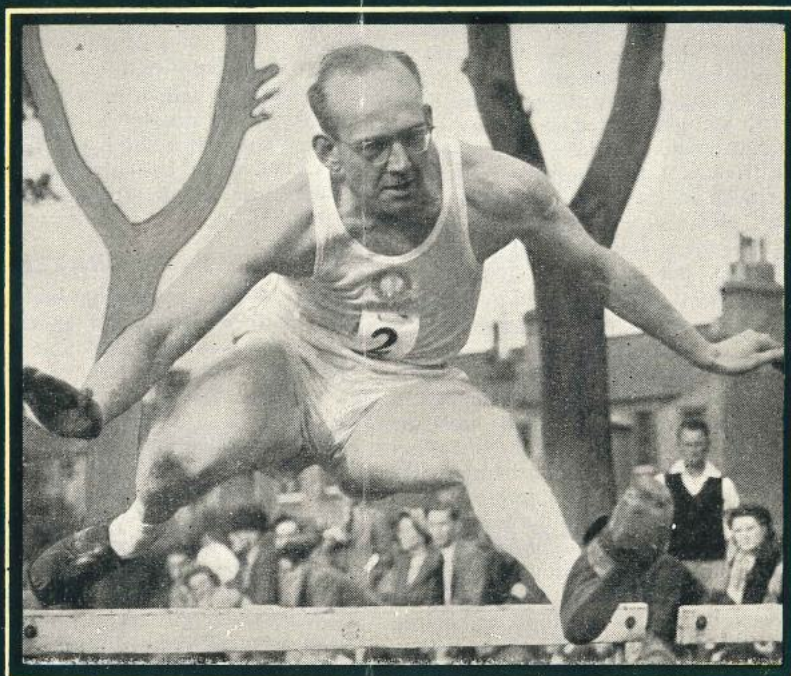


Athletics WEEKLY

JAN. 2nd. 1954

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Vol. 8 No. 1



BRITAIN'S "SKIPPER"—HARRY WHITTLE (Reading A.C.)

E. McDONALD BAILEY writes on
"Winter Training for the Sprinter"

LEN SMITH

answers the new

A.W. QUESTIONNAIRE

For the Women—

Special Feature on

★ **BUILDING UP FOR** ★
THE 1954 TRACK
SEASON

NEW SCHOOLS'
SERIES

No. 1—Hackney Downs
School

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

GREAT IMPROVEMENT BY PIRIE EYEWASH

JOHN LANDY's 4:02 mile in Melbourne on December 12th, was a truly magnificent effort. Where else in the world is there a man who could run under such depressing conditions, without ANY assistance at all, and produce such times? This boy is the greatest of them all!

Landy improved his previous best by 0.1 sec. to set an official Empire record. He also equalled his 1500m. time of 3:44.4. Lap times tell the tale: 58.2, 60.4, 61.6, 61.8 sec.

Landy, although he had had only three reasonably hard runs, had to take the chance of a record attempt so soon because he could not risk "throwing away" such a perfect day. Only a fairly strong breeze down the finish straight marred conditions.

The 4-man field included Les Perry. Landy hit the front with the gun, and except for a short stretch in the second lap he ran out in front. Although outside what he'd hoped for at the $\frac{3}{4}$ mark, John still had the show in the last lap, but in the last 100 yds.: "I lacked the determination needed to carry me on to a new world record." (He won by over 200 yds.).

I can see now that it is competition Landy needs. Pacemakers are useless. If he had, say, Santee treading on his heels, the intensity of his desire to win would offset the mental laxity that must grip him over those last few terribly punishing yards.

It occurred to me during the last lap that this long sought-after 4 min. mile isn't coming in a hurry. And I found later that Landy agrees. "If Hagg and Andersson, with their years of hectic competition, and helped by the fastest group of milers in history, couldn't go under 4:14, what hope have I and other 'conventional' milers got?"

Landy feels that much of the blithe talk of tremendous improvements by men like Pirie over the next few years is so much eyewash. And this brings us to the theory of Percy Cerutti that running training as we know it to-day is fast approaching saturation point, and that some other means must be found to increase the speed of runners. Cerutti suggests that by special leg muscle development a runner's stride can be increased naturally, and whereby he can get far better results without doing any more

SUGGESTS LANDY

(or harder) running training than he does to-day.

Landy was very tired after his effort, but recovered quickly. He said: "It might be possible for me to improve half a second, but more likely only a fifth. If I feel good later, maybe in January or February, I'll have a go again. But from now on it's mainly for fun. I hope to set new Australian records for 880 yds. and 2 miles." (Landy also might have a show of a world 1500 metres record, if he went for it).

Landy says, and there is no doubt about it, that he can run 4:8-4:9 miles week after week, "They take nothing out of me," he says, "but when I get down around 4:5 or better, then it is an entirely different matter."

By JOE GALLI

Len McRae, continuing his steady 880 yds. improvement, scored an easy win in 1:53.1, the season's fastest time; while Ken Doubleday whipped over the high hurdles in 14.6 sec. Geoff Warren won the 3 miles in 14:7.2.

In Sydney, despite unpleasant conditions, Jim Bailey won the mile in 4:15.8, from John Plummer, 4:17.6 (Bailey said: "I'll beat 4:10 the first good day we get here").

Sprinter John McGlynn, in his first start of the season, ran a 9.6 (wind) 100 yds., while Jim May clocked 14.9 in the 120h.

Sydney's star girl sprinter, Marlene Matthews, who suffered serious injury last year, posted the very good 100yds. time of 10.9 sec., while Fleur Mellor, age 17, returned 11 sec.

John Landy's Australian 1000 metres record of 2:25.5, on a rough grass oval on Dec. 6th, was one of the prettiest runs I have ever seen. It was accomplished with such ease that I feel sure Landy could break world records over distances under 1 mile. I'd like to see John really "going" if he decided on the "half."

Cover Photo by H. W. Neale

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EVERY SATURDAY — SIXPENCE

IN wishing you all a Happy New Year may I also thank those who sent me seasonal greetings. With some readers who have been with us from the start, this is the only reminder I have that they are still with us, and it is particularly pleasing to hear from these ardent ever-present athletic fans.

And now to 1954! What, I wonder, does this year hold in store for us? Despite our progress in 1953, we fell far short of world standard in many events, and new material and much hard work will be necessary if we are not to be left behind in this age of intensive training.

Perhaps the most pleasing feature of all is that we seem to have an abundance of juvenile talent, extraordinarily well looked after by an enterprising Schools' Athletic Association. With this hard core of talent, we must strive might and main to ensure that most of it is kept in the sport and developed to the full. Only in this way can we hope to compete with the long term plans of many other countries, particularly of the Communist People's Republics. The building of the great Stadium in Bucharest is but one example of the spirit pervading these countries. It will not be easy to foster the same spirit in this country, where the happy-go-lucky ("the game's the thing") idea of amateurism dies hard. But it can be done, and it must be done if we are to compete against these countries with any hope of success. The motto for 1954 should be, if not "blood, sweat and tears," certainly nothing less than "Hard Work!"

Check, Please!

One enterprising reader has analysed the performance, reported in a recent issue, of F/O McGhee, in running from North Berwick to Edinburgh in the record time of 2hrs. 5min. 19.6sec. Now this performance was undoubtedly a good run by one of Scotland's best athletes, but it is a pity that the organisers could not check the intermediate distances and ensure some measure of accuracy. As this reader points out, some of the calculated performances were ridiculous and this must inevitably cause great doubts as to the total distance of this run. We accepted this news item from our Scottish correspondent in good faith, but I would suggest to the organisers that a proper check be made before any further "record attempts" are made. These impossible performances not only make the promoters look foolish but tend to bring discredit on any athlete who may be persuaded to make the attempt. THE EDITOR

LEN SMITH

Answers the NEW A.W. Questionnaire



- Name (Surname first):** Smith, Leonard Alan
- Birthplace and date:** Chatham, Kent. 1-6-32.
- Height:** 5ft. 9in.
- Weight:** 11st.
- Occupation:** Electrical Fitter (at present doing National Service in R.A.F.).
- Club:** City of Rochester A.C.
- When did you first commence athletics?** Grammar School Sports, 1946.
- What were your first events?** 100 220, 440, 880 yds.
- What are your favourite events now?** 220, 300, 440 yds. (particularly 300).
- What are your best marks at these events?** 100: 10.1; 220: 22.3; 440: 48.6.
- Give brief details of your athletic career, championships won, dates and performances.**
- 1948: English Schools 440 Champ. (14-16 yrs.) 54.0.
 1949: Kent County Junior 440 Champion 53.3.
 1952: 2nd Southern Champs. 50.6; 4th Inter-County Champs. 50.4.
 1952-53: Kent County Senior 440 Champ. 50.2; 49.8.
 1953: 3rd Inter-County Champs. 48.8; Southern Champion 48.8; 2nd A.A.A. Champs. 49.4; 1st, G.B. v. France 48.6; 3rd, G.B. v. Germany (400m) 48.3; 2nd, G.B. v. Sweden (400m) 48.4; 1st, England v. Netherlands (440) 49.4.
- Which performance gave you most personal satisfaction and why?** The winning of the 1953 Leyton Floodlit Meeting 440 in 49.0 sec. Previously I had tried so hard to "break" 50 sec., without success, and as this was my first

major race of the 1953 season I was hopeful of repeating or even improving this performance later in the season.

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

(a) Six. (b) Six

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

Monday—Friday, 6 p.m.—7 p.m.
Saturday, 2 p.m.—4 p.m.
Sunday, 10 a.m.—12.0

How long do you spend on each training session?

See answer to previous question.

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

After trotting my 4 laps warming up, each day I commence with $\frac{1}{2}$ hr. suppling exercises and finish the programme with more vigorous strengthening exercises.

Monday: 4x60yds. — 2x220 — 1x660 (88.0).

Tuesday: 4x60yds. — 2x220 — 2x330 — 6x100.

Wednesday: 4x60 — 10x100.

Thursday: 4x60 — 4x100 — 2x330.

Friday: Rest.

Saturday: Racing over 100 and 220 or 100 and 440.

Sunday: All speed work over 20—60 yds. to improve acceleration.

During the Summer, for speed work I always train over handicapped distances. I encourage members of my club to choose their own marks. This I find always results in my having to pull everything out to catch as many athletes as possible. To ensure that I have to work hard, I arrange some races so that I always have somebody in front even unto the tape. It makes the body "fight hard" in order to get as near to the leaders as possible.

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

I continue the exercises throughout the Winter, with more emphasis on the strengthening exercises. These 3 mile courses are over grassy land—definitely no road work.

Monday: 3 miles fast-slow running (440 stride, 440 slow).

Tuesday: 2 miles fast-slow running (220 fast, 440 slow).

Wednesday: As for Monday.

Thursday: 2 miles fast run, plus 1 mile of short bursts of 60 yds. with 200 yds. slow trotting in between.

Friday: Rest.

Saturday: 2 miles, plus short speed work over 60 yds.—this is similar to that done in Summer training.

Sunday: 2 miles, plus short speed work over 60 yds.

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

Major competition every 10-14 days with as many club races as possible over sprint distances (100—220).

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

Starting 40 mins. before race—1 lap relaxed walking, 2 slow laps jogging, 1 lap striding, then 10 minutes spent on suppling exercises. Using spikes, I then stride down back straight 3 times—sprint straight and bend (200 yds.) three times, then 220 at full 440 racing speed. Then rest. 15 mins. is now left before race.

How many days rest do you prefer before competition?

1 day—during which evening I receive electrical massage treatment.

Name the coaches who have coached you:

P. W. Green.

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

I am disappointed with the washing facilities at open meetings.

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

If one wishes to reach the top, a sensible motto is: "The more hard work one puts into training helps to produce better results in competition."

For the early stages of an athletic career it is best to try and build up speed. It is always required at the finish of any track event and therefore will always be an asset to whichever event you finally decide on.

It was intended that Gordon Pirie's Questionnaire should appear in this issue, complete with a special feature by James Audsley. Just as we were going to press, however, a telegram from James Audsley brought the news that he had not been able to complete the article on Gordon, who is a difficult man to pin down owing to the fact that he spends most of his spare time training. Rather than include an incomplete feature, it was decided to replace this Questionnaire with one due to appear next week, and it is anticipated that in a week or two James Audsley will have completed what should prove a most interesting and up-to-date feature on one of Britain's greatest-ever athletes.



The Essex Beagles team which won the Grafton Harriers' Friendship Cup Race, with Jim Peters in the centre

H. W. Neale

WINTER TRAINING FOR THE SPRINTER

BEFORE I begin my article on winter training I think I ought just to say briefly how pleased I am to contribute to this fine magazine—"Athletics Weekly".

Readers are indeed lucky to have such a medium wherein appears each week, articles of varying interest to the athletic enthusiast throughout the country.

I sincerely hope that, for my part, I am able to add and, perhaps, foster further enthusiasm for a sport which has been and still is, so close to my heart.

And now for the main dish. Not so very long ago the mere suggestion that the sprinter should do cross-country running during the winter months was greeted with a firm "NO". It was taboo. Various reasons were served up as to why the "delicate" dash man should rule out the "country" as a form of build-up for the spring and summer periods.

by E. McDONALD BAILEY

Not least of all was the firm idea that "cross-country running slows up the sprinter". An idea which, mind you, still exists in the minds of a good many people—and I include the athlete himself.

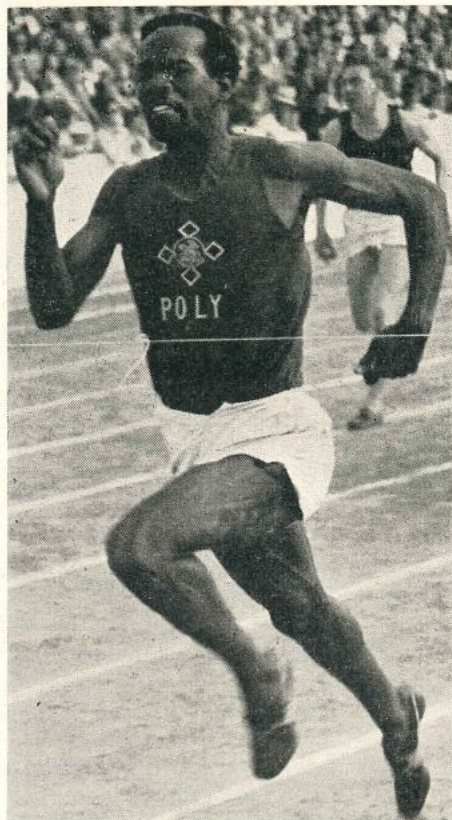
But, of course, athletic training is no longer what it used to be—say, like in the time of my father, or yours for that matter. Indeed, the science of athletic training has come to stay and it is in this light that I stress the value of cross-country running (training) for the sprinter.

What about competitive cross-country running? I need hardly say that this should be avoided. Better still, don't do it. Competition in this connection is more applicable to the middle distance and long distance men.

And even they should watch the likely severity of competition lest it interferes with their track performances during the summer. Gordon Pirie's decision to curtail his competitive outings this winter is significant in this respect.

But back to the sprinter. How best can he benefit from tripping over the country? The answer lies in the planning of the work. Interval running as against a continuous jog trot is the secret behind this schedule.

This is how he should set about it: aim to cover an overall distance of from two to three miles. Jog slowly for approximately 440 yards; walk briskly the same distance; run (slowly) another 440 yards. Repeat until the ultimate distance is covered.



N.B.—Running is this instance denotes nothing more than a gentle stride. Keep well warm. Use complete track suit or any other suitable alternative. Take advantage of open fresh air. Breathe slowly and deeply in correct manner.

Continue this schedule for about four to six weeks before stepping up the running (then increase the stride to about a 69 sec. quarter-mile). The running zone should, however, remain 440 yards.

Three times a week is not idling. But if you really want to get ready (as the Yanks put it) go out every day. Find the time, old man, don't ask me how. Ever heard of Gordon Pirie, he'll tell you—ask him.

I think you'll find this schedule simple but effective. Do it assiduously and you'll show great improvement, not to mention feeling on top of the world as far as your general health is concerned.

Next time I'll continue another form of build-up which works in well with the above. In the meantime have fun.

—TRAINING & COACHING ADVICE PANEL—

Readers' queries can be answered by our panel of experts which includes Senior Hon. Coaches and international athletes like A. A. Gold, G. J. Pallett, Sam Ferris, H. A. Johnston, Jim Peters, Len Ward, P. W. Green and others. Some queries and answers will be published. If a personal reply is required, two stamped envelopes should be included, one with your name and address on it and the other left blank. Send your query to—"ADVICE PANEL," "Athletics Weekly," Kent Art Printers, Ltd., Chatham, Kent.

SPRINTING

Q. Is it advisable to alter completely a young sprinter's arm action—he keeps his arms very low with an "across the body" movement?—**R. Grayson (Birmingham).**

A. One should hesitate to alter—the aim should always be to modify. The question is almost impossible to answer without seeing the athlete in action. If he is long-legged a low arm action may be the result of a slow leg action. The movement of the arms is controlled by the legs. If the runner, watched from the front, points his knees slightly in, then the arms must swing across in compensation. A low arm action is not necessarily wrong if it is not a "long-arm" action. A long-legged sprinter often has a low arm action; a short-legged sprinter usually has a higher one; the champion's, tall or short, is usually orthodox, but there are exceptions.

The more rapid the leg movement, the faster the arm action, and therefore the higher the arm action tends to be, but physique and the distribution of muscle bulk plays a large part.

LONG JUMP

Q. Why is it that girl long jumpers frequently go back around the ages of 15-17? Is this natural or should there be steady improvement? It happens so frequently that it can be no mere coincidence.—**T. Baker (Stratford).**

A. Is the problem confined to long jumpers? I think not. I suspect that a medical man could provide an answer to this question. On the other hand, it may be that after leaving school a girl finds it more difficult to continue the amount of physical activity available at school. Good athletes often find more adequate coaching in schools nowadays than in clubs, with notable exceptions, and this problem is accentuated in the case of girls.

The physical development of a woman at this age seems to be more pronounced than that of a man, and there is more of a tendency to develop in a way which inhibits the development of athletic skills of any kind. This physical development sometimes entirely prevents fulfilment of earlier promise. It is a problem which quickly becomes self-evident to a coach

who has any great experience of coaching women. A girl, more so than a boy, tends to become thickset and slow of movement.

In short, with girls who do lose form at this age, it is natural in many cases and, in such cases, there is nothing the coach can do about it.

WALKER WINS IN BELGIUM

The Grand Prix des Dunes, organised by the U.S. Westkust, Coxyde, Belgium, on Christmas Day, was won by D. Walker (Sheffield U.H.) in 19 min. 36 sec. A. Chorlton, of Doncaster P.W. was second, followed by Serroels, of Belgium, and W. Ranger (Eastbourne Rovers). England won the team race with 7 pts. to Belgium's 14.

FRENCH INDOOR MEETING

The following athletes will compete at the indoor meeting in Paris on January 16th—50m., P. A. Whaley (L.A.C.); 600m., B. S. Hewson (Mitcham A.C.); 1000m., D. C. Seaman (L.A.C.); Mile, D. C. Law (Achilles); 3000m., I. H. Boyd (Herne Hill H.); 50m. Hdls., C. E. Higham (L.A.C.); High Jump, D. R. Cox (Eton Manor); Pole Vault, G. M. Elliott (Woodford Green); Weight, J. A. Savidge (R.N. South).

* * *

A donation of £570 from the receipts of the floodlit match between England and the Netherlands at the White City, on September 30th, has been accepted by the Netherlands Ambassador in aid of the Netherlands Flood Disaster Fund.

* * *

The Kent County A.A.A. 10 Miles Road Walking Championship will be held on Saturday, 20th February, 1954, from the Dover Technical College, Dover, commencing 3 p.m. Enquiries to W. F. Trend, 11 Oakdene Avenue, Chislehurst, Kent, who will forward entry forms on request.

A LETTER TO EVE

*In which George Pallett advises the so-called "weaker sex"
on building up for the 1954 track season*

IF your name happens to be Eve, this letter is not intended for you particularly, but for the eternal Eve—the descendants of the lady who started all the trouble. In this case, those of you who like to run fast for fun, and who get a kick out of covering 60, 100 or 200 metres (or, of course, the corresponding distances in yards) in no time at all.

The Editor is getting a trifle worried about you. He wonders whether some of you have yet begun to realise that in these modern days, if you have any ambition (please don't read on if you haven't) success is unlikely to be yours unless you have made full use of the non-competitive winter to condition yourself for the attainment of speed. It's getting a little late, you know, and do you realise how high the standard is rising? Long, long ago in 1933, Stella Walaciewicz of Poland (on whose name there are more variations than a jive musician can make of a classic symphony) ran 60 metres in 7.3 seconds. On October 2nd this year at Oslo, Nadeshda Khnykina of U.S.S.R. did it again. On March 8th, 1952, Marjorie Jackson ran 100 yards in 10.4 secs., and on July 25th, 1952, at Helsinki she ran 200 metres in 23.4 sec. Helen Stephens of U.S.A. (1936), Francina Blankers-Koen of Holland (1948) and Marjorie Jackson (1952) have run 100 metres in 11.5. So? So forget English native records and British records and set your sights high, Eve. If you never hit the world mark you may beat the lesser marks in the attempt!

It is, indeed, getting a little late for next season—some of you, I know, have been busy during the first half of the winter, but there are probably far too many who have been saying: "I'll start after Christmas". Well, a merry Christmas to you! And then how do you propose to start?

I would advise you first to join a good gymnast class. Make sure it's a serious class, and take the work seriously. If the instructor is good, you'll still enjoy it, despite the work. Do you know what your main weaknesses are? Your tummy muscles, my dear Eve, and your arm and shoulder muscles. So make sure you do a routine of exercises—your instructor can tell you—each day, with special attention to your weaknesses.

On one, or preferably two other nights of the week during the whole of January and the first

half of February you should run, on grass if possible, on the road in well padded shoes if not, for 25 minutes, gradually building up to 35. Go only as slowly as is necessary to enable you to keep going continuously and get thoroughly warm. Obviously this evening jaunt can be better done with a companion—why not alternate from each other's homes, if club or group training is not possible?

WINTER GAMES

You probably play netball or hockey, or some other outdoor game, on Saturday. If you don't, spend Saturday afternoon on the usual run, as on week-day training, do the daily dozen, and add a few strides at a comfortable speed over 100 yards, resting briefly between. Repeat this on Sunday morning. Tired? Of course you'll be tired, but with sensible building up you will be surprised how much work you can cope with as the months pass.

From mid-February to the end of March your three or four training periods could consist of a mile warm-up and, Eve, some of you still warm up far too slowly! (And some too quickly—*Ed.*) Just keep a steady pace all the way—no bursts. Without delay proceed to some stretching exercises. Then run $1\frac{1}{2}$ to 2 miles with a couple of 100 yards strides in each 440 yards—you may have to build up to this distance. Over the period the striding work should gradually get shorter and faster. Jog 880 yards to finish. Throughout the training period continue your daily dozen.

In April and up to mid-May, after a mile warm-up and stretching exercises, practice fast starts—up to a dozen, running each time up to 50 yards. Add some relay practice—good for speed training. Practice running round a bend. Don't rest too much between speed bursts; you must find out for yourself how much rest is necessary (not how much rest you want). You should be spending at least an hour on this work each time out.

Later, each competition will replace a training session, but always warm up thoroughly as suggested above before a competition.

You think all this not detailed enough, Eve? Is it possible to be other than general? There are so many of you that only a general basis of training can be suggested. However, here is a daily exercise schedule which you can also incorporate in your training outings, bearing

Continued on back page

*How good
is your best?*



Can you muster that extra spurt of energy when it's needed most, because that's what makes the difference between being good at your sport and being extra good. And that's why it's so important to have a glass of Lucozade before *and* after any game.

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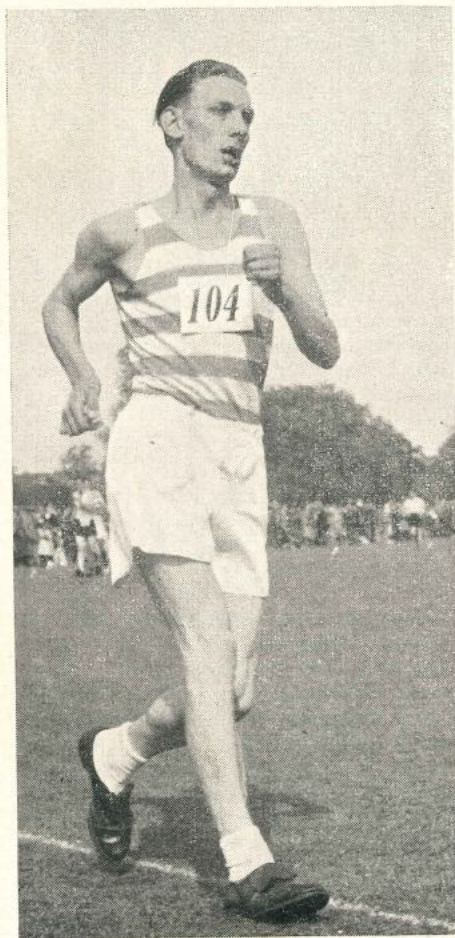
GLUCOSE

drink

replaces lost energy

RETROSPECT — 1953

IT seems a popular pastime just about now to review the successes and failures of the past year. Failure to live up to *other people's* expectations is so common, and so often due to causes not apparent to those people, that I'm going to skip failures and substitute surprises. And the surprises and turn-overs have been very many.



R. F. GOODALL (Woodford Green A.C.)

Successes: The number of chief events I have listed number 36 on road and track and I find that Roland Hardy has won eight, George Coleman six, Bryan Hawkins three, Frank Bailey three, Bob Goodall, Vic Stone and Bob Richards two each, with ten others showing one success apiece. But wins alone do not give the true picture because, for example, Dick Holland (Sheffield U.H.) has been second to Hardy on a number of occasions, without winning once, and this included the National Ten miles where he headed Hawkins and Coleman.

Hardy has remained unbeaten with the Stockton to Darlington 13½ miles as his long distance effort. Likewise his Club, Sheffield, have not bowed the knee at anything under 20 miles. Hardy's winning efforts, taking in everything, probably exceeded a score, and this included the National "Ten." R. F. Goodall won the National "20" and F. G. Bailey the 50 kilometres. Both Goodall and Bailey are young men with many years activity ahead and were winners of a major event for the first time. Good luck to them.

On the track, R. Hardy won the Inter-County 2 miles and A.A.A. 7 miles titles, but did not defend the two miles. Coleman and Hawkins had some very dour battles in the other events. Hawkins won the Inter-County "7," with Coleman second, then the latter regained the initiative to win the big plum, the AAA 2 miles, and was not again headed on the track by his Metropolitan rival.

Meantime, Vic Stone (Polytechnic), the 1952 Brighton winner, ran into form with good wins in the Manchester to Blackpool 51½ miles and the Dover to Canterbury 28 miles. This augured well for the Hastings and London-Brighton, but when they came along Vic could not repeat his 1952 form and some eye-opening performances by Norman Guilment (Belgrave H.) and Wilfrid Cowley (Surrey W.C.) ended the long-distance season on a sensational note. Guilment won the Hastings to Brighton in course

Continued on back page

No. 1—HACKNEY DOWNS SCHOOL

A GLANCE through the results of the L.A.C. Schools' Meetings will reveal the names of two winners, A. A. Cooper and A. A. Gold, who share, not only their initials, but also the distinction of being the sole representatives in the long list of the Grocers' Company's School.

Not, one might think, a very athletic school, but one would be wrong. True, Cooper and Gold, almost a decade apart, were lone wolf pioneers of the 'egg & spoon' era, when, at the Grocers, as in almost every school, athletics existed only in the form of "Sports Day." More recently, however, the school has compiled a record in the sport that few can match. It has also changed its name, and is now Hackney Downs School.

The new era really dawned with the January, 1948, arrival from Wales, as Master in charge of Physical Education of Mr. L. G. Mitchell, a rugger and athletics enthusiast, who found himself in a soccer school with a Sports Day; and decided to do something about this. What he did raised athletics, in a remarkably short time, to equal standing with football and cricket by means of an extraordinary run of success that simply demanded this status.

It is impossible to detail all these successes, the scope of which can be gauged from the school's record in the North London Grammar Schools' Athletic Association, which was founded not so long after Mr. Mitchell's arrival, with the Headmaster of Hackney Downs as its first Chairman. Hackney Downs has won this Association's Grand Challenge Trophy EVERY year, and, by taking the Senior, Middle and Junior Trophies as well, collected all four available trophies in 1951 and 1953. The school holds 12 of the Association's 34 records.

In 1948, Hackney Downs represented Hackney District in the London Schools' Championships, finishing second in the intermediate section; while, in 1949 and 1950, the school had 5 and 6 representatives respectively in the London District team in

the Schools A.A. Inter-County Championships. No longer attached to the local district association, Hackney Downs has not competed in London Schools A.A.A. events since 1950.

Hackney Downs has been undefeated in inter-school meetings since 1948; and boys have done well in L.A.C. Schools' Meetings and many major junior and youth championships, as well as representing London Schools against Paris Schools. The school has also supplied a substantial part of regu-

A photograph of the School athletic team was received too late for publication but will be included in next week's issue.

larly successful Army Cadet Force London District teams, which are also coached by Mr. Mitchell.

Success that amounts to a virtual "clean sweep" of available competitions indicates all-round team-work; and it is almost invidious to pick out individuals. Some, however, have had unusual and interesting experiences, these including P. Teitz, who, as a schoolboy, ran in Poly relay teams with athletes like McDonald Bailey, S. Orman, a schoolboy representative in a Middlesex County senior team, and J. Fullbrook, who was invited to make a "News Chronicle" film illustrating the "Western Roll"—but had to give an examination preference!

As to "How it's done," the coaching scheme at Hackney Downs is practically the A.A.A. Coaching Scheme in miniature, for, just as the A.A.A. coaches train honorary coaches to assist them, so Mr. Mitchell trains senior boys to assist him. Training takes place every day, either at the school or on the playing fields; and, in addition, Mr. Mitchell, who puts in coaching sessions at Victoria Park track on Thursday evenings and Sunday mornings, always finds a large number of Hackney Downs boys there to

Continued at the bottom of next page



A group of athletes taken just after one of the "paarlauf" races in Germany. L. to R: Legge, J. C. Smart (Belgrave H.), Thees, Kruzyki, G. Scutts—now back in this country, Wolff. Smart and Scutts, paired together, finished 4th in this particular race, which was won by Kruzyki and Legge.

meet him. Some athletics forms part of the physical education programme of every boy in the school throughout the year; and this helps to ensure that no potential talent is overlooked—especially in a school in which the Master in charge of Physical Education is also the Master in charge of Athletics.

At the school field, there is a grass track and full facilities for both track and field events, while, at the school itself, there is a 50 yards cinder track, with high-jump and long-jump pits and facilities for shot and javelin training. This training ground was constructed by the boys themselves; and pole vaulting facilities are now being added.

All in all, there does not seem much wrong with Mr. Mitchell's own answer to the question of "How it's done." It is simply — Hard work, followed by Hard Work.

RESULTS

16th December

R.A.F. Middle Wallop beat R.A.F. Up-avon 21 pts. to 67. 1, Cpl. French (MW) 29.00; 2, SAC Witts (MW) 30.30; 3, J/T Hanson (MW) 31.40; 4, Cpl. Phillips (MW) 32.10.

19th December

NORTHUMBERLAND AND DURHAM LEAGUE

Senior: 1, H. Feden (Gosforth) 41.03; 2, E. Thompson (Morpeth); 3, E. Slaughter (Morpeth); 4, T. Anderson (N.S. Poly.); 5, P. Hollywood (Saltwell); 6, B. Simpson (Bedlington). **Teams:** 1, Heaton 62 pts.; 2, Morpeth 114; 3, Gateshead H. 173.

Youths: 1, M. Sweeney (Sunderland); 2, W. Bowman (Gateshead). **Teams:** 1, Gateshead H. 33 pts.; 2, Saltwell 55; 3, N. S. Polytechnic 61. **Boys:** 1, J. Gibson (Gosforth) 8:32; 2, G. Hepburn (Gosforth); 3, S.

Slasor (Gosforth). **Teams:** 1, Gosforth 6 pts; 2, Saltwell 29; 3, Heaton 30.

BIRMINGHAM LEAGUE

Div. I. at Sheldon

1, G. M. Gray, Small Heath 34.26; 2, R. H. Hutton, Birchfield 34.44; 3, A. E. Dalton, Birchfield 35.00; 4, B. B. Heatley, Godiva 35.12; 5, R. Turney, Godiva 35.12; 6, R. Browning, Birchfield 35.41; 7, C. J. Simpson, Small Heath 35.55; 8, D. Rees, Godiva 35.57; 9, A. Osborne, Small Heath 36.02; 10, A. Pumfrey, Godiva 36.08; 11, A. E. Binder, Wolverhampton 36.15; 12, R. Reid, Birchfield 36.16.

Teams: 1, Birchfield H. 50 pts.; 2, Coventry Godiva H. 60; 3, Small Heath H. 69; 4, Lozells H. 215; 5, Wolverhampton H. 218; 6, Tipton H. 241; 7, Halesowen 382.

Div. II. at Birmingham University

1, J. Morgan, St. Gregory's 34.59; 2, J. Hinchley, Smethwick 35.20; 3, M. J. Heath, Birmingham Univ. 35.39; 4, E. Holmes, Smethwick 35.47; 5, D. J. Shott, Birmingham Univ. 36.17; 6, D. R. Williams, Birmingham Univ. 36.17; 7, J. Hurst, Coseley 36.24; 8, J. Darby, Coseley 36.34; 9, D. Matthews, Stourbridge 36.45; 10, E. Hollinshead, Stourbridge 36.45; 11, J. Rose, St. Gregory's 36.47; 12, J. Skidmore, Stourbridge 36.51.

Teams: 1, Birm. University 73 pts.; 2, Smethwick H. 78; 3, Coseley H. 115; 4, St. Gregory's A.C. 157; 5, Stourbridge 162; 6, Sparkhill 16.

Div. III. at Worcester

1, M. Digger, Cheltenham 46.35; 2, L. B. Cook, Bilston Town 46.51; 3, W. Payne, Oldbury 47.23; 4, A/c Mason, R.A.F. Bridgnorth 47.29; 5, P. Joyner, Cheltenham 47.31; 6, A/c Bartella, R.A.F. Bridgnorth 47.48; 7, J. Colbourne, Worcester 47.55; 8, T. Norledge, Worcester 47.56; 9, G. Williams, Worcester 48.05; 10, W. Aston, Bilston 48.08; 11, F. Cartridge, Cheltenham 48.12; 12, B. Gibbs, Oldbury 48.15.

Teams: 1, Cheltenham and C.H. 75 pts.; 2, Worcester H. 97; 3, Bilston Town 110; 4, West Brom. H. 117; 5, Harborne H. 172; 6, Walsall 299. R.A.F. Bridgnorth and Oldbury failed to close in.

Youths' Races

Div. I: 1, D. Jones, Godiva 17.05; 2, M. Richards, Birchfield 17.21; 3, D. A. Worth, Birchfield 17.23. **Teams:** 1, Birchfield 11 pts.; 2, Godiva 14; 3, Small Heath 36.

Div. II: 1, N. Davies, Smethwick 14.25; 2, W. Westwood, Dudley 14.26; 3, P. Duddell, Sparkhill 14.31.

Teams: 1, Sparkhill 18 pts.; 2, Stourbridge 20; 3, Smethwick 22.

GRAFTON H. "FRIENDSHIP CUP"

1, H. J. Hicks (Hampstead) 26.01; 2, J.

H. Peters (Essex B.) 26.19; 3, E. Baverstock (Essex B.) 26.20; 4, G. Knight (Essex B.) 26.24; 5, A. F. Perkins (Ilford) 26.32; 6, H. E. Wilson (Ilford) 26.59; 7, P. Stokes (Highgate) 26.13; 8, J. H. Langwith (N.L.H.) 27.16; 9, J. Atkinson (Hampstead 27.17; 10, R. F. Garrett (Woodford Gn.) 27.18; 11, D. A. G. Hearn (N.L.H.) 27.30; 12, E. V. Towler (N.L.H.) 27.31. **Teams:** 1, Essex Beagles 58 pts.; 2, Highgate H. 135; 3, Hampstead H. 144; 4, North London H. 145; 5, Ilford A.C. 200; 6, Woodford Green A.C. 222.

GRAVESEND H. "FRIENDSHIP CUP"

1, F. Sando (Aylesford P.M.) 37.21; 2, M. Whenman (A.P.M.) 37.53; 3, J. R. Charlesworth (A.P.M.) 37.54; 4, D. Childs (Dartford) 37.58; 5, R. Adams (City of Rochester) 38.18; 6, J. Ellis (A.P.M.) 38.35. **Teams:** 1, Aylesford P.M. 30 pts.; 2, City of Rochester 71; 3, Dartford H. 106.

WARWICKSHIRE HANDICAP LEAGUE

1, B. B. Heatley (Godiva) 34.54; 2, R. Turney (Godiva) 34.54; 3, D. Rees (Godiva) 35.37; 4, A. Pumfrey (Godiva) 35.49; 5, J. P. Lake (Leamington) 36.01; 6, R. V. Hughes (BTH) 36.15; 7, J. Waller (Godiva) 36.25; 8, A. Brown (Godiva) 36.32. **Teams (H'cp):** 1, Godiva 207.11; 2, Leamington 214.13; 3, B.T.H. Rugby 221.52. **Final League Table:** 1, Godiva 10 pts.; 2, Leamington 9; 3, B.T.H. 8. **Indiv. Championship:** 1, J. P. Lake (Leamington) 30 pts.; 2, R. Turney (Godiva) 23; 3, B. Heatley (Godiva) 22.

Blackheath H. beat **Orion H.** 273 pts. to 725 in a "mob" match. 1, eq. A. J. Brent (B). A. A. Everard (B) and H. J. Bishop (B) 47.26; 4, J. E. Withers (B) 47.35; 5, R. W. Davis (O) 47.37; 6, R. A. Morley (B) 47.45.

Thames Hare and Hounds 8M. H'cp: 1, J. C. Maslin (15.00) 47.33; 2, H. G. Smith-Spark (12.00) 47.36; 3, J. S. Wordie (4.00) 48.32; 4, A. J. Elliott (8.00) 49.29. **Fastest time:** J. S. Wordie 52.32.

T.V.H. 7½M. Champ: 1, K. Norris 42.16; 2, H. A. Olney 42.40; 3, A. Ingles 43.25; 4, E. Ellis 43.35; 5, A. Thornton 44.49; 6, P. Vivian 45.05. **H'cp:** 1, B. Saunders (6.20) 41.17; 2, J. Skinner (4.25) 41.34; 3, A. Ingles (1.35) 41.50.

Herne Hill H. 33 pts. beat **Sutton and C.** 71, **Lloyds Banks** 118 and **Met. Police** 159. 1 eq., J. Heywood (HHH) and A. E. Hine (HHH) 33.00; 3, D. Hammond (S) 33.10; 4, G. Grayson (HHH) 33.27.

Polytechnic H. 7M. Champ. 1, D. R. T. MacMillan 37.34 (course rec.); 2, T. O'Sullivan 37.46; 3, R. H. Dunkley 38.55; 4, L. H. Hill 39.04; 5, J. Tillotson 39.36; 6, E. G.

Stallard 40.09. **H'cp.**: R. W. Pickering (5.00) 36.52.

Bournemouth A.C. beat **Southampton Univ.** 25 pts. to 57. 1, Roffey (B) 32.40; 2, Chinchin (B) 32.55; 3, James (B) 33.10; 4, Dunn (B) 33.15; 5, Aston (B) 34.55; 6, Holdstock (S) 35.05.

Sutton and C. beat **Kent A.C.** 37 pts. to 42. 1, D. Funnel (S and C) 42.29; 2, eq. Hale (K) and Wells (K) 43.24; 4, B. Hammond (S and C) 43.35; 5, P. Hedges (S and C) 45.55. **S. and C. Club Champ.** held in conjunction. 1, Funnel; 2, Hammond; 3, Hedges. In a youths' match, **Sutton and C** beat **Kent A.C.** 6 pts. to 15. 1, R. Simmons (S and C) 19.19; 2, K. Baker (S and C) 19.22; 4, T. Pearce (S and C) 20.29.

Barry H. beat **Birchgrove H.** 17 pts. to 20. 1, D. Thomas (Birch) 30.09; 2, R. Adams (Bar.) 30.21; 3, D. Clarke (Bar.) 30.36; 4, R. Probert (Birch.) 30.46; 5, D. Lakin (Bar.) 31.42; 6, D. Jenkins (Birch.) 32.14.

Wycombe Phoenix H. Champ. 1, D. Selwood 39.32; 2, L. Weston 39.59; 3, D. Barlow 40.15; 4, J. Hudson 41.32; 5, P. Greedy 41.57; 6, S. Tugwood 42.41. **H'cp.**: 1, J. Hudson (3.15) 38.17. **Junior 3M.**: 1, A. Dale 26.40; 2, B. Coker 27.37; 3, C. Johnson 28.4.

Portsmouth A.C. 5M. Road H'cp. 1, D. W. Gardner (Portsmouth) (4.40) 24.18; 2, H. Marsden (RNAC) (5.00) 24.23; 3, R. H. Pape (RNAC) (1.00) 24.25; 4, E. A. Tranter (Portsmouth) (2.35) 24.27; 5, W. T. Wheeler (Portsmouth) (3.20) 24.28; 6, E. J. Gough (Southampton) (2.30) 24.29. **Fastest times**: 1, R. H. Pape (RN) 25.25 (rec.); 2, D. J. Smith (Port.) 26.58; 3, H. C. Sharp (RN) 26.58; 4, E. J. Gough (Southampton) 26.59; 5, E. A. Tranter (Port.) 27.02; 6, A. H. Isaac (Port.) 27.08. **Teams**: 1, Portsmouth 98.03; 2, R.N.A.C. 100.42; 3, Southampton 101.01.

Brighton A.C. Vice-Presidents 7M. H'cp. 1, H. V. Foord 36.48 (rec.); 2, R. W. Newington 37.17; 3, J. C. Hay 40.03; 4, E. F. Napier 40.21. **H'cp.**: 1, A. Rutter 33.58; 2, S. Wells 36.09; 3, R. W. Newington 36.12.

Kent A.C. Champ. 1, D. Wells 47.15; 2, R. Hale 47.24; 3, N. Fox 48.16; **Junior**: 1, J. Turner 34.12; 2, D. Kent 34.16. **Youths**: 1, P. Turner 20.38.

Belgrave H. Junior 5M. Champ. 1, R. Linstead 25.28 (course rec.); 2, J. Edgar 26.12; 3, P. Courtney 26.27; 4, F. Wright 26.47; 5, P. Baulch 26.57; 6, P. Childs 27.18. **H'cp.**: 1, J. Edgar (1.15) 24.57; 2, P. Baulch (1.45) 25.12; 3, D. Hooper (2.30) 25.13.

Worthing and Dist. H. 5M. race for "Grevatt Cup." 1, J. P. Holland (1.40)

29.49; 2, I. Jon-Syred (4.00) 30.13; 3, A. S. Dockett (4.00) 30.34; 4, B. Sparks (2.40) 30.37; 5, M. C. Granshaw (1.20) 31.07; 6, E. S. Elliott (9.15) 32.30. **Fastest time**: J. P. Holland 31.29.

Walton A.C. 41 pts. beat **Ealing H.** 47, **Surrey Beagles** 83. 1, Barrett (E) 38.21; 2, Keegan (W) 38.38; 3, Roath (W) 39.30; 4, Llewellyn (W) 40.07; 5, Glancy (E) 40.48; 6, Lane (E) 41.06.

Mitcham A.C. 7M. Champ. 1, W. Pawsey 39.29 (course rec.); 2, E. Brown 41.12; 3, B. Davis 42.06. **H'cp.**: H. Davis 37.14. **Junior 5M. H'cp.**: 1, J. Brown 31.02; 2, E. Tilley 31.09.

Oxford City A. C. 7½M. Championship. 1, M. Walsh 40.27; 2, S. Wilkins 40.38; 3, B. Padbury 41.40; 4, P. Porter 42.41; 5, M. Dunnill 43.17; 6, T. Smith 43.18.

E. Cheshire H. Xmas H'cp. 1, R. Forshaw (6.00) 26.00; 2, W. Sidebottom (3.30) 26.27; 3, E. Mountain (4.00) 26.42.

Thames Valley H. 7½M. Champ. and H'cp. 1, K. Norris 42.16; 2, A. Olney 42.40; 3, A. Ingles 43.25; 4, E. Ellis 43.35; 5, A. Thornton 44.49; 6, P. Vivian 45.05. **H'cp.**: B. Saunders (6.20) 41.17.

Surrey A.C. 5M. H'cp.: 1, J. Rednall (5.00) 25.24; 2, G. Winder (3.08) 25.57; 3, J. E. Deakin (21.00) 26.08; **Fastest times**: 1, J. Butler (0.30) 26.45; 2, B. T. Barrett (scr.) 26.51; 3, K. Caulder (0.10) 27.08.

Cambridge H. 7M. Champ. and H'cp.: 1, K. Harland 36.42; 2, L. Cass 37.24; 3, D. Dellar 38.27; 4, E. Ives 39.35; 5, J. Mahoney 39.37; 6, J. Bennett 40.41. **H'cp.**: J. Mahoney (5.30) 34.07; **Youths 3M.**: 1, M. Bereman 20.18; 2, F. G. Martin 20.31; 3, A. Smith 21.36; **H'cp.**: D. Rice (2.00) 19.48.

December 26th

ST. NEOTS TO BEDFORD RELAY

O'Gorman gave St. Albans City A.C. a lead on the first stage which was never lost, and they came home winners in a new record time of 1hr. 0m.38sec. Watford also broke record in the junior section.

1, St. Albans City A.C. (O'Gorman, Keen, Hills, Blyth, Thorpe) 1:00.38 (record); 2, Northampton and C.A.C. 1:01.57; 3, Crowland S.C. 1:02.22; 4, Kettering T.H. 1:02.40; 5, Cambridge City 1:02.54; 6, St. Albans "B" 1:04.25; 7, Bedford and C. 1:04.49; 8, Peterborough H. 1:04.54; 9, Watford H. 1:04.56; 10, Watford "B" 1:09.44. 19 teams finished.

Juniors Race:

1, Watford H. 1:03.35 (record); 2, St. Albans C. 1:04.42; 3, Bedford and C. 1:05.28; 4, Kettering T.H. 1:07.37; 5, Wyboston A.C.F. 1:21.46; 6, St. Neots and D. C.C. 1:23.55.

WALKING (contd.)

record time, then to find himself headed in the London to Brighton by Cowley. A few months earlier such performances by Guilman and Cowley would have been deemed impossible of attainment. Both gained good reward in selection to represent us in the Milan-Lugano 100 kilometres and the result of this, with Cowley second, is still fresh in our minds.

And so the impression was of a variety of winners with no man outstanding, a far cry from the days when Tommy Green, and then his successor, Harold Whitlock, used to go through the card with hardly a defeat year after year.

With the autumn attention focussed again on the faster men and Coleman continued his winning way in the South, apart from the Chippenham-Calne 6 miles where Hardy and Holland, of Sheffield, took first two places. Coleman won the One Hour event and then the Highgate Open "7"; Goodall beat him at Enfield, and to confound us Bob Richards (Cambridge) dusted them all up in the Belgrave race. The year ended with Coleman regaining first place in the Cambridge Open "7" on December 12th. During this period Alf Poole (Worcester H.) proved best in the Midland League races and Hardy won two or three locals in the North.

Many good performances have been bypassed in this summary, but I could perhaps pick out these very deserving cases: Ronnie Marsden's win in the Northern Junior and Bob Richards in the Southern "Garnet" ten miles. Then M. Long (Cambridge H.) won the "Godstone" against long odds and Jim Hartley (Sheffield) matched this by winning the Whitsuntide Bradford 50 kilometres. In Junior events the names of G. Howell and C. Williams (track) and C. Young, J. Devis and R. A. Hosking (Road) come readily to mind as being outstanding.

Names new this past few months, but which will be in the picture the coming year—J. L. Barraclough (Lancashire W.C.) and A. Macfarlane (Polytechnic H.). And so I wish my many friends and readers a very happy and successful new year, and if it is as interesting as the one just concluded we will, all be very satisfied.

December 19th

Birmingham W.C. 7M. Xmas H'cp. 1, L. Lewis (20.00) 53.26; 2, C. Sammons (12.45) 54.14; 3, L. Williams (7.40) 54.17. **Fastest time:** I. S. M. Saul 56.44.

R. Sutton Coldfield W.C. 7M. Xmas H'cp: 1, E. Corey (16.00) 53.00; 2, A. Rozentals (2.45) 55.45; 3, E. Billingham (13.00) 56.03. **Fastest time:** A. Rozentals 58.29.

Belgrave H. 7M. Junior Champ: 1, E. Hall 58.25; 2, R. Phillips 58.29; 3, L. Denham 59.23. **H'cp:** D. Fotheringham.

Dec. 26th. Surrey W.C. 6M. Xmas Cup. 1, M. Ellis (1.30) 47.28; 2, J. Shepherd (10.30) 47.56; 3, D. Dearing (4.25) 48.48. **Fastest time:** M. Ellis 48.58.

Dec. 27th. Metropolitan W.C. "Memorial" Cup 7 Miles, Alpert. 1, B. Hawkins (holder) 53.55; 2, H. T. Whitlock 56.17; 3, R. Hosking 56.36. **Handicap:** 1, B. Hawkins. Match: Met. W.C. 28; Highgate H. 77.

The Taunton A.C. Bridgwater to Taunton 10 Miles Road Race will be held on April 3rd.

A LETTER TO EVE (contd.)

in mind the need for additional exercises for tummy muscles and arms and shoulders. If you don't understand the terminology, ask anybody with an elementary knowledge of gymnastics. Work up gradually to the number of repeats starting with half the number.

1. A hundred skip jumps.
2. 100 knee springs—half knee bend and rhythmically bounce up and down, returning after each down movement only as far as the half knee bend position.
3. 50 hops on each leg.
4. 25 rhythmic full knee bends with rhythmic arm swinging forward and down.
5. 25 trunk circles each way.
6. 24 rolling press-ups in groups of six, resting between, on the fingertips if possible.

You think it sounds too much like hard work? Work is never too hard if you build up gradually, and remember, you should think in terms of a three-year build-up or even more, improving all the time.

I hope you are big-hearted and keen enough to try—and good luck. I know girls who are working twice as hard and enjoying it, but they build up to it.

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