

Athletics

WEEKLY



Vol. 7 No. 20

MAY 16th 1953

PRICE SIXPENCE

MIND AND MATTER
By BRIAN MITCHELL



**LEYTON FLOODLIT
MEETING**

THE SWORD & NORRKOPING
By JAMES AUDSLEY



**BIRCHFIELD WIN THE
MANCHESTER-BLACKPOOL
RELAY**

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

LEYTON FLOODLIT MEETING

100 Metres: 1, E. McDonald Bailey (Poly. H.) 10.8; 2, B. Shenton (Poly H.) 10.9; 3, A. J. Purver (TVH) 11.1; 4, D. J. Milton (Woodford Gn.).

440 Yards: 1, L. A. Smith (City of Rochester A.C.) 49.0; 2, P. G. Fryer (London A.C.) 49.0; 3, A. D. Sexton (Cambridge Univ.); 4, D. J. Rawe (Herne Hill H.).

880 Yards: 1, B. S. Hewson (Mitcham A.C.) 1:57.1; 2, D. Leftwich (Southgate H.) 1:57.3; 3, R. T. Day (Cambridge Univ.); 4, P. D. Barber (Darnley A.C.).

3 Miles Team Race: 1, S.L.H. 9 pts.; 2, Essex B. 12; 3, Shaftesbury H. 31; 4, Poly 33. Ind.—1, D. A. G. Pirie (SLH) 13:54.8; 2, P. B. Driver (SLH); 3, G. Knight (Essex B.).

440 Yards Hurdles: 1, A. W. Scott (Achilles) 54.8 2, A. J. Hardy (Woodford Gn.) 55.0; 3, T. S. Farrell (Liverpool H. and A.C.); 4, Cpl. B. Thomas (Army).

3,000m. Steeplechase: 1, J. I. Disley (London A.C.) 9:17.4; 2, J. Bromley (Belgrave H.); 3, E. G. Ellis (TVH); 4, A. Perkins (Ilford A.C.).

Mile Medley Relay "A": 1, Polytechnic H. 3:32.8; 2, Achilles Club 3:34.2; 3, Belgrave H.; 4, South London H.

Mile Medley Relay "B": 1, Woodford Gn. 3:36.8; 2, Essex Beagles; 3, Victoria Park H.

4 x 1500m. Relay: 1, Achilles (C. W. Brasher 3:58.4; D. Law 3:56; C. J. Chataway 3:58.4; R. G. Bannister 3:56.8) 15:49.6; 2, J. Bank's Team (D. R. T. Macmillan, Poly H; R. Dunkley, Poly H; A. J. Weeks-Pearson, Blackheath H; J. V. Beesley, Cambridge Univ.).

Youths' 220 Yards: 1, D. H. Segal (TVH) 23.8; 2, P. Hodges (Eton Manor A.C.); 3, F. H. Brittain (Southend A.C.).

Junior Mile "A": 1, T. J. Collins (Ilford A.C.) 4:28.0; 2, R. J. D'Archambaud (SLH); 3, B. R. Cole (Eton Manor A.C.).

Junior Mile "B": 1, F. J. Wright (Belgrave H) 4:29.4; 2, F. G. J. Salvat (Finchley H); 3, D. J. Fear (Watford H.); 4, A. May (Eton Manor A.C.).

High Jump: 1, D. R. Cox (Eton Manor A.C.) 6' 2"; 2, I. Ll. Jones (Cambridge Univ.) 6'0"; 3, A. P. Orton (Shaftesbury H.) 6'0".

Hop, Step and Jump: 1, K. Wilmshurst (Walton A.C.) 45'3"; 2, J. Whall (Kent A.C.) 42'7" 3, G. A. Jeffries (Oxford Univ.) 42' 2½".

Pole Vault: 1, G. M. Schmidt (John Fisher Sch.) 11' 8"; 2, G. D. Howland (Shaftesbury H) 11'4"; 3, A. B. Hopkins (Walton A.C.) and D. A. Holmes (Walton A.C.) 10'6".

Shot: 1, J. Savidge (RN and RM) 53'3"; 2, T. Pukits (Lincoln Wellington A.C.) 44' 3½"; 3, D. F. Vanhegan (Southgate H) 43'3¼".

Women

100m.: 1, J. Desforges (Essex LAC) 12.4; 2, A. Johnson (Cambridge H); 3, S. Hoskins (Spartan LAC).

80m. Hurdles: 1, S. Sewell (Orpington A.C.) 11.7; 2, D. Harper (Wycombe LAC) 12.3; 3, I. Pond (LOAC).

High Jump: 1, D. Tyler (Mitcham LAC) 5'3"; 2, M. Hudson (Spartan LAC) 5'0"; 3, S. Cawley (Spartan LAC) 4'11".

4 x 110 Yards Relay: 1 Essex Ladies' A.C. 49.7; 2, Spartan Ladies' A.C.; Cambridge H; London Olympiades A.C.

Shot: 1, J. Linsell (Essex LAC) 41'10" (new British Record); 2, S. Farmer (Brighton LAC) 36'9"; 3, G. Buddle (Mitcham A.C.) 35'1".

There will be no Open Meeting at Dover on Whit-Monday this year.

Sunbury-on-Thames Urban District Council

Grand Coronation Festivities

(Under A.A.A. Rules)

Saturday, 6th June, 1953 at Kempton Park Sunbury-on-Thames

OPEN EVENTS—Tug-of-War, 100 Stone, £40 Challenge Cup; 100yds. Veterans, £4, £2, £1; 2 Mile Flat, £5, £2, £1; 5 Mile Walk, £5, £2, £1. *Entries close Monday, 18th May.*

Donkey Derby - Grand Fireworks Display
ADMISSION FREE

Full details from Sports Sec., Chas B. Helps, "Perry Barr", Halliford Road, Sunbury-on-Thames. Tel: 3286.

BROMSGROVE A. & C.C.

OPEN SPORTS

(Under A.A.A. and W.A.A.A. Laws)

B.Y.O. Stadium

Monday, June 1st

OPEN EVENTS include—

2 Mile Steeplechase and

2 Mile Walk Handicaps

Entries close Saturday, May 16th, to O. C. SLAUGHTER, 205 Old Birmingham Road, Bromsgrove, Worcs.

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EVERY SATURDAY — SIXPENCE

THAT the current track season had really got going was brought home to me in no uncertain fashion last Monday with a flood of results which I found a mixed blessing.

It was gratifying to have the co-operation of club secretaries in this way and I hope it will continue throughout the season, but the sudden avalanche was so unexpected that it was not possible to include them all in this issue. They will, of course, all appear by next week.

It was particularly pleasing to find a better response than in previous years from the women and I hope this will mean a regular feature for them.

A Request

Perhaps this is the right time to ask for the co-operation of secretaries of clubs and athletic meetings to ensure that no worthwhile performance goes unnoticed. Would these officials—or other readers if details are not likely to reach us otherwise—please forward particulars of any outstanding performances likely to qualify for our Best Performance Lists—Men, Juniors or Women—to H. E. D. O'Neill, The School House, Burnhill Green, nr. Wolverhampton, as soon as possible after the event, giving name, club, particulars of meeting, event, performance and any other relevant details.

This will enable us to publish these lists without having a flood of letters quoting performances not included, often with irate or scathing comments about the compiler or the Editor, or both, the writers obviously labouring under the impression that such people are gifted with second sight.

THE EDITOR.

R.W.A. 20 MILES CHAMPIONSHIP

1, R. F. Goodall, Wood. G. 2.50.40; 2, L. Allen, Sheff. 2.54.40; 3, H. McGreechan, Bel 2.55.49; 4, F. G. Bailey, Poly. 2.56.21; 5, S. R. Mantor, Enfield 2.57.33; 6, A. H. Cotton, Wood. G. 3.0.37; 7, D. Tunbridge, Highgate 3.1.8; 8, G. E. Beecham, Bel. H. 3.1.25; 9, T. Kent, Wood. G. 3.1.38; 10, V. Stone, Poly. 3.28; 11, A. Mash, Wood. G. 3.2.31; 12, A. Sharp, Poly. 3.3.7; 13, P. Wright, Bel. 3.3.16; 14, W. Everest, Es.B. 3.3.27; 15, A. Johnson, Sheff. 3.4.36; 16, G. Coleman, Highgate 3.4.39; 17, M. Guilmant Bel. 3.5.2; 18, J. Culver Es.B. 3.5.25.

Teams—1, Woodford G. (1.6,9,11) 27 pts.; 2, Belgrave H. (3,8,13,17) 41 pts.; 3, Poly. H. (4,10,12,29) 55; 4, E. Beagles 73; 5, Sheffield U.H. 74; 6, Highgate H. 92; 7, Surrey W.C. 132; 8, Met. W.C. 172.

MANCHESTER - BLACKPOOL RELAY

Birchfield Harriers won the 14th Manchester-Blackpool Relay, taking the lead early on the second stage and holding it throughout. It might have been very different, but for Bolton getting off to a poor start (Fox 24.15) and having two very bad legs on No. 7 (R. Williams 31.31), where they dropped more than two and a half minutes, and No. 9 (Saunders 29.49) where they dropped two minutes on Birchfield. They picked up nearly 3 minutes on the last two stages, but were too far behind to challenge the winners.

Fastest Stage Times:

1.	D. F. Foster (Rotherham)	*22.47
	D. Parmenter (Birchfield)	22.53
	A. Walker (Royton)	23.01
2.	H. Minshall (Bolton)	*21.30
	L. Orton (Birchfield)	22.01
	J. Lancaster (Manchester)	22.12
3.	D. Wright (Bolton)	*23.38
	H. Williams (Tipton)	24.16
	J. Walker (Royton)	24.18
4.	T. Smith (E. Cheshire)	28.52
	S. Dean (Tipton)	29.03
	M. Jackson (Rotherham)	29.18
5.	P. McCarthey (Sheffield)	27.07
	R. Blackburn (Rotherham)	27.08
	W. Farrell (Hullamshire)	27.12
6.	W. Berry (Bolton)	*23.51
	J. Gripton (Tipton)	24.08
	J. R. Reid (Birchfield)	24.54

7.	P. Thompson (Manchester)	28.52
	R. Hatton (Birchfield)	28.58
	P. G. Wood (Rotherham)	29.37
8.	P. Griggs (Godiva)	17.21
	K. Whittle (Bolton)	17.39
	K. Barnsdale (Lincoln W.)	17.40
9.	F. Green (Birchfield)	27.50
	K. Wood (Sheffield)	28.01
	W. McMinnis (Sutton)	28.06
10.	S. Fell (Bolton)	24.10
	K. Crouch (Sutton)	24.47
	E. Willson (Sheffield)	24.57
11.	W. Hesketh (Manchester)	35.09
	F. Norris (Bolton)	35.26
	F. McMinnis (Bolton)	36.29

* Stage record.

Final Positions:

1.	Birchfield H.	4h.49m.02s.
2.	Bolton U.H.	4h.50m.38s.
3.	Tipton H.	4h.52m.51s.
4.	Manchester A.C.	4h.53m.06s.
5.	Sheffield U.H.	4h.54m.02s.
6.	Sutton H.	4h.54m.47s.
7.	Rotherham H.	4:55.40;
8.	Godiva H.	4:58.55;
9.	E. Cheshire H.	4:59.55;
10.	Hullamshire H.	5:00.59;
11.	Lincoln Well.	5:01.41;
12.	Wirral	5:03.36;
13.	Sale	5:03.49;
14.	Manchester and DLC	5:05.07;
15.	Salford	5:11.11;
16.	Smethwick	5:12.04;
17.	Royton	5:12.14;
18.	Wolverhampton	5:20.57;
19.	Preston	5:22.37;
20.		5:30.44.

WALKING NOTES

National 20 Miles Championship

It was Woodford Green's "Coronation" at Derby on Saturday, and no one will dispute that they well and truly earned their triple crown—individual champion, team championship and 8-to-score "Nymegen" Shield winners—and a victory as sweeping as that of Sheffield United H. at Manchester four years ago.

Bob Goodall, the new champion, told me that he had trained to a plan for the race and speed was the keynote he, rightly feeling, that he had the necessary staying power to back it up. It worked and gave him a great and popular victory. The race soon became one between Allen, Coleman and Goodall. Coleman—beset over the previous few days by his persistent and mortal enemy, hay fever—had sickness trouble and dropped away before half distance reached in just outside 81 minutes—fast going on a warm day and on an undulating course. Goodall stuck fast to Allen, thrice winner, and with three miles to go forced his rival to give

by A. D. McSweeney

way and then forged ahead rapidly to win in 2hrs. 50mins. 40s., by the big margin of four minutes.

Woodford packed their winning team in eleven places and their eight in forty-eight, much the best anyone could show. Bel-

Borough of Brentford and Chiswick

CORONATION CELEBRATIONS YOUTH SPORTS

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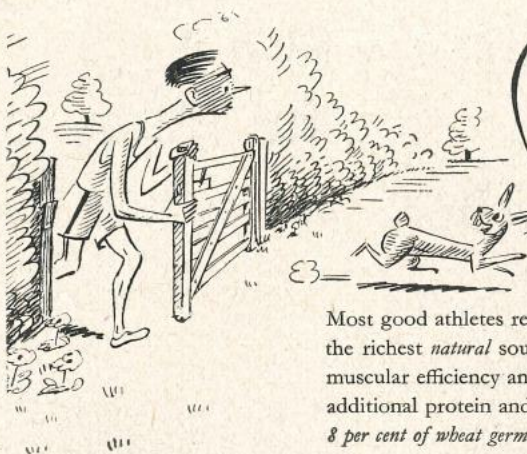
Saturday Afternoon, June 6th

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Prizes valued at £5/5/0, £3/3/0, £2/2/0.

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grave, the holders, in the throes of rebuilding a distance team—made a striking reply to those who thought they couldn't make the first six on current form, and were actually giving Woodford supporters a few anxious moments over the closing stages. Hugh McGreechan came out with an "hum-dinger" to take third place from Frank Bailey (Poly.) and Stan Mantor (Enfield) and to regain his form of a year or two back. Polytechnic were third team. Unexpected was the forward walking of A. E. Sharp (Poly.) and M. N. Guilmant (Belgrave), who did much to win their Club's place medals.

To round off the day a vote of thanks to the local organisers and particularly to the Scoutmasters, whose boys handled feeding stations like seasoned campaigners.

Results on page 3

Stock Exchange "Brighton"

Just fifty years ago walking from London to Brighton became a popular rage. Among others over this course were races promoted by the Meat Markets, the Hairdressers, the "Evening News" and the Stock Exchange A.C., and later by the Polytechnic H. and Surrey Walking Club. Apart from the Surrey Open race, which has long been considered the "blue riband" of the long-dis-

tance walking world, few of these races were repeated, but from 1912 onwards that organised by the Stock Exchange Athletic Club for its own members has been a regular fixture in the walking calendar.

This year the "Bulls and the Bears"—feature of the club badge—celebrate their jubilee year, which gives special significance to the race starting to-day (Saturday) from Westminster at 6 a.m. Forty-two competitors are expected to line up, including D. A. Tunbridge, winner in 1949—non-starter 1950-52—who is going to make a bold bid for the Stock Exchange record of 8 hrs 36 mins. 14 secs. made by H. A. Hake in 1938. And here (black mark!) I omitted the name of Harry Hake last week from the list of National 20 miles Champions. Apologies!

In the field also, by courtesy of the organisers, will be three war-blinded (or semi-sighted) St. Dunstaners, with their escorts, anxious to have a crack at the time set up by fellow-member Jock Ingram, whose name is indelibly associated with the National Ten Miles Individual Championship for which event he donated the Trophy. No fewer than fifteen of those who walked in the 1903 race are expected to attend the celebration Dinner at Brighton in the evening, including E. F. Broad, winner of this first and perhaps most famous race.



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MIND and MATTER

By *Brian Mitchell*

LEARNING to be successful in competitive athletics, is, for most people, a difficult business. The boy, or girl, who can run a fast 100 yards or throw the discus more than a hundred feet without training or coaching is a lucky person; and even with such natural ability, success will not be continually enjoyed without application to the task. To achieve success in any athletic sphere—and particularly in track and field athletics—the necessary training just has to be done.

To do this necessary training, an athlete needs to use mind as well as matter. The matter belongs only to the athlete and its quality is, to a large extent, a question of chance; if he is possessed of a naturally fit body, then he will, of course, be able to achieve better performances than the man with some slight physical disability or weak-

ness. But the mind is a different matter (to put it plainly). Here the athlete may be lucky enough to be in direct contact with a good coach, a man with sufficient knowledge and personality to inspire his charge and to be able to persuade him that work must be carried out, if success is to be won.

But let us suppose that a man is keen to succeed in, say, middle-distance running, yet he has no coach to advise him, or, at least, that he has no coach *on the spot*. There is a great deal of difference between postal tuition and direct contact, as anyone who has attempted to pass an examination purely through the medium of a postal course will know. In the case of hard training for middle-distance track events, the athlete is more likely to punish himself if he has somebody there to see him do it.

than he is if he has merely been *advised* to "go hard." What, then, is required of a man who has decided to improve himself? And how far is it a question of applying one's mind to the task?

Clearly, the athlete who has decided to subject himself to a course of vigorous training does not, as a result, have to practise a branch of hypnotism or Yoga. What he does have to do is to be honest with himself, to recognise that his body will not respond to an attempt to cover four laps of a track in $4\frac{1}{2}$ minutes without considerable preparation. Having "made up his mind" (an expression which is extremely relevant to our present subject) to achieve a certain objective, he must play fair. Intelligence is needed, though to what extent intelligence is purely a pathological phenomenon (incidentally, it requires intelligence to use a dictionary . . .) is a question not to be debated at present. At least, everybody has a certain amount of common sense, and it must be used in training.

An athlete should appreciate that he has got to train hard, without slowly committing suicide; that he must train often, without using every spare hour or even every spare day; and above all, that he must train to some sort of a schedule—one which allows for all the necessary types of work. He must think about himself, though this sort of introspection should not lead to a steady increase in the circumference of his cranium; he must think, rather of his present physical condition, know whether he needs more training or less, more speed work or more stamina—building runs. It is not easy. It is, however, possible.

The man with a stone of flabby white flesh on his body may laugh at the athlete who, on a cold and rainy day, subjects himself to the seeming discomfort of several fast laps on a running-track; the laugh, let it be said, is really on our flabby friend. It is not original to note that physical well-being is an enviable possession, but it is certainly true, as anyone who has ever achieved a state of perfect fitness will testify. Again, the inter-play of mind and matter is only too apparent. The mind works more clearly when in contact with a healthy body.

A peculiarly morbid and doubting frame of mind is often present in those people

who are completely unused to physical exercise, especially where their intelligence is perhaps above normal. I do not suggest that we attempt to eradicate that type of thoughtfulness by campaigning for "bigger and better bodies for brighter boys," but I do think the body can have some degree of favourable reaction upon this sort of mind. In acquiring the ability to make yourself go out and train, you may become aware of a hitherto untested quality.

It is not uncommon to read about cases of recovery from drastic illnesses, where the patient has, to a large extent, gained control of himself in a manner formerly not thought possible. The same sort of realisation may come to an athlete who sets out to develop his potential ability. We may, then, speak of "mental stamina," as well as of the more commonly recognised type of physical stamina. The first, indeed, is closely linked with the second.

An athlete will only prove his physical stamina when he has been able to gain mental control of himself. Cases in point are very numerous and all the great athletes have the ability to run themselves cold. It needs immense control of oneself to drive a body choked with the waste products of fatigue; and such control belongs to those who—like Wooderson in the 1946 European Games 5,000 metres, or Chataway in the 5,000 metres at Helsinki—take themselves to the point at which every available ounce of energy has been used and temporary unconsciousness ensues. Nature may have presented such a state of mind to certain individuals and withheld it from others. On the other hand, some may be troubling to use all the assets of the mind, while others cannot be bothered. It is worth thinking about.

Ilkeston Charity Sports Association

ATHLETIC and CYCLING SPORTS

Saturday, 20th June, at 2.30 p.m.

**Rutland Recreation Ground
ILKESTON**

Details from—

F. C. HILL.
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THE SWARD AND THE NORRKOPING

Chiswick, 9th May

Field events catch neither the eye nor the imagination of the public as track events do: but they rank equal with them in international competition. It is a good thing, therefore, that there is at least one meeting, the Sward, specially designed to focus attention on them; and perhaps a little unfortunate that most of this year's thunder was stolen by an invitation track event—and a women's event at that.

It was an 880 that promised a fight between V. Winn (formerly Ball), E. Harding and H. Needham; but it did not work out like that. Following a first bend scramble in which two runners went down, Harding took the lead. At the bell, Winn went after her and caught her 200 yards from home—only to see her rival stop and retire. It looked all over—until P. Green came from nowhere in what looked like an impossible chase; and brought it off, winning by inches and awkwardly beating all three of Britain's selected 3 x 880 team at once!

A 5-man steeplechase lacked J. Disley and C. Brasher—but not interest. From the start, it was a struggle between two runners better known in other spheres, J. Bromley and E. Ellis. Bromley took the lead, then lost it; but Ellis could not get away because

By James Audsley

of Bromley's superiority over the obstacles. Bromley then re-passed, and his superior hurdling took him away from a tiring Ellis.

C. Walker was soon in front in the two miles team race, but P. Driver came from near the back to take over after 3 laps; and, though Walker stuck to him until the last lap, was always thereafter the winner—a well-judged and promising run. S.L.H. would have won more easily had three of their four not dropped back from the bunch early on, and given themselves a lot to do. P. Pirie overcame this self-imposed task by making up a lot of ground in the later stages.

Despite a few meeting bests, the field events disappointed—apart from Savidge's discus throws of 154'8½" and 155'3½", and G. Schmidt's 12'4" pole vault, which, though not a winner, was too good for T. Anderson (to the embarrassment of Surrey's selectors?). In the weight, when Savidge was over 50 feet, it was a "no throw," and when it was not a "no-throw," it was not 50' either. M. Denley, consistently over 190' with the javelin, could not reach 200.

The new women's field contest, the Norr-



Just after the start of the Southern and Surrey 20 Miles Road Championship from Mitcham, won by JIM PETERS (Essex Beagles) No. 103, in record time. *H. Wares*



CHRIS CHATAWAY (Oxford) leading from ROGER BANNISTER (A.A.A.) at the first bend of the second lap in the mile, during the match in which an A.A.A. team defeated Oxford University by 96 pts. to 46. Bannister eventually won in the new British All-Comers, British National and English Native record time of 4min. 3.6sec., Chataway dropping out on the last lap after setting the pace for three laps.

E. D. Lacey

koping, it is a welcome innovation—but why the sprint relay? And why run the two heats to eliminate one team out of seven—when one team did not start anyway?

The announcing left much to be desired, intervals when nothing was happening being given to advertisements for the Kinnaird, so that results had to be announced during races. Also, there were too many mistakes that had to be corrected later.

THE SWARD TROPHY

120H: 1, P. Hildreth (P) 15.1; 2, F. Parker (SL); 3, C. Higham (L); 4, P. Vine (A); 5, A. Hardy (WG); 6, J. Bentley (S) 2ft., 1 yd. (Meeting record).

220H: 1, P. Hildreth (P) 25.4; 2, P. Vine (A) 25.4; 3, A. Hardy (WG); 4, C. Higham (L); 5, K. Wilmshurst (W); 6, R. Green (TV); 2 yds. between 2nd and 3rd.

440H: 1, A. Scott (A) 54.4; 2, D. Steward (HH); 3, D. Kimber (WG); 4, D. Clark (SL); 5, D. Holmes (W); 3 yds., 4 yds. Only 5 ran. (Meeting Record).

2M. S/C: 1, J. Bromley (B) 10:19; 2, E. Ellis (TV) 10:32; 3, C. Puddicombe (SL); 4, R. Clark (HH); 5, J. Addington (W); 50 yds. between 2nd and 3rd. Only 5 ran.

HJ: 1, I. Jones (A) 5'11"; 2, B. Borner (P) 5'10"; 3, N. Gregor (HH) 5'10"; 4, J. Fulbrook (L) 5'8"; 5, E. Bare (B) 5'8"; 6, R. Cousins (SL) 5'6".

LJ: 1, I. Walker (HH) 23'2½"; 2, D. Rumbold (S) 22'11¼"; 3, K. Wilmshurst (W) 22'9"; 4, A. Poland (TV) 21'10¼"; 5, P. Luxon (B) 21'7¼"; 6, F. Dakin (A) 21'3¾".

HSJ: 1, W. Laing (P) 45'7½"; 2, K. Wilmshurst (W) 45'7½"; 3, I. Walker (HH) 44'8¼"; 4, G. Goodrich (SL) 43'7½"; 5, I. Polmear (L) 42'1¼"; 6, D. Pedder (EB) 40'9½".

PV: 1, N. Gregor (HH) 12'8"; 2, G. Schmidt (SL) 12'4"; 3, T. Anderson (A) 11'6"; 4, Sukavachana Van (B) 11'6"; 5, G. Knight (R) 11'6"; 6, N. Dear (L) 11'6". (Meeting Record).

Continued on page 15

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"I always feel comfortable when wearing LITESOME . . . have recommended it to hundreds of men in training." *Edenbridge.*

"I can say with all sincerity it is the finest I have ever used."
R.C.C.

"It certainly fits like a glove and there is no rubbing or chafing." *Sidcup.*

"After a hard game I feel the support taking away that strain I had before." *Horndean.*

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n.d.h.

From the Editor's Postbag

TRAINING

Dear Sir,

I am sorry that your correspondent, H. E. Perrott (letters April 25th) considers that I evaded the issue in my reply to J. P. Slater. I have re-read Slater's letter and the question he posed was "What duty does our sport of cross-country play in life?" He then gave his answer to such a question and in conclusion suggested that Peters' training schedules would destroy the qualities which cross-country built up in a man.

In my reply I stated immediately that few would disagree with J. P. Slater in his views on cross-country running—which I took to be the issue—but I endeavoured to dispel the idea that nothing else in life mattered to the champion other than to be champion, as your correspondents assert. Apparently they cannot realise that the daily run is their chosen way of "enjoying a few leisure hours." It is their "game" in the same way as the cricketer, footballer, tennis player or golfer etc. taking exercise, has his game.

Also we are proving that it is quite unnecessary to draw into line with the rest of the world and enter the ranks of shamateurism—it would be easier maybe—but none of Peters articles have suggested that.

As regards Frank Sando, his training is, of course, lighter than that of Peters—he is not training for marathons, but please do not think he does little or no training, he does quite twice or three times as much as when I was running 25 years ago and as a matter of interest, on reference to my records, I see that in a period of 154 days, only on 31 days was no running training undertaken. Take out 15 days for Sundays and 5 or 6 days for travelling to and from International meetings, and it will be seen that he devoted quite a lot of his leisure hours to athletics—and he took part in 17 hard races.

With regard to your remarks, Mr. Editor, I do assure you that Frank's light physique **could** stand up to the severe work of Peters—it makes no difference whether they are large or small—and if Frank ever wants

to run 26 miles he will have to do the harder training if he wishes to do as well at this event.

The marathon man has always spent his hours training and many to-day spend far more hours per week than Jim in pounding the roads, but if they found life irksome, they wouldn't do it, surely!

As your correspondent rightly says, we cannot put the clock back and, if some might wish to, the majority wish to face up to the ever-changing times.

Yours sincerely,

H. A. Johnston

It is a matter of opinion as to whether a man's physique makes any difference to his training. Personally, I think it can make quite a difference. In view of Johnny Johnston's remarks, I would remind him that Frank Sando preferred to do a much lighter programme than that originally given him to do, though I know he trains regularly and conscientiously.
—Ed.

AMATEUR ATHLETIC ASSOCIATION

Week-end Advanced Javelin Course for Athletes and Hon. Coaches

The second of the 1953 Week-end Event Courses organised by the A.A.A. Coaching Committee, will take place during the week-end of the 9th/11th October, and will be for JAVELIN.

The Course will be held at the C.C.P.R. National Recreation Centre, Bisham Abbey, nr. Marlow, Bucks, under the direction of Cdr. F. W. Collins, R.N. (Retd.), A.A.A. Senior Hon. Coach, and the Course Instructor will be Lionel Pugh, National Coach to the Midlands. Any athletes or A.A.A. Hon. Coaches who would like to receive an invitation to attend this Course should apply in writing to Commander F. W. Collins, R.N. (Retd.), Stoborough Croft, St. Cross, nr. Winchester, Hants.

KINNAIRD MARATHON ENTRIES

Runners entering for the Kinnaird Marathon are reminded that entries must be received by Hon. Secretary, A. E. Winter, not later than Saturday, May 23rd.



PORTSMOUTH OLYMPIADES

Wolverton Amateur Athletic Club

ANNUAL

CYCLING & ATHLETIC MEETING

(Under A.A.A. and N.C.U. Rules)

Railway Park, Wolverton, Bucks

SATURDAY, JUNE 13th, 1953

at 2.30 p.m.

OPEN HANDICAP EVENTS—100 yds.;
220yds.; 880yds.; Mile; Youths 880yds.
Prizes—£7; £3; £1; Youths £4; £2; £1.

INVITATION EVENT—Mile Medley Race
for H.M. Silver Challenge Cup.

TUG-OF-WAR, 104 stones (open)—£13/10,
£6/15.

Usual Open Cycle Events

FEES—1/6 first; 1/- subsequent. Youths
1/-; T. of W. 8/-.

Entries Close—First post Saturday, May
30th CERTAIN—To G. D. BARR, "Otley
Chevin," 39 Brookfield Road, Haver-
sham, Wolverton, Bucks.

With the Ladies

May 2nd

Norfolk County Championships—100: 1, M. C. Madgett (Cromer A.C.); 2, J. Davy (N and NAC) 12.3; 200: 1, S. Gorrod (Diss A.C.) 31.7; 4 x 110 Relay: 1, N and N.A.C.; 2, Cromer A.C. 56.1; 80 metres H: B. M. Goodswen (Diss A.C.); P. Staff (NNAC) 12.9; LJ: 1, B. Goodswen (Diss AC); 2, P. Staff (NNAC) 15'8½"; HJ: 1, B. M. Goodswen (Diss AC); 2, M. C. Madgett (Cromer) 4'7"; S: D. B. Comber (NNAC); 2, A. F. Lay (NNAC) 29'7½"; D: 1, D. C. Comber (NNAC); 2, D. Comber (NNAC) 92'7½"; J: 1, D. B. Comber (NNAC); 2, A. Peck 86'8"; Juniors: 60: 1, S. Wilby (Diss); 2, R. Bix (NNAC) 8.0; 100: B. Harvey (NNAC) 12.4; 70H: 1, J. Paveley (NNAC); 2, J. Cooper (Gurney Sch.) 11.3; 4 x 110 Relay: 1, Angel Rd.; 2, Gurney Sch. 57.5; LJ: 1, S. Cullabine (Gurney Sch.); 2, J. Scales (Angel Rd.) 14'0"; HJ: 1, J. Cooper (Gurney Sch.); 2, H. Bradford (Angel Rd.) 4'5½"; D: 1, J. Parish (Gurney Sch.); 2, J. Gooch (Gurney Sch.) 74'2"; J: 1, P. Futter (Angel Rd.).

Manchester Univ. beat **Sheffield Univ.** 34 p.s. to 16. **100:** M. Francis (M) 12.6; **220:** M. Francis (M) 28.6; **440:** H. Sanderson (S) 69.4; **HJ.:** H. Holcroft (M) 4ft. 8½in.; **LJ:** P. Harry (M) 14ft. 1½in.; **4 x 110 yds. Relay:** Manchester 57.2.

Walton A.C. beat **Combined Isle of Wight Clubs** 80 pts. to 38. **100:** D. Jones (W) 12.2; **220:** D. Jones (W) 28.0; **880:** J. Wheeler (W) 2:48.5; **LJ:** D. Jones (W) 14'10½"; **S:** M. Hayden (W) 27'9"; **D:** M. Ridoubt (I. of W.) 80'0"; **J:** M. Hayden (W) 86'3½"; **Relay:** Walton A.C.

Birchfield H. 91 pts. beat **Birmingham Univ.** 64, **Godiva H.** 38 and **Cardiff Univ.** 11. **100(1):** M. Nicholls (G) 12.4; **100(2):** M. Crudgington (G) 12.3; **220(1):** J. Loftus (G) 27.1; **220(2):** D. Leather (BH) 28.6; **440:** J. Stillwell (BU) 1:6.2; **4 x 110 Relay:** Birchfield H. 52.3; **80 Metres H(1):** M. Vaughan (BH) 13.3; **80 metres H(2):** D. Leather (BH) 13.6; **LJ:** M. Vaughan (BH) 15'5"; **HJ:** U. Hynes (BH) 4'7"; **S:** D. Fischer (BH) 31'6"; **D:** D. Fischer (BH) 95'0"; **J:** Olorenshaw (BU) 97'1½".

More Women's results next week

RESULTS

April 22nd

Manchester Univ. beat **Alsager Trng. Coll.** by 80 pts. to 28. **100:** G. Hazzan (M) 10.7; **220:** K. Whittaker (M) 22.8; **440:** K. Whittaker (M) 22.8; **440:** K. Whittaker (M) 51.7; **880:** M. Walmsley (M) 2:01.9; **Mile:** M. Walmsley (M) 4:46.3; **HJ:** B. Start (M) 5'5"; **LJ:** A. Clegg (M) 20'1½"; **HSJ:** A. Clegg 40'9"; **3M:** D. Leighton (M) 16:03.8; **Jav:** W. Pierce (M) 146'4"; **Dis:** E. Arnold (M) 105'0"; **Wt:** S. Lyth (M) 39' 2".

April 25th

Walton A.C. beat **St. Mary's College A.C.** 49 pts. to 17. **100:** P. Tipping (St.M.) 10.0; **220:** P. Tipping (St. M.) 22.9; **440:** R. Smith (W) 54.5; **880:** R. Smith (W) 2:4.9; **Mile:** A. Llewellyn (W) 4:41.2; **2M:** P. Goodsell (W) 10:5.9; **4 x 110 Relay:** Walton A.C. 45.5; **LJ:** K. Wilmshurst (W) 20'11½"; **HJ:** M. Pharaoh (W) 5'4¾"; **S:** M. Pharaoh (W) 45'0"; **D:** M. Pharaoh 150'0"; **J:** M. Denley (W) 188'5".

Watford H. 3M. Championship: 1, J. Hubball 15:47; 2, S. Izzard 15:58.0; 3, R. Gaitskell 16:01.0.

April 28th

Cambridge H. Juniors beat **Roan School** 36 to 15. **100:** Hill (C) 11.4; **220:** Hill (C) 25.0; **440:** Brown (C) 58.6; **880:** Pease (C) 2:15.8; **Mile:** Steer (C) 5:0.6; **LJ:** Hadler (C) 19'6"; **S:** Lennox (C) 38'6½"; **D:** Jobling (R) 118'6"; **440 Relay:** Cambridge H. 48.8.

April 29th

Essex Beagles 43 pts. beat **Victoria Pk. H.** 39½, **Southend A.C.** 31½, **Chelmsford and Finchley** in a Relay Meeting. Southend won the junior match with 19 pts.

May 2nd

Sussex 20 Miles Championship. 1, P. G. West (Worthing H.) 2:03.35; 2, N. Vincent (Bexhill) 2:5.11; 3, J. Holland (Worthing) 2:17.49; 4, G. Matthews (Horsham) 2:33.15.

Mitcham A.C. 46 pts. beat **Belgrave H.** 39 and **Hercules A.C.** 30, Brian Hewson winning the mile in 4:24.0. In a junior match **Hercules** won with 41 pts. to **Belgrave's** 37 and **Mitcham's** 22.

Thames Valley H. beat **Shaftesbury H.** 65 pts. to 55. **100:** E. Purver (TVH) 10.1; **220:** K. Stanbridge (S) 23.5; **440:** W. Kuy (TVH) 54.5; **880:** J. Cameron (TVH) 2:7.6; **Mile:** E. Ellis (TVH) 4:31.2; **2M:** E. Harper (TVH) 10:8.6; **LJ:** N. Watkins (TVH) 21'0¼"; **HJ:** N. Watkins (TVH) 5'6"; **HSJ:** K. L. Selby 42'2¼"; **W:** D. Vanhegan (S) 43'7¾"; **D:** J. Gold (S) 125'1"; **J:** C. Smith (TVH) 175'9". In a Junior and Youths match **T.V.H.** won by 87 pts. to 44. **100:** R. Muspratt

Ilford Sub-Division "K" Division Metropolitan Police ATHLETIC MEETING

(Under A.A.A. Laws)

At Cricklefield Track, Ilford
Saturday, 18th July, 1953

Invitation Events:

One Mile 100 Yards

Open Handicap Events:

	Value of Prizes		
100 Yds.	£7	£5	£3
220 Yds.	£7	£5	£3
440 Yds.	£7	£5	£3
440 Yds. (Junior) Shield &	£5	£3	£2
880 Yds.	£7	£5	£3
Mile	£7	£5	£3
2 Miles Walk	£7	£5	£3
4 x 110 Yds. Relay	£8	£4	£2
Tug-o'-War (104 stone) —	£18	£10	Cup & Shield

THIS IS A FIRST CLASS MODERN TRACK, 30min. FROM OXFORD CIRCUS
Entry Fees—2/- first; 1/- each subsequent event; Relay 6/- per Team; Tug-o'-War 10/- per Team.

All Entries close 4th July, 1953
Full details from Sec., SGT. R. BURNS,
Chadwell Heath Police Station, Essex.

(TVH) 10.9; **220**: R. Muspratt (TVH) 24.8; **440**: P. R. Barton 56.2; **880**: P. Linford (TVH) 2:4.8; **Mile**: M. Tan (TVH) 4:48; **LJ**: G. Dixon (TVH) 18'11"; **HJ**: B. Chick (TVH) 5'0"; **Wt**: C. Smith (TVH) 43'8"; **D**: C. Smith (TVH) 115'9½"; **J**: C. Smith 188'10½". **Youths**: **100**: D. Segal (TVH) 10.5; **220**: D. Segal (TVH) 24.5; **880**: B. Miles (TVH) 2:9; **Mile**: G. W. Kayley (S) 5:6.2.

London A.C. 46 pts. beat **Met. Police** 43, **Blackheath H.** 32 and **South London H.** 30½. **100**: (1): Ellis (LAC) 11.0; **100** (2): Henry (LAC) 11.2; **220**(1): Townsend (LAC) 24.4; **220**(2): Watts (LAC) 24.1; **440**(1): Fryer (LAC) 50.4; **440**(2): Bowker (LAC) 53.4; **880**: Driver (SLH) 2:2.1; **120H**: Matthews (LAC) 17.2; **LJ**: Goodridge (SLH) 22'9¼"; **HJ**: Button (MP) 5'10"; **Wt**: Jones (MP) 42'7"; **D**: Silberry (MP) 130'4"; **J**: Cosh (MP) 170'0"; **H**: Allday (LAC) 168'9½"; **Relay**: LAC 2:40. **Junior Match**: **Blackheath H.** 46 pts. beat **London A.C.** 24, **Met. Police** 13 and **South London H.** 11. **100**(1): Bissett (B) 11.7; **100**(2): Hill (LAC) 11.7; **220**(1): Searle (LAC) 24.9; **220**(1): Searle (LAC) 24.9; **220**(2): Bissett (B) 24.7; **440**: P. Davis (LAC) 4:46.2; **LJ**: Hazelwood (B) 21'0"; **HJ**: Manser (B) 5'4"; **Wt**: Meredith

(SLH) 42'3"; **J**: Thornton (B) 125'0"; **Relay**: L.A.C. 1:13.5.

R.A.F. Yatesbury A.C. 138 pts. beat **Bristol Univ.** 135, **Westbury H.** 130 and **St. Paul's College, Cheltenham** 72. **100**: Dowling (RAF) 10.5; **220**: Watson (St. P.) 24.4; **440**: Dowling (RAF) 52.3; **880**: Rickhuss (RAF) 2:2.8; **Mile**: I. Humphrey (RAF) 4:24.2; 2, Ashby (W) 4:26.4; **3M**: 1, Bowen (RAF) 14:55.2; 2, Gamiin (W) 14:59; **Medley Relay**: 1, RAF Yatesbury 3:44.2; **LJ**: Davies (BU) 19'10"; **HJ**: May (BU) 5'6"; **HSJ**: Davies (BU) 41'4½"; **S**: Pridie (W) 38'2½"; **D**: Jansen (W) 138'11"; **J**: Taylor (W).

Walton A.C. beat **Combined Isle of Wight Clubs** 103 pts. to 63. **100**: D. Holland (W) 10.6; **220**: K. Wilmshurst (W) 24.0; **440**: R. Smith (W) 54.2; **880**: R. Smith (W) 2:10.0; **Mile**: A. Llewellyn (W) 4:38.0; **3M**: A. Llewellyn (W) 15:55.0; **4 x 110 Relay**: Walton A.C.; **LJ**: K. Wilmshurst (W) 20'10½"; **S**: M. Pharoah (W) 42'5½"; **D**: M. Pharoah (W) 132'0½"; **J**: M. Herridge (W) 142'8".

Birmingham Univ. 102 pts. beat **Godiva H.** 87 and **Cardiff Univ.** 40. **100**: T. Huggell (G) 10.4; **220**: A. Endicott (G) 24.0; **440**: P. Beavon (B) 52.3; **880**: G. S. Pearson (G) 2:0.6 (track record); **Mile**: P. Griggs (G) 4:31.7; **3M**: B. B. Heatley (G) 15:35.8; **4 x 110 Relay**: Godiva H. 45.2; **Mile Medley Relay**: Godiva H. 3:44.8; **120H**: T. C. White (B) 16.6; **440H**(1): P. Beavon (B) 60.9; **440H**(2): R. Wrathall (B) 64.1; **LJ**: G. Pearson (G) 18'6"; **HJ**: Alele (C) 5'5"; **HSJ**: D. Locke 39'8¼"; **D**: V. Priede (G) 118'0"; **J**: B. Holmes (G) 140'6".

Loughborough Coll. beat **Birchfield H.** 81 pts. to 53. **100**: D. Merrett (B) 10.4; **220**: D. Merrett (B) 22.6; **440**: D. Soar (L) 52.1; **880**: B. Grogan (L) 1:57.9; **Mile**: D. Taylor (B) 4:28; **3M**: R. Hatton (B) 14:43; **440H**: J. Hodge (L) 62.9; **4 x 110 Relay**: Birchfield 44.7; **LJ**: I. Akioye (L) and T. Rowe (L) eq. 20'5"; **HJ**: M. Burt (L) 5'7"; **HSJ**: J. Whitworth (L) 45'1"; **PV**: K. Goodall (B) 11'4"; **S**: M. Sherry (L) 40'5¼"; **D**: J. Lally (L) 120'6¼"; **J**: P. Cullen (L) 176'2¼"; **H**: J. Lally (L) 137'8".

Nottingham Univ. 99 pts. beat **Notts A.C.** 98 and **Carnegie College Leeds** 65. **100**: Ferguson (NAC) 10.1; **220**: Ferguson (NAC) 23.0; **440**: Webster (NAC) 52.5; **880**: Armstrong (NAC) 2:3.5; **Mile**: Gutteridge (NU) 4:28.2; **3M**: Morley (NAC) 15:33.6; **4 x 110 Relay**: Notts A.C. 44.6; **Medley Relay**: Notts A.C. 3:46.2; **120H**: Clarke (C) 18.2; **LJ**: Macleod (NU) 20'11"; **HJ**: Kiddier (NAC) 5'8"; **HSJ**: Macleod (NU) 41'7½"; **S**: Bessell (C) 42'10"; **D**: Bessell (C) 119'8"; **J**: Fryer (NU) 163'10".

FOLKESTONE A.C. 2nd ANNUAL Inter-Club Meeting

(A.A.A., N.C.U. and W.A.A.A. Rules)

Saturday, 6th June, 1953, at 2.0 p.m.
On County Cricket Ground, Cheriton Road, Folkestone

JOE HURST MEMORIAL TROPHY
Men (Invitation)

SENIORS—100, 220, 440, 880 yds.; 3 miles team (6 to run, 4 to score).

JUNIORS—100, 220, 440 yds.; Mile team (4 to run, 3 to score); Medley Relay (440, 380, 220, 100 yds.).

Ladies (Invitation)
100 yards (ser.); 220 yds. (ser.); 4-110 yds. relay (Team and individual awards).

OPEN SCRATCH EVENT:

2 MILES STEEPLECHASE

for the

Folkestone Coronation Challenge Cup
(Entry Fee 1/6)

Prizes valued £6, £2/10/0, £1/10/0, £1
2 Miles Team Race for Servicemen
(Invitation) 6 to run, 4 to score

Kent County Men's 20 Miles Road
Walking Championship

(Entry Fee 3/—Individuals)

Entries for all events to Mr. J. GAGAN,
47 Bournemouth Rd., Folkestone, not later
than first post, Sat., 23rd May, 1953. Late
or incomplete entries will not be accepted.

Manchester Univ. beat Sheffield Univ. 99½ pts. to 40½. **100:** C. Rangeley (M) 11.1; **220:** K. Whittaker (M) 23.7; **440:** W. Whittaker (M) 52.6; **880:** M. Walmsley (M) 2:2.3; **Mile:** B. Kay (S) 4:35.7; **3M:** D. Leighton (M) 15:52.3; **HJ:** N. Igiehon (S) 5ft. 7½in.; **LJ:** F. Wyers (S) 19ft. 8½in.; **H5J:** F. Wyers (S) 44ft. 0in.; **PV:** E. Frivold (M) 10ft. 0in.; **Wt:** S. Lyth (M) 39ft. 2in.; **120H:** J. Else (M) 18.1; **H:** F. Gandy (M) 148ft. 10½in.; **D:** E. Frivold (M) 11ft. 0in.; **J:** N. Allen (M) 145ft. 3in. **4 x 110 Relay:** Manchester 46.5.

SWARD MEETING—contd.

Wt: 1, J. Savidge (L) 50'0¼"; 2, M. Pharaoh (W) 44'11½"; 3, W. Palmer (A) 44'0¼"; 4, T. Gaworski (B) 42'4¼"; 5, D. Vanhegan (S) 41'3¼" 6, A. Cook (TV) 39'2¼".

Dis: 1, J. Savidge (L) 155'3½"; 2, M. Pharaoh (W) 148'11½"; 3, M. Flacke (HH) 138'6"; 4, T. Gaworski (B) 132'2¼"; 5, D. Vanhegan (S) 127'4"; 6, R. Shaw (A) 123 ft. 9½". Savidge's winning throw, a new British National Record, followed one of 154' 8½", which was itself a new English Native Record.

Jav: 1, M. Denley (TV) 194'10"; 2, H. Moesgard-Kjeldsen (P) 188'8"; 3, W. Palmer (A) 175'2"; 4, M. Ruda (SL) 172'10"; 5, D. Cosh (HH) 169'3"; 6, K. Brookman (L), 159'8".

Ham: 1, P. Allday (L) 164'11¼"; 2, C. Reidy (SL) 151'10"; 3, D. Moore (HH) 147'10"; 4, M. Pharaoh (W) 146'6"; 5, D. Vanhegan (S) 138'11"; 6, D. March (P) 127' 2".

Contest Result: 1, Herne Hill H. 39 pts.; 2, Achilles 34½ and S. London H 34½; 4, London AC. (holders) 32½; 5, Poly 31; 6, Walton 29; 7, Belgrave 20; 8, Thames Valley 16½; 9, Woodford Gn. 10½; 10, Southgate 8; 11, Reading 2; 12, Essex Beagles 1½.

THE NORRKOPING TROPHY

4 x 110 Relay: 1, Spartan 51.2; 2, Essex; 3, London Olympiades; 4, Mitcham L.; 5, Ilford. Poly were disqualified. 2 yds. lft.

80M.H.: 1, J. Desforges (E) 11.7; 2, C. O'Gorman (M); 3, I. Pond (LO); 4, S. Cawley (S); 2 yds.

HJ: 1, S. Lerwill (S) 5'2"; 2, D. Tyler (M) 5'2"; 3, J. Rainbow (LO) 4'8"; 4, J. Hesselwood (E) 4'6"; 5, R. Clemence (I) 4'6"; 6, E. Wilson (P) 4'4".

LJ—1, S. Cawley (S) 18'1"; 2, S. Burton (M) 16'7"; 3, S. Goodwin (M) 16'6"; 4, J. Rowlands (LO) 15'11½"; 5, D. Phillips (E) 15'9½"; 6, P. Reed (I) 14'11".

Wt: 1, J. Linsell (E) 39'0½"; 2, J. Crow-

ther (ML) 33'9½"; 3, V. Davies (LO) 33' 8½"; 4, J. Balkwill (M) 32'4½"; 5, V. Winn (S) 31'1"; 6, S. Crawley (P) 31'1".

Dis: 1, J. Linsell (E) 116'9½"; 2, J. Evans (M) 102'4½"; 3, D. Willoughby (S) 100'3"; 4, V. Davies (LO) 99'0½"; 5, S. Crawley (P) 98'0½"; 6, P. King (M) 87'11½".

Jav: 1, J. Evans (M) 116'6"; 2, A. Collins (LO) 113'6"; 3, D. Willoughby (S) 103'10"; 4, E. Kay (ML) 96'4"; 5, J. Hesselwood (E) 95'5"; 6, O. Betts (I) 67".

Contest Result—1, Mitcham 32; 2, Spartan 31; 3, Essex Ladies 30; 4, London Olympiades 27; 5, Middlesex Ladies 13½; 6, Ilford 6; 7, Poly 5½.

OTHER EVENTS

2 Miles Team Race: 1, SLH 10; 2, Mitcham 14; 3, Poly 22. **Individuals—1,** P. Driver (SLH) 9:28.8; 2, C. Walker (Bel); 3, L. Fieldsend (Mitcham); 4, P. Pirie (SLH); 5, R. Davis (Mitcham). 12 yds., 50 yds.

Women's Invitation 880 Yards: 1, P. Green (Ilford) 2:23.7; 2, V. Winn (Spartan) 2:23.7; 3, K. Andrews (Essex); 4, H. Needham (Cambridge). 5 yds. between 2nd and 3rd.

* * *

All communications regarding men's track events for Dover A.C. should be sent to D. Penn, 13 Stanhope Road, Dover.

WOOLWICH BOROUGH COUNCIL 1953 CORONATION SPORTS AND GALA MEETING

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

The Garrison Sports Ground
Saturday, 6th June, 1953, at 2.30 p.m.

MEN	Open Events	Prizes	Valued
19.	Invitation 100 yds.	£7	£3 £2
20.	100 yds. H'cp ...	£5	£2 £1
21.	220 yds. H'cp ...	£5	£2 £1
22.	880 yds. H'cp ...	£5	£2 £1
23.	4 x 440 yds. Relay	£5	£3
24.	3M. Team (4r. 8s.)	£5	£3
25.	3 Mile Scr. Walk...	£7	£3 £2
26.	1 Mile Medley Relay	£5	£3
27.	4 x 110 yds. Relay	£5	£3
28.	Pole Vault ...	£5	£2 £1
29.	High Jump ...	£5	£2 £1
30.	Long Jump ...	£5	£2 £1
31.	Putting the Shot...	£5	£2 £1
32.	T. of War (C'wts.)	£9	£4.10
33.	10M. Rd. Rec. Indv.	£5	£3 £2.5
	Team (4 run, 3 score)	£4.10	£3 £2
	WOMEN		
39.	100 yards scratch...	£5	£2 £1
40.	220 yards Scratch...	£5	£2 £1
41.	4 x 110 Yds. Relay	£5	£3
42.	100 Yds. H'cp ...	£5	£2 £1
43.	220 Yds. Handicap	£5	£2 £1
44.	Kent County 660 Yds. Relay.		

Entrance fee: 1/6 first event; 1/- additional; Tug of War 8/-; Relay Race 5/-.
Entries close First Post 15th May, 1953
Entry Forms from THE SECRETARY, Sports Committee, Woolwich Borough Council, Town Hall, Woolwich S.E. 18.

Saturday, 2nd May, 1953

Oxford University
and A.A.A. Meeting at the
IFFLEY ROAD GROUND
OXFORD

THE FASTEST MILE

EVER RUN IN GREAT BRITAIN
R. G. BANNISTER in 4mins. 3.6sec.

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