VALERIE TREADS INTERNATIONAL

School 100 yards champion from Southend to train

ONCE again the holder of the All-England Schools' Junior 100 yards championship has been supplied by Ilford Athletic Club, writes TONY MILLS.

This year the honour went to Valerie Cutting, who during the last two seasons has gone from success to success. At Ashington, Northumberland, on Saturday, the Ilford girl made her way through heat, semi-final and final to win the event in which many women international athletes have been successful on their way to fame. Conditions were bad, but Valerie's time of 11.7 seconds was .1 faster than that of the senior and .2 inside the winning time of the intermediate 100.

There can be few athletes more conscientious than 15-year-old Valerie.

Some time ago she moved to Southend, but that did not prevent her training with Ilford A.C. For many months now she has travelled up on Tuesdays and Sunday mornings to the Cricklefield track where, with Ilford's other star girl sprinters, she trains under the watchful eye of Fred Plumm; a worthwhile effort as her successes this season show.

Earlier wins of note this year include those in the Essex and Southern Counties championships.

NEW RECORDS

Weather conditions did not allow for many records in this year's Ilford championships but there was plenty of interesting racing and titles were keenly defended and fought for.

Most exciting race was that for the half-mile title, which saw Bruce Buxton break a 17-year-old championship record in 1 min. 59.8 seconds with a fine win from Roger Meadows. Meadows (1. 59.9s.), who made a great effort over the last 200 yards and failed to catch Buxton by a foot, also beat the record as did Don Owers, third man home in 2m. 0.9s. Previous championship best was 2m. 1.8s.

Records went in both the junior and senior 100s but were wind-assisted. Respective winners were Johnny Boughton (10.2s.) and Bill Miller (10s.), both of whom also won the 220 yards events.

DOUBLE FOR PHYLLIS

The ladies' 220 saw miler Phyllis Green narrowly beat the holder, Jill Grabham, in 26.7s. Phyllis also won the 880 in 2m. 25.6s. from Maureen Westney and Muriel Critchley.

Apart from Meadows' successes—he was second in the 100 and 220 as well as the 880, and third in the shot-putt — Christine Wheeler also had an afternoon of good all-round performances. She won the shot-putt, javelin and high jump, qualified for the 220 final and ran in the 100 yards.

RESULTS

Ladies

100: 1. P. Stanley, 2 J. A. Grabham, 3 S. Jay, 11.4; 880: 1 P. Green, 2 M. Westney, 3 M. Critchley, 2m. 25.6s.; 440: 1 S. Gibbs, 2 F. Burden, 3 J. Arnold, 64.2s.; 220: 1 P. Green, 2 J. Grabham, 3 S. Jay, 26.7s.; javelin: 1 C. Wheeler, 2 A. Hall, 3 D. Sparrow, 77ft. 7in.; high jump: 1 Wheeler, 2 Sparrow, 3 F. Stanfield, 4ft. 7in.; shot-putt: 1 Wheeler, 2 Hall, 3 P. Green, 29ft. 5in.

Men (Junior)

100: J. Boughton, 2 A. Playle, 3 J. Blagden, 10.2; 220: 1 Boughton, 2 Playle, 3 P. Jones, 23.2; 440: 1 Jones, 2 C. Surety, 3 R. Shuttleworth, 54.6s.; mile: 1 Shuttleworth, 2 D. Baxter, 3 J. Blackeby, 4m. 48.4s.; high jump: 1 A. Shaw, 2 P. Unstead, 3 A. Ketterman, 5ft. 4in.; long jump: 1 Blagden, 2 Surety, 3 Shuttleworth, 18ft. 4in.; discus: 1 A. Hooker, 2 Shaw, 125ft. 7in.; shot-putt: 1 Shaw, 2 Unstead, 3 Hooker, 36ft. 9in.; javelin: 1 B. Taylor, 2 Unstead, 3 H. Goodway, 108ft. 10in.

Senior

100: 1 W. E. Miller, 2 R. Meadows, 3 J. Williams, 10s.; 220: 1 Miller, 2 Meadows, 3 B. Buxton, 23.4s.; 880: 1 Buxton, 2 Meadows, 3 D. A. Owers, 1m. 59.8s.; 2-mile steeplechase: 1 A. F. Perkins, 2 H. Wilson, 3 M. J. Lloyd, 10m. 50.6s.; high jump: 1 D. Williams, 5ft. 8in.; shot-putt: 1 L. Bamford, 2 D. Davis, 3 Meadows, 35ft.; discus: 1 A. Hooker, 2 Bamford, 3 D. Williams, 103ft. 6½in.; long jump: 1 Davis, 2 P. J. Entwistle, 3 D. Williams, 18ft. 1in.