

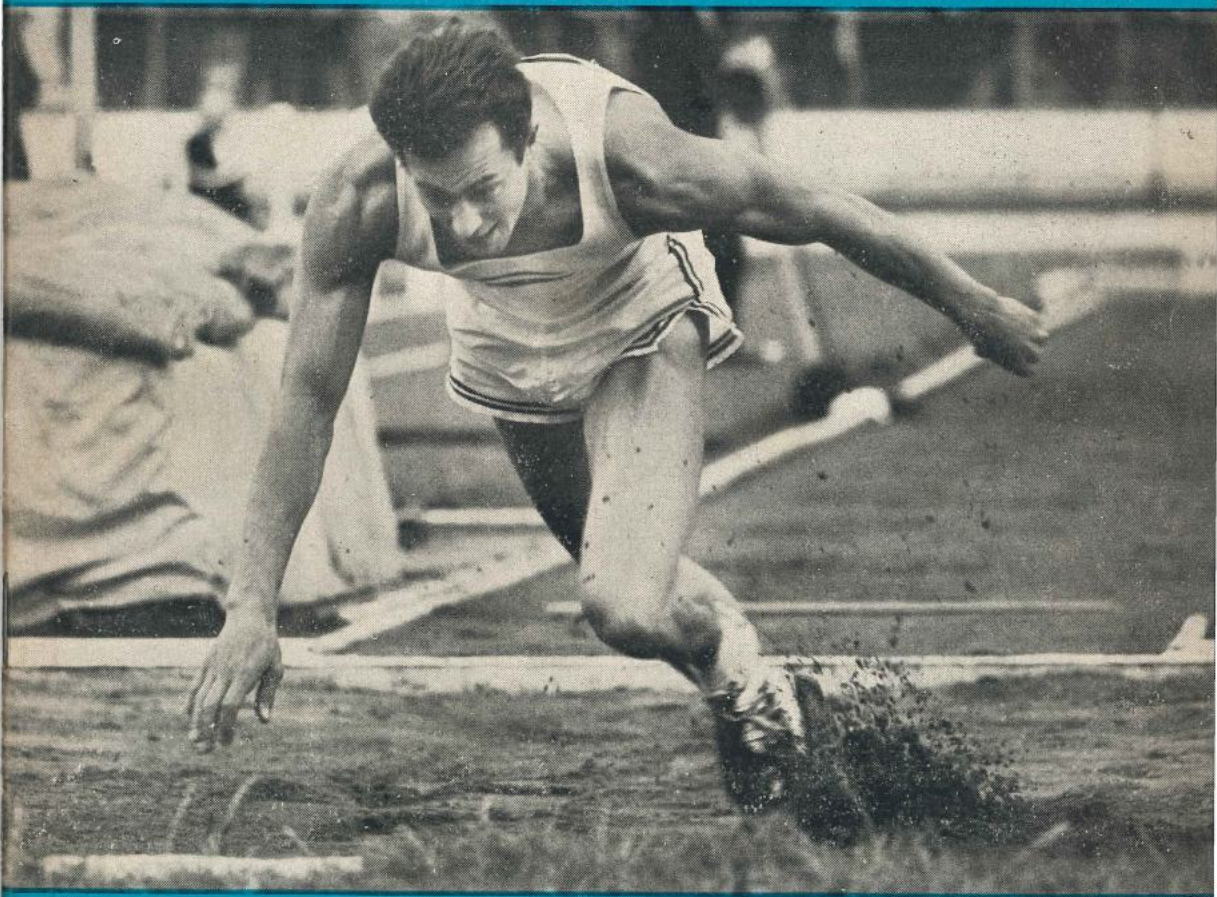
a

thletics weekly

INCORPORATING
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

- ★ Lachie Stewart answers the Questionnaire
- ★ Pole Vaulting Barrier Breakers—by Jack Barlow
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1/6

LYNN DAVIES will be competing for the first time this year in the Indoor meeting at RAF Cosford today.

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Book Reviews

"The Kings of Distance", by Peter Lovesey (Eyre & Spottiswoode; obtainable from "Athletics Weekly" Book Dept., 344 High Street, Rochester, Kent, 31s. 6d. post free).

Peter Lovesey's historical articles (see next week's "AW" for his latest) have shown him to be an athletics writer and authority of the very highest calibre, and that well-deserved reputation will surely be enhanced following the publication of this, his first book. It is a simply magnificent effort, certainly one of the most absorbing and revealing books on the subject of athletics that I have read.

The "Kings of Distance" in question are Deerfoot (c. 1826-1897), Walter George (1858-1943), Alf Shrubb (1878-1964), Paavo Nurmi (b. 1897) and Emil Zatopek (b. 1922). Mr. Lovesey has chosen well, for the careers of the five great runners were separated in each case by an interval of about 20 years, thus affording the author "an opportunity of comparing the conditions in which they lived, trained and competed". In effect, these five biographies, together with chapters on the evolution of world and British distance running and various tables, constitute an intriguing history of those events over the past century.

Mr. Lovesey's thorough and imaginative research, coupled with his attractive prose style and a flair for creating atmosphere, has resulted in a masterly account of the life and times of five immortals of the track. Highly recommended reading . . . and there are many fascinating illustrations too.

"The Book of the Olympic Games", by Robert Bateman (Stanley Paul, 27s. 6d.).

A superficial history of the Olympics, with the accent on athletics but of little worth to the serious student of the sport. Actually, there are only 70 pages of text—the remaining 42 merely list all the champions, in all sports, since 1896. Numerous names are mis-spelt, and altogether this book represents poor value for such a price.

"Run To The Top", by Arthur Lydiard and Garth Gilmour (obtainable from the publishers, "Athletics Arena," 325 Streatham High Road, London, S.W.16, or from the "AW" Book Dept., 31s. 6d. post free).

New edition of a previous best-seller. The book has been completely revised, a section dealing with training for women is included, brand new schedules are published for the first time and there is a fresh selection of photos. It all adds up to a stimulating and important work, which every middle and long distance runner and coach would be well advised to read. The non-active enthusiast, too, will enjoy the biographical material and the "inside" stories of Lydiard's great stable of champions like Peter Snell, Murray Halberg and Bill Baillie.

M.W.

(Further book reviews will appear next week)

Star Line-up at Cosford

Many of Britain's Olympic Team prospects complete their winter season programme at the inter-area indoor match at RAF Cosford today (April 20th), starting 1.30 p.m. Lynn Davies competes for the first time this year, having now recovered from injury, while in the 400m. Colin Campbell has a chance of improving on his UK indoor best of 47.6. Mike Bull makes a guest appearance in the pole vault.

Other competitors include Barrie Kelly (60m), Bob Frith (60m), Ralph Banthorpe (60m and 400m), Howard Davies (200m), Richard Green (400m), Duncan Middleton (800m), John Davies (800m), John Gingell (800m), Walter Wilkinson (1500m), Andy Green (1500m), Ian Stewart (1500m), Bill McKim (1500m), Ian McCafferty (3000m), Ricky Wilde (3000m), John Hillen (3000m), John Bednarski (3000m), Peter Stewart (3000m), Alan Pascoe (60mH), David Stevenson (PV), Gordon Rule (PV), Gwyn Williams (LJ), Peter Templeton (LJ) and Jeff Teale (SP). There is, in addition, a women's match between the North and Midlands.

See next week's "AW" for complete results and a detailed report.

AAA TEAM FOR CAMBRIDGE

The AAA team to face Cambridge University at Milton Road on April 25th (5.45 p.m.) is:— 100y: Frith, Vivian; 220y: Steane, Wiltshire; 440y: L. Walters, P. Jones; 880y: F. Green, Hogg; Mile: McKim, A. Simmons; 2M: R. Holt, Thresher; 3000mSC: Lightfoot, McAndrew; 120yH/220yH: Webb, A. N. Other; 440yH: Fox, Barrington; HJ: Hall, Kilpatrick; PV: Faircloth, L. Jones; LJ: Elias, Wood; TJ: Drew, Wadhams; SP: Elvin, Irani; DT: Cushion, Irani; JT: Hart-Ives, Turner; 4x110y: Frith, Steane, Vivian, Wiltshire; 4x440y: Walters, Fox, Barrington, Jones.

WIN A TRIP TO THE OLYMPICS

See next week's issue for full details of the easy-to-enter competition run jointly by *Women's Athletics* and *Athletics Weekly*. Remember, first prize is a free trip to the Mexico City Olympics.

"Women's Track & Field in Scandinavia" (1967 and All Time Ranking Lists), compiled by Palle Lassen, Torsten Lindquist, Rooney Magnusson, Ingmund Ofstad (\$1 from P. Lassen, Bülowsvej 46, Copenhagen V, Denmark).

This illustrated 36-page booklet is an excellent attempt to put Scandinavian women's athletics into historical perspective. Fifty-deep lists of best performers are included for 1967 and all time, with full details (date, venue and, where known, year of birth). The number of contributions to the all time lists are for Denmark, Finland, Norway and Sweden respectively: 101, 140, 84, 234. One can but hope that this annual goes from strength to strength—it certainly deserves to!

A.H.

Cover photo by Ed Lacey

ATHLETICS WEEKLY

INCORPORATING MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 22 No. 16

OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

April 20th, 1968

Managing Editor: P. W. GREEN

Editor: MELVYN WATMAN

Editorial Assistant: JOHN LUSARDI

Subscription Dept. & Distribution:

Miss J. A. GREEN

Advertisement Director: P. W. GREEN

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Published by—

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD.

At their Editorial Offices—

344 HIGH STREET,
ROCHESTER, KENT.
(Medway 44644).

Advertisement Department—

All communications to
The Advertisement Director,
World Athletics & Sporting Publications
Ltd.,
344 High Street, Rochester, Kent.

Printed by—

KENT ART PRINTERS LTD.,
NEW ROAD, ROCHESTER, KENT.

SUBSCRIPTION RATES

Direct subscribers in U.K. and H.M. Forces
abroad:—

12 MONTHS (52 issues) 75s.

6 MONTHS (26 issues) 40s.

3 MONTHS (13 issues) 20s.

All other subscriptions:

12 MONTHS (U.K.) 91s.

12 MONTHS (Overseas) 95s. 4d.

Subscribers automatically become members of
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THE WEEK AHEAD

Three particularly important events today (April 20th) are the indoor match at RAF Cosford featuring the North, South, Midlands, Scotland and Wales, together with North v. Midlands (women), the LAC Schools Meeting, incorporating the Southern 6 miles championship at East London Stadium, and the Southern Counties AAA and Hillingdon 20 miles road championship—the Finchley "20"—starting from Ruislip. Other fixtures include the Blackpool Memorial Road Relay at Stanley Park, Sussex Road Relay Championship from Horsham to Brighton, Tipton Road Relays, Lutterworth Youths and Boys Road Relays, Walthamstow Road Relays, Canterbury "6", Loughborough Colleges Championships, Maryhill Women's Inter-Club Meet and the North Belfast Harriers Road Relays.

Sunday, April 21st: Hereford "20", Keswick Road Races, Lauriston RC Open Races at Tooting Bec, BMC Training Day and Trials at Bedford.

Wednesday, April 24th: FIRST ISSUE OF "WOMEN'S ATHLETICS" IS PUBLISHED, Hayes & Harlington Open Floodlit Meet at Hayes.

Thursday, April 25th: AAA v. Cambridge University at Milton Road, Welsh AAA Indoor Meet at RAF St. Athan.

Friday, April 26th: Penn Relays at Philadelphia, Drake Relays at Des Moines and Mount San Antonio Relays at Walnut (all continued on 27th).

AAA Institute A New Award Scheme

AN award scheme somewhat similar to the Soviet Master of Sport system has been introduced by the AAA. Any athlete achieving one of the undermentioned performances in bona-fide competition will qualify for a gold or silver lapel badge. Applications for awards have to be submitted on a special form to the Hon. Secretary of the Standards Committee, who will consider and submit them to General Committee for ratification.

The standards laid down, writes Melvyn Watman, are extremely high in most cases. In several events, in fact, the qualification for the gold award is superior to the current UK record, particularly in the field events. Surprisingly "soft", though, are the silver award standards in the walks; times of 53:30 for 7 miles, 1:38 for 20km and 4:45 for 50km are hardly in the same league as a 3:58.5 mile and 53-foot triple jump.

The standards (G, gold; S, silver) are as follows:—

100y: G, 9.4; S, 9.5. **100m:** G, 10.3; S, 10.4. **200m:** G, 20.7; S, 20.8. **220y:** G, 20.8; S, 20.9. **400m:** G, 46.0; S, 46.3. **440y:** G, 46.3; S, 46.6. **800m:** G, 1:46.6; S, 1:47.2. **880y:** G, 1:47.3; S, 1:47.9. **1500m:** G, 3:40.5; S, 3:42.0. **Mile:** G, 3:57.5; S, 3:58.5. **3M:** G, 13:12; S, 13:20. **5000m:** G, 13:40; S, 13:48. **6M:** G, 27:32; S, 28:05. **10,000m:** G, 28:32; S, 29:05. **Mar:** G, 2:16; S, 2:23. **3000mSC:** G, 8:33; S, 8:40. **120yH/110mH:** G, 13.7; S, 13.9. **400mH:** G, 50.3; S, 51.0. **440yH:** G, 50.6; S, 51.2. **HJ:** G, 7'0"; S, 6'10". **PV:** G, 16'6"; S, 16'0". **LJ:** G, 26'0"; S, 25'3". **TJ:** G, 53'10"; S, 53'0". **SP:** G, 62'6"; S, 60'9". **DT:** G, 196'0"; S, 189'0". **HT:** G, 220'0"; S, 212'0". **JT:** G, 270'0"; S, 260'0". **Dec:** G, 7500; S, 7350. **7M Track Walk:** G, 51:00; S, 53:30. **20kmW:** G, 1:32; S, 1:38. **50kmW:** G, 4:20; S, 4:45.

AAA ROAD RELAY CHAMPIONSHIP

There will be an entry of 20 teams for the AAA National Road Relay, starting from Leicester Sports Centre, Saffron Lane, at noon on April 27th. The first leg will be over a lap measuring 5 miles 1492 yards, the second over a lap of 2 miles 1502 yards, alternating thereafter.

YORKSHIRE COACHING COURSES.

A non-residential Young Athletes' Course (boys and girls, 14-21) is being held at Fieldhead Youth Centre and Guiseley Secondary School, Yorkshire, on April 27th/28th. The staff is headed by AAA National Coach, Wilf Paish. Applications (with 5s. fee) to B. H. Field, Barcroft, New Road, Yeadon, nr Leeds, by April 22nd. Wilf Paish will also direct the coaching at a Field Events Course (men and women) at Rockingham Social Welfare Scheme's Sports Arena, Barnsley, on May 19th. Details from J. McKenning, C.I.S.W.O., 25 Huddersfield Road, Barnsley, Yorks.

GOOD TRIPLE JUMPING AT SOLIHULL

Derek Boosey triple jumped 50'6½" at Solihull on April 6th to win from Graham Hamlyn 49'11½" (one jump measured at 50'9" from take-off to landing), Tony Wadhams 48'11½" and Peter Drew (injured) 48'7". Peter Reed long jumped 24'4", with four fouls in the 24'10"-25'1" range. Reed had cleared 24'4" off 11 strides at Oxford on March 10th, with Peter Gabbett producing a personal best of 23'7½" from a full run on the same occasion.

SOUTHERN "200" PRIZEWINNERS

The last prizewinners of the year in the Southern Counties AAA "200" Competition were L. H. W. Golding (£250), C. S. P. Dale (£20), J. R. Charlesworth (£10) and D. L. Firmin (£5). The Association has benefited by about £500 as a result of the competition. There are vacancies for more members; the cost is 5s. per week, payable monthly, quarterly or annually. Write to the SCAAA, 26 Park Crescent, London, W.1, for details.

OPENING OF UXBRIDGE TRACK

On the occasion of the opening of the Uxbridge track on Saturday, May 4th, when the Debenham Trophy will be staged, there will be invitation events at 1 mile (men) and 880 yards (ladies). There will also be open hurdles events (no fees, no prizes) at 80 yards (juniors), 80 metres and 100 metres (seniors). Further details from H. E. Cannell, 27 Glenwood Crescent, Hayes, Middx.

SCOTTISH NEWS—A CORRECTION

In the April 6th issue, Scottish News contained a sentence stating that half the Scottish cross-country team in Tunis had suffered from stomach trouble as a result of the local water supply. This information, received from a source other than Willie Diverty, was inadvertently inserted in Mr. Diverty's report.

Willie Diverty writes: "I was in Tunis with the team and I can assure you that this was not the case. The team manager, Mr. J. C. R. Morton, supervised all meals taken by the team and in addition we had supplies of Long Life Milk, which the team had every morning. Only one was slightly out of sorts before the race and this was not due to drinking the local water." Apologies to all concerned—Ed.

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Bolton Concede Egerton Relay

At Bolton, April 6th

BOLTON seemingly threw away their chance of victory when, with Ron Hill a non-competing, Mike Freary ran for their "E" team! Freary competed on the initial leg and ran in 45 seconds ahead of the second team, Manchester Lads, with Sutton, who were unable to field four men, third at this stage. The Bolton "A" squad lay eighth after one lap, but Eric Haslam moved them into the lead on the next circuit with Manchester Lads second and Alan Dean bringing North Staffs up from joint eighth to third.

On the penultimate lap John Jackson took North Staffs to the front with Bolton slipping to second and Manchester fourth. Blackpool's Tony Byrne splitting them. However, a brilliant run by Bob Gregory brought Manchester right back into the picture and at the finish he had opened a fifteen yard gap on North Staffs.

1, Manchester & DLC (G. Entwistle 18.08, D. Blakeley 18.23, C. Betts 18.26, R. Gregory 17.20) 72.17.

2, North Staffs (S. Hope 18.24, A. Dean 18.14, J. Jackson 17.46, R. Boyden 17.56) 72.20.

3, Bolton United (D. Vickers 18.24, E. Haslam 17.38, R. Swann 18.36, G. Entwistle 18.06) 72.44.

4, Blackpool & Fylde (J. Fewery 18.21, F. McGuire 18.24, A. Byrne 18.09, P. Morris 18.11) 73.05.

5, Tipton (R. Thorpe 18.40, J. Bygott 18.22, A. Richards 18.28, J. Wright 17.45) 73.15.

6, Sale (P. Goulden 18.47, A. Watson 18.29, S. Edmonds 18.01, T. Loneragan 18.42) 73.59.

7, Rochdale 74.08; 8, Tipton "B" 74.50; 9, Salford 74.54; 10, Sheffield UH 75.15; 11, Altrincham 75.27; 12, Sale "B" 76.08; 13, MDLC "B" 76.19; 14, Michelin 77.23; 15, Salford "B" 77.29; 16, Bolton "B" 77.33; 17, MAC 77.50; 18, Pembroke 77.55; 19, North Staffs "B" 78.52; 20, Stoke 79.08; 21, MDLC "C" 79.16; 22, Blackpool "B" 79.19; 23, Bolton "C" 79.50; 24, Bury & Rad. 80.16; 25, Winton 80.30.

Fastest times: Gregory 17.20, M. Freary (Bolt. "E") 17.23, Haslam 17.38, C. Robinson (Roch) 17.44, J. Wright (Tip) 17.45, Jackson 17.46, A. Blinston (Alt) 17.51, Boyden 17.56.

Gerry North Untroubled In Maidenhead "10"

April 15th

IN very warm, windy conditions a smaller than usual field contested the Maidenhead 10 Miles Road Race, mainly because of the clash with the Midland Relay and the Finchley "20". After two miles (9.15) the leaders consisted of Gerry North, Mike Price, Trevor Hart, Chris Wade and Martin Duff. They were followed by R. Collins (9.20), and Nunn and Goerke (9.30). In the third mile Gerry North broke away while Duff fell back somewhat but the positions were otherwise unchanged until five miles which North went through in 24.15. Then came Price (24.38), Wade and Hart (24.41) and Duff (25.11).

At the top of the Maunt (7M), a tough mile-long climb, North had increased his advantage to 37 seconds (33.48) and appeared to have the event sewn up. Price (34.25) had succeeded in dropping Wade and Hart (34.36) and went on to finish second while Wade gained third by pulling away from the bearded Hart in the final 700 yards. At exactly ten miles North's time was 48.51.

1, Gerry North (Belgrave) 51.39
2, M. Price (Bristol) 52.33
3, C. Wade (Ranelagh) 53.03
4, T. Hart (Bel) 53.09; 5, M. Duff (M/r DLC) 54.33; 6, R. Franklin (TVH) 54.56; 7, D. Nunn (M'head) 55.02; 8, F. Tittley (Leeds Un) 55.09; 9, M. Bryant (Read) 55.13; 10, M. Goerke (Rane) 55.14; 11, B. Bacon (Read) 55.18; 12, W. Kerr (Bel) 55.27; 13, L. Mann (Bel) 55.34; 14, R. Cressy (Hill) 55.40; 15, R. Collins (Wind) 56.05.

16, P. Fowler (Rane) 56.22; 17, J. Townsend (Swin) 56.34; 18, D. Stevens (Read) 56.39; 19, M. Johns (Rane) 56.48; 20, R. Hawtin (B'th) 57.05; 21, A. Mandeville (B'th) 57.24; 22, G. Archer (Hill) 57.51; 23, E. Pepper (B'th) 57.56; 24, J. Mills (Spk) 58.01; 25, M. Moody (M'head) 58.05; 26, T. Vanderplank (So'ton) 58.06; 27, B. Middleton (Camb. H) 58.12; 28, J. Stagg (Leeds Un) 58.13; 29, B. Joines (OC) 58.32; 30, C. Henty (Rane) 58.43.

Teams: 1, Belgrave 14; 2, Ranelagh 23; 3, Reading 31; 4, Blackheath 55; 5, Maidenhead 68; 6, Windsor & Eton 71; 7, Hillingdon 71; 8, Swindon 73; 9, Leeds Un. 78; 10, TVH 93.

First Veteran: (O/40) Franklin. (O/45) J. Fitzgerald (Mit).

WELL DONE, CORNWALL

Omitted from our account of the Inter-Counties Cross-Country Championship at Windsor was the fact that Cornwall won the Joe Turner Trophy as the most improved team. The county moved up 11 places and gained 643 points compared with last year—a fine achievement.

This year's Yeovil "10" will be held on June 29th. Further details from John Flatters, 24 Elliotts Drive, Yeovil, Somerset.

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AW4

Additional Coaches Likely For Mexico

"WITH reasonable luck," Arthur Gold told the athletes assembled for the recent *Ovaltine* Olympic Week-end at Loughborough, funds will be available to send extra National Coaches to the Mexico City Games on an extra-mural basis. The official quota for a team of Britain's size is only two (John Le Masurier and Denis Watts) but everyone in the sport seems to agree that additional coaches are necessary. Sandy Duncan, the British Olympic Association secretary, added that the Sports Council—who held the purse strings—was "very sympathetic" towards the idea.

There was an excited buzz from the athletes when Mr. Gold announced that the BAAB was hoping to send up to six athletes to the American Championships at Sacramento, California, on June 20th/21st. Other important meetings at which Britain would be represented, as part of the Olympic build-up to provide top-class competition for our leading athletes, would include Zurich on July 2nd (team of about a dozen men plus a few girls), the Rosicky Memorial in Prague (7-8 girls), the Kusocinski Memorial in Warsaw (about 6 athletes), and the Znamenskiy Memorial in Leningrad (3-4 men). A total of 47 athletes would spend a fortnight in May at high altitude at Font Romeu. "It will be the best prepared team ever to leave these shores," summed up Mr. Gold.

Mr. Duncan said the first party of athletes, those competing in endurance events, would fly to Mexico on September 15th, the second group on September 23rd and the explosive-event athletes on September 30th. Flights will be routed via Jamaica or New York.

A good deal of useful, if sombre, advice was supplied by Dr. Raymond Owen, Medical Officer

to the Olympic team. He stressed the importance of an athlete being trained to a peak at the time of departure, since on arrival he or she would have to lay-off training for the first three days. Not until the 12th day would "normal" training be possible. He warned that one could not hurry the process of acclimatisation and that "you'll be in for trouble if you buy an ice cream or drink in the street, as diarrhoea is rife". Extra salt and additional fluid intake was necessary for the long distance runners, while sunbathing was definitely out for everybody . . . "you will suffer if you do". Dr. Owen also pointed out the importance of pace judgment, advising runners to race at a pre-determined speed.

Mike Turner, a member of the 1965 "guinea pig" squad in Mexico, recommended athletes to train harder than ever before. "Training hard at high altitude is hell, so you may as well get used to it at sea level", he said.

This Loughborough week-end, sponsored by *Ovaltine* and organised by the BAAB and International Athletes Club, was voted a great success by everyone I spoke to. All were enthusiastic about the magnificent training facilities just across the road from the residential quarters, the proliferation of coaches, officials, etc., and the diverse programme of activities laid on for the athletes. Altogether, a thoroughly worthwhile project.

Fourth Time Lucky For Igor?

A couple of weeks ago in this column I mentioned that Lynn Davies was thinking in terms of around 27'9"/8.46 as the requirement for success in Mexico City. His greatest European rival, Igor Ter-Ovanesyan, does not agree. "It seems to me,"



Ron Hill leads from Ron Grove during the AAA 10 miles championship at Leicester. Hill (47:02.2) became the eighth man to set a world 10 miles record this century, following Alf Shrubbs (50:40.6, 1904), Paavo Nurmi (50:15.0, 1928), Viljo Heino (49:41.6, 1945; 49:22.2, 1946), Emil Zatopek (48:12.0, 1951), Basil Heatley (47:47.0, 1961), Mel Batty (47:26.8, 1964) and Ron Clarke (47:12.8, 1965).

Ed Lacey

TRACKWISE

he told Novosti correspondent Alexei Srebnitsky, "that 8.30 (27'2½") will be sufficient, or perhaps even 8.20 (26'10½"). The winners at Olympic Games rarely set world records. But a reserve of reliability is unquestionably needed. A jumper who comes to Mexico with a record of 8.40 (27'6½") to his credit will feel more confident". Asked if he hoped to jump that far, Igor replied, "I hope so. Otherwise sport would lose its attraction for me". He feels, in fact, that on the day when everything went right he could reach 8.60 (28'2½").

On sentimental grounds, at least, Ter-Ovanesyan would be a popular champion at Mexico City. Ralph Boston and Lynn Davies already have their gold medals but Igor, who was an Olympic finalist in 1956—four years before Lynn even started jumping—has had to settle for two bronze awards. Thirty next month, Igor is unlikely to have another chance for the ultimate success. In any case he intends to retire from international competition after the Games in order to concentrate on coaching (he is taking a post-graduate course at the Moscow Physical Culture Institute in preparation for a master's degree) and sports journalism.

Whom does he see as his main rivals? Boston and Davies, of course, and also Bob Beamon and Jerry Proctor. Of his fellow Soviet jumpers he rates Viktor Saneyev highest but as he is likely to go instead for the triple jump Igor expects his team-mates to be Tonu Lepik and Leonid Borokovskiy.

His fourth Olympics will, says Igor, be both harder and easier than those previously . . . "Harder because at my first Olympics I was not a favourite and could lose without fear of being reproached. Now, however, only victories are expected of me. But at the same time also easier: I've preserved my physical and technical qualities, and in addition acquired experience and self-confidence".

Yes, the more I think about this clash between Igor, Ralph and Lynn—not forgetting Bob Beamon—the more excited I feel. If I were told that I could witness only one Olympic final in Mexico City, this would be the one I would choose.

Melvyn Watman

ANOTHER FAST RUN BY RON GROVE

Having had only three days in which to recover from his fine run in the AAA "10", Ron Grove won the Leicestershire & Rutland 6 miles championship on the same track at Leicester Sports Centre on April 9th in a brisk 28:21.4. Personal bests were set by the next two finishers, Wally Bent and John Offord. Result: 1, Grove 28:21.4; 2, Bent 28:45.6; 3, Offord 29:03.2; 4, D. Lem 29:24.2; 5, P. Leake 29:56.8; 6, J. Mulligan 30:58.6; 7, P. Lem 31:24.0; 8, C. Bills 31:28.6 (all Leicester Art & Tech AC).

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Laurie O'Hara hands over to
Belgrave Harriers colleague
Gerry North in the Brighton
Sea Front Relay.

Ron Linstead

Absolom is Winner of VPH 5 Miles Road Race

April 6th

1. M. Absolom (Eton Manor) 23.12
2. M. Edwards (Thames Valley) 23.18
3. A. Maxwell (Woodford Green) 23.30
4. R. Newble (SUH) 23.48; 5. K. Hutchins (Eton Manor) 23.53; 6. I. Thompson (Luton-Yth) 23.56; 7. J. Arger (En) 23.59; 8. W. Stock (London Un) 24.01; 9. M. Pakey (Lu) 24.07; 10. M. Grey (Shaft) 24.10; 11. G. White (Lu) 24.14; 12. J. Mercer (En) 24.30; 13. J. Collins (Hornsey) 24.32; 14. M. Keough (EM) 24.40; 15. D. Watts (Shaft) 24.43.

16. J. McLatchie (Lu) 24.48; 17. B. Hutton (Lu) 24.57; 18. R. Bennett (HSM) 25.00; 19. R. Penycad (Wd. Gn) 25.03; 20. D. Archer (W'stow) 25.08; 21. R. Taylor (HSM) 25.12; 22. J. Atkinson (Barnet) 25.13; 23. B. Boardley (VPH) 25.16; 24. E. Foreman (W'stow) 25.20; 25. C. Robinson (Herc/Wimb) 25.20; 26. G. Sayer (EM) 25.23; 27. M. Hamlin (Read) 25.26; 28. D. Howe (Shaft) 25.29; 29. R. Sluce (EM) 25.36; 30. P. Boulton (Barnet) 25.41. 94 finished.

Teams: 1, Eton Manor 20; 2, Luton United 26; 3, Boro' of Enfield 51; 4, Hornsey SM 52; 5, eq. Shaftesbury & Woodford Green 53; 7, Barnet 97; 8, VPH 112; 9, Walthamstow 114; 10, Hercules-Wimbledon 121; 11, Leeds Univ. 160; 12, Rochester 188.

Boys Road Relay

- 1, VPH (Low 7.44, Jones 7.16, Walker 7.39, Johnson 7.10, Bristow 7.26) 37.15.
- 2, TVH (Tingle 7.56, Kelly 7.56, Bentley 7.33, Davies 7.09, Puddefoot 7.21) 37.33.
- 3, Luton United (Melia 7.22, O'Kane 7.22, Mansfield 7.58, Whittle 6.58, Stevens 7.48) 37.47.
- 4, Woodford Green 37.51; 5, Hornsey SM 38.02;

6, Belgrave 38.21; 7, Hercules-Wimbledon 38.31; 8, Barnhill GS 38.50; 9, Thurrock 38.59; 10, Wd. Gn "B" 39.25; 11, Harlow 39.37; 12, Rochester 39.45; 13, Shaftesbury 40.12; 14, HW "B" 41.03; 15, Eton Manor 42.11.

Fastest times: Whittle 6.58, Smith (Thur) 7.06, Davies 7.09, Johnson 7.10, Jones 7.16, Gregory (HSM) 7.17.

WINTER TRAINING MEETING

At Oldham, March 31st

60: (A) 1, Blackshaw (Old) 6.5; 2, Cornes (Warr-J) 6.5. (B) Foster (Old) 6.7. 150: 1, Cornes 14.9; 2, Hunt (Warr) 14.9. 660: 1, Clegg (Salf) 1:26.6; 2, Warburton (Warr) 1:26.7. 4M. Paarlauf: 1, Blinestone/Norman (Alt) 17.12; 2, Duffy/Delaney (Sale) 17.28. (Jnrs) 60: 1, Millward (E. Ches) 6.7; 2, Harper (Pilk) 6.7. 150: 1, Millward 16.1; 2, Riley (Old) 16.1. 330: 1, Harper 39.3; 2, Goodwin (Seft) 40.4. (Yths) 60/150: Wilcock (Old) 6.8/16.1. 330: Bushell (Bury) 41.5. 2M. Paarlauf: Reade/Sladen (Lancs S) 9:07.1. (Boys) 60: Nightingale (EC) 7.0. 2M. Paarlauf: 1, Lawrence Gaffney (Pilk) 9:25.9; 2, Ratigan/Fox (Lancs S) 9:31.6. (Women) 60: 1, Feeney (Warr) 7.5; 2, Hodgetts (Pilk) 7.6. 150/330: Hodgetts 17.5/42.9. (Inter) 60: Bardsley (Alt) 7.6. (Jnrs) 60: 1, Barker (EC) 7.6; 2, Bennett (Old) 7.6. 150: Barker 18.2. 660: (A) Kershawe (EC) 1:56.3. (B) Gaskell (Farn) 1:51.0.

OPEN MEETING

At Bournemouth, April 6th

LJ: B. Hay-Cooper (So'ton) 21'8". SP: 1, A. Loader (B'mth) 47'8"; 2, P. Rees (B'mth) 43'10"; 3, J. Rumbold (B'mth) 42'1". DT: I. Croad (B'mth) 132'0". JT: H. Wurzer (B'mth) 194'4". (Yths) 1000mS: P. Brown (AFD) 3:12.0. (Boys) Mile: A. Barnett (And) 4:57.6 (best on record by 12-yr-old). (Women) 880: S. Foster (AFD) 2:22.6. JT: M. Jeans (B'mth) 109'2".

BOOST FOR RAF ROAD RUNNING IN ODIHAM "20"

April 3rd

RAF Odiham promoted what is believed to be the first race of its type, and it proved to be successful for, despite a sprinkling of snow and a certain wariness about racing this far so early in the season, 30 of the 35 entrants started and some excellent running was seen.

The race was a close battle throughout between Brian Jeffs and Paddy O'Neill, the current RAF marathon champion. The two leaders showed 54.06 at ten miles and a slight decrease in undulations brought a quickening during the next "5", the checkpoint at 15 miles seeing Jeffs and O'Neill still locked together in 1:20.00, with Sandy Keith a clear third in 1:21.45. Jeffs covered his last five miles in just over 28 minutes to come home a fine winner in 1:48.08, good running for early season and considering the severity of the course. Maybe 1968 will see the obvious marathon talents of this experienced runner in their true light.

Now that Roger Clark is the RAF's No. 1 over the country and on the track, maybe Brian Jeffs can become 'king of the road'—he certainly has the ability! O'Neill tired after a brave run and was almost caught by young Keith. Here is one about whom we will hear more in the future, as we will of RAF running in general if this standard of performance and enthusiasm continues.

T.G.C.

1, Sgt. Jeffs (Wyton) 1:48.08; 2, SAC O'Neill (Benson) 1:49.42; 3, SAC Keith (Wy) 1:50.02; 4,

J. Derham (HHH-guest) 1:51.30; 5, Cpl. Casse (H. Wycombe) 1:51.50; 6, Sgt. Bulley (Odi) 1:52.18; 7, Cpl. Cameron (Cranwell) 1:54.03; 8, SAC Eagles (HW) 1:54.40; 9, Sgt. Parker (Abing) 2:00.30; 10, SAC Paling (Watton) 2:00.47.

Teams: 1, Wyton 20; 2, High Wycombe 25; 3, Odiham 37; 4, Watton 50.

"RAF International Comp.": 1, England 17; 2, Wales 18; 3, Scotland 25; 4, Ireland 49.

INTER-SCHOOLS POSTAL COMPETITION

An inter-schools postal competition for long and triple jump is again being organised on behalf of the Kangaroo Club. There will be four competitions: a combined March/April event, and separate May, June and July events. They will be run in the three ESAA age groups and full details can be obtained from A. L. Rice, 43 Chingford Lane, Woodford Green, Essex.

* * *

Would Richard Seaton of Harold Scott House, who recently ordered "Champion of Nothing" from our Book Dept., please send us his full address, which we have misplaced.

* * *

Two of Britain's finest athletes, John Sherwood and Sheila Parkin, were married at Ecclesfield (Yorks) last Saturday.

SOUTHERN COUNTIES A.A.A. CHAMPIONSHIPS

SENIOR AT MOTSPUR PARK

21st/22nd JUNE

Entries Close 28th May

Entry Fee 5/-

DECATHLON AT COPTHALL

STADIUM, HENDON

20th/21st JULY

Entries Close 8th July

Entry Fee 10/-

JUNIOR/YOUTH AT COPTHALL

STADIUM, HENDON

20th/27th JULY

Entries Close 24th June

Entry Fee 3/6

Prospectus and Entry Forms from: E. D. C. Buswell, Hon. Championships Secretary, S.C.A.A.A., 26 Park Crescent, London, W.1. Tel.: 01-580 3498 (Please enclose S.A.E.)

TRAVEL TO MEXICO With PITT & SCOTT For THE 1968 OLYMPICS

17 Day Trip leaving London Friday, 11th October and returning Monday, 28th October, with 16 nights in Mexico.

During their stay visitors will be provided with two optional excursions:—

- Pyramids Tour.** A six hour tour including visits to the Shrine of Guadalupe, the Pyramids of the Sun and Moon and the Temple of Quetzalcoatl, returning via the Acolman Monastery.
- Night Club Tour** of approximately five hours including visits to four popular night clubs. The cost includes a drink at each club, a full course dinner, transportation and gratuities.

Cost per person: 213 gns.

"V" Form amount £45

(Olympic visitors have £100 allowance)

Deposit required £24

Reserve your place by sending deposit with name and address to:—

PITT & SCOTT LTD (A.W.)
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LONDON, E.C.4

USA News

By Joe Henderson

Jim Hines Forgets His Worries

AFTER slogging through a short and miserable indoor season, where injuries, personal problems at college and indecision over accepting a professional football offer plagued him, Jim Hines moved outdoors with a legal 9.2 100y at Corpus Christi, Texas, on March 30th. Elsewhere in Texas the same day, 15-year-old Ken Curl—just 15—clocked a wind-assisted 9.3!

The Finnish pole vaulters Altti Alarotu and Erkki Mustakari didn't realise it but on March 30th they were battling almost simultaneously for the national record: Alarotu in Provo (Utah) and Mustakari some 1000 miles away in Fresno (California). It's not quite certain who vaulted first, but Mustakari cleared 17'0 $\frac{1}{2}$ "/5.19 and Alarotu 17'1 $\frac{1}{4}$ "/5.21. Another vaulter, Bob Seagren, spent a busy day. At Eagle Rock, Calif., he failed three times at his opening height of 16'0"/4.87, so he jumped in his car and sped over to another meet at Claremont a few miles away. There he won with 17'0 $\frac{1}{2}$ "/5.19.

February 25th, Rolling Hills, Calif. Women's 440y: Erika van Gores (10) 67.1; 880y: Cheryl Benish (11) 2:34.1 (32.8 at 220, 70.0 at 440!).

March 1st, Toronto (Can). (indoors) Women's 300y: Tyus 35.9, Dennis 36.4, MARG CHESKIN (ex-GB) 36.6, Piotrowski (Can) 36.8.

March 3rd, Rolling Hills. Women's 100y: Charlton (Jam) 10.7.

March 16th, Reno. DT: (behind Puce) 2, Keshmiri (Iran) 188'7"/57.48 (put shot 55'10 $\frac{1}{2}$ "/17.03 at Davis on March 30th).

March 16th, Mesa. JT: Murro 252'7"/76.99.

March 16th/17th, Scottsdale. Women's 100y/220y: Charlton (Jam) 10.6w/24.2; 880y: Kathy Gibbons (13) 2:19.0, Benish 2:33.5.

March 23rd, Hamilton (Can). (indoors) 50y: Washington 5.2 (5.1 s-f, eq. world best); 1000y: Dyce (Jam) 2:09.3, Crothers (Can) 2:10.4.

March 23rd, Granville. (indoors) HJ: Downing 7'0"/2.13.

March 23rd, Tempe. 880y: Bergeson 1:50.0, Tuominen (Fin) 1:50.0; Mile/2M: G. Young 4:06.0/8:50.8.

March 23rd, Sacramento. 5000m: 5, Schul 14:18.8; 400mH: 3, Gairdner (Can) 51.7; JT: 3, Heikkila (Can) 234'2"/71.37.

March 23rd, College Station. SP: 2, Mercer (Can) 55'5 $\frac{1}{2}$ "/16.91.

March 23rd, Lewiston. SP: Van Reenen (SA) 59'11 $\frac{1}{2}$ "/18.27.

March 24th, Ventura. 100y: Charlton (Jam) 10.8, Ferrell 10.8; 220y: Charlton 23.9, Scott 24.4; 440y: Scott 55.8... Benish 65.3.

March 26th, Tucson. HJ: Tull 7'0"/2.13.

March 29th, Eugene. 100y: Jerome (Can) 9.6; 120yH: Blum 14.0, Knoke (Aus) 14.0; 440yH: Knoke 51.4; SP: Steinhauer 65'1 $\frac{1}{2}$ "/19.85.

March 30th, Prairie View. 100y: Glosson 9.3w.

March 30th, Los Angeles. 120yH: Copeland 13.9.

March 30th, Albuquerque. 120yH: Frederick's 13.8 was windy.

March 30th, Corpus Christi. 100y: (+ 1.8m) Hines 9.2, Lee Smith 9.4; 220y: Hines 21.0; 440y: Morton 46.9 (& 46.0 relay), Brown 47.0; Mile: Van Troba 4:04.3.

March 30th, Houston. 100y: Ken Curl (15) 9.3w(1).

March 30th, Salem. SP: Patera 60'5"/18.41.

March 30th, Provo. 120yH: Mann 13.9, Douglas 13.9; PV: Alarotu (Fin) 17'1 $\frac{1}{4}$ "/5.21 (rec); LJ: Pousi (Fin) 25'4"/7.72; DT: Hoffman 184'4"/56.19, Roost (Can) 176'6"/53.80.

March 30th, Hayward. 440yH: Wyatt 51.0; SP: Maggard 64'5"/19.63.

March 30th, Berkeley. It was Ronnie Smith, not Tommie, who won 100y in 9.4 and placed 2nd in 220y; 440yH: McCrary 51.7; 440y relay leg: Evans 45.8.

March 30th, Pullman. Mile/2M: Lindgren 4:11.3/9:14.6; SP/DT: Van Reenen 59'9 $\frac{1}{2}$ "/18.22 & 179'3"/54.64.

March 30th, Claremont. LJ: Proctor jumped 26'4"/8.02 (& 26'0"/7.93).

March 30th, San Diego. Women's 100m: Ferrell 11.5, DeBusk 11.8; 220y: Ferrell 24.0; 440y: Scott 54.9, Drinkwater 56.0; Mile: Debbie Heald (12) 5:19.2; JT: Bair 162'9"/49.61.

ROSEMARY PAYNE IN FORM AT MIDLAND FIELD GAMES LEAGUE

At Perry Barr, April 7th

80mH: 1, D. Barrett (Birchf) 12.0... 3, R. Payne (Loz) 13.0. SP: 1, Payne 38'3"; 2, J. Wray (Birchf) 34'0 $\frac{1}{2}$ ". DT: 1, Payne 151'6"; 2, M. Pasquetti (Birchf) 108'1". (Inter) 80mH: 1, L. Robinson (Birchf) 12.8; 2, S. Walton (CG) 12.9; 3, J. Hornsby (Birchf) 13.0. SP: L. Tunney (Loz) 32'0 $\frac{1}{2}$ ". DT: M. Noons (Loz) 89'7". (Jnrs) 80yH: 1, B. Thompson (Birchf) 12.2; 2, J. Honick (Birchf) 12.6. LJ: Honick 15'11".

ROAD RUNNERS

TIGER "CUBS" 37/6d.

All sizes 2-11 (including $\frac{1}{2}$'s above size 6) in stock

TIGER "MARUPS" 85/-

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25 PROSPECT STREET, CAVERSHAM, BERKSHIRE

Lancs County Track & Field Championships, 1968

(Under A.A.A. Laws)

Part 1 May 25th Kirkby Stadium 2 p.m.

Part 2 June 8th Victoria Park, Warrington 2 p.m.

The Six Track Relay Championships, 4 x 110 Yards and 4 x 440 Yards, Seniors, Juniors, and Youths, will be held in conjunction with the Northern Counties Decathlon Championship at Kirkby Stadium on SUNDAY, MAY 19th, 2 p.m.

Entry Forms with Prospectus and Timetable from the Secretary, Kirkby Athletics Stadium, P.O. Box 17, Whitefield Drive, Kirkby, Nr. Liverpool

PLEASE SEND STAMPED AND ADDRESSED LONG ENVELOPE

EDINBURGH ATHLETIC CLUB

EDINBURGH TO NORTH BERWICK

22.6 MILES OPEN ROAD RACE

(Inc. 10M. Commonwealth Marathon Course)

Record: J. Alder, 2hrs. 1min. 50sec.

SATURDAY, 11th MAY, 2.30 p.m.

(SAAA Laws)

AWARDS

1st, North Berwick Trophy and Prize value £7; 2nd Prize value £5; 3rd Prize value £2. Handicap Prizes value £5, £3, £2. Teams: 1st 3 at £2, 2nd 3 at £1. All enter as individuals, 2/6 each. Teams (6 may run, 3 to count) 4/- per team. Certificates to all finishers. Free tea and transport back to Edinburgh.

Entries close 30th April to R. Sinclair, 104 Lanark Road, West Currie, Midlothian. Teams may be declared on day of race.

THURROCK "10"

(Under A.A.A. Laws)

Incorporating Essex County 10 Miles Road Race Championship

SUNDAY, JUNE 9th, 1968—Start 3 p.m.

At King George's Playing Field, Blackshots Lane, Grays, Essex

Open Race: Prizes first 3 individuals and first Vet. over 40. Plaques first 3 teams.

County Championship: "Mel Batty" Trophy to first Essex finisher; Medals 1st, 2nd, 3rd Individuals and 1st, 2nd, 3rd Teams.

Details from and entries to L. Brown, Thurrock Harriers, 57 Victoria Avenue, Grays, Essex. Entry fee 2/- per ind.

CLOSING DATE SAT., JUNE 1st, 1968

STAFFORDSHIRE A.A.A.

1968 TRACK AND FIELD CHAMPIONSHIPS

AT ROWLEY PARK, STAFFORD

Saturday, May 25th, 1968

Seniors, Juniors and Youths

100, 220, 440, 880, 3 Miles (Senior), 2 Miles Walk (Senior), 1 Mile Walk (Jnr. & Yth.), 120y. Hurdles, 110y. Hdls (Youths), 440y. Hurdles (Snr. & Jnr), 3,000, 2,000 (Jnr.) and 1,000 (Yth.) Metres Steeplechases, High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Javelin, Shot, Hammer.

ENTRIES CLOSE 30th APRIL

to E. J. Skidmore, 49 Maidstone Drive, Wordsley, nr. Stourbridge.

Fees: Seniors 3/6, Jnr. & Yths. 2/6, Team 10/-.

Six Miles to be held in conjunction with the Midland Counties A.A.A. 6 Miles.

Allocated Championships to be staged at Keele University on July 17th. Other events to be staged in conjunction with the County Track and Field League. Details from E. J. Skidmore (address above).

NO LATE ENTRIES

NOTE NEW DATE !

CITY OF CAMBRIDGE

(City of Cambridge Entertainments Committee —Cambridge & Coleridge A.C.)

SPORTS

(Under A.A.A. & W.A.A.A. Laws)

MONDAY, 3rd JUNE, 2.30 p.m.

UNIVERSITY TRACK, MILTON ROAD, CAMBRIDGE

Senior Men: 100 yds. H'cp., 880 Yds. H'cp., 220, Mile, 3M. Ind. & Team, L.J., P.V., 4x110 Relay.

Youths: 100. Mile, Shot, 4x110 Relay.

Ladies: 100 Yds. H'cp., 220, 880, H.J., 4x110 Relay.

Girls: 100, 4x110 Relay.

EXCELLENT PRIZES ALL EVENTS

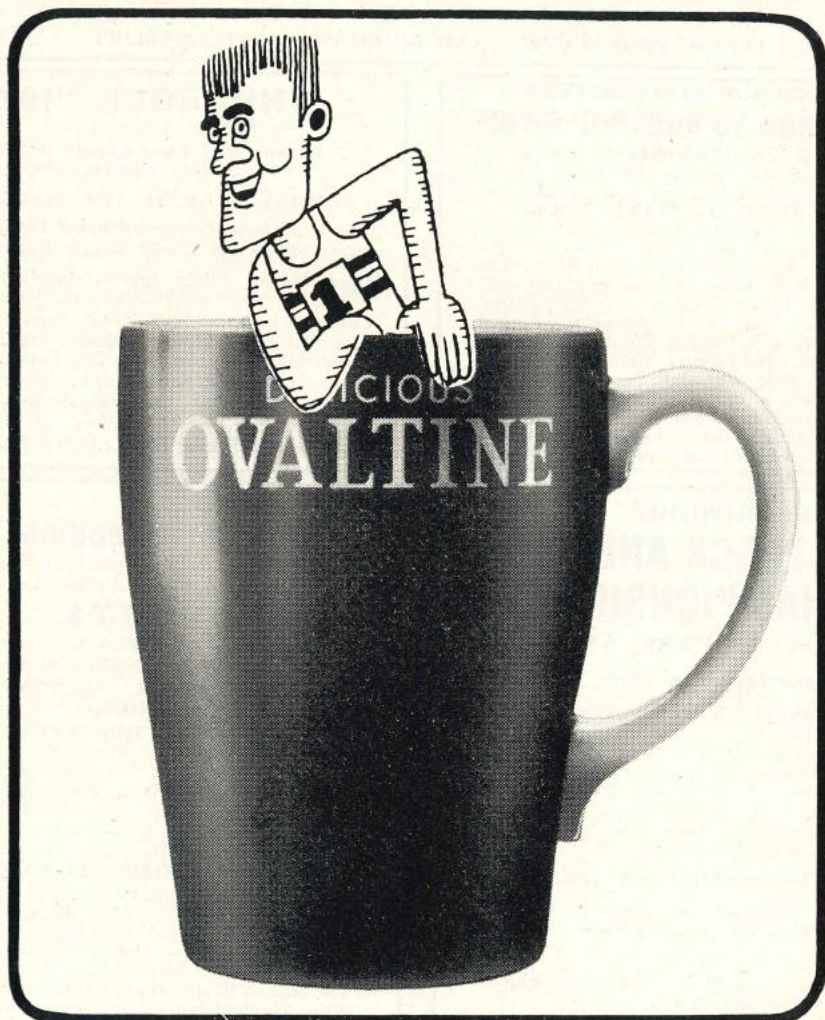
Prizes—Sen. Men/Ladies: £5, £3, £1. Relays 4 at 30/-, 4 at 15/-, Team Race 3 at 30/-, 3 at 20/-, 3 at 15/-, Youths/Girls: £3, £2, £1. Relays, medals 1st and 2nd teams.

Entry Fees: Sen. Men/Ladies 2/6 first event, 1/6 others. Relays/Team (must enter as ind.) 10/-, Youths/Girls 1/6 per event. Teams 5/- per team.

Details & Entry Forms: D. J. Maltby, City Entertainments Officer, Corn Exchange, Cambridge, close 18th May.

BRING A FULL CLUB TEAM AND SPEND A DAY IN CAMBRIDGE

Join me in a cup of **OVALTINE**



it helps put back what the day takes out

Irish News

BALLYCLARE "10" RECORD SMASHED

At Ballyclare, March 23rd

FOR some time the Ballyclare "10" race record has been considered a pretty "soft" one, as the event was generally held on the same weekend as the International cross-country, and hence the cream of the competitors was skimmed. However it was not expected that Derek Graham would smash Willie Dunne's year-old best for the road course by 104 seconds. By two miles he led Matt Wilson and Roy Kernaghan by more than a hundred yards and at "5" his time (24.30) indicated he only had to keep going to better the old mark of 51.13. Full marks go to Kernaghan who took runner-up position for the second time in three years and also finished inside the old best.

1. D. Graham (9th Old Boys) (rec) 49.29
2. R. Kernaghan (Dun. Nomads) 51.04
3. M. Wilson (Ballydrain) 51.18
4. D. Logue (Nth Bel) 51.33; 5. A. Chivers (Queens Un) 51.37; 6. R. Brown (Co. Ant) 52.10; 7. C. Pennington (Willow) 52.20; 8. T. Price (B'drain-Yth) 52.24; 9. I. Morrison (B'drain) 52.28; 10. J. McGinn (NB) 53.15; 11. J. Dripps (Queens) 53.35; 12. P. O'Hare (Dun. H) 53.38; 13. B. Deary (9th) 53.43; 14. J. McClenaghan (Nom) 53.46; 15. T. Doak (NB) 53.57; 16. E. Smyth (B'drain) 54.12; 17. S. Elliott (Co. Ant) 54.32; 18. W. Bryans (Nom) 54.39; 19. S. Vennard (Nom) 54.42; 20. J. Nodwell (Dun. H) 54.45; 21. L. Jones (9th) 55.06; 22. J. Allen (Willow-Yth) 55.11; 23. G. Millar (9th) 55.16; 24. J. Newberry (Will-Yth) 55.21; 25. W. Bell (9th) 55.25; 26. R. Kirkland (CA) 55.29; 27. K. McCormick (NB) 55.56; 28. B. Hill (Queens) 56.02; 29. J. Magill (Queens-Yth) 56.12; 30. S. McBride (9th) 56.28.

Teams: (Snrs) 1, Ballydrain 28; 2, North Belfast 29; 3, 9th Old Boys 35; 4, Nomads 39. (Jnrs) 1, Queens 44; 2, Co. Antrim 49; 3, Willowfield TH 53; 4, Ballydrain 95; 5, Dun. H. 95; 6, Queens "B" 118.

Odds & Ends: Derek Graham conducted the Sportsman's Service on March 31st in the Ballygomartin Road Presbyterian Church. The minister in charge, the Rev. R. Logue, is the father of North Belfast and Edinburgh University C.C. International Davey Logue . . . Jimmy Todd (East Antrim H) had a unique honour conferred on him at the recent AGM of the NIWAAA. He was elected a member of the Committee of eight, particularly for his services in organising women's cross country events. No other male has been similarly honoured in the 20-year history of the Association . . . There is a possibility that a Canary Island team may participate in the RUC meeting at Ravenhill on June 15th. This came about after a meeting of the RUC Chairman and former Shorts AC coach Don Wells, who emigrated to Puerto de la Cruz almost two years ago . . . A party of between 20 and 35 athletes (Snrs, Inters & Jnrs., from Ballymena AC, will compete at the Maryhill Trophy Meeting in Scotland on April 20th.

Brendan Deary



Eddie Leddy, aged 16, who won both the senior and intermediate races on the same afternoon at the All-Ireland Colleges C.C. Championships.

Mick Delahunty

BEDNARSKI STEAMS TO ANOTHER TITLE

John Bednarski, who did not turn 19 until April 18th, ran outstandingly well to defeat several internationally prominent distance runners in the European Railways Cross-Country Championships at Varna (Bulgaria) on March 31st. The British team improved from 3rd in 1965 to 2nd this time, giving the Russian favourites a scare. The second Briton home, Allan Jones, lost about ten seconds when falling after a mile and but for that would probably have finished in the first four instead of ninth. The race was held mostly over cobbled roads, four laps of 2000m, and there were 124 finishers. Sixteen countries closed in.

Result: 1, JOHN BEDNARSKI (Swindon) 24:12.4; 2, Tsonev (Bul) 24:17.0; 3, Sletten (Nor) 24:27.2; 4, Belomyesinich (USSR) 24:30.0; 5, Vitilovic (Cz) 24:32.4; 6, Novikov (USSR) 24:37.6; 7, Eisenberg (E. Ger) 24:38.0; 8, Kuchniewski (Pol) 24:40.2; 9, ALLAN JONES (Kent AC) 24:43.4; 10, Finelli (Ita) 24:48.2 . . . 12, WALTER WILKINSON (Longwood) 24:50.4; 15, RON McANDREW (Reading) 24:54.4; 20, GORDON LAWRENCE (Derby) 25:00.2; 21, CYRIL LEIGH (Salford) 25:02.6; 71, DENNIS MULLEN (B'mouth) 26:26; 107, ROGER EVERTON (Rown) 27:40.4.

A.F.D.

Jim Alder Breaks Record In William Hall Road Race

At Jarrow, April 6th

The course record fell to Jim Alder after he, Brooks Milesen and John Caine had forced the pace from the outset. Nearing the four mile mark Alder really pulled out the stops and he gradually drew away from his younger rivals for a clear win. Mike McLeod won his first race as a Youth quite decisively after an unbeaten run as a Boy, while Linda Jardine did well to win the Women's handicap, her first race ever.

1. J. Alder (Morpeth) 30.55
2. J. Caine (Gateshead) 31.12
3. B. Milesen (Sunderland) 31.31
4. D. Cox (Salt) 31.41; 5. K. Carr (Sund) 31.51;
6. A. Leitch (Gates) 31.58; 7. G. Dance (Bel) 32.04;
8. W. Robinson (Salt) 32.08; 9. F. Titley (Leeds City) 32.20; 10. J. Mouat (M'bro & C) 32.21;
11. N. Rackham (Heat) 32.31; 12. L. Pratt (Sund) 32.39; 13. J. Templeton (A'dale) 32.41;
14. C. Pickett (MC) 32.42; 15. B. Vine (Birchf) 32.45;
16. A. Moore (MC) 32.45; 17. K. Duckworth (ASV) 32.54; 18. R. Tribeck (MC) 32.57;
19. J. Orton (Birchf) 32.58; 20. R. Donkin (Sund) 33.01.

21. C. Taylor (ASV) 33.04; 22. P. Puckrin (M'bro) 33.14; 23. D. Galloway (S. Sh) 33.24;
24. D. Grey (Mor) 33.24; 25. G. Freeman (Sund) 33.27;
26. W. Wardle (Jarr) 33.32; 27. D. Cock-

burn (Mor) 33.46; 28. A. Gutteridge (Mor) 33.48;
29. G. Lee (Salt) 33.51; 30. J. Hawes (Heat) 33.53;
31. G. Smith (Leeds) 33.57; 32. R. Carruthers (Gos) 34.00;
33. T. Rooke (MC) 34.07; 34. M. Barker (Sund) 34.08; 35. A. Matheson (Mor) 34.13;
36. G. Kelly (Salt) 34.17; 37. R. Checkley (Heat) 34.18;
38. C. Haggie (Gos) 34.19; 39. M. Brown (Gos) 34.20;
40. P. Bernstein (Camb) 34.33.

Teams: 1, Sunderland 40; 2, Middlesbrough & C. 62; 3, Saltwell 77; 4, Morpeth 87; 5, Airedale & SV 99; 6, Heaton 120.

Youths

1. M. McLeod (Elswick) 20.12
2. D. Hill (Sunderland) 20.27
3. J. Milton (Blaydon) 20.29
4. K. Symington (NSP) 20.33; 5. R. Sterling (Gates) 20.46;
6. L. Foggerty (Mor) 20.54; 7. A. Parkinson (ASV) 20.59;
8. D. Cannon (Ken) 21.06;
9. C. White (Jarr) 21.10; 10. R. Lunnion (Gos) 21.16;
11. J. Campbell (AAC) 21.20; 12. W. Reid (Ken) 21.22.

Teams: 1, Airedale & SV 37; 2, Gosforth 40; 3, Blaydon 40.

Boys

1. D. Lowes (Gateshead) 9.24
2. A. Anderson (Sunderland) 9.37
3. D. Jameson (South Shields) 9.45
4. D. Gibbon (Els) 9.50; 5. F. King (Sund) 9.52;
6. D. Alderson (Gates) 9.54; 7. B. Baggle (Gates) 9.58;
8. L. Jeffs (St. Cuthberts GS) 10.01; 9. P.

continued on page 26

Make a New Start to the 1968 Track Season

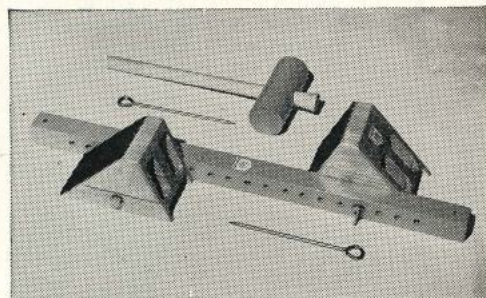
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TOM McNAB—PROFILE OF A COACH

By Dave Hampson

TO talk to Tom McNab is to meet a personality geared to giving. Information, facts, ideas pour forth in an endless stream of enthusiasm. His Scots twang lends weight to his views and his rapid speech emphasises his driving personality.

Before becoming a National Coach in 1963, Tom had been a good athlete in his own right. He remained in the National triple jump rankings from 1952 until his last competitive season in 1962. From a 17-year-old with a best of 42'10" until his last outing of 47'6", Tom's first love was the triple. His best effort was a wind assisted 48'11" in 1958. A total of 5600 points in the decathlon, 22'3" in the long jump, a Scottish youths soccer cap and an "international representation" (for Bermuda at rugby) point to an all-round sports ability which is obviously invaluable for a National Coach.

Tom has strong views on the structure of athletics competition and coaching in Britain. His ideas were influenced by what he saw travelling with Tony Ward on the Continent. They looked closely at the way the sport was run in Poland and West and East Germany. Tom also visited France and learned from the approach of the French Federation. From the information gleaned Tom feels there is a powerful case for an athletics league structure and a necessity for greater specialisation in coaching.

The coaching organisation he would like to see

would stem outwards from an overall "Coaching Director". Below him would be a series of "Specialised Coaches" concentrating on a narrow range of their own events. Beneath the "Specialist Coach" would be the "Regional Coaches" who would in turn guide and control "Senior Coaches" in specific geographical areas. The "Regional Coach" would not be of less importance than the "Specialist", but would be more concerned with the organisational aspects of the sport.

Apart from the coaching set-up he would like to see, Tom is extremely concerned with the welfare of the smaller athletics club. He feels that from this smallest unit the future of athletics as a national sport must stem. They must be encouraged in order to survive. The community needs to be educated in athletics, starting in the schools. We must accept that a large part of the community are "watchers" and therefore must educate them through good presentation to become "intelligent watchers".

About his own ambitions Tom is more reticent. His immediate wish is to see Fred Alsop win a gold medal at the Mexico Olympics. On a longer term basis he would like to see athletics develop as a truly national sport to rival soccer. A social survey should be conducted to determine why people take up the sport, why they leave, which event is their choice and why. These and many other questions might give us the answers on which to base our future approach to athletics coaching and presentation.

More Indoor Facilities Needed

Indoor facilities are also high on Tom's list of priorities. At the moment he feels we have too many tracks unco-ordinated in organisation. No matter what developments take place in track surfaces, the winter months will still clamp down on much of their use. It would be much better to establish covered facilities.

Above all, Tom McNab is conscious of the role athletics has to play in the community and the necessity for presenting and selling it to the public. A recent example illustrates admirably. A TV film company were filming Fred Alsop and Tom McNab during a training session. The producer had little idea of what athletics was about and wanted shots of Tom noisily encouraging Fred along the lines of an American football coach. Tom quietly pointed out that he and Fred did not work that way. Afterwards Tom was heard to say: "What would the athletes and public think of a sport where the coach needs to yell like a maniac to encourage a man of Fred's ability? They would think me mad and the sport heathen."

With such men as Tom McNab around no one could think that.

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The Barrier Breakers

By Jack Barlow

Sensational Rise In Vaulting Standards

BASIC changes in manufactured implements, rather than improved technique, has been the main factor in the truly sensational rise in pole vaulting standards over the past sixty years or so. Nineteenth century vaulters hampered with cumbersome ash, cedar or hickory poles found heights of nine, ten and eleven feet formidable barriers to master and it was not until the introduction of light bamboo poles from Japan during the early years of the present century that modern pole vaulting came of age.

Within seven years the Americans H. T. Chapman (1903) and Robert Gardner (1912) had respectively conquered the next targets of 12ft. and 13ft. and by the mid 1920s, Norway's Charles Hoff sailed *ad astra* on a frail bamboo towards the seemingly stratospheric level of 14ft. Four successive world records of 13'6½" (1922), 13'9½" (1923), 13'10½" (1925) and 13'11½" (1925) surprised even the Americans, but the honour of becoming the first "14 footer" eluded the talented Norwegian and Sabin Carr (USA) gained the distinction instead in Philadelphia in 1927 to begin an almost uninterrupted run of American supremacy.



Last of the metal pole record breakers was Don "Tarzan" Bragg
Gerry Cranham

By 1937 the aptly named "Heavenly Twins," Bill Sefton and Earle Meadows, had brought their three-year-long rivalry to a grand climax and ended up with a joint world record effort which left them just one inch shy of the then seemingly ultimate ceiling of 15ft. Prior to their record shattering 1937 season these two remarkably evenly matched team-mates of the University of Southern California squad had tied for both the 1935 National AAU and NCAA Championships, the 1936 NCAA title, and had also featured in a three-way tie along with Bill Graber at the US Olympic Try-Outs. Meadows, however, gained a singular major honour by winning the Olympic gold medal outright at the Berlin Games with Sefton surprisingly shunted back into fourth place by the spirited vaulting of Nishida and Oe, of Japan.

The chips were really down, therefore, by 1937 and the outcome left little to be desired. Sefton set the ball rolling first with a new world mark of 14'7½" at Los Angeles on April 10th in a match against UCLA (University of California at Los Angeles) with Meadows second at 14'4½". On May 8th against Stanford at Palo Alto, Sefton—who possessed excellent gymnastic abilities—got his powerful frame (6'3", 180 lb.) over 14'8½", but five minutes later Meadows soared over the same height to match the record. Three weeks later the "twins" reached their all-time peak when officials at the Pacific Coast Conference Championships in Los Angeles on May 29th raised the bar on the vault standards to its absolute limit of 14'11" and both boys got cleanly over, Sefton first, with Meadows following a few minutes later, for yet another astounding world record tie.

With taller uprights at their disposal it seems highly probable that Sefton and Meadows would have topped the 15ft. barrier in 1937, but the feat was not long to be delayed for an even more astonishing vaulter was about to bloom full flower with the greatest set of performances ever achieved within what has been termed the bamboo era. The man in question, of course, was Cornelius Warmerdam, who between 1940 and 1944 captivated track fans everywhere by making 15ft. look commonplace in amassing a total of 43 marks to his credit at or above this previously considered awesome altitude. After successive personal improvements of 15'0" (1940), 15'1½" (1940), 15'2½" (1941), 15'5½" (1941) and 15'6½" (1942) he finally set official world outdoor figures of 15'7½" at Modesto on May 23rd, 1942 . . . which were to stand for 17 years. He even topped this height indoors at the Chicago Relays on March 20th, 1943 with a roof-scraping 15'8½", which placed him an undreamed of 9½ inches above Sefton and Meadows, his closest rivals, and as much as 12½ inches higher than the world's fourth ranking vaulter.

It has often been quoted that Warmerdam contributed little new in technique to the art of pole vaulting, but did everything flawlessly right. He did, however, grip the pole at 13'2", considerably higher, for instance, than did his taller predecessors Sefton and Meadows, who both held at 12'2" in their record vaults of 1937.

Warmerdam reigned as the world's sole 15ft. pole vaulter for 11 years until, in 1951, three other Americans—Bob Richards, Don Laz and Don Cooper—finally bettered this redoubtable barrier and the race towards the next goal of 16ft. began in earnest. It was to prove too tough a target for both bamboo and the new metal poles which, by this time, were coming into general use. Richards did manage to establish himself as the most prolific "15 footer" with 126 such marks to his credit, but he never got higher than 15'6" (indoors) and it was not until 1957 that Warmerdam's world outdoor figures were at last eclipsed. The man responsible was Bob Gutowski who soared over 15'8½", although even this left him still a quarter-inch below the great man's indoor best. It remained for Don Bragg to surpass all of Warmerdam's marks when, in Philadelphia in 1959, he scaled 15'9½" indoors and in Palo Alto the following year collected the outdoor record also with 15'9½". These marks proved the highest ever reached, officially, with metal poles which, though undoubtedly safer than bamboo, were hardly any more flexible.

Although 16 feet would probably have been reached with the metal pole, the impact on vaulting standards by the revolutionary fibre-glass pole, which came into general use in 1961, was very soon to make this barrier seem quite an average occurrence. At first, an implement of such amazing flexibility naturally aroused the chagrin of former champion Don Bragg who, in losing his world record to George Davies (15'10½" in 1961) retorted that this was "catapulting, not vaulting". Technological progress could not be denied, however, and after the IAAF had sanctioned its approval the most incredible record breaking spree in history began.

By February 3rd 1962, John Uelses had blazed the trail past 16 feet at an indoor meet in Boston with a mark just ¾" above that height, and by August 24th, 1963, fans throughout the world raved as yet another US star, John Pennel, rocketed over a bar set at 17'0½" at Coral Gables, Florida. Even the conquering of this barrier failed to bemuse the spirits of others to follow and by 1967 the world record stood only 4½" short of the staggering level of 18ft. All told, nine vaulters improved upon the former (metal pole) outdoor figures on no fewer than 21 occasions between May 1961 and June 1967, of whom Pennel was the most prolific record-buster with eight improvements to his credit. Even after being surpassed by both Fred Hansen (17'4" in 1964) and Bob Seagren (17'5½" in 1966) Pennel audaciously regained the record to become the first 17½-footer at Los Angeles on July 23rd, 1966. In 1967 we saw track history practically repeat itself as, exactly 30 years after the historic vaulting of the University of Southern California duo, Sefton and



John Pennel, the pioneer 17-footer

Fionnbar Callanan

Meadows, that same famous college found itself blessed once more with two world record breakers in Bob Seagren and Paul Wilson who, within a fortnight of each other, produced respective new marks of 17'7" and 17'7½".

In one of his more vitriolic outbursts, Don Bragg once stated that "an event that used to be 70% man and 30% pole, had become 70% pole." Most people would concede, however, that it will take quite an athlete to negotiate 18ft., and when this feat is accomplished the differential will surely be related down to more level proportions. To conclude, we list the men who bettered the successive barriers in pole vaulting since 12ft. was first conquered in 1903:—

12ft.	1903	H. T. Chapman (USA)	12'0"
12½ft.	1908	W. Dray (USA)	12'6½"
13ft.	1912	R. Gardner (USA)	13'1"
13½ft.	1922	C. Hoff (Norway)	13'6½"
14ft.	1927	S. Carr (USA)	14'0"
14½ft.	1936	G. Varoff (USA)	14'6½"
15ft.	1940	C. Warmerdam (USA)	15'0"
15½ft.	1942	C. Warmerdam (USA)	15'6½"
16ft.	1962	J. Uelses (USA)	16'0½"i
16½ft.	1963	P. Nikula (Finland)	16'8½"i
17ft.	1963	J. Pennel (USA)	17'0½"
17½ft.	1966	J. Pennel (USA)	17'6½"

i — made indoors

Billy Mills Looks Back —and Ahead

by

JON HENDERSHOTT



Ed Lacey photo shows Mills leading from Dave Cooke in indoor race at Wembley in 1965.



PRIOR to the 1964 Olympic Games, the track career of Billy Mills, and the distance-running fortunes of the United States, had experienced very few moments of success. In one supreme moment at Tokyo, however, Mills drastically changed both. When Mills broke the tape to win what has often been called the greatest 10,000m ever run, he not only became the first American ever to win the Olympic 10km crown, but he also became one of the prime catalysts which started a tremendous upsurge in American distance running.

"It's hard to decide just what kind of an effect that win had on my life," Mills says. "It will take years for me to put it into perspective." Then an unknown US Marine first lieutenant, Mills became America's greatest Tokyo hero in the space of 28:24.4—his Olympic record-setting time for the 10,000. How he came to be the first American ever to win an Olympic 10,000—and the first American ever to hold a world record in a distance event—is a story that bears out Billy Mills' belief that the values he learned from track can apply to everyday life as well. Dedication and perseverance: track taught Billy Mills the meaning of those words. Of course, he added an ingredient of his own making . . . determination.

Born William Mervin Mills on June 30th, 1938, at Pine Ridge, South Dakota, Billy's mother died when he was nine and his father when he was 13. He was sent to Haskell Institute in Lawrence, Kansas, a school for orphan Indian boys, for Billy was nearly half Sioux in descent. Too small for most sports, he took up running to keep in shape for boxing; he was too small for boxing but he stuck with it because he wanted to prove himself.

He gradually learned, though, that his real talent was as a runner so he dedicated himself to the sport. He won the state cross-country title three consecutive years and the state mile crown

his junior and senior years, paring his mile time down to a respectable 4:22.8 by his senior season. He ventured to the University of Kansas a raw, insecure youngster, unsure of the world around him.

His college running can only be described as mediocre. Mills rates those years as his biggest disappointment in track. His times improved but his record didn't. He won a couple of Big 8 cross-country titles, placed in the conference outdoor meet and twice placed third in the AAU cross-country run. His wins on the track were few and far between, however, and so many second and third places did little for his personal adjustment.

"I felt like a complete flop," Mills recalls with a smile. "I wanted so much to prove myself but something always prevented me, an injury or bad race tactics. Those were four long years." At the end of his senior year, Mills still had another year to go before he would graduate, he had just been married and he wanted time to adjust. So he hung up his spikes.

"I just had to get adjusted," he explains. A year later, he graduated with a degree in physical education and was offered a commission in the Marines. He knew it was the opportunity he needed, so he took it. "I started running again right away," Mills remembers. "I trained hard, much harder than I ever did in college. Three weeks after I went in, I ran a 9:10.0 two-mile. I knew I always had the ability, but I just needed something to bring it out."

That was in early 1963. By the end of that season he had sliced five seconds off his best mile time and nearly two seconds from his previous two-mile best. He ran the 10,000m that year, too: a 30:08.0 for fourth in the CISM meet. Then 1964, Olympic year, rolled around.

Billy had tried for the 1960 US team but placed

sixth in the final trials 5000m in 14:47.6. This time he would try for the 10,000. The Mills (Billy, wife Pat and 16-month-old daughter Christy) moved from Quantico, Virginia, to Camp Pendleton, California. Billy's quest for a place in the US Olympic team had begun. He had mixed fortunes that spring. He pushed veteran Bill Baillie in the Coliseum Relays 5000, recording a personal best of 13:57.0 in finishing second to the New Zealander. Billy won both the Inter-service 5000 and 10,000 and trimmed his three-mile best down to 13:30.2. He ran in the semi-trials 5000, but placed eighth in 14:28.6.

Then Mills turned in the first of his many surprises. Even though he had never run over 9½ miles competitively before, he entered the Olympic trial marathon. He doggedly followed leader Peter McArdle throughout the sun-baked course and came in second in 2:27:28.0. He had fulfilled his most burning ambition up to that time—to qualify for the Olympic Games. He rates that as one of his biggest thrills ever. "I knew then," he says, "that no matter what happened from then on, I was going to the Olympics. It was a tremendous thrill." Making the Olympic team, winning an Olympic medal and setting a world record had been his life-long ambitions in track and he had fulfilled one of them. Then he started his quest for a medal.

In the final US trials, Billy ran second to become the only US track-man to qualify in two individual events. He ran 29:10.4 to 29:02.0 for winner Gerry Lindgren. Then came another surprise. At an all-comers meet at Woodland Hills, Calif., Billy and Ron Larrieu both smashed the American six-mile mark, Larrieu with a 27:54.0 and Billy with a 27:56.2. Billy seriously began to think of the top spot at Tokyo; no mere medal for him—he would try for the gold medal.

"This probably sounds like a Hollywood script," he says with a grin, "but while I was in college, I kept my workouts in a little black notebook. I also wrote down what I thought I would do in a particular race; one time I felt I could run a 4:05 mile even though my best was only 4:10. I ran 4:05.2. When I ran my 13:12 three-mile, I thought I could run in the 13:10-13:12 range. And Tokyo? You'll never believe it but it's right there: 'Tokyo: Gold Medal, 28:25'."

But Billy's rags-to-riches story nearly ended as so many of his races had ended in the past... in frustration. The field in the Olympic final was as fine, and fast, a gathering of runners as had ever been assembled. The leaders, Ron Clarke (Australia), Mamo Wolde (Ethiopia), Mohamed Gammoudi (Tunisia) and, surprisingly, Mills, passed the three-mile mark in 13:31.0 and Billy was running scared.

"My best three-mile ever was only 13:29 and I was just feeling the pace," he recalls. "I told myself, though, that if I could hang on a little longer, one of the others might drop back and then at least I'd have a medal." Wolde eventually did drop back and then there were just three of them. The bell marked the final circuit of the race and the beginning of Billy Mills' dash to glory.

He hardly remembers the pushing incidents when he was jostled by Clarke and then both were shoved apart by the charging Gammoudi. He was thinking something else. "I thought that if I could hang on for just 300 yards more, then it would be all over," Mills reflects. Down the backstretch and into the final turn, all three leaders had to dodge knots of lapped competitors. Then they came to the head of the home-stretch.

"It was like a dream"

"I still felt strong," Billy says. "I said to myself, 'Give it one more try, just one more.' So I dug a little deeper and tried to sprint. I kept saying to myself, 'Try a little harder.' Clarke and Gammoudi were just shadowy objects off to my left. Then I was sprinting even with them and I found myself saying, 'You can win, you can win.' So I tried a little harder and suddenly I was ahead, all by myself. Then I thought, 'I can win, I can win.' Then about thirty yards from the tape, I thought, 'I've won. This is the Olympic Games and I've won.' Finally I broke the tape and I knew I'd won. It was like a dream."

But it wasn't a dream, it was real and the gold medal which was draped around his neck was ample proof that Billy had achieved another of his goals in track. He ran another race at Tokyo, the marathon, and turned in a creditable performance: 14th place in 2:22:55.4, nearly five minutes faster than his first 26-miler.

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Now that he had won his Olympic medal, Billy set his sights on his third goal: a world record. He got it the next summer. He set an American indoor three-mile record of 13:25.4 in winning the AAU title that winter and had run some fast races during the spring. At the AAU championships, he announced that he would try for the world six-mile record of 27:17.6 held by Clarke. He had a very particular reason for wanting that record.

"So many people said after my Olympic win that it was a surprise and a fluke. I got tired of this awfully fast and I wanted to prove that it wasn't a fluke." He did, but it still wasn't quite the way Billy wanted.

For 24 laps of the track, the entire six miles, Mills and the diminutive Lindgren ran stride for stride, step for step, mile after mile. At the start of the final lap, they both sprinted but they remained even the entire way around although they were trying their hardest. The pounded down the stretch as if bound together by some invisible thread. At the finish line, Billy thrust out his chest and broke the tape first. Both clocked 27:11.6, a new world record, the first world mark longer than two-miles ever to be claimed by an American. Billy's winning margin later proved to be 6/100ths of a second.

"I finally had my world record," Billy says, "but I had to share it. It wasn't the same as if I had done it alone." Seven weeks later, however, Clarke regained his record with a stunning 26:47.0 en route to another global standard, 27:39.4 for 10,000m. By that time, though, Billy had another record which made up for everything.

A Satisfying Record

He was scheduled to run against the USSR in Kiev, but an attack of the flu weakened him and he withdrew. Somewhat recovered, but still shaky, he ran the 10,000 against Poland and struggled every step of the way. He calls that race "one of the toughest I've ever run." Then the American team met West Germany. "I wanted to run a good time in Europe," Billy recalls, "and I knew that this would be my last chance." His main opposition was the rising young German star Lutz Philipp, but Billy never gave him a chance. He started fast and kept getting faster and finished in 28:17.6, a new American record and 6.8 seconds faster than his winning time at Tokyo. It was the second-fastest time ever and still ranks fourth on the all-time world list. At last, he had a record which satisfied him.

Then came another transition period. He was discharged from the Marines and decided to pursue a career in insurance. Training time became sparse between sales schools and adjusting to his new profession. Despite the lack of training, he went to Mexico City for the first Pre-Olympic meet. He ran the 5000 and finished fifth in 15:10.2. He came home tired and dejected so he decided to rest for a while. "A while" turned into a five-month lay-off.

"I had accomplished my goals in track and I wanted to succeed in business and make my family secure," Mills explains. "All the time, though, I had that gnawing feeling that I was missing something and that something was running. I weighed the tangibles of security for my family and success in business with intangible benefits of track—the competition, travel, opportunities to meet people, the chance to represent my country—and I knew that I had to get back to it."

So Billy joined the San Diego Track Club and resumed his training. His first race in the spring of 1966 was a 13:44.8 5000m (13:19.8 three-mile). He was elated at such a good time after so little training. He looked forward to the AAU six-mile. He was disappointed with his performance after that race, though; he placed second in 28:34.2. He had counted on winning. After the Russians and Poles pulled out of their meets with the US, Billy ran in the All-American Invitational 5000m and again placed second in 13:52.6, clocking 13:26.6 for three-miles. Another sales school forced him out of competition the rest of the summer. Training time became sparse. He faded from America's distance-running limelight.

Mills competed sparingly during 1967. He clocked 8:49.2 for two miles, 13:42.4 for three and 14:32.2 for 5000m but he had very little competition. Then came the cross-country season. Suddenly Billy Mills was running all opposition into the ground and winning every race he ran. He had made himself train ("It was that gnawing feeling again") and he was in the shape of his life.

He has a new goal, too—the 5000m at Mexico City's Olympic Games. Why the shorter race rather than the 10,000, the race in which he has proven his mettle?

"Well, I've got the speed necessary to do the job in the five," he says. "Besides, it's only half as long as that darn ten." In late December, he ran a blistering 8:35.0 time-trial for two-miles. In January he ran 8:46.8 in his first indoor race in over two years, and that despite painful blisters which required a doctor's care. Such injuries are just one obstacle Mills must overcome.

"There are many young, fast runners I will have to beat," he says. "It will be a hard road and my family knows this but we are committed. From now on, it will be a real 'family effort'. Only family tragedy could change my direction now."

Somehow, this is in keeping with Billy Mills. His goals are definite, he wants to achieve them and yet he thinks very strongly of how the effort of achieving them will affect his loved ones. This is a lesson track has taught him. "Track has given me perspective," he points out. "I have gained confidence from it and I have learned what I can do, both in track and in life. I have learned just how far I can go and what makes me want to go on." Then he adds, "It has given me great personal satisfaction."

(Reprinted by courtesy of "Track & Field News")

Spotlight on Youth**by John Lusardi**

The Problems Facing Two Throwers

THE situations of Carol Richardson and Jan Skrybant are entirely diverse, but really, equally difficult. Carol's problem is that seemingly she cannot fail, Jan's that he cannot succeed.

Carol Richardson

Throwing the discus as a Junior in 1967, Carol swept all before her. First of all she mopped up the English Schools title, then won the WAAA Junior title by an incredible 25'3" margin and, finally, ended up the season throwing the implement further than any 14-year-old Briton before her, 117'8". ("I have thrown over 130 feet in practice"). At the season's end only six Intermediates had thrown the discus further than Carol (the implement for both age groups weighs 1 kilo). Of these four are now seniors so that, on paper, Carol starts her Intermediate career doomed to play the role of favourite. She can only fail. If she wins every major title it will not be particularly surprising. If, on the other hand, she loses...

Carol Richardson started out a sprinter and in 1965, at the age of 11, won a district schools 100 yards title. Her school PE teacher, who also happens to be the county Coaching Secretary and is now her own coach, soon spotted that she would do even better as a thrower. She tried her hand at the discus and in her first season, at the age of 12, finished eighth in the ESAA final. An auspicious start. Progressing rapidly, in 1966 Carol managed second in the Schools Junior and then last summer... Now, apart from hockey, netball and gym lessons, she trains four times every week, emphasising weight-lifting in winter and throwing in summer.

Eventually "I want to reach a high enough standard to get into an Olympic team" but this summer would like "to throw 135 feet in competition and win the English Schools and WAAA Intermediate titles". In 1967 "we exceeded our aim of 115 feet in competition but were disappointed with the Schools result, only equalling the existing record." To get good class competition "I have to travel with club and mostly throw with the seniors."

Full Name: Carol Richardson**Birthdate:** November 15th, 1952**Birthplace:** Cambridge**Club:** Cambridge & Coleridge A.C.**School:** Witchford CSS**Height & weight:** 5'7", 136lbs**Coach:** R. A. Carter**Best Marks:** 1965: DT—88'7", 1966: DT—102'0", 1967: DT—117'8".**Jan Skrybant**

Jan Skrybant's problem in 1968 can be summed up in two words: Paul Dickenson. You can be the second-greatest hammer thrower of all time,

but if you are competing in the same era as the No. 1, people completely overlook you. In 1967 only Dickenson and his perennial second-string, Ian Wolstenholme, ranked above Jan. With Ian apparently discouraged with continually losing to Paul and seeming to drift away from the sport (he competed only once in 1967), Jan seems the one most likely to take up the challenge of topping the No. 1. "I'm confident that one day I'll equal Paul's distance and, someday, I'll beat him. The main reason I lose to him is because my style is so bad—especially the third turn and delivery. Once I can deliver properly off three turns my distances will improve greatly. For example, with two turns my 16lb best is 145'6". With three turns it's only 9'4" further!"

Skrybant does have some things going for him. Howard Payne for one thing. "He encourages me a great deal. Also I have all the facilities that Howard has worked for to train himself." Born of Polish parents, Jan has always been interested in athletics, joined Birchfield in 1965 and started competing the next year. He started out a shot man but "found the shot difficult to putt because of my small hands. Also my coach Dai Thomas, who has since emigrated to Canada, was keen on the hammer." Jan only took the hammer seriously in 1967 but now trains six days a week, winter and summer. "I achieved much more than I set out to do last year. I hoped to throw the 12 pounder 170 feet and to be placed in the National Schools. I never thought I would make a GB Junior vest nor be placed in the first three at the AAA Junior—never even thought I'd make the standard!" This summer Jan, who has best training marks of 189'7" (12lb) and 160'4" (16lb), wants to throw over 200' and 175' respectively. His all-time ambition is to compete in the 1972 and 1976 Olympics.

Full Name: Janusz Joseph Skrybant**Birthdate:** November 19th, 1949**Birthplace:** Birmingham**Club:** Birchfield H.**School:** Waverley GS**Height & weight:** 6'0", 196lbs**Coach:** Advised by Howard Payne**Best Marks:** 1966: SP—48'5" (10lb), HT—163'9" (10lb), 1967: HT (12lb)—180'1", (16lb)—154'10"

Jan threw the 12lb hammer 182'6" at the NUTS meeting on April 6th.

A Certain Sadness

The World of Statistics is one that not all have patience with, yet there can be a fatal fascination about the long, cold lists of hard figures that are ranking lists. Last year, on behalf of the NUTS, I compiled the UK Junior lists and, although the pressure of other commitments has forced me to step down this year, it proved a very enlighten-

ing experience. Listing can be rewarding at times, though generally it tends to be tedious. Still, when you have completed your allotted task, and you're sure you could recite the whole lot by heart, there is a certain sadness and the feeling one is almost losing a part of oneself. You virtually want to start over. As the printing deadline draws nearer, and marks continue to come to light, one gets simultaneously more despondent and more relieved. Despondent because time is running out and there must be hundreds of marks lying undiscovered, soon to be forgotten forever, and relieved because you've managed to turn up one more anyway. One thing I have learnt—there is no such thing as a perfect list. Even now, with the final corrections made, letters continue to arrive from Club Secretaries and P.E. Masters. "I was told that you had something to do with ranking..." Too late, too late.

Dabbling with the Junior List for 1967, just prior to despatching the final work to the publishers, some fascinating and altogether inconsequential facts were readily apparent. To get anywhere as a high jumper you had to be called Taylor. There are three ranked: Phil at 6'6", Bob at 6'2" and Brian at 5'10. A triple jumper, on the other hand, had to bear the tag Davies (45'9", 45'4", 45'0"). Davies and Taylor were the two more popular names with the latter the best all-rounders (ranked 12 times compared to 11). The third most popular name is Williams. With 6 athletes listed they managed to figure 13 times. Now, don't you feel you can face life that much confidently with that knowledge behind you!

Great Mile Due In LAC Schools

Traditionally the LAC Schools Meeting throws up a good mile, but this year's race promises to be an epic by any standard. Presuming the main contestants are approaching peak fitness, the main battle should resolve itself between David Wright (last year's winner, an ESAA title and a 4:08.5 mile to his name) and David Burden (ESAA and AAA Junior 880 champion last year and bests of 1:53.4 and 4:15.7). Also well in the picture will be Peter Shaw (1:52.2m), Rich Hollings, John King (ESAA cross country champion this winter), Jack Lane (9:15.4), John O'Meara (1:56.5/4:17.8), Chris Reed (2nd Southern C.C.) and Frank Thomas (4:17.9). Apart from this the most exciting track race could well be the quarter where Dave Thomas (10.0/21.9/49.3) runs his first championship 440 against John Harrison (9.9/21.8/49.7), Jack Sam (49.7) and Mike Gordon, who makes a return to the event after his excursion over 880 in the AAA Youths Championship last summer. Harrison is also entered for the 100 where he meets up with old rivals Chris Cheetham (10.0/22.1) and Peter Wiltshire (9.8/22.0) plus Sir Anthony Page-Wood (22.6).

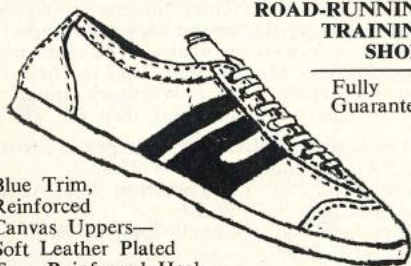
The field events too see much of interest. Last year's pole vault winner John Fenge has been high-jumping 6'0" in training and is entered in both vertical jumps. However, with John Broughton (6'0") and John Faircloth (13'0") entered, he will be hard put to score in either. David Kidner (22'8½"/46'2½") stands a fair chance of scoring a double in the horizontal jumps.

continued on page 26

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SATURDAY, MAY 25th

**AT SOBRAON BARRACKS,
BURTON ROAD, LINCOLN**

Events	Entry Fees	
	Ind.	Team
Seniors: 100, 220, Mile, 5 Mile		
Team (6 run, 3 score)	2/6	10/-
Juniors: 4x110 Relay, 2 Mile		
Team	2/6	7/6
Youths: 100, 220, Mile Team		
(4 run, 3 score)	2/-	5/-
Boys: 100, Mile Team (4 run,		
3 score)	2/-	5/-
Boys & Girls U/13: 100s	1/6	
Senior Women: 100, 220, 880	2/6	
Junior Women: 4x110 Relay		5/-

Also these County Championships (all entries 2/6):—Senior Men's 880, Junior Men's 100 and 220, Inter. Women's 100 and 150, Junr. Women's 100.

Prizes totalling over £135 and twelve trophies to be won. Entries to J. Polkinghorne, 11 Westfield Dr., Wragby Road East, Lincoln, by 29th April. Forms and details on application.

FIXTURE LIST

April

- 28 Three Peaks Race.
- 28 SCAAA Field Events Meet, Grays.
- 28 Keswick Road Races.
- 28 Midland Women's Field League, P. Barr.

May

- 1 Oxford Un. v. SCAAA, Oxford.
- 1 ULAC v. Middx. v. Surrey v. RAF, Motspur Park.
- 4 Andover & Dist. Y.A. Meet, Tidworth.
- 4 Midland Marathon Champ. & Carl Wright Trophy, Redditch.
- 4 Lough. C. v. OUAC v. Poly, Loughborough.
- 4 Surrey "20".
- 4 Pollitt & Browne Trophies, Brighton.
- 4 Essex "20", Hornchurch.
- 4 Exeter—Plymouth "44".
- 4 Wordsley "15".
- 4 Croxdale "10".
- 4 Mayor's Trophy, Windsor.
- 4 Epsom Trophy, Epsom.
- 4 Debenham Trophy, Hayes.
- 4 Colchester—Ipswich Walk.
- 4 SCAAA 4x880 Champ., Woodford.
- 5 Coronation Trophy, Chelmsford.
- 5 Midland League.
- 8 AAA v. Birmingham Un.
- 8 ULAC v. Lough. C., Motspur Park.
- 11 Huddersfield Marathon.
- 11 Chichester—Portsmouth "16".
- 11 Halesowen "16".
- 11 Kent "20", Hayes.
- 11 Shettleston Marathon.
- 11 MCAAA v. Lough. C.
- 11 Oxford v. Cambridge, White City.
- 11 Anne Bale Trophy (W), Croydon.
- 11 National League "A" & Sward Trophy, Chiswick.
- 11 Festival of Scotland, Richmond.
- 11 Sam Waller Trophy, Enfield.
- 11 RWA 20km Walk Championship, Coventry.
- 11 Bristol Aero "10".
- 11 Edinburgh—N. Berwick Road Race.
- 11 Kinally Trophy (W), Sutcliffe Park.
- 15 ULAC v. AAA, Motspur Park.
- 15 Oxford Un. v. Middx., Oxford.
- 17/18 Midland Decathlon Champ., Brierley Hill.
- 18 RRC & Isle of Wight Marathon.
- 18 Hampstead "10".
- 18 Hull "12".
- 18 Malkin Trophy, Tooting.
- 18 W. Wales Dist. Championships.
- 18 Monmouthshire Championships.
- 18 Cheshire Champs., Hartford.
- 18 Northern "6", Huddersfield.
- 18 Kent Women's Champs., Erith.
- 18 Herts. Women's Champs., Watford.
- 18 Staffs. Women's Champs., Cobridge.
- 18 Middx. Women's Champs., Feltham.
- 18 Welsh Seven-a-Side.
- 18/19 Northern Decathlon Champ., Kirkby.
- 18/19 Surrey Dec. & Relay Champs., Wimb. Pk.
- 19 Hants. Women's Champs., S'ton.
- 19 International Marathon, Karl-Marx-Stadt.

- 19 Derbyshire Champs., Derby.
- 19 Essex Champs. (Pt. 1), Ilford.
- 19 Midland Women's Field League, P. Barr.
- 19 E. Germany v. GB 20km Walk, Leipzig.
- 21 Notts Champs. (Pt. 1), Sutton-in-Ashfield.
- 22 ULAC v. OUAC, Motspur Park.
- 25 Pembroke, Northern & Cheshire "20".
- 25 Middx. "6" & Relays, Southall.
- 25 W. Glamorgan Championships.
- 25 Kent Champs., Crystal Palace.
- 25 Lancs. Champs. (Pt. 1), Kirkby.
- 25 Lancs. Women's Champs., Blackburn.
- 25 Yorks. Women's Champs., Hull.
- 25 N'd & Durham Women's Champs., Darlington.
- 25 Surrey Women's Champs., Wimb. Park.
- 25 Atalanta Trophy (W), Chiswick.
- 25 Essex Champs. (Pt. 2), Ilford.
- 25 Midland Women's Pentathlon, Solihull.
- 25 Staffs. Champs., Stafford.
- 25/26 Middx. Decathlon Champ., Southall.
- 27 Borough Road. C. v. SCAAA (U/21), Isleworth.
- 27 Notts Champs. (Pt. 2), Nottingham.

Godiva Dominate Brenda Cook Trophy Relay

At Gloucester, April 6th

The biggest disappointment for the organisers was the poor turn-out of Midland teams, who seem to dislike travelling into the wilds of Gloucestershire to compete. The senior trophy went to Coventry but only after their "B" team had given them a fright on lap two, Ann Smith going ahead with a well-judged run. Bromsgrove scored a runaway victory in the Intermediate event, completing the course eleven seconds faster than their senior team mates. The Junior race saw local runner Shirley Swift lead the field home on lap one before the two Westbury squads went ahead to fight it out on their own.

1, Coventry Godiva (G. Carpenter 8.01, P. Lucas 9.47, T. Bateman 7.59) 25.47.

2, Cov. God. "B" (T. Tetherton 9.01, A. Smith 8.22, A. Brennan 9.07) 26.30.

3, Stratford (G. Rimmell 8.48, S. Priest 8.54, M. May 9.07) 26.49.

4, Birchfield 27.18; 5, Westbury/Gloucester 27.42. Fastest times: Bateman 7.59, Carpenter 8.01, M. Smith (WG) 8.09.

Intermediates

1, Bromsgrove & R. (J. Elvins 8.12, B. Cardy 9.00, A. Threshie 8.24) 25.36; 2, Westbury 26.32; 3, Coventry Godiva 27.11; 4, West. "B" 28.05. Fastest times: Elvins 8.12, Threshie 8.24, V. Booth (CG) 8.27.

Juniors

1, Westbury (L. Hill 5.46, M. Lewis 6.09, D. Slater 5.42) 17.37; 2, West. "B" 17.38; 3, Bromsgrove 19.15; 4, Gloucs 20.08; 5, Westbury "C" 20.37. Fastest times: Slater 5.42, S. Swift (Glos) 5.44, D. Keegan (West. "B") 5.44.

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SCOTLAND

WIND SLOWS RUNNERS IN TOM SCOTT RACE

April 6th

OVER 120 runners faced the starter, and cold winds, in the Tom Scott road race from Law to Motherwell, a distance just short of ten miles. Because of the winds, times were generally two minutes slower than last year. The field got off to a good start, and after a mile Gareth Bryan Jones led a group composed of Andy and Alex Brown, Ian Binnie and A. Johnstone. At three miles (14.29) Bryan-Jones still led the group which had Ian McCafferty chasing a few brief yards behind. By "6" McCafferty had moved up and was right on the Welshman's tail, closely followed by the Brown brothers, Ian Young, K. Grant and 19-year-old 4:09.2 miler Norman Morrison. Three-quarters of a mile from home McCafferty made a break and quickly opened up a gap which stood at fifty yards at the finish, Bryan-Jones holding down second and Alex Brown third.

1. I. McCafferty (Law) 48.39
2. G. Bryan-Jones (Edin. Univ) 48.49
3. A. P. Brown (Law) 48.55
4. I. Young (EU) 49.09; 5. K. Grant (Hawk) 49.14;
6. A. H. Brown (Law) 49.22; 7. N. Morrison (Shett) 50.24; 8. A. Wood (Aber. AC) 50.50; 9. W. Mather (Tev) 50.55; 10. A. Johnstone (VP) 51.04;
11. P. Kearns (Hawk) 51.32; 12. J. Clare (AAC) 51.34; 13. D. Ritchie (AAC) 51.58; 14. I. Kerr (Bell'n) 52.07; 15. L. Meneely (Shett) 52.26; 16. D. Barker (RNAS) 52.31; 17. H. Mitchell (Shett) 52.40; 18. G. Eadie (Camb) 52.45; 19. W. Drysdale (Monk) 52.28; 20. T. Paterson (Shett) 53.05; 21. T. Coyle (ESH) 53.07; 22. A. Matson (ESH) 53.08; 23. K. Fyfe (EU) 53.19; 24. C. Youngson (AU) 53.22; 25. R. Duncan (Kirk) 53.29.

26. W. Russell (Monk) 53.30; 27. J. Irvine (Bell'n) 53.40; 28. I. Binnie (VP) 53.40; 29. J. McDonald (Shett) 54.12; 30. W. McDonald (GU) 54.13; 31. J. Reilly (VP) 54.17; 32. R. Anderson (Camb) 54.24; 33. J. Raeburn (Tev) 54.24; 34. J. Huggan (Tev) 54.35; 35. J. Maycock (AAC) 54.36; 36. J. Crawford (VP) 54.38; 37. I. Macfarlane (Eal) 54.43; 38. I. Mitchell (Strath. Un) 54.56; 39. A. Breckenridge (VP) 54.58; 40. C. Jarvie (Camb) 54.58; 41. J. Barrowman (Gars) 55.10; 42. E. Fisher (EAC) 55.16; 43. W. Marshall (M'well) 55.18; 44. T. Callaghan (Monk) 55.19; 45. K. Laing (AU) 55.28; 46. C. McIver (Camb) 54.58; 47. C. McAusland (Clyde) 55.58; 48. G. McEwan (Pais) 56.20; 49. I. Robertson (Hawk) 56.41; 50. B. McRoberts (Lark) 56.48.

Teams: 1, Law 10; 2, Edinburgh Univ. 29; 3, Aberdeen AC 33; 4, Shettleston 39; 5, Hawkhill 65; 6, Victoria Park 70; 7, Teviotdale 76; 8, Monklands 89; 9, Cambuslang 9; 10, Aberdeen Un. 104; 11, Motherwell YM 135; 12, Strathclyde Un. 141; 13, VP "B" 150; 14, Kirkcaldy YM 173; 15, Maryhill 181.

Strathtay Relays, at Perth, March 23rd. 1, Aberdeen AC 57.33; 2, Victoria Park AAC 57.42; 3, Edinburgh Un. 58.35. Fastest times: G. Bryan-Jones (EU) 13.34 (rec), D. Macgregor (ESH) 13.47, W. Ewing (AAC) 14.05. (Jnrs) Springburn 22.00.

Fastest time: I. Picken (Spring) 7.04.

Lachie Stewart (Vale of Leven), the Scottish and British International, forsook bachelor ranks on March 30th when he married Doreen King of Western Ladies, also a Scottish International. Their many friends in the sporting world wish them well.

Time trials at Nethercraigs, March 31st. 100: L. Piggott (Gars) 9.9. 440: R. Billson (AS) 50.7. HJ: D. Beck (JTC) 5'10". (Jnrs) R. Taylor (AS) 53.0. HJ: R. Fisher (VP) 5'7". (Yths) 100: A. Roberts (Gars) 10.5.

Scottish Decathlon Club: The first decathlon of 1968 to be organised by the Scottish Decathlon Club will be held at Grangemouth Stadium on April 27th/28th. Anyone interested should contact Alex Ewen, 66 Main Street, Monkton, Ayrshire. **Willie Diverty**

CHELMSFORD TRACK MEETING

At Melbourne Park, Chelmsford, April 7th

150/330: M. Dale (Had. Oly-J) 15.5/36.8. 660: 1, D. Nugent (S'end) 1:25.7; 2, C. Surety (Ilf) 1:26.1. $\frac{1}{2}$ M: 1, M. Creedon (Rom) 3:11.8; 2, C. Reed (HO-J) 3:12.9; 3, C. Powell (HO) 3:15.3; 4, J. Dobson (HO-J) 3:20.0. $1\frac{1}{2}$ M: 1, Powell 7:10.3; 2, Reed 7:12.1; 3, A. Down (Brentwood-J) 7:17.6. Yths HJ: D. Davey (Chelms) 5'6". (Women) 150: 1, V. Surety (Ilf) 16.7; 2, J. Philp (Ch) 17.3; 3, M. Giles (HO) 17.4. 330: 1, Surety 41.8; 2, Giles 41.8. Inter. HJ: E. Butler (S'end) 4'8". Jnr 660: L. Motton (Rom) 1:48.9. Jnr SP: S. Key (Ch) 29'10 $\frac{1}{2}$ ".

SPOTLIGHT ON YOUTH continued from page 23

Paul Dickenson, hammer winner the past two years, is entered in each of the four throwing events and starts favourite in his speciality and the discus. The closest throwing tussle could come in the javelin where holder Adrian Diffey (202'6") meets the challenge of Anthony Harper (206'11"), Adrian Tew (194'4") and John Ferrary (187'1").

The Meeting, being held at East London Stadium on Friday and Saturday, starts at 2 p.m. both afternoons, and includes the LAC Trophy 4 x Mile Invitation Relay and the Southern 6 Miles track championships.

WILLIAM HALL ROAD RACES contd. from page 14

Pape (ASV) 10.03; 10, K. Radford (Gates) 10.04.

Teams: 1, Gateshead 14; 2, Elswick 39; 3, Sunderland 39; 4, Jarrow 42; 5, St. Cuthberts GS 42.

Women's Yacht Handicap

1, L. Jardine (Jarrow) 12.28; 2, S. Dolan (Jarr) 12.35; 3, T. Miller (Jarr) 12.36; 4, L. Fraser (S. Sh) 13.24; 5, M. Hudson (ASV) 13.35; 6, C. Marriott (Whitburn) 13.47; 7, D. Cotterill (SS) 13.53; 8, C. Robertson (Blay) 13.53; 9, J. Arthur (SS) 14.00; 10, P. Book (ASV) 14.01.

The SCAA hold a field events meeting at Thurrock on Sunday, April 28th.

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THEY LEAD THE WORLD

As at April 9th

100y—9.2—Jim Hines (USA)	Mar 30
100m—10.0—Paul Nash (S. Africa)	Apr 2
200m—20.2—Paul Nash (S. Africa)	Mar 23
220y—20.2—Mike Fray (Jamaica)	Mar 23
440y—45.2—Larry James (USA)	Apr 6
800m—1:47.2—Ralph Doubell (Aus)	Mar 28
880y—1:47.9—Carl Trentadue (USA)	Mar 30
1500m—3:39.9—Peter Watson (Aus)	Mar 23
Mile—3:58.6—DeVilliers Lamprecht (SA)	Mar 22
3000m—7:55.0—Tracy Smith (USA)	Mar 21
2M—8:38.0—Arne Kvalheim (Nor)	Apr 6
3M—13:23.2—Kerry Pearce (Aus)	Apr 5
5000m—13:31.8—Ron Clarke (Aus)	Mar 28
6M—27:43.8—Mike Ryan (NZ)	Feb 14
10,000m—29:01.8—Tim Johnston (UK)	Jan 3
10M—47:02.2—Ron Hill (UK)	Apr 6
Mar—2:13:23.8—Seiichi Sasaki (Jap)	Feb 4
3000mSC—8:40.8—Peter Welsh (NZ)	Mar 24
120yH—13.3—Earl McCullough (USA)	Apr 6
400mH—50.3—Gary Knoke (Aus)	Mar 23
HJ—7'3"/2.21—Peter Boyce (Aus)	Mar 30
PV—17'14"/5.21—Altti Alarotu (Fin)	Mar 30
LJ—26'5 1/2"/8.07—Gayle Hopkins (USA)	Mar 23
TJ—53'6 1/2"/16.32—Mike McGrath (Aus)	Mar 9
SP—66'0 1/4"/20.12—George Woods (USA)	Mar 16
DT—211'3"/64.39—George Puce (Can)	Mar 16
HT—235'10"/71.88—Romuald Klim (USSR)	Mar 4

JT—272'3"/82.98—Larry Stuart (USA)	Mar 17
Dec—7313—Geoff Smith (Aus)	Mar 25/26
4x110y—39.5—United States	Apr 6
4x440y—3:07.0—United States	Apr 6

WOMEN

100y—10.6—Barbara Ferrell (USA)	Mar 16
100m—11.3—Dianne Burge (Aus)	Mar 9
200m—23.0—Dianne Burge (Aus)	Mar 10
400m—54.1—Sandra Brown (Aus)	Mar 9
880y—2:06.2—Sylvia Potts (NZ)	Mar 9
1500m—4:33.3—Brenda Carr (Aus)	Mar 9
Mile—4:52.5—Glenis Stewart (NZ)	Mar 8
80mH—10.5—Pam Kilborn (Aus)	Mar 13
100mH—13.4—Pam Kilborn (Aus)	Mar 9
HJ—5'9 3/4"/1.77—Susan du Plessis (SA)	Feb 21
LJ—20'7 1/2"/6.28—Lenore Liscombe (Aus)	Mar 9
SP—49'5 1/2"/15.07—Jean Roberts (Aus)	Mar 9
DT—174'10"/53.30—Jean Roberts (Aus)	Jan 1
JT—186'0"/56.69—Barbara Friedrich (USA)	Mar 13

Pen—4643—Pam Kilborn (Aus)	Mar 6/7
4x110y—46.2—United States	Mar 16

SCUNTHORPE OPEN MEETING

At Quibell Park, April 7th

220: S. Bell (Nth. Shields Poly) 22.8. TJ: 1, J. Thompson (Linc. CC-J) 45'10"; 2, S. Manson (Gt. Yarm) 44'1"; 3, B. Scutt (Scun) 44'0 3/4". (Yths)
 220: J. Law (York) 23.7. LJ: 1, I. Anderson (Spen) 20'9 3/4"; 2, Greenberry (LCC) 19'10". (Women)
 220: S. Dyson (Bury) 26.2. 440: 1, P. Stanley (Hull Ach) 59.3; 2, M. Herron (Scun). (Inter)
 100/150: L. Barratt (Hick. Main) 11.3/17.8.

LACHIE STEWART

answers the Questionnaire

Full Name:

Joseph Laughlin Stewart.

Birthplace and date:

Alexandria (Scotland), 22.6.43.

Height and weight:

5'7", 130lb.

Club:

Vale of Leven AAC.

Occupation:

Dental mechanic.

Best marks:

Mile—4:04.6, 3000m—8:00.2, 2M—8:38.6, 3M—13:36.2, 5000m—14:00.6, 6M—27:39.2, 10,000m—29:10.8, 10M—48:44.4, 1hr—12M. 188y., 3000mSC—8:44.8.

Which performance has given you most pleasure?

Last year's AAA 6 miles, but even then I am still not satisfied with the result, as I tend to improve each year.

How many days a week do you train?

Usually 6, sometimes 5.

At what time of day do you train?

Lunch-time.

How long are your training sessions?

45 minutes.

Please describe your warm-up:

880y to mile in training; 2 miles jog, 4x50—100y strides, before racing.

Please give details of a typical week's training in winter:

Monday: 7½ miles steady.

Tuesday: 7½ miles steady; (evening) 10 miles steady.

Wednesday: 7½ miles steady.

Thursday: 7½ miles steady; (evening) 10 miles steady.

Friday: 7½ miles steady.

Saturday: Sometimes 17 miles or 12 miles.

Sunday: Rest (usually too lazy).

Winter training is just a build-up for track running and all my running during the winter months is steady—not flat out in every session.

Please give details of a typical week's training in summer:

Monday: 7 miles steady.

Tuesday: 30x280y, short recovery; (eve) 20x180y flat out.

Wednesday: 12x440y, equal recovery.

Thursday: 6x660y, equal recovery; (eve) 7½-12 miles steady.

Friday: 7½ miles steady.

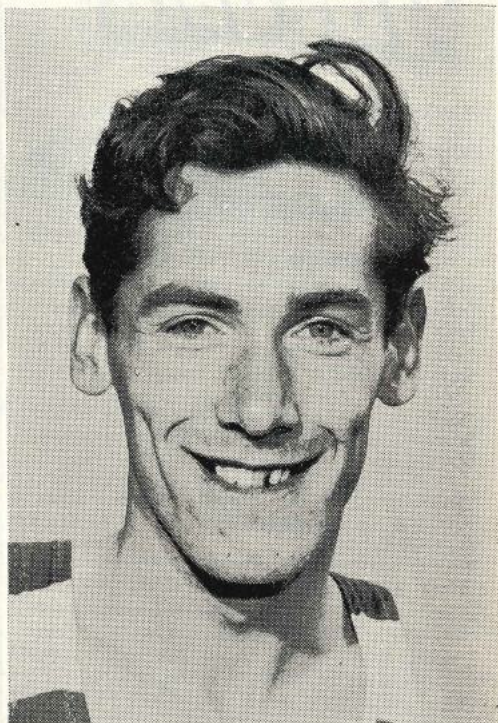
Saturday: Race or steady long run.

Sunday: Rest.

Most of my training is based on a combination of speed and strength, with a few sessions of flat out speed. All my lunch-time sessions are on grass.

Please give details of any weight training:

I do not do any weight training but I sometimes



Sportapics

run with a small pair of hard weights which I made myself.

Coach:

None. I have never been coached by anyone, but in 1963 I received a book on Franz Stampf's training, and as I was doing more quality than quantity I adopted some of his sessions and later on altered them to suit myself.

How many days rest do you like before competition?

I do not agree with complete rest but one day steady running before a race.

How often do you like to compete?

In the past, every week; but in the future, once every two or three weeks.

What advice would you offer the young athlete or novice?

When someone takes running up as a sport when quite young he should train for speed and not do a lot of long slogging runs, though he should do quite a bit of steady running during the build up. If he were to do many long slogging runs he may burn himself out quite early on in his career. He can do a big mileage later in life

if he wants to—when he knows more about his abilities.

Annual progress:

Year	Mile	2M	3M	6M	3000mSC
1962	4:36.0	9:39.0	14:36.0	—	9:40.6
1963	4:30.0	—	14:35.0	30:01.8	—
1964	4:19.0	8:59.8	13:49.8	—	9:30.0
1965	—	8:51.4	13:45.4	—	9:07.8
1966	4:10.0	8:45.2	13:36.2	28:58.2	8:44.8
1967	4:04.6	8:38.6	13:54.0	27:39.2	9:10.4

B.M.C. TIME TRIALS

B.M.C. hold $\frac{1}{2}$ mile time trials at Newnham Avenue Track, Bedford, at 11 a.m. on Sunday, April 21st.

Announcing two West Country events

(Under A.A.A. Laws)

ORGANISED BY WESTBURY HARRIERS**10 MILES ROAD RACE**

On Saturday, 11th May, at 3 p.m.

Trophies for first individual and team; Prizes for first 3 individuals and teams; Veterans award. Fees: 3/-, teams 5/- extra.

CLOSING DATE MAY 6th

also

WESTBURY HARRIERS

2nd Annual

HENBURY CARNIVAL**7 MILES ROAD RACE**

On Saturday, 8th June, at 3 p.m.

Sensational value prizes; individual trophy; Veterans award. Entry fees as above.

CLOSING DATE JUNE 1st

Entries both events to M. J. Parks, 152 Bromley Heath Road, Downend, Bristol.

VAUXHALL SPECTACULAR

SATURDAY, 8th JUNE

PARK ST., LUTON ($\frac{1}{2}$ Mile M.1, Luton A.6)

(Under AAA, WAAA, RWA & BCF Laws)

OPEN EVENTS—MEN

100yds. H'cp, 300yds. H'cp, 2M. Team and Ind. restricted to best times of 9mins. 15secs. or slower (4 to enter, 3 to score) £28 prizes. 2 Mile Walk H'cp. Cycling.

OPEN EVENTS—LADIES

880yds. Scr. and 1 Mile Walk H'cp. Fees: 2/- first event, 1/- add, 5/- team.

CLOSING DATE MONDAY, 20th MAY

Particulars from A. C. Aston, Sports Day Athletics Secretary, Vauxhall Motors, Kimpton Road, Luton, Beds. (Luton 21122, Ext. 2474).

New Zealand News

Marise Stephen's Successor?

NEW ZEALAND has found another top-class woman half-miler in the person of Sylvia Potts who, at Whangarei on March 9th, clocked 2:06.2 for 880y ahead of Glenis Stewart (2:07.4). Dave Norris jumped over 26ft. in the New Zealand Championships, but the wind was above the limit.

February 10th, Dunedin. Women's 220y/880y: Potts 24.8/2:12.7.

February 17th, Christchurch. Women's DT: Charteris 169'3"/51.59.

February 17th, Rotorua. Women's Mile: Stewart 4:52.5.

March 1st/2nd, Dunedin. (NZ Champs.) 100y: (windy) Daley 9.6, D'Arcy 9.7, Croker 9.7; 220y: Atcheson 22.0; 440y: Atcheson 49.7; 880y: Ross 1:55.1; Mile: Sirl 4:08.4, Lowe 4:09.1; 3M: Maddaford 13:56.0, J. Power 13:57.2; 6M: Maguire 28:17.4, Gray 28:22.4, Ryan 28:27.6; 3000mSC: Welsh 8:58.6, Wyatt 9:06.6; 120yH: (windy) Pownall 14.3; 220yH: Daley 23.7; 440yH: Keddel 56.6; HJ: Speirs 6'5"/1.955, Jordan 6'5"/1.955; PV: Gibbons 14'6"/4.42; LJ: Norris 26'0 $\frac{1}{4}$ "/7.93w (legal 25'6 $\frac{1}{2}$ "/7.78), Thomas 25'3 $\frac{1}{4}$ "/7.70; TJ: Norris 48'8"/14.83; SP: Mills 61'10 $\frac{1}{4}$ "/18.85; DT: Tait 193'7"/59.00, Crawford 170'10"/52.07; HT: Gilliland 175'11"/53.62; JT: Paterson 218'3"/66.52; women's 100y: (windy) Matthews 10.7, Snow 10.8, Hurrell 10.8 (Tong 10.8w ht); 220y: (windy) Haworth 24.0, Wilson 24.5, Hurrell 24.6; 440y: Haworth 55.2, Potts 56.0, Wilson 57.0; 880y: Fisher 2:21.0; Mile: Stewart 4:55.4, Robinson 4:57.7; 80mH: (windy) Matthews 11.0, Cooke 11.4; HJ: Kenny 5'5"/1.65; LJ: (windy) Gilmour 20'0 $\frac{1}{2}$ "/6.11, Snow 19'9 $\frac{1}{2}$ "/6.04, Watkin 19'3 $\frac{1}{2}$ "/5.88; SP: Poulsen 46'6 $\frac{1}{2}$ "/14.18, Charteris 45'10 $\frac{1}{4}$ "/13.99; DT: Charteris 157'11"/48.13, Flynn 142'2"/43.33; JT: Flynn 143'1"/43.61.

March 8th/9th, Whangarei (NZ Champs) Dec: Pownall 6045; Women's Pen: Poulsen 4453.

March 9th, Whangarei. NZ Mar Champ: Julian 2:22:40, Ryan 2:30:09, Keats 2:42:27 (Baillie and McKenzie dnf).

March 9th, Whangarei. Mile: Ross 4:06.5, Sirl 4:09.1; DT: Tait 189'6"/57.76; women's 880y: Potts 2:06.2, Stewart 2:07.4.

March 14th, Oamaru. Mile: Ross 4:02.2, Benson (Aus) 4:02.3, Sirl 4:04.5, Burns 4:04.8.

March 16th, Auckland. Mile: Quax 4:01.5; 3M: Maddaford 13:24.6.

March 21st, Okato. DT: Gordon Webb 180'4"/54.97.

March 23rd, Auckland. Mile: Quax 4:06.2, Burns 4:07.5; women's 880y: Potts 2:09.8, Stewart 2:11.5.

Graham Sheath

St. Josephs CE C.C. Championships, at Trench House, Belfast, March 27th. 1, M. Trolan 12.42; 2, P. Diamond 12.47; 3, C. McAlarney 12.50.

NUTS STANDARDS 1968

THE NUTS once again invite the co-operation of all athletes, officials and enthusiasts in assisting with the compilation of their annual UK best performance lists. Anyone knowing of a performance equal or superior to the marks shown below, details of which have not appeared in the National Press or *Athletics Weekly*, is invited to send details to the appropriate lister—

SENIOR MEN

100y, 10.0; 100m, 10.9; 220y, 22.3; 440y, 49.9; 880y, 1:54.9; 1000m, 2:30; 1500m, 3:52.9; mile, 4:12.9; 2000m, 5:30; 3000m, 8:29.8; 2M, 9:09.8; 3M, 14:09.8; 5000m, 14:39.8; 6M, 29:59.8; 10,000m, 30:59.8; 10M, 52:59.8; 20M (road), 1:50; Mar, 2:42; 2000mSC, 6:09.8; 3000mSC, 9:49.8; 120yH, 15.9; 220yH, 25.9; 440yH, 57.9; HJ, 5' 10 $\frac{1}{4}$ "; PV, 11'0"; LJ, 22'0"; TJ, 45'0"; SP, 43'0"; DT, 130'0"; HT, 130'0"; JT, 185'0"; Dec, 5000; 2MW, 14:59.8; 7MW, 55:59.8; 20kmW, 1:44:59; 50kmW, 5:29:59; 4x110y, 44.0; 4x220y, 1:35; 4x440y, 3:27; 4x880y, 8:10; 4x1M, 18:00; 1M, Medley, 3:40.

Compiler: S. Greenberg, 13 Ferncroft Avenue, London, N.12. Note: Marks for 20M (road) should be for courses certified as the correct distance by the RRC; relay marks should include running order of the teams and in the mile medley the order of distances should be shown.

JUNIOR MEN

100y, 10.1; 100m, 11.0; 220y, 22.5; 440y, 50.3; 880y, 1:56.8; 1500m, 3:59.9; mile, 4:19.9; 2M, 9:24.8; 3M, 14:44.8; 6M, 31:59.8; 1500mSC, 4:35; 2000mSC, 6:19.8; 3000mSC, 9:59.8; 120yH (39"), 15.8; 120yH (42"), 16.5; 200yH, 24.1; 330yH, 41.9; 440yH, 59.9; HJ, 5'10"; PV, 11'0"; LJ, 22'0"; TJ, 44'9"; SP(12), 47'6"; SP(16), 42'0"; DT(1.5), 140'0"; DT(2), 125'0"; HT(12), 140'0"; HT(16), 130'0"; JT, 175'0"; Dec, 4500; 1MW, 7:45; 4x110y, 46.0; Other relays, any marks.

Compiler: C. Elliott, 325 Streatham High Road, London, S.W.16. Note: For NUTS listing purposes, juniors are athletes born after January 1st, 1949.

YOUTHS

100y, 10.3; 220y, 23.1; 440y, 51.6; 880y, 1:59.9; mile, 4:27.9; 2M, 9:49.8; 3M, 15:19.8; 1000mSC, 3:00; 2000mSC, 6:29.8; 110yH, 14.7; 200yH, 24.9; HJ, 5'8"; PV, 10'6"; LJ, 21'0"; TJ, 43'6"; SP(10), 47'6"; DT(1), 155'0"; HT(10), 140'0"; HT(12), 125'0"; JT (700), 170'0"; 1MW, 7:59.9; 4x110y, 47.0; Other relays, any marks.

Compiler: C. Elliott, as above. Note: For NUTS listing purposes, youths are athletes born after January 1st, 1951.

SENIOR WOMEN

100y, 11.3; 100m, 12.3; 220y, 25.7; 440y, 59.9; 880y, 2:22.9; mile, 5:39.9; 80mH, 12.2; 100mH & 200mH, any marks; HJ, 5'0"; LJ, 17'4"; SP, 34'0"; DT, 110'0"; JT, 112'0"; Pen, 3520; 1MW, 10:00; 1 $\frac{1}{2}$ MW, 15:00; 4x110y, 50.5; Other relays, any marks.

Compiler: C. G. Temple, 11 Cherry Garden Avenue, Folkestone, Kent.

INTERMEDIATES

100y, 11.8; 150y, 18.0; 220y, 27.5; 440y, 74.9; 880y, 2:33.9; mile, any marks; 80mH, 13.0; 100mH & 200mH, any marks; HJ, 4'8"; LJ, 16'6"; SP, 28'6"; DT, 90'0"; JT, 94'0"; Pen, 2400; 1MW, 11:29.9; 4x110y, 53.5; Other relays, any marks.

Compiler: P. V. Martin, 23 Beaconsfield Road, Basingstoke, Hants.

JUNIOR GIRLS

100y, 12.0; 150y, 18.3; 880y, any marks; 80yH, 12.6; HJ, 4'7"; LJ, 15'9"; SP(7), 29'0"; DT, 80'0"; JT, 80'0"; Pen, 2300; 1MW, 11:29.9; 4x110y, 53.9; Other relays, any marks.

Compiler: P. V. Martin, as above. Note: Junior Pentathlon should consist of LJ, 100m, 80yH, 7lb SP and HJ with 1.0 added to hurdles time to approximate to 80mH.



Barbara Inkpen in action at the National Union of Track Statisticians meeting at Leicester. She finished second to Linda Knowles at 5'2", but after the competition cleared 5'4" with her track suit on!

Ed Lacey

WE CAN RECOMMEND THESE AS THE PICK OF THE 1968 TRACK SHOES

Adidas "Tokyo" for those who want the best regardless of price. Blue suede with white trim. Made to fit like a glove, extremely light. If you don't know your Adidas size, order slightly larger than English sizes. £8.5.0.

Kingswell "Rapier". A really fine shoe in white kangaroo with blue trim. Slim inter-changeable, screw-in spikes. Made on an excellent last for snug fit. 87/6.



Gola "Olympic". A new shoe with remarkable new innovation of polyurethane heel housing with deep shock absorbing cushion. The very latest in comfort—no more bruised heels. Four screw-in super quality steel spikes. Nothing to touch these at the price. Green suede kangaroo, trimmed white. 80/-.

Gola "243". Another well made shoe in white with blue trim. Nylon sole with immovable moulded spike inserts and four slim, screw-in steel spikes. 57/6.

Lawrence shoe in red with white trim. Strong shoe, ideal for club or school. 34/6.



NEW! Gola Javelin Boot with white hide uppers, black kid stretch prevention straps and gristle rubber toe guard to counteract "drag". Padded tongue, insole and top line. Full heel stiffener support. Translucent polyurethane sole with six special screw-in javelin spikes. Half sizes. £5.

'WEBBER-HERCULES' STARTING BLOCKS
A new, strong functional starting block at a very reasonable price. Choice of surfaces, recessed on one side of blocks and with rubber pads on reverse. Centre-bar type with wide variation of foot spacings. Supplied complete with two metal spikes and wooden mallet. £2.18.6. Part post & packing 2/6.

THE SPORTS CENTRE

8 MEDWAY STREET, CHATHAM, KENT
Telephone: Medway 47055

COUNTY BOROUGH OF SOLIHULL ATHLETIC CLUB

OPEN GRADED MEETING

(Under A.A.A. Laws)

SATURDAY, 1st JUNE, 1968

MEN: 100yds., 220yds., 440yds., 880yds., 1 mile, 2 miles, 3,000m S/c., High Jump, Long Jump, Triple Jump, Pole Vault, Discus, Shot, Javelin, Hammer, 120yds. hurdles, 440 yds. hurdles.

JUNIORS: 220yds., 1 mile, Long Jump, Discus, Shot, Hammer.

YOUTHS: 100yds., 220yds., 440yds., 880yds., 1 mile, 1,000m S/c., High Jump, Long Jump, Triple Jump, Discus, Shot, Javelin, Hammer, High Hurdles, 200yds. Hurdles.

BOYS: 100yds., 880yds., 220yds., 440yds., Discus, Long Jump.

LONG JUMP AND TRIPLE JUMP EVENTS ON TARTAN RUNWAY

Special awards for outstanding performances.

Entry fee: 2/- per event.

Entries to: B. E. Grogan, Fixture Secretary, Solihull A.C., Solihull District Youth H.Q. & A.C., Tudor Grange Park, Blossomfield Road, Solihull.

CLOSING DATE FOR ENTRIES: 20th MAY

LETTERS

NO TO SUNDAY ATHLETICS

Dear Sir,

In recent weeks there have been several letters written and published in your magazine which uphold Sunday athletics. I would therefore at this instance like to put forward the following points, which I feel are often too easily overlooked and disregarded these days. They are:—

1. Whilst acknowledging that to some people Sunday sport is no different from sport on other days in the week, there are others besides myself who feel constrained not to participate in Sunday athletics owing to religious beliefs and convictions.

2. Great Britain is reputed to be a Christian country and many people wish this enviable reputation to be retained. The encouragement of Sunday athletics by promoting club events on Sundays is therefore to be deprecated.

3. We have far more leisure time than our ancestors, and they did not find it necessary to hold athletic championships on Sundays, yet today there are people seriously advocating that many athletics championships should be staged on Sundays.

4. Staging some of the larger meetings on Sundays would exclude a number of athletes. Some athletes of international standard, both present and future, wish or will wish to uphold religious convictions; surely there is no great desire to make athletics into a purely secular sport.

I believe that any move to recognise serious athletics on a Sunday, by holding championships on that day, would be an irretrievable mistake.

Eileen Poulton

Hemel Hempstead

JOHN TARRANT REPLIES

Dear Sir,

I am surprised that my remarks in the "Who's Who" recently should upset Roy Price.

To Mr. Price I would point out that after my World Best Performance for 40 miles on November 5th, 1966, I wrote to Bernard Baldwin to thank him for his efforts on my behalf! On this occasion the Nos Galan committee kindly presented me with a Nos Galan vest, and I have been proud to wear it in some of my races. I honestly think that nowhere in the country could one find a better organiser of athletic events than Bernard Baldwin, and I am fully aware that he works extremely hard for the benefit of athletes, and athletics in general.

However, I still consider the treatment that I have received over the years from the AAA, BAAB and IAAF to be absolutely diabolical. Amateur Athletics in this country is full of corruption, yet I have been treated like a criminal for being honest.

I can't ever recall being rude to Mr. Price,

but I will assure him that he will hear plenty more about the case of John Tarrant. I just refuse to give up in spite of the apathy among British athletics officials.

John Tarrant,

Hereford

For the moment, anyway, correspondence on this topic must be considered closed—Ed.

DORANDO PIETRI

Dear Sir,

Readers might like to know that many years ago an article on Dorando appeared in one of the weekly periodicals which stated that Dorando thought so little of the gold cup presented to him by Queen Alexandra that he gave it to his uncle—who eventually pawned it.

G. W. Brown,

Thames Valley H.

ELECTRICAL v. MANUAL TIMING

Dear Sir,

I am writing to you in the hope that my letter will provoke thought and discussion on the subject of electrical v. manual timing, with particular reference to the small but highly significant differences in time often obtained in sprint races on a comparison of these two methods of timing. In such short distances as the 100 and 220 yards, flawless accuracy is a *sine qua non* if we are to arrive at a really just evaluation of any sprinter's ability. Too often we hear sceptical remarks about a certain time because the watches were thought to be "fast".

Admittedly, this situation occurs more often than not in minor competitions, but the same thing can happen at the highest levels of competition. In 1961, when Frank Budd at last broke by a tenth of a second the 9.3 world record, his time on the three watches, which balanced out at 9.2, was disproportionate to the tune of 0.16 sec. to the verdict of the Bulova photometer, which gave 9.36. (Surely an unforgivable error in a short sprint?) Yet the peculiar fact was that his performance was ratified as a new World Record, even though the verdict of the photometer would have given him a very modest time (by American standards) of 9.4. The fact of manual timing being taken before electrical has always appeared to me as a curious anomaly.

With manual timing I think we must take all times as being relative, and I suppose that it is reasonable to assume that the 9.2 given to Budd was 0.1 better than that given to that long list of co-world record holders, but of this we cannot be sure. And what, too, are we to make of the 10.0 100 metres performance of Paul Nash? Say he did 9.9 would we ever be able to credit him with having run faster than Bob Hayes in what I personally regard as the fastest short sprint ever run—the final of the 1964 Olympic 100 metres? Hayes' time of 10.0 might well have been a new world record, had he not had the misfortune to be timed electrically. I find myself in the curious position of being against athletic

progress in the sprint sphere, unless the time is taken by a really accurate means, i.e. electrically.

I think it is possible to synthesize these ideas by stating the case theoretically. What we want is a faultless means of comparing the relative value of any number of performances. Manually timed races give times which are accurate, but only in so far as they are relatively correct. Sometimes, however, not even relative accuracy is obtained, since one timer's reflexes may be that vital fraction different to those of another. Logically speaking, this is the only objection one can have to manual timing—the fact that no two men are the same. If a timekeeper in Europe and a timekeeper in the USA could be relied upon to make the same mistakes, the position would be satisfactory. But men are not equal, even in their mistakes.

"Relative accuracy" would be an imperfect, though perhaps satisfactory means of comparison, but now we have the advent of electrical timing. This is an entirely new element, incompatible with the traditional manual timing, since an electrical timer is an automaton, to which state of perfection mortal timekeepers aspire, but, being human, always fail. Thus it is impossible to compare the relative worth of two races, one timed manually, the other electrically. The result is disparity, which in practice means unfairness, something which should be universally deplored in sport. It would be pleasing if the matter was looked into by men who would have some influence in altering this position. I believe that it should be made an International Ruling that any record in the short sprints should have been timed electrically in order to receive ratification. This may sound exaggerated, but I think it is only fair.

N. E. Thomas,

Cwmbran

Whereas Budd's 9.2 100y in 1961 was timed at 9.36 electrically, Hayes' first legal 9.1 in 1963 was electrically timed at 9.40! Harry's 10.0 100m in 1960 was actually 10.16, but when Hayes clocked his electric 10.0 in Tokyo the three official stopwatches (operated in case of electrical breakdown) read 9.8, 9.9 and 9.9—Ed.

POINT SCORING SUGGESTIONS WANTED

Dear Sir,

I wonder whether any other clubs are faced with the following problem, and if anyone has a practical suggestion for overcoming it?

To stimulate internal competition it has been suggested that we hold a club championship along the following lines: (a) events are grouped into (i) running, (ii) throwing, (iii) jumping; (b) each competitor must choose one event from each group and a fourth one from any group; (c) performances be compared by a points system, as in the pentathlon and decathlon.

This seemed reasonably straightforward until it was pointed out that it could not possibly account for age differences. For example, a junior girl might have a better time in her age group for 100y than a senior man does in his, but he would

score more points simply because his time is superior to hers. Obviously this could be overcome by having separate competitions for juniors, intermediates, seniors, males and females, but our club is not strong enough numerically to make this feasible.

Does anyone know of a points system which might take this into account? If not, does anyone know of a system which will compare all events and could they suggest a formula which might be used to take age into account? I would be interested to read the views of other athletes.

Ian R. Grey,

Exeter Harriers

SCUNTHORPE OPEN "10"

At Quibell Park, April 7th

1. M. Baxter (Leeds City) 49.48
2. T. Wright (Hallamshire) 49.52
3. H. Leeming (Derby & County) 50.41
4. J. Eley (Dby) 51.42; 5. T. Slack (Dby) 51.46;
6. R. Pannell (Leeds City) 53.23; 7. A. Walsh (Dby) 53.30; 8. P. Harrop (Scun) 53.45; 9. A. Greenwood (Hallam) 54.03; 10. K. Northard (Dby) 54.39; 11. K. Appleyard (LC) 54.53; 12. P. Hutchins (Linc. Well) 55.04; 13. E. Butcher (P'boro) 55.09; 14. D. Muir (Gt. Yarm) 55.14; 15. J. Flatters (Westbury) 55.53; 16. J. Harrison (Sutt) 55.57; 17. M. Grosse (DP) 55.59; 18. T. Alcock (Hallam) 56.14; 19. W. Martin (GY) 56.18; 20. D. Bell (LW) 56.34; 21. N. Clark (LW) 56.51; 22. L. Jones (GY) 56.59; 23. C. Outwin (Sheff) 57.03; 24. B. Mullarkey (Roth) 57.05; 25. A. Dodd (Scun) 57.36. 49 finished.

Teams: 1, Derby & County 12; 2, Leeds City 18; 3, Hallamshire 29; 4, Lincoln Well. 53; 5, Great Yarmouth 55; 6, Peterborough 72.

MIDLAND COUNTIES AAA NOTES

The following transfers have been approved: T. Cambridge, Sparkhill to Bromsgrove & Redditch; J. H. Wurzer, Bournemouth to Birchfield; J. A. L. Smith, Small Heath to Surrey AC; R. Emberson, Cheltenham & Cty to Leicester CAT; R. T. Taylor, Coventry Godiva to Leamington; C. Swann, Birchfield to Nottingham Univ.

OPEN SPORTS

(Under A.A.A. & W.A.A.A. Laws)

BURTON-ON-TRENT

MONDAY, 3rd JUNE, 1968

Men's Events: 100, 220, 880, 1 Mile Open Flat Handicaps, 3 mile open team (3).

Women: 100, 220 yds. Open Flat Handicaps.

Entries to K. E. Welsh, 56 Rolleston Road, Burton-on-Trent.

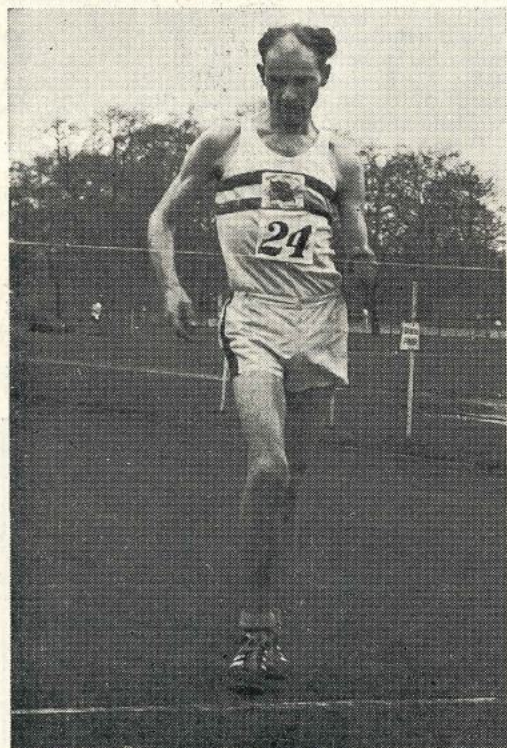
ENTRIES CLOSE 18th MAY

WALKING

By COLIN YOUNG

West Germans in Form: With a match forthcoming over the Whitsun week-end it is interesting to note that West Germany had an easy victory over Switzerland (15pts. to 7) in a 20 Kms. match at Lagenthal, Switzerland, on March 24th. Their two top ranking performers, Bernard Nemerich and Julius Muller, are well known in International circles and appear to be in peak form at the moment. The formidable looking Muller is nicknamed "King Kong" since he appears candidate for heavyweight boxing honours rather than a top walker. Their third man, Werner Hudfeld, who has participated in the Leicester Mercury "20" and Met. WC 20 Kms., showed excellent speed for the winner of the 1966 Lugano 100 Kms. The Swiss were without one of their best short-distance performers, Giorgio Poretti, who is serving a period of suspension until June. Result: 1, Nemerich (WG) 92.40; 2, Muller (WG) 94.23; 3, Stutz (S) 97.00; 4, Hudfeld (WG) 97.07; 5, Pfister (S) 99.12; 6, Badel (S) 102.01; 7, Fenner (S) 102.01; 8, Magnor (WG) 108.13.

Charlie Sowa—the man with a ticket to Mexico: It is not surprising that little Luxembourg has already nominated Charlie Sowa for both Olympic Walk events as he is clearly the most successful



Paul Nihill winning the AAA 7 miles track walk championship. George Keen

athlete, Internationally speaking, his country has produced since 1952 Gold Medallist Josy Barthel. The balding Sowa first "arrived" in 1960 and has competed in all Olympics and European Championships since then. His record reads as follows: Rome 1960—20 Kms, 20th (102:43.8); 50 Kms, 21st (4:57:00.4). Belgrade 1962—20 Kms, 10th (101:24.2); 50 Kms, did not finish. Tokyo 1964—20 Kms, 16th (96:16.0); 50 Kms, 9th (4:20:37.2). Budapest 1966—20 Kms, 12th (94:50.0); 50 Kms, 10th (4:30:13.6).

The Luxembourg has not only improved his pace over the years but now has one of the most immaculate of styles, very reminiscent of our own George Coleman. Always willing to have a go (note his double at every Championship celebration), he often guests at various Belgian, German and French events every year and even competed in the 63 Kms at Falun, Sweden last June, guttily finishing third behind Lindberg and Don Thompson. Quite able to improve on his best performance to date (Tokyo 50 Kms), Sowa will probably excite residents in the Olympic Village with his skill as a football juggler.

Remember — Certificate Needed: The BAAB wish to bring to the notice of all walkers that they must request the BAAB to issue a "certificate of amateur status and permission to compete" before they seek to enter events outside their area of control, i.e. foreign countries, including Eire. Similarly, clubs wishing to make arrangements for matches, either at home or away, must open negotiations through the BAAB.

Schoolboys 6M., at Kings Norton, March 30th. 1, A. Parker 50.03; 2, D. Mace 50.24; 3, M. Yates 55.19.

Yorkshire WC 6M., at Heaton, Bradford, March 30th. 1, G. Barrass (Wakefield-guest) 48.43; 2, M. Holmes 50.15; 3, H. Holmes 50.34; 4, G. Goddard 51.02; 5, F. Dawson 51.54; 6, F. Wheeler 52.05.

Dicky Green scores 10th success in Stock Exchange "25", at Hayes, April 6th. 43-year-old Dicky Green had an easy victory over the usual course, gaining steadily over the second half of the distance. Ken Tuson, who has improved beyond recognition over the short distances in the past months, started rather impetuously and paid the penalty in the latter stages, losing second to Ray Long near the finish. 1, R. Green (Sy. WC) 3:51.38; 2, R. Long (High) 4:12.24; 3, K. Tuson (S'end) 4:13.49; 4, B. Ficken (Wd. Gn) 4:22.19; 5, S. Pearson (Sy. WC) 4:27.37; 6, T. McCarthy (B'th) 4:32.30.

OPEN HAMMER COMPETITIONS

Shaftesbury Harriers are holding two open hammer competitions at Copthall Stadium, Great North Way, Hendon, N.W.4, on April 27th and May 18th at 2 p.m. All age groups, no fees, no prizes. Details from P. Culhane, 35 Princes Square, London, W.2.

Neill Duggan clocked 4:05.1 for the mile, same time as winner John Link, at Berkeley, Calif., on April 6th.

Later Walking News

TROWBRIDGE AC "Traders" Walks, at Trowbridge, April 13th. The open 10½ Miles was a triumph for Phil Thorn whose concentration on style and conditioning in recent months has certainly paid off. Leading from start to finish he slashed the course record by 31 seconds to finish 1½ minutes in front of Roy Lodge. Third place produced a dour battle between Tony Challis and Juniors Saxty, Norman and Mills, the group only finally splitting up with two miles to go. Saxty had blistered badly in the early stages and it was amazing he held on for so long while another Junior, Phil Embleton, was unlucky enough to suffer a stomach cramp at six miles and had to retire.

1, P. Thorn (Trow) 79.46; 2, R. Lodge (Broms & R) 81.17; 3, J. Norman (Leics) 84.13; 4, R. Mills (Ilf) 84.30; 5, W. Wright (Send) 84.37; 6, A. Harry (Splott) 84.44; 7, T. Challis (Trow) 85.02; 8, D. Pook (Hinck. C) 86.17; 9, A. Ramm (BR) 86.29; 10, A. Green (BR) 87.12; 11, D. Hurst (Trow) 87.52; 12, R. Switzer (So'ton) 88.27; 13, G. Saxty (Trow) 88.27; 14, B. Atkins (Trow) 88.35; 15, A. Poole (Worcs) 88.39; 16, A. Gully (Trow. "B") 89.38; 17, T. Bayliss (BR) 89.57; 18, N. Johnson (Leics) 90.36; 19, N. Pook (HC) 90.44; 20, S. Plested (BR) 91.32. Teams: 1, Trowbridge 15; 2, Bromsgrove & R. 17; 3, Hinckley C. 43. First Veteran: Poole.

(Jnr/Yths 3½M) 1, M. Burton (Leics-J) 27.33; 2, C. Thomas (S-J) 28.12; 3, A. Hackney (Leics-Y) 28.23; 4, H. Dyck (Leics-J) 29.28; 5, R. Harry (Splott-Y) 29.31; 6, P. Gordin (Worcs-J) 30.11. Teams: 1, Leics 8; 2, Worcs 18. (Boys 2M) 1, R. Alderman (Splott) 16.51; 2, C. Alderman (Splott) 17.28; 3, J. Baldwin (Nunn. Wood) 17.31; 4, J. Crangle (Worc) 17.34; 5, R. Chichester (Splott) 17.53; 6, R. Cummings (Samuel SS) 18.18. Teams: 1, Splott 7; 2, Nunnery Wood 29. (Women 5 Kilos) 1, J. Farr (Trow) 27.39; 2, J. Wallis (Harn) 29.10; 3, M. Lewis (Harb) 29.32; 4, G. Sergeant (Worc) 34.21; 5, J. Brett (Harb) 34.27.

Guildford Cup 20 Miles, at South Croydon, April 13th. The early leaders were Len Duquemin and Paul Maidment with Paul Nihill sitting back quietly, third. The positions remained unchanged through ten miles when Duquemin and Maidment clocked 88.07, Nihill 88.14, Moullin 89.51, Livermore 89.52. Over the second half of the race Nihill opened up and pulled way ahead to win easily. 1, R. Nihill (Sy WC) 2:49.02; 2, L. Duquemin (Bel) 2:53.39; 3, P. Maidment (Vids) 2:54.25; 4, J. Moullin (Bel) 2:55.37; 5, K. Livermore (Wd. Gn) 3:03.40; 6, K. Reade (SWC) 3:07.0; 7, R. Hall (Bel) 3:09.47; 8, R. Green (SWC) 3:10.28; 9, P. Goodchild (SWC) 3:12.48; 10, J. Hedgethorpe (Ex. Pol) 3:15.52. 35 finished. Teams: 1, Surrey WC 21; 2, Belgrave 23.

Isle of Man 20 Kms., March 3rd. 1, A. Callow 1:41.30; 2, G. Young 1:44.34; 3, J. Cannell 1:49.04; 4, K. Madigan 1:49.54; 5, I. Hodgkinson 1:50.09. (Jnrs) 10 Kms.: J. Wilkinson 51.26.

NUTS 10,000m, at Leicester, April 7th. (Report)

After an exciting gun-to-tape battle Roy Thorpe finally emerged triumphant over Geoff Toone, who was having his first competition since his recent marriage. Thorpe, a versatile performer with fast times from 2 to 100 miles to his credit, had gained a twelve yard lead on re-entering the Saffron Lane Stadium, but Toone closed to within four yards at the finish. It was good to see Mal Tolley, last year's AAA 7 miles champion, back in competition. He is now based in Leicester and should benefit from the training facilities available.

British Police 28, Civil Service 55, RAF 106, 10M. Road Walk, at Chigwell, April 10th. Ray Middleton gave Bill Sutherland an excellent battle on the usual undulating course before the latter broke away with three miles to go. In third place Bill Fogg led home a bunch of his younger compatriots for the Police to gain their first victory over the Civil Service in the nine year history of the event. The RAF lacked the services of John Kirk who had a septic toe. 1, W. Sutherland (P) 75.34; 2, R. Middleton (CS) 75.48; 3, C. Fogg (P) 79.40; 4, A. Seddon (P) 79.53; 5, A. Ross (P) 80.09; 6, J. O'Brien (P) 80.31; 7, G. Young.

Today's events: The Belgrave H. club 20 miles championship (including a match against Met. Police) at Wimbledon; and the Southampton AC open 20km.

Coaches Course. There will be a course for prospective Race Walking coaches at Belgrave Hall, Denmark Road, Wimbledon, on Sunday, April 28th, at 10 a.m. Any interested parties should contact Mr. R. Davies, 67 Falmouth Avenue, London, E4 (S27 5753) and notify him of their intentions.

2 Miles Track Walk, at Leicester, April 9th. 1, G. Toone 13:59.4; 2, P. Markham 14:36.6; 3, J. Norman 15:06.4; 4, W. Newhill (all Leics WC) 15:16.0.

Colin Young

CALLING ALL TEENAGE ATHLETES

Male athletes under 20 are requested to send their performances immediately after competitions to the NUTS list compilers as follows: athletes born in 1949 and 1950 to Dave Cocksedge, 82 Florida Road, Thornton Heath, Surrey; athletes born in 1951 or later to Alan Lindop, 12 Bridgett Close, Trent Vale, Stoke-on-Trent, Staffs. This will greatly assist the NUTS and ensure that all performances up to standard enter the lists.

CLASSIFIED ADVERTISEMENTS

6d. per word.

Trade 1s. per word

Adidas Javelin Shoes, size 7. Worn only twice, £7. 50 Hallbrook Road, Keresley, Coventry.

For Sale. Track Running 1st year, 1/2M. 4/-; 1M. 4/-; instructions for beginners; programmes 2:36 to 1:58; 5:32 to 4:24. From G. Hubert-White, 35 Burrard Road, London, N.W.8.

ATHLETIC EVENTS

HALESOWEN A. & C.C.

"The Premier Road Race of the Midlands"

HALESOWEN "16"

For the "County Express Team Trophy & Halesowen Industrial Individual Trophy."

SATURDAY, 11th MAY, at 3 p.m.

(Under A.A.A. Laws)

PRIZES—1st six Ind., 1st three Teams, 1st Vet., other prizes plus Time Certs. to all finishers. Fees: Ind. 3/-, team 10/- extra. Entries to W. R. Cutler, 47 St. Peters Road, Pedmore, Stourbridge.

CLOSING DATE 29th APRIL, 1968

(No late entries)

NOTTINGHAMSHIRE A.A.A.

COUNTY CHAMPIONSHIPS, 1968

21st MAY, 6.45 p.m., at Sutton-in-Ashfield

Senior—100yds.; 220yds.; 880yds.; 3 miles; H.J.; L.J.; Shot. Junior—220yds.; 440yds.; 1 mile; H.J.; L.J.; Shot. Youths—100yds.; 220yds.; 440yds.; 1 mile; H.J.; L.J.; Shot.

27th MAY, 6.45 p.m., at Nottingham

Senior—120yds. H.; 440yds. H.; P.V.; D.T.; H.T.; J.T.; T.J. Junior—120yds. H.; 200yds. H.; P.V.; D.T.; H.T.; J.T.; T.J. Youths—110yds. H.; P.V.; D.T.; H.T.; J.T.; T.J.

Entry forms from:—Mr. L. Heywood, Championships Secretary, 94 Beechdale Road, Bilborough, Nottingham. Closing date for entries, 30th April, 1968.

MAIDENHEAD A.C. OPEN MEETING

At Braywick Playing Fields, Maidenhead

SUNDAY, 21st APRIL, 2.30 p.m.

Sen. Men: 100, 440, 1 Mile, 3 Miles, 220y. Hds., 4x110 Relay, 4x440 Relay, P.V., L.J., Discus, Javelin. Jun. Men: As Sen. except no 3M. or Hds. Youths: 100, 440, 1 Mile, 4x110 Relay, L.J., Discus, Javelin. Sen. Ladies: 100, 440, 4x110 Relay, L.J., Discus, Javelin. Inter. Ladies: 100, 4x110 Relay, L.J., Discus, Javelin. Jun. Ladies: As Inter. Ladies.

SUNDAY, 28th APRIL, 2.30 p.m.

Sen. Men: 100, 220, 880, 2 Miles, 2000m. S/C, 1 Mile Medley Relay, 4x110 Relay, H.J., T.J., Shot. Jun. Men: 100, 220, 880, 4x110 Relay, H.J., T.J., Shot. Youths: As Jun. Men. Sen. Ladies: 100, 220, 880, 4x110 Relay, H.J. Shot. Inter. Ladies: As Sen. Ladies. Jun. Ladies: 100, 150, 880, 4x110 Relay, H.J., Shot.

Entry fee: 1/- per athlete to cover all events entered. All entries taken on day. Secretary: M. Cowlin, 15 Beaumont Rise, Marlow (Tel: 4522).

LICHFIELD BOWER SPORTS

MONDAY, 3rd JUNE, 1968

Track • Walking • Cycling
(A.A.A., W.A.A.A. & B.C.F. Laws)

Men Youths Boys Ladies Girls

Details from Mr. G. T. Kemp, 8 Benson Close, Lichfield, Staffs. Entries close 18th May—Club Secretaries please note.

LAURISTON RUNNERS CLUB

**OPEN SENIOR 2 MILES,
JUNIOR 880 YARDS, JUNIOR 2 MILES
& YOUTH 1 MILE**

(Under A.A.A. Laws)

SUNDAY, APRIL 21st, at 3 p.m.

This Meeting is being staged on that fine weather track **TOOTING BEC**

Entries to M. F. Jones, 1 Crabtree Lane, Fulham, London, S.W.6. (Tel: 01-385-4496).

Best performances on AAA forms. No entry fee.

CLOSING DATE 17th APRIL

MIDLANDS COUNTIES A.A.A. 1968 CHAMPIONSHIPS

(Under A.A.A. Laws)

AREA CHAMPIONSHIPS

SENIORS • JUNIORS • YOUTHS

Part 1: Friday/Saturday, 21/22 June

At The Hadley Playing Fields, Warley, Worcs.

Senior—100y, 220y, 440y, 880y, 3 Miles, 120y. Hds., 440y. Hds., 3000m. S/C, 2M. Walk, Pole Vault, High Jump, Javelin. Junior 4x110y. Relay, Triple Jump, Long Jump, Shot, Discus, Hammer. Youth—High Jump, Long Jump, Javelin, Hammer.

Part 2: Friday/Saturday, 28/29 June

At the Athletics Centre, Solihull, Warks.

Senior—1 Mile, 4x110y and 4x440y Relays, Long Jump, Triple Jump, Shot, Discus, Hammer. Junior 100y, 220y, 440y, 880y, 1 Mile, 2 Miles, 1 M. Walk, 120y Hds., 440y Hds. (2'9"), 2000m. S/C, Javelin, High Jump, Pole Vault. Youth—100y, 220y, 440y, 880y, 1 Mile, 1M. Walk, 1000m. S/C, 110y. Hds., Pole Vault, Triple Jump, Shot, Discus.

Entries for both meetings close 1st June and should be accompanied by s.a.e. Entries to M. A. Rawson, Hon. Championships Secretary, Midland Counties A.A.A. Offices, Rooms 39 & 40, Queens College Chambers, 38a Paradise Street, Birmingham, 1. (Tel: 021-643-6916).

Entry fees: 5/- Seniors, 3/6 Juniors and Youths, for the first event and 2/6 for each subsequent event. Relays 25/- per team.

A SEPARATE ENTRY FORM TO BE USED FOR EACH EVENT.

Anyone requiring accommodation for any of the above Championships should contact the M.C.A.A.A. Offices in good time. Entry forms and further information can also be obtained from the M.C.A.A.A. Offices.