

THE OFFICIAL ORGAN OF ATHLETICS IN GT. BRITAIN
CONTAINING THE OFFICIAL NOTICES OF
THE A.A.A., W.A.A.A., B.A.A.B., & E.C.C.U.

ATHLETICS WEEKLY



Photo by H. W. Neale

J. WOOD (Surrey A.C.) second, M. BLYTH (St. Albans C.A.C.) first, and J. MASTERS (Watford H.) third, in the Herts Junior C.C. Championship.

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Organisers and Secretaries of athletic meetings and events are advised to send their advertisements in as early as possible to avoid possible disappointment owing to space restrictions.

An advertisement in "Athletics Weekly" reaches those you wish to contact—the athletes. Rates are:—1½ inch £1; 3 inch £2; Quarter-page £3; larger sizes on request. All advertisements for athletic meetings are subject to four insertions for the price of three.

Copy should be sent to "Athletics Weekly," Editorial Office, Kent Art Printers, The Brook, Chatham, Kent, at least two weeks before publication date.

Secretaries are again reminded that results must be sent within 24 hours of the event taking place to reach us first post Monday morning at Kent Art Printers, The Brook, Chatham, Kent.

ATHLETICS

WEEKLY

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THE Inter-County Cross Championship at Leicester last Saturday was a complete triumph for the North. The Lancashire packing was grand and that of Warwickshire and Yorkshire very good indeed.

Middlesex failed dismally and, despite Jack Crump's fervent belief beforehand that they were unbeatable, I warned him that they might not do as well as expected, for I knew that the training of several of their team has been all wrong.

From the individual angle, Dr. Aaron proved that his last year's National win was no flash in the pan. He looked really impressive, far more so than Geoffrey Saunders and Alec Olney, and on this form should retain his title in March.

The most heartening feature of the race was the fine form of Hesketh and Dalton. Ferguson, whose effortless running looked very good for the first five miles, struck a very bad patch in the last two miles. He has a long way to go yet, however, and I understand he is in no hurry to 'tear it up' in the longer races for a season or two.

It does appear, from this result, as if Sutton will have a comfortable victory in the National. I am also expecting a Birchfield revival this year, but unless things change drastically in the next two months, Belgrave are likely to touch rock bottom.

It is interesting to note that Ballydrain and East Antrim, the two foremost N. Ireland clubs, are hoping to send teams over for the National. This should give added interest to the race and they will not be out of the hunt by

any means.

Empire Games.

Recent results from Australia and New Zealand show that the advent of the Games has had a tremendous stimulus 'down under' and my belief is that places in all events are going to prove harder to get than many people anticipate.

Jack Holden and Dorothy Tyler should gain first places, but I would not like to forecast any other 'certain' wins. Much will depend on how quickly our athletes can reach their best form after arrival. I fancy many will be showing better form in the meets after the Games than in the Games themselves.

Whatever first places we do achieve, we can confidently look for a forward showing and many 'places' by our athletes. Above all, they will make many good friends, both personally and for Britain.

"Athletic Clubs of Britain"

Club Secretaries who would like to see their club featured in this series should send a good photograph and a brief history of their club to Mr. James Audsley, 57 Park View, New Malden, Surrey. In view of the large numbers involved, secretaries should not expect an immediate response, either in print or from Mr. Audsley.

Club Magazines.

I should like to thank all Club Secretaries and Editors who have sent me copies of their club magazines, particularly those who have been kind enough to mention "Athletics Weekly." More clubs seem to be starting these magazines and this is a healthy sign. Keep it up!

THE EDITOR.

Our Overseas Correspondents Tell Us..

N.Z. RECORDS GO—By J. H. Galli

OUTDOING themselves in many events, New Zealand's Star athletes broke twelve, equalled ten Dominion records in the National Championships at Napier on Dec. 31st and Jan. 2nd.

Further impetus was added to their efforts by the knowledge that the Empire Games team would be selected after the meeting.

Jim ("Dutch") Holland, 1948 Olympic representative, did a remarkable job in literally shattering all three hurdles records; and all were world-class times.

Dave Batten was another outstanding performer. He broke Australian Morris Curotta's furlong record by a tenth, and won the 440 yds. dash in the smart time of 48.6 sec.

Doug. Harris, favouring his Olympic-injured leg, passed up the half-mile, but he won a heat of the "quarter" in 48.8 sec.

In the mile run, John Sinclair and M. Marshall fought out a torrid duel over the last 440 yds., with the former winning by a wafer-thin margin in 4:13.5. This time lowered Randolph Rose's 24-year-old record by 1/10th.

Field event marks were rather poor, even Bevan Hough (a 24' 4" broad jumper last year) missing his season's best effort by nearly a foot.

A slight following wind favoured the 100 yd. runners, but this does not mean that Arthur Eustace and Charlie Parker, who won the final, cannot be credited with their 9.6 sec. efforts.

Among the women, Yvette Williams and Doris Parker (a sister of Charlie) both broke two records each.

Results:

100 yd.—1, C. Parker, 2, A. Eustace, 3, Henderson; 9.6.

four

220 yd. 1, D. Batten, 2, C. Parker, 3, D. Jowett, 21.2 (N.Z. record).

440 yd.—D. Batten, 48.6.

880 yds. — G. Simpson, 1:54.4, N. Wilson.

Mile—1, J. Sinclair, 2, M. Marshall, (inches) 4:13.5 (N.Z. record).

3 miles—G. Hoskins, 14:30.2.

6 miles—N. Taylor, 30:40.2.

120 yds. Hls.—J. Holland, 14.6 (N.Z. record).

220 yds. Hls. heats—D. Steward, 24.4 (Equal record), J. Holland, 23.8 (N.Z. record); **Final** — 1, D. Smith, 2, D. Steward, 24.4 (Holland did not run).

440 yd. Hls.—J. Holland, 52.6 (N.Z. record).

High Jump—J. Borland, 6' 3".



DAVE BATTEN, New Zealand 440 yds. champion

Athletics Weekly

How I Should Rank Them

By JACK CRUMP

1 MILE

1. G. W. Nankeville, (Walton A.C.)
2. R. G. Bannister, (Achilles)
3. L. Eyre, (Harehill Lib.)
4. R. A. Morris, (Milocarian)
5. D. G. Wilson, (Poly H.)
6. R. A. Morley, (Southgate H.)
7. H. J. Parlett, (Dorking St. Pauls)
8. J. Ashby, (Westbury H.)
9. A. B. Parker, (Liverpool Univ.)
10. V. Milligan, (Queens Univ. Bel.)
11. J. Dellow, (Poly H.)
12. A. Ferguson, (Highgate H.)

3 MILES

1. A. H. Chivers, (Reading A.C.)
2. H. A. Olney, (Thames Valley)
3. A. Forbes, (Victoria Pk. Glas.)
4. D. G. Wilson, (Poly. H.)
5. P. R. Morgan, (Achilles)
6. S. H. McCook, (East Antrim)
7. A. R. Miles, (Thames Valley)
8. C. W. Brasher, (Achilles)
9. F. Green, (Birchfield H.)
10. L. W. Herbert, (Belgrave)
11. J. Corfield, (Tipton H.)
- J. Braughton (Blackheath H.)

6 MILES

1. V. Lillakas, (Poly H.)
2. S. E. W. Cox, (Southgate)
3. W. Hesketh, (Manchester A.C.)
4. S. H. McCooke, (East Antrim)
5. J. H. Peters, (Essex Beagles)
6. D. C. Birch, (Leeds Univ.)
7. J. C. Smart, (Belgrave H.)
8. M. H. Hillier, (Oxford City)
9. A. Mac Lean, (Bella Houston H.)
10. J. H. Barry, (H.H.H.)
11. R. G. Gosney, (Southampton A.C.)
12. R. V. Ruddick, (Belgrave H.)

MARATHON

1. J. T. Holden, (Tipton H.)
2. T. Richards, (South London H.)
3. J. Paterson, (Poly H.)
4. C. H. Ballard, (Bexhill A.C.)
5. J. A. Henning, (Duncairn Nomads)
6. B. L. Hemsley, (Gosforth H.)
7. C. D. Robertson, (Dundee Thistle)
8. H. W. Dennis, (T.V.H.)
9. F. Grafton, (Macclesfield A.C.)
10. G. L. Malcolmson, (Liverpool H.)
11. G. L. Iden, (Victoria Park H.)
12. L. H. Griffiths, (Reading A.C.)

To be continued

Broad Jump—B. Hough, 22' 10 $\frac{1}{2}$ ".

Pole Vault—W. Heron, 12'.

H.S.J.—C. Kay, 46' 4 $\frac{1}{2}$ ".

Discus—A. Redmond, 127' 2 $\frac{1}{2}$ ".

Shot Put—D. Herman, 42' 11 $\frac{1}{2}$ ".

Hammer—A. Fuller, 155' 8 $\frac{3}{4}$ ".

Marathon—G. Bromily, 2:53:32.8.

Women:

75 yds.—S. Hardman, 8.5.

100 yds.—D. Parker, 10.9 (record).

220 yds.—D. Parker, 24.7 (record).

80 mtr. Hls.—N. Gourlay, 11.4 (record).

Broad Jump—Y. Williams, 18' 11 $\frac{1}{2}$ " (record).

High Jump—A. Swinton, 4' 11".

Discus—D. Carr, 99' 10 $\frac{1}{2}$ ".

Shot Put—Y. Williams, 38' 3 $\frac{1}{2}$ " (record).

Javelin—Y. Williams, 116' 3".

440 yd. Relay—Auckland 48.8 (record).

(No mens javelin result, but C. Clegg has done 189' 2 $\frac{1}{2}$ ".)

ARGENTINA: Enrique Kistenmacher, who placed fourth in the decathlon at the Olympic Games, ran 400 mtrs. in 48.3 at Santiago de Chile, on Nov. 5th, clipping one tenth of a second off Juan Carlos Anderson's fifteen-year-

old Argentine record. On Dec. 17th and 18th at Buenos Aires, Kistenmacher set a new South American decathlon record, with 7,095 points. His performances were as follows: 100m. 11.2, 400m. 50.7, 1,500m. 4:42.4, 110mh. 15.6, High Jump 5ft. 8 7/8in., Pole Vault 11ft. 1 7/8in., Broad Jump, 23ft. 4 $\frac{1}{2}$ in., Shot Put 39ft. 7 $\frac{1}{2}$ in., Discus Throw 125ft. 10 5/8in., Javelin Throw 167ft. 7in.

On October 10th at Buenos Aires, Alberto U. Triulzi ran 100 mtrs. in 10.6. The Argentine hurdler, who finished fourth in the Olympic 110mh. final, has been unable to better 14.5 in his special event during the past season. On December 8th, still at Buenos Aires, Juan H. Kahnert put the 16lbs. shot 15.34 (50ft. 3 7/8in.)—second best on record by a South American athlete. The new find is only 22 years of age, hence most likely to improve further.

Chile: Hugo Nuttini, the South American 1,500 meter champion, ran 800 mtrs. in 1:52.6 at Santiago de Chile on November 6th, thus setting a new South American record. Other Chilean results for 1949 include the following: 100m., Carlos Silva 10.7; 400m., Gustavo Ehlers 48.5; 3,000m. Raul Inostroza

Continued over page

Athletic Injuries and their Treatment

By DONALD F. FEATHERSTONE, M.C.S.P., M.E., L.E.T.

No. 2 THE HEALING TEAM

WHEN the average club athlete in this country is injured on the track or country he has three courses of action open to him. Firstly, his own doctor who will almost certainly prescribe rest. Secondly, place himself in the enthusiastic but misguided hands of his medically unqualified volunteer club trainer. Thirdly, minister to himself and hobble around in pain until Nature clears up the injury or until it becomes, through neglect, a serious chronic condition. The first alternative fails because the normal General Practitioner rarely has any knowledge of athletic injuries, he has not the time under the present system to give prolonged treatment to a comparatively fit young person and lastly, he doesn't realise that rest will cause the muscles of the athlete to lose the tone acquired by much patient training.

The second alternative is the usual course adopted and is very obviously incorrect. Let me illustrate my point—if that same athlete is involved in a street accident he is speedily conveyed to hospital where the full resources of medical science are utilised on his behalf. If he sustains an identical injury on the track he is handed over to a completely unqualified trainer who, with few aseptic precautions, attempts by hit and miss methods to cure him! Do not think that this amazing situa-

tion is peculiar to the athletic world only, there are but seven of the 88 professional football clubs who have a qualified physiotherapist to treat their twenty-five thousand pounds players!

The "Healing Team" for the treatment of athletic injuries should consist of the Doctor, the Physiotherapist and the Trainer. The Doctor should be experienced in the treatment of recent injuries, and trained to prescribe the rapid forms of treatment that ensure prompt return to the track. But, above all he must be of the modern school that believes rest to be the treatment for only bacterial conditions and seldom for traumatic conditions, as are athletic injuries. The Physiotherapist must be a graduate of a recognised school and a member of the Chartered Society of Physiotherapy, because only a properly trained man possesses the knowledge of the pathological changes taking place in injured tissues, without this knowledge correct treatment is impossible. Also, some of the medical electrical apparatus in use to-day is far from fool-proof and is very complicated, without a competent and experienced person in charge it is not only not used to best advantage but burns and electric shock with inevitable reaction unnecessarily delay the disability period. Physiotherapy, in addition to the application of such agents as heat, light, cold, electricity,

8:36.8; 10,000m. Rene Millas 31:54.1; 110mh., Mario Recordon 14.8; 400mh., Sergio Guzman 54.2; High Jump, Alfredo Jadresic 6ft. 2 $\frac{3}{4}$ in.; Hop, Step and Jump, Carlos Vera 48ft. 4 $\frac{1}{2}$; Hammer, Edmundo Zuniga 166ft. 2 5/8in.

U.S.A.: Four "Sugar Bowl" records, three of them faster than the official Southern marks, were set in the annual invitational meet held at New Orleans on New Year's Day. William Fleming, of Notre Dame, beat A.A.U. champion Craig Dixon, of the Los Angeles A.C. in the 120 yards hurdles, and was clocked in 13.9—two tenths of a second faster than "Spec" Towns' Southern record. Jim Gehrdes, another leading hurdler, was third. Pat Bowers, often referred to as the "Kansas tornado," took the half mile in 1:53.0 from 440y. special-

ist, Roy Holbrook. "Chuck" Peters won the century in 9.8 from Texas' famous speedster, Charlie Parker. Alf Holmberg, a Swedish miler who ran the 1,500m. in 3:50.8 in 1949, won the mile race in 4:18.4 from Bill Overton and Browning Ross. R.L.Q.

ACTION PHOTOS

by H. W. Neale

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Latest events covered include: Grafton H. 'Friendship Cup'; Inter-Varsity C.C. Race, Fraternity Cup, Whetstone; Middlesex Junior C.C. and Herts Junior C.C. Races; Inter-County Champs.
Photos supplied at reasonable rates.

etc., also includes massage, which is vitally important and incorrectly carried out can result in serious harm. None more so than that done on an acutely tender injury at an early stage, this unfortunately is one of the consistent actions of the unqualified masseur and is said to be responsible for the low Olympic placing of a very famous British sprinter. The Trainer must have experience in the supervised treatment of medical and surgical conditions, upon him falls the responsibility of giving the injured athlete the progressive and remedial exercises necessary to return the man to full fitness.

Medical personnel in charge of teams are vitally concerned with the reduction of permanent crippling injuries received in sport, recurrent injuries resulting in permanently weakened ligaments and unstable joints. Conversations with members of the Universities Athletic Team that competed in the United States last summer prove just how seriously the subject is taken over there. At Harvard University, for example, there is a clinic for the

treatment of injured athletes under the direction of a Surgeon, which employs six part-time surgeons, five physiotherapists, a Radiologist and a Dietitian, besides the staff of Trainers, Coaches and a clerical staff to ensure correct follow-up of injured personnel! As far back as in 1939, the total number of visits and physiotherapy treatments given in that academic year was 13,865 and a total of 551 X-rays done on 418 patients. Such an awe inspiring medical set-up may be far off in this country, but it gives a target to aim at if we are to endeavour to compete with athletes from America on a level basis.

* *

The Western Counties Cross-Country Championships—Junior and Senior—open to athletes with the usual birth or residential qualification in Cornwall, Devon, Dorset, Somerset and Wilts, will be held on Saturday, February 4th, from the Devon County Police H.Q. Middlemoor, Exeter. Details and forms from Mr. R. Pine, 71, Hoopern Street, Exeter. Entries close Jan. 28th.

Ryvita and Marmalade

for breakfast



I LIKE RYVITA WITH
OTHER MEALS AS WELL—
IT KEEPS ME SLIM!

TWO DAYS' REST

By ARTHUR F. H. NEWTON

(Author of "Commonsense Athletics," "Races and Training" etc.)

I HAD a long and very interesting discussion the other day with a man who has had considerable experience of athletics. There were many points on present day practice I was anxious to get his views about, and one of them which I thought might interest "ATHLETICS" readers was that of "resting" for a couple of days before an event, a procedure that is so frequently stressed in many of our modern textbooks on training.

I'll admit it's always the principle involved that I'm apt to single out and examine, and in the present case it doesn't seem to me that so long a period of ease is desirable—in fact I think it would have the reverse effect to what was intended. I'm giving you my opinion only, mind you; I'm not asking you to take it as correct; it's for you to work the thing out if you're interested and form your own conclusions. You will possibly want to know how I arrived at mine.

Take a look at anything around, whether alive or dead: whatever it is, it's changing. If it's alive it changes very quickly—even the breath you took this minute was different to the one immediately before. And dead things—that table for instance: though it doesn't show any signs of altering is, as you actually know, slowly and continually disintegrating, so much so that in a hundred years or thereabouts it won't be a table any longer, perhaps not even a piece of wood. Now you and I are still alive, and therefore change much more quickly.

Very good, if you agree that things are altering all the time you are admitting that there is no such thing as "staying put" for a moment. You can't have it both ways: things are either ALWAYS changing or they're not. No doubt the change is very slight in a short period, but it's there all the same. In other words we're either adding to our vitality in some way or losing ground: the only thing we can be certain of is that we're not able to retain from one hour to the next exactly the "form" we happen to enjoy at any stated moment.

Now we'll go a step further. Physical training, we know, enhances our abili-

ties, and so long as we train slightly under our possible maximum we are, almost certainly, progressing from day to day. Yet still you've got to remember that there is a limit to the progress you can make, though it's more than most unlikely you'll ever reach that limit. Why? Because we don't know enough about our bodies and their reactions and as we learn more we can open up new ways to improve even further. That's why it is our present-day champions are able to put up better records, for I'm pretty sure we're not in any way superior beings to the old-timers.

Now we're getting near the final. The better trained you are the more sensitive you become to ups and downs: the man-in-the-street can carry on the same as usual without knowing if he's in ordinary good fettle or a trifle below, but the slightest tip of the balance is immediately recognised by the highly trained athlete. As a rule a single night's sleep provides all the rest he requires; if he attempts to take longer than nature needs he reaches the point of his temporary peak in ability and, as he can't remain there nor progress without further work, starts to slide back again, and the longer he rests the further back he'll go. If you want to know how quickly he can slide back like this just spend twelve or fourteen hours in bed one Saturday night and you'll find your action next day is astonishingly below par. Too much rest is just about as bad as too much work, and you already know how the latter spoils you.

Now you can understand why I am so sure that it is always a mistake to rest for a couple of days before an event. I'd take it slightly easier, for a day or two perhaps much easier, depending on the type of exertion you had in mind, but that's all.

What then would I suggest for a runner or jumper? Just plenty of plain walking at an easy pace on the day before the competition. Either that or perhaps a casual game or two of tennis if that happens to be a game you often indulge in: anything in the way of easy exercise except the usual training

Continued on page eleven

ATHLETIC CLUBS OF BRITAIN

By JAMES AUDSLEY



No. 4. THAMES VALLEY HARRIERS

WHEN S. Atkins arranged a paper-chase at Twickenham on Good Friday, 1886, he took the first step towards founding the Thames Valley Harriers. Several of those who took part used to meet at Peel's Coffee House in Twickenham. They frequently discussed the formation of a club, and, in 1887, chiefly through R. Anderson and the brothers T. and C. Major, the East Twickenham Harriers, headquartered at the Coffee House, were founded. The club grew rapidly, and, in 1888, they moved to roomier premises at the King's Head Hotel. The name was changed to Twickenham Harriers, only to be altered in 1890 to Thames Valley Harriers, because many runners were coming from outside Twickenham.

The name was now settled, but headquarters were not. In 1901, they moved to Barnes, where they remained for 11 years, except for one season. Building operations caused a 1912 move to Isleworth; and a similar cause took them to Chiswick in 1925, winter quarters being at Feltham. These were moved to Cranford, where they still are, in 1931. Early track headquarters were at Richmond Athletic Ground, and some meetings were held on Brentford Football Club's ground. Present summer headquarters are at Alperton.

It is impossible to do justice to such an active, old-established club outside a book; and, in fact, the T.V.H. have themselves published two books. Major

honours started in 1892, when the Harriers won the Southern Junior Cross-Country Championship, a feat that was repeated in 1946. In 1949, the Southern Youths was won: a performance dwarfed by victory in the National Youths the same year. These wins climaxed many distinguished performances in National, District and County races; as well as in North and South of the Thames events, for the club has belonged at different times to both these Associations.

Competing in one of the strongest counties, Middlesex, the Harriers claim almost countless successes. Mention of the Senior Cross-Country Championships of 1927, 1937 and 1950; the Junior wins of 1932, 1936, 1946, 1947, 1948, 1949 and 1950; and the Youth victories every year—except 1941, when there was no race—from 1939 to 1949: only remind one of the long list of relay wins of which space will not allow mention.

Individual successes in A.A.A., Scottish, Southern, Middlesex and other county championships have been frequent and representative honours plentiful, British Olympic team-lists showing that not even the highest have been missed. In 1936, G. T. Traynor represented Britain in the long-jump: while, in 1948, H. A. Olney, the great T.V.H. post-war distance running discovery, ran in the Olympic 5000 metres.

It is difficult to pin-point any T.V.H.

Continued on page thirteen

RACE WALKING

By F. W. BLACKMORE

Next Week's Championship.

FIRST of the national road walking championships will be decided next Saturday, when the 10 miles 'Garnet' championship takes place at Coventry, venue of one of the Road Walking Association's most successful championships, the 20 miles, in 1946. No doubt, assurance of equally fine organisation as on that occasion has favourably influenced the entry, which with 225 individuals and 20 teams must be considered very satisfactory for an event from which many walkers are debarred, especially with the travelling involved.

Finding the winners is no easy task. Ordinarily, the second and third teams of the previous year—the winning team being debarred from further competition in the event—are generally considered to be the most likely ones; and no doubt Highgate and Cambridge Harriers, second and third teams last year, have this well in mind with Cambridge holding slightly the better chance. However, Sheffield United having already provided two winning teams in succession, 1948 and 1949, will be all out to achieve the remarkable feat of a hat-trick. Few clubs would fancy their chances of doing this, but this particular championship always seems to inspire the Sheffield boys, who with Leicester W.C. and Godiva Harriers should prove the strongest of the provincial teams, with Woodford Green A.C. also joining issue on behalf of the South.

Individually, R. Turney, of Godiva Harriers and A. Poole, of Worcester Harriers—newcomers to the sport who finished first and second in the Midland area test for the Garnet championship—together with the best from Sheffield seem to offer the strongest provincial challenge to the best from the South; but the greater experience of several of the metropolitan competitors should turn the scales. It might even be that on this occasion Cambridge Harriers will enjoy dual team and individual triumphs.

Churcher Continued.

Whilst a number of the competitors in next week's event, "junior" in status though it is considered to be, consistently finish close up in the "Open" placings to H. G. Churcher, of Belgrave Harriers, the fact remains that our five

miles world's record holder is still in a class on his own, unapproached by any except C. J. Morris, of Surrey A.C., who, as on so many previous occasions, again finished second to the Belgrave walker in the Metropolitan Police Open 7 miles, with Churcher only five seconds slower than when he established course record in 1948.

The handicap allowances afford some indication of the superiority of these two. With Churcher inevitably on scratch over seven miles, Morris goes off forty seconds. After these two, there is a gap of no less than 1min. 20 seconds, with A. H. Cotton, Woodford Greene, on two minutes. There is no leading competitor in next week's ten miles race who receives less than three and a half minutes' allowance from Churcher over the shorter distance of seven miles.

On this basis, somebody has got to improve a great deal to challenge Churcher and Morris for passages to Brussels in August for the European 10,000 metres (6 miles, 376 yards).

Fixtures:

To-day:

Stock Exchange A.C. 7 miles Championship, Epsom; Enfield A.C. 10 miles March vs. Highgate Hs., Enfield.

Next Saturday, 4th February:

Road Walking Association 10 miles "Garnet" Championship, from Standard Motors, Banner Lane, Coventry, 2.30 p.m.

RESULTS

London Business Houses 7M. Champ.

1, H. G. Churcher 54.30; 2, D. McMullen 54.51; 3, H. Martineau 58.09. Team: Ravenbourne 31 pts.; 2, Lyons 34; Metrogas 59.

Surrey W.C. Waringham Cup 10M.

H'cp.—1, T. Edginton (6.30) 77.55; 2, W. T. Cowley (2.10) 78.15; Fastest time: Cowley 80.25.

Met. Police beat Highgate H. by 205

pts. to 249—1, F. Barrett (H) 56.58; 2, P. Sapote (M.P.) 57.18; 3, L. Smith (M.P.) 57.27.

Essex Beagles 52 pts. beat Suffolk

W.A. "A" 56 and Suffolk W.A. "B" 123—1, W. Leveredge (S "A") 66.39; 2, A. Leveredge (E.B.) 67.56.

Lozells H. beat Birmingham W.C. by

32 pts. to 46—1, A. Haddock (L) 88.12;

2, E. C. Warwick (L) 89.24; 3, C. Bobby (B) 90.15.

Sutton Coldfield W.C. 10M. Champ.—

FIRST STEPS IN RACE WALKING 4

We are now to consider the first stripped training spin, which immediately raises the question of equipment. Fortunately, with one important exception this does not present any great problems. All that the walker requires is a pair of shoes—which is the really important item—socks, slippers, shorts and a vest, these items being supplemented according to the weather conditions and more particularly on training spins on winter evenings by an undervest and/or a sweater. Whilst care should be taken to avoid becoming overheated, which will tempt a walker unwisely to discard too much and suffer the consequences of becoming chilled, for general guidance it is better for the walker to ensure keeping warm rather than run the risk of getting cold, which has caused more than one potential champion to finish down the field, or even to retire from the race he should have won.

As far as shoes are concerned, light shoes of leather are best for general purposes, preferably with rubber tips on the heels to prevent jarring. However, now that it is possible to obtain racing shoes made by specialists once again, it is sound policy to go to the best man you can find and have a pair of shoes made to measure. They should allow ample room for the full spread of the feet without driving the toes too much to the front of the shoe, and also give support to the heels to prevent blistering. Until you have acquired shoes which are entirely satisfactory, and certainly in the early stages of stripped training, it is better to wear a

Middlesex A.A.A. have arranged an Easter Coaching Course for outstanding or potentially outstanding Junior athletes, to be held at Acton County School from 11th to 14th April. Cost will be 5/- per athlete.

Junior male athletes between the ages of 15 and 18, belonging to clubs or schools in Middlesex or London, north of the Thames, are eligible if recommended for attendance by the Club Secretary or Headmaster of the School.

Details from Mr. J. Edmundson, M.C., The Polytechnic, 309, Regent Street, W.1. (S.A.E.).

Athletics Weekly

1, G. Hall 84.40; 2, P. Malins 89.03; 3, A. Wilkins 91.30. H'ep.: J. O'Donnell (16.0).

pair of ordinary shoes, well worn and entirely comfortable.

When it comes to stripped training, except for walkers of experience training to their own particular schedule and competent judges of their own pace, it is best to train with others and best of all with a club able to make up packs of fast, medium and slow. This, of course, applies to training on the road, and generally speaking it is best for the novice walker to do his early work on the road, bearing in mind that it is all too easy to adopt an artificial action with the inducement a track offers to strive for greater speed than is wise in the earliest stages. Indeed, a "track style" is readily recognisable, and frequently neither attractive nor safe from the point of view of maintaining contact. It should be remembered that the fastest track walker in this country, and the fastest in the world over five miles, H. G. Churcher, is also our fastest on the road up to ten miles; and although for obvious reasons he may be faster on the track, he employs the same action as he uses on the road, which was where he first developed as a walker.

(To be continued)

Continued from page 8

work-out. Why? Because almost any exercise you enjoy will keep you fit, just about as fit as you already are, though such exercises or games won't help you in any way with your specialised work. Even a limited go at your specialised work would probably be quite useful, but rather than take a chance of spending even a trifle of what you've built up it is probably safer to keep in top form by taking other, but fairly similar work.

Now I haven't lived long enough to be able to learn as much as I'd like about the subject, but you who are still in your youth, or comparatively so, can start where I left off, and presently make a useful addition to our knowledge along these lines. Don't be content to let foreigners discover all the useful points as we seem to have been doing for many years: get busy on your own and work out such problems for yourselves.

eleven

With the Girls

By SYLVIA CHEESEMAN

On board S.S. Tamaroa

FROM the day we sailed the different teams were encouraged to mix by being allowed to sit at any table at meal-times. This has enabled us to get to know the other teams, which has resulted in a very good team spirit indeed.

So far, injuries have only come along in the form of a few bruises, which usually occur when dealing with gangways. Doris Batter was unfortunate to have a deck quoit strike her eye, but I am pleased to report that the resultant swelling quickly subsided in response to the treatment administered by the ship's doctor. Indeed there are ten doctors, a masseur and a nurse on board, which eliminated the danger of lack of treatment in the case of injuries. However, Doris, having to be awkward, required dental treatment, which was given to her when we reached Panama.

All the girls have entered for the deck games tournaments which have been arranged by the sports committee. An entertainment committee is organising a concert in which we may even see one or two members of our team performing. Dances are held frequently, the highlights so far having been on Christmas Eve and Boxing Day, when they were held up on deck, the weather being by then sufficiently warm for this.

Another item of interest on this ship is a general and barber's shop combined. Here we can buy almost any-

thing free of purchase tax, or have a haircut, shampoo and set whenever we wish.

A Radio News bulletin is received every day, and copies are distributed among the passengers. In this way, and by the radio, we are able to keep in contact with the rest of the world, being able to listen in to the English News bulletins on the radio. We heard the King's speech on Christmas Day while sunbathing at 10 a.m. on the top deck. As we have to put our watches back half an hour every other night and so on the ship we are now about four hours behind Greenwich mean time.

Our evenings are filled by various types of entertainment such as film shows, whist drives, "Lotto," "Housey-Housey," race-meetings, sing-songs, dances and a concert. All these provide good entertainment during the hours between dinner and bed-time.

The other day we arrived at Curacao, an island of the Dutch West Indies, many of the inhabitants of which are coloured folk, some of whom have a Latin-American appearance. The buildings, however, look unmistakably Dutch. We were taken ashore quite soon after breakfast and driven to a stadium where we were at last able to stretch our legs in good style, though it had to be tried very tentatively at first. Our fortnight on the sea did not seem to have affected us much and after plenty of jogging, a little striding was successfully attempted by the sprinters. Dorothy Manley and Margaret practised several starts, while Jean ran over a hurdle or two. They all looked in very good condition. Dorothy Tyler, our

A. GIBSON (N. Shields Poly.) first, and J. DRYDEN (Ilford A.C.) No. 23, second in the W. A. A. National Junior C.C. Championship.

E. W. Carr



INTER-COUNTY CHAMPIONSHIP

Leicester, 21st January

The Inter-County race at Leicester for the "Daily Telegraph Trophy" proved a runaway victory for Lancashire. The individual race was a personal triumph for the National champion, F. A. Aaron, who went away after the first 1½ miles and opened up a larger gap each time round to win by 150 yards from Geoff Saunders, with Alec Olney third. Aaron's running was very impressive and it is difficult to imagine him being beaten in the National later on.

Going out into the country after the first mile, Middlesex had their six in 24, but from then on they dropped back on each lap, whereas Lancashire, packing grandly, went further and further up to the front until with one lap to go they had six in thirteen, and so they finished.

Some of Middlesex's big names came badly unstuck. Ferguson dropped from 7th to 31st on the last lap, Burfitt from 4th after 1½ miles to 78th, and Blowfield finished 105th!

Charlesworth ran well for 5th position and split two of our coming youngsters in Hesketh and Dalton. Reg

captain, was the busiest member of the team, however, practising over the hurdles as well as throwing the javelin, which she threw with particularly good style, and clearing an easy 5ft. 2in. in the high jump, without endeavouring, at this stage, to go higher. She should be in good form for the Games.

After training we spent the rest of the day on a conducted tour of the whole island, which was very interesting. The "Tamaroa" sailed that evening behind its schedule, as they had considerably slowed down before reaching Curacao in order that we should be there during the daylight hours, for training purposes. Another kind action was shown by two individuals at Curacao, who were good enough to finance all the teams' mail from the island.

On New Year's Eve we sailed into Panama and went ashore for the evening's entertainment. The U.S. Army and Navy acted as our hosts, and we drove straight across the land into Panama City for training in a U.S. Stadium there, consisting of a baseball field surrounded by a track, and here we managed a further spell of training.

Gosney, now a veteran, showed that he still has the pace to keep up the front, and the Warwickshire team ran very well indeed to keep Yorkshire out of second place. Altogether a triumph for the North. Photographs of the race will be published next week.

1. Aaron, F. E., Yorks.....	36.56
2. Saunders, G. B., Lanes.....	37.23
3. Olney, H. A., Middx.....	37.48
4. Hesketh, W., Lanes.....	37.55
5. Charlesworth, J. R., Kent	38.02
6. Dalton, A. E., Warks.....	38.05
7. Gosney, R. G., Hants.....	38.09
8. Thompson, D. J., Middx.....	38.15
9. Fillingham, T., Lanes.....	38.21
10. McMinnis, R. W., Lanes.....	38.25
11. Coggin, G. E., Yorks.....	38.28
12. Norris, F., Lanes.....	38.30
13. Eastham, J., Lanes.....	38.32
14. Reid, R., Warks.....	38.35
15. Green, F., Warks.....	38.40
16. McMinnis, F., Lanes.....	38.44
17. Haw, D. M. W., Yorks.....	38.47
18. Gray, C. W., Warks.....	38.47
19. Diamond, J., Warks.....	38.50
20. Miles, A. R., Middx.....	38.51
21. Wilkins, S. F. E., Oxon.....	38.52
22. Berry, W., Lanes.....	38.53
23. Nicholls, E. C., Worcs.....	38.54
24. Hicks, H. J., Middx.....	38.55

RESULTS

WOMEN

Middlesex W.A.A.A. Cross Country

Championship, Hampstead—

1. P. Way (Middx. L.A.C.).....	14.35
2. S. Rudd (L.O.A.C.).....	14.50
3. B. Harris (Met. Police).....	14.52

Teams—

1. London Olympiades "A".....	13
2. Middlesex L.A.C.....	17
3. Shaftesbury H.....	31

Novice Medal : J. Beyfus (Middx. L.A.C.).

Continued from page nine

speciality. The club can supply an amazing representation for a Marathon: but it is also strong enough in track and field events to compete for the Kinraid. It has over 550 members, but it has a team spirit rare, perhaps, in so large a club. In this, probably, lies its secret of success.

The T.V.H. colours are black and light blue, the badge consisting of the letters "T.V.H." as a monogram worked in light blue on a black background and set in a shield.

25. Slaughter, E., North & D.....	38.58
26. Taylor, R., Yorks	39.03
27. Jackson, M., Yorks.	39.06
28. Lawton, A., Yorks	39.09
29. Carrick, J. A. R., Warks.....	39.10
30. Grieves, G. W., North & D.	39.14
31. Ferguson, A. T., Middx.	39.15
32. Hovell, J., Middx.	39.16
33. Fox, J. S., Sussex	39.17
34. Ranger, W. P., Sussex	39.18
35. Thomas, A., Essex	39.19
36. Lowen, J. R., Essex	39.20
37. Butler, J., Surrey	39.20
38. Bowering, B., Surrey	39.24
39. Black, C. J., Notts	39.27
40. Rowlands, E., Leics.	39.29
41. Birch, D. C., Yorks	39.29
42. Boak, G., North & D.	39.30
43. Hughes, R. V., Middx.	39.33
44. Hawkey, W. T., Worcs.	39.35
45. Cole, A., Staffs.	39.37
46. West, P. G., Sussex	39.38
47. Boddill, H., Yorks.	39.38
48. Maleedy, M., Lancs.	39.45
49. Hillier, M. H., Oxon.	39.46
50. Ellis, J. E., Kent	39.47
51. Culver, J. U. J. (Essex); 52, Lucas, W. E. (Surrey); 53, Russell, G. T. (Warks.); 54, Bauckham, F. (Lincs.); 55, Kendall, J. (Staffs.); 56, Harrison, E. (Lincs.); 57, Wheeler, H. P. (Surrey); 58, McKenna, S. (North & D.); 59, Callagan, A. (Ches.); 60, Swindles, H. (Staffs.); 61, Brent, A. J. (Kent); 62, Lenney, G. (Essex); 63, Airey, T. W. (N. & D.); 64, Noonan, A. (Herts.); 65, Johnson, K. E. (Leics.); 66, Giles, H. E. (Hants.); 67, Johnson, R. (Ches.); 68, Shilcof, L. A. (Warks.); 69, Bird, T. (N. & D.); 70, Smith, T. (Ches.); 71, Oliver, H. S. (Berks.); 72, Britain, R. (Staffs.); 73, McCalla, R. D. (Essex); 74, Nicholson, W. T. (Essex); 75, Green, J. F. (Ches.); 76, Hird, E. (N. & D.); 77, Jamieson, W. (Kent); 78, Burfit, D. R. (Middx.); 79, Bridger, G. (Kent); 80, Weston, L. (Bucks); 81, Dolphin, A. (Yorks); 83, Lambert, R. L. (Essex); 83, Cobley, D. (Leics.); 84, Clark, J. (Hants); 85, Crooks, F. (Notts); 86, Surridge, G. P. (Nthants.); 87, Puddicombe, C. E. (Surrey); 88, Tranter, E. A. (Hants); 89, Lewis, C. (Lincs.); 90, Hanson, P. (Worcs.); 91, Hutchings, G. (Surrey); 92, Girdham, R. (Lincs.); 93, Dunhill, M. (Oxon); 94, Hall, K. (Ches.); 95, Pearce, A/C. (Wilts); 96, Macoy, A. V. (Kent); 97, Weston, K. (Northants); 98, Oldham, E. (Ches.); 99, Dodson, R. (Essex); 100, Froggatt, S. (Warks.); 101, Atkinson, L. J. (Kent); 102, Shorrocks, A.	

fourteen

(Worcs.); 103, Poord, H. D. (Sussex); 104, Chandler, I. R. (Sussex); 105, Blowfield, V. S. (Middx.); 106, Twamley, B. (Worcs.); 107, Nankivell, J. (Herts); 108, Orton, F. E. P. (Berks); 109, Wheeler, R. W. (Staffs); 110, Bradbury, I. (Ches.); 111, Edwards, J. A. (Sussex); 112, Dean, S. (Staffs.); 113, Brown, J. W. (Kent); 114, Brant, R. (Worcs.); 115, Vincent, P. B. (Notts); 116, Woodman, J. (Wilts.); 117, Thurlby, C. (Lincs.); 118, Granville, A/C. (Wilts); 119, Hebb, W. (Lincs.); 120, Day, G. T. (Beds.); 121, Rees, D. G. (Hants.); 122, Smith, T. A. (Oxon); 123, Kennedy, J. (N. & D.); 124, Nicholls, W. O. (Berks); 125, Nicholls, G. S. (Worcs.); 126, Selwood, D. (Bucks); 127, Moss, R. S. (Notts); 128, Weekes, D. (Sussex); 129, Belton, S. C. (Surrey); 130, Austin, A. (Herts); 131, Bollen, S. A. (Hants); 132, Evans, D. (Staffs); 133, Isaac, L. A. C. (Wilts); 134, Hebb, W. (Lincs.); 135, Jackson, J. H. (Sussex); 136, Davis, A. (Wilts.); 137, Onion, D. (Staffs); 138, Collyer, A. (Herts); 139, Morley, C. (Berks); 140, Barke, F. (Herts); 141, Bailey, C. S. D. (Surrey); 142, Farands, R. A. (Notts); 143, Driver, J. C. (Leics.); 144, Corless, J. (Ches.); 145, Acott, S. S. (Kent). 207 started.

Team Result:

	Pts.
1. Lancashire	2.4.9.10.12.13 50
2. Warwick	6.14.15.18.19.29 101
3. Yorkshire	1.11.17.26.27.28 110
4. Middlesex	3.8.20.24.31.32 118
5. North & Dhms.	25.30.42.58.63.69 287
6. Essex	35.36.51.62.73.74 331
7. Surrey	37.38.52.57.87.91 362
8. Kent	5.50.61.77.79.96 368
9. Sussex	33.34.46.103.104.111 431
10. Staffs	45.55.60.72.109.112 453
11. Cheshire	59.67.70.75.94.98 463
12. Worcester	23.44.90.102.106.114 479
13. Hants	7.66.84.88.121.131 497
14. Lincs.	54.56.89.92.117.119 527
15. Oxford	21.49.93.122.158.163 606
16. Leic. & Rut.	40.65.83.143.150.170 651
17. Notts	39.85.115.127.168.173 707
18. Hereford	64.107.130.138.140.152 731
19. Berks	71.108.124.139.146.157 745
20. Wilts.....	95.116.118.133.136.174 772
21. Northants	86.97.156.160.167.176 842
22. Bucks.	80.126.142.169.179.180 876
23. Bed.&H.	120.161.162.175.186.193 997

Club results next week

A.A.A. NOTES

Testing of Honorary Coaches—The next test is at Parliament Hill Fields, London, N., from 9.30 a.m. on Saturday,

Athletics Weekly

4th February. Applications to J. C. McPhail, 55, Woodland Way, West Wickham, Kent.

Active Athletes Course at City of London School, at 6.30 p.m., on Thursdays. Apply to A.A.A. Office, Crown Chambers, 118, Chancery Lane, W.C.2.

TO-DAY'S EVENTS

Several League Races are included in to-day's programme, including the S.E. Lanes, at Rochdale, the N. Midlands at Leicester, and the Manchester at Staly-bridge.

Halifax and District Association also stage their Championships, and Cambridgeshire hold theirs at Sawston. In the S. Yorkshire Championship, M. Jackson (Rotherham) or D. Walker (Sheffield U.H.) are expected to fight out the issue, with Hallamshire likely team winners. Sheffield United should win the Junior, with Peter Hedley getting most opposition from colleagues D. Bramall and R. Darby.

In the South the clubs are mainly engaged in club matches and training runs.

ATHLETICS IN WALES By A.E.W.

WELSH cross-country running is merely stagnating at the present time, and whilst I am not in favour of withdrawing from the International Championship Race I do feel we cut a sorry figure as perpetual wooden spoonists in that event.

If we have athletic clubs not interested enough to develop cross country sections, why not turn to the youth clubs? There is a wealth of talent in

those centres.

Then I feel, as do others with me, that we lack sufficient competitive competition.

Why not, East v. West. Glamorgan v. Monmouthshire v. Carmarthenshire, surely some good would come out of a development in that direction.

Pages twelve, thirteen and fourteen of the January 14th "Athletics" looked good with the results of fifteen English County Championships and that is not all the story.

Our Welsh cross-country officials must put their thinking caps on to make every effort to improve the standard of competition, increase the number of clubs, and institute new events.

NORTHERN IRELAND

The two leading clubs in Northern Ireland, Ballydrain and East Antrim, who, between them, have won the Senior Championship this last quarter of a century, are both hoping to enter for the English "National" at Aylesbury.

E. Antrim includes in its ranks such well-known internationals as S. McCooke, J. Todd, J. Owens, J. H. Barry and S. Mayne, as well as All-Ireland Junior Champion C. Owens, who on Saturday, January 14th, actually clocked 1 sec. faster time than S. McCooke, who was 4th in the International in Dublin last year.

Miskimmon Cup Race, Ballyclare, Jan. 7th—1, J. Marshall (Ballydrain); 2, C. Owens (E. Antrim); 3, T. Moore (Ballydrain). Teams: 1, Ballydrain 50 pts.; 2, E. Antrim 63 pts.

SUMMER FIXTURE LIST

May

- 6 Manchester-Blackpool Relay.
- 10 Poole C. & A.C. Open Sports
- 29 Burton-on-T. War Mem. Meeting.
- 29 Long Eaton F.C. & C.C.
- 13 Sward Trophy Meeting, Chiswick.
- 13 Chichester—Portsmouth Road Race.
- 20 U.A.U. Championships.
- 27 Walton 10 Miles Road Race.
- 27 London Bus. H. Champs., Barnes.
- 27 Dartford H. Charity Sports.
- 27/29 British Games and Inter-Counties Championships, White City (provisional).

June

- 3 County Championships.
- 3 Wolverton A.A.C. Sports.
- 10 Cambridgeshire v. Camb. Univ.
- 10 London A.C. Relay Meeting, White City.
- 10 Hants Constabulary, Eastleigh.
- 10/11 Northern Decathlon, Port Sunlight.
- 17 Kinnaird Meeting, Chiswick.
- 17 Vickers-Armstrongs Sports, Southampton.
- 17 Wilts Police, Trovbridge.
- 22 Hastings Carnival Sports.
- 24 Northern Championships, St. Helens.
- 24 Midland Championships.
- 24 Southern Championships.
- 28 Poole C. & A.C. Open Sports.
- 30 Winterton Midsummer Sports.

30/1 A.A.A. Decathlon, Southampton.

July

- 1 Kent Constabulary, Maidstone.
- 1 Enfield A.C. "Jarvis Cup" Meeting.
- 1 Ox. & Camb. U. v. Princeton & Cornell U.
- 8 Northern Junior Champs., Skegness
- 8 English v. Scottish Universities.
- 8 B.T.H. Marathon.
- 8 District Junior Championships.
- 8 Amesbury Carnival.
- 14/15 A.A.A. Championships, White City.
- 15 Avon Sports, Melksham.
- 19 Devon Constabulary, Torquay.
- 22 Reading Gazette Mngg., A.A.A. Marathon.
- 22 Waddilove Trophy Meeting, Birmingham.
- 29 A.A.A. Junior Champs. Port Sunlight.
- 29 Cams. v. Norfolk v. Suffolk.

August

- 5 Swindon Open Meeting.
- 7 International Meeting, White City.
- 7 Poole C. & A.C. Open Sports.
- 19 Hastings Open Sports Festival.
- 19 London Fire Brigade, W. City.
- 23/27 European Championships.

September

- 4 France v. Great Britain, Paris
- 9 Long Eaton S. Nursing Association.
- 11 Gothenburg v. London. Gothenburg
- 16 Poole C. & A.C. Open Sports.

EVERY GOOD ATHLETE knows how important it is always to have that little bit of extra energy in reserve. Not so easy in these days of

Take this training hint

rationing, you say? But if you find you've nothing in reserve when you need to go all out, the dull diet is not the only cause. Something

else besides food controls energy—*sleep!* But it must be really *deep* sleep. And what better way to ensure it, what better way to calm your strung-up nerves, than a cup of Horlicks last thing at night? Horlicks will help you get that vital *deep* sleep that renews lost energy ready for a strenuous day ahead.

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