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March 3rd, 1951

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

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# ATHLETICS WEEKLY



D. A. G. PIRIE leading early in the Middx. v. R.A.F. v. Civil Service match.

*H. W. Xenie*



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## RICHARDS VAULTS 15' 1"

**Jan. 27.** Bob Richards became the second man ever to vault 15ft. when winning his event at the Millrose Games at Madison Square Garden. Cornelius Warmerdam is the only other athlete to reach this height. Richards was unanimously awarded the Rodman Wanamaker trophy for this performance, despite Don Gehrman's mile in 4m.7.5s.

In the mile, Len Truex led at the quarter in 60.4, John Twomey at the half in 2:0.3 and Fred Wilt at 3/4 in 3:05.3, but in the backstretch Gehrman cut loose with his usual burst and romped home one second ahead of the F.B.I. agent.

### Results:

60 Yds: A. Stanfie'd 6.2; 600: 1, C. Moore; 2, H. Maiocco; 3, G. Rhoden 1:13.2; 880: R. Pearman 1:56.2; Mile: 1, D. Gehrman; 2, F. Wilt; 3, I. Bengtsson (Sweden); 4:07.5; 2 Miles: C. Stone 9:08.3; 60 Hdis: H. Dillard 7.5; Pole Vault: 1, R. Richards 15' 1"; 2, D. Laz 14' 8."

**Feb. 3.** Don, Gehrman again beat Fred Wilt, running away in the last half-lap to win by 12 yards in 4:07.9; at the Boston Games. Wilt led at the 3/4 mark in 3:04.8 but could not hold Gehrman when he made is effort. Carl Joyce, 21 year-old Georgetown sophomore, had a great 10 yds victory over Ingvar Bengtsson in the 1,000 yds, his time of 2:12.0 being the season's fastest. Roscoe Brown, Phil Thigpen and Reggie Pearman were left well in the rear by Joyce's terrific 3-lap finish. George Rhoden won the Hollis 600 by 3 yds from Hugh Maiocco, with R. Berman 3rd and Charely Moore 4th in a rough race. Bob Richards failed only narrowly to equal his 15' 1" and cleared 14' 8" to again win from Don Laz.

Andy Stanfie'd equalled record by taking the "Briggs 50" in 5.3s. from Ed Conwell, who was left at the start. Both showed 5.3 in the semis. Frank Gaffney, 18 year-o'd Manhattan freshman, won the high jump with 6' 5 1/2."

# ATHLETICS

## WEEKLY

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

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VOL. 5. No. 9.

EVERY SATURDAY

MARCH 3rd, 1951

**T**HOUGH the Northern and Midland Cross-Country Championships went more or less as anticipated, there were surprises in the South. Ft. Lt. J. W. Stone, who has been training under the guidance of Sam Ferris, ran a well judged race to win the Southern Senior after A. A. Robertson had looked like running away with the title earlier on. Thames Valley were surprisingly beaten in the team race, too, Aylesford P.M. lasting better in the heavy going and just beating Belgrave, who did surprisingly well without most of their "big guns."

From the times and performances, however, I am afraid the South and Midlands are going to have a pretty lean time in the National at Richmond. Gordon Pirie should have no difficulty in taking the Junior, however, and it is to be hoped that he will be included in our International team, as was Geoff Saunders two years ago. Pirie is unquestionably one of the best prospects we have had for many years. He trains every day does not overdo the racing, and would certainly strengthen our team.

### The Ladies

Those readers who are either women athletes or interested in women's athletics will be pleased to know that Len Ward, W.A.A.A. Chief Coach, will soon be writing regularly on training and coaching matters. His articles will not appear every week but they will appear more frequently and with greater regularity than in the past. In the meantime the girls will find that many of George Pallett's articles apply just as much to women as to the men. They may, in some cases, require a little commonsense adjustment but the basic principles are usually the same.

### Any Questions?

Both Oscar State and Dr. Bender, whose articles are alternating for the

### ATHLETIC MEETING ADVERTISEMENTS

Secretaries of forthcoming athletic meetings should remember that the best way to contact the athletes and ensure good entries is to advertise your meeting in "Athletics Weekly."

Advertising Rates for athletic meetings and similar events are:—  
1½ in. single col. £1; 3 in. £2; Quarter-page £3. Larger sizes on request. All athletic meeting advertisements are subject to a discount of 25% for four or more insertions.

### A.A.A. SOUTHERN COMMITTEE

The following were elected to the Southern Committee: S. A. Tomlin 195; J. C. McPhail 187; K. S. Duncan 184; J. C. G. Crump 183; W. C. A. Findlay 179; A. D. Thwaites 174; E. A. Reavell 173; J. Turner 163; D. T. P. Pain 160; G. J. Pallett 158; H. W. Payne 155; L. J. Cohan 152; F. W. Blackmo e 151; E. Gough 143; N. W. Easlea 140; W. J. Western 138; P. S. Gale 132; A. A. Haley 132; A. D. G. White 131; W. F. Pearson 120.

### CHELSEA WINTER SCHOOL

Senior Coaches will attend as follows, in addition to those already announced: E. F. Housden for Pole Vault, March 6th; L. R. Woolner for Javelin, March 13th.

next two or three months, invite readers to send in any questions on weight-training and nutrition respectively. They will, in later articles, do their best to answer these questions and any points which may arise from them.

### Subscriptions

Will all readers please note that all subscriptions should be sent to "Athletics Weekly," Kent Art Printers, The Brook, Chatham, Kent.

THE EDITOR

# REPORTS ON THE MIDLAND & NORTHERN

## WOMEN'S SENIOR CROSS-COUNTRY CHAMPIONSHIPS



Start of the Midland Women's Cross Country Championship, Warley Park, with the winner, Zoe White (Birchfield) No. 34, on the extreme right.

K. M. Cary

### MIDLAND

The 18th Midland Senior C.C.C. was held over a stiff 2½ miles course on February 17th at Warley Woods, Birmingham. There were three past holders of the title competing, Mrs. Mary Bartlett, who as Miss French won the first four Races, and Mrs. Miriam Harper, who as Miss Clarke had also four wins to her credit, and Mrs. Ruby Smith, of St. Gregory's. Last year's winner, Miss Ivy Kibbler, did not compete and there was keen speculation as to who would win the individual title.

The course was of two laps and in each lap there was a stiff half-mile climb. At the end of the first lap, Ruby Smith was forcing the pace, with Zoe White, of Birchfield, and Audrey Price, of Harborne, in close attendance. Could experience beat youth was in everyone's mind.

About 200 yards to go Ruby Smith was a yard up on Zoe White, and then Miss White's extra speed was put into action and she romped home a comfortable winner. Audrey Price was 3rd and Joyce Heath, of Small Heath, 4th.

There was no hitch throughout the afternoon and there were only three male officials, namely, two timekeepers and the Clerk of the Course, although Smethwick Harriers must be thanked for the excellent course they laid.

Birchfield Harriers scored their 11th win, with the greatly improved Harborne Harriers second.

1. Z. White, Birchfield H.L.S. 16.56
- \*2. R. M. Smith, St. Gregory's A.C. 17.00
3. A. Price, Harborne H.L.S. "A" 17.14
4. M. J. Heath, Small Heath H.L.S. 17.45;
5. I. Williams, Birchfield H.L.S. 18.9;
6. M. E. Bartlett, Birchfield H.L.S. 18.10;
7. M. Bant, Harborne H.L.S. "A" 18.24;
8. M. Harper, Birchfield H.L.S. 18.32;
9. N. Batson, Small Heath H.L.S. 18.39;
10. N. Grantham, Harborne H.L.S. "A" 18.42;

- \*11. J. M. Keen, Walsall L.A.C. 18.51;
12. M. Jennings, Birchfield H.L.S. 18.52;
13. C. Massey, Dudley H. & L.A.C. 18.55;
14. A. Withey, Harborne H.L.S. "A" 19.00.

\* Individual.

Teams :	Pts.
1. Birchfield H.L.S. (1, 4, 5, 7)	17
2. Harborne H.L.S. "A" (2, 6, 9, 12)	29
3. Small Heath H.L.S. (3, 8, 20, 28)	59
4. Dudley H. & L.A.C. (11, 15, 25, 32)	83
5. Oldbury A. & C.C.C. (17, 19, 22, 26)	84
6. Harborne H.L.S. "B" (23, 30, 31, 34)	117

### NORTHERN

The Senior Cross-Country Championship was held on February 17th from the Elk Mills, Royton, Lancs. In the morning a snowstorm threatened to mar the event, but just prior to the race the weather cleared. The heavy rain of recent weeks had made the course, which was mostly rough grassland with a small ditch to be negotiated, very heavy and there was an incline which tested the stamina of the girls. It speaks well for them that 31 out of 39 finished the course.

The sincere thanks of the Association are due to Royton Harriers for staging such a successful event without a hitch of any description. It was an example of excellent teamwork and such a body of enthusiasts are quite capable of staging a National event.

1. A. Gibson (N. Shields) 18.01
2. M. Richards (Hallamshire) 19.17
3. J. Marshall (Sheffield) 19.34
4. L. Armstrong (N. Shields) 19.43;
5. I. Swindells (Royton) 20.00;
6. N. Gregory (Leigh) 20.20;
7. M. E. Farrell (Hallamshire);
8. N. Towart (N. Shields);
9. A. Law (Airedale);
10. P. Buck (Sheffield U.H.).

Teams :	Pts.
1. North Shields (1, 4, 8, 20)	33
2. Sheffield U.H. (3, 10, 11, 21)	45
3. Royton H. (5, 12, 14, 15)	46

# WINTER TRAINING — MARCH

by George Pallett

**W**ITH increasing fitness there should have been, over the past few weeks, a gradual increase of speed during training; probably not perceptible to the athlete but none the less definitely present.

Daily supplying and strengthening exercises should be continued, about fifteen minutes a day, and every effort should be made to put three to four miles' brisk walking on days when not out running. It is still assumed that available training periods each week are three. The following programme may be followed (it is, of course, preferable that there should be one day interval between each training period).

## All Periods

Begin with warm-up which should not be less than a mile, and begin slowly, include 300 yards running backwards and end with loosening and supplying exercises for about ten minutes. All exercises should be rhythmical. Training should be continuous—the athlete should always be on the move.

## Period 1

Sprinters and field events men: Jog 220, easy striding 150, fast striding 70, jog 220 and continue in this order for two miles in all. Finish with three twenty yards bursts of knees up with shortest possible stride (almost running on the spot) with jogging between each burst. Field events men, where possible, should substitute the knees up bursts by practice for style for fifteen minutes. Ease off with 440 yards jogging.

Quarter-milers: Jog 440, medium striding 350, fast striding 90, and continue in this order for 2 to 2½ miles. Ease off with half a mile jogging.

Half and one-milers: Jog 440, easy striding 660, fast striding (best 880 pace) 220, and continue in this order for 3 to 4 miles. Ease off with half-mile jogging.

Three-milers: Jog 440, slow striding 880, fast striding (at best mile pace) 440, very slow striding 880, fast striding (at best half mile pace) 220 and continue in that order for about five miles.

## Period 2

Sprinters and field events men: Jog 440, slow striding 55, fast striding 55 and continue in this order for about 2 miles. Practice 6-8 slow (the emphasis is on slow) starts using correct foot and hand spacing but no holes or blocks provided foot hold is safe. Run from each start into fast (quarter mile pace) stride up to 50 yard mark. Ease off with 80 yards jogging.

Quarter-milers: As for sprinters but striding from starts should, in case of half the number of starts, continue at best half-mile pace for 150 yards. Ease off with 880 yards jogging.

**[Note:** Both sprinters and quarter-milers should practice half of their starts so that they run into and part of the way, at least, round a bend].

Half and one-milers: Three miles, preferably with a watch; times for each 440 yard lap should be so arranged that they increase in pace lap by lap until the last lap is run at the pace of the best known mile speed. Ease off with 880 yards jogging.

Three-milers: As for half and one-milers but over 5 to 6 miles and increasing pace of each **half-mile** until last half-mile is run at best known **mile** pace. Ease off with 800 yards jogging.

## Period 3

Repeat Period 1.

Special points to remember are that in all slow and medium work there should be concentration on relaxed and stylish running—never allow running to become slovenly, however slow: in all running think about bringing the rear **knee** through for each stride; watch carefully for any tendency to lose knee lift as tiredness creeps on.

It is useful, after the violent leg exercises which are inevitable for the runner, to indulge in a few easy depletive exercises, i.e. exercises with parts of the body which have not been called upon heavily during training. For example, runners could stand astride, trunk down with loose arms, and do a little easy rhythmic trunk pressing down, beating the hands on the ground, the trunk rising and falling only a few inches; a little trunk circling in the standing position; a little free arm swinging.

## FINCHLEY HARRIERS

### 20 MILE

## OPEN ROAD RACE

Saturday April 21st., 1951

Entries close 7th. April to G. A. Shipp, 21 Chalcot Square, Regents Park N.W.1.

## Readers' Letters

### **CROSS-COUNTRY AND THE TRACK RUNNER**

Dear Mr. Editor,

When we were created, we all received the same qualities, albeit in varying proportions. All I did in my article was to beg that this should be recognised, that advisers of young athletes should take an objective viewpoint and render unto Cæsar the things which are Cæsar's, and not be led astray by their own partisan devotion to any one athletic sphere, or passion for short term success. Give every athlete the work which will enable him to realise his potential in the branch of athletics to which he is best suited and not squander his talents in an effort to make the best of both worlds. I could quote two outstanding cases of several three-milers who had raced cross-country and track season after season for years, and who should have shown their best form long before, who were advised to cease cross-country work after early January. Both improved their three-miling in the following summer by what seemed to them a fantastic extent—their names might unfortunately embarrass them in their club relationships.

I am driven to write by Mr. Mott's plea in your issue of February 10th. One season on the country between the ages of 18 and 21 should suffice for the experienced and

unbiased observer to advise a young athlete in which sphere his best prospects lie. From then on to the age of about 20 (about because the age of maturity varies) the junior, apart from occasional competitions, should play with three or four events, even if he favours one. If a track man, his winter is, in my view, best spent in the gym, and easy running on the flat (not necessarily on the track if he can find some flat grassland). If he runs over the country with packs the danger is that he is likely to be roped into cross-country teams (for the sake of the team!) right to the end of the season—my views on this have been made plain.

I am sorry I cannot give way further to Mr. Mott, nor subscribe to the implication in his letter that club spirit can only be built up on the country.

We at least have one thing in common—he and I, and Mr. Havell, have the best interests of athletics at heart!

George Pallett.

### **WOMEN'S NATIONAL JUNIOR CROSS-COUNTRY CHAMPIONSHIP**

Dear Sir,

I have read the report of the above race in your issue of "Athletics Weekly" dated February 17th, 1951, and do agree with the first three placed individuals. However, I

### **LONDON ATHLETIC CLUB SCHOOLS CHALLENGE CUP MEETING**

will be held at the  
White City Stadium, London  
(Under A.A.A. Laws)

on April 20th and 21st, 1951

**13 Senior Events**  
**4 Junior Events**

(age 14—16)

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

### **Bognor Regis Athletic Club**

Intending competitors in the  
4th. ANNUAL

### **10 MILES OPEN ROAD RACE** at BOGNOR REGIS on

Easter Monday, 26th. March 1951

are reminded that entries close on Monday 12th. March on A.A.A. forms—Individuals 2/-; Teams 6/- (4 run, 3 score) to G. E. Scutts, St. Catherine's, Wood St., Bognor Regis, Sussex.

**The B.W.S.A. National 10 Miles  
Road Race** (Holder: J. J. Andrews)

will be held in conjunction. All enquiries must be sent to The Athletic Secretary, B.W.S.A., 2 Soho Square, London W.1.

**The Usual Bognor Regis Hospitality  
Awaits You.**

am amazed and astounded to read the rest of the placings of both individuals and teams in print.

I was under the impression that a Paper of "Athletics Weekly's" standing only published authentic news and results and not the observations of one person only.

**B. M. Bashford,**  
**Hon. Secretary,**

**Women's Cross-Country and  
Road Walking Association.**

**Editor's Note:** A report of any race is, essentially, that of one person only. The placings which George Pallett included in his report were given him by one of the judges. Mr. Pallett says, "I reported the placings of the teams because I thought the girls deserved to have some idea of how the race was supposed to have resulted", a view with which I concur.

### THOSE RAFFLE TICKETS

Dear Sir,

Raffles, as a means of increasing Club funds, especially when confined to the limits of a Club and its close associates, are ideal: but when tickets are circulated without regard for the feelings of the Club receiving them, one feels that "trespassers should be prosecuted".

Within the last week, this Club has received four raffle books, all with appropriate pleading letters requesting the recipient to support the appeal. As previously mentioned, this is all right within its own confines, but when one is called upon to provide hard cash to swell the coffers of a Club in Ireland, which has no connection with our organisation, then the limit is reached. In many cases, the issuers of the raffle books are Clubs which we feel are worthy of support, but, in this case in particular, its name is only known through one particular runner, who has been prominent in his own country and America.

At the same time we received the other books, the English Cross-country Championship Appeal Fund tickets also arrived. As a Club, we whole-heartedly support this venture, because it is something which affects all those Clubs who participate in cross-country and regard it as an honour to compete in the cross-country championships. In view of the fact that we are unable to compete this year, we shall fully co-operate, as no doubt others will also.

Please, Club Secretaries, don't encroach upon the privacy and good relations of other Clubs.

"Charity begins at home".

**J. H. Moores,**

**Publicity Section, Walton A.C.**

### THAT WOMEN'S 880 RECORD

Dear Sir,

A propos the A.W. Questionnaire replies from Miss Valerie Ball and her particular ambition "to settle the dispute about the 880 yards World Record very thoroughly", your readers may be interested to hear the latest instalment of Miss Hall's mark of 2min. 17.4sec.

The original forms passed by the W.A.A.A. in July or early August, 1936, have been sent to me and I have forwarded them to the I.A.A.F. with a request that the record be recognised.

I am informed and verily believe that these record forms were taken to Berlin in 1936 for submission to the Women's Federation on its demise, but the case in which they were carried was missing for several months and the record was never presented for approval.

My cup of happiness will soon be full to overflowing, first when justice is done to Miss Hall and then when I have the pleasure of forwarding a new 880 yards record form which contains the name of Miss Valerie Ball.

**Harold M. Abrahams.**

### ATHLETICS IN WALES

Dear Sir,

Until now, I have occupied the role of a passive, if somewhat incredulous, spectator with regard to the current discussion between the athletic circles of the West Country and London.

It seems to me that West Country athletes have not realised how comparatively "well-off" they are in their present position.

We in North Wales find ourselves without even the semblance of a club, obviously limiting the number of meetings in our already athletically starved North.

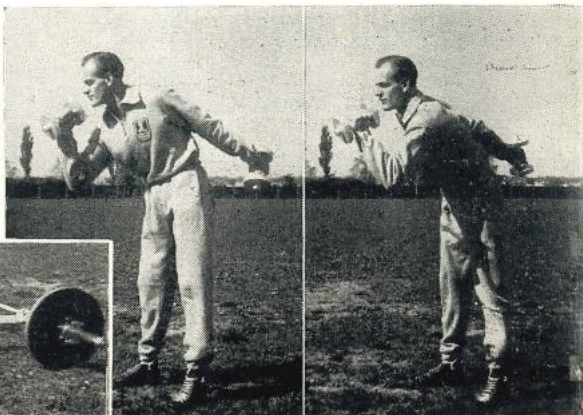
This state is not helped by the staging of all the Senior, Junior, and Youths' Welsh A.A.A. Championships, as well as the Senior, Novice, Junior, and Youths' Cross-Country Championships in South Wales. Yet North Wales possesses a grass-track at Wrexham, under the authority of the Army, which compares favourably with any other in the country.

Please do not imagine that I am setting out to cause a North v. South Wales squabble—nothing could be further from my mind—I am merely trying to point out our position in the athletic world of to-day. We have the talent, and even more spirit, perhaps, but it is rather beyond the pockets of most of us to journey south for every Championship, which, let it be noted, are open to all Wales, and not merely the south.

**Glyn P. Jones.**

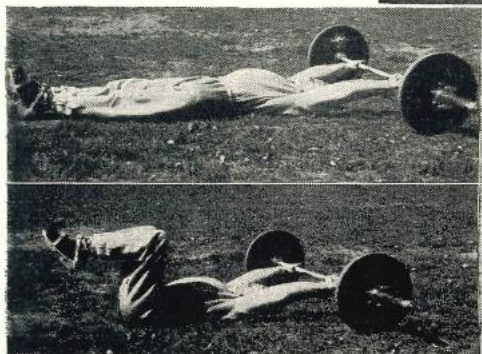
# WEIGHT TRAINING FOR SPRINTERS

OSCAR STATE continues his weight-training series with a schedule for sprinters



*Weightlifter & Bodybuilder Photo*

*Left: Back Lying, Quick Knee raising, Legs stretching forward and lowering.*



*Above: The Alternate Curl.*

AS I mentioned in my previous article, the schedules of weight-training articles are framed around the standard P.T. table. School teachers and P.T.I.s will be familiar with the formula: "Introduction, Rhythmic Jump, Head, Arm, Trunk, etc." I have not included every one of these in the weight training schedules, mainly because the "massive" nature of the exercises bring many groups of muscles into play, therefore there is not the same need to single out exercises for specific application to an individual muscle group. Also one of my primary purposes is to strengthen just the muscle groups mainly concerned with the sprinting action, so for example lateral trunk and heaving exercises are not particularly essential.

We start with the usual limbering-up or warming-up which is prescribed for all athletic training sessions, i.e. free exercises, trotting, shacking, etc., to prepare the body for the more strenuous work to follow. There are six weight-training exercises—the first two for the shoulders and arms. "The Alternate Press" is performed with 10 lb. dumbbells. They are held level with the shoulders and then pressed alternately in very quick rhythm to arms length overhead in three sets of 8 repetitions with a brief pause in-between each set. During these

pauses between sets of repetitions you should relax and shake the muscles that have been working, as this helps to maintain suppleness. This exercise will develop mainly the deltoid and triceps muscles and the extra shoulder strength derived will improve the power of the shoulder drive in the sprinter's arm action. McDonald Bailey likes to do this particular exercise every morning.

"The Alternate Curl" is also performed with 10 lb. dumbbells in three sets of 8 repetitions. From a slight forward lean, the arms are swung alternately from front to rear with the thumb uppermost. At the front of the swing, the dumbbell is "curled" into the shoulder by bending the elbow, and at the back of the swing the arm, now fully-straightened, is forced back as hard as possible. This exercise has a strong effect on the front and rear portions of the deltoid and on the biceps muscles which are so actively concerned with the sprinter's arm action, particularly during the first few strides from the start.

Every athlete is aware of the importance of strong abdominal muscles and the increased resistance provided by weights adds to the effect of abdominal exercises. The one I have selected also involves the hip flexors and leg extensors and so helps to

develop a powerful knee pick-up. In gymnastic terminology it is "**Back Lying, Quick Knees raising, Legs stretching forward and lowering**". "Iron Boots", special weight-training appliances, are ideal for this exercise, but if they cannot be obtained, you can instead grip a 10lb. dumbbell between the feet. Lie on the back, holding a fixed object behind the head, then quickly draw the knees up on to the chest, shoot the legs forward and lower them slowly. Two sets of 10 repetitions will do to start with.

The next movement is actually a competitive lift used by weight-lifters in their championships, but it has such wonderful all-round effects on practically all major muscle-groups that it is also one of the best weight-training exercises. The leg and hip extensors are the main sprinting muscles involved. This lift also requires a high degree of skilled co-ordination, split-second timing, extremely fast footwork and a certain amount of courage, all of which are characteristics that we wish to develop to the full in our athletes. This lift "**The Two Hands Snatch**" is a method of raising a barbell to full arms length overhead in one complete, non-stop movement. It is rather involved and is best learned from somebody who is skilled in its performance, but I will do my best to describe it to you.

A 50 lb. barbell is sufficient to start with and 3 groups of 4 repetitions. Bend down and with the hands fairly wide apart, grasp the barbell with the knuckles to the front, knees bent, buttocks low, back straight, head up, arms straight. Pull the bar as high as possible by vigorously extending the legs and toes and then pulling with the elbows and wrists. The bar must travel as close to the body as possible during its upward path and the body must be vigorously erected with the hips arched forward. As the bar nears the face and its momentum slows down, keep the pull going with the wrists and jump beneath the bar with a fast lunging movement. The left foot goes backward and the right foot forward with the forward knee bent at a right-angle. At the same time, thrust the arms straight. Hold this position for a moment then recover the feet to one line—the front foot moves back first to the starting position and then the rear foot is brought forward—then lower the bar to the floor. Without pausing, repeat the lift with the right foot going backward and the left foot forward. Continue "splitting" alternately until 4 repetitions have been completed, then rest before completing the other two sets of 4 repetitions. Lifting a weight overhead in this manner also gives a wonderful feeling of satisfaction such as one experiences when performing any difficult athletic or gymnastic stunt. It is a

great favourite, with many American athletes.

The key weight-training exercise for athletics is the "**Deep Knee Bend**". It develops terrific power in the leg extensors, particularly in the thighs and thus makes the job of propelling the body forward at speed considerably easier. When this exercise is done in the fast rhythm recommended it also has a stimulating effect on the heart and lungs. A 50lb. barbell is placed across the shoulders behind the neck. With the feet a short distance apart rest the heels on the edge of a mat or on a couple of books—something to keep them raised a couple of inches. Keeping the back straight, bend the knees and sink as low as possible. Immediately straighten the legs and continue bending and stretching the knees in as fast a rhythm as possible. Two sets of 10 repetitions will do to begin with.

After each set of deep-knee bends you should be breathing fairly hard. You should then do the last exercise technically described as a "depletive" to help restore the breathing back to normal. This last exercise "**The Straight Arm Pullover**" also helps to strengthen the chest muscles and to develop and mobilise the rib-box. You lie on a low bench and grasp a 20lb. barbell on the



*Weightlifter & Bodybuilder Photo*

The Alternate Press

floor behind the head. Keeping the arms straight, pull the bar quickly to a position vertically over the face, lower slowly and repeat until 10 repetitions are completed. Breathe in as the bar is lowered and out as the bar is raised.

I have not space here to explain in detail all the progressions in weight and repetitions but after the first month you should start adding weight to the barbells or dumbbells and gradually increasing the number of repetitions. Thus at the end of two months you could be doing "The Alternate Press" with 15lb. dumbbells for three sets of 10 repetitions—"The Alternate Curl" with 12½lb. dumbbells for three sets of 10 repetitions—"Knee Raising" with 15lb. for two sets of 15 repetitions—"Two Hands Snatch" with 60lb. for five groups of 4 repetitions—"Deep Knee Bend" with 60lb. for 3 sets of 15 repetitions—"Straight Arm Pullover" with 25lb. for 3 sets of 10 repetitions. You can always tell if you are capable of handling the extra weight and repetitions by observing the speed and form of your exercises. If you find yourself exercising slowly and in a bad position then you are using too much weight and should reduce it until you can again perform quickly and in good style. Never add weight if you cannot continue working at a good speed.

Ideally, in the winter, you should train three nights a week, with a day's rest in between. In late spring, change to two work-outs a week with two days' rest in between. During the competition season I think that you can still do one work-out a week, either on the Monday or Tuesday, providing you use fairly light weights and do all the exercises at a good speed. Those who have continued their weight-training during season feel that they help to retain good muscle tone and also give that "pepped-up" feeling that is peculiar to a good, brisk work-out with the "iron pills".

Note:—A full description of this schedule can be found in the March issue of "The Weight-Lifter and Body-BUILDER" published on the 15th of February.

**Wigmore Harriers' 5th Annual  
15 MILES**

**Team & Ind. Open Road Race**

(Under A.A.A. Laws)

Parliament Hill Track, Hampstead

**31st March, 1951, at 2.30 p.m.**

Awards First Four Places and First Three Teams (Teams of Three). Medals for all completing Course in 1hr. 33mins. and Certificates for all finishing Course.

Entries (2/6 each indiv.)

**Close March 17th**

to Mr. Blackmore, 20 Dalgaon Gdns., N. Kensington, London W.10

**THE "NATIONAL"**

Altogether 76 clubs have entered teams for the National Cross-Country Championships, more than half coming from the Northern Counties in each event. There are 45 in both Youths and Junior, and 48 in the Senior, with 23 individuals in the Youths, 51 in the Junior and 39 in the Senior.

If the loser of a green track-suit, with London A.C. on the front, at the Southern Cross-Country Championships last Saturday will apply to J. H. Whitehead, 7 Hamerton Road, Northfleet, Kent, it will be returned to him

Belgrave Harriers are showing the 1936 Olympic Games film at Belgrave Hall, Wimbledon, on Saturday, March 3rd. at 6.30 p.m. All are welcome, including ladies.

The B.A.A.B. have not ratified as British records the 9.4 sec. 100 yds by R. J. Tyler (USA) or the 25' 2½" long jump by S. O. Williams achieved last summer as they were assisted by a favourable slope and following wind respectively.

The following British records have been approved: British National & All-comers 660 yds Relay, Essex Ladies (M. Brian, M. Phillips, D. Hall, J. Desforges) 1min. 14.6 sec. at White City, August 4th. 1950; British National: Miss D. Coates (Oxford LAC) 129' 10", 134' 6" and 139' 2" at Aylesford, August 5th. 1950; High Jump: Miss S. Alexander (Spartan LAC) 5' 6½" at Aylesford, August 5th. 1950.

The London Business Houses A.S.A. should be included in the list of Associations competing in the City Charity Athletic Contest.

Surrey County Women's A.A.A. Championships take place on June 16th, at Wimbledon Stadium.

**SALISBURY ATHLETIC SPORTS  
FETE (6th Year)**

**Whit Monday, May 14th, 1951**

**Victoria Park, Salisbury**

Under A.A.A., R.W.A. & W.A.A.A. Rules  
Sprints (Handicaps), Distance, Relay  
and Team Races

Field Events. Road Race and Walk

Further details and entry forms from:—

F. G. Chalke,  
South Newton,  
Salisbury Wilts.

# DISTRICT CROSS-COUNTRY CHAMPIONSHIPS

## NORTHERN at Gosforth Park

Senior, Junior and Youths Championships went, as expected, to Aaron, Hesketh and Williams, with F. J. H. Scott (Stockton) taking the newly instituted Boys' event. Hesketh was particularly impressive and won by nearly a quarter of a mile.

### SENIOR

1. F. E. Aaron (Leeds St. Marks)	46.33
2. G. B. Saunders (Bolton U.H.)	46.48
3. R. Williams (Winton H.)	46.57
4. W. Boak (Elswick H.)	47.00
5. A. Chorlton (Doncaster P.W.)	47.15
6. P. G. Wood (Rotherham H.)	47.34
7. W. McMinnis (Sutton H.)	47.57
8. J. Harrison (Sutton H.)	48.22
9. J. F. Green (Wirral A.C.)	48.23
10. D. F. Foster (Rotherham)	48.24
11. A. Lawton (Leeds Hare'ls)	48.26
12. E. Coggin (Hull)	48.34
13. D. Kirkup (Rotherham)	48.38
14. J. Haslam (Bolton U.H.)	48.41
15. M. Jackson (Rotherham)	48.46
16. F. McMinnis (Sutton H.)	48.47
17. D. Boak (Durham Univ.)	48.49
18. M. Maleedy (Sutton)	48.56
19. J. Chidlow (Sutton H.)	49.10
20. P. Fillingham (Sutton H.)	49.11
Teams:	Pts.
1. Sutton H. (4.5.12.13.14.15)	63
2. Rotherham H. (3.7.9.11.55.92)	177
3. Bolton U.H.	216
4. E. Cheshire H. 223; 5. Wirral A.C. 231; 6. Sheffield U.H. 233; 7. Leeds	

Harehills 237; 8. Leeds St. Marks 293; 9. Gosforth H. 299; 10. Royton H. 319; 11. Bedlington 385; 12. Hallamshire H. 409.

### JUNIOR

1. W. Hesketh (Manchester A.C.)	32.09
2. J. Price (1st Cheshires)	33.16
3. J. Wild (E. Cheshire H.)	33.22
4. J. E. Nicholls (Sheffield U.)	33.32
5. P. Hollywood (Saltwell H.)	33.39
6. S. B. Taylor (Hallamshire)	33.40
Teams:	Pts.
1. 1st. Cheshires (1.10.18.21.22.26)	98
2. E. Cheshire H. (2.16.29.31.41.49)	159
3. R. Signals (5.19.28.33.39.57)	181
4. Clayton-Le-Moor H. 246; 5. Gosforth H. 258; 6. Hallamshire H. 273.	

### YOUTHS

1. W. I. Williams (Salford H.)	15.11
2. P. Hedley (Sheffield U.H.)	15.32
3. T. Anderson (N. Shields P.)	15.41
Teams:	Pts.
1. Sheffield U.H. (2.8.14.15)	39
2. Liverpool H. (9.16.30.33)	88
3. Salford H. (1.13.18.69)	101
4. Manchester L.D.C.	103

### BOYS

1. F. J. H. Scott (Stockton H.)	9.38
2. E. Pratt (Stockton H.)	9.41
3. A. Ford (Middboro & C.H.)	9.46
Teams:	Pts.
1. Sutton H. (2.8.9.15)	34
2. Manch'r & D.L.C.	55
3. Gateshead H.	81
4. Gosforth H.	95

## SOUTHERN at Cockfosters

J. W. Stone (Dorking St. Pauls) was a surprise winner of the Southern Championship over a heavy, undulating course which severely taxed the stamina of the best. First Olney, then Hicks led the large field of 431, but by the end of the first large lap, approximately  $3\frac{1}{4}$  miles, A. A. Robertson was out in front with a lead of 50 yards from Charlesworth and Olney, with Stone and Hicks close behind.

Robertson still led at the end of the next lap, with Stone 2nd, Olney 3rd, Charlesworth 4th and W. A. Robertson 5th. Soon after this Stone went into the lead and, running a fine tactical race, pushed it hard all the way to the finish to win from the strong finishing Olney. Charlesworth passed Robertson about 200 yards out, the Reading man finishing very tired. Dellow showed a return to

form by finishing 5th and Bromley, former Welsh junior mile champion, ran very well as Belgrave's first man home, in 8th position.

The team race was always a ding-dong struggle between the first three teams, T.V.H. being very slightly in front until the start of the last lap. They dropped back badly from then on and Aylesford moved up well to get home five points in front of the "Bels," minus many of their track stars.

Gordon Pirie won the Junior on his own and P. Barber (Darnley), Kent Youths Champion did well to finish 4th while Shott took command of the Youths race early on and held it to the end. T.V.H. juniors made up for their seniors' defeat by winning the Junior race and Royal Grammar School High Wycombe, put up a fine show to

tie with Southgate in the Youths. Under the old rule, with individuals ignored in team scoring, Southgate would have won by one point.

### SENIOR

- \*1. J. W. Stone (Dorking St. P.) 64.36
- 2. H. A. Olney (Thames V.H.) 64.52
- 3. J. R. Charlesworth (A.P.M.) 65.14
- 4. A. A. Robertson (R.A.C.) ... 65.25
- 5. J. Dellow (Poly. H.) ..... 65.49
- 6. H. J. Hicks (Hampstead H.) 65.51
- 7. R. V. Hughes (Poly. H) ... 65.59
- 8. J. Bromley (Belgrave H.)... 66.21
- 9. D. J. Thompson (Shaftes. H.) 66.30
- 10. E. P. Manley (Thames V.H.) 66.39
- 11. J. A. Edwards (Horsham B.) 66.39
- 12. E. R. Downer (South'ptn A.) 66.45
- \*13. R. C. Adams (City of R.) 66.46
- 14. G. L. Iden (Victoria Pk. H.) 66.48
- 15. A. J. Brent (Blackheath H.) 66.50
- 16. T. Richards (S. London H.) 66.55
- 17. P. J. Pirie (S. London H.) 66.58
- 18. S. S. Acott (Aylesford P.M.) 67.00
- 19. S. Charlton (Belgrave H.) ... 67.14
- 20. S. C. Belton (Surrey A.C.)... 67.15
- 21, J. W. Brown (Belgrave H.) 67.23; 22, J. S. Ellis (Aylesford P.M.) 67.28; 23, M. H. Hillier (Oxford C.A.C.) 67.30; 24, E. H. Herbert (Belgrave H.) 67.33; 25, A. V. Macoy (Aylesford P.M.) 67.36; 26, R. D. McCalla (Southend A.C.) 67.41; 27, G. P. Wood (Cambridge H.) 67.51; 28, E. A. Kerridge (Herne Hill H.) 67.52; 29, K. C. Weston (Reading A.C.) 67.54; 30, R. Lambert (Wadham H.) 68.07; 31, W. T. Nicholson (Woodford Grn.) 68.10; 32, A. R. Miles (Thames V.H.) 68.15; 33, J. P. Clark (Blackheath H.) 68.16; 34, J. H. Peters (Essex Beagles) 68.21; 35, R. R. Choat (Blackheath H.) 68.27; 36, D. G. Rees (Portsmouth A.C.) 68.30; 37, W. J. Parr (Reading A.C.) 68.32; 38, D. J. Smith (Portsmouth A.C.) 68.34; 39, W. G. Ash

#### Team Placings:

- 1, **Aylesford P.M.** 3, J. Charlesworth; 18, S. Acott; 22, J. Ellis; 25, A. V. Macoy; 39, W. Ash; 46, B. Hucks; **Pts. 153**; 51, D. Goodwin; 81, E. Jones; 82, C. Friend; 94, L. Barnes; 129, R. Hearn; 206, D. Turrell.
- 2, **Belgrave H.** 8, J. Bromley; 19, S. Charlton; 21, J. Brown; 24, E. Herbert; 42, E. Stimpson; 44, C. Stokell; **Pts. 158**; 64, L. Adams; 96, L. Bishop; 97, R. Tobin; 133, C. Carter; 141, J. Bragginton; 204, E. Bishop.
- 3, **Thames Valley H.** 2, H. Olney; 10, E. Manley; 32, A. Miles; 43, J. Sanderson; 45, D. Fotheringham; 62, H. Down; **Pts. 194**; 79, N. Avery; 88, D. Rowe; 99, R. Sexton; 132, P. Vivian; 176, N. Manning; 267, R. Johnston.
- 4, **Blackheath H.** 15, A. Brent; 33, J. Clark; 35, R. Choat; 47, A. Brill; 50, H. Nunns; 52, J. Withers; **Pts. 232**; 77, C. Busby; 104, L. Piper; 113, H. Bishop; 136, P. Stenning; 149, D. Reynolds; 171, A. Ball.
- 5, **Reading A.C.** 4, A. Robertson; 29, K. Weston; 37, W. Parr; 70, P. Hyde; 75, C. Morley; 86, E. Briggs; **Pts. 301**; 87, W. Robertson; 94, D. Calcott; 110, T. Douglas; 156, J. Whitehead; 166, F. Orton; 178, C. Rowden.
- 6, **Polytechnic H.** 5, J. Dellow; 7, R. Hughes; 40, J. Wood; 53, E. Stallard; 69, T. White; 140, T. Yates; **Pts. 314**; 155, S. Jones; 158, D. Hutchings; 188, T. Rowland; 195, G. James.



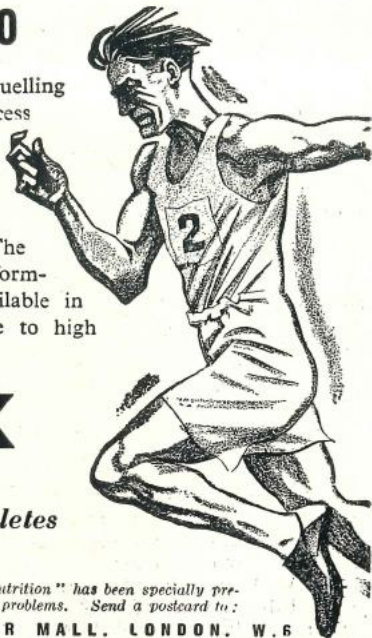
E. R. DOWNER (Southampton Univ.) winning the U.A.U. Championship.  
H. W. Neale.

(Aylesford P.M.) 68.38; 40, J. H. Wood (Polytechnic H.) 68.40; 41, J. Hovell (Finchley H.) 68.42; 42, E. S. Stimpson (Belgrave H.) 68.43; 43, J. Sanderson (Thames V.H.) 68.47; 44, C. L. Stokell (Belgrave H.) 68.56; 45, D. Fotheringham (Thames V.H.) 68.59; 46, B. Hucks (Aylesford P.M.) 69.05; 47, A. C. Brill (Blackheath H.) 69.15; 48, R. F. Robins (Essex Beagles) 69.19; 49, R. W. Hills (St. Albans C.) 69.21; 50, H. N. Nunns (Blackheath H.) 69.36.

\* Individual

# For the 100 or the 440

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



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**VITAMINS LTD. (DEPT B.A. 5) UPPER MALL, LONDON, W. 6**

- 7, Shaftesbury H. 9, D. Thompson; 67, H. Harrison; 72, F. Lakin; 76, E. Pearce; 102, A. McKay; 150, A. Dennis; Pts. 476; 182, A. O'Shea; 190, E. Ford; 244, R. Hunt; 268, F. Hobson.
- 8, South London H. 16, T. Richards; 17, P. Pirie; 90, C. Puddicombe; 112, H. Holder; 121, E. Holman; 159, B. Mottram; Pts. 515; 187, B. Bowering; 231, R. Morriss; 256, J. Jewell; 271, N. Dixon; 275, N. Darlington.
- 9, Woodford Green A.C. 629; 10, Essex Beagles 732; 11, Finchley H. 771; 12, Portsmouth A.C. 795; 13, Mitcham A.C. 796; 14, Wycombe Phoenix H. 798; 15, Queens Park H. 832; 16, Horsham Blue Star H. 845; 17, Orion H. 942; 18, Herne Hill H. 955; 19, Highgate H. 974; 20, Cambridge H. 979; 21, Hampstead H. 981; 22, Victoria Pk. H. 1016; 23, Epsom & Ewell H. 1076; 24, Southgate H. 1079; 25, Ealing H. 1085; 26, Walton A.C. 1144; 27, Wigmore H. 1192; 28, Watford H. 1215; 29, Chelmsford A.C. 1209; 30, Ilford A.C. 1316; 31, Thames Hare and Hounds 1326; 32, Wadham H. 1330; 33, St. Albans City A.C. 1473; 34, Eastleigh A.C. 1510; 35, North London H. 1609; 36, Ranelagh H. 1657; 37, 1st Batt. Scots Guards 1689.
- Brighton & County H., Dartford H., Hornsey (St. Mary's) H., Oxford City A.C., R. Navy A.C. (South), Southampton A.A.C., Southend-on-Sea A.C. and Surrey A.C. did not finish a team.
- County Cups for teams finishing 12 runners: Kent: Blackheath H.; Middlesex: Thames Valley H.; Surrey: Belgrave H.

### JUNIOR

1. D. A. G. Pirie (S. Lond. H.)	31.35	11. A. E. Hine (Herne Hill H.)	34.34
2. E. Brown (Mitcham A.C.)...	33.35	12. R. S. Clark (Herne Hill H.)	34.40
3. E. G. Ellis (Thames V.H.) ...	33.52	*13. G. T. Olding (Horn. St.M.)	34.42
4. P. Barber (Darnley H.) .....	33.59	14. J. C. Green (Reading A.C.)	34.44
5. K. L. Norris (Thames V.H.)	34.01	15. D. J. Abbott (Belgrave H.)	34.46
6. E. F. Whitlock (Walton A.C.)	34.08	16. R. Parker (Shaftesbury H.)...	34.55
7. D. Humphrey (Horsham B.)	34.25	17. J. D. Piggins (Thames V.H.)	34.58
8. T. J. Betteridge (Black. H.)	34.27	18. J. E. Smith (Thames V.H.)	34.59
9. P. Blakiston (C. of Roch.)	34.28	19. G. Benham (Reading A.C.)...	35.01
10. P. G. Newell (Belgrave H.)...	34.29	20. P. W. Pitt (S. London H.)...	35.02

\* Individual

### Team Placings:

- 1, **Thames Valley H.** 3, E. Ellis; 5, K. Norris; 17, J. Piggins; 18, J. Smith; Pts. 43; 77, E. Eves; 110, R. Taylor.
  - 2, **South London H.** 1, D. Pirie; 20, P. Pitt; 25, J. Zarfes; 39, J. Cundy; Pts. 85; 50, J. Lyne; 60, M. Firth.
  - 3, **Belgrave H.** 10, P. Newell; 15, D. Abbott; 29, G. Trower; 40, D. Maclean; Pts. 94; 93, M. Stearman.
  - 4, **Reading A.C.** 145; 5, **Herne Hill H.** 151; 6, **Cambridge H.** 197; 7, **Walton A.C.** 218; 8, **Blackheath H.**; 9, **Poly H.** 254; 10, **Highgate H.** 258; 11, **Shaftesbury H.** 263; 12, **Bournemouth A.C.** 266; 13, **Mitcham A.C.** 266; 14, **Southampton A.A.C.** 268; 15, **Darnley A.C.** 272; 16, **Hampstead H.** 279; 17, **Surrey A.C.** 330; 18, **Aylesford P.M.** 332; 19, **St. Albans C.** 335; 20, **Iford A.C.** 352; 21, **Southgate H.** 405; 22, **R. Navy (S)** 421; 23, **Woodford Green A.C.** 459; 24, **Queen Elizabeth's Sch.** 504; 25, **Watford H.** 538; 26, **Eton Manor A.C.** 671.
- Dartford H., Epsom & Ewell H., Ealing H., Essex Beagles, C. of Rochester A.C., Finchley H., Horsham B.S.H., Portsmouth A.C., Queens Pk. H., Southend A.C., and Wycombe P.H.** did not finish a team.

### YOUTHS

1. D. J. Shott (Southgate H.)	18.40.6	11. P. A. Sellman (Taunton's S.)	19.19
2. A. B. Heywood (Herne H.)	18.49	12. L. Parsons (Victoria P.H.)	19.20
3. D. A. Dorsett (T.V.H.)	18.50	13. B. N. Hunt (Surrey A.C.)	19.22
4. J. R. Barton (Southgate H.)	19.03	14. A. Duthie (Epsom & E.)	19.27
5. H. E. Greene (Belgrave H.)	19.05	15. W. L. F. Southam (Orping.)	19.29
6. T. A. Long (R.G.S. Wyc'be)	19.06	16. A. Beveridge (Exeter H.)	19.30
7. G. Knight (Essex Beagles)	19.08	17. C. R. J. Winchester (Q.Eliz.)	19.31
8. J. S. Evans (Poly H.)	19.11	18. R. F. Degenhardt (Poly H.)	19.32
9. A. J. Ironside (Taunton's S.)	19.13	*19. R. A. Eyres (Horn. St. M.)	19.34
10. R. J. D. Westcott (Q. Eliz.S.)	19.13	20. H. Trudgett (Finchley H.)	19.36

\* Individual

### Team Placings:

- 1, **Southgate H.** 1, D. Shott; 4, J. Barton; 29, B. Ward; 74, M. Prior; Pts. 108; 119, B. Taylor.  
**Royal Grammar School, High Wycombe,** 6, T. Long; 26, L. Dean; 28, A. Redrup; 48, R. Garratt; Pts. 108; 69, B. Hall; 111, D. Blackshaw.
  - 3, **Thames Valley H.** 3, D. Dorset; 30, P. Barton; 32, D. Meyer; 44, D. Davidson; Pts. 109; 81, J. Davies; 130, N. Thompson.
  - 4, **Queen Elizabeth's Sch.** 113; 5, **Iford A.C.** 143; 6, **Belgrave H.** 152; 7, **Exeter H.** 179; 8, **Hampstead H.** 216; 9, **Victoria Pk. H.** 220; 10, **Blackheath H.** 228; 11, **Poly H.** 236; 12, **Army App. Sch., Arborfield** 256; 13, **Finchley H.** 279; 14, **Herne Hill H.** 300; 15, **Taunton's Sch.** 317; 16, **Walton A.C.** 327; 17, **Southampton A.A.C.** 334; 18, **Vale of Aylesbury A.C.** 339; 19, **Surrey A.C.** 353; 20, **Highgate H.** 360; 21, **Reading A.C.** 388; 22, **Ranelagh H.** 398; **Shaftesbury H.** 398; 24, **Essex Beagles** 405; **Watford H.** 405; 26, **Horsham B.S.H.** 438; 27, **Orpington A.C.** 458; 28, **Eton Manor A.C.** 471; 29, **S. London H.** 496; 30, **Brighton & C.H.** 511; 31, **St. Albans C.A.C.** 517; 32, **Sutton & Cheam H.** 524; 33, **Woodford Green A.C.** 532; 34, **Cambridge H.** 548; 35, **N. London H.** 571; 36, **Ealing H.** 604.
- Chelmsford A.C., Portsmouth A.C. and Dartford H.** did not finish a team.

## MIDLAND at Stratford-on-Avon

Small Heath Harriers, already winners this season of the Everill Cup championship, the Warwickshire championship, and the Midland Sever Miles, added to their fine record when they got the honours in the Midland Ten miles event at Stratford-on-Avon on Saturday. It was their first ever win in the competition and the victory was only gained by a five points margin from Tipton Harriers.

Birchfield Harriers, winners of all but nine of the previous 57 races, were third.

Individual honours, too, went to the Small Heath club, via C.M. (Bill) Gray, who ran a storming race after having had to retrieve a shoe at the start. It was later found that Gray had been badly spiked in the heel and although the injury did not seem to deter him

while the race was in progress, he had to visit a Birmingham hospital the following morning. Gray, as did everyone else, realised that he had a stern rival in Eddie Hardy, (Derby). The Small Heath man once in the lead ran right away from the opposition, so much so that he palpably eased in the closing stages. Hardy maintained second place throughout, with Stan Dean (Tipton) making up much ground towards the end to finish a creditable third.

Birchfield were without Bob Reid and Ted Dalton, who had finished first and second respectively the previous year.

### SENIOR

1. C. M. Gray (Small Heath H.) 57.13
2. E. L. Hardy (Derby & C.) 57.32
3. S. R. Dean (Tipton H.) 57.36
4. D. Pearsall (Oldbury) 58.38
5. A. E. Binder Wolverhampton) 58.43
6. R. Hatton (Birchfield H.) 58.51
7. E. C. Nicholls (Bromsgrove) 59.16
8. P. Fricker (B.T.H. Rugby) 59.23
9. J. Corfield (Tipton H.) 59.27
10. F. Froggatt (Small Heath) 59.55
11. R. Crutchley (Lozells H.)... 60. 0
12. D. Cobley (Hinckley T.C.)... 6.0 5
13. C. Kembal (Wolverhampton) 60. 7
14. G. Russell (Small Heath) ... 60.12
15. J. A. Cole (Tipton H.) ..... 60.18
16. J. S. Caswell Kettering T.)... 60.29
17. E. R. Grose (Halesowen) ... 60.32
18. T. Coss (Godiva H.) ..... 60.50
19. H. Swindells (Smethwick)... 61. 3
20. A. E. Shorroch (Halesowen) 61. 6
21. K. Dare (Small Heath) 61.23; 22. D. Rees (Godiva) 61.26; 23. J. M. Smith (Birchfield) 61.31; 24. J. E. Churms (Birchfield) 61.34; 25. J. W. Winfield (Derby) 61.34; 26. J. H. Haden (Dudley) 61.35; 27. J. Kendall (Stourbridge) 61.38; 28. J. W. Hay (Birchfield 61.39; 29. J. Best (Small Heath) 61.40; 30. H. Reid (Godiva) 61.42; 31. R. D. Clarke Oldbury 61.43; 32. R. Wightman (Godiva) 61.58; 33. A. J. Fellowes (Tipton) 62.04; 34. J. L. Cooper (Derby) 62.07; 35. W. E. Ashby (Derby) 62.15; 36. B. Twamley (Tipton) 62.18; 37. H. Williams (Tipton) 62.21; 38. F. Goode (Smethwick) 62.22; 39. G. Hinton

(Birchfield) 62.34; 40. D. Falconbridge (Godiva) 62.37; 41. J. Bishop (Stourbridge 62.41; 42. P. Byrne (Birchfield) 62.42; 43. W. Payne (Oldbury) 62.43; 44. T. Buckingham (Leamington) 62.44; 45. J. H. Piggs (Derby) 63.00; 46. W. Darrigan (Birchfield) 63.10; 47. E. Griffin (Godiva) 63.20; 48. B. Parsons (Halesowen) 63.30; 49. L. Murdoch (Godiva) 63.38; 50. G. Birchall (Birchfield) 63.39.

### Teams

- |   |      |
|---|------|
|   | Pts. |
| 1. Small Heath (1.10.14.21.29.53)   | 128  |
| 2. Tipton H. (3.9.15.33.36.37) ...  | 133  |
| 3. Birchfield H. (6.23.24.28.39.42)   | 162  |
| 4. Coventry Godiva H. 189; 5. Derby & County 195; 6. Wolverhampton H. 296;  |      |
| 7. Halesowen 313; 8. Oldbury 335; 9. Leamington 419; 10. Stourbridge and Wordsley 452; 11. B.T.H. Rugby 515; 12. Smethwick H. 518; 13. Northampton & C. 645; 14. Cheltenham & C. 710; 15. Notts A.C. 778. |      |

### Inter-Counties event held in conjunction:

- 1, Staffordshire 117 pts.; 2, Warwickshire 143; 3, Worcestershire 209; 4, Derbyshire 272; 5, Northamptonshire 431.

### YOUTHS

- |                                    |       |
|------------------------------------|-------|
| 1. B. B. Heatley (Godiva H.)...    | 19. 2 |
| 2. Matt Whittaker (Stafford) ...   | 19. 8 |
| 3. A. Booth (Godiva H.).....       | 19.31 |
| 4. Mike Whittaker (Stafford)       | 19.43 |
| 5. S. C. Whitehouse (Tipton H.)    | 19.46 |
| 6. B. T. Harbach (Tipton H.)...    | 19.47 |
| 7. J. Tucker (Small Heath) ...     | 19.48 |
| 8. G. Allen (Tipton H.) .....      | 19.49 |
| 9. K. C. Smith (B.T.H. Rugby)      | 19.52 |
| 10. W. Findley (Cheltenham) ...    | 19.54 |
| 11. L. Parkes (Small Heath) ...    | 20.10 |
| 12. S. E. Plumtree (Birchfield H.) | 20.12 |

### Teams:

- |   |      |
|---|------|
|   | Pts. |
| 1. Tipton H. ....   | 19   |
| 2. Stafford A.C. ....   | 27   |
| 3. Small Heath H. ....  | 34   |
| 4. Godiva H. 35; 5. Harbourne H. 55;  |      |
| 6. Birchfield H. 60; 7. Leamington 73; 8. Cheltenham & C. 82; 9. Lozells H. 94; 10. Derby & C. 126; 11. Kettering 130; 12. Oldbury 143; 3. Northampton & C. 151; 14. West Bromwich H. 186; 15. Dudley H. 202. |      |

## EASTERN at Cambridge

### SENIOR

1. D. H. Gilbert (Camb. Univ.) 57.20
2. J. D. Grayson (Camb. U.) 57.38
- \*3. G. A. Downie (Luton Utd.) 57.40
4. W. Hebb (Lincoln W.) 58.26

5. C. Thurlby (Lincoln W) 59.10
6. F. Bauckham (Lincoln W.) 59.10
7. C. Lowis (Grimsby H.) 59.16
8. A. Patchett (Grimsby H.) 59.48
9. K. Barnsdale (Lincoln W.) 60.18

*10.C. Whittell (Ipswich H.)	60.44	7. R. Jackson (Lincoln W.) ...	21.23
11. F. Puttergill (Bedford & C)	60.51	*8. S. Mordue (Crowland) .....	21.39
12. W. Close (Lincoln W.)	61.04	9. S/B Grass (HMS Ganges)...	21.45
* Individual		*10. B. Morton (Boston) .....	21.46
Teams:		11. S/B Barlow (HMS Ganges)	21.55
1. Lincoln Wellington (3.4.5.8.10.16)	46	12. S/B Smy (HMS Ganges) ...	21.58
2. Cambridge U. (1.2.11.14.17.22)	67	* Individual	
3. Grimsby H. (6.7.23.25.27.28)	116	Teams:	

#### JUNIOR

1. A. Aldred (Lincoln W.) ...	38.45
2. M. T. How (Camb. U.) .....	39.05
3. C. Collinge (Camb. U.) .....	39.18
4. J. Watson (Crowland) .....	40.05
5. A. Walker (Crowland) .....	40.05
6. A/C Ammatt (RAF Henlow)	40.23
7. M. Carr (Camb. U.) .....	40.32
8. — (RAF Honington) ...	40.54
9. E. Wright (Lincoln W.) .....	41.04
10. R. Blastland (Grimsby H.)	41.12
11. H. Lewis (Camb. U.) .....	41.16
12. T. Wray (Lincoln W.) .....	41.19

Teams:	
1. Camb. Univ. H. & H. (2.3.7.11)	23
2. Lincoln Wellington (1.9.12.28)	50
3. Crowland A.S.C. (4.5.20.24)	53

#### YOUTHS

*1. R. Garner (Boston C.) .....	19.58
2. M. S. Pedder (Lincoln W.)...	20.03
*3. A. S. Secker (C. of Norwich)	20.22
*4. F. Walton (Grimsby H.) ...	20.58
5. S/B Langridge (HMS Ganges)	21.07
6. S/B Sykes (HMS Ganges) ...	21.21

Teams:		Pts.
1. HMS Ganges (2.3.5.6.)		16
2. Lincoln Wellington (1.4.10.11)		26
3. Mildenhall A.C. (8.13.17.19)		57

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