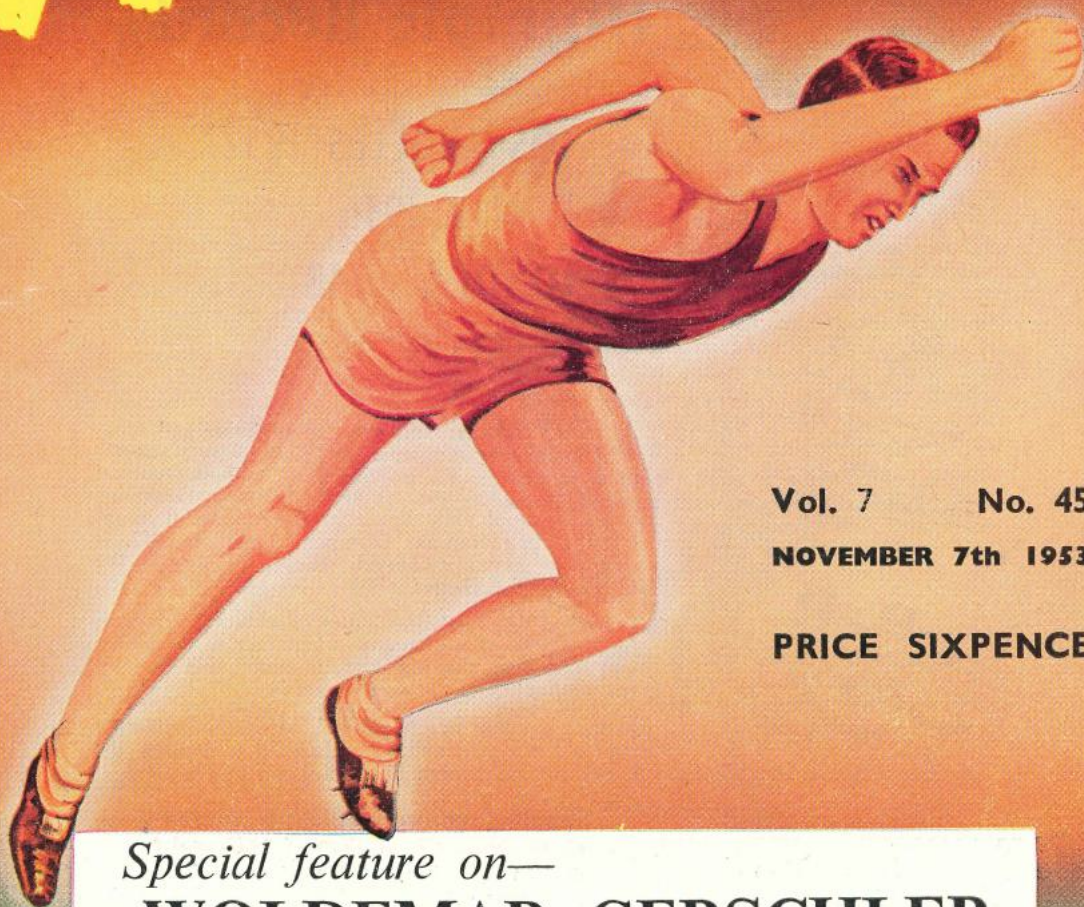


Athletics



WEEKLY



Vol. 7 No. 45

NOVEMBER 7th 1953

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Special feature on—

WOLDEMAR GERSCHLER

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INTERNATIONAL
MEETINGS

By J. Armour Milne

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Athletics Weekly

Official Organ of Athletics in Great Britain

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CONTENTS

	PAGE
INTERNATIONAL MEETINGS IN THE DEMOCRATIC REPUBLICS	4
WALKING NOTES & RANKINGS	6
WOLDEMAR GERSCHLER By A. J. Weeks-Pearson	8
BIRCHFIELD WIN BRISTOL- WESTON ROAD RELAY	... 12
OTHER RESULTS	... 14
WITH THE LADIES	... 16

EVERY SATURDAY — SIXPENCE

THE news that Zatopek has set still more new records proves that the Czech is no back number but the news will only help to spur on Gordon Pirie to greater efforts.

An article, which will be found on another page, on Woldemar Gerschler, has been read by Gordon, who probably knows him better than anyone else in this country, and he states that it gives a very true picture of the man from whom he is now taking advice on his preparation.

One thing Gordon does point out—and he is not the only one to do so—is that Gerschler is not a coach in the usually accepted sense of the term. He is a Professor of Physiology and advises on certain aspects of training and racing. As Gordon puts it, "he does my thinking for me." In other words it leaves Gordon free to concentrate on the work involved—and that is plenty!

The main difference in Pirie's training now that he is being advised by the German, is that instead of doing, perhaps, fast and slow 'quarters,' he will do a fast quarter—faster than before—but the slow period to follow is much longer. The main effect is that he covers even more ground and takes even longer to do it. His winter training incorporates considerably longer fast-slow work, even as much as 2,000 or 3,000 metres at a time.

It is true that we shall see little of the Coulsdon bank clerk over the country, for he intends to run in only the Surrey County and Inter-Banks races, no more. A pity, for the sport will lose a great personality from its big events.

Recovery

A line from Guy Basan, L.A.C. Hon. Secretary, tells me that he is now having treatment for his broken leg at a centre in Buckinghamshire and hopes to be in circulation again fairly soon. We'll see Guy doing a stretch on the Brighton Road yet!

THE EDITOR.

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INTERNATIONAL MEETINGS

In the Democratic Republics

CZECHOSLOVAK athletes took part in two international meetings in the German Democratic Republic. Sprinter Janecek, who earlier at Bucharest had shown 21.0 seconds for 200 metres, ran the 100 metres in 10.5 seconds and 400 metres in 47.7 seconds for a new Czechoslovak record. He was also a member of the Czech team to put up new national figures in the 4 x 200 metres relay.

Europe's biggest-ever threat to American monopoly in the shot-put, Jiri Skobla, genial ex-weightlifter, continued his winning way with yet another European record of 57ft.6½ins.

Zatopek missed this meeting as he was having a month's spa treatment in Bulgaria on the Black Sea Coast for the sciatica with which he was troubled earlier this year.

The Olympic triple champion continued with his training there under medical supervision and had one winning outing in a minor race over 3,000 metres.

An international meeting in Warsaw saw Zatopek back in harness with an easy 14:26.6.

Sensation of this meeting was the defeat of the Czech middle-distance star, Stanislav Jungwirth, over 1,500 metres. Hungary has many fine runners at this distance and it was one of them, Rozsavolgyi, to whom the distinction fell of lowering the Czech's colours, in a fighting finish in 3:49.6sec.

But the best of the international meetings was held in Bucharest, with athletes from Rumania, Hungary, France, Belgium and Finland taking part. Six Rumanian records were made, two Hungarian, one Belgian. The Hungarian distance runner, Kovacs, was again in devastating form, this time at 10,000 metres, where he put up the new national mark of 29:21.2, after strolling through the 5,000 metres in 14:18.0.

DRESDEN

100(A): 1, Janecek (Cz) 10.8; 2, Schroder (GDR) 11.0. **(B):** 1, Broz (Cz) 11.0; 2, Erdmanger (GDR) 11.1. **200(A):** 1, Janecek (Cz)

21.7; 2, Schroder (GDR) 21.8. **(B):** 1, Pospisil (Cz) 22.4; 2, Erdmanger (GDR) 400: 1, Geister (West Germ.) 48.3; 2, Filo (Cz) 49.5. **1,000:** 1, Emde (W.Germ.) 2:29.8; 2, Cikel (Cz) 2:30.4. **4 x 100:** 1, Cz. (Broz, Filo, Janecek, Pospisil) 42.1; 2, Dynamo Potsdam 42.6. **4 x 400:** 1, Dynamo Potsdam 3:16.5; 2, Cz. **LJ:** 1, Mrazek (Cz) 22'11½"; 2, Hartwig (GDR) 22'6½". **Women—800:** 1, Mullerova (Cz) 2:15.1; 2, Block (GDR) 2:18.9.

AUE

100(A): 1, Janecek (Cz) 10.5; 2, Schroder (GDR) 10.6. **(B):** 1, Broz (Cz) 10.8; 2, Schneider (GDR) 10.9. **200:** 1, Filo (Cz) 22.2; 2, Schulz (GDR) 22.2. **400:** 1, Geister (W.Germ.) 47.5; 2, Janecek (Cz) 47.7 (Cz rec.); 3, Schroder (GDR) 48.4 (GDR rec.). **800:** 1, Mertin (GDR) 1:55.1; 2, Strzinek (Cz) 1:55.2. **1,000:** 1, Jungwirth (Cz) 2:25.1; 2, Hermann (GDR) 2:25.3. **110H:** 1, Mrazek (Cz) 14.9; 2, Schmolinski (GDR) 15.1. **200H:** 1, Mrazek (Cz) 25.2; 2, Schmolinski (GDR) 26.6. **4 x 200:** 1, Cz. (Broz, Filo, Janecek, Pospisil) 1:27.9 (Cz. rec.); 2, GDR 1:28.3 (GDR rec.). **LJ:** 1, Mrazek (Cz) 23'1½"; 2, Mallek (W.Germ.) 22'1". **SP:** 1, Skobla (Cz.) 57'6½" (European rec.); 2, Schmidt (GDR) 49'6½". **Women—100:** 1, Seliger (GDR) 12.5; 2, Mullerova (Cz) 13.0. **200:** 1, Seliger (GDR) 25.5; 2, Mullerova (Cz) 26.8.

WARSAW

100: 1, Janecek (Cz) 10.7; 2, Pospisil (Cz) 10.8. **200:** 1, Janecek (Cz) 21.8; 2, Broz (Cz) 22.0. **400:** 1, Filo (Cz) 48.5; 2, Adamik (Pol) 48.5. **800:** 1, Jungwirth (Cz.) 1:51.9; 2, Barkanyi (Hung.) 1:52.3. **1,500:** 1, Rozsavolgyi (Hung.) 3:49.6; 2, Jungwirth (Cz.) 3:49.8. **5,000:** 1, Zatopek (Cz.) 14:26.6; 2, Talabircsuk (Hung.) 14:42.8. **10,000:** 1, Szwargot (Pol.) 31:05.6; 2, Oszek (Pol.) 31:23.4. **4x100:** 1, UDA Cz. (Broz, Filo, Janecek, Pospisil) 41.8; 2, CCA, Bucharest, Ru. 42.0; 3, CWKS, Warsaw, Pol. 42.5 (Pol. rec.). **4 x 400:** 1, UDA, Cz. (Zvolensky, Strzinek, Filo, Janecek) 3:15.9; 2, Honved, Budapest, Hung. 3:16.1. **110H:** 1, Mrazek (Cz.) 15.1; 2, Opris (Rum.) 15.2. **400H:** 1, Savel (Rum.) 52.7; 2, Borsuk (Cz) 54.1. **3,000 Steeplechase:** 1, Krzyszkowiksy (Pol.) 9:03.2 (Pol. rec.); 2, Hec (Cz.) 9:16.6. **HJ:** 1, Soeter (Rum.) 6'4½"; 2, Lewandowski (Pol.) 6'0½". **LJ:** 1, Wiesenmayer (Rum.) 23'2½"; 2, Ivanski

Continued at bottom of next page.

NEW CINDER TRACK

Another track was added to the slowly increasing list of cinder tracks in this country on Oct. 29th when H.R.H. The Duke of Edinburgh officially opened the Maccabi Stadium Running Track at Hendon. A large crowd attended and the A.A.A. were represented by Mr. E. H. L. Clynes (Hon. Sec.) and Mr. A. J. C. Kendall (Hon. Sec. Middlesex County A.A.A.) Although out of season, a brief athletic programme followed the opening ceremony, with the following results:—

4 x 110 Yards Relay (Invitation): 1, Shaftesbury H. "A" 44.6; 2, British Macabiah Team 45.5; 3, Shaftesbury H. "B" 46.2. **4 x 110 Yards (Local Schools):** 1, Christ College (Finchley) 49.8; 2, Has-monean Grammar Sch.; 3, Orange Hill Sch. **Mile Invitation:** 1, C. French (Shaftesbury H.) 4:27.8; 2, J. H. Hovell (Finchley) 4:27.8; 3, W. S. Hill (Shaftesbury H.) 4:41.0.

(Pol.) 23'21"; 3, Mrazek (Cz.) 23'24". **HSJ:** 1, Gielewski (Pol.) 48'4½"; 2, Weinberg (Pol.) 48'0". **PV:** 1, Adamczyk (Pol.) 13'5½". **SP:** 1, Skobla (Cz.) 54'6½" 2, Krzyzanowski (Pol.) 51'0¼". **HT:** 1, Harmata (Pol.) 175'3½"; 2, Melich (Cz.) 169'8¼". **DT:** 1, Merta (Cz.) 163'7"; 2, Vrabel (Cz.) 155'6¼". **JT:** 1, Sidlo (Pol.) 249'4½"; 2, Radziwonowicz (Pol.) 221'9½".

BUCHAREST

100: 1, David (Fr.) 10.6; 2, Derderian (Fr.) 10.7. **200:** 1, Marks (Rum.) 22.0; 2, Stoenescu (Rum.) 22.2. **400:** 1, Adamik (Hung.) 48.4; 2, du Gard (Fr.) 48.5. **800:** 1, Barkanyi (Hung.) 1:51.3; 2, Dijon (Fr.) 1:52.1; 3, Ursu (Rum.) 1:52.4 (Rum. rec.). **1,500:** 1, Garay (Hung.) 3:52.0; 2, Rozsavolgyi (Hung.) 3:53.2. **5,000:** 1, Kovaks (Hung.) 14:18.0; 2, Penzes (Hung.) 14:41.4; 3, Bunea (Rum.) 14:42.6 (Rum. rec.). **10,000:** 1, Kovaks (Hung.) 29:21.2 (Hung. rec.); 2, Penzes (Hung.) 29:48.6. **4 x 100:** 1, Hung. 41.2; 2, Rum. 41.4 (Rum. rec.); 3, France 41.7. **4 x 400:** 1, Hung. 41.2; 2, France 3:14.6; 3, GDR 3:18.0. **10,000 Walk:** 1, Paraschivescui (Rum.) 46:25.2; 2, Rascescu (Rum.) 46:33.6. **Marathon:** 1, Drobronyi (Hung.) 2:30:29.8; 2, Teodosiu (Rum.) 2:35:30.2. **110H:** 1, Opris (Rum.) 15.0; 2, Retezar (Hung.) 15.0. **400H:** 1, Savel (Rum.) 52.0 (Rum. rec.); 2, Lippay (Hung.) 52.7; 3, Cury (Fr.) 53.3. **3,000 Steeplechase:** 1,

EIRE CHAMPIONSHIP DATES

5th December—A.A.U. of Eire Novice C.C. Championship, Dublin.
16th January—A.A.U. of Eire Junior C.C. Championship, Dublin.
30th January — All-Ireland Junior C.C. Championship, Dublin.
20th February—A.A.U. of Eire Senior and Youths C.C. Championships, Dublin.
6th March—All-Ireland Senior and Youths C.C. Championships, Belfast.

* * *

Chelmsford A.C. elected the following honorary officials at their A.G.M.:—Gen. Secretary, F. A. Bowen, 119 Swiss Avenue; C.C. Secretary, R. A. Meadowcroft, 79 Waterhouse St.; Track Secretary, M. B. Ranson, East Hanningfield; Treasurer, E. J. Radford, 31 Second Avenue; Ladies Secretary, Miss M. J. Falconer, Stonage, Moulsham St.—all Chelmsford.

Jeszensky (Hung.) 8:57.2; 2, Apro (Hung.) 9:02.2; 3, Aioanei (Rum.) 9:02.4; 4, Deweer (Belg.) 9:09.6 (Belg. rec.). **HJ:** 1, Soeter (Rum.) 6'6¼"; 2, Thiam (Fr.) 6'4¼". **LJ:** 1, Foldessy (Hung.) 23'11½"; 2, Wiesenmeyer (Rum.) 23'14". **HSJ:** 1, Puskas (Hung.) 48'3½"; 2, Malik (Fr.) 48'0". **PV:** 1, Homonay (Hung.) 14'1¼" (Hung. rec.); 2, Kovaks F. (Hung.) 13'5½"; 3, Landstrom (Fin.) 13'5½"; 4, Sillon (Fr.) 13'5½". **SP:** 1, Georges-cu (Rum.) 51'2½"; 2, Rajca (Rum.) 50'6¼". **HT:** 1, Csermak (Hung.) 196'9½"; 2, Nemeth (Hung.) 192'7½"; 3, Spiridjon (Rum.) 186'5¼". **DT:** 1, Klics (Hung.) 167'0"; 2, Szecsenyi (Hung.) 162'2½". **JT:** 1, Zamfir (Rum.) 221'9½" (Rum. rec.); 2, Krasznai (Hung.) 213'3½".

Women—100: 1, Sicoe (Rum.) 12.4; 2, Tilkovska (Hung.) 12.5; 3, Gyarmati (Hung.) 12.5. **200:** 1, Sicoe (Rum.) 25.2; 2, Tilkovska (Hung.) 25.5. **800:** 1, Kazi (Hung.) 2:13.3; 2, Treybal (Rum.) 2:14.3. **4 x 100:** Rumania (A) 48.5 (Rum. rec.); 2, Rum. (B) 50.2. **80H:** 1, Gyarmati (Hung.) 11.6; 2, Serban (Rum.) 11.9. **HJ:** 1, Balas (Rum.) 5'2½"; 2, Leupold (Rum.) 5'0¼". **LJ:** 1, Gyarmati (Hung.) 18'10"; 2, Gros (Rum.) 17'10½". **SP:** 1, Feher (Hung.) 48'3½"; 2, Magdan (Hung.) 48'0". **DT:** 1, Manoli (Rum.) 142'3½"; 2, Saredi (Rum.) 135'5¼". **JT:** 1, Reimesch (Rum.) 148'3½"; 2, Miklos (Rum.) 144'2¼" (Rum. jr. rec.).

WALKING NOTES

By A. D. McSweeney

HAVE Lancashire Walking Club found a man soon to challenge Roland Hardy for Northern, and even perhaps National, honours? Results over the past month would indicate that they have found such a man in little-known J. Barraclough whose progress in only a few weeks has been phenomenal. On September 26th he won the 7 miles handicap at Southport off 4mins. 50 secs. A week later he was again first of a field of 21 competitors in a 6 miles event with an allowance reduced to 30 seconds, and in fastest actual time also. On October 10th, he easily won the Lancashire W.C. 14½ miles "Allen" Trophy race, finishing some 5½ minutes in front of the second man and in the fast time of 2hrs. 4m. 57s. Then on October 24th he again finished first, off scratch, in a 6 miles Handicap, his actual time being 47m. 43s. The future progress of Barraclough will be watched with interest.

The first of the Midland Winter League 7 miles events, won by Alf Poole of Worcester A.C. on his home course, did not get the support expected for some reason or other. This was rather surprising after the good opening at Leicester on the first Saturday in October. However, it was gratifying to find Royal Sutton Coldfield W.C. heading the scratch teams. Their win in the Birmingham-London race has obviously had a

heartening effect and the form of the Midland Junior Champion, D. Carter, and newcomer A. Rosentals should keep the Club well in the picture for some time to come. George Hall, present Captain and past Hon. Secretary through many lean years must be equally pleased, particularly as he has just been accorded life-membership.

Oct 24th at Worcester. R.W.A. Midland League 7 Miles

1, A. Poole (Worcester H.) 55m.31s.; 2, F. O'Reilly (Lozells H.) 57.18; 3, A. Rosentals (Sutton Coldfield W.C.) 57.36.

Scratch Teams: 1, Royal Sutton Coldfield 26pts.; 2, Coventry Godiva H. 41; 3, Worcester H. 46.

MILAN - LUGANO 100 KILOMETRES

In finishing second to former Olympic 50km. Champion, John Ljunggren, Wilf Cowley put up a very creditable performance indeed upon his first appearance in an International event, and one of which he can be proud. Unfortunately, our other representative, Norman Guilman retired from the competition and we should have some news of the circumstances for next week's issue.

First three:—

1, Ljunggren (Sweden)	10:06.05
2, Cowley (Gt. Britain)	10:23.54
3, Rosta (Italy)	10:28.18

BEST PERFORMANCES

Firstly, I am indebted to Bob Goodall for his interest in the matter of drawing up a list of Senior performances. It surprises me in a way that there is a demand for such lists because, in walking particularly, I fail to see that they serve a useful purpose. Performances made on different occasions, under differing weather conditions, and under the scrutiny of different sets of judges cannot, in my submission, be truly representative of the respective merits of the walkers concerned. A rough guide if you like, but that's all.

I amplified this point in a letter to the Editor a couple of years ago and in conformity with my view then expressed, I list only performances made in:—

- A.A.A. Championships.
- Area Championships.
- Inter-County Championships and contests.
- County Championships.

and, in this case, the record attempt at Mospur Park in July.

These events are presumably not held un-

less a satisfactory number of qualified judges are present, whereas in lesser events this may not be the case. There is no reflec-

tion on any performance put up this year which may have merited inclusion on time, but the fact does remain.

BEST TRACK WALK PERFORMANCES, 1953

TWO MILES

14:01.0	R. Hardy	(Sheffield U.H.)	Motspur Park	3/7
14:02.2	G. W. Coleman	(Highgate H.)	White City	10/7
14:05.8	B. Hawkins	(Metropolitan W.C.)	White City	10/7
14:10.2	R. H. Richards	(Cambridge H.)	White City	10/7
14:19.0	R. Holland	(Sheffield U.H.)	Bradford	30/5
14:31.6	H. T. Whitlock	(Metropolitan W.C.)	White City	10/7
14:32.5	R. F. Goodall	(Woodford Green A.C.)	White City	10/7
14:34.4	A. L. Mash	(Woodford Green A.C.)	White City	10/7
14:38.6	G. H. Lewis	(Roath H.)	Cardiff	20/6
14:45.8	D. G. Barry	(Roath H.)	Cardiff	20/6

SEVEN MILES

51:47.0	R. Hardy	(Sheffield U.H.)	Chesterfield	27/6
53:41.8	B. Hawkins	(Metropolitan W.C.)	Battersea	28/3
54:03.0	F. W. Barrett	(Cambridge H.)	Battersea	28/3
54:12.0	R. Holland	(Sheffield U.H.)	Motspur Park	3/7
54:54.8	G. W. Coleman	(Highgate H.)	White City	23/5
54:59.0	J. W. Proctor	(Sheffield U.H.)	Chesterfield	27/6
55:39.0	R. F. Goodall	(Woodford Green A.C.)	Battersea	28/3
55:47.0	W. D. Leveridge	(Essex B.)	White City	23/5
55:58.0	A. L. Mash	(Woodford Green A.C.)	Battersea	28/3
56:04.0	S. R. Mantor	(Enfield C.)	Battersea	28/3

JUNIOR ONE MILE

6:49.9	G. Howell (Ferndale Grammar Sch.)	7:33.0	N. Thompson (Metropolitan W.C.)
7:00.5	D. J. Carter (Sutton Coldfield)	7:31.0	D. E. Oldfield (Sutton Macclesfield)
7:16.0	K. W. Barber (Latymer Upper Sch.)	7:35.8	R. Dearing (Surrey W.C.)
7:21.3	R. Newman (Cheltenham Nor. A.C.)	7:37.0	G. Harvey (Sheffield U.H.)
7:28.0	C. Williams (Ilford A.C.)	7:39.6	J. F. Thomas (Newport H.)
7:29.0	P. G. Axford (Metropolitan W.C.)		

YOUTHS' ONE MILE

7:40.4	A. G. Chambers (John Fisher Sch.)	7:40.4	A. G. Thomson (Metropolitan W.C.)
7:55.0	D. Dearing (Surrey W.C.)		

SURREY A.C. JUBILEE DINNER

Surrey Athletic Club celebrated their Jubilee with a Dinner at The Berkeley Rooms, Zeeta House, Putney, on 29th October where the guests included Mr. E. H. L. Clynes, Hon. Secretary of the A.A.A. Mr. W. C. Jewell, Hon. Treasurer of the A.A.A. and Mr. Jack Crump, Team Manager, B.A.A.B.

Mr E. F. Vowles, the Founder of the Club, was in the Chair and was accompanied by Mrs. Vowles. It is doubtful if there has ever been an athletic club where an individual was regarded with so much real

affection as "V" has been throughout his 50 years with his club. He inspired the Club to great things in the past, for instance in 1920 when 17 members of Surrey A.C. were selected to represent Great Britain in the Olympic Games, and is still the source of inspiration which is steadily taking them back to the top from the very lean period they experienced after the war, when barely a handful of members were left to carry on.

Mr. Vowles gave a brief outline of some of the glories of the past and other speakers paid tribute to the Club and its Founder.

WOLDEMAR GERSCHLER

WHEN Rudolph Harbig, present holder of the world's 800 metres record first came to fame as one of the most startling runners of the three distances, 200, 400 and 800 metres, a similar renown came to his coach, one Woldemar Gerschler. At the outbreak of war the talent of coach and athlete alike was swallowed up in the abyss. With peace came the bare news that Harbig had been killed; of his coach there was nothing heard by most people, until once more in 1952, with the sparkling victory of Barthel in the Olympic 1500 metres, memories were revived of the fabulous Gerschler.

Strange that a trainer of middle distance and distance runners alone should become as famous as a potentially more arresting coach-personality such as Dean Cromwell, that America with her mass athletic Collegiate system has produced comparatively often: for the distance coach, if he be anything but great can be so very limited by the fact that the distance runner is, or should be, the embodiment of "self-help." Barthel's triumph led to the inevitable investigation of his methods, or rather, those of his coach. Since then the name of Gerschler has been often heard in athletic circles, most recently of all in connection with Gordon Pirie, who is one of the latest to seek his advice. A number of us at the recent International Student Games had the good fortune to meet him and form some opinion over a period of days of the man and his methods.

One's first impression is of an immense calmness of manner, which, one feels in itself breeds confidence in the athlete. This is no superficial veneer, and is no more assumed than the assurance with which he gives his advice, for both qualities have their source in a firm basis of experience in coaching during a period lasting over twenty-five years. Yet he does not regard himself primarily as a coach but rather as a physiologist who applies the knowledge of that science to athletes and athletic performance.

Thus many of his ideas have different sources from those of other coaches, and are dictated by what is best for the human body, that is, for its well-being, as well as for its optimum performance. For, just as

his method of individual coaching might be described as "passive," rather than "dynamic," the training that Gerschler prescribes, though demanding, is accomplished with ease and enjoyment. His whole principle is that racing is destructive, training constructive.

This training may be termed severe only in the sense that it is demanding over a period of months and years. The "physio-

By

A. J. Weeks-Pearson

logical" approach might be disconcerting were it not coupled with a proportionate amount of human understanding. Nevertheless, his approach is that of the long-term policy—with a vengeance: I, personally, was told that I was a physical type known as a "leptosome," and would therefore not be coming to my best for six or seven years! Similarly he prescribes a training period of anything up to three and four hours a day as being necessary for the finest achievements, which is of course, prohibitive for all but a very few. Naturally he recognizes this but thinks one or two hours essential.

Gerschler's training programme is based on the assumption that an athlete has a full track season, racing at least once a week, and a winter completely free from racing. This is in no way derived from a prejudice against cross-country but from evidence he has gathered to support the contention that one should not race all the year round, since such a full-time racing programme does not permit the all-important foundation to be laid by which speed for racing is built up. In the same way, following this two-part division of the year, Gerschler follows the convention of longer and slower in winter, shorter and faster in summer when the emphasis is entirely on racing. Whereas in summertime one might do a dozen quarters in 63 seconds each, this

would in winter be replaced by thirty in 72 secs. In this is a variation from, say, Zatopek's work, in that the fast periods are faster and the recovery periods longer.

It may be as well here to point out that Gerschler does not disapprove of Zatopek's work but prefers to regard it as the peak to be aimed at, and as work to be done by exceptional athletes, and then only after long years of application. He is troubled that many young athletes reading of Zatopek—that, for example, he jogs only 220 yards between fast quarter-miles—will attempt to do the same: he therefore lays emphasis on a proper recovery being made by the runner between each effort, so as to avoid stress on the organisms. Thus he is opposed to building up on, say, alternate 220's, and would probably object that (a) there was insufficient recovery (b) the fast period was too short. Another point of variance is that Gerschler strives to maintain interest by variety in training, and a typical week for a three-miler of average capabilities might be as follows:

Sunday—Six to eight 330 yards at 45secs.

Monday—Four or five 660 yards at 96secs.

Tuesday—Repeat Sunday's work.

Wednesday—Three or four $\frac{3}{4}$ mile runs at 3mins. 18secs.

Thursday—Repeat Monday's work.

Friday—Four runs of 1 mile at 4mins. 36secs.

Saturday—Repeat Wednesday's work.

If there was to be a competition on Saturday, Thursday's session would be replaced by one $\frac{3}{4}$ mile run with Friday as a day of rest.

To each event Gerschler assigns a scale of distances with an upper and a lower limit. For example, the three-miler's scale ranges from 220 yards to $1\frac{1}{4}$ miles. It is unnecessary, in his view to run less or more, since anything below smacks of sprinting, and anything higher prevents a sufficiently fast pace from being maintained. He regards sprinting as a thing totally alien to the distance runner in training, since the sprinter is concerned more immediately with his legs, and is less conscious of his organs, while the distance man's emphasis must be on



WOLDEMAR GERSCHLER in the centre of a group of British athletes at Dortmund. The author of this article has his back to the camera; also seen are University athletes Dunkley, Groves, Bryant, Grogan and Beecroft.



WOLDEMAR GERSCHLER and his wife are seen here sitting immediately in front of S. J. Bryant and D. C. Law of Oxford University.

the heart, lungs and circulation. Here then is the principle of the cumulative effect of many runs above the average speed of one's race, with relaxation and ease as the most important considerations.

Before each session Gerschler prescribes a lengthy warm-up lasting one hour, of very easy jogging, or what he calls "footing." At the conclusion of the work-out there is twenty minutes more of this. Thus it can be seen that in the course of one outing, particularly in winter, the runner will, or should, cover anything up to twenty-four miles. Throughout however, the emphasis is on ease, with no really violent effort whatsoever. The "footing" is done with a view to enjoying, in Gerschler's words "the birds and the trees"! This, if possible, on grass, which advantage incidentally he envies the English. Warming-up should be taken very slowly, with short steps; unlike the hurried jog-trot with which most of us are forced to precede our work-out. Gerschler is also in favour of an early morning "footing" session lasting thirty minutes where possible, with no attempt at all at speed, purely for enjoyment and the toning-up benefits to be derived from it.

Probably the most impressive factor of

all is the distance that one covers in a session: under Gerschler a half-miler might cover ten to twelve miles, and incidentally without noticing it. So training may be tiring, but never exhausting, with every opportunity of near recovery given to the body, (the day after a race, the only training will be one hour's easy "footing"). And herein lies a quality which Gerschler seems to possess in plenty: the ability to maintain fresh approach in the athlete to a type of repetition training which can easily become dreary. This puts one in mind of the Swedish attitude to work, and indeed his ideas do bear much resemblance to theirs, as for example the principle of soft muscle which, as was noted above, he says is an advantage to be enjoyed by the British with our wood and grassland. Training in such surroundings is very good he says, but one must know how much distance is covered. Similarly he believes in a constant use of the stop-watch, but only as a check, as a means to an end, and never regarded as the end itself.

Like most exceptional men, Gerschler wins praise and detraction alike and one hears that he is by no means widely acclaimed in Germany. I spoke to one or two athletes who did not "approve" of him, and this suspicion is shared by some in England, who know of him. Any idea that his training schedules are less demanding than that of any but a Zatopek or a Pirie is surely misdirected, the severity being there but, at any rate in summer, of a rather different nature. An example of this which Gerschler gave me may serve to demonstrate: Pirie's inclination had been to the longer, and consequently slower work which we associate with Zatopek; Gerschler advised him instead to do for example, twenty-five quarters at 63secs. each, which, he says, Gordon finds equally, if not more difficult. I have heard vague grumbings that a German should coach an Englishman in this way: Gerschler's attitude to this would be an amused lack of understanding, for to him, sport is the only truly universal interest in which people can meet untrammelled by racial barriers.

He will quite evidently help anybody who seeks his aid and it was significant that in his sessions at the Dortmund Training track last August, he had more British than Ger-

man athletes around him. His true occupation is of course that of a scientist rather than that of a coach, and it is to his research at Freiburg University that he must devote much of his time (he was unable to go to Berlin for the International match, but was on holiday in Switzerland). When he does take a runner under his wing, however, he insists on all details of their everyday routine: as proof of this he recited the daily round of Gordon, which seemed to involve a knowledge almost as intimate as that enjoyed by his mother—what time he got up, had breakfast, how long it took to get to and from work, etc.

By his personal coaching on the track, the runner enjoys a unique experience of inspiration and confidence through a form of encouragement which comes by what I can only describe as a perpetual "talk-down" to the athlete while he is running. Any criticism which I have heard about Gerschler has seemed to stem from an insufficiency in the calibre of the athlete concerned, rather than in the man himself, a not infrequent source of many complaints against the rather long-suffering band of men which on the whole, coaches are. Contrary to some reports, there is nothing "phony" about him, he has no showmanlike qualities, no fads as regards diet etc., although more than one athlete in his company has been prevented from eating ice-cream between meals, since to use Gerschler's words, it might "cold the stomach!"

One thing might interest a number of people in his attitude to women's athletics, where he believes in preserving the essential femininity of the athlete. He mentioned quite casually that although he was opposed to women running above 200 metres and was actively contesting the introduction of 800 metre running in Germany, if he had the right "material," they could run the distance under two minutes. Food for thought for our women's relay teams! He has, incidentally a personal interest in women's athletics in that Frau Gerschler is what one might describe as Germany's Dorothy Tyler.

He voiced the opinion that despite, or perhaps because of our independence of character, the British are the most ideally

suited for distance running chiefly because of our mental attitude, but that our runners step up their distances at too early an age. He thought many of our present stars to be far too young. His ideal is that of a steady development over seven or eight years, starting with 1500 metres, and only after several years working up to 5,000 metres and above; probably the runner would not start distance racing before he was twenty-six years old. Gerschler also thinks that Britain could be the greatest athletic nation in the world, had she the organization that Germany had prior to the war. However, as he himself remarked, the independent way of thinking that for him is the hall-mark of the Britisher necessitates quite a different approach in advice.

I do not pretend to have set any new or original approach, which indeed Gerschler would be the last to claim for himself, only to provide some slight explanation of his method, and perhaps also to clear away some misapprehensions about a man who is one of the few who can lay claim to the title of "International Coach."

ETHEL SCOTT FOR B.W.I.

Ethel Scott, the former international sprinter — "the lady Jack London" — and life-member of Middlesex Ladies A.C., is to go to the British West Indies for convalescence after her serious operation in the Royal Free Hospital.

The W.A.A.A., Territorial Associations, Clubs, friends and the public who so generously responded to an appeal on the occasion of the Inter-Counties meeting at Edmonton on August 15th, and at the Junior and Intermediate Championships at Enfield on September 5th, will be pleased to know that sufficient money has now been collected to enable Ethel to make this journey. The specialist who advised the convalescence, and Ethel herself, asked Mrs. Leslie of the Southern Counties W.A.A.A., to convey their very grateful thanks to all concerned.

All inquiries regarding Cross-Country running and fixtures for Sutton and Cheam Harriers should be addressed to F. W. Bowyer 156 Church Hill Road, Cheam, Sutton, Surrey.

BIRCHFIELD REPEAT BRISTOL-WESTON RELAY WIN

In a record entry of 27 teams for this year's Bristol-Weston Road Relay Race organised by Westbury Harriers on 24th October, Birchfield Harriers team looked unbeatable, as it was.

However, the first two legs of the race brought some surprise and doubts, for shortly after leaving Bristol, Small Heath and R.A.F. St. Athan were well away from the first Birchfield runner. At the end of the first stage, Small Heath came in a second ahead of R.A.F. St. Athan, and Small Heath's second runner kept the lead over his stage of the race. By that time Birchfield were lying second and on the next stage went into the lead, which they kept for the remainder of the race.

The weather was kind until well into the return journey from Weston, but the fifth change-over was badly marred because most coaches leaving Weston were guided onto a road diversion which was laid down a fortnight ago, when a bridge on the race route came under repair. This misfortune could not affect the lead of Birchfield and Reading who had their sixth stage runners ready to change over, but did affect other teams like Tipton whose fifth stage runner had to continue running until relieved.

Stage 1.

Bill Gray took Small Heath into the lead and although several runners tried to hold him, only J. T. Blakiston of R.A.F. St. Athan (which team, incidentally, was in the lead at this stage in last year's race) was able to keep the pace, and he finished a second behind Gray.

- 1, Small Heath "A" (C. M. Gray) 24.53
- 2, R.A.F. St. Athan (J/T. Blakiston) 24.54
- 3, Birchfield H. (A. E. Dalton) 25.20
- 4, Tipton H. "A" (S. Dean) 25.33
- 5, Leamington A.C.C. 25.39
- 6, Reading A.C. "A" (D. R. Spencer) 25.42

Stage 2.

Small Heath maintained their lead through C. J. Simpson and F. L. Wyatt, Bristol A.C., maintained last season's form to take his club to fourth place.

- 1, Small Heath (C. J. Simpson) 51.35
- 2, Birchfield (L. Orton) 52.20
- 3, Cov. Godiva (T. Pumphrey) 53.03
- 4, Bristol A.C. (F. L. Wyatt) 53.03
- 5, Reading A.C. "A" (J. Hyde) 53.13
- 6, Tipton H. (R. Bently) 53.14

Fastest times:—C. J. Simpson (S. Heath) 26.42; F. L. Wyatt (Bristol A.C.) 26.46; L. Orton (Birchfield) 27.00.

Stage 3.

A. D. Mann took Birchfield into the lead and J. Burke of Bristol A.C. improved his club's position by doing the fastest time on this leg. Reading, Coventry and Tipton were still well in the running.

- 1, Birchfield (A. D. Mann) 1:16.10
- 2, Small Heath (F. Bull) 1:16.15
- 3, Bristol A.C. (J. Burke) 1:16.45
- 4, Reading A.C. (R. H. Parr) 1:17.05
- 5, Cov. Godiva (D. Faulkenbridge) 1:17.35
- 6, Tipton (J. Carless) 1:18.20

Fastest times: — J. Burke (Bristol A.C.) 23.33; A. D. Mann (Birchfield) 23.50; I. H. Parr (Reading A.C.) 23.52.

Stage 4.

Ray Hatton maintained the Birchfield lead with a record run into Weston, where the Birchfield change-over was so fast that a Baton with a Message of Greeting, which should have been handed to the Mayor of Weston-Super-Mare, was on its way back to Bristol before the spectators realised what had happened.

- 1, Birchfield (R. Hatton) 1:45.58
- 2, Reading (J. C. Green) 1:46.57
- 3, Bristol A.C. (R. R. Rowles) 1:47.27
- 4, Cov. Godiva (R. Turney) 1:47.45
- 5, Small Heath (T. Head) 1:48.33
- 6, Tipton (A. Cole) 1:49.12

Fastest times: — R. Hatton (Birchfield) 29.48 (rec.); J. C. Green (Reading A.C.) 29.52 R. Turney (Godiva H.) 30.10.

Stage 5.

D. Parmenter set up a new record for this stage, an improvement of over a minute on Bobby Reid's original record and Ivor Hawkins record in 1952 and took Birchfield well clear of the rest of the field. Here R.A.F. Yatesbury came into the picture for

BEST BRITISH PERFORMANCES 1953

Owing to the length of the article on Woldemar Gerschler and the Bristol-Weston Relay report, the British Best Performances, 1953 list has been held over to next week.



D. E. REYNOLDS (3rd), W. HAYWARD (1st) and J. MEKLER (2nd) with their trophies after the 100 Miles run on the Bath Road. *H. W. Neale*

a time by K. Rickhuss, and Small Heath went back out of the first six.

- 1, Birchfield (R. Parmenter) 2:14.08
- 2, Reading (W. A. Robertson) 2:17.05
- 3, Coventry (B. Heatley) 2:17.36
- 4, Tipton (D. Pearsall) 2:18.06
- 5, Bristol A.C. (W. Bathurst) 2:18:14
- 6, R.A.F. Yatesbury (K Rickhuss) 2:19.17

Fastest times:—D. Parmenter (Birchfield) 28.10 (rec.); B. Heatley (Godiva H.) 28.51; D. Pearsall (Tipton) 28.54.

Stage 6.

Although the Change-over at the beginning of the Stage was ruined for some teams through the absence of their relieving runners, the team placings were not greatly affected. Birchfield, Reading and Coventry retained their position while Bristol A.C. went into fourth place. However, other teams outside the first six must have been discouraged by difference made to their lap times and positions.

- 1, Birchfield (W. Hobson) 2:38.34
- 2, Reading (W. A. Nicholls) 2:40.40
- 3, Cov. Godiva (T. Cross) 2:41.32
- 4, Bristol (K Mallard) 2:42.35
- 5, Tipton (J. Gripton) 2:43.55
- 6, Small Heath (D. Fowler) 2:44.32

Fastest times:—W. O. Nicholls (Reading

A.C.) 23.35; J. J. Macdonald (Westbury H.) 23.36; D. Price (Halesowen) 23.54.

Stage 7.

This Stage was a struggle between R. Reid, the Birchfield Captain, and A. A. Robertson, helping Reading again; although Birchfield were now over two minutes ahead of Reading and even the most brilliant run by Robertson could hardly have affected the final result.

- 1, Birchfield (R. Reid) 3:05.57
- 2, Reading (A. A. Robertson) 3:08.33
- 3, Coventry (D. Rees) 3:09.18
- 4, Bristol A.C. (B. Carter) 3:11.19
- 5, Tipton H. (H. Williams) 3:12.38
- 6, Small Heath (K. Dare) 3:14.19

Fastest times:—R. Reid (Birchfield) 27.33; D. Rees (Godiva H.) 27.46; A. A. Robertson (Reading A.C.) 27.53.

Stage 8.

When Fred Green relieved Bob Reid, he set off to make a new record into Bristol, where, this year, there was rather more interest owing to the finish being in front of the new Council House.

Fastest times: — F. Green (Birchfield) 24.11 (rec.); R. M. Doe (Reading A.C.) 24.47.

Final Placings

1, Birchfield H. 3:30.08; 2, Reading A.C. "A" 3:34.30; 3, Coventry Godiva H. "A" 3:34.56; 4, Tipton H. "A" 3:38.23; 5, Bristol A.C. 3:39.04; 6, Small Heath H. "A" 3:41.42; 7, R.A.F. Yatesbury 3:43.54; 8, Halesowen 3:45.23; 9, Bristol South H. "A" 3:46.37; 10, R.A.F. St. Athan 3:47.54; 11, Reading A.C. "B" 3:47.59; 12, Newport H. 3:48.24; 13, Tipton H. "B" 3:48.38; 14, Bristol University 3:49.05; 15, Westbury H. 3:49.12; 16, Oxford City 3:49.37; 17, Leamington A.C.C. 3:50.00; 18, Coventry Godiva "B" 3:52.44; 19, St. Gregory's 3:54.30; 20, R.A.F. Innsworth 3:58.43.
26 teams finished.

OTHER RESULTS

October 24th

Harriers v. Cyclists at Walsall

Representatives of 31 clubs took part. Binder and Wolverhampton Harriers claimed their third successive wins.

1, A. E. Binder (Wolverhampton H.) 39.48; 2, N. Wilson (Wolverh'n) 39.49; 3, J. R. Edney (Southern C.T.C.) 41.9; 4, D. Waldron (West Brom. Dart'h) 41.14; 5, C. Kemball (Wolverh'n) 41.33; 6, R. Harding (Lozells) 41.37; 7, A. E. Bolton (Northern C.T.C.) 42.1; 8, W. E. Aston (Lozells) 42.5; 9, R. Ashworth (Lozells) 42.17; 10, M. Whitaker (Stafford) 42.20.

Teams:

1, Wolverhampton H. 30pts.; 2, Lozells H. 34; 3, Coventry Road Club (Cyclists) 94; 4, Stafford A.C. 124; 5, Smethwick H. 135; 6, Nuneaton H. 175; 7, Dudley H. & A.C. 177; 8, R.A.F. Bridgnorth 185.

Mitcham A.C. beat Horsham Blue Star H. 190pts. to 218; 1, Edwards (H) 28.29; 2, Baker (H) 28.55; 3, Martin (H) 29.13; 4, Leonard (M) 29.27.

Brighton A.C. beat Guildford & Godalming A.C. 30pts. to 53 over 5M.: 1, H. V. Foord (B) 27:15.5 (Course rec.); 2, R. Belmore (G) 27.31; 3, A. Foster (B) 27.38; 4, R. Newington (B) 27.54.

Culham Coll. beat Worcester T.C. 38pts. to 42. over 3½M.: 1, J. Dodd (C) 18.30; 2, H. Waddington (C); 3, Tullock (W).

28th October

R.G.S. High Wycombe 33pts. beat Newland Pk. T.C. 41 and Culham Coll. 69; 1, Wakefield (N) 19.5; 2, J. Dodd (C) 19.7; 3, Barratt (HW); 4, Witham (N).

Loughborough Coll. "A" beat Saltby Coll. 31pts. to 51 over 6¼M.: 1, R. Bell (S) 38.39; 2, B. Coulton (L), S. Roberts (L) and J.

Hibbert 40.40 eq.; 5, M. Oakley (S) 40.49; 6, J. O'Connor (L) 41.07.

October 31st

BIRMINGHAM & DIST. LEAGUE

Division 1 At Halesowen

1, C. M. Gray (Small Heath) 27.51
R. R. Hatton (Birchfield) 27.51
3, D. Pearsall (Tipton) 28.07
4, B. Heatley (Godiva) 28.15; 5, R. Reid (Birchfield) 29.03; 6, R. Turney (Godiva) 29.06; 7, A. R. Harding (Lozells) 29.09; 8, C. J. Simpson (Small Heath) 29.23; 9, T. Payne (Small Heath) 29.29; 10, C. Kemball (Wolverhampton) 29.30; 11, D. Rees (Godiva) 29.33; 12, A. Osborn (Small Heath) 29.38; 13, A. E. Dalton (Birchfield) 29.41; 14, S. Dean (Tipton) 29.57; 15, L. Orton (Birchfield) 30.00.

Teams:

1, Small Heath H. 73½pts.; 2, Birchfield H. 87½; 3, Coventry Godiva H. 104; 4, Tipton H. 107; 5, Lozells H. 175; 6, Halesowen A. & C.C. 189; 7, Wolverhampton H. 232.

Division 2 At Smethwick

1, J. Morgan (St. Gregory's) 30.22
2, J. Hinchley (Smethwick) 30.31
3, T. Holmes (Smethwick) 30.45
4, M. J. Heath (Birmingham U.) 30.52; 5, E. Hollinshead (Stourbridge) 31.04; 6, D. Icke (Coseley) 31.10; 7, D. R. Williams (Birmingham U.) 31.16; *8, L. N. Green (Birmingham U.) 31.25; 9, N. Bridgewater (Dudley) 31.29; 19, P. J. Shott (Birmingham U.) 31.34; 11, J. H. Rose (St. Gregory's) 31.37; 12, M. Harris (Smethwick) 31.39; 13, B. Hickman (Stourbridge) 31.40; 14, R. Davis (Dudley) 31.41; 15, J. Hurst (Coseley) 31.42; 16, B. Waldron (Smethwick) 31.49.

* Non-scorer.

Teams:

1, Birmingham University 84pts.; 2, Smethwick H. 104; 3, Coseley H. 126; 4, St. Gregory's A.C. 152; 5, Stourbridge W. & D.H. 161; 6, Dudley H. 163; 7, Sparkhill H. 190.

Division 3 At West Bromwich

1, Sgt. Jackson (R.A.F.) 31.11
2, W. Aston (Bilston) 31.43
3, L. B. Cook (Bilston) 31.51
4, B. Shortland (Bilston) 32.03; 5, A. Whittle (West Bromwich) 32.17; 6, R. Screen (West Brom.) 32.29; 7, W. Payne (Oldbury) 32.30; 8, M. Diager (Cheltenham) 32.36; 9, A/C. Pulman (R.A.F.) 32.54; 10, R. F. Brant (Harborne) 33.05; 11, V. Molan (Cheltenham) 33.07; 12, B. Gibbs (Oldbury) 33.08; 13, G. Williams (Worcester) 33.15; 14, T. Mountledge (Worcester) 33.22; 15, J. Colbourne (Worcester) 33.23.

Teams:

1, Bilston Town A.C. 96pts.; 2, West Bromwich H. 105; 3, R.A.F. Bridgnorth 133; 4, Harborne H. 134; 5, Worcester H. 153; 6, Cheltenham & Cty. H. 179; 7, Walsall A.C. 260; 8, Oldbury 269.

Youths—Division 1.

1, D. Jones (Godiva) 15.04; 2, C. Henderson (Tipton) 15.27; 3, J. Nix (Small Heath) 17.20; 4, R. Barrett (Halesowen) 17.22; 5, M. Cotton (Wolverhampton) 17.25; 6, M. J. Hickman (Godiva) 17.27.

Teams: 1, Godiva H. 16pts.; 2, Small Heath H. 23; 3, Birchfield H. 29; 4, Wolverhampton H. 51; 5, Lozells H. 67.

Division 2.

1, N. Davies (Smethwick) 21.11; 2, J. Sadler (Sparkhill) 21.12; 3, A. Westwood (Dudley) 22.20; 4, A. Rowley (Stourbridge) 22.28; 5, J. Gregory (Smethwick) 22.34; 6, N. Beale (Smethwick) 22.38.

Teams: 1, Smethwick H. 12 pts.; 2, Stourbridge 23; 3, Sparkhill H. 28; 4, Dudley 33; 5, Coseley H. 34.

NORTH YORKS & SOUTH DURHAM LEAGUE

1, D. L. Norris (2 Trg. Regt. R. Sigs.) 27.47 (rec.); 2, W. P. Ranger (R.A.F. Leeming) 28.11; 3, E. Hird (Billingham Synthonia) 28.34; 4, J. Balls (Middlesboro') 29.17. **Teams:** 1, Billingham Synthonia 51pts.; 2, Trg. Regt. R. Sigs. 107; 3, Middlesbrough & Clev. H. 118; 4, Darlington H. 145. **Junior:** 1, A. Dennis (Burn Rd. W. Hartlepool) 14.13. **Boys:** 1, A. Pears (Middlesbrough).

NORTHUMBERLAND & DURHAM

HARRIER LEAGUE

Senior: 1, S. M. Pearson (Gosforth); 2, T. Robson (Gateshead); 3, R. Poxon (Bedlington); 4, A. Turner (Bedlington); 5, E. Thompson (Morpeth); 6, T. Anderson (N.S. Poly). **Teams:** 1, Heaton 93pts.; 2, Gateshead 1.20; 3, Bedlington H. 163.

Youths: 1, M. J. Whitney (Jarrow); 2, G. Saunders (Morpeth); 3, A. Hoggart (Sunderland). **Teams:** 1, Gosforth H. 44pts.; 2, Gateshead H. 45; 3, Saltwell 48.

Boys: 1, J. R. Gibson (Gosforth); 2, J. Carruthers (Jarrow); 3, G. Hepburn (Gosforth). **Teams:** 1, Gosforth 8pts.; 2, Saltwell H. 34; 3, Elswick H. 46.

Highgate H. 80pts. beat **Lloyds Bank A.C.** 117 & **North London H.** 128; 1, P. Stokes (H) 28.29; 2, D. Collins (L) 28.31; 3, D. Hearne (NLH) 29.16 4, R. Murphy (L)

29.26; 5, J. Langworth (NLH) 29.34; 6, E. Towler (NLH) 30.16. In a Junior match over 3M. **Highgate H.** beat **N. London H.** 11pts. to 35; 1, T. Newby (H) 18.47; 2, M. Cohen (H) and G. Harrison (H) 19.23 eq.

Surrey A.C. beat **Sutton and Cheam H.** by 24 pts to 78, and also beat **Met. Police** by 44 pts. to 168 over 5M. at Kingston. 1, J. Butler (S) 27.14; 2, B. T. Barrett (S) 27.39; 3, R. Hunt (S) 27.48; 4, D. Caulder (S) 28.22; 5, D. Funnell (S and C) 28.35; 6, H. Fenton (S) 28.40. **Surrey A.C.** 5M. Senior Championship held in conjunction: 1, Butler; 2, Barrett; 3, Hunt. H'cp: Fenton (2.30) 26.10. 5M. Junior Championship: 1, Barrett; 2, Caulder; 3, R. Cooper 29.19. In a Youths' match over 2½M. **Surrey A.C.** beat **Sutton and Cheam** by 18 pts. to 20. 1, Simmons (S and C) 13.30; 2, Baker (S and C) 13.36; 3, Nash (S) 13.41; 4, Hazeltine (S) 13.58.

Blackheath "A" beat **Oxford Univ. "A."** 38pts. to 40. 1, A. J. Brent (B) 29.25; 2, C. Suddaby (O) 39.51; 3, E. Doorbar (O) 39.51; 4, T. Sullivan (B) 39.55.

Blackheath H. "B" beat **Oxford Univ. "B."** 33pts. to 44: 1, L. F. Fletcher (B) 45.19; 2, F. Aldridge (O) 45.20; 3, G. Scotting (B) 46.14; 4, A. Gordon (O) 46.32.

Oxford Univ. "C" beat **Blackheath H. "C"** 37pts. to 41: 1, J. B. Herring (B) 34.58; 2, B. Lloyd (O) 35.04; 3, G. Dole (O) 35.11; 4, D. A. Pinckard (B) 36.03.

The remainder of October 31st results will be included next week.

DOVER ATHLETIC CLUB

FIRST

5 MILES

OPEN ROAD RACE

Under A.A.A. Laws

SATURDAY, 28th NOV. 1953

at 3 p.m.

Individual, Team and Handicap
with Valuable Prizes

Entrance fees, Team 6 (3 to score) 5/-
Individual 2/-

Entries to:-

D. PENN, 13 Stanhope Road, Dover
by November 9th, 1953

OXFORD AND CAMBRIDGE TRIALS

The Freshmen's Sports were held in extremely poor weather and performances suffered, there being no outstanding time or distance in any event. The Seniors' Trials were held in better conditions and J. S. MacVe won the 440 in 51.9, J. V. Beesley took the 880 in 1:59.4, K. Marsden the mile in 4:27.8, J. G. Barker the 120 hurdles in 16.2, and P. W. Fisher long jumped 21ft. 6½ins.

Performances at Oxford, under fairly good conditions except for the strong wind, were much better and four Freshmen's re-

cords were made — 880 D. C. E. Gorrie 2:0.2; Mile, A. D. Gordon 4:25.4; 2 Miles, E. Doorber 10:05.0 and Javelin, W. W. Kretzmar 190ft. 7ins. Other good performances were — 120hds. G. Jeffries 15.7; Weight, W. Robbins 41ft.4ins. In the Seniors' Trials, by far the best performance was I. H. Boyd's mile in 4mins. 16secs. D. O'Sullivan took the 220 hurdles in 26.2.

* * *

Would the finder of a blue track suit at the Bristol-Weston Relay please return to Hon. Sec. E. Cawley, 20 North View, Staple Hill, Bristol, who will return same to owner.

With the Ladies

WOMEN'S C.C. & R.W.A.

Fixture List for 1953/54

Nov. 21st. National Junior Road Walk Champ., Perry Barr, Birmingham.

Dec. 5th. Southern Counties Road Walk, Bexley Cricket Club, Old Bexley, Kent.

Jan. 16th. National Senior Road Walk Champ., Vicars Green School, Alperton, Middx.

Jan. 23rd. Southern Inter-Counties Cross Country, Maidenhead.

Feb. 6th. National Junior Cross Country Champ., North.

Feb. 20th. Southern Counties Cross Country Championship, Queen Alexandra's Royal Army Nursing Corps Camp, Bramshott, Hants.

March 6th. National Cross Country Champ., South.

March 20th. North v. South v. Midlands. Cross Country and Road Walk in Midlands.

Middlesex County Cross Country Champ., January 2nd, Brook Farm, Totteridge.

MIDLAND WOMEN'S NOVICES WALK Sheldon

1, M. Nusser (Birchfield) 16.40; 2, K. M. Field (Small Heath) 16.47; 3, J. Forbes (Small Heath) 16.56; 4, J. Page (Small Heath) 17.06; 5, M. Bailey (Bilston Town) 17.33; 6, P. Simmonds (Birchfield) 17.40; 7, V. Reynolds (Small Heath) 17.41; 8, M. Lingen (Birchfield) 17.55; 9, M. Taylor (Birchfield) 18.08; 10, M. Stokes (Birchfield) 18.26.

No team race included

New W.C.C. and R.W.A. rule books are now available and may be had from Mrs. B. M. Bashford, 136 Manor House Lane,

Yardley, Birmingham 26. Price 1/3d. post free.

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Amendment to Women's Best Performances list—Long Jump, 18ft.7ins. by Sheila Hoskin at Alperton, Sept. 12th.

* * *

Portsmouth Olympiads elected the following officials at their A.G.M.:—President, Mr. G. F. Burtoft; Chairman, Mr. W. W. Coles; Gen. Secretary, Mrs. M. C. Hyland, 79 Highbury Grove, Cosham, Portsmouth; Treasurer, Mrs. F. A. Burtoft, 473 Commercial Rd., Portsmouth; Social Sec., Mrs. D. Hughes; Asst. Gen. Secretary and Club Captain, Miss S. Brown.

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