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MR. AND MISS BRITAIN:

From many parts of the British Isles, come these lovelies in the quest for the title "Miss Britain". A tough job for the judges this. Every year they face the same, but delightful, problem, for this contest is held annually by the Health and Strength League.

From one sort of "body beautiful" to another - this time its the males on parade. With more muscles on them than a Southend fish-stall, they're after the tag "Mr. Britain".

Beefy, bulging biceps are demonstrated by Buster McShane, a 24 year old student. Now a look behind the scenes, and a spot of real X certificate stuff.

The judges have made their decisions - Wally Wright and Hazel Cleaver become this year's Mr. and Miss Britain,