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

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ATHLETICS WEEKLY

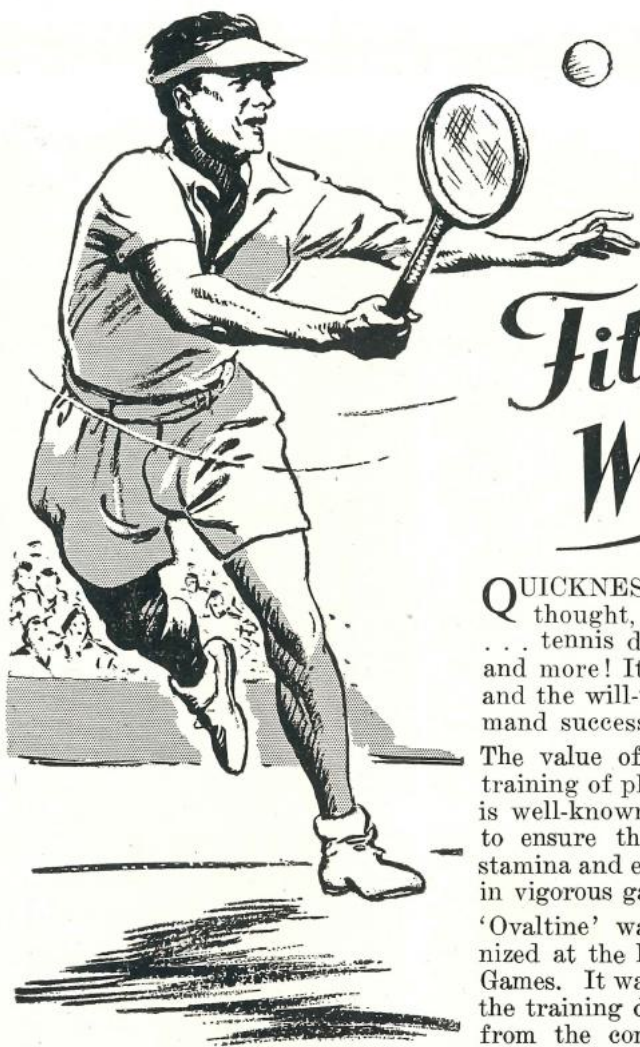


W. J. FERGUSON (Midlands) ho'ds off STACEY and SHENTON in the relay
at Coventry *H. W. Yeats*

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ATHLETICS

WEEKLY

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

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EVERY SATURDAY

JULY 14th, 1951

I HAVE been asked by Mr. Clynes to draw attention to the javelin rule now in force which requires the implement to be returned by hand to the starting area and **not thrown**. This rule is not being adhered to and all officials are particularly requested to ensure that the instructions laid down are followed in future.

Place Distances.

My comments over the place times and distances brought several letters, particularly over the Southern mile, where I am told the distance between first and second was nothing like the 25 yards given. I feel sure Stan Tomlin will ensure that all six place times and distances are given at the Championships this week-end and set a good example for others to follow.

A.A.A. Championships.

This looks like being the meeting of meetings, with the Mile and 3 Miles as the highlights. I have no intention of sticking my neck out by forecasting the winner of the longer event, though I believe only lack of experience at the distance is likely to stop Beckett winning, if he fails to do so, but at the shorter distance I just cannot see Bannister being beaten. His only danger to my mind, is leaving his effort in a waiting race too late, which might enable Parlett to come through as he did at Brussels in the 800 metres. But I cannot see Roger doing that and confidently expect to see him win, and win without being fully extended. Much as I admire Bill Nankeville's optimism, I'm afraid I cannot share it. But I'm looking forward to it immensely.

A Grumble.

One or two athletes have a grumble at the moment, and quite legitimately. They are some of the steeplechasers and particularly those who used the water-jump

KEBLE COLLEGE ON TOUR

Keble College, Oxford, Athletic Club broke fresh ground recently when they sent a team of ten athletes on a two-day tour.

The team, which included two Blues, visited the Army Apprentices School at Arborfield and the R.A.F. Apprentices School at Halton, winning both matches and doing as much informal coaching as possible.

Next year it is hoped to make the tour rather longer and to visit, in addition to the Apprentice Schools, several public and grammar schools.

* * *

Southend-on-Sea now has a Ladies' Section. Hon. Secretary is Miss K. Gooch, 62 Eastern Avenue, Southend.

* * *

Surrey A.C. hold their A.G.M. at "The Feathers," Broadway, Westminster, on Wednesday, August 15th, at 7 p.m.

at Walton the other week. Several are nursing bruised heels, if nothing worse, thanks to a nice layer of unprotected concrete at the bottom of the pit. I couldn't agree more with one runner who suggests that these jumps should be examined periodically, if necessary by the A.A.A.

Handicapping

Reverting for a moment to my recent remarks on the tightening-up of the rules relating to filling in of entry forms, the Board of Handicappers informs me that they have produced a form which will be sent to those who err in filling in their forms. Any future failure in this direction will mean the athlete being reported to the Area Committee. Need I mention the remedy — get one of our "Training and Performance Books" and have all the details at your fingertips.

THE EDITOR.

The Coventry Godiva H. team which won the Midland Counties W.A.A.A. 660 yds. Relay Championship: L. to R. (back row) M. Brunt, P. Walker (coach), Mrs. E. Kennell (Hon. Secretary), A. Stanley; (front) J. Loftus and R. McClaren.

H. W. Neale

W.A.A.A. Cham- pionships

JULY 7th

BY JEAN ROBINSON



White City was the venue for the Women's A.A.A. Championships where one of the smallest crowds saw a new World Record set up. Mrs. Sheila Lerwill (known to most as Sheila Alexander) bettered the High Jump Record by a quarter of an inch to beat the previous record of 5ft. 7½ins. by Fanny Blankers-Koen.

After winning the high jump championship from Dorothy Tyler who could only clear 5ft. 3ins., Sheila went on to clear 5ft. 6in. at her second attempt and then it was announced that she was going to attempt to jump at 5ft. 7½ins.

The silenced crowd and motionless athletes and officials gave an air of great tension to the scene when Sheila leaped to clear the bar at the first attempt. She then made three attempts at 5ft. 8ins. but failed.

Mrs. Bevis Shergold, who travelled from Germany specially for the championships, had a double victory in the Discus and Shot. Her first throw of 127ft. 8ins. in the discus set up a new British Native record, but she later improved this to 130ft. 10½ins.

It was good to see Sylvia Cheeseman back to form when she ran well to take the 200 metres title and, as expected, June Foulds held the 100 metres although

Eileen King from Trinidad was the cause for a little disappointment when she finished fourth in her heat for this event and third in her 200 metres heat.

Once again Maureen Dyson and Jean Desforges had a tremendous struggle in the 80 metres final but Maureen just hit the tape in 11.7 secs. to take first place.

100M: 1, J. Foulds (Spartan LAC); 2, M. Pletts (Airedale H); 3, A. Pashley (G. Yarmouth AC); 2yds., 12.3.

200 M: 1, S. Cheeseman (Spartan); 2, D. Hall (Essex LAC); 3, M. Pletts (Airedale H); 2 yds., 25.0.

400 M: 1, V. M. Ball (Spartan); 2, M. Taylor (Birchfield H); 3, M. Attwater (Bolton Utd.); 6 yds., 58.2.

800M: 1, M. Batson (Sm. Heath); 2, E. Harding (Lond. Olympiades); 3, M. Richards (Hallamshire H); 4 yds., 2:18.4.

1 Mile: 1, H. Needham (Camb. H); 2, J. Dryden (Ilford AC); 3, A. Gibson (N. Shields Poly); 5:23.4.

80M. Hds.: 1, M. Dyson (Oxford LAC); 2, J. Desforges (Essex LAC); 3, S. Pratt (Orpington AC); ins., 11.7.

LJ: 1, D. Tyler Mitcham (AC) 18ft. 3½in.; 2, S. Cawley (Spartan) 18ft. 0½in.; 3, M. Erskine (Bir'ham Atlanta) 17ft. 8½in.

HJ: 1, S. Lerwill (Spartan) 5ft. 7½in.

(Continued at bottom of next page)

Race Walking

by F. W. BLACKMORE

The Brighton and Back

IT was a most praiseworthy achievement by J. Stirling-Wakeley, Belgrave Harriers, to win Surrey W.C.'s longest-distance Open Walk last week-end. True, as the winner of the 24 hours walk at Motpur Park in 1948, he is no stranger to these endurance feats, but the ups and down of the Brighton Road undoubtedly provide a more severe test than a similar event on the track, even if the latter is far more monotonous. It is really rather remarkable that one following the extremely sedentary occupation of a musician should be capable of such a tremendous physical feat, but of course Stirling-Wakeley's stamina has been built up by considerable strolling a pleasant and suitable antidote to the confined nature of his profession.

The only one who ever looked capable of beating him—for he was in the lead almost throughout—was S. E. Horton, of the promoting club, winner in 1947 in ten minutes longer time than Stirling-Wakeley returned last week. At one stage on the outward journey, Horton wiped out an eight minutes lead and almost drew right up to the leader at Dale Hill; but at the "turn" in Brighton, Stirling-Wakeley was four minutes ahead again and on the homeward jaunt he drew away to win by over half-an-hour. C. E. Wingate's third place was convincing confirmation of the form he has

shown from time to time in other distance events.

The Frenchman, Hubert, was fourth after a considerable interval, with D. H. A. Christie-Murray, Surrey W.C., following him in a quarter of an hour later. For a heavy-muscled man, Christie-Murray did remarkably well over a distance which few would have regarded as suitable for him, especially as he was a victim of severe cramp.

Of the 37 starters, 20 completed the full journey, whilst several more qualified for membership of the Centurions by getting as far as the 100 miles point at Coulsdon.

Southern Secretary III.

All walking enthusiasts will regret to hear that J. F. Harbour, Woodford Green A.C. and Metropolitan Police walker—and Hon. Secretary-Treasurer of the R.W.A. Southern Area—collapsed in the street last week-end and was taken to hospital, where it is thought he may have to remain for some weeks. In his dual offices for the Southern Area, he has, of course, considerable responsibilities which he will not be able to resume for a while. In the meantime, I am sure everyone will join in wishing him well again.

On Saturday last in a match between R.M.A., L.A.C. and Poly H. at Sandhurst, Peter Allday threw the hammer 171ft. 10½in., two inches less than M. C. Nokes' English Native record.

Winner of the long jump at the W.A.A.A. Intermediate Championships was Shirley Hampton (Orpington) with 15ft. 11in., not as previously reported.

W.A.A.A. CHAMPIONSHIPS—cont.

(world record); 2, D. Tyler (Mitc'm) 5ft. 3in.; 3, U. Hynes (Birchfield H) 5ft. 0in.

Dis: 1, B. Shergold (Mitcham) 130ft. 10½in. (British Native record); 2, S. Farmer (Brighton LAC) 117ft. 5½in.; 3, J. Linsell (Essex LAC) 116ft. 11in.

Wt: 1, B. Shergold (Mitcham) 38ft. 8in.; 2, J. Linsell (Essex LAC) 37ft. 8½in.; 3, S. Farmer (Brighton LAC) 34ft. 2½in.

Jav: 1, D. Coates (Oxford LAC) 124ft. 9½in.; 2, A. Dukes (Camb. H.) 109ft. 7½in.; 3, C. Macdonald (Harborne H) 106ft. 2½in.

1,600 M. Walk: 1, J. Heath (Small Heath); 2, L. Deas (L.O.); 3, B. Stevenson (Birchfield); easily 7:50.0.

4 x 110 Junior Relay: 1, Sparton LAC; 2, London Olympiads; 3, Essex LAC; 51.5.

Oxted, Limpsfield and Tandridge
Sports Club

OPEN SPORTS & FETE

BANK HOLIDAY, AUGUST 6th

Open Events—Men:

100, 220, 440, 880, Mile, 3 Miles.
H'cps., 2 Miles Walk, Mile Medley
Relay, 100 Vets., Tug-of-War (Catch-
weights).

7 MILES ROAD RACE—Team and Individual (3 to score). 100 Gns. Challenge Cup and medals. Prizes first three individuals.

Ladies:

100 and 220 Yds. Handicaps, High Jump, 660 Yds. Relay (2 x 220, 2 x 110).

ENTRIES—

1/6 first; 1/- others. Teams 4/-.
T.-of-W. 10/-.

Entries close Sat. July 21st definite

Hon. Secretary: G. WHITEHEAD,
30, St. Clair Close, Oxted. Surrey.

HORIZONTAL SPEED

At one time it was the recognised practice for runners and sprinters in particular, to be taught that they must adopt "body lean." One well-remembered piece of advice was that in the short sprint the last forty yards should be run with the body so forward that it was constantly falling.

Body lean from the hips is a recognised feature of the running of most of our native born sprinters, whereas many Continental and most American

By

GEORGE PALLETT

sprinters adopt an upright body carriage—and it must be admitted that this style of running has produced the fastest running in the world.

One effect of body lean running is a tendency to overstride, particularly with sprinters after maximum speed has been reached; another is a tendency to "stamp" the ground as the foot comes down in an effort to keep the falling body up, and this in turn inevitably slows up the driving re-action. An old-established coach with a fine and justified reputation has often been heard to advise his charges to "stroke" the ground, but it is difficult to see how a stamp can be eradicated with a pronounced body lean.

Obviously, what all runners try to obtain is the application of the greatest possible part of the driving force in a horizontal direction and the greatest possible number of repetitions of the application of that force in a given time.

The force exerted by the driving leg can be divided into two components, one vertical and one horizontal. Each time the driving leg operates some of the power is used to keep the body off the ground, and some is used to drive it forward. How much power is expended vertically and how much horizontally (and the last is of the greatest concern to the runner), depends on the angle made with the ground by a line drawn from the centre of gravity through the driving foot at the moment of final contact with the ground (it is not quite as simple as that, but the statement is sufficiently true for our purpose). The more acute that angle is to the horizontal, the greater the amount of power which is exerted to attain horizontal speed.

Most of the early sports activity of

native born athletes is in the sphere of our traditional British games—football, cricket, hockey, etc. Games which call for primary concentration on things other than the attainment of pure speed. Many of these games are played in conditions which demand a shortened stride if one is to stay on one's feet, and to manoeuvre quickly in various directions. Gymnastics aimed at suppling the body generally play a very minor role. The result is that most native born athletes suffer from a tightness around the hip girdle and the front of the upper thigh which effectually limits backward extension of the leg from the hip. In running this means that the runner is forced to complete his stride prematurely, i.e. his hips, because of the muscular restriction, are not as far forward as they should be if the greatest possible horizontal drive is to be obtained from the power generated by the driving leg. The angle of drive is therefore not economical in terms of horizontally applied power, and too much force is exerted in an upward direction. Hence

(Continued at bottom of next page)

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Athletics Weekly

UNIVERSITY INTERNATIONALS

ENGLISH UNIVERSITIES 81 pts.,
WELSH A.A.A. 45 pts.,
WELSH UNIVERSITIES 37pts.

100: K. J. Jones (W) 10.2; **220:** E. Sandstrom (WU) 23.1; **440:** H. Stegglés (WU) 51.5; **880:** H. G. Tarroway (EU); **Mile:** D. Coughlan (EU) 4:28.0; **3M:** J. Disley (EU) 14:52.9; **120H:** R. P. Tolson (EU) 16.2; **PV:** K. Goodall (EU) 11ft. 6in. (Welsh record); **HSJ:** E. Morgan (W) 44ft. 1in.; **HJ:** R. Dinsdale (EU) 5ft. 8in.; **LJ:** T. Kavanagh (EU) 20ft. 10in.; **Jav:** N. Hughes (W) 172ft. 10in.; **Dis:** M. Pharaoh (EU) 130ft. 2in.; **Wt:** M. Pharaoh (EU) 41ft. 8in.; **4 x 110 Relay:** English Univ. 44.7.

ENGLISH UNIVERSITIES 66½ Pts.;
SCOTTISH UNIVERSITIES 55½ pts.

100: J. Sanderson (Edin.) 10.4; **220:** E. Sandstrom (Hull) 23.2; **440:** D. K. Gracie (Glas.) 50.6; **880:** H. Hatrick (Glas.) and A. C. Phillips (Lough.) dead-heat 2:0.8; **Mile:** H. G. Tarroway (Lough.) 4:18.8; **3**

the runner "bounces" along, and apart from the loss of power horizontally applied, he must await descent before power can again be generated for the next drive, and time and speed is lost in the air. Furthermore, the need for the landing leg to brace in order to receive the shock of the body falling from the unnecessarily accentuated height slows up the driving action.

The sprinter, who can to a degree be careless of conservation of energy, and who may move his legs as fast as is humanly possible, tries to overcome the tendency to stay too long in the air by leaning forward from the hips and thus uses the force of gravity to fetch him to earth more quickly. To a considerable extent he is successful, but he must pay the penalty of slowing up the next drive by the need to use force to keep himself off the ground as he tends to fall forward.

Development of suppleness by exercises (unless it exists already—and it rarely does) will enable the runner to maintain an upright, balanced body, with the hips carried well forward of the driving leg. The angle of drive, from the driving foot through the centre of gravity, meets the horizontal more acutely, and more of the power generated is applied in a horizontal direction; horizontal speed through the air is greater, and more ground is covered in the same time. Because the body is not

Miles: J. I. Disley (Lough.) 14:43.8; **120 H:** R. Tolson (Hull) 16.4; **440H:** D. Stewart (Edin.) 56.8; **4 x 110 Relay:** English Univ. 44.1; **4 x 440 Relay:** English Univ. 3:24.7; **HJ:** S. O. Williams (Glas.) 6ft. 0in.; **LJ:** S. O. Williams (Glas.) 22ft. 8½in.; **PV:** K. Goodall (Lough.) 11ft. 0in.; **HSJ:** W. N. Laing (St. Andrew's) 47ft. 8½in.; **Wt:** W. McNeish (Glas.) 41ft. 5½in.; **Jav:** W. Fryer (Notts) 157ft. 11in.; **Ham:** D. Anthony (Lough) 151ft 1½in.; **Dis:** H. Duguid (Edin.) 136ft. 9in.

Surrey Athletic Club will hold their Schools' Open Cross-Country race over 2½ miles on October 20th, from St. Paul's School, Kingston. Hon. Secretary A. H. Goodbody, 6 Roundwood View, Banstead, will be pleased to send details to schools interested.

* * *

Next year's International Cross-country Championship will be held at Hamilton Park, Glasgow, on March 22nd, 1952.

falling forward, the driving leg operates more quickly and efficiently; any tendency to overstride when maximum speed is reached is offset to a large degree—the runner, in fact, flows along.

In general, this theory applies to all runners. Quartermilers and distance runners in particular display this uneconomical bounding gait in exaggeration although, of course, it must always be present in a slight degree whenever a runner is moving well below maximum speed.

Of present day runners, watch Roger Bannister running at speed, if possible on slow motion film. Note his head line as he runs, for the head line will always give away uneconomical "bouncing." On the sprinting side watch McDonald Bailey in the same way. In both runners, the upright body carriage (more noticeable in Bailey than Bannister—the reverse of what one would expect); the very acute angle of drive with the hips carried well ahead of the drive, is most noticeable at speed. When coasting, or running below maximum speed, both runners are merely applying less leg drive and thus are saving energy; they are not, as so many runners do, applying practically the same power as they do at speed, and obtaining a brief rest by decreasing the body lean and bounding along, so that rest is obtained, uneconomically and with loss of time in the air.

DISTRICT JUNIOR CHAMPIONSHIPS

SOUTHERN

100: 1, A. F. Breacher (Mitcham A.C.); 2, P. D. Teitz (Hackney D.); 3, K. T. Scott (Swindon A.C.) 10.3s.

220: 1, H. J. Martin (Grafton A.C.); 2, A. F. Hatch (Poly H); 3, C. F. Arlett (Gravesend and D) 23.3s.

440: 1, D. J. Johnson (Fairbairn and H.) 49.1 (Ch. Best); 2, N. H. Dangerfield (St. Albans C) 50.4; 3, P. J. Casselton (Belgrave H) 51.4.

880: 1, B. S. Hewson (Mitcham A.C.) 1:57.6 (Ch. Best); 2, P. D. Barber (Darnley A.C.) 1:58.8; 3, I. H. Boyd (Herne Hill H) 2:03.4.

Mile: 1, D. M. Humphrey (Horsham B.S.H.) 4:28.4 (Ch. Best); 2, G. Knight (Essex Beagles) 4:29.6; 3, D. M. Kenworthy (London A.C.) 4:31.0.

Mile Walk: 1, P. J. Scaramanga (Surrey W.C.) 7:06.8 (Ch. Best); 2, A. H. J. Street (Essex Beagles); 3, R. L. Hutchison (Latymer U.)

120 Hds.: 1, J. B. Duffy (Poly H) 15.0 (Ch. Best); 2, J. A. Frampton (Shaftesbury H); 3, G. F. Parr (Poly H.).

200 Y. Low Hds.: 1 J. B. Duffy (Poly H) 23.3 (Ch. Best); 2, N. H. Dangerfield (St. Albans C) 24.2; 3, B. T. Lawrence (Tollington Sch.) 24.4.

Long J: 1, G. E. Broad (Herne Hill H) 22ft. 2½in.; 2, J. A. Hobson (Q. Eliz. S.) 20ft. 5in.; 3, G. A. Breach (London A.C.) 20ft. 4in.

High J: 1, P. J. Brinson (St. Dunstan's C) 5ft. 10in.; M. J. Rickard (Surbiton C.S.) 5ft. 10in.; 3, B. E. Wardley (Enfield G.S.) 5ft. 8in.

Hop, Step and J: 1, D. V. Pedder (Essex B) 41ft. 9½in.; 2, C. J. Stokes (Bancroft's S) 41ft. 5in.; 3, F. C. H. Smith (London A.C.) 41ft. 0½in.

Pole V: 1, G. E. Broad (Herne Hill H) 11ft. 0in. (Ch. Best); 2, A. B. V. Pedlar (Leighton Pk. S) 9ft. 6in.; 3, M. P. Hurst (Woking A.C.) 9ft. 0in.

Wt: 1, P. Atkinson (Shaftesbury H) 44ft. 7½in.; 2, K. W. Mackay (Herne Hill H) 44ft. 0½in.; 3, M. R. Munro (Kings Coll. S) 43ft. 6½in.

Dis: 1, W. A. Abbott (London A.C.) 140ft. 2½in.; 2, G. A. L. Reed (Southgate H) 129ft. 1in.; 3, J. M. Fraser (Edmonston C.S.) 128ft. 5in.

Jay: 1, M. Harradine (Thames V.H.) 200ft. 6½in. (Ch. Best); 2, F. S. Green-slade (Mill Hill S) 151ft. 3in.; 3, J. A. Scrambler (Shaftesbury H) 143ft. 8½in.

4 x 110 Senior Relay: 1, Portsmouth A.C. 44.2s.; 2, Cambridge H. 44.7; 3, Herne Hill H. 44.8.

MIDLAND

100: 1, C. Frazer (Ashby B.G.S.); 2, T. Hudgell (Godiva H); 3, J. Chaplain (H. Pavement GS) 10.2.

220: 1, J. Richards (H. Pavement GS); 2, C. Frazer (Ashby BGS); 3, C. Brown (Birchfield H), 23.4.

440: 1, P. Griffin (Westbury H); 2, J. Brown (Godiva H); 3, P. Davenport (Birchfield H) 52.5.

880: 1, B. Eldridge (Lodells H); 2, A. Ray (Wem GS); 3, M. Bracing (Vauxhall M) 2:4.8.

Mile: 1, Matt Whittaker (Stafford AC); 2, P. Williams (Godiva H); 3, B. Heatley (Godiva H) 4:33.4.

120 Hds.: 1, A. Harrison (Godiva H); 2, P. Trim (Cheltenham C); 3, M. Dando (Denstone C) 15.5.

200 Hds.: 1 P. Trim (Cheltenham C); 2, M. Dodds (Ashby BGS); 3, M. Dando (Denstone C) 24.3.

Mile Walk: 1, J. Devis (Highgate H); 2, R. Lees (Leic. WC); 3, D. Keay (Worcester H) 7:30.5.

L.J.: 1, J. Kirkland (K. Henry VI') 20ft. 5½in.; 2, G. Shaw (Whitchurch GS) 19ft. 11½in.; 3, M. Blofield (Bedford MS) 19ft. 7in.

H.J.: 1, D. Rogers (Leicester CAT) 5ft. 5in.; 2, R. Barker (Priory S) 5ft. 5in.; 3, C. Veale (H. Mellish GS) 5ft. 4in.

H.S.J.: 1, G. West (Hanley HS) 41ft. 8½in.; 2, R. Stevens (Bedford and CAC) 40ft. 9½in.; 3, M. Blofield (Bedford MS) 40ft. 6½in.

P.V.: 1, P. Dracup (Denstone C) 10ft. 3in.; 2, D. Warren (Cheltenham C) 8ft. 9in.; 3, V. Clopet (Warwick S) 8ft. 0in.

Dis: 1, N. Aston (Birchfield H) 120ft. 11in.; 2, G. Chance (Birchfield H) 117ft.

KODAK SPORTS

A.A.A. and W.A.A.A. Rules
SATURDAY, JULY 28th, 1951
HARROW, MIDDLESEX
Open Handicaps:

MEN:

100, 300, 880, 3 Miles, 2 Miles Walk, 120 Yds. Hurdles, Medley Relay, 220 yds. Short Limit H'cp.; 440 Yds. Short Limit H'cp.; 1 Mile Short Limit H'cp. 4 x 220 Yds. Relay for "Kodak Cup." Pole Vault. Javelin

BOYS:

220 Yds. Handicap (under 15 yrs.)

LADIES:

100, 150, Relay (4 x 110yds.), Shot, Discus, Javelin, High Jump, Hurdles, Juniors—100 yds., Relay (4 x 110 yds.)

Entries Close MONDAY, July 16th

R. B. STEVENS, Kodak Hall, Wealdstone, Middlesex.

5in.; 3, M. Dodds (Ashby Boys GS) 114 ft. 3in.

Wt: 1, P. Dracup (Denstone C) 41ft. 2in.; 2, G. Wallen (H. Mellish GS) 40ft. 4in.; 3, V. Clopet (Warwick S) 39ft. 2in.

Jav: 1, C. Shepherd (Birchfield) 170ft. 10in.; 2, R. Platt (Wolverh'ton THS) 168ft. 8in.; 3, M. Scourfield (Malverns AC) 130ft. 1in.

YOUTHS

100: 1, P. Bloomer (Bromsgrove AC); 2, L. Booth (Nottingham HS); 3, J. Cousins (C. Sodbury GS) 10.5.

880: 1, P. Carvel (Small Heath H); 2, B. Punter (Wolverh'ton MGS); 3, R. Armson (Nuneaton H) 2:5.9.

Mile Walk: 1, L. Phillips (Cheltenham N.W.C); 2, D. Carter (Sutton Coldfield WC); 3, R. Briars (Leicester WC) 7:36.0 (record).

Jav: 1, R. Smith (Wolverh'ton THS) 160ft. 3in.; 2, B. Monger (Wolverh'ton THS) 148ft. 7in.; 3, R. Corfield (Wolverhampton THS) 148ft. 3½in.

SENIOR

4 x 110 Relay: 1, Bristol A.C.; 2, Notts A.C.; 3, Small Heath H 44.3.

4 x 440 Relay: 1, Cov. Godiva H.; 2, Gloucester A.C.; 3, Small Heath H., 3:27.9.

2M. Walk: 1, G. W. Coleman (Highgate H); 2, G. Chaplin (Godiva H); 3, D. Tabersham (Godiva H) 14:57.6.

Marathon (26m. 385 yds.): 1, A. Cooper (N. Staffs H.) 2h.46m.19s.; 2, H. Reeves (Birchfield H) 2:56.41; 3, F. Round (Godiva H) 3:3.35.

NORTHERN

100: 1, A. W. Lillington (Heaton GS); 2, M. Spiers (Crewe); 3, R. K. Jackson (Heversham GS.); 2yds. 10.4.

220: 1, C. R. Inman (Maybury Rd. YC); 2, M. Spiers (Crewe); 3, J. Butler (Earlstown V); 23.4.

440: 1, T. S. Farrell (Liverpool H); 2, T. Craft (Hallamshire H); 3, J. R. Dowling (Manc'r and D.L.C.); 51.6.

880: 1, F. A. Cooper (Salford H); 2, G. Paterson (Jarrow); 3, P. J. Bennett (Manchester); 1:59.5.

Mile: 1, P. Thompson (Manchester); 2, B. Bullen (Winton H); 3, T. Bailey (Barrow A.C.); 4:26.4 (Ch. Best).

120 Hds.: 1, R. D. Shaw (Manc'r GS); 2, J. Metcalfe (Chesterfield S); 3, H. L. Wilkins (RAF Cranwell); 16.1.

Mile Walk: 1, A. Southam (Sheff. U.H.); 2, D. Oldfield (Sutton W.C.); 3, C. Colley (Sheff. U.H.); 7:14.3 (Ch. Best).

Long J: 1, T. S. Farrell (Liverpool H); 20ft. 9½in.; 2, K. Rimmer (Birkenhead S) 19ft. 11in.; 3, B. James (Heversham

GS) 19ft. 8½in.

High J: 1, B. Freeman (Liverpool H) 6ft. 1in. (Ch. Best); 2, T. J. Reynolds (Q. Eliz. Sch. Wakefield) 5ft. 8in.; 3, G. R. Stenton (Chesterfield S) and G. J. Allen (Manc'r GS) tied at 5ft 6in.

Hop, S & J: 1, A. Reeve (Wirral A.C.) 43ft. 2in.; 2, K. Rimmer (Birkenhead GS) 43ft. 0½in.; 3, G. Kitson (Halifax GS) 41ft. 8½in.

Pole V: 1, C. N. Loveland (St. Bede's)^d 8ft. 0in.; 2, J. Regan (St. Bede's); 3, K. Mapleston (St. Bede's).

Wt: 1, W. H. Robbins (Maltby GS) 44ft. 2in.; 2, A. J. Porteous (Birkenhead S) 43ft. 9in.; 3, E. R. Chappell (Airedale H) 42ft. 10in.

Dis: 1, R. D. Shaw (Manc'r GS) 138ft. 2½in.; 2, W. H. Robbins (Maltby GS) 127ft. 6in.; 3, J. L. Hallatt (Birkenhead S) 121ft. 2½in.

Jav: 1, P. Scott (Birkenhead S) 187ft. 4in.; 2, W. D. Cordell (RAF Cranwell) 179ft. 10in.; 3, M. E. Morrell (Wirral A.C.) 176ft. 5½in.

SENIOR

220 Yds.: 1, K. Anderson (Liverpool Pol.); 2, B. Gibson (Salford H); 3, E. Sandstrom (Hull U); 2 yds, 22.9.

440 Yds.: 1, F. P. Higgins (Stockton H); 2, J. F. Grant (Leeds H'ls); 3, J. J. Murray (Lincoln W); 49.2.

Results of the Invitation Events at the Metropolitan Police Championships at Imber Court on July 5th — 220 yards straight course: 1, E. MacDonald Bailey, 20.5 secs.; 2, N. MacWhirter, 21.5 secs.; 3, L. C. Lewis, 21.6 secs.; 4, D. C. Pugh, 21.9 secs. **220 yards low hurdles straight course:** 1, F. J. Parker, 24 secs.; 2, P. B. Hildreth; 3, P. A. L. Vine.

(Met. Police events will be published next week).

Brotherhoods Works Sports Club

3rd Annual Marathon Race

3-15 p.m. start

Brotherhoods Sports Ground,
Lincoln Road, Peterborough

MONDAY, 6th AUGUST, 1951

£100 INDIVIDUAL TROPHY

£60 TEAM CUP

1st, 2nd, 3rd, Cups. 4th, 5th, 6th, Plaques.

1st, 2nd, 3rd, Team Medals

Two Sealed Handicap Prizes

Entrance Fee: 3/- Individual; 9/- per team

Hon. Marathon Sec.:

P. ROY, 288, Padholme Road,
Peterborough

JOHN HENNING

*Answers the
A.W.
Questionnaire*

John Henning winning
the "Sheffield Telegraph"
Marathon.



Name (Surname first):
Club:
Occupation:
Educated at:
Age:
Height:
Weight:
First started athletics (at what event):

Favourite events now:
Brief details of athletic successes:

Henning, John A.
Duncairn Nomads.
Manual labourer.
Glenwood P.E.

41
5ft. 6ins,
9st. 8lbs. (racing).

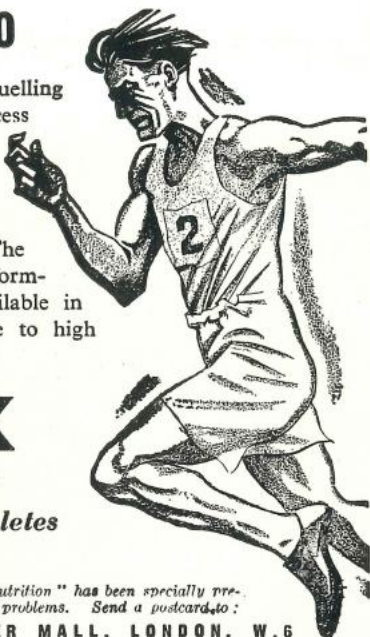
1929, half-mile, mile and cross-country. Retired from all active athletics in 1937, but made a come-back in 1945 to try marathon.

Marathon.

Before my retirement—Won Irish Junior C.C. and runners-up Irish Senior C.C. Championship medals; won many road races from 6-14 miles; gained numerous prizes in $\frac{1}{2}$ and 1 mile track events and represented Northern Ireland in 1 and 3 mile C.C. International 1936-37. Since my come-back—I have won the Irish marathon Championship 1946-7-9-50; Northern Ireland Marathon Champion 1946-7-8-9-50; Record holder for Marathon 2h.39m.51; won Belbriggan-Dublin 20M. Road Race 1948-9, record holder 1h. 54m.04s. Winner of Manchester City Marathon 1947; Sheffield Marathon 1948 and Liverpool Centenary Marathon 1948. I was 4th in Poly & A.A.A. Marathon (Olympic trial) 1948 and missed selection for the British team by 30 yards. Runner-up to Jack Holden in Poly marathon 1949; won 3M. track off 150 yds. 14m. 47s.;

For the 100 or the 440

Sprinters, and those whose forte is the gruelling quarter-mile, need different qualities for success in their chosen spheres. All, however, need training—and all succeed or fail ultimately according to the response of their hearts, muscles and lungs under maximum demands during the heat and speed of the race itself. The muscular system can maintain its best performance only when plenty of vitamin B is available in the diet to supply the conditions favourable to high output with minimum fatigue. So . . .



train on **BEMAX**

*the vitamin B preparation used
by many of Britain's finest athletes*

From Chemists 1/9, 3/-, 5/6



Write for this new booklet. "Stories of Nutrition" has been specially prepared to help you with present-day diet and health problems. Send a postcard to:
VITAMINS LTD. (DEPT B.A. 5) UPPER MALL, LONDON, W.6

Best Performances:

Performance which gave you most personal satisfaction and why:

Have you any particular objective or ambition in athletics? What part do you consider coaching has played in your success?

How many days a week do you train?

When do you train?

How long do you spend on each training session?

Have you any special ideas on training?

4 mile track off 200 yds. 19m.47; runner-up Irish 10M. Championship (track) 1949, my time 53m. 30s. was inside previous record.
2nd to Jack Holden in Poly marathon 1949 (216 runners); marathon 2:39.51; 20 miles 1:54.04; 10 miles (track) 53.30.

Second to Jack Holden 1949 in Poly marathon. I was with Holden up to 14 miles when I was overcome by stomach cramp, which lasted until 20 miles, by this time Holden had a lead of over three minutes which I reduced to 40 seconds at the finish.

To see Ireland competing again as a nation in the Olympic Games.

I owe 75 per cent. of my success to the letter coaching of Sam Ferris and Franz Stamphl.

Three running and three walking.

Afternoons 3—5 or 6.

Never less than two hours.

P.T. used as a variety mixed with running and walking saves monotony.

My Training:

Monday, Run 12 miles. Tuesday, P.T. and 10 mile walk. Wednesday, 15 mile run. Thursday, 12 mile walk. Friday, P.T. and 10 mile walk. Saturday, 18 mile run. Sunday, complete rest. As I get fitter I increase mid-week runs by three miles and Saturday run from 20 to

THE BOOK OF THE YEAR

“BRITISH ATHLETES, 1951”

More than 200 of Britain's finest athletes, men, women and juniors, featured in striking action photographs—many full page—with biographies by Norris McWhirter (walkers by F. W. Blackmore).

FOREWORD, by the Rt. Hon. The Lord Burghley, K.C.M.G.

“**LOOKING FORWARD TO 1952**”—Jack Crump sums up Britain's prospects at Helsinki.

This book has been produced at the remarkably low price of five shillings (post free 5s. 6d.). Printed on fine quality art paper, page size 8½x10½ins.

● **LIMITED NUMBER—SEND FOR YOUR COPY AT ONCE** ●

“**ATHLETICS WEEKLY**,”

Kent Art Printers, Ltd., The Brook, Chatham, Kent.

Are there any particular features or reforms you would like to see in athletics?

What advice would you offer to the novice?

24 miles. As I am a regular night worker I can only get about five hours sleep for the first five days of the week.

I would like to see clubs take more care of their novices, as too many lads are burnt out owing to too much fast running and gruelling racing before they are properly developed.

I would advise them to put themselves in the hands of a qualified coach and pay heed to what he tells them and not to pay any attention to the advice offered by the Tom, Dick and Harrys, who only think they know all there is to know about athletics

S.A.A. NOTES

COUNTY Competitions are now over except in Gloucestershire. In all, there have been thirty-eight. In many cases as many as eighteen or nineteen records have gone by the board so the tendency is upwards all the time. Conditions in many cases—especially June 23rd—were anything but ideal for best performances, and when the weather was kind a great number of the grass tracks left much to be desired. The County standard in Schools' athletics is worthy of better consideration these days. The material is there; coaches, keen and qualified, are on the increase; but the provision of reasonably equipped tracks for ever apparently marks time. And in my view, this is the key to it all: given the amenities, the athletes will follow.

In a first review of County performances, the athletic standard is higher than ever. In Surrey, Essex, London and Middlesex we expect this. Their County organisation is complete in every

way. They are long established and so is their tradition. Many others are fast building up and it will not be surprising if the champions this year come from more than the sixteen counties that produced them last year. Standards averaged about twenty-two per cent of the entries at Port Sunlight. Given the right conditions I think Southampton will beat this. County results tend in that direction and when one considers that the best reach real competition for the first time at the National festival—that little bit extra is revealed. New names, from unexpected quarters, are well in the picture. The Senior sprint looks like being a “scorcher” and if Alan Lillington is to win it again his ambition to break even time as a schoolboy will surely be fulfilled. I wish I could feel as confident about that six foot jump! It may happen, but the hurdlers show far more promise than the jumpers this year. Some possibilities and their performances, next week.

E.C.

RESULTS

June 21st

London Shipping A.A. Championships.

100: R. Jackson 10.7; **220:** J. Crew 23.7; **440:** T. Higgins 48.9 (record); **880:** G. Gosling 2:4.2; **1 Mile:** E. Kerridge 4:33.0 (record); **3M:** E. Kerridge 15:18.0; **2M:** Walk: A. Elsmilie 16:9.2; **120H:** S. Fowler 17.0; **LJ:** R. Jackson 21ft. 9in.; **HJ:** T. Wallis 5ft. 4ins.; **Wt:** I. Ivanovic 41ft. 2½ins. (record); **D:** A. Dean 115ft. 0½ins.; **J:** A. Dean 140ft. 2ins.

June 25th

Cambridge H. beat Blackheath H. by 60pts. to 46. **100:** R. Packham (C) 10.2; **220:** J. F. Toal (B) 22.8; **440:** R. Morley (B) 52.5; **880:** A. Sanderson (C) 1:59.1; **1 Mile:** J. Braughton (B) 4:29.6; **2M:** D. Holden (C) 9:45.6; **LJ:** A. Maggs (C) 19ft. 5½ins.; **HJ:** R. Giles (B) 5ft. 6in.; **Wt:** M. Sawicki (C) 42ft. 4½ins.; **D:** M. Sawicki (C) 120ft. 1in.; **4 x 440:** Cambridge H. 44.5. In a junior match **Cambridge H. beat Blackheath H. by 33pts.** to 30. **100:** Sewell (B) 10.8; **220:** Smart (C) 23.8; **880:** J. Morrison (C) 2:7.0; **LJ:** Sawkins (B) 20ft. 1in.; **Wt:** J. Cross (B) 41ft. 8½ins.; **D:** H. Deacon (C) 103ft. 8½ins.; **4 x 110:** Cambridge 46.7.

June 26th

Glasgow Transport Sports. **100:** R. Carlisle (Lochwinnoch) 3½, 9.9; **100 Yths:** A. S. Wood (Shettleston) 4, 10.1; **220:** E. Gallacher (Liverpool) 11, 22.7; **880:** G. Martin (Shettleston) 40, 1:55.9; **880 Invit.:** F. Evans (Manchester A.C.) Src., 1:55.2; **1 Mile:** A. H. Brown (Motherwell) 125, 4:21.0; **120 Invit.:** W. Jack (Vic. Pk.) Scr., 12.0; **2M. Team:** Victoria Pk. A.A.C. "A" 16pts. Ind: A. Forbes (VP) 9.14.0; **HJ:** A. S. Paterson (VP) Scr. 6ft. 5ins.

ARMY CHAMPIONSHIPS

100: 1, L/Cpl. R. Marsh; 2, Cpl. Kennedy; 3, Sgt. Scott; 10.1. **220:** 1, L/Cpl. R. Marsh; 2, Sgt. Clarke; 3, Cpl. Kennedy; 22.1. **440:** 1, 2/Lt. J. Taylor; 2, Pte. Sear; 3, Cpt. G. Chirnside; 50.8. **880:** 1, Cpt. H. Dove; 2, Cpl. J. Beesley; 3, 2/Lt. J. Glover; 1:57.9. **1 Mile:** 1, L/Cpl. J. Martin; 2, Cpl. R. Dunkeley; 2, 2/Lt. P. Hubert; 4:24.9. **3 Miles:** 1, Pte. F. D. Sando 14:23.9 (record); 2, 2/Lt. D. C. Birch 14:43.0; 3, Bdr. F. Singhurst. **2 M. S'Chase:** 1, Lt. A. Maughan; 2, Pte. Rowan; 3, Sgt. Loveday; 40:48.1. **120 Hds:** 1, 2/Lt. J. O. Cave; 2, L/Cpl. Dixon; 3, 2/Lt. K. Wilmshurst; 16.0. **220 Hds:** 1, L/Cpl. L. Dixon; 2, Sigm. Derry; 3, L/Bdr. Walls; 28.1. **440 Hds:** 1, 2/Lt. M. Farmer; 2, Cpt. D. Brierley; 59.6. **L.J.:** 1, Maj. J. F. Lockwood 22ft. 4in.; 2, 2/Lt. K. Wilmshurst 22ft. 0in.; 3, 2/Lt. J. Jones 21ft. 6in. **H.J.:** 1, Cpl. P. G.

Goldsmith 5ft. 10in.; 2, L/Bdr. N. Finch 5ft. 8in.; 3, Cpt. D. Chapman 5ft. 8in. **H.S.J.:** 1, Cpl. P. Goldsmith 46ft. 2½in.; 2, L/Bdr. N. Finch 43ft. 3½in.; 3, Cpl. Moerland 42ft. 9in. **P.V.:** 1, A. Hanlon 11ft. 6in.; 2, 2/Lt. Whitehead 11ft. 0in.; 3, Lt. R. Reep 10ft. 6in. **Wt:** 1, Sgt. P. Horn 44ft. 1½in.; 2, W/O W. Hodkisson 43ft. 10½in.; 3, 2/Lt. A. Wood 41ft. 10in. **Dis:** 1, Lt. J. Lambert 126ft. 6½in.; 2, CSMI. J. Coleman 124ft. 8½in.; 3, Pte. R. Taylor 124ft. 5in. **Jav:** 1, Cpl. R. Stead 162ft. 9½in.; 2, Cpl. N. Hughes 160ft. 5in.; 3, Gdsmn. Pearce 160ft. 2½in. **Ham:** 1, Maj. C. J. Reidy 155ft. 11in.; 2, Cpt. Williamson 141ft. 3½in.; 3, Cpl. Ley 139ft. 2½in.

June 30th

HEATHFIELD S.A. OPEN 15 MILES ROAD RACE, and INTER-CLUB CONTEST,

Road Race (distance just under 15 miles) — 1, J. W. Stone (Dorking St. Paul's) 1hr 21m. 47s.; 2, T. Richards (South London H.) 1h. 22m. 28s.; 3, W. T. Nicholson (Woodford Green) 1h. 24m. 37s.; 4, L. Scott (Mitcham A.C.) 1h. 26m. 09s.; 5, J. R. Johnstone (Poly H.) 1h. 27m. 11s.; 6, A. E. Hefford (Woodford Green) 1h 27m. 12s. **Team:** 1, Mitcham A.C. 27pts.; 2, Belgrave H. 30 pts.; 3, Woodford Green 36 pts.

DORSET CONSTABULARY SPORTS
Dorset County Champs: **220:** 1, E. Waterfield (Weyh St. P); 2, L. Bartlett (RN); 3, D. Trent (Poole) 23.6; **880:**

BANBURY Festival of Britain

OPEN ATHLETIC AND CYCLE SPORTS

SATURDAY, 4th AUGUST, 1951
2 p.m.

Banbury (Oxon) Grammar School

Men—

100, 220, 880, 1 Mile, also Half Mile and 3 Miles Cycle. Tug-of-War.

Ladies—

100 yds. MEDLEY RELAY (100, 220, 220, 100) 440 yds. CYCLE.

Juniors—

(15-17) 100 yds., 880 yds.
(13-19) 100 yds., 880 yds.

Good Grass Track. Prizes £180
Entry Forms from Mr. N. Jones, 83a, Crouch Street, Banbury.

ENTRIES close 24th JULY, 1951

Fees: 1/6 First Event, 1/- others.
Tug of War 10/0, Junior Events 1/0,

Medley 4/0

Special Train Services



R. MORLEY (A.A.A.) leading F. EVANS (Midlands) the eventual winner, in the 880 yds. at Coventry. *H. W. Neale*

London A.C. hold their Inter-Club Relay Meeting on Tuesday next at the White City, starting at 6.15 p.m. Included on the programme is an attempt on the 440 yards women's record by Valerie Ball (Spartan LAC) and another on the 4 x 220 yards women's relay record.

SLOUGH & WINDSOR HOLIDAY CARNIVAL SPORTS

Under A.A.A., W.A.A.A. & N.C.U. Rules

to be held on

Agar's Plough (Eton College Playing Fields)

Windsor Road, Eton

SATURDAY, 4th August, 1951,
at 2.30 p.m.

Open Events:

100, 220, 440, 880 yds., Mile and High Jump handicaps. Mile Scr. Relay (880, 220, 220, 440). 2 Miles Scr. Team (4 run, 3 score) 4.

Ladies—100 and 220 yds. handicaps and scr. Relay (4 x 110).

Open Cycling Events:

550 yds. and 5 miles scratch; Mile handicap.

Prizes:

£5, £2, £1; Relay £8, £4; Team £6, £3, 1st home £2; Ladies' Relay £6, £3; 2/6 lap 5 miles cycle.

Entries:

1/6 first, 1/- additional, Relays 4/-, Team 3/-, close first post Monday, 23rd July, to—

W. J. GROOME.

28, Langley Broom, Langley, Bucks

1, M. Evans (Poole); 2, R. Clarke (Poole); 3, R. Hewitt (Poole) 2:2.0; **Opens: 100:** J. Fiander (Blandford) 7½, 9.8; **220:** M. Savage (Taunton) 18, 22.0; **440:** M. Savage 30, 48.6; **880:** R. Mattock (Bournemouth) 55, 1:54.0; **Mile:** F. Wyatt (Bristol) 145, 4:11.8; **100 Women:** A. D. Williamson (WRAC) 9½, 10.9; **2M.** **Walk:** R. Holland (Sheffield UH) 385, 13:44.4.

INTER-CLUB CONTEST FOR HEATHFIELD SHIELD

100 Yds.: A. Grieve (South London H) 10.5 secs.; **440 Yds.:** L. C. Lewis (Walton A.C.) 50 secs.; **880 Yds.:** J. D. Prince (South London H) 1m. 57.3s.; **1 Mile:** G. W. Nankeville (Walton A.C.) 4m. 18.8s.; **2 Miles:** W. E. Lucas (Belgrave H) 9m. 30.6s; **4 x 220 Relay:** 1, South London Harriers. **Match Result:** South London H. 26 pts., Walton A.C. 26; Belgrave H. 12 pts.

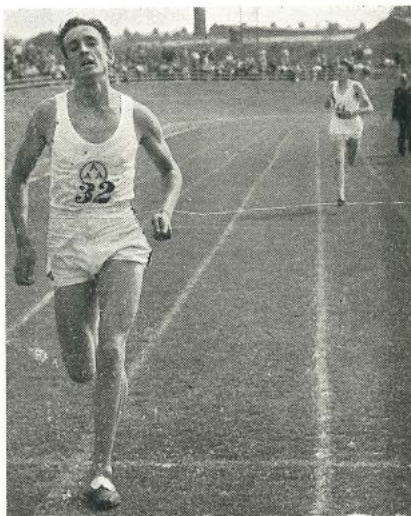
W.I. (Stockholm) 80 pts., Southgate H. 52. The visit of the Swedish team to Broomfield Park provided some fine competition for a large crowd. Several track records were broken during the afternoon and Roger Bannister ran a half-mile in 1:53.6, though not scoring in the team event. **100:** 1, N. D. McWhirter (S) 10.0 (track record); 2, H. Barnsby (S); **440:** 1, D. Leftwich (S) 51.2; 2, N. Bennett (S); **880:** 1, G. Johansson (WI) 1:58.6; 2, C. Barnard (S); **Mile:** 1, C. Holm (WI) 4:33.0; 2, G. Ahl (WI); **LJ:** S. Lindgren (WI) 21ft. 10in.; 2, G. Johansson (WI) 21ft. 3½in.; **HJ:** A. Ljungqvist (WI) 5ft. 11in.; 2, B. Nilsson (WI) 5ft. 11in.; **HSJ:** G. Johansson (WI) 41ft. 8½in.; 2, D. Rumbold (S) 40ft. 4in.; **PV:** 1, A. Ljungqvist (WI) 10ft. 6in.; 2, B. Nilsson (WI) 10ft. 0in.; **Wt:** J. Giles (S) 45ft. 1in.; 2, G. Johansson (WI) 37ft. 5½in.; **D:** E. Nilsson (WI) 131ft. 6in.; 2, J. Giles (S) 129ft. 3in.; **J:** 1, E. Strom (WI) 179ft. 10in.; 2, H. Nilsson (WI) 160ft. 11in.; **H:** 1, E. Nilsson (WI) 150ft. 8in.; 2, G. Johansson (WI) 126ft. 6½in. **Grammar Schools' Relay:** Queen Elizabeth's 46.4; Modern Schools' 52.3.

I.F.K. (Sweden) 74 pts., Woodford Green A.C. 70, Cambridge H. 56. **100:** 1, D. Milton (WG) 10.4; 2, T. Morris (WG); **440:** 1, A. Dick (C) 50.7; 2, G. Billing (IFK); **880:** 1, N. Svenson (IFK) 1:59.5; 2, A. Wells (WG); **2M:** 1, H. Nilsson (IFK) 9:33.4; 2, D. Holden (C); **440H:** 1, N. Svenson (IFK) 56.4; 2, D. Kimber (WG); **LJ:** 1, A. Hardy (WG) 22ft. 7½in.; 2, A. Petterson (IFK); **HJ:** A. Petterson (IFK) 5ft. 8in.; 2, J. Groom (WG); **PV:** 1, S. Anderson (IFK) 10ft. 6in.; 2, C. Pennington (WG); **Wt:** 1, M.

Sawicki (C) 43ft. 2½in.; 2, E. Wiklund (IFK); **D:** 1, M. Wesselgard (IFK) 135 ft. 1in.; 2, H. Jacobson (IFK); **Relay:** Cambridge H.

Nottinghamshire Junior & Youths Championships: 100: G. Howlett (Notts A.C.) 10.5; **220:** G. Howlett 23.8; **440:** S. Tucker (Mundella GS) 55.7; **880:** M. Adams (Notts A.C.) 2:10.0; **Mile:** C. Wharton (Nott. H.S.) 4:48.2; **Relay:** High Pavement G.S. 70.8; **HJ:** G. Marshall (Hyson GBC) 5ft. 5in.; **LJ:** C. Rutt (Notts AC) 19ft. 19½ins.; **HSJ:** G. Marshall 39ft. 5ins. **PV:** G. Marshall 8ft. 6in.; **Dis:** G. Wallen (H. Mellish GS) 118ft. 8½in.; **Jav:** J. Bright (O.W.Bridge) 150ft. 6ins.; **Wt:** G. Wallen (H. Mellish GS) 39ft. 1in.; **Ham:** Lempard (O. West-bridg'ns) 77ft. 5½ins. **Youths: 100:** J. Booth (Notts HS) 10.6; **220:** J. Booth 24.5; **440:** J. Otter (W. Bridg.) 55.7; **880:** R. Richmond (Notts A.C.) 2:8.0; **Mile:** A. Gibson (Notts HS) 4:53.5; **HJ:** W. Archer (Notts A.C.) 5ft. 3ins.; **LJ:** J. Booth (Notts HS) 19ft. 6½ins.; **HSJ:** K. Dernie (Retford GS) 37ft. 8½ins.; **PV:** P. Machin (W. Bridg) 9ft. 3ins.; **Dis:** C. R. Ball (H. Mellish GS) 130ft. 7in.; **Jav:** R. Marriott (W. Bridg.) 136ft. 4in.; **Wt:** R. Jackson (H. Mellish GS) 44ft. 8in.; **Ham:** P. Machin (W. Bridg.) 103ft. 0in.; **Relay:** High Pavement GS 48.4.

Sussex Senior Championships. 100: 1, D. Cook (Horsham); 2, C. Fry (Worthing); 3, J. Liddington (LAC) 10.8; **220:** 1, D. Cook; 2, C. Fry; 3, J. H. Williams (Bognor R) 23.6; **440:** 1, C. Smith (Worthing); 2, J. Harris (Eastbourne R); 3, A. Anderson (Sussex W. & A.C.) 52.5; **880:** 1, H. V. Foord (Brighton); 2, A. Hill (Brighton); 3, B. Leach (Worthing) 2:1.9; **Mile:** D. Humphrey (Horsham); 2, J. Wadey (Sussex W.A.C.); 3, P. R. Chandler (Eastbourne R) 4:28.8; **3M:** 1, J. Edwards (Horsham); 2, A. Smith (Worthing); 3, D. Gander (Horsham) 15:5.4; **2M.S'chase:** 1, D. J. Hook (Brighton); 2, J. W. Friend (Brighton); 3, A. Hurst (Horsham) 11:22.6; **2M. Walk:** 1, A. Slater (Sussex WAC); 2, N. R. (Steyning); 3, A. Elmslie (Redhill and R) 15:50.6; **120H:** D. M. Tierney (Hurst-pierpoint C) 16.9; **440H:** W. D. Thorn (Brighton) 62.2; **HJ:** 1, Cpl. Goldsmith (Worthing) 5ft. 10in. (equals record); 2, A. T. Poat (Horsham); 3, A. F. Johnston (Bexhill); **LJ:** 1, A. R. Crutenden Brighton) 22ft. 7½ins.; 2, Cpl. Goldsmith; 3, C. B. Fry; **PV:** A. T. Poat (Horsham) 9ft. 6ins.; **HSJ:** 1, Cpl. Goldsmith 46ft. 3ins.; 2, D. Cook (Horsham); 3, R. W. Fleet (Sussex WAC); **Wt:** 1, M. Shanahan (Worthing) 39ft. 3¼ins.; 2, J. Shanahan (Worthing); 3, A. Skuja (Chichester).



R. F. ROBINS winning the 3 Miles in 14 min. 13.8 secs. for the A.A.A. against the Midlands and North at Coventry.

H. W. Neale

Dis: 1, A. F. Johnston (Bexhill AC); 2, J. Abbott (Lond. AC); 3, J. Shanahan (Worthing AC); 125ft. 9in. **Ham:** 1, J. Richardson (Brighton and C.H.); 2, G. Griffith (Brighton); 115ft. 9in. **Jav:** 1, A. Poat (Horsham B.S.); 2, G. Ginnaw (Worthing); 3, J. Proudley (Chichester)

WOKINGHAM CARNIVAL SPORTS

Under A.A.A. Laws, at

Wokingham Cricket Ground

On September 1st, 1951

Open 6 Miles Scratch Road Race

Prize value £7 7 0 £3 3 0 £1 1 0

MEN'S OPEN HANDICAPS—100 yds., 220 yds., 880 yds., 1 Mile. Prize Value £5, £3, £1.

WOMEN'S OPEN HANDICAPS—100 yds., 220 yds. Prize value £3, 30/-, 15/- Entries to E. H. OLIVER, 8, Westcott Road, Wokingham, Berks.

Closing date, MONDAY, Aug. 20th.

1/6 First Entry; 1/- Each Additional

WATFORD SPORTS

Saturday, August 4th, 2 p.m., at Cassiobury Park

(A.A.A., W.A.A.A., N.O.U. Rules)

MEN—100, 300, 880, 3 Miles. JUNIORS—(under 19 years) 220. Mile. 1 Mile Medley, Relay for the Watford Borough Cup. Value £45.

CYCLING EVENTS—440, 880, 1 M., 5M.

LADIES' Sen.—100 yds. 4 x 110 yds. relay

LADIES' Jun.—100 yds. 4 x 110 yds. relay

ENTRIES CLOSE, MONDAY, July 23rd

R. B. STEVENS, 85, Princes Avenue, Watford, Hon. Sec.

AC); 157ft. 4½in. 4 x 110 Jun. Relay: Sussex W. and A.C. 47.3; Jun. Medley Relay: Bognor Regis A.C. 3:52.1.

Ikeston Sports. 100: R. Forsey (Notts AC) 8½, 9.8; 220: D. Soar (Loughboro Coll) 19, 21.0; 880: J. Dee (Loughboro Coll) 61, 1:54.1; Mile: J. Gutteridge (Notts AC) 131, 4:21.9.

London Business Houses Champs. 100: B. Cox (LCC) 10.2; 220: B. Cox 2.9; 440: T. Clowry (ROF) 53.0; 880: J. Hove'll (GEC) 1:57.8; Mile: J. Hove'll 4:7.0; 120 Hds: P. Heathcote (STC) 16.8; 2M. Walk: K. Smith (Ravensbourne) 15:14.2; LJ: G. Christmas (STC) 20ft. 0in.; HJ: R. C. Pavitt (Lyons) 6ft. 5in.; Wt: O. Feldmanis (Tooting Bec) 38ft. 3in.; Jav: R. Liggons (ROF) 137ft. 10in.

Army Cadet Champs. 100: P. Teitz (Lond.) 10.8; 220: H. Martin (Lon) 23.2; 440: J. Evans (Glam) 54.3; 880: P. Stevens (L) 2:5.3; Mile: A. Newell (Hamp) 4:41.0; 120 Hds: J. Duffy (L) 15.4; LJ: S. Orman (L) 20ft. 2½in.; HJ: J. Bryant (Berks) 5ft 5½in.; Dis: G. Owen (Glam) 143ft. 6½in.; Jav: G. Owen 174ft. 5in.; Inter-County Champ: 1, London 48 pts.; 2, Hampshire 39; 3, West Riding 23.

Walton A.C. and S. London H. both 21 pts. beat **Belgrave H.** 13. 100: A. Grieve (SL) 10.5; 440: L. Lewis (W) 50.0; 880: J. Prince (SL) 1:57.3; Mile: G. W. Nankeville (W) 4:18.8; 2 Miles: W. E. Lucas (B) 9:30.6; 15M. Open Road Race: J. W. Stone (Dorking St. P) 1h. 21m.47s.

Milocarlan A.C. beat **RMA Sandhurst** by 99 pts. to 67. 100: P. Ford (M) 10.2; 220: K. Jones (M) 22.8; 440: J. Thirnbeck (M) 51.1; 880: P. Robinson (M) 1:55.9; Mile: C. Benson (RMA) 4:28.0; 2 Miles: A. Maughan (M) 9:42.8; 120 Hds: J. Hart (M) 15.6; 440 Hds: J. Hart (M) 57.7; LJ: J. Lockwood (M) 22ft. 2½in.; HJ: C. Nott-Bower (M) 5ft. 10in.; HSJ: B. Evershed (M) 40ft. 4½in.; PV: R. Whitehead (M) 10ft. 9in.; Wt: C. Nevil'e (M) 42ft. 0½in.; D: C. Reidy (M) 123ft. 3in.; H: C. Reidy (M) 157ft. 9½in.; J: M. Williams (RMA) 158ft. 8½in.

Wigan Festival Sports. 100 (S/L): J. Booth (Bolton Utd.) 2, 9.8; 100: A. Mason (Blackburn AC) 9, 9.6; 220: H. Poulson (Viaduct AC) 23, 22.0; 880: H. Bell (Bolton U) 65, 53.5; Mile: A. J. Parker (Barrow AC) scr., 4:18.6; HJ: N. King (Leigh H) 10in., 6ft. 3in.

Tipton Festival Sports. 15M. Road Race: J. Ho'den (Tipton H) 1h. 29m.45s., Team: Small Heath H. 18 pts.; Mile: F. Green (Birchfield H) 4:22.2; 2M. Team Race: Birchfield H. 7 pts. Ind. M. White (Birchfield) 9:34.8.

WEST INDIAN WOMAN ATHLETE WINS

Eileen King, Trinidad Sprinter, won a 100 Yds. invitation race at Enfield A.C. Sports, her time being 11.7 secs. 100: G. Rider (N.Lond.H) 5½, 9.8; 220: P. Unwin (NLH) 18, 22.0; Mile: R. Wing (Hornsey St. M) 160, 4:5.6; 5 M. Road Walk: W. Kimber (Highgate H) 7:45.0, 36:35.0. In an interclub match **St. Albans City AC** 36 pts. beat **Enfield AC.** 34, **Shaftesbury H.** 24, **Essex Beagles** 19, **Poly H.** 17 and **Ponders End A.C.** 11. 100: R. Godfrey (En) 10.4; 440: N. Dangerfield (St. A) 50.7; Mile: I. Culley (P) 4:25.4; LJ: J. Green (E.B.) 20ft. 5½in.; HJ: R. Cobb (En) 5ft. 5in.; Team Race: St. Albans, Ind. N. Blyth (St. A) 9:46.6.

NEW 1½ MILES ENGLISH NATIVE RECORD

At Queen's Park H. evening meeting on July 3rd, the 1½ miles English Native record was beaten again, this time by W. R. Beckett (Hythe A.C.). Doug Wilson, the holder, had not returned from the U.S.A. and was unable to compete.

At the mile Hicks, Olney and Beckett were together and leaving the rest of the field. At the bell Beckett unleashed a remarkable last lap to beat the former record by 5.8 sec. Alec Olney must be considered unlucky in that he has twice broken the old record but only finished second on each occasion. Result—1, W. R. Beckett (Hythe A.C.) 6:40.6; 2, H. A. Olney (T.V.H.) 6:42.8; 3, H. J. Hicks (Hampstead H) 6:43.2; 4, A. T. Ferguson (Highgate H) 6:50.0; 5, J. Hove'll (Finchley H) 6:50.2; 6, L. Mann (Q.P.H.) 6:57.0; 7, D. Lee (Shaftesbury H) 6:59.2.

Queen's Park H. Club Championships: 880: P. O'Connor 2:1.3; 220: J. Crowe 24.3; 2M. Walk: L. Morgan 15:44.6; 440 Jun.: P. Scrimshaw 53.9.

CLASSIFIED ANNOUNCEMENTS

Classified announcements can now be accepted at the following rates 2/- per line of six words; 12 insertions 1s. 6d., 24 insertions 1s. 6d. per line.

Grove, Wantage, Sports, August 11th. P. E. Simmons, "Green View" Grove, Wantage, Berks.

Cloth Club Badges supplied to your design, low prices, stamp please for list. Domestic Developments, 26, Anerley Hill, London, S.E.19.