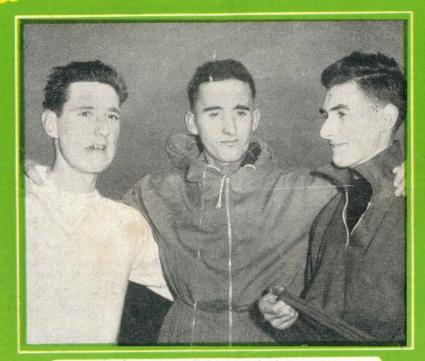
# JAN. 15th, 1955 WEEKLY







A GREAT SURREY TRIO

# Report on National Coaches' Conference

GEORGE PALLETT MORE COUNTY

answers the Coaches' Questionnaire

★ CROSS-COUNTRY RESULTS

Morpeth-Newcastle & Mitcham "15" Reports

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

#### COVENTRY STYLISTS

Y OUNG Midland Walkers showed to advantage on Saturday last, in the Essex Beagles Open Road Race of 3\(^4\) miles, at Chigwell, and it was especially pleasing to the Coventry Godiva H. contingent that their two, J. Edgington and J. Copley, should be awarded the Junior and Youth style prizes respectively.

The expected first man home, George Williams, of Worcester Harriers, failed most surprisingly to walk in the usual good style we have seen from him and he was ruled out early on. This left his namesake, C. Williams, of Ilford A.C., at the head of affairs for over halfway. After dropping to fourth he too came under the ban when he was making heavy weather of it. It's quite possible that the stiff nature of the course unsettled some of the competitors, but the walking on the whole was extremely good.

After the Williams pair had forsaken first place, Edginton, C. Young and K. Wilson, of the Beagles, and the "Met." boys, N. Thompson, P. Axford and K. Barber took over. The first named two opened up a gap gradually with Young the more vigorous, but Edginton looked to be moving the easier and in the last half mile, mainly uphill, he pulled away to finish a clear winner by some 60 yards.

The promoting Club once more tied with Metropolitan on points then lost the issue under the rule deciding such affairs, but with five men in the first seven scoring positions the strength of Metropolitan was undoubted. In the youngest group R. Bygrave (Highgate H.) J. Wood (Steyning A.C.) and F. Rayner (Essex B.) last year's first three, incidentally, soon left the rest behind and were neck and neck with 300 yards to go. Bygrave then opened out with Wood grimly hanging on, but the Highgate boy got home by four yards in 42 seconds faster time than in 1954. Wood's fine walking gained him the style award in this section.

"Bob" Goodall (Woodford Green A.C.) won the London Business Houses' Championship again and his time of 54m.28s. was only 18 seconds outside the Wembley Park course record which stands to the credit of the former A.A.A. Champion and Belgrave crack, Harry Churcher. Bryan Shepherd displaced Ron Davies as runner-up, after which there was a very big gap. Loughton (G.E. Rly.) retained the team title they took from Lyons Club 12 months ago, and in the absence for some reason of opposition from the latter Club, the winners had it handed to them "on a plate."

#### Hawkins Bids for "Hat-Trick."

The Imber Court, Thames Ditton, circuit is a favourite one for Bryan Hawkins, the fast going being very much to his liking. He has won the Metropolitan Police Open 7 miles there for the past two years and, on form, should make it three-in-a-row to-morrow, Saturday. His best time, 52m.02s. was made two years ago but he may very well beat 52mins. this time, even though he won't have George Coleman—a non-starter to push or to beat him. Goodall and possibly L. K. Evans and A. Macrarlane will be Hawkins' chief danger. Opposition from the provinces will come from Atbert Johnson, Sheffield U.H., one of Gt. Britain's 50k.m. men at Berne last August. The programme entry is 313, with 30 teams. Belgrave, Highgate, Metropolitan and Woodford -in alphabetical order, will maintain their monopoly of the placings this season. Start is 3 p.m. sharp.

#### January 1st

Woodford Green A.C. beat Essex Beagles 24 pts. to 31 over 7M. at Woodford. 1, J. R. Goodall (WG) 54.15; 2, L. T. Adams (EB) 54.55; 3, R. E. Davies (WG) 54.57; 4, J. Culver (EB) 59.07; 5, B. L. Low (WG) 59.25; 6, H. D. Nielson (WG) 60.10.

#### January 8th

Royal Sutton Coldfield W.C. beat Lozells H. 14 pts. to 22 over 10M. at Handsworth. 1, K. Matthews (RSC) 85.40; 2, F. O'Reilly (L) 86.26; 3, D. Carter (RSC) 87.17; 4, G. Hall (RSC) 89.34; 5, F. Spicer (L) 91.19; 6, C. Whitfield (RSC) 94.27.

Continued on page 19

#### Cover photo by H. W. Neale

First three home in the Surrey Senior C.C. Championship. L. to R.: PETER DRIVER, 3rd; GORDON PIRIE, 1st; and "MIKE" MAYNARD, 2nd.

# **Athletics Weekly**

Official Organ of Athletics in Great Britain

Vol. 9. No. 3. Jan. 15th, 1955

EDITOR: P. W. GREEN

Published by—
ATHLETIC & SPORTING
PUBLICATIONS

Editorial Offices—
ATHLETICS WEEKLY,
KENT ART PRINTERS, Ltd.,
THE BROOK,
CHATHAM, KENT.
(Chatham 4844-5)

Advertisement Representatives— W. HORACE BIGGS, PRESS ORGANISATION Ltd. 115 HIGH HOLBORN, LONDON, W.C.1. (Chancery 8725-3)

Printed by—
KENT ART PRINTERS Ltd.,
THE BROOK,
CHATHAM,
KENT.

Subscription Rates—
12 Months (52 issues) 45s. 6d.

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

12 MONTHS (52 issues) 35s. 6 MONTHS (26 issues) 17s. 6d. 3 MONTHS (13 issues) 8s. 9d.

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EVERY SATURDAY - NINEPENCE

THE Inter-Counties Cross-Country Championship at Birkenhead, is the main event to-day.

We should witness a great struggle between Surrey, Lancashire and Yorkshire, with Kent a likely fourth. Gordon Pirie's decision to run should give Surrey a great chance to win, as I think they will. But they will have stern opposition from both Lancashire, the holders, and Yorkshire.

In this number, my old friend, Denis Watts, contributes an interesting feature on the National Coaches' Conference. I am afraid I cannot agree with him that runners, middle and long distance, who have a short season and concentrate on a few races, reach a higher standard than those who train and race throughout the year because they do so.

The reason, in my view, that a very small number of University athletes have done so is because they were superlative athletes, and not for any other reason.

My experience as a coach goes to show that a distance runner cannot reach as high a standard by season to season training as he can by a steady increase of hard work over a period of years. This fact is undoubtedly responsible for the great improvement in the general standard of British distance running.

#### Odds and Ends

Harry Kane entered the Middlesex Hospital recently for an operation on his leg. He says he would like some letters from friends, but he was hoping to be out within a few days of the publication of this number.

M. Reeve, who won the National Youths' C.C. title in Southend colours in 1953, is now in Aden with the R.A.F.

THE EDITOR.

#### TRACK MEETING SECRETARIES

Don't forget that preliminary announcement of your summer meeting. The increase in type area makes no difference to our advertising rates and we are still giving four insertions for the price of three in ALL sizes. Specially low rates for the two smaller sizes—1½in. s.c. 20/-; 3in. s.c. or 1½in. d.c. 40/-. Four insertions reduces these to 15/-and 30/- per insertion Quarter-page s.c. or d.c. £3.

An advertisement in "Athletics Weekly" reaches those you wish to contact—the athletes—and an early insertion will mean your meeting being included in their diaries before they make arrangements to go elsewhere. Send in that preliminary announcement NOW!

Remember, four insertions for the price of three in ALL sizes.

## Letters to the Editor

#### WINTER COMPETITION

Dear Mr. Editor,

May I, through the medium of your columns, draw the attention of athletes and coaches to a promotion by my Club at the new Hurlingham track, S.W.6, on 19th March, 1955. In response to a plea by the A.A.A. Chief Coach at our last Annual Dinner, for more winter competition, an open scratch meeting has been arranged for this date. I am only sorry that nothing can be arranged immediately to fit the letter of Geoff Dyson's words . . . "more indoor meetings," but these appear to be as yet a thing of the future in this country in any reasonable number.

The events are to be Javelin, Discus, Weight, High Jump, Long Jump, Hop, Step and Jump, Pole Vault, supported by 100m., 800m. and 5000 metres on the track. We do feel that the Field Event men should have more opportunity at this time of the year, as their chances of competition before May are few and far between, and it is primarily for their benefit that this meeting has been arranged.

There will be no awards and no entry fee. Entries on A.A.A. Forms should be sent to myself at 68 Chaucer Av., Cranford, Middlesex. Full details will be sent to Clubs during the next week or so.

We do hope that athletes, whatever their club, will take advantage of this opportunity and also that offered by T.V.H. on February 12th. We have no doubt that this competition will prove invaluable. Perhaps other meetings could be arranged each month after the normal season is over.

Yours sincerely,

W. G. Asquith, Club Captain, L.A.C.

#### WARFARE BETWEEN COACHES

Dear Sir.

In his "News Commentary" of January 8th, Mr. Neil Allen, writing of the A.A.A. Young Athletes' Courses, states "It is good that so many more of the younger athletes in Britain will be able to attend a course from which much of the rather bitter club rivalry and 'warfare' between amateur coaches will be missing." This is a general and apparently adverse criticism of amateur coaches. I wonder would Mr. Allen let us know:—

- 1. What he actually has in mind.
- The facts and areas on which he bases his criticism.
- 3. Does his criticism refer to qualified A.A.A. coaches?

I was present at both the recent courses at Motspur Park and can assure Mr. Allen that the only bitter thing there was the East Wind and the only warfare waged was against the elements.

E. F. Housden

#### "NEW LOOK" SHORTS

Dear Sir,

Before I ran in the Mitcham "15" my wife stitched an extra 3½ ins. of material to each leg of my shorts, it being seemingly impossible to buy shorts meant for running which have a longish leg.

I well remember Sydney Wooderson, writing in your journal when it was a monthly, recommending longer shorts for cross-country, as it is important to keep the thighs warm. Most cross-country and other winter runners wear shorts more suited to the "Folies Bergere" than to running in icy conditions. Is it not time that some thoughtful manufacturer started producing "new look" shorts — a far more useful fashion than the flame red, bottle green and South-Sea blue shoes which "are being worn this year?"

May I take this opportunity of saying how much I appreciate the interesting and informative "News Commentary" by Neil Allen. I hope this article has come to stay.

Yours faithfully,

Colin N. Collis Belgrave H.

The Sports Centre, who advertise in these columns, are prepared to make "Alex James" shorts for any athlete at a reasonable price.

—Ed.

" H, what a fall was there."-Poor Wes Santee could produce only 4min. 14sec. in his four minute mile bid at New Orleans. on January 2nd. Apparently the track was soaked and the two day postponement completely upset Wes. The considerable margin of his failure made me remember the days when John Landy, M.B.E., was running his heart out on the terrible Australian tracks, returning what the Press called "only 4min. 2.4 sec." time and again. Talking of milers, I still believe that Bannister will be writing for a newspaper next season in spite of the careful statement in World Sports as to his unsullied status as an amateur.

Fine performance by Frank Seal, the Ponders End boy, who is only 19 this month, in beating Roger Dunkley (interviewed on T.V. on Jan. 7th) in the Middlesex junior crosscountry championship. Chosen for the Middlesex senior team in to-day's Inter-County championship at Liverpool, he may prove to be another George Knight in this race. I was very impressed when I saw Seal win the North of Thames junior race at Upminster early this season.

I hear that the venue for the 1955 international cross-country championship has not yet been changed from San Sebastian to Brussels. As far as officials know, Spain is still the host. You may have read in the Press recently that there has been a dispute and that Belgium have offered to stage the race. What in fact has happened is that in Spain, where sports are run by politicians, the officials in charge of arrangements have resigned en masse and at present no substitutes have been announced.

However much we may dislike it there can be no avoiding the fact that most international sport to-day is run on a political basis. Good sportsman though he may be, one cannot truly credit Vladimir Kuts with the nice gesture of sending his New Year wishes to Chataway via Moscow Radio. You can be sure that such a broadcast was the result of a new Party policy rather than the idea of Kuts. In previous years the Russian policy has been to keep their sporting prowess comparatively quiet apart from the occasional announcement that a woman discus thrower (from Omsk) had created a new world's record. Now that they are ready to inflict crushing athletic defeats on the democracies, the Communist countries send friendly greetings, accept bouquets, present medals and show every signs of being "jolly good pals." The athletics fan can only hope that as a result of this new Party line he will see more Chataway-Kuts races.

The announcement that Emil Zatopek did not compete in the San Paulo road race (won by Franjo Mihalic in Brazil on New Year's Eve because of anti-Brazilian statements, will be interesting to those who remember a story about the Czech at Helsinki which illustrates how much of his behaviour is influenced by Party policy. An English and an American sportswriter asked Zatopek why he could not go to run in America. Zatopek looked round carefully, leant forward and whispered, "I would like to go but they will not let me." Shades of 1984?

Peter Wilson unearthed the old controversy about team managers one day in the Daily Mirror last week. The point that he made was that Chris Chataway could travel to South Africa unaccompanied and yet Jim Peters had to have a team manager when he went to Boston for the marathon last April. Now I know that Wilson likes to have a little grumble about athletics administration when he's short of copy and I know also that it is always rather tempting for a writer to bait Jack Crump since poor Jack always responds so indignantly. But I'm sure Jack will have an answer, so I hope, Mr. Editor, that you will persuade him to answer Wilson's points in "Athletics Weekly." (I feel sure Jack Crump's view is that these particular comments are not worth replying to.-ED.).

It was a very pleasant surprise to read that Malvin Groston Whitfield had been awarded the Sullivan trophy, America's highest award to an amateur athlete. There was a lot of feeling among the American track fans in 1952 when Horace Ashenfelter, the Olympic steeplechase champion got the award instead of Harrison Dillard, the coloured hurdler and sprinter. The fans, headed by Track and Field News editor. Cordner Nelson, remembered that in 1936

Continued on page 7

# GEORGE PALLETT

answers the
Coaches'
Questionnaire



- 1. Name (Surname first):
  Pallett, George James
- 2. Club: Hermes and Spartan L.A.C.
- 3. Occupation: Civil Servant
- Coaching Qualifications:

   Hon. Senior Coach, A.A.A. Sprints, Jumps, Pole Vault. Sixteen years' experience Coaching Hurdles, M.D. and Throws. Qualified P.T. Instructor.
- 5. How long connected with Athletics: 25 years.
- 6. Active Career—brief details:

  International (L.J.). Formerly Inter-Counties Champion, Surrey Record Holder, L.J., P.V., 220, H.S.J. Represented A.A.A. in P.V., 220, L.J., H.S.J. Best performances—L.J.—23, 2½, P.V.—11.9, 220—22.0; 100—10.0, H.S.J.—44.4, Shot—39.11½, 440—50.2, Javelin—148.5, 120H.—15.9, H.J.—5.8.
- 7. First started Coaching: 1935.
- 8. Favourite Event(s):

  No particular preference.

9. How do you start coaching a novice:

The answer to this could fill a book. It depends on the individual — his age, his physique, his mental approach. It would be dangerous to generalise.

10. What are the basic points on which you concentrate:

With the novice, strength, mobility, and the right mental approach. With the advanced athlete in full training, technique.

11. How much importance do you place on Technique:

With the novice—elementary technique plays a second part. With the advanced athlete technique becomes almost all important (see 10.). Much depends on the event, however.

- 12. What other factors do you consider important:
  - (a) The athlete's mental approach.(b) His mental well-being.(c) Intelligence.(d) Home background.
  - (c) Intelligence.
    (e) Employment.
- (f) Relationship of coach and athlete.
- 13. How much detail do you tell your athletes:

This depends on the athlete. If one dare generalise, the less the better. There are athletes to whom one has to explain to convince.

14. How do you check progress in training:

My experience tells me if an athlete is progressing. For the athlete's satisfaction, arranged trials or competition, choosing the time judiciously.

15. How do you endeavour to get the best results:

My! My! You want all the secrets! Carefully planned training; choosing the right time for improvement of technique; instilling confidence in the coach and self-confidence; instilling the right mental approach, and emphasising the unimportance of existing standards.

16. Do you extend your interest and guidance outside athletics:

I consider this essential if it is acceptable, but wide general knowledge, experience, and commonsense are essential background for the coach.

17. How often do you see your athletes in training:

3-4 times weekly if possible.

18. Athletes coached, with details of successes:

The following internationals—D. B. Pell, T. Jover, T. L. Higgins, R. A. Jackson, I. G. H. Walker, G. E. Broad, F. P. Higgins, J. C. M. Wilkinson, N. G. A. Gregor, S. Lerwill, S. Sewell, S. Hoskin. Juniors—M. Chapman and D. E. Tucker (I can take no credit for Tucker's progress as a senior).

Remarks:

The answers to these questions relate to specialised coaching of individual athletes. Mass club coaching presents different problems. I prefer to use my own judgment and start work on the (in my view) promising novice. I find I learn more and derive more satisfaction. I have not yet coached an athlete who has not taught me something new. The greatest weakness of a coach is to be dogmatic in his thought although he may have to be dogmatic often in his coaching in the light of present knowledge!

#### NEWS COMMENTARY (contd.)

Glen Morris, the white decathlon champion, had got the award instead of Jesse Owens, and began to think there was an unofficial law against coloured athletes receiving the trophy. This may have been so in the 30s, but I think that a more logical explanation of the 1952

award was that Americans gave it to Ashenfelter because he was an outsider in the pre-Olympic forecasting and because he won over a long distance (there is something of an inferiority complex in the States about long track races).

# DENIS WATTS mentions the highlights of the NATIONAL COACHES CONFERENCE

THE 7th Annual Conference of National Coaches was held this year from Monday, 6th December to Friday, 10th December (inclusive). The first conference was held at Snaresbrooke in 1948; for the next four years it was held in the Polytechnic, and last year went to Birmingham University. The emphasis at Birmingham was on "Mechanics," and thanks to Mr. A. D. Munroe and his staff it proved to be a most successful meeting.

This year the Conference came back to the Polytechnic, where, as in previous years, Mr. J. Edmundson had provided the very best in the way of accommodation and facilities. The general feeling was that this year the Conference had been as profitable as last year's with the added interest and flavour of having the strongest-ever international contingent. The coaches from abroad were:—Gosta Holmer (Sweden), Dragan Petrovic (Yugoslavia) and Peter Korver (Holland). Unfortunately, two coaches from the U.S.S.R. were unable to attend on this occasion, but greetings were sent from them to the Conference.

Mr. E. H. L. Clynes opened the Conference on Monday morning on behalf of the Amateur Athletic Association. Sir Adolphe Abrahams, O.B.E., M.A., M.D., F.R.C.P., then addressed the gathering on "Exercise—its Function and Application." Some of the points he made were:

1. Training before breakfast is not recommended. The body is in no condition to withstand violent and abrupt alterations at that time. In fact this may produce fatigue lasting for the rest of the day. Sufficient exercise to increase the breathing and circulation only should be taken.

2. It does not necessarily follow that because one is an athlete one is in good health. People who condemn violent exercise because certain athletes have died young in the past must be careful not to confuse cause and effect. It is a fact that very often a tubercular subject has that divine athletic spark.

 The action of fresh air on the surface of the skin is invaluable to good health. Exercise taken outside in suitable athletic kit is far better than any amount of indoor work. 4. Sir Adolphe finally asked the Conference a question: "Why is it that World records go on being broken?" The concensus of opinion appeared to be:—

 There are now more people involved and there is far more competition.

Training is more sensible. Coaches and athletes appreciate that the human body is far more robust than had been supposed. Nowadays far harder and more concentrated training is done.

The knowledge of scientific techniques is far greater and far more widespread.

A. D. Munroe, B.Sc., in dealing with "Problems in Rotational Movement," stated that a sound knowledge of mechanics is clearly becoming a greater and greater asset to both the amateur and professional coach. Its use is not so much in the development of new techniques. these usually originate with the athlete, who in many cases is unable to fathom for himself exactly what he is doing or why he is getting results. The coach who has a sound background of mechanics can, by careful study of the principles involved, find out why this technique is advantageous. He can also standardise and modify where necessary so that the idea may be handed on to others with advantage.

This was a refreshing and invigorating lecture.

Jim Peters and Gordon Pirie each gave a talk "Frankly Speaking" and Peters mentioned the following important points:—

#### Marathon

- 1. He did not take refreshment on the course. He found it liable to give him stomach cramp and to make him want to go to the toilet.
- 2. He took a sponge over the front, not over the back of the neck. There is no reason to stop running.
- 3. He took saline after the race. Unlike Stan Cox, he could not swallow it straight down, this would make him sick. He took it by sips and had a meal 5 hours after the race.
  - 4. Diet.
  - (a) He ate well and what he liked.
- (b) He took halibut oil in the winter months.

5. Fog.

He carried on training in fog and developed a chronic cough for three months. His Winter performances fell off as a result. However, he had a good Summer season afterwards.

- 6. Care of Feet.
- (a) Get feet hard.
- (b) Soft woollen socks washed beforehand
   no darns.
  - (c) Rubber sponge in shoe.
- (d) Used 100 per cent. nylon socks in training as they were very hard-wearing, but he did not like to use them in competition.

Maxim: He always said to himself "every run missed is a yard lost in the marathon."

In order to achieve even pace he used to have a competition against the clock in his training. When he got back and checked the time he was generally right. Over the years he became very good at estimating time.

J.P., on running the marathon—At 15 miles the road feels like a feather bed and you want to lie down on it, and you say to yourself 'this is definitely my last marathon,' but once it is over you start looking forward to the next race."

Gordon Pirie stated that in his early days he did more cross-country than track running because there was not much track competition in war-time conditions. He stated that his working day comprised:—

8 a.m.—Breakfast.

8.30 a.m.—Goes out by car selling paint.
1 p.m.—Lunch.

4 p.m.—Trains until 7 p.m.

7.30 p.m.-Meal.

9-9.30 p.m.-Bed.

G.P. also mentioned that his training (three hours) consisted of an hour's limber-up (7-8 miles), 1hr. 45min. of specific training, and 15 mins. limber-down.

In listening to Peters and Pirie it has become obvious that British runners are divided into two camps: (a) Those who run all the year round and have a tremendous number of competitions. These boys are putting a tremendous amount into British athletics but naturally, from the very amount of work they do, tend to produce a high level performance, though rarely the outstanding performance on any one particular day. These men, I feel, are the backbone of British track athletics.

- (b) Other runners have a much shorter season and concentrate on a few really important meetings and give superlative peak performances on certain days.
- J. W. Ll. Alford gave a clear talk on "The Fastest Start," in which he emphasised the mechanics involved in the sprint start. He pointed out that—
  - (a) The Bullet Start gave leg speed at the expense of thrust.
  - (b) The Elongated Start gave thrust but little leg speed.
  - (c) The Medium Start was a compromise between the two.

Gosta Holmer spoke on the type of technique that Nilsson, the Swedish high jumper, employs and a bit about his training.

- G. H. G. Dyson, Chief National Coach, spoke on "Hurdling"—the body Mechanics." He stressed the importance of—
  - (1) Body dip and drive across the hurdle.
  - (2) A fast leading leg, this being perhaps the most vital point in good hurdling.
  - (3) A fast out and down action with the opposite arm to the leading leg.
  - (4) That the trailing leg should be brought through late and very fast. This in turn assists the leading leg to ground quickly.

G.H.G. dealt very comprehensively with the Mechanics of Hurdling, and all coaches must have left after his lecture, realising that there is a tremendous amount of applied mechanics in hurdling technique.

D. N. J. Cullum gave an excellent and very clear talk on "Modern Developments in Hammer Throwing." In particular he mentioned Krivonosov's method of throwing, which he described as "The Flail."

Other speakers included K. S. Duncan, M.B.E., on "Sports Administration in Britain and Other Lands"; N. D. McWhirter—"Comparative Survey"; D. C. V. Watts on "Views on the Triple Jump"; while Guy Butler showed his films of 1954.

Our thanks are due to the A.A.A. and British Council, who combined in assisting the foreign coaches to attend, also to G. H. G. Dyson, who, as on previous occasions, organised and made arrangements for the course. Next year it is expected that even more coaches from abroad will be attracted to attend what has undoubtedly become the premier Coaches' Conference in Europe.

# JUNIOR & YOUTHS COUNTY CR

JUNION & TOO	JIIIS COUNTI
BUCKINGHAMSHIRE  Junior  1. A. J. Redrup (Wycombe)	Teams:  1. Stockport Sch. 2. E. Cheshire 3. Wallasey 4, Wirral 74; 5, St. Anselms Coll. 97; 6, Bromboro' Sch. 116; 7, Chester GS 116.  CUMBERLAND Youths
Teams: Pts. 1. Wycombe Ph. (1.3.5.7) 16  Youths 1. K. J. Cattermole (Wycombe RGS) 16.55	1. D. Muir (Unatt.) 17.36 2. J. R. Scott (Border) 17.47 3. T. Reay (Unatt.) 17.55 4, E. Haugh (Carlisle) 17.57; 5, C. Hewgill (Carlisle) 18.04; 6, J. Fiddler (Carlisle) 18.42.
2. J. Dearberg (Watford)	Teams:       Pts.         1. Carlisle GS       (4.5.6)       15         ESSEX         Junior       1. R. E. Garrett (Woodford Gn.)       26.06         2. R. G. Shuttleworth (Ilford)       26.14         3. R. F. Bradford (Southend)       26.37
Teams:       Pts.         1. Wycombe RGS       (1.4.5.10)       20         CHESHIRE Youths         1. M. Corcoran (Macclesfield)       17.22         2. J. Mallon (Stockport)       17.30         3. W. Fozzard (Sefton)       17.39         4, R. Shaw (Wallasey)       17.55; 5, W. Ashley         Converse of the control of the	3. R. F. Bradford (Southend)
(Crewe) 17.59; 6, P. White (Wallasey) 18.03; 7, P. Priestner (Sutton) 18.11; 8, R. Thorpe (Sale) 18.15; 9, R. Burgess (Macclesfield) 18.17; 10, C. E. Broom (E. Cheshire) 18.20; 11, B. Jeffs (Wirral) 18.23; 12, I. McIvor (Wallasey) 18.25; 13, B. Homer (Manchester LC) 18.33; 14, D. Lowe (Crewe) 18.35; 15, J. Turner (E. Cheshire) 18.38.	Teams: Pts. 1. Woodford Gn. 2. Essex Beagles (4.6.17.19) 46 3. Loughton (7.8.10.22) 47 4, Ilford 57; 5, Southend 85.
Teams: Pts.  1. Wallasey (4. 6.12.20) 42 2. Wirral (11.16.18.27) 72 3. Sale (8.21.23.25) 77 4. Crewe 96.  Boys  1. B. Field (Stockport Sch.) 9.40 2. R. Barlow (Wallasey) 10.04 3. A. Townsend (Wallasey) 10.06 4, B. Swindells (E. Cheshire) 10.14; 5, D. Frith (E. Ches.) 10.15; 6, F. Wheelon (Macclesfield) 10.17; 7, S. G. Rigby (BICC) 10.19; 8, J. Lowe (Crewe) 10.20; 9, R. Ashling (Stockport) 10.21; 10. J. Cooke (Wirral) 10.22.	1. W. Herberg (Woodford Gn.) 18.18 2. H. J. Goodway (Ilford) 18.23 3. R. Campbell (Essex B.) 18.34 4. B. Marchant (Hornchurch) 18.34; 5, R. Stewart (KE VI. Sch.) 18.44; 6, R. Gray (Wilderness) 18.56; 7, F. G. Harvey (Brentwood) 18.59; 8, B. Davis (Buckhurst Hill) 19.08; 9, K. Wilson (Woodford Gn.) 19.09; 10, R. Gilham (Wadham) 19.19.  Teams: Pts. 1. Woodford Gn. (1. 9.11) 21 2. Buckhurst Hill (8.13.18) 39 3. Ilford (2.17.20) 39 4. Essex Beagles 48; 5, King Ed. VI. Sch. 53; 6, Wilderness 98.

# OSS-COUNTRY CHAMPIONSHIPS

GLOUCESTERSHIRE	Youths
Junior  1. J. J. McDonald (Westbury)	1. S. Craft (Dover A.C.)
Youths	LEICESTERSHIRE AND RUTLAND Youths
1. D. Smith (Bristol)	1. L. Pratt (Leics.) 19.21 2. J. Hurt (Leics.) 19.24 3. D. Wells (Lutterworth) 19.44 4, P. Davie (LCAT) 19.47; 5, T. Warnes (Leics.) 19.50; 6, D. Parker (Belgrave Utd.) 20.09; 7, C. Wilcox (Unatt.) 20.34; 8, R. Shobrook (Ald. Newton GS) 21.16; 9, P. Crowhurst (Belgrave Utd.) 21.22; 10, G. Claypole (HTC) 21.31; 11, J. Hill (LCAT) 21.43; 12, J. Roper (ANGS)
Teams:       Pts.         1. Bristol       (1. 5. 6)       12         2. Chipping Sodbury       (2. 7. 8)       17         3. St. Gregory's       (9.10.11)       30         4, Cheltenham 31; 5, Bristol Fed. BC 50.       50	21.47.  Teams: 1. Leicester (1.2. 3) 6 2. Belgrave Utd. (4.6.13) 23 3. Ald. Newton's GS (5.8.12) 25 4. Hinckley GS 35.
KENT Junior	LINCOLNSHIRE
1. G. R. Last (Blackheath H.)	Junior   29.32
Teams: Pts-	
Teams:  1. Aylesford P.M. 2. Blackheath H. 3. Cambridge H. No other team closed in.  Pts. (2.3.4.10) 19 (1.5.7.9) 22 (8.13.14.16) 51	1. D. Ellis (Louth)       18.36         2. J. Smith (Grimsby)       18.38         3. D. Thomas (Lysaghts)       18.58
. 1	I and the second

4, D. G. Bell (Lincoln) 19.20; 5, C. P. Dawkins (Grimsby) 19.29; 6, J. Bolland (Boston) 19.36; 7, A. Collinson (Lysaghts) 19.38; 8, W. Gyte (Grimsby) 19.45; 9, D. Doe (Louth) 19.50; 10, E. Battersby (Grimsby) 19.55.

Teams:		Pts.
1. Grimsby	(2.5. 8)	15
2. Lysaghts	(3.7.11)	21
3. Louth	(1.9.14)	24

4, Barton 51; 5, Mablethorpe 64.

#### MIDDLESEX

*			
			r

28.13
28.18
29.04
Wren
29.12;
indsell
7; 10,
Finch-
29.44;
Kon-
South-

Teams:	Pts.
1. Thames Valley	(8.15.16.17) 56
2. Southgate	(4.10.13.42) 69
3. Finchley	(9.18.23.24) 74
4, Eton Manor 75; 5,	Shaftesbury 77; 6, Poly
103.	

#### NORTHAMPTONSHIRE

#### Youths

1. R. Whiting (Northampton)	18.05
2. G. Davis (Kettering T.)	18.16
3. W. Hackett (Wellingboro')	18.18
4, P. Thulbowen (Peterboro') 18.56;	5, A.
Mathie (KTH) 18.57; 6, A. Barfield	(Peter-
boro') 18.59; 7, R. Clarke (KTH) 19.15	; 8, J.
Haylock (Crowland) 19.23; 9, J. N	Junsey
(Crowland) 19.32; 10, T. Cooke (Northan	mpton)
19.37.	

T	eams:		Pts.
1.	Kettering Town	(2.5.7)	14
2.	Northampton	(1.9.12)	22
3.	Peterborough	(4.6.16)	26
4.	Crowland 28: 5. Wellingborough	39.	

#### STAFFORDSHIRE

Youths	
1. D. G. Shelley (Stone)	16.38
2. R. J. Horton (Stourbridge)	16.52
3. J. Darby (Coseley)	
4, R. C. Wilding (Smethwick) 16.58; 5, C	
derson (Tipton) 17.03: 6 L Ellis (C.	oselev)

17.24; 7, E. Williams (Stafford) 17.32; 8, D. Pickford (Leek) 17.33; 9, A. Hencock (Wolstanton GS) 17.34; 10, D. Whittaker (Stafford) 17.42; 11, A. Whittle (W.Brom.) 17.44; 12, A. Brown (Tipton) 17.47.

Te	ams:	Pts.
1.	Tipton	(5.12.13) 30
2.	Coselev	(3. 6.24) 33
3.	Wolstanton GS	(9.14.15) 38

#### Boys

G. Davies (Smethwick)
 B. Roberts (Birchfield)
 R. R. Heath (K. Ed. VI. Sch.)

4, W. Meigh (Newcastle); 5, D. Daw (Stafford);

6, J. Jackson (Smethwick)

Te	ams:	Pts.
1.	K. Ed. VI. Sch.	( 3. 7.13.20) 43
	W.Bromwich	(8. 9.14.23) 54
3.	Tipton	(12.17.19.29) 77

#### SURREY

#### Junior

1. I. Boyd (Herne H.) 28.00	)
2. L. Reed (SLH)	
3. R. Darchambaud (SLH) 28.23	3
4, A. Towl (Herne H.) 28.27; 5, W. Corneck	-
(Hercules) 28.29; 6, *G. Gardner (Redhill R.)	)
28.50; 7, E. Caiger (Hercules) 28.51; 8, P	
Hannen (SLH) 28.56; 9, J. Kirk (Ranelagh)	)
29.02; 10, P. Shipley (Farnham) 29.04; 11, B	
Trower (Belgrave) 29.08; 12, B. Shave (HHH)	)
29.10; 13, F. Gilson (SLH) 29.14; 14, A. Rod-	
gers (Epsom and E.) 29.16; 15, N. Chanir	1
(SLH) 29 18	

#### \*Individual

Teams:	Pts.
1. S.L.H.	(2.3. 7.12) 24
2. H.H.H.	(1.4.11.28) 44
3. Hercules	(5.6.24.40) 75
4, Farnham 79; 5, Belgrave 8	4; 6, Ranelagh 92;
7, Epsom and E. 104; 8, Sur	
ford and G. 140.	

#### WARWICKSHIRE

#### Youth

routns
1. H. Mousley (Birchfield)
2 D. A. Worth (Birchfield) 18.35
3. J. Taylor (Harborne) 19.07
4, B. Kilby (Godiva) 19.14; 5, R. Groves
(Birchfield) 19.17; 6, W. Boffin (Nuneaton)
19.25; 7, J. Swindells (Lozells) 19.31; 8, J. Nix
(Small Heath) 19.36; 9, A. Jones (Birchfield)
19.38; 10, P. H. Webb (Sparkhill) 19.43; 11, R.
Mullis (Godiva) 19.44; 12, D. Rafferty (Birch-
field) 19.49.

Teams:	Pts.
1. Birchfield	(1. 2. 5) 8
2. Godiva	(4.11.17) 32
3. Nuneaton	(6.14.15) 35
4, Sparkhill 47; 5, Small, Heath	50; 6, Lozells
51; 7, Harborne 56.	

#### WORCESTERSHIRE

#### Youths

1. R. Leek (Halesowen) 22.1
2. J. G. Eales (Tipton) 22.1
3. B. Harris (Stourbridge)
4, R. Thorn (Worcester) 23.12; 5, A. Rowle
(Stourbridge) 23.18; 6, D. Wells (Worcs.) 23.37
7, D. A. Smith (Halesowen) 23.53; 8, B. Wil
liams (Evesham) 23.58; 9, J. W. Henley (Stour
bridge) 24.23; 10, W. Westwood (Halesowen
24.47; 11, D. J. Briggs (Malverns) 24.55; 12
A. V. Kent (Dudley) 25.03.

Teams:		Pts.
1.	Halesowen	(1.7.10) 18
2.	Worcester	(4.6.13) 23

#### WILTSHIRE

#### Junior

1. C. E. Kennedy (Salisbury)	28.45
2. R. Currie (Swindon)	29.18
3. B. J. Deary (Swindon)	29.46
4, B. Lillicrap (Salisbury) 29.50; 5, G. H.	Mor-
gan (RAF Yatesbury) 31.12; 6, H. A.	Baker
(RAF Yatesbury) 31.23; 7, J. Armstrong (	Swin-
don) 31.32; 8, J. Pratt (Swindon) 31.38;	9, T.
W. Welsh (Swindon) 31.43; 10, J. E.	Davis
(RAF Yates) 31.46; 11, D. H. Green	RAF
Yates) 32.06; 12, D. Lillicrap (Salisbury)	32.07;
13, C. Kilminster (Swindon) 32.41; 14, A	. M.
Beaumont (RAF Yates) 33.09; 15, J. Y	andle
(Trowbridge) 33.53.	

re	ams:		rts
1.	Swindon	(2.3. 7)	12
2.	Salisbury	(1.4.12)	17
3.	RAF Yatesbury	(5.6.10)	21
	Youths		
1.	T. Wilson (Salisbury)	13	.03

2. I. R. Brown (Swindon)	13.16
3. I. S. Dobie (Marlborough)	13.25
4, T. Dowding (Salisbury) 13.30; 5, H. Hu	intley
(Trowbridge) 13.37; 6, A. Pike (Marlbor	ough)
13.40; 7, Brown (Salisbury) 13.42; 8, B. P	errett
(Swindon) 14.11; 9, W. G. Dobson (Max	rlbor-
ough) 14.14; 10, P. Cooper (Salisbury)	14.36;
11, J. E. Poolman (Swindon) 14.38; 1	2, A.
Bishop (Marlborough) 14.40.	

Teams:		Pts.	
1.	Salisbury	(1.4.10)	15
2.	Marlborough	(3.69)	18
3.	Swindon	(2.8.11)	21

# SENIOR CHAMPIONSHIPS (Contd.)

CHESHIRE at Port Sunlight
1. P. Smith (Sale) 45.11
2. S. Wilford (Crewe) 45.15
3. P. Adams (Wirral) 45.50
4, L. Smith (E. Cheshire) 45.56; 5, L. Fitzsim-
mons (Stockport) 45.59; 6, A. E. Morten
(Macclesfield) 46.10; 7, P. N. Frost (E. Ches-
hire) 46.17; 8, J. Lancaster (Crewe) 46.21; 9,
H. Clayton (Stockport) 46.24; 10, K. Hall
(Wirral) 46.29; 11, M. E. Morrell (Wirral)
46.33; 12, R. Jones (Wirral) 46.35; 13, W. Side-
bottom (E. Cheshire) 46.39; 14, B. C. Smith
(Sale) 47.12; 15, G. Haynes (E. Cheshire) 47.17;
16, H. Hatton (Winnington Pk.) 47.19; 17, A.
T. Day (Stockport) 47.34; 18, G. M. Lafferty
(Macclesfield) 47.59; 19, B. Parker (Wirral)
48.19; 20, P. G. Knott (Stockport) 48.21.



M. R. MAYNARD (Herne Hill A.) leading B. T. BARRETT (Surrey A.C.) during the Surrey C.C. Championship at Coulsdon.

E. D. Lacey

Teams:		Pts.
1. Wirral	(3.10.11.12.19.21)	76
2. Stockport		112
3. E. Cheshire	(4. 7.13.15.39.43)	121
4, Crewe 130; 5, Sale 268; 7, Wallasey 282.	139; 6, Winnington	Pk.
CUMBERLAND AN	ND WESTMORELAN	D
1. W. Pugh (S. Cumb	perland) 3:	3.59
2. R. Thompson (Bo	rder) 34	4.52
3. J. A. Nettleton (Bo	order) 3:	5.54
4, H. Moneagle (Lune	esdale) 36.16; 5, J. F.	Raw
(Kendal) 36.25; 6, F. I	3oville (S. Cumb.) 36	.39;
7. R. McQuillin (Bor	der) 36.51; 8, J. Bro	own
(Border) 38.25; 9, G.	Ratcliffe (Border) 38	.51;
10, J. Hand (Border)	38.56.	

#### DERBYSHIRE at Derby

Teams:

1. Border H.

1. E. L. Hardy (Derby) 32.36
2. A. W. G. Hill (Derby) 32.50
3. M. Iles (Derby) 33.49; 5, W. Keily (Derby)
4. D. Bates (Derby) 33.49; 5, W. Keily (Derby)
34.11; 6, J. H. Piggs (Derby) 34.24; 7, J. W. Keily (Derby) 34.31; 8, P. A. Wilkinson (Stavely Works) 34.42; 9, R. M. Porter (Finchley) 34.49; 10, G. Brown (Derby) 34.53; 11, K. Doleman (Derby) 35.23; 12, A. V. Corker (Sheffield) 36.40; 13, R. Meikle (Derby) 36.53; 14, A. D. Woodhouse (Derby) 36.54; 15, B. Coulson (Derby) 37.17.

#### LANCASHIRE at Swinton

1 K. Gates (Liverpool Pembroke)	38.27
2. J. Haslam (Bolton)	39.12
3. F. Norris (Bolton)	39.31
4, A. Walker (Royton) 39,46; 5, J. Salt (	Roch-
dale) 39.51; 6, B. Juxon (Liv. Pem.) 40.0	9.
(We have been unable to obtain any f	urther
details).	

## LEICESTERSHIRE AND RUTLAND at Leicester

1. A. Gale (Kettering) 38.1	0
2 J. Chamberlain (Leics.) 38.2	9
3. T. Edwards (Leics.)	5
4, K. Johnson (Leics. CAT) 39.29; 5, W. More	è-
head (Leics.) 39.56; 6, B. Ashwell (Leics	.)
40.11; 7, C. Billson (Leics.) 40.54; 8, G. Walle	T
(Leics.) 41.13; 9, R. Cobley (Hinckley TC	()
43.00; 10, D. Cobley (HTC) 43.00; 11, K. Poxo	ń
(LCAT) 43.17; 12, P. Cheverton (LCAT) 43.46	5:
13, R. Beeby (LCAT) 44.06; 14, M. Westo	n
(LCAT) 44.08; 15, R. Draper (HTC) 44.33; 10	6.
K. Barham (Lutterworth) 45.07; 17, J. Knigl	11

(LCAT) 45.27; 18, T. Shorter (HTC) 46.43; 19-D. Dexter (Leics. Const.) 48.29; 20, A. Loasby (LCAT) 52.12.

Teams:		Pts.
1.	Leicester	(1. 2. 4. 5) 12
2.	Leics. CAT	(3.10.11.12) 36
3.	Hinckley TC	(8. 9.14.16) 47

#### STAFFORDSHIRE at Leek

1. R. R. Hatton (Birchfield)	30.31
2. G. Rhodes (N. Staffs)	30.45
3. H. E. Binder (Wolverhampton)	31.09
4, D. Osborne (Tipton) 31.11; 5, H. W.	Rick-
huss (Tipton) 31.19; 6, C. K. Kemball (W	
hampton) 32.06 7, C. L. Ruston (Wolver)	hamp-
ton) 32.11; 8, B. Shaw (Wolverhampton)	32.14;
9, W. Aston (Bilston T.) 32.16; 10, R.	Screen
(W. Brom.) 32.26; 11, J. B. Doyle (N.	Staffs)
32.31; 12, A. Fellows (Tipton) 32.41; 13,	W. S.
Gerrard (Stone) 32.42; 14, Bates (N.	Staffs)
32.55; 15, L. Cowdell (Smethwick) 33.12;	16, R.
Bentley (Tipton) 33.13; 17, J. Hurst (Co	
33.29; 18, J. A. Cole (Tipton) 33.33; 19,	
Harris (Birchfield) 33.41; 20, A. Hooper (	Stour-
bridge) 33.42.	

Teams:	Pts.
1. Tipton	(4. 5.12.16.18.24) 79
2 Wolverhampto	n (3. 6. 7. 8.27.46) 97
3. N. Staffs	(2.11.14.26.29.31) 113

Mr. R. Robbins, honorary secretary of Hermes Club, recently passed away after a long illness. The new honorary secretary for the time being is G. Pallett, 19, Stanthorpe Road, London, S.W.16, to whom all communications should be addressed.

Would the finder of a pair of blue canvas, rubber studded, cross-country shoes at the Surrey Championships at Coulsdon, please return to P. J. Reed, "Oaktree Cottage," Valley End, Chobham, Surrey.

The Vale of Aylesbury Youths' Relay will be held on Saturday, 5th February. Entries close first post 24th January, to D. Sheppard, 94 Churchill Avenue, Aylesbury, Bucks.

The All-Ireland Senior and Youths' Cross-Country Championships take place in Dublin on 26th February. The All-Ireland Track and Field Championships will be held in Belfast on 25th June.

Pts.

(2.3.7.8) 20

## SURPRISE WINNER OF MORPETH TO NEWCASTLE RACE

THE thirteen and a half miles Morpeth to Newcastle Road Race on New Year's Day provided a surprise winner in E. Kirkup, of Rotherham H., who was taking part in his first long distance race.

Kirkup went out in front early in the race and built up a substantial lead, which Peter West (Essex Beagles) was unable to bridge, though he did make up some of the leeway after Gosforth, when he pulled away from Pawson, of Harehills, with whom he had been having a tussle all the way.

H. E. Wilson, of Ilford, ran extraordinarily well to finish fourth within 44sec. of the winner, who clocked the fast time of 1hr. 8mins. 30sec., and A. Turner, of Bedlington, was also

inside the 1hr. 10min.

Kirkup also won the handicap, with Jackson (R. Navy) second after travelling all the way from Portsmouth to compete. The team race went to Harehills once again, but this time they had only one point to spare from Bedlington. Hull won the team handicap.

ton. That won the team handreap.
1. E. Kirkup (Rotherham) 1:08.30
2. P. West (Essex Beagles) 1:08.42
3. K. Pawson (Harehills) 1:08.55
4. H. E. Wilson (Ilford) 1:09.14
5. A. Turner (Bedlington) 1:09.55
6. R. W. Poxon (Bed. H.) 1:12.21
7, G. Boak (Elswick) 1:12.29; 8, E. L. Smith
(Harehills) 1:12.37; 9, W. McFarlane (Shettle-
ston) 1:12.49; 10, F. Wrigley (Harehills)
1:12.57; 11, G. Hunter (Bed. H.) 1:13.40; 12,
W. Jackson (R. Navy) 1:14.00; 13, M. A. Rob-
son (Gateshead) 1:14.18; 14, S. Horn (Gars-
cube) 1:14.19; 15, S. Sykes (Longwood)
1:14.31; 16, I. R. Shirley (Darlington) 1:14.39;
17, J. Kennedy (Heaton) 1:14.49; 18, G. Dick-
son (Garscube) 1:14.54; 19, L. Sykes (Long-
wood) 1:14.58; 20, W. J. O'Flanagan (N.
Shields) 1:15.17; 21, P. Brown (Gateshead)
1:15.36; 22, J. Leonard (Bed. H.) 1:15.40; 23,
R. Gowdy (Gates. Congers) 1:15.55; 24, E.
Joynson (Gateshead) 1:16.01; 25, F. C. Lucop
(Hull) 1:16.03; 26, D. E. Hindhaugh (Bed. H.)
1:16.30; 27, A. Richardson (Bed. H.) 1:16.33;
28, I. H. Cook (Jarrow) 1:16.35; 29, A. Cock-
croft (Harehills) 1:16.36; 30, W. McNeil (Pais-
ley) 1:16.37.
19)/ 1.10.5/.

Handicap:

1, E. Kirkup (Rotherham) (5.00) 1:03.30; 2, W. Jackson (R. Navy) (9.00) 1:05.00; 3, W. McFarlane (Shett.) (7.30) 1:05.19.

Te	ams:	I	ts.
1.	Harehills	(1. 4. 5)	10
2.	Bedlington		11
3.	Gateshead	(7.11.14)	32

### Scottish News

THE S.A.A.A. has made the following arrangements for 1955:—

Senior Championships — New Meadowbank, Edinburgh, June 24th and 25th.

Junior Championships — Westerlands, Glasgow, July 2nd.

Women's A.A.A. Championships — New Meadowbank, Edinburgh, June 11th.

Scottish Schools' Championships — New Meadowbank, Edinburgh, June 18th.

The 4 x 110y. Relay and the 1M. Medley Relay are to be "Farmed" out to a sports meeting, while the 4 x 440y. Relay will be run at the Junior Championships on July 2nd.

The Marathon Championship will be held in conjunction with the Senior Championships on June 25th.

Alex Breckenridge, formerly of Victoria Pk. A.C. and 1M. Record Holder, now in the U.S.A., is expected home on holiday in the summer. It is hoped that he will be home in time to take part in the S.A.A.A. Championships, when he may reduce his own 1M. record time of 4m. 11.2s.

Scottish and Empire Games Marathon Champion, J. McGhee, Shettleston H., has been demobbed from the R.A.F. and is now teaching in St. Modans School, Stirling. Joe intends training in 1955 with the 1956 Olympic Games Marathon as his goal.

Joe's Club, Shettleston Harriers, are holding a big function on Friday, the 4th Feb., 1955, at which he will receive a presentation for the honour he has brought them. Among the guests will be Lord Wheatley, a former M.P. for the Shettleston Division of Glasgow.



K. F. CAULDER (Surrey A.C.) leading P. B. DRIVER (S. London H.) in the Surrey Senior C.C. Championship.

E. D. Lacey

#### Scottish Results

January 1st

Beith Harriers' Open 4M. Cross-Country Race

This race proved a triumph for A. H. Brown, Motherwell Y.M.C.A., who finished 90 yds. ahead of A. Small, Plebeian H., with G. Napier, Paisley H., a further 70yds. behind in 3rd place.

Andrew Brown was just ahead of Harry Fenion, Bellahouston H., at the end of the first lap of two miles, but gradually drew away, and shortly afterwards, Harry Fenion retired with a muscle injury.

E. Bannon, Shettleston H., winner of this race for the past two years, was a non-starter.

1. A. H. Brown, Motherwell Y.M.C.A., 20m.46s.

2. A. Small, Plebeian H.

3. G. Napier, Paisley H.

Ballot Team Race Result:

1, A. H. Brown, Motherwell Y.M.C.A. (1); W. Goodwin, Bellahouston H. (8), A. McGookin, Beith H. (22); agg. 31 pts.

 K. Phillips, Beith H. (7); R. Miller, Kilmarnock H. (13), P. Keenan, Victoria Pk. A.C. (19), agg. 39 pts.

Garscube H. 11M. Youths' Race

		McDon			7m.23s.
				***************	
3.	I.	Gifford	(45s.)		7m.30s.

January 8th

#### Maryhill H. 5m. Road Race for the Nigel Barge Trophy

This was a thrilling race with a photo finish between Joe McGhee, Eddie Bannon, Shettleston, and A. Small, Plebeian H. The judges placed them in this order, while the time-keepers returned 23m.24s. for all three runners. A little more than halfway, Eddie Bannon lost a shoe, but despite this handicap he held on grimly to his lead. As he neared the finish, Eddie Bannon slowed a little, due no doubt to the cobblestones over which the finish lay, and he was caught on the tape by clubmate, Joe McGhee.

1, J. C. McGhee, Shettleston H.; 2, E. Bannon, Shettleston H.; 3, A. Small, Plebeian H.; time 23m. 24s.

Team Race: 1, Shettleston H. 11 pts.; 2, Victoria Pk. A.C. 21 pts.

Dumbartonshire 7 Miles C.C. Championship. 1, C. Boyle, Clydesdale H.; 2, A. McDougall, Vale of Leven; 3, G. A. Dunn, Garscube H.; time 38m.16s.

Team Race: 1, Garscube H. 26 pts.; 2, Vale of Leven A.C. 29pts.; 3, Clydesdale H. 33 pts.

Monkland Harriers' 7 miles Sealed Handicap, at Inveresk, Coatbridge: 1, D. McKirdy 35.32 (2m.); 2, W. McBrinn 35.36 (scr.); 3, W. McIntyre 36.00 (3m.).

Owing to a printer's error, last week's amendment to the 440 yards hurdles Scottish Native record was given wrongly. It should have read: 53.7 D. K. Gracie, Glasgow Univ., Ibrox Stadium, 1/8/53.

# **GREAT RACE IN MITCHAM "15"**

### Stan Cox catches Johnny Butler over last Half-mile

I T was an ironical twist of Fate which allied the Jim Peters' Challenge Trophy Race to the fact that, since his retirement, this was the first major road race in which Jim's absence was felt. Moreover, Jim was unable to be there owing to one of his many commitments in the social sphere in which he has been deeply involved since returning from Vancouver.

In recent months Jim has made many personal contacts with followers of sport who would not normally have had this privilege, and in this connection Jim has been a great ambassador to athletics and, by his congenial manner, has brought nothing but credit to our sport.

When the 135 starters lined up for this popular "Mitcham 15" reference to the programme revealed many notable absentees, chief of whom were Geoff Iden, Bob Pape, Peter West, Derek Reynolds and Ted Hefford. It was larned that Geoff is nursing a severe injury to his eye and is confined to his home. Bob Pape his been laid up with a leg injury which has curtailed activity and is not responding readily to treatment. We all wish a speedy recovery to these two great athletes whose absence in road races make competition all the poorer. Peter West arrived too late to start but was not unduly perturbed at missing this race as he had had a tough effort in the "Morpeth" on New Year's Day when finishing a close second to E. Kirkup (Rotherham A.C.) whose 35th in last year's National is a pointer to what we may expect in the future from this promising boy.

The absence of Jim Peters and the aforementioned, however, in no way detracted from the interest in the race which, it was hoped, would reveal whether Stan Cox would take over the reins from the illustrious Jim and uphold the high prestige of distance running. Without Jim there was no immediate "Indian File," yet the start was fastish and the first lap, of under three miles, was completed in only 15 seconds slower time than last year. By then a bunch consisting of Stan Cox, Johnny Butler, Peter Goodsell, Bill Pawsey, Chas.

Walker, Ken Honney, P. Macy and D. Hemington were slightly ahead of the field.

This order maintained until around 7 miles when Walker and Goodsell began to drop back and Jack Braughton moved up to join the leaders. Meanwhile changes were taking place among the immediate followers and Vic Fowle was seen to be working into prominence with his usual "pack of hounds," who were decreasing in number every mile.

Halfway round the last lap it was Johnny Butler who took the initiative to make an effort and with the increase in pace he and Stan Cox drew out on their own to a repetition of a recent "Maidenhead 10" when they had a similar duel to the finish. Running with marked vigour Johnny piled on a terrific pace and with only a mile to go looked a sound winner with a lead of 30 yards, Athletes of the Stan Cox calibre do not readily give up, however, and Stan gathered his resources to catch Johnny over the last half-mile; from then on it was sheer generalship which gave Stan the verdict for, waiting until the last 300 yards, he released a sprint which no normal athlete could be expected to cope with and great credit is due to Johnny Butler for sticking to the task so admirably. Stan's time has been beaten only by Jim Peters.

Ken Honney, with a great effort, stormed into third place well ahead of the popular local youngster Bill Pawsey. These two, together with Vic Fowle, Burr, Lancaster, Fletcher, Hemington and Collis are direct evidence of how the "young school" have crept into distance running and raised the standard far ahead of any other country. It is difficult to find an "easy distance" now-a-days!

We can rely on Stan to take over the position held by Jim Peters for so long, but if Johnny Butler carries on as he has started, and improves still further, as he should, Stan will have to look to his laurels. There are others, too, coming along who may be challenging for honours in the near future.

The team race was very close and Mitcham won on the tie rule only. Belgrave would have won outright but for the fact that they

selected Collis for their "B" team instead of their "A" team.

1. S. Cox (Southgate H.) 1:21.46
2 I Ded - (See A C)
2. J. Butler (Surrey A.C.) 1:21.49
3. K. Honney (Walton A.C.) 1:22.48
4, W. Pawsey (Mitcham A.C. "A") 1:23.43;
f. T. D. (D.)
5, J. Burr (Belgrave H "A") 1:23.48; 6, *J.
Lancaster (Manchester) 1:23.52; 7, *V. Fowle
(Herne Hill) 1:23.55; 8, A. Bedford (Belgrave
H "A" 1.24 00. 0 I Doughton (Dlack oath
H. "A") 1:24.09; 9, J. Braughton (Blackheath
H. "A") 1:24.11; 10, *D. Loveless (Sutton and
Cheam) 1:24.17; 11, R. Fletcher (Blackheath
H. "A") 1:24.47; 12, *D. Hemington (Enfield
A.C.) 1:24.48; 13, C. Collis (Belgrave H. "B")
1:24.53; 14, D. Rees (Cov. Godiva) 1:25.03;
15, J. Fitzgerald (Mitcham A.C. "A") 1:24.13;
16, R. Bott (Mitcham A.C. "A") 1:24.18; 17, *E.
Richardson (Swindon) 1:25.35; 18, P. Goodsell
(Walton) 1:25.51; 19, J. Addington (Walton)
1:26.09; 20, *M. Porter (Manchester) 1:26.12;
21, B. Gardner (Mitcham "A") 1:26.25; 22,
E. Gebbett (Belgrave "A") 1:26.28; 23, H.
Lloyd (Cov. Godiva) 1:26.32; 24, G. Ash
(Couthorts) 1.26.27, 25 II Donnie (T.V.II.)
(Southgate) 1:26.37; 25, H. Dennis (T.V.H.)
1:27.06; 26, E. Ford (Shaftesbury) 1:27.13; 27,
C. Walker (Belgrave "A") 1:27.16; 28, S. Beale
(Shaftesbury) 1:28.08; 29, D. Martin (Shaftes-
bury) 1:28.08; 30, L. Bishop (Belgrave "B")
1:28.14.

135 started; 124 finished.
\* Individual

Teams:				Pts.
1. Mitcham A.C.	"A"	(4.11	.12)	27
2. Belgrave H. "A	99	(5. 6	5.16)	27
3. Walton A.C.			3.14)	
4, Blackheath H. "	A" 40; 5,	Southgat	e 46	; 6.
Cov. Godiva 61; 7,				
"B" 73; 9, Finchle	y 116; 10,	T.V.H.	117.	18
teams finished.				

#### Welsh Notes

THE Official Report on the Vancouver Games will be ready in one month at a cost of £1. It will be a well-bound volume of 350-400 pages, including 100 pages of photographs. Those wishing to obtain a copy should apply immediately to Mr. E. Prater, Secretary C.C.P.R., 8 Windsor Place, Cardiff.

Within the month it is hoped to obtain a copy of the official Games' film which was made. It is in black and white, sound, and lasts about 40 minutes. Clubs wishing to-hire it are requested to make application now to the C.C.P.R. Offices, Cardiff.

The recent news of the appointment of Sir

Godfrey Llewellyn as Chairman of the 1958 Empire Games Organising Committee was well received in the Principality, for Sir Godfrey is well-known as a man with a life-long interest in sport and the welfare of our youth. During the war he was Commandant of the Home Guard in Wales, and was the prime-mover of the Army Cadet Force Boxing Championships which made such a notable success in the country.

That the committee are already aware of the vastness of their task is shown by the fact that they have advertised in the leading daily newspapers for a full-time Organiser for the Games.

Although I see many improvements going on at Maindy Stadium - the covering of the accommodation is the main task, I wonder, considering the site, if this is not being 'pennywise,' for there is a distinct limit to the accommodation already and no room for extension in any direction, I hear that the former Speedway Track at Penarth Road, Cardiff, was offered 'for a song,' and with the great possibilities that existed there for extension, parking, general approach and convenience, it does seem a pity that the whole construction had to be dismantled and sold piecemeal when the whole stadium could have been bought for as lowly a figure as £700. Could not the Welsh A.A.A. have found this amount?

The special committee of the Welsh Cross-Country Association which deals with appeals met in Cardiff recently to consider the Christmas Fayre experiment, and to debate future policy in this respect. Many suggestions for improvement were made, and it has been decided to hold two in 1955—one in Pontypridd in late September, and another nearer Christmas, in Newport. A statement of account was read by the Treasurer for this season's appeal, which realised a total of £118/2/11. Again the cry was for "more support."

## MONMOUTHSHIRE SENIOR CHAMPIONSHIP at Newport

1. L. T. Bevan (Newport H.)	39.58
2. M. Phillips (Newport)	41.43
3. T. Wood (Newport)	
4, P. Wallace 42.06; 5, A. Rathbone 42.	20; 6,
R. Franklin 42.56; 7, M. Pope 43.25;	8, E.
Gorvin 44.03; 9, J. Flook 44.35; 10, D.	Hollo-
way 44.53.	

B.W.L.B.

#### Southern Committee

The new Southern Committee as elected by the Clubs is as follows:—Mrs. Randall (Ilford A.C.), Mrs. Coates (Oxford L.A.C.), Mrs. Ritchings (Maidhampton A.C.), Mrs. Dale (Mitcham A.C.), Mrs. Germain (Selsonia L.A.C.), Mr. Hampton (Phoenix A.C.), Miss Hill (Ruislip-Northwood A.C.), Miss Humphreys (Poly L.A.C.), Mr. Griffiths (Reading A.C.), Miss H. Needham (Cambridge H.).

Athletes who require information re Coaching should write to Mr. C. Dale, 14 Fair Green Court, Mitcham, and for Officials Examinations to Mrs. K. Hayward, 60 Mount Nod Road, S.W.16.

Promoters requiring permits and entry forms should apply to Mrs. Cotton, 70 Melbury Gardens, Southall, Middlesex. Mrs. Swallow, 26 Borrowdale Avenue, Harrow Weald, was re-elected Hon. Treasurer and Mr. G. Deer, 15 Cavenham Gardens, Ilford, is again the Hon. Handicapper.

#### KENT WOMEN'S CROSS-COUNTRY CHAMPIONSHIP

#### At Maidstone

Leila Buckland (Cambridge H.) was an easy winner of the Kent Championship, held in Mote Park, Maidstone. She had 175 yards advantage over A. Shephard and S. Gaiger, of Orpington, at the finish. A promising Dartford newcomer in D. Batchelor, was fourth, and high jumper Iris Davies, of Aylesford, fifth. Orpington were comfortable winners of the team race.

1. L. Buckland (Cambridge H.) 18.05
2. A. Shephard (Orpington) 18.42
3. S. Gaiger (Orpington)
4, D. Batchelor (Dartford) 19.19; 5, I. Davies
(Aylesford) 19.48; 6, G. Buckle (Phoenix)
(20.03); 7, J. Weaver (Phoenix) 20.8; 8, J.
Simmons (Dartford) 20.23; 9, A. Hobling (Or-
pington) 20.36; 10, D. Stockton (Phoenix) 20.44;
11, *P. Burridge (Lond. Olymp.) 21.20; 12, J.
Coote (Orpington) 21.25; 13, D. Stickles (Ayles-
ford) 21.26; 14, B. Pritchard (Phoenix) 21.49;
15, H. Harfst (Dartford) 23.03.
* Individual

## **Teams:** Pts. 1. Orpington A.C. (2.3. 9) 14

#### SURREY WOMEN'S CROSS-COUNTRY CHAMPIONSHIP

#### At Epsom

1. A. Bowler (Selsonia)	16.10
2. J. Stonehouse (Farnham)	16.16
3. A. Berwick (Cane Hill)	16.21
4, Abbott (Cane Hill) 16.45; 5, Harvey (I	Epsom
and E.) 16.49; 6, J. Hall (Selsonia) 16.	55; 7,
Evans (Selsonia) 16.57. Teams: 1, Se	Isonia
(1.6.7) 14 pts.; 2, Cane Hill (3.4.10) 17 p	
Farnham (2.9.14) 25.	

#### ESSEX WOMEN'S

#### CROSS-COUNTRY CHAMPIONSHIP

#### At Chigwell Row

1.	P. Perkins (Ilford A.C.)	19.36
2.	J. Worcester (Ilford A.C.)	19.57
3.	M. Westney (Ilford A.C.)	20.00

#### RACE WALKING (contd.)

Birmingham W.C. 10M. H'cp. 1, J. W. Oliver (12.45) 87.30; 2, V. H. Burr (Scr.) 88.15; 3, G. A. R. Mitchell (8.00) 88.18; 4, J. Price (9.00) 89.22; 5, L. Lewis (18.30) 89.36; 6, W. T. Bate (6.00) 90.02. Fastest time: V. H. Burr 88.15.

London Business Houses' 7 Miles Championship, Wembley Park. 1, R. F. Goodall (Cullen's) 54.28; 2, B. E. Shepherd (Vickers, Weybridge) 55.27; 3, R. E. Davies (London Telecom.) 56.00; 4, B. Low (Loughton G.E.) 59.15; 5, M. Nye (L.T.D.L.) 59.16; 6, W. F. D. Watson (L.T.M.R.) 59.21. Teams: 1, Loughton GE. 18 pts; 2, L.T. (Dist. Line) 32; 3, L. T. (Met. Rlv.) 38.

Essex Beagles Open Youth and Junior 3\(\frac{1}{4}\) Miles, Chigwell. Junior: 1, J. E. Edginton (Coventry Godiva H.) 29.11; 2, C. A. Young (Essex B.) 29.29; 3, K. J. Wilson (Essex B.) 29.39. Youths: 1, M. Brown (Worcester H.) 30.50; 2, J. Coopey (Coventry Godiva H.) 31.35; 3, P. Longshaw (Highgate H.) 31.38. 1\(\frac{1}{6}\) Miles: 1, R. Bygrave (Highgate H.) 15.08; 2, J. Wood (Steyning A.C.) 15.09; 3, F. W. Rayner (Essex B.) 15.22.

The Kent 10 Miles Walking Championship is being held on Saturday, February 26th, from Cambridge H. Headquarters, at Old Bexley, adjoining Bexley Station, commencing at 3 p.m. Entries (team, 4 to score, 5/-, ind. 2/-) close Feb. 12th to W. F. Trend, 11 Oakdene Avenue, Chislehurst (Eltham 2791).

January 8th S.E. LANCS LEAGUE

The final races of the S.E. Lancs League were run over fairly firm ground at Castleton. J. Salt (Rochdale) took the lead early on in the race and held this position throughout, followed closely by his clubmate, A. Hughes and A. Walker, of Royton. At the end of the first lap Salt was leading by 300yds. from Hughes, who was still being closely followed by Walker. Salt finished about 1M. ahead of Hughes, who had now opened a gap of about 250yds. between himself and Walker. Rochdale packed their 6 counting men in the first 9 runners. In the Youths' race J. Jenkinson was an easy winner of the actual race and the individual Championship. 1, J. Salt (Rochdale) 38.53; 2, A. Hughes (Rochdale) 39.59; 3, A. Walker (Royton) 40.29; 4, .E. Noble (Rochdale) 40.33; 5, K. Docker (Rochdale) 40.41; 6, B. McOwen (Rochdale) 40.48; 7, G. Pritchard (Royton) 41.33; 8, E. Toft (Royton) 48.08; 9, A. Bowdler (Rochdale) 42.22; 10, J. Fearn (Royton) 42.37; 11, T. Allsup (Radcliffe) 42.42; 12, C. D. Hall (Blackley) 42.51. **Teams:** 1, Rochdale (1.2.4.5. 6.9) 27 pts.; 2, Royton 73; 3, Bury 165; 4, Blackley 192; 5, Radcliffe 204. **Youths:** 1, J. Jenkinson (Bury) 22.55; 2, I. Harrop (Royton) 23.43; 3, S. Piggott (Royton) 24.22; 4, K. Neely (Bury) 24.46; 5, R. Parker (Bury) 24.57. Teams: 1, Bury (1.4.5) 10 pts.; 2, Royton 12. Senior Championship: 1, Rochdale 154 pts.; 2, Royton 343; 3, Bury 758; 4, Blackley 900. Individual Champion: J. Salt (Rochdale) 6 pts. Youths: Royton 37 pts. Ind.: J. Jenkinson (Bury) 5 pts. Other Jan. 8th results held over to next week

Lunesdale A.C. elected the following at their A.G.M.—President, R. M. Middleton, O.B.E.; Chairman, H. M. Moneagle (Snr.); Treasurer, G. R. Clark; Women's Sec., Mrs. K. Smith; Coach, C. P. Taylor; General Secretary, L. P. Logg, 69 Borrowdale Road, Lancaster.

#### U.S.A.

Jan. 8th. Metropolitan A.A.U. Indoor Championships, New York. Andy Stanfield took the 60 yards dash in 6.5sec. from Jim Gathers and Lindy Remigino. In the 70yds. High Hurdles Charley Pratt set a new meet record of 8.6sec.

Tom Courtney returned 1:12.5 to pip Reggie Pearman in the 600 yards, with Fred Schlereth in third place, while in the mile Fred Wilt got home in a slow 4:16.2 from National Cross Country Champion Gordon McKensie, who was also runner-up to Horace Ashenfelter in the three miles, won in 14:16.6.

#### THE ST. SYLVESTRE ROAD RACE

The traditional St. Sylvestre road race at Sao Paolo, Brazil, held at midnight on New Year's Eve was won, as generally anticipated, by Franjo Mihalic, of Yugo-Slavia, last year's runner-up. He covered the course of approximately 4½ miles in 21min. 50sec., and finished 37 seconds in front of the second man, Freire, of Brazil.

The absence of last year's winner, Emil Zatopek, plus Vladimir Kuts and Chris Chataway, took some of the interest from the race. The number of entrants had been cut to 286, in order to give everyone a reasonable chance at the start. In spite of this the Swede, Soederberg, was injured in the maul, but he ran pluckily to finish in 61st place.

Vandewattyne, of Belgium, took the lead, but at the half-way stage he had given way to Mihalic, who was some 100 metres in front. The Belgian was a similar distance in front of the rest of the field, led by five South Americans.

After Mihalic had passed the tape there was a great struggle for second and third place. Amid tremendous cheering the local runner Freire beat Vandewattyne by three seconds to finish runner-up. This was the first time a Brazilian runner had occupied this place since the inception of the race.

1. Mihalic (Yugo-Slavia) 21 50
2. Freire (Brazil) 22 27
3. Vandewattyne (Belgium) 22 30
4, Correa (Chile) 22.32; 5, Laufer (Germany)
22.35; 6, Fonseca (Chile); 7, Cornejo (Chile);
8, Novas (Chile); 9, Mitt (Brazil); 10, Tuomalaa (Finland).

#### DRIVER SECOND IN BELGIUM

Frans Herman was a comfortable winner of the 12km. cross-country race at Braine, L'Alleud, last Sunday, where a large crowd were expecting to see a tussle between Gaston Reiff and Gordon Pirie, both of whom had declined the race. Some confusion was caused over Peter Pirie being mistaken for Gordon. Peter finished 7th, just over 3 min. behind the winner.

1, F. Herman (Belg.) 35.50; 2, P. B. Driver (Eng.) 36.18; 3, L. Theys (Belg.) 36.46; 4, F. Smets (Belg.) 37.18; 5, V. de Hoeven (Belg.) 37.34; 6, R. Serroels (Belg.) 38.00. Peter Pirie was 7th, and Colin Wilson 10th.