

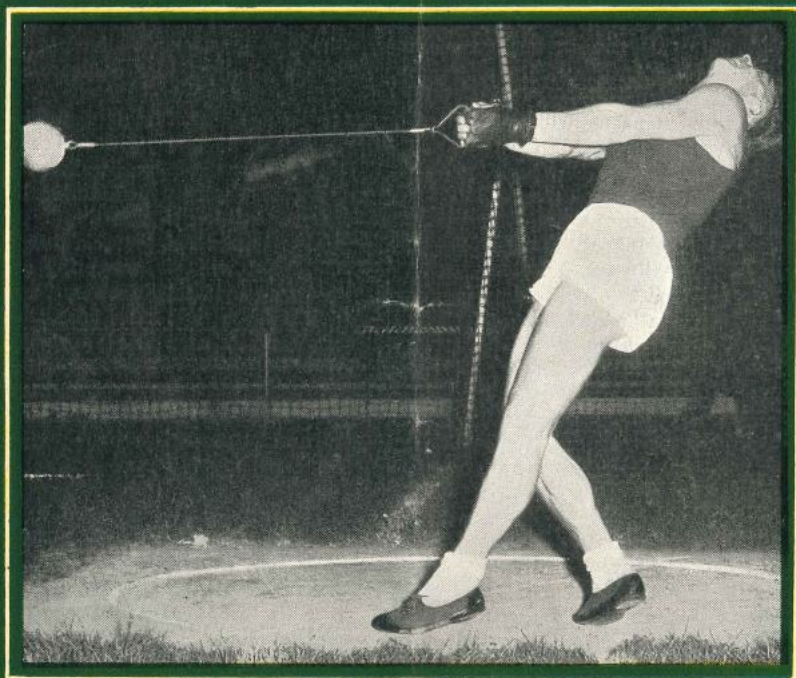
Athletics

WEEKLY

Oct. 30th, 1954

9^D

Vol. 8. No. 44.



MIKHAIL KRIVONOSOV (U.S.S.R.)

H. W. Neale

Bukta

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THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

Race Walking

By A. D. McSweeney

Another Record for Coleman

AN esteemed friend of mine, Percy Wright, of Belgrave H. said, a few days ago: "... who's this man Coleman you write about every week in 'Athletics?'" Well, it's hard not to mention the man who is winning the races at the moment, and particularly when he is cracking records, so here we are again.

George Coleman knocked **one minute six seconds** off his own 1950 course record in winning the Highgate "open" on Saturday, and even to a man in good form that's a colossal amount in seven miles. Remember that in the 14 years the race has been over the present hilly course—it was the 25th in all—the winners have included all the fast men of the day, including Harry Churcher and Jim Morris, and the fastest they could knock out between them was 54m.39s. Coleman got it down to 53.48 in 1950 and last Saturday pared it still further to 52.42, which was a really great performance.

Coleman found a "Chataway" to push him (or should it be a "Kuts" now?—it's all getting a bit confusing) in "Bob" Richards, of Cambridge H., who went up to Coleman's shoulder at 2 miles and stayed there for the next three. Then at 5 miles, with the stiff climb past the famous old "Bull and Bush" ahead, and just when we were wondering if Richards might not prove the stronger, Coleman began that powerful drive which by custom we knew meant business, and he pulled away 20-30 yards in the next quarter of a mile and then sailed on to lengthen his lead to 160 yards at the finish. Richards' time of 53.24 was also inside previous best and he beat Bryan Hawkins, third, by 200 yards. Hawkins has never been happy over this course and did the right thing, I think, in not pushing it up the hill to start. He then had a comfortable race and came through well and without distress.

The younger element were well to the fore and ten of the first forty-five, who beat the hour, were under 21's. Two of these, C. D. Cornes and R. Dearing, were 1st and 3rd respectively in the handicap with Len Evans, Leicester, who is now domiciled in London, 2nd Metropolitan W.C. well won

the team race. Biggest improvement was shown by Walton through Bryan Shepherd, Terry Keegan and Dave Stevens, who were placed fourth. 210 walkers started and just under the 200 finished.

"Studd" Trophy for Vic Stone

That terrific 100 miles in torrential rain by Vic Stone (Poly. H.) in the Manchester-Blackpool race in July, gained him a very great and deserving honour. The Governors of the Polytechnic Institute have decided that he shall hold the "Studd" Trophy as the best Sportsman of the Year. The award is not confined to athletics alone, and Vic had to contend with the challenge from men gaining International honours in other branches of sport, but he gained the day and is only the second walker in 40 years to hold the trophy. Jack Butler, life President of the Centurions, was the first.

As mentioned last week, Stone and M. N. Guilment will be competing next week in the Milan 100 kilometres, but changes in the arrangements were just too late to include. The race this year will take place entirely in Italy, starting and finishing at Lecco, in Northern Italy, and it will be held on Thursday, November 4th. The party, with Lionel Woodcock as team manager, leave on Monday next.

We know that Ukhov, the Russian 50km. European Champion, has a new record claim awaiting ratification, but his figures have been well beaten by his runner-up, Josef Dolezal, of Czechoslovakia, who won recently the Prague-Podebrady 50 km. in **4h.16m.5s.**, and who was over 23 minutes in front of the second man, Soderlund, of Sweden. In 1947 we had our reigning champions Forbes and Megnin in this race, they being 3rd and 4th to Dolezal, who was 2nd in **4h.41m.37s.** Megnin did 4.42.01, and they liked his walking so much that they presented him with a special style prize, a really exquisite piece of Czech workmanship in glass. Further, he was chosen to lay a wreath on the grave of the founder of this annual event of some importance. If there is a moral for walkers here I can't think

Continued on page 19

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EVERY SATURDAY — NINEPENCE

IT is surprising how the Kuts-Chataway duel at the White City stirred people who, in the past, have shown little or no interest in athletics.

Quite a number who were not interested previously had commented on the race last Saturday, when Kuts regained his 5,000 metres world record and well beat Zatopek into the bargain. This must be the case all over the country, which shows how such races—and the televising of them—can stimulate interest in our sport.

It does seem from the result of the Prague race, and from the times now being recorded, that the pace is becoming a little too hot for the famous Czech. I am referring, of course, to the 5,000 metres, not double the distance, at which Zatopek would still be with anyone in the world to-day. Even here, however, he would not outclass the opposition as he has done in the past, a sign of rapidly improving standards.

In connection with the recent visit of the Moscow athletes to Britain, I understand that George Pallett did a tremendous job from the moment the visitors arrived, as did Frank Gandy, who acted as Hon. Interpreter during the time they were here. George also acted as Team Manager to the London Team and then went on up to Manchester, where he had more headaches and problems to unravel. The Secretary, Guy Basan, was not idle either, sending as he did some 300 letters and making over 200 telephone calls—which should give those who consider organising an athletic meeting a sinecure, something to think about. There were many others involved in connection with the match in London and the match in Manchester, but I'm sure all concerned thought it well worthwhile.

The Bristol to Weston-Super-Mare and Back Road Relay starts at 12.45 p.m. to-day from Bristol Cathedral. Twenty-two teams have entered including Birchfield H., Reading, Tipton, Godiva, Small Heath, Oxford City, Newport, Halesowen, Bristol, several R.A.F. teams and Westbury, the promoters.

THE EDITOR.

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Letters to the Editor

CHATAWAY'S TRAINING

Dear Sir,

Sunday: 20 x 440—at 60 seconds.

Monday: 6 x 880—at 2 minutes.

Tuesday: 4 x 1 Mile—at 4 min. 15 secs.

Wednesday: 1 x 4 Miles—in under 19 minutes, followed by "a cracking mile to finish off."

Thursday: 3 or 4 x $\frac{3}{4}$ Mile—"at the most 3 minutes each."

Friday: Repetition 440's and 880's again.

The above training schedule has been quoted in one of our daily National newspapers this week, following upon his great win at the White City, as a typical week in C. Chataway's training programme. The information, it was alleged, has been obtained from an interview with Franz Stampfl, and is supposed to represent training for a Mile, which apparently is the way in which this particular athlete trains; again I quote the article concerned.

Whilst in no way wishing to detract anything from the athlete in question, a great runner and, doubtless, a most thorough and hard working one in training as well as performance, I would welcome your views on the quoted schedule. It would appear, in places, and taken as a whole, to be rigorous in the extreme and one which very few present day athletes would be prepared to undertake. Particularly I find the Wednesday programme a little difficult to follow (what is this "cracking mile"?) whilst the following night's effort fills me with alarm. Whilst open to correction I had understood that three minutes, even to-day, represented a very fine run for $\frac{3}{4}$ mile, and that, even in preparation for his first sub-four minute mile, Roger Bannister and his colleagues ran only two or three such three-quarter miles, and these on separate occasions.

Is this to be regarded, as stated, as a typical "Chataway week," in which case I think we should admire him even more, for carrying through a programme more complete than we had perhaps contemplated? Or is it, unhappily, another example of athletic cover-

age by a reporter whose knowledge of this sport is of "mere nodding acquaintance-ship."

Yours sincerely,

M. J. Rowbottom

C.U.A.C.

Chris Chataway says:

"The whole programme is, of course, nonsense. The account of my training is merely idiotic, but the remarks attributed to Mr. Stampfl are, in some cases, damaging. The newspaper concerned published an article on the following Tuesday in which Mr. Stampfl gave my real training."

The typical week quoted in the second article was very similar to the one Chataway gave in the Questionnaire he answered for A.W. readers in January of this year, with the addition of interval running twice weekly, about 10 quarter-miles of between 61 sec. and 64 sec. each.

AS GOOD AS A FEAST . . .

Dear Mr. Editor,

Roy Sutcliffe is a big step ahead of me. I did not have the temerity to mention man's "spirit," because I do not understand what is meant by that term. True, there must be more things in heaven and earth than are dreamed of in any philosophy, but mind and body are enough to be going on with. To talk of "spirit" is to play with words.

Again, Mr. Sutcliffe says: "Naturally a family man must consider his wife and children. At the same time there is no earthly reason why athletics should not be a mutual interest." With his mind on intricate problems and his spirit running between Windsor and Chiswick, Mr. Sutcliffe has his eyes fixed upon some ideal state where wives love to see their husbands out training. This is an example of touching innocence. We males are such attractive creatures, that the women want us at home *all of the time*. This is a cold, dispiriting fact.

We cannot jump (or run) to conclusions

about the unknown, or the unattainable. Mr. Sutcliffe has done both. (May he be proved correct!)

Yours sincerely,

B. Mitchell

GOODWILL

Dear Sir,

I was pleased to read your comments on the criticisms of alleged one-way goodwill on the arrangements for the London-Moscow match. What should not be lost sight of is the fact that in the main the Russians were asking in certain events for the opportunity of attacking records in yards instead of metres, presumably because in their own country they have few opportunities of doing so. Surely this was if anything an advantage to the London side, who would expect to be more familiar with the standard British distances. Furthermore, the publicity given to the fact that the Russians had announced their intentions of attacking world records, undoubtedly assisted in attracting the maximum gate to the White City and also such a large number of viewers on television.

On the question of television, from comments which have been made to me, it would appear that this athletics show was almost unanimously considered a wonderful success, even by those not normally interested in athletics. Although these television enthusiasts may never themselves be attracted to the White City in person, the wider interest in and greater knowledge of athletics cannot fail to benefit our sport in future years.

When this match with Moscow was first proposed it was felt that, even if it yielded little or no profit to the promoting London Clubs, it would be well worth-while, and this attitude appears to have been fully justified from all angles.

Yours faithfully,

H. C. Rogers,
Cambridge Harriers.

BRAINS TRUST

Dear Sir,

I have just been reading that Brian Shenton, Peter Fryer and Valerie Winn an-

nounced their retirement from the track after the London-Moscow match, and am prompted to enquire what happens to "name" athletes when they retire. Do they forsake the sport for good, or do they continue to serve in the background and help others to emulate their achievements on the track? Tom White, your "Questionnaire" personality of last week, is doing a grand job as Lincs. A.A.A. Secretary, besides coaching with his own club in Scunthorpe. Jim Peters has been writing for the Press, and his comments on the Arsenal debacle in Moscow must have found an echo in the minds of many of your readers. We could do with many more like these two. Who could not quote a host of examples of "howlers" in the athletics columns of the daily Press? And how many clubs and County Associations would count themselves fortunate to be able to call on the services of an ex-International athlete?

Alternatively, half-a-dozen retired athletes, banded together as a travelling "brains trust," and sponsored by one of the Press giants of Fleet Street, could do a power of good in places like Sheffield, Derby, Nottingham and Leicester, even if they only broadcast the slogan, "We want more tracks!" And the odd "personal appearance" at some of our "country meetings" in the summer would help boost the flagging "gates" which have been a promoter's nightmare in places like Leeds, Manchester and Birmingham. All over the Provinces we hear the same story of established meetings "going under" for lack of support, while Londoners are having a positive surfeit of "name" athletes. This tendency is not relieved by phrases in Press reports like "unknown miler from Sheffield," and "unknown Birmingham micro-analyst," which reek of condescension and metropolitan insular-mindedness. Of course we can produce the stuff in the Provinces, given half the facilities and a quarter the free publicity that the London clubs enjoy. After all, the Russians produced their field events men and women from the raw material they found in the factories and fields. Sooner or later we must inevitably come round to their way of thinking, but not, I fear, until the big names which mean so much to Fleet Street decide to leave Town once in a while and become



GALINA ZYBINA, the massive Russian girl who holds the women's world record for putting the shot and is the present Olympic, European and U.S.S.R. champion. She is seen here winning the shot putting event in the London-Moscow match at the White City.

H. W. Neale

something more than just a name to the potential public in the Provinces.

Yours faithfully,

R. E. S. Clay,
Hon. Sec., Holbeach A.C.

A.A.A. 6 MILES

Dear Mr. Editor,

May I correct W. T. Dooris. A. J. Weekes-Pearson did finish in sixth position in this year's A.A.A. Six Miles Championship. I kept a record of his lap times, together with those of the other Blackheath Harriers who competed, and can still produce it, if necessary.

It is very easy to become confused when watching a race, during which some of the field is being lapped. The official on the spot, whose job it is to record the runners' laps, is in a far better position to know how far each man has travelled; the spectator is too divided in his interest to register every man accurately.

The standard of judging in this country is very high, and it is a pity to pass comment without first being sure of the facts.

Yours sincerely,

A. J. Brent

CORRECTION

Dear Sir,

I am always reluctant to intervene in correspondence, but as my name is men-

tioned in connection with Mr. Dooris's letter appearing in your issue of October 16th, may I point out that quite a number of people seem to be wrong in connection with the six miles race at the White City in the England v. Belgium match.

In the first place whatever "The Daily Telegraph" may have told Mr. Dooris on the telephone (I must express my surprise that he was told to mind his own business) I did not tell Mr. Lainson Wood that Herman went on to the 10,000 metres mark. The Editor is wrong in saying that Herman did do so, in his footnote to Mr. Dooris's letter.

The facts are that Herman and the Belgian officials expressed the desire to go on to 10,000 metres in the six miles race, something with which I voiced disagreement, although I must admit that in this connection I had no actual jurisdiction, since this is in the province of my very capable colleague, Leslie Truelove. Arrangements were made for Herman to be timed at the 10,000 metres mark, but for what reason I cannot see, since it is quite wrong to say that he wanted to attack the Belgian record. Had he improved upon the existing record for the 10,000 metres, the Belgian record could not have been broken, since rules do not permit a record to be broken for a distance which is over the actual distance of the race itself. Had Herman created a new best time for 10,000 metres, I would certainly not have supplied the usual certifi-

cation which the League Royale Belge d'Athletisme require from the British Amateur Athletic Board, because the race was six miles, and not 10,000 metres.

However, what happened was that Herman gave visible signs of distress long before he reached the six miles mark, and it was the Belgian Secretary, Mr. E. Cleme, who insisted that Herman should complete the race distance. The distance which he actually completed was exactly six miles, and he did not go on to 10,000 metres. Mr. Dooris is therefore right in saying that he did not go on after completing the six miles. You, Mr. Editor, are wrong in saying that Mr. Dooris is inaccurate, and someone is quite wrong in saying that I told Mr. Lainson Wood, of "The Daily Telegraph," that Herman did go on to 10,000 metres.

I do not want to enter into any discussion with Mr. Vandenburg or Mr. Dooris about our decision not to send a team to Rumania, except to say that our decision was a considered one, and that I do not think that Mr. Dooris or Mr. Vandenburg are in a position to do more than express an opinion, since they do not know the actual facts. I would say further to Mr. Dooris that in suggesting names of athletes who could have gone, he is in error not merely in nominating N. G. A. Gregor for the pole vault, as you have pointed out, but in nominating A. I. D. Francis in the 400 metres hurdles,

since Francis is a Puerto Rican national.

I am sorry that I have had to intervene.

Yours faithfully,

Jack G. Crump

My apologies, Mr. Dooris. I can only say that I checked up at the time with one of the lap scorers, when Herman—according to him—had a lap and a half to go for six miles. Herman ran a further two and a half laps, of that I am quite certain, and I have my note to this effect to refer to. But it is just possible that the lap scorer misunderstood my question and thought, perhaps, I was referring to the leaders, who were then something like two-thirds of a lap in front of the Belgian. If he did, in fact, run only 6 miles, then this is the only possible explanation.—Ed.

The third Polish Javelin thrower to top 70 metres this season, Walcza, reached 230' 0 $\frac{1}{4}$ " at Bratislav. At the same meeting Rut threw the hammer 187'1 $\frac{1}{4}$ ", Czeply 175'7 $\frac{1}{2}$ " for a junior record. In the long jump Garbowski cleared 23'7".

* * *

Rut, Poland, who made a new Polish hammer record of 189'3 $\frac{5}{8}$ " in the European championships in Berne, raised the national mark to 196'5 $\frac{1}{8}$ " at Stalinogrod. Czeply advanced the junior record to 177'9 $\frac{1}{4}$ ". At the same meeting the European javelin champion won with 227'2 $\frac{1}{4}$ ".

★

VLADIMIR KUTS is seen here leading CHRIS CHATAWAY during their great race over 5,000 metres in the London-Moscow match, when Chataway won by the narrowest of margins, but Kuts set up a new world record for 3 miles.

KUTS set new world records for 5,000 metres and 3 miles in Prague last Saturday.

H. W. Neale



PULLED MUSCLES AND HOW TO PREVENT THEM

A "PULLED MUSCLE" is, unfortunately, a type of injury which is only too frequently and easily come by while taking part in any form of sport; and this article is an attempt to give commonsense advice in everyday language to all who, in the course of their activities, whether as highly-trained athletes or occasional "players," may incur the risk of such an injury.

From my own experience of over 30 years of sport both as athlete and trainer, I have made a study of athletic injuries, and have found that ligament, tendon, and muscle injuries are undoubtedly the most common.

Of the muscles, I would say that the "hamstrings" (biceps femoris, semi-tendonosus and semi-membranosus) and the rectus femoris are the most vulnerable. The "hamstrings" are the flexor muscles running up the back of the inner and outer sides of the knee and thigh, and the rectus femoris is the extensor muscle running down the centre of the thigh from the pelvis to the patella (knee).

Now what gives rise to such injuries and how do they come about? Occasionally you come across the over-exuberant athlete who feels very fit and well, but is semi-trained, or hardly trained at all, yet hopes in his own mind to look as good as his fellow-athletes without doing the same amount of hard work. You will see him doing a little lapping, and then breaking into a fast sprint; when he ends up by pulling a hamstring he wonders why, yet if he has had any athletic experience at all he should know better. There is every excuse for the complete novice, for the same fate often befalls him if he goes out on the track with the best of intentions, but without anyone to give him the right advice.

Then again, there is the athlete who comes hurrying into the dressing-room all hot and bothered with little time to spare before his event. He may be the type that leaves home at the last minute, or on the other hand, it may be his job that has caused the trouble. My advice in such circumstances is to substitute a light massage for warming-up exercises if possible. I know this is an artificial way, but it is stimulating and, there-

fore, better than no preparation at all. I have known athletes who have been late for their event to change and immediately run up to their mark, and during the race suffer for it by pulling a muscle. So it is far better to warm-up than to seize-up.

Overheating of the muscles, if this were possible, would be far better than underheating them. Warmed-up muscles store oxygen, whereas if the muscles are cold they do not, and the ligaments, tendons and muscles then become susceptible to injury. Warming-up is thus essential, but an athlete must be careful not to overdo his pre-race warm-up, and he should learn from his training how much warming-up he can stand. From my own experience as an athlete, and

By

LEN KILBY

M.C.S.P., R.M.N., R.M.P.A.

Hon. Asst. Physiotherapist, A.A.A.

from watching others, I know that it is possible for an athlete to become fatigued before his muscles are thoroughly warmed-up.

One of the most important things to learn in athletics is relaxation, and by learning to relax in the proper way one can store the nervous energy needed when actually taking part in an event. So when in training or warming-up before a race, let the muscles go very loose in jogging around, as this helps the circulatory system to do its work in supplying blood to the various parts of the anatomy which most require it. This will definitely help in preventing pulled muscles, as it enriches the blood supply to the muscles which very often are the ones likely to receive injury.

Regarding massage, I might, as an Hon. Coach and Trainer, be expected to be all in favour of it, but that is not so. Massage is very stimulating, and I would recommend it as above if an athlete has no time to warm-up before a race, or between heats

of the race, or for medical purposes such as treatment for an injury. An athlete should not depend on it as part of his training, though I am sorry to say I know of some who do, especially soccer players; but that is entirely up to the individual, as there is a divided opinion amongst our own athletes and also within the medical profession on this point. Then, on the other hand, a large proportion of American athletes and athletes from other countries seem to favour massage. As regards massage of the feet an athlete can do this himself. It is very important and unfortunately often neglected.

Regarding plimsols and track shoes, it is essential that these should fit snugly, as this helps greatly to prevent foot troubles. Quite a lot of young novice-athletes either wear shoes too big or too small. Also, make sure your laces are sound. Your Coach or Trainer will always advise you on these matters.

It is of great importance when going out to train to keep the body and limbs warm by wearing a sweater and some old flannels, or, if you can afford it, a track suit. Wear socks to keep the ankles warm, woollen gloves if the weather is cold; if very cold put some warm ointment on the lower part of the back, ankles, wrists and shins, where the circulation is not so good as in the main parts of the body. Some athletes like to keep the head warm, so if you want to wear a beret wear one; it does not matter what you look like so long as you keep warm. An engine runs much better when it is warmed up. When you have changed ready for training, do not stand around watching or talking to other athletes: you will soon catch cold in this way. Keep on the move and do your watching and talking when you are dressed.

Now you will be ready to start training under Coach's orders. If you have no Coach follow a coaching hand-book. Stretching exercises are very important, and always remember muscles are like elastic, and these exercises must be done gradually and consistently. Do not forget it is much easier to prevent a pulled muscle than to cure one, as in some cases it takes a long time, and hours of training time are wasted.

A reminder on personal hygiene; care of the feet, hair, teeth, nose and ears, is most

important, as this maintains the kidneys and bowels in good working order, and keeps the blood-stream clean. Do not forget, a healthy mind makes a healthy body.

Finally, always remember to have a periodical check-up by your usual medical practitioner.

SENIOR COACH EXAM.

The written examination for A.A.A. Senior Coaches will take place on Saturday, 26th February. Candidates wishing to take the examination should communicate with the A.A.A. Office, Crown Chambers, 118 Chancery Lane, London W.C.2.

* * *

In the Cambridge University athletic trials, A. M. Guthrie (Sidney Sussex), a freshman from Durban High School, South Africa, won the 120 yards high hurdles in 15.9, the 220 low hurdles in 26.4, and a heat of the 100 yards in 10.9 against a strong wind.

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SHIRLEY HAMPTON

*answers the
Questionnaire*



Name (Surname first):	Hampton, Shirley
Birthplace and date:	London, 5th September, 1935
Height:	5ft. 7in.
Weight:	9st. 6lbs.
Occupation:	Accounts Clerk
Club:	Phoenix A.C.
When did you first commence athletics?	1949
What were your first events?	100, 150, long jump, high jump and hurdles
What are your favourite events now?	100 and 220 yds.
What are your best marks at these events?	11.2, 24.7
Give brief details of your athletic career, championships won, dates and performances:	<p>1949: Kent Junior Championship 1st, 100 yds., and L.J. Southern Junior Champ. 1st, 150 yds.</p> <p>1950: Kent Junior Champs. 100 yds. L.J. and H.J. Southern Junior Champs. 1st, 150 yds., and L.J.</p> <p>1951: National Intermediate Champs. 100m. and L.J. 4 x 220 Relay World record.</p> <p>1952: National W.A.A.A. Champs. 2nd 220 yds.</p> <p>1954: National W.A.A.A. Champs. 2nd 220 yds. 3rd, Empire Games 220 yds., 3rd European Games 200m.</p>

- Which performance gave you most personal satisfaction and why?** Coming 3rd in European Games because I felt I had reached top form at the right time.
- How many days a week do you train in (a) Summer and (b) Winter?** (a) 4 (b) 5 or 6.
- At what time of the day do you normally do your training?** Depends upon—time of year, type of training I am doing. From 40mins.—1½ hours.
- How long do you spend on each training session?** I train on the under distance, repetitive fast work principle, intensity of training being more important than duration.
- Give a brief outline of your training in the Summer season, with a typical week's work:** Monday: Warm-up, 6 starts, 3 sets of 5 x 60 yds. sprints with minimum of rest, i.e. sprint up the track, turn round and sprint back immediately. 5 mins. rest between sets. 3 x 120 yds. sprints round curve, running at top speed but trying to run even faster while maintaining form over last 30 yds. 440 yds. jog.
Tuesday: Warm-up, 4 x 120 yds. as Monday. 5 mins. rest. 4 x 180 yds. at only just under top speed. 5 mins. rest. 1 set of 5 x 60 yds. as Monday.
Wednesday: Warm-up, 6 starts, 3 sets of 5 x 60 yds., 5 mins. rest, 4 x 120 yds., 5 mins. rest, 2 x 180 yds., 5 mins. rest, 880 yds. "winders."
Thursday: Rest or very light session depending on how I feel.
Friday: Rest.
Saturday: Competition.
Sunday: Light session of sprints over short or longer distances depending on how I feel.
- Give a brief outline of your training in the Winter season, with a typical week's work:** Squash, weight training, sprinting, hurdling, shot putting.
Monday: Weight training.
Tuesday: Squash.
Wednesday: Weight training.
Thursday: Squash.
Friday: Weight training or rest.
Saturday: Rest.
Sunday: 15-20 starts at full speed and working to improve technique. 4 or 5 x 150 yds. at just under full speed. 3 or 4 x 60 yds. at top speed.
- How often do you compete in the competitive season(s)?** Once or twice a week.
- Describe briefly the warming-up you do before competition and time taken:** ¾ mile jog, 440 yds. "winders," exercises, 3 or 4 starts, sprints round a curve.
- How many days rest do you prefer before competition?** 1 or 2 days.
- Name the coaches who have coached you:** Arthur Whiffen, John Wheatley.

Have you any suggestions for improvements in competition or athletics generally?

More covered and floodlit tracks.

What advice would you offer to the young athlete or novice?

Try all events until you find your best.

NEW RECORDS AT 13, 14, 15 MILES FOR STONE

By SAM FERRIS

JOHN STONE (Dorking St. Paul's A.C.), back from a long period of "hibernation," gave a stylish display of patience and even-paced running at Walton Stadium, on Saturday, 23rd October, when he cracked one British All-Comers' and Three English Native Records, which were tough propositions, having stood to the credit of the old Herne Hill Harrier Fred Appleby since 1902. In setting up these records over half a century ago, the determined Fred Appleby trained assiduously with the specific purpose of beating the great Alfred Shrubbs at his own game. On a basic regime of training which we probably now know as "Fartlek," Appleby outpaced the indomitable Shrubbs by turning on a last lap of 71 secs. and lowering the 15 miles time to 1.20.04, a record which, for a long time, has attracted many covetous glances in the record book.

Walton A.C. are to be congratulated on the organisation of such an event, which gives the present day distance runners incentive and opportunity to improve the standard. This is only one instance of what Walton have done in their grand work for athletics generally and no words of praise are too high for the "back room" boys responsible.

Eleven o'clock in the morning may not be the ideal time for record breaking, but the demands of an attractive Stadium had to be considered and left no alternative. When "Wally" Jewell (Referee), complete with his faithful retinue of A.A.A. Timekeepers, set the depleted entry of six on their way—originally there were invitations sent out to 15 athletes, but most had to decline for various reasons—there was little optimism that the record would be lowered. Bob Pape (Royal Navy A.C.) immediately set about the task with his usual determined "Bull-Dog" expression, and headed the field at a fast pace, which led some to believe

that he was going for the "Hour Record," which, I understand, was one of the original ideas of the promoters. Passing the first mile in 4.53 Bob was well clear of the others who were bunched with a time of 5.10. Bob still cracked on past 2 miles in 10.3 and 3 miles in 15.13, by which time he was some half a minute ahead of John Stone who had meanwhile left the others and was steadily lapping at 5.15 per mile. After 5 miles in 25.47 Bob didn't look too comfortable, although he had in no way relaxed in pace, and from here on John Stone, increasing pace to 5.13 per mile, began to close the gap very slowly until at 7½ miles he and Bob were together. By this time Bob had apparently recovered and was in no mood for letting Stone pass, yet the monotonous steady lapping of the Dorking boy gradually took its toll and the tough "Old Sea-Dog type" had to let go. At 10 miles, which John Stone passed in 52.17, visions of records began to materialise and with the knowledge that he had a minute in hand, John, now dropping in average to 5.20 miles, drove himself on to cover 11 miles 701 yards in the hour, reach 12 miles in 62.58, and break the 13 miles record by 64 secs. with a time of 1.8.23. For John it was then only a matter of "flogging the flesh" for a further two miles to beat the old 14 miles time by 49 secs. and finally the 15 miles record by 45 secs.

Meanwhile, in the excitement few had noticed what changes had taken place in the rest of the field. Bob Pape had held on to second place to cover 11 miles 434 yards in the hour, closely followed by Jack Heywood with 11 miles 396 yards and Ken Honney with 11 miles 91 yards. Jack Heywood, who had passed 6 miles in 32.15 and 10 in 53.39 (against Appleby's time of 31.46 and 53.15 respectively), hereafter, by increasing his pace to 5.12 per mile, passed

Bob Pape and began to draw nearer to the leader to such an extent that Jack also beat the previous records by 4, 6 and 7 secs. for 13, 14 and 15 miles respectively.

Do not let us stint praise for Jack Heywood, who in a determined bid to keep the record in his own Club by attempting an "over 10" race for the first time, was, perhaps unfortunately, to find John Stone in such a superb state of fitness. Such is the glory of sport. Neither must we overlook

the performances of Bob Pape and the young Ken Honney (Walton A.C.), who are just as creditably involved in this race as the two boys who were able to beat the record.

Result—

1. J. W. Stone (Dorking St. Paul's) 1.19.19.4
2. J. Heywood (Herne Hill H.) 1.19.57.6
3. R. H. Pape (R.N.A.C. (South)) 1.21.54.6
4. K. Honney (Walton A.C.) ... 1.22.44.2

Scottish News

EASTERN DISTRICT C.C. OFFICIALS

President: T. K. Horsburgh, E.N.H.

Vice-President: R. A. Sinclair, Falkirk Vic. H.

Secretary-Treasurer: I. Ross, E.S.H., 37 Dundas Street, Edinburgh.

The following fixtures were approved—

October 23rd—Edinburgh District League Race, 4M., at Kirkcaldy.

November 6th—Eastern District 10M. at Galashiels.

November 23rd — Edinburgh-Glasgow Road Relay Race.

December 4th—Edinburgh District League Race, 5M., at Edinburgh.

December 25th—Edinburgh H. Christmas Handicap.

January 2nd — Edinburgh H. New Year Handicap.

January 15th—Edinburgh District League Race, 6M., at Falkirk.

January 29th — Eastern District C.C. Championships at Edinburgh.

February 5th—Inter-District Race at Glasgow.

A Loss to Scottish Athletics.

Dr. K. Maksimczyk, a very popular member of the Field Events Club, Edinburgh, is leaving Scotland in November to take up a Medical appointment in Bristol. Dr. Maksimczyk was awarded five "Blues" at Edinburgh University, and in addition he won several Varsity and Inter-Varsity titles and six S.A.A.A. titles. He is the present holder of the S.A.A.A. Discus Event. His

departure is a loss to Scottish Athletics but should be a fillip to athletics in the Bristol Area. He takes with him the best wishes of all in Scottish Athletics.

Shettleston H. A.G.M.

President: P. G. McCabe.

Vice-President: T. Mitchell.

Secretary: D. Ferguson.

Treasurer: W. S. Hodgson.

Track Captain: W. Hornell.

Field Events Captain: J. Kean.

C.C. Captain: T. Littlejohn.

Delegates: S.A.A.A. A. Stevenson.

N.C.C.U.: P. McCabe, A. Taylor.

Lanarkshire A.A.A.: T. Littlejohn, T. Mitchell.

As a result of a ballot vote, the "Paul Richfield Trophy" was awarded to Joe McGhee, Scottish and Empire Games Marathon Champion. This Trophy is awarded annually to the athlete who is considered to have done the most for Athletics and enhanced the Club's reputation.

Scottish Y.M.C.A. Championships at Irvine, 9/10/54

Irvine Y.M.C.A. lost their Senior Title to Motherwell Y.M.C.A., but retained their Youth Title for the 4th year in succession. Motherwell won the senior race chiefly owing to a magnificent last lap by A. H. Brown, who wiped out a deficit of 50 yds. to beat Larkhall and Irvine. A. H. Brown recorded the fastest lap of the day, 11m. 21s.

In the Youths' Race, Irvine turned the

Continued on page 17

SOUTHERN BIAS ? . . Plain facts says the Editor

Dear Sir,

I feel that I cannot allow your report of the athletics match between the visiting Moscow team, and athletes forming a team which you quite curtly describe in your report as "Labelled Northern Counties" to pass, without comment. Our Northern Counties officials who worked so hard with so little time in which to organise the meeting, were slighted in no mean degree by the cold, critical comment in the opening paragraphs, which were certainly not framed in the best interests of athletics. This, may I add, is the feeling of a number of enthusiasts who have read the report. Criticism of a summer well advertised meeting, arranged and organised well in advance, which is not of a reasonable high standard, yes! But a gathering such as this, organised in such haste, no!

I consider the organisers of the Northern Counties' Athletic Association to have done an excellent job in affording an opportunity to the many Northern enthusiasts of witnessing the fine Russian athletes in action. They attempted a most difficult task in collecting together a team to oppose athletes of such calibre as the Moscow team, and with such short notice great credit is deserved for their efforts which culminated with distinct success. It is evident that you do not take into consideration the important factors that our organisers—unlike London—had nothing like the enormous build up and advance national publicity; nor the sponsors; nor the assurance that all the visiting stars would "turn out."

Your super quip, "None of the British winners came from the North," was an untimely and completely unnecessary piece of reporting, designed no doubt to press home the knowledge that if it had not been for the presence of "outsiders" the match may not have taken place. Did all the athletes in the London-Moscow match hail "just" from London or "just" from Moscow?

Having reminded one and all the fact that designating our team "Northern Counties" was performed under possible false pretences, you proceed to criticise the announcing, the organising, and indeed the meeting!

with a suggestion that it must be considered an impromptu affair. Of course it was an impromptu affair!! So why explode all this undeserved criticism? The possible 15,000 spectators did not only "appear" to enjoy the gathering as you suggest—but did enjoy it!! And fair tribute and praise ought to be meted out—not sour criticism—to those officials responsible for a successful meeting on a filthy day.

Such reporting for a journal which, only a few years ago was appealing and despatching literature to northern clubs, inducing members to order and purchase regularly "Athletics Weekly" because it was a magazine for all athletes, and all would be catered for equally, northern and southern alike, does not augur well for amiable athletic relationship, nor should I imagine any great increase in the number of Northern subscribers.

Since its inception I have taken your journal, and no doubt this letter has been prompted by other incidents of equal bias which have been printed in the past. I do not consider your report fair, and one other member in my club is also most emphatic that your reporting of Northern athletics is apathetic, as well as taking the same view of this particular criticism as myself.

Yours faithfully,

Thomas E. Weatherhead

Airedale Harriers, Bradford, Yorkshire

The Editor replies:—

I wonder what it is that promotes this North v. South business? For it is quite untrue! This magazine has never at any time been guilty of anti-North bias, and any such ideas in the minds of Northern readers are pure figments of their imagination.

First, let us take the meeting, the reporting of which is criticised, and the results of which we had great difficulty in getting. We endeavour to give factual reports of all meetings and incidents, it matters not two hoots to us whether it is in the South, North, Midlands or Timbuctoo, we try to give them the same treatment.

It was not derogatory to state that Moscow "beat a team gathered together at short

notice and labelled 'Northern Counties.' None of the six British winners came from the North." It was just plain fact.

The other comment to which Mr. Weatherhead takes exception was about the announcing and organisation. There was no criticism made or intended with regard to the work which went on **before** the meeting. But our comments on the announcing and organisation of the meeting were made from reports of observers who were there, one of whom stated, "heaven knows what would happen if we put on a meeting like that at White City."

There is no question of South v. North bias, and it makes nonsense of Mr. Weatherhead's remarks when one considers that **pages and pages** of criticism have appeared in the last month or two about the presentation of athletics at the White City, where a delayed or incorrect announcement or an event starting a few minutes late is a matter of great concern. Yet when we get a meeting in the North where, apparently, the announcing left much to be desired (by White City standards) and events were running three-quarters of an hour late, a few lines of mild criticism provoke this outburst. The criticism was mild for the very reason that it was realised the meeting was *impromptu* and that much hard work had been done to let the North see the Russian visitors at short notice. If it had been in the South it would have had much harsher criticism!

Now for the question of Northern reporting. If it is at times apathetic, this is the fault not of A.W., but of Northern officials, who, in many instances are not sufficiently interested to want to see their results published. It is commonsense that we must rely largely on event secretaries, or Press secretaries, for reports from all over the country. It is plain fact, Mr. Weatherhead, not bias, when I say that whereas most Southern reports and results come in automatically on Monday morning, Northern ones, with a few exceptions, come in either not at all, or if they do, it is only after special forms which we have printed for easy rendering of results, letters, even telegrams, have been sent appealing for the news we require. Even then it is nothing unusual for them to come in weeks after the event has taken

place. It is also unusual to get more than the winner's time for an event in the North—even when specially asked for—and quite remarkable to get more than three times, even if hundreds have taken part. We spend far more time trying to get Northern results than we ever spend getting those from the South, though it seems that this effort is not appreciated.

Our efforts were not unrewarded, however, last cross-country season, for we published quite lengthy reports of the E. Lancs., S.E. Lancs., W.Lancs., N.Western, N.Eastern, Yorks., and North and Durham Championships and League races. Just refer to our issues of February 20th and 27th for two examples. The following week, March 6th, the Northern Championships had the same coverage as the Southern, thanks largely to Mr. Fred Ireland, who is ever a willing worker in this respect. Many thanks also to the Secretaries of these events—and any others I may have missed—whose good work and enthusiasm do much to refute these ridiculous suggestions of South v. North bias. It just isn't true, Mr. Weatherhead, and I can say quite frankly that many Northern events get greater coverage than they would get if the same events were held in the Southern Counties.

If Northern secretaries send us the details, we publish them and they always get just as fair treatment as any others, a fact which any of the above secretaries can substantiate.

MILOCARIAN TROPHY COMPETITION

1954 Results

	No. of Entries	Score
1. King Alfred School, Plon ...	10	43.5
2. St. Austell County Gram. Sch.	16	38.5
3. Lancing College	26	38.1
4. Redruth County Gram. Sch.	12	36.7
Warri College, Nigeria	10	36.6
5. Queen Elizabeth's Sch., Barnet	22	33.0
6. Bedford Modern School	30	29.2
7. Buckhurst Hill Cty. High Sch.	28	29.0
8. H.M.S. St. Vincent	30	28.0
9. King Ed. VI. Sch., Bury St. E.	10	27.5
10. Watford Grammar School ...	30	27.1
11. King Ed. VI. Sch., S'thampton	30	22.3

RESULTS

October 9th

Loughborough Coll. beat Leicester H. 40½pts. to 46½ 1, T. Edwards (LH) & J. Lyne (LC) 38.47; 3, B. Douglas-Jones (LC) 39.08; 4, J. Chamberlain (LH) 39.27; 5, M. Whittaker (LC) & P. Brearley (LC) 40.11.

Eastleigh A.C. 22pts. beat Tatchbury Mount A.C. 91, Eastleigh A.C. 'B' 93 & King Alfred's Coll. Winchester 94. 1, T. Dobson (E) 36.18; 2, N. Tabor (E) 37.05; 3, D. Burnett (E) 37.05; 4, S. Street (E) 37.06; 5, H. Downer (E) 37.40; 6, George (KAC) 38.09. In a Junior match Eastleigh A.C. beat Tatchbury Mount A.C. 114pts. to 22. 1, K. Jones (E) 25.50; 2, J. Spencer (E) 25.56; 3, Knight (T) 30.30; 4, T. Loveless (E) 30.46.

Tiffin's Sch. 40 pts. beat Wandsworth Sch. 56 and Ranelagh H. "B" 83. 1, A. Pringle (T) 25.25.

October 16th

Swindon A.C. 25 pts. beat Salisbury A.C. 27, Combined Army Team 29. 1, D. Chun (Sw.) 29.10; 2, P. Clark (S) 29.27; 3, M. Hickmore (A) 30.14; 4, J. Bromley (A) 30.24; 5, K. Shaw (Sw) 30.28; 6, B. Lillcrap (S) 30.30.

In a Junior match Swindon beat Salisbury 16 pts. to 20. 1, T. Wilson (S) 23.02; 2, I. Brown (Sw.) 23.17; 3, C. Kilminster (Sw.) 23.24; 4, C. Dobson (S) 23.47; 5, Davis (Sw.) 24.49; 6, Ealey (S) 24.58.

October 20th

Bristol A.C. beat Bristol S.H. 15 pts. to 22 in a Youths' match. 1, D. Smith (BAC) 21.55; 2, R. Priestly (BSH) 22.08; 3, A. Upsher (BAC) 22.16; 4, P. Holloway (BSH) 22.25; 5, R. Burge (BAC) 22.45; 6, J. Gingell (BAC) 23.23.

October 23rd

Finchley H. beat Ranelagh H. in "all to score" race by 1008 pts. to 1484. 1, F. Salvat (F) 27.55; 2, D. Raven (F) 28.10; 3, J. Kirk (R) 28.31; Ranelagh H. "Page Cup" H'cp held in conjunction. 1, M. Tilcock (3.20) 28.35.

Barnet A.C. beat London Fire Brigade A.A. 31 pts. to 74. 1, eq. S. Randall (B), K. Lamb (B) and J. D. Wood (B) 27.03; 4, M. Jones (B) 28.12; 5, G. Garwood (LFB) 28.13; 6, T. Murray (B) 28.13.



RON CLARK (Herne Hill H.) winning the Walton 10 Miles Road Race. *E. D. Lacey*

Dartford H. beat Lloyds Bank 24 pts. to 34. 1, D. Collins (LB) 33.53; 2, R. Foreman (D) 34.08; 3, eq. A. Chubb and F. Dyter 35.07.

Highgate H. beat St. Catherine's A.C. (Oxford) 25 pts. to 53. 1, eq. G. Harrison (H) and G. Brown (H) 34.51; 3, J. Bodkin (H) 35.05; 4, Jaffe (St. C.) 36.04; 5, D. Neale (H) 36.23; 6, A. Perrian (H) 36.28.

Sutton and Cheam H. 38 pts. beat Walton A.C. 69 and Epsom and Ewell H. 70. 1, B. Hammond (S and C) 27.13; 2, D. Funnell (S and C) 27.43; 3, Addington (W) 28.02; 4, Coleman (E and E) 28.08; 5, D. Loveless (S and C) 28.13; 6, Cameron (W) 28.26.

Deptford A.C. beat Wadham H. 65 pts. to 71. 1, Lambert (W) 16.49; 2, Pennington (W) 17.05; 3, Heywood (D) 17.50.

Continued on page 19

SCOTTISH NEWS—contd.

tables in beating Motherwell by 60 yds. with Larkhall third. Fastest lap was returned by T. Parker, Irvine, with 12m. 24s.

Senior 10M. Relay

1.—Motherwell (T. Scott 12.25, W. Marshall 12.26, D. McFarlane 12.24, A. H. Brown 11.21) 48m.36s.

2.—Larkhall (J. Stevenson 12.3, T. D. Reid 12.42, J. Gilfillan 12.21, N. Duncan 12.35) 49m.41s.

3. — Irvine (T. Hendry 13.9, B. Banks 12.32, J. Dunlop 13.0, I. Cuthbert 12.22) 51m.3s.

Fastest laps:—

1. A. H. Brown, Motherwell 11.21
2. J. Stevenson, Larkhall..... 12.3
3. J. Gilfillan, Larkhall 12.21

Junior 10M. Relay

1.—Irvine (R. McKinnon 14.31, J. Nelson 13.9, R. Kennedy 12.55, T. Parker 12.24) 52m.59s.

2.—Motherwell (J. Paton 13.0, A. Fotheringham 13.21, D. Potts 13.49, J. Poulton 12.51) 53m.1s.

3.—Larkhall (J. Doran 13.46, D. Nairn 14.13, J. Queen 14.5, G. Leggat 13.3) 55m.7s.

Fastest laps:

1. T. Parker, Irvine 12.24
2. J. Poulton, Motherwell 12.51
3. R. Kennedy, Irvine 12.55

October 16th

Dundee Hawkhill H. 10M. Road Relay

Victoria Pk. A.C. again won this 10M. Road Relay, held over the Kingsway Course at Dundee. Ian Binnie, Vic. Pk., created a new lap record with a time of 13m.28s., thus beating the previous record held by his clubmate, A. Forbes, by 16s.

1, Victoria Pk. A.C. 56m.25s. (I. Binnie 13.28; C. Forbes; R. Kane; J. D. Stirling).

2, Braidburn A.C. 59m.28s.

3, Strathtay A.C. 59m.38s.

4, Falkirk Vic. H. 59m.57s.

Lanarkshire Championships at Auchenair

Shettleston H. had a comfortable victory in the Senior 10M. Race, beating Springburn by about 300 yds. in 60m.30s. The fastest lap time of 14m. 51s. was returned by E. Bannon, Shettleston H.

1, Shettleston H. "A" 60m.30s. (J. Turnbull 15.9; J. C. McGhee 14.57; H. Fox 15.33; E. Bannon 14.51).

2, Springburn H. 61m.21s.

3, Shettleston H. "B" 61m.56s.

The Youths' 6M. Relay Race was won by Springburn H., whose "B" Team were runners-up. E. Sinclair, Springburn, with a time of 9m.19s. had the fastest lap.

1, Springburn H. "A" 40m.13s. (A. Shaw 9.46; E. Sinclair 9.19; C. Mallon 11.1; D. Wilmot 10.7).

2, Springburn H. "B" 40m.53s.

3, Cambuslang H. 41m.

Dumbartonshire Championships at Jamestown

The Holders, Garscube H., lost their 10M. Relay Title to Vale of Leven A.C. after a thrilling tussle. T. Moy, Vale of Leven, with 11m.41s. returned the fastest lap time.

1, Vale of Leven A.C. 48m.47s. (R. Steel 12.34; T. Moy 11.41; R. Ferguson 12.35; A. McDougall 11.58).

2, Garscube H. 48m.57s.

3, Clydesdale H. 50m.52s.

Gala H. 1M. Road Race Handicap: 1, A. P. Sanderson (60y.); 2, T. G. Wintrup (40y.); 3, J. Fairbairn (180y.) 4m.34s.

Edinburgh N.H. 2½M. Handicap: 1, J. Fowler (1.14) 13.14; 2, T. Parley (2.00) 13.24; 3, G. Veitch (2.00) 13.34. Fastest time: J. Wilkinson 13.36.

October 23rd

RENFREWSHIRE 10m. RELAY CHAMPIONSHIP

The holders, Greenock Wellpark H., lost their title to Bellahouston H., after a pulsating struggle, by a matter of 20yds. The course was heavy and several fields waterlogged as a result of the recent heavy rains. Harry Fenion gave Bellahouston a good lead over the third lap, but Bob Stoddart lost it to Tom Stevenson, Wellpark, while running over the fields. However, Stoddart's speed regained the lead over the last stretch of road to give Bellahouston victory by 5 secs. The fastest lap time 12m.33s. was returned by Harry Fenion, Bellahouston.

1, Bellahouston H. 52m.9s. (J. Penman 13.20, C. Milligan 13.6, H. Fenion 12.33, R. Stoddart 13.0); 2, Greenock Wellpark H. 52m.14s. (G. King 13.22, D. McConnachie 13.36, J. Stevenson 12.40, T. Stevenson 12.36); 3, Plebeian H. 53m.32s. (J. Simpson 13.21, J. McCann 13.56, C. Smith 13.27, C. Small 12.48); 4, Paisley H. 53m.48s.

CHELMSFORD RELAY FOR T.V.H

THERE was a fine entry for the Chelmsford Road Relay (6 x 3 1/3 miles) last Saturday, when 41 teams started and 38 finished. Positions fluctuated greatly throughout the race, so that we had the winners, T.V.H., only 15th on stage 1, 13th on stage 2 when the R.A.F. team from Yatesbury were surprise leaders, then Olney ran a grand "leg" to take them up to 3rd, and Ellis continued the good work, with Ingles starting off six seconds behind Peter West, of Essex Beagles, and eventually winning by just over half a minute, breaking the lap record of Frank Sando by 11 secs.

Victoria Park moved up on every stage, starting 18th and finishing 9th. St. Albans started 6th, dropped to 17th, moved up to 16th, then up to 7th, and finished 6th. Essex Beagles were only out of the first two positions once—on stage 2—while Ilford ran extraordinarily well to finish third without ever being outside the first four. The R.A.F. team started well, 4th, then 1st, but

dropped to 14th, and could finish only 16th.

On stage 1, Woodford (Garrett 15.18) just got home from Learmouth, of Beagles, by 1 sec., with Shuttleworth (Ilford) and Dar-chambaud (RAF) close up. On lap 2 Long-staff set the cat among the pigeons when he took the R.A.F. team up into first place, with a 7 sec. lead over Owers, of Ilford, Woodford dropping back to third, just in front of Cambridge H. and Southend, who had moved up on this stage. Essex Beagles went back to 7th and lost considerably on time (Young 16.23).

Stage 3 saw Southend move up to take the lead, thanks to a fine run by Reeve, and Beagles went up to 2nd (Hames 15.27). Olney's great run took T.V.H. to third, followed by Ilford and Ipswich.

Baverstock took Beagles into the lead with a good run (15.26) on stage 4, with Southend 25 secs. behind, followed by T.V.H., Ilford, Cambridge H. and Aylesford.

It was on stage 5 that T.V.H. really got on terms with the leaders, Ellis (15.20) getting to within 6 seconds of Douglas (15.44) at the take-over and dropping Southend (Jones 15.50).

When they started on the final stage, it was anticipated that Ingles would make up the deficiency of some 40 yards, but he ran even better than expected, smashing Sando's record with a great 14.39, a magnificent effort. West too, ran well for equal third fastest time.

1, Thames Valley H. (Smith 16.03; Vivian 16.20; Olney 15.07; Cameron 15.35; Ellis 15.20; Ingles 14.39) 1:33.04.

2, Essex Beagles (Learmouth 15.19; Young 16.23; Hames 15.27; Baverstock 15:26; Douglas 15.44; West 15.16) 1:33.35.

3, Ilford AC (Shuttleworth 15.25; Owers 15.58; Tiffen 16.12; Mills 16.07; Wilson 15.22; Perkins 15.21) 1:34.25.

4, Southend AC (Lowen 15.52; Hawkins 15.34; Reeve 15.33; Bradford 16.01; Jones 15.50; McCalla 16.12) 1:35.02.

5, Cambridge H. (Wright 15.42; Dellar 15.43; Maynard 16.23; Morrison 16.02; Cass 16.00; Harland 15.43) 1:35.33.

6, St. Albans AC (Blyth 15.41; Goldie 17.20; Garrod 15.58; Thorpe 15.23; Palmer 15.58; O'Gorman 15.16) 1:35.36.

7, Hampstead 1:36.02; 8, Woodford Gn.

CITY OF ROCHESTER A.C.

31st Annual FIVE MILES OPEN ROAD TEAM RACE & INDIVIDUAL HANDICAP

(Under A.A.A. Laws)

From Rochester Swimming Pool

(By kind permission of Rochester Corporation)

The Esplanade, Rochester

5 mins. from Strood & Rochester Stations on

SATURDAY, 20th NOVEMBER, 1954

at 3 p.m.

TEAM RACE (12 enter, 6 run, 4 score)

1st team, SIMMONDS CUP and four prizes (Holders—Thames Valley H.; 2nd and 3rd teams—four prizes.

ENTRANCE FEE 5/- per team

INDIVIDUAL RACE

1st man home holds Willis Cup for one year.

1st, 2nd and 3rd Scratch prizes

1st, 2nd and 3rd Handicap prizes

Medal for first unplaced man from Surrey, Sussex, Middlesex, Essex, and 1st Veteran over 40 years.

Entries on A.A.A. Handicap forms—1/6. No Individual to take more than two prizes.

Closing date for entries, 1st post 8th November, 1954, to R. Fletcher, Cross Country Sec., 43 Burritt St., Rochester, Kent.

1:36.20; 9, Victoria Pk. 1:36.32; 10, Essex Beagles "B" 1:36.49; 11, Aylesford 1:36.58; 12, Ipswich 1:38.05; 13, Hadleigh 1:38.30; 14, Cambs. City 1:38.40; 15, Chelmsford 1:38.50; 16, RAF Yatesbury 1:38.55; 17, Brentwood 1:40.01; 18, TVH "B" 1:40.24; 19, Rochester 1:40.26; 20, Shaftesbury "B" 1:41.33; 21, Ilford "B" 1:41.38; 22, Vict. Park "B" 1:41.45; 23, Norwich 1:41.50; 24, Aylesford "B" 1:41.55; 25, Woodford "B" 1:42.58; 26, Parachute Regt. 1:43.55; 27, Cambs. H. "B" 1:44.48; 28, Southend "B" 1:45.05; 29, Loughton 1:46.03; 30, Ilford "C" 1:46.13; 31, Essex B. "C" 1:47.41; 32, Essex B "E" 1:48.13; 33, Cambs. City "B" 1:48.14; 34, Essex B "D" 1:48.29; 35, Chelmsford "B" 1:48.45; 36, TVH "C" 1:49.52; 37, Rochester "B" 1:52.12; 38, Southend "C" 1:56.19.

Alan Hine (Herne Hill H.) 27 Grange Park Road, Thornton Heath, Surrey, lost the bottom half of his navy blue track suit which must have been picked up from the side of the road while he was cooling down after running stage 4 of the London to Brighton Relay. Would the finder please return to the above address.

WALKING—contd.

of it, but this said founder committed suicide as result of an unhappy love affair.

Highgate H. Open 7 Miles Road Walk, Parliament Hill: 1, G. W. Coleman, Highgate H. 52.42 (record); 2, R. H. Richards, Cambridge H. 53.24; 3, B. Hawkins, Metropolitan W.C. 54.17; 4, H. T. Whitlock, Metropolitan 54.53; 5, B. E. Shepherd, Walton A.C. 55.17; 6, R. F. Goodall, Woodford Grn. A.C., 55.25; 7, D. Thompson, Metropolitan W.C. 55.28; 8, G. L. Meadows, Highgate H. 55.58; 9, R. Davies, Woodford Grn., 56.15; 10, J. E. Housden, Trowbridge A.C. 56.30.

Teams: 1, Metropolitan W.C. 28; 2, Woodford Green A.C. 46; 3, Highgate H. 59; 28 teams started. **Handicap:** 1, C. D. Cornes, Essex B.; 2, L. K. Evans, Leicester W.C.; 3, R. Dearing, Surrey W.C. **Handicap Teams:** 1, Surrey W.C. "A" 202.05; 2, Trowbridge A.C. 205.29; 3, Walton A.C. 205.30.

Livingstone Trophy Race

Alf. Poole (Worcester H.) romped home an easy winner of the first of the series of three Livingstone trophy Winter fixtures, arranged by the R.W.A. (Midland Area)

from Lozells H. at Handsworth on Saturday. For the greater part of the distance Poole was followed by one of his club mates in George Williams, only for the youngster to be overtaken by Albert Rozentals (Royal Sutton) with the finish almost in sight. 1, A. Poole (Worcester) 54.54; 2, A. Rozentals (R. Sutton) 57.57; 3, G. Williams (Worcester) 58.01; 4, J. Edgington (Godiva) 59.28; 5, F. O'Reilly (Lozells) 59.37; 6, B. A. Kibble (Leicester) 60.12. **Teams:** 1, R. Sutton Coldfield 26 pts.; 2, Worcester H. 40; 3, Coventry Godiva 42; 4, Lozells H. 47; 5, Birmingham WC 84. **Team H'cp.:** 1, Godiva 3:30.58; 2, Worcester H. 3:37.53; 3, Lozells H. 3:38.19. **B.B.**

RESULTS—contd.

Cambridge Univ. H. and H. I. beat Blackheath H. 34 pts. to 44. 1, A. J. Brent (B) 44.27; 2, W. J. Jones (C) 44.47; 3, J. Lawrence (C) 44.48; 4, D. A. Bentley (B) 45.26; 5, G. B. Crowder (C) 45.48; 6, B. Kay (C) 45.48.

Cambridge Univ. H. and H. II. beat Blackheath H. 36 pts. to 42. 1, Last (B) 42.01; 2, B. Sennitt (C) 42.33; 3, R. Bishton (C) 42.33; 4, T. Courtenay (C) 42.50; 5, D. Kirman (C) 43.30; 6, P. Baldwin (B) 43.33.

South London H. 29 pts. beat **Oxford Univ.** 61 and **Surrey A.C.** 81. 1, P. B. Driver (SLH) 26.08; 2, A. J. Weeks-Pearson (O) 26.21; 3, P. J. Pirie (SLH) 26.51; 4, D. F. D. Gilson (SLH) 27.15; 5, J. Butler (S) 27.25; 6, C. Wilson (SLH) 27.31.

London Univ. Trials. 1, R. H. Dunkley 32.21; 2, D. J. Pain 32.37; 3, D. R. Wilson 32.37; 4, T. Bailey 33.12; 5, J. A. Llewellyn 33.16; 6, P. O'Neill 33.21.

Reading Univ. 33 pts. beat **Maidenhead A.C.** 61 and **Southampton Univ.** 80. 1, M. Hymen (S) 23.15; 2, P. Dawson (E) 24.00; 3, P. Brassington (R) 24.10.

October 23rd

Inter-Schools C.C. Relay Race for "Herald Shield". 1, Sutton GS 68.12; 2, Raynes GS 71.11; 3, Tiffins GS 71.14; 4, Wallington GS 72.02; 5, Wallington GS "B" 74.17; 6, Raynes GS "B" 74.51; 7, Tiffins GS "B" 75.51; 8, Tiffins GS "C" 76.12. **Fastest times:** Barry (Raynes) 16.41; Di-Biase (Tiffins) 16.43; Fruin (Sutton) 16.48; Johnson (Sutton) 16.50; Pringle (Tiffins) 16.53; Stewart-Tull (Tiffins) 16.57.

Bristol A.C. 46 pts. beat **Bristol Univ.** 47, **Univ. Coll., Exeter** 130, and **Bristol Univ. II.** 135. 1, J. J. McDonald (BU) 37.11; 2, D. E. Smith (BAC) 37.48; 3, J. A. Pike (BU) 37.52; 4, M. Hunter (BU) 38.02; 5, J. Young (BU) 38.10; 6, A. Upsher (BAC) 38.10.

Lunesdale A.C. beat **Barrow A.C.** 24 pts. to 31. 1, B. Gill (B) 24.12; 2, H. M. Moneagle (L); 3, B. Lambert (L); 4, R. Gill (B); 5, H. Anderson (L); 6, G. H. Taylor (L).

Women

Middlesex L.A.C. Championships. 100: 1, W. Gomm 12.1; 2, J. Docker; 220: 1, J. Dudderidge 26.8; 2, J. Docker; 440: 1, W. Gomm 62.1; 2, E. Butcher; 880: W. Gomm 2:48.2; 2, V. Bassett 2:49.2; **Mile:** 1, V. Bassett 6:10.0; **80mH:** 1, W. Gomm 12.7; 2, B. Walker; **LJ:** J. Dudderidge 16'2"; 2, J. Docker; **HJ:** J. Docker 4'4"; **Wt:** M. Bingham 28'10"; 2, J. Docker 24'8½"; **D:** 1, Y. Kaye 83'10"; 2, J. Docker 80'5"; **J:** Y. Kaye 113'0½"; 2, I. Moseley 85'9". **Intermediate:** 100: 1, J. Marshall 13.2; 2, V. Cull; **LJ:**

J. Marshall 15'5"; 2, I. Moseley 13'3½"; **Junior:** 80: 1, A. Evans 10.4; 2, V. Johnson; 100: A. Evans 13.0; 2, C. Wilkie; 150: 1, C. Wilkie 18.9; 2, S. Marshall; **70H:** 1, A. Evans 11.4; 2, M. Gillies; **LJ:** C. Wilkie 15'7"; 2, L. Goddard 14'5"; **HJ:** L. Goddard 4'5"; 2, A. Evans 4'5"; **D:** D. Bramley 81'4"; 2, C. Wilkie 79'2"; **J:** 1, D. Bramley 67'5".

The Cestreham A.C., originally formed in 1889 as the Cestreham Cycling and Athletic Club, has re-formed with the assistance of the Chesham U.D.C. and "The Bucks Examiner." Hon. Secretary is J. A. Nichols, 106 Bellingdon Road, Chesham, Bucks.

Vladimir Kuts regained the world record for 5,000 metres when winning this event for U.S.S.R. at Prague, on October 23rd, in 13min. 51.2sec. Emil Zatopek was second for Czechoslovakia in 14.19. The time of Kuts at 3 miles, 13min. 26.4sec., was also a new world record.

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