THE complete Hford A.C. junior athletic team more than justified their selection to represent Essex in the inter-counties schools' relay championships at White City's England v Belgium meeting last week when they registered a storming win, writes TONY MILLS. MILLS.

The team of Jill Drury, Wendy Monk, Valerie Cutting and Pam Wyatt was the quartet which had won the invitation 4 x 110 at Leyton the previous week. Their time then was 51.8 secs.; at the White City they knocked almost one and a half seconds off this to establish vet another club record. establish yet another club record

of 50.4.
Until the third stage London team had a commanding position, but Valerie Cutting put in a great effort to get within two yards of their final leg runner whom Pam Wyatt caught and heat has a fifth of a second

beat by a fifth of a second.

Ilford men have their first out-Ilford men have their first outing of the winter season when they compete in the London to Brighton relay race on Saturday. This year the race, sponsored by the "News of the World," commences from Old Palace Yard, Westminster, at 10 a.m. and is scheduled to finish some four and a half hours later at Brighton Aquarium. Aquarium.

Eleven stages will be run and Eleven stages will be run and Ilford's representatives are: R. Shuttleworth, H. J. Catton, D. A. Owers, A. P. Tiffin, H. W. Hubbard, A. Thomas, A. F. Perkins, H. W. Wilson, A. R. Mills, B. G. Lucas and G. Marwood.

Among the teams competing will be Polytechnic H., Essex Beagles, Mitcham A.C., Walton IA.C., Woodford Green A.C. and Belgrave H.

TAKE-OVER POINTS
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The take over points and approximate arrival times are as approximate arrival times are as follows: Broomwood Road, 10.20 a.m.; "News of the World" Sports Ground, Park Place, Mitcham, 10.45: Purley Rise, 11.10; Jolliffe Arms, Merstham, 11.40; Prince Albert, Earlswood, Common, 12.0; White Lion, Lowfield Heath, 12.25; Red Lion, Handcross 1.0; Castle Hone, Handeross 1.0; Castle Hotel, Hickstead, 1.35; Star House, Newtimber, 1.50; Black Lion, Patcham, 2.10; Aquarium, Madeira Drive, Brighton, 2.23.