

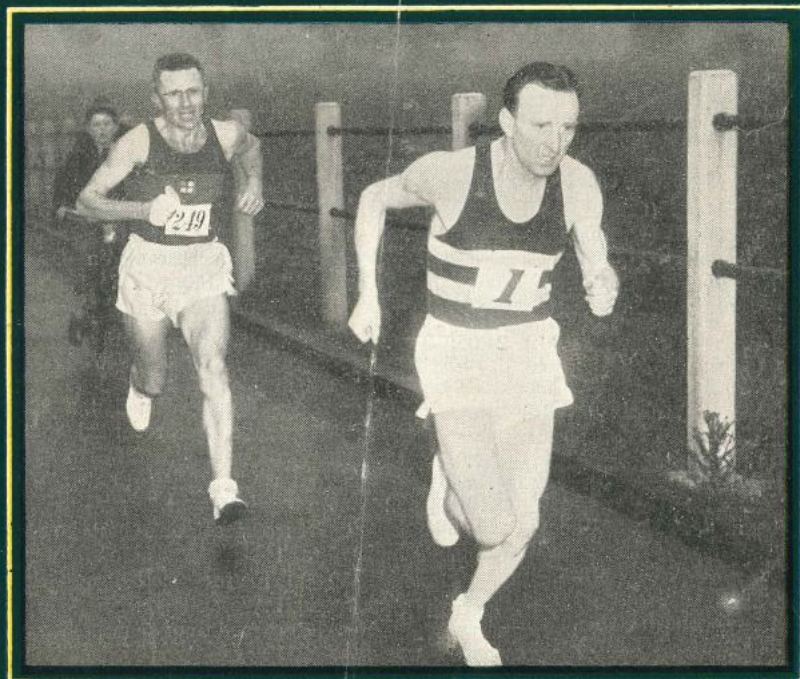
Jan. 23rd, 1954

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Vol. 8. No. 4

Athletics

WEEKLY



JIM PETERS leading BOB PAPE in the Mitcham "15"



CHRIS CHATAWAY

answers the

A. W. QUESTIONNAIRE

INTER - COUNTY C. C.



CHAMPIONSHIP REPORT

AND RESULTS

ATHLETIC SCHOOLS OF BRITAIN

No. 2—HAMBLE COUNTY SECONDARY SCHOOL

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Women's Results

C.C. CHAMPIONSHIPS

Hampshire

1. J. Bridgland (Southampton)	20.20
2. N. Smalley (Portsmouth At.)	20.23
3. D. Brown (Portsmouth O.)	23.34
4. S. Redout (Ryde) 24.25; 5. S. Brown (Portsmouth O.) 24.40; 6. J. Pearson (Portsmouth At.) 24.56; 7. J. Standford (Portsmouth At.) 25.17; 8. D. Kemmish (Southampton) 25.39; 9. J. Allan (Aldershot) 26.08; 10. D. Roeder (Southampton) 26.42; 11. J. Smith (Portsmouth At.) 27.20; 12. M. Filliery (Portsmouth At.) 27.25.	

Teams:	Pts.
1. Portsmouth Atalanta	15
2. Southampton A.C.	19
3. Portsmouth Olympiades	20

Kent

1. L. Buckland (Cambridge H.)	19.59
2. A. Shepherd (Orpington)	21.53
3. S. Gaiger (Orpington)	22.02
4. J. Weaver (Phoenix) 22.19; 5. J. Greaves (Dartford) 23.39; 6. B. Pritchard (Kent) 23.52; 7. A. Hobling (Orpington) 24.04; 8. I. Davis (Aylesford P.M.) 24.05; 9. J. Coote (Orpington) 24.06; 10. J. Wiseman (Dartford) 24.43; 11. G. Buckle (Phoenix) 24.53; 12. I. McCormack (Cambridge) 24.56.	

Teams:	Pts.
1. Orpington A.C.	(2.3.7) 12
2. Cambridge H.	(1.14.15) 30
3. Dartford H.	(5.10.17) 32
4. Phoenix "A" 33; 5. Phoenix "B" 60.	

Middlesex

1. P. Benn (Highgate)	17.39
2. M. Ricketts (L.O.A.C.)	17.56
3. J. Tunnis (L.O.A.C.)	17.57

Teams:	Pts.
1. L.O.A.C.	(2.3.4.7) 16
2. Spartan	(5.6.9.11) 31
3. Wigmore	(8.12.17.19) 56

Surrey

1. M. Flin (Selsonia)	15.58
2. A. Bowler (Selsonia)	16.05
3. *M. Maslin (Selsonia)	16.53
4. B. Berwick (Surrey Beagles) 16.54; 5. I. Abbot (Surrey B.) 16.55; 6. *E. Harvey (Epsom and E.) 16.58; 7. E. Prince (Cane Hill) 17.04; 8. E. O'Connor (Cane Hill) 17.20.	

*Individual

Teams:	Pts.
1. Selsonia L.A.C.	13
2. Surrey Beagles	20
3. Cane Hill	24

2nd January

Small Heath H. Alexandra Memorial Walk H'cp. 1, N. Loines (1.00) 19.35 (rec.); 2, M. Shipway (2.00) 19.40; 3, J. Forbes (2.00) 19.44; 4, J. Heath (Scr.) 19.54; 5, I. Cross (0.30) 19.55; 6, K. Field (1.00) 20.29.

9th January.

Small Heath M. 2½M. Walk H'cp: 1, N. Loines (0.40) 18.48 (rec.); 2, I. Cross (0.30) 18.49; 3, J. Heath (Scr.) 19.11; 4, J. Forbes (1.50) 19.58.

AUSTRALIAN NEWS

Hec Hogan, Australia's great sprinter-broad jumper, scored a neat and promising "treble" in the last meeting for 1953, at Boonah (Queensland) on December 26th. He won the 100 yds. in 9.8 sec., 220 yds. in 21.7 sec. and broad jump with 23ft. 3in.

Runner-up to Hogan in the dashes was national 220 yds. champion, Brian Butterfield, in 9.9 and 21.8 sec.

Hugh Thaggard pulled a muscle in the quarter-mile, but recorded 48.9 sec., while John Achurch, Australian record-holder, won the javelin with a toss of 200ft. 10in.

In Perth, Kevin Salt wound up 1953 with the current season's best hop-step-jump of 48ft. 11¼ in., and Don Keane, Olympic 10,000 metres finalist, established an inaugural West Australian state 1500 metres walking record of 6 min. 6 sec.

Marjorie Jackson-Nelson was on hand to greet the Otranto in Outer Harbor (South Australia) on December 26th—to extend a welcome to Audrey Bennett, 17-year-old Essex County high jump champion (5ft. 1¼ in.), who will live with her parents in Adelaide.

Said Audrey: "I have my clearance from England, and hope I'll be good enough to compete for Australia in the 1956 Olympic Games in Melbourne."

J. H. Galli

Cover photo by H. W. Neale

Athletics Weekly

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EVERY SATURDAY — SIXPENCE	

IT was quite an interesting week-end for January, with Epsom providing a grand race for the Inter-Country Cross-Country Championship, and Paris giving some of the track and field men a chance of indoor competition.

We saw some grand packing by Lancashire at Epsom, and they regained their title after a great tussle with Yorkshire. Though the Southern Counties were well beaten and the Midlands Counties pulverised, it was encouraging to find the young Essex team, led home by George Knight, their junior champion, so well to the fore. Ken Norris ran a great race to take individual honours.

The times published on another page are slightly different to the "official" result. This is due to the fact that the two timekeepers' boards invariably show discrepancies in a race of this nature. Once the runners start coming thick and fast, timekeeping cannot be accurate to a second.

In Paris, our athletes did well and no doubt enjoyed their unusual winter competition. If this example is followed on the Continent, we may find a regular indoor season developing in this part of Europe, which would be a good thing for athletics generally.

Incidentally, the new Southern Indoor Training Centre at the Duke of York's H.Q., Chelsea, is going very well and those attending are greatly impressed, particularly with the weight training exercises under the supervision of Oscar State. Equipment now available, in addition to the weight training apparatus, includes medicine balls, skipping ropes, starting blocks and hurdles. The hall and dressing accommodation, with plenty of hot water, are ideal.

THE EDITOR.

INDOOR MEETING, Paris, Jan. 17th

50 Yds: 1, J. Pierre Ceslin (Fr.); 2, M. Jamois (Fr.) 5.9. 600m: 1, R. Djian (Fr.); 2, C. Cury (Fr.) 1:24.3. 1,000m: 1, D. C. Law (G.B.) 2:32.0; 2, D. Seaman (G.B.) 2:36.3. 3,000m: 1, D. R. Macmillan (Aust.) 8:41.2; 2, Luppert (Germa.) 8:43.0; 3, I. Boyd (G.B.) 8:48.0. 50m.H: 1, E. Roudniska (Fr.); 2, J. Crestois (Fr.); 6.5. H.J.: 1, E. Roques (Fr.) 6ft. 3½in.; 2, D. R. Cox (G.B.) 6ft. 2½in.; 3, T. Papa Gallo (Fr.) 6ft. 2½in. P.V.: 1, G. Breitman (Fr.) 12ft. 9½in.; 2, G. Chevillard (Fr.); 12ft. 5½in. Wt: 1, J. Savidge (G.B.) 52ft. 5½in.; 2, R. Thomas (Fr.) 48ft. 2½in.

Athletic Schools of Britain

By James Audsley

WHEN the spotlight turns to school athletics, it generally falls on the 18-year-old "veterans" of the Public and Grammar Schools. However, probably 70 per cent. of Britain's athletes come from the country secondary schools: schools with pupils from 11 to 15 years old, and often with both boys and girls. Schools like Hamble County Secondary School, 5 miles from Southampton.

Up to 1951, the Hamble story followed a pattern that existed in almost every school of every type at one time: that is, "athletics" meant simply "Sports Day," with almost every event involving non-athletic impedimenta such as potatoes and obstacles. The school had, however, sent representatives to the Eastleigh District Schools Sports, the Hampshire Schools Sports, and the Eastleigh Police Schools Relays; and there had been cross-country races against other schools and talk of a track match with two similar schools, Hedge End and Sarisbury. For the majority, though, athletics did not exist; there was no coaching; warming-up, track suits and spikes were regarded as affectations; and a "Western Roll" must surely be something you ate!

That was the position in September, 1951, when Mr. K. W. Makepeace, an A.A.A. Hon. Coach, joined the staff; and joined Mr. MacNaught Davis, the P.T. Master, and Mrs. Warr, P.T. Mistress, in a scheme that has already made athletics probably the major sport in the school.

The first steps were the arousing of interest and the teaching of some elementary athletic knowledge; and the means used were varied and ingenious. Athletics was talked at every opportunity, some practical coaching was done; there was a demonstration by senior boys from Taunton's School,

No. 2—HAMBLE COUNTY SEC. SCHOOL



Southampton; and 12 boys were taken to the A.A.A. Championships—to arrive back home at 3 a.m.! Also, "Athletics Weekly" appeared in the school library. From the start, field events were encouraged, with a cup for the boy or girl showing the best technique in a field event. During 1952, the boys competed against Woolston and Merry Oak Schools, and the girls against Woolston; and both boys and girls were well beaten. At last, however, a mixed team fulfilled the proposed fixture with Hedge End and Sarisbury, and gave Hamble its first win—by half a point!

The 1953 target was the double one of getting every pupil in the school to do some athletics and of producing the best possible team to represent the school. A standards scheme involving every event and age group, and with points counting for the Athletics Trophy, was introduced; and every

boy and girl took part. All non-athletic events were eliminated from the Sports; and those not in the school team were encouraged to continue athletics after the Sports by Inter-Form Relays. During 1953, every representative in the Eastleigh District Schools Sports did better than the 1952 representatives; the girls relay team won the Eastleigh Schools trophy, won again at Portsmouth, and were a close second in the Hampshire Schools Championship; 15 seconds were knocked off the school 880 record; and 3 boys were throwing the discus nearly 30 feet beyond the 1952 school record. In five inter-school meetings, Hamble defeated every secondary modern school they met: though, in Mr. Makepeace's view, the boys probably learnt most from a decisive defeat by Taunton's!

COACHING

By now, enthusiasm was such that coaching—with the emphasis on jumping, throwing, and baton passing—could be started in the Easter holidays. "News Chronicle" coaching films were shown; Geoff Dyson's coaching charts covered much of the school notice-board; and photographs of Hamble athletes were displayed on the board—with criticisms! There were three visits to the White City to watch big meetings. Team spirit was encouraged by the formation of an athletic club, with the pupils electing the officers; by the purchase of vests of Cambridge blue with a white band; and by the awarding of athletic colours. Fixture cards were printed on the school press. Athletic points were given twice the value of points for any other sport for the Inter-House Shield, athletics being the only sport in which both boys and girls take part.

All this, however, is regarded only as a foundation on which to build. For 1954, the standards scheme has been expanded; and visits to big meetings may include one to the European Championships!

This progress is remarkable, for there were difficulties in the way. As a country school, Hamble has playing fields available; but, because it is in the country, it is virtually empty by five past four, with the pupils on their way to surrounding villages in school buses. The necessary

preliminary step of arousing interest and persuading pupils to stay on for athletics was a hard one, entailing much work, with, at first, little result, by the enthusiasts concerned. Now, however, the problem is rather one of preventing the youngsters doing too much. Another handicap is that, though there are about 325 pupils, the fact that these include both boys and girls puts Hamble at a numerical disadvantage when arranging matches against separate boys' and girls' schools.

A current problem is the provision of athletic opportunities for boys and girls when they leave at 15; but this is being met by the formation of an athletic team in the school's Youth Club.

Hamble's achievements to date show what can be done in a short time, even when difficulties have to be faced. The introduction of a similar scheme into every similar school in the country would assuredly have a noticeable effect on Britain's national team inside a decade.

ENGLISH CROSS-COUNTRY CHAMPIONSHIPS

Arrove Park, Birkenhead, 13th March, 1954

Application for entry forms should be made to the Union Hon. Secretary, Mr. L. N. Richardson, "Norcross," Ambergate, Derbyshire.

Entries definitely close on Tuesday, 16th February, but in order to ensure delivery in time it is recommended that entries should be posted not later than Sunday, 14th February.

* * *

Applications to take the written part of the Hon. Senior Coaches Examination can be accepted up to the end of the month. The exam. takes place on February 27th.

* * *

Owing to unforeseen circumstances, the Wolverhampton-Stafford Road Race will NOT take place this year.

* * *

Middlesex Ladies' A.C. hold an indoor training session at Willesden Technical School, Denzil Road, N.W. 10, every Tuesday evening, from 6.30. Members of any ladies' clubs are welcome. Charge is 3d. per week.

ANOTHER LETTER TO EVE

In which GEORGE PALLETT advises the ladies on getting fit for the track season—440 and 880 yards

THEY tell me you like running 440 yards and 880 yards. Brave girl! I hope you realise what you are up against. Writing to sisters of yours on the sprints I mentioned the high world standard in those events, and the standard is no less in these middle distances. You are fortunate in that it is generally believed that the range of improvement can be greater in the middle distances than in the sprints, but the conditioning period is longer, and the peak of performance more distant.

Forget British records—as a target they will not help. As always you must keep your eye fixed on something better than the best. You are probably well acquainted with best British performances over 880 yards—around the 2:13 and 2:14 mark. In Moscow, on 27th August, 1953, Nina Otolenko (nee Pletnyeva) won the Soviet 800 metres championship in new world record time of **2 min. 7.3 sec.** Dora Barakhovitch was second in **2 min. 8.8 sec.**, and a lady named Sabicha third in **2 min. 10.8 sec.**

Two of these, Otolenko and Barakhovitch, with N. Chernoschok, set up a new world record of 6 min. 33.2 sec. for the 3 x 800 metres relay at Budapest, on September 19th—an average of 2 min. 11 sec. each. This corresponds with the world record for 3 x 880 yards held by a British team, of 6 min. 49 sec., an average of 2 min. 16 sec. Bear in mind that 800 metres is only some six yards short of 880 yards, and the difference in standard is apparent.

What of 400 metres—440 yards? Well, now, a little lady from what we call Eastern Germany, and others the German Democratic Republic, who rejoices in the name of Ursula Jurewitz, ran 400 metres in 55.7 sec. in Berlin, on June 25th last year and two Russians had previously run the distance in 56 sec.

There are your targets — something a little better than these performances.

Ridiculous, Eve? I do not think so. There are at least three girls in the U.K. who, with the will to do the work, could challenge these times, and others who could at a future date.

It is, however, late in the winter now to begin training, but improvement can be obtained if a start is made at once.

How to start? In January, three, four or preferably five times a week just go out and run for twenty minutes, building up over the month gradually to 30 to 35 mins. Go at a speed which leaves you feeling very uncomfortable over the last ten minutes. With consistent training you will find you can go faster as the month goes on. Do a daily routine of exercises which include knee springing, skipping on each foot alternately, and abdominal exercises, and continue this through to the beginning of the competitive season.

In February, alter the running routine by reverting to twenty minute runs, but after a mile warm-up proceed to run in bursts of 440 yards each at a speed a little faster than your best 880 yards speed (e.g. if your best 880 yards time is 2min. 20sec., run each quarter in, say, 68 sec.) jogging in between, but always start a 440 yards burst just before fully recovering from the previous burst. Try and build up the number of quarters throughout February and up to the middle of March. Quarter milers should run bursts of 220 yards on the same basis (e.g. if the best 440 yards time is 60 sec., run each furlong in about 29 sec.).

Continue this training after the middle of March with only a substitution of one of the training periods by the following: warm up for a mile—very easy running to bring you out in a light sweat. Then run twice over 660 yards, aiming at three secs. faster than three-quarters of your best 880 time, e.g., if your best 880 time is 2 min. 20 sec., run the 660 in three-quarters of

Continued at bottom of next page

SCOTTISH "POSSIBLES" FOR C. C. INTERNATIONAL

The Scottish Cross-Country Union has made plans to find as strong a team as possible for the International C.C. Race at Birmingham, on March 27th. The District Secretaries have drawn up a list of "Possibles" and these athletes have been asked to train with the National in view. All have agreed to do so. A Coaching Panel made up of A. Forbes, J. E. Farrell, J. C. Flockhart and A. Scally, has been appointed to assist them.

Ian Binnie is not included in the list as he prefers to concentrate on the track, although he may run in the leading C.C. events.

Here is the list of athletes nominated:—

Midland District

E. Bannon, R. C. Wallace, J. Eadie, J. McGhee (Shettleston); A. Forbes, R. Kane (Vic. Pk.); T. Tracey (Springburn); J. E. Farrell (Maryhill); H. Fenion (Bellahouston); G. A. Dunn (Garscube); A. C. Gibson (Hamilton); and A. Fleming (Cambuslang).

South West District

F. Sinclair, T. Stevenson, J. Stevenson (Greenock Wellpark); A. Maclean (Greenock Glenpark); G. Adamson (West Kil-

bride); G. Lightbody, K. Phillips (Beith); A. Napier (Paisley); S. Cuthbert (Irvine Y.M.C.A.).

Eastern District

J. W. Brydie (Edin. Univ.); J. V. Hamilton (Edin Eastern); A. J. Crawford (Falkirk Vic.); W. E. A. Robertson (Edin, Southern).

Other Nominations

F. McKenzie (Forres); M. Y. Notman (Inverness); H. Lawrence (Teviotdale).

S.E. LANCs, LEAGUE CELEBRATION

After the S.E. Lancs. League race at Bury on Jan. 2nd, about 100 runners, officials and supporters sat down to a Hot-Pot Tea, followed by a Social to celebrate the 40 years existence of the League. The League was formed in 1913, the first race taking place from The Turf Inn, Radcliffe, on 1st January of that year.

Among the guests were A. E. Parry, Esq., President of the Northern C.C.A. and East Lancs C.C.A., and J. E. Davies, Hon. Secretary of the E. Lancs C.C.A. J. Tempest (North Man), W. Leach (Royton), W. Aspinall and W. Booth (Rochdale) have been made Life Members in appreciation of their great services to the League.

2:20—1 min. 45 sec. less 3 sec.—1 min. 42 sec. Rest in between each effort until fully recovered.

Quarter miles should cover 330 yards three times on the same basis, e.g. if best 440 time is 60 sec., three-quarters of 60—45 less (in this case) 2 sec.—43 sec. With progress it may be possible to reduce the 330 yards time by a little more.

When competition begins, knock out a training period for each competition, but never train within three days of a competition which you know will demand your utmost efforts. As competition mounts cut down to one training period a week based on the 660 yard and 330 yard running, although a little striding at other times will help.

Above all Eve, remember that such a training schedule must be accommodated to your state of fitness. You will often run in

considerable discomfort, but the test of whether you have done too much is your rate of recovery after training. If, after a final jog round, a shower and perhaps a cup of tea, you feel fit and well and not unduly tired, you will not have done too much. However, you should always feel tired **immediately** after finishing training, but never utterly fatigued.

Tough going? Well, Eve, success will be in proportion to the amount of self sacrifice and self-discipline. It is a wonderful thing to feel tremendously physically fit and mentally alert, and there is always compensation in improvement and accomplishment. You must make up your own mind on how much you are prepared to give, but middle distance running is cruel unless you are well trained.

May I wish you luck in the coming season and a reward for your endeavours.



CHRIS CHATAWAY

(ACHILLES)

answers the

A. W. Questionnaire

Name (Surname first):	Chataway, Christopher John
Birthplace and date:	Chelsea, 31st January, 1931.
Height:	5ft. 9in.
Weight:	10st. 12lbs.
Occupation:	Brewer.
Club:	Achilles and Walton A.C.
When did you first commence athletics?	1948.
What were your first events?	880 and Mile.
What are your favourite events now?	Mile, 2 miles and 3 miles.
What are your best marks at these events?	4:08.2; 8:49.6; 13:40.0.
Give brief details of your athletic career, championships won, dates and performances.	<p>1950: Inter-Services Mile, 1st 4:15.0.</p> <p>1951: A.A.A. Champs. 3M. 2nd 14:02.4.</p> <p>1952: Varsity match, Mile 4:10.2 and 3M. 14:32.0. A.A.A. Champs. 3M. 13:59.0; Olympic Games 5000m, 5th 14:18.0 (passed 3M. 13.40).</p> <p>1953: Varsity match, Mile 4:08.2; British Games 2M. 8:49.6.</p>

Which performance gave you most personal satisfaction and why?

A mile race run in the Winter of 1951 when rather unfit —time about 430.0. Two hundred yards from what I thought was the finish I started to sprint for the tape. To my horror I found there was no tape there, and another lap to go. My 30 yds. lead was reduced inch by inch and after what seemed hours later, I arrived at the finish a bare yard ahead. It is one of the hardest races I have run and I have never miscounted the laps in a mile race since.

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

(a) 4. (b) 2 or 3.

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

Afternoon or evening.

How long do you spend on each training session?

30-45 mins.

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

This varies enormously with where I am, what I am doing, how I feel, and how seriously I am training for the particular race. Before the Olympics when I kept up a regular programme for about six months of 3 to 5 days a week, the following might have been typical:—

Monday: 7 miles steady running.

Tuesday: _____

Wednesday: 6 x 880's in about 2:16.0 with five minutes rest in between.

Thursday: 3 or 4 miles easy running with 5 or 6 sprints.

Friday: _____

Saturday: Time trial or race.

Sunday: _____

My aim in training is to strike the correct balance between speed and stamina, to do no more than I can enjoy and to arrive for the big race fit, but at the same time completely fresh.

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

This is very spasmodic. All I can say is that when I do train I run from four to eight miles, putting in occasional strides and sprints. I run a few Cross-Country races and I rely to a certain extent on other sports to keep fit.

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

About every 10 days.

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

Two or three laps of jogging (5-10 minutes).

How many days rest do you prefer before competition?

Only one.

Name the coaches who have coached you:

H. J. Bignall and J. A. Jeffery.

Continued at bottom of page 10

LANCS. REGAIN INTER-COUNTY TITLE

At Epsom, January 16th

THREE HUNDRED AND FOUR runners, representing 34 teams, contested the Inter-Country Cross-Country Championship at Epsom last Saturday. It was a fine day but the strong wind and heavy going, particularly the long uphill drag against the wind on the racecourse, which had to be negotiated four times, made it tough going.

The first time the runners came past the stands, with half a mile gone, the leading bunch of the field consisted of Ken Norris, Hicks, Shirley (Middlesex) and Len Eyre (Yorks), with Peter Driver out on his own on the other side of the course. Tony Weeks-Pearson was among the tail enders.

Norris and Eyre had a great tussle before the Thames Valley man managed to shake off his opponent in the woods on the far side. Once the gap had opened up Eyre dropped back and was soon caught by Sando, with Walker of Sheffield, also closing up.

It was on the second lap that Norris got away, and when they came round to the stands he was a good 80 yards clear. As they passed the stand Bill Boak moved up in front of Sando, and Walker, Eyre and Fred Norris were together another 25 yards behind. Then came Bill Gray and George Knight, running together, followed by another pair, Peters and Wyatt.

On the last lap, Bill Boak made up 10 secs. on the leader and got right away from Sando, who only just beat Walker at the finish, closely followed by Eyre and Knight—a grand performance by the Essex Junior

champion. For once there were no "surprises" among the leaders.

Early on, in fact until the last lap, Yorkshire looked to be holding the initiative, with Lancashire a good second, but the Lancashire lads finished strongly and packed in so well that they regained the championship with 14 points to spare from the holders. Essex, despite having to wait until 72nd position for their sixth scoring man, were third, eight points in front of Surrey, who packed their six scorers in between 14th and 44th positions. Leicester and Rutland were awarded the Joe Turner Memorial Trophy for the most improved team. On top of the usual awards, special presentations were also made to Mr. G. P. Simon, General Manager of the "Daily Telegraph," and Mr. A. J. Sage, in appreciation of the work they have done for these Championships.

First 200 Finishers:

1. K. L. Norris (Middlesex)	39.57
2. W. Boak (Cumb. & W.)	40.11
3. F. Sando (Kent)	40.42
4. D. Walker (Yorks)	40.43
5. L. Eyre (Yorks)	40.45
6. G. Knight (Essex)	40.46
7. C. M. Gray (Warks)	40.50
8. F. Norris (Lancs)	40.55
9. J. H. Peters (Essex)	41.02
10. K. Wood (Yorks)	41.07
11. W. P. Ranger (Sx) 41.09; 12. K. Gates (Lancs.) 41.10; 13. F. L. Wyatt (Som.) 41.11; 14. M. R. Maynard (Sy) 41.17; 15. H. Minshull (Lancs.) 41.18; 16. R. G. Beecroft (Lancs) 41.20; 17. A. F. Perkins (Ex) 41.22; 18. P. B. Driver (Sy) 41.23; 19. E. Baverstock (Ex) 41.28; 20. D. Pearsall	

CHRIS CHATAWAY (contd.)

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

The inclusion of more relay races—a form of team athletics popular with both competitor and spectator.

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

Decide which races in a season you are most keen to win, decide how much time you are prepared to put aside for training for them, plan your programme carefully and thoughtfully, and then try to stick to it as closely as you can.

(Worcs.) 41.30; 21, A. W. Gale (Leics.) 41.33; 22, R. Davies (Lancs.) 41.34; 23, D. Wright (Lancs.) 41.35; 24, A. Chorlton (Yks.) 41.37; 25, R. S. Clark (Sy) 41.38; 26, E. Kirkup (Yks) 41.39; 27, K. Harland (Kt) 41.44; 28, P. C. Perry (Devon) 41.48; 29, E. Shirley (Mx) 41.50; 30, M. Baker (Sx) 41.51; 31, G. T. Olding (Mx) 41.53; 32, J. Masters (Sy) 41.58; 33, H. V. Foord (Sx) 41.59; 34, A. J. Weeks-Pearson (Kt) 42.01; 35, P. Blakiston (Kt) 42.02; 36, R. Rowland (Leics.) 42.02; 37, T. E. Keegan (Sy) 42.03; 38, J. D. Wood (Herts) 42.08; 39, R. F. Garrett (Ex) 42.09; 40, H. A. Olney (Mx) 42.15; 41, K. Pawson (Yks) 42.18; 42, A. E. Binder (Staffs) 42.20; 43, H. J. Hicks (Mx) 42.23; 44, C. Wilson (Sy) 42.23; 45, B. Heatley (Wks) 42.24; 46, D. O'Gorman (Herts) 42.25; 47, A. E. Foster (Sx) 42.26; 48, R. R. Rowles (Glos.) 42.26; 49, W. Pugh (C. and W.) 42.27; 50, A. Turner (N. and D.) 42.28; 51, D. Crook (Devon) 42.28; 52, D. Wheatley (Herts.) 42.30; 53, D. J. P. Richards (Glam.) 42.33; 54, P. D. Smith (Ches.) 42.34; 55, M. Iles (Derbys.) 42.37; 56, P. Stokes (M) 42.37; 57, M. Whenman (Kt) 42.38; 58, D. Tilley (Lincs.) 42.40; 59, K. Barnsdale (Lancs) 42.42; 60, J. A. N. Pike (Wilts.) 42.43; 61, P. G. Wood (Yks.) 42.44; 62, G. Rhodes (Staffs) 42.5; 63, P. Thompson (Lancs) 42.46; 64, W. Noon (Sk) 42.46; 65, P. J. Pirie (Sy) 42.49; 66, A. J. Beveridge (Devon) 42.51; 67, L. T. Bevan (Mon) 42.52; 68, K. Johnson (Leics) 42.53; 69, T. Anderson (N. and D.) 42.53; 70, A. H. Mail (Derbys) 42.57; 71, A. E. Ingles (M) 42.58; 72, R. Lambert (E) 43.00; 73, L. A. Tawn (Yks) 43.01; 74, J. F. Bowen (Wilts) 43.02; 75, B. G. Smith (Ches) 43.03; 76, B. Simpson (N. and D.) 43.03; 77, J. Lawrence (Beds.) 43.04; 78, D. J. Pain (Hants) 43.05; 79, G. Boak (N. and D.) 43.06; 80, Matt, Whittaker (Staffs) 43.07; 81, J. Lyne (Kt) 43.10; 82, A. A. Everard (Kt) 43.11; 83, T. Edwards (Leics) 43.12; 84, T. Bird (N. and D.) 43.13; 85, H. Martin (Sx) 43.14; 86, F. Crooks (Notts.) 43.15; 87, S. J. Fell (Lancs) 43.17; 88, W. E. Butcher (Glam.) 43.19; 89, M. Jackson (Yks) 43.22; 90, A. Dalton (Wk.) 43.23; 91, J. Heywood (Sy) 43.24; 92, C. J. Simpson (Warks) 43.25; 93, D. R. Spenser (Berks) 43.25; 94, D. W. M. Haw (Sk) 43.28; 95, E. Thompson (N. and D.) 43.31; 96, T. C. Wood (Mon) 43.32; 97, P. S. Vivian (Mx) 43.34; 98, A. H. Isaacs (Wilts) 43.35; 99, B. H. Browning (Worcs.) 43.35; 100, A. Osborne (Warks) 43.38; 101, J. Duffy (Ex); 102, R. Newington (Sx); 103, A. P. Keily (Derbys); 104, D. J. Blythe (Herts); 105, H. Thomas (Mon); 106,

J. Morgan (Worcs); 107, D. Bates (Derbys); 108, T. Letori (Devon); 109, A. Brent (Kt); 110, R. Pape (Hants); 111, W. Berry (Lancs); 112, J. Caswell (Nithants); 113, J. Chamberlain (Leics); 114, P. West (Sx); 115, B. Twamley (Worcs); 116, Michael Whittaker (Staffs); 117, R. C. Townsend (Cambs); 118, P. J. Scott (Berks); 119, R. J. Ellis (Berks); 120, J. Lake (Warks); 121, G. Phipps (Cambs); 122, P. Barber (Kt); 123, J. T. Keily (Derbys); 124, C. Wilson (Devon); 125, P. W. Llowarch (Glos.); 126, C. Kemball (Staffs); 127, P. Clarke (Hants); 128, J. Nettleton (C. and W.); 129, J. Yates (Glam.); 130, D. J. Smith (Hants); 131, D. F. Hawkins (Ex); 132, D. Amor (Wilts); 133, A. E. Hine (Sy); 134, D. Osborne (Staffs); 135, D. A. Kirk (Notts); 136, E. Slaughter (N. and D.); 137, R. G. Symons (Sk); 138, J. Batten (Devon); 139, T. Aisbitt (N. and D.); 140, J. Hinchley (Staffs); 141, C. Roffey (Hants); 142, S. Webley (Hants); 143, J. Thorpe (Herts); 144, P. Bowden (Som.); 145, R. J. Brown (Hants); 146, son (Glos); 145, R. J. Brown (Hants); 146, N. Bridgewater (Worcs); 147, G. Parnell (Glos); 148, K. Bray (Glam); 149, G. Willford (Ches); 150, R. R. Chinchin (Dorset); 151, E. Ellis (Mx); 152, M. P. Garrod (Hts); 153, J. J. McDonald (Glos); 154, H. Lloyd (Warks); 155, J. Reid (Warks); 156, W. Morehead (Leics); 157, P. N. Frost (Ches); 158, H. Clayton (Ches); 159, M. J. Doherty (Berks); 160, D. S. Selwood (Bucks); 161, W. Morgan (Herts); 162, R. Thompson (C. and W.); 163, E. Morley (Notts); 164, H. Evans (Dorset); 165, J. Wingfield (Glam); 166, D. Cobley (Leics); 167, R. M. Doe (Berks); 168, A. Thompson (N. and D.); 169, D. G. Clarke (Glam); 170, G. Haynes (Ches); 171, K. R. Shinner (Devon); 172, D. Thomas (Glam); 173, J. Rose (Glos); 174, R. Hemmings (N'thants); 175, J. Hutchinson (Beds); 176, G. Downie (Sk); 177, C. Morley (Berks); 178, W. Coulter (N'thants); 179, J. D. Ivory (Glos); 180, S. R. Prowse (Devon); 181, H. Holding (Devon); 182, J. Crumpler (Som); 183, P. Brearley (Leics); 184, A. Playfoot (Sx); 185, B. Goldie (N'thants); 186, G. Pearce (Notts); 187, M. J. Walsh (Ox.); 188, A. A. Robertson (Glos.); 189, A. Patchett (Lin); 190, B. Shaw (Staffs); 191, E. J. Kean (Herts); 192, E. Wilson (Lincs.); 193, G. Legge (Mon); 194, K. Brettell (Worcs); 195, M. Prynne (Wilts); 196, P. B. Vincent (Notts); 197, M. Pope (Mon); 198, B. R. Gazzard (Glos); 199, M. W. Tulett (Oxford); 200, E. J. Gough (Hants).

Continued on back page

INTERNATIONAL MEETING, SAO PAOLO

The fabulous Czech runner, Emil Zatopek broke another course record at Sao Paolo on January 6th, when he won the 10,000 metres track event in 30 min. 9 sec. Although well outside his world's record of 29 min. 1.6 sec., the Czech did exceedingly well considering that the track was heavy after three days continuous rain and that he himself was suffering from a bad bout of influenza.

The meeting was an annual one, held six days after the Saint Sylvestre road race, and consisted of four events, 1500 metres, 3000 metres, 5000 metres and 10,000 metres.

A record crowd of 20,000 turned up to catch a last glimpse of the great Zatopek. The rain stopped somewhat miraculously just before racing started. Owing to a misunderstanding, the Czech received incorrect lap times early on, and having passed the 1,000 metres mark in 2 min. 55 sec, had to make up for lost time. He did so in great style, and reached the half way stage in 14 min. 45 sec.

But this effort could not be sustained, and the last 5,000 metres took him 15 min. 24 sec. Even so the crowd rose to him as he lapped and re-lapped his opponents. As he finished they invaded the track, and it proved impossible for any of the other runners to get through the crowd in order to finish the race. All finishing times except Zatopek's had therefore to be taken at 9,600 metres.



The previous meeting record was 30 min. 33.3 sec., set up last year by Mihalic, of Yugo Slavia.

1500 metres—1, Taipale (Finland) 3.59.7; 2, Miranda (Argentine) 3.59.9; 3, Roque (Brazil) 4.08; 4, Miori (Argentine) 4.1; 5, Vernier (France) 4.1.2.

3000 Metres—1, Suares (Argentine) 8.49.5; 2, Theys (Belgium 8.49.8; 3, Rodrigues (Brazil); 4, Paula (Brazil); 5, Rivero (Uruguay).

5000 metres — 1, Mihalic (Yugo Slav) 14.54; 2, Correa (Chile); 3, Gonzaga (Brazil); 4, Nilsson (Sweden); 5, Inoue (Japan).

10000 metres — 1, Zatopek (Czech. S.) 30.9; 2, Eberlein (Germany) 31.32.4 at 9600 metres; 3, Nunez (Argentine) 32.12.5 at 9600 metres; 4, Abreu (Brazil); 5, Gruber (Austria).

Mitcham A.C. have revised the team result of their 15 Miles Road Race and of the 20 teams we published, the following now have a different total of points—T.V.H. 95; Essex Beagles 104; Belgrave "A" 115; Epsom and E. 116; Q.P.H. 176; Shaftesbury 206.

* * *

The E.C.C.U. have invited the following athletes for international races as shown:—

Jan. 31st, Mezidon—L. Eyre, W. Boak, R. Halton, C. M. Gray.

Feb. 7th, Hannut — K. L. Norris, J. H. Peters, F. Sando, D. Walker. At Hannut, Gordon Pirie has been invited to compete in the two miles event.

J. Braughton (Blackheath H.), G. L. Iden (Victoria Park H.), R. Ellis (Maidenhead C. and A.C.) and J. Duffy (Hadleigh A.C.), running together during the Mitcham '15.' *H. W. Neale*

RESULTS

COUNTY CHAMPIONSHIPS

CHESHIRE, at Hyde Senior

1. M. E. Morrell (Wirral) 40.05
2. N. Frost (E. Cheshire) 40.12
3. T. E. Smith (E. Cheshire) 40.14
4. P. D. Smith (Sale) 40.20; 5, B. G. Smith (Sale) 41.52; 6, G. Wilford (Crewe) 41.54; 7, F. J. Hickford (Crewe) 42.16; 8, G. Haynes (E. Cheshire) 42.24; 9, H. Clayton (Stockport) 42.26; 10, R. Parry (Wallasey) 43.23; 11, L. Fitzsimmons (Stockport) 43.30; 12, J. F. Cunningham (Wirral) 43.50; 13, A. Leigh (E. Cheshire) 44.02; 14, E. Rodgers (Crewe) 44.07; 15, J. Arnold (Crewe) 44.18.

Teams:	Pts.
1. E. Cheshire H. (2.3.8.13.22.25)	73
2. Crewe A.C. (6.7.14.15.18.19)	79
3. Wirral A.C. (1.12.21.27.28.31)	120
4. Sale H.; 5, Stockport H.; 6, Wallasey.	

HERTFORDSHIRE, at Royston Senior

1. J. D. Wood (Barnet) 42.51
2. D. O'Gorman (St. Albans) 42.59
3. D. Wheatley (Watford) 43.14
4. M. J. Blyth (St. Albans) 43.20; 5, W. Morgan (Barnet) 44.59; 6, J. Thorpe (St. Albans) 45.11; 7, S. Webley (St. Albans) 45.30; 8, M. P. Garrod (St. Albans) 45.30; 9, E. J. Kean (St. Albans) 45.41; 10, T. Hughes (St. Albans) 46.40; 11, R. W. Hills (Watford) 46.51; 12, P. D. Palmer (St. Albans) 47.05; 13, P. Webb (Watford) 47.10; 14, G. Allen (Watford) 47.14; 15, S. Randall (Barnet) 47.17.

Teams:	Pts.
1. St. Albans City A.C. (2.4.6.7.8.9)	36
2. Watford H. (3.10.13.14.19.20)	79
3. Barnet A.C. (1.5.15.18.21.23)	83

KENT, at Gravesend Junior

1. K. Harland (Cambridge) 32.14
2. F. Bowyer (Darnley) 33.49
3. *C. Goldstone (Darnley) 33.54
4. J. Bennett (Cambridge) 34.42; 5, D. Pinckard (Blackheath) 34.57; 6, F. Bullen (Blackheath) 34.57; 7, B. G. Stone (Blackheath) 35.02; 8, A. Perriman (Aylesford) 35.05; 9, J. Pettitt (Aylesford) 35.05; 10, B. Nicholson (Cambridge) 35.08; 11, D. J. Kent (Kent) 35.35; 12, J. R. Pendrill (Blackheath) 35.51.

Teams:	Pts.
1. Cambridge H. (1.4.10.14)	29

2. Blackheath H. (5.6.7.12) 30
3. Aylesford P.M. (8.9.16.17) 50
4. Dartford H. 98

Youths

1. N. F. Everard (Blackheath) 17.21
2. M. Harrington (Dover Coll.) 18.54
3. B. Tutt (Aylesford P.M.) 18.56
4. M. Bergman (Cambridge) 19.09; 5, P. Amos (Dover A.C.) 19.12; 6, S. Craft (Dover A.C.) 19.13; 7, G. Martin (Cambridge) 19.14; 8, J. H. Mayatt (Aylesford) 19.18; 9, B. Underhill (Blackheath) 19.19; 10, T. Heathcote (Dartford) 19.20.

Teams:	Pts.
1. Blackheath H. (1.9.11.16)	37
2. Cambridge H. (4.7.19.26)	56
3. Aylesford P.M.	58
4. Dover A.C.	61

OTHER RESULTS

6th January

R.A.F. Honington beat R.A.F. Stradishall 23 pts. to 33. 1, LAC R. Symons (H) 38.00; 2, AC J. Palmer (H) 39.00; 3, SAC N. Porter (H) 40.11; 4, Cpl. Copeland (S) 42.25; 5, AC Wilson (S) 42.25; AC M. F. Jones (H) 42.33.

R.A.F. Bassingbourn 26 pts. beat R.A.F. Oakington 42 and R.A.F. Waterbeach 54. 1, Morley (B) 34.52; 2, Cross (O) 35.30; 3, Dye (B) 35.58; 4, Price (W) 36.04; 5, Mul-lane (B) 36.21; 6, Day (O) 37.40.

9th January

NORTHUMBERLAND AND DURHAM LEAGUE

"Sherman Cup" Race, Newcastle on Tyne Senior : 1, E. Slaughter, Morpeth; 2, E. Thompson, Morpeth; 3, G. Freeman, Sunderland; Teams: 1, Morpeth 13; 2, Gateshead 22; 3, Heaton 27. Junior: 1, T. Anderson, N.S. Poly; 2, T. Aisbitt, Morpeth; 3, R. Henderson, Elswick. Teams: 1, Gosforth 21; 2, Saltwell 29; 3, Elswick 29.

Youths: 1, J. Anderson, Saltwell; 2, W. Anderson, Gateshead; 3, C. Black, Gateshead. Teams: 1, Gateshead 12; 2, Saltwell 21; 3, N. S. Poly 27. "Sherman Cup": 1, Gateshead H. 76 pts.; 2, Saltwell H. 105; 3, Elswick H. 134. Boys' race: 1, J. R. Gibson, Gosforth, 12.05; 2, G. Hepburn, Gosforth 12.10; 3, J. Carruthers, Jarrow, 12.34; Teams: 1, Gosforth H. 9 pts.; 2, Elswick H. 32; 3, Jarrow A.C. 35.

MANCHESTER AND DIST. LEAGUE

Inter-Divisional Race at Ashton, Senior: 1, T. Smith, E. Cheshire "A" 47.19; 2, P. Smith, Sale "B" 47.19; 3, W. Rowbottom, M/c DLC "A" 47.57. **Teams:** 1, "A" Div. 100 pts.; 2, "B" Div. 167. **Youths:** 1, W. Bailey, Winton "B" 18.00; 2, D. Veals, M/c DLC "A" 18.10; 3, T. Cartwright, Winton, "B" 18.22. **Teams:** 1, "A" Div. 32 pts. "B" Div. 56.

Britalumin 5M. C.C. H'cp. 1, P. Turner, Kent (3.54) 23.41; 2, A. B. Watts, B (3.54) 25.59; 3 eq., M. C. Whenman, B (Scr.) and D. Wells (Scr.) 26.33; 4, N. F. Fox, K (00.35) 26.39; 5, C. Cornell, B (3:54) 26.54; 6, W. J. O'Bree, B (2.54) 27.53.

Wallasey A.C. Champ. 1, D. Kelly 54.26; 2, A. Clarke; 3, R. Hewson; **Junior:** 1, R. Parry 28.57; 2, E. Maddock; 3, H. Pritchard; **Youths:** 1, R. Shaw 16.23; 2, B. Woolford; 3, W. Farrell; **Boys:** 1, R. Barlow 11.40; 2, K. Tunstall; 3, F. Jameson.

Portsmouth A.C. beat Gosport Boro' A.C. 15 pts. to 21. 1, Newell, G. 28.31; 2, Bragh, P. 28.59; 3, Wheeler, P. 29.01; 4, Beswick, P. 29.36; 5, Durber, G. 30.56; 6, Thomas, P. 32.06. In a Junior match **Portsmouth A.C. beat Gosport Boro AC** 21 pts. to 39. 1, Plumpton, P., 19.56; 2, Clark, P. 20.21; 3, Yapp, P. 21.00; 4, Holdener, G. 21.12; 5, Drew P., 21.18; 6, Kellett, G. 21.34.

Overseal and Dist. C. & A.C. Champ. 1, F. A. Smith 28.23; 2, A. J. Smith 30.14; 3, T. G. Farmer 34.29; **Junior:** 1, M. Birkenhead 13.55 (Course rec.); 3, R. Moulton 13.56; 3, B. Trigg 14.47.

Highgate H. 7½M. H'cp. 1, P. Stokes (Scr.) 44.09; 2, E. Dawes (2.55) 44.15; 3, J. Gagen (6.20) 44.37; 4, R. Elkerton (4.20) 45.06; 5, P. Johnson (5.35) 45.33; 6, J. Stormer (3.30) 46.18; **Fastest time:** P. Stokes 44.09. **Junior 5M. Champ.:** 1, T. Newby 29.00; 2, G. Harrison 29.49; 3, P. Maffia 31.51. **H'cp:** A. Corfield (3.10) 28.56.

Met. Police beat United Hospitals 40 pts. to 43. 1 eq., J. Spence, U.H. and D. Terry, U.H. 35.33; 3, Dennis M.P., 35.47; 4, Thorn, M.P. 36.46; 5, T. Hosking, U.H. 37.01; 6, Kippax, M.P. 37.12.

R.A.F. Halton 55 pts. beat **Bedford and C. 64, Vauxhall Motors A.C.** 82 and **V. of Aylesbury A.C.** 103. 1, A/A Tucker, H. 30.10; 2, Sgt. Gallacher H. 30.15; 3, J. W. Hutchinson, B. 30.18; 4, F/O Ross, H. 30.21; 5, H. Soper, V. 31.15; 6, C. Kennedy B. 31.37.

Brighton A.C. 6M. Yacht H'cp: 1, E. F. Napier (5.30) 39.37; 2, D. Greenaway

(4.55) 39.50; 3, H. T. Davis (0.15) 40.00. **Fastest times:** 1, H. V. Foord 30.48 rec.; 2, A. E. Foster 31.35; 3, R. W. Newington 31.36.

Finchley H. 32 pts. beat **Hampstead H.** 57 and **Wigmore H.** 111. 1, E. Shirley, F. 34.19; 2, H. Hicks, H. 35.09; 3, E. Whitehead, F. 36.27; 4, F. Salvat, F. 36.50; 5, D. Raven, F. 37.15; 6, J. Atkinson, H. 37.16.

Ranelagh H. beat **Westminster Bank** 119 pts. to 183. 1, D. Hayter, WB, 46.18; 2, R. Hedger, R. 47.48; 3 eq., R. Bourne, R. and D. Braybrook R. 48.22; 5, J. Davis, R. 48.59; 6, A. Pearce, R. 49.04.

Swindon A.C. beat R.A.F. Yatesbury 50 pts. to 55. 1, K. W. Rickhuss, Y. 25.26; 2, J. Morgan, C. 25.39; 3, D. Amor, S. 26.11; 4, M. Sawyer, S. 26.25; 5, F. Nelson, Y. 26.35; 6, E. Barden, Y. 26.57.

Chelmsford A.C. Champ. 1, J. F. Bowen 45.00; 2, K. R. Rogers 45.17; 3, M. B. Ranson 50.50. **Junior:** 1, D. F. Kelly 36.47; 2, D. A. Courtman 38.00; 3, A. M. Johnson 38.31; **Youths:** 1, R. D. Stewart 16.58; 2, P. J. Candler 17.33; 3, D. W. Miles 18.19.

Bournemouth A.C. beat Eastleigh A.C. 27 pts. to 63. 1, Chinchin, B. 33.24; 2, Roffey, B. 34.00; 3, N. Tabor, E. 34.12; 4, Aston, B. 34.25; 5, Whiteside, B. 34.35; 6, Adams, B. 34.42.

Doncaster P.W. "Secretary Cup" H'cp. 1, A. Chorlton (Scr.) 27.10 (rec.); 2, J. Cutler (3.15) 30.52; 3, D. Holt (2.30) 30.16.

Mountain Ash A.C. beat R.A.F. St. Athan 28 pts. to 33. 1, L. Pulman, RAF, 23.30; 2, D. R. Williams, Mt. A., 24.00; 3, J. Gibson, RAF 24.15; 4, W. Powell, RAF, 24.32; 5, G. Jones, Mt. A. 24.35; 6 eq., B. Roberts, Mt.A. and R. Birkby, Mt. A. 25.33.

7½M. National C.C. Trial, at Glasgow. 1, E. Bannon, Shettleston, 32.06; 2, J. C. McGhee, Shettleston; 3, H. Fenion, Bellahouston; 4, T. Tracey, Springburn.

Dumbartonshire Champ. 1, G. Dunn, Garscube, 36.38; 2, A. Kidd, Garscube; 3, A. McDougal, Vale of Leven. **Teams:** 1, Garscube H. 12 pts.; 2, Vale of Leven H. 38; 3, Clydesdale H. 56.

10th January

Bexhill A.A.C. Champ. 1, J. Small 35.40; 2, A. Bates 36.35; 3, P. Hobden 38.23; 4, F. Wicks 39.44; 5, G. Smart 40.15.

Boston A.C. 5M. Champ. 1, P. Lynch 31.50; 2, J. Bolland 32.59; 3, K. Fox 33.22. **H'cp:** J. Bolland (3.00) 29.59.

Walking

By A. D. McSweeney

THE Metropolitan Police Open 7 Miles at Imber Court, on Saturday, ended the "big five" series of Winter "sevens" in the South, and Bryan Hawkins seized the chance to chalk up his first victory of 1954 and to repeat his win of January last, although in time 30 seconds slower.

Hawkins set a cracking pace and led at the mile post by some 40 yards from R. F. Goodall and G. W. Coleman third. The Middlesex triple Champion continued to force the pace and pulled away very surely to lead at half distance by almost 100 yards. Coleman was then close up on Goodall with L. Adams, of Essex Beagles, again showing good form, fourth. Team placings showed: Met. (1.5.13.20) 39; Highgate (3.8.12.19) 42; Woodford (2.10.11.22) 45.

At five miles Goodall had dropped back and was fighting it out with Adams, J. Housden (Trowbridge) and R. Hosking (St. Albans), together about 50 yards behind Coleman. And so it went to the finish with Hosking taking third place with a strong effort over the closing stages. Meantime Woodford had put the screw on their men and A. H. Cotton closed nine places to take his club in front, well clear of the Met., who were second for the fifth time off the reel. Highgate faded and Belgrave went into third position. 232 starters represented the biggest field yet for a seven miles Road Walk.

A summary of the five Winter "Sevens," in order of merit, is as follows:—

Leading Individuals

Coleman	1	2	4	1	2
Hawkins	4	7	3	2	1
Goodall	2	1	d	3	4
Barrett	3	4	2	d	d
Adams	6	5	6	4	5
Hosking	5	9	d	7	3

Leading Teams

Highgate	1	1	1	3	5
Metro	2	2	2	2	2
Woodford	3	3	6	1	1
Belgrave	4	6	3	4	3
Essex B.	4	4	5	5	4
Surrey W.C.	9	8	7	6	7

An entertaining, and perhaps educational, two hours can be spent by walkers, free of cost, on Monday, February 8th, 7 p.m., at The Polytechnic, Regent Street, W.1., when a film show is to be given, with discussion to follow.

The Southern Area Road Walking Association are responsible for the project and invite the presence of anyone likely to be interested, active or non-active.

Jan. 16th, at Imber Court, Surrey Metropolitan Police Open 7 Miles Road Walk

1. B. Hawkins, Metropolitan W.C. 52.32
2. G. W. Coleman, Highgate H. 53.31
3. R. A. Hosking, St. Albans C.A. 53.40
4. R. F. Goodall, Woodford Green, 53.45;
5. L. T. Adams, Essex B., 53.46; 6. J. E. Housden, Trowbridge A.C. 53.48; 7. H. T. Whitlock, Met. W.C., 54.36; 8. A. L. Mash, Woodford, 54.44; 9. J. R. Goodall, Woodford, 54.44; 10. R. McMullen, Belgrave, 54.47; 11. S. H. James, Belgrave, 54.51; 12. A. Macfarlane, Polytechnic, 55.10.

Teams: 1, Woodford (4.8.9.13) 34; 2, Metropolitan (1.7.16.17) 41; 3, Belgrave H. (10.11.14.20) 55.

Handicap: 1, A. Macfarlane (Poly.) 8.40; 46.30; 2, W. Phillips (Belgrave) 8.30, 47.20; 3, J. Goodall (Woodford) 6.50, 47.54.

Team Handicap: 1, Belgrave H. "A" 197m. 0s.; 2, Surrey W.C. "B" 197.05; 3, Trowbridge A.C. 197.26.

R.W.A. CHAMPIONSHIPS PROGRAMME

NATIONALS

- March 6th — 10 Miles, Parliament Hill, Highgate (with Inter-County Championship in conjunction).
May 8th—20 Miles, Birmingham.
June 19th—50 Kilometres, Sheffield.

AREA CHAMPIONSHIPS

North:

- Jan. 23rd—Junior 10 Miles, Manchester.
Feb. 20th—Senior 10 Miles, Southport.
April 24th—20 Miles, Bradford.

Midlands:

- Jan. 23rd—"Standard" 10 Miles, Birmingham.
Feb. 13th—Senior 10 Miles, Leicester.
April 17th—20 Miles, Sutton Coldfield.

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South:

Feb. 6th—"Garnet" 10 Miles, Eltham, Kent.

(No other Southern Championships).

Wales:

Feb. 13th—Monmouthshire and Glamorganshire County 10 Miles.

Feb. 27th—Area 10 Miles.

April 24th—Area 20 Miles.

May 30th—Youths 3 Miles and Junior 5 Miles.

Counties' 10 Miles:

Feb. 20th, except Wiltshire (and Wales and the North), which is to be held Feb. 13th.

MORE SCOTTISH RESULTS

January 9th

Maryhill 4½M. "Nigel Barge" Trophy. 1, I. Binnie (V.P.) 22.45; 2, J. Stevenson (Gr. Wellpark) 23.04; 3, T. Stevenson (Gr. Wellpark) 23.31; 3, W. E. Robertson (Edin. S.) 23.42. **Teams:** 1, Victoria AAC (Binnie 1, Ellis 5, Stirling 6) 12 pts.; 2, Greenock Wellpark 18 pts.; 3, Springburn H. 35.

Dumbartonshire Youths 3M. **Championship.** 1, R. Clark (Clydesdale); 2, J. Smith (V. of Leven); 3, J. Mair (Garscube) 20.00.

Teams: 1, Clydesdale 12 pts.; 2, Garscube 38; 3, V. of Leven 56.

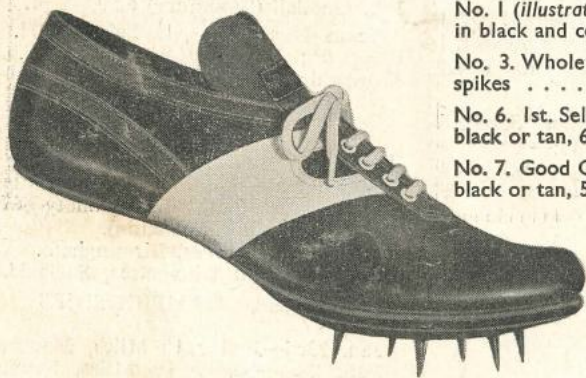
Teviotdale H. 3½M. H'cp. 1, R. Dryden (2.35) 24.51; 2, R. Rorrison (2.35) 25.05; 3, J. Elliott (1.20) 25.09. Fastest: D. Campbell 23.25.

INTER-COUNTY CHAMPS. (contd.)

Teams:	Pts.
1. Lancs.	(8.12.15.16.22.23) 96
2. Yorks.	(4.5.10.24.26.41) 110
3. Essex	(6.9.17.19.39.72) 162
4. Surrey	(14.18.25.32.37.44) 170
5. Middx.	(1.29.31.40.43.56) 200
6. Kent	(3.27.34.35.57.81) 237
7. Sussex 308; 8. North and D. 453; 9. Warks. 454; 10. Leics. and Rut. 477; 11. Devon 515; 12. Herts. 525; 13. Staffs. 560; 14. Derbys. 668; 15. Worcs. 680; 16. Cheshire 698; 17. Hants 731; 18. Glamorgan 752; 19. Cumb. and W. 761; 20. Wilts. 766; 21. Glos. 834; 22. Berks 835; 23. Lincs. 916; 24. Suffolk 919; 25. Somerset 996; 26. Monmouth 1024; 27. Beds and Hunts. 1137; 28. Northants 1143; 29. Notts. 1169; 30. Cambs. 1184; 31. Oxford 1384; 32. Dorset 1385; 33. Norfolk 1415; 34. Bucks 1463.	

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