

Hon. Secretary:  
E. H. Neville,  
2, Stanton House,  
St Mark's Hill,  
Surbiton, Surrey.

President:  
REX CROSS.

Hon. Treasurer:  
L. H. Griffiths,  
21 Rydal Road,  
Streatham, S. W. 16.

Hon. Editor:  
J. C. Jewell, 17 King's Avenue, Ealing, W.5. (Perivale 7779)

A Loyal Address of Congratulation upon Her Majesty's Coronation

To Her Most Gracious Majesty Queen Elizabeth,  
May it Please your Majesty.

We the members of the Road Runners Club desire to approach Your Majesty with the expression of our loyal and hearty congratulations upon the occasion of your Majesty's Coronation.

We humbly beseech Almighty God to bless and keep you, our beloved Duke of Edinburgh, Prince Charles and Princess Anne in good health so that you may long reign over a faithful and devoted people in happiness and tranquillity.

Signed on behalf of the Members of the Association  
and by Order of the Council

Dated the 24th day of April 1953

Rex Cross President.  
Derek Reynolds Member of Council.  
Ernest H. Neville Hon. Secretary

Members who were present at the Annual General Meeting were lucky enough to see the address itself before it was sent. No words can describe this work of art. It was designed and decorated to form an illuminated Manuscript on vellum 16" x 12". Lombardic Capitals were used in the script, decorated in gay colours, with the rest in black Gothic Letters. Red was used for certain special words. The Address had an elaborated designed border with the United Kingdom Floral Emblems as the motif, each ensigned by the Crown and these were executed partly in pale tints and partly in gold leaf. The Royal Cypher ensigned by the Crown was placed in one corner and the RRC Badge similarly treated was placed in another. In another corner appeared the RRC monogram in the form of a seal.

We are deeply indebted to Leonard Mathews for many patient hours of work spent on this magnificent work. Slides of the Address have been made and it is hoped that these will be shown to members at future Social functions

The following gracious reply was received:

Home Office  
Whitehall  
29th June, 1953

Sir,

I have had the Honour to lay before The Queen the Loyal and Dutiful Address of the Road Runners Club on the occasion of Her Majesty's Coronation, and I have it in Command from The Queen to convey to you Her Majesty's warm thanks for the expressions of loyalty and devotion which it contains.

I am, Sir,  
Your obedient Servant,  
DAVID MARSHALL FYFE.

COUNCIL MEETING

The next Council Meeting will be held at 6.30 p.m. on Friday August 28th at The Cheshire Cheese, Little Essex Street, Strand (Temple, District Railway Station). Will Council Members please note that this will be the only notification.

Dear Road Runner,

This Number of The Road Runner comes to you after several changes following the Annual General Meeting. Our thanks are due to Stirling-Wakeley who brought the News Letter into being but whose time is now again fully occupied with his many activities in the world of walking. We wish him an enjoyable and successful trip to Southern Rhodesia with the Covent Garden Opera Company.

We are fortunate enough to have Ernest Neville again as Hon. Secretary. His unrivalled experience and ability to get things done are invaluable.

Les Griffiths has taken on the thankless task of Hon. Treasurer and we are certain members will endeavour to make his job as easy as possible. Our thanks are due to W.J.E. Mark who looked after this very essential side of things during the formative period of the Association.

Requests have been received that this News Letter should appear monthly. This would tie down those responsible for producing and distributing to rather a rigid schedule and it is felt that this might be difficult to maintain at times. We propose therefore retaining some margin in this respect, but will endeavour to make issues as often as possible. Your Council are mindful of the essential role which the News Letter plays in the affairs of the Association, acting as the medium of information for all members. If you have any pet theories, ideas or grouses do please send them along.

JOHN JEWELL.

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### THE FIRST ANNUAL GENERAL MEETING.

The Annual General Meeting was held at the Cheshire Cheese, Little Essex Street, Strand on Friday the 5th of June, and 23 members being present.

The Hon. Secretary gave a brief report of the first year's activities which we give here in full hoping that it may spur us on to do our utmost to follow the lead Ernest Neville has given to all road runners.

Gentlemen,

It was my intention to submit a report covering the first year of our organisation, but after perusing the first three issues of the "Road Runner" I found that the ground had been fully covered.

In the short period of our existence we have achieved greatness and clearly occupy a position in the forefront of the Athletic world. This has been accomplished by enthusiasm and hard work.

Each member, I am sure, considers that he shares the responsibility of ensuring that the Association shall continue to flourish.

The Association must continue to serve the best interests of the Road Runner and progressively enlarge the services, which it renders. The continued success of the Association depends not only upon the Members of the Council but upon each individual Member. The many heartening letters that I have received lead me to the belief that our unique organisation has filled a long felt want, and that given direction every member will serve the Association well and help it to add to its laurels.

The great help that I have received from our President and from John Jewell, A.P. Whitehead, A. Penstone and many others has made the work I have done a true delight.

I am, Gentlemen,                      Your obedient Servant,  
ERNEST NEVILLE.

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You will be glad to know that the finances of the Association are in a satisfactory state, there being a small balance on the year's working. We wish, however, to emphasise that a sport such as ours in which there is no "gate" is dependent to a large extent on donations. During the last year donations totalled #55, while income from entry fees, sale of programmes and advertisements in programmes brought in a further #60. Members' 5/- subscriptions provided #28 while subscriptions from Members who paid more than the minimum subscription totalled #23. Hence, when you renew your subscription, if you can make it more than 5/- please do so.

The President, Rex Cross, said that when he accepted office he understood that it would be for one year only but he had been persuaded to stand for re-election during the present formative period. He was then elected as President for the ensuing year whereupon he thanked members for their confidence and said that he was approachable by Members at all times.

The following Vice-Presidents were elected: -

J.E. Audsley,	H.A. Fry,	S. Ferris,	G.L. Iden,	J.C. Jewell,	H.A. Johnson,
S.F. Jones,	H.B. Lee,	L. Matthews,	T.C. Parrish,	J. Peters,	L.E. Piper,
D.E. Reynolds,	T. Richards,	A.J. Stirling-Wakeley,	A.P. Whitehead	and T.W. Wood.	

And the following additional members of the Council were elected: -

J.H. Fenn,                      V.J. Fowle,                      A.E. Hefford,                      G. Hubert                      and J.E. Pond-Jones.

Ernest Neville continues to bear the burden, as Hon. Secretary while Les Griffiths is now Hon. Treasurer and John Jewell Hon. Editor of the News Letter. Their addresses are given at the head of the first page. Bert Hemsley of 25, Delaval Terrace, Gosforth, Newcastle has accepted the office of Hon. Sec. Northumberland and Durham. D.J. Roberts of 103 Tooting Bec

Road, S.W. 17, a friend of Tom Richards, has been appointed Club Statistician and will act as keeper of our records. As mentioned in the last issue, he is a mine of information and you should write to him, enclosing a stamped addressed envelope, if there is anything relating to past performances about which you are not certain. He in his turn will always be glad to receive details of results

Passing from the ordinary to the fantastic, Ernest Neville reported that he had a sponsor for a race from Lands End to John o' Groats, and asked for Members' opinions. This is not a joke, but a serious suggestion, and Clubs might perhaps enter 24 runners who would each cover 10 miles a day so that the race would last approximately 4 days. It was pointed out, however, that few clubs could field this number of men. Another suggestion was that each competitor should run a Marathon a day in which case the duration of the race would be about a month! If this project stirs your blood please send your suggestions to the Hon. Secretary.

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Notice for County and District Hon. Secretaries: -

Now that the names and addresses of Members have been circulated, you will know who lives within your orbit. Names and addresses of new Members will from time to time appear in the Newsletter and you will therefore be able to get in touch with all Members in your own area. We feel that this will play an important part in establishing fruitful contacts. Although there is inevitably much hidden expenditure involved in work such as you will be undertaking, we feel that none of you should be at a disadvantage in this respect and Accounts for postages etc. should be sent to the Hon. Treasurer please.

We want to tell our Members something about our County and District Secretaries will you please send the Hon. Editor a summary of your athletic career both as a competitor and as an Official together with any other information that may be of interest.

We are indebted to R.W. Pauling of 50, Well Street, Ryde who has agreed to take the place of J.W. Tait as Isle of Wight representative.

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#### NEW MEMBERS

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| 155. L. Hollingsworth, 32, Sleepers Hill, Anfield, Liverpool, 3.             | Liverpool Pembroke A.C.        |
| 156. I.J.E. Sidwell, Rockland, Salisbury Road, Wallasey, Cheshire.           | Liverpool Pembroke A.C.        |
| 157. E.W. Loyd, 172 Oval Road, Croydon, Surrey.                              | Herne Hill Harriers.           |
| 158. J.H. Peters, 47, Havering Gardens, Chadwell Heath, Romford, Essex.      | Essex Beagles.                 |
| 159. G.A.M. Humphreys, 34, Gordon Avenue, Hornchurch, Essex.                 | Woodford Green A.C.            |
| 160. L.H. Weatherill, 24, St. Vincent's Place, Glasgow.                      | S.L.H., L.A.C. & Garscube H.   |
| 161. R. Munson, R.H.O. Troop, 23 Fld. Regt. R.A., Aliwal Barracks, Tidworth. | Ilford A.C.                    |
| 162. N. Lee, 61, Wesley Road, St. Paul's Cray, Orpington, Kent.              | Hong Kong A.C.                 |
| 163. R.W. Butler, 16, Waterloo Road, Uxbridge, Middlesex.                    | Finchley H.                    |
| 164. C. Taylor, 340, North Road, Anlaby Road, Hull, Yorks.                   | Hull Harriers & A.C.           |
| 165. F.G. Nickolls, 53, Holborn Road, Plaistow, E.13.                        | Fairbairn & Mansfield A.C.     |
| 166. P. Goodsell, 83 Tolworth Road, Surbiton, Surrey.                        | Walton A.C.                    |
| 167. A. Burne, 35 Newcombe Street, Anfield, Liverpool, 6.                    | Sefton Harriers.               |
| 168. C. Black, 19b, Standish Street, Liverpool, 3.                           | Liverpool Pembroke A.C.        |
| 169. B.E. Hames, 208 Woodward Road, Dagenham, Essex.                         | Essex Beagles.                 |
| 170. W.R. Low, 30, Lee Grove, Chigwell, Essex.                               | Woodford Green A.C.            |
| 171. W.G. Hazle, 5, Oak Hill Road. Wanstead, E.11.                           | Woodford Green A.C.            |
| 172. T.L.K. White, 36, Putney Park Lane, London, S.W. 15.                    | Polytechnic Harriers.          |
| 173. W. Coates, 49, St. John's Street, Oxford.                               | Oxford City A.C.               |
| 174. D.R. Smith, 112, Airmans New Married Quarters, R.A.F. Innsworth, Glos.  | Gloucester A.C.                |
| 175. G.S. Ralski, 8, River Avenue, Palmers Green, N.13.                      | Grafton A.C.                   |
| 176. E. Marshall, Oakmere, Goffs Park Road, Crawley, Sussex.                 | Horsham Blue Star A.C.         |
| 177. N.G. Sanders, 156, Pickhurst Rise, West Wickham, Kent.                  | Blackheath H. & Admiralty A.C. |
| 178. G.W. Ash, 33, Brownlow Court, New Southgate, N.11.                      | Southgate Harriers.            |
| 179. J.A. Henning, 15, Derry Street, Belfast, N.I.                           | Duncairn Nomads.               |
| 180. T. Houghton, 81, Ryden Avenue, Leyland, Lancs.                          | Preston A.C.                   |
| 181. F.C. Lucop, 523, Hotham Road, Wold Road, Hull.                          | Hull Harriers & A.C.           |
| 182. C.G. Ovington, 110, Francis Street West, Hull.                          | Hull Harriers & A.C.           |
| 183. M. McKenzie, 94, Crosswood Crescent, Huyton-Roby, Lancs.                | Liverpool Pembroke A.C.        |
| 184. G. Trafford, 178, Appleton Road, Bricknell Avenue, Hull.                | Hull Harriers & A.C.           |
| 185. G.A. Wood, 11, Drayton Green, West Ealing, W.13.                        | Polytechnic Harriers.          |

Please notify any alterations, mistakes or omissions to the Hon. Secretary.

Any Member wishing to purchase a postcard size copy of the photograph Group taken at Riverhill upon the occasion of the presentation of the Len Hurst Belt to the RRC should please notify the Hon. Secretary and enclose 6d in stamps.

HARDY BALLINGTON ENTERTAINED.

A very successful informal meeting was held at the Blackheath Harrier's Headquarters at Hayes, Kent on Tuesday evening June 29th to enable members to meet Mr and Mrs Hardy Ballington who were over on holiday from South Africa.

The evening was arranged at rather short notice as the Ballingtons had been touring and Notices were sent to some 90 members in the London area who might be able to attend. Some 30 members and their Ladies sat down to supper, but it is noted that only three actually informed Ernest Neville of their intention to attend. We hope to receive greater assistance in future as it makes the task of catering extremely difficult. The evening was marked by informality throughout. After supper Rex Cross introduced Ballington as a pioneer of long distance running both in South Africa and this country. He referred to Ballington's London to Brighton and 100 mile Bath road records.

The health of the Ballington's, Rosemary and Ross included, was then drunk and Hardy in reply said how pleased he was to have the opportunity of meeting members of the RRC and in particular Sam Ferris who had been his guiding inspiration during his running career. He said that people in South Africa would not believe him when he told them what fine Headquarters Blackheath Harriers had.

The Silver Screen was then erected and the blinds drawn and Leonard Mathews showed us a number of colour slides. These included those of the Loyal Address, which he had himself prepared and a number on other subjects appertaining to the RRC and also some of topical interest. Ballington showed three of his excellent colour films of the Victoria Falls, the Drakensberg Mountains and the Kruger National Park including close-ups of lions, zebra, giraffes and elephants living in their natural state.

We are much indebted to Blackheath Harriers for their generous hospitality on this occasion. It was most unfortunate that our provincial members were unable to participate owing to the travelling distance, but we hope that it will be possible for District and County Hon. Secretaries to organise similar meetings of their own.

The Ballington's subsequently spent a few days with Bill Clark, Editor of "Athletic Review", at his home near Manchester

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We are very pleased to publish the following from Jim Peters: -

He says that now in his fourth season of Marathon running he is training more than ever. Between September 1st and June 13th he had 410 work outs, including 22 races of varying distances, and covered 3,185 miles, not a single mile being at jogging pace. This was directed to one special aim, to win the Poly Marathon for the third time and, weather permitting, to beat his existing record.

On the day of the race Jim was worried by a nerve at the top of his left thigh. This had troubled him before and let him down at Helsinki but the effect is more psychological than anything else is as he can run on it unless cramp sets in. In addition he had ricked his ankle two weeks before the race an injury he could still feel six weeks later. He therefore started a very worried but otherwise perfectly fit and determined man. Jim says that after warming up he decided to "go" at 6 miles as the pace was painfully slow, but one must remember that he had done 29 minute 6 miles this season. At 6• miles after "Good Luck" from Bob Pape, he went away from the other seven and up to 15 miles he used his "digging in" technique and fought like a madman at around 5.5 miles.

"After that my legs started to get stiff but I still pushed it as I do in training and my wind was perfect. I knew that with every mile I was drawing away and when I reached 20 miles in 1hr. 45m. 7s. I knew I could hold out and from 22 I just ran on my will power. With due modesty, it was my easiest Marathon and, except for stiffness, I felt really good. Indeed I actually had a 35 minute 6 miles on the Sunday evening in the rain, and on Monday I had another 6 miles in 33 minutes. From Tuesday I was back on the old routine of 6 miles at lunch time and 10 miles at night. The Poly week I had 11 runs counting the race and covered 103 miles.

By way of conclusion Jim continues "I was lucky, the weather fine, my best day and things just clicked. Stan Cox said that he recovered more quickly than ever before but did not take his first run before Thursday. I think that is why during the last four seasons I have beaten him and Geoff Iden every time we have met except at Helsinki when I was well in front of Geoff before I collapsed.

There are obviously many ways of training for a Marathon, but I know the way that suits me best. It is certainly not easy but despite the critics, my method has produced results. What makes me so happy is since I took it up on a long term basis, I have made the English Cross Country Team twice, Oldest man each time, something I could never manage in my prime. My 3, 6 and 10 mile times on the track are also a lot faster and so are my times for road races of three miles upwards."

Jim is sure that the RRC will prosper and says that in years to come his times will appear just as slow as those of previous Champions do today.

His message to the Club is: "Work hard, fear nought and bring in more Members."

We are proud to publish this letter from our distinguished Club Member. Proud not only because he is a great Champion, but also because he is a great Sportsman.

## AFTERTHOUGHTS OF THE POLYTECHNIC MARATHON by Sam Ferris.

With the improvement in Athletic standards in this country in recent years, we road runners can take heart in the fact that our chaps have kept pace with the upward trend and long distance running has now been set on a level equally as high as any event on the athletic calendar. Improvement in Marathon times had been long overdue but who would have dared to forecast that standards would reach such astronomical heights. Those of us who were enjoying athletic activity nearly a quarter of a century ago find not only amazement but also a certain amount of amusement when reading present day result sheets. Our proud standards of those days are not just beaten by a matter of seconds but simply pulverised, and every Tom, Dick and Harry is turning in times, which only the world-class athlete could then hope to achieve.

When attempting to find a reason for all this progress we may perhaps satisfy ourselves that it is inevitable, and that may be acceptable up to a point, but we must not overlook the fact that a great deal of credit is due to the present day athletes led by the inimitable Jim Peters. We owe much to "Peerless Jim" but do not let us forget that those of you who have been blessed with the ability and tenacity of purpose to follow in Jim's wake, and so urge him to greater efforts, are rarely given due credit for similarly great achievements. It is an agreeable fact that we have at least half a dozen runners who could hold their own in any company of Olympic standard and these heights have not been easily acquired. It has involved much hard work and sacrifice.

The Poly Marathon last year rather shook our athletic foundations when Jim gave us a 2.20 to set us thinking and when others followed closely with amazing times the whole affair was apt to confuse our normal senses. We eventually decided to accept the 1952 performances as just one of those things that happen once in a decade, and we agreed that we might never see the like of it again. We prided ourselves upon being the fortunate witnesses of such a race. That was in 1952. Came June 1953 and with it much speculation. Even Jim Peters added to the spice of conjecture by forecasting a time of around 2.40 for himself. This was merely an attack of pre-race nerves when Jim was suffering from the usual multitudinous aches and pains. Why is it that these diverse ailments invariably assail us just prior to a race?

It may not be general knowledge that two foreigners competed in this Coronation Marathon. Adolph Gruber was on the programme but Willi Wange, the German Star, was a late entrant. Both hoped to beat their personal best, but in their own words "the fast Windsor course did not come up to expectations". I have a feeling that the fast start put paid to the hopes of our friends from abroad. The German remarked that in Continental races two or three athletes might go off fast at the start, but in England the whole field goes off fast. "Too speed for me." said the Austrian. It was only by courtesy of Geoff Iden that Gruber's visit was possible, and to Mrs Iden must go a bouquet for her spirit of toleration in allowing her stock of milk to disappear overnight and in fulfilling an astonishing request for warm porridge in Windsor Great Park at one o'clock on Coronation Marathon day.

Since Jim Peters entered the Marathon arena and began shaking us all with his devastating pace right from the gun, I often speculated on what he might do if he ran more strictly to a schedule rather than the tactics of running "as fast as he can as long as he can" - and in Jim's case this is a long way and he can do it with impunity. On this occasion it was soon apparent that he meant to run this race differently, and it was an unusual sight to find him accompanied by seven others approaching five miles in a time which, allowing for the extra yards, was equivalent to 27 minutes. The bunch included Cox, Iden, McMinnis, Lawton, West, Pape and Nash and although they certainly were not loitering, they seemed to be enjoying a companionable outing. Alan Lawton jokingly said "How do you find the pace Jim?" to which Jim replied "Lousy". This exemplifies the good spirit prevailing among our runners even in the heat of keen competition. Some might interpret such a retort as arrogance, but that would be very far from the truth, as all that know Jim will readily testify.

Soon after this Jim decided to speed up, and from then on I formed the impression that he was treating this marathon as a "warm-up for six miles" and a 20 mile race thereafter. Between 5 and 10 miles he averaged 5.7 per mile and from 10 to 15, 5.8, passing the 15 mark in 1.18.20. According to Jim's official time at Heston he had averaged 5.13 per mile between 15 and 20, and he went on to finish at an average pace of around 5.30 per mile. Jim finished stronger and looked fresher than in any previous Marathon and I agree with our learned scribe James Audsley that new superlatives will have to be invented before we can do justice to such a performance.

Maybe I have said too much about one person, but let it be known that I regard all competitors with equal importance, and without them athletic standards, and indeed life itself, would remain dull. In such a large field, however, it would be impossible to do more than single out a few for special mention. It is indeed ironical that two such great athletes as Stan Cox and Geoff Iden should be contemporaries of Jim, and I am sure he would agree that their presence has kept him "on his toes".

Credit for the present standard of distance running may be equally divided between Peters, Cox and Iden, and this magnificent trio has taught us a great deal in the last few years and as a consequence the standard will go on improving and more and more runners will come into the sport. England will not be lacking in distance runners for a long time, and it is reasonable to assume that McMinnis, Lawton, Smith, Pape and Fotheringham will soon be up to the best European standards.

If there was such a thing as an "Oscar" in Marathon running, I think it could be justly awarded to Dave Fotheringham who gave an amazing display for a newcomer. Frankly I gave him little chance of a prominent place in his first Marathon and I imagined he would go away too fast and pay the penalty in the later stages. Dave, however, ran brilliantly throughout gathering inspiration from his many club supporters who acted as an influence against imprudent running. In O'Sullivan and McCalla we also have two newcomers of outstanding merit and one does not have to look far down the result sheet to find others. It is all so very encouraging.

Just a final note on the organisation. It is indeed gratifying to Arthur and Mrs Winter and their many helpers to learn that you all appreciate so much the prodigious - and that is putting it mildly - efforts made on your behalf.

The fact that Marathon day coincided with Queen's State Drive made this year's event a memorable occasion which might easily have been impossible if Her Majesty had withheld Her gracious permission for the race to start from Windsor Castle. "Long Live The Queen".

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THE COMRADES MARATHON.

The following is the result of this really wonderful race run on July 14th.

1st.	W. Hayward.	Germiston Callies	5:52:30.
2nd.	S. Luyt.		6:05:08.
3rd.	T.N. Allen.	Durban A.C.	6:28:15.
4th.	A.K. Boyce.	ditto.	6:45:11.
5th.	J. Mekler.	Germiston Callies.	6:52:59.
6th.	L. Mare	ditto.	7:04:57.

Hayward's time is a new record and beat his own "down" record (i.e. finishing at Durban) by 21m. 28s. Luyt also beat the old record. The team race was won by Durban A.C.

A field of 34 started in ideal conditions although it was perhaps rather warm, and Hayward is reported to have been running very strongly over the last miles.

Luyt, a newcomer to this race, will be remembered as finishing just behind his fellow countryman Coleman in the 48 Olympic Marathon.

Arthur Newton tells us that he believes the course to be about two miles shorter than when he ran in the race, which put the distance at slightly over 52 miles, but it involves some 3,000 feet of climbing even when run the "easy" way from Pietermaritzburg to Durban. This will be of special interest to us in view of the Brighton run.

Hayward apparently wishes to tackle the 100 mile Bath Road record after the Brighton.

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AUTUMN SOCIAL MEETING.

Plans are being formulated for a big Social gathering to be held in Central London, possibly at the Poly on the evening of Friday the 13th of November. Films of recent races will be shown and refreshments will be available and it is hoped that every Member will attend who possibly can. A small charge of about 2/6d will be made. Further details will be circulated at the earliest opportunity.

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FIXTURES.

August 15th. Liverpool Marathon. C.A. Bourne, 32 Hatton Hill, Litherland, Liverpool, 21.

August 15th. Bexhill 16 G.M. Payne, 1 Barnhorn Road, Little Common, Bexhill, Sussex.

August 15th. British Workers' at White City. 10 miles Road Race. Nat. Athletic Sec., B.W.S.A., 2 Soho Square, W.1.

September 5th S.L.H. 30 at Coulsdon Surrey. D.G. Smith, 49 Old Lodge Lane, Purley. Tel. Uplands 5459.

Entry fee 5/- plus 5/- for Team. Closing date for entries 22 August.

September 26th London - Brighton Run. E. Neville, 2, Stanton House, St Mark's Hill, Surbiton, Surrey. Full details later.

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POLYTECHNIC HARRIERS MARATHON, 13th June 1953,  
CLUBMAN'S RETURNS

10½ mile Pos	Name.	Finish. Pos.	Comparison.	Year & Pos.	Comment.	
1	Peters, J.	1	2.18.40	52 1	World Best	
3	Iden, G.L.	3	2.26.39	14 8/10 gain	52 3	Cuts time again
5	Lawton, A.	4	2.27.01	9.36 gain	52 10	Best Improvement
10	Kelly, W.	7	2.33.27	5.29 gain.	50 4	Better time
6	Pape. R.	8	2.34.02			1st Poly soon to break 2½ hrs.
25	Reynolds, D.	13	2.38.21	1.48 gain	52 18	Highest position
15	Oliver, N.	14	2.38.50	40s down	46 1	Returning to form
14	Peacock, L.	15	2.38.52			Best on this course
28	Flowers, E.	16	2.39.09	4.14 gain	52 23	Seven positions up
32	Flowers, J.	17	2.39.09	6.29 gain	52 28	Nine places gained

7	57.39	West, P.	18	2.39.29						Grand first Marathon
16	60.16	Dennis, H.	19	2.40.08	4.49	gain	49	3		Remarkable return
18	60.48	Hefford, A.	20	2.40.59	7.23	gain	50	17		Great time cut
26	62.14	Jackson, R.	21	2.41.43	4.45	down	52	7		Down on last year
24	61.55	Prestidge, S.	22	2.42.14	19.32	gain	1	40		Big time cut
43	64.35	Legge, J.	23	2.42.27	15.05	gain	52	55		Big position jump
19	61.20	Etches, A.	24	2.43.25						Fine 1st effort on course
40	63.12	Fowle, V.	26	2.44.25						Promising 1st Marathon
48	64.50	Busby, C.	28	2.45.14	1.10	down.	52	25		Same as last year
57	66.05	Fenn, J.	32	2.47.01	4.23	gain	52	45		Much improved
46	64.50	Brown, E.	33	2.47.33	5.09	gain	52	46		Followed Fenn again
47	64.50	Gosling, G.	34	2.47.47	2.14	down	52	27		Average run
		Dashwood, A.	36	2.48.45	12.25	gain	51	38		Vast improvement
62	66.55	Pearson, G.	37	2.49.12	2.07	down	52	31		Same as last year
44	64.35	Perkin, F.	38	2.49.12	8.57	gain	52	56		Marked improvement
38	62.57	Whitehead, A.	40	2.50.15	5.20	gain	52	65		25 places up
21	61.50	Jones, S.F.	41	2.50.28	7.08	down	52	22		Down on his best
50	64.50	Williams, L.	43	2.50.45	12.19	gain	52	68		Big improvement
22	61.34	Plummer, R.	47	2.52.16	3.14	down	52	37		Down on last year
49	64.50	Foster, B.	48	2.52.32	40s	gain	50	30		Consistent
69	67.37	Jackson, A.	50	2.52.53						First appearance on this route
		Wiseman, R.	52	2.54.56	23.34	gain	51	69		Tremendous time cut
66	67.25	Duccker, A.	53	2.55.03	5.53	down	50	20		3rd p.b. for course
34	62.32	Macdonald, J.	54	2.55.25	6.19	down	52	29		Down on last year
		Harman, G.	56	2.56.37	1.29	down	52	49		Down on last year
65	67.21	Howsham, S.	62	2.57.23	10.11	down	50	14		
		Moth, V.	63	2.57.37	2.14	gain	52	62		Faster time
63	66.59	Miller, G.	64	2.57.45	2.24	down	52	50		Usual Solid run
		Kay, D.	67	2.59.26	6.31	gain	52	67		Same as last year
29	62.14	Brickwood, D.	68	2.59.37	9.24	down	52	35		Down on last year
		Lee, H.B.	69	3.00.34	2.44	down	52	54		Slower time
56	66.05	Bell, T.	70	3.00.45						Best recorded time to date
67	67.25	Nicholson, W.	73	3.02.32	13.08	down	51	16		Marked drop on best
		Griffiths, L.	76	3.03.13	13.38	gain	52	98		Good run, past winner
		Joyce, T.	86	3.09.42						Initial showing in this race
		Longhurst, R.	89	3.12.41	5.13	down	50	74		Down on 1950 time
71	67.38	Chaventre, J.	90	3.12.54						Promising first effort
		Johnson, P.	93	3.14.35	2.25	down				Repeat of last performance
		Purdon, D.	95	3.15.54	27.40	gain	52	25		Greatest improvement
		Symes, W.	96	3.15.56	16.46	down	52	60		Big time lapse
		Peacock, E.	98	3.17.39	20.01	gain	52	20		Vast overall cut
		Morse, L.	100	3.18.14	18.28	down	52	61		Same time as 1950
		Haig, G.	105	3.23.26	23.26	down	50	44		Up on last year
		Jewell, J.	109	3.27.26	10.57	down	52	97		Down on last year
		Tyson, W.	113	3.31.45	2.15	gain	52	17		Improvement
		Stewart, G.	114	3.33.05						Another Marathon accomplished

Of our members, 61 entered, 60 started and 55 finished. Compiled by D.J. Roberts, Club Statistician.

#### LONDON - BRIGHTON RUN - 26th September, 1953.

Could Members please note that volunteers, as Programme Sellers are urgently needed. Please get in touch with H.A. Fry, 19, Gassiott Way, Sutton, Surrey.

#### BELGRAVE OPEN 20 - 27th June, 1953

Congratulations to P. Goodsell of Walton A.C. upon winning the Special prize awarded to a member of the RRC in the Belgrave Harriers' 20 miles Road Race.

#### CRAMP.

Among considerable correspondence which has recently appeared in the "Daily Telegraph" upon the subject of cramp, the following letter is perhaps of particular interest to us: -

"CRAMP AND ITS CURES.

To the Editor of The Daily Telegraph.

Sir,

Severe exercise in hot weather produces a desire for salt; almost amounting to a craving, and marathon and longer-distance runners nearly all while running take weak saline solutions (about a level teaspoonful to the pint). This prevents heat exhaustion and may help to prevent cramp, though it certainly does not do so entirely.

During the London to Brighton running race in September 1952, and the 50 miles record race on the track in December 1952, both of which were run on cool days, there were many instances of severe cramp. On neither occasion did the runners suffer much from thirst.

Small doses of quinine certainly help to prevent night cramp but seem to have little or no effect on cramp occurring during severe exercise. I am myself being gradually forced to give up marathon running as a result of cramp.

Evidently we have still a great deal to learn about cramp. Why, for example, is it always self-limiting in duration?

Yours faithfully,  
SURGEON."

HOME COUNTIES.

Who can this extraordinary Surgeon who runs Marathons be?

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THE LONDON to BRIGHTON RACE.  
26th SEPTEMBER, 1953.

With this issue A Circular, Questionnaire and Entry Form for the London to Brighton Race are being sent out, and it is greatly hoped that all Competitors and Helpers will assist Ernest Neville in this great endeavour by returning the forms promptly to him fully completed.

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