

Athletics WEEKLY

Mar. 10th, 1956

9^D

Vol. 10, No. 10.



LEADERS IN NORTHERN WOMEN'S JUNIOR C.C.C.

SPECIAL

NATIONAL C.C.
NUMBER

Report and all the results

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Walking

By A. D. McSweeney

Record Entry for National

BIGGEST gathering ever of the Walking fraternity should be seen at Regents Park to-day (Saturday), where the National 10 Miles Championship is to be decided, start 2.30. The programme entry of 414 is a record for the event and the biggest for any walking race in this Country. 35 teams are supporting.

Sheffield will be all out to maintain their unbeaten record in this race since 1949 and, on paper, they look to be much the strongest still. Biggest opposition to them will come from the London "big four" of the present season, Belgrave, Metropolitan, Highgate and Woodford. Roland Hardy will make an effort to score his fifth successive win, his chief rivals being clubmate Lawrence Allen, George Coleman, Bryan Hawkins and Alf Poole.

As has been customary for the past ten years the Inter-Counties' Championship will be held in conjunction—15 Counties have entered teams—and Middlesex should have a decided victory on current form. Yorkshire look to be next best with Surrey and Essex fighting out third place.

Battersea Park Meeting.

A.A.A. Southern 7 Miles Track Championship will be held at Battersea Park Track on March 24th and the R.W.A. Southern Area Committee are promoting an Open Junior 6 miles and Youths' 3 miles, on the road, at the same meeting. In conjunction with the Junior event a competition for R.W.A. Badges will be held, open to both Juniors and Seniors. These Badges are awarded to competitors completing 6 miles within an Hour.

Entries and particulars of any of these events from myself at 50 Manor View, Finchley, N.3.

Trowbridge "Traders" Open 10½ miles is fixed for Easter Saturday, March 31st, 3.30. Preceding this is a 3½ miles race for Youths and Juniors.

A valuable trophy which has been hidden away for many years has been brought into the light of day and will be held each year by the first man home in the Colchester to Ipswich Open 18 miles. This is the "T. E. Hammond" Cup, presented by the late Tommy Hammond for competition in the long discontinued Norwich to Ipswich 42 miles—a race in which I remember competing 30 years ago, come Easter

Monday, and with some amusing incidents which space forbids recounting.

County Results (contd. from last week)

Middlesex, at Highgate. 1, B. Hawkins (Met.) holder, 77.37; 2, D. J. Thompson (Met.) 79.38; 3, L. K. Evans (Highgate) 80.03; 4, R. Hutchison (Met.) 80.47; 5, G. Checkley (Cadoxton) 80.59; 6, K. E. Dulieu (Highgate) 81.05. **Teams:** 1, Metropolitan W.C. (holders) 15; 2, Highgate H. 34; 3, Cadogan A.C. 41; 4, Queens Park H. 92; 5, Polytechnic H. 93; 6, Metropolitan "B" 109.

Surrey, at Wimbledon. 1, E. Hall (Belgrave) 81.13; 2, S. C. James (Belgrave) holder, 82.34; 3, W. P. Woods (Surrey A.C.) 82.38; 4, R. E. Green (Surrey W.C.) 83.56; 5, A. D. Bennett (Surrey A.C.) 85.27; 6, D. F. Griggs (Surrey W.C.) 86.03. **Teams:** 1, Belgrave H. 21; 2, Surrey W.C. 26; 3, Surrey A.C. 43; 4, L. Vidarians W.C. 80.

Sussex, at Steyning. 1, J. Turner (Brighton A.C.) 82.40; 2, M. H. Tadd (Brighton) 84.48; 3, H. Taylor (Brighton A.C.) 90.18. **Teams:** Brighton A.C.

Warwick., at Birmingham. 1, G. E. Chaplin (Godiva H.) 82.05; 2, J. Edgington (Godiva H.) 84.29; 3, V. H. Burr (Birmingham W.C.) 85.03; 4, F. O'Reilly (Lozells H.) 86.29; 5, I. Williams (Godiva H.) 88.13; 6, W. T. Bate (Birmingham W.C.) 91.18.

Lancs. W.C. 6 Miles Club Race, Manchester (Feb. 18th). 1, J. Barraclough 46.14; 2, T. J. Hardie 49.46; 3, R. Smith 51.35. **Handicap:** A. Pugh (6.50) 45.32.

The Notts A.C. 15 Miles Road Race will be held on April 14th.

* * *

Entries for the Watford Road Relay close on March 19th.

TRACK SHOES

The finest value in Track Shoes to-day—**FOSTER'S "NEW HAVEN,"** in red or blue, whole cut, supple uppers, handsewn, and of the finest workmanship. Crocodile supports. Sponge under tongue and in heel.

At 53/4—the best buy to-day. Postage 1/3
Also the "De Luxe" at 72/3.

or the "Flyer" at 34/-

THE SPORTS CENTRE

6 High Dewar Road, Rainham, Kent

Cover photo by S. Cook

Athletics Weekly

Official Organ of Athletics in Great Britain

Vol. 10. No. 10. Mar. 10th, 1956

EDITOR: P. W. GREEN

Published by—

WORLD ATHLETICS AND
SPORTING PUBLICATIONS, Ltd.

Editorial Offices—

ATHLETICS WEEKLY,
KENT ART PRINTERS, Ltd.,
THE BROOK,
CHATHAM, KENT.
(Chatham 4644-5)

Advertisement Representatives— (Trade)

W. HORACE BIGGS,
PRESS ORGANISATION Ltd.,
115 HIGH HOLBORN,
LONDON, W.C.1.
(Chancery 8752-3)

Printed by—

KENT ART PRINTERS, Ltd.,
THE BROOK,
CHATHAM,
KENT.

Subscription Rates—

12 MONTHS (52 issues) 45s. 6d.

Direct subscribers in U.K. and H.M.
Forces abroad:—

12 MONTHS (52 issues) 35s.
6 MONTHS (26 issues) 17s. 6d.
3 MONTHS (13 issues) 8s. 9d.

CONTENTS

	PAGE
U.S.A. INDOOR MEETINGS ...	4
WOMEN'S NATIONAL C.C.C. ...	5
KEN NORRIS answers the Questionnaire	6
IRISH NOTES	9
THE 1956 NATIONAL C.C. CHAMPIONSHIPS 10	

EVERY SATURDAY — NINEPENCE

HONOURS in the National C.C. Championships at Warwick last week-end were fairly evenly divided between the South and North, though the North were unable to claim an individual winner.

I doubt if anyone would suggest that our international team will be as strong as last year, for not only were several good men absent, but there were "ifs" about many of the top-notchers who did run. However, though many people appear to be pessimistic about our chances next week, I think we have a good enough team to win. I cannot visualise any of the other competing countries packing six in to beat our best, even if we do not provide the individual winner.

A letter from Derek Ibbotson says that his foot, which had turned septic and kept him off training for a week after the Northern race, was again troublesome after the National and he has been advised to rest it for several days. He hopes to be 100 per cent. fit for the International, however.

I was very pleased to see young Langridge win the Junior race, for I have always held a very high opinion of his ability and thought his running in the Southern race a trifle disappointing. There was nothing wrong with his form last Saturday and his tussle with that fine Northern junior, Alan Cocking, was as interesting and exciting as that between Ken and Fred Norris in the Senior race.

In the Youths event we saw an outstanding youngster in John Parker, who should develop into a fine distance runner. This was the first time any athlete from the Bristol area has won a national title and they are justly proud of his fine performances this season.

Despite the illness of Lawrie Richardson, much of whose work was taken over by Jim Peace, the organisation of the National races was pretty good. Everything was close together and the results were worked out quickly and efficiently. The only criticisms heard were about the dressing accommodation, and the marquee in which the recorders worked was filled with a milling throng after each race. Generally speaking, it all went off quite well.

One thing was emphasized, however. As I have said in the past, restriction of entries *must* come, sooner or later. It is only commonsense that you cannot have ninety-odd teams competing over a three miles course, with several hundred competitors finishing within half a mile. In the Youths event they were lining up 150 yards *before* reaching the winning post, with officials trying desperately to stem the flood of runners bearing down on them. It is physically impossible to cope with such a volume of runners finishing in such a short space of time and distance.

EDITOR

U.S.A. Indoor Meetings

Feb. 11, Madison Square Garden, New York. Charley Jenkins broke Mal Whitfield's world indoor record for 500 yards when winning in 56.4 from Lou Jones, who was 8 yards down at the finish. Ron Delaney won the mile in 4:14.0 despite a protest after tangling with George King late in the race. After Dave Sime had equalled the meet record of 6.2 in heat and semi-final, the verdict in the final of the 60 yards dash went to George Sydnor, who was quicker away but appeared to be caught on the line by the red-head from Duke. The judges' verdict was soundly booed. Lee Calhoun continued on his winning way in the hurdles, Arnie Sowell took the 880 in 1:51.8, and Parry O'Brien, just back from a tour abroad, beat his own world indoor record in the shot with 59ft. 9in. **60y:** 1, G. Sydnor; 2, D. Sime; 3, L. Bell; 6.2 (eq. meet rec.). **500:** 1, C. Jenkins; 2, L. Jones; 3, J. Gaffney; 56.4 (world rec.). **880:** 1, A. Sowell; 2, T. Courtney; 3, G. Maynard; 1:51.8. **1,000:** H. Bright; 2, B. Lockerbie; 3, W. Taylor; 2:13.8. **Mile:** 1, R. Delaney; 2, G. King; 3, L. Truex; 4:14.0. **60y.H:** 1, L. Calhoun; 2, C. Pratt; 3, E. Gilbert; 7.1 (eq. world indoor rec.). **PV:** 1, R. Richards 15'1"; 2, J. Welbourn, G. Mattos, D. Bragg and E.

Poucher tied at 14'6". **Shot:** 1, P. O'Brien 59'9" (world indoor rec.); 2, K. Bantum 56'1"; 3, A. Thompson 54'0".

Feb. 18th. A.A.U. Indoor Championships, Madison Square Garden. Outstanding performance in the Nationals was Parry O'Brien's new shot record of 61ft. 5½in., which beat anything which had gone before, either indoor or outdoor. The sprint final was a great race. After a false start by Sime, Sydnor was best away, with Sime last. John Haines, the holder, came through strongly to take the lead in the last 10 yards, with Sime just failing to catch Sydnor for second place. Charley Jenkins had all the bad luck in the 600. With six men lining up on the small track, Lou Jones got clear, but Mal Whitfield and Jenkins collided at the first bend and Jenkins was put right out of the race. Whitfield recovered to come through to second place behind the untroubled Jones. Arnie Sowell ran away from his field to win the 1,000 yards easily and get close to the world record. In the hurdles, Lee Calhoun and Jack Davis were too good for Harrison Dillard, who led for three fences but was not at his best after three weeks off with an injury. Don Bragg put up a fine performance by clearing 15ft. 4in. in the pole vault to tie with the invincible Bob Richards for first place. **60y:** 1, J. Haines; 2, G. Sydnor; 3, D. Sime; 6.2. **600:** 1, L. Jones; 2, M. Whitfield; 3, T. Courtney; 1:11.0. **1,000:** 1, A. Sowell; 2, H. Bright; 3, M. Carafitis; 2:08.4. **Mile:** 1, R. Delaney; 2, W. Squires; 3, J. Kopil; 4:14.5. **3 Miles:** 1, H. Ashenfelter; 2, R. Hart; 3, J. Tyler; 14:09.6. **60y.H:** 1, L. Calhoun; 2, J. Davis; 3, H. Dillard; 7.2. **IJ:** R. Range 24'7¾"; 2, G. Shaw 24'6¼"; 3, D. Fowlkes 23'4". **HJ:** E. Shelton 6'9"; 2, B. Allard 6'8"; 3, six tied at 6'6". **PV:** 1, D. Bragg and R. Richards tied at 15'1"; 3, E. Poucher 14'10". **Mile Walk:** 1, H. Laskau; 2, B. Macdonald; 3, J. Humcke; 6:14.5 (world indoor rec.). **Wt:** 1, W. P. O'Brien 61'5¼" (world indoor rec.); 2, S. Lampert 56'0"; 3, K. Bantum 54'5¼".

LONDON ATHLETIC CLUB SCHOOLS CHALLENGE CUPS MEETING

will be held at the
WHITE CITY STADIUM, LONDON
(Under A.A.A. Laws)

On April 20th, at 2.0 p.m.
April 21st at 10.30 a.m. and 1.30 p.m.

14 Senior Events

5 Junior Events

(age 14-16) for Boys only, also 4 x 110 yds. Relay (Seniors)

Full details and entry forms from G. D. Basan, 45 Tierney Road, Streatham Hill, London, S.W.2.

Entries close 29th March, and no entries will be accepted after that date.

The address of G. S. Doubleday, Hon. Treasurer of the R.R.C., is 219 West Barnes Lane, New Malden, not as given in the R.R.C. notes last week.

WOMEN'S NATIONAL C.C. CHAMPIONSHIP

DIANE LEATHER won the National title at Sutton Coldfield for the fourth successive year, taking the lead after a quarter of a mile and going away to finish nearly 50 yards ahead of Phyllis Perkins, winner in 1951-2. Roma Ashby confirmed her recent good form by taking third place just in front of June Bridgland. The first six were chosen to represent England against Scotland at Hornchurch next week.

1. D. Leather (Birchfield) 15.53
2. P. Perkins (Ilford) 16.03
3. R. Ashby (Godiva) 16.07
4. J. Bridgland (Southampton) 16.09; 5. M. Bonanno (Highgate) 16.14; 6. M. Wooller (Spartan) 16.17; 7. J. Byatt (Hampstead) 16.18
8. N. Smalley (Portsmouth) 16.22; 9. S. Amey (S'hampton) 16.39; 10. P. Myatt (Smethwick) 16.41; 11. D. Williams (Birch'd) 16.56; 12. H. Vincent (Lond. Olym.) 17.01; 13. M. Ricketts (L.O.) 17.05; 14. P. Turney (Godiva) 17.10; 15. M. Davies (Stockport) 17.14; 16. J. Ruff (Borderers) 17.18; 17. M. Beckford (Ilford) 17.19; 18. B. Berwick (Selsonia) 17.20; 19. L. Buckland (Camb. H.) 17.23; 20. P. Evans (Sel.) 17.31; 21. O. Foster (Harrogate) 17.35; 22. S. Gibbs (Ilford) 17.36; 23. E. Vivian (L.O.) 17.37; 24. K. Field (S. Heath) 17.42; 25. M. Westney (Ilford) 17.46; 26. J. Sephton (Tipton) 17.48; 27. J. Fothergill (Harborne) 17.50; 28. S. Gaiger (Orpington) 17.50; 29. J. Heath (S. Heath) 17.50; 30. A. Bowler (Sel.) 17.52; 31. N. Loines (S. Heath) 17.53; 32. J. Stonehouse (Borderers) 17.53; 33. V. Reynolds (S. Heath) 17.54; 34. S. Ormerod (Royton) 18.04; 35. B. Franklin (Birch.) 18.40; 36. H. Mason (High.) 18.41; 37. M. Nusser (Birch.) 18.41; 38. J. Jackson (High.) 18.42; 39. S. King (High.) 18.47; 40. V. Newman (Spartan) 18.49; 41. J. Wootton (Walsall) 18.49; 42. P. Douglas (Ilf.) 18.49; 43. D. Elmes (Godiva) 18.50; 44. S. Bradley (L.O.) 18.53; 45. J. Hall (Sel.) 18.55; 46. J. Weaver (Phoenix) 19.30; 47. J. Williams (L.O.) 19.34; 48. J. Lavender (Birch.) 19.38; 49. A. Hurdley (Harb.) 19.40; 50. J. Abbott (Sel.) 19.45; 51. K. Pickles (Spart.); 52. R. Willis (Nott'm); 53. B. Soare (Ilf.); 54. J. Matthews (Birch.); 55. N. Grantham (Harb.); 56. A. Hackett (Harb.); 57. S. Last (Harrogate); 58. P. Burridge (L.O.); 59. A. Willetts (S. Heath); 60. J. Feiler (High.); 61. A. Farr (Smeth.); 62. M. Hindley (Chase); 63. M. Garvey (S. Heath); 64. G. Haddon (Harb.); 65. A. Goodhall (L.O.); 66. R. Campbell (Godiva); 67. B. Edge (Sel.); 68. M. Porter (Birch.); 69. M. Jones (Ilf.); 70. E. Partridge (Godiva); 71. J. Bottomley (Spart.); 72. D. Fitzpatrick (Sel.); 73. A. Stephenson (Chase); 74.

M. Hockey (Birch.); 75. E. Glascock (High.); 76. C. Merriman (Smeth.); 77. P. Dwyer (Bolton); 78. S. Jay (Ilf.); 79. J. Sutton (Smeth.); 80. J. Farrell (Smeth.); 81. C. Brown (Smeth.); 82. D. Grainger (Godiva).

Teams:

1. Ilford L.A.C. (2.17.22.25) 66
2. Birchfield H.L.S. (1.11.35.37) 84
3. London Olympiades (12.13.23.44) 92
4. Selsonia 113; 5. Small Heath 117; 6. Highgate 118; 7. Godiva 126; 8. Spartan 168; 9. Harborne 187; 10. Smethwick 226.

Found after the race—several odd gloves and face towel. Apply to Mrs. Bickley, 240 Lichfield Road, Four Oaks, Sutton Coldfield. Lost—pair black shoes with elastic tops.

INVITATION 6 MILES RACE

As the Southern 6 Miles Championship has been allocated this year to the Southern Youths' Championships (June 8/9th), the L.A.C. are including an invitation race at this distance in their Schools Meeting at the White City on April 21st. There are still a few vacancies and any athlete up to A.A.A. Championship standard who would like to compete and who has not received an invitation should write to G. D. Basan, 45 Tierney Road, Streatham Hill, London, S.W.2.

WESTERHAM GALA SPORTS

(Under A.A.A. & W.A.A.A. Laws)

WHIT - MONDAY, 21st MAY, 1956

King George's Field, London Road

MEN'S OPEN EVENTS

- Handicaps 220 yds., 440 yds., 880 yds., Mile, 2 Miles Scratch (team and individual).
- Westerham Gala 10 Mile Road Race.
- Individual Handicap and Scratch Team Race. Fastest time award.
- Invitation Tug-o'-War (Catchweight).

WOMEN'S OPEN EVENTS

- Handicaps 220yds., 880 yds., 4 x 110 yds. Inter-Club Scratch Relay.

Entry Fees—Individual 1/6, first 1/- subsequent events. Team (4 run, 3 score) and Relay 5/-.

Entries to — A. C. Brill, Bingleaves, Westerham, Kent, by Wednesday, 2nd May, 1956.

Ground adjoins Westerham Station. Green Line Routes 705 and 706 L.T. 410, 403 and 485.

KEN NORRIS

(Thames Valley Harriers)

answers the Questionnaire



Name (Surname first): Norris, Kenneth Leonard

Birthplace and date: London, 11.7.31

Height: 5'10"

Weight: 9st. 6lbs.

Occupation: Sales representative.

Club: Thames Valley H.

When did you first commence athletics? 1947, ran in school mile (5m.40sec.) but did not take it up till 1948.

What were your first events? Cross-country, 880yds. and mile.

What are your favourite events now? 7½M. C.C. and 5000 metres.

What are your best marks at these events?

Best marks at usual events:—

	880 yds.	Mile	2M.	3M.	6M.
1948(17)	2:18.5	5:10.0		18:00.0	
1949(18)	2:16.0	4:47.0		16:47.0	
1950(19)	2:12.0	4:44.5	10:12.0	15:34.0	
1951(20)	2:06.4	4:34.8	9:42.0	14:45.0	
1952(21)	2:08.0	4:23.6	9:16.4	14:10.4	31:00.6
1953(22)	2:00.0	4:20.6	9:11.4	14:01.0	
1954(23)	2:02.4	4:17.0	8:59.6	13:47.2	28:38.4
1955(24)	2:01.7	4:11.4	8:55.0	13:29.8	28:25.6

Best 440yds. (1955) 55.6; 10,000 metres 29:21.4.

Give brief details of your athletic career, championships won, dates and performances:

- 1949 6th National Youths C.C.
 1950 140th National Junior C.C.
 1951 11th National Jun. C.C.
 1952 1st Middx. Jun. C.C.; 1st North of Thames C.C.; 5th National Jun. C.C.; 1st Southern 3Mls. 14:10.4; 1st Kinnaird 3Mls.
 1953 31st National Senior C.C.; 1st Army, Inter-Service, Reading G. and London-Stockholm 3Mls.
 1954 1st Middx. and Southern C.C.; 2nd National C.C.; 2nd International C.C.; 2nd Middx. Mile; 2nd Southern and Inter-County 6Mls.; 3rd A.A.A. 6Mls.; 1st Kinnaird and Army 3Mls.; 1st A.A.A. v. Comb. Services 3M.; 2nd England v. Belgium 6Mls.; 1st London v. Moscow 10,000m.
 1955 1st Middx. and Inter-county C.C.; 3rd National and International C.C.; 2nd Southern 6Mls. 28:25.6; 1st Middx. 3Mls.; 1st A.A.A. 6Mls.; 1st Gt. Britain v. Germany 6Mls.; 2nd Kinnaird 3Mls. 13:36.0; Southern 3Mls. 13:29.8; 1st British Games 3Mls. 13:42.0; 3rd C.A.U. 3Mls. 13:39.0; 2nd Gt. Britain v. Hungary, v. Russia, Prague 10,000 metres.
 1956 1st Sao Paulo Road race; 1st Middx. C.C.; 2nd Inter-County and Southern C.C.

Which performance gave you most personal satisfaction and why?

Winning the A.A.A. 6 miles championship 1955 because I had to battle both against the conditions and Gordon Pirie, and it was my first A.A.A. title.

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

6 days per week, summer and winter.

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

Evenings at 7 p.m. except Sunday (morning).

How long do you spend on each training session?

45 to 90 minutes.

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

95 per cent. interval training with only an occasional 3 or 6 laps time trial. A lot of semi-competitive 880 yds. and mile races mid-week against mediocre competition. This year I must make it harder.

Monday: Similar to Sunday or 3-4 x 3 laps (3.18-3.25) 5½ min. intervals.

Tuesday: 15-20 x 440yds. (63s.-65s.) with 2min. intervals.

Wednesday: 2 x 660yds. (88s.) plus 440yds. (56s.) or 880/mile race.

Thursday: 5 miles with 6 or 8 x 220yds. (27s.28s.).

Friday: Rest.

Saturday: Race 1, 2, 3 or 6Mls.

Sunday: If hard race, 6-8 x 440yds. (63s.-66s.) otherwise 6-8 x 880yds. (2.18) with 2mins. rest or 5-8 x 880yds. (2.18), 440yds. (64s.) with 2 mins. rest.

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

Again all interval or fast and slow work on grass verge or road.

Monday: 8-14 mls. fast and slow with accent on 600-1200yds. fast.

Tuesday: 10-14mls. fast and slow before Christmas. 20 x 440 yds. or 300 or 8 x 880yds. on track after Christmas.

Wednesday: 7-12 miles with alternate fast and slow 300-440yds. Thursday: 5-6 miles with 6-8 x 220yds. fast on road.

Friday: Rest.

Saturday: Race or 8-12 miles fartlek on country.

Sunday: Same as Summer run.

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

Winter—2 races in 3 weeks. Summer—3 races in 2 weeks.

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

30-40mins. beforehand, easy jogging for 2-3 miles with 4 or 5 short sprints or strides for 40-100yds. No exercises done. More jogging 10mins. before start.

How many days rest do you prefer before competition?

One, but I ease my training up for 3 days before a big competition, leaving myself wanting to do more.

Name the coaches who have coached you:

Alec White, to whom I owe a great deal of my success, particularly in some of my earlier victories.

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

More action by clubs in asking for better tracks from local authorities. More metric races. More publicity by the Press. More freedom of action by the individual.

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

There is only one way to the top—the hard way. Remember if you get beaten, you will be beaten more often than you will win and there is always someone better than you. If you are beaten a dozen or twenty times but still keep coming and don't give up, then one day you will suddenly find yourself a champion. Listen to advice from all sides and then try and pick the wheat from the chaff. Good luck.

INTERNATIONAL WORKERS' FESTIVAL

One hundred athletes from Britain will, together with 30,000 sports men and women from a number of other European and Asian countries, participate in an International Workers' Sports Festival being held in Tel Aviv between the 10th-17th May, and which is being arranged by Hapoel, Israel's leading sports organisation, in celebration of their 30th Anniversary.

Games they will take part in will include: Track and field events, football, swimming, table-tennis, and a six-day cycle race between Dan and Beersheba.

The sportsmen are to be the guests of Hapoel whilst in Israel and, among the official activities being arranged in their honour, is a reception by the President of Israel and a trip around the whole of the country.

The British Workers' Sports Association, a body under the auspices of the Trades Union Congress and Labour Party, which incidentally has just celebrated its Silver Jubilee, has set up a "British Organising Committee" to sponsor the visit, of which H.E. The Israel Ambassador is Patron. Among the prominent personalities who are giving their support, is Jack Hylton, the impresario, and who is also treasurer, J. P. W. Mallalieu, M.P., John Disley, Jim Peters, Frankie Vaughan, Miss Elaine Burton, M.P., and a host of other personalities connected with the world of politics, the theatre, literature and sport.

Those who are members of a Trade Union, Co-operative or Labour Party, and who are interested in taking part in the Festival, may obtain further details from Dave Curtis, General Secretary, BWSA, 160 Shepherds Bush Road, W.6.

Irish Notes

ALL-IRELAND SENIOR CHAMPIONSHIP

Dundonald, February 25th

The All-Ireland Championships at Dundonald on 25th February, provided yet another triumph for Charlie Owens, of East Antrim. Owens, as usual, went into the lead from the start, and the only man to stay with him was Messitt, of Donore. Three laps of the nine, however, were enough of Owens' pace for Messitt, and he dropped back, leaving Owens to go on alone to complete a magnificent victory.

The team race resulted in a close win for Donore over East Antrim, the result being in doubt until the last men came home.

The first nine in this race were selected to represent Ireland in the International Championships at Balmoral, on 17th March. It was unfortunate that neither Denis O'Gorman nor John Humphries, who are, with Owens and Harrison, Ireland's leading Cross-Country runners at present, took part in this race and so forfeited their chances of a place in the International team.

Judging our home athletes' performances from Keegan's recent form in the leading English events, it would appear that Owens is the only Irish competitor who has a chance of reaching the first twenty on St. Patrick's Day. However, competing at home may have an invigorating effect on the Irish team.

1, C. Owens (East Antrim) 48.38; 2, D. Harrison (9th O.B.) 49.18; 3, D. Appleby (Clonliffe) 49.32; 4, T. Dunne (Donore) 50.01; 5, B. Messitt (Donore) 50.05; 6, J. Keegan (Walton) 50.23; 7, J. Todd (E. Antrim) 50.23; 8, J. Dougan (Donore) 50.47; 9, J. Mahood (Willowfield) 50.51; 10, A. Brown (Ballydrain) 51.13. **Teams:** 1, Donore 87pts.; 2, E. Antrim 93; 3, Clonliffe 115; 4, Willowfield 127; 5, Ballydrain 137; 6, Civil Service 266; 7, N. Belfast 311.

Youths

1, J. Kelly (Civil Service); 2, P. Whelan (Civil Service); 3, R. Stronge (Willowfield); 4, R. Wynne; 5, D. McBrinn (Willowfield); 6, R. Briggs (9th O.B.). **Teams:** 1, Willowfield 35 pts.; 2, Dundonald 55; 3, 9th O.B. 58.

Continued on page 19

A MILE IN THREE MINUTES

ALMOST IMPOSSIBLE — BUT WHO KNOWS?

Who knows our—

CUPS, MEDALS AND PLAQUES

are the most competitive in the trade.

WHY PAY MORE WHEN WE KNOW WE CAN SAVE YOU MONEY!

CUPS. MEDALS—S.P. 4/- each. G.P. 4/6 each. PLAQUES—7/9, 9/9 & 15/-

Send for Illustrated list.

BADGES—Embroidered or Wire Metal lapel. Printed Badges from 1/4.

Club Ties and Vests a speciality.

Send a rough sketch for any of the above. Our quotation will improve your existing price.

A WIDE VARIETY OF SPORTS PRIZES

From Stock—Laws Spikes, 48/6; 59/6 & 76/6. German Addidas Spikes, 85/- & 91/-.

Road Running 43/6. Track Suits 39/11 & 45/-. Club colours, 57/6.

All Sports Equipment and Clothing

ALEC BROOK SPORTS EQUIPMENT LTD.,

85 Duke Street

:

LONDON, W.1.

Nearest tube Bond Street.

Tele : May 3113/5775

THE 1956 NATIONAL

THE course at Warwick, where the 1956 National Cross-Country Championships were held from Warwick Racecourse, provided soft but not heavy going, and with only intermittent light rain falling and little wind, conditions could be said to be quite good.

I cannot recall a National senior race with so many top class athletes either missing or having doubt about their fitness. Another unexpected absentee was Denis O'Gorman, who had a great chance this year but had to withdraw owing to achilles tendon trouble, one of many so affected this season.

When the big field got away to a fast start, Gordon Pirie was soon in the lead, with Sando, Ken Norris and Derek Ibbotson on his heels. It was not long before Pirie had to give way, however, and by the time they came round at the end of the first lap Ken Norris and Fred Norris were out in front, followed by Derek Ibbotson, Johnny Wild, Eddie Hardy, George Knight, Alan Perkins, Mike Maynard, Derek Walker and Gordon Pirie. Brian Barrett had wrenched an already doubtful ankle and retired. Lake of Small Heath and Beecroft of Clayton-le-Moors, who were up with the leaders for a time, had dropped back.

On the next lap the two leaders opened up a useful gap, but Ibbotson had a bad time, his legs feeling the effects of an R.A.F. Championship course with plenty of plough only three days before, and he dropped many places. Derek Walker and Ken Gates were going well and, with Sando, Knight and Perkins were having a ding-dong battle for places. Pirie and Maynard were steadily going back, but Johnny Wild and Chorlton were up there, and Harry Hicks was not far away. This was the picture as they came round with one lap to go.

It was a great disappointment when Eddie Hardy, suffering from a cold and blocked nasal passages, had to retire at the end of the second lap. Disappointing not only for England, for he has been one of our most reliable runners, but also for himself as this is to be his last season and he dearly wanted to finish up with a last run for his country.

Ken and Fred Norris remained together until well round the final circuit, but eventually, with the finish in sight Ken made his effort and Fred

was unable to respond and a gap slowly but surely opened between the two, and at the finish line Ken had an advantage of 30 yards after a grand fight for individual honours. Both received a great ovation from the large crowd.

Derek Ibbotson came through in storming fashion over the last two miles to take third place and Frank Sando shook off his near opponents to finish a very tired fourth—a great effort after his lengthy lay-off. Then came the consistent Alan Perkins, followed by four Northeners, Gates, Walker, Wild and Chorlton. After a small gap came George Knight, very tired and looking all-in. Further back in 15th and 16th places Gordon Pirie beat Mike Maynard in a desperate finish between two runners who, but for injury, would have been that much fitter and made the international team.

The selectors chose the first seven to finish, Peter Driver, who did not run but had shown he is probably England's No. 1 by the way he won the Southern race, and completed the team by picking Alan Chorlton instead of Johnny Wild. The latter selection led to considerable discussion and some criticism, for Wild has been away from such competition for a few years on National Service and on his return to serious running this season he has improved by leaps and bounds with every race and would almost certainly have done still better in the International. It was unfortunate that it had to rest between these two, for Chorlton has been running well and most consistently this year and fully deserves his place.

The team race in the Senior was won very comfortably by Sheffield, who packed in solidly and were always in a strong position. Even had Peter Driver been running, S.L.H. could not have challenged their position. Thames Valley confirmed their Southern form, just in front of S.L.H., and were followed by Bolton and Birchfield, with Aylesford a surprise sixth.

The Junior provided a great race between the rather small Langridge of S.L.H. and the strongly built Cocking of Bramley. Once the field had settled down these two went out in front and shook off their opponents, staying together until the last 50 yards, when Cocking was unable to respond to the S.L.H. boy's final burst.

C. C. CHAMPIONSHIPS

Salvat (Finchley) was third most of the way and North (Blackpool) improved on his Northern form by holding on to fourth place, just in front of Darchambaud (S.L.H.) who came through on the second lap to make up much ground, as did Corcoran (Macclesfield) and Grubb (Sheffield). Seal of Ponders End, the Southern winner, never looked happy and appeared to be struggling to hold his position in the first dozen.

South London were very easy winners of the team race, with a large margin to spare from Manchester & Dist. Lads Club, with Southgate leading a number of clubs in a close fight for third place.

The Youths race was won by a very promising runner in John Parker of Westbury, who joined his club a little over a year ago

after winning his school cross-country race. He might have been challenged more strongly if Goodwin, the Scottish boy from Bellahouston, had not been crowded out at the start. Goodwin came through well to take second place but did not press the winner at all. Derek Haith did well to finish third but had all his finish run out of him long before the end. Then came Bennett of Wirral and Lydiate of Hercules, who was the early leader.

Liverpool H. & A.C. confirmed their Northern form by winning the team race but Sheffield were unable to reproduce their district form and were back in 8th place. Wirral improved immensely to take second place, with Shaftesbury turning the tables on S.L.H. to finish a close third.

P.W.G.

SENIOR — 9 Miles

1. K. L. Norris (Thames Valley H.)	48.11	14. D. J. P. Richards (Polytechnic H.)	49.45
2. F. Norris (Bolton Utd. H. & A.C.)	48.17	15. D. A. G. Pirie (S. London H.) ...	49.47
*3. G. D. Ibbotson (R.A.F. Yatesbury)	48.35	16. M. R. Maynard (Herne Hill H.)	49.48
4. F. D. Sando (Aylesford P.M.) ...	48.42	*17. T. F. Harwood (Queens Park H.)	49.57
5. A. F. Perkins (Ilford A.C.)	48.45	18. R. Hatton (Birchfield H.)	50.06
6. K. Gates (Pembroke H. & A.C.)	48.47	19. W. P. Ranger (S. London H.) ...	50.09
7. D. Walker (Sheffield Utd. H.) ...	48.58	20. A. Bargh (Sheffield Utd. H.)	50.11
8. J. Wild (E. Cheshire H. & A.C.)	49.07	21. A. E. Ingles (Thames Valley H.)	50.18
9. A. Chorlton (Doncaster P.W.A.C.)	49.14	22. B. Browning (Birchfield H.)	50.21
10. G. Knight (Essex Beagles)	49.28	23. R. J. Forster (Aylesford P.M.) ...	50.27
11. H. Hicks (Hampstead H.)	49.35	24. M. W. Firth (S. London H.) ...	50.29
12. J. Nichols (Sheffield Utd. H.) ...	49.36	*25. P. A. Wilkinson (Staveley Works)	50.31
*13. A. H. Brown (Mothw'ill Y.M.C.A.)	49.40		*Individual

- Sheffield United H. & A.C.**—7, D. Walker; 12, J. Nichols; 20, A. Bargh; 42, K. Whattham; 45, H. Charles; 46, P. Hedley. **172pts.** 54, A. V. Corker; 115, G. Kirby; 121, A. Etches.
- Thames Valley H.**—1, K. L. Norris; 21, A. E. Ingles; 38, E. G. Ellis; 61, B. G. P. Saunders; 62, J. R. Cameron; 67, P. J. Vivian. **250pts.** 167, R. D. Minchington; 208, H. W. Dennis; 234, E. Elderfield.
- South London H.**—15, D. A. G. Pirie; 19, W. P. Ranger; 24, M. W. Firth; 59, J. Lyne; 76, J. R. Humphreys; 77, R. A. Ashforth. **270pts.** 81, P. J. Pirie; 98, D. J. Clark; 211, B. J. F. Mottram.
- Bolton United H. & A.C.**—2, F. Norris; 36, J. Haslam; 58, R. Williams; 68, D. Wright; 75, J. R. Fox; 97, H. Minshall. **336pts.** 207, A. Morgan; 224, B. Crook; 347, J. Smith.
- Birchfield H.**—18, R. Hatton; 22, B. Browning; 49, W. E. Butcher; 88, J. R. Reid; 99, R. Reid; 112, A. D. Mann. **388pts.** 139, A. Wigley; 151, J. Williams; 214, A. Hitchman.
- Aylesford P.M.**—4, F. D. Sando; 23, R. J. Forster; 73, P. Sherry; 82, J. R. Charlesworth; 122, S. S. Acott; 144, D. K. Turrell. **448pts.** 199, A. V. Macoy; 286, W. Clout; 300, A. Perriman.
- Belgrave H.**—52, J. Brown; 60, P. Bagnall; 63, C. W. Walker; 72, D. Baulch; 143, E. Gebbett; 161, E. Short. **551pts.** 177, C. Roffey; 255, B. Trower.

8. **Coventry Godiva H.**—28, B. Heatley; 50, R. Turney; 71, D. Rees; 105, E. Davies; 118, H. Lloyd; 180, J. Church. **552pts.** 206, R. Walker; 227, A. J. Snoad; 240, G. Pearson.
9. **Blackheath H.**—26, R. A. Morley; 33, A. J. Weeks-Pearson; 86, A. J. Brent; 123, G. R. Last; 129, D. A. Bentley; 173, A. W. Wood. **570pts.** 174, H. N. Nunns; 258, A. J. Woodrow; 307, F. L. O'Driscoll.
10. **Pembroke H. & A.C.**—6, K. Gates; 57, E. Williams; 104, H. Sholicar; 140, V. Bateman; 153, D. Price; 164, G. Radcliffe. **624pts.** 195, J. Moran.
11. **Derby & Cty. H.**—56, J. R. Keily; 85, M. Bullivant; 119, E. G. Matley; 124, A. W. G. Hill; 136, D. Bates; 150, W. R. Keily. **670pts.** 163, J. Tyler; 336, L. G. Cartwright.
12. **Westbury H.**—29, J. E. Gamlin; 31, I. B. G. Hawkins; 125, R. B. Gazzard; 138, J. J. McDonald; 182, B. G. Davis; 236, J. D. Ivory. **741pts.** 241, L. Truscott; 271, J. Coole; 389, P. M. Butterfield.
13. **Small Heath H.**—69, J. P. Lake; 92, T. Iliffe; 106, C. Simpson; 114, W. McGrory; 120, J. Durk; 256, K. Cornish. **757pts.** 338, J. Best.
14. **Rochdale H. & A.C.**—79, B. McOwen; 93, A. Hughes; 103, J. Salt; 128, E. Noble; 169, K. Docker; 198, E. W. Booth. **770pts.** 328, L. Bottomley; 337, K. Walker.
15. **Hampstead H.**—11, H. Hicks; 87, P. Taylor; 110, A. Willmott; 170, B. Parkes; 197, G. Adams; 225, D. Simmons. **800pts.** 359, J. Atkinson; 435, J. Reynolds.
16. **Kettering Town H.**—27, A. W. Gale; 108, J. S. Caswell; 109, D. Smith; 204, T. Webb; 230, G. Smith; 320, T. Palmer. **998pts.**
17. **Herne Hill H.**—16, M. R. Maynard; 40, R. S. Clark; 47, A. H. Towl; 274, G. B. Nearn; 285, G. V. Grayson; 340, A. Heywood. **1002pts.** 368, R. F. Finn.
18. **Sutton H. & A.C.**—65, H. Tebb; 126, T. F. McIntyre; 145, F. McMinnis; 157, J. Chidlow; 179, J. Harrison; 379, T. Fillingham. **1051pts.**
19. **Shaftesbury H.**—131, K. Burkinshaw; 132, J. A. Chaplin; 142, S. F. Beale; 152, D. Martin; 196, N. C. Stoute; 335, W. Steven. **1088pts.** 341, R. Hewitt.
20. **Polytechnic H.**—14, D. J. P. Richards; 95, N. Hayter; 219, F. Redfern; 226, E. Stallard; 261, S. G. Day; 280, J. Vivian. **1095pts.** 319, D. Hutchings.
21. **Harehills L.C. H. & A.C.**—74, K. Pawson; 84, E. L. Smith; 154, A. Lawton; 203, J. Limbert; 317, A. Cockcroft; 322, M. A. Baker. **1154pts.**
22. **Woodford Green A.C.**—66, R. F. J. Garrett; 107, A. V. Lewis; 184, E. Barker; 231, C. S. Stockings; 278, J. Hatton; 306, R. W. Low. **1172pts.** 316, W. G. Hazle.
23. **Liverpool H. & A.C.**—175, J. H. Jackson; 187, E. Barnard; 218, D. J. Rigg; 220, H. Benson; 237, P. V. Burns; 251, T. W. Shaw. **1288pts.** 315, B. Riley; 437, J. Forshaw; 473, H. Crocker.
24. **East Cheshire H. & A.C.**—8, J. Wild; 117, S. F. Borrell; 192, G. Haynes; 221, W. Sidebottom; 364, E. Pailin; 392, A. Shepherd. **1294pts.**
25. **Cambridge H.**—133, D. Dellar; 188, B. Wright; 189, M. Sheard; 223, D. Drake; 282, J. Morrison; 291, K. Harland. **1306pts.** 323, J. K. Roberts; 342, A. Brakefield.
26. **Finchley H.**—43, A. C. Porter; 165, D. A. Raven; 249, B. C. Neilson; 265, D. C. Francis; 283, R. W. Butler; 346, C. R. Ponter. **1351 pts.** 380, J. V. Chaventre; 412, J. W. Burt; 433, R. Morrison.
27. **Ilford A.C.**—5, A. F. Perkins; 238, H. J. Peacock; 239, R. Betts; 268, H. Williams; 269, H. W. Hubbard; 344, D. R. Jones. **1363pts.** 357, R. C. Horswill.
28. **Reading A.C.**—94, D. Budden; 166, G. P. Burningham; 252, A. A. Robertson; 262, A. Danks; 284, N. Ingram; 312, A. R. J. Cullingham. **1370pts.** 399, R. M. Doe.
29. **Essex Beagles**—10, G. Knight; 51, E. Baverstock; 135, E. R. Douglas; 349, J. K. Carruthers; 405, L. J. Robins; 438, P. J. Servante. **1388pts.**
30. **North Staffs H.**—146, R. J. Bradbury; 200, F. Dewsnap; 202, A. J. Bates; 259, R. Pickering; 298, N. Thompson; 356, O. Loundes. **1461pts.** 366, P. S. Goodfellow.
31. **Worcester H.**—162, R. E. Cooper; 210, T. Norledge; 248, M. Denny; 289, P. Dyer; 292, F. Dixon; 302, G. Hunt. **1503pts.** 378, A. Poole; 451, W. Bates.
32. **Notts A.C.**—147, P. Graves; 160, F. Armstrong; 186, J. Daniels; 279, E. Morley; 304, W. Hage; 428, R. Musgrove. **1504pts.** 455, R. Alvey; 474, G. Whetton.
33. **Lozells H.**—130, P. R. Bell; 176, R. B. Harding; 193, M. A. Capewell; 260, F. C. Brooks; 355, L. J. Price; 418, J. Sketchley. **1532pts.** 419, A. Powell; 426, W. Wyer.
34. **Tipton H.**—83, K. Rickhuss; 158, S. Dean; 267, B. Twamley; 297, J. Wall; 375, R. E. Griffiths; 384, J. Gripton. **1564pts.**

35. **St. Albans City A.C.**—32, M. J. Blyth; 242, M. P. Garrod; 254, D. Sutcliffe; 305, T. Higgins; 361, R. W. Hills; 374, P. Tearle. **1568pts.** 416, A. Twigg.
36. **Ranelagh H.**—89, J. R. Kirk; 264, J. L. Davis; 299, L. C. Masters; 326, K. H. Ansell; 327, R. H. Switzer; 339, A. Pearce. **1644pts.** 400, J. S. MacDonald; 404, J. G. Hobby; 407, C. W. McDowell.
37. **Bristol A.C.**—80, F. L. Wyatt; 228, R. R. Rowles; 276, K. C. Mallard; 331, L. Gay; 371, J. H. Rose; 372, A. Glanville. **1658pts.**
38. **Oxford City A.C.**—168, P. Porter; 183, M. Walsh; 205, M. Dunnill; 272, T. Smith; 381, C. Chadbone; 469, D. Evans. **1678pts.**
39. **Wolverhampton H.**—48, C. Kemball; 229, B. Shaw; 250, D. Onion; 311, B. Gelsthorpe; 408, W. Bowen; 436, K. Phillips. **1682pts.**
40. **Wigmore H.**—53, R. Lambert; 233, R. F. Wilson; 310, D. Matthewson; 334, F. McKinless; 369, W. G. Tyler; 391, L. G. Suckling. **1690pts.** 445, W. C. Clarke; 463, J. Newman; 475, L. C. Carter.
41. **Wirral A.C.**—134, J. F. Green; 201, M. E. Morrell; 245, R. W. Jones; 309, J. Banner; 377, B. Parker; 461, G. Houghton. **1727pts.**
42. **Wycombe Phoenix H.**—30, A. Redrup; 213, D. Selwood; 308, R. Buzzard; 358, P. Thompson; 373, D. Grange; 462, G. Walker. **1744pts.** 464, J. Feast.
43. **Swinton Sports & A.C.**—101, J. K. Allcock; 266, H. Longden; 303, R. A. Farran; 370, D. V. Chapman; 394, B. D. Richardson; 396, A. Tither. **1830pts.** 425, J. Thompson; 452, L. Thompson; 476, J. Tabbron.
44. **Leamington C. & A.C.**—149, T. Buckingham; 257, L. G. Howell; 281, R. Coleman; 399, R. Jennings; 431, V. Morris; 448, J. Bennett. **1965pts.**
45. **Sparkhill H.**—243, R. Richmond; 290, E. Eames; 348, B. Robinson; 365, A. Hill; 395, E. Byrne; 402, A. Blagg. **2043pts.** 429, W. Sheridan; 456, E. Shuck.
46. **Clayton-le-Moors H.**—212, A. Walker; 382, D. M. O'Rourke; 383, J. Bushby; 388, A. Case; 390, W. Charnley; 410, K. Heaton. **2165pts.** 415, B. Lister; 422, A. Heaton.
47. **Northampton & Cty. A.A.C.**—191, F. Haddon; 329, C. H. Clarke; 353, W. H. Hathaway; 411, T. Baldwin; 439, S. Hughes; 465, A. Cosford. **2188pts.** 470, R. N. Bullock.
48. **Bedford & Cty. A.C.**—295, R. E. Dunphy; 386, V. J. Farrar; 403, B. D. Goodson; 421, A. Coleman; 430, J. Milward; 457, A. Hurst. **2392pts.**
49. **Harborne H.**—345, R. Brant; 385, John Blackwell; 401, Jeff. Blackwell; 427, E. F. Hutchings; 446, B. F. Hurdley; 454, H. Innocent. **2458pts.**
50. **Royton H. & A.C.**—321, E. Bowker; 387, J. Moorhouse; 406, F. Hodson; 440, H. Wilkinson; 442, E. E. Hall; 467, W. H. Mercer. **2463pts.**

The following did not finish a team—

Airedale H.—116, M. Hainsworth; 209, K. Stewart; 413, J. Morgan; 458, I. H. Baldwin; 477, D. Russell.

Bramley & Dist. H.—172, E. I. Wilkinson; 216, J. Coop; 244, M. Dibb; 275, A. Baker; 294, J. G. Twyford.

B.T.H. (Rugby) R.C.—343, R. P. West; 424, W. S. Bass.

City of Rochester A.C.—91, R. C. Adams; 194, D. Channon; 235, D. Foxley.

Doncaster P.W.A.C.—9, A. Chorlton; 293, E. Wagstaff.

Ealing H.—34, M. L. Barratt; 44, D. D. Arnold; 301, F. H. Perkin; 354, D. A. Lane; 367, P. Musgrove.

Highgate H.—190, K. H. Cornes; 288, J. S. R. Bodkin; 314, P. R. Maffia; 318, R. C. S. Elkerton.

Manchester A. & C.C.—64, C. B. Colson; 148, N. Ashcroft.

Newport H.—155, T. C. Wood; 159, R. H. Franklyn.

Peterborough A.C.—78, A. E. Coxell; 253, R. Townsend; 420, A. Wilson.

Portsmouth A.C.—41, M. Hyman; 137, J. B. Wilkinson; 350, G. R. Horton; 417, E. L. Ellis; 423, D. W. Gardner.

Sale H.—37, B. G. Smith; 178, D. Caldwell; 181, J. Billingham; 324, D. Peatfield; 44, A. L. Bacon.

Salford H. & A.C.—263, V. Short.

Stone & Dist. A.C.—100, W. S. Gerrard; 296, A. J. Sheldon.

Surrey A.C.—90, J. Butler; 332, J. W. Hunt; 397, A. O'B. Weekes; 432, A. W. A. Weller; 449, P. L. Bye.

Uxbridge A.C.—44, J. Gurney; 468, C. J. Jerome; 459, G. H. Oliver.

Wakefield H.—287, J. Bentham; 325, S. R. Bailey; 393, V. A. England; 414, D. Hoare; 453, J. Grundy.
Winnington Pk. R.C.—313, J. G. Nancollas; 352, G. R. Harvey; 450, R. Lewis.

Individual Entrants—

3, G. D. Ibbotson (R.A.F. Yatesbury); 13, A. H. Brown; 17, T. F. Harwood (Queens Pk. H.); 25, P. A. Wilkinson (Staveley Works); 35, R. J. Smith (Cambridge City); 39, A. J. Brown (Nottingham Univ.); 55, D. Dare (Ipswich A.C.); 70, W. Rowbottom (Manchester & Dist. L.C.); 102, D. J. Chun (Swindon); 111, E. Beard (Leeds A.C.); 127, D. W. Rushidge (Notts Univ.); 141, F. Hasselby (Leeds A.C.); 156, W. Aston; 171, D. J. Lake (Grimsby H. & A.C.); 185, T. A. Smith (Ipswich A.C.); 215, D. Pearson (Leeds A.C.); 217, D. Witts (Evesham); 222, W. J. Taylor (Redhill and R.A.C.); 232, W. O. Flanagan (N. Shields Poly.); 246, M. Dennis (Sutton-in-Ashfield H.); 247, D. Shott (Southgate H.); 277, B. T. Lewis (Bilston Town A.C.); 330, J. Lynch (Wallasey A.C.); 333, B. Coulton (Bingley H. & A.C.); 351, M. Brennan (Gt. Yarmouth A.C.); 362, J. Parke (Gt. Yarmouth A.C.); 376, A. E. Kimber (Mitcham A.C.); 409, W. T. Hughes (Banbury H.); 434, D. McWhirter (Smethwick H.); 441, R. Scammell (Wallasey A.C.).

Sheffield Utd. H. hold the "FRANK WYNNE" Cup as the winning team for one year.

K. L. Norris holds the "CHESHAM" Cup as the individual winner for one year.

Thames Valley H. hold the "W. FINCH WAYTE" Cup as the leading Southern team for one year.

Birchfield H. hold the "CHARLES OTWAY MEMORIAL CUP" for one year, as the team finishing nine runners with the least number of points (excluding the first three teams).

JUNIOR — 6 Miles

1. S. R. Langridge (S. London H.)	32.57	14. R. Williams (Pembroke A. & C.C.)	34.06
*2. A. Cocking (Bramley & D.H.)	32.58	15. E. Earl (Hercules A.C.)	34.07
3. F. J. G. Salvat (Finchley H.)	33.17	16. F. D. Gilson (S. London H.)	34.11
*4. G. A. North (Blackpool & F.)	33.24	17. A. E. Wren (Southgate H.)	34.15
5. R. J. Darchambaud (S.L.H.)	33.30	18. P. J. Mellwain (Southgate H.)	34.18
6. M. J. Corcoran (Macclesfield H.)	33.35	*19. B. L. Cook (Bilston Town H.)	34.26
7. B. Grubb (Sheffield U.H.)	33.45	20. N. Chanin (S. London H.)	34.29
8. C. P. Crump (Woodford Gn. A.C.)	33.46	*21. G. Dickson (Garscube H.)	34.30
9. S. Eldon (Windsor & Eton A.C.)	33.46	22. B. Kitchener (Reading A.C.)	34.31
10. M. Palmer (St. Albans C. A.C.)	33.46	23. J. Mills (Sparkhill H.)	34.31
11. D. Humphreys (Bingley H.)	33.59	24. R. Campbell (Essex Beagles)	34.32
12. F. Seal (Ponders End A.C.)	34.05	25. I. Robinson (Horwich R.M.I.)	34.36
13. B. Hall (Manchester & D.L.C.)	34.06		

* Individual

Team Placings:

- South London H.**—1, S. R. Langridge; 5, R. Darchambaud; 16, F. D. Gilson; 20, N. Chanin; **Pts. 42.** 42, A. Pegley; 81, P. Hannan.
- Manchester & Dist. Lads' Club**—13, B. Hall; 31, L. Cooper; 33, D. Yale; 79, R. Stoneley; **Pts. 156.** 142, J. Veals.
- Southgate H.**—17, A. Wren; 18, P. Mellwain; 58, A. Varney; 97, P. Hannan; **Pts. 190.** 127, K. Baker; 1198, T. Brookes.
- Blackheath H.**—49, B. Underhill; 51, B. Stone; 53, B. Johnson; 55, M. Taylor; **Pts. 208.** 155, J. Lees; 179, C. Roberts.
- Pembroke H. & A.C.**—14, R. Williams; 34, K. Gilligan; 35, R. Fleming; 131, N. Harrison; **Pts. 214.**
- Hercules (Streatham) A.C.**—15, E. Earl; 36, E. Caiger; 76, D. Cobb; 93, J. Edgar; **Pts. 220.** 247, M. Westall; 276, M. Poffley.
- Woodford Green A.C.**—8, C. Crump; 48, W. Heiberg; 63, M. Cannell; 103, D. Chapman; **Pts. 222.** 1150, B. Davis; 227, J. Morton.
- Finchley H.**—3, F. Salvat; 50, M. Day; 72, J. Green; 113, R. Batchliffe; **Pts. 238.** 183, A. Coaker; 256, T. Mallott.
- Reading A.C.**—22, B. Kitchener; 61, B. Bacon; 85, A. Rowe; 86, D. Love; **Pts. 254.** 1151, P. Sale; 207, G. Macleod.

10. Wakefield H. & A.C.—43, H. Clayton; 75, G. Froggett; 84, D. Waring; 89, I. Evans; Pts. 291.
11. Bellahouston H.—37, J. Connolly; 68, G. Nelson; 77, R. Black; 115, J. Irvine; Pts. 297. 201, D. Wright.
12. Sheffield Utd. H.—7, B. Grubb; 32, A. Bardon; 124, D. Binns; 143, P. Willson; Pts. 306. 177, D. Sutton; 278, D. Waters.
13. Belgrave H.—40, G. Flanagan; 47, G. Lines; 88, G. Stevens; 134, D. Hooper; Pts. 309. 162, W. Couzens; 219, P. Pepe.
14. Small Heath H.—44, A. Parker; 104, A. Ray; 110, A. Osborne; 145, I. Court; Pts. 403. 243, J. Dale.
15. Sale H.—82, V. Calderbank; 102, A. Cuschieri; 105, J. Hollingworth; 133, P. Frost; Pts. 422. 165, I. Wilding; 199, D. George.
16. Camberley & Dist. A.C.—71, L. Fuller; 116, J. Loten; 121, Ad. Collins; 135, A. Stainer; Pts. 443. 293, R. Hemsley.
17. Derby & Cty. A.C.—67, G. Brown; 114, K. Wright; 136, A. Griffiths; 159, G. Bull; Pts. 476. 206, B. Coulson.
18. Liverpool H. & A.C.—60, E. Isaacs; 120, A. Lomax; 126, A. Fryer; 190, K. Wall; Pts. 496.
19. Bristol A.C.—106, K. Smith; 108, A. Upsher; 128, M. Nash; 171, T. Harvey; Pts. 513. 215, R. Allen.
20. Thames Valley H.—45, J. Loader; 146, D. Sargent; 161, F. Kehoe; 163, M. Tan; Pts. 515. 210, B. Weston; 237, E. Stagge.
21. Essex Beagles—24, R. Campbell; 111, B. Dew; 167, A. Linge; 241, L. McMahon; Pts. 543.
22. Nottingham University—62, D. Clarke; 112, I. Forsyth; 160, J. Wells; 214, V. Clewes; Pts. 548.
23. Tipton H.—95, J. Beck; 129, C. Henderson; 144, M. Law; 186, A. Blackham; Pts. 554.
24. Bingley H.—11, D. Humphreys; 137, D. Farnsworth; 184, M. Ebbage; 222, D. Burridge; Pts. 554.
25. Harehills Lib. H. & A.C.—59, K. Flockton; 107, V. Dobson; 166, R. Pannell; 246, D. Barker; Pts. 578.
26. Ilford A.C.—66, B. Holdstock; 153, P. Walker; 169, W. Gillam; 202, M. Ricketts; Pts. 590. 212, D. Powell.
27. Coventry Godiva H.—27, G. Grubb; 182, R. Wilkinson; 195, W. Cashell; 213, P. Freeman; Pts. 617.
28. Birchfield H.—28, H. Mousley; 188, R. Lees; 189, A. Jones; 217, N. Hill; Pts. 622. 286, T. Keight.
29. Shaftesbury H.—119, J. Oxley; 149, T. Leach; 152, G. Pether; 208, P. Rogers; Pts. 628. 265, T. Davy.
30. Surrey A.C.—65, R. Smith; 99, D. Caulder; 231, P. Tomkins; 253, J. Snowden; Pts. 648. 289, P. Thurbin.
31. Hornsey (St. Mary's) H.—54, L. Martin; 176, C. Weight; 185, D. Webster; 261, J. Humphries; Pts. 676.
32. Royton H.—94, D. Jones; 156, G. Pritchard; 197, B. Warburton; 170, A. Ormerod; Pts. 717. 296, V. Seville.
33. Horwich R.M.I.H.—25, A. Bolton; 154, D. Harrison; 249, E. McNamee; 301, H. Williams; Pts. 729.
34. Portsmouth A.C.—29, T. Hayden; 220, P. Raidy; 224, W. Wheeler; 268, P. Ferrigan; Pts. 741.
35. Newport H.—64, A. Rathbone; 216, R. Rollason; 226, L. Adams; 250, B. King; Pts. 756. 291, I. Boas; 304, M. Gunn.
36. Wallasey A.C.—122, I. McIvor; 181, J. Ryan; 218, H. Pritchard; 294, C. Harris; Pts. 815.
37. Ruislip & Northwood A.C.—100, G. Archer; 158, T. Gough; 279, D. Brennan; 280, J. Durling; Pts. 817.
38. Southall A.C.—69, J. Gunn; 254, T. Laughton; 257, P. Hart; 264, R. Brown; Pts. 844.
39. Cambridge H.—78, M. Bergman; 236, P. Turner; 244, D. Rice; 292, K. Munro; Pts. 850.
40. Enfield A.C.—109, P. Mellor; 157, B. Clarke; 297, M. Sibley; 306, D. Mason; Pts. 869.
41. Highgate H.—87, R. Shilling; 267, D. Miles; 299, P. Cripps; 303, B. Martin; Pts. 956.
42. Ealing H.—194, R. Morland; 233, D. Hebbes; 272, D. Marcus; 277, D. Painter; Pts. 976.
43. Smethwick H.—193, R. Wilding; 271, P. Schlanker; 283, A. Sutton; 302, J. Alger; Pts. 1049.
44. Walsall A.C.—238, J. Tucker; 288, T. Moore; 298, R. Devey; 308, B. Hill; Pts. 1132.

The following did not finish a team—

Aylesford P.M.A.C.—39, J. Mayatt; 91, J. Pettitt; 96, D. Bennett.
 East Cheshire H.—180, A. Howard; 192, E. Mason; 235, P. Turley.
 Herne Hill H.—80, A. Cox; 232, J. Davis; 251, A. Lowe.
 Leamington C. & A.C.—205, M. Giles; 209, J. Rooke; 295, J. Garwood.
 North Herts A.C.—74, D. Cannon; 174, J. Delouvios; 305, C. Endersby.
 Oldbury A. & C.C.C.—269, M. Hadley; 284, T. Madelin; 300, D. Bratt.
 Ponders End A.C.—112, F. Seal; 228, R. Stratton; 290, B. Hercock.
 Queens Park H.—56, J. Lindsell; 118, N. Rees; 140, M. Edmunds.
 Redhill & Reigate A.C.—125, J. Meech; 138, B. Apps; 148, E. Slade.
 Windsor & Eton A.C.—9, S. Eldon; 259, R. Marshall; 263, A. Baigent.
 Kettering Town H.—83, P. Oram; 225, L. Oram.
 North Staffordshire H.—260, V. Lyon; 262, E. Norrish.
 Peterborough A.C.—132, P. Thulbourn; 168, J. Haylock.
 Polytechnic H.—98, P. Hore; 196, M. Ridley.
 Preston H. & A.C.—73, T. Dodd; 245, J. Hind.
 St. Albans C.A.C.—10, M. Palmer; 200, J. Mathieson.
 Sparkhill H.—23, J. Mills; 307, R. Cartwright.
 Sutton & Cheam H.—26, B. Hammond; 230, M. Tyler.
 Sutton H. & A.C.—204, B. Parton; 252, J. Smith.
 Westbury H.—101, T. Spokes; 255, V. Hedge.
 Wycombe Phoenix H.—203, K. Cattermole; 281, A. Douglas.
 Bedford & Cty. A.C.—282, T. Scott.
 City of Rochester A.C.—229, A. Lancaster.
 Coseley C.C. & A.C.—239, J. Icke.
 Epsom & Ewell H.—57, A. Kitchen.
 Horsham Blue Star H.—52, R. Beadell.
 Longwood H.—240, R. Glasgow.
 Ranelagh H.—175, W. Bird.
 Stone & Dist. H.—242, D. Barnard.
 Wirral A.C.—139, A. Lennon.

Individual Entrants—

2, A. Cocking (Bramley & D.H.); 4, G. North (Blackpool & F.H.); 19, B. Cook (Bilston T.); 21, G. Dickson (Garscube H.); 30, R. Bateman (B.T.H. Rugby); 38, R. Currie (Swindon A.C.); 41, J. Hoskins (Diss A.C.); 46, E. Hurdman; 90, B. Warman (Doncaster P.W.A.C.); 92, D. Piggott (Watford H.); 117, P. Knott (Loughborough Coll.); 130, D. Lee (Old Mancunians); 141, T. Anderson (N. Shields Poly.); 147, M. Kerry (Isle of Sheppey); 164, I. Brown (Swindon A.C.); 170, H. Pearse (Plymouth C.S.); 172, R. Walker (Wigmore H.); 173, J. Hedges (Birmingham Univ.); 178, G. Dale (Radcliffe H.); 187, B. Darlow (Oxford C.A.C.); 191, T. Rogerson (Uxbridge H.); 211, J. Barker (Rochdale H.); 221, D. Topham (Loughborough Coll.); 223, D. Lee (B.T.H. Rugby); 234, J. Richmond (Salisbury & D.A.C.); 248, E. Bardsley (Stockport H.); 266, P. Brown (Bath City A.C.); 273, R. Moore (Notts A.C.); 274, M. Sutcliffe (Clayton-le-Moors H.); 275, J. Richer (Leeds St. Marks H.); 285, M. Stone (Birmingham Univ.)

South London H. hold the "HARRY HALL" Challenge Cup for one year.

YOUTHS — 3 Miles

1. J. R. Parker (Westbury H.)	16.54	13. B. S. Steves (Winnington Pk. R.C.)	17.33
2. W. Goodwin (Bellahouston H.) ...	17.05	14. A. B. Westwood (Dudley H.)	17.34
3. D. A. F. Haith (Thames Valley H.)	17.12	15. R. Barlow (Wallasey A.C.)	17.35
4. W. Bennett (Wirral A.C.)	17.15	16. A. Whittle (W. Bromwich H.) ...	17.36
5. H. Lydiate (Hercules A.C.)	17.15	17. D. Jeffs (Wirral A.C.)	17.37
6. J. Jales (Shaftesbury H.)	17.20	18. R. Kersey (Mitcham A.C.)	17.37
7. C. Dabbs (Belgrave H.)	17.22	19. D. F. McQuade (Brighton A.C.) ...	17.37
8. M. Herriott (Sparkhill H.)	17.25	20. A. Sunderland (Shaftesbury H.) ...	17.38
9. M. Wiggs (Watford H.)	17.30	21. K. Forrest (Wakefield H. & A.C.)	17.39
10. G. Howard (Watford H.)	17.30	22. B. Linke (Sutton & C.H.)	17.40
11. J. Bailey (Bournemouth A.C.) ...	17.31	23. E. M. Thorpe (Sale H.)	17.41
12. J. R. Gibson (Gosforth H. & A.C.)	17.32	24. J. B. Seymour (Herne Hill H.)	17.42
		25. D. M. Turner (Liverpool H. & A.C.)	17.45

1. **Liverpool H. & A.C.**—25, D. M. Turner; 26, J. M. Coghlan; 28, V. Cowan; 47, P. Addison. **126pts.** 213, H. Oakes; 254, F. J. Menarry.
2. **Wirral A.C.**—4, W. Bennett; 17, D. Jeffs; 51, G. Davies; 80, P. Pearson. **152pts.** 149, T. Harper; 210, J. Cooke.
3. **Shaftesbury H.**—6, J. Jales; 20, A. Sunderland; 59, D. Bridge; 83, A. Woodford. **168pts.** 132, G. Strange; 157, J. Vogler.
4. **Walford H.**—9, M. Wiggs; 10, G. Howard; 70, W. Whitman; 127, T. Church. **216pts.** 151, D. Thomas; 297, D. Melton.
5. **Sutton & Cheam H.**—22, B. Linke; 30, A. Fruin; 71, G. Knight; 104, D. Ellison. **227pts.**
6. **South London H.**—34, M. C. Palmer; 54, R. A. Roseman; 69, G. Kettle; 93, M. Van Ingen. **250pts.** 118, J. S. Downer; 45, R. Giles.
7. **Thames Valley H.**—3, D. Haith; 55, D. C. Bloomfield; 94, L. Denham; 103, M. Moody. **255pts.** 240, R. Wyatt; 246, A. Taylor.
8. **Sheffield Utd. H.**—35, J. Shillito; 65, R. Haigh; 84, M. Edwards; 99, I. Timperley. **283pts.** 119, M. White; 185, D. Makin.
9. **East Cheshire H. & A.C.**—57, H. McKnight; 58, J. Turner; 60, J. Baines; 31, S. Long. **306pts.** 146, B. Swindells; 147, D. Frith.
10. **Manchester & Dist. L.C.H.**—32, P. Scholefield; 85, B. Locke; 90, B. Field; 123, A. Ward. **330pts.** 125, F. Bowman; 344, A. Ellison.
11. **Portsmouth A.C.**—31, J. H. Lindsell; 63, G. Drew; 126, R. Bailey; 142, P. Kilford. **362pts.** 186, P. Whittingham; 393, G. Clark.
12. **Southgate H.**—37, D. Jeffery; 78, G. Phillips; 79, J. Redpath; 183, R. Middleditch. **377pts.** 257, J. Morley; 341, M. Chinn.
13. **Bournemouth A.C.**—11, J. Bailey; 68, D. Coombes; 112, C. Kirkland; 198, T. McDonald. **389pts.** 206, M. Powley; 217, J. Woodford; 273, R. Rees.
14. **Brighton A.C.**—19, D. F. McQuade; 82, A. Over; 135, A. Prince; 168, P. Hoad. **404pts.** 179, B. Beavis; 199, B. Tilbury.
15. **Woodford Green A.C.**—48, A. J. Wiseman; 74, B. Mundy; 128, H. Windsor; 169, B. Downes. **419pts.** 182, A. Dicker; 287, P. Marchant.
16. **Bristol A.C.**—77, D. Smith; 98, J. Gingell; 106, D. Salway; 162, M. Hurcum. **443pts.** 165, R. Nutter; 187, M. Sully.
17. **Bramley & Dist. H.**—56, P. Watson; 114, T. Holloway; 143, K. Appleyard; 144, J. Syme. **457pts.** 243, B. Little; 266, J. Wilkinson.
18. **Wallasey A.C.**—15, R. Barlow; 76, A. Townsend; 181, A. Farrell; 190, A. Scott. **462pts.** 285, P. Townsend; 337, D. White.
19. **Westbury H.**—1, J. Parker; 75, J. Home; 163, P. Finnegan; 228, W. Smallwood. **467pts.** 265, C. Wooles; 275, N. Dean.
20. **Birchfield H.**—49, B. Roberts; 66, R. Gibbs; 100, C. Hinton; 264, D. Rafferty. **479pts.** 315, D. Mullen; 364, P. Cullen.
21. **Essex Beagles**—45, D. Gibbons; 108, A. Green; 161, R. Warden; 180, J. Martin. **494pts.** 196, R. Ellis; 201, J. Simmonds.
22. **Hornchurch H.**—42, S. Edwards; 88, B. Turner; 152, B. Marchant; 231, J. Eckersley. **513pts.** 271, W. Clarke.
23. **Longwood H.A.C.**—33, K. Redfearn; 122, J. Hubbard; 148, G. Beldon; 255, D. Roberts. **558pts.** 298, D. Blackburn.
24. **Reading A.C.**—62, M. Taylor; 136, A. L. Hitchins; 172, D. Prior; 195, A. Minchin. **565pts.** 221, P. Haines; 227, L. Prater.
25. **City of Rochester A.C.**—27, J. Ellam; 86, K. Child; 120, B. Clark; 332, B. Richardson. **565pts.** 380, L. Smith.
26. **Pembroke H. & A.C.**—44, D. Hewitson; 124, K. Stephens; 212, M. Egan; 215, A. Caldwell. **595pts.** 371, F. Egan.
27. **Belgrave United H.**—53, R. Parker; 107, P. Leake; 216, D. Nadin; 222, J. Watson. **598pts.** 250, M. Oakland; 312, W. Baker.
28. **Hercules A.C.**—5, H. Lydiatte; 166, C. Burke; 167, J. Coe; 268, B. Jones. **606pts.** 299, J. Grant; 346, F. Abercrombie.
29. **Coventry Godiva H.**—72, B. Kilby; 115, A. Dowall; 188, D. Harcourt; 234, B. Hollihead. **609pts.** 260, B. Stevens; 301, P. Ford.
30. **Northampton & Cty. A.A.C.**—39, J. Cory; 116, G. Amos; 156, R. Whiting; 305, M. Russell. **616pts.** 318, G. Allen.
31. **Hornsey (St. Mary's) H.**—43, D. Desborough; 164, B. Denman; 192, B. J. Ashby; 218, P. Brown. **617pts.** 306, B. Hackett.

32. **Derby & Cty. A.C.**—40, P. Calladine; 140, D. Keily; 141, D. Tabbron; 327, W. Young. 648pts. 342, F. Miller; 381, M. Bates.
33. **Finchley H.**—96, D. Mace; 153, J. Boutle; 158, C. Harper; 262, D. Milson. 669pts. 348, R. Glazier; 359, V. Howard.
34. **Belgrave H.**—7, C. Dabbs; 184, J. Radford; 233, J. Frost; 270, T. Gowar. 694pts. 325, D. Taylor.
35. **Polytechnic H.**—29, G. Bullock; 200, G. Taylor; 203, J. Cooke; 281, B. Reekie. 713pts. 282, P. Hall; 353, R. Shiell.
36. **Queens Park H.**—139, A. Muchamore; 170, C. Clayden; 191, J. O'Keefe; 230, M. Hine. 730pts. 322, Waterman; 388, B. Abrahams.
37. **Vale of Aylesbury A.C.**—102, J. Collins; 178, L. Phillips; 224, D. Clarke; 235, D. Chapple. 739pts.
38. **West Bromwich H.**—16, A. Whittle; 173, B. Eaton; 259, W. Harris; 293, J. Malpass. 741pts. 396, J. Wellings.
39. **Cambridge H.**—36, N. Roberts; 130, D. Ducker; 284, M. Brett; 303, M. Harvey. 753pts. 378, M. Saunders.
40. **Salisbury & Dist. A.A.C.**—95, P. Lacy; 129, R. Jeans; 241, M. Leary; 291, S. Hassett. 756pts. 316, K. Norris; 340, K. Flemington.
41. **Ruislip & Northwood A.C.**—101, B. Watson; 202, V. Clayton; 229, M. Sanger; 242, D. Lloyd. 774pts.
42. **Winnington Pk. R.C.**—13, B. Steves; 194, D. Bratt; 249, J. Dean; 334, A. Fletcher. 790pts. 357, R. Hulme.
43. **Sale H.**—23, R. Thorpe; 245, B. Phillips; 258, T. McNamara; 267, P. Brookes. 793pts. 308, R. Evison.
44. **Kettering Town H.**—81, R. Fullilove; 238, A. Mathie; 219, B. Driver; 292, R. Green. 830pts. 365, R. Dix; 376, R. Eastol.
45. **Grimsbey H. & A.C.**—52, J. Smith; 207, C. Dawkins; 272, J. Woodhouse; 304, M. Hall. 835pts.
46. **Wycombe Phoenix H.**—89, B. Coker; 208, J. Greenwood; 251, P. Hatt; 329, P. Dean. 877pts.
47. **Oxford City A.C.**—137, K. Smith; 160, D. Hawes; 214, J. Pinkerton; 367, E. Donnelly. 878pts. 382, K. Betteridge; 389, E. Light.
48. **Leigh H. & A.C.**—73, J. Hutchinson; 133, J. Byrne; 324, G. Pyke; 372, J. Leadbetter. 902pts. 373, R. Gaskell; 386, J. Dickinson.
49. **Bristol South H.**—91, R. A. Taylor; 226, R. B. Peters; 248, R. S. Winter; 339, E. W. Martin. 904pts.
50. **Halesowen A. & C.C.**—38, R. Leek; 252, D. Smith; 310, W. Westwood; 345, A. Warren. 945pts.
51. **Preston H. & A.C.**—87, J. Bell; 220, M. Devanney; 309, D. Walker; 336, G. Jebb. 952pts. 362, F. Fish.
52. **Oldbury A. & C.C.C.**—105, R. Bratt; 189, T. Philpotts; 360, C. Darby; 363, G. Williams. 1017pts.
53. **Isle of Sheppey A.C.**—117, M. Morton; 239, B. Davey; 274, I. Ross; 392, B. Stanton. 1022pts.
54. **Enfield A.C.**—154, F. Taylor; 253, C. Prior; 320, R. Clark; 355, G. Harrold. 1082pts. 385, J. Blumner.
55. **Worcester H.**—159, M. Brown; 288, R. Page; 314, A. Dyke; 395, M. Holder. 1156pts.
56. **Blackheath H.**—211, D. G. Johnson; 236, A. Naggs; 370, P. Morris; 379, T. Speed. 1196pts. 399, D. Westford.
57. **R.E. Boys' Squadron**—237, R. Whiting; 300, I. Menzies; 326, J. Fowler; 335, R. Watson. 1198pts. 343, G. Davison; 383, A. Royston.
58. **Small Heath H.**—232, J. Hill; 311, T. Round; 349, M. Fox; 351, B. Fisher. 1243pts.
59. **Notts A.C.**—283, B. Lee; 290, N. Kirk; 354, A. Williams; 328, J. Whitley. 1255pts. 391, J. Culley.
60. **Harborne H.**—244, G. Barnes; 356, R. Houghton; 397, S. Hawkesford; 400, R. Chillington. 1397pts.

The following did not finish a team—

- Airedale H.**—263, B. Canham; 276, J. M. Ellis.
- Bingley H. & A.C.**—64, W. Keenan; 223, J. Shaw; 333, D. Briggs.
- Coseley H. & A.C.**—358, L. Ellis; 352, J. Haynes.
- Ealing H.**—294, R. Morland; 398, F. Stuart.

Herne Hill H.—24, J. Seymour; 127, P. Collis; 155, A. Jones.
Highgate H.—247, T. Pereira; 387, C. Perkins; 401, C. Walters.
Ilford A.C.—150, S. Larwood; 302, P. Harrison.
Leamington C. & A.C.—261, A. Garrison; 279, R. Taylor; 313, C. Proffitt-White.
Lozells H.—209, J. Swindells; 225, G. Greenburg.
Mitcham A.C.—18, R. Kersey; 113, M. Gillet; 330, E. Evans.
Newport H.—174, D. Somers; 289, A. Bader; 377, G. Hurley.
North Staffs H.—295, E. Green; 296, P. Mulroy; 369, R. Wood.
Peterborough A.C.—67, F. Howitt; 347, J. Munsey.
Radcliffe H. & A.C.—277, M. Mooney; 384, K. Mooney; 394, J. Thomson.
Ranelagh H.—286, I. Keith; 375, J. Sullivan; 390, D. Manson.
St. Albans City A.C.—197, M. Rose; 366, B. Taylor.
Sparkhill H.—8, M. Herriott; 205, D. Villanueva.
Stone & Dist. A.C.—46, I. Gerrard; 171, J. Land; 278, G. Ferneyhough.
Surrey A.C.—321, L. Griffiths.
Tipton H.—175, G. Bentley; 280, R. Thorpe; 374, A. Jackson.
Winton H.—121, K. G. Rhodes; 317, A. Cantwell; 350, J. Temple.

Individual Entrants—

2, W. Goodwin (Bellahouston H.); 21, K. Forrest (Wakefield H. & A.C.); 41, J. E. Poolman (Swindon A.C.); 50, B. Greene (Framlingham Coll.); 61, B. Craig (Blackpool & F.) 92, A. Howe (Sutton-in-A.); 97, C. Ross (Camberley & Dist.); 109, R. Spalding (Emanuel Sch.); 110, R. Ashling (Stockport); 111, J. Price (N. Man'r H.); 134, G. Smith (Rochdale); 138, N. Childs (B.T.H. Rugby); 176, R. Mills (Royton); 177, J. Mallon (Stockport); 204, J. Bolland (Boston); 256, G. Mackay (Birmingham Univ.); 319, M. Wilcock (Sutton-in-A.); 338, A. Parker (Uxbridge); 361, V. Bentham (Wakefield); 368, D. Asquith (B.T.H. Rugby).

Liverpool H. & A.C. hold the "SHEFFIELD CHALLENGE TROPHY" for one year.

IRISH NOTES—contd.

Queen's Univ. Belfast, 30pts. beat **Trinity Coll., Dublin**, 68pts. and **Ulsterville** 89pts. over 6 miles at Belfast, on Feb. 18th. 1, W. Mackey (TC) 34.43; 2, B. Walsh (QU) 34.54; 3, T. Monaghan (QU) 35.29.

FOUND

A navy track suit, pair of rubber studded shoes, and pyjamas in plastic case were found after the National C.C. Championships at

Warwick, the owners should apply to M. Mott, 80 Woodside Park Road, North Finchley, London, N.12 (Tel. Hillside 6703).

* * *

A wrist watch was also found and is in the possession of W. T. Collins, 11 Gloucester Road, Ealing, London, W.5., to whom the owner should apply.

* * *

A Navy track suit with B.H.A.C. on the back and some money in the pocket was handed to a member of Bingley Harriers. It did not, however, belong to any member of that club and the owner should apply to R. Smith, 6 Charles Street, Bingley (Tel. Bingley 4078).

Ross-on-Wye Athletic Club HEREFORD TO ROSS-ON-WYE 8th Annual OPEN ROAD RACE

(Approx. 14 miles—Under A.A.A. Laws)

Saturday, March 24th, 1956.

Start — The Ship Inn, Hereford — 3.0 p.m.

INDIVIDUALS—Ross Urban Council Challenge Cup; prizes value £7/7/0, £4/4/0, £2/2/0.

TEAMS — Halwin Challenge Trophy, also miniature Cups to 3 scoring runners of first 3 teams.

Prizes value £2 to 1st Veteran & 1st Novice

ENTRIES (ind. 2/6, team 10/-) close 17th March, to B. J. Wintle, 9 Brixton Terrace, Ross-on-Wye, Herefordshire.

MAIDENHEAD CYCLING & ATHLETIC CLUB

10 MILE ROAD RACE

(Under A.A.A. Laws)

Easter Monday : April 2nd, 1956
at 3.15 p.m.

From Kidwells Park, Maidenhead

Team Race (4 run, 3 score) for Coronation Trophy. Plaques for winning team.

Individual prizes 1st, 2nd, 3rd Certificates for all finishers. Handicap prizes 1st, 2nd, 3rd. Prize for first veteran (over 40).
First Class Prizes.

Entries (fee 2/6d. covers Ind. H'cp. & Vets.) on A.A.A. forms, close **March 19th**, to D. Deane, 52 Market St., Maidenhead.

Makes Your Muscles "Miles Better"

That's what ELLIMAN Athletic RUB does literally! It tones up your muscles, makes them more supple, more equal to sudden demands of speed and stamina, and safeguards them against the season-spoiling "calamities" of strains and "pulls". Champions use it regularly—wise week-end athletes follow their example.



FREE BOOK

'Hints to Athletes'
By Edward Storrie

FAMOUS INTERNATIONAL COACH,
TRAINER, MASSEUR

A postcard brings you a FREE copy of Edward Storrie's invaluable "Hints to Athletes", in which he deals with such vital subjects as scientific massage of all the major muscles, how to avoid strains and pulls, special training exercises and important advice on planning training, etc. Send today to:
ELLIMAN'S LTD. SLOUGH, BUCKS.

AND HELPS TO
GUARD AGAINST
**STIFFNESS
STRAINS
"PULLS"**

ELLIMAN ATHLETIC RUB

From Chemists and Sports Outfitters, Price 2/- & 5/-.