

ILFORD GIRLS SCORE BEST WIN OF YEAR

BY TONY MILLS

ILFORD A.C.'s ladies' section pulled off one of their best victories of the year when they won the women's Joe Louis Trophy meet at Eton Manor last week.

Scoring 89 points, the local girls trounced famed London Olympiades by 10 points, while Essex Ladies were third in the six-club field with 68.

Outstanding performances came from Rosemary Morgan, who set a new Ilford shot-putt record with 36ft. 9ins. to win her event; Brenda Fletcher, winner of the 220 yards in 26.3 secs., and the 4 x 110 yards relay team of Ruby Pettit, Fletcher, Pat Stanley and Valerie Cutting, who clocked a winning 49.9.

Ruby Pettit approached her best form with a 11.6 secs. for 80 metres hurdles to finish runner-up. It is some while since Miss Pettit devoted a complete season to hurdling; it would seem that she will not repeat her best time of 11.4 until she does. Specialisation is the price we must pay for higher standards.

Men fail

In the men's Joe Louis meeting Ilford were second at the half-way mark, but did not finish in the first three.

Best track time was that by Chris Surety, runner-up in the 400m. in 49.4. Winner was Belgrave Harrier Brian Morris running for the Metropolitan Police. Later, he ran the anchor leg in the 4 x 400m. relay, passing Surety and taking the Police from third to first. Ilford were third in 3m. 29.5s.

Don Allen, having his best season yet, reached the finals of both sprints. He clocked 11.4 in his 100 yards heat, and 11.7 in the final (fifth), and 23.2 in his 220 heat, finishing sixth in the final.

Bill Bushnell exceeded 40ft. for the first time in the shot putt, but his 40ft. 9ins. could not gain him a place. He was runner-up in the javelin, however, achieving 172ft. 10ins.

Peter Saunders knocked five seconds off his best mile time when returning 4mins. 21secs. to finish seventh in the final of the London championship. The bearded Saunders, a first-year senior, is one of Ilford's most improved runners of the season, and could be a stalwart of future track teams.

Sand in my shoes



Ray Radley
ILFORD long-jumper **T. Bryan** hits the sand during the Joe Louis Trophy athletics meeting organised by Essex Beagles at Mayesbrook Park, Barking, on Saturday. *(Ted Guppy photo)*