

# Athletics

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Containing the Official Notices of the A.A.A., W.A.A.A., B.A.A.B. and the E.C.C.U.



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**D. H. BAREFORD** winning the London A.A. 220 Yds.

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**J. H. SCOTT-WILSON** (Oxford) winning  
the Inter-Varsity Cross-Country Race.

# ATHLETICS

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JANUARY, 1949.

**M**OST of the Counties hold their cross-country championships on New Year's Day and we shall be able to get a line on form for the important events ahead. Already some new faces are cropping up in the club results and I fear some of the old stalwarts may this year tend to recede into the background. One always regrets having to watch a waning star, particularly when the athlete in question has done so much to keep the sport going during lean war years, but it is all for the good of the sport to find new stars coming along to take their places. This year will, I feel, be more notable for this than any since the war.

## Recuperation.

I am glad to say that Ernie Reavell has now left hospital and is convalescing at home. He tells me that it will be some time before he can get about freely, but all the old keenness is there and we shall be glad to welcome Ernie back to the fold next season.

Another well known personality who has been in the wars is Harold Ashton, of Shaftesbury Harriers. An emergency operation for appendicitis was followed by peritonitis and a further operation. After being at death's door, it is pleasing to report that he is now recovering well. I am told that only his sound constitution and his obstinate refusal to give in pulled him through. His many friends will be glad to hear he is on the way back to normal health and fitness.

## Women's International.

Those interested in women's athletics will look forward to the expected international track and field match with the Netherlands and France this coming year. Fixed for August 20th, at the White City, it will be interesting to see what public support the women can muster. There are still many diehards who are against the activities of women in track and field athletics, but the Olympics did much to popularise this side of the sport and they gained many new adherents.

Personally, I think it is a very good

thing and the only fault I find with the women's side of things is that there seems to be a great deal more argument going on in their official circles with a good deal less accomplished. I hope these remarks won't be taken too much to heart, otherwise I shall find myself the target for many irate females when I attend some of their championships next season. Frankly, I always like to see them doing well or "going places," for I know just how much work some of their enthusiasts do put in.

## Coaching.

The new scheme for coaching our best and most promising athletes will be welcomed by all. It is a step in the right direction and nothing but good can come of it. It will take a little while to get the scheme going properly, but when fully operative we should see distinct improvement in our national teams.

There are still many who talk despondently about coaching in this country, but in a few years time I shall be surprised if any country in the world will have such well organised coaching as in this country. Most of this is due to the Coaching Committee of the A.A.A. and it is likely that the recent work of this committee will be reviewed in our columns. What has been done, and is still being done, will surprise many who do not normally see the working of the various coaching schemes.

The schools are still in need of better coaching, in some cases, but the lack of coaching here is very likely due to lack of interest in athletics by the headmaster or headmistress. More and better coaching is becoming available and no school need feel devoid of good coaching in the future, should it be wanted.

## A Note for Secretaries.

**Will County Secretaries please send their Championship results in as soon as possible after the event.** At least the first twelve individuals and first four teams are wanted for publication.

THE EDITOR.

# How I should rank them

By JACK CRUMP, B.A.A.B. & A.A.A. Team Manager

Once more, at the insistent though typically courteous demand of the Editor of Athletics, I find the temerity to prepare my own personal list of rankings for the past season. In doing so, I ask that the usual warnings be borne in mind, i.e., that they are quite unofficial, that future team selection has no dependency on the order, that logic, championship, Olympic or other performances, have not been the sole yardstick, and that I expect a good deal of disagreement with my order.

The listings are given in good faith, with all the impartiality I can muster, and after a good deal of thought. On the whole, I have not found the order as difficult to decide as I have in past years, although in certain events I've almost given up the task in disgust or bewilderment. If only athletes were consistent and had equal opportunities, the problem would be comparatively simple.

In limiting the number of rankings in each event to ten, I must of necessity omit quite a number who, on reflection I dislike leaving out. Take the 100 and 220 yards for example. What am I to do about John Wilkinson, whose injury virtually prevented him from running last season? Ought I to have included D. D. McKenzie in the 100 yards, and if so, where should he go, since several times he beat evens? I have not ranked either, nor have I given N. D. Stacey a place in the short sprint. And there are others who I dislike leaving out but must, I fear, omit.

I could have increased the list to include a dozen in each event, but what difficulties this would have entailed in the pole vault and the hammer.

I am not entirely happy about the walking rankings. Olympic team duties made it essential that I should miss much of the walking contests I should have seen. But my colleague, Freddie Blackmore, concentrated on the walking interests, and is much better qualified to place them in order of merit. He has seen these lists, but with great wisdom he declines to concern himself deeply in what he regards as an unprofitable business. And, he is absolutely right.

To athletes who think I have not given their merit a sufficiently high value, may I say that I trust they will accept my order in good spirit. If they think they are justified in having their abilities assessed on a higher basis, then I am glad, since confidence is never confused with conceit in my mind, and to have a high opinion of your own powers is half way to achieving front rank.

However, here are my rankings.

## 1. 100 Yards.

1. A. McCorquodale (London A.C.).
2. E. McDonald Bailey (Polytechnic H.).
3. K. J. Jones (Newport A.C.).
4. J. A. Gregory (Crusaders A.C.).
5. J. Archer (Notts A.C.).
6. A. Grieve (South London H.).
7. J. Madden (Polytechnic H.).
8. A. Watt (Shettleston H.).
9. J. Fairgrieve (Achilles).
10. K. Anderson (Liverpool Police A.C.).

## 2. 220 Yards.

1. A. McCorquodale (London A.C.).
2. E. McDonald Bailey (Polytechnic H.).
3. S. Laing (Polytechnic H.).
4. J. Fairgrieve (Achilles C.).
5. P. H. Valle (Enfield A.C.).
6. J. A. Gregory (Crusaders A.C.).
7. K. J. Jones (Newport A.C.).
8. A. Watt (Shettleston H.).
9. L. C. Lewis (Walton A.C.).
10. N. D. Stacey (Polytechnic H.).

## 3. 440 Yards.

1. A. S. Wint (Polytechnic H.).
2. W. Roberts (Salford A.C.).
3. L. C. Lewis (Walton A.C.).
4. D. C. Pugh (South London H.).
5. K. W. Crowe (Manchester A.C.).
6. M. W. Pike (Polytechnic H.).
7. T. N. Collier (Small Heath H.).
8. A. W. Scott (Achilles).
9. T. L. Higgins (Herne Hill H.).
10. D. D. McKenzie (Edinburgh U. A.C.).

## 4. 880 Yards.

1. A. S. Wint (Polytechnic H.).
2. J. H. Parlett (Dorking St. Paul's).
3. G. W. Nankeville (Old Woking A.C.).
4. H. G. Tarraway (London A.C.).
5. C. T. White (Lincoln Wellington).
6. D. G. Wilson (Polytechnic H.).
7. L. M. Marchant (Belgrave H.).
8. A. W. Scott (Achilles).
9. E. C. Nicholls (Bromsgrove A.C.).
10. J. Smart (Edinburgh Southern).

## 5. 1 Mile.

1. G. W. Nankeville (Old Woking A.C.).
2. D. G. Wilson (Polytechnic H.).
3. R. A. Morris (Milocarians).
4. R. G. Bannister (Achilles).
5. H. A. Olney (Thames Valley H.).
6. A. B. Parker (Liverpool Univ. A.U.).
7. W. T. Hawkley (Bromsgrove H.).
8. R. A. Morley (Southgate H.).
9. J. W. L. Alford (Cardiff).
10. R. E. Williams (Achilles).

## 6. 3 Miles.

1. H. A. Olney (Thames Valley H.).
2. S. E. W. Cox (Southgate A.C.).

3. A. Forbes (Victoria Park A.A.C.).
4. W. E. Lucas (Belgrave H.).
5. J. Broughton (Blackheath H.).
6. J. H. Peters (Essex Beagles).
7. A. H. Chivers (Reading A.C.).
8. J. C. Smart (Belgrave H.).
9. G. F. Lucas (Belgrave H.).
10. T. N. Rowe (Herne Hill H.).
- 7. 6 Miles.**
  1. S. E. W. Cox (Southgate A.C.).
  2. J. H. Peters (Essex Beagles).
  3. A. Chivers (Reading A.C.).
  4. S. H. McCooke (East Antrim A.).
  5. J. C. Smart (Belgrave H.).
  6. D. M. Wingate (Bournemouth A.C.).
  7. V. S. Blowfield (Belgrave H.).
  8. A. McClean (Victoria Park A.A.C.).
  9. H. J. Ashton (Shaftesbury A.).
  10. J. J. Andrews (Finchley H.).
- 8. 2 Miles Steeplechase.**
  1. T. P. E. Curry (Achilles).
  2. G. D. C. Tudor (Achilles).
  3. D. A. Evers (Finchley H.).
  4. R. W. Howell (Polytechnic H.).
  5. A. F. Shorrocks (Halesowen A.C.).
  6. D. Thompson (Shaftesbury A.).
  7. E. Williams (Mitcham A.C.).
  8. D. Craddock (City of Rochester A.C.).
  9. G. A. Betts (Highgate H.).
  10. A. Christian (Sheffield U.H.).
- 9. 120 Yards Hurdles.**
  1. D. O. Finlay (Milocarians A.C.).
  2. J. Birrell (Barrow G.S.).
  3. R. C. Barkway (Achilles).
  4. R. H. Whitworth (Achilles).
  5. J. G. M. Hart (Edinburgh Univ.).
  6. A. P. Chadburn (Reading A.C.).
  7. R. A. Powell (Achilles).
  8. D. M. Dixon (Achilles).
  9. F. V. Scopes (Achilles).
  10. K. G. R. Hutson (Thames Valley H.).
- 10. 440 Yards Hurdles.**
  1. H. A. Whittle (Reading A.C.).
  2. D. R. Ede (Epsom & Ewell A.).
  3. R. J. Unsworth (Manchester A.C.).
  4. M. D. Pope (London A.C.).
  5. R. H. Boyd (Victoria Park A.A.C.).
  6. D. Craxton (Polytechnic H.).
  7. J. S. Hickman (Bromsgrove A.C.).
  8. G. M. Fraser (Edinburgh Un.).
  9. E. Harding Roberts (Achilles).
  10. J. G. M. Hart (Edinburgh Univ.).
- 11. Marathon.**
  1. J. T. Holden (Tipton H.).
  2. T. Richards (South London H.).
  3. J. A. Henning (Duncairn Nomads).
  4. S. F. Jones (Polytechnic H.).
  5. C. D. Robertson (Dundee Thistle).
  6. J. E. Farrell (Shettleston H.).
  7. C. H. Ballard (Surrey A.C.).
  8. B. L. Hemslie (Gosforth H.).
  9. D. Freshwater (Polytechnic H.).
  10. R. C. Manley (Woodford Green).

(Walking and Field Events in the February number).

## Letters to the Editor

The Editor,  
"Athletics."

Dear Sir,

Rowland Harman's letter puts forward a problem which need not arise but seems to baffle the majority of runners. Three points may be of help.

- (1) The human tank is replenished in many ways other than by eating, i.e., sleeping, drinking, breathing, etc.
- (2) Food is not available as energy until digestion is complete and meanwhile part of the available energy has to be diverted to assist in this process.
- (3) The efficiency ratio or the degree of assimilation of food is very low in the normal individual, especially if excited or unduly fatigued.

The idea seems prevalent that an athlete cannot run any considerable distance without first stoking up with large quantities of food, whereas in 1938 after abstaining from solid food for five days, during which period I continued my normal employment, I ran twenty miles, not only without strain but with considerable enjoyment, before breaking my fast.

An athlete cannot be supercharged, he should use up part of his energy in train-

ing and after a short rest, which allows his "batteries" to recover to some degree, recharge them by consuming food. His natural appetite is the proper guide to the quantity and type of refreshment, and his assimilation will improve with the increase in the duration of his training period thus enabling him to make better use of the food.

Until twenty hours a week is exceeded (except for the heavy manual worker) there is no such thing as overtraining. If the athlete trains too fast or too far for his present physical condition he will not recover as quickly as he should because he is **overtraining**.

If Mr. Harman were to train, over a daily length of time equivalent to the distance he suggests, at an easy pace, he would be pleasantly surprised at the vast improvement in his future performances and if more unrationed food is required may I recall to mind the humble fresh herring and the neglected raw cabbage.

A general argument must relate to a type or class, not to an individual, so I take the mainly sedentary or light manual worker as the most suitable type on which to base general remarks.

Yours faithfully,

LESLIE H. GRIFFITHS,  
Reading A.C.

The Editor, "Athletics"

Dear Sir,

British athletics must stop running on three-quarter steam, and should encourage the large numbers of young men engaged in Saturday afternoon employment to take part in athletics.

They must be offered either Sunday or mid-week competition. I favour the formation of mid-week clubs in all the large cities and towns. Mid-Week Clubs would hold fixtures and training runs on the local half-day, and would be apart from the week-end club, so that eventually a keen rivalry between the mid-week and week-end club could be fought out with Bank Holiday and evening fixtures.

If all those interested in forming a mid-week club in their locality would forward their names to me, I should be only too glad to approach the A.A.A. with the intention of inviting the Athletic Authorities to take a deeper interest in mid-week sport and to give us support in a drive for more mid-week fixtures.

If the interest is keen enough, I will be only too glad to start forming a Swindon Wednesday.

Yours truly,

P. K. BOTTOMLEY.

Hallamshire H. and Taunton A.C.

### ODDS AND ENDS.

Belgrave Harriers wish to arrange a home match for Youths under 18 over 3 miles. Would any interested club secretary please write E. Duffett, 57, Harcourt Road, Thornton Heath, Surrey.

\* \*

Sheffield Telegraph Marathon will this year take place on Easter Monday, instead of Easter Tuesday, to obviate runners' difficulties in getting away from work. The route is the same, but the start is advanced to 11 a.m. so that the race finishes before the football rush commences.

\* \*

The English Native Record of 47ft. 6½ in. for the Hop, Step and Jump by S. E. Cross (Birchfield H.) at Abertillery on July 10th, has been passed.

\* \*

Kent A.C. will hold an Open Novices Race over 3 miles from their winter headquarters at Derrick Wood Swimming Pool, Farnborough, on January 15th. Details from, and entries to, F. R. Tregunno, 23, Otford Crescent S.E.4.

\* \*

Mr. J. G. Broadbent has been elected President of Thames Hare and Hounds and is only the third to hold that office in 80 years. He succeeds the late Mr. Frank G. Rye, C.B.E., son of the founder of the club in 1868, who died on October 18th, having held office since 1929.

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# ITALIAN TRACK AND FIELD NOTES

By R. L. QUERCETANI

The last major meet of the Italian track season was held at Brescia on November 1st. Springlike weather and a fairly good track did not suffice to produce equally good performances. It must be noted however that most of the competitors had a seven-months' streak of non-stop competition in their legs. The Italian track season, undoubtedly one of the longest in the world, usually covers almost three fourths of the year, from April to November, with a short break in August, when the thermometer sometimes reaches tropical figures. Under these conditions the only outstanding achievement registered in the Brescia meet was provided by Antonio ("Tonino") Siddi, who negotiated the 200 metres around one turn in 21.4 sec., the second best mark of the European season. Siddi, also won the 100 metres in exhibition-like manner in 10.8 sec. All told—including heats and relay races—he competed in something like 5 sprint races, this within a two hours' time.

Other individual winners of the meet were Ottavio Missoni, the Olympic 400 metre Hurdles finalist, who won his special event in 56 flat, Paterlini, who took the 400 metres in 49.7, and Taddia, who barely managed to approach 165 feet in the hammer throw. Even the two discus giants were no exceptions to the rule: after months of non-stop duelling their powder had apparently got wet. Consolini, who had hit 183 feet in practise only a few weeks ago, won with a "modest" 51.73 (169ft. 8½in.), while Tosi descended to the "under 50 metres level" with 49.59 (162ft. 8½in.), a mark that is only four inches over John Anderson's Olympic record of 1932.

Siddi, who is probably one of Europe's "southernmost" track talents (he is from Sicily), has been running all distances from 100 to 800 metres in the past season. He suffered only one major defeat over the sprint distances, namely at Paris in August, where he was good enough to beat Art Harnden of the U.S., but was overshadowed by another American speedster, Dave Bolen of Colorado. Siddi's best marks for 1938 are as follows: 100m. 10.7 200m. 21.4 400m. 47.5 (twice) 800m. 1:53.1 High Jump 5ft. 10½in.

His 400metres mark is the best of the European season: too bad he could not show his class in the Olympics, where a leg injury prevented him from competing in the individual race. His 800 metres mark was registered at Milan in October. That was his debut for the event. As sprinters do on such occasions, he was obviously afraid of the unusually long



Central Photo

EMIL ZÁTOPEK, famous Czech distance runner, is seen at his marriage to MISS DANA INGROVA, Czech women's javelin record holder, at Uherské Hradiste, Bohemia

route and decided to run "tactically", i.e. jogging in the initial stage of the race, in an attempt to be "there" at his best when the decisive moment came. But he had the bad venture of meeting a man who is a master of that game—Vaclav Cevóna, the Czech miler, who finished fourth in the Olympic 1,500 metres final, and Siddi was beaten, though his time—1:53.1 min.—was not bad for a debut. His best chances at least for one more year—will be in the 400 metres—a distance which he should be able to run in "American" times in a not-too-distant future. Siddi is one of a tiny group of European quarter-milers who are accustomed to run the quarter "a la McKenley," i.e., with an explosive burst of speed throughout the first 300 yards, break-neck tactics that often result in the elimination of any possible opponent long before the home-stretch is reached. Personally I feel that "Tonino" Siddi will finally keep company with such famous standouts as Rudolf Harbig, Godfrey Brown, Mario Lanzi, Bill Roberts and Godfrey Rampling in the annals of European quartermile running

# Metric Conversions

by  
**N. D. McWhirter** (Achilles Club)

The comparison of athletic performances run over metric and English distances, through continually cropping up,

is a subject on which there is very little published data available.

The 'rules of thumb' in common use are

| Distance               | Difference   | Factor                   |
|------------------------|--------------|--------------------------|
| 100 Yards — 100 Metres | 9.361 yds.   | plus 0.8 sec.            |
| 220 Yards — 200 Metres | 1.276 yds.   | minus 0.1 sec.           |
| 440 Yards — 400 Metres | 2.552 yds.   | minus 0.3 sec.           |
| 880 Yards — 800 Metres | 5.105 yds.   | minus 0.7 sec.           |
| One Mile — 1500 Metres | 119.585 yds. | minus 18 secs. (approx.) |
| 3 Miles — 5000 Metres  | 188.05 yds.  | plus 30 secs. (approx.)  |
| 6 Miles — 10000 Metres | 376.10 yds.  | plus 1 min. (approx.)    |
| 2 Miles — 3000 Metres  |              |                          |
| (Steeplechase)         | 239.17 yds.  | minus                    |

From a moments consideration of the figures above two points emerge, (1) any given fixed conversion factor applies only over a narrow range of times and (2) for distances in excess of 800 metres the disparity of distance is such that conversion provides not a direct equivalent but only a comparative 'as good' metric time.

With regard to the first point experiment has shown that in a 100 and 220 yards run respectively in 9.9 and 21.6 secs differentials were 0.83 and 0.16 sec. thus indicating that if the rules of thumb were applied in the case of finishing speeds relevant to, say, 10.5 and 23.0 sec. sprints

the result would be, to say the least, unreal. Further it is obvious that in the quartermile a 3/10ths conversion is applicable only to high finishing speeds and hence very fast times; while in the 'half' Wooderson's intermediate time of 1 min. 48.4 secs. for 800 metres on his way to the present world record of 1 min. 49.2 secs. illustrates just how flattering a 7/10ths conversion can be if applied to a 2 min: half-mile.

Of all conversions probably that of the 1500 metres occasions most controversy. If a fraction of 40/43rds is substituted for the arbitrary 18 sec. time allowance the following result is produced.

| 1,500 M.      | 1 Mile        | 1,500 M.      | 1 Mile        |
|---------------|---------------|---------------|---------------|
| 3m 43.0 secs. | 3m 59.7 secs. | 3m 52.6 secs. | 4m 10.0 secs. |
| 3m 43.3 secs. | 4m 00.0 secs. | 3m 57.2 secs. | 4m 15.0 secs. |
| 3m 44.6 secs. | 4m 01.4 secs. | 4m 00.0 secs. | 4m 18.0 secs. |
| 3m 50.0 secs. | 4m 07.3 secs. | 4m 11.1 secs. | 4m 30.0 secs. |

The obvious advantage of this type of conversion is that it provides a variable time differential of, in this case, between 16.7 and 18.9 secs. In addition this table would conform to the expected superiority of the metric record (due to frequency) and agrees with the Swedish view that the 4 minute mile has already been surpassed in merit if not in fact. To those of the "nothing less than 18 secs" school it might be well to point out that in process of his record-breaking mile, Hagg, in a last lap of 61.7 secs. passed the 1500. Metre post in 3 mins. 45.2 secs. but under pressure from Andersson produced a freak differential of 16.2 secs.

In the case of the 5000 and 10,000 Metre world records, 3 and 6 mile records were achieved by Hagg and Heino on the way showing differences of 25.8 and 56.8 secs. respectively. (A check at Wembley of Reiff in the 5000 M. would incidentally have deprived Wooderson of his British 3 mile record.) Data on steeple-

chase relative performances is particularly sparse but some indication is given by the fact that Sjostrand's last lap speed would give him a time of 9 mins. 4 secs. for 2 miles. For general purposes it can be said that 9 mins. 45 secs. for the 3000 metres race is an 'as good' performance as 10 mins 30 secs. over 2 miles.

It may well be that with the conquering of the 4 minute mile the attraction of adhering to the English running distances will weaken and that its only trace will be the tradition of the 400 and 800 metres instead of the more decimally logical 500 and 1000 metres.

Meanwhile if data were collected and published by controlling bodies, conversions would soon rise from the status of being mere journalistic artifices to that of being an acceptable basis upon which British performances, instead of being 'something apart,' could be properly appraised in countries other than the U.S.A.



#### *Sport & General*

First four home in the Inter-Varsity Cross-Country Race. L. to R.—J. F. POLLARD (Oxford) and R. G. BANNISTER (Oxford) equal second, J. H. SCOTT-WILSON (Oxford) first, and C. W. BRASHER (Cambridge) fourth.

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# Training for Discus Throwing

During the past twelve months there have been many articles written for "Athletics" which have dealt mainly with the technique of the various events.

This month I have decided to write a few words about "Training" for Discus Throwing. I am of the opinion, and always have been, that, for the most part, athletes in this country do not train hard enough, and more especially is this true of those who go in for the field events. This article therefore is written in order to give some idea of the type of work necessary, if one is desirous of becoming highly successful at one's event.

Since it is not possible to "lay-down" hard and fast training programmes or schedules for any particular person, without a considerable knowledge of his or her capabilities, capacity for work, facilities, occupation, etc., etc., this article is only intended to serve as a guide to the type of work required.

## Winter Training (out of season).

Generally speaking, these months should be spent as follows:—

- 'A' Building, stamina, strength, and speed of movement.
- 'B' Learning fundamentals of technique.

"A" A certain amount of time should be spent jogging gently over the countryside—for general fitness and building stamina.

A certain amount of time should be spent strengthening certain parts of the body which need more than average strength for the particular event.  
e.g. **Abdominals.**

Great abdominal strength is needed in all athletic events. In Discus this is indeed so, since they are responsible to a great extent for the increase in acceleration of the Discus in the final stages.

- (1) Back lying, head and heels raising, approx 3 inches off the ground. Alternate knee raising and lowering with head raising and lowering, so that the knee and forehead come together.

When this exercise is done for the first time 2 or 3 complete movements are quite enough, but if the abdominals are to be strengthened the required amount for good discus throwing, then this exercise, and others which follow, should be gradually increased throughout the winter months, to such an extent that it is possible to perform them continuously for 4, 5, or even six minutes without any undue strain.

- (2) Back lying legs raised vertical and straight, arms sideways, keeping

By

**H. A. L. CHAPMAN**

**A.A.A. Coach**

the back flat on the ground, both legs lowering and raising sideways, alternately to touch the ground.

## Arms and Shoulders.

- (1) Press-ups—executed on the finger tips (in order to build up strength in the hands and fingers).

These should be built up to an extent where it is possible to execute 30 or 40 without any ill-effects.

- (2) Heaving from a beam or bar (two hands or one hand!) (overgrasp). (It is a wise plan not only to pull up to the chin but also to pull up—so that the beam or bar goes **behind** the head).

Needless to say these and other exercises must be built up slowly and progressively over a period of months.

## Legs.

- (1) Legs wide astride—trunk upright, alternate knee bending and stretching.
- (2) Hopping and bounding on alternate feet.

## Exercises for Speed of Movement.

- (1) Short sprint bursts (10 yds. or 15 yds.).
- (2) Sprint starting practice.
- (3) Games such as Badminton, Basketball, Squash.

These latter will help to increase speed of movement and neuro-muscular co-ordination, and also introduce variety into the work.

A great deal of the above-mentioned exercises may be done perfectly well indoors and in quite a small space—so that it is not necessary to have a first-class cinder track or gymnasium before anything can be done. If, however, a gymnasium is available—a certain amount of agility work will be of great assistance.

There are, of course, many, **many** other exercises which may be done—but these few mentioned will perhaps give an indication of what is required.

'B' The technique side of the winter training should not be forgotten.

Time should be spent learning certain points in connection with turn, or throw, or release, etc.

e.g. 1. Keeping rear foot on the ground as long as possible during 1st half turn.

or

2. Making sure that the "Discus" arm trails the shoulder during the turn.

or

3. A good throwing position is attained after the turn.

or

4. Placing of front foot in throwing position.

or

5. Direct body movement across the circle throughout, etc., etc.,

### Track Season

From now on concentration should be on technique with speed of movement.

Commencing with standing throws and progressing later to the turn.

Examples of typical early, middle and late season training sessions are given below. (It is assumed that 3 or 4 days or rather evenings per week, can be devoted to training).

### Early Season

1. Record the body weight stripped.

2. Warm up. (Limer up).

e.g. (a) approx. 440 yds. jog.

(b) approx. 440 yds. winders (jog 40 yds., speed up gradually to full speed for about 10 yds., slow down gradually to brisk walk for about 30 yds. or 40 yds).

Repeat once or twice.

(c) General Exercises

1. Press-ups

2. Heaving

3. Squatting

4.  $\frac{1}{2}$  Squatting

5. Trunk bending, twisting, stretching

6. Hopping & Bounding

7. Skipping

8. Hand Standing and Walking

9. General abilities etc:

(d) Rest, relaxed for approx. 10 minutes keeping warm.

3. Technical Training

Standing throws or with a turn concentrating on one or two points at **most** during one session. Don't be afraid of working too hard. In other words—don't throw at full effort but throw plenty of times and try to avoid the temptation to measure the distance thrown.

It is the correct sequence of movement, and application of correct technique, with which the athlete should mainly be concerned at this stage.

4. 4 to 8 sprint starts using blocks or holes, running in each case a distance of about 30yds. or 40yds. Con-

centrating on quick reaction leg speed, with easy flowing movements, using good sprinting style,

or

Low hurdling practice.

5. Limber down (jog approx. 440 yds.)

6. Shower or bath. Failing this at least have a good rub down with a towel.

7. Record body weight stripped and dry.

### General

After a week's training it is always a good plan to have a post mortem on the work done, and to find out if it can be improved in any way.

The sort of things to be considered are:

1. Too much or too little speed work?

2. Too much or too little strength work?

3. Enough variety?

4. What does my weight chart tell me?

5. What are my main faults to date?

6. Have I improved in any particular points?

etc., etc.

By answering these and many other searching questions it will be a much easier job to formulate plans for the succeeding weeks.

Needless to say the programme will vary from day to day.

### Middle Season.

1. Weight.

2. Warm-up. (as usual).

3. Exercises (getting lighter now than they were in early season).

4. Rest (**keep warm**).

5. Technical Training.

The finer points of technique should be considered now, and any **major** faults left until the following winter, as any changes now may upset performance entirely.

2 or 3 **full effort** throws now added to form throwing to test co-ordination at full speed.

6. High jumping over a low bar or sprint work.

7. Low hurdling practice.

8. Limber down.

9. Shower or rub down.

10. Weight (dry).

### General

Once again a post mortem should be held. Never move on to next week's training without a thorough investigation of what has been done so far.

### Late Season.

1. Weight.

2. Limber up.

3. **Vary** light exercises.

4. Form throws for the most part, polishing up small points of technique, followed by 2 or 3 full-out throws to test technique.

5. Low hurdling practice or a light amount of sprint work.

6. Jog 440 or 220 yards.

7. Shower—or rub down.
8. Weight.

### General.

1. When warming-up wear plenty of warm clothing, not forgetting ankle socks and a scarf or towel round the neck.  
Avoid getting the least bit cold as you would avoid the plague!
2. It is a good general rule to have at least one day of rest before competition, but some athletes prefer to to have a little light work even on the day before competition.
3. Make an effort to go for training even if the weather is bad. It will help you to become accustomed to these conditions and then if competition day happens to be bad you don't get upset.
4. Since good Discus throwing requires precise timing and proper technique which take time to perfect—the athlete should start his track season training as far in advance of his first competition as possible. If time

and weather permit about 6 or 8 weeks before.

5. Never forget that a tremendous amount of Discus training can be done without the implement, in the early months of training.
6. It is sometimes a good plan to play about with shot as well as Discus in training to add variety.  
Sometimes it is a good plan to play gently with a large shot just before going to throw a Discus in competition.
7. The warm-up should also be done before competition as well as training, but the exercises may be cut out.  
Muscles work with greater efficiency when warm.
8. It is often a good plan to have several full out throws just before competition to help offset nervous upsets.
9. Once again it is emphasised that all that has been written here is intended only to be a guide and should not be taken as a definite schedule.

## Northern Ireland Notes By W. MACKEY.

Cross-country running in Northern Ireland is going ahead strongly now and we have had two further inter-team races. The first promoted by East Antrim Harriers in Ballyclare, produced an entry of 17 teams who all faced the starter on the Messines Park course, which was in splendid order for running. The first lap found a batch of runners fighting for the lead, led by F. Jennings, of Willowfield. The second lap found four men slightly ahead, these being J. Morrow (Duncairn), W. Sands (North Belfast), D. Harrison (9th Old Boys) and R. McCabe (North Belfast). These four boys fought right through to the finish, and after a great struggle, J. Morrow, of Duncairn, made the tape first with D. Harrison (9th Old Boys) second, and W. Sands (North Belfast) third, R. McCabe (North Belfast) 4th, J. Morgan (Duncairn Nomads) 5th, and H. McMaw (Albert Foundry) 6th.

The Team race resulted in a very easy win for the North Belfast Harriers, whose members placed themselves early in the race and just refused to allow themselves to be passed by anyone. First six teams:

|                                  |     |
|----------------------------------|-----|
| 1. North Belfast Harriers .....  | 53  |
| 2. Albert Foundry "A" Team ..... | 155 |
| 3. Willowfield T. Harriers ..... | 159 |
| Duncairn Nomads "A" Team ...     | 159 |
| 5. East Antrim Harriers "A" Team | 189 |
| 6. 9th Old Boys A.C. ....        | 220 |

South Lurgan Harriers next entered the field as promoters, when they ran off the Northern Ireland One Mile Schoolboys' Cross-country Championship and the Malcolm Cup 6 Miles Junior Inter-Team Race in Brownlow Park, Lurgan. For the Boys' event there was an entry of 55 boys and the race was won by P. Megorran, of

Duncairn Nomads, with W. Rodgers, of Willowfield, second, and N. Kennedy, of Willowfield, third.

The Malcolm Cup had an entry of 13 teams, who were quickly despatched on a course which looked more like a swimming pond than a Cross-country course. The end of the first lap a bunch led by S. Mayne, of East Antrim, soon appeared. By the end of the second lap C. Owens, of East Antrim, had got to the front, followed by W. Sands, of North Belfast, and R. McCabe, also North Belfast, with Mayne fourth. At the halfway mark Owens had established a 50 yard lead over J. Morrow, of Duncairn, now running very strongly, with McCabe and Sands close up. This was still the order at the end of the fourth lap, with Owens increasing his lead and this was maintained to the end of lap 5, with Owens further increasing his lead, and barring accidents, a certain winner—which he was, with Morrow second, McCabe 3rd, Sands 4th, H. Howie (East Antrim) 5th, and V. Mayne (East Antrim) 6th.

The Team race which favoured North Belfast Harriers, with a very youthful team, in the early stages, resulted in a stern battle for supremacy, and as the race progressed it was seen that East Antrim were making gallant efforts to get up, and by the half-way mark had got themselves on equal terms with North Belfast. From this to the end the older, more experienced and stronger boys of East Antrim gradually pulled away from North Belfast and won with 61 points to 88 by North Belfast, followed by Willowfield 151, Duncairn 171, Albert Foundry 197, and Duncairn Nomads 206.



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Asst. Secretary : G. W. Smith.

Hon. Treasurer : W. C. Jewell.

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London, W.C.2.

## The Late Mr. George Hogsflesh.

The General Committee of the Association at its meeting on Saturday, 4th December, 1948, decided to purchase a perpetual trophy in memory of Mr. George Hogsflesh, the Association's Assistant Secretary from 1919/1937. The Trophy will be awarded annually to the best Junior athlete of the year, and a Fund will be opened to receive donations from affiliated Clubs and friends and colleagues of the late Mr. Hogsflesh. Any person interested in giving a donation should remit to the A.A.A. Offices.

## A.A.A. Scheme for Coaching Athletes for International Competition.

General Committee has approved a scheme which will operate in all Areas under the jurisdiction of the Association, for the coaching of expert and promising athletes, in particular, to prepare athletes for International Competition. No action is yet to be taken by Clubs and athletes, but all Clubs will be informed of particulars of the Scheme, and the procedure to be adopted, as early as possible. In general, the Scheme is to provide the best tuition for the best athletes, working on the basis of coaching and/or advising those athletes who are placed first, second or third in National and Area Championships. Mr. D. N. J. Cullum has been appointed Special Coaching Hon. Organiser to the Scheme, and a Coaching Organiser will be appointed in each Area.

## Note to Sports Promoters.

The Amateur Athletic Association has been accepted by the Customs and Excise Dept. as a Charity, and any Sports Meetings therefore organised in aid of the General, Coaching or Equipment Funds of the A.A.A. can claim exemption from Entertainment Duty, subject to the conditions laid down by the Customs and Excise Dept., e.g., expenses must be within 50 per cent. of the receipts. Application for exemption should be made in the usual way to the Local Officer.

## Olympic Games.

General Committee at its last meeting recorded appreciation of the magnificent work carried out by Mr. D. T. P. Pain, Honorary Secretary of the Olympic Subcommittee. The success of the Arena arrangements at the Games was largely due to the untiring efforts of Mr. Pain, who was also the Arena Manager.

## Annual General Meeting.

The Annual General Meeting of the Association will be held on Saturday, 19th March, 1949, at 2 p.m.

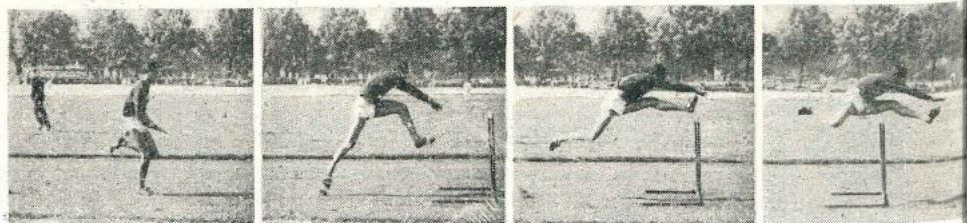
## A.A.A. Official Handbook, 1949.

It is intended to make a further issue of the Handbook in 1949, and it is expected that the issue will be ready for distribution early in April, which issue will include all amendments to the Competition Rules.

There are still a few copies of the 1948 Handbook available in the office at 5/3 post free. Clubs who wish to advertise their open meetings in the 1949 Hand-

## A FINE ACTION STUDY OF T

This is one of the many fine action strips—greatly reduced in size—prepared page 2. These prints should prove of great



book are requested to send in copy to the Association's offices as early as possible. Advertising rates are full page £2/5/0, half-page £1/10/0.

### Honorary Membership.

A large increase in the work of the Association has resulted in a corresponding increase in expenditure.

There has not been a corresponding increase in the Association's income, and an appeal is made to those interested in Amateur Athletics to take up Honorary Membership. Minimum subscription is £1/10 per annum.

Honorary Members receive a copy of the Association Handbook, are entitled to wear the Association tie, and to attend General Meetings of the Association. Arrangements are made for priority in reserving seats for A.A.A. promotions. Membership application forms may be obtained from the Association's offices.

### Award of Honour.

The General Committee of the Association has unanimously decided to present to Mr. E. H. L. Clynes, Honorary Secretary of the Association, an Award of Honour for distinguished services in connection with the Incorporation of the Association.

### Decathlon.

It has been arranged that the Decathlon Championship will take place at the Royal Military College, Sandhurst, early in September. It is anticipated that the date will be the first week-end in September, the 2nd and 3rd, but this date will be confirmed later. Lecture cards admitting to the four lectures to be held at 6.30 p.m., on the 21st of January, 18th February, and 18th March, in the large Hall of Barclays Bank, 54, Lombard Street, E.C.3, may still be obtained from the offices of the Association at 2/-. The next lecture will be "Technique in Modern Athletics," by Mr. G. H. G. Dyson, the A.A.A. Chief National Coach.

### City of London Course.

Application forms for the Active Athletes Course, beginning in January, 1949,

are still available at the offices of the Association.

### Honorary Coaches.

Examinations for those wishing to qualify as Hon. Coaches will be held the 1st and 2nd of April, 1949, at Motspur Park, Surrey, and further tests will be held in May and June at the White City, on certain training nights of the London Athletic Club, through the channels offered by the Executive Committee.

### Revision of Rules.

At the December meeting of General Committee the following amendments to the existing rules were approved. These amendments will take effect as from the 1st May, 1949, by which date the 1949 Handbook will be issued.

**Rule 1 (1) (f).** The rule will read as follows:—

"For allowing his name as an athlete to be used for advertisement purposes in connection with any commodity." (It will be noted that the words "receiving money or any other consideration" have now been deleted from the rule in order to bring it into line with the I.A.A.F. Rule).

**Rule 2. (1) Open Events.** (New Clause to replace old 2 (a):—

"A competitor must have reached the age of 17 years (in Senior National, Area or County Championships 18), and after one year of open competition be a member of a Club or Association affiliated to or recognised by the A.A.A. (For the purpose of this rule a "recognised Club or Association" must be a properly constituted athletic club or other bona fide amateur sports Club)."

**Rule 25.** This rule is to be clarified by the following amendment:—

"For the purposes of novice competitions track and field events are divided into the following classes:—

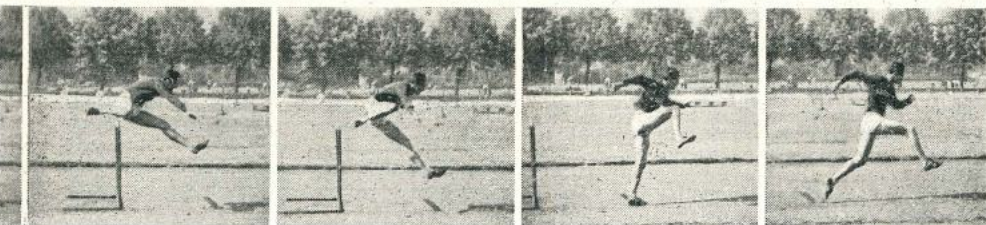
- (a) Running, hurdling and steeplechase;
- (b) Jumping and vaulting;
- (c) Throwing;
- (d) Walking.

A competition advertised as a Novice

*Continued on page 26*

## RIULZI (Argentine) by GUY BUTLER

by Guy Butler, Official Photographer to the A.A.A., details of which appear on value to coaches, schoolmasters and athletes.



# Who is Right

## TACTICS ARE A MISTAKE

By

ARTHUR F. H. NEWTON

Author of "Running,"

"Commonsense Athletics," etc.

Progress is what we're seeking in athletics all the time, and progress necessitates change. It will come as a shock to most of us to discover that such important basic principles—as we've all been brought up to imagine them—as tactics in racing, will be one of the items needing revision and even elimination.

The only proper time to use, or even to consider the use of track or road racing tactics, so far as others are concerned, is never! Does that sound too drastic? Take a careful look into things and you will soon see why I advocate such a revolutionary alteration in everyday practice.

If you enter for a competition it stands to reason that you want to win and to do so without any possibility of suspicion. If there are other men in distinctly better training than yourself you expect them to outrun you; they also expect it, and rightly since they've spent more time and effort in preparation they certainly deserve success. That is what you and they train for.

A win that you well know was not due to your actual superiority can never be anything but unsatisfactory to a decent man: he doesn't want others to win races for him, he means to do the business for himself. If you allow that you will agree that undivided attention to his work must be his sole principle. Yet the employment of tactics involves more than one man—very often several—and this alone shows that the use of tactics, because it diverts his attention to others, must on the face of it be faulty.

There is no argument as to which gives the better result, concentrating on **one** subject alone for a time or dividing your attention between two or more. Every competitor, did he but realise it, has all his work cut out to look after his own progress during a race, and the less he devotes to any others the better for his prospects. The more closely you can focus on your immediate activities while you discriminate with regard to speed and action the nearer will you get to what you consider perfection. And perfection is the goal you are aiming at all the time even though you know you will never quite reach it.

Until now, of course, tactics have been excusable, because we've all been taught (and still are) to cultivate their use, but

once you've had your eyes opened as to their real nature you'll not be hoodwinked any longer. If another man commits a crime is that any reason why you should? Then because you find some who misspend their energy hampering others on the road or track in the hope of gaining by it, even though it means spoiling their own best work, there is no necessity for you to descend to their level by employing similar practices. It is nothing less than sheer thoughtlessness, unless it is unadulterated selfishness, though fortunately this latter is not usual in athletics. Once a man really understands that his own concerns are sufficiently important to require the whole of his attention, he will not throw away his chances by bestowing any of it elsewhere. In other words track tactics will not be good enough for him he wants the best he is capable of, and desires his rivals to produce theirs.

Have you ever noticed that tactics, when they are employed, are always undertaken by men who are not capable of winning a race outright on their own? That is why they use them. They thoughtlessly consider that thereby they will attain a result which training has not entitled them to. In other words they're trying to take a short cut to success. They should think again of course and consider the value of such a victory. If they were capable of outpacing all their competitors there would be no call for the consideration of tactics: all they would have to do would be to run at their best and the race would be theirs.

Still more proof? Did you ever hear of Nurmi, Holden, Tom Richards, Heino or any other top class athlete employing tactics? Surely what was good enough for them ought to be good enough for the smaller fry? These men ran always "on their own" and took not the slightest notice of any of their temporary rivals' antics: while racing they "stood on their own feet" and refused to be distracted from their work by others' mistakes. How then can tactics be permissible in any form of genuine sport?

Well, you run to measure **your** athletic ability against others; that is the sole object of racing. Athletics, per se, are invariably clean until questionable practices are introduced to produce unwarranted results, but it is only the practices that are unworthy. If you can't win by clean running it is because you have not trained sufficiently, and this is a lesson that every man learns and keeps on learning.

You should, therefore, accept the result

## •      *Arthur Newton or Jim Alford?* TACTICS CAN BE ALL-IMPORTANT

By

J. W. LI. ALFORD

**A.A.A. Coach and Empire Games Mile  
Champion, 1938**

Tactics are defined in the New Oxford Dictionary as "Procedure calculated to gain some end, skilful devices." Now the end in view for a runner is to win his race or, at least, to finish as near to the winner as he can; i.e., to run his race to the best of his ability. If we are considering Long Distance Road Races this is brought about mainly by good judgment of pace and tactics hardly enter the picture. Even here, however, one cannot state that you can afford to ignore the other competitors completely. After all, it has been known for two runners to enter the stadium together at the end of a Marathon race and I don't think anyone would be prepared to say that they ignored each other during their race round the final lap of the stadium!

But it is when we consider Middle Distance Track Running that we find the use of sound Tactics to be essential. Let us take as an example a Half Mile Race. Now Mr. Newton would have it that, provided you are able to run a faster Half Mile than the others, you can ignore them, run the race at your own pace and win. But he conveniently ignores the fact that running tracks have two bends each about 120 yards long in every lap, and to run only one yard wide on one lap will entail covering an additional three yards. It is natural, therefore, that every runner in the race should want to run as near to the pole position as possible and, as there are often as many as 12 runners in a Half Mile race, this obviously raises a problem. In fact, a runner would very often find, especially if he drew an outside starting

of your training knowing it is commensurate with the work you have done. There will then be nothing discouraging in being beaten: if anything it will only add to your ambition to achieve greater distinction on that next occasion. Make up your mind then, that though tactics may be good enough for those who haven't learnt any better, that's no reason why you should use them. Do your bit at all times to keep your sport as clean as you know it should be: while you stick to that your ambition will never falter.

What do the "tactics" merchants say? My correspondence tells me it amounts to this: tactics are essential if you are to win or even do well: to ignore them is to ignore success. In that case all our best runners must have ignored success.

Well, it's up to you. Ponder what I've said above and judge for yourself as to which is the healthier outlook. It's no business of mine to try to teach you, it's for you to teach yourself.

position, that, if he ignored the rest of the field entirely, he would be forced to run considerably more than half a mile. He must, then, use some "skilful devices" to ensure that this does not happen. He may have to run faster or slower at the start than he intended in order to gain a good position; he will have to consider carefully when, where and how to pass his opponents, and he will have to guard against being inadvertently hindered by other runners. There is nothing underhand or selfish about this and, to my mind, half the fun of Middle Distance Running results from planning your races and pitting your wits against your opponents.

I don't want to labour the point but I think Mr. Newton has a mistaken idea of the aim of Tactics. I would say that Tactics should be used primarily to enable you to run your race as closely as you can to your planned pace-schedule and at the same time to cover as little additional ground as possible. But this is not all—you also have to consider the human element. When you have three or four competitors in a race all capable of about the same time the one who gains the initiative at the right moment will win the race. One example will serve to illustrate my point, that of the finest tactician that I have had the pleasure of watching—Jack Lovelock. When he won the Olympic Games 1500 Metres in 1936 he certainly ran the race at his own pace and was not afraid to let the others dash away at the start. But ignore the other runners he surely did not do! On the contrary, he kept a very watchful eye on his chief rival, Glen Cunningham, and the crucial moment of the race was when Lovelock skilfully "jumped" the leaders at the beginning of the back straight in the last lap, straightaway opening up a lead of six yards which he maintained to the tape. A brilliant example of the use of the element of surprise and perfect timing!

In conclusion, I would say that a sound use of Tactics will never guarantee the winning of a race; that will also depend on your ability and preparation. But it will guarantee the best use of your ability and, without sound tactics, you will not be able to make full use of your judgment of pace.

# RACE WALKING

## Happy New Year . . .

Greetings to all Walkers everywhere, and may 1949 see a deepening consolidation of the fundamental comradeship of competitors, which, without in any way lessening Club loyalty and rivalry, has always raised the sport of Walking to an almost unique degree above partisan jealousies.

So will the sport maintain the remarkable advance of the post war years, demonstrating that Walking—as a certain liquor once used to be—is best. Best for the average fellow who, in this highly-specialised age—in athletics generally, as well as in means of mechanical transport—responsive to the individual, competitive challenge in Wilfred Pickles' well-known invitation, is still prompted to pursue the second method of propulsion provided by Nature . . .

All crawl before they walk. Some run, with varying degrees of success—or mishap—before they have really learned to walk. So, in 1949 . . . learn to walk!

## Make a Note.

The major Walking Championship events in 1949 are as follows:

### On the Road

February 5th—Road Walking Association 10 Miles "Junior" Championship at Enfield.

March 5th—Counties Championships.

March 19th—R.W.A. 10 Miles National Championship—with Inter-Counties Championship in conjunction—at Leicester.

May 14th—R.W.A. 20 Miles National Championship, in the North.

June 18th—R.W.A. 50 Kilometres Championship (31 miles, 121 yds.), in the South.

### On the Track

June 4th—Counties Championships.

June 25th—A.A.A. District Championships: North, Midlands, South, Welsh.

July 2nd—Inter-Counties Championships.

July 16th—A.A.A. 7 Miles Championship, White City.

July 30th—A.A.A. 2 Miles Championship (in conjunction with A.A.A. Junior Championships) in the Midlands.

### January-February Diary

January 8th—London Business Houses 7 Miles Championship, Standard Telephones and Cables Sports Club, New Southgate.

Surrey W. C. "Warlingham" Cup Race, 10 Miles, Croydon.

January 22nd—Metropolitan Police A.A. 7 Miles "Open," Imber Court.

February 5th—R.W.A. "Junior" Championship, as above.

February 12th—Metropolitan W. C. 10 Miles Butcher Cup race, and match v. Cambridge Hs., at Alpertton.

February 19th—Surrey W. C. Banstead race, 11½ miles, and match v. Belgrave Hs., Croydon.

February 26th—10 Miles match. London Vidarians W.C., Surrey A.C., and Metropolitan W. C., at Mitcham.

## Belgrave and Cambridge "Opens."

The Belgrave "Open" 7, on 27th November, attracted a magnificent entry of 276 individuals and 25 teams—continuing the upward trend—but unfortunately the promotion was to some extent spoiled by the prevailing foggy conditions. Whilst the

## by F. W. BLACKMORE

sun shone brightly in some parts of the course, visibility in other parts was reduced to five yards, and even less. In the absence of Morris, Surrey A.C., Wilson, Highgate Hs., and West, Cambridge Hs.—many competitors were unable to reach the venue, and the eventual line up was 183—interest in the scratch race was limited, with Harry Churcher a more than comfortable winner.

This was also the case when the Cambridge Hs. 7 Miles "Open" was held at Bexley on December 18th. Although Wilson and West were both in the field on this occasion, fellow-members of their respective Clubs gave greater challenge to the champion—although he was never seriously challenged, and won by almost one-and-a-half minutes, exactly thirty seconds outside his own course record.

Cambridge Hs. new date, with Ron West again responsible for the organisation, attracted exactly 180 entries—one more than the record set up last year. There is little reason to doubt that the previous highest total would have been left well behind, if it had not been a week before Christmas.

Belgrave's strength—without J. G. Coleman and J. E. Rutland—cannot be disregarded; whilst for Highgate Hs., beaten by 3 points in the scratch Team race, R. G. Dick's 2nd position, and the forward walking of "Juniors" Tunbridge and Copperwheat, were quite impressive.

F. W. Barrett, Cambridge Hs., continues to improve—he filled 3rd scratch position in this event—and J. F. Miller, once Darnley A.C., now Cambridge, seems to have found greater speed. Others specially noted on December 18th were E. J. Brazier, Highgate, and F. Tasker, Belgrave. When the latter finds the speed to go with the style, he should be formidable.

### Internationally.

In 1947, in Paris, Harry Churcher won a 10,000 metres Walk held as a preliminary to the France v. Great Britain athletics match. Maggi, France, was 2nd—like Harry, he set up a new French record for the distance—Morris, Surrey A.C. 3rd, and Courron, France 4th. The event had the crowd on its feet.

On August 1st next, when the Great Britain v. France athletics match is held at the White City, a 10,000 metres Walk will be one of the match events.

Again, a track-walking event is scheduled to be included in the Czechoslovakia v. Great Britain athletics match to be held in Prague on September 10th and 11th.

This is all very gratifying, and the walkers will not let Great Britain down.

### Rankings.

Although it is well-known in some quarters that I am opposed to rankings—it is so hard to strike a mean in the merit of performances—I could not quarrel with any ranking list which establishes Harry Churcher as the best Walker at distances up to 10 miles.

I am interested to note that he is now rated 7th (out of ten choices) in one sports writer's list of "Sportsmen of the Year"—above A. McCorquodale, the only other representative of athletics, who is rated 9th.

Churcher has been awarded the "Harry Barclay" Trophy as the best athlete in Surrey—the champion County—and could not have been far out of the reckoning when the A.A.A. "best performances" awards were considered. Pleasing acknowledgments of a great year's work in 1948, when he won the R.W.A. National 10 Miles title, both A.A.A. titles—in very fast times—Inter Counties titles on road and track, and set up a world's record for 5 miles, apart from making a clean sweep of "Opens" up to 10 miles.

### Chief Results in Brief:

#### Belgrave "Open" 7, 27th November:

**Scratch Race**—1, H. G. Churcher, Belgrave Hs., 54.46; 2, A. H. Cotton, Woodford Green, 56.39; 3, D. McMullen, Belgrave, 56.44. **Scratch Teams:** Belgrave 25 pts.; Surrey W.C. 47; Cambridge Hs., 65.

**Ind. Handicap**—1, D. Cooper, Woodford Gn., 8.30, 51.57; 2, A. Perrin, Highgate, 9.50, 52.28; 3, F. Higginbottom, Enfield A.C., 52.35. **Team Handicap:** 1, Highgate Hs. "B," 214 mins. 2 secs. (aggregate time for 4 competitors); 2, Belgrave Hs. "B," 214.5; 3, Cambridge Hs., 214.57.

#### Cambridge "Open" 7, 18th December:

**Scratch Race:** 1, H. G. Churcher, 54.05; 2, R. Dick, Highgate, 55.25; 3, F. Barrett, Cambridge, 55.32. **Scratch Teams:** Belgrave (Churcher, McMullen, Readman, East) 27 pts.; Highgate 30 pts.; Cambridge Hs. 45 pts.

**Individual Handicap:** 1, G. W. Coleman, unat., 8.30, 48.48; 2, E. J. Brazier, Highgate, 7.10, 49.37; 3, D. Tunbridge, Highgate, 6.15, 50.09. **Team Handicap:** 1, Highgate Hs. "A," 204.19; 2, Belgrave Hs. "B," 205.22; 3, Cambridge Hs. "A," 209.13.



Photo by H. Wares

H. A. MARTINEAU (Surrey W.C.)

### ATHLETICS IN EIRE

With the cross-country season half way through and all the principal Championships still to be decided, the A.A.U.E. officials are in for a busy month. The Junior will be held at Finglas, Co. Dublin, on Saturday, January 22nd, and a very close race is expected; Civil Service will start favourites for the team race and, Ross, Dublin University, as a result of his win in the Novice Championship last month, will be expected to again breast the tape. However, we must not overlook the fact that Clonliffe will be stronger, as likewise will be Donore, and whatever team does win it will be a very close affair.

The Council of the Amateur Athletic Union have fixed their field and track championships for Saturday, June 4th, and Clonliffe Harriers have fixed Wednesday and Thursday for their big International Sports, June 8th and 9th. This is the biggest meeting ever staged in Ireland, teams from Britain, Holland, Norway, Belgium, Sweden and U.S.A. and France, have been invited, and if all accept Dublin athletic fans should flock to Lansdowne Road in thousands. The Clonliffe Club are indebted to Mr. Ernest Riley and Joe Binks, of the "News of the World," for their help and co-operation in this great venture. If one is to judge by the revival of Irish Athletics this meeting should be a huge success.

# The Women's Amateur Athletic Association

Hon. Secretary: MRS. W. E. HUGHES, 13, Selcroft Road, Purley, Surrey (Uplands 1566).

## ASSOCIATION NOTES BY W.T.H.

On behalf of the W.A.A.A. I wish every member a Happy New Year and a good season's sport. As things look at present, it seems we have a very busy year in front of us. On February 5th we start with the National A.G.M., and after this important meeting we are holding a Dance at the Royal Hotel, Woburn Square, from 7 p.m. to 11 p.m. Tickets are 4/- each and may be had from Mrs. Palmer, Hon. Treasurer, 112, Edgwarebury Lane, Edgware, Middlesex.

I can now give you news of one of our most important events of the coming season. By the generosity of the White City authorities (the National Championships are being held there on July 9th) we are to have the first All-Women's International Meeting in England for about 15 years. The B.A.A.B. has given permission for the W.A.A.A. to invite the Netherlands and France, so book the date—August 20th.

While the International Committee have other plans for 1949, they have not yet reached completion, and I am asked to state that the Association have not given permission for a match with Italy.

### Southern Counties A.G.M.

This meeting took place at the Regent Street Poly., on Saturday December 11th, when Mr. W. J. Pepper presided over a well attended meeting. All officers were re-elected and Mrs. Amies and Mrs. Leslie were thanked for their services as Hon. Secretary and Hon. Treasurer.

A very long discussion took place on the structure of the Governing Committee and it was proposed that in future all members of the Committee be elected and be made up of President, 18 Vice-Presidents, 10 Members from Clubs and County Representatives elected by Counties. In the end this was carried. The affiliation fee of 5/- was raised to 10/- per year. Mr. E. H. Knowles was elected Life Vice-President for long services rendered.

The age of Juniors was again raised and it was pointed out that the W.A.A.A. will consider this as soon as the school leaving age is raised to 16. The assembly was very pleased to hear from two new friends from the West Country and to know that we shall be seeing and hearing a lot more of the West in the future.

### Clubs and Counties.

More news of Clubs and Counties is urgently required. Send to W. T. Hitchin, 9, Manor Road, Erith, Kent.



### Sport & General

G. YOUNG (Dourne-mouth A.C.) one of Britain's best high jumpers.

### Rules.

The Rules have been completed and will be ready for 1949 season. Mr. Deer has put in much hard work on this and the following changes should be noted:

(Loose leaves for the book, "Extracts from Laws of Competition" can be obtained from the District Secretaries or Mrs. Hughes).

### AMENDMENTS TO LAWS OF COMPETITION

#### Hurdle Races. Page 6, Rule 72.

1. At end of Par. 4, add "except when the International type of Hurdles are being used."

Insert the following Pars. to Rule.

#### 2. The International type of Hurdle

The total weight of the hurdle shall be not less than 22lbs. 3½ ozs. The extreme width shall be 3 feet 11 inches, and the extreme length of the base shall be 27½ inches. The width of the top bar shall be 2½ in. The top bar shall be striped in black and white (preferably diagonally upwards from both sides towards the centre). The hurdle shall be

made of wood or metal and shall consist of two bases and two uprights supporting the rectangular frame reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle may be adjustable in height but should be rigidly fastened at the required height for each event. The hurdles shall be of such a design that a force of at least 8 lbs. applied to the centre of the top of the cross bar is required to overturn it. Where an adjustable hurdle is used the force required to overturn the hurdle when adjusted at its highest position (2 feet 6 inches) shall be at least 8 lbs. The hurdle shall be so placed on the track that the ends carrying the uprights shall be farthest from the starting line.

3. Where the International type of hurdle is used, knocking down any number of hurdles shall not disqualify, nor shall it disentitle a competitor from claiming a record.

4. In handicap hurdle races, where a start is given, the distance given in the Rule from starting line to the first hurdle must be maintained as a minimum, one, or more hurdles being removed to secure this minimum distance of approach to the remaining hurdles.

**High Jump.** Page 9. Rule 81.

Delete Pars. 81 (a), 81 (c).

Insert the following Par. to Rule.

A competitor may begin jumping at any height above the minimum height, and may, at her own discretion, jump at any subsequent height until she has failed three times in succession, when she forfeits her right to compete further.

N.B.—The effect of this rule is that a competitor may forego her second and third jumps, or vaults, at a particular height (after failing first time) and still jump at a subsequent height.

**General Rules for Throwing and Putting.**

Page 11, Rule 86.

Insert the following Par. between Pars. 86, 87.

Where more than twelve compete, the first six shall be entitled to three more jumps, or the best four where twelve or less compete. A promoting body may, however, decide a competition by the result of the first round. In such cases it must be stated on the programme.

**Officials.** Page 14, Rule 97.

Delete 4th and 5th lines re Judges and insert:

Two Judges (with Referee) for Track events. Three Judges (with Referee) for Field events, who shall be responsible for all decisions in events. The Referee may nominate Umpires to assist as necessary.

**Age Groups—Juniors.** Page 15, Rule 100.

**Juniors**—Delete 10 years. Line to read Over 11 years and Under 15 years.

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# British Amateur Athletic Board

Hon. Secretary:

J. C. CRUMP

Hon. Treasurer:

H. M. ABRAHAMS

## INTERNATIONAL MATCHES

Two full-scale International Matches will be held in the 1949 Season.

August 1st, White City Stadium. Great Britain v. France.

September 10th and 11th. Subject to successful completion of certain details. Great Britain v. Czechoslovakia in Prague.

There will also be a junior triangular international match between Great Britain, France and Belgium. The date and venue will be announced later. The events will be confined to athletes who have not exceeded the age of 20 years on January 1st, 1949.

The Board has also approved a plan for an international match to be included in the programme of the British Games, organised by the "News of the World" at the White City, on Whit-Monday, June 6th. The meeting is to be organised in aid of the Silver Jubilee Appeal of the National Playing Fields Association, and invitations have been extended to U.S.A., France, Belgium, Holland and Sweden, each to send a team of eight athletes to compete with Great Britain in a match of 10 events. Belgium and Holland have already accepted.

## BRITISH RECORDS.

The British Board has now instituted a new system of record recognition. In future performances will be approved as records in two categories:—

(a) Performances achieved in Great Britain and Northern Ireland by an amateur athlete irrespective of his nationality or place of birth, known as British (All-comers) Records.

(b) Performances achieved in Great Britain and Northern Ireland by athletes of British nationality, known as British (National) Records.

Full lists of the newly scheduled records will be issued shortly.

In the meantime the Board has approved the following as new British Records:

All achieved at Wembley during the Olympic Games.—

| Name                     | Event               | Date             | Time or Distance |
|--------------------------|---------------------|------------------|------------------|
| W. F. Porter<br>(U.S.A.) | 120 yards hurdles   | August 4th, 1948 | 13.9 seconds     |
| W. Steele (U.S.A.)       | Long Jump           | July 31st, 1948  | 25ft. 8in.       |
| W. Thompson<br>(U.S.A.)  | Putting the Weight  | August 3rd, 1948 | 56ft. 2in.       |
| A. Consolini (Italy)     | Throwing the Discus | August 2nd, 1948 | 173ft. 2in.      |
| L. Nemeth<br>(Hungary)   | Throwing the Hammer | July 31st, 1948  | 183ft. 11½in.    |

Achieved at the match, British Empire v. U.S.A. at White City Stadium:—

|         |                 |                    |                                |
|---------|-----------------|--------------------|--------------------------------|
| British | A. McCorquodale |                    |                                |
| Empire  | J. Archer       |                    |                                |
| Team    | J. Bartram      | 4 x 110 yds. Relay | August 12th, 1948 41.8 seconds |
|         | J. Treloar      |                    |                                |

Achieved at the Polytechnic Stadium, Chiswick:—

|            |           |                 |               |
|------------|-----------|-----------------|---------------|
| A. S. Wint | 440 yards | 22nd July, 1948 | 47.4 seconds. |
|------------|-----------|-----------------|---------------|

Achieved at the London University Athletic Ground, Motspur Park.—

|                |              |                |                     |
|----------------|--------------|----------------|---------------------|
| H. G. Churcher | 5 Miles Walk | 5th June, 1948 | 35 mins. 43.4 secs. |
|----------------|--------------|----------------|---------------------|

Appropriate performances by women athletes at the Olympic Games will be submitted for approval as New British Records at the next meeting of the British Board.

The Board has decided to award a suitably inscribed plaque to Mr. D. T. P. Pain, Hon. Secretary of the Board's Olympic Sub-Committee to mark its high appreciation of his exceptionally valuable services in connection with the technical organisation of the athletics section of the Olympic Games.



## Sport & General

### The start of the Inter-Varsity Cross Country Race

## OXFORD v CAMBRIDGE

Oxford, as anticipated, won the annual Inter-Varsity cross-country match, at Roehampton, by 36 pts. to 42 pts., despite fine packing by Cambridge. This year eight ran from each side but, as in the past, six scored. J. H. Scott-Wilson (Oxford) led practically from start to finish and won comfortably by 23 secs.

1. J. H. Scott-Wilson (Oxford)... 43.14

2. J. F. Pollard (Oxford) ..... 43.37
- R. G. Bannister (Oxford) ... 43.37
4. C. W. Brasher (Cambridge) ... 43.50
5. S. Gorton (Cambridge) ..... 44.26
6. J. Palmer (Cambridge) ..... 44.27
- R. S. Ellis (Cambridge) ..... 44.27

| Teams:       | Pts.               |
|--------------|--------------------|
| 1. Oxford    | (1.2.3.9.10.11) 36 |
| 2. Cambridge | (4.5.6.7.8.12) 42  |

## Results

November 27th

### MIDLAND COUNTIES v. U.A.U. v. NORTHERN COUNTIES

The return contest of the Triangular fixture, inaugurated last year, was decided over a 4 lap course of 6 miles at Birmingham University on Saturday, November 27th. All three teams were weakened by notable absentees including F. Aaron (North) J. Corfield (Midlands) and D. W. M. Haw (Leeds University). The field of 34 included 10 internationals and there were frequent changes among the leaders. E. Nicholls (Bromgrove A. C.) led D. Calcott (Reading University) after the first lap, with C. S. Saunders (Bolton) third; at the half distance R. V. Hughes (Birmingham Univ.) was ahead of Nicholls with Saunders still third and Calcott fourth. After lap 3, F. McGinnis (Sutton H.) lay first from Saunders and with seven runners in the first 13, the North were in a winning position.

Saunders ran well over the last mile to win by about 75 yards, while his fellow team scorers all finished in 17 places to defeat the University by 43 points, and the Midlands by 61. In their annual contest decided concurrently the U.A.U. beat the Midlands by 61—75 having their 8 scoring men in 13 places.

|                                                                                                                                                                                                                                                                                                                                                                  | mins. secs. |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|
| 1. G. S. Saunders (N) .....                                                                                                                                                                                                                                                                                                                                      | 36 3        |
| 2. E. Nichols (M) .....                                                                                                                                                                                                                                                                                                                                          | 36 21       |
| 3. F. McGinnis (N) .....                                                                                                                                                                                                                                                                                                                                         | 36 22       |
| 4. D. Calcott (U. Reading) ...                                                                                                                                                                                                                                                                                                                                   | 36 31       |
| 5. J. A. Carmick (M) .....                                                                                                                                                                                                                                                                                                                                       | 36 38       |
| 6. A. Christian (N) .....                                                                                                                                                                                                                                                                                                                                        | 36 40       |
| 7. R. Williams (N) .....                                                                                                                                                                                                                                                                                                                                         | 36 51       |
| 8. D. C. Birch (U. Leeds) .....                                                                                                                                                                                                                                                                                                                                  | 36 54       |
| 9. R. V. Hughes (U. Birm.) ...                                                                                                                                                                                                                                                                                                                                   | 36 55       |
| 10. T. Fillingham (N) .....                                                                                                                                                                                                                                                                                                                                      | 37 10       |
| 11. R. Reid (M) .....                                                                                                                                                                                                                                                                                                                                            | 37 12       |
| 12. M. Maleedy (N) .....                                                                                                                                                                                                                                                                                                                                         | 37 25       |
| 13. A. E. Tyrer (N); 14. C. J. Black (U. Nottingham); 15. B. Parsons (M); 16. M. Unsworth (U. Reading); 17. N. Ashcroft (N); 18. M. B. Wilson (U. Sheffield); 19. W. McGinnis (N); 20. M. O. Donoghue (U. Liverpool); 21. E. Lookwood (N); 22. C. Kemball (M); 23. E. N. Shearley (U. Loughborough); 24. L. J. Price (M); 25. H. Reid (M); 26. I. J. Conway (M). |             |

### Triangular Contest

|                            |     |
|----------------------------|-----|
| 1. Northern Counties ..... | 69  |
| 2. U.A.U. ....             | 112 |
| 3. Midland Counties .....  | 130 |

### Annual Contest

|                           |    |
|---------------------------|----|
| 1. U.A.U. ....            | 61 |
| 2. Midland Counties ..... | 75 |

**Portsmouth A.C.** 50 pts. beat **Brighton & C.H.** 71 pts., and **Worthing H.** 144 pts., at Portsmouth—1, Fox (B) 30.49; 2, Chandler (W) 30.58; 3, Giles (P) 31.00; 4, Finnigan (P) 31.50; 5, Cullimore (P).

**Kent A.C.** beat **Shoreditch Training College** by 19 pts. to 40, at Farnborough.—1, R. Hale (K) 36.12; 2, R. Bishop (S) 37.09; 3, A. Whiffen (K) and E. G. Phipps (K) 37.59.

**United Hospitals** beat **Wye College** at Wye, by 45 pts. to 91 pts.—1, J. I. Burn and O. Dansie (U.H.) 36.03; 3, W. Jenkins (W) 37.03; 4, G. Sparrow, H. Lee and R. Goulding (U.H.) 38.12.

**Essex Beagles**, 69 pts., beat **Woodford Green A.C.**, 90 pts., **Polytechnic H.**, 92 pts. and **Ilford A.C.**, 161 pts., at Chigwell Row.—1, J. Dellow (Poly.) 37.55; 2, R. Robins (E.B.) 38.01; 3, J. Peters (E.B.) 38.12; 4, J. W. Alford (W.G.) 38.27; 5, W. Nicholson (W.G.) 39.05; 6, J. Wood (Poly.) 39.09.

**Aylesford Paper Mills**, 78 pts., beat **Cambridge H.**, 134 pts., and **Mitcham A.C.**, 201 pts., at Aylesford.—1, J. Charlesworth (A.P.M.) 40.03; 2, J. Ellis (A.P.M.) 40.31; 3, A. Cass (C.H.) 40.37; 4, C. Rosser (A.P.M.) 41.04; 5, D. Friend (A.P.M.) 41.15; 6, A. Funnell (C.H.) 41.30. In a junior match, **Aylesford**, 45 pts., beat **Cambridge H.**, 48 pts., and **Mitcham A.C.**, 117 pts.—1, P. Bridger (A.P.M.) 15.59; 2, A. Brakefield (C.H.) 16.14; 3, Holden (C.H.) 16.22.

**Cambridge University** beat **Blackheath H.** at Cambridge by 32 pts. to 46 pts.—1, S. Gorton and C. W. Brasher (C) 42.10; 3, S. C. Wooderson and J. Broughton (B.H.) 42.31; 5, R. Ellis (C) 42.34; 6, R. Choat (B.H.) 42.45.

**Blackheath H.** 2nd team beat **Cambridge University** 2nd team by 38 pts. to 40 pts. at Hayes.—1, A. Brent (B.H.) 46.32; 2, H. Lillingston (C) 46.40; 3, E. May (B.H.) 46.52; 4, C. Walkley (C) 47.15; 5, J. Took (C) and E. Mellen (C) 47.17.

**Westminster Bank** 5 Miles Club Championship at Epsom.—1, A. A. Martin 34.01; 2, E. Stallard 34.36; 3, G. Pearson 34.44.

**Lozells H.** beat **Smethwick H.** in a Youths' match at Smethwick by 9 pts. to 14 pts.—1, J. Gould (S) 20.00; 2, R. Bishop (L) and R. Harding (L) 20.20; 4, R. Bennett (L) 20.35.

**Chelmsford A.C.** beat **King Edward VI. School** in a Junior Match by 27 pts. to 31 pts.—1, J. Bowen (C) 13.54; 2, R. Willis (C) 14.07; 3, J. Taylor (K.E.S.) 15.17; 4, A. Lines (K.E.S.) 15.21. Chelmsford A.C. Handicap: L. Sadler, 2.0, 13.25.

**London University** beat **Oxford University** at Oxford, by 38 pts. to 40 pts.—1, J. M. Scott-Wilson (O) 38.49; 2, G. Brown (L) 39.13; 3, J. Newling (L) 39.15; 4, P. R. Morgan (O) 39.16.

**Thames H. & H.** beat **Ranelagh H.** at Roehampton by 23 pts. to 55 pts.—1, D. Percival (T) 45.46; 2, E. C. Weir (T) 45.47; 3, P. Barnes (T) 47.40; 4, T. P. Curry (T) 47.45.

#### December 4th

**Blackheath H.** 29 pts. beat **R.M.A.** (Sandhurst) 67 pts. and **Thames H. & H.** 75 pts.—1, T. P. Curry (T) 42.12; 2, G. Monshall (B) and J. Broughton (B) 42.15;

4, R. Choat (B) 42.28; 5, W. Spencer (B) 42.36; 6, M. McCord (R.M.A.) 42.38.

**Oxford University** 43 pts. beat **Oxford City** 62 pts. and **Reading A.C.** 72 pts., at Oxford.—1, A. A. Robertson (R) 39.10; 2, S. Wilkins (O.C.) 39.29; 3, P. R. Morgan (O.U.) 39.48; 4, G. St. J. Hardy (O.U.); 5, G. Neil (O.C.) 40.09; 6, J. Pollard (O.U.) 40.52.

**Woodford Green A.C.** 7½ Miles Handicap at Woodford.—1, W. T. Nicholson, 1.10, 41.52; 2, W. Hazel, 5.45, 42.25; 3, A. Harris, 5.0, 42.32. Fastest times: 1, W. T. Nicholson 43.02; J. W. Alford 43.41.

**Ealing H.** beat **Polytechnic H.** by 144 pts. to 158 pts. at Perivale.—1, J. Pennington (P) 39.45; 2, A. Coyne (P) 40.48; 3, S. Jones (P) 41.06. Ealing H. Handicap: 1, J. Woodgate; 2, G. Hines.

**Cambridge University** 2nd team overwhelmed **Oxford University** 2nd team at Cambridge, having the first six men home.—1, M. Williamson (C) 42.57; 2, J. Mellen (C) 42.59; 3, R. Tidey (C) 43.07; 4, H. Lillingstone (C) and C. Walkley (C) 43.22; 6, J. Aston (C) 43.24.

**Grafton A.C.** 4½ Miles Handicap.—1, L. Dias, 3.45, 24.03; 2, S. Dias, 2.40, 24.23; 3, S. Lupin, 3.10, 24.39. Fastest time, S. Dias 27.03.

**Exeter H.** 10 Miles Open Road Race.—1, G. Roberts (Plymouth Spartans) 57.05; 2, W. Courtney (Exeter H.) 57.58; 3, E. Arnold (Exeter H.) 60.01; 4, J. Salmon ((Exeter H.) 61.28; 5, C. Sampson (Poole Wheelers) 61.29; 6, T. Hill (Taunton A.C.) 61.33.

**Hampstead H.** "Fraternity Cup" Race over 5 miles at Whetstone.—1, H. J. Hicks (Hampstead H.) 29.39; 2, D. Thompson (Shaftesbury H.) 29.43; 3, L. Mann (Queens Park H.) 30.24. Teams: 1, Shaftesbury H. 86 pts.; 2, Wigmore H. 110 pts.; 3, St. Mary's (Hornsey) H. 154 pts.

**Longwood H.** 4½ Miles Handicap.—1, G. Ibbotson, 1.30 and D. Earnshaw, 4.30, 24.37; 3, G. Marchbank, 1.30, 24.53. Fastest time: G. Ibbotson 26.07.

**Thames Valley H.** 111 pts., beat **Eastleigh A.C.** and **Surrey A.C.**, both with 179 pts. over 7 miles at Cranford.—1, H. A. Olney (T.V.H.) 43.16; 2, G. Wright (E) 43.56; 3, S. C. Belton (S) 44.02; 4, A. Miles (T.V.H.) 44.17; 5, E. Manley (T.V.H.) 44.26; 6, J. Boggett (E) 44.37. Thames V. H. Handicap: D. Fotheringham, 2.35, 42.10.

**Thames Valley H.** Junior Championship at Cranford.—1, E. G. Ellis 25.29; 2, E. Reynolds 25.51; 3, K. Norris 26.15.

**Surrey Youths' Championship** at Addington.—1, E. Brown (Mitcham A.C.) 24.06; 2, D. Pirie (S.L.H.) 24.12; 3, M. Pearman (Belgrave H.) 24.45; 4, E. Whitlock (Surbiton G.S.) 24.53; 5, B. Maltravers (Sutton & C.H.) 25.03; 6, B. Davies (Mitcham A.C.) 25.05. Teams: 1, South London H., 30 pts.; 2, Herne Hill H., 52 pts.; 3, Surbiton G.S. 71 pts.

**Sussex Intermediate Championship** at Brighton—1, J. Randall (Horsham B.S.H.) 30.25; 2 N. Vincent (Sussex W.C.) 30.26; 3, S. Hogg (Brighton & C.H.) 30.41; 4, G. Scutts (Portsmouth A.C.) 30.48; 5, J. Wadey (Sussex W.C.) 30.52; 6, J. Hay (Brighton & C.H.) 31.10. Teams: 1, Sussex W. & A.C. 25 pts.; 2, Brighton & C.H. 27 pts.; 3, Bexhill A.A.C. 65 pts.

**Hampstead H. "Fraternity Cup" Race.**—1, H. J. Hicks (Hampstead H.) 29.39; 2, D. Thompson (Shaftesbury H.) 29.43; 3, L. Mann (Queens Pk. H.) 30.24; 4, F. Pincombe (Wigmore H.) 30.27; 5, E. Shirley (Wigmore H.) 30.48; 6, E. Ford (Shaftesbury H.) 31.13. Teams: 1, Shaftesbury H., 86 pts.; 2, Wigmore H., 110 pts.; 3, Hornsey (St. Mary's H.), 154 pts.; 4, Queens Pk. H. and Hampstead H. tie, 156 pts.; 6, Highgate H., 167 pts.

**Southampton A.C.** 100 pts. beat **Portsmouth A.C.** 135 pts. and **Portsmouth R.N.A.C.**, 146 pts.—1, R. Gosney (S) 30.18 (course record); 2, E. R. Downer (S) 30.55; 3, A. Giles (P); 4, Clark (S); 5, Buxeye (R.N.); 6, Tawn (R.N.).

**Kent A.C.** beat **Orpington A.C.** by 39 pts. to 40 pts., at Farnborough.—1, J. Turner (O) 34.05; 2, R. Hale (K) 34.08; 3, L. Soutam (O) 34.25; 4, P. Steel (O) 35.17.

**Chelmsford A.C.** beat **Southend A.C.** by 37 pts. to 43 pts. at Chelmsford.—1, R. D. McCalla (S) 36.47; 2, J. Bowen (C) 36.52; 3, D. Revell (S) 37.10; 4, E. Brown (C) 37.18. Chelmsford H'cp.: Bowen, 0.30, 36.32.

**Warwickshire League** race at Sheldon.—1, J. A. Carrick (Small Heath) 34.41; 2, T. Coss (Godiva H.) 34.56; 3, F. Froggatt (Small Heath) 35.02; 4, H. A. Reid (Godiva H.) 35.03; 5, R. Matthews (Leamington A.C.) 35.17; 6, G. Russell (Small Heath) 35.21. Teams: 1, Godiva H. 49 pts.; 2, Small Heath H. 79 pts.; 3, L. Lozells H. 124 pts.; 4, Leamington A.C. 165 pts.; 5, B.T.H. 203 pts.; 6, Nuneaton H. 321 pts.

December 11th

#### BEXHILL ROAD RELAY

Essex Beagles won the Bexhill A.A.C. 15 Miles Road Relay, despite a great last lap by Jackie Charlesworth for Aylesford. Charlesworth started off some 200 yards behind Robins of the Beagles, and actually got his chest in front with 100 yards to go, but could not hold Robins' finishing effort. First six teams:

1. Essex Beagles (Culver 13.48, Hall 15.02, Lenney 14.10, Carroll 14.15, Peters 14.06, Robins 13.45).  
1 hr. 25 min. 16 sec.
2. Aylesford Paper Mills S.C. (Macoy 14.13, Ellis 13.58, Rosser 14.31, Acott 14.59; Bridger 14.08; Charlesworth 13.31).  
1 hr. 25 min. 20 sec.
3. Bexhill A.A.C. (Burgess 14.26, Wicks 14.20, Morford 14.33, Beckwith 14.58, Lelliott 14.49, Webb 14.10)

1 hr. 27 min. 16 sec.

4. Aylesford P.M. "B"

1 hr. 29 min. 49 sec.

5. Maidstone H. 1 hr. 30 min. 44 sec.

6. Shoreham A.C. 1 hr. 33 min. 14 sec.

First Sussex Team Trophy went to Bexhill A.A.C.

Fastest lap times: Charlesworth (A.P.M.) 13.31, Robins (Essex B.) 13.45, Culver (Essex B.) 13.48, Harris (Brighton & C.H.) 13.53, Ellis (A.P.M.) 13.58, Peters (Essex B.) 14.06.

**London Shipping A.A.** 5 Miles Championship at Addington—1, D. K. Dyll (Orient) 33.33; 2, P. Crust (Glen.) 33.51; 3, G. W. Dorwood (Gray, Dawes and Co.) 35.03. Teams: 1, General Steam S.C. 20 pts.; 2, Glen Line 21 pts.; 3, Houlder Bros. and Co., 30 pts.

**North London H.** 35 pts. beat **Loughton A.C.** 70 pts. and **Ponders End A.C.** 93 pts. at Chingford.—1, S. Horning (N.L.) 32.09; 2, A. Thompson (N.L.) 3.34; 3, J. Debenham (P.E.) 33.49; 4, F. Pollard (N.L.) 33.55; 5, A. Mead (L) 34.10.

**Woodford Green A.C.** 84 pts. beat **Ilford A.C.** 185 pts. and **Ealing A.C.** 196 pts. at Woodford.—1, W. T. Nicholson (W.G.) 44.03; 2, A. Thomas (I) 44.14; 3, J. Fenn (W.G.) 45.44; 4, G. Humphreys (W.G.) 45.45; 5, J. Catton (I) 46.39; 6, H. Mead (W.G.) 47.16.

**Wigmore H.** 75 pts. won the "Turner Cup" contest at Mill Hill, from **Shaftesbury H.** 79 pts., **Hornsey (St. M.) H.** 131 pts. and **Hampstead H.** 173 pts.—1, H. J. Hicks (Hampstead H.) 31.39; 2, F. Pincombe (Wigmore H.) 32.14; 3, E. Shirley (Wigmore H.) 32.37.

**Highgate H. Schools' C.C.** Race at Parliament Hill was won by C. Allvey (Grenford County) in 19 min. 40.4 sec.; 2, D. Cruickshank (Highgate Sch.) 19.49; 3, P. Dally (Ilford County) 19.50. Teams: 1, Ilford County 46 pts.; 2, Highgate Sch. 53 pts.; 3, Hampton Grammar 83 pts.; 4, Kingsbury County 88 pts.

**Chelmsford A.C.** 44 pts. beat **Ipswich H.** 46 pts. and **Colchester H.** 81 pts., at Colchester.—1, J. Doggett (Chelmsford) 27.57; 2, T. W. Dent (Ipswich) 27.59; 3, G. Crow (Chelmsford) 28.13; 4, J. Race (Ipswich) 28.13.5; 5, A. Gorringer (Ipswich) 28.34; 6, E. Brown (Chelmsford) 28.43.

**Cambridge H.** 365 pts. beat **Herne Hill H.** 458 pts. at Old Bexley.—1, J. Barry (H.H.) 42.30; 2, W. Funnell (C.H.) 42.34; 3, T. Rowe (H.H.) 43.04; 4, L. Cass (C.H.) 43.12. Cambridge H. H'cp.: R. Ives, 8.0, 40.06. Cambridge H. Junior Championship: D. Holden 21.43. H'cp.: N. Hurst, 2.25, 20.30.

**Harehills Harriers** won the **Leeds and District Cross-Country League**, taking the league trophy for the first time. In the final race they placed five men in the first six for an easy team win, though Frank Aaron, Leeds St. Mark's Harriers, easily beat the best of them. 1, F. Aaron,

Leeds St. Marks, 35.25; 2, D. C. Birch, Harehills, 36.47; 3, L. Eyre, Harehills, 37.20; 4, A. Lawton, Harehills, 38.14; 5, H. Boddil, Harehills, 38.16; 6, A. R. Dolphin, Harehills, 38.20; 7, G. Allott, Wakefield H.L., 38.21; 8, J. Coop, Bramley H., 38.23. Teams—1, Harehills H. (2,3,4,5,6,9) 29 pts.; 2, Leeds St. Marks (1,16,17,20,22,25) 101 pts.; 3, Wakefield Harriers (7,13,14,27,34,36) 131 pts.

**Doncaster Railways A.C.** 26 pts. beat **R.A.F. (Lindholme)** 81 pts and **Daneshill College**, 108 pts., over 5½ miles at Doncaster. W. R. Newbitt, N.C.A.A., 880 yards junior champion, was first man home. 1, W. R. Newbitt (D.R.); 2, L. Stokell (D.C.); 3, E. Evans (D.R.); 4, A. Charlton (D.R.); 5, J. Johns (D.R.); 6, J. Cutler (D.R.).

**London University Championship** at Roehampton—1, P. Griggs (Q. Mary Coll.) 25.33 (record); 2, J. Newling (L.S. of Economics) 25.50; 3, G. Brown (Imperial Coll.) 25.59; 4, E. Short (Univ. Coll.) 26.22; 5, M. Barrett (Battersea Poly.) 26.24; 6, R. V. Gigg (Imperial Coll.) 26.29. Teams: 1, Imperial College 47 pts.; 2, King's College 70 pts.; 3, Battersea Poly. 106 pts.; 4, University College 125 pts.

**British Workers' Championship** at Kingston.—1, P. Neilson (Film Artists) 27.45; 2, G. L. Iden (T. & G.W.) 27.45.6; 3, C. Bailey (Tooting Bee Hosp.) 28.03. Teams: 1, Tooting Bee Hospital 11 pts.; 2, A.E.U. (London) 30 pts.; 3, London Transport (Chiswick) 45 pts.

#### *Continued from page 15*

Competition shall be confined to competitors who at the time of competition have never won a prize in an OPEN competition of the class for which he is entering."

**Rule 44.** To be added to existing Rule: "Note. Book Tokens may be awarded as a prize."

**Rule 45.** To be added to existing Rule: "The value shall be exclusive of purchase tax."

**Rule 57.** Existing Rule to be replaced by following I.A.A.F. Rule:

"Competitors' clothing must be clean and so designed and worn as not to make an indecent display of the competitor's person." (It will be noted that the "dark" shorts for steeplechase requirement is dropped).

**Rule 80.** Existing rule will apply to "Scratch Events." The following new Rule will be added:—

**80B.** In **Handicap Events** the above Rules shall only apply where the competitors' tying have the same handicap. In any other cases the competitor with the lesser handicap shall be awarded the place in issue.

**Rule 81C.** Add after "succession" in line 3 "regardless of height." (This will clarify a point which has caused some doubt).

**Inter-Banks Championship** at Hayes.—1, R. A. Morley (Midland) 27.48; 2, C. E. Puddicombe (Nat. Provincial) 28.04; 3, A. A. Martin (Westminster) 28.23; 4, D. Pirie (Lloyds) 28.29; 5, R. Goodbody (Barclays) 28.36; 6, G. Pearson (Westminster) 28.39. Teams: 1, Westminster 74 pts.; 2, Lloyds 78 pts.; 3, Barclays 92 pts.; 4, Midland 147 pts. **Junior Championship:** 1, F. Rogerson (L. & S. America) 29.03; 2, W. H. Loveless (Thos. Cook) 29.17; 3, H. Strenli (Swiss) 30.27. Teams: 1, Westminster 21 pts.; 2, Lloyds 33 pts.; 3, Nat. Bank of India 45 pts.

**Insurance A.A. Championship** at Coulsdon.—1, G. Ward (Pearl) 28.27; 2, W. E. Lucas (London & Lanes.) 28.33; 3, K. T. Carter (New Zealand) 29.20. Teams: 1, Cuaco 47 pts.; 2, Cornhill 50 pts.; 3, London & Lanes. 51 pts.

**Buckinghamshire Championship** at Halton.—1, J. O'Toole (R.A.F.) 38.05; 2, D. Weekes (R.A.F.) 38.05; 3, E. E. May (Slough A.C.) 38.28. Teams: 1, R.A.F. (Halton) 43 pts.; 2, Wycombe Phoenix H. 58 pts.; 3, Stoke Poges R.C. 192 pts.

**Junior Championship:** 1, D. Waller (Cestreham C. & A.C.) 25.37; 2, D. Wood (Wycombe R.G.S.) 25.47; 3, F. Tucker (Wycombe R.G.S.) 25.53. Teams: 1, Wycombe R.G.S. 15 pts.; 2, R.A.F. (Halton) 35 pts.; 3, Wycombe P.H. 68 pts.

**Belgrave H., 7 Miles Club Championship** at Wimbledon.—1, L. W. Herbert 40.30; 2, E. S. Stimpson 41.07; 3, G. F. Lucas 41.33. Handicap: L. Bush, 6.15, 36.26.

#### **Rule 93.** (Javelin).

The new I.A.A.F. Rule where it is laid down the Javelin shall be thrown from a curved line is being introduced into the Rules, and will be applied at A.A.A. National, Area and County Championships. The present Rule will be retained for application at other competitions at the organisers' discretion.

**Rule 108.** Stations for teams shall be drawn for and each team retain its station throughout the race.

A line shall be drawn ten yards on each side of the starting line. Both runners shall pass the baton within this zone, and are not allowed to move outside the take-over zone until they have exchanged batons neither is any assistance by pushing or other method allowed.

**Rule 111.** The Rule will in future read: Walking is progression by steps so taken that unbroken contact with the ground is maintained, i.e., the advancing foot must make contact with the ground before the rear foot leaves the ground.

Any person disqualified by a Walking Judge must at once retire from the competition.

**Rule 117.** New Rule.

**Cross-Country and Road Running.** The scale of ages and distances applicable to particular ages must be limited to those set out in Rule 27.

## WORLD'S RECORDS PASSED

The I.A.A.F. has announced the acceptance of ten performances as World records:

### MEN.

**400 Metres**—H. McKenley (Jamaica) 45.9 sec., on July 2nd, 1948, at Milwaukee, U.S.A.

**2,000 Metres**—G. Reiff (Belgium) 5m. 7s., on September 29th, 1948, at Brussels, Belgium.

**30,000 Metres**—M. Hietanen (Finland) 1h. 40m. 46.4s., on June 20th, 1948, at Jyväskylä, Finland.

**Five Miles Walk**—H. G. Churcher (Great Britain) 35m. 43.4s., on June 5th, at Motspur Park, Surrey. (Distance not previously recognised for record purposes).

**Hammer**—I. Nemeth (Hungary) 59.02 metres (193ft. 7½in.) on July 14th, 1948, at Tata, Hungary.

**Discus**—A. Consolini (Italy) 55.33 metres (181ft. 6 3/8th in.) on Oct. 10th, 1948, at Milan, Italy.

### WOMEN

**100 Metres**—F. E. Blankers-Koen (Netherlands) 11.5 sec., on June 13th, 1948, at Amsterdam, Netherlands. Equals previous record, 11.5 sec., by H. Stephens (U.S.A.).

**30 Metres Hurdles**—F. E. Blankers-Koen (Netherlands) 11.0 sec., on June 20th, 1948, at Amsterdam, Netherlands.

**440 Yards Relay** (4 at 110 yds.)—Netherlands National Team (G. de Jongh, N. Witziers-Timmer, G. v. d. Kade-Koudys, and F. E. Blankers-Koen) 47.4 sec., on July 25th, 1948, at Ryswyk, Netherlands.

**Javelin Throwing**—H. Bauma (Austria) 48.21 metres (158ft. 2in.) on June 29th, 1947, at Vienna, Austria.

## FIXTURE LIST

### January

- 1 County Championships.
- 1 Kent Youths' Championship, Old Bexley.
- 1 S.E. Lanes League, Castleton.
- 18 Inter-Counties Championship, Worsley.
- 15 Cambridge Un. v. Utd. Hospitals, Cambridge
- 15 Poole v. Dorchester—Poole Road Relay.
- 22 Thames H. & H. v. Camb. Un., Roehampton.
- 22 City of Rochester A.C. 5 Miles Road Race.
- 22 S.E. Lanes League, Bury.
- 29 Halifax & District Championships.
- 29 Midland Women's Senior C.C. Championship, Oldbury.
- 29 Sussex v. Hants, Brighton.
- 29 Cambridge Univ. v. London Univ., Cambridge.

### February

- 5 Midland Counties 7 Miles Champ., Shirley.
- 5 Cambridge Univ. v. Orion H., Cambridge.
- 12 S. of the Thames Championship, Horsham.
- 12 N.E. Counties Championship.
- 12 E. Lanes., Championship.
- 12 W. Lanes., Championship.
- 12 N. of the Thames Championship, Hutton.
- 19 Southern Women's C.C. and Road Walk Champs, Chigwill Row.
- 19 Ranelagh H. Inter-Schools Race, Petersham.
- 19 Universities A.U. Championship.
- 19 Midland Women's Senior Road Walk.
- 26 Southern Counties Championship, Camberley.
- 26 Midland Counties Championship.
- 26 Northern Counties Championship, York.
- 26 Eastern Counties Championship, Essex.

### March

- 2 R.N. Inter-Command Champs., Devonport
- 5 N. London C.C.A. 5 Miles Team Race.
- 5 Ealing H. Inter-Schools Race, Perivale.
- 12 English C.C.U. Champs., West Bromwich.
- 12 Orion H. Schools' Invitation Race, Chingford.
- 12 Woodford Green A.C. Inter-Schools Race, Woodford.
- 19 Ilford Road Relay.
- 23 Inter-Services Championship, Aldershot.
- 26 S.E. Lanes League Champions v. The Rest.
- 26 Essex Youths' Championship.
- 26 Brighton H. Road Relay.
- 26 International C.C. Championship, Dublin.
- 26 Thames Valley H. Road Relay, Cranford.

### April

- 2 Ilford Ladies' Road Relay.
- 2 Wigmores H. 15 Miles Open Road Race.
- 2 N. of W. London—Brighton Relay Race.
- 9 St. Mary's (Hornsey) Road Relay.
- 9 Walton A.C. 10 Miles Open Road Race.
- 9 Cambridge H. Road Relay, Old Bexley.
- 9 Watford H. Road Relay.
- 16 Worthing & D.H. Road Relay.

- 16 Portsmouth A.C. Chichester-Portsmouth Walk
- 18 Sheffield Telegraph Marathon.
- 18 Portsmouth A.C. 10 Miles Open Road Race, Bognor Regis.
- 22/23 London A.C. Schools' Challenge Cup, White City.
- 23 Finchley "20," Ruislip.
- 30 Southampton-Bournemouth Road Relay.

### May

- 7 Surrey 20 Miles Championship, Farncombe.
- 12 A.A.A. v. Oxford University, Oxford.
- 14 Portsmouth A.C. Chichester-Portsmouth Road Race.
- 17 A.A.A. v. Cambridge University, Cambridge.
- 21 Kent "20," Chislehurst.
- 28 A.A.A. v. Universities A.U.
- 28 Dartford Hospital Sports.

### June

- 4 Countess Track & Field Championship
- 6 N. of W. British Games, White City.
- 7 Morris Sports A.C. Open Meeting, Loughborough.
- 8 A.A.A. v. London University, Motspur Park.
- 11 A.A.A. Team at Ipswich.
- 11 A.A.A. Team at Glasgow Police Sports.
- 11 City of Bradford Police Meeting.
- 18 Poly. H. Kinnaird Meeting and Marathon.
- 25 District Championships.
- 25 Southern Women's Championships, Chiswick.

### July

- 2 Inter-Counties Championships.
- 2 Winterton Midsummer Sports.
- 2 Sussex Junior Championships, Howe.
- 9 A.A.A. v. Yorks and Lanes., Huddersfield.
- 9 W.A.A.A. Championships, White City.
- 9 London Business Houses Championships, Sudbury.
- 9 District Junior Championships.
- 15/16 A.A.A. Championships, White City.
- 20 Devon Constabulary Sports, Torquay.
- 23 National Police Championships, Hove.
- 23 A.A.A. v. Cornwall and Devon, Falmouth.
- 23 Birch. H. Waddilove Meeting, Birmingham.
- 30 A.A.A. Junior Championships.

### August

- 1 Gt. Britain v. France, White City.
- 1 Hazells Sports & Fete, Aylesbury.
- 6 S.S.A.F.A. Meeting, Hove.
- 6 L.A.C. Inter-Club Relay Meeting, White City.
- 6 A.A.A. Team at Glasgow Rangers Sports.
- 11 Teignmouth Open Meeting.
- 13 Triangular International.
- 20 England v. Netherlands v. France (Women) White City.
- 20 Gloucestershire Constabulary Meeting.
- 27 A.A.A. v. Combined Services, White City.

### September

- 3 A.A.A. Team at Southampton.

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**JOE BINKS**

UNRIVALLED WORLD-WIDE REPUTATION

60 YEARS OF ATHLETICS

EX-HOLDER MILE RECORD

THE WEEK'S BEST SURVEY OF ALL SPORTS  
BY THE GREATEST TEAM OF SPORTS WRITERS