

# Athletics WEEKLY

Mar. 19th, 1955

9<sup>D</sup>

Vol. 9. No. 12



GORDON PIRIE LEADS THE NATIONAL FIELD

## ZATOPEK

His plans and recent training *By* **ARMOUR MILNE**

**WOMEN'S NATIONAL** **STEPHENS** (Australia)  
**C.C. Championship** ★ **Nears World Record**

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN



# Walking

By A. D. McSweeney

## THE NATIONAL 10 MILES

FOR a club to lose three of its best five men and still win a National Championship against the Country's best, stamps them as being something out of the ordinary. Sheffield did just that on Saturday, at Southport, to win for the seventh time in a row. No other Club within my memory has been so predominant and could have stood up to the hammer blows dealt out and then come out on top.

Just for the brief space of a couple of minutes the Championship seemed to be slipping from their grasp and that was when, immediately following the disqualification of Lawrence Allen at the six miles stage, Highgate showed three points ahead; points here being Highgate 38, Sheffield 41, Woodford 49. However the new leaders then lost Meadows and began a rapid slide out of the picture, for Sheffield to get on top again.

From the start Hardy, Holland, Allen and Johnson, of Sheffield, Coleman, Hawkins and Poole went away together and after a mile the holder, Hardy, had a few yards lead. This lead he lengthened by 30-40 yards each mile and the race could be called "according to plan" and uneventful over the first half of the course, which ended at the starting point. Then things began to happen. Holland, who was battling hard to hold second place from Allen and Coleman was ruled out. Turning back Coleman "made" a few yards now and then on Allen who drew level again and with this being the position Allen came under the Judges' ban at 6 miles to "crock" Sheffield. This left Coleman, who was about 200 yards behind Hardy, well clear of A. Johnson and B. Hawkins who were battling for third place. The major sensations ended Hardy coasted home and increased his lead over Coleman who seemed to slacken off a bit. Johnson—walking very nicely, as usual, got the better of Hawkins, and Macfarlane (Poly.) made up places to finish next, with A. H. Poole (Worcester), in sixth place practically throughout, some little way behind.

When Highgate lost their chance of unseating Sheffield, Woodford took over the challenge and went to it with a will. Always rugged battlers bent on making their ground in the last third of a race, they followed their usual pattern and improved their points progressively

from 54 to 49 and then down to 37 at the finish. But Sheffield's two in the first three was too much to cope with and so ended a very gallant effort. Belgrave came along "with a wet sail" to steam into third place against odds. E. Hall, with a gain of seven places in the last three miles, was their best man.

The local official who reported that the course "did not rise a yard anywhere" must have been using a faulty altimeter, but although not dead flat it was not at all a hard course and favoured the speed merchants. There was a cold wind towards the end but the sun in the earlier stages was enough to cause perspiration, and generally, the weather was much more favourable than expected.

The prizegiving in the Floral Hall by the "glamour" Mayor (Alderman Mrs. E. Smith) was much appreciated by all. Previously Mrs. Smith had asked if they—the competitors—were professionals. In response to my laconic answer she said: "How wonderful! Fancy them walking ten miles for nothing." Since, for many, with the "cheap" fare from London at 46/3, the cost for the privilege of Walking was 4/8 per mile, I thought Mrs. Smith's observations to be a masterpiece of understatement.

### R.W.A. National 10 Miles Championship, Southport, Lancs.

1, R. L. Hardy (Sheffield U.H.) 74.47; 2, G. W. Coleman (Highgate H.) 76.42; 3, A. Johnson (Sheffield U.H.) 77.29; 4, B. Hawkins (Met. W.C.) 78.00; 5, A. Macfarlane (Poly. H.) 78.13; 6, A. H. Poole (Worcester H.) 78.43; 7, R. F. Goodall (Woodford Grn.) 79.14; 8, A. L. Mash (Woodford Grn.) 80.14; 9, E. W. Hall (Belgrave H.) 80.19; 10, R. E. Davies (Woodford Grn.) 80.34; 11, G. Williams (Worcester H.) 89.36; 12, M. Greasley (Sheffield U.H.) 80.38.

149 started, 123 finished.

**Teams:** 1, Sheffield U.H. (1,3,11,16) 31; 2, Woodford Grn. A.C. (6,7,9,15) 37; 3, Belgrave H. (8,13,21,22) 64; 4, Highgate H. (2,24,25,34) 84; 5, Leicester W.C. (17,19,31,46) 111; 6, Lancashire W.C. (14,35,41,63) 150.

### Inter-Counties Championship (held in conjunction)

1, R. Hardy (Derbys); 2, G. Coleman (Beds.); 3, A. Johnson (Yorks.); 4, B. Hawkins (Middx.); 5, A. Mcfarlane (Middx.); 6, A. Poole (Worcs.).

**Team:** 1, Middlesex (4,5,8,13) 30; 2, Yorks (3,12,18,24) 57; 3, Surrey (9,14,16,22) 61; 4, Essex (7,10,25,26) 68; 5, Leics. 107; 6, Derbys 125.



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## CONTENTS

	PAGE
ZATPEK by Armour Milne ...	6
AUSTRALIAN NEWS, by Joe Galli	8
AMERICAN INDOOR SEASON 10	
WOMEN'S NATIONAL C.C. ...	12
ILFORD RELAY REPORT ...	14
NEWS COMMENTARY ...	15

EVERY SATURDAY — NINEPENCE

THE National Cross-Country Championships are still a talking point throughout the country and I find myself between two cross-fires.

Attending the Ilford Relay—one of the most exciting finishes I have ever seen—last Saturday, instead of the postponed Inter-Varsity clash at White City, I was immediately taken to task by competitors in the National race for making such "mild" criticism of the organisation at Cardington. Many of them were very annoyed indeed with, in particular, the refreshments and bathing arrangements.

As I write, I have just been taken to task by Lawrie Richardson for the "harsh" criticism we published. Lawrie feels that the comment about crowds milling about and making it difficult for the runners was unnecessary and was not serious. He also says that it was impossible to lay on hot water for all runners, but "there were plenty of baths and showers and, after all, the rooms were well heated." The bottleneck and rather dangerous ditch he will not accept at all. "The refreshments were good, hygienically wrapped and of good quality," says Lawrie.

Now, except for the milling crowd, which I was in the middle of, trying, with others, to get some semblance of a lane for the runners to get through, I made it perfectly clear that my other comments were criticisms made by the athletes.

I endeavour to be fair to both sides, and let me say here and now that I am fully aware just how much work "Monty" Mountfort and Vic Farrar put into this promotion. There is no more meticulous official than Flt. Lt. Mountfort, and no harder worker than Vic Farrar. I know it worried Monty a great deal when the local Chamber of Commerce upset all his arrangements for providing good and reasonably priced refreshments with a late protest against the N.A.A.F.I. supplying them. I only hope that he can use these comments and criticisms to support his case with the Chamber of Commerce, though this is no comfort to those athletes who had to pay what they thought were exorbitant prices at Cardington.

Mr. Richardson says "Speaking as the Hon. Secretary of the E.C.C.U. for 21 years, I can honestly say that the Bedford promotion was the best ever."

In view of the letters received on this subject, though only a few are being published, I am pleased to give the "official" viewpoint and at the same time to give credit to the Local Committee for their efforts. It is becoming more and more difficult to stage these big races, and to find suitable accommodation. There is no doubt that the bitterly cold wind on the day in question served to add fuel to the fires of what might otherwise have been merely mild criticism of some of the arrangements.

Any errors in the printed results which have come to light as we go to press will be given elsewhere. It was a herculean task to get all these results in on time, and it would be surprising if there were not a few. A further check on team cards may reveal one or two more, but we cannot be responsible for any cards not handed in, resulting in the omission of the runners concerned.

THE EDITOR.



# Letters to the Editor

## THOSE NATIONAL ARRANGEMENTS

Dear Sir,

Once again the Cross Country fraternity have been "sold a pup." We all approached Cardington in high spirits on Saturday, March 5th. This time we had been promised the moon. Plenty of hot water, a reasonable set tea, and a good sporting course. Utopia indeed!

The first snag arose about 800 yards after the start of the race, when we encountered a bottleneck which caused more spikings than I have ever seen in a championship before.

No more snags after that. Good! Now for that hot bath or shower. Disappointment number two. Just as we reached the bath-house all the water—cold as well as hot—was turned off. I was luckier than most. I shared a bath of cold mud with half a dozen other runners including Ken Caulder (so, you see, the early finishers fared no better than the "scrubbers").

Still, we consoled ourselves, we would at least have a decent set tea at a reasonable price. Unfortunately, this was the unkindest cut of all! After queueing up for half an hour in a freezing cold hangar, we were presented with a small cup of dishwater, price 5d. Small sausage rolls were 6d., and other confectionery prices were equally ludicrous.

We distance runners are used to being treated like cattle, or, in the case of the Poly Marathon, horses—Royal, of course—but what we do object to is being "led up the garden path."

The runners do appreciate the efforts of the officials, the majority of whom do their best against indeterminable odds, but in this case it would have been better for the Organising Committee to have blown their trumpets after the event.

Yours sincerely,

J. Fitzgerald,  
Mitcham A.C.

Dear Sir,

May I add weight to the letters I feel sure you will receive condemning the bath arrangements at the National C.C. Championships—

only COLD water and very little of that, with everyone caked in mud — about the worst arrangements I think I have ever come across in this respect.

Yours sincerely,

E. J. Kean,  
St. Albans C.A.C.

## A WORD OF THANKS

Dear Sir,

May I, through the medium of your journal, offer thanks to Ilford Athletic Club for transporting four of my team colleagues and myself from Bedford Station to the "National" course. I doubt very much whether we would have reached the start in time without their assistance. Thank you, Ilford Athletic Club.

Yours faithfully,

Ken Joy,  
Queen's Park Harriers.

## THE B.B.C.

Dear Sir,

We cross-country runners get little enough B.B.C. time, and when we do get a few minutes devoted to our sport, it is just not good enough to have it squandered and wasted as it was just before the National Championships.

There are dozens, literally, of men who have been connected with cross-country running for many, many years. Why, then, do the B.B.C. get someone like Norris McWhirter, who has no cross-country background and whom I have never seen at any of the cross-country races, to put over a talk on our national championships?

McWhirter may be alright on track statistics, but he appears to be woefully lacking in knowledge of cross-country. All we had were a few platitudes, a few simple facts which anyone could have swotted up from a book, and a far from knowledgeable mention of a few of the likely runners. In fact, it was a sheer waste of the longest time we have been graciously allowed by the B.B.C. for years.

Yours sincerely,

Colin Gilson.



## A.A.A. CHAMPIONSHIPS

Sir,

Regarding the letter from Mr. F. H. J. Hawkins and the increased charges at the A.A.A. Championships.

It will now be up to the Clubs to show their disapproval by not taking up tickets in large blocks, as they have in previous years.

Yours sincerely,

G. D. Basan.

### Editor's Note:

The A.A.A. say they have a sound answer to the criticism of their action in increasing the price of these tickets. They say they must increase their income, not merely to cover present commitments, but also to enable them to cover increased expenditure in the future. Sooner or later they will have to move to better and larger offices, and this will mean a very considerable increase in rent. There was an excess of expenditure over income of £1,137 for 1954 and this gap must be closed.

The number of tickets at reduced prices have been increased considerably in recent years and the only alternative to putting up the prices of tickets all round would be to increase affiliation fees, which the Association is reluctant to do.

## CLOCK OR ANTI-CLOCK?

Dear Sir,

I recently read a newspaper article in which the writer claimed that the reason for track races being run in an anti-clockwise direction, is that medical opinion considers it better for the athlete to have his heart on the inside when rounding a bend at speed.

This is the only time I have read such an assertion, and considering the stresses the human body withstands to-day, I find the above rather amusing.

However, any comment from your learned readers?

Yours faithfully,

S. A. G. Williams.

The Portsmouth Olympiades "Burtoft Trophy" Meeting will take place at Pitt St., Portsmouth, on August 6th.

## Women

March 12th

### LONDON OLYMPIADES OPEN 2 MILES ROAD RACE

1. J. O'Grady (Ilford) ..... 12.35
2. H. Vincent (Lond. Olym.) ..... 12.49
3. K. Field (Small Heath) ..... 13.09
4. J. Worcester (Ilford) 13.25; 5. M. Ricketts (Lond. Olym.) 13.27; 6. A. Bowler (Selsonia) 13.28; 7. E. Vivian (Lond. Olym.) 13.34; 8. M. Critchley (Ilford) 13.37; 9. J. Timbs (Lond. Olym.) 13.41; 10. J. Hall (Selsonia) 13.42; 11. S. Gaiger (Orpington) 13.49; 12. D. Batchelor (Dartford) 14.05; 13. D. Jasper (Ruislip) 14.10; 14. B. Edge (Selsonia) 14.14; 15. S. King (Highgate) 14.16; 16. R. Wright (Wigmore) 14.18; 17. A. Knight (Lond. Olym.) 14.19; 18. B. Dawson (Highgate) 14.23; 19. P. Douglas (Ilford) 14.39; 20. D. Fitzpatrick (Selsonia) 14.41; 21. J. Simmons (Dartford) 15.05; 22. P. Capeling (Aldershot) 15.14; 23. S. Bradley (Lond. Olym.) 15.20; 24. M. Reeder (Lond. Olym.) 15.41; 25. S. King (Lond. Olym.) 15.53; 26. L. Deas (Lond. Olym.) 15.59; 27. B. Atkins (Ruislip) 16.07; 28. J. Blackmore (Poly.) 16.09; 29. M. Ash (Wigmore) 16.10; 30. P. Groom (Lond. Olym.) 16.30; 31. C. Dupray (Poly.) 16.39; 32. J. King (Poly.) 17.40; 33. B. Cox (Poly.) 19.19.

H'cp.: 1. R. Wright (Wigmore); 2. M. Critchley (Ilford); 3. J. Worcester (Ilford).

### MIDLANDS beat SOUTH 6 pts. to 18 in a 2½M. ROAD WALK

1. J. Heath (S. Heath) 22.00; 2. N. Loines (S. Heath) 22.38; 3. N. Blaine (Birchfield) 23.00; 4. B. Hamilton (Birchfield) 23.10; 5. J. Williams (Lond. Olym.) 23.20; 6. M. Rogers (Lond. Olym.) 23.37; 7. P. Perkins (Ilford) 24.46; 8. J. Yarnold (Lond. Olym.) 24.50; 9. B. Williams (Lond. Olym.) 25.27.

H'cp.: 1. J. Williams (Lond. Olym.); 2. J. Heath (S. Heath); 3. B. Williams (Lond. Olym.).

February 26th

**Surrey W.A.A. Road Relay:** 1. Selsonia L.A.C. (J. Hall 10.12; D. Fitzpatrick 10.38; 3. A. Clark 11.52) 32.42; 2. Camberley and Dist. A.A.C. (A. Smith 12.58; I. Hough 10.55; D. Hemsley 10.54) 34.47.

**Portsmouth Atalanta A.C. 2½M. Championship.** 1. N. Smalley 16.39; 2. J. Day 18.58; 3. J. Smith 20.25; 4. J. Stanford 20.37; 5. M. Dollery 20.39; 6. J. Pearson 20.49. H'cp.: 1. J. Day (4.25) 14.33; 2. M. Dollery (4.55) 15.44; 3. J. Stanford (4.25) 16.12.

Continued on page 19



# ZATOPEK—

*In which ARMOUR MILNE discusses the future plans of the famous Czech and some of his recent training*

THIS year marks the tenth anniversary of the liberation of Czechoslovakia by the Soviet Army. In honour of the occasion Emil Zatopek has made a pledge that this year he will make two more world records. The possibility is that he may, in fact, break four during the year.

He has two record double-events in mind: the six miles and 10,000 metres, and 20 miles and 30 kilometres.

That is the answer to the suggestion that Zatopek is on the slide. Last autumn, before and after his defeat in Prague by Kuts, the Olympic triple champion was a washed-out version of the normally ebullient Emil. He looked tired, drawn and ageing. But, to crib a line from the newspaper racing columns, the champion "has wintered well." He looks and feels years younger than he did at the end of last track season.

With no international championships to engage his attention he will concentrate on 10,000 metres and upwards. This does not mean that he will not run 5,000 metres. He will run 5,000 metres, but not with records in mind. Looking ahead, he has told me that he is quite unlikely to run in the 5,000 metres in Melbourne. He is emphatic in asserting that Kuts and Chataway will now always be able to beat him at this distance, Pirie too.

He has already had one outing, in the "Victorious February" Shield road race over 8,300 metres, with a drop and rise of some 400 feet on the course, and the roads nearly six inches deep in snow. This race he won easily enough in 26mins. 7.2secs., 17 seconds ahead of his UDA clubmate Tomis. His next outing will be in the Humanite cross-country race in Paris on March 27th. This will be followed by the Czechoslovak army cross-country championship sometime in April, and the Czechoslovak national cross-country championship at Zilina, Slovakia, on April 24th, over a distance of 11 kilometres.

What is known as the "broad national team"

—the first and second strings and reserves—will be mustered for training from April 25th to May 15th. If all goes well in training and the weather is suitable for the attempt, Zatopek may go for the six miles and 10,000 metres world records at Stara Boleslav, on May 15th. He would have welcomed the company of Gordon Pirie in this record-attempt, but that is a matter for the State Committee for Sport.

Pirie has written to say that he would like to visit Czechoslovakia in July, but Zatopek advises against it as that is the hottest time of the year in Central Europe. The alternative to May would appear to be September, when it is assumed that Pirie will be in Prague in any case for the Czechoslovakia-Britain match scheduled for September 13-15th. What Zatopek's summer movements will be is not yet known as the State Office for Sport have not yet announced any of their international matches. It seems certain, however, that Zatopek will compete in the Second International Friendship Games in Warsaw, August 1-15th.

To give you some idea of the distances covered by Zatopek in training, here are his monthly totals for 1954: January, 600 kilometres; February, 910; March, 935; April, 832; May, 780; June, 865; July, 712; August, 654; September, 600; October, 600; November, 140; December, 260.

## MOUNTAIN CLIMBING

After the match with the USSR last October Zatopek did no training at all for two weeks, he and his wife spending two weeks walking and climbing in the mountains in Slovakia. Resuming training on November 10th, he did one week of normal work. Then he began work to increase his stride length, the usual one lap of hard work with a half lap at an easier pace in between, only now he cut out the fast work and concentrated on getting the longest stride length possible without regard to speed. This he frequently did wearing Army boots!



At the end of November and the beginning of December he and Dana spent two weeks in the German Democratic Republic, where they did a certain amount of lecturing to young people on sport. Right up to the end of the year he never did more than 20 laps in any one day, and around Christmas he took a whole week off training.

In January he really got into harness. In that month he put in no less than 1,057 kilometres. "That's nothing!" he said, when I expressed astonishment. "Ivan did 1,100 kilometres, and he was lapping faster than I was." Zatopek was referring to his protege, Ivan Ullsperger, who he thinks will be his successor. Ullsperger certainly looks well on it.

The distances covered by Zatopek in training have varied according to time available, but throughout January he ran regularly in the early morning and late afternoon, usually about 40 laps fast with easier half-laps in between, twice a day. When he could not go out because of bad weather or because of having too much work he would put in anything from one to two hours morning and afternoon doing jogging and the "hundred-up" on a sponge rubber mat at home.

This will give a clear picture of the type of training he was doing up to the "February Victory" Shield on February 20th: February 1, 40 x 400-200 metres; 2, 30 x 400-200; 3, 2 ½ hours on jogging and "hundred up"; 4, 30 x 400-200, 1 hour jogging, etc.; 5, 10 x 400-200, 1 hour jogging, etc.; 6, 2 hours jogging, etc.; 7, 40 x 400-200 twice; 8, 50 x 400-200, 40 x 400-200; 9, 50 x 400-200, 40 x 400-200; 10, 40 x 400-200 twice; 11, 40 x 400-200 twice; 12, 30 x 400-200, 1 hour jogging, etc.; 13, 2 hours jogging, etc.; 14, 5 x 200-200, 40 x 400-200, 5 x 200-200 intensive; 15, 5 x 200-200, 20 x 400-200, 5 x 200-200 normal; 16, 5 x 200-200, 20 x 400-200, 5 x 200-200 intensive; 17, 5 x 200-200, 10 x 400-200, 5 x 200-200 normal; 18, 5 x 200-200, 10 x 400-200, 5 x 200-200 intensive; 19, 5,000 metres easily, several short sprints; 20, competition.

The "February Victory" Shield race resulted as follows: 1, Zatopek, UDA (Central Army House), 26:07.2; 2, Tomis, UDA, 26:24.2; 3, Santrucek, Ruda Hvezda (Red Star), 26:24.2; 4, Ullsperger (holder), UDA, 26:26.4; 5, Koller, UDA, 26:50.0; 6, Rudolf, Ruda Hvezda, 26:54.8.



In a scramble at the finish of the National Senior C.C. Championship, Frank Sando appears to be getting the worst of it! Left to right—E. L. Hardy (Derby and Cty.) 4th; M. R. Maynard (Herne Hill H.) 5th; and F. D. Sando (Aylesford P.M.) 6th.

*E. D. Lacey*

### CAMBRIDGE H. RELAY

Cambridge Harriers' Open Road Relay at Bexley to-day has attracted a record entry of 32 teams, including South London H., Blackheath H. (holders), Herne Hill H., Essex Beagles, Belgrave H., Mitcham A.C., Ilford A.C., Woodford Green, and Cambridge H. Four teams compete for the special Veterans' award, Belgrave, Blackheath, Cambridge H. and Essex Beagles. Included in the Belgrave team are L. W. Herbert, J. C. Smart, C. T. Carter and A. W. Penny.

\* \* \*

The Orion H. Schools' Invitation Cross-Country Race at Chingford, to-day, has attracted an entry of 120. The race starts at 3 p.m., from the Royal Forest Hotel and last year's holders, Bancrofts and A. J. Murray, of Highgate, are both entered.



## STEPHENS NEARING 3 MILES WORLD RECORD

THE amazing Dave Stephens joined the ranks of the world's great runners, when he set an Australian 3 miles record of 13m.31.8s., in Melbourne on the evening of February 23rd.

Running in bare feet on spongy grass, Stephens ripped 24sec. off Geoff Warren's national record—beating him by 54.2s. into the bargain — and removing 34sec. off his own previous best time. (He certainly does things in a big way!).

It really was a breathtaking spectacle to watch this most relaxed of runners. He has to be seen to be believed—and in the seeing you cannot believe he is doing more than a jog, until you look at the watch.

Stephens showed me his schedule before the race. It was aimed at 13m.39s. "How do you reckon I'll go?" asked Dave. I replied that I wouldn't be surprised at anything he did, but admitted some worry about the strength of the cold wind, and the notoriously slow track.

Stephens was in front at 250yd., and from there it was a procession. The first mile came up in 4:31, the second in 9:04, and the third he covered in 4:27.8.

On the strength of his present running—when still a novice in lots of ways—Stephens can break the world 3 miles and 5,000 metre records next year. But it isn't necessarily going to be so easy as all that, particularly because Vladimir Kuts will probably lower his own times before Dave gets a crack at records.

How Stephens will shape in the Olympics is problematical, because he is untested in racing—and that's mightily important. It is to be hoped he isn't ground down by public demand for records, as was John Landy.

Occasion of Stephens' record was the second half of the Victorian state championships, postponed from February 14th. Almost unnoticed in the excitement was Don Macmillan's great run in the 880yd., setting a new national record of 1min. 51.6sec.; and beating John Murray and John Douglas, both of whom clocked 1m.53.5s.

Some judges are tipping Don to give the world 880yd. record a terrible shaking next

summer, on Melbourne's new cinder track. Well, on the strength of his mile running (which looks like improving considerably), this could be right.

Ron Clarke, age 17, won the junior mile in 4min. 19.6sec. Three days later, in the V.A.A.A. interclub finals, Clarke ran second in the A grade mile (clocking 4:19.4), and won the 2 miles in 9min. 50.6sec. He is a very promising boy if he sticks to it.

The West Australian state 880yd. crown (Perth, Feb. 26th) went to Frank O'Connell in 1m.52.7s., beating Graham Adair, 1:53.8. Max Evans won the 220yd. in 21.8sec.; while Kevin Salt took the hop-step-jump with 48ft. 2½in.

In the first day of the South Australian championships (Adelaide, Feb. 26th), Ian Bruce won the broad jump with 22ft. 9½in., pole vault 11ft., and javelin throw 186ft. 0½in. He was also second in the shot put with 42ft. 8½in.

Leon Gregory, national champion, won the 440yd. in 49.5sec. The women's 440yd. went to Barbara Lane in 58.9sec., and the broad jump to Betty Robbie with 17ft. 8½in.

Looking more and more like a successor to Marjorie Jackson, Rae James won the N.S.W. women's 220yd. title, at Sydney, on February 26th, in 24.6sec. — on an almost hopelessly water-logged grass track. Betty Cuthbert won the junior 100yd. in 11sec.

In Perth, Shirley Strickland-Delahanty won over 220yd. in 24.8sec.

Either Hec Hogan (co-holder of the world 100yd. record) is a wizard, or he just races himself into condition—which is Les Perry's opinion.

Hogan's form had looked hopeless a few weeks ago, but in New Zealand on February 24th, he equalled the Dominion all-comers' 100 yd. record of 9.6s., first set by John Treloar.

Hogan, on February 19th, had been thrashed over 100 and 220yds. by Maurice Rae. A week later Hec brilliantly turned the tables, registering the smart "double" of 9.7 and 21.6 sec. Most Australians, I am sure, breathed a bit easier!





# TRACK SUITS

by *Millington*

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## Men's or Women's

"S" (5'3"—5'6")	...	...	...	...	39/11
"M" (5'7"—5'9")	...	...	...	...	42/11
"L" (5'10"—6'1")	...	...	...	...	45/11

## Junior size

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"J3" (4'11"—5'2")	...	...	...	...	32/11

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## THE SPORTS CENTRE

6 High Dewar Road : Rainham, Kent

## Scottish News

By W. Diverty

Congratulations to Scottish Junior C.C. Champion Jack McLaren (Shotts M.W.C.) on winning the English Junior C.C. race. Jack is the only Scot to win this event.

McLaren's next big effort will be the International at San Sebastian, when he may well be Scotland's leading runner. After all, he has victories over D. Henson the new Scottish Senior C.C. Champion, E. Bannon and J. McGhee to his credit. He is Midland District Champion and also winner of the Inter-District a few weeks ago.

Good luck to Jack in Spain, he certainly deserves it for his pluck and determination in overcoming his physical disability.

### Scotland's Team for the C.C. International.

The Scottish N.C.C.U. have picked Junior Champion, Jack McLaren (Shotts M.W.C.) in their team for San Sebastian to-day. The rest of the team is based on the National

Championship places. Eddie Bannon is Captain. An interesting feature is the inclusion of two brothers, namely, John and Tom Stevenson (Greenock Wellpark). Newcomers to the team are D. Henson, W. F. Lindsay, A. H. Brown, and J. McLaren.

The team is—D. Henson (Victoria Park), J. Stevenson (Greenock Wellpark), J. McGhee (Shettleston), I. Binnie (Victoria Park), T. Stevenson (Greenock Wellpark), E. Bannon (Shettleston) Captain, W. F. Lindsay (Gala), A. H. Brown (Motherwell Y.M.C.A.), J. McLaren (Shotts M.W.).

Reserves — A. C. Gibson (Hamilton), G. White (Clydesdale), P. Younger (Clydesdale). Team Manager—W. C. Armour.

### Coaching Course

The S.A.A.A. is sponsoring a Coaching Course, to be held at the R.E.M.E., Gosford Camp, Longniddry, at the Easter Holiday period, April 9th-11th.



# THE AMERICAN INDOOR SEASON (contd.)

New York, Feb. 12th.

The next stage in the duel between Santee and Nielsen resulted in a victory for little Fred Dwyer, of the Armed Forces. Dwyer won the "Baxter Mile" in the fast time, for him, of 4:06.2, with Nielsen second in 4:16.5, and Santee well out of it in 4:17.0. At the start of the race it was obvious that Santee intended forcing the pace and, disregarding the usual "hare," Dick Ollen, he led for the first quarter in 56.6 and passed the half way mark in 1:59.0. Whilst Santee, followed closely by Nielsen, wore himself and his chief rival out, Dwyer followed at a respectable distance and at the three quarter mark took over the lead in 3:04.7 and sped home with no opposition. Dwyer's fractional times were: 59.0, 61.0, 64.7 and 61.5.

Thirty years old Mal Whitfield resumed competition, after his world goodwill tour and Sullivan Award, in no uncertain style by winning the "Buermyer 500" in a fast 57.1.

Ashenfelter kept up the good work in the longer distances by winning the two miles from Fred Wilt in 8:57.0.

## Other Results

**60yds.:** 1, Rod Richards 6.2; 2, George Synnor; 3, Lindy Remigino. **880yds.:** 1, Arnold Sowell 1:52.1; 2, Tom Courtney; 3, Harry Bright; 4, Lucien DeMuynck. **60y.H.:** 1, Jack Davis 7.2; 2, Charles Pratt; 3, Willie Stevens. **High Jump:** 1, "Poppa Hall" and Charles Holding 6'7½"; 3, 3 way tie. **Pole Vault:** 1, Bob Richards 15'3"; 2, Earl Poucher 14'10"; 3, Don Laz 14'6". **Shot Putt:** 1, Parry O'Brien 57'9½"; 2, Bernie Mayer 56'2"; 3, Al Thompson 52'5½".

New York, Feb. 19th.

Santee won the rubber in his races against Nielsen and also a National Championship at the A.A.U. National Indoor Championships held in Madison Square Garden.

These two accompanied by Bob McMillen, Dick Ollen and "danger man" Dwyer, were the principal starters.

Santee, Nielsen and Dwyer jockeyed along for almost the entire distance and completely ignored the efforts of McMillen, who took upon himself the task of hare. For a time it appeared

By

H. E. D. O'NEILL

that Dwyer might make it two in a row, as McMillen dropped out with four laps to go. This time he didn't have enough left to fight off his fast finishing rivals. McMillen had led past the half in 2:01.5 and Dwyer led at the three quarter distance in 3:09.7. Although the final time of 4:07.9 appears slow nowadays, it was a new National A.A.U. record for the meeting, the old one being 4:08.3 by Gil Dodds 11 years ago.

Sharing the spotlight with the Mile was the victory of Arnold Sowell, who equalled the world indoor record of 2:08.2 for the 1,000 yards, and Parry O'Brien, who established a new world indoor shot record with a putt of 59'5½ins. As if such doings were not enough, John Haines, of Penn, won the 60yds. in 6.1 for the third straight year, and equalled the world indoor record. Harrison Dillard, who saw a seven year streak of victories snapped last year by big Jack Davis, gained a measure of revenge by winning the 60y. Hurdles in 7.3 secs. In the absence of Mal Whitfield, suffering from an attack of influenza, Charlie Jenkins won the 600 yards.

**Results:** **60y.:** 1, Haines 6.1; 2, Richard; 3, Bragg; 4, Stanfield. **600y.:** 1, Jenkins 1:11.3; 2, Jones; 3, Gaffney; 4, Perman. **1,000y.:** 1, Sowell 2:08.2; 2, Boysen (Norway); 3, Courtney; 4, Delaney (Eire). **Mile:** 1, Santee 4:07.9; 2, Nielsen (Denmark); 3, Dwyer; 4, La Pierre. **3 Miles:** 1, Ashenfelter 13.54.0; 2, McKenzie; 3, Ross. **60y.H.:** 1, Dillard 7.3; 2, Davis; 3, Hildreth. **H.J.:** 1, Hall and Shelton 6'8½"; 3, Holding, Smith and Wyatt 6'8". **P.V.:** 1, Richards 15.4"; 2, Laz 14'10"; 3, Welbourn, Poucher and Bragg 14'6". **L.J.:** 1, Range 25'1"; 2, Bell 25'0¼"; 3, Wilson 23'9½"; 4, Shankle 23'2¼". **S.P.:** 1, O'Brien 59'5½"; 2, Mayer 55'8½"; 3, Jones 53'11"; 4, Thompson 52'9½".

Lost at the National C.C. Championships at Cardington—pale blue track suit from A. to E. Recorders' tent. Would finder please return to A. Clemmett, 6 Beatrice Road, Bolton, Lancs., who will refund any expense involved.





Just after the start of the National Youths' C.C. Championship. H.) the winner, is the centre runner of the three leaders.

ALAN COCKING (Bramley  
H. W. Neale

## Welsh Notes

### BEVAN (Newport) BEATS DISLEY FOR WELSH C.C. TITLE

CAERLEON Racecourse, Newport, for so many years the Mecca of cross-country runners in Wales, once again assumed this role when it was the venue for the Senior Championship, on March 5th. The snow and frost of the previous week had thawed kindly and left the course in excellent condition, though the surface was slightly soft. The weather was fine, though very cold, and although the scene is one of intense bleakness now at Caerleon, with the old grandstand and rail removed, the atmosphere there still holds that nostalgia associated with such events.

Only 35 runners lined up for the start, and Lyn Bevan, of Newport, soon raced into the lead, with John Disley, Ken Huckle, B. P. Jones, Norman Wilson, and K. Jenkins at his heels. The first small lap of half-mile was a pipe-opener before the 6 outer laps of  $1\frac{1}{4}$  miles, and at the end of it there was only a few yards separating the first dozen runners, who included G. Phipps, Cambridge, T.

Hughes, Watford, and Woods, Franklin, and Wallace, of Newport.

Disley appeared content to lie behind the first bunch, and was running easily, but soon Bevan began to draw away, and though Disley moved to lead the remainder of this bunch, he never made any impression on Bevan's lead which was increased proportionately with the laps from 50 yards at the end of the first, to 300 yards at the finish.

At the end of the second lap, Jenkins, of Cardiff, Univ. dropped out, and in the fourth lap, Phipps, showing signs of stitch, dropped 6 places, though he recovered them all in the last two laps, to finish 9th.

Huckle and Jones never let up, and finished 3rd and 4th, while Wilson, Woods, Franklin and Wallace merely consolidated their positions and finished in that order. Newport won the team event from Roath by 27pts. to 56.

1, L. Bevan (Newport Harriers) 48.25; 2, J.

*Continued on back page*



# Women

## DIANE LEATHER WINS NATIONAL C.C. TITLE

Held at Leeds, March 5th—2½ Miles

The 23rd National Senior Women's Cross Country Championship attracted one of the largest entries since 1935.

After a false start the field got away together and after 300 yards of snow covered, boggy ground, it was seen that Diane Leather, of Birchfield, had a 15 yard lead from June Bridgland, the Southern champion. The keen, easterly wind affected the runners more than the ground conditions and when a mile had been covered and the plough encountered, Diane had increased her lead from June Bridgland and Leila Buckland. There was quite a tussle for the remaining places which would mean selection for the International Race at Ayr, on March 26th, but all the first 10 girls appeared to be full of running as they finished.

Diane Leather won comfortably and June finished strongly to hold off Mrs. Buckland, who seems to improve with every race, despite the fact that she did not start running until she was 25 years of age. Now nearing 30, she is going from strength to strength.

Ilford ran out worthy winners of the "George French" trophy with excellent packing, and so gained their third success in the team race. Birchfield, with their No. 3 girl still absent, were sound runners-up.

The first six to finish represent England at Ayr on March 26th, with D. Williams as non-travelling reserve. Mrs. C. M. Bickley is Team Manager.

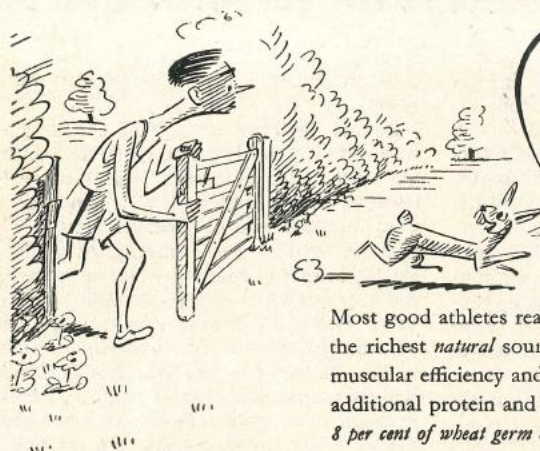
1.	D. Leather (Birchfield H.)	15.47														
*2.	J. Bridgland (Southampton AAC)	16.17														
*3.	L. Buckland (Cambridge H.)	16.21														
*4.	M. Davies (Stockport H.)	16.26														
5.	A. Oliver (Gosforth H.)	16.40														
*6.	M. Wooller (Spartan LAC)	16.44														
7.	D. Williams (Birchfield)	16.52; 8. P. Perkins (Ilford AC)	16.54; 9. O. Foster (Harrogate AC)	16.54; 10. M. Richards (Hallamshire H.)	16.59; 11. J. O'Grady (Ilford)	17.05; *12. P. Myatt (Smethwick H)	17.10; *13. S. Amey (Salisbury)	17.11; *14. S. Gaiger (Orpington)	17.17; 15. P. Benn (Highgate)	17.20; 16. R. Ashby (Cov. Godiva)	17.22; 17. M. Ricketts (London Olympiades)	17.26; 18. H. Vincent (L. Olymp.)	17.27; 19. M. Westney (Ilford)	17.35; 20. J. Heath (Small Heath)	17.38; 21. M. Critchley	

(Ilford)	17.41; 22. P. Turney (Cov. Godiva)	17.42; 23. M. Reynolds (Saltwell)	17.48; 24. A. Dawson (Harrogate)	17.49; *25. J. Stonehouse (Farnham)	17.55; 26. J. Fothergill (Harborne)	17.56; 27. N. Loines (Small Heath)	17.59; 28. M. Beckford (Ilford)	18.00; 29. K. Field (Small Heath)	18.00; 30. J. Webb (Hallamshire)	18.04; 31. D. Chrisp (Gosforth)	18.05; *32. N. Smalley (Portsmouth)	18.06; 33. E. Vivian (L. Olymp.)	18.08; *34. B. Dawson (Highgate)	18.11; 35. J. Worcester (Ilford)	18.13; 36. R. Tongue (Birchfield)	18.57; 37. A. Bowler (Selsonia)	18.58; 38. M. Nasser (Birchfield)	19.07; 39. A. Snowball (Saltwell)	19.13; *40. J. Gillyean (Airedale)	19.15; *41. K. Pickles (Spartan); 42. M. Bonano (Highgate); 43. M. McDonald (Saltwell); 44. B. Tiffin (Ilford); 45. P. Douglas (Ilford); 46. M. Lingen (Birchfield); 47. S. King (Highgate); 48. A. Knight (L. Olymp.); 49. J. Williams (L. Olymp.); 50. D. Bateman (Hallamshire); 51. F. Clarke (Harrogate); 52. N. Mason (Harborne); 53. B. Edge (Selsonia); 54. N. Blain (Birchfield); 55. D. Elmes (Cov. Godiva); 56. J. Matthews (Birchfield); 57. J. Hall (Selsonia); 58. M. Farrell (Hallamshire); 59. R. Campbell (Cov. Godiva); 60. M. Garvey (Small Heath); 61. G. Haddon (Harborne); 62. N. Grantham (Harborne); 63. J. Renforth (Saltwell); 64. C. Nelson (Harrogate); *65. R. Phillips (Smethwick); 66. E. McElroy (Saltwell); 67. M. Rutherford (Gosforth); 68. V. Reynolds (Small Heath); 69. M. Holland (Harborne); 70. E. Partridge (Cov. Godiva); 71. A. Willetts (Small Heath); 72. D. Fitzpatrick (Selsonia); *73. E. Porter (Manchester); 74. M. Grice (Saltwell); 75. V. Aldridge (Highgate); *76. D. Kimmish (Southampton); 77. B. Bloomfield (Gosforth); 78. T. Elliott (Saltwell).
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\* Individual entrants

Team placings:	Pts.
1. Ilford A.C.	( 8.11.19.21) 59
2. Birchfield H.	( 1. 7.36.38) 82
3. London Olymp.	(17.18.33.48) 116
4. Small Heath	(20.27.29.60) 136
5. Hallamshire H.	(10.30.50.58) 148
6. Harrogate H.	( 9.24.51.64) 148
7. Cov. Godiva	(16.22.55.59) 152
8. Saltwell L.A.C.	(23.39.43.63) 168
9. Highgate H.	(15.42.47.75) 179
10. Gosforth H.	( 5.31.67.77) 180
11. Harborne H.	(26.52.61.62) 201
12. Selsonia L.A.C.	(37.53.57.72) 219





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#### SCOTTISH NEWS (contd.)

The course will be supervised by Scotland's leading Coaches and will cater for Coaches and Athletes. There will be facilities for outdoor and indoor work.

The inclusive individual charge of £2 should accompany applications which should be sent to Mr. T. Montgomery, 9 Parkhead View, Edinburgh, 11.

Fourteen places have been allocated to Women Athletes or Coaches.

#### Scottish Women's C.C. Championship Held over 2½m. course at Ayr.

1, C. Drummond (Maryhill H.) 18m.39s.; 2, C. Boyes (Maryhill H.); 3, E. McLeod (Dundee).

Teams: 1, Maryhill H. 15pts.; 2, Springburn H. 22pts.

The team to represent Scotland is the C.C. International over the same course on March 26th, was chosen as follows:—A. Drummond (Maryhill); C. Boyes (Maryhill); E. McLeod (Dundee); M. Ferguson (Springburn); A. Elder (Maryhill); D. Fulton (Springburn).

#### NATIONAL RESULTS

In the Senior Championship Poly. H. were 31st team with 1525pts., and every team after this drops back one place until 47th (Ranelagh H.). Epsom were 48th, Watford 49th, Preston 50th and Smethwick 51st.

In the Youths' Championship 18th position should be H. Lydiate (Hercules).

**Found** after the Surrey County Junior Championship on January 8th—one pair of cross-country shoes; one track suit bottom; one towel; one sock.

**Lost** at the Southern Championships in the St. Albans, S.L.H. and Surrey A.C. dressing room—one grey windcheater. In connection with any of the above, please write to T. C. Reynolds, 118a Morden Road, Merton, London, S.W.19.

The A.G.M. of the London Athletic Club will be held at "The Devereux," Devereux Court, Strand, W.C., on Tuesday, March 29th, at 6.15 p.m.



# BEAGLES WIN EXCITING ILFORD RELAY

THE only records broken in Ilford A.C.'s annual 37½ mile road relay was in the number of teams who competed, 35 from an entry of 39. A strong wind precluded a new best being set up for the 3½ mile lap and Essex Beagles' winning time was some two minutes outside Belgrave Harriers' record established last year.

It was two hours before there were any thrills, Herne Hill taking the lead through Maynard (17m. 52s.) on the first leg and staying there for the next six laps. Finchley H. were second on the first circuit, Shirley finishing only three seconds down, and Beagles third. Poly, Woodford Green and Eastleigh followed, while Belgrave were ninth.

Murray Carter brought Beagles into second place on the second lap but Herne Hill (J. Heywood 18.23) had a lead of 58secs. which they increased to 2mins. 8secs. on lap three through R. S. Clark. Finchley were now third, with Poly, Blackheath and Southgate following. The leading positions remained the same on lap four, but the next leg saw Ellis (18.09) bring Thames Valley into the picture and finish a minute behind Herne Hill. Beagles were third and Belgrave had moved into fourth place, Brown equalling Maynard's effort which, up to then, was the fastest time of the day.

Beagles (Kiernan 18.39) regained second place on lap six and Herne Hill were now only half a minute away. Bels. were third and the Valley had dropped to fourth, Poly were fifth, Finchley sixth and Blackheath seventh.

Lap seven saw the sparks begin to fly. Ken Norris brought the Valley through to the premier position in the day's fastest time of 17m. 42s., two seconds outside M. Schofield's 1954 record. Herne Hill were 12secs. behind and Beagles another 32 secs. down. Bels. were now fourth and Poly fifth, just over a minute away.

Herne Hill were back in the lead on lap 8 and Belgrave made a determined attempt through Walker (18.31) and finished second, 19 secs. behind. In third place (four secs. down on Bels.) the Valley were about 20 yards ahead of Beagles, with Poly fifth and Ilford, who had been fluctuating between seventh and tenth, sixth (Perkins 18.21).

Bels. went one better on the ninth lap

through Roffey, and Beagles made a come back to finish second. Herne Hill were now fifth.

Archie Bedford started off for Belgrave on what was obviously going to be an exciting last lap with a lead of 25secs. from George Knight (Beagles), with Ingles (T.V.H.) another 17secs. away in third place. Bedford started with the idea of making his running over the early stages, with the wind behind to help him on the long stretch over the last mile. It is doubtful if Bedford has ever run a better race and he was still in the lead with less than a mile to go. It was not until the last half-mile that Knight managed to get in front and even then Bedford stuck grimly to his rival but could not prevent his younger opponent getting home with five seconds to spare. So well had these two run that Ingles, expected by many to give T.V.H. a good chance of first place, was never in the hunt and was being overhauled rapidly by Evans of the Poly, who, with Maynard and Jack Brown, put up second fastest time.

1, Essex Beagles (Learmouth 18.21, Murray-Carter 18.52, Hosking 19.38, Hames 18.51, Jackson 18.44, Kiernan 18.39, Douglas 19.25, Coates 19.04, Baverstock 19.00, Knight 17.55) 3hr. 8min. 29sec.

2, Belgrave H. (Baulch 18.49, Masters 18.47, Trower 20.00, Smart 19.10, Brown 17.52, Bunn 19.09, Bagnall 19.05, Walker 18.31, Roffey 18.46, Bedford 18.25) 3hr. 8min. 34sec.

3, Thames Valley H. (Vivian 19.05, Elderfield 19.12, Davidson 19.28, Cameron 18.31, Ellis 18.09, Loader 19.39, Norris 17.42, Atherfold 19.41, Dennis 19.24, Ingles 18.27) 3hr. 9min. 18sec.

4, Polytechnic H. 3:09.34; 5, Herne Hill 3:11.16; 6, Ilford A.C. 3:12.36; 7, Finchley H. 3:12.51; 8, Blackheath 3:13.44; 9, Victoria Pk. H. 3:15.11; 10, Southgate H. 3:17.05; 11, N. London 3:17.30; 12, Eastleigh 3:17.32; 13, Woodford Gn. 3:18.40; 14, Belgrave "B" 3:19.03; 15, Mitcham 3:19.29; 16, Epsom & E. 3:21.36; 17, Highgate 3:21.46; 18, Blackheath "B" 3:22.20; 19, Shaftesbury 3:22.30; 20, Herne Hill "B" 3:25.11.

35 teams started, 30 finished.

## Fastest laps:

K. L. Norris (T.V.H.)	17.42
J. Brown (Belgrave)	17.52
J. Evans (Poly)	17.52
M. R. Maynard (Herne Hill)	17.52
G. Knight (Essex B.)	17.55
E. Shirley (Finchley)	17.55



**T**O-DAY England will win the International cross-country title for the 29th time. And **Gordon Pirie**, running in only his second International, will win the individual title held by **Alain Mimoun**. One need not possess prophetic powers to foresee that. In fact, I am sure England could field a second eight, captained perhaps, by **Peter Driver**, including **Ken Caulder**, **Tony Weeks-Pearson**, **Eric Kirkup**, **Albert Chorlton**, **Ken Wood**, **Ken Gates**, **Roy Beecroft**, and **Derek Walker**, which would beat every other National team, even the strong one from **Belgium**, which includes **Lucien Theys** and **Frans Herman**. A pity that **Driver** couldn't gain another international vest after his great running in E.C.C.U. teams this year, but it is a fine thing that an unknown like **George Rhodes** should have the chance of a trip to sunny (I hope it is!) San Sebastian and world-class competition.

Talking of Spain, I know **Mike Maynard** will be pleased that the Spanish officials are staging the event after all, as he will have a chance to try out the Spanish he learned at school. The rumour that he and **Frank Sando** are forming a company after coming in together in the Southern and in the National is exaggerated! **Mimoun**, the one-time great of French cross-country running, will be non-racing captain after coming 7th in the French championships.

Coming back from the Cardington course to Bedford station I saw a rather familiar face two seats behind. "Bill Boak?" I enquired brightly, but to my shame I was answered "Wood." The two pressmen sitting next to me never turned their heads and yet on August 14th **Ken Wood** saved the **Emsley Carr** Mile from being just another race with a pulverising last lap that left **Tabori**, of Hungary, rolling in his wake and broke Bannister's track record. Last week Ken had shed all his glamour and was just another cross-country runner. He finished 14th and lost his international, but if I know anything of the Northern grit that **Ken Wood** personifies, next summer those pressmen will be flocking around him again.

**Wes Santee** is mixing outdoor miles with his indoor tour, now. Last week he ran 4min. 8.3

sec., at Houston, Texas, with a last lap of under 53.6 a few days after running a slow 4min. 10.4sec. indoors. Already the American outdoor athlete is stretching his muscles—**Bobby Smith** nimbly vaulted 14ft. 11in., and **Lon Spurrier** ran 880 yards in 1min. 49.6sec. Last year Smith had a best of 14ft. 8½in., and was the third best in the world after **Bob Richards** and **Don Laz**. He was pretty consistent, six times clearing 14ft. 8in. during the year. If he makes 14ft. 11in. a habit, too, he should give **Bob Richards** the necessary competition for the Vaulting Vicar to get over the **Warmerdam** record heights. **Spurrier** did 1 min. 52.1 for 880 yards in 1953, and last year he was touching 1min. 52.0sec. regularly.

The postponement of the University Sports to April 16th, should result in a much higher standard in the running events. **Ian Boyd** may even have time to get down to his beginning of the season target of 4min. 6sec. in the Sports. I think this will turn upon what kind of race his second string **Alan Gordon** runs. Remembering previous Oxford team races in this event, it may be that Gordon will do a **David Law** for Boyd, passing the three-quarters in about 3min. 6sec. But if Boyd had an off day Gordon could win. **Derek Johnson** should be under 1min. 53sec.

Guildford and Godalming A.C. elected the following at their A.G.M.:—President, J. Simpson, O.B.E.; Chairman, W. G. Tyreman; Joint Hon. Secs., J. P. Hendon, 33 East Meads, Onslow Village, Guildford, and Miss M. Armstrong; Hon. Treasurer, H. G. Drake, 3 The Drive, Mount Browne, Guildford; Capt. R. Belmore; Ladies' Capt., Miss J. Officer; Match Secretary, D. Jordan, 34 Saffron Platt, Tilehouse Estate, Guildford.

\* \* \*

Norfolk and Norwich A.C. elected the following at their A.G.M.:—President, The Right Rev. the Lord Bishop of Norwich; Chairman, Dr. C. G. Taylor; Hon. Secretary, Edwin C. Comber, 14 Stratford Close, Norwich; Ladies' Hon. Secretary, Mrs. N. M. Comber; Hon. Treasurer, P. E. Metcalf, 91 St. Mildred's Road, Norwich; Harrier Capt., A. C. Huggins, 53, Hall Road, Norwich.



# RESULTS

## February 19th

**Salisbury A.C. beat Southampton A.A.C.** 17 pts. to 43. 1, P. R. Clark (Sal.) 29.35; 2, B. Lillicrap (Sal.) 29.43; 3, D. Mould (Sal.) 30.29; 4, P. Lisle (South.) 30.52; 5, J. Benniman (Sal.) 31.03; 6, M. Prynn (Sal.) 31.12.

**R.A.F. No. 1 Group Championship** at R.A.F., Lindholme. 1, Spidy (L) 37.49; 2, Edgar (L) 39.10; 3, Mullane (B) 39.29; 4, Broxholme (S) 40.05; 5, Childs (B) 41.23; 6, Dye (B) 41.25. **Teams:** 1, Bassingbourn 43pts.; 2, Lindholme 74; 3, Scampton 137; 4, Binbrook 144.

## February 24th

**London Mental Hospital 4½M. Championship.** 1, \*F. Hannon (W. Pk.) 25.45; 2, D. Griggs (St. Law.) 26.25; 3, C. Archer (St. Bern.) 26.45; 4, D. Loveless (Belmont) 26.48; 5, S. E. Matthews (St. Law.) 26.59; 6, R. Gray (St. Law.) 27.40; 7, D. H. Burgoyne (St. Law.) 27.52; 8, D. F. Griggs (St. Law.) 28.23; 9, T. Richards (Tooting Bec) 28.28; 10, J. M. Jackman (St. Bern.) 29.01. **Teams:** 1, St. Lawrence 13pts.; 2, Long Grove 51; 3, St. Bernards 67.

## February 26th

### IMPERIAL COLLEGE ROAD RELAY

1. Loughborough Coll. (B. Douglas-Jones 13.24; J. Lyne 13.40; J. N. Wright 13.46; M. Whittaker 14.02; R. P. Brearley 13.47; T. Sullivan 13.49) 1:22.28
2. University Coll. 1:23.22
3. Bristol Univ. 1:24.13
4. Imperial Coll. 1:24.16
5. Reading Univ. 1:24.31
6. Selwyn Coll. 1:24.35
7. King's Coll. 1:24.40

8. Manchester Univ. 1:24.51
9. Nottingham Univ. 1:25.46
10. Sheffield Univ. 1:25.39

### Fastest times:

1, J. Knopf (Selwyn) 12.55; 2, J. S. Evans (Imp.) 12.56; 3, D. J. P. Richards (UCL) 13.04; 4, A. J. Weeks-Pearson (St. Cath's) 13.07; 5, M. Hyman (Southampton); 13.09; 6, T. Bailey (Imp.) 13.10; 7, J. Heywood (QMC) 13.16; 8, I. Haile (Sheffield) 13.20.

**Shaftesbury H. 73pts. beat Hampstead H. 76 and Wigmore H. 206.** 1, C. French (S) 29.43; 2, J. Atkinson (H) 29.55; 3, H. J. Hicks (H) 29.55; 4, E. V. Pearce (S) 30.08; 5, J. Cunningham (S) 30.21.

**Lensbury and Britannic B.H. 5M. Championship.** 1, N. F. Sherry 30.18; 2, D. Sudbury 30.31; 3, J. Prince 30.58; 4, P. H. Hitchcock 31.02; 5, R. F. Finn 32.57; 6, P. Townsend 34.09. **H'ep:** R. F. Finn 29.47.

**Ilford A.C. 4½M. Road Championship.** 1, A. F. Perkins 22.34 (rec.); 2, H. E. Wilson 22.45; 3, D. A. Owers 22.57; 4, A. R. Mills 23.27; 5, H. W. Hubbard 24.03; 6, H. J. Catton 24.13.

**Southgate H. Inter-Grammar Sch. 3M. Race.** 1, D. J. Coward (Ed. Lat.) 18.46; 2, D. J. Webster (Stat.) 18.51; 3, B. R. Boatman (Hab.) 19.07. **Teams:** 1, Haberdasher's 73pts.; 2, Queen Elizabeth's Barnet 97; 3, Southgate 143; 4, Edmonton Latymer 145; 5, City of London 151; 6, E. Barnet GS 191; 7, Stationer's 255; 8, Cheshunt GS 284; 9, Tollington 287.

**Brentwood A.C. Schools' Race.** 1, G. Owen (Rom. RL) 13.43; 2, F. Greatrick (Brent SM) 13.45; 3, P. Bailey (Moulsham SM) 13.46; 4, W. Nickels (Suttons SM) 13.59; 5, T. Parker (Suttons SM) 14.17; 6, C. Christian (Billericay

## KODAK SPORTS

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

### WHIT-SATURDAY, MAY 28th, 1955 OPEN EVENTS

#### Men's Handicaps:

100, 300, 880yds., 2 Miles  
Junior Relay (220, 110, 110, 220),  
Pole Vault, Hop, Step and Jump,  
Mile Scratch, Tug-of-War (6 men, 75 stone)  
10 MILES ROAD RACE (Ind. & Team).

#### Ladies' Handicaps:

100, 220yds., Relay (4 x 110yds.); 80m.  
Hurdles; High Jump; Shot; Discus; Javelin.  
Jun or Girls: 100yds. & Relay (4 x 110yds.)  
W.A.A.A. National Relay (4 x 110yds.)

Entries close May 14th to R. Stevens, Kodak Works, Harrow, Middlesex.

## WATFORD SPORTS

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

### WHIT-MONDAY, MAY 30th, 1955 OPEN EVENTS

#### Men's Handicaps:

100, 300, 880yds., 3 Miles, 100yds. Veterans,  
Tug-of-War (6 men, 75 stone), One Mile  
Scratch, Pole Vault.

#### Ladies' Handicaps:

100, 220, Relay (4 x 110yds.), 880yds.  
scratch. Field Events (all handicaps)—  
High Jump, Long Jump, Shot, Discus, Jave-  
lin. **Junior Girls** (Handicaps): 100yds.,  
Relay (4 x 110yds.).

Entries close May 16th to R. B. Stevens, 126  
Kenilworth Drive, Croxley Green, Rickmans-  
worth, Herts (Rickmansworth 5539).



CS) 14.19. **Teams:** 1, Suttons SM 49pts.; 2, Moulsham SM 61; 3, Brentwood SM 65; 4, Billericay CS 95; 5, St. Edwards 145; 6, St. Johns 168.

**Amberley Youths' Open 3½M. Championship.** 1, G. W. Plumpton (Portsmouth) 21.49; 2, D. F. McQuade (Varndean Sch.) 22.00; 3, J. H. Lindsell (Ports.) 22.03; 4, G. W. Drew (Ports.) 23.00; 5, B. Sparks (Worthing) 23.51; 6, A. L. Over (Varndean Sch.) 23.56. **Teams:** 1, Portsmouth 15pts.; 2, Varndean Sch. 25; 3, Ardingly Coll. 59. **Boys' Champ.:** 1, D. Scutt; 2, W. Lock; 3, M. Walkden.

**Cambridge H. 3½ M. Road H'cp.** 1, T. Batten (4.20) 14.36; 2, B. Goodfellow (4.45) 15.46; 3, A. Gordon (1.55) 15.55; 4, A. Ambrose (4.00) 16.12; 5, N. Roberts (1.05) 16.40; 6, E. Ives (1.45) 16.43. **Fastest times:** 1, L. Cass 17.05; 2, J. Whitbourne 17.32; 3, R. Pickering 17.40.

**Orpington A.C. 15pts. beat Croydon A.C. 21 and Central Y.M.C.A. who failed to close in.** 1, R. Houghton (O) 25.34; 2, F. Jones (O) 25.34; 3, S. Rogers (C) 25.38; 4, J. Doherty (O) 27.07; 5, R. Carlisle (C) 27.24; 6, A. Fox (C) 27.36.

**St. Albans City A.C. beat United Hospitals H. and H. 21pts. to 34 over 5M. 1eq., M. J. Palmer (St. A.) and M. J. Blyth (St. A.) 31.50; 3, P. R. Cieka (UH) 32.00; 4, J. Thorpe (St. A.) 32.55; 5, C. P. Roberts (UH) 33.30; 6, P. R. Tearle (St. A.) 34.30.**

**Essex Beagles 3½M. Road H'cp.** 1, B. Jackson 18.59; 2, B. Kiernan 19.17; 3, A. Murray-Carter 19.29; 4, B. Coates 19.50; 5, R. Church 20.03; 6, W. Merrylees 20.23. **H'cp:** 1, F. Aldred (4.45) 17.42.

**Victoria Park H. 4M. Road Race.** 1, G. L. Iden 20.11; 2, S. Day 20.23; 3, D. G. West 20.35. **H'cp:** 1, S. Day (0.25) 19.58; 2, J. W. Flowers (0.55) 20.00; 3, E. J. Flowers (0.40) 20.09.

**Eastleigh A.C. beat Bournemouth A.C. and Salisbury A.C. combined 33pts. to 49 in a 5M. Road Race.** 1, B. James (CC) 26.11; 2, T. Dobson (E) 26.42; 3, S. Street (E) 26.43; 4, Mould (CC) 26.51; 5, H. Downer (E) 26.52; 6, K. Jones (E) 27.07.

**South London H. 19pts. beat Surrey Beagles 26, Old Croydonians 35 and Bank of England 56 over 5M., at Coulsdon.** 1, R. Wadmore (SLH) 30.38; 2, J. Gridley (SB) 30.45; 3, K. Carter (SB) 31.01; 4, D. G. Robertson (OC) 31.10; 5, A. C. Carruthers (SLH) 31.29; 6, D. G. Smith (SLH) 31.32.

**Orpington A.C. beat Croydon H. 34pts. to 46. 1eq., R. Houghton (O) and F. Jones (O)**

**25.34; 3, S. Rogers (C) 25.38; 4, B. Doherty (O) 27.07.**

**Guildford and Godalming A.C. 7M. Road Championship.** 1, R. Belmore 37.40; 2, J. Jones 38.31; 3, J. Mills 39.23; 4, J. Evans 40.16; 5, P. Clegg 41.13.

**Forest (Essex) Div. Schools' Championship (U/16).** 1, P. Hall (S. Wood.) 14.45; 2, R. Payne (Heathcote) 14.51; 3, B. Hancock (Buckhurst Hill) 14.58. **Teams:** 1, Heathcote S.S. 59 pts.; 2, Buckhurst Hill C.H.S. 74; 3, S. Woodford S.M.S. 88.

**Buckhurst Hill C.H.S. beat Bancroft's Sch. 13 pts. to 23.** 1, B. Davis (BH); 2, H. Davidson (BH); 3, G. Meddings (BH); 4, G. Wood (B).

#### March 5th

#### SOUTH EAST ESSEX LEAGUE

1, R. McCalla (Southend) 29.39; 2, A. Bradford (S) 29.40; 3, B. Motley (Brentwood) 29.45; 4, E. Mount (Hadleigh) 30.12; 5, D. Hawkins (Southend) 30.16; 6, L. Durrant (Brentwood) 30.19; 7, K. Rogers (Chelmsford) 30.20; 8, J. Duffy (Hadleigh) 30.34; 9, F. Harvey (Brentwood) 30.41; 10, J. Bowen (Chelmsford) 30.43; 11, D. Fayers (Brentwood) 30.44; 12, L. Stripp (Southend) 30.45. **Teams:** 1, Southend 33pts.; 2, Brentwood 46; 3, Chelmsford 83; 4, Hadleigh 87. **Final League Table:** 1, Southend 27 pts.; 2, Brentwood 26; 3eq. Chelmsford and Hadleigh 14; 4, Hornchurch 11.

**Croydon H. 4½M. H'cp.** 1, A. Glover (1.00) 25.07; 2, A. Mason (2.45) 25.18; 3, F. Turk (2.15) 25.20; 4, R. Pinder (3.00) 25.57. **Wood Roberts Cup:** 1, F. Turk 24pts.; 2, A. Fox 23; 3, B. Proctor 20. **Youths 2½M:** 1, A. Humphrey (1.20) 12.07; 2, S. Rogers (Scr.) 12.34; 3, R. Harvey (1.40) 12.53; 4, R. Carlisle (0.30) 12.55. **Youths' Cup:** 1, R. Carlisle 11pts.; 2, S. Rogers 7; 3, T. Humphries 5; 4, A. Humphrey 4.

**Wadham H. 7M. Championship.** 1, R. Lambert 43.47; 2, J. Pennington 44.17; 3, D. Wilcox 47.52; 4, B. Hart 50.21. **H'cp.:** 1, J. Pennington (1.30) 42.47; 2, R. Lambert (Scr.) 43.47; 3, P. Millings (6.20) 45.06.

**North London H. 5M. Junior Championship.** 1, A. Langford 32.15; 2, C. Dettmer; 3, P. Phillips. **H'cp:** A. Langford (Scr.).

**Inter-Schools' Race for "Burn" Cup. 1eq. R. Stewart and A. Hill-Cottingham (both K. Ed. VI. Sch.); 3, H. Davidson (Buckhurst Hill). Teams:** 1, Buckhurst Hill 23pts.; 2, E. Ham G.S. 47; 3, Bancroft's Sch. 71; 4, Chigwell Sch. 98.

**Loughborough Coll. 39pts. beat King's Coll., London, 64 and Leeds Univ. 68.** 1, Wright (LC) 39.40; 2, Yorke (KC) 39.54; 3, Brearley (LC)



40.27; 4, Maris (LC) 41.08; 5, O'Neill (KC) 41.13; 6, Whittaker (LC) 41.26.

**R.A.F. Gutersloh beat H.Q. (U) 2 T.A.F.** 24pts. to 33. 1, Cpl. Harrington (HQ) 29.15; 2, P/O Clamp (G) 30.14; 3, LAC Davis (HQ) 30.22.

**Chingford A.C. 5M. Championship.** 1, G. Hurdwell 30.40; 2, R. A. Russell 30.48; 3, D. Williams 30.53. **H'cp.:** 1, R. Silk (3.37) 28.23; 2, D. Williams (2.05) 28.48; 3, G. Hurdwell (1.00) 29.40.

#### IRISH UNIVERSITIES CHAMPIONSHIP

1, N. Macrea (Magee Coll.) 32.13; 2, A. Campbell (Queen's) 32.53; 3, B. Grant (Queen's) 33.00; 4, S. Webley (Dublin) 33.10; 5, R. Mackay (Dublin) 33.50; 6, T. Monahagn (Queen's) 34.16. **Teams:** 1, Queen's Univ. 39½ pts.; 2, Dublin Univ. 68; 3, Queen's Univ. "B" 87½; 4, Magee Coll. 110.

#### March 9th

**H.Q. N.A.G.** 14pts. beat **H.Q. (U) 2 T.A.F.** 23 and 40 **Field Eng. Regt.** 50. 1, Cpl. Harrington (HQ(U)) 34.32; 2, Gnr. Fenton (NAG) 34.40; 3, Cpl. McGaw (NAG) 36.35.

#### March 10th

**Northern Ireland Inter-Services Championship.** 1, P/O J. G. De'Ath (RAF) 18.17 (rec.); 2, SAC Stevenson (RAF) 19.27; 3, Rflmn. Sayers (Army) 19.36; 4, Cpl. Sayer (RAF) 20.05. **Teams:** 1, R.A.F. 40pts.; 2, Army 45; 3, Royal Navy 88.

### LONDON ATHLETIC CLUB SCHOOLS CHALLENGE CUP MEETING

will be held at the

**WHITE CITY STADIUM, LONDON**  
(Under A.A.A. Laws)

On April 22nd, at 2.00 p.m.

And April 23rd at 1.30 p.m.

**14 SENIOR EVENTS**

**5 JUNIOR EVENTS**

(age 14—16) for Boys Only

also

**4 x 110 yds. Relay (Seniors only)**

Full details and entry forms from—

G. D. BASAN,

45 Tierney Road, Streatham Hill,  
London, S.W.2.

Telephone : Tulse Hill 6779

Entries Close April 2nd, 1955



JACK McLAREN (Shotts Miners' Welfare, Scotland who won the Nat. Junior C.C. Championship at Cardington.

*E. D. Lacey*

#### March 12th

#### SUFFOLK JUNIOR CHAMPIONSHIP

- |                                   |       |
|-----------------------------------|-------|
| 1. B. Musgrove (Newmarket and H.) | 38.12 |
| 2. Cpl. Luhr (RAF Felixstowe)     | 38.15 |
| 3. SAC Poyser (RAF Wattisham)     | 38.24 |

**Teams:** **Pts.**

- |                      |    |
|----------------------|----|
| 1. R.A.F. Wattisham  | 38 |
| 2. R.A.F. Martlesham | 48 |
| 3. R.A.F. Felixstowe | 49 |

#### Youths

- |                              |       |
|------------------------------|-------|
| 1. P. L. Bevis (Ipswich "B") | 21.08 |
| 2. A. E. Woodward (Diss)     | 21.14 |
| 3. T. Cox (Newmarket and M.) | 21.27 |

**Teams:** **Pts.**

- |                  |    |
|------------------|----|
| 1. Ipswich "B"   | 29 |
| 2. H.M.S. Ganges | 51 |
| 3. Ipswich "A"   | 59 |

#### Boys

- |                                     |       |
|-------------------------------------|-------|
| 1. P. J. Whittingham (RHS Holbrook) | 18.39 |
| 2. Boy Fuller (HMS Ganges)          | 18.41 |
| 3. J. Lee (Culford Sch.)            | 19.01 |

**Teams:** **Pts.**

- |                                 |    |
|---------------------------------|----|
| 1. Royal Hospital Sch. Holbrook | 19 |
| 2. H.M.S. Ganges                | 38 |
| 3. Roman Hill Sch.              | 69 |



## Late Result

February 26th

### NORFOLK JUNIOR CHAMPIONSHIP

1. D. H. Palmer (Norwich and N.)
2. R. Ackroyd (N. and N.)
3. LAC Oakley (RAF Watton)
4. R. Snelling (Henderson); 5. D. Whall (Gt. Yarmouth); 6. LAC Ryan (RAF Watton); 7. P. Fuller (Henderson); 8. LAC Blay (RAF Watton); 9. Cpl. Bull (RAF Watton); 10. LAC Thomas (RAF Watton); 11. J. Parker (Henderson); 12. J/T. Zissell (RAF Watton); 13. B. Goffin (Gt. Yarmouth).

#### Teams:

	Pts.
1. R.A.F. Watton	(3.6. 8.) 17
2. Henderson Y.C.	(4.7.11) 22

#### Youths

1. M. E. Mills (C. of Norwich Sch.) 16.33
2. J. E. Hoskins (Diss) 16.45
3. P. Hall (Norwich Sch.) 17.16
4. D. Broadhead (N and N) 17.20; 5. J. D. Keddy (Wymondham Coll.) 18.06; 6. A. Tallop (C. of N. Sch.) 18.15; 7. A. D. Sayer (N and N) 18.17; 8. Wormall (Kings Lynn Ed. VI. Sch.) 18.26; 9. B. Hall (Norwich Sch.) 18.27; 10. K. Masdin (Norwich Sch.) 18.42; 11. R. D. Chadwick (C. of N. Sch.) 18.51; 12. Simpson (K.L. Ed. VI. Sch.) 19.01; 13. J. L. Pollitt (King's Sch. Ely) 19.09; 14. W. Smith (C. of N. Sch.) 19.12; 15. M. Albrow (Norwich Sch.) 19.13.

#### Teams:

	Pts.
1. City of Norwich Sch.	(1.4. 8.10) 23
2. Norwich Sch.	(2.6. 7.11) 26
3. King's Lynn Ed. VI. Sch.	(5.9.13.20) 47

#### Boys

1. K. Barnet (Norwich Sch.) 11.56
2. C. Nunn (Caister C.P. Sch.) 11.58
3. P. Compton (Nor. Sch.) 12.09
4. T. Purple (Wymondham Coll.) 12.12; 5. J. P. Barnes (C. of N. Sch.) 12.19; 6. C. R. Bird (C. of N. Sch.) 12.20; 7. B. Martell (C. of N. Sch.) 12.22; 8. J. A. Smith (Wymondham Coll.) 12.24; 9. C. Field (Nor. Sch.) 12.27; 10. Williams (Kings Lynn Ed. VI. Sch.) 12.33.

#### Teams:

	Pts.
1. C. of Norwich Sch.	( 5. 6. 7.11) 29
2. Norwich Sch.	( 1. 3. 9.18) 31
3. Kings Lynn Ed. VI. Sch.	(10.14.21.26) 71
4. Wymondham Coll.	82; 5. Diss G.S. 114; 6. Lakenham M. S. 128.

WOMEN (contd.)

### WOMEN'S C.C. AND R.W. ASSOCIATION

The Triangular Cross-Country Match between the North, South and Midlands takes place at Winton, nr. Manchester, to-day, over a course of two and a half miles.

The following team will represent England in the International Cross-Country Match with Scotland, at Ayr, next Saturday, March 26th. D. Leather (Birchfield); J. Bridgland (Southampton); L. Buckland (Cambridge H.); M. Davies (Stockport); A. Oliver (Gosforth); M. Wooller (Spartan). Reserve (not to travel)—D. Williams (Birchfield). Team Manager—Mrs. C. M. Bickley.

### Cambridge Harriers Ladies' Section

At the Annual General Meeting of Cambridge Harriers, held at Eltham, on March 10th, Mr. P. E. Higley, 171 Gipsy Road, Welling, Kent, was elected as Hon. Secretary of the Ladies' Section. Captain is international javelin thrower, Miss Ann Legg, with Miss Gladys Collins as Vice-Captain.

The Club Ladies' Challenge Trophy, presented by the late W. T. Hitchin, Esq., has been awarded to Miss Ann Dukes for her successes in winning Kent, Southern and W.A.A.A. Javelin Championships in 1954.

### TRACK MEETING SECRETARIES

Have you sent us your advertisement yet? Get your copy in early. An advertisement in "Athletics Weekly" reaches those you wish to contact—the athletes—and we still give four insertions for the price of three.

### MAIDENHEAD C. & A.C.

#### 10 MILE ROAD RACE

(Under A.A.A. Laws)

Easter Monday, April 11th, at 3.15 p.m.

#### From Kidwells Park, Maidenhead

**Team Race** (4 run, 3 score) for Challenge Cup, presented by The New Taplow Paper Mills Ltd. Winning team receive plaques, 2nd and 3rd teams medals. Entry fee 7/6.

**Individuals.** Prizes 1st, 2nd and 3rd. Certificates all finishers. Entry fee, 2/6.

**Handicap.** Prizes 1st, 2nd and 3rd. Entries on A.A.A. forms. Entry fee 2/6 covers ind. and h'cp.

Entries close Monday, March 28th, to Mr. D. Deane, 52 Market Street, Maidenhead.

### Cover Photo by H. W. Neale

Gordon Pirie leading the National Senior C.C. Championship field after 3½ miles. He is closely followed by E. Kirkup (Rotherham H.) who moved up to Pirie at this stage but dropped back later to finish 12th.



## WELSH NOTES (contd.)

Disley (L.A.C.) 49.17; 3, K. Huckle (Roath Harriers) 49.40; 4, B. J. Jones (Bournemouth A.C.) 50.07; 5, N. Wilson (Wolverhampton H.) 50.39; 6, T. Woods (Newport H.) 51.31; 7, R. Franklin (Newport H.); 8, P. Wallace (Newport H.); 9, G. Phipps (Cambridge C.); 10, J. Nash (Port Talbot Y.M.C.A.).

The Welsh team to run at San Sebastian was chosen afterwards, and includes six of those who competed at Caerleon in the Senior, together with three other Anglo-Welshmen. George Phipps was also chosen, but as only eight will travel, he is virtually a reserve. The team—L. Bevan, Newport H.; J. I. Disley, S.L.H.; K. Huckle, Roath H.; B. James, Bournemouth A.C.; P. R. L. Morgan, S.L.H.; A. Pumphrey, Coventry Godiva H.; D. J. P. Richards, Poly. H.; N. E. Wilson, Wolverhampton H. (Capt.); G. Phipps, Cambridge A.C. Reserves — W. E. Butcher, Birchfield H.; D. Rees, Cov. Godiva H.; T. Wood, Newport H.

The team is probably the strongest that we have produced for many years and should at least help us to avoid that spoon with which we have become so closely associated.

## Coaching

Mr. Ray Thomas, the Secretary of the Welsh A.A.A. Coaching Committee told me recently of the success attended upon the two-day Hammer Throwing course held at Caerleon Training College, and he felt that the students of the course had received some tangible benefit from it. Indeed, one of them, an apprentice from Beachley A.A. School, showed this when he threw a 12lb. hammer 149 feet, and this is only his second year at the event. By the end of the session a number of the students who had previously never held a hammer, were able to throw it with reasonable success.

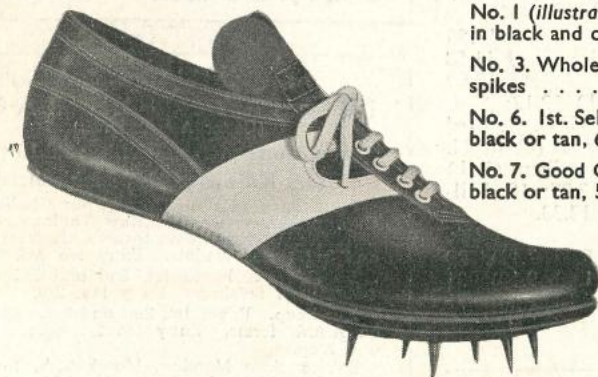
An interesting occurrence was a wonderful throw of 176 feet by Don Anthony, one of the lecturers, while demonstrating on the college field. His English Native Record throw is 174ft. 8in.

In three years, between now and the 1958 Empire Games at Cardiff, we could coach a Hammer Thrower to a very high standard of performance, as we could in many other field events. It remains to be seen whether we do.

B.W.L.B.

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