

# Good performances by Ilford athletes

**SOME** good performances by Ilford athletes last week were overshadowed by poor turn-outs in important meetings. None of the selected sprinters put in an appearance for the Beverley Baxter Trophy match at Southgate and only six men competed in the 8-club meet at Alpertown.

The Alpertown sextet did well to finish fifth. Don Powell was one of Ilford's best performers, clocking 10.5 seconds in his 100 yards heat, 23.1 in his furlong heat and 22.8 in the final, in which he was a very close third.

By  
**TONY MILLS**

Don Owers led until the last 50 yards in the first-string mile, after clocking intermediate times of 63.0, 2-9 and 3-14, but was then passed by South London's Langridge. Langridge, who had made up some 10 yards on Owers, returned 4-18.5 to the Ilford man's 4-19.8.

Dave Jones was third in the second-string mile in 4-28.7. Other Ilford times: 54.1 for 440 yards by Don Allen in his heat 2-2.7 by Alec Tiffin in the 880, and 15-28.2 by Fred Lester over 3 miles.

In the mid-week Beverley Baxter match a sound 3-mile win came from Alan Perkins, his 14-7.4 beating his own ground record.

Chris Surety was second in the 440 yards in 51 seconds; Warren Roe returned 4-23.8 in the mile, Brian Holdstock clocking a personal best of 4-27.8—while a notable high jump effort

was the 5ft. 5in. by Don Fraser who was having his first competition of the season.

A title was retained by Brenda Fletcher, Pam Wyatt, June Bruty and Valerie Cutting who won the Essex 4 x 110 yards championship in 50.2 at the same meet. The quartet went on to finish second in the open 660 yards relay.

Surety won Ilford's only senior county title this year when he took the 220 yards low hurdles at Southend in 24.7 seconds, and best of 2-19.5 for 880 yards but



**ALEC TIFFIN**

was unplaced, and Muriel Critchley clocked 2-22. Former British champion Diane Leather won in 2-14.

Saturday's hot weather ruined the stop-watch interest in the Peterborough marathon and nearly ruined some of the runners. A. R. Mills was 18th, way outside his previous best with 3-7-45.

Jack Keily, of Derby, led home the 42 survivors of the 66 starters in 2-33-5.

Peter Medcraft is the new Ilford junior half-mile champion. He beat P. Saunders by .4 second in 2-5.4 with K. Porter third. Pam Fry sprinted away from Pat Smith over the last 100 yards to take the women's mile title by 1.6 seconds in 5-26.4. Ruby Morgan won the discus with 111ft.

11in. from Doreen Shelly and Margaret Callender; and Don Owers retained his 3-mile championship in 14-49.6, winning from Fred Lester, a surprise second in 15-9, and Alec Tiffin.

## Jim Rooke leads Beagles' road men into second place

**ESSEX** Beagles' middle distance men switched from the track to the road on Saturday to take part in the Guildford and Godalming five mile event. In the face of strong opposition they did well to get all their five entries in the first 30 and to take second place behind Highgate Harriers in the team race.

**Jim Rooke was the fastest of the Beagles and clocked 26 minutes 30 seconds to finish second, 15 seconds behind the first man home, Harrison, of Highgate.**

Roy Smith ran an excellent race to finish seventh in 28m. 9s. Norman Vare completed the team with 29m. 59s. for 22nd place.

Les Robins returned 30m. 28s. for 24th place, and Ron Selmes was 27th in 31m. 20s.

While Empire Games six-mile "certainty" Stan Eldon was wilting in the sun at Cardiff, Beagles' middle-distance star, George Knight, was romping home in the two-mile invitation at Southend with a time of 9m. 7s.

The majority of Beagles' track stars were at Alpertown for a two-day inter-club match organised by Thames Valley Harriers. With all the track events completed and the field events to be held this Saturday the Beagles are well placed.

Ron Coleman clocked evens for the second time in a week to win the 100 yards, but Jim Spooner was pulled out of the final after two false starts.

Spooner made amends for this in the 220 yards, however, winning in a best-of-the-season time of 22.1 seconds. Don Everest surprised clubmates and rivals alike with a personal best of 22.7 seconds for second place.

Ted Baverstock led most of the way in the three miles, only to be pushed into second place by R. Darchambaud of South London Harriers. His time of 14m. 21s. was his best this season.

### RELAY WIN

In the 4 x 110 yards relay the Beagles team of Don Everest, Ron Coleman, Jim Spooner and

Cliff King won with a time of 43.6 seconds.

Some fine sprinting from Ron Coleman was the highlight of the Beagles' performances at Southgate earlier in the week when they competed in the Beverley Baxter Trophy meeting.

He clocked evens in finishing second in the 100 yards and then helped the Beagles into first place in the 4 x 110 yards relay. In between he also found time to win the long jump with an effort of 21ft. 8in.

Jim Spooner could muster only fourth place in the 100 yards, but over the furlong he clocked 22.3 to breast the tape first. Spooner was also a member of the winning relay team.

Eric Ibbetson put up a fine performance in the three miles, taking third place with a time of 14-29. His training companion, Jim Rooke, finished sixth in 14-50.

George Britten, another member of the relay squad, won the high jump with a leap of 5ft. 5in., and was third in the long jump with 20ft. 2½in.

Southgate Harriers won the trophy with 77 points, the Beagles were second with 38½ points, behind in third place were Woodford Green.

Running in the Festival of Britain Trophy meeting at Danson Park on Saturday Phil Skinner won the junior mile with a time of 4m. 35.2s. Taking time off from high jumping Mike Leary finished third in the shot put with an effort of 41ft. 3in.