

Athletics

WEEKLY

Vol. 17 No. 1

January 5th, 1963



**INCORPORATING
WORLD ATHLETICS**

Contents

Interview with
Dorothy Hyman

★

Brian Kilby
answers the
Questionnaire

★

British Junior
"Top 20"

★

Latest News
& Results from
Home & Abroad



DOROTHY HYMAN with her gold medal after
winning the 100 yards in Perth.



SEVEN IN A ROW FOR JOHN ANDERSON

JOHAN ANDERSON won the annual Boxing Day race promoted by Gateshead Congers for the seventh successive year. He was an easy winner and helped Saltwell win the team race narrowly from Burn Road. After the race Anderson said he had a cold and was not 100 per cent. fit, and with his wife none too well he did not wish to leave home again just after returning from Australia; he would not, therefore, be running in the Sao Paulo race in Brazil on New Year's Eve.

Seniors—6½ Miles

1, J. P. Anderson (Saltwell H)	30.35
2, J. Hillen (Saltwell H)	31.03
3, A. Dennis (Burn Road)	31.13
4, G. Freeman (Sunderland) 31.42; 5, M. Heath (Burn Rd) 31.51; 6, R. Yeats (Benwell) 32.01; 7, T. Laybourn (Jarrow) 32.07; 8, W. Dance (Benwell) 32.09; 9, A. Leitch (Gateshead) 32.19; 10, A. Moore (Middlesbrough) 32.24; 11, K. Boyle (Sund) 32.34; 12, I. Barnes (Darl'n) 32.39; 13, R. Fisk (Elswick) 32.45; 14, W. Ramage (Gosforth) 32.48; 15, K. Lupton (Burn Rd) 32.50; 16, W. Anderson (Salt) 32.55; 17, T. Rooke (Midd) 32.59; 18, B. Cordes (Gos) 33.00; 19, K. Maughan (Burn Rd) 33.07; 20, J. Carcas (Gos) 33.23.	

Handicap: 1, G. Freeman (Sund) 1.55, 29.47; 2, R. Checkley (Heaton) 3.40, 29.49; 3, R. Fisk (Elswick) 2.40, 30.05.

Teams:	Pts.
1, Saltwell H.	(1. 2.16.21) 40
2, Burn Road H.	(3. 5.15.19) 42
3, Middlesbrough	(10.17.23.26) 76
4, Gosforth 84; 5, Benwell 85; 6, Gateshead H. 101; 7, Jarrow 126; 8, Heaton 129; 9, Elswick 183; 10, G. Congers 206.	

Youths—3½ Miles

1, J. Caine (Gateshead H)	18.21
2, M. Hall (Middlesbrough)	18.23
3, D. Little (Saltwell H)	18.45
4, E. Box (Midd) 18.48; 5, S. Mikell (Gates) 19.01; 6, B. Forster (Gates) 19.05; 7, L. Pratt (Sund) 19.09; 8, P. Annington (Heaton) 19.11; 9, L. Robson (Gates) 19.14; 10, A. Ferguson (S. Shields) 19.20; 11, R. Milne (Elswick) 19.37; 12, G. Bellord (Midd) 19.56; 13, K. Carr (Sund) 20.01; 14 D. Prudham (Gates) 20.16; 15, J. Atkinson (Salt) 20.32.	

Teams:	Pts.
1, Middlesbrough	(2. 4.12) 18
2, Gateshead H.	(5. 6. 9) 20
3, Saltwell H.	(3.15.17) 35
4, Elswick 55; 5, Gosforth 71.	

Boys—1½ Miles

1, D. Thorn (N.S. Poly)	7.19
2, J. Trainor (Gateshead H)	7.21
3, D. Camp (Burn Road)	7.31
4, H. Walsh (Burn Rd) 7.32; 5, H. Matthews (Elswick) 7.37; 6, M. Till (Houghton) 7.40; 7, P. Wear (Houghton) 7.41; 8, D. Turner (Burn	

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Teams:	Pts.
1, Burn Road H.	(3. 4. 8) 15
2, Gateshead H.	(2.13.14) 29
3, N.S. Poly	(1.17.24) 42
4, Elswick 46; 5, Houghton 54; 6, Heaton 55; 7, Jarrow 70; 8, Sunderland 73; 9, Gateshead 'B' 88.	

Handicap: 1, J. McCarthy (Gosforth) 5.00, 17.04; 2, M. Bell (Gates) 2.30, 18.04; 3, E. Luke (Jarrow) 4.00, 18.07.

THAMES H. & H. OLD BOYS' INVITATION C.C. RACE

At Roehampton, December 15th

1, C. H. Llewellyn and M. B. S. Tulloh (Wellington) 26.47; 3, D. Harvey (Rutlish) 27.30; 4, R. Linstead (Rut) 27.37; 5, W. Cummings (KCS) 27.44; 6, R. Lovegrove (Rut) 27.50; 7, J. Thornycroft (Well) 28.18; 8, R. Bell (St. Dunstan's) 28.25; 9, D. Steven (Well) 28.26; 10, R. Ashworth (KCS) 28.47; 11, K. Shaughnessy (KCS) 29.05; 12, A. Shrimpton (Haber) 29.05; 13, A. Davidson (Mill Hill) 29.13; 14, D. Evans (Shrew) 29.17; 15, R. Thomas (KCS) 29.19; 16, R. Simons (Haber) 29.24; 17, R. Frewin (Rut) 29.42; 18, P. Johnston (KCS) 29.54; 19, A. Irvin (Brad) 29.58; 20, M. Walsh (St. Dun) 30.03.	
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Teams:	Pts.
1, Wellington	(1. 2. 7. 9) 19
2, Rutlish	(3. 4. 6.17) 30
3, K.C.S. Wimbledon	(5.10.11.15) 41
4, Shrewsbury 90; 5, Haberdashers 93; 6, Bradford 96; 7, St. Dunstan's 116; 8, Malvern 137; 9, Mill Hill 138; 10, King's Ely 150; 11, Harrow 156.	

CYPRUS INTER-SERVICES C.C. LEAGUE

At Palimedhice, December 1st

1, Porter (RAF Akrotiri)	32.40
2, Johns (RAF Akrotiri)	33.10
3, Atkinson (RAF Akrotiri)	34.40
4, Watson (RAF Episkopi); 5, Brittliffe (Akrot); 6, Stowger (RAF Nicosia); 7, Micheals (Glost); 8, Hall (Ak); 9, Kirby (Epi); 10, Hodgson (RE); 11, Summerville (Ak); 12, Cox (Epi); 13, Arnold (RE); 14, Chapman (Rifle Brigade); 15, Gregory (Rifle B); 16, Waller (Epi); 17, Cruikshank (Nic); 18, Cowley (Ak); 19, Payne (RAF Pergamos); 20, Boon (Glos).	

Teams:	Pts.
1, R.A.F. Akrotiri ...	(1. 2. 3. 5. 8.11) 30
2, R.A.F. Episkopi ...	(4. 9.12.16.21.22) 84
3, Glosters	(7.20.25.30.32.33) 147
4, Royal Engineers 159; 5, Rifle Brigade 177; 6, R.A.F. Pergamos 240; 7, R.A.O.C. 279.	

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Teams:

1, R.A.F. Akrotiri ...	(1. 2. 3. 5. 8.11)	30
2, R.A.F. Episkopi ...	(4. 9.12.16.21.22)	84
3, Glosters	(7.20.25.30.32.33)	147
4, Royal Engineers 159; 5, Rifle Brigade 177; 6, R.A.F. Pergamos 240; 7, R.A.O.C. 279.		

LETTERS TO THE EDITOR

Views expressed in readers' letters are not necessarily those of the Editor or the publishers

BLACK MARK, SCHOOLS

Dear Sir,

How I agree with your correspondent, Bob Sparkes, as once again, the Schools' A.A.A. cause chaos in the athletics world.

Hitherto they have had a difference of one day in their interpretation of "1st April" compared with the A.A.A.

When the regulations governing certain field impedimenta weights and sizes were altered, the schools required an extra year to bring it into operation.

And now, one standard at club level—another at school. Heavy implement at club level—lighter one at school—(for those whose date of birth is affected by the change).

Surely, someone in this August body can co-operate with the A.A.A.? Surely someone in the A.A.A. can co-operate with the schools?

Better still, cannot both these organisations co-operate with each other and help the clubs and ATHLETES—the ones who are most affected by this chaotic situation?

Are the teachers of today *really* incapable of working out ages? I am sure any club secretary will be pleased to advise.

If the schools feel that their proposed change is beneficial, why don't they get it put through the A.A.A. by their representatives at the next General Meeting?

Black mark, schools! This "go-it-alone" procedure is not good enough, and hits most at those they should be trying to help.

Yours faithfully,

H. E. Morris

THROWERS ON TOP

Dear Sir,

It has often been pointed out in the past—and quite justifiably—that our throwers have failed dismally to win points in international matches or medals in championships. I think it only fair, therefore, to draw attention to the fact that it was our throwers who brought home the bacon from Perth, and the rest who "failed" on this occasion. At the Commonwealth Games throwers from the home countries won 9 of the 21 medals awarded for their events (i.e. 42%), our runners won 14 of the 54 medals available (i.e. 25%), and our jumpers 1 of the 18 medals on offer (i.e. 5%).

I appreciate that our runners in particular were up against some doughty performers, Olympic gold medallists included, but I suggest that the general level of the winning throws

(Men: SP 59'4"; DT 185'3½"; JT 256'3"; HT 202'3"; Women: SP 49'11½"; DT: 164'8½"; JT 164'10½") compares favourably with a 4:04.6 mile and a 13:34.2 three miles.

Yes, this was Cinderella's big occasion, and it is fun to find oneself belle of the ball for once. However, enough of selecting flattering figures and conveniently ignoring the rest. One knows full well that next season will reveal that midnight has struck and that our finery has turned to rags again.

The sad fact is that our best throwers are not supported by strength in depth; below Lucking and Lindsay in the shot rankings yawns a gap of over 5 feet, below Payne in the hammer one of over 16 feet, and so on. It is therefore most encouraging news that Prince Charming in the shape of Courage Barclay and Simonds Ltd. is attracted to Cinderella and ready to spend money on her. Let us hope the girl really puts it to good use, shows herself worthy of a place in the highest society, and lives happily ever after.

Yours sincerely,

Barry Willis,

Hon. Secretary,
The Discus Circle

INTER-AREA MATCH

Dear Sir,

May I endorse the suggestion made by your correspondent, J. Seager, for an inter-area cross-country match between North, South and Midlands, with the Midlands as hosts, and suggest this should also include the Eastern Area.

Selection could be based on the area championships and this would provide an additional incentive to get in the first ten.

Yours sincerely,

P. C. H. Ashton,

Grimsby

Wolverhampton H. elected the following: President, J. E. Sandbrook; Chairman, B. L. Gelsthorpe; Secretary, K. J. Evans, 17 Edward St., Wolv'n; Treasurer, A. Mainwaring; C.C. Capt., C. K. Kemball; Jnr. C.C., M. R. Davies; Yths. C.C., A. Campbell; Boys' C.C., L. T. Graham; Ladies' Capt., Miss J. Cox; Ladies' Sec., Miss A. Shelton; Track Capt., M. G. Jackson; F.E. Capt., M. W. Cox; Jnr. Track, L. Jukes; Yths. Track, M. J. Ashfield; R.R. Capt., B. Gelsthorpe; Coaches: A. M. Saunders, S. T. Hodson, S. S. Sembhy.

TIPTON H. SCHOOLS' C.C. RACES

December 8th

FROM a record entry of 473, 289 runners braved the driving rain and high winds to compete in the Tipton Harriers' Schools' C.C. Races on December 8th. A bunch of five, Orton, Shepherd, Newey, Smith (Dudley Tech) and Morby (Saltwells) led the field of 220 in the U/15 race at halfway. The last two were expected to fill the leading places but suffered from cramp and retired. Shepherd ran brilliantly to overtake Orton on the line. As expected, St. Joseph's (Wolverhampton) won the team race. The Bishop Milner School (Dudley) deserve special mention for an improvement from 19th to 3rd.

In the senior (O/15) race Ashfield made his effort with 300 yards to go and looked all set to win but Loughney (Holly Lodge) got up to win on the line and help his school take the team honours.

Over 15

1, Loughney (Holly Lodge GS)	20.55
2, Ashfield (Wulfrum Coll)	20.56
3, Spinks (Dudley Tech. Coll)	21.30
4, Goodman (Brierley Hill GS) 21.42; 5, Baldaro (Holly) 21.55; 6, Kidd (Brierley) 22.15; 7, Hannerman (Wulf) 22.25; 8, Crowe (Wulf) 22.37; 9, Salter (Brierley) 22.39; 10, Bishton (Municipal GS) 22.42; 11, Mullett (Sir G. Cloughton) 22.42; 12, Lycott (Halesowen Coll) 22.43; 13, Simpson (Churchfields Comp) 22.52; 14, Kelly (St. Gilberts) 22.57; 15, Barron (St. G) 23.01; 16, Johnson (Holly) 23.02; 17, Jones (Edward Shelley HS) 23.04; 18, Baker (Mun. GS) 23.05; 19, Hackett (Hales. C) 23.11; 20, Marsh (Wednesfield GS) 23.22.	

Teams:

1, Holly Lodge G.S.	(1.5.16.21)	43
2, Wulfrum Coll.	(2.7. 8.29)	46
3, Brierley Hill G.S.	(4.6. 9.49)	68
4, Municipal G.S. 87; 5, Halesowen Coll. of Further Education 102; 6, St. Gilbert's Sch. 106; 7, Churchfield Comprehensive Sch. 125; 8, Sir Gilbert Cloughton Sch. 125; 9, Edward Shelley H.S. 134; 10, Highfields Sch. 142.		

Under 15

1, Shepherd (Sandwell Boys' Sch) ...	17.45
2, Orton (Park Lane Sch)	17.46
3, Newey (St. Joseph's)	17.48
4, Whitehouse (Churchfields Comp) 18.01; 5, Reed (Hillcrest Sch) 18.08; 6, Watts (St. J) 18.09; 7, Cartwright (Bishop Milner) 18.10; 8, Noons (Church) 18.13; 9, Bambrick (B. Milner) 18.14; 10, Sweeney (St. J) 18.15; 11, Tranter (Macefield S) 18.16; 12, Lewis (Willingsworth S) 18.16; 13, Hawker (Sir G. Cloughton) 18.17; 14, Dyson (Church) 18.18; 15, Horton (Church) 18.20; 16, Bowden (Bristnall Hall) 18.20; 17, Pupp (St. J) 18.22; 18, Carcarterra (St. J) 18.25; 19, Gibbons (Hill Top S) 18.26; 20, Underwood (Church) 18.30.	

Teams:

1, St. Joseph's	(3.6.10.17)	36
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2, Churchfields Comp.	(4.8.14.15)	41
3, Bishop Milner Sch.	(7.9.48.62)	126
4, Willingsworth Sch. 136; 5, Smethwick Hall Sch. 153; 6, Hill Top Sch. 153; 7, Sandwell Boys. Sch. 187; 8, Bristnall Hall 192; 9, Macefield Sch. 205; 10, Park Lane Sch. 205.		

KANGAROO WEEK-END

All horizontal jumpers within travelling distance of Cardiff Training College are invited to attend a "Kangaroo Week-end" at the College on January 11th, 12th and 13th, meeting on the evening of the 11th. Further details may be obtained from the Welsh National Coach, Ron Pickering, "Algonquin", Old Green Court, Marshfield, Cardiff (Castleton 207).

SOUTHERN ENTRIES

Club secretaries are reminded that entries for the Southern C.C. Championships close on January 21st. Many clubs have not yet applied for forms and should do so without delay to L. J. Cohen, 34 Lower Kenwood Road, Enfield, Middlesex.

BOOKS RECEIVED

Track and Field Fundamentals for Teacher and Coach by John T. Powell, M.S., D.L.C. (Hons), F.B.A.P.T. Published by the Stipes Publishing Co., 10-12 Chester Street, Champaign, Illinois, U.S.A. (\$2.90).

John Powell, whom many will remember at Loughborough, went to South Africa, and is now at the University of Illinois. Out of a lifetime of wide experience and extensive reading he has produced a book on athletics teaching which should become the bible of the interested school-teacher and the club coach. He has attempted, and almost succeeded in achieving the impossible task of putting the explanations of techniques and the principles of teaching into ordinary lay language, and in a form which will appeal to every harassed teacher and coach trying to cope with a bunch of enthusiastic youngsters. Introductions to the events, from field events to cross-country, principles and techniques are dealt with in an orderly, easily assimilated manner, accompanied by hints, by do's and don't's, and the addition of a quick reference guide at the end adds considerably to the book's value. John Powell has garnered the wisdom of Dyson, Haegg, Gusta Holmer, Stampfl, Alford, Zatpek and a host of others, and added his own international and varied experience. His bibliography is extensive and offers those interested enough the opportunity to pursue subjects in detail with thoroughness. Weight training, warm-up and training methods and tables are all dealt with. A "must" for the school-teacher and the club coach.

George Pallett

League Races

NORTHUMB. & DURHAM LEAGUE At North Shields, December 15th

Seniors

1, R. Checkley (Heaton)	34.50
2, W. Reed (N. Shields)	35.16
3, K. Bond (Gateshead)	35.22
4, D. Hepple (Benwell) 35.26; 5, J. Hawes (Heaton) 35.30; 6, W. Boak (Elswick) 35.35; 7, W. Anderson (Saltwell) 35.54; 8, A. Armstrong (Gates) 36.29; 9, A. Leitch (Gates) 36.35; 10, J. Carcas (Gosforth) 36.41; 11, C. Bolton (Els) 36.46; 12, W. Sutton (Gos) 36.55; 13, M. McKenna (Gates) 37.00; 14, W. Ramage (Gos) 37.13; 15, A. Ball (Els) 37.26; 16, G. Elliott (Gates) 37.34; 17, B. McKay (Houghton) 37.41; 18, R. Potts (Gates) 37.43; 19, A. Galbraith (Gos) 37.45; 20, T. Moses (Gos) 37.50.	

Teams:	Pts.
1, Gateshead H. (3. 8. 9.13.18.21)	72
2, Gosforth H. (10.12.14.19.20.24)	101
3, Elswick H. (6.11.15.22.27.28)	109
4, Heaton 172; 5, Benwell 243; 6, Jarrow 275.	

Youths

1, D. Appleby (Elswick)	20.03
2, B. Forster (Gateshead)	20.15
3, D. Little (Saltwell)	20.23
4, D. Land (Els) 21.00; 5, R. Milne (Els) 21.01; 6, H. Richardson (Gos) 21.28; 7, W. Davison (N. Shields) 21.44; 8, J. Atkinson (Salt) 21.45; 9, N. Bell (Gates) 21.47; 10, A. Bennet 21.54.	

Teams:	Pts.
1, Elswick H. (1.4. 5.15)	25
2, Gateshead H. (2.9.11.13)	35
3, Saltwell H. (3.8.10.15)	36
4, Gosforth 51; 5, N. Shields 52; 6, Benwell 57.	

Boys

1, D. Towers (Gosforth)	11.19
2, G. Swindells (Sunderland)	11.34
3, B. Martin (Gateshead)	11.34
4, G. Bond (Gates) 11.45; 5, J. Crofts (Els) 11.51; 6, E. Pomfret (Houghton) 11.58.	

Teams:	Pts.
1, Gateshead H. (3.4.10)	17
2, Elswick H. (5.7.11)	23
3, Sunderland H. (2.9.19)	26

LEEDS & DIST. LEAGUE

At Weetwood, December 15th

1, P. Watson (Bramley)	38.43
2, A. Cocking (Bramley)	38.43
3, J. McHale (Bramley)	39.03
4, P. Covey (Bram) 39.15; 5, S. Dobson (Harehills) 39.22; 6, R. Moore (Univ) 39.30; 7, K. Pawson (H'hills) 39.36; 8, R. Pannell (H'hills) 39.42; 9, B. Geldard (Bram) 39.47; 10, F. Wrigley (H'hills) 39.55; 11, M. Murray (H'hills) 40.03; 12, A. S. Jackson (St. Marks) 40.05; 13, B. Quinlan (Univ) 40.30; 14, D. Wood (St. M) 40.40; 15, A. Roe (Univ) 40.57; 16, D. Hodgson	

(St. M) 41.03; 17, D. Consterdine (St. Johns) 41.25; 18, B. Halliday (Univ) 41.27; 19, P. Dring (Univ) 41.45; 20, D. Simms (Univ) 41.49.

Teams: Pts.

1, Bramley H. (1. 2. 3. 4)	10
2, Harehills	(5. 7. 8.10) 30
3, University	(6.13.15.18) 52
4, St. Marks 74; 5, St. Johns 112; 6, Wakefield 151.	

Final League Positions: 1, Bramley (holders) 32; 2, Harehills 31; 3, St. Johns 21; 4, St. Marks 20; 5, University 18; 6, Leeds A.C. 17; 7, Wakefield 15; 8, Rowntrees 12.

KENT C.C. LEAGUE

At Dartford, December 15th

1, A. Gibson (Maidstone)	28.43
2, M. Rowbottom (Tonbridge)	29.24
3, D. Foxley (Rochester)	29.41
4, R. Gobey (Erith) 29.44; 5, Jones (Kent) 30.03; 6, M. Weller (B'heath) 30.04; 7, I. Wilson (B'heath) 30.05; 8, G. Batty (Roch'r) 30.25; 9, A. Childs (Dart) 30.27; 10, J. Roberts (B'heath) 30.34.	

Teams: 1, City of Rochester 40 pts; 2, Kent A.C. 46; 3, Tonbridge 71; 4, Blackheath 73; 5, Maidstone 93; 6, Aylesford P.M. 95.

SOUTH-EAST LANCS. LEAGUE

At Clayton-le-Moors, December 15th

1, C. Robinson (Rochdale H)	38.57
2, R. Carter (Rochdale H)	38.58
3, R. Williams (Rochdale H)	39.58
4, A. Hughes (Roch) 40.16; 5, P. Dugdale (Clayton) 40.19; 6, R. Heys (Clayton) 40.37.	

Teams:	Pts.
1, Rochdale H. (1. 2. 3. 4. 7. 8)	25
2, Clayton-le-M. (5. 6.15.22.23.26)	97
3, Bury & Rad. (11.18.20.21.25.32)	127
4, Oldham & Royton 136; 5, Blackburn 204.	

Youths

1, J. Freeman (Rochdale H)	17.31
2, C. Faye (Clayton-le-M)	17.31
3, J. H. Wood (Clayton-le-M)	18.06
4, D. Worden (Blackburn) 18.13; 5, G. Peel (Blackburn) 18.16; 6, J. Hampson (Bury & R) 18.26.	

MID-LANCS. LEAGUE

December 15th

1, G. Hodgson (Blackpool)	32.22
2, D. Spencer (Barrow)	33.35
3, A. Byrne (Blackpool)	33.50
4, M. Smith (Lunes. & P) 34.06; 5, F. Reeves (Barrow) 34.15; 6, G. Barrow (Preston H) 34.25; 7, J. Proctor (Preston AC) 34.33; 8, F. Howe (B'pool) 34.47; 9, M. Palmer (B'pool) 35.02; 10, T. Sheehan (PAC) 35.03; 11, C. Leigh (PAC) 35.08; 12, R. Woods (B'pool) 35.09; 13, B. Bradshaw (B'pool) 35.11; 14, D. Winward (Bar) 35.32; 15, D. Large (Bar) 35.43; 16, W. Graham (Lunes) 35.59; 17, R. Spencer (B'pool)	

The large field in the Hog's Back Road Race a few hundred yards after the start.



Ed Lacey

36.06; 18, C. Wood (Bar) 36.12; 19, R. Lewney (Bar) 36.24; 20, G. Jebb (PH) 36.59.

Teams:	Pts.
1, Blackpool & F. ... (1. 3. 8. 9.12.13)	46
2, Barrow A.C. (2. 5.14.15.18.19)	73
3, Lunesdale & P. ... (4.16.21.23.25.29)	118
4, Preston H. 139; 5, Preston A.C. 153; 6, Leyland M. 245.	

Boys

1, K. Smith (Blackpool)	12.56
2, C. Wilson (Kendal)	13.00
3, B. Parsons (Kendal)	13.09
4, K. Thompson (B'pool) 13.18; 5, M. Swinbank (PH) 13.22; 6, Entwistle (B'pool) 13.28; 7, Pye (PH) 13.45; 8, B. Blake (PAC) 13.55; 9, J. Clegg (PAC) 14.11; 10, M. Howard (Ken) 14.14; 11, Fridenway (B'pool) 14.29; 12, J. Davies (Ken) 14.39.	

Teams:	Pts.
1, Blackpool & F. (1.4. 6.11)	22
2, Kendal A.A.C. (2.3.10.12)	27

NORTH SURREY LEAGUE
At Esher, December 15th

Senior/Juniors

1, Gerry North (Belgrave H)	33.49
2, D. Taylor (Herne Hill H)	34.40
3, J. Snowden (Surrey AC)	34.48
4, R. Roath (Walton) 34.58; 5, P. Palmer (Wal) 35.19; 6, M. Gillett (Mit) 35.40; 7, C. Strange (Wal) 36.02; 8, J. Thresher (Bel) 36.10; 9, M. Gowan (HHH) 36.12; 10, R. Symons (Herc) 36.26; 11, P. Newell (Bel) 36.32; 12, A. Meech (Wal) 36.40; 13, A. Milner (Wal) 36.45; 14, P. Carr-Locke (Sy) 36.46; 15, J. Derham (HHH) 36.49; 16, P. Milner (Wal) 36.49; 17, M. Beard (Herc) 36.56; 18, B. Sawyer (Bel) 37.08; 19, A. Fairclough (Bel) 37.10; 20, J. Badby (Bel) 37.14.	

Teams: 1, Walton 172 pts; 2, Belgrave 218; 3, Hercules 281; 4, Mitcham 358; 5, Herne Hill H. 361; 6, Surrey A.C. 429.

Youths/Boys

1, M. Blake (Walton)	13.12
2, D. Cope (Mitcham)	13.21
3, G. Biscoe (Mitcham)	13.25
4, R. Sandford (Hercules) 13.37; 5, F. Burtwell (Sy. AC) 13.38; 6, F. Badgery (Mit) 13.44; 7, R. Horsewood (Mit) 13.56; 8, C. Beavais (Wal) 14.05; 9, P. Edwards (Bel) 14.08; 10, R. Hubbard (Wal) 14.18; 11, R. Hayes (Bel) 14.19; 12, D. Cole (Wal) 14.27; 13, A. Garcia (Mit) 14.28; 14, P. Burgar (Herc) 14.35; 15, P. Herring (HHH) 14.43; 16, M. Vickers (Mit) 14.57; 17, P. Groves (Wal) 14.58; 18, D. Meredith (Mit) 15.04; 19, M. Varah (Herc) 15.12; 20, C. Felix (Mit) 15.15.	

Teams:	Pts.
1, Mitcham A.C. (2. 3. 6. 7.13)	31
2, Walton A.C. (1. 8.10.12.16)	47
3, Belgrave H. (9.11.18.19.24)	81
4, Hercules 82; 5, Herne Hill 108; 6, Surrey A.C. 112.	

NORTH WEST LONDON LEAGUE
At Brook Farm, December 22nd

Youths

1, McKay (Shaftesbury)	17.34
2, Carter (Wigmore)	17.53
3, Mainwaring (Highgate)	18.20
4, Alderson (H'gate) 18.21; 5, Pressley (Barnet) 18.26; 6, Hayes (Shaftes) 18.31; 7, Street (Hampstead) 18.34; 8, Humphries (Barnet) 18.42; 9, Parker (Shaftes) 19.11; 10, Roberts (Shaftes) 19.25; 11, Wheatley (Barnet) 19.26; 12, Reaves (Shaftes) 19.32; 13, Brown (Barnet) 21.16; 14, Young (Shaftes) 21.38.	

Teams:	Pts.
1, Shaftesbury	9
2, Barnet	13

Boys

1, eq. Brown, Bristow and Appla (Shaftesbury)	9.24
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Continued on page 27

SCOTTISH NEWS

A.G.M.

THE A.G.M. of the Scottish A.A.A. was held in Edinburgh on Dec. 15th. The season's awards were presented by the President, Lord Milligan, Q.C., who referred in his remarks to the recently established Torch Trophy Trust, which he hoped would benefit Scottish athletics.

It was unanimously agreed to raise the membership fee to 3 gns. after a detailed report of the Association's weak finances had been given by the Treasurer, Mr. McSwein.

Approval was given to a new coaching scheme to be substantially financed by the Scottish Education Dept.

A proposal by Victoria Park A.A.C. to remove the Mile Medley Relay from the list of Championship events was defeated.

Office bearers for 1963:—

President, J. Cowie (Springburn); Vice-President, O. N. Dickson (Edin. Police); Secretary, E. R. Walker, 15 Windyedge Crescent, Glasgow, W.3; Treasurer, D. McSwein, 3 Welbeck St., Greenock; West Dist. Ctte.—Sec., F. Graham, 143 Elderslie St., Glasgow, C.3; J. M. Bone (Ardeer Rec.), A. S. Dunbar (VP), Dr. A. P. Kenny (Lanarkshire AAA), J. McLurg (M'well YMCA), D. McDonald (Garscube), Dr. R. M. Murdoch (Hillhead FPAC), H. B. O'Neill (Bell'n), East Dist. Ctte.—Sec., G. Johnston, 76 Ashley Terrace, Edinburgh 11; Dr. N. Campbell (Edin. Univ), W. Carmichael (Hawkhill), A. W. Crosbie (InterWorks), I. Ross (Scot. Boys' Clubs), A. D. Summers (Edin. South), T. A. S. Taylor (Octavians), M. E. I. Weir (Atalanta).

S.N.C.C.U. Team beat Scottish Universities in a 6M race at Garscadden, December 15th.

Neither team was at full strength for this event which the Union team won by 61 pts., to the Universities 76 pts. J. P. McLatchie (Union) and A. F. Murray (Univ) finished equal first in 37.40. 1, eq. J. McLatchie (Union), A. Murray (Univ) 37.40; 3, M. Craven (Univ) 37.45; 4, C. Laing (Univ) 37.58; 5, T. Cochrane (Union) 38.04; 6, H. Summerhill (Union); 7, A. Heron (Union); 8, L. Stewart (Union). **Teams:** 1, S.N.C.C.U. (1.5.6.7.8.9.12.13) 61 pts; 2, Scot. Univs. (1.3.4.10.11.14.16.17) 76.

Arthur's Seat race at Edinburgh, December 22nd. The 3½M race from Queen's Drive to the top of Arthur's Seat and back was won in record time by J. H. Linaker (M'well YM) in 15.48. This is 10 sec. better than the record set up by A. D. Breckenbridge (Vic. Pk) five years ago. J. Alder (Morpeth), the Scottish C.C. Champion, was second in 15.50, and S. Taylor (Aberdeen) third in 16.00. The handicap race was won by W. Morrison (Morpeth H) 18.23, with T. Alder (Morpeth) 18.46, second, and R. Chambers (Edin. AC) third, 18.47. **Other**

results: (Yths. 3M). 1, R. Carroll (Edin. AC) 16.42; 2, K. Oliver (Hawk. H) 16.51; 3, J. Lees (Kirk. YM) 17.37. **(Boys 1½M).** 1, A. Stewart 8.27; 2, F. Steel 8.27; 3, W. G. Kerr 8.34 (all Edin. AC). **W. Diverty**

NORTHERN IRELAND

WEST DOWN CUP

DUNCAIRN HARRIERS scored a decisive victory in the West Down Cup race promoted by Willowfield T.H. at Dundonald on December 15th. With veteran Rab Crosson marshalling their resources at the rear, their packing was superb and with their last scorer in 16th position they ran out easy winners with 61 pts.

The individual race was just as decisive, Stanley Vennard (Nomads) opening up a lead of 30 yards by halfway and increasing this to win by 11 secs. from Colin Shillington who made a great effort over the last mile but could not get on terms with the leader. Peter Nodwell held off a great challenge from Jim Mahood to take third place.

Michael Teer (N. Belfast) was in a class by himself in the Youths' 3 miles event and won by 33 secs. from Tom Mawhinney and helped his club win the team honours.

West Dunn Cup—6 Miles

1, S. Vennard (Duncairn Nomads) ... 34.10
2, C. Shillington (Willowfield) 34.21
3, P. Nodwell (Duncairn H) 34.27
4, J. Mahood (Willowfield) 34.39; 5, M. Wilson (B'drain) 34.48; 6, E. Brady (DH) 34.52; 7, R. Kirkland (Co. Antrim) 35.00; 8, J. Hawthorne (W'field) 35.03; 9, T. Mitchell (E. Ant) 35.06; 10, R. Catterson (E. Ant) 35.16; 11, J. Teer (DH) 35.22; 12, D. Smith (DH) 35.22.

Teams:

Pts.
1, Duncairn H. (3. 6.11.12.13.16) 61
2, Dun. Nomads (1.14.18.19.20.24) 96
3, Willowfield (2. 4. 8.26.29.44) 113
4, E. Antrim 149; 5, N. Belfast 193; 6, Queen's Univ. 222; 7, Co. Antrim; 8, Ballydrain 307.

Youths' 3 Miles

1, M. Teer (N. Belfast) 17.40
2, T. Mawhinney (MCB) 18.13
3, L. Murdock (Duncairn) 18.16
4, B. Robinson (W'field) 18.20; 5, W. McIlroy (N. Belfast) 18.33; 6, D. Nelson (RBAI) 18.45; 7, J. Finn (Lisnagarvey) 18.45; 8, A. Monman (MCB) 18.54; 9, D. Seaton (N. Bel) 19.07; 10, N. Kernaghan (B'clare HS) 19.08; 11, E. Simpson (N. Bel) 19.12; 12, J. Glover (D. Nomads) 19.17.

Teams:

Pts.
1, N. Belfast (1. 5. 9.11) 26
2, R.B.A.I. (6.12.15.18) 51
3, M.C.B. (2. 8.19.24) 53
4, Dun. Nomads 59; 5, Willowfield 93; 6, Ballydrain 127; 7, Down H.S. 132; 8, I.C.T. 182; 9, Albertville 187.



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**FELTHAM WINTER TRACK MEETING
December 9th**

A well organised meeting was spoiled by a strong, blustery wind and wet track.

Seniors. 80y: Endean 9.2, Hill 9.3, Hallett 9.4. **150y:** Endean 16.4, Potter 16.4, Hill 16.5. **330y:** Marsh 37.6, Groves 37.7, Stocking 38.0. **660y:** Marsh 1:27.3, Beckwith 1:28.8, Carroll 1:29.2. **2,000mS/C:** Fisher 6:15.4, Randall 6:38.4, Homes 6:42.0. **1½M:** Card 7:04.3, Ewing 7:10.3, Freeman 7:14.9.

Juniors. 80y: Clark 9.4, Bennett 9.4. **150y:** Bell 17.2, Bennett 17.2, Turnbull 17.2. **660y:** Smythe 1:32.3, Turnbull 1:32.3, Camac 1:32.7. **2,000mS/C:** Kinghorn 6:42.5, Fletcher 6:51.0, Wheeler 7:52.4.

Youths. 80y: Morgan 8.9, Keeley 9.1, Lansbury 9.4. **150y:** Morgan 16.6, Keeley 16.7, Lansbury 17.1. **660y:** Fuller 1:27.5, Gibson 1:29.3, Greenbrook 1:30.6.

Boys. 80y: Bailey 9.9, Gough 9.9, Cartwright 10.1. **150y:** Vivian 16.9, Bailey 18.3, Cartwright 18.5. **660y:** Brown 1:32.6, Palmer 1:42.5, Howell 1:47.8.

Women. 80y: Ashton 10.5, Jones 10.7, Phillips 12.8. **150y:** Ashton 20.2, Jones 20.2, Hadler 20.5. **330y:** Ashton 46.9, Ilsby 47.5, Dunn 47.9.

Intermediates. 80y: Turner 10.6, Blake 10.7, Hamborg 10.8. **150y:** Turner 19.7, Blake 19.8,

Hamborg 19.8.

Juniors. 80y: Moore 10.0, Wilson 10.3, Hayward 10.6. **150y:** Moore 18.3, Wilson 19.2, Cook 19.5.

**C.W.S. FESTIVAL ROAD RACE
At Chigwell, December 22nd**

- | | |
|---|-------|
| 1, E. Major (Woodford Green) | 18.33 |
| 2, R. Garrett (Woodford Green) | 18.41 |
| 3, M. Batty (Thurrock) | 18.46 |
| 4, N. Fisher (Eton Manor) 18.49; 5, M. Palmer (St. Albans City) 18.50; 6, A. Lewis (Wood. Gn) 18.52; 7, *C. Ward (Colchester) 18.54; 8, D. Plater (Ilford) 18.57; 9, B. Wilkinson (St. A) 19.09; 10, B. Meddings (Wood. Gn) 19.21; 11, B. Cole (Eton Manor) 19.22; 12, P. Newell (Belgrave) 19.23; 13, J. Thorpe (St. A) 19.24; 14, *L. Williams (VPH) 19.25; 15, *R. Adams (Walthamstow) 19.27; 16, A. Jones (Kent AC) 19.28; 17, J. Baldwin (Walt) 19.29; 18, M. Keough (Eton Manor) 19.32; 19, J. Rowe (Ilf) 19.35; 20, R. Howe (Walt) 19.37; 21, P. Chillingworth (Colc) 19.40; 22, J. Batchelor (Ilf) 19.43; 23, E. Butcher (Colc) 19.46; 24, T. Palthorpe (Hornchurch) 19.49. | |

* Juniors

Teams:

- | | | |
|--------------------------|-----------|----|
| 1, Woodford Green | (1. 2. 6) | 9 |
| 2, St. Albans City | (5. 9.13) | 27 |
| 3, Eton Manor | (4.11.18) | 33 |

1963 FIXTURE LIST (Contd.)

April

- 6 London-Brighton National Relay.
- 6 Leyton-Southend Road Relay.
- 6 Ilford Youths' Road Relay, Chigwell.
- 6 Harborne H. Road Relay.
- 6 Uxbridge Road Relay.
- 6 Romford Half-Marathon.
- 6 Hereford Open "20".
- 6 Stockton "20" (Inc. N. & D. "20").
- 13 A.A.A. 10M Track Championship.
- 13 Eastern Cties. "10", Ipswich.
- 13 Worthing Road Relay.
- 13 Hornsey St. M. Road Relay, Finsbury Pk.
- 13 Rivington Pike Fell Race.
- 13 Newport "10".
- 15 Carshalton Trophy, Hurlingham.
- 15 Maidenhead "10".
- 15 Redhill & Reigate "10".
- 15 Dundee 13M H'cp.
- 18 Inter-County Indoor Match, Feltwell.
- 19/20 Gt. Britain v. Finland (Indoors), Wembley.
- 19 Walthamstow Road Relay.
- 20 Blackpool Memorial Road Relay.
- 20 Notts County (Closed) "15".
- 20 Dundee "10" (Prov.).
- 26/27 L.A.C. Schools' Meeting (Inc. Southern 6M Champ.), Motpur Park.
- 27 Ponders End Road Relay.
- 27 Barnet Boys' Road Relay.
- 27 Finchley "20".
- 27 Sussex County "20", Brighton.
- 28 Three Peaks Fell "22".

May

- 2 A.A.A. v. Oxford Univ., Oxford.
- 4 Surrey County "20".
- 4 Essex County "20".
- 11 Sugden & Leach Trophy Mtg., Barking.
- 11 Chichester-Portsmouth "16".
- 11 Manchester-Blackpool Relay.
- 11 Edinburgh-North Berwick "22½"
- 17/18 Southern Decathlon, Hurlingham.
- 18 Southern & Kent Open "20".
- 18 Isle of Wight & Hants. Marathon.
- 25 County Championships.
- 25 Bath "15".
- 25 Northern & Pembroke "20".

June

- 1/3 N. of W. British Games, White City.
- 1 Eastern Counties' Relay Champs., Diss.
- 1 Bath "15".
- 1 Earl Shilton Albion Sports.
- 3 Isle of Man "37½".
- 8 Gt. Britain 'B' v. Benelux, Billingham.
- 8 Viceroi Trophy, Bournemouth.
- 13 Lucas Annual Sports.
- 15 Kinnaird Meeting & Poly. Marathon.
- 15 Eastern Counties' Championships.

- 15 Ericsson Open Scr. Meeting, Nottingham.
- 15 Renfrew "15" (Prov.).
- 21/22 Southern Champs., Welwyn.
- 22 Midland Championships.
- 22 Northern Championships.
- 22 Scottish Marathon Championship.
- 22 Welsh Marathon (Prov.).
- 22 Chigwell "10".
- 22/23 Netherlands v. Belgium v. Gt. Britain, Decathlon/Pentathlon, Vlaardingen.
- 29 A.A.A. Team to R.U.C., Belfast.
- 29 Southern J. & Y. Champs. (Part 1), Wimbledon Pk.
- 29 A.T. & E.C. "10", Huyton (Prov.).
- 29 All Ireland Marathon.
- 29/30 Warsaw v. London, Warsaw.
- 30 Birmingham City Transport Sports.

July

- 3 Wordsley Midweek "10".
- 6 Women's A.A.A. Championships.
- 6 Southern J. & Y. Champs. (Part 2), Wimbledon Pk.
- 6 Oxford "10½".
- 6 Mamore Hill "14".
- 6 Dirrens "13" (Prov.).
- 6 Welwyn Half-Marathon.
- 12/13 A.A.A. Championships, White City.
- 13 R.R.C. Tees-Side Open Track "10".
- 13 Liverpool-Blackpool "48½" (Prov.).
- 20 A.A.A. v. Combined Services v. U.A.U., Portsmouth.
- 20 R.R.C. Marathon, Luton (Prov.).
- 20 Belgrave "20".
- 20 Sale "15".
- 20 Gourock "14" (Prov.).
- 24/25 Norway v. England, Oslo or Bergen.
- 27 Sward Trophy, Chiswick.
- 27 Hibberd Trophy, Bury St. Edmunds.

August

- 1/15 International Student Games, Brazil.
- 3/5 Gt. Britain v. U.S.A., White City.
- 3 Holbeach "10".
- 3 Strathallan "20" (Prov.).
- 5 Eastern Cties. S. & J. S'chase, Harlesden.
- 5 Roundhay "10".
- 5 Dartford "10" (Prov.).
- 5 "Garry Owen" Trophy, Bournemouth.
- 7 Aspley Agricultural Show.
- 8 Market Bosworth Sports.
- 9/10 A.A.A. Decathlon, Loughborough.
- 10 A.A.A. Jnr. Championships.
- 10 Eastern Counties v. Essex 'B', U/19 Match, Bury St. Edmunds.
- 10 Shaftesbury "10".
- 10 A.A.U. Eire Marathon.
- 10 Hartlepool Carnival "10".
- 10 Middleton "15½" (Prov.).

Continued on back page

WORLD Athletics



edited by Melvyn Watman

That Was The Year That Was

THEY WERE THE MOSTEST!

Track runner of the year (male): Who else but Peter Snell? World records at 800m (1:44.3), 880y (1:45.1) and mile (3:54.4) within a week; a record-shattering 2:06.0 for 1,000y in his indoor debut; and an 880/mile double at the Commonwealth Games.

Track runner of the year (female): For the second year, Sin Kim Dan. She ran 400m in 51.9—1½ sec. faster than any other girl in history—and in Moscow won over 400m in 53.0 and 800m in 2:01.4 on successive days.

Jumper of the year (male): Also for the second year, Valeriy Brumel. He won against the Americans at a world record 7'5" / 2.26 and later raised the mark to 7'5½" / 2.27, or 15½" / 40cm above his head. He won the European title with ease.

Jumper of the year (female): Tatyana Shchelkanova, European long jump champion and world record breaker with 21'8¼" / 6.62.

Thrower of the year (male): That supreme competitor Al Oerter, Olympic champion since 1956. He set a world discus record of 204'10¼" / 62.44 against Poland and was quite untroubled in the match against the U.S.S.R. by Vladimir Trusenyov, who had held the record fleetingly.

Thrower of the year (female): Same as last year, only one possible candidate: Tamara Press. A world shot record of 60'10¼" / 18.55 (twice) and European titles at shot and discus were the highlights of an impeccable season.

All-rounder of the year (male): Yang Chuan-kuang, Formosa's Olympic decathlon silver medallist, piled up an impressive collection of individual marks besides his 8,249 score in winning the A.A.U. title. He ran 100m in 10.6, 400m in 48.0, the high hurdles in 14.1, the low hurdles (turn) in 23.5, pole vaulted 14'6" / 4.42, long jumped 24'2¼" / 7.37 and threw the javelin 237'4" / 72.34. Lately he has been concentrating on one event, the pole vault. Result: a 16'2" / 4.93 training clearance!

All-rounder of the year (female): Irina Press (last year's choice), before injuring herself, was shaping better than ever. She ran 100m in 11.7, the hurdles in 10.6, long jumped 19'10¼" / 6.06, put the shot 52'10¼" / 16.12 and totalled 5,050 (indoors) in the pentathlon.

THE athletes of the year: Peter Snell and Tamara Press.

Team of the year (male): U.S.A. again, with smashing home victories over Poland (131-81) and U.S.S.R. (128-107).

Team of the year (female): The all-German squad in Belgrade: only one gold medal, but such quality in depth that on the 7-5-4-3-2-1 scoring basis the team amassed 65½ points against the U.S.S.R.'s 63.

Most surprising team result: The Frenchmen's 113-98 win over West Germany, their first victory in 18 such matches since 1926.

Most improved athlete (male): Mel Batty (22), who improved his pre-1962 best times of 4:20.6 (1M), 9:22.6 (2M), 13:53.6 (3M) and 30:11.6 (6M) somewhat drastically to 4:09.6, 8:42.2, 13:29.8 and 27:56.6—not to mention a 2:25:51 marathon.

Most improved athlete (female): Another great British prospect—high jumper Linda Knowles (16), who shot up from 5'0" / 1.52 to 5'8¾" / 1.73 for a bronze medal in Belgrade.

Most devastating debut: Zoltan Vamos in the steeplechase; 8:42.2 first time out, followed swiftly by the European silver medal in 8:37.6.

Most surprising athlete (male): Possibly Ron Clarke, the 1956 Olympic torch-bearer and former junior mile record holder, who after several years in the wilderness set an Australian hour record of 12M 22y (19,331m) and won the silver medal in the Perth 3M at the age of 25. A similar case in point was Bobby Seaman, another seemingly failed boy wonder, who finally broke 4 minutes at the age of 27.

Most surprising athlete (female): Ann Packer, who underwent a rags to riches transformation in Belgrade. Happily, the future Mrs. Robbie Brightwell has since maintained her new sprinting standard.

Most promising young athlete (male): Last year's choice, Bruce Kidd, still deserves the title. With marks ranging from 4:01.4 for the mile to 1:17:26.5 for 25km on the road (nearly 2 mins. ahead of Fred Norris) plus a gold and a bronze as souvenirs of Perth, Bruce (who turned 19 in July) should be a good runner when he's grown up.

Most promising young athlete (female): As Linda Knowles has already been nominated, the alternative is 15-year-old Abigail Hoffmann—a sort of female Kidd with a 55.6 quarter and 2:10.8 half to her credit.

Most durable veteran (male): Fred Norris (41), still chalking up highly creditable performances from 2 miles to the marathon over in America. Honourable mentions to Alain Mimoun and Marcel Vandewattyne, both continuing to represent their country after 15 years or so of international competition.

Most durable veteran (female): The eternal Dorothy Tyler (42), a 5'2"/1.57 high jump for 15th place on the U.K. rankings. Runner-up: Stella Walsh (50), still winning sprint races though no details of the times.

Luckiest athletes: Vilmos Varju and Galina Bystrova, European champions only because (1) Arthur Rowe had turned pro., and (2) Irina Press was injured.

Unluckiest athlete: Adrian Metcalfe, who started the season so promisingly and ended it so despairingly.

Most schizophrenic athlete: John McSorley. Could it have been the same man throwing 250/260ft. in June and July and finding difficulty hitting 200ft. later in the season when it counted?

Revelation of the year: Another Ethiopian wonder runner—Mamo Wolde, who emerged with a 28:55.6 10,000m (58.8 last lap) in Berlin in June.

Most transformed event: The pole vault, with 15ft./4.57 barely sufficing to sort the men from the boys. Among the many stories of astonishing overnight improvement (courtesy fibre glass pole) one that takes some beating is that con-

cerning young Martin Frank, who came to Fresno on March 17th boasting an outdoor best of 12'9 $\frac{3}{4}$ "/3.91 and left the same day as a 14'8"/4.47 performer!

Competition of the year: That never to be forgotten decathlon finale in Belgrade.

Most welcome innovation: The *Daily Herald* sponsored indoor meets at Wembley.

Misfire of the year: The U.S. "revolution", started in all good faith but now apparently the cause of the most serious crisis in American athletics history.

Saddest feature of the year: The number of prominent personalities who died, including athletes David Brown, Ove Jonsson and Jorma Valkama, and coaches Jesse Mortensen, Dean Cromwell and Dink Templeton.

Most encouraging feature: The crowd of 153,000 that turned up to watch the two days of the U.S.A. v. U.S.S.R. match, proving that good attendances are still possible for the right events.

What-happened-to-him dept: Grigoriy Taran, who briefly held the steeplechase world record in 1961. No mention of him this past year.

Most selfless remark: "The real reason for Hal's new world record is that for two whole weeks he did not have to put up with my cooking!"—Olga Connolly.

Quote of the year: "I wasn't in shape today"—Bob Hayes after tying 100y record of 9.2. Later in the season, Hayes recorded the fastest speed attributed to man: 26.22 m.p.h. (flying 100y in 7.8!).

Motto of the year: "After you Claude"—an obsessive courtesy practised by most of Britain's international two and four lappers, who apparently regard pace-setting as an uncouth custom worthy only of foreigners.



Pam Kilborn (Australia) was one of the outstanding performers at the recent Perth Games, winning both the 80 metres hurdles and the long jump. She is seen here taking her heat in 10.8 ahead of England's Pat Nutting. In the final she clocked an amazing 10.9 against a 7m/sec wind.

Photo courtesy Coca Cola

We Are Not Such Bad Travellers

May I express an opinion and say that I think Dick Bank's letter headed "Bad Travellers?" (December 15th issue) was a little off the mark and certainly not the reason for our performances at Perth. There is surely no proof that we are any worse as travellers than any other country, and we have been doing it a long time.

One can quote Ken Norris and Martin Hyman's performances at Sao Paulo in December, a complete change of climate; and Bruce Tulloh didn't do badly in New Zealand at the beginning of 1962—to name but three.

Secondly, there is a problem of acclimatisation for British athletes who have to go to places with extremes of heat to compete, and it takes something like twelve days to get one's body back to its pre-journey condition.

There is also a probable reason for our stomach upsets, emphasised by the press or not. Foreign food is much more spicy and garlic laced than ours, and it takes a little while for our stomachs to get used to this change of food and water. I think we, as a country, find this more so than any other due to the type of food we like at home.

I do not think the acclimatisation problem is quite as acute for athletes coming from hot climates to the United Kingdom, although I can think of American athletes who have not

LETTERS

performed as well as one would normally expect from reputation. This applies more to runners than field athletes, and it is only recently that the Americans have discovered you don't need an automobile to go more than one mile.

My own opinion as to the reason for our Perth performances, and Belgrade, Rome and many more, is that our athletes suffer from "competition exhaustion".

Such is our method of selection, and so many are the competitors involved (all trying to prove to the selectors that they are the boys for the job) that when it comes to the event itself many of our runners find it such an anti-climax they are no longer mentally or physically adjusted to the task. They start in April, or before, and on August Bank Holiday they are still flogging themselves to death and have not convinced anyone, not even themselves.

Those who do succeed are the supreme athletes who do not have to do all this proving—and here one must pay tribute to Brian Kilby. He left no doubt quite early on that

he was the man for the marathon and did not have to knock out a marathon every other week (shades of 1956 and 1960), but was quietly left alone to get on with the job of training for two big races. Jack Holden was another who proved that we have got athletes who can travel and run.

I am sure some of our one and three milers must have been thoroughly fed up with trying to catch the selectors' eye, with disastrous results for a country who broke the barrier.

This isn't a solution to the problem, but it is a fresh approach I think—if that's what Dick Bank wants. Perhaps it will give him food for thought. It is something I have been saying for a long time and the more I see of these Games' results the more convinced I am it is very near the reason for some of our performances. One must admit there have been times when we thought we were going to do a whole lot better.

George Scutts

THE MORGAN CONTROVERSY

Griffith Morgan's ghost, now 242 years old, must be indeed a gratified spirit if it ever learns how many scribes are invoking his name.

Fact or fiction—legendary either way. Since we live in a materialistic age, I am not surprised to find most of your commentators in the camp of St. Thomas. However, some of the "logic" pressed into service to discount Mr. Morgan would bring a smile to any lawyer's lips.

Since when—Mr. Gold—can Mr. A., making a sad gaffe about "x", be ground for inferring Mr. B. must have similarly boomed about matter "y"? Then Mr. Roberts tells us events not inscribed on tombstones are "pure hearsay". Presumably on the same logic he will tell us Abraham Lincoln was never President of the U.S.A., nor was he assassinated, since neither event is inscribed on that gentleman's tombstone either.

I am always ready to learn. I did not know it was left to masons to get the facts correct—I had imagined they were given a copy of the wording required and merely incised it. To confound confusion you tell us the Welsh "saith" is "seven" in English, but this is not surprising since it is indeed translated as SEVEN. Now if the word "saith" meant "several" you would indeed have had a point.

I do not know whether or not Mr. Morgan did or did not do the thing he is supposed to have done, but I do know such a performance is far from beyond human achievement, and I agree with Mr. Carter that one day it will be done again.

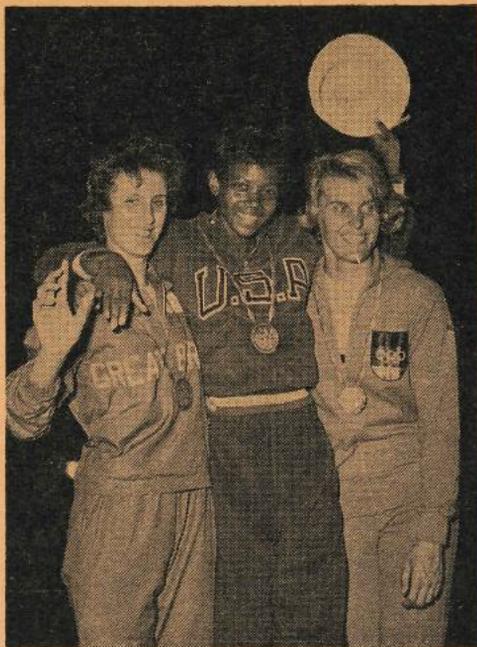
Continued on page 18

interview with

DOROTHY HYMAN

Just before Christmas, Melvyn Watman spent two hours talking with Britain's top girl athlete, Dorothy Hyman, at her home in the Yorkshire mining village of Cudworth. We present here some extracts from their taped conversation; a further selection will appear next week.

Dorothy (left) with Wilma Rudolph and Jutta Heine.



M.W.—When did you start racing?

D.H.—I started at 13; just the 100 yards at that time.

Why did you take up athletics?

My father started me off; he encouraged me to train. I didn't realise you had to train to run—I just ran each year in the school sports and that was as far as it went. It wasn't a sort of known thing around here for girls to train.

How did you get on as a junior?

The first year as a junior that I really did anything was 1956, when I won the All-England schools and W.A.A.A. junior 100. That was just over a year after taking up athletics. I think my best time was about 11.3.

Who coached you as a junior?

Teddy Fleetwood, who was second coach for the Barnsley football team. He coached me until 1958; then Denis Watts took over.

Did you, as a junior, think you would ever reach the top?

Not really, but my father had all the confidence. He was sure I would make it. He used to say in four years time I would be just right for the Olympic Games. I sort of laughed at him . . . but he was right!

Is there an athletics tradition in your family?

No. My brothers have done it at school, but they are not very keen. My youngest sister Susan, who's only six, may take it up when she's a bit older. We are hoping so.

At the age of 16 you gained your first inter-

national vest. How did that 100y race against France go?

I ran shockingly. I was very nervous; that's the only thing I can put it down to.

Are you still affected by nerves?

I am pretty nervous before a race, though up to now I've always been able to control it.

Was that false start in the Belgrade 100m final due to nerves?

Probably nerves because I knew to beat Heine I would have to get away very well. I was too eager.

How do you feel before less important races?

I think I'm even more nervous! You've got so much to lose if you don't do well at these lower class meetings.

You ran on the world record breaking relay team that won the 1958 Empire title. How highly do you value your record plaque?

Seeing that the record has stood for four years I'm quite pleased. I think I would rate a record plaque as highly as a championship medal.

When did you start racing over 220?

I ran a few in 1957, but did not take them seriously. My first serious season was 1958.

Which event do you prefer?

I think the 100.

You made steady progress in 1959, winning the W.A.A.A. double. Any comments on that season?

It was just an ordinary year—an in-between year. I suppose everybody tends to take it

easy in the in-between years and build up for the Games.

Did you expect to do as well as you did in the Olympics?

Well, I don't know. It's hard to say. I went out determined to do my best, and fortunately for me my best was worth a silver medal. I think it's an advantage to go with a low ranking, as I did. You've something to fight at and if you lose it doesn't matter anyway. You haven't as many nerves if you're the under-dog and you get more determination to show people that you can do it.

A feature of your career is that the bigger the race the better you run. Can you explain this?

I can't say what makes me do this, but I usually run better in competition, any competition, than in training. I've always done this; it's one of my peculiarities.

Whom are you really running for when you compete in a big race?

I think you run for yourself, and especially the people who have confidence in you—the people back home and your coach—rather than your country.

You attended ballet classes after the Olympics. What effect did this have?

I got my pulled thigh muscle in the spring of 1961 after taking ballet exercises. Whether these exercises contributed to my injury I wouldn't like to say, but it seems strange that I did them for the first time and I got this pulled muscle—my first injury. I didn't really pull it, like if you run and trip. It came on as a slight strain and gradually got worse. I haven't done any more ballet exercises since!

This injury caused you to miss practically the whole 1961 season. Were you very disappointed?

I was at first. But then I thought to myself it could have been worse; I could have got it in 1960 or 1962 and missed the big Games. But I did miss the athletics very much.

How long were you out of action?

I had a five-week lay off. Then in August 1961 I started training very easily—just messing about on the track and enjoying myself. Later I went into winter training, using weights and different things.

I believe swimming helped in your comeback . . .

Yes, I went to a specialist in Liverpool and he suggested swimming. At first I looked at him and thought this was strange—usually they say no swimming for athletes. But I went and enjoyed the change, and it did me good.

Do you think the enforced rest was a blessing in disguise?

Yes, it gave me a fresher mental attitude to the next year.

How often do you see Denis Watts?

Dorothy's Career

DOROTHY HYMAN was born at Cudworth, Yorks., on May 9th, 1941. She is 5'6 $\frac{3}{4}$ "/1.70 tall and weighs 126lb/56kg when racing fit. She works as a tracer at Woolley Colliery, Darton, and is a member of Hickleton Main Sports Club.

Dorothy's collection of four gold, four silver and two bronze medals won at Olympic, European and Empire Games is the best of any British athlete in history—a remarkable achievement by a 21-year-old girl. Eileen Hiscock (3 gold, 2 silver, 1 bronze) and Dorothy Tyler (2 gold, 4 silver) rank next, while the most successful male competitor is Lord Burghley (4 gold, 1 silver).

Her placings in the major championships have been: 1958 Empire—4th 100y s-f, 1st 4x110y; 1958 European—5th 100m s-f, 2nd 4x100m; 1960 Olympics—2nd 100m, 3rd 200m, disq. final 4x100m; 1962 European—1st 100m, 2nd 200m, 3rd 4x100m; 1962 Empire—1st 100y, 1st 220y, 2nd 4x110y.

Dorothy won the W.A.A.A. double in 1959, 1960 and 1962 after taking the junior 100y in 1956 and the intermediate 100y in 1957.

Her international match record reads: 3rd 100y v. France, 1957; 5th 100y v. Commonwealth, 1958; 2nd 100m v. France, 1958; 2nd 100y/1st 220y v. W. Germany, 1959; 1st 100y/220 v. Poland, 1959; 2nd 100m/3rd 200m v. U.S.S.R., 1959; 2nd 100m/1st 200m v. Italy, 1960; 1st 100m/200m v. France, 1960; 2nd 100m/1st 200m v. E. Germany, 1960; 1st 100m/200m v. Poland, 1962; 1st 100y/220y v. Netherlands, 1962. She has thus won 11 of 19 races, and placed 2nd in 5 others.

Her only rivals for the title of world's top girl sprinter are Wilma Rudolph and Jutta Heine. Counting finals only, she has lost 3 out of 3 to Wilma, and won 3 out of 5 against Jutta.

Her best times are: 100y—10.6 (European & U.K. record), 100m—11.5 (U.K. record) and 11.3w, 200m—23.4 (European & U.K. record), 220y—23.8 (U.K. record). She also shares in the world 4x110y record of 45.3 and U.K. records in the other sprint relays. Her 11.3 (2.3m/sec. wind) 100m in Belgrade is probably worth a legal 11.4, while her 23.8 (3m/sec. head wind) 220y in Perth must correspond to 23.5 or better in windless conditions.

Continued overleaf

INTERVIEW *Continued*

About once a month in winter. He lives in Liverpool and so has to cross the Pennines, which is always very bad travelling in winter. He posts me my training schedules.

Where do you train?

I train at Hickleton Main cinder track about 7 miles away. I train there four nights a week in the summer. I leave home about 6.30 p.m., arrive there around 6.50, finish training between 8 and 8.30 and it's 9 by the time I get back home. In the winter I train six times a week. It's two nights in the gym, doing circuit training, probably two or three nights on weight training and a couple of days at the weekend on the track when the weather is good enough—which is not very often. Usually the track is either waterlogged or snow blocked.

Have you ever had an accident while training?

Yes, that's a few years since when I used to go training on a floodlit ground where the Barnsley footballers did their training. One evening someone switched the lights out and I said it's all right, I'd do my last sprint in the dark. I went headlong into a five-a-side post and split my head open, and that's the last time I trained in the dark!

How long have you been weight training?

Ever since I came under Denis Watts. I don't do a lot but I feel it's of benefit. 80-90 pounds is the most I lift.

Are you training harder each year?

I think so. At least it seems to get harder, though maybe it's because I'm getting old!

Do you ever get bored training?

Yes, of course. Winter training's the worst—I detest it. When the summer comes you enjoy the training, because you're not so cold and you can take your tracksuit off.

To relieve the monotony, do you ever hurdle or long jump in training?

No. Probably if Denis was closer and was there every night to instruct me I might have a go. But at school I once hurt my back straining to lift myself forward in the long jump, so I've been a bit frightened since.

Do you train in all weathers?

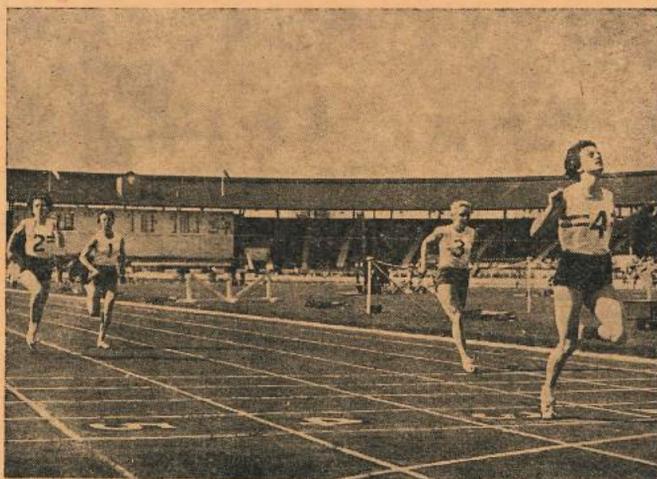
Denis's instructions are to train in any weather but fog.

Who times you in training?

My father always used to do this, but since I lost my father last May Mr. Fleetwood, still a good friend of mine, has started timing me. The club coach, Mr. Glover, who's always there for the others, sets us up and he's very good that way.

How far would you have got without Denis Watts' coaching?

It's hard to say. I got as far as the 1958 Empire Games. But in the first place you've got to know what work to do, and I think Denis has helped there a lot. His method of training was a lot different from what I had before; whereas I would do a bit of everything in one evening, now Denis sets me a schedule and I do 40's one night, 60's the next, 150's another. Before I would probably run a 150, a couple of run-throughs of the 100 and practise starts all in one evening. This worked pretty well, but I think Denis' ideas are better.



TYPICAL SIGHT!

Dorothy spreadeagles the field in the G.B. v. Poland 200m last summer to win in 23.5. Five yards behind is Barbara Sobotta, the 1958 European champion.

Ed Lacey

Australian Results

December 6th, Sydney. 100y: Cleary 9.5, Lay 9.6; 220y: Cleary 21.4; 440y: Kerr (Jam) 46.8; 880y: Bertoia (Can) 1:52.9; 2M: Halberg (NZ) 8:37.6; 3,000mST: O'Keefe (NZ) 8:50.0; 120yH: Prince 14.2; 440yH: Knoke 52.6; LJ: Clayton (Jam) 23'5"/7.14.

December 8th, Perth. 100y (headwind): D. Jones (GB) 10.1; PV: Bickle 14'6"/4.42 (14'10"/4.52X), Stevenson (GB) 12'6"/3.81; LJ: Tomlinson 25'2½"/7.68w, Baguley 23'5"/7.14; SP: Lucking (GB) 55'0"/16.76, Lindsay (GB) 54'11½"/16.75 . . . 4, Sheldrick (GB) 45'6"/13.87; Women's 100y (headwind): Burvill 11.0.

December 8th, Melbourne. 440yH: Roche 52.0; HJ: Peckham 6'6"/1.98 . . . Sneazwell and Morrish 6'0"/1.83; TJ: Drew 50'1"/15.27w; SP: Miskov 52'2½"/15.91, Selvey 49'10"/15.19; DT: Selvey 161'9½"/49.31. Women's 100y (headwind): Beasley and Kilborn 11.0, Amooore 11.2; 220y (headwind): Beasley 25.1, Amooore 25.4; 440y: Dow 57.9; 80mH (headwind): Kilborn 11.0, O'Dea 11.4; SP: Roberts (18) 48'11½"/14.92.

December 8th, Adelaide. PV: Pfitzner 14'4"/4.37; LJ: Boase 24'3"/7.39; Women's JT: Pazera 150'6"/45.87.

December 8th, Brisbane. 100y: Bigby 9.6.

December 8th, Sydney. Women's LJ: Frith 18'11"/5.77; DT: Breen 148'5½"/45.25.

December 15th, Adelaide. PV: Pfitzner 14'4"/4.37; TJ: Boase 50'6"/15.39; DT: Kemp 158'0"/48.16.

December 15th, Sydney. Women's 220y: Stapleton 24.8; HJ: Frith 5'6"/1.68.

December 15th, Brisbane. HT: Brown 187'5"/57.12.

December 15th, Perth. Two more British athletes are staying on in Perth for a while: Dorothy Shirley and John Wenk. HJ: Porter 6'8"/2.03, Tomlinson 6'6"/1.98 (just missed 6'8"/2.03!); TJ: Tomlinson 52'6"/16.00w (and 52'0"/15.85), Rutherford 50'6½"/15.40w, Baguley 49'9"/15.16w, May (18) 49'7½"/15.13w; DT: Vlahov 167'5½"/51.04, Lindsay (GB) 167'3½"/50.99, Sheldrick (GB) 161'10"/49.33; Women's 220y (headwind): Burvill 25.0, Bennett (3½y back).

December 15th, Melbourne. 220y: Holdsworth 21.1; 880y: Smith 1:53.9, Baillie (NZ) 1:55.0; HJ: Sneazwell 6'6"/1.98; SP: Miskov 53'9"/16.38, Selvey 50'10½"/15.51; Women's 100y (windy): Beasley 10.5, Jenkins & Kilborn 10.8; 220y: Amooore 24.3, Kilborn 24.5; 220y (B): Beasley 24.5; 80mH (windy): Kilborn 10.6, Stagg 11.2.

December 15th, Hobart. 100y: Cleary 9.6; 220y: Cleary 21.4 . . . Metcalfe (GB); 440y: Roche 48.5; 1M: Vincent 4:07.3; HJ: Morrish 6'6"/1.98; PV: Filshie 13'3"/4.04.

New Vault Record

DON MEYERS, a 22-year-old University of Colorado student, caused a shock at Chicago on December 21st by breaking John Uelses' world indoor pole vault record. Meyers, who jumped 15'3"/4.65 outdoors last year for 19th (!) place on the U.S. list, cleared 16'1¼"/4.91 on his first attempt to erase Uelses' 16'0¼"/4.90 mark of last winter.

Though Meyers vaulted 14'7½"/4.46 back in 1960, he was until last year known better as a long jumper. He won the National Collegiate title in 1961, and his best that year was 25'3"/7.70. When he found that was insufficient to win him a place in the national team, he switched his allegiance to the pole vault. He uses, of course, a glass pole.

If anything, an even more astonishing performance was recorded at Culver City, California, last month. In winning the annual Western Hemisphere marathon, Irish-born (but now a U.S. citizen) Pete McArdle scored a half-mile victory in 2:17:11.4—which, if the course is the full-distance one it is claimed to be, constitutes a new American record. The previous best was Buddy Edelen's recent 2:18:56.8 in Japan. Double Olympian Gordon McKenzie was 2nd in 2:19:58.2, while Ned Sargent placed 3rd in 2:23:52.8. Pete Mundle, who ran over here for the Poly some years ago, was 6th in 2:24:44; former Scots mile record holder Alex Breckenridge was 11th in 2:29:16 and one-time U.S. record holder John Kelley was 15th in 2:33:47.

VITAL STATISTICS

Due to be published in March, 1963, is a women's athletics handbook, compiled by Bernie Cecins, Jan Popper and Vladimir Otkalenko, and published by Luigi Mengoni. A statistician's dream, it will contain the 60 best performances and 120 best performers of all time in all events and will include results of the women's events at Olympic and World Games, and European Championships. The text will be in English, with French, German and Italian translations.

The price on publication is 12s., post free, but the booklet is obtainable for 11s., post free, for readers who order with payment in advance of publication. Remit to Book Dept., *Athletics Weekly*, The Brook, Chatham, Kent.

December 22nd, Perth. PV: Bickle 14'0"/4.27 (14'6"/4.42 on 4th try); LJ: Tomlinson 24'4½"/7.44; Women's 100y (3.8m/sec. wind): Burvill 10.5, Bennett 10.9, Willis 10.9; 440y: Willis 56.0.

**BERNIE CECINS
& JOE GALLI**

Howard Payne Hammers Record

THE big talking point in South African circles lately has been the huge hammer throw of Howard Payne at Benoni, on December 8th, only four hours after getting off the plane from Australia. England's Empire champion, who was visiting his parents in Benoni, reached 207'4 $\frac{1}{2}$ "/63.21 to beat Charlie Koen's all-comers' record by 4'10 $\frac{3}{4}$ "/1.49. Payne had two other throws over 200ft. and the record came on his 3rd.

The cancellation of the English team's visit was a great disappointment. Athletes here get so little opportunity to represent their country, and so many tours have fallen through, that it is a wonder the athletes do not give up altogether!

"Judge" Jeffreys, South Africa's world class sprinter, is reportedly retiring immediately for personal reasons. Quarter-miler Brian Davis, who ran so well in last summer's A.A.A. Championships, has left to study in the U.S.A.

November 24th, Krugersdorp. 100y/220y: Jeffreys 9.7/21.3; 440y: Day 47.6; 880y: Leppan 1:53.8, Clarke 1:53.9; 440yH: MacDonald 52.7; PV: Roos (glass) 13'7 $\frac{1}{2}$ "/4.15; Women's 100y/220y: Strecker 11.2/25.5.

November 24th, Port Elizabeth. 100y/220y: Malan 9.9w/22.0w; 220y (junior): Le Roux 21.6w; 1M: Torr 4:15.1; HT: Koen 178'1"/54.28; JT: Adelaïne 227'6"/69.34.

December 1st, Benoni. Burrie Malherbe high jumped 6'8 $\frac{3}{4}$ "/2.04 but a slope will prevent recognition as a national record. 100y: Jeffreys 9.7; 220y: Day 21.8; 220yH: Jeffreys 23.8, MacDonald 23.9; PV: du Plessis & Roos 13'9 $\frac{3}{4}$ "/4.21; SP: Botha 59'6 $\frac{1}{4}$ "/18.14; DT: Malan 180'11 $\frac{1}{2}$ "/55.15.

December 8th, Benoni. 220y: Day 21.4; TJ: van Loggerenberg 48'0 $\frac{3}{4}$ "/14.64, Potgieter 46'10"/14.27; SP: Botha 58'1 $\frac{3}{4}$ "/17.72; HT: Payne (GB) 207'4 $\frac{1}{2}$ "/63.21; Women's 100y/220y: Barkhuizen 11.2/25.1; DT: Laetitia Malan (14) 136'4"/41.55.

December 12th, Port Elizabeth. Women's 880y: Style 2:24.4 (rec).

December 12th, Krugersdorp. 400m: Day 46.6; 800m: Meintjies 1:52.7; HT: Payne (GB) 202'1 $\frac{1}{2}$ "/61.61; Women's 880y: McKenzie (37) 2:23.8 (rec).

December 15th, Krugersdorp. 100y/220y: Brummer (16) 10.0/22.0; 220y/440y: Day 21.4/47.6; LJ: Martin (17) 24'3 $\frac{1}{4}$ "/7.40.

December 15th, Durban. Women's pen: Kohne 3,911.

Doug Coghlan

ATHLETES' POLL

WHO was Britain's most successful male athlete in 1962? Was it Brian Kilby—Robbie Brightwell—Bruce Tulloh—Ken Matthews—someone else? What about Britain's leading girl athlete? And, on a world plane, which man and woman rated above all others?

We would like to know your choices, so why not write on a postcard your nominations for: (1) top British male; (2) top British female; (3) top world male; (4) top world female; and mail to *Athletics Weekly*, The Brook, Chatham, Kent, to arrive by Monday, January 14th.

The outcome of this important poll, which is unique in so far as you, the athletics public, will be selecting the past year's leading athletes, will be published in the January 19th issue.

For the record, the results of last year's inaugural poll were:—

Top British male: 1, Adrian Metcalfe (61%); 2, Arthur Rowe (35%); 3, David Jones (4%).

Top British female: 1, Joy Jordan (26%); 2, Jenny Smart (22%); 3, Susan Platt (17%).

Top world male: 1, Valeriy Brumel (52%); 2, Jay Silvester (17%); 3, Ralph Boston (13%).

Top world female: 1, Tamara Press (30%); 2, Iolanda Balas (28%); 3, Irina Press (24%).

LETTERS continued

Mr. Howlett asks: "can abnormal feats be produced without abnormal physique?" The answer is "yes" because the mind can, under the stress of acute concentration, drive a body to acts which we would consider quite impossible normally. I know about Sara Charlett's tomb at Cleve Prior which reads "309" instead of "30 & 9" but in this case (Morgan) the figures were spelt, so could not have been mischiselled. And, since we are all statisticians together, let's accept the mile horse record at 92 sec. by the British "Mopsus" on 22.6.39 at Brighton, since this is the recognised British record.

I am grateful to Mr. Lovesey for giving publicity to Croydon butchers and Mayfair gentlemen. Coupled with some of the fantastic 24-hour forced regimental marches of Caesar's legions and Cromwell's soldiers it all makes me wonder whether we aren't a physically degenerate lot compared to our forefathers. Maybe the Africans and Chinese will help prove the point when those more primitive (i.e. closer to natural living) communities take up sport in a big way.

Peter Pozzoli

AUSTRALIA

PRO. COACHING

MELBOURNE sprinter Glenys Beasley (18) was a big disappointment at the Perth Games. Last January she won the Australian 100y and 220y titles in 10.5 (non-windy) and 23.7w, but failed to reproduce such form later. Now, however, I believe Glenys will "kick on".

Glenys has left her coach Jack Owen—an ex-pro sprinter and trainer of pro's, who suffers from all the typical professional's outmoded ideas on starting technique and training methods. Glenys saw the light during her stay in Perth, where she was able to watch the English girls, particularly. "I learned a lot, and decided that I would go my own way", she told me.

A week after leaving Owen—in that week she changed her stance on the blocks—Glenys ran 100y in 10.5 (the wind may have been too strong) and 220y in 24.5 in Melbourne.

Watching the 100y, I realised that Glenys was a changed sprinter. For one thing, she got away so much more smoothly, and in fact everything about her appeared different (I was unaware then that she had left Owen).

I found later that Glenys had changed, in a week, from a girl to a woman—far more confident and assured than before. I was pleased, and told her so. She felt a wonderful freedom—a release—and it was reflected in her running. Now I am confident that Glenys will go on to realise her great potential.

I hope that her break with Owen will lead other girls in Melbourne to get away from those ex-pro runner "coaches", too many of whom have influenced girls and their parents. It is noticeable that these types do not get anywhere with the men.

Here is a good example of "pro" coaching. They still believe that hard training results in a runner leaving his best on the training track. When, last summer, the top pro miler attacked the 4 min. mile in Melbourne, I could see in the first lap that he had no hope, because he simply lacked strength.

I pointed this out to a couple of noted pro trainers, adding that Landy, Elliott and others succeeded because they were conditioned for the task. The reply, in effect, was: "Rubbish. They ran the times they did because they were gifted".

Now this is typical of the entire pro outlook. It is amusing, even; but also shocking to think that these "no-hopers" are controlling the athletics destinies of so many girls in Melbourne. I don't think they have any effect in other States' cities.

CHINGFORD LEAGUE BEAT CHILTERN LEAGUE 66—178

At Enfield, December 15th

THE Inter-League match between the Chingford & Dist. League and the Chiltern League at Enfield on December 15th was a rather one-sided affair, the Chiltern League having a depleted team and never seriously troubling the leading Chingford men.

1, eq. F. Seal, R. Gomez, N. Fisher, P. Mellor (all Chingford) 28.42; 5, P. Yates (Chil) 28.55; 6, G. McIntyre (Ching) 29.05; 7, A. Glenister (Ching) 29.26; 8, D. Day (Ching) 29.34; 9, M. Frankel (Ching) 29.44; 10, T. O'Keefe (Chil) 29.53; 11, D. Slatter (Chil) 29.55; 12, J. Baldwin (Ching) 29.59.

1, Chingford Lge. (1.2.3.4.6.7.8.9.12.14) 66 pts; 2, Chiltern Lge. (5.10.11.13.20.21.22.24.25.27) 178.

C.W.S. ROAD RACE Contd.

4, Ilford 49; 5, Colchester 51; 6, Walthamstow 52; 7, Wood. Gn. 'B' 67; 8, Hornchurch 94; 9, Walton 115; 10, V.P.H. 131; 11, Wood. Gn. 'C' 136; 12, Chelmsford 136; 13, Grafton 138; 14, Barnet 160; 15, Belgrave 160; 16, Redhill 162; 17, Hornsey 179; 18, Romford 194; 19, Enfield 195; 20, Thurrock 205; 21, C.W.S. 229; 22, Met. Police 264; 23, Ilford 'B' 273; 24, Barnet 'B' 314; 25, Deptford Pk. 331.

Veterans

1, J. Flowers (VPH) 21.50
2, E. Flowers (VPH) 21.55
3, E. Carruthers (Romford Vets) 24.23

Business House Runners

1, L. Bruce (CWS) 20.26
2, P. E. Servante (CWS) 21.24
3, R. Ball (CWS) 21.44

Youths

1, P. Kortenaar (Wimbledon) 12.52
2, P. Brenchley (Kent AC) 13.02
3, R. Young (Hornchurch) 13.06
4, M. Absolem (Eton Manor) 13.12; 5, Bicourt (Belgrave) 13.27; 6, P. Hatts (Walthamstow) 13.38; 7, C. Joslin (Chelmsford) 13.40; 8, L. Rayment (E. Manor) 13.41; 9, Elwell (Horn) 13.42; 10, P. Diss (Horn) 13.47; 11, P. Chapman (Walt) 13.49; 12, J. Davis (Chelms) 13.52; 13, Day (Horn) 14.00; 14, P. Dickson (Romford) 14.05; 15, D. Thomas (VPH) 14.05; 16, R. Maggio (CWS) 14.11; 17, N. Kemp (Chelms) 14.14; 18, R. Dann (VPH) 14.19; 19, Harrison (Horn) 14.21; 20, D. Brooks (Ilford) 14.23.

Teams:

1, Chelmsford 12
2, Eton Manor 16
3, Romford 23
4, Thurrock 27.

Pts.

Joe Galli

SNOWDEN WINS IN LYON

GEORGE SMITH (Eastern Counties Hon. Secretary) gives his impressions of his first visit abroad as Team Manager when an E.C.C.U. team went to Lyon on December 23rd:—

Four races were held on the Lyon Racecourse and over 600 runners took part. Conditions were the worst I have ever experienced, with rock hard course, 20 degrees of frost, and a wind of 20-30 m.p.h.

It is interesting to note that the men and women changed in the same rooms, there was not a drop of hot or cold water for washing, and though some competitors had travelled hundreds of miles no arrangements had been made for meals. No starting pens were provided and with only one official in charge of the start everyone was creeping forward, shouting and pointing to other competitors who were creeping forward, and at the same time doing it themselves. In the senior race the field had moved forward some 30 yards before they made a dash for it. The start should have been by starting gun but this was never fired and no official start was given—the field just went. There was only one finishing funnel.

There were 239 runners in the senior event over 4 laps of the racecourse (7km) and only 119 finished, which shows just how bad the

conditions were. Right from the start the English runners, Johnston, Snowden and Walker, were at the front and after some 300 yards Johnston took the lead, closely followed by the other two. At the end of the first lap Johnston had a lead of 5 yards which he had increased to 25 yards by half way. Snowden was in a bunch of six runners with Walker another 10 yards further back.

By the end of lap 3 the bunch of runners including Snowden had caught Johnston and from then it appeared anyone's race. With 400 yards to go Lacour sprinted to the front, followed closely by Johnston and Snowden. Entering the straight with 250 yards to go Snowden passed Johnston and less than 100 yards to the tape Snowden made his effort and passed Lacour, who finished the last few yards walking, with Johnston an easy third. Walker, though never his real self, ran quite well to finish 13th in conditions which our runners had not previously experienced. Both Snowden and Johnston were violently sick after the race and Walker had to be wrapped in towels to bring him round, which took some 30 mins. before he could make any effort to dress himself. The race took 2 mins. longer than last year, when Snowden was 6th. Leading positions: 1, J. P. Snowden (Eng) 23.44; 2, Lacour 23.50; 3, T. K. Johnston (Eng) 23.55; 4, Langlois 23.59; 5, Fayoolle 24.11; 6, Geneve. A. E. Walker (Eng) was 13th.



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Juan Taylor and Basil Heatley, who finished 4th and 5th, seen during the Hog's Back Road Race in which they helped Godiva to win the team race.



Ed Lacey

OXFORDSHIRE C.C. CHAMPIONSHIPS
At Shotover, December 22nd

- Senior**
- 1, B. O'Sullivan (Oxford City) 39.09
 - 2, C. Wade (Ranelagh) 41.29
 - 3, P. Banner (Thames H & H) 42.08
 - 4, R. Martin (Ox. C) 43.45; 5, J. Pritchard (Thames) 45.06; 6, J. Summersell (Ox. C) 45.42; 7, M. Dunnill (Ox. C) 48.34.

- Juniors**
- 1, N. Barton (Magdalen Coll) 40.25
 - 2, E. Escritt (Oxford Univ) 43.20
 - 3, P. Brain (Old Bradfieldians) 45.25
 - 4, A. Grant (Coventry Godiva) 49.25; 5, P. White (Ox. C) 51.08.

- Youths**
- 1, G. Goodman (Oxford City) 17.12
 - 2, J. Wheeler (St. Edward's Sch) 18.08
 - 3, D. Northover (Magdalen Coll) ... 18.11
 - 4, N. Goodall (Unatt) 18.35; 5, J. Gibb (St. E) 18.42; 6, M. Wellard (Cheney Boys' S) 18.44; 7, R. Wells (Mag. C) 19.18; 8, eq. D. Lord (St. E), R. Shentall (Bicester GS) 19.31.

UXBRIDGE 3M ROAD RACE
December 25th

- 1, W. Card (Thames Valley) 16.08
- 2, R. Franklin (Tipton) 16.25
- 3, B. Bacon (Reading) 16.57
- 4, G. Archer (Ruislip & N) 17.01; 5, R. Garner (Southall) 17.09; 6, B. Middleton (TVH) 17.18; 7, C. Wroth (Southall) 17.25; 8, C. Beckwith (Hayes & H) 17.30; 9, J. Godfrey (TVH) 17.34; 10, R. Cressy (Ruis) 17.40; 11, D. Jittlewood (TVH) 17.43; 12, R. Claridge (TVH) 17.57; 13, J. Rose (S'all) 18.15; 14, J. Wrighton (Ruis) 18.22; 15, J. How (Finchley) 18.47; 16, W. Coleman (Uxbridge) 18.58; 17, R. Yulden (Chalfonts) 19.41; 18, M. Pearson (Ruis) 19.58;

- 19, G. Storey (Ealing) 20.20; 20, J. Gurney (Bracknell) 20.40.

Juniors

- 1, L. Lamour (Ruislip & N) 16.44
- 2, D. Tipper (Ponders End) 17.02
- 3, C. Taylor (Chalfonts) 17.05
- 4, L. Whitehead (Hayes) 17.07; 5, D. Sparks (Hayes) 17.08; 6, A. Sceeney (Hayes) 17.09; 7, J. Butterworth (Ruis) 17.22; 8, S. Buchanan (Hayes) 17.23; 9, D. Barton (TVH) 18.10; 10, B. Stickley (Uxbridge) 18.11; 11, P. Watts (Ruis) 18.16; 12, S. Hodgson (Ruis) 18.17; 13, H. Smith (Reading) 18.18; 14, J. McNamee (Hayes) 18.25; 15, M. Falcus (Bracknell) 18.33; 16, T. Dixon (Hayes) 18.42; 17, R. Greenwood (Chal) 18.45; 18, D. Hazlewood (Hayes) 19.02; 19, E. Oldham (Ruis) 19.10; 20, E. Thirkell (Ruis) 19.14.

ESSEX 34 pts. BEAT EASTERN
COUNTIES 64 pts. & ARMY 94 pts.

Over a good cross-country course with, however, too much barbed wire, at Colchester on December 15th, Essex scored an easy victory over teams representing the Eastern Counties and the Army. Major (Essex), Gibson (Army) and T. Smith (E. Cties) were together most of the way and it was only in the last few hundred yards that Major pulled away to win. The first six were: 1, E. Major (E) 35.19; 2, L/Cpl. D. Gibson (A); 3, T. Smith (EC); 4, R. Garrett (E); 5, M. Browne (E); 6, N. Clarke (EC).

Romford A.C. elected the following: Chairman, S. R. G. Chapman; Secretary, H. E. Morris, 52 Bush Elms Road, Hornchurch (48102); Treasurer, A. W. Swarby, 61 Dee Way, Rise Park, Romford.

Welsh Notes

NEATH VALLEY SCHOOLS C.C. LEAGUE

WITH cross-country running rapidly gaining ground in Glamorgan Schools, the Neath Schools intend to play its part.

On Wednesday, December 19th, the first race of the league took place at Cadoxton when young Douglas Jones of Llancatwg S.M. School had a great race with Russell Bradley of Ynysfach S.M. School. Resolven Jones led all the way over a course up to the 400 ft. level and Bradley who had had a terrific struggle over the 1½ miles course with G. Daymond of Llangatwg and A. Adams of Neath Grammar pulled away to chase the leader home.

1, D. Jones (Llangatwg) 11.05; 2, R. Bradley (Ynysfach) 11.15; 3, G. Daymond (Llangatwg) 11.18; 4, A. Adams (Neath) 11.18; 5, S. Lewis (Neath) 11.20; 6, C. Rees (Llan) 11.23; 7, R. Brinkworth (Llan) 11.30; 8, E. Williams (Neath) 11.35; 9, D. Davies (Neath) 11.37; 10, G. Thomas (Llan) 11.40; 11, M. Penny (Neath); 12, G. Nicholas (Llan). **Teams:** 1, Llangatwg S.M. (1.3.6.7.10.12) 39 pts; 2 Neath (4.5.8.9.11.16) 53, 3, Ynysfach S.M. Resolven (2.15.17.18.22.23) 97.

South Wales C.C. & Athletics League

The first A.G.M. of S. Wales C.C. & A. League was held at Neath on December 10th when the officers, A. E. Williams, M.M., Chairman, John Griffiths, Treasurer, and Roy Price, Hon. Secretary, were re-elected.

The latter, in his annual report, said that in spite of some minor disappointments the year had been a successful one, both at cross-country and on track and road.

Nine clubs had taken part in the three track meetings, six cross-country races and three road relays, and the League had met and defeated a Welsh Universities team. Swansea University had proved to be the first year's cross-country champions and winners of the league trophy, the "OUR BOYS" Shield. After a favourable financial report the delegates got down to working out a League Constitution. Arrangements are under way to have a cross-country match with a Northern cross-country league.

The A.G.M. of the Welsh A.A.A. and the Annual Dinner is to be held at Newport Mon. on Saturday, January 26th. Owing to the intention of the Secretary, Mr. J. D. B. William, M.B.E., not to seek re-election, there will be some changes in the upper offices of the Association.

Owing to the weather conditions, the Friendship Cup race, promoted by Grafton (E. London) A.C., was postponed until February 9th. Any clubs wishing to take part should contact L. G. Mitchell, 26 Lambourne Gardens, Chingford, London, E.4.

BELGRAVE H. CHRISTMAS DAY 30 MINUTES PAARLAUF

1, M. Gowan/J. Derham (Herne Hill) 6m 1.094y (beats record of Pirie/Paice, 1960); 2, M. Burton/D. Harvey (Mitcham) 6m 953y; 3, R. Lovegrove/M. Kortenray (Wimbledon) 6m 947y; 4, B. W. Nott (Ranelagh)/W. Kerr (Belgrave) 6m 881y; 5, A. Rogers/B. Kersley (Mitcham) 6m 858y; 6, P. Duggan/J. Halliday (Hercules) 6m 799y.

KENDAL A.A.C. RELAYS December 15th

Strong winds, heavy rain and cold failed to stop Sale from giving their annual display of class in the Kendal Relays for Boys and Youths. In the Boys' Race they had the first two places, with a real battle for third position between the local schools, Kendal G.S. and Longlands. With 7 of the 8 members of these two teams being Kendal A.A.A. members, the promoting club did not enter a team.

In the Youth race, however, the home club fought hard for their second place and D. Frankland put up second fastest time of the day when running the last lap.

Youths

1, Sale (S. Grace) 10.15, C. Robertshaw 10.27, D. Farmer 11.03, P. Kelly 10.31) 42.16.

2, Kendal A.A.C. 44.06; 3, Lancaster R.G.S. 44.56; 4, Carlisle G.S. **Fastest Laps:** S. Grace (Sale) 10.15; D. Frankland (Kendal) 10.23; Robertshaw (Sale) 10.27; P. Kelly (Sale) 10.31; R. Harrop (Ken) 10.39; D. Patinson (Lancs) 10.48.

Boys

1, Sale (G. Proctor) 10.43, C. Leggatt 10.21, T. Fairley 10.01, P. Glazier 10.20) 41.25.

2, Sale 'B' 43.24; 3, Kendal G.S. 44.01; 4, Longlands Sch. 44.42; 5, Sale 'C' 45.53. **Fastest Laps:** Fairley (Sale) 10.01; Glazier (Sale) 10.20; Leggatt (Sale) 20.21; McGregor (Ken) 20.42; S. Edmunds (Sale) 10.43; Kirkbride (Ken) 10.43.

BLACKHEATH HARRIERS' TWO-MAN, TEN MILE RELAY At Ladywell Park, December 16th

1, D. Slatter/P. Yates (Wycombe) 44:37.2;
2, P. Catley/B. Heaver (Blackheath) 44:53.6;
3, G. Batty/V. Smith (Rochester) 45:32.6.

Found—after the C.W.S. Race at Chigwell on December 22nd: a complete kit in a bag marked "A.D.", and two pairs of road running shoes. These can be claimed from E. Crawley, C.W.S. Claims Dept. (Phone Royal 7221, ext. 418).

Lost—a blue holdall was taken by mistake from the dressing-room after the Uxbridge A.C. Christmas Morning Road Race. The postage will be refunded if the finder will please return to C. Taylor (Chalfonts A.C.), "Ashton", Goldhill, Chalfont St. Peter, Bucks.

RACE WALKING

by L. W. Woodcock

SURREY WALKING CLUB received a very satisfactory entry for their annual Open Junior, Youth and Boys' Walks at South Croydon on December 8th. The combined Junior/Youths' Event (3½ miles) saw 64 individuals and 11 teams facing the starter and the boys (2 miles) numbered 21. Peter Selby (Surrey W.C.) won the junior section by nearly a minute, but not before a tough struggle with Shaun Lightman (Metropolitan W.C.) over the first half of the course. Michael Higgins (Metropolitan W.C.) held third place throughout. These three juniors (with John Paddick [Royal Sutton Coldfield]) are, without doubt, the best in the country this year and their future progress will be watched with great interest. The promoting club completed a double when Richard Fullager took the Youths' Section from Ian Taylor (Essex Beagles) and W. Holloway (Metropolitan W.C.). Metropolitan W.C. took the team event and thus became the first holders of the "Sparta Cup" and Surrey W.C. were second and Cambridge Harriers, third.

The boys' event was won by C. G. Turner (Metropolitan W.C.) from R. McClennan (St. Joseph's Academy) 2nd and J. Smith (Essex Beagles) 3rd. It was only during the last of the three road circuits that Turner got away from a less experienced opponent. Essex Beagles took the team honours but everyone was delighted to see St. Joseph's Academy placed second in their first ever open.

Junior International: A Junior International 10,000 Metres Track Walk will be held at Lund, Sweden, on 8th June and it is expected that two juniors from each of Finland, East Germany, West Germany, Norway, Poland, Sweden and Denmark will take part. It is the wish of the R.W.A. to see that our juniors get the opportunity of taking part in this event and two members of the R.W.A. General Committee have volunteered to raise the necessary money. We have four or five brilliant juniors who will no doubt, be fighting it out for recognition and the experience gained will be

invaluable when they pass to senior status.

Fixtures

- 5th Jan: Essex Beagles Open Youth & Junior Walks, Chigwell Row.
- 12th Jan: Metropolitan Police Open 7 Miles, Imber Court.
- 19th Jan: R.W.A. Midland Area Standard 10 Miles, Sutton Coldfield.
- 26th Jan: R.W.A. Northern Area Junior 10 Miles, Sheffield.
- 2nd Feb: R.W.A. Southern Area "Garnet" 10 Miles, L.C.C. Morden Park Playing Fields.
- 9th Feb: L.C.C. 10 Miles Championship, Battersea Park.
- 23rd Feb: Counties' 10 Miles Championships.

8th December

Cambridge Harriers' Open 7 Miles, Eltham.

- 1, K. Matthews (R. Sutton Coldfield) 51.45; 2, R. A. Clark (Poly) 53.34; 3, V. Thomas (Belgrave) 53.35; 4, J. Godbeer (Cambridge H) 54.04; 5, A. Thomson (Met. WC) 55.06; 6, D. Thompson (Met. WC) 55.10; 7, C. Young (Essex Beagles) 55.14; 8, P. Selby (Surrey WC) 55.17; 9, R. Pearce (Poly) 56.07; 10, K. Easlea (Enfield) 56.13; 11, D. Vale (Surrey WC) 56.18; 12, C. Williams (Ilford) 56.37; 13, R. C. Middleton (Belgrave) 56.38; 14, J. Elston (Highgate) 57.19; 15, M. Higgins (Met. WC) 57.34; 16, R. Davies (Woodford Green) 57.34; 17, F. Butler (Poly) 57.52; 18, R. Hall (Belgrave) 58.12; 19, A. Banyard (Southend) 58.22; 20, J. Knifton (Belgrave) 58.24.

Scatch Teams:

	Pts.
1, Belgrave	(2.11.16.17) 46
2, Poly	(1. 8.15.22) 46
3, Metropolitan W.C.	(4. 5.13.36) 58

Ind. Handicap:

1, D. Scrimshaw (Wood. Gn)	11.20, 49.29
2, N. Deeks (Met. WC)	10.50, 49.59
3, eq. A. Banyard (Southend)	8.20, 50.02
C. Colbourne (Surrey WC)	11.20, 50.02

Team Handicap:

1, Woodford Green 'B'	203.00
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Continued on page 25

WARRINGTON ATHLETIC CLUB

2nd Annual Series of SUNDAY WINTER TRACK MEETINGS under A.A.A. Laws
 January 20th. Snr. 60, 150, 660, 7¼ min. Paarlauf, DT, HJ. Jnr. 60, 7¼ min. Paarlauf, DT, HJ. Yth. 60, 150, 660, DT, HJ. Boys' 60, 150, 660. Ladies' 60, 150, DT, HJ. Jnr. Girls' 60, 150, DT, HJ.
 February 24th. Snr. 60, 350, ¼ Mile, SP, JT. Jnr. 60, 350, SP, Yth. 60, 350, 5 min. Paarlauf, DT, SP, Boys' 60, 150, 5 min. Paarlauf, Ladies' 60, 350, SP, JT. Jnr. Girls' 60, 150.
 March 24th. Snr. 100, 220, 880, 2 Miles, DT, JT, HJ. Jnr. 100, 220, 1,500mS/C, HJ. Yth. 100, 880, DT, Boys' 100, 880. Ladies' 100, 440, DT, JT, HJ. Jnr. Girls' 100, 150. Inter. Girls' 80m Hurdles.

All at Victoria Park

Commence 11 a.m. prompt

No prizes. Entry fee 1/- per person to be paid at the track on the morning of each meeting. One fee for any number of events, the fee to cover hire of track and loud speaker system. No entry forms required. All athletes must wear numbers, obtained from officials on payment of entry fee.

Further details may be obtained from C. J. Kelly, Hon. Secretary, 14 Lansdowne, Culcheth, Lincs.

BRIAN KILBY

(Coventry Godiva H.)

answers the Questionnaire

*Photo, by courtesy of
Coca-Cola Limited, shows
Brian Kilby being con-
gratulated after winning
the Empire Marathon.*



Name:

Brian Leonard Kilby.

Birthplace and date:

Coventry, 26.2.38.

Height and weight:

5'9" and 133lb.

Occupation:

Draughtsman.

Club:

Coventry Godiva H.

When did you first start athletics, and at what events?

At school in 1953; cross-country.

What are your favourite events now?

Marathon and all road races.

Best marks:

Marathon—2:21:17, 6 miles (track)—29:06.0, 1 hour (track)—12M. 178y.

Career summary:

Won A.A.A. marathon, 1960/1/2; won European marathon, 1962; won Empire marathon, 1962; 2nd Poly marathon, 1960; 3rd Poly marathon, 1961; 29th Olympic marathon, 1960; Commonwealth record holder at 15M (1:15:56.0) and 25km (1:18:37.0), 1961.

Which performance has given you most personal satisfaction?

A.A.A. marathon, 1960; and knowledge of gaining first international.

How many days a week do you train in (a) summer and (b) winter?

(a) 7, (b) 7.

At what time of day do you normally train?

6.30 a.m. and 5.30 p.m.

How long are your training sessions?

30-45 min. in morning, 60-90 min. in evening.

Give details of your typical winter training schedule:

Sunday: 15-20M on road. Monday/Tuesday/Wednesday/Thursday: 5-7M steady (a.m.); 7-10M steady with fast running anywhere I feel like it (p.m.). Friday: 5-7M steady (a.m.); 5M easy in evening. Saturday: race.

Give details of your typical summer training schedule:

When there are no important races coming up, I work as in the winter. When working for a peak, a typical fortnight's schedule would be as follows—Sunday: 15-20M road. Monday: 5M steady (a.m.); 10M with 5M fast, road (p.m.). Tuesday: 5M steady (a.m.); 10M with 3M fast, road (p.m.). Wednesday: 5M steady (a.m.); 10M with 2x2M fast, road (p.m.). Thursday: 5M steady (a.m.); 10M with 3x1M fast, road (p.m.). Friday: 5M steady (a.m.); 5M easy road (p.m.). Saturday: race. Sunday: 15-20M road. Monday: 5M steady (a.m.); 6x880 fast-slow, track or park, 10M total (p.m.). Tuesday: 5M steady (a.m.); 12x440 fast-slow, track or park, 10M total (p.m.). Wednesday: 5M steady (a.m.); 20x220 fast-slow, track or park, 10M total (p.m.). Thursday: 5M steady (a.m.); 20x110 fast-slow, track or park, 10M total (p.m.). Friday: 5M steady (a.m.); 5M easy road (p.m.). Saturday: race.

How often do you compete in season?

Most weeks.

Describe your pre-race warm up:

Continued at foot of page 25

RACE WALKING *Contd.*

2, Highgate 'A'	203.43
3, Surrey W.C. 'A'	204.20

December 12th

R.A.F. Bomber Command 6M Champ., R.A.F. Gaydon. 1, Jnr. Tech. Broome (Lindholme) 52.38; 2, Cpl. Wickham (Gaydon) 53.58; 3, Cpl. Tech. Payne (Finningley) 54.41; 4, SAC Harley (Lind) 54.46; 5, Cpl. Butterworth (Lind) 54.50; 6, F/Lt. Bird (Lind) 54.50. 51 finished. **Teams:** 1, Lindholme 16 pts; 2, Gaydon 37; 3, Finningley 42. **Style prize:** LAC McIntosh (Finningley).

December 15th

Surrey W.C. Open Junior, Youth & Boys' Walks, South Croydon

Junior/Youth 3½ Miles

1, P. Selby (Surrey WC) 28.34; 2, S. Lightman (Met. WC) 29.33; 3, M. Higgins (Met. WC) 29.43; 4, D. Wallace (Camb. H) 30.11; 5, L. Illingworth (Camb. H) 30.27; 6, A. Ban-yard (Southend) 30.44; 7, J. Richards (Met. WC) 31.02; 8, P. Fenton (Surrey WC) 31.16; 9, R. Fullager (Surrey WC—J) 31.17; 10, P. Bews (Surrey WC) 31.22; 11, E. Holmquist (Highgate) 31.31; 12, S. Pearson (Surrey WC) 31.39; 13, D. Watts (Met. WC) 31.51; 14, P. Harris (Enfield) 31.54; 15, J. Withers (Southend) 31.54; 16, P. Cassie (Steyning) 32.00; 17, I. Taylor (Essex Bgles—J) 32.54; 18, W. Hollowat (Met. WC—J) 32.35; 19, P. Bishop (Essex Beagles) 32.37; 20, B. Hill (Surrey WC 'B') 33.02.

Teams: 1, Metropolitan W.C. 12 pts; 2, Surrey W.C. 'A' 18; 3, Cambridge H. 35; 4, Southend A.C. 51; 5, Highgate H. 56½; 6, Essex Beagles 59; 7, Surrey W.C. 'B' 69; 8, Enfield A.C. 69½; 9, London Vidarians W.C. 'A' 79; 10, London Vid. 'B' 106.

Boys' 2 Miles

1, C. Turner (Met. WC) 17.53; 2, R. McClenan (St. Joseph's Ac) 17.58; 3, J. Smith (Essex Beagles) 18.08; 4, F. Hall (Essex Beagles) 18.18; 5, B. Gracey (St. Joseph's Ac) 18.20; 6, D. Penn (Surrey WC) 18.32.

Teams: 1, Essex Beagles 11 pts; 2, St. Joseph's Academy 12; 3, London Vidarians 23.

10-15 min. easy. No striding.

How many days rest do you like before competition?

None.

Coach:

None. I feel a large part of my satisfaction and pleasure comes from thinking for myself.

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

I have no complaints. I find the set-up in

road running very satisfactory, although I do feel road races should be included with international track meets.

What advice would you offer the beginner?

Give yourself time to find out if you enjoy hard work before you get too serious. Many people are very disappointed by doing too much too soon, and not getting quick results. If you decide on serious training, be prepared to give up anything that may not be beneficial. Think your work out for yourself; try and make things interesting.

Do you include any weight or circuit training in your programme?

Not now. I did in the 1960-61 winter season, and had my best National (13th). However, it took too much time so I did not do any in 1961 or 1962.

Inter-Club 7 Miles, Colindale. 1, R. Pearce (Poly) 57.03; 2, R. Vivian (Poly) 58.41; 3, D. Scrimshaw (Met. Police) 59.13. **Teams:** Polytechnic 25 pts; Met. Police 30 pts.

Belgrave H. Inter-Club 7 Miles, Wimbledon. 1, V. Thomas (Bel) 57.56; 2, J. Knifton (Bel) 58.18; 3, R. Hall (Bel) 58.25. **Teams:** Belgrave 71 pts; Met. Police 100 pts.

R.W.A. Midland Area Final Winter League 7M, Sutton Coldfield. 1, K. J. Matthews (R. Sutton) 51.49; 2, J. Paddick (R. Sutton) 52.48; 3, P. Stapleford (Leics) 56.18; 4, G. Chaplin (Godiva) 56.36; 5, K. Harding (R. Sutton) 56.45; 6, A. Smallwood (Smethwick) 57.33; 7, D. Mace (Birm) 58.53; 8, T. Morris (Godiva) 58.58; 9, B. Kibble (Leics) 59.05; 10, D. Parsons (Godiva) 59.14. **H'cp:** 1, B. Carpenter, Godiva (19.30); 2, R. Muston, Leics. (13.30); 3, P. Rice, R. Sutton (10.30). **Teams:** 1, R. Sutton 20 pts; 2, Godiva 36; 3, Leics. W.C. 41.

(Juniors) 1, B. Thomas (Birm) 24.02; 2, G. Toone (Leics) 24.04; 3, R. Edwards (Leics) 25.53. **H'cp:** 1, G. Toone, Leics. (1.00); 2, C. Baily, Godiva (7.30); 3, R. Lawson, Birm. (5.30).

December 26th

Surrey W.C. 6M H'cp., S. Croydon. 1, K. Read 43.12; 2, F. Nicholls 44.12; 3, P. Fenton 44.17; 4, P. Schell 44.19; 5, P. Nihill 44.23; 6, G. Rhodes 44.24. **Fastest Time:** P. Nihill 44.23.

Belgrave H. 3M, Battersea Pk. 1, P. Wilson (7.30) 28:02.8; 2, E. W. Hall (1.00) 29:01.

Brighton Boxing Day Walk. 1, J. Godbeer (Camb. H) 45.52; 2, B. Hawkins (Brighton) 45.58; 3, B. Russell (Gosport) 48.55. **Teams:** 1, Steyning 18 pts; 2, Brighton 19.

December 29th

Polytechnic H. Inter-Club, Regents Park. 1, R. Clark (Poly) 40.26; 2, eq. A. Thomson and S. Lightman (Met) 41.56. **Teams:** 1, Metropolitan W.C. 16 pts; 2, Poly 26; 3, Highgate 53.

Other Results

December 8th

Mitcham A.C. 7M Champs. 1, M. Gillett 40.07; 2, A. Rogers 40.40; 3, A. Harris 41.12; 4, D. Copeman 41.45; 5, A. Pawsey 42.49; 6, B. Davies 43.46. **(H'cp)** J. Trendall (11.00) 30.04. **(Jnr—5M)** 1, J. May 28.40; 2, J. Walker 30.16; 3, K. Corner 30.51; 4, G. Taylor 30.51. **(H'cp)** G. Taylor (2.15) 28.36.

Tiffins Sch. 45 pts. beat Ranelagh 49, Emanuel Sch. 82. 1, eq. J. Bull, A. Taylor, D. Mence (R) 19.30; 4, H. Richards (T) 20.01; 5, M. Hargreaves (T) 20.15; 6, R. Plastan (T) 20.16.

December 12th

Swansea Univ. 10M Road Champs. 1, J. O'Brien (Guest—Port Talbot) 53.00; 2, B. Hutton 53.32; 3, P. Meredith 54.51; 4, P. Madeleine 55.00; 5, R. Hancock 55.25; 6, M. Walsh 55.47. **H'cp.** P. Madeleine 51.20.

December 15th

Shrewsbury beat Wrexham 25-55. 1, P. Farebrother (S) 29.17; 2, P. Jones (S) 29.32; 3, D. Lea (S) 29.36; 4, D. Thomas (S) 30.32; 5, R. Webb (S) 30.47; 6, A. Hodges (W) 30.50.

Wirral A.C. Champs. 1, M. Cranny 50.42; 2, D. Jeffs 53.01; 3, D. Biddle 53.08; 4, J. MacAllister 53.44; 5, T. Harper 53.52; 6, B. Jones 55.27. **(Jnr)** 1, J. Nunnen 33.21; 2, D. Rimmer 33.53; 3, B. Doyle 35.15; 4, W. Drake 35.24; 5, P. Morris.

S.L.H. beat Ranelagh 759-1308. 1, W. Bird (R) 43.52; 2, P. Barber (SLH) 44.04; 3, A. Hedger (R) 44.08; 4, C. Wade (R) 44.35; 5, A. Avila (SLH) 45.04; 6, C. Wilson (SLH) 45.14. **Ranelagh H. Champs. for "Wynne" Cup.** 1, W. Bird. **H'cp.** D. Moffat.

Shaftesbury 27 pts. beat Finchley 37, Wigmore 72, scoring 5 a side, scoring 12 a side Finchley beat Shaftesbury on the position of the last scorer 182 pts. each. 1, eq. R. Parker, K. Mackay (S) 36.30; 3, M. Hunter (F) 36.54; 4, R. Allen (W) 37.00; 5, R. Lobb (F) 37.11; 6, G. Elmore (S) 37.53. **(Boys/Yths) Finchley beat Shaftesbury 6-21.** 1, B. Kerridge (F) 18.35; 2, A. Leek (F) 18.38; 3, R. Burton (F) 18.43; 4, J. Parker (S) 18.51.

Bristol beat Birchgrove 10-11 (Yths). 1, R. Larvis (Bris) 19.42; 2, W. Francis (Bir) 20.22; 3, D. Allitt (Bris) 20.34; 4, D. Walsh (Bir) 21.10; 5, R. Watkins (Bir) 21.17; 6, T. Boulter (Bris) 21.27.

Veterans' 5M C.C. H'cp. 1, J. Williams (6.45) 29.40; 2, A. Smith (10.10) 30.02; 3, R. Weller (9.45) 30.12. **Fastest Time:** J. Flowers 31.48.

Blackheath H. 7½M Champs. 1, J. Farrington

42.11; 2, P. Catley 45.40; 3, B. Heaver 45.51; 4, A. Mandeville 46.28; 5, T. Mandeville 46.56; 6, J. Baldwin 46.58. **Blackheath beat Orion 247-1030 in a mob match held in conjunction.**

December 22nd

Newport 22 pts. beat Birchgrove 64, Roath 119. 1, M. Rowland (N) 38.19; 2, I. Banner (N) 38.41; 3, L. Bevan (N) 39.14; 4, T. Wood (N) 40.10; 5, G. Matthuidis (N) 40.13; 6, K. Bennett (B) 40.14.

Hayes 53 pts. beat Finchley 60, Wycombe 64 scoring 6 a side, scoring 10 a side Finchley beat Wycombe 147-153. 1, M. Blagrove (H) 24.12; 2, Yates (W) 24.39; 3, L. Whitehead (H) 25.15; 4, R. Lobb (F) 25.32; 5, C. Wroth (H) 25.52; 6, R. Garner (H) 25.52. **(Boys/Yths) Finchley 13 pts. beat Wycombe 14, Hayes 18.** 1, J. Buchanan (H); 2, B. Kerridge (F); 3, Horseman (W).

Luton H. & H. Champs. 1, J. O'Callaghan 40.16; 2, J. Lawrence 41.39; 3, H. Soper 42.07. **1st Vet. R. Newington 43.20. (Jnr)** 1, G. White 31.42; 2, P. Coleman 32.41; 3, A. Roe 33.55. **(Yths)** 1, P. Bowen 23.11; 2, A. Cox 23.42; 3, D. Hyde 23.47. **(Boys)** 1, A. Simmons 19.31; 2, P. Ryan 20.08; 3, S. Morris 20.27.

Sheffield Utd. H. Christmas Sealed H'cp. (Senior for Belbin Cup). 1, G. Duff (6.00) 28.11; 2, T. Mulligan (7.00) 29.26; 3, G. Kirby (5.30) 29.48. **Fastest Time:** A. Barden 31.12. **(Yths. for Kelly Cup).** 1, T. Hopkins (2.45) 14.20; 2, D. Andrews (2.45) 15.11; 3, J. Walker (2.45) 15.13. **Fastest Time:** M. Exley 16.10. **(Ladies for Harris Cup):** 1, M. Corker (3.00) 12.07; 2, M. Caven (0.10) 14.15; 3, M. Chaney (Scr) 14.55.

Continued next week

MORE COUNTIES FOR JUNIOR INTER-COUNTY CROSS-COUNTRY RACE

Two more counties have now promised to send teams for the Junior Inter-County Race at Wimbledon, Surrey, on January 19th, bringing the total of competing teams to twelve. Derbyshire and Worcestershire are the latest additions. County secretaries are reminded that entries close on January 7th to D. Hayward, 36 Primrose Road, South Woodford, London, E.18. Competing counties to date are: Bucks., Derbyshire, Essex, Herts., Kent, Middlesex, Oxfordshire, Staffordshire, Surrey, Sussex, Warwickshire and Worcestershire.

* * *
Colchester A.C. elected the following: President, D. T. Oxtan, J.P.; Chairman, E. C. Butcher; Gen. Secretary, R. A. Breese, "Hassocks", Lattingford Hill, Stratford St. Mary, Colchester, Essex; Athletics Sec., R. H. T. Rowe, 93 Morant Road, Colchester, Essex; C.C. Sec., A. F. Berry, 55 Old Heath Road, Colchester.

- 11/24 A.A.A. Summer School, Loughborough.
 14 England v. Italy, White City.
 17 Scotland v. Belgium, Edinburgh.
 17 Redcar Promenade "10" (Prov.).
 23/24 Gt. Britain v. Germany, White City.
 24 A.A.A. Marathon, Coventry.
 24 Reading "10" (Prov.).
 31 Jnr. Inter-County, Sutcliffe Park.
 31 S.L.H. "30" (Prov.).
 31 London Fire Brigade Mtng., White City.
 31 Woolwich "10" (Prov.).

September

- 7 "Joe Louis" Trophy & Essex v. Middx. v. Surrey Jnr. Inter-Cty., Barking.
 7 Eastern Cties. v. Middx. v. Staffs., Cambridge.
 7 Southall "10".
 7 Ben Nevis "10".
 7/8 Lugano Trophy (Zone Comp.).
 13/14 Gt. Britain v. Sweden (Men) & v. Netherlands (Women), White City.
 14 Tipton "12".
 14 Red Rose "20".
 14 Port Sunlight "15".
 18 International Mtng., White City.
 21 Blackheath H. Road Relay, Hayes.
 21 Bernie Hames Mem. Half-Marathon.
 28 London to Brighton Road Race.
 28 Eastern Counties "15".
 28 Boreham Wood Yths. Road Relay.
 28/29 Russian F.R. v. England, Volgograd.

October

- 2/3 Hungary v. Gt. Britain, Budapest.
 5 West Hartepool "15".
 12 London-Brighton (S) Road Relay.
 12/13 Lugano Trophy (Finals).
 12 Hereford to Ross-on-Wye "14".
 19 Walton "10", also 25M, Marathon, 30M.
 26 Erith "6".

November

- 2 Witney "12".
 2 Billingham "10½".
 16 Edingburgh-Glasgow Relay.
 23 Crawley Boys Relay.

**CITY OF ROCHESTER A.C.
 OPEN CROSS-COUNTRY EVENTS
 FOR WOMEN AND GIRLS**

From Hoo Secondary School, Nr. Rochester

Saturday, January 26th, 1963

No entry fees—No prizes

WOMEN'S 3 MILES 3.15 p.m.

GIRLS' (13-16) 1½ MILES 2.45 p.m.

Refreshments available

Entries (free) to P. W. Green, 40 Wooldeys Road, Rainham, Kent, by Thursday, January 17th.

**Advertise YOUR event
 and increase your entries**

**RHYL & DISTRICT A.A.C.
 OPEN 6½ MILES ROAD RACE**

From St. Asaph to Rhyl
 (Under A.A.A. Laws)

Saturday, February 9th at 3 p.m.

AWARDS — Individual prizes valued £6.10.0, £5.10.0, £3.10.0 to first three and £3.10.0 to first veteran. The winning team will hold the "Rhyl Rotary Club Trophy" for 12 months and medals will be awarded to the five members of the first three teams.
Entry fees: 2/- individual, 7/- per team (5 to run, 3 to count). Entries close Friday, February 1st on A.A.A. forms to J. R. Harrison Jones, Meifod, Brighton Road, Rhyl, North Wales.

G.E.C. (LONDON) A.A.A.

6th Annual 5x3 Miles

ROAD RELAY RACE

(Under A.A.A. Laws)

Saturday, Feb. 23rd, 1963 at 3.30 p.m.

Open to Banks, Business Houses, Civil Service, Hospitals, Insurance, Police, Shipping, Stock Exchange.

**From G.E.C. Sports Ground,
 Preston Road, North Wembley**

PRIZES to First Three Teams, First 'B' Team, Fastest Leg, Second Fastest Leg providing no other prize.

Entry Fees: 10/- one team, 5/- each additional. Further information from, and entries to, Mr. B. C. Neilson, Lamp Metals Ltd., East Lane, Wembley, Middx.

Entries close February 2nd, 1963

FINCHLEY HARRIERS'

31st Annual

OPEN 20 MILES ROAD RACE

SATURDAY, APRIL 27th at 3 p.m.

Incorporating Middlesex & Hertfordshire County Championships

From H.Q. at 206 Bury Street, Ruislip

PRIZES to first four individuals; Doris Perrott Memorial Trophy to winning team (4 to score), medals to first three teams, special team award, two Open Race Standards, New style Diploma for 1h.58m., certificate for 2h.10m. Certificates to all finishers under 3 hours. Results include all lap times.

Entry fee 3/6 individual, no team fee. All team runners must enter as individuals and state County. Entries to R. W. Butler, 1 Pear Tree Villas, Harlington Road, Hillingdon, Middx. by Wednesday, April 10th.

Standards: Middlesex A.A.A. Standards Scheme; Herts. 2.00, 2.15. National 1.53, 2.00, 2.12. R.R.C. 1.58, 2.20.