

JAN. 30th, 1954

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Vol. 8. No. 5

# Athletics WEEKLY



LANCASHIRE—Inter-County C.C. Champions

# Bukta

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THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

## TRAINING & COACHING ADVICE PANEL

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

### SPRINTING

**Q.** A young sprinter I am interested in tends to roll his shoulders excessively. He is a rather long striding boy, fairly tall, and this "rolling" is not apparent except when sprinting. Can I do anything to improve this fault, or would it be best to leave it alone?

**H. M. Traynor (Derby)**

**A.** If "rolling" means excessive lateral swing of the shoulders it must be corrected as it will almost inevitably slow up movement. In sprinters this swing must be corrected, although it may correctly be more and more pronounced as the distance run increases from the sprints up to the long distance. A precise diagnosis cannot be given without seeing the runner, but—

1. As he is said to be long striding, he may be over-striding. First principle of sprinting is speed of leg movement—stride length should come from speed and correct carriage to obtain maximum horizontal drive, and not primarily from length of leg. Watch for any tendency of lower leg to swing forward from the knee. The shorter the race the nearer to the centre of gravity the leading foot should strike when landing. If he is over-striding, it may be natural laziness or due to lack of leg power i.e., he cannot move his legs as fast as he should.
2. His arms and shoulders may not be powerful enough, or his arm movements may not be powerful enough, with the result that the shoulders have to play too much part in countering the effects of the drive.
3. His arm action may be too much across the body, and with not enough backward and forward movement.
4. There may be lack of strength in the trunk.

Any or all or any two of these in combination, may be the cause.

It must be appreciated that a good sprinter must be powerful above the hips as well as below.

I take it the boy is not mis-cast as a sprinter? It is not impossible that he may be a middle distance man, but the coach must be the judge.

*G. J. Pallett*

### DISTANCE RUNNING

**Q.** Would you consider 30 too old to think of taking up distance running as a sport when no competitive athletics have previously been done? I have done plenty of cycling over quite long distances but only a little running merely for exercise.

**R. Clarke (Coventry)**

**A.** There are many instances of fellows turning to running in their late twenties and early thirties and possessing natural ability having achieved practically the same success as if they had started the sport earlier in life. As a sport, much enjoyment will be found in club life—for the rabbit enjoys the company of the star in many of his races and training spins. Obviously a fairly fit man, you should soon find some sort of form, but it will still take 2/3 years of training and competition to reach your best.

*H. A. Johnston*

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Emil Zatopek, who spent a night in Paris on his way back from Sao Paolo, intimated that there was no question of his running in the marathon at the European Games. "I regret this very much," he said, "but looking at the arrangement of the programme, I will certainly compete in both the 10,000 and 5,000 metres events."

*Cover photo by H. W. Neale*

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EVERY SATURDAY — SIXPENCE

A READER, W. A. Boulton, of Wanstead, has written me a letter which, though I cannot repeat it in its entirety, is of sufficient interest to warrant mention in these columns.

He writes about the injustice being done to one of our finest athletes—Norman Gregor. "It seems fantastic to me," he says, "that a vaulter of such proved ability be omitted successively from the 1952 Olympic team, the 1953 International teams, and the Scottish "possibles" for the 1954 Empire Games. The crowning insult was his omission from the team which competed indoors in Paris last week when he had just gained the British indoor record."

Mr. Boulton describes this as victimisation of the worst sort and then mentions what he believes to be the reasons for Gregor being "beyond the pale." In this he was wrong.

The facts are that Gregor accepted, as a youngster and before he knew much about the "set-up" in athletics, something like £8 in cash at a Highland Games. Later, when he came to realise what he had done, he offered to repay the amount he had received, and logically enough, thought he would be an "amateur."

But he was wrong. His offer to repay this was refused, and, though he was "reinstated," he is not considered eligible for selection for any international teams outside our home international.

When it was reported by a certain writer in another publication that Russian athletes had been reinstated *en bloc*—for all competition—by the F.I.F.A., Gregor's superiors in the Police took his case up and suggested that the same might be done in his case. The only answer from our authorities was that one could not necessarily believe all that was written by a professional sports writer.

When we know that athletes from other countries have made, and are making far more than £8 from athletics, often in "official allowances," Gregor's "suspension" from international athletics does appear to be ludicrous. To the athlete himself it is far more than that, and in view of his grand record as a true amateur sportsman in every sense of the word, it is time something was done to right a wrong which should never have happened. Or is officialdom so lop-sided that we must get the Russians in at any cost, yet exclude one of our athletes for committing a "crime" which is trivial by comparison? What do you think?

THE EDITOR.

# Overseas News

## U.S.A.

Main surprise of the Metropolitan A.A.U. Championship meeting in New York on January 9th, when the indoor season opened, was the victory of Paul Ewing over Stanfield and Remigino in the 60 yard dash in 6.5 sec. Horace Ashenfelter put up the fastest ever 3 mile time on a flat (220) indoor circuit when winning from Curt Stone in 14:02.9. Results: **60:** 1, P. Ewing; 2, A. Stanfield; 3, H. Dantzler; 4, L. Remigino; 6.5. **600:** 1, H. Maiocco; 2, L. Jones; 3, R. Pearman 1:14.3. **1,000:** 1, H. Bright; 2, R. Browne; 3, H. Zipper; 2:13.4 (meet rec.); **Mile:** 1, G. McKenzie; 2, W. Ashenfelter; 3, C. Capozzoli; 4:16.9. **3 Miles:** 1, H. Ashenfelter; 2, C. Stone; 3, A. Scott; 14:02.9 (meet rec.). **70H:** 1, C. Pratt; 2, H. Johnson; 3, M. Gouridine; 8.7 (meet rec.). **Shot:** 1, S. Lampert 55ft. 9 $\frac{3}{4}$ in.; 2, J. Fuchs 55ft. 6 $\frac{1}{2}$ in.; 3, B. Mayer 55ft. 4 $\frac{3}{4}$ in.; **PV:** R. Lynn 13ft. **BJ:** M. Gouridine 22ft. 5in.

## BARTHEL AND AGOSTINI WIN DEBUT RACES

Before a crowd of 12,000, Josy Barthel won his first American indoor event when he beat Fred Wilt in the Knights of Columbus mile at Boston on Jan. 16th.

The Olympic title holder, a quick striding runner who should be well suited to the boards, led from the start until passed by Wilt on the tenth lap with just over a furlong to go. Barthel trailed the F.B.I. man until coming out of the final turn, when he turned on the heat and raced past Wilt to score by a yard in 4:10.3. Len Truex was a poor third, and Gehrmann fourth, 80 yards behind the winner.

Sensation of the meeting was Mike Agostini, 18 year old sprinter from Trinidad and now a Freshman at Villanova, who gave Stanfield and Remigino their second defeat in as many weeks. It was his first race on boards and he tied the track record with 5.3, knocking a tenth off the meet record.

Stanfield was a close second, Remigino third, with last week's winner, Paul Ewing, not in the final, being beaten in the semi-

finals and not qualifying for the final. Don Laz beat Bob Richards in the pole vault and Harrison Dillard outclassed the other hurdlers for his 34th consecutive indoor victory. **50y:** 1, M. Agostini; 2, A. Stanfield; 3, L. Remigino; 5.3 (meet rec., eq. track rec.); **600:** 1, C. Jenkins; 2, F. Schlereth; J. Carrol; 1:12.2. **1000:** 1, C. Joyce; 2, W. Smith; 3, L. Lamb 2:11.9. **Mile:** 1, J. Barthel 4:10.3; 2, F. Wilt 4:10.4; 3, L. Truex 4:17.8; 4, D. Gehrmann 4:25.2; **2M:** H. Ashenfelter 9:04.0; **45H:** H. Dillard 5.6 (eq. meet rec.); **P.V.:** 1, D. Laz 14ft. 9in.; 2, R. Richards 14ft. 3in.

## INTERNATIONAL INDOOR MEETING

### Frankfurt, January 9th

**70m:** 1, Futterer 7.7; 2, Schroeder 7.9; 3, Knorz 7.9; 400m: 1, Ulzheimer 49.4; 2, Bromberger 50.0; 3, Dittner 52.4; **800m:** 1, Djian (Fr.) 1:56.4; 2, Kohler 1:57.2; 3, Rockschiess 1:57.5; **1,000m. Jun'ior:** 1, Heydecke 2:38.8; **1,500:** 1, Retienne 4:02.2; 2, Kisel 4:11.5; 3, Hetebrug 4:13.2; **3,000:** 1, Herrmann 8:40.4; 2, Lupfert 8:45.6; 3, Messinger 8:56.4; **HJ:** 1, Theilman 6'0 $\frac{3}{4}$ " ; 2, Damitio (Fr.) 5'10 $\frac{3}{4}$ " ; 3, Baehr 5'10 $\frac{3}{4}$ " ; **L.J.:** 1, Richter 23'5 $\frac{1}{4}$ " ; 2, Gleim 23'5" ; 3, Ihlenfeld 23'1 $\frac{1}{4}$ " **Wt:** 1, Schmidt 50'6 $\frac{1}{2}$ " .

### Women

**70m:** 1, Eggert 9.0; **LJ:** 1, Seonbuchner 20'0" ; **Wt:** 1, Biedermann 44'7" .

## NEW ZEALAND

Home athletes are performing well out here. Peter Wells has a best jump of 6'3 $\frac{1}{4}$ " , and has other marks of 6'3" , 6'2" and 6'1" (twice). Duncan Clark has a best hammer throw of 160ft. 6in., while in the shot and discus, Harold Moody has reached 42 ft. 11 $\frac{1}{2}$ in. and 128ft. 3in. The bane of Moody's existence has been 18 year old Les Mills, who has done 42ft. 10 $\frac{1}{2}$ in. and 132ft. 1 $\frac{1}{2}$ in. Les Lewis has, unfortunately, not shown up since competing in the New Zealand Decathlon Championship last season, when he finished fifth with 4232 pts. and a 400m. in 51.2. The best New Zealand athlete has been Max Carr, who has thrown the hammer 160ft. 1 $\frac{1}{2}$ in. This record will not be applied for, but Carr is sure to improve the distance before the end of the season.

There is no doubt whatever that the present interest in shot, discus and hammer is in no small part due to the efforts of Moody

and Clark. We are glad to have them with us, and we'll be ready to welcome any other Home athlete who wants to come and visit or stay in New Zealand.

Our women athletes, and particularly Yvette Williams, have been our showpieces. Yvette has broad jumped 20ft. 3½in.—another took her 20ft. 5in. but was wind assisted—19ft. 4½in. and 19ft. 3in.; has put the shot 43ft. 10in. (45ft. 5½in. with an extra trial); and has thrown the discus 147ft. 5in., 147ft. and 145ft. 1in., with 150ft. 5in. and 149ft. 7in. in exhibitions.

Following in her strides are two Auckland schoolgirls—A. Brain, who has cleared 18ft. 6½in., and Beverley Weigel, aged 13, who has run 100 yards in 11.5 and jumped 17ft. 10 in. Another pair of good jumpers are Noeline Swinton (whom Mrs. Tyler and Mrs. Crowther will remember as the child who was third to them in the Empire Games) with 5ft. 2½in. and Heather Travers, 5ft. 2in. from a 2in. depression in the take-off.

**P. N. Heidenstrom**

## AUSTRALIA

Distance runners are now competing against great odds, either sizzling heat or howling winds. This was the picture on January 9th.

**Melbourne:** A gusty wind never under 17ft. per sec. ruined another of John Landy's record hopes. He ran two miles in 8:58.2 to lower his own Australian record by 3 sec., but missed his personal best by 4.2 sec. In a training run on January 3rd he clocked 8:53 in bare feet on grass. John Vernon passed the Empiad h.j. selection standard of 6ft. 4in. by ½in.

**Sydney:** Bucking a choppy headwind, highly fancied Ted McGlynn equalled the NSW 100m. record of 10.6 on the soft Moore Park cinder track, beating Bruce Baillie (10.7) and Kev Reede (10.8). The 880 was won in NSW resident time of 1:54.7 by Bill Butchart. Jim Bailey, who finished second in 1:54.9, went on to win the mile in 4:12.0 for another new NSW record. Other good performers were: Allan Lawrence, 3 miles in 14:19.2 (state rec.); Geoff Goodacre, 440h. in 53.7; Jim May,

120h. in 15.0, with Keith Short setting new u/19 figures of 15.1 in second place over 3ft. 6in. battens, and J. Macdougall, mile walk in 6:44.0.

**Brisbane:** Sultry conditions greeted Hec Hogan when he equalled his Australian record of 9.5 in winning the QAAA inter-club 100 yards by 3 yards from Ted Eden. Hogan also won the broad jump with 23ft. 3½in., pointing the silliness of not giving leading field games men six tries instead of only three. Otherwise Hec would approach 25ft. every time out.

Bruce Peever produced the season's best pole vault with 12ft. 8in., while John Achurch, also set the best javelin mark of 204ft. 3in.

**Perth:** Although the mercury was at a steady 98F. plus all afternoon (Perth is notoriously enervating), Frank O'Connell won the Div. 1 880 yards in 1:53.8, and Neil Macdougall Div. 2 in 1:54.4, the sixth Australian to go under 1:55 this summer. Kevin Salt cleared 48ft. 1½in. in the HSJ and Bill O'Grady 47ft. 11½in.

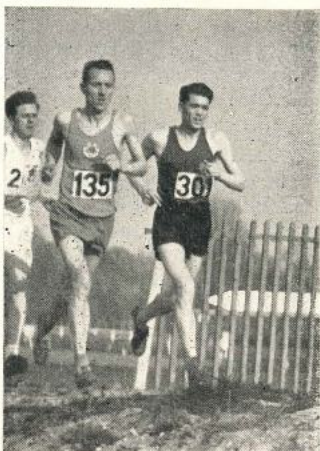
Marjorie Jackson, racing "first up" since her wedding a month earlier, turned in a smart 10.7 100 yards in Adelaide. In Melbourne, Winsome Cripps raced into the teeth of an awful wind to record 11.5, while in Sydney, Gwen Wallace, our most promising hurdler since Shirley Strickland, clocked 11.3 (wind assisted) and established an NSW inter-club broad jump record of 18ft. 3½in.

Rae James, a country girl unheard of before, came up with a 10.8 100 yards, wind assisted but raising some doubts as to the authenticity of times taken by Sydney's women officials.

**Joe Galli**

## PATTON TURNS PRO.

Mel Patton, American holder of the World's records at 100 yards, 200 metres and 220 yards, has turned professional, and will be leaving for Australia in February, thus following in the footsteps of Jamaican ace Herb McKenley. Patton is now 29, and has been out of competition since 1949.



# EDDIE BANNON

(SHETTLESTON HARRIERS)

*answers the*

## *A. W. Questionnaire*

---

EDDIE BANNON, No. 30, running abreast with MIHALIC (Yugoslavia) and just in front of FRANK SANDO, in the Cross-Country International, 1953.

---

- Name (Surname first):** Bannon, Edward.
- Birthplace and date:** Glasgow, 31.3.30.
- Height:** 5ft. 8in.
- Weight:** 9st. 4lbs.
- Occupation:** Credit Agent.
- Club:** Shettleston Harriers.
- When did you first commence athletics?** Late Summer 1947.
- What were your first events?** 880 and Mile.
- What are your favourite events now?** Cross-Country Running—1 and 2 miles track.
- What are your best marks at these events?** Mile 4.27, 2M. 9.23.
- Give brief details of your athletic career, championships won, dates and performances.**
- Shettleston Harriers' Youth, Junior and Senior C.C. Champ. Represented Scotland on track, 3 times over Country.
- 1948 Scottish Youth 1M. Champion.
- 1951 Scottish Junior C.C. Champion, 4th English C.C. Champ., Catterick.
- 1952-3 Scottish Senior C.C. Champion.
- 1952 6th English National C.C.C., Birmingham.
- 1953 4th International C.C., Paris.
- Which performance gave you most personal satisfaction and why?** Finishing 4th in English Senior C.C. Champs., Catterick, 1951. I was still a Junior and my Club were 2nd team home.
- How many days a week do you train in (a) Summer and (b) Winter?** (a) Four (b) Seven.

- At what time of the day do you normally do your training?** Different days—different times.
- How long do you spend on each training session?** 45—60 minutes.
- Give a brief outline of your training in the Summer season, with a typical week's work:** Mostly sprinting up both straits, 300 yd. strides and fast 660 yds.  
Monday: Nil.  
Tuesday: 4 laps jogging, 6 laps wind-sprints, 2 x 300 yd. strides.  
Wednesday: Half-hour easy running, 8 wind-sprints, 660 fast.  
Thursday: 4-8 laps jogging, 6 laps wind-sprints, 2 x 300 yd., 2 x 220 strides.  
Friday: Nil.  
Saturday: Race on same as Wednesday.  
Sunday: Nil.
- Give a brief outline of your training in the Winter season, with a typical week's work:** Being more concerned with C.C. than track I train much harder. Mostly by fast and slow running.  
By December minimum 6 miles, maximum 14 miles.  
Monday: 6-7 miles steady running (road).  
Tuesday: 7-8 miles fast and slow (country and road).  
Wednesday: 9-10 miles fast and slow (country).  
Thursday: 7-8 miles fast and slow (country and road).  
Friday 4-5 miles easy running.  
Saturday: Race or 9-10 miles steady running (country).  
Sunday: 9-10 miles fast and slow (country).
- How often do you race in the competitive season(s)?** In Scotland our programme works out about once every two weeks.
- Describe briefly the warming-up you do before competition and time taken:** Half-hour easy running, 3 or 4 striding bursts.
- How many days rest do you prefer before competition?** Only if important race—1 day.
- Name the coaches who have coached you:** None—But I have had sound advice from club coaches, A. Scally and T. Littlejohn.
- Have you any suggestion for improvements in competition or athletics generally?** Scotland could do with more competition on a national and international scale.
- What advice would you offer to the young athlete or novice?** Try and enjoy your training—then you won't mind doing more!

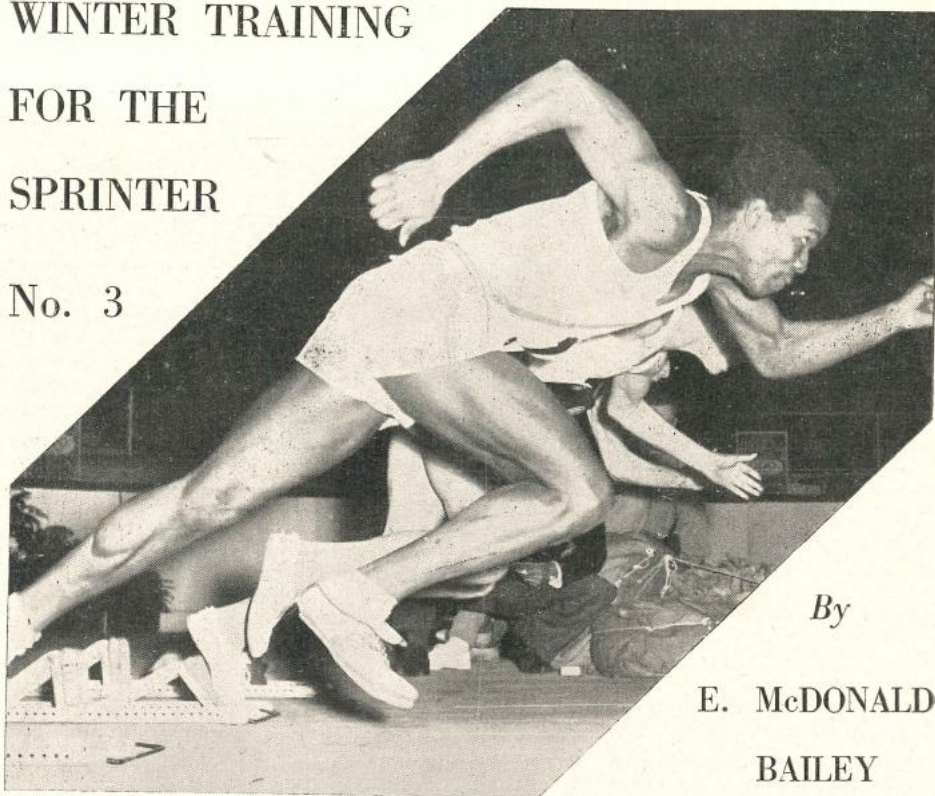
#### NORTH MIDLANDS LEAGUE

1, A. Webster (Sutton in A) 32.07; 2, R. Rowlands (Leicester CAT) 32.09; 3, F. Crooks (Sutton) 32.13; 4, D. Tilley (Lincoln W) 33.09; 5, M. Isles (Derby) 33.17; 6, J. Chamberlain (Leicester H) 33.22; 7, D. Bates (Derby) 33.48; 8, J. Pearce (Meden V.) 33.55; 9, D. Kirk (Notts) 34.09; 10, M. Dennis (Sutton) 34.23. Teams: 1, Sutton in A. 51; 2, Lincoln W. 68; 3, Derby 68; 4, Notts Univ. 130; 5, Notts AC 133; 6, Leices-

ter H. 157. **Final League Pos.:** 1, Derby 203; 2, Lincoln W. 310; 3, Sutton in A. 419; Notts A.C. 465. **Youths:** 1, P. Otter (Leicester H.) 17.24; 2, A. Griffiths (Derby) 17.38; 3, J. Hurt (Leicester H) 17.43; 4, T. Howe (Meden V) 17.45; 5, L. Pratt (Leicester H) 17.46; 6, R. Meikle (Derby) 18.00. **Teams:** 1, Leicester H. 9 pts.; 2, Derby 15; 3, Meden Valley 34; 4, Sutton 62. **Final League Pos.:** 1, Leicester H. 37; 2, Derby 85; 3, Hinckley T.C. 180.

# WINTER TRAINING FOR THE SPRINTER

No. 3



By

E. McDONALD  
BAILEY

**R**IGHT. Are you ready to take off from those blocks? You'll remember I said you should aim to get away faster than the next fellow—within the “no false start” rule of course. How is this possible? The answer: practice; practice; practice!

Have someone who understands the “high strung temperament” of the sprinter to give you starting practice. Don't get into the habit of taking “quickies.” Leave those for the cup-hunting sprees, meaning no disrespect, of course!

But to get back to training to be a really fast starter. Anything that'll sharpen your reflexes is important. For example, I used to find just “listening” while on the marks a useful exercise. Done either indoors or outdoors, the whole idea is to get into position (it is not necessary to do more than

fling the arms sharply as in real competition), relax, concentrate hard.

Your coach or friend will then give you a signal (unknown to you, i.e., he does not tell you, “I'm going to clap this time, or I'll fire a gun”), whereby you should react explosively. Whether he fires a rocket or drops a pin you should move like a bomb (not bum).

People like Jesse Owens and Ed. Conwell, two of the fastest starters ever, trained in a similar manner.

I also said something about you and your coach finding out which start suits you best. You should always remember that there are both physical and mental variations which will enable a man to use a slightly different form than another with equal facility and success. Whatever style of start you adopt, according to your phy-

sique, the whole idea is to develop and improve your speed over those first vital ten yards or so. A powerful start invariably means faster times. There is a good slogan: "the start's half the battle."

Now, what are the fundamentals of starting? A good starter, incidentally, never hurries his men or assumes a dictatorship role as is so often the case. A good starter should understand his men. And equally important, though unfortunately remotely so, the athletes should understand the starter. Life's much easier that way.

First, you get the commands (should be firm but soothing, not like a Sgt. Major!)—"On your marks," "set," and "gun." Let me go over the stages with you.

"On your marks"—take up position in front of starting line with blocks facing down the centre of your lane ready for command. On moving up to position—back in and place feet firmly against blocks. Front foot always placed first. Your arms are then dropped directly under shoulders, arms straight and elbows locked; fingers behind the starting line in tripod position, thumb inward and so spaced as to allow hip and thigh clearance. Don't settle back on haunches as this creates undue tension on leg muscles that may inhibit quick reaction time on start.

Back should be held parallel to ground (though some favour higher hip elevation) with eyes comfortably focussed in front; some look where the first step is taken, others a few yards ahead.

"Set"—Focus attention on act of starting rather than the report of the gun. Take full breath and hold it—helps concentration. Never jerk to the set position, rather come up slowly to coincide with peak attention.

"Gun"—an automatic explosive effort should take place without conscious thought. This is what is known as "motor mindedness." First step off rear block should be low (streamlined) to the track with quick plant approximately 25 inches in front of starting line. Here, indeed, lies the secret. A good first step; a fast pick-up, and you are well on the way to "breaking the time-barrier." Remember, too, to run out, not leap out of the blocks, and rise gradually, not boldly after the first ten yards or so out from starting line.

People have sometimes criticised my starting. I don't mean trying to "beat the gun" (I reserved that for pot-hunting sprees) but in the actual getting away. "If only Bailey had got a better start." Yes, this has often been the case, yet I know that I can start as fast as "any of them" when I am really ready. I proved that in America, indoors, against such giants as Conwell, etc. Team Manager, Jack Crump, will tell you, too, that I am as steady as a rock, especially abroad, where the standard of starters is high. But, I'll admit I have been a most inconsistent starter. Reason? Lack of practice. This is most essential to good and consistent starting. So get to it fellows.

Next time I'll take you along the full distance—100 yards. You'd better be in good shape!

#### NORTH BERWICK-EDINBURGH RUN

Joe McGhee has kindly sent us the correct times and distances—carefully checked—of his record breaking run on December 8th last. The timekeepers were Mr. D. A. Jamieson (S.A.A.A.) and Cpl. Murdoch (R.A.F.).

North Berwick G.P.O.—Start.

Dirleton (West End) 2½ miles, 14m.55s.

Gullane Links (East Edge) 5 miles, 26m.35s.

Aberlady (West End, Church) 7½ miles, 41m.56s.

Cuthill Rocks (Prestonpans) 14½ miles, 1 hr. 18m. 48s.

Musselburgh Race Course (Grandstand) 16⅔ miles, 1hr.30m.3s.

Eastfield Junc. Garage (East side of Joppa) 18½ miles, 1hr.38m.48s.

Portobello Power Station, 20 miles, 1hr. 49m.5s.

Edinburgh G.P.O. (Finish) 22½ miles, 2hr. 5m. 19.6s.

Former record — J. Morrow 1930—2hr. 38m.15s.

\* \* \*

Herne Hill Harriers are once more staging an Invitation Hammer Throwing event at their Brockman Trophy meeting on May 15th, at Wimbledon Park Track. Further details can be obtained from M. F. Flacke, 88 Woodbourne Ave., Streatham, London, S.W.16.

## *From the Editor's Postbag . . .*

### **PIRIE AND ZATOPEK**

Dear Sir,

One of the outstanding events of the European Games next August will undoubtedly be the long awaited battle between our Gordon Pirie and Emil Zatopek.

Unfortunately most British fans will be unable to afford approx. £50 to travel to Switzerland for the Games.

Whatever the result of this race I feel that British fans would welcome the opportunity to see these two outstanding athletes racing together in this country. I therefore suggest that the A.A.A. invite Zatopek and arrange a special event over say 5000 metres at the White City after the European Games.

Yours faithfully,

**J. Vanderburg**

### **ZATOPEK AND BRITISH GAMES**

Dear Sir,

In your issue dated December 26th, 1953, you announced that France is to be honoured with the presence of Emil Zatopek, Stanislav Jungwirth and Jiri Skobla, at Paris, on May 30th and 31st. Wouldn't it be a grand sporting gesture for the A.A.A. to invite these three great Czech athletes to take part in the British Games at the White City, on June 5th and 7th? Who would not be thrilled by the sight of Zatopek and Pirie, or Jungwirth and Bannister, battling for victory, and might not the presence of Skobla spur John Savidge to produce his best performance.

Yours faithfully,

**J. R. Peaks**

I am sure that the "News of the World" and the B.A.A.B., who co-operate in inviting athletes to the British Games, will have these, and other athletes, in mind.  
—Ed.

### **HISTORY OF I.C.C.U.**

Dear Editor,

In the course of the next two weeks I shall be sending you a copy of the "History of the International Cross-Country Union"

—the books are now in course of being printed.

If I can get the same response for copies as I had as the result of your reference to the E.C.C.U. Handbook, I shall be more than satisfied. Your magazine certainly gets to the "unknowns" in our sport; it has brought in orders from Canada, New Zealand and Australia, as well as from many clubs in this country who really should have known about it through their District Association.

Yours sincerely,

**L. N. Richardson,**

Hon. Secretary and Treasurer,  
International Cross-Country Union.

### **FAST-SLOW FOR YOUNG ATHLETES**

Dear Sir,

The reply to G. Collison (York) on the merits of the methods of Pirie and Peters overlooks the important fact that they train for different distances! That Peters is able to include a full and successful cross-country programme and an occasional 3 or 6 mile track race in his marathon training is quite incidental, as is the undoubted fact that Pirie could put up a good marathon run on his 3 hour per day training session were he so minded.

Another point—what is understood by "Fast-Slow" training — Fartlek or "Interval Running?" To my mind they are totally different—Fartlek has been understood and practised for a number of years, but this latest craze for "Interval Running" should not be part of a young athlete's training—it is highly specialised and should be done under supervision and in any case there are other lessons and habits in middle-distance running to be learnt first. It has played no part in my coaching methods for middle and long distance men and it is, I suggest, assuming too much to state that it will for several reasons give the best results.

Yours faithfully,

**H. A. (Johnny) Johnston**

The fact that the two athletes mentioned are really training for different distances was not overlooked! As both



KEN NORRIS (Middlesex) leading LEN EYRE (Yorks) after  $2\frac{1}{4}$  miles in the Inter-County Cross-Country Championships at Epsom. *H. W. Neale*

show such extraordinarily fine form over distances from 2 to 10 miles, it is not illogical to make comparisons of their training, for it is results which count. Fast-slow means "interval running," though there need not necessarily be a great deal of difference between the two.

I disagree entirely with Johnny Johnston over the question of interval running for juniors. The beauty of this kind of work is that it can be adjusted to suit all kinds of athlete, champion or rabbit, senior or youth. It could be twenty or more fast-slow '220s for an experienced senior who has been doing the work for some time, or it might be merely four or five easy laps with a fastish burst in each lap for a youngster. All athletic training for young athletes should be under some supervision.

I know Johnny has never been keen on the "interval running," so much in vogue to-day, but whether he likes it or not, it is used with great success by most of the world's leading middle and long distance track men. It is so readily adjustable and, rightly used, can ensure an athlete

doing large quantities of speed, stamina and strength building training all at the same time, and without exhaustion. An experienced and intelligent senior can arrange or alter such work to suit climatic or other prevailing conditions. What cannot be too strongly emphasized is that it takes years to work up to some of the great quantities of work done by many of the well-known athletes. All athletes under my care have it drummed into them constantly that it is a gradual process over many years, and that it is better to go too slow than too fast.

I, personally, have found that a good deal of this kind of work brings the best results for all normal track distances, and about 50 per cent. of this kind of work for cross-country men. I can say, too, that I have never had any athlete go stale or suffer in any way from doing too much of this or any other work I have given them, and, as I have always concentrated on developing the youngster or novice, in preference to improving still further the experienced senior, I think this speaks for itself. P.W.G.

### YOUNG ATHLETES' COURSES, 1954

Wales (probably Cardiff), 5th-8th April, 1954. Applications to Ray Thomas, 9 Broad Walk, Caerleon, Mon.

At the University of Birmingham Track, 12th-15th April, 1954. Applications to W. H. Hayward, 2 Stoneleigh Road, Birmingham, 20.

At St. Hild's College, Durham, 15th-20th April, 1954. Applications to Dr. S. E. J. Best, The Grammar School, Doncaster.

All these Courses are open to boys of 16-18 years of age and will be staffed by a team of National Coaches, assisted by A.A.A. Hon. Senior Coaches. At the Birmingham Course, boys are accepted up to the age of 19.

The New York "World Telegram" has published a letter from Mal Whitfield, in which he states that he can run a mile in less than four minutes. Said Mal—"I have trained hard, and for the first time in my career have taken part in cross-country events to build up my resistance. The difference is remarkable. I am now very strong,

and have run three quarters of a mile in 3 minutes without feeling fatigue. I am sure that next season will be my best ever."

\* \* \*

Heinz Ulzheimer, of Germany, who finished third in the 800 metres at the 1952 Olympic Games, will be competing in this event at the European Championships this year. Last season he tried his luck at the 400 metres hurdles, for which his best time was 52.9 sec. "I could get this down to 52 sec. this season," he said, "but what chance would I have against the Russian stars. Practically none."

\* \* \*

Chelmsford A.C. entertained several guests at their Annual Dinner on January 15th, including Jean Desforges, Jim Peters, Alan Dick and Bert Johnston. A club party will be going to the European Championships in Berne, when about 25 will travel by coach and take part in several matches against Continental clubs.



The Inter-County C.C. Championships at Epsom. The first four—Norris, Eyre, Sando and Walker have gone. Then came, L. to R.—K. WOOD (Yorks), F. L. WYATT (Somerset), W. BOAK (Cumberland and West.) and F. NORRIS (Lancs.) H. W. Neale

# Race Walking

By A. D. McSweeney

WHILE not getting among the Championship honours in the past three or four years—something strange in their history—Surrey Walking Club are, nevertheless, one of the greatest clubs in our sport, one of the very few devoted solely to Walking and probably the strongest, numerically, in the land. A visit to one of their gatherings is always worth while—one meets so many characters and personalities of days gone by, and their recent Club Supper was no exception.

This year, in Len Mathews they have a particularly colourful President, for he has travelled about quite a bit since, as a lad of 17, he ran in a 23 miles race on Boxing Day, 1910, and then won the novice prize in the Croydon-Godstone 18½ miles Road Walk a year later. He has helped to found several Athletic and Walking Clubs in this country and in Australia, including the Adelaide H. and W.C. in South Australia in 1912, and the New South Wales Walking Club, with headquarters at Sydney, the following year.

Returning to England he made his presence felt in the Midlands and then settled for some time at Luton, Beds., where he organised the Bedford to Luton 20 Miles Walk in 1928 and 29. He eventually returned to his native Croydon and was chiefly responsible for the local organisation last year of the National 50km. Championship at Shirley, near Croydon. Now he plans to write a book on preparation for long-distance events, Running and Walking, and with his experience as competitor and legislator in both spheres, his efforts in this direction should be a worth while contribution to Athletics and much awaited.

Len Mathews is an artist specialising in Heraldic devices and Insignia and he has just presented to the Road Walking Association a beautifully painted fire screen, emblazoned with the Association Badge in six colours.

## THE MARCHES ARE ON

Following a period of uncertainty it has now been confirmed that the International 4-days Long Distance Marches will take place

this year, as usual, centred on the beautiful Dutch country town of Nymegen. Date is Tuesday, July 27th to Friday, July 30th, inclusive.

It is possible that two teams may represent the Association this year and the Surrey W.C. and Stock Exchange A.C. are keen that one team should comprise members of their Clubs. With this in mind Surrey W.C. are arranging a four-day try-out for their likely participants at Old Hastings, Sussex, over the Easter holidays. One "possible" will be missing in Stan Horton, who has just been operated upon for a slipped disc, and he will be out of circulation for some months. The Metropolitan Police are arranging for a team to represent them again. They are in the 50km. per day class. Civilians cover 55km. per day.

The Marches will this year be of particular importance, particularly to myself, appointed Captain of the R.W.A. team, and hoping to take part for the tenth time. If successful I should receive the Dutch Gold Cross—well, they were gold before the war!—and only one other British Walker, R. J. Martin (North London H. and R.W.A. Hon. Sec.) 1938, has received this distinction.

Walkers of experience who think they can stand up to the task and finish in good shape, and who will be willing to put in the requisite amount of hard preparation, can get particulars from myself or from Gerry Swan, who is making the travelling arrangements. Rough cost is £14 per head, which covers all travelling and board and lodging expenses for seven days.

This week's fixtures:—

Stock Exchange A.C. 7 Miles Championship, Regents Park, 10 a.m.

Enfield A.C. v. Highgate H. 10 Miles Match, Enfield, 3 p.m.

Surrey W.C. 6 Miles Club Novice Race, South Croydon 3 p.m.

## January 23rd

Highgate H. beat Metropolitan Police by 20 pts. to 35. 1, G. Meadows (H) 56.30; 2, E. G. Barnes (H) 57.37; 3, A. L. Mash (M) 59.27; 4, G. Howell (H) 59.39; 5, C. Saunders (M) 59.43; 6, G. P. Brown (H) 60.09.

*Continued on back page*

# Women . . .

## SOUTHERN W.A.A.A.

### Honorary Officials for 1954

*Secretary*—Mrs. C. Leslie, 283 Kingston Road, Ewell (Ewell 3036).

*C.C. Secretary* — Mrs. V. Searle, 189c Haverstock Hill, N.W.3.

*Sec., Handicapping Board*—Mr. G. Deer, 15 Cavenham Gdns., Ilford, Essex.

*Permit Secretary*—Mrs. Cotton, 70 Melbury Avenue, Southall, Middlesex (Southall 3840).

*Coaching Secretary* — Mr. C. Dale, 113 London Road, Mitcham, Surrey (Mitcham 2916—day).

*Officials Committee Secretary*—Mrs. Hayward, 60 Mount Nod Road, S.W.16 (Streatham 1425).

*Treasurer*—Mrs. Swallow 26 Borrowdale Avenue, Harrow Weald (Harrow 5583).

### County Coaching Secretaries

**Berks** — Miss M. Dawson, Watlington House, Watlington Street, Reading.

**Bucks** — Mr. E. Lamb, Horsleys Green School, Stokenchurch.

**Devon**—Miss I. Harkell, City Education Office, 33 St. David's Hill, Exeter.

**Dorset**—Miss A. Rieusset, 49 Beaumont Avenue, Radpole, Weymouth.

**Essex** — Mr. G. Field, 81 The Avenue, Hornchurch.

**Hants**—Miss D. Watt, "Resthaven," Seagarth Lane, Southampton.

**Kent**—Mr. A. Whiffen, 67 Abbotshall Road, Catford, E.6.

**Middlesex**—Miss E. Wilson, 26 Halsbury Road, East, Northolt Park.

**Norfolk** — Mr. E. Comber, 14 Stratford Close, City Road, Norwich.

**Oxford**—Mr. A. Harris, 23 Friar's Wharf, Oxford.

**Somerset** — Miss B. Sage, "Rosebank," Hillside Road, Redcliffe Bay.

**Suffolk**—Mrs. D. Hart, "Conrigs," Newmarket Road, Bury St. Edmunds.

**Surrey** — Mr. R. Bale, 12 Woodbury Street, S.W.17.

**Sussex**—Miss E. Baker, 65 Millers Road, Brighton.

**Wiltshire** — Mr. Atkinson, Education Dept., County Hall, Trowbridge.

## W.A.A.A. COACHING TEST

Anyone desirous of taking the W.A.A.A. Coaches' test should apply to the Hon. Coaching Secretary, W.A.A.A. — Mr. C. Dale, 113 London Road, Mitcham, Surrey.

## WOMEN'S NATIONAL SENIOR ROAD WALKING CHAMPIONSHIP

### At Alperton, January 16th

Birchfield were easy winners of this race and won for the fifth consecutive season, a record in itself. Dilys Williams was an easy winner and Beryl Randle, who finished second, was a long way in front of the third finisher, Joyce Heath.

1, D. Williams (Birchfield) 20.59; 2, B. Randle (Birch.) 21.10; 3, J. Heath (Small Heath) 21.57; 4, M. Nusser (Birch.) 22.19; 5, H. Vincent (Lond. Olympiades) 22.24; 6, R. Phillips (Birch.) 22.47; 7, S. Jennings (Lond. O.) 22.57; 8, S. Irwin (Lond. O.) 23.02; 9, I. Cross (S. Heath) 23.10; 10, K. Field (S. Heath) 23.25. **Teams:** 1, Birchfield (1.4.6) 11 pts.; 2, London Olympiades (5:7.8) 20; 3, Small Heath (3.9.10) 22; 4, Cambridge H.L.S. 55.

## MIDLAND WOMEN'S JUNIOR CROSS-COUNTRY CHAMPIONSHIP

Roma Ashby (Coventry Godiva H.), daughter of the former track international, S. T. Ashby, had a comfortable win in the Midland Women's Junior C.C. Championship at Chase Terrace last Saturday, leading throughout to win by some 40 yards from the local girl, M. Knight, who finished well in front of Hammond, of Small Heath. Birchfield won the team race after a close tussle with Small Heath, and Chase were awarded third place after a tie with Oldbury by virtue of their superior time aggregate.

1. R. Ashby (Godiva H.) ..... 15.29  
2. M. Knight (Chase A.C.) ..... 15.44  
3. B. Hammond (Small Heath) ..... 16.05  
4. M. Stokes (Birchfield) 16.06; 5, J. Matthews (Birchfield) 16.20; 6, J. Hesson (Bilston Town) 16.22; 7, B. Stone (Bedford) 16.23; 8, K. Field (Small Heath) 16.35; 9, W. Kirton (Halesowen) 16.38; 10, P. Tuffin (Godiva) 16.40; 11, R. Phillips (Birchfield) 17.00; 12, J. Ford (Halesowen) 17.05; 13, M. Whitmore (Bedford) 17.06; 14, M. Zeff (Birchfield) 17.15; 15, J. Page (Small Heath)

*Continued on back page*

# RESULTS

## 16th January

**Shaftesbury H.** 44 pts. beat **Herne Hill H.** 49, **Mitcham A.C.** 95 and **Met. Police and London F.B. (Combined)** 114. 1 eq., F. Lakin (S), R. Parker (S) and E. Pearce (S) 40.08; 4, G. Fisher (HHH) 40.35; 5, W. Pawsey (M) 40.53; 6 eq., E. Kerridge (HHH) and A. Perry (HHH) 41.03.

**R.A.F. Halton** beat **Watford** 32 pts. to 46. 1, Williams (RAF) 29.15; 2, Ross (RAF) 29.15; 3, D. Fear (W) 29.22; 4, Tucker (RAF) 29.54; 5, Brown (RAF) 29.57; 6, J. Merriman (W) 2.59. **Watford H. Junior Champ.** 1, Fear 29.22 (rec.); 2, Merriman 29.59; 3, J. Hughes 30.26.

**T.V.H.** 69 pts. beat **Ealing H.** 120, and **Woodford Gn. A.C.** 142. 1, M. L. Barratt (E) 41.50; 2, G. C. W. Glancy (E) 43.35; 3, H. W. Dennis (TVH) 43.44. In a Junior match **T.V.H.** beat **Ealing H.** 1, D. Painter (E); 2, J. K. Loader (TVH); 3, A. Tait (TVH).

**Blackheath H.** beat **Ranelagh H.** 1087 pts. to 1550 in a "Mob" match. 1, R. A. Morley (B) 45.12 2 eq., J. Braughton (B) and H. N. Nunns (B) 45.19; 4, R. H. Pain (B) 45.28; 5, A. J. Hedger (R) 46.07; 6, D. H. Hopwood (B) 46.24.

**Finchley H** 38 pts. beat **Barclays Bank** 42 and **Bank of England** 77. 1, J. Skinner (BB) 36.34; 2, W. Harker (BB) 36.58; 3 eq., V. Clements (F), H. Wild (F) and K. Heagarty (F) 37.24; 6, J. Burt (F) 38.04.

**Uxbridge A.C.** beat **Finchley H.** 18 pts. to 19 in a Youths' match. 1, J. Green (F) 19.28; 2, C. Wroth (U) 19.43; 3, I. Stewart (U) 19.59; 4, B. Pressman (F) 20.06; 5, P. Norton (F) 20.21.

**R.A.F. Colerne** 49 pts. beat **R.A.F. Netheravon** 61 and **R.A.F. Hullavington** 64. 1, SAC Paterson (N) 32.05; 2, Cpl. Lloyd (C) 32.30; 3, LAC Gruley (H) 33.00; 4, AC Greaves (N) 33.30; 5, LAC Vile (H) 33.35; 6, Cpl. Edwards (C) 33.48.

**S.L.H.** beat **Orion H** 279 pts. to 541 in a "Mob" match 1, L. D. Reed (SLH) 43.16; 2, J. N. Ayres (SLH) 43.29; 3, R. S. H. Southgate (SLH) 44.35; 4, D. G. Smith (SLH) 45.13; 5, G. Martin (SLH) 45.15; 6, T. Richards (SLH) 45.32.

**Cambridge Univ. H. and H.** beat **Thames H. and H.** 28½ pts. to 55½. 1, J. U. Shearn (C) 41.58; 2, W. J. Jones (C); J. R. H. Best (T) 42.25 eq.; 4, J. J. Burnet (C) 44.04; 5,

F. Aldridge (T) 44.30; 6, R. E. Hardy (C) 45.11

**Reading Univ.** 28 pts. beat **R.M.A. Sandhurst** 38 and **Bristol Univ.** 57. 1, P. Dawson (R) 32.57; 2, P. Carmichael (R) 34.15; 3, P. Brassington (R) 34.37.

**Cambridge City A.C. Champ.** 1, J. Best 43.30; 2, G. A. Phipps 44.42; 3, G. Mullane 45.16; 4, D. J. Price 45.28; 5, J. Hobart 45.32; 6, J. M. Black 45.36.

**Hercules A.C.** beat **Belgrave H.** in a Youns' match, 41 pts. to 66. 1, J. Edgar (B) 20.57; 2, E. Edel (H) 20.58; 3, B. Collins (H) 21.10; 4, E. Caiter (H) 21.16; 5, D. Pettican (B) 22.00; 6, H. Lydiate (H) 22.24.

**Tatchbury Mount A.C.** beat **Gosport Borough A.C.** 18 pts. to 37. 1, Clarke (T) 30.44; 2, Hewitt (T) 32.02; 3, Newell (G) 32.46; 4, Crooke (T) 33.15; 5, Turnell (T) 35.32; 6, Hounsell (T) 35.45. In a Junior match, **Gosport Boro'** beat **Tatchbury Mount** 47 pts. to 56. 1, Jones (T) 17.21; 2, Lampard (T) 17.35; 3, Savage (G) 17.55; 4, Watkins (G) 18.03.

**Kent A.C.** 28½ pts. beat **Lloyds B.A.C.** 34½ and **Dartford H.** 59. 1 eq., D. Weils (K) and Collins (LB) 39.50; 3, R. Hale (K); 4, Murphy (LB); 5, A. Childs (D). In a Junior match **Dartford H.** beat **Kent A.C.** 9 pts. to 19. 1, P. Turner (K) 20.28; 2, T. Heathcote (D).

**Dover A.C.** beat **Hythe A.C.** 12 pts. to 24. 1, D. Penn (D) 24.35; 2, S. Craft (D) 25.36; 3, D. Mayne (H) 26.07.

## 17th January

**Dover Cycling Club** beat **Dover A.C.** with an aggregate of 1h, 27m. 02s. to 1:27.47. 1, D. Penn (DAC) 27.53; 2, T. King (DCC) 28.05; 3, P. McVey (DCC) 28.45.

**R.A.F. Brugen** beat **R.A.F. Wildernrath** 34 pts. to 46. 1, SAC Russell (W) 27.17; 2, LAC Farrell (B) 28.45; 3, LAC Clark (B) 28.48; 4, LAC Elsdon (W) 28.50; 5, SAC Dawson (B) 29.16; 6, LAC Watts (W) 29.22.

**Loughborough Coll.** "A" beat **Ashley G.S.** 24 pts. to 64. 1 eq., B. Douglas-Jones (L), D. Ascroft (L) and C. Marris (L) 19.35; 4, Tabron (A) 19.50; 5, J. Hibbert (L) 20.05; 6, B. Coulton (L) 20.22.

## 20th January

**Loughborough Coll.** beat **King's Coll., London**, 28 pts. to 56. 1 eq., J. Lyne (L), M. Whitaker (L) 33.44; 3, K. E. Yorke (K)

34.42; 4 eq., A. Henderson (L), P. Brearley (L) 35.22; 6, D. Jones (K) 35.48.

**RAF Middle Wallop beat RAF Colerne** 24 pts. to 65. 1, Cpl. French (MW) 31.30; 2, AC Dunkley (MW) 31.32; 3, AC Meickle (MW) 31.37; 4, Cpl. Lloyd (C) 32.30; 5, AC Cameron (MW) 33.12; 6, Cpl. Phillips (MW) 33.55.

## BIRMINGHAM AND DISTRICT LEAGUE

### Div. 1 at Handsworth

1, C. M. Gray (S. Heath) 37.35; 2, B. B. Heatley (Godiva) 38.38; 3, R. Hatton (Birchfield) 38.56; 4, D. Pearsall (Tipton) 39.08; 5, D. Osborne (S. Heath) 39.10; 6, B. Browning (Birch) 39.18; 7, W. Butcher (Birch) 39.25; 8, A. E. Dalton (Birch) 39.28; 9, J. Reid (Birch) 39.32; 10, R. Reid (Birch) 39.34; 11, S. Dean (Tipton) 39.49; 12, R. Harding (Lozells) 39.57.

#### Teams:

1, Birchfield H. 34 pts.; 2, Small Heath 100; 3, Tipton 103; 4, Godiva 128; 5, Lozells 158; 6, Wolverhampton 191; 7, Halesowen. Birchfield won the Championship with 256½ pts., Small Heath being second with 344½.

### Div. 2, at Coseley

1, D. Matthews (Stourbridge) 33.05; 2, D. J. Shott (Birm. Univ.) 33.20; 3, J. Hinchley (Smethwick) 33.24; 4, J. Morgan (St. Gregory's) 33.28; 5, M. J. Heath (Birm. Univ.) 34.05; 6, N. Bridgwater (Dudley) 34.07; 7, D. R. Williams (Birm. U.) 34.13; 8, J. Hurst (Coseley) 34.16; 9, E. Hollinshead (Stourbridge) 34.27; 10, D. Icke (Coseley) 34.35.

#### Teams:

1, Birmingham Univ. 71 pts.; 2, Stourbridge W. and D. 82; 3, Coseley 110; 4, Smethwick 124; 5, St. Gregory's 201; 6, Sparkhill 232; 7, Dudley 345. Birmingham Univ. won the Championship with 300 pts. from Smethwick 403.

### Div. 3, at Walsall

1, L. B. Cock (Bilston T.) 39.17; 2, B. Shortland (Bilston) 39.32; 3, G. Pearce (Cheltenham) 39.37; 4, T. Nortledge (Worcester) 39.43; 5, R. Screen (W. Brom.) 39.47; 6, K. Flower (Cheltenham) 40.06; 7, W. Aston (Bilston) 40.26; 8, R. Hodgkins (Worcester) 40.50; 9, P. Joyner (Cheltenham) 40.58; 10, B. Lewis (Bilston) 41.02.

#### Teams:

1, Cheltenham and C.H. 56 pts.; 2, Bilston T. 80; 3, Worcester H. 114; 4, West Bromwich 137; 5, Harborne 165; 6, Walsall 223. Bilston Town A.C. won the Championship with 378 pts., Worcester being second with 456.

In the Youths' races, C. Henderton (Tipton) 23.34 won Div. 1 from C. G. Oakley (Birchfield) 24.02, Birchfield winning the team race with 16 pts. In Div. 2, M. Phillips (Coseley) 17.25 beat N. Davis (Smethwick) 17.37 for individual honours, and Coseley beat Dudley in the team race though both scored 21 pts. D. Leatherbridge (Cheltenham) 25.20, took Div. 3 from R. Thorn (Worcester) 25.30 and J. Lewis (Bilston) 26.57.

## WOMEN—contd.

17.19; 16, I. Cross (Small Heath) 17.23; 17, J. Smith (Oldbury) 17.34; 18, R. Phillips (Smethwick) 17.42; 19, J. Lavender (Walsall) 17.45; 20, T. Baldwin (Small Heath) 17.46.

**Teams:** 1, Birchfield H.L.S. (4.5.11.14) 34; 2, Small Heath (3.8.15.16) 42; 3, Chase A.C. 110; 4, Oldbury 110; 5, Smethwick 123; 6, Harborne 130; 7, Belgrave United 145.

**Farnham A.C.** 11 pts. beat **Q.A.R.A.N.C.** 18 and **Portsmouth O.** 18. 1, D. Stonehouse (F) 15.57; 2, J. Blytman (QARANC) 16.08; 3, D. Brown (P) 16.55.

## WALKING—contd.

**Belgrave H. 10M. Road Walking Champ.** 1, R. D. MacMullen 78.54; 2, S. James 78.59; 3, E. Hall 79.03; 4, H. MacGreechan 79.29; 5, G. Checkley 81.18; 6, B. Shepherd 81.51. **H'cp.:** 1, E. Hall (1.30) 77.33; 2, R. Fairman (16.00) 78.32; 3, H. MacGreechan (0.40) 78.49.

**Midland R.W.A. 10M. Standard Championship,** at King's Heath. 1, A. Rozentals (R. Sutton Coldfield) 84.31; 2, J. Logan (Leicester) 87.02; 3, D. Carter (R. Sutton C.) 88.25; 4, F. O'Reilly (Lozells) 88.52; 5, E. Wilde (R. Sutton C.) 89.37; 6, T. Binnion (R. Sutton C.) 89.37. **Teams:** 1, R. Sutton Coldfield 15 pts.; 2, Leicester W.C. 32; 3, Lozells 51; 4, Birmingham 70; 5, Godiva 94.

**Surrey W.C. beat Cambridge H.** by 23 pts. to 32. 1, M. Ellis (S) 80.30 2, F. W. Barrett (C) 80.55. Surrey W.C. Warlingham Cup: J. Coomber (13.00) 78.07.

## CLASSIFIED ANNOUNCEMENTS

Club Name Track Suits. Postal application. TRACKCRAFT, 17 Mortimer Street, London, W.1.

Cloth Club Badges supplied to your design, low prices, stamp please for list. S. A. Cory and Company, 5 Worbeck Road, London, S.E.20.