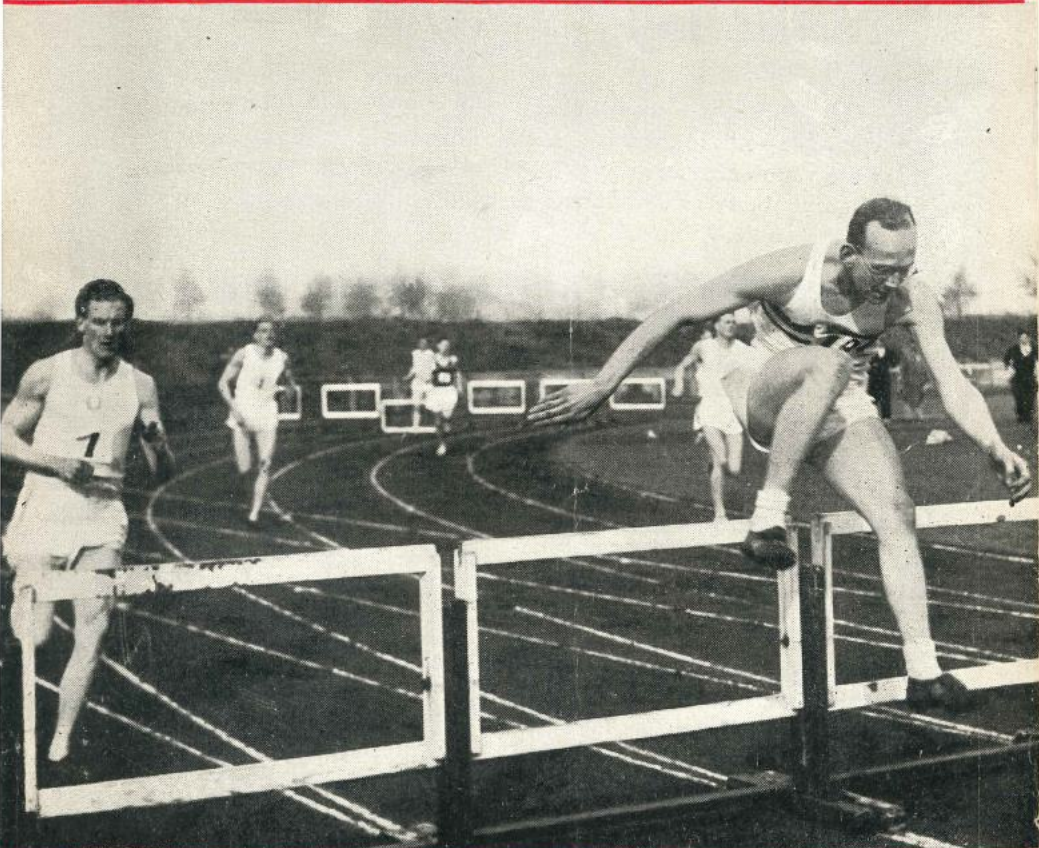


THE OFFICIAL ORGAN OF ATHLETICS IN G.T. BRITAIN  
CONTAINING THE OFFICIAL NOTICES OF  
THE A.A.A., W.A.A.A., B.A.A.B., & E.C.C.U.

# ATHLETICS WEEKLY



H. WHITTLE leading A. SCOTT over the last hurdle at the Sward Meeting

## INCLUDED IN THIS ISSUE

Page

- 4 **The British Games**—Special Report & detailed results of both days
- 8 **EMIL ZATOPEK**—Second and final instalment of this special feature article by J. Armour Milne, from Prague.
- 14 **Women's Meeting Results.**
- 15 **Club and University Results.**

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The A.A.A. Championships take place at the White City on Friday and Saturday, July 13th and 14th. Prices of admission are—**Friday (2.30)** Stands F. H. and I. 5/-; D. and E. 2/-; Ground and Covered Stands 1/3, Children (U/14) 6d. **Saturday (11 a.m.)** F. H. and I. 15/-, E. 10/-, D. 7/6, R.S.T. 5/- (3/6 to affiliated clubs and A.A.A. Hon. Coaches before 11th June), Q. 3/6, Ground and Covered Stands 2/6, children 1/-. Tickets obtainable from A.A.A. Offices, The White City Stadium, W.12, 62a Piccadilly, or Alfred Hays, 26, Old Bond St., W.1., and 74, Cornhill, E.C.3.

**H. W. NEALE**

95, Mallinson Road, Battersea  
London - - - S.W.11

Regrets to announce that for some considerable time in the future, he cannot undertake individual orders, because of heavy Press commitments.

The London Fire Brigade Meeting takes place on Saturday, June 16th, at the White City, and has the usual open events for men and women. A full schedule will be given in next week's issue.

\* \* \*

Entries for an Open Schools 4 x 110 Relay and an Open Unattached Novices Mile at Belgrave H. Meeting, at Tooting Bec., on Wednesday evening, May 23rd, should be sent to E. A. Duffett, 57, Harcourt Road, Thornton Heath.

### HAMPSHIRE CONSTABULARY SPORTS MEETING

(Under A.A.A. rules)

Saturday, 9th June, 1951

Fleming Park, Eastleigh, Hants

PRIZES VALUE OVER £250—Open Events include 100 yds., 220 yds., 440 yds., and One Mile Flat Handicaps; Two Mile Walk and 660 yds. Ladies' Club Relay.

ENTRIES CLOSE 28th May, 1951. Full details from—Secretary, Police Station, Eastleigh.

# ATHLETICS

## WEEKLY

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

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VOL. 5. No. 20.

EVERY SATURDAY

MAY 19th, 1951

**T**HE British Games provided the usual feast for athletic fans and it was noticeable that there were more people from the provinces than usual.

No doubt many of them were impressed and pleased with the way some of their local athletes performed in top-class company. To my mind, nothing is more pleasing than to find young athletes of promise coming from some of the less favoured areas. Success breeds success and, moreover, provides inspiration where it can do so much good. There are fine athletes in every part of the country, but it is in the more barren areas where the greatest percentage go undiscovered and unknown.

Rooman (Dorset), a postal pupil of D. N. J. Cullum, in the hammer, Morgan (Lincolnshire) in the 100 yards, G. J. Medley (Wiltshire) in the 440 hurdles, G. W. Coombs (Wiltshire) in the 3 miles, F. Higgins (Northumberland and Durham) in the 440 yards, the fine Sawston (Cams) youngster, Seamon, in the mile, and J. Phillips (Cambridgeshire) in the high jump, are only a few of the names which may well be headlines in a few years time. Few of them have been heard of before outside their own county but we want to see more of them in the future.

It was a pity that the weather did not last over the whole meeting, but thanks are again due to the "News of the World" for providing such an athletic treat. Though we may not have seen quite the best of the U.S.A. stars, their visit was appreciated by all those who were fortunate enough to be at the White City, and that goes for all the other visitors too. Readers will be interested to know that I was able to arrange for many of the athletes present to figure in our Questionnaire series in the near future.

THE EDITOR

### S.A.A. NOTES

**B**OYS and girls who are keen on athletics—either as practising athletes or spectators—have a treat in store. The S.A.A. has compiled the first comprehensive survey of Schools Athletics and this irresistible mine of information is on sale this week. Facts and figures are there from every conceivable angle. Records, standards, results and perhaps best of all, a Ranking List for the 100 yards Hurdles and High Jump appears for the first time in the history of Athletics in Schools. There's sound practical advice, too, from Geoffrey Dyson and Leonard Ward as well as a useful chapter on the lesser-known side of the A.A.A. rules which govern the sport. Young and enthusiastic followers of athletics are growing in numbers all over the country and they revel in figures—times and distances. Well, here they are and plenty of them. The issue also introduces biographical sketches of boys and girls who have either made the grade or who will certainly do so in the next few years and here boys and girls all over the country can meet them and learn with pride what they have done and what great promise they show. The publication is a fine shillingsworth and a real pocket dictionary for anyone keen on juvenile athletics. Its another fine step in encouraging running, jumping and throwing by the News Chronicle, who sponsor our Inter-County Competition and is published by them as the Schools' Summer Sports Annual, 1951. County Secretaries will act as distributing agents in all affiliated counties and it will also be available through the bookstalls and usual agents. The athletics' section is all about the schools and chock full of information—much of which is quite new—and presented as a real compactum. I can heartily recommend it.

E.C.

# THE BRITISH GAMES

White City, May 12th and 14th

**Saturday, May 12th**

**T**HE athletes—and the crowd—were fortunate in having one of the few sunny days this year for the opening day of the British Games. The result was some excellent performances and one new championship best performance by Savidge in the weight.

In the first track event, the 7 miles walk, G. Ruston won in the absence of Allen, Hardy and Churcher in 54m. 18s. We were to see some new names with first-class performances, always a good thing, and one of the first was G. Morgan of Lincs, in the short sprint, who beat Pinnington in 10.1, was third to Wilkinson and Lillington in a 9.9 semi-final, and a good fifth in the final won by Shenton in 9.9 sec.

The 220 yds. international event was "Mac's" all the way and Herb McKenley never got in a real challenge. Never have I seen Bailey run with more determination and he received a great ovation.

The International Mile, which came soon after, went more or less as expected and gave Roger Bannister a chance to show once again the devastat-

ing and sustained finish he can produce on the last lap. Even now, given the right track and conditions, I think he could turn in that 4 min. mile, and there is little doubt that he will do it in the next year or so. Here it was a case of strolling round behind Harting (Netherlands) until 300 yards from home, when he unleashed his finishing burst and the race was over. Morley ran extremely well to move up to 2nd in the last 20 yards with 4:13.8. Bannister's last lap was, as near as could be judged, 56.5 sec.

Harry Whittle's defeat in the 440 hurdles final was only his second defeat by another Englishman since he took up hurdling. He readily admitted it was his own fault but would be the last to begrudge Davis his victory. Harry had been watching Angus Scott and, with his expected rival beaten, eased slightly nearing the finish to be caught by the strong finishing Ealing man. Davis, who is certainly not built for the job but is very strong, will give both Whittle and Scott plenty of trouble in the future. He already looks better than last year.

Despite some determined running by de Kron, Mal Whitfield had no difficulty in winning the 880 international race, Reggie Pearman being a very close third to the Dutchman. In the 3 miles we saw another star in the making when Coombs ran like a veteran and was only beaten by Freddie Green's stronger finish. The Wiltshire boy confirmed his fine cross-country showing and must be pleased with his 14:30.8, fast time for a comparative novice. Monty Hillier still gets there despite *anno domini* and must be running faster than ever.

Peter Allday turned in a fine 167ft. 10 in. in the hammer, and George Broad put up as good a performance in the pole vault as he did the previous week in the long jump. For a boy of 17 to beat both Gregor and Elliott, even on failures, is some performance and reflects great credit on George Pallett.

There was little of note in the heats except for a 4:19.8 mile by Jack Ashby, and 48.2 by Wint and 49.9 by Terry Higgins in the quarter.

## International Events

220—1, E. McDonald Bailey (G.B.)

## BRISTOL CONSTABULARY ATHLETIC CLUB SPORTS

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

**SATURDAY, 16th JUNE, 1951**

at the

**County Ground, Ashley Down, Bristol**

Gates open 1.15 p.m. First race 2.15

### Prizes over £300 Value

100 Metres Midland Counties Women's  
Championship, 120 yards Hurdles  
Scratch Race, 5 Miles Cycle Scratch  
Race— "A Meredith Troph; Event."  
Open Tug-of-War (108 Stone).

### FULL PROGRAMME OF OPEN FLAT AND CYCLE EVENTS

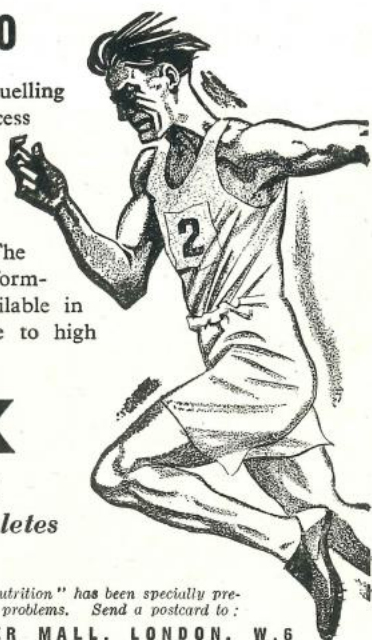
No. 7 Police District 440 Yards Flat  
Championship

Entry forms and full particulars from  
the Hon. Secretary—Superintendent P. A.  
J. Sandford, Police Headquarters, Bristol 1

Closing date for entries—  
Saturday, 2nd June, 1951

## 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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21.3s.; 2, H. McKenley (Jamaica) 21.4; 3, J. Lammers (Neth.) 22.3; 4, Lynssen (Belgium); 5, Vercruyse (Belgium); 6, Pecelj (Yugo-S.); 7, W. Jack (G.B.).

**880**—1, M. Whitfield (U.S.A.) 1:53.7; 2, H. de Kroon (Neth.) 1:54.1; 3, R. Pearman (U.S.A.) 1:54.2; 4, Soeteway (Belg.) 1:55.4; 5, I. Gurney (G.B.) 1:55.6.

**Mile**—1, R. G. Bannister (G.B.) 4:09.2; 2, R. Morley (G.B.) 4:13.8; 3, H. Harting (Neth.) 4:14.4; 4, Otenhajer (Yugo-S.) 4:15.2; 5, Ross (U.S.A.) 4:21.4; 6, Morris (G.B.) 4:27.4.

### Inter-County Events

**100**—1, B. Shenton (Yorks); 2, J. C. M. Wilkinson (Surrey); 3, J. Gregory (Glos.); 4, A. W. Lillington (N. and D.); 5, G. Morgan (Lincs); 6, A. Pinnington (Lancs); 9.9s. Ins.

**3 Miles**—1, F. Green (Warks.) 14:29.8; 2, G. Coombs (Wilts) 14:30.8; 3, M. Hillier (Oxon) 14:32.0; 4, J. Green (Cheshire); 5, D. Lee (Middx.); 6, P. Morgan (Essex).

**440 Hds.**—1, J. Davis (Middx) 55.9; 2, H. Whittle (Lancs) 56.0; 3, A. Scott (Yorks) 56.6; 4, G. Medley (Wilts); 5, K. Bone (Essex); 6, D. Ede (Surrey).

**7M. Walk** — 1, G. Ruston (Yorks)

54:18.0; 2, B. Hawkins (Middx) 54.35; 3, G. Coleman (Beds.) 55.10; 4, H. Harwood (Lancs); 5, M. Long (Kent); 6, I. Paul (Herts).

## HEATHFIELD SPORTS ASSOCIATION (Walton) ATHLETIC MEETING

(Under A.A.A. Laws)

**SATURDAY, 30th JUNE 1951**

at

**Stompond Lane Sports Ground**

(Cinder track)

**WALTON-ON-THAMES, SURREY**

Commencing 2.30 p.m.

**Events:**

**15 MILES ROAD RACE**

(Team and Ind. awards—teams of 3)  
Pole Vault H'cp; Mile Steeplechase  
H'cp; 100 Vets' H'cp

Entries close June 16th to J. F. Harding, 37 Holly Avenue, Walton-on-Thames, Surrey.

Entry Fees: Road Race 2/- (No Team fee). Other events 1/6.

**Long Jump**—1, I. G. H. Walker (Surrey) 22ft. 7in.; 2, P. Whaley (Dorset) 22ft. 4½in.; 3, H. Askew (Lancs.) 22ft. 2in.; 4, W. Dixon (Essex) 21ft. 1½in.; 5, A. Cruttenden (Sussex) 22ft. 0in.; 6, R. Springate (Kent) 21ft. 8½in.

**Pole Vault**—1, G. Broad (Surrey) 12ft. 6in.; 2, N. Gregor (Kent) 12ft. 6in.; 3, G. Elliott (Essex) 12ft. 6in.; 4, N. Dear (Hants) 12ft. 0in.; 5, T. Howland (Middx) 11ft. 0in.; 6, R. Petitjean (Lancs) 10ft. 6in. (First three placed on failures).

**Weight**—1, J. Savidge (Notts) 51ft. 2in. (new ch. best performance); 2, T. Pukits (Lincs) 46ft. 0in.; 3, J. Giles

(Middx) 44ft. 10½in.; 4, T. Barratt (Leics) 42ft. 5½in.; 5, A. Johnstone (Sussex) 42ft. 3½in.; 6, J. Falkingham (Yorks) 41ft. 7½in.

**Discus**—1, A. Jansons (Surrey) 131ft. 0in.; 2, T. Barratt (Leics) 129ft. 0in.; 3, J. Savidge (Notts) 127ft. 11in.; 4, W. Thomas (Oxon) 127ft. 2in.; 5, M. Flacke (Yorks) 124f. 2in.; 6, W. Land (Middx) 122ft. 10in.

**Hammer**—1, P. C. Allday (Middx) 167ft. 10in.; 2, E. C. K. Douglas (Surrey) 163ft. 7in.; 3, D. Cullum (Herts) 147ft. 7in.; 4, N. Drake (Lancs) 146ft. 10in.; 5, M. Dalrymple (Cambs) 140ft. 11½in.; 6, E. Rooman (Dorset) 134ft. 2½in.

### Monday, May 14th

**UNFORTUNATELY** the second day was not favoured with the same weather as the first. It was cold and windy and certainly not conducive to fast times except in the sprints and hurdles.

The first event was the 300 yards international and it proved disappointing. McKenley was never pressed and Whitfield and Pearman were content to stride through comfortably 2nd and 3rd. The 100 was a better race, won by McKenley after a last minute decision to run. Wilkinson ran well to finish a good second, inches in front of Lammers. The time, with a following wind, was 10.0 sec.

The inter-county half-mile followed, and though Nankeville led from Evans in 58.8 at the bell, he had little left when the Midland champion, Webster, turned on the heat in the last 220 yards. Webster's victory surprised many people, but it should not have done, for he is an improving athlete and showed 1:54.2 in last year's A.A.A. Championships. The time here was excellent considering the conditions—1:56.7.

The 2 miles international was a grand race. Gordon Pirie led on the first lap, was dispossessed on the second, but took over again on the next to keep in front at the mile, 4.34, and until the 1½ miles mark was reached in 6.56, when Harting (Netherlands) took over, closely followed by Otenhjamer (Yugoslavia) and Chris Chataway. The three leaders drew away and with 220 yards to go Chataway went by his opponents and raced right away to win comfortably. The Oxford man received a great ovation, not only for his splendid victory, but for the time of 9 min. 3.8 sec., which is only 4 sec. outside Emery's British National and English Native records. Pirie's performance—9:15.4—was a fine one and he looked as though he could make an even bigger

name for himself on the track than he has done already over the country.

The inter-county mile was a scrambling affair with Parker doing most of the leading in 64.8, 2.11, 3.18. It appeared anybody's race at the bell, but when Beckett (Kent) made his effort at the 220 mark, the small, chunky Kent runner went away to win in 4.17, having put in a 58 sec. last lap. Ashby, who looked very impressive in the heats (4.19.8) could get no nearer than 4th in 4.20. Len Eyre was obviously not yet at his best.

Arthur Wint was content to take it fairly easy in the 440 and reserve his energy for the chief event later in the afternoon. Terry Higgins ran well to finish a comfortable 2nd in front of his Northern namesake. The hurdles was Hildreth's all the way and, aided by the wind, he showed 14.9 sec.

The 2 miles walk looked like being a good race with Churcher closely challenged by Bott and Coleman, but when the Yorkshire boy was pulled out after a few laps and Coleman took a 20 yards lead which Churcher could not reduce, much of the interest went out of the race.

Bailey just failed by .1 sec. to equal his semi-final time of 21.1 in the final of the 220. Shenton showed little of the fire which characterised his earlier running and was never holding Stacey, who finished second in 21.8.

The two miles steeplechase was soon a procession, though Howell did not move up to second place until late in the race. Disleys time was announced as 10 min. 2.2 sec., but it was obvious that this was a mistake, for he was certainly not all out and Howell was only about 50 yards behind the winner. Several watches checked him in at around 10m.22s., and this was more like his correct time.

The field events were not helped by

the cool and gusty conditions but we saw a fine performance from J. F. Phillips, of Cambridgeshire, in the high jump. He was only beaten at 6ft. 1in. by Ron Pavitt on failures and should prove a welcome addition to our best jumpers. Everyone had been waiting for the last event, the 440 international race. The excitement and a home win alone prevented the race being a disappointment, for Arthur Wint won so easily that it might have been just another Wint victory. He went up from the start and coming into the straight was well out on his own. Neither Whitfield or McKenley ever looked like getting in a challenge. Whitfield just lasted out the better to gain second place. The time, under the conditions, was excellent and was probably worth at least a second faster in comparison to more favourable conditions in the States.

#### International Events

**100**—1, H. McKenley (Jamaica); 2, J. Wilkinson (G.B.); 3, J. Lammers (Neth.); 4, Vercruyse (Belg.); 5, Pecelj (Yugo-S.); 6, Jack (G.B.) 10.0s., 2ft. ins.

**300**—1, H. McKenley (Jamaica) 30.3 (New British All Comers' Record); 2, M. Whitfield (U.S.A.) 31.2; 3, R. Pearman (U.S.A.) 31.6; 4, Linssen (Belg.); 5, Sabolovic (Yugo-S.); 6, de Kroon (Neth.).

**440**—1, A. S. Wint (G.B.) 47.9; 2, M. Whitfield (U.S.A.) 48.9; 3, H. McKenley (Jamaica) 49.0; 4, R. Pearman (U.S.A.) 49.3; 5, de Kroon (Neth.) 49.8.

**2 Miles**—C. J. Chataway (G.B.) 9:3.8; 2, Oterhajmer (Yugo-S.) 9:7.6; 3, H. Harting (Neth.) 9:11.0; 4, D. A. G. Pirie (G.B.) 9:15.4; 5, B. Ross (U.S.A.) 9:15.6; 6, C. W. Brasher (G.B.) 9:24.0.

#### Inter-County Events

**220**—1, E. McD. Bailey (Middx.) 21.2; 2, N. D. Stacey (Bucks) 21.8; 3, B. Shenton (Yorks) 22.0; 4, L. Lewis (Surrey); 5, J. Gregory (Glos.); 6, J. Finley (N. & D.). (McD. Bailey 21.1 in semi-final).

**440**—1, A. S. Wint (Middx.) 48.7; 2, T. L. Higgins (Surrey) 49.7; 3, F. Higgins (N. & D.) 50.5; 4, J. Murray (Lincs.) 50.8; 5, H. Parker (Ches.) 51.5; 6, J. Grant (Yorks) 51.9.

**880**—1, A. Webster (Notts) 1:56.7; 2, G. W. Nankeville (Surrey) 1:57.5; 3, F. Evans (Lancs.) 1:58.3; 4, C. T. White (Lincs.); 5, D. Leftwich (Middx.); 6, P. Wiggins (Oxon.).

**1 Mile**—1, W. R. Beckett (Kent) 4:17.0; 2, A. B. Parker (Lancs.) 4:18.0; 3, L. Eyre (Yorks) 4:18.6; 4, J. Ashby (Glos.)



Seventeen years old G. BROAD, long jumping 23ft. 3½in., at the Sward Meeting for a new British and Empire best performance. *H. W. Neale*

4:20.0; 5, D. Seamon (Cams.) 4:22.6; 6, C. Walker (Surrey) 4:23.2.

**120 Hdds.**—1, P. B. Hildreth (Beds.) 14.9; 2, F. Parker (Surrey) 15.1; 3, J. Birrell (Lancs.) 15.4; 4, S. Robinson (Hants.); 5, P. Vine (Middx.); 6, J. Crapper (Warks.).

**Steeplechase**—1, J. Disley (Kent) 10:22.2; 2, R. Howell (Essex) 10:31.2; 3, W. Berry (Lancs.) 10:32.6; 4, F. Holt (Ches.) 10:34.6; 5, J. Green (Surrey) 10:43.4; 6, M. Barrett (Middx.) 10:48.6.

**2M. Walk**—1, G. W. Coleman (Beds) 14:16.2; 2, H. G. Churcher (Surrey) 14:20.2; 3, G. Gregory (Som.) 14:26.2; 4, D. Warren (Ches.) 14:52.6; 5, D. Dumican (Dorset) 15:15.6; 6, H. Harwood (Lancs.) 15:18.0.

**High Jump**—1, R. C. Pavitt (Middx.) 6ft. 1in.; 2, J. Phillips (Cams.) 6ft. 1 in.; 3, N. Gregor (Kent) 6ft. 0in.; 4, S. Freeman (Surrey) 6ft. 0in.; 5, I. Jones (N. & D.) 5ft. 9in.; 6, D. Buxcey (Hants.) 5ft. 8in.

**Hop, Step and Jump**—1, S. Cross (Warks.) 46ft. 4in.; 2, L. Platt (Cheshire) 44ft. 3in.; 3, F. Holmes (Surrey) 44ft. 2½in.; 4, P. Cook (Sussex) 44ft. 0½in.

*Continued on back page*

Concluding our Special Feature Article on

# EMIL ZATOPEK

By J. ARMOUR MILNE, from Prague

The new Czechoslovak film, a product of the Czechoslovak People's Republic documentary film department, includes some splendid slow-motion shots of Zatopek travelling flat out. The slowing-down process has the surprising result of confounding the critics who have described the Olympic and European champion's style as bad and uneconomical.

The slow-motion film shots show that Zatopek makes use of a full ankle movement, landing on the ball of the foot with the heel low, dropping the heel so that it touches the track lightly, then, by means of a powerful foot roll from heel to toe, on the outside of the foot, drives the forward poised bodyweight with tremendous power.

There is an actual racing shot in a Czechoslovakia-Finland match in which, over 5,000 metres, Zatopek runs clean away from two such fine runners as Mikali and Posti, having time to stroll over to and sit down on a bench to watch the two Finns fight it out for second place.

Dr. Hornof tells me that Zatopek is careful in his habits in that he does not smoke and does not drink anything alcoholic, but he is not fussy about food, which probably means that he has the normal Czechoslovak appetite—an exceptionally good one. Czechoslovak people are hearty eaters and as there is an abundance of food in the country I have no doubt that Zatopek does himself just as well as do his sturdy fellow-countrymen.

Apart from athletics Zatopek has one hobby. He coaches young athletes. He is patron of a mining apprentices' school, where he coaches the youngsters in running, and he also spends most week-ends lecturing to and coaching the youngest organisation of youth, the Pioneers.

From their ranks Zatopek hopes that one day he will find one or more athletes to carry on the tradition that he has created, maybe a distance runner who will prove to be even greater than Zatopek at his best. There is no reason why this should not happen for the youth of

to-day in Czechoslovakia have facilities for training and coaching that Zatopek did not even dream of when he was a struggling teenager trying to break into athletics.

When the Editor got the first of my material on Zatopek he immediately wrote back asking me to check up on the recovery rate of the Olympic champion. The Editor's observations were:

"It has always been my belief that the Czech wonder runner has an abnormal recovery rate, not necessarily an abnormal recovery rate as tested by knee bends or jumping up and down off a chair and then checking one's pulse again, but the recovery rate which determines how soon after strenuous exercise, such as racing or hard training, an athlete can repeat the performance and still build up instead of tearing down."

Since his return from holiday I have been training alongside Zatopek. Don't get me wrong, of course. I mean we have gone training together, but Emil has got on with his amazing training while I have done my modest keep-fit run, a couple of easy miles as befits a not-to-be-hurried veteran.

Away from the track I tackled Zatopek about the recovery rate as suggested by the Editor. He said that it is not good to run races on consecutive days, that he is well aware that his performance on the second day is adversely affected by his performance on the first day, unless he happens to have had what he considers an easy race on the first day.

Speaking from memory he gave instances that support the view that even this wonder runner is human and subject to human reactions. He referred to two races which he ran against Finland in Prague last year. On the first day he won the 10,000 metres in 29 min. 50 sec., but did not put in everything of which he was capable as he wanted to do well in the 5,000 metres next day.

The second day saw him win the



EMIL ZATOPEK taking his mining apprentice pupils for a warming-up run round the playing field attached to their school. *H. W. Neale*

5,000 metres, very easily so far as winning distance was concerned, but under pressure so far as he, personally, was concerned, in 14 min. 5 sec. The two races were run against different opponents.

Zatopek then gave an instance of what happened to him when he ran on two consecutive days, the first under pressure. It was in Finland in 1949. On the first day he had had to go flat out to beat Heino in 29 min. 50 sec. over 10,000 metres. Next day he was completely exhausted to do 14 min. 20 sec. for 5,000 metres against Koskela.

The following day he spent in travelling to Turku where, on the fourth day, he ran 5,000 metres in 14 min. 13 sec. Zatopek says that he never feels good on the day following a hard race. His legs, particularly the calves, always feel heavy and sore, especially if he has been running on a hard track.

As a concluding example of what he can do if given an opportunity to recover, Zatopek instanced what happened in Finland last year when he made a world record for 10,000 metres.

He ran 5,000 metres in Helsinki in the scorching time of 14 min. 6.5 sec.

Next day he rested as he travelled in comfort to Turku. On the third day he made his 10,000 metres record of 29 min. 2.6 sec.

#### FULL RECOVERY IN 48 HOURS

That bears out Zatopek's contention that he needs 48 hours in which to achieve full recovery. On the other hand he trains in a manner that, I am certain, would run any ordinary star athlete straight into a psychiatric hospital.

Here is an example of the type of work I have seen him do in one evening. In order not to interfere with the track work of other athletes at the Masaryk Stadium on the hill overlooking Prague Emil runs on the sparse, rough grass on the outside of the track. This means that he runs a long way over the 400 metres that the track measures on the inside lane.

On the training outing to which I am referring he began with three fast half-laps with slow half-laps in between. From that he went straight into 20 fast laps, each linked with a slow half-lap. Then to finish off he did another five fast half-laps, again with a slow half-lap to fill in the gaps.

I don't have a watch here with me, unfortunately, and, in any case, as Zatopek was running well over the standard lap there would not have been much point to timing him, but on the eye I would say that each of his bursts of speed at least measured up to his actual racing pace.

Throughout this training outing Zatopek was able to converse with me whenever I felt inclined to join in alongside him and at the finish the only evidence that he had been indulging in strenuous training was not given by distressed breathing but by perspiration seeping through even the thickness of his track suit which he had worn throughout.

Zatopek is one of athletic's problem children. He appears to defy all the rules and yet meet with success. One problem about Zatopek is why he persists in racing flat out almost every time instead of being content to win by a narrow margin.

There have been varying opinions on this point, the common one being that he wants to win by as big a margin as possible, another that he doesn't know how to run his races in any other way. A combination of both is nearer the truth.

When Zatopek comes close to lapping the field in an Olympic or European championships' 10,000 metres race he is not playing to the gallery. He is running in the only way he knows how to run. Let me explain it in his own words:

"Until I found that I could run really well Czechoslovakia had not had a really good distance-runner. The result was that I was out on my own in all of my fast races. I determined to break as many Czechoslovak records as possible. But to do that I had to forget about the other runners in the races because none of them was capable of helping me or of keeping pace with me."

As a result of this lack of opposition he had to learn to run his races by feeling for the pace rather than by having pace thrust on him by rival runners.

That worked admirably until he came up against runners nearer to his own class in international competition. Then he ran into trouble. He could match them for pace, but not for track generalship, a classic example being the manner in which he was beaten by Gaston Reiff of Belgium in the Olympic 5,000 metres final at Wembley in 1948.

That was Zatopek's biggest lesson. After that defeat he frankly admitted, as he has done to me, that "I am useless

when it comes to racing tactics." After that defeat he arrived at the simple yet stupendous conclusion that the farther he is in front and the quicker he is in front the less likelihood there is of his being beaten.

That would be a fantastic conclusion except that it is made by an amazing athlete who doesn't know the limit of his own capabilities and is never afraid to tackle the job of proving that he can run faster than he has ever done before.

#### VIEWS ON DIET

On the question of diet too, Zatopek is completely unorthodox. So much so that he shocked me with some of his disclosures. He scorns special training diet. He says that the Finns make a fetish of this and often come a cropper when they race abroad and are unable to obtain the food to which they have become accustomed by routine and the planning of their trainers.

Zatopek eats by instinct, to use his own description. He eats when he feels like it, not to a time schedule. The only food for which he has no particular liking is meat, of which he has only a small amount.

Living out, Zatopek frequently does not eat breakfast. He walks the two miles between his flat and the Army P.T. Office in the centre of the city. On the way into the office he buys rolls, butter and a litre (about a quart) of milk. These he eats when he feels that he needs sustenance.

His training is done at about five o'clock and he does not eat between his morning snack and dinner, which frequently is a cold meal, particularly in the summer.

He has a special liking for fruit compotes and sweet dishes. In season he has an abundance of apples, pears and plums, and oranges when he can get them.

Zatopek says that having been brought up in the country he has never been tied down to regularity in the matter of fixed times for meals.

He tells two amusing tales about feeding before racing. Those who saw him run in the European championships in Brussels will recall the stories about him being in hospital with food poisoning in between his races. He actually left the hospital to run against doctor's orders.

But the food poisoning had nothing to do with the food provided in the hotel where the Czechoslovak athletes were

housed. One of the favourite dishes of the hearty-eating Czechs is baked goose.

His wife, thinking that she would give him a treat, brought a cooked goose all the way from Czechoslovakia. Emil did not like to refuse it, but it had lost some of its freshness in the three days that had elapsed between the cooking and his eating of it. And Zatopek finished up in hospital.

Czechoslovakia has a national dish that for generations took the place of the costlier potatoes on the poor man's table. It is knedliky and the nearest thing we have to it in Britain is suet pudding. Only there is no fat in knedliky, only white flour, and it is served in slices, hot.

The Czech loves his knedliky and Zatopek, country born and bred, is no exception. Of this he tells an amusing tale. In 1945 he was making an attempt on the record for 2,000 metres. Before the race, which took place late in the afternoon, he was invited to have lunch with friends.

The central feature of the meal was svestkove knedliky, knedliky stuffed with plums. His hosts were horrified when

they learned that he was to attack the record. They sought to persuade him to eschew eating the knedliky. But Emil manfully tackled the knedliky and three hours later made a new record.

A popular tale about Zatopek that went the rounds a year or two ago is that the champion overeats. Emil tells the tale with a wide grin on his face. It was, in fact, quite true of him at one stage in his career.

His father was opposed to Emil taking any part in athletics. He warned him that if he did he would finish up with tuberculosis. When Zatopek persisted in carrying on with his running his father exhorted him to eat as much as possible to make up for the energy which he insisted was being drawn out of his body.

On this question of regularity of meals and careful choice of foods, Zatopek and his medical advisers do not see eye to eye. But, so far, the champion is ahead on points.

Early on I stated that it has been the practice of Zatopek to train throughout the winter off season, outdoors if possible.

*Continued on bottom of page 13*

## WEYBRIDGE WHEELERS C.C. ATHLETIC and CYCLING MEETING

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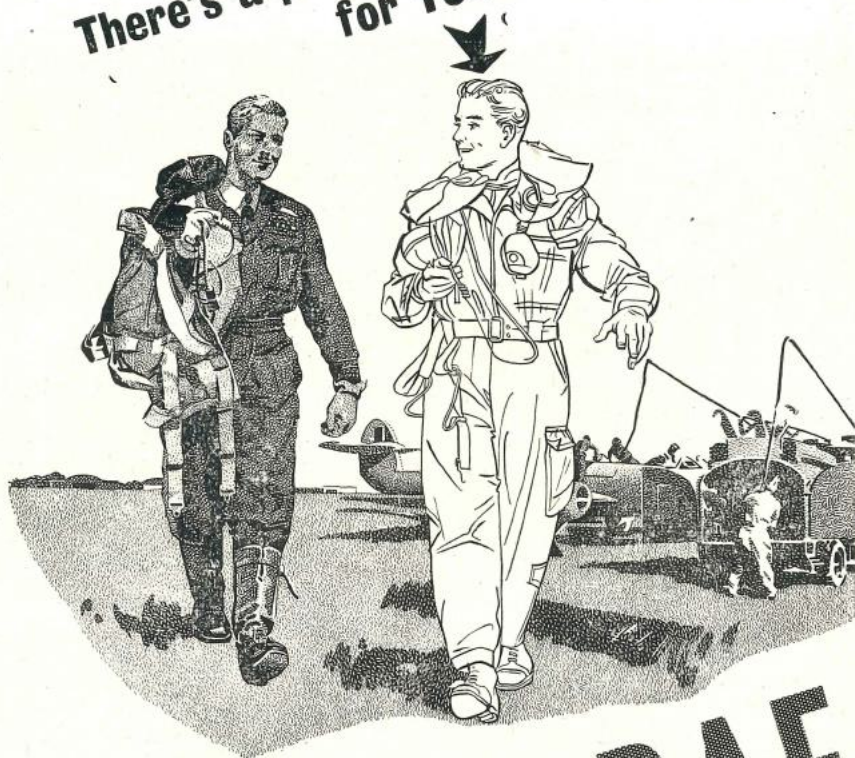
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A Group at HAROLD MOODY'S farewell party at the Concert Artists' Association Club. *H. W. Neale*

#### EMIL ZATOPEK (contd.)

sible, indoors if the weather is bad. For the first time in years he departed from that custom during the past winter. He has not once been out on the roads or in the forests or even in the riding school where before he did indoor running.

#### NEW IDEAS ON TRAINING

I was shocked when he told me this. I was astounded when he told me what he had done instead. In his flat he has rigged up a wall-exerciser and on this he has done herculean feats that rival his nightmare performances on the training track.

He has three set exercises. The first is deep knee-bending, the second cycling in a back-lying position, and the third knee raising against resistance provided by the wall exerciser. The cycling exercise is done with a 2-kilogramme (4.4 lb.) weight strapped on each foot.

This is the programme to which he adhered throughout the whole of the winter. He began with x 60 revolutions of each leg in cycling, then 30 knee bends. That was the warming-up process. Then began the work.

This consisted of 100 revolutions of

each leg in cycling, 50 knee bends, both being repeated ten times! After warming-down with another 60 revolutions of each leg in cycling and 30 knee bends, he went straight into ONE HOUR of knee raising against the resistance of the rubber-stranded wall exerciser.

He now admits that this was not reasonable, but only because he did not budget for exercise for the lungs as well as the limbs! What a man!

His return to running was done in the first week in March when he began to run 5,000 metres each day in the woods. His track work began on the first of April and each day he is putting in anything from 10 to 15 kilometres of fast-and-slow work.

I wish that British athletics enthusiasts could see this man Zatopek in training. Here is no pampered idol of the fans. No one pays any attention to him as he laps the Masaryk Stadium. No special privileges are given him for training. He does that outside of working time and he has no trainer or masseur in attendance. And even although he is Zatopek, the Olympic champion, that does not mean that he can train on the Army Stadium track, the best in Czechoslovakia. That is reserved for competition.

# WOMEN'S RESULTS

## King's College Championships

M. Hathaway 12.4; **220**: M. Hathaway 28.8; **80 Y.H.**: M. Hamley 15.0; **HJ**: M. Hamley 4' 8"; **LJ**: M. Hathaway 15' 3".

**Birmingham Univ.** beat **Cardiff Univ.** by 36 pts. to 18. **100**: J. Hopkins (C) 13.4; **220**: P. Watts (B) 29.9; **440**: P. Williams (C) 72.5; **HJ**: P. Watts (B) 4' 2"; **LJ**: M. Rees (C) 13' 2½"; **Relay**: Birmingham 57.0.

**Leyton Floodlit Meeting**—**100**: 1, J. Foulds (Spartan); 2, S. Cheeseman (Spartan) 12.3; **80M. H.**: 1, M. Dyson (Oxford); 2, S. Pratt (Orpington); 3, I. Pond (LO) 12.0; **Relay**: 1, Spartan; 2, Essex LAC; **H.J.**: 1, S. Alexander (Spartan); 2, J. Cowan (LO) 5' 0".

**Swad Meeting**: **80M. H.**: 1, M. Dyson (Oxford); 2, I. Pond (Middx.); 3, I. Robertson (Spartan) 12.4; **Shot**: 1, J. Linsell (Essex) 37' 8"; 2, K. Dyer (Mitcham) 32' 5"; 3, J. Page (LO) 29' 3½"; **440 Relay**: 1, Essex LAC (Desforges, Phillips, Hall, Brian); 2, Lond. Olympiades; 3, Spartan; 51.5; **Medley Relay (330, 110, 110, 220)**: 1, Spartan (Robins, Robertson, Cheeseman, Foulds); 2, Lond. Olymp.; 3, Middx. LAC; 1m.50.9s.; **H.J.**: 1, D. Tyler (Mitcham) 5' 4"; 2, S. Cawley (Spartan) 4' 10"; 3, S. King (LO) 4' 10"; **Match Result**: 1, London Olympiades and Spartan LAC 20 pts. each; 3, Essex LAC 18.

## May 5th

**Cambridge H.** 59 pts. beat **Kent A.C.** 33 and **Spartan L.A.C.** 12. **60M**: E. Warne (C) 8.2; **Jav**: A. Dukes (C) 83ft. 11in.; **LJ**: B. Hubble (S) 15ft. 1in.; **Dis**: K. Sowerby (C) 73ft. 8½in.; **Shot**: J. Needham (C) 27ft. 4½in.; **Mile Walk**: J. McCormack (C) 13m. 4s.; **440 Relay**: Camb. 54.4; **660 Relay**: Camb. 1:23.6; **880 Relay**: Camb. 2m.1.6; **Mile Relay**: Camb. 5m.2.2; **440**: J. Cutting (K) 66.2;

**HJ**: B. Cox (K) 4ft. 7in.

**Liverpool Univ. Champs**: **110**: C. Roberts 13.4; **220**: M. Christianson 31.4; **LJ**: M. Christianson 11ft. 11in.; **HJ**: B. Hill 4ft. 6in.

**Selsonia A.C.** 19 pts. beat **Londn Olympiades** 7 and **Leicester C. of A.** and **T. 4**. **100**: J. Ruuse (S) 12.0; **220**: S. Masters (S) 26.6; **LJ**: S. Masters (S) 15' 10"; **80MH**: S. Davies (LO) 13.8; **Relay**: Selsonia 52.4.

**Durham Univ. Sports**: **100**: F. Robson 12.7; **LJ**: P. Chapman 4' 1"; **Relay**: Kings.

**Birmingham Univ. Sports**: **100**: M. Starling 12.9; **80MH**: C. Messervy 14.5; **220**: C. Messervy 29.8; **HJ**: P. Watts 4' 5"; **Dis**: P. Eardley 85' 7".

**Glasgow Univ.** beat **St. Andrew's Univ.** by 57 pts. to 38. **100**: N. Kerr (G) 13.2; **220**: N. Kerr (G) 29.6; **440**: S. McKinnon (St. A) 71.9; **80MH**: J. Towers (St. A.) 13.5; **HJ**: D. Walby (G) 4' 10½"; **LJ**: E. Unkles (G) 14' 9½"; **Jav**: E. McInnes (G) 79' 1½"; **Dis**: E. McInnes (G) 104' 6½" (Scottish record)..

# RESULTS

## May 5th

**Cambridge H.** beat **Highgate H.** by 72 pts. to 23. **100**: K. Jones (C) 10.4; **220**: P. McCarthy (H) 24.6; **440**: R. Miller (C) 54.8; **880**: A. Sanderson (C) 2:5.2; **Mile**: D. Neal (H); **2M. Team**: Camb. H. Ind: L. Cass (C) 9:55.9; **LJ**: A. Maggs (C) 19ft. 8½in.; **Dis**: M. Sawicki (C) 109ft. 8in.; **HJ**: R. Miller 5ft. 0in.; **Shot**: M. Sawicki (C) 38ft. 9½in.; **2M. Walk**: K. Smith (C) 15:48.0; **Relay**: Camb. H. In a junior match **Cambridge** beat **Highgate** by 55 pts. to 8. **100**: T. Ryan (C) 11.0; **220**: T. Ryan (C) 25.0;

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*H. W. Neale*

440: M. Heron (C) 57.2; 880: C. Bennett (C) 2:15.0; **Mile**: K. Harland (C) 4:48.4; **HJ**: C. McArdle (C) 4ft. 10in.; **LJ**: B. Schwartz 18ft. 6in.

**Manchester Univ. Champs.** 100: G. Hazzan 10.6; 220: K. Whitaker 24.0; 440: K. Whitaker 54.4; 880: R. Vaughan 2:9.5; **Mile**: J. Llewellyn 4:45.5; **3M**: F. Newton 16:14.6; **120H**: M. Pharaoh 16.6; **LJ**: T. Kavanagh 21ft. 4in.; **HJ**: D. Ryan 5ft. 8in.; **HSJ**: A. Clegg 39ft. 11in.; **Shot**: M. Pharaoh 43ft. 8½in.; **Dis**: M. Pharaoh 150ft. 8½in.; **Jav**: W. Pearce 142ft. 8in.; **Ham**: M. Pharaoh 113ft. 7in.; **PV**: G. Ranson 9ft. 6in.

**Liverpool Univ. Champs.** 100: G. Park 24.4; 440: A. Brown 53.6; 880: G. Eatswood 1:59.0; **Mile**: G. Eatswood 4:39.0; **3M**: J. Gilmour 16:10.0; **LJ**: J. Lawrence 20ft. 10in.; **HJ**: J. Lawrence (record); **120H**: H. Sager 16.9; **440H**: M. Potter 6.18; **PV**: R. Harrison 8ft. 6in.; **Shot**: D. Byrne 38ft. 10in.; **Dis**: D. Byrne 112ft. 1in.; **Jav**: D. Byrne 138ft. 5in.; **Ham**: J. Jolley 117ft. 9in.

**Walton A.C. 106pts.** beat **Met. Police 70, Dorking St. P. 52 and Southgate H. 39.**—100: 1, D. Buchanan (W) 10.5; 2, K. Rickard (W) 10.7; **120 H**: W. Tomlins (W) 16.5; **220**: 1, L. Lewis (W) 22.7; 2, K. Bays (S) 24.7; **440**: 1, F. Williams (W) 54.3; 2, A. Lee (W) 55.8; **880**: G. W. Nankeville (W) 2m.2.4; **Mile**: J. Doggett (W) 4:37.2; **2M**: J. Butler (D) 10.02; **Relay**: Walton 45.8; **HJ**: J. Buxcey (MP) 5' 7½"; **LJ**: D. Buchanan (W) 20' 9"; **Shot**: K. Read (MP) 37' 4½"; **Dis**: D. Colby (W) 111' 8½"; **Jav**: K. Jones (D) 126' 7".

**Highgate H. Championships: Senior**—100: D. Wilkinson 10.6; **440**: P. McCarthy 54.5; **Mile**: D. Neale 4m.30.9; **880 H'cp**: A. Hill (35) 1m.59.2; **Junior**—100: D. Thompson-Lewis 11.6; **440**: R. Bernstein 58.4; **Mile**: D. Lane 4:59.2; **Youths**—100: J. Bickel; **440**: D. Miles; **Mile**: P. Mahoney 5:11.5; **Novices Mile**: N. State 5:19.5; **220 H'cp**: A. Dubarry (8) 23.3.

**Ranelagh H. 20 Miles Road Race**: 1, H. Lee 2:11.57; 2, G. Moriarty 2:12.52; 3, R. D. Callis 2:18.02.

**Belgrave H. 33 pts.** beat **S. London H. 16 and Leicester Coll. of A. and T. 5** at Tooting. 100: R. Holtum (B) 10.6; **220**: B. Cox (SLH) 23.6; **880**: J. Prince (SLH) 2m. 1s.; **440**: D. Clark (SLH) 53.8; **Mile**: C. Walker (B) 4:29.8; **HJ**: A. Bergvalds (B) 5' 3"; **Shot**: A. Bergvalds (B) 36' 10"; **LJ**: A. Christmas (B) 18' 11½"; **2M**: A. Bedford (B) 9:53.4; In a junior match **Belgrave 25 pts.** beat **S.L.H. 10 and Leicester C.A.T. 1.** 100: J. Forrester (B) 10.8; **220**: F. Kemp (B) 24.4; **440**: G. Castleton (B) 53.4; **880**: D. Maclean (B) 2m. 6s.; **Mile**: G. Goode (B) 4:45.8; **Relay**: Belgrave 47.4s.

**Durham Univ Sports.** 100: D. Tuck 10.4; **220**: D. Tuck 23.3; **440**: A. Colling 55.8; **880**: J. Lee 2m.7.8; **Mile**: J. Nettleton 4m.46.8; **3M**: C. Smith 16m.31.3; **120H**: I. Smith 16.5; **440H**: I. Smith 60.3; **Dis**: D. Matthews 105' 1"; **Ham**: N. Brass 99' 9"; **Shot**: J. Wright 31' 8"; **Jav**: K. Beck 136' 9"; **PV**: D. Brow 9' 6"; **HJ**: A. Egbor 5' 2"; **LJ**: H. Riddell 18' 10½"; **HSJ**: A. Tubb and E. Wallace tie 41' 2". **Relay**: Kings 1:40.2; **Medley Relay**: Kings 4m.1s.

**Birmingham Univ. Sports:** 100: F. Turton 10.8; **120H**: J. Davies 15.4; **220 H**: G. Fisher 28.0; **440**: P. Beavon 52.6; **Mile**: R. Bayly 4m.41; **2M**: S'chase: C. Harkness 12m.18.3; **PV**: J. Rushton 9' 6"; **Jav**: F. McGuinness 145' 3"; **LJ**: D. Ford 19' 9½".

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**Glasgow Univ.** 88½ pts. beat **Queen's Univ. (Belfast)** 62½ and **St. Andrew's Univ.** 36. 100: D. McDiarmid (G) 11.0; 220: W. Lyall (St. A.) 24.7; 440: D. Gracie (G) 54.0; 880: H. Hatrick (G) 2m. 3s.; **Mile:** V. Milligan (Q) 4m.33.6; **3M:** W. Robertson (Q) 15.42; **120H:** R. Unkles (G) 16.7; **440H:** R. Boyd (G) 60.8; **LJ:** S. O. Williams (G) 22' 1"; **HJ:** A. Ramsay (G) 5' 9"; **PV:** T. McAulay (Q) 11' 1"; **Jav:** A. Gregg (Q) 160' 5½"; **Dis:** K. Watson (Q) 131' 9½"; **Shot:** W. McNeish (G) 40' 4½"; **Ham:** W. McNeish (G) 130' 10";

**HSJ:** W. Laing (St. A.) 43' 3½".

**Walton A.C.** beat **St. Mary's College** by 47 pts. to 15 at Strawberry Hill. 100: R. Deacon (W) 10.6; 440: F. Williams (W) 54.2; 880: J. Doggett (W) 2m.2.6s.; **Mile:** J. Moores (W) 4:49.5; **3M:** J. Addington (W) 15:33.2; **LJ:** J. Woods (W) 19ft. 0in.; **HJ:** P. Murphy (St. M) 5ft. 4½in.; **Dis:** F. Rafter (W) 99ft. 11½in.; **Shot:** F. Reilly (St. M) 34ft. 2in.; **Jav:** F. Reilly (St. M) 119ft. 0½in.; 4 x 220 **Relay:** Walton "B."

### SOUTHERN 6 MILES

The Southern 6 Miles Championship is to be held on Saturday, June 9th at Broomfield Park Track, Southgate, in conjunction with the Middlesex Junior Championships. The 6 Miles will be towards the end of the programme. Entries close on Monday, 21st May, to L. R. Truelove at the A.A.A. Offices, Crown Chambers, 118, Chancery Lane, London, W.C.2.

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### BRITISH GAMES (contd.)

5, R. Hawkey (N. & D.) 42ft. 8in.; 6, J. Tenucci (Kent) 42ft. 5½in.  
**Javelin**—1, M. Denley (Middx.) 176ft. 6½in.; 2, H. Moesgaard-Kjeldsen (Kent) 173ft. 4½in.; 3, M. Dalrymple (Cams.) 172ft. 10in.; 4, A. Redgate (Notts) 171ft. 9in.; 5, M. Morrell (Cheshire) 169ft. 5in.; 6, D. Wright (Essex) 164ft. 0½in.  
**Inter-County Championship**—1, Surrey, 80½ pts.; 2, Middlesex 71; 3, Lancs. 52; 4, Yorks 42.