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NOTICES.

At the Extraordinary General Meeting of the Association held on the 6th November 1953 the following alteration to the Rules was adopted: -

"4. MEMBERSHIP. Membership of the Association is confined to Amateurs who are members of Clubs affiliated to the Athletic Association and/or members of Clubs affiliated to the Governing Amateur Athletic Association of the Country in which they ordinarily reside. Upon any member ceasing to be a member of a Club so affiliated, he shall ipso facto cease to be a member of the Association."

This alteration enables athletes overseas, in fact in any country in which there is an Amateur Athletic Association, to become members of the RRC. Our first overseas members were Wally Hayward, Jack Mekler and Fred Morrison, and we have received enquiries from Australia, Canada and New Zealand.

POLYTECHNIC MARATHON RE-UNION.

Competitors will already have received notice of this meeting to be held at the Poly on Saturday the 2nd of January 1954 at 7.00 p.m. (Tickets from Arthur Winter 1/6d.) We thoroughly recommend this enjoyable evening of films, dancing etc.

THE BATH ROAD 100 MILE RUN,
24th OCTOBER, 1953.

Full reports of this wonderful race have already appeared in the Athletic Press and we propose therefore to give only a factual account of this great race in which Wally Hayward knocked an hour off Ballington's record which was also beaten by Mekler while Reynolds managed to better Arthur Newton's time.

The run was termed a "Time Trial" and not a "Race" so that Police permission for the event to be run over the same course as run by Newton and Ballington (i.e. from Box - some 6 miles East of Bath - to Hyde Park Corner, finishing inside the Park) could be obtained.

Previous performances were: -

1928	Newton	14h. 22m. 10s.
1934	Newton	14h. 11m. 30s.
1937	Ballington	13h. 21m 19s.

This Year's run was held under the auspices of the RRC sponsored by the "News of the World". Joe Binks and Riley were numbered amongst the Judges as also was W.J. Pepper of the A.A.A. Ernest Neville was Referee and Findlay and Jewell were timekeepers.

Pete Gavuzzi was Hayward's Attendant. Most road runners will associate him with Newton whom he partnered in many races in the States. Gavuzzi also competed in the trans-continental races and amongst his many feats of pedestrianism is a run from Lands End to John O'Groats.

Morrison looked after his Club-mate Jackie Mekler of Germiston Callies, a Club about which we have heard so much in recent months, and Les Griffiths seconded Derek Reynolds.

Road running enthusiasts who made the journey from London for this historic race included Sam Ferris and Harold Lee and also to be seen were Len Matthews and Mrs Matthews. James Audsley was joined by his wife at Marlborough and it was, of course, a great occasion for Arthur Newton.

A thick mist cleared shortly before the start and a clear cool night was followed by a bright day. In the late afternoon there was a slight rain, but weather conditions were on the whole favourable throughout. The two South Africans stripped down at the start although Hayward had a light scarf over his shoulders and tied round his neck. Reynolds was wearing a "top". Ernest Neville gave the word "Go" at 3.00 a.m. and the runners soon disappeared into the darkness.

At 5 miles Hayward and Reynolds were together with Mekler following, but Hayward then went ahead steadily increasing his lead. At Marlborough (25...) he was a mile ahead and Mekler was about a mile further back. Hayward was here about seven minutes behind Ballington's time. He now forged ahead strongly through Newbury to the half way point and succeeded in getting 16- minutes inside Ballington's time. Mekler was also running very easily but Reynolds did not seem happy and was overtaken by Mekler at 40 miles.

Continuing to move well, Hayward met fairly heavy traffic in Reading and Maidenhead and on the Old Bath Road through Colnbrook. After Hammersmith the roads were congested but he was still running magnificently when he entered Hyde Park and came up the slight incline to the finish line.

Mekler used excellent judgement throughout and was able to finish with a sprint. Reynolds, however, was not 100% fit on the day, owing to a go of 'flu, but he still managed to record a most noteworthy performance in bettering Newton's time by 24 minutes.

At the finish Hayward was presented with a cup by Mr Riley on behalf of the "News of the World" and the runners were driven to the Poly to change.

The exact distance between the Bear Hotel Box and Hyde Park Corner has not been measured with a wheel, as has the Brighton road, but it is certainly not less than 100 miles.

AN ACCOUNT OF THE "TRIAL" BY THE WINNER WALLY HAYWARD

The "News of the World" very kindly sent a car along to pick us up and take us to Box, the village from which we were to start the following day. On arrival, we had a light lunch and then took a walk around the countryside for a few miles. Dining at 5 p.m., we then went for another short walk and, on our return, the Proprietor, Mr Howard, gave us some music on the piano. As the hotel was apt to be a bit noisy, rooms had been engaged for us at a private house close by and at 8 p.m. we turned in.

We were called at 1 a.m. after a fairly good night and had breakfast - porridge, fried steak, toast and tea - and then got changed. Just before 3 a.m. Ernest Neville rounded us up and flash-light photos were taken. The last few seconds were counted out and we were off.

There was a longish hill almost at the start and we decided to take things easy, though later on we were surprised to find that we were slower over the first five miles than we had judged. When Peter Gavuzzi gave me the time I thought I'd better push ahead a bit, but it was something like the 15 miles mark before I had made good the few minutes deficit lost during the first stage and I was now ahead of Reynolds and Mekler. As we went through the villages there were folks standing at the roadside who wished us good luck and sped us on our way.

Nearing Marlborough it started to get light and, feeling quite comfortable, I was able to enjoy the scenery, notably the Savernake Forest. At this point Gavuzzi told me I was well ahead of the other two and suggested it might be wise to check the speed a trifle, but as I felt as right as rain I just carried on. I had my first drink - black tea with plenty of sugar - around the 40 mile mark and another at about 50. When 60 miles were behind me food seemed to be indicated and Gavuzzi gave me some of his special custard - new laid eggs with milk and plenty of sugar - which he had, himself prepared. That gingered me up considerably and I ran on feeling I was going much better than I had dared hope at this stage. The "bad patch" I had been told I might meet hadn't begun to show up. Another 10 miles and I had a second dose, washed my face with eau-de-Cologne and at each subsequent ten miles took another stab at the custard. When only five miles from the finish, feeling thirsty, I had a "magic drink" - lemonade, sugar, salt - and still felt quite good and thankful indeed that the bad patch had forgotten to turn up.

At the winning post Mr. Riley, representing the "News of the World", presented me with a silver cup and after the usual mix-up with reporters and photographers, I was driven to the Regent Street Polytechnic for a bath. Later we all had a grand dinner at this Club - and just wasn't I hungry! - and then Joe Binks, knowing we were bound to be tired, arranged for a car to take us back to our temporary home at Ruislip.

IMPRESSION OF THE BATH ROAD 100 by E.LAYTON-BENNETT

Three in the morning is a somewhat gruesome hour. There is little to recommend it unless one is soundly a-bed. I am bound to say that the prospect of commencing a run of 100 miles at this point of the day's cycle, would have been one to deter lesser mortals than the three stalwarts who earned the undying admiration of all who watched them complete the gruelling course. But though 3 a.m. may be a gruesome hour, yet at the same time there is undoubtedly an atmosphere of excitement and suspense. When one foregathers to watch one's fellow men start some great occasion (and who could say that this was not a very great occasion?) one can feel the atmosphere as a tangible force - and the night of October 24th was no exception. I no less than the others who made up the group of men who had collected to cheer the competitors on their way, found it a moving sight to see the three men with highly contrasting physiques move off down the road in the chill grey light of this Saturday morning.

It would be pointless, even I suggest, impertinent for me to comment or attempt to comment on the technical aspects of each competitor's performance. But having had the privilege of being closely concerned in what I might term "road athletics" in connection with the famous "Sunday Dispatch" 100 mile walks, I would like to say that this event showed once again what tremendous demands are made upon a man's courage when engaging in these marathon performances. I think it

is well worth considering with due humility, when being unprepared, as I confess I am, to simulate these performances, that, however much of a jaundiced view one might possess at the outset, one can only emerge at the finish with an unbounded admiration for the qualities that are required in order to complete the journey. Qualities which are shown to the fullest extent. That to me is the important thing. There are many demonstrations of this, and particular mention should be made of Derek Reynolds, who in spite of being stricken with flu not very long before the race, persevered through several bad moments and ended at Hyde Park Corner full of fight. Three things seem to me to emerge in contemplating the run. First, in the case of Wally Hayward, precision and control. Second, in the case of Derek Reynolds, the tenacity to win through against long personal odds, and in this respect I would suggest that his long experience must have contributed to a very high degree. Third, I think needs longer comment.

I have always understood that a man does not reach his peak for long distance running, or for that matter walking, for several years. In other words the old adage that youth will beat age doesn't hold good. To achieve the toughness and experience necessary requires years of practice and competition. Thus the achievement of Mekler is made all the more remarkable and I personally, who have watched him in many phases throughout the course of the race, never felt that he did not possess all the necessary qualities to complete the course, and the fact that he did finish in good heart and in remarkably good time speaks volumes for this young man's physical stamina and judgement beyond his years.

H. BALLINGTON 1937	MILES	STARTING FROM BOX (BEAR HOTEL)	W. HAYWARD 1953	J. MEKLER 1953	D. REYNOLDS 1953
	5		48.12	48.00	48.12
1-13-00	7¼	CHIPPENHAM.	1.00.07	1.02.17	1.00.09
	10		1.18.12	1.23.08	1.19.22
	13	CALNE (MARKET PLACE)	1.40.20	1.46.52	1.41.45
	15½	CHERHILL. 16m	2.29.21	2.40.06	2.33.37
	25		3.03.56	3.17.00	3.10.57
3-01-25	25¾	MARLBOROUGH.	3.08.38	3.21.55	3.15.58
	35¾	HUNGERFORD.	4.26.12	4.41.15	4.32.40
5-32-12	44¼	NEWBURY	5.26.54	5.44.52	5.44.50
6-18-00	50		6.01.31	6.25.10	6.25.32
	60		7.09.27	7.43.03	7.51.25
	70		8.22.27		
9-28-00	74	MAIDENHEAD	8.58.07	9.46.29	9.52.30
	79¾	SLOUGH. 80m	9.34.26		
10-56-05	83¼	COLNBROOK	10.08.49		
	90		10.47.53		
	91¾	ISLEWORTH STN.	11.14.24		
	93¼	BRENTFORD	11.25.52		
	94¼	KEW BRIDGE	11.32.57		
13-00-00	96¾	HAMMERSMITH	11.55.30		
13-21-19	100	HYDE PARK CORNER.	12.20.28	13.08.36	13.47.18

THE TWENTY FOUR TRACK RACE.

The day following his magnificent run on the Bath Road, Wally Hayward decided to stay another month in this country so that he could tackle the unofficial professional world record for 24 hours running which stands to the credit of Arthur Newton, who at Hamilton, Canada, in 1931 ran 152 miles 540 yards on a twelve lap to the mile indoor track. Newton has always been the first to assert that this record could be bettered.

The R.R.C. had to stage the event at very short notice. The White City track had been partly dug up but the Motspur Park track was fortunately available and it was decided to start the race there at 11 a.m. on Friday the 20th November so that it would finish before the Saturday afternoon football began. Ernest Neville had some difficulty in mustering the large number of officials required but he managed to do so, a number of ladies volunteering as lap scorers on the Friday.

Wally Hayward had been troubled with a bad leg after the Bath run. The race was threatened during the preceding few days by fog but this luckily lifted a few hours before the start and the Friday was a clear Autumnal day followed by a fine cool night.

Eighteen R.R.C. members were invited to take part, selection being based on their London to Brighton performances, and the following started in addition to Hayward: - Reynolds, Legge, Stan Jones, Perkin and Griffiths.

Ernest Neville read a message of good wishes from His Royal Highness the Duke of Edinburgh and the race was then started, at the 11 a.m. Time Signal from Greenwich, by H.J.G. Kenny, Esq., Assistant Deputy Commissioner for the Union of South Africa.

Hayward started at a good pace, followed by Stan Jones and Legge, covering the first 8 miles 547 yards in one hour and 8 miles 433 yards in the second hour. At 25 miles Hayward had established a lead of 1m. 43s. over Legge and Reynolds, who had started slower, moved into second place. Hayward reached 50 miles in the good time of 6h. 6m. 34s. with Reynolds twelve minutes behind. Legge and Jones had now eased up. At this point, Perkins, who was troubled by an old muscle injury, retired.

Hayward continued to eat up the miles and from 60 miles on was ahead of the existing records. Reynolds too was running strongly but all the others were showing signs of fatigue. At 61 miles Stan Jones retired and John Legge at 88 miles.

As soon as he had run 100 miles in the splendid time of 12h. 46m. 34s. Hayward left the track for attention to his feet and legs. He was off for half an hour and had extreme difficulty in getting going again owing to stiffness and cold. At this point Reynolds also stopped but only for ten minutes.

The difficult early morning hours had now to be endured and both runners had bad spells with numerous stops for refreshment. Hayward jogged along slowly and by degrees the record distance was approached.

Griffiths covered 76 miles 1133 yards in the first twelve hours and spent some hours off the track during the night. He re-appeared, however, and was on the track at the finish.

Soon after 7 a.m., as dawn broke, Hayward and Reynolds were still driving themselves along at less than 6 m.p.h. The Black Heath Harrier now appeared to be the fitter of the two and had indeed accomplished a performance even better than anticipated.

With about an hour and twenty minutes to go Hayward passed Newton's mark and Reynolds achieved the same distinction with 23 minutes to run. In the remaining time Hayward managed to cover a further seven miles to achieve a grand total of 159 miles 562 yards. Reynolds covered 154 miles 1226 yards.

Hayward found this race a tough proposition although it was thought that, had he been entirely fit, he would have exceeded 170 miles. Two days later, reluctant to leave the many friends he had made over here during his stay with us, he flew back to South Africa. With his departure and with the earlier departure of his compatriots, ends a period of exceptionally great interest to all long distance runners.

In fairness to those who retired during the race it should be explained that the object of the race was primarily to give Hayward an opportunity of establishing a record. The performances of the other competitors can in no way be considered as failures.

<u>MILES</u>	<u>HAYWARD</u>	<u>REYNOLDS</u>	<u>GRIFFITHS</u>
10	1 12 07	1 12 08	
20	2 25 01	2 26 44	
30	3 37 54	3 40 53	
40	4 51 57		
50	6 06 34	6 18 24	
60	7 24 41	7 44 30	
70	8 41 02	9 10 15	
80	9 59 41	10 40 50	
90	11 21 51	12 11 28	
100	12 46 34	13 35 27	16 35 27
110	14 52 44	16 16 28	
120	16 48 41	17 58 20	
130	18 34 54	19 50 38	
140	20 25 11	21 32 23	
150	22 15 02	23 14 44	
12 hours	94 miles 696 yards	89 miles 1745 yards	76 miles 1133 yards
24 hours	159 miles 562 yards	154 miles 1226 yards	120 miles 248 yards
Legge	12 hours 79 miles 1758 yards (Retired at 88 miles)		
Jones	Retired at 61¾ miles in 9 hours 30 minutes 26 seconds		
Perkin	Retired at 50 miles in 7 hours 20 minutes 20 seconds		

ENSCHEDÉ INTERNATIONAL MARATHON
 12th SEPTEMBER 1953.
BY JIM PETERS.

On the Friday after a day's work I set off to the Royal Dutch Air Lines Office just by Knightsbridge Station. I had a four mile run round Mitcham track in 20.30 and had to call it a day. In London I met my old friend and great runner Stan Cox - he obtained his first international vest in 1939 and is still winning them in 1953 - and Jack Crump who was to be our Team Manager for this happy and memorable trip to Holland. After the Coach journey to London Airport we eventually took off as darkness was almost complete in a Corsair twin engine plane.

My first view of Holland was Amsterdam beautifully lit up and it made me feel very happy indeed to be about to land in the country of those fine brave and so English like Dutch people. We were met by a Dutch Official and hustled to a very exclusive night restaurant. There we had to wait ages for a lovely meal. From there to a boarding House, which could not be

really be called a Hotel, and finally turned into bed just after midnight. As we were to be up early in the morning for the long journey to Enschede we soon put the lights out. First asleep was Jack snoring like the Devil, but then he was not racing a Marathon next day. I could hear Stan twisting and turning but that finally stopped and off he went. It seemed as if I'd never get any sleep but eventually I must have gone off for a short spell. Around about 3.a.m. Jack woke up because his WALL was moving in and out. Now Jack had not had a single drink and actually he was quite correct for the wall turned out to be a very flimsy affair that just moved in and out as the gale blew. Came 6 a.m. and up we got. I felt pretty rough as usual but tried to raise a smile. It was a fairly bright morning and off to the station we went and we were very soon on our way. Very nice diesel train not at all crowded. and we soon covered 140 miles or so. We had plenty to talk about and saw plenty of the windmills we expected to see.

The Hotel at Enschede was just about the nicest little place I have ever stayed in and we changed into our kit and dashed off to the Stadium for our Medical. Here Jack looked a little nervous for the first time - reason was Stan and thoughts of Helsinki in 1952. Stan as usual appeared outwardly very cool and soon had the O.K. I know that Jack was more than happy about that. I then said, "I'm going back to the Hotel for a sleep" and sleep I did. Woke up very dopey and off we went for the ceremonial parade. This lasted too long in the rather cold wind but otherwise everything was absolutely perfect. The course was as flat as a pancake - slightly over distance says Squire Yarrow - and about a mile of cobble stones to be negotiated twice.

I made up my mind to do the first mile in 6 minutes to warm up and very soon the field lengthened out. Stan and Van de Zande were in the lead and Victor Olsen of Norway and myself just behind. Very soon Olsen was dropped, mainly I think because he finished second the previous week to Karvonen of Finland in the Scandinavian Championship on a severe course. Now Janus Van de Zande is a marathon runner well above average, although only 5ft. 2in high and I predict great things if he sticks to it. He can do a 6 miles in just outside 30 minutes and in the Royal Beerschat 7K. 100m cross country race held at Antwerp on the 15th November finished 10th just behind Pat Ranger. I somehow or other won this race in 22.36, but that's another story.

From 4 miles it was I that was doing the pushing, Stan running almost stride for stride with me and the gallant little Dutch Champion pushing his way in the middle of us. After 7 miles I got anxious and put the pressure on - 5.5 miles or thereabouts - but it made no difference until nearly 9 miles and then the trio suddenly broke up and I managed to open up a 20 yard gap over Stan and he the same over Janus. After that I just plugged away on the ever winding course mainly with the wind behind me.

I reached the half way mark in 69m. 70s. and Janus in about 73 only to have cramp and stop. Then we had the wind and rain to contend with and the German Press said I would have undoubtedly have done a faster time if conditions were better. But it did not matter because I turned out to be very fit and had no difficulty in beating Karvonan's course record of 2.20 plus set up in 1951, as also did Stan. Leading positions: -

1.	J. PETERS.	GREAT BRITAIN.	2h.	19m.	22s.
2.	S. COX.	"	2	24	38
3.	V. OLSEN.	NORWAY.	2	35	20
4.	J. VAN DE ZANDE.	HOLLAND.	2	36	12
5.	A. GRUBER.	AUSTRIA.	2	38	02
6.	H. VOLBACK.	GERMANY.	2	39	00

In the evening a good time was had by all and the Dutch people were extremely nice. Stan and I both slept much better than we usually do and back to England we came on Sunday for me to miss my first run of my new season which began on September 1st. This was only because it was too late to go out.

TURKU MARATHON
4th OCTOBER, 1953
BY JIM PETERS.

Thirty two days after Enschede, I had promised to run in Finland my fourth Marathon of the season. I accepted for several reasons: 1. Experience 2. To try to remove my dismal failure at Helsinki in 1952 where I ran myself into the ground and collapsed at 20 miles 3. To see if I could do two Marathons in three weeks in case I might be asked to do that in 1954. Most enthusiasts will see I'm sure what is at the back of my mind when I think of that but I do not wish to say exactly what in writing as I take nothing for granted and wish to make any International teams I might be picked for. Anyhow I plugged on with my Commando training averaging about 110 miles in 12 sessions and actually did 30 minute six miles on Mitcham track just before I left.

The B.A.A.B. very kindly gave me special permission to go on my own as the Finns just could not pay for two, and John Riley, son of Mr Ernest Riley of the "News of the World" Relay fame, undertook to look after me. I must thank John and everyone else for the wonderful help they gave in making the trip possible.

Came Thursday, the 1st October, and soon after breakfast I ran 10 miles to my beloved Hainault Forest and back in 56.20 and my wife Frieda had a nice bath ready on my return. She also packed my bag as usual although, except on rare occasions, she never watches me race. I kissed her and young Robin aged 6 goodbye, a hard task, and off I went with the determination of a man going out to slaughter or be slaughtered. I felt pretty rough as usual and was quite relieved in a sense to take off in the B.E.A. Viscount to Copenhagen. Here we had to wait three hours for a Finnish plane to Helsinki. We arrived

around 1 a.m. in plenty of rain and at once my mind turned to last year but we soon reached the Hotel Helsinki and so to bed. Believe it or not I could not sleep.

On Saturday Morning I had a real English breakfast and gave an interview to the Press who seemed very interested in my training and the fact that I had asked Paavo Nurmi his advice for 10,000 metres training in 1947 when Veiko Heino wiped the floor with Jack Holden, myself, Reg Cosney and Doug Wingate in 29.28 for six miles or thereabouts. He said "Every day - twice a day, sometimes fast sometimes slow." in the best English he could muster. How I wished I had taken his advice in 1947 and had a bash. They were also impressed with the fact that in 1953 I had run three 6 miles on only Marathon training in 29.01.5, 29.07.4 and 29.06.4.

John and I then went for a stroll in Helsinki for an hour and re-visited the Harbour and Stores and bought a couple of running badges for Robin. After lunch he put me on an old coach for 140 miles with as many stops on a bumpy road. The sun came out and I felt very ill when I finally reached Turku at 5 pm. I was met by Lasse Viarteen - 3rd in the 5,000 and 3rd in the 10,000 metres in the 1932 Los Angeles Olympic Games when he also ran against Sam Ferris in the Marathon but had to retire - he could only say in English "Welcome to Finland".

Volbach, the German Champion, who has promised to train as hard as I do, came on Sunday and I looked out of my Hotel at the rain. Soon I met the other competitors and away we went to the Market Square for the start. The course, a figure 8, was neither severe nor easy. Something like 8 miles on rough cobble stones, 5- on the track, 3 of woods and the rest on reasonable roads.

I started slowly and after a mile went into the lead but got away from Karvonen very slowly. He was anxious to break his course record of 2.25 plus and I could not understand why he did not come with me. I ran the 25 miles completely on my own and seemed to be on top of my form. No trouble until I reached the Stadium where I had to do 10- laps on the outside instead of the usual one. The track was soft from the heavy rain and I seemed very leg weary. However I made it and soon recovered to be a really happy man, especially when Roy Moor of the "News Chronicle" phoned me to say my folks at home all had the news. Result: -

1.	J. PETERS.	GREAT BRITAIN.	2h. 18m. 34.8s
2.	V. KARVONEN.	FINLAND.	2 25 47
3.	O. KOSKINEN.	"	2. 32 53.6

Allis Stenroos presented the prizes. He, I believe, won the Olympic Marathon the year Harold Abrahams won the 100 metres and was Caretaker of the Stadium at Helsinki during the last Games.

The journey back was uneventful. Arriving at 6, I was out by 7 doing 6 miles in 35.30. I had the Brighton Relay, then 5 days off to think of, when I would be running for my Club Essex Beagles who, I modestly thought, had a chance. It is old news now that we won and that I set up a record for Leg 8 and even beat 21 year old Ken Norris, who has done a 14.01 three miles this season, by 32 seconds.

The following Saturday I was in the winning team in the Chelmsford Relay and did the fastest time of the day, a week before my 35th birthday. This is, however, only the second fastest time as Sando did 14.50 last year compared with my 15 minutes. I also beat my own record in the Ipswich relay by 8.4 seconds and this I regard as one of my best performances. Shortly afterwards I won a cross country race in Belgium from a field of 158. So, Road Runners, don't be afraid to venture over the country. I train the whole year on it.

RESULTS OF SOME OF THE SEASON'S RACES

KENT 20

Held on the 26th May, this event included the Kent County Championship. Of the 48 starters 41 finished with Geoff Iden in the lead. The Open Team Race went to T.V.H. whilst the Runners-up, Blackheath H. won the Kent honours.

RESULT: 1. G.L. IDEN (V.P.H.) 1.52.20.; 2. J. HASLAM (T.V.H.) 1.53.30. 3. D. MARTIN (Shaftesbury H.) 1.54.54.

KENT COUNTY INDIVIDUALS: 1. J. WITHERS; 2. G. GOSLING; 3. H NUNNS; All Blackheath.

HULL 21

Organised by Hull Harriers this road race over a hilly course took place on 3rd June in fine weather but with a stiff breeze on the outward run. RESULT: 1. F. LUCOP 2.03.25 (Course Record). 2. A. NENDICK 2.04.37; 3. C. TAYLOR 2.12.14.

LINSLADE 10

This year the event was an Open Individual Race only but we gather that the organisers intend to invite team entries in future. There were 22 starters for the race run on the 14th of July and the order of finishing was: -

1. R. FOULKES (Aylesbury) 58.37; 2. F. BROOKS (Lozells); 3. B. BIRKINSHAW (Rotherham).

BLACKBURN 15

This race also took place on the 14th of July over an almost flat course at Brough, E.Yorks. The weather was good being dull and cloudy with a slight cross wind.

RESULT: 1. F. LUCOP (Hull) 1.19.43. (Record); 2. J.JONES (Doncaster) 1.19.46; 3. A.NENDICK (Hull) 1.21.06.

KEMPSTON 10

Part of the Kempston Show (Beds.) This race on the 18th August attracted 62 starters of whom 53 finished. T.V.H. with 1, 3, 4 gained an easy team victory over Coventry with 2,5, and 23.

RESULT: 1. J. HASLAM (TVH) 54.41; 2. J. ATKINSON (Hampstead) 55.35; 3. T. TURNEY (Cov) 55.38.

S.L.H. 30

Sixty two individuals and nine teams entered for this annual race which is sometimes treated as a "warm-up" for our Brighton Run. On the 8th September there were 56 starters but 15 failed to finish. 26 runners, however, finished within the Standard of 3h. 40m. The Team Race was won by T.V.H. (15) from Belgrave (30).

RESULT: 1. A. KEILY (Derby) 2.59.08; 2. E. ELDERFIELD (TVH) 3.02.05; 3. C. COLLIS (Belgrave) 3.02.53.

OUR FIRST QUESTIONNAIRE ANSWERED BY RON HOPCROFT OF THAMES VALLEY HARRIERS

1. Name, Age, Club. Ron F. Hopcroft. 37. Thames Valley Harriers.
2. First Road Races. I started road running in 1950 with the Wigmore 15 (1.34.30) and followed this with the Finchley 20 (2.09.12).
3. First Marathon. I did my first Marathon the following year (1951) finishing 29th in the Poly in 2.57.20. In the Newcomers' race I was 3rd to Jim Peters and Stan Cox.
4. Mileages per year. I started to keep a diary and enter up my mileage as from 1951 and the figures are: -
1951 - 1500m. 1952 - 2851m.; 1953 - 3678m.;
1954 - 4043m. 1955 - 3587m.; 1956 - 3400m.
The figure for this year is up to the first week in October whilst the drop for the last year was due to a month off with bronchitis.
5. Length of Training Runs: Usually anything up to 20 miles. This year I did do one training run of 27 miles.
6. Speed of Training Runs: Although hard to judge we try to aim at 7 min. miles in training and I should think we never go under 6.30's. I should like to add that I am lucky as I nearly always have company in training which, as you know, is a great help.
7. Frequency of Races: Whilst I prefer not to race more than once a fortnight I find from my diary that I have been averaging three races a month. As these races vary in distance from 2 miles upwards they give me all the speed work I want.
8. Food, Sleep etc.: I have no food fads and eat plenty of puddings and pies. Also steaks when I can get them. I drink about a pint of milk a day and try to get nine hours sleep.
9. Home life: I try to keep this as normal as possible although we find that having a six year old son and no baby sitters allow me to spend more time in training than would normally be expected. I do all my own interior decorating at home and also manage to run a large allotment which provides us with fruit and vegetables for six months of the year.
10. This Year's Brighton Run: Most of the race is rather a blurred memory now. Although I was never confident of winning until the last two or three miles yet it certainly did seem very easy running up to 30 miles. At about 33m. Tom Richards had his final fling at me with two sprints down hill only to drop 40 yards up the next hill so that I then began to feel that I only had to keep going to be sure of winning. Knowing Tom's amazing powers of recovery I kept apprehensive right up to the end despite frequent assurances of 700 yards and a 4 minute lead. And what a joy it was to see the clock on Brighton Pier showing only 12.35!

EDITOR'S NOTE: And what a joy it was to Mrs Hopcroft and Junior to see Ron acclaimed as the Winner, judging from the large photographs appearing in the Brighton "Evening Argus" showing 'kisses for the Victor' scenes.

NEW MEMBERS

- 683 D.A. MAIDEN (R.N.A.C.) R.P.O Mess, H.M.S. Nuthatch, R.N.A.S. Andom, Cumberland.
684 E.G. MASON (Derby & County H.) 21, Nunsfield Drive, Alvaston, Derby.
685 R.N. HARRIS (Weymouth St. Pauls) 6, Bay View Road, Lyme Regis, Dorset.

- 686 G.W. LYNCH (Wallasey A.C.) 1, Rostherne Avenue, Poulton, Wallasey, Cheshire.
687 J.H. PENNINGTON (N.L.H.) 36, Garland House, Church Street, N.16.
688 F. BENHAM (Pembroke A.C.) 19 Fletcher Drive, Liverpool, 19.
689 D.R. BERRINGTON (Pembroke A.C.) 32, Dumfries Road, West Derby, Liverpool, 12.
690 J. JUSTIN (Pembroke A.C.) 110, Rathbone Road, Liverpool.
691 H. SHOLICAR (Pembroke A.C.) 3, Monterey Road, Old Swan, Liverpool, 13.
692 R.N. STAMMERS (Morpeth A.C.) 5, Wellwood Gardens, Morpeth, Northumberland.
693 E.G. LEAN (Ryde H.) 1, The Anchorage, Kite Hill, Wooton, Ryde, I.O.W.
694 E.J. BROWNING (Birchfield H.) 100, Micklefield Road, High Wycombe, Bucks.
695 G. CARLESS (Tipton H.) 42 Bilston Road, Wednesbury, Staffs.
696 J.E. WILLIAMS (Birchfield H.) 56, Coopers Road, Handsworth Wood, Birmingham.
697 R. BENTLEY (Tipton H.) 6, Baker Avenue, Woodcross, Coseley, Staffs.
698 A.J. NEWMAN (Wallsall A.C.) 65, Valley Road, Bloxwich, Walsall, Staffs.
699 A.E. COXELL (Peterboro A.C.) 29 West End, Whittlesey, Near Peterborough, Northants.
700 R.C. CLARKE (Abergavenny & Dist. H.) Glaslyn Cottage, Gilwern, Near Abergavenny, Mon.
701 E.G. PERRY (Shaftesbury H.) 29, Little Oxhey Lane, Carpenters Park, Watford, Herts.
702 E. JOHNSTON (Albert Foundry A.C.) 204, Ballygomartin, Belfast.
703 V.A. TARRANT (Cheltenham & City A.C.) c/o 48, Grandstand Road, Hereford.
704 R.F. GOBEY (Erith & Dist. A.C.) 98 Axminster Crescent, Welling Kent.
705 T. DESMOND (Coventry Godiva H.) 77, Brown's Lane Coventry.
706 G. DAVIS (Watford H.) 1, Orchard Way, Rickmansworth, Herts.
707 D.C. REES (Hereford A.C.) Roundhay, 7, Baggalley Street, Hereford.
708 P.M. McELROY (Manx A.A.A.) 10, Springfield Avenue, Douglas, Isle of Man.
709 T.C. LEWTHWAITE (Manx A.A.A.) 44, Demesene Road, Douglas, Isle of Man.
710 F.H. BURTON (Barnet A.C.) 98a Callants Farm Road, East Barnet, Herts.
711 W.E. MORGAN (Hampstead H.) 74, The Avenue, New Southgate, N.11.
712 D.J. COWARD (Southgate H.) 89, Huxley Road, Edmonton, N.18.
713 C.R. SMITH (T.V.H.) 37, Loftus Road, Shepherds Bush, W.12.
714 J.A. ROWE (Barnes A.C.) 47, Langham Gardens, Grange Park, N.21.
715 B. APPS (Redhill & Reigate H.) 6, Anchor Cottage, Blindley Heath, Lingfield, Surrey.
716 J.W. HARRISON (Sutton H. & A.C.) 89 Hardshaw Street, St. Helens, Lancs.
717 J.E. JONES (Bedlington H.) 75, Tynedale Drive, Blyth, Northumberland.
718 K.S. CROUCH (Sutton H.) 10 Lake View, Halsnead Park, Caravan Site, Near Prescot, Lancs.
719 A. HALL (N. Belfast H.) 32, Orkney Street, Belfast, N. Ireland.
720. A.E. WELLING (V.A.C. & Belgrave) 63, Browning Avenue, Worcester Park, Surrey. (To be elected).
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NEXT COUNCIL MEETING

The next meeting of the Council of the Road Runners Club will take place on Friday November 30th at 6.30 p.m. and will be held in the upstairs meeting room at the "Cheshire Cheese", Milford Lane, W.C.1. Milford Lane lies off the Strand almost opposite the Law Courts.

STOP – PRESS

By the courtesy of the Editor of "Athletics Weekly" it is hoped that a re-print of an article on the Three Hours Track Race will be sent out with this News Letter. Further details of this highly successful promotion will be included in our next Number.