

athletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

★ The Amazing Career of
Sydney Wooderson

★ Oxford v. Cambridge

★ Spotlight on Youth

★ Pat Pryce Answers
The Questionnaire

LAC Schools Meeting

★ Overseas News



1/6

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WHAT A START?

WAS there ever such a start to a British athletics season? Prior to last week-end we were already basking in the glow of such achievements as Bill Adcocks' superb marathon running, England's showing in the International Cross-Country Championships, a successful indoor campaign climaxed by nine medals in the European Games, a succession of world-class walks by Paul Nihill, a national javelin record by John FitzSimons, a superb AAA 10 miles duel, and European qualifying standards out in South Africa by Alan Pascoe and Howard Payne.

But look what happened last Saturday: Dave Bedford, at the age of 19, became UK 10,000m record holder with a time that only twelve men in the world have ever bettered; Barbara Inkpen set new British high jump figures; and Tim Johnston shattered the Finchley "20" record. To date, eight British athletes have achieved the Athens qualification: Colin Campbell (400m), Dave Bedford, John Bednarski and Bob Richardson (10,000m), Alan Pascoe (110mH), Howard Payne (HT), John FitzSimons (JT) and Barbara Inkpen (HJ). And it's still only April!

Dave Bedford's performance, which is fully documented on page 4, came as a bombshell. His one previous essay at 10,000m was on the same track last August when he sacrificed his own chances of a good time to help Ron Clarke and yet finished gamely in 20th and last position in 32:16. Now, less than eight months later, he is a world ranking star in his own right. Having seen him training prodigiously at Crystal Palace the previous week-end I knew he was remarkably fit but, I must confess, his time came as a shock (a most pleasant one) when I heard about it at the International Athletics Club get-together at Loughborough. Stunned even more were the distance running internationals gathered there!

The consensus of opinion was that the Tartan track was worth 20 seconds or so to a 10,000m runner compared with running wide or on a churned-up inside lane at the White City or elsewhere. More's the pity, then, that the AAA 10,000m—and what a race that's going to be—will be run once more at the White City. Is it too late to transfer the first day of the Championships to Crystal Palace? Considering that the traditional Friday evening attendance can be numbered in hundreds rather than thousands the argument that Crystal Palace cannot cope with a large crowd does not apply.

Incidentally, I am told that the BBC broadcast a warning last Saturday for motorists to avoid the White City area as traffic congestion was expected following the inter-varsity match! Reminds me of Cliff Temple's gag about the track fan who phoned the White City and asked "What time does the international meeting start?" A voice replied "What time can you get here?"

THE EDITOR

IAC OFFICERS

The following officers were elected at the AGM of the International Athletics Club last Saturday: chairman, John Boulter; secretary, John Herring; asst. sec., Chris Carter; treasurer, Mike Turner; committee, the above plus Mary Peters, Pat Jones, John Whetton, Mike Campbell and Martin Hyman. A report on the IAC week-end will appear next week.

WOMEN'S SPRINT RACES

Women's 100m and 200m races are being staged in conjunction with the NUTS Pentathlon at Crystal Palace on May 3rd. Athletes capable of running 12.3/25.5 or better are invited to enter on the day.

Would any qualified starter interested in acting at this meeting please ring Peter Hopkins at 01-928 5000, ext. 3000.

NORTHERN COUNTIES RELAY PRACTICE

A practice will be held by Wilf Paish on Sunday, May 11th at 2 p.m. on Stretford Track. All Northern Counties sprinters are welcome; if you have any queries please write either to Denis Watts, 10 Mayfair Avenue, Gt. Crosby, Liverpool or Wilf Paish, 4 Talbot Grove, Roundhay, Leeds.

Fred Philpot wishes to thank the many readers who sent him copies of the July 20th issue, following his request in "AW".

Cover photo by Bill Potter

SOUTHERN COUNTIES A.A.A. CHAMPIONSHIPS

(Under A.A.A. Laws)

**SENIOR—at the Crystal Palace,
11th/12th July**

Entries Close Monday, 16th June
Entry Fee 5/-

**DECATHLON—at the Crystal Palace,
28th/29th June**

Entries Close Monday, 16th June
Entry Fee 10/-

**JUNIOR/YOUTH—at the Crystal Palace,
28th June/5th July**

Entries Close Monday, 2nd June
Entry Fee 3/6

Prospectus and Entry Forms from: E. D. C. Buswell, Hon. Championships Secretary, S.C.A.A., 26 Park Crescent, London, W1N 4BQ. Tel: 01-580 3498.

(Please enclose S.A.E. for Entry Forms)

ATHLETICS WEEKLY

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January 1st—December 31st, 1968

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THE WEEK AHEAD

TODAY (April 26th) sees a host of early season track and field fixtures, with the Solihull Spring Relays, Carshalton Trophies, Brighton Open Graded Meeting, Hillingdon Open Meeting, Woodford Green v. CUAC & Alverstone, Bournemouth Open Meeting, the Middlesex Women's and Southern Intermediate Pentathlon Championships at Enfield, and the Epsom & Ewell H. annual 40 miles track race at Epsom (9.00 a.m. start) taking precedence. On the road the Ponders End Relays take place at Enfield, Tipton have a Relays Meeting, the Clive Wates Memorial "54" takes place at Oxted, the Barnet Boys Road Relay and Youths Team Race at Barnet, the Midland Women's Road Relays at Gloucester, the Courage "10" at Crystal Palace, and the Bristol Aero "10" at Bristol, the Leigh 7½ miles Open Cross-Country and Young Athletes Races, and the Lutterworth Youths and Boys Relays. Over in Ireland, Donore H. have their 40 miles Road Relay, and in Belfast the County Antrim Half-Marathon takes place.

On Sunday, Blackheath Harriers hold their Centenary Year 100 x 1 Mile Relay at Croydon, the opposition being Cambridge Harriers, Belgrave and Medway (with a postal challenge from Scottish Harriers of Wellington, NZ), and over at Grays there is a SCAAA Invitation Field Events Meeting for Juniors and Youths. Wednesday (30th) sees a SCAAA match v. OUAC and Borough Road College, at Oxford.

Sue Wright, referred to in the results of the Bracknell indoor meeting as unattached, is in fact captain of Essex Ladies.

SENSATION: Bedford Cracks UK Record

19-year-old wins Southern 10,000m in 28:24.4 at Crystal Palace

SOME magnificent performances on Saturday were utterly overshadowed by 19-year-old David Bedford's sensational running in the SCAA 10,000m championship. His winning tactic, against some redoubtable opposition, was one of classic simplicity. He hauled the field through a first lap of 69.4, added another in 66.2, and just ran away from the pack. 8 laps went by in 9:04.8 and by 5,000m (personal best of 14:14.4!) we waited for the inevitable to prevail and Bedford to crack as Bednarski (14:22.8), Richardson, Matthews and Faircloth seemed poised to strike back, running solidly together in a bunch some 70y adrift. But the slim, blue vested figure of the International Junior Cross Country Champion, fresh from a 3:05.0 $\frac{1}{2}$ mile time-trial, just went on lapping at 68 and 69, and never looked remotely in danger of being caught. Not only was it a highly courageous effort, but a spectacular one, as Dave casually proceeded to reel off a second 5,000m stretch in 14:10.0, thus beating his 3 mile and 5,000m bests twice successively in the same race! Summoning up a last lap in 64.8, Dave reached the tape in 28:24.4 to cut 1.6 sec. from Mike Freary's UK National record, and smash the World age best for the distance. Only Gerry Lindgren (27:11.6) among 19-year-olds, has run faster over 6 miles than Bedford's 27:29.4 at that point. Truly astounding. Very fresh and collected afterwards Dave confirmed that he was as surprised as anyone by the time. "I only ran to win until I began to hear the lap times". Asked if he had had any thoughts of making the European Championships team, he said: "No, but I have now." Johnston, Taylor, Tagg & Co. beware! John Bednarski, 20 the day before, won a good battle for second from Bob Richardson, both of them also beating the tough European Qualifying standard of 29:00.0; while in 4th place Don Faircloth missed it by a second.

Dave Cocksedge

Southern Counties AAA 10,000m Championships: 1, D. Bedford (Shaftesbury) 28:24.4 (UK National Record) 27:29.4 at 6 miles; 2, J. Bednarski (Swindon) 28:51.8 (27:59.8 at 6); 3, R. Richardson (Black'ath) 28:57.0 (28:01.0e); 4, D. Faircloth (Croydon) 29:01.0 (28:06.4); 5, R. Matthews (Bournemouth) 29:04.8 (28:07.0e); 6, M. Fuller (Her-Wim) 29:26.2; 7, W. Mullett (Brighton & Hove) 29:42.2; 8, M. Barratt (Ealing & Southall) 29:48.0; 9, H. Chadwick (Achilles) 29:49.4; 10, J. O'Keefe (Poly) 29:58.4; 11, T. Bivens (Ealing & South) 30:00.0; 12, J. Roberts (SLH) 30:10.0; 13, T. Hart (Belgrave) 30:19.6; 14, P. Bennett (Brighton & Hove) 30:23.0; 15, D. Kreckeler (Walton) 30:25.2; 16, P. Standing (Brighton & H) 30:31.0; 17, R. Gomez (S'gate) 30:36.2; 18, A. Fairclough (Belgrave) 30:38.0; 19, J. Drake (Basildon) 30:48.4; 20, C. Ward (Thurrock) 31:14.0; 21, G. Gough (Portsmouth) 31:24.4; 22, P. Mulholland (Her-

Wim) 31:41.4; 23, A. Codd (SLH) 31:54.4; 24, H. Neeson (Thurrock) 32:18.8. Bedford's laps: 69.4, 2:15.6, 3:22.6, 4:29.4, 5:37.8, 6:46.8, 7:56.0, 9:04.8, 10:14.0, 11:22.4, 12:30.8, 13:40.0 (14:14.4 at 5000m), 14:48.4, 15:57.0, 17:05.0, 18:14.2, 19:22.8, 20:30.6, 21:38.8, 22:47.8, 23:55.6, 25:03.6, 26:11.6, 27:19.6, 28:24.4.

Victory Trophy 4 x 1 Mile Relay: 1, Brighton & Hove (J. Paterson, J. O'Meara, J. Stephenson, R. Roseman) 16:53.2 (MR); 2, Mitcham (M. Kortenray, S. Badgery, G. Biscoe, A. Harris) 17:01.4; 3, Reading AC 17:02.4; 4, Sale 17:05.4; 5, Cardiff 17:10.0; 6, Mitcham "B" 17:26.4. Legs: Roseman 4:07.6, Paterson 4:11.2.

David Colin Bedford was born in Hampstead, London on December 30th, 1949. He stands 1.84/6'0 $\frac{1}{2}$ " and weighs 62kg/137lb, is a student at Brighton College of P.E. and a member of Shaftesbury Harriers. He is coached by Bob Parker.

Progression: (1964) 880y—2:30.0; mile—5:10.0. (1965) 880y—2:13.0, mile—4:44.0; 2M—10:05.0. (1966) 880y—2:07.0; mile—4:25.8; 2M—9:21.6; 3M—14:43.0; 6M—31:24.2. (1967) 880y—2:05.0; mile—4:21.8; 2M—9:12.2; 3M—14:13.2; 6M—29:15.8. (1968) mile—4:19.0; 2M—8:50.0; 3M—13:54.6; 5,000m—14:24.0; 10,000m—32:16.0. Personal bests: mile—4:19.0; 2M—8:50.0; 3M—13:54.6; 5000m—14:14.4; 6M—27:29.4; 10,000m—28:24.4. ECCU National Youth Champion 1968; AAA Junior 2M champion 1968; International Junior CC champion 1969.

UK Record Progression: 31:02.4 Shrubbs 1904; 30:58.2 Burns 1936; 30:31.6 Aaron 1950; 29:51.8 Sando 1952; 29:17.2 Pirie 1953 & 1956; 29:06.4 Knight 1957; 29:02.8 Eldon 1958; 29:01.8 Merriam 1960; 28:52.6 Merriam 1960; 28:52.4 Don Taylor 1963; 28:50.0 Hogan 1965; 28:37.2 Freary 1965; 28:26.0 Freary 1966; 28:24.4 Bedford 1969.

UK All-Time List: 28:24.4 Bedford 1969; 28:26.0 Freary 1966; 28:37.8 Rushmer 1966; 28:50.0 Hogan 1965; 28:50.4 Tulloh 1966; 28:51.8 Bednarski 1969.

RECORD FOR BARBARA, TOO

Frances Slaap, recently returned to Britain from Australia for a three months visit, lost her UK high jump record when at Ewell last Saturday Barbara Inkpen (19) cleared 1.765/5'9 $\frac{1}{2}$ "—a height that would have gained her third place against similarly aged boys at the LAC Schools Meeting the same week-end! The previous record stood at 1.76/5'9 $\frac{1}{2}$ ".

Fine Performances at LAC Schools Meet

FROM the initial crack of the starter's gun, sending the 100m men on their way in the first heat; one realised that another track and field season was upon us. Once again the LAC Schools' Challenge Cups meeting yielded a richness of established talent and emerging promise to start the year off, at Crystal Palace last Friday and Saturday, on two sun-washed, though slightly chilly afternoons. 17-year-old Ian Chipchase, another of Carlton Johnson's outstanding products, started the fun on Friday when he spun

contempt for the opposition in the best Herb Elliott tradition, Phil hammered out a 59.3, 2:01.0, 3:03.2 pace to come home 25y up on Chris Barber. "I was aiming for 3:52-53; until I decided to push it from the front. Wait till I start my speed work later this year."

The Senior 400 and 800m revealed the expected fast crop of times, but not the close finishes, as Joe Kirwan and John Cherry scored dramatic victories. Kirwan survived a suicidal 22.6 first 200m from Derek Price in the shorter event, before tearing majestically along the final straight to leave Trevor Rodwell flat footed in clocking 48.0. Sidelined with glandular fever last Summer, this looks like being Joe's year. After Ron Martin pushed in a 57.7 bell in the 800, Cherry took command with 280m remaining and bolted for home. Martin Mills challenged strongly in the straight but stumbled 40m from the tape and wallowed in, completely spent. Hurdles spread across 4 lanes may have accounted for it.

Meanwhile on the field, Anthony Harper and Mladen Gavrilovic waged an intense duel in the javelin, Harper unleashing a throw of 67.34/220' 11" to settle the issue, though Gavrilovic improved from his best last year of 60.15/197' 4" to 65.69/215' 6" in the fifth round.

Junior performance of the day went to Peter Beaven, who demolished the 400m field in 50.2, though Peter Kelly's runs of 13.9 and 14.0 in the

Dave Cocksedge reporting

the 12lb ball and chain an eyebrow-raising 59.39/194' 10" in the third round of the Hammer, adding a huge 6.35/21' 5" to his previous best, and falling just 7" shy of Paul Dickenson's meeting record. Ian was quite emphatic about it—"I've done 65.02/213' 4" in training—I expected to win today". In second place Stein Christiansen improved 2.13/7ft.

Front running quickly became the order of the day, as John Wheway (Steeplechase), Barry Smith (Jnr. 1500m) and Phil Banning all triumphed in their events by blazing away from gun to tape. The latter gained the challenge cup for the outstanding performance by a Senior Schoolboy, with his classy 3:49.4 in the 1500m. Showing utter

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Junior 100m Hurdles are worthy of mention. An exciting two horse race in the senior 100m resulted in Paul Pinnington just edging the burly Ford Dennis, who nonetheless gained consolation by improving 1'8" in the Long Jump to win with a slightly windy leap of 7.03/23'1". Behind Barry Smith's excellent 3:58.2 in the Junior 1500m, Andrew Barnett ran 4:08.2, surely the fastest ever by a 13-year-old anywhere in the world?

My thanks go to Len Beaven and Norman Simons of LAC, and Bob Sparks of the NUTS for their invaluable assistance.

Seniors

100m: (+ 1.8) 1, P. Pinnington (St. Ignatius) 11.0; 2, F. Dennis (Millf'd) 11.0 (10.9w ht); 3, P. Machin (Row) 11.1; 4, S. White (Tulse H) 11.1; 5, S. Alagoa (Sloane) 11.3; 6, M. Dale (S'end) (11.3 ht).

400m: 1, J. Kirwan (St. Bede's) 48.0 (MR); 2, T. Rodwell (Central T) 49.0; 3, D. Price (KE VII) 49.4; 4, P. A. Martin (Dulwich) 49.9; 5, W. Barrows (Chilse) 50.1; 6, D. Caro (Hans) 50.6; 7, S. Dodwell (Chorlton) 51.0. D. Thomas (East Ham) 51.3sf, did not finish final (injured).

800m: 1, J. Cherry (Bishopbrigg) 1:53.0; 2, M. Mills (Sr. W. Mart) 1:53.4; 3, E. Coffey (St. Bon) 1:54.1; 4, R. Martin (Hinch W'd) 1:55.1; 5, M. Pegler (Stock) 1:56.3; 6, R. Smedley (Jn. Wilmott) 1:57.1; 7, P. Derlacki (H. Hart) 1:58.1; 8, C. Jacks (Man GS) 1:58.5; 9, N. Smart (Abingdon) 1:58.7.

1500m: 1, P. Banning (Eastleigh) 3:49.4 (MR);

2, C. Barber (Burnage HS) 3:52.8; 3, J. Kendrick (Sir W. Mart) 3:55.6; 4, T. Colton (Cavendish) 3:58.3; 5, C. Reed (Chelmsford Tec.) 3:58.5; 6, C. Tilley (Chingf'd HS) 4:04.8; 7, K. Leslie (Hulme GS) 4:06.8.

110mH: (+ 1.8) 1, R. Linter (Bart Per) 15.4 (15.3 ht); 2, P. Croome (Ealing Tec.) 15.6; 3, J. Goodridge (Kingswood) 16.4 (15.5 ht); 4, E. Frost (Sandbach) 16.4 (16.0 ht); 5, Dimeterious (—) 16.5 (15.5 ht).

3,000m Walk: 1, R. Evans (Knoll S) 14:13.0 (MR); 2, D. Holly (Campion S) 14:19.8; 3, P. Duckett (Shene GS) 14:30.8; 4, S. Chance (Q. Elizabeths) 15:05.0; 5, J. Brooker (East Ham GS) 15:19.8; 6, M. Salter (De Burgh) 15:55.2.

2,000m/SC: 1, J. Wheway (Bablake GS) 5:50.6 (MR); 2, C. Woodhouse (Marlboro) 5:57.4; 3, I. White (Turves Grn) 5:58.6; 4, T. Beagent (Isleworth GS) 6:01.6; 5, D. Ashbourne (Wallington HS) 6:02.8; 6, I. Kilpatrick (Presen) 6:05.2; 7, R. Elliott (Newcastle HS) 6:07.4; 8, G. Baker (Forest CSS) 6:13.2.

4x100m: 1, Hulme GS 45.1; 2, Haileybury 45.2 (45.2 ht); 3, Dartford GS 45.9 (45.6 ht); 4, Portsmouth GS 45.9; 5, St. Nicholas GS 46.8 (45.8 ht); 6, St. Joseph's Coll. 47.1 (45.6 ht). Tulse Hill 44.4 ht, disq.

HJ: 1, J. Broughton (West Hatch) 1.80/5'11"; 2, B. Blake (East Ham) 1.80/5'11"; 3, A. Benth (St. Gerard's) 1.75/5'9"; 4, A. James (Brentwood) 1.75/5'9"; 5, M. Bizon (St. Jos) 1.65/5'5".



Centenary President—Sydney Wooderson

TO ALL BLACKHEATHENS—OUR CENTENARY YEAR STARTS TODAY

TOMORROW, SUNDAY, 27th APRIL—100 x 1 MILE RELAY, CROYDON ARENA, 9.00 a.m.

SUNDAY, 3rd AUGUST — MATCH v. SOUTHERN COUNTIES A.A.A. v. KENT COUNTY A.A.A. AND SPECIAL EVENTS, CRYSTAL PALACE, 2.30 p.m.

SATURDAY, 20th SEPTEMBER — 8th ANNUAL OPEN ROAD RELAY, HAYES, 3.15 p.m.

SATURDAY, 29th NOVEMBER—CROSS-COUNTRY MATCH v. E.C.C.U. v. OXFORD & CAMBRIDGE v. HERNE HILL HARRIERS v. ORION HARRIERS v. RANELAGH HARRIERS v. SOUTH LONDON HARRIERS v. THAMES HARE & HOUNDS, SPARROWS DEN, WEST WICKHAM, 3.00 p.m.

We hope to see you, and our friends in athletics, on these days

(Hon. Secretary: **B. Stone, 8 Iona Road, Maidstone, Kent**)

PV: 1, S. Tufton (S.W. Ham) 3.81/12'6"; 2, S. Chappell (Dr. Chall) 3.66/12'0"; 3, J. Fenge (Wandsworth) 3.51/11'6"; 4, R. Reeves (SW Ham) 3.51/11'6"; 5, P. Goulding (St. Nicholas) 3.20/10'6"; 6, ——— 3.20/10'6".

LJ: 1, Dennis 7.03/23'1" w (6.58/21'7", 6.91/22'8", 6.86/22'6", 6.96/22'10", 6.83/22'5", 7.03/23'1"); 2, S. White 6.86/22'6"; 3, Broughton 6.67/21'10"; 4, N. Greenberry (Grantham) 6.46/21'2"; 5, K. Atkins (Dart) 6.46/21'2"; 6, A. Laker (Chichester) 6.27/20'7" (6.65/21'10" qual).

TJ: 1, D. Bunn (City S) 14.08/46'2"; 2, A. Drayton (Barton Per) 13.82/45'4"; 3, C. Colman (Tulose Hill) 13.76/45'2"; 4, P. Bing (Holland Pk) 13.74/45'1"; 5, G. Johnson (Chigwell) 13.72/45'0"; 6, A. Blake (Denstone) 13.13/43'1".

SP: 1, D. Rough (Eastfields BH) 15.42/50'7"; 2, J. Corbett (Chorlton) 15.35/50'4"; 3, T. Beazley (Radley Coll) 14.59/47'10"; 4, R. Mathrick (Bristol) 13.89/45'7"; 5, P. Clarke (Kings, Cntbury) 13.83/45'4"; 6, K. Kazmierczak (Harrow) 13.22/43'4".

DT: 1, J. Turton (Stoneham) 44.98/147'7"; 2, C. Scott (Cedars S) 43.43/142'6"; 3, Mathrick 41.40/135'10"; 4, M. Suggett (Felsted S) 41.17/135'1"; 5, I. Chipchase (Newcastle RGS) 40.92/134'3"; 6, S. Rees (Bryanston) 40.29/132'2".

HT: 1, Chipchase 59.39/194'10" (NT); 56.36/184'11"; 59.39/194'10"; 56.11/184'11"; NT; 55.55/182'3"; 2, S. Christiansen (Sale) 54.54/178'11"; 3, A. Woods (Buckhurst HCHS) 53.26/174'8"; 4, K. Watkinson (Vyners) 44.46/145'10"; 5, T. Crichton (Cavendish) 31.06/101'11".

JT: 1, A. Harper (Millfield) 67.34/220'11" (MR); 2, M. Gavrilovic (Holland Pk) 65.69/215'6"; 3, D. Sheppard (Brooklands T) 51.80/169'11"; 4, A. Sweet (Millfield) 50.50/165'8"; 5, J. Jay (Bryanston) 48.88/160'4"; 6, J. Diebel (Dr. Chall) 48.60/159'5".

Junior Boys

100m: (— 0.7) 1, A. Hadley (Humphrey Midd) 11.3 (11.2w ht & sf); 2, C. Nimmo (Wolv GS) 11.6 (11.5w sf); 3, M. Emery (Presentation C) 11.7 (11.5w ht); 4, N. Such (KH VII) 11.7 (11.6w sf); 5, L. Wiltshire (Alley's) 11.8 (11.6w sf).

400m: 1, P. Beaven (Kirkham GS) 50.2 (MR); 2, P. Angel (KE VI) 51.4; 3, C. Clemas (Warwick JHS) 51.4; 4, M. Blackman (Leyton SHS) 52.5 (52.4 sf); 5, P. Weedon (Hatters L) 53.7 (52.4 ht); 6, D. Bargery (Tulose H) 53.8.

1500m: 1, B. Smith (Woodlands CSS) 3:58.2 (MR—laps: 62.4, 2:06.8, 3:13.4); 2, J. Davies (Cranford) 4:04.3; 3, A. Barnett (Andover Sec) 4:08.2 (world best by 13-y-o); 4, P. Gregory (Stationers) 4:10.6; 5, D. O'Donnell (Bound'hse) 4:11.0; 6, M. Puddifoot (Eliots Grn) 4:13.2; 7, C. Barnett (Andover Sec) 4:18.2.

100mH: (+ 1.2) 1, P. Kelly (Wood Grn) 14.0 (MR—13.9w ht); 2, R. Parker (KE VI) 14.2; 3, P. Hambley (Poundswick) 14.3 (14.3 ht); 4, J. Lewis (Faraday) 14.4; 5, R. Tallis (Tulose H) 14.7.

4x100m: 1, King Edward VI (Ston) 45.5 (MR); 2, King Henry VIII (Cov) 46.3 (46.1 ht); 3, Fryerns 46.4 (46.2 ht); 4, Tulose Hill 46.8 (46.6 ht); 5, St. Columba's 47.7.

HJ: 1, R. Gardner (King John) 1.67/5'6"; 2, N. Watkins (Portsmouth GS) 1.57/5'2"; 3, R.

Pearse (St. Georges) 1.57/5'2".

LJ: 1, G. Collins (East Ham) 6.37/20'10"; 2, C. Hart (Pendeford HS) 6.33/20'9"; 3, A. Cockell (Fryerns) 6.21/20'4"; 4, S. Martindale (Kirk'm) 6.09/19'11"; 5, J. Ganadeen (Henry Compton) 6.07/19'11"; 6, R. Parker (KE VI) 6.06/19'10".

SP: 1, D. Maloney (St. Edwards) 14.22/46'8" (MR); 2, G. Hunt (Vyners) 14.12/46'4"; 3, P. Orchard (Kimbolton) 13.84/45'5"; 4, G. Dirkin (Marple HGS) 13.70/44'11"; 5, A. Bogan (St. Pius) 13.65/44'9".

GOOD RACE IN VPH "5"

April 5th

WITH a first mile of blistering pace the race for the first few places in the VPH "5" resolved itself into a five man battle. For the next 3 miles this five—Absolom, Badgery, Bednarski, Quanne and Fuller—all took turns in front drawing further away from the chasing pack headed by Mardie and Hutchins. In the final mile Malcolm Absolom eased ahead and finished 5 seconds up on Steve Badgery, who just managed to hold on to second place from John Bednarski. The team race proved to be a good thing for Eton Manor, with a below strength Hercules-Wimbledon team taking the runners-up medals.

1. M. Absolom (Eton Manor)	23.16
2. S. Badgery (Mitcham)	23.21
3. J. Bednarski (Swindon)	23.23
4. M. Fuller (Herc-Wim)	23.27
5. M. Quanne (VPH)	23.33
6. G. Mardie (Woodford Gn)	24.07
7. R. Sliney (Ton)	24.09
8. W. Weller (Walton)	24.17
9. K. Hutchins (Eton M)	24.21
10. H. Richards (Shaft)	24.22
11. L. Leppan (Her-Wim)	24.29
12. D. Card (HHH)	24.42
13. M. Gillett (Mit)	24.43
14. S. Walker (Thurr)	24.48
15. A. Hutton (Ton)	25.11
16. J. Mercer (Enf)	25.17
17. G. White (Luton)	25.19
18. G. Sayer (Eton M)	25.21
19. D. Dickenson (Alles)	25.23
20. M. Grey (Shaft)	25.25
Teams: 1, Eton Manor	28
2, Hercules-Wimbledon	37
3, Shaftesbury	57
4, Thurrock	62
5, Tonbridge	66
6, HHH	72

P. F. Seabrook

Boys Road Relay

Due to an unfortunate misinterpretation of AAA rules the race had to become an "Unofficial" Boys event. After Woodford Green had set the early pace with two of the fastest laps of the day, it became a two horse affair between TVH and Belgrave. Until a last lap "blow up" it looked odds on the Bels but John Davies romped away with easily the fastest time on his leg and TVH skated in by over a minute.

1, TVH (G. Smart 7.35, J. Barrow 7.35, J. Ovenden 7.22, M. Puddifoot 7.21, J. Davies 7.02) 36.44.

2, Belgrave (J. Stow 7.18, P. Carton 7.18, W. Curtin 7.08, R. Langley 7.36, B. Quick 8.15) 37.48.

3, Swindon (P. Montague 7.55, C. Hicks 7.55, R. Jarvis 7.37, S. Ottoway 7.24, T. Kazika 7.40) 38.07.

4, Thurrock 38.50; 5, TVH 'B' 39.01; 6, Mitcham 39.04; **Fastest Laps:** Davies 7.02, B. Smith (Thurrock) 7.04, Curtin 7.08, R. Williams & D. Cox (both Woodford Gn) 7.16.

Oxford 105½, Cambridge 81½**At White City, April 19th**

Winbolt Lewis Runs His Fastest 880

ON a bright, still, but bitterly cold day, Oxford won the dual meet with Cambridge for the fifth time in a row. With a new scoring system, theoretically helpful to the Light Blues, Oxford won 11 events of the 17, achieving maximum points in six of them. In spite of some good performances and a sprinkling of personal bests, the afternoon was predictably dull—the only true excitement generated was caused by news of the new 10km record at Crystal Palace—and few on-lookers (“few” being the operative word) will mourn the passing of the White City as the venue of this match. As usual the track events generated what excitement there was—the only items of note in the field being Chris Kidd’s unusual double and Pardee’s high jump.

Pride of place goes to losing President Martin Winbolt Lewis, whose half in 1:50.6 (actually 1:50.4 according to the electrical timing), while owing much to second string Moughtin, was most impressive and surely promises something 2-3 seconds faster later in the year. He also got his hat-trick of 440 wins. Despite being well beaten in the 100, Mike Hauck really went in the furlong—winning for the third consecutive year—and showed once again that he has tremendous, mostly unrealised, potential.

Last year I rashly prophesied that Peter Braithwaite would be the next Briton to break 9:00.0 for the steeplechase. Rather belatedly he has proved my prognosis correct—well almost—with the sole meeting record of the afternoon. Mention should also be made of workmanlike victories by Steele and Valentine in the mile and 3 miles respectively, with a fine 41.6 sec improvement in the latter event by young Chris Garforth, the Youths’ “National” winner.

Just to put the track performances of this meet into perspective, the following times were clocked in the recent meet between the University of Southern California and the University of California — 9.8, 21.2, 48.0, 1:50.7, 4:11.2, 9:16.2 (steeple), 14.1, 51.8. When you consider the difference in weather, facilities and, more importantly, outlook, the Oxbridge results are not quite so bad as one sometimes may think.

Stan Greenberg

100y: (— 1.5m/sec) 1, E. Osborn (O) 10.1; 2, M. Hauck (O) 10.3; 3, T. Wallwork (C) 10.4; 4, D. Roberts (C) 10.4. **220:** (nil wind) 1, Hauck 21.4; 2, Osborn 21.9; 3, R. Green (C) 22.1; 4, B. Bolton-Maggs (C) 22.7. **440:** 1, M. Winbolt Lewis (C) 48.4; 2, Bolton-Maggs 50.6; 3, L. Godfrey (O) 51.6; 4, S. Nussey (O) 52.3. **880:** 1, Winbolt Lewis 1:50.6; 2, C. Hudson (O) 1:52.6; 3, R. Moughtin (C) 1:53.5; 4, R. Brown (O) 1:54.1; 440y time—54.4. **1 mile:** 1, R. Steele (O) 4:08.8 (57.4 last lap); 2, C. Cusick (C) 4:11.5; 3, J. Shemilt (O) 4:13.0; 4, P. Thomas (C) 4:13.0. **3M:**

1, J. Valentine (O) 13:50.2; 2, C. Garforth (C) 14:00.8; 3, P. Baker (O) 14:11.2; 4, J. Rix (C) 14:16.2. **3000mSC:** 1, P. Braithwaite (O) 8:58.0; 2, H. Richards (O) 9:14.8; 3, A. Hope (C) 9:26.2; 4, J. Hazelden (C) 9:35.6. **120H:** (nil) 1, P. de Villiers (O) 15.5; 2, J. Crossman (C) 15.6; 3, P. Aylward (O) 15.7; 4, R. Young (C) 17.0. **220H:** 1, de Villiers 24.4; 2, Crossman 25.4; 3, D. Knight (C) 25.6; 4, A. Shoebridge (O) 25.6. **440H:** 1, D. Clementi (O) 53.5; 2, I. Dawes (O) 54.9; 3, Knight 55.4; 4, A. Blackmore (C) 57.3. **HJ:** 1, C. Pardee (O) 1.95/6’5”; 2, eq. T. Blacker (C) & de Villiers 1.77/5’10”; 4, P. Thompson (C) 1.67/5’6”. **PV:** 1, C. Kidd (O) 3.96/13’0”; 2, C. Balchin (O) 3.96; 3, J. Borda (C) 3.66/12’0”; 4, P. Thompson (C) 3.50/11’6”. **LJ:** 1, D. Mylrea (C) 6.82/22’4½”; 2, Shoebridge 6.79/22’3½”; 3, R. Lees (O) 6.40/21’0”; 4, A. MacGregor (C) 6.32/20’9”. **TJ:** 1, Kidd 14.20/46’7½”; 2, L. Griffin (O) 13.92/45’8”; 3, I. Baird (C) 13.58/44’6½”; 4, P. Clarke (C) 12.98/42’7”. **SP:** 1, C. Cogswell (C) 14.03/46’0½”; 2, R. Speed (O) 13.15/43’1½”; 3, J. Armstrong (O) 13.07/42’10½”; 4, W. Loader (C) 12.08/39’7½”. **DT:** 1, B. Bardelang (C) 40.74/133’8”; 2, S. Grant (C) 38.41/126’0”; 3, N. Nops (O) 38.15/125’2”; 4, Speed 36.09/118’5”. **JT:** 1, L. Hatton (C) 59.92/196’7”; 2, I. Perring (C) 57.18/187’7”; 3, J. Mackinnon (O) 56.11/184’1”; 4, P. Greenwood (O) 54.33/178’3”. **Result:** Oxford 105½, Cambridge 81½.

10.4 100m BY MIKE HAUCK!

Mike Hauck was timed at 10.4 for 100 metres in a match at Stompond Lane on April 15th, but—according to some observers—he got a “flier”. Hauck himself feels his start was a legal one and “it was the best race of my life”. He also won an over-distance furlong in a time worth 21.3/21.4 for 220y.

OUAC v. Walton, at Walton, April 15th. 100m: 1, M. Hauck (O) 10.4; 2, P. de Villiers (O) 10.7; 3, E. Osborn (O) 10.8. 229y 11in(!): Hauck 22.3. **400m:** 1, S. Nussey (O) 50.2; 2, I. Dawes (O) 50.4; 3, L. Godfrey (O) 50.8. **1000m:** R. Steele (O) 2:25.1. **3000m:** 1, H. Richards (O) 8:31.0; 2, M. Barrett (W) 8:31.8; 3, J. Shemilt (O) 8:34.4. **4x440y:** OUAC (Dawes, Hauck, Godfrey, Nussey) 3:23.6. **HJ:** R. Morris (W) 1.77/5’10”. **SP:** J. Armstrong (O) 13.45/44’1½”. **JT:** C. Butterworth (Ox Cty) 59.61/195’7”.

BMC NOTICE

Any miler (including non-members) under 4:20 but not below 4:10, wishing to improve his mile time who wants to compete on Sunday, June 1st, 1969 (4 p.m.) at Cophall Stadium, Hendon in a special BMC race—no expenses paid—should apply to BMC Race Committee, P.O. Box 91, GPO Sorting Office, London, N.W.11.

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Complan course—
and win



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Johnston Wins Finchley '20' By 5 mins.

IN one of the most impressive solo performances ever seen in this country, Tim Johnston cruised round the four undulating laps of the Finchley "20" last Saturday, beating Mel Batty's course record by 1:41 and the rest of the field by no less than 5 minutes! In ideal conditions, Johnston was soon in front of the 160 starters and was 150y up by the 5M mark reached in 25:16. Macintosh, Grant and Cressy were next in 25:42 followed by Taylor, Jones, Harrold and Mann. In the second lap Johnston sped his lonely way, already looking a certain winner, to pass 10M in 50:15. Taylor and Alan Jones had closed rapidly on the group in front and by the end of the lap Taylor, Grant, Cressy, Macintosh and Jones shared second position in 51:56.

Johnston continued untroubled and by 15M (75:17) led by 2:33 from Taylor with Grant in third place and the determined Cressy moving away from Macintosh as they fought for the Middlesex title. Over the final lap Johnston amazingly proceeded even faster and covered the 5 miles in 24:44 for a magnificent victory which should give even Bill Adcocks food for thought. The battle for second place ended surprisingly, however, as Taylor faded dramatically and Alan Grant, better known as a 4:05.5 miler, took the runner up spot after a well judged effort while Roger Cressy reaped the benefit of his tough training schedule by moving up to third. For the record Johnston's laps were 25:16, 24:59, 25:02 and 24:44.

R. Morland

1. T. Johnston (Portsmouth) 1:40:01
2. A. Grant (Coventry Godiva) 1:45:02
3. R. Cressy (Hillingdon) 1:46:02
4. G. Taylor (Camb) 1:47:10; 5. A. Reavley (Barnet) 1:47:29; 6. I. Macintosh (Rane) 1:47:56; 7. T. Honeychurch (Paig) 1:48:01; 8. D. Case (Ealing) 1:48:52; 9. C. Harvey (SLH) 1:49:11; 10. L. Mann (Bel) 1:49:32; 11. A. Keith (RAF Wyton) 1:49:33; 12. G. Harrold (Enf) 1:49:39; 13. P. O'Connor (Bel) 1:49:40; 14. D. Nunn (Maid) 1:50:16; 15. T. Pailthorpe (Haver) 1:51:15; 16. B. Hercock (Bor of Enf) 1:51:30; 17. F. Gilson (SLH) 1:51:59; 18. D. Dellar (Camb) 1:52:07; 19. M. Prosser (Ilf) 1:52:18; 20. A. Brien (Enf) 1:52:20; 21. C. Robinson (Her-Wim) 1:52:26; 22. T. Townsend (Ports) 1:52:48; 23. M. Moody (Maid) 1:52:55; 24. M. Kidd (TVH) 1:53:05; 25. C. Canton (Eal) 1:53:23; 26. D. Goode (Epsom) 1:53:25; 27. J. Geoghegan (Her-Wim) 1:53:36; 28. D. Waight (Wind) 1:53:41; 29. M. Caudwell (Croy) 1:53:42; 30. J. Hyatt (Eal) 1:54:42. **Teams:** 1. Ealing & Southall 59; 2. Cambridge 63; 2. Paignton 76; 4. Hillingdon 77; 5. Belgrave 79; 6. TVH 117. **Southern Champ:** 1. Johnston; 2. Cressy; 3. Taylor. **Middx. Champ:** 1. Cressy; 2. Macintosh; 3. Case. **Herts. Champ:** 1. Reavley; 2. Harrold; 3. G. Hall (Watford H). **Bucks. Champ:** 1. Casse; 2. P. Ferguson (Aylesbury); 3. D. Blythen (Wycombe). **Teams:** (Southern) 1. Belgrave 26; 2. Cambridge 31; 3. Ealing & Southall 32. (Middx) 1. Ealing & Southall 10; 2. Hillingdon 18.

Ron Jones Disqualified

CRYSTAL PALACE cannot be Ron Jones' lucky track. At last year's inter-county championships he was disqualified for two false starts for the first time in his career, and the jinx struck again at the Southern Counties AAA open meeting on April 16th. Experimenting with a standing start, he twice lost his balance and was pulled out. The officials agreed to put on an extra race for Ron while he was still warmed up and this time he got off all right—except he was slowest away of the four runners. Nevertheless, he intends to persevere for he feels that because of his lack of mobility from blocks he can get into full stride earlier in the race by perfecting a standing start.

100m: (A) 1. G. Silman (Surrey AC) 11.1; 2. I. Matthews (Sutton & C) 11.2. (B) 1. A. Lobo (Kent AC) 11.2; 2. M. Gorham (Ver) 11.3; 3. R. Miller (Basil) 11.3. (C) 1. R. Jones (Enf) 11.1; 2. Silman 11.3. **200m:** 1. Matthews 22.5; 2. C. Smith (Hill) 22.8. **800m:** 1. J. Edwards (Read) 1:54.6; 2. A. Harris (Mit) 1:54.6; 3. B. Wheatley (Derby) 1:55.8; 4. R. Grainger (Hornsey) 1:56.4. **1500m:** 1. F. Stebbings (Croy) 3:54.2; 2. J. Boggis (Birch-Jnr) 3:56.3; 3. P. Browne (QPH) 3:59.4; 4. J. Greatrex (SLH) 4:00.3; 5. J. Stevenson (B'ton) 4:00.6; 6. D. Evans (Camb. H) 4:01.1. **5000m:** 1. P. Morris (B'pool) 14:33.6; 2. R. Hayman (Med) 14:40.8;

3. C. Ward (Thurr) 14:42.6; 4. P. Griffiths (Hill) 14:46.6; 5. L. Leppan (Herc-W) 14:50.8. **110mH:** 1. R. Fox (S'ton) 15.4; 2. G. Manning (Dork) 15.6; 3. J. Smith (Luton) 15.7. **HJ:** 1. M. Campbell (Hill) 1.98/6'6"; 2. L. Hall (Poly) 1.95/6'5"; 3. John Fenge (Herc-W) 1.72/5'8"; 4. Fox 1.72. **PV:** 1. Gorham 3.96/13'0"; 2. P. Goulding (St. Nich. S-Jnr) 3.35/11'0"; 3. Fenge 3.35; 4. B. Hooper (Woking-Yth) 3.20/10'6". **TJ:** 1. P. Clarke (Ver) 14.24/46'8½"; 2. D. Smith (TVH) 13.81/45'3½"; 3. C. Lewis (Yth) 13.24/43'5½". **Juniors** 1500m: C. Stebbings (Croy) 4:06.5. **Youths** 200m: A. Davis (Hill-Boy) 23.3 (& 11.6 100m). **M.W.**

The Midland Counties AAA Senior Long and Triple Jump Championships will now be held at Leicester on June 20th and 21st; and the Senior High Jump at Warley on June 27th and 28th—not as stated in the advert. on the back cover.

Found at Chigwell Road Relay and still await-owners; man's wristwatch, towels, socks and shoes, jersey, shorts, etc. Owners contact B. W. Hart, 520-4548.

An additional club is required to compete for the Hillingdon Show Trophy at Uxbridge on June 29th. Applications to P. Aylward, 5 Blakesby Avenue, Ealing, W.5.

"Ovaltine" Young Athletes' Course

April 5th-11th

NINETY athletes from all over the British Isles gathered at the National Recreation Centre, Lilleshall, on Saturday, April 5th for the 11th National Young Athletes Course sponsored by Messrs. A. Wander Ltd., the makers of Ovaltine. The Course was under the direction of Senior National Coach John Le Masurier, and was staffed by highly qualified Senior Coaches and International Athletes.

On Sunday the whole group was subjected to a battery of tests and measurements conducted by Bill Campbell and his team of Lecturers from St. Luke's College, Exeter. These proved most interesting to the athletes and confirmed that they had already reached a high fitness level. Ralph Banthorpe gave a demonstration of sprint starting and with a club colleague showed the new up-sweep baton change.

John Savidge was unable to act as Deputy Director this year but he did attend on Monday and entertained and interested everyone with his lecture on strength training. Andy Green did some repetition running wired up to a Telemeter and it was felt that this was an extremely useful aid for middle distance runners and coaches.

Closed circuit television was available to all groups for a period of four days and with "immediate playback" and slow motion action it was possible to pin-point some of the weaknesses and errors of technique for everyone to see. This was another aspect of the course which was very much appreciated by athletes and coaches.

Further demonstrations were provided by John Sherwood, Sheila Sherwood—long jumping for the first time since Mexico—and Dave Travis, who looked stronger than before and threw 245' (74.68) with a five stride approach. The young athletes themselves provided the demonstrations on Thursday and they produced some remarkable performances. John Turton, recently spotlighted in *Athletics Weekly*, threw the 1 kilo discus 212' (64.62). John Corbett reached 54'6" (16.61) with the 12lb shot. Carl Johnson's hammer group really excelled themselves. David Rogers sent the 12lb



Carlton Johnson instructs hammer throwers David Rogers, Stan Douglas and Robert Rutherford.

Roger Price

hammer 205' (62.48), Stein Christiansen threw 190' (57.91), and Stan Douglas managed 195' (59.44) with the 10lb hammer.

Other highlights during the week included the International Forum when a number of International Athletes under the Chairmanship of John Le Masurier discussed their careers and answered

VAUXHALL SPORTS SPECTACULAR

SATURDAY, JUNE 14th, 1969

(AAA, WAAA, RWA & BCF Rules)

100 & 300yds. H'cps., 2 Mile Team & Ind. (restricted—over 9m.10s.), 1 Mile Invitation (BMC), 10 Kilo. Walk, 880yds. Scr. (15-17 yrs.). Ladies: 800 metres scr., 2000 metres Walk H'cp., also Men's Cycling.

CLOSING DATES: H'cps. 20th May, Scratch 3rd June, Cycling 30th May.

Entry Fees: 2/6 per event, 1/- additional, 5/- team. Entries to A. C. Aston, Vauxhall Motors Rec. Club, Kimpton Road, Luton, Beds. (Phone: Luton 21122, Ext. 3257).

SOUTHERN COUNTIES A.A.A. RELAY CHAMPIONSHIPS

(Under A.A.A. Laws)

4 x 110 YARDS & 4 x 440 YARDS

At Ruislip (Hillingdon Show) on Sunday, 29th June. Entries Close Monday 9th June.

4 x 800 METRES & 1600 METRES MEDLEY

At Brighton (Withdean Stadium) on Sunday, 8th June. Entries Close Monday, 19th May.

4 x 1 MILE

At the East London Stadium (Hackney Boro' Meeting) on Saturday, 5th July.

Entries Close Monday, 16th June.

Entries to E. D. C. Buswell, S.C.A.A.A., 26 Park Crescent, London, W1N 4BQ. Tel: 01-580 3498.

Entry Fee £1 per team

questions from the assembled youngsters, and Bernard Hopper's lecture on Mechanics applied to athletics. Both of these items sparked off a series of informal discussions which lasted for a considerable time.

Recreative and social activities took place most evenings and the staff showed that in addition to being excellent coaches they were fairly capable in a number of other events. Basketball, volleyball, football, tennis and squash were enjoyed by athletes and staff and in most matches the staff teams were usually victorious. However, it should be added that Andy Green ventured on to the tennis court and was made to look very second-rate by one of the girl half-milers! I understand there is no truth in the rumour that she did an extra training session the next day!

During the week the Course was visited by representatives of the English Schools AA Executive Committee. Colonel and Mrs. Trevor Jones, for Messrs. A. Wander Ltd., also attended and they went away very impressed by the performances and attitudes of the young athletes who obviously enjoyed their work and were responding to the encouragement and advice given by their coaches.

Dorothy Jackson and George Saunders did another excellent job as team managers. Nothing was too much trouble and their influence did much to ensure the smooth running of the Course. Finally, tribute should be made to Keith Tomlin. When his father died Keith took over the administration of the Course and in a very short time was able to complete the arrangements. Without his willingness to help this Course might have been cancelled. The athletes were particularly appreciative of the efforts he had made on their behalf and they and the Coaching Staff showed their gratitude on the final morning.

It will be interesting to watch the progress of these athletes. If ability, effort and application

are the hallmarks of success then many of them will undoubtedly succeed.

W. Hindhaugh

LARGE ENTRY FOR SCUNTHORPE OPEN SPRING MEETING April 7th

The only early track meeting in the North recorded an entry of 565 comprising 320 odd athletes. The attractions included graded races, metric distances, first place certificates and the great weather.

100m: S. Bell (N. Shields) 11.0. 300m: 1, Bell 34.5; 2, J. Kirwan (Stret) 34.5; 3, M. Jefferson (Sale) 35.7. 600m: 1, Jefferson 1:21.4; 2, M. Rothwell (Sale) 1:21.4. Sen/Jnr 1500mSC: 1, P. Moon (E. Hull) 4:22.4; 2, D. Farmer (Sale) 4:29.4. 1500m: Rothwell 3:59.9. PV: I. Chacon (Sale) 3:20/10'6". TJ: 1, B. Scutt (Scun) 14.11/46'3½"; 2, P. Knowles (Don PWAC) 14.11/46'3½". JT: 1, A. Stevenson (Hull S) 60.20/197'6"; 2, A. Hill (St. Johns) 57.53/188'9". (Juniors) 300m: 1, G. Ovenden (Spem) 36.7; 2, D. Herron (Scun) 36.7. 600m: Herron 1:24.9. 1500m: 1, D. Butts (Grimsby) 4:05.6; 2, S. Markley (Midd & C) 4:08.4. PV: J. Parkinson (Sale) 3.20/10'6". SP: J. Alderson (Midd & C) 15.09/49'6". LJ: I. Anderson (Spem) 6.40/21'0". (Youths) 300m: N. Athay (Blyth) 38.1. 1500m: D. Coates (Midd & C) 4:15.5. (Boys) 300m: P. Jackson (Sale) 39.8. 1500m: J. Houchen (Midd & C) 4:31.5. (Women) 100m: 1, S. Midgley (Spem) 12.2; 2, C. Perera (Stret) 12.3. 300m: 1, Midgley 40.8; 2, L. Wilkinson (Hull) 41.4; 3, P. Stanley (Hull) 41.4 (B Race): S. Dyson (Bury) 41.8. 600m: 1, M. Herron (Scun) 1:34.6; 2, Stanley 1:35.4; 3, S. Howell (Hull) 1:39.1. 100mH: 1, Perera 14.5; 2, L. Ware-Grosvenor (Midd & C) 15.7. HJ: S. Todd (Hull) 1.52/5'0". LJ: 1, S. Clelland (LCAT) 5.45/17'10½"; 2, S. Dorman (Midd) 5.06/16'7¼". SP: B. Dring (Hull) 10.37/34'0¼". (Juniors) 600m: C. Helsby (Stret) 1:46.1. LJ: J. Thompson (Linc) 4.60/15'1". SP: E. Marshall (Hull) 10.04/32'11½".



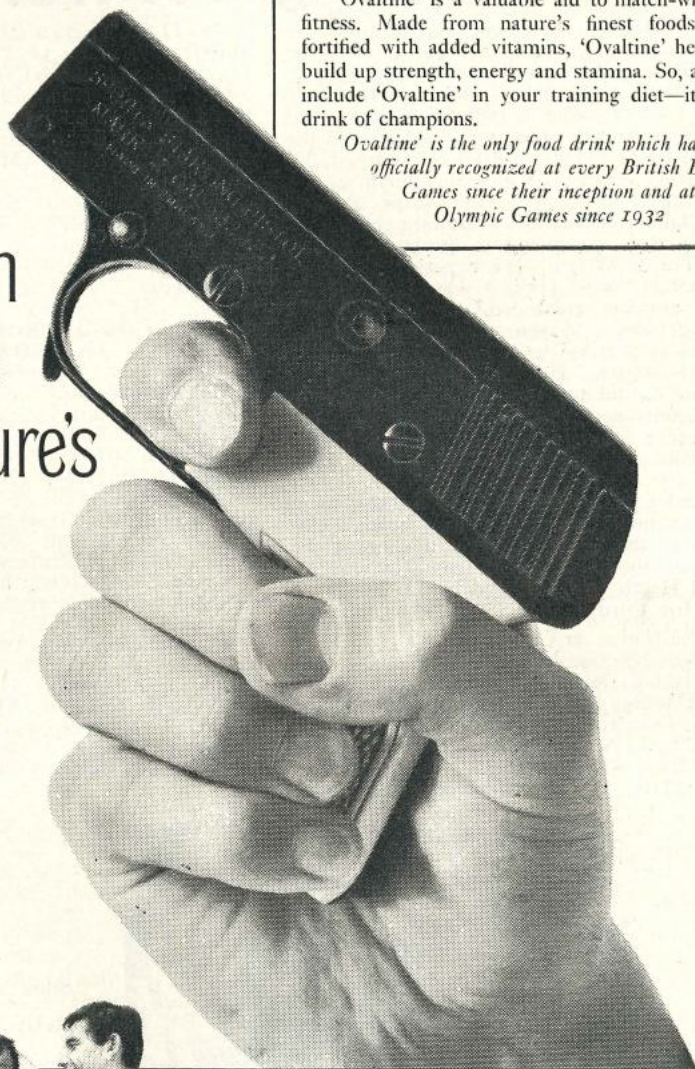
Andy Green works out on the picturesque Lilleshall track with Jean Tye, Christine Ansell, Ann Yeoman, Doris Dixon and Frances Bevan.

Roger Price

When you need to pull out those reserves of power that cut down the opposition, fitness tells. 'Ovaltine' is a valuable aid to match-winning fitness. Made from nature's finest foods, and fortified with added vitamins, 'Ovaltine' helps to build up strength, energy and stamina. So, always include 'Ovaltine' in your training diet—it's the drink of champions.

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Ernest Harper "10"**At Stannington, April 13th****Grove Wins Duel Against Trevor Wright**

THIRTY-THREE years after that brilliant run in the Berlin Olympics, Ron Grove found the secret of Ernest Harper's distance running pre-eminence that took the former Hallamshire Harrier to a silver medal in 1936. In the inaugural Ernest Harper 10 mile road race, held around the countryside where Harper did all his training, 30-year-old Grove, holder of the Leicestershire 3, 6 miles and cross country championships, as well as the Midlands 10 mile and marathon championship, finally won a tremendous battle with local favourite Trevor Wright. The experienced Grove admitted after: "Now I know why Sheffield has produced so many great cross country runners. I have never seen a tougher course in my life. I didn't think it possible to have so many hills in one ten mile stretch." Hills or not, Grove proved the best man on the day, picking up the threads of Wright's determined front running at the four mile stage, then taking the lead, and finally on the tortuous run up from Dungworth, pulling 200y clear.

Derby and County showed their massive team power by nominating their first man home, Peter Calladine, for the 'B' team, yet still winning the team honours by seven points from Hallamshire with Small Heath being pipped by Derby 'B' in the battle for third.

Peter Keeling

1. R. Grove (Leicester Corinthians) 51.53
2. T. Wright (Hallamshire) 52.18
3. P. Calladine (Derby & County) 54.13
4. J. Eley (Derby) 54.35; 5. H. Leeming (Derby) 55.10; 6. A. Domleo (Derby) 55.17; 7. K. Darlow (Read) 55.27; 8. A. Greenwood (Hallam) 55.59; 9. E. Guildford (Derby) 56.35; 10. R. Calvert (Small H) 57.03; 11. M. Rollinson (Small Hth)

57.15; 12. D. Trickett (Hallam) 57.40; 13. K. Daykin (Derby) 57.56; 14. C. Simpson (Sm H) 58.05; 15. D. Rhodes (Derby) 58.31; 16. M. Child (Wake) 58.34; 17. K. Northard (Derby) 59.01; 18. D. Hoare (Wake) 59.32; 19. B. Fletcher (Wake) 59.46; 20. M. Frost (Roth) 60.04; 21. G. Marriott (Sheff) 60.25; 22. B. Boxen (Mn YMCA) 60.58; 23. A. Payling (Derby) 61.22; 24. E. Chafer (Hallam) 61.30; 25. A. Chafer (Hallam) 61.41. **Teams:** 1, Derby & County 15; 2, Hallamshire 22; 3, Derby 'B' 27; 4, Small Heath 35; 5, Wakefield 53; 6, Derby 'C' 68. **Veterans:** 1, Simpson; 2, F. Wrigley (Leeds) 63.17; 3, J. Lawton (Leeds) 65.23.

GOOLE CROSS COUNTRY AND ROAD RACES**April 12th**

Men's Road Race (8½): 1, G. Edmunds (Sale) 42.39; 2, G. McBride (Bing) 42.43; 3, B. Short (Hull) 42.48; 4, B. Goulden (Sale) 42.50; 5, A. Greenwood (Hallam) 43.01; 6, P. Braithwaite (Bing) 43.32; 7, M. Child (Wake) 44.02; 8, B. Stacey (Long) 44.23; 9, A. Spence (Bing) 44.34; 10, D. Fudge (Hull) 44.55. **Teams:** 1, Bingley 17; 2, Sale 17; 3, Hull 38; 4, Hallamshire 47; 5, Wakefield 59; 6, Sheffield UH 63.

Youths: 1, C. Garforth (Hull) 15.30; 2, R. Belk (Airedale) 15.33; 3, A. Dewhurst (Aire) 15.36; 4, R. Pape (Aire 'B'); P. Grimoldby (Don PWAC); 6, A. Atkinson (Sale). **Teams:** 1, Airedale & Spen V. 15; 2, Sale 27; 3, Hull 30; 4, Airedale 'B' 40.

Boys: 1, A. Cowley (Sale) 9.10; 2, J. Fox (Scun) 9.20; 3, B. Jones (E. Hull) 9.25; 4, F. Kelley (Bing); 5, A. Settle (Sale); 6, G. Orme (Sale). **Teams:** 1, Sale 12; 2, Bingley 22; 3, Hallamshire 37; 4, Bingley 'B' 56; 5, Sheffield 59; 6, Scunthorpe 61.



Start of the Worthing Road Relay at Sompting. The race was won by Thames Valley, from Brighton & Hove and Surrey AC.

Sportsview

Caine Beats Alder In 'William Hall' Race

At Jarrow, April 12th

In the Senior race of $6\frac{1}{2}$ miles John Caine was always in the lead and had 200 yards to spare over Jim Alder at the tape. Brendan Foster was prominent in the early stages but faded to fourth towards the end, while John Trainor ran very well to finish just behind Ernie Pomfret and Lindsay Dunn.

1. J. Caine (Leicester CAC) 31.07
2. J. Alder (Morpeth) 31.33
3. D. Cox (Saltwell) 31.40
4. B. Foster (Gates) 32.16; 5. E. Pomfret (Hough) 32.24; 6. L. Dunn (Gates) 32.26; 7. J. Trainor (Gates) 32.26; 8. A. Moore (Midd) 32.35; 9. N. Rackman (Het) 32.37; 10. J. Kelly (Salt) 32.49; 11. I. Foster (Barr) 33.02; 12. J. Hillen (Salt) 33.05; 13. P. Veitch (Unatt) 33.06; 14. F. Titley (Leeds Un) 33.07; 15. A. Leich (Gates) 33.13; 16. R. Checkley (Heat) 33.18; 17. G. Smith (Leeds) 33.19; 18. D. Galloway (S. Shields) 33.20; 19. S. Larkin (Salt) 33.21; 20. M. Bateman (Dur) 33.22; 21. R. Bell (Mor) 33.22; 22. R. Lunnon (Glos) 33.25; 23. A. Matheson (Mor) 33.26; 24. C. Vaux (Midd) 33.29; 25. J. Temperton (Aire) 33.54. **Teams:** 1, Gateshead 32; 2, Saltwell 44; 3, Heaton 80; 4, Morpeth 82; 5, Middlesbrough 92; 6, Gosforth 125.

Youths Race ($3\frac{1}{2}$ miles) 1, M. McLeod (Els) 20.00; 2, A. Dewhurst (Aire) 20.13; 3, D. Coates (Midd) 20.36; 4, R. Stirling (Gates) 20.47; 5, C.

Spedding (Gates) 20.54; 6, D. Gibbon (Els) 21.09; 7, D. Baggaley (Gates) 21.11; 8, D. Marrs (Cock) 21.15; 9, R. Harrison (Aire) 21.19; 10, P. Pape (Aire) 21.24. **Teams:** 1, Gateshead 16; 2, Airedale & SV 21; 3, Middlesbrough 36; 4, Cockermouth 39; 5, Sunderland 54; 6, Jarrow 65.

Boys Race ($1\frac{1}{2}$ miles) 1, M. Goddard (N. Shields) 9.58; 2, D. Quinn (Salt) 19.12 3, A. Winter (Cock) 10.14; 4, W. Watson (Salt) 10.16; 5, J. Williams (Mor) 10.18; 6, D. Cauldwell (Darl) 10.25. **Teams:** 1, Saltwell 17; 2, Sunderland 35; 3, Gosforth 45; 4, Cockermouth 52; 5, Leeds City 66; 6, Darlington 70.

Colts Race (1 $\frac{1}{3}$ miles) 1, V. Rumis (Jarrow) 6.36; 2, H. Dodds (Els) 6.36; H. Dodds (Els) 6.38; 3, M. Coomes (Sund) 6.41; 4, D. Roberts (Jarrow) 6.44; 5, P. Robinson (Gos) 6.54; 6, P. Craven (Leeds) 6.55. **Teams:** 1, Jarrow 20; 2, Leeds 21; 3, Gateshead 40.

Women ($1\frac{1}{2}$ miles) 1, J. Lockhead (Aire) 11.53; 2, J. Horsley (Hough) 12.07; 3, A. Orpiszewska (Gos) 12.13; 4, M. Addamson (NSP) 12.15; 5, C. Harrison (Gos) 12.23; 6, P. Cross (Gos) 12.26; 7, F. Wishart (NSP) 12.44; 8, K. Barker (Blay) 12.47; 9, M. McHugh (Teviot) 12.56; 10, A. Bell (NSP) 13.02. **Teams:** 1, Gosforth 14; 2, North Shields Poly 21; 3, Houghton 34; 4, Blaydon 37.

blings (Croy) 13.23; 8, K. Brothers (Fel) 13.23; 9, B. Daniels (TVH) 13.35; 10, K. Clifford (Wycombe) 13.36; 11, R. Willmott (Poly) 13.38; 12, J. Stubbs (Eal) 13.41. **Teams:** 1, Hornsey 21; 2, Horsham BS 23; 3, Wycombe Ph. 24; 4, TVH 24; 5, Feltham 38; 6, Swindon 43.

Women
1. J. Smith (Barnet) 14.11
2. M. Beacham (Barnet) 14.47
3. M. MacSherry (Camb) 15.11
4. B. Bush (Bri) 15.58; 5, L. Elmore (Barnet) 16.01; 6, P. Godsmark (Hay) 16.35; 7, L. Coshall (Camb) 16.51; 8, J. Freeman (Barnet) 17.00; 9, J. Farr (Trow) 17.06; 10, P. Yeoman (Fel) 17.21; 11, G. Goodburn (Camb) 17.29; 12, P. Lewis (Camb) 17.38.

Teams: 1, Barnet & Dist. 7; 2, Cambridge 16; 3, Haywards Heath 24.

Intermediates
1. M. Sonner (Watford) 8.07
2. R. Cullen (Watford) 8.09
3. P. Chunn (Swindon) 8.15
4. H. Powell (Barnet) 8.23; 5, M. Coates (Thurr) 8.25; 6, P. Bagley (Camb) 8.30; 7, J. Soane (Swin) 8.31; 8, M. Taylor (If) 8.35; 9, G. Coleman (Thurr) 8.36; 10, A. Dunn (Camb) 8.39; 11, L. Collinge (Camb) 8.53; 12, B. Atkinson (Thurr) 8.55.

Teams: 1, Watford 17; 2, Thurrock 24; 3, Cambridge 31; 4, Swindon 33; 5, Barnet 42; 6, Camberley 44.

Bedford Triumphs In Feltham "5"

April 7th

1. D. Bedford (Shaftesbury) 24.07
2. T. Bivens (Ealing) 24.31
3. S. Badgery (Mitcham) 24.41
4. K. Harland (Camb) 24.48; 5, M. Barratt (Eal) 24.54; 6, J. O'Keefe (Poly) 25.03; 7, A. Major (Bel) 25.11; 8, P. Moore (Hor) 25.13; 9, J. Awcock (Hor) 25.32; 10, J. Snowden (Sy) 25.37; 11, J. Luxford (Hor) 25.44; 12, D. Manning (Mit) 25.47; 13, L. O'Hara (Bel) 25.49; 14, P. Freeman (Sy) 25.52; 15, K. Ryan (Mit) 25.58; 16, W. Kerr (Bel) 26.03; 17, R. Bennett (Horn) 26.15; 18, G. Taylor (Camb) 26.17; 19, J. Hyatt (Eal) 26.36; 20, G. Haskell (Hor) 26.40; 21, C. Walker (Bel) 26.42; 22, P. Fagan (Eal) 26.48; 23, J. Peel (Hay) 26.51; 24, J. Gilmore (Eal) 26.53; 25, K. Marshall (Dart) 27.03. **Teams:** 1, Ealing & Southall 26; 2, Horsham Blue Star 28; 3, Mitcham 30; 4, Belgrave 36; 5, Shaftesbury 63; 6, Surrey AC 71; 7, Cambridge 78; 8, Hornsey 79; 9, Belgrave "B" 98; 10, Ealing & Southall "B" 98.

Youths

1. J. Davies (TVH) 12.42
2. G. Baker (Horsham BS) 12.58
3. P. Gregory (Hornsey) 12.59
4. E. Williams (Camb) 13.08; 5, P. Bennett (Horn) 13.12; 6, C. Heath (Wycombe) 13.16; 7, C. Steb-

NORTH STAFFS WIN EGERTON RELAY

At Bolton, April 12th



Towards the halfway mark on the first leg: John McGrow (Longwood) leads from J. Godding (N. Staffs), M. Cox (Leeds City), 12—P. Morris (Blackpool) and 1—I. Leonard (Barrow).

Eric North

It looked as if North Staffs were to be robbed of the opportunity to compete for the Trophy for which they had had several near misses in past years, but late arrival J. Hope completed a quartet which went on to score a fine win. Mike Baxter gave notice that he will be no mean contender for track honours with the day's fastest individual lap, although blustery conditions over the picturesque moorland course kept times well outside the course and lap records.

A. Morgan

1, North Staffs & Stone (J. Godding 18.17, J. Jackson 18.04, J. Hope 19.21, R. Fowler 18.52)

74.34.

2, Blackpool & Fylde (P. Morris 18.06, F. McQuire 19.21, D. Jones 19.01, A. Byrne 19.00) 75.28.

3, Bolton United (R. Swann 19.04, R. Hill 18.08, M. Chapman 19.38, E. Haslam 19.08) 75.58.

4, Rochdale 76.32; 5, Longwood 77.21; 6, Leeds City 77.34; 7, Sheffield 77.39; 8, Preston 79.23; 9, Bolton 'B' 79.43; 10, Barrow 80.15; 11, Longwood 'B' 81.05; 12, Halifax 81.13. **Fastest Laps:** M. Baxter (Leeds) 18.03; Jackson 18.04, Morris 18.06, I. Leonard (Barrow) 18.08, Hill 18.08, J. McGrow (Longwood) 18.09, Godding 18.17.

PENDLE FELL RACE

April 12th

1. P. Watson (Bramley) 45.15
2. H. Walker (Blackburn) 45.37
3. J. Calvert (Blackburn) 46.32
4. N. Carrington (Sale) 46.42; 5. D. Hodgson (Leeds) 46.49; 6. M. Davies (Read) 49.03; 7. A. Spence (Bing) 48.08; 8. P. Wood (Aire) 48.50; 9. G. Garnett (Bing) 49.27; 10. R. Jackson (Sal) 49.32; 11. M. McDonald (Midd) 49.48; 12. A. Harmer (Lan) 49.55; 13. G. Hulley (Bill) 49.57; 14. G. Jordan (Farn) 50.00; 15. J. Smith (Bury) 50.10; 16. D. Mitchell (Bing) 50.15; 17. A. Aspinall (Ross) 50.42; 18. D. Scott (Clay) 50.49; 19. P. Longfield (Bram) 51.02; 20. M. Cudahy (Stock) 51.10. First Veteran: Mitchell.

HERTFORDSHIRE COUNTY '10'

At Watford, April 12th

1, A. Reavley (S. Herts) 51.26; 2, T. Slack (Verlea) 53.12; 3, E. Nolan (S. Herts) 54.30; 4, R. Little (Wat) 54.49; 5, J. Smith (S. Herts) 55.15; 6, D. Read (S. Herts) 56.12. Teams: 1, South Herts 9; 2, Verlea 18; 3, Watford 30; 4, South Herts 'B' 31. Veterans: 1, H. Jaquest (Wat) 61.44; 2, J. Harris (Wat) 68.11.

"CHEVY CHASE" 17 MILES

April 13th

1. R. Tintin (Newcastle Univ) 2:21
2. M. Davies (Reading) 2:24
3. P. Livesey (Clayton-le-Moors) 2:29
4, P. Duffy (Mother) 2:33; 5, R. Lowney (Barrow) 2:40; 6, M. Little (Edin SH) 2:42; 7, W. Halliday (Heat) 2:44; 8, D. Cresswell (Heat) 2:44; 9, J. Hall (Bel) 2:45; 10, S. Robson (Gates) 2:46; 11, A. Heaton (Clay) 2:47; 12, D. Holmes (Bury) 3:02. Teams: 1, Clayton-le-Moors 8:42; 2, Heaton 9:15. **(Junior Race)** 1, A. Ladro (Ken) 1:30; 2, J. Pearson (Morpeth) 1:31; 3, W. Nichols (New) 1:32; 4, D. Cannon (Ken) 1:37; 5, C. White (Jarrow) 1:42; 6, M. Bateman (Dur) 1:45. Teams: 1, Kendal 3:07; 2 Newcastle Univ. 3:25.

BILLINGHAM TO HARTLEPOOL '10'

April 7th

1, E. Pomfret (Hough) 48.42; 2, J. Alder (Morpeth) 49.17; 3, D. Camp (Burn Rd) 50.55; 4, N. Rackham (Heat) 51.15; 5, C. Vaux (Midd) 51.29; 6, I. Forster (Boro' RC) 51.38. Teams: 1, Morpeth 154:57; 2, Middlesbrough & Cleveland 157:08; 3, Heaton 160:12.

HALESOWEN A. & C.C.

12th Annual

16 MILE OPEN ROAD RACE

(Under A.A.A. Laws)

SATURDAY, 17th MAY, 1969, at 3 p.m.**From Manor Abbey Sports Ground,
Halesowen, Worcs.**

Individuals 3/- Teams 10/-

All competitors must enter as individuals

Entries to K. C. Westley, 46 Winds Point, West Hagley, nr. Stourbridge, Worcs.

CLOSING DATE: 5th MAY, 1969**LINCOLN CITY & COLLS A.C.****OPEN SCRATCH****ATHLETIC
MEETING**

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

Sponsored by Lincoln Labour Party**WHIT MONDAY, 26th MAY, 2 p.m.**

EVENTS — Sen. Men: *100m, 300m, 800m, *1500m, *5 Mile R. Race, L.J. **Jun. Men:** 100m, 300m, 1,000m, *3,000m. **Youths:** 100m, 300m, *3x800m Relay. **Boys:** 100m, 3x800m Relay. **Sen. Women:** 100m, 200m, *800m, Discus. **Inter. Women:** 100m, 200m, **Jun. Women:** 100m, 800m.

Entry Fees: S.M., J.M., S.W. 2/6, Yths., Boys, I.W., J.W. 2/- All team races 10/- per team.

Venue: City & Colleges Ground, Ravendale Drive, Lonsdales Road, Lincoln.

OVER £170 IN PRIZES & 6 TROPHIES*

Entries close Thursday, May 1st, to M. J. Polkinghorne, 11 Westfield Drive, Wragby Road East, Lincoln.

BARNET & DISTRICT A.C.**HAMPSTEAD "10"****Fred Burton Memorial****SATURDAY, MAY 17th at 3 p.m.**

(Under A.A.A. Laws)

Entry Fees: 3/- ind., 5/- team (3 to score). Everyone must enter as individual. Forms from and entries to B. E. Fowler, 4 Shaftesbury Avenue, New Barnet, Herts. Vets. please state age on forms.

CLOSING DATE FOR ENTRIES—MAY 3rd**PLESSEY BEESTON****SPORTS AND SOCIAL CLUB**

(Formerly Ericsson Athletic Club)

8th ANNUAL

**ATHLETIC AND CYCLING
MEETING****& OPEN 15 MILE ROAD RACE**

(Inc. Nottinghamshire A.A.A. Championship)

SATURDAY, 14th JUNE, 1969**TRENT VALE RD. GROUND, BEESTON.****Commencing 2 p.m. Road Race 3 p.m.**

(Under A.A.A., W.A.A.A. & B.C.F. Laws)

15 Mile Road Race—1st, 2nd, 3rd, 4th. Individual, 1st three teams (6 run, 3 to count), 1st Veteran, 1st Novice, 1st Member Plessey (Beeston) A.C. Certificates all finishers. Notts. Championship Medals & Tankards.

Track Events—Men: 1000m. Invitation (Prizes 1st 4), 3000m. scratch. Prizes 1st three and 1st team (4 run, 3 count), 100, 220 & 1 mile H'cap events, 4x110 Relay.

Ladies—100, 220, 440 H'cap events, 4x110 relay.

Field Events—Men: Javelin, **Ladies:** Shot, Javelin.

Entry Fees—2/0d per event, teams 5/-. (In Road Race and 3000m. ind. as well as team entry required).

ENTRIES CLOSE: 28th May for H'cap events; 30th May for Scratch events.

Entries to and details from:—**The General Secretary, Plessey (Beeston) Sports and Social Club, Plessey Telecommunications Ltd., Beeston, Nottingham. NG9 1LA.**

AAA 5 STAR AWARD SCHEME FOR SCHOOLS & CLUBS

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THE AMAZING SYDNEY WOODERSON

This Sunday, at Croydon, Sydney Wooderson returns to the track at the age of 54—to run the 50th leg in Blackheath Harriers' centenary 100x1 mile relay. Just how great was he? The following extracts from Melvyn Watman's book, "History of British Athletics," cover the highlights of his amazing career. World record breaker at 800m, 880y and the mile; European champion at 1500m and 5000m; English cross-country title winner; unbeaten in duel international matches . . . and yet the war cost him what were potentially his finest years! Truly, one of athletics' living legends.

Sydney Wooderson —The Half Miler

Sydney Wooderson had never bettered 1:54 prior to 1938—the year in which he decided to set about breaking the world 880y record of 1:49.6 set by Elroy Robinson (USA) in 1937. His first major race at the distance was at the traditional Bank Holiday international meeting at the White City on August 1st, a race in which he defeated the Italian ace, Mario Lanzi, by a yard and a half in the British record time of 1:50.9. Fresh from a personal best quarter of 49.3 on a poor grass track 12 days earlier, Wooderson took little heed of Lanzi's impetuous start. The Italian covered the first furlong in an extravagant 25.0, with Wooderson nearly ten yards back in 26.2, but at the bell the diminutive Blackheath Harrier was neatly poised a stride or two behind: 53.1 to 53.5. With half a lap to go Wooderson moved up to Lanzi's shoulder and took his man in the final 100 yards. Following a UK 1500m record of 3:49.0 in Glasgow on August 6th Wooderson returned to the White City on the 14th for a slow (1:55.8) but convincing 880 victory against France.

Six days later all was ready for a planned assault on Robinson's record. The scene was the University of London track at Motspur Park, the cinder path on which Wooderson had registered a world



mile record of 4:06.4 almost exactly a year earlier. Everything was in his favour: the track was in first class condition, there was little wind about and the race was a specially framed handicap designed to draw Wooderson out to the maximum. This was in the days before the governing bodies banned paced record attempts. His six helpers were given starts ranging from 8 to 85 yards. Nothing was left to chance: the record challenger even started ten inches behind the line in case the track was found to be short.

The pace was hot from the outset—25.8 at 220y, 52.6 at 440. The watches showed 1:20.3 at 660 and he had 29.2 seconds left to cover the remaining half lap. The excited crowd of 5,000 dearly wanted to witness a record by Britain's favourite athlete and Wooderson did not let them, or himself, down. Sustaining his form brilliantly he consumed the final furlong in 28.9 for an overall time of 1:49.2. Fifty years after Frank Cross's 1:54.4 at Oxford a British runner was in possession of the world record again. There was a bonus, too, for at 800m he was timed in 1:48.4—another world record. Incidentally, he did not quite manage to win the race, for younger brother Stanley (off 85 yards) broke the tape some five yards ahead. That, in effect, was the end of Sydney Wooderson's half miling career. His only subsequent mark of significance was a 1:53.9 effort in 1940.

Sydney Wooderson —The Miler

While Jack Lovelock was monopolising the athletics headlines in 1933 an 18-year-old Londoner named Sydney Wooderson was just beginning to attract the attention of the sport's more perceptive followers. Young Sydney, who had finished sixth in the Public Schools mile championship in 1931 and second (4:34.4) the following year, made it third time lucky when, with a spectacular final furlong in 30.2, he defeated future internationals Denis Pell and Jack Emery in 4.29.8—a record for the meeting. Promising, certainly . . . but who could have predicted that the very next year this pint sized schoolboy would actually defeat the great Lovelock?

The occasion was the Southern Championship, held on a grass track at Guildford late in June. The massive field of twenty-eight, spread across the track in three rows, included both Lovelock, who had just lost his world record to Glenn Cunningham (USA), and Jerry Cornes, back from Africa and raring to get back into international athletics. On paper it looked a two-horse race but fortunately athletics is rarely that cut and dried. Upsets can and frequently do occur. Aubrey Reeve, who had not previously beaten 4:20, was the man who created the sensation at Guildford. He took everyone by surprise in unleashing a kick 220y from home and won in 4:14.8. Lovelock, admittedly suffering from a knee injury, looked a safe enough second—until Wooderson, now Kent senior champion and a pupil of Albert Hill, stormed past just before the line. Both were credited with 4:15.2, an improvement in Wooderson's case of over twelve seconds! Truly the 1.67/5'6", 57kg/125lb. Blackheath Harrier had arrived.

Interest ran high for the return match at the AAA Championships two weeks later and it too proved a remarkable race — if for the wrong reasons. The trouble was that none of the nine finalists felt prepared to cut out a reasonable pace and consequently the field shuffled around the opening lap in 68 seconds. To the crowd's growing dismay, to put it mildly, the 'speed' dropped still lower the second time around and the half was called in a funereal 2:22.5! Cornes pepped things up a little with a 65.5 third lap but the pattern of the race was 'made' for Lovelock, now fully fit, and he produced a 58.6 last lap to win by eight yards in 4:26.6 from Wooderson (4:27.8) and Cornes. Lovelock, Wooderson, Cornes: that was the order again in the Empire Games on the same White City track the following month. This time the bell was reached in 3:12.8 and it was Wooderson who made the initial break for home. He had not the strength to see it through . . . yet . . . and Lovelock gathered him in without much trouble to win by five yards in 4:12.8. The lion hearted 19-year-old Wooderson fought back against Cornes, who had slipped into second place, to win the silver medal in a time that was unofficially recorded as 4:13.4, equalling Reggie Thomas's UK best. Cornes finished 3rd, a yard behind, and Reeve 4th.

Pursuing his policy of one all-important race per season, Lovelock set his sights in 1935 on the much publicised 'mile of the century' at Princeton. The opposition included Bonthron and Cunningham, and a 30,000 crowd flocked to the stadium expecting both an epic race and a time around the 4:04 mark. The race was indeed a good one but a 64.9 first lap put paid to any chances of a record. Cunningham unsuccessfully attempted to run Lovelock into the ground during the middle two laps but the pace was not severe enough and Lovelock proved much too strong in the closing stages. His time was 4:11.2. Having triumphed in the one race that mattered to him, the rest of the season became an anti-climax for Lovelock and one ought not to attribute too much importance to his subsequent defeats by Wooderson . . . though all credit to the Englishman for taking his chances. In the first clash, at the AAA, Wooderson beat Lovelock at his own game by outprinting the master in 4:17.4. Three weeks later, before a 50,000 crowd in Glasgow, he repeated the dose in the UK record time of 4:12.7 (61.6, 65.8, 64.4, 60.9).

The year of 1936 belonged, of course, to Lovelock. He planned his campaign to perfection: nothing mattered except that he should be at his zenith on August 6th, the day of the Olympic 1,500 metres final. Whether Wooderson, who again outprinted the New Zealander in the AAA mile (in 4:15.0), could have succeeded in Berlin had he been fully fit is a moot point; as it was he was





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eliminated in his heat in 3:56.4, victim of an ankle injury. He ran with his leg bandaged and performed gallantly even to finish the race, for X-rays later revealed he had a cracked bone. It was a bitter blow; on the strength of his UK record of 4:10.8 in June (laps of 60.6, 64.4, 63.8, 62.0) and his victory over Lovelock he was clearly an outstanding contender for a medal. His unexpected departure from the Olympic scene—his injury having been kept secret before the race—came as a shock to British sports fans, but at least they were able to console themselves with the triumph of Lovelock, whom they considered one of their own.

Wooderson carried all before him in 1937. He won the AAA title by twenty yards in 4:12.2, broke Cornes' 1,500m record with 3:51.0, defeated Miklos Szabo (Hungary) and Archie San Romani (USA) at the White City, set a British $\frac{1}{4}$ mile mark of 3:00.9 and loafed to victory in the mile against Germany. The climax of a flawless season came about at Motspur Park on August 28th. The occasion was a specially framed mile handicap, a planned record attempt in fact, at his club's meeting. As was the case also in his similarly arranged half-mile the following year everything was in his favour: good weather, well prepared track and willing pacemakers. A crowd of 3,000 flocked to the University of London ground, the spectators including two past masters of the event in 78-year-old Walter George and Wooderson's own coach, Albert Hill. Reggie Thomas, destined one week later to produce a personal best 1500m time of 3:53.5 in Finland, set off at a very fast clip from his mark of ten yards and drew Wooderson with him. The upright little Blackheath Harrier with the long stride raced through the opening furlong in 28.6 and covered the initial quarter in 58.6. The middle couple of laps went by in 64.0 and 64.6, leaving Wooderson 59.4 seconds to lower Cunningham's figures. It was a task just within his capabilities for he sped around in 59.2 to finish in 4:06.4. For the first time in the twentieth century an Englishman was world mile record holder.

If anything, Wooderson's 1938 campaign was even more distinguished, for he succeeded in both his main objectives: to break the world half-mile record and win the European 1500m title.

Wooderson was a clear favourite for the championship in Paris, particularly since he had cut his UK record to 3:49.0 the previous month, and indeed he fulfilled all expectations by winning comfortably in 3:53.6 from Belgium's Joseph Mostert and the ageing Luigi Beccali (Italy). A few days later, in Oslo, Wooderson defeated Mostert again—this time in 3:48.7, only a tenth outside Szabo's European record. The Empire Games mile, held in Sydney in February 1938, would have been a cakewalk for the city's namesake but he chose to stay at home to prepare for his final exams as a solicitor and the race went to Welshman Jim Alford in a personal best of 4:11.6.

Wooderson began 1939 in sensational style. He won the inter-counties mile in May by no less than sixty yards from Alford in 4:07.4 and the following week became the first man to break three

minutes for three laps (2:59.5). The very next day he sailed on the *Normandie* bound for the USA and yet another of Princeton's 'mile of the century' epics. The race, conducted in a blaze of publicity and watched by a crowd of 28,000, resulted thus: 1, Chuck Fenske 4:11.0; 2, Glenn Cunningham 4:11.6; 3, Archie San Romani 4:11.8; 4, Blaine Rideout 4:12.0; fifth and last, Wooderson 4:13.0. A curious result. What happened to England's hero, whom Albert Hill had predicted would win in 4:03? For three and a half laps the 'slight, anaemic-looking chap who does not look capable of running round the corner without swooning' (as one American reporter described him) led at a virtual jogtrot: 64 at 440, 2:08 at the half, 3:14 at the three-quarters. The whole field was tightly packed and it was hardly surprising that an 'incident' should occur as the runners gathered themselves for the sprint to the wire.

Here is Wooderson's account of what happened, as published in *World Sports* in 1947: "We were certainly badly bunched. That was natural enough. Rideout did not touch me as he sprinted past me into the lead, but he was so close in that I hit the rail trying to avoid him and stumbled. I ran into trouble, that was all it was. It's the luck of the game." Fair enough, but for weeks the controversy raged on both sides of the Atlantic. British correspondents claimed their man had been fouled, while their American brethren denied any such thing. At least one accused Wooderson of impeding Rideout by blocking his path. Rideout's own version of the affair, though, was: "Wooderson was a beaten runner when I passed him, I cut in too quickly. I'm sorry. That's the last thing I'd want to do to a whipped runner."

Wooderson returned to England in time for the AAA Championships, and a 27.9 final furlong brought him his fifth successive title. His time was 4:11.8 but he was surprisingly pressed by Denis Pell, who finished only a step behind in 4:12.0. Later in the season Pell defeated Rideout in a White City mile and returned 3:50.2 for 1500m, fourth fastest in the world that year, in the match against Germany in Cologne. Unhappily, Pell was destined to lose his life during the war, victim of a flying accident—as was Reggie Thomas shortly after the end of hostilities. As for Wooderson, he managed to remain fairly active on the track throughout the war despite poor health and recorded 4:11.0 in 1940, 4:11.2 in 1941, 4:16.4 in 1942, 4:11.2 in 1943 and 4:12.8 in 1944. This last mentioned mark was set in the 'Stalin Mile' in Manchester in July 1944, shortly before he developed severe rheumatism. He was in hospital for nearly four months, followed by two months convalescence, and was told by doctors that he could never run again. They bargained without Sydney's iron will. Within six months of leaving hospital he was racing again and, incredibly, that same year—1945—he went on to record the fastest 1500m and mile times of his career!

Twice, within weeks of VE Day, Wooderson tangled with the tall, powerfully built Swede, Arne Andersson, whose 4:01.6 mile in 1944 stood as

the world record until his compatriot Gunder Hagg returned 4:01.3 twelve months later. The result of the first encounter seemed a foregone conclusion. On the one hand there was the steadily improving Andersson, who as a resident of a neutral power had been able to train uninterrupted for the past six years; on the other there was Wooderson, now in his thirty-second year and beset by ill health and the hardships of a nation at war. Almost eight years had elapsed since his record 4:06.4, a time which in any case would have left him about 30 yards adrift of Andersson's 4:01.6. The sport-starved British public flocked to the White City on August Bank Holiday, lured primarily by this David and Goliath act . . . and the 54,000 fans inside the stadium had much to cheer. Andersson won, of course, but how gallant Wooderson was in defeat. Just before the bell, reached in 3:08.2, Wooderson thrilled his supporters by sneaking into the lead but although unable to withstand the Swede's finish he ran brilliantly to lose by only four-tenths of a second in 4:09.2.

Yet better was to come! The two men met again in Gothenburg the following month and once more Andersson triumphed by the slender margin of four-tenths or three yards—only this time they were precisely five seconds faster. Yes, Wooderson clocked 4:04.2, which was 2.2 seconds inside his 1937 British record and a mark bettered in all miling history only by the three Swedes, Hagg, Andersson and Rune Persson. It was, as Guy Butler wrote in his booklet *Sydney Wooderson and Some of his Great Rivals*, "the most remarkable performance of his running career". Andersson set a blistering pace, passing the quarter in 58.6, the half in 2:00.1 and the three-quarters in 3:02.8. The ever game Englishman not only sustained the speed but went ahead on the final lap, trying all he knew to shake off his great opponent. He was still in front at the 1500m mark in 3:48.4 (a British record) but had to concede in the finishing straight. Rune Gustafsson, a 4:04.6 performer, and Persson were left well behind. Wooderson's lap times in this, his last major race at the distance with which he is most closely associated, were 59.0, 61.5, 62.5 and 61.2.

Sydney Wooderson —The Three Miler

The former world record smasher at 800m, 880y and mile decided to move up to the 3 miles and 5000m in his final track season, 1946. He made his debut in the AAA Championships and led nearly all the way to win from the Dutch star, Willy Slijkhuis, in the British record time of 13:53.2. His last lap of 59.0 was considered quite phenomenal by contemporary observers. After winning against France in 13:57.0 all was ready for the European Championships in Oslo. The opposition was indeed formidable but Wooderson, only a week short of his thirty-second birthday and racing at 5000m for the very first time, was quietly confident.

He ignored the stampede at the start and gradually worked his way through the field, sure of his own pace judgement. He was eighth after the first lap, sixth after three laps and fourth after six. On the eighth lap Viljo Heino (Finland), holder of four world records, Gaston Reiff (Belgium), Slijkhuis and Wooderson—in that order—detached themselves from the rest. The titanic struggle was just beginning. With 1000m to run, Reiff fell back and Heino was feeling the effects of his 10,000m victory the previous evening. The Dutchman took the lead for the first time in the race with Wooderson at his heels. It was now a two-man race and Slijkhuis, that AAA defeat fresh in his memory, tried everything to drop his opponent. The pace got faster and faster, the crowd more and more frantic, but the position remained the same. Then, with half a lap remaining, Wooderson struck. Slijkhuis was powerless to resist and by the finish, having sped around the final 400m in 61.6, Wooderson was over thirty yards ahead. His time was as brilliant as the manner of his victory. Only Gunder Hagg (13:58.2) had ever run faster than his 14:08.6; it was a cool 23 seconds inside Peter Ward's British record and was the equivalent of about 13:40 for 3 miles. Trailing in his wake Slijkhuis recorded 14:14.0, Evert Nyberg (Sweden) 14:23.2, Heino 14:24.4, an internationally unknown Czech by the name of Emil Zatopek 14:25.8 and Reiff (who was to become Olympic champion in 1948) 14:45.8.

Wooderson raced on the track only once more. He set out to break 9 minutes for 2 miles on his favourite Motspur Park Track but, following a 4:26.6 first mile, he developed Achilles tendon trouble and was slowed down to 9:12.8. Even this was not quite the end . . . two years later he won the English 9 miles cross-country title! What an amazing athlete he was.

DEVON & CORNWALL CONSTABULARY ATHLETIC MEETING

Recreation Ground, Torquay
Wednesday, 16th July, 1969
at 2 p.m.

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

OPEN EVENTS

MEN		Prize Value
100yds. Flat Handicap	... £7/7	£4/4 £2/2
220yds. Flat Handicap	... £7/7	£4/4 £2/2
440yds. Flat Handicap	... £7/7	£4/4 £2/2
880yds. Flat Handicap	... £7/7	£4/4 £2/2
One Mile Flat Handicap	£7/7	£4/4 £2/2
Two Miles Open Scratch	£7/7	£4/4 £2/2
(Team & Ind., 4 run, 3 score) Team Prizes to value of £18, 5 teams to run or no 3rd team prize.		
100yds Vets Handicap	... £3/3	£2/2 £1/1
(6 entries or no race)		

WOMEN

100yds. INVITATION Short

Limit Handicap	£5/5	£3/3	£1/1
100yds. Flat Handicap	... £5/5	£3/3	£1/1
220yds. Flat Handicap	... £5/5	£3/3	£1/1
4 x 110 Relay. Three sets prizes valued £18			

Entrance Fees—1/- each event, team event 5/-
Entries Close Monday, 30th June, to Sgt. R. A. Cox, Sports Hon. Sec., Police Stn., Torquay.

Women's Athletics

PAT PRYCE answers the Questionnaire

Full name:

Patricia Anne Pryce.

Birthplace and date:

Willesden (London), 4.1.42.

Height and weight:

1.73/5'8", 63kg/140lb.

Club:

Hillingdon AC.

Occupation:

Housewife (son aged 3).

Which performance has given you most pleasure?

When I won the Women's AAA 80m hurdles in 1963 and 1964, beating Yoda of Japan.

How many days a week do you train?

Four.

At what time of day do you train?

Evenings and all day Sunday.

Please describe your warm-up:

Half mile jogging and exercises.

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

In 1968 I did weight training on Wednesday, and trained all day Sunday at Crystal Palace.

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

Monday: Rest.

Tuesday: 6 x 220 in 28 sec.

Wednesday: 10 x 100 yards.

Thursday: 10 x 60 yards and step overs.

Friday: Rest.

Saturday: Competition.



Ed Lacey

PAT PRYCE'S CAREER

WAAA Titles: 1961—200mH; 1962—200mH; 1963—Indoor 60yH, 80mH, 200mH; 1964—80mH, 100mH; 1968—80mH.

UK Records: Held unofficial bests at 80m, 100m (2'6") and 200m hurdles.

International Games: 1960 Olympics—elim. heat (11.5). 1962 European—elim. heat (11.1). 1962 Commonwealth—4th (11.5) & 7th LJ (5.59/18'4"). 1964 Olympics—5th semi-final (10.7). 1966 Commonwealth—5th (11.1). 1966 European—elim. heat (11.2). 1968 Olympics—injured in heat.

GB International Matches: 1958—6th (11.5) v. Commonwealth. 1960—3rd (11.6) v. Italy. 1962—6th (3940 Pentathlon) v. Neth/Bel; 4th (11.4) v. Poland. 1963—2nd (8.6 60mH indoors) v. W. Germany; 4th (4253 Pentathlon) v. Neth/Bel; 2nd (11.1) v. USA; 2nd (11.0) & 2nd (13.5 100mH, 2'6") v. W. Germany; 1st (10.9) & 1st (13.7) v. Netherlands; 3rd (10.8) v. Russian FR. 1964—5th (4302 Pentathlon) v. Neth/Bel; 1st (10.8) v. Poland; 1st (10.8) v. Netherlands. 1968—1st equal (10.9) v. W. Germany; 1st (11.0) v. Poland.

Personal Bests: 100y—10.8 (1964), 200m—24.9 (1968), 80mH—10.7 (1964 & 1968), 100mH (2'6")—13.4 (1964), 100mH (2'9")—14.3 (1966), 200mH—28.3 (1961), HJ—1.57/5'2" (1968), LJ—5.69/18'8" (1961), SP—11.13/36'6 1/2" (1962), Pen—4302 (1964).

Annual Progress at 80mH:

1955	12.0 (80y)	1962	11.0
1956	11.5 (80y)	1963	10.8
1957	12.0	1964	10.7
1958	11.4	1965	—
1959	11.2	1966	11.1
1960	11.4	1967	11.3
1961	11.1	1968	10.7

Sunday: (morning) starts over at least 4 hurdles; (afternoon) sprinting.

This was my training for 1968.

Coach:

Fred Housden.

How much of your success is due to coaching?
99 per cent.

How many days rest do you like before competition?

One day.

How often do you like to compete?

Once a week.

What advice would you offer the young athlete or novice?

To enjoy your athletics and not treat it as a job. And if you have a coach, to believe in what he tells you and try hard. If you have natural ability use it. Also if you want to see the world, athletics is the cheapest way if you make the grade, but you must be prepared to work.

Alpha-Beta Trophies Meeting

Women's Athletics

A WINDSWEEP START TO THE SEASON

ONE could almost hear the cry "Overture and beginners please", as the 1969 Ladies trophy season got off to a windswept start on April 12th at Copthall Stadium in beautiful Downtown Hendon. Although the gusty winds (and the time of year) precluded any mind-staggering performances, the Alpha-Beta meeting was nevertheless "verry inter-rresting", especially as several events were being given their trophy meeting inauguration. (What was believed to be the first ever 100m hurdles event to score towards a trophy was won, fittingly perhaps, by Susan Turpin of the promoting club, Borough of Enfield H). Sue, the English Schools Intermediate hurdles champion, defeated Lindsay Cooke of LOAC, the senior champion, in 15.2 and afterwards confessed to having been "Dreading the first race over 100m. I don't mind the extra height at all, but the distance between hurdles is awkward for me, possibly because I'm on the small side for a hurdler," she said. The new Junior event of 200m, which has replaced the 150y, was also staged for the first time.

Janet Oldall's Alpha high jump victory at 1.57/5'1 1/4" for Woking was particularly pleasing not only because it was her best jump since 1966, but also as it follows so closely a cartilage operation on her right knee. The Beta event was a disappointment for Barbara Inkpen who found she was the only competitor, so contented herself with winning the Long Jump instead. Her fellow Olympian Maureen Barton was due to compete in the latter, but was delayed on her way from attending by the wedding of Surrey athlete Tony Tymms and arrived just in time to compete in the relay. Even so, Maureen had better luck than a large number of the Feltham team whose motor coach never

arrived at all, leaving a small band of Feltham athletes who had travelled independently to carry the club's flag, with Janet Stroud's 200m victory being outstanding. Perhaps the best track performance was Linda Peck's 58.5 victory in the 400m. For the 18-year-old Enfield girl to approach her best of 57.4y under the gusty conditions in mid-April surely indicates some noteworthy times later in the season.

CLIFF TEMPLE REPORTING

The discus throwers, using the new 45-degree arc, found the wind less helpful than it might have been and Margaret Pulman, though satisfied with her throw of 39.74/130'4", reflected that two days earlier she had achieved over 156 feet in training. Little significance should be attached to Janet Baker's winning performance in the Alpha javelin as a reflection on her current form—a misunderstanding over the weighing of her spear resulted in Throws Referee Joe Goscomb ruling out her usual javelin, at which Janet withdrew from the competition. She was persuaded to make a token throw for points by her team manager and her sole effort of 34.10/111'10" off a five stride run was enough to win.

One small criticism of the meeting, run as efficiently as ever by Isabel Armitage and her Enfield team: while measuring and announcing of field events in metric figures is to be welcomed with an eye to the future, I don't believe either the athletes or the public are sufficiently well acquainted with metric performances to mean much on their own—yet.



Ken Woolcott discusses the finer points of long jumping with his group at the recent WAAA "Bovril" Course at Crystal Palace. The girls are Barbara-Anne Barrett, Maureen Barton, Jackie Caswell, Shirley Clelland, Valerie Fox and Janis Murray.

Bruce Edwards

Women's Athletics

"Alpha Trophy": 1, LOAC 168; 2, Enfield 138; 3, Notts 124; 4, Woking 116; 5, Middx LAC 106; 6, Portsmouth Atlanta 95; 7, Feltham 57.

100m: C. Moore (Middx L) 12.9. 200m: 1, J. Stroud (Fel) 25.8; 2, L. Peck (Enf) 26.0. 400m: 1, Peck 58.5; 2, M. Hunt (LOAC) 61.1. 800m: 1, M. Vinall (Wok) 2:20.8; 2, C. Ward (LOAC) 2:21.4; 3, A. Blurdal (LOAC) 2:24.6. 100mH: 1, S. Turpin (Enf) 15.2; 2, L. Cooke (LOAC) 15.6; 3, J. Oldall (Wok) 16.1. HJ: Oldall 1.57/5'1 $\frac{1}{4}$ ". (2nd string): 1, P. Edwards (Wok) 1.53/5'0 $\frac{1}{4}$ "; 2, S. Rampton (MLAC) 1.53/5'0 $\frac{1}{4}$ "; 3, B. Rowe (LOAC) 1.51/4'11 $\frac{1}{4}$ ". LJ: J. Summerhayes (MLAC) 5.10/16'8 $\frac{1}{4}$ ". SP: 1, M. Pulman (LOAC) 11.54/37'10 $\frac{1}{4}$ "; 2, A. Littlewood (Notts) 11.24/36'10 $\frac{1}{4}$ "; 3, D. Watkinson (Ports) 9.76/32'0 $\frac{1}{4}$ " (Commonwealth 440y Silver medallist). (2nd string): 1, J. Baker (LOAC) 10.92/35'10"; 2, J. Frampton (Notts) 10.62/34'10 $\frac{1}{4}$ ". DT: 1, Pulman 39.74/130'4"; 2, Frampton 35.68/117'0"; 3, D. Keable (Enf) 32.60/106'11". JT: 1, Baker 34.10/111'10"; 2, J. Spink (MLAC) 31.16/102'2". 4 x 100m: LOAC 50.7. (Juniors) 1, Enfield 127 $\frac{1}{2}$; 2, Notts 114 $\frac{1}{2}$; 3, LOAC 110; 4, Middx LAC 102; 5, Portsmouth 69 $\frac{1}{2}$; 6, Woking 62 $\frac{1}{2}$; 7, Feltham 14. 80m: 1, J. Baldwin (LOAC) 11.0; 2, L. McCallum (Notts) 11.1. 100m: B. Martin (LOAC) 13.6. 200m: S. Flynn (LOAC) 28.8. 80yH: 1, S. Wittingham (Ports) 12.2; 2, E. Webster (LOAC) 12.5. 4x110m: LOAC 53.3. HJ: T. Greison (Middx) 1.42/4'8". LJ: Greison 5.10/16'8 $\frac{1}{4}$ ". (2nd string): B. Martin (LOAC) 4.90/16'1". SP: J. Pridmore (Enf) 9.60/

31'6". DT: L. Shaw (Wok) 23.94/78'6". JT: D. Hall (Wok) 25.08/82'3"; 2, J. Sansum (Notts) 24.68/80'11".

"Beta Trophy" 1, Croydon 143; 2, Stoke 125; 3, Aldershot 121; 4, Oxford 109; 5, Bracknell 69; 6, Solihull 65; 7, Surrey 27. 100m: J. Sheppard (Croy) 12.6. 200m: R. Livingston (Stoke) 27.0. 400m: A. Redfern (Stoke) 64.3. 800m: S. Fitzmaurice (Ald) 2:31.5. 100mH: L. Curwen (Stoke) 15.6. LJ: 1, B. Inkpen (Ald) 5.46/17'11"; 2, L. Curwen 5.15/16'10 $\frac{1}{4}$ ". SP: S. Barrett (Croy) 11.33/37'2". DT: 1, Barrett 35.50/116'5"; 2, S. Mason (Ald) 33.54/110'0"; 3, C. Morris (Stoke) 42.50/106'7"; 4, J. Elsmore (Brack) 30.72/100'9". (2nd string): 1, E. Curtis (Brack) 32.34/106'1"; 2, R. Flynn (Ald) 30.82/101'1". 4 x 100m: Stoke 50.7. (Juniors) 1, Oxford 97; 2, Croydon 94; 3, Bracknell 91; 4, Stoke 63; 5, Solihull 61; 5, Solihull 61; 6, Surrey 48; Aldershot 45. 80m: A. Manley (Croy) 11.5. 100m: S. Lannaman (Soli) 12.6. 200m: C. Shepherd (Soli) 29.5. 80yH: A. Allen (Brack) 12.3. HJ: P. Dimmock (Brack) 1.50/4'11 $\frac{1}{4}$ ". SP: A. Bagnall (Stoke) 7.89/25'10 $\frac{1}{4}$ ". 4 x 100m: Solihull 53.7.

IT PAYS TO ADVERTISE

"We would like to congratulate you on the advertising power of *Athletics Weekly*. Our senior entries were 58 up on last year's, under 18s were 22 up, and under 16s were 38 up"—P. F. Main, Bampton to Tiverton Road Race Secretary.

SOUTH SHIELDS SPORTS WEEK OPEN ATHLETIC MEETING AT GYPSIES GREEN STADIUM

SATURDAY, 21st JUNE, at 2.30 p.m.

Under A.A.A. & W.A.A.A. Laws	Entry	Fee
1. Men's 1 Mile Invitation	—	—
Prize Values £10, £5, £3		
2. Men's 2 Miles Scr. & H'cap	2/6	
£7, £4, £2.10.0, H'cap £3, £2, £1		
3. Women's Invit. 100 Yards	—	
Prize Values £7, £5, £3		
4. Women's 400 Metres Invit.	—	
Prize Values £7, £5, £3		
5. Women's 4x100 Metres Relay	4/- team	
Prize Values 4 at £2, 4 at £1		
6. Women's 100 Yds. Open H'cap	2/-	
Prize Values £5, £3, £1.10.0		
7. Women's 200m. Short Limit H'cap	2/-	
Prize Values £5, £3, £1.10.0		
8. Junior Women's 100 Yds. H'cap	1/-	
Prize Values £3, £2, £1		
9. Men's 100 Yards Open H'cap	2/6	
Prize Values £7, £3.10.0, £2		
10. Men's 200m. Short Limit H'cap	2/6	
Prize Values £7, £3.10.0, £2		
11. Men's 800m. Open H'cap	2/6	
Prize Values £7, £3.10.0, £2		
12. Men's 10 Mile Road Race	Ind. 2/6	
Prize Values £3, £2, £1, H'cap	Team 3/6	
£2, £1.10.0, £1, Team 3 at £1. 3 at 15/-		
13. Junior/Youth 800m. Open H'cap	1/6	
Prize Values £4, £3, £1.		

Entries close 4th June to J. Relph, 7 Seaway, South Shields, Co. Durham. (Tel: S.S. 2060).

BEA SILVER WING CLUB

ANNUAL SPORTS MEETING

(under A.A.A. Laws)

NORTHOLT, MIDDLESEX
On SATURDAY, 5th JULY

OPEN EVENTS:

1,500 metres; 400 metres Hurdles.

Prizes—1st at £6; 2nd at £4;
3rd at £3 in each event.

Entries, which close on Monday, 12th May, to H. L. WILLIAMS, BEA Silver Wing Club, Bealine House, South Ruislip, Middx.

Spotlight on Youth**Women's Athletics****Transition Time For Christine Bird**

ALTHOUGH she improved her personal best by four inches to 1.57/5'2" (which only Gwenda Matthews and Ann Wilson have bettered amongst British 14-year-olds) and won both the major Junior titles, last summer must have been rather unsettling for Christine Bird. She first took up high jumping in 1967 and, proving an excellent competitor, soon progressed to 1.47/4'10". At the end of the season her coach, David Goldring, decided her scissors style was rather limited in its potential and thought to teach her the straddle without undue delay. However, after making a good start during the winter and clearing 1.44/4'9" indoors at Cosford, he had reckoned without the murderous bone-bruising high jumping facilities in and around Bristol. "There were no soft landing pits within 100 miles," comments Christine, "only sand".

The hard, unyielding sand dented first her body and, soon after, her confidence and poor, erratic results quickly became the general rule. She was beaten in the Bristol Schools event and, after a further morale-shattering defeat at 1.32/4'4", the decision was made to revert to the scissors. This proved a wise move. Christine was quickly back on the victory trail and, in rapid succession, scored wins in the National Schools and WAAA Junior

event, boosting her best ever by four inches as already related.

Nonetheless all this only put aside the inevitable: another attempt to adapt to the straddle technique. In 1969 Christine's primary aim is "to perfect my straddle" for she, more than anyone, realises that the longer the change is delayed the harder it will be to make the transition.

"Athletics is very important to me. It is my main sport and netball is the stop-gap between seasons. I don't get all the competition I require, though, and have to travel to the central Midlands a lot. Also, facilities at Westbury are very poor as there are no winter training facilities and no soft landing areas. There is a very good atmosphere amongst the girls at the Club, though, and I think this is because everything is well organised. One day I would like to reach International standard."

Blondelle Thompson

Although it is probably rather unwise to label an athlete, particularly one of such diversified talent and ability as Blondelle Thompson, this West Indian-born 15-year-old could quite possibly develop into our greatest female hurdler ever. Last summer, as a Junior, she collated the most incredible string of 80 yards hurdles marks in the

HOW TO RUN 30 MILES A DAY

Neil Allen writes about Gaston Roelants and his plans for the next Olympics. Also featured in this issue: Colette Besson, Ralph Doubell, as well as soccer, cricket, swimming and all the other major sports.

MAY ISSUE


 The logo for 'World Sports' is presented in a bold, black-and-white style. The word 'WORLD' is in a smaller, sans-serif font above the word 'SPORTS', which is in a much larger, bold, sans-serif font. Both words are contained within a black rectangular box.

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Facts & Figures

Full Name :	Christine Deborah Bird	Blondelle Marguerite Thompson
Birthplace :	Bristol	St. Kitts, West Indies
Birthdate :	September 7th, 1953	September 5th, 1953
Club :	Westbury H	Birchfield H
School :	Withywood S	Pitmaston MS
Height & Weight :	1.70/5'7", 50kg/110lb	1.57/5'2", 60kg/133lb
Coach :	David Goldring	Mrs. Dorette Nelson Neal
Best Marks :	1967 : HJ—1.47/4'10", 100y—12.9, LJ—4.65/15'3"	80yH—11.9(11.8w), 100y—11.6 (11.5w), 150y—17.5(17.3w)
	1968 : HJ—1.57/5'2", 100y—12.7, 80yH—12.6, LJ—5.04/16'6½", Pen—3300	80yH—11.2, 100y—11.2, 150y— 17.0, Pen—3277

history of the event. When one considers that up to the beginning of the year only five girls in the illustrious annals of British hurdling had ever bettered 11.5—and that Blondelle clocked 11.4 six times by the middle of the summer, some idea of her worth is appreciated.

In an event as quickly over as this it only requires one very small mistake to lose a race yet she went undefeated through the year, picking up Midland (11.4), National Schools (11.4) and WAAA Junior titles en route. The last of these was her crowning performance because, at Stretford in July, with half a dozen athletes within a tenth or so of the British best, she rose to the occasion by clipping the "record" to 11.2. The old mark was shared by Ann Wilson, Denise Etheridge and Jane Eastman.

Blondelle, who hopes to become a PE teacher one day, aims to win the National Schools and WAAA Intermediate hurdles titles this summer. "I don't really know what made me take up athletics. I've just always been keen on sport and the games periods are always too brief at school. I started as a sprinter/high-jumper but Mrs. Nelson Neal thought I should try the hurdles and

now I'm an 'all-rounder'. My favourite event is the hurdles though."

Blondelle, who trains only two or three nights a week through the summer, gleefully admits that she is also interested in boys. "Especially around 15-17 years. I find them irresistible; they fascinate me!"

John Lusardi

Thelwyn's Fast Mile

Thelwyn Bateman followed up her impressive $\frac{1}{4}$ mile time at Leicester with a superb mile victory, her first, in the BMC trial race at Crystal Palace on April 16th. Leading practically throughout, the Welsh international hurdler and quarter miler passed 400m in 70.2 and 800m in 2:25.8 with Gillian Tivey and Joyce Smith on her heels. Joyce continued to dog Thelwyn throughout the third lap (3:44.4 at 1200m) and until the final straight but then the Coventry girl pulled away powerfully to win by ten yards in 4:54.5 for tenth spot on the UK all-time list. Joyce (31), who gave birth to a daughter last July, was a fine second in 4:56.2 while Gillian came her closest yet to breaking the 5 minute barrier. Result: 1, T. Bateman (Cov. G) 4:54.5; 2, J. Smith (Barnet) 4:56.2; 3, G. Tivey (Dby) 5:01.7; 4, D. Elliott (Barn) 5:04.3; 5, J. Perry (Wirral) 5:08.3; 6, A. Yeoman (Feltham) 5:16.4; 7, B. Grinney (Thurr) 5:23.7; 8, L. Barlow (Ex. L) 5:32.3.

PENCOED ROAD RACES

The annual Pencoed Road Races, held in brilliant sunshine, were another great success on Easter Monday. Results : **Men's 100m**: 1, R. Jones 10.7; 2, H. Davies 10.8; 3, N. Roberts-Powis 11.0; 4, A. Thomas (Jnr) 11.0. **Men's 4M**: 1, R. Godfrey (Cov G) 19.36; 2, D. Davies (TVH) 20.00; 3, J. Taylor (Cov G) 20.04; Teams : 1, Coventry Godiva 15; 2, Swansea 21; Cardiff 37. **Boys' 100m**: J. Hughes (Pen) 12.5. **Girls' 100m**: A. Phillips (Bridgend) 13.7. **Boys' Mile**: D. Glassborrow (Cov G) 4:31.0.

Harry Wilson, BMC Chairman and Southern Counties AAA Staff Coach, has moved to 15 Hillside, Welwyn Garden City, Herts. His phone number remains Welwyn Garden 23555 (business: Watford 34793).



Blondelle Thompson (right) with arch-rival Ann Williams.

Hornsey Road Relay

At Finsbury Park, April 12th

GALE force winds greeted the runners at the start of the 23rd annual Hornsey Road Relay and times were not expected to be fast as the wind was mainly against on the tough Finsbury Park carriageway. Tony Moore took Windsor into a four sec. lead over Ealing (Fagan) on the first stage and Jones took Windsor further ahead on leg two. Reading moved from 5th to 3rd, and moved up on Windsor as Ron McAndrew overtook Collins on leg 3. Further back Mike Gowan moved Herne Hill up twelve places with a very fine effort in 20.30. On stage 4 the big guns came out. Graham lost some ground but held on to the lead for Windsor as Reading and Ealing represented by Lightfoot and Barratt were having a rare duel for second place. Only six seconds separated the three teams at the end of this stage.

Malcolm Absolom moved Eton Manor up to 4th with the fastest run of the day (20.13), while Trev Bivens, Gerry Stevens and Chapman of Windsor fought out a battle royal on the last circuit. After three miles they were still only six seconds apart, but Bivens, who seems to "float" on the road, edged a bit faster, and the English Cross Country international could not respond, no doubt due to his three races in three days the previous week on the Isle of Man. Ealing ran home popular winners, while Reading landed a second place at their first attempt, pushing the holders into third place.

P. F. Vaughan

1, Ealing & Southall (P. Fagan 21.03; J. Warren 21.59, C. Canton 21.53, M. Barratt 20.19, T. Bivens 20.15) 1:45:29.

2, Reading (D. Dipper 21.33; R. Dipper 21.48, R. McAndrew 21.50, P. Lightfoot 20.22, G. Stevens 20.27) 1:45:40.

3, Windsor, Slough & Eton (A. Moore 20.58, J. Jones 21.22, R. Collins 21.56, R. Graham 20.52, L. Chapman 20.40) 1:45:48.

4, Hadleigh Olympiads 1:47:52; 5, Eton Manor 1:48:34; 6, Hillingdon 1:49:31; 7, Borough of Enfield 1:50:09; 8, Southgate 1:50:32; 9, Hornsey 1:51:15; 10, Herne Hill 1:51:25; 11, Ealing 'B' 1:53:50; 12, Shaftesbury 1:53:53. 37 teams finished. **Fastest Laps:** M. Absolom (Eton M) 20.13, Bivens 20.15, Barratt 20.19, Lightfoot 20.22, Stevens 20.27, M. Gowan (HHH) 20.30, A. Green (Hadleigh) 20.32, Chapman 20.40.

CAMBRIDGE '10'

April 12th

1, A. Carr (Leam) 50.48; 2, Gra. Tuck (Camb & Col) 50.52; 3, W. Yale (Peterboro') 51.32; 4, D. Plater (Ilford) 51.37; 5, B. Byrne (Norf Graz) 51.38; 6, M. Prosser (Ilf) 51.54; 7, Gren. Tuck (Camb & Col) 52.00; 8, G. White (Luton) 52.03; 9, A. Keith (Hunt) 52.17; 10, G. Pirie (Leam) 52.27; 11, G. Woodward (Leam) 52.40; 12, J. Newcombe (Staff) 52.41. Teams: Leamington 22; 2, Cambridge & Coleridge 27; 3, Ilford 29; 4, Huntingdon 42; 5, Norfolk Grazelles 46; 6, Notts 74.

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2. Members' Sons 80y. H'cp £2 £1 10/-
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7. Open P'women & Cadets 100y H'cp £4 £2 £1
8. Open P'women 220y H'cp £4 £2 £1
9. Open P'women 4x110y Relay 4x£3 £2 £1

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10. Men's 100y Scratch £4 £3 £2
11. Men's 220y Scratch £4 £3 £2
12. Men's 880y Scratch £4 £3 £2
13. Men's 1 Mile Scratch £4 £3 £2
14. Men's 2 Mile Team Race £3 £2 £1
(4 run, 3 count, 1st Man Home £5)
15. Men's 2 Mile Walk H'cp £6 £4 £1
16. MANPOL OPEN 10M. ROAD RACE (4 run, 3 count) 1st Home £5, 1st Policeman £5, 1st Vet. over 40 £2. Team Prizes £4 £3 £2
17. Men's 3000m S'chase Scr. £5 £3 £2
18. Women's 100y Scratch £4 £3 £2
19. Women's 220y Scratch £4 £3 £2
20. Women's Javelin £4 £2 £1
21. Women's Long Jump £4 £2 £1
22. Women's High Jump £4 £2 £1
23. Girls 15-17 440y Scratch Plaques
24. Girls 13-15 220y Scratch Plaques
25. Girls 15-17 4x100y Relay Plaques
26. Youths 15-17 1M. Team Race (4 run, 3 count) Plaques
27. Youths 15-17 440y Scratch Plaques
28. Boys 13-15 220y Scratch Plaques

Entrance Fees—Open Events, Men 5/-; Women 4/-; Police 5/-; Members, Cadets 1/6, 2/6; Team Race 7/6; Relay Race 7/6. Junior Events: Boys, Girls 2/6, Team Race 4/-.

Standard Time Certs. issued in all scratch events except 100 yards events.

ENTRIES CLOSE 14th MAY

Entry forms can be obtained from the General Secretary, Manchester & Salford Police Athletic & Social Club, Police Headquarters, South Street, Manchester, M60 2NH.

Overseas News and Results

USA

Huge Throw By Van Reenen

JOHAN VAN REENEN, the giant young South African who won the AAA junior shot and discus titles in 1965, established himself as one of the world's foremost discus throwers with a toss of 63.25/207'6" on April 12th. Newest high jump star is 19-year-old Lorenzo Allen, who has improved from 2.13/7'0" to 2.17/7'1½". He used to be coached by Olympic steeplechase medallist George Young.

22.3. Eugene. 3000mSC: Manley ran 8:47.4, not 8:37.4. **28.3. Sacramento.** LJ: H. Hines 7.88/25'10½". **29.3. Chicago.** Indoor 1000y: Paul 2:08.1. **1.4. Sacramento.** 100y: Hart 9.4. **1.4. Abilene.** 220y: R. Allen 20.8, Colglazier 20.9; HJ: Curry 2.10/6'11". **1.4. Bowling Green.** 100y/220y: Goodrich 9.5/20.6w. **2.4. Tucson.** HJ: L. Allen 2.13/7'0", Wedel 2.13. **2.4. Monroe.** 120yH: Hill 13.8, Polk 13.9. **5.4. Albuquerque.** LJ (Pousi 7.91 etc.) was windy. **5.4. Dallas.** 100y: Allen 9.3w. **5.4. San Jose.** 100y/220y: headwind of 4.4m/sec. **5.4. Eugene.** Mile: Kvalheim ran 4:01.0; SP: Steinhauer (guest) won at 19.50/64'0". **5.4. Knoxville.** 440y: James 46.1, McAlhaney 47.0; 880y: Murphy (RoI) 1:49.5; 120yH: (— 6.9m) Hall 14.0. **5.4. Corvallis.** HJ: Radetich 2.08/6'10" ... 4, Fosbury 1.98/6'6". **5.4. El Paso.** 100y: 2, Harrington Jackson 9.4; HJ: Celion (Swe) 2.09/6'10½"; LJ: 2, Blaisdell 7.67/25'2"; 3, Palmen (Fin) 7.65/25'1½". **5.4. Norman.** JT: Collins 77.67/254'10". **5.4. Tucson.** 220y: Forbes (Jam) 21.0; HJ: Allen 2.17/7'1½". **5.4. Eagle Rock.** Mile: Day 4:03.3, Scott (Aus) 4:03.3; 120yH: White 13.9, Kurrle 13.9. **4/5.4. Lexington.** 100y: Goodrich 9.4w (9.4 s-f) (Hill & Crockett 9.4 hts); 3M/6M: Ellis (Can) 13:58.2/28:54.4; 120yH: Butler 13.8w (13.7 s-f); SP: Oldfield 18.49/60'8"; JT: Sonsky 77.45/254'1"; ½M relay leg: Hinton (Can) 2:56.3. **8.4. Williamsburg.** 100y/220y: Hurd 9.4/20.9.

11/12.4. Austin. 440yH: Cotner 51.4; PV: Steinhoff 5.03/16'6"; SP: S. Wilhelm 19.02/62'5", Salb 18.49/60'8"; DT: Knop 57.82/189'8", Morton 57.72/189'4", Salb 57.61/189'0"; 4x220y: Southern 1:23.0; 4x440y: Rice 3:07.1; Mile Medley: Kansas State 3:15.6; 4x880y: Kansas State 7:20.7, Texas—El Paso 7:20.7; 880y relay legs: Ryun 1:46.8 and 1:47.4, Swenson 1:47.0. **12.4. Los Angeles.** 100y/220y: Miller (Jam) 9.6/21.0 (& 46.9 440y relay); 440y: Garrison 46.2; 3M: Kvalheim (Nor) 13:23.2, Oleson 13:35.4, Trerise (Can) 13:39.0; 120yH: Franklin 14.1, Knoke (Aus) 14.2; 440yH: Knoke 51.7, Franklin 51.7, Seagren 53.3 (& 4.72/15'6" PV); 4x110y: USC 40.1. **12.4. Bakersfield.** 100y/220y/HJ/LJ: Toomey 9.9, 21.4, 1.98/6'6" & 7.39/24'3"; 440y: 3, Vanderstock 48.8; SP: B. Wilhelm 18.81/61'8½". **12.4. Athens, Ohio.** JT: Fish 78.05/256'1". **12.4. Gainesville.** 100y: Pender 9.8; 3M: Bachelor 13:27.2; 120yH: Coleman 13.6; LJ: Tate 7.67/25'2", Boston 7.63/25'0½"; JT:

Sonsky 79.30/260'2". **12.4. Westwood.** 100y: 3, Hodge 9.6; 440y: Van Hofwegen 46.9, Collett 47.8; PV: Railsback 5.18/17'0". **12.4. Fresno.** PV: Mustakari (Fin) 5.28/17'4". **12.4. San Jose.** 100y: Carlos 9.3w; 120yH: S. Caruthers 13.9w; DT: Powell 59.26/194'5". **12.4. Provo.** 440yH: Mann 50.8; LJ: Pousi (Fin) 7.77/25'6"; JT: Murro 81.93/268'9". **12.4. San Diego.** JT: Covelli 74.68/245'0", JOHN FITZSIMONS 67.44/221'3". **12.4. Los Angeles.** 220y: Allotey (Gha) 21.0. **12.4. Corvallis.** DT: Van Reenen (SA) 63.25/207'6" (rec), Vollmer 61.01/200'2".

JAPAN

Sprint record holder Hideo Iijima has turned professional baseball player. Winner of 30km road race at Ome on Feb. 23rd: Tanaka 1:34:37.4.

PAKISTAN

6.3. Rawalpindi. 110mH: Raziq (37) 14.3; HT: Malik Noor 54.06/177'4"; JT: Nawaz 67.82/222'6" (69.35/227'6" in February).

INDIA

The AAF of India has appointed Ken Bosen as national coach for the next two years and begun a talent hunt among youngsters with promising athletes to be awarded scholarships. **15/16.3. Bombay.** 400m: D'Zousa 48.5; 800m/1500m: Sequira 1:52.1/3:49.1. **16-18.3. Gwalior.** Mar: Beredar 2:30:17.6; DT: Kumar 52.58/172'6".

THAILAND

Tom White (USA) ran 13.9 for 110mH in Bangkok on March 19th.

MARTINIQUE

Ghislaine Barnay equalled her French high jump record of 1.76/5'9½" at Fort-de-France on March 2nd, having cleared 1.75/5'8½" in Guadeloupe the previous week.

TRINIDAD

16-23.3. Port of Spain. 100m: Stewart (Jam) 10.5, Roberts; 200m: Roberts 20.5; 400m: Roberts & Burnett (USA) 46.4; Mile: Day (USA) 4:02.2.

JAMAICA

19/20.3. Kingston. (Schoolgirls Champs) 100y: (13/14) Barnes 11.5 ht; 880y: E. Reid (15) 2:24.9; HJ: (15/16) A. Reid 1.65/5'5". **28/29.3. Kingston.** (Schoolboys Champs) 100y: Quarrie 9.5, Stewart 9.6 (9.4w in earlier meet), Hardware 9.6 (earlier 9.5w); 220y: Priestley 21.6, Stewart 21.6 (Quarrie 21.2 s-f, scr); 440y: Priestley 48.9; 120yH (39"): Holness 14.5; HJ: Vernon (16) 1.91/6'3¼"; TJ: Gardner (Bah) 14.48/47'6", Gordon 14.36/47'1½" (earlier 15.11/49'7"); SP (12lb) & DT (1.5kg): Atkinson 15.14/49'8" & 51.16/167'10"; 4x110y: Excelsior Sch. 41.6.

LETTERS

ROAD RACING AGE GROUPS

Dear Sir,

As there appears to be some confusion concerning Age Groups for Road Races, particularly for Boys events, it might be as well to draw attention to this matter. The AAA Rule is quite clear as Rule 19(2)(a) reads "Road Running and Road Relay running for Boys shall be confined to competitors who are 14 and 15 years of age on April 1st for competitions held between April 1st and August 31st, or September 1st for competitions held between September 1st and March 1st". There are similar rules for other Age Groups. For any event held "Under AAA Laws" these Age Groups apply and Team Secretaries should not enter boys of 16 and then claim that it is up to the Promoter to refuse the entry. The Secretary making the entry does sign a declaration that the athletes "are eligible to represent the Club under the Rules governing Team and Relay Races". No one likes protesting at a result, but a club which has kept to the rules can hardly be expected to do nothing when they find that another club which has obviously transgressed has won the event.

Some promoters do of course make their own stipulations regarding age groups for a particular event, and there is no harm in this provided that the position is made clear in the prospectus. Clubs will then know what to expect when they decide to enter.

A. J. C. Kendall,

Hon. Secretary, SCAA

SHETTLESTON MARATHON

Dear Sir,

I note George Taylor's remarks regarding the change of date and venue for the Shettleston Marathon and I would point out that no application was received by the Eastern District at their fixtures meeting held at the beginning of the year and the only permit granted for a race over 20 miles was of our club's annual Edinburgh to North Berwick 22.6 miles road race to be held on May 10th.

The application for the Shettleston Marathon to be run on May 17th was only received in February and the Eastern District rightly refused permission for this race to be run so soon after the date already granted.

R. Sinclair,

Hon. Secretary,
Edinburgh AC

Other letters have been held over to next week

LICHFIELD BOWER SPORTS

WHIT-MONDAY, 26th MAY, 1969

TRACK WALKING CYCLING

(A.A.A., W.A.A.A. & B.C.F. Laws)

Events for Men, Youths, Boys, Ladies & Girls

Details from Mr. G. T. Kemp, 8 Benson Close,
Lichfield, Staffs.Manchester Lads Win
Warrington Road Relay

April 12th

THE battle for honours was the closest in the three years the race has been held, with never more than 20 seconds covering the first three teams. But gale force winds which greeted the runners on the second half of the 3.6 mile lap ensured that records would not fall. Manchester & District (who have placed second now for two years) found themselves in that position for the first three laps, being led by Sutton on the first and then by Tipton on the second and third. Derby & County were always handily placed and City of Stoke were also well up. With only six seconds separating the first three clubs at the start of the final lap it was anybody's race. Tipton's Allan Rushmer set off with a 2 sec. lead over Ricky Wilde for Manchester, but the latter stormed through to give his club the title and also clocked the fastest lap of the day. John Simmons also overhauled Rushmer to take Derby into second place. The only consolation for the promoting club was Tim Gregory's performance in winning the fastest 18-year-old award.

N. Jones

1. Manchester & Dist. LCH (P. Blakeley 17.45, P. Booth 18.16, G. Entwistle 18.05, R. Wilde 17.21) 71.27.

2. Derby & County (A. Domleo 18.03, P. Calladine 18.11, H. Leeming 17.56, J. Simmons 17.26) 71.36.

3. Tipton (J. Wright 17.52, A. Richards 18.02, D. Fownes 18.10, A. Rushmer 17.34) 71.38.

4. Tipton 'B' 73.35; 5. Sutton 74.16; 6. City of Stoke 74.27; 7. Pembroke 74.39; 8. Wirral 74.56; 9. Sale 75.39; 10. Derby 'B' 75.43. **Fastest Laps:** Wilde 17.21, Simmons 17.26, Rushmer 17.34, R. Barlow (Sutt) 17.38, Blakeley 17.45, A. Birks (City of Stoke) 17.55; (Under 20) K. Rollason (Tipton) 18.09; (Under 19) T. Gregory (Warr) 18.44.

MORE JAVELIN DAYS

Further javelin sessions (see last week's issue, page 34) have been arranged for May at Crystal Palace (11 a.m., Jim Alford) and Marlborough College Track (10 a.m., Graham Tanner).

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SCOTLAND

STRONG FINISH BY IAN McCAFFERTY

April 12th

A FIELD of over 160 runners lined up for the start of the 8th Tom Scott Memorial 10 miles Road Race from Law to Motherwell, including last year's winner Ian McCafferty and former winners Lachie Stewart and Alex Brown plus Dick Wedlock (Scottish CC champion) and steeplechase international Gareth Bryan-Jones. Though dry and sunny a strong wind faced the runners all the way; and from the start Stewart, Wedlock, Harry Gorman and Bryan-Jones led. The first 3 miles was a blistering 14.19 for this group with McCafferty and Bill Scally passing through next at 14.28. At halfway Stewart had 10y on Wedlock with McCafferty now lying third 15y down again, just ahead of Bryan-Jones. With 2 miles to go, McCafferty drew up to Stewart and Wedlock and the pace hotted up considerably among them. Running strongly and confidently, however, McCafferty broke away soon after catching the leaders and finished well clear in 49.14. Shettleston finished equally easy team winners with 11 points. A new race for 17 to 20-year-olds was won by Doug Dingwell of Edinburgh University who beat W. Burns after a very keen tussle, Larkhall taking the team race.

1. I. McCafferty (Law & Dist.) 49.14
2. J. L. Stewart (Shettleston) 49.26
3. R. Wedlock (Shettleston) 49.38
4. G. Bryan-Jones (Edinburgh S) 49.52; 5. J. Brennan (Mary) 50.41; 6. W. Scally (Shett) 50.42; 7. W. Ewing (Aber) 50.53; 8. A. Brown (Law) 50.59; 9. S. Taylor (Aber) 51.08; 10. W. Stoddart (Greenock) 51.22; 11. R. McKay (Moth YMCA) 51.31; 12. H. Summerhill (Shett) 51.41; 13. R. Kearns (Dundee) 51.45; 14. K. Ballantyne (Edin S) 51.46; 15. A. Matson (Edin S) 51.55; 16. J. Leggett (Clydesdale) 51.56; 17. D. Ritchie (Aber) 51.41; 18. C. Younson (Aber) 52.44; 19. C. Martin (Dumb) 51.57; 20. C. Hutchinson (Caith) 53.02; 21. P. Duffy (Moth) 53.06; 22. I. Mitchell (Strath) 53.22; 23. W. Russell (Unatt) 53.26; 24. I. Kerr (Bell) 54.02; 25. H. Gorman (Spring) 54.03; 26. J. Johnson (Law) 54.08; 27. W. Drysdale (Monk) 54.10; 28. C. Jarvie (Camb) 54.20; 29. G. Eadie (Camb) 54.21; 30. T. Coyle (Ed S) 54.22. **Teams:** 1. Shettleston 11; 2. Edinburgh Southern 33; 3. Aberdeen 33; 4. Law & Dist. 35; 5. Motherwell YMCA 81; 6. Cambuslang 112; 7. Strathclyde Univ 116; 8. Clydesdale 127; 9. Garscube 128; 10. Springburn 130.

17-20 Open Race (5 Miles) 1. J. Dingwell (Edin) 26.04; 2. W. Burns (Lark) 26.08; 3. J. Scobie (Lark) 26.15; 4. D. Gunstone (Dundee) 26.29; 5. D. Lang (Shett) 26.36; 6. G. Jarvie (Spring) 26.39; 7. K. Lunn (Spring) 26.57; 8. B. Cairns (Dumb) 27.18; 9. I. Burns (Lark) 27.52; 10. A. MacDonald (Garscube) 27.59. **Teams:** 1. Larkhall YMCA 14; 2. Springburn 24; 3. Dumbarton 45; 4. Lochaber 58. **Handicap:** Lunn.

McCafferty said after the race that this would be his only road race this season and that he would be concentrating on the track with 3 miles/5000m his main events with a few mile races now

and again. It is to be hoped that he gets every chance to prove his ability with no upsets like last season.

Willie Diverty

April 7th/8th

Scottish Schoolboys Decathlon, at Scotstoun.
(Under 19) 1. D. Wilson (Forresters) 5,866pts (11.5, 5.90/19'4", 11.08/36'4", 1.94/6'4", 54.4, 15.4, 34.75/114'0", 2.90/9'6", 29.03/95'3", 4:55.0)
Scottish Jnr Rec (Jnr implements); 2. A. Robertson (Buckraven) 5,156 (11.5, 5.85/19'2", 9.12/29'11", 1.60/5'3", 56.4, 16.2, 31.83/104'5", 2.90/9'6", 31.80/104'4", 5:11.0). Guest: S. McCallum (Glasgow Univ) 5,899 (11.6, 6.33/20'8", 9.43/30'11", 1.70/5'7", 52.8, 16.2, 31.04/101'10", 3.20/10'6", 44.65/146'6", 4:46.8). **(Youths)** 1. D. Jenkins (Edin Acad) 5,283 (11.0, 5.55/18'2", 10.27/33'8", 1.70/5'7", 50.1, 15.7, 26.01/85'4", NC, 32.28/105'11", 4:33.1); 2. P. Blyth (Buckraven) 5,187; 3. V. Wilkie (Rutherglen) 4,821. **(Boys)** 1. I. Philip (Wishew) 4,232; 2. R. Wilcox (Dollar Acad) 4,039.

NORTHERN WOMEN'S ROAD RELAY

At Derby, March 29th

1. Bury & Radcliffe (Ibbotson 10.46, Kirk 11.18, Lewis 10.51) 32.55; 2. Airedale & SV (Hudson 11.56, Lockhead 11.18, Powell 11.57) 35.11; 3. Derby (G. Tivey 10.44, C. Tivey 13.32, Borman 11.45) 36.01; 4. Wallasey 36.09; 5. Hull Ach. 36.47; 6. Bolton 37.03; 7. Sheffield Univ. 38.11; 8. Stretford 38.40; 9. Bury & R. "B" 40.52; 10. Bolton "B" 41.10. **Fastest Laps:** J. Perry (Sheff. Univ.) 10.42, G. Tivey 10.44, M. Ibbotson 10.46.

Intermediate: 1. Bury & R. (Oliver 8.29, Grainger 8.44, Williams 8.24) 25.37; 2. Bury & R. "B" (Farnorth 9.36, Radcliffe 9.05, Rainford 8.43) 27.24; 3. Farnworth (Openshaw 8.52, Cooke 9.32, Reece 9.10) 27.34; 4. Stretford 27.56; 5. Hull Ach 28.04; 6. Halifax 28.51; 7. Airedale & SV 29.10; 8. Derby 29.47. **Fastest laps:** Williams 8.24, Oliver 8.29, Sugden (Aire) 8.42.

Junior: 1. Stretford (Colyear 7.05, Georgiou 6.51, Helsby 6.43) 20.39; 2. Sale (Whitty 6.50, Penfold 7.13, Wild 7.10) 21.13; 3. Huyton Hey. Sch. (Grissenthwaite 7.24, Robinson 7.09, Christian 7.09) 21.42; 4. Derby 22.05; 5. Bury & R. 22.16; 6. Bolton 22.17; 7. Sheffield 22.23; 8. Hull Ach 22.36; 9. Stretford "B" 22.48; 10. Farnworth 22.57. 21 teams finished. **Fastest laps:** Helsby 6.43, Whitty (Sale) 6.50, Georgiou 6.51.

(With thanks to Betty Dunphy for results)

MIDLAND WOMEN'S ROAD RELAYS

Gloucester, April 12th

1. Birchfield (S. McKay, S. O'Dell, A. Lovell) 36.50; 2. Bromsgrove & R. 37.05; 3. Coventry Godiva 37.14; 4. Wolverhampton & B. 39.18. **Intermediate:** 1. Birchfield 26.10; 2. Westbury 27.50; 3. Westbury "B" 28.39. **Junior:** 1. Birchfield (M. Stewart, L. O'Connor, M. Cope) 17.43; 2. Leamington 18.16; 3. Birchfield "B" 18.53; 4. Bromsgrove & R. 18.58; 5. Dudley & S. 19.30; 6. Cheltenham 20.23.

Manx Easter Athletic Festival

IN glorious sunshine the Isle of Man Easter Athletic Festival got under way on Good Friday with over 100 competitors in the Senior 4½ miles race. The winner of the Senior, Mike Vernon of Alsager College, broke the old record by 30 sec. while second, third and fourth men also finished inside the old figures. Easter Saturday saw the main event of the Festival, the Manx Relay Trophy Race, which was held over a tough 3½ miles circuit. In a close, hard fought race, Reading AC just pulled it off from Birmingham University and South London Harriers. Andy Holden was fastest up with 15.04. The final event of the Festival was a 2 miles Fell race which attracted 100 starters, though some decided against it when they saw just what they had to tackle! Again Andy Holden put up an impressive performance, winning by a second from Gerry Stevens. Manx AC would like to thank everyone for coming over and making this such an enjoyable record Festival.

Good Friday Race, April 4th

1. M. Vernon (Alsager) 21.11
2. A. Holden (Birmingham Univ) 21.13
3. G. Stevens (Reading) 21.27
4. P. Lightfoot (Read) 21.32; 5. G. Taylor (Small Hth) 21.48; 6. T. Proctor (Roch) 21.51; 7. J. Roberts (SLH) 21.54; 8. J. Templeton (Durham Univ) 21.58; 9. B. Drake (Univ. of Wales Drag) 21.59; 10. J. Atkinson (SLH) 22.03; 11. D. Griffiths (Birm) 22.07; 12. D. Dipper (Read) 22.10; 13. J. King (Alsager) 22.18; 14. A. Pryor (SLH) 22.18; 15. T. Taylor (Roch) 22.22; 16. G. Russell (Birm) 22.3; 17. P. Shore (Man) 22.24; 18. D. Nicholl (St. Johns, Yk) 22.25; 19. A. Fisher (Roch) 22.26; 20. D. Lindsay (Liv) 22.27. 99 finished. **Teams:** 1. Reading 19; 2. Birmingham Univ. 29; 3. SLH 30; 4. Rochdale 40; 5. Alsager 43; 6. Small Heath 67; 7. Manchester Univ 75; 8. Liverpool U 76; 9. St. John Coll. 99; 10. Durham 106.

Easter Relay, April 5th

1. Reading (D. Dipper 15.36, G. Stevens 17.34, D. Dipper 16.01, P. Lightfoot 15.05) 64.16.
2. Birmingham Univ (G. Russell 15.56, J. Eley 18.18, A. Holden 15.04, P. Griffiths 15.28) 64.46.
3. SLH (A. Pryor 15.46, F. Gilson 18.16, J. Atkinson 15.44, J. Roberts 15.25) 65.11.
4. Alsager 65.20; 5. Manchester Univ. 67.06; 6. Rochdale 67.47; 7. Small Heath 67.49; 8. Liverpool Univ. 68.13; 9. Bristol 68.59; 10. Hornsey 69.11; 11. St. John's Coll, York 69.21; 12. Alsager 'B' 70.32. 23 teams finished. Fastest Laps Leg 1: Holden 15.04; Leg 2: Stevens 17.34.

- Youths Race** 1. N. Rose (Bristol) 13.18; 2. P. Sanderson (Rosses) 13.40; 3. N. Jinks (Worcs) 13.56; 4. P. Langley (Sutt) 13.58; 5. R. Walker (Worcs) 13.59; 6. I. Ashcroft (Sutt) 14.15; 7. R. Hazeldine (Farn) 14.43; 8. S. Prosser (Worcs) 14.48; 9. I. Partington (Ross) 15.11; 10. P. Craig (Bristol) 15.39.



Bill Adcocks overtaking Japan's Kenji Kimihara in the Marathon to Athens race.

Central Press

Fell Race, April 7th

1. Holden 11.51; 2. Stevens 11.52; 3. Proctor 11.57; 4. King 12.12; 5. Roberts 12.14; 6. Atkinson 12.15; 7. M. Gilbert (Alsager) 12.18; 8. M. Davies (Read) 12.36; 9. M. Rollason (Small Hth) 12.37; 10. J. Templeton (Dur) 12.45; 11. D. Nicholl (St. Johns) 12.48; 12. Lightfoot 12.49; 13. Pryor 12.50; 14. Gilson 12.51; 15. K. Breeze (Als) 12.51; 16. R. McAndrew (Read) 12.55; 17. J. Pearson (Man) 13.00; 18. R. Dipper 13.02; 19. G. Gibbon (Read) 13.02; 20. D. Dipper 13.03. **Teams:** 1. SLH 23; 2. Reading 27; 3. Reading 'B' 41; 4. Alsager 41; 5. Birmingham U 52; 6. Alsager 'C' 83.

- Youths Race** 1. Rose 18.56; 2. P. Gregory (Horn) 19.01; 3. P. Bennett (Horn) 19.04; 4. Craig 20.10; 5. Sanderson 20.19; 6. W. Gilby (Horn) 20.25; 7. Walker 20.35; 8. Jinks 20.35; 9. Langley 20.44; 10. Ashcroft 20.52.

FRECKLETON

ANNUAL CLUB DAY SPORTS

(Open Events under A.A.A. Laws)

SATURDAY, 7th JUNE, at 7 p.m. prompt
New Playing Fields, Bush Lane
FRECKLETON, LANCs.

HALF MARATHON (13 Miles, 192½ Yds.)

Prizes valued: 1st Indiv. £10; 1st Team 3 at £4, 2nd Team 3 at £2, Veteran £3. **Entry Fees:** Teams 7/6 (Team of 4, 3 to count). Individuals 2/6.

Entries on AAA forms to K. W. Snibson, "The Harbour," Bush Lane, Freckleton, Lancs., not later than Wednesday, 21st May.

IRELAND

MORE VICTORIES BY GRAHAM

WHITEHEAD ROAD RACES

April 7th

RECORD fields and glorious sunshine was the order of the day at the County Antrim seaside resort of Whitehead on Easter Monday when despite two runaway victories the large holiday crowd were treated to some exciting running in both the Novice and Senior classes. In the Novice race John Bailie, a Ballymena schoolboy, soon headed the 150 strong field and in spite of a spirited challenge from two other youthful pursuers in Greg Hannon and Tom Annett, he came home a convincing winner. Coleraine AI just got the better of St. Malachys College in the team race while Lisnagarvey, after a long absence from the prize list, made a welcome return to the fore by taking third place. Derek Graham once again ambled to an easy victory in the Senior event, as behind him North Belfast's Mike Teer pipped his fellow international and club mate Dave Logue for second place. These two provided "North" with the required spearhead and they ran out surprise winners of the team race.

1. D. Graham (9th Old Boys) 23.44
 2. M. Teer (North Belfast) 24.30
 3. D. Logue (North Belfast) 24.39
 4. R. Kernaghan (Duncairn) 24.51; 5. C. Pennington (Willowfield) 24.54; 6. A. Chivers (Dun) 25.09; 7. J. Allen (Willow) 25.18; 8. J. Nodwell (Dun) 25.24; 9. J. McClenaghan (Dun) 25.34; 10. G. Millar (9th OB) 25.36; 11. I. Morrison (Bally) 25.42; 12. J. Dripps (Queens) 25.56; 13. J. Robinson (Co. Ant) 25.57; 14. J. Ferris (9th OB) 26.04; 15. H. McAvoy (North B) 26.06; 16. W. Bell (9th OB) 26.13; 17. J. Barry (Dun) 26.20; 18. J. Hayes (Bally) 26.21; 19. E. Wilson (Co. Ant) 26.25; 20. M. Wilson (Bally) 26.30. **Teams:** 1, North Belfast 20; 2, 9th Old Boys 25; 3, Duncairn 31; 4, Duncairn Nomads 36; 5, Willowfields 41; 6, Ballydrain 49.

Novice (4½ miles): 1, J. Bailie (Bally) 26.23; 2, J. Hannon (St. Malachys) 26.59; 3, T. Annett (Bally) 27.08; 4, B. McAdams (East Ant) 27.32; 5, E. Grant (St. Malachy) 27.33; 6, J. Sempey (E. Antrim) 27.38; 7, T. Donnelly (Abert) 27.43; 8, P. McGuire (St. Malachy) 27.54; 9, P. McNally (Col) 27.57; 10, P. Mullin (Col) 28.00. **Teams:** Coleraine AI 104; 2, St. Malachys 107; 3, Lisnagarvey 179; 4, East Antrim 185; 5, North Belfast 237; 6, Ballymena Academy 249.

"Tell me the old, old story" — Yes, Derek Graham records yet another victory; this time the Duncairn Nomads 15 miles Road race run over an out-and-in course at Ballygomartin, Belfast, on Saturday, April 12th. Northern Ireland Marathon Champion Mike Teer was the early leader with Graham, Roy Kernaghan, Ian Morrison and Roy Brown in close attendance. After two miles Graham moved up alongside Teer and thereafter these pulled away from the rest, enjoying a 250y lead at 5 miles (26.02). The previously mentioned trio registering 26.49 at this point with Kevin McCormick (27.46), John Nodwell (27.52) and John McClenaghan (27.53) also prominent. With a

strong wind to contend with on the outward journey many of the back markers were struggling by the turn but Graham and Teer appeared to have no such problems and set off for home with an 80 sec. advantage. By 8 miles Graham decided to go solo and opened up a gap by 10 (52.00) of 11 sec. Behind Teer (52.11), Morrison (53.54), Kernaghan (53.56), Brown (54.16) and McClenaghan (56.07) followed. Over the final miles Graham lengthened his lead over Teer whilst he in turn pulled further away from Morrison. Graham's time of 76.50 compares favourably with his 76.08 of last year, considering the windy conditions. Teer ran his usual gutty race in second place.

1. D. Graham (9th OB) 76.50
 2. M. Teer (North Bel) 77.47
 3. R. Kernaghan (Normads) 79.59
 4. I. Morrison (Bally) 80.35; 5, R. Brown (Co. Ant) 82.09; 6, J. McClenaghan (Nomad) 83.03; 7, G. Millar (9th OB) 83.05; 8, J. Nodwell (Dun) 83.41; 9, K. McCormick (N. Bel) 84.15; 10, J. Hayes (Bally) 85.46; 11, R. Newton (Co. Ant) 88.22; 12, E. Wilson (Co. Ant) 88.50; 13, J. Glover (Nomad) 88.52; 14, T. McKnight (N. Bel) 88.53; 15, G. Kelly (N. Bel) 89.10; 16, R. Kirkland (Co. Ant) 89.21; 17, F. Martin (Nom) 89.45; 18, J. Johnston (9th OB) 90.00; 19, A. McAleer (Bally) 90.38; 20, M. Hamilton (Nom) 91.22. **Teams:** 1, 9th Old Boys 4hr 9min 55sec; 2, North Belfast 4:11:12; 3, Duncairn Nomads 4:11:54; 4, Co. Antrim 4:19:21; 5, Ballydrain 4:20:13. "Junior": 1, Ballydrain 4:46:36; 2, Co. Antrim 4:50:01.

Ulster Sports Council, Lisburn Cup 6 Miles Road Race, at Newry, April 13th. 1, G. Williamson (Oak Leaf) 30.25; 2, G. Hannon (Casement) 30.33; 3, G. Craig (Oak) 30.43. **Teams:** 1, Casement 67; 2, Oak Leaf 69; 3, Armagh 127. (Under 16) 1, P. Maguire (Case); 2, N. Duddy (St. Marys); 3, G. McFadden (St. M). **Teams:** 1, Casement 19; 2, St. Marys 29; 3, Armagh 40. (Under 13) 1, I. O'Neill (Case); 2, P. McNulty (Case); 3, P. Corrigan (Case). **Teams:** 1, Casement 10; 2, Armagh 46; 3, St. Marys 55. (Girls) 1, W. Sherry (Glas); 2, D. O'Kane (Orph); 3, G. Tierney (Orph). 1 Glaslough 20; 2, Orphans 28; 3, Cootehill 43.

Ballyclare "10", March 29th. (Further results) 11, A. Chivers (Queens Un) 52.36; 12, S. Vennard (Nom) 54.05; 13, R. Brown (Co. Ant) 54.23; 14, J. Ferris (9th) 54.27; 15, J. Hayes (B'drain) 54.31; 16, J. Robinson (CA) 54.44; 17, T. White (B'drain) 54.47; 18, H. McAvoy (NB) 55.06; 19, J. Magill (Q) 55.29; 20, E. Campbell (Will) 56.10.

Billy Morton has, through his tireless efforts, reduced the debt of the John F. Kennedy Stadium, Dublin from £25,000 to £7,000 in ten years. In his latest appeal he asked for seven business firms or private individuals to donate £1000 apiece in an effort to clear the deficit for ever and then, as a magnificent follow-up, made the first contribution of that amount himself. It is absolutely incredible that, in this age of sponsorship of sport, one man should do, or indeed be required to do, so much for his sport.

Dave Seaton

Walking Notes

Stock Exchange 25 miles, at Hayes, April 12th. 1, R. Long (Rayner, F & JS) 3:59:53; 2, R. Green (Webb, D & M) 4:00:27; 3, K. Tuson (Buckmaster) 4:15:00. Team: Vickers Da Costa & Co. 6.

Inter-Club 15 miles at Steyning, April 12th. Arthur Jones, whose emigration to Australia is now set for next month, had his first race of the year and shared the lead from the start with Alan Buchanan. Passing 5 miles in 41:44, they dropped 17-year-old Richard Emsley, who had hung on to the Brighton pair. Buchanan pulled away from the unfit Jones at 9 miles and led past "10" in 83:11; with Jones 7 sec. behind and Ron Penfold a further 1½ minutes back. However it was the latter who came through in the last few miles to an impressive win while Jones dropped out at 12 miles. 1, R. Penfold (Steyn) 2:06:50; 2, A. Buchanan (B & H) 2:07:33; 3, D. Boxall (B & H) 2:12:51; 4, R. Emsley (J-Steyn) 2:16:01; 5, D. Read (Steyn) 2:16:01; 6, B. Saunders (B & H) 2:19:37. Teams: 1, Steyning 10; 2, Brighton & Hove 11.

A. Buchanan

Surrey County AAA 10,000m track championship, at Battersea Park, April 16th: Due to the blustery conditions, Paul Nihill was nearly 2½ minutes down on his performance of last month. Wilf Wesch, incidentally, has been given the honour of acting as interpreter at the forthcoming West German International. 1, P. Nihill (Surrey WC) 46:33.4; 2, R. Middleton (Bel) 47:30; 3, W. Wesch (Bel) 48:00; 4, D. Vale (Sy) 48:47; 5, E. Read (Sy) 50:51; 6, P. Selby (Sy) 52:41. 15 finished.

Bill Sutherland laps field in Middlesex 10,000m, at Parliament Hill, April 16th. With Shaun Lightman and Bill Fogg non starters, Bill Sutherland had an easy passage. Commencing with a 7:11 first mile, he recorded a 600y victory. 1, W. Sutherland (H'gate) 46:24; 2, G. Robinson (Enf) 49:15; 3, K. Easlea (Enf) 49:45; 4, G. Meadows (H'gate) 49:51; 5, E. Holmquist (H'gate) 50:13; 6, C. Weston (H'gate) 51:13.

Phil Embleton pushes John Webb in Essex 10,000m, at Ilford, April 16th. John Webb retained his title (previously 7 miles) but had to pull out all the stops to defeat Phil Embleton. The latter frequently opened up a gap and it was only in the last two miles that Webb gained a 40y lead which he held to the finish. There were many other fine performances, particularly by John Jones, only 15, who clocked just outside 53:00. 1, J. Webb (Basil) 45:40; 2, P. Embleton (Met. WC) 45:50; 3, C. Young (Ex. B) 47:05.4; 4, B. Armstrong (Ilf) 48:08.6; 5, O. Flynn (Basil) 49:30; 6, D. Cox (S'end) 50:15; 7, R. Dobson (Basil) 51:37; 8, C. Hunwicks (Ilf) 51:38. 25 started.

Peter Fullager clocks second fastest 10,000m this year in Kent Championship, at Erith, April 12th. Despite a fierce wind and loose track, Peter Fullager clocked a fast time and lapped the entire field. He now ranks only behind Paul Nihill in the National lists. 1, P. Fullager (Basil) 45:29.8; 2, R. Clark (Camb) 47:59.6; 3, D. Gulliver (Lon-

don Vid) 48:05.0; 4, M. Lees (Camb) 49:03.4; 5, J. Ardley (S'end) 49:33.8; 6, D. Hopkins (Med) 49:51.0; 7, S. Holliday (Med) 50:39.8; 8, J. Godbeer (Camb) 53:15.0.

Bill Sutherland easy winner in Colchester to Ipswich 17M, April 19th. Intermediate times: 5M—Armstrong 39:26, Sutherland 39:50, Young 40:45, 10M—Sutherland 77:35, Armstrong 77:49, Dick & Fogg 79:37, Maidment 80:45, Young 80:48; 15M—Sutherland 1:55:05, Fogg 1:58:53, Armstrong 1:59:30, Dick 2:00:35, Maidment 2:02:59, Brown 2:03:34, Young 2:04:40. Final result: 1, W. Sutherland (H'gate) 2:11:57; 2, C. Fogg (Enf) 2:16:57; 3, B. Armstrong (Ilf) 2:18:27; 4, L. Dick (H'gate) 2:20:24; 5, G. Brown (WG) 2:22:21; 6, P. Maidment (London V) 2:22:25. Teams: 1, Highgate; 2, Enfield. Handicap: J. Hedgethorpe (Ex. Pol). Veteran: A. Leveridge (Ex. B) 2:52:30.

Fantastic Performances by Nihill and Eley in Guildford Cup "20", at South Croydon, April 19th. Using the course scheduled for this year's National "20" which has been described by many as being too strenuous, Paul Nihill and Bryan Eley showed World Record breaking form in a duel that was only decided close to home. 1, P. Nihill (Surrey WC) 2:33:43; 2, B. Eley (Bris) 2:35:05; 3, D. Smith (Bris) 2:55:13. Team: Bristol.

Brighton to Steyning invitation 20km: Despite going approximately 200y off course at 5 miles, Phil Thorn held on to his lead to finish over 1½ minutes inside Arthur Jones' course record. 1, P. Thorn (Trow) 100:09; 2, A. Buchanan (B & H) 101:23; 3, R. Penfold (Steyn) 101:30; 4, D. Read (Steyn) 104:33; 5, D. Stevens (Steyn) 104:34; 6, R. Emsley (Steyn-Jnr) 105:47; 7, D. Boxall (B & H) 107:42; 8, T. Challis (Trow) 108:32; 9, J. Wrey (Basil) 109:46; 10, B. Smith (Trow) 110:04. Teams: 1, Steyning 18; 2, Brighton & Hove 32; 3, Trowbridge 33; 4, Southampton 53.

Coventry Godiva H 20km handicap, at Coventry, April 12th: Fastest times: G. Chaplin 99:01, J. O'Brien 105:25, W. Wright 107:32. H'cap: J. Mullen 108:51 (11.30).

Leicester WC triumph in International club contest: After an enjoyable but hectic week-end Leicester WC came out on top over their three rivals. Brian Adams was a brilliant winner in the 5,000m, finishing well clear of clubmate Mal Tolley, and two renowned internationals, Vilem Svadja and Gilbert Belin in a fast time. The longer event was won, as last year, by Jaroslav Fiala who gained the special style award. **5,000m:** 1, B. Adams (Leics) 23:06.6; 2, M. Tolley (Leics) 23:29.6; 3, V. Svadja (Sparta, Czech) 23:38.6; 4, G. Belin (Fleriens, France) 23:54.6; 5, Johnson (Leics) 25:03; 6, Sallot (Fler) 25:11; 7, Pitohis (Fler) 25:42; 8, Durnad (Fler) 26:26; 9, Bassi (Lugano, Switz) 26:43; 10, Toslanelli (Lug) 26:53. **10,000m:** 1, Fiala (Sparta) 46:41; 2, Toone (Leics) 47:08; 3, Markham (Leics) 48:36; 4, Decosse (Fler) 50:26; 5, Smrka (Sparta) 51:56; 6, Cailly (Fler) 55:03; 7, Polli (Lug) 60:51; 8, Polli (Lug) 63:11.

Midland "20", at Redditch, April 19th: At 5

miles Eric Taylor led in 40:29, with Bob Hughes and Roy Lodge together in 40:41; by 7 miles Hughes and Lodge had passed Taylor. Hughes had a lead of 1½ minutes at 10 miles, with Lodge half a minute ahead of Taylor. Hughes went through "15" in 1:59:30 by which time Taylor had moved up to second in 2:01:00 and Peter Markham third at 2:03:12. Hughes began to tire and was passed by Taylor after Lodge dropped out at 16M; Markham also came through at the finish to pass Hughes. Leicester won the team title for the 25th time. 1, E. Taylor (Hinckley) 2:41:57; 2, P. Markham (Leics) 2:46:48; 3, R. Hughes (R. Sutt) 2:49:15; 4, K. Harding (R. Sutt) 2:53:56; 5, R. Turney (Cov. G) 2:54:34; 6, W. Wright (Cov. G) 2:57:02; 7, J. O'Brien (Cov. G) 2:58:10; 8, J. Rawlings (Leics) 2:58:53; 9, M. Blyth (Leics) 2:59:58; 10, M. Tolley (Leics) 3:02:05. Teams: 1, Leicester WC 20; 2, R. Sutton Coldfield 43; 3, Bromsgrove & R. 53; 4, Hinckley Colleges 73; 5, Leic. "B" 84; 6, B'ham 95.

Len Duquemin wins Belgrave 10,000m championship: 1, L. Duquemin 45:50; 2, R. Middleton 47:22; 3, W. Wesch 47:47; 4, J. Moullin 47:56; 5, B. Coates 50:26; 6, D. Fotheringham 51:40. 18 started.

Italian News: Some fine early season track walking was performed by Abdon Pamich and Sante Mancini during late March. Mancini, currently no. 3 behind Pamich and Visini over 50 kms, competed in the 1967 Lugano Cup at Bad Saarow and with this added speed could be quite a force in Athens. Pamich, fresh from his Spanish victory, was close to his best ever and obviously should not yet be written off as a spent force in international walking. Padua (March 29th) Mancini 45:57.8; Rome (March 30th) Pamich 44:35.4; Nigro 46:29.2; Andreotti 47:44.4.

Pamich triumphs in hotly contested Tarraso La

Mata: Near Barcelona, March 23rd. Repeating his win of last year, Abdon Pamich defeated a strong international field on this 15½ kms course which climbs to a height of 500 metres at the finish. The former Olympic Champion, however, was 2:35 outside his record set in 1968 and was closely challenged by Gerd Schuth and Henri Delerue, two walkers well known to many of our top men and who have both competed in this country. 1, A. Pamich 1:17:20; 2, G. Schuth (W. Ger) 1:17:49; 3, H. Delerue (Fr) 1:18:07; 4, G. Niro (It) 1:18:48; 5, C. Sowa (Lux) 1:18:56; 6, L. Arnal (Sp) 1:19:48; 7, M. Cabrera (Sp) 1:20:01; 8, J. Oriols (Cp) 1:20:11; 9, R. Pfister (Switz) 1:21:13; 10, H. Mayer (W. Ger) 1:22:10.

USA National Postal 20 kms: Held in four separate centres the event was won by Mexico City Olympian, Dave Romansky. However, the Philadelphia race had to be held on the road and not the track as stipulated. Winners at the three other venues were: **San Francisco:** Bill Ranney 1:39:45; **Los Angeles:** Ron Laird 1:40:47.4; **Ohio:** Jerry Boccy 1:43:10. Several competitors were absent due to the 'flu bug including Tom Dooley and Guertz Klopfer while some LA entrants were absent due to an Indoor Meeting banquet the night before. Ron Laird faded badly towards the end of his stint but is gradually returning to form following injury after Mexico. **Fastest Times:** 1, Dave Romansky 1:33:58; 2, Bill Ranney 1:39:45; 3, Ron Laird 1:40:47.4; 4, Jerry Boccy 1:43:10; 5, Bryan Overton 1:43:49.4; 6, Jack Blackburn 1:43:50.

Today's Events: This is County "20" day with the Surrey/Kent, starting from Mill House, Windmill Road, Mitcham Common (not the Cannons) at 2.15, the Sussex at Steyning, and the Middlesex over a new course from Enfield Stadium (2.30). Preceding the Middlesex event is the Southern Counties Women's 5kms Road Championship (1.45). A new event on the scene is the 19 miles Chelmsford to Southend Essex League race.

Colin Young

NOTTINGHAMSHIRE A.A.A. County Championships 1969

**Friday p.m. 6th June and Sat., 7th June
At Harvey Hadden Stadium, Nottingham**

Senior — 100m, 200m, 400m, 800m, 5000m, 110m Hds, 400m Hds, 4x100m Relay, 4x400m Relay, 3000m Walk (1500m NWAAA 21st June), HJ, LJ, TJ, PV, Shot, Hammer, Discus, Javelin.

Junior — 100m, 200m, 400m, 1500m, 110m Hds, 400m Hds, 4x100m Relay, 4x400m Relay (800m S/chase NWAAA 21st June), HJ, LJ, TJ, PV, Discus, Shot, Javelin, Hammer.

Youth — 100m, 200m, 400m, 800m, 1000m S/chase, 100m Hds, 400m Hds, 4x100m Relay, 4x400m Relay, HJ, LJ, PV, Discus, Shot, Javelin, Hammer. (Youths 1500m NWAAA 21st June).

Entry forms from Mr. F. N. Dwyer, 29 Spring Gardens, Newark, Notts.

CLOSING DATE FOR ENTRY 10th MAY

SOUTHERN LEAGUE

There is an additional Southern League fixture on May 24th: Div. 5 (London) at Erith Stadium. There are vacancies for further clubs; apply to Roger Buzzard, Phoenix Harriers Club House, Keep Hill Road, High Wycombe, Bucks. Mr. Buzzard would also like to hear from any home secretaries who have not yet received programme cards and the minutes of the March 21st league meeting.

CLASSIFIED ADVERTISEMENTS

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Trade 1s. per word.

CLUB VESTS, TEE SHIRTS, SWEAT TOPS, TRACKSUITS. Your own designs. Printed with name, badge or crest. **Yardley Sport Manufacturing Co., 133 Burnley Road, Padiham, Lancs.**

THONO TRACKSUITS from 5 gns. Two-way stretch nylon. Colours & stripes to club requirements. Further information, send s.a.e. to 5 Lauriston Road, London, S.W.19 (01-946-2251).

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. 30s. per s.c. inch, per insertion, 33½% series discount to clubs on three or more insertions.

STEVENAGE & NORTH HERTS ATHLETIC CLUB

STEVENAGE "10" ROAD RACE

SATURDAY, 31st MAY, 1969, at 3 p.m.

Entries: 5/- individual, no team fees.

TEAM AND INDIVIDUAL PRIZES

Entries to D. G. Mercer, 33 Wellington Road, Stevenage, by **Saturday, 17th May, 1969.**

SITINGBOURNE SPORTS DAY

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

SATURDAY, JUNE 28th, at 2 p.m.

BELL LANE SPORTS GROUND

Senior Men's 100yds, 220yds, 880yds, 1 mile. Catchweight Tug-o-War. Junior Boys' 100yds, 880yds. Women's 100yds, 440yds. Junior Girls' 100yds, 880yds, 4x110 Relay. All open Scratch events.

Prizes: Medals and Trophies. Entry forms from: Miss B. Harris, 2 London Road, Sittingbourne, Kent. Tel: 2926.

CIVIL SERVICE SPORTS ASSOCIATION (ROSYTH AREA)

Second Open

TWO BRIDGES RACE (36 MILES)

"Firth of Forth" — Under S.A.A.A. Laws

One of the finest settings for a
Road Race in Scotland

SATURDAY, 23rd AUGUST, at 10 a.m.

TEAM & IND, Also H.M. FORCES AWARDS

Entry Fee: 2/6 Ind., by 9th August

Particulars and entry forms from W. Macpherson, 50 Admiralty Rd., Rosyth, Fife, Scotland.

THURROCK "10"

(Under A.A.A. Laws)

Incorporating Essex County 10 Miles
Road Race Championship

SATURDAY, MAY 17th, 1969—Start 3 p.m.

At King George's Playing Field,
Blackshotts 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 3/- per ind.

CLOSING DATE SAT., MAY 10th, 1969

MIDLAND COUNTIES A.A.A.

1969 Area Championships

(Under A.A.A. Laws)

Part 1 will be held at the **Leicester Sports Centre, Saffron Lane, Leicester, on Friday and Saturday, 20th/21st June, 1969.**

Events:—Seniors: 100m, 200m, 400m, 800m, 5000m (two races if the entries exceed 35 starters), 110m Hds, 400m Hds, 3000m S/C, Pole Vault, High Jump, Javelin, 3000m Walk.

Juniors: 4x100m Relay, 1500m, Discus, Triple Jump, Shot (12lbs), Hammer, Long Jump.

Youths: 100m, 400m, 1000m S/C, 1500m, Javelin, High Jump, Long Jump, Hammer.

Part 2 will be held at **Hadley Playing Fields, Waterloo Road, Smethwick, Warley, Worcs., on Friday and Saturday, 27th/28th June, 1969.**

Events:—Seniors: 1500m, 4x100m Relay 4x400m Relay, Long Jump, Hammer, Discus, Triple Jump, Shot (16lbs).

Juniors: 100m, 200m, 400m, 800m, 3000m, 110m Hds, 400m Hds, 3000m Walk, 2000m S/C, Javelin, High Jump, Pole Vault.

Youths: 200m, 800m, 2000m Walk, 100m Hds, Pole Vault, Triple Jump, Discus, Shot (10lbs).

Entry Fees: Seniors—5/- for the first event, 3/6d. for each subsequent event, including insurance.

Juniors and Youths—3/6d. for the first event, 2/6d. for each subsequent event, including insurance.

Relays: 25/-d. per team. (N.B. A COMPETITOR WHO HAS COMPETED AS AN INDIVIDUAL IN ANOTHER AREA'S CHAMPIONSHIPS, INCLUDING WALES AND SCOTLAND, DURING THE LAST 12 MONTHS PRIOR TO THESE CHAMPIONSHIPS, IS NOT ELIGIBLE TO COMPETE FOR HIS CLUB.)

Closing date for both meetings will be 24th May, 1969

Prospectus and Entry forms available from the MCAA Offices, Rooms 39 & 40, Queen's College Chambers, 38a Paradise Street, Birmingham, 1. (Tel: 021-643-6916).