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weekly
INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

APRIL 30th 1977

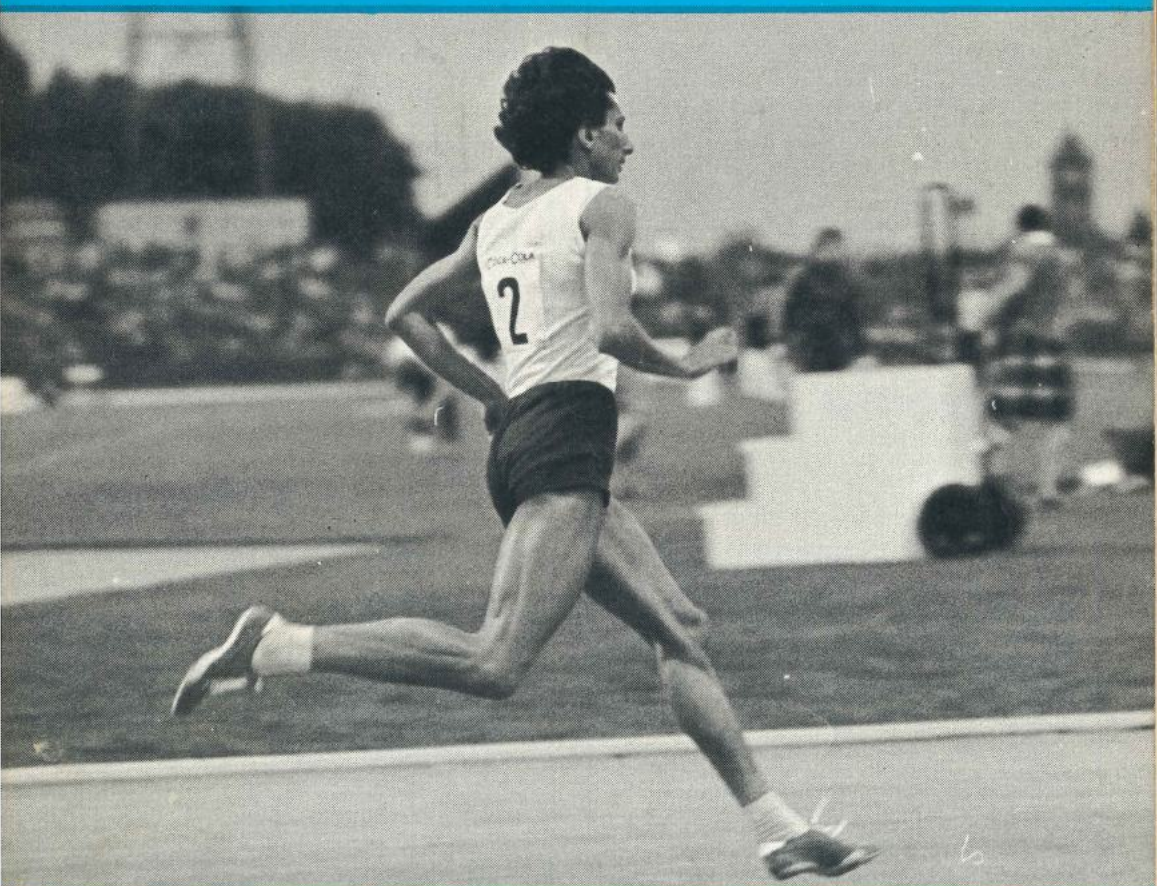
Vol. 31 No. 18

16p

IRENA SZEWINSKA FEATURE

* **AAA National
Road Relay**

* **Inter-Counties
20M Road Race**



The world's greatest
woman athlete,
IRENA SZEWINSKA,
subject of a 7-page
feature inside.



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THE SPORTS CENTRE

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MIDLAND COUNTIES AAA CHAMPIONSHIPS 1977

Part 1 to be held at Wolverhampton Stadium, Wolverhampton, Staffs. on Friday 17th & Saturday 18th June.

EVENTS

Senior Men: 100m, 200m, 400m, 800m, 1500m, 3000m S/chase, 5000m, 10,000m, 110m Hdls, 400m Hdls, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Hammer and Javelin.

Junior Men: 3000m. **Youths:** 3000m.

ENTRIES CLOSE 27th MAY

Part 2 to be held at Hadley Stadium, Warley, on Saturday 2nd & Sunday 3rd July.

EVENTS

Junior Men: 100m, 200m, 400m, 800m, 1500m, 5000m, 2000m S/chase, 110m Hdls, 400m Hdls, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin and Hammer.

Youths: 100m, 200m, 400m, 800m, 1500m, 1500m S/chase, 100m Hdls, 400m Hdls, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer.

Boys: 100m, 200m, 400m, 800m, 1500m, 80m Hdls, High Jump, Long Jump, Triple Jump, Pole Vault, Shot, Discus, Javelin, Hammer.

ENTRIES CLOSE 17th JUNE

Entry Fees:

Seniors—40p first event & 25p subsequent events including insurance.

Juniors—25p first event & 20p subsequent events including insurance.

Youths—25p first event & 20p subsequent events including insurance.

Boys—20p first event & 15p subsequent events including insurance.

Entry forms available from Midland Counties AAA, Devonshire House, High Street, Deritend, Birmingham B12 0LP.

Please enclose a stamped addressed envelope with your enquiry

ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, April 30th: English Schools Walking Champs, Keswick; Eastern Counties Champs, Norwich; BRC v Oxford Univ v Cambridge Univ, Oxford; Woodford Green v Army v Cambridge Univ v British Police v Navy v Ilford, Woodford; Surrey AAA/WAAA Champs (Part), Motspur Park; Loughborough v Sheffield v Stretford; Brighton & Hove Open Meeting; Queens Univ Blues Meeting, Dublin; Scottish YMCA Champs; Epsom Track '40'; Hampstead '10' & Young Athletes Races; Northwood Relay Races.

Sunday, May 1st: Surrey AAA/WAAA Champs (Part), Motspur Park; Middlesex WAAA Pentathlon Champs; Kent Women's League, Folkestone; Andover Young Athletes Meeting, Tidworth

Oval; Young Athletes League (Midlands & West); East Hull '20'; Wigan '6'; Gloucester-Cheltenham-Gloucester '18'; Lincs League, Grimsby.

Monday, May 2nd: Cannock AC Open Meeting (6.30pm).

Tuesday, May 3rd: Stretford League; Vets AC 3M & 5M Walks, Battersea.

Wednesday, May 4th: SCAAA v BRC v RAF (Inc SCAAA 3000m Walk Champs), Crystal Palace; Open 10,000m Track Race, Gateshead; SCAAA v Oxford Univ/City v Midlands (Inc Chevron Mile), Oxford; TVH Open Meeting, West London.

Thursday, May 5th: South Yorkshire Road Race League, Barnsley.

KENT CHAMPIONSHIPS DOUBT

It should be noted, with reference to last week's editorial, that the Sports Council's proposal to spend £2 million a year for the next four years in preparing prospective Olympic competitors is at present in theory only. A big increase in Government aid would be necessary to bring the scheme to reality.

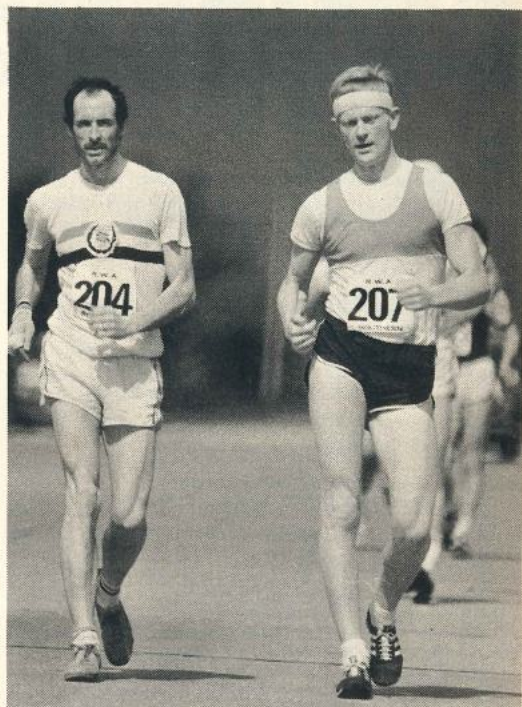
There is considerable doubt whether the Crystal Palace track, which is being re-laid, will be ready for the combined Kent Championships on May 14th/15th. Alternative venues are being considered in preference to a later date. Kent athletes are advised to watch these columns for the latest information about these Championships.

Cover photo by Norman Bilton

Walking**SUCCESSFUL MOVE UP TO 50km BY ADAMS**

A RAW day with snow showers made conditions decidedly unpleasant for competitors in the Basildon 50km on April 9th and accounted for the many retirements. However, the first four men home were rewarded with personal bests while young George Nibre had a very promising debut. Brian Adams, confirming his intention to have a real go at the distance this year, had a good second half after cutting down Adrian James, while his coach, Peter Markham, surprised all with his strong showing—the best he has had at the distance in a career now lasting over 20 years. The performance of the day came from Ken Smith who had the race of his life to power through and beat 4½ hours. 1, B. Adams (Leic) 4:24:10; 2, K. Smith (Cov) 4:28:54; 3, A. James (BoE) 4:32:45; 4, P. Markham (Leic-Vet) 4:34:05; 5, G. Nibre (Ilf) 4:36:35; 6, G. Hunwicks (Ilf) 4:47:25.

Carl Lawton holds off Graham Seatter in wind blown SCAA 10km Track Championships at West London, April 13th. With many top performers not competing, a comparatively small field contested the event which was marred by the strong wind which had everyone struggling up the home straight. Apart from the early laps Carl Lawton did all the pace-making, first dropping James and Morris and then Amos Seddon just after half distance. Graham Seatter hung on grimly and was not dropped until the last 800m and still was dangerously close even in the last backstraight. The New Zealander and Graham Morris recorded pb's, excellent going in the prevailing conditions. Adrian James recovered well from his hard Basildon 50km while Tony Malone excelled himself while taking advantage of a short stay in the South. Stuart Maidment was unfortunate to be disqualified soon after the start after a long journey from the West Country. 1, C. Lawton (Bel) 45:07.8; 2, G. Seatter (Bel) 45:11.8; 3, A. Seddon (BoE) 45:34.8; 4, G.



Brian Adams (left) and Adrian James battling in the Basildon 50km.

Mike Street

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SATURDAY, 11th JUNE, 1977
at 3 p.m.

ON DONCASTER RACECOURSE (2 LAPS)

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Entries: 40p (no team fee).

To: D. J. Haywood, 14 Whitehill Road, Brinsworth, Rotherham, South Yorkshire. Tel: 76219.

ENTRIES CLOSE 23rd MAY
Part of Silver Jubilee Gala Day

Changing in Jockeys Quarters.

Due to High Cost of postage, no acknowledgement will be made unless SAE is enclosed.

Morris (Stey) 45:51.4; 5, A. James (BoE) 46:32.2; 6, A. Malone (Lancs) 47:21.2; 7, G. Robinson (BoE) 47:28.4; 8, B. Armstrong (Ilf) 48:44.0; 9, G. Hunwicks (Ilf) 48:47.4; 10, G. Scott (BoE) 48:52.0; 11, L. Dordoy (Ilf) 49:21.0; 12, C. Young (Ex B) 49:22.8; 13, R. Middleton (Bel) 49:38.0; 14, P. Gimblett (S&E) 50:01.0; 15, P. Dyble (W Gn) 50:18.0.

Geoff Robinson wins Indoor 3km at Whitchurch, Bristol, March 27th. 1, G. Robinson (BoE) 13:34.8; 2, J. Turner (Trow) 14:34.6; 3, G. Hunwicks (Ilf) 14:44.2.

Young Athletes Walks at Newham, March 27th. (Boys 2km): 1, D. Nicholls (Unatt) 10:33; 2, I. Robery (Hav) 11:24; 3, K. Monk (Med) 11:42. (Colts 2km): 1, G. Gates (Unatt) 11:57; 2, S. Gates (Sy) 12:33. (Senior Women 3km): 1, K. Boatwright (E&E) 17:25; 2, G. Brackpool (E&E) 18:12. (Juniors 2km): 1, L. Nolan (Sutt) 11:20; 2, D. Hoare (Med) 11:38; 3, M. Way (E&E) 11:46. (Girls 2km): 1, M. Davitt (New) 13:08; 2, L. Alldis (New) 13:26; 3, E. Ganhegan (Hav) 13:31.

Chris Harvey clocks a 93:44 20km to win

Lanes WC Championship over this year's National Championship course at Manchester, April 2nd. 1, C. Harvey 93:44; 2, E. Crompton 97:13; 3, M. Ireland 103:36; 4, D. Fletcher 105:04; 5, S. Uttley 105:49.

London Postal Region 9km Yacht Handicap, at Blackheath, April 3rd. (Fastest) R. Parkins (Med) 44:21; D. Maynard (Camb H) 45:52; D. Vale (Sy) 46:42; G. Vale (Sy) 47:44.

Seppo Immonen laps John Lees in French Six Hours Road Race at Bolbec, April 9th. The 26-year-old Finn, who finished 20th (4:15:28) in the World 50km Championship at Malmo last September at his second attempt at the distance, clearly displayed his immense potential by out-distancing John Lees by almost 5km in this six hours event. Held on a rough surfaced circuit of just under 3500m which included a stiff climb in the town centre the event was well received by the local crowd. After Benoit had led early on it was Lees and Immonen locked together until the latter forged ahead after 2½ hours. Rintala came through to third after a slow start and held off Young's challenge in the fifth hour. Len Ruddock had a fine race for sixth place. 1, S. Immonen (Fin) 21 laps, 6:04:18; 2, J. Lees (UK) 20 laps, 6:13:15; 3, I. Rintala (Fin) 19 laps, 6:11:27; 4, C. Young (UK) 19 laps, 6:18:20; 5, C. Bessay (Fra) 18 laps; 6, L. Ruddock (UK) 18 laps, 6:05:55. 19 finished.

Tom Dooley getting back to top form. The popular Californian, very well known in the London area, is gradually getting into the form that he hopes will get him into the USA Lugano Cup squad, following a 46:50 track 10km. Tom walked his first 50km for seven years and putting in a second half over 3 min faster than the first he clocked a solid 4:35:25.

Peter Fullager faster than ever in Australian Champs. Recording 12:42.4 for third in the 3km, the ex-Surrey man showed he is faster than in his heyday a decade ago when he figured so prominently in British and European short distance events. Willy Sawall, who won in a outstanding 12:05.4, will obviously be a strong contender in the Edmonton 30km next year.

Todd Scully clocks 19:46 for 3 Miles and is still beaten by over a minute! Even overshadowing Karl-Heinz Stadtmüller's 41:22 indoor 10km, the times recorded in the indoor 3 Miles at Toronto in the USA v USSR v Canada meet were quite mind boggling. Todd Scully went through 6:17 and 12:52 to record a 19:46 but wound up a well-beaten third behind the two Russians who notched up miles of 6:10, 6:22 and 6:12 (!) with Solomin winning in 18:44.

Italian Best Performances, 1976. 3km (outdoors): 12:00.7 R. Buccione, 12:11.4 D. Carpentieri, 12:14.0 V. Visini. **(Indoors):** 11:55.2 Visini, 12:09.4 R. Di Nicola, 12:14.5 A. Zambaldo, 12:18.2 M. Damilano (Jnr). **5km:** 20:35.8 R. Buccione, 20:36.0 Visini, 20:49.8 Di Nicola, 20:58.2 G. Fabbri. **10km:** 42:49.0 Fabbri, 42:50.8 Buccione, 42:51.0 Zambaldo, 43:05.2 Carpentieri. **20km:** 1:27:58.6 Zambaldo, 1:28:41.8 (t)

Carpentieri, 1:28:46.2 Visini, 1:28:53.2 V. Canini, 1:29:07.4 Buccione, 1:29:17.0 M. Damilano (Jnr), 1:29:37.4 Di Nicola. 1:29:37.8 S. Bellucci, 1:29:54.8 C. Mattioli.

Colin Young

Havering AC Women's Walking Races, at Hornchurch, April 2nd. (Senior 3000m): D. Pegg (Med) 19:03. (Inters 3000m): 1, J. Robery (Hav) 16:06; 2, S. Till (Craw) 16:36; 3, G. Brackpool (E&E) 16:58; 4, D. Hoare (E&E) 17:15; 5, M. White (Med) 17:42; 6, M. Way (E&E) 18:06. **Team:** Epsom & E. (Juniors 2500m): 1, A. Mortimer (Magna C) 14:40; 2, J. Askew (Med) 14:50; 3, J. Seers (Magna C) 15:11; 4, M. Davis (Magna C) 15:11; 5, C. Buchanan (B&H) 15:18; 6, C. Gahagan (Hav) 15:18; 7, S. Connelly (Hav) 15:19; 8, C. Humphries (E&E) 15:19. **Team:** Magna Carta. (Girls 2500m): 1, J. Harvey (Magna C) 14:29; 2, J. Marshall (Camb H) 14:59; 3, M. Goode (Magna C) 15:05; 4, M. Davitt (New) 15:32; 5, J. Corno (Magna C) 15:38; 6, P. Burt (Magna C) 15:39. **Team:** Magna Carta.

National Police 10M Road Walk Champs, at Leek Wootton. 1, A. Seddon (Met) 1:16:19; 2, P. Ryan (Ex) 1:18:01; 3, D. Sheppard (Ex)

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Applicants, male or female, should be suitably experienced with specialist coaching qualifications.

The centre comprises a main hall, two practice halls, cafeteria and lounge bar. The successful candidate will be enthusiastic and energetic, with a knowledge of management procedures and will be expected to play an active role in assisting the development of activities within the centre.

Rented housing accommodation is available with up to £610 relocation expenses in appropriate instances.

Application forms and further details are obtainable from the Personnel Section, Civic Centre, Corby, Northants NN17 1QB or telephone Corby 2551 Ext. 33. Closing date 13th May 1977.

15th April 1977.

C. E. CHAPMAN,
Chief Executive.

1:19:08; 4, G. Scott (Met) 1:20:07; 5, D. Hurst (Avon) 1:20:19; 6, D. Salter (Met) 1:21:23; 7, C. Fogg (Met) 1:21:37; 8, — (S Yks) 1:23:33; 9, L. Mockett (Met) 1:24:07; 10, G. Jones (W Mids) 1:24:16.

Midland AAA 10,000m Track Walking Champs, at Leicester, April 2nd. National champion Brian Adams allowed John Paddock to take him through the first laps in steady 1:46's. He kept that pace going as all challenges dropped away, and his AAA time of the previous week was beaten by 3 sec as he lapped the entire field. 1, B. Adams (Leic) 44:07; 2, D. Cotton (Holl) 46:25; 3, E. Taylor (Cov) 46:54; 4, G. Toone (Leic) 47:16; 5, D. Lawson (Met-gst) 48:13; 6, P. Markham (Leic) 48:57; 7, A. Dainty (RAF-gst) 48:59; 8, C. Berwick (Leic) 49:00. (Senior Women 10,000m): 1, S. Saunders (B'field) 54:54; 2, E. Cox (Sol) 57:33; 3, M. Brown (B'field) 58:16. (Inters 5km): C. Brooke (Sol) 29:39. (Juniors 2500m): 1, K. Eden (Sol) 13:12; 2, A. Burdett (Leic) 13:42; 3, J. Mullins (Sol) 13:45; 4, H. Roe (Sol) 13:52; 5, L. Smith (Sol-girl) 14:04; 6, Y. Eden (Sol-girl) 14:07.

Leics Schools Walk Trials, April 7th. (Junior/Youth Road 3000m): 1, A. Reed (Beau-Y) 15:34; 2, G. Proctor (West-Y) 15:34; 3, A. Trigg (Wygg-Y) 15:41. (Boys 3000m): 1, P. Vesty (Man) 15:20; 2, R. Tibbles (Beau) 16:39; 3, S. Townsend (New) 17:20. (Junior Girls 2500m): 1, A. Burdett (West) 14:01; 2, C. Irving (King R) 14:23; 3, A. Warren (Shaft) 14:55.

The UAU T&F Champs will be held at Warley on May 6th/7th and not as printed.

WANTED—URGENTLY

Male/female athletes to compete against Rheingold AC, Germany, May 21st. Coach leaves Cornwall evening May 18th, returning 22nd, picking up en route to Dover. £30 per person. All events. Social programme arranged. Further details, contact a.s.a.p. Mrs Everard, Camborne 714717; Mrs Hancock, Truro 78394; Terry Hanson, St. Ives 5368.

WEST CORNWALL A.C.

NEW SPONSOR FOR WAAA CHAMPIONSHIPS

Sunsilk, the UK's leading hair care brand, is to spend £5000 on sponsoring the WAAA Championships for the first time this year. The championships, which are expected to attract athletes from East and West Germany, Italy, the USSR, Czechoslovakia and Poland, will be held at Crystal Palace on August 19th/20th.

Welcoming the sponsorship, WAAA secretary Marea Hartman said: "Sponsors are our life-blood. Without the money given to us by sponsors, the facilities for training young athletes to an international level would not be possible. It is vital to our established athletes and to our up-and-coming youngsters as well."

"In 1976, 350 senior competitors took part in the WAAA Championships, but the more revealing statistic is that over 500 juniors and intermediates also took part. From these 500 the top athletes of tomorrow will emerge. We thank Sunsilk very sincerely for their support and we look forward to a long and successful association."

★ Birds Eye, former sponsors of the WAAA Championships, are to support the British men's and women's sprint relay squads over the next four years to the tune of £20,000.

BRITISH BOARD ADMINISTRATION

The manner in which the BAAB administration may be restructured following Arthur Gold's retirement as honorary secretary at the Board's AGM on June 19th will soon be made known. Representatives of the Board's constituent members (AAA, WAAA, Scottish AAA & WAAA, Welsh AAA & WAAA, N Ireland AAA & WAAA) were informed of the special working party's recommendations last week, and the full BAAB Council will meet in London on May 1st to consider their views. It will be at this meeting that proposals for the successor(s) to Mr Gold and other administrative changes will be formulated for approval at the AGM seven weeks later. Hopefully, details of these proposals will shortly be made public in order that the athletics community at large can consider them before the deadline for AGM business: May 15th. **M.W.**

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The Stadium is regarded as one of the premier venues for sport in the country and the person appointed would be expected to take over and ensure that a programme of events up to International level was maintained. The Stadium also plays an important part in the sporting life of the people of Wolverhampton and the person appointed would be required to promote and popularise the use of the Stadium and its facilities by the local community and the clubs that use the Stadium.

This appointment is subject to the NJC Conditions of Service, is superannuated, has a car user allowance with a fixed rate of £117 per annum, and removal expenses will be paid in accordance with the Council's schedule.

Application forms and further details from **Director of Environmental and Technical Services, Building Society House, 37-41 Lichfield Street, Wolverhampton. Closing date 18th May.**

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Steere Beats Ford In Feltham '5'

WHILST five of the six course records fell in the Feltham AC Easter Monday road races on April 11th, sponsored this year by the Kay-bore Thermic Lancing Co Ltd of Chiswick, the biggest surprise came perhaps in the men's 5 miles where Bernie Ford kept his course record but had to give best on the day to Kevin Steere. These two had soon spearheaded the record field (178 finished), and the Cambridge & Coleridge athlete forged ahead before halfway and smoothly increased the lead to 100m as he crossed the finishing line on the track where he does much of his training. A slightly faded Ford was well clear of his Aldershot club-mates, Peter Adams and Robert Lunnon, with the team race thus never in doubt. Laurie O'Hara easily took the Veterans prize in 17th position.

As joint holder with Joyce Smith of the women's 2½ mile course record, Ann Ford had expressed an intention of making it her personal property, and this she did in spectacular fashion by 19 sec and ahead of eight internationals, towing sister Paula under the old record too. Glynis Penny, recovered after injury during the International Cross-Country, took third with a good run.

Further individual and team success came for the host club in the Intermediate event over the same course and distance. Wendy Smith stamped

her authority on things early on and was delighted to break Lesley Kiernan's record by 14 sec. Kathy Timson shaved 5 sec from Sally Ludlam's Junior record with 7:51 for the 1½ mile circuit, but despite first and second placings Thurrock had to surrender team medals to the packing of AF&D. Later in the day Kathy saw her Girls record of 8:21 reduced by 21 sec by Baxstor of Havering in a race where seven girls were inside the old figures.

Outstanding too was the run of Catchpole in the Youths race. He set new figures for this under-18 event, yet qualified for the first Boys prize for those under 16 on April 1st, 1977.

1, K. Steere (Cambridge & Coleridge) ... 23:08
2, B. Ford (Aldershot, Farnham & District) 23:26
3, P. Adams (Aldershot, Farnham & Dist) 23:58
4, R. Lunnon (AF&D) 24:06; 5, C. Thomas (TVH) 24:14; 6, J. Sheridan (TVH) 24:16; 7, T. Woods (Ran) 24:26; 8, L. Presland (AF&D) 24:29; 9, I. Burgess (S&E) 24:39; 10, I. Kellie (West) 24:42; 11, D. Curwell (AF&D) 24:45; 12, G. Bath (Sal) 24:48; 13, J. McNamara (TVH) 24:53; 14, J. Watts (AF&D) 24:54; 15, C. Sly (Felt) 24:56; 16, P. Chivers (E&S) 24:59; 17, L. O'Hara (Bel-V) 25:02; 18, M. Woods (AF&D) 25:08; 19, M. Kortenray (HW) 25:10; 20, G. Norman (Ex B) 25:11; 21, S. Barnshaw (AF&D) 25:16; 22, J. Hood (AF&D) 25:17; 23, G. Fell (Ex B) 25:20; 24, R. Swann (Bas) 25:21; 25, C. Ridley (West) 25:22; 26, B. Dawkins (S&E) 25:24; 27, P. Rowland (HBS) 25:30; 28, C. Downing (AF&D) 25:31; 29, K. Chimes (Felt) 25:32; 30, J. Stock (HHH) 25:33. **Teams:** 1, AF&D 9; 2, TVH 24; 3, AF&D 'B' 33; 4, Southampton & E 66; 5, AF&D 'C' 67; 6, Westbury 71; 7, Essex Beagles 76; 8, Basingstoke 98; 9, Feltham 100; 10, Ealing & S 102; 11, Belgrave 114; 12, Horsham BS 129; 13, Ranelagh 169; 14, Lowestoft 190; 15, Haringey & S 212.

Youths/Boys

1, S. Catchpole (Lon-B) 12:34 (rec); 2, R. Rose (Hill) 12:51; 3, C. Reitz (Ex B) 12:54; 4, G. Heathers (F&C) 13:08; 5, B. Hoyte (Ex B) 13:10; 6, E. Emms (Ex B) 13:11; 7, R. Chapman (Ex B) 13:14; 8, A. Dippie (Walt) 13:15; 9, S. Moore (Shaft) 13:15; 10, J. Kaye (Shaft) 13:16; 11, S. Walton (Hill) 13:17; 12, C. Quadling (Low-B) 13:18; 13, T. Elgan (AF&D) 13:20; 14, M. Jenkins (HHH) 13:20; 15, T. Conlan (HHH) 13:21. **Teams:** 1, Essex Beagles 16; 2, Hillingdon 29; 3, Shaftesbury 50; 4, Essex Beagles 'B' 51; 5, Lowestoft 53; 6, Feltham 80.

Women

1, A. Ford (Felt) 13:19 (rec); 2, P. Fudge (Felt) 13:37; 3, G. Penny (Camb H) 13:56; 4, C. Tranter (Stret) 14:08; 5, C. Simpson (B'mouth) 14:21; 6, H. Fielon (Port A) 14:22; 7, B. Green (Felt) 14:23; 8, A. Roberts (Felt) 14:35; 9, V. Howe (Brack) 14:40; 10, A. Barnes (Barn) 14:59;

HIGHGATE HARRIERS

Floodlit Open Graded Meeting

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

PARLIAMENT HILL FIELDS

WEDNESDAY, MAY 18th, 1977

- 7.00 p.m. 110m Hurdles Men's
- 7.15 p.m. 800 metres Ladies
- 7.30 p.m. 800 metres Men's
- 7.50 p.m. 200 metres Ladies
- 8.05 p.m. 200 metres Men's
- 8.35 p.m. 3000m Steeplechase Men's
- 7.00 p.m. Discus Ladies
- 7.00 p.m. High Jump Boys, Youths
- 7.15 p.m. Triple Jump Men's

Entries: Vets., Seniors and Senior Ladies 20p per event, others 15p per event to P. G. Hall, 29 Homecroft Road, London N22 5EL, stating name, address, age, club, event, and best recent performance. SAE for acknowledgement of entry.

ENTRIES CLOSE MAY 16th

Entries **NOT** accepted on the day

11, A. Tamplin (Har) 15:07; 12, C. Ward (LOAC) 15:10; 13, J. Dawkins (S&E) 15:15; 14, C. Roy (Hill) 15:19; 15, B. Nelson (Barn) 15:40. **Teams:** 1, Feltham 10; 2, Barnet 45; 3, Harlow 55; 4, Southampton & E 68; 5, Hillingdon 71. **(Inters):** 1, W. Smith (Felt) 14:14 (rec); 2, D. Kiernan (Hav) 14:50; 3, R. Smeeth (AF&D) 14:54; 4, J. Bennett (Felt) 14:56; 5, D. Miles (Trow) 15:14; 6, L. Payne (Uxb) 15:22; 7, L. Mosen (High) 15:23; 8, K. Norris (Trow) 15:54; 9, C. Woodage (S&E) 16:14; 10, B. Rowe (AF&D) 16:15. **Teams:** 1, Feltham 23; 2, Trowbridge 30; 3, Uxbridge 38; 4, Southampton & E 42; 5, Wycombe P 53. **(Juniors):** 1, K. Timson (Thurr) 7:51 (rec); 2, N. Bassett (Thurr) 8:01; 3, A. Clifford (Wyc) 8:10; 4, S. Jones (AF&D) 8:16; 5, A. Beattie (AF&D) 8:20; 6, W. Lodge (AF&D) 8:21; 7, C. Trott (Port A) 8:22; 8, J. Stevenson (Hav) 8:24; 9, N. Ratcliffe (AF&D) 8:28; 10, D. Buckle (Hav) 8:31; 11, R. Bowles (S&E) 8:34; 12, T. Blackburn (Wyc P) 8:35; 13, S. Luke (Felt) 8:35; 14, R. Lawless (Hav) 8:36; 15, C. Andrews (Hill) 8:39. **Teams:** 1, AF&D 15; 2, Thurrock 19; 3, Havering 32; 4, Wycombe Phoenix 35; 5, Feltham 65. **(Girls):** 1, S. Baxstor (Hav) 8:00 (rec); 2, Tracey Birch (Uxb) 8:08; 3, K. Bonney (LOAC) 8:09; 4, C. Wales (Hav) 8:09; 5, S. Foster (Thurr) 8:13; 6, K. Benjamin (Hill) 8:14; 7, Toni Birch (Uxb) 8:20; 8, L. Smith (Port A) 8:27; 9, D. Hobbs (Ver) 8:28; 10, D. Peterson (Hav) 8:32; 11, D. Noad (Felt) 8:33; 12, K. Hughes (Thurr) 8:34; 13, H. Churn (AF&D) 8:35; 14, D. Hillyer (Port) 8:36; 15, J. Davies (Over) 8:36. **Teams:** 1, Havering 15; 2, Thurrock 39; 3, Uxbridge 43; 4, LOAC 44; 5, Portsmouth 57; 6, Brighton & H 60; 7, Verlea 61; 8, Feltham 67; 9, AF&D 68; 10, Trowbridge 89.

Herts AAA officers: President, R. Buxton; chairman, Mrs R. Osborne; general secretary, A. Joy, 50 Great North Road, Welwyn AL6 0PH (Tel: Welwyn 4385); treasurer, Mrs I. Joy; women's sec, A. Osborne, 50 Cromwell Road, Stevenage; men's sec, S. Broadhead, Meadow Lodge, Admirals Walk, Hoddesdon (Tel: Hoddesdon 64851); coaching sec, G. Daborn, 7 Rivershill, Watton-at-Stone (Tel: Watton 449); officials sec, F. Coombe, 126 Lomsford Lane, Welwyn Garden City, Herts (Tel: Welwyn Garden 25891); walking sec, P. Worth, 21 Buss Hill Close, Broxbourne (Tel: Hoddesdon 67488); champs secretaries (senior men & general), A. Joy, 50 Great North Road, Welwyn; (U/20 men & CC), S. Broadhead, Mealow Lodge, Admirals Walk, Hoddesdon; (women's track), F. Ward, 1 Pimlico, Hemel Hempstead; (fixtures & women's CC), Mrs M. Powell, 179 Telford Avenue, Stevenage (Tel: Stevenage 722393).

* * *

Coventry Godiva Harriers officers: Secretary, P. Miller, 27 Kimble Close, Allesley Park, Coventry CV5 9LX; chairman & team manager, W. Adcocks; treasurer, F. Allcoat.

Fourth Win For Blinston

THIS year's Rivington Pike Fell Race on April 9th was a very fiercely contested race, with every winner since 1965 entered. Straight away local runner Mike Short (Fell Runner of the Year 1975) took up the running followed by Pete Ravald, Alan Blinston and Jeff Norman all the way to the castle on top of the Pike, with Blinston pulling out a short lead at the top from Ravald with Short a little further back in third place. On the descent Blinston showed his class by winning the event for the fourth time, just one second outside Ron McAndrew's course record.

P. Schofield

1, A. Blinston (Altrincham) 16:51
2, P. Ravald (Manchester) 16:42
3, J. Norman (Altrincham) 16:46
4, R. Morris (Alt) 16:47; 5, A. McGee (Kes) 16:49; 6, M. Short (Hor) 16:54; 7, K. Best (Stret) 17:02; 8, S. Howcroft (Leigh) 17:05; 9, M. Nolan (Man) 17:10; 10, R. Hill (Clay) 17:26; 11, M. McGann (E Ches) 17:27; 12, W. Cooper (Man) 17:38; 13, I. Partington (Ross) 17:42; 14, A. Etchells (Man) 17:46; 15, H. Kelly (E Ches) 17:55; 16, M. Brennan (Pres) 17:57; 17, J. Prescott (Leigh) 17:59; 18, C. Pooley (L&M) 18:03; 19, D. Cartridge (Bolt) 18:10; 20, G. Woodburn (B'burn) 18:20; 21, G. Young (Rown) 18:21; 22, S. Grimes (Hor) 18:22; 23, I. Crilly (Bolt) 18:29; 24, D. Hargreaves (Clay) 18:30; 25, V. Regan (Bolt) 18:31. 132 finished.

HERTFORD & WARE ATHLETIC CLUB

'WARE WEEK' OPEN MEETING

(Under AAA & WAAA Laws)

SUNDAY, 12th JUNE, 1977, at 11 a.m.

PRESDALES SCHOOL, WARE

(400m Grass Track)

Events—U/11 Boys: 100, Colts (U/13): 100, 800, HJ, LJ, Boys (U/15): 100, 200, 400, 800, 1500, HJ, LJ, SP, JT. **Youths (U/17):** As Boys. **Senior Men:** 100, 3000, SP. **Veterans:** 800. **U/11 Girls:** 100. **Minor Ladies (U/13):** 100, 800, HJ, LJ. **Junior Ladies (U/15):** 100, 200, 800, 1500, HJ, LJ, SP, JT. **Inter Ladies (U/17):** 100, 200, 400, 800, HJ, LJ, SP, JT. **Senior Ladies:** 800.

Ages as at 1st September, 1977

Awards: Young Athletes—medals for first 3 in each event. Seniors—prizes value £4, £3, £2 for each event.

Entries to: D. P. Wallis, 53 Wellington Street, Hertford, stating date of birth, club and best performances in events entered. Please enclose SAE.

ENTRIES CLOSE 23rd MAY, 1977

AAA National Road Relay**At Sutton Coldfield, April 23rd****GATESHEAD COMPLETE THE HAT-TRICK**

NEVER has one club so dominated British distance running as Gateshead. In winning the AAA 12 Stage Road Relay by a margin of nearly 2½ minutes, the Tynesiders notched up their third successive national cross-country/relay double—and there is no sign yet of their reign coming to an end. Gateshead took the lead on the fifth stage and with such runners as Brendan Foster, Chris Garforth, Dennis Coates and Max Coleby to follow there was no way they could be caught. But for the unpleasant weather (very windy and several heavy showers) Gateshead would surely have broken their record of 4:04:14. As it was they fell only 46 secs short. Liverpool (2nd) and Tipton (3rd) filled the same places as last year.

Individually, the stars were Brendan Foster and Bernie Ford. Foster recorded the second fastest short stage time on record (13:48 as compared with his record of 13:37) . . . and revealed afterwards that he will not be making his track debut until the Debenhams Games on June 26th where he will run either 3000 or 5000. Thus he will not be competing in the UK Championships at Cwmbran ("I don't see the point of them"). The races he is aiming for this year come in the late season—the World Cup and the Coca-Cola 10,000—and he feels it is impossible to maintain top form from May to September. Ford produced the quickest long leg time of 25:03 — worth around 28:15 for a full 10,000 which is exceptional running in the conditions.

M.W.

STAGE 1

Indoor International Dick Milne (Notts) provided a fast opening leg in bright but very windy weather, clocking 25:44 to lead in Mike Kearns (Tipton) by 80m. Invicta's Richard Lawrence (the former Richard Sliney) followed,

**Kent Association of Boys' Clubs
5 MILES OPEN ROAD RACE**
(Under AAA Laws)

**From Parkwood Playing Fields,
Bicknor Road, Maidstone**

Tuesday, 7th June, at 3 p.m.

Awards: 1st, 2nd, 3rd Ind., 1st, 2nd, 3rd Teams (3 score). **Fees:** 20p per Ind. (all enter as Ind.). **Entries close 18th May** to P. Mason, 66 Union Street, Maidstone. SAE with entry for directions.

A DAY OUT FOR THE FAMILY

Many other attractions including: Wild West Show, Jousting, Football Stars, Custom Car Rally, Side Shows, etc., etc.

nearly 150m behind Kearns, and then the runners streamed in thick and fast. Gateshead's traditional lead-off man, Lindsay Dunn, finished 13th of the 26 runners—as against 8th, 7th and 11th in the previous three years.

1, Notts (R. Milne 25:44); 2, Tipton (M. Kearns 25:58); 3, Invicta (R. Lawrence 26:21); 4, Small Heath (G. Taylor 26:24); 5, Manchester (P. Shaw 26:26); 6, Cambridge & Coleridge (Grah Tuck 26:32); 7, TVH (G. Dugdale 26:38); 8, AF&D (L. Presland 26:47); 9, Coventry G (D. Driver 26:48); 10, Liverpool H (R. Harrison 26:48); 11, A&SV (C. Taylor 26:53); 12, Birchfield (M. Bardsley 26:53); 13, Gateshead (L. Dunn 26:57); 14, Salford (A. Sladen 26:58); 15, Wolverhampton & Bilston (A. Blackwell 27:12); 16, Haringey & Southgate (G. Pringuer 27:17); 17, Sheffield (W. Domoney 27:26); 18, Sale (G. Davies 27:27); 19, Cardiff (G. Bigham 27:31); 20, Portsmouth (P. Corney 27:40); 21, Westbury (I. Kellie 27:52); 22, Swansea (B. Davies 28:00); 23, Hercules Wimbledon (M. Kortenray 28:33); 24, Stoke (L. Austin 28:40); 25, Holmfirth (C. Hollingworth 29:01); 26, Bridgend YMCA (S. Cull 31:30).

STAGE 2

Ray Smedley was in a class apart as he covered the short stage in 14:06 (13:55 last year) to bring Birchfield up from 12th to 2nd, some 70m behind Notts. Gateshead rose to 9th place.

1, Notts 40:47 (B. Moss 15:03); 2, Birchfield 40:59 (R. Smedley 14:06); 3, Manchester 41:07 (M. Plant 14:41); 4, Tipton 41:12 (B. Baldero 15:14); 5, Invicta 41:28 (R. Harding 15:07); 6, TVH 41:30 (B. Brennan 14:52); 7, A&SV 41:31 (J. Fox 14:38); 8, AF&D 41:36 (J. Watts 14:49); 9, Gateshead 41:42 (B. Leddicot 14:45); 10, Small Heath 41:53 (J. Butlin 15:29); 11, Salford 41:57 (D. Brown 14:59); 12, Liverpool 41:57 (A. Gerrard 15:09); 13, Coventry 42:07 (E. Kelly 15:19); 14, Haringey & S 42:58 (N. Saunders 15:11); 15, Cardiff 42:34 (B. Hayward 15:03); 16, Cambridge & C 42:49 (R. Bryan 16:17); 17, Sale 42:54 (Phil Gaytor 15:27); 18, Sheffield 42:59 (C. Cope 15:33); 19, Westbury 43:06 (R. Nash 15:14); 20, Portsmouth 43:25 (A. Hind 15:45); 21, Swansea 43:53 (K. Gallivan 15:53); 22, Stoke 43:57 (R. Harris 15:17); 23, Wolverhampton & B 44:00 (G. Cook 16:48); 24, Hercules W 44:02 (S. Graham 15:29); 25, Holmfirth 44:56 (D. Sykes 15:55); 26, Bridgend YMCA 47:20 (C. Myers 15:50).

STAGE 3

As Notts dropped away to 7th, there was the rare sight of two Southern clubs fighting out the lead. Richard Newble (Invicta) showed ahead for

a while but at the change-over it was Commonwealth steeplechase medallist John Davies (TVH), continuing his splendid comeback after a lengthy spell of injury, who led by 60m. Dave Cannon picked up six places for Gateshead.

1, TVH 67:28 (J. Davies 25:58); 2, Invicta 67:38 (R. Newble 26:10); 3, Gateshead 67:41 (D. Cannon 25:59); 4, A&SV 67:45 (R. May 26:14); 5, Manchester 68:09 (G. Entwistle 27:02); 6, Tipton 68:16 (B. Cole 27:04); 7, Notts 68:30 (I. Barnard 27:43); 8, Birchfield 68:37 (A. Edwards 27:38); 9, Salford 68:43 (A. Byrne 26:46); 10, Liverpool 68:51 (J. Woods 26:54); 11, Cardiff 68:56 (A. Leek 26:22); 12, AF&D 69:06 (P. Stamp 27:30); 13, Coventry 69:24 (D. Lavelle 27:17); 14, Small Heath 69:32 (D. Tierney 27:39); 15, Portsmouth 69:40 (K. Tesh 26:15); 16, Cambridge & C 70:08 (K. Clifford 27:29); 17, Sheffield 70:14 (D. Pratt 27:15); 18, Haringey & S 70:42 (D. Rousell 28:14); 19, Wolverhampton & B 70:46 (C. Mattock 26:46); 20, Stoke 70:51 (J. Jackson 26:54); 21, Westbury 70:53 (C. Street 27:47); 22, Sale 71:16 (Paul Gaytor 28:22); 23, Holmfirth 71:30 (G. Ellis 26:34); 24, Swansea 71:53 (S. Gibbons 28:00); 25, Hercules Wimbledon 73:45 (D. Beard 29:46); 26, Bridgend 77:48 (T. Grey 30:28).

STAGE 4

John McNamara kept the 'Valley' in front, with Gateshead maintaining their relentless progress to finish second. Running fastest leg time,

Ricky Wilde hoisted Manchester into third place. A torrential downpour made conditions particularly difficult on this stage.

1, TVH 82:17 (J. McNamara 14:45); 2, Gateshead 82:32 (J. Trainor 14:51); 3, Manchester 82:45 (R. Wilde 14:34); 4, Invicta 82:54 (J. Simmons 15:14); 5, A&SV 83:09 (K. Duckworth 15:24); 6, Birchfield 83:27 (A. Salter 14:50); 7, Liverpool 83:32 (S. Butler 14:41); 8, Tipton 83:36 (D. Fownes 15:20); 9, Salford 83:54 (J. Myatt 15:11); 10, AF&D 83:58 (D. Ives 14:52); 11, Cardiff 84:08 (D. Walsh 15:12); 12, Coventry 84:15 (S. Carter 14:51); 13, Notts 84:27 (P. Wright 15:57); 14, Small Heath 84:44 (P. Spare 15:12); 15, Cambridge & C 85:01 (P. Churchward 14:53); 16, Portsmouth 85:24 (S. Otterway 15:44); 17, Sheffield 85:33 (N. Groffin 15:19); 18, Stoke 85:42 (M. Roberts 14:51); 19, Westbury 85:57 (M. Coram 15:04); 20, Haringey & S 86:08 (D. Milner 15:26); 21, Sale 86:20 (A. Settle 15:04); 22, Wolverhampton & B 86:37 (J. Eley 15:51); 23, Holmfirth 87:17 (J. Turner 15:47); 24, Swansea 87:43 (S. Seaman 15:50); 25, Hercules Wimbledon 89:06 (M. Fuller 15:18); 26, Bridgend YMCA 95:05 (C. Starr 16:17).

STAGE 5

A tremendous effort by Charlie Spedding—only just back from three weeks altitude training in Kenya—broke the race wide open, for by the end of his 25:26 stint (over a minute faster than

continued on page 26

Blackheath Harriers

Silver Jubilee 25 x 1 mile Club Relays

Sunday, 19th June, 1977

Late entrants (£15 per team, max. £35 per club) are welcome to join with the 77 clubs, 184 teams at any of the following venues:—

Aldershot
Camborne
Cleckheaton
Crystal Palace
High Wycombe
Middlesbrough
Reading
Sutton Coldfield
Woodford Bridge

Basingstoke
Carlisle
Coatbridge
Exeter
Keele
Nottingham
Sheffield
Tipton

Bebington
Clacton
Crawley
Haringey
Luton
Portsmouth
Stretford
Walton

Details: A.W. 12/2/1977 and 12/3/1977

Phone: Andy Frankish 01-658 0729
or Chris Haines 01-777 6498

RESULTS IN BRIEF

March 19th

Leicestershire & Rutland AAA Road Relay (Livingston 5 x 3 $\frac{1}{2}$ M). 1, Tipton 88:45; 2, Sheffield 89:24; 3, Wolverhampton & B 89:40; 4, Leicester 90:47; 5, Notts 91:05; 6, Kettering 91:39; 7, Birchfield 91:57; 8, Small Heath 92:19; 9, Coventry 92:26; 10, Charnwood 93:13; 11, Sheffield 'B' 93:38; 12, Tipton 'B' 93:58; 13, Derby 94:14; 14, Peterborough 94:40. **Fastest:** M. Kearns (Tip) 17:21, K. Angus (Sheff) 17:23, R. Milne (Notts) 17:26, P. Gilsenan (Kett) & I. Gilmour (W&B) 17:32, D. Lavelle (Cov) 17:35.

March 26th

North Staffs Road Runners Assn 4M Time Trial at Hanchurch. (A): 1, A. Mills 20:06; 2, L. Austin 20:34; 3, P. Larkin 20:45; 4, J. Davies 20:58; 5, I. McKay 21:02; 6, S. Hope 21:06. (B): 1, D. Shelley (Vet) 21:12; 2, P. Goodfellow (Vet) 21:34. (C): A. Bourne 22:12. (D): P. Bowler 21:53.

March 29th

Commercial Union 5M Road Race, at New Beckenham. 1, R. Gevers 25:06; 2, F. Upcott 25:55.

March 30th

King Henry VIII School 10M Road Run

(accurately measured). 1, C. Sly (Alsager) 50:15 (rec); 2, D. Messon (Alsager) 53:27; 3, M. Lyne (King Henry VIII) 53:30; 4, R. Melton (New Un) 53:42; 5, D. Ellis (Bishop V) 54:24; 6, D. Smith (Alsager) 54:42. 168 finished.

City of London Poly Monthly Handicap, at Tower Hill. (Fastest): A. Catton (Ilf) 12:31, M. Moody (M'head) 13:09, J. Halliday (Hav) 13:17.

April 5th

Stoke-on-Trent Track League, at Stoke. 15 min Paarlaf: B. Bowler/A. Adams 5800m. PV: 1, G. Ward (Stoke) 4:10; 2, J. Howell (Stoke) 4:00. LJ: C. Wright (Stoke) 6.85. SP/JT: Howell 13.31 & 49.94.

April 9th

Vets AC 100m Handicap: 1, A. Sutherland (22 $\frac{1}{2}$ m) 13.2; 2, N. Martin (23m) 13.2; 3, W. Hartfree (15m) 13.3.

WILKINSON WINS BMC MILE EVENT

Walter Wilkinson won the Army Cup Final Mile, organised by the BMC, at Aldershot on April 6th in 4:07.7. With 600m to go, Wilkinson jumped the field to set up a good lead at three laps in 3:05. Paul Williams gave chase and gradually cut back the lead to finished second in 4:08.7. Gary Nurse, a junior, was third in a personal best of 4:09.9, followed by Graham Jackson (4:10.8), Steve Emson and Paul Lee (both 4:11.8) and Roy Wood (pb of 4:12.1).

M.M.

BEDFORD & COUNTY A.C.

SILVER JUBILEE DAY YOUNG ATHLETES MEETING

(Under AAA & WAAA Laws)

TUESDAY, JUNE 7th, 1977

AT NEWNHAM TRACK, BEDFORD

Commencing at 11.00 a.m.

Minor Girls: 100m, 200m, 800m, LJ.
Junior Women: 100m, 200m, 800m, 1500m, LJ, HJ, Shot, Javelin, Discus. **Inter. Women:** 100m, 200m, 400m, 800m, 1500m, LJ, HJ, Shot, Javelin, Discus. **Colts:** 100m, 200m, 800m, 1500m, HJ. **Boys:** 100m, 200m, 400m, 800m, 1500m, 3000m, LJ, HJ, Shot, Javelin, Discus. **Youths:** 100m, 200m, 400m, 800m, 1500m, 3000m, 1500m S/C, LJ, HJ, Shot, Javelin, Discus.

Trophies 1st, 2nd, 3rd in all events.

Entry Fee: 30p per event. **Entries and enquiries** to D. Spring, 28 Wedgwood Road, Bedford. (Tel: Bedford 64737). S.A.E. please.

ENTRIES CLOSE 16th MAY

BANK HOLIDAY MONDAY

FAVERSHAM

(Under AAA & WAAA Laws)

6th JUNE, 2.30 p.m.

MEN—17 KILOMETRE ROAD RACE

PRIZES: 1st six and 1st & 2nd teams of 3.

WOMEN

100m Handicap, 200m and 800m Scratch.

JUNIOR WOMEN and GIRLS

100m and 800m Handicaps, 4 x 100m Relay handicap.

COLTS, BOYS and YOUTHS

100m and 800m Scratch.

VETERANS

100m and 400m Handicaps.

ENTRY FEES: 25p first event, 10p others.

Juniors 15p, Relay teams 30p.

ENTRIES CLOSE 23rd MAY to:

G. C. Ely, 19 Court Street, Faversham, Kent ME13 7AT.

HAVERING AC WOMEN'S ROAD RACES**At Hornchurch, April 2nd****Senior 4000m**

1, V. Rowe (London Olympiades) 16:15
 2, K. Knopp (Havering) 17:08
 3, L. Watson (London Olympiades) 17:21
 4, A. Bettinson (Hav) 17:36; 5, J. Wojciechowska (LOAC) 17:40; 6, K. Goodley (Hav) 17:42; 7, B. Keep (Ex B) 17:44; 8, R. Chettleburgh (Hav) 17:57; 9, P. Naylor (Hav) 18:01; 10, V. McCormack (Hav) 18:08; 11, K. Hughes (Med) 18:09; 12, W. Fawcett (Hav) 18:35. **Teams:** 1, LOAC 9; 2, Havering 19; 3, Havering 'B' 28.

(Inters 3 x 2400m): 1, Ilford (H. Martin 10:19, K. Trunley 8:37, C. Davis 9:20) 28:16; 2, Cambridge & Coleridge (M. Brayley 9:32, N. Winter 10:00, C. Embury 9:30) 29:02; 3, Kent (D. Goode 9:44, J. Oliver 10:08, J. Smith 9:34) 29:26; 4, Havering 29:47; 5, Essex LAC 30:07; 6, Norfolk Oly 30:42; 7, Havering 'B' 31:10; 8, Medway 32:43. **Fastest:** Trunley 8:37, D. Kiernan (Hav) 8:40, Davis 9:20, Embury 9:30, Brayley 9:32, Smith 9:34. **(Juniors 3 x 2400m):** 1, Thurrock (D. Allison 9:54, K. Whippy 8:55, C. Jarman 8:57) 27:46; 2, Melbourn (A. Whiffins 9:17, D. Colin 9:48, L. Bridgeman 9:28) 28:33; 3, Dartford (T. Neale 9:35, L. Jemmett 9:46, C. Brain 9:27) 28:48; 4, Havering 28:57; 5, Medway 29:05; 6, Thurrock 'B' 29:18; 7, Ilford 29:25; 8, Norfolk Oly 30:01; 9, Essex LAC 31:13; 10, Dartford 'B' 31:36. **Fastest:** Whippy 8:55, Jarman 8:57, J. Howell (Med) & Brain 9:27, D. Cole (Ilf) & Bridgeman 9:28. **(Girls 3 x 2400m):** 1, Thurrock (T. Jex 9:40, K. Hughes 9:28, S. Foster 9:14) 28:22; 2, Havering (P. Peterson 9:46, J. White 9:44, S. Baxter 9:09) 28:39; 3, LOAC (K. Bonney 9:22, K. Meredith 10:11, H. Meredith 9:51) 29:24; 4, Essex LAC 29:46; 5, Norfolk Oly 30:13; 6, Havering 'B' 30:21; 7, Ilford 31:06; 8, Kent 31:11; 9, Thurrock 'B' 31:13; 10, Medway 31:25. **Fastest:** Baxter 9:09, Foster 9:14, M. Witts (Ex) 9:15, Hughes 9:28, H. Godden (Kt) 9:29.

**CHESTER & ELLESMERE PORT
 WOMEN'S CROSS-COUNTRY RACES**
April 9th

(Inters 2M): 1, R. Bowers (Warr) 12:46; 2, L. Tivey (Stock) 13:17; 3, D. Holmes (Warr) 13:35; 4, H. Walkowiack (Bing) 13:38; 5, S. Parker (Warr) 13:38. **Team:** Warrington. **(Juniors 1½M):** 1, K. Locke (Warr) 11:32; 2, A. Briggs (Warr) 11:45; 3, M. Briggs (Warr) 11:52; 4, S. Heesom (Warr) 11:54. **Teams:** 1, Warrington 10; 2, Bingley 50. **(Girls 1½M):** 1, K. Bailey (Warr) 10:23; 2, G. Addinall (Spen) 10:34; 3, A. Nolan (Liv H) 10:46; 4, L. Vose (Sutt) 10:52; 5, H. Watts (Stock) 10:55; 6, E. Davenport (Warr) 10:56. **Teams:** 1, Warrington 22; 2, Liverpool H 50; 3, Sutton 65. **(Girls 1M):** 1, F. O'Connor (Stret) 6:37; 2, L. Cooper (Alt) 6:38; 3, Y. Blow (Alt) 6:43; 4, S. Platt (Sutt) 6:49; 5, S. Woods (Sutt) 6:50; 6, F. Doyle (Sutt) 6:52. **Teams:** 1, Sutton 29; 2, Stretford 42; 3, Norris Bank 89.

**Val Rowe wins Havering road race**

Peter Williams

Southern Counties WAAA 200 Competition winners: (Jan) Miss B. Turner £25, Bournemouth AC £15, Mrs M. Noble £5; (Feb) Essex LAC £25, V. Botton £15, J. Goscombe £5; (March) Mrs M. Noble £25, Essex LAC £15, LOAC £5.

* * *

Holbeach AC officers: Chairman, J. W. Cooper; secretary, R. E. S. Clay, 82 Spalding Road, Holbeach, Lincs (Tel: 0406 23316); treasurer, G. Fowler. Holbeach AC promotion dates: July 10th—Invitation Trophy Match; July 24th—Spalding Relays; August 6th—Holbeach '10'.

**EAST HULL HARRIERS & A.C.
 ANNUAL 20 MILE ROAD RACE**

(Under AAA Laws)

ON SUNDAY, 29th MAY, 1977, 2 pm
 (Inc. Humberside County Championship)
EXCELLENT PRIZE LIST

Entry Fees: 30p per Individual, plus £1 per Team (3 to score). **Entries,** which close **Thursday, 19th May,** should be sent to Peter Dearing, 1 Collinson Close, Willerby, Hull (Office Tel: 0482-25796). Advance programme and detailed result sheet sent by post to each entrant.

Penny Sprints to Victory In First '20'

A RECORD number of athletes (331) set off in the 45th running of the Finchley '20', which again incorporated the Inter-Counties Championship, at Ruislip on April 16th. Keith Penny, running his very first '20', outsprinted Welshman John Robertshaw over the last 400m to win in 1:42:14. Penny had prepared specifically for the race and left his effort to the last quarter mile. We learned afterwards that Keith had suffered from a recurrence of a foot injury which had hampered him for 12 miles. Penny took his share of the lead and found that by running into the wind he was able to cool down while out in the country. The pace was very even throughout. John Robertshaw considered that his only hope of beating the fast finishing Penny was to push hard up the short hill with one mile to go, but Keith was well suited to the challenge and should be a force to reckon with over the longer distance if he can get his foot injury sorted out.

The early pace was set by the course specialist Harry Leeming, winner of the Finchley '20' title in 1970 and 1974, and who had also been placed in the last two years. Leeming, with a bunch of 14, went through the first lap in 25:30. The 15 had been reduced to seven at ten miles, covered in 50:51. The contenders were Leeming, Penny, Ellis, Staunton, King, Livesey, and Robertshaw. At 14M, on a fast section, four contenders were left—Leeming, Robertshaw, Penny and Ellis. The race was down to three at 15M, with Ellis dropping off. Time at this point was 76:22. With Harry Leeming lifting the pace it looked like another win for the man from Derby, but at 18M his legs went and the race was between Penny and Robertshaw. Gerry Staunton came through on the last lap to clinch fourth place;

while Don Faircloth recovered well from a bad second lap (when he dropped to 18th) to finish sixth.

The county title went to Yorkshire with Ellis (5th), Hilton (10th) and Temperton (13th) completing the scoring. **Chris Thorneycroft-Smith**

1, K. Penny (Cambridge H) 1:42:15
 2, J. Robertshaw (Newport) 1:42:17
 3, H. Leeming (Derby & Co) 1:42:54
 4, G. Staunton (Lon I) 1:43:32; 5, G. Ellis (Holm) 1:43:51; 6, D. Faircloth (Croy) 1:44:03;
 7, R. Bradbury (Barn) 1:44:12; 8, D. Patterson (TVH) 1:44:50; 9, P. Livesey (Clay) 1:45:04; 10, B. Hilton (Leeds) 1:45:19. **Teams:** 1, Cambridge H 64; 2, Verlea 67; 3, Hillingdon 113. **(Inter-Counties):** 1, Penny (Kt); 2, Robertshaw (S Wales); 3, Leeming (E Mids). **Teams:** 1, Yorkshire 26; 2, Middlesex 32; 3, East Midlands 36. **(Southern):** 1, Penny; 2, Staunton; 3, Faircloth. **Teams:** 1, Verlea 17; 2, TVH 24; 3, Croydon 33. **(Middlesex):** 1, Staunton; 2, Patterson; 3, P. Chivers (E&S) 1:51:20. **Teams:** 1, Ranelagh 14; 2, QPH 18; 3, TVH 19. **(Herts):** 1, Bradbury; 2, D. Clarke (Ver) 1:47:35; 3, G. Harrold (BoE) 1:48:11. **(Bucks):** 1, R. Charney (TVH) 1:50:52; 2, E. Ellerton (—) 1:51:29; 3, M. Robinson (Milt K) 1:53:39. **(Beds):** 1, J. Arnold (Leigh) 1:56:19; 2, G. Hunt (Bed) 1:58:23; 3, L. Mann (Bel) 2:04:03. **(Berks):** 1, R. McAndrew (Read) 1:47:00; 2, M. Duff (Read) 1:48:05; 3, D. Ellison (Read) 2:03:25. **(Sussex):** 1, I. Beauchamp (HBS) 1:47:27; 2, J. Paynter (W&DH) 1:58:43; 3, M. Davis (W&DH) 2:03:45. **(Kent):** 1, Penny; 2, J. Avis (Camb H); 3, J. Geohegan (Camb H). **Team:** Cambridge H.

(We hope to include full results next week)



Leaders in the Finchley '20' at 16½ miles: Harry Leeming (33), Keith Penny and John Robertshaw.

Bob Sly

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	6-12	£10.50	Men's Vest. Green/white stripes, violet/white stripes, red/white stripes, royal/white stripes. S, M, L £3.35		
Track Shoes			Men's Shorts (Athletics). To match above. 30-38 £4.60		
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	6-12	£28.25	ROYAL (white stripes) (G/9201) 9-10 £31.50		
SPIDER (S) (G/5080)	4-5½	£24.99	RED (white stripes) (G/9202) 1-8 £27.99		
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FIRST LADY OF THE TRACK

A profile of Irena Szewinska

by **Ivan Berenyi**

Photo taken at Montreal by George Herringshaw



THEY say cats have nine lives. Athletes rarely do though; not even those belonging to that heady category of all-time greats. As a rule, they reach their peak, notch up a few longer-lasting records and major titles, and bow out. There are, of course, some notable exceptions—Poland's Irena Szewinska prime among them.

Irena, so rightly tabbed 'First Lady of the Track' by the Warsaw sports daily, *Przegląd Sportowy*, has been written off as a has-been by all and sundry more times than she would care to count. But the doubters were always made to eat their words: soon she was to be back in the international limelight again with yet another fantastic result.

The highlights of her hitherto 16 years long athletic career read like a roll of honour: three Olympic golds, two silvers and two bronzes achieved in five different events at four Olympic Games, spanning a whole chapter of sporting history from the Tokyo to the Montreal Olympics, plus five European golds, a silver and a bronze. She has also set world records in four events—100m, 200m, 400m, and 440y, and the tally of her Polish national titles and records, all-comers records in different parts of the world and medals in lesser international meets like the European Cup or the World Student Games would need a computer to calculate to any degree of exactness.

Her harvest of medals has not been restricted to track events either, and thus that First Lady of the Track tab is slightly misleading. She has been prominent in the long jump, too, collecting an Olympic silver in Tokyo (1964) and a European gold in Budapest (1966)—and has successfully dabbled in the pentathlon.

Taking all her unique achievements into reckoning, it becomes crystal clear to anyone that

there has simply never been another athlete, male or female, who could boast an even remotely similar record, and thus calling her the greatest woman athlete of all time almost sounds like an understatement. Greatest sportswoman or simply greatest athlete might be more appropriate.

But Irena, a graduate economist with a penchant for literature and music, would probably be the last to squabble over epithets. She is a matter-of-fact, unpretentious and modest person, without any mock-humility, who, albeit she ventures to quote a writer in an interview, does so only in humorous self-deprecation.

Born on May 24th, 1946, in the immediate aftermath of the war in Leningrad (which did lead to sporadic claims of her being of 'Russian origin'), Irena Kirszenstein began her athletic career at school in Warsaw, under the guidance of Liliana Bucholtz, at the age of 14. By the time she was 18, in 1964, she was the complete athlete the world has come to know since, with talents spanning a whole spectrum of events and dreams of emulating the prowess of the likes of Holland's Fanny Blankers-Koen and Australia's Shirley Strickland de la Hunty.

The start was auspicious. At the Tokyo Games, she burst on the world athletics scene and won her first Olympic gold, in the 4 x 100m relay, as well as individual silvers in the 200m and the long jump (behind Mary Rand). Two years later, she swept the board at the European Championships in Budapest: she won the gold in all three above events, plus a silver in the 100m.

Married in the meantime to her coach, Janusz Szewinska, himself a noted athlete (53.4 for 400m hurdles) and a well-known press photographer, she continued her multi-discipline approach at the 1968 Mexico Games. By this time, however,

the world athletic scene had started tightening up, with strong specialists ruling individual events, and Irena collected 'only' two medals: a gold (in world record time) in the 200m, which gradually emerged as her prime speciality, and a bronze in the 100m.

"Training always tires me very much, but, as a rule, I buckle down to it willingly. After the Mexico Games, however, I simply did not feel right. I lost my appetite for it," Irena reflects. "So my husband and I decided that it was time I had a child. I welcomed a year's absence from athletics and the rest that went with it, gave birth to my son, Andrzej, and this did me a world of good. When I got back into training, I was as good as new."

Yet her results at the Munich Olympics of 1972 were far from satisfying. The attempt to pit her unparalleled all-round abilities against the field in several events, and in particular against the growing might of the East Germans, already well on the path to producing by diverse new methods of selection, training and peaking their own brand of the 'ubermensch' in sport, backfired. She was to end up with a solitary bronze medal, won in the 200m event behind the GDR's Renate Stecher (22.40) and Australia's Raelene Boyle (22.45). She was well beaten (her time was 22.74) and even that bronze was a hard-earned medal; the GDR's Ellen Stropahl finished behind her by a mere 1/100 sec.

Her performances in the other events were disappointing. In the 100m, which was even-

tually won by Renate Stecher (11.07), then very much in her hayday, Irena was sixth with 11.54 in her semi-final and was thus eliminated; she scratched from the long jump; and she requested to be left out of Poland's 4 x 100m relay team which finished a sorry 8th. It was expected that she would announce her retirement.

She did nothing of the kind. Instead, she reappraised her position, and decided to adopt, at least theoretically, a new stance. "I have come to realise that it is no longer feasible to try and excel in several track and field events simultaneously," she was to say in 1973. "Running from one start to another drains you for one thing, and then, perhaps more importantly, the varied training schedule blunts your edge in individual events. I have come to my senses, in other words; have become more clever. But Griboyedov, the 19th century writer, reckons that 'cleverness means trouble'. So I am not sure whether this clarification of ideas will be to my advantage or not."

Having said this, she had herself nominated for four events still in the 1974 European Championships in Rome: the 100m, 200m and both relays. The voices of doubters about her ability to match Stecher's surge abounded, but Szwedowska was not to be denied. She trounced everybody in the 100 and 200, helped the Polish relay team to a bronze in the 4 x 100 . . . and ended up by running a phenomenal anchor leg in the 4 x 400, timed in an almost unbelievable 48.5! Earlier in the season she had broken the world

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(At 2.15 p.m. under AAA Laws)

Ages 14 & 15 years on 1st April, 1977

Awards: Plaques/Medals first 4 Individuals. Trophy to winner. Entries (fee 15p Ind.) to Mr B. Callaghan, 36 Langdale Avenue, Wigan.

ENTRIES BOTH RACES CLOSE 18th APRIL

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record for 400m with a manually timed 49.9—the first time a woman athlete had run the distance within the magic 50 sec mark.

Subsequently there were many that presumed Szewinska's 400m reign would be short-lived. Such was the presumption of pretty Riitta Salin, daughter of the Finnish Athletic Association deputy president, who held the electronic version of the 400m world record with her 50.14 in Rome, and of the young Turks of the GDR who were coming up fast to take over the mantle of Munich Olympic champion Monika Zehrt.

In fact, pundits at large assumed that the glory of 1974 would prove to have been Irena's swansong: that she would want to retire after this Indian summer of her career. She had been doing well for years in the traditional popularity polls for best this and greatest that, but then—in anticipation of her graceful fading into the dignified oblivion of the record books—she was to sweep the superlatives stakes. Both UPI's and ISK's august panels voted her 1974 Sportswoman of the Year, and she got the Golden Spikes award in Ostrava, Czechoslovakia. The stage was set for a glorious exit—but Szewinska had no intention of retiring.

Instead, the First Lady had a relaxed, experimental season in 1975, in the course of which she contemplated her best strategy for the Montreal Games, and concentrated on more humdrum wifely and motherly chores. Her results suffered. She won the 400m with 50.50 in the final of the European Cup, merely 11/100 sec ahead of the GDR's Ellen Streidt, came only third in the 100m in Nice, and there were other reverses.

"I would be lying if I said these defeats did not not bother me," she was to say in a subsequent interview to Sylvester Sikora of *Przegląd Sportowy*. "But, after doing well in Rome in 1974, I decided to take it easy this year. To forego being the best in 1975, already with an eye on Montreal. Rather, I am spending time on

really adapting myself to the 400m. I am learning how to pace myself optimally, so that I could run sub-50 virtually any time, and that eventually I could go below the 49 mark. It's a bit of a heartbreak, but I have finished with the long jump for good; the 400m compensates me for it. In Montreal? As already stated, I am no longer prepared to waste my energy on several events. I will either go for the 100/200, or for the 400."



Irena was 1964 Olympic silver medallist and 1966 European champion in the long jump.

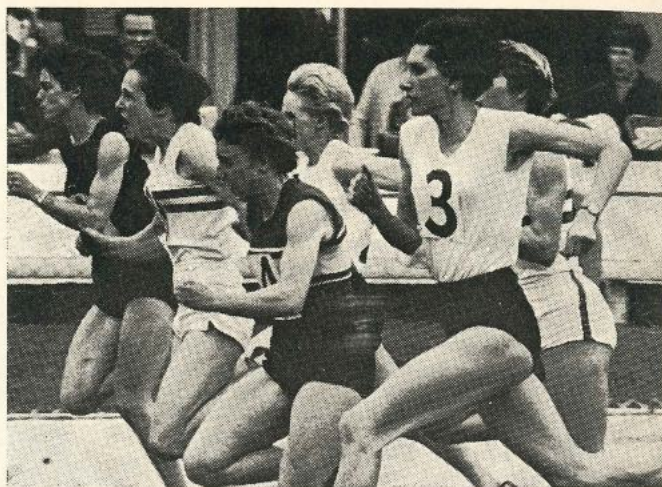
Tony Duffy



Irena (704) on the way to the 1974 European 100m title in Rome. She won from Renate Stecher (379) and Andrea Lynch, on the extreme left.

Mike Street

Back 12 years to the 1965 WAAA 100 yards final, at the White City, which Irena (3) went on to win in the European record equalling time of 10.6, with Jill Hall (4) second.



Ed Lacey

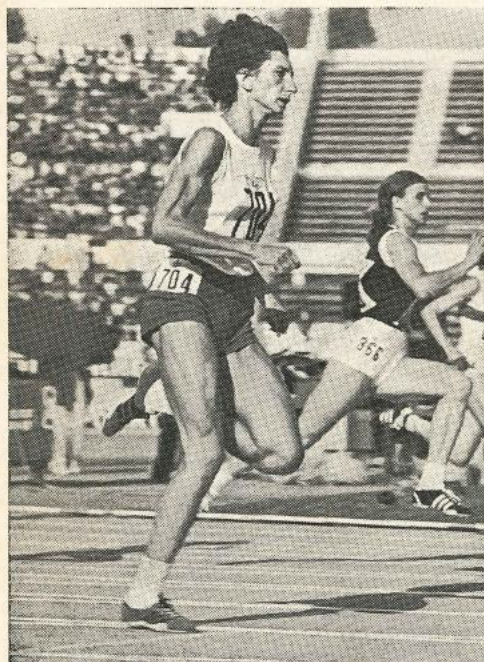
Her words were half-believed. The Golden Spikes award for 1975 went to Renate Stecher, universally held to rule supreme again at the short distances, and in the 400m a who's army of East German girls was setting an increasingly faster pace. There was Ellen Streidt (née Stropahl) who had been groomed to step into

Zehrt's shoes and who wound up the 1975 season with a 50.52 run in Sofia; Brigitte Rohde, who beat Streidt for the 1975 GDR title; in Erfurt; and there was the SC Dynamo Berlin's strong quartette of Rita Kuhne, Doris Maletzki, Margit Sinzel and Christina Brehmer.

In particular it was Christina Brehmer—the European junior champion who had run 50.84 at the age of 17—whose threat to Szewinska's 400m ambitions was thought significant. Brehmer opened the 1976 season with a 50.39 run, improved her best to 50.28 a week later, and the next day broke all records with a 49.77 timing. Brehmer had arrived in the promised land, and her gleeful coach Inge Utecht commented: "Szewinska, with her 10.9 for 100m and 22.1 for 200m, has been a real power at the short distances, but Stecher is better there. Now a similar situation has developed in the 400m, where Brehmer has the lead." Brehmer herself was less euphoric. "It's great to get below the 50 mark, and to break Szewinska's record, but one should not jump to too many conclusions. The conditions in Dresden were perhaps too ideal, if anything, which makes for invidious comparisons, and Szewinska has clocked 48.5 in a relay."

Szewinska was interviewed by *Przegląd Sportowy* in Formia, Italy, just after the news of Brehmer's record. "I am not at all surprised that the record was broken," she said. "I am surprised though that Christina broke it so early in the season. I follow a different build-up. But the 36.3 I ran here in Formia for 300m suggests that I'll be capable of something around 49 for 400m by Montreal. Still, I have yet to decide which distance to choose for the Games."

By June 22nd Irena had regained the record with a 49.75 run in Bydgoszcz, but her preference for Montreal remained a secret virtually till the end, keeping both Brehmer—who ran 50.02 on July 11th, prior to departure for Montreal—and Stecher on tenterhooks. And with just days to



The relaxed style of Irena is evident in this 200m semi-final in Rome.

Fionnbar Callanan

go, while in Montreal, a worried Stecher told Eberhard Bock of *Sportecho*, the East Berlin sports daily, that she gleaned from Janusz Szewinska that Irena was to compete in both the 100m and the 400m.

It was to be a false alarm, of course, at least as far as Stecher was concerned, because Irena restricted herself to one event, the 400m. She was superb, winning at will with a whopping new world record of 49.29. Christina Brehmer, who had predicted that there would be "a quantum jump in the 400 results in Montreal", finished a distant runner-up in 50.51.

So far, I am proudest of this 400m gold," Szewinska was to say in August. "The 400 is a difficult distance, and I am non-plussed myself if I think how much work I put into this win. I am also happy that my second career—I virtually had to start anew after childbirth—produced an Olympic gold. The 49.29 record? In Montreal, I paced myself just right, and it's a solid, good result. But this record can be broken, quite soon in fact, and I myself will try my best to improve

it. Perhaps next season."

Irena's future plans have not yet clarified, or at any rate she is not ready yet to let them be known. She will certainly continue, she says, with the 400m, and perhaps the new 400m hurdles event, which husband Janusz would like her to take up. His advice is always heeded. Irena has her life worked out to perfection. Asked which of her husband's roles she treasures most, she is unequivocal in her uncontrived yet very feminine way: "He is a very good coach, a very good photo reporter, and a very good husband". Well, short of questioning the order of sequence—who can beat that?

But will she stay active till the 1980 Moscow Games? "In all probability, I will only be present in Moscow as a tourist," she says. "My six-year-old son, Andrzej, takes up virtually all my time. But I am sure he was happy when on TV he saw mummy stand highest on the Olympic rostrum." So it's all up to Andrzej. Well, maybe he'll want to see mummy stand highest when he is ten years old, too.

Great Moments In Irena's Career

As reported at the time in 'AW' by Mel Watman

1964 OLYMPICS

The silver went to 18-year-old Irena Kirszenstein, who obviously was inspired by the great occasion. Incredible to relate, Irena began long jumping (seriously) only last year — her best being 5.84m. She has come an apace this season, breaking the Polish record a few weeks ago with 6.39 and now improving to 6.60, a distance bettered only by Rand and Shchelkanova. She has a brilliant future ahead of her in this event and the sprints and if Mary Rand does retire for family reasons I look to the tall, rather gaunt-looking but friendly Varsovian to take over the world leadership in this event.

—October 31st 1964 issue

In the greatest mass women's 200m race on record, Edith McGuire (USA) approached to within a tenth of a second of the world record with a scintillating victory in 23 seconds flat. She entered the straight level with Australia's Marilyn Black and drew away slightly as the Aussie girl was pipped in the final few yards by long-striding Irena Kirszenstein, the young Pole who had earlier won a silver medal behind Mary Rand in the long jump. Much more is going to be heard of Irena in the years to come as a sprinter, long jumper . . . and perhaps also as a 400m runner and pentathlete.

—November 7th 1964 issue

Not only did Poland make their own pending world record of 44.2 look rather ridiculous by returning the phenomenal time of 43.6 but the other medal winners, the USA and Britain, were also comfortably inside the old figures. The Polish team ran like a coach's dream. Months of

intensive group training brought their just reward, a three-yard victory over the Americans. Irena Kirszenstein, who ran the second leg against Wyomia Tyus and Mary Rand, thus brought her medal tally to three: a gold and two silver.

—November 7th 1964 issue

400 METRES AMBITION

Irena Kirszenstein is well on the way to becoming the greatest female athlete in history. This dark Polish girl of the sad eyes but winsome smile responds best when the stakes are highest — as in Tokyo when she cut 0.4 sec from her fastest 200m time and jumped 21cm further than ever before. She would seem to be in line for a number of gold medals at next year's European Championships but her over-riding ambition is to become the first girl to run 400m under 50 seconds! She has yet to attempt the distance but with 300m time trials around the 37 sec mark to her credit that target may not be so fantastic as appears at first sight.

—October 23rd 1965 issue

1968 OLYMPICS

With world record holder Irena Szewinska ranged against four girls who broke 23 sec in the previous day's semis, it would have been surprising had the 200m world mark of 22.7 survived this race. Of course it didn't, particularly with the wind reading at exactly two metres (again!). Wyomia Tyus, the first double 100m champion in history, led into the straight ahead of Raelene Boyle, with Szewinska and

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Barbara Ferrell level in third place. Several runners swept past the tiring Tyus in the closing stages and none so emphatically as Szewinska, whose raking stride carried her to a two-yard win in a glittering 22.5.

—November 2nd 1968 issue

ONE LAP DEBUT AT LAST

Irena Szewinska made her long awaited 400 debut in Warsaw on September 23rd . . . and it was as sensational as her admirers had anticipated. Although she had never run a time-trial at the distance in training, Irena clocked the remarkable time of 52.0, a Polish record and only a second outside the world record. The Polish head coach, Dr Stefan Paszczyk, has predicted that Irena could break 50 sec next season if she trained for it.

—October 13th 1973 issue

FASTEST EVER 200

Never, throughout her lengthy and brilliant career, has Irena Szewinska shown such dazzling form as of late. The 28-year-old Pole produced five national records in 10 days between May 30th and June 8th (11.1, 22.4, 22.3, 11.1 and 11.0—plus a windy 10.9), then she twice defeated Renate Stecher in East Germany. In Berlin on June 2nd, facing a 2.2m/sec wind, Irena clocked 11.2 (11.41 electrical) to Renate's 11.3 (11.50); next day in Potsdam she set world 200m records for hand (22.0) and electrical (22.21) timing, well ahead of Renate (22.5/22.75). The assisting wind was a legal 1.9m/sec. Irena, in lane 2, entered the straight fully 4m in front of her rival in lane 6 and managed to increase that slightly by the finish. Irena, who clocked 52.0 in her 400 debut last year, may race over that distance in Warsaw this weekend—with every prospect of breaking the world record of 51.0, perhaps even of cracking the 50 sec barrier!

—June 22nd 1974 issue

BARRIER BREAKER

In Warsaw on June 22nd Irena produced what is perhaps the most stunning athletic performance yet by a woman in covering 400 in 49.9, no less than 1.1 inside the world record shared by Marilyn Neufville and Monika Zehrt. It was

TITLES AND RECORDS GALORE

Highlights of Irena Szewinska's career include—**1964:** European Junior—1st 100, 1st LJ, 1st 4 x 100; Olympics—1st 4 x 100, 2nd 200, 2nd LJ; World Records—4 x 100 (44.2 & 43.6). **1965:** World University Games—1st 100, 1st 200; European Cup Final—1st 4 x 100; World Records—100 (11.1), 200 (22.7). **1966:** European—1st 200, 1st LJ, 1st 4 x 100, 2nd 100. **1967:** European Cup Final—1st 100, 1st 200. **1968:** Olympics—1st 200, 3rd 100; World Records—100 (11.1), 200 (22.58). **1969:** European Indoor—1st 50, 1st LJ. **1971:** European Indoor—2nd LJ; European—3rd 200. **1972:** Olympics—3rd 200. **1974:** European Indoor—3rd 60; European—1st 100, 1st 200, 3rd 4 x 100; World Records—200 (22.21), 400 (49.9). **1975:** European Indoor—3rd 60; European Cup Final—1st 400. **1976:** Olympics—1st 400; World Records—400 (49.75 & 49.29).

Personal bests: 100—10.9 & 11.13, 200—22.0 & 22.21, 300—35.70, 400—49.29, 100H—14.0, HJ—1.68m, LJ—6.67m, Pent—4705 (old tables).

Annual progression:

Year	100	200	400	LJ
1961	12.6	27.9	—	5.10
1962	11.9	25.4	—	5.72
1963	11.6	24.2	—	5.84
1964	11.5	23.1	—	6.60
1965	11.1	22.7	—	6.54
1966	11.2	23.1	—	6.55
1967	11.2	22.7	—	6.62
1968	11.2	22.5	—	6.67
1969	11.3	23.0	—	6.56
1970	11.8	—	—	—
1971	11.2	22.8	—	6.51
1972	11.2	22.7	—	6.53
1973	11.1	22.7	52.0	—
1974	10.9	22.0	49.9	—
1975	11.1	22.4	50.50	—
1976	11.22	22.41	49.29	—

BRITISH AMATEUR ATHLETIC BOARD NATIONAL ATHLETICS COACH

Applications are invited from suitably qualified persons for appointment as National Athletics Coach to fill a vacancy that has arisen in the B.A.A.B. United Kingdom Coaching Scheme.

The successful applicant will be on contract to the B.A.A.B. for an initial period of three years, extendable to a permanent contract as agreed between the Board and the person appointed. He or she will be appointed in the first instance to the Southern Area of England. Commencing salary will be within the Pelham Scale, Lecturer Grade II (£3,591-£5,805), and determined upon age, qualifications and experience. Travel and subsistence allowances are additional.

Application forms and further particulars may be obtained from the Honorary Secretary, U.K. Coaching Scheme, B.A.A.B. Coaching Office, 63 Woodfield Lane, Lower Ashted, Surrey. Closing date 18th May 1977.



The climax of Irena's fabulous career to date: the Montreal Olympic 400m.

Ed Lacey

a Beamon-like achievement, for Irena broke through two major barriers at one stroke: 51 sec and 50 sec. While the men's world record has remained at 43.8 (Lee Evans) since 1968, the women's mark has advanced during that period by two seconds!

Reporting from Warsaw for 'L'Equipe', Edward Strzelecki has provided details of Irena's fantastic run. Helped by the prevailing wind, she covered the first 100m in an extraordinary 11.5; at 200 her time was 23.0 (faster than the UK record); her 300 split was 36.1.

—June 29th 1974 issue

1974 EUROPEAN CHAMPIONSHIPS

Renate Stecher had her chance—she was away and into her running in smart style—but Irena Szewinska simply gobbled her up once she reached full stride. Stecher, slimmer since we last saw her, stayed ahead for 60-70m but such was Szewinska's rush of speed that by the finish she was a full metre ahead. This has to be rated among the great sprints of all time: 11.13 on fully automatic timing and into a breeze of 1.2m/sec... Having beaten Stecher over 100m, there seemed no way that Irena could be deprived of the double. Stecher was into her running much faster than her taller opponent and ran a superb turn to enter the straight some 3m ahead, but she couldn't hold the pace into a 2.75m headwind and Szewinska pulled clear over the final 50m. The times of 22.51 and 22.68 were excep-

tional in the conditions... (In the 4 x 400) Irena Szewinska was putting together the most fantastic run in all history by a woman athlete. From nowhere, and racing against the most formidable opposition, she brought the Polish team very close to a medal position. From a very slow rolling start she flashed through 200 in 22.9 and completed her stint in an almost unbelievable 48.5!

—September 14th 1974 issue

1976 OLYMPICS

Irena Szewinska made the right decision in concentrating on a single event, for it enabled her to channel all her talent and energy into one supreme effort. The outcome was one of the greatest feats in track and field history with Irena, already acknowledged as the outstanding woman athlete of all time, surpassing all that has gone before. Not only did she turn back the challenge of 18-year-old Christina Brehmer, who held the world record for a while this year with 49.77; she destroyed her and the rest of the field to win by the extraordinary margin of almost ten metres. The time was breathtaking, too, at 49.29—smashing her own world record by 0.46 sec. That's faster than Bevil Rudd achieved when defeating Guy Butler for the 1920 Olympic crown.

—August 14th 1976 issue

Luton United AC officers: Chairman, G. Woodham; general secretary, P. O'Shea, 2 Gresham Close, Luton (Tel: 20299); treasurer, C. Parker; secretaries (CC) (men), N. Fox, 224 Turnpike Drive, Luton (Tel: 31291—bus); (CC) (young athletes), J. Dyer, 6 Rogate Road, Luton (Tel: 24808); (CC) (women), R. Coles, 56 Willow Way, Luton (Tel: 51138); road running sec, P. Martin, 52 Ryecroft, Luton; (track & field—men), J. Smith, 1 Westbury Gardens, Luton (Tel: 32480); (track & field—women), L. Price, 9 Sherborne Avenue, Luton (Tel: 57238); (track & field—young athletes), J. Howard, 19 Staveley Road, Luton (Tel: 592775).

PUMA AERO: £10.50 nett. Normal price £14.50. **TIGER OLYMPIA XIX: £12.50** nett. Normal price £21.50. **LARGE STOCKS OF ADIDAS:** Dragon, Gazelle, Country, SL 76, Tornado, and **GOLA** Lynx etc. All subject to **club discount**.

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Simmons Returns 'Home'

THE Pencoed Easter Monday Road Races, held on April 11th, continue to flourish, and this year's events had an excellent turn-out of nearly 300 athletes—a true indication of the fine ground-work done by former organiser Bernard Baldwin. There are not many meetings where nearly a quarter of the competitors can come away with a prize—but this happened at Pencoed, with 70 awards being made in all.

Tony Simmons' appearance in the 4 miles was most welcome, as he is rarely seen 'back home' nowadays. He was born in Maesteg, which is not too far from Pencoed, and stayed with relatives the night before the race. As expected Simmons was soon at the head of things. Welsh CC champion Steve Jones, Bernie Plain and Steve Slocombe tried hard to hold on, but Simmons' relentless pace told and by the halfway point he had a clear lead. He went on to win in 18:16.8, beating Dave Hopkins' 1974 record by 18.2 sec. A feature of the race was the running of John Robertshaw. The previous Saturday he had won his own club's 10 miles event, but he

showed no after effects in coming through after a slow start to finish second.

I was particularly impressed with the running of Louise Silva, the English Schools Junior CC winner. Louise, who has Welsh qualifications, took the lead at the gun in the Junior girls mile, and was never in danger of being caught. She has a nasty habit though of continually looking behind when leading—a fault no doubt she will lose as she matures.

The events were sponsored by Pencoed British Legion Club and organised by Bridgend YMCA AC.

Clive Williams

1, A. Simmons (Luton United) (rec) 18:16.8
2, J. Robertshaw (Newport) 18:40
3, S. Jones (Swindon) 18:45
4, B. Plain (Card) 18:52; 5, S. Slocombe (Card) 18:58; 6, A. Leek (Card) 19:08; 7, P. Ratcliffe (Card) 19:14; 8, R. Maule (Cov) 19:17; 9, D. Lavelle (Cov) 19:21; 10, D. Holt (Swan) 19:32; 11, A. Cole (Swan) 19:34; 12, D. Hopkins (New) 19:37; 13, M. Critchley (Card) 19:39; 14, B. Hayward (Card) 19:40; 15, P. Banks (Cov) 19:42; 16, J. Miller (Cov) 19:53; 17, B. Davies (Swan) 19:57; 18, E. Kelly (Cov) 20:06; 19, G. McIlroy (Card) 20:28; 20, D. Flynn (Swan) 20:29; 21, M. Crowell (Brid) 20:38; 22, R. Barret (Carm) 20:49; 23, J. Shields (Brid) 20:52; 24, J. Collins (Swan) 20:53; 25, M. Lane (Cwm) 21:02. **Teams:** 1, Cardiff 22; 2, Coventry Godiva 48; 3, Swansea 58; 4, Newport 76; 5, Cardiff 'B' 108; 6, Bridgend YMCA 134.

100y: 1, V. Martindale (Bris) 10.0; 2, S. Dover (Card) 10.2; 3, G. Edwards (New) 10.2. **Youths 100y:** 1, K. Jones (Gil) 11.0; 2, M. Owen (Carm) 11.0. **Boys 100y:** 1, A. Morean (Penc) 10.8; 2, N. Hinwood (Cwm) 10.9; 3, C. Jones (Aber) 11.0. **Boys/Colts Mile:** 1, C. Clarkson (Swan) 4:25 (rec); 2, M. Pritchard (Card) 4:42; 3, N. Morgan (Card) 4:49. **Colts 100y:** B. Gotts (Card) 13.4. **U/11 100y:** P. Morgan (Gilw) 13.7.

Women

100y: 1, M. Tranter (W&B) 11.3; 2, P. Williamson (Brid) 12.1. **Mile:** 1, A. Disley (New) 5:11; 2, A. Hartley (Barry) 5:12; 3, C. Readdy (Stoke) 5:15; 4, A. Fox (Swan) 5:23; 5, L. Huntbach (Cwm) 5:30; 6, G. Williams (Swan) 5:31. **Inter 100y:** 1, D. Thorne (Carm) 11.4; 2, B. Stearn (Carm) 12.3. **Juniors 100y:** 1, S. Gemma (Carm) 12.1; 2, J. Hopper (Card) 12.5. **Mile:** 1, L. Silva (Melb) 5:26; 2, B. Thomas (Brid) 5:32; 3, S. Lewis (S&E) 5:33; 4, L. Jones (KH VIII) 5:38; 5, J. Poston (W&B) 5:39; 6, C. Francis (KH VIII) 5:43. **Girls 100y:** 1, T. Woods (Brid) 12.5; 2, K. Griffiths (KH VIII) 12.6; 3, E. Francis (Brid) 12.6. **U/11 100y:** H. Pilkington (W&B) 13.3.

WELSH NOTES

★ 'Welsh Athletics 1977' which covers last season, and includes men's and women's ranking lists, all-time lists, 1976 results, Welsh clubs directory and many other items, is now available

PLESSEY (BEESTON) SPORTS AND SOCIAL CLUB 16th ANNUAL

Athletic & Cycle Meeting

SATURDAY, 25th JUNE, 1977

TRENT VALE ROAD GROUND, BEESTON

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

Track Events commence 2.15 p.m.

(Organising Secretary: Mr N. Baisbrown)

Events	Prize Values		
MEN	1st	2nd	3rd
100 metres H'cap	£12	£8	£6
200 metres H'cap	£12	£8	£6
1500 metres H'cap	£12	£8	£6
5000 metres Scr	£12	£8	£6
& 1st Team (4 run, 3 count)	3 x £5		
Colts (11-13) 1200m Scr	£5	£3	£2
Boys (13-15) 1500m Scr	£5	£3	£2

Ages as at 31st August, 1977.

LADIES

100 metres H'cap	£10	£7	£5
200 metres H'cap	£10	£7	£5
800 metres Scr	£10	£7	£5
Junior (11-15) 80m H'cap	£5	£3	£2
Junior (11-15) 200m Scr	£5	£3	£2

Ages as at 31st August, 1977.

We regret prizes cannot be exchanged.

Entries: 15p first event, 5p any others. Team 25p. Team members in 5,000 metres not eligible for individual prizes unless also entered as individuals. **Entries close 27th May, 1977.** Early closing date due to Bank Holiday etc.

Entries to L. Upton, General Sec. P(B)S.S.C., Plessey Telecommunications Ltd., Beeston, Notts, NG9 1LA.

PLEASE NOTE: The Athletic and Cycling Meeting is part of a large SPORTS & GALA DAY with numerous attractions in other arenas on the field—in fact something for all the family.

from the compiler Clive Williams at 166 Springwood, Llanedeyrn, Cardiff, priced 30p. Postal requests must be accompanied by a stamp addressed envelope, large enough to take a booklet the size of 'AW'. Any profit from sales will be split between the Welsh AAA and Welsh WAAA.

★ Mike Walters of 55 Elder Grove, Llangunnor, Carmarthen, Dyfed, will be compiling Welsh lists for colts, boys and youths during the coming season. I will continue to compile lists for senior men and women (address in previous paragraph), but would like to hear from anyone interested in compiling lists for the younger women's groups.

★ Cardiff AAC, finalists in the Pye (now GRE) Gold Cup each year they have entered, may find themselves out of this year's final, which is being held again on their doorstep at Cwmbran. This is because the semi-finals are scheduled for August 7th, the same weekend as Wales take on Ireland and Luxembourg in Luxembourg. It's likely that the backbone of the team will come from Cardiff, and therefore those selected for Luxembourg will have a difficult decision to make, bearing in mind that the match has been nominated by the Commonwealth Games selectors as an important build-up competition for Edmonton.

★ Gwynne Griffiths, the former inter-counties 400m champion, has left Wolverhampton to take over at Cwmbran Stadium.

★ Fixture list addition—Brynmaur 6 miles road race, on June 6th at 7.00pm; entries to H. Walbyoff, 19 King Edward Road, Brynmaur, Gwent.

★ Many of his friends will be sad to learn that Bernard Baldwin has not been well for the last few months. I'm sure that he would appreciate a line from some of his many friends in athletics, wishing him a speedy recovery, as I do on behalf of the staff and readers of 'AW'. **Clive Williams**

Mick Dunphy, national secretary of the BMC, has moved to 28 Beverley Hyrst, Addiscombe Road, Croydon, Surrey CR0 6SL.

Fell Runners' Association officers: Chairman, J. North; secretary, D. Moulding, 127 Bury Road, Rawtenstall, Lancs; treasurer/membership, D. Payne, 127 Bamford Road, Heywood, Lancs.

BIGGLESWADE ROAD RACES

April 11th

1, R. Bean (Cambridge & Coleridge) 32:56
2, M. Halden (Workshop) 33:15
3, A. Ross (Verlea) 33:41
4, M. McCarthy (Bed) 34:21; 5, P. O'Dell (Bed) 34:28; 6, R. Macey (Ver-V) 34:33; 7, G. Bourne (Lut) 34:40; 8, T. Barnes (Leigh B) 34:50; 9, A. Ingram (Bed) 34:56; 10, A. Law (RAF) 35:06; 11, D. Frith (RAF) 35:10; 12, P. Edwards (Ver) 35:15; 13, A. Roper (W Suff) 35:19; 14, G. Hunt (Bed) 35:23; 15, L. Devlin (Lut) 35:31; 16, C. Allen (Notts) 35:36; 17, C. Howe (Notts) 35:40; 18, P. Coleman (Vaux) 35:50; 19, R. Bulley (RAF) 35:53; 20, I. Graham (Bed) 36:02.
Teams: 1, Bedford 18; 2, Verlea 21; 3, Bedford 'B' 60; 4, Luton 66; 5, RAF Waddington 68; 6, Vauxhall Motors 73; 7, Notts 74; 8, Verlea 'B' 76; 9, C&C 78; 10, RAF Wyton 79.

(Youths): 1, R. Redman (Leam) 11:11; 2, J. Kemp (Leic) 11:23; 3, A. Rogerson (Leic) 11:25; 4, M. Randall (Ver) 11:26; 5, R. Sweatman (Coll) 11:29; 6, C. Hensby (Wok) 11:38; 7, D. Sweeney (Lon I) 11:39; 8, M. Page (Wok) 11:40; 9, P. Mace (Roth) 11:41; 10, R. Peck (Col) 11:42.
Teams: 1, Leicester 20; 2, Woking Schools 30; 3, Rotherham 44; 4, Collingwood 67; 5, Barnet 70; 6, Verlea 79. **(Boys):** 1, A. Kindley (Ver) 11:55; 2, W. Bullock (Hav) 12:00; 3, P. Mason (Tonb) 12:11; 4, M. Raymond (Stev) 12:15; 5, M. Disbrey (Hill) 12:18; 6, A. Buck (Bed) 12:22; 7, A. Smith (Shaft) 12:24; 8, M. Moroney (Bed) 12:26; 9, R. Howe (Notts) 12:27; 10, G. Spring (Bed) 12:30. **Teams:** 1, Bedford 24; 2, Havering 37; 3, Hillingdon 46; 4, Stevenage & NH 73; 5, Shaftesbury 81; 6, Leicester 83. **(Colts):** 1, M. Slowikowski (HW) 12:47; 2, C. Knight (Coll) 12:56; 3, P. Simonds (Shaft) 12:59; 4, K. Malle (W Norf) 13:26; 5, P. Barr (Bas) 13:27; 6, B. Mason (Barn) 13:30; 7, E. Fowler (Barn) 13:30; 8, C. Gallagher (TVH) 13:31; 9, B. Preiffer (Lon I) 13:34; 10, R. Webster (Barn) 13:36. **Teams:** 1, Barnet 23; 2, Collingwood 28; 3, Thurrock 60; 4, Shaftesbury 68; 5, Woking Sch 82; 6, Hercules Wimbledon 84. **(U/11):** 1, M. French (Brack) 13:49; 2, D. Neale (Sx Rd) 13:51; 3, M. Thorne (Sx Rd) 13:53. **Team:** Sussex Road. **(U/10):** 1, A. Hollens (Sx Rd); 2, D. Clark (Bed); 3, W. Canavan (Lon I).

SCOTTISH NATIONAL ATHLETIC CHAMPIONSHIPS

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

MEADOWBANK STADIUM, EDINBURGH

SATURDAY, 25th JUNE, 1977, from 10 a.m.

Entries close Saturday, 4th June to: Mr O. N. Dickson, 38 Biggar Road, Edinburgh EH10 7BH.

AAA ROAD RELAY contd. from page 11

his time last year) Gateshead were 400m clear. There was an exciting scrap for second, with only 50m covering TVH, Invicta and Manchester, while a good run by Frank Davies lifted Liverpool into medal contention. Fast as Spedding was, Kevin Steere was even faster. He gained seven places for Cambridge & Coleridge with a 25:17 timing (73 secs faster than last year); taking over 100m behind Dave Black he finished 200m in front of him!

1, Gateshead 1:47:58 (C. Spedding 25:26); 2, TVH 1:49:10 (C. Thomas 26:53); 3, Invicta 1:49:15 (M. Brameld 26:21); 4, Manchester 1:49:18 (M. Firth 26:33); 5, Liverpool 1:49:25 (F. Davies 25:53); 6, A&SV 1:49:46 (J. Temperton 26:37); 7, Tipton 1:50:13 (S. Emson 26:37); 8, Cambridge & C 1:50:18 (K. Steere 25:17); 9, Cardiff 1:50:20 (B. Plain 26:12); 10, AF&D 1:50:43 (R. Lunnon 26:45); 11, Small Heath 1:50:54 (D. Black 26:10); 12, Birchfield 1:50:58 (M. Pickering 27:31); 13, Coventry 1:51:15 (R. Maule 27:00); 14, Notts 1:51:40 (J. Norman 27:13); 15, Salford 1:51:41 (C. Leigh 27:47); 16, Stoke 1:51:46 (B. Bowler 26:04); 17, Sheffield 1:51:47 (K. Angus 26:14); 18, Portsmouth 1:52:27 (S. Speller 27:03); 19, Sale 1:52:37 (L. Reilly 26:17); 20, Wolverhampton & B 1:52:37 (J. Wheway 26:00); 21, Haringey & S 1:53:22 (C. Moxsom 27:14); 22, Westbury 1:53:27 (R. Cornish 27:30); 23, Holmfirth 1:55:15 (A. Ulrick 28:53); 24, Swansea 1:56:36 (A. Jeffries 28:53); 25, Hercules W 1:57:44 (R. Allinson 28:38); 26, Bridgend YMCA 2:05:16 (M. Parkes 31:11).

STAGE 6

Gateshead slightly increased their lead, as Invicta moved back into second and Liverpool continued their steady rise.

1, Gateshead 2:02:28 (S. Parr 14:30); 2, Invicta 2:03:50 (N. Brawn 14:35); 3, Liverpool 2:03:57 (R. Symington 14:32); 4, Manchester 2:04:06 (D. Gee 14:48); 5, TVH 2:04:18 (P. Browne 15:08); 6, A&SV 2:04:30 (A. Parkinson 14:44); 7, Tipton 2:05:10 (E. Austin 14:57); 8, Cardiff 2:05:25 (D. James 15:05); 9, AF&D 2:05:54 (J. Hood 15:11); 10, Birchfield 2:06:01 (R. Partridge 15:03); 11, Cambridge & C 2:06:27 (A. Constable 16:09); 12, Small Heath 2:06:28 (M. Peck 15:34); 13, Coventry 2:06:30 (R. Woollaston 15:15); 14, Stoke 2:06:33 (M. Absolem 14:47); 15, Salford 2:06:35 (S. Curran 14:54); 16, Notts 2:06:51 (C. Perry 15:11); 17, Sheffield 2:06:52 (J. Boulter 15:05); 18, Sale 2:07:35 (S. Lawrence 14:58); 19, Portsmouth 2:08:07 (A. Wale 15:40); 20, Wolverhampton & B (P. Guest 15:52); 21, Westbury 2:08:32 (M. Cowman 15:05); 22, Haringey & Southgate 2:08:57 (M. Spinks 15:35); 23, Holmfirth 2:10:26 (J. Fretwell 15:11); 24, Swansea 2:12:27 (M. Evans 15:51); 25, Hercules

Wimbledon 2:14:22 (C. Bricher 16:38); 26, Bridgend YMCA 2:22:33 (D. Williams 17:17).

STAGE 7

Newly crowned Southern 10,000 champion Jon Wigley (Invicta) narrowed Gateshead's lead by the best part of a minute with a 25:50 run, and in the process drew the Kent club nearly a minute clear of third-placers, Airedale. The swiftest long stage of the day came from Bernie Ford (Aldershot), who set off 9th and handed over just 25:03 later in 4th position. That's not his fastest ever time (he clocked 24:45 in 1975) but it was a formidable performance in the punishingly blustery conditions.

1, Gateshead 2:29:14 (J. Mills 26:46); 2, Invicta 2:29:40 (J. Wigley 25:50); 3, A&SV 2:30:35 (A. Dewhurst 26:05); 4, AF&D (B. Ford 25:03); 5, Liverpool 2:31:03 (D. Murphy 27:06); 6, TVH 2:31:05 (M. Puddifoot 26:47); 7, Manchester 2:31:11 (F. Pendlebury 27:05); 8, Tipton 2:31:45 (N. Westwood 26:35); 9, Cardiff 2:32:44 (R. Evans 27:19); 10, Cambridge & C 2:32:58 (Gren Tuck 26:31); 11, Small Heath 2:33:17 (T. O'Reilly 26:49); 12, Birchfield 2:33:24 (J. Potts 27:23); 13, Sheffield 2:33:31 (P. Rawnsley 26:39); 14, Coventry 2:33:32 (P. Miller 27:02); 15, Salford 2:33:50 (P. Blakeney 27:15); 16, Stoke 2:34:19 (A. Adams 27:46); 17, Wolverhampton & B 2:34:24 (I. Gilmour 26:05); 18, Westbury 2:35:26 (D. Francis 26:54); 19, Sale 2:35:35 (L. Valentine 28:00); 20, Notts 2:35:43 (J. Burney 28:52); 21, Portsmouth 2:36:09 (G. Edgington 28:02); 22, Haringey & S 2:37:29 (M. Heath 28:32); 23, Holmfirth 2:38:51 (J. Hirst 28:25); 24, Swansea 2:41:38 (J. Collins 29:11); 25, Hercules Wimbledon 2:43:38 (S. Webb 29:16); 26, Bridgend YMCA 2:53:32 (E. Thomas 30:59).

STAGE 8

Last year Brendan Foster started this leg 34 secs up and finished 1:56 ahead with a record shattering 13:37. This time he increased his team's advantage from 26 secs to 1:59, clocking 13:48 which left him quite satisfied. Andy Armitage brought Airedale into 2nd as Invicta began to slip back.

1, Gateshead 2:43:02 (B. Foster 13:48); 2, A&SV 2:45:01 (A. Armitage 14:26); 3, Invicta 2:45:02 (J. Wilkins 15:22); 4, AF&D 2:45:52 (M. Woods 14:55); 5, Liverpool 2:45:54 (T. Moore 14:51); 6, TVH 2:46:02 (A. Pretty 14:57); 7, Manchester 2:46:18 (M. Oldham 15:07); 8, Tipton 2:46:37 (S. Walton 14:52); 9, Cardiff 2:47:57 (P. Barney 15:13); 10, Birchfield 2:48:24 (K. Kirby 15:00); 11, Coventry 2:48:41 (J. Miller 15:09); 12, Wolverhampton & B 2:48:53 (T. Colton 14:19); 13, Small Heath 2:49:01 (J. Peck 15:44); 14, Sheffield 2:49:08 (B. Mullarky 15:37); 15, Cambridge & C 2:49:13 (P. Thurley 16:15); 16, Salford 2:49:27 (A. Norman 15:37); 17, Stoke 2:50:34 (K. Boyden 16:15); 18, Westbury 2:50:47 (G. Blackburn 15:21); 19, Sale 2:51:09 (M. Burgess 15:34); 20, Portsmouth 2:51:42 (K. Jones

15:33); 21, Notts 2:51:48 (G. Astill 16:05); 22, Haringey & S 2:54:02 (L. Morton 16:33); 23, Holmfirth 2:54:28 (P. Pickersley 15:34); 24, Swansea 2:58:01 (D. Robins 16:23); 25, Hercules W 3:00:26 (S. Ingall 16:48); 26, Bridgend YMCA 3:11:23 (T. Anthony 17:51).

STAGE 9

Chris Garforth took Gateshead even further ahead but quickest stage time went to Geoff Smith, Liverpool's revelation of this past winter, with 25:41. Geoff was a frustrated spectator at last year's race, as he was in the process of joining Liverpool and ineligible to compete. Tipton, runaway winners of the Midland title, pulled up to 5th after languishing in 7th or 8th place for most of the race.

1, Gateshead 3:09:16 (C. Garforth 26:14); 2, Liverpool 3:11:35 (G. Smith 25:41); 3, A&SV 3:12:25 (R. Harrison 27:24); 4, TVH 3:12:51 (J. Sheridan 26:49); 5, Tipton 3:12:56 (P. Griffiths 26:19); 6, Invicta 3:13:08 (M. Knapp 28:06); 7, Manchester 3:13:28 (D. Blakeley 27:10); 8, AF&D 3:13:31 (D. Curwell 27:39); 9, Coventry 3:14:52 (C. Kirkham 26:09); 10, Cardiff 3:15:07 (S. Slocombe 27:10); 11, Birchfield 3:15:34 (M. Phillips 27:10); 12, Sheffield 3:15:47 (M. Taylor 26:39); 13, Small Heath 3:16:30 (R. Calvert 27:29); 14, Wolverhampton & B 3:17:18 (D. Everson 28:25); 15, Cambridge & C 3:17:28 (D. McArthur 28:15); 16, Salford 3:17:42 (B. Aspden 28:15); 17, Stoke 3:18:15 (B. Williams 27:41); 18, Westbury 3:18:55 (D. Palmer 28:08); 19, Portsmouth 3:19:43 (M. Hyman 28:01); 20, Sale 3:19:59 (S. Walker 28:50); 21, Notts 3:21:06 (J. Adlington 29:18); 22, Haringey & S 3:22:00 (K. Killybry 27:58); 23, Holmfirth 3:22:53 (I. Roberts 27:25); 24, Swansea 3:28:32 (D. Jones 30:32); 25, Hercules Wimbledon 3:29:47 (J. Wallace 29:21); 26, Bridgend YMCA 3:43:17 (E. Hughes 31:56).

STAGE 10

Paul Carey, who shared the fastest short stage time in the Northern, produced the goods again for Liverpool, registering 14:11 to make up over half a minute on Gateshead. Tipton moved into 4th, hot on the heels of Airedale.

1, Gateshead 3:24:01 (P. Dunn 14:45); 2, Liverpool 3:25:46 (P. Carey 14:11); 3, A&SV 3:27:17 (D. Gaskell 14:52); 4, Tipton 3:27:23 (T. Milosorov 14:27); 5, TVH 3:27:58 (B. Standen 15:08); 6, AF&D 3:28:14 (I. Logan 14:43); 7, Manchester 3:28:24 (M. Nolan 14:56); 8, Invicta 3:28:35 (E. Broad 15:27); 9, Cardiff 3:29:58 (M. Critchley 14:51); 10, Coventry 3:30:12 (R. Godfrey 15:20); 11, Birchfield 3:30:32 (R. Tilling 14:58); 12, Sheffield 3:31:00 (P. Shaw 15:13); 13, Cambridge & C 3:31:44 (J. Wild 14:16); 14, Small Heath 3:31:49 (P. Flynn 15:19); 15, Wolverhampton & B 3:32:10 (T. Wright 14:52); 16, Salford 3:33:14 (M. Sinkinson 15:32); 17, Westbury 3:34:01 (J. Perkins 15:06); 18, Stoke

3:34:09 (M. Thacker 15:54); 19, Portsmouth 3:35:34 (G. Gough 15:51); 20, Sale 3:35:50 (M. Lavelle 15:51); 21, Notts 3:36:40 (C. Howe 15:34); 22, Haringey & S 3:38:32 (P. McIlwain 16:32); 23, Holmfirth 3:38:48 (T. Ramsden 15:55); 24, Swansea 3:44:46 (N. Penney 16:14); 25, Hercules W 3:47:13 (P. Reynoulds 17:26); 26, Bridgend YMCA 4:01:08 (J. Jones 17:51).

STAGE 11

Dennis Coates restored a two minute plus lead for Gateshead over Liverpool while Tipton got past Airedale for third.

1, Gateshead 3:50:29 (D. Coates 26:28); 2, Liverpool 3:52:55 (M. Turner 27:09); 3, Tipton 3:54:26 (S. Kendall 27:03); 4, A&SV 3:54:36 (P. Bennett 27:19); 5, AF&D 3:55:16 (P. Adams 27:02); 6, TVH 3:55:21 (D. Patterson 27:22); 7, Manchester 3:55:26 (P. Raval 27:02); 8, Cardiff 3:56:22 (P. Ratcliffe 26:24); 9, Invicta 3:56:26 (I. MacMillan 27:51); 10, Birchfield 3:57:13 (J. Patton 26:41); 11, Coventry 3:57:23 (P. Banks 27:11); 12, Sheffield 3:58:49 (G. Tebbutt 27:49); 13, Small Heath 3:59:57 (S. Murrin 28:08); 14, Cambridge & C 4:00:07 (A. Boast 28:23); 15, Salford 4:01:25 (S. Clegg 28:11); 16, Westbury 4:01:53 (C. Ridley 27:52); 17, Wolverhampton & B 4:02:03 (D. Worrall 29:53); 18, Stoke 4:02:55 (J. Davies 28:46); 19, Portsmouth 4:03:42 (J. Clow 28:08); 20, Sale 4:04:02 (D. Farmer 28:12); 21, Notts 4:04:47 (R. Forster 28:07); 22, Haringey & S 4:06:08 (A. Anderson 27:36); 23, Holmfirth 4:06:52 (A. Buckley 28:04); 24, Swansea 4:15:04 (P. Jones 28:18); 25, Hercules Wimbledon 4:16:22 (S. Littlewood 29:09); 26, Bridgend YMCA 4:34:52 (H. Pritchard 33:44).

STAGE 12

Max Coleby ran the glory leg for Gateshead and, appropriately, turned in fastest time. Liverpool and Tipton gained the other awards—same as last year. Airedale and Aldershot both improved a place on last year. Aldershot, incidentally, clocked 4:10:10 in 1975, 4:10:10 in 1976, 4:10:09 this time!

1, Gateshead 4:05:00 (M. Coleby 14:31); 2, Liverpool 4:07:41 (P. Waddington 14:46); 3, Tipton 4:09:08 (J. Wright 14:42); 4, A&SV 4:09:33 (D. Mayho 14:57); 5, AF&D 4:10:09 (M. Barton 14:53); 6, TVH 4:10:15 (G. Goodman 14:54); 7, Manchester 4:10:41 (P. Morris 15:15); 8, Cardiff 4:11:14 (K. Glastonbury 14:52); 9, Invicta 4:11:22 (P. Brenchley 14:56); 10, Birchfield 4:12:28 (P. Lewis 15:15); 11, Coventry 4:12:52 (D. Dix 15:29); 12, Sheffield 4:13:59 (M. Farrell 15:10); 13, Small Heath 4:15:18 (P. Daley 15:21); 14, Cambridge & C 4:16:04 (R. Brook 15:57); 15, Salford 4:17:23 (A. Walsham 15:58); 16, Westbury 4:17:30 (S. Parker 15:37); 17, Portsmouth 4:18:48 (N. Watkins 15:06); 18,

continued on page 31



You can represent your Borough at the Crystal Palace on Sept. 4th 1977

London Boroughs Athletics Championships
Held under AAA and WAAA laws

Area championships in June and July

Area 1
Greenwich
Bromley
Bexley
Lewisham
Southwark
Lambeth

Area 2
Brent
Enfield
Haringey
Camden
Islington
Barnet
Wandsworth

Area 3
Tower Hamlets
Havering
Newham
Redbridge
Waltham
Forest

Area 4
Hammersmith
Ealing
Hillingdon
Richmond
Kingston

Meetings and entry details

Area 1 4th and 11th July Erith Stadium

G. Vickers, 6 Gravel Hill, Bexleyheath, Kent

Area 2 10th July Copthall Sports Centre, Barnet
G. Fedrick, Gateway House, 322 Regents Park Road, Finchley N3

Area 3 10th July Terence McMillan Stadium E13
F. Taylor, 29 Broadway, Stratford E15

Area 4 5th June Municipal Sports Ground, Ealing
A. Olive, Ealing Central Sports Ground, Horsenden Lane South, Greenford, Middlesex

VICTORIA PARK '5'

April 2nd

1, J. Davies (Essex Beagles) 23:16
 2, G. Staunton (London Irish) 23:17
 3, R. Bradbury (Barnet) 23:40
 4, P. Bettridge (Hav) 23:45; 5, G. Fell (Ex B) 24:00; 6, F. Gillies (Ban) 24:10; 7, N. King (Lon I) 24:12; 8, S. Holland (Hast) 24:15; 9, P. Kemp (Ex B) 24:16; 10, N. Fisher (Har-V) 24:15; 11, P. Bryan (Hav) 24:23; 12, R. Thurston (Hav) 24:27; 13, M. Moody (M'head) 24:32; 14, K. Hutchin (Met P) 24:37; 15, B. Copps (Felt) 24:40; 16, G. Harrold (BoE) 24:45; 17, D. Casey (QPH) 24:49; 18, J. Hunston (Lon I) 24:50; 19, C. Cloke (BoE) 24:52; 20, R. Cheverton (Low) 24:52; 21, G. Norman (Ex B) 24:55; 22, M. Broyd (BoE) 24:59; 23, M. Tebbutt (BoE) 25:09; 24, S. Allen (Barn) 25:15; 25, A. Bridge (Har) 25:16. **Teams:** 1, Essex Beagles 15; 2, Havering 27; 3, London Irish 27; 4, Enfield 57; 5, Barnet 78; 6, Feltham 87; 7, Banbury 87; 8, Havering 'B' 98; 9, Essex Beagles 'B' 98; 10, Basildon 119.

Boys 5 x 1½ Miles

1, Havering (A. Tilly 7:45, A. Coleman 7:20, P. Berret 7:41, B. Bullock 7:36, D. Herbert 7:33) 37:55; 2, Lowestoft (M. Gee 7:45, D. Painton 7:50, G. Knights 7:25, P. Daniels 7:55, C. Quadling 7:19) 38:14; 3, Woking Schools (L. Lucas 7:44, N. Chantry 8:06, J. Crossman 7:49, K. Waghorn 7:48, S. Crossman 7:49) 39:00; 4, Shaftesbury 39:29; 5, Maidenhead 39:47; 6, Elliott Reed 39:56; 7, Blackheath 40:19; 8, London Irish 40:29; 9, Dartford 40:35; 10, Windsor, S&E 40:41. **Fastest:** Quadling & D. Sweeney (Lon I) 7:19, Coleman 7:20, K. Robinson (ER) 7:23, Knights 7:25, D. Hope (WS&E) 7:27.

NEWPORT TO RYDE '7'

(Sponsored by Whitbread Wessex Ltd)

April 9th

1, G. Dugdale (Thames Valley H) 35:51
 2, P. Hind (Portsmouth) 35:53
 3, J. Wild (Cambridge & Coleridge) 37:40
 4, W. Upcott (SLH) 37:54; 5, R. Adam (Hants FB) 38:09; 6, A. Boast (C&C) 38:09; 7, K. Tesh (Port) 39:31; 8, J. Fisher (Dby) 39:33; 9, I. Cotton (SLH) 39:45; 10, A. Evans (SLH) 39:54; 11, B. Switzer (S&E) 39:57; 12, S. Bulpitt (S&E) 40:03; 13, M. Long (SLH) 40:21; 14, L. Symonds (Ryde) 41:01; 15, I. Jolliffe (Inv) 41:24. **Teams:** 1, SLH 36; 2, Southampton & S 67; 3, Portsmouth 80; 4, Ryde 87; 5, Royal Navy 152; 6, Hants FB 160. **(Vets)** O/40: Switzer; O/50: R. Pape (RN) 42:53. **(Women):** C. Powell (Ryde) 63:15.

Westbury H officers: President, J. Spencer-Smith; chairman, P. Griffin; secretary, C. Ridley, 25A York Gardens, Clifton, Bristol; CC senior manager, M. Chandler; young athletes winter manager, G. Blackburn; young athletes summer manager, C. Evans; women's team manager, M. Nuttall.

HUDDERSFIELD 'CHIPPINDALE'

MARATHON

At Huddersfield, April 10th

1, D. Watson (Wirral) 2:25:24
 2, T. Moore (Liverpool H) 2:29:04
 3, F. Day (East Cheshire) 2:29:23
 4, T. Flory (Mand) 2:29:52; 5, C. Williams (Wirr) 2:33:11; 6, J. Fretwell (Holm) 2:33:43; 7, J. Hinchey (Barn) 2:34:14; 8, D. Lawson (Bing) 2:35:56; 9, B. Dale (Harr) 2:35:56; 10, S. Kay (Barn) 2:37:39; 11, A. Banten (Cty Hull) 2:38:57; 12, H. Forrest (Gos) 2:39:06; 13, B. Cordes (Morp) 2:39:39; 14, P. Garrity (Old) 2:39:43; 15, P. Meadowcroft (Bolt) 2:39:49; 16, J. Penrose (Bing) 2:40:25; 17, G. Dearlove (Harro) 2:41:12; 18, W. Lambert (Holm) 2:41:35; 19, G. Spink (Bing) 2:41:45; 20, R. Hepworth (Long) 2:43:37; 21, M. Nunn (Long) 2:44:48; 22, P. Whittaker (Long) 2:45:20; 23, W. Russell (Clyde V) 2:45:45; 24, R. Scoles (Sheff P) 2:46:01; 25, J. Sawyer (Long) 2:46:21; 26, J. Capenhurst (Bing) 2:46:40; 27, D. Walton (Alt) 2:46:52; 28, S. Mottershead (Shrew) 2:47:15; 29, F. Wheeler (Bing) 2:48:08; 30, D. Pickering (E Hull) 2:48:59. **Teams:** 1, Bingley 43; 2, Longwood 63; 3, Holmfirth 65; 4, Barnsley 77; 5, East Cheshire 93; 6, Liverpool Pembroke 123. **(Yorkshire Champs):** 1, Flory; 2, Hinchey; 3, Kay. **(Vets)** O/40: 1, Lawson; 2, Kay; 3, Cordes; O/50: Robertson (SS) 3:03:48.

WARWICKSHIRE ROAD RELAY

At Chelmsley Wood, April 9th

1, Tipton (R. Westwood 14:39 B, Cole 14:59 A, Milosorov 15:03, S. Kendall 14:55, P. Griffiths 15:03) 74:39;
 2, Staffs Moorlands (A. Birks 14:38, P. Birks 15:19, S. Fowler 15:24, D. Ashe 15:38, G. Harvey 14:48) 75:47;
 3, Small Heath (D. Tierney 14:47, G. Taylor 14:49, J. Butlin 15:34, R. Calvert 15:37, T. O'Reilly 15:01) 75:48;
 4, Birchfield (M. Bardsley 15:06, K. Kirby 15:19, J. Potts 15:17, R. Davies 15:34, M. Pickering 15:08) 76:24;
 5, Coventry Godiva 77:58; 6, Newcastle (Staffs) 78:37; 7, Tipton 'B' 78:40; 8, Birchfield 'B' 80:04; 9, Rugby 80:08; 10, Leamington 80:19; 11, Tipton 'C' 81:17; 12, Bromsgrove & Redditch 81:18; 13, Small Heath 'B' 81:23; 14, Sparkhill 81:29; 15, Coventry 'B' 82:53. **Fastest:** A. Birks 14:38, Westwood 14:39, C. Kirkham (Cov) 14:46, Tierney 14:47, Harvey 14:48, Taylor 14:49.

IPSWICH '10'

(Inc Eastern/Suffolk Champs)

At Ipswich, April 9th

1, R. Wallis (RAF) 51:20; 2, P. Bryan (Hav) 51:44; 3, M. Batty (Thurr) 52:11; 4, B. Tate (Low) 52:27; 5, D. Stokes (Thurr) 52:36; 6, I. Davidson (Thurr) 52:42; 7, M. Herring (If) 53:06; 8, J. Wright (Low) 54:12; 9, G. Carpenter (Port) 54:15; 10, M. Buis (Ips) 54:37. **(East/Suff Champs):** 1, Tate; 2, Buis; 3, N. Allison (Ips) 55:27. **Team:** Thurrock.

Overseas Results

USA

19.3. Virginia Beach. Mar: 3, RON MARTIN 2:28.39 (debut). **25.3. Gainesville.** 4 x 880y: Murray State 7:28.5 (MARTYN BREWER 1:50.9 lead-off, PAT CHIMES 1:52.4, DAVE WARREN 1:50.6). **31.3. Cupertino.** DT: McGoldrick 64.96, Powell 63.46, Overton 60.98, Weeks 60.76. **2.4. Williamsburg.** 1500: Schwartz 3:41.8, RON SPIERS 3:42.5; 120yH: Foster 13.5; women's 100m: Davy 11.3. **2.4. Columbia.** 100/200: Glance 10.1/20.6. **2.4. Orangeburg.** 440yH: Moses 50.2. **2.4. Austin.** Women's 100m: Brown 11.22, Day 11.40. **2.4. Macomb.** 100m: Wall 10.0w. **2.4. Las Vegas.** 100m: McIntyre 10.0w, Hamilton 10.0. **8.4. Knoxville.** 1500: ERWIN HARTEL 3:47.1.

9.4. Brookville. DT: Oerter (Vet) 60.86, Swarts 60.58. **9.4. San Jose.** 100m: McTear 10.18w, Quarrie (Jam) 10.29; 200: Derald Harris 20.01w (only his 4th 200 ever; ran 46.9 440y in 1976, his first season in athletics!); SP: Weeks 19.53, Wilkins 19.52, Feuerbach 19.28; DT: Powell 63.48, McGoldrick 63.08, Weeks 60.04. **9.4. Stanford.** SP: Albritton 19.61. **9.4. Houston.** PV: Carter 5.28; SP: Walker 19.70. **9.4. Albuquerque.** 100m: Gilkes (Guy) 10.0w; 400: Parks 45.5, Solomon (Tri) 45.7, Dramiga (Uga) 46.3; HJ: Woods 2.20; PV: Jessee 5.33. **9.4. Tempe.** 200: Ge Burl 20.71. **9.4. Boise.** 100m/TJ: Campbell (Aus) 10.38w & 16.18w; 3000SC: Rono (Ken) 8:38.4; SP/DT: PAUL BUXTON 18.83/65.72. **9.4. Seattle.** DT: Chambul (Can) 60.32; JT: Ewaliko 82.24. **9.4. Eugene.** 1500: Markey (Aus) 3:43.4, Centrowitz 3:43.4, Chapa 3:44.2, BARRY WILLIAMS 3:44.4; PV: Tully 5.33. **15/16.4. Knoxville.** 1500: 4, HARTEL 3:43.9; 5000: NICK ROSE 13:33. **18.4. Boston.** Mar: Drayton (Can) 2:14.46, Bally (Tur) 2:15.44, Maxwell (Can) 2:17.21 . . . 17, PHIL DOLAN 2:23:00.

NEW ZEALAND

19/20.3. Auckland. (Australia 221, NZ 151; women—New South Wales 51, NZ 41) 100: McQueen (A) 10.67; 200: Fitzgerald (A) 20.97; 400: Mitchell (A) 46.19, Higham (A) 46.64; 800: Higham 1:45.6, Botten 1:48.9; 1500: Walker 3:37.2; Markey (A) 3:42.1, Hall (A) 3:42.4; 5000: Fitzsimons (A) 14:10.4, Quax 14:10.8; 10,000: Fitzsimons 29:04.8; 3000SC: Larkins (A) 8:38.0, STEVE HOLLINGS 8:44.9; 110H: Parr (A) 13.97; 400H: Brown (A) 51.32; 4 x 100: Australia 40.86; 4 x 400: NZ 3:18.2 (Australia, 3:08.0, disq); HJ: Woods (USA) 2.19, Windeyer (A) 2.10; PV: Stewart (A) 4.70; LJ: Hill 7.38; TJ: McGrath (A) 15.89; SP: Wilkins (USA) 19.93, Falle 16.59; DT: Wilkins 64.84, Tait 57.04; HT: Cheater 63.66; JT: O'Rourke 71.58; 20kmW: Hinton 1:38.06; Dec: Hadfield (A) 7314. Women's 100: Boyle (A) 11.71, Wells (A) 11.81; 200: Boyle 23.09, Wells 23.45; 400: Burnard (A) 53.43; 800: Gray (A) 2:04.3; 1500: Cook (A) 4:17.8; 3000: Cook 9:17.8; Relays: Australia 45.21/3:42.3; HJ:

Annisson (A) 1.82; LJ: Jacenko (A) 6.54, Hooker (A) 6.33; SP/DT: Mulhall (A) 15.26/51.50; JT: Matthews (A) 51.02; Pent: Saunders (A) 4180 (with 200).

SOUTH AFRICA

22.12. Johannesburg. 100/200: John Carlos (USA) 10.6/21.9; Vets 100/200: Austin (Can) 11.0/22.0 (world Vets best). **27.12. Paarl.** HT: Barnard 70.80. **12.2. Pretoria.** HJ: Schiel 2.23 (rec). **17.2. Potchefstroom.** JT: Schnell 81.74. **21.2. Stellenbosch.** Mile: Bonzet 3:57.3, Goosen 3:57.8, Dale 3:58.6; 5000: Krogmann 13:31.8, Julian Marsay (born Leeds) 13:35.6, Batswadi 13:44.6. **4.3. Cape Town.** 5000: Bonzet 13:47.0; 3000SC: Marsay 8:36.2. **9.3. Stellenbosch.** 5000: Krogmann 13:33.8. **10.3. Potchefstroom.** 800: van Zijl 1:49.0. **11.3. Stellenbosch.** 2000: Bonzet 5:04.7 (rec). **14.3. Stellenbosch.** 10,000: Krogmann 28:32.2; DT: van Reenen 61.94. **18/19.3. Bloemfontein.** (Champs) 400: Loots 46.0, Greeff 46.2, Webster 46.3, Ferreira 46.4; 800: Prinsloo 1:46.9, Goosen 1:47.1; LJ: Botha 7.80; women's 400: Factor 53.7; 800: de Jager 2:05.8 (R. van Zyl, 14, 2:06.7 ht). **21.3. Port Elizabeth.** 3000: Bonzet 7:50.4. **28.3. Pretoria.** HJ: Schiel 2.24 (rec).

CUBA

5/6.3. Havana. AT: Perez 16.67, Velazquez 16.40; women's TJ: Beltran 57.40 (rec). **12.3. Havana.** HJ: Spencer 2.18; women's SP: Sarria 18.80. **13.3. Havana.** 200: Bell 20.9; TJ: Perez 16.57, Velazquez 16.42; JT: Jarvis 82.20. **19/20.3. Havana.** 100: Leonard 10.0, Lara 10.2; 200: Lara 20.9; DT: Morrison 59.68; HT: Orozco 68.88 (rec); women's 100: Chivas 11.4. **27.3. Havana.** 100: (+0.2m) Leonard 9.9 (eq world best, hand timed); 110H: Casanas 13.4.

CANADA

12.3. Edmonton. (i) Women's 50m/200/50mH/LJ/SP/400 relay leg: D. Jones 6.6/25.2/7.0/6.12/15.32/55.9.

JAPAN

6.3. Beppu. Mar: Hamada 2:13:57, Mizukami 2:15:36. **13.2. Kyoto.** Mar: Rodgers (USA) 2:14:27, Someya 2:18:38. **13.3. Nagoya.** (i) PV: Takanezawa 5.30, Jessee (USA) 5.25. **19.3. Tokyo.** (i) PV: Takanezawa 5.40. **17.4. Otsu.** Mar: Lis-mont (Bel) 2:14:08, Akieda 2:17:56.

IRAN

7.5km road race, Tehran: Vojdanzadeh 22:01, Hamada (Jap) 22:13 . . . 4, CHRIS STEWART 23:01.

RHODESIA

27.3. Salisbury. 'Ron Hill 10 Miler' (road): Tembo 50:37, Leonard 51:05, RON HILL 52:01.

NIGERIA

6.3. Benin City. 600m: Imadiyi 76.8.

AAA Road Relay contd. from page 27

Stoke 4:19:06 (K. Fradley 16:11); 19, Sale 4:19:37 (M. Dunne 15:36); 20, Notts 4:20:21 (B. Lee 15:34); 21, Haringey & S 4:22:40 (G. Reader 16:32); 22, Holmfirth 4:23:27 (A. Marsh 16:35); 23, Swansea 4:32:10 (R. Gear 17:06); 24, Hercules Wimbledon 4:33:02 (P. Mulholland 16:40); 25, Bridgend (P. Adamson). Wolverhampton & B dnf.

Fastest (Long stage): Ford 25:03, Steere 25:17, Spedding 25:26, Smith 25:41, Milne 25:44, Wigley 25:50, Davies (Liv) 25:53, Kearns & Davies (TVH) 25:58, Cannon 25:59, Wheway 26:00, Bowler 26:04, Dewhurst & Gilmour 26:05, Kirkham 26:09, Black & Newble 26:10, Plain 26:12, Garforth, Angus & May 26:14. **(Short stage):** Foster 13:48, Smedley 14:06, Carey 14:11, Wild 14:16, Colton 14:19, Armitage 14:26, Milosorov 14:27, Parr 14:30, Coleby 14:31, Symington 14:32.

Entries for the Wigan '6' on May 1st include Ron Hill, Alan Blinston, Mike Freary, Ricky Wilde, Steve Kenyon, Mike Tagg, Roy Fowler, Malcolm Thomas and John Jackson.

2nd Annual**WHITNASH CARNIVAL****4½ MILES ROAD RACE**
(Under A.A.A. Rules)**SATURDAY, 25th JUNE, at 4 p.m.****From the Whitnash Community Hall**

for the Whitnash Carnival Trophy

Prizes value £10, £5, £3, 1st Vet O/40 £4.**Entries** 35p (Cheque/P.O. Whit. Carnival Committee by 11th June, enclosing SAE) to A. J. Hall, 38 Heathcote Road, Whitnash, Leamington Spa, Warwickshire, CV31 2NF.**HECKINGTON SHOW & SPORTS****SATURDAY, 30th JULY, at 1.30 p.m.**
(Under AAA & WAAA Laws)

OPEN EVENTS	Prize Values	Fee
	1st 2nd 3rd	
800 Scratch	£15 £10 £5	20p
MILE SCRATCH	£25 £15 £8	20p
Ladies 800m Scratch	£12 £8 £4	15p
LADIES MILE SCR.	£15 £10 £5	15p
Schoolboys 800m Scr.		
(O/13, U/15, 1.9.77)	£5 £3 £2	10p
10M ROAD RACE	£15 £8 £5 Ind. 20p 4th £4 Teams 50p	

Teams (6 run, 3 score) 3 at £4, 3 at £3, 3 at £1.50. **First Vet.** O/40 on the day £2.**Entries** on AAA forms to D. G. Bell, 71 Church Street, Heckington, Sleaford, Lincs NG34 9RJ, not later than Sat., July 16th.**RESULTS ROUND-UP**

3.4. Lands End-Redruth. Mar: D. Francis 2:24:42. **9.4. Newport '10':** J. Robertshaw 49:27. **9.4. Southampton.** HJ: C. Boreham 2.00. PV: N. Phipps 4.50; (women) 1500: B. Moore (NZ) 4:27.6. 100H/HJ/LJ/SP: S. Longden 14.8/1.71/5.95/11.42. **10.4. Meadowbank.** Women's 200: F. Nixon (Int) 24.5; 400: E. Sutherland 55.3. **11.4. Bampton to Tiverton '8':** R. Ward 36:54 (rec). **11.4. Billingham/Hartlepool '10':** C. Voden 50:42. **16.4. Woodford.** DT: R. Slaney 51.86. **16.4. Stanwick '10':** C. Kirkham 49:05. **16.4. Chris Vose '10':** 1. D. Brennan 48:38; 2. M. Baxter 48:57. **16.4. Haringey.** Women's 800: D. Kiernan (Int) 2:12.9. LJ: K. Donovan 6.00w. JT: J. Seldon (Int) 44.18. **16.4. Conoco-Lanes Road Race.** Derry: 1. B. Foster 23:47; 2. G. Deegan 24:03. **17.4. Red Rose '20':** K. Best 1:45:38. **17.4. Cambridge & C '10':** 1. I. Thompson 47:55; 2. M. Hurd 48:10. **17.4. Nottingham.** (women) 100/200: R. Kennedy 11.9w/24.2w. 400: J. Colebrook 54.5. 800: C. Hanson 2:10.7. 100: B. Caines 13.6w. **24.4. Coatbridge.** (women) 3000: J. Shepherd 9:51.0. 400H: E. Sutherland 60.7 (Scottish National & Native rec). (Inters) 100/200: F. Nixon 12.2/24.8. **24.4. Kirkby.** 110H: M. Holtom 14.5 (Eur Jnr Qual). SP: R. Dale 17.60.

TWELFTH COLLEGE "10"**10 MILES OPEN ROAD RACE**

(Under AAA Laws)

SATURDAY, 11th JUNE at 3.15 p.m.

Perpetual Team Trophy & Individual Prizes.
Entry Fees: 30p Ind, 40p Team. **Details & Entries:** Mr R. Brooks, c/o Gosford Hall, Coventry College of Education, Kirby Corner Road, Canley, Coventry CV4 8EE.

ENTRIES CLOSE SATURDAY, 4th JUNE**NO ENTRIES ON THE DAY**

Please enclose SAE for quick reply. Post race video tape film of race. Free tea.

HALLAMSHIRE HARRIERS & A.C.
STANNINGTON ROAD RACES

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

SUNDAY, 22nd MAY, at 2 p.m.

Changing: Lomas Hall, Stannington, Sheffield

ERNEST HARPER**10 MILE ROAD RACE**

Incorporating South Yorkshire 10 Miles

Entry Fee: 30p Ind. **Prizes:** 1st, 2nd, 3rd Ind., 1st, 2nd, 3rd Teams, and 1st Veteran.
Races for Colts, Boys, Youths, Junior, Inter. & Senior Women. (Youths 3 miles, all others 2 miles.) **Plaques** first 3 Ind., **Medals** first 3 Teams (subject to number of entries—3 to count all teams).

Entries: 20p per Ind. on AAA forms only, to R. Hobson, 3 Ashbourne Grove, Oughtibridge, Sheffield, by 11th May, 1977.

LETTERS

BERNIE FORD AN INSPIRATION

Dear Sir,

I feel that I should write to clarify any misunderstanding of the sentiments expressed by Les Presland in his recent letter to 'AW'. I know that I speak for all AF&D members (Les included) when I say that Bernie Ford has been an inspiration to us all and has helped the team to achieve most of its major successes. The Southern CC was indeed won without Bernie; but to what extent did his achievements help to inspire those who seek to uphold the status of the team to which Bernie has contributed so much? Having said this one should remember that 'one man does not make the team' (as Les rightly states)—those who jibe take note!

Phil Stamp,
Aldershot, Farnham & District AC

POWER PENTATHLON

Dear Sir,

I did not miss the point of William Wyllie's letter of December 11th, as my own first sentence on January 15th indicated.

His letter gave me the motivation, and opportunity to publicise throughout athletics a form of competition which is, as Maurice Ziff is aware, used by weightlifters, and moreover has value for a very large group of athletes. As a result of the response to my own letter many more coaches now have the opportunity of assessing themselves and athletic value of such competition.

As to the value of a power/endurance competition as advocated I have my doubts. I cannot see it being of value either to athletes or weightlifters other than those who fail to achieve significance in either activity on its own.

Carl Johnson,
BAAB National Coach

WAAA POLICY IS FARCICAL

Dear Sir,

The recent WAAA ruling 'that Juniors shall not be allowed to compete in the 800m and 1500m on the same day' is without doubt a good ruling. One small point which the Essex County proposal overlooked, however, is the fact that Juniors can still be expected to compete in two 1500m races on the same day. May we now hope that the biggest offenders, the WAAA and its Area Associations, will put their own houses in order by scheduling Junior 1500m heats and finals on separate days at their Championship meetings. The present policy of allowing Seniors and Intermediates a night's rest between heat and final and yet forcing 14, 13 and (as at Cosford recently) 12-year-old girls to run two 1500m races on the same day is an appalling example

of bad judgment. In view of the WAAA support given to the AGM 800/1500m proposal it could even be considered hypocritical. One can say with more than a degree of certainty that those responsible have never had to suffer the experience.

I believe the thinking behind the policy is that Juniors might be at risk by attending meetings where an overnight stop is necessary. This in itself is an insult to parents, club officials and coaches responsible for their welfare, and ignores the fact that many Juniors have, travelling long distances, to make an overnight stop regardless of when the heats are held.

The present WAAA policy regarding Juniors enters the realms of farce at the forthcoming Southern WAAA Championships in July. The 1500m competitors have heats and final scheduled for the second day because the overnight stop is taboo. However, this concern is very conveniently forgotten for the 800m competitors, who, because of the possibility of semi-finals have the heats scheduled for the Saturday and the final on the Sunday!

Surely it is not beyond the abilities of officials to allay their anxiety by requesting details of proposed overnight accommodation either at the time of entry or by quizzing athletes who subsequently qualify for the final.

Whatever policy the WAAA maintains one fact cannot be denied. If it's wrong for Juniors to run 800m and 1500m on the same day, IT MUST BE WRONG TO RUN TWO 1500's. Over to you, WAAA (or possibly Essex County WAAA!).

John Gilbert,
City of Plymouth AC

A 12-YEAR-OLD'S VIEW

Dear Sir,

I found myself rather taken aback by the letter from Mr P. S. Williams. I myself am 12 years old and just last year entered the Colts section. I have been running since I was seven and I had to wait till I was the right age. I must also turn Mr Williams' mind towards the ECCU rule that says Colts must be 11 or 12 years old on the first of September immediately prior to the event. I do not think it is fair for boys younger than the proper age to run in Colts' races when there are boys running in those races who have waited many years for the opportunity.

Robert Lawton,
Holmfirth Harriers AC.

NALGO CROSS-COUNTRY

Dear Sir,

It now seems very likely that a cross-country match between NALGO and the Civil Service will be held towards the end of this year. It is hoped to hold the race on a weekday afternoon at a venue in North Staffordshire or South Cheshire.

However, to make the fixture more interesting,

I should like to invite other similar national organisation (eg RAF, Police, etc) to compete as well. Therefore all interested associations are asked to contact me at Congleton Borough Council, Westfields, Middlewich Road, Sandbach (Tel: Sandbach 3231).

Don Shelley,
Assistant Amenties Officer

CENTRE OF EXCELLENCE

Dear Sir,

In the issue of 'AW' dated January 1st Dr Ian Cockerill wrote an interesting article about the facilities available to various outside groups at Middleton St George College of Education near Darlington. He suggested that the college could be saved from imminent closure by becoming one of the proposed 'Centres of Excellence'. As a consequence, I organised a coaching weekend at the college for a group of Northern race walkers several weeks ago and I would fully endorse the claims made by Dr Cockerill in his article. We had full use of video-tape replay equipment, an indoor track, a well equipped gymnasium and extensive private roads round the college. On top of this, the staff were most helpful and provided us with good food and accommodation, all at very reasonable charges.

Needless to say the weekend was thoroughly enjoyed by all and I am returning there with the National Race Walking squad in April. It is most encouraging to find an educational establishment which wants to make its sporting facilities available to a wider circle of sportsmen. We are very short of centres of this kind, so it is to be hoped that other groups will make use of the facilities and show that this could indeed become the basis for a 'Centre of Excellence' for athletes in the North.

J. A. Hopkins,
National Event Coach,
Race Walking

SUNDAY COMPETITION

Dear Sir,

Whilst understanding the problem of T. R. Briggs and C. J. Woodward (letters, March 26th) regarding Sunday competition, we feel the other point of view should be stated. Whilst accepting that for many people Sunday is just the second day of the weekend, it is for the Christian the day set aside to centre his thoughts on God, which usually includes attending a church service.

We personally do not feel it is wrong to compete on a Sunday, but there are many who do, and many more who like us do not wish to compete at the expense of our regular worship.

Those major competitions (eg Kent County Championships) which have moved to a Sunday already present people such as us with a dilemma. As any competitor will know, on the day of a major race it is difficult to set one's thoughts on anything other than the forthcoming race. The time an away athletics match takes up effectively rules out any other activity on that same day.

The occasional Sunday spent competing doesn't worry us unduly providing we are also able to attend church but, if the majority of races were moved to a Sunday, we would find ourselves unable to reconcile these two activities and would feel obliged to refrain from any Sunday competition.

Changing competition to Sundays is likely to cause as many people to give up the sport as would find things more convenient.

Bernard Smith (Cambridge H) & Sue Pettett
(Tonbridge AC)

Dear Sir,

Why slavishly follow the continentals in calling for more Sunday competition? I would suggest a second reading of the Eric Liddell story to put our attitude to racing in better perspective. If he were around today so much Sunday competition wouldn't give him the chance to

CANNOCK CHASE ATHLETIC CLUB

5th Annual

YOUNG ATHLETES

TRACK & FIELD MEETING

Sunday, 28th August—First Event 11 a.m.

Colts: 100m, 800m, 70mH, HJ, LJ.
Boys: 100m, 200m, 400m, 800m, 1500m, 80mH, HJ, LJ, TJ, PV, SP, DT, JT.
Youths: 200m, 800m, 3000m, 1500m S/C, HJ, LJ.
Girls: 100m, 800m, 70mH, HJ, LJ.
Junior Ladies: 100m, 200m, 800m, 1500m, 75mH, HJ, LJ, SP, DT, JT.
Inter Ladies: 200m, 1500m, 80mH, HJ, LJ.
MEDALS FIRST 3 ALL EVENTS
Trophies Winners of Events Marked*

Entry Forms (SAE please) from: D. G. Bushnell, 3 Brendon Close, Weeping Cross, Stafford, Staffs ST17 0BJ (Stafford 59754).

CLOSING DATE SAT., 13th AUGUST

LOWESTOFT ATHLETIC CLUB

SILVER JUBILEE

TROPHY MEETING

SUNDAY, 19th JUNE, 1977

(Under A.A.A. & W.A.A.A. Rules)

At Denes High School, Lowestoft

Minor Boys: 100m, 200m, 800m, LJ. Boys: 100m, 1500m, LJ, JT. Youths: 200m, 3000m, DT, SP. Junior/Senior Men: 400m, 5000m, TJ, SP. Minor Girls: 100m, 200m, 800m, LJ. Junior Women: 100m, 1500m, LJ, DT. Inter Women: 200m, 1500m, LJ, DT. Senior Women: 100m, 800m, LJ, DT.

Awards: Challenge Trophy held for 12 months by each event winner. Subsidiary trophies for 1st, 2nd & 3rd places to be retained.

Entry Fee: 25p per event. Entries to: B. R. Boardley, 191 St. Peters Street, Lowestoft, Suffolk. Tel: 63591. Block entries accepted.

ENTRIES CLOSE MONDAY, 16th MAY

No late entries accepted

qualify for the Olympics let alone win a gold medal. I'm all in favour of more enthusiasm for Sundays, but with the right end in view. "I will honour those who honour me."

Rev Geoff Pearson,
Longwood H&AC

Dear Sir,

I wish Messrs Briggs and Woodward would keep their ideas to themselves. In the North West an increasing number of races are being held on a Sunday and it's seriously affecting my social life. After finishing at the back of the field in last year's Clitheroe Fell Race, held on a Sunday morning after a previous evening's wallow in Boddingtons Bitter, I vowed that one or the other must go. However, after managing to struggle on with my drinking against the overwhelming odds of Sunday racing, I was almost heartbroken when I read their letter. By all means arrange more Sunday races, but please leave some on a Saturday so that I can race and unwind properly without having to get up for work the next day.

Dave Blyth,
Altrincham & District

The Oxford v Cambridge match will be held at Oxford on May 14th, and not as printed earlier.

YEOVIL OLYMPIADS A.C.

At Yeovil Recreation Centre,
Chilton Grove, Mudford Road, Yeovil

MINORS MEETING:

U/11, U/12, U/13

SATURDAY, 21st MAY, 12.00

Ind. medals/badges according to entry

Entries: 25p for number (allowing max. of 3 events), Relays 50p per team. Closing date 11th May. Details from Mrs A. Whistlecroft, 89 Elliotts Drive, Yeovil, with S.A.E.

SPRING BANK HOLIDAY

JUBILEE GAMES

MONDAY, 6th JUNE, 12.00

(Under A.A.A., W.A.A.A. & R.W.A. Rules)
Commemorative Jubilee Badges, sponsored by Yeovil District Council, to all athletes

TRACK EVENTS: 100 & 200 (M, Y, B, L, JL), 400 (M, Y, L), 800 (M, B, L, JL), 1500 (M, Y, L), High Hurdles (M, L), 400 Hurdles (M, L), 4 x 100m (M, Y, B, L, JL), 3000m Road Walk (M, Y, B).

FIELD EVENTS: LJ (M, B, L, JL), HJ (M, Y, L, JL), PV (M, Y, B), TJ (M, Y, B), Jav (M, B, L), Shot (M, Y, B, L, JL), Dis (M, L, JL), Ham (M, Y).

A & B events at the organisers discretion

Entries: 20p first, 10p. each additional event. Relays 50p per team.

PLUS—The YEOVIL '10' incorporating the Somerset & Wilts A.A.A. 10 Mile Championship. **Entries:** 30p to Mr A. Middleton, 13 Asney Road, Walton, Street, Somerset. **Closing date Monday, 30th May.** S.A.E. if reply required.

ORGANISATIONAL SHORTCOMINGS

Dear Sir,

Mr Nash's letter in your issue of April 2nd criticised ESH's organisation of the Sarah Coventry races and suggested that it should be left to smaller clubs. Having had the pleasure of competing in the Bampton to Carlisle race last year I feel more of your readers should be aware of how Mr Nash and his club managed.

As neither the advert nor entry forms had indicated any change we arrived at the old changing accommodation an hour before start time but no one had any knowledge of the race. We had to telephone the organiser at his home and were directed 400y along the road. Other runners we met on the way were also at a loss. The transport arrangements for their point to point race have always been haphazard but a friendly official gave us a lift. Others had to take a service bus and one group took a taxi the ten miles.

The race started on a steep downhill and 'took a sharp turn too close to the off'. It finished at a different point from the previous year, the fourth change since my first run. At the presentation my club collected a few prizes and in the excitement did not realise that a team we had beaten had been presented with the awards for third team. It was some weeks before the duplicate prizes were sent to us.

The slow organisation at Edinburgh has been equalled each year the Balloch Park races have been run. Despite the shortcomings in the organisation of all three races I look forward to competing in them for many years to come.

Bill Ramage,
Springburn H

MARATHON QUALIFYING STANDARD

Dear Sir,

I am disgusted with the qualifying times demanded for this year's AAA marathon. The camaraderie amongst road runners and the opportunity to compete against top athletes makes the sport almost unique; indeed this is one of my boasts to friends who are non-runners.

Looking at John Walsh's 1975 marathon ranking list, this new standard will, effectively, prevent 392 runners, including myself, from taking part if they should so wish to. I am in favour of improving standards but 30 minutes is a bit much. Is this then to be the thin end of the wedge? Can we now expect to see races of varying standards?

Tony Rushton,
Plessey AC

Veterans and pre-veterans races are being staged by Polytechnic H at Polytechnic Stadium, Chiswick (11 and 11.30am) as follows (enter on day; no fees or prizes): May 1st—400 & 3000, May 8th—100 & 800; May 29th—200 & 800; July 24th—100 & 800; August 14th—200 & 1500; August 28th—100 & 800; September 4th—200 & 1500; September 18th—100 & 800; September 26th—open 10,000.

SILVER JUBILEE

5000M. ROAD RACE

**Sponsored by
Vauxhall Motors**

1st PRIZE PORTABLE T.V.

PRIZES FOR NEXT 9 FINISHERS include:— Teasmade, Electric Coffee Percolator, Toaster, Radios.

PLUS Vauxhall 'T' Shirts to next 10 finishers.

VENUE: LUTON TOWN CENTRE

DATE: SUNDAY, JUNE 5th, 1977

Start 3.00 p.m.

ENTRY LIMITED TO 100

Race details posted to all ACCEPTED entries. Entry Fee: 25p. Entries to:

John Telford,
Vauxhall Motors Ltd.,
Luton, Beds.

Tel: 0582-21122, Ext. 4232.

ENTRIES CLOSE MAY 19th, 1977

HAMMER CIRCLE

**Twenty-fifth Anniversary
Reunion**

**At Kimbolton School
Huntingdon**

September 3rd-4th, 1977

Details from: Derek Benning, Hon. General Secretary, 4 Lower Oxford Road, Basford, Newcastle, Staffs.

S.A.E. PLEASE

THE INSTITUTE OF GROUNDSMANSHIP SCOTTISH ZONE

7th Annual

EXHIBITION FIELD DAY

MURRAYFIELD RUGBY STADIUM

TUESDAY, 17th MAY, 1977

Demonstrations of machinery all day

World Cricket Ball Throwing Contest

World Record 422ft Scottish Record 357ft
(Throwing a 5½oz cricket ball)

**Entries to D. Morgan, 5 Lily Terrace,
Shandon, Edinburgh EH11 1PN. Entry
Fee: 15p.**

POLYTECHNIC HARRIERS

ANNUAL

MARATHON RACE

(Under A.A.A. Laws)

Sponsored by Goldenlay

SATURDAY, 11th JUNE, 1977

Start: 2.15 p.m. Home Park (Private), Windsor by Gracious Permission of Her Majesty the Queen.

Finish: Windsor, Slough and Eton Club Stadium, Vansittart Road, Windsor.

Entry Fee: 50p.

Entry forms to be obtained from Hon. Organising Secretary, 75 Sutton Road, Heston, Hounslow, Middlesex. Tel: 01-570 1644.

A stamped addressed envelope would be appreciated.

CLASSIFIED ADVERTISEMENTS

6p per word. Box No 20p extra. Trade 12p per word, 6 insertions of same copy 11p per word, 13 insertions 10p per word, 26 insertions 9p per word—prepaid.

SaBer Poles—14 or 15ft—140, 150, 160 lbs. British made. A. T. Neuff, Bishop's Stortford 54622.

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1.20 per centimetre, per insertion, **prepaid** (minimum 3cms). Quarter page £10, Half page £18, Page £32, per insertion, **25 per cent discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders to be crossed and made payable to "Athletics Weekly". Copy date—Tuesday of the week previous.

LIVERPOOL PEMBROKE A.C.

24th Annual

20 MILE OPEN ROAD RACE

(Under AAA Laws)

Inc. Cheshire AAA 20M Championship
SATURDAY, 21st MAY, 1977, at 2pm
KING GEORGE V PLAYING FIELDS
Longview Lane, Huyton, nr. Liverpool

Full prize list inc. 3 Team, Vets Team (3 count), Vets O/40, O/45, O/50. Cheshire award: 1st Champ. Medal. Entries 40p (inc. ref.), 60p Team, 15p Chesh. Ch. to R. Kernighan, 28 Rugby Dr., Aintree, Liverpool L10 8JU (Tel: 051-526-8101) by Mon., 9th May. SAE details.

THURROCK/ESSEX '10'

SUNDAY, JUNE 19th at 3 p.m.

(Under A.A.A. Laws)

King George's Sports Ground
Blackshots Lane, Grays, Essex

Open Race: Prizes first six, first Veteran, first 3 Teams.

Essex Awards: Trophies, Medals.

Entry Fee: 40p per Individual & 40p per Team.

Entries to: David Chawner, 64 High View Avenue, Grays, Essex.

CLOSING DATE 10th JUNE, 1977

KINGTON FESTIVAL COMMITTEE

Announcing the first

OFFA'S DYKE '15'

(Under AAA & ECCU Rules)

15 miles along the Offa's Dyke long distance footpath from Hay-on-Wye to Kington; this year as part of the Silver Jubilee Celebrations on

SUNDAY, 12th JUNE, 1977

Awards to first six Individuals, first three Veterans, first three Local Runners, first three Teams and first Veteran Team (6 to run, 3 to count). Team trophies, Individual plaques and prizes, total value £150.

Entries to D. P. Joyce, 8 Bridge Street, Kington, Herefordshire, by 25th May, 1977, from whom further details and entry forms can be obtained, on receipt of a foolscap s.a.e.

SCOTTISH A.A.A. JUNIOR, YOUTHS & SENIOR BOYS CHAMPIONSHIPS

(Under S.A.A.A. Laws)

MEADOWBANK STADIUM, EDINBURGH

SATURDAY, 11th JUNE, 1977

Entry Fees: Junior 60p, Youths 50p, Senior Boys 40p. **Entry Forms:** R. Short, 34 Station Road, South Queens Ferry, West Lothian. SAE please. **Closing date** 28th May.

ANNAN RIDING OF THE MARCHES

Annual Festival, Annan, Dumfriesshire

Saturday, July 2nd, under SAAA Laws

12 MILES ROAD RACE

Seniors, Veterans, Ladies. Shorter races all other age groups. Good prizes. Full programme of family type entertainment. Details: L. Prater, 9 Hospital Road, Annan, Dumfriesshire. 12M rec: J. Elliott 63min.

ASHTON-IN-MAKERFIELD S & S CLUB

2nd Annual Harold Wood Memorial

7½ MILE ROAD RACE

Sat., 4th June 3pm, at Brockstedes Park £100 in prize value to first 4 Teams, 1st Vets Team, first 4 Inds, 1st U/18, U/19, O/40 & O/50. Also first 5 Inds not in above awards. **Entries** 30p Ind, 50p Teams, to R. Wood, 26 Oakwood Ave., Ashton-in-Makerfield, Wigan WN4 9NS, by Mon., 23rd May.



TRACK RELAYS MEETING WILL BE HELD AT
TUDOR GRANGE, SOLIHULL

on BANK HOLIDAY TUESDAY JUNE 7, 1977

(Under A.A.A. & W.A.A.A. Rules)

11.00-5.30

MEN'S EVENTS

Seniors

4x100

4x200

4x400

4x800

2mile team race (4 to run, 3 to count)

Youths

4x100

4x400

4x800

Boys

4x100

4x400

4x800

Colts

4x100

4x800

WOMEN'S EVENTS

Seniors

4x100

4x400

Intermediates

4x100

4x200

4x800

Juniors

4x100

4x200

4x800

Girls

4x100

4x800

Entries: 50p per team on A.A.A. forms to

B.H. Glover, 225 Sarehole Road, Hall Green, Birmingham B28 8HA

CLOSING DATE TUESDAY, 17th May