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NATIONAL ROAD RELAY RACE LONDON TO BRIGHTON

FROM

OLD PALACE YARD, WESTMINSTER

(Under A.A.A. Rules)

SATURDAY

APRIL 14th

1956

STARTING AT 10 a.m.



RELAYS AND EXCHANGE STATIONS

The runners, totalling 220, will be divided into eleven relays of 20.
Each competitor must wear, **BACK AND FRONT**, the number and the letter shown in this programme.

News of the World arrow signs will be shown throughout the Course at all turns, and banners show each take-over.

- FIRST RELAY**
(4 miles, 558 yards)
(approx. time of arrival 10.20 a.m.)
Starting by Richard I Statue, Old Palace Yard, straight ahead along Millbank and Grosvenor Road passing Lambeth and Vauxhall Bridges to Chelsea Bridge. Turn left over the bridge, Queenstown Road, across Battersea Park Road, zig-zag under three railway bridges, up hill and across Wandsworth Road, then steep climb along Cedars Road to Clapham Common; turn right and then left at the Avenue, crossing Clapham Common, left fork to Take-over at Broomwood Road. Distance: 4 miles, 558 yards.
- SECOND RELAY**
(5 miles, 138 yards)
(approx. time of arrival 10.45 a.m.)
Continue along the Avenue, turn right at Nightingale Walk, bear right into Nightingale Lane; pass traffic lights, Wandsworth Common and over railway bridge, then fork left by "Hope Tavern" (St. James's Drive). Keep left into Trinity Road, across Balham High Road (to left of Tooting Bec station) Tooting Bec Road. Turn right into Church Lane and follow hospital railings, keeping right at two sets of fork roads. Turn left at "Mitre Inn" (Mitcham Road) then right into London Road (Barclays Bank on corner). Straight ahead to Clock Tower, bear left and keep right of pond (Commonside West). Take-over opposite *News of the World* Sports Ground. Distance: 9 miles, 696 yards.
- THIRD RELAY**
(5 miles, 1,416 yards)
(Approx. time of arrival 11.10 a.m.)
Run straight ahead, over new bridge, Mitcham Common (left-hand road), passing "Ravensbury Arms" (right), straight on to Purley Way, turn right along Purley Way and pass Croydon Aerodrome to Purley Corner; turn right into main Brighton Road. Take-over at Purley Rise, third turning on right. Distance: 15 miles, 352 yards.
- FOURTH RELAY**
(5 miles, 186 yards)
(approx. time of arrival 11.40 a.m.)
Main Brighton Road to "Jolliffe Arms," Merstham. Distance: 20 miles, 538 yards. (Course more or less level).
- FIFTH RELAY**
(4 miles, 912 yards)
(approx. time of arrival 12 noon)
Main road, passing Feathers Hotel, through Redhill and over Earlswood Common. Take-over opposite "Prince Albert" (A real switch-back course with stiff climb through Redhill). Distance: 24 miles, 1,450 yards.
- SIXTH RELAY**
(5 miles, 320 yards)
(approx. time of arrival 12.25 p.m.)
Main road, passing "General Napier," Salfords, Horley, Thorns Hotel, Povey Cross Garage, bearing left for another mile to Take-over inside the enclosure White Lion Hotel, Lowfield Heath. (Road undulating to Horley, thence level). Distance: 30 miles, 10 yards.
- SEVENTH RELAY**
(6 miles, 1,288 yards)
(approx. time of arrival 1.0 p.m.)
Main road, passing Southdown Coach Station, Sun Hotel, "George," Crawley, crossing railway lines (if gates closed, down the subway), Main Road to new By-pass, then turn left, past the "Black Swan," Main Road, Peas Pottage P.O. to Red Lion Hotel, Handcross. (Undulating). Distance: 36 miles, 1,298 yards. (Continued at top of next page)

EIGHTH RELAY
(6 miles, 206 yards)
(approx. time of arrival 1.30 p.m.)

Main road, keeping left, new road, passing "Welfords Caravans," Tudor House Tea Rooms, "Queens Head," Bolney, to the Castle Hotel, Hickstead. (Steep drop, then switchback going, last mile uphill). Distance: 42 miles, 1,504 yards.

NINTH RELAY
(4 miles, 82 yards)
(approx. time of arrival 1.50 p.m.)

Main road, passing Stroods Hotel, "Duke of York," "King's Head," Aldbourne Green to Newtimber. Take-over opposite Star House, which lies back, with open grass space in front, 440 yards from Dale Hill. (Undulating course with downhill finish). Distance: 46 miles, 1,586 yards.

TENTH RELAY
(4 miles 356 yards)
(approx. time of arrival 2.10 p.m.)

Main road up Dale Hill, P.O. Pycombe, Plough Hotel, Downlands Cafe to Black Lion Hotel, Patcham. (Stiff climbing to Pycombe, thence downhill). Distance: 51 miles, 182 yards.

ELEVENTH RELAY
(3 miles, 1,166 yards)
(approx. time of arrival 2.25 p.m.)

Main road, passing Preston Park to Aquarium, finishing along Madeira Drive, Brighton, by the Baths. (Easy downhill run). Distance: 54 miles, 1,348 yards.

Distances as measured with a Surveyor's Wheel by L. W. Woodcock (Hon. Secretary, Surrey Walking Club).

The Police Authorities have insisted that supporters' coaches must not join the race until after the second take-over at the "News of the World" Sports Ground, Mitcham. ANY INFRINGEMENT OF THIS RULE WILL ENTAIL THE DISQUALIFICATION OF THE CLUB CONCERNED FROM PARTICIPATION IN FUTURE RACES, and may result in the banning of the race from London for all time.

TODAY'S TEAMS

HOW THEY FARED IN LAST YEAR'S RACES

Southern Teams

BELGRAVE H.	6th London-Brighton 4th National
BLACKHEATH H.	9th London-Brighton 17th National
ESSEX BEAGLES	5th London-Brighton 7th National
FINCHLEY H.	8th London-Brighton
HERNE HILL H.	2nd London-Brighton 6th National
POLYTECHNIC H.	3rd London-Brighton 2nd National
ST. ALBANS A.C.	4th London-Brighton
SOUTH LONDON H.	1st National
THAMES VALLEY H.	1st London-Brighton 5th National
WALTON A.C.	7th London-Brighton 12th National

Midland Teams

BIRCHFIELD H.	2nd Manchester-Blackpool 8th National
COVENTRY GODIVA H.	9th Manchester-Blackpool 11th National
TIPTON H.	7th Manchester-Blackpool 18th National

Northern Teams

BOLTON UTD. H. & A.C.	3rd Manchester-Blackpool 19th National
LINCOLN WELLINGTON A. & C.C.	5th Manchester-Blackpool
MANCHESTER A. & C.C.	4th Manchester-Blackpool 13th National
SHEFFIELD UTD. H. & A.C.	1st Manchester-Blackpool 3rd National
SUTTON H.	6th Manchester-Blackpool

Scottish Teams

SHETTLESTON H.	1st Edinburgh-Glasgow 16th National
VICTORIA PARK A.A.C.	2nd Edinburgh-Glasgow 9th National

HONORARY OFFICIALS

President: W. EMSLEY CARR, ESQ. (*News of the World*).

Vice-Presidents: ALD. CUTHBERT L. ACKROYD, J.P. (*Lord Mayor of London*);
ALD. J. A. T. LEAK, J.P. (*Mayor of Brighton*).

Referee: A. J. SAGE (A.A.A.).

Relays	Timekeepers:	Recorders:
1-6-11:	W. C. A. FINDLAY (A.A.A.) (Chief) W. C. JEWELL (A.A.A.).	W. FAIRHEAD (Surrey Co. A.A.A.). A. E. KING (Middlesex Co. A.A.A.).
2-7:	D. MCSWEIN (S.A.A.A.). J. G. STUBBS (A.A.A.).	W. COTTERELL (Surrey A.C.). E. J. CHAPPELL (Mitcham A.C.).
3-8:	B. C. LONG (A.A.A.). R. ALLEN (A.A.A.).	E. GOUGH (Horsham B.S.H.). L. F. EDWARDS (Ealing H.).
4-9:	L. HEV (Middlesex Co. A.A.A.). L. READ (Middlesex Co. A.A.A.).	F. HULFORD (A.A.A.). C. J. HARRISON (L.B.H.S.A.).
5-10:	W. F. PEARSON (A.A.A.). A. ERWOOD (Middlesex Co. A.A.A.).	A. HOWARD (Aylesford P.M.S.C.). L. J. HUNT (Polytechnic H.).

Judges:

- 1-6-11: J. C. G. CRUMP (A.A.A.), J. GILBERT (S.A.A.A.).
2-7: W. J. WESTERN (A.A.A.), A. D. G. WHITE (Thames Valley H.).
3-8: D. T. P. PAIN (I.A.A.F.), W. BATSON (A.A.A.).
4-9: A. A. HARLEY (Belgrave H.), C. R. SMITH (Thames Valley H.).
5-10: S. SKILTON (South London H.), S. A. TOMLIN (A.A.A.).

Mobile: C. G. AUSTIN (M.C.A.A.), E. H. L. CLYNES (A.A.A.), G. DALLAS (S.A.A.A.),
P. S. GALE (A.A.A.), F. IRELAND (N.C.A.A.).

Transport Officer: C. MEGGETT (Mitcham A.C.).

Deputy Transport Officer: G. HEMSWORTH (Victoria Park H.).

Coach Officials: Coach No. 1, E. C. PARKER (Essex Co.); 2, R. J. SHARP (Queens Park H.); 3, H. BROWN (Queens Park H.); 4, F. C. HARBOUR (Cambridge H.); 5, E. A. SMITH (Belgrave H.); 6, D. I. DUNCAN (L.B.H.S.A.); 7, W. A. HALLUMS (L.B.H.S.A.); 8, L. W. GREANEY; 9, H. G. WICKINGTON (Woodford Green A.C.); 10, L. SCOTT (Mitcham A.C.); 11, E. SAPSWORTH (Shaftesbury H.); 12, A. WEAVER (Woolwich Polytechnic H.); 13, F. E. P. ORTON (Reading A.C.).

Programme Stewards: Mrs. BINKS, Mrs. CHAPPELL, Mrs. FAIRHEAD, Mrs. MEGGETT, Mrs. PEARSON.

Course Stewards: F. W. ALMOND (Essex Beagles); W. G. BARTHOLOMEW (Victoria Park H.); R. BAYS; A. MITCHELL (Middlesex Co. A.A.A.).

Results Reporters: K. J. FINDING (*News of the World*); K. KENNERSON (L.B.H.S.A.).

Medical: ST. JOHN AMBULANCE BRIGADE (82 Mitcham Division).

Publicity: L. HOLMES (*News of the World*).

Clerks of the Course: L. J. COHEN (Belgrave H.); W. CARMICHAEL (S.A.A.A.);
E. T. WHEELER (C.A.U.).

Brighton Results Board: R. T. PORTER (*News of the World*).

Organisers: ERNEST RILEY, JOE BINKS, RON BACCHUS (*News of the World*).

TEAMS & RUNNERS

BELGRAVE HARRIERS

(Colours: Claret and Gold)

A1	P. Bagnall	A8	C. Collis	A16	G. Goode
A2	D. Baulch	A9	G. Davidson	A17	E. Gebbett
A3	J. W. Brown	A10	C. Roffey	A18	G. Lines
A4	L. Bishop	A11	G. Flanagan	A19	A. Bedford
A5	E. Bishop	A12	B. Trower	A20	D. F. Stroud
A6	C. W. G. Walker	A13	R. Tooby	A21	D. Hooper
A7	J. Davies	A14	J. Masters	A22	C. Dabbs
		A15	P. Newell		

BIRCHFIELD HARRIERS

(Colours: Black Vest, White Shorts, Stag Badge)

B1	R. Hatton	B8	A. Wigley	B16	A. Jones
B2	B. Browning	B9	H. C. Mousley	B17	M. A. Rawson
B3	W. E. Butcher	B10	R. F. Lees	B18	D. J. Taylor
B4	J. R. Reid	B11	L. A. Orton	B19	T. B. Hardy
B5	R. Reid	B12	A. Hitchman	B20	D. Martin
B6	A. D. Mann	B13	B. Eldridge	B21	G. W. Nicklin
B7	J. Williams	B14	D. Parmenter	B22	P. R. Thompson
		B15	E. C. Nicholls		

BLACKHEATH HARRIERS

(Colours: Black)

C1	D. A. Bentley	C8	B. F. Johnson	C16	M. A. Taylor
C2	J. Braughton	C9	G. R. Last	C17	R. J. Webb
C3	A. J. Brent	C10	R. A. Morley	C18	A. J. Weeks-Pearson
C4	A. C. Brill	C11	A. F. Nash	C19	J. E. Withers
C5	L. F. Fletcher	C12	H. N. Nunns	C20	A. J. Woodrow
C6	G. E. Geere	C13	D. A. Pinckard	C21	A. W. Wood
C7	D. H. Hopgood	C14	B. G. Stone	C22	K. E. Yorke
		C15	T. Sullivan		

BOLTON UNITED H. & A.C.

(Colours: Blue Vest, White Shorts)

D1	J. Haslam	D7	J. R. Fox	D13	G. Windsor
D2	F. Norris	D8	R. Williams	D14	W. Berry
D3	H. Minshall	D9	B. Crook	D15	S. Fell
D4	J. Eastham	D10	J. Smith	D16	R. Helsby
D5	A. Morgan	D11	B. Wilkinson	D17	F. Myers
D6	D. Wright	D12	K. Whittle	D18	T. Ramsden

COVENTRY GODIVA HARRIERS

(Colours: Claret and Gold, Godiva Badge)

E1	D. Rees	E8	G. A. Grubb	E16	M. Crossfield
E2	B. Heatley	E9	R. Walker	E17	K. Bull
E3	R. Turney	E10	A. J. Snoad	E18	W. Cashell
E4	T. Pumfrey	E11	J. Waller	E19	J. Sneath
E5	H. Lloyd	E12	B. Kilby	E20	J. Elliot
E6	R. Davies	E13	G. Pearson	E21	R. Wilkinson
E7	D. Faulkonbridge	E14	J. Church	E22	R. Dixon
		E15	B. D. Jones		

ESSEX BEAGLES

(Colours : Black and Amber Hoops)

H1	D. Anderson	H8	R. W. Havers	H16	L. McMahon
H2	E. Baverstock	H9	D. Hosking	H17	I. McGregor
H3	R. Campbell	H10	E. P. Ibbetson	H18	W. Merrylees
H4	J. K. Carruthers	H11	P. Irvine	H19	A. W. Murray-Carter
H5	B. W. Dew	H12	B. J. Kiernan	H20	S. Robins
H6	E. R. Douglas	H13	G. Knight	H21	P. J. Servante
H7	B. E. Hames	H14	T. T. Learmouth	H22	S. Webb
		H15	A. A. Linge		

FINCHLEY HARRIERS

(Colours : Black and Pink)

J1	J. D. Boutle	J8	K. B. Harvey	J16	A. C. Porter
J2	R. W. Butler	J9	K. D. Heagarty	J17	D. A. Raven
J3	A. J. Coaker	J10	A. Horne	J18	R. M. Ratcliff
J4	M. J. Day	J11	J. W. Hovell	J19	F. J. C. Salvat
J5	D. A. Eyers	J12	H. G. Mundy	J20	E. Shirley
J6	D. C. Francis	J13	B. C. Neilson	J21	H. Trudgett
J7	J. C. Green	J14	E. M. North	J22	H. Wild
		J15	R. S. Phillips		

HERNE HILL HARRIERS

(Colours : Red and Black-Hoops)

K1	R. S. Clark	K8	B. Shave	K16	M. C. Hoare
K2	M. R. Maynard	K9	R. A. Thomas	K17	A. F. Newson
K3	J. Heywood	K10	J. G. Conway	K18	R. F. Finn
K4	A. H. Towl	K11	A. Heywood	K19	S. W. Allen
K5	A. E. Hine	K12	J. P. Gann	K20	J. F. Davis
K6	V. J. Fowle	K13	I. H. Boyd	K21	F. J. Cornforth
K7	G. V. Grayson	K14	L. A. Mackenzie	K22	E. A. Kerridge
		K15	G. B. Nearn		

LINCOLN WELLINGTON ATHLETIC CLUB

(Colours : White, Black and Red Band)

L1	K. Barnsdale	L8	E. Wilson	L16	A. Aldred
L2	N. Clarke	L9	R. Girdham	L17	J. Coldron
L3	D. Wingad	L10	E. W. Harrison	L18	J. Fox
L4	F. Bauckham	L11	E. Wright	L19	A. Kilner
L5	P. Hammerton	L12	D. Clarke	L20	J. Insley
L6	K. Kitchen	L13	T. Wray	L21	J. Speller
L7	J. Clifton	L14	A. Wakefield	L22	D. Sissons
		L15	D. G. Bell		

MANCHESTER ATHLETIC & C.C.

(Colours : White Vest, Red Band and Coat and Arms)

M1	N. Ashcroft	M8	R. Carroll	M14	G. D. Lowe
M2	L. Armstrong	M9	F. Evans	M15	C. Moorhouse
M3	B. Bullen	M10	R. Fitzsimmon	M16	M. F. Porter
M4	M. Berisford	M11	R. Freeman	M17	P. Sadler
M5	A. Christian	M12	P. Howard	M18	W. J. Sherratt
M6	T. R. Colson	M13	J. J. Lancaster	M19	P. Thompson
M7	C. B. Colson			M20	S. G. Taylor

POLYTECHNIC HARRIERS

(Colours : Grenat and Cream, Five Diamonds)

P1	P. Hore	P8	R. H. Dunkley	P16	R. Davis
P2	M. Schofield	P9	D. J. P. Richards	P17	E. Stallard
P3	G. C. Mead	P10	J. S. Evans	P18	S. G. Day
P4	G. S. Ward	P11	J. H. Wood	P19	J. Vivian
P5	T. White	P12	F. Redfern	P20	P. Ray
P6	N. Hayter	P13	V. Cruse	P21	C. L. Stewart
P7	L. Hill	P14	P. Stevens	P22	W. G. Corneck
		P15	R. Robertson		

ST. ALBANS CITY ATHLETIC CLUB

(Colours : White Vest, with Blue Hoop enclosed in Yellow City Arms)

Q1	M. J. Blyth	Q8	P. Hartridge	Q15	M. J. Palmer
Q2	D. Brown	Q9	T. Higgins	Q16	D. Sutcliffe
Q3	P. Cieka	Q10	R. W. Hills	Q17	J. Thorpe
Q4	J. Catchpole	Q11	J. Knopf	Q18	A. Twigg
Q5	T. Clarke	Q12	J. Mathieson	Q19	P. Tearle
Q6	J. G. Davies	Q13	D. O'Gorman	Q20	S. Webley
Q7	M. J. Garrod	Q14	P. Palmer	Q21	W. Young

SHEFFIELD UNITED H. & A.C.

(Colours : Red and White Hoops. Coat-of-Arms Badge)

R1	D. Walker	R8	G. Kirby	R14	K. Wood
R2	J. E. Nichols	R9	R. Mallinson	R15	D. Binns
R3	A. V. Corker	R10	B. Grubb	R16	P. Willson
R4	A. Bargh	R11	A. Bardon	R17	P. McArthey
R5	P. Hedley	R12	D. Sutton	R18	P. Hirst
R6	H. Charles	R13	K. Whattham	R19	J. Fairchild
R7	A. Etches			R20	E. Whitehurst

SHETTLESTON HARRIERS

(Colours : Royal Blue with Gold Band)

S1	E. Bannon	S8	J. Turnbull	S14	D. Campbell
S2	J. McGhee	S9	T. Kelly	S15	J. McElroy
S3	G. Everett	S10	J. McNeil	S16	J. C. Ross
S4	R. C. Wallace	S11	F. Scally	S17	W. Speirs
S5	I. Cloudsley	S12	J. Kirk	S18	T. Walters
S6	G. Govan	S13	L. A. Orr	S19	J. Hendry
S7	R. Wotherspoon			S20	W. McFarlane

SOUTH LONDON HARRIERS

(Colours : White Vest, Maroon Shorts)

T1	R. A. Ashforth	T8	J. R. Humphreys	T16	J. D. Prince
T2	N. Chanin	T9	S. R. Langridge	T17	W. P. Ranger
T3	D. J. Clark	T10	J. Lyne	T18	L. D. Reed
T4	R. J. Darchambaud	T11	P. R. Ll. Morgan	T19	D. G. Robertson
T5	P. B. Driver	T12	B. J. F. Mottram	T20	D. G. Smith
T6	M. W. Firth	T13	A. J. H. Pegley	T21	D. W. Sudbury
T7	F. D. Gilson	T14	D. A. G. Pirie	T22	C. Wilson
		T15	P. J. Pirie		

NATIONAL RELAY RACE, APRIL 16th, 1955

SUTTON HARRIERS

(Colours: Red and Black Hoops)

U1 T. Fillingham	U8 J. Chidlow	U16 B. J. Parton
U2 F. McMinnis	U9 J. W. Harrison	U17 K. Mather
U3 R. W. McMinnis	U10 K. Crouch	U18 K. J. Wilcock
U4 H. Tebb	U11 R. Ashley	U19 R. K. Meadows
U5 S. Heesom	U12 E. Edwards	U20 M. Maleedy
U6 T. F. McIntyre	U13 P. Priestner	U21 A. Livesey
U7 R. Maleedy	U14 R. W. Pierce	U22 K. Graville
	U15 J. Smith	

THAMES VALLEY HARRIERS

(Colours: Black, Light Blue Band, T.V.H. Badge)

W1 J. R. Cameron	W8 D. A. F. Haith	W16 J. H. Davies
W2 F. H. Cowley	W9 A. E. Ingles	W17 D. M. Sargent
W3 D. G. Davidson	W10 R. Hopcroft	W18 B. G. P. Saunders
W4 H. W. Dennis	W11 R. J. E. Johnston	W19 L. G. Virr
W5 E. G. Ellis	W12 J. R. Loader	W20 P. J. Vivian
W6 E. Elderfield	W13 K. L. Norris	W21 D. W. Vinton
W7 J. Douglas	W14 L. Pulman	W22 J. Simpson
	W15 R. D. Minchington	

TIPTON HARRIERS

(Colours: Green and White Hoops)

X1 B. Twamley	X8 J. Beck	X16 R. Bentley
X2 K. Rickhuss	X9 C. Henderson	X17 H. Williams
X3 B. Harbach	X10 F. Tonks	X18 A. Blackham
X4 D. Osborne	X11 A. Fellows	X19 R. Griffiths
X5 J. Eales	X12 A. Cole	X20 I. Timmins
X6 S. Dean	X13 M. Law	X21 F. Edwards
X7 J. Wall	X14 D. Rhodes	X22 J. Gripton
	X15 A. Salt	

VICTORIA PARK A.A.C.

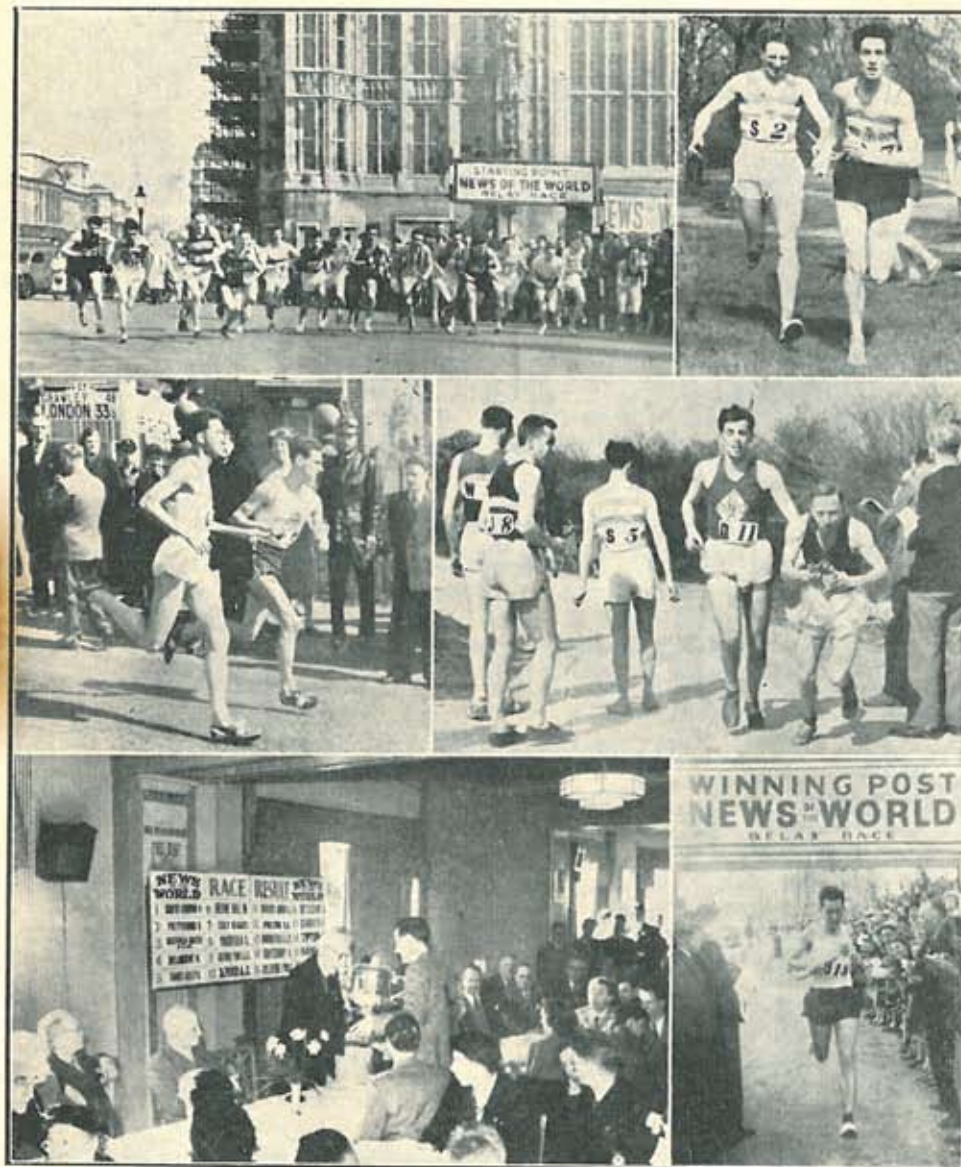
(Colours: Blue and White Hoops)

Y1 I. Binnie	Y8 R. Urquhart	Y16 J. Ewing
Y2 J. McLaren	Y9 N. Ellis	Y17 D. Shuttleworth
Y3 R. Calderwood	Y10 S. Ellis	Y18 A. Bell
Y4 J. Russell	Y11 F. McKay	Y19 D. Ross
Y5 R. Kane	Y12 P. Keenan	Y20 G. Kerr
Y6 J. D. Stirling	Y13 J. Whitelaw	Y21 A. Forbes
Y7 C. D. Forbes	Y14 J. Ellis	Y22 J. Parker
	Y15 D. Macfarlane	

WALTON ATHLETIC CLUB

(Colours: Red and Black)

Z1 J. M. Addington	Z7 B. Judd	Z13 E. R. Richardson
Z2 D. Cameron	Z8 T. E. Keegan	Z14 W. Sinnott
Z3 J. Doggett	Z9 G. A. Keegan	Z15 G. Winchester
Z4 J. Ewens	Z10 A. Llewellyn	Z16 B. Grogan
Z5 P. Goodsell	Z11 P. R. Holmes	Z17 R. J. Roath
Z6 K. Honney	Z12 W. T. Paget	Z18 P. Whiteman



(Top Left) The start from Old Palace Yard.
 (Top Right) Ken Wood (Sheffield United) handing over to G. Kirby at Clapham Common.
 (Centre Left) D. A. G. Pirie (S.L.H.) handing over to P. B. Driver at Handcross.
 (Centre Right) J. H. Wood (Poly.) starting the 10th Relay from Newtimber.
 (Bottom Left) The Mayor of Brighton presenting the Trophy to South London Harriers.
 (Bottom Right) J. D. Prince finishing first for South London Harriers.



LONDON-BRIGHTON RELAY RACE

RESULTS OF PREVIOUS NATIONAL ROAD RELAY RACES

1951	Belgrave H.	3.53.38	Thames V.H.	3.56.27	Reading A.C.	3.56.36
1952	Birchfield H.	3.54.55	Belgrave H.	3.55.20	Victoria Pk. A.A.C.	3.56.42
1953	Thames V.H.	3.52.16	Birchfield H.	3.52.42	South London H.	3.53.19
1954	S. London H.	4.31.37	Belgrave H.	4.33.43	Essex Beagles	4.34.24
1955	S. London H.	4.29.19	Polytechnic H.	4.33.15	Sheffield Utd.	
					H. & A.C.	4.33.29*

WESTMINSTER-BRIGHTON COURSE RECORD

*1955	S. London H.	4.29.19	Polytechnic H.	4.33.15	Sheffield Utd.	
					H. & A.C.	4.33.29

MITCHAM-BRIGHTON COURSE RECORD

1938	Mitcham A.C.	3.48.29	Birchfield H.	3.50.47	Belgrave H.	3.50.52
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INTERMEDIATE RELAY RECORDS

Relay	Relay	Relay	Relay	Relay	Relay	Relay
*1	K. Wood	...	Sheffield Utd. H. & A.C.	...	(4½ miles)	20 m. 17 s. (1955)
*2	J. Cameron	...	Thames Valley H.	...	(5 ..)	24 m. 59 s. (1955)
3	J. Heywood	...	Herne Hill H.	...	(5½ ..)	28 m. 10 s. (1955)
4	K. L. Norris	...	Thames Valley H.	...	(5½ ..)	24 m. 24 s. (1955)
5	T. Rowe	...	Herne Hill H.	...	(4½ ..)	21 m. 34 s. (1947)
6	H. A. Olney	...	Thames Valley H.	...	(5½ ..)	25 m. 6 s. (1953)
*7	F. Sando	...	Aylesford P.M.S.C.	...	(6½ ..)	32 m. 54 s. (1955)
*8	K. L. Norris	...	Thames Valley H.	...	(6½ ..)	28 m. 30 s. (1955)
9	J. H. Peters	...	Essex Beagles	...	(4 ..)	19 m. 34 s. (1953)
10	K. L. Norris	...	Thames Valley H.	...	(4½ ..)	19 m. 42 s. (1952)
11	I. A. Olney	...	Thames Valley H.	...	(3½ ..)	16 m. 55 s. (1952)

* National Race.

NOTE: The first six teams in this race will receive an invitation to participate in next year's National Race from London to Brighton (April 13th, 1957).

INSTRUCTIONS FOR COMPETITORS AND OFFICIALS

A letter from the Rt. Hon. Cuthbert L. Ackroyd, J.P., Lord Mayor of London, addressed to Alderman J. A. T. Leak, J.P., Mayor of Brighton, will be handed to the first representative of South London Harriers at the start and delivered to the Mayor of Brighton at the Winning Post.

ALL teams will carry a baton throughout the race.

Competitors in each relay will be taken to their respective exchange stations by coach, Mr. C. Meggett being in charge.

Coaches are numbered as per relays 1-11.

All competitors MUST travel in the official coaches. To avoid congestion, coach drivers are asked to make sure that no coach is parked within 100 yards of each take-over.

Coach No. 2 will leave Westminster at 9.40 a.m.

Coaches 4-11 will leave Mitcham at 10.30 a.m.

All competitors except those running in the first and third relays must be in their respective coaches ready to start at the times stated. **NO COMPETITOR WILL BE WAITED FOR.**

Only those competitors and officials who are notified to attend at Westminster should report to the Great Smith Street Baths by 9 a.m.

Coaches will await competitors at the end of each relay. A steward will be in charge of each coach and only competitors and officials with coach tickets will be allowed in these coaches.

Competitors are asked not to trust their clothes or valuables to anybody other than the transport officials, who cannot otherwise be responsible for their safe custody.

Competitors must wear letter numbers back and front, corresponding to their name in the programme.

Dressing.—Runners on 1st and 2nd stages: Great Smith Street Baths, Westminster. All other runners, *News of the World* Sports Ground, Park Place, Mitcham. Dressing room at finishing post, Aquarium Baths, Brighton.

Immediately after the race competitors and officials with tea tickets should go to the Savoy Cinema Restaurant, where High Tea will be served at 3.30 p.m., and the Trophy and Medals will be presented.

SPECIAL NOTE FOR THE SAFETY OF RUNNERS

All competitors must keep to the left-hand side of the road whilst running. Cutting corners is not allowed. Any competitor indulging in this dangerous practice will render his team liable to disqualification.

THANKS

The organisers, on behalf of the *News of the World*, thank the A.A.A., the Scottish A.A.A., the Northern Counties A.A.A., the Midland Counties A.A.A. and all the officials for their valued assistance.

We are grateful also to the civic authorities of Westminster, Mitcham, Brighton, and other boroughs and districts through which we have passed and of the counties of Surrey, East Sussex and West Sussex for their help.

The police authorities of London, Brighton, Surrey, East Sussex and West Sussex have given their cordial co-operation, which we have much appreciated.

Finally, we thank all who permitted us to erect direction signs along the route, all who lent their cars, or helped in other ways, including members of the St. John Ambulance Brigade who gave invaluable service, and last, but by no means least, the runners themselves for their splendid support.

AWARDS

Winning Team to hold the "*News of the World*" Silver-gilt Trophy.

The first four teams to finish will receive a set of specially designed medals (gilt for the winners, silvered for the runners-up, and bronze for the third and fourth).

An extra set of bronze medals will be awarded to the unplaced team with the most meritorious performance.

This question will be decided by the following officials: E. Riley, J. Binks, E. H. I. Clynes, J. C. G. Crump, W. Batson, R. Bacchus, and the Referee, A. J. Sage.