

Phyllis beats that five minute mile

LATEST in the long line of successes by Ilford Athletic Club members is the grand mile effort by Phyllis Perkins when she stepped into the limelight with a time of 4 minutes 57.2 seconds, at the Cavalcade of Sport at the White City on ^{Tuesday} ~~Wednesday~~, writes **TONY MILLS**.

She became one of three girls in the world to have beaten five minutes for the four-lap distance.

Finishing seven seconds behind record performer Diane Leather, of Birchfield Harriers, Phyllis ran 12 seconds faster than she has ever done before.



PHYLLIS PERKINS

Miss Leather started the race at a fantastic pace which saw her reach the first quarter in 63 secs. with Phyllis four seconds behind.

Diane's second lap was timed at 75 secs., making a 2 mins. 18 secs. half, Phyllis clocking 2 mins. 23 secs. in second place.

At the bell, Phyllis was still second but shortly afterwards Cambridge Harrier Lena Buckland forged past and went on to finish runner-up, three seconds ahead.

Only other girl in the world to get near these figures—at least at time of writing—is Russia's Nina Otkalenko, who recorded five minutes exactly last autumn.

In an afternoon of personal best performances, Ilford senior and junior men and senior and intermediate girls had a victorious match against Hearn Hill, Essex Beagles, Spartan Ladies, and Southend Ladies at the Cricklefield on Saturday.

The senior men's encounter proved a tight battle for points between Ilford and Herne Hill, Ilford clinching the issue with a fine win in the last event—the 6 x 220 relay. Ilford were lying

Alan Hooker won the discus with 113 ft. 2 in., in which blind Roy Mendham did well to finish fourth.

Junior men's winners included A Shaw, high jump; J. Blagden, long jump; Hooker, discus; and javelin, H. Goodway. Goodway also recorded a 4 mins. 35.5 secs. mile to finish second.

For the ladies, Judy Tweedy had a double win—shot and discus, while Margaret Calender won the javelin.

Newcomer Doreen Shelley and Ruby Morgan were third in the discus and javelin respectively.

Other winners were (senior) 100, Pam Wyatt; 220 (first string), Pat Stanley, (second string), Jill Grabham; 660, P Perkins; $\frac{3}{4}$ mile, Maureen Westney.



MAUREEN WESTNEY

High jump honours look like coming the way of Derek Williams this season; he cleared 5ft. 11ins. to win the Essex Business Houses championship on Saturday. Another Ilford winner was Johnny Boughton who took the 220.

Howard Wilson was the two miles winner in 9 mins. 22.2 secs., after completing the first mile in an exceptionally fast 4 mins. 33 secs., while Bruce Buxton took the 880 in 1 min. 58.2 secs. Collett