passing by "Lumberjack", owned by Max Aithen, Lord Beaverbrook's son.

Max Aithen is at the wheel of Lumberjack as the erew begin to hoist sail.

Slowly Lumberjack gets under way although there is hardly a breath of wind. From the Royal Yacht Squadron Headquarters old hands watch the craft move towards the starting line. Now the cannon fires, and the races begin.

The Duke of Minburgh arrives too late to take part in the races, but Geweslip, and Bluebettle, which he owns with the Queen, are both at sea under different masters. Six different countries are represented at this most pictures que of English regattas.

Athletics draws the growds to the White City where a team from Great Britain is matched against some champions from France. High spot of the meeting which is arranged by the British Amateur Beard is the men's 880 yards. Roger Bammister is number one. Brian Hewson is number three. All eyes watch Bammister, the 23 year old medical student, with a scientific approach to athletics. He's lying third at the moment - his challenge is yet to come. Now Bammister opens up and passes El Mabrouk. But keep an eye on 20 year old Brian Hewson. He's taking second place - but he hasn't a hope of catching Bammister whose long logs are taking him way out in front. Just watch the perfect style and rhythm that makes him our number one athlete.

One minute, 50. 7 seconds - that's Bannister's winning time that sets a new match record. Frenchman El Mabrouk, who finished third, collapses with stomach cramp. Bennister, who is the first to give him help, won't be running any more this year. He faces important exams next month - so swotting is the order from now on for Britain's most Brilliant athlete.