) 2:02.0. Mile (A): P. Rutter (Oxford C.) 4:22.6. (B) M. Gough (Poly) 4:32.2. 3 Miles: D. G. Taylor (Grimsby) 13:59.8; L. Reed (SLH) 14:26.4; D. Briggs (Poly) 14:27.0. 120H: J. Duncan (LAC/Nig.) 15.4; S. Oloko (LAC/Nig.) 15.6. 1500m. SC: P. Duggan (Herc.) 4:29.5.

### Juniors

100 (A): G. Cmela (LAC) 10.1; A. McIlroy (Hornch) 10.2. (B): Minchin (S'all) 10.4. (C): L. Simmons (Grafton) 10.9. 220 Str. (A): A. McIlroy (Hornch) 22.6. (B): D. Pavitt (Surrey AC) 24.3.

(C): B. Perry (AAS Harrogate) 25.6. 440 (A): J. Robertson (Folkestone) 50.4; B. Sivyer (Chingford) 51.2. (B): L. Simmons (Grafton) 53.2. (C): West (Poly) 54.5. 880 (A): P. Standen (Brighton) 1:58.0. (B): Freeman (Borough Rd. Coll.) 2:07.0. 120H: W. Craggs (AAS Harrogate) 16.8. 1500m. SC (In conj. with Seniors): J. Robertson (AAS H'gate) 4:57.0. HJ: R. Morris (Walt) 5'8". LJ: A. W. Gibbins (Camb. H.) 19'8"; D. Garden (St. George's Coll.) 19'6½". SP: T. Clarkson (St. George's Coll.) 46'9". K.M.

## NORTHERN WOMEN'S SENIOR

### CROSS-COUNTRY CHAMPIONSHIP

THE Northern Women's Senior Championship was held at Gosforth Park last Saturday, Feb. 6th, over a 3 miles course. Ann Oliver led from start to finish. The first six were chosen to represent the North in the Triangular Match incorporated in the National race on March 5th.

By halfway it was obvious that Gosforth would regain the team title from Airedale, who were having a close struggle with Sale for second place.

1. A. Oliver (Gosforth) ..... 18.29  
2. M. Vintis (Gosforth) ..... 19.03  
3. J. Helliwell (Airedale) ..... 19.12  
4. S. Newell (Sale) 19.21; 5. P. Gregory (Hallamshire) 19.37; 6. J. Backhouse (Gosf.) 19.55; 7. J. Gathercole (Sale) 20.12; 8. M. Mason (Gosf.) 20.30; 9. M. Martin (A'dale) 20.46; 10. M. Reid (Gosf.) 20.51; 11. P. Rumbold (A'dale) 20.56; 12. J. Wells (Hallam.) 21.05; 13. E. Knott (N. Shields Poly) 21.18; 14. M. McKully (N.S. Poly) 21.27; 15. N. Ashton (Sale) 21.41; 16. J. Gillyean (A'dale) 21.44; 17. M. Grice (N.S. Poly) 22.01; 18. J. Watson (Sale) 22.33; 19. I. Walton (N.S. Poly) 22.45; 20. S. McKully (N.S. Poly) 22.55; 21. S. Norman (Sale) 23.04; 22. B. Jones (Sale) 23.09; 23. P. Cowley (N.S. Poly) 24.08; 24. C. Holmes (Hallam.) 24.29; 25. P. Schofield (Hallam) 26.32.

### Teams:

1. Gosforth (1.2. 6. 8) 17  
2. Airedale (3.9.11.16) 39  
3. Sale (4.7.15.18) 44  
4. Nth. Shields Poly 63; 5. Hallamshire 66.

### Pts.



Editor : P. W. GREEN

Printed and Published by—  
WORLD ATHLETIC & SPORTING  
PUBLICATIONS, LTD.

At their Editorial Offices—  
THE BROOK,  
CHATHAM, KENT.  
(Chatham 44644-5)

Advertisement Representatives—  
(Trade)  
W. HORACE BIGGS,  
PRESS ORGANISATION, Ltd.  
LONDON, W.C.1.  
(Chancery 8752-3)

Subscription Rates—  
12 MONTHS (52 issues) 47s. 8d.

Direct subscribers in U.K. and H.M.  
Forces abroad:—

12 MONTHS (52 issues) 37s. 6d.  
6 MONTHS (26 issues) 18s. 9d.  
3 MONTHS (13 issues) 9s. 6d.

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EVERY SATURDAY—NINEPENCE

## FINANCE

THE state of the finances of the A.A.A. is causing some concern and will undoubtedly be the major topic at the A.G.M. next month.

Loss of revenue from falling attendances at some of the major White City promotions is partly to blame and I cannot help feeling that a great deal could be done to make some of these meetings more of a spectacle. In recent years some have been excellent, but others have been extremely dull and not calculated to bring the customer back for more.

The loss of several thousand pounds again this past year makes one wonder whether each year's expenditure is budgeted for, or whether it is a matter of hoping for the best. It is particularly unfortunate that when a new drive on coaching is being made, the position is such that little help seems likely from the governing body.

**Today's Events.** The Southern Championships at Parliament Hill Fields, London, the Eastern at R.A.F. Cranwell, and the Midland at Worcester, have all attracted large fields and excellent racing is assured. With some of his opponents not at their best, Gordon Pirie has a great chance to win the Southern, Basil Heatley should find little opposition in the Midland and D. G. Taylor (Grimsby) should retain his Eastern title after his very fast 3 miles last Saturday. The other event of note is the St. Asaph to Rhyl "6" and this has an entry of 190, with 32 teams amongst whom are Bolton, Pembroke, Waterloo, Sefton, Liverpool Harriers, Boundary and University, Sale, Wirral, Macclesfield and Sutton. Fred Norris, Johnny Wild, Mike Berisford and Mike Corcoran are in the field.

**Odds & Ends.** Many junior athletes are still only just realising they will have to pick between the A.A.A. Junior Championships and the All-England Schools' Championships again this year. Adrian Metcalf, of Leeds, is only one of many who have written to ask if something can be done. Such a clash is quite inexcusable, but I am afraid the answer is "no."

Peter Burrows wants to correct a false impression created by Phil Nash who stated recently that Durham University defeated a strong Cambridge team—the latter was, apparently, a very weak side and the Cambridge University first team is at present unbeaten.

The East Lancs., West Lancs. and North Western Championship results have not arrived as we go to press, but will no doubt be in time to be included in next week's issue.

THE EDITOR

Cover photo by H. W. Neale



## ON MY TRAVELS

by "ROAMER"

**I**T is good news for road runners, Northern marathon men in particular, that the well established and popular **Doncaster to Sheffield Marathon** will still be held despite the withdrawal of their support by the *Sheffield Telegraph*.

I understand a Sheffield firm will be sponsoring the race and a committee convened by **Mr. C. G. Garner**, of Rotherham, is meeting to make the necessary arrangements.

It takes a lot to rile **Fred Norris**, the diminutive Bolton runner who is still a power on road or over country, but "our Fred" was hopping mad over a request which he understood had been made by "well meaning officials" to the Northern Counties Association, who in turn passed it on to the E.C.C.U., that no Northern athletes be selected for the Hannut international race, one of the plums of these events abroad, because it happened to clash with the East Lancs. Championship.

Fred feels that local championships should not be allowed to interfere with international events. While he was not upset at being selected for San Sebastian instead of Hannut, he was annoyed at this unwarranted interference. He points out that some budding international could easily be stopped from getting a well deserved chance to run in an international because of some local championships, and he thinks this is very definitely all wrong. Fred quite rightly points out that he could name many well known runners, particularly from the South, who have missed championships to run in races abroad, and there have not been any grumbles. So he asks "Please put a stop to this before trouble starts over it."

**Milkha Singh**, Empire 440 yards champion, is India's main hope for honours in the Rome Olympics, but he feels he is not likely to improve to the required standard for a medal in Rome without far more competition against better class

athletes. Singh impressed with his running in Cardiff but the recent Helms award winner has little opportunity for competition in sub 47sec. class. He is not alone in this respect, of course, and many potential Olympic winners find themselves in the same boat.

Australia seems to produce world class sprinters out of the bag with never-failing regularity. Following John Treloar, Hec Hogan and many others, 20 year-old **Dennis Tipping** is their latest discovery. An ankle injury sustained while playing baseball kept him out of a lot of races last year but he is showing grand form this season "down under." Already he has shown 9.5 and 10.4 for 100 yards and 100 metres, and his running has been consistent and convincing. Aussie distance men are also hitting the high spots and will bear watching when Rome comes along. The climate is less likely to worry them than our runners and we would do well to remember the shocks they gave us in Cardiff.

Welsh athletics, usually thought of as very backward, are likely to benefit from the activities of their Coaching Sub-Committee, which has been very enterprising in recent times. Successful Courses held in 1959 are being repeated this year and **Jim Alford**, that popular and very efficient National Coach, has developed week-end training courses at **Merthyr Mawr**, 3 miles from Bridgend, along the lines of **Percy Cerutti's** Portsea Training Camp—mind you, I'm not suggesting that Jim is copying anything, he's been doing this for the past two years at least. With woods, river, sea and miles of sand dunes, Merthyr Mawr is an ideal spot for hard conditioning work. The courses are entirely self-supporting, accommodation being provided in the village hall, but the athletes have to provide their own bed or bedding, and their food, as well as sharing in the cooking, cleaning and washing-up. A small fee is charged to cover fuel and light. Paarlauf and fartlek runs over the sand dunes, along river banks or in the woods, ball games, weight training and similar activities ensure a spartan existence, but in the

(Continued on page 15)



## Letter to the Editor

### ACCOUNTS ARE PUBLISHED

Dear Sir,

I have read Mr. Martell's letter with a great deal of surprise. If he really thinks a completely inaccurate statement in one newspaper represents a defeat for the British Amateur Athletic Board, then I beg leave to disagree. Many more people read the correction than the original erroneous statement.

As for the necessity of a P.R.O., I really do think the purposes of such an official and the limitations under which he must work are not appreciated.

The British Amateur Athletic Board has a quite efficient system of releasing news to the Press Associations who, on several occasions, have stated their appreciation of the method in which Press releases are made available.

Since, in my business, I work very much in the sphere of public relations officers, may I plead I do know something of what is involved in this sphere of operations.

It is one thing to give the Press infor-

mation. It is quite another matter to ensure that information released is dealt with in the manner in which we in the sport feel is in the best interests of athletics.

But I am amazed that Mr. Martell should suggest that the Board should publish its accounts. It does, Mr. Martell, and, moreover, is required to do so by its Constitution. Like all correctly operated bodies it publishes them to those entitled to receive them which, in this case, are the Board's Constituent Associations.

If Mr. Martell, or any other person, entitled to receive them wishes to inspect them, then he, through his Club or County Association can request the A.A.A. to make them available.

It would conduce to a more helpful spirit in athletics if critics of the Board would read its constitution and thus appreciate that the Board is a body composed of National Associations, who appoint the Officers and Members and thus decide its policy and actions.

Yours sincerely,

Jack C. G. Crump.

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No. 225 Red cowhide uppers, heel stiffener and tab, padded tongue, light rubber sole with 5 screw-in spikes. 87/6  
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# SPALDING



# *The fourth of a series of six articles on* **THE TREATMENT OF ATHLETIC INJURIES**

## **Part 4 — Hurdlers and Jumpers**

**H**AVING come to the half-way stage in our discussions of Athletic Injuries we will digress for a moment to consider the role of spiked running shoes in the production of these injuries.

There seems little doubt that the average athlete does not pay as much attention to the choice of suitable footwear as he should. Not only do grass and cinder tracks vary greatly in their consistency, but any given track may vary from day to day depending on the attention given to it by the groundsman and the weather. Some tracks are loose and some are firm, some soft and some hard, and so on. It is quite ludicrous the way some athletes try to make do with the same pair of spikes wherever they are running, be it the White City or the local recreation ground. Ideally the athlete should always buy two pairs of running shoes at a time, so that should anything go wrong with one pair, he has an identical pair available as a replacement. The common habit of reserving one pair of shoes for competitions only is to be deplored. When for economic reasons it is

wearing short spikes the athlete may lose some grip on the track and thereby have a diminished performance, this is surely to be preferred to the almost inevitable consequences of wearing spikes that are too long on a hard or "sticky" running surface. In the first case when the track is hard the spikes do not penetrate fully, so that the athlete's weight is taken unevenly through the spikes themselves and not through the sole of the shoe, the resulting instability (see Diagram 1) provoking foot strains and "ricked ankles." When the track is heavy, with long spikes the degree of adhesion obtained is such that undue effort may be needed to "unstick" the foot, and the knee or ankle is wrenched—this is especially likely to occur when the athlete is running fast round a bend.

Not only can the athlete's spiked shoes cause trouble to himself, they can also be the source of injuries to others competing with him.

These spiking injuries fall into two main groups, viz:

1. Scratches and abrasions in which the injury does not extend downwards through the full thickness of the skin. Such injuries are trivial, requiring only to be cleaned and dressed with a local antiseptic such as iodine, flavine or Dettol, and heal rapidly and easily.

2. Punctures and lacerated wounds, in which the full thickness of the skin is involved and frequently the tissues beneath. In such cases infection by various germs including those that cause Tetanus (lock-jaw) and Gas Gangrene, which are carried into the deep tissues on the end of the spike, may occur. All such injuries should be referred for proper medical advice at the earliest opportunity. Although the vast majority heal up with the minimum of trouble this is definitely a time when it is better to be safe than sorry. The consequences in terms of loss of life or limb in the admittedly exceedingly rare cases where Tetanus or Gas Gangrene have followed dirty lacerations are so

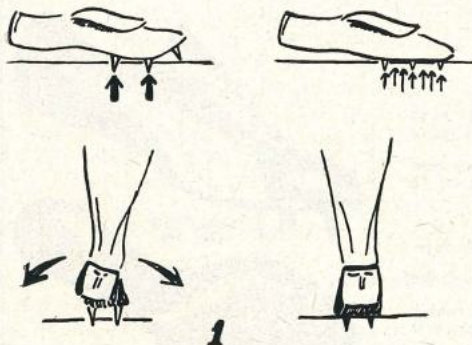


Diagram 1 illustrates the effects of the wearing of over-long running spikes on a hard track surface.

not possible for an athlete to possess a wide range of spikes he should stick to short ones, not more than  $\frac{1}{2}$  inch long. Although by



appalling that neglect of the simple precautions in such cases is quite unforgivable. For this reason, every athlete and indeed all those who take part in field sports are strongly advised to obtain and maintain active immunity against Tetanus. This can be done by receiving regular injections of Tetanus Toxoid from the Family Doctor. In this way much of the risk inherent in spiking and other wounds received in athletics may be discounted.

Before we leave the track to discuss the injuries most commonly sustained in the field events we must note that Hurdlers as a group are prone not only to the ills that beset track runners, but also those more common amongst the Jumpers. It is this latter group of injuries which we are now going to examine, which includes sprains of ankle and knee, and, especially among high jumpers, injuries to the shoulder.

### Sprained Ankles

In this group of injuries are included partial and complete tears of the various special ligaments of the ankle joint which are caused by "turning" the ankle. In fact it would be possible to write a whole book on this type of injury, so we must here be content with a very superficial study. Reference to Diagram 2 will enable the reader to pic-

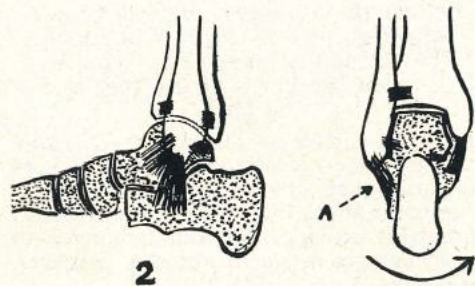


Diagram 2 shows the arrangement of the ligaments of the ankle, viewed from the outside and from behind. The ligament labelled A is the lateral ligament of the ankle, most frequently injured when the ankle is twisted inwards (indicated by the arrow).

ture the structures involved, that most commonly being damaged being the lateral ligament, the cause being a strain that forces the

foot inwards. When a partial tear occurs there is some bleeding around the damaged ligament, which may manifest itself by bruising and swelling over the infected area. In some case the bleeding is trapped by the

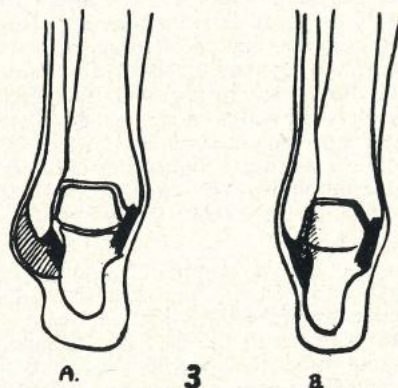


Diagram 3 shows how, when the lateral ligament of the ankle is sprained, blood may leak out under the skin (A) or be trapped under the intact part of the ligament (B) and so produce very little to be seen on the surface.

intact part of the ligament (see Diagram 3) and little is seen on the surface. It is the latter type of sprain that cause the most trouble afterwards. Occasionally when the injury is sufficiently severe the bones themselves may be damaged alone or in combination with one or more ligaments.

The treatment of sprained ankles depends for its success on the rapidity and thoroughness with which it is applied. Generally speaking strapping with Elastoplast from toes to below the knee is sufficient, as long as the foot is held at a right angle (slightly more than a right angle for women) and the sole of the foot in a horizontal plane (see Diagram 4). Nothing less will give adequate support to the damaged ligament. Where the foot is too painful for weight-bearing strapped thus, and in any case of doubt, early medical advice must be sought; occasionally in such cases it may be necessary for the patient to wear a plaster-of-Paris cast for a few weeks. The strapping may be removed after two weeks (not be-



fore) and training is resumed when the ankle is pain-free.

Chronic sprains are those in which pain and swelling persist for weeks after the initial injury. They are frequently very difficult to treat but may be avoided if proper attention is given to the injury from the outset. Available methods for dealing with these cases include hydrocortisone injections, massage and exercises, and manipulation, the choice resting with the medical attendant who will take the patient's availability for treatment into account as well as the clinical picture. Sometimes it is necessary for the patient to wear a special wedge in the heel of his shoe for a few months.

### Bruised Heels

This complaint, common among triple jumpers and certain long distance runners is treated by providing a soft rubber or felt pad to be worn in the heel of the shoe, at the same time temporarily restricting the amount of jumping or running undertaken until the pain goes away.

### Knee Injuries

The knee is an extremely complex joint and prone to a wide variety of derangements. Diagnosis can be very difficult, even for the experienced clinician, and on no account should treatment be offered for knee injuries in the absence of expert medical advice. Although most of the time little harm and indeed some good results, far too often delay in healing and sometimes irreparable damage is caused to the knee by unqualified meddling. However it is useful for all interested parties to be able to recognise at a glance some of the more significant signs of damage in the knee. It is itself unduly significant, but may be a sign

"Water on the Knee" is not necessarily of something seriously wrong and always merits thorough investigation by a competent medical authority. When the knee swells rapidly, i.e., within one hour of injury this nearly always means that there is blood in the joint. This is a surgical emergency and requires immediate treatment by removal of the blood.

Locking is the term used to describe the inability fully to straighten the knee, and may be due to a cartilage tear of the presence of a loose fragment within the joint. It constitutes a surgical emergency.

Chondromalacia Patellae is the high-

sounding name given to a condition which is all too frequent among athletes. The athlete experiences pain and stiffness in the affected knee which come on gradually during or after exercise, and steadily get worse. Going up or downstairs may be painful, as may sitting with the knee bent for any period of time. Frequently the athlete says that he can feel or hear his knee creaking. The trouble is due to the presence of a rough patch on the normally smooth under-surface of the knee cap. There is no known cure, although various types of palliative treat-

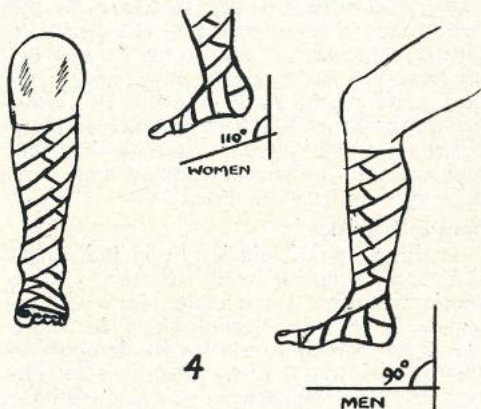


Diagram 4 shows the position in which the sprained ankle is to be strapped, and the extent to which the strapping must be applied between the bases of the toes and the knee.

ment are available for the more severe cases. In time the condition subsides spontaneously, but it may become recurrent. During the attack the athlete must drastically curtail his activities, but full training is to be encouraged when the knee is pain-free.

### Rider's Strain

This is a complaint of hurdlers and high jumpers in which pain is felt in the muscles of the inside of the thigh, especially when the leg is stretched out sideways. Treatment consists of a manipulation under anaesthetic, although deep massage to the affected muscle is successful if carried on for long enough.

### Shoulder Injuries

All the injuries enumerated require expert medical attention.

1. Dislocated shoulder. This may follow



an awkward landing or, in high jumpers, occurs when the leading arm is thrown upwards and outwards on take-off, particularly in the Western Roll style. There is an obvious deformity of the shoulder, and the arm hangs limply at the side. If there is no doctor immediately available the patient should be taken straight to hospital. He must not be given anything to eat or drink as an anaesthetic may be necessary. Under no circumstances whatsoever should unqualified interference be permitted. Ignorant meddling with this injury can all too easily result in permanent paralysis of the arm.

2. Painful arc syndrome is a complaint in which the athlete experiences a nagging ache in the shoulder and upper arm, made worse when the arm is lifted out sideways. There are a number of different conditions included in this syndrome and they require properly qualified medical treatment.

3. Collar-bone injuries and dislocations of the joint between collar-bone and shoulder blade are typified by the presence of deformity, pain and inability to use affected shoulder and arm. The athlete is provided with a sling and sent to see his doctor.

Throughout this series of articles stress is laid on the necessity for athletic injuries to be managed by properly qualified medical practitioners. To some extent this is a council of perfection, and under the present working of the National Health Service not an entirely practical proposition, but the fundamental principle remains valid whatever the difficulties in its application. Recourse to dubiously qualified or frankly quack sources of treatment is to be wholeheartedly condemned. It is also quite unreasonable to expect physiotherapists to be able to diagnose as well as treat athletic injuries without the backing of a doctor, because the Chartered Society from which they receive their qualifications does not train them for this duty. In this respect the British Amateur Athletic Board are particularly at fault. The official party touring Russia and Finland earlier this year included two physiotherapists but no medical officer. How were they supposed to work? Were they expected not only to treat any members of the party who were injured, but also to diagnose and prescribe as well (which they were not qualified to do)? It was quite wrong for the Board to expect them to carry responsibility alien to their calling, as

it was to expect the one medically qualified athlete to carry the responsibility of the party's health and well-being in addition to the strain of competition.

The Board have a responsibility not only towards the athletes themselves but to the parents of the younger members of the team. Failure to provide proper medical "cover" for injuries and illness is no way to discharge this responsibility.

What then can be done to provide the sort of service to injured athletes which will make certain that the consequences of injury are as minimal as possible? Nothing, seemingly, without the good will and co-operation of the Medical Profession, the Amateur Athletic Association and its member clubs and athletes, and all connected with the sport. We shall see in a later article some of the ways in which the ideal may be achieved, as well as the difficulties to be surmounted.

## BOURNEMOUTH A.C. SCHOOLS' RACE FOR "KEN BAILY" TROPHY

Over 3½ Miles, January 30th

1. Evans (Poole G.S.)	24.05
2. Cobbold (Bryanstone)	24.11
3. Furney (Milton Abbey)	24.21
4, Pot (Bryan.)	24.24; 5, M. Barker (Bournemouth) 24.25; 6, Simpson (Bryan.) 24.25.

Teams	Pts.
1. Bryanstone	(2, 4, 6, 8, 9, 19) 48
2. Canford	(12, 16, 17, 25, 39, 49) 158
3. Milton Abbey	(3, 28, 29, 47, 50, 57) 214
4, Poole G.S.	226; 5, King Edward VI, Southampton, 238; 6, Canford 'B' 240; 7, Bournemouth 252; 8, Bryanstone 'B' 259; 9, Swanage 314; 10, Milton Abbey 'B' 349; 11, Bryanstone 'C' 451.

**Lost.** At the Middlesex Championships at Cockfosters, a purple singlet, black shorts and jock-strap. Would the finder please return to K. Simpson, 32 Bittacy Hill, Mill Hill, London, N.W.7.

Wimbledon A.C. inform us that the address of the new secretary, N. J. Kitchen, is 174 Astonville St., Wandsworth, S.W.18, not as previously stated.

Secretary of Salisbury A.A.C. is Miss I. Amey, 26 Ashley Road, Salisbury, Wilts.



# Overseas News

## GERMANY

Herb Carper, the Berlin-based American soldier who clocked the world's best indoor 60 yards time of 6.0 three times last winter, did the trick once again at Dortmund's Westfalenhalle on January 30th. He won by a yard from France's Jocelyn Delecour, who equalled the European best of 6.1 in heat and final.

60y: Carper (USA) 6.0 (6.1 heat); Delecour (Fr) 6.1 (6.1 ht.); Tettey (Ghana) 6.3 (6.2 ht.); Cullman (WG) 6.4 (6.3 ht.); Steinbach (WG) 6.4 (6.3 ht.); R. Jones (GB) 6.4 (6.3 ht.). Losers' race: Zielinski (Pol) 6.2. 400m: Quantz (WG) 49.1; Wrighton (GB) 49.3; Radusch (WG) 49.4. 800m: Missalla (WG) 1:53.1; Holt (GB) 1:53.6; Rentsch (WG) 1:54.1. 1500m: Bohme (WG) 3:50.3; Schwarte (WG) 3:50.8; Brenner (WG) 3:52.9; 3000m: Huneke (WG) 8:22.6; Kleefelt (WG) 8:28.2; Gyselinck (Bel) 8:30.0. 60yH: Lorgier (Yug) 7.3; Gerbig (WG) 7.4; Brocke (WG) 7.4. HJ: Pettersson (Sw) 6'8 $\frac{3}{4}$ "; Riebenschalm (WG) 6'4 $\frac{3}{4}$ "; Pull (WG) 6'2 $\frac{3}{4}$ ". PV: Lesek (Yug) 14'5 $\frac{1}{4}$ "; Mohring

(WG) 14'1 $\frac{1}{4}$ "; Lehnertz (WG) 13'9 $\frac{1}{4}$ "; Gronowski (Pol) 13'9 $\frac{1}{4}$ ". M.W.

## U.S.A. INDOOR MEETS

**Los Angeles Invitational, Jan. 22.** Highlights were: Parry O'Brien broke his own indoor shot record with 63'1", but this was nullified when it was found that the shot was 4oz. light. Outstanding track (11 laps, banked board) performance was Dyrol Burleson's 4:06 for the mile, with Phill Coleman 4:07.6 and George Larson 4:07.8. Dan Waern, of Sweden was 4th in 4:13.9.

Jim Beatty, who did nothing outstanding in 1959 "came back" with a 3yds. win over Max Truex in 8:57, Jim Grelle won the 1,000 yds. easily in 2:09.5, Bill Woodhouse beat Vic Hall and Sid Garton over 60yds. in 6.3. Don Bragg vaulted 15'5 $\frac{1}{2}$ ", Charley Dumas jumped 6'10 $\frac{1}{4}$ ", Paul Stuber 6'8 $\frac{1}{2}$ ", and Lee Calhoun beat Acel Robinson over 60yds. hurdles in 7.2.

**Metropolitan A.A.U. Champs., N.Y.C., Jan. 22.** No outstanding performances, but the following were promising amongst up-and-coming youngsters: John Rush, N.Y. Pioneer Club, won the 60yds. in 6.5, John Geraghty, Manhattan Coll., inched out Velisa Mugosa in a 4:17.8 mile, Art Evans, Manhattan, beat



Hugh Foord leads Tim Briault (both Brighton A.C.) after two miles in the South of Thames Championship at West Wickham.

G. E. H. Cranham



The Shaftesbury H. team which won the North of Thames Junior Inter-Team Race at Chigwell. L. to R.—A. Sunderland, J. Littlewood, B. Rosenberg, R. Taylor, J. Jales, D. Huxley.



E. D. Lacey

Mike Carafitis over 1,000yds. in 2:14.7, Bill Urban, N.Y. Univ., won the 60yds. hurdles in 7.8, then ran the 100 leg in the N.Y.U. medley relay team and helped them beat Pioneer Club team anchored by Reggie Pearman. Among the veterans, Tom Murphy beat Joe Soprano over 600 yds. in 1:12.7, Peter McArdle, formerly of Ireland, won the 3 miles in 14:15.6 from Hank Levin, Bob Gardner set a new meet record of 6'7" in the high jump, and John Humcke won the mile walk for the third straight year in 5:56.2.

**Washington Star Games, Jan. 23.** Ed Moran won the fastest flat board floor mile in history with 4:08.3, with Al Lawrence, Australia and Houston, an outdistanced second. Dave Sime won the 70yds. dash in 7sec. from Bob Brown, Joel Johnson and Ed Collymore, now a lieutenant in the Marine Corps. Sime then said he had a "muscle twinge" and withdrew from the 80 and 100 yards dashes, and all indoor meets for 1960. Brown winning from Collymore in 8sec. and 9.8.

Frank Bowens beat Nick Ellis over 600 in 1:13.6, Mike Carafitis beat Barry Almond in 2:14.6 1,000yds., John Macy, Houston, beat team-mate Pat Clohessy over 3 miles in 14:01.3, Willy May, Chicago, took first in 70 high hurdles

in 8.4, Bob Gutowski vaulted 15'1", Mel Schwarz, Bjorn Anderson and Rolando Cruz (Puerto Rico) 2nd at 14'6". Floyd Smith, Bob Barkdale and Jerry Lane all high jumped 6'4½". John Humcke edged out Jack Blackburn by a foot in a 6:47.7 mile walk, one of the closest finishes in many years.

**Other performances of note recently:**

**Chicago Open Meet, Jan. 9.** Jack Blackburn walked two miles in 13:44.3, just missing U.S.A. indoor record of 13:41.8 set by Willy Plant in 1926! Phil Coleman ran 4:11.1 mile. Lee Calhoun beat Willy May, 7.2 to 7.3, in 60 High Hurdles. Hal Higdon 3000m.SC in 9:38.2.

**St. Francis Prep High School Meet, N.Y.C., Jan. 23.** Tyrone Pannell won 60 yd. H.H. in sensational 7.4 over Herman Johnson, Milton Campbell's successor at Plainfield, N.J. High School, then went on to high jump 6'3½".

Gary Gubner, the future "Dallas Long," put the 12lb. shot 63 feet. Gubner is 17, 6'3", weighs 245lbs. **E.D.**

Surrey A.A.A. hold their A.G.M at Balham Constitutional Club at 6.30 p.m. on Feb. 18. Cecil Dale, the present secretary and recently elected secretary of the A.A.A. Development Committee, is not standing for re-election. All interested in Surrey athletics are welcome.



## FIRST WIN FOR CIVIL SERVICE

FOR the first time since the inception of the match in 1929, the Civil Service won the Sir Sefton Brancker Trophy contest at Chessington on Feb. 3rd. It was, moreover, a clear cut victory and they provided the first three men home.

Mick Price was a most impressive winner, leading from start to finish and increasing a 15 yard lead taken in the first half-mile to a good 200 yards at the finish. Earl and Laurie Sykes ran together throughout and were content to come in together, while Lindsell, in his first race for the R.A.F., was always well placed and ran extremely well.

It was tough going, with a gale force wind in exposed places, and heavy underfoot, and only some of the earlier finishers seemed untroubled by the conditions.

The Civil Service were always well in the lead and with a lap to go had 33 pts. to 71 of the R.A.F. and 73 of Middlesex. On the final lap the first three Middlesex scorers improved from 9.10.11 to 5.8.10, while for the R.A.F. Black and Jeffs went from 5 and 6 to 7 and 9, Smith dropped one place from 19 to 20, and Ellam, who found the conditions too much for him, lost a lot of ground in dropping from 20th to 23rd and his place as last scorer was taken by John Evans who moved up from 24th to 21st. Middlesex therefore reversed the placings and took second place by 12pts. Evans is finding it difficult to get proper training and is far from his best, but the R.A.F. have two excellent runners in Lindsell (Portsmouth) and Black (Bellahouston) who should show up well in future competition.

1. M. J. Price (CS)	37.36
2. E. A. Earl (CS)	38.17
3. L. Sykes (CS)	38.17
4. J. H. Lindsell (RAF)	38.20;
5. M. Marlow (Mx)	38.46;
6. B. Lillicrap (CS)	38.52;
7. W. Black (RAF)	38.54;
8. G. Olding (Mx)	39.01;
9. W. Jeffs (RAF)	39.05;
10. A. Wren (Mx)	39.06;
11. S. Williams (CS)	39.08;
12. P. Mellor (CS)	39.09;
13. M. Wakefield (Mx)	39.14;
14. R. Dunkley (Mx)	39.28;
15. J. Farrant	

(Continued at foot of next column)

## SUTTON AND CHEAM C.C. RELAYS

January 23rd

### Youths' 4 x 1½ Miles

1. Sutton & Cheam H. (S. Horn 7.33, B. Fidler 7.27, T. Naish 6.59, G. Boyer 7.15) ..... 29.14
2. Surrey A.C. (D. Wilson 7.20, K. Godhard 7.27, P. Maile 7.26, B. Loten 7.46) ..... 29.58
3. Mitcham A.C. (K. Corner 7.40, J. Colwell 7.45, G. Enefer 7.52, W. Hamilton 7.46) ..... 31.03
4. Purly G.S. 31.22; 5. Surbiton G.S. 31.55; 6. Raynes Park G.S. 32.19; 7. Surrey A.C. 'B' 32.24.

### Fastest laps:

T. Naish (Sut.) 6.59; P. Mould (Epsom & E.) 7.07; R. Sales (Surrey B) 7.10; G. Boyer (Sut.) 7.15; D. Wilson (Sy. A.C.) 7.20; P. Maile (Sy. A.C.) 7.26.

### Boys 4 x 1½ Miles

1. Belgrave H. (K. Redwood 7.39, D. Cocks 7.30, J. Hampshire 7.26, A. Morrison 7.42) ..... 30.17
2. Mitcham A.C. (G. Biscoe 7.44, R. Wilkinson 7.52, A. Garcia 7.31, D. Manning 7.36) ..... 30.43
3. Purley G.S. (P. Murray 7.30, M. Murray 7.52, B. Russell 8.09, A. Roberts 7.21) ..... 31.01
4. Kingston G.S. 31.03; 5. Surrey Beagles 31.48; 6. Raynes Park G.S. 32.21; 7. Surbiton G.S. 32.25; 8. Goldsworth S. 32.33; 9. Mitcham 'B' 32.37; 10. Belgrave 'B' 33.18; 11. Coombe House S. 36.00; 12. Goldsworth S. 'B' 36.31.

### Fastest laps:

A. Roberts (Pur. G.S.) 7.21; J. Rathbone (Sy. B) 7.23; R. Allen (Sy. B) 7.25; J. Hampshire (Bel.) 7.26; J. Brown (Ray. Pk. G.S.) 7.29; D. Cocks (Bel.) 7.30.

(CS) 39.34; 16. J. Skinner (Mx) 39.37; 17. P. Haines (RAF) 39.57; 18. D. Plator (CS) 40.13; 19. R. Lambert (Mx) 40.17; 20. A. Smith (RAF) 40.22; 21. J. S. Evans (RAF) 40.29; 22. B. Rigby (RAF) 40.40; 23. J. Ellam (RAF) 40.52; 24. A. Gray (Mx) 41.01; 25. J. Herring (CS) 41.08; 26. J. Reeve (RAF).

### Teams:

	Pts.
1. Civil Service	(1.2. 3. 6.11.12) 35
2. Middlesex	(5.8.10.13.14.16) 66
3. R.A.F.	(4.7. 9.17.20.21) 78



## AUSTRALIAN NEWS

By JOE GALLI

**D**AVE POWER'S 27:52.8 N.S.W. State 6-mile title win at Sydney on January 19th was an improvement of 45.2s. on his previous fastest time and broke Dave Stevens' Australian record 27:54.0.

Following on his 4:00.2 mile (behind Thomas on January 6th), Power was shaping like a definite "threat" for the Olympic 10,000 metres and/or marathon.

Power, who ran the second "3" in 13:43, won easily from Bob Vagg (19), whose own time was remarkable 28:15.6.

On the same night (the meet was again held on the beautiful Sports Ground grass track), Alby Thomas lowered his own Australian 2-mile record to 8:35.4, and *en route* passed 3000 metres in 8:01.4 to break the last of Stephens' National records.

Outstanding performer at the annual Victoria - N. S. W. interstate challenge (Melbourne, January 23-24) was Alf Mitchell, 18, of N.S.W., winner of the Javelin throw with 250'3½" — breaking fellow-Australian Nick Birks' Australian and British Empire records, and setting a new world junior best performance.

Mitchell, 6 feet tall and 11½ stone has had barely three years' experience. Over the past 12 months he has improved 42'. His previous best was 214'2½" two weeks earlier.

What helped in Melbourne? A Held javelin—previously Mitchell had used only an aluminium one in competition.

Four athletes equalled or bettered Olympic selection standards: Bebyn Baker (200 metres 21.1) which equalled the Australian record), Merv Lincoln (1500 metres 3:44.9), Geoff Walker (steeplechase 8:55.0), Ian Tomlinson (hop-step-jump 51'8½").

Baker was disqualified for running just over his lane mark for a few yards on the turn. He won easily, though, from Dennis Tipping, N.S.W. (Tipping had won the 100 metres against a headwind, 10.7 to 10.8, but Baker looks by far the better prospect.

New Australian records were made by Ross Filshie (pole vault 13'8") and Warwick Selvey, giant N.S.W. weight man being coached in Melbourne by Franz Stampfl (discus throw 165'7").

The 5000 metres on the second day was ruined by the extremely humid conditions. Power won easily in 14:16.8, from Thomas 14:39.8 and Vagg 14:41.2.

**January 23rd.** Other results: 400 metres: K. Gosper 47.9, J. Randall 47.9 — Gosper ran the first 200 fast, then "died." 1500 metres: Lincoln 3:44.9, D. Wilson 3:47.9, D. Henderson 3:49.4; 200m hurdles: J. Chittick 23.6, D. Prince 23.7 (junior record); shot put: W. Selvey 52'1", J. Penfold 51'1¼"; invitation high jump: C. Porter 6'8"; hammer throw: R. Leffler 192'9".

**January 24th.** 800m: R. Oakley 1:50.8, R. Cozens 1:51.5, D. Wilson 1:51.6. 400m hurdles: B. Stanton 52.7, J. Randall 53.0. High jump: C. Porter 6'6"; broad jump: B. Baker 23'5½", I. Tomlinson 23'2¼"; hammer throw: R. Leffler 191'0½", C. Morris 184'5½"; invitation junior 100m: B. Williams 10:7.

Betty Cuthbert continued to show very promising form in Sydney. On January 24, on the grass Sports Ground track, she won over 100 metres in 11.5 (from Pat Duggan 11.6), only 0.1 outside her best, made at the 1956 Olympics.

### CAMBRIDGE UNIVERSITY PAARLAUFS

#### At Milton Road Track, Feb. 1st

Three races were held, the first two of 20 minutes, with the seeded men in the first race, two competitors from the same college per team, with only one track or cross-country blue allowed per pair. The third race, of 10 minutes duration, with 3 per team (again, only one blue, and all from the same college) was primarily for sprinters and field-events men.

**20 mins. Race 1:** 1, T. J. Briault and I. M. Argyle (St. Johns) 4m. 1230y.; 2, M. B. S. Tulloh and J. Offord (Selwyn) 4m. 1180y.; 3, T. J. Blythe and J. Thornycroft (Pembroke) 4m. 980y.

**20min. Race 2:** 1st G. A. Johnson and W. Brandon (Jesus) 4m. 660y.

**10min.:** 1, J. M. Parker, A. Thompson & J. D. Redmayne (St. Caths.) 2m. 960y.; 2, R. B. W. Blaxhill, A. Easthope & W. R. Galbraith (Christ's) 2m. 940y.; 3, R. A. Angier, T. P. Green & M. H. Davies (Sidney) 2m. 935y.

P.S.M.



# LEAGUE RACES

## BIRMINGHAM LEAGUE Division 2, at Dudley, January 30th Seniors

1. M. Herriott (Sparkhill H.) . . . . 29.31
2. Mike Whittaker (Stafford A.C.) . . 29.42
3. J. Mills (Sparkhill H.) . . . . . 29.53
4. W. Aston (Bilston) 30.15; 5. T. Ellwood (Spark.) 30.25; 6. A. Johnson (Dudley) 30.26; 7. Matt Whittaker (Staf.) 30.29; 8. F. Woodward (Leamington) 30.31; 9. A. Whittle (W. Bromwich) 30.35; 10. G. Ashby (W. Brom.) 30.50; 11. R. Bateman (B.T.H.) 40.58; 12. K. Harrington (Bil.) 31.05.

Teams	Pts.
1. Sparkhill (1, 3, 5, 14, 15, 21)	59
2. B.T.H. (11, 13, 16, 19, 23, 28)	110
3. Bilston (4, 12, 20, 37, 41, 60)	174
4. Leamington 163; 5. West Bromwich 232; 6. Stourbridge 228; 7. Stafford 238; 8. Cheltenham 304; 9. Bromsgrove 320.	

### Youths

1. J. Edwards (Dudley H.) . . . . . 15.32
2. P. Thomas (B.T.H.) . . . . . 15.50
3. R. Davis (Leamington A.C.) . . 15.55

**Teams :** 1, Dudley 17 pts.; 2, B.T.H. 22; 3, Leamington 25.

### Division 3, at Smethwick

1. P. Banner (Shrewsbury A.C.) . . 35.27
2. M. Perkins (Evesham A.C.) . . . 35.43
3. M. Bryant (Nuneaton A.C.) . . . 36.02
4. G. Davies (Shrews.) 36.10; 5. T. Preston

(Nun.) 36.26; 6. M. Bratt (Oldbury 36.35); 7. J. Algar (Smethwick) 36.51; 8. N. Peace (Harborne) 37.02; 9. A. Kent (Walsall) 37.12; 10. B. Clifton (Smeth.) 37.17; 11. C. Rylance (Nun.) 37.22; 12. A. Mooney (Smeth.) 37.23.

Teams	Pts.
1. Nuneaton (3, 5, 11, 13, 20, 21)	73
2. Smethwick (7, 10, 12, 15, 17, 18)	79
3. Harborne (8, 23, 24, 27, 35, 38)	155

### Youths

1. S. Wood (Oldbury A.C.) . . . . . 18.32
2. A. Penny (Smethwick H.) . . . . 18.45
3. P. Fairbrother (Shrewsbury A.C.) 19.01

**Teams :** 1, Oldbury 10 pts.; 2, Smethwick 22; 3, R.A.F. Cosford 38.

## NORTH WALES LEAGUE

### At Rhyl, January 30th

1. A. F. Pumfrey (Rhyl A.C.) . . . . 26.57
2. R. Jones (Rhyl A.C.) . . . . . 27.40
3. T. R. Billington (Rhyl A.C.) . . 28.06
4. C. Bryans (Bangor Univ.) 28.12; 5. B. Gill (31st T.R.R.A.) 28.51; 6. S. Latchford (Rhyl) 29.03; 7. D. E. Williams (Wrexham) 29.11; 8. D. C. Hughes (Rhyl) 29.22; 9. V. Blackwell (Wrex.) 29.33; 10. A. Price (Ban. U.) 30.22; 11. T. Bithel (Wrex.) 30.29; 12. T. Noble (Ban. U.) 30.35; 13. J. Davies (Rhyl) 30.46; 14. J. Malpass (38th T.R.R.A.) 30.55; 15. H. Tipping (Ban. U.) 31.01; 16. R. O. Yeomans (Wrex.) 31.05; 17. J. Wood (Ban. U.) 31.09; 18. M. Roberts (Ban. U.) 31.37;

(Continued at foot of page 15)



**Just after the start of the  
Lancashire W.C. 7 Miles  
Walk at Denton.**

S. Cook



## SOMERSET COUNTY CHAMPIONSHIP

At Bath, January 30th

### Youths—2½ Miles

1. A. C. Bishop (Weston-S.-M. G.S.) 16.01
2. A. J. Langford (Monkton C. Sch.) 16.07
3. P. H. Clarke (Weston-S.-M. G.S.) 16.20
4. A. Llewellyn (City of Bath S.) 16.22; 5. M. J. Bryan (Westbury) 16.28; 6. Martin (Millfield S.) 16.38; 7. P. J. Gaze (W.-Super-Mare G.S.) 16.39; 8. Houghton (Mill. S.) 16.39; 9. Green (Mill. S.) 16.47; 10. R. E. Butler (C. of Bath S.) 16.56.

### Teams

### Pts.

1. Weston-Super-M. G.S. (1, 3, 7, 13) 24
2. Millfield School (6, 8, 9, 11) 34
3. City of Bath School (4, 10, 15, 19) 48
4. Monkton Combe School 67; 5. Frome G.S. 88.

### Boys—2½ Miles

1. A. Babb (Taunton A.C.) ..... 12.33
2. R. Harvey (Hengrove School) .. 12.37
3. M. Hearne (Taunton A.C.) .... 12.42
4. R. Richards (Taun.) 12.45; 5. D. Hawkins (City of Bath S.) 13.06; 6. J. P. Barham (C. of Bath S.) 13.08.

### Teams

### Pts.

1. Taunton (1, 3, 4, 23) 31
2. City of Bath Sch. (5, 6, 11, 13) 35
3. Hengrove School (2, 12, 16, 17) 47
4. Millfield School 50; 5. Weston-Super-Mare G.S. 56; 6. Keynsham G.S. 106.

## CAMBRIDGESHIRE COUNTY CHAMPIONSHIPS

At Soham, January 30th

### Youths

1. D. Morley (Soham G.S.) ..... 21.08
2. P. Fuller (Cambridge City A.C.) 21.38
3. J. Thorpe (Kings School) ..... 22.11
4. A. Mason (Kings S.) 22.21; 5. L. Crockett (Kings S.) 22.23; 6. G. Story (Cam. C.) 22.26; 7. Rhodes (Wisbech G.S.) 22.33; 8. M. Whymer (Cam. C.) 23.18; 9. Rule (Cam. G.S.)

19. G. L. Baldwin (Wrex.) 32.05; 20. M. Brooks (Ban. U.) 32.45.

### Teams

### Pts.

1. Rhyl (1, 2, 3, 6, 8, 16) 33
2. Bangor Univ. (4, 10, 12, 15, 17, 18) 76
3. Wrexham (7, 9, 11, 16, 19, 21) 83
4. 31st T.R.R.A. (Kinnel) 184; 5. 38th T.R.R.A. (Kinnel) 222.

### Final League Positions:

1. Rhyl 172 pts.; 2. Wrexham 322; 3. Bangor University 363; 4. 31st T.R.R.A. (Kinnel) 562; 5th, 38th T.R.R.A. (Kinnel) 789.

- 23.23; 10. Ratcliffe (Cam. G.S.) 23.24; 11. S. Walker (Soham G.S.) 23.31; 12. S. Davy (Kings S.) 23.34; 13. B. Webb (Cam. H.S.) 23.52; 14. Sainty (Cam. C.) 24.09; 15. H. Wilson (Cam. C.) 24.13.

### Teams

### Pts.

1. Kings School, Ely (3, 4, 5) 12
2. Cambridge City (2, 6, 8) 16
3. Cambs. G.S. (9, 10, 14) 33
4. Soham G.S. 52; 5. Cambs. H.S. 56; 6. Perse School 57; 7. Kings S. 'B' 75; 8. Wisbech G.S. 80.

### Boys

1. P. Tamplin (Kings School) .... 12.44
2. B. Langran (Coleridge A.C.) .. 13.07
3. P. Starras (Cambs. G.S.) ..... 13.12
4. Speed (Cam. G.S. 'B') 13.14; 5. H. Henry (Bassingbourn V.C.) 13.14; 6. G. Hall (Linton V.C.) 13.17; 7. C. Beck (Kings S.) 13.18; 8. Payne (Cam. G.S.) 13.18; 9. G. Harding (Gamlingay S.) 13.25; 10. Hurst (Wisbech G.S.) 13.27.

### Teams

### Pts.

1. Cambs. G.S. (3, 8, 13) 24
2. Kings School, Ely (1, 7, 21) 29
3. Cambs. G.S. 'B' (4, 11, 16) 31
4. Linton Village College 49; 5. Chesterton School 58; 6. Gamlingay School 75; 7. Soham G.S. 83; 8. Cambs. G.S. 'C' 103.

## MID-ESSEX SCHOOLS' CHAMPS.

Chelmsford, Jan. 30th

- Seniors:** 1. R. Emarton (King Ed. VI) 16.58; 2. J. Gough (King Ed. VI) 17.55; 3. J. Towson (Braintree CHS) 18.55.

**Teams:** Braintree CHS 37pts..

- Inter.:** 1. W. Farnham (King Ed. VI) 16.08; 2. B. Ward (Cty. Tech.) 16.48; 3. L. Elkington (Brain. CHS) 16.57.

- Teams:** 1. King Edward VI 90pts.; 2. Braintree CHS 109; 3. Maldon GS 116.
- Juniors:** 1. D. Lutkin (Essex HS) 12.19; 2. N. Kemp (Cty. Tech.) 12.30; 3. C. Leonards (Saffron W.) 12.38.
- Teams:** 1. Saffron Walden TMS 75pts.; 2. County Tech. 103; 3. Moulsham CSS 134.

## ON MY TRAVELS—contd.

evenings films, table tennis, darts and snooker provide recreation which helps to make these week-end courses even more enjoyable. Any athlete interested, and who would like to visit the centre, will be made welcome.



## OTHER RESULTS

### January 16th

**North Herts. 12pts. beat Bishop's Stortford 15, Stevenage 18.** 1, T. Osborne (NH) 28.21; 2, G. Papworth (NH) 28.21; 3, Prosser (BS) 28.50; 4, Kew (BS) 28.50. **In a youths' match North Herts. beat Bishop's Stortford 8pts. to 18.** 1, R. Rogers 22.42; 2, D. Matherson 23.18; 3, J. Ellis 24.16.

### January 17th

**Mitcham Boys' 2 Miles Champ.** 1, D. Manning 11.00; 2, G. Biscoe 11.02; 3, A. Garcia 11.07; 4, C. Smith 11.57 5, R. Elliott 12.04; 6, D. Harvey 12.10. **Under 14:** 1, B. Pendergast 13.14; 2, P. Spearpoint 13.34; 3, R. Challen 14.02.

### January 20th

**Loughborough College 29pts. beat Birmingham University 56, Loughborough Coll. "B" 90, Birmingham Univ. "B" 125, over 5½ Miles.** 1, C. Plumpton & P. Leake (LC) 28.51; 3, D. Shaw (BU) 28.59; 4, D. H. Davies (BU) 29.48; 5, D. Parker (LC) 30.01; 6, Meddings (LC) 30.12.

**Royal Navy beat Bristol Univ., University Coll., London, Bristol Univ. 'B', R.A.F. Yatesbury, Royal Agric. College.** 1, Meadows (RN) 34.01; 2, Mitchell (UC) 34.05; 3, Humphreys (RN) 34.38; 4, McFadden (RN) 35.05.

**R.A.F. Bridgnorth 32pts. beat R.A.F. Cosford 55, R.A.F. Gaydon 61, R.A.F. Bridgnorth 'B' 75, R.A.F. Gaydon 'B' 113.** 1, P. F. Haines (C) 38.36; 2, J. Munnery (C) 39.14; 3, G. Brown (B) 40.09; 4, P. Radcliffe (C) 40.30.

### January 23rd

**Thames Valley H. Champs. Seniors 10 M:** 1, P. Linford 56.05; 2, P. Clark 56.25; 3, A. Wood 56.38; 4, T. Stacey 58.07. **Juniors 5 M:** 1, W. Card 27.14; 2, R. Nottage 27.56; 3, D. Lowe 28.03; 4, A. Taylor 28.17.

**Southall A.C. Champs.** 1, C. Wroth 46.05; 2, C. Herd 46.33; 3, R. Knights 47.18; 4, J. Gunn 47.59. **Youths 3 M.** 1, T. Magee 16.33; 2, D. Gathergood 16.38; 3, P. Jarvis 17.57.

**Cambridge Univ. 40pts. beat Loughborough Coll. 42, Liverpool Univ. 96.** 1eq., Tulloh and Minshall (CU); 3, Plumpton (LC); 4, Briault (CU).

**Wrexham beat Aberystwyth Univ. 36 - 42.** 1, D. E. Williams (W) 35.32; 2, B.E.J. Waters (W) 36.42; 3, G. Williams (AU) 37.00; 4eq., V. Blackwell (W) & B. Jones (AU) 37.04.

**Southgate H. 10 M. Road Champ.** 1, A. Wren 51.04; 2, T. Cartwright 53.24; 3, C. Hamilton 58.04; 4, E. Lawley 65.06. **H'cp:** 1, C. Hamilton (10.40) 47.24; 2, J. Martin (16.50) 48.28; 3, T. Cartwright (2.50) 50.34.

**Herne Hill H. Champs. Seniors 9 M.** 1, M. R. Maynard 50.23; 2, A. Towl 52.56; 3, J. Conway 53.33; 4, B. Shave 54.01. **Juniors 6 M.** 1, A. Willis 36.09; 2, L. Rhodes 37.27; 3, R. Setti 37.32; 4, M. Dickerson 40.27. **Youths 3 M.** 1, J. Derham 17.04; 2, L. O'Sullivan 17.25; 3, M. Blackmore 21.04; 4, B. Goodman 21.19.

**Veterans' A.C. 5 M. Champ.** 1, J. Flowers 35.13; 2, S. Lee 36.43; 3, G. Moriarty 37.07. **H'cp:** 1, A. Sutherland (14.00) 30.55; 2, A. Welling (7.55) 31.44; 3, R. White (7.20) 32.00.

**Ealing H. Champs. Seniors 7½ M.** 1, M. T. Blagrove 44.25; 2, D. C. Case 44.47; 3, D. Howells 48.53; 4, R. E. Morland 51.40. **H'cp:** 1, D. Howells (6.00) 42.53; 2, R. E. Moreland (8.00) 43.40. **Juniors 5 M.** 1, T. H. Bivens 29.48; 2, M. Roberts 30.44; 3, R. B. Morland 33.43. **Youths 2½ M.** 1, A. Stewart 14.44; 2, H. Mills 15.14; 3, M. Sykes 15.40. **Boys 2½ M.** 1, A. Storey 13.45; 2, H. Morland 14.29; 3, A. Pope 14.52; 4, L. Strange 17.21. **Handicap:** A. Storey (scr.) 13.45.

**Highgate 17pts. beat Barnet 29, Bank of England 51 scoring 4 a side. Scoring 7 a side B. of E. beat Barnet 'B' 108 - 127.** 1, F. Salvat (H) 28.05; 2, D. Taylor (H) 28.06; 3, R. Jones (BE) 28.48; 4, J. D. Wood (B) 29.07. **In a youths' race Barnet tied with Bishop's Stortford with 18pts. each over 2½ - 3 Miles.** 1eq., J. Kew and G. Hoares (BS) 16.10; 3, J. Taylor (B) 16.25; 4, B. Dolton (B) 16.58.

**St. Albans City beat Luton H. & H. 15 - 46.** 1eq., P. Smith and J. Thorpe (St. AC) 44.45; 3, R. Macey (St. AC) 45.36; 4, D. Brown (St. AC) 45.47.

**Swindon beat Bath 22 - 58.** 1, J. Townsend (S) 24.55; 2, E. Bates (S) (S) 25.33; 3, R. Ford (S) 26.06; 4, D. Chun (S) 26.18.

**Bristol 23pts. beat Roath 71, Cardiff Univ. 91.** 1, J. Edwards (B) 36.52; 2, M. Sully (B) 37.09; 3, A. Taylor (B) 37.50; 4, T. Wray (B) 38.16.



**Aylesford Paper Mills 19pts. beat Mitcham 45, Maidstone & Tonbridge (Comb.) 90, City of Rochester 107.** 1, F. Sando (APM) 52.54; 2, J. Pettitt (APM) 53.26; 3, J. Mayatt (APM) 53.35; 4, R. Forster (APM) 54.14. **In a junior race Mitcham 16½pts. beat Isle of Sheppey 33, Aylesford 40½, Rochester 51.** 1, A. Harris (M) 23.34; 2, A. Drew (S) 23.54; 3, B. Drewett (M) 24.12; 4, D. Bates (APM) 24.21.

**Belgrave H. Champs. Seniors 10 M.** 1, C. Dabbs 58.09; 2, C. Walker 60.03; 3, D. F. Jones 60.44. **Junior 5 M.** 1, K. Miller 28.53; 2, A. Black 29.44; 3, J. Thresher 30.09.

**South London H. Champs. Seniors 10 M.** 1, D. A. G. Pirie 55.00; 2, N. Chanin 56.16; 3, C. Wilson 57.09; 4, J. Lyne 57.25. **H'cp :** 1, C. F. G. Aldridge 49.28; 2, D. W. Sudbury 50.07; 3, N. Chanin 50.12. **Juniors 5 M.** 1, P. Barber 27.54; 2, C. J. Harvey 28.02; 3, A. J. Yates 28.13; 4, N. Dungate 28.17. **H'cp :** 1, W. J. Morris 26.05; 2, A. J. Yates 26.58; 3, P. T. Bodley 27.11. **Youths 3½ M.** 1, S. D. G. Stephens 22.35; 2, W. C. Cheeseman 23.05.

**Blackheath H. Champs. Seniors 10 M.** 1, A. J. Weeks-Pearson 54.59; 2, L. F. Fletcher 56.11; 3, A. Stevens 56.29; 4, A. J. Brent 56.48. **H'cp :** 1, D. J. Tingey (17.40) 51.59; 2, P. Cronin (14.40) 52.33; 3, A. V. Hayday (14.40) 53.05. **Juniors 5 M.** 1, D. Sibley 28.48; 2, F. C. Rogers 29.14; 3, A. J. Cruttenden 29.20; 4, M. J. Batty 29.36. **H'cp :** 1, A. Calton (3.30) 27.23; 2, F. C. Rogers (0.45) 28.29; 3, R. Pinder (3.30) 28.42.

**Sale beat Swinton 30 - 51.** 1, P. Smith (Sale) 43.18; 2, R. Fallon (Sw) 43.57; 3, J. Frost (Sale) 44.22; 4, I. Wilding (Sale) 45.53.

**Shaftesbury H. Champs. Seniors 9 M.** 1, R. Parker 52.39; 2, W. Steven 53.26; 3, S. Beale 55.49; 4, K. Burkinshaw 56.15. **Juniors 5M.** 1, A. Patten 28.12; 2, J. Littlewood 28.52; 3, D. Huxley 29.09; 4, J. Jales 29.35. **Youths 3 M.** 1, P. Sulston 21.35; 2, R. Simons 21.37; 3, T. Charles 22.06; 4, R. Haslehurst 22.28. **Boys 2 M.** 1, G. Wakeham 12.52; 2, D. Mitchell 13.18; 3, E. Barber 13.55; 4, G. Horsnell 14.02.

**Victoria Park H. 10 M. Champ.** 1, S. Day 56.04; 2, A. Howlett 59.26; 3, V. Potter 62.40. **H'cp :** Day 56.04.

**Kettering Town H. Champs. Seniors 7½ M.** 1, A. W. Gale 40.42; 2, P. Oram 41.01; 3, W. McKim 41.22; 4, J. Caswell 42.56.

## T.V.H. FIELD EVENTS MEETING

Thames Valley Harriers' 6th annual field events meeting at Alpertown on February 6th had a good turn-out in fine but chilly weather. The outstanding performance was that of A.A.A. Junior Champion, John McSorley, in beating the A.A.A. Senior Javelin Champion, Colin Smith, with a throw of 216'4". His series of 191'7½", 196'0", 207'1½", 192'7", 216'4", and a no-throw of around 213ft. showed great promise.

There were a great many no-throws and jumps during the afternoon, showing that the winter lay-off had caused technique to become a little rusty. Morgan, in the shot, had only one valid effort of 49'8½" but this enabled him to win by more than 4ft. In the discus Doyle could manage only one throw of 136'1½" to take second place, though he had the distance with his five no-throws.

Wilson had a good jump of 6'2" but one felt that, apart from the winners, the general standard was not high enough for Olympic year. Don Anthony was most concerned about the hammer throwing standard but, not only were some of the stars missing, this was the first real competition these boys have had this year.

**LJ:** 1, J. Howell (Herne Hill) 22'5¼"; 2, G. Britten (Ex. Bgls.) 21'11"; 3, D. Hadler (Camb. H.) 21'4¼"; 4, D. Brigden (Mitcham) 20'11".

**HJ:** 1, D. Wilson (Hercules) 6'2"; 2, A. Bateman (Southall) 5'10"; 3, G. Ward (Oxford C.) 5'10"; 4, M. Hurman (TVH) 5'10".

**HSJ:** 1, F. Alsop (Hornchurch) 48'2½"; 2, K. Wilmshurst (Walton) 47'6¼"; 3, D. Smith (TVH) 45'5¼"; 4, J. Balson (Southall) 44'10¼".

**PV:** 1, R. Porter (Birchfield) 13'0"; 2, R. Richardson (TVH) 10'3"; 3, J. Webster (ULAC) 10'0".

**SP:** 1, N. Morgan (Croydon) 49'8¼"; 2, J. Bellingham (Camb. H.) 45'5"; 3, E. Cleaver (Army) 44'9"; 4, J. Lloyd (Birchfield) 43'0¼".

**DT:** 1, E. Cleaver (Army) 162'4"; 2, H. Doyle (Herne H.) 136'1½"; 3, J. Bellingham (Camb. H.) 134'3".

(Continued on page 19)



# WALKING

by A. D. McSweeney

## VIDARIANS WIN "GARNET" 10M.

WITHOUT having before even got near a place in the first three in a race outside County Championship class, the young London Vidarians team of Gerry Grosse, Doug. Hopkins, Dick Hyland and Chris Mitchell put up a very sound display, when others faltered, to comfortably win the "Garnet" 10 Miles Team Championship from the Blackheath H. quarters at Hayes on Saturday. This should be a great encouragement at the right time.

John Godbeer, of Cambridge Harriers, was the individual winner by a three-minute margin over Ken Easlea, of Enfield, and this was consolation for his loss of the title in the last half mile last year. Easlea's performance was much his best yet and unexpected generally and he outlasted young Stuart Percy, of Cambridge H., who looked set to give his club first two home.

Cliff Ball, of Southampton, was the only prominent entrant missing when the field set off and Godbeer soon assumed command. He travelled easily and was 50 yards or so up at the first mile, then followed Percy, John Housden (Trowbridge), Dennis Read (Steyning) and Easlea. On the climb to Keston Common, in the second mile, Housden was caught by the next group, then got away again on the downhill slope only to be ruled out. By the three mile point Godbeer had almost a minute lead, second was Percy and third Easlea, while Dennis Read trailing them looked to be awaiting the right moment to nail them back. At halfway the team race was a very tight thing with Cambridge leading and the Vidarians, Belgrave and Steyning well packed. By seven miles Easlea caught Percy and Read lost ground somewhat, while Belgrave, through Purkiss moving up, had improved their chances. Then quite suddenly the picture changed. Purkiss shot his bolt and lost ground quickly, as did Read for Steyning and Munro for Cambridge. The Vidarians quartet held fast to their places grimly and with a

mile to go were clear of the rest. Their rivals continued to drop points and Vidarians clocked in with 54 while the next four home showed these figures: Belgrave 75; Cambridge 75; Steyning 76; Surrey W.C. 86.

Outside those mentioned the performances of Brian Russell (Gosport), fourth home, and Maurice Fullager (Surrey W.C.), 6th, were very praiseworthy and Fullager in particular is one of the most improved young walkers of the year.

**This Saturday (13th):** The Second Annual London County 10 Miles at Battersea Park, 2.30. Polytechnic won a surprise victory last year but Belgrave have a very strong team entered and should make sure this time. Stan Vickers, Eric Hall, John Godbeer, Bob Goodall and John Northcott will make the pace a hot one. Southend also hold their Youth-Junior event to-day.

The National and Inter-County 10 Miles is from the Metropolitan Police Sports Ground, Hendon, on March 19th.

**R.W.A. Southern "Garnet" 10 Miles Championship, Hayes, Kent.** 1, J. F. Godbeer (Camb. H.) 79m. 46s.; 2, K. C. Easlea (Enfield) 82.49; 3, S. J. Percy (Camb. H.) 83.19; 4, B. Russell (Gosport) 83.48; 5, J. Knifton (Belgrave) 84.30; 6, M. Fullager (Surrey W.C.) 84.48; 7, W. Garratt (Surrey A.C.) 84.56; 8, D. B. Hopkins (L. Vidarians) 85.01; 9, J. Brennan (Gosport) 85.03; 10, J. Moran (St. Albans) 85.21; 11, G. Thompson (Steyning) 85.34; 12, G. Grosse (L. Vid.) 85.38.

**Teams:** 1, L. Vidarians W.C. (8, 11, 15, 20) 54; 2, Belgrave H. (5, 14, 24, 32) 75; 3, Cambridge H. (1, 3, 22, 49) 75; 4, Steyning A.C. 76; 5, Surrey W.C. 86; 6, Trowbridge A.C. 101.

**Enfield A.C. v. Met. Police 10 Miles.** 1, C. W. Fogg (Enf.) 82.29; 2, S. R. Mantor (Enf.) 86.45; 3, J. McAtee (Pol.) 87.47. **Teams:** Enfield 16; Police 20.

**Ilford A.C. Inter-Club 7 Miles.** 1, R. Clark (Poly.) 53.19 (rec.); 2, C. Williams (Ilf.) 54.17; 3, R. Betts (Ilf.) 54.43. **Teams:** Ilford 9; Woodford 22.

**Lancs. W.C. 20 Km.** 1, R. Wallwork 1:48.43; 2, J. Sankey 1:54.41; 3, J. Todd 1:58.10. **H'cp.:** F. Pearce (Snr.).



## WELSH NOTES by Bernard Baldwin

THE Welsh Cross-Country Association, often maligned in the past for holding all its championships in Cardiff or Newport, recently embarked upon the more democratic system of allocating championships elsewhere. The Cardiff and Newport bodies of opinion stood down in favour of other towns, but the scheme seems to have backfired, for the Association are now being accused of lack of supervision of courses.

There has been much to be desired at recent events, especially concerning courses, but the Association is in a quandary. What do they do when the local club insist that a course is suitable, correctly measured, and with adequate facilities? Last Saturday's 7 miles championship at Aberystwyth may indicate a solution, for a Surveyor's certificate was obtained verifying the distance, and a detailed description of the course sent to the Association Secretary.

**Welsh 7 miles cross-country championship, Aberystwyth.** 1, W. B. Jeffs (Essex Beagles) 36.20; 2, D. Thomas (Birchgrove H.) 37.45; 3, D. Llewellyn (Newport H.) 37.51; 4, T. Bee (Carmarthen H.) 37.51; 5, D. H. Davies (Carmarthen H.) 38.01; 6, R. Franklin (Newport H.) 38.12. **Teams:** 1, Newport H. 61pts.; 2, Roath H. 92; 3, Wrexham A.C. 132.

Only one of the 47 starters failed to complete the hilly one lap course. Five teams started and finished.

The Welsh Youths' and Boys' Championships at Gilwern the previous week were well attended, and much credit goes to veteran Les Williams for their promotion in this new hunting ground. Les's team, Gilwern A.C., were second in the Boys' event and sixth in the Youths', providing the individual winner in the latter. Results next week.

Charles Elliott regrets that the hurdles list of the Junior Performers cannot be produced until next week.

### T.V.H. FIELD EVENTS MEET.—contd.

**JT:** 1, J. McSorley (TVH) 216'4"; 2, C. G. Smith (TVH) 209'9"; 3, B. Sexton (Roath) 191'1".

**HT:** 1, D. Anthony (Poly) 166'9½"; 2, Z. Nikazis (Luton) 156'7½"; 3, D. Vanhegan (Barnet) 151'10½". **W.P.**

## NORTH-EASTERN CHAMPIONSHIPS

(Continued)

### Juniors—6 Miles

1. J. Hillen (Saltwell H.) ..... 32.47
2. J. Alder (Morpeth H.) ..... 32.53
3. R. Yeats (Benwell H.) ..... 33.39
- 4, J. Heads (Billingham Syn) 34.01; 5, W. Churchill (Salt.) 34.14; 6, H. Collett (Middles.) 34.20; 7, A. Kaine (Darl'n) 34.24; 8, J. Pickett (Midd.) 34.40; 9, J. Schofield (Midd.) 34.55; 10, J. Turnbull (Ben.) 35.09; 11, T. White (Elswick) 35.30; 12, J. Muir (Ben.) 35.45; 13, C. Coleman (Ben.) 35.47; 14, M. Butler (Midd.) 35.49; 15, W. Anderson (Salt.) 36.01.

### Teams:

**Pts.**

1. Middlesbrough & C. (6. 8. 9.14) 37
2. Benwell (3.10.12.13) 38
3. Saltwell (1. 5.15.18) 39
- 4, Elswick 81; 5, Billingham Syn. 99; 6, Gateshead 125.

### Youths—3 Miles

1. P. Condie (Benwell H.) ..... 15.20
2. P. Snook (Darlington H.) ..... 15.44
3. E. Hawes (Gosforth H.) ..... 15.48
- 4, W. Murray (Jarrow) 15.51; 5, A. Leitch (Gates.) 15.53; 6, B. Woodham (Middles.) 15.58; 7, L. Witt (Morpeth) 15.59; 8, R. Clementson (Gates.) 16.00; 9, K. Bond (Gates.) 16.06; 10, D. Pattie (Gos.) 16.07.

### Teams:

**Pts.**

1. Gateshead (5. 8. 9.11) 33
2. Gosforth (3.10.12.13) 38
3. Jarrow (4.14.17.20) 55
- 4, Middlesbrough & C. 61; 5, Benwell 113; 6, Darlington 114; 7, Morpeth 121; 8, Sunderland 165; 9, Wilton 193.

### Boys—2 Miles

1. D. Little (Saltwell H.) ..... 9.08
2. N. Whitfield (Benwell H.) ..... 9.09
3. A. Hart (Middlesbrough & C.) 9.12
- 4, V. Cooper (Middles.) 9.14; 5, B. Forster (Gates.) 9.17; 6, K. Johnson (Bed'n) 9.21; 7, T. Hale (Bed.) 9.22; 8, D. Pilkin (Midd.) 9.24; 9, E. Nicholson (Ben.) 9.31; 10, A. Moore (Midd.) 9.32.

### Teams:

**Pts.**

1. Middlesbrough & C. (3. 4. 8) 15
2. Bedlington (6. 7.19) 32
3. Saltwell (1.21.22) 44
- 4, Benwell 53; 5, Jarrow 63; 6, Gosforth 67; 7, Gateshead 76; 8, Houghton 77; 9, Elswick 100; 10, Heaton 111; 11, Gateshead Congers 113.



# Scottish News

By W. DIVERTY

## Scottish Universities 2nd Team C.C. Championships at Edinburgh, 30/1/60.

Glasgow Univ., the holders, received their first defeat of the season in this race, Edinburgh winning by 57 pts. to 62 pts. The individual honour went to John Gray (Glasgow) who covered the five mile course in 29.03, good time considering the conditions, as heavy snow fell throughout the race.

1. Edinburgh Univ. (P. Rae 2, W. Atkinson 6, A. Orr 9, C. Scrimgeour 11, G. Stacey 14, A. Hall 15) ... 57 pts.
2. Glasgow Univ. (J. Gray 1, M. Gallacher 5, B. Habbick 10, A. McIntyre 12, R. Campbell 16, T. Denstad 18) ... 62 pts.
3. St. Andrews Univ. (J. Brooks 3, A. Forrest 4, G. Fletcher 8, E. Newberry 13, E. Davidson 19, J. Johnston 20) ... 67 pts.
4. Aberdeen Univ. (J. Stott 7, W. Mackie 17, A. Carmichael 24, D. Butters 26, P. Spencer 28, C. Scott 30) ... 132 pts.

**Fastest Times:** 1. J. Gray (G) 29.03; 2. P. Rae (E) 29.23; 3. J. Brooks (SA) 29.47; 4. A. Forrest (SA) 29.47; 5. M. Gallacher (G) 29.52; 6. W. Atkinson (E) 29.55.

## Shettleston H. Winter Track Meeting, 30/1/60

Shettleston H. second annual winter meeting was a successful one despite the appalling conditions due to snow, then rain, during the meeting. The outstanding performers were G. E. Everett (Shett. H.) and M. G. Hildrey (Vic. Pk.). Everett won both the 1000y. and 3000m. in fine style, leading all the way in both events. Hildrey was inches behind W. G. Hunter (Falkirk Vic.), winner of the 60y, but came into his own when he won the 300y in 33.4.

**Senior:** 60y: W. G. Hunter (Falkirk Vic.) 6.7; 300y (1): M. G. Hildrey (Vic. Pk.) 33.4; 300y (2): T. McNab (Shett.) 36.4; 600y: A. Turnbull (Shett.) 1:18.2; 1000y G. E. Everett (Shett.) 2:18.2; 3000m: G. E. Everett (Shett.) 8:49.0; H. J.: I. Burns (Edin. Un.) 5'0"; S.P.: J. L. Crosbie (Vic. Pk.) 38'11".

**Junior:** 60y: J. McNulty (Shett.) 6.9; 300y: W. Campbell (Glas. Un.) 34.6.

**Youths:** 60y: H. Robertson (B'ouston) 7.0; H. Robertson (B'ouston) 13.6.

## International C.C. Race

Geo. Dallas, Secy. of the Scottish C.C. Union, is busy making arrangements for the International C.C. Race which is to be run at Hamilton Park, near Glasgow, on Saturday, 26th March. To date the following countries will take part:—England, Wales, Ireland, Scotland, France Belgium, Spain, Portugal and Morocco. The latter two countries will be making their first visit to Scotland. It is too early yet to assess the chances of any country, but it can be taken for granted that England, the strongest of the home countries, can expect a stiff fight from the visitors.

## Advertise **YOUR** event and increase your entries

### SWINDON ATHLETIC CLUB

3rd Annual 5 x 4½ Miles

### OPEN ROAD RELAY RACE

(Under A.A.A. Laws)

From the County Ground, Swindon  
Saturday, 19th March at 2.45 p.m.

**AWARDS:** Perpetual Challenge Cup for winning team. Valuable prizes (not plaques) for first three teams. Also for fastest two individual laps.

**Entry fees:** 7/6 per team (please do not enter more than 10 names per team. Entries to W. A. Townsend, 280 Cricklade Road, Swindon, Wilts. Closing date March 7th.

### BLACKHEATH HARRIERS SPRING TRACK MEETING

Sutcliffe Park Track, Kidbrooke, S.E.  
SUNDAY, 28th FEBRUARY, 1960  
Commencing at 11 a.m.

All events Scratch, Senior, Juniors & Youths  
Track: 100yds., 220yds., 440yds., 880yds., One Mile, Two Miles and Relay.

Field: High Jump, Long Jump, Javelin, Discus, Weight, Pole Vault.

No Prizes: No Entrance Fee

All entries are welcome on the day, or, if possible, in advance please, to:—A. Nye, Esq., 14 Croft Way, Sevenoaks, Kent.

Nearest Station: Kidbrooke

### FELTHAM A.C.

4th ANNUAL

### EASTER MONDAY ROAD RACES

(Under A.A.A. Rules)

SENIOR—5 Miles :: YOUTH—2½ Miles

Team and Individual Prizes and  
Prize for the First Veteran.

Team Entries — 4 to run — 3 to score

Senior Team 6/-; Individual 2/6  
Youth Team 6/-; Individual 1/6

Closing Date — 1st April, 1960

Entries to—

H. A. GIBBS, 10 Manor Place, Feltham, Mddx.