

August 16th 1975 Vol. 29 No. 33

a **weekly**

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

EUROPEAN CUP FINAL PREVIEW

★ UK v Netherlands v
Hungary (Women)

★ Pre-Olympic Meeting
in Montreal



15p

STEVE OVETT
wins AAA 800m
title, with
PETE BROWNE
(3) second.

Bukta



for people who put

Life into living

Send now for FREE catalogue to BUKTA, Brinksway, Stockport enclosing stamp to cover postage.

TRAINERS & RACERS

Adidas 'SL72'. We have yet again obtained stocks of this shoe to satisfy the demand. Blue nylon upper, superb comfort with roll heel and arch support. Sizes: 6, 7, 7½, 8½, 9, 9½, 10 **£10.50** (£11.50).

Adidas 'Gazelle'. The most popular of all Adidas shoes, in blue suede with white trim. Spongy sole for extreme comfort. Sizes: 5 **£9.45**, 6, 6½, 7, 8½, 9, 9½, 10½ **£9.95** (£10.50).

Adidas 'Jonah Barrington'. Originally intended for squash but has proved to be a good race shoe. Light nylon upper with strong sole and heel support. Sizes: 5, 5½ **£6.70**, 6½, 7, 9, 9½, 10, 10½ **£7.55** (£8.35).

Tiger 'Cortez'. We still have a few pairs available in this special offer. Extremely hard wearing, ideal for training. **Still only £7.45.** Sizes: 5, 5½, 6, 6½, 10½, 11½, 12.

Please note: some of these shoes have small marks and must be classified as 'seconds' but the majority are perfect and a tremendous saving on the usual price of £12.39.

Adidas 'Rom'. Needs no introduction. Excellent general purpose shoe, White/Blue trim. Sizes: 5, 5½ **£6.95**, 6-7½, 8½-10 **£7.75** (£7.99).

Tiger 'Marathon'. We still have a few pairs in this unusual bargain at very much below normal price. White nylon uppers instead of blue. Sizes: 5, 5½, 6, 6½, 10½, 13 **£5.45**.

Gola 'Lynx'. New training shoe. Suede wing cap, heel counter and facing. Soft nylon tongue. High padded heel and collar. Thick wedge and wrap around heel, gristle sole. Full sizes only. 4, 5 **£5.49**, 6-11 **£6.24** (£6.49).

'Sabre'. Excellently well made shoe with extremely supple light grey chrome leather upper. Cushion insole and padded tongue. Non slip gristle sole. Excellent value. Sizes: 5, 5½ **£4.20**, 6½-8½, 9½-11 **£4.95**.

Puma 'Top Fit'. Low cut white cowhide uppers with black suede form strip. Rubber waffle pattern sole. Arch support and heel counter. Excellent training shoe at very reasonable price. Sizes: 6-11 (no 10½) **£6.30**.

NOTE: Will customers please write name and address in block letters when ordering and remember to state size required.

Any goods exchanged or money refunded if returned in new condition within seven days.

Full postage must be enclosed when exchanging goods.

Please enclose part postage, i.e. 25p for track-suits, 20p shoes, 10p shorts, vests etc.

THE SPORTS CENTRE

8 Medway Street, Chatham, Kent ME4 4HD
Telephone: Medway 47055

Schools Results

LONDON SCHOOLS CHAMPIONSHIPS

At Crystal Palace, June 12th/14th

Additional results:—400H: D. Baptiste 58.2. HJ: H. Llewellyn 1.90/6'2½". LJ: V. Bramble 6.74/22'1½". TJ: J. Doyle 13.59/44'7". PV: T. Morbin 3.50/11'5½". 4 x 100: 1. Hammersmith 44.1; 2. Southwark 44.2. (Inters) PV: 1. H. Henry 3.48/11'5½"; 2. G. Bird 3.40/11'1½"; TJ: 1. D. Boyce 13.62/44'8½"; 2. G. Foulks 13.51/44'4"; 3. J. Allinson 13.43/44'0½"; 4. J. McCauley 13.20/43'3½". 4 x 100: 1. Lewisham 44.3; 2. Hackney 44.6 (44.2 ht). (Juniors) 100: T. Arinze 11.7 (11.5 ht). 400: A. Anderson 53.5. 80H: H. Bridgeman 11.8 (CBP). PV: 1. D. Hart 2.85/9'4½"; 2. P. Landers 2.85; 3. L. Hamilton 2.75/9'0½". LJ: R. Burton 6.13/20'1½". TJ: N. Amos 12.52/41'1". (Women) 100H: V. Douglas 15.8. (Inters) 100: J. Fraser 12.8 (12.5 ht). 200: 1. E. Thomas 25.2 (25.1 ht); 2. G. Hunte 26.5 (25.7 ht). 400: A. Aig-Ojehomon 57.6 (CBP). HJ: 2. F. Davies 1.63/5'4½"; 3. J. Burrows 1.60/5'3"; 4. S. Anderson 1.56/5'1½". SP: 1. M. Thomas 10.01/32'10½"; 2. J. Berry 9.62/31'6½"; 3. R. Semper 9.40/30'10½". JT: 1. J. Rose 33.56/110'1"; 2. J. Toomey 32.14/105'5". 4 x 100: 1. Lambeth 49.8; 2. Wandsworth 50.3 (50.1 ht); 3. Hackney 50.4 (50.1 ht); 4. Southwark 51.2 (50.7 ht); 5. Lewisham 51.7 (50.6 ht). (Juniors) 100: S. Matthew 13.0 (12.8 ht). 1500: 1. J. Smith 4:56.8; 2. C. Muntzer 5:01.1. HJ: 1. E. Bailey 1.52/4'11½"; 2. C. Jacobs 1.52. LJ: F. West 5.23/17'2". SP: 1. E. Wanagho 9.91/32'6½"; 2. D. Alexander 9.58/31'5½"; 3. W. Brant 9.54/31'3½"; 4. A. Campbell 9.45/31'0"; 5. G. Matherin 9.42/30'11". DT: P. Hennessy 26.60/87'3". 4 x 100: East London 51.1 (CBP).

SUSSEX SCHOOLS CHAMPIONSHIPS

At Withdean, June 14th

400: M. Gregory 50.8. 800: S. Morley 1:56.6. 1500: 1. G. Jackson 3:56.9; 2. N. Leach 3:58.5. HJ: 1. R. Dimba 1.90/6'2½"; 2. R. Clark 1.86/6'1½". TJ: Mc Gascoigne-Pees 14.13/46'4½". (Inters) 400: R. Bishop 51.5. 3000: R. Knight 8:58.6. (Juniors) LJ: K. Ackal 6.07/19'11". JT: A. Williams 48.20/158'11". (Women) 200: L. Kerr 25.2. 800: M. Joyce 2:12.1. (Inters) 400: D. Bain 57.9. (Juniors) 800: 1. P. Brighty 2:19.8; 2. T. Budd 2:23.3. HJ: H. Palmer 1.64/5'4½". LJ: F. Burgess 5.33/17'5½".

HUMBERSIDE SCHOOLS CHAMPIONSHIPS

At Grimsby, June 14th

100: 1. G. Artley 11.0; 2. P. Marshall 11.0. LJ: G. Fulton 6.68/21'11". (Inters) 100H: 1. D. Park 14.4; 2. G. Lowman 14.5. TJ: S. Metcalfe 13.20/43'3½". HT: C. Colverson 42.72/140'2". (Inter Women) 80H: 1. B. Inman 12.0; 2.

continued on page 35

ATHLETICS WEEKLY

INCORPORATING WOMEN'S ATHLETICS, MODERN ATHLETICS AND WORLD ATHLETICS

Vol 29 No 33

August 16th, 1975

Business Manager: P. W. Green

Editor: MEL WATMAN

Editorial Assistant: JON WIGLEY

Subscription Department and Distribution:

VERONICA GILLINGHAM & ANN STAMMERS

Advertisement Director: P. W. GREEN

Assistant Business and Advertisement
Manager: TIM GREENSpecial Contributors: CLIFF TEMPLE
and DAVE COCKEDGE

Overseas News Editor: BOB SPARKS

Walking Correspondent: COLIN YOUNG

REGIONAL CORRESPONDENTS

Wales—Bernard Baldwin and Clive Williams.
Ireland—Neill Morton and Nick Davis. Scotland—
Colin Shields.

OVERSEAS CORRESPONDENTS

Australia—Bernie Cecins. Brazil—Derrick Marcus.
Canada—Lloyd Swindells and Cecil Smith. Greece—
Antonios Dracos. Czechoslovakia—Jan Popper.
India—Ranjit Bhatia. Italy—Luigi Mengoni and
Elio Trifari. Jamaica—Richard Ashenheim. Japan—
Atsushi Hoshino. Kenya—Cliff Roffey. New
Zealand—Vic Matthews. Poland—J. Kulczycki.
Rhodesia—Philip Kennedy. South Africa—Doug
Coghlan. USA—Dick Bank, Elliott Denman, Vince
Reel, Stan Eales, Garry Hill. USSR—Anatoliy Kash-
cheyev. E. Europe—Vladimir Visek. Sweden—
Rooney Magnusson.

Published by

WORLD ATHLETICS AND
SPORTING PUBLICATIONS LTD., 344 HIGH
STREET, ROCHESTER, KENT.
Tel: Medway (0634) 44644

Advertisement Department

All communications to:
The Advertising Director,
World Athletics and Sporting Publications Ltd.,
344 High Street, Rochester, Kent.

Printed by

THE KENT ART PRINTERS LTD.,
NEW ROAD, ROCHESTER, KENT ME1 1DT.

Registered as a newspaper at the Post Office.

SUBSCRIPTION RATES

Direct subscribers in the U.K. and H.M. Forces.

12 Months (52 issues) £8.80.

6 Months (26 issues) £4.40.

All other subscriptions:

(Home) 12 Months £10.66.

Overseas Surface Mail 12 Months £10.40.

Air Mail (Europe) £12.48.

Air Mail (Outside Europe) Rates on application.

THE WEEK AHEAD

Saturday: August 16th: European Cup Finals (Men & Women)—First Day—in Nice (TV coverage both days on BBC-1); WAAA Under-21 Home International, Teesside; Southern Women's League; Southern League; Midland League; Scottish League (Div 2), Meadowbank; British League (Div 3)—Final Fixture—at Luton; Isle of Man TT Walk; Nairn Games; Locomotion '20', Darlington; World Masters Championships, Toronto (Final Day).

Sunday, August 17th: European Cup Finals (2nd Day), Nice; Scottish Women's League (Div 1, Meadowbank; Div 2, Grangemouth; Div 3, Scotstoun); South v Midlands v North (Juniors), Crystal Palace; Yorkshire League; Barnoldswick Fell Race (Cat C).

Wednesday, August 20th: SCAA Open Meeting, Crystal Palace (6.30); Highgate H Open Meeting, Parliament Hill; International Meeting, Zurich.

Friday, August 22nd: European Junior Championships, Athens (till August 24th).

Owing to Mel Watman and Jimmy Green being with the 'AW' party in Nice, and also the unavoidable absence of another member of the 'AW' staff, we ask for the indulgence of readers in dealing with correspondence for the next two weeks.

* * *

The date of the East Cheshire "7" is August 30th, not as shown in their advertisement last week.

FEATURED THIS WEEK

★ British League (Divisions 2 & 3)	4
★ British League (Division 4)	5
★ UK v Hungary v Netherlands Women's Match	10
★ England v Scotland Women's Match	11
★ Overseas News (including Montreal Meeting)	12
★ Adaptation & Loading—by Frank Dick	16
★ European Cup Final Preview	18
★ European Decathlon/Pentathlon Cup Semi-Final	27
★ Race Walking News	30
★ European Junior Championships Form Guide	34

Cover photo by Fionnbar Callanan

BRITISH LEAGUE

Division 2: Edinburgh AC & Sale Gain Promotion

At Meadowbank, July 26th

CONSIDERING the closeness of the relegation struggle this should have been a better meeting. There were few spectators, perhaps because many of the stars were elsewhere, and on one of the rare occasions this season a blustery wind hampered most of the performances. The swirl did not help the sprinters as much as would appear, although Scott Brodie's win in the 100m was officially aided by a 5m gust.

Norman Gregor, absent for most of the season through injury, eased himself back with a 1:53.4/22.0 double behind Pete Lewis and Tony Hadley and just failed to catch Andy Ripley in a strong last 4 x 400m relay leg. Ripley did valiant work for Poly with a 15.7/54.6 hurdles double and his strength in the latter in the home straight suggested that this British Lions rugby player has far more potential in athletics than he gives himself credit for. Nevertheless, Poly joined Stoke in the drop to Division 3 even though Woodford Green, safe from relegation worries, made only a token effort and finished last of the day.

What of Edinburgh AC however? In three seasons they have come straight up to Division 1 where they will join their city colleagues, Southern, next season. Even for this home meeting EAC had far from a full-strength team yet finished 40 points clear of Sale who also clinched promotion. Double wins in the 100, 1500, steeplechase, high jump and pole vault were the foundation of success and with the leading Juniors who were at Kirkby back on duty this will be a formidable team for the Pye Cup.

Sandy Sutherland

EAC 271; Sale 231; Stoke 203; Birchfield 200; Polytechnic 183; Woodford Green 174.

100: 1, S. Brodie (EAC) 10.6w; 2, A. Hadley (Bir) 10.7; 3, D. Martin (Stoke) 10.8. (B): B. Gordon (EAC) 11.1w. 200: 1, Hadley 21.8w; 2, N. Gregor (EAC) 22.0; 3, B. Pope (W Gn) 22.0; 4, Martin 22.1. (B): G. Hamilton (Sale) 22.4w. 400: 1, D. Price (Sale) 49.2; 2, R. Gordon (EAC) 49.5. (B): I. Saunders (Sale) 49.9. 800: 1, P. Lewis (Bir) 1:52.8; 2, N. Gregor (EAC) 1:53.4; 3, R. Wich (Poly) 1:55.2; 4, J. Gerrard (Sale) 1:55.4. 1500: 1, J. Dingwall (EAC) 3:54.5; 2, J. Davies (Sale) 3:55.6; 3, D. Ainslie (W Gn) 3:56.3; 4, G. Harvey (Stoke) 3:57.3. 5000: A. Keith (EAC) 14:46.6. 3000SC: 1, J. Kerr (EAC)

9:27.6; 2, R. Tilling (Bir) 9:31.0; 3, M. Jones (Sale) 9:33.6; 4, M. Absalom (Stoke) 9:35.4. 110H: 1, R. Davidson (Stoke) 15.0w; 2, C. Luxon (EAC) 15.1; 3, S. Hinchliffe (Poly) 15.2; 4, T. Clifton (W Gn) 15.3; 5, D. Jones (Sale) 15.4. (B): A. Ripley (Poly) 15.7w. 400H: 1, Hinchliffe 55.1; 2, M. Ollier (Sale) 55.6; 3, R. Barrington (Stoke) 55.8; 4, M. Lewis (W Gn) 56.0; 5, R. Caldwell (EAC) 56.7. (B): 1, Ripley 54.6; 2, G. Buckney (Sale) 56.2.

HJ: 1, R. Rother (EAC) 1.90/6'2½"; 2, T. Mildenhall (W Gn) 1.90; 3, A. Ord (Sale) 1.85/6'0½"; 4, G. Ward (Stoke) 1.85. PV: 1, R. Williamson (EAC) 4.15/13'7¼"; 2, R. Constantine (Stoke) 4.00/13'1½"; 3, G. Patel (W Gn) 3.80/12'5½"; 4, J. Walters (Poly) 3.40/11'1½". (B): 1, N. Donachie (EAC) 3.80/12'5½"; 2, G. Ward (Stoke) 3.60/11'9½". LJ: 1, A. Moore (Bir) 7.12/23'4½"; 2, K. Morrison (EAC) 6.91/22'8". TJ: 1, Morrison 14.49/47'6½"; 2, A. Shoebridge (Poly) 14.22/46'8"; 3, J. Howell (Stoke) 14.01/45'11½". SP: 1, R. Dale (Stoke) 17.24/56'6½"; 2, G. Tyler (Sale) 15.36/50'4½"; 3, N. Sandilands (EAC) 13.13/43'1". (B): A. Drzewiecki (Stoke) 15.55/51'0½". DT: 1, Tyler 53.56/175'9"; 2, Drzewiecki 52.14/171'1"; 3, P. Bullock (W Gn) 43.48/142'8"; 4, W. Sandilands (EAC) 42.50/139'5". HT: 1, P. Aston (W Gn) 59.84/196'4"; 2, N. Sandilands (EAC) 48.42/158'10"; 3, T. Bowden (Bir) 47.30/155'2"; 4, B. Reed (Sale) 44.84/147'1". (B): 1, A. Woods (W Gn) 48.78/160'0"; 2, K. Madden (Sale) 44.54/146'1". JT: 1, F. Brown (Poly) 60.54/198'7"; 2, G. Young (Bir) 57.64/189'1"; 3, J. Evans (EAC) 57.28/187'11". 4 x 100: 1, Sale 43.0; 2, Birchfield 43.0; 3, EAC 43.5; 4, Woodford Green 44.0. 4 x 400: 1, Sale 3:19.4; 2, Birchfield 3:22.3; 3, Poly 3:22.9; 4, EAC 3:23.1.

Final team positions: 1, EAC 22 (931½); 2, Sale 21 (961); 3, Woodford Green 14 (825); 4, Birchfield 10 (794½); 5, Stoke 9 (781½); 6, Polytechnic 8 (743½).

Division 3: Impressive Comeback By Andy Carter

At Stretford, July 26th

THE result of this third division promotion struggle leaves just one point separating Swansea, Stretford and Bristol at the head of the table. No one could have foreseen the slump to last place of Bristol, but they were without many of their stars, competing at the AAA Junior Championships and Gateshead Games. All will be decided in the final match at Luton on August 16th.

All eyes focussed on the 'B' 800 as UK record holder Andy Carter lined up for his first race of the season. He took the lead straight away and, opening an ever increasing gap, stormed in to record a fine solo effort of 1:49.4. "I'm glad that one's out of the way",

he remarked. Andy hadn't been confident enough to tackle Erwin Hartel and Tony Dyke in the 'A' race. Hartel set off at a murderous pace, leaving Dyke 15m down by 200, and won on the new Tartan surface in an impressive 1:49.7. Geoff Hignett scored a good double (200 and long jump), and also came second in the 100 and contributed to Stretford's two relay wins.

Stretford 276½; Swansea 225; Luton United 203; Southampton & Eastleigh 196; Reading 182½; Bristol 179.

100: 1, H. Griffiths (Swan) 10.9; 2, G. Hignett (Stret) 11.0. (B): 1, Green (Lut) 11.0. **200:** 1, Hignett 21.7; 2, H. Griffiths 21.9. (B): 1, Green 22.2; 2, P. Machin (Stret) 22.5. **400:** 1, A. James (Stret) 48.5; 2, J. Griffiths (Swan) 49.3; 3, J. Froud (Read) 49.5. (B): 1, E. Hartel (Bris) 50.3; 2, O. Fenn (Swan) 50.3. **800:** 1, Hartel 1:49.7; 2, A. Dyke (Swan) 1:52.4; 3, C. Cusick (Stret) 1:53.8. (B): 1, A. Carter (Stret) 1:49.4; 2, P. Baker (Bris) 1:52.9; 3, J. Theophilus (Swan) 1:55.6. **1500:** 1, Theophilus 3:53.9; 2, G. Biscoe (Read) 3:55.6; 3, G. Davis (Bris) 3:56.4; 4, R. Kocher (S&E) 3:56.8; 5, M. Warburton (Stret) 3:58.1. (B): 1, Baker 3:56.5; 2, M. Beavis (S&E) 3:58.0. **5000:** T. Parker (Stret) 14:39.0. **3000SC:** 1, S. Gibbons (Swan) 8:58.6; 2, D. Lockley (Lut) 9:10.2; 3, G. Stevens (Read) 9:14.8. **110H:** 1, M. Hatton (Read) 14.8; 2, Fenn 15.00; 3, P. Hambley (Stret) 15.1; 4, I. Willoughby (Bris) 15.7; 5, G. Shaw (Lut) 15.9. (B): 1, P. Mowson (Read) 15.3; 2, A. Drayton (S&E) 15.6. **400H:** 1, A. James (Stret) 53.1; 2, K. Lancy (Swan) 53.3; 3, R. Roberts (Bris) 56.0; 4, J. Froud (Read) 57.4; 5, G. Newman (S&E) 57.5. (B): 1, Fenn 53.5; 2, Hambley 55.6; 3, Willoughby 56.2; 4, R. Harris (S&E) 56.9.

HJ: 1, N. Duffin (Stret-Y) 1.95/6'4½"; 2, P. Thompson (Read) 1.95; 3, I. Hoube (Lut) 1.85/6'0½"; 4, C. Berry (Swan) 1.85. (B): 1, A. Cory (Lut) 1.85; 2, R. McKee (Read) 1.85; 3, Hambley 1.85. **PV:** 1, B. Drayton (S&E) 4.00/13'1½"; 2, Thompson 3.60/11'9½"; 3, A. Ross (Lut) 3.60. **LJ:** 1, Hignett 6.86/22'6½"; 2, A. Drayton 6.72/22'0½"; 3, J. Froud (Read) 6.72. (B): 1, Pegler (Stret-J) 6.80/22'3½". **TJ:** 1, Hambley 14.04/46'0½"; 2, S. Ashdown (Lut) 13.72/45'0½". **SP:** 1, P. Rees (S&E) 16.48/54'1"; 2, J. Oliver (Lut) 14.26/46'9½"; 3, G. Dirkin (Stret) 13.32/43'8½". (B): 1, R. Kennedy (S&E) 16.20/53'1½". **DT:** 1, Dirkin 50.80/166'8"; 2, Rees 44.78/146'11". (B): 1, Tabor (S&E) 44.22/145'1". **HT:** 1, Rees 51.36/168'6"; 2, A. Sparkes (Stret-J) 46.16/151'5"; 3, C. Scott (Lut) 44.24/145'2"; 4, A. Jones (Swan) 43.10/141'5"; 5, M. Mabbutt (Bris) 42.16/138'4". (B): 1, Dirkin 44.12/144'9". **JT:** 1, P. Ostapowycz (Stret) 68.80/225'1"; 2, C. Harrison (Lut) 65.38/214'6"; 3, K. Holmes (Bris) 56.46/185'3". **4 x 100:** 1, Stretford 42.6; 2, Swansea 43.4; 3, Luton United 43.4; 4, Reading 43.9; 5, S&E 44.1; 6, Bristol 44.1. **4 x 400:** 1, Stretford 3:16.7; 2, Swansea 3:20.0; 3, Bristol 3:23.5; 4, Luton 3:24.4; 5, S&E 3:26.8. **Open 3000:** 1, R. Wilde (M&D) 8:16.2; 2, D. Hindley (W'loo) 8:23.4.

Division 4: Beagles & Met Police Go Up

ON their home track at Barking on July 26th, Essex Beagles scored their second win of the series to clinch promotion. With Metropolitan Police joining them in next year's Division Three, the pattern of new BAL clubs moving straight up the table is repeated.

For Brighton the margin between promotion and relegation was seven points. Had they won this match they would have edged out the Police by half a league point. Despite four runs by Steve Ovett—his 21.7 for 200m underlying his basic speed—they now join Croydon in the qualifying competition.

Steve Faulkner, of the Police, won the special best performance award for his new Divisional high jump record of 1.98 and Mike Winch finished the four match series with seven Divisional records from eight shot/discus competitions.

Mike Langmaid

Essex Beagles 231; Coventry Godiva 226; Brighton & Hove 225; Met Police 215; Liverpool H 202; Croydon 153.

100: 1, T. Collins (Ex) 10.8; 2, T. Bonsor (Cov) 10.9; 3, L. Wiltshire (Met P) 11.1. (B): S. Wright (Liv) 11.1. **200:** Collins 22.2. (B): S. Ovett (B&H) 21.7. **400:** 1, Ovett 48.7; 2, M. Clark (Met P) 50.0; 3, P. Harris (Cov) 50.4. **800:** 1, E. Coffey (Ex) 1:54.3; 2, S. Morley (B&H) 1:54.7; 3, C. Jacks (Cov) 1:55.2; 4, J. Jeffrey (Met P) 1:55.2. **1500:** 1, F. Davies (Liv H) 3:53.0; 2, J. Cadman (Cov) 3:54.5; 3, P. Standing (B&H) 3:54.5. (B): D. Driver (Cov) 3:56.9. **5000:** C. Kirkham (Cov) 14:44.4. **3000SC:** 1, D. Evans (Liv H) 9:15.2; 2, L. Gough (Ex) 9:20.0; 3, D. Frith (Croy) 9:24.0; 4, K. Hutchin (Met P) 9:31.8; 5, I. Jones (Cov) 9:32.0. (B): C. Stebbings (Croy) 9:31.0. **110H:** A. Davies (Cov) 15.5. (B): T. Wells (Cov) 15.6. **400H:** 1, S. Black (Ex) 54.8; 2, R. Fox (Croy) 56.0; 3, M. Haggerty (B&H) 56.7; 4, Wells 57.3.

HJ: 1, S. Faulkner (Met P) 1.98/6'6" (Div rec); 2, D. Walters (B&H) 1.90/6'2½"; 3, S.

Company Unit Sport Social and Old Boys

HAVE YOU GOT A CLUB TIE?

A minimum of 2 dozen High Quality terylene ties with or without stripes, printed with your own Club motif in full colour from 85p each. Also ladies squares in silk or tricot with motif in full colour in opposite corners.

If you haven't a design our Art Department will oblige free of charge, also Jacquard woven and embroidered ties.

MADDOCKS & DICK LIMITED

Sandeman House, 13 High Street,
Edinburgh EH1 1ST. 031-556 2206

Established 25 years



Steve Ovett (2) sprinting to a 21.7 200 victory in the British league (Division 4) match at Barking. Remember, he's the National Junior cross-country champion!

Sportsview

HARVEY MORRIS MEMORIAL TROPHY MEETING (WOMEN)

At Hornchurch, June 29th

(Div 1): Havering 350½; Borough of Enfield 332; Hillingdon 309; Croydon 298; Essex Ladies 295; Ilford 231½.

200: 1, S. King (Ex) 24.8; 2, D. Showler (Hav) 25.0. (B): L. Ilott (Hav) 25.0. 400: L. Kiernan (Hav) 57.4. 800: R. Chettleburgh (Hav) 2:18.1. 1500: M. Taylor (Ilf) 4:45.3. 100H: 1, Ilott 14.3; 2, C. Mathers (BoE) 15.2; 3, A. Manley (Croy) 15.7. HJ: Mathers 1.60/5'3". SP: 1, L. Elliott (BoE) 12.48/40'11½"; 2, L. Newell (Croy) 12.18/39'11½". DT: 1, Newell 35.16/115'4"; 2, L. Ford (Hav) 34.34/112'8". JT: 1, J. King (Croy) 42.02/137'10"; 2, M. Mendham (Ex) 39.00/127'11". (Inters) 200: L. Ward (BoE) 26.0. 400: H. Fowler (Hill) 60.2. LJ: C. Stone (BoE) 5.33/17'6". SP: S. Tudor (Hill) 9.73/31'11½". 4 x 100: Enfield 50.5. (Juniors) 200: E. Gee (Ex) 26.7. 800: C. Andrews (Hill) 2:25.9. 75H: 1, A. Ferris (Hill) 12.0; 2, A. Sylvester (Hav) 12.1. LJ: Gee 5.08/16'8". SP: J. Selsdon (Hill) 9.85/32'3½". JT: 1, Selsdon 33.40/109'7"; 2, V. Simpson (Ex) 29.02/95'2".

Div 2: Norfolk Olympiades 356½; Feltham 338; Bracknell 329; Basildon 259½; Southend 234; Chelmsford 167.

200: A. Lynne (Felt) 25.4. 400: J. Rout (Felt) 58.4. 1500: 1, C. Monaghan (Norf) 4:47.0; 2, B. Madigan (Brack) 4:48.0. 100H: K. Booth (Norf) 15.6. SP: 1, V. Head (Brack) 14.13/46'4½"; 2, G. Bird (Norf) 12.46/40'10½". DT: 1, J. Thompson (Brack) 50.20/164'8"; 2, Bird 43.60/143'0". (Juniors) 200: 1, P. Baxter (Norf) 26.4; 2, V. Baigent (Felt) 26.7. 800: S. Hutton (Brack) 2:25.5. SP: 1, F. Condon (Brack) 10.62/34'10½"; 2, K. Lynne (Felt) 9.88/32'5". DT: 1, Condon 33.64/110'4"; 2, Lynne 28.86/94'8". JT: J. Walker (Norf) 28.84/94'7".

Parsons (Croy) 1.90; 4, J. Davis (Ex) 1.85/6'0¼". (B): R. Bray (Met P) 1.85. PV: 1, A. Wadhams (Ex) 3.70/12'1½"; 2, A. Ross (B&H) 3.60/11'9¼". (B): T. Brooking (Ex) 3.60. LJ: 1, K. Brown (Cov) 7.00/22'11½"; 2, S. Wright (Liv H) 6.96/22'10"; 3, Wells 6.88/22'7"; 4, G. Byham (Met P) 6.76/22'2¼". (B): 1, B. Camp (Liv H) 6.85/22'5½"; 2, Collins 6.80/22'3¼"; 3, T. Maddock (Met P) 6.76/22'2¼". TJ: 1, Wadhams 15.00/49'2½"; 2, F. Rush (Met P) 14.27/46'10"; 3, Camp 14.24/46'8½"; 4, K. Brown (Cov) 13.99/45'10½"; 5, D. Walters (B&H) 13.85/45'5½"; 6, P. Beck (Croy) 13.79/45'3". (B): D. Langley (Cov) 13.90/45'7¼". SP: 1, M. Winch (B&H) 17.69/58'0½" (Div rec); 2, N. Parry (Liv H) 14.15/46'5½"; 3, B. Lynn (Met P) 13.60/44'7½". (B): 1, M. Holmes (Liv H) 13.75/45'1½"; 2, T. Canham (Met P) 13.59/44'7". DT: 1, Winch 55.22/181'2"; 2, P. Gordon (Met P) 48.36/158'8"; 3, Holmes 40.08/131'6". (B): 1, Lynn 47.50/155'10"; 2, B. Bruynoughe (Liv H) 40.08/131'6". HT: 1, Gordon 57.94/190'1"; 2, J. Newett (Liv H) 42.78/140'4"; 3, C. King (Croy) 42.60/139'9"; 4, M. Lewis (Ex) 42.30/138'9". (B): 1, M. Petra (Met P) 54.26/178'0"; 2, Holmes 41.56/136'4"; 3, G. Curtis (Ex) 41.08/134'9". JT: 1, C. Byerley (B&H) 61.22/200'10"; 2, B. Fuller (Ex) 60.36/198'0". 4 x 100: 1, Essex 43.6; 2, Coventry 43.7; 3, Met Police 44.4; 4, Brighton & Hove 44.5. 4 x 400: 1, Brighton & Hove 3:24.4; 2, Coventry 3:26.3; 3, Liverpool 3:27.2; 4, Met Police 3:27.4.

Final League positions: 1, Essex Beagles 18; 2, Met Police 15½; 3, Coventry Godiva 15; 4, Liverpool H 14 (826); 5, Brighton & Hove 14 (820); 6, Croydon 7½.

NORTH LONDON ATHLETIC CLUB OPEN TRACK MEETING

Saturday, 23rd August

Finsbury Park Track, London N4

All events up to 3000m for all male age groups
Under A.A.A. Laws—First event 2.30 p.m.

No entry fees, enter on the day



BOTTLED BY

Coca-Cola Athletics

International Floodlit Meeting

Organised by the International Athletes Club
under AAA/WAAA/IAAF Rules

August 29 at 7.30pm Crystal Palace

Admission

Covered Seats £1.25 (Children under 16-75p)
Uncovered 80p and 50p (Children under 16-40p and
25p) 10% discount on bookings of 20 plus.

--- "Coca-Cola" and "Coke" are registered Trade Marks which identify the same product of The Coca-Cola Company. ---

Athletes participating include: (subject to fitness)

Foster, Puttemans, Shorter, Black, Simmons, Ian Thompson (10,000); Pascoe, Mann, Akii-Bua, Hartley (400H); Capes, Feuerbach (Shot); Lynch (100); Szewinska, Murray, Elder (400); Riehm, Huning, Schmidt (Hammer); Quarrie, Williams, Riddick, Bennett (200); Meyfarth (High Jump); Malinowski, Garderud, Davies (3000SC); Jenkins, Honz, Herrmann, Brydenbach (400); Baird, Tully, Bull (Pole Vault); Walker, Dixon, Liquori, Boit, Clement, Ovett (Mile).

RESULTS IN BRIEF

June 1st

Manchester-Leningrad Trophy Meeting, at Bolton (Women) 100H: 1, S. Colyear (M) 14.2; 2, T. Anisimova (L) 14.2; 3, V. Mullin (Liv) 15.7. SP: 1, Y. Korablyeva (L) 16.81/55'2"; 2, D. Howarth (M) 13.66/44'9¼"; 3, A. Littlewood (Notts) 12.86/42'2¼". DT: 1, T. Danilova (L) 58.06/190'6"; 2, J. Fielding (M) 45.88/150'6"; 3, J. Frampton (Notts) 44.24/145'2". JT: 1, V. Tikhonova (L) 49.18/161'4"; 2, D. Williams (M) 41.68/136'9". (Open) 100/200: D. Heath (Stret) 12.2/25.3.

June 11th

RAF Open Meeting, at Wittering. 100/200: G. Vince 11.0/22.0. 110H: 1, M. Butterfield 15.0; 2, J. Clatworthy 15.5; 3, G. Walker 15.5; 4, S. Scott 15.9. 400H: Walker 56.4. PV: Scott 3.55/11'7¼". SP: E. Palsay 15.05/49'4¼". DT: 1, Palsay 43.50/142'8"; 2, D. Jeffrey 41.18/135'1". HT: 1, B. Fraser 61.90/203'1"; 2, E. Johnston 53.74/176'4"; 3, A. Slaney 48.12/157'10"; 4, L. Austin 42.28/138'8"; 5, Jeffrey 42.10/138'1". JT: R. Mawson 58.62/192'4".

June 13th

RAF Open Meeting, at Uxbridge. SP: G. Wilson 13.15/43'1¼". HT: G. Window 44.24/145'2".

June 14th

RAF Open Meeting, at Cosford. 400H: H. Smith 56.1. HJ/LJ: G. Hughes 1.90/6'2¼" & 6.89/22'7¼". HT: C. Davison 50.10/164'4". JT: P. Stewart 62.32/204'5".

June 25th

Loughborough Colleges Freshers 400m at Loughborough. 1, S. Scutt (Jnr) 48.8; 2, P. Williams 49.4.

Newport 76 v Caerleon Coll 53 (Men) & Newport 61 v Caerleon Coll 32 (Women) at Newport. (Women) SP: 1, J. Beese (New) 12.31/40'4¼"; 2, A. Williams (Caer) 10.31/33'10". DT: Beese 38.60/126'8". JT: 1, Williams 38.80/127'3"; 2, Beese 34.30/112'6".

Alsager Freshers 165 v King Henry VIII 124 v Madeley Freshers 109 at Alsager. 110H/400H: Lowther (A) 15.6/57.6.

West Midlands Colleges Champs at Warley. 400H: M. Harrison (CoB) 57.5. HJ: 1, Webster (St P) 1.84/6'0¼"; 2, Ellery (W Mid) 1.84. JT: Young (W Mid) 56.04/183'10".

Anstey 115 v West Midlands 84 v Worcester 14. Women's JT: Z. Aslona (Ans) 38.70/127'0".

City of London Monthly H/cap at Tower Hill. M. Moody (H'head) 13:06.

June 28th

Battlebridge Trophy Meeting at Redhill. (Women) HJ: K. Smallwood (Read) 1.60/5'3".

July 2nd

Alsager Coll Freshers v Second Year at Alsager. 400H: Lowther 56.8. PV: J. Jakeman 4.03/13'2¼".

Chrysler 3000m at Coventry. 1, R. Callan (Leic C) 8:17; 2, B. Cole (Tip) 8:20; 3, T. Colton (L'boro) 8:25; 4, D. Driver (Cov) 8:26; 5, D. Lem (Leic C) 8:29. (Boys 1500m): 1, K. Thompson (Mkt H) 4:05.3; 2, S. Kendall (Wed) 4:06.1; 3, R. Slater (L'boro) 4:06.5; 4, C. Szwed (King) 4:06.6; 5, G. Jones (Abing) 4:07.2.

Tyneside Track League at Gateshead. 100: 1, J. Crosby (Bly) 11.2; 2, R. Lambert (Hough) 11.2. 3000: M. McLeod (Els) 8:06.4. (Youths) 800: D. Booth (J&H) 2:00.5.

July 4th/5th

Army Junior Champs, at Aldershot. 2000SC: P. Staynings 6:12.4. 110H: 1, D. East 15.1; 2, D. Johnson 15.3.

July 9th

Tyneside Track League, at Gateshead. Northumberland & Durham 10,000m Champs: 1, J. Alder (Morp) 30:33.6; 2, J. Hillen (Salt) 31:21.8. DT: P. Gordon (Met P) 45.14/148'1".

BMC Invitation Brigg Mile, at Haringey. 1, J. Douglas (TVH) 4:00.6; 2, G. Grant (Camb H) 4:01.2; 3, D. Quax (New Zealand) 4:01.7; 4, C. Ridler (Bris) 4:03.4; 5, M. Benn (W Gn) 4:03.5;



Glen Grant winning an early season mile at Crystal Palace in 4:05.2, ahead of Jim Douglas. The tables were turned in the Brigg Mile.

J. Dumpsie

6, J. Cadman (Cov G) 4:07.3; 7, S. Mitchell (Lough Univ) 4:08.0; 8, D. Long (Lough Coll) 4:08.3; 9, T. Colton (Lough C) 4:11.2; 10, J. Theophilus (Swan) 4:15.8. (B): 1, K. Steere (BRC) 4:04.7; 2, C. Spedding (Gates) 4:06.5; 3, P. Gilseman (Kett) 4:08.2; 4, J. Odlin (N Lon) 4:10.1; 5, M. Brameld (Inv) 4:12.8; 6, R. Bolam (Hav-J) 4:15.5. **Invitation PV:** 1, M. Bull (W&B) 5:00/16'4.4"; 2, J. Gutteridge (WS&E) 4:70/15'5"; 3 eq, Jeff Fenge (HW) & W. Best (BoE) 4:50/14'9"; 5, K. Stock (Croy) 4:30/14'1.4"; 6, C. Boreham (Lut) 4:30; 7, H. Davies (BoE) 4:15/13'7.4"; 8, G. Patel (W Gn) 4:00/13'1.4"; 9, P. Goulding (TVH) 4:00; 10, J. Agikada (High) 3:80/12'5.1".

Belgrave H 5000m Club Champs, at Battersea Park. L. O'Hara (Vet) 15:06.

July 12th

Red Cross Carnival Meeting, at Derby. 3000: M. Knowles (Leic) 8:24.8. (Veterans) 400: W. Morgan (Loz) 52.3. 1500: C. Simpson (S Heath) 4:15.2. (Women) 100: 1, E. Mander (Dby) 12.3; 2, D. Peake (Dby) 12.4. 200: 1, Peake 25.2; 2, Mander 25.3. 800: 1, K. Colebrook (Scun) 2:08.9; 2, C. Hanson (Dby) 2:15.1; 3, S. Endersby (DHTC) 2:16.6. BMC 1500: 1, G. Heath (Dby) 4:31.1; 2, Hanson 4:31.2; 3, P. Reece 4:41.6.

July 15th/16th

Gloucestershire WAAA Pentathlon, at Black Bridge. 1, G. Suttle (Glos) 3008; 2, S. Spragg (Unatt) 2994 (10.94).

July 16th

Highgate H Open Meeting, at Parliament Hill. 400: W. Eglinton (E&S) 50.3. 1500: 1, A. Falconer (Camb H) 3:57.6; 2, J. Willshire (High) 3:57.6. (Senior Women) 400: M. Watson (Barn) 58.0. (Juniors) 1500: C. Muntzer (High) 4:57.7.

July 17th

Merseyside 128 v Manchester 89, at Liverpool. 400: H. Robinson (Mer) 49.5. 1500: J. Carroll (Mer) 3:57.1. SP: 1, D. Sorrell (Gst) 14.52/47'7.4"; 2, N. Parry (Mer) 14.43/47'4.4". HT: 1, G. Sparkes (Man) 46.70/153'2.2"; 2, M. Holmes

(Mer) 45.30/148'7.7"; 3, K. Madden (Man) 43.42/142'5.7". (Junior Women) Open 200: 1, B. Orford (Wirr) 26.4; 2, J. Parry (Ches) 26.6.

July 20th

Spalding Relays. (Youths) 4 x 100: Lincoln C&C 45.6. 4 x 200: Grimsby 1:36.3. (Inter Women) 4 x 100: Leicester 50.9. 4 x 200: 1, Leicester 1:47.3; 2, Hickleton 1:53.6; 3, Holbeach 1:54.1. (Juniors) 4 x 100: Hickleton 51.5. 4 x 200: 1, Hickleton 1:48.7; 2, Peterborough 1:53.6; 3, Lincoln 1:53.8. In hts.—Leicester 1:54.9.

Ingrebourne Trophy, at Hornchurch. Havering 228, Enfield 221, Chelmsford 217, Walthamstow 169, Andover 136.

July 27th

Open Discus Competition, at Carshalton. 1, C. Sutherland (Mit) 52.22/171'4"; 2, P. Rees (S&E) 46.94/154'0"; 3, D. Maloney (Twick) 46.32/152'0". (Senior Women): 1, J. Kerr (Mit) 45.86/150'5"; 2, L. Newell (Croy) 39.76/130'5"; 3, J. Oakes (Croy) 38.82/127'4". (Inters): J. Jackson (Mit) 33.52/110'0".

Vets AC 100m H/caps. W. Hartfree (18½m) 12.3. (B): J. Searle (20½m) 12.3. (5M Road Race H/cap): 1, E. Elderfield (7:20) 25:42; 2, A. Stroud (7:25) 25:49; 3, R. Hewitt (7:35) 25:49. Fastest: L. Gaskin 29:35.

Whitley Bay Open Meeting. 200 (H/cap): G. Wood (NSP) (Scr) 22.3. 800 (H/cap): 1, R. Woods (Durh) (45m) 1:49.8; 2, S. Markley (M&C) (20m) 1:50.6. 3000: 1, D. Gibbon (Els) 8:19.0; 2, W. Wilkinson (Rown) 8:27.4; 3, P. Dunn (Gates) 8:29.4. 3000SC (H/cap): D. Coates (Gates) (Scr) 8:43.8. DT/HT (H/cap): P. Gordon (North Pol) (8m) 53.44 & (10m) 67.94. JT (H/cap): L. Jacques (Burn R-Y) (21m) 71.94. Northumberland & Durham 1600m Medley Relay Champs: 1, South Shields 3:35.1; 2, NSP 3:39.0; 3, Blaydon 3:39.8.

Middlesex County AAA are anxious to trace cups/trophies given for their senior championships in the 400, 1500, 5000, DT and JT. Any holder or official knowing of their whereabouts is asked to contact the hon. treasurer, Mr C. M. Weight (Tel: 01-360 3388) soonest.

FRODSHAM HILL RACES

(Under A.A.A. Laws)

Sunday, 31st August, 1975

**4½ MILE
SENIOR RACE**
Fred Foord Trophy
holders
Holmfirth Harriers
£25, £10, £5, £2.

**3½ MILE
YOUTH RACE**
Sam Williams Trophy
holders
Sheffield United
£15, £6, £3, £2.

**2½ MILE
BOYS RACE**
Birtles Trophy
holders
Leicester Cor. A.C.
£5, £4, £3, £2.

**2½ MILE
COLTS RACE**
Mothers Trophy
holders
Rossendale A.C.
£5, £4, £3, £2.

Also first 3 teams of 3 in each race. First 3 Veterans over 40, first over 50. First Locals.

IND. ENTRY FEES: Sen. 25p, Youths 25p, Boys 20p, Colts 20p (all must enter as individuals).

TEAM ENTRY FEES: Sen. 60p, Youths 60p, Boys 50p, Colts 50p.

Enquiries and entries to A. G. Bunner, 3 Borrowdale Close, Frodsham, via Warrington WA6 7LN.

Entries close August 18th, 1975—No late entries accepted

Ages on 1.9.75—Seniors over 18, Youths age 16 and 17, Boys age 14 and 15, Colts age 12 and 13.

Girls Lose To Hungary

THE British women's team finished second in a triangular match at Drachten (Netherlands) on August 3rd with 91 points, easily beating the Dutch (69) but losing to the Hungarians (108) for the first time since 1963. The synthetic track was very slow; it had been watered just before the meeting and the very hot weather caused it to become sticky, thus adversely affecting performances.

Britain's top 400m girls had a field day. Not only did Ruth Kennedy, Gladys Taylor, Verona Elder and Donna Murray win the relay by over 40m, but Gladys also won the 100 (11.82), Donna the 200 (24.34) and Verona the 400 (53.33) with Jannette Roscoe a good second in 53.98. They were the only British winners.

Of the three second places gained, the most meritorious was Meg Ritchie's in the discus where she did extremely well to split two such accomplished performers as Stahlman and Kleiber with a throw of 54.10/177'6". Janet Thompson produced a personal best of 53.06/174'1" in fifth place, and there was another career best in the 800 for Chris McMeekin, 4th in 2:06.1. Consistent Angela Creamer finished one place ahead in 2:05.8. Julie King (17) threw the javelin very close to her farthest ever (48.54/159'3" as against 48.64/159'7"), placing an excellent third. She was a substitute for Tessa Sanderson, a very probable winner. Ruth Martin-Jones produced her longest jump of the season (6.16/20'2½"), finishing third in a competition won by Ilbeiko Szabo with 6.58/21'7¼". The Hungarian recently broke European champion Ilona Bruzsenyák's national record with a leap of 6.66/21'10¼".

100: 1, GLADYS TAYLOR 11.82; 2, I. Szabo (H) 11.83; 3, I. Orosz (H) 11.97; 4, JENNY PAWSEY 12.25. **200:** 1, DONNA MURRAY

24.34; 2, Orosz 24.46; 3, WENDY CLARKE 24.70; 4, M. Sterk (N) 25.19; 5, I. Konye (H) 25.24; 6, M. Koopman (N) 25.93. **400:** 1, VERONA ELDER 53.33; 2, JANNETTE ROSCOE 53.98; 3, E. Toth (H) 54.50; 4, T. Wunderink (N) 54.79; 5, Z. Halmosy (H) 54.95; 6, W. Hillen (N) 56.90. **800:** 1, M. Lazar (H) 2:03.3; 2, I. Blaauw (N) 2:05.0; 3, ANGELA CREAMER 2:05.8; 4, CHRIS McMEEKIN 2:06.1. **1500:** 1, J. van Gerven (N) 4:17.6; 2, MARY STEWART 4:21.4; 3, M. Malcsar (H) 4:22.7; 4, HILARY HOLLOCK 4:26.9; 5, I. Lipsey (H) 4:27.4; 6, R. Kruyswijk (N) 4:30.2. **100H:** 1, M. Sterk (N) 13.91; 2, K. Balogh (H) 14.14; 3, Szabo 14.17; 4, LORNA BOOTHE 14.47. . . . 6, JOY BOWERMAN 14.61. **4 x 100:** 1, Hungary 45.42; 2, UK (CLARKE, DENISE RAMSDEN, VAL PEAT, PAWSEY) 46.75; 3, Netherlands 46.97. **4 x 400:** 1, UK (RUTH KENNEDY, TAYLOR, ELDER, MURRAY) 3:35.5; 2, Hungary 3:41.4; 3, Netherlands 3:45.5.

HJ: 1, M. van Doorn (N) 1.82/5'11¼"; 2, A. Matai (H) 1.82; 3, E. Rudolf (H) 1.79/5'10¼"; 4, R. Ahlers (N) 1.79; 5, DENISE BROWN 1.76/5'9¼"; 6, ROS FEW 1.76. **LJ:** 1, Szabo 6.58/21'7¼"; 2, A. Siegner (H) 6.31/20'8¼"; 3, RUTH MARTIN-JONES 6.16/20'2½"; 4, S. Barlag (N) 6.15/20'2¼"; 5, SUE REEVE 6.00/19'8¼"; 6, S. Janssen (N) 5.99/19'8". **SP:** 1, M. Iranyi (H) 16.14/52'11½"; 2, E. Armuth (H) 15.49/50'10"; 3, BRENDA BEDFORD 14.86/48'9". . . . 6, VENISSA HEAD 13.81/45'3¼". **DT:** 1, R. Stahlman (N) 54.54/178'11"; 2, MARGARET RITCHIE 54.10/177'6"; 3, J. Kleiber (H) 53.94/177'0"; 4, D. Czaban (H) 53.70/176'2"; 5, JANET THOMPSON 53.06/174'1"; 6, B. Wiarda (N) 49.58/162'8". **JT:** 1, I. Vago (H) 49.12/161'2"; 2, M. Paulanyi (H) 48.76/160'0"; 3, JULIE KING 48.54/159'3". . . . 5, SHARON CORBETT 47.52/155'11". **Match Result:** Hungary 108, UK 91, Netherlands 69.



Val Peat, Britain's top sprinter several seasons ago, makes a fine return to international competition as she defeats Helen Golden in an 11.5 100m at Grangemouth.

"Photo Flash"

FOR THAT LITTLE BIT EXTRA



This is the Nike **PRE-MONTREAL**, a shoe designed exclusively for Tartan and all-weather surfaces. It is the pride of the NIKE range and features a special 6-spike nylon sole plate weighing only 4/5ths of an ounce. The upper is in patented "suede 'n swoosh", combining finest grade velour leather with nylon swoosh fibre comfort. Sponge rubber heel cushions foot strike and raises Achilles tendon for protection against injuries. A favourite for sprints, hurdles and distances. The colour is red, white and blue.

Price: 5-12 **£18.90**

Also available in the NIKE range:

KENYA RED/FINLAND BLUE, soft-sole training shoe, 3-5½ **£9**, 6-13 **£9.20**.

NYLON CORTEZ, 3-5½ **£11.15**, 6-13 **£11.99**.

BOSTON '73, 3-5½ **£11.15**, 6-13 **£11.99**.

MARATHON, 3-5½ **£7.30**, 6-13 **£7.90**.

OREGON WAFFLE, 3-5½ **£10.90**, 6-13 **£11.75**.

WAFFLE TRAINER, 3-5½ **£11.85**, 6-13 **£12.80**.

INTERVALLE, spike, 3-5½ **£10.85**, 6-13 **£11.75**.

AMERICAS, spike, 3-5½ **£11.25**, 6-13 **£12.15**.

CANADA QUICK, spike, 3-5½ **£7.40**, 6-13 **£7.99**.

NOVA, spike, 6-13 **£6.99**.

Remember to add ½ size to your normal trainer or spike size for the NIKE range. Or give us your NIKE size. 5½p stamp brings free illustrated catalogue.

MILLINGTON HOODED TOPS. Fleecy-lined cotton tops with hood and pouch pocket. Really sporty in sky, red, orange, yellow and white: sizes: S, M, L, and XL. All at **£4.90**.

ADIDAS SL 72s, still at **£10.24**.

ADIDAS GAZELLES, still at **£9.45**.

UNION JACK FREEDOM SHORTS **£1.90**.

REEBOK R450 "TENDOTECTOR", Orange suede, ripple sole, built-up heel. Great value **£6.95**.

We can quote for club, school or college colours in our famous **FREEDOM SHORTS** and **ACTION VESTS**, including printed vests.

TERMS: CASH WITH ORDER, POST FREE

RON HILL SPORTS, 24 HIGHCROFT,

GEE CROSS, HYDE, CHESHIRE.

EXCLUSIVE agents for NIKE in BRITAIN

Val Peat Back To Form

VAL PEAT (28), former co-holder of the UK 100m record at 11.3, made a successful return to international competition by winning in 11.5 in the Scotland v England women's match at Grangemouth on July 30th. Other notable performances included Donna Murray's fastest 200 (23.5) of the season, the fastest UK 3000 mark this year (9:16.8 by Ann Yeoman), and Diane Heath's 60-dead 400 hurdles with Gillian Spurgin setting a Scottish record of 62.0 behind her.

100: 1, V. Peat (E) 11.5; 2, H. Golden (S) 11.6; 3, K. Walker (E) 11.9; 4, A. Dalton (S) 12.0. **200:** 1, D. Murray (E) 23.5; 2, D. Heath (E) 24.3; 3, M. Nimmo (S) 24.7. **400:** 1, P. Lloyd (E) 55.7; 2, B. Goddard (E) 56.3; 3, K. Williams (S) 56.4; 4, A. Clarkson (S) 56.5. **800:** 1, M. Coomber (S) 2:08.4; 2, P. Byrne (E) 2:10.1; 3, S. Howell (E) 2:13.0. **1500:** 1, P. Yule (E) 4:22.5; 2, C. Hanson (E) 4:24.1; 3, C. Haskett (S) 4:26.0; 4, K. Robinson (S) 4:37.6. **3000:** 1, A. Yeoman (E) 9:16.8; 2, J. Smith (E) 9:25.0; 3, Haskett 9:38.0. **100H:** 1, B. Thompson (E) 13.9; 2, S. Longden (E) 14.1; 3, M. Wells (S) 14.1. **400H:** 1, D. Heath (E) 60.0; 2, G. Spurgin (S) 62.0; 3, S. Dyson (E) 62.1; 4, S. Livingston (S) 63.6. **4 x 100:** 1, England 46.4; 2, Scotland 47.2. **4 x 400:** 1, England 3:45.0; 2, Scotland 3:50.3. **HJ:** 1, V. Harrison (E) 1.70/5'7"; 2, J. Thompson (S) 1.63/5'4"; 3, G. Hitchen (E) 1.60/5'3". **LJ:** 1, Nimmo 6.26/20'6"; 2, Longden 6.21/20'4"; 3, A. Manley (E) 5.86/19'2". **SP:** 1, J. Kerr (E) 14.37/47'1"; 2, A. Littlewood (E) 12.95/42'6"; 3, M. Ritchie (S) 12.66/41'6"; 4, C. Chalk (S) 11.47/37'7". **DT:** 1, Ritchie 53.50/175'6"; 2, L. Mallin (E) 41.40/135'10"; 3, G. Bird (E) 35.76/117'4". **JT:** 1, L. Stratford (E) 46.58/152'10"; 2, S. Brodie (S) 46.06/151'1"; 3, J. King (E) 42.04/137'11"; 4, E. Dinwoodie (S) 40.84/134'0". **Match result:** England 98, Scotland 59.

TVH OPEN MEETING

At West London, July 2nd

200: 1, S. Payne (VPH) 22.1; 2, J. Day (TVH) 22.4. **800:** 1, C. Campbell (Poly) 1:50.6; 2, P. Chimes (Felt) 1:52.6; 3, R. Wich (Poly) 1:52.9. **3000:** J. Abberton (Poly) 8:29.6. **400H:** 1, S. Johnson (E&E) 56.0; 2, D. Barrington (Poly) 56.9. **HJ:** 1, C. Harris (TVH) 1.96/6'5"; 2, T. Hoyte (TVH) 1.85/6'0". **SP:** 1, N. Griffin (WS&E) 14.16/46'5"; 2, P. Sharman (TVH) 13.68/44'10". **DT:** 1, Griffin 50.36/165'3"; 2, S. Breen (TVH) 41.44/135'11"; 3, Sharman 40.90/134'2". **Invitation 4 x 100:** 1, Essex Beagles 41.9; 2, TVH 42.1. **Invitation 4 x 200:** 1, TVH 1:27.2; 2, Essex Beagles 1:29.4. (**Senior Women**) **200:** 1, D. Fitzgerald (LOAC) 24.8; 2, L. Kerr (W&DH) 24.9. **BMC 800:** 1, B. Price 2:12.5; 2, L. Harvey 2:12.8; 3, D. Bain 2:15.7; 4, C. Hanson 2:16.3; 5, J. Low 2:17.5. (**B**) **J. Kimber (Med)** 2:17.6. **3000:** K. Barnett (WS&E) 10:16.6.

OVERSEAS NEWS AND RESULTS

European Long Jump Record Has Gone With The Wind

As a pre-Olympic meet, the international competitions at Kent Park, Montreal, on July 25th to 27th were rather a let down as so many top athletes were conspicuous by their absence. Nevertheless, there were some notable performances, in particular Nedo Stekic's 8.45/27'8½" jump—the longest in history other than Bob Beamon's 8.90/29'2½". The Yugoslav's series was: 8.45 (+1.9m), —, 7.97 (+1.4m), 7.99 (+2.9m). Doubts were raised as to the accuracy of the wind reading, but if accepted the 8.45m leap will constitute a new European record. On the women's side, the highlight was the 800 in which Mariana Suman (Rum) held off Marie-Francoise Dubois (Fra), 1:59.7, with European champion Lilyana Tomova (Bul) third in 2:00.1. Dubois led at 400 in 57.8, 600 in 89.0.

Results (from Cecil Smith): 100 (a) Lomotey (Gha) 10.62, Martin (Can) 10.63; 200: (c) Brydenbach (Bel) 20.85, Lomotey 20.91; 400: (b) Brydenbach 45.29, Vinson (US) 45.94, Ijirigho (Nig) 46.68; 800: (b) Van Damme (Bel) 1:48.5, Tadesse (Eth) 1:49.3; 1500: (c) Nevens (Bel) 3:45.1 . . . 9, Puttemans (Bel) 3:48.6; 5000: (c) Gomez (Mex) 13:35.4, Hoffman (Cze) 13:36.0, Floroiu (Rum) 13:37.0, Smet (Bel) 13:37.2, Lismont (Bel) 13:40.0, Juma (Ken) 13:43.4, Drayton (Can) 13:44.4; 10,000: (a) Yifter (Eth) 28:09.2, Gomez 28:10.6, Floroiu 28:10.8, Smet 28:12.6, Lismont 28:13.6, McCubbins (US) 28:16.6, Fernandez (Mex) 28:18.2, Juma 28:20.6, Mose (Ken) 28:22.4, Drayton 28:31.6, Kita (Jap) 28:32.0; 3000SC: (b) Cefan (Rum) 8:17.6 (rec), Yohannes (Eth) 8:19.6 (rec), Munyala (Ken) 8:26.4, Fava (Ita) 8:26.4; 110H: (b) (—2.23m) Wilson (US) 13.90, Kimaiyo (Ken) 13.92, M. Wodzinski (Pol) 13.98, L. Wodzinski (Pol) 14.07; 400H: (a) Hewelt (Pol) 50.25, Ayoo (Uga) 50.52; 4x100: (b) France 39.39; 4x400: (a) Canada 3:06.6; HJ: (c) Del Forno (Ita) 2.18/7'1½", Wszola (Pol) 2.18, Ferragne (Can) 2.18; PV: (b) Abada (Fra) 5.35/17'6½", Bucarski (Pol) 5.20/17'0½", Kozakiewicz (Pol) 5.20, Bell (US) 5.20; LJ: (a) Stekic (Yug) 8.45/27'8½" (Eur rec), Ehizuelen (Nig) 7.94/26'0½", Seay (US) 7.91/25'11½", Cybulski (Pol) 7.85/25'9½", Bonheme (Fra) 7.67/25'2"; TJ: (b) Joachimowski (Pol) 16.43/53'11", Sontag (Pol) 16.39/53'9½"; SP: (c) Dolegiewicz (Can) 19.95/65'5½", Albritton (US) 19.89/65'3½", Pirnie (Can) 19.50/63'11½"; DT: (a) Velev (Bul) 63.72/209'1", Neu (WG) 58.04/190'5", Dolegiewicz 57.62/189'0"; HT: (b) Huning (WG) 72.40/237'6"; JT: (c) Aho (Fin) 84.94/278'8", Nemeth (Hun) 80.46/264'0" . . . 6, Gavrilovic (Can; ex-UK) 75.42/247'5".

Women's 100: (a) Loverock (Can) 11.62, Annum (Gha) 11.78, Alaerts (Bel) 11.84; 200: (c) Giles

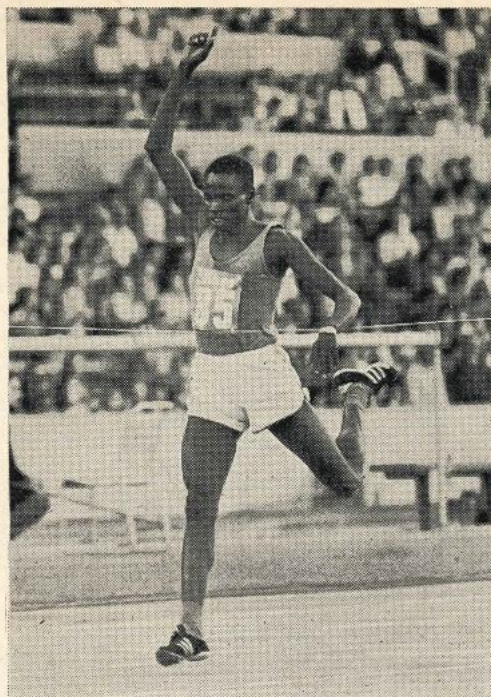
(US) 23.72, Alaerts 23.75; 400: (b) Sapenter (US) 52.55, Yakubowich (Can) 52.76, McGowan (Can) 53.33, Forde (Barb) 53.38; 800: (b) Suman (Rum) 1:59.7, Dubois (Fra) 1:59.9 (eq rec), Tomova (Bul) 2:00.1, Katolik (Pol) 2:00.9, Shtereva (Bul) 2:01.3, Pekhlivanova (Bul) 2:01.4, Wenzel (Can) 2:02.1, Cerchlanova (Cze) 2:03.6; 1500: (c) Andrei (Rum) 4:10.7, Shtereva 4:11.1, Lazar (Hun) 4:14.1, Hoffman (Can) 4:15.1, Bradley (Mex) 4:15.3; 100H: (b) Rabsztyl (Pol) 13.16, Nowak (Pol) 13.61, Tkachenko (USSR) 13.63; HJ: (a) Meyfarth (WG) 1.89/6'2½", Simeoni (Ita) 1.87/6'1½", Walker (Can) 1.87, Debourse (Fra) 1.81/5'11½", Brill (Can) 1.78/5'10"; LJ: (b) McMillan (US) 6.51/21'4½", Suranova (Cze) 6.43/21'1½", Watson (US) 6.35/20'10", Lusti (Swi) 6.32/20'9"; SP: (a) Fibingerova (Cze) 20.75/68'1", Khristova (Bul) 19.94/65'5"; DT: (c) Vergova (Bul) 66.20/217'2", Menis (Rum) 62.60/205'4", Ionesco (Can) 59.06/193'9"; JT: (a) Schmidt (US) 62.58/205'4", Mollova (Bul) 61.18/200'9"; Pent: Popovskaya (USSR) 4205, Debourse (Fra) 4177, Fitzgerald (US) 4164, Oshikova (Nig) 4106.

Earlier Canadian results: **11.5. Vancouver.** Women's 200: Yakubowich 23.0, Loverock 23.2. **15.5. Burnaby.** DT: Kahma (Fin) 63.50/208'4"; HT: Salmond 66.56/218'4" (rec). **21.5. Montreal.** Women's DT: Carmen Ionesco (née Ionescu; ex-Rumania, Canadian resident for 2½ years) 59.70/195'10". **24.5. Vancouver.** Mar: Skaja (US) 2:19:59 . . . 6, Bob Moore (Longwood) 2:25:23. **28.5. Montreal.** DT: Dolegiewicz 60.42/198'3"; women's SP: Ionesco 17.11/56'1½", Moreau 16.46/54'0" (rec); DT: Ionesco 63.68/208'11". **1.6. Oshawa.** Women's DT: Saunders 53.4. **5.7. Vancouver.** HT: Salmond 67.30/220'9" (rec). **12/13.7. Winnipeg.** Women's Pent: Jones 4467. **20.7. Vancouver.** Women's HJ: Brill 1.83/6'0".

USA

20/21.6. Los Alamos. (AAU Women's Pent) Frederick 4676 (rec; 13.4, 14.85, 1.77, 6.08, 24.2), Jones (Can) 4422, Fitzgerald 4334. **4/5.7. Lincoln.** (Juniors: USA 129, USSR 105; Junior Women—USA 88, USSR 8) 100: McTeer 10.2; TJ: Jordan 16.38/53'9"; Hutchins 15.37/53'8½"; DT: Elder 58.72/192'8"; 4x110y: USA 39.6; women's 100/200: Morehead 11.4/23.2; 400: Helms 53.1; HJ: Gervin 1.83/6'0"; 4x110y: USA 44.8. **12/13.7. Santa Barbara** (AAU Dec) Samara 8061, Brigham 7971, Gough 7918.

18.7. Durham. (USA v WG v Africa) 100: Preston 10.42, Ommer (WG) 10.53; 400: Vinson 45.44, Chepkwony (Ken) 45.93, Krieg (WG) 46.17, Asati (Ken) 46.55; 1500: Popejoy 3:47.8, Wessinghage (WG) 3:48.5; 10,000: Yifter (Eth) 28:44.2, Mose (Ken) 28:49.6; 110H: Wilson 13.72, Kimaiyo (Ken) 13.82; 4x110y: USA 39.12, WG 39.53; HJ: Killing (WG) 2.19/7'2½"; PV: Rogers 5.48/17'11½"; TJ: Haynes 16.64/54'7½" w, Ehizuelen (Nig) 16.06/52'8½"; SP: Albritton 20.40/66'11½"; HT: Schmidt



Kenyan 400 star, Stephen Chepkwony

Mike Street

(WG) 76.08/249'7", Huning (WG) 72.46/237'9"; women's 100: Helten (WG) 11.39, Annum (Gha) 11.41; 400: Sapenter 52.06, Weinstein (WG) 52.47, Barth (WG) 52.96; 1500: Wellmann (WG) 4:20.9; 100H: Koschinski (WG) 13.14; 4x110y: WG (Inge Helten, Birgit Wilkes, Annegret Kroniger, Maren Gang) 44.07 (world rec), USA 44.20, Africa 44.73; HJ: Meyfarth (WG) 1.88/6'2", Geese (WG) 1.86/6'14", Huntley 1.80/5'10 1/4". **19.7. Durham.** (USA 164 1/2, WG 134, Africa 111 1/2) 200: R. Jones 20.63, Preston 20.80; 800: Wohlhuter 1:44.1, J. Kipkurgat (Ken) 1:45.3, Wulbeck (WG) 1:45.4, Tadesse (Eth) 1:46.5 (led in 51.5); 5000: Yifter (Eth) 13:39.0, Hildenbrand (WG) 13:40.6, Uhlemann (WG)

13:42.8, Castaneda 13:42.8, Juma (Ken) 13:44.2; 3000SC: Karst (WG) 8:35.2, Ndege (Ken) 8:36.2, Yohannes (Eth) 8:37.2; 4x440y: USA (Ronnie Ray, Robert Taylor, Maurice Peoples, Stan Vinson) 3:02.4 (world rec), WG (Franz-Peter Hofmeister, Karl Honz, Lothar Krieg, Bernd Herrmann) 3:03.2 (Eur rec), Africa 3:08.4; LJ: Seay 7.91/25'11 1/2", Robinson 7.84/25'8 1/2"; DT: Neu (WG) 62.30/204'5"; JT: Aye (Iv C) 79.40/260'6", George 78.92/258'11", Wolfermann (WG) 76.60/251'4"; 10kmW (non-match) Kannenberg (WG) 47:17.6, Knifton 47:45.0. Women (WG 131, USA 99, Africa 40) 200: Annum (Gha) 23.06, Giles 23.12, Richter (WG) 23.12; 800: Jackson 2:01.6, Klein (WG) 2:03.0 . . . 5. Chemabwai (Ken) 2:05.8; 3000 Kemper (WG) 9:12.2, Bjorklund 9:12.6, Vahlensieck (WG) 9:15.0; 4x440y: WG (Christiane Krause, Dagmar Jost, Erika Weinstein, Elke Barth) 3:30.3 (world rec), USA 3:30.9 (rec); LJ: McMillan 6.40/21'0"; JT: Schmidt 60.92/199'10", Becker 57.90/189'11". **26.7. Boston.** 100m: R. Jones 9.9 (eq world rec), Wells 10.0, McTear 10.1.

EUROPEAN ROUND-UP

BELGIUM

2.8. Namur. Women's 60m: Lea Alaerts 7.2 (eq world record).

BULGARIA

28/29.6. Sofia. HT: Manolov 71.60/234'11" (rec); women's 800: Tomova 2:02.6, Stereva 2:03.1, Zlateva-Koleva (comeback after baby) 2:03.5; women's DT: Vergova 64.40/211'3". **13.7. Sofia.** JT: Paragi (Hun) 87.38/286'8"; women's 800: Stereva 2:02.4; HJ: Rudolf (Hun) 1.87/6'1 1/2" (rec), Matay (Hun) 1.84/6'0 1/2".

CZECHOSLOVAKIA

19/20.7. Banska Bystrica. (European Cup: Finland 22,686; Sweden 22,635; Czechoslovakia 22,624; Denmark 21,253; Poland 20,410; Netherlands 20,264) Dec: Pernica 7725, Hedmark (S) 7682, Leppanen (F) 7649. (Women: WG 12,856; Hungary 12,139; Netherlands 11,872; Denmark 11,673; Poland 11,619; Czechoslovakia 11,615; Sweden 11,456) Pent: Stein (WG) 4330, Albert (WG) 4304, Jacob (WG) 4222.

COUGAR NYLON

(R470)



Post
Free!
U.K. ONLY

£7.50

From

Reebok

Perfection in blue nylon with blue suede trim.
Superbly cushioned triple sole giving many hundreds of miles of racing and training. Unique heel cup.
Proved in wear by international athletes.

REEBOK INTERNATIONAL

140-142 Bolton Road, Bury,
Gt. Manchester, BL8 2NP
(061-761-4965)

FINLAND

19/20.7. Seinajoki. (Champs) 100/200: Rajamaki 10.46/20.72; 1500: Paivarinta 3:43.2; 5000: Paivarinta 13:43.4, Viren 13:44.4; 10,000 Tuominen 28:58.6; 3000SC: Kantanen 8:30.2; PV: Kalliomaki 5.40/17'8½"; DT: Kahma 63.94/209'9", Tuokko 62.14/203'10"; JT: Aho 85.74/281'3", Hovinen 84.68/277'10", Lappalainen 83.90/275'3", Kinnunen 81.58/267'8"; women's 200/400: Salin 23.78/52.52; 800/1500: Holmen 2:06.9/4:13.4. **25.7. Turku.** 400: Bolding (US) 45.8, Kukkoaho 45.9; 800: Boit (Ken) 1:45.0, Susanj (Yug) 1:45.4, Wohlhuter (US) 1:45.5, Savic (Yug) 1:46.4, Hassler (Liech) 1:47.1 (rec), Taskinen 1:47.1; 5000: Paivarinta 13:29.6, Ngeno (Ken) 13:29.8; HJ: Stones (US) 2.25/7'4½", Woods (US) 2.22/7'3¼"; PV: Kalliomaki 5.40/17'8½", Baird (Aus) 5.30/17'4½", Carrigan & Tully (US) 5.30; women's 1500: Larrieu (US) 4:09.2, Holmen 4:09.8.

FRANCE

20.7. Digne. 200: Telliez 23.3. **23.7. St Maur.** 5000: Puttemans (Bel) 13:20.8 (2:38.8, 5:15.6, 7:58.4, 10:40.8), Hermens (Neth) 13:42.2 (7:58.4, 110H: (nil) Drut 13.1 (eq world rec), Bunel 14.3. **27.7. Bordeaux.** 400: Demarthon 46.2; 800: Sanchez 1:46.4, Gonzales 1:47.2. **30.7. St Maur.** TJ: Lamitie 16.72/54'10½" (rec).

GDR

5/6.7. Potsdam. 100: (A) Zenk 10.2; (B) Pfeifer 10.2, Kurrat 10.2; 200: 2, Schenke 20.8; 800: 2, Stolle 1:46.7; women's 100: 3, Bodendorf 11.2; 4, Meyer 11.3; 5, Maletzki 11.3; 6, Streidt 11.4 . . . Pribsch 11.0w ht; 200: 2, Bodendorf 22.7; 3, Maletzki 22.8; 4, Streidt 22.9; 800: Neumann 2:02.9; 100H: Ehrhardt 12.9; HJ: Kirst 1.85/6'0¼"; SP: Droese 19.71/64'8". **11.7. Greifswald.** Women's 800: Stoll 2:02.4; SP/DT: Schoknecht 19.66/64'6" & 58.28/191'2".

GREECE

19/20.7. Athens. 400H: Schonberger 50.44; SP: Beyer 20.81/68'3¼"; DT: Muller 63.98/209'11", Pachale 62.80/206'0"; JT: Michel (all GDR) 84.58/277'6"; Relays: GDR 39.62/3:06.7.

ITALY

7.6. Rovereto. 400H: Akii-Bua (Uga) 49.7. **13/14.6. Milan.** 200: Mennea's 20.3 into 2.0m wind; 400: Borghi 46.5 (not 46.0); women's 200: Bottiglieri 23.5 (rec). **14.6. Mantua.** Women's 100H: Ongar 13.5 (rec). **25/26.6. Rome.** (Italy beat China 146-45, Rumania 116-95 & Spain 130-82) 100: Mennea 10.1, Carbonell (S) 10.3 (eq rec), Feng (C) 10.5; 200: Mennea 20.1 (rec); 800: Fiasconaro 1:49.0; 5000: Floroiu (R) 13:35.6, Cerrada (S) 13:36.6; 10,000: Floroiu 28:22.8 (rec), Haro (S) 28:24.6; 3000SC: Cefan (R) 8:23.4 (rec), Campos (S) 8:23.8 (rec) . . . 5, Li Wen-liang (C) 8:51.6 (rec); 110H: Buttari 13.7; 400H: Ballati 50.6; HJ: Del Forno 2.18/7'1¼", Chan Yung-an (C) 2.14/7'0¼"; PV: Fraquelli 5.10/16'8½", Tsai Chang-hsi 5.10 (rec); SP: Gropelli 19.20/63'0" (rec); JT: Megelea (R) 81.66/267'11". **2.7. Milan.** 1500: Liquri (US) 3:41.8 . . . 7, Li Wen-liang (Chi) 3:47.8; 110H: Mlyakov (Bul) 14.1 . . . 3, Lei Weiwen (Chi) 14.1. **23-25.7. Florence.** (Champs) 5000/10,000: Cindolo 13:48.4/28:51.6; 3000SC: Fava 8:28.4; HJ: Del Forno 2.20/7'2½"; DT: De Vicen-

tiis 62.84/206'2"; women's 1500: Pigni 4:11.2, Dorio 4:11.3; HJ: Simeoni 1.87/6'1¼".

NETHERLANDS

5.7. Rotterdam. (Westland Marathon) v.d. Weyden 2:27:17, DAVIES 2:28:48; (women) Konings 2:57:12. **16.7. Papendal.** 800: Van Damme (Bel) 1:46.0, Malan (SA) 1:46.1, Nusse 1:47.2; 2M: Puttemans (Bel) 8:20.6, Hermens 8:20.8 (rec), Boro (Nor) 8:25.8, Bonzet (SA) 8:30.8; women's 200: Szwinska (Pol) 22.6, Bodendorf (GDR) 22.7, Robertson (Aus) 23.2; 800: Commandeur (17) 2:02.8, Zinn (GDR) 2:03.4, Poor (US) 2:03.8.

NORWAY

3.7. Oslo. 1500: 4th (3:40.7) was Daggatt (US); 3000: 8, Koyama (Jap) 7:56.0 (rec); women's 800: Andersen (now Mrs Waitz) 2nd in 2:03.1, not 2:00.1. **5.7. Moelv.** HT: Busterud 67.14/220'3" (rec). **30.7. Oslo.** 800: Boit (Ken) 1:44.3, Gesicki (Pol) 1:45.4 (rec), Wohlhuter (US) 1:46.2; 1500: Walker (NZ) 3:32.4 (rec), Kanpang 3:41.1 . . . 5, Hansen (Den) 3:47.8; 5000: Dixon (NZ) 13:21.6, Boro 13:21.8 (rec), Ngeno (Ken) 13:26.8, K. Kvalheim 13:33.0, Scott (Aus) 13:40.0; 400H: Bolding (US) 49.0, Akii-Bua (Uga) 49.1; HJ: Stones (US) 2.28/7'5¼", Kotinek (US) 2.21/7'3", Woods (US) 2.21; women's 1500: Waitz 4:07.5, Larrieu (US) 4:09.5.

RUMANIA

19/20.7. Poiana Brasov. (European Cup: USSR 23,015; WG 22,612; Austria 22,232) Dec: Zeilbauer



European junior champion Ilona Schoknecht (GDR) has improved to 19.66/64'6" this year.
Mike Street

(A) 7807, Lember (USSR) 7771, Gorbachov (USSR) 7745, Kratschmer (WG) 7697. (Women: USSR 12,893; Austria 12,245; Rumania 11,643; Bulgaria 11,516) Pent: Spassovchodskaya (USSR) 4433, Sokolova (B) 4430, Rukavishnikova (USSR) 4244.

SWEDEN

17.7. Stockholm. 2M: Dixon (NZ) 4th in 8:27.4 (ran against doctor's orders); 3000 times—Liquori (US) 7:46.8, Walker (NZ) & Garderud 7:49.6, Dixon 7:51.4.

USSR

8.6. Gomel. JT: Protas 83.36/273'6". 18.6. Riga. JT: Donins 80.12/262'10", Lusis 78.82/258'7". 21.6. Voronezh. Women's 100: Belova 11.3. 23.6. Moscow. HJ: Abramov 2.21/7'3". 25.6. Minsk. 100: Zhidkikh 10.1, Lovetskiy 10.2; 20kmW: Ivchenko 1:27:10, Pochenchuk 1:27:29; women's 100: Kozharnevich 11.3; HJ: Fedorchuk 1.84/6'0½". 26.6. Minsk. 200: Lovetskiy 20.6; HT: Khmelevskiy 74.46/244'3". 26.6. Voronezh. DT: Penzikov 63.50/208'4". 26-28.6. Riga. PV: Lauris & Lindal 5.25/17'2½"; women's JT: Shigalova 63.22/207'5". 30.6. Kiev. 100: Borzov 10.1; 110H: Avilov 14.0. 1.7. Kiev. Women's 100H: Tkachenko 13.0w. 2.7. Kiev. 800: Petcheritsa 1:47.9, Arzhanov 1:49.0; PV: Prokhorenko 5.30/17'4½"; women's 800: Morgunova 2:02.2.

WEST GERMANY

5.7. Waldniel. Women's Mar: Monspart (Hun; 1972 World Orienteering champ) 2:54:57, Preuss 2:56:02. 12/13.7. Leverkusen. Women's 100: Rot (Isr) 11.4; 100H: Kempin 13.0w, Rot 13.1. 15.7.

Darmstadt. HT: Schmidt 76.38/250'7". 19.7. Cologne. 100: Busche 10.2. 27.7. Frankfurt. Women's 800: Wellmann 2:03.1. 2.8. Hanover. 800: Boit (Ken) 1:45.0, Wohlhuter (US) 1:45.5 . . . 5, Wulbeck 1:48.2; 3000SC: Karst 8:21.8, Frahmcke 8:23.2; Moravcik (Cze) 8:26.0; 400H: Akii-Bua (Uga) 48.67, Bolding (US) 49.33, Gavrilenko (USSR) 49.97; HJ: Stones (US) 2.27/7'5½", Woods (US) 2.20/7'2½", Grigoryev (USSR) 2.17/7'1½"; DT: Wilkins (US) 64.40/211'3"; HT: Riehm 76.12/249'9", Pkhakadze (USSR) 75.30/247'0", Huning 74.38/244'0"; women's 800: Commandeur (Neth) 2:03.5; 1500: Wellmann 4:10.8, Pigni (Ita) 4:10.8, Larrieu (US) 4:11.7, Poor (US) 4:11.8; LJ: Alfeyeva (USSR) 6.62/21'8½"; SP: Krachevskaya (USSR) 20.82/68'3½", Fibingerova (Cze) 20.12/66'0½", Melnik (USSR) 19.88/65'2½", Wilms 18.42/60'5½" (rec). 3.8. Dortmund. HT: Riehm 76.98/252'7", Pkhakadze (USSR) 75.12/246'5", Huning 74.24/243'7"; women's Pent: Pollak (GDR) 4783 (13.1, 16.22, 1.75, 6.08, 24.1), Muller (GDR) 4561, Eppinger 4551, Stein 4455.

YUGOSLAVIA

8/9.6. Split. 400: Alebic 46.2, Susanj 46.2 (& 10.6/22.2/1:52.7). 11.6. Belgrade. 800: Susanj 1:46.9, Savic 1:47.1, Civil (Cu) 1:47.1; 1500: DAVE MOORCROFT 3:40.7, Abazi 3:41.6, Bozinovic 3:41.6. 5/6.7. Sarajevo. 400: Alebic 46.2; LJ: Stekic 7.91/25'11½". 19.7. Celje. 400: v.d. Goolberg (Neth) 46.4; 880y: Boit (Ken) 1:45.7 (1:45.1m), Susanj 1:46.7 (eq Eur rec; 1:45.9m).



Harry Parkes
THE COMPLETE
SPORTS OUTFITTERS

MAIL ORDER SERVICE

**POST
FREE!**

ADIDAS TRAINING SHOES

	3½-5½	6-12
Rom	£7.40	£7.99
Country	£10.70	£11.50
Gazelle	£9.81	£10.60
SL72	£10.65	£11.50

VAN WELIJ
HOODED WARM
UP TOPS

Warm cotton
backed nylon
Heavy weight with
contrast stripes down sleeves. Red,
Navy, Yellow, S, M, L & XL **£8.35**

	100% Polyamide.
ADIDAS	White/red, royal/
MEN'S	white, white/royal.
SHORTS	30" £2.80, 32"-38" £3.00.

MILLINGTON FLEECE BACKED COTTON HOODED TOPS
Pull over head style, orange, yellow, red,
sky **£5.45**

ADIDAS NEW COTTON WARM-UP TOP

Featuring large Adidas leaf motif. Light
blue, yellow, red **£4.85**

LITESOME 100% NYLON DEEP VENT MEN'S
SHORTS. Black/white, royal/white, scarlet/
white, white/royal, self black, self white
£1.85

ADIDAS NEW THREE STRIPE 'T' SHIRT

Red/white, white/blue, lemon/blue, sky/
navy, orange/black. Boys £1.95, S, M, L,
£2.35.

ADIDAS SPIKES

	3½-5½	6-12
Apollo	£7.40	£7.99
Avanti	£5.95	£6.65
Jet	£8.32	£8.99
Sprint	£14.63	£15.80
Tokyo	£14.80	£15.99
Spider	£17.78	£19.20
Racer	£18.50	£19.99

ADIDAS SPECIALISTS SHOES

Long Jump	£15.80
High Jump	£11.60.
(state right or left shoe)	
Javelin	£22.30
Hammer	£15.45
Shot Discus	£14.85
Marathon/Walking	£14.55

ADIDAS WOMEN'S
BRIEFS

White/royal,
Black/red,
white/red.
22"-32" £2.70.

ADIDAS RAINSUITS

Jacket	£6.55
Pants	£6.55

ADIDAS TRACK SUITS SELF COLOURS **£17.99**

Send cheque or postal order to:

HARRY PARKES, 159 CORPORATION STREET, BIRMINGHAM. TEL: 021-236 5476.

ADAPTATION AND LOADING

Part 4 of Frank Dick's Introduction to Training Theory

OVER the last few years, the coaches' vocabulary has been gradually expanded by an introduction of terminology from the 'Bio-sciences'. This should be seen as progression towards a more concise language of Training Theory, rather than the introduction of technical jargon for its own sake. If we fail to establish this 'language', there will be little hope of developing any dialogue between coaches, or between coach and scientist, or between athlete and coach, that can ever result in a form of rational Training Theory. Coaches have, for years, implemented individual concepts of Training Theory, via the athletes with whom they work, the net result being a successful athlete—and a 'formula for success' in the form of the athlete's 'winter and summer schedules'. But what do these represent? What objective was pursued? How was that objective evaluated and how were the means of fulfilling that objective arrived at? The athlete was successful—so presumably his coach prepared the correct formula for him, but **why** was it correct? Only when the answers to such questions as these are provided can we then say whether or not the 'formula' is applicable elsewhere. The old chestnut 'Is he successful because of, or in spite of . . . ?' is pointless. The fact is that 'he is successful'—and the programme of work done **must** be understood, then, in terms of its effect upon the athlete's development. This achieved, units are seen against microcycles; microcycles against macrocycles; macrocycles against phases; and phases against periods. All this is in pursuit of heightened **adaptation** (another invader from the bio-sciences). But what is adaptation? This article will attempt to define this expression, and the nature of training loads.

Adaptation is the raising of the athlete's functioning capacity due to external loading and/or adjustment to specific environmental conditions. Both physical and psychological adaptation must be seen as one process. For example, it will have been noted by coaches that training not only raises the athlete's status of strength, speed, etc, but it effects the athlete's ability to 'dig deeper' into his/her reserves of performance.

Training offers the athlete 'external loading', and it is quite obvious that there are certain relationships between 'loading' and 'adaptation'. Three laws qualify loading:—

1. The law of specificity:

The nature of loading must be specific to the status of the athlete and the demands of the event.

2. The law of overload:

The nature of loading must challenge the athlete's present status of functioning capacity in terms of intensity and/or extent.

3. The law of reversibility:

When the athlete ceases to be exposed to loadings which obey the laws of specificity and/or overload,

his functional capacity no longer requires to be adapted to that load, and his status will decline.

While these laws are fairly explicit, and implications are easily seen, there are one or two points which should be emphasised.

(a) A high extent of load without the necessary minimum intensity fails to produce adaptation just as much as high intensity with too little extent.

(b) The more the amounts of loading approach an optimal value relative to the athlete's capacity at the **moment of loading**, the more rapidly does the adaptation process take place. Conversely, the greater the departure from that value—(ie either over-, or under-loading) the less is the adaptation.

(c) If the demands of loading exceed the athlete's capacity for that loading, or if the 'structure of loading' is wrong, then the athlete's capacity for adjustment will be impaired, and performance will stagnate or even be reduced.

(d) The relationship between loading and recovery is critical—and they should be seen as a whole. (See Diagram 10—article 3).

(e) While 'over-compensation' is quickly transformed to a higher level of performance in the young and developing athlete, this process takes weeks or months with the mature athlete (See Diagram 11—article 3). Each loading close to the optimum will leave behind it a trace of over-compensation, but for the mature athlete it is only as a result of a cumulative effect of training that improvements come at intervals—and not necessarily regular intervals. Matveyev refers to this as 'delayed transformation'. '(It) prevents the continuous flow of information on the effect of loading on training, that is necessary for the optimal regulation of the training process.' Progressive adaptation is not, therefore, easily apparent, and it is only the results of competition at the end of Phase II or at start of Phase III, which show whether or not loading has been effective. Periodic checks and test procedures geared to accurate prediction are, therefore, vital, throughout Phases I and II. It is feasible that the introduction of Phase III, in double periodisation, may be seen as providing a most relevant 'testing procedure.'

(f) Loading must be systematically and progressively increased. Loadings that remain unchanged are more easily overcome in time, and cause less disruption of the body's systems, but their effect diminishes until they simply maintain a stationary state of adaptation.

(g) The rate at which capacity reduces on reduction or cessation of loading is critical to the athlete. Illness, travel during the competition season, examination preparation, injury etc, all imply disruption to the systematic, progressive increasing of loadings. Moreover, during the competition season, loadings are frequently reduced in extent (and even intensity by some coaches)—again representing a break in con-

tinuity of the adaptation process. The following, then, is worth consideration:—

★ The decrease in loading effects adaptation all the more quickly, the more recent and less consolidated are those levels of adaptation. Long periods of gradual development are, therefore, indicated.

★ Lengthy transitional periods without training loading are to be avoided.

★ If the interval between training units is too long, the effect of loadings is lost. (See Diagram 11—article 3) (See also Diagram 3—article 1).

★ By way of summary, your attention is drawn again to the relevance of a 'polyvalent approach' and the observance of a changing 'training ratio' throughout the year.

(h) Loadings of great extent and slight to medium intensity develop, primarily, endurance capacity, while those of less extent but sub-maximum to maximum intensity mainly develop maximum strength, elastic strength and speed. While this may be an accurate statement for the mature athlete, the young and developing athlete is effected by loadings in a far more complex way. Consequently, the bulk of his or her work 'which is a loading of low to middle intensity, also develops strength and speed, to a certain extent.' (Harre).

But what, exactly, do expressions like 'middle intensity' mean? To arrive at an explanation, we must first examine the expression 'intensity'.

The intensity of loading is characterised by the

TABLE 11 EXTRACT FROM TABLE OF PER-CENT MAX. INTENSITY PREPARED BY MYER

The spheres of intensity are then derived from this. A problem arises where authorities offer varying spheres of intensity. (See Table 12).

strength of stimulus, or by the concentration of work executed per unit of time within a series of stimuli. Units of measurement of intensity for endurance or speed are the speed in metres/sec or the frequency of movement, eg cadence in sprinting. For strength exercises, the amount of resistance is measured, and for jumping or throwing, the height or distance—loaded and/or unloaded is used. (ie with or without extra resistance such as weights jacket, heavier implements etc). Since intensity varies in exercise, it has become expedient to distinguish between different 'spheres of intensity' (Carl). In order to compare the loading of athletes, these 'spheres' should be established with reference to a fixed point, and should be clearly delineated. For exercises to develop maximum strength, speed, elastic strength etc, the highest possible individual intensity of stimulation is taken as the point of reference; maximum being equal to 100 per cent (See Table 11).

TABLE 12

Myer	Designation of Intensity	Carl*
	SLIGHT	30-50%
	LIGHT	50-70%
65-73%	MIDDLE	70-80%
75-83%	HIGH	
87.5-97%	SUB-MAXIMUM	80-90%
	MAXIMUM	90-100%

*Suggested spheres of intensity in weight training.

continued on page 20

		% of best time								
Best 150m	65	66.7	73	75	80	83	87.5	90	95	97
18.3	27.9	—	25.0	—	—	22.1	20.8	20.1	19.2	18.8
18.5	—	27.4	25.1	24.6	23.1	22.4	21.1	20.5	19.5	18.9
18.8	28.4	27.9	25.5	25.0	23.4	22.7	21.4	20.8	19.7	19.2
18.9	28.9	—	—	25.1	23.8	—	21.7	21.1	20.0	19.5
19.2	—	28.4	26.0	—	24.2	23.1	22.1	21.4	20.3	19.7
19.5	30.0	28.9	26.4	25.5	—	23.4	22.4	21.7	20.5	20.0
19.7	30.6	—	26.9	26.0	24.6	23.8	22.7	22.1	20.8	20.1
20.0	—	30.0	—	26.4	25.0	24.2	—	—	21.1	20.5
20.3	31.3	30.6	27.4	—	25.4	24.6	23.1	22.4	21.4	20.8
20.5	31.9	—	27.9	26.9	25.9	—	23.4	22.7	21.7	21.1
20.8	—	31.3	—	27.4	—	25.0	23.8	23.1	22.1	21.4
21.1	32.6	31.9	28.4	27.9	26.3	25.1	24.2	23.4	22.4	21.7
Best 200m										
20.0	30.7	29.4	27.3	26.6	25.0	24.0	22.7	22.2	21.0	20.6
20.2	31.2	30.3	27.7	27.0	25.3	24.3	22.9	22.4	21.2	20.8
20.4	—	30.7	—	—	—	24.6	23.2	22.7	21.5	21.0
20.6	31.7	—	28.1	27.3	25.6	—	23.5	22.9	21.7	21.2
20.8	32.2	31.2	28.5	27.7	25.9	25.0	23.8	23.2	21.9	21.5
21.0	—	31.7	28.9	28.1	26.3	25.3	24.0	—	22.2	21.7
21.2	32.7	—	—	—	26.6	25.6	24.3	23.5	22.4	21.9
21.5	33.3	32.2	29.4	28.5	27.0	25.9	24.6	23.8	22.7	22.2
21.7	—	32.7	29.9	28.9	—	26.3	—	24.0	22.9	22.4
21.9	33.8	—	30.3	29.4	27.3	—	25.0	24.3	23.2	22.7
22.2	—	33.3	—	—	27.7	26.6	25.3	24.6	—	22.9
22.4	34.4	33.8	30.7	29.8	28.1	27.0	25.6	25.0	23.5	23.2
22.7	35.0	—	31.2	30.3	28.5	27.3	25.9	25.3	23.8	23.5

European Cup Final Preview**By Mel Watman****BRITAIN TO FINISH FIFTH — OR HIGHER?**

DAVID JENKINS, Steve Ovett, Frank Clement, Brendan Foster, Dave Black, Alan Pascoe (or Bill Hartley if Pascoe is unfit to race), Geoff Capes and the 4 x 400 squad—these are Britain's top hopes for individual victories in the European Cup Final for men in Nice this weekend. Not all can be expected to be in unbeatable form on the day, but it's possible that the magnificent tally of five winners at Edinburgh in 1973 (Chris Monk, Andy Carter, Clement, Foster and Pascoe) could be matched.

However, the format of the European Cup is such that it is just as vital that, for instance, Paul Dickenson should finish ahead of his closely matched Polish and Finnish rivals for fifth place in the hammer as it would be for a favourite like Jenkins to score the eight points expected of him in the 400.

Britain's justly admired runners ought to pile up an impressive number of points, particularly if Ainsley Bennett proves (as one believes) that he is better than several of the men with faster times to their credit. In the field, though, Britain will concede too many points to nations like Poland and the USSR, whom we can outscore on the track. On paper at least, we are likely to finish last in the high jump, pole vault and javelin, seventh in the long jump, discus and hammer, and sixth in the triple jump. Here is where the bonus points can be earned—if Mike Bull and Alan Lerwill can find their old touch, if Bill Tancred can unleash one of his better throws, if Dickenson can, as previously suggested, prove his competitive worth as he did in the semi-final, and so on.

Given an inspired showing by the entire team, Britain could be challenging for a place in the first three, but in view of the quality of the opposition it would be more realistic to expect fifth place, ahead of Finland, France and Italy, which wouldn't be at all a bad result. Cup-holders USSR, who will be fielding a stronger team than that which came to Crystal Palace, will face a very stiff challenge from the GDR, West Germany and Poland. Any one of those four teams could emerge the winners, the result possibly hinging on the final event (4 x 400), with Britain in hot pursuit.

Fifth place for Britain is a possibility also in the women's match, although we have only a few athletes capable of very high positions. If she can catch Renate Stecher on a rare off-day, Andrea Lynch has a chance of winning the 100; otherwise our best hopes for second-place points will come in the 400 (Donna Murray) and 4 x 400. Much will depend on Irena Szewinska's plans; in theory she could run the 100, 400 and 4 x 100 on Saturday, the 200 and 4 x 400 on Sunday!

The GDR are a foregone conclusion to retain the trophy, with the USSR, Poland and West Germany battling for runners-up honours. Bulgaria, who did so well to finish third at Meadowbank, seem to have slipped this year and an in-form British team could be jousting with them for fifth position, with Rumania and France bringing up the rear.

The form-guide below shows the best 1975 marks by athletes selected or else reasonably likely to be competing in Nice.

FORM-GUIDE

100m: 10.0/10.21 Borzov (USSR), 10.1/10.20 Mennea (Ita), 10.2/10.43 Licznarski (Pol), 10.3/10.37 Ehl (WG), 10.3/10.38 Echevin (Fra), 10.36 Thieme (GDR), 10.4/10.46 Rajamaki (Fin), 10.59 Bennett (UK).

200m: 20.1/20.23 Mennea (Ita), 20.5 Bombach (GDR), 20.6 Borzov (USSR), 20.69 Rajamaki (Fin), 20.7 Grzeszczak (Pol), 20.7 Arame (Fra), 20.8 Hofmeister (WG), 20.86 Bennett (UK).

400m: 44.93 Jenkins (UK), 45.10 Herrmann (WG), 45.9 Kukkoaho (Fin), 46.09 Arnold (GDR), 46.1 Pietrzyk (Pol), 46.2 Demarthon (Fra), 46.5 Borghi (Ita), 46.68 Kocher (USSR).

800m: 1:45.5 Wulbeck (WG), 1:45.4 Gesicki (Pol), 1:46.0 Ohlert (GDR), 1:46.1 Ovett (UK), 1:46.3 Ponomarev (USSR), 1:46.4 Sanchez (Fra), 1:46.9 Taskinen (Fin), 1:47.4 Fontanella (Ita) (or 1:49.0 Fiasconaro).

1500m: (* mile time less 17.5sec) 3:36.6* Wessinghage (WG), 3:37.5* Clement (UK), 3:38.7 Straub (GDR), 3:38.2 Skowronek (Pol), 3:39.0 Anissim (USSR), 3:39.8 Laine (Fin), 3:40.0 Gonzalez (Fra), 3:40.5 Fontanella (Ita).

5000m: 13:29.6 Paivarinta (Fin), 13:30.4 Foster

NICE TIMETABLE

Saturday, August 16th: 18.15—hammer; 19.30—opening ceremony; 19.50—400 hurdles, high jump, women's discus; 20.00—shot, women's 100; 20.05—100; 20.15—women's 800; 20.25—1500; 20.40—women's 400; 20.50—400, long jump, women's javelin; 21.00—10,000; 21.40—women's 4 x 100; 21.50—4 x 100.

Sunday, August 17th: 17.45—pole vault, women's high jump; 19.00—110 hurdles, discus, women's long jump; 19.20—800; 19.30—women's 1500; 19.45—3000 steeplechase; 20.00—triple jump, javelin, women's 100 hurdles, women's shot; 20.15—women's 200; 20.20—200; 20.35—5000; 21.00—women's 4 x 400; 21.10—4 x 400; 21.20—closing ceremony.

(UK), 13:34.2 Parluy (USSR), 13:35.2 Hildenbrand (WG), 13:38.4 Kuschmann (GDR), 13:40.8 Szordykowski (Pol), 13:45.8 Gomez (Fra), 13:59.4 Zarcione (Ita).

10,000m: 27:54.2 Black (UK), 28:04.6 Paivarinta (Fin), 28:08.0 Uhlemann (WG), 28:19.6 Leiteritz (GDR), 28:21.6 Sellik (USSR), 28:26.0 Malinowski (Pol), 28:27.2 Cindolo (Ita), 28:32.2 Tijou (Fra).

3000mSC: 8:12.6 Malinowski (Pol), 8:16.2 Karst (WG), 8:18.0 Kantanen (Fin), 8:18.4 Baumgartl (GDR), 8:22.4 Fava (Ita), 8:27.6 Lisovsky (USSR), 8:30.0 Staynings (UK), 8:31.2 Buchheit (Fra).

110mH: 13.1/13.28 Drut (Fra), 13.3/13.55 M. Wodzinski (Pol), 13.4 Myasnikov (USSR), 13.47 Siebeck (GDR), 13.6/13.96 Price (UK), 13.7 Buttari (Ita), 13.8 Gebhard (WG), 14.2 Alanen (Fin).

400mH: 48.59 Pascoe (UK) (or 49.65 Hartley), 49.37 Nallet (Fra), 49.5 Gavrilenko (USSR), 49.5 Hewelt (Pol), 50.2 Mayer (GDR), 50.6 Friedrich (WG), 50.6 Ballati (Ita), 51.0 Alanen (Fin).

HJ: 2.26/7'5" Poaniewa (Fra), 2.24 Beilschmidt (GDR), 2.22 Wszola (Pol), 2.22 Grigoryov (USSR), 2.21 Del Forno (Ita), 2.19 Killing (WG), 2.17 Sundell (Fin), 2.14/7'04" McKenzie or Butterfield (UK).

PV: 5.60/18'44" Kozakiewicz (Pol), 5.45 Kishkun (USSR), 5.41 Kalliomaki (Fin), 5.35 Abada (Fra), 5.30 Lohre (WG), 5.25 Reinhardt (GDR), 5.25 Fraquelli (Ita), 5.20/17'04" Bull (UK).

LJ: 8.27/27'13" Cybulski (Pol), 8.02 Podluzhny (USSR), 8.00 Rieger (GDR), 7.96 Kowring (WG), 7.86 Bonheme (Fra), 7.79 Mattila (Fin), 7.77/25'6" Lerwill (UK), 7.70 Fontanella (Ita).

TJ: 17.33/56'104" Saneyev (USSR), 16.98 Drehmell (GDR), 16.96 Sontag (Pol), 16.63 Valetudie (Fra), 16.62 Kuukasjarvi (Fin), 16.18/53'1" Johnson (UK), 16.02 Siega (Ita), 15.97 Franz (WG).

SP: 20.98/68'10" Rothenburg (GDR), 20.80/68'3" Capes (UK), 20.39 Reichenbach (WG), 20.04 Komar (Pol), 20.02 Voikin (USSR), 19.34 Yrjola (Fin), 19.20 GropPELLI (Ita), 18.59 Brouzet (Fra).

DT: 66.84/219'3" Kahma (Fin), 66.80 Schmidt (GDR), 63.74 de Vicentis (Ita), 63.70 Neu (WG), 63.50 Penzikov (USSR), 62.76 Wolodko (Pol), 62.42/204'9" Tancred (UK), 57.38 Chabrier (Fra).

HT: 78.50/257'6" Riehm (WG), 77.96 Spiridonov (USSR), 75.40 Sachse (GDR), 73.12 Accambray (Fra), 70.92 Jaglinski (Pol), 70.50 Huhtala (Fin), 70.16/230'2" Dickenson (UK), 67.64 Urlando (Ita).

JT: 88.32/289'9" Hovinen (Fin), 86.70 Makarov (USSR), 85.48 Wolfermann (WG), 84.58 Michel (GDR), 81.10 Bielczyk (Pol), 77.48 Cramerotti (Ita), 76.80 Le Roy (Fra), 75.72/248'5" Travis (UK).

4 x 100m: 38.7 USSR, 39.0 W Germany, 39.0 GDR, 39.2 France, 39.3 Poland, 39.3 Italy, 40.0 UK, 40.0 Finland.

4 x 400m (* 4 x 440y time less 1.1sec) 3:02.1* W Germany, 3:04.6 GDR, 3:04.7 Poland, 3:05.1

UK, 3:06.4 Finland, 3:06.5 Italy, 3:06.9 France, 3:08.0 USSR.

WOMEN

100m: 11.0/11.13 Stecher (GDR), 11.1/11.16 Lynch (UK), 11.1/11.23 Szewinska (Pol), 11.1/11.44 Richter (WG), 11.3 Maslakova (USSR), 11.4/11.51 Telliez (Fra), 11.67 Panayotova (Bul), 12.1 Enescu (Rum).

200m: 22.4/22.94 Szewinska (Pol), 22.4/22.44 Stecher (GDR), 23.00 Richter (WG), 23.0 Besfamilnaya (USSR), 23.2 Golden (UK), 23.3 Telliez (Fra), 23.7 Panayotova (Bul), 24.7 Enescu (Rum).

400m: 50.53 Streidt (GDR), 51.07 Szewinska (Pol), 51.28 Murray (UK), 51.6 Ilyina (USSR), 51.69 Wilden (WG), 51.79 Suman (Rum), 53.18 Trifonova (Bul), 53.68 Darbonville (Fra).

800m: 1:59.4 Morgunova (USSR), 1:59.7 Suman (Rum), 1:59.9 Dubois (Fra), 2:00.1 Tomova (Bul), 2:00.3 Klapczynski (GDR), 2:00.6 Katolik (Pol), 2:02.5 Kraus (WG), 2:05.1 Creamer (UK).

1500m: 4:07.9 Kazankina (USSR), 4:08.6 Dubois (Fra), 4:09.0 Wellmann (WG), 4:09.4 Strotzer (GDR), 4:09.5 Andrei (Rum), 4:09.8 Pekhlivanova (Bul), 4:11.2 Allison (UK), 4:13.3 Ludwischowska (Pol).

100mH: 12.6/12.84 Rabsztyn (Pol), 12.80 Ehrhardt (GDR), 12.8 Lebedyeva (USSR), 13.14 Koschinski (WG), 13.18 Sokolova (Bul), 13.58 Boothe (UK), 13.60 Prevost (Fra), 14.2 Enescu (Rum).

HJ: 1.92/6'34" Ackermann (GDR), 1.91 Meyfarth (WG), 1.87 Galka (USSR), 1.86 Debourse (Fra), 1.85 Bonci (Rum), 1.80 Pstus (Pol), 1.77 Blagoeva (Bul), 1.76/5'94" Few (UK) (1.83/6'0"i).

LJ: 6.67/21'104" Alfeyeva (USSR), 6.54 Dlugosieska (Pol), 6.52 Voigt (GDR), 6.46 Sokolova (Bul), 6.45 Catineanu (Rum), 6.42 Striezel (WG), 6.37/20'104" Nimmo (UK), 6.36 Curtet (Fra).

SP: 21.60/70'104" Adam (GDR), 21.09 Khristova (Bul), 21.02 Krachevskaya (USSR), 18.80 Chewinska (Pol), 18.42 Wilms (WG), 18.41 Cioltan (Rum), 16.22 Bertimon (Fra), 15.29/50'2" Bedford (UK).

DT: 69.68/228'7" Melnik (USSR), 66.98 Vergova (Bul), 66.98 Hinzmann (GDR), 65.52 Menis (Rum), 60.72 Westermann (WG), 59.70 Rosani (Pol), 55.94/183'6" Ritchie (UK), 53.20 Jarry (Fra).

JT: 63.24/207'6" Fuchs (GDR), 63.22 Shigalova (USSR), 62.32 Mollova (Bul), 61.14 Gryziecka (Pol), 60.34 Koloska (WG), 54.50 Pecce (Rum), 54.22/177'11" Sanderson (UK), 49.82 Bocle (Fra).

4 x 100m: 42.7 GDR, 43.3 W Germany, 43.4 USSR, 43.6 Poland, 43.7 UK, 44.6 France, 45.1 Bulgaria, 47.1 Rumania.

4 x 400m (* 4 x 440y time less 1.2sec) 3:24.3 GDR, 3:27.8 UK, 3:29.0 USSR, 3:29.1* W Germany, 3:39.2 Poland, 3:32.5 Rumania, 3:33.3 Bulgaria, 3:38.0 France.

Detailed coverage from Nice, by Mel Watman, will appear in the August 30th issue.

TRAINING THEORY contd. from page 17

It would appear to be to our advantage if we agreed to some scale of intensity to which we might relate all work in the UK. At least it would allow a basis on which to establish our own interpretation of Training Theory. It is at this 'comparative level' that the real meaning of loading exists. For too long there has been no market place to exchange the various currencies in which each coach transacts the business of relating unit to athlete. If one 400m athlete with a best 200m of 20.5 can run 6 x 150m with 90sec recovery in 15.8 per 150m, what meaning has this to a 400m athlete whose best 200m is 23.2?

I would offer the following as our UK scale of reference.

TABLE 13

Scale of Intensity	Percentage of Maximum
LOW	30%-50%
LIGHT	50%-65%
MEDIUM	65%-75%
HIGH	75%-85%
SUB-MAXIMUM	85%-95%
MAXIMUM	95%-100%

When training for endurance events, intensity is best evaluated against the best performance over the training distance, or against the average competition speed at the moment. However, in passing it should be noted that since training at given intensities of VO_2 max, have great relevance to the energy system involved, the measure of intensity may well be 'read' from the working heart rate and against the percentage of VO_2 max. (See Table 14).

TABLE 14

mg/100ml blood lactate	% VO_2 max	Heart Rate	Scale of Intensity
25	50%	130	LOW
30	60%	150	LIGHT
70	75%	165	HIGH
90	90%	180-190	SUB-MAXIMUM
100	100%	190+	MAXIMUM

The extent of loading at certain percentages of maximum intensity should be noted to help establish a pattern of 'relative intensity' over a unit/microcycle/macrocycle, etc. A difference then exists between this, 'the relative intensity' and the highest intensity recorded in a particular unit/etc. In this case, the value is known as the 'absolute intensity'.

Intensity must, as indicated, be above a certain threshold level, before a training effect and therefore adaptation, results. For example, Hettinger and Muller suggest that isometric training with intensity less than 30 per cent maximum produces no increase in maximum isometric strength.

Training at an intensity close to, but above, such a threshold, provided it is extensive, develops the physical ability in question slowly, but continuously, and to a high degree of stability. The basic ability to take loading is raised with this type of training.

Training at the other end of the scale causes a rapid performance improvement, but adaptation is

less stable, and must be continuously stabilised by more comprehensive extensive loadings.

In the interest of stability of performance, especially in technical events with beginners, the intensity must be low enough to permit efficient execution of the technique in question. On the other hand, in those events demanding maximum and elastic strength, one must work through a particular extent of loading in the competition-specific range of intensity in order to stabilise athletic technique corresponding to demands of competition.

The density, or frequency of stimulus, in loading, is determined by the object of the unit, and is controlled both by intensity, and the duration of the stimulus. The latter factors known, an optimal density can be established which will allow an evaluation of the total number of consecutive occasions per unit, when the athlete is exposed to the stimulus, and also the amount of time between these occasions. In pursuit of specificity of loading effect, numbers of repetitions, and numbers of sets are married to the interval of time between them, to create an optimal density. From these precepts, crude formulae have evolved for the development of specific endurance capacities. For example (See Table 15).

TABLE 15

In strength and speed work at sub-maximum to maximum intensities, 2-5 minutes are necessary between successive loadings. To summarise these points, Table 16 is included—illustrating possible variants of loading in strength development.

TABLE 16: SUGGESTED VARIANTS IN LOADING FOR STRENGTH DEVELOPMENT (FROM MANY SOURCES) A = ADVANCED N = NOVICE

CHELMSFORD A.C.**LADIES' 7 MILES**

(Under WCC & RWA Experimental Rule)

SATURDAY, OCTOBER 18th, at 12 noon

Plaques to first 3, plus first Vet., first Under-21, 20, 19 and 18 years.

Entries 25p to K. E. Wilcox, 9 Shelley Close, Maldon, Essex, CM9 6DD.

RAMSGATE BOUNDARY RACES

Sponsored by Ramsgate Carnival Committee (Under A.A.A. Laws)

SUNDAY, AUGUST 24th at 3 p.m.

Colts/Boys/Youths 3 Miles
Seniors 5 Miles

Perpetual Team Trophy and Ind. Awards.
Entry Fee: 20p per ind. to D. G. Ide, 21 Alison Crescent, Whitfield, Dover, CT16 3LN by 21st August, please.

Ability/Characteristic/Capacity

HEART ENDURANCE
HEART ENDURANCE
SPEED ENDURANCE

TABLE 15

Loading:Recovery

CONTINUOUS
2:1—1:1
1:3—1:6

Intensity

LIGHT
HIGH
SUB-MAXIMUM

In strength and speed work at sub-maximum to maximum intensities, 2-5 minutes are necessary between successive loadings. To summarize these points, TABLE 16 is included—illustrating possible variants of loading in strength development.

TABLE 16

OBJECTIVE	(*Advanced Athlete only) INTENSITY OF TRAINING LOAD	REPETITIONS IN EACH SET	SETS IN EACH UNIT	TRAINING SYSTEM	RECOVERY BETWEEN SETS	TIME HOLDING ISOMETRIC CONTRACTION	EVALUATION PROCEDURES	POSSIBLE EVENT APP. PROBABLE EVENT APP.
Development of maximum strength in those events where single expression of maximum strength is required.	Concentric 85% → 100% Excentric * 105% → 175%	1 + 5	A 5 + 8 N 2 + 4	Simple Sets Super Sets Stagger Sets Pyramids-5x85% → 1x100% Mixed Sets (Exc-Conc-Isom)	4 + 5 mins	A - 9+12 secs 80% - 100% N - 6+9 secs 60% - 80%	-Max. Lift Dynamometer	Shot Discus Hammer Javelin (Jumps)
Development of maximum strength in those events where multiple expression of maximum strength is required.	70% → 85%	5 + 10	2 + 5	Simple Sets Super Sets Pyramids-8x75% → 6x90% → 5x85%	2 + 4 mins	—	-Max. Lift Dynamometer	(Circle Throws) Javelin High Triple Long Sprints Hurdles
Development of Elastic strength, where work is also done in other units for Maximum Strength.	a) 30% → 50% or b) 55% → 65% or c) 3% - 5% body weight resistance exercises	6 + 10	4 + 6	Simple Sets: Super Sets:Pyramid by Intensity only. 10x30%:10x40%:10x50%:10x55%:10x60%:10x65% involving whole technique.	3 + 5 mins	—	-Standing Long, Triple; Vert. Jump etc.	All explosive events
Development of Elastic and Maximum Strength simultaneously	a) 75% or b) 3% - 5% body weight resistance exercises	6 + 10	4 + 6	Simple Sets Super Sets involving whole technique.	3 + 5 mins	—	-Standing Long, Triple; Vert. Jump	All explosive events
Development of a basic strength or strength endurance, for all events.	30% → 40%	25% - 50% Max.	4 + 6	Simple Sets Circuit	Optimal	—	-Max. Repetitions Holding time etc.	General for all events & especially young ath. or novice
Development of strength endurance in those events with high demands for it.	40% → 60%	50% + 75% Max.	3 + 5	Circuit training	30 + 45 secs.	Hot isom. but controlled lifts with 30% - 50% max eg 6 secs flex. (ie action of extending takes 6 secs. etc.)	-max. repetitions -max. holding time etc.	400m Steeple

ADVANCE NOTICE

STEVENAGE & N. HERTS A.C.

FAIRLANDS TROPHY

CROSS-COUNTRY RACES

SUNDAY, OCTOBER 19th

Full details in later issues of "AW"

EAST HULL HARRIERS & A.C.

OPEN HALF MARATHON

ROAD RACE

MONDAY, AUGUST 25th, at 2.30 p.m.

Saltshouse J. H. Sch., Saltshouse Rd., Hull

Good Indiv. & Team prizes. Entries: 20p
Indiv., plus 40p Team (3 score) to G. Brummitt,
5 Rosmead St, Newbridge Rd, Hull, by Mon.,
Aug. 18th. Tel: 042-212846. Under AAA Laws.

The duration of stimulus in loading is the period of influence of a single stimulus; or the distance covered in a repetition; or, again, the total time to complete all loading in a unit. Just as there appear to be thresholds of intensity, so also for duration. Gundlach suggests at least 20 per cent-30 per cent of maximum holding time is essential for the improvement of isometric strength. Endemann used this information in his 'auxotonic training' where resistances were consciously controlled in their speed of movement (eg 5 sec lowering, 5 sec raising bar in bench press). However, it is in endurance events that duration of stimulus has been researched most. Holmann and Karvonen independently determined that at least 30 minutes duration of stimulus was required at a given intensity, for significant improvement in heavy endurance performance. Strauzenberg established that a minimum of two minutes duration at a relatively high intensity of stimulus is necessary to adapt the athlete to the acid-base imbalance of competition in the short to middle-distance events.

A REAL COOL SHOE!

THE "LIGHTNING" MARATHON. Blue suede upper with ventilation holes to keep you cool on those long runs. White "lightning" flash. Padded tongue, white towelling sock, padded collar. Lightweight white sole with plenty of "give" in it. Ideal for road racing. 6-11½ **£11.45.**

THE WEMBLEY. Blue pigskin suede super quality training shoe from Stylo with white contrast flashes. Special absorbent padded insole and two-way grip sole. Would make an ideal leisure shoe. **ONLY £5.55 (7½-10 only).**

SL 72. So popular that it's difficult to keep this model in stock. At present we have the following sizes: 5, 5½ **£10.65**, 6-11½ (except 7½) **£11.50.**

GAZELLE (MEXICANA). Blue suede upper with the unique spongy sole only found on this shoe. 3-5½ **£9.81**, 6-12 (except 6½) **£10.60.**

SPIKES

ADIDAS TOKYO. 4-5½ **£14.80**, 6-11½ (except 9½) **£15.99.**

ADIDAS RACER. The 'Rolls-Royce' of track spikes. Super soft black suede uppers with red contrast stripe. Heel wedge of featherlight material that absorbs the stress of synthetic tracks. 6, 7, 7½, 8½, 9 & 10½ **£19.99.**

ADIDAS SPRINT. One pair only of this top model in blue nylon upper. Current price **£15.80**, **ONLY £11.66.**

ADIDAS INTERVAL. Soft leather upper with heel wedge for protection against bruising. 5½ **£13.75**, 7½, 8½ & 11 **£14.85.** (This model comes up rather small, please allow one full size more than your normal size. Please also include foot outline as a guide).

ADIDAS SATURN. Blue suede upper with white contrast stripes. Four screw-in spikes. Special Offer price. 4-5½, 6, 6½, 7½ & 9 **£7.50.**

Also in stock the more economically priced **PATRICK Spike.** Well padded, six screw-in spikes. Red suede at **£6.80 (4-5½)**, **£7.50 (6-11)** and Nylon Lime Green at **£7.10 (4-5½)**, **£7.80 (6-11).**

N.B. Please add 20p postage and Print name and address. Cheques and postal orders to:

K. G. SPORTS

Limited

The Catford Centre,
29 Winslade Way,
Catford SE6 4JU
Tel.: 01-690 7324.

Finally, Williams has commented that emphasis on duration of stimulus is the basis of Lydiard's endurance training, where work at 50 per cent-70 per cent VO_2 max is endured for up to two hours. Williams saw this 'duration method' as the first of three approaches to endurance training. The second involved working at 80 per cent-90 per cent VO_2 max from 3-60 minutes. The final type of endurance training he considered to be fast repetitions at 150 per cent VO_2 max—an obvious swing to intensity rather than duration. It is beyond the scope of this particular article to review the individual biochemistry involved in adaptation due to these three methods, but they are as interesting as they are varied. Before leaving this area, it should be noted that the references made to research in this or any of these articles is in no way representative of its full scope. For example, Williams alone listed 22 selected references in his paper 'Specific forms and effects of Endurance Training' in the 1974 Scottish Coaches' Convention!

The duration of work in maximum strength, elastic strength, mobility and speed development must not be so long that fatigue reduces the ability to perform efficiently.

Finally, in pursuit of strength endurance, the duration of loading must be such that considerable effort of will is required to complete the unit.

The extent of the loading is the sum of duration (time or distance) and the repetition of all stimuli in a training unit. Consequently, it will be expressed in kilometres (or miles) in endurance training; in kilograms in strength training (via the sum of loadings); and in the number of repetitions in strength endurance, etc.

It is necessary, of course, to divide the extent of loadings into various 'spheres of intensity'; or, if we are agreed, to divide the loadings according to the suggested scale in Table 13. The unit, then, is a complex of intensity, extent, duration and density of loading. For optimal value to be derived from each unit, no athlete should arrive at the start of one unit, while still fatigued from the previous unit. A full understanding of the unit complex, and the effect each unit has upon the athlete, is essential to the coach. From here the microcycle begins to grow, with an understanding of what should constitute a unit of loading for an athlete, and the frequency of exposure of that unit to that athlete.

Extent of training is, therefore, the sum total of hours, kilograms or kilometres of training, calculated from the cumulation of units and their frequency; the whole being expressed over a microcycle, macrocycle, phase, period, or indeed, annual cycle. (See Diagrams 13 and 14).

BEDFORDSHIRE '10'

At Luton, July 13th

1, D. Collier (Luton United)	54:34
2, G. White (Luton United)	54:47
3, L. Mann (Belgrave H)	55:19
4, R. Hill (Lut) 56:27; 5, J. Arnold (E&S) 56:35;	
6, G. Warren (E&S) 56:40; 7, G. Hunt (E&S) 57:43;	
8, W. Anderson (Met Pol-V) 57:53; 9, S. Morris (Lut) 58:18;	
10, G. Pether (Met P) 58:39.	
Teams: 1, Luton 7; 2, Ealing & Southall 18; 3, Met Police 30.	

Tim Johnston Wins Belgrave '20'

ON a warm day when the occasional drizzle during the race was very welcome, 81 of the 100 starters finished the course in the Belgrave 20 miles road race at Wimbledon on July 19th.

Tim Johnston and Graham Tuck shared the lead at 5M (24:43) followed by Mick Hanahoe (25:01), Francis Upcott and Bill Weller (25:03), and Don Faircloth and Ian MacIntosh (25:26). By the 10M mark, Johnston (49:56) had a 7sec lead from Tuck (51:03) with Faircloth and Upcott on 51:40, Weller (51:41) and Hanahoe (who was shortly to come out with a pulled muscle) on 52:16. At 15M Johnston (1:16:20) had a lead of 2½ minutes from Faircloth (1:18:50), followed by Weller (1:19:42), Tuck (1:20:05), Upcott (1:20:36) and Steve Lynch (1:23:50). The first three remained in their respective positions over the last five miles with Johnston completing an impressive win.

1, T. Johnston (Portsmouth) 1:44:33
2, D. Faircloth (Croydon) 1:46:15
3, W. Weller (Belgrave) 1:48:50
4, F. Upcott (SLH) 1:50:48; 5, S. Lynch (Cov) 1:54:11; 6, W. Harvey (Ran) 1:54:49; 7, P. O'Connor (Bel) 1:54:50; 8, M. Moody (M'head) 1:55:37; 9, R. Charney (TVH) 1:56:10; 10, E. Nolan (Shaft) 1:57:41; 11, M. Newton (SLH) 1:58:00; 12, R. Crosbie (TVH) 1:58:13; 13, D. Evans (Liv H) 1:59:07; 14, J. Anderson (Croy) 1:59:12; 15, L. Mann (Bel) 2:00:28. **Teams:** 1, Belgrave 18; 2, Croydon 29; 3, Ranelagh 31; 4, SLH 33; 5, Liverpool H 36; 6, TVH 41. Surrey Champs: 1, Faircloth; 2, Weller; 3, Upcott. Team: SLH.

Reilly Successful In '10' Debut

TWENTY-YEAR-OLD Sale Harrier, Laurie Reilly, running in his first ever 10 miles road race, was an easy winner of the John Oultram Memorial on July 19th. Using Veteran runner, Eric Austin, as his guide he stayed with the Tipton runner until the 8M mark before making his effort. Gerry Taylor and Roy Morris tried to stay with him but they were unable to match the finishing speed of the young Scottish international, who recently recorded 4:08.0 for his stint in Sale's 100 x 1 mile world record.

The team race was the closest in the race's history, with only three points separating four teams. The organisers decided to give an extra set of prizes when three teams tied for second place. As the course had been re-measured and found to be 200y short, a new finish was used.

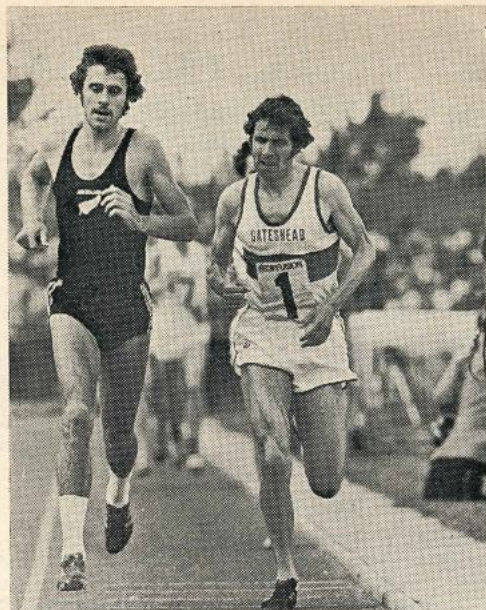
Don Shelley

1, L. Reilly (Sale) 49:36
2, G. Taylor (Small Heath) 50:08
3, R. Morris (Winsford) 50:23
4, E. Austin (Tip-V) 50:30; 5, S. Hope (C&N) 50:32; 6, P. Lindsell (Salf) 51:11; 7, D. Pratt (Sheff) 51:17; 8, A. Adams (Stoke) 51:46; 9, D. Ashe (Stoke) 51:46; 10, F. Maguire (B&F) 51:57; 11, J. Edwards (Tip) 52:01; 12, M. Murphy (Salf) 52:23; 13, M. Mountford (Tip) 52:25; 14, G. Edgington (RAF) 52:52; 15, S. Clegg (Salf) 53:53; 16, B. Adams (Wins) 54:07; 17, P. Egerton (Wins) 54:55; 18, A. Hodgkinson (Salf-V) 55:00; 19, D. Shelley (Stoke) 55:06; 20, C. Austin (Stoke) 55:28; 21, R. Griffin (Tip) 55:30; 22, B. Whittaker (Unatt) 55:48; 23, L. Cook (W&B) 55:58; 24, M. Tighe (Sale) 56:02; 25, M. Edwards (C&N) 56:18. **Teams** 1, Salford 33; 2, Winsford 36; 3, Stoke 36; 4, Tipton 36,



Scottish winners at the WAAA Championships: from left—Helen Golden (200), Myra Nimmo (long jump), Karen Williams (Intermediate 400), Mary Stewart (1500) and Meg Ritchie (discus)).

Ed Lacey



Rod Dixon strides out with Brendan Foster in the Gateshead Games 5000, which the New Zealander won in 13:27.4.

Ed Lacey

CHELTENHAM 7.4 MILES ROAD RACE

July 20th

- 1, B. Plain (Cardiff) 35:02
- 2, R. Lunnon (Gosforth) 35:06
- 3, A. Rushmer (Tipton) 35:26
- 4, C. Kirkham (Cov) 35:35; 5, K. Rollason (Tip) 35:47; 6, P. Wood (Worc) 35:50; 7, S. McHale (Glos) 35:53; 8, G. Taylor (S Heath) 35:56; 9, J. Patton (B'field) 36:06; 10, G. Dugdale (TVH) 36:27; 11, E. Austin (Tip-V) 36:30; 12, E. Oxlade (West) 37:04; 13, T. Edwards (B'field) 37:13; 14, P. Craig (Bris) 37:16; 15, D. Hope (Worc) 37:21; 16, R. Hier (Tip) 37:22; 17, P. Chivers (E&S) 37:26; 18, C. Woodward (Leam) 37:28; 19, R. Tilling (B'field) 37:31; 20, M. Hill (Glos) 37:45; 21, J. Smith (Glos) 37:57; 22, C. White (Bris) 38:07; 23, R. Barlow (Chelt) 38:09; 24, N. Jinks (Worc) 38:10; 25, A. Jenkins (Worc) 38:18; 26, D. Parsons (Swin) 38:18; 27, R. Wallis (Swin) 38:19; 28, G. Blackburn (West) 38:26; 29, K. Morris (RAF) 38:32; 30, W. Tonner (Swin) 38:34; 31, M. Pickering (B'field) 38:38; 32, D. Cooper (Worc) 38:40; 33, G. Goodman (TVH) 38:47; 34, C. Owen (Bris) 38:50; 35, J. Townsend (Swin) 38:51; 36, D. Shermon (Bris) 39:15; 37, S. Jones (Swin) 39:17; 38, D. Dowdle (Glos) 39:18; 39, C. Jones (S Heath) 39:21; 40, R. Pike (Bris) 39:23. **Teams:** 1, Tipton 19; 2, Birchfield 41; 3, Worcester 45; 4, Gloucester 48; 5, Bristol 70; 6, Swindon 83; 7, Westbury 90; 8, Small Heath 91; 9, TVH 96; 10, Cardiff 128.

M.O.N.C. '10'

At Dronfield, July 5th

- 1, K. Angus (Sheffield AC) 50:20
- 2, D. Allen (Sheffield Univ) 51:06
- 3, N. Morrison (Sheffield Univ) 52:15
- 4, B. Natvig (Sheff Un) 52:45; 5, R. Pannell (Leeds) 53:17; 6, N. Spiers (Sheff) 54:00; 7, R. Duerdin (Sheff) 55:05; 8, D. Trickett (Hallam) 56:15; 9, R. Taylor (Leam) 56:25; 10, B. Whittaker (Unatt) 56:27. **Teams:** 1, Sheffield University 9; 2, Sheffield AC 14; 3, Hallamshire 35.

WASDALE FELL RACE

(Cat: A/21 Miles/9000')

At Brackenclough, July 12th

- 1, J. Naylor (Kendal) (rec) 3:41:49
- 2, M. Short (Horwich RMI) 3:50:10
- 3, H. Walker (Blackburn) 3:52:37
- 4, H. Blenkinsop (Ken) 3:55:42; 5, M. Nicholson (Ken) 4:00:53; 6, D. Beresford (Clay) 4:01:35; 7, D. Overton (Ken) 4:05:52; 8, D. Booth (TH&H) 4:10:45; 9, M. Gilbert (Pres) 4:10:59; 10, D. Atwell (Alt) 4:11:35; 11, J. Smith (Bury) 4:12:31; 12, R. Belk (Ken) 4:13:22; 13, A. Shaw (Roch) 4:15:37; 14, J. Norman (Alt) 4:19:30; 15, J. Williams (Mand) 4:22:56; 16, N. Carrington (Sale) 4:24:10; 17, W. Buckley (Morp) 4:29:56; 18, R. Halenko (Clay) 4:29:57; 19, E. Roberts (Ken) 4:30:28; 20, W. Smith (Clay) 4:39:04; 21, J. Loxham (Clay) 4:40:20; 22, P. Trainor (Kes) 4:42:07; 23, T. Walker (Esk) 4:43:12; 24, A. Heaton (Clay) 4:43:12; 25, S. Jackson (Sale) 4:46:40. **Teams:** 1, Kendal 11:40:04; 2, Kendal 12:49:42; 3, Clayton-le-Moors 13:10:36; 4, Sale 13:57:31; 5, Eskdale 14:29:57; 6, Clayton-le-Moors 'B' 14:32:39.

HARTSHILL COMMUNITY FESTIVAL '5'

July 24th

- 1, G. Harvey 24:55; 2, D. Ashe 25:06; 3, M. Mountford 25:37; 4, A. Adams 25:57; 5, P. Whiteman 26:15; 6, D. Moore 26:45; 7, K. Boydon 26:45; 8, P. Goodfellow 27:03; 9, L. Austin 27:09; 10, J. Davies 27:14; 11, A. Mills 27:18; 12, D. Shelley 27:26; 13, C. Larkin 27:44; 14, A. Mountford 28:04; 15, R. Smith 28:05.

HERTS WAAA CHAMPIONSHIPS

At Stevenage, July 6th

- 100/200/LJ: J. Saunders (Stev) 12.3/25.4 & 5.41/17'9". 400/800: M. Barrett (Ver) 58.8/2:16.0. SP: 1, B. Sapsed (H&W) 11.45/37'6 $\frac{3}{4}$ " (CBP); 2, S. Goddard (Ver) 11.20/36'9"; 3, J. Brown (Ver) 10.54/34'7". DT: Goddard 38.06/124'10". (**Inters**) 100/200/LJ: B. Gauntlett (BoE) 12.5 (CBP)/25.5 (CBP) & 5.22/17'1 $\frac{1}{2}$ ". 800: C. Brace (Ver) 2:16.0. 80H: E. Wren (H&W) 12.4 (CBP). HJ: 1, Wren 1.60/5'3"; 2, S. Ball (Wat) 1.55/5'1". SP: M. Hancock (H&W) 9.65/31'8". (**Juniors**) 800: A. Rowe (Ver) 2:24.6. SP/DT: G. Hodges (Wat) 10.15/33'3 $\frac{1}{2}$ " & 29.04/95'3". JT: 1, Hodges 31.08/102'0" (CBP); 2, S. Hills (Ver) 28.64/93'11"; 3, J. Veazey (Nort) 27.96/91'9".

Obituary

W. D. STRETTON

It is with deep sorrow that I report the death on August 1st, of William Douglas Stretton at the age of 76. Most people knew him as Bill. To many of us he was a very dear friend, to all of us he was a tireless worker for our sport and many people drew benefit from his work who never knew him. That was their loss.

Doug, as we in Derby knew him, was a committee member of Derby and County AC for 42 years. He founded Derby Ladies AC, was a founder member of Derbyshire AAA and its chairman until his death, a past president of the NCAA, secretary of the No 9 District Committee of the NCAA since 1938, an official of Olympic standard. For all this achievement he asked no medals, his life was his athletics. He missed only one AAA Championships since the war, due to illness, and was eagerly looking forward to this year's Championships. He died a day too soon.

He had many friends on various committees and they will know of the special talent that he brought to the meetings he attended. His was the carefully considered remark born of long experience—a lot can be learnt in sixty years athletics. Doug Stretton learned, then he passed it on. He had style and was a character, and I know many people will join me in saying "we shall miss you a great deal, goodbye old friend and thanks for everything".

Jeo Keily

MIDDLESBROUGH PARKLAND RACES

(Under A.A.A. Laws)

SUNDAY, 14th SEPTEMBER, 1975

AT STEWART PARK, MIDDLESBROUGH

Women	Prizes Valued		
1½ Miles Junior (12-14)	£5	£3	£1
2 Miles Inter. (14-16)	£6	£4	£2
3 Miles Senior (16 & Over)	£7	£5	£3

Men	Prizes Valued		
1½ Miles Colts (12-14)	Ind. £5	£3	£1
Individual & Team	Team £3	£2	£1
2 Miles Boys (14-15)	Ind. £7	£5	£3
Individual & Team	Team £4	£3	£2
3 Miles Youths (15-17)	Ind. £7	£5	£3
6 Miles Senior (O/17)	Ind. £10	£8	£6
Individual & Team	Team £5	£3	£2

Also Winner's Trophy

First 2 Vets O/40, O/45, O/50

Ind. £4, £2. Team £3, £2

Ages as on 1.9.75. Teams of 4.

All must enter as Ind. on AAA forms.

Fees: Ind. Sen. 20p, others 15p. Team Fees: Senior 50p, others 40p.

Enquiries & Entries to: Parkland Race, Middlesbrough Recreation & Amenities Dept., P.O. Box 69, Zetland House, Zetland Road, Middlesbrough TS1 1EL.

ENTRIES CLOSE TUES., 26th AUGUST

LORD MILLIGAN

The Rt Hon Lord Milligan (William Rankine Milligan), a former Lord Advocate and Solicitor-General for Scotland who died on July 28th at the age of 76, was a distinguished athlete in his youth. He ran the mile for Scotland at the 1920 Triangular International against England and Ireland and the same year was a member of a combined Oxford-Cambridge team which set a world 4 x 880y relay record of 7:50.4 at the Penn Relays in Philadelphia. He clocked 1:58.2 for the third leg, and many years later wrote: "This success was entirely due to the running of Rudd and Stallard. The other two members of the team, one of whom had a sprained ankle (Tatham), deserve congratulations for not dropping the baton, but not for much else". Three years later, as Oxford president, he won the mile against Cambridge. He was president of the Scottish AAA in 1936 and its honorary president from 1959 to 1971.

PADDY CROSBIE

Mr A. N. (Paddy) Crosbie, a life member and honorary vice-president of Edinburgh Southern Harriers, died in Edinburgh Royal Infirmary on July 29th, aged 73. A member of the Scottish AAA general committee from 1947 to 1964 and president of the Scottish Cross-Country Union in 1950/51, he was recently best known as a field events judge at Meadowbank meetings. As an athlete, he won an East District cross-country championship team medal in 1931.

HIGHGATE HARRIERS

(Ladies' Section)

PRESENTS OPEN SPONSORED MEETING

(Under AAA & WAAA Rules)

SUNDAY, 31st AUGUST, 2.30 p.m.

PARLIAMENT HILL, LONDON N.W.5.

Individual Prizes in all events to the value of: Seniors £12, £10, £8; Others £10, £8, £7.

Senior Ladies—100m, 200m, 800m, 3000m, H.J., Shot, Javelin.

Inter. Ladies—100m, 200m, 1500m, L.J., Javelin.

Junior Ladies—75mH, 100m, 200m, 1500m, L.J., Discus.

Senior Men—600m (84sec standard).

Entries to: P. Woolcock, 46 Grove House, Waverley Grove, London N.3. Seniors 25p, Others 20p each event with best performances and S.A.E.

Entries Limited

CLOSING DATE: AUGUST 20th

BRITISH ALL-ROUNDERS OUT OF CUP

Gus McKenzie shows his decathlon potential: 3978 First day

At Barcelona, July 19th/20th

THE scores achieved by the UK decathlon and pentathlon teams in the international match held in Copenhagen three weeks earlier provide a useful yardstick for assessing their performances in the European Cup for Combined Events semi-final in Barcelona. In the pentathlon the same quartette improved their team score by 190 points despite the general tendency towards lower scores on the track due to electrical timing. This time Pat McNab beat Sue Mapstone for the third scoring position—but it was essentially a good solid team effort by four hard-working and reliable athletes. Had the British girls been in either of the other two semi-finals their score would have earned them a place in the final. This year it was not to be, but this must remain their target for the future.

With Mike Bull unable to accept the invitation to replace the injured Nick Phipps, the selectors made the imaginative choice of 20-year-old Gus McKenzie. His last decathlon was three years ago (score: 6471)—but his progress since then and his vast potential are obvious. He made a superb start; best of the day in the 100m, followed by second best in the long jump. Then he showed that where he is weak he is very weak—by placing last in the shot. And so he progressed; best in the jump and 400m (for 3rd place on the first day with 3978 pts)—and pretty unmentionable in the other throws and the vault (for which, to be fair, he had to borrow an unfamiliar pole). As he lined up for the 1500m with 6,359 points to his credit and latched on to the leader, Mike Corden, it looked as though he was going to finish close to the 7,000 milestone and would be our top scorer. Alas, he was struck down with cramp at the half-way mark and his exciting debut as a senior international decathlete ended sadly. There will be happier days ahead, for Gus is now reckoning to concentrate on decathlon—and that's just the shot in the arm our men's team needs. Maybe the conditions had much to do with it (the temperatures topped 30°C on the second day)—but our other three men were pretty consistently below the scores achieved in Copenhagen and finished collectively some 900 points down.

DECATHLON

1, GDR 22,969 pts; 2, France 22,689; 3, Belgium 21,696; 4, Switzerland 21,310; 5, Spain 20,573; 6, UK 20,314; 7, Iceland 19,766.

Individuals: 1, Y. Le Roy (F) 7857; 2, S. Stark (GDR) 7722; 3, S. Schreyer (GDR) 7718; 4, R. Pottel (GDR) 7529; 5, R. Ghesquiere (B) 7511; 6, J-P. Schoebel (F) 7457; 7, P. Andres (Swi) 7438; 8, P. Robin (F) 7375; 9, R. Cano (Spa) 7207; 10, R. Lespagnard (B) 7176; 11, M. Lerouge (F) 7095; 12, F. Herbrand (B) 7009; 13, B. Mangisch (Swi) 6963; 14, E. Sveinsson (I) 6920;

15, P. Morand (Swi) 6909; 16, A. Friedenberg (B) 6886; 17, MIKE CORDEN (UK) 6869 (11.85, 6.14, 11.88, 1.86, 50.83, 16.33, 40.66, 3.60, 61.32, 4:23.49); 18, E. Rodriguez (Spa) 6847; 19, DAVE KIDNER (UK) 6748 (11.68, 7.15, 12.91, 1.92, 54.98, 15.64, 40.08, 4.00, 49.24, 5:21.07); 20, CHRIS YOUNGS (UK) 6697 (11.46, 6.40, 12.83, 1.83, 50.51, 16.19, 36.30, 3.20, 51.80, 4:31.91); 21, S. Hallgrímsson (I) 6660; 22, J. Campos (Spa) 6519; 23, ANGUS McKENZIE (UK) 6359 (10.87, 7.43w, 10.43, 2.04, 49.03, 14.90, 29.62, 3.20, 38.60, retired); 24, H. Johannesson (I) 6186; 25, V. Thorlaksson (I) 5904.

WOMEN'S PENTATHLON

1, GDR 13,558 pts; 2, France 12,735; 3, UK 12,302; 4, Switzerland 12,107; 5, Spain 9,911.

Individuals: 1, B. Pollak (GDR) 4571 (13.61, 16.33, 1.69, 5.88w, 24.59); 2, S. Thon (GDR) 4532 (6.47 LJ); 3, C. Laser (GDR) 4455; 4, C. Debourse (F) 4437 (rec); 5, P. Rampf (GDR) 4292; 6, C. Rega (F) 4282; 7, SUE LONGDEN (UK) 4180 (14.29, 11.45, 1.69, 5.91, 24.90); 8, ANN WILSON (UK) 4120 (14.23, 11.26, 1.74, 6.10w, 26.68); 9, M. Furgine (Swi) 4091; 10, R. Frefel (Swi) 4079; 11, L. Lebeaux (F) 4016; 12, PAT McNAB (UK) 4002 (13.91, 10.33, 1.60, 5.91, 25.63); 13, SUE MAPSTONE (UK) 3951 (14.64, 10.86, 1.60, 5.89, 25.55); 14, A. Weiss (Swi) 3937; 15, C. Cachera (F) 3815; 16, Baumann (Swi) 3755; 17, C. Nogues (Spa) 3367; 18, E. Mesa (Spa) 3274; 19, C. Ribas (Spa) 3270.

BERWYN TIES UK RECORD

Berwyn Price set a new UK all-comers record, and equalled the UK national record, with a 13.6 timing for 110m hurdles in a Pye Gold Cup semi-final at Cwmbran last Sunday. The aiding wind was the maximum permissible of 2.0m/sec. Finalists for the Pye Gold Cup Final are Hillingdon, TVH, Cardiff, Bristol, Edinburgh AC, Sheffield, Wolverhampton & Bilston, and Edinburgh Southern.

STAFFORDSHIRE A.A.A.

Fourth Annual

OPEN ROAD RELAY

(4 x 3 miles)

Incorporating Staffordshire Championships
(Under A.A.A. Laws)

AT GOSPEL OAK STADIUM

TIPTON, WEST MIDLANDS

ON SATURDAY, SEPTEMBER 20th, at 3 pm

Prizes: first team 4 x £5, second team 4 x £4, third team 4 x £3, first 'B' team 4 x £2. Also Individual lap prizes.

Entry Fees: 'A' team £1, 'B' team 75p, others 50p.

Entries to T. C. B. Spencer, 34 Cambridge Drive, Clayton, Newcastle, Staffs. ST5 3DD.

ENTRIES CLOSE SEPTEMBER 6th.

League Events

WELSH LEAGUE

(Division 1 & 2)

At Swansea, July 6th

CARMARTHEN HARRIERS, winners of the previous two fixtures, once again easily put paid to the opposition in the third of this season's Welsh League Division One matches at Swansea on July 6th. They are now virtually in an unassailable position at the head of the table and barring a catastrophe look set to retain their title.

Newport's Peter Keeling was the outstanding performer clocking personal bests and Welsh League record times of 10.5 and 21.4 in taking the 100 'B' and 200 'A' races. Keeling, who the previous week had won the Welsh 200m title, is perhaps rather fortunate to be credited with such speedy times; but times that may have to be taken as doubtful, bearing in mind his third place the following weekend in the 100m in 11.7, behind Cardiff's Paul Evans who was timed at 11.4. Keeling's more illustrious team-mate at Newport—Gareth Edwards—took the 100 'A' event in 11.0.

Clive Williams

Division 1

Carmarthen 316; Swansea 'B' 272; Newport 242; Cardiff 'B' 181; Rhondda 132; Cwmbran 121; Bridgend YMCA 107.

100: 1, G. Edwards (New) 11.0; 2, S. Perks (Carm) 11.2. (B): 1, P. Keeling (New) 10.5; 2, M. Owen (Carm) 10.6. 200: 1, Keeling 21.4; 2, Perks 22.8. (B): Owen 22.6. 3000SC: B. Griffiths (Card) 9:31.0. 110H: 1, R. Rees (Carm) 15.0; 2, C. Davies (New) 16.0. (B): N. Lloyd (Carm) 16.0. HJ: C. Berry (gst) 1.88/6'2". SP: S. Norris (New) 13.26/43'6". 4 x 100: Carmarthen 44.5.

Division 2

Aberdare Valley 442; Cleddau 430; Gilwern 356; Abertillery 326; Barry 224; Aberystwyth 166; Newport 'B' 28.

100: C. Hillman (Gil) 11.2. (B): J. Roberts (Cled) 11.0. 200: Hillman 22.1. 3000SC: P. Woods (Aber) 9:41.0.

SCOTTISH ATHLETICS LEAGUE

At Meadowbank, July 12th

Division 1

Edinburgh Southern 334; Shettleston 334; EAC 323; Victoria Park 288; Pitreavie 267; Bellahouston 230; Cupar 220; Perth Strathgait 171.

100: 1, S. Brodie (EAC) 10.5; 2, A. Harley (Pit) 10.6 (Eur Jnr qual); 3, B. Dickson (ESH) 10.8; 4, G. Malcolm (Perth S) 10.9; 5, H. Robertson (Cup) 11.0. 200: 1, Harley 21.6 (Eur Jnr qual); 2, Dickson 21.8; 3, Robertson 22.1; 4, Malcolm 22.1; 5, A. McMaster (EAC) 22.4. (B): A. Wells (ESH) 22.2. 400: (B): P. Forbes (EAC) 50.2. 800: R. McCrone (Bell) 1:55.2. 1500:

D. Knowles (EAC) 3:56.0. 5000: G. Bryan-Jones (ESH) 14:35.8. 3000SC: 1, J. Kerr (EAC) 9:14.0; 2, J. Burns (Shett) 9:20.2; 3, I. Elliott (ESH) 9:35.0; 4, J. Russell (Bell) 9:37.4. (B): R. Morris (EAC) 9:34.4. 110H: 1, C. Luxon (EAC) 15.4; 2, D. Findlay (Pit) 15.7. 400H: 1, R. Caldwell (EAC) 56.7; 2, P. McEwan (Perth S) 56.8. HJ: 1, R. Fullelove (Vic P) 2.03/6'8"; 2, R. Rother (EAC) 1.90/6'2"; 3, R. Walker (Shett) 1.85/6'0". PV: 1, J. Johnstone (Cup) 4.01/13'2"; 2, R. Williamson (EAC) 3.81/12'6"; 3, R. Sinclair (ESH) 3.81. (B): S. Bainbridge (EAC) 3.60/11'10". LJ: C. Watson (Vic P) 6.85/22'5". SP: P. Buxton (ESH) 14.11/46'3". DT: 1, Buxton 47.40/155'6"; 2, Watson 44.60/153'6". HT: 1, T. Campbell (Bell) 57.76/189'6"; 2, Buxton 56.40/185'0". (B): Togher (ESH) 44.16/144'10". JT: D. Birkmyre (Vic P) 62.88/206'3". 4 x 100: Pitreavie 43.5. 4 x 400: EAC 3:23.6.

Division 2

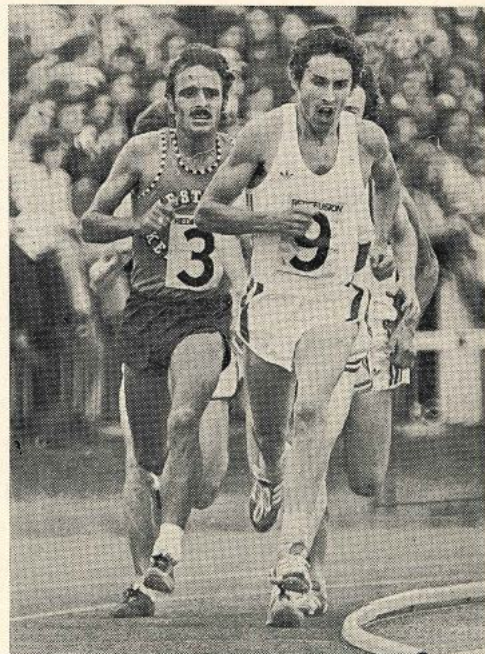
East Kilbride 258; Garscube 200; Aberdeen 211; Dumbarton 194; Springburn 172; Ayrshire 137; Central Region 57; Paisley 17.

MIDLAND LEAGUE

(Division 1)

At Bristol, July 5th

Cannock 141; Bristol 139; Westbury 102;



Ian Stewart, seen here leading from Chris Ridler in the Gateshead Games 3000, was run down and suffering from gastric 'flu' when he competed in the AAA Championships. He has been ordered by his doctor to rest for a month.

Mark Shearman

HURRY BEFORE YOU ARE HIT...

Another big drop in the value of the pound sterling will very soon finally be passed on to you. There is only one way to avoid being hit . . . BUY NOW. Telephone your order to GRAHAM TUCK, and he will let you know what is in stock and reserve it for you.

ADIDAS SL 72: THE training shoe, blue nylon upper, great comfort, roll heel, arch support, 5-5½ £10.50, 6-12 £11.50.

ADIDAS COUNTRY: Extra support and protection, white leather upper, green trim, 6-12 £9.50. Perfect for road and park land.

ADIDAS GAZELLE: THE shoe for the high mileage man because the thick spongy sole absorbs punishment and prevents tendon jarring. Blue suede upper, 4-5½ £9.75, 6-12 £10.50.

ADIDAS MARATHON: 8-8½ £14.05.

PUMA IMPALA: Orange with black trim and flash. Lightweight nylon road racer, built-up heel, 6-12 £9.95 (new price £11.25).

GOLA LYNX: Red/white trim, Yellow/black trim, 3, 4, 5 £5.85, 6-11 £6.75 (no half sizes—send outline).

TIGER CORTEZ (Seconds): Leather upper, thick shock absorbing sole, 6, 7½-12 (no 8½ or 9) £7.95 (new price £13.50).

SPIKES

GOLA FIREBRAND: Soft brown kangaroo uppers, black trim. Heel well cushioned, 5½-12 £9.50.

GOLA MONTREAL: Black/fluorescent red trim, very light, 8½-11½ £6.75.

ADIDAS INTERVAL: Training/racing spike with heel wedge for extra support. Soft white leather upper, green trim, 7, 7½, 9-11, 12 £13.50. Other sizes £14.50.

ADIDAS AVANTI: White leather upper, green trim, ideal for training or the country, 4½-5½ £5.95, 6-7½, 8, 9½, 10, 10½ £6.00 (other sizes £6.50).

ADIDAS RACER: THE TOP! 8, 8½, 9½, 10 £19.50.

ADIDAS FLOP: High Jump shoe, size 10 right £11.50.

GET READY FOR THE COUNTRY

COMPASS ROSE: Why carry the water and the mud? Super light. Standard: 34-39 (cont. sizes) £6.40, 40-48 £6.90. Wedge heel: 34-39 £6.90, 40-48 £7.40.

HOODED SWEATER TOPS: Millington—yellow, sky, red, white, tangerine. S, M, L, Ex. L £4.99.

ADIDAS SWEAT TOPS: Round neck, red, sky, yellow, 5'4"-6'1" (S, M, L, Ex. L) £4.99.

Good range of track suits, waterproofs, books etc. etc. Send s.a.e. for full list.

Cheques etc. payable to 'The Sweat Shop'.

POSTAGE: please add 25p per shoes and suits, 10p vests and shorts.

THE SWEAT SHOP

76 BROAD STREET

TEDDINGTON, MIDDLESEX

TW11 8QT Tel: 01-943 0636

Run by Runners for Runners

Leicester 101; Birchfield 76; Wolverhampton & Bilston 70.

1500: 1, Callan (Leic) 3:49.1; 2, Downes (Cann) 3:50.8. (B): Knowles (Leic) 3:54.0. 3000SC: 1, Kenney (Leic) 9:20.4; 2, Rutter (West) 9:30.4. 400H: Roberts (Bris) 55.3. HJ: Hills (Leic) 1.94/6'4¼". (B): Wright (Leic) 1.94. PV: Homer (W&B) 4.00/13'1½". JT: Morton (Cann) 58.46/191'9". 4 x 100: Bristol 44.2. Medley: 1, Cannock 3:35.2; 2, Leicester 3:38.6; 3, Bristol 3:39.8. (Youths) 1500SC: Matthews (West) 4:30.6. PV: Scott (Cann) 3.40/11'1¼".

(Division 2)

At Warley, July 5th

Sparkhill 151; Tipton 140; Leamington 104; Stoke 85; Coventry 84; Solihull 80.

100: D. Henry (Spark-J) 11.0. (B): E. Merchant (Spark-J) 11.0. 200: 1, Henry 22.6; 2, R. Galloway (Cov-Y) 22.7. 400: 1, K. O'Meally (Tip-J) 49.9; 2, L. Barnett (Leam) 50.4. 1500: S. Emson (Tip-J) 3:52.5. 3000SC: A. Holden (Tip) 8:56.4. (B): P. Griffiths (Tip) 8:56.4. PV: C. Hands (Spark) 3.40/11'1¼". TJ: T. Wall (Leam) 13.76/45'1¼". 4 x 100/4 x 400: Sparkhill-Jnrs 44.0/3:38.7. (Youths) 100: 1, R. Galloway (Cov) 11.2; 2, E. Dennis (Spark-B) 11.4. 1500SC: S. Harris (Tip) 4:43.4.

(Division 6)

At Worcester, July 5th

Worcester 135; Hereford 104; Dursley 79; Holesowen 74; Davenport 68.

100: N. Schoolcraft (Worc) 11.0. HT: T. Hill (Worc) 42.52/139'6".

NORTHERN LEAGUE

(Division 6)

At Hull, June 15th

Sale 'C' 251; Bury 218; City of Hull 217; Rotherham 216; Gosforth 197; Chester 94.

100: K. May (Roth) 11.1. (B): B. Parsons (Roth) 11.0.

SOUTHERN LEAGUE

At Windsor, June 21st

HT: R. Blackwell (Has) 41.40/135'10".

At Haslemere, July 5th

110H: M. Morgan (Has) 15.8. HT: R. Blackwell (Has) 43.52/142'9".

NORTH GLOUCESTERSHIRE LEAGUE

At Cheltenham, June 24th

Gloucester 175; Cheltenham 130; Hereford 44; St Paul's 20.

400: R. Clarke (Chelt-J) 50.3. (Senior Women): Gloucester 104; Cheltenham 92; Hereford 12. 1500: K. Lock (Here-I) 4:49.3. SP: S. Spragg (Chelt) 11.33/37'2¼".

At Black Bridge, July 1st

Gloucester 188; Cheltenham 136; St Paul's 73.

100 (B): R. Clarke (Chelt) 11.2. HT: R. Howkins (Glos) 43.32/142'1". (Senior Women): Gloucester 102; Cheltenham 98. DT: S. Spragg (Chelt) 32.98/108'2".

WALKING**THE OLD CAMPAIGNER RETURNS IN TRIUMPH**

BRINGING back memories of his palmy days in the sixties and early seventies when he won championships galore, Paul Nihill regained the AAA 3000m championship at Crystal Palace on August 2nd—a title he last won in 1971. The early stages of the race were dramatic as Roger Mills blazed ahead after 100m, and passed 400 (1:33) well clear only to find he had been disqualified a lap earlier when he made his break. Hard lines for the man who had won this race three successive times but he took it in good part and was the first man to congratulate the winner at the finish.

Seizing his opportunity, Nihill took the lead from Peter Marlow and gradually edged away with kilometre splits of 4:08.4 and 4:12.6. However, on the fifth lap one could see Nihill's legs stiffen and he almost plodded a 1:49 lap as Marlow cut the gap drastically. With the crowd really appreciating the old campaigner's comeback effort, the 'Guv'nor' dug deep, picked up the pace and with a spirited last 200 came home in triumph. Marlow, immaculate as ever, won another style prize, while Amos Seddon moved very well for third, taking over that position when Alan Smallwood was disqualified in the middle stages. Alan Buchanan, up with the leaders early on, was an isolated fourth while the remainder of the eleven finishers all enjoyed the plaudits of the crowd on this sun-baked day which naturally affected the times.

Roger Mills laps field in Ilford One Hour, July 30th. The high temperature and dusty track at Ilford made the going hard for the large field of 42. Local favourite Roger Mills led throughout and very nearly completed 33 circuits, lapping second placed Amos Seddon in the closing seconds of the race in another superb display of speed walking. Both Seddon and Bob Dobson had very satisfactory races and were close to eight miles, while Steve Gower was over a lap ahead of his nearest challenger for fourth. Don Cox had an unhappy race for, after being up with the leaders in the early stages, he blew up



Paul Nihill—national champion again.

Ed Lacey

spectacularly to finish well down the field. However, the previous evening he had pipped Dobson over 3km with both well inside 13min. 1, R. Mills (Ilf) 13,189m; 2, A. Seddon (Enf) 12,783m; 3, R. Dobson (S'end) 12,626m, 4, S. Gower (Ilf) 12,518m; 5, L. Mockett (Ilf) 12,117m.

Paul Nihill fades in Kent League 5km, at Charlton Park, July 24th. On a scorching day, the former European champion blazed through 1600m in 6:41 but then fell apart and struggled through the remaining distance at 2min-plus laps! 1, P. Nihill (Medway) 23:52.6; 2, S. Holliday (Med) 26:14.2; 3, D. Townsend (Inv) 26:52.6.

Civil Service 1-2 in Sefton Branker Trophy 3000m, at West London, July 23rd. 1, R. Dobson (CS/S'end) 13:21.4; 2, P. Selby (CS/Surrey) 13:35.4; 3, P. Etches (RAF/Sheff U) 13:37.0; 4, G. Robinson (Mx/Enf) 14:08.4; 5, A. Challis (RAF/Trow-Vet) 14:13.4; 6, G. Hussey (RAF) 14:55.6.

Tony Taylor wins Lincoln City Open 10km, at RAF Cranwell, July 27th. The event, excellently organised by George Towers, just appointed as a Grade 1 Judge, was held in hot and humid conditions with the start and finish on the RAF College track and the remainder of the course out and back through Cranwell village. John Eddershaw was the early leader but was soon joined by Tony Taylor and Phil Etches, with Taylor proceeding to draw away. On the return journey,

NOTTS '10'

(Under A.A.A. Laws)

Incorporating Notts A.A.A. Championships

SUNDAY, 7th SEPTEMBER, at 12 Noon

**From Harvey Hadden Stadium,
Billborough, Nottingham**

Prizes: £10, £6, £4, £3, £2, £1 plus Vet. O/40.
Teams: 4 at £3, 4 at £2, 4 at £1.

Entries: 20p plus 20p per team, to John Burney, 17 Barratt Lane, Attenborough, Nottingham. (222460).

... by 30th August please

Etches dropped Eddershaw, only to be caught by Ron Wallwork. In a close battle it was Etches who took second on the closing track lap. 1, A. Taylor (Leigh) 47:35; 2, P. Etches (Sheff) 48:30; 3, R. Wallwork (BRWC) 48:42; 4, J. Eddershaw (Sheff) 48:59; 5, M. Greasley (Sheff) 51:39; 6, A. Malone (Lancs) 51:51; 7, I. Smith (Sheff) 52:03; 8, P. Markham (Leic) 52:17; 9, J. Toehill (Yorks) 52:22; 10, J. Heywood (Leic) 52:25. 30 finished. Vet: Eddershaw. Teams: 1, Sheffield 10; 2, Leicester 37; 3, Sheffield 'B' 47.

Ted Ardley wins Raymond Justin 7 Miles at Eastbourne, July 13th. After his fine performance in both the Southern 3 and 50km Championships, Ted Ardley put in a sterling effort to beat in-form Dave Stevens, in sultry conditions. Grenville Biddulph finished a close-up third on this three lap circuit with the start and finish on the track. Graham Morris, suffering from leg trouble, had a below-par race. 1, A. Ardley (Ton) 53:40.2; 2, D. Stevens (Strey) 54:13.0; 3, G. Biddulph (B&H) 54:28.4; 4, C. Jacquot (France) 55:51.6; 5, G. Morris (Stey-J) 56:51.8; 6, D. Boxhall (B&H-V) 57:54.4; 7, M. Oliver (BoE) 59:22.4; 8, W. Sutherland (High) 60:32.6; 9, A. Harman (Stey-Y) 61:04.6; 10, B. Saunders (B&H-V) 62:34.0.

Southern Vets 3km Champs at Parliament Hill, July 13th. (40/44): A. Challis (Trow) 14:23.6. (45/49): R. Davies (W Gn) 16:31.6. (50/54): R. Mc Mullen (Bel-54) 15:00.4. (55/59): F. Nickolls (Sy) 17:00.2. (60+): A. Roberts (High-73) 17:29.4.

Highgate H Open 3km at Parliament Hill, July 17th. 1, W. Sutherland (High) 14:45.4 (400-1:37/800-3:26); 2, C. Weston (High) 14:55.8.

London Postal Region 3km Champs at Finsbury Park, June 22nd. 1, S. Barton (Newn) 15:05; 2, D. Vale (Sy-V) 15:41.

Choo Beng wins Asian Games 20km at Seoul, South Korea, June 12th. Obviously benefitting from his three months training and racing in Britain during the spring, Malaysian champion Choo Beng was an easy winner from Baldan Singh, who has recorded numerous respectable marks his homeland over recent years. 1, C. Beng (Malaysia) 1:40:32.0; 2, B. Singh (India) 1:44:17.0; 3, H. Sakamiji (Jap) 1:45:25.6.

Kannenberg and Weidner in excellent form on track and road. The Munich Olympic champion won his National 50km title in an outstanding 4:01:33 with world track record holder, Gerhard Weidner, not far behind with a 4:03:00 while Heinrich Schubert just got inside 4:20. A couple of weeks later the West German duo were at Durham, NC, for the match against the USA. The torrid conditions kept times down to the moderate but Kannenberg won comfortably with John Knifton putting in a notable performance to gain second in front of Weidner.

Strong entry for British Industries 10km. Being held at the Vauxhall Motors Sports Ground on August 16th, the entry includes Roger

Mills, Ted Ardley, Les Dick and holder Eric Crompton.

West Country events. The South Western Counties 5km track championship will be held at King Park, Bournemouth, on August 30th (3.15), with the Dorset & Wilts Champs held in conjunction. A 30 minutes track walk will be held at Weymouth on September 20th (3.15). Entries for both events to Harry Callow.

Colin Young South Western 10,000m Championship, at Weymouth, July 27th. Although Carl Lawton, making a brief visit to the county of his birth, was first man home in the Open race, Stuart Maidment took the South Western Counties title with Charley Fogg finishing not far behind. A larger entry was seen for a South Western Championship than for some time and a welcome feature was the fact that eight finished in the Devon Championship including three who made the long journey from Plymouth. Judy Farr won the Women's 2000m while her clubmate K. Miles took the Junior Women's 2000m which attracted a field of four, a promising start for the development of walking for the ladies in this area. **10,000:** 1, S. Maidment (Yeovil) 49:10.8; 2, C. Fogg (Enf) 49:50.4; 3, T. Challis (Trow) 51:35; 4, E. Shillabeer (City of Ply) 52:58; 5, C. Maddocks (Yeo) 53:10; 6, K. Batten (Trow) 54:21; 7, J. Turner (Trow) 55:15; 8, H. Dike (Trow) 55:41; 9, A. Bainborough (Ex) 55:55. Teams: 1, Trowbridge 13; 2, Yeovil 19. Devon Champ: 1, Fogg; 2, Shillabeer; 3, Maddocks. Wiltshire Champ: 1, Challis; 2, Batten; 3, Turner. Dorset Champ: 1, Dike; 2, R. Jones (Wey SPH) 56:23; 3, J. M. Cartwright (Trow) 56:54. **Open Race:** 1, C. Lawton (Bel) 48:40.4; 2, W. Wright (S'ton & E) 52:15; 3, F. J. Turner (B&H) 52:27. **Senior Women's 2000m:** 1, J. Farr (Trow) 10:09; 2, C. Lane (Yeo) 12:55. **Junior Women's 2000m:** 1, K. Miles (Trow) 11:43; 2, E. Jones (Wey) 11:49; 3, J. Copp (Wey) 12:15.

John Powell

SOUTHERN WOMEN'S LEAGUE

Would secretaries of the host clubs in Southern Women's League fixtures please send their team scores and any outstanding marks to us for publication.

MANCHESTER & DISTRICT H. & A.C.

4 x 3 1/4 MILES ROAD RELAY

(Under A.A.A. Laws)

SATURDAY, SEPTEMBER 6th at 2.30 p.m.

LITTLETON ROAD, KERSAL, SALFORD

Prizes: £5, £3, £2. Teams and fastest laps. £1.50 for first 'B' Team.

Entry Fees: 50p for 'A' Team, 25p subsequent teams.

Entries to G. Lawson, 29 Hylton Drive, Cheadle Hulme, Cheadle, Cheshire. SK8 7DH.

ENTRIES CLOSE SEPTEMBER 1st

PERSONAL BEST VAULT BY ALLAN WILLIAMS

HIGHSPOT of the Sefton Branker Trophy at West London on July 23rd was the pole vault where Allan Williams added a centimetre to his best when clearing 4.92/16'13" on his second attempt, a height ever exceeded only by two British athletes—Mike Bull and Brian Hooper. Jeff Fenge also showed the best form of his ten year career among Britain's top vaulters by clearing 4.75/5'7" on his third attempt. The vaulters had a strong following wind but the evening had turned cold by the time the competition ended. Mike Butterfield had three attempts at a new UK record of 2.15/7'0½" after winning the high jump at 1.98/6'6".

Peter Matthews

100: 1, D. Halliday (RAF) 11.0; 2, H. Griffiths (CS) 11.0. 200: Halliday 22.6. 400: 1, A. Williams (RAF) 48.9; 2, L. Walters (Mx) 49.2; 3, D. King (CS) 49.5. 800: J. Douglas (Mx) 1:53.0. 1500: 1, J. Goater (RAF) 3:55.0; 2, J. Odlin (Mx) 3:55.6; 3, A. Pretty (Mx) 3:56.5. 3000: 1, J. Wild (RAF) 8:13.0; 2, R. Holt (CS) 8:21.8; 3, C. Moxsom (CS) 8:24.8. 2000SC: 1, N. Saunders (Mx) 5:50.0; 2, J. Evans (CS) 5:50.6; 3, R. Samuel (Shaft-gst) 5:55.4; 4, W. Nichols (RAF) 5:56.8; 5, D. Evans (CS) 6:00.8. 110H: 1, M. Butterfield (RAF) 15.3; 2, K. Purves (Mx) 15.3. 400H: 1, Lancey (CS) 53.8;



ALLAN WILLIAMS

Ed Lacey

SUTTON-IN-ASHFIELD H. & A.C.

present

2nd "ROUND THE RES" RELAY RACES

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

ON SUNDAY, SEPTEMBER 28th, at 2 p.m.

Ladies Race—3 x 1 lap (1 lap girl 13/14 yrs, 1 lap 15/16 yrs, 1 lap over 17 yrs).

Holders: City of Stoke A.C.

Boys/Youths Race—4 x 1 lap (1 lap Colt, 2 laps Boys, 1 lap Youths).

Holders: Derby & County A.C.

Senior Race—4 x 2 laps each.

Holders: Holbeach A.C.

One lap approx. 1.7 miles Road and Paths
NOT suitable for spikes

Challenge Trophy for each race, plus first three teams and first 'B' team in each race. Fastest Individual lap prizes, including Veteran.

Entry Fees: Ladies 50p per team, Youths 60p, Senior 80p, payable to Sutton Harriers.

Entries to Mr R. Fox, 34 Chestnut Avenue, Kirkby-in-Ashfield. NG17 8BB.

Race is approx. 4 miles from M1 on traffic free roads.

CLOSING DATE MONDAY, SEPT. 15th

2, S. Hinchcliffe (Mx) 55.3; 3, R. Norris (CS) 56.7; 4, Jousiffe 57.2. HJ: 1, Butterfield 1.98/6'6"; 2, C. Brambley (CS) 1.90/6'2¼"; 3, D. Thompson (Mx) 1.90. PV: 1, A. Williams (CS) 4.92/16'13"; 2, J. Fenge (HW-gst) 4.75/15'7"; 3, P. Goulding (Mx) 4.30/14'1¼"; 4, B. Drayton (CS) 4.16/13'7¼"; 5, S. Scott (RAF) 3.65/11'11¼". 6, S. N'Jie (RAF) 3.50/11'5¼". LJ: 1, P. Gazette (RAF) 7.13/23'4¼"; 2, D. Cole (Mx) 6.96/22'10". TJ: 1, F. Attoh (Mx) 14.35/47'1"; 2, M. Effiong (Mx) 13.70/44'11¼". SP: 1, R. Kennedy (CS) 15.22/49'11¼"; 2, B. Lynn (Mx) 13.64/44'9"; 3, B. Dumas (RAF) 13.25/43'5¼". DT: 1, Lynn 45.84/150'5"; 2, D. Jeffrey (RAF) 43.48/142'8"; 3, I. Strutt (Mx) 43.22/141'9"; 4, C. Melluish (CS) 40.78/133'9"; 5, J. Weightman (CS) 40.32/132'3". HT: 1, Melluish 58.52/192'0"; 2, M. Mileham (Mx) 53.84/176'8"; 3, E. Johnston (RAF) 50.58/165'11"; 4, A. Slaney (RAF) 50.46/165'7"; 5, M. Mason (Mx) 49.44/162'2". JT: 1, D. Travis (Gst) 74.00/242'9"; 2, R. Silvester (Mx) 71.16/233'5"; 3, R. Mawson (RAF) 63.22/207'5"; 4, P. Stewart (RAF) 61.58/202'0"; 5, E. Devido (Mx) 60.98/200'1". 4 x 100: 1, Middlesex 41.8; 2, RAF 43.2; 3, Civil Service 43.8. 3000W: 1, R. Dobson (CS) 13:21.4; 2, P. Selby (CS) 13:35.4; 3, P. Etches (RAF) 13:37.0. (Juniors) Middlesex 3000m Champs: G. McCallum (Barn) 8:40.8. **Final team positions:** (Inc Cross-Country) 1, Middlesex 169; 2, Civil Service 168½; 3, RAF 142.

MCAAA 156 v BUSF

136 v RAF 116

At Aldersley, July 9th

100 (+ 2.6): 1, R. Kennedy (M) 10.6; 2, T. Bonsor (M) 10.7; 3, D. Halliday (RAF) 10.8; 4, P. Evans (BUSF) 10.9. **200:** 1, G. Wood (BUSF) 22.4; 2, J. Aukett (M) 22.4. **400:** 1, R. Dupont (M) 49.0; 2, M. Delaney (RAF) 49.0; 3, J. Moseley (BUSF) 49.7; 4, K. O'Meally (M) 49.9. **800:** 1, J. Chivers (M) 1:52.3; 2, J. Goodacre (M) 1:53.6; 3, A. Dyke (BUSF) 1:54.2; 4, G. Whittleston (BUSF) 1:54.7. **1500:** 1, I. Gilmour (BUSF) 3:50.0; 2, H. Elliott (M) 3:53.0; 3, G. Morgan (BUSF) 3:54.0; 4, J. Wild (RAF) 3:55.5; 5, J. Eley (M) 3:56.8. **3000:** 1, L. Spence (BUSF) 8:16.0; 2, S. Hollings (gst) 8:20.0; 3, J. Wheway (M) 8:27.6; 4, M. Deegan (BUSF) 8:28.6. **2000SC:** 1, S. Baker (M) 5:57.0; 2, W. Nicholl (RAF) 5:57.6; 3, W. Fothergill (BUSF) 6:00.8; 4, K. Daykin (RAF) 6:04.6. **110H:** 1, C. J. Kirkpatrick (BUSF) 14.6; 2, R. Danville (M) 14.7; 3, M. Butterfield (RAF) 14.7; 4, P. Kelly (M) 14.9. **400H:** 1, Kelly 52.5; 2, D. West (BUSF) 53.5; 3, C. Wells (M) 54.2; 4, M. Whittingham (BUSF) 55.1; 5, M. Smith (RAF) 55.4. **HJ:** 1, Butterfield 2.05/6'8½"; 2, C. Boreham (BUSF) 2.05; 3, M. Palmer (M) 1.95/6'4¼"; 4, A. Brewster (M) 1.95; 5, Harris (RAF) 1.90/6'2¼"; 6, G. Pazdzierski (BUSF) 1.85/6'0¼". **PV:** 1, R. Goodall (M) 4.20/13'9¼"; 2, K. Homer (M) 4.00/13'1½"; 3, P. Edwards (BUSF) 3.60/11'9¾"; 4, J. Scott (RAF) 3.60. **LJ:** 1, W. Kirkpatrick (BUSF) 7.17/23'6¼"; 2, M. Byers (M) 7.05/23'1¼"; 3, P. Sperrin (M) 6.93/22'9"; 4, Hughes (RAF) 6.92/22'8¼"; 5, R. Turkington (BUSF) 6.68/21'11". **TJ:** 1, R. Brown (BUSF) 14.51/47'7¼"; 2, T. Moore (BUSF) 13.98/45'10¼"; 3, C. Curtis (RAF) 13.78/45'2¾". **SP:** 1, R. Dumas (RAF) 13.48/44'2¾"; 2, G. Wilson (RAF) 13.25/43'5¼"; 3, M. Lockley (BUSF) 13.22/43'4¼". **DT:** D. Jeffrey (RAF) 43.52/142'9". **HT:** 1, H. Payne (M) 61.90/203'1"; 2, B. Fraser (RAF) 59.64/195'8"; 3, K. Johnston (RAF) 52.66/172'9"; 4, M. Emens (M) 47.76/156'8"; 5, C. Preston (BUSF) 43.42/142'5"; 6, J. Chrichton (BUSF) 42.76/140'3". **JT:** 1, P. Stewart (RAF) 62.92/206'5"; 2, R. Mawson (RAF) 61.52/201'10"; 3, G. Young (M) 57.64/189'1". **4 x 100:** 1, MCAAA 42.2; 2, BUSF 42.4; 3, RAF 42.6. **4 x 400:** 1, MCAAA 3:18.2; 2, BUSF 3:18.8; 3, RAF 3:19.3.

Women

BUSF 79 v WRAF 38. 100: L. McCurry (BUSF) 12.3. 200: 1, McCurry 25.0; 2, T. Colebrook (WRAF) 25.3. 400: 1, J. Honick (BUSF) 58.2; 2, S. Reed (BUSF) 58.9. 800: 1, C. Tranter (BUSF) 2:12.4; 2, J. Dawson (BUSF) 2:14.3. **HJ:** 1, D. Brown (BUSF) 1.55/5'1"; 2, Colebrook 1.55. **LJ:** 1, G. Bruce (BUSF) 5.77/18'11"; 2, C. Timas (BUSF) 5.60/18'4½". **SP:** 1, N. Njoku (BUSF) 12.37/40'7"; 2, M. Willey (BUSF) 11.52/37'9½"; 3, R. Wilkinson (WRAF) 10.37/34'0¼". **DT:** 1, Njoku 39.70/130'3"; 2, S. Biggen (WRAF) 35.38/116'1"; 3, Wilkinson 33.84/11'0". **JT:** 1, J. Elliott (WRAF) 37.62/123'5"; 2, Njoku 36.48/119'8". **4 x 100:** BUSF 49.5.

INTER-SERVICES CHAMPIONSHIPS

At Portsmouth, July 16th

RAF 148; Army 146; Royal Navy 100.

100: 1, G. Vince (RAF) 10.9; 2, S. Hall (A) 10.9; 3, D. Halliday (RAF) 10.9; 4, L. Shaw (A) 11.0. **200:** 1, Hall 21.7; 2, Halliday 22.1; 3, C. Van Rees (A) 22.4. **400:** 1, Van Rees 48.9; 2, M. Delaney (RAF) 49.7. **800:** 1, G. Grant (A) 1:52.3; 2, J. Turvey (A) 1:53.7. **3000SC:** 1, J. Wild (RAF) 9:06.6; 2, D. Frith (RAF) 9:13.4; 3, T. Davies (A) 9:22.6; 4, E. Turner (A) 9:28.4. **110H:** 1, A. Cronin (RN) 14.4; 2, M. Butterfield (RAF) 14.7; 3, M. Morgan (A) 15.3; 4, I. Haladane (A) 15.7; 5, G. Walker (RAF) 15.9. **400H:** 1, Walker 55.6; 2, H. Smith (RAF) 55.8; 3, W. Taylor (A) 56.5; 4, H. Hellier (RN) 57.0; 5, T. Lewis (RN) 57.1. **HJ:** 1, Butterfield 2.03/6'8" (attempted 2.15/7'0¼"); 2, F. Antolik (A) 1.93/6'4"; 3, J. Hutchinson (A) 1.93; 4, G. Hughes (RAF) 1.90/6'2¾"; 5, E. Fitzgerald (RN) 1.85/6'0¼". **PV:** 1, P. Cribb (A) 4.00/13'1½"; 2, E. Fitzgerald (RN) 3.90/12'9¼"; 3, J. Scott (RAF) 3.80/12'5½"; 4, G. Morris (A) 3.70/12'1½"; 5, N. N'jie (RAF) 3.70. **LJ:** 1, P. Grazette (RAF) 7.20/23'7½"; 2, L. Delooze (RN) 7.07/23'2½"; 3, D. Rose (A) 7.04/23'1½". **TJ:** 1, Delooze 14.76/48'5¼"; 2, E. Thompson (RAF) 14.66/48'1¼"; 3, C. Curtis (RAF) 14.12/46'4"; 4, E. Macavley (RN) 13.91/45'7¾". **SP:** 1, T. Kelland (RN) 15.60/51'2¼"; 2, E. Palsey (RAF) 15.15/49'8¼"; 3, E. Ricketts (A) 14.66/48'1¼"; 4, G. Wilson (RAF) 13.66/44'9¼"; 5, T. Walhen (RN) 13.62/44'8¼"; 6, M. Byam (A) 13.38/43'10¼". **DT:** 1, Kelland

FARNWORTH & DISTRICT A.C.

present

KEARSLEY CRICKET CLUB CENTENARY 7 MILE ROAD RACE

(Under A.A.A. Laws)

ON SUNDAY, SEPTEMBER 7th

At 11 a.m.

SPONSORED BY WATNEY MANN

Prizes: First £40 plus Trophy and Replica, second £15, third £10, fourth £5. Vets O/40, O/50, O/60, O/70 £10 each. First U/19, U/20, U/21 £10 each. First local runner £10 (Sponsor F & J Peacock). First team 4 x £4, second 4 x £3, third 4 x £2.

Entry Fees: Individual 25p, Team 50p.

Entries to Mr W. Jackson, 21 Mossfield Road, Kearsley, Bolton, BL4 8LN. Tel: Farnworth 78760.

Some Overnight Accommodation Available

CLOSING DATE AUGUST 25th

BRITISH JUNIORS HIGHLY RANKED

FIVE British athletes rank among the top three in their events prior to the European Junior Championships in Athens from August 22nd to 24th:—Mike Morris (5:35.6 2000SC), Aston Moore (16.24/53'3½" & windy 16.31/53'6½" TJ), Wendy Clarke (11.54 100), Lesley Kiernan (2:03.7 800) and Mike Deegan (14:05.6 5000).

Previous European Junior champions from Britain have been Pete Beaven (400), Berwyn Price (110H) and Helen Golden (200) in 1970; Steve Ovett (800) and Sonia Lannaman (100) in 1973.

FORM-GUIDE

Compiled by Gustav Schwenk ("Leichtathletik")

Leading marks in 1975 by athletes eligible for Athens (men born 1956 or later, women born 1957 or later):—

100: 10.37 Ray (GDR), 10.43 Bastians (WG), 10.46 Amoureux (Fra), Hand times—10.2 Ray, 10.3 Schipanski (GDR), Carbonell (Spa), Arnau (Spa). **200:** 21.04 Ray, 21.16 Machabey (Fra) 21.18 Bastians. Hand times—20.8 Ray, 20.9 Arnau. **400:** 46.6 Galant (Pol), 47.08 Schmidt (WG), 47.12 Liaster (Fra) . . . 7th, 47.3 BRIAN JONES; 8th, 47.43 PETER HOFFMANN. **800:** 1:47.8 Nilsson (Swe), 1:49.1 Aschwanden (Swi), 1:49.3 Kormeling (Neth) . . . 8th, 1:50.1 MALCOLM EDWARDS; 9th, 1:50.3 CHRIS VAN REES. **1500:** 3:44.5 Paunonen (Fin), 3:44.7 Forster (GDR), 3:45.1 Saksvisk (Nor). **3000:** 8:04.2 Agelstien (Bel), 8:06.6 Krysiak (Pol), 8:07.0 Geens (Bel) . . . 7th, 8:13.0 RICHARD GREEN, 10th, 8:14.8 SEBASTIAN COE. **5000:** 14:00.8 Gonzales (Spa), 14:04.6 Treacey (RoI), 14:05.6 MIKE DEEGAN, 14:10.2 Muscardini (Ita). **2000SC:** 5:35.6 MIKE MORRIS, 5:36.8 Bartke

INTER-SERVICES contd.

50.80/166'8"; 2, T. Ratcliffe (A) 48.86/160'4"; 3, D. Maloney (A) 48.40/158'9"; 4, Walhen 43.08/141'4"; 5, D. Jeffrey (RAF) 42.34/138'11"; 6, E. Palsey (RAF) 41.08/134'9". **HT:** 1, B. Fraser (RAF) 51.62/169'4"; 2, Kelland 50.98/167'3"; 3, E. Percival (A) 47.70/156'6"; 4, Slaney (RAF) 47.20/154'10"; 5, Bell (RN) 44.62/146'5"; 6, R. Nicholl (A) 40.86/134'1". **JT:** 1, N. Hart-Ives (A) 65.58/215'2"; 2, R. Manson (RAF) 64.10/210'4"; 3, P. Stewart (RAF) 63.34/207'10"; 4, D. Chappell (A) 60.42/198'3"; 5, S. Bibby (RN) 56.12/184'1". **4 x 100:** 1, RAF 42.9; 2, Army 43.4. **4 x 400:** Army 3:20.2.

(Women) **Army 85; RAF 80; Royal Navy 42.** **400:** T. Colebrook (RAF) 58.8. **100H:** A. Patterson (A) 15.8. **HJ:** 1, Colebrook 1.62/5'3½"; 2, B. Lewis (A) 1.58/5'2½". **LJ:** 1, Lewis 5.52/18'1½". **SP:** 1, V. Head (A) 13.52/44'4½"; 2, E. Elliott (A) 13.22/43'4½"; 3, F. Pincock (RAF) 11.73/38'6"; 4, L. Collins (RN) 11.12/36'5½". **DT:** 1, S. Biggin (RAF) 38.88/127'7"; 2, Head 38.58/126'7". **JT:** 1, C. Green (A) 39.28/128'10"; 2, J. Elliott (RAF) 37.92/124'5".

(GDR), 5:37.4 Gauthier (Fra), 5:37.8 Truschinski (GDR) . . . 8th, 5:41.4 DAVE WARREN. **110H:** 14.51 Schneider (Swi), Hand times—14.3 Giegel (Pol), Bartha (Hun). **400H:** 51.5 Archipenko (USSR), 51.63 Munch (GDR), 51.70 Beck (GDR). **4 x 100:** 40.1 France, 40.3 WG, 40.87 Switzerland. **4 x 400:** 3:11.8 GDR, 3:12.2 Poland, 3:12.6 UK, 3:13.8 Spain.

HJ: 2.22/7'3½" Wszola (Pol), 2.20 Ferrari (Ita), Andreyev (USSR). **PV:** 5.28/17'3½" Vostrikov (USSR), 5.10 Dolgov (USSR), 5.05 Klimczyk (Pol) . . . 6th, 4.90/16'0½" JEFF GUTTERIDGE. **LJ:** 7.72/25'4" Jaskulka (Pol), Vasile (Rum), 7.70 Matoga (Pol). **TJ:** 16.24/53'3½" ASTON MOORE, 16.10 Srejsovic (Yug), 16.08 Kovtunov (USSR), 16.00 Perevalov (USSR). **SP:** 18.76/61'6½" Dybalski (Pol), 18.62 Kisselev (USSR), 18.43 Hohne (GDR). **DT:** 57.92/190'0" Klink (GDR), 55.18 Walwik (Nor), 54.72 Duginev (USSR) . . . 7th, 53.32/174'11" PAUL BUXTON. **HT:** 69.30/227'4" Ploghaus (WG), 68.40 Gerstenberg (GDR), 66.94 Radzins (USSR). **JT:** 78.66/258'1" Gromov (USSR), 78.08 Sinersaari (Fin), 77.82 Tafelmeier (WG). **Dec:** 7528 Muller (WG), 7451 Gabel (GDR), 7439 Kuhne (GDR). **10,000 Walk:** 41:46.8 Wieser (GDR), 41:50.7 Pilarski (GDR), 42:03.4 Berner (GDR) . . . 9th, 45:17.0 BOB CHAPLAIN.

Women

100: 11.54 WENDY CLARKE, Oelsner (GDR), 11.55 Koppetsch (GDR). Hand times—11.3 Witkowska (Pol), 11.4 Koppetsch . . . 10th, 11.80 HELEN BARNETT. **200:** 23.18 Witkowska, 23.21 Brehmer (GDR), 23.42 Koppetsch, 23.48 CLARKE. **400:** 50.84 Brehmer, 51.70 Koch (GDR), 52.67 Marquardt (GDR). **800:** 2:02.8 Commandeur (Neth), 2:03.7 LESLEY KIERNAN, 2:04.3 Ullrich (GDR), 2:04.5 Tomecic (Yug). **1500:** 4:09.1 Dorio (Ita), 4:17.2 Kuhse (GDR), 4:17.3 Olafsson (Den). **100H:** 13.91 Claus (GDR). Hand times—13.5 Xalter (WG), 13.7 Glatte (GDR), Siska (Hun). **4 x 100:** 44.3 GDR, 44.95 WG, 45.4 USSR. **4 x 400:** 3:37.7 GDR, 3:43.0 Rumania, 3:43.2 UK, Yugoslavia. **HJ:** 1.85/6'0½" Fedorchuk (USSR), 1.84 Sundqvist (Fin), 1.83 Prilepina (USSR). **LJ:** 6.38/20'11½" Panait (Rum), 6.34 Grimm (GDR), 6.30 Schmidt (WG), Hanel (WG). **SP:** 16.62/54'6½" Krasik (GDR), 16.49 Choroshilova (USSR), 16.36 Ivanova (Bul). **DT:** 56.30/184'8" Wenzel (GDR), 54.80 Bludau (GDR), 51.34 Czoeko (Hun). **JT:** 59.94/195'4" Blodniece (USSR), 58.84 Dryeova (Cze), 56.32 Richter (GDR). **Pent:** 4573 Seeger (GDR), 43.63 Holzapfel (WG), 4300 Prenner (Aut).

EAST CHESHIRE "SEVEN"

Ashton-u-Lyne, August 30th, at 3 p.m.

Individual & Team Prizes totalling £50

Entries close August 27th to Jack Marsden, 29 Hollins Lane, Marple Bridge, Stockport, SK6 5BD.

SCHOOLS RESULTS contd. from page 2

S. Parton 12.5. HJ: C. Mountford 1.55/5'1".
(Juniors) 100: 1, Greenhough 12.6; 2, J. Monkman 12.7. 1500: J. Moody 5:01.0. 75H: 1, S. Needham 11.9; 2, N. Fraser 12.1. HJ: D. Austin 1.54/5'0½". LJ: M. West 5.01/16'5¼". DT: D. Pidd 26.30/86'3".

BRITISH JUNIORS TRIUMPH

The Apollo Junior international at Warley last weekend resulted in victories for Britain over France (233-195) and Spain (114-96) on the men's side and over France (161-93) on the women's. UK Junior records were set by Brian Burgess (2.10/6'10¼" high jump) and Paul Buxton (53.32/174'11" discus), while Aston Moore's triple jump of 16.31/53'6¼" would have been a record but for wind assistance. Other British winners—400: B. Jones 47.5; 1500: S. Coe 3:50.8; 2000SC: M. Morris 5:44.6; 10,000W: D. Cotton 45:35.4; 4 x 400: 3:12.6; women's 100/200: W. Clarke 11.8/24.1; 400: R. Kennedy 55.0; 800: L. Kiernan 2:06.3; 1500: A-M. Robinson 4:25.0; HJ: G. Hitchen 1.77/5'9¼"; LJ: A. Manley 6.05/19'10¼"; SP: J. Oakes 13.60/44'7¼"; DT: V. Watson 43.70/143'4"; 4 x 400: 3:43.2.

NO PLACE FOR BRIAN BURGESS

A party of 21 athletes have been selected for next week's European Junior Championships in Athens. The selectors wanted to choose several more, but were restricted by financial considerations. Perhaps the most notable omission is that of Brian Burgess (17), who set a UK Junior high jump record of 2.10/6'10¼" last Saturday. Admittedly, there are ten juniors in Europe at 2.13/6'11¼" or higher this season (three at 2.20/7'2" and upwards) but some of those who have been picked are also outside the top ten.

The team is—4 x 400: from Wilbert Greaves, Geoff Griffiths, Peter Hoffmann, Brian Jones, Chris Van Rees; 800: Malcolm Edwards, Paul Forbes; 1500: Sebastian Coe; 5000: Mike Deegan; 2000SC: Mike Morris; 110H: Mark Hatton; PV: Jeff Gutteridge; LJ/TJ: Aston Moore; SP/DT/HT: Paul Buxton. If timetable allows, Hoffmann & Jones will run 400, Greaves 400H. Women's 100/200: Wendy Clarke; 4 x 400: from Anne Clarkson, Diane Heath, Ruth Kennedy, Ann Robertson, Karen Williams (Kennedy to run 400 if timetable allows); 800: Lesley Kiernan.

NO POLY MARATHON

Polytechnic Harriers regret to announce that, due to circumstances beyond their control, they have been obliged to cancel their marathon due to be held on August 23rd.

Apologies to Angela Mason for the misprint in the photo caption on page 28 of last week's issue. It was Angela who was the winning athlete (No 21) depicted.

**WORTHING & DISTRICT HARRIERS
 DOWNS ELEVEN ROAD RACE
 SOMPTING VILLAGE HALL**

SATURDAY, 13th SEPTEMBER, at 3 p.m.

Prizes: first 3, first Vet, first Team (of 3).
 Entries: 25p, Teams 50p, to A. E. Grove, 38 Hillside Avenue, Worthing (Tel: 37014).

FURTHER DATES:

Worthing Front Ten, 20th March, 1976
 Senior Relay (6 x 2½M) & Boys/Colts Race
 Easter Saturday, 17th April, 1976

THE GREENHAM GAMES

Organised by Gateshead Harriers & A.C.
 and Sponsored by the Greenham Group Ltd.

MONDAY, SEPTEMBER 1st, 1975

at 7.00 p.m.

GATESHEAD SPORTS STADIUM

(Under AAA & WAAA Laws)

INVITATION EVENTS

Men: 300m, 800m, 1 Mile, 2 Miles

Women: 60m, 200m, 800m, High Jump

Junior Men: 1500m. **Youths:** 800m

(Enquiries invited from interested athletes)

Admission: 40p Seats, 30p Ground

Children & OAPs 20 & 15p

Enquiries to P. D. Parker, 6 Crowley Avenue, Whickham, Newcastle-upon-Tyne, NE16 4TD. Telephone: Whickham 882750.

CLASSIFIED ADVERTISEMENTS

5p per word. Box No 20p extra. Trade 10p per word, 6 insertions of same copy 9p per word, 13 insertions 8p per word, 26 insertions 7p per word—prepaid.

WANTED—"Women's Track & Field World". Any 1974 (Volume 8) issues, and January, February, March 1975. Will pay 20 pence each plus postage. **Brian Webster, 54 Grove Road, Harpenden, Herts.**

SAVE MONEY ON SHOES . . . Adidas SL72 £10.24, Gazelle £9.45, Apollo Spikes £7.49, Tiger Marathon £6.84, Freedom Shorts £1.48, Tracksters £2.94. Prices include postage. **Martin Evans Sports, Faringdon, Berkshire. (0367 20245).**

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £1 per centimetre, per insertion, **prepaid** (minimum, 2cms). Quarter-page £9; Half-page £15; Page £26, 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—10 days before publication.

WEST OXFORDSHIRE SPORTS ADVISORY COUNCIL WITNEY '12' ROAD RACE

(Under A.A.A. Laws)

SATURDAY, AUGUST 30th, at 3 p.m.

Quiet country one lap course, Rec. 59.26 (H. Altmann). **Awards:** 6 Ind., 3 teams (3 to score), 3 Vets., 3 Oxon. R.R.C. Standards: 1st 67 min., 2nd/Vets. 76 min., Vets. 0/50 86 min. **Entry Fees:** (all as Ind.) 20p. Teams declared on day. **Entries** (with S.A.E.) to A. J. Kelly, 9 Elm Close, Witney, Oxon.

CLOSING DATE, AUGUST 23rd

DATE CHANGE

2nd 24Hr MIXED ENDURANCE RELAY

SEPTEMBER 20th/21st

and

WYCOMBE FURNITURE "5"

SUNDAY, SEPTEMBER 21st, 3.30 pm

with

LADIES 5 MILE ROAD RACE 2pm

Entry Fees: 30p Ind., 80p Teams, Furniture "5" & Ladies Race, £3 Relay Teams.

Enquiries & Entries to Mr S. Baskerville, 6 Stephenson Close, High Wycombe, (HW 37022).

WINSFORD SPORTS COUNCIL

Present the 1st Annual

SKI 7 MILE ROAD RACE

(Under A.A.A. Laws)

Sponsored by Express Dairies Ltd.

FROM THE CIVIC HALL

ON SATURDAY, 13th SEPTEMBER at 3 p.m.

Prizes: 1st Ind. £15, 2nd £10, 3rd £8, 4th £3, 5th £2, 6th £1. **Teams** (3 to count): 1st £12, 2nd £9, 3rd £6. Most Improved Performance £3. 1st Vet 0/40 £3, 0/45 £3, 0/50. 1st Ind. not in first 6 or first 3 teams £2.50, 2nd Ind. ditto £2, 3rd Ind. ditto £1.

All runners to enter as individuals. **Entry Fees:** Teams 30p, Ind. 20p, to Mr J. P. Egerton, 103 Wharton Road, Winsford, Cheshire.

CLOSING DATE 3rd SEPTEMBER

REDHILL & REIGATE A.C. OPEN PENTATHLON MEETING

SATURDAY, AUGUST 30th, at 12 noon

BATTLEBRIDGE TRACK, REDHILL

No entry fees, no prizes.

Details from E. Brown, 41 Mead Way, Coulsdon, Surrey. Tel: Downland 54765.

COLLINGWOOD A.C. CROSS-COUNTRY RACES FOR BOYS

(Under A.A.A. Laws)

SUNDAY, OCTOBER 12th at 10.30 a.m.

At Beddington Park, Wallington, Surrey

Age Groups (as at 1.9.75) U/11 approx. 2 miles, U/13, U/15 approx. 3 miles parkland. Teams 4 run, 3 score. **Entry Fee:** 15p per Individual. **Entries** to Mrs Knight, 32 Grosvenor Avenue, Carshalton, Surrey.

CLOSING DATE SEPTEMBER 30th

ALTRINCHAM & DISTRICT A.C.

LINOTYPE

5 MILE ROAD RACE

(Under A.A.A. Laws)

WEDNESDAY, SEPT. 3rd, at 7.30 p.m.

From Linotype Factory, Woodfield Road, ALTRINCHAM

Prizes: First 3 Ind. £10, £8, £6. First 3 Teams 3 at £4, 3 at £3, 3 at £2. 1st & 2nd Unplaced Inds. First Vets 0/40 and 0/50.

Entry Fees: 25p Ind., 40p Team. **Entries** to Mrs S. Blinston, 19 St. Marks Avenue, Oldfield Brow, Altrincham, Cheshire, WA14 4JB (Tel: 061-928 8666).

CLOSING DATE TUESDAY, AUGUST 19th

CAMBERLEY & DISTRICT A.C.

ANNUAL ROAD RELAYS

(Under AAA, WAAA, SCCC & RWA Rules)

At Watchetts Rec Ground, Camberley
Sunday, October 5th—12 Noon onwards

MINOR LADIES	3 x 1 1/4 Miles
COLTS	3 x 1 1/4 Miles
JUNIOR LADIES	3 x 1 1/2 Miles
BOYS	3 x 1 1/2 Miles
INTER. LADIES	3 x 2 Miles
YOUTHS	3 x 2 Miles

Entries: 40p per team

ROAD RACES FOR SENIORS SENIOR LADIES 3 Miles

Prizes first 4 Ind, 1st Vet. Trophies first 3 Teams, 4 run, 3 score. Fee 25p per Ind.

SENIOR MEN 10 Miles

Prizes first 6 Ind, 1st Vet. Trophies first 3 Teams, 4 run, 3 score. Fee: 25p per Ind.

Entries close 27th September to W. Hatto, 57 Watchetts Drive, Camberley (Tel: 21226).