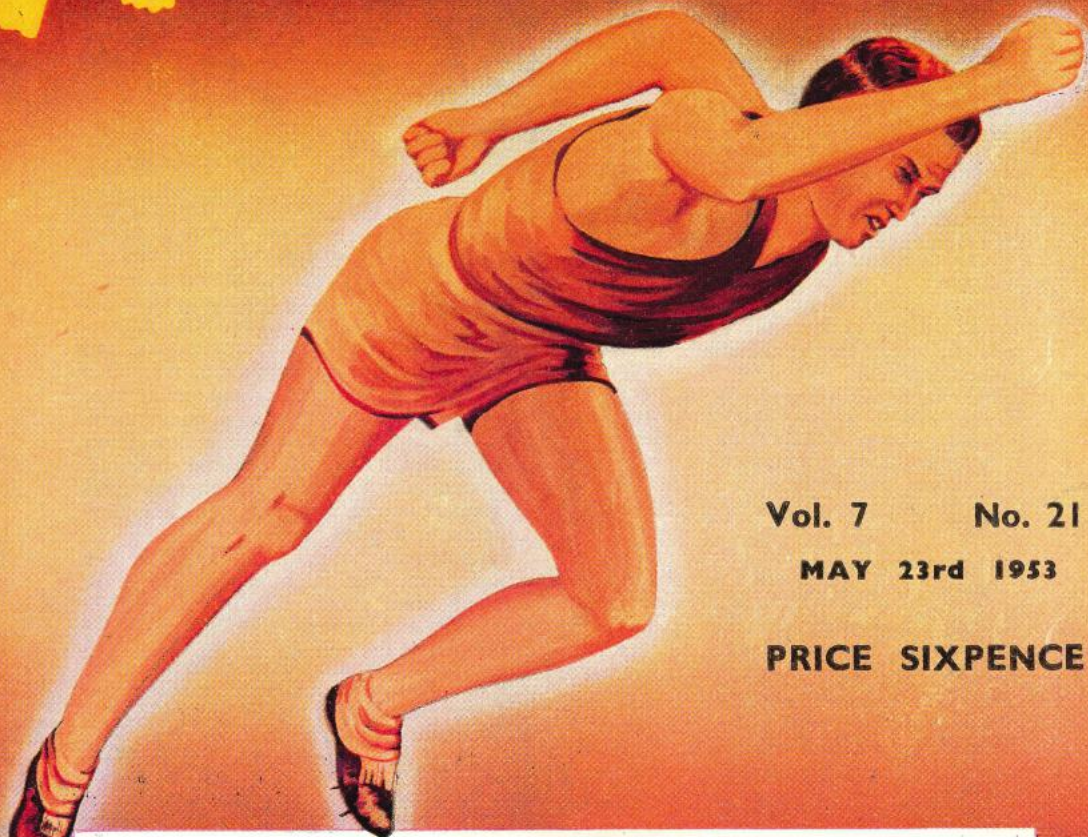


Athletics



WEEKLY



Vol. 7 No. 21

MAY 23rd 1953

PRICE SIXPENCE

CLUB BEST PERFORMANCES LISTS

By A. J. C. KENDALL

TRAINING AND COACHING QUERIES

U.A.U. CHAMPIONSHIPS ★ BROCKMAN TROPHY MEETING

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

FOREIGN NEWS

By H. E. D. O'Neill

Chile

The results of the National Championships held in the Estadio Nacional Santiago from the 3rd to the 5th of April, were as follows:—

100m: 1, Ehlers 10.9; 2, H. Krauss 10.9; **200m:** 1, H. Krauss 22.2; 2, Mascaro 22.6; **400m:** 1, Ehlers 48.9; 2, Sandoval 49.6; **800m:** 1, R. Sandoval 1:55.3; 2, Fontecilla 1:56.2; **1500m:** 1, Sola 4:02.9; **5,000m:** 1, R. Inostroza 15:20.8; **10,000m:** 1, R. Inostroza 31:50.6; **3000mSC:** 1, Sola 9:33.8; 2, Novas 9:36.6; **110mH:** 1, Claro 15.0; 2, Gevert 15.1; **400mH:** 1, Gevert 54.0; 2, Martin 55.6; **HJ:** 1, Lagos 6'2 $\frac{3}{4}$ "; 2, Pueblo 6'0 $\frac{3}{4}$ "; **LJ:** 1, Gaete 21' 11 $\frac{1}{4}$ "; **PV:** 1, Horn 11'5 $\frac{3}{4}$ "; **HSJ:** 1, Chalot 45'10"; 2, Gaete 48' 6 $\frac{1}{4}$ "; **S.P.:** 1, Kittsteiner 44' 7 $\frac{1}{4}$ "; **D:** 1, Haddad 152' 4 $\frac{3}{4}$ "; **J:** 1, Stendzenieks 203' 3"; **H:** 1, Diaz 164'5"; 2, Melcher 155'6".

Finland

The visit of three German athletes and some Swedes to Helsinki gave the indoor meeting at "Otaniemi-Halle" an international flavour.

Werner Zandt won the 60m. in 7.1, Urban Cleve placed second to indoor-seasoned Dennis Johansson (2:29.8) in the 1000m. his time being 2:35.4, and Helmut Gude won the 2000m. Steeplechase in 5:52.6 defeating O. Rinteenpaa, 5:53.6, and Sven-Laine 6:00.2.

Other Results—

500m: 1, O. Mildh 69.2; 2, A. Pystynen 69.5; **2M:** 1, T. Lonqvist 9:20.6; 2, T. Paajanen 9:21.0; **70mH:** 1, N. Laine 9.2; 2, R. Lundberg (Sweden) 9.2; **H.J.:** K. G. Berglund 5'10 $\frac{3}{4}$ "; **LJ:** R. Kaarianen 22'0 $\frac{1}{2}$ "; **PV:** 1, R. Lundberg (Sweden) 13'5 $\frac{1}{4}$ "; 2, J. Piironen 13'1 $\frac{1}{2}$ "; **HSJ:** 1, M. Kekkonen 44' 4 $\frac{1}{4}$ "; **S.P.:** O. Laiho 47' 3 $\frac{1}{4}$ ".

Germany

The German (West Zone) Cross-Country Championship held at Solingen, 18th April. Result—(Distance 7:815 metres): 1, Helmut Gude (Stuttgart) 23:22.6; 2, Siegfried Steller (Charlottenberg) 23:25.8; 3, Herbert Schade (Soling) 23:37.4; 4, Hermann Eberlein (Munich) 23:48.2; 5, Walter Muller (Munich) 23:52.0; 6, Emil Bacigal (Munich) 23:57.0; 7, Werner Schnepf (Barmer) 23:58.4; 8, Karlheinz Schmalz (Koblenz) 23:59.0; 9, Willie Grunsfelder (Oberhausen) 23:59.2; 10, Siegfried Herrman (Mitte Halle) 24:06.4.

Norway

Sverre Strandli, who has been on a tour of the Argentine during the European winter months, has been in excellent form. On the 15th March in Buenos Aires he had a throw of 197' 5" and at San Juan on 4th April he registered the amazing distance of 201'4 $\frac{3}{4}$ " which betters his own World Best of 200'11 $\frac{1}{2}$ " made in Oslo on the 14th September last. It is unlikely that this will be recognised as a world record because reports say that it was performed under exhibition conditions.

U.S.A.

At Los Angeles on 25th April, Parry O'Brien put the Shot 58'8 $\frac{1}{4}$ ", the furthest throw ever made in the United States and just 2 $\frac{1}{4}$ " short of James Fuch's world record made at Oslo in 1950. On the same day at New Haven, Henry Thresher, of Yale, ran a fast 20.9 furlong and a 9.8 century.

Held on the 24th and 25th also were the renowned Penn Relays (held at Philadelphia) and the equally famous Drake Relays held at Des Moines, Iowa.

In the former, the much vaunted "Mile of the Century" i.e. the "Benjamin Franklin" Memorial Mile was won by Len Truex of Ohio, in the for a "Mile of the Century," slow time of 4:10.0, with Dennis Johansson of Finland second, Fred Wilt third and Sture Ladqvist of Sweden fourth.

Fred Dwyer, Villanova's indoor ace ran a mile relay leg in a sound 4:11.7. In the individual events big Roland Nilsson of Sweden and Michigan confirmed his 1952 improvement by winning the Shot at 55'9 $\frac{1}{4}$ " and the Discus with an excellent throw of 174'3 $\frac{1}{4}$ ". Other Penn Relay results were: **100:** Art. Bragg 9.7; **2M:** F. Eckhoff (Norway) 9:20.1; **120H:** W. Monohan 14.8; **400m.H:** Josh Culbreath 53.2; **HJ:** Mark Smith 6'6"; **LJ:** F. Morgan Taylor 24'5 $\frac{1}{2}$ "; **JV:** Al. Cantello 211'9 $\frac{3}{4}$ "; **HT:** Sam Felton 178'3 $\frac{1}{4}$ "; 2, Steve Dillon 172'2 $\frac{1}{4}$ "; 3, Martin Engel 168'4".

At the Drake Relays Wes Santee ran a mile relay leg in 4:15.2 and a "half" leg in 1:50.2. Darrow Hooper won the discus at 164'7", whilst the 440 yds. Hurdles was won by Jim Philbee, of Bradley in 54.9.

Other Drake results—**2M:** Walter Jewsbury 9:23.5; **120H:** Willard Thomson 14.4; **100:** 1, Willie Williams 9.7; 2 Charlie Thomas.

Athletics Weekly

Official Organ of Athletics in Great Britain

Vol. 7. No. 21. May 23rd, 1953

EDITOR: P. W. GREEN

Published by—

ATHLETIC & SPORTING
PUBLICATIONS

Editorial Offices—

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

Advertisement Representatives—

W. HORACE BIGGS,
PRESS ORGANISATION Ltd.,
115 HIGH HOLBORN,
LONDON, W.C.1.

Printed by—

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

Subscription Rates—

12 MONTHS (52 issues) 80s.
6 MONTHS (26 issues) 15s.
3 MONTHS (13 issues) 7s. 6d.

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EVERY SATURDAY — SIXPENCE

THE policy of giving our athletes more competition abroad this track season may well prove invaluable, just as it paid dividends during the recent cross-country season.

Not only does it give our men competition of the right kind, it also enables them to get the right psychological approach before really big events come along. The really great athlete will usually rise to the occasion, no matter what opposition is provided, but the up and coming athlete may be rather overawed by his famous opponents, particularly when meeting them for the first time. Such experience, then, can do nothing but good, providing the athlete's training is adjusted to allow for the extra competition and travelling involved.

It is, perhaps, of special importance for our best middle and long distance runners to get used to running and racing at a faster pace than they usually have to run at home. This again is largely a psychological aspect but an important one nevertheless.

Our field events men, too, can gain invaluable experience by competing against and watching the best from other countries. They are learning all the time, and as they learn so they improve. Yes, it is a good policy, but I hope we shall see the selections spread out over a slightly larger number of athletes, just as the A.A.A. selections at home are embracing athletes who are verging on the top class and to whom such selection is an inspiration as well as valuable experience.

There are many new names coming to the fore and some of the established athletes will be fighting for their places before the season is through. One particularly good performance from "out of the blue" was the 12'4½" pole vault by I. Ward, Sports Master at Heywood Grammar School, last week. There are many others too, for so early in the season. A noticeable trend is the harder training and more work being put in by athletes generally, and this is no doubt largely responsible for the steady upward movement of our standards in almost all events. First the coaching, and now the hard work, is the right recipe and it is bringing results.

THE EDITOR.

* * *

Leigh H. are holding their Coronation Sports on June 13th. Open events include men's 100, 220, 880, 880 junior h'cps., 2 miles team, ladies 100 h'cp and relay. Further details next week.

TWO TROPHIES—AND 50 YEARS OF DISTANCE RUNNING

ON Sunday, May 10th, two historic athletic trophies returned to athletics.

They were the cup won by E. W. Lloyd when he set his 50 miles track record at Stamford Bridge in 1913 and the belt won by the late Len Hurst in a 10 miles professional championship race at Bow in 1902. Both were presented to the Road Runners' Club, and both will be perpetual challenge trophies the cup for the winners of 50 miles track races, organised or approved by the R.R.C., and the belt as a team award in the London to Brighton run.

The club received the trophies at a gathering at which R.R.C. members were guests of Surbiton Town Sports Club Social Committee. Mr. Lloyd presented his cup to Mr. Rex Cross, President of the R.R.C., who immediately asked Mrs. Lloyd to present it to its first holder, D. E. Reynolds. Mrs. Hurst then presented the belt to Mr. Cross; and, at his request, took it back to hand it to Mr. Reynolds, representing the first holders, Blackheath Harriers.

The club already has (and Reynolds already holds) the Arthur Newton Trophy for the individual winner of the Brighton; and it is appropriate that this trophy and the Len Hurst belt should be the main awards for this race, as Newton succeeded Hurst as record holder for the course.

The presentation of these historic trophies was itself an historic occasion; for, gathered in one small room, were distance champions covering half a century. There were Edgar Lloyd and Arthur Newton; there were Sam Ferris and Derek Reynolds; and there was Ernest Neville, who walked his Centurion 100 in the year that Hurst set his Brighton record.

The presentations were followed by a discussion, ably led by Sam Ferris, on distance training; and young runners had the opportunity of hearing views from Lloyd, Newton and Neville. It was a pity, in fact, that there were not more young athletes there to listen; and further discussions of this type—with the highlights permanently preserved in printed form—could be a most useful future R.R.C. activity. During this

one, Sam Ferris paid a deserved tribute to Bill Thomas, a large part of whose great career (though only a part) can be summed up in the simple statement that he trained Sam Ferris and he trained Edgar Lloyd.

Incidentally, while Lloyd's is a name that has only just disappeared from the list of native record holders, there may well be readers who would like to know more of Len Hurst's career. He won his first race, over 4 miles, in 1887, but was in the Marathon class by 1889, when he won a 3 hours event. Later achievements included 183 miles in 30 hours in 1893, 151 miles in 20 hours in 1895, and 20 miles in 1:53.42 in 1900. He won the Conflans to Paris 25 miles Marathon three times, returning 2:26.42 his first time over the course and having to beat fields that sometimes exceeded 200. In 1902, he won the championship race for the belt; and, in 1903, set his Brighton record of 6:32.34. His last great feat was 597 miles in 6 days in Madison Square Garden. Hurst was born in 1871—about the time when the first holders of his belt, Blackheath Harriers, were founded. He died in 1939. J.A.

NEW CLUB FOR CARSHALTON

Carshalton Harriers is a new club with Mr. Kemp, 5 Talbot Road, Carshalton, Surrey, as Hon. Secretary. A new cinder track is being laid through the local Council and will be opened on June 6th on the occasion of the local Coronation Sports. Any athletes in this area, including those who are first-claim members of other clubs and would like to join the new club second claim, are asked to get in touch with Mr. Kemp at the above address. Coaching will be in the hands of J. H. Cole-Powney.

MIDDLESEX LADIES IN PARIS

To-day the Middlesex Ladies A.C. are competing against Famina Sport in Paris. Eighteen girls left Northolt yesterday morning and will return to-morrow evening. Included in the programme is a 10 x 150m. relay and a special trophy is being presented to the winning team.

From the Editor's Postbag

THE TRIANGULAR INTERNATIONAL

Dear Sir,

As run at the present, this annual match is a rather unsatisfactory fixture. Nominally, it is England and Wales v. Ireland v. Scotland, but in practice, a very strong English team beats the other two countries quite easily. This is bad for two reasons.

Firstly, very few Welsh athletes ever get a chance to compete at all, which is rather unfair. Secondly, with the top-class team England can field these days, the result is a foregone conclusion, and this removes a lot of the attractiveness of the match.

Would it not be in the best interests of athletics generally, and the triangular international in particular, if the following amendments to the England and Wales team were made?

The A.A.A. could nominate an Englishman and the Welsh A.A.A. a Welshman, for each track and field event, so that an equal number of athletes from each country would form the England and Wales team. The Welsh members, of course, would wear their own famed red vest and the English boys would still wear their white vest and rose badge. Wales is producing more and more athletes who are quite equal to the best in Ireland and Scotland, and it would give athletics in the principality a great fillip if Welsh participation were enlarged in this way.

Names such as K. Jones, H. Steggle, J. Yates, P. R. Ll. Morgan, C. Balch, J. Disley, I. H. Jones, A. Roche, P. Delight, G. T. Wells, H. L. Williams and C. Carter spring to mind and, doubtless, there are a number of others equally worthy of selection.

Admittedly, some English athletes would have to be left out who would compete as the rules stand, but surely, it would be a welcome gesture for the A.A.A. to recognise the RIGHT of the Welshmen to join the contest. This year, Great Britain is competing in three full internationals and the English boys will get their chance of an international vest against the Continentals.

Such a revision of the rules would also give Scotland and Ireland a bit more of a chance to win and it would liven up the whole fixture—or would it? What do other readers think?

Yours truly,

A. W. Norman
(Harrow)

WESTERN COUNTIES CHAMPIONSHIPS

The 1953 Western Counties Championships are being held at Weymouth on July 4th. The Junior 100 and 220 yards will take place at Tiverton, on July 25th, and the Junior 880 at Weston-Super-Mare on August 4th.

The 880 yards final in the Surrey Youths Championships. L. to R.—A. Marriott (Sutton), J. Thomsitt (S.L.H.), J. Davis (Mitcham), E. Cronk (Belgrave) 3rd, D. Knott (Farnham) 2nd, D. J. Martin (Herne Hill), and B. Williams (SLH). The winner was P. Bradshaw (Whitgift) in 2min. 10sec.

E. D. Lacey



CLUB BEST PERFORMANCE LISTS

By A. J. C. Kendall (Shaftesbury Harriers)

I THINK all clubs should keep Best Performance Lists during the season and a few comments may encourage clubs who do not at present keep such records to do so. Providing some one can be found who is willing to keep records it is an interesting and useful job and not a very difficult one. We have kept Best Performance Records in my club for several years now, temporary lists being issued periodically during the season with final lists in Booklet form at the end of each season.

The advantages are obvious, as most athletes take an intelligent interest in their achievements these days and the Lists enable them to see readily how they rank in the club compared with other members, what progress they have made during the season and provide a comparison with previous years. From the Club point of view they stimulate interest among members and help to show up the events for which more coaching is required.

In the Field Events it is easy enough to obtain the necessary data as all attempts are usually measured in competitive events, but in the track events more often than not only the winning time is recorded. We therefore arrange at our fixtures to have Timekeepers who concentrate on times of members, other than the event winners. These times can be checked against the officially recorded time of the winner for accuracy. I feel that these arrangements are particularly helpful to sprinters as in the ordinary way it is possible for a useful club man who consistently finishes 2nd or 3rd in inter-club competitions to go through a season without ever getting an officially recorded time.

For the records to have any value at all it is necessary to insist upon a reasonably high standard of accuracy as to timekeeping and measurement, but it must be recognised that it is not possible to take into consideration "wind-assistance" as few tracks have a wind gauge. Conditions at meetings held

during the season do, of course, vary considerably, but experience shows that most athletes' performances do show a fairly steady trend, so that it is only when a recorded performance is considerably better than any previous efforts that further investigation may be considered necessary.

In compiling these Best Performance Lists it may be considered advisable to lay down a few simple rules, but these can be made in accordance with club requirements. For instance we only accept results actually achieved in competition on a standard track, and do not record the phenomenal performances that are sometimes claimed in training efforts. We also record performances by second claim members, but only when they are competing for the club. We keep separate lists for Seniors, Juniors and Youths and where a boy competes in an event in a higher age group this fact is recorded. As regard schoolboy members we do not include results achieved at school, although we do accept results from Schools District and Area Championships which are held on recognised tracks. This is not intended to be any reflection on the accuracy of schools results, but it is felt that conditions vary so much at schools owing to the various types of grounds that have to be used, that rather than accept results achieved at some schools and refuse those from others, it is better to take none at all.

It could easily happen that a particular member's best performance is accidentally overlooked, causing the individual some disappointment when the final lists are published, but if interim lists are issued, members do know what is going on and the onus is on them to see that their efforts are included. We do however fix a date by which any applications for consideration for our lists must be made.

After operating our Best Performance Lists for a few years we have found it possible to draw up a list of Best-ever Performances by our members, which adds to the interest and sets a target for each event.

TRAINING & COACHING QUERIES

Address your Query to — ADVICE PANEL, "Athletics Weekly," Kent Art Printers, Ltd.,
The Brook, Chatham, Kent.

THE MARATHON

*Johnny Johnston has answered this query
for Jim Peters*

Q. What type of running shoe do you use on marathon runs? If it is not an inadmissible question, can you recommend any special type or make? Finally, there seems to be a dearth of literature on road running. Can you recommend any good books or articles. If you can spare the time, and I know it is asking a bit—could we have an extension to your article on road running to cover such things as style, tactics, etc.

Do you advocate taking any refreshment, liquid or solid, on long runs, especially in the summer? If so, what do you recommend and in what quantities? I have in mind, in this connection, especially, water and salt to replace excessive and prolonged perspiration. Do you find refreshment or salt and water necessary in training runs in summer? If so, what system do you operate to obtain the same on a run?

L. N. Hobbs

A. It is found that any of the well-known makes of "rubber shoe" is satisfactory both for training and racing. It is best to keep two or three pairs going. Jim trains in a fairly stout pair of rubbers and keeps a lighter weight shoe for races—but he always breaks his shoes in gradually. This type of shoe will give hundreds of miles of training, is comfortable and gives easily to the feet and the canvas uppers absorb the perspiration. Woollen socks should be worn and be a good fit, without darns, and a little vaseline used at the toes and soles will prevent most blisters.

The only book of any note on Road Running is Arthur Newton's book which, even if we cannot agree with all the views expressed, is basically sound and very valuable to anyone taking up distance running. Articles do appear from time to time and should be studied carefully for there is usually a good point or two to note. "Style"

is mainly a personal trait but one should aim at "relaxed running" — "tactics" have to be learnt from one's own experience and each race has to be treated on its merits according to one's own form, the opposition, and the importance of the race.

It should be possible to run up to 20 miles without the need for liquid or solid refreshment, but to relieve the parched feeling a drink of your liking may be used in small quantities, but usually a rinse of the mouth with sugared water or tea suffices. Jim takes no solid food or concentrates; a drink will be taken as a rinse, and the sponge is always taken, when offered, for the neck, face and mouth to be wiped. For emergency a blackcurrant juice drink with salt added is available at the permitted points from 19 miles inward, namely 22 and 25 miles (the rules don't allow you to collapse anywhere else!) and I have yet to be at a marathon where a 25 miles feeding station operates.

After the race it is impossible for several hours to satisfy the craving for liquid, and first of all a strong fruit and salt drink is given—this is found fairly palatable—long drinks are refused, but frequent sips and small drinks given, the salt content finally is nil. This in time replaces the salt and liquid lost from the body during the race—and as a matter of interest, Jim loses 7-8lbs.—it depends on the temperature of the day.

If no cyclist can be with you on a training run when you wish to experiment with refreshment, why not run several laps of a short course and take the drinks when passing home?

J. Johnston

In the Watford H. Road Relay on March 27th, 1954, the fastest "B" team will receive a special set of medals.

* * *

Middlesex County are including a junior hammer throw in their Championships for the first time.



PHYLLIS GREEN (Ilford) No. 6, got up to the tape to surprise VALERIE WINN (Spartan) No. 14, in the Women's Invitation 800 yards at the Sward Meeting at Chiswick.

H. W. Neale

Women's Results

LONDON UNIVERSITY CHAMPIONSHIPS.

100: 1, A. Cartwright; 2, J. Barnett, 3, J. Findlater; yd., 2yd., 12.3. **220:** 1, N. Youdale; 2, J. Barnett; 3, H. Meredith; 2 yds., 2yds., 27.0. **440:** 1, A. Cartwright; 2, M. Bott; 3, J. Findlater; 3 yds., 5 yds., 62.2. **80m.** **H:** 1, M. Bridgeford; 2, H. Meredith; 3, J. MacLeod; 3 yds., 2yds., 13.1. **HJ:** 1, L. Line 4'11"; 2, J. MacLeod 4'10"; 3, A. Jones 4'8". **LJ:** 1, J. Findlater 16'6"; 2, J. Barnett 16'1½"; 3, N. Youdale 15'8". **D:** 1, L. J. Deas 91'8"; 2, E. Beale 72'10½"; 3, J. Wood 72'9". **Winners of events previously decided:** **Wt:** L. J. Deas 30'5½". **J:** M. Milford 79'6". **880:** M. Bott 2:32.4.

Imperial College Challenge Cup: Results: 1, Imperial College 28 pts. 2, St. Bartholomew's Hospital 23; 3, King's College 22; 4, Wye College 21.

May 2nd

Woking A.C. beat Potters Bar A.C. 16

pts. to 7. **100:** E. R. Steele (W) 11.9 (eq. rec.); **150:** E. V. Steele (W) 19.0; **LJ:** Hurcombe (W) 15'3¼"; **4 x 110 Relay:** Woking 55.1 (rec.).

May 7th

Phoenix A.C. 22 pts. beat **Lensbury A.C.** 21 and **Poly L.A.C.** 19. **100:** D. Simmonds (L) 12.1; **220:** S. Hampton (L) 28.1; **80m.** (1): B. Roots (Ph) 12.2; **80mH**(2): R. Laws (Ph) 14.4; **HJ:** I. Béan (L) 4'7"; **LJ:** M. Hughes (P) 15'9½"; **D:** B. Whiffen (Ph) 105'1½"; **4 x 110 Relay:** Phoenix A.C. 53.3.

May 9th

Earlstown Viaduct Sports. **100:** C. J. Carter (Liv. Pembroke) 8, 10.7; **4 x 110 Relay:** Liverpool H. 52.7.

Essex Ladies beat **Cambridge H.** 36 pts. to 18. **100:** Hill (E) 12.0; **220:** Johnson (C) 27.2; **880:** Francis (E) 2:41.6; **LJ:** Taylor (E) 15'5"; **S:** Legg (C) 35'8½"; **J:** Legg (C) 103'10"; **4 x 110 Relay:** Essex Ladies 52.8. **Juniors:** **80:** Warner (E) 10.4; **150:** Bishop (E) 18.3; **4 x 110 Relay:** Essex Ladies 55.0.

Epsom and Ewell Ladies' Sect. beat **Sutton and Cheam Ladies' Sect.** 4 pts. to 0. **100:**



B. S. HEWSON (Mitcham) No. 28, winning the 880 yards at the Leyton Floodlit Meeting from D. LEFTWICH (Southgate) No. 25. in 1min. 57.1sec., with K. MARSDEN (Cambridge Univ. No. 32 and P. BARBER (Darnley) close up.

H. W. Neale

J. Blicke (E) 11.8; **HJ**: J. Sissors (E) 4'7"; **LJ**: H. Blues (E) 14'8"; **4 x 110 Relay**: Epsom and Ewell.

Phoenix A.C. 42 pts. beat **Hercules A.C.** 31, **Kent A.C.** 29 and **Ilford A.C.** 27. **100**: E. Wittey (K) 11.9; **220(1)**: S. Hampton (Ph) 26.4; **220(2)**: M. Theakstone (Ph) 28.7; **880**: P. Griffiths (Ph) 2:33.3; **HJ**: B. Cox (K) 4'10"; **LJ**: B. Roots (Ph) 16'0"; **J**: B. Cox (K); **Relay**: Hercules A.C. 52.0. **In a Junior Match** Ilford A.C. 20 pts. beat Phoenix 15. Hercules A.C. 5 and Kent A.C. 4.

May 12th

Bristol A.C. 14 pts. beat **Bristol South 13** and **Bristol Univ.** 8. **100**: A. Reynolds (BS) 12.2; **220**: M. Gibbs (BS) 27.9; **HJ**: J. Perry (BAC) 4'9"; **S**: M. Clifford (BS) 29.8; **D**: A. Walker (BU) 90'3½". **Relay**: Bristol A.C. 53.6.

May 13th

London Olympiades 69 pts. beat **Phoenix A.C.** 45, **Middlesex Ladies** 40 and **Cambridge H.** 38 at Battersea. **100(1)**: 1, Dowdswell (LO); 2, Docker (ML); 3, Collins (CH) 11.5; **100(2)**: 1, Rootes (P); 2, Vincer (ML); 3, Mager (LO) 11.4; **880**: 1, Buckland (CH); 2, Fahey (LO) 2:35.5; **Mile Walk**: 1, Jennings (LO); 2, McCormack (CH); 3, Grant (LO) 8:05.2; **Wt**: 1, Page (LO); 2, Crowther (ML); 3, Legg (CH) 32'11½"; **Dis**: 1, Crowther (ML); 2, Page (LO); 3, Whiffen (P) 102'0½"; **LJ**: 1, Rootes (P); 2, Rowlands (LO); 3, Hughes 16'7½"; **HJ**: 1, King (LO); 2, Rainbow (LO); 3, Walker (ML) 4'10"; **4 x 220 Relay**: 1, LOAC; 2, Middx. L.; 3, Camb. H. 1:48.4; **Medley Relay**: 1, LOAC; 2, Phoenix; 3, Middx. L. 1:59.0.

UNIVERSITIES A.U. CHAMPIONSHIPS

Birmingham, May 15th and 16th

London headed the returns in both men's and women's team championships at the U.A.U. Championships, held at Perry Barr in cold and blustery weather.

One of the most keenly contested races was the mile, won by 22-year-old student of economics, Ralph Dunkley (London). David Law (Oxford) led for most of the race and Dunkley made his effort with 200 yards to go, only to be passed at the commencement of the home straight by the long striding Macmillan. Dunkley came again, however, and got home first by $1\frac{1}{2}$ yards, with Macmillan taking second place by the smallest of margins from Law. Details—

100: 1, A. W. Lillington (Dm) 9.9; 2, K. Olowu (Lh) 10.0 3, B. Darlington (Lh) 10.1; 4, K. T. Scott (L) 10.2; 5, J. Huins (Cf) 10.3; 6, M. Spiers (N. Staffs) 10.3.

220: 1, J. F. Groves (L) 22.6; 2, A. Pinnington (O) 22.6; 3, K. T. Scott (L) 22.7; 4, B. D. P. Wetters (O); 5, D. Soar (Lh); 6, B. Darlington (Lh).

440: 1, A. D. Sexton (C) 50.2; 2, D. B. Bell (O) 51.3; 3, K. M. Whittaker (M) 51.6; 4, D. Jones (L) 52.5; 5, A. Cook (Dub.).

880: 1, P. A. Stevens (L) 1:58.4; 2, I. H. Boyd (O) 1:58.5; 3, S. J. Bryant (O) 1:58.5; 4, J. A. Cade (L); 5, B. Grogan (Lh); 6, M. Walmsley (M).

Mile: 1, R. H. Dunkley (L) 4:23.2 2, D. R. Macmillan (L) 4:23.4; 3, D. C. Law (O) 4:23.4; 4, I. D. Gurney (B); 5, G. F. Dole (O); 6, J. V. Beesley (C).

3 Miles: 1, A. J. Weeks-Pearson (O) 14:47.4; 2, R. G. Beecroft (Ll) 14:58.2; 3, J. Gutteridge (N) 15:02.0; 4, C. Suddaby (O) 15:10.0; 5, H. Minshall (M) 15:20.1; 6, M. Hyman (Sn) 15:22.1.

120H: 1, C. E. Higham (O) 15.1 (eq. rec.); 2, D. O'Sullivan (O) 15.2; 3, A. Francis (L) 15.4; 4, D. H. Somervell (L) 15.4; 5, T. C. White (Bm) 15.7; 6, J. H. Simpson (C) 15.8.

440H: 1, H. Whittle (C); 2, P. Beavon (Bm); 3, A. Francis (L); 4, J. B. Duffy (L); 5, D. C. Brierley (O); 6, D. Broomfield (Lh). Easily, 56.1.

HJ: 1, G. Jefferies (O) 6'1"; 2, M. Rickard (L) 6'0"; 3, A. Kuti (Hull) 5'10"; 4, J. L. Jones (C) 5'10"; 5, D. W. Forsyth (Dub) 5'8".

LJ: 1, K. Olowu (Lh) 23'2 $\frac{1}{2}$ "; 2, J. E. Jolley (Ll) 22'6 $\frac{1}{2}$ "; 3, W. Porter (L) 21'8 $\frac{1}{2}$ "; 4, I. Jeffrey (C) 21'8 $\frac{1}{2}$ "; 5, H. Whittle (C) 21'4 $\frac{1}{2}$ "; 6, A. Kuti (Hull) 21'4".

HSJ: 1, F. Wyers (S) 43'4 $\frac{1}{2}$ "; 2, J. H. Monteith (Ll) 42'4 $\frac{1}{2}$ "; 3, G. R. Gowan (L) 41'11"; 4, J. Whitworth (Lh) 41'5 $\frac{1}{2}$ "; 5, I. Jeffrey (C) 41'5 $\frac{1}{2}$ "; 6, G. Jefferies (O) 40'10 $\frac{1}{2}$ ".

PV: 1, G. M. Knight (L) 11'0"; 2, R. B. Hayden (L) 10'9"; 3, P. C. Delight (Lh) 10'9"; 4, M. Thouless (O) 10'6"; 5, M. Jenkins (O) 10'6"; 6, D. Brow (Dm) 10'0".

Wt: 1, W. B. Palmer (O) 41'0 $\frac{1}{2}$ "; 2, G. F. Budd (L) 40'11 $\frac{1}{2}$ "; 3, R. Cherry (Lh) 40'8 $\frac{1}{2}$ "; 4, D. J. Byrne (Ll) 40'0 $\frac{1}{2}$ "; 5, J. Wright (Lh) 39'11 $\frac{1}{2}$ "; 6, G. Butterworth (O) 39'5 $\frac{1}{2}$ ".

Dis: 1, R. D. Shaw (O) 123'9 $\frac{1}{2}$ "; 2, G. F. Budd (L) 119'10 $\frac{1}{2}$ "; 3, T. R. Newell-Price (C) 119'7 $\frac{1}{2}$ "; 4, J. Lally (Lh) 118'3 $\frac{1}{2}$ "; 5, J. T. Morris (Ll) 115'4 $\frac{1}{2}$ "; 6, W. Palmer (O) 112'7 $\frac{1}{2}$ ".

Jav: 1, R. W. D. Miller (Dub) 187'4 $\frac{1}{2}$ "; 2, A. A. Reich (O) 182'9"; 3, P. S. Cullen (Lh) 178'8 $\frac{1}{2}$ "; 4, W. H. Fryer (N) 171'1 $\frac{1}{2}$ "; 5, W. Macfarlane (Ll) 170'2 $\frac{1}{2}$ "; 6, R. Davies (L) 167'9".

Ham: 1, J. Lally (Lh) 137'6"; 2, C. G. Bennett (Lh) 129'4 $\frac{1}{2}$ "; 3, R. Middlefell (Ll) 127'2 $\frac{1}{2}$ "; 4, G. F. Budd (L) 113'4 $\frac{1}{2}$ "; 5, P. Merry (L) 107'4 $\frac{1}{2}$ "; 6, W. Pearce (M) 103'5".

Teams: 1, London 99 pts.; 2, Oxford 90 $\frac{1}{2}$; 3, Loughborough 54; 4, Liverpool 26.

Women

100: 1, M. Francis (M) 11.4; 2, P. Cartwright (L) 11.5; 3, J. Findlater (L) 11.8

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.
40, Corporation Road, Ilkeston

Fordham Horticultural Society ATHLETIC MEETING

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

Saturday, July 25th, 1953

OPEN EVENTS

MEN—100 yds. Flat H'cp; 220 Yds. Flat H'cp; 880 Yds. Flat H'cp; 1 Mile Flat H'cp; 2 Miles Walk H'cp.

WOMEN—100 Yds. Flat H'cp; 150 Yds. Flat H'cp.

Entry Fees—1/6 first, 1/- additional.

Entries close noon, Friday, July 17th, 1953. Enquiries and forms — K. W. BAILEY, Sports Secretary, "The Bungalow," Church Street, Fordham, Nr. Ely, Cambs.

220: 1, P. Cartwright (L) 26.6; 2, N. Youdale (L) 27.3; 3, M. Francis (M) 27.5.

440: 1, M. Bott (L) 63.5; 2, J. Findlater (L); 3, E. Barraclough (M).

4 x 110 Relay: 1, London 52.3; 2, Manchester 54.2; 3, Nottingham 54.8.

80mH: 1, J. McLeod (L) 13.2; 2, M. Starling (B) 14.1; 3, N. Youdale (L) 14.2.

LJ: 1, J. Findlater (L) 17'3 $\frac{1}{2}$ " (rec.); 2, S. Barnby (Lds) 16'10 $\frac{3}{4}$ "; 3, M. Griffiths (N) 16'1".

Dis: 1, L. Deas (L) 96'0"; 2, A. Walker (B) 90'3"; 3, S. Rodden (Lds) 84'8 $\frac{1}{4}$ ".

Teams: 1, London 92 pts.; 2, Birmingham 32; 3, Manchester 29.

Abbreviations: (L) London; (Lh) Loughborough; (Ll) Liverpool; (Lds) Leeds; (C) Cambridge; (Cf) Cardiff; (Dub) Dublin; (Dm) Durham; (O) Oxford; (M) Manchester; (B) Bristol; (Bm) Birmingham; (S) Sheffield; (Sn) Southampton; (N) Nottingham.

BROCKMAN TROPHY MEETING

The Brockman Trophy Meeting was decided for the first time at the new Wimbledon Park rack, which is exposed to the elements and on this occasion was swept by a strong, blustery wind which made good times difficult. Under these circumstances, the performances of Bannister, Pirie and Holden were particularly good. Rawe and Gibbs too, ran extremely well and would have put up faster times but for the wind. It was unusual and rather sad to see Terry Higgins struggling to get home in fifth place in the quarter, obviously very far from his best.

Peter Hildreth set a new best for the meeting with 15.1 in the hurdles with a side wind blowing strongly all the time and in the Southern 4 x 110 yards Relay Belgrave won a well fought out race with T.V.H. and Cambridge Harriers. G. D. Goodrich (SLH) set another best with 22ft. 9in. in the long jump.

The team contest was a very close affair and in the end it was decided by the last event, Rawe's victory in the 440 giving Herne Hill first place by one point from Belgrave.

100: 1, C. N. Gibbs (HHH) 2, D. J. Milton (WG); 3, A. J. Hardy (WG); 10.6.

220: 1, C. N. Gibbs (HHH); 2, D. J. Merrett (Bel); 3, C. O. Buchanan (HHH) 2 yds.; 22.9.

440: 1, D. J. Rawe (HHH); 2, A. H. Cameron (Bel); 3, S. R. Meadows (Ilford); 3yds.; 50.7.

880: 1, R. T. Taylor (Bel); 2, D. Taylor (Birch); 3, J. Cameron (TVH); 3 yds.; 1:59.6.

Mile: 1, D. A. G. Pirie (SLH); 2, F. Green (Birch); 3, M. R. Maynard (HHH), 60 yds.; 4:18.6.

3M: 1, D. Holden (CH); 2, D. Parmenter (Birch); 3, A. Perkins (Ilford); 60 yds.; 14:37.6.

120H: 1, P. B. Hildreth (Poly) 2, F. J. Parker (SLH); 3, K. Jones (CH); yard; 15.1 (meeting record).

LJ: 1, G. D. Goodrich (SLH) 22'9" (rec.); 2, J. C. Brown (SLH) 21'7 $\frac{1}{2}$ "; 3, A. D. Poland (TVH) 21'7".

HJ: 1, E. M. Bare (Bel.) 5'10"; 2, B. T. Borner (Poly) 5'9"; 3, R. Fryatt (CH) 5'9".

HSJ: 1, D. Field (Birch) 42'9"; 2, P. C. Luxon (Bel) 42'6 $\frac{1}{2}$ "; 3, G. D. Goodrich (SLH) 41'7 $\frac{3}{4}$ ".

PV: 1, K. Goodall (Birch) 11'6"; 2, R. Hayden (Ilford) 11'0"; 3, J. F. Gettrup (HHH) 10'6".

Wt: 1, T. J. Gaworski (Bel) 40'11"; 2, J. Butterfield (CH) 40'7 $\frac{3}{4}$ "; 3, A. E. Cook (TVH) 40'0 $\frac{1}{2}$ ".

Dis: 1, M. F. Flacke (HHH) 125'0 $\frac{1}{2}$ "; 2, J. Butterfield (CH) 122'7 $\frac{1}{2}$ "; 3, T. J. Gaworski (Bel) 117'10 $\frac{1}{2}$ ".

Jav: 1, D. E. J. Cosh (HHH) 169'6 $\frac{1}{2}$ "; 2, C. Moores (Birch) 167'5 $\frac{1}{2}$ "; 3, M. Harradine (TVH) 165'1 $\frac{1}{2}$ ".

Result: 1, Herne Hill H. 50 pts.; 2, Belgrave H. 49; 3, South London H. and Birchfield H. 38; 5, Cambridge H. and Thames Valley H. 29; 7, Woodford Green A.C. 21.

Invitation $\frac{3}{4}$ M.: 1, R. G. Bannister (Achilles) 2, C. W. Brasher (Achilles); 3, A. Scott (Achilles) 80 yds., 10 yds., 2:59.8.

Southern 4 x 110 Relay Champ: 1, Belgrave H. (R. D. Holtum, D. J. Merrett, R. A. Bartlett, I. A. Mayers); 2, Thames Valley H.; 3, Cambridge H. 2 $\frac{1}{2}$ yds. 45.1 sec.

Invitation Hammer: 1, P. C. Allday (LAC) 171'1"; 2, D. W. J. Anthony (Watford H.) 164'3"; 3, A. W. Silbery (HHH) 163'6 $\frac{1}{2}$ ".

BELGRAVE HARRIERS 2nd ANNUAL 20 MILES OPEN ROAD RUNNING RACE

(Under A.A.A. Laws) will be run from

**Belgrave Hall, Denmark Road,
Wimbledon at 3.0 p.m. on
Saturday, the 27th June, 1953**

Prizes for Individual, Team and Handicap Races, Standard Medals & Time Certificates

Special prize to first member of Road Runners' Club receiving no other award apart from standard medal.

Entries: By 6th June, 1953, on A.A.A. Form with 3/- Entry Fee (Teams of 6, 3 score, 5/-) to A. P. WHITEHEAD, Lauriston House, South Side, Wimbledon Common, S.W.19.

Britain's Good Showing at Tourcoing

Five victories and four second places in the 10 events contested is surely a satisfactory performance for a team of nine athletes. That was the tally of the British team which took part in the Union Sportive Tourcoing International meeting on May 10th.

The race of the afternoon was the 3,000m. Reiff thought 8.20 would be good enough to win, Mimoun hoped to do 8.30, while Gordon Pirie thought in terms of 8.10 until he knew it was a 358m. track. When the first lap was covered in 62 secs. Gordon did the right thing by taking the lead and setting the pace. He ran a nice, even pace but could not resist Reiff when he spurred in the penultimate lap. Mimoun passed Pirie in the final 350 yards but Gordon came again and finished strongly in time which is the best yet shown by an Englishman. The new Belgian discovery, Hanswyck, also beat Mimoun and is a runner with a future.

Our hurdlers, Parker and Gracie, ran confidently and were vastly superior to the opposition technically. The sharp bends



B. F. ASH (Wandsworth S.B.) winning the Surrey Youths' high jump championship with a new record height of 5ft. 6in.

E. D. Lacey

WESTERN COUNTIES CHAMPIONSHIPS

(Under A.A.A. Laws)

Weymouth Sports Ground
(Redlands)

Saturday, July 4th, 1953

Full programme of Senior Events and Junior 440 Yards and One Mile.

(Open to all athletes having a qualification in either Dorset, Devon, Cornwall, Wiltshire or Somerset).

Entry fee: 2/- per event.

Ladies' Open Events

100 and 220 yds. Handicaps

Entry fee: 1/- per event

Schools Relays

4 x 110 yds.—Open to Elementary and Secondary Schools, age groups 13-15, on 1st April. ...Entry fee: 1/- per team.

AWARDS—Championship Events: Medals 1st, 2nd and 3rd.

Ladies' "Opens": 1st, 2nd, 3rd: values £3, £2, £1.

Schools' Relays: Boys 1st, 2nd, 3rd teams, medals. Girls ditto.

ALL ENTRIES on official entry forms to J. W. R. HOPKINS, Hon. Champ. Sec., 69 Benbow Crescent, Wallisdown, Bournemouth, from whom schedules and forms may be obtained.

ENTRIES POSITIVELY CLOSE on June 20th. All entries received after this date will not be accepted.

The Championships are sponsored by the Borough of Weymouth.

explain the comparatively slow times of the 200 and 400m. events.

200m: 1, E. McDonald Bailey (GB) 22.2; 2, David (Fr) 22.8; 3, Cincinnattis (Bel.) 23.0

400m: 1, H. Dreher (Germany) 50.4; 2, G. Carral (France) 50.4; 3, Djian (France) 50.4; 4, T. L. Higgins (GB) No time.

800m: 1, P. El Mabrouk (Fr) 1:51.8; 2, A. Webster (GB) 1:54.4; 3, J. Bancourt (Fr.) 1:54.5.

1500m: 1, R. Lamers (Germany) 3:55.4; 2, J. Disley (GB) 3:56.2; 3, A. Wartelle (Fr) 4:00.4.

3000m: 1, G. Reiff (Belg.) 8:19.8; 2, D. A. G. Pirie (GB) 8:21.4; 3, G. Hanswyck (Belg.) 8:24.0; 4, A. Mimoun (Fr) 8:25.0.

110m.H: 1, J. Parker (GB) 14.6; 2, I. Heinrich (Fr.) 14.8; 3, J. Roudniska (Fr) 15.1

400m.H: 1, D. Gracie (GB) 55.2; 2, R. Bart (Fr.) 55.8; 3, Candau (Fr.) 58.8.

Wt: 1, J. Savidge (GB) 53'0 $\frac{1}{2}$ "; 2, Guiller (Fr.) 46'11 $\frac{1}{4}$ "; 3, Maissant (Fr.) 44'10".

Dis: 1, J. Raffali (Fr.) 149'9 $\frac{1}{4}$ "; 2, J. Savidge (GB) 142'8 $\frac{3}{8}$ "; 3, Bockel (Fr) 141'6 $\frac{1}{4}$ ".

Jav: 1, R. Miller (GB) 187'1 $\frac{1}{4}$ "; 2, Macquet (Fr.) 174'11 $\frac{1}{4}$ "; 3, Van Eycken (Belg) 173'1 $\frac{1}{2}$ ".

4 x 800m. Relay: France (Stade-Francais) beat Belgium in 7:49.6. J.C.

"MAC" 21.0 FOR 220 AT STAVELEY

The new track at Staveley proved extremely fast, with "Mac" Bailey 21.3, 21.1 and 21 dead in his three 220s, and Brian Shenton 9.7 for his 100 semi-final. The latter was assisted by a strong wind, but in the 220 final the wind gauge showed only a slight wind and the time is likely to be recognised as a new European record.

Northern Counties Championships. 6M: F. Norris (Bolton); 2, W. Hesketh (Manchester); 3, D. Walker (Sheffield) 30:2.0; **220LH:** 1, J. Murray (Wellington); 2, J. Smith (Greengarth); 3, D. Lidster (Hickleton Main) 28.2. **Women's 4 x 110 Relay:** 1, Liverpool H; 2, Sutton; 3, Sheffield 51.4.

Derbyshire County Championships. Mile: 1, W. T. Hulatt (Alfreton); 2, P. Griggs (Rolls Royce H); 3, A. W. G. Hill (Derby) 4:27.2; **D:** 1, J. Tyler (Derby) 121'8½"; 2, K. E. Dunmore (Chesterfield) 114'6½"; 3, N. Chapple (Derby) 91'9½".

Other Events. 100: 1, B. Shenton (Poly); 2, R. Brennan (E. Cheshire); 3, J. Rowe (Bramley) 10.0; **220:** 1, E. McDonald Bailey (Poly); 2, W. J. Ferguson (Notts); 3, M. T. Wright (Appleby F.) 21.0; **440:** 1, F. P. Higgins (Southgate); 2, F. Farrell (Liverpool); 3, H. Connor (Waterloo) 51.3; **880:** 1, A. Webster (Sutton); 2, E. Gallagher (Liverpool); 3, R. Davies (Liverpool) 1:59.6; **Mile:** 1, A. Pumfrey (Coventry); 2, W. T. Hulatt (Alfreton); 3, B. Bullen (Manchester) 4:31.2; **120H:** 1, I. J. Smith (Greengarth); 2, G. Coulson (unatt.); 3, J. Lydon (Sheffield) 16.9; **Juniors: 880:** 1, B. Fox (Sale); 2, E. Hamer (Sale); 3, K. W. Dolman (Derby) 2:4.1; **Youths: 220:** B. Kinsey (Leeds); 2, I. R. Harding (Bank End); 3, J. Edwards (Derby) 22.6. **Women's 100:** 1, J. Newbould (Sheffield); 2, D. O'Donnell (Liverpool); 3, G. Goldsborough (David Brown) 11.5; **Women's 220:** 1, B. Bateman (Hallamshire) 2, C. Goldsborough (D. Brown); 3, V. Servant (Halifax) 25.5.

9th May CHICHESTER-PORTSMOUTH 16 MILES ROAD RACE

There were 72 starters in the 8th annual Chichester-Portsmouth Road Race and R. Pape, the eventual winner, was soon in the lead. At 5 miles he was well out in front in 26.05, with Ellis and West together at 26.47, followed by Pocock 27.50 and Fowle 28.10. At 10 miles Pape had a big lead (54.14) from Ellis (55.57) and West (56.20) but soon after this both Ellis and West faded out and Pocock, who ran a well judged race, was a worthy second. The

R.N. South team confirmed their recent good form by winning a very close team race by two points from Reading, with Poly only a further point away, third. Pape has established himself as one of our leading distance runners and Joyce is improving rapidly after turning to the longer distances.

1. R. H. Pape (RN South) 1h.28m.31s.
2. L. N. Pocock (Reading) 1h.31m.18s.
3. T. O'Sullivan (Poly) 1h.31m.59s.
4. D. Brickwood (Bels) 1:31.59; *5, V. J. Fowle (Herne Hill) 1:32.19; 6, R. F. Hopcroft (TVH) 1:32.42; 7, E. P. Manley (TVH) 1:32.42; 8, S. F. Jones (Poly) 1:32.57; 9, T. W. Joyce (RN) 1:33.08; *10, P. Goodsell (Walton) 1:33.16; 11, R. Ellis (Maidenhead) 1:33.23; 12, J. Fitzgerald (Mitcham) 1:34.26; *13, P. G. West (Worthing) 1:34.47; 14, H. J. Oliver (Reading) 1:34.47; 15, R. Bott (Mitcham) 1:35.44; 16, P. May (Reading) 1:35.59; 17, S. Prestidge (Portsmouth) 1:36.24; *18, N. Vincent (Bexhill) 1:36.38; 19, W. Jackson (RN) 1:37.20; 20, E. Mundy (Finchley) 1:37.45. **Handicap:** V. J. Fowle (HHH) 8.00, 1:24.19. *Individual.

Teams: 1, R.N. South (1.8.15) 24 pts.; 2, Reading 2.11.13) 26; 3, Poly (3.7.17) 27; 4, Mitcham 39; 5, T.V.H. 44; 6, Belgrave 58.

The Kent "20" and Club Results will appear next week.

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'ep ...	£5	£2	£1
21.	220 yds. H'ep ...	£5	£2	£1
22.	880 yds. H'ep ...	£5	£2	£1
23.	4 x 440 yds. Relay	£5	£3	
24.	3M. Team (4r., 3s.)	£5	£3	
25.	2 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'ep ...	£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.

WALKING NOTES

by A. D. McSweeney

DON TUNBRIDGE failed after all in his effort to upset H. A. Blake's Stock-Exchange London-Brighton record time of 8h. 36m. 14s., made in 1938. On a less blustery day he would have done it, the strong head wind in the last few miles turning the scale, for he began to build up a useful lead over the previous best figures right from the start and at Bolney, 38½ miles, his margin in hand over Hake was 9 minutes. At Dale Hill, 6½ miles to go, Tunbridge had lost ground, but still had four minutes to play with. At Patcham, times were level and at the finish the challenger was 2 mins. 2 secs. down. He had, however, put up a fine show and was nearly half an hour in front of the second man, Ted Hipkins, who had to fight hard to hold off clubmate R. E. Green, a finishing sprint giving Hipkins the verdict—and the handicap. Holder Harold Rhodes, winner 51-52, did not emulate his father's "hat-trick" of 1920-21-22 and finished fifth in 9h. 35m. 19s.

E. F. Broad, who won the 1903 race, walked in from halfway—a fine upright figure—and earned a great ovation when he arrived at Brighton, as did also the three St. Dunstaners—C. Williamson, 9h. 47m.; A. Brown 9h. 59m.; and C. Stafford 10h. 50m.

Williamson achieved his object of beating Jock Ingram's time of 9h. 58m., and Archie Brown, although just failing to do so, put up an astounding performance when you realise he was a first World-War victim and is 57 years of age. His escort, Southern Vice-Chairman Bill Harris, himself "no chicken" at 55, shares the credit as indeed he shared the punishment.

At Leicester on Whit-Saturday a record entry of 112 competitors and 15 teams will contest the "Mercury" Open 20 miles. Polytechnic are fielding their "National" team, which should mean a clear cut victory for them since all opposition outside Leicester will be split by the demands of other events. Woodford and Belgrave will be without Police members, so much a source of strength to them, and Sheffield, while turning out a team have also to support the Northern Counties 50 kilometres Championship. This latter event is being held in conjunction with the Annual Whit-Monday Bradford and County race, Britain's oldest walking competition. Proud boast of Bradford is 51 years non-stop, war in—war out.

Most of our speed walkers will be concentrated at the White City over the Bank Holiday with the 7 miles on Saturday and the two miles on Monday. Hardy, Hawkins, Coleman and Barrett should share the honours, whichever distance they take.

The National Road Championships programme has only two events to go for 1953. Surrey Walking Club will see the 50 kilometres through to a successful conclusion at Shirley Parish Hall, near East Croydon, Surrey, on June 20th, 12 a.m. start, and it has just been decided to approve the Vauxhall Motors Recreation Club ground at Luton, Beds., as venue for the National Junior five miles on October 17th. Competitors for the Junior Championship must be over 18 and under 21 years of age on October 1st next, to be eligible.

Stock Exchange London to Brighton Race

1, D. A. Tunbridge 8:38.18; 2, C. E. Hipkins 9:6.44; 3, R. E. Green 9:6.45; 4, R. Andrews 9:14.47; 5, W. G. Lawrence and H. Rhodes 9:35.19. **H'cp:** C. E. Hipkins (46:0) 8:20.44. **Teams:** 1, J. and A. Scrimgeour.

VICKERS - ARMSTRONGS LTD.

(Weybridge)

SOCIAL AND ATHLETIC CLUB

(Affiliated to A.A.A., W.A.A.A., N.C.U.)

Athletic Sports Meeting

Saturday, 27th June, 1953

Vickers Sports Ground, Chertsey
Road, Byfleet

Open Events include

MEN—100, 220, 880 yds., 1 Mile Flat H'cps; 100yds. Veterans' H'cp.; 2 Miles Walk H'cp.; Tug-of-War (100 stones—Teams of Eight)

LADIES — 100 yds. Flat H'cp.; Relay (Handicap 4 x 110 yds.)

CYCLE—880yds. and 1 Mile H'cps; 3 Miles scratch with lap prizes.

PRIZE VALUES — Men's and Cycle (ex. Veterans) £7/7/0, £3/3/0, £1/1/0. Ladies and Veterans—£5/5/0, £2/2/0, £1/1/0.

Entrance Fees—1/6 first event; 1/- subsequent events.

Entries Close—First Post Monday, 15th June, 1953. Further details and entry forms from Mr. J. WHEELER, Vickers-Armstrongs Ltd., Weybridge. Telephone: Byfleet 240 Ex. 112.

ODDS AND ENDS

A communication from Ealing H. recently stated that Mr. E. H. Sutters had retired from the club. This was incorrect and we are now informed that Mr. Sutters has merely resigned from the post of Hon. Secretary.

* * *

We are informed that second place in the Sward Trophy long jump went to G. D. Goodrich (SLH), not Rumbold, of Southgate.

* * *

Hon. Secretary of Bedford Ladies' A.C. is now Miss Eileen Stenson, 41 Marlborough Road, Bedford. Hon. Secretaries of clubs interested in cross-country or road running fixtures for next winter are requested to write to the above address.

A.A.A. CHAMPIONSHIPS

11th July, 1953 (Second Day)
White City Stadium

ADMISSION NOTICE

Reserved Enclosures

All Seats at 5/- and 3/6 have been sold for Saturday, 11th July.

Arrangements have been made for 10,000 Admission Tickets to be on sale for the Terrace Enclosures at 2/6.

These tickets will NOT reserve a seat, but will ensure that ticket holders gain admission on the day to the 2/6 enclosures.

BOOKS RECEIVED

A.A.A. Handbook, 1953. Obtainable from the Association Offices at Crown Chambers, 118 Chancery Lane, London, W.C.2, at 7/6 (post free, 8/-). Almost certainly the most comprehensive Handbook ever published, it contains sections covering A.A.A. Laws and Competition Rules, Coaching Scheme, Diary of Events, and results of the last Olympic Games, European Games, National and District Championships. Literally a mine of information.

Field Events by Don Canham, Track Coach to University of Michigan. Published by Herbert Jenkins Ltd., London, at 6/-. Illustrations by Tyler Micoleau. Seldom, if ever, can a book of this size have been published which contained so much helpful data and commonsense. A wealth of information and no "padding."

The Dietary Needs of the Athlete. A useful little booklet for those interested in nutrition in relation to athletic activity. Obtainable free from the Crookes Laboratories, Ltd., Park Royal, London, N.W.10, mentioning this notice. Includes sections on the foods required by the athlete — proteins, carbohydrates, fats, mineral salts and vitamins—digestion, metabolism and calories. A helpful and interesting booklet.

CLASSIFIED ANNOUNCEMENTS

Classified announcements can now be accepted at the following rates: 2/- per line of six words; 12 insertions 1s. 8d., 24 insertions 1s. 6d. per line.

Men's Quality OWN NAME Track Suits

—Send for details to Fem. Fashions Ltd., 59 Berners St., London, W.1.

Cloth Club Badges supplied to your design, low prices, stamp please for list. Domestic Developments, 26, Anerley Hill, London, S.E.19.

PRESSED STEEL SPORTS

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

SATURDAY, JULY 4th

Horspath Road Sports Ground

(This is a new specially laid ground, officially opened this year, with even track of four laps to the mile on grass).

Open Handicaps:

100, 220, 880 yds., One Mile, Two Mile Team, One Mile Medley Relay and Fifteen Mile Road Race.

Cycling:

880 yds. Centre Grass Championship, 550 yds., One Mile and Three Miles Point to Point.

Prize Values — £7, £3, £1

Team and Relay—4 at £4, 4 at £1

Entries Close June 12th

Entry fees 1/6 first event, 1/- others, Relay and Team 6/-.

D. G. Cathro, Pressed Steel Social and Athletic Club, Cowley, Oxford.

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



FREE BOOK

'Hints to Athletes'
By Edward Storrie

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

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