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SIX BRITISH WINS IN NICE

Mel Watman reports on European Cup Final

* Interview with
Harry Wilson

* British Juniors
defeat French

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SIX BRITISH VICTORIES IN NICE!

UK men's team places 4th in European Cup—Mel Watman reports

MEADOWBANK—Rome—Nice. For the third successive year, Britain's male runners are the toast of European athletics. The exploits of David Jenkins and the 4 x 400 team, Steve Ovett, Brendan Foster and Alan Pascoe (and not forgetting Geoff Capes) meant that Britain finished with six winners, one more than in Edinburgh last time, and twice as many as the GDR cup-winners. The European Cup may be a team contest, but athletics remains in essence an individual's sport and winning competitions is still what it's all about. Of course, it would be good to field a team without so many glaring weaknesses but to win six events and finish overall in fourth place was a splendid achievement of which all in British athletics can be proud. Certainly, the British fans in the stadium made no secret of their rejoicing (never, in proportion to their numbers, has British support been so noticeable at a meet abroad—and the athletes loved it), and back home millions of armchair viewers will have been thrilled at the pictures of one British success after another. Heaven knows, all is far from right in British athletics (five last and six seventh places indicate the work still to be done to raise the all-round level), but on an intoxicating occasion like this we are entitled to throw back our heads and cheer!

Despite the paucity of points in the sprint events and steeplechase, the British trackmen totalled 65 points—second only to the GDR (68) and way ahead of Poland (55), USSR (54), France (50), Italy and West Germany (47) and Finland (45). On the other hand, even with Capes' massive contribution, the eight field events (we were last in all four jumps and seventh in three of the throws) yielded a mere 18 points for the UK, as against 21 for Italy, 30 for France, 36 for West Germany, 38 for Finland, 44 for GDR, 46 for Poland and 55 for USSR. In terms of individual wins, Britain led the way with six, followed by the USSR (four), West Germany and the GDR (three), Poland (two), France and Italy (one).

GDR regain the Cup

The East Germans won back the cup they ceded to the USSR at Meadowbank thanks to a uniform if unexciting set of performances. Whereas British athletics can be seen in terms of black and white, the GDR scene is one of varying shades of grey. East German athletes gained three wins, four seconds and five thirds, and in only two events did they finish worse than fifth. It was a close-run affair, though, because the Soviet Union failed by only three points to catch their rivals after being 11 points down at the end of the first day. But for an injury to Yevgeniy Gavrilenko, who dropped out halfway during the 400 hurdles (thus scoring

no points instead of the expected six), the USSR might have retained the trophy. Poland were always a steady third, while Britain edged West Germany and Finland for fourth place (all three had the same points total) by virtue of more individual victories. Britain thus equalled her highest ever position in this tournament.

Alan Pascoe brought off Britain's first victory in circumstances similar to his Roman triumph of the previous summer. With his very participation compromised by injury, Alan went out early to acclimatise and prepare unhindered by the pressures he faces at home. The change in environment worked, as it had in Italy, and in midweek he declared himself fit to race. As a precaution in view of his recent injuries he began his warm-up 85 minutes before the race, including a fast run off blocks over three flights. After shaking hands with all his rivals, Alan settled into his blocks in lane 5, with his most dangerous opponent Jean-Claude Nallet one inside him. Alan confessed afterwards that he had been very nervous. "I've been suffering all day. I've never felt so much pressure before: rerunning the European championship before Nallet's home crowd and me coming back from injury."

His anxieties were not apparent once the gun sounded. He ran a technically sound race (using his normal breakdown of 13's to 5, 14's to 7, 15's to home) and, as always on the big occasion, there was fire in his belly. He was a little ahead of Nallet most of the way, although the Frenchman did close up nearing the finish ("I was worried coming into the ninth equal," said Pascoe). However, Nallet was pressurised into hitting the last hurdle and Alan pulled away to a 3m win in 49.00, a time which only four men (himself included) have bettered this year. "I had to work hard along the backstraight and was a little fatigued coming into the homestraight, but I felt nothing of my (Achilles) injury in the race, unlike at Gateshead when I landed after the eighth."

Whereas Pascoe was full of doubts prior to his race, David Jenkins—who also travelled to Nice a week early—was hoping for an extra special performance (ie, sub-45) after completing some of his best ever training sessions. But on the night, disappointed that neither Bernd Herrmann nor Karl Honz was running, David found himself lacking in motivation. "I was hoping for a damned good run but I wasn't nervous before the race; even my legs weren't quivering. During the race I was looking at the other fellows—I wasn't concentrating—and I got tight after 200." The finish was close as Markku Kukkoaho edged up and until the result was announced nearly half an hour later (an all too typical occurrence) David didn't know if he

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THE WEEK AHEAD

Saturday, August 30th: British League Qualifying match; British Women's League (Div 1, Stretford/Div 2, Grangemouth/Div 3, Hull/Div 4, West London); AAA Senior/Junior Decathlon Champs, Cwmbran (1st day); Glen Urquhart Games; Chiltern League Track Trophy; Enschede marathon; Witney '12'; Pendleton Fell Race (Cat: B).

Sunday, August 31st: AAA Decathlon Champs (2nd day); Westward League, Plymouth; Scottish Young Athletes League, Glenrothes; Vancouver Trophy, Woodford; Frodsham Hill Races.

Tuesday, September 2nd: Open Meeting, Cwmbran (7.00 p.m.).

Wednesday, September 3rd: Yorkshire League; West Yorkshire League, Cleckheaton; Linotype '5'.

Friday, September 5th: Pye Gold Final/British Women's Club Cup Final, Crystal Palace (1st day).

BRITISH FANS' SUPPORT APPRECIATED

On behalf of the Great Britain team in Nice, Arthur Gold would like to thank all those British supporters in the stadium who gave the team so much moral and vocal support and encouragement. The British fans in Nice included nearly one hundred members of the 'AW' Tour.

COKE MEET SOLD OUT

All tickets have been sold for this Friday evening's IAC/Coca Cola Meeting at Crystal Palace. The message from the Crystal Palace authorities is: if you don't have a ticket, please don't come.

FEATURED THIS WEEK

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Cover photo by Mike Street

Junior International Match**At Warley, August 9th/10th****DOUBLE TRIUMPH FOR GREAT BRITAIN**

GREAT BRITAIN'S previous encounters with the French team, goes back to the first Junior International in 1967, when the British team won by 12½ points, but two years later in France, the home team won by a margin of 47 points. In the "decider" at Warley on the 9th and 10th August 1975, the British team won by a large margin of 38 points, and at the same time defeated the Spanish team by 18 points, for a double success.

Alan Lindop reports

First day—On a sunny afternoon, the success came early, when in the first event, the 10km Walk, the walkers scored a grand slam with victory going to Dave Cotton, who slashed a huge 54.2 off his AAA Junior winning personal best time. His dominance in the event was so that Mike Dunion finished nearly two minutes behind in 2nd place. Wilbert Greaves added to the points total in the 400m hurdles. Wilbert pushed Jose Alonso to a personal best of 52.3, and trimmed his own personal best from 53.0 to 52.7, with a strong bid down the home straight. The French and Spanish sprinters who occupied the first four places in the 100m have all clocked 10.3 this year, and David Hill and Decathlete Daley Thompson did well to finish as close as they did in the strong headwind. Sebastian Coe added to his string of wins in the 1500m, with another victory in 3:50.8, although Francis Bentz (3:46.8 this year) would have probably been more of a challenge except for a stomach upset. Wayne Tarquini and Martin Wilson also justified their selection beating the French trio. The British 4 x 400m relay team augured well, when they conflicted another grand slam on their opponents in the 400m. AAA Junior champion Brian Jones recorded his second best ever time with 47.5, with Chris Van Rees, shaving a tenth off his best time, to edge Peter Hoffman into third place (both clocking 47.7), to beat Hector Llastor (47.12 this year) by over a second. The 5000m had two of the leading contenders for the European title in the race, Jose Gonzalez, who recently clocked the fastest time in Europe with 14:00.8, and Mike Deegan (who occupies third place) at 14:05.6. The race developed into a tactical race, passing the 1000m in 2:59.8, and the 2000m in 5:51.0. Gonzalez the better technician came through to win in 14:31.2 with Deegan in his wake at 14:37.8. Michael Morris also kept his winning streak, taking the 2000m steeplechase in 5:44.6, although the Frenchman

Phillippe Gauthier (5:37.4 this year) made a desperate last second bid for victory, but Morris kept his head and was given the verdict, with both athletes sharing the winning time. Although the British relay team finished 3rd in the short relay they were only a 1/5th outside the UK Junior record of 40.8.

The field events proved to be the attraction for the crowd on the first day. In the first event, triple AAA Junior champion, Paul Buxton had his four legal throws over the 50m mark, his second round effort being hurled to 53.32, to add 18cms to his own UK Junior record, while Richard Slaney had a good series to overhaul the Frenchman Viudes with his last throw. Another Scot to claim a UK record was 17-year-old Brian Burgess in the high jump. He started at 1.90 with a first time clearance, before succeeding at 1.95 (2nd attempt). He flopped over 2.01 and 2.04 on his third attempt, where fellow Briton, Milton Palmer had taken the lead with his first clearance. 2.07 was mastered by Brian at his first attempt to equal his own UK Junior record, and Javier Regidor cleared on his 3rd, while Palmer left the competition. The Spaniard found 2.10 to high for him, but Brian went over the bar on his 3rd attempt, before having three attempts at 2.13, to add 3cms to his month old record.

In the triple jump Aston Moore returned to competition, after his recent injury to prove his fitness before the final selection was made for Athens. After six athletes had registered no jumps in the opening round, Aston showed how fit he was with second round leap of 16.31. This jump added 7cms to his UK Junior record, and is easily the best mark in Europe this year. Unfortunately, however, the wind gauge reading was + 3.5mps, above the limit allowable for records. In the 3rd round Frank Attoh maintained his 3rd place with a season's best of 15.24 (wind + 0.7mps), while Aston recorded a windy 16.01. Infanta increased his second place jump to 15.50w, and the positions remained like that until the end of the competition, although Frank Attoh was unlucky to have a no jump at 15.96. The two French javelin throwers were a long way ahead of the British throwers. At the end of the first day, the British men were 37 points ahead of the French (143 to 106) and 11 points ahead of the Spanish (64-53).

Second Day—The sun held out from the previous day, and Mark Hatton hurdled his way to second place in the 110m hurdles, doing well to beat the French athletes. The French got only their 2nd track victory with Guy Gabrielle taking the 800m, ahead of the three British athletes, with both Malcolm Edwards and Paul

Forbes coming close to their best, while Garry Cook improved his best once again from 1:52.1 to 1:51.4. Garry's pre-AAA Junior championship best time was 1:53.7. Both Edwards and Cook (from Wolverhampton) will in fact be eligible for the European Junior championships in 1977! The French gained another victory (albeit too late) in the 200m, and the two Spanish athletes, achieved lifetime bests in taking the 3000m as did Malcolm East in third spot. The final track event brought together the Athens-bound relay squad (although they were not aware of it at the time). Hoffman ran a good first leg of 47.8 to head Spain and France. A 47.4 clocking by Freter, brought France ahead by 1/10th after two legs. Both Chris van Rees and Didier Brel came to the anchor leg together. Brian Jones taking over the baton on the shoulder of Llaster, but proved to be his master coming down the home straight to overtake the French team for victory in 3:12.6.

In the field events the French gained victory in the hammer with Phillip Surriray's 60.50 throw (supported by a 59.14 throw). Paul Buxton had a number of throws on the 60m line, but were ruled no throws, and had to be content with 57.16, just ahead of Matthew Mileham (who added 30cms to his best), who took over 3rd spot from Mike Petra with his last throw. The massive Luc Viudes was in a class of his own in the shot (he has done 17.31 this year) with a series of 16.36, 16.97, 16.86, 17.22 and 16.94, ahead of Coquin who had three throws over 16.30. Although somewhat behind the French, Robert Tilley added 4cms to his career best.

The long jump had great depth, with Aston Moore only claiming 4th place at 7.42. Frederic Charles came from 4th spot to 1st with a personal best leap of 7.56 on his last jump, while Phillipe Prudent did likewise with his last jump for 2nd place to overtake DeCoq, who had earlier led the competition. Aston improved with all his legal jumps: 7.12, 7.16, 7.18, 7.38 and 7.42 (wind + 1.5mps). His distance has only been bettered by Juniors by Angus McKenzies UK Junior record distance of 7.45.

The pole vault was the last event to finish, although by this time the British were celebrating their win. Keith Stock unhappily had two falls (his first being onto the box) at his opening height of 4.40, and must have shaken him for his 3rd attempt, which he failed. Jeff Gutteridge went on to clear 4.80, similar to Yvan Nanot (both second attempt clearances), but had to be content with second place as he required three vaults for his 4.70 performance.

The British performances at the meeting, and the victories over the French team (on paper it looked a close match) and Spaniards, must be a good sign for the party of 13 athletes going to Athens, which was announced to the athletes, at the reception later that night.

100 (— 2.1): 1, E. Guy (F) 10.7; 2, J. Carbonell (S) 10.8; 3, J. C. Amoureux (F) 10.9; 4, M. Arnau (S) 11.0; 5, DAVID HILL 11.0; 6,

FRANCIS THOMPSON 11.0; 7, J. M. Lausanas (F) 11.2; 8, CECIL MOVEN 11.4.

200 (— 1.6): 1, M. Machabey (F) 21.6; 2, Arnau 21.7; 3, J. J. Matz (F) 21.9; 4, ANDREW McMASTER 21.9; 5, ANDREW HARLEY 21.9; 6, J. Reverter (S) 22.0; 7, LESLIE HOYTE 22.2; 8, J. De Choiseul (F) ntt.

400: 1, BRIAN JONES 47.5; 2, CHRIS VAN REES 47.7; 3, PETER HOFFMAN 47.7; 4, H. Llaster (F) 48.8; 5, D. Brel (F) 48.9; 6, J. P. Zaballos (S) 49.0; 7, J. F. Richez (F) 49.3; 8, A. Banto (E) 49.5.

800: 1, G. Gabrielli (F) 1:50.0; 2, MALCOLM EDWARDS 1:50.4; 3, PAUL FORBES 1:51.0; 4, GARRY COOK 1:51.4; 5, A. Paez (S) 1:52.1; 6, B. Charlie (F) 1:52.9; 7, F. Banon (S) 1:54.1; 8, F. Youcef (F) 1:56.7.

1500: 1, SEBASTIAN COE 3:50.8; 2, J. Abascal (S) 3:51.9; 3, WAYNE TARQUINI 3:52.2; 4, MARTIN WILSON 3:53.4; 5, F. Bantz (F) 3:53.4; 6, J. L. Gil Ramperez (S) 3:58.0; 7, J. C. Cast (F) 3:59.6; 8, D. Begouin (F) 4:08.7.

3000: 1, D. Dominguez (S) 8:15.2; 2, C. Alario (S) 8:16.4; 3, MALCOLM EAST 8:17.0; 4, MALCOLM PRINCE 8:18.4; 5, J. M. Langlet (F) 8:23.2; 6, ANDREW ARMITAGE 8:34.4; 7, C. Hubert (F) 8:43.2; 8, P. Ulrich (F) 8:45.0.

5000: 1, J. L. Gonzalez (S) 14:31.2; 2, MICHAEL DEEGAN 14:37.8; 3, KARL HARRISON 14:39.4; 4, T. Watrice (F) 14:44.6; 5, M. P. Ayuco (S) 14:49.8; 6, JOHN GRAHAM 14:56.8; 7, D. Chauvelier (F) 15:51.6; 8, M. Constant (F) 16:16.0.

2000SC: 1, MICHAEL MORRIS 5:44.6; 2, P. Gauthier (F) 5:44.6; 3, DAVID WARREN 5:47.6; 4, E. Guzman (S) 5:52.8; 5, D. Capy (F) 5:55.8; 6, CHRISTOPHER SLY 5:57.0; 7, R. Nunez (S) 5:57.0; 8, C. Holoffe (F) 6:03.8.

110H (— 0.6): 1, J. Moracho (S) 14.7; 2, MARK HATTON 14.9; 3, G. Lecomte (F) 14.9; 4, ANTHONY JAMES 15.1; 5, MARK HOL-TOM 15.5; 6, J. Aloneo (S) 15.5; 7, A. Le-Moellie (F) 15.5; 8, C. Gabriel (F) 16.1.

400H: 1, Alonso 52.3; 2, WILBERT GREAVES 52.7; 3, G. Brunel (F) 53.4; 4, A. Horcjada (S) 53.4; 5, O. Belloc (F) 53.7; 6, F. Dupouy

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EUROPEAN CUP continued from page 2

had kept ahead or not. "That was abysmal," he said of his performance, adding, "If I won I'm happy, if I'm second I'll scream!" The photo-finish showed that Jenkins had prevailed over the Finn by 4/100 sec in 45.52, with the increasingly impressive Jerzy Pietrzyk third in a personal best of 45.67.

The third British winner on Saturday was **Geoff Capes**, whose victory was the first ever achieved by a British field eventer in a European Cup Final. Geoff was determined to make amends for the defeat (by three East Germans) in Dresden, and all his effort was directed at the GDR representative on this occasion, Heinz-Joachim Rothenburg. Geoff was worried by having reached only 19.75/64'9 $\frac{1}{2}$ " in a competition three days earlier, but he felt good warming up and knew a big put was in the offing. "I missed it on the first (20.17/66'2 $\frac{1}{2}$ ") and on the second (19.97/65'6 $\frac{1}{4}$ "); I caught it on the third (20.75/68'1")." That put, just 5 cms short of his season's best, carried him way past Rothenburg, who never improved upon his opener of 20.33/66'8 $\frac{1}{2}$ ". "I've never been so tired before after the third round," said Geoff, who finished with 19.82/65'0 $\frac{1}{4}$ ", 20.29/66'7" and 20.14/66'1". He reckoned this victory (a few days in advance of his 26th birthday) equalled the European Indoor Championships success last year as the most satisfying of his career. What's more, it had the effect of taking Britain into the lead after six events, two points clear of the GDR. It couldn't last, but what fun whilst it did!

The second day's hat-trick started with **Steve Ovett**, who thus brought to a resoundingly successful conclusion a controversial chapter in his career. What a record this young man of 19 is building up: first 1973 European Junior, second in 1974 European, first in 1975 European Cup. The reason Steve gave after winning his second AAA title (in 1:46.1) for remaining uncertain whether to run in Nice was that he then felt at less than 100% of his powers and he was afraid to risk losing in Nice against men he would normally expect to beat. He didn't want to start his pre-Olympic winter's training at such a psychological disadvantage. Happily, some good workouts and a very relaxed 1:47.7 in an impromptu 800 race before he left England worked wonders for his morale and in Nice he demolished the field in the grand manner. As he was taken apart over the final 200 by Luciano Susanj in Rome last year, so Steve this time inflicted similar punishment on his rivals.

After a brisk opening, the pace grew very slow from 300 till about 550, and Steve (a close 4th at 400, reached in 52.5) blasted his way out of trouble as a cluster of runners began accelerating towards the end of the backstraight. As arms flailed around and athletes bumped, with Ovett in the thick of it, Steve saw an opening and moved into top gear. It was a sight to treasure as Steve opened up 5m in the twinkling of an eye (80.6 at 600) and proceeded to pour it on around the bend to reach the finishing straight 10m clear. He covered the last 200 in 26 sec flat for a time of 1:46.6, with Dieter Fromm second some 7m behind. Steve responded enthusiastically to the plaudits of the packed stadium but stuck to his

guns as to the status of the event. "It wasn't an important race," he insisted. Nevertheless, Messrs Wohlfuter, Susanj and Boit will only be deluding themselves if, after this latest evidence, they exclude Ovett from their Montreal reckonings.

One of the most pleasurable aspects of the British athlete's success was their **ATTACK**. There is nothing faint-hearted or tentative about athletes like Ovett, Pascoe and Jenkins . . . and the daddy of them all when it comes to totally demoralising the opposition is **Brendan Foster**. Bren bounced back after his home track reverse at the hands of Rod Dixon in the way his supporters hoped—and his rivals feared—he would. A minute's silence was observed before the start of the race as a tribute to Vladimir Kuts, news of whose death from a heart attack had just reached the stadium . . . and no more fitting testament to his memory could have been provided than the manner in which Brendan ran his race. Kuts would have thoroughly approved of Brendan's breakaway lap (an astounding 58.2!) and the way he consolidated his advantage.

Brendan bided his time patiently during the slow early laps as Pierre Gomez trudged past 1000 in 2:46.4 and 2000 in 5:35.2. He nudged ahead approaching the 2200 mark but the burst his rivals were dreading did not materialise and all seven opponents stayed in contact. Their relief was short-lived; at 2800m (5 $\frac{1}{2}$ laps to go) Brendan took off. The upsurge in pace was crucifying; only Lasse Viren (as in Rome) was brave or foolish enough to try and match strides, but it was hopeless. Brendan had opened up 10m by 3000 (8:17.8) and on his next lap—covered in that extraordinary 58.2—he was 60m up! A lap later and his margin had grown to 12 sec—over 70m in distance. He had done it again—and men of the calibre of Viren and Manfred Kuschmann had no solution to the problem of how to contain Foster when he's able to inflict such a mid-race kick. Bren passed 4000 in 10:56.0, was still 60m up at the bell and finished with over 40m of that lead intact despite a fierce sprint by young Enn Sellik who swept past Kuschmann on the final backstraight. Foster's time of 13:36.2 was composed of a first half in 6:59.4, a second half of 6:36.8.

As Britain had started, with Pascoe winning the first track event, so we finished with a rip-roaring victory in the 4 x 400 relay finale. **Glen Cohen, Jim Aukett** (deputising for Pascoe), **Bill Hartley** and the

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maestro himself David Jenkins served up a perfect piece of team running for our delight. The plan, revealed Jenkins, was for him to receive the baton between 2 and 5 metres down on Bernd Herrmann (WG). If the earlier runners could set him up in that situation, he would do the rest. And so it came to pass. Cohen contributed his usual sound opener (47.0), a fifth faster than his West German counterpart Franz Peter Hofmeister, and the foundations for the team's success were laid. A superb second leg by Horst-Rüdiger Schloske (44.8) took West Germany into a solid looking lead, with the GDR second and Aukett (46.0) doing a fine job of work to hand over third, one second behind the leader. Hartley rocketed away, passing the East German for second place almost immediately and cutting the lead of the other German (Lothar Krieg) to less than 5m by half distance. That's the way it stood to the end, with Hartley completing probably his finest flat run yet in 45.4, as against Krieg's 46.0. The stage was set for a rousing finish as Jenkins set off 4m down on Herrmann, West German champion in 45.10. 'Jenks' was in his element; biding his time, he narrowed the deficit a little in the first 200 before taking his man rounding the last bend. He pulled away in the straight to a good 4m margin, clocking 44.5 for his stint (45.4 for Herrmann) and bringing his team home in the admirable time of 3:02.9—fastest ever by a British squad outside of Olympic competition. Actually, one man ran faster than Jenkins: Jerzy Pietrzyk anchored in 44.4 but Poland finished well out of it after their second runner had fallen and clocked 49.6 for his stage. Misfortune, too, for the GDR whose anchorman also fell. For third placed Finland, Ossi Karttunen ran 44.8 and Markku Kukkoaho 45.2.

Three other Britons gained honourable placings: Dave Black (2nd in 10,000), Frank Clement (3rd in 1500) and Berwyn Price (4th in 110H). After a very slow first half (14:28.6 at 5000) Black made his move with seven laps to go. It wasn't a Fosterish burst but the sharp quickening of tempo in the humid conditions accounted for everyone but Karl-Heinz Leiteritz and Giuseppe Cindolo, the most surprising casualty being Pekka Paivarinta who had been expected to feature prominently in a slowish race. Cindolo, the Rome bronze medallist, cracked with 600 to run, and at the bell Black had only Leiteritz at his heels.

The East German kicked hard at this point, opening up a 15m gap within 100, and he came home over 30m clear in 28:37.2. Clement, too, must be credited with having a go. After languishing near the back for the first two laps (58.3 by Francis Gonzalez, 1:57.8 by Bronislaw Malinowski—a last minute replacement for Michal Skowronek who was injured warming up), the 1973 European Cup winner suddenly shot from fifth to first at 1200 in 2:58.6. Had he gone too fast too soon? Yes, for although he led into the final straight he was visibly weakening and both Thomas Wessinghage (55.8 last lap) and Malinowski spurred past him. Berwyn Price was disappointed at losing third place so very narrowly (2/100 sec) to Viktor Myasnikov, whom he had beaten in the semi-final—"those last two hurdles" he sighed—but he did well enough to finish a whisker ahead of Jan Pusty, who has eclipsed the Wodzynski brothers lately. Berwyn clocked 13.90 into a 1.4m/sec wind. Up ahead, Guy Drut scored France's only victory, 2m clear of Thomas Munkelt (preferred by the GDR selectors to Frank Siebeck) in 13.57.

British supporters might not have had too much to cheer about in the other 11 events but there was still plenty to admire and applaud. The sprints featured two tense duels between Valeriy Borzov and Pietro Mennea. Borzov preserved his European 100 supremacy . . . amid some controversy. Mennea claims that the photo finish shows himself to be ahead, but the jury thought otherwise and awarded the race to the Olympic champion. Both men were given 10.40 into the wind. There were no arguments after the 200 next evening: Mennea had 2m to spare in 20.42 (again a headwind) to hand Borzov his first defeat in a major international competition. Mennea, who has been suffering from sciatica recently, thus achieved one of his great ambitions—but is now in two minds over which event to run in Montreal. He was going to prepare for the 400 (he has run 32.20 for 300 and his coach believes he could break 45 sec) but after beating Borzov he may stay with the 200. A further dent in Borzov's 'superman' image was made in the relay where he failed by 2/100 to catch the GDR anchorman. Britain finished seventh in all three sprint events (Ainsley Bennett was hindered by a leg injury), as also in the discus, hammer and javelin.

The hammer event was a classic and, as it preceded the opening ceremony, one was able to watch every throw without distraction. Superb! There had been some sensational news the day before when it was reported that in an insignificant meet in Frankfurt (in front of 30 spectators) Walter Schmidt had broken Karl-Hans Riehm's world record with 79.30/260'2"! Riehm, who has made no secret of his scepticism over Schmidt's exploits in small meets, went all out to regain the record. Spinning with incredible velocity and striving mightily to stay in the circle after release, Riehm maintained his reputation for high-level consistency with three successive throws of 76.30/250'4", 77.50/254'3" and 77.28/253'6". Yet, such was the standard of this contest (three men over 76m for the first time in history) that Riehm was never totally secure. Valentin Dmitrenko improved upon his

NORWICH UNION ROAD RELAY

(Under A.A.A. Laws)

SUNDAY, OCTOBER 12th, 1975, at 3 p.m.

Seniors 4 x 2.8 Miles Youths 3 x 2.8 Miles
and for the first time

Ladies 3 x 2.8 Miles

Team Trophy and Prizes to first 3 Teams and fastest individual lap in each Section.

Fees: Senior "A" team 75p, others 40p; Youths and Ladies "A" 40p, others 20p. (Please note First Claim Rule will be strictly enforced).

Details from and entries to D. K. Johnson, Investment Dept., Norwich Union Insurance Group, Surrey Street, Norwich, NR1 3NG.

CLOSING DATE OCTOBER 4th, 1975

continued on page 30

JUNIOR INTERNATIONAL contd. from p. 5

(F) 54.0; 7, JOHN LONGMAN 55.6; 8, ANTONI TARQUINI 56.7.

10,000W: 1, DAVID COTTON 45:35.4; 2, MICHAEL DUNION 47:32.2; 3, MICHAEL ANGROVE 48:23.8; 4, A. Lemerrier (F) 48:47.0; 5, J. M. Lemerrier (F) 52:01.0; 6, P. Boulanger (F) 52:33.8.

HJ: 1, BRIAN BURGESS 2.10/6'10 $\frac{1}{2}$ " (UK Jnr rec); 2, J. P. Regidor (S) 2.07/6'9 $\frac{1}{2}$ "; 3, MILTON PALMER 2.04/6'6 $\frac{1}{2}$ "; 4, P. Derrass (F) 2.04; 5 eq. C. Klementzack (F) & J. Carrasco (S) 2.01/6'7"; 7, M. Vilo (F) 1.95/6'4 $\frac{1}{2}$ "; 8, TONY BREWSTER 1.95.

PV: 1, Y. Nanot (F) 4.80/15'9"; 2, JEFF GUTTERIDGE 4.80; 3, R. Oriol (S) 4.70/15'5"; 4, V. Pautrel (F) 4.60/15'1"; 5, WILLOUGHBY BEST 4.40/14'5 $\frac{1}{2}$ "; 6, A. Marono (S) 4.00/13'1 $\frac{1}{2}$ ".
KEITH STOCK & S. Leveur fld opening hgt.

LJ: 1, F. Charles (F) 7.56/24'9 $\frac{1}{2}$ "; 2, P. Prudent (F) 7.50/24'7 $\frac{1}{2}$ "; 3, I. De Coq (S) 7.46/24'5 $\frac{1}{2}$ "; 4, ASTON MOORE 7.42/24'4 $\frac{1}{2}$ "; 5, J. P. Bonnet (F) 7.30/23'11 $\frac{1}{2}$ "w; 6, J. R. Infanta (S) 7.24/23'9"w; 7, CHRIS CARDEN 6.92/22'8 $\frac{1}{2}$ "w; 8, TONY HENRY nj. Guest: F. Olivan (S) 7.12/23'4 $\frac{1}{2}$ "w.

TJ: 1, ASTON MOORE 16.31/53'6 $\frac{1}{2}$ "w; 2, Infanta 15.50/50'10 $\frac{1}{2}$ "w; 3, FRANK ATTOH 15.24/50'0"; 4, P. Lefort (F) 14.95/49'0 $\frac{1}{2}$ "; 5, J. P. Saleille (F) 14.91/48'11"; 6, Olivan 14.83/48'8"; 7, GARRY DOERR 14.54/47'8 $\frac{1}{2}$ "w; 8, G. Haller (F) 14.47/47'5 $\frac{1}{2}$ "w.

SP: 1, L. Viudes (F) 17.22/56'6"; 2, R. Coquin (F) 16.54/54'3 $\frac{1}{2}$ "; 3, PAUL BUXTON 15.46/50'8 $\frac{1}{2}$ "; 4, ROBERT TILLEY 14.44/47'4 $\frac{1}{2}$ "; 5, RICHARD SLANEY 14.35/47'1"; 6, P. Boizot (F) 14.16/46'5 $\frac{1}{2}$ "; 7, C. Buron (S) 13.41/44'0"; 8, M. Vara (S) 13.33/43'8 $\frac{1}{2}$ ".

DT: 1, BUXTON 53.32/174'11" (UK Jnr rec); 2, SLANEY 49.66/162'11"; 3, Viudes 49.34/161'10"; 4, Coquin 48.14/157'11"; 5, Buron 46.10/151'3"; 6, F. Artaxet (F) 42.62/139'10"; 7, V. Badenes (S) 41.24/135'4"; 8, PAUL ARMSTRONG 35.60/116'9".

HT: 1, P. Surriray (F) 60.50/198'6"; 2, BUXTON 57.16/187'6"; 3, MATTHEW MILEHAM 56.96/186'10"; 4, MICHAEL PETRA 55.52/182'2"; 5, S. Ramat (F) 55.12/180'10"; 6, D. Tuison (F) 52.24/171'5"; 7, R. Nuche (S) 52.12/171'0"; 8, J. C. Alvarez (S) 50.84/166'9". Guest: A. Blaise (F) 54.62/179'2".

JT: 1, P. Kuentz (F) 71.06/233'2"; 2, S. Milliez (F) 70.24/230'5"; 3, LEONARD EVANS 59.76/196'1"; 4, T. Dubois (F) 59.34/194'8"; 5, GARETH BROOKS 59.10/193'11"; 6, A. S. Briz (S) 57.12/187'5"; 7, C. G. Acosta (S) 54.84/179'11"; 8, COLIN TAYLOR 53.14/174'4".

4 x 100: 1, France 40.6; 2, Spain 40.9; 3, UK 41.0.

4 x 400: 1, UK (HOFFMAN, JEFF GRIF-FITHS, VAN REES, JONES) 3:12.6; 2, France 3:13.1; 3, Spain 3:16.4.

Final team positions: UK 233; France 195. UK 114; Spain 96.

BRITISH JUNIOR WOMEN SCORE MASSIVE WIN

AN excellent British Junior women's team thrashed their French opponents to the tune of 161-93, winning ten of the thirteen events and filling every individual second place. It was a triumph in every sense of the word with no less than ten personal bests achieved.

The best performance award went to Allison Manley for her excellent series in the long jump. Her opener of 6.05 proved to be the winner and four of her six tries were either equal to or superior to her previous legal best. Allison's series in full was 6.05, 5.98, 5.89w, 5.93, 5.83, 6.03 and illustrates what a consistent competitor she is developing into. In second place Val Mullin again just missed six metres for the umpteenth time this season.

Tony Miller reporting

Allison was just one of six Croydon athletes in the team, five girls plus the unfortunate Keith Stock, and another victory for the club came about half an hour later when Judy Oakes thumped one out to 13.60 in the first round to win the shot. On July 30th at Croydon, Judy achieved a distance of 14.33 only to have it invalidated when the shot was found to be just 15 grammes underweight, and bang went a European qualifying standard.

I often think that Ann Maria Robinson and Monica Joyce should have been born twins. At the WAAA's they ran 4:29.3 and 4:29.4 respectively in separate races and a few weeks beforehand in the 100 x 1 mile relay, at opposite ends of the country, both ran 4:58. Here in the 1500m, both ran a fabulous race and again they could hardly be separated. The French set off in front but the pace wasn't very fast and Ann Maria went ahead after 300m and Monica tucked herself into second place. The first two laps reeled past in 72 and 2:22. Daylight began to appear between the two leaders and the remainder, but by the bell (3:18.3) all six were back together. Ann Maria upped the tempo with only Monica able to go with her, and at 1200m, really started motoring. Monica clung on for dear life and was right on Ann Maria's shoulder as they entered the finishing straight. Nearing home, Monica attacked and fought like made to get past but Ann Maria refused to give in after leading for most of the distance and held on to the finish. Both smashed their personal best by 4.3 seconds with Gillian Dainty equalling hers in third place.

The International was used as a Trial for some of our 'walking wounded' and in the main, most of them came through unscathed.

Lesley Kiernan, 18 the previous day, competed as a non-scorer in the 800m and with Jane Colebrook for company, sped round the first lap

in 60 seconds. These two had about 15 yards lead and this increased further as the race went on. Lesley pulled away from Jane with about 200m remaining and afterwards professed herself to being satisfied with her first run following her layoff due to a foot injury. Certainly she had every right to be satisfied and so too did Jane Colebrook for a really gritty run. Bad luck though for Janet Lawrence who may well have run an all-time best for a girl with tonsillitis.

Ruth Kennedy was another to come successfully through her test. She lost about eight weeks of her season due to appendicitis and returned on July 26th, running a 56.6 400m behind Jane Colebrook (55.5) at Leicester. Ruth looked most impressive in this outing, immediately stamping her authority in the event and initiating yet another whitewash victory for the British girls.

Another of the girls out to prove her fitness wasn't quite so lucky—Hazel Oakes, who has performed wonders this season, especially as a pentathlete. Unfortunately ligament trouble caused her to miss her July programme and the 200m was her comeback race. Winning this 200m was Wendy Clarke and this completed a fine double for the Highgate girl. The previous day she had won the shorter sprint with Heather Hunte justifying her selection with an excellent run in second place. Later in the afternoon, Heather ran a blinder on the anchor leg of the 4 x 100 relay, taking over nearly 5m down and storming past her opponent close to home. Joy then turned to despair when it was later learned that the British team had been disqualified following a mixup at the second changeover.

The only track event in which Britain didn't cross the finishing line first was the hurdles and it was just Joy Bowerman's luck that she came up against one of the few French girls to live up to their reported performances. A good run though by Joy with her first legal 14.2, two days after her 17th birthday.

The high jump was an intriguing competition and things looked dodgy when Patricia Vesin (1.76 this year) cleared 1.71 first time to take the lead. Gillian Hitchen got over on the second attempt while little Denise Cooper managed it

at the third time of asking. Up went the bar to 1.74 and things took a turn for the better for both Gillian and Denise cleared it second time while the French girls needed three tries. Denise, who cleared 1.78 at Bristol on July 30th, found 1.77 beyond her this time as did Vesin, but Gillian cleared it beautifully at the second attempt for a personal best and victory. She went on to be unsuccessful at what would have been a UK Junior record of 1.81.

Val Watson led throughout the discus with her opening throw of 43.70 sufficing. Lynn Smith started slowly but moved to second place in round three and finished ahead of two girls superior on paper.

As in all the throwing events and long jump, the winning effort in the javelin came in round one. This time it was the turn of French girl, Annie Bocle with a personal best 49.82 and three more of her throws were better than anything else achieved in the competition. Beryl Richardson also hurled a personal best in round one and remained in second place until round three when Julie King took over. The final event, the 4 x 400 relay, summed up the meeting well with another crushing win for the British girls. Karen Williams left 55.8 girl Sylvie Revaux well down on the first circuit and Diane Heath, Anne Clarkson and Ann Robertson carried on from there. Ann Clarkson ran a cracking 53.9, and almost doubled the lead.

100 (— 0.1): 1, WENDY CLARKE 11.8; 2, HEATHER HUNTE 11.9; 3, J. Belrepayre (F) 11.9; 4, HELEN BARNETT 12.0; 5, ELIZABETH EDDY (UK-gst) 12.0; 6, C. Prajet (F) 12.0; 7, C. Callot (F) 12.5.

200 (— 2.3): 1, CLARKE 24.1; 2, DIANE HEATH 24.7; 3, Belrepayre 24.8; 4, Prajet 25.0; 5, S. Revaux (F) 25.1; 6, HAZEL OAKES 25.3.

400: 1, RUTH KENNEDY 55.0; 2, KAREN WILLIAMS 56.1; 3, ANN ROBERTSON 56.8; 4, C. Trichet (F) 58.0; 5, M. Deleclous (F) 58.3; 6, D. Bagot (F) 59.8.

800: 1, LESLEY KIERNAN (UK-gst) 2:06.3; 2, KATRINA COLEBROOK 2:07.4; 3, JANET LAWRENCE 2:11.1; 4, A. Fereol (F) 2:14.7; 5, C. Briand (F) 2:14.9; 6, D. Breilly (F) 2:20.1.

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1500: 1. ANN MARIA ROBINSON 4:25.0; 2. MONICA JOYCE 4:25.1; 3. GILLIAN DAINTY 4:31.8; 4. M. Bouchonneau (F) 4:32.6; 5. B. Rousell (F) 4:35.0; 6. B. Iceage (F) 4:37.1.

100H: (— 0.1): 1. L. Lebeau (F) 14.1; 2. JOY BOWERMAN 14.2; 3. A. Cornille (F) 14.4; 4. JANE LONG 14.4; 5. ELAINE DAVIDSON 14.8; 6. A. Marcellin (F) 14.8; 7. N. Caerels (F-gst) 14.9.

HJ: 1. GILLIAN HITCHEN 1.77/5'9½"; 2. DENISE COOPER 1.74/5'8½"; 3. P. Vesin (F) 1.74; 4. S. Prenveille (F) 1.65/5'5"; 5. F. Mercier (F) 1.60/5'3"; 6. ANN-MARIE DÉVALLY 1.60.

LJ: 1. ALISON MANLEY 6.05/19'10½"; 2. VALERIE MULLIN 5.99/19'8"; 3. M. Lamballe (F) 5.83/19'1½"; 4. Lebeau 5.77/18'11½"; 5. VALERIE WHITE 5.73/13'9½"; 6. F. Vincent (F) 5.52/18'1½".

SP: 1. J. OAKES 13.60/44'7½"; 2. LANA NEWTON 12.91/42'4½"; 3. LINDA NEWELL 12.41/40'8½"; 4. B. Massart (F) 12.17/39'11½"; 5. F. Saco (F) 11.95/39'2½"; 6. C. Alliot (F) 11.41/37'5½".

DT: 1. VALERIE WATSON 43.70/143'4"; 2. LYNN SMITH 41.90/137'5"; 3. Alliot 39.52/129'8"; 4. KAREN MALLARD 39.28/128'10"; 5. Massart 38.86/127'6"; 6. F. Mouroux (F) 31.06/101'11".

JT: 1. A. Bocle (F) 49.82/163'5"; 2. JULIE KING 44.88/147'3"; 3. BERYL RICHARDSON 44.22/145'1"; 4. MARION MENDHAM 40.80/133'10"; 5. M. L. Plancon (F) 39.40/129'3"; 6. A. P. Tonetti (F) 39.14/128'5".

4 x 100: France 46.0. UK 45.8 disq.

4 x 400: 1. UK 3:43.3; 2. France 3:57.4.

Final team positions: UK 161; France 93.

(This Apollo International match was sponsored by Accles & Pollock Sporting Goods Division)

Entries for the Wycombe "5", Ladies "5" and 24hr Mixed Relay close Sept. 7th to Mr S. Baskerville, 6 Stephenson Close, High Wycombe.

CRAWLEY A.C.

3rd Annual

VETERANS OPEN 10 MILE ROAD RACE

Incorporating Southern Vets. Championship
SATURDAY, SEPTEMBER 20th, at 2.30pm
Ifield Green Playing Fields

Entry Fees: Open and Southern 25p each,
Teams 50p. Three to score, any age group.
Lady competitors welcome.

Entries to J. Cook 15 Johnson Walk, Tilgate,
Crawley, Sussex. Tel: Crawley 512212.

MOORE & MORRIS WIN EUROPEAN JUNIOR TITLES

The British team gained two gold, two silver and three bronze medals in the European Junior Championships in Athens. Aston Moore (16.16/53'0¼") and Mickey Morris (UK record of 5:34.6) won the triple jump and 2000m steeplechase respectively; Peter Hoffmann (47.27 400) and Wendy Clarke (23.85 200) gained second places; and third positions were taken by Sebastian Coe (3:45.2 1500), Wendy Clarke (11.53 100) and the 4 x 400 team of Diane Heath, Karen Williams, Ann Clarkson and Ruth Kennedy (3:39.1). Details in next week's issue.

13 FLAT BY GUY DRUT!

France's Guy Drut, already co-holder of the world 110m hurdles record of 13.1, made the record his own when he clocked 13.0 (hand-timed) with a legal following wind of 1.78m/sec in West Berlin on August 22nd. Charles Foster (US) was 2nd in 13.2. Steve Williams tied the 100 record of 9.9 at the same meet.

ANDREA BEATS STECHER

Andrea Lynch scored the second victory of her career over Renate Stecher, 11.31 to 11.37, in Zurich on August 20th. The Olympic champion, off to a very slow start, was unable to gain enough ground on the fast starting British girl. There were great victories, too, for Alan Pascoe (48.69) well ahead of Jim Bolding (49.35), and for David Jenkins (45.59), who beat Cuba's 44.7 performer Alberto Juantorena after hitting the straight 4m down. Faina Melnik broke her world discus record with 70.20/230'4".

ELEVEN BRITISH WINS v USSR

British winners in the Kraft International (UK v USSR) at Crystal Palace last Sunday and Monday were Ainsley Bennett (20.85w 200), David Jenkins (45.79 400), Brendan Foster (3:42.2 1500), Mike Tagg (28:31.0 10,000), Berwyn Price (13.65w 110H), Alan Pascoe (50.05 400H), the men's 4 x 400 team of Bob Benn, Jenkins, Bill Hartley and Pascoe (3:08.1), Andrea Lynch (11.35 100 & 23.15 200), Donna Murray (51.75 400) and Denise Brown (1.79/5'10½" HJ). The USSR won the men's match 225—181 and the women's 141—114. Full coverage next week.

WALKING

Staffs Walking Club Open Meeting at Rowley Park, July 12th. (Senior Women 5000): 1. V. Lovell (B'field) 27:50; 2. P. Branson (Harb) 28:51; 3. S. Wish (Sol) 29:01. Team: Harborne. (Juniors 3000): 1. E. Cox (Sol) 16:02; 2. K. Baker (Sol) 17:03; 3. S. Smith (Sol) 17:07. Team: Solihull. (Girls 2000): 1. S. Baker (Alder) 11:25; 2. K. Eden (Alder) 11:32; 3. L. Burton (Four D) 11:35. Team: Alderbrook.

Due to illness and holidays we are likely to be affected by staff shortage for the next 2—3 weeks and this may cause some delay in replies to letters etc.

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Tiger 'Cortez'. We still have a few pairs available in this special offer. Extremely hard wearing, ideal for training. **Still only £7.45.** Sizes: 5½, 6, 6½, 10½, 12½.

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.

Gola 'Special'. Blue pigskin suede uppers. Sure-grip sole and soft rubber heel wedge. Padded lining, tongue insole. Sizes: 6, 6½, 7, 8, 8½, **£7.95. SAVE £2.**

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, 6½, 13 **£5.45. SAVE £1.50.**

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OPEN MEETING

(Under A.A.A. Laws)

at

CRYSTAL PALACE

on

**WEDNESDAY 10th SEPTEMBER,
1975**

FIELD EVENTS

- 6.30 p.m. Javelin (Seniors & Juniors).
- 6.30 p.m. Pole Vault—Opening Height 3.50m.
- 7.15 p.m. Shot (Seniors & Juniors).
- 8.00 p.m. Discus (Seniors & Juniors).

TRACK EVENTS:

- 6.45 p.m. 400m Hurdles (Seniors & Juniors).
- 6.55 p.m. 3000 Metres (Boys).
- 7.15 p.m. 200 Metres (Seniors, Juniors, Youths & Boys).
- 7.45 p.m. 800 Metres (Seniors, Juniors, Youths).
- 8.45 p.m. 10,000 Metres (Seniors & Juniors).

ENTRY FEES: Seniors 25p, Juniors, Youths & Boys: 20p per event.

**ENTRIES CLOSE FRIDAY 5th
SEPTEMBER, 1975**

Entries to: Hon. Secretary, S.C.A.A.A., 70
Brompton Road, London, SW3 1EE.

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ADDRESS:

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AGE GROUP:

CLUB:

BEST PERFORMANCE:

I enclose entry of:

WEDNESDAY 10th SEPTEMBER.

COMPETITION – By Frank Dick

Final part of the Introduction to Training Theory series

IN the first article of this series, 'Periodisation' was described as "An organised division of the training year, in pursuit of the following objectives:— (i) Preparing the athlete to achieve an optimal performance; (ii) Preparing the athlete for a definite climax to the competitive season; (iii) Preparing the athlete for the main competitions in connection with that climax."

It must always be borne in mind that an "optimal performance" can only be recorded in a competition. After all, there are no awards offered for world records in training! This point must be emphasised, because the coach is preparing the athlete to improve his **competition performance**, and all training is in pursuit of this end. The concept of 'Periodisation' implies producing or reproducing the high-point of performance improvement in a **particular competition**. In the five preceding articles discussion has concentrated on creating a structure of preparation for improved performance. But in this, the final article, your attention should be focussed on the specifics of preparation for competition, and competition itself.

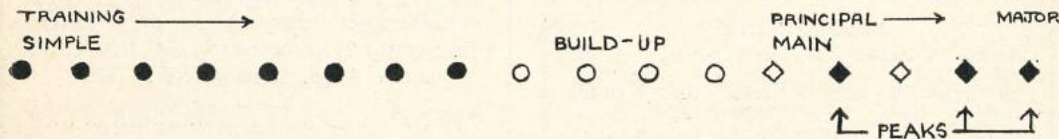
Bridging Phases II and III is a 'grey area' where competition-specific training has, as its main component, competitions themselves. These competitions have immense importance in the development of the athlete's training status, and his competition performance. Moreover, they serve as a means of evaluating the status of performance in an event—

Apart from these 'training competitions', we should also distinguish 'principal competitions'. These competitions dictate the patterns of macrocycles in the competition period, just as the pattern of the complete annual cycle is dictated by the climax of the competition period. The macrocycles must be so arranged, then, that the best possible performance can be produced in each 'principal competition'. The principal competitions should be seen as including the 'main competitions' and the 'major competitions'. As was suggested in the first article, these 'main competitions' are, in fact, the final preparations for the 'major competition' or the 'competition climax'. According to the nature of the event, Matveyev believes two or more 'peaks' (including the competition climax) are possible. (See article 1). However, from practical experience, it is most unusual for an athlete to produce more than four 'peaks' even in the explosive events where the technical component is high. Time, and the psychological and physical resources, simply do not permit the necessary preparation for a greater frequency.

By way of summary of these points, the competition programme might be represented schematically as in Diagram 15 for a male long jumper. The distribution of this particular programme throughout the season might be seen as in Diagram 16.

But why should competitions have anything more to offer training than, say, a trial in a training session?

DIAGRAM 15. SCHEMATIC REPRESENTATION OF COMPETITIONS



and, within the limitations imposed by the actual number of competitions, the stability of that performance. These competitions are seldom used to evaluate status relative to other athletes, but rather to evaluate the athlete's performance status relative to his own previous competition performance — or those at the same time last year, and so on. It seems reasonable to refer to all such competitions as 'training competitions.' These may be 'simple' competitions to assess training status, while others, distributed throughout the season, and which tend to become progressively sophisticated in terms of objective, are frequently referred to as 'build-up competitions.' It is worth pointing out that these competitions may well include events other than the athlete's own event. For example, a 400m hurdler may run a 500m to assess speed endurance; a 100m hurdler may run a 200m to assess speed endurance; a long jumper may run 100m to assess speed, and so on.

In training we can only simulate competition situations. In competition, the athlete, due to the experience of competition and its emotional demands, emerges more completely exhausted than in training. Consequently, the stimulus for adaptation to high or maximum loading is more effective than that which can be reproduced in training. Just as important, however, is that competition is the most specific training that exists for learning to master emotional excitement in such a way that it helps the athlete surpass present limits of performance. It is not unusual to hear of an athlete producing superb achievements in training—yet experiencing disasters in competition. He has failed to master himself in competition, reacting negatively to the insecurity which he feels competition affords. Once back in the quietness and security of the training situation, all is well again. Competition is the only means of adapting to the stressor of competition, and to avoid its

DIAGRAM 16: POSSIBLE DISTRIBUTION OF COMPETITIONS REPRESENTED IN
DIAGRAM 15. NOTE THAT FROM APPROX APRIL 12th to MAY 31st THERE IS ALMOST
A 'GREY AREA' WHERE PHASES II AND III ARE 'BRIDGED'

Date	Level	Event	Phase	Macrocycle Content	Macrocycle Objectives
April	5		II	Progression into optimal competition frequency:	Rapid increase in competition performance.
	12			loading extent reducing:	Training competition
	19	(a) 200 m: 110H: 4 x 100		training itself reduced but loading not yet at optimal intensity. Probably one macrocycle only.	'hardness'. Evaluation of technical performance and training status.
	26	(a) LONG: TRIPLE: HIGH			Stabilising competition performance: putting together competition experience.
		(a) LONG: 100m: 4 x 400			
May	3				
	10	(b) LONG: 100m			
	17	(a) 200H: 200m		Emphasis on training: correction of technical faults found in previous macro-cycle: intensity progressing steadily.	Correction of technical faults: preparation for III/III ₂ based on above evaluations: commencement of main competitions.
	24	(b) 100m: LONG			
		(a) 100m			
	31	(c) LONG: 4 x 100			
June	7			Main competitions with gradual reduction of extent as loading now moves to optimal intensity, but structure of loading is still in keeping with event requirements. There will be several macrocycles here.	Stabilising optimal competition performances. Recording these in main competitions. Collection of all relevant data on behaviour in all competition situations.
	14	(a) LONG: 100m: 4 x 100	III or III ₂		
	21	(d) LONG: 4 x 100			
	28	(a) 100m			
July	5	(c) LONG: 200m			
	12	(d) LONG: 4 x 100			
	19	(a) 4 x 100: 4 x 400			
	26	(b) 100m: 200m	IV	Period of special preparation. Extent of loading rises for 3 wks then decreases as intensity reaches optimal—and highest in the annual cycle. The whole of this phase is a complete macrocycle.	Special preparation for major competitions based on analysis of III/III ₂
August	2	(b) LONG			
	9				
	16	(d) LONG			
	23		V		
	30				

Note: (a) Simple training, (b) build-up, (c) main competition (d) peaks.

particular stress simply increases the stress potential of the next one—and so on.

In addition to the training/competition difference as a reason for using competition as a training means, it is self-evident that by offering a wide variety of competition situations, the likelihood of the athlete being confronted with the unfamiliar is reduced. Every competition has a character of its own, determined not only by the physical environment of track, wind, humidity and so on, but also by the

group of athletes involved. The latter point is important, and the athletes must be encouraged to seek out opposition—especially if the opposition is known to have thrown, or jumped further, jumped or vaulted higher, or run faster. By competing with the same opponents, a system of stereotyped, albeit efficient behaviour will undoubtedly evolve. Varied opposition and environment on the other hand, develops the capacity to adapt more readily to varying competition conditions.

It is impossible of course, to suggest an ideal frequency of competition. Our competition season is seen as very short when considered against:— (a) The time span of 'athletics weather'; (b) Time for recovery from the physical and emotional stress of a main or build-up competition; (c) Time to correct training deficiencies.

Consequently, the combined 'Build-up Competitions' and 'Principal Competitions' cannot be realistically contemplated in excess of around 10. Any further competitions should be 'low key' competitions, which are really of 'simple-training' status. This accepted, speed and elastic strength events can amount to 1-2 per week; while heart and strength endurance events will be separated by 7-14 days.

It may well have occurred to coaches and athletes that there have been athletes who have very successfully 'saturated' a season with little or no apparent deterioration of performance. Derek Ibbotson was one such in his world record season of 1957. In 1965, Ron Clarke raced 21 times in 56 days, lowering the 5000m record twice, and the 10 mile record once. Moreover, in the month preceding this period, he set a world record in the 3 mile; and 3 months after this period, in the space of 40 days, he set world marks on three occasions: 3 mile/5000m; 3 mile; and 6 mile/10,000m. Only after many years of preparation can this be contemplated and even then, it cannot be considered possible over 2-3 successive years. On the other hand, at the lower end of the scale it has already been suggested that the young and developing athlete seems to be quite uninhibited in his appetite for competition. In fact, according to Thiess, improvement in performance is directly proportional to competition frequency. He recommended, following the 1966 Berlin Sportakiad 20-30 competitions in the course of the period-cycle leading up to the major competition.

Before moving on to competition preparation, and by way of summary, the following should be noted:—

1. The athlete must compete as often as is necessary to achieve and stabilise a good competition performance.
2. The better opponent must not be avoided.
3. The athlete should only compete when he/she is physically and emotionally prepared for it.
4. Too many competitions—especially where this involves a high density (close together) or considerable travel—not only interfere with training progression, but cause cumulative psychological fatigue.
5. Competitions should be in ascending order of

difficulty, building up towards the major competition, and all competitions are subordinate to it.

COMPETITION PREPARATION

Specific competition preparation assumes, of course, a given status of training in a given athlete for a given event. This understood, certain points must be considered by the coach in the preparation of units etc leading up to the competition itself.

(i) The specific objective of the competition must be known to, and discussed with, the athlete. The objectives can be considered under three headings:— (a) **Competition with the athlete himself.** These contests are to advance training status, improve performance etc. Here, the opposition is used to aid pursuit of the objective. (b) **Competition with an opponent.** These contests are to win a point for the club/country, qualify for the next round, eliminate opposition, win a title etc. Here the opposition is to be defeated. (c) **A combination of a and b.** No means of evaluating success/failure exists if the objective is not known, nor is there any distinct purpose to training.

(ii) Where the objective is under headings (i) b or c, then the opposition must be clearly identified and known to the athlete. This implies that not all athletes in the events are opponents. Information on each opponent should include: previous best performances; recent history of competition; behaviour in competition (eg how series are strung together, favourite tactics, strengths, weaknesses etc).

(iii) As it is difficult to adapt quickly to a strange surface, humidity, altitude, temperature etc, training should, where possible, involve similar conditions to those at the competition venue. The extraordinary range of climate in the UK should prepare the athlete well for any weather conditions in competition—except, possibly, extreme heat, and humidity, but the athlete's attention should be drawn to any technical or tactical adjustment necessitated by various conditions.

(iv) The chronobiologist encourages the coach to understand the peak and trough of human performance according to circadian rhythms and longer cycles. The athlete must be able to compete at the times required of the competition. At major Games, qualifying rounds can start between 09.00 and 10.00. If an East/West time shift is required in moving to the competition venue, the body-clock may be given time to 're-set' if the athlete arrives long enough in advance—but if this is not possible, then thought must be given to 'shifting the athlete's day' in training. Loosely connected with this point is the problem of

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

THE NUNEATON '10'

SATURDAY, SEPTEMBER 20th at 3 p.m.

Incorporating the Warwickshire 10 Mile Road Championship

Prizes for first 20, and first 3 Veterans not in first 20. **Medals** first 3 in Warwickshire Championship Race. **No Team Race.**

Entry Fee: 20p.

Entries to E. Rowland, 85 Watling Street, Nuneaton, Warwickshire.

Please state whether County qualifications by Birth/Residence/Service with H. M. Forces.

ENTRIES CLOSE SEPTEMBER 17th

more than one competition in the course of a day, and the distribution of 'rounds' at a major competition. Separating the qualifying rounds and finals of events by an 'empty' day can prove a problem to those athletes unfamiliar with the situation.

(v) The athlete should be educated towards complete independence and the capacity to act 'executively' in the competition situation. He must take his opposition seriously yet concentrate upon the task in hand. He must **never** be afraid of opposition, and certainly never be encouraged to avoid opponents equal, or superior, to himself. In fact, the athlete should feel a 'hunger' for such opposition, looking forward to these encounters with a 'positive' anticipation. After all, it is this level of opponent who represents the highest stimulus to increased adaptation. The importance of reinforcing his feeling of identity with club, country etc might also be considered.

(vi) Despite the athlete's physical and emotional concentration on the forthcoming competition, he must not be allowed to 'worry' about it—nor to see the contest as some kind of approaching 'monster'. In the last few days the coach should focus his attention

on stimulating the athlete's belief in success; on aiding relaxation via recreation and reading; on avoiding boredom by organising interesting but relaxing outings, and so on. Autogenic training, as formulated by Schultz, or the variation advanced by Machak, must be considered by the coach as having something to offer in the control of 'Pre-start reaction' (See below). On the other hand, post-hypnotic suggestion can be applied to only few athletes—and in general, rather than specific, ways. For example, these athletes may generally feel more aggressive or more relaxed. It must be pointed out, however, that hypnosis does not allow an athlete to adjust his behaviour to an unexpected situation that might occur in competition. Such inflexibility would not be indicated for an athlete. Personal experience has found little value in 'kidology' during these days. Honest good marks in training are valuable, dishonest ones will eventually open a huge credibility gap between athlete and coach.

(vii) Athletes, of course, vary in their behaviour immediately prior to commencement of competition. Puni refers to this behaviour as 'Pre-start Reaction'—

TABLE 22 PRINCIPAL FORMS OF PRE-START REACTION (FROM HARRE ACCORDING TO PUND)

MANIFESTATIONS BEFORE THE COMPETITION	State of Readiness for Competition		'Start-Fever' (Nervous Anticipation)	'Start-Apathy' (Listlessness/Inhibition)
	physiological			
		All physiological processes proceed normally.	The athlete radiates great excitement; acute vegetative changes (considerable increase in pulse rate, sweating, nervous micturition, trembling in the limbs, feeling of weakness in lower extremities etc).	Listless, completely inhibited movements; yawning.
	psychological	Slight excitement, enjoyable and rather impatient anticipation of the coming challenge, optimal power of concentration in complete control of own behaviour, radiating energy.	Great nervousness, uncontrolled movements, forgetfulness, absent-mindedness, uncertainty of action, haste, unnecessary activity.	Limp, lazy, apathetic, anxious; low spirits; desire to cry off from competition, tired, 'sour', unable to get going.
BEHAVIOUR IN COMPETITION		The athlete enters into competition in a highly organised way and exactly according to the plan of campaign, sees the way ahead clearly, masters the situation, all forces at his disposal are brought into use in a tactically correct way; the anticipated result is achieved or surpassed.	Athlete's activity is disturbed, partially disorganised, he competes rashly, departs from his usual tactical line, loses the feeling for tempo, exhausts himself prematurely; movements are uncontrolled, accumulation of mistakes in face of high technical demands; very cramped.	He does not compete energetically, will-power soon abates, the athlete is incapable of mobilising the strength he possesses, action does not flow; after competition he is not exhausted because all reactions were on a low level.

and has tabulated variations as shown in Table 22. If the athlete shows 'START-FEVER', warm-up should be relaxed, while for those with 'START-APATHY' it should be vigorous and lively. According to Vanek and Cratty, both extremes should derive benefit from Autogenic Training. Athletes also vary in their 'desire for company' during warm-up, and over the last few days. A stronger feeling of security can sometimes come from being in a group—yet this is not always the case.

(viii) Educational value can be derived—especially with the younger athlete, in encouraging his observation of the other events prior to his own. The more mature athlete may learn something of the atmosphere of the stadium, the temperature, variations in wind, and so on. There's always the morale boost, of course, when witnessing a successful performance by a colleague. On the other hand, morale can slide with

an early defeat. While such a situation can be turned to advantage as a 'spur' to other team members, the athletes who are yet to compete should not be exposed to the demoralising effect of discussing the 'defeat' with the unfortunate athlete. There will be time for this after the day's competitions are over.

(ix) The checking of the athlete's personal equipment is the athlete's own responsibility but it is the coaches' responsibility to ensure that the athlete knows the specifics of equipment requirement.

(x) In the construction of the special competition preparation cycle, the following should be noted:—

* A decision must be made by the coach whether to programme for improved performance—or stabilisation of existing performance level. There are times when to demand increased levels of intensity, will 'burst the bubble.'

* The athlete's own status, that of the opposition, and

TABLE 23: OBSERVATIONS FOR CONSTRUCTION OF SPECIFIC CYCLE

Previous Competition Series

Performance steadily improved. Capacity for loading high.

Not daily training, perhaps every other day or 2:1:3:1 etc, but very high intensity of loading in each unit. Performances reasonable but small increases.

High competition frequency has interfered with total extent of training and normal progression. Perhaps no further improvements in performance, loadings of very high intensity.

Poor or even regressive results of competition. Competition life is a struggle, yet training similar to last year.

Early performances excellent—then 'over-stress' symptoms appear as performances fall.

Procedure in Special Preparation

Previous training microcycles continued, but re-charging emphasised in first week. Moreover, extent of lower intensity training raised for first 2-3 weeks, then high intensity of competition specific loadings in final 2-3 weeks.

Move to daily training at lower intensity. Extent is, therefore, high in general and special, but competition specific training should be low. Intensity is reduced for 2-3 weeks—then accelerated to very high—perhaps even returning to training every other day in last 2 weeks.

Increase extent of general and special, but very low competition specific. Loadings roughly equal to late Phase II. Include 2-3 build-up competitions in last 2 weeks, ie highest intensity of competition specific loadings. This accompanied by all round increase in intensity, decrease in extent.

Check with bio-profile and physiotherapist. If this gives the athlete an 'all-clear':

- i. **Experienced athlete:** Great increase in extent of all loading two weeks; then great increase in intensity as extent falls for 10-14 days; then high intensity competition specific over final week. 1-2 build-up competitions in final 10 days.
- ii. **Inexperienced athlete:** Raise extent of general and special loadings for two weeks to values of late Phase II; two build-up competitions in successive days seven days prior to major competition—then high intensity competition specific final week. If athletes are found unfit by the check-up—then the value of proceeding to the major competition is in doubt.

If this 'over-stress' is traced to the nature of loadings, the immediate objective is to restore stability of training status. High extent of general and physical recreation activities—with rising extent of special training in first 7-10 days. Once enthusiasm for more intensive loadings returns, hold medium extent of all loadings with gradually raised intensity for next 10-14 days—then inject a steep increase in intensity—especially in competition specific—up to competition. Value of build-up competition is limited. If 'over-stress' is due to other factors, trace source, then proceed as above.

the competition environment must be evaluated.

* Microcycles must allow complete recovery.

* Any additional competition must not itself be a 'peak', but rather be a 'build-up'. Errors here will deplete reserves of emotional and physical energy. At least one such competition should be at or near the venue of the major competition—especially if the athlete must travel East/West, to altitude, to extreme humidity, temperature etc.

* The coach must develop the athlete's feeling of emotional focus and the need for complete preparation for the forthcoming contest. Too often, an Olympic qualifying mark is reached, an athlete selected, and apathy follows. It is as if gaining selection was the major objective.

* The first week of the special cycle leading up to the major contest should emphasise general development, relaxation, and the 're-charging' of batteries—before the concentrated four weeks of build-up are started. This will be interpreted variously according to the patterns of performance in the previous cycle.

* No technical variations should be attempted.

* A thorough check by a physiotherapist or sports medicine specialist should, if possible, be sought in the first week of this five week cycle.

* Rules and regulations specific to the forthcoming competition should be clearly understood by the athlete. Moreover, commands and instructions in a foreign language should be rehearsed, where applicable.

(xi) While the content and composition of units and microcycles vary between individual athletes, some general observations may be of value to coaches and athletes. (Table 23).

On the day, only one person can bring the hours of work to a successful conclusion. The athlete's own will to co-ordinate all that has been learned and worked, and to express his or her own personality within the limitations imposed by the event and the competition, is, in the final analysis, the most vital quality of the successful athlete.

When the competition is over, the athlete will have a 'post event reaction'. This will be coloured by whether or not the objectives of the competition, as previously discussed and agreed with the coach, have been met. Those who have not met the objective need not be reminded of it! Those who have been unsuccessful are, of course, in need of little encouragement to be aware of this! The coach should encourage a state of 'normality' and relaxation for the rest of the day of the competition. Certainly there must be no criticism unless the athlete has, for some reason,

misinterpreted the result relative to the objective. Any evaluation and planned modification of programme should be made the day after the competition. Such evaluation and modification is part of the athlete's preparation for the next competition and must not be neglected.

In concluding this, the final article of the series, I must point out that the bulk of material presented is the product of an extensive study of methodology in the German Democratic Republic. The main reference has been 'TRAININGSLEHRE' by Harre. Other sources of reference are listed here, but much harder to list are all those contributions in discussion with colleagues here, in Europe and the USA, from coaching, physiology and physical education. Last, but most certainly not least, there is no way of truly estimating the immense contribution to this work, of 'feedback' from athletes.

What has been written is only a small window to the field of Training Theory, but I hope that the content has been of some value. Personally, I feel that the greatest value it could have, would be the commencement of a dialogue that would allow the evolution of our own concept of Training Theory in the United Kingdom.

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VERLEA A.C. promote the ST. ALBANS CROSS COUNTRY RELAY

6 x 3 Miles

(Under A.A.A. Laws)

SATURDAY, 20th SEPTEMBER, 1975 3pm

From the Westminster Lodge Track

Prizes: First 3 Teams, First unplaced 'B' Team and fastest lap.

Entries to A. C. Brunning, 4 Ludwick Way, Welwyn Garden City, Herts. Fees: 75p first Team, 60p others.

CLOSING DATE 2nd SEPTEMBER

HERCULES WIMBLEDON A.C.

WIMBLEDON '10'

(Under A.A.A. Laws)

SATURDAY, 4th OCTOBER, at 3 p.m.

WIMBLEDON PARK TRACK

Prizes for the first 25 finishers.

Entry Fees: 20p per Individual.

Entries to Geoff Moulden, 59 Lambton Road, London S.W.20.

ENTRIES CLOSE OCTOBER 1st

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ESSEX BEAGLES 277 v WOODFORD

GREEN 239½ v BRIGHTON & H 213½

v ENFIELD 175 v TVH 101

At Ashton Playing Fields, August 16th

200: 1, B. Pope (W Gn) 22.5; 2, J. Davis (Ex B) 22.6. (B): T. Wells (Ex B) 22.7. **110H:** 1, R. Honey (Ex B) 15.7; 2, T. Clifton (W Gn) 15.9; 3, M. Haggerty (B&H) 15.9. **400H:** 1, Haggerty 56.1; 2, M. Lewis (W Gn) 56.2. **HJ:** 1, F. Thompson (Ex B) 1.98/6'6"; 2, R. Dimba (BoE) 1.85/6'0½"; 3, H. Rhodes (B&H) 1.85. **PV:** G. Patel (W Gn) 3.90/12'9½". **LJ:** 1, Thompson 7.30/23'11½"; 2, Wells 6.99/22'11½"; 3, G. Holder (W Gn) 6.73/22'1". **TJ:** 1, J. Harmon (W Gn) 13.58/44'6½"; 2, R. Dimba (BoE) 13.57/44'6½". **SP:** 1, M. Cushion (W Gn) 14.91/48'11"; 2, R. Tilley (BoE) 14.16/46'5½"; 3, D. Roscoe (TVH) 13.93/45'8½"; 4, M. Evers (Ex B) 13.56/44'6". **DT:** 1, Cushion 58.52/192'0"; 2, Roscoe 51.80/169'11"; 3, P. Bullock (W Gn) 42.62/139'10"; 4, Tilley 40.40/132'6". **Invitation discus competition:** 1, Cushion 60.42/198'3" (56.26, 58.68, 59.70, 60.42, 57.78, 54.00); 2, P. Tancred (W&B) 56.74/186'2"; 3, Roscoe 52.98/173'10"; 4, C. Sutherland (Mit) 51.34/168'5"; 5, P. Bullock (W Gn) 43.42/142'5". **HT:** 1, P. Aston (W Gn) 57.68/189'3"; 2, M. Mileham (W Gn) 57.08/187'3"; 3, E. Lawlor (TVH) 51.38/168'7"; 4, M. Mason (BoE) 50.82/166'9"; 5, A. Slaney (BoE) 46.26/151'9"; 6, N. Edmunds (TVH) 44.44/145'9". **JT:** 1, B. Fuller (Ex B) 59.76/196'1"; 2, J. Trower (B&H) 58.80/192'11".

MEADOWBANK COACHES' CONVENTION

1st—2nd NOVEMBER 1975

The Meadowbank Convention has earned an international reputation for original contribution to technical development and training theory in track and field athletics. The 6th Convention, organised by Meadowbank Sports Centre and the Scottish Amateur Athletic Joint Coaching Committee, and directed by Scottish National Coach, Frank Dick, will add even more weight to that reputation.

Speakers include: **Dr. John Durnin** and **Clyde Williams**, experts in exercise physiology; **Dr. Hugh Simpson**, Chronobiologist; **Tom Craig**, Physiotherapist; **Sandy Ewen**, Hurdles Staff Coach; international athletes; **Friedhelm Endemann**, a leading throws coach from West Germany; and **Frank Dick**. The topics will include:—

Periodisation in Long Jump

Learning Practices in Throws

Male—Female Differences in 400H

Training Plans in Middle Distance

Theory and Practice in Speed Development

Physiology of, and Preparation for Anaerobic Events

Specific Protein Requirements in Track and Field

If you think about athletics as a coach, lecturer, teacher or athlete, then think about coming to Edinburgh for 1st—2nd November, and write for details now to:

Frank W. Dick, Scottish National Athletics Coach, 11 Rutland Street, Edinburgh EH1 2AE

European Cup Final (Women)**Mel Watman reporting****TOO MANY BRITISH GIRLS OUTCLASSED**

SAME as in Edinburgh last time, the East Germans won nine of the 13 European Cup women's events. The other four events yielded three second places and a fifth, so the GDR finished with a score of 97 out of a maximum possible of 104! The ability of practically the entire East German women's team to attain peak form at just the right moment every time is a testimony to periodisation, unless the sports boffins in Leipzig have come up with something unknown elsewhere. The East German supremacy is so overwhelming one doesn't know whether to be full of admiration or suspicion.

As expected, in only three events did Britain make any impact: the 100, 400 and 4 x 400. Elsewhere, except for a reasonable 5th place in the sprint relay, the British girls were found to be out of their depth. Last in the 800, hurdles, high jump and shot; 7th in the 200, 1500, discus and javelin; 6th in the long jump (and all with moderate performances) . . . British women's athletics has reached crisis point. Never have we been so weak, internationally, in so many events and never have we been able to boast so few world class performers: at the moment, just Andrea Lynch, Donna Murray and the 4 x 400 squad. No one is expecting us to get anywhere near the standard of the East Germans or Russians, but it is disturbing the way we have fallen so far behind other nations. In Edinburgh we finished 5th with the same number of points as West Germany, and 9pts clear of Rumania. In Nice, West Germany were 3rd with 64pts, Poland (who didn't make the final last time) 4th with 57, Rumania 5th with 52, Bulgaria (who also have slumped) 6th with 47 and Britain 7th with 39—only four points more than France.

It's about time delegates at AGM's of the WAAA and BAAB started asking questions as to why women's athletics in this country, traditionally strong and for many years relatively more successful than the men's side, is at such a low ebb. Administration, coaching, facilities, competitive structure and opportunity for overseas competition, the sport's ability to retain the interest of the talented youngsters who abound at school level—all these areas must be examined.

The 100m was a rerun of Rome, with Andrea Lynch this time improving to second, ahead of Irena Szewinska. But there was no stopping Renate Stecher, looking as though she is now back to her 1972/3 weight (and form) after having trimmed down last year. Andrea was up in the first half of the race but was powerless as Stecher surged past to win by 8/100 in 11.29 against an 0.50m/sec breeze. An excellent performance, all the same, for Andrea who said afterwards that she was begin-

ning to feel that Stecher was unbeatable. Four days later, in Zurich, Andrea beat her in 11.31!

Irena Szewinska won a close, fast 400 forty minutes after the 100 in the world's fastest time this year of 50.50, and one feels she will concentrate on this event for Montreal. Ellen Streidt, out in lane 8 (Irena was in 5, Donna Murray in 4), ran her to a metre, while Donna was a marvellous third in 51.30—just 2/100 outside her UK record—ahead of two tough rivals in Rita Wilden and Nadyezhda Ilyina. Next evening, Donna reached even greater heights as anchorwoman in the relay when she pulled Britain up from fourth to second with a 50.2 split! The UK team set a national record of 3:26.6 behind the GDR (3:24.0) and all the girls pulled their weight.

Jannette Roscoe (53.4) was fourth on the first leg, behind Brigitte Rohde (GDR) 51.4, Inga Klimovicha (USSR) 52.0 and Dagmar Jost (WtG) 52.2. Gladys Taylor put in a lot of running to move into third along the backstraight and, though fading towards the end and being overtaken by the Russian, she clocked a formidable 52.0 for her stint. Gisela Anton (50.2) and Rita Wilden (50.5) ran blinders for East and West Germany respectively, and at this stage Britain looked out of it so far as the hoped for second place was concerned. Verona Elder ran the super time of 51.0 for her lap but could not gain any places as Ingrida Barkane (USSR) ran the same time. Up ahead, Rita Kuhne returned 50.9 for the GDR and Erika Weinstein 52.2 for WG. Running times at the last change were thus: GDR 2:32.5, WG 2:34.9, USSR 2:36.2, UK 2:36.4. What a thrilling last stage it proved to be. Streidt anchored GDR safely in 51.5 for a 20m win, but second place became wide open when it was seen that WG's Elke Barth (52.5) was struggling. Ilyina (50.8) moved into second after 200, Donna also passed the German coming into the straight . . . and then, amid great excitement from the British supporters, Donna stole past the Soviet girl too.

Other track triumphs for the GDR came in the 200, where Stecher had a couple of metres in hand over Szewinska in 22.63 (headwind again); the sprint relay (with Stecher on the second leg); the hurdles, where Annelie Ehrhardt edged the girl who seemed to have displaced her as world's number one—Grazyna Rabsztyń—by 2/100 in 12.83 and where Natalya Lebedyeva confirmed her recent breakthrough into the sub-13 ranks; and a highly competitive 1500 in which Waltraud Strotzer (née Pohland) finished strongly to win in 4:08.0 with four girls within 10 metres. The last 500m was covered in 1:18.3! In the latter event, Joan Allison led for the second lap before falling back to last, eventually pipping Marie-Françoise Dubois (who was dying on her feet) for seventh in 4:15.9.

continued on page 27

INTERVIEW WITH HARRY WILSON

by **Brendon Byrne**

HARRY WILSON is the National Long Distance Event Coach and one of the country's most successful coaches. Athletes that he currently advises include European silver medallists Steve Ovett and Tony Simmons (who are also National Junior and Senior cross-country champions), Marion Barrett, National indoor 800m champion and Lesley Kiernan last year's WAAA 800m champion.

How did you first become involved in athletics?

I first started when I was in the ATC, which I joined during the war. We had a sports officer who was very keen on athletics and he got a bunch of us together in Welwyn Garden City. I used to run 400. Many of the people who were with us in those days stayed on and founded the club in the town. That chap really did quite a lot of good.

What was your own competitive record like?

I spent a long time trying to run 400. The best I did was 51.4 and I also ran a 1:58 800. I just wasted my time. When I was 32 I ran a 10 miles road race to make up a club team. I ran under somebody else's name and was in the winning team with a time of about 58 minutes. I realised then that I had been doing the wrong event and started running 5000 and 10,000. I won the Welsh 10,000 championship, ran five times for Wales in the International cross-country, and did just under 50 minutes for 10 miles on the road. My marathons were not very good because I only used to run about 40 miles a week in training.

How did you become involved in coaching?

Was this a deliberate policy on your part, or was it just accidental?

I always wanted to coach and I was doing this most of the time I was running distances. I went on a course at Loughborough and met Geoff Dyson. I was very impressed and influenced by him. He was really the motivating factor behind many coaches, particularly people of my age who heard him lecture and were on courses with him. He was as much a motivator to coaches as coaches are to athletes.

In what way was Geoff Dyson such a motivator?

He was a dynamic personality and stood very much for the status of the coach. He felt that a coach should be a respected member of the community and the club, not someone who was massage man who gave out the odd piece of advice and was not particularly knowledgeable. He felt that at international level the coach should be treated in the same way as the team manager. He was positive and a leader.

Can you talk about some of the athletes you have coached in the past?

One of the first was Dick Jones, who won the

AAA Junior mile. He ran 4:02.8 at 19. That was a European Junior record which stood for some time. I also coached Ann Jenner who ran the 100 at the Rome Olympics in 1960. Since then nearly every year or two another good class athlete has come along. One was Andy Green who won the AAA 1500m and ran a 3:57.2 mile. His wife, Mary (Mike Tagg's sister), reached the semi-final of the 400 at the 1968 Olympics.

My favourite athlete would have to be Roger Matthews from Bournemouth. I met him at Merthyr Maw on a course and I think he had done 31:15 for 10,000. Two years later he finished 4th in the Edinburgh Commonwealth Games. This was all due to a different approach by him and an acceptance of doing a lot of training.

At present the best known athletes you coach are Steve Ovett, Lesley Kiernan and Tony Simmons. Could you say something about each of them?

I know their strong points and their weak points. There are some things you know about people that you are privileged to know because

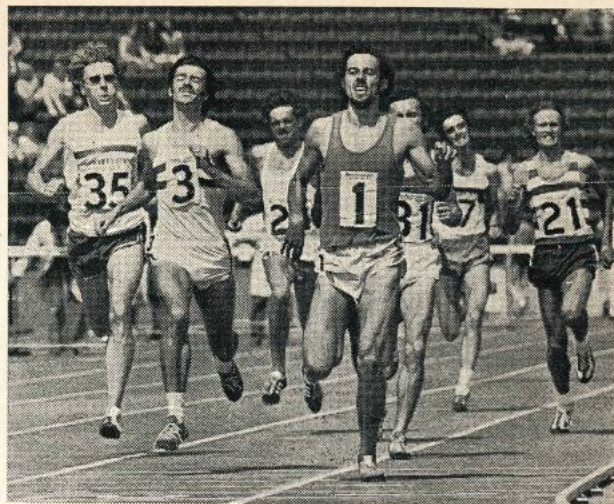


Tony Simmons, realises his dream—winning the 'National' on his home course at Luton.

Ed Lacey

Steve Ovett—"I think that he is the greatest talent that we have ever had in Britain as a runner"—wins the AAA 800 in 1:46.1 from Pete Browne (3), Neill O'Shaughnessy (31) and Mark Winzenried (35).

Ed Lacey



you get so close to them and for that reason you keep those things to yourself.

Tony is capable of much finer performances than his training would make you think. He is capable of turning himself on fantastically, and if he goes for something you can bet that he will do very well. Once he is motivated he will pull out more stops than anyone thinks he is capable of. This does knock him out for a few days and this is why sometimes after a superb performance he will not race so well. Sometimes this will happen in training. For example, he has come over to Welwyn for a session of 6 x 800 in 2:08 each. He has got motivated and run them in 2:04. Tony has a great ability to raise his game, he is in there to win—not just be a member of a team. Your training has got to be geared to giving yourself a chance to win which, in the past, he has not been able to do. He has got a lot of speed. For example Tony ran the last lap of the 10,000 in Rome close to 54sec and that is very fast for distance running.

As regards this past winter, when he really got started in training in December the one thing that mattered to him was the National. He wanted badly to win, that was a personal thing. Not many people gave him a chance of doing well in Rome but he and I knew he would do well. If a race comes along that he badly wants to win then he becomes a different type of person.

I am bound to say that Steve Ovett is the sort of person you come across once in a lifetime. He not only has the physical talent, he also has the ability to learn and he is learning all the time. He doesn't think that at the moment he is the greatest in the world or anything like that but he knows what he has got to do. He's arrogant and self confident but not big headed. He is still at the beginning of his career and by no means a polished athlete. I think that he is the greatest

talent that we have ever had in Britain as a runner.

I met Steve on a course at Crystal Palace during the winter before the 1973 European Junior Championships. Since then he thinks the same as me, and also does Lesley . . . that training at International level isn't a hit and miss affair. It requires careful planning. At the moment I have the next 28 days training planned out for them. Some people don't agree with this, but that's the way I like it.

Steve is very single minded, he has got speed and above all he is a good technician which is very important. He can run the first lap of an 800 in 52sec and he's relaxed. A lot of the top 800 runners can run a first lap in 52 but they are not relaxed and that is the difference. When Steve runs he is very relaxed and not struggling and straining.

What do you think his potential will be in the next few years?

Well, we have talked about it and I think 1:40 (sic) in Montreal is not out of the question. If he concentrated on the 400 he could run under 46sec. When someone has that sort of ability I don't see why he shouldn't relax and run two laps in 50sec. That's at 800, which is his best event at the moment. What his best event will be in the future is difficult to say. It may always be 800. At the moment he's going for a superb 800 and everything else is incidental. The important thing is beating people not setting records.

How about Lesley Kiernan?

Her main asset is that she is a fighter. When anybody trains with her or races against her you can bet she will fight. This is the opposite of many women in that they respond more to encouragement rather than challenges. All of her career has been a series of challenges. When she finished second at the European Junior Cham-

pionships in Duisburg some people said it was a flash in the pan, others said she was lucky to get the qualifying time for Rome. Then for last year's Coca Cola meeting the press said how good Joan Allison and Joyce Smith were, and never mentioned Lesley. She won that, she's a fantastic fighter. She also likes training, which is a rarity in girls. Her future is in 800 running. I can't see why anybody should want to push a 16-year-old girl up to 1500 when she has run 2:02 for 800. She has tremendous potential over two laps.

What special qualities do you look for in an athlete for him or her to be successful?

Athletics has got to be more important than anything else. That doesn't mean that they have to exist for athletics; it means that when they train or race they know what they are there for. When Tony was in Rome some people asked him what he did for training and could they join him. These people are still dabblers, even though they are international class competitors. You need natural ability and the love of doing well, you have to have the need to win above all else.

What have been your greatest satisfactions and disappointments?

Steve and Tony in Rome on the one hand were very pleasing but on the other it was disappointing to think that Tony was a few inches away from a gold medal and Steve could have run much faster. Some of the greatest satisfactions have been Steve's win in the AAA Championships last season and Lesley's win in the 1000m at the Coca Cola meeting against older and more experienced competitors. I had a great deal of satisfaction out of Roger Matthews' 4th place in the 1970 Commonwealth Games, and also Mary Green when she ran 53.2 in Mexico. I didn't think she was capable of it. For somebody who could run 25.5 for 200 that was great. Perhaps one of my greatest satisfactions was having Steve and Tony winning national cross-country championships on the same day this year.

I have had my disappointments too. I had three people—Gloria O'Leary, Steve and Lesley—all of whom could have made the last Commonwealth Games team. All of them failed in the trials on the same day. It's easy for a coach when things are going well. If athletes are not doing well, that is the time when you have to think hard about how to help them.

What is your own philosophy of training? Have we got past the stage of having a new system like those of Cerutti, Igloi and Lydiard?

I never did believe in any one system and don't now. All of the top people over the mile have done different types of training. My approach is to take each person as an individual. Often I may have five people training at the same time and they will all be doing different sessions. I take each of them and build their training around their strengths and their weaknesses. This is why I only coach about eight people at present.

One thing that has developed over the past

few years is that I operate a cycle of training between major races. This involves a period of endurance work, a period of intervals with a short recovery and steady runs, a period of short recovery intervals, steady running and sprinting and finally a period of fartlek before the important race. Then the cycle is repeated.

Do you regard middle distances as technique events?

I have modified my views about this. I now think technique work is very important for two reasons. Firstly, whatever event you run you have got to be able to sprint, even in the 10,000. So it is important to develop a sprinter's technique. Secondly, it is important to get people to relax during the major part of a race and that doesn't come easy.

Basically, then, your training is a mixture of things?

Yes, but there are certain things we don't do. We don't have a period of hill running, nor do we do LSD, nor do we do high volume track sessions. Sometimes Steve will only do 2 x 600m. I go for quality rather than quantity.

What is your own view of coaching?

If I am going to coach someone I must see them regularly and know exactly what they are doing in training. It is very important to see each athlete as an individual, particularly during the summer.

How do you see your role as National Long Distance Coach?

I am in touch with all the top 5000 and 10,000 runners and they are mainly coached, although some of the marathon runners are not. It's very difficult to coach marathon runners since coaching is very much a matter of helping people with training sessions, and this is difficult to do with marathon runners.

My role is to use some influence with the BAAB so that the distance runners can get their training and racing requirements. The 5000 and 10,000 are not events that you can run every Saturday of the season. If the Board accept the idea of athletes peaking a few times a season this would be a good idea. They are getting around to the idea of saying "these are the big occasions of the year and if you run these we will be happy". That would suit the distance runners ideally.

Also, I would be very happy at the idea of every club in the country having a good middle distance coach.

What changes would you like to see in the present system?

I would like to see a form of sponsorship of the top athletes similar to the system used in Finland and Sweden. I have written a paper on this to the British Board and I think it has been favourably received. There doesn't seem to be anybody able to put such a system into operation.

That is finding out how much money is needed and how to raise it.

One thing that does upset me is the amount of knowledge we lose as people retire. We don't seem to use them as teachers in schools as they do in East Germany and Russia. People like Brian Kilby and Bill Adcocks, who were terrific marathoners, are being lost to the sport. I would like to see these and people like them employed on a part-time basis going around the clubs and passing on their knowledge.

What did you mean in an article in 'AW' during May when you said you would like to see more research done?

I would like to see a lot more research into altitude training. I feel it has a lot to offer, but at the present we have not got around to using this type of training effectively. I think we know a fair bit about it, but I am not sure. It would be necessary to do some controlled tests on guinea pig athletes. I would also like to see more research into weight training and this again would involve controlled tests. Which of our top athletes are prepared to be guinea pigs?

I have worked some athletes hard on weight training after I thought they were weak in the legs. After a winter's lifting I found that they had definitely improved their speed. All the tests that have been done so far have shown that top milers can exert great power on the leg press machine. Lesley, for instance, is very powerful; she can do leg presses with 700lb. If you have somebody who is weak in the legs I would want to make them stronger.

OVETT RUN 1:47.7 AT SCAAA OPEN MEETING

At Crystal Palace, August 7th

400: S. Barrett (New) 49.5. **800:** 1, S. Ovett (B&H) 1:47.7; 2, W. Tarquini (HHH) 1:51.5; 3, K. Spencer (Har) 1:52.4; 4, I. Pearce (Hav) 1:53.4; 5, P. Williams (Camb H) 1:55.2. (B): D. Ainslie (W Gn) 1:55.5. **5000:** 1, W. Mullett (B&H) 14:03.2; 2, B. Cole (Tip) 14:05.6; 3, M. Brameld (Inv) 14:06.2; 4, C. Moxsom (W Gn) 14:12.2; 5, A. Rich (Walth) 14:29.4; 6, M. Connelly (Walt) 14:30.0; 7, G. Tebbutt (Sheff) 14:30.6; 8, R. Kocher (S&E) 14:31.4; 9, D. Cox (W Gn) 14:33.6; 10, L. Gough (Ex B) 14:33.8; 11, I. Logan (AF&D) 14:35.2; 12, P. Whitcomb (B&H) 14:44.0. **110H:** 1, M. Scott (Sy-J) 15.9; 2, C. Burgess (Bed-J) 16.0. **PV:** 1, T. Gardener (Hill) 4.30/14'1½"; 2, P. Edwards (W&B) 4.10/13'5¼"; 3, K. Gurney (Pole) 4.10; 4, N. Phipps (BoE) 3.90/12'9½". **TJ:** 1, M. McGrath (Australia) 15.63/51'3½"; 2, F. Attoh (Shaft) 15.17/49'9¼"; 3, G. Gallagher (Med) 14.25/46'9"; 4, P. Cartwright (E&E) 13.64/44'9". **SP:** 1, S. Clark (W Gn) 16.39/53'9¼"; 2, A. Drzewiecki (Stoke) 16.09/52'9¼"; 3, G. Tyler (Sale) 14.88/48'10"; 4, N. Griffin (WS&E) 14.67/48'1½". **DT:** 1, M. Cushion (W Gn) 55.32/181'6"; 2, Griffin 49.18/161'4"; 3, Drzewiecki 49.00/160'9"; 4, Tyler 48.50/159'1". (**Juniors**) **400:** J. Lay (Ex B) 50.2. **800:** A. Wilson (Brack) 1:57.0. **SP:** P. Lees (S&E) 14.18/46'6¼". (**Youths**) **400:** S. Rebbeck (Tonb) 51.7. **800:** S. Talbot (ER) 1:58.9. (**Boys**) **800:** 1, P. Rolland (HBS) 2:01.5; 2, C. Shulman (Port) 2:02.4; 3, A. Coleman (Hav) 2:02.6; 4, J. Spooner (Croy) 2:04.5. (C): 1, S. Fox (Ox) 2:03.8; 2, N. Chisworth (Norf) 2:04.0.

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Pye Gold Cup**Semi-Finals, August 10th****FAVOURABLE WIND BLOWS PRICE TO RECORD**

STRONGISH breezes had been blowing against the runners in the home straight at Cwmbran for the British Isles Cup on the Saturday (August 9th), so the hurdlers requested that their race be run in the opposite direction. It proved a wise move for Berwyn Price, who had looked in terrific form on the Saturday when clocking 14.1 into the wind from Alan Cronin and Graham Gower. This time the wind speed was the maximum permitted for records of two metres per second and Berwyn sped along to clock his fastest time in Britain of 13.6 to equal the UK all-comers record, just 1/10th outside his National record of 13.5 set in Leipzig in 1973. Cronin was again second, eight yards down, but in the good time of 14.3.

A Pye Gold Cup record was set in the 200m by Birchfield's Ainsley Bennett who coasted through the tape to win in 21.4. Earlier Bennett had beaten Dave Roberts out of his blocks in the 100m and narrowly held the lead right through to the tape—the time, 10.8 for both into the wind. Mike Butterfield won the high jump at 2.05 beating Tony Brewster (2.00) while really competing against what Gus McKenzie could produce at Kirkby.

England rugby player, Andy Ripley, had a busy day for Polytechnic, competing in both hurdles

events, shot and relays, and looked an awesome sight as he powered round the track—his best placing third in the 400m hurdles in 54.9.

Cardiff AAC won the match to qualify for the Pye Gold Cup Final at Crystal Palace on September 5th/6th with Bristol. Bristol were greatly aided by their squad from the University of Western Kentucky—Nick Rose won the 5000m, Tony Staynings the steeplechase and Erwin Hartel the 800m, with Chris Ridler fourth in a fine 1500m—but they had a shock when Hartel was disqualified for two false starts in the 400m.

Peter Matthews

Cardiff 126; Bristol 117; Birchfield 100; Southampton & E 96; Luton 83; Coventry 78; Polytechnic 68; Swansea 66.

100 (–2.8): 1, A. Bennett (B'field) 10.8; 2, D. Roberts (Card) 10.8; 3, T. Bonsor (Cov) 10.9. 200 (–2.0): 1, Bennett 21.4 (rec); 2, P. Evans (Card) 22.7. 400: 1, P. Bray (Poly-J) 48.8; 2, A. Williams (Card) 49.4; 3, J. Caines (B'field) 49.8; 4, M. Jackson (S&E) 50.7; 5, O. Fenn (Swan) 50.7. 800: 1, E. Hartel (Bris) 1:51.5; 2, D. Moorcroft (Cov) 1:51.9; 3, R. Yarrow (Card) 1:52.4; 4, A. Dyke (Swan) 1:54.0; 5, T. Edwards (B'field) 1:56.9. 1500: 1, R. Smedley (B'field) 3:47.1; 2, A. Simmons (Lut)

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Full details from Tom Dradey, 78 The Maples, Harlow, Essex CM19 4RA. (Tel.: Harlow 33554.) S.A.E. please.

CLOSING DATE OCT. 13th—CERTAIN!

3:47.6; 3, J. Cadman (Cov) 3:48.5; 4, C. Ridler (Bris) 3:48.6; 5, B. Hayward (Card) 3:53.2. 5000: 1, N. Rose (Bris) 14:15.0; 2, D. Driver (Cov) 14:24.6; 3, M. Critchley (Card) 14:31.4; 4, J. Graham (B'field) 14:32.8; 5, J. Abbott (Poly) 14:36.8. 10,000: 1, C. Kirkham (Cov) 30:12.2; 2, J. Patton (B'field) 30:46.0; 3, C. Mattock (Bris) 31:07.4; 4, A. Davies (Card) 31:23.4; 5, N. Coupland (S&E) 31:37.6. 3000SC: 1, A. Staynings (Bris) 9:03.0; 2, S. Gibbons (Swan) 9:05.6; 3, T. Nixon (S&E) 9:15.0; 4, M. Boulton (Cov) 9:22.8; 5, B. Griffiths (Card) 9:29.0. 110H (+2.0): 1, B. Price (Card) 13.6 (UK a-c rec); 2, A. Cronin (S&E) 14.3; 3, I. Willoughby (Bris) 15.1; 4, T. Wells (Cov) 15.3; 5, C. Richards (Swan) 15.3; 6, G. Shaw (Lut) 15.3; 7, A. Ripley (Poly) 15.5. 400H: 1, K. Lancey (Swan) 54.0; 2, Wells 54.7; 3, Ripley 54.9; 4, B. Roberts (Bris) 56.1; 5, D. Fishwick (Card) 57.1; 6, G. Newman (S&E) 57.4.

HJ: 1, M. Butterfield (Card) 2.05/6'8½" (= rec); 2, A. Brewster (B'field) 2.00/6'6¼"; 3, L. Hall (Poly) 1.95/6'4¼"; 4, G. Hughes (Bris) 1.90/6'2¼"; 5, A. Drayton (S&E) 1.90; 6, C. Berry (Swan) 1.85/6'0¼"; 7, I. Hoube (Lut) 1.85. PV: 1, C. Boreham (Lut) 4.30/14'1¼"; 2, B. Drayton (S&E) 4.20/13'9¼"; 3, N. Barnes (Bris) 3.55/11'7¼"; 4, N. Heal (Card) 3.55; 5, C. Nimmo (Cov) 3.40/11'1¼"; 6, M. Thomas (Swan) 3.40; 7, T. Ojasoo (Poly) 3.40. LJ: 1, P. Templeton (Bris) 6.93/22'9"; 2, R. Gyles (Card) 6.82/22'4¼". TJ: 1, L. Gibson (Bris) 14.80/48'6¼"; 2, R. Brown (B'field) 14.51/47'7¼"; 3, J. Phillips (Card) 14.47/47'5¼"; 4, A. Drayton 13.67/44'10¼". SP: 1, R. Kennedy (S&E) 15.39/50'6"; 2, M. Oliver (Lut) 14.77/48'5¼"; 3, J. Walters (Card) 13.80/45'3¼". DT: 1, N. Tabor (S&E) 43.94/144'2"; 2, Walters 43.72/143'5". HT: 1, P. Rees (S&E) 51.04/167'5"; 2, N. Lia (Card) 50.68/166'3"; 3, T. Bowden (B'field) 45.40/148'11"; 4, C. Scott (Lut) 43.66/143'3"; 5, M. Mabbutt (Bris) 43.34/142'2". JT: 1, C. Harrison (Lut) 66.60/218'6"; 2, F. Brown (Poly) 61.86/202'11"; 3, K. Holmes (Bris) 61.24/200'11". 4 x 100: 1, Cardiff 41.8; 2, Birchfield 42.2; 3, Bristol 43.6; 4, Southampton & E 43.9; 5, Luton 43.9; 6, Polytechnic 44.6. 4 x 400: 1, Cardiff 3:21.0; 2, Bristol 3:21.2; 3, Polytechnic 3:22.3; 4, Luton 3:23.9; 5, Birchfield 3:24.3; 6, Swansea 3:25.4; 7, Southampton & E 3:26.4.

HILLINGDON SHOW TRUE FORM IN THE RAIN

WITH a dramatic change in the weather at Crystal Palace, Hillingdon splashed their way to a convincing win in the Pye Gold Cup Semi-final. This victory reflected that their performances in the League have not been to the standard shown in this match, but promising for the future.

Hillingdon got off to an excellent start with Paul Dickenson in the hammer winning with a throw of 67.56, this after a win the previous day for England at Cwmbran. Don Porter had an excellent double in the 100m and long jump, as did Chris Kidd in the pole vault and triple jump. Peter Browne moved up to the 1500m and had a

front-running victory in 3:51.7. Colin Moxson won the best track performance of the afternoon with 14:20.0 in the 5000m. With Paul Dickenson winning the best field event performance, the shot putt competition was very close with Andy Kerr just holding off Sid Clark by one centimetre. One of the big surprises of the afternoon was the defeat of the strong TVH sprint relay team by the slick changing Hillingdon team. However they avenged defeat in the 4 x 400 with a fine last leg by Peter Browne.

Chris Thorneycroft-Smith

Hillingdon 136; TVH 111; Woodford Green 105½; Enfield 90; Croydon 80; Aldershot, Farnham & Dist 78; Blackheath 70½; Windsor, Slough & Eton 62.

100: D. Porter (BoE) 11.1. 200: 1, S. Hall (Hill) 22.1; 2, R. Benn (Croy) 22.2; 3, T. Phillips (B'heath) 22.7; 4, B. Pope (W Gn) 22.7. 400: 1, J. Wilson (TVH) 48.0; 2, W. Taylor (AF&D) 48.6; 3, C. Knee (Hill) 49.0; 4, K. Crew (BoE) 49.8; 5, S. Scutt (W Gn) 49.9; 6, I. Grant (Croy) 50.1. 800: 1, S. Trew (BoE) 1:55.0; 2, M. Fleet (Croy) 1:55.4; 3, M. Chuter (AF&D) 1:55.5. 1500: 1, P. Browne (TVH) 3:51.7; 2, G. Galvin (Hill) 3:55.2; 3, D. Ainslie (W Gn) 3:56.0; 4, N. Brooks (B'heath) 3:57.9. 5000: 1, C. Moxson (W Gn) 14:20.0; 2, N. Sloane (B'heath) 14:24.4; 3, D. Curwell (AF&D) 14:33.6. 10,000: 1, T. Crabb (W Gn) 30:18.6; 2, J. Sheridan (TVH) 30:28.4; 3, J. Mout (Hill) 30:49.2; 4, T. Davies (AF&D) 31:10.0; 5, A. Rock (Croy) 31:12.6. 3000SC: 1, J. Bruce (Croy) 9:08.6; 2, R. Coles (B'heath) 9:18.4; 3, E. Turner (AF&D) 9:28.0; 4, J. Jones (WS&E) 9:30.4; 5, D. Roberts (BoE) 9:32.6; 6, D. Chapman (W Gn) 9:35.6. 110H: 1, G. Gower (Hill) 14.7; 2, T. Clifton (W Gn) 15.7; 3, R. Fox (Croy) 15.8. 400H: 1, D. West (TVH) 53.6; 2, H. Smith (Hill) 54.9; 3, N. Ayres (BoE) 54.9; 4, M. Carroll (B'heath) 55.3; 5, M. Lewis (W Gn) 55.5; 6, L. Godfrey (WS&E) 56.3; 7, D. Ives (AF&D) 56.3; 8, A. King (Croy) 56.9.

PV: 1, C. Kidd (Hill) 4.20/13'9¼"; 2, G. Patel (W Gn) 4.10/13'5¼"; 3, P. Goulding (TVH) 4.00/13'1¼"; 4, G. Morris (AF&D) 3.60/11'9¼". LJ: 1, D. Porter (BoE) 7.41/24'3¼"; 2, K. Snelgrove (Hill) 7.02/23'0¼"; 3, M. James (WS&E) 6.98/22'10¼"; 4, D. Cole (TVH) 6.92/22'8¼". TJ: 1, C. Kidd (Hill) 14.87/48'9¼"; 2, P. Davis (TVH) 14.72/48'3¼"; 3, K. Connors (WS&E) 14.00/45'1¼". SP: 1, A. Kerr (Hill) 16.16/53'0¼"; 2, S. Clark (W Gn) 16.15/53'0"; 3, N. Griffin (WS&E) 14.02/46'0"; 4, D. Roscoe (TVH) 13.73/45'0¼"; 5, T. Walhen (B'heath) 13.65/44'9¼". DT: 1, J. Hillier (Hill) 53.50/175'6"; 2, M. Cushion (W Gn) 52.26/171'5"; 3, D. Roscoe (TVH) 48.74/159'11"; 4, Griffin 47.36/155'4". HT: 1, P. Dickenson (Hill) 67.56/221'8"; 2, P. Aston (W Gn) 58.08/190'7"; 3, E. Lawlor (TVH) 50.30/165'0"; 4, M. Mason (BoE) 49.54/162'6"; 5, C. King (Croy) 43.86/143'11"; 6, T. Walhen (B'heath) 43.54/142'10". 4 x 100: 1, Hillingdon 42.5; 2, TVH 42.6; 3, Enfield 43.3; 4, Woodford 43.7; 5, Croydon 43.7; 6, Blackheath 44.1. 4 x 400: 1, TVH 3:18.0; 2, Hillingdon 3:18.8; 3, AF&D 3:22.5; 4, Woodford 3:23.2; 5, Blackheath 3:23.5; 6, Croydon 3:23.9; 7, Enfield 3:26.9.

At Gateshead, August 10th

Edinburgh AC 139; Sheffield 135; Notts 119; Hull Spartan 113; Wakefield 86; Victoria Park 75.

100: 1, S. Brodie (EAC) 11.1; 2, D. Artley (Hull S) 11.1. 200: 1, Artley 21.8; 2, J. Sherwood (Sheff) 21.8; 3, Brodie 21.9; 4, A. Bell (Wake) 22.5; 5, R. Dupont (Notts) 22.6. 400: 1, B. Gordon (EAC) 48.7; 2, J. Henson (Sheff) 49.3; 3, J. Goodacre (Notts) 50.7. 800: 1, S. Mitchell (Notts) 1:52.9; 2, N. Gregor (EAC) 1:53.7. 1500: 1, D. McMeekin (Vic P) 3:48.0; 2, K. Newton (Sheff) 3:49.0; 3, J. Bett (Notts) 3:49.3; 4, R. Knowles (EAC) 3:53.2; 5, J. Ashton (Wake) 3:54.9. 5000: 1, J. Dingwall (EAC) 14:40.8; 2, P. Moon (Hull S) 14:42.2. 10,000: 1, P. Rawnsley (Sheff) 30:26.0; 2, S. Keith (EAC) 30:29.4. 3000SC: 1, J. Kerr (EAC) 9:26.2; 2, D. Gaskell (Wake) 9:29.0. 110H: 1, C. Luxon (EAC) 15.4; 2, L. Spencer (Sheff) 15.7; 3, J. Kinahan (Notts) 15.9. 400H: 1, Sherman (Hull S) 57.4. Caldwell (EAC) 56.3; 3, S. Sherman (Hull S) 57.4. HJ: 1, D. Wilson (EAC) 2.00/6'6"; 2, C. Wilson (Notts) 1.90/6'2". PV: 1, M. Donachie (EAC) 3.80/12'5½"; 2, C. Strong (Hull S) 3.70/12'1½"; 3, L. Spencer (Sheff) 3.70. LJ: 1, D. Johnson (Sheff) 7.17/23'6¼"; 2, M. Byers (Notts) 6.89/22'7¼"; 3, G. Fulton (Hull S) 6.74/22'1½". TJ: 1, Johnson 15.66/51'4½"; 2, M. Harrison (Wake) 14.37/47'1½". SP/DT: N. Sandilands (EAC) 13.72/45'0¼" & 42.78/140'4". HT: 1, Sandilands 47.84/156'11"; 2, M. Adamson (Hull S) 44.44/145'9". 4x100: 1, Sheffield 43.8; 2, Victoria Park 44.4. 4x400: 1, Notts 3:20.3; 2, EAC 3:21.2; 3, Hull Spartan 3:22.1.

At Kirkby, August 10th

Wolverhampton & Bilston 139; Edinburgh Southern 130; Stretford 98; Sale 88; Liverpool H 85; Shaftesbury 84; Belgrave 54; Warrington 40.

100: 1, J. Jakenfields (Shaft) 11.0; 2, G. Hignett (Stret) 11.0; 3, D. Halliday (W&B) 11.0; 4, S. White (Bel) 11.1. 200: 1, W. Hartley (Liv H) 21.6; 2, B. Dickson (ESH) 22.0; 3, Halliday 22.0; 4, White 22.1; 5, Jakenfields 22.6; 6, P. Machin (Stret) 22.7; 7, N. Lake (Warr) 22.7. 400: 1, J. Aukett (W&B) 47.6; 2, D. Price (Sale) 48.6; 3, H. Robinson (Warr) 49.8; 4, A. Welles (ESH) 49.9; 5, G. Gidney (Liv H) 50.7; 6, D. Bradley (Shaft) 50.7. 800: 1, A. Carter (Stret) 1:50.3; 2, P. Mylrea (Sale) 1:53.9; 3, C. Barber (Shaft) 1:53.9; 4, A. Hunter (ESH) 1:54.0; 5, D. Guest (W&B) 1:54.7; 6, S. Butler (Liv H) 1:54.8. 1500: 1, A. Settle (Sale) 3:48.2; 2, Carter 3:50.2; 3, H. Elliott (W&B) 3:50.8; 4, I. Elliott (ESH) 3:51.1; 5, A. Gerrard (Liv H) 3:51.3; 6, J. Goater (Shaft) 3:52.6; 7, J. Stow (Bel) 3:56.1. 5000: 1, H. Starkey (Shaft) 14:17.8; 2, F. Davies (Liv H) 14:33.0. 10,000: 1, D. Logue (ESH) 30:34.8; 2, M. Turner (Liv H) 30:46.8. 3000SC: 1, G. Bryan-Jones (ESH) 9:09.2; 2, R. Samuel (Shaft) 9:20.0; 3, D. Evans (Liv H) 9:22.4; 4, H. Elder (W&B) 9:29.4; 5, P. Gaytor (Sale) 9:32.8. 110H: 1, R. Danville (W&B) 14.9; 2, A. McKenzie (ESH) 15.0; 3, P. Hambley (Stret) 15.4; 4, M. Kinson (Warr) 15.6; 5, D. Jones (Sale) 15.9. 400H: 1, S. McCallum (ESH) 51.7; 2, Robinson 52.0; 3, S. James (W&B) 52.7; 4, Hambley 54.7; 5, M. Ollier (Sale) 56.3; 6, G. Phillips (Liv H) 56.3. HJ: 1, McKenzie 2.05/6'8¼"; 2, M. Palmer (W&B) 2.00/6'6¼"; 3, A. Ord (Sale) 1.95/6'4¼"; 4,

D. Harris (Shaft) 1.95; 5, M. Duffin (Stret) 1.90/6'2¼". PV: 1, M. Bull (W&B) 4.60/15'1"; 2, R. Sinclair (ESH) 3.70/12'1½"; 3, K. Fenner (Shaft) 3.70. LJ: 1, Hignett 7.22/23'8¼"; 2, McKenzie 7.18/23'6¼"; 3, S. Atkins (W&B) 7.02/23'0¼"; 4, S. Wright (Liv H) 6.83/22'5". TJ: 1, G. Owen (W&B) 14.39/47'2½"; 2, B. Camp (Liv H) 14.30/46'11"; 3, Hambley 13.81/45'3¼"; 4, D. Lindsay (ESH) 13.74/45'1"; 5, J. Tustin (Sale) 13.56/44'6". SP: 1, W. Tancred (W&B) 18.04/59'2¼"; 2, G. Tyler (Sale) 15.69/51'5¼"; 3, H. Davidson (ESH) 15.33/50'3¼"; 4, N. Parry (Liv H) 14.04/46'0¼". DT: 1, P. Tancred (W&B) 55.70/182'9"; 2, G. Tayler (Sale) 51.74/169'9"; 3, C. Black (ESH) 48.60/159'5"; 4, N. Thompson (Shaft) 41.88/137'5"; 5, M. Holmes (Liv H) 40.22/131'11". HT: 1, Black 65.94/216'4"; 2, J. Whitehead (W&B) 62.06/203'7"; 3, A. Sparks (Stret) 47.34/155'4"; 4, Holmes 43.84/143'10"; 5, R. Williamson (Shaft) 43.78/143'8"; 6, K. Madden (Sale) 43.48/142'8". JT: 1, P. Ostapowycz (Stret) 67.40/221'1"; 2, N. Thompson (Shaft) 62.18/204'0"; 3, S. Osbourne (W&B) 60.00/196'10". 4x100: 1, W&B 42.0; 2, ESH 42.3; 3, Belgrave 43.0; 4, Liverpool H 43.1; 5, Stretford 43.5; 6, Warrington 43.5. 4x400: 1, W&B 3:16.8; 2, Sale 3:18.0; 3, ESH 3:19.4; 4, Liverpool H 3:26.9.

BOOT TROPHY MEETING (WOMEN)

At Leicester, July 26th

Derby 371; Bristol 343; Nottingham 334; Norfolk 292; Lincoln 238; Holbeach 236; Leicester 182; Bedford 10.

100: 1, R. Kennedy (Notts) 12.4; 2, J. Evans (Bris) 12.4; 3, D. Peake (Dby) 12.4. 200: Peake 25.4. 400: 1, K. Colebrook (Scun-gst) 55.5; 2, R. Kennedy (Notts) 56.6. 800: 1, C. Hanson (Dby) 2:14.9; 2, C. Stenhouse (Bris) 2:15.3; 3, R. Duddle (Leic) 2:16.3. (B): 1, Peake 2:15.3; 2, J. Dunt (Bris) 2:16.3. 1500: 1, Hanson 4:43.0; 2, S. Smith (Bris) 4:44.3; 3, H. Edwards (Notts) 4:46.0. 100H: 1, D. Sawyer (Notts) 15.4; 2, S. Eastman (Bris) 15.7; 3, K. Booth (Norf) 15.8. HJ: K. Warren (Dby) 1.55/5'1". LJ: D. Gray (Norf) 5.47/17'11½". SP: 1, A. Littlewood (Notts) 12.85/42'2"; 2, G. Bird (Norf) 12.23/40'1½". (B): J. Frampton (Notts) 12.65/41'6". DT: 1, Bird 44.90/147'4"; 2, Frampton 43.54/142'10". (B): F. Vittles (Notts) 38.38/125'11". JT: K. Skuse (Bris) 35.64/116'11". (Inters) 800: C. Monaghan (Norf) 2:20.5. (B): P. Jack (Norf) 2:22.4. 1500: F. Oldershaw (Dby) 4:48.1. 80H: 1, T. Chipp (Line) 11.8; 2, D. Cooper (Bris) 12.0; 3, K. Warren (Dby) 12.3; 4, A. Bonser (Leic) 12.4; 5, B. Chilkestone (Norf) 12.5.

Boot Junior Trophy

Derby 275; Bristol 243; Lincoln 231; Nottingham 225; Holbeach 205; Norfolk 170; Leicester 120; Bedford 91.

100: C. Cooper (Dby) 12.9. 200: N. Page (Notts) 26.6. 800: 1, G. Telford (Dby) 2:22.7; 2, V. Lancashire (Notts) 2:24.5. (B) D. Watson (Dby) 2:23.2. 1500: 1, Watson 4:51.9; 2, J. Parker (Bris) 5:03.2. HJ: 1, S. Cattermole (Norf) 1.57/5'1½"; 2, M. Smith (Notts) 1.49/4'10¼". LJ: S. Hearnshaw (Bris) 5.16/16'11¼". SP: P. Caven (Bris) 10.27/33'8¼".

EUROPEAN CUP (WOMEN) from page 19

The 800 saw a win for Rumania's Mariana Suman, the European bronze medallist, inches ahead of Ulrike Klapezynski (GDR), with European champion Lilyana Tomova third. Nina Morgunova, who heads this year's world rankings at 1:59.4, led to the bell in 58.8—at which stage Angela Creamer was last in around 61 sec.

Highlight of the field events was the high jump, where despite distractions from other events going on at the same time, Rosi Ackermann cleared 1.94/6'4½" at the first attempt and had the bar up at the world record height of 1.96/6'5". Olympic champion Ulrike Meyfarth, enjoying her best season since 1972, made 1.92/6'3½" at the third attempt before failing at 1.94. Another former world record holder, Yordanka Blagoeva, took part but since giving birth last year she has not recaptured her old form. Ros Few was close to clearing 1.76/5'9¼". The GDR's other field event wins came in the shot, where the new world record holder (at 21.60/70'10½") Marianne Adam produced a fairly tremendous series (20.87, 20.76, 21.06, 19.98, 20.86, 21.32); and in the javelin where—surprise, surprise—Ruth Fuchs nailed down the competition with a massive first throw (64.80/212'7", a 1975 world best). The USSR's moments of glory were supplied by Faina Melnik (destined to break the world record in Zurich four days later with 70.20/230'4") and Lidiya Alfeyeva, who long jumped the magical (for Mary Rand fans) distance of 6.76/22'2¼" with a legal 1.20m/sec wind.

Saturday, August 16th

100: (-0.50m) 1, R. Stecher (GDR) 11.29; 2, ANDREA LYNCH 11.37; 3, I. Szewinska (Pol) 11.41; 4, A. Richter (WG) 11.50; 5, L. Maslakova (USSR) 11.50; 6, S. Telliez (Fra) 11.63; 7, L. Panayotova (Bul) 11.77; 8, V. Enescu (Rum) 13.08.

400: 1, I. Szewinska (Pol) 50.50; 2, E. Streidt (GDR) 50.61; 3, DONNA MURRAY 51.30; 4, R. Wilden (WG) 51.75; 5, N. Ilyina (USSR) 51.96; 6, L. Diaconiu (Rum) 53.74; 7, P. Darbonville (Fra) 54.14; 8, Z. Trifonova (Bul) 54.39.

800: 1, M. Suman (Rum) 2:00.6; 2, U. Klapezynski (GDR) 2:00.7; 3, L. Tomova (Bul) 2:01.1; 4, N. Morgunova (USSR) 2:01.2; 5, E. Katolik (Pol) 2:02.3; 6, M. F. Dubois (Fra) 2:02.4; 7, B. Kraus (WG) 2:04.3; 8, ANGELA CREAMER 2:07.6.

4x100: 1, GDR (Meyer, Stecher, Bodendorf, Priebisch) 42.81; 2, USSR (Besfamilnaya, Maslakova, Belova, Anisimova) 43.19; 3, WG (Helten, Kroniger, Richter, Wilkes) 43.58; 4, Poland (Dlugoleska, Szubert, Bakulin, Szewinska) 43.82; 5, UK (WENDY CLARKE, LYNCH, HELEN GOLDEN, SONIA LANNAMAN) 43.92; 6, France (Goletto, Delachanal, Pani, Alize) 44.87; 7, Bulgaria (Panayotova, Chipoklieva, Yankova, Stefanova) 45.06; 8, Rumania (Suman, Diaconiu, Slavic, Catineanu) 46.61.

DT: 1, F. Melnik (USSR) 66.54/218'4"; 2, G. Hinzmann (GDR) 64.72/212'4"; 3, A. Menis (Rum) 63.60/208'8"; 4, M. Vergova (Bul) 63.14/207'2"; 5, L. Westermann (WG) 57.62/189'0"; 6, D. Rosani (Pol) 55.74/182'10"; 7, MARGARET RITCHIE 51.80/169'11" (49.68, —, —, 51.46, 47.72, 51.80); 8, N. Jarry (Fra) 48.84/160'3".

JT: 1, R. Fuchs (GDR) 64.80/212'7"; 2, S. Babich (USSR) 61.88/203'0"; 3, L. Mollova (Bul) 58.36/191'6"; 4, F. Kinder (Pol) 58.18/190'10"; 5, A. Koloska (WG) 55.70/182'9"; 6, I. Peccec (Rum) 55.50/182'1"; 7, TESSA SANDERSON 48.72/159'10" (47.86, 48.20, 45.84, 48.72, 47.90, 47.56); 8, A. Bocle (Fra) 47.64/156'3".

Team positions: 1, GDR 45; 2, USSR 35; 3, Poland 31; 4, West Germany 26; 5, Rumania 22; 6, UK 22; 7, Bulgaria 22; 8, France 13.

Sunday, August 17th

200: (-0.80m): 1, R. Stecher (GDR) 22.63; 2, I. Szewinska (Pol) 22.84; 3, A. Richter (WG) 23.28; 4, L. Maslakova (USSR) 23.49; 5, L. Panayotova (Bul) 23.68; 6, S. Telliez (Fra) 23.74; 7, HELEN GOLDEN 23.99; 8, L. Diaconiu (Rum) 24.95.

1500: 1, W. Strotzer (GDR) 4:08.0; 2, N. Andrei (Rum) 4:08.4; 3, T. Kazankina (USSR) 4:08.9; 4, R. Pekhlivanova (Bul) 4:09.0; 5, E. Wellmann (WG) 4:09.5; 6, B. Ludwichowska (Pol) 4:12.9; 7, JOAN ALLISON 4:15.9; 8, M. F. Dubois (Fra) 4:16.0.

100H: (-0.35m): 1, A. Ehrhardt (GDR) 12.83; 2, G. Rabsztyl (Pol) 12.85; 3, N. Lebedyeva (USSR) 12.93; 4, N. Koschinski (WG) 13.42; 5, N. Prevost (Fra) 13.50; 6, P. Sokolova (Bul) 13.65; 7, V. Enescu (Rum) 13.66; 8, LORNA BOOTHE 13.72.

4x400: 1, GDR 3:24.0 (Rohde 51.4, Anton 50.2, Kuhne 50.9, Streidt 51.5); 2, UK 3:26.6 (JAN-NETTE ROSCOE 53.4, GLADYS TAYLOR 52.0, VERONA ELDER 51.0, DONNA MURRAY 50.2) (Commonwealth & UK rec); 3, USSR 3:27.0 (Klimovicha 52.0, Golovanova 53.2, Barkane 51.0, Ilyina 50.8); 4, WG 3:27.4 (Jost 52.2, Wilden 50.5, Weinstein 52.2, Barth 52.5); 5, Rumania (Szlavik, Badescu, Diaconiu, Suman) 3:32.8; 6, Bulgaria (Filipova, Shtereva, Zlateva, Tomova) 3:33.8; 7, Poland (Bakulin, Nowaczek, Pieczyk, Zwolinska) 3:33.8; 8, France (Forest, Nicolas, Lairloup, Darbonville) 3:35.8.

HJ: 1, R. Ackermann (GDR) 1.94/6'4½"; 2, U. Meyfarth (WG) 1.92/6'3½"; 3, V. Ioan (Rum) 1.86/6'1½"; 4, M. C. Debourse (Fra) 1.82/5'11½"; 5, G. Filatova (USSR) 1.79/5'10½"; 6, Y. Blagoeva (Bul) 1.76/5'9¼"; 7, D. Holowinska (Pol) 1.73/5'8"; 8, ROS FEW 1.73 (1.64-1, 1.67-1, 1.70-1, 1.73-1, 1.76-x).

LJ: 1, L. Alfeyeva (USSR) 6.76/22'2¼"; 2, C. Striezel (WG) 6.56/21'6¼"; 3, J. Curtet (Fra) 6.36/20'10½"; 4, A. Gheorghiu (Rum) 6.35/20'10"; 5, A. Voigt (GDR) 6.35 (& 5 fouls); 6, MYRA NIMMO 6.19/20'3¼" (6.13, 6.16, 5.95, 6.02, 5.98, 6.19); 7, A. Włodarczyk (Pol) 5.99/19'8"; 8, L. Panayotova (Bul) 5.48/17'11½". Legal wind throughout.

SP: 1, M. Adam (GDR) 21.32/69'11½"; 2, E. Krachevskaya (USSR) 20.53/67'4½"; 3, I. Khristova (Bul) 20.24/66'5"; 4, V. Cioltan (Rum) 18.49/60'8"; 5, E. Wilms (WG) 17.96/58'11½"; 6, L. Chewinska (Pol) 17.64/57'10½"; 7, L. Bertimon (Fra) 15.57/51'1"; 8, BRENDIA BEDFORD 14.76/48'5¼" (—, 14.76, 14.47, 14.15, 14.26, —).

Final team positions: 1, GDR 97; 2, USSR 77; 3, WG 64; 4, Poland 57; 5, Rumania 52; 6, Bulgaria 47; 7, UK 39; 8, France 35.

ENGLAND DOMINATE HOME COUNTRIES INTERNATIONAL MEETING

At Cwmbran, August 9th

PREDICTABLY, England, despite fielding a far from full strength team, had very little difficulty in winning the first home countries international match held since the Grangemouth British Isles Cup competition disappeared a few years back. The other teams were also short of a few of their leading men, and so the result was probably a true reflection of the strengths of the countries. There is a definite need for this type of competition—particularly from the non-English teams—but if the matches are to continue, the strongest available teams must be fielded if the gathering is to have any real meaning.

The match turned out to be a pleasant afternoon's athletics, with a good standard of performance—without there being anything brilliant. For the statistically minded, Mike Winch's win in the shot with 19.08; or Mike Bull's pole vault victory with a leap of 5.00 were the day's best marks. However, the event which brought the 4,000 crowd to their feet was the 3000m. David Lowes was the first to break for home with 200m to go. But that vastly underated Scot, Jim Dingwall, always seemed to have the event in hand, and he came with his familiar late burst in the last few strides to take the race in 7:58.0—just 0.2 outside his best. Lowes clocked 7:58.8 in second with the next three men recording all time bests—Bernard Plain, fresh from his Welsh record 10,000 of 28:15 in the AAA's (7:59.2); and Phil Banning and Laurie Reilly (8:00.2 and 8:01.8 respectively).

Behind Alan Lerwill in the long jump, Roy Turkington was robbed of a new Northern Ireland record, because of excessive wind, with his 7.38 leap, while Harry Robinson continued his spell of good form in the 400m hurdles with his third timing under 52.0 since before the AAA's.

Hopes of a Northern Ireland track victory were high in the 1500m as Jim McGuinness led through three laps in 3:00 flat, but he was thwarted by the fast finishing Dave Moorcroft and Jim Douglas, who recorded useful times of 3:42.2 and 3:42.4. The Northern Ireland athlete had to be content with 3:42.9 in third spot.

Other highlights included Roger Jenkins' 400 win in a seasonal best 47.0; personal best winning performances from John Wild (3000SC in 8:44.2); and Ron Fullelove (2.06 high jump) and Mike Winch's good shot and discus double. Further improvement too for Bob Dale, with his second place to Winch in the shot with 17.56.

Clive Williams

(The full results appeared last week)

Running in the WAAA Junior Championships at West London, Ann-Marie Fox of Swansea Harriers set a Welsh junior 1500m record of 4:50.2. She has improved from 5:19 in nine months.

DARTFORD HARRIERS

16th ANNUAL ROAD RELAY

4 x 3 Miles Under AAA Laws

Saturday, 13th September at 3 p.m.

Central Park, Dartford, Kent

Entries 30p per R. H. Drew, 28 Spital St., Dartford, Kent by 8th September.

HAYWARDS HEATH HARRIERS

8th OPEN "INTERNATIONAL" CROSS-COUNTRY RACE MEETING

For all members of athletic families
(Under A.A.A. and W.A.A.A. Laws)

SATURDAY, OCTOBER 4th, start 1.30 p.m.
at HAYWARDS HEATH

RACES FOR MEN and BOYS

- | | | | |
|------------------|---------|--------------|-------|
| 1. Boys under 11 | 1000m | 5. Juniors | 5000m |
| 2. Colts | 2000m | 6. Men | 5000m |
| 3. Boys | 3000m | 7. Men 32-40 | 5000m |
| 4. Youths | 4000m | 8. Veterans | 5000m |
| 9. Senior Men | 10,000m | Road Walk | |

RACES FOR LADIES

- | | | | |
|------------|-------|------------------|-------|
| 1. Girls | 2000m | 3. Intermediates | 3000m |
| 2. Juniors | 2000m | 4. Seniors | 4000m |

Commemorative Badges, Medals first 3 places.
Entries with fee 20p and SAE please to: J. L. Jones, 4 Jubilee Cottages, Walstead, Lindfield, Haywards Heath, Sussex, by September 15th.

SALISBURY ATHLETIC CLUB'S

21st Annual

'ROUND THE HOUSES'

ROAD RACES

(Under A.A.A. Laws)

SUNDAY, SEPTEMBER 14th, 1975, 2.30 p.m.

SENIOR 5 MILES

Team and Individual. Start 3.30 p.m.

Awards: First 3 Teams (6 run, 4 score), First Vet. Team (2 score). First 3 finishers, 1st Vet. (State on form).

YOUNG ATHLETES 3½ MILES

Team and Individual. Start 3.00 p.m.

(Over 15 and Under 18 on 1.9.75)

Awards: First 3 Teams (4 run, 3 score). First 3 finishers.

BOYS 2½ MILES

Team and Individual. Start 2.30 p.m.

(Under 15 on 1.9.75)

Awards: First 3 Teams (4 run, 3 score). First three finishers

Changing rooms and start: New Cattle Market, Ashley Road, Salisbury.

Entries on A.A.A. forms to R. Thornton, 29 Canadian Avenue, Salisbury, Wilts. (Tel: Salisbury 5533).

Fees: Seniors and Y. Athletes 20p Ind., Teams 20p extra. Boys 10p Ind., Teams 20p extra.

CLOSING DATE WEDNESDAY, SEPT 3rd

British League, Division 3**At Luton, August 16th****STRETFORD OVER SWANSEA BY ONE POINT**

WITH the first meeting being postponed due to the torrential rain, the final meeting at Luton would decide the promotion and relegation issues. What a nail-biting meeting it turned out to be with Luton taking the honours, but Stretford and Swansea gaining promotion. The Championship rested on the final track event, as so many of these league meetings do, the 4 x 400 relay. Stretford had to beat Swansea to win the League. This they did, inspired by a tremendous last leg run by Andy Carter in 47.1. The meeting was fiercely, but sportingly contested throughout the afternoon, as the points position shows.

Stretford got off to a tremendous start with a double in the hammer, and then followed it up with another double in the 800m, with Andy Carter returning to form with a solo win in 1:49.6, while Colin Cusick held off Chris Ridler to win the B race. Stretford continued their winning ways with Geoff Hignett in the long jump. Geoff was feeling a recent injury and only managed three jumps. Steve Gibbons, in the steeplechase, pulled Swansea into the reckoning, while Luton were always thereabouts. Welsh International Hywel Griffiths had a good sprint double with 10.7 and 21.9. Andy Carter appeared in the 400m and won comfortably in 49.7. Tony Simmons got maximum points for Luton in the 5000m taking the lead after three laps never to be headed. Chris Harrison beat an excellent field of javelin throwers to get the best field event performance.

Southampton and Reading continued their downward trend, and it was sad to see Gerry Stevens of Reading attempting to hold together a declining team spirit. Reading went from Division IV to Division I in successive seasons and are now in the unenviable position of doing it in reverse.

Stretford and Swansea will, I am sure, give good accounts of themselves in Division II, when hopefully some reorganisation of the League will have been made effective.

Christopher Thorneycroft-Smith

Luton 248; Stretford 244; Swansea 243; Southampton & Eastleigh 202; Bristol 199; Reading 120.

100: 1, H. Griffiths (Swan) 10.7; 2, I. Green (Lut) 10.8; 3, S. Matthews (Bris) 11.0; 4, G. Hignett (Stret) 11.0; 5, M. Saunders (S&E) 11.1. (B): R. Griffiths (Lut) 10.9. **200:** 1, H. Griffiths 21.9; 2, R. Griffiths 22.2; 3, J. Froud (Read) 22.7. (B): Green 22.7. **400:** 1, A. James (Stret) 50.1; 2, J. Griffiths (Swan) 50.6. (B): A. Carter (Stret) 49.7. **800:** 1, Carter 1:49.6; 2, A. Dyke (Swan) 1:54.8. (B): 1, C. Cusick (Stret) 1:55.0; 2, C. Ridler (Bris) 1:55.4. **1500:** J. Theophilus (Swan) 3:57.8. **5000:** A. Simmons (Lut) 14:26.0. **3000SC:** 1, S. Gibbons (Swan) 9:07.6; 2, D. Lockley (Lut) 9:10.2; 3, G. Stevens (Read) 9:22.2. **110H:** 1, M. Hatton (Read) 15.0; 2, O. Fenn (Swan) 15.3; 3, R. Macey (S&E) 15.4; 4, P. Hambley (Stret) 15.4; 5, G. Shaw (Lut)

15.5; 6, I. Willoughby (Bris) 15.8. (B): 1, A. Drayton (S&E) 15.5; 2, G. Richards (Swan) 15.6. **400H:** 1, K. Lancey (Swan) 54.5; 2, Hambley 56.3; 3, J. Longman (S&E) 57.4. (B): 1, Fenn 54.8; 2, Willoughby 57.7; 3, G. Newman (S&E) 57.9. **HJ:** 1, T. Oldridge (Bris) 1.90/6'2 1/2"; 2, N. Duffin (Stret) 1.85/6'0 1/2"; 3, C. Richards (Swan) 1.85. (B): C. Dean (Stret) 1.85. **PV:** 1, C. Boreham (Lut) 4.40/14'5 1/2"; 2, R. Griffiths (S&E) 4.00/13'1 1/2"; 3, M. Barnes (Bris) 3.40/11'1 1/2". (B): N. McPhee (Lut) 4.00/13'1 1/2". **TJ:** 1, C. Curtis (Lut) 14.07/46'2"; 2, Drayton 13.59/44'7"; 3, Hambley 13.54/44'5 1/2". (B): S. Ashdown (Lut) 13.73/45'0 1/2". **SP:** 1, R. Kennedy (S&E) 15.28/50'1 1/2"; 2, M. Oliver (Lut) 14.40/47'3"; 3, G. Dirkin (Stret) 13.50/44'3 1/2"; 4, B. Mugford (Swan) 13.06/42'10 1/2". (B): N. Tabor (S&E) 14.52/47'7 1/2". **DT:** 1, Dirkin 51.22/168'0"; 2, Tabor 45.26/148'6". (B): Kennedy 43.32/142'1". **HT:** 1, A. Sparkes (Stret) 48.64/159'7"; 2, M. Mabbutt (Bris) 45.14/148'1"; 3, C. Scott (Lut) 43.80/143'8"; 4, A. Jones (Swan) 41.24/135'4". (B): 1, Dirkin 45.32/148'8"; 2, Oliver 40.02/131'3". **JT:** 1, C. Harrison (Lut) 68.72/225'5"; 2, K. Holmes (Bris) 61.94/203'2"; 3, P. Ostapowycz (Stret) 56.70/186'0". **4x100:** 1, Swansea 43.4; 2, Luton 43.8; 3, Stretford 43.8; 4, Bristol 44.3. **4 x 400:** 1, Stretford 3:18.7; 2, Swansea 3:20.2; 3, Luton 3:25.6; 4, Southampton & Eastleigh 3:27.8.

Final League positions: 1, Stretford 18 (949 1/2); 2, Swansea 18 (908); 3, Luton 16 (872); 4, Bristol 15 (867); 5, Southampton & Eastleigh 12 (801); 6, Reading 5 (628 1/2).

SKIDDAW FELL RACE**(Cat: A/9 Miles/2700')****At Keswick, July 6th**

1, J. Norman (Altrincham) 1:05:42
2, H. Walker (Blackburn) 1:06:18
3, G. Ellis (Holmfirth) 1:07:22
4, M. Murphy (Salf) 1:09:56; 5, A. Buckley (Holm) 1:10:03; 6, A. Ford (Holm) 1:10:27; 7, D. Attwell (Alt) 1:10:44; 8, S. Beardsell (Holm) 1:10:54; 9, P. Blakeney (Salf) 1:10:59; 10, M. Weeks (Bing) 1:11:59; 11, T. Ramsden (Holm) 1:12:51; 12, V. Duff (B'burn) 1:13:10; 13, A. McGee (Kes) 1:13:18; 14, T. Robertshaw (L&M) 1:13:41; 15, L. Hutchinson (B'burn) 1:14:19; 16, W. Lambert (Holm) 1:14:43; 17, J. Wagstaff (Tip) 1:14:57; 18, M. Armitage (Holm) 1:15:05; 19, D. Overton (Ken) 1:15:13; 20, E. Roberts (Ken) 1:15:20. **Vet:** Roberts. **Teams:** 1, Holmfirth; 2, Blackburn; 3, Holmfirth 'B'. **Lattrigg Youths Fell Race (2 1/2 Miles/950')** 1, B. Robinson (Ken) 18:26; 2, A. Marsh (Holm) 18:42; 3, K. Capper (L&M) 18:43; 4, M. Upton (Rown) 18:53; 5, S. Rowland (Holm) 19:06; 6, S. May (Rown) 19:21; 7, D. Sykes (Holm) 19:31; 8, A. Stewart (L&M) 19:39; 9, K. Vose (B&F) 19:58; 10, S. Matthews (Holm) 20:05. **Team:** Lancaster & Morecambe.

EUROPEAN CUP contd. from page 7

excellent showing in the Crystal Palace semi with 77.22/253'4" (backed up with 76.32/250'5" and 75.80/248'8"), while Jochen Sachse also threw farther than ever before: 75.94/249'2" in the first round, 76.04/249'6" in the second, plus three fouls in the 75m region. Paul Dickenson was involved in a lively scrap for places 5 to 7, and from start to finish the crowd showed their appreciation of the throwers' efforts. Hammer buffs can die happy after watching such a contest!

The windless conditions hampered performances in the discus and javelin, so Dave Travis did comparatively well to record a season's best. Nikolay Grebnyev's opening throw was the winner but Seppo Hovinen was clearly unhappy about having an 85m throw ruled flat. Bill Tancred's first effort of 57.18/187'7" held third place but by the second round it was good only for seventh and he was unable to improve.

The four jumping events and steeplechase altogether added only five points to Britain's account. Tony Staynings suffered an off-day, as in the semi, slipping out of contact before a kilometre was covered. Mind you, that early pace was very fast indeed, with Malinowski reaching 1000 in 2:41.5, 1500 in 4:05.3 and 2000 in 5:30.0—and still he couldn't shake off Frank Baumgartl. At the bell, Malinowski was still a stride ahead, but the man to catch the eye was Michael Karst who had been lying a discreet third, a dozen metres behind the leaders, for practically the whole race. The West German ran a ferocious last lap, passing Malinowski coming off the final turn to score in 8:16.4, a fifth outside his best. Baumgartl also overtook the European champion, setting a GDR record of 8:17.6 before collapsing. He was carried off on a stretcher. It was quite a race, with Franco Fava's 8:20.4 good only for fourth.

Poland and the USSR shared top honours in the jumps. Aleksandr Grigoryev, merely a 2.14/7'0½" performer last year, high jumped a personal best of 2.24/7'4½"; while Viktor Saneyev, after a quiet start, connected with 16.97/55'8½" in the third round. Saneyev's expected main rivals, Andrzej Sontag and Jorg Drehmle, were out of form and it was left to Christian Valetudie (just below the French record with 16.70/54'9½") to push him. Another Frenchman hailing from the overseas territories, Paul Poaniewa, was a good second in the high jump. Mike Butterfield failed at 2.11/6'11"; a repetition of his best of 2.14 would have placed him as high as 5th. Dave Johnson was unable to put together a decent triple jump and it was tantalising to conjecture that Aston Moore, if selected, might have been able to place third.

European record holder Wladyslaw Kozakiewicz snapped out of a poor patch with victory in a first-rate vault competition. He cleared 5.40/17'8½" only at his third attempt, whereas Antti Kalliomaki made it first time and Yuriy Isakov second, but only the Pole went higher. He succeeded first time at 5.45/17'10½"; Isakov had one failure at that height and took his other two unavailing tries at 5.50/18'0½"; and Kalliomaki missed out 5.45 altogether. Mike Bull would have needed to be in his very best form to

have moved away from last place; in fact, after a second-time safety clearance at 4.60/15'1" he was floored by what should have been the routine height of 5.00/16'4½". It was a melancholy situation for Mike and he later announced his retirement—a decision one hopes he will reconsider. He has given service to UK athletics over a period of many years and it would be a pity for him to bow out on such a gloomy note. Another Commonwealth champion to fall on hard times was Alan Lerwill who can rarely have finished so far behind in a competition: 7.33/24'0½" to Grzegorz Cybulski's 8.15/26'9".

Only four European Cup records were set (by Pascoe, Grigoryev, Kozakiewicz and the UK 4 x 400 team) but a meeting like this cannot be fairly measured through statistics. As a competition it was memorable, and a fitting memorial to the man who was largely responsible for the creation of the European Cup, Bruno Zauli. The attractive stadium in Nice was filled with 18,500 spectators on the first evening, a capacity 19,500 on the second. Presentation was patchy: good when the announcers had time to breathe (as in the hammer and early stages of the pole vault), inadequate when too many events were going on simultaneously as was usually the case. Several track events started without any prior warning or identification of athletes on the electric scoreboard, and there were very long delays in communicating results on the first day. The second part saw a drastic improvement after much criticism had been voiced. Basically, the programme was too extensive—20 men's and 13 women's events—for the time allotted and the next edition of the European Cup in 1977 (which will almost certainly include women's 3000 and 400H events) for the first time will need either to revert to three days or else be spread over two much longer daily sessions. The venue for the final will not be chosen until next year, but the front-runner is Leipzig.

Saturday, August 16th

100: (−0.7m) 1. V. Borzov (USSR) 10.40; 2. P. Mennea (Ita) 10.40; 3. A. Thieme (GDR) 10.53; 4. G. Echevin (Fra) 10.58; 5. A. Rajamaki (Fin) 10.59; 6. K. Ehl (WG) 10.61; 7. AINSLEY BENNETT 10.63; 8. Z. Licznarski (Pol) 10.72.

400: 1. DAVID JENKINS 45.52; 2. M. Kukkoaho (Fin) 45.56; 3. J. Pietrzyk (Pol) 45.67; 4. F. P. Hofmeister (WG) 46.40; 5. G. Arnold (GDR) 46.67; 6. F. Demarthon (Fra) 46.77; 7. S. Kocher (USSR) 46.99; 8. F. Borghi (Ita) 47.71.

1500: 1. T. Wessinghage (WG) 3:39.1; 2. B. Malinowski (Pol) 3:39.8; 3. FRANK CLEMENT 3:40.1; 4. V. Fontanella (Ita) 3:40.2; 5. J. Straub (GDR) 3:40.4; 6. A. Mamontov (USSR) 3:44.7; 7. F. Gonzalez (Fra) 3:45.0; 8. M. Laine (Fin) 3:48.4.

10,000: 1. K. H. Leiteritz (GDR) 28:37.2; 2. DAVID BLACK 28:42.2; 3. G. Cindolo (Ita) 28:48.0; 4. E. Mleczko (Pol) 28:53.4; 5. N. Tijou (Fra) 28:56.6; 6. P. Paivarinta (Fin) 29:01.4; 7. G. Frahmcke (WG) 29:02.4; 8. V. Merkushev (USSR) 29:06.8.

400H: 1. ALAN PASCOE 49.00; 2. J. C. Nallet (Fra) 49.38; 3. J. Hewell (Pol) 50.59; 4. J. Mayer (GDR) 50.71; 5. R. Alanen (Fin) 51.00; 6. D.

Friedrich (WG) 51.94; 7, G. Ballati (Ita) 52.31; Y. Gavrilenko (USSR) dnf.

4x100: 1, GDR (Zenk, Munkelt, Bombach, Thieme) 39.98; 2, USSR (Kornelyuk, Kolesnikov, Silovs, Borzov) 39.00; 3, Italy (Guerini, Caravani, Benedetti, Mennea) 39.32; 4, WG (Ehl, Borchert, Steimann, Ommer) 39.59; 5, Poland (Nowosz, Alonczyk, Grzejszczak, Licznarski) 39.60; 6, France (Chauvelot, Metz, Sainte-Rose, Echevin) 39.84; 7, UK (DAVE ROBERTS, RICHARD KENNEDY, BENNETT, TERRY COLLINS) 40.17; 8, Finland (Rajamaki, Vilen, Juhola, Raty) 40.38.

HJ: 1, A. Grigoryev (USSR) 2.24/7'4"; 2, P. Poaniewa (Fra) 2.22/7'3"; 3, R. Beilschmidt (GDR) 2.20/7'2"; 4, E. Del Forno (Ita) 2.17/7'1"; 5, J. Wszola (Pol) 2.11/6'11"; 6, W. Killing (WG) 2.11; 7, A. Pesonen (Fin) 2.08/6'9"; 8, MIKE BUTTERFIELD 2.08 (1.85—1, 2.00—1, 2.04—1, 2.08—1, 2.11—x).

LJ: 1, G. Cybulski (Pol) 8.15/26'9"; 2, V. Podluzhny (USSR) 7.92/26'0"; 3, P. Rieger (GDR) 7.70/25'3"; 4, H. Mattila (Fin) 7.67/25'2"; 5, U. Kowring (WG) 7.64/25'0"; 6, J. Bonheme (Fra) 7.51/24'7"; 7, D. Fontanella (Ita) 7.36/24'1"; 8, ALAN LERWILL 7.33/24'0" (7.33, 7.20, 7.12, —, 7.25, —). Nil wind throughout. **SP:** 1, GEOFF CAPES 20.75/68'1" (20.17, 19.97, 20.75, 19.82, 20.29, 20.14); 2, H. J. Rothenburg (GDR) 20.33/66'8" (20.33, 20.20, —, 20.04, 20.03, 20.19); 3, V. Voykin (USSR) 19.47/63'10"; 4, M. Brezewska (Pol) 19.06/62'6"; 5, R. Reichenbach (WG) 19.03/62'5"; 6, Y. Brouzet (Fra) 18.89/61'11"; 7, M. Yrjola (Fin) 18.56/60'10"; 8, A. Groppelli (Ita) 17.95/58'10".

HT: 1, K. H. Riehm (WG) 77.50/254'3" (73.76, 76.30, 77.50, 77.28, —, —); 2, V. Dmitrenko (USSR) 77.22/253'4" (71.12, 75.80, 77.22, 76.32, 72.94, —); 3, J. Sachse (GDR) 76.04/249'6" (75.94, 76.04, —, —, 73.20, —); 4, S. Jaglinski (Pol) 70.56/231'6"; 5, H. Huhtala (Fin) 69.48/227'11"; 6, J. Accambray (Fra) 69.00/226'4"; 7, PAUL DICKENSON 67.40/221'1" (67.12, 66.90, 67.40, —, 65.20); 8, P. Urlando (Ita) 65.86/216'1".

Team positions: 1, GDR 60; 2, Poland 51; 3, USSR 49; 4, UK 45; 5, WG 45; 6, France 40; 7, Finland 37; 8, Italy 36.

Sunday, August 17th

200: (—0.90m) 1, P. Mennea (Ita) 20.42; 2, V. Borzov (USSR) 20.61; 3, A. Rajamaki (Fin) 20.97; 4, L. Sainte-Rose (Fra) 21.02; 5, H. J. Bombach (GDR) 21.18; 6, J. Pietrzyk (Pol) 21.22; 7, AINSLEY BENNETT 21.29; 8, K. Ehl (WG) 21.42.

800: 1, STEVE OVETT 1:46.6; 2, D. Fromm (GDR) 1:47.4; 3, V. Ponomaryov (USSR) 1:47.6; 4, M. Taskinen (Fin) 1:47.7; 5, M. Gesicki (Pol) 1:48.2; 6, R. Sanchez (Fra) 1:48.4; 7, W. Wulbeck (WG) 1:48.6; 8, V. Fontanella (Ita) 1:52.1.

5000: 1, BRENDAN FOSTER 13:36.2; 2, E. Sellik (USSR) 13:42.8; 3, M. Kuschmann (GDR) 13:44.8; 4, H. Szordykowski (Pol) 13:49.6; 5, L. Viren (Fin) 13:49.8; 6, P. Gomez (Fra) 13:50.2; 7, L. Zarcione (Ita) 13:53.2; 8, K. P. Hildenbrand (WG) 13:57.0.

3000SC: 1, M. Karst (WG) 8:16.4; 2, F. Baum-

gartl (GDR) 8:17.6; 3, B. Malinowski (Pol) 8:18.6; 4, F. Fava (Ita) 8:20.4; 5, A. Velichko (USSR) 8:27.4; 6, T. Kantanen (Fin) 8:28.6; 7, J. P. Villain (Fra) 8:42.8; 8, TONY STAYNINGS 8:43.4.

110H: (—1.40m) 1, G. Drut (Fra) 13.57; 2, T. Munkelt (GDR) 13.78; 3, V. Myasnikov (USSR) 13.88; 4, BERWYN PRICE 13.90; 5, J. Pusty (Pol) 13.91; 6, G. Buttari (Ita) 14.03; 7, D. Gebhard (WG) 14.17; 8, R. Alanen (Fin) 14.38.

4x400: 1, UK 3:02.9 (GLEN COHEN 47.0, JIM AUKETT 46.0, BILL HARTLEY 45.4, DAVID JENKINS 44.5); 2, WG 3:03.4 (Hofmeister 47.2, Schloske 44.8, Krieg 46.0, Herrmann 45.4); 3, Finland (Tiihonen, Karttunen, Taskinen, Kukkoaho) 3:04.1; 4, France (Demarthon, Velasquez, Kerbiriou, Nallet) 3:06.3; 5, Poland (Werner, Koziaz, Jaremski, Pietrzyk 44.4) 3:06.8; 6, USSR (Kozban, Yurchenko, Myasnikov, Kocher) 3:07.1; 7, GDR (Stops, Arnold, Krug, Lathan) 3:09.2; 8, Italy (Borghini, Magnani, Abeti, D. Guida) 3:09.7.

PV: 1, W. Kozakiewicz (Pol) 5.45/17'10"; 2, A. Kalliomaki (Fin) 5.40/17'8"; 3, Y. Isakov (USSR) 5.40; 4, P. Abada (Fra) 5.35/17'6"; 5, G. Lohre (WG) 5.30/17'4"; 6, R. Dionisi (Ita) 5.25/17'2"; 7, P. Wieneck (GDR) 5.20/17'0"; 8, MIKE BULL 4.60/15'1" (4.60—2, 5.00—x).

TJ: 1, V. Sanyeyev (USSR) 16.97/55'8"; 2, C. Valetudie (Fra) 16.70/54'9"; 3, A. Sontag (Pol) 16.32/53'6"; 4, P. Kuukasjarvi (Fin) 16.23/53'3"; 5, J. Dreihel (GDR) 16.22/53'2"; 6, L. Franz (WG) 16.02/52'6"; 7, M. Siega (Ita) 15.93/52'3"; 8, DAVE JOHNSON 15.65/51'4" (15.41, —, —, 15.65, 15.57, 15.42). Legal wind throughout.

DT: 1, W. Schmidt (GDR) 63.16/207'3"; 2, P. Kahma (Fin) 62.70/205'8"; 3, H. D. Neu (WG) 62.20/204'1"; 4, V. Penzikov (USSR) 60.68/199'1"; 5, A. De Vicentis (Ita) 60.46/198'4"; 6, S. Wolodko (Pol) 59.32/194'7"; 7, BILL TANCREDD 57.18/187'7" (57.18, 56.12, 54.50, —, 55.92, —); 8, M. Chabrier (Fra) 55.82/183'2".

JT: 1, N. Grebnyev (USSR) 84.30/276'7"; 2, P. Bielczyk (Pol) 82.00/269'0"; 3, S. Hovinen (Fin) 81.02/265'10"; 4, D. Michel (GDR) 79.94/262'3"; 5, K. Wolfermann (WG) 79.90/262'2"; 6, R. Cramertotti (Ita) 76.42/250'9"; 7, DAVE TRAVIS 75.76/248'7" (74.60, 73.60, 74.68, 69.46, 67.20, 75.76); 8, S. Leroy (Fra) 74.68/245'0".

Final team positions: 1, GDR 112; 2, USSR 109; 3, Poland 101; 4, UK 83 (6 wins); 5, WG 83 (3); 6, Finland 83 (0); 7, France 80; 8, Italy 68.

ASIA: Fast marathon by Usami

(Japan) 20.4. Mainichi Marathon. Usami 2:12:40 (30:19, 1:01:47, 1:33:50, 2:05:41), Hattori 2:16:29, Seri 2:16:59. 27.4. Hiroshima. PV: Takanezawa 5.25/17'2" (rec). 29.4. Kobe. Women's 200: Szewinska (Pol) 23.5. 4.5. Tokyo. LJ: Yohanan (Ind) 7.74/25'4"; HT: Murofushi 69.70/228'8"; women's 100/200: Szewinska (Pol) 11.5/23.4; JT: Takasaka 55.58/182'4".

(India) 15.4. Patiala. JT: Kidiyoor 71.14/233'5" (rec). 3/4.5. Patiala. SP: Jagraj Singh 18.23/59'9"; DT: Kumar 54.42/178'6"; HT: Raghbir Singh 59.04/193'8"; 4x400: India 3:11.6.

Shaftesbury/Southern 10M Champs**At Hendon, August 9th****JOHNSTON A CLEAR WINNER IN HUMID CONDITIONS**

FOLLOWING a week of record temperatures in the 90's all runners were greatly relieved to find on the morning of the race a good amount of cloud and the temperature down, but by mid-day the clouds had broken up and the race was run in a temperature in the region of 80° and very humid conditions. Of the record entry of 330 a total of 201 runners toed the line to face the starter who was Reg Syrett of Messrs Green Shield Ltd, who kindly sponsored the event again this year.

After the initial surge up to the Great North Way the field settled down. Owing to the conditions the runners were staying in groups and the leading group of seven at 2 miles was led very slightly by Tim Johnston in 9:36, by 5 miles the group had been extended into a line with Johnston and Bob Lunnon level at 24:26 and Andrew Catton, Martin Heath and Ron Gevers following at one second intervals with the next five runners also inside 25:00. By 6 miles Johnston had started to break away and the gaps in the field were opening up to show the leader's time at 8 miles at 39:09 with Lunnon at 39:32 and Heath at 39:51. Gevers had dropped back to seventh place and John Jones was moving through to ninth place. Up the long hot straight of the North Way to the stadium which the runners had braved three times, Johnston appeared to be in complete control and strode home a good winner in a very respectable time considering the humid conditions to take both the Shaftesbury Race and Southern Individual Trophy, with the rest of the field strung out behind him with not many places changing over the last three miles.

Of the 201 starters the conditions claimed 32 runners who did not finish including Barry Watson at three miles, who commented after that he "just did not feel with it."

Tony Sunderland

1, T. Johnston (Portsmouth)	49:13
2, R. Lunnon (Gosforth)	50:02
3, M. Heath (Haringey & Southgate)	50:30
4, A. Catton (Ilf) 50:35; 5, G. Dugdale (TVH) 50:39; 6, G. Tuck (C&C) 50:50; 7, J. Jones (WS&E) 50:54; 8, R. Gevers (SLH) 51:07; 9, M. Puddifoot (TVH) 51:27; 10, P. Williams (SLH) 51:37; 11, W. Upcott (SLH) 51:38; 12, D. Horsup (Thurr) 51:58; 13, J. Mouat (Hill) 52:03; 14, B. Atkinson (Card) 52:31; 15, S. Hughes (Camb H) 52:53; 16, L. Adams (Hill) 53:17; 17, G. Pringuer (H&S) 53:25; 18, R. Ingleton (Port) 53:36; 19, P. Coyle (Lon I) 53:57; 20, D. Clarke (Ver) 54:17; 21, J. Doherty (Lon I) 54:39; 22, R. Tarrant (Port) 54:40; 23, R. Charney (TVH) 54:49; 24, K. Morris (Shaft) 54:55; 25, I. Hill (Mit) 54:57; 26, J. Steed (Ver) 54:58; 27, J. Arnold (E&S) 55:01; 28, J. Kilsby (H&S) 55:30; 29, H. Artiss (Ver) 55:38; 30, D. Townsend (Inv) 55:49; 31, E. Phillips (Ply) 55:59; 32, P. Humphries (Wolv) 56:05; 33, E. Pepper (B'heath) 56:24; 34, M. Grey (Shaft) 56:26;	

35, G. Hunt (E&S) 56:28; 36, P. Shephard (B'heath) 56:29; 37, B. Herlock (BoE) 56:38; 38, D. Milner (H&S) 56:44; 39, J. Offley (TVH) 56:46; 40, I. Cotton (SLH) 56:51. **Teams:** 1, SLH 29; 2, TVH 37; 3, Portsmouth 41; 4, Haringey & Southgate 48; 5, Verlea 75; 6, Hillingdon 91; 7, Ealing & Southall 109; 8, Shaftesbury 116; 9, Luton 161; 10, Blackheath 163. **Southern Champs:** 1, Johnston; 2, Heath; 3, Dugdale. **Teams:** 1, SLH 17; 2, TVH 26; 3, Portsmouth 31. **LBH Champs:** 1, Lloyds 10; 2, GLC 24; 3, Hermes 29. **Vets:** 1, Steed; 2, R. Budd (Hav) 56:58; 3, K. Jones (Lut) 58:21. **U/21:** 1, Tarrant; 2, Kilsby; 3, Milner 56:44.

ANDOVER CARNIVAL 4.2 MILE ROAD RACE**July 12th**

1, M. Connelly (Walton)	20:04
2, P. Francis (Walton)	20:19
3, P. Smith (Oxford City)	20:23
4, J. Cain (Port) 20:30; 5, A. Hind (Port) 20:32; 6, D. Fudge (Port) 20:33; 7, G. Bath (Sal) 20:36; 8, Keenan (Army) 21:02; 9, R. Swann (Bas) 21:04; 10, A. Herriet (S&E) 21:09; 11, C. Beauvais (Walt) 21:16; 12, M. Austin (And) 21:24; 13, M. Curtois (S&E) 21:25; 14, P. Leitch (Bas) 21:35; 15, F. Hutchins (S&E) 21:39; 16, A. Brackstone (Walt) 21:42; 17, G. Bulpitt (And) 22:02; 18, J. Taylor (Port) 22:06; 19, S. Ogleshorpe (Sal) 22:11; 20, M. Hoffman (Walt) 22:13. Teams: 1, Walton 14; 2, Portsmouth 15; 3, Southampton & Eastleigh 38; 4, Basingstoke 45; 5, Andover 52; 6, Salisbury 55.	

HECKINGTON '10'**(Actual dist: 10M 350y)****July 26th**

1, J. Eley (Derby)	51:07
2, M. Hurd (RAF)	51:09
3, A. Domleo (Derby)	51:15
4, W. Domoney (Sheff) 52:17; 5, R. Bailey (Roth) 52:48; 6, M. Exton (Holb) 53:09; 7, G. Thompson (Notts) 53:26; 8, H. Leeming (Dby) 53:32; 9, B. Lee (Notts) 54:09; 10, B. Mullarkey (Roth) 54:40; 11, M. Hague (Roth) 55:02; 12, J. Barker (Grim) 55:08; 13, W. Eldridge (Notts) 55:35; 14, D. Rowe (Dby) 55:38; 15, G. Towler (Notts) 55:40; 16, M. Whatmough (Linc) 56:05; 17, B. Simms (RAF-V) 56:07; 18, S. Lynch (Cov) 56:30; 19, P. Sanderson (Leic) 56:35; 20, E. Jacklin (Grim) 56:54. Teams: 1, Derby 12; 2, Rotherham 26; 3, Notts 29; 4, Grimsby 56; 5, Plessey 85; 6, City of Hull 90.	

SALFORD FESTIVAL '5'**July 12th**

1, F. Davies (Liverpool H)	23:34
2, M. Dell (Leeds City)	23:48
3, P. Rawnsley (Sheffield)	23:54
4, M. Critchley (Card) 23:56; 5, F. Briscoe (Salf) 24:02; 6, S. Kenyon (Bolt) 24:04; 7, R. Hill (Bolt) 24:09; 8, A. Byrne (Bolt) 24:14; 9, C. Leigh (Salf) 24:17; 10, J. Todd (A&SV) 24:22; 11, F. Pendlebury (M&D) 24:26; 12, M. Murphy (Salf) 24:27;	

13, M. Deegan (Old) 24:28; 14, D. Pratt (Sheff) 24:32; 15, B. Renshall (Liv P) 24:33; 16, R. Harrison (A&SV) 24:34; 17, S. Curran (Salf) 24:38; 18, G. Harvey (Stoke) 24:47; 19, B. Aspden (Salf) 24:53; 20, J. Calvert (B'burn) 24:56; 21, P. Lindsell (Salf) 24:57; 22, R. Davies (B'burn) 24:59; 23, R. Harrison (Liv H) 25:01; 24, T. Parker (Stret) 25:04; 25, R. Brown (Liv P) 25:07; 26, K. Mayor (Bolt) 25:11; 27, P. Malcolmson (Liv P) 25:15; 28, R. Pannell (Leeds) 25:18; 29, D. Brown (Salf) 25:19; 30, S. Clegg (Salf) 25:20; 31, G. Murphy (Wirr) 25:20; 32, K. Burrell (Liv H) 25:22; 33, J. Alcock (Wirr) 25:26; 34, P. Waddington (Liv H) 25:31; 35, W. Padgett (Bing) 25:33; 36, K. Duckworth (A&SV) 25:38; 37, M. Sinkinson (Salf) 25:39; 38, H. Kelly (East Ches) 25:43; 39, R. Heathcote (Sheff) 25:44; 40, G. Lawson (M&D) 25:45. **Teams:** 1, Salford 43; 2, Bolton 47; 3, Liverpool H 99.

REDCAR '10'

August 2nd

In heatwave conditions 93 runners contested this race and the finishers deserve credit for their efforts. The early pace was fast and after one mile a group of eight had detached themselves from the field. The group included former winners Newsome and Spence with Coleby, Cannon, Hurd, Waterhouse, Quinlan and Dell. Jim Alder was in close attendance at this stage. It was Dell however who made the break surprisingly early given the conditions, at four miles. Meanwhile Coleby and Spence had dropped the rest of the field. Running very strongly Dell now moved further ahead to complete the course untroubled by the

following runners. All times reflect the hot conditions. 77 finished the race.

Steve Cornish

1, M. Dell (Leeds City) 49:46
2, M. Coleby (Gateshead) 50:03
3, A. Spence (Bingley) 50:25
4, M. Hurd (RAF) 50:35; 5, J. Waterhouse (Bing) 51:23; 6, D. Quinlan (Bing) 51:40; 7, J. Newsome (Wake) 51:47; 8, D. Cannon (Gates) 51:56; 9, J. Lunn (Leeds) 52:05; 10, J. Alder (Morp) 52:24; 11, J. Bailey (Roth) 52:32; 12, B. Hilton (Leeds) 52:46; 13, W. Padgett (Bing) 52:57; 14, B. Pickersgill (Wake) 53:10; 15, J. Trainor (Gates) 53:13; 16, R. Pannell (Leeds) 53:20; 17, T. Flory (Mand) 53:34; 18, T. White (Long) 53:59; 19, I. Wainwright (Sheff) 54:32; 20, D. Coker (Heat) 54:35; 21, M. Hague (Roth) 54:44; 22, T. Rooke (M&C) 55:00; 23, A. Bone (S Shields) 55:10; 24, M. Hall (M&C) 56:11; 25, B. Cordes (Morp) 56:23. **Teams:** 1, Bingley 27; 2, Leeds 38; 3, Wakefield 91; 4, Middlesbrough 107; 5, Gateshead 117; 6, Morpeth 145.

SALE '15'

August 2nd

The 16th annual Sale '15' was held in hot weather on August 2nd at Wythenshawe Park. The race was significant for the high quality Veteran runners who had entered, obviously toning up for the World Veterans Championships in Canada. Eric Austin, qualifying as a Vet now, grasped the initiative early on, towing Steve Edmunds and Stan Curran in his wake. Ron Morris and Brian Renshall were left gasping, a full minute down, after 7½ miles which the leaders

CREST HOMES SPONSORED**WALTON '10'**

(Under A.A.A. Laws)

SUNDAY, OCTOBER 19th, at 3.30 p.m.

(Not October 11th as Advertised in some previous editions of 'AW')

- ★ Race Souvenir to every competitor
- ★ Fabulous Individual, Vets & Team prizes. (Remember Last Year)
- ★ Fast, Accurately Measured Course. Start & Finish—Stompond Lane Track
- ★ Great afternoon out for all, pre-race publicity, entertainment, big crowds.
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Tiger Spartan 7-10½ (no 8½) £15.00.

Tiger Olympia 6, 7½-9½ £11.00.

Tiger Cortez (slightly imperfect) 5-13 (no 9, 9½) £8.90.

Tiger Marathon 3, 4, 5, SPECIAL PRICE £4.00, 6-12 £6.50.

Tiger Cub 6-12 £5.50.

Puma Aero 4, 5 £10.50, 6½-10½ (no 8, 10) £11.50.

Puma Tornado 5 £8.50, 6½-8½, 9½ £9.00.

Please add 30p post/packing per pair.

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Tracksters Cotton, royal, black, small only
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£9.00 (post 30p).

reached in 39:35. The third lap saw Austin breaking his younger rivals establishing a lead of 50 seconds, clocking 58:19, with Curran now bettering Edmunds, timed at 59:27 and 59:50 respectively. Over the final lap an impressive Austin, maintaining an even pace throughout the race, ran away from Curran with Edmunds succumbing to the persistent attacks of Ron Morris. Austin's even pace (last three laps timed at 18:41, 18:44, 18:58) plus the high placings achieved by Ken Hodgkinson and Ron Franklin and a fit looking former World Champion, Arthur Walsham jogging round the course, augured well for the Britons' chances in Canada.

J. M. Frost

1, E. Austin (Tipton)	1:17:17
2, S. Curran (Salford)	1:19:27
3, R. Morris (Winsford)	1:20:17
4, S. Edmunds (Sale) 1:21:14; 5, B. Renshall (Liv P) 1:21:21; 6, P. Malcolmson (Liv P) 1:21:31; 7, K. Hodgkinson (Salf) 1:23:22; 8, J. Alcock (Wirr) 1:23:39; 9, M. Mountford (Tip) 1:24:33; 10, V. Regan (Bolt) 1:24:56; 11, D. Lee (Bolt) 1:25:10;	

ROAD RUNNERS CLUB

(CORNWALL 1975)

CORNWALL '10'

SUNDAY, SEPTEMBER 7th, 1975

Start at 3 p.m. at Penryn R.F.C.

Again the Special Vests to first 10 Individuals. **Entry Fee: 30p.**

Awards to first 3 teams, prizes and awards to first 3 Individuals, and first Veteran.

Entries to, and details from: Mr E. Phillips, 7 Mount Pleasant Road, Camborne, Cornwall.

CLOSING DATE SEPTEMBER 4th

SOLIHULL ATHLETIC CLUB

invite entries for their

1975 CROSS COUNTRY

RELAY MEETINGS

AT TUDOR GRANGE PARK

WOMEN'S MEETING

SATURDAY, 18th OCTOBER

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

Relays for Seniors, Intermediates & Juniors
plus Girls 2000m Race

MEN'S MEETING

SATURDAY, 25th OCTOBER

(Under E.C.C.U. Rules)

Relays for Seniors, Youths & Boys
plus Colts 2500m Race

Send S.A.E. for details and entry forms to:

The Secretary, Solihull C.C. Relays, Solihull Athletics Centre, Blossomfield Road, Solihull, West Midlands.

12, R. Franklin (TVH) 1:25:54; 13, K. Mayor (Bolt) 1:26:01; 14, M. Murphy (Salf) 1:26:33; 15, G. Lawson (M&D) 1:26:36; 16, H. Kelly (E Ches) 1:27:09; 17, D. Atwell (Alt) 1:27:17; 18, D. Farwell (M&D) 1:27:17; 19, I. Campbell (Sale) 1:28:00; 20, B. Jackson (Bolt) 1:28:34.

FINAL SPRINT CARRIES IAN THOMPSON TO VICTORY

DARLINGTON Harriers inaugural 'Locomotion 20' was held on August 16th over an accurately measured out and back course. The blustery conditions made leading hard work and by three miles, reached in 15:35, a trio consisting of Ian Thompson, Ron Hill and Alan Domleo had forged well clear of the field. With the wind still against them the leading group passed five miles in 25:55 with positions unchanged. At 6½ miles on the first real climb Ron Hill lost contact and just before the turn a significant burst by Thompson took him clear of Domleo. Thompson (51:45) was 5 seconds clear of Domleo with Hill 58 seconds down at the turn. Pickersgill and Belk were also clear of the field at 55:05. The self-professed experts following the race were now deciding how much Thompson would win by and if Ron Hill, just visiting Britain in a slack week between races abroad, could catch the apparently tiring Domleo. The Derby man had other ideas because although Thompson covered the third 5 miles in 25:19 he had only stretched his lead to 6 seconds. Two miles later Domleo was chasing hard and by 18 miles had caught the European and Commonwealth Marathon champion. Try as he may Domleo was unable to shake off his illustrious opponent and when Thompson made his last effort 600 yards from home it was enough to carry him to an exciting 3 seconds victory.

Thompson, obviously pleased to have won after such a hard race, explained that he was not yet back to full training after a summer lay-off but this should not detract from Alan Domleo's fine run. Ron Hill had lost ground but no places on the return journey and Brian Pickersgill in fourth led his young Wakefield team to a comfortable team victory.

Both Thompson and Domleo have marathon intentions later this year but Ron Hill thinks another three 26 milers would round off his season nicely!

1, I. Thompson (Luton United) 1:42:25
2, A. Domleo (Derby & County) 1:42:28
3, R. Hill (Bolton United) 1:46:15
4, B. Pickersgill (Wake) 1:49:32; 5, T. Godolphin (Harro) 1:50:18; 6, T. Moore (Liv H) 1:50:37; 7, B. Cordes (Morp) 1:52:48; 8, T. Flory (Mand) 1:52:52; 9, D. Gaskell (Wake) 1:56:22; 10, G. Chaplin (Darl) 1:57:20; 11, P. Pattison (Gos) 1:57:38; 12, R. Train (Cty Hull) 1:58:35; 13, N. Spiers (Sheff) 1:59:19; 14, B. Woodward (Rip) 2:01:23; 15, J. Foley (Gates) 2:01:50. **Teams:** 1, Wakefield 33; 2, Harrogate 59; 3, Middlesbrough 61.

BOOK REVIEWS

"Food for Fitness", published by World Publications; 141 pages, b&w photographs. £1.30 post paid from Book Dept, Athletics Weekly, 344 High St, Rochester, Kent.

Not aimed specifically at athletics, this booklet is a doomsday look at modern man's diet and its multitude of deficiencies. When one casts one's mind back to all the replies of 'no' to the question of special diets in athlete's questionnaires in the past, we must all be in the wrong boat together! To switch one's diet according to the over-powering warnings in this booklet would, at the prices demanded in Health Food Markets, be astronomically expensive. A food value table at the end of the book makes interesting reading and could be used to purpose. When asked if he had a special diet, Brendan Foster replied: "Yes, I eat plenty and often—ask my wife or my mother!"

"Yoga and the Athlete" by Ian Jackson; published by World Publications; 94 pages, b&w photographs; £1.10 post paid from 'AW' Book Department.

Yoga and the athlete is one man's philosophy of Life. The first half of the book meanders through his teenage life which swings close to death on many occasions, shoots to the stars and plummets to the depths as he searches for kicks from the hallucinatory LSD to the running LSD from Hawaii to Southern California. Ian Jackson sinks blissfully into Yoga and the second half of the book is dedicated to the art of Yoga and its application to the athlete. All the poses are illustrated by photographs.

J.W.

THOMPSON'S ASTONISHING DECATHLON

Francis Thompson (Essex Beagles) bettered the UK age 16 record of 5300 points in the Welsh AAA Championship & Open Decathlon at Cwmbran on June 27th/28th . . . with two events still to go! He ended up with a winning total of 6685, 215 short of the world's best for his age, and the second best ever by a British junior behind Roy Mitchell's 7008—and all this in his first decathlon. It was altogether a remarkable display, as Thompson ran 100m in 11.0, long jumped 6.99, put the shot 10.74 (senior implements of course), high jumped 1.97, ran 400 in 50.2 and the high hurdles in 16.8, threw the discus 31.42, vaulted 2.90, hurled the javelin 51.88 and finally toured 1500 in 4:31.0. Phillip Lewis, second with 6469, improved no fewer than 969 points on his previous best. Ten of the 20 competitors finished with personal best scores.

MASON TROPHY MEETING

At Warley, June 21st

(Inter Boys) 100H: R. Stott 14.3. 3000W: D. Vickers 15:50.4. (Inter Girls) 100/200: J. M. Adams 12.5/25.5. 80H/LJ: Y. Wray 11.4 & 5.31/17'5½". (Juniors) 800: C. Edwards 2:17.8. 75H: J. Hughes 12.0.

STEVENAGE & NORTH HERTS A.C.

FAIRLANDS TROPHY

CROSS-COUNTRY MEETING

Please note this event is on Saturday, Oct. 18th and not as previously advertised.

FULL DETAILS SHORTLY

CHELMSFORD ATHLETIC CLUB

SIDNEY TAYLOR RELAY

5 x 5000m Cross Country

(Under A.A.A. Laws)

SATURDAY, OCTOBER 25th, at 2.30 p.m.

Hylands School, Exmoor Close, Chelmsford

Prizes: £7, £5, £3 fastest laps, plaques first three teams plus first 'B' team.

Entry Fees: £1 first team, 50p subsequent team.

YOUTHS' 5000m C.C. RACE at 2 p.m.

Entry Fee: 20p per person.

Entries to D. Mullane, 46 Sherwood Way, Feering, Colchester, Essex.

LUTON UNITED A.C.

14th ANNUAL BOYS' RELAY—4x2 Miles

(O/13, U/15 on 1.9.75)

for the Wild Cup

9th ANNUAL COLTS' C.C.

RACE—2 Miles

(O/11, U/13 on 1.9.75)

for the Wilsher Trophy

3rd YOUNG BOYS' C.C. RACE—2 Miles

(O/9, U/11 on 1.9.75)

for the White Trophy

AT STOPSLEY SPORTS CENTRE, LUTON

SATURDAY, 8th NOVEMBER, at 2 p.m.

Entry Fees: Boys' Relay 50p, 25p subsequent teams. Other races 15p per Individual.

Entries to J. Dyer, 6 Rogate Road, Luton LU2 8HR. (Under A.A.A. Laws)

CLOSING DATE 1st NOVEMBER

CLASSIFIED ADVERTISEMENTS

5p per word. Box No 20p extra. Trade 10p per word—prepaid.

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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.

SURREY ATHLETIC CLUB

Annual

CROSS COUNTRY RELAY

6 x 2½ Miles

(Under A.A.A. Laws)

SATURDAY, 11th OCTOBER, at 2.30 p.m.

KINGSTON GATE, RICHMOND PARK

Changing: Rivermead School,
Richmond Road, Kingston

Entry Fee: 50p per Team.

Entries to J. E. Redmond, 57 Conway Road,
Hounslow, Middlesex. Tel: 01-572 2743.

CLOSING DATE 1st OCTOBER, 1975

WINSFORD ATHLETIC CLUB

1st Annual

CROSS COUNTRY RACES

(Under A.A.A. Laws)

SUNDAY, 21st SEPTEMBER, at 1.30 p.m.

Boys U/11 1 Mile, U/13 2 Miles,
U/15 3 Miles, U/17 4 Miles.

Girls U/13 1 Mile, U/15 2 Miles,
U/17 3 Miles.

(Ages as at 31-8-75)

Changing: Verdin Comp. School

Entry Fee: 20p Individual, no Team fee.

Awards: first 3 Individuals, first three Teams.
(3 to score).

Entries to Ray Warren, 36 St. John's
Gardens, Winsford, Cheshire.

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 O/40 £3, O/45 £3, O/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

FRODSHAM LADIES RACES

(Under NCWAA & RWA Rules 11 yrs & over)

SUNDAY, 28th SEPTEMBER at 2 p.m.

(on grass—spike course)

3000m Ladies. £10, £6, £4, £2. Entry fee
25p. Trophy holders: Bolton United H.

3000m Inter-Ladies. £5, £4, £3, £2. Entry
fee 20p. Trophy holders: Liverpool
Harriers.

3 x 1200m Junior Relay, U/15. Team fee
60p. Trophy holders: Warrington A.C.

3 x 1200m Minor Relay, U/13. Team fee
60p. Trophy holders: Pilkingtons A.C.

3 x 1200m 'Mini-Minor' Relay, U/11. Team
fee 60p. Trophy holders: Hallamshire
Harriers.

Awards: first 3 teams, fastest lap in all relays.

Entries to K. A. Riddoch, 32 Grasmere
Road, Frodsham, Via Warrington WA6
7LG.

ENTRIES CLOSE 15th SEPTEMBER

BANBURY HARRIERS A.C.

BANBURY '5' ROAD RACE

(approx. 4.5 Miles)

SATURDAY, SEPTEMBER, 20th,

at 3.15 p.m.

Sponsored by Hartwells of Banbury Ltd.,
and Alex. Lawrie Factors Ltd.
(Under A.A.A. Laws)

Prizes: first three Individuals and first three
Teams. (6 run, 4 score).

Entry Fees: 25p Individuals, £1 Team.

U/18 RACE: SAME COURSE: 2.15 p.m.

Prizes: first four Individuals.

Entry Fee: 25p Individuals, no Team race.

Entries to A. K. Hutton, 10 Danvers Road,
Broughton, Banbury, Oxfordshire.

ENTRIES CLOSE SEPTEMBER 13th

HOLMFIRTH HARRIERS A.C.

COLTS', BOYS' & YOUTHS'

ROAD RACES

(Sponsored by James Watkinson & Son Ltd.)

Colts' 2½M, Boys' 2½M, Youths' 3M

(Under A.A.A. Laws)

SUNDAY, OCTOBER 5th, at 2.30 p.m.

FROM CIVIC HALL, HOLMFIRTH

Prizes: 1st Ind. £4, 2nd £3, 3rd £2, 4th £1 in
all races. Team: 3 at £2, 3 at £1.50, 3 at £1.

ENTRIES CLOSE 22nd SEPTEMBER

Entry Fees: 10p Ind., 20p Team. All to enter
as Individuals. Entries to Mr C. A. Holling-
worth, 12 Holts Lane, Holmfirth, Hudders-
field HD7 1BW. Tel: 2708.

**NOTE: K & M '15'—1st November—Details
Later.**