

Athletics

WEEKLY

Vol. 17 No. 44
November 2nd, 1963

THE ATHLETE'S MAGAZINE



**INCORPORATING
WORLD ATHLETICS**

INSIDE

Nutrition—What
the Athlete needs



John Boulter answers
the Questionnaire



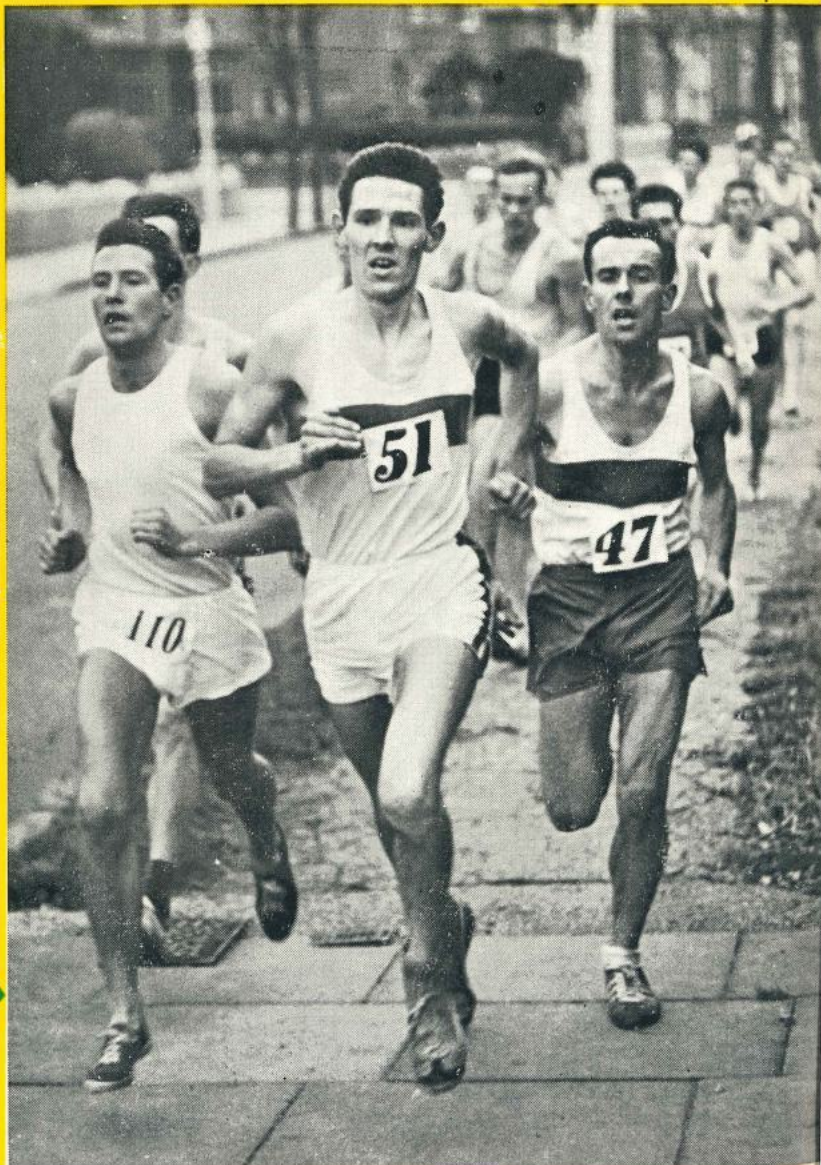
Godiva triumph in
Bristol-Weston Relay



Ponders End win
Chelmsford Relay



Tokyo Medal Prospects



Cover photo by Eric North:

No. 51 P. Hall (Barrow) leads No. 110 M. Harrop (Halifax) and No. 47 B. Gill (Bolton) in the Lunesdale and Primrose A.C. Road Race.

DEPLETED GODIVA TRIUMPH IN BRISTOL - WESTON RELAY

THE drama of last Saturday's Bristol-Weston and Back Relay began with the declaration of teams. This revealed that Portsmouth were without Tulloh, Hayden and Johnston; Godiva were minus Kilby and McDermott; and Derby were also two stalwarts short. Here then was a heaven-sent opportunity for Bristol, North Staffs or a reviving Birchfield to snatch a day of glory.

The outward journey was sensation-packed, with the lead alternating between Oldbury, Godiva, Derby and finally Bristol, who were forced into smashing their own half-way record by 36 seconds.

On the homeward journey Godiva were under ferocious pressure from Bristol and Derby until a poor 7th stage wrecked Derby's hopes whilst Bristol's long cherished ambition to win this local classic was shattered by John Hammond when on the final stage he widened an uncomfortable 15 sec. lead into a victory for Godiva by over a minute. Worcester surpassed anything in their history with 8th placing.

Stage 1. (Record: 24.11). Brilliant junior Alan Rushmer slashed the record standing since 1955 by almost a whole minute. Portsmouth (Shergold) were only 6th. A. Rushmer (Oldbury) 23.14, W. Adcocks (Godiva) 23.35, J. Jackson (N. Staffs) 23.45, J. Edwards (Bristol) 23.58, P. Calladine (Derby) 23.58.

Stage 2. (Record: 24.42). Godiva broke into the lead, followed by Derby and Bristol. Portsmouth held 6th place. Junior Martin Hewer advanced Cheltenham from 34th to 21st with fastest stage time. Fastest: M. Hewer (Chelt) 24.59, J. Simmons (Der) 25.13, W. Card (TVH) 25.23, R. Carey (Godiva) 25.27, D. Brearley (Bromsgrove) 25.31.

Stage 3. (Record: 21.23). Derby snatched the lead from Godiva and Birchfield moved up to 4th behind Bristol. Fastest: J. Orton (Birch) 22.11, J. Keily (Der) 22.13, R. Norton (Bris) 22.25, G. Gough (Ports) 22.26, B. Harbach (Tipton) 22.32.

Stage 4. (Record: 26.55). Peter Wilkinson (Derby) could not hold off Basil Heatley (Godiva), but the latter was passed by Bristol's Eddie Strong on the outskirts of Weston. Strong equalled Heatley's 1960 record. Roy Fowler, chasing both his international colleagues, brought N. Staffs into 3rd place at the expense of Derby. Portsmouth remained 6th. Fastest: E. Strong (Bris) 26.55, R. Fowler

(N. Staffs) 27.12, B. Heatley (Godiva) 27.33, P. Leake (Leics. C) 27.58, J. MacNamara (Poly) 28.18.

Stage 5. (Record: 27.02). Juan Taylor restored Godiva to the leadership, relegating Bristol's H. Clayton into 2nd place. Otherwise the first six were unchanged. Fastest: J. Taylor (Godiva) 28.49, E. Austin (Worc) 28.50, D. Shelley (N. Staffs) 29.01, H. Clayton (Bris) 29.04.

Stage 6. (Record: 21.40). Godiva slightly widened their advantage over Bristol, and Derby finally ended the hopes of N. Staffs. At last Portsmouth moved one place forward to 5th. Fastest: K. Wright (Der) 22.13, J. Lindsell (Ports) 22.14, M. Crossfield (Godiva) 22.27, M. Herriott (Sparkhill) 22.37, R. Mack (Birch) 22.41.

Stage 7. (Record: 23.48). Martin Hyman (Portsmouth) passed N. Staffs but, tiring from early exertions, lost ground to Bristol's Mick Price. Fastest: M. Price (Bris) 25.19, M. Hyman (Ports) 25.36, M. Neville (Godiva) 25.47, R. Boyden (N. Staffs) 26.27, R. Gibbs (Birch) 26.35.

Stage 8. (Record: 23.14). Godiva finished 35 seconds outside their course record and Bristol

continued on page 27

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EVERY SATURDAY — ONE SHILLING

A WELCOME APPOINTMENT

THE appointment of Barry Willis (39) as Assistant Honorary Secretary of the Amateur Athletic Association is welcome news to those who believe younger men should fill the top jobs in athletics administration. Subject, of course, to the approval of the annual general meeting of the A.A.A., Mr. Willis will take over as Secretary in about 16 months time.

Ernest Clynes (64), who has filled the post so ably and conscientiously since 1947, will not seek re-election after next year. "I feel that by 1965," he announced, "it will be time to hand over to a younger man. Now the General Committee has found the right man they have created this post to help him learn."

The news of Mr. Willis' appointment came as a surprise—a pleasant one. By taking this step the A.A.A. General Committee have confounded the cynics who argue that by the time a man climbs to the top he is too old and far removed from the athletes he is to serve.

Barry Willis is the equivalent of the "unknown" athlete who is hailed as a new discovery when in fact he has been piling up solid performances over a number of years. I first met him in 1955, when he was Secretary of Potters Bar Athletic Club and I was a trainee reporter on the local newspaper. I was immediately impressed by his quiet enthusiasm, knowledge and sincerity. During the subsequent years he has made a valuable contribution to the sport.

Though not a qualified coach himself, he has helped to disseminate the latest in coaching theories and practice through the medium of that fine publication *Discobolus* and he used to produce a coaching bulletin for Hertfordshire. Mr. Willis is best known for his work with the Discus Circle, a specialist club he helped to found and of which he has been Secretary since its inception in 1957, and as editor of the *A.A.A. Club Newsletter*. A former Berkshire 440 and shot champion, he still flings a discus occasionally for Barnet A.C. He is a travel service manager, married, has three young children and lives in Brookmans Park (Herts.).

We have received three letters concerning Mr. Willis' appointment—from Commander F. W. Collins, Derek Cole and Ronald Murray—as we go to press and these will be published with others next week.

Today's Events

Fixtures include Hornchurch Harriers' 43 miles road relay over 10 stages for the Johnny Johnston Trophy (starting from Upminster), the Priory Relays at Redhill (record entry of over 70 teams), the Billingham "10½", the Witney "12", Kent women's road relay championships at Ladywell, a Cyclists v. Harriers match at Walsall, and Southern Counties A.A.A. indoor meet at Stanmore.

MELVYN WATMAN

(The Editor is on holiday)

LETTERS TO THE EDITOR

Views expressed in readers' letters are not necessarily those of the Editor or the publishers

MARATHON SELECTIONS

Dear Sir,

What a peculiar set-up the selection of long-distance runners for Olympics and important internationals is!

Almost yearly, we see a new name rocket to the fore in a race over 20 miles or the marathon distance—usually a fair track-man who has done that extra bit of training to enable him to lead a marathon field over a fast, flat course (such as the Windsor-Chiswick classic).

While not wishing to detract from these performances, which are probably the Everest of the athlete's ambition, what happens to these "fast-course flyers" when honoured by international selection, and confronted, not only with the world's most experienced long-distance men, but a tough, hilly course, perhaps in terrific heat, and with heart-breaking climbs, or maybe even cobbled roads, instead of mile upon mile of smooth tarmacadam?

As we have seen, time and again, these men crack up under such conditions, and on the day there are probably a dozen domestic marathon champions "back-home" who could tan the hide off our international representatives. All this is brought about by selecting our internationals on the merits of performances over known "easy" courses!

These points are borne out by the fact that although British distance-men are always among the world's best, we have yet to produce an Olympic marathon gold-medallist.

Naturally, a comparative novice at the distance is more likely to achieve a good time over a flat course, than a gruelling hilly one.

What we want are men who can prove their mettle over a man's course! Perhaps I am prejudiced but the Isle of Wight marathon course is, to my mind, ideally suited as a proving-ground for would-be international distance runners.

Here you have a course which has several times been meticulously measured, checked, and re-checked, and is correct to the yard! You have also (usually) to contend with the warmest conditions to be found in the British Isles, as this Island yearly claims the sunshine record for the country. Add to this some really stiff hills, and one gets some inkling as to the tough nature of the course.

Now one hears that Coventry and the Welsh marathon organisers have applied for the 1964

A.A.A. marathon, which one assumes will be used as an Olympic selection race.

Will the same mistake be made again? I wonder!

Yours sincerely,

J. E. Symonds.

RUSSIA v. FRANCE

Dear Sir,

I was at the R.S.F.S.R. v. France match although separate from the *Athletics Weekly* party as I am living in Paris at the moment. I was interested in the editorial comment on the running of the meeting, and particularly the length of time on each day and the lack of any extra events.

Firstly about the length of time for which the activities continued on each day. This—about 1½ hours—is roughly the length of a normal football match. The crowd were able to leave home without rushing lunch, see all the athletics and be home again by early evening. This would be the same as the routine for a Frenchman living in the Paris area who regularly goes to his football match on a Sunday afternoon.

Secondly, the point about the lack of extra events. This, of course, was a particularly exciting match, but even had it not been so close I feel that interest was maintained much better than in the fuller White City programmes. Every step run and every throw and jump attempted in the Stadium were vital. Apart from this I seemed to be able to follow much more closely what was going on in the field events, and as a result I found them much more exciting than if my attention had been continually distracted by "extra" track events. The point you made about the announcing was valid, but it did not matter very much as it was so obvious what was going on.

Finally I would like to comment on the fact that the whole of the event was televised. How different this is from being quickly swapped over in time for the next track event with perhaps a film of one we've missed being shown afterwards. But perhaps this is connected very closely with the fact that they do not have to fill out their programme of events in the Stadium with more track races. I believe we could help to popularise our field events by not ourselves pretending they are boring.

Yours truly,

C. H. A. Garrett,
Maidenhead A.C. & Army A.A.

CROSS-COUNTRY FOR BOYS

Dear Sir,

May I make an appeal through your columns to Club Cross-Country secretaries who may have details of events for schoolboys?

There must be many boys at school who are very keen to take part in competitive races, but who, because they are not yet members of a club, do not hear of fixtures until it is too late to enter.

This is the case with us at the moment. We have some very keen young boys just beginning to take a serious interest in running and who very much need a chance to compete in outside events.

May I therefore ask any Club Secretary whose Club is organising races for boys of school age, to send me details of them to the above address?

Yours sincerely,

R. Butler.

Emanuel School, London, S.W. 11.

FIBRE GLASS POLE

Dear Sir,

With reference to the controversy which has arisen and is spasmodically raging about the use of fibre glass poles, there is one small point I should like to make and subsequent question I should like to raise: Whatever moral or logical standpoint one takes in this matter, the fact is apparent that the use of fibre glass poles has led to an immediate and considerable improvement in the standard of pole vaulting throughout the world. This is, however, an improvement which is quite independent of any improvement in actual athletic prowess, and the question I should like to ask is this: Has anyone thought of amending the I.A.A.F. scoring tables to allow for this rather false improvement?

True, the tables are used primarily for decathlon competition, and the "decathlete" is as much entitled to a fibre glass pole as anyone, but they are also used quite frequently as a means of comparing performances in different events by different athletes. Is it therefore fair to say that a polevaulter, by simply switching to a new pole but without improving his technique or ability, has bettered his previous performance to the same extent, say, of putting the same shot 4-5 ft. further than ever before?

May I also raise a point about British vaulters. I do not claim to be an expert on this event but so far as I can gather, from my studies of national and international athletics, too much of their time is spent on "vaulting for form", aimless running about and occasional weight-lifting. Have they not observed that the American vaulters are spending most of their time working at gymnastics and really purposeful sprint training? Surely the supreme importance of sheer physical

development is emphasized by Yang Chuan-Kwang who, despite admitting that the pole vault holds no more than an "idle fascination" for him, is nevertheless consistent at about 16ft.—even in decathlon competition. How can our athletes justify this stolid perseverance with the training methods of yesteryear?

Yours sincerely,

Dennis Procter.

Wallington.

GRAFTON H. "BARNETT SHIELD" YOUTHS' ROAD RACE

At Chingford, October 5th

1, G. Kicks (VPH)	15.06
2, M. Absalom (Eaton M.)	15.41
3, D. Bryant (Welwyn)	16.14
4, A. Miller (Grafton) 16.26; 5, P. Harper (Enfield) 16.28; 6, J. Anstey (VPH) 16.34; 7, J. Webb (Welwyn) 16.42; 8, J. Humphry (Barnet) 16.43; 9, J. Relton (Enfield) 16.48; 10, P. Millman (Welwyn) 16.50.	

Teams:

Pts.

1, Welwyn	(3, 7,10,13) 33
2, V.P.H.	(1, 6,16,25) 48
3, Barnet	(8,14,15,18) 55
4, Enfield 61; 5, Eton Manor 64.	

JAVELIN CLUB

David Price, c/o The City of Cardiff Training College, Cyncoed, Cardiff, took over the duties of Hon. Secretary as from November 1st. Brian Sexton, the previous Secretary, has taken up employment in Canada for the next two years.

The Javelin Club now has more than 90 members. All javelin throwers are invited to the "get together" at Bisham Abbey, Nr. Marlow, Bucks., from March 8th—10th, 1964.

NORTH-WEST LONDON C.C. LEAGUE

Two amended fixtures are: December 21st at Barnet and January 25th at Brook Farm, Whetstone, replacing December and January dates already announced.

BUCKS. COURSES 1964

Bucks. A.A.A. have arranged Courses for athletes who are members of clubs in the county, or young athletes in their last year at school, who wish to improve their personal performance. Course "A" at Slough, March 7-8; Course "B" at Aylesbury, April 11-12. Further details and application forms from A. Gibbon, c/o 72 Northfield Road, Aylesbury, Bucks.

Mitcham A.C. elected the following at their A.G.M.—Track Secretary, Mrs. S. A. Westlake, 1 Crossways Road, Beckenham, Kent; Fixtures Secretary, P. Stone; Team Manager, J. Brett; Ladies' Team Manager, A. Carrington; Capt. B. Hallett; Ladies' Capt., Miss M. Lusted.

WHAT THE ATHLETE NEEDS

An expert on Nutrition advises on the best foods

—and what to avoid

REGULAR training is an indispensable part of the athlete's daily round. Keeping bodily fit and building up to a best performance level is a task which goes on all the time.

Alongside track training, regular sleep, conservation of energy, and careful attention to feeding habits are very important factors. Of these—feeding—is one to which many engaged in athletics and sport give only passing attention. But it is a subject which an increasing number are being forced to recognise.

Some knowledge of nutrition is becoming more and more important with a background of physiology which indicates—(1) how our bodies may be adequately sustained and kept healthy, and (2) how bodily performance can be measured against food consumed in terms of energy output and so on.

Nobody can tell the individual athlete just what to eat in detail. It is far easier with the present knowledge at our disposal to guide him as to what kinds of foods are best and what he might advantageously avoid. Freedom of choice will always play an important part in satisfying the needs of the individual and personal choice is an instinctive guide to what suits us best. Beyond this, however, we should be discriminating about those foods which we know have the effect of helping the body to do its best under demanding conditions.

The term **nutrition**, includes all the means by which the body uses food eaten. Meals are so much part of our daily life that we are apt to take food for granted and to forget that the condition of our bodies depends primarily on the quality and quantity of the food we eat. And after that, on the use which the body is able to make of it.

Chemically, the human body and the foods it consumes consist of the same chemical elements; carbon, hydrogen, oxygen, nitrogen, sulphur, phosphorus, calcium, iron, sodium potassium and a number of others which are present in small amounts. These are combined together in the body to form the same groups of compounds as are found in foods; proteins, fats and oils, carbohydrates, mineral salts and water. The differences between the proteins for example in human muscle and those in bread and cheese are due to the different ways in which the component parts are together combined.

The protein material is distributed throughout the whole of the body; in the skin and hair, muscle, bone and blood, and internal organs. Myosin is muscle protein, gelatin is

bone protein (which is why soup made from bones sets to a jelly when cold), haemoglobin is a protein in red blood cells and there are other proteins in the liquid part of the blood, the plasma. There are proteins also in hormones and enzymes.

These body proteins can be formed only from proteins in food eaten. Meat, fish, eggs, milk or cheese, peas, beans and cereals, all of which contain their own characteristic protein components, are acted upon in the digestive tract by secretions from the walls of the intestines, and from organs like the pancreas and liver which contains enzymes. These break down the proteins to their constituent amino acids and it is in this form that they are absorbed into the blood and carried in the circulation to the different organs and tissues of the body. Here they are recombined in a different manner to form new structures or to replace worn tissues.

It will be readily seen from this that it is impossible to over estimate the importance of protein in the food of everyone.

To those like athletes who are using up their bodily supplies with extra exercise and training activity the importance of the protein food is obvious.

It is usually reckoned that the body needs about 1 gramme of protein for every kilogramme of body-weight. A so-called (standard) man weighs about 70 kilogrammes or 10 stone and therefore needs 70 grammes or about 2½ ounces of pure protein. Proteins occur in a number of foods but not up to 100 per cent. in any. They are all of plant or animal origin and all contain a large percentage of water, so that as much as 30 per cent. protein is a high concentration. The following list shows the protein content of some common foods

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and the amounts obtained from ordinary helpings—

Food	Gm./Oz.	Helping (Oz.)	Gm./Helping Approx.
Meat, poultry and fish			
Roast beef, mutton, chicken	7.5	2	15
Fried liver	8.3	1½	12.4
Fried pork sausage	3.3	1½	5
Steamed cod, haddock and most fish	5.2	2	10.4
Milk products and eggs			
Milk, whole	0.9	10 (½ pint)	9
Cheese (Cheddar)	7.2	½	3.6
Egg	3.4	2 (1 egg)	6.8
Cereals			
Bread, wholemeal	2.3	2 (2 1-oz. slices)	4.6
Bread, white	2.2	2 (2 1-oz. slices)	4.4
Oatmeal porridge	0.4	1	0.4
Cornflakes	1.9	½	1.0
Bemax	8.0	½	4.0
Ryvita	2.6	1	2.6
Vegetables			
Haricot beans, boiled	1.9	2	3.8
Peas, fresh, boiled	1.4	3	4.2
Sprouts, boiled	0.7	4	2.8
Potatoes, boiled	0.4	6	2.4
Potato crisps	1.7	1	1.7
Nuts			
Peanuts	8.0	½	4.0
Almonds	5.8	¼	1.5
Chestnuts	0.7	½	0.3
Walnuts	3.6	½	1.8
Fruit			
Bananas	0.3	2	0.6
Dates	0.6	1	0.6
Dried raisins	0.3	½	0.1

The daily requirement is naturally higher for individuals undertaking strenuous exercise, including swimmers.

Subject	Daily Requirement Gm. Protein
Man	
Sedentary	69
Moderately active	82
Active	96
Very active	117
Woman	
Sedentary	58
Moderately active	69
Active	82
Very active	103
Boy	
13-15 years	110
16-20 years	119
Girl	
13-15 years	96
16-20 years	88

These quantities can easily be obtained from ordinary foods if careful thought is given to the selection of meals.

Some protein foods are more valuable than others, depending upon whether they contain the more important amino acids. Some of these latter are said to be essential because the body cannot build its own protein without them.

Most animal proteins contain all the essential amino acids, but gelatin lacks tryptophan. However, this is present in the protein of wheat, so soup, taken with bread, makes an adequate combination. Similarly, bread is low in lysine but cheese contains a high proportion, again justifying the time-honoured custom of eating them together.

It can be seen from the foregoing that there is no justification for insisting that athletes or those taking part in any active sport must take particular protein foods. Steak, for example, is no better than egg or cheese, and some athletes put up excellent performances while consuming only vegetable protein.

The important thing is to make a practice of eating a variety of protein foods daily and to ensure that the quantity taken is adequate.

Vitamins. A lot today is talked about vitamins and the magic which little pills can do in terms of added energy, vitality and so on. It is certainly true that a lack of certain essential vitamins if spread over a long period can cause mal-function, but all our requirements are covered if we choose our daily diet sensibly.

SUPPLEMENTS

There are moreover ways in which we can supplement certain of our requirements—especially when these are subject to extra demands on the body, in order to safeguard our reserves and to aid the task in hand. Vitamins of the B Complex group, for example, have been found to be particularly suitable for aiding a sustained mental or physical effort and such products as Bemax in which the B vitamin level is very high indeed are a good natural source of these very important B vitamins along with protein.

In some countries notably Iron Curtain countries, large doses of vitamin C have been found to be particularly useful to athletes, whilst in the United States Wheat Germ (as in Bemax), the richest source of vitamin B is preferred. There is good scientific foundation for both these views.

In an age when performances are measured in tenths-of-seconds and when records are regularly being broken by athletes, fitter and more capable of higher performance than ever before, a lot depends on all-round fitness and top mental and physical condition. This can be obtained only by a combination of good health and sound training methods made pos-

Continued on page 27

WOODFORD GREEN WIN RHEIMS TO EPERNAY INTERNATIONAL ROAD RELAY

FOR the second year in succession Woodford Green A.C. pulled off a most spectacular win in the annual Rheims to Epernay Road Relay over the Route du Champagne course.

Directly after the London to Brighton Road Relay the team of five Seniors and one Junior made a dash by car and plane to Rheims. Their progress in France was hampered by the dormobile in which they were travelling springing a leak in the radiator which had to be filled every ten miles. Arriving at Rheims utterly exhausted the team finally got into bed at 3.30 a.m. on Sunday morning.

The weather for the race was fair and a delay of an hour and a half gave the athletes extra time to recover from their excursions of the previous day. The race is not as we know a relay in England, for every stage is a separate race and the final result is the team with the lowest number of points.

The first stage from Rheims to Rilly saw Tony Lewis up against Alain Mimoun, the Olympic Marathon Champion of 1956. Unfortunately Lewis, tired from his great run in the Brighton Road Relay, failed to keep with Mimoun and so finished his stage of 12 km. in third position with a time of 38m. 10s., followed home closely by Woodford's "B" team (Ken Batson, 5th).

The second stage of 3km. was for Juniors and this saw Clive Balcombe come home in second position and Tony Orsbourne of the "B" team 7th.

Roy Garrett was in fine form on the third stage of 7 km. from Ludes to Verzenay, and was a comfortable winner in 15m. 15s. Colin Machachlan was not disgraced with his 7th position for the "B" team.

On the fourth leg of 9km. from Trepail to Rours Sur Marne, Dave Chapman had the misfortune to have a bad run and was helped along by his team mate Geff Meddings. It was agreed before the race that members of the "B" team would not finish in front of the "A" team, so it was Chapman who came home 5th and Meddings 6th.

The fifth stage of 9km. from Cinquoime Etape to Tours Sur Marne was probably the hardest of the six legs, but Dave Stearns was in great form and finished 2nd, only 8 secs. behind Joret of Renaix with a time of 29m. 21s.

The last leg of 5 km. was extremely fast as the times showed, or was the course short? Tony Maxwell, a 4 minute 11 seconds miler, recorded 12m.36s. for third position.

The reward: 79½ bottles of champagne and a large trophy. 1, Woodford Green 16pts.; 2, Union Saint-Gilloise (Belgium) 28; 3, Wolfsburg (Germany) 32. Woodford "B" 9th 56pts.

University College C.C. relay

At Parliament Hill Fields, October 12th

1, Borough Road Coll. (G. Dimmock 8.40, V. Last 8.35, K. Chant 8.26, M. Mills 8.09, J. Stark 8.28, A. Moore 8.13) 50.31.

2, Loughborough Coll. (E. Hasham 8.15, J. Archer 8.52, B. Ellis 8.17, D. Dickinson 8.59, A. Harper 8.52, A. Norris 8.44) 51.59.

3, Birmingham Univ. (C. Fagg 8.23, D. Shepherd 8.43, Norman 8.30, J. Walmsley 9.11, Roberts 9.00, Wrighton 8.33) 52.20.

4, Sheffield Univ. (W. Morrison 8.35, R. Hobbs 9.34, J. Sutton 8.28, M. Fox 9.46, D. Blackmore 8.44, K. Angus 8.30) 52.37.

5, University Coll. (Wilson 9.09, Middleton 8.29, Groome 9.03, Rees 9.18, Barge 9.06, P. Yates 8.02) 53.07.

6, Loughborough 'B' (A. Garrett 9.00, E. Watson 8.57, J. Warburton 8.58, F. Rush 8.58, P. Miles 8.37, R. Lambert 8.46) 53.16.

7, Borough Rd. 53.16; 8, King's Coll 54.15; 9, London Sch. of Economics 54.20; 10, Reading Univ. 54.54; 11, Bart's Hospital 55.20; 12, Birmingham U. 'B' 55.29; 13, St. Mary's Hosp. 55.32; 14, Imperial Coll. 55.38; 15, St. Mary's Coll. 55.40; 16, Royal Veterinary C.

continued at foot of next page

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Barnstaple Win Exeter-Paignton Relay

October 9th

A RECORD ENTRY of twelve teams lined up at the start of this annual road race on a day overcast, with rain and wind increasing as the race progressed. No records were broken but a fine race resulted.

Stage 1 (Exeter-Exminster 4½ miles).—Barnstaple A.C. romped away with a fine run of 25.20 by G. Mears, followed by G. Jones (Exeter Univ.) in 25.48, with Penberthy (Exeter) 25.58 in 3rd place.

Stage 2 (Exminster-Starcross 5 miles).—With a fine run of 24.07 D. Crook brought Paignton to the front, Exeter Univ. kept 2nd place through J. Chesher with a run of 25.48; Barnstaple in 3rd place (K. Jones 27.40).

Stage 3 (Starcross-Dawlish 4½ miles).—Exeter Univ. back in front with a fine run of 24.59 by P. Brighton, followed by Barnstaple (J. Stevens 23.37) and Welsford (Exeter H.) with 25.03 coming up to 3rd position.

Stage 4 (Dawlish-Shaldon 5 miles).—More changes on this stage. P. Street with 27.33 brought Barnstaple well to the front, and a good run by G. Chase (26.53) saw Paignton up to 2nd place again with Exeter H. 3rd only 1 sec. back through C. Abrahams 27.21.

Stage 5 (Shaldon-Hele Village-Torquay 5½ miles).—Barnstaple increased their lead by 2 mins. 50 secs. through K. Payne 28.41. Exeter H. came up to 2nd place through P. Naile (28.29) and Exeter Univ. were 3rd (Hartshorn 27.38).

Stage 6 (Hele Village-Torquay-Paignton Pier 4½ miles).—M. Cutland crossed the line with a run of 27.12 to give Barnstaple victory, followed by Chave (Exeter H.) in 27.08, with Exeter Univ. 3rd (N. Taylor 28.36).

1. Barnstaple A.C.2:38.17
2. Exeter Harriers 2:41.03
3. Exeter University 2:43.47
4. St. Lukes College 2:44.35; 5. Torquay A.C. 2:44.42; 6. Paignton A.C. 2:46.23; 7. Barnstaple "B" 2:57.08; 8. St. Luke's "B" 2:58.23; 9. B.R.N.C. Dartmouth 2:58.47; 10. Exeter Univ. "B" 3:7.17; 11. R.N.A.C. (West) 3:14.05.

Fastest Stage Times: 1. G. Mears (Barnstaple) 25.20; 2. D. Crook (Paignton) 24.07; 3. J. Stevens (Barnstaple) 23.37; 4. G. Chase (Paignton) 26.53; 5. K. Payne (Barnstaple) 26.55; 16. M. Ackland (Torquay) 26.56.

56.19; 17. Guy's Hosp. 56.25; 18. Loughborough 'C' 56.39; 19. Univ. Coll 'B' 56.52; 20. RAF Cranwell 56.56.

Fastest times: N. Barton (Kings) 8.01; P. Yates (Univ. C) 8.02; M. Billington (Kings) 8.09; M. Mills (Borough Rd) 8.09; A. Moore (B. Ed) 8.13; E. Haslam (Lough) 8.15; B. Ellis (Lough) 8.17; J. Sutton (Sheff. U) 8.28.



Gerry North (Belgrave H.) nears the finish of the Walton "10" which he won in record time. *R. Linstead*

WOLVERHAMPTON H. COMPETITIONS Aldersley, October 13th

Brian Robinson (high jumper, 15.1.47) was an easy winner of the jumps and led the shot competition until the final round when pole vaulter Leslie Jukes found a "big one." Standing LJ: B. Robinson (Y) 8'9", L. Jukes (J) 8'1", M. Davies 8'1". Standing TJ: Robinson 26'7", Jukes 24'8", Davies 23'9". Overhead 10lb. SP (two-handed): Jukes 33'3", Robinson 30'9", A. P. Thorley 29'10".

BEAGLES WIN CHALLENGE MATCH

Thurrock H. took up the recent challenge by Essex Beagles to a team triple jump contest and a five-a-side contest was held at Thurrock on Oct. 20th. All competitors were youths or boys and continuous rain prevented any outstanding performances. 1. Essex Beagles (Power 44'11½", Green 39'7½", Rush 39'2½", Cottle 36'11", White 36'8½") 197ft. 4½ins.; 2. Thurrock H. 192'3". Best performances: Power (EB) 44'11½", Emsell (TH) 43'8½", Reynolds (TH) 40'7½".

JUAN TAYLOR WINS NUNEATON "10"

1, J. Taylor (Coventry Godiva)	48.28
2, W. Adcocks (Coventry Godiva)	48.40
3, R. Carey (Coventry Godiva)	49.48
4, M. Crossfield (Cov) 50.14; 5, J. Mills (Sparkhill) 50.33; 6, M. Hirons (Birchfield) 50.59; 7, C. Gray (Small Heath) 51.28; 8, J. Orton (Bir) 51.43; 9, C. Simpson (S. Hth) 51.52; 10, T. Preston (Nuneaton) 52.10; 11, J. Kinsella (Lozells) 52.15; 12, J. Rowe (S. Hth) 52.20; 13, E. Kirkup (Cov) 52.31; 14, J. Cliff (S. Hth) 53.07; 15, W. Boffin (Nun) 53.08; 16, R. Fletcher (Cov) 53.15; 17, R. Nutter (Northampton) 53.32; 18, A. Grant (Cov) 53.33; 19, H. Lloyd (Cov) 53.52; 20, R. Taylor (Cov) 53.56; 21, P. Silverman (S'hill) 53.58; 22, J. Tallon (Loz) 54.09; 23, T. Parker (Derby) 54.14; 24, B. Hughes (S'hill) 54.28; 25, P. Warren (N'ton) 54.32; 26, M. Turner (Leamington) 54.41; 27 (eq.), F. Bates (Leam), R. Davies (Leam) 54.54; 29, T. Taylor (Nun) 55.03; 30, P. Eden (N'ton) 55.10; 31, T. Cox (Cov) 55.18; 32, F. Woodward (Leam) 55.24; 33, R. Harris (Burton) 55.29; 34, A. McConachie (Leam) 55.37; 35, A. Phillips (Tipton) 55.51; 36, P. Flynn (S. Hth) 55.56; 37, C. Rylance (Nun) 56.02; 38, R. Panter (Nun) 56.05; 39, I. Brown (AEI Rugby) 56.07; 40, K. Flint (Derby) 56.20	

Teams: Pts.	
1, Coventry Godiva	(1, 2, 3) 6
2, Small Heath	(7, 9, 12) 28
3, Coventry Godiva 'B'	(13, 16, 18) 47
4, Sparkhill 50; 5, Nuneaton 54; 6, Northampton 72; 7, Lozells 75; 8, Leamington 81; 9, Small Heath 'B' 129; 10, A.E.I. (Rugby) 129; 11, Nuneaton 'B' 143; 12, Northampton 'B' 146; 13, Leamington 'B' 155; 14, Cov. Godiva 'C' 156; 14, Cov. City Police 189; 16, Cov. Sch. Masters H. 198.	

Youths (3M)

1, J. McLoughlin (Sutton H)	18.11
2, D. Sturman (Coventry Godiva)	18.52
3, K. Bartlett (Leamington)	18.54
4, K. Rasmussen (Oldbury) 19.01; 5, M. Ashfield (Wolv'n) 19.27; 6, M. Griffiths (Sutton) 19.30; 7, P. Rose (Worcester) 19.33; 8, M. Gregson (Worcs) 19.34; 9, R. Bowfield (Cov) 19.40; 10, G. Goodman (Oxford) 19.41; 11, M. Peck (Halesowen) 19.50; 12, T. Smart (Ox) 19.52; 13, M. Edwards (Wolv'n) 19.54; 14, D. Keitly (Worcs) 19.57; 15, L. Betteridge (Nuneaton) 19.58; 16, D. Rowland (Wolv'n) 19.58; 17, H. Smith (K. Henry VIII) 20.07; 18, R. Vickers (Wolv'n) 20.08; 19, J. Kockbergh (K. Henry) 20.08; 20, K. Court (Oldbury) 20.11; 21, R. Johnson (Lozells) 20.16; 22, S. Raven (Cov) 20.20; 23, J. Crone (Cov) 20.20; 24, J. Mundh (Sparkhill) 20.21; 25, K. Belt (Old) 20.25; 26, McQuilkin (Jnr. Ldr) 20.31; 27, Yeomans (Jnr. Ldr) 20.31; 28, L. Mole (K. Henry) 20.33; 29, No. 312 (Cosford) 20.33; 30, No. 342 (Solihull)	

20.37; 31, G. Smith (K. Henry) 20.38; 32, R. Phillips (Leam) 20.41; 33, J. Moffatt (Sutton) 20.44; 34, No. 346 (Solihull) 20.49; 35, D. Hope (Worcs) 20.50; 36, J. Lambert (Ox) 20.50; 37, J. Anderson (Cov) 20.51; 38, S. Boswell (Wolv'n) 20.59; 39, G. Hammett (Hales) 21.01; 40, Hall (Jnr. Ldr.) 21.01.	
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Teams: Pts.	
1, Worcester H.	(7, 8, 14) 29
2, Coventry Godiva	(2, 9, 22) 33
3, Wolverhampton H.	(5, 16, 18) 39
4, Sutton H. 41; 5, Oldbury 49; 6, Oxford 59; 7, King Henry VIII 64; 8, Leamington 89; 9, Jnr. Ldr. Regt. R.A. 94; 10, Wolverhampton 'B' 100; 11, Halesowen 119; 12, Sparkhill 121; 13, Cov. Godiva 'B' 138; 14, Lozells 144; 15, Solihull 147.	

Austin First Home In Oldbury "9"

October 19th

1, E. Austin (Worcester H.)	43.19
2, D. Shelley (North Staffs)	43.23
3, D. Davies (Birchfield H.)	44.00
4, A. Rushmer (Oldbury) 44.31; 5 R. Cooper (Worcs) 44.48; 6, P. Wood (Worcs) 45.17; 7, R. Boyden (N. Staffs) 45.24; 8, W. Gerrard (N. Staffs) 45.40; 9, S. Hope (N. Staffs) 45.52; 10, J. Bentley (Tipton) 46.11; 11, A. Burkitt (Tipton) 46.11; 12, D. Walker (Worcs) 46.16; 13, P. Crowe (Worcs) 46.43; 14, A. Jenkins (Worcs) 47.27; 15, B. Webster (Old) 47.49; 16, R. Standing (N. Staffs) 47.56; 17, C. Brooks (Worcs) 48.16; 18, K. Roberts (Halesowen) 48.19; 19, D. Harris (Dudley) 48.23; 20, T. Philpotts (Old) 48.26; 21, J. Gripton (Tip) 48.43; 22, C. Powell (Bilston) 49.03; 22, V. Duggan (Smethwick) 49.06; 24, R. Griffin (Dudley) 49.22; 25, R. Truelove (Old) 49.25; 26, E. Wilkinson (Old) 49.47; 27, G. Carter (Smeth) 49.56; 28, R. Tomline (Smeth) 50.06; 29, J. Adger (Smeth) 50.09; 30, J. Humphrey (Hales) 50.14; 31, D. Macwhitter (Smeth) 50.19; 32, G. Ashbey (W. Bromwich) 50.27; 33, R. Smith (Hales) 50.30; 34, B. Boyce (Dudley) 50.37; 35, R. Habberley (Smeth) 52.01; 36, H. Rogers (Old) 52.40; 37, B. Bird (Smeth) 52.56; 38, W. Mottram (W. Brom) 53.06; 39, A. Whittle (Tip) 53.40; 40, N. Slide (Bils) 53.44.	

Teams: Pts.	
1, North Staffs and Stone	(2, 7, 8) 17
2, Worcester H.	(1, 5, 13) 19
3, Worcester H. "B"	(6, 12, 14) 32
4, Tipton 42; 5, Oldbury 44; 6, Dudley and Stourbridge 77; 7, Smethwick 79; 8, Halesowen 81; 9, Oldbury 'B' 82; 10, Smethwick 'B' 100; 11, Bilston 104; 12, West Bromwich 122; 13, Dudley 'B' 137; 14, Smethwick 'C' 144.	

N.U.T.S. LISTS 1963

Details of marks needed

THE National Union of Track Statisticians are drawing up their final British best performer lists for the season, and would appreciate details of unreported performances down to the following standards.

SENIORS

100y—10.0, 100m—10.9, 220y—22.4, 440y—50.0, 880y—1:55.0, 1000m—2:25.0, 1500m—3:56, Mile—4:15, 2,000m—5:30, 3,000m—8:30, 2M—9:15, 3M—14:15, 5,000m—14:45, 6M—31.00, 10,000m—32:00, Mar—2:50:00, 2,000mST—6:20, 3,000mST—10:00, 120yH—16.0, 220yH—26.0, 330yH—42.0, 440yH—58.0, HJ—5'10½", PV—11'0", LJ—22'0", TJ—44'0", SP—43'0", DT—130'0", HT—130'0", JT—178'0", Pen—2,500, Dec—4,200.

Correspondence to R. Sparks, 15 Mayfair Avenue, Worcester Park, Surrey.

JUNIORS

100—10.1, 220—22.6, 440—50.9, 880—1:56.9, 1500—3:59.9, Mile—4:20, 2M—9:30, 3M—15:00, 6M—32:00, 1500ST—4:35, 2000ST—6:40, 120H(39")—15.9, 120H(42")—16.5, 200H—24.0, 330H—45.0, 440H—60.0, HJ—5'10", PV—11'0", LJ—21'9", TJ—44'0", SP—47'0", DT—140'0", HT—130'0", JT—170'0".

Correspondence to I. R. Smith, 70 Railway Road, Adlington, near Chorley, Lancs.

YOUTHS

100—10.3, 220—23.1, 440—51.9, 880—2:00.0, Mile—4:30, 2M—10.00, 1000ST—3:30, 1500ST—4:50, 110H—14.5, 200H—25.0, HJ—5'8", PV—10'3", LJ—20'9", TJ—42'6", SP(10lb.)—47'0", SP(12lb.)—45'0", DT(1kg)—155'0", DT(1½kg)—130'0", HT(10lb.)—130'0", HT(12lb.)—120'0", JT—170'0".

Correspondence to I. R. Smith, as above.

SENIOR WOMEN

100y—11.3, 100m—12.3, 220—26.0, 440—61.5, 880—2:28, 1500—5:00, Mile—5:40, 80mH—12.4, 200mH—31.0, HJ—5'0", LJ—17'0", SP—33'0", DT—108'0", JT—105'0", Pen 3,200.

Correspondence to M. H. James, 161 Robin Hood Way, Kingston Vale, London, S.W.15.

INTERMEDIATE WOMEN

100—11.6, 220—27.0, 880—2:35, 80yH—11.9, HJ—4'9", LJ—16'3", SP—28'0", DT—95'0", JT—100'0", Pen—3,000.

Correspondence to P. V. Martin, 46 Curran Avenue, Wallington, Surrey.

JUNIOR WOMEN

100—11.9, 150—18.5, 70yH—10.8, HJ—4'8", LJ—16'0", SP(6lb.)—30'0", SP(7lb.)—28'0", DT—85'0", JT—90'0".

Correspondence to P. V. Martin, as above.

WORLD Athletics

edited by Melvyn Watman

Great Sprinting In Budapest

Four invitation races were won by British athletes during the match against Hungary in Budapest on October 2nd/3rd. Dorothy Hyman again equalled the European 100m record of 11.3, with Daphne Arden in 3rd place posting a personal best and Madeleine Cobb (4th) equalling hers. Dave Jones tied the U.K. 100m record of 10.3, first set on this track by Roy Sandstrom in 1956, while other fast times were produced by Peter Radford, Alf Meakin and Long jumper Lynn Davies. Ann Packer finished nearly 10y up on Joy Grieveson (suffering from a cold) in a very fast 400m (53.4) 80 minutes after running her best ever 200m in the match. The other race, the 1500m, went to Bruce Tulloh in 3:46.7.

100m (A): D. Jones 10.3, Radford 10.4, Csutoras 10.5, Mihalyfi 10.6; 100m (B): Meakin 10.4, Davies 10.5; 1,500m: Tulloh 3:46.7, G. Kiss 3:48.4, A. Simon 3:51.6...9, C. Carter 3:57.4; women's 100m: Hyman 11.3, Marko 11.6, Arden 11.6, Cobb 11.7.

Anderson's time at 3M in the 5,000m was 13:28.8, final 200m in 26.6. His kilometre times were 2:45.6, 2:46.0, 2:50.6, 2:52.2 and 2:37.2. 6M times in the 10,000m: Suto 28:22.6, Batty 28:22.8. Intermediate times in the steeplechase, in which Herriott set a U.K. record of 8:35.4: 400m—64.8, 800m—2:13.6, 1,000m—2:47.6, 1,500m—4:17.4, 2,000m—5:47.2. In the women's 800m, Kazi clocked 60.6 at 400m and 1:33.4 at 600m. (With acknowledgements to John Le Masurier).

Note that in the Volgograd match, triple jump winner Kravchenko leapt 52'8¼"/16.06.

ITALIAN RESULTS

September 21st/22nd, Rome. 100m: Berruti 10.5, Ottolina 10.6; 5,000m: Rizzo 14:21.2; 110mH: Mazza 14.3; 400mH: Morale 52.3; JT: Rodeghiero 240'5½"/73.29, Lievore 238'3¼"/72.63.

October 12th, Turin. 200m: Berruti 21.0.

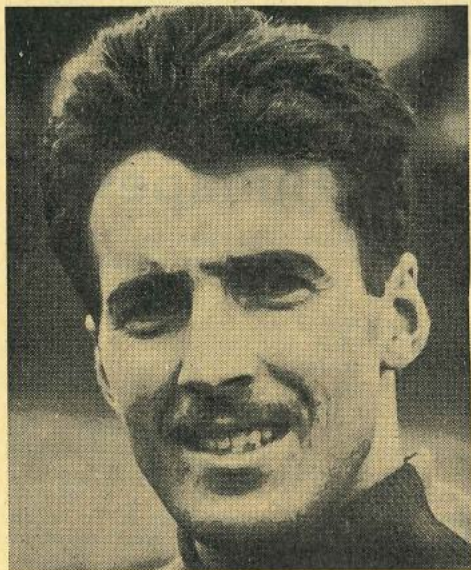
October 12th/13th, Bologna. Women's Pen. (Italian title): Vettorazzo 4,245.

October 13th, Saronno. HJ: Bogliatto 6'9¼"/2.06.

Luigi Mengoni

TOKYO MEDAL PROSPECTS

1



GASTON ROELANTS

GASTON ROELANTS is Belgium's third great record breaker since the war, following in the distinguished spike marks of Gaston Reiff and Roger Moens. He is the first man to run the steeplechase course inside 8½ minutes; he clocked 8:29.6 on his home track at Louvain on September 7th. Roelants has commanded the track world's attention ever since he knocked out Hermann Buhl (E. Germany), one of the favourites, in his heat at the Rome Olympics. He finished a worthy 4th in the final. He improved from 8:45.8 in 1960 to 8:38.2 in 1961 and 8:32.6 in 1962—a time he achieved in outclassing the field at the European Championships. Characteristically, he ran from the front all the way, but unlike many other habitual front-runners he also possesses a fearsome kick to be used when the occasion demands. A fine runner on the flat, his best marks include 8:01.2 for 3,000m, 13:45.6 for 5,000m and 29:07.2 for 10,000m. Small (5'6½"/1.68) but toughly built (147lb./67kg), Roelants was born at Opvelp on February 5th, 1937. He appears to have no chinks in his armour and, one year before the event, he is recognised as clear favourite for the gold medal in Tokyo.

2



IGOR TER-OVANESYAN

THOUGH he will be only 26 when the Games come around, Igor Aramovich Ter-Ovanesyan will be making his third bid for the Olympic long jump crown. At the age of 18 he made the long journey to Melbourne only to undergo the traumatic experience of fouling all three of his jumps in the final. In 1960 he won the bronze medal with a personal best leap of 26'4½"/8.04—a remarkable achievement, for seven months earlier he was so severely injured in a skiing accident that doctors told him he could never jump again. He raised his European record to 26'10½"/8.19 in 1961 and last year captured the world record from his great American rival Ralph Boston with 27'3¼"/8.31. Another notable 1962 performance was the successful defence of his European title. He seemed destined for still greater exploits this year, after getting the better of Boston in the American indoor season, but was plagued by injuries. His best for the year: 26'5¼"/8.07. Ter-Ovanesyan, 6'1¼"/1.86 and 165lbs./75kg, is a brilliant all-rounder. He has run 100m in 10.4, high jumped 6'6¼"/2.00, vaulted 13'9¼"/4.20 and scored 7,184 points in the decathlon. He was born of Armenian parents in Kiev on May 19th, 1938.

[Photos by Fionnbar Callanan]



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RECORDS FALL IN GHANA

No fewer than 11 Ghana national records were set at the Founders Day Games—nearest thing to a National Championships—in Accra on September 27th/28th. Mike Ahey, the Empire Games long jump champion, registered his best legal effort of 25'5"/7.75 as well as winning the 100y in 9.6.

100y (headwind): Ahey 9.6, Okantey 9.7, Mends 9.8; 220y: Okantey 21.5 (21.1 s-f, rec.), Ahey 21.6, Mends 21.7; 440y: Addy 47.4, Quartey 48.0, Owusu Mensah 48.4; 880y: Kessie 1:57.3; 1M: Amevor 4:23.9; 3M/6M: Asante 14:31.6 (rec.)/30:19.3 (rec.); 120yH: Ka-Drezzar 14.7 (rec); 440yH: Addy 54.9 (rec); HJ: Korsah 6'4"/1.93; PV: Dawu 13'0"/3.96 (rec); LJ (c. wind): Ahey 25'5"/7.75 (rec), Nuatro 23'5"/7.14; TJ: Amoah 49'4"/15.05 (rec.); SP/DT: Kotoku 45'7"/13.89 and 131'7"/40.11; JT: Kofi Grumah 183'3"/55.85; 4x110y: Army 41.5; 4x220y: Army 1:27.0; 4x440y: Workers Brigade 3:14.8; 4x880y: Police 7:57.0 (rec).

Women's 100y (headwind): Boateng 10.8 (rec), Hart 11.0, Afriye 11.1; 220y: Hart 25.2; 440y: Attah 60.7; 880y: Dzissah 2:28.6; 80mH: Hart 11.6; HJ: Abraham 4'10"/1.47; LJ: Afenyah 17'7"/5.38; DT: Laing 110'2"/33.59 (rec.); JT: Allassani 108'2"/32.97.

D. Barnard

Three Germans under 3:40

September 21st, Dresden. Harbig Memorial 800m: Matuschewski 1:51.6, May 1:51.8; PV: Preussger 15'7"/4.75; women's 400m: Zakova (CSR) 55.1 (rec), Munkacsi (Hun) 55.6; 80mH: Balzer 10.8; SP: Garisch 53'2"/16.22.

October 1st, Halle. 1,500m: Herrmann 3:42.1, May 3:44.2; SP: Langer 60'1"/18.32; DT: Milde 188'0"/57.32; HT: Losch 210'1"/64.04; women's 200m: Raepke 23.9; 400m: Balzer 55.1, Raepke 55.9; 80mH: Balzer 11.0; SP: Hubner 53'6"/16.32; DT: Lorenz 178'6"/54.41, Lotz 177'3"/54.04.

October 2nd, Leipzig. 100m: Wallach 10.3 (rec), Erbstosser 10.4, Löffler 10.4; 800m: May 1:48.7; PV: Preussger 15'1"/4.60, Malcher 15'1"/4.60; LJ: Kluge 25'4"/7.74; SP: Langer 60'9"/18.52 (eq. rec); DT: Milde 190'2"/57.98; HT: Losch 214'3"/65.30; women's 100m: Raepke 11.6, Winkler 11.7; HJ: Ruger 5'6"/1.70, Garke 5'6"/1.70; LJ: Geissler 20'6"/6.26; SP: Hubner 55'8"/16.97, Helmbold 54'11"/16.75; DT: Lotz 176'4"/53.75, Lorenz 171'6"/52.29.

October 9th-12th, Varna (Bulgaria). 800m: Valentin 1:48.7; 1,500m: Valentin 3:38.9, May 3:39.3, Herrmann 3:39.8; TJ: Ruckborn 52'6"/16.02; women's 100m: Raepke 11.4 (rec), Diel 11.5, Balzer 11.6; 80mH: Balzer 10.7.

★ JOHN BOULTER

answers the Questionnaire



Boulter and coach Lionel Pugh (Ed Lacey photo).



Name:

John Peter Boulter.

Birthplace and date:

Colchester, 18.11.40.

Height and weight:

6'1"/1.85 and 161 lb/72kg.

Occupation:

Student.

Club:

Bolton United H. and Achilles Club.

When did you first start athletics, and at what events?

In 1957, at 440y, 880y and mile.

What are your favourite events now?

880y and 1,500m.

Best marks:

440y-49.5 (48.3 in relay), 880y-1:47.8, 1,500m-3:43.3, mile-4:01.3, 3m-14:03.0.

Career summary:

1961—Canadian mile champion (4:11.4), 1963—Oxford v. Cambridge mile (4:13.0) 90 minutes after 1:50.0 half; British Universities 880y (1:50.6); Inter-county 880y (1:49.9); equalled U.K. 880y record of 1:47.8; 8th A.A.A. 880y (1:51.8); 1st Norway v. England 800m (1:50.5); 3rd GB v USA 880y (1:48.3); 3rd GB v. W. Germany 800m (1:48.7); 2nd World University Games 800m (1:48.6), 1st 4x400m; 2nd Russia v. GB 1,500m (3:44.8); 3rd Hungary v. GB 1,500m (3:45.5).

Which performance has given you most satisfaction?

Difficult to say. The younger one is the more one gets a kick out of winning, so a true answer would probably be a race of long ago—perhaps breaking the school half-mile record in 2:02.2. Of recent races I probably got most pleasure out of winning the half mile in the British Universities v. A.A.A. v. Combined Services match in 1:48.9. This was the week

after a disastrous race in the A.A.A. Championships. So many people had told me I was finished for the season that it was a relief to find I could still run a fairly good time.

How many days a week do you train in (a) summer and (b) winter?

(a) 5 or 4 according to competition requirements; (b) 5 or 6.

At what time of day do you normally train?

In the afternoons.

How long are your training sessions?

90 minutes to 2 hours.

Give details of your typical summer training schedule:

Monday: 4x440y (58) with 1 minute rest interval; 6 mins. rest; repeat; 6 mins. rest; repeat.

Tuesday: 4x15 minutes sprint fartlek — bounding up hills.

Wednesday: 8x220y (30, speeding up to 26), with 1½ mins. rest interval; 15 mins. rest; repeat.

Thursday: 3x330y with 1 min. rest interval; 6x50y sprint.

Friday: Rest.

Saturday: Race.

Sunday: Easy session; often a run over the country.

Give details of your typical winter training schedule:

This winter I shall lift weights 3 or 4 times a week. One cross-country race a week. Most training will be over the country—I rarely run more than 10 miles. Fartlek. Interval training, but not on the track.

How often do you compete?

Every year so far has been different. Ideally I would like a race of some sort every week but with maximum pressure on I should not like to race more than once every three weeks.

Describe your pre-race warmup:

About 40 minutes slow jogging interspersed with lots of exercises, especially toe-touching. Then six strides, three really fast, preferably with spikes on. This is followed by 15 minutes rest before the race.

How many days rest do you like before competition?

One or two.

Name the coaches who have coached you:

I have been helped by many people including Chris Goudge and John Heaton. But the only coach I have worked with seriously for any length of time is Lionel Pugh.

How much of your success is attributable to coaching?

Impossible to answer—too many imponderables. But coaching appears to have helped me a great deal. As well as making me train more systematically and intensively Pugh has given me more confidence in myself.

Give details of any weight training carried out:

None as yet. But I shall do some this winter with light weights.

What is your goal in athletics?

At the time of writing, to win a race again. Ultimately—the usual one—to reach an Olympic final.

What advice would you offer the young athlete or novice?

Never be satisfied with your performances. Don't set up any artificial barriers though targets may be useful. Remember, athletics is to be enjoyed and don't let it rule every minute of your life.

Annual progression:

Year	880y	Mile
1958	2:07.6	4:55.0
1959	1:57.2	—
1960	1:54.9	—
1961	1:52.9	4:10.2
1962	1:53.0	4:12.0
1963	1:47.8	4:01.3

FAST RUN BY SIEGFRIED HERRMANN

Siegfried Herrmann lowered his personal best for 5,000m to 13:46.2 — second fastest in Europe this year — at the Rumanian International Championships held in Bucharest on October 12th/13th. Andrei Barabas, following in the East German's slipstream, shattered the Rumanian record with 13:49.8. Jiri Skobla (CSR), making light of his 33 years, raised his national shot record to 60' 9 1/4"/18.52.

100m: Laidebeur (Fr) 10.4 (10.3 heat), Ny (Fin) 10.5, Wallach (EG) 10.6, RONAY (GB) 10.6; 200m: Zamfirescu (Rum) 21.4 (eq. rec.) ... 5, RONAY (GB) 21.7; 400m: Pennewaert (Bel) 47.5; 800m: May (EG) 1:49.7, Salinger (CSR) 1:49.8; 1,500m: SIMPSON (GB) 3:46.0, Valentin (EG) 3:46.3, Klabin (Aus) 3:48.8; 5,000m: Herrmann (EG) 13:46.2, Barabas (Rum) 13:49.8 (rec.), Tomas (CSR) 14:11.4; 10,000m: Hannemann (EG) 30:17.2; 3,000m ST: Caramihai (Rum) 8:54.2; 110mH: Chardel (Fr) 13.9 (eq. rec.), Weum (Nor) 14.4, Mazza (It) 14.4; 400mH: Haid (Aus) 51.8, Singer (EG) 51.8 (51.6 heat), Muller (WG) 51.9; HJ: Spiridon (Rum) 6'9 3/4"/2.08; Porumb (Rum) 6'9 3/4"/2.08, PV: Preussger (EG) 15'9"/4.80, Tomasek (CSR) 15'9"/4.80, Laitinen (Fin) 15'5"/4.70, Chlebarov (Bul) 15'1"/4.60; LJ: Cochard (Fr) 24'10 1/2"/7.58, Diaz (Cuba) 24'10"/7.57 (rec.); TJ: Ruckborn (EG) 51'6"/15.70, Ciocchina (Rum) 50'11 1/2"/15.54; SP: Skobla (CSR) 60'9 1/4"/18.52 (rec.), Langer (EG) 60'5 1/2"/18.43, Meconi (It) 57'10"/17.63; DT: Danek (CSR) 190'7"/58.09, Milde (EG) 176'11"/53.92, Radošević (Yug) 176'6 1/2"/53.81; HT: Thun (Aus) 217'11 1/2"/66.43, Matousek (CSR) 207'7 1/2"/63.28; JT: Bizim (Rum) 256'10 1/4"/78.30, Paama (USSR) 252'9 1/4"/77.04;

Dec: Kamerbeek (Neth) 7675, Utech (EG) 6994. 800m(B): 6, Setti (GB) 1:52.6; 3,000mST: 7, Johnston (GB) 9:08.2.

Women's 100m: Raepke (EG) 11.6 (11.5 ht) ... 5, Govoni (It) 12.0; 200m: Raepke (EG) 23.7, Govoni (It) 24.2; 400m: Schmidt (EG) 54.8; 800m: Gleichfeld (WG) 2:09.6; 80mH: Balzer (EG) 10.7, Diel (EG) 10.9, Hinten (Neth) 10.9; HJ: Langer (EG) 5'5 1/2"/1.67; LJ: Ort (Neth) 20'4"/6.20, Geissler (EG) 20'2 1/2"/6.16, Viscopoleanu (Rum) 20'1 1/2"/6.14; SP: Garisch (EG) 56'10 1/4"/17.33, Helmbold (EG) 54'8"/16.66, Hubner (EG) 53'1 1/2"/16.19; DT: Lotz (EG) 182'11"/55.75, Lorenz (EG) 179'4 1/2"/54.68, Manoliu (Rum) 177'6"/54.10; JT: Diaconescu (Rum) 170'5 1/2"/51.95, Graefe (EG) 170'2 1/2"/51.87; 4x100m: E. Germany 45.4.

Cyprus

NICOSIA 4 x 3000m. ROAD RELAY October 12th

Jeffs, James and Porter, of R.A.F. Akrotiri all beat the previous lap record.

1. Akrotiri 36.51
 2. Akrotiri 'B' 37.17
 3. Akrotiri 'C' 40.09
- 4, Pergamos 40.22; 5, Nicosia 40.33; 6, Episkopi 40.48; 7, 9 Sigs. 40.59; 8, Royal Engineers 41.44; 9, Gloucesters 41.50; 10, Gloucester 'B' 42.22; 11, Pergamos 'B' 44.12; 12, 9 Sigs. 'B' 44.25; 13, Akrotiri 'D' 45.24; 14, Pergamos 'C' 46.16.

Fastest Times: Jeffs (Akrot) 8.25 (rec.); James (Akrot) 8.29; Porter (Akrot) 8.41; Atkinson (Akrot) 9.01; Cruickshanks (Nicosia) 9.14; Arnold (RE) 9.16.

FINLAND: DISCUS RECORD BY REPO

September 7th/8th, Helsinki. Further results (see Sept. 28th issue)—1,500m: 2, Salonen 3:52.4; 5,000m: Boguszewicz (Pol) 14:15.4 (not 14:05.4), Zimny (Pol) 14:15.6; HJ: Czernik (Pol) 6'9½"/2.07 (not 2.04), Hellen 6'8½"/2.04; PV: 2, Sokoloski (Pol) 15'1"/4.60; LJ: 2, Stenius 25'4½"/7.73; SP: 2, Komar (Pol) 58'3½"/17.77; DT: 2, Begier (Pol) 182'5"/55.60; 3, Repo 180'1½"/54.90; JT: 2, Glogowski (Pol) 254'10½"/77.68; 3, Nevala 248'6½"/75.76.

September 8th, Vusikaupunki. PV: Morris (USA) 15'9"/4.80, Jonasson 15'1"/4.60.

September 9th, Tampere. 5,000m: Mathias (Pol) 14:19.8, Krzyszkowiak (Pol) 14:20.4; PV: Morris 15'7"/4.75, Ankio 15'1"/4.60; LJ: Eskola 25'5½"/7.76, Schmidt (Pol) 25'0½"/7.63; HT: Connolly (USA) 214'0½"/65.23, Cieply (Pol) 208'8½"/63.62; women's DT: Connolly (USA) 155'0"/47.24.

September 10th, Kouvola. 200m: Badenski (Pol) 21.3, Foik (Pol) 21.3; JT: Sidlo (Pol) 256'10"/78.28.

September 10th, Hameenlinna. PV: Morris 15'5"/4.70; SP: Komar (Pol) 59'6½"/18.14; DT: Piatkowski (Pol) 183'11½"/56.06, Begier (Pol) 175'8½"/53.55, Repo 167'4"/51.00.

September 11th, Kauhava. LJ: Eskola 25'4½"/7.73; women's 200m: Kivisto 25.2 (rec).

September 15th, Helsinki. PV: Olin (17) 14'9½"/4.50; LJ: Stenius 25'2"/7.67.

September 15th, Seinajoki. PV: Laitinen 15'7"/4.75, Ankio 15'1"/4.60; DT: Repo 189'2½"/57.67 (rec).

September 20th, Valkeakoski. PV: Ankio 15'7"/4.75, Laitinen 15'7"/4.75, Nystrom 15'7"/4.75.

September 22nd, Kokkola. PV: Nystrom 15'9"/4.80, Laitinen 15'1"/4.60; LJ: Eskola 25'9"/7.85.

September 22nd, Jyväskylä. HT: Connolly 213'2"/64.97; women's DT: Lehtonen 159'11"/48.74 (rec).

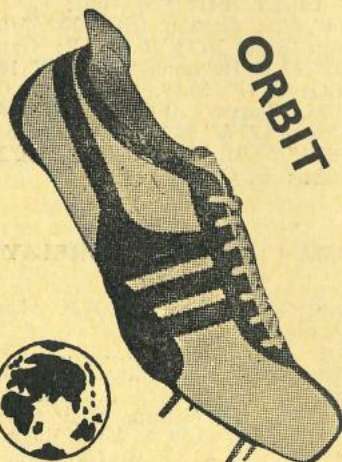
September 22nd, Posio. JT: Niemela 258'10"/78.89.

October 6th, Turku. Mar: Miettinen 2:24.12.4; SP: Yrjola 58'4½"/17.79; DT: Haglund (Swe) 182'0½"/55.48, Repo 180'3½"/54.95.

EIGHT THROWS OVER 220

The classic hammer duel between Heinrich Thun and Hal Connolly, reported last week, took place in Vienna on October 5th. Thun led from the first round, his series being: 224'9½"/68.52, 222'10"/67.92, 224'11½"/68.57, 218'10½"/66.72, foul, 223'2½"/68.03. Connolly: 224'8"/68.48, foul, 220'8½"/67.27, 222'1¼"/67.71, 223'4½"/68.08, 218'2½"/66.51.

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ILLUSTRATED LEAFLETS AND PRICE LISTS AVAILABLE

Two 200 footers by Czech Danek

Ludvik Danek became the sixth man in history to fling a discus over 200 feet when he achieved 200'0 $\frac{1}{2}$ "/60.97 in Prague on September 8th. His series: 196'9"/59.97, 191'11 $\frac{1}{4}$ "/58.50, foul, 187'10 $\frac{1}{2}$ "/57.26, 200'0 $\frac{1}{2}$ "/60.97, 187'4"/57.10. Danek (26) had a best of 185'8"/56.59 last year and his consistent progress and fine competitive record has been one of the features of this year's European season. The following weekend, Danek threw 200'0"/60.96 in Kiev.

Two great Czech veterans competed at the Prague meet. Stanislav Jungwirth (33), former world record holder at 1,500m (3:38.1), clocked 1:52.6 for 800m behind his namesake Tomas (1:51.9). The 1952 Olympic champion, Dana Zatopkova, made nonsense of her 41 years by throwing the javelin 167'2 $\frac{1}{4}$ "/50.96.

September 21st/22nd, Pardubice. Dec: Utech (EG) 7,118.

September 24th, Pardubice. 10,000m: Roelants (Bel) 29:07.2 (rec), Clerckx (Bel) 29:38.2, Chudomel 29:44.6, Clements (Neth) 29:53.0, Messitt (RoI) 29:53.6; DT: Danek 191'2 $\frac{1}{2}$ "/58.28, Zemba 188'8 $\frac{1}{4}$ "/57.52; women's DT: Nemcova 174'11 $\frac{1}{4}$ "/53.32.

September 24th, Pilsen. 3,000m: O'Riordan (RoI) 8:22.6; 5,000m: Neville (RoI) 14:13.6, O'Riordan 14:21.4 (45 minutes after 3,000); PV: Tomasek 15'3"/4.65.

September 29th, Brno. 400m: Trousil 47.2; PV: Tomasek 15'5"/4.70; SP: Skobla 59'0 $\frac{1}{2}$ "/18.00; DT: Danek 199'8"/60.86, Zemba 193'5"/58.95.

DISCUS THROWER KOMPANAYETS HITS 207 FEET—WITH HAMMER!

September 14th/15th, Kiev. Ukraine beat Czechoslovakia 108-105. 400m: Arkhipchuk (U) 46.9, Trousil (C) 47.1; 5,000m: Yefimov (U) 14:06.0, Jurek (C) 14:07.2; 3,000mST: Dmitriyev (U) 8:35.6, Zhanal (C) 8:39.8 (rec); 110mH: Koziryets (U) 14.2, Cechman (C) 14.3; 400mH: Anisimov (U) 50.6; 4x400m: Ukraine 3:09.8, CSR 3:10.2; HJ: Slabchuk (U) 6'11 $\frac{1}{2}$ "/2.11, Valchuk (U) 6'9 $\frac{1}{2}$ "/2.08; PV: Tomasek (C) 15'11"/4.85 (rec), Bliznyetsov (U) 15'1"/4.60; LJ: Barkovskiy (U) 24'10 $\frac{1}{2}$ "/7.58; TJ: Alyabyev (U) 52'0 $\frac{1}{2}$ "/15.87; SP: Skobla (C) 59'9"/18.21; DT: Danek (C) 200'0"/60.96, Zemba (C) 182'6 $\frac{1}{2}$ "/55.64; HT: Matousek (C) 214'10 $\frac{1}{2}$ "/65.49, Malek (C) 208'9 $\frac{1}{2}$ "/63.64, Kompanayets (U) 207'5 $\frac{1}{2}$ "/63.24 (the 192'9 $\frac{1}{2}$ "/58.76 discus thrower).

CSR won women's match 61-56. 100m: Krepkina (U) 11.7, Lehocka (C) 11.8; 200m: Lehocka 24.4, Krepkina 24.5; 400m: Maroshkina (U) 54.9, Kralickova (C) 55.8; 80mH:

Stolzova (C) 11.0, Makoshina (U) 11.0; 4x100m: Ukraine 46.3, CSR 46.4 (rec); DT: Nemcova (C) 175'7 $\frac{1}{2}$ "/53.53, Yelkina (U) 172'8"/52.63, Mertova (C) 170'2 $\frac{1}{4}$ "/51.87; JT: Visotskaya (U) 179'3 $\frac{1}{2}$ "/54.64, Hrbkova (C) 171'11 $\frac{1}{2}$ "/52.41.

October 19th/20th, Yalta. Ukraine beat Hungary 108-105. 3,000mST: Macsars (H) 8:54.4, Dmitriyev (U) 8:57.8; 4x400m: Ukraine 3:09.2; TJ: Alyabyev (U) 52'5 $\frac{1}{2}$ "/15.98; SP: Varju (H) 61'4 $\frac{1}{2}$ "/18.70, Nagy (H) 60'0"/18.29, Lipsnis (U) 58'8"/17.88; DT: Kompanayets (U) 180'9 $\frac{1}{2}$ "/55.10, Szecsenyi (H) 167'9"/51.13; JT: Kulcsar 263'4"/80.26, Paama (U) 253'1 $\frac{1}{2}$ "/77.16.

Ukraine won women's match 56-51. 100m: Marko (H) 11.5 (eq. rec), Heldt (H) 11.7; 800m: Kazi (H) 2:07.7, Gurevich-Lysenko (U) 2:08.6, Nagy (H) 2:08.8; LJ: Kispani (H) 19'5 $\frac{1}{2}$ "/5.94, Krepkina (U) 19'5 $\frac{1}{2}$ "/5.93; SP: Bognar (H) 52'3 $\frac{1}{2}$ "/15.94.

SOUTH AFRICA

OLIVIER SMASHES 6 MILES RECORD

October 5th, Johannesburg. 100y/220y: Jefferys 9.9/21.2; JT: Christie (Rhod) 224'3"/68.35.

October 12th, Pretoria. Opening meet of the West German team's tour. 100y: Knickenberg (WG) 10.0, Jefferys 10.0; 220y: Jefferys 21.3, Knickenberg 21.8; 440y: Ulbricht (WG) 49.0; 880y: Balke (WG) 1:54.8; 3M: Minnaar 14:21.5, L. Muller (WG) 14:34.2; 120yH: Nuske (WG) 14.5, D. McDonald 14.7; 440yH: Janz (WG) 52.7, N. MacDonald 53.8; HJ: Hopf (WG) 6'7"/2.01; PV: D. Burger (Rhod) 13'6"/4.11; LJ: Klein (WG) 24'7 $\frac{1}{2}$ "/7.51; DT: Malan 174'2"/53.08.

October 16th, Cape Town. 6M: Olivier 28:58.0 (held previous record of 29:25.4).

October 16th, Krugersdorp. 100y: Knickenberg 9.8; 220y: Jefferys 21.3; 440y: Jefferys 47.0, Ulbricht; 880y: Balke 1:51.3, Meintjies 1:52.0; 3M: Minnaar 14:05.6; 120yH: Nuske 14.2; LJ: Klein 24'7"/7.49; JT: Herings (WG) 250'5"/76.33.

October 19th, Port Elizabeth. HT: Koen 183'8 $\frac{1}{2}$ "/55.99.

October 19th, Cape Town. 3M: Olivier 14:06.5.

October 19th, Johannesburg. 220y: Jefferys 21.1; PV: Burger 14'5 $\frac{1}{2}$ "/4.41.

October 19th, Durban. 100y: Knickenberg 9.6; 440y: Roberts 47.5, Peters 48.0, Janz; 880y: Balke 1:52.5; JT: Herings 241'9 $\frac{1}{2}$ "/73.70.

Doug Coghlan

VICTORY FOR SOUTH AFRICA

South Africa beat Rhodesia and Portugal (Mozambique) in the first international cross-country match ever held in Rhodesia (Bulawayo, September 21st). 1, Barnard (SA) 42:15.4; 2, Minnaar (SA) 42:25.0; 3, van Wijck (SA) 42:38.0.

P. W. Kennedy

World Record Evolution

Compiled by Peter Lovesey, Bob Sparks
and Melvyn Watman

400 METRES

47.4y Ted Meredith (USA)	27.5.16
47.0 Emerson Spencer (USA)	12.5.28
46.4y Ben Eastman (USA)	26.3.32
46.2 Bill Carr (USA)	5.8.32
46.1 Archie Williams (USA)	19.6.36
46.0 Rudolf Harbig (Ger)	12.8.39
46.0 Grover Klemmer (USA)	29.6.41
46.0y Herb McKenley (Jam)	5.6.48
45.9 Herb McKenley (Jam)	2.7.48
45.8 George Rhoden (Jam)	22.8.50
45.4 Lou Jones (USA)	18.3.55
45.2 Lou Jones (USA)	30.6.56
44.9 Otis Davis (USA)	6.9.60
44.9 Carl Kaufmann (W.Ger)	6.9.60
44.9y Adolph Plummer (USA)	25.5.63
y time for 440 yards	

440 YARDS

50.5 C. Guy-Pym (GB)	11.11.65
50.4 E. J. Colbeck (GB)	31.5.67
50.4 Jack Shearman (GB)	7.6.77
49.2 Lon Myers (USA)	20.9.79
48.8 Lon Myers (USA)	15.10.81
48.8 Lon Myers (USA)	6.6.85
48.5 Lenox Tindall (GB)	29.6.89
48.5 Edgar Bredin (GB)	22.6.95
47.8 Maxie Long (USA)	29.9.00
47.4 Ted Meredith (USA)	27.5.16
47.4 Binga Dismond (USA)	3.6.16
47.4 Ben Eastman (USA)	16.5.31
47.4 Victor Williams (USA)	30.5.31
46.4 Ben Eastman (USA)	26.3.32
46.4 Grover Klemmer (USA)	31.5.41
46.2 Herb McKenley (Jam)	1.6.46
46.2 Herb McKenley (Jam)	21.6.47
46.0 Herb McKenley (Jam)	5.6.48
45.8 Jim Lea (USA)	26.5.56
45.8 Glenn Davis (USA)	24.5.58
45.7 Glenn Davis (USA)	14.6.58
44.9 Adolph Plummer (USA)	25.5.63

800 METRES

1:53.4y C. H. Kilpatrick (USA)	21.9.95
1:52.8 Mel Sheppard (USA)	21.7.08
1:52.8y Emilio Lunghi (It)	15.9.09
1:51.9 Ted Meredith (USA)	8.7.12
1:51.6y Otto Peltzer (Ger)	3.7.26
1:51.4 Lloyd Hahn (USA)	7.7.28
1:50.6 Sera Martin (Fr)	14.7.28
1:49.7 Tom Hampson (GB)	2.8.32
1:49.7 Glenn Cunningham (USA)	20.8.36
1:49.6y Elroy Robinson (USA)	11.7.37
1:48.4 Sydney Wooderson (GB)	20.8.38

1:46.6 Rudolf Harbig (Ger)	15.7.39
1:45.7 Roger Moens (Bel)	3.8.55
1:44.3 Peter Snell (NZ)	3.2.62

y time for 880 yards

880 YARDS

2:02.5 Francis Pelham (GB)	23.3.67
2:01.0 W. K. Gair (GB)	26.6.67
2:01.0 G. A. Templar (GB)	25.3.72
2:01.0 T. Christie (GB)	25.3.72
1:59.8 Arthur Pelham (GB)	26.3.73
1:59.5 Walter Slade (GB)	5.6.76
1:58.8 Walter Slade (GB)	6.6.76
1:58.2 Walter Slade (GB)	10.6.76
1:57.5 Fred Elborough (GB)	7.10.76
1:56.2 Lon Myers (USA)	17.7.80
1:56.0 Lon Myers (USA)	2.7.81
1:55.6 Lon Myers (USA)	8.10.81
1:55.6 Lon Myers (USA)	16.9.82
1:55.6 Lon Myers (USA)	7.7.84
1:54.4 Frank Cross (GB)	9.3.88
1:53.4 Charles Kilpatrick (USA)	21.9.95
1:52.8 Emilio Lunghi (It)	15.9.09
1:52.5 Ted Meredith (USA)	8.7.12
1:52.2 Ted Meredith (USA)	13.5.16
1:51.6 Otto Peltzer (Ger)	3.7.26
1:50.9 Ben Eastman (USA)	4.6.32
1:49.8 Ben Eastman (USA)	16.6.34
1:49.6 Elroy Robinson (USA)	11.7.37
1:49.2 Sydney Wooderson (GB)	20.8.38
1:49.2 Mal Whitfield (USA)	19.8.50
1:48.6 Mal Whitfield (USA)	17.7.53
1:48.6 Gunnar Nielsen (Den)	30.9.54
1:47.5 Lon Spurrier (USA)	26.3.55
1:46.8 Tom Courtney (USA)	24.5.57
1:45.1 Peter Snell (NZ)	3.2.62

EAST GERMANS IN BULGARIA

Further to the results on page 13:—

October 9th-12th, Varna. Women's 200m: Diel 24.2; 400m: Kaufmann 54.4; SP: Garisch 55'1"/16.79; Helmbold 54'10 1/4"/16.72; DT: Lorenz 181'8"/55.37; JT: Schwalbe 176'11"/53.92.

October 16th, Varna. HT: Losch 209'10 1/4"/63.97; women's 80mH: Balzer 10.7; Diel 10.8; SP: Hubner 54'6"/16.61; Helmbold 53'3"/16.23; DT: Lorenz 178'7 1/4"/54.44; JT: Schwalbe 178'7 1/4"/54.45.

October 19th/20th, Varna. E. Germany beat Bulgaria 152-67. 100m: Erbstosser 10.4; 800m: Valentin 1:50.1; 1,500m: Valentin 3:41.4; Herrmann 3:41.5; 10,000m: Hannemann 29:21.4; PV: Preussger 15'5"/4.70; SP: Langer 60'4"/18.39; DT: Milde 180'6 1/4"/55.02; HT: Lotz 211'6 1/4"/64.48; 4x100m: EG 40.2, Bulgaria 40.5.

NEXT WEEK

Look out in next week's issue for a questionnaire answered by Italian hurdler, Roberto Frinolli; another two Tokyo Medal Prospects; and several other features.

SOUTHERN A.A.A. NOTES

Grants for Indoor and Outdoor Facilities. Copies of a pamphlet on how to obtain grants from the Ministry of Education may be obtained from the Hon. Secretary, S.C.A.A.A.

1964 Championships. A final decision has not yet been reached regarding the venue for the Senior Championships on June 19/20, 1964. The Junior and Youth Championships will be held on June 27 and July 6, probably at Crystal Palace. The Decathlon will be at Crystal Palace on May 22/23. The Indoor Championships will be held at Stanmore on January 10/11.

Coaching, Courses and Lectures. Mr. B. G. Dunn has resigned as Coaching Secretary owing to other commitments. Mr. A. Gibbon, 72 Northfield Road, Aylesbury, Bucks, has been appointed Asst. Coaching Secretary to be responsible for the work of Mr. T. McNab, another will be appointed for the work of Mr. J. Le Masurier, and the Secretary will be responsible for co-ordinating the work.

A Course of Lectures for Prospective Hon. Coaches and those wishing to improve their knowledge of Coaching are being held at Sir Williams Collins School, Camden Town, N.W.1., on Monday evenings from 7.30-9.0 p.m. Details from the Secretary.

A Young Athletes Course will be held at Motspur Park December 30/31 and January 1/2. The Crystal Palace Centre will be open from Whitsun 1964 and it is proposed to hold a Young Athletes Residential Course there that week-end.

Derby Draw. The Derby Draw promoted by the Association has been declared illegal by the Metropolitan Police and it is regretted that it will not be possible to assist Clubs and Associations through any future Draws of this nature.

Change of Secretary. K. C. Goodchild, 54 Rosscroft Road, Ipswich, has taken over as Secretary of Suffolk County.

Ballet Classes. In co-operation with the R.A.D., Athletic Ballet Classes are being held on Tuesday evenings. Further details from R. J. Murray, D.S.C., 11 New Farm Avenue, Bromley, Kent.

A.G.M. The Annual General Meeting will be held on Saturday, February 22 at 11 a.m.

First Claim Qualification. The following have been approved under the Hardship Rules: J. A. Cleator, Liverpool H. to Poly. H.; D. Wright, V. of Aylesbury to Ealing H.; I. A. Cassidy, Cov. Godiva to Ealing H.; R. M. Thorpe, Sale H. to Belgrave H.; G. White, Bournemouth A.C. to Portsmouth A.C.; T. Briault, Brighton A.C. to Ponders End A.C.; P. J. Yates, Wycombe Ph.H. to Windsor & Eton, F. E. A. Rumbold, Andover A.C. to Salisbury A.C.; P. J. Freeman, Salisbury A.C. to Surrey A.C.

GUILDFORD PRESS PORTSMOUTH IN BRIGHTON C.C. RELAY

At Stanmer Park, October 19th

1, Portsmouth A.C. (C. Gough 14.41; J. Cooke 13.14; J. Winslade 14.50, S. Bollen 15.02, D. Cooke 13.18, M. Hyman 13.32) 84.42.

2, Guildford and Godalming (R. Harwood 13.50, S. Warzee 14.17, R. Robinson 14.00, R. Belmore 14.54, D. Bucke 13.59, A. Macauley 14.22) 85.22.

3, Horsham Blue Star (K. Elson 14.53, H. Scott 14.41, J. Luxford 13.44, P. Humphrey 14.22, M. Baker 13.53, J. Awcock 14.16) 85.49.

4, Brighton A.C. (R. Taylor 14.47, J. Cobley 14.25, L. Horlock 15.05, P. Standen 14.09, G. Ashdown 14.32, B. Theurer 14.47) 87.45; 5, Portsmouth 'B' 89.59; 6, Cambridge H. 90.06; 7, Brighton 'B' 91.33; 8, Worthing & Dist. 92.03; 9, Hove 94.00; 10, British Timken 94.37; 11, Brighton 'C' 95.18; 12, Guildford 'B' 95.42; 13, Horsham 'B' 99.27; 14, Eastbourne Rovers 99.58; 15, Hove 'B' 1:46.00.

Fastest Laps: J. Cooke (Ports) 13.14; D. Cooke (Ports) 13.18; M. Hyman (Ports) 13.32; J. Luxford (Hors) 13.44; R. Harwood (Guild) 13.50; K. Harland (Camb) 13.51.

EASTERN COUNTIES 48 pts. BEAT CAMBRIDGE UNIV. 57, LOUGHBORO' COLLS. 84, CAMBRIDGE UNIV II 156

At Cambridge, October 19th

1, Turner (CU) 28.50; 2, Ellis (L) 29.39; 3, T. Smith (EC) 29.57; 4, Chillingworth (EC) 30.06; 5, Boynton (CU) 30.24; 6, Ross (CU) 30.35; 7, Crummey (EC) 30.39; 8, Whetton (L) 30.47.

SUBSCRIPTION FORM

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RON HILL FIRST HOME IN LUNESDALE & PRIMROSE ROAD

- 1, R. Hill (Bolton Utd) 27.00
- 2, P. Hall (Barrow A.C.) 27.15
- 3, J. Bentley (Halifax H.) 27.24
- 4, B. Jackson (Bol) 27.29; 5, M. Harrop (H'fax) 27.34; 6, B. Gill (Bar) 27.44; 7, A. Bryne (Blackpool) 27.56; 8, D. Spencer (Bar) 28.03; 9, D. Vicker (Bol) 28.13; 10, W. Hannan (Bar) 28.17; 11, A. Platt (Bol) 28.20; 12, P. Throp (Halifax) 28.23; 13, G. Hodgson (B'pool) 28.30; 14, F. Reeves (Bar) 28.34; 15, J. Bell (Preston H.) 28.51; 16, T. Parr (Bol) 28.54; 17, D. Bannister (H'fax) 29.03; 18, G. Ellis (West. Cumb) 29.09; 19, A. Thirlwall (H'fax) 29.12; 20, G. Barrow (Preston H.) 29.14; 21, R. Elsy (Bol) 29.14; 22, E. Foley (Bol) 29.18; 23, J. Fewery (B'pool) 29.19; 24, D. Large (Bar) 29.34; 25, W. Tidswell (H'fax) 29.38.

Teams:	Pts.
1, Bolton Utd.	(1,4, 9,11) 25
2, Barrow	(2,6, 8,10) 26
3, Halifax	(3,5,12,17) 37
4, Blackpool 75; 5, Preston 103; 6, Lunesdale & Prim. 160; 7, Leyland Motors 186; 8, Kendal 197.	

Boys

- 1, D. Ferguson (Bolton Utd.) 11.44
- 2, P. Sugcliffe (Halifax) 11.53
- 3, B. Cleasby (Kendal) 12.12; 4, B. Hodgson (Kendal) 12.12; 5, F. Melia (H'fax) 12.22; 6, J. Walker (B'pool) 12.29; 7, B. Watson (Lunes) 12.32; 8, A. Entwistle (B'pool) 12.36; 9, K. Bottomley (H'fax) 12.39; 10, D. Beresford (Horwich) 12.40; 11, M. Short (Horwich) 12.42; 13, I. Whiteside (Preston H.) 12.47; 14, N. Taylor (Lunes) 12.56; 15, D. Blamire (Ken) 13.00; 16, N. Smalley (H'fax) 13.06; 17, T. Frances (B'pool) 13.08; 18, M. Ironfield (Hor) 13.11; 19, J. Ward (Bol) 13.15; 20, A. Harmer (Lunes) 13.19.

Teams:	Pts.
1, Halifax	(2, 5, 9,16) 32

RACE, October 19th

- 2, Kendal (3, 4,15,21) 43
- 3, Lunesdale & P. (7,13,20,24) 64
- 4, Horwich 65.

ESSEX BEAGLES BEAT RECORD IN HADLEIGH OLYMPIADS ROAD RELAY

October 19th

The first three teams all finished inside the old record of 84 min. 55 sec.

- 1, Essex Beagles (Hammersley 16.40, King 16.22, Knight 17.16, Brown 16.30, Floodgate 16.19) 83.09
- 2, Ilford (Roe 16.51, Gibson 18.55, Gill 17.20, Powell 16.39, Batchelor 16.21) 84.26.
- 3, Hornchurch (Langdon 17.11, Mayes 17.15, Drady 17.36, Edwards 16.12, Padthorpe 16.37) 84.51.
- 4, Hadleigh Olympiads (Edelen 15.30, Sutton 17.05, Brown 17.44, Tudd 17.26, Lowes 17.24) 85.09.

- 5, Chelmsford (Elliott 17.26, Joslin 16.25, Bell 18.21, Hill-Cottingham 16.19, Rogers 19.09) 85.26.
- 6, Ilford "B" (Bryan 16.48, Williams 18.29, Barker 17.17, Blakeby 17.25, Shea 17.48) 87.47.
- 7, Romford 88.20; 8, Essex Beagles "B" 88.52; 9, Thurrock 89.19; 10, Southend 89.33; 11, Hornchurch "B" 90.52; 12, Basildon 92.25; 13, Hadleigh "B" 93.12; 14, Essex Beagles "C" 93.34; 15, Ilford "C" 95.12; 16, Chelmsford "B" 96.52; 17, Brentwood 97.57; 18, Romford "B" 97.58; 19, Basildon "B" 98.59; 20, Hornchurch "C" 100.34.

Fastest Laps: Edelen (Had) 15.30 (eq. course rec.); Edwards (Horn) 16.12; Floodgate (Ex.B) 16.19; Hill-Cottingham (Chelms.) 16.19; Batchelor (Ilf) 16.21; King (Ex.B) 16.22; Brown (Ex.B) 16.32; Joslin (Chelms) 16.33.

1st "B" Team: Ilford 6th.



The Rochdale H. team after winning the Lancashire County Road Relay Championship at Southport.

E. E. Hallmark

Scottish News

by W. DIVERTY

Lanarkshire Relay Championships, Oct. 12

Motherwell Y.M. followed their "Macandrew Trophy" success by placing 1st and 2nd in the Lanarkshire Senior Relay. J. Johnston (Monkland) led over the first stage from H. Summerhill (Shett. H.) in 14.03. On the second leg I. McCafferty, with the fastest lap time of the race (13.56) gave Motherwell Y.M. a 200y lead which the Brown brothers increased to about 500y to record an easy victory over their 'B' team.

10M Relay: 1, Motherwell Y.M. (W. Marshall 14.30, I. McCafferty 13.56, A. H. Brown 13.57, A. P. Brown 14.33) 56.56; 2, Motherwell Y.M. 'B' (G. Henderson 14.39, J. Poulton 15.13, D. Simpson 14.24, R. W. Kay 14.11) 58.27; 3, Shettleston H. (H. Summerhill 14.14, G. Kay 14.55, W. Scally 14.53, L. Menelly, 14.43) 58.45; 4, Cambuslang H. (G. Kelly 15.14, G. Eadie 14.04, R. Kerr 14.57, W. Burt 15.48) 59.57; 5, Shettleston 'B' (G. McIver 14.57, G. Everett 14.36, G. Skinner 15.30, H. Docherty 15.13) 60.16; 6, Monkland H. (J. Johnston 14.03, T. Callaghan 15.14, C. Ballantine 15.51, W. McBrinn 15.34) 60.42. **Fastest Laps:** I. McCafferty (M'well) 13.56, A. H. Brown (M'well) 13.57, J. Johnston, (Monk) 14.03, G. Eadie (Cambus) 14.04, R. W. McKay (M'well 'B') 14.11, H. Summerhill (Shett) 14.14.

Youths' 8M Relay: 1, Springburn H. (J. McLean 10.59, E. Knox 9.21, H. German 10.40, D. Middleton 10.00) 41.00; 2, Motherwell Y.M. (S. Grant 10.18, D. Jones 10.51, J. Galloway 12.16, M. McNulty 12.29) 45.54. **Fastest Laps:** E. Knox (Spring) 9.21, D. Middleton (Spring) 10.00, S. Grant (M'well) 10.18.

Boys' 5M Relay: 1, Shettleston H. (J. McAllister 7.18, R. Gauley 7.17, D. Walker 6.52, H. Inglis 6.52) 28.19; 2, Springburn (N. Soutar 7.24, J. Donnelly 7.12, G. Cooke 7.02, D. Robertson 7.14) 28.42; 3, Motherwell Y.M. (A. Johnston 7.31, L. Weir 7.55, L. Haworth 6.58, J. Giles 6.40) 29.04. **Fastest Laps:** J. Giles (M'well) 6.40, H. Inglis (Shett) 6.52, D. Walker (Shett) 6.52.

Dumbartonshire Schools Relay, Oct. 12
1, Braidfield 33.15; 2, St. Patrick's 33.17; 3, Vale of Leven 34.17. **Fastest Laps:** J. Lang (Braid) 7.44, J. R. Harvey (St. Pats) 7.47, W. Bisley (Braid) 8.21.

Womens' 2 Mile Track Championship At Seedhill, Oct. 12
Miss G. Buchanan (Western A.C.), the holder, retained her title in 11.57 with Miss I. Inwood (Maryhill) second in 12.06, and Miss D. Greig (Tannahill) third in 12.14.

Edinburgh to Glasgow Race, Oct. 19
Former S.A.A.A. Marathon Champion

Gordon Eadie (Cambuslang H.) put up an astounding performance in winning the Edinburgh to Glasgow 44M. road race when, in driving rain and strong head winds, he won in the record time of 4h. 51m. 17s., 49 secs. better than the record set up last year by A. Mail (Derby). Only 7 finished out of 15 starters.

1, G. Eadie (Cambuslang) 4h. 51m. 17s.; 2, C. Hallinan (Leigh) 5h. 28m. 54s.; 3, G. C. King, (Wellpark) 5h. 32m. 47s.; 4, A. Mail (Derby) 5h. 54m. 30s.; 5, J. Barber (Sunderland) 6h. 8m. 19s.; 6, M. O'Neil (Leigh) 6h. 45m. 55s. Leigh H. with 8pts, won the team award.

Renfrewshire 12M. Relay Champ., Oct. 19

Bellahouston H. were easy winners of this event beating Wellpark by some 500 yards. F. Cowan gave Bellahouston the lead at the end of the first leg which they steadily increased as the race progressed. Glenpark were lying second until the last lap when P. McConnachie took over to give Wellpark second place.

1, Bellahouston H. (F. Cowan 17.52, J. Irvine 18.10, D. Dickson 18.26, B. Goodwin 18.34) 73.02; 2, Wellpark H. (J. Bottomley 19.02, W. Stoddart 18.14, C. Aitken 18.56, P. McConnachie 18.17) 74.29; 3, Glenpark H. (J. Spence 18.01, R. Cox 18.41, J. Sheridan 19.15, H. McWilliam 19.03) 75.00. **Fastest Laps:** C. McAlinden (B. & W.) 17.31, P. Bradley (Paisley) 17.38, F. Cowan (B'ouston) 17.52.

Dumbartonshire Relays, Oct. 19

The Senior Race was declared void owing to a number of the runners going off course. Dumbarton A.C. won the youths 3x1¼M. relay in 31.42 with Garscube H. second. The winning team was (A. Grant 9.31, A. Fairlie 12.14 and C. Martin 9.57).

Boys 3x2M. Relay: 1, Dumbarton (J. Blyth 10.57, A. Elder 10.49, J. Harvey 10.26) 32.12; 2, Clydesdale (T. Brown 11.05, A. Bain 11.51, J. Laing 10.39) 33.35; 3, Vale of Leven (J. Nugent 11.10, D. Dunn 11.38, W. Bradley 11.14) 33.54.

KIRKCALDY Y.M.C.A. H. ROAD RELAYS

At Kirkcaldy, October 5th, 1963

Youths

1, Springburn H. (Gorman 6.50, Knox 6.17, Colvin 6.42, Middleton 6.19) 26.08.
2, E.A.C. (Steel 6.25, Fairgrieve 6.38, Stewart 6.46, Donaldson 6.28) 26.17.
3, St. Modans (Edie 6.22, McFarlane 6.55, Fleming 6.43, Brown 6.26) 26.26.
4, Kirkcaldy Y.M.C.A. (Christine 6.43, Gray 6.50, Fonertes 6.52, Smith 6.47) 27.12.
5, Edinburgh Southern "B" 27.42; 6, Dundee Hawkhill 28.19; 7, Edinburgh Southern 29.13; 8, Kirkcaldy 28.51; 9, G. Heriots Sch. 29.33; 10, Lewisvale 30.20.

Fastest Laps: E. Knox (Spring) 6.17; D. Middleton (Spring) 6.19; W. Eadie (St. M) 6.22; F. Staal (EAC) 6.25; T. Brown (St. M) 6.26; N. Donaldson (EAC) 6.28.

continued on page 27

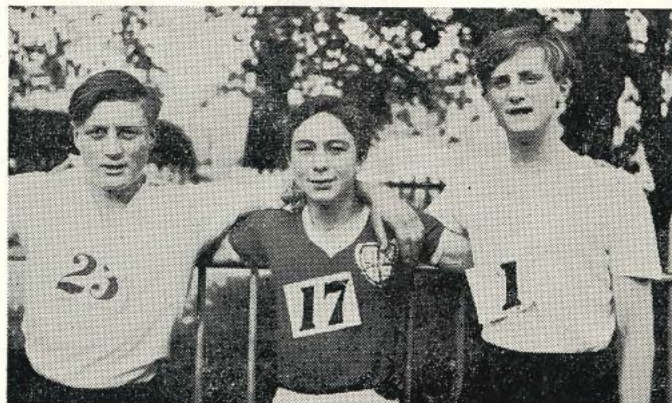
Race Walking

Another Fast Time By Ken Matthews

Highgate Open "7": Ken Matthews (Royal Sutton Coldfield WC) showed us that his recent fast time in Italy was not due to a short course when he won the annual Highgate Harriers Open "7" in the excellent time of 49m. 40s.—nearly 3½ minutes ahead of Ray Middleton (Belgrave H.) with John Godbeer (Cambridge H.) third. This course is, perhaps, the toughest of all the London Opens and its many hills often result in a busy time for the Judges. Among those to come under their ban this time were Paul Nihill (Surrey WC) and Arthur Thomson (Met WC). Bob Clark (Poly H) showed us that he still has the speed to be among the leading half-dozen and Maurice Fullager (Surrey WC) seems to be making a welcome return to form after a serious illness which threatened to end a promising racing career. Peter McCullagh, walking in the colours of the Metropolitan Club, but as an Individual at the moment, had his first race in the London area and gives every indication that he will soon settle down to racing in England. The Team race resulted in a tie on points between Sheffield UH and Polytechnic H with the AAA Team Rule giving first place to the former Club. Belgrave Harriers were third. The Individual Handicap went to K. R. Read (Surrey WC) and Surrey WC "A" team took the Team Handicap.

Result:

1. K. Matthews (R. Sutton Coldfield) 49.40
2. R. Middleton (Belgrave H.) 53.18
3. J. Godbeer (Cambridge H.) 53.43
4. R. Clark (Polytechnic H.) 53.50; 5. J. Stancer (Sheffield UH) 54.02; 6. J. Knifton (Belg) 54.13;



First three home in the National Youth 3 Miles Road Walking Championship. L. to R.—R. Hughes (Smethwick) 3rd, W. Holloway (Metropolitan W.C.) 1st, and P. Lockley (Birmingham) 2nd.

by L. W. Woodcock

7. C. Young (Essex Beagles) 54.45; 8. M. Fullager (Surrey WC) 54.49; 9. R. Pearce (Poly) 55.07; 10. P. McCullagh (Met WC) 55.17; 11. D. Greasley (Sheff) 55.21; 12. S. Percy (Camb H) 55.22; 13. D. Wallace (Camb) 55.32; 14. M. Tolley (Sheff) 55.40; 15. A. Macfarlane (Poly) 55.49; 16. M. Blyth (Leicester WC) 55.50; 17. K. Easlea (Enfield AC) 55.54; 18. M. Greasley (Sheff) 55.54; 19. J. Vivian (Poly) 56.10; 20. P. Fullager (Surrey WC) 56.11.

Scratch Teams: 1, Sheffield UH; 2, Polytechnic H.; 3, Belgrave H.

Team Handicap: Surrey WC "A".

Individual Handicap: K. R. Read, Surrey WC "A" (10.40).

Northern Area Winter League: The first Winter League race over seven miles was held from the Don Valley W.C. Club quarters and attracted 37 starters. John Stancer (Sheffield UH) won easily by nearly one minute from Club-mate Don Greasley with Eric Hall (Lancs WC), third. Sheffield UH took the Team race. The next event in this series will be held at Bradford on 16th November.

Result:

1. J. Stancer (Sheffield UH) 52.48
2. D. Greasley (Sheffield UH) 53.40
3. E. Hall (Lancs WC) 54.51
4. M. Greasley (Sheffield) 55.12; 5. G. Goodair (Wakefield H.) 55.38; 6. B. Johnson (Sheff) 56.27; 7. R. Thorpe (York All Black WC) 58.14; 8. T. Mercer (York) 58.35; 9. J. Dowling (Sheff) 59.45; 10. J. Percival (Lancs WC) 59.49; 11. B. Marsland (Wake) 60.13; 12. T. Paine (Sheff) 61.13; 13. J. Patterson (Wake) 61.29; 14. J. Bentham (Wake) 61.49; 15. N. Hopkinson (Sheff) 61.54; 16. K. Bingley (Wake) 62.31; 17. R. Hunt (Don Valley WC) 62.40; 18. G. Bird (Don Valley) 62.45; 19. G. Abley (Lancs) 62.59; 20. F. O'Neill (Lancs) 63.09.



Peter Selby (Surrey W.C.) winning the National Junior 5 Miles Road Walking Championship at Battersea.

H. Wares

KANGAROO CLUB COMPETITIONS

Held at Solihull Dist. Youth H.Q. in conjunction with Solihull A.C. on Oct. 20th. LJ: (Men) 1, D. W. Cakebread (Cov. G) 22'6"; 2, G. P. Reed (Sparkhill) 21'3"; 3, G. Turner (Wolv'n) 19'3½". (Jnr) 1, J. Cox (Bucks) 20'7¼"; 2, D. Wassell (Spark) 19'8¼"; 3, S. Clarke (S. Heath) 19'1". (Yth) 1, P. Drew (Cov. G) 21'6¼" (GR); 2, D. Lawrence (S. Hth) 20'3"; 3, P. Norgate (Wolv'n) 19'5". (Boys) R. Watson (Solihull) 16'2¼". (Women) 1, A. L. Fathers (Leam'n) 16'7¼"; 2, G. Stubbs (Sol) 16'3½". (Inter. W) 1, H. Gearing (Sol) 16'4¼"; 2, E. Flinn (Coleshill GS) 13'10¼". (Girls) 1, K. Harrison (Sol) 15'9¼"; 2, C. Johnson (Cartwright S) 15'0"; 3, B. McCullagh (Sol) 14'11¼". TJ: (Men) 1, D. C. Boosey (RAF/Belgrave) 48'4½" (GR); 2, J. Bullen (Halesowen) 44'6"; 3, K. Lloyd (Hales) 41'4". (Jnr.) 1, P. Chadwick (Birchfield) 42'8¼"; 2, J. Cox (Bucks) 38'7¼". (Yth) 1, P. Drew (Cov. G) 45'6" GR; 2, P. Norgate (Wolv'n) 41'2"; 3, M. Herrod (Kimb. S) 40'6½".

Easy For Ponders End In Chelmsford Relay

PONDERS END emerged as comfortable winners of the Sidney C. Taylor Memorial Road Relay at Chelmsford on October 26th in a time that was 18 seconds faster than last year's victors, St. Albans. It was not until the third of the six legs that Ponders End came into contention, Day bringing his club into 3rd place 15 seconds behind Essex Beagles, who had led from the start.

A fine run by Mellor, who returned the day's second fastest time of 18.31 for the approx. 3.85 miles lap, took Ponders End into a lead of over a minute on the fourth circuit. The Beagles followed, with Ipswich—thanks to a speedy 18.51 by Terry Smith—3rd. On this stage Buddy Edelen carried Hadleigh up 16 places (23rd to 7th) with a great 18.07, two seconds better than Mel Batty's fastest last year.

Browne gained a little ground for Essex Beagles on the 5th leg, but a fast anchor by Seal widened the winning margin to over a minute.

1, Ponders End (J. Mercer 19.50, D. Glenister 19.54, D. Day 19.08, P. Mellor 18.31, B. Stephenson 19.46, F. Seal 18.48) 1:55.57.

2, Essex Beagles (B. Hammersley 19.11, G. King 19.10, G. Knight 20.16, T. Collins 19.54, M. Browne 19.35, E. Floodgate 19.07) 1:57.13.

3, Cambridge H. (G. Taylor 19.19, K. Harland 19.28, D. Hill 20.33, D. Maynard 20.10, D. Dellar 19.21, F. Maillardet 18.41) 1:57.32.

4, St. Albans (W. Baxter 19.59, D. O'Gorman 19.27, R. Macey 19.16, B. Adams 20.55, B. Wilkinson 18.33, J. Thorpe 20.01) 1:58.11.

5, Woodford Green (C. Balcombe 19.20, K. Batson 20.07, C. MacLachlan 19.46, D. Prior 21.16, R. Garrett 18.51, D. Stearns 19.46) 1:59.06.

6, Welwyn (M. Prosser 20.34, G. Wenk 20.16, M. Staines 19.33, G. Brown 19.07, A. Taylor 19.28, L. Clarke 20.19) 1:59.17.

7, Norfolk Gazelles 2:00.27; 8, Hadleigh Olympiads 2:01.28; 9, Victoria Park H. 2:01.34; 10, Hornchurch 2:01.43; 11, Chelmsford 2:02.10; 12, Ex. Beagles "B" 2:02.12; 13, Ipswich 2:02.23; 14, Hampstead 2:02.31; 15, Wigmore 2:02.39; 16, Icknield 2:03.04; 17, Walthamstow 2:03.08; 18, Hornsey (St. Marys) 2:04.05; 19, Romford 2:06.43; 20, Southend 2:07.06.

Fastest Laps: L. Edelen (Had) 18.07, P. Mellor (P. End) 18.31, B. Wilkinson (St. A) 18.33, F. Maillardet (Camb) 18.41, F. Seal (P. End) 18.48, R. Garrett (Wood) and T. Smith (Ips) 18.51, B. Hill-Cottingham (Chelms) 19.01.

The time of Mitcham "B" in the Belgrave Youths' Relay was 49.42, not 49.02 as given in last week.

League Races

LEEDS & DIST. C.C. LEAGUE

At Horsforth, October 19th

1. J. McHale (Bramley)	38.50
2. R. Pannell (Harehills)	39.27
3. S. Dobson (Harehills)	39.35
4. W. Wilkinson (Rowntrees) 39.48; 5. P. Watson (Bram) 39.50; 6. D. Quinlan (University) 39.59; 7. R. Moore (Univ) 40.02; 8. K. Brierley (Leeds AC) 40.13; 9. J. Lunn (Leeds AC) 40.22; 10. M. Hague (St. John's Coll) 40.32; 11. J. Sugden (Hills) 40.38; 12. A. Cocking (Bram) 40.47; 13. T. Carr (Leeds AC) 40.51; 14. F. Wrigley (Hills) 41.01; 15. D. Brown Rowntrees) 41.15; 16. R. Tristram (Bram) 41.19; 17. C. Kingswood (Hills) 41.28; 18. J. Helliwell (Univ) 41.33; 19. M. Wrenn (Univ) 41.37; 20. D. Pearson (Leeds AC) 41.44.	

Teams:	Pts.
1. Harehills (2, 3,11,14)	30
2. Bramley (1, 5,12,16)	34
3. University (6, 7,18,19)	50
4. Leeds A.C. 50; 5. Rowntrees 113; 6. St. John's Coll. 128; 7. St. Mark's 184.	

Leeds and Dist. beat R.A.F. 26-52 in a match held in conjunction.

CHILTERN LEAGUE

At Maidenhead, October 19th

1. Vanderplank (Maidenhead)	31.34
2. Whitehead (Hayes)	33.23
3. O'Keefe (Maidenhead)	33.32
4. Grant (Hayes) 33.48; 5. Wroth (Southall) 34.02; 6. Kinghorn (Feltham) 34.10; 7. Jones (Maid) 34.18; 8. Turnham (S'all) 34.28; 9. Rogerson (Hayes) 34.37; 10. Caswell (S'all) 34.46; 11. Beckwith (Hayes) 34.51; 12. Sparks (Hayes) 34.57; 13. Hamlin (Felt) 35.12; 14. Hayes (Bracknell) 35.20; 15. Garner (S'all) 35.24; 16. Weller (Maid) 35.36; 17. Milton (Felt) 35.40; 18. Dodd (NPC) 35.47; 19. Gibson (Brack) 35.57; 20. Tilley (Brack) 36.13.	

Teams:	Pts.
1. Hayes (2, 4, 9,11,12,22)	60
2. Maidenhead (1, 3, 7,16,26,31)	84
3. Southall (5, 8,10,15,38,43)	119
4. Bracknell 133; 5. Feltham 143; 6. Newlands Park Coll. 193.	

Youths/Boys

1. Buchanan (Hayes)	19.32
2. Haslewood (Hayes)	19.38
3. Piotrowski (Bracknell)	20.40
4. Allan (Brack) 21.05; 5. Ahearne (S'all) 21.07; 6. Glendening (Felt) 21.08; 7. Palmer (Maid) 21.40; 8. Brunsden (Maid) 21.49; 9. Mitson (S'all) 22.04; 10. Bedborough (Maid) 22.04; 11. Russell (S'all) 22.25; 12. Furlong (Hayes) 22.29; 13. Allen (Felt 22.32; 14. Hewitt (S'all) 22.33; 15. Smith (Brack) 22.47.	

Teams

	Pts.
1. Hayes (1, 2,12,23)	38
2. Southall (5, 9,11,14)	39
3. Bracknell (3, 4,15,18)	40
4. Maidenhead 42; 5. Feltham 54.	

CHILTERN LEAGUE DIV. 1

At High Wycombe, October 26th

Senior/Junior

1. M. Barratt (Ealing)	30.36
2. D. Bignall (Windsor)	30.40
3. T. Bivens (Ealing)	30.58
4. M. Dixon (Watford) 31.12; 5. A. Watters (Wyc) 31.27; 6. G. Howard (Wat) 31.30; 7. M. Hobbs (Eal) 31.52; 8. S. Eldon (Windsor) 32.26; 9. B. Currell (Wyc) 32.37; 10. T. Homes (Watford) 32.47; 11. D. Case (Eal) 32.53; 12. C. Canton (Eal) 32.58; 13. D. Wright (Eal) 33.05; 14. R. Cressey (Ruislip) 33.25; 15. K. Dearing (Wat) 33.32.	

Teams:	Pts.
1. Ealing H. (1,3, 7,11,12,13)	47
2. Watford H. (4,6,10,15,24,25)	84
3. Wycombe Phx. (5,9,16,19,22,26)	97
4. Windsor & Eton 132; 5. Ruislip & Northwood 172.	

Youths/Boys

1. B. Allen (Windsor)	17.24
2. G. King (Windsor)	17.44
3. P. Watts (Ruislip)	18.05
4. M. Rance (Windsor) 18.18; 5. C. Putman (Wyc) 18.27; 6. D. Dilmot (Windsor) n.t.	

Teams:	Pts.
1. Windsor & Eton (1, 2, 4, 6)	13
2. Watford H. (3, 7, 8,12)	30
3. Wycombe Phx. (5,14,16,20)	55
4. Watford 88; 5. Ealing 118.	

CHILTERN LEAGUE DIV. 2

At Southall, October 26th

Senior/Junior

1. L. Whitehead (Hayes)	26.53
2. G. Kinghorn (Feltham)	27.10
3. T. O'Keefe (Maidenhead)	27.11
4. C. Grant (Hayes) 27.17; 5. A. Warren (Southall) 27.21; 6. F. Caswell (S'all) 27.33; 7. J. Turnham (S'all) 27.39; 8. A. Gibson (Bracknell) 27.48; 9. C. Wroth (S'all) 27.50; 10. D. Jones (Maid) 27.58; 11. D. Sparks (Hayes) 27.59; 12. R. Garner (S'all) 28.02; 13. D. Sheehan (S'all) 28.03; 14. A. Rogerson (Hayes) 28.04; 15. B. Dodd (Newland Pk. Coll) 28.05; 16. A. Hayes (B'nell) 28.08; 17. S. Ridett (New. Pk.) 28.13; 18. E. Weller (Maid) 28.16; 19. S. Charlton (Felt) 28.17; 20. C. Beckwith (Hayes) 28.35.	

Teams:	Pts.
1. Southall A.C. (5, 6, 7, 9,12,13)	52
2. Hayes & H. (1, 4,11,14,20,21)	71
3. Bracknell A.C. (8,16,24,26,29,33)	136
4. Maidenhead 137; 5. Newland Park Coll. 176.	

Youths/Boys

1. S. Buchanan (Hayes)	14.41
2. D. Heaswood (Hayes)	14.42
3. Allen (Bracknell)	15.10

4, Piotrowski (B'nell) 15.10; 5, A. Sceney (Hayes) 15.29; 6, M. Aherne (S'all) 15.42; 7, R. Glendenning (Felt) 15.43; 8, P. Palmer (Maid) 16.05; 9, G. Hewett (S'all) 16.06; 10, G. Mitson (S'all) 16.08; 11, A. Russell (S'all) 16.21; 12, B. Thompson (Hayes) 16.28; 13, D. Bedborough (Maid) 16.30; 14, Falcus (B'nell) 16.40; 15, M. Bedborough (Hayes) 16.56.

Teams: **Pts.**
1. Hayes & H. (1,2, 5,12) 20
2. Southall A.C. (6,9,10,11) 36
3. Bracknell A.C. (3,4,14,21) 42
4, Maidenhead 55.

HAMPSHIRE LEAGUE At Gosport, October 26th

1. Matthews (Bournemouth) 22.45
2. Ingleton (Ryde) 22.51
3. Clare (Gosport) 22.59
4, Mawe (Gos) 23.00; 5, Martin (Eastleigh) 23.02; 6, Fulford (Southampton) 23.04; 7, Jones (Portsmouth) 23.08; 8, Switzer (So'ton) 23.19; 9, Winslade (Ports) 23.23; 10, Plumpton (Ports) 23.38; 11, Dyer (Ryde) 23.39; 12, Jeans (Salis) 23.49; 13, Fletcher (Gos) 23.52; 14, Pluck (B'mouth) 23.55; 15, Bruce (Gos) 23.59; 16, Veals (B'mth) 24.07; 17, Bollen (Ports) 24.11; 18, Woodford (So'ton) 24.13; 19, Amey (Salis) 24.15; 20, Vanderplank (East) 24.17.

Teams: **Pts.**
1. Portsmouth AC 69
2. Southampton AAC 77
3. Gosport AC 82
4, Bournemouth 83; 5, Salisbury 110; 6, Eastleigh 120; 7, Ryde 132.

Young Athletes

1. D. Bowles (Southampton) 17.06
2. Stewart (Bournemouth) 17.09
3. R. Fox (Southampton) 17.21
4, Richardson (East) 17.25; 5, Sorrell (Ports) 17.40; 6, Chapman (Salis) 17.41; 7, Stainer (Ports) 17.51; 8, Barr (Ports) 17.54; 9, Round (RAPC) 18.15; 10, Streets (So'ton) 18.15.

Teams: **Pts.**
1. Southampton AAC 14
2. Portsmouth AC 20
3. R.A.P.C. 37
4, Bournemouth 43; 5, Ryde H. 57.

MANCHESTER & DIST. LEAGUE At Heaton Pk., October 19th

1. P. Montague (Manchester DLC) ... 32.23
2. R. Phipps (Winnington Park) 32.53
3. G. Entwistle (Manchester DLC) ... 32.58
4, B. Hall (M/r DLC) 33.07; 5, P. Thompson (MAC) 33.14; 6, A. Green (Salford) 33.30; 7, D. Farmer (Sale) 34.00; 8, R. Gregory (M/r DLC) 34.04; 9, J. Vear (MAC) 34.25; 10, G. Brown (Sale) 34.31.

Teams: **Pts.**
1. Manchester DLC ... (1, 3, 4, 8,13,14) 43
2. Sale H. (7,10,11,12,22,23) 85
3. Manchester A.C. ... (5, 9,16,18,20,21) 89

4, Salford 134; 5, Manchester YMCA 354; 6, Winnington Pk. 366.

Youths

1. P. Abell (Sale) 16.00
2. P. Glazier (Sale) 16.07
3. S. Clegg (Salford) 16.08

Teams: **Pts.**
1. Sale H. (1, 2, 4) 7
2. Salford HAC (3, 7,15) 25
3. Manchester AC (20,21,23) 64
4, Manchester DLC 65.

Boys

1, eq. P. Duffy (Sale) 11.52
T. Lonergan (Sale) 11.52
3. P. Rogers (Winning Park) 11.55

Teams: **Pts.**
1. Sale H. (1, 2, 4) 7
2. Salford (7, 8,11) 26
3. Manchester DLC (5,10,15) 30
4, Winton 84; 5, Cheadle & Gatley 111.

Essex County A.A.A. are holding an examination for Honorary Coaches on November 30th. Further details from J. Macklin, 67 Clitheroe Road, Romford, Essex.



Fred Howe (Blackpool & Fylde) running in the Walton & R.R.C. 30 Miles Track Race in which he set a new world record of 2hr. 48min. 00.8sec.
K. E. G. Shaughnessy

With The Ladies

SOUTHERN COUNTIES RELAY CHAMPIONSHIPS

THE Southern Women's Road Relay Championships at Farncombe on October 26th attracted quite a good entry. In the women's event Entwistle (Williams) of Aldershot led the field on the first circuit in 13.50 from Whitehead (LO) 14.11 and Westlake (Mitcham) 14.15. Then Mitcham took command with Ann Smith giving them a 31 sec. lead on lap 2, Carole Mitchell running the fastest lap of the day on lap 3, and Pat Brown coming home with 70 secs. to spare. Joan Briggs went from 9th to 2nd on lap 2 with a great run of 13.32 and Selsonia held this to the end.

Aldershot were easy winners of the senior girls race. Turner gave Rochester a 15 yards lead on lap 1, then Dalton put Aldershot in front and Wingfield put in a fine lap of 8.09 on lap 3 to make Bram's task on the final leg a mere formality.

The most exciting race of the day was the last lap tussle for second place in this event. Overton (Selsonia) and Tye (Surrey) started off close together just over half a minute behind sprinter Pauline Lloyd (Rochester). Slowly but surely they closed the gap and Overton got away from Tye and caught the Rochester girl with 350 yards to go. Pauline Tye made a great effort 150 yards from the finish and closed a 20 yards gap, only for Lloyd to respond with a final effort which was too much for the Surrey girl who had run herself out in closing the gap.

Mitcham led all the way in the junior girls' race after Felix gave them a slight lead on the first lap. Selsonia beat Surrey A.C. after a good race for second place.

SENIOR WOMEN'S 4 x 2½ M. RELAY

1, Mitcham (S. Westlake 14.15, A. Smith 13.54, C. Mitchell 13.31, P. Brown 13.41) 55 min. 21 secs.

2, Selsonia (R. Davies 15.08, J. Briggs 13.32, B. Davies 14.09, P. Davies 13.42) 56 mins. 31 secs.

3, London Olympiades (J. Whitehead 14.11, S. Dayer 15.09, S. Tulloh 14.12, M. Rees 13.41) 57 mins. 13 secs.

4, Hampstead 58.20; 5, Highgate 59.36; 6, Epsom & Ewell 61.30; 7, Aldershot 62.02; (London Olymp. "B", non-scoring, 62.46); 8, Guildford & Godalming 66.01; 9, Surrey A.C. 62.28; 10, Mitcham "B" 66.43.

Fastest Laps: C. Mitchell (Mit) 13.31, J. Briggs (Sel) 13.32, P. Perkins (If) 13.40, P. Brown (Mit) 13.41, M. Rees (LO) 13.41, P. Davies (Sel) 13.42.

GIRLS (14-15) 4 x 1½ M. RELAY

1, Aldershot (S. Nockolds 8.25, A. Dalton 8.26, P. Wingfield 8.09, M. Bram 8.07) 33 mins. 07 secs.

2, Selsonia (J. Manley 8.46, P. Hackworth 8.55, C. Smith 8.27, J. Overton 8.45) 34 mins. 53 secs.

3, City of Rochester (F. Turner 8.22, J. Morris 8.33, C. Graham 8.40, P. Lloyd 9.26) 35 mins. 01 sec.

4, Surrey A.C. 35.08; 5, London Olympiades 36.31; (Mitcham, non-scoring, 37.20); 6, Hampstead 39.03; 7, Guildford & Godalming 41.21.

Fastest Laps: M. Bram (Ald.) 8.07, P. Wingfield (Ald.) 8.09, F. Turner (Roch.) 8.22, S. Nockolds (Ald.) 8.25, A. Dalton (Ald.) 8.26, C. Smith (Sel.) 8.27.

YOUNG GIRLS (12-13) 4 x 1 MILE RELAY

1, Mitcham (M. Felix 6.33, A. Humbledon 6.50, L. Enever 7.13, E. Butcher 6.30) 27 mins. 06 secs.

2, Selsonia (J. Jacobs 6.42, C. White 7.22, K. Roberts 6.58, M. Wells 6.30) 27 mins. 32 secs.

3, Surrey A.C. (S. Finch 6.59, S. Robini 7.12, P. Round 6.56, P. Purdee 6.31) 27 mins. 38 secs.

4, London Olympiades 28.03; 5, Hercules 28.13; 6, Aldershot 28.25.

Fastest Laps: E. Butcher (Mit) 6.30, M. Wells (Sel) 6.30, P. Purdee (Sy. A.C.) 6.31, M. Felix (Mit) 6.33, J. Doyle (LO) 6.34, J. Jacobs (Sel) 6.42.

HAMPSHIRE ROAD RELAY CHAMPIONSHIP

At Aldershot, October 12th.

1, Aldershot (J. Entwistle nee Williams 10.23; R. Hobbs 11.12; S. Lofts 10.35) 32.10.

2, Gosport (E. Joyce 10.10, S. Gulmin 12.06, J. Childs 12.18) 34.34.

3, Portsmouth Atalanta (J. Hale 10.16, J. Wright 14.37, S. Whittington 11.52) 36.45.

4, Aldershot 'B' 38.17; 5, Southampton 44.52.

Fastest Laps: E. Joyce (Gos) 10.10; J. Hale (Port) 10.16; J. Entwistle (Ald) 10.23; S. Lofts (Ald) 10.35 R. Hobbs (Ald) 11.12; S. Whittingham (Port) 11.52.

Juniors

1, Aldershot (S. Nockolds 8.59; P. Wingfield 8.12, Bram 8.18) 25.29; 2, Aldershot 'B' (S. Fennessey 9.24, D. Cranham 8.39, A. Dalton 9.10) 27.13.

NORTHUMBERLAND & DURHAM H. LEAGUE

At Houghton-le-Spring, October 19th

1, E. McGarry (Jarrow) 8.30
2, D. Moore (S. Shields) 8.47
3, M. Plank (Jarrow) 8.52
4, D. Brown (N.S. Poly) 9.07; 5, M. Armstrong (N.S. Poly) 9.09; 6, S. Lodge (Gosforth) 9.12.

BRISTOL-WESTON RELAY continued

were 17 seconds inside their previous best in taking 2nd place. Derby, in 3rd spot, achieved their best performance. A total of 47 teams started, another record. Fastest: J. Hammond (Godiva) 23.33, M. Bullivant (Der) 23.56, R. Freeman (TVH) 24.32, M. Gale (Bris) 24.37, D. Fernee (Poly) 25.12.

1, Cov. Godiva 3:19.45; 2, Bristol 3:21.03; 3, Derby 3:22.11; 4, Portsmouth 3:23.59; 5, North Staffs 3:24.40; 6, Birchfield 3:25.17; 7, Tipton 3:27.40; 8, Worcester 3:28.27; 9, Polytechnic 3:28.58; 10, Leicester College 3:30.51; 11, Notts 3:31.44; 12, Thames Valley 3:31.51; 13, Reading 3:33.17; 14, Birchfield "B" 3:33.51; 15, Bristol "B" 3:33.55; 16, Small Heath 3:34.02; 17, Ilford 3:35.02; 18, Oxford City 3:35.19; 19, Godiva "B" 3:35.33; 20, Westbury 3:36.36; 21, Newport 3:38.24; 22, Bilston 3:38.27; 23, Sparkhill 3:38.50; 24, Leamington 3:40.12; 25, Cheltenham 3:40.23; 26, Bromsgrove; 27, Oldbury; 28, Devonport; 29, Bristol University; 30, Tipton "B".

R.F.

BOURNEMOUTH C.C. RELAY FOR STEWART TROPHY October 12th

1. Bournemouth A.C. 59.35
2. Southampton A.A.C. 59.47
3. Weymouth St. Pauls 62.07
4. Salisbury 62.49; 5, Eastleigh 63.02; 6, Southampton Univ.

Fastest Laps: Fry (Wey) 14.00; R. Fulford (So'ton) 14.13; F. Martin (East) 14.18; B. Pluck (B'mouth) 14.30; D. Muller (B'mouth) 14.53; B. Dunn (Wey) 14.53.

FIXTURE VACANCIES

Cambridge University Hare & Hounds are looking for another club to join them in a match with RAF & Woodford Green at Cambridge on November 16th.

They also have a number of vacancies for 3rd team fixtures preferably at, or near to, Cambridge. Any clubs interested should write to the Hon. Secretary, K. I. Evans, at Queens' College, Cambridge.

SPRINT RACES

Warwickshire A.A.A. are holding an Officials Course of Field Events, Track Judges, Starters and Timekeepers, at the Solihull Track on Sunday, November 3rd. Sprint races will be held during a practical session from 11.30 to 12.30 a.m. and any athletes wishing to take advantage of this will be most welcome.

WRONG CAPTIONS

The captions to the photos on pages 22 and 24 last week were transposed.

SCOTTISH NEWS continued

Boys

1, Edinburgh A.C. (Hay 6.45, Somerville 6.58, Dinghs 6.59, Kerr 6.47) 27.29.
2, Shettleston H. (Inglis 6.46, Hill 7.03, Forest 7.11, Walker 7.13) 28.13.
3, Kirkcaldy YM (Stanford 7.12, Hanley 7.15, Leo 6.58, McKechnie 6.57) 28.22.
4, Springburn 28.47; 5, Motherwell YM 29.00; 6, Dundee Hawkhill 29.59; 7, G. Heriots Sch. 30.37; 8, Lewisvale Spartans 32.15.

Fastest Laps: Worrell (Edin. S) 6.42; Hay (EAC) 6.45; Inglis (Shett) 6.46, Haworth (Mother) 6.47; Kerr (EAC) 6.47; S. Giles (Mother) 6.50; McKechnie (Kirk) 6.57.

SCHOOLS' SELWYN TROPHIES

First Race, Epsom, Oct. 5th.

U/17: 1, Selhurst GS 20 pts.; 2 eq., Tulse Hill 69 and Allyn's Sch. 69.

U/15: 1, Tulse Hill 40; 2, Sheerwater 46; 3, Selhurst GS 55.

U/13: 1, Sheerwater 16; 2, Tiffin GS 42; 3, Surbiton GS 92.

WHAT THE ATHLETE NEEDS continued

sible by regular habits and a full appreciation of what is required for proper body function. The "fuel" and the "equipment" must be equal to the demands made on them.

Nobody seriously engaging in sport or athletics today can neglect proper feeding which at a somewhat different level is just as necessary to the average human-being whether he plays football, cricket or merely does a few hours in the garden. To those requiring special effort, however, the subject needs constant attention.

Many of the world's top athletes have inadvertently turned to what are described as "stimulants" in order to improve performance. These are short-term in effect and often result in serious consequences. The best and most lasting "influence" that can be placed on any athlete's career is the cultivation of sound regular habits practised over a long term. Training is known and appreciated by all! Good sleep, avoidance of alcohol and smoking are also pretty well-known (although not practised as regularly as might be supposed) but sensible feeding has yet to be fully appreciated.

To all those who already direct their attention to it at a serious level comparative results are showing that it is well worth the time and attention given to it. It is wrong to assume that it means spending more money on food. It does not, what it does mean is careful choice with the money at one's disposal, and an appreciation of the part it can play.

Advertise **YOUR** event and increase your entries

FAVERSHAM C. & A.C.

5 MILES ROAD RACE

(Under A.A.A. Laws)

SATURDAY, NOVEMBER 30th at 3 p.m.

Prize Values: 1st £3; 2nd £2; 3rd £1.
Team, 3 at £1

Entry Fees: Individual 2/-. Team 5/-.

Entries to G. C. Ely, 19 Court Street,
Faversham, Kent, by November 16th.

If you have never heard of the

NOS GALAN

Road Races through the streets of Mountain Ash on New Year's Eve (1 mile—4 p.m., 4 miles—midnight), write to Bernard Baldwin, Picton Villa, Mountain Ash, Glam. He'll tell you all about it, and will send you an entry form.

CITY OF ROCHESTER ATHLETIC CLUB

2nd Annual Open

YOUTHS' CROSS-COUNTRY RACE

(Under A.A.A. Laws)

Saturday, 30th November, 1963

Over 3 miles at Hoo, Nr. Rochester

Awards—"Chatham News Trophy" for winning team (holders: Met. Police College). Medals 1st, 2nd, 3rd teams (6 run, 3 score) and Individuals.

Entries—2/6d. per team, 1/- per individual, to D. Foxley, 40 Brambletree Crescent, Borstal, Rochester, Kent.

Entries close 18th November

CITY OF ROCHESTER A.C.

OPEN ROAD RELAYS

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

GIRLS (12 or 13) 3x1 MILE 2.45 p.m.

GIRLS (14 or 15) 3x1 MILE 3.10 p.m.

SENIOR WOMEN

(Over 16) **3x2 MILES 3.30 p.m.**

Ages as on day of race

SATURDAY, NOVEMBER 30th, 1963

From Hoo S.M. School, Hoo, Nr. Rochester

**PRIZES FOR WINNING TEAM AND
RUNNERS-UP, ALSO FASTEST LAP
IN EACH RACE**

Entry Fees: 2/6 each team in Girls' races,
5/- each team in Women's race.

Entries to P. W. Green, "Lynton Croft",
40 Wooldeys Road, Rainham, Kent,
by Monday, November 18th.

CRAWLEY ATHLETIC CLUB

3rd Annual Open 4 x 2 Miles

BOYS' OPEN ROAD RELAY

(Under A.A.A. Laws)

Saturday, 23rd November, at 3 p.m.
From Hazelwick School, Hazelwick Mill Lane, Three Bridges, Crawley.

AWARDS—Winning Team, Jenkin Cup.
Medals 1st, 2nd, 3rd Teams. Medal for fastest lap.

ENTRIES—(2/6 1st team, 1/6 others) to J. Butler, 138 St. Mary's Drive, Pound Hill, Crawley, Sussex, by Monday, 11th November.

BRACKNELL ATHLETIC CLUB

2nd Annual Open

10 MILE ROAD RACE

For the Sidney B. Gilbert Cup

(Under A.A.A. Laws)

Saturday, November 9th, Start 3 p.m.

Over a two lap course from New Sports Centre, Bagshot Road. Prizes first 3 Individuals, first Veteran, first 3 Teams, and first 'B' team behind 'A' team.

Entries: 2/6 per individual, no team fee (4 run, 3 score). Entries to J. Entwistle, 34 Shepherds Lane, Bracknell, Berks.

Closing Date November 4th, 1963

PORTSMOUTH ATHLETIC CLUB

OPEN INDIVIDUAL AND TEAM PENTATHLON COMPETITION

(Under A.A.A. Laws)

Alexandra Park, Portsmouth

Saturday, December 21st, at 1.30 p.m.

EVENTS—200 metres, Long Jump, Discus, Javelin, 1500 metres.

AWARDS—1st, 2nd, 3rd Individuals. Team awards depending on number entered.

Entry Fees: Ind 2/6, Teams (of 3) 5/- in addition to individual fees.

S.A.E. for further details and entry forms to A. Gibb, 8 Magdalen Court, 355 London Rd., Portsmouth, Hants. Phone: Portsmouth 64574.

Entries close Saturday, December 14th.

INDOOR ATHLETIC MEETING

At R.A.F. Station, Thorney Island, Nr. Emsworth on Hants & Sussex border
Emsworth nearest Station

SATURDAY, NOVEMBER 30th, at 2 p.m.

The following events for—

SENIORS - JUNIORS - YOUTHS
60yds., 100yds., 440yds., 880yds., 1 mile,
Club Relays at 4x100yds. (shuttle)
and 4x440yds.

ENTRIES CLOSE NOVEMBER 18th

Entries to D. C. Keating, Colnor House, Old Bosham, Sussex (Bosham 2350).

Transport available from London and Emsworth.