

ONE SHILLING

Athletics

THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Containing the Official Notices of the A.A.A., W.A.A.A., B.A.A.B. and the E.C.C.U.



NOVEMBER

1949

INCLUDED IN THIS NUMBER

Page

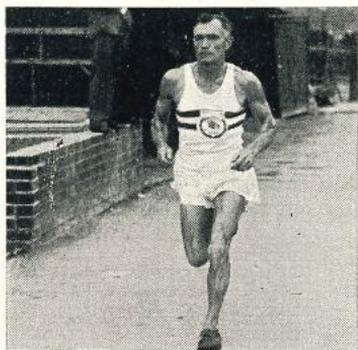
6 BEST EUROPEAN PERFORMANCES 1949

12 WHAT DOES YOUR COACH REQUIRE OF YOU? by George Pallett

21 UKRANIAN HAMMER THROWER NEAR WORLD RECORD.

Cover Photo by E. W. Carr

J. SWAISLAND (Poly. H.)



J. T. HOLDEN (Tipton H.) winning the 1949 A.A.A. Marathon Championship

ACTION PHOTOS

by H. W. Neale

95 MALLINSON RD., BATTERSEA
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Saturday, 10th December, 1949
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Entrance fee 6/- per team 10/-
for two teams. To Hon. Sec.,
Athletic Section, Sports Centre
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* *

CLOSING DATE MONDAY NOVEMBER
28th, 1949

Application has been made by this Club to stage the first Western Counties Senior and Junior Athletic Championships at Poole on June 10th 1950.

* *

Belgrave H. are holding a 3 miles road run open to any Unattached Novices on December 10th, at Belgrave Hall, Wimbledon, starting 3 p.m. Entry is free and names should be sent to E. A. Duffett, 57 Harcourt Road, Thornton

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STRADDLE (3 loops £1)—R. Phillips (U.S.A.) 6' 6", B. Paulsen (Norway).

WESTERN ROLL (3 loops £1)—Alan Paterson (Scotland) 6' 7".

LONG JUMP (3 loops £1)—H. Douglas (U.S.A.), K. Roksund (Norway).

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ESPLANADE ROCHESTER

5 Minutes from Strood & Rochester stations
(Southern Section B.R.)

SATURDAY, 26th NOVEMBER 1949
at 3 p.m.

12 to enter, 6 to run, 4 to count

Winning Team Simmonds Cup & 4 Prizes

Second Team.....4 Prizes

Third Team.....4 Prizes

Individual Prizes 1st 2nd 3rd. Handicap

Prizes 1st 2nd 3rd. No Individual to take

more than Two Prizes. 1st Man home holds

Willis Cup for 1 year.

Entrance Fee 5/- per team. Individual

Handicap on A.A.A. Handicap Form, 1/-

Closing Date, Monday, 1st post, 14th Nov.

Entries (on A.A.A. Forms) and Enquiries

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Frindsbury, Kent.

Heath, Surrey.

Essex Beagles announce two changes of address Gen. Hon. Sec., C. E. Pym, 67, Sunnyside Gdns., Upminster, Essex. Hon. Treasurer, G. Double, 103, Devonshire Road, Hornchurch, Essex.

* *

Lipp (U.S.S.R) did not achieve 7,845 pts. in the decathlon as has been widely reported.

ATHLETICS

The National Publication for Track, Field Events, Cross-Country Running & Walking

EDITED BY P. W. GREEN

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VOL. III. No. 11

NOVEMBER, 1949

AS will be seen from our special announcement on another page, this magazine will be published weekly instead of monthly from January 1st, 1950.

For some considerable time I have not been satisfied with the news service it has been possible to give our readers on a monthly basis. Results, in particular, are often "dated" before publication.

Readers have often made the suggestion that "Athletics" should become a weekly. Now this is a big step, involving much organisation, more expense, increase in staff, and depending a great deal on co-operation from club and meeting secretaries, and correspondents in general.

After several months' preparation it is now possible to announce the change, which will take place in the New Year. It is hoped to give our readers a far more up-to-the-minute service of news and results, details of the forthcoming events of the week-end, particularly during the track season, and a number of other special features.

It is intended to improve the magazine, not only for the average track, field and cross-country enthusiast, but also for the women and walkers. To this end, a prominent athlete from the women's ranks will join our staff, and it is expected that one of our foremost internationals will contribute a column weekly, after her return from New Zealand.

The walkers will be catered for with articles on training and technique, and from letters received I feel sure this will prove a popular feature with our "heel and toe" enthusiasts.

Geoff Dyson and the other National Coaches will continue to write regular articles on training, coaching and technique. Other special features will be announced in the December issue. The most important difference to the average reader will be that he will get all the previous week's results every Saturday morning instead of waiting, very often, several weeks for them. Other news from home and abroad will be similarly speeded up.

The price and number of pages will be less, but we shall have more room to cover results in detail, and also be able to include more overseas news. Subscribers and clubs will again be accorded special rates. It is hoped that all readers will appreciate the change, tell their friends about it, and encourage them to become regular readers.

Empire Games

Disappointment is already being expressed in New Zealand over our team to visit them for the Empire Games. The inability of Bannister, Nankeville, Savidge and several others to travel is a big blow, not only to Great Britain, but to the promoting country as well.

With several other famous athletes unlikely to take part, one correspondent has already stated that the Games are not likely to be up to standard. It is certainly most unfortunate that these athletes cannot make the trip, but it is not their fault and they are probably the most disappointed of all. It is just one of those things which are unavoidable.

We do know that we are sending some very fine athletes over there, and feel confident they will do both their country and themselves justice. The recently announced women's team is also a strong one and it will be surprising if at least one title fails to come our way from this small contingent.

My only comments, so far as the men are concerned, are that I hope Jack Holden won't tackle the 6 miles, and that Lewis and Whittle don't overdo it. Here again, I'm sure we can leave the team manager and the athletes themselves to see to that. I don't think the New Zealanders will be disappointed at their showing.

Coaching and the Ladies.

George Deer, Essex W.A.A.A. is going to considerable trouble and expense to produce "Study Notes for Coaches." I can recommend this series to coaches connected with women's clubs.

THE EDITOR.

OVERSEAS NEWS

Italian Track and Field News.

By R. L. QUERCETANI

Towards the close of a somewhat disappointing season, Italy's leading athletes finally managed to return some remarkable performances. On October 1st and 2nd at the Milan arena Italy met Belgium—the first dual meet between the two nations since the end of the war.

Gaston Reiff, Olympic 5,000 m. champion, competed in the 1,500m. and ran exclusively to win. Yet, in doing so the Belgian champion extended his young team mate Langenus and Italy's Angelo Tagliapietra to fairly good marks. Reiff was an easy winner in 3:52.3, with Langenus runner-up at 3:52.9. The 18-years-old Italian finished third in 3:54.3—the equivalent of a 4:12/4:13 mile. Tagliapietra, whose best 1,500m. mark last year was 4:07, thus looms as a prospective successor of Luigi Beccali, the Olympic 1,500m. champion of 1932. For those readers who like to indulge in comparisons I might mention that Beccali was 25 years of age when won the coveted gold medal. He was to reach his peak a year later, in 1933, when he clipped 2/10ths of a second off Jules Ladoumègue's 1,500m. record, showing 3:49.0. It was in that same year that Beccali beat John Lovelock of New Zealand in the World Student Games.

Antonio Siddi, Italy's smooth-striding quarter-miler, won the 400m. in 47.2. He pulled away from the rest of the field in the initial stages of the race and won in a most impressive fashion. The runner-up, Peeters of Belgium, was clocked in 49.4. Siddi's mark is the fastest made by a European athlete since the end of the war and ranks him fifth in the European All Time list, behind such celebrities as Rudi Harbig, Godfrey Brown, Mario Lanzi and Bill Roberts. Siddi has marks of 10.6 and 21.4 to his credit for the metric sprints.

Armando Filibut of Italy, won the 400 mh. in 53.4, and Teseo Taddia, the hammer throw at 179ft. 3 1/8in. Robert Everaert, of Belgium, outshone his Italian opponents in the 10,000m. and was clocked "inside" 32 minutes. He holds the Belgian record at 31:12.0.

Adolfo Consolini displayed brilliant form in the discus with a series of throws in the 170-to-175ft. range. He won at 177ft. 10 5/8in., his best for the season.

Giuseppe Tosi was a distant second at 166ft. 4in.

in the final score Italy won, 120 to 98.

Finland:

In the Finnish National Championships held at Karhula, on August 20th and 21st, several good performances were recorded. Probably the most notable being Heino's vain, but excellent attempt on Zatopek's 10,000m. record. Results:—

100 M.: 11.2 Inkala; **200 M.:** 22.3 Koski; **400 M.:** 49.9 Holmberg; **800 M.:** 1:56.1. Raiha; **1500 M.:** 3:52.2 Johansson; **5000 M.:** 14:26.8 Koskela; **10,000 M.:** 29:35.8 Heino; 30:40.7 Ukkonen; 30:49.6 S. Kononen; 30:59.0 Vartianinen; **3,000 M. S.C.:** 9:25.2 Kainlauri; **110 M.:** 15.3 Survivo; **400 M.:** 55.6 Myokyranta; **H.J.:** 6ft. 2 1/2in. Nicklen; **L.J.:** 22ft. 8in. Valtonen; **P.V.:** 13ft. 5 3/8in. Kataja; **H.S.J.:** 47ft. 5/8in. Uvsihauta; **Shot:** 51ft. 6 7/8in. Jouppila; **Disc:** 761ft. 5in. Nyqvist; **Jav.:** 230ft. 6 7/8in. Rautavaara; **H.T.:** 168ft. 3 5/8in. Tamminen. Since this meeting Heino lowered the 10,000 metres record by 1 sec. to 29:27.2 sec. at Kouvola on September 1st.

Sweden:

Lennart Strand showed that he is still Sweden's No. 1 miler by winning the Swedish 1,500 metres championship in the National Championships held at Stockholm, August 19th-21st. Results: **100 M.:** 11.0 Johansson; **200 M.:** 22.4 Wolfbrandt; **400 M.:** 48.4 Wolfbrandt; **800 M.:** 1:52.6 Bengtsson; **1,500 M.:** 3:45.2 Strand; 3:46.6 Landqvist; 3:47.4 Bergqvist; 3:48.6 Aberg; 3:53.6 Holmberg; **5,000 M.:** 14: 29.2 Albertsson; **13,000 M.C.:** 9:4.4 Soderburg; **110 H.:** 15.0 Lundberg; **400 H.:** 53.5 Larsson; **H.J.:** 6ft. 4 1/2in. Reiz; **L.J.:** 23ft. 4 1/2in. Melin; **P.V.:** 14ft. 01/8in. Lundberg; **H.S.J.:** 49ft. 7 1/2in. Moberg; 49ft. 4 1/2in. Ahman; **Shot:** 51 8 7/8in. Nilsson; **Disc.:** 152ft. 10 5/8in. Wickner; **Jav.:** 225ft. 10 1/2in. Olden; **Ham:** 178ft. 5in. Ericson.

Poland:

At Katowice on Sept 4th, Imre Nemeth broke his year-old world Hammer record with a throw of 195ft. 5 1/2in.

A Polish student Stawczyk won the "World" Student Games, 200 metres, at Budapest, in 21.2. He has recorded 10.6 for 100 metres.

Best British Performances 1949

Compiled by H. E. D. O'NEILL

Final List.

100 Yards

9.5	E. McD. Bailey (Poly H.).
9.7	L. Laing (Poly. H. & Jamaica)
9.8	K. Jones (Newport A.C.)
9.9	J. Archer (Loughbro' C.).
9.9	J. A. Gregory (Crusaders).
9.9	N. D. Stacey (Oxford U.).
9.9	J. C. M. Wilkinson (Oxford U.)
9.9	B. Shenton (Doncaster P.W.)

220 Yards

21.3w.	N. D. Stacey (Oxford U.).
21.4	E. McD. Bailey (Poly H.).
21.4	L. Laing (Poly. H.).
21.4w.	J. C. M. Wilkinson (Oxford U.)
21.8w.	E. L. R. Philip (Oxford U.).
21.9	A. S. Wint (London U.).
21.9	K. J. Jones (Newport A.C.).
22.0	L. C. Lewis (Walton A.C.).
22.0	B. Shenton (Doncaster P.W.).
22.0	R. Jackson (Herne H.H.).
22.0	T. L. Higgins (Herne H.H.).

440 Yards

47.2	A. Wint (Poly. H. & Jamaica).
48.5	D. C. Pugh (S. London H.)
48.6	L. Lewis (Walton A.C.).
48.9	M. W. Pike (Poly. H.).
49.0	A. W. Scott (Camb. U.).
49.0	D. White (Loughbro' C. & Ceylon).
49.3	D. G. Steel (Oxford U.).
49.3	T. L. Higgins (Herne Hill H)

880 Yards

1:51.2	A. Wint (Poly. H. & Jamaica).
1:52.7	R. G. Bannister (Oxford U.).
1:52.7	A. Scott (Camb. U.).
1:52.9	H. J. Parlett (London U.).
1:53.4	I. Thompson (Ox. U. & S. Africa).
1:53.5	D. Harris (Lough. C. & N.Z.).
1:53.7	C. T. White (Lincoln Well).
1:53.9	H. Tarroway (Southampton U.).

Mile

4:08.8	G. W. Nankeville (Walton A.C.).
4:11.1	R. G. Bannister (Oxford U.)
4:11.8	R. A. Morris (Milocarian)
4:12.8	L. Eyre (Harehill Lib.).
4:13.4	D. G. Wilson (Poly. H.).
4:13.8	R. A. Morley (Southgate H.).
4:14.8	A. B. Parker (Liverpool U.).
4:16.6	J. Ashby (Westbury H.).

2 Miles

9:14.0	V. Lillacas (Poly. H. & Latvia).
9:15.4	J. Corfield (Tipton H.).
9:15.6	D. G. Wilson (Poly. H.).

9:16.5	C. Brasher (Camb. U.).
9:20.0	H. A. Olney (Thames V.H.).
9:21.2	L. W. Herbert (Belgrave H.).
9:26.0	P. R. L. Morgan (Oxford U.).

3 Miles

14:12.6	A. H. Chivers (Reading A.C.)
14:18.4	A. Forbes (Victoria P.A.).
14:25.8	H. A. Olney (Thames Valley H)
14:30.0	S. H. McCooke (E. Antrim H.)
14:30.2	P. R. L. Morgan (Oxford U.)
14:32.2	A. R. Miles (Thames V.H.).
14:33.4	L. W. Herbert (Belgrave H.).
14:34.4	D. G. Wilson (Poly. H.).
14:34.6	J. Branghton (Blackheath H.).
14:34.8	W. Hesketh (Barnchester A.C.).

6 Miles

30:15.0	V. Lillacas (Poly H. & Latvia).
30:16.4	S. E. W. Cox (Southgate H.)
30:19.2	W. Hesketh (Manchester A.C.)
30:19.4	D. C. Birch (Leeds U.)

2 Miles Steeplechase

10:21.0	G. B. Saunders (Bolton U.H.).
10:28.4	D. A. Evers (Finchley H.)
10:28.8	F. Holt (Liverpool Pem.).
10:31.0	D. G. Ross (S. London H.)
10:37.5	G. A. Betts (Lighthgate H.).
10:37.8	T. P. E. Curry (Achilles).
10:43.6	T. N. Rowe (Herne Hill H.).
10:45.9	A. Shorrocks (Halesowen A.C.).

120 Yards Hurdles

14.4	D. O. Finlay (R.A.F.).
15.0	J. G. M. Hart (Edinburgh U.).
15.2	F. Parker (S. London H.).
15.3	R. C. Barkway (Achilles).
15.3	D. M. Dixon (Oxford U.)
15.3	D. White (Loughborough Coll.)
15.3	J. R. Birrell (Army).
15.4	A. Adedoyin (Queen's U. & Nigeria)
15.4	C. Rosser (London A.C.).
15.4	J. O. Cave (Milocarian).

440 Yards Hurdles

53.4	H. Whittle (Reading A.C.)
54.9	D. White (Loughbro C. & Ceylon).
55.6	M. D. Pope (London A.C.).
55.8	G. H. Jarvis (Belgrave H.).
55.8	D. Brierley (Army).
56.0	D. R. Ede (London U.).
56.2	M. W. Pike (Poly H.).
56.3	A. W. Scott (Camb. U.).

High Jump

6' 7"	A. S. Paterson (Victoria Park).
6' 6 3/8"	P. Wells (London A.C.).

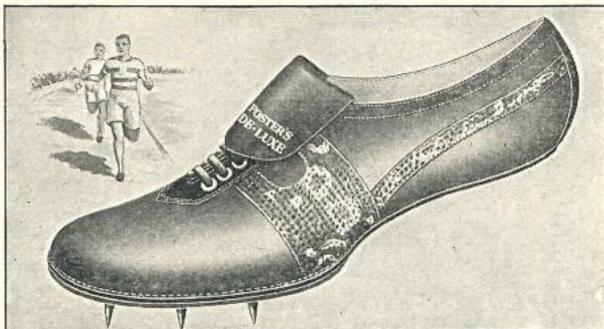
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High Jump—contd.

6' 6"	R. C. Pavitt (Poly. H.).
6' 5½"	A. Adedoyin (Queen's U. & Nig.).
6' 4"	D. Atherton (Liverpool H.).
6' 2"	A. W. Selwyn (Achilles).
6' 2"	S. Freeman (Surrey A.C.).
6' 2"	N. Gregor (Herne H.H.).
6' 2"	J. Personne (L.A.C. & Norway).
6' 2"	L. Crossley (Poly H. & Jamaica).
6' 2"	S. Williams (Poly H. & Nigeria).

Long Jump

24' 2"	S. Williams (Poly. H.).
23' 11"	H. E. Askew (Achilles).
23' 5½"	H. Whittle (Reading A.C.).
23' 4"	J. F. Lockwood (Army).
23' 0½"	R. A. Sleigh (Sutton & C.H.).
23' 0½"	I. G. Riley (Army).
23' 0"	A. R. Cruttenden (Brighton C.H.).
22' 11 7/8"	J. Vorster (London U.).
22' 10 3/4"	W. Dixon (Colchester H.).

Hop, Step & Jump

47' 9½"	S. Cross (Birchfield H.).
47' 10 1/4"	L. Davies (Ox. U. & Australia).
47' 7½"	G. T. Wells (R.A.F.).
47' 3"	W. Laing (S. Andrews U. & Nig.).
47' 3 1/2"	D. Edgecombe (St. Luke's C.).
47' 3"	A. S. Lindsay (St. Andrews U.).
45' 2½"	J. Frowen (Wales).
44' 10½"	P. Goldsmith (Army).

Pole Vault

12' 10"	T. D. Anderson (Achilles)
12' 0½"	N. Gregor (H.H.H.).
12' 0"	J. A. Redpath (R.A.F.).
11' 9"	R. Petitjean (Loughboro' A.C.).
11' 8"	A. C. Longford (R.A.F.).
11' 6"	N. E. C. Dear (London A.C.).
11' 6"	F. Moseley (Sheffield U.H.).
11' 6"	D. E. Redsull (Herne H.H.).
11' 6"	H. Sigg (Poly H. & Norway)

Shot

49' 2 7/8"	J. A. Savidge (R.N. & R.M.)
47' 7½"	J. A. Giles (Southgate H.).
46' 5½"	H. E. A. Moody (S. Lon. H.).
45' 8½"	J. Pukits (Lincoln Well).
45' 10"	T. H. Barratt (N.G.T.E.A.P.C.).
44' 6"	J. Drummond (Heriots F.P.C.).
43' 2"	Vanhegan (Southgate H.).
43' 1"	W. Hodgkisson (Preston).

Hammer

178' 1½"	D. McD. Clarke (R.U.C.)
163' 4½"	E. C. K. Douglas (Edinburgh U.)
161' 2"	N. H. Drake (Don. L.N.E.R.).
158' 6"	C. J. Reidy (S.L.H.).
154' 5"	D. N. J. Cullum (L.A.C.).
153' 7"	A. R. Valentine (L.A.C.).
153' 4"	J. Allday (L.A.C.).
149' ½"	M. J. Dalrymple (London A.C.).

Discus

147' 8½"	E. J. Brewer (O. Rutlishians).
145' 9"	W. A. Land (Enfield A.C.).
143' 8½"	J. A. Nesbitt (R.U.C.).
142' 4"	A. Jankovskis (Lincoln Well.)
139' 0"	K. Maksimczyk (Edinburgh U.)
137' 9"	R. Reavell-Carter (L.A.C.).
137' 1"	H. E. A. Moody (S. London H.)
135' 7½"	K. Duguid (Edinburgh U.).

Javelin

201' 1½"	M. J. W. Dalrymple (Lon. A.C.)
197' 10"	H. Moesgaard-Kjeldsen (Pol. & D.)
194' 4½"	J. Swaisland (Poly. H.).
193' 4½"	A. F. Hignell (Camb. U.).
187' 5"	H. M. Taylor (Queen's, Belfast)
188' 4"	J. A. Redgate (Notts A.C.).
186' 1½"	W. F. Wall (Thames V.H.).
185' 11"	J. Garner (Unatt.).
179' 5"	B. Tarlton (Herne Hill H.).
178' 9"	M. Denley (Thames V.H.).

W—Wind Assisted

Best European Track and Field Performances, 1949.

(Compiled by R. L. Quercetani).

*Denotes mark made at corresponding Engl. distance

100 Metres

10.4	E. McD. Bailey (G.B.)
10.4	K. Wittekind (Germany)
10.4	H. Fischer (Germany)
10.5	G. Kremer (Germany)
10.5	V. Shuharjev (U.S.S.R.)
10.5	L. Sanadze (U.S.S.R.)
10.5	L. Lickes (Germany)
10.5	G. Penna (Italy)
10.5	E. Bally (France)

With Wind

10.2	E. McD. Bailey (G.B.)
10.5	F. Thorvaldsson (Iceland)

200 Metres

21.3	E. McD. Bailey (G.B.)
21.3	E. Bally (France)
21.5*	J. C. M. Wilkinson (G.B.)
21.5	W. Zandt (Germany)
21.5	M. Horeic (C.S.R.)
21.6	L. Lickes (Germany)
21.6	G. Luther (Germany)
21.6	H. Clausen (Iceland)
21.6	J. P. Guillon (France)
21.6	Z. Stawczyk (Poland)
21.6	A. Siddi (Italy)
21.6	W. Schreiber (Germany)

With Wind

21.2	Z. Stawczyk (Poland)
21.3	*N. D. Stacey (G.B.)
21.4	*J. C. M. Wilkinson (G.B.)
21.6	Y. Camus (France)

400 Metres

47.2	A. Siddi (Italy)
47.8	H. Huppertz (Germany)
47.8	Geister (Germany)
48.2	L. E. Wolfbrant (Sweden)
48.3	E. Solymosi (Hungary)
48.3	F. Banhalmi (Hungary)
48.4	Sallen (Germany)
48.4	H. Wudtke (Germany)
48.4	L. C. Lewis (G.B.)
48.4	G. Audorf (Germany)
48.5*	D. C. Pugh (G.B.)
48.5	Z. Sabolovic (Yugoslavia)
48.5	S. Komarov (U.S.S.R.)
48.5	Wegener (Germany)
48.5	A. Podebrad (C.S.R.)

800 Metres

1:50.0	O. Aberg (Sweden)
1:50.8	H. Ulzheimer (Germany)
1:50.8	S. Lindgard (Sweden)
1:51.0	T. Sten (Sweden)
1:51.3	I. Bengtsson (Sweden)
1:51.4	M. Hansenne (France)
1:51.6	L. E. Wolfbrant (Sweden)
1:51.8	M. Clare (France)
1:51.8	L. Strand (Sweden)
1:51.8	O. Hoyland (Norway)

1,000 Metres

2:22.9	O. Aberg (Sweden)
2:24.1	G. Bergkvist (Sweden)
2:24.6	G. W. Nankeville (G.B.)

1,000 Metres

- 2:24.6 R. Gustafsson (Sweden)
 2:24.8 I. Bengtsson (Sweden)
 2:26.1 G. Reiff (Belgium)
 2:26.3 A. Tagliapietra (Italy)
 2:26.6 S. Lindgard (Sweden)
 2:26.8 S. Landqvist (Sweden)
 2:27.3 H. Ulzheimer (Germany)

1,500 Metres

- 3:43.8 W. Slykhuis (Netherlands)
 3:45.2 L. Strand (Sweden)
 3:45.8 G. Reiff (Belgium)
 3:46.6 S. Landqvist (Sweden)
 3:47.2 M. El Mabrouk (France)
 3:47.4 M. Hansenne (France)
 3:47.4 G. Bergqvist (Sweden)
 3:48.4 †O. Aberg (Sweden)
 3:48.6 Jean Vernier (France)
 3:48.6 I. Bengtsson (Sweden)
 3:48.8 Henry Eriksson (Sweden)
 3:49.8 Denis Johansson (Finland)
 †Made in one mile race

1 Mile

- 4:05.4 O. Aberg (Sweden)
 4:05.8 G. Bergqvist (Sweden)
 4:08.6 J. J. Barry (Eire)
 4:08.8 G. W. Nankeville (G.B.)
 4:09.8 M. Hansenne (France)
 4:10.0 Jean Vernier (France)
 4:10.2 S. Landqvist (Sweden)
 4:10.4 I. Taipale (Finland)
 4:10.6 A. Kainlauri (Finland)
 4:11.1 R. Bannister (G.B.)
 4:11.2 I. Bengtsson (Sweden)
 4:11.8 R. A. Morris (G.B.)
 4:11.8 T. Lundberg (Sweden)
 4:11.8 J. Mallejac (France)
 4:12.4 W. Slykhuis (Netherlands)
 4:12.8 †L. Eyre (G.B.)

†Also did 4:09 over a distance of one mile minus 10 yards.

3,000 Metres

- 7:58.7 G. Reiff (Belgium)
 8:13.8 W. Slykhuis (Netherlands)
 8:16.8 V. Makela (Finland)
 8:18.8 L. Strand (Sweden)
 8:17.0 †J. J. Barry (Eire)
 8:19.2 E. Zatopek (C.S.R.)
 8:19.4 V. Koskela (Finland)
 8:19.6 Jean Vernier (France)
 8:19.6 E. Ahlden (Sweden)
 8:20.4 V. Heino (Finland)
 8:21.2 Pentti Salonen (Finland)
 †Made in a 2-Mile race

5,000 Metres

- 14:10.8 E. Zatopek (C.S.R.)
 14:13.2 V. Koskela (Finland)
 14:20.0 V. Makela (Finland)
 14:20.6 Jacques Vernier (France)
 14:23.8 B. Albertsson (Sweden)
 14:25.4 Evert Nyberg (Sweden)
 14:26.0 A. Mimoun (France)
 14:27.2 Pen'ti Salonen (Finland)
 14:28.2 V. Heino (Finland)
 14:29.8 E. Ahlden (Sweden)

10,000 Metres

- 29:27.2 V. Heino (Finland)
 29:28.2 E. Zatopek (C.S.R.)
 29:53.0 A. Mimoun (France)
 29:58.0 M. Stokken (Norway)
 30:12.0 V. Koskela (Finland)
 30:13.2 S. Dennolf (Sweden)
 30:16.8 Valter Nystrom (Sweden)
 30:20.4 S. Kononen (Finland)
 30:23.4 E. Wredling (Sweden)
 30:40.7 Paavo Ukkonen (Finland)
 30:46.2 J. Kjersem (Norway)
 30:48.0 A. Paris (France)

110 Metres Hurdles

- 14.2 J. Bulantchik (U.S.S.R.)
 14.4* D. O. Finlay (G.B.)
 14.4 A. Marie (France)



International News Photo.
 DALEFLOD (Sweden) winning the javelin throw in the match against France at Colombes Stadium.

- 14.7 I. Heinrich (France)
 14.7 P. Denisenko (U.S.S.R.)
 14.7 A. Albanese (Italy)
 14.7 R. Lundberg (Sweden)
 14.8 H. Frayer (France)
 14.8 M. Tosnar (C.S.R.)
 14.8 V. Suvivuo (Finland)

400 Metres Hurdles

- 52.7 T. Lunjev (U.S.S.R.)
 52.9 R. Larsson (Sweden)
 52.9 J. Bulantchik (U.S.S.R.)
 53.0 G. Elloy (France)
 53.1 J. Litujev (U.S.S.R.)
 53.1 J. Thureau (France)
 53.2 Y. Cros (France)
 53.3 M. Moravec (C.S.R.)
 53.4* H. Whittle (G.B.)
 53.4 A. Filippi (Italy)
 53.5 O. Missoni (Italy)

3,000 Metres Steeplechase

- 9:04.4 C. Soderberg (Sweden)
 9:04.6 O. Elvland (Sweden)
 9:06.2 P. Segedin (Yugoslavia)
 9:10.6 G. Hagstrom (Sweden)
 9:11.2 L. Jeszenszky (Hungary)
 9:14.2 A. Paris (France)
 9:14.8 P. Zverev (U.S.S.R.)
 9:15.8 R. Asbrandt (Sweden)
 9:17.0 A. Kainlauri (Finland)
 9:17.6 M. Saltykov (U.S.S.R.)

High Jump

- 6' 7" A. S. Paterson (G.B.)
 6' 6 3/4" R. Reiz (Sweden)
 6' 6 3/8" P. Wells (G.B.)
 6' 6 3/8" T. Papa Gallo (France)
 6' 6" R. C. Pavitt (G.B.)
 6' 6" A. Ahman (Sweden)
 6' 5 1/2" H. Nacke (Germany)
 6' 5 1/2" G. Damitio (France)
 6' 5 1/2" †J. Soter (Rumania)
 6' 5 1/2" A. F. Adedoyin (G.B.)

†Exhibition

Pole Vault

14'	1 1/4"	R. Lundberg (Sweden)
13'	11 3/8"	E. Kataja (Finland)
13'	10 7/8"	V. Olenius (Finland)
13'	10 1/2"	A. Scheurer (Switzerland)
13'	9 3/4"	E. Kaas (Norway)
13'	8 5/8"	N. Osolin (U.S.S.R.)
13'	8 5/8"	P. Denisenko (U.S.S.R.)
13'	8 5/8"	V. Knjazev (U.S.S.R.)
13'	7 3/8"	V. Sillon (France)
13'	7"	T. Homonnay (Hungary)

Broad Jump:

24'	10 3/8"	H. Kreulich (Germany)
24'	8 1/2"	G. Luther (Germany)
24'	4 7/8"	E. Adamczyk (Poland)
24'	2"	S. Williams (G.B.)
24'	5/8"	P. Faucher (France)
23'	11 3/4"	Kammerer (Germany)
23'	11 3/4"	H. Wiersdorf (Germany)
23'	11"	H. E. Askew (G.B.)
23'	10 5/8"	I. Heinrich (France)

Hop, Step & Jump

50'	3 1/2"	A. Ahman (Sweden)
49'	8 1/2"	L. Moberg (Sweden)
49'	6 1/8"	V. Rautio (Finland)
48'	11 3/4"	L. Sherbakov (U.S.S.R.)
48'	2 3/4"	Zagorc (Yugoslavia)
48'	11 3/8"	P. Larson (Denmark)
48'	1 1/8"	B. Zambrimbois (U.S.S.R.)
48'	0 3/4"	H. Akermark (Finland)
48'		F. Sormani (Italy)
48'		R. Sartalp (Turkey)

Shot Putt:

53'	10"	G. Huseby (Iceland)
53'	1/4"	H. Lipp (U.S.S.R.)
52'	5 7/8"	R. Nilsson (Sweden)
52'	3 1/8"	Jaska Jouppila (Finl.)
51'	9 1/4"	D. Gorjainov (U.S.S.R.)
51'	1 3/4"	M. Lomowski (Poland)
51'	1 3/8"	C. Yataganas (Greece)
51'	1/4"	Y. Lehtila (Finland)
50'	10 1/4"	A. Kreek (D. P., Estonia)
50'	9 1/2"	Th. Petterson (Sweden)

Discus Throw

177'	10 5/8"	A. Consolini (Italy)
171'		G. Tosi (Ital-)
169'	3 7/8"	D. Zerjal (Yugoslavia)
166'	1 3/8"	F. Klics (Hungar-)
164'	6"	O. Partanen (Finland)
163'	5"	R. Nilsson (Sweden)
162'	8 3/8"	I. Ramstad (Norway)
161'	5"	V. Nyqvist (Finland)
161'	1/4"	H. Lipp (U.S.S.R.)

Hammer Throw

195'	5 1/4"	I. Nemeth (Hungary)
192'	2 11/16"	A. Kanaki (U.S.S.R.)
189'	1 1/4"	K. Storch (Germany)
186'	5 3/8"	I. Gubijan (Yugoslavia)
184'	11 5/8"	K. Wolf (Germany)
183'	9 1/2"	S. Strandlie (Norway)
179'	9 1/8"	B. Ericson (Sweden)
179'	5 1/2"	I. Toma (Rumania)
179'	3 1/8"	T. Taddia (Italy)
178'	1 1/2"	D. McD. Clarke (G.B.)
177'	7 7/8"	O. Lutz (Germany)

Javelin Throw

241'	3 5/8"	P. A. Berglund (Sweden)
238'	6 5/8"	T. Hyrtiainen (Finland)
238'	5 3/8"	S. Daleflod (Sweden)
238'	1 1/8"	T. Rautavaara (Finland)
234'	1"	R. Ericson (Sweden)
229'	4 3/4"	G. Petterson (Sweden)
226'	11 5/8"	E. Leppanen (Finland)
226'	5/8"	S. Nikkinen (Finland)
225'	10 1/4"	S. Olden (Sweden)
225'	7 1/8"	J. Sherbakov (U.S.S.R.)
224'	11 5/8"	V. Ijevlev (U.S.S.R.)
223'	10 5/8"	H. Moks (D.P., Esth.)

Decathlon

7,539 pts.	H. Lipp (U.S.S.R.)
7,287 —	P. Denisenko (U.S.S.R.)
7,259 —	Oern Clausen (Icel.)

*H. W. Neale.*

A. G. Wood (Pocklington School), A.A.A.
Junior shot putting champion and record holder.

7,173 —	V. Volkov (U.S.S.R.)
7,165 —	I. Heinrich (France)
7,071 —	M. Moravec (C.S.R.)
7,033 —	A. Ssheurer (Switz)
6,889 —	P. Eriksson (Sweden)
6,840 —	V. Ijevlev (U.S.S.R.)
6,718 —	K. Tannander (Sweden)

Note: A. S. Wint has not been included by R.L.Q. in the above lists due to the fact that Wint was not permitted to run for Gt. Britain in the European or Olympic Games.

BOOKS RECEIVED.

"**Fitness for Games,**" by F. A. Hornbrook. Published by Research Books Ltd., 99, Great Russell Street, London, W.C.1, at 2/6. Written essentially for the "week-end player" of games, it includes exercises and information on treatment of various sports injuries.

"**Know the Game—Hockey.**" Published by Educational Productions, Ltd., 17, Denbigh Street, London, S.W.1. at 2/- or 2/3 post free, with the approval of the All England Women's Hockey Association under the guidance of Miss Marjorie Pollard. One of the new "Visual Aid" books and written so thoroughly that no hockey player can really afford to be without it. So illustrated that anyone could understand every rule and phase of the game.

Continued on page 15

AT LAST!!

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SPECIAL OFFER. All those forwarding 12 months subscription for 1950 before January 1st (including present subscribers due for renewal before that date) will receive the December monthly issue free of charge.

First Number Out—January 7th
Don't Miss it!!

Australian Notes

By J. H. GALLI

History was made at Perth, W.A., on Sept. 17th when Bob Prentice (Vic.) won the inaugural Australian marathon championship in 2:43.46. Prentice, who was having only his second race over the distance, surprised by defeating Gordon Stanley (Vic.) by 1 min. 36 secs., while Merv Harburn, a novice to the marathon, made it a clean sweep for Victoria by taking third place in 2:53.46. Rowley Guy was a poor fourth in 3:07.06.

Slow times may be accounted for by the heat and the hilly course. Nevertheless, it was a rather disappointing start.

Prentice and Stanley (he clocked 2:35.01 a year ago) are almost certain to run the Empiad marathon for Australia. They meet again in the Victorian title race late in November.

Australia, which—outside the U.S.A.—has produced some of the world's best sprinters of recent years, has a fine prospect in 17 years-old David Johnson, of Wollongong (N.S.W.) High School. Johnson has, within two weeks, broken two of John Treloar's school-boy records, a heartening sign indeed.

In the N.S.W. High School's meet on Sept. 21-22, Dave won his 100 yds. heat in 9.8, lowering Treloar's 1945 record by a tenth; later he won the final against a choppy breeze in 9.9 sec.

Then, on Oct. 1st, Johnson took the State All-Schools' 100 yds. in 9.7 sec., again beating Treloar's mark by a tenth; and later the 220 yds. in 22.1. In both meets the grass tracks were soggy, following a month of heavy rain.

Johnson is 5ft. 11in. tall and of medium build, and he does all his training with Treloar at Port Kembla. His form suggests that he will be a member of Australia's Empire Games sprint squad.

Athletics in Wales

By A.E.W.

So we are to have only one Welsh athlete to represent us at the British Empire Games in New Zealand next February, and seeing that Ken Jones is not able to go Tommy Richards will carry the banner of the Red Dragon for us, and compete in the Marathon race.

Tom who thrilled millions of Britishers by his magnificent performance in the Olympic Games Marathon when

he all but won that event can crown a long athletic career by winning the British Empire Marathon.

However, we have got to get him to New Zealand, and the question of finance is causing the Welsh A.A.A. and the Welsh British Empire Games Council to appeal for the wherewithal to get Richards "Down Under."

As a tribute to Tom Richards' effort at Wembley in 1948 to uphold the prestige of British Athletics, I appeal to all Welshmen to send in a contribution to enable us to send this fine athlete. These should be sent to Mr. C. M. Howell, "Camaret," Bridgeman Road Penarth, Glam.

The following clubs and organisations have affiliated this year with the Welsh A.A.A.—Anglesey Youth Clubs, St. Josephs (Penarth) A.C.; Rhondda Fach Elementary Schools; Treorchy and District A.C.; Trinity College, Carmarthen; Cardiff Parks Recreation Centre; National Coal Board Area No. 5; King's Dock Works (Swansea) Welfare Club; Skewen A.C.; Senghnydd Miners' Welfare Association; Merthyr A.A.C.; Merthyr Inter-Factory Sports Club; Welsh Road Walking Association; Pontypool A.C.

Quite a nice year's progress, and if we go on at that rate, Welsh athletics are bound to develop by leaps and bounds. This, of course, links up with the coaching of our athletes and a step in this direction is the prospective visit of Geoffrey Dyson to South Wales and Mon. for the period Feb. 13th-16th, when he is expected to bring Mrs. Dyson whom we all knew as Maureen Gardner, Arthur Wint and two other well known athletes. It is expected that he will divide his time between Newport, Cardiff & Swansea, Newly affiliated the Welsh Area Road Walking Association has got going by organising this year's, 10th Annual Road Walk Championship, Mr. Harry Lewis, 94 Clive St., Grange, Cardiff is the Hon. Secretary.

Gwyn Rees, Coventry Godiva Harriers a native of Cwmavon, this year's 2 miles Track Champion won the 10 miles Road Walk in 1 hour 32 mins 20 secs.

It has been decided that Mon. County Championship will be held at Newport on May 28th & Glamorgan County Championships on June 3rd.

Welsh Senior Championships on June 24th & Junior & Youths Championships on July 8th. After serving a useful purpose the Inter-Area Match

Continued on page 13



SHEFFIELD UNITED HARRIERS, English, Northern Counties and Yorkshire Junior Cross-Country Champions 1948-9 season. L. to R.—(Back Row) A. G. Kirby, J. Milnes, D. Walker (Capt.), J. E. Nichols; (Front Row) H. Charles, G. Hunt, S. Cooke.

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What Does Your Coach Require of You ?

By GEORGE PALLETT

(Herne Hill H.)

A.A.A. Senior Honorary Coach

Under the A.A.A. coaching scheme many enthusiasts after considerable study and expenditure of time are becoming qualified coaches. Athletes expect much of them—sometimes too much. They can't do much with poor material and, sad though it is to say so, the athlete too often presents to the coach some poor material on which to work. All too often it is unnecessary.

What does the athlete want from his coach? These days they know the answer. The "technique" of the event. The word is becoming a hackneyed open sesame to first class performance. None the less many do acquire something like technical perfection after travelling a long hard road which could have been shortened by taking a little thought. Some never acquire it and remain among the mediocre, disappointed and with lost faith in "this scientific stuff." Many such have only themselves to blame.

Why does it take so unreasonably long with some; why do some never acquire it? Taking it for granted that the athlete is potentially open to improvement, the reason, more often than not, is his refusal or inability to recognise that before he can learn the best way to perform an event he has to be in a condition to be able to carry out his coach's instructions. Technique is important, but the measure of improvement that can be expected from it will be measured by the quality of the foundation on which it is based. No potter can fashion his work satisfactorily from poor clay. No athlete can perfect his technical performance in a reasonable time, if at all, unless he is in a condition to perform the movements required of him without apparent effort. Imperfections in bodily development will from the outset create faults, which the coach will never eradicate unless the athlete plays his part.

Common Faults

Let us face up to some of the beginner's (and sometimes the advanced athlete's) shortcomings. In the first place he is all too often not strong

enough for his event.

Secondly he is not supple enough—a general fault. The greater the range of movement (within reason, for the athlete does not require the extreme elasticity of the ballet dancer), the easier the movement, and in certain events where it is required, the longer the power can be applied. With this generally goes a lack of range of movement in the joints. Practically all athletes are too tight to a greater or lesser degree in the hip girdle. This hampers the hurdler, restricts the runner's stride, and hinders relaxation. The javelin thrower's shoulder girdle is too often restricted, with resultant faults in delivery.

Thirdly, unharmonious body development will inevitably cause faults. I have often heard comment passed on the splendid upper body physique of class sprinters—particularly foreigners. It is not fortuitous—they know full well that powerful arms and shoulders must counterbalance powerful legs to make the latter fully effective. How many sprinters one does see in this country with spindly arms set into weak shoulders!

Finally there is too often inability to co-ordinate nerve and muscle, and muscle and muscle. But the athlete who is familiar with the performance of complicated movements in a smooth pattern will more easily learn a new pattern—he is used to consciously controlling his muscular efforts.

If therefore an athlete really wishes to make the most of his potential ability, and obtain the greatest possible benefit from his coach, he can best spend the winter by including in his training work in the gymnasium.

I believe that cross-country running during the winter as basic training for track men up to 880 yards can be overdone. Field events men need little of it. All of them should certainly finish with the plough by the end of January. Throughout the athlete should include in his training general body building exercises—the extent of these will depend on the event. Field events men need them most. In addition there should be specialist exercises aimed at correcting inequalities in physique. The athlete must take

thought and consider whether he has any—most have.

A Training Plan

Here is a general plan of training. Each athlete must use his common sense and consider his own particular weaknesses in adapting it to his own use. If he does he will give his coach (who, after all, has taken the trouble to equip himself to teach the athlete) a fair chance. Incidentally, if a gymnastic class is not available one could do worse than get "Recreation and Physical Fitness. Youths and Men," published by H.M. Stationary Office. It contains lists of exercises for various muscle groups.

1. Have you ever thought of playing around with a totally different event—preferably a field event? It relieves the monotony, and plays a part in body building.

2. Spend the time up to Christmas on plenty of "scout pace" work. Four or five miles at least three times a week—on grass if you can. Stride and walk alternately. The distance one strides will depend on the length of one's track event.

3. After Christmas, up to the last week in February, spend each training period (which should last at least an hour three times a week) alternating striding over a hundred yards with brief exercise periods, preferably of the game variety, but keep on the move and keep well wrapped up. Plenty of fun may be had by working in a group. Middle distance runners should also cover about three quarters of their distance at a fair pace once a week. The pace will depend on their fitness at the time and not be related to their best time. During this period the field events men particularly should spend about one-third of the training period on technique—and watch carefully for physical defects! Don't forget much technique work may be done in the gymnasium.

4. Throughout the winter work on

exercise. All athletes should include a fair proportion of abdominal exercises, stretching and joint-loosening exercises, with emphasis on the muscle groups and joints which play the greatest part in the particular event. The number and repetition of muscle building exercises must depend on the type of event—generally speaking, the heavier the event the greater the muscular development.

5. Games aimed at developing mental alertness and quick movement are of value. They are generally included in a physical training table in a gymnastic class.

6. Try and work out particular weaknesses and eradicate them. For example, one of the weakest positions and one of the worst from which to move fast is a bent knee position. Sprinters adopt it at the start, jumpers of all kinds use it, but too little attention is paid to improving the strength of the position. A triple jumper, for example, should be able to adopt the half knee bend position and bounce on the balls of the feet (without his feet leaving the ground), his body rising and falling about six inches, a hundred times a day without difficulty. Other athletes who pass through a bent knee position in the performance of their event should be satisfied with about sixty. Try it 25 times and see how your legs feel!

7. Don't ride if you can walk. Plenty of walking should always be possible. Don't rely entirely on three hours training a week or you will be disappointed. Carry all the training you can into your daily activities.

8. Throughout all the work try to relax muscles which are not being used. In particular spend fifteen minutes each day concentrating on entire physical and mental relaxation—particularly after exercises.

9. Begin to build up speed in all events about the first week in March. The more gradual the process the better. All athletes should now switch to more specialised work.

Continued from page 10

between West Wales, East Glamorgan & Monmouthshire will be discontinued for the time being.

The Harry Packer Memorial Cup donated by Monmouthshire sportsmen

for the best club aggregate in the Welsh Senior Championships has been won by Newport A.C. and the Fellowship Cup goes to Ken Jones by virtue of his winning the Welsh 100 yds. 220 yds and Long Jump Championships.

Swedes Alter Distance Training Rules

By **CORDNER NELSON** Editor of "Track and Field News."

Question: Why have Swedish milers been able to better Gil Dodds' 4:05.3 (or its metric equivalent) a total of 26 times, all during the period of Dodds' own running career? Other questions with the same answer: Why have Paavo Nurmi's 5,000 and 10,000 metre records been lowered by 30 seconds, and why were nine runners in 1948 able to beat Nurmi's best 5,000 metre time?

Answer: Because of entirely different methods of training distance runners, which make our old methods as out-dated as the standing sprint start, the scissors form in the high jump, or the American style of throwing the javelin. (Other reasons advanced, such as cooler weather, better native temperament, etc., are of little importance because the startling rise of Swedish runners did not come until after the new methods were adopted in the late 1930's).

Credit for developing this new training method goes to Gosta Holmer, the Swedish Olympic coach. The difference between the old method and the new may be divided into three: (1) style, (2) the principle of soft muscles (3) Fartlek.

1. Style: Following a visit to Sweden by an American team in 1947, Gosta Holmer said, "Quite as we sprint like distance runners, your distance runners run like sprinters." The Swedish style differs from the style used by most Americans in three ways: (1) The Swedes allow the rear foot to kick up high behind on the theory that it is a natural motion, requiring no strength, and it allows the foot to swing forward in a short pendulum arc, rather than forcing the runner to lift it forward. (2) The Swedes do not waste strength lifting the knee any higher than necessary to allow the foot to clear the ground. (3) The most im-



International News Photo.
LANDQVIST (Sweden) winning the 1500 metres from ERICSON (Sweden) and TWOMEY (U.S.A.) at Stockholm.

portant change is in the leg action at the front of the stride. In describing this action, Holmer writes:

"Let the legs work like the movement of the wheel of a lever watch. That wheel is oscillating backwards and forwards, never still, always in movement. After finishing the movement forwards, you must start a quick movement backwards. That movement I name 'the distance tempo.'"

The main secret is thus to start the foot back the moment it stops going forward, rather than allowing the foot to coast forward in an extended position. An extended front leg, although making for a longer stride, causes the runner to bounce and actually impedes his progress. This is of course, the style for running longer races. The faster the pace, the more the front leg is extended. This "distance tempo" is not meant for speed. Holmer says: "If you can run 440 in sprinting style you can do 54 seconds, but if you run in fast distance tempo only in 57 seconds or so."

This Swedish technique is much different from Paavo Nurmi's style of long strides ($7\frac{1}{2}$ feet in a 1500 metre race) and large movements of the shoulders and hips, which tend to destroy natural rhythm. Holmer says: "We have no use for Nurmi's technique. It was not natural."

As for the arms, they are forgotten. They are allowed to follow the movement of the legs rather than pump along with the legs or slightly ahead as in sprinting.

2. **The principle of soft muscles:** Before the 1947 Chicago Relays 2-mile, Forest Efav, America's second fastest outdoor two-miler, with a time of 8:59.7, said, "I started out this indoor season very well, winning my first six races. Then my legs began to tighten up from running on these hard sur-

faces, and it was hard for me to finish a 10-minute race." (He lost three in a row). "But I remembered what the Swedish runners had told me about doing their training in the woods and on soft ground. So I went back to Stillwater and for the last three weeks I've done all my workouts across the alfalfa fields. I went back to Cleveland last night, and that 9:15 race was really easy. I felt good, and I feel good here." (He won the Chicago race in 9:11.4).

The theory is to keep the leg muscles soft, pliable, and springy by running on springy surfaces rather than on wood, concrete, or a hard track. Holmer explains it: "The antagonistic muscles offer a minimum of resistance. A relaxed muscle produces greater speed than a tense muscle."

The Swedes formerly trained exclusively on the springy, pine-covered paths of the woods, but now they train a little on a track to prevent soreness of the legs during a race.

Quoting Holmer again: "I don't like this indoor running on tree floor. It is a counteraction for muscle relaxation. If you want to have good speed, you must give the muscles softness. You give them that during running in the wood and on sward. If you do not have a chance to train in this manner, you must use much massage and hot bath. We name it 'Finnish bastu,' that is, hot air."

Not only must the muscles be kept soft during training, but they must be given time to recover their softness after a hard race on the track. Holmer warns, "The legs must have time to give the muscles a chance to get limp after all 10,000 metres running on the track. Therefore, I don't allow my boys to run more than one 10,000 metres in a month when they reach their form."

Continued from page 8

"Know the Game—Rugby League Football." A similar publication devoted to the Rugby League code. The official illustrated handbook of the Rugby Football League. Price 2/- or 2/3 post free.

"The Sports Book," by James Rivers. Published by McDonald & Co. Ltd., 43, Ludgate Hill, London, E.C. 4, at 9/6. This is the third Sports Book by James Rivers, the two previous issues having proved extremely popular.

Fourteen popular sports are covered from a new angle, Jack Crump writing on athletics. It is a book which, no matter how one may be tied to a particular sport, cannot fail to interest the reader from start to finish.

"Basketball," by W. Browning. Published by Sir Isaac Pitman & Sons, Ltd., at 10/-. A splendid book designed for players and referees and containing chapters on coaching and

Continued on page 24

AMATEUR

Patron : HIS MAJESTY THE KING

ATHLETIC



ASSOCIATION

President :

The Rt. Hon.
THE LORD BURGHLEY,
K.C.M.G.

Hon. Sec : E. H. L. Clynes.

Hon. Treas : W. C. Jewell.

Asst. Sec : G. W. Smith.

CROWN CHAMBERS, 118, CHANCERY LANE, LONDON, W.C.2.

70th Anniversary Celebrations of the Northern Counties A.A.

The "North" celebrated their 70th anniversary by holding a dinner in Manchester which was attended by the Rt. Hon. Lord Burghley; Mr. A. B. Wignall, President of M.C.A.A.A.; Mr. Tomlinson, Honorary Secretary Southern Committee, and the Honorary Secretary A.A.A. During this historic meeting of Members from all parts of the North and their friends, Lord Burghley, in proposing the toast of the N.C.A.A., congratulated the Association on its long and successful career and wished it continued success in the future.

Empire Games Team

The A.A.A. General Committee have appointed Mr. J. W. Turner, J.P. (Life Vice-President, Chairman of General Committee and Honorary Secretary N.C.A.A.) as the Honorary Team Manager, and Mr. W. C. A. Findlay (Chief Timekeeper Olympic Games and Member of General Committee) as Assistant Honorary Team Manager, and expressed their appreciation that these officials will meet their own expenses.

Consequent on R. G. Bannister and J. C. M. Wilkinson being unable to make the journey, C. T. White and F. L. Higgins have accepted invitations **Milocarian Trophy.**

Mr. Kirk, Games Master of the Southfields School, Oxford, and Mr. H. Thouless, School Captain, accepted the trophy from the Chairman at the General Committee Meeting on 1st October, who praised the School on its progressive performances since the introduction of the Competition.

Mr. Harry Rothery, President of the Highgate Harriers, who last month celebrated their 70th Anniversary, has received the special congratulations of the General Committee on his 96th birthday. All athletes will wish this great worker for athletics continued

good health and happiness.

A.A.A. Handbook, 1950.

Orders are invited for the 1950 Handbook which will be available in April next, price 5/6.

Promoters of Athletic meetings held under A.A.A. Rules are invited to advertise their meetings at the following rates: Full Page £3/3/0; Half Page £1/15/0. Rates for **commercial advertisements** are £5/5/0 full page and £3/3/0 half page.

Instructional Booklet: The Long Jump and Hop, Step and Jump.

The above publication by Denis Watts, A.A.A. National Coach, will be available about the middle of November, price 1/6 post free.

A.A.A. Coaching Bulletin (Issue No. 3)

Issue No. 3 of the Coaching Bulletin is now available price 1/- Post Free from the Association Offices. Contents include "Statistics an Incentive" by Norris McWhirter and "Arm Action in Hurdle Clearance" by G. H. G. Dyson, and "The Camera and the Athlete" by Jack Oaten.

Indoor School

D. L. Grigg will conduct a Discus Session at 6.30 p.m. on 15th December, in place of 13th October.

Pole Vault Weekend

A week-end course for pole-vaulters who have cleared eleven feet will be held at R.M.A. Sandhurst, Camberley, Surrey, 9-11 December, under the direction of the Chief Coach, assisted by J. Le Masurier and G. J. Pallett at a cost of two pounds per member. Names should be sent at once to J. C. McPhail, 55, Woodland Way, West Wickham, Kent.

Testing of Hon. Coaches

The next tests will be from 10 a.m. on 12th November at Parliament Hill Fields under the direction of the Southern National Coach, J. Le Masurier.

Milocarian Trophy Competition Results

1949

Posn.	School	110	220	440	880	Mile	Shot	Disc.	Jav.	H.J.	L.J.	H.S.J.	P.V.	Entries	Average Score
1	Southfields, Ox.	3	13	8	5	2	3	5	—	3	5	7	—	54	514.2
2	Hurstpierpoint	9	10	6	4	1	13	13	—	1	3	—	—	60	503.4
3	Redruth G.S.	1	11	8	2	—	14	8	—	1	2	1	—	48	501.9
4	Lancing Col.	1	21	5	9	1	22	15	3	5	5	3	—	90	482.0
5	Penzance G.S.	2	9	6	6	3	14	9	—	—	1	7	—	57	472.2
6	Caterham ...	3	13	12	8	3	2	4	1	7	7	—	—	60	430.2
7	Hitchin G.S.	5	13	6	4	3	10	5	—	5	7	2	—	60	428.5
8	Wallasey G.S.	4	20	8	13	4	24	20	1	2	3	3	—	102	426.0
9	Bedford Modern	2	20	19	17	13	4	8	2	2	12	18	—	117	421.5
10	Taunton's, Soton	3	30	21	13	5	10	6	1	11	23	—	—	123	395.2
11	Harper T., Bed.	3	6	1	2	1	2	4	—	4	4	3	—	30	391.3
12	Hounslow Col.	—	8	2	1	—	1	4	2	6	1	1	—	26	345.1
1949 Totals		36	174	102	84	36	119	101	10	47	73	45	—	£27	
1949 % Entries		4.3	21.1	12.3	10.2	4.3	14.4	12.2	1.2	5.7	8.8	5.5			
1948		3.3	14.4	8.8	7.3	4.7	4.4	3.1	1.7	9.2	20.5	2.3			

Average Score in each event

110 Hlds.	551 pts. rep.	16.5s.
220 yds.	432	26.7s.
440 Yds.	446	60.4s.
880 Yds.	446	2m. 21.4s.
Mile	468	5m. 12.4s.
Weight	468	33ft. 8in.
Discus	485	104ft. 4in.
Javelin	437	135ft. 8in.
High Jump	374	4ft. 7½in.
Long Jump	366	16ft. 9in.
H.S. Jump	350	34ft. 4in.

Best performances in each event

110 Hlds.	723 pts. rep.	15.0s.
220 Yds.	682	23.8s.
440 Yds.	648	54.8s.
880 Yds.	629	2m. 9.2 s.
Mile	666	4m. 44s.
Weight	736	43ft. 4in.
Discus	880	149ft. 0in.
Javelin	577	162ft. 1in.
High Jump	672	5ft. 7in.
Long Jump	615	20ft. 6in.
H.S. Jump	523	39ft. 4in.

Best Average Scores

1. Average 671.6 (6.4.1932)	Pts.
440 Yds. 54.8s.	648
220 Yds. 23.8s.	682
Discus 128ft. 3in.	685
2. Average 661.6 (30.4.33)	
Discus 125ft. 11in.	664
Weight 42ft. 9in.	718
220 Yds. 24.6s.	602
3. Average 648.3 (6.6.32)	
Weight	535
Discus	813
Hurdles	597
4. Average 647.3 (11.7.33)	
220 Yds. 25.0s.	566
Discus 123ft. 6in.	660
Weight 42ft. 8in.	716
5. Average 647.0 (8.3.33)	
Discus 194ft 0in.	880
Weight 38ft. 5in.	573
220 Yds. 26.2s.	468
6. Average 644.0 (21.4.32)	
220 Yds. 24.0s.	661
Hurdles 15 0.	723
Long Jump 19ft. 7in.	548

THE WOMEN'S AMATEUR ATHLETIC ASSOCIATION

Hon. Sec: MRS. W. E. HUGHES, 13, Selcroft Road, Purley, Surrey (Uplands 1566).

The Association has now invited the following to represent England in the Women's Athletic Events in Auckland:

Sylvia Cheeseman, Spartan L.A.C.—100 and 220 yds., High and Long Jump and Relays.

Dorothy Manley, Essex L.A.C.—100 and 220 yds., High Jump and Relays.

Doris Batter, London Olympiades—100 and 220 yds. and 660 yds. Relay.

Margaret Walker, Spartan L.A.C.—100 and 220 yds. and Relays.

Jean Desforges, 80 metres Hurdles and Long Jump.

Dorothy Tyler—High Jump, Long Jump, 80m. Hurdles and Javelin.

The very small number of places available made the task of selecting the team a very difficult one for the Committee, but they should form a very strong representative unit for England. The only matter now causing worry is the fact that the team is still only a provisional one—until it is definitely known that the efforts of the Empire Games Appeals Committee has definitely resulted in the raising of the £20,000 required to equip and transport the team representing some 9 different sports.

Some Dates.

So far as the Clubs are concerned this in for them perhaps the quiet period of the year, in between the Track Season ends and the period when Road Walking and Cross-Country events come into the calendar.

The first of the Road Walking events will be the National Junior Road Walk from the Norfolk Hotel, Handsworth, Sheffield 9, on November 5th. The distance will be approximately $1\frac{3}{4}$ miles and the event is open to competitors who have never won an award in a Territorial Senior or National Walking event.

The National Road Walk will be on 3rd December, in the Midlands. Clubs will be notified of details in due course.

Further dates to note are:—

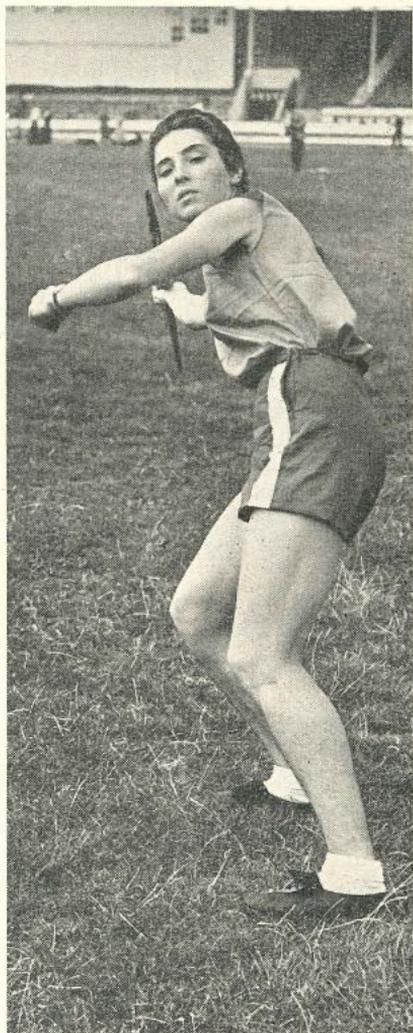
Southern Counties W.A.A.A. Annual General Meeting, Polytechnic, London, on Dec. 10th, 1949, at 2.30 p.m.

Northern Counties W.A.A.A. Annual General Meeting, Nov. 24th, 1949.

Women's A.A.A. Annual General Meeting, February 4th, 1950.

Central Press

Mrs. E. ALLEN, W.A.A.A. javelin champion, 1949.



FIXTURE LIST

November

- 5 National Jun. Road Walk, Sheffield.
19 Midland Sen. Rd. Walk, Perry Barr.

December

- 3 National Sen. Rd. Walk, Perry Barr.
10 Turley Shield C.C. Race, Coventry.

January

- 7 Midland Junior C.C. Championship.
14 National Jun. C.C. Champ. Harborne
26 Southern Road Walk Champ.

February

- 11 Southern C.C. Champ., Orpington.
18 Midland Senior C.C. Championship.

March

- 4 National Senior C.C. Championship.
25 Ilford A.C. Women's Road Relay.

June

- 10 Southern J. & S. Champs., Chiswick.

July

- 8 W.A.A.A. Champs., White City.

RESULTS

In the match at Epsom on Sept. 24th, in which Jack Crump's team defeated the Mayor of Epsom's team by 84 pts. to 47, the women's events resulted as follows: **100 Yds.:** 1, D. Batter (J.C.); 2, J. Anton (M); 3, D. Tyler (J.C.) 11.1 sec. **220 Yds.:** 1, K. Long (J.C.); 2, P. Sissons (J.C.); 3, H. Spears (M) 27.3 sec. **High Jump:** 1, D. Tyler (J.C.); 2, J. Jones (M); 3, J. Anton (M) 4ft. 9in.; **Relay:** J. Crump's team beat Mayor's team in 51.4 sec.

October 1st

Essex County Championships, Ilford.
100 Yds.: 1, D. Manley (Essex) 2, P. Benson (L.O.); 3, J. Desforges (Essex) 12.0 sec.; **220 Yds.:** 1, D. Manley (Essex); 2, P. Benson (L.O.); 3, P. Alexander (Essex) 26.3 sec. (championship record); **880 Yds.:** 1, E. Garritt (Ilford); 2, M. Hume (Essex); 3, J. Worcester (Ilford) 2m. 30.4 sec. (championship record); **80 M. Hds.:** 1, J. Desforges (Essex); 2, C. Wheeler (Barking Abbey Sch.); 3, J. Hessellwood (Essex) 12.6 sec.; **Shot:** 1, C. Wheeler (Barking A. Sch.) 28ft. 5in.; 2, J. Hessellwood (Essex) 27ft. 4in.; 3, J. Millership (Essex) 24ft. 7in.; **Javelin:** 1, D. Chandler (Ecko S.C.) 93ft. 7in.; 2, J. Hessellwood (Essex) 90ft. 4in.; 3, P. Alexander (Essex) 61ft. 5in.; **Discus:** 1, J. Hessellwood (Essex) 94ft. 5in.; 2, D. M. Chandler (Ecko S.C.) 79ft. 6in.; 3, J. Desforges (Essex) 76ft. 3in.; **Long Jump:** 1, J. Desforges (Essex) 17ft. 5in. (cham-

pionship record); 2, C. Wheeler (Barking A. Sch.) 17ft. 0in.; 3, P. Brooker (Essex) 16ft. 1in. **Juniors: 100 Yds.:** 1, M. Edwards (Chelmsford); 2, E. Jackson (Essex); 3, M. Edmondson (Grays Tech. Sch.) 12.9 sec.; **150 Yds.:** 1, M. Poulson (Essex); 2, B. May (Ilford); 3, E. Jackson (Essex) 19; 8 sec.; **75 Yds. Hds.:** 1, P. Douglas (Heath Pk. Sch.); 2, B. Barrett (Essex); 3, D. Steer (Essex) 12.6 sec.; **Long Jump:** 1, A. Cashmore (Ilford) 15ft. 7in.; 2, D. Hayward (Essex) 15ft. 4in.; 3, P. Douglas (Heath Pk. Sch.) 14ft. 9in.

October 5th

Birmingham Floodlit Sports, Perry Barr. **100 Yds. Scratch:** 1, M. Erskine (Birm. Atalanta); 2, J. Loftus (Godiva H.); 3, M. Penn (Birch. H.); **880 Yds.:** 1, M. O'Hara (Birch. H.) 90; 2, M. Price (West Brom.) 76; 3, H. Cawston (Birch. H.) 85; 2min. 16.6sec.

U.S.A. SENIOR CHAMPIONSHIPS

50M.: 1, J. Watson; 2, J. Patton; 3, D. Dwyer; 6.5s. **100 M.:** 1, J. Patton; 2, A. Patterson; 3, D. Jacobs; 12.1s. **200 M.:** 1, N. Jackson; 2, S. Walsh; 3, A. Patterson; 24.2s. (meet record). **80 M. Hds.:** 1, B. Robinson; 2, T. Manuel; 3, M. Martin; 11.9s. (A.A.U. record). **400 M. Relay:** 1, Tuskegee Institute, Alakama; 2, San Angelo; 3, Mexico City 50.0s. **High Jump:** 1, G. Orr; 2, B. Robinson; 3, E. Lawlor; 5ft. 0in. **Long Jump:** 1, M. Landry; 2, B. Robinson; 3, S. Walsh; 17ft. 5in. **Shot:** 1, A. Bert; 2, F. Kaszubski; 3, D. Dodson; 39ft. 8in. **Discus:** 1, F. Kaszubski; 2, H. Rand; 3, C. Villaneuva; 123ft. 9in. **Javelin:** 1, D. Dodson; 2, H. Rand. 3, M. J. Perez; 123ft. 1in.

GERMAN CHAMPIONSHIPS

100 M.: Peterson 12.1s.; **80 M. Hds.:** Sander-Domagella 11.95s.; **4 x 100 M. Relay:** Bremen 48.4s.; **High Jump:** M. von Bucholz 5ft. 3in.; **Long Jump:** Brunemann 20ft. 0in. (record); **Shot:** Uthke 43ft. 4in.; **Discus:** Uthke 137ft. 4in.; **Javelin:** Wolf-Plank 143ft. 3 7/8in.

* *

Ilford A.C. stage their Road Relay Race on March 25th, 1950, from The Bungalow Tea Rooms. Teams consist of five girls, each running the circular course of just under 2 miles. Secretaries should write for further details to: Mrs. Grace Dewey, 26 Belfairs Drive, Chadwell Heath, Essex.

RACE WALKING

By F. W. BLACKMORE

A New Boom.

There is obviously no depression in the walking world. All indications point to a winter season which will show still further advance over preceding post-War seasons, each successively an improvement upon the previous one.

The Highgate "Hour" Walks, in aid of St. Dunstan's, at the end of September, marking the close of summer track walking and heralding the new season on the road, clearly established that there is no dearth of competitors, of enthusiasm, of ability—or of goodwill. The sum raised for St. Dunstan's was approximately £40, £10 in advance of last year's total.

C. J. Morris' 8 miles 15 yards in the "fast" Hour was a truly great performance, the best on record for a one-hour event since A. H. G. Pope established the then world record figures of 8 miles 474 yards in 1932; although it is likely that F. J. Redman covered around the same distance when going on to establish world-record figures for 10 miles in 1934. In the Junior Mile Walk (17-19) there was a repetition of the A.A.A. Junior Mile battle between D. Bott, of Sheffield United, and Harold Whitlock's son Terry, with the former again just proving the faster. Incidentally, in the "fast" Hour, J. Copperwheat, Highgate, was fifth with a distance of 7 miles 365 yards, not D. H. A. Christie-Murray as given in the agency report at the end of last month's notes.

Altogether a highly satisfactory event which must have stimulated the record entry received for the first Open road walk of the season, the Highgate Open 7, the result of which it is hoped to include at the conclusion of these notes.

Morris in France.

Jim Morris' trip to Paris for the international 25 kilometres track walk at the Colombes Stadium on October 2nd, appears to have given satisfaction and pleasure to the sponsors of the event, and his final placing, 3rd, was a creditable performance. As shown by the intermediate times and distances given below, he held the lead up to 10 miles, whereafter the Olympic 50 kms. champion, Ljunggren, took command, while another Swedish

walker, Hakansson, also passed the British competitor.

It was perhaps to be anticipated that Morris would begin to tire after 10 miles, most of his racing experience having been limited to that distance, whilst Ljunggren, with the slower start of a distance man, would be warmed up to his best about this point. It seems that Morris' lead was not sufficient to stave off the challenge of the Swedish walker; but the experience must have done him good and we may yet see some noteworthy performances from him over a distance (25 kms.) which has often been mooted as an additional Olympic walk, and which might well suit British walkers with experience of the 20 miles national championship.

International 25 Kms. Walk

- 1 Ljunggren (Sweden) 2hrs. 2mins. 45 secs.
- 2 Hakansson (Sweden) 2hrs. 4mins. 51.2secs.
- 3 Morris (Gt. Britain) 2hrs. 8mins. 50.2secs.

Hubert, of France, 3rd in the recent London to Brighton Walk, was 7th in 2.19.22.

Intermediate Times

- 3 kms. Morris 14.10.2.
- 2 miles Morris 15.12.
- 5 kms. Maggi 23.26 (France).
- 5 miles, Morris 38.10.
- 10 kms. Morris 47.33.
- 7 miles, Morris 53.42.
- 15 kms. Morris 1hr. 12.02.
- 10 miles Morris 1hr. 17.29.
- 20 kms. Ljunggren 1.37.12.
- 15 miles Ljunggren 1.58.22.
- 25 kms. Ljunggren 2.2.45
- ½ hour Morris, 6 kms. 341 ms.
- 1 hour Morris, 12 kms. 565 ms.
- 2 hours Ljunggren, 24 kms. 457 ms.

Diary

- November 12th Enfield A.C. Open
7 Miles Walk, Enfield.
November 26th Belgrave Hs. Open
7 Miles, Wimbledon.

Road Walking Association Championships, 1950

- 10 miles "Garnet" Championship (replacing the "Junior" Championship) February 4th, in the Midlands.



H. W. Neale.

Start of Section "A" in the Highgate One Hour Walks at Parliament Hill.

10 miles "Senior" Championship, March 18th, in the South.

20 miles Championship, May 13th, in the South.

The 50 kilometres Championship will be held in the North, on a date to be decided.

* *

10 Miles Welsh Walk Championship

—1st, G. Rees Coventry Godiva H. 1:32.20; 2nd K. W. Smith, Cambridge

H. 1:34.41; 3rd, M. Bingham, Roath Youth A.C. 1:35.24. 1st team: Roath Youth A.C. 1st Novice: D. Morris, Roath Youth A.C.

Open Scratch Race—1st G. Rees, Coventry Godiva H.; 2nd, G. Gregory, Trowbridge A.C.; 3rd, K. W. Smith, Cambridge H.

Open Handicap — 1st, G. Gregory Trowbridge A.C.; 2nd, J. Batten; 3rd, J. Burnett.

Ukrainian Hammer Thrower 17 inches Short of World Record

BY N. VASILIEV

Two new U.S.S.R. records were made and three existing records equalled in the track and field championships of the Soviet Union, decided in Moscow Dynamo Stadium in September.

The Ukrainian hammer-thrower Alexander Kanaki threw 58.59 metres (192ft. 2 5/8in.) to beat his own U.S.S.R. record of 56.15 metres (184ft. 2 5/8in.) and get within striking distance of the world record of 193ft. 7 1/2 in. made last year by the Olympic champion, Imre Nemeth (Hungary).

Kanaki thus smashed his own record, by exactly eight feet, an astounding advance by the Ukrainian who had broken the U.S.S.R. record several times before by simply adding odd inches to the previous best.

Here, in bare figures, is the story of the U.S.S.R. hammer-throwing record in the past six years: 1943, J. Kotkas, 176' 6 1/4"; 1946, A. Shekhtel, 177' 10 1/4"; 1947, Shekhtel 180' 1 3/8"; 1948, Shekhtel 181' 11 3/8"; Kanaki, 182' 1 1/8"; Shekhtel, 183' 1 1/4"; Kanaki, 184' 1 1/4"; 1949, Kanaki, 184' 2 3/8", 192' 2 5/8".

An astonishing background story to

the athletics career of Kanaki is that he actually began as a shot-putter. And a very successful one at that. He actually made a U.S.S.R. record of 15.35 metres (50ft. 11 3/8in.) as long ago as 1938. It lasted until 1946 and the advent of Heino Lipp.

The other new U.S.S.R. record made in the championships was Timofey Lunev's 200 metres low hurdles win in 24 secs, three-tenths of a second under the record that he made last year.

He was followed home by the versatile Evgeny Bulanchik who finished about four yards in arrears in 24.5 secs. This, however, was just one race for Bulanchik. He had already won the 110m. high hurdles title in 14.4 secs.

This equalled his own U.S.S.R. record made at Kiev last year. Earlier in the month Bulanchik, former holder of the 400m. hurdles record, had equalled the 400m. flat record of 48.6 secs.

Thus he has personal best performances of 110m. (14.4 secs.), 200 metres (24.5 secs.), and 400 metres (53.8 secs.)

hurdles, and 48.6 secs. for the flat 400 metres.

It is doubtful if any other athlete in any country can have duplicated this unique combination of first-class performances.

The remaining record equalled in the championships was the women's 100 metres of 11.9 secs. by the European double champion Evgenia Sechenova, who thus repeated the record time she had put up in Moscow and Oslo three years ago.

Some remarkably fine sprinting was shown by the men. Nikolai Karakulov, the European 200 metres champion, ran the 100m. in 10.6 secs., but was beaten by V. Sukharev (Moscow Dynamo), who won the title in 10.5 secs. This was one-tenth of a second short of Karakulov's U.S.S.R. record that he made last year.

It was sprint vintage year in the championships. In addition to Karakulov, 10.6 seconds was returned by P. Golovkin—who made a Soviet record of 10.6 secs. 13 years ago—and the

youthful Lev Sanadze.

The 5,000 metres title went to the Leningrader, Ivan Semenov—a surprise win—in 14 mins. 44.8 secs., the equivalent of three miles in 14 mins. 9 secs.

Anna Andreyeva, Moscow, succeeded Tatyana Sevryukova, holder of the world record, as U.S.S.R. shot-put champion and, with a put of 14.51 metres (47ft. 7½in.), got within 3½ inches of her predecessor's world best.

Tochenova (Leningrad) winner of the students' championship in Budapest recently, was second with 14.12 metres (46ft. 3 7/8in.).

Nina Dumbadze (Tbilisi), European champion and world record-holder in throwing the discus, retained her title with a throw of 52.27 metres (171ft. 5 7/8in.), 3ft. 3in. short of her world record throw.

An Estonian, K. Valman, won the men's javelin at 67.38 metres (221ft. 0½in.), while the women's title was taken by N. Smirnitskaya (Leningrad) with 49.99 metres (164 feet).

Letters to the Editor . . .

Dear Sir,

I always study and enjoy the notes written by the chief coach, although I do not always agree with every word he writes or the particular emphasis given to certain things. A case in point is that on page 13 of the September issue and his remarks under the heading 8a "kick up in recovery."

I agree that with a perfect leg drive a high kick up is natural and proper. With an imperfect leg drive, however, although natural it is wasteful of movement and energy.

The point here obviously is what is considered a perfect leg drive and why. The answer to this, I think, is the secret between English running and the running of the World's leading performers.

The perfect leg drive can only be obtained with a forward position of the hip and late phasing of the arm drive. The result then is that the body or buttocks drag the rear foot off the ground in a relaxed state which, together with the shortening of the leg lever—i.e., flexing—enables the leg to be whipped through more quickly—relaxed running.

Conversely, where the hips are re-treated—i.e., wrong forward trunk lean

instead of total body incline and the arm phasing advanced on the legs the rear leg is pulled off the ground by the stomach muscles before it has fully straightened or done its work. This results in wasted power and a short-end stride and the effort then to lengthen the stride for several reasons worsens an incorrect style.

Forty years ago the leading experts declared that Black would always beat White owing to hip formation, which enables Black to carry out this movement better than White.

Yours faithfully

"ELLERAY."

GEOFF DYSON writes:

I don't agree with E's 3rd paragraph where he says that there is a difference between "English running and the running of the World's leading performers." My own view is that the best of our men employ running movements that are fundamentally as sound as any on earth. But just as we have poor runners so have the Swedes, French, Americans, etc.

By all means let us admire the performers of other lands, and learn where we can; but we mustn't be unfair to

TWO SERVICES FOR THE ACTIVE AND ATHLETIC

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Where our men are slower it can often be traced to poor training routine and wretched facilities. With our best men running action has nothing to do with it.

The kinesiology of running is an extremely complex subject completely understood by no-one at present. E's theory of hip positioning may well be sound. At the moment, however, I am not in favour of stressing hip and shoulder movement in any running form. I would rather work for flexibility and strength, as I inferred in my article on Swedish Training methods; (and so, apparently, would the Swedes).

In my view thigh lift in front is a fair enough indication of leg drive. If a man kicks high up behind without swinging the thighs well forward in recovery then I know he is lacking in drive. With the thighs raised, and with the body inclined correctly, his kick-up doesn't bother me; he automatically gets the drive. This may sound an over-simplification to some, but nevertheless I find it works.

G.H.D.

Continued from page 15

officiating. Includes all the changes brought about as a result of the 1948 Olympic Games and a revised version of the rules. Well illustrated and containing an index.

"**Swimming Instruction**," issued by the Amateur Swimming Association and published by Simpkin Marshall (1941) Ltd., Rossmore Court, Park Road, N.W.1. A most useful guide for all those engaged in the teaching of swimming and so informative that all instructors, teachers and parents will find it invaluable.

"**Championship Technique in Track and Field**," by Dean Cromwell, in collaboration with Al Wesson. Published by the McGraw-Hill Publishing Co., Ltd., Aldwych House, London, W.C.2, at 24/-. A book which the average track and field fan will revel in, particularly those who like to know all about the American athletes of the past and present. It mixes training and technique with anecdote and history, finishing with a chapter on the 1948 Olympics. A grand book.

RESULTS

September 17th

Dorset County Championships, Poole.

880: 1, S. J. Bryant (R. Signals); 2, L. F. Phillips (Poole and County A.C.); 3, S. F. Haines (Blandford A.C.) 2m. 3 sec. **3 Miles:** 1, S. J. Bryant (R. Signals); 2, R. J. Thorne (Blandford A.C.); 3, C. G. Drewett (Poole and County A.C.); 16m. 22sec.

September 21st

Aylesford Paper Mills S.C. and Polytechnic H. engaged in a handicap match at Aylesford. Results: **100 Yds:** C. Gibson (A) 4, 9.9sec.; **Pole Vault:** T. D. Anderson (P) Ser., 12ft. 6in.; **Mile:** W. Beckett (A) 65, 4:12.8; **Discus:** C. J. Reidy (P) 5ft. 0in., 132ft. 0in.; **440:** C. Craig (A) 26, 49.1 sec.; **Long Jump:** E. Harwood (A) 20ft. 9in.; **880:** C. Hills (A) 1:56.8; **Hammer:** C. J. Reidy (P) 158ft. 6in.; **220:** L. Laing (P) 1, 21.8; **Weight:** H. E. A. Moody (P) Ser., 43ft. 1in.; **High Jump:** N. Gregor (A) 5ft. 10in.; **3 Miles:** J. Wood (P) 250, 14:15.8; **Medley Relay:** Poly. 3:47.8.

Sept. 24th

Jack Crump's Team defeated the **Mayor of Epsom & Ewell's Team** at Epsom by 84 pts. to 47. Arthur Wint and T. L. Higgins scored for both sides. Results: **100:** 1, L. Laing (J.C.); 2, N. D. McWhirter (J.C.) 3, T. L.

Higgins (M) 9.8; **220:** 1, L. Laing (J. C.); 2, N. D. McWhirter (J.C.); 3, T. L. Higgins (M) 21.9; **440:** 1, A. S. Wint (M); 2, T. L. Higgins (J.C.); 3, A. B. Watts (J.C.) 48.9; **880:** 1, H. J. Parlett (M); 2, A. S. Wint (J.C.); 3, L. Hatton (J.C.) 1:56.0; **Mile:** 1, R. A. Morris (J.C.); 2, S. Wilkins (M); 3, C. E. Walkley (J.C.) 4:31.8; **2 Miles:** 1, J. W. Hovell (J.C.); 2, M. Hillier (M); 3, W. E. Lucas (M) 9:36.6; **High Jump:** 1, R. C. Pavitt (J.C.); 2, L. Crossley (M) 5ft. 11½in.; **Shot:** 1, H. E. A. Moody (M); 2, N. McWhirter (J.C.); 3, P. Allday (J.C.) 40ft. 4in.; **Discus:** 1, H. E. A. Moody (M); 2, P. C. Allday (J.C.) 123ft. 6in.; **Javelin:** 1, W. F. Wall (J.C.); 2, D. Upton (M); 3, P. Allday (J.C.) 186ft. 1½in.; **Relay:** J. C. Crump's team beat the Mayor's team in 1 min. 11.6 sec. (4 x 176). **Youths' 880:** 1, A. Warner; 2, E. Coleman 3, J. Buchanan 2:54s.

Surrey County Road Relay Championship, Woking: Belgrave H. led from start to finish. There were six stages of approx. 3 miles. 1, Belgrave H. (C. Walker 14.55, R. Ruddick 14.48, S. Davis 15.13, L. Adams 15.09, E. A. Short 15.05, L. Marchant 14.43) 89.53 (record); 2, Surrey A.C. (A. Martin 15.09, C. Bailey 15.04, R. Goodbody

15.32, H. Wheeler 15.14, C. Scott 15.07, J. Butler 14.55) 91.01; 3, S. London H. 91.18; 4, Herne Hill H. 93.35; 5, Mitcham A.C. 6.24; 6, Woking A.C. 96.40; 7, Sutton & C.H. 96.42; 8, Croydon H. 102.05. Fastest time: P. J. Pirie (S.L.H.) 14.30 (record).

October 1st

McANDREW 13 MILE RELAY RACE Victoria Park, Glasgow

1, Victoria Park, A.A.C. (J. Stirling 16.23; I. Walls- 16.29; J. Ellis 16.07; A. Forbes 15.47) 64min. 46sec.

2, Shettleston H. (C. Wallace 16.22; E. Bannion 16.14; J. Burton 16.32; B. Bickerton 16.02); 65min. 10sec.

3, Greenock Glenpark H. (W. Elder 16.50; A. McLean 16.03; S. Williamson 16.32; W. Williamson 16.20) 65min. 45sec.

Fastest Times—1, A. Forbes (Victoria Park A.A.C.) 15.47; 2, J. J. Barry (St. Machans A.A.C.) 15.51; 3, B. Bickerton (Shettleston H.) 16.02.

Portsmouth A.C. Novice Championship over 2½ miles. 1, D. J. Smith 16.25; 2, T. O'Garr 16.45; 3, F. Sawver 17.07; H'ep.: T. O'Garr 0.50, 15.55. Junior Novice: R. H. Pyne 18.10.

Belgrave H. 3 miles Road H'ep. 1, R. C. Tooby (2.55) 13.35; 2, L. Bush (2.15) 13.49; 3; S. Charlton (1.50) 14.4. Fastest time: L. Marchant 15.15. There were 84 starters.

Maidenhead C. & A.C. 25½ Miles Road Relay. Reading A.C. won again, beating the record for the course. Fourteen teams started. 1, **Reading A.C.** (J. Hyde 23.00, N. Peters 22.49, C. J. Parr 23.39, W. Nicholls 22.45, J. C. Green 22.14, I. H. Parr 23.16) 2:17.44 (record). 2, **Walton A.C.** (F. Whitlock 22.28, P. Goodsell 23.36, G. Arrow 23.57, F. Ackarv 23.11, F. Box 22.49, J. Addington 22.19) 2:19.20. 3, **Thames Valley H.** 2:19.30; 4, Ealing H. 2:22.51; 5, Maidenhead A.C. 2:22.56; 6, Oxford City A.C. 2:26.35. Fastest time: L. Field (T.V.H.) 21.55. Fourteen teams started.

Shaftesbury H. 2½ miles Novices Race, Totteridge: 1, A. J. Mackay 13.45; 2, J. Chaplin 14.10; 3, J. Ford 14.25.

October 5th

Inter-City Match, Perry Barr. under floodlights. **100 Yds.**: 1, J. Wilkinson (London); 2, C. N. Gibb (London); 3, N. Walker (Birmingham) 10.0 secs. **220 Yds.**: 1, L. A. Laing (London); 2, T. L. Higgins (London); 3, K. W. Crowe (Manchester) 21.7 secs. **880 Yds.**: 1, F. Evans (Manchester); 2, J. Bromley (Manchester); 3, G. Bridge (London) 1min. 57.3sec.; **2 Miles Team**: 1, Lon-

don 6 pts.; 2, Birmingham 17 pts.; 3, Manchester 30 pts. Individual: D. G. Wilson (London) 9 min. 21.2 sec. **4 x 110 Yds. Relay**: 1, London; 2, Birmingham; 3, Manchester; 43.8 secs. **4 x 220 Yds. Relay**: 1, London; 2, Birmingham; 3, Manchester; 1min. 27sec. **Match result**: London 55 pts.; Birmingham 44 pts.; Manchester 43 pts. **Other events**: **Attempt on ¼ Mile Record**: 1, G. W. Nankeville (Walton A.C.) Ser.; 2, D. R. Angove (B.T.H.) 100; 3, J. E. Churms (West Brom.) 55; 3 min. 1 sec. (record is 2min 59sec. by Sydney Wooderson; **100 Yds. Open**: 1, W. Wilkes (Birchfield H.) 6½; 2, S. W. Wright (Birch. H.) 8; 3, K. Smallwood (Small Heath H.) 6, 9.8secs.; **880 Yds. Open**: 1, B. E. Eldridge (Lozells) 74; 2, E. G. McDonald (Lozells) 89; 3, J. Ashby (West Brom.) 79; 1 min. 53.5 sec.

October 8th

Eastleigh A.C. 70 pts. beat **Southampton A.C.** 110 and **Portsmouth A.C.** 135 over 4½ miles at Eastleigh. 1, R. G. Gosney (S) 25.03; 2, G. T. Wright (E) 25.25; 3, J. Horn (P) 26.28; 4, M. Cherry (E) 26.38; 5, R. H. Brvan (E) 26.41; 6, R. Goodridge (S) 26.42.

R.M.A. beat **Thames H. & H.** at Sandhurst by 15 pts. to 40. 1, McCord (R.M.A.) 28.29; 2, Bald (R.M.A.) 28.42; 3, Grosvenor (R.M.A.) 28.25; 4, Nicholson (R.M.A.) 28.56; 5, Martin (R.M.A.) 28.56; 6, Roberts (C) 29.32.

Enfield A.C. 3 Miles Youths' Inter-Team Race, Enfield Lock. 1, W. Harness (Enfield Scouts "A") 19.49; 2, P. Spalding (Scouts "A") 19.53; 3, V. Rainbow (E.A.C.) 20.01. Teams: 1, Enfield Scouts "A" 34 pts.; 2, Enfield Scouts "B" 35; 3, Enfield A.C. 51.

South London H. 21 pts. beat **Alleyns "A"** 37 and **Alleyns "B"** 62 at Coulsdon. 1, B. W. Hollidge and P. G. Scott (S.L.H.) equal 28.21; 3, J. Lyne (Alleyns "A") 28.53; 4, A. Gosling (Alleyns "A") 29.15.

Oxford University beat **Thames Hare and Hounds** over 7 miles at Oxford by 15 pts. to 40. 1, J. H. Scott-Wilson, P. R. Ll. Morgan, J. F. Pollard, I. F. Ewen, D. G. Fathers and R. Pain (Oxford) equal. 42.10.

Oxford University "B" team beat **Thames H. & H. "B"** team by 16 pts. to 39 at Roehampton. 1, M. B. Ranson (O) 43.50; 2, E. M. McVellan (O) 45.44; 3, J. S. Hunt (O) 46.00; 4, W. S. Thompson (O) 46.07; 5, W. P. Calwell (T) 47.59.

Open 5 Miles Road Handicap for "Turd" Tronhy. Netlev. 1, E. Ross (King Alfred's Coll.) 3.20, 24.48; 2, G.

P. Poulton (King Alfred's Coll.) 3.20; 25.07; 3, F. Horn (Portsmouth A.C.) 3.35, 25.50; 4, J. Horn (Portsmouth A.C.) 2.10, 25.54; 5, M. Cherry (Eastleigh A.C.) 2.10, 26.06; 6, D. Gardner; (Portsmouth A.C.) 5.0, 26.32.

Blackheath H. beat **Milocarians** at Hayes by 15 pts. to 40. 1, D. G. Child (B) and G. E. Monshall (B) equal, 28.18; 3, A. J. Brent (B) and A. C. Brill (B) equal, 28.36; 5, W. F. Spencer (B) 28.46; 6, A. K. Maughan (M) 28.58.

Thames Valley H. beat **Belgrave H.** over 5 miles at Cranford by 1,317 pts. to 1,459, 37 aside scoring. 1, L. Field (T.V.H.) 27.42; 2, H. A. Olney (T.V.H.) 28.14; 3, E. Manley (T.V.H.) 28.14; 4, F. Charlton (B) 28.26.

Thames Valley H. beat **Ealing H.** by 40 pts. to 77 in a junior match. 1, E. Reynolds (T.V.H.) 20.11; 2, J. Kirkbride (E) 20.12; 3, J. H. B. Davis (T.V.H.) 20.16.

Epsom & Ewell H. 55 pts. beat **Surrey Beagles** 57 and **Sutton & Cheam H.** 59 over 5 miles at Epsom. 1, G. Hitching (Beagles) 27.50; 2, R. Page (Sutton) 28.03; 3, R. Laws (Epsom) 28.07; 4, B. Maltravers (Sutton) 28.12.

Enfield A.C. beat **British Oxygen S.C.** over 3 miles at Enfield Lock. 1, D. Christy (E) 18.46; 2, N. Huxford (E) 18.54 3, B. Smith (E) 19.20.

October 15th

"News of the World" **Manchester to Blackpool Relay Race**

First Lap.

1. Sutton H. (W. McMinnis) 23:29
2. Winton H. (J. Bramley) 24.11
3. Birehfield H. (M. White) 24.15

Second Lap.

1. Manchester A.C. 46.15
2. Sutton H. (..... 22.45) 46.25
3. Birehfield H. (D. Taylor 22.15) 46.30

Third Lap.

1. Birch. H. (L. Shilcof 24.21) 1.10.51
2. Sutton H. (A. Tyrer 24.32) 1.10.57
3. Leeds H. (H. Bodill 24.08) 1.11.8

Fourth Lap:

1. Sut. H. (T. Fillingham 29.46) 1.40.43
2. Birch. H. (E. Kinchin 30.11) 1.41.02
3. Tip. H. (T. Williamson 30.42) 1.42.20

Fifth Lap:

1. Sutton H. (W. Maleedy 27.22) 2.8.05
2. Birch. H. (J. W. Hay 27.39) 2.8.41
3. Tipton H. (A. J. Cole 26.24) 2.8.44

Sixth Lap:

1. Sutton H. (L. Lambe 25.00) 2.33.05
2. Birch. H. (H. Reeves 24.36) 2.33.17
3. Tipton H. (R. F. Hale 24.46) 2.33.30

Seventh Lap.

1. Tipton H. (J. Corfield 29.22) 3.2.52
2. Sutton H. (J. Harrison 30.27) 3.3.32
3. Birch. H. (A. E. Dalton 30.44) 3.4.01

Eighth Lap.

1. Tipton H. (J. Gripton 18.24) 3.21.16
2. Birch. (W. Darrigan 18.25) 3.22.26
3. Sutton H. (R. Ashley 19.00) 3.22.32

Ninth Lap.

1. Tip. H. (B. Twamley 29.51) 3.51.07
2. Birch. H. (F. Green 29.29) 3.51.55
3. Sutton H. (D. Friar 30.53) 3.53.25

Tenth Lap.

1. Birch. H. (J. M. Smith 25.19) 4.17.14
2. Tipton H. (F. Edwards 27.41) 4.18.48
3. Sutton H. (D. Wilson 27.03) 4.20.28

Finish:

1. Birehfield H. (R. Reid 36.11) 4.53.25
2. Tip. H. (J. T. Holden 36.00) 4.54.48
3. Sutton H. (F. McMinnis 35.34) 4.56.2
4, E. Cheshire 4.58.4; 5, Godiva H. 4.59.1; 6, Sheffield United H. 5.1.22; 7, Leeds Harehill H. 5.2.59; 8, Manchester A.C. 5.3.30; 9, Wirral A.C. 5.4.21; 10, Bolton United H. 5.5.33; 11, Salford H. 5.6.37; 12, Rotherham H. 5.7.4; 13, Winton H. 5.7.20; 14, Manchester & Dis. Lads Club 5.7.42; 15, Wakefield H. 5.7.51; 16, Liverpool Pembroke H. 5.8.11; 17, Hallamshire H. 5.9.19; 18, Airedale H. 5.13.13; 19, Macclesfield H. 5.13.16; 20, Sale H. 5.14.38; 21, Leigh H. 5.27.21.

First Livingstone Cup Race, Worcester

1, A. W. Haddock (Lozells) 59.40; 2, W. A. Cooke (Leicester) 59.50; 3, R. Turney (Godiva) 60.15; 4, A. Poole (Worcester) 60.53; 5, E. Froude (Leicester) 61.00; 6, A. Brown (Worcester) 62.09.

Handicap: 1, K. Peel (Lozells) 18m., 49.49; 2, G. Winfield (Godiva) 16m., 51.09; 3, G Bull (Godiva) 17m., 52.30.

Team H'ep: 1, Godiva H., agg. time, 3.29.46; 2, Leicester W.C., 3.32.34; 3, Lozells H., 3.33.16.

Teams: 1, Leicester W.C., 26 pts.; 2, Godiva H., 36 pts.; 3, Worcester H., 38 pts.

Finchley H. 5 Miles Championship,

Ruislip. 1, J. Andrews 30.58; 2, J. Hovell 30.59; 3, P. Crisp 31.20; 4, D. Raven 31.41. Junior Champ.: 1, D. Hammerton 31.48; 2, E. Shirley 32.01; 3, N. Pedel 33.48; H'ep.: D. Raven, 2.0, 29.41.

Dartford H. beat Gravesend & Dist.

H. by 24 pts. to 68 at Gravesend. 1, M. Whenman (D) 33.49; 2, A. Childs (D) 34.51; 3, L. Stevens (D) 35.06; 4, F. Dyter (D) 35.06.

Wigmore H. 4 Miles H'ep., Hampstead. 1, P. May 5.15, 19.13; 2, J. Ponselet 4.10, 19.22; 3, A. Mathewson 6.30, 19.55.

S. London H. 4½ Miles Novices Race, Coudson. 1, P. W. Pitt (Purley G.S.) 28.54; 2; F. C. Bagley (Imp. Coll.) 30.22; 2, P. C. Young (S.L.H.) 30.35;

4, A. B. Watts (Imp. Coll.) 31.00.
Maidenhead A.C. beat **Southall A.C.**
 at Perivale by 69pts. to 72, scoring 8
 aside, and with 39pts. beat Ealing H.
 40pts. and Southall A.C. 92pts. scoring
 6 aside. 1, G. Glancy (Ealing) 38.28;
 2, G. Bunce (Maid.) 39.04; 3, K. Bain
 (Ealing) 40.24.
Kingsway 12 Mile Relay Race,
Kingsway, Dundee—1, Victoria Park
 A.A.C. (J Stirling 14.41, C. Forbes

14.46, J. Ellis 14.27, A. Forbes 13.48);
 57m. 42sec. (new record); 2, Shettleston
 H. (C. Wallace 14.27, J. Burton 14.41,
 E. Bannon 14.30, B. Bickerton 14.07),
 57m. 45sec.; 3, Maryhill H. (J. Wright
 14.33, J. E. Farrell 14.24, R. McDonald
 14.56, R. Brymner 14.56. **Fastest**
times: 1, A. Forbes (Victoria Park
 A.A.C.) 13.48 (new record); 2, B. Bick-
 erton (Shettleston H.) 14.07; 3, T.
 Tracey (Springburn H.) 14.10.

FIXTURE LIST

November

5 Chelmsford Road Relay
 5 Orion H., Camb. U., Lon. U., Chingford.
 5 Birmingham League Races.
 12 S. of Thames Junior, Maidenhead.
 12 Camb. U., Reading A.C., S.L.H., Camb.
 19 Manchester League, Stalybridge.
 19 M.C.A.A.A. Everill Cup Tamworth.
 19 N. of Thames Inter-Team, Eton.
 19 Reynolds-Garrett Trophy, Southampton.
 19 Aaron Youths Memorial Race, Leeds.
 19 London U. v. Oxford U., Roehampton.
 19 S.E. Lancs League, Radcliffe.
 26 Midlands v. North v. Univ. A.U., Warley.
 26 City of Rochester A.C. Open Road Race.
 26 Leeds November Handicap.

December

3 North Kent Championship, Bexley.
 3 Hamp. H. "Fraternity Cup," Totteridge.
 3 Birmingham League Races.
 3 Warwickshire League, Meriden.
 10 Oxford U. v. Camb. U., Roehampton.
 10 Bexhill A.A.C. Road Relay.
 10 U. of London Champs., Roehampton.
 10 S.E. Lancs. League, Royton.
 10 Midland Works & Bus H. Champ., Rugby.
 10 Lon. Shipping A.A. Champs, Petersham.
 10 Manchester League, Winton.
 17 Midland Youths & Invit. Counties Race,
 Wordsley.
 17 Gravesend H. Friendship Cup Race.
 17 Middlesex Youths' Champs.
 17 Portsmouth A.C. 5 M. Open Rd. Handic'p
 17 British Workers' S.A. Champ., Wim'don.
 26 Worthing & Dist. Open 6M. Rd. Race,
 Sonning.
 26 Gateshead Congers Road Races.
 31 Warwickshire League, Coventry.
 31 Lincolnshire Championships, Lincoln.

January

2 Morpeth Road Race, Newcastle
 4 Bingley Open Road Races.
 7 County Championships.
 14 Kent Youths' Championship, Maidstone.
 14 Dorchester—Poole Road Relay.
 14 Bingley Road Races.
 14 S.E. Lancs. League, Middleton Jet.
 14 Birmingham League Races.
 21 Inter-Counties Champs, Leicester.
 21 Milocarians v. London U., Camberley.
 21 Camb. U. v. Thames H. & H.
 21 Halifax & Dist., Championships.
 28 S.E. Lancs League, Rochdale
 28 Cambridgeshire Champs.; Sawston.
 28 Manchester League, Stalybridge.

February

4 Midland 7 Miles Champ., Walmley.
 11 N. Eastern Champs., Morpeth.
 11 S. of Thames Senior, Farningham.
 11 N. of Thames Sen. & Jun., Harpenden.
 11 Yorkshire Champs, York.
 11 E. Lancs. Champ., Winton.
 11 Birmingham League.
 11 W. Lancs. Champs., Runcorn.
 18 Universities A.U. Championship.
 25 Southern Championships, Eastbourne.

February—contd.

25 Northern Championships, Horwich.
 25 Midland Championships, Perry Barr.
 25 Eastern Championships, Henlow.

March

3 Army Championships, Colchester.
 4 N. London C.C.A. Inter-Team Race.
 4 Leeds & Dist. Championships.
 4 Leicestershire Championship, Leicester.
 11 E.C.C.U. National Champs, Aylesbury.
 18 Cambridge H. Road Relay, Bexley.
 18 Ilford Road Relay.
 18 British Railways Champs., Loughton.
 18 S.L.H. Inter-Schools Race, Coulsdon.
 23 Inter-Services Championships.
 25 International C.C. Champ., Brussels.
 25 Brighton H. Road Relay.
 25 Thames Valley H. Road Relay, Cranford.
 25 Essex Youths' Championship.
 25 Ilford Youths' Relay.

April

1 N. of World London to Brighton Relay.
 1 Watford H. Road Relay.
 1 Wolverhampton H. Road Relay.
 8 Wigmore H. 15 Miles Open Road Race.
 8 Livingstone Road Relay.
 8 Walton 10M. Road Race.
 8 Worthing H. Road Relay.
 8 Chichester—Portsmouth Road Walk.
 8 Harborne H. Road Relay.
 10 (E.M.) Sheffield Telegraph & Northern
 Marathon.
 10 Portsmouth A.C. 10M. Rd. Race, Bognor
 15 Warwickshire Road Relay, Leamington.
 21/22 L.A.C. Schools Challenge Cup, White
 City.

May

13 Sward Trophy Meeting, Chiswick.
 13 Chichester—Portsmouth Road Race.
 20 U.A.U. Championships.
 27 Dartford H. Charity Sports.
 27/29 British Games and Inter-Counties
 Championships, White City (provisional).

June

3 County Championships.
 10 London A.C. Relay Meeting, White City.
 10/11 Northern Decathlon, Port Sunlight.
 17 Kinnaird Meeting, Chiswick.
 24 Northern Championships, St. Helens.
 24 Midland Championships.
 24 Southern Championships.

July

1 Enfield A.C. "Jarvis Cup" Meeting.
 1 Ox. & Camb. U. v. Princeton & Cornell U.
 8 Northern Junior Champs., Skegness
 8 English v. Scottish Universities.
 8 District Junior Championships.
 14/15 A.A.A. Championships, White City.
 22 Waddilove Trophy Meeting, Birmingham.
 29 A.A.A. Junior Champs, Port Sunlight.

August

7 International Meeting, White City.
 23/27 European Championships.

September

4 France v. Great Britain, Paris
 11 Gothenburg v. London, Gothenburg.

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JOE BINKS

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