

# Athletics WEEKLY

Oct. 31st, 1959.

9<sup>D</sup>

Vol. 13. No. 44.



FIRST THREE HOME IN THE NATIONAL JUNIOR ROAD WALK

## Buketa

**ATHLETIC VESTS  
and  
SHORTS**

are "Action-Cut" to the design of Olympic Champions—yet cost no more than ordinary kit

OBTAINABLE FROM ALL GOOD SPORTS OUTFITTERS

**THE OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN**



# WALKING

by A. D. McSweeney

**K**EN MATTHEWS had relief from a hard race over the Highgate course on Saturday and George Williams, his nearest competitor, was well over two minutes in arrears at the finish. Nearly 200 started the ascent of winding West Hill and Matthews breasted the top to pass at "Ye Olde Gate House" sixty yards up on Williams, Bob Clark and John Northcott. On the descent of North Hill Matthews went further away and from the two miles point he clearly walked well within himself and made no attempt to better his own course record of 49m. 09s., made last year in an all-out fight with Stan Vickers.

Along the fast busy section through Hampstead Garden Suburb, Williams pulled away from his two closest rivals and when the climbs started again at half distance Clark dropped Northcott a few yards. Bob Goodall was fifth and in a good position to pass all except Matthews if he found his customary finish. The long "caterpillar" wound its way round Hampstead Heath extension to take the stiff climb past the "Bull and Bush" at 5 miles and there were no changes up to this point in the forward positions. A little further back it was interesting to note the effort being made by Stuart Percy, walking very well indeed, to beat his Junior rival of the week before, Chris Manning—although he didn't succeed.

With a mile and a half to go the ensuing three-quarter mile drop down East Heath Road needed care if disqualification was to be avoided, but in the main the field successfully negotiated this and there were few upsets with the race finishing along the footpath to the Tea Pavilion. Matthews arrived comfortably in 50m. 36s.; Williams in 52.55, followed by Clark 53.09 and Northcott 53.25. Surprisingly Goodall had made no progress and was passed by Godbeer moving up fast in 53.31.

Highgate easily won the team race from Woodford and Metropolitan, but Belgrave, fourth, were sadly under strength.

**No Italian 100 km.** This big Italian International distance race, won in the past by Don Thompson and by Tom Misson (twice), has been cancelled this year at very short notice, so our possibles who no doubt have been keeping in training, must feel

somewhat disappointed. The race was to have been held on 1st November.

**R.I.P.** We are sorry to hear of the death of Mr. A. W. Levings, one of the Lancashire Walking Club stalwarts for a very long period.

## Police Win "Dunkley" Cup

The Metropolitan Police, who had beaten the Stock Exchange A.C. in their Annual Match on every occasion during the past 30 years until a narrow defeat last year, regained the "H. A. Dunkley" Trophy at Imber Court on Oct. 17th, scoring 280 to 315 for seventeen men a-side; but the Stock Exchange had first four home. The S.E. plan to finish four men in a row did not quite succeed, for their drill was not up to Guards' pattern and the line was bent to the degree that Ray Hall was deemed to protrude twelve inches in front of Stan Vickers—nursing the pack along—and therefore the winner. Although all given the same time the order of finish was decided as shown in the results column.

After the race presentations were made to Mr. Ernest Neville, for his services as an official to the M.P.A.A. over a very long period, and to Mr. John Bidgood, now retired from the Force.

## Highgate H. Open 7 Miles, Parliament Hill, October 24th

1, K. J. Matthews (R. Sutton) 50.36; 2, G. Williams (Belgrave) 52.55; 3, R. A. Clark (Poly) 53.09; 4, J. F. S. Northcott (H'gate) 53.25; 5, J. Godbeer (Camb. H.) 53.31; 6, R. F. Goodall (Woodford) 53.50; 7, C. Young (Essex B.) 54.08; 8, D. J. Thompson (Met.) 54.09; 9, A. G. R. Thomson (Met.) 54.51; 10, G. Meadows (H'gate) 55.05; 11, C. Williams (Ilf.) 55.11; 12, C. J. Manning (H'gate) 55.19.

**Teams:** 1, Highgate (3, 9, 11, 26) 49; 2, Woodford (5, 14, 24, 30) 73; 3, Metropolitan (7, 8, 21, 41); 4, Belgrave 80; 5, Cambridge H. 108; 6, Poly. 131. **Handicap:** 1, F. P. Baker (H'gate) 46.57; 2, P. Harrison 47.13; 3, R. Green (Surrey W.C.) 47.46. **Team H'cap:** 1, L. Vidarians 195.23; 2, Highgate 196.07; 3, Steyning 197.44.

**Met. Police v. Stock Exchange A.C. 10 Miles, Imber Court, October 17th.** 1, R. C. Hall (S.E.) 83.42; 2, S. F. Vickers (S.E.) 83.42; 3, R. E. Green (S.E.) 83.42; 4, F. W. Butler (S.E.) 83.42; 5, C. W. Fogg (Pol.) 84.47; 6, H. McGreechan (Pol.) 88.20.



Editor : P. W. GREEN

Printed and Published by—  
WORLD ATHLETIC & SPORTING  
PUBLICATIONS, LTD.

At their Editorial Offices—  
THE BROOK,  
CHATHAM, KENT.  
(Chatham 44644-5)

Advertisement Representatives—  
(Trade)  
W. HORACE BIGGS,  
PRESS ORGANISATION, Ltd.  
115 HIGH HOLBORN,  
LONDON, W.C.1.  
(Chancery 8752-3)

Subscription Rates—  
12 MONTHS (52 issues) 47s. 8d.

Direct subscribers in U.K. and H.M.  
Forces abroad:—

12 MONTHS (52 issues) 37s. 6d.  
6 MONTHS (26 issues) 18s. 9d.  
3 MONTHS (13 issues) 9s. 6d.

## CONTENTS

LETTERS TO THE EDITOR ...	4
BEST BRITISH PERFORMERS 1959	6
BELGRAVE YOUTHS' RELAY ...	8
MARTIN HYMAN answers the "A.W." Questionnaire	10
OVERSEAS NEWS ... ..	12
LEAGUE RACES ... ..	16
CHELMSFORD RELAY ... ..	17

EVERY SATURDAY—NINEPENCE

## GODIVA JOIN THE ELITE

THE way Coventry Godiva Harriers slammed London-Brighton winners Portsmouth, and Thames Valley H., in the Bristol-Weston & Back Road Relay last Saturday shows that they must be brought well into the reckoning when the National Relay is held next April.

Admitted, Portsmouth had Bruce Tulloh absent and the Valley made a bad start, but the manner of Godiva's victory proved that the Midlands now have another team with a winning chance in the National race to join Derby, the holders.

Perhaps Godiva's success will inspire them to greater things over the country, where the Midlands have been struggling for many years to recover some of the pre-War glory which attended Birchfield Harriers in their heyday. If Godiva could emulate some of the Stagbearers' successes, which were characterised by great determination and solidity, it would be good for the sport, for the Midlands have had a rather lean time of it since the last War.

This has been one of those weeks when we have been inundated with all manner of results, readers' letters and various other items. We cannot include them all in this issue, but if your particular item is not included, please bear with us. The 100 mile race, Hereford to Ross-on-Wye Road Race, Welsh and Scottish Notes and some letters are among the items which have had to be omitted, but they will all appear next week.

Arthur Winter tells me that the Polytechnic Harriers' Marathon Reunion will be held at the Polytechnic on Saturday, February 13th at 6.45 p.m. This is the night after the Southern Cross-Country Championship at Hampstead and Arthur hopes for the support of some of the competitors and their friends. He would have liked to make it a date when those from the provinces could have come along, but was unable to obtain a room on that particular night.

THE EDITOR

Cover photo by H. Wares

First three home in the National Junior 5 Miles Road Walk at Wembley Park: L. to R.—S. J. M. Percy (Cambridge H.) 2nd, C. J. Manning (Highgate H.) 1st, and R. Wallwork (Lancs. W.C.) 3rd.



# LETTERS TO THE EDITOR

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

## CRITICISM—AND A REPLY

Dear Mr. Editor,

Olympic year is almost present, athletes all over the country are preparing for next season's Games. Facilities are limited, but enthusiasm and encouragement are in abundance. Everyone is lending a helping hand . . . at least one would think so!

This unfortunately is not the case. A very good example of English absurdity is the case of Mr. George Pallett, Hon. Women's A.A.A. coach, who possesses a most unsportsmanlike attitude towards some of our Internationals.

It has come to be, that two of our prospective women Olympic sprint hopes have been refused weight training facilities during this rather important winter season, organised by Mr. Pallett, as on the grounds of a first come, first served basis. This appears understandable; what appears incomprehensible is that these two young sprinters had approached Mr. Pallett months before sessions commenced and received his approval. Yet this Women's A.A.A. coach could find no room whatsoever for two probable Olympic women sprinters!

This is not only a mysterious attitude towards British Internationals, but a rather unsportsmanlike, seemingly selfish, typically arrogant and certainly a most unfriendly side of Mr. Pallett's character.

How in wonder can a team be sent to Rome, if co-operation all round is to be shattered by such incorrigible acts as Mr. Pallett's! I am not only disgusted that one of our coaches has taken a sour turn, but dismayed that such characters are in such a strong position to do just as they please; at a most crucial time resulting in chaos among our Internationals, who, after all, are only out to do their best for the country.

Yours sincerely,

D. A. Cobb,  
Hercules A.C.

### Editors' Note:

We have published this letter because we feel that it is far better that such comments

should be brought out into the open and quashed, than be said either behind the back of the person criticised, not always intentionally, or be the subject of club and dressing room gossip. In such cases the person concerned has little chance of replying to the criticisms made against him. Mr. Pallett's reply is printed below:—

Dear Mr. Editor,

My conditioning class, as I prefer to call it, comprises weight training or circuit training (depending on the event in which the athlete competes), physical training, apparatus work and indoor games. Its aim, *as a whole*, is to establish a condition in an athlete which will enable the most strenuous training to be undertaken without harm, and ensure ability to absorb techniques with the maximum benefit. Some of the class have been in it since its inception, eight or nine years ago, and I doubt if those attending would subscribe to the criticisms made.

The two athletes concerned are not, of course, prospective internationals—they are internationals already. Both attended the class in a previous session *at the request of their coach*, and they had their best season ever the following summer.

I make a condition of joining the class, and think it reasonable, that all members undertake to attend regularly throughout the winter, and take part in all activities, solely because only thus will the maximum benefit be obtained. These two athletes were inclined to be aloof, did not take part in activities they didn't want to, were inclined to leave when they had done all they thought they should do, and stopped attending before the end of the session. Their response to my request to do as the others did, was that their coach had forbidden them certain of the activities. On the other hand, their coach said they didn't want to take part in certain activities either because they didn't like them, or didn't want to hurt themselves. Who to believe?

In any event, their attitude caused resentment among other members of the group,



not a happy situation nor conducive to the best results. There are always more applicants than I can take owing to restricted accommodation and when these two athletes approached me this year I explained that I could only take those who were prepared to undertake the whole range of activities and remain with the group throughout the whole term. This undertaking was not forthcoming and I continued to recruit others from the waiting list. When eventually I was asked when the class would start (still no undertaking) I had to explain that the class was full.

I should mention that others from the same club have been accepted—perhaps it is a case of sour grapes. I am not concerned whether applicants are internationals, only that they are keen and willing to co-operate, whatever their prospects. The group now contains internationals, near internationals and just good old plodders, and there is a much better atmosphere of team work and mutual help this year.

These two athletes have their own coach. Surely I am not under an *obligation* to assist them at the expense of upsetting the rest of the group? Has a coach no right to refuse to assist for good and sufficient reasons?

Yours sincerely,  
**George Pallett**

### HUMORIST

Dear Sir,

With regard to Mr. Mackenzie's letter, I would like to assure him that Terence Brown, whoever he may be, will undoubtedly be interested to know that Britain's greatest high jumper is a member of Hermes' Club.

To me, however, this means nothing. For the athletes concerned were obviously included in the team so that London would beat Stockholm. Well, what the "three stars" and "two asterisks" did it matter if Stockholm beat London or vice versa. The more important fact was that London clubs generally benefited financially from the match, which I understood to be the reason for promoting the meeting. It can be argued that the athletes concerned were included to draw in the crowds, being "Stars," but if they had been included as guests, this would

still have happened, and the actual match would have been a more even and interesting contest. I have always understood that an athlete graduates to International athletics in 3 stages, striving first to represent his area, secondly his County and finally gaining a full International vest, the ultimate aim. It now seems that this first stepping stone is to be denied the athlete because of the importation of Internationals into Area teams, purely on the grounds that they joined an area club for the express purpose of being included in the team.

It will be interesting to see how many of the imported Internationals represent Hermes next season.

May I hope that this correspondence improves 3 things:—

- (a) the choosing of area teams;
- (b) my handwriting so that Brann is not construed as Braun; and
- (c) Mr. Mackenzie's power of observation so that Braun is not construed as Brown, because I am now,

Yours (even more confused),  
**Terence E. Brann,**  
alias Braun, alias Brown.  
Hercules A.C.

### FACILITIES

Dear Mr. Editor,

Well, I've been told, and now I know. The position in Britain regarding athletic facilities is satisfactory and regarding coaching is almost satisfactory. The annual crop of promising youngsters turned out by the schools is not wasted.

My humblest apologies to Messrs. Crump and Sealy and everyone else who has worked so hard to achieve the present happy state of affairs. How the athletes in the United States and Scandinavia must envy their British counterparts.

Yours abjectly,  
**Bob Hoare**

### WHITE CITY RUN-UPS

Dear Sir,

May I, through your magazine, make a plea for discussions to be started with the G.R.A. with a view to getting the run-ups and pits for the long jump, hop, step and jump, and pole vault at the White City altered?

(Continued on page 5)



# BEST BRITISH PERFORMERS 1959

Compiled by members of the National Union of Track Statisticians

Note : Amendments will be gratefully received by Melvyn Watman, 39 Bethune Rd., London, N.16.

## 100 YARDS

9.4	Jimmy Omagbemi (TVH/Nigeria)	30.5	10.0	Peter Crosby (Leeds A.C.)	6.6
9.5	Peter Radford (Birchfield H.)	18.7	10.0	Haydn Emery (Hereford A.C.)	6.6
9.7	Ronald Jones (Birchgrove H.)	14.8	10.0	F. Smith (Met. Police)	10.6
9.8	John Young (Oxford Un.)	24.2	10.0	Roger Harris (Charterhouse S.)	11.6
9.8	James Railton (Loughboro' C.)	22.4	10.0	Ronald Chambers (Short & Har.)	13.6
9.8	Brian Smouha (LAC)	9.6	10.0	Dennis Adams (Pt Sunlight A.C.)	16.6
9.8	Patrick Toner (Albert Foundry)	13.6	10.0	Joseph Riverson (Q. Un./Ghana)	17.6
9.8	Ronald Whitelock (VPAAC)	27.6	10.0	Berwyn Jones (Caerleon T.C.)	20.6
9.8	David Jones (Woodford G. A.C.)	18.7	10.0	Thomas Heppell (Jarrow A.C.)	23.6
9.8	Neville Whitehead (Birchfield H.)	18.7	10.0	Marvin Goosey (RAF)	30.6
9.8	Adrian Breacker (Mitcham A.C.)	22.8	10.0	Roger Francis (Ilford A.C.)	4.7
9.8	David Segal (TVH)	19.9	10.0	David Clapton (Deptford Pk A.C.)	7.7
9.9	Robbie Brightwell (Birchfield H.)	7.5	10.0	G. Hoop (Lancs. Police)	18.7
9.9	James Jarvis (Birmingham Un.)	9.5	10.0	Brian Rider (Woodford G. A.C.)	18.7
9.9	John Boughton (Ilford A.C.)	10.5	10.0	Ronald Nicholson (Heaton H.)	25.7
9.9	Alan Dunbar (VPAAC)	16.5	10.0	Jack Cole (Halesowen A.C.)	4.8
9.9	Douglas Hahn (Blackheath H.)	16.5	10.0	David Armitage (Lincoln Well.)	8.8
9.9	John Metcalf (Achilles)	30.5	10.0	Brian Cox (Mitcham A.C.)	25.8
9.9	Ian Taylor (Oxford Un.)	2.6	10.0	Brian Anson (Leeds A.C.)	12.9
9.9	John Morgan (TVH)	2.6	10.0	Edward Bailey (Brentwood A.C.)	19.9
9.9	Bernard Gray (Manchester A.C.)	6.6	<b>Wind Assisted</b>		
9.9	Trevor Dennis (Sheffield Un.)	10.6	9.7	Trevor Dennis (Sheffield Un.)	13.6
9.9	Robert Cockburn (Edin'gh S.H.)	11.6	9.7	Michael Radcliffe (Liverpool H.)	15.8
9.9	Wynne Oliver (Llanelly G.S.)	20.6	9.7	David Segal (TVH)	22.8
9.9	Ralph Holmes (Loughboro' C.)	27.6	9.8	Wynne Oliver (Llanelly G.S.)	6.6
9.9	Orlando Baggott (Kingston/S.A.)	8.7	9.8	Ian Taylor (Oxford Un.)	10.6
9.9	John Oxtan (Wirral A.C.)	12.8	9.8	Michael Hildrey (VPAAC)	20.6
10.0	Peter Cornell (Hercules A.C.)	25.4	9.8	Ralph Holmes (Loughboro' C.)	22.6
10.0	Barry Shaw (ULAC)	29.4	9.8	David Crane (Loughborough C.)	27.6
10.0	John Cousins (RAF)	6.5	9.8	Brian Mitchell (I. of Sheppey)	3.8
10.0	Nicholas Torry (Chelmsford A.C.)	9.5	9.8	John Oxtan (Wirral A.C.)	15.8
10.0	P. Tunstall (St. Gregory's A.C.)	9.5	9.8	Nicholas Torry (Chelmsford)	31.8
10.0	John Salisbury (Birchfield H.)	10.5	9.9	Peter Idle (LAC)	2.5
10.0	Dewi Roberts (Cambridge Un.)	12.5	9.9	Ronald Thomson (LAC)	11.5
10.0	George Cmela (LAC)	16.5	9.9	Berwyn Jones (Caerleon T.C.)	6.6
10.0	Norman Harris (Sheffield Un.)	16.5	9.9	Keith Williams (LAC)	6.6
10.0	Orien Young (Portsmouth/Berm.)	18.5	9.9	Dewi Roberts (Cambridge Un.)	10.6
10.0	John Sams (Fulham A.C.)	23.5	9.9	Orien Young (Portsmouth/Berm.)	13.6
10.0	Alexander Ballantyne (VPAAC)	27.5	9.9	Charles Williams (Poly H./Trin.)	13.6
10.0	Sylvan Deane (Belg. H/Br. Gu.)	27.5	9.9	Michael Fitt (Stafford A.C.)	20.6
10.0	Michael Hildrey (VPAAC)	30.5	9.9	Malcolm Yardley (Birchfield H.)	20.6
10.0	Michael Fitt (Stafford A.C.)	30.5	9.9	John Smith (Shettleston H.)	20.6
10.0	M. Deakin (Coventry G.H.)	30.5	9.9	Joseph Riverson (Q. Un./Ghana)	20.6
10.0	Archie McDonald (ULAC)	30.5	9.9	Brian Jackson (Lozells H.)	27.6
10.0	Peter Hildreth (Poly H.)	30.5	9.9	Brian Davies (Llanelly G.S.)	4.7
10.0	Alan Gowers (Southgate H.)	2.6	9.9	John Jones (Roath H.)	4.7
10.0	Harley Smith (Ruis.-N. AC/USA)	2.6	9.9	Ronald Nicholson (Heaton H.)	25.7
10.0	Brian Sivyver (Chingford A.C.)	6.6	9.9	Dennis Adams (Pt. Sunlight A.C.)	5.8
10.0	David Crane (Loughborough C.)	6.6	9.9	Marvin Goosey (RAF)	8.8
			9.9	K. Marchant (RAF)	8.8



**100 METRES**

10.3	Peter Radford (Birchfield H.)	23.5
10.4	Ronald Jones (Birchgrove H.)	3.10
10.5	Jimmy Omagbemi (TVH/Nigeria)	3.10
10.5	David Jones (Woodford Gn.)	10.10
10.6	Robbie Brightwell (Birchfield H.)	23.5
10.7	Neville Whitehead (Birchfield H.)	23.5
10.7	Adrian Breacker (Mitcham A.C.)	3.10
10.8	James Railton (Loughboro' C.)	4.9
10.9	Peter Eldridge (Belgrave H.)	25.1
10.9	Michael Radcliffe (Liverpool H.)	25.4
10.9	Brian Cox (Mitcham A.C.)	16.6
10.9	Alfred Meakin (Blackpool & F.)	3.10

**220 YARDS**

(\*—200 metres time plus 0.1 sec.)

21.2	Peter Radford (Birchfield H.)	18.7
21.2*	David Jones (Woodford Gn.)	11.10
21.4*	David Segal (TVH)	12.9
21.5	Robbie Brightwell (Birchfield H.)	7.5
21.5	Ronald Jones (Birchgrove H.)	19.9
21.6	John Young (Oxford Un.)	9.5
21.6	Brian Smouha (LAC)	18.5
21.7	John Metcalf (Achilles)	19.5
21.8	James Railton (Loughboro' C.)	9.5
21.8	Ian Taylor (Oxford Un.)	20.5
21.8	Christopher Lindsay (QPH)	3.8
21.8	Ronald Nicholson (Heaton H.)	3.8
21.8	John Wrighton (Southgate H.)	18.8
21.8	Marvin Goosey (RAF)	19.9
21.9	John Salisbury (Birchfield H.)	12.5
21.9	John Boughton (Ilford A.C.)	16.5
21.9	Alexander Ballantyne (VPAAC)	16.5
21.9*	Brian Anson (Leeds A.C.)	6.9
22.0*	Peter Eldridge (Belgrave H.)	25.1
22.0	Melvyn Smith (Bingley H.)	23.5
22.0	Neville Whitehead (Birchfield H.)	4.6
22.0	John Crumplin (Mitcham A.C.)	17.6
22.0	Graham Thomas (Portsmouth)	10.7
22.0	Brian Rider (Woodford Gn. A.C.)	5.8
22.0	Adrian Breacker (Mitcham A.C.)	25.8
22.1	Edward Sampson (Blackheath H.)	2.5
22.1*	Jimmy Omagbemi (TVH/Nigeria)	2.5
22.1	James Jarvis (Birmingham Un.)	9.5
22.1	Dewi Roberts (Cambridge Un.)	12.5
22.1	Michael Hildrey (VPAAC)	30.5
22.1	Archie McDonald (ULAC)	30.5
22.1	Alfred Meakin (Blackpool & F.H.)	6.6
22.1	Brian Levison (Portsmouth A.C.)	14.6
22.1*	Robert Baddeley (Army)	17.7
22.1	Robert Francis (LAC)	18.7
22.1	Nicholas Torry (Chelmsford)	3.8
22.2	John Mitchell (Elswick H.)	11.5
22.2	Norman Harris (Sheffield Un.)	13.5
22.2	Ronald Patten (Shaftesbury H.)	23.5

22.2	George Cmela (LAC)	30.5
22.2	Charles Williams (Poly H./Trin.)	6.6
22.2	Barry Jackson (Lozells H.)	10.6
22.2	Ronald Chambers (Short & H.)	20.6
22.2	John Oxton (Wirral A.C.)	5.8
22.3	Edward Bailey (St. Joseph's C.)	23.4
22.3	R. Angier (Cambridge Un./S.A.)	12.5
22.3	Ronald Thomson (LAC)	18.5
22.3	John Sutherland (Edinburgh U.)	30.5
22.3	David Clapton (Deptford Pk)	30.5
22.3	Paul Phillips (E. Barnet G.S.)	30.5
22.3	Bernard Gray (Manchester A.C.)	6.6
22.3	Colin Field (Birmingham Un.)	17.6
22.3	Patrick Glossop (Brighton A.C.)	20.6
22.3	Wynne Oliver (Llanely G.S.)	20.6
22.3	Norman Patterson (Boro'muir S.)	24.6
22.3	Roger Francis (Ilford A.C.)	4.7
22.3	Brian Sivy (Chingford A.C.)	25.7
22.3	Adrian Metcalfe (Roundhay S.)	25.7
22.3	Peter Higgins (Southgate H.)	2.10

**Wind Assisted**

21.3	David Segal (TVH)	3.8
21.4	Robbie Brightwell (Birchfield H.)	20.6
21.6	Orien Young (Portsmouth/Berm.)	13.6
21.6	Graham Thomas (Portsmouth)	13.6
21.8	John Salisbury (Birchfield H.)	18.5
21.8	Brian Anson (Leeds A.C.)	13.6
21.8	Alistair McIlroy (Thurrock H.)	18.7
21.9	Barry Jackson (Lozells H.)	13.6
22.0	Archie McDonald (ULAC)	25.4
22.0	Brian Levison (Portsmouth A.C.)	23.5
22.0	John Jones (Roath H.)	13.6
22.0	Brian Mitchell (I. of Sheppey A.C.)	3.8
22.0	David Clapton (Deptford Pk.)	3.8
22.1	Charles Williams (Poly H./Trin.)	13.6
22.1	Michael Fitt (Stafford A.C.)	20.6
22.2	John Severs (Loughborough C.)	13.6
22.3	Charles Jones (Belgrave H.)	13.6
22.3	Malcolm Yardley (Birchfield H.)	20.6

**Straight Track**

21.5	Alan Gowers (Southgate H.)	2.6
21.6	Ian Taylor (Oxford Un.)	2.6
21.8	Ronald Thomson (LAC)	2.6
21.8	Frank Superville (Finchley/Trin.)	2.6

**440 YARDS**

(\*—400 metres time plus 0.3 sec.)

47.2	John Wrighton (Southgate H.)	1.8
47.5*	John Salisbury (Birchfield H.)	23.5
47.5*	Malcolm Yardley (Birchfield H.)	5.9
47.7	Edward Sampson (Blackheath H.)	20.6
47.7	Christopher Lindsay (QPH)	20.6
47.9*	David Segal (TVH)	15.9
48.1	Peter Higgins (Southgate H.)	11.7

(Continued on back page)



# GREAT FINISH TO BELGRAVE YOUTHS' RELAY

A LARGE entry ensured an interesting and fluctuating race when Belgrave H. held their Open Youths' Relay on Oct. 17th.

L. Williams (VPH) led the runners home on the first leg with 11.47, closely followed by Tony Barnes (Crawley) 11.49. Then came Phillips (R.A.F.) 11.57, Westwood (Finchley) 12.05 and Danks (King's College) 12.10.

The second stage saw many changes, with Russell, of Croydon, coming from 15th to 1st with a fine run of 11.44. Crawley kept second place, 16 sec. behind, and were followed by R.A.F. Halton, V.P.H. and Wadham, all close up.

On the third circuit P. Snook took the Halton boys into the lead with a run of 11.54, six seconds ahead of Howe of Wad-

ham, who had 7 sec. to spare from Callaghan of V.P.H. Then came Croydon, Q.P.H. and Watford.

On the final lap there was a great race between the first two, Adams, of Wadham, running a great last lap of 11.23, fastest time of the day, to fail only by inches to catch the R.A.F. boy V. R. Driver, who had third fastest time of 11.29. They ran neck and neck in a terrific finish over the last 100 yards, Driver just getting the verdict and both teams recording the same time. V.P.H. held on to third place, but the next two places were filled by Hercules, for whom Dunphy came from 14th to 4th, and Reading, for whom Allen came from 17th to 5th. Forty-nine teams finished.

1, R.A.F. Halton (R. T. Phillips 11.57, A. V. Watson 12.30, P. Snook 11.54, V. R. Driver) 47m. 50s.

2, Wadham H. (J. McCormack 12.12, J. A. Kilbey 12.23, R. E. Howe 11.52, R. F. Adams 11.23) 47m. 50s.

3, Victoria Pk. H. (L. Williams 11.47, B. Dean 12.47, D. Callaghan 12.00, P. Jones 12.06) 48m. 40s.

4, Hercules A.C. (E. G. W. Slater 12.43, A. E. Griffith 12.05, B. C. Brind 12.36, M. Dunphy 11.35) 48.59.

5, Reading A.C. (J. K. Tull 12.28, D. A. Rowark 12.31, J. Kirk 12.37, D. K. Allen 11.47) 49.23.

6, Watford H. (F. North 12.23, K. Barnard 12.17, M. Dixon 12.24, K. Atkins 12.24) 49.28.

7, Queens Park 49.31; 8, Mitcham 49.35; 9, Surrey Beagles 49.37; 10, Finchley 49.38; 11, Hercules "B" 49.40; 12, Kings College School, Wimbledon 49.40; 13, Southgate 49.46; 14, Mitcham "B" 49.52; 15, Surrey A.C. 50.02; 16, Croydon 50.10; 17, Essex Beagles 50.10; 18, Redhill & Reigate 50.18; 19, Crawley 50.42; 20, Hornchurch 50.44; 21, Sutton & Cheam 50.44; 22, Aylesford Paper Mills 51.06; 23, Woodford Green 51.16; 24, City of Rochester 51.17; 25, Army Apprentices' School, Harrogate 51.26.

**Fastest laps:** R. F. Adams (Wad.) 11.23; M. Browne (Thurrock) 11.25; V. R. Driver (R.A.F. Hal.) 11.29; M. Dunphy (Her.) 11.35; J. Russell (Croy.) 11.44; L. Williams (VPH) 11.47.



Charlie Dabbs (Belgrave H.), winner of the 15 miles and 25 kilometres track races promoted by the Road Runners' Club and Walton A.C.

E. D. Lacey



## LETTERS (contd.)

In previous years we have seen American pole vaulters — and others — use the whole width of the track for their run-up, so also have we seen long jumpers “run through” onto the track, and this year the two Polish “hop-steppers” were considered to have performed under par due to length of the pit.

I well appreciate that when the facilities were laid down, they were considered adequate (25 years ago?) but we must move with the times (or should I say distances) and if the White City is to be our athletics showpiece, changes must be made, even at the expense of other sports. After all, the pits and run-ups could be covered when not in use.

Yours faithfully,

**L. Crouch**

## SEPARATE SCOTTISH TEAM

Dear Sir,

I was interested to read Mr. Davidson's letter in *Athletics Weekly* of the 17th October, suggesting that Scotland be invited to make a third side in the present England matches and that the present Great Britain “B” matches should become English fixtures to enable more Great Britain competitors to take part. Strangely enough the Committee of this club at its last meeting talked on this particular subject. This club was formed to help Scottish athletics and Scots athletes in England, and we feel the suggestion made is an excellent one in every way.

Let us hope that the present sponsors of these meetings can see their way to extend their present generous work to include a further team. I have had the opportunity

within the last fortnight of speaking of this matter, quite unofficially, to Mr. Clynes, Honorary Secretary of the A.A.A. and Mr. Walker, Honorary Secretary of the Scottish A.A.A., and I did not gather that either of them, personally, were against it.

Mr. Davidson has asked for other opinions (incidentally, I am sorry that he did not include A. R. Houston, who was third in the Scottish championships in his list of high jumpers). May I say my club is wholeheartedly behind the suggestion and like Mr. Davidson, I will also be interested to read other comments on this subject and to hear of any progress that is made towards the inclusion of Scotland in these matches. Let us hope that the day is not far off when four, instead of two, British athletes will be able to gain match experience at an international level.

Yours truly,

**T. Robertson**

Hon. Secretary, Anglo Scottish A.C.

## STATISTICS

Dear Sir,

In his article on Statistics (“A.W.” 17.10.59) Peter Hopkins states that the scores in the recent G.B. v. U.S.S.R. match presumably had bonus points added for the special awards (Boltznikov, Hewson and Miss Bignal). The score could have come out to the official result for both men's and women's matches if 5 for 1st and 3 for 2nd was awarded for the relays, although this would be unusual.

Yours faithfully,

**P. S. Mackenzie**

*The finest obtainable*

## ROAD RUNNING SHOES

*at reasonable prices*

Beautifully supple black leather uppers with white strip facings. Very comfortable but hardwearing microcellular sole. Extremely light in weight. Half-sizes.

These are really superior hand-made shoes and many road runners report covering more than 3,000 miles in them.

Uppers now made of finest kangaroo—at no extra cost

Price 62/-

Postage 1/6

**THE SPORTS CENTRE**

:

**8 Medway Street, Chatham**



# MARTIN HYMAN

(Portsmouth A.C.)

## *answers the A.W. Questionnaire*



Right: Martin Hyman (left) running  
with Mike Bullivant against Poland.



**Name (Surname first):**

Hyman, Martin

**Birthplace and date:**

Southampton, 3.7.33

**Height:**

5ft. 10in.

**Weight:**

About 10-10½ stone

**Occupation:**

School Teacher

**Club:**

Portsmouth A.C.

**When did you first commence  
athletics?**

At Southampton University 1953

**What were your first events?**

Cross-Country, Mile

**What are your favourite  
events now?**

Road Relays

**What are your best marks at  
these events?**

Mile 4:17.0, 2 Miles 8:47.8, 3 Miles 13:29.2, 6 Miles 28:16.4.

**Give brief details of your ath-  
letic career, championships  
won, dates and perform-  
ances:**

1954: 1st various Southampton University Track & Cross-Country Champs. 1955: 1st Southern Universities Track & Cross-Country Champs. 1956: 1st Hampshire Track, Cross-Country & Road Champs. 1957: Abroad. 1958: 1st British Universities Cross-Country Champ. 4th Empire Games 6 Miles. 1959: 1st Inter-Counties 6 Miles 28:23.0 (Ch.B.P.). 1st South of Thames Cross-Country Champ. Fastest time in all road relays last 2-3 years, including Hyde Park lap record and London to Brighton stage 8 record.



**Which performance gave you most personal satisfaction and why?**

Jointly winning 6 Miles in Great Britain v. Poland match in August. I have always advocated even paced running and been much criticised by those who say "You'll never get there if you don't go with them." I also firmly believe that athletics is at its best as a team sport. Thanks to the magnificent help of Mike Bullivant these views received public justification.

**How many days a week do you train in (a) Summer and (b) Winter?**

(a) 3-5 and race (b) 3-5 and race

**At what time of the day do you normally do your training?**

5 p.m. sometimes 10 p.m. Sundays earlier

**How long do you spend on each training session?**

25-60 minutes (The first 5-15 minutes warm up and perhaps exercises)

**Give a brief outline of your training in the Summer season, with a typical week's work:**

Monday: 24 x 1/5 mile (grass track in training shoes) about 54 secs. each, 1/10 mile jog interval in 54 secs.

Tuesday: 7-11 x just over 1/2 mile in park. 2 minutes rest interval

Wednesday: 15 x about 550 yards in field. 275 yards jog interval.

\*Thursday: 15-50 short "sprints" with very short jog intervals.

Friday: Rest.

Saturday: Race.

Sunday: 3-8 x 1/2 mile **steep** hill (country road) with 2 1/2 minute jog interval, or if tired (mentally) easy country or walk 3-15 miles.

\*N.B. This is a theoretical maximum. I often miss or reduce some days and am well satisfied if I do 3 days in full.

**Give a brief outline of your training in the Winter season, with a typical week's work:**

Much the same as summer but more long stuff eq. 3-7 x 1 1/4 mile road with 2 1/2 minutes rest intervals, or cross-country fartlek with fast bursts especially up hills. Also more road work as you can't run fast in fields after dark.

**How often do you compete in the competitive season(s)?**

Once per week.

**Describe briefly the warming-up you do before competition and time taken:**

Between half and one hour before 1-3 miles jog, 25 minutes before 1-3 minutes exercises, 15 minutes before 10 minutes jog and strides, last 5 minutes keep warm.

**How many days rest do you prefer before competition?**

One before any race. Two or more before major races.

**Name the coaches who have coached you:**

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

I should like to see the lavish banquets, often associated with big athletics meetings, replaced by more informal gatherings in keeping with the spirit of athletics, and the money saved devoted to the improvement of athletics facilities.



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

Go it lad!

Do you include any weight or Circuit training in your programme? If so, what work of this nature do you do and what benefits have you noted?

No, but Cliff Bould is on the point of persuading me. They tell me I'm so weedy I can't possibly run without!

## Overseas News

By MELVYN WATMAN

**10.9. Lund:** 880 (revised result): Lewandowski (Pol) 1:48.6 (1:47.8 at 800m), Waern (Sw) 1:49.0 (1:48.2m), Holt (GB) 1:50.0 (1:49.2m), Blythe (GB) 1:50.5 (1:49.6m); 1500: Winch (GB) 3:52.8; 5000: Gilligan (GB) 14:27.0; SP: Harrison (GB) 51'1½".

**10-14.9. Krasnodar:** HJ: Shavlakadze 6'9½"; LJ: Goryayev 24'9½"; HSJ: Goryayev 54'2", Kreer 54'0"; 20km walk: Vedyakov 1:29:10.2. Women's 100: Itkina 11.6 (11.5 heat); 200: Itkina 23.7; 400/440: Itkina 53.4/53.7 (world records); 800: Levicka 2:08.1; 80mH: Safronova 10.9, I. Press 11.0 (10.8 ht); DT: Tugushi 179'2"; JT: Makarova 174'0¼"; Pen: I. Press 4880 (world record), Schmakova (all USSR) 4611.

**11.9. Uddevalla:** 800: Blythe 1:53.5.

**12.9. Trelleborg:** 110H: Robinson (GB) 14.9.

**12.9. Potsdam:** 4 x 1500: ASK Vorwarts, Berlin (EG) 15:14.2 (world's best by club team) (Hannemann 3:51.5, Meinelt 3:49.7, Grodotzki 3:48.8, Valentin 3:44.2).

**12-15.9. Odessa:** 1500, 5000 & 10,000: Bolotnikov 3:50.6, 14:10.8 & 29:06.8; PV: Krassovskiy 14'9½"; 10km walk: Panichkin 41:35.0 (world's best), Golubnichi 41:49.6, Mikenas 41:59.8, Avramenko 42:59.4; 20km walk: Golubnichi 1:26:13.2 (world record), Mikenas 1:28:22.2. Women's LJ: Radchenko (all USSR) 20'1".

**13.9. Hagfors:** 100: Trollas (Sw) 11.0 ... 3, Metcalf (GB) 11.2; 400: Trollas 48.0 ... 3, Cope (GB) 48.5; 1000: note Blythe 2nd in 2:23.3; 400H: Trollas 52.2, Metcalf 52.8.

**13.9. Ostrava:** Mar.: Kantorek (CSR) 2:19.06. Women's JT: Peskova (CSR) 176'5¼".

**13-16.9. Grosny:** 100 & 110H: Mikhilov 10.5 & 13.7 (13.7 & 13.8 in heats); 20km walk: Lavnov 1:29.15.8, Spirin 1:29:33. Women's 800: Kotova 2:07.9; LJ: Shaprunova 20'1¼"; SP: T. Press (all USSR) 52'6¼".

**14.9. Vaxjo:** 800: Lewandowski 1:50.2, Holt 1:51.3; 1500: Winch 3:59.5; 3000: Gilligan 8:22.2, Tjernebo (Sw) 8:24.2; 110 H: Robinson 14.8, Parker (GB) 14.8; LJ: Wahlander (Sw) 24'8", Kropidowski (Pol) 24'8"; JT: Sidlo (Pol) 258'3¼"; SP: Uddebom (Sw) 52'5½", Harrison 50'1½".

**15.9. Turku:** 200: Segal (GB) 21.4, Wrighton (GB) 21.7, Hellsten (Fin) 22.0; 400: Wrighton 47.0, Hellsten 47.3, Segal 47.6; 800: Salonen (Fin) 1:48.6, Rawson (GB) 1:51.6; 5000: Eldon (GB) 13:47.6 (400-60.8, 800-2:09.5, 1500-4:03.8, 3000-8:15.2, 4000-11:05.0, 3 miles-13:23.6), Virtanen (Fin) 14:59.4.

**15.9. Stockholm:** 200: Fernstrom (Sw) 22.5, Metcalf 22.6, Taylor (GB) 22.8; 300m: Pettersson (Sw) 34.3, Trollas 34.4, Metcalf 34.9; 800: Matuschewski (EG) 1:53.2 ... 6, Blythe 1:55.4; 1500: Waern 3:44.2, Valentin 3:45.3, Lewandowski 3:50.0, Barris (Sp) 3:51.2, Gordon (GB) 3:51.6 ... 9, Winch 3:55.5; 400: Klimbt (EG) 47.8 ... 4, Cope 49.6; 3000ST: Tjernebo 9:08.2 ... 5, Pirie 9:24.8, 6, M. Palmer 9:27.0.

**16.9. Berlin:** 80mH: Birkemeyer (EG) 10.6 (wind assisted).

**16.9. Linköping:** 400: Holt 49.0, Trollas 49.0; 800: Waern 1:48.0, Lewandowski 1:48.7, Moens (Bel) 1:48.8, Holt 1:50.6; 1500: Winch 3:51.2; 2M: Gilligan 8:55.0, Kallevagh (Sw) 8:56.6; 110H: Robinson 15.2, Parker 15.2; 200H: Trollas 25.9, Parker 26.3, Robinson 26.3; SP: Harrison 49'7".

**19.9. Cologne:** (W. Germany led Poland 58-48) 100: Germer 10.4, Foik (P) 10.6, Gamper 10.6, Zielinski (P) 10.7; 400: Kaufmann 45.8 (Eur. rec.), Kinder 46.7, Kowal-



ski (P) 47.0, Swatowski (P) 47.6; 1500: Lewandowski (P) 3:48.0, Brenner 3:48.3, Stracke 3:48.4, Orywal (P) 3:52.0; 5000: Zimny (P) 13:59.8, Jochman (P) 14:04.6, Muller 14:10.4, Kleefeldt 14:25.0; 110H: Lauer 13.6 (1.38m/sec. wind), Pansberger 14.4, Muzyk (P) 14.6, Bugala (P) 15.0; 4 x 100: W. Germany (Gamper, Lauer, Mahlen-dorf, Germar) 39.8, Poland (Zielinski, Foik, Jarzembowski, Schmidt) 40.0; HJ: Pull 6'7 $\frac{1}{8}$ ", Riebensahm 6'6", Fabrykowski (P) 6'6", Lewandowski (P) 6'4 $\frac{3}{4}$ "; LJ: Steinbach 25'5", Kropidowski (P) 25'1 $\frac{1}{2}$ ", Moltzberger 25'0", Grabowski (P) 24'4 $\frac{1}{2}$ "; DT: Piatkowski (P) 184'9", Buhrle 169'10 $\frac{3}{4}$ ", Begier (P) 167'6", Pflieger 159'9 $\frac{3}{4}$ "; HT: Rut (P) 215'1 $\frac{1}{2}$ ", Cieply (P) 210'4 $\frac{1}{2}$ ", Glotzbach 192'11 $\frac{1}{2}$ ", Lorend 183'1".

**20.9. Cologne:** (W. Germany won 111-101) 200: Germar 20.9, Foik (P) 21.0, Kaufmann 21.2, Kowalski (P) 21.4; 800: Schmidt 1:46.2, Lewandowski (P) 1:46.5, Adam 1:47.0, Makomaski (P) 1:53.8; 10,000: Zimny (P) 29:28.6, Hoger 29:46.2, Konrad 29:52.0, Ozog (P) 30:35.2; 3000ST: Krzyszkowiak (P) 8:46.4, Muller 8:54.4, Laufer 9:04.8, Zbikowski (P) 9:10.0; 400H: Janz 51.6, Lauer 51.7, Krol (P) 52.8, Dobczynski (P) 53.0; 4 x 400: W. Germany (Oberste, Klappert, Kinder, Kaufmann) 3:07.9, Poland (Bozek, Kazmierski, Swatowski, Kowalski) 3:10.6; PV: Lehnertz 14'5 $\frac{1}{4}$ ", Gronowski (P) 14'5 $\frac{1}{4}$ ", Mohring 14'1 $\frac{1}{4}$ ", Krzesinski (P)

13'1 $\frac{1}{2}$ "; HSJ: Schmidt (P) 53'1 $\frac{1}{2}$ ", Malcherczyk (P) 52'2", Strauss 49'10", Wischmeyer 49'8 $\frac{3}{4}$ "; SP: Sosgornik (P) 57'2 $\frac{1}{4}$ ", Kwiatkowski (P) 56'11 $\frac{1}{2}$ ", Wegmann 56'5 $\frac{1}{2}$ ", Lingnau 56'5 $\frac{1}{4}$ "; JT: Sidlo (P) 268'3", Radziwonowicz (P) 254'9 $\frac{1}{4}$ ", Salomon 253'0 $\frac{1}{4}$ ", Maier 236'6 $\frac{1}{4}$ ".

**20.9. Bydgoszcz:** Women's LJ: Paluszkiewicz (EG) 20'3 $\frac{3}{4}$ "; SP: Luttge (EG) 52'11", DT: Rykowska (Pol) 170'3".

**21.9. Bucharest:** Women's HJ: Balas 6'0 $\frac{3}{8}$ " (world record).

**26.9. Rome:** 100: Berruti (It) 10.4, Germar 10.5, Gamper 10.5; 400: Kaufmann 46.9; 1500: Brenner 3:44.5, Salonen 3:44.6; 400H: Martini (It) 51.4, Janz 51.6, Morale (It) 52.0; HSJ: Cavalli (It) 52'8"; SP: Meconi (It) 57'1", Lingnau 55'6 $\frac{1}{4}$ ".

**26.9. Leipzig:** Women's DT: Schuch (EG) 172'10".

**26/27.9. Berne:** 800: Wagli (Switz) 1:47.5; 400H: Galliker (Switz) 51.9.

**26.9. Paris:** (France led Sweden 59-47) 100: Delecour (Fr) 10.4; 400: Seye (Fr) 47.0; 800: Waern (Sw) 1:47.8, Jazy (Fr) 1:47.9, Lenoir (Fr) 1:48.6; HJ: Pettersson (Sw) 6'9 $\frac{3}{8}$ "; 4 x 100: France 40.3.

**27.9. Paris:** (France won 109-103) 200: Seye 21.0; 1500: Waern 3:44.9, Jazy 3:46.4; JT: Fredriksson (Sw) 248'0 $\frac{1}{2}$ ", Macquet (Fr) 245'0 $\frac{1}{4}$ "; 4 x 400: France 3:12.2 (Seye 46.3 anchor).

First three home in the Walton 10 Miles Road Race. L. to R. — Peter Palmer (St. Albans) 3rd, Frank Salvat (Finchley) 1st, and John Thorpe (St. Albans) 2nd.

E. D. Lacey





**27.9. Rome:** 200: Berruti 21.2; 800: Schmidt 1:49.3, Adam 1:49.4.

**27.9. Dresden:** 100: Radford (GB) 10.4 (5m/sec. wind), Burg (WG) 10.4, Thorbjornsson (Ice) 10.4; 400: Wrighton 48.1, Schuler (EG) 48.5; 800: Matuschewski (EG) 1:50.0, Klaben (Aust) 1:50.5, Szentgali (Hun) 1:50.6, Vamos (Rum) 1:50.6; 5000: Herrmann 14:11.8, Szabo (Hun) 14:19.8, Honicke (EG) 14:21.6. Women's 800: Jordan (GB) 2:11.3, Grecescu (Rum) 2:12.2.

**3.10. Paris:** 100: Delecour 10.5; 200: Delecour 21.1, Genevay (Fr) 21.1; 1000: Jazy 2:21.1, Heida (Holl) 2:21.5...5, Winch 2:23.3; 5000: Ameur (Fr) 14:27.4, Vaillant (Fr) 14:28.0, Clark (GB) 14:31.8, Delnoye (Holl) 14:36.2; JT: Macquet 256'3½", Smith (GB) 231'7½". Women's 100: Biljeveld (Holl) 11.9, Bignal 12.0, Dew 12.4; 800: Gouilleux (Fr) 2:09.5; HJ: Petry-Amiel (Fr) 5'6½", Zwier (Holl) 5'5", Shirley (GB) 5'5"; LJ: Bignal 19'9½", Biljeveld 19'5"...5, M. Needham 18'0¼".



**E. G. Matley (Derby) hands over to P. A. Wilkinson during the Rotherham Road Relay.**

S. Cook

*Just arrived from U.S.A.*

## **RUNNING WITH CERUTTY**

Training

Technique

Theories

Teachings

Thoughts

**By Percy Cerutti**

At the same price as in U.S.A.

7s. 2d. post free

From Athletic & Sporting Publications,  
Ltd., The Brook, Chatham, Kent.

*The book you MUST get*

## **"HOW THEY TRAIN"**

By Fred Wilt

Detailed training programmes of 140 famous runners from the half-mile to 10,000 metres.

Never before has such research been carried out and made available to the public.

Athletes include: Herb Elliott, Paavo Nurmi, Roger Moens, Vladimir Kuts, Glen Cunningham, Emil Zatopek, John Landy, Sandor Iharos, Gordon Pirie, Gaston Reiff etc., etc. Four and a half pages devoted to Herb Elliott alone.

Also articles on various aspects of training and conditioning runners, with quotes and ideas from coaches and athletes all over the world.

No middle or long distance runner, or coach, can afford to be without this book of 128 pages of closely packed research in small type which is the equivalent to 400 pages in most books.

Obtainable at the same price as in the U.S.A. .... 14/4 post free

*Special Offer*

"HOW THEY TRAIN" and "RUNNING WITH CERUTTY"

supplied together for £1 post free

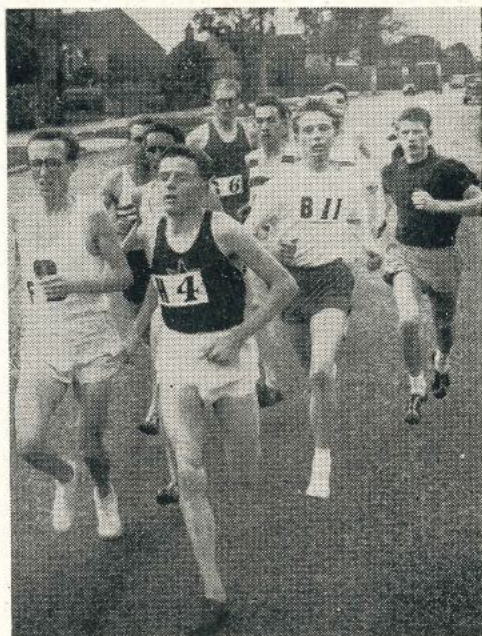
World Athletic & Sporting Publications, Ltd.,  
The Brook, Chatham, Kent

Redhill & Reigate A.C. elected the following at their A.G.M.: President, Mr. P. Moccaria; Chairman, Sqdn. Ldr. C. N. Cobb, M.B.E.; Hon. Sec., R. S. Burgess, 22 Grovehill Road, Redhill; Winter Fixtures Sec., J. A. Meech, 53 Warren Road, Reigate; Summer Fixtures Sec., R. Bouchier, 63 Court Hill, Sanderstead; Treasurer, P. Bose; Winter Capt., B. A. Apps; Summer Capt., W. J. Taylor.



## BOOK REVIEW

**How They Train** by Fred Wilt. Never before has anyone attempted such a task as has Fred Wilt in this book. This well known American Olympic runner as always been a devoted track fan with a burning thirst for knowledge on training matters. He spent years finding out just what famous runners the world over, from 800 metres to 10,000 metres and more, did their workouts, the work and ideas which made them what they are. In his research he has quizzed more than 200 great runners and in this book he gives their training in detail, their philosophies, their theories, strategies, etc., etc. Interval running, weight training, over-training, pulse rates are other points of interest which the runner and coach will find of absorbing interest. 128 closely packed pages, with many illustrations. **Published by Track & Field News (U.S.A) and obtainable in U.K. from World Athletic & Sporting Publications, Ltd., The Brook, Chatham, Kent, at 14s. 4d., post free.**



Soon after the start of the Rotherham Road Relay with B. Birkinshaw (Rotherham) leading. S. Cook

## OTHER RESULTS

### October 10th

**Reading A.C. 4½ Miles Road Champ.** 1, B. A. Bacon 23.40; 2, D. Stevens 23.53; 3, P. Haines 24.06; 4, P. Sale 24.58; 5, J. Richardson 25.04; 6, M. Davies 25.15. **Juniors:** 1, D. Dix 24.22; 2, G. Stevens 24.33; 3, C. Smith 24.57.

**R.A.F. Compton Bassett beat R.A.F. Colerne by 23pts. to 30.** 1, Hatch (CB) 24.17; 2, Trigg (C) 24.37; 3, Mathews (CB) 24.52; 4, Shave (CB) 25.37; 5, Britton (C) 25.48; 6, Caton (CB) 25.54.

**South London H. 5 Miles Cross-Country Champ. for "Gibb" Cup.** 1, A. J. H. Pegley 25.44; 2, F. D. Gilson 25.48; 3, S. R. Langridge 25.56; 4, R. A. Roseman 25.59; 5, A. R. Harper 26.08; 6, P. Barber 26.27. **Handicap:** 1, M. A. Malton; 2, M. E. Crickmore; 3, B. J. F. Mottram.

**"Moates" Cup Novices 3½ Miles Cross-Country Race.** 1, K. E. G. Shaughnessy (King's Coll. Sch.) 19.52; 2, J. W. Benson (S.L.H.) 20.23; 3, R. K. Dollimore (SLH) 21.03; 4, J. D. Higham (Whitgift) 21.19; 5, J. F. H. Walmsley (Wolverstone) 21.21; 6, J. Fulton (Caterham) 21.32.

### October 11th

**Mitcham A.C. One Hour Champ.** 1, W. Pawsey 11mls. 731yds. (Ch. B.P.); 2, R. Kersey 10mls. 1147yds.; 3, J. Fitzgerald 10mls. 744yds.; 4, R. Bott 10mls. 609yds.; 5, J. Shave 9mls. 1259yds.

### October 14th

**HQ (U) R.A.F. Germany beat R.A.F. Butzweilerhof by 10pts. to 45.** 1, SAC. Bell (HQ) 32.18; 2, Cpl. Clare & SAC. Vanstone (HQ) 34.14; 4, Flg. Arrsmann (HQ); 5, SAC. Hartland (HQ); 6, SAC. Freeburn (HQ).

**Newland Park College 31pts. beat 5th Trg. Btn. R.E.M.E. 47, Newland Park College "B" 114, over 4½ Miles.** 1, Billcliff (REME) 25.43; 2, Bradley (NPC) 25.50; 3, Kelly (NPC) 25.59; 4, Johnstone (NPC) 26.18; 5, Bacon (REME) 26.18; 6, Bale (NPC) 26.30.

**Cardiff University beat Cardiff Technical College by 59pts. to 57.** 100: R. Gazzard (TC) 11.1; 220: R. Gazzard (TC) 25.4; 440: R. Gazzard (TC) 54.4; 880: B. Tucker

(Continued on page 13)



# LEAGUE RACES

## LIVERPOOL & DIST. C.C. LEAGUE

At Wallasey, October 17th

1. J. Wright (Wallasey A.C.)	30.01
2. R. Barlow (Wallasey A.C.)	30.26
3. J. Highton (Pembroke A.C.)	31.12
4. P. White (Wal.)	31.24;
5. Woolford (Wal.)	31.32;
6. J. De Looze (Warrington)	31.34;
7. N. Wilson (Sefton)	31.42;
8. J. Wrighton (Liverpool)	31.47;
9. D. Biddle (Port Sunlight)	31.50;
10. S. McIver (Pem.)	31.51;
11. B. Needham (Sef.)	32.01;
12. K. Mather (Wal.)	32.08;
13. S. Heesom (Sut.)	32.08;
14. P. Priestner (Sut.)	32.08;
15. J. Dawson (Pem.)	32.08;
16. D. Bell (L'pool)	32.08;
17. A. Woolbridge (Sef.)	32.08;
18. P. Townsend (Wal.)	32.08;
19. E. Barnard (L'pool)	32.08;
20. J. Smith (Sut.)	32.08;
21. K. Wilcock (Sut.)	32.08;
22. C. Marsden (Sef.)	32.08;
23. F. Wilson (Pem.)	32.08;
24. L. Hyland (L'pool)	32.08;
25. N. Thompson (L'pool)	32.08;

Teams:	Pts.
1. Wallasey	42
2. Pembroke	105
3. Liverpool	124
4. Sefton	127;
5. Sutton	133;
6. Port Sunlight	228;
7. Warrington	282;
8. Waterloo	324;
9. Boundry	450.

### Youths

1. J. Clynych (Port Sunlight)	22.30
2. J. Doyle (Port Sunlight)	22.31
3. A. Bromhead (L'pool H & AC)	22.54
4. R. Harris (Pembroke)	22.57;
5. C. Cooke (Pem.)	22.58;
6. Jenkins (P. Sun.)	23.15;
7. E. O'Neill (Pem.)	23.15;

Teams:	Pts.
1. Port Sunlight	9
2. Pembroke	16

## S.E. LANCs. C.C. LEAGUE

At Middleton, October 24th

### Seniors—6½ Miles

1. C. Robinson (Rochdale H.)	37.17
2. J. Salt (Rochdale H.)	37.22
3. D. Pilkington (Royton H.)	38.01
4. A. Hughes (Roch.)	38.43;
5. A. Dewhurst (Roch.)	38.56;
6. J. R. Halfpenny (Roch.)	39.08.

Teams:	Pts.
1. Rochdale	(1. 2. 4. 5. 6. 7) 25
2. Royton	(3. 9.10.13.14.15) 64
3. Clayton-le-Moors	(8.17.18.20.24.27) 114
4. Bury & Radcliffe	145;
5. Blackley	292.

### Youths—3½ Miles

1. R. Carter (Middleton H.)	21.50
2. G. Heap (Bury & R. A.C.)	21.55
3. D. A. Burch (Clayton-le-Moors)	22.43
4. P. Nutland (Middle.)	22.54;
5. G. Pymm (Royton)	22.56;
6. F. Green (Roy.)	22.59.

Teams:	Pts.
1eq. Bury & Radcliffe	(2.7.10) 19
Royton	(5.6. 8) 19
3. Middleton	(1.4.15) 20
4. Clayton-le-Moors	26;
5. Rochdale	43;
6. Blackley	62.

## NORTHUMBERLAND & DURHAM LEAGUE

At Lobbly Hill, Gateshead, October 24th

### Seniors—6 Miles

1. P. Wandless (Gosforth H.)	35.12
2. R. Yeats (Benwell H.)	35.28
3. B. Ferguson (Benwell H.)	35.35
4. S. Wilkie (Gateshead)	35.58;
5. J. Anderson (Saltwell)	36.08;
6. D. Snowden (Gates)	36.15;
7. J. Alder (Morpeth)	36.17;
8. W. Churchill (Salt.)	36.22;
9. G. Ogle (Ben.)	36.24;
10. M. Atkinson (Salt.)	36.30;
11. B. Cordes (Gos.)	36.33;
12. J. Hillen (Salt.)	36.38;
13. W. McGurk (Salt.)	36.54;
14. G. Swinbanks (Sunderland)	37.01;
15. R. Donkin (Sun.)	37.10;
16. W. Dance (Ben.)	37.23;
17. T. Elliott (Gates.)	37.33;
18. E. Bowen (Gates. C.)	37.40;
19. G. Hawkins (Heaton)	37.46;
20. J. Hawes (H'ton)	37.51.

Teams:	Pts.
1. Saltwell	(5. 8.10.12.13.45)
2. Gateshead	(4. 6.17.23.25.34) 109
3. Gosforth	(1.11.26.31.33.36) 138
4. Benwell	174;
5. Gateshead Congers	248;
6. Heaton	262.

### Youths—3 Miles

1. L. Witt (Morpeth H.)	18.13
2. M. Wilson (Gosforth H.)	18.17
3. P. Parker (Gateshead H.)	18.20
4. G. Kyle (Mor.)	18.22;
5. H. Green (Heaton)	18.28;
6. S. Murdock (Gates.)	18.40;
7. P. Dawe (Benwell)	18.53;
8. P. Cooper (Sun.)	19.00;
9. J. Ross (Gos.)	19.18;
10. A. Leitch (Gates.)	19.20.

Teams:	Pts.
1. Morpeth	(1.4.13.17) 35
2. Gateshead	(3.6.10.20) 39
3. Gosforth	(2.9.14.16) 41
4. Benwell	72;
5. Netherton T.S.	87;
6. Jarrow	99.

(Continued on page 19)



# ILFORD TAKE CHELMSFORD RELAY

FIFTY-FOUR of the 60 teams entered for the Chelmsford Road Relay last Saturday actually started, and we had some surprising placings at the end of lap 1. John Pettitt came home with 9 sec. to spare for Aylesford, followed by veteran Dick Adams (Rochester) who had a great tussle with Day, of Ponders End. Then came Wilson (Welwyn), Owers (Ilford) and Long (V.P.H.). St. Albans "A" (Daniell) were behind their "B" team in 14th position, and Woodford Green (Baker) were 20th.

Collins took Ilford into the lead on lap 2, with 11 sec. to spare over Thurnock, for whom Batty had run a fast lap. Then came Davies, of Welwyn, Major, of Woodford Green, with fourth fastest time of the day, and Jones, of Hampstead. Aylesford, minus Sando and Winch, had dropped to 8th and Rochester, with only two regulars to 9th. St. Albans "A" had moved up to 12th.

On lap 3 Mayatt took Aylesford into the lead again, four seconds in front of Day (V.P.H.), who was in turn 11 sec. ahead of Roe (Ilford). Then came Woodford Green, Welwyn and Belgrave. St. Albans were 9th.

Denis O'Gorman ran a storming fourth lap to bring St. Albans up to second, 11 sec. behind Pemble, of Aylesford. Ilford were another 10 sec. away and these three had drawn right away from the rest of the field, led by Rouse (V.P.H.), closely followed by Belgrave and Welwyn. Fast as O'Gorman ran, Frank Salvat was even faster in taking Finchley from 21st to 12th.

Peter Palmer took St. Albans into the lead on lap 5, though reserve Bates held on grimly for Aylesford until after the halfway mark to finish 4th behind Shuttleworth (Ilford) and Iron (VPH). Then came Belgrave and Essex Beagles.

Alan Perkins started off on the last lap giving Thorpe, of St. Albans, 14 sec. and ran a great leg to get within 3 sec. of the lap record and bring Ilford home winners by 50 yards. The tussle between these two had drawn them away from the rest of the field and it was another 1½ mins. before George Knight brought Essex Beagles home in third place.

Ilford had the distinction of having the first "B", "C" and "D" teams home, and as

they also won the Southern Women's Relay at Tooting, can be said to have "swept the board."

1, Ilford A.C. (Owers 15.29, Collins 15.03, Roe 16.03, Plater 15.32, Shuttleworth 15.21, Perkins 14.37) 92m. 05s.

2, St. Albans City (Daniell 15.45, Smith 16.03, Macey 15.29, O'Gorman 14.40, P. Palmer 15.09, Thorpe 15.07) 92m. 13s.

3, Essex Beagles (Skinner 15.44, Floodgate 15.42, Rooke 15.38, Hurst 15.58, Ibbetson 15.27, Knight 15.14) 93m. 43s.

4, Victoria Pk. H. (Long 15.32, Howlett 15.43, Day 15.02, Rouse 16.29, Iron 15.23, Cornell 15.38) 93m. 54s.

5, Woodford Green (Baker 15.58, Major 14.58, Garrett 15.48, Windsor 16.30, Crump 15.24, White 15.27) 94m. 03s.

6, Deptford Pk. (Avis 16.45, Giddings 15.08, Wales 16.05, McDonald 15.31, Smith 15.07, Harper 15.29) 94m. 05s.

7, Belgrave 94.12; 8, Welwyn 94.33; 9, Hampstead 95.03; 10, Aylesford 95.13; 11, Ponders End 95.47; 12, Ealing 96.05; 13, Finchley 96.50; 14, Ilford "B" 97.33; 15, Essex Beagles "B" 99.11; 16, Hampstead "B" 99.16; 17, Thurrock 99.37; 18, Chelmsford 99.44; 19, Southend 100.12; 20, St. Albans "B" 100.18.

**Fastest laps:** A. Perkins (Ilford) 14.37, F. Salvat (Finchley) 14.39, D. O'Gorman (St. Albans) 14.40, E. Major (Woodford) 14.58, B. Hill-Cottingham (Chelmsford) 15.01, S. Day (VPH) 15.02, J. Mayatt (Ilford) 15.03, T. Collins (Ilford) 15.03.

## CALLING ALL STEEPLECHASERS

The Barrier Club, now with 80 paid up members and 300 names on their books, would welcome any athlete, coach or official interested in joining their organisation. Annual subscription is 5s. per annum. Membership forms can be obtained from the Secretary, B. Jagger, "Newlands," The Close, Wilmington, Kent.

\* \* \*

Charles Elliott (Jnr. Sec. Poly H. and various other appointments) advises us that as from 31st October his address will be 273 High Road, Leyton, London, E.10.



# GODIVA SLAM PORTSMOUTH & T.V.H.

## In Bristol to Weston & Back Road Relay

**T**HAMES VALLEY HARRIERS were at last enticed into the ever-expanding Bristol to Weston and Back Relay of 42 miles and were fancied to give Portsmouth A.C. plenty to think about.

Unfortunately, agitation caused by an almost too late arrival upset the form of their London to Brighton opener, R. A. Newman, and they were back in 18th place at the first change-over. Thereafter they fought their way through to the front and ended in a blaze of glory, claiming one of the three new stage records and stealing the record for the homeward journey from Portsmouth by 38 seconds.

However, the amazing Godiva H. scored their 4th successive victory and it is almost unnecessary to add that they were not content with either of their remarkable records but toppled the outward journey record by 8 sec. and the course record by 49 sec.

**Stage 1.** Steeplechaser Maurice Herriott, might have been expected to credit Sparkhill with initial leadership but a North Staffs. vest, followed by a Godiva vest, were first to emerge over the brow of the hill that marks the finish. Fastest times (record 24.11): J. Doyle (N. Staffs) 24.43, B. Kilby (Coventry) 24.45, D. Fownes (Tipton) 24.48, M. Herriott (Sparkhill) 25.02, M. Sully (Bristol) 25.08, R. Profit (Devonport) 25.21.

**Stage 2.** Derek Smith took Bristol from 5th to 1st, just heading Godiva. Birchfield went from 13th to 5th. Westbury's junior, K. Somers and Valley's W. L. Card had a rare battle with honours even and a gain of 11 places by both clubs. Fastest times (25.24): K. Smith (Bris.) 26.10, P. Thompson (Birch.) 26.18, T. Hayden (Ports.) 26.30, M. Crossfield (Cov.) 26.30.

**Stage 3.** Local excitement as K. Smith held Bristol's lead and yielded only a dozen yards to Godiva's Bob Carey. Portsmouth slipped quietly into third place, while Valley's improvement was ominous for Birchfield and Tipton. Fastest times (21.23): D. Cooke (Ports.) 21.54, R. Carey (Cov.) 22.01, K. Smith (Bris.) 22.04, R. McAllister (Birch.) 22.10.

**Stage 4.** Derek Ibbotson's record was bound to fall to Martin Hyman and Basil

Heatley, but what a slaughtering it received! Heatley a most relieved man when he presented himself to the Mayor of Weston (for the 4th year in succession) to collect the halfway Cup. Portsmouth were now 19 sec. behind the leaders with Bristol, Birchfield and T.V.H. following the "big two." Fastest times (28.29): M. Hyman (Ports.) 27.20 (rec.), B. Heatley (Cov.) 27.47, M. Price (Bris.) 28.57, P. Killeen (Birch.) 29.12.

**Stage 5.** Great running by Ivor Edmonds gave Bristol visions of recovering second place but John Lindsell just held him off. Godiva (Davies) increased their lead to 35 sec. Brian Kent Smith advanced newcomers Devonport to 8th. Fastest times (28.23): B. Kent-Smith (Devon.) 29.04, I. Edmonds (Bris.) 29.12, D. Shelley (N. Staffs) 29.27, A. Ingles (TVH) 29.31.

**Stage 6.** Signs of a crack in Bristol's giant killing crusade. Godiva now 42 sec. ahead. The 1952 record of Westbury miler, J. McDonald, beaten by three. Fastest times (22.41): R. Turney (Cov.) 22.11 (rec.), S. Bollen (Ports.) 22.18, G. Hicks (TVH) 22.23, J. Loader (TVH "B") 22.48.

**Stage 7.** Whirlwind running by Peter Clark, though it looked as if it was killing him. Bristol were caught and passed. A thorough inquest into Clark's incredible new record found no fault with it. Two others also beat old time. T.V.H. now 1min. 38 sec. behind Portsmouth who were only 18 sec. from the leaders. Tipton yielded 6th place to N. Staffs. Fastest times (25.19): P. Clark (TVH) 23.48, H. Fowler (N. Staffs) 25.06, C. Plumpton (Ports.) 25.07, J. Edwards (Bris.) 25.20.

**Stage 8.** The gap between Godiva and Portsmouth was negligible when this stage began but Terry Porter leapt into action like a greyhound and went away to ensure a clear and thoroughly merited victory. The Valley closed the gap between themselves and Portsmouth slightly but were too far behind to improve their position. Fastest times (24.11): T. Porter (Cov.) 24.40, I. Stacey (TVH) 25.34, W. Wheeler (Ports.) 25.50, F. Dewsnap (N. Staffs.) 26.02. Final positions:—

1. Coventry Godiva 3h.23m.11s.



2. Portsmouth A.C. 3h.24m.39s.  
 3. Thames Valley H. 3h.26m.01s.  
 4. Bristol A.C. 3:27.15; 5. Birchfield 3:29.57; 6. North Staffs. 3:31.59; 7. Tipton 3:32.39; 8. Devonport 3:33.45; 9. Godiva "B" 3:36.37; 10. Reading 3:36.49; 11. T.V.H. "B" 3:37.26; 12. Small Heath 3:27.47; 13. Westbury 3:39.34; 14. Sparkhill 3:41.57; 15. Birchfield "B" 3:42.06; 16. Oxford City 3:44.22; 17. Halesowen 3:44.41; 18. Leamington 3:45.20; 19. Newport 3:46.10; 20. Salisbury 3:46.33; 21. Swindon 3:47.17; 22. Reading "B" 3:48.09; 23. Worcester 3:49.26; 24. Bristol Univ. 3:51.12; 25. Exeter Univ. 3:51.22; 26. Tipton "B" 3:52.04; 27. Bath 3:52.38; 28. RAPC (Devizes) 3:55.27; 29. Smethwick 3:57.42; 30. St. Paul's Coll. 4:00.23; 31. N. Staffs "B" 4:02.23; 32. S. Heath "B" 4:03.14; **R.F.**

### SOUTHERN WOMEN'S ROAD RELAY CHAMPIONSHIP

Mrs. C. T. Leslie, President of Surrey W.A.A.A., started eight teams competing for the first Championship of the 1959/60 season at Tooting Common last Saturday. There were four laps of two miles and at the end of the first D. Elliott (Wigmore) led in 11.59, with R. Davies (Selsonia) and J. O'Grady (Ilford) both 12.20.

On the second lap J. Briggs gave Selsonia the lead with a run of 11.09, followed by Wigmore and Ilford. The third lap found Selsonia still in the lead but Jones (11.58) brought Ilford up to second, followed by Wigmore, L.O.A.C. and Highgate. It was on this lap that Joyce Byatt (Hampstead) made the best time of the afternoon with 10.54.

There was an exciting tussle on the final lap between P. Evans (Sel.) and Phyllis Perkins (Ilf.), Perkins proving the stronger over the last 200 yards.

It was on the way to compete in this event that June Bridgland met with a fatal accident, and in her memory Ealing Olympic Club are to present a plaque each year to the athlete putting up the best lap time. On their behalf, Hon. Secretary, Mr. G. Wood, made the presentation to Joyce Byatt.

1. Ilford A.C. (O'Grady 12.20, Critchley 12.13, Jones 11.58, Perkins 11.49) 48m. 20s.; 2. Selsonia A.C. 48.27; 3. London Olymp. 50.46; 4. Highgate; 5. Wigmore; 6. Hampstead; 7. Wigmore "B"; 8. Ealing Olympic.

**Fastest laps:** J. Byatt (Hamp.) 10.54, J. Briggs (Sel.) 11.00, P. Perkins (Ilf.) 11.49, P. Benn (High.) 11.57, P. Jones (Ilf.) 11.58, D. Elliott (Wig.) 11.59.

### LEAGUE RACES (contd.)

#### Boys—1½ Miles

1. B. Forster (Gateshead H.) ..... 9.15  
 2. P. Anderson (Saltwell H.) ..... 9.20  
 3. H. Gascoigne (Saltwell H.) ..... 9.21  
 4. A. Lisle (Gates.) 9.28; 5. A. Archbold (Sunderland) 9.31; 6. D. Diamond (Gates.) 9.34; 7. W. Hinton (Houghton) 9.44; 8. M. Walker (Gosforth) 9.49; 9. A. Millar (Elswick) 9.50; 10. D. Currie (Heaton) 9.51.

#### Teams:

1. Gateshead (1. 4. 6) 11  
 2. Saltwell (2. 3.20) 25  
 3. Benwell (12.15.18) 45  
 4. Jarrow 52; 5. Bedlington 57; 6. Gosforth 61.

### NORTH MIDLANDS C.C. LEAGUE At Kirkby-in-Ashfield, October 24th

#### Seniors—6 Miles

1. P. Wilkinson (Derby & Cty. "B") 31.10  
 2. M. Bullivant (Derby & Cty.) ... 31.25  
 3. E. Matley (Derby & Cty.) ..... 31.36  
 4. C. Perry (Lincoln) 31.48; 5. R. Grove (Melton) 31.55; 6. A. Taylor (Derby "B" 32.07; 7. M. Deakin (Derby "B") 32.10; 8. R. Tutin (Notts) 32.33; 9. J. Mays (Derby) 32.35; 10. M. Crolla (Grimsby) 32.37; 11. P. Grove (Mel.) 32.45; 12. P. Calladine (Derby) 32.48.

#### Teams:

1. Derby & Cty. (2. 3. 9.12.14) 40  
 2. Derby & Cty. "B" (1. 6. 7.16.18) 48  
 3. L.C.A.T. (20.21.22.23.29) 115  
 4. Notts 118; 5. Grimsby 127; 6. Melton 168; 7. Lincoln 195; 8. Sutton-in-Ashfield 223; 9. Peterborough 277; 10. Notts. University 295; 11. Notts. "B" 391; 12. Boots 518; 13. British Utd. 575; 14. Notts. City 650.

(Youths next week)

### OTHER RESULTS (contd.)

(U) 2:01.3; Mile: R. Currie (U) 4:39.5; 3M: L. Korvin (U) 15:49.0; HJ: Millwater (TC) 5'4"; LJ: R. Gazzard (TC) 19'3"; HSJ: R. Gazzard (TC) 40'11½"; PV: D. Roberts (U) 9'6"; SP: Necrews (TC) 30'1"; DT: B. Lewis (U) 92'3"; JT: Bryan (TC) 126'0"; 4 x 110: University 48.5.



# BEST BRITISH PERFORMERS (contd.)

48.2	John Mitchell (Elswick H.)	10.7
48.4	Robin Woodland (Hercules A.C.)	30.5
48.4	Brian Morris (Belgrave H.)	20.6
48.4	John MacIsaac (VPAAC)	27.6
48.4	Timothy Graham (Southampton)	10.7
48.4*	Michael Rawson (Birchfield H.)	26.8
48.5	Ronald Thomson (LAC)	4.7
48.5	Norman Futter (ULAC)	10.7
48.6*	Peter Eldridge (Belgrave H.)	25.1
48.6	Christopher Goudge (Bolton Utd.)	9.5
48.6	Barry Jackson (Lozells H.)	16.5
48.7	John Strachan (Hercules A.C.)	30.5
48.7	Charles Ryan (Belgrave H.)	6.6
48.7	Gerry LeRoy (Belgrave H/Maur.)	5.9
48.8	John Holt (Oxford Un.)	8.8
48.8	Kenneth Wilcock (Sutton H.)	8.8
48.8*	Anthony Cope (Cambridge Un.)	13.9
48.9	Robert Francis (LAC)	6.7
49.0	Ian Ross (Blackheath H.)	2.5
49.0	Michael Riegels (Oxford Un.)	20.5
49.0	Gordon Shrubsole (Ruislip-N'd)	10.7
49.1	Robert Hay (Edinburgh Un.)	27.6
49.2	Brian Rider (Woodford Gn. A.C.)	2.5
49.2	Michael Potter (Poly H.)	5.9
49.3	Christopher Surety (Ilford A.C.)	2.5
49.3	Lawrence Donnison (Loughboro')	20.5
49.3	John Tyler (Southend A.C.)	23.6
49.3	William Galbraith (Glasgow Un.)	1.8
49.4	Brian Harvey (Welwyn A.C.)	10.6
49.4	Max Boyes (Navy)	13.6
49.4	Sidney Purkis (Romford A.C.)	22.7
49.5	Graham Thomas (Portsmouth)	16.5
49.5	Henry Holland (SLH)	30.5
49.5	Keith Whittaker (Airedale H.)	30.5
49.5	Colin Buchanan (Oxford Un.)	20.6
49.5	Ronald Taylor (Lozells H/Jam.)	27.6
49.6	W. Griffiths (ULAC)	3.6
49.6	P. Beverley (Hull Un.)	13.6
49.6	Thomas Bryan (ULAC)	4.7
49.6	Neale Heppell (Jarrow A.C.)	18.7
49.7	Christopher Wood (SLH)	11.4
49.8	Colin Graham (Queens Un.)	13.6
49.8	Anthony Day (Manchester Un.)	10.7
49.9	Leonard Charles (QPH/Trin.)	18.4
49.9	Paul Rutter (Oxford City A.C.)	12.5
49.9	Charles Jones (Belgrave H.)	6.6
49.9	William Dundas (RUC)	13.6
49.9	Huw Jones (Barry G.S.)	25.7
49.9	James Avis (Deptford Pk. A.C.)	15.8

(To be continued next week)

## DINNER & DANCE

The Southern Counties Women's A.A.A. hold their annual Dinner and Dance at

Hotel Rubens, Buckingham Palace Road, Victoria, on Saturday, 9th January, 1960, 6.30 for 7.00 p.m. Tickets from Mrs. C. Leslie, 283 Kingston Road, Ewell, Surrey (Ewell 3036).

The A.G.M. of the S.C.W.A.A.A. will be held on 5th December at the Polytechnic, Regent Street, London, W.1., at 2.30 p.m.

## LOST AT LONDON-BRIGHTON RELAY

One green, black edged track suit with county and club badges on right hand side. Finder please advise R. Cornell (V.P.H.), 84 Cecilia Road, Hackney, London, E.8.

One pr. black track suit bottoms, with zips at ankles and to back pocket. Finder please advise J. R. Charlesworth (A.P.M.), 649 London Road, Ditton, Nr. Maidstone, Kent.

Would the official who was entrusted with a gold wrist watch at the Belgrave Youth Relay please telephone Hornchurch 45077.

## Advertise **YOUR** event and increase your entries

### CITY OF ROCHESTER A.C.

36th Annual

### FIVE MILES OPEN ROAD RACE

TEAM, INDIVIDUAL  
AND INDIVIDUAL HANDICAP  
(Under A.A.A. Laws)

From Rochester Swimming Pool

THE ESPLANADE, ROCHESTER

10mins. from Strood and Rochester Stations on

**SATURDAY, 21st NOVEMBER, 1959**  
at 3 p.m.

**TEAM RACE** (12 enter, 6 run, 4 score), 1st team, SIMMONDS CUP and four Cups (Holders—Ilford A.C.) 2nd and 3rd teams —four medals. Also 1st "B" team.

**ENTRANCE FEE** — 10/- first team, 5/- each additional 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, Kent and 1st Veteran over 40 years.

P.A.L. Trophy for athlete beating course record.

**INDIVIDUAL HANDICAP.** Entries on A.A.A. Handicap forms—2/6. No Individual to take more than two prizes.

Closing date for entries, 1st post 9th November, 1959, to S. Fry, "Hillrise," 12 Banks Road, Frindsbury, nr. Rochester, Kent.

Every runner's County qualification should be given