

a **thletics** **weekly**

INCORPORATING
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

★Athletics in the 70's (Part I)
—by Tony Ward

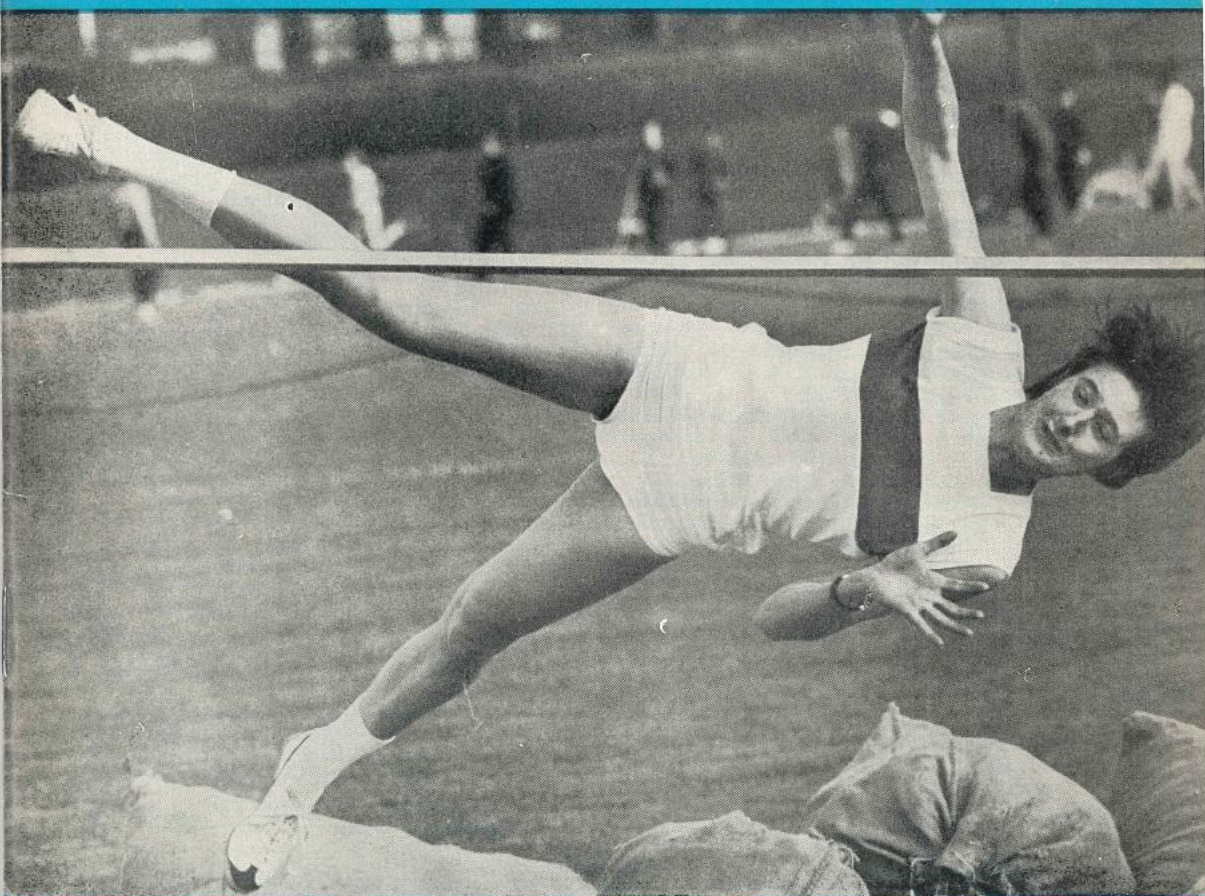
★United Kingdom Women's
"Top Twenty"

★Cosford Indoor Meeting

★Southern Middle-Distance
Conference—by Ron Jewkes

★Major International
Fixtures, 1969

★Spotlight on Youth



1/6

BARBARA INKPEN,
who topped the 1968
UK high jump
rankings at 5ft. 9ins.

Bukta

STYLED FOR ACTION!

TRACK SUITS

Excellent range in a wide variety of fabrics
and large range of colours.

Obtainable from your local outfitter/sports
outfitter or Brochure from Bukta, Brinks-
way, Stockport.

Another Great Marathon By Adcocks

BILL ADCOCKS, perhaps the least acclaimed of Britain's great athletes, moved to an even more exalted position in the world of marathon running when winning the classic Asahi race at Fukuoka (Japan) last week-end in 2:10:47.8, the second fastest marathon time on record. Only Derek Clayton, who won the corresponding race last year in 2:09:36.4, has ever bettered that. Bill, who suffered attacks of stitch at 8km and 25km, took the lead after about 16 miles and at the finish he was nearly two minutes in front of Yoshiaki Unetani (2:12:40.6), with Tadaaki Ueoka third in 2:13:37.6 and Turkey's Ismail Akcay (who narrowly beat Bill for 4th in the Olympics) fourth

in 2:13:43.

Adcocks now owns two of the six fastest marks of all time—2:09:36.4 Derek Clayton (Aus) 1967; 2:10:47.8 Adcocks 1968; 2:11:17 Seiichiro Sasaki (Jap) 1967; 2:12:00 Morio Shigematsu (Jap) 1965; 2:12:11.2 Abebe Bikila (Eth) 1964; 2:12:16.8 Adcocks 1968.

● Tim Johnston, who is due to return to England next month, scored a notable half-marathon victory at 6000ft. in Mexico in 62:33, over a minute inside the record he set last year. Runner-up Pablo Garrido was nearly $\frac{1}{2}$ mile behind in 66:15.

John Fewery Triumphs

November 30th

IN the absence of Jim Alder (unable to travel), Gareth Bryan-Jones and the in-form Alasdair Blamire (both running in a Scottish International trial) diminutive John Fewery took full advantage to win the annual Brampton to Carlisle ten miles road race in a time that has only ever been bettered by Alder and Fergus Murray. In conditions that were ideal for fast running he took the lead early on with team mate Peter Morris. Morris fell away in time but Fewery held on to win by sixty yards from Martin Craven, thereby becoming the first runner to win both the youths' race (1963) and subsequently the senior event.

1. J. Fewery (Blackpool & Fylde) 47.18
2. M. Craven (Kendal) 47.29
3. P. Morris (Blackpool & Fylde) 47.54
4. C. Fitt (Ken) 48.14; 5. K. Ballantyne (ESH) 48.32; 6. D. Spencer (Barrow) 48.47; 7. J. Hogg (Barr) 48.55; 8. F. McGuire (BF) 49.00; 9. N. Rackham (Heat) 49.02; 10. A. Byrne (BF) 49.23; 11. W. Murray (ESH) 49.49; 12. A. Matson (ESH) 49.57; 13. D. Grey (Mor) 50.10; 14. E. Hudspeth (Mor) 50.28; 15. R. Balding (Heat) 50.36.

16. B. Shaw (BF) 50.44; 17. A. Ladro (Ken) 50.45; 18. S. Larkin (Salt) 50.48; 19. G. Balfour (Jarr) 50.58; 20. A. Matheson (Mor) 51.14; 21. P. Duffy (M'well) 51.27; 22. F. Innes (Mor) 51.35; 23. D. Large (Barr) 51.38; 24. D. Cannon (Ken) 51.51; 25. G. Meikle (Tev) 52.04; 26. P. Leviston (Barr) 52.20; 27. W. Lyall (ESH) 52.25; 28. C. Stainton (Millom) 52.27; 29. D. Hepple (Mor) 52.30; 30. J. Huggan (Tev) 52.38. 93 finished.

Teams: 1, Blackpool & Fylde 12; 2, Kendal 23; 3, Edinburgh Southern H. 28; 4, Barrow 36; 5, Morpeth 47; 6, Heaton 57; 7, Teviotdale 102; 8, Saltwell 142; 9, Gosforth 150; 10, Gateshead 152.

Handicap: A. Heaton (Clay) 13.00, 57.14.

First Cumbrian: 19, Balfour.

First Border Harrier: 55, A. Byers 55.48.

Youths

1. R. Hendry (Cockesmouth GS) 18.29

2. D. Grundy (Gateshead) 18.36
3. B. Baggeley (Gateshead) 18.43
4. K. Symington (NSP) 18.44; 5. P. Singleton (Murray BC) 18.46; 6. M. Wilmore (Workington GS) 18.48; 7. Black (WGS) 19.07; 8. D. Lightfoot (Eagle) 19.31; 9. D. Kelly (MBC) 19.35; 10. D. Hedley (Gates) 19.37; 11. R. Newton (Eagle) 19.38; 12. C. Hallimond (Gates) 19.47; 13. A. Quayle (MBC) 19.49; 14. I. Wyllie (Keswick S) 20.08; 15. A. Quirk (MBC) 20.14. 69 finished.

Teams: 1, Gateshead 15; 2, Murray BC 27; 3, Workington GS 34; 4, Eagle 51; 5, Workington GS 58; 6, Keswick S. 58; 7, St. Joseph's, Hebburn 69; 8, Nelson Thom Linson 70.

Boys

1. Cooke (Harraby) 16.01
2. H. Farry (Austin Friars) 16.07
3. R. Whitfield (Clegwell) 16.15
4. Kirkup (Cleg) 16.18; 5. P. Blakey (Long) 16.20; 6. R. Pritchard (Cleg. "B") 16.25; 7. W. Malloy (Derwent) 16.31; 8. R. Corkin (Cleg. "B") 16.32; 9. C. Burton (Cleg. "B") 16.35; 10. McLaughlin (St. Cuthbert's) 16.38; 11. D. Nicholson (Rbt. Ferguson) 16.43; 12. L. Clements (A. Friars) 16.45. 68 finished.

Teams: 1, Clegwell "B" 43; 2, Clegwell "A" 49; 3, St. Cuthbert's, Newcastle 55; 4, Austin Friars 60; 5, Harraby 81; 6, Longlands 82.

AAA INDOOR TRIPLE JUMP

The AAA Indoor Championships at Cosford on January 10th/11th will include a triple jump. The event will be held on the Friday.

Unofficial

NATIONAL INDUSTRIES & SERVICES CROSS COUNTRY CHAMPIONSHIPS

On Sunday, January 26th, 1969

At International Computers Ltd., Winsford

Open to all Works & Public Service teams. Course is 5 miles of grassland. Prizes for first 3 teams (6 to run, 4 to count) and first 3 individuals. Fees: 10/- per team, 3/- per individual. Runners need not enter as individuals if members of a team.

Entries to J. P. Egerton, 103 Wharton Road, Winsford, Cheshire.

Cover photo by Ed Lacey

ATHLETICS WEEKLY

INCORPORATING MODERN ATHLETICS AND WORLD ATHLETICS

Vol. 22, No. 50

OFFICIAL ORGAN OF ATHLETICS IN GREAT BRITAIN

December 14th, 1968

Managing Editor: P. W. GREEN
 Editor: MELVYN WATMAN
 Editorial Assistant: JOHN LUSARDI
 Subscription Dept. & Distribution:
 Miss J. GREEN
 Advertisement Director: P. W. GREEN

MAIN U.K. CORRESPONDENTS:

Scotland—Willie Diverty, Wales—Bernard
 Baldwin and Gordon Roberts. Ireland—
 Brendan Deary.

**LEADING OVERSEAS
CORRESPONDENTS:**

Australia—Bernie Cecins, India—Ranjit
 Bhatia, Italy—Luigi Mengoni, Jamaica—
 Richard Ashenheim, Japan—Atsushi
 Hoshino, Kenya—Cliff Roffey, New Zea-
 land—Graham Sheath, Rhodesia—Philip
 Kennedy, South Africa—Doug Coghlan,
 U.S.A.—Dick Bank, Dick Drake, Elliott
 Denman, Vince Reel, Stan Eales, Jim
 Dunaway, Joe Henderson, Czechoslovakia
 —Jan Popper, Nigeria—Bode Akinbiyi,
 Canada—Lloyd Swindells, Brazil—Derrick
 Marcus, USSR—Anatoliy Kashcheyev.

Published by—
 WORLD ATHLETICS AND
 SPORTING PUBLICATIONS LTD.

At their Editorial Offices—
 344 HIGH STREET,
 ROCHESTER, KENT.
 (Medway 44644).

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

Printed by—
 KENT ART PRINTERS LTD.,
 NEW ROAD, ROCHESTER, KENT.

SUBSCRIPTION RATES

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

12 MONTHS (52 issues) 78s. 6d.
 6 MONTHS (26 issues) 42s.
 3 MONTHS (13 issues) 21s.

All other subscriptions:

12 MONTHS 95s. 4d.

Subscribers automatically become members of
 the "A.W." Club.

CERTIFIED CIRCULATION**10,554**

January 1st—December 31st, 1967

CONTENTS

Cosford Indoor Meeting	4
Results In Brief	7
Women's Cross-Country Races	8
Spotlight on Youth	11
Southern Counties Middle-Distance Conference—by Ron Jewkes	14
UK Women's "Top Twenty"	18
League Races	22
Athletics In The 70's (Part 1) —by Tony Ward	24
International Fixtures 1969	25
Letters	28
Trackwise	30
Walking—by Colin Young	31
Scottish News	32

THE WEEK AHEAD

There are not many open events today, Saturday December 14th, but those we have received notice of include the Bexhill 6x2½ Miles Road Relay, Portsmouth "Round the Houses" 5M., Kendal AAC Road Relays, Canterbury C.C. Races and the Small Heath Young Athletes Cross Country events. There are also a number of closed events with the Surrey (at Kingston), Essex and Middlesex Women's C.C. Championships heading the list, plus the London Business Houses 5 miles C.C. Championship at Parliament Hill Fields. League fixtures comprise the Glos (at Swindon), Aldershot, Farnham & District (Blackdown), Manchester (Longford Park) and Northumberland & Durham Leagues. In Wales Glamorgan Schoolboys meet their Monmouth rivals over the country while the Welsh AAA Executive Meeting comes off at the Police Athletic Club, Waterton Cross, Bridgend (10.30 a.m.).

Tomorrow, Sunday, sees the Southern Counties AAA hold another Open Meeting on the magnificent Crystal Palace track (1.30 p.m. start) highlighted by a BMC Women's 3000 metres.

Bedfordshire A.A.A. elected the following at their A.G.M.—President, Lord Luke; Chairman, G. Woodham; Secretary/Treasurer, E. A. Abbott; Champs. Secretary, D. Stamford, 29a Limbury Road, Luton. The Senior C.C. Championship will be held at Luton on January 4th, the Youths & Boys C.C. Champs. at Biggleswade on February 15th, and the Track & Field Championships at Bedford on June 7th.

McCafferty Is Back In Form

ELEVEN members of the Olympic squad participated in invitation events at the MCAA Indoor Meeting at RAF Cosford last Saturday but it was Ian McCafferty who stole the show. The 24-year-old Scot nearly didn't run at all, for his right arm was heavily strapped after he had torn some ligaments in an accident at work, but he was pleased he did. "I'm really chuffed," he said, after winning the 3000m in the speedy time of 8:01.2. He had reason to be, for this was McCafferty at his best... his final 200m occupying a mere 26.7.

Frank Davies, of Liverpool, set off at an impossibly fast pace for him of 58.8 for 400m and 2:03.8 for 800m (he was 50 yards ahead at one stage) but McCafferty had caught him before the halfway mark. Andy Holden (20), no respecter of reputations, thrust himself ahead just before the 2000m point but McCafferty tolerated this state of affairs for only a very brief period. Holden and Peter Stewart (21) stuck close to McCafferty while others — like Derek Graham, John Bednarski, Ray Roseman and John Thresher — dropped behind and Holden, as tough a competitor as his celebrated marathoning namesake, challenged again with 300m to run. McCafferty held him at bay, though, and opened up a 15-yard gap over the last 200m lap. Stewart edged Holden for second place but the latter's time of 8:03.6 is very useful indeed for an embryonic world-class steeplechaser. Ray Roseman (5th), who will concentrate on the 5000m next summer, also ran faster than before. Incidentally, Thresher's official time of 8:19.8 seems wrong as he was only just behind Graham, who was credited with 8:16.0. The 400m "splits" were 58.8, 65.0, 68.8, 68.4, 66.0, 64.2, 63.3 and 26.7 (200m). The last 400m was covered in 58.2, 600m in 1:30.0 and 800m in 2:02.8.

McCafferty said afterwards that he did not regard himself as fit; he had started "serious" training only three weeks earlier. He plans to have only a limited cross-country season but will race indoors as often as possible. His misfortunes last summer just an unpleasant memory, his sights are now set firmly on the European 5000m.

"Records" of one sort or another came about in four of the invitation events. Peter Cornes (19) and Joseph Kirwan (18) shared a 300m time of 35.8; Colin Campbell ran a nicely judged 1:19.4 600m (25.3, 26.6, 27.5); Alan Pascoe showed encouraging snap for this time of year in setting an all-comers 60mH best of 7.9, a tenth outside the national mark; and Christine Perera was a convincing winner over the 2'9" sticks in 8.7. In addition Martin Higdon, in losing to Mike Bull by only four inches, vaulted 15'1"/4.60 — which, let it be whispered, is the highest ever, indoors or out, by an Englishman.

Other good performances came from Barrie Kelly and Sue Midgley, just turned 17, in the 60 metres; Sue Scott in the long jump; Rosemary

Stirling in the 400m (leading all the way through laps of 27.9 and 28.6 to win by eight yards from Pat Lowe, who was suffering from a heavy cold); and steeplechaser Derek Blakeley. Less fortunate were Ralph Banthorpe, who dropped out during the 300m with a leg injury (it's nothing serious, though, and he should be training again in a week), and Joe Speake, who cantered through his 60m after slipping at the start.

Melvyn Watman

INVITATION EVENTS

60m: (A) 1, B. Kelly (Bury) 6.8; 2, R. Frith (Poly) 6.8; 3, E. Pavitt (Leigh) 6.8; 4, S. Bell (NS Poly) 6.9; 5, R. Walters (W & B) 6.9; 6, J. Speake (Liv. H) 7.9. (B) 1, P. Wiltshire (Birch) 7.0; 2, A. Ronay (Poly) 7.1; 3, P. Cornes (Warr) 7.1; 4, J. Kirwan (Stret) 7.1; 5, B. Green (Pilk) 7.1; 6, A. Sherer (Hull Ach) 7.4.

300m: (A) 1, A. Wood (VPAAC) 36.0 (UK best); 2, T. Rodwell (Glouc) 36.3; 3, P. Browne (QPH) 37.0; R. Banthorpe (W & B) dnf. (B) 1, Cornes 35.8 (UK best); 2, Kirwan 35.8 (UK best); 3, R. Beck (Poly) 37.4.

600m: (A) 1, G. Griffiths (W & B) 1:19.6; 2, Browne 1:20.3; 3, R. Johnston (Birch) 1:20.5; 4, Beck 1:22.2; 5, R. Bell (S. Shields) 1:22.6; 6, D. Richards (Birch) 1:22.8. (B) 1, C. Campbell (Poly) 1:19.4 (eq. UK best); 2, R. Adams (Broms) 1:20.1; 3, R. Green (Soli) 1:20.3; 4, J. Robertson (Barry) 1:20.3; 5, J. Gerrard (Leigh) 1:20.8; 6, R. Steele (Birch) 1:22.1.

3000m: 1, I. McCafferty (Law) 8:01.2; 2, P. Stewart (Birch) 8:03.4; 3, A. Holden (Preston) 8:03.6; 4, J. Bednarski (Swindon) 8:08.0; 5, R. Roseman (Brighton) 8:08.8; 6, D. Graham (9th OB) 8:16.0; 7, J. Thresher (Bel) 8:19.8(?); 8, R. Gregory (MDLC) 8:21.2; 9, J. King (S. Hth) 8:21.4; 10, P. Morris (B'pool) 8:24.6; 11, P. Shaw (Man'r AC) 8:25.2; 12, D. Walker (Worc. YMCA) 8:27.6; 13, D. Lem (LCAT) 8:28.4.

60mH: (A) 1, A. Pascoe (Ports) 8.0 (eq. UK a-c best); 2, S. Storey (Birch) 8.1; 3, R. Morrod (Birch) 8.1; 4, M. Parker (Ach) 8.3; 5, G. Newton (Stret) 8.5; 6, R. Pettit (W & B) 8.5. (B) 1,

SPORTSMEN!

A Luma bath will relax you completely after exercise—toning up the muscles and soothing away discomfort and strain.

Try a Luma bath tonight.
Available in all sizes from
leading chemists.

Luma
BRAND

LUMA PRODUCTS LIMITED

Marshall House, 468-472 Purley Way,
Croydon. CR9 4BL. Tel: 01-688 7211

AW10



Pascoe 7.9 (UK a-c best); 2, Storey 8.1; 3, Parker 8.1; 4, Morrod 8.4; 5, Newton 8.5; 6, Pettit 8.7.

PV: 1, M. Bull (QUB) 15'5"; 2, M. Higdon (Herc-W) 15'1"; 3, M. Bryant (Thur) 14'5"; 4, J. Fenge (Army) 13'9½"; 5, D. Lease (Cardiff) 13'4".

LJ: 1, D. Walker (Edin. SH) 23'1¼"; 2, G. Turner (W & B) 22'9½"; 3, K. Jackson (Stoke) 22'4"; 4, A. Mollett (Birch) 22'3¼"; 5, C. O'Neill (Wbury) 22'3¼"; 6, C. Rosen (Twick) 21'7"; 7, J. Bergier (Stret) 21'2¼"; 8, P. Templeton (Bris) 21'1"; 9, D. Percival (C & C) 20'10¼".

Women's 60m: 1, S. Midgley (Spenboro) 7.7; 2, M. Tranter (W & B) 7.7; 3, J. O'Neill (Bedford CPE) 7.7; 4, S. Clelland (Lough. S) 7.7; 5, J. Champion (L. Mabel CPE) 7.8; 6, P. Attwood (Bris) 8.0.

Women's 400m: 1, R. Stirling (W & B) 56.5; 2, P. Lowe (Birch) 57.5; 3, Attwood 58.3; 4, Champion 59.4.

Women's 60mH: (2'9") 1, C. Perera (Stret) 8.7 (UK best); 2, S. Scott (Birch) 8.9; 3, E. Toulalon (Edin. SH) 8.9; 4, C. Taylor (Cov. G) 9.0; 5, S. Brown (Edin. SH) 9.0; 6, A. Edwards (Birch) 9.2.

Women's LJ: 1, Scott 19'9¼"; 2, Clelland 19'3"; 3, J. Caswell (Mx) 19'0¼"; 4, Toulalon 18'4½"; 5, L. Webb (Tip) 17'9"; 6, Brown 16'7¼".

OPEN EVENTS

Seniors

60m: (times of 7.2 or better) (A) 1, D. Halliday (RAF) 6.9; 2, R. Walters 7.0; 3, Wiltshire 7.0; 4, J. Bagley (Nott. Un) 7.0; 5, J. Harrison (Warr) 7.1. (B) 1, P. Machin (Hallam) 7.1; 2, D. Williams (Notts AC) 7.1; 3, C. Robinson (Dby) 7.1; 4, Newton 7.2. (E) Stringer (Wirr) 7.2.

200m: (times inside 24 sec) (A) 1, S. Bell 23.1; 2, R. Walters 23.3; 3, D. Williams 23.5; 4, Wiltshire 23.6. (B) 1, Harrison 23.0; 2, Newton 23.8. (C) M. Saunders (Pilk) 23.6. (D) J. Aukett (B'ham Un) 23.6. (E) Machin 23.7. (F) A. Forse (Bris) 23.8.

800m: (times inside 1:59) (A) 1, J. Griffiths (Sy AC) 1:57.0; 2, S. Taylor (Man'r AC) 1:57.6; 3, S. Grettton (Leic. Un) 1:57.8; 4, Johnston 1:58.0; 5, M. Watson (Birch) 1:58.2. (B) O'Neill 1:55.6. (C) N. Grist (Trow) 1:58.0. (D) R. Smith (Australia) 1:56.5.

1500m: (times inside 4:01) (A) 1, A. Barrett (ULAC) 3:52.6; 2, R. Bell (Morp) 3:56.3; 3, J. Offord (LCAT) 3:56.8; 4, S. Hollings (Madeley) 3:58.2; 5, M. Kortenray (Mit) 4:00.2. (B) 1, R. Wilde (MDLC) 3:53.6; 2, J. Eley (B'ham Un) 4:00.0; 3, P. Freeman (Sy AC) 4:00.8. (D) M. Cox (Leeds City) 3:55.0.

2000mSC: 1, D. Blakeley (MDLC) 5:40.8; 2, B. Lee (Notts) 5:56.6; 3, P. Knott (B'pool) 6:03.8; 4, C. Franks (Chelt) 6:06.2; 5, E. Johnson (Stoke) 6:06.8; 6, C. Morton (Waf) 6:12.8; 7, Ball 6:13.8; 8, J. Newcombe (Staff) 6:16.2; 9, P. Lovell (Sheff. Un) 6:20.8.

HJ: M. Travis (Wbury) 5'10" (only competitor). **SP:** 1, G. Capes (Birch) 55'2¼"; 2, J. Walters (Cardiff) 50'11¼"; 3, A. McKenzie (NS Poly) 48'5½"; 4, D. Edmunds (S'clyde Un) 48'4"; 5, P. Sutton (Cardiff) 42'5½".

Juniors

60m: 1, C. Holmes (W & B) 7.3; 2, K. Atkins (Birch) 7.3; 3, D. Caro (Birch) 7.4; 4, S. Theobald (Warr) 7.4. **200m:** (A) 1, K. Croydon (W & B) 23.2; 2, Caro 24.0. (B) Holmes 23.3. **800m:** (A) 1, J. Cadman (Cov. G) 1:56.3; 2, M. Pegler (Man'r AC) 1:56.6; 3, J. Cherry (S'burn) 1:58.1; 4, S. Dodwell (Stret) 1:59.2. (B) P. Derlacki (Work-sop) 2:00.8. **1500m:** 1, Cherry 3:59.9; 2, R. McLean (Shett) 4:06.8; 3, R. Stirling (W & B) 4:08.5; 4, M. Heath (Man'r Un) 4:08.5. **HJ:** K. Atkins 5'9" (only competitor). **SP:** 1, J. Corbett (Stret) 50'4¼"; 2, P. Elliott (Notts) 42'11¼"; 3, T. Bryanton (Camberley) 42'7½".

Youths

60m: (A) 1, T. Hadley (Birch) 7.2; 2, G. Evans (W & B) 7.4; 3, J. Roberts (Garcs) 7.4; 4, A. Dunn (Birch) 7.4. (C) L. Smith (Stoke) 7.5. **200m:** 1, Roberts 24.0; 2, K. Boothroyd (Wake) 24.4. **800m:** J. Barrow (TVH) 2:00.2. **SP:** J. Joyce (Stoke) 43'3½".

Women

60m: (A) 1, O'Neill 7.7; 2, Tranter 7.7; 3, Champion 7.8. (B) 1, Edwards 7.9; 2, R. Payne (Loz) 8.3. **Intermediates 60m:** 1, J. Honick (Birch) 8.3; 2, J. Hughes (W & B) 8.5. **LJ:** Webb 17'6½". **SP:** 1, Payne 38'2"; 2, Scott 36'5"; 3, L. Tunney (Loz) 35'11"; 4, Brown 35'8¼"; 5, J. Wray (Birch) 34'4"; 6, L. Henry (Slough) 32'2¼"; 7, J. Frampton (Notts) 31'10"; 8, M. Watts (B. Tim) 31'7½".

Pentathlon: (LJ, 200m, 60mH, SP, HJ) 1, L. Curwen (Stoke) 4025 (18'1¼", 26.4, 9.0, 23'8½", 5'0½"); 2, M. Niccol (Maryhill) 3895 (17'3", 27.1, 9.2, 27'9¼", 4'10¼"); 3, J. Murray (Stret) 3866 (17'5½", 26.4, 9.7, 26'11", 4'10¼"); 4, L. Davies (Stret) 3742 (16'0", 27.2, 9.7, 28'11¼", 4'10¼"); 5, R. Martin-Jones (B'ham Un) 3697 (17'8½"); 6, C. Walker (unat) 3354; 7, P. Todd (Hull Ach) 3288 (5'1¼").

(Acknowledgments to Patrick Mackenzie for help with results)

USE OF STEROIDS DEPLORED

The following statement has been issued by the National Coaches of the AAA at their Annual Conference: "We deplore the increasing incidence in the taking of steroid drugs by athletes throughout the world, because it is in direct contravention of the IAAF's rules and detrimental to their future health and well being. Furthermore, we strongly deprecate any condonation by coaches and officials of this practice. We sympathise with British athletes who find themselves in an invidious position when competing internationally, and request that further medical studies into the effects and in particular into methods of detecting this class of drug should be vigorously pursued."

THEY RACE IN FRANCE

Mike Freary, Gerry North, Mike Tagg and David Walker represent the ECCU in Marseilles this week-end.

MIKE SULLY MEMORIAL C.C. RACES**At Ashton Park, Bristol, November 30th**

1. J. Bednarski (Swindon) 28.25
2. D. Francis (Westbury) 28.32
3. B. Hayward (Cardiff) 29.22
4. G. Blackburn (West) 29.36; 5. B. Popel (West) 29.38; 6. B. Paine (Car) 29.50; 7. D. Palmer (West) 29.53; 8. P. Darney (Car) 30.04; 9. M. Rowlands (New) 30.15; 10. M. Hewer (Bris) 30.15; 11. J. Townsend (Swin) 30.18; 12. C. Williams (Car) 30.34; 13. I. Thompson (UCSW) 30.36; 14. E. Strong (Bris) 30.44; 15. P. Chivers (West) 30.46.
16. R. O'Brien (Kingswood GS) 30.47; 17. A. Reade (West) 30.53; 18. J. Needham (Kings) 31.01; 19. R. Cornish (West) 31.05; 20. A. Aylett (Gilwern) 31.11; 21. I. Gardiner (UCSW) 31.12; 22. B. Baldaro (UCSW) 31.12; 23. J. Gingell (Bris) 31.17; 24. B. Griffiths (Car) 31.20; 25. C. Mattock (Bris) 31.24; 26. R. Townsend (Swin) 31.24; 27. W. Stiffall (Car) 31.26; 28. A. Taylor (Bris) 32.01; 29. D. Ford (Bris) 32.06; 30. D. Cliffe (UCSW) 32.08.

Teams: 1, Westbury 18; 2, Cardiff 29; 3, Bristol 72; 4, Swindon 73; 5, University Coll., South Wales 86; 6, Kingswood GS 141; 7, Newport 171; 8, Gloucester 172.

Youths

1. S. McHale (Gloucester) 20.21
2. D. Fowles (Cardiff) 20.39
3. N. Rose (Bristol) 20.47
4. J. Pope (Glos) 20.50; 5. J. Smith (Glos) 21.13; 6. C. Woodhouse (Marlboro) 21.21; 7. M. Webb (Swin) 21.24; 8. T. Theophilus (Marl) 21.36; 9. R. Cytiau (Glos) 21.39; 10. C. Moss (Swin) 22.02; 11. C. Pouncey (Marl) 22.16; 12. W. Saunders (Bris) 22.27; 13. B. Pearce (West) 22.33; 14. N. Hilton (Marl) 22.34; 15. M. Lane (Gil) 22.39.

Teams: 1, Gloucester 10; 2, Marlborough 25; 3, Bristol 32; 4, Swindon 37.

STAFF VACANCY

IN May 1969, John Lusardi will be leaving us for an extended stay in the United States. This will leave a vacancy on our staff which we would wish to fill by April 1st, 1969.

Applicants should be dedicated to our sport, with a conscientious approach to their work, preferably with some background in club athletics, inclined towards statistics, and in the age group 16-21. Some typing ability is desirable and the selected applicant will be required to attend a journalistic course unless already qualified. NUJ rates will be paid and there will be travel abroad to athletic events from time to time. Dedication to the production of our national periodical is essential and someone intending to stay with the Company on a permanent basis would be preferred. The selected applicant would be required to live within a reasonable distance of our offices in Rochester.

Applications should be made to **The Managing Editor, Athletics Weekly, 344 High Street, Rochester, Kent**, and the envelope marked "Staff Vacancy".

Boys

1. C. Ridler (Henbury) 10.43
2. A. Staynings (Westbury) 10.48
3. M. Hill (Gloucester) 10.49
4. T. Kazik (Swin) 11.05; 5. C. Roberts (Wellsway) 11.09; 6. J. Park (West) 11.12; 7. J. Davidge (Bris) 11.16; 8. C. Heap (Kings) 11.21; 9. McQueen (Withywood S) 11.27; 10. B. Strawford (West) 11.34; 11. S. Hugman (Kings) 11.36; 12. J. Gunstone (Kings) 11.36.

Teams: 1, Westbury 18; 2, Kingswood 31; 3, Swindon 31; 4, Wellsway 40; 5, Henbury 40; 6, Bristol 44.



Andy Holden (Birmingham University), who eventually finished third, in the lead from his team-mate **Malcolm Thomas (the winner)** during a league race at Stoke-on-Trent. **John Hammond, No. 58**, was second.

Ian Richmond

RESULTS IN BRIEF

Millocarian 32, Thames H. & H. 51, Bank of England 100, at Roehampton. 1, M. Sauvage (M) 28.06; 2, Evans (THH) 28.10; 3, M. Bryant (M) 28.15; 4, K. Spacie (M) 28.21; 5, P. Dennison (M) 29.09; 6, Irvin (THH) 29.30.

October 12th

Ealing & Southall 41, Portsmouth 60, Metropolitan H. 86, at Perivale. 1, M. Barratt (ES) 32.34; 2, C. Plumptre (P) 32.51; 3, M. Hyman (P) 32.52; 4, P. Fagan (ES) 33.09; 5, J. O'Keefe (M) 34.00; 6, T. Bivens (ES) 34.05; 7, D. Inns (P) 34.37; 8, J. O'Meara (ES-J) 34.54.

October 19th

Dartford 37, Medway 39, Tonbridge 43, Canterbury 59, Redhill & Reigate 75, at Maidstone. 1, C. Ridley (D) 31.31; 2, R. Sliney (T) 31.57; 3, R. Harding (C) 32.07. (Yths/Boys) **Canterbury/Thanet 13, Redhill & R. 15.** 1, G. Goodsall (Ton) 18.02; 2, R. Reeves (C) 18.27; 3, J. Hamilton (RR) 19.20.

November 9th

Westbury 36, Bristol Univ. 77, Bristol AC 93, at Coombe Dingle. 1, D. Francis (W) 32.19; 2, P. Lonnen (BAC) 32.24; 3, G. Blackburn (W) 32.27; 4, B. Popel (W) 33.15; 5, D. Ford (BAC) 34.23; 6, J. Flatters (W) 34.28.

November 16th

Ranelagh 309, Orion 358, at Chingford. 1, J. Frost (O) 43.20; 2, J. Forrest (R) 43.29; 3, T. Little (R) 44.53.

Hercules-Wimbledon 44, HW "B" 62, Bank of England 164, Barclays Bank/LSE 171, at Roehampton. 1, M. Fuller (HW) 25.27; 2, R. Raymen (HW) 25.55; 3, J. Day (HW "B") 26.13.

November 22nd

Burton 11, Matlock CE 27, at Matlock. 1, eq. S. Canner & T. Sharpe (B) 32.21; 3, R. Harris (B) 33.25; 4, B. Howitt (M) 33.55; 5, S. Draper (B) 34.09; 6, P. Robins (M) 34.15.

November 23rd

Chiltern League at Maidenhead. 1, D. Nunn (M'head) 31.07; 2, E. Schaffner (QPH) 31.56; 3, G. Groenendaal (Brack) 32.07. Teams: 1, Maidenhead 41; 2, QPH 60; 3, Bracknell 112.

Westbury 60, Southampton 62, Swindon 71, Bournemouth 132, at Yeovil. 1, J. Bednarski (Sw) 27.30; 2, D. Francis (W) 28.16; 3, J. Lewis (30) 28.44; 4, R. Matthews (B) 29.05; 5, B. Popel (W) 29.23; 6, D. Bowles (So) 29.52. (Youths) **Westbury 19, Swindon 29, Queens C. 46, Southampton 48.** 1, A. Staynings (W) 20.08; 2, C. Ridler (W) 20.21; 3, C. Moss (Sw) 20.28; 4, M. Webb (Sw) 20.33; 5, T. Kazik (Sw) 20.38; 6, R. Doncom (So) 20.40. (Boys) **Preston S. 17, Southampton 31, PS "B" 71, Ansford S. 83, Yeovil S. 105, Bournemouth 157, PS "C" 171, Queens C. 178, Swindon 187.** 1, A. James (PS) 13.08; 2, J. Farr (W) 14.09; 3, W. Chainey (PS) 14.12; 4, J. Coupland (So) 14.25; 5, F. Anthony (PS) 14.29.

'It's everyday training that counts whatever the sport'



*says Len Kilby,
Former British Olympic Masseur*

Len Kilby is a man who believes in keeping fit himself as well as the men and women he trains. "If you want to be a successful sportsman—you've got to work at it" said Len. "You've got to be really tough with yourself. Amateur or professional—the same rules apply. Whether you're an athlete, footballer, cyclist, rugby player—you must train *all the week!*"

"Fighting talk" I said. "Well, it's the only way if you want to be really on form. This means daily strengthening exercises every morning before you start your job and I recommend a 20 minute run at night, too. I still do training most evenings—the only thing that keeps me indoors is fog—no good breathing in that stuff!" "I know it's tempting to lay off training—especially on a cold winter's night, but believe me once you've got going, you'll feel really good. And remember, all the time you're exercising, you're building up stamina, so that when Saturday comes, you're ready for action! One more tip: I'm a great believer in massage. It's especially valuable for the week-end sportsman. Give your muscles a good work-out with Ellimans Athletic Rub; I find it the finest thing out for warding off stiffness; keeps your body supple too. What's more if you have any aches, pains or sprains after a big event, rub on Ellimans. I use it myself."

So that's it in a nutshell. Exercise—no slacking—and a nightly massage with Ellimans. Len Kilby should know!

Ellimans Athletic Rub 3/3 from chemists

**Ellimans used by
British Olympics Team
at Mexico City**

Women's C.C. Races

NORTHERN WOMEN'S C.C. LEAGUE

At Cleckheaton, November 19th

1. J. Perry (Sheffield Univ.)	9.45
2. A. Noble (Halifax)	9.59
3. J. Lockhead (Airedale & SV)	10.02
4. S. Kirk (Bury) 10.06; 5. M. Larkin (Gos) 10.15;	
6. G. Tivey (Dby) 10.19 7. M. Hudson (ASV) 10.25;	
8. P. Stanley (Hull Ach) 10.42; 9. M. Brownley (Bolt) 10.45;	
10. C. Howell (HA) 10.45; 11. M. Adamson (NSP) 10.55;	
12. L. Helliwell (Bury) 10.57; 13. C. Tivey (Dby) 11.03;	
14. V. Jeffs (Dby) 11.04; 15. A. Miller (Bolt) 11.11.	27 finished.

Teams: 1, Airedale & SV 86; 2, Derby & County 88; 3, Bury & Radcliffe 125; 4, Bolton United 135; 5, Hull Achilles 162; 6, Sheffield Univ. 164.

Intermediates

1. M. Grainger (Bury & Rad)	8.03
2. A. Oliver (Blaydon)	8.06
3. G. Reece (Farnworth)	8.07
4. H. Gleeson (Spenboro) 8.08; 5. S. Henderson (Blay) 8.09;	
6. J. Rainford (Bury) 8.11; 7. S. Howell (HA) 8.12;	
8. T. Routledge (Bury) 8.14; 9. L. Oliver (Bury) 8.19;	
10. L. Openshaw (Farn) 8.23; 11. P. Ratcliffe (Bury) 8.25;	
12. S. Sugden (ASV) 8.27; 13. B. Peters (Wigan) 8.32;	
14. E. Hayle (H'fax) 8.36; 15. H. Cooke (Farn) 8.39;	
16. S. Clarkson (H'fax) 8.41; 17. P. Taylor (Bury) 8.46;	
18. J. Holland (Dby) 8.47; 19. J. Farnorth (Bury) 8.53;	
20. K. Allen (HA) 8.56.	47 finished.

Teams: 1, Bury & Rad. 41; 2, Farnworth 96; 3, Blaydon 123; 4, Airedale & SV 149; 5, Wigan 179; 6, Halifax 206; 7, Longwood 236; 8, Hull Ach. 246.

Juniors

1. C. Tranter (Farnworth)	5.34
2. C. Mullock (Airedale & SV)	5.35
3. E. Turner (Stockbridge)	5.42
4. K. Barker (Blay) 5.43; 5. D. Boardman (Bolt) 5.44;	
6. S. Barratt (Stock) 5.45; 7. A. Williams (Spenboro) 5.47;	
8. J. Gains (Spen) 5.48; 9. E. Walton (Stock) 5.52;	
10. P. Baker (Bury) 5.53; 11. C. Harrison (Gos) 5.58;	
12. S. Walker (H'fax) 5.59; 13. J. Wallbanks (Blay) 6.00;	
14. J. Robson (Blay) 6.01; 15. C. Riedy (H'fax) 6.08;	
16. J. Berry (Farn) 6.10. (Thereafter results were inaccurate and team positions could not be worked out. This race will not count for the league trophy. 88 runners finished.)	

LANCS WOMEN'S CHAMPIONSHIPS

1. S. Kirk (Bury & Radcliffe)	21.18
2. A. Miller (Bolton United)	21.57
3. S. Carnegie (Preston)	22.09
4. N. Braithwaite (Lanc. & More) 22.18; 5. M. Brownley (BU) 22.22;	
6. V. Chapman (BU) 22.59; 7. J. Owen (Stret) 23.11;	
8. F. Hogan (Pilk) 23.20; 9. D. Griffiths (Bury) 23.26;	
10. C. Forkin (BU) 23.50; 11. B. Forrester (LM) 23.50;	
12. V. Mulliner (LM) 24.13; 13. L. Hodgetts (Pilk) 24.23;	
14. A. Rogerson (BU) 24.47; 15. P. Jenkins (L'pool)	

24.55; 16. S. Garvey (Bury) 26.20; 17. T. Berrington (Pilk) 26.46; 18. L. Davies (Stret) 26.52; 19. R. Hampson (Stret) 26.59; 20. M. Smythe (Pilk) 27.09.

Teams: 1, Bolton United 13; 2, Bury & Radcliffe 26; 3, Lancaster & Morecambe 27; 4, Pilkingtons 38; 5, Stretford 44.

Intermediates

1. J. Williams (Bury & Radcliffe)	13.02
2. J. Rainford (Bury & Radcliffe)	13.30
3. M. Grainger (Bury & Radcliffe)	13.38
4. P. Ratcliffe (Bury "B") 13.48; 5. L. Oliver (Bury "B") 13.39;	
6. T. Routledge (Bury "B") 13.52; 7. G. Mather (Wig) 13.57;	
8. L. Openshaw (Farnworth) 14.07; 9. L. Halliwell (Wig) 14.22;	
10. J. Farnorth (Bury) 14.31; 11. S. Porter (Stret) 14.33;	
12. P. Taylor (Bury "B") 14.34; 13. G. Reece (Farn) 14.38;	
14. J. Sanderson (Pemb) 14.40; 15. M. Edwards (Huyton Hey) 14.43;	
16. S. Thompson (B'burn) 14.47; 17. D. Fairclough (Farn) 14.49;	
18. H. Cooke (Farn) 14.56; 19. P. Kirkham (L'pool) 14.56;	
20. D. Dixon (Pilk) 14.57; 21. H. Mathews (B'burn) 14.59;	
22. C. Yates (Farn) 15.09; 23. K. Holden (Pres) 15.21;	
24. D. Morgan (HH) 15.24; 25. M. Mangan (HH) 15.29.	

Teams: 1, Bury & Radcliffe 6; 2, Bury "B" 15;



Madeline Ibbotson, the eventual winner, leads Airedale & Spen Valley's latest comethrough Jean Lockhead in the middle stages of the Yorkshire C.C. Championships. Eric North

Don't Delay... Send Today for all your Athletic Clothing and Footwear

ROAD RACING & TRAINING SHOES
New!!! Inexpensive road/training shoe.
Light and strong, suede leather uppers. All
sizes 4-11 **49/6**.

British made lightweight, top quality racing
shoe. Fine suede uppers. Special sole with
spring built in for extra comfort. All sizes.
89/6.

Puma "Osaka" training shoes, a really top
shoe; heavier than the usual training shoe,
but extra strong and comfortable. White
uppers with Black "formstrip". Sizes 7-9½.
£6.19.6.

CROSS COUNTRY STUDS & RIPPLES
International Studs. Lightweight, suede
uppers. All sizes 4-12 only **49/6**.

Better quality studs in blue suede. 69/11.
Ripples are available in two qualities, both
with "V" type sole. With white kangaroo
uppers **89/6**. With blue suede uppers **69/11**.

SPECIAL OFFER—

NYLON TRACK SUITS

Limited number only of very smart suits.
Trousers are slim fitting with underfoot
elastic, tops have no zips, but knitted con-
trast trim round neck and cuffs... suits
are only available in an orange colour...
Sizes small, med. and lge. Normally 104/-.
Special price **89/6**. A very attractive, un-
usual suit.

Please see Advert. on page 17 for other
Special Offers

SPIKES

Puma "Mexico", red suede uppers, super
lightweight. Sizes 5-11. Still at old price of
£8.3.0.

Puma "Budapest", white uppers, light-
weight. **£8.3.0**.

"Softie" spikes, British made from top
quality soft leather. Very light. All sizes.
89/6.

Remember we also stock the following:—
Saxonclad bri-nylon track suits, at £6.19.6,
£7.19.6.

Russell Hall bri-nylon track suits at £6.15.0
and **£6.17.6**.

Bri-Nylon athletic shorts at 18/6. Cotton
Shorts at 11/6. Supports at 8/- and 11/-.

If you require your goods for Christmas
please send your order before 17th Dec.
Send cash with order—We pay your postage

STAN ELDON SPORTS LTD.
25 PROSPECT STREET, CAVERSHAM,
BERKSHIRE (Reading 73588)

3, Farnworth 39; 4, Wigan 46; 5, Huyton Hey 64;
6, Blackburn 64.

Juniors

1. C. Tranter (Farnworth) 9.56
2. A. Georgiou (Stretford) 10.04
3. C. Helsby (Stretford) 10.13
4. S. Lee (Bury) 10.15; 5, D. Boardman (BU)
10.21; 6, S. Hodgetts (Pilk) 10.40; 7, D. Heath-
cote (Farn) 10.41; 8, S. Colyear (Stret) 10.47; 9,
A. McMahon (Stret) 10.48; 10, C. Christian (HH)
10.52; 11, L. Wanless (B'burn) 10.55; 12, S. Robin-
son (HH) 10.56; 13, P. Baker (Bury) 11.01; 14,
A. Duckworth (Wig) 11.05; 15, B. Sanderson (IM)
11.06.

16, S. Leather (Kirkby) 11.07; 17, E. Wyre
(Farn) 11.08; 18, A. Pendlebury (BU) 11.09; 19,
L. Bellis (HH) 11.11; 20, L. Bannion (Bury) 11.14;
21, A. Aldred (Farn) 11.15; 22, K. Thompson
(B'burn) 11.18; 23, J. Duckworth (Wig) 11.20; 24,
S. McIver (HH) 11.23; 25, J. Berry (Farn) 11.23;
26, N. Aspinall (Wig) 11.25; 27, P. Rogers (Bury)
11.25; 28, I. Worthington (HH "B") 11.25; 29, C.
Chapman (BU) 11.26; 30, B. Clark (Bury) 11.26.
96 finished.

Teams: 1, Stretford 22; 2, Bury & Radcliffe
64; 3, Huyton Hey 65; 4, Farnworth 70; 5, Bolton
83; 6, Wigan 97; 7, Blackburn 105; 8, HH "B"
125.

KENT WOMEN'S CROSS-COUNTRY CHAMPIONSHIPS

At Tonbridge, December 7th

The Kent Women's C.C. Championships were
held over a real country course at Tonbridge, the
course being over heavy grassland with plenty of
mud which in one place was as much as a foot
deep, and a brook which the seniors had to nego-
tiate six times. Joan Page did not defend her
senior title and Rosemary Godsalve had pulled
a calf muscle hill climbing two days earlier.
Despite the loss of Joan Page, Cambridge Harriers
had no difficulty in taking the senior team race,
while Liz Parncutt was a very easy winner of the
individual title.

The Intermediate race was won by Susan Bur-
vill, last year's Junior title holder, and Medway's
3 in the first 6 ensured their retaining the team
title. The Junior found a record 53 starting and
8pts covered the first four teams, the local club
just having the edge over Thanet, Medway and
Kent A.C. Tarrant (Cambridge H.) confirmed her
earlier running this season but had little to spare
from Dobbs (Thanet) and Adams (Kent).

P.W.G.

Seniors

1. E. Parncutt (Thanet) 25.00
2. P. Stocking (Cambridge H.) 26.07
3. G. Goodburn (Cambridge H.) 26.13
- 4, L. Coshall (CH) 26.25; 5, E. Barnes (CH) 28.20;
6, B. Panton (Kent) 28.26; 7, H. Rider (CH) 28.36;
8, F. Turner (Medway) 29.01; 9, J. Green (Med)
29.16; 10, M. Farmer (Med) 30.35; 11, S. Parncutt
(Thanet) 30.35; 12, T. Hollingsworth (Kent)
30.43; 13, P. Lewis (CH "B") 30.46; 14, J. Why-
brow (Kent) 31.12; 15, A. Browning (Kent) 31.34.

Teams: 1, Cambridge H. 9pts.; 2, Medway A.C.
27; 3, Kent A.C. 32; 4, Cambridge H. "B" 38.

Intermediates

1. S. Burvill (Folkestone)	10.07
2. P. Bagley (Cambridge H.)	10.19
3. Z. Myers (Medway A.C.)	10.45
4. J. Steer (Med) 10.55; 5. C. Walkinshaw (CH) 11.03; 6. L. Stevenson (Med) 11.11; 7. S. Cox (Thanet) 11.30; 8. C. O'Neill (Folk) 12.08; 9. P. Kenny (Kent) 12.18; 10. T. Moore (CH) 12.20; 11. A. Harwood (Kent) 12.37; 12. M. May (Dartford Tech) 12.42; 13. L. Beston (CH) 12.42; 14. K. Butterfield (CH) 12.55; 15. J. Baxter (Dart. Tech) 12.57.	

Teams: 1, Medway A.C. 13pts.; 2, Cambridge H. 17; 3, Dartford Tech. 43.

Juniors

1. A. Tarrant (Cambridge H.)	8.59
2. T. Dobbs (Thanet A.C.)	9.01
3. G. Adams (Kent A.C.)	9.03
4. A. Knott (Wigmore) 9.20; 5. D. Brown (Kent) 9.24; 6. J. Owen (Ton) 9.31; 7. Scrivens (Ton) 9.34; 8. C. Wadhams (Medway) 9.43; 9. J. Cox (Thanet) 9.45; 10. P. Durling (Med) 9.54; 11. C. Pelling (Dart. Tech) 10.00; 12. K. Silborn (Ton) 10.04; 13. A. Durling (Med) 10.04; 14. G. Moyse (Sandwich) 10.09; 15. J. Maynard (Folkestone) 10.11; 16. L. Piper (Folk) 10.12; 17. J. Kiff (Med) 10.14; 18. L. Binfield (Thanet) 10.19; 19. C. Brinkman (Sand) 10.22; 20. F. Gervers (Ton) 10.26.	

Teams: 1, Tonbridge A.C. 25pts.; 2, Thanet A.C. 29; 3, Medway A.C. 31; 4, Kent A.C. 33; 5, Cambridge H. 57; 6, Sandwich 60; 7, Wigmore 66; 8, Folkestone 77; 9, Rainham. 11 teams closed in.

To celebrate the 75th anniversary of the foundation of the North of the Thames Cross-Country Association, a Stag Dinner is being held at the Horseshoe Hotel, Tottenham Court Road, London, W.C.1 on Friday, January 17th (7 for 7.30 p.m.). It is hoped that the members and friends of every club associated with the "North" will support this event. Tickets (30s. each) from P. Saw, 108 Alexandra Road, London, N.W.8.

The honorary secretary of London Olympiades is now Mrs. P. Farr, 8 Eden Close, Alperton, Wembley, Middx. (Tel: 01-998-3170).

The address of Mr. & Mrs. M. J. Langmaid of Brighton & Hove AC is now 17 Wychperry Road, Haywards Heath, Sussex.

The address of Mr. D. Daly, fixtures secretary of Windsor, Slough & Eton AC, is 11 (not 10) Carter Close, Windsor.

Hayes & Harlington AC officers: president, Don Taylor; chairman, A. C. Dickens; secretary, H. E. Cannell, 27 Gledwood Cresc., Hayes, Middx.; treasurer, P. Burgess; fixture sec., A. C. Dickens, 12 Forriss Ave., Hayes.

Hillingdon AC are holding a 3 miles road race on December 25th, starting 10.30 a.m. from the Clubhouse, Bury Street, Ruislip. No entry fee.

Reading Win Basingstoke "Round The Houses" Race

December 1st

In cold, damp, misty conditions Reading completely dominated the Basingstoke "Round the Houses" six miles and after the first three miles six Reading men were at the head of the 93-strong snake that wound through the streets. Although two of these fell away in the course of the second circuit the club were still able to claim the first four places through Paul Lightfoot, Mike Duff, Alan Phillips and past winner Brian Bacon.

1. P. Lightfoot (Reading)	29.39
2. M. Duff (Reading)	29.47
3. A. Phillips (Reading "C")	29.59
4. B. Bacon (Read. "B") 30.32; 5. F. Martin (Oxford City) 30.42; 6. R. Arnold (Walton) 30.47; 7. D. Stevens (Read. "C") 31.07; 8. D. Dipper (Read) 31.11; 9. G. Stevens (Read. "B") 31.22; 10. M. Buckham (AFD) 31.28; 11. A. O'Hare (RAD Odiham) 31.41; 12. P. Lindsell (Read. "B") 31.41; 13. R. Dipper (Read. "C") 31.43; 14. M. Woods (AFD) 31.44; 15. K. Hutton (Ton) 31.53.	

16. R. Tuttle (OC) 31.56; 17. P. Fitzgerald (AFD) 31.58; 18. M. Curthoys (Salis) 32.00; 19. R. Lewis (Walton) 32.06; 20. P. Martin (Reading Un) 32.10; 21. D. Jenkerson (OC) 32.11; 22. T. Townsend (Ports) 32.15; 23. R. Stevens (Read. "B") 32.16; 24. N. Pritchard (OC) 32.24; 25. R. Bully (Odi) 32.34; 26. R. Cartmell (Read) 32.38; 27. P. Cawson (Ton) 32.45; 28. Mulligan (1st Para) 32.48; 29. Galvin (1st) 32.49; 30. R. Jeffrey (Sal) 32.50.

Teams: 1, Reading 11; 2, Reading "C" 23; 3, Reading "B" 25; 4, Aldershot, Farnham & D. 40; 5, Oxford City 40; 6, Walton 62; 7, 1st Battn. Para Regt. 83; 8, RAF Odiham 85.

Young Athletes 3 Miles

1. P. Banning (Andover)	15.01
2. P. Hart (Andover)	15.17
3. B. Ford (Aldershot, F. & D.)	15.20
4. N. Smart (OC) 15.22; 5. C. Barnett (And) 15.29; 6. E. Williams (Camb. & C.) 15.35; 7. P. Adams (AFD) 15.46; 8. S. Bond (Shaft) 15.52; 9. C. Furlong (Hayes & H) 15.54; 10. R. Bober (Shaft) 15.57; 11. M. Evans (M'head) 16.04; 12. A. Wisniewski (Salis) 16.10; 13. T. Kenerly (Shaft) 16.20; 14. Kevin Field (HH) 16.23; 15. Keith Field (HH) 16.24.	

Teams: 1, Andover 7; 2, Shaftesbury 27; 3, Hayes & Harl. 33; 4, Aldershot, Farnham & District 33; 5, Cambridge & C. 39; 6, Maidenhead 45.

NOTE TO SUBSCRIBERS

Those whose subscriptions become due at the end of the month or early in January are requested to renew their subscription as early as possible to avoid any delay because of the longer than usual Christmas holiday which will bring some congestion before and after the holiday period.

Spotlight on Youth**by John Lusardi****A PROBLEM OF WEIGHT INCREASE**

JOHAN CORBETT, Roger Hare and Adrian Tew have one thing very much in common this winter—a problem. A problem of weights. All three are throwers who last summer earned National titles as youth competitors and now face the problem of adapting to new, heavier implements, simultaneously training to gain strength but retain and improve their techniques. Hare and Tew are javelinists while Corbett is a shot specialist, so while their tasks in the coming months are related they remain dissimilar.

John Corbett

Having taken up athletics at the behest of his gym master (now his coach) John discovered a talent for throwing by accident. "I used to be a sprinter but managed to tear a ligament. So I started throwing while I was unable to run." He kept up running to retain his explosiveness however and, in between throwing contests, achieved 10.6 (10.4 doubtful timing), 21'0½" and a 41'1¼"

**JOHN CORBETT**

G. L. Pike

triple jump last summer. "My coach told me I could putt the 10lb shot over fifty feet this year but I didn't really believe him. Then I did it and as the season went on my ambitions grew and as distances improved so did prospects of winning major titles." John went on to win both National Schools and AAA Youth titles and ended up the season by smashing the AAA Youths shot record of 58'1" (Bill Bartholomew, 1965) by eight inches.

"I did relatively little weight training last winter but I'm really piling it on this year, also playing basketball so as to maintain my speed. After the winter I don't really think I'll have a lot of trouble with the junior (12lb) implements. After all Geoff Capes threw the 16lb 40'3" as an AAA Youth and I've managed further. Next summer I want to get as near as I can to sixty feet with the 12lb and as close as possible to fifty with the 16lb. Looking further ahead my only real ambition is to enjoy athletics and keep on throwing until I reach the peak my body size will allow. I do not want to become a 20 stone mammoth."

Full Name: John David Corbett.**Birthplace:** Manchester.**Birthdate:** November 28th, 1951.**Club & School:** Stretford AC & Chorlton HS.**Height & Weight:** 6'0", 175lbs.**Coach:** Roy Lillyman.**Best Marks:**

1966: SP-43'10½" (8lb 13ozs), 36'7" (10lb), 31'2" (12lb).

1967: SP-46'10" (10lb), 41'0" (12lb), 33'3" (16lb).

1968: SP-58'9" (10lb), 51'1" (12lb), 43'4½" (16lb), DT-165'6" (1Kg).

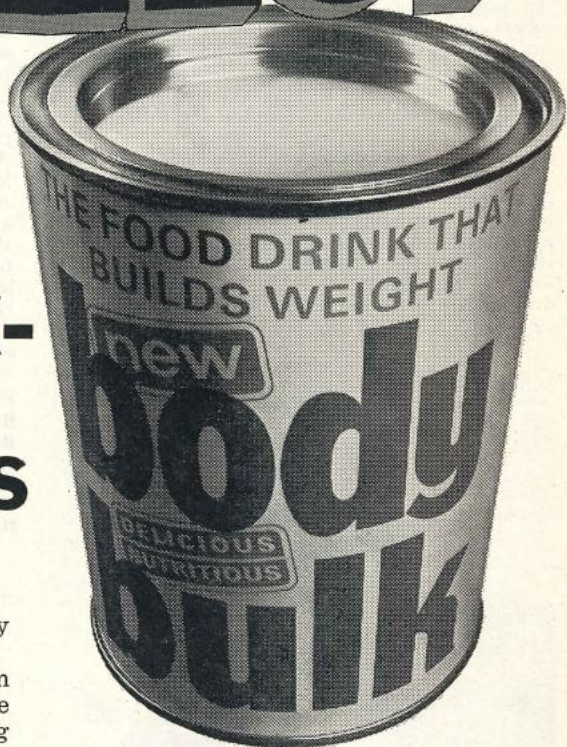
Roger Hare

"I've never really trained a lot although I did a fair amount in the winter of 1966/67. Unfortunately laziness overcame me last year and I did no winter training at all except playing rugby for the school and county. This showed up in the fact that I could only improve my 700 gm best by two inches. Now I've made a resolution to work hard on throwing and, even more so, weights. The latter should be of enormous benefit as I am terribly weak in my shoulders, which isn't much good for a javelin thrower!

Although I cannot really complain in view of the training done I wasn't able to achieve all I set out to do last summer. Ought to be shot really. I was well away from the 200 feet I had hoped for although I did manage it in training one evening when Tom McNab came to Chelmsford. Also managed some throws over 190 with the senior implement on that occasion. Additionally I wanted to remain unbeaten but, unfortunately, there is a certain chap named Tew around. I beat him in the English Schools (by four inches!) and the Southern, and he defeated me in an inter-

DEVELOP

YOUR POTENTIAL WITH NEW BODY BULK- THE SPORTSMAN'S DRINK!



Here's a new food drink that's specially formulated for all sportsmen.

Protein-packed Body Bulk builds firm tissues, tones muscles, improves appetite and induces sound sleep. Many leading athletes and sportsmen in all fields have expressed confidence in Body Bulk - and now you can discover for yourself how Body Bulk aids a planned training programme.

Body Bulk contains vital body-building ingredients: full cream milk, malt extract, casein and glucose. These natural, concentrated foods, carefully combined to give you extra energy and vitality, provide an invaluable addition to training diets.

Nothing could be easier to take. Body Bulk comes in powder form - you just add

hot or cold milk to make a delicious, nutritious, stimulating health drink. It is available in malt and chocolate flavour.

Start a course of Body Bulk today - and see how much it will benefit *you*. Get your supply from any Health Food Store, branch of Boots or other good Chemist. Price: 10/6 (1 lb), 21/- (3 lb), 42/- (7 lb). If you have any difficulty in obtaining supplies, write direct to:

**Mapleton's Foods Limited,
Moss Street, Garston, Liverpool 19
Tel: Garston 5004**

BODY BULK — THE FOOD DRINK THAT BUILDS WEIGHT

County. I had to miss the AAA Junior as it clashed with my summer holiday.

My target for 1969 is to win the National Schools—but by more than four inches this time. Eventually I'd like to become an International and try to help British javelin throwing to top world class. Watching men like Nikicuk and Sidlo at the White City has been a great inspiration.

I have one gripe which I must mention. When competing in inter-county meetings, and even the Southern Championships, last season the standard of implements provided (which you are compelled to use) is atrocious. Even at school we have Apollo Aerodynes so that training marks are quite pleasing. Then, one goes along to these "important" meets expecting to find good javelins and correspondingly good distances and what do you get? Top heavy javelins, bent ones, gripless ones, it makes you shudder."

Full Name: Roger David Hare.

Birthplace: Manor Park, London.

Birthdate: October 31st, 1951.

Club & School: Chelmsford AC & Swayne S.

Height & Weight: 6'1½", 188lbs.

Coach: Dave Bailey, schoolmaster.

Best Marks:

1966: JT-153'9" (600gm), 135'0" (700gm).

1967: JT-193'9" (700gm), 175'11" (800gm).

1968: JT-193'11" (700gm), 185'8" (800gm).

Adrian Tew

For Adrian Tew javelin throwing is one of a number of sports at which he excels—a tendency that seems the exception rather than the rule with this breed of athlete. "Javelin throwing is obviously important to me as it is the thing I do best. Unfortunately at this stage I enjoy too many other sports to concentrate on the event and, I think anyone would agree, plodding away at one thing becomes tedious after a time. I dare say when I realise my potential (if any) I'll settle down and specialise."

Coming from a very active sporting family (Adrian's mother represented Norfolk in the National Schools), he himself has travelled extensively in Europe and lived 1½ years in Lebanon. Currently he is spending a year at Masconomet High School, Massachusetts as an exchange student but wants "after gaining recognition in the States, to come back and win the AAA Junior. Eventually I hope to compete in the Olympic Games."

"1968 was rather a disappointing year. I didn't achieve my primary target of winning the National Schools title, although I probably gained more recognition losing by four inches than if I'd won comfortably, but winning the AAA Youths event made up for it. In winter I train three days a week and in summer every day after school. I never measure training throws since, although I do try for distance, most emphasis goes on style. Also if you do hammer out a good one it is a letdown if you cannot equal it in competition.

Full Name: Adrian Douglas Chris Tew.

Birthplace: Westminster, London.

Birthdate: November 7th, 1951.

Club: Crawley AC.

School: East Grinstead CGS/Masconomet RHS.

Height & Weight: 6'0", 185lbs.

Coach: Tom Lintern.

Best Mark:

1966: JT-129'8" (700gm) (Sussex Schools title).

1967: JT-177'7" (700gm), 194'4" (800gm) (UK 15-y-o rec).

1968: JT-193'7" (700gm), 189'10" (800gm).

Great Discus Throwing

Guy Dirkin (15) of Manchester & District Lads Club is currently in great form. At the year's start the furthest the senior discus had been thrown by a Briton of his age was 117'3" (Peter Tancred in 1965). Then Guy improved to a truly amazing 131'0" which, regretfully, went entirely unreported. Not yet satisfied with this he upped the mark to 132'2" at Mellands Fields, Manchester on November 17th. But three competitions still lay ahead of him before the year's end and his 16th Birthday (born December 31st, 1952).

On the first day of December, again at Mellands Playing Fields, the young Marple Hall Grammar School boy achieved the following series: 131'9", 139'11", foul, 138'10", foul, foul. One of the three fouls was measured at 141 feet. Guy's best effort with the youth implement is 183'1" while with the junior he has managed 156'8". But still, one had better not rave too much—remembering that two competitions still remain!

* * *

Mr. N. Wright of Hebburn writes that "Davey is progressing and won the Mid Atlantic AAU Championships 7½ miles cross country recently". Also, that Chris Mason is running well and beat Irish star Frank Murphy in a recent event. Chris will be home for Christmas . . . Phil Marwood, English Schools Intermediate mile champion in 1967, has reportedly turned to professional running . . . John Boggis recently ran a mile time trial in 4:14.4 . . . International Junior 440 hurdler Tony Collins has joined Herne Hill Harriers first claim and is currently training thrice weekly at Tooting with Jack Sam (48.7 440). Robin Woodland, although abroad at the moment, is still sending him schedules while triple jumper Kev Kelly is taking care of his basic conditioning. Amazingly when Tony applied for £10-worth of financial aid from the Avon Sports Fund he was turned down on the grounds that he was considered "without sufficient potential". 53.2 at 18, faster than Todd, Sherwood, Hemery or any Briton before him, that's all! . . . Others who have been turned down by Avon include Jack Sam, Don Faircloth and Dave Bedford.

If any athletic club in England or Wales have athletes whom they consider worthy of selection for AAA representation, Mr. C. S. P. Dale (Hon. Secretary of the AAA Fixtures & Selection Committee) would be pleased to receive all relevant details from club secretary or coach. Address: 26 Park Crescent, London, W.1.

SOUTHERN COUNTIES MIDDLE-DISTANCE CONFERENCE

LAST month's Southern Counties Middle-Distance Conference was arranged by Harry Wilson, the staff MD coach, and although primarily for southern enthusiasts was subsequently thrown open to those from other areas. Thus coaches and athletes came from as far away as Billingham (Gordon Surtees) and Sale (Eddie Powell) as well as from the furthest points of the South and East. The agenda consisted of five separate sessions and the main points from these will be briefly explained.

Ron Jewkes reports

● Dr. Peter Travers spoke on "The physiology of training for endurance events". He said that certain techniques had been adopted because they had been done before and there was great reluctance to break away. We had based training on obvious results and time responses achieved. We had tested pulses and noted pulse rate recovery, used the Harvard step test and so on but had not seriously considered what actually happened DURING training. If you take a pulse for one minute at a point of time then you get it for that time and that time only. If you take it for five seconds and multiply it then you can get a huge error. So you are trying to get observations on what happened earlier and then your observations are not very accurate. You can get it more accurately by attaching clips which are sensitive to light and can record the passage of blood under the skin to the lobe of an ear or a finger tip, but that is not very convenient. A better system is to attach electrodes over the heart and connect them to a transmitter carried on the athlete's back or waist and thus with a suitable receiver you can get an accurate reading up to half a mile away whilst the athlete is actually training. When a muscle contracts it produces a change in electrical potential. Likewise the heart produces a wave form called an electrocardiograph. If the receiver is fitted with a cathode ray oscilloscope then the wave-form sent out by the athlete's heart can be clearly observed in addition to giving an accurate reading of the heart rate. The apparatus concerned is called a Heart Rate Telemeter and Peter demonstrated his, which cost about £250, to the conference.

He then went on to describe the work done with the Telemeter. He said that if a man started to walk, his pulse rate went up rapidly, stayed at a steady level and at the cessation of the exercise, soon dropped again. With harder exercise it goes up, gradually climbs and then fluctuates with a slight downward tendency. If, however, the exercise is very hard and prolonged, it rises and continues to do so slightly, not only throughout the exercise but for a short time afterwards. This indicates the difference between anaerobic train-

ing where an oxygen debt is incurred and aerobic training where only an oxygen exchange has been occurring. The first stage in getting fit is to achieve a good recovery rate after aerobic training. This is basic or general fitness and it is only when this has been achieved that you are ready to attempt the next stage of attaining specific fitness.

With regard to specific fitness, we have talked about running under severe stress, second wind and so on but nobody has bothered to find out what really happens. The first real clues came at Font Romeu where training was conducted at altitude. Several runners appeared near to collapse after running about three-quarters of their respective distances and this was confirmed by the Telemeter. The conditions were subsequently reproduced in the laboratory and at that point it was found that a certain portion of the pulse of the ECG had been lengthened. In other words a physiological change had occurred in the heart.

We know that during its life the heart does work equivalent to raising about 10 tons through a height of ten miles although it gets no rest longer than about three-quarters of a second. Not bad for an organ weighing about 300 grammes. It is therefore pretty strong but to train it we must make it move more weight and move it fast. Observations show however that work is not done in exact proportion to the pulse rate because a fall occurs in output if the heart does not have time to fill with blood before the next stroke. Thus a rate of 240 will probably be moving only the equivalent of 80 beats. The best training therefore is to keep the rate close to the optimum and, if it goes above, give it a rest until it has dropped.

This indicates the benefits of interval training. But how should it be arranged? Amongst a group of international athletes it had been found that several benefited from setting a lower limit of 150 and working to 180. About 40 seconds was an appropriate rest. One famous pulse went to 204 but 80 seconds later it had recovered to 100 so that taking the pulse after the training would not have shown this. Some athletes found that a rest interval of 20 seconds was adequate and also that by doing fewer repetitions at higher calibre they had gained greater specific fitness on half their earlier mileage. This points to a great saving in the time required to be spent on training per day.

There were some interesting sidelights on the altitude problem! Altitude training merely means that you run into an oxygen debt much earlier. But altitude increases the red blood cells and any such change does not disappear immediately on returning to sea-level. Thus if distance runners go to altitude especially to train and then return to sea-level, they will run much better for the next few days and thus we have a new factor in athletics. Athletes born at altitude (i.e. their mothers had lived at altitude for at least nine months) have a permanent advantage. Thus we



Mike Tagg—regards time trials as a waste of time.

Ed Lacey

shall have to face the fact that our distance men will have to go abroad to train at altitude before big events if they are to stand any chance of international success.

In answer to questions, Peter Travers said that every National Coach should have a Telemeter as soon as possible and every Senior Coach the use of one. The day of both the self-coached and of the distance-trained runner has gone. He also thought that the bulk of the training should not be done on a track so that arrival at a track should be in the nature of an exciting adventure! Tony Ward, winding up from the chair, remarked that it was quite astonishing that no arrangements

had been made to send Peter Travers to the Olympics when he had conducted so much research at altitude for the benefit of British athletes.

● "The Right Attitude" was virtually a brains trust with Derek Johnson, Mike Rawson, Don Taylor and Mike Tagg; Harry Wilson taking the chair. Derek Johnson, in an all too infrequent appearance at a coaching conference, listed the world records from 100 to 10,000 metres, deducted estimated flying start and bend factors for 200 and 400 and graphed the distance run in ten seconds against the total distance run. It demonstrated the fantastic inefficiency of aerobic running. He preferred to call distances up to 1,500 metres oxygen debt events and those above that, oxygen exchange events. He said that in his own training he had been successful on high quality running with long intervals but he thought that more research into this controversial subject was needed. Mike Tagg, our youngest ever 10,000 metres international, said he always trained within himself and regarded time trials as a waste of time as there was no adrenalin in the system to produce racing ability. Don Taylor trained on something of everything and thought that if you normally did badly in time trials then you should not run them. Mike Rawson said that the most important factor in training was the mental approach and what he had learned from Lionel Pugh was probably ahead of his time. Time trials ten days before the competition and over three quarters of the distance were a useful guide.

There was a short but somewhat heated debate when the inevitable question was raised as to why Ron Clarke was able to beat our best so easily in the famous IAC meeting at Crystal Palace in August. Several coaches thought that our men should have hung on to Clarke and gone with him and achieved personal best performances by greater margins rather than allowing him to go whilst they watched each other. Mike Tagg gave a reasoned rejoinder when he said that he felt that we were considering virtually a professional against amateurs. Clarke made a sudden big break which left Tagg 30 yards back. He then lapped in 61's and Tagg would have had to do 57's from about lap 3 to get with him. Had he attempted to do so he would have done much

For

CLOTHING

and

EQUIPMENT

athletica

140-142 Bolton Road, Bury, Lancs. 061-764-7006

worse than he actually did by even-paced running. Tony Elder said that it was unfair to blame our athletes for getting beaten. It was more the fault of our coaches for failing to teach our athletes to run faster.

● Denis Watts showed some of the excellent film which he had taken in Mexico and the slow motion shots were particularly appreciated. He then went on to talk about the "Coach's Influence", a subject full of contradictions since the athlete so frequently influences the coach rather than vice versa. The coach's basic duties are to teach the event, condition the athlete, prepare him mentally and to make an independent athlete able to compete without the aid of a coach. On the other hand the athlete has the duty to attend sessions at the agreed time and place, to obey instructions, to be loyal and to give credit to the coach when successful. David Hemery had proved to be a complete gentleman and had expressed generous appreciation of each individual who had assisted him in any way and at any time.

There are many different types of athlete requiring different approaches and individual treatment. The coach should specialise in only a few events and must be a good listener and ready and willing to help anybody who needs it. Coaching in this country was rather haphazard and it was essential that coaches co-operated more closely. He believed that four National Coaches should be detached from their duties to specialise and that one of these should have particular responsibility for juniors. We also needed an expert on physical medicine to be attached to our international teams. He expressed some concern at the new epidemic of "rubbing" which was partially replacing the warm-up and tended to sap the athletes' competitive fibre. He appealed to coaches to make their athletes robust and independent so that they were not easily upset on long foreign trips. Denis closed by discussing the training and coaching given to John Davies and the benefit John had derived from David Ryde's hypnotic treatment during an earlier experience of prolonged injury.

● Dr. David Ryde gave the conference his "Aphorisms for Athletes" in a most entertaining talk. (Aphorisms are short pithy truths). Specimen aphorisms here follow. Minor injuries get better in spite of treatment . . . If the injury persists, look for an emotional cause . . . Silence is diagnostic and therapeutic and although golden, costs little . . . Anxious coaches lead to anxious athletes . . . Athletes are seldom ill but if they worry they develop symptoms . . . The more advice you give to the athlete, the worse the athlete . . . Some coaches run their athletes but some athletes run their coaches. The delivery of each aphorism was followed by a short and generally light-hearted debate.

Then the serious business of common athletic injuries was discussed. David was a little surprised to learn of the great concern of the coaches over the high incidence of achilles tendon injuries in middle distance athletes and said that if

we could compile a complete case-history of a hundred such patients we could possibly pinpoint at least the most likely cause. Frank Horwill from the chair agreed to pass on to David all such cases sent to him and asked that sufferers write in to him sending full details including how and when the trouble arose ("AW" readers please note—especially any becoming injured in the near future).

Dr. Ryde then went on to describe his work in the hypnotic field and said that he had treated about 800 patients. He said that he did not use it if there were neurotic symptoms or if a conventional treatment was available. The symptoms had to be out of all proportion to the actual injury and even so he never suggested symptom removal. He always followed up his cases to ascertain the effect of hypnosis. He thought that coaches could use hypnosis on their athletes to good effect and he then treated the conference to a brief lesson on how to hypnotise subjects. (Your reporter's personal opinion is that there appeared to be few budding Svengalis present and that most coaches are unlikely to depart from established orthodoxy.)

● "The Way Ahead" was an open forum with Harry Wilson in the chair and all present putting up their own ideas for future progress. Tony Ward said that the future international would require more time to train and would have to go to altitude for a month at a time. How on earth could he afford this and how would the coach get such time off from work? Tony Elder said that we had many wonderful juniors but how could we get them to altitude camps? By the time they were seniors they would probably have to do a mile in 3:50 to ensure success so that to be realistic the coaches had to devise schedules with this in mind. Frank Horwill suggested a "British way for miling" with a four pace system of training. He gave specimen schedules which provided food for later thought and research.

Ron Jewkes said that we had great strength in depth but a disappointing peak. We had large numbers of middle distance and cross country runners who were still using the old training methods for the good reason that they enjoyed doing so. The coaches had a comparatively small influence on this group which is the largest in the game and consequently the reputation of the coaches is not being advanced. The coaches have the highest qualifications but are mostly lone wolves. He thought that to improve the situation training week-ends should be held on carefully selected dates when MD enthusiasts of any standard and their coaches could attend at their own expense to train, discuss, experiment and meet socially. A couple of lecturers should be engaged to speak on specialised subjects to provoke further thought. Don Taylor at once offered suitable non-residential facilities at his new Youth Training Area at Hayes, Middlesex.

Harry Wilson, in winding up, said that we badly needed a close season of one month during which there would be no competition of any description throughout the country. During this time

athletes could quietly build up and do relaxed training whilst the coaches could attend conferences. He failed to see how, despite the latest research, you could make training similar for 100 yards and 6 miles especially as the first half mile of a National was run much faster than any MD track event. He was glad that not one word of weight-training had been heard as it looked as though it was mutually agreed that it now had no relevance to MD.

There were certainly some revolutionary ideas expounded at this conference. What with tele-meters, anaerobic and altitude training, aphorisms, hypnosis, the outlawing of massage for the un-injured and of weight-training, and teaching juniors to run 3:50 miles, we have enough material for weeks of dressing room talk.

Hadleigh Olympiads AC officers: president, J. V. Bardell; chairman, J. G. Jones; secretary, D. A. Evans, 4 Bowers Rd., Benfleet, Essex (S. Benfleet 3988); C.C. fixture sec., D. Taylor, 64 Chalkwell Park Drive, Leigh, Essex; track fixture sec., B. Judd, 22 Boyce View Drive, Benfleet, Essex; treasurer, A. J. Evans; coaching sec., D. Johnson.

The general Secretary of Haywards Heath Harriers is now G. Gage, 21 Balcombe Road, Haywards Heath, Sussex (Haywards Hth 3798). The fixtures secretary (men & women) is J. Jones, 4 Jubilee Cottages, Great Walstead, Lindfield, Sussex (Lindfield 3593).

DON'T MISS YOUR CHANCE

Take advantage of our sale of Tiger shoes NOW. Last few to clear.

Tiger TOKYOS. Top quality training shoes. Sizes 5½, 7½, 9½ only. Normally 79/6d. NOW 59/6d.

Tiger MARUP road racing shoes. Sizes 4, 5, 5½, 6½, 10. Normally 85/- . NOW 59/6.

Tiger THROWING SHOES. Tough sole with strong canvas uppers. All sizes 7-11. Normally 39/6d. NOW 25/-.

Tiger MEXICO spikes, in Tiger carrying bag with spare spikes. Lightweight and strong, ideal for indoor and cross country. Sizes 7, 8 and 9. Normally £6.19.6. NOW 99/6.

Tiger spikes, fixed model with Tiger carrying bag. Sizes 5, 6 and 7½ only. Normally £5.7.6. NOW 70/-.

PLEASE MAKE SURE BEFORE ORDERING THAT YOUR SIZE IS LISTED ABOVE

Send cash with order—Post free

STAN ELDON (WHOLESALE) LTD.
25 PROSPECT STREET, CAVERSHAM,
BERKS. Reading 73588

National PE Colleges Cross-Country Championships

At Richmond Park, November 30th

AFTER heavy overnight rain which left the course very wet but still fast, 140 runners started in the National PE Colleges 5½ miles cross country championship. Malcolm Absolom and John Bicourt broke away from the field halfway through the first 2½ mile lap and steadily pulled away with the 22-year-old Absolom eventually dropping his last rival. Borough Road College ran away with the team race, finishing six counters in the first twenty.

1. M. Absolom (Borough Road C.) 27.43
2. J. Bicourt (St. Mary's C.) 27.59
3. R. Grice (Borough Road C.) 28.48
4. R. Evans (Cardiff) 28.57; 5. S. Hollings (Madeley C.) 29.01; 6. J. Penrose (Carnegie) 29.02; 7. R. Fisher (BRC) 29.14; 8. I. Forster (BRC) 29.25; 9. R. Hettle (St. Johns) 29.26; 10. A. Reade (MC) 29.33; 11. C. Moreton (MC) 29.44; 12. D. Nicholl (St. J) 29.48; 13. G. Blatherwick (Lough) 29.49; 14. M. Wands (Lough) 29.56; 15. T. Slack (BRC) 29.57; 16. B. Treanor (SMC) 30.00; 17. E. Swacow (Lough) 30.08; 18. P. Beale (BRC "B") 30.09; 19. B. Connon (Lough) 30.10; 20. M. Hobson (BRC) 30.11; 21. P. Drinkwater (Chester) 30.12; 22. D. Killey (Carn) 30.18; 23. J. Dagnan (St. Pauls) 30.19; 24. J. Davies (St. J) 30.19; 25. N. Gibbs (MC) 20.25.

26. A. McNabb (Lough) 30.29; 27. M. Duggan (SMC) 30.38; 28. M. Dooley (SMC) 30.41; 29. I. Oldacre (St. P) 30.45; 30. T. Satinet (MC) 30.46; 31. C. Smith (Carn) 30.49; 32. A. Sutton (BRC "B") 30.51; 33. J. Kent (St. P) 30.54; 34. W. Martin (St. J) 30.59; 35. C. Cloke (St. P.) 31.04; 36. J. Smythe (SMC) 31.06; 37. F. Shipman (SMC) 31.12; 38. A. Sell (BRC "B") 31.18; 39. W. Marlow (St. P) 31.19; 40. P. McConagle (SMC) 31.28; 41. C. Sedman (Lough) 31.29; 42. S. Bursey (BRC "B") 31.30; 43. J. Potter (Chester) 31.31; 44. M. Athawes (MC) 31.32; 45. M. Wright (SMC) 31.33; 46. R. Stones (BRC) 31.38; 47. J. Ball (St. P) 31.42; 48. D. Longley (Carn) 31.44; 49. I. Spence (Lough) 31.47; 50. G. Taylor (Lough. "B") 31.50.

Teams: 1, Borough Road C. 54; 2, Madeley C. 125; 3, Loughborough C. 130; 4, St. Mary's C. 146; 5, St. John's C. 188; 6, St. Paul's C. 193.

Eastern Counties AAA officers: chairman, L. F. Edwards; secretary, B. J. Wallman, 167 Cherryhinton Rd., Cambridge, CB1 4BX; treasurer, D. B. Watkins.

Cambridgeshire AAA officers: president, R. L. Howland; chairman, W. P. Kingdon; secretary, B. J. Wallman, 167 Cherryhinton Rd., Cambridge, CB1 4BX; treasurer, R. J. Shelford; coaching sec., R. A. Carter.

Huntingdon & District AAC officers: chairman, T. P. Clancy; treasurer, D. W. Fisher; general & fixtures secretary, T. G. Cole, 59/60 High St., Huntingdon.

U.K. WOMEN'S "TOP TWENTY" 1968

Compiled by CLIFF TEMPLE

Amendments will be gratefully received by the Editor, "Women's Athletics," 344 High Street, Rochester, Kent. The finalised NUTS lists will appear in the usual booklet form next spring.

Note: Wind-assisted or otherwise doubtful marks have been omitted

100 yards

10.6	Valerie Peat (D. Hyman TC)	10.8	11.6	Denise Ramsden (D. Hyman TC)*	19.7
10.6	Maureen Tranter (Wolv & Bilston)	7.9	11.7	Shena Willshire (Hayes)	7.6
10.7	Elizabeth Johns (Roath)	28.5	11.7	Mary Rand (LOAC)	4.7
10.7	Madeleine Cobb (Selsonia)	27.7	11.7	Madeleine Cobb (Selsonia)	19.7
10.7	Denise Ramsden (D. Hyman TC)*	10.8	11.8	Wendy Kavanagh (Liverpool)	4.7
10.8	Anita Neil (LOAC)	25.5	11.8	Elizabeth Johns (Roath)	19.7
10.8	Jannette Champion (Lady Mabel C)	6.8	11.9	Jennifer Pawsey (Mitcham)	19.5
10.8	Susan Midgley (Spenboro)*	10.8	12.0	Maureen Tranter (Wolv & Bilston)	8.6
10.8	Dorothy Hyman (D. Hyman TC)	10.8	12.0	Sheila Cooper (D. Hyman AC)	19.7
10.8	Judith Wilcock (D. Hyman AC)	10.8			
10.9	Patricia McElroy (Bristol)	28.5			
10.9	Della James (LOAC)	1.6			
10.9	Lillian Board (LOAC)	6.7			
10.9	Wendy Kavanagh (Liverpool)	27.7			
11.0	Daphne Slater (Birchfield)	25.5			
11.0	Sheila Sherwood (Sheffield)	8.6			
11.0	Shena Willshire (Hayes)	16.6			
11.0	Sheila Cooper (D. Hyman TC)	29.6			
11.0	Patricia Pennycook (Maryhill)	6.7			
11.0	Linda Barratt (Hickleton Main YC)*	20.7			
11.0	Amelia Brook (Blackpool)	24.7			
11.0	Lynda Hodgetts (Pilkington)	27.7			
11.0	Janet Stroud (Feltham)*	27.7			
11.0	Linda Peck (Enfield)	25.8			

100 metres

11.3	Valerie Peat (D. Hyman TC)	14.10	23.5m	Lillian Board (LOAC)	5.10
11.5	Anita Neil (LOAC)	19.7	23.6m	Maureen Tranter (Wolv & Bilston)	17.10
11.6	Della James (LOAC)	19.7	23.7	Della James (LOAC)	1.6

220 yards

23.5m	Lillian Board (LOAC)	5.10
23.6m	Maureen Tranter (Wolv & Bilston)	17.10
23.7	Della James (LOAC)	1.6
23.7m	Valerie Peat (D. Hyman TC)	20.7
23.9	Marilyn Neufville (Camb. H)*	27.7
23.9m	Janet Simpson (LOAC)	5.10
24.2m	Shena Willshire (Hayes)	7.6
24.3m	Jennifer Pawsey (Mitcham)	19.5
24.3	Marlow Hadler (Camb. H)	1.6
24.3m	Madeleine Cobb (Selsonia)	19.7
24.3	Linda Peck (Enfield)	25.8
24.4m	Wendy Kavanagh (Liverpool)	26.6
24.4m	Susan Scott (Birchfield)*	16.10
24.5m	Avril Beattie (Maryhill)	19.7
24.5	Susan Midgley (Spenboro)*	1.6
24.6	Janet Stroud (Feltham)*	1.6
24.6	Pat Jones (Birchfield)	30.7
24.7m	Ann Wilson (Southend)	15.6
24.7	Ida Nobbs (Hordern)	6.7
24.7	Jean O'Neill (Leicester CAT)	6.7
24.7	Jacqueline Chidlow (Wolv & Bilston)	6.7



Three of Britain's most successful runners in action at Portsmouth a month before the Olympics: left to right — Della James, Lillian Board and Janet Simpson.

Ed Lacey

A group of distinguished athletes at a dinner-dance arranged at the London Hilton by Birds Eye Foods. From the left: Bill Adcocks, John and Sheila Sherwood, Bryan Eley, Pat Lowe, Martin Winbolt Lewis, Ron Jones, Sheila Carey, Dave Hemery, Anita Neil, Colin Campbell, Lillian Board and Ron Hill.



24.7m Jannette Champion (Lady Mabel C) 19.7
24.7m Denise Ramsden (D. Hyman TC)* —

440 yards

52.4m Lillian Board (LOAC) 16.10
52.8m Janet Simpson (LOAC) 16.10
53.9m Mary Green (Norfolk O) 15.10
54.8m Rosemary Stirling (Wolv & Bilston) 20.7
55.1m Gloria Dourass (Small Heath) 20.7
55.1 Pat Lowe (Birchfield) 27.7
55.5m Elizabeth Parncutt (Thanet) 19.7
55.7 Barbara Lyall (ESH) 22.9
55.8m Maeve Kyle (Ballymena) 19.7
55.9 Pat Jones (Birchfield) 6.7
56.1 Anne Smith (Mitcham) 25.5
56.1 Maureen Tranter (Wolv & Bilston) 10.8
56.2m Margaret Cheskin (Middx) 19.7
56.2m Rosemary Godsalue (Thanet) 19.7
56.2 Patricia Stanley (Hull Achilles) 7.9
56.3m Shena Willshire (Hayes) 19.6
56.3 Pam Piercy (Hull Achilles) 29.6
56.3m Adrienne Lynch (Ballymena) 19.7
56.4 Lynda Hodgetts (Pilkington) 25.5
56.5m Marlow Hadler (Camb. H) 19.6
56.5 Joan Page (Camb. H) 6.7

880 yards

2:02.8m Lillian Board (LOAC) 20.7
2:03.7m Pat Lowe (Birchfield) 20.7
2:04.2m Anne Smith (Mitcham) 7.6
2:04.6m Sheila Taylor (Coventry) 19.10
2:05.1m Joan Page (Camb. H) 20.7
2:06.6m Iris Lincoln (Essex) 20.7
2:07.4m Pam Piercy (Hull Achilles) 23.6
2:07.4 Mary Green (Norfolk O) 27.7
2:07.4m Rosemary Stirling (Wolv & Bilston) 24.8
2:08.8m Margaret Moir (Barnet) 19.7
2:09.4 Rita Lincoln (Essex) 9.6
2:10.2m Thelwyn Bateman (Coventry) 19.7
2:12.0 Pauline Moulton (Verlea) 27.7
2:12.1m Christine Jefferson (Sale) 19.7

2:12.3m Sheena Fitzmaurice (Aldershot) 19.7
2:12.5 Marie Herron (Scunthorpe) 1.6
2:12.8m Susan Wills (Bristol) 31.8
2:12.9 Jane Perry (Sheff Univ) 4.6
2:13.2 Elizabeth Parncutt (Thanet) 8.6
2:13.4 Adrienne Lynch (Ballymena) 24.4
2:13.4m Gloria O'Leary (Middx) 19.7

1500 metres

4:25.3 Rita Lincoln (Essex) 20.7
4:30.6 Carol Firth (Ipswich) 20.7
4:34.4 Marie Herron (Scunthorpe) 20.7
4:34.5 Dian Elliott (Barnet) 20.7
4:35.1 Gabrielle Taplin (Coventry) 20.7
4:36.6 Margaret MacSherry (Camb. H) 20.7
4:37.7 Gillian Tivey (Derby) 20.7
4:40.6 Alison Noble (Halifax) 19.7
4:43.6 Pam Davies (Selsonia) 20.7
4:44.4 Pat Thacker (Middx) 19.7
4:45.6 Christine Ward (LOAC) 19.7
4:46.8 Sylvia Arnold (Birchfield) 19.7
4:47.5 Brenda Grinney (Thurrock) 19.7
4:47.8 June Hale (Aldershot) 19.7
4:49.2 Josephine Green (Medway) 19.7
4:53.4 Shaena Odell (Birchfield) 19.7

One mile

4:45.7 Iris Lincoln (Essex) 6.7
4:46.0 Rita Lincoln (Essex) 6.7
4:53.7 Margaret Moir (Barnet) 7.9
4:57.2 Marie Herron (Scunthorpe) 8.6
4:58.3 Gabrielle Taplin (Coventry) 6.7
5:00.3 Carol Firth (Ipswich) 1.6
5:00.8 Dian Elliott (Barnet) 7.7
5:06.2 Phyllis Lewis (Bury & Radcliffe) 1.6
5:07.3 Barbara Banks (Wallasey) 22.6
5:08.0 Margaret MacSherry (Camb. H) 3.8
5:08.4 Christine Ansell (Verlea)* 7.7
5:11.6 Sandra Kirk (Wigan) 1.6
5:12.8 June Hale (Aldershot) 1.6
5:14.0 Ann Yeoman (Feltham)* 7.9

5:14.3	Patricia Thacker (Middx)	3.8
5:14.9	Gillian Tivey (Derby)	22.6
5:15.0	Brenda Grinney (Thurrock)	1.6
5:15.2	Pam Davies (Selsonia)	3.8
5:15.6	Margaret Purdon (Maryhill)	6.7
5:16.4	Christine Ward (LOAC)	6.7

3000 metres

10:06.2	Barbara Banks (Wallasey)	27.7
10:06.4	Carol Firth (Ipswich)	13.7
10:19.2	Pam Davies (Selsonia)	13.7
10:28.6	Gabrielle Taplin (Coventry)	13.7
10:33.8	June Hale (Aldershot)	13.7
10:36.8	Phyllis Lewis (Bury & Radcliffe)	27.7

80 metres hurdles

10.7	Pat Pryce (Hillingdon)	20.7
10.8	Pat Jones (Birchfield)	30.6
10.8	Ann Wilson (Southend)	30.6
10.9	Mary Rand (LOAC)	4.7
11.0	Susan Scott (Birchfield)*	15.10
11.0	Mary Peters (Spartan)	15.10
11.1	Christine Perera (Stretford)	19.5
11.2	Sheila Garnett (Chelsea CPE)	20.7
11.4	Linda Griffith (Mitcham)	9.6
11.4	Maxine Botley (Rainham)	22.6
11.4	Lindsey Cooke (Millfield)	26.7
11.4	Elizabeth Toulalan (Dunfermline CPE)	17.8
11.4	Susan Turpin (Enfield)*	20.7
11.5	Susan Slattery (Birchfield)	30.6
11.5	Susan Hayward (Middx)	9.8
11.6	Sandra Dyson (Bury & Radcliffe)	23.4
11.6	Patricia Chapman (Watford)	1.6
11.6	Denise Etheridge (Brighton)*	3.6
11.6	Christine Taylor (Bristol)	3.6
11.6	Hilary Dawson (Bedford AC)	10.7
11.6	Jacqueline Philp (Chelmsford)	20.7
11.6	June Unsted (Brighton)	20.7

100 metres hurdles

13.5	Christine Perera (Stretford)	19.7
14.2	Susan Hayward (Middx)	19.7
14.3	Sheila Garnett (Chelsea CPE)	19.7
14.3	Elizabeth Toulalan (Dunfermline CPE)	19.7
14.4	Jean Arnold (ex-Sutton)	10.2
14.5	Pat Jones (Birchfield)	6.7
14.7	Sandra Brown (ESH)	6.7
14.8	June Unsted (Brighton)	19.7
14.9	Patricia Chapman (Watford)	1.6
14.9	Sharon Smyth (Mitcham)	1.6
15.0	Christine Taylor (Bristol)	18.5
15.0	Jacqueline Philp (Chelmsford)	19.7
15.2	Janet Oldall (Woking)	1.6
15.2	Anne Edwards (Birchfield)	19.7

200 metres hurdles

27.8	Christine Perera (Stretford)	13.7
28.0	Sheila Garnett (Chelsea CPE)	13.7
28.6	Susan Hayward (Middx)	13.7
28.8	Sandra Dyson (Bury & Radcliffe)	1.6
29.6	Sharon Smyth (Mitcham)	28.9
29.7	Jacqueline Philp (Chelmsford)	13.7
29.8	Susan Anderson (Rowntrees)	28.9
29.9	Lynne Davies (Stretford)*	1.6
29.9	Julie Wood (Stretford)	1.6
30.0	Angela D'Arcy (Wakefield)	1.6

GUY BUTLER

Official Cine-Photographer to the Coaching Committee of the A.A.A.

Announces

LOOP-FILMS AND SHORT REELS

of the **Mexico Olympics**, with emphasis on the Jumps and Throws.

Photography in 16mm. slow-motion of excellent quality was by Hammer Thrower, **Howard Payne**, of Birmingham University P.E. Department, and by National Coach, **Wilf Paish**.

Very generously about 3000 feet, including 300 feet of colour, have been put at my disposal to co-ordinate and make available for instructional purposes.

Editing should be complete by the end of January, 1969, but meanwhile, in response to many requests, a "specimen" composite Loop is ready **NOW**.

This shows 7-foot-plus High Jump clearances by Fosbury and Caruthers, the Gold and Silver medal winners, taken from an ideal coaching angle—centre-back and slightly above. The value of a slow-motion contrast between the "Flop" and a good orthodox "Straddle" needs no emphasis. Cost of the Loop is the same as in my 1967 list:—

16mm., 11/6; 8mm., 9/6
plus (now) postage 5d.

N.B.—Loops and Reels will be produced in Super-8mm. if the demand is sufficient.

P.S.—Outstanding Loops, when ready, will include Beamon's 29-foot Long Jump (colour or b/w); winning or major throws by Oerter, Zsivotsky and Lusi; also a composite Loop of the Triple Jump with Saneyev at 57 feet and Art Walker at 56 feet 2 inches.

The Short Reels, *by events*, will aim to show with a minimum of titling the techniques of the world's leading jumpers and throwers (Men and Women).

Orders and Enquiries to:—

GUY BUTLER

LITTLE HADHAM, HERTFORDSHIRE

High Jump

5'9"	Barbara Inkpen (Aldershot)	2.9
5'7 $\frac{3}{8}$ "	Linda Knowles (Havering)	22.8
5'7"	Dorothy Shirley (Spartan)	12.9
5'6 $\frac{1}{2}$ "	Yvonne Saunders (Stretford)*	15.6
5'6"	Leonie Esdaile (Windsor)	23.5
5'6"	Eleanor Rowe (Mitcham)	30.6
5'5 $\frac{3}{4}$ "	Moirra Walls (Western)*	28.5
5'5"	Mary Rand (LOAC)	6.7
5'5"	Ann Wilson (Southend)	17.8
5'4"	Jean Arnold (ex-Sutton)	10.2
5'4"	Anne Thicknesse (Huntingdon GS)	20.7
5'3"	Betty Armstrong (Maryhill)	9.6
5'3"	Jennifer Wall (LOAC)	5.7
5'3"	Janet Phillips (Exeter)	14.7
5'2 $\frac{3}{4}$ "	Susan Wright (Essex)	30.6
5'2 $\frac{1}{4}$ "	Susan Scott (Birchfield)*	9.8
5'2"	Ruth Fowler (Chelsea CPE)	6.4
5'2"	Christine Todd (Derby)	6.4
5'2"	Pauline Todd (Hull Achilles)	15.6
5'2"	Linda Curwen (Stoke)	18.6
5'2"	Kathleen Whiteman (Northants S)*	5.7
5'2"	Ruth Watt (ESH)	6.7
5'2"	Christine Bird (Westbury)†	6.7
5'2"	Brenda Gill (Swindon)	14.7
5'2"	Christine Westacott (Bristol)*	10.8
5'2"	Rachel Edwards (Aldershot)*	21.9
Extra trial within competition:		
5'7 $\frac{3}{8}$ "	Dorothy Shirley (Spartan)	20.7



Sue Scott (17) ranks among the top twenty in the 220y, 80m hurdles, high jump, long jump and pentathlon.

Alan Johnson

Long Jump

21'11"	Sheila Sherwood (Sheffield)	14.10
20'9 $\frac{3}{4}$ "	Ann Wilson (Southend)	3.8
20'9 $\frac{3}{4}$ "	Maureen Barton (Surrey)	13.10
20'5 $\frac{1}{2}$ "	Jacqueline Caswell (Maidenhead)	8.6
20'5 $\frac{1}{2}$ "	Susan Scott (Birchfield)*	27.7
20'5 $\frac{1}{2}$ "	Mary Rand (LOAC)	4.7
20'1 $\frac{1}{2}$ "	Anita Neil (LOAC)	15.6
19'11 $\frac{3}{4}$ "	Alix Stevenson (Western)	6.7
19'11"	Barbara Inkpen (Aldershot)	11.5
19'8 $\frac{1}{2}$ "	Sylvia Powell (Swansea Valley)	14.8
19'7"	Valerie Fox (Verlea)	1.6
19'7"	Shirley Clelland (Loughboro CSS)	27.7
19'0 $\frac{1}{2}$ "	Barbara-Anne Barrett (Mitcham)*	5.7
18'10 $\frac{3}{4}$ "	Yvonne Saunders (Stretford)*	10.8
18'9 $\frac{3}{4}$ "	Mary Peters (Spartan)	3.8
18'9"	Janette Towl (Mitcham)	27.4
18'8 $\frac{1}{2}$ "	Joan Ashworth (Blackpool)	7.9
18'7 $\frac{1}{2}$ "	Elizabeth Toulalan	
	(Dunfermline CPE)	25.6
18'7 $\frac{1}{2}$ "	Moirra Walls (Western)*	22.9
18'6 $\frac{1}{2}$ "	Patricia Wilson (Dartford CPE)	29.6

Shot

51'8"	Mary Peters (Spartan)	21.7
51'4 $\frac{1}{4}$ "	Brenda Bedford (Mitcham)	18.8
46'0 $\frac{1}{2}$ "	Jennifer Bloss (Thurrock)	11.5
43'10 $\frac{3}{4}$ "	Moirra Kerr (Maryhill)	9.6
43'9"	Janis Quick (Mitcham)	27.4
42'0"	Margaret Pulman (LOAC)	30.6
41'11"	Brenda Gill (Swindon)	—
41'8 $\frac{1}{2}$ "	Susan Barrett (Croydon)	11.5
41'7 $\frac{1}{2}$ "	Gay Porter (Ballymena)	5.6
41'2"	Eileen Horan (Darlington)	25.5
40'8 $\frac{1}{2}$ "	Rosemary Payne (Lozells)	28.4
40'6 $\frac{1}{4}$ "	Angela Littlewood (Notts)	13.4

40'5"	Heather Stuart (Maryhill)	20.7
40'2 $\frac{3}{4}$ "	Mary Rand (LOAC)	29.6
40'1"	Alison Davies (Spartan)	4.5
40'0 $\frac{1}{2}$ "	Yvonne Fountain (Southend)	12.6
39'7"	Annette Daniels (Verlea)	1.6
39'7"	Deborah Kerr (Erith)*	1.6
39'4 $\frac{3}{4}$ "	Susan Hayward (Middx)	30.6
38'6 $\frac{1}{4}$ "	Pat Jones (Birchfield)	4.6

Discus Throw

165'11"	Brenda Bedford (Mitcham)	24.8
159'9"	Rosemary Payne (Lozells)	30.7
147'3"	Gay Porter (Ballymena)	7.8
147'0"	Jennifer Bloss (Thurrock)	12.6
145'10"	Jean Fielding (Enfield)	22.6
143'7"	Josephine Romer (Mitcham)	27.6
141'8"	Margaret Pulman (LOAC)	21.9
141'7"	Susan Campbell (Bedford CPE)	11.5
141'7"	Barbara James (Mitcham)	7.7
137'11"	Janis Quick (Mitcham)	24.8
135'11"	Gail Smith (Essex)	29.6
135'6"	Patricia Carder (Birchfield)	6.7
133'2"	Jill Lucas (Camb. H)	20.4
130'8"	Susan Carter (LOAC)*	2.7
130'6"	Maureen Arnold (Birchfield)	6.7
129'4"	Beverley Harding (Croydon)	20.7
129'0"	Linda Enever (Mitcham)	31.8
126'10"	Lillias Dykes (Maryhill)	24.6
126'3"	Susan Barrett (Croydon)	26.6
126'0"	Maureen Burtenshaw (Brighton)	23.6

Javelin Throw

182'5"	Susan Platt (LOAC)	15.6
163'0"	Anne Farquhar (Selsonia)	31.8
158'6"	Prudence French (Havering)	31.8
158'2"	Rosemary Morgan (Ilford)	1.6
149'3"	Janet Baker (LOAC)	30.7
148'5"	Kay Newton (Surrey)	9.6
147'0"	Averil Williams (Bichfield)	31.8
146'3"	Brenda Gill (Swindon)	21.6
146'0"	Christine Slater (Pilkington)	17.8
144'1"	Shara Spragg (Cheltenham)	29.6
141'6"	Marlene Garner (Camb. H)*	7.9
139'4"	Irene Billington (WRAC)	7.8
138'10"	Yvonne Fountain (Southend)	28.9
138'1"	Patricia Parkin (Birm. Univ.)	17.6
133'8"	Lilian Mountford (Croydon)	11.5
131'11"	Marion Pearson (Hickleton Main)	5.7
131'9"	Pamela Bennett (Herc. Wimb.)	19.5
131'4"	Jean Scholefield (Rochdale)*	6.7
130'8"	Carol Keary (WRAC)	.7
129'10"	Angela King (Small Heath)*	6.7

Pentathlon

4841	Ann Wilson (Southend)	14/15.6
4803	Mary Peters (Spartan)	15/16.10
4786	Susan Scott (Birchfield)*	15/16.10
4472	Susan Hayward (Middx)	30.6
4386	Pat Jones (Birchfield)	4/5.6
4271	Pat Pryce (Hillingdon)	8.6
4189	Dorothy Shirley (Spartan)	30.6
4179	Shirley Clelland (Loughboro CSS)	4/5.6
4156	Patricia Chapman (Watford)	14.7
4119	Janice Byng (Medway)*	8.6
4104	Sandra Brown (ESH)	22.9
4079	Yvonne Saunders (Stretford)*	13.7
4062	Brenda Gill (Swindon)	7.9
4043	Jean Arnold (ex-Sutton)	6/7.3
4036	Moiria Walls (Western)*	22.9
4000	Janis Murray (Stretford)*	30.6
3983	Janet Oldall (Woking)	9/10.8
3960	Susan Slattery (Birchfield)	4/5.6
3956	Susan Gregson (Blackpool)	30.6
3936	Jacqueline Philp (Chelmsford)	30.6

One Mile Walk

8:19.5	Judy Farr (Trowbridge)	3.8
8:25.3	Barbara Fisk (Redhill)	3.8
8:28.6	Jennifer Peck (Selsonia)	3.8
8:31.2	Betty Jenkins (Birchfield)	11.5
8:45.2	Catherine Russell (Birchfield)*	27.7

1½ Miles Walk

12:39.0	Judy Farr (Trowbridge)	19.7
12:44.2	Betty Jenkins (Birchfield)	19.7
12:54.6	Barbara Fisk (Redhill)	19.7
12:59.2	Diane Cotterill (Sth Shields)	1.6
13:13.8	Audrey Hackett (Harborne)	19.7
13:20.2	Margaret Lewis (Harborne)	19.7
13:28.0	Jennifer Peck (Selsonia)	13.4
13:43.6	Maureen Armstrong (N. Shields)	8.6
14:01.6	Marion Adamson (N. Shields)	1.6
14:13.4	Renee Scott (Bolton)	25.5
14:14.0	Joanna Dickie (Woking)*	13.4
14:20.0	Pauline Luffman (Woking)*	13.4
14:20.0	Maureen Osborne (Woking)	13.4

[* Intermediate † Junior m—converted from metric]

League Races

LONDON COLLEGES LEAGUE**At Trent Park, November 20th**

With the two divisions held together there was a huge field of 194 of who only twelve failed to finish. After a fast start a group comprising John Bicourt, Norman Morrison, Trevor Slack, John Booth and John Dobson forged ahead and clearly led the field after a mile. At the completion of the first three-mile lap however Bicourt and Morrison were gradually pulling ahead and the former eventually broke away from his Scottish rival for a win in record time. 9.7 sprinter Chris Cheetham, never really in a position to make use of his devastating kick, finished last over 23 minutes later.

1. J. Bicourt (St. Mary's C.)	30.16
2. N. Morrison (Imperial C.)	30.28
3. J. Dobson (Bedford C.)	31.03
4. J. Booth (St. George's Hosp)	31.16; 5. T. Slack (BMRC "B") 31.30; 6. M. Buckton (Nth West Poly) 31.48; 7. D. Gunstone (LSE) 31.54; 8. D. Bailey (Regent St. Poly) 31.56; 9. G. Stogden (Queen Mary's C.) 32.23; 10. K. Penny (Avery Hill) 32.29; 11. E. Dunbar (SGH) 32.36; 12. R. Martin (UC) 32.39; 13. M. Richardson (St. Mark & John) 32.42; 14. R. Pinkerton (BRC "B") 32.46; 15. M. Hobson (BRC "B") 32.52; 16. A. Deans (IC) 32.55; 17. M. Simms (SGH) 32.58; 18. H. St. John (UC) 33.03; 19. R. Barrett (Barts) 33.10; 20. T. Mason (IC) 33.14.

21. A. Barden (Trent Pk) 33.21; 22. J. Brooks (St. Barts) 33.28; 23. B. Dabrowski (IC) 33.39; 24. G. Bennison (TP) 33.44; 25. R. Jensen (IC) 33.51; 26. F. Shipman (SMC) 33.52; 27. R. Brook (IC) 33.53; 28. R. Traenor (SMC) 34.08; 29. M. Butcher (Hendon CT) 34.09; 30. G. Smyth (SMC) 34.11; 31. T. Bloomer (QMC) 34.14; 32. M. Dennett (Gold) 34.18; 33. P. Beale (BRC "B") 34.21; 34. A. Lambert (SMJ) 34.23; 35. M. Lidwell (IC "B") 34.24; 36. T. Puckrin (Kingston CT) 34.26; 37. P. Davison (City) 34.31; 38. D. Beagley (KCT) 34.35; 39. M. Parker (HCT) 34.45; 40. J. Hearson (KC) 34.51.

Teams: (Div. I) 1, Imperial C. 399; 2, Borough Road C. 384; 3, St. Mary's C. 369; 4, Univ. C. 334; 5, St. Bart's Hosp. 294; 6, IC "B" 286; 7, Kingston CT 253; 8, London Sch. of Econ. 252. (Div. II) 1, St. George's Hosp. 455; 2, Queen Mary's C. 438; 3, Hendon CT 405; 4, Trent Park C. 390; 5, City Univ. 356; 6, Shoreditch C. 350.

CHILTERN LEAGUE**At Maidenhead, November 23rd**

1. J. Lane (Feltham-J-ns)	30.33
2. D. Nunn (Maidenhead)	31.11
3. E. Schaffner (Queens Park H.)	31.56
4. G. Groenendaal (Brack) 32.07; 5. B. Vanderplank (M'head) 32.27; 6. C McGowan (QPH) 32.40; 7. K Scudamore (M'head) 32.56; 8. R. Ellis (M'head) 32.59; 9. P. Ferguson (Ayles) 33.02; 10. I. McGrath (QPH) 33.06; 11. M. Moody (M'head) 33.13; 12. G. Deboursac (QPH) 33.33;	

13, G. Wheeler (Ayle) 33.36; 14, N. Pittams (M'head) 34.16; 15, R. Haw (QPH) 34.21.

Teams: 1, Maidenhead 41; 2, QPH 60; 3, Bracknell 112; 4, Wolverton 152.

Youths/Boys

1. K. Hine (Feltham) 14.28
2. K. Brothers (Feltham) 14.39
3. R. Weatherley (Bracknell) 14.51
4, Miller (Felt) 15.06; 5, D. Stevenson (M'head) 15.31; 6, I. Kilpatrick (Brack) 15.31; 7, Butler (Felt) 15.45; 8, Kimber (Felt) 15.47; 9, I. Lester (Newbury) 15.48; 10, J. Wise (Brack) 15.54; 11, D. Campbell (Brack) 15.55; 12, W. Lambert (New) 15.58.

Teams: 1, Feltham 14; 2, Bracknell 30; 3, Newbury 50; 4, Maidenhead 59; 5, QPH 85.

BIRMINGHAM & DISTRICT LEAGUE

Div. I at Redditch, November 30th

Roy Fowler, trying to help North Staffs to their fifth successive Birmingham League success, turned down a race abroad to turn out for his club. But, despite his scoring his eighth league win in eight races, North Staffs still lost their first league fixture in two years and are just twelve points ahead of Tipton with two fixtures remaining. Alan Rushmer, saving himself for a road race in Spain, had an easy run to come in seventh.

1. R. Fowler (North Staffs) 33.02
2. I. Stewart (Birchfield) 33.14
3. J. Wright (Tipton) 33.20
4, D. Walker (Worc) 33.31; 5, A. Richards (Tip) 33.51; 6, D. Fownes (Tip) 33.59; 7, A. Rushmer

(Tip) 33.59; 8, R. Cooper (Worc) 34.15; 9, P. Millman (NS) 34.30; 10, S. Hope (NS) 34.33; 11, A. Dean (NS) 34.41; 12, M. Billington (NS) 34.43; 13, S. Coomer (W'ton & B) 34.45; 14, K. Rollason (Tip) 34.47; 15, P. Goodfellow (NS) 35.01; 16, R. Gibbs (Birchf) 35.09; 17, K. Angus (Worc) 35.21; 18, M. Orton (Tip) 35.23; 19, J. Godding (NS) 35.26; 20, A. Jenkins (Worc) 35.34; 21, M. Evans (Tip) 35.43; 22, G. Wood (Tip) 35.48; 23, D. White (Hales) 35.58; 24, K. Bond (Worc) 36.07.

Teams: 1, Tipton 53; 2, North Staffs 58; 3, Worcester 108; 4, Birchfield 190; 5, Wolverhampton & Bilston 200; 6, Halesowen 245; 7, Bromsgrove & Redditch 268; 8, AEI Rugby 325.

Youths

1. P. Shuck (Bromsgrove & R.) 11.25
2. R. Stirling (Wolverhampton & B.) ... 11.29
3. T. Litherland (North Staffs) 11.31
4, G. Page (WB) 11.32; 5, G. Everson (WB) 11.41; 6, R. Wikkel (BR) 11.51; 7, M. Pickering (Birchf) 12.01; 8, J. Norton (BR) 12.03; 9, S. Walton (Tip) 12.04; 10, R. Tilling (Birchf) 12.06; 11, J. Hill (Tip) 12.08; 12, A. Grice (Tip) 12.10.

Teams: 1, Wolverhampton & Bilston 11; 2, Bromsgrove & Redditch 15; 3, Tipton 32; 4, Birchfield 34; 5, North Staffs 48; 6, Worcester 86.

Div. II at Stoke, November 30th

1. M. Thomas (Birmingham Univ.) 29.33
2. J. Hammond (Coventry Godiva) 29.37
3. A. Holden (Birmingham Univ.) 30.05
4, B. Heatley (CG) 30.13; 5, T. O'Reilly (S. Hth) 30.27; 6, A. Birks (Stoke) 30.31; 7, J. Harvey (Warley) 30.40; 8, P. Lancaster (CG) 30.44; 9, K. Bartlett (CG) 30.44; 10, P. Birks (Stoke) 31.09; 11, N. Deakin (Stoke) 31.09; 12, A. Rowling (Leam) 31.20; 13, G. Russell (Birm. Un) 31.29; 14, D. Shelley (Stoke) 31.34; 15, E. Johnson (Stoke) 31.40; 16, C. Franks (Chelt) 31.46; 17, S. Canner (Burton) 31.47; 18, J. Cliff (S. Hth) 32.03; 19, R. Godfrey (CG) 32.05; 20, J. Mills (Spk) 32.06; 21, R. Woolaston (Nun) 32.08; 22, A. Carr (Leam) 32.09; 23, S. Gibbons (Birm. Un) 32.10; 24, P. Wyld (Warley) 32.12; 25, J. Algar (War) 32.13. 123 finished.

Teams: 1, Coventry Godiva 69; 2, Stoke 88; 3, Birmingham Univ. 104; 4, Small Heath 181; 5, Warley 191; 6, Leamington 238; 7, Cheltenham 270; 8, Sparkhill 283; 9, Burton 328; 10, Nuneaton 333.

Youths

1. J. Kendrick (Small Heath) 15.33
2. D. Black (Small Heath) 15.36
3. I. White (Small Heath) 15.51
4, K. Baddley (Stoke) 16.05; 5, S. Barnes (CG) 16.07; 6, C. Leeming (Nun) 16.13.

Teams: 1, Small Heath 6; 2, Nuneaton 34; 3, Stoke 37; 4, Leamington 46; 5, Sparkhill 46; 6, Burton 64.

METROPOLITAN LEAGUE

At Perivale, November 30th

Irish International Joe O'Keefe was the early leader from a huge field but he lost the initiative in going off course. The race was finally won by

continued on page 33

CONTINENTAL "PACKAGED" SPORTS TOURS

Trouble free Continental Sports
Tours arranged at low prices.

Everything arranged and organised
by us as principals — door-to-door
service, including match.

Contact us today—our inclusive
prices will amaze you!

BLUNTOURS LTD
OLYMPIC SPORTS SERVICES LTD
7 Lavender Hill, London, S.W.11
TEL: 01-228-4007



ATHLETICS IN THE 70's

The first in a series of hard-hitting articles by a man well qualified to survey the trends in athletics, Tony Ward, 37, former Southern Counties AAA Administrator, Secretary of the National Athletics League, author of the book "Modern Distance Running."

I. The Important Thing at the Olympics is Making a Fast Buck

THE now familiar pattern of the aftermath of an Olympic Games is underway. Those of us who have been a part of athletics for so long feel like the cinema usherette at the end of some long running saga: you can tell, with a weary accuracy, who will say what and when.

The IAC and other radicals will rage and produce statistical evidence that will show that Britain, athletically speaking, has never had it so bad; the Establishment, wearing its innumerable hats, will show that we really did quite well. Hardy quadrennials like lack of indoor facilities, scholarships in America, state-sponsored athletes behind the Curtain, lack of government support, will be trotted out. Apart from all this what did we learn from Mexico City?

Cynics might observe that the only people to do well out of the Olympics in Britain were Bagnell Harvey and the agents of the Dassler brothers. They would probably be right. Harvey has now reached stage two of the full commercial development of athletics by having his commentators commentate on and interview his athletes. Stage three will have it all taking place at his meetings and the setting will be complete. The brotherly feud between the Dassler brothers (surely the greatest commercial gimmick in sport since Cassius Clay?) reached its lowest level at the medal ceremony for the 200 metres. The black fisted glove held aloft in one hand and a make of running shoe blatantly held in the other made the martyrdom of Martin Luther King seem even more meaningless.

Stan Greenberg in writing of Avery Brundage as the "only realist in world athletics ("AW", November 9th) was surely writing after wallowing in the sentimentality of the closing ceremony. Amateur athletics at top level is fast becoming avariciousness incorporated; the important thing at the Olympic Games is making a fast buck; the furniture in your home depends on the running shoes that you wear. Officialdom is far from blameless in these matters turning, as it has done, a blind eye to those events whose exposure would

rock their highly enjoyable boat. The shoe scandal is but the tip of the iceberg, albeit a fairly substantial one. No one in authority had the temerity to enquire, when the matter of sportsmen's agents was recently aired in the Press, ten per cent of what?

The agent question will undoubtedly grow. Mary Rand's commentaries from Mexico plus the banalities of the ITV coverage (I half expected to see Derek Ibbotson appear in the third lap of the 10,000 metres to obtain a few comments from Ron Clarke) proved, as the BBC did over ten years ago, that the ability to run does not necessarily mean the ability to commentate. Yet it persists and we read of one of our medallists returning to consider offers from television because generally speaking we were, via our Press, ungrateful that she did not win the gold.

Disillusionment

As amateurism dies at top level so it tends to grow, for a while, at the lowest where the tasks and duties of honorary officials become more onerous and time consuming and the path to the top becomes more expensive. The gap between the international side of athletics and the grass roots is as wide as it has ever been and will grow. The preoccupation of our top officials with the former has meant, and will mean, utter disillusionment at the lower level. A total lack of communication has developed already as the continuing story of the Registration Scheme has shown.

All this, of course, is far from new. It is almost ancient history repeating itself in fact and it is fascinating to study the identical stage by stage development and destruction of the ancient and the modern Olympic movements. The only difference is, naturally, in the present frenetic pace and it is now a matter of who will go first: Brundage or the Olympics as we now know them. Mexico, altitude and all that it has brought with it has accelerated the process.

It would be easy to blame Harvey, the Dasslers

and all the other interests as being 'commercially sordid' and leave it at that. It would be easy, too, to blame the athletes for succumbing to the temptations. And this is, in fact, what is being done. This is to try and equate living in a space-age with Victorian genteel precepts and it is just not on. It is like expecting a hansom cab to come trotting round the Marble Arch during the Friday rush-hour. Officialdom, at its ambivalent best, expects it.

The IAAF (for: the highest principles of amateurism; against: commercialism, sponsorship, full-time athletes) has, as part of Rule 5, the following: "Delegates shall be citizens of the country they represent and shall not have coached or competed as a professional". Yet the duties of its main officer, the Honorary Secretary, are such as to preclude anyone who is not either retired or able to devote a great deal of normal working time to his duties. The main British officials have to be either retired, to have benevolent employers or be self-employed. We talk glibly about professional administration leading us to the promised land of gleaming, golden success but Arthur Gold often devotes a 40 hour week to his task of secretary to the Board and you can't get more full time than that. Professionalism today is an attitude of mind and a man does not attain it simply by receiving a salary.

Time for realism

Amateur sport maintains what Galbraith called a 'conventional wisdom': that it is still truly amateur both at official and at competitive level. The time for realism has now arrived. The word 'amateur' with all its connotations born in Britain in the class structure of the 19th Century, should

now go. By calling everyone athletes many of the irregularities which have now to be practised would disappear. There is little criticism of the commercial side of a professional footballer's or tennis player's life—it is accepted. Not many footballers feel that sport owes them a living and they accept the vicissitudes of the career they have chosen but the top athletes, especially the distance-runners, feel that after years of self-denial and some success on the tracks of Europe, our society owes them something. They equate the number of miles pounded out with appropriate awards. By doing away with the amateur code all this would come into the open. Those rewards which were forthcoming would mostly come to the talented. Commercial transactions would be open, general, and not the prerogative of a minority clique; much of the present sordidness would disappear. As in tennis this drastic change of rule would affect only a few: those gallant thousands that pound the tarmac and mud of Britain would be totally unaffected. But it would affect the very important minority who could, if the present state of affairs is allowed to continue, seriously undermine the whole morale of this great sport whose public image is already dented.

Obviously such a move would be vigorously opposed by the East European and African countries and would, initially, have little chance of success. This, however, is no valid reason for not proposing it. Britain took the lead in legitimizing the "shamateur" state which shamed tennis for so long; have we the guts and foresight to do so in track and field?

NEXT WEEK :

"BLOODY KIDOLOGY THAT COST £120,000"

INTERNATIONAL FIXTURES

January

10/11 AAA/WAAA Indoor Champs., Cosford.

February

1 Invitation Indoor Meet, Cosford.

1/2 European Students Indoor Games, Sofia.

11/12 Indoor Meet, Riga.

15 Spain v. W. Germany Indoor (M), Barcelona.

15/16 Indoor Meet, Bucharest.

16 E. German Indoor Champs., Berlin.

18/19 Indoor Meet, Tallin.

22 Spanish Indoor Champs., Madrid.

22/23 Indoor Meet, Leningrad.

23 W. German Indoor Champs., Dortmund; Indoor Meet, E. Berlin.

26/27 USSR International Indoor Champs., Moscow.

March

1 English Cross-Country Champs., Parliament Hill; Indoor Meet, Madrid.

8/9 European Indoor Games, Belgrade.

15/16 Indoor Meet, Moscow.

20 W. Germany v. USA Indoors (M & W), Kiel.

22 Invitation Indoor Meet, Cosford; International Cross-Country Champs., Clydebank.

22/23 Indoor Meet, Vienna.

April

5 AAA 10M Champ., Leicester.

6 International Marathon, Athens.

May

3/4 GB v. W. Germany 20km & 35km Walks, London.

10 International Marathon, Karl-Marx-Stadt.

14/15 Spain v. Finland (M), Madrid.

15 International Meet, Warsaw.

17 International Meets, Madrid & Prague; International 20km & 50km Walks, Bad Saarow.

17/18 Zauli Memorial, Rome.

18 International Meet, Barcelona.

25 International Meet, Merano (women).

26 British Games, White City.

31 International Meet, Hagen.

31/June 1 International Meet, Sofia; W. Germany v. USSR Decathlon/Pentathlon.

June

2 International Students Meet, Turin.

3 International Meet, Helsinki.

- 4 International Meets, Menden & Paris.
- 5 International Meet, Graz.
- 5/6 International Meet, Riga.
- 7 British Isles Cup, Grangemouth; International Meet, Madrid; International Marathon, Stockholm.
- 7/8 Belgium v. Netherlands v. GB Decathlon/Pentathlon, Brussels; Bulgaria v. E. Germany v. Rumania (M & W), Sofia; International Meet, Cracow.
- 8 International Meet, Barcelona.
- 10 June Games, Stockholm.
- 11/12 Mericamp Memorial, Paris; Pravda Cups, Moscow.
- 14 Poly Marathon, Windsor-Chiswick.
- 14/15 International Meets, Athens & Budapest.
- 15 Nordic Nations v. W. Germany (W), Copenhagen.
- 17 International Meet, Bergen.
- 18 International Meets at Trondheim, Linz, Berlin, Tampere.
- 19 International Meet, Potsdam.
- 19/20 Kusocinski Memorial, Warsaw.
- 20 International Meets, Prague & Keuruu.
- 21 International Meet, Zlate Moravice.
- 21/22 France v. Italy v. Rumania v. Yugoslavia (M & W), Paris; W. Germany v. Netherlands Pentathlon (W); International Meet, Saarijarvi.
- 22 W. Germany v. GB v. Italy 15km Walk (Juniors); France v. Switzerland (M), Pulversheim; International Meets at Zagreb, Bergamo, Kiel (women); International Marathon, Zarauz.
- 25/26 Norway v. Sweden (M) & Norway v. Denmark (W).
- 26 International Meets, Lisbon & Copenhagen.
- 27 International Meet, Vasteras.
- 28 Spain v. Portugal v. Ireland (juniors), Santander.
- 28/29 E. Germany v. USSR Decathlon/Pentathlon, Erfurt; Greece v. Bulgaria (M), Athens; Hungary v. E. Germany (M & W), Budapest; International Decathlon, Kassel.
- 29 Netherlands v. Belgium (M); Rumania v. Netherlands v. W. Germany (W), Constanza.
- 30/July 1 World Games, Helsinki.

July

- 1 Cork City Sports.
- 1/2 Znamenskiy Memorial, Odessa.
- 2 Rosicky Memorial, Prague; International Meets at Koblenz, Milan, Maastricht.
- 2/3 Stockholm Games.
- 3 Paavo Nurmi Games, Turku; Hana Trejbalova Memorial, Marianske Lazne.
- 4 International Meets, Tampere & Zurich.
- 5/6 Czechoslovakia v. GB (M & W); Denmark v. Norway (M); France v. Poland (M), Paris; Yugoslavia v. Belgium v. Greece (M), Sarajevo; Spanish Champs., Madrid.
- 7 International Meet, Halsingborg.
- 8 International Meet, Cologne.
- 8-10 Bislet Games, Oslo.
- 9/10 International Meet, Budapest.

- 10 International Meets, Paris & Munster.
- 11-13 Italian Champs.
- 12 International Meets at Blankenberge, Prague, Munich, W. Berlin, Skopje.
- 12/13 Poland v. E. Germany v. USSR (M & W), Katowice; Spain v. Kenya (M), Madrid.
- 12-14 International Military Champs., Poitiers.
- 13 Netherlands v. France v. Sweden (W); Rumania v. Czechoslovakia (W), Bucharest; International Meet, Saarbrücken.
- 14/15 International Meet, Aarhus.
- 16 English Schools v. French Schools, Houghton-le-Spring.
- 16/17 Finland v. W. Germany (M), Helsinki; Greece v. Rumania (M), Athens.
- 18/19 WAAA Champs., Crystal Palace.
- 19 AAA Marathon Champ., Wolverhampton; International Meet, Werdohl.
- 19/20 USA v. Commonwealth v. USSR, Los Angeles (provisional); Czech Champs., Povazska Bystrica; Hungary v. W. Germany (M), Budapest; Spain v. Austria v. Belgium v. Denmark v. Netherlands v. Switzerland (M), Barcelona.
- 20 International Marathon, Szeged.
- 21/22 Sweden v. Italy v. Rumania (M), Stockholm.
- 21-30 Maccabiah Games, Israel.
- 25 Wales v. Netherlands (juniors), Cardiff; Belgium v. Italy v. Yugoslavia (W), Brussels.
- 26/27 BLE Champs., Dublin; Rumanian International Champs., Bucharest.
- 27 France v. GB (juniors), Dole.
- 28/29 Norway v. North Africa (M).

(Continued next week)

**Australian Steeplechaser Kerry O'Brien.**

Australian News & Information Bureau

The way we get our athletes to the Olympic Games might have changed



But they still take Ovaltine

British athletes have been drinking Ovaltine
at the Olympic Games for over 36 years.
Proof of its goodness.

LETTERS

REGISTRATION

Dear Sir,

I have read the AAA referendum form with interest and note that we have two alternatives: (1) to pay more; or (2) to pay more. I would like a referendum taken from athletes: (1) how many feel they get direct benefit from the AAA; (2) how many want any help.

If, as I suspect, the vast majority run for enjoyment only then I suggest the AAA take the following steps: sack all national coaches; make the county association responsible for all coaching in its area; reduce affiliation fee to the minimum, to be collected from the county association; let the county association collect from the clubs whatever affiliation fees it feels necessary to administer athletics in the area; get all the various associations (i.e. cross-country, road running, etc.) under the banner of the county association, and so once again probably cut costs.

I feel with these changes then the AAA can do the job they are there to do, and that is to co-ordinate the administration of athletics in this country, and that the county associations—who are closer to club athletics—can tailor their suit to fulfil their needs. This overall would probably reduce the cost of athletics.

R. W. G. Ilott,
Ex-Chairman, Havering AC

Dear Sir,

On reading the introduction to the general referendum on the AAA's registration scheme some thoughts came to mind. English and Welsh athletes are mentioned and presumably athletes normally running under Scottish and Northern Ireland AAA jurisdiction are not included.

Does this mean these athletes must register to compete in the AAA Championships? Ten shillings entry, ten shillings registration and very high travel costs make these championships nearly prohibitive to unsponsored athletes (those not helped with expenses by the NIAAA and SAAA). As experience shows, to have a chance of selection for international Games—not just Olympics but Student Games where athletes of a lower standard are concerned—depends on competition in the AAA Championships which is expensive enough at present.

Also, do athletes of other countries who compete in Britain in open competition such as the AAA's have to register or do they by-pass the rules of registration?

Gareth Bryan-Jones,
Edinburgh Southern H.

Dear Sir,

I cannot allow to pass unheeded the statement by Peter Francis that another ten shillings on top of his annual £83 expenses is not going to make any athlete bankrupt. May I remind him of the substantial number of Old Age Pensioner active athletes participating in the race walking

world who rely upon open competition as a means of their continuance in the sport, where ten more shillings would be the last straw to break the camel's back. On behalf of these stalwarts, Mr. Francis's obsequious attitude to the AAA registration scheme is much resented.

R. H. Rudd,
Blackheath H., Surrey WC
and Veterans AC

Dear Sir,

The AAA general committee has once again shown its incompetence in that their referendum completely ignores the sector of athletics which, if a registration scheme were implemented, would carry the greatest burden. I refer of course to road running. The majority of road races are open events, whereas the majority of track and field events are closed.

Surely a better method of raising the necessary money would be by increased affiliation fees based on the number of members in each club. This method should not result in increased cost of administration—something that cannot be said for the registration scheme. In addition all club members would be identically "taxed".

I feel some attention should be paid to other methods of raising money, particularly television presentation and sponsorship of meetings. The value of long term secret agreements must be questioned in view of potentially money making clashes between Clarke and Keino, etc., occurring over the next four years. If athletics is to survive as a major sport a realistic view must be taken of sponsorship and the sponsors allowed reasonable advertising facilities. I honestly cannot understand how any sponsors are found at the moment for they get precious little out of it.

Finally may I make another plea for internationals at Crystal Palace and may I suggest that they take place on Saturday evening and Sunday afternoon.

M. A. Cawthorne,
Windsor & Eton AC

SAFETY PRECAUTIONS

Dear Sir,

You recently reported the death of our 18-year-old athlete Nigel Tarry who was knocked down by a car whilst out training. This was a dreadful tragedy to happen to a very talented young steeplechaser. I only hope that everyone associated with athletics can learn something from an accident of this type. With the increasing number of vehicles on the roads and the majority of middle and long distance runners having to do most of their training in the dark they should give serious consideration to safety and the following points when training on roads in the dark.

1. Light coloured clothing should be worn and preferably some type of luminous top (these are now being sold for less than 10s. by a regular advertiser in "AW").

2. Always run facing the oncoming traffic.

3. Try and avoid running on unlit roads where possible.

4. Run on footpaths where available.

Some of the above were mentioned by the South West Lancashire Coroner at the inquest last month.

On the night of Nigel's death the club committee had met and agreed unanimously that all members who trained on roads would be instructed to observe the above four items and anything else they consider would make their training safer.

Charles J. Kelly,
Chairman & Senior AAA Coach,
Warrington AC

MISLEADING IMPRESSION

Dear Sir,

Congratulations to Peter Bird on his excellent article "The Changing Face of Athletics". Congratulations also for a wonderful free advertisement to the Epsom & Ewell Harriers Club, in which I have many friends and who I agree are making great efforts to improve not only their own club, but the sport in general in their area.

Having read the article several times, I am left with the impression that Peter is so obsessed with the efforts of Epsom & Ewell that he is a little out of touch with clubs within a stone's throw of his own, and he does great injustice to his neighbours and the County of Surrey. Mitcham, Herne Hill and Belgrave, among others, are clubs that give a lot of attention to recruitment and coaching of youngsters, and Herne Hill's series of winter coaching courses are in no way inferior to the efforts of his own club.

What really stung me was his remark: "coaching and encouragement at school level is almost non-existent". Now Peter is a member of the Surrey Coaching Sub-Committee. Had he attended the September sub-committee meeting, he would have been able to participate in the drawing up of the county's 1969 coaching programme; a programme that for the umpteenth year is to devote the vast majority of its coaching energies into encouraging and organising coaching courses for the schools.

I agree with a lot of what Peter has said, and hope it inspires other clubs to look at their own programmes for recruitment and coaching. I also hope that I have dispelled the general impression Peter gave me, and perhaps others, that if you don't join Epsom & Ewell there are no other clubs in Surrey with an eye to the '70's.

Bill Payne,
Surrey County Coaching Secretary
and Sutton & Cheam Harriers

HOWARD PAYNE'S IMPROVEMENT

Dear Sir,

I am sure all hammer throwers were delighted to see Howard Payne's wonderful improvement this year, especially at Mexico, at an age when one would normally be considered over the top (no offence meant, Howard!). His recent article in "AW" explained why this improvement had occurred and I, for one, was shocked to realise that he had been accused of taking Dianabol. His utter condemnation of this pursuit pleased me

immensely, for I believe any success achieved through assistance of this type is a "false success" and surely cannot have as much meaning to the athlete as success involved through hard training.

Howard's article brings an interesting point to light, namely "Are all field event men who make rapid improvements through a winter going to be accused of taking drugs?" I am sure that all the publicity these drugs were given during the Mexico Olympics is going to have this effect.

Dr. Martyn Lucking, when interviewed on television, stated that the most noticeable effects this or similar drugs had were a very rapid weight increase of 2 to 4 stone, together with a rapid increase in strength and performance. Whilst Howard had this sudden leap forward in performance, his bodyweight has been around the same for some years now and no noticeable strength gains have been made over the last year, thereby belying any such accusations.

Taken purely from the hammer throwing point of view, I cannot really see any advantages to be gained from taking Dianabol. Whilst strength is obviously required in throwing I think the degree of strength required can easily be attained by normal weight training. Howard really confirms my own beliefs in his article by pointing out that his improvement had been achieved through better balance and hence higher turning speed. A rapid increase in bodyweight on somebody already weighing 15½ stone, to my mind, would only make balance more difficult and such a man would inevitably move slower across the circle—the completed opposite of what we throwers hope to achieve.

I hope the above few words will help to dispel any ideas that must be existing in the minds of many that "field men" are all on the pill (Dianabol of course!) — especially hammer throwers.

Laurie Hall,
Thames Valley Harriers

WELSH NOTES

Forthcoming events: Entries close finally on Monday next, 16th December, for the Newport to Tredegar 22 miles road race. (Fee 2/- RRC Sec., 13 Campbell Terrace, Mountain Ash, Glamorgan). The Christmas Week road races in Tredegar this year are on Monday, 23rd Dec. Entries will be accepted on the night for the Men's 100 yards and 5 miles. Club secretaries should first write to organiser Angus Donaldson at the Castle Hotel, Tredegar to say how many they expect to bring along.

Port Talbot Harriers and Sandfields Youth Wing combine to promote a one hour track race at Port Talbot on Boxing Day (11 a.m.). Entries (2/6 fee) to Bill Allen, 27 Blodwen Street, Aberavon by 21st December.

Big entry: Almost 500 boys ran in the Glamorgan Schools' sixteenth annual cross country championships in Cardiff on 30th November, and entries for the junior race had been curtailed. Results next week.

MIKE BULL IN DESPERATE PLIGHT

LAST week, in this column, attention was drawn to the unsatisfactory training facilities available for John and Sheila Sherwood. This week I must refer to the even more desperate situation in which Mike Bull finds himself.

By next week Mike may have given up his post-graduate work at Queens University to move to the Midlands (to be within easy reach of Cosford), he may be preparing to leave for the United States . . . or he may have retired from athletics altogether. Why? Because there is nowhere in Belfast where he can vault during the winter. The Harland and Wolff warehouse in which he trained last winter, and which was largely responsible for his tremendous improvement this year, was demolished while he was in Mexico—with the result that he was unable to touch a pole from the time he got back from the Olympics until his arrival at Cosford last weekend (he fitted in a training session before the competition, which probably explains his relatively modest winning height of 15'5").

TRACKWISE

What can be done? Well, Mike was due to make an appeal on Ulster television this past week in the hope that someone can come to the rescue. If not, we are in grave danger of losing one of our most outstanding and promising athletes. Mike himself is fretting as each day slips by without his being able to work on his vaulting for he is terrifically keen to make it to the top. One can but hope that a fairy godfather will be forthcoming in the next few days, for it would be a tragedy if Mike has to cut short his career or be obliged to end his academic work.

Lynn Davies writes . . .

Lynn Davies has written as follows in connection with recent correspondence: "I really have no comment to make on the matter except to thank those people who did write in supporting my case. I made it clear before going to Mexico that a silver medal would mean nothing and this I sincerely meant. Whether it is acceptable to people or not does not matter. It was my own philosophy. I have not decided 100 per cent yet, but it is very likely that I shall continue next year and aim at the Europeans in Athens. I'm training three times a week at the moment and will make my decision in the New Year".

★ Bruce Tulloh is busy preparing for the longest run of his, or for that matter almost any athlete's, career. Starting April 19th, he plans to run the 3000 miles from Los Angeles to New York in 66 days (an average of about 44 miles per day) as against the "record" of 73 days by South African George Sheppard in 1964. Bruce, who will be

accompanied (not on foot, though!) by his wife Sue and Dave McLannet, is currently logging 150 miles a week in training.

★ The International Athletes Club Committee issued a policy statement last week calling for a large-scale planned programme in order to achieve greater success at the Munich Olympics, the urgent implementation of the main recommendations contained in the Byers Committee Report, and the immediate appointment of a professional team manager to plan towards the next Olympics.

★ The IAC soccer team is to face a Showbiz XI in a charity match in the London area on January 19th. Would prospective players contact Bruce Tulloh.

★ Still with the IAC, Dave Hemery was presented with the "Ovaltine" trophy for 1968 at the club's annual cocktail party in London last week. The runner-up, for the second year, was Lillian Board and she received a special gift from Dr. A. Wander.

★ Nice gesture by the BBC to fly Ron Clarke over from Australia to present our Olympic champion with the BBC Sportsworld Personality award. Dave is still working on his pole vaulting under the eye of Fred Housden but one of his problems is that he keeps tearing the skin off his hands as he grips the pole.

★ A letter from George Wilson in the current number of *Women's Athletics* points out that his daughter Ann competed in Mexico with two foot injuries . . . "She strained or tore a ligament in the instep of her right foot in training and had to use a pain killing spray every time she trained or competed. Then, while she was warming up for the long jump final, she hurt her left foot as well. After X-rays on Ann's foot she was told that no bones were broken, and when she got back to England John Le Masurier advised us to take her to our own doctor, which we did. After seeing the bruise on her foot he said she had a fractured bone, which had caused internal bleeding—hence the bruise. The foot is now healing quite well". Ann was 13th in the long jump with 19'4½" (she cleared 20'8" to qualify) and 16th in the pentathlon with 4688 points.

Melvyn Watman

The Southern Counties Women's Inter-County Cross Country Championships will come off at Churchfields School, Swindon on January 11th. The junior 1½ miles starts at 2.30 p.m., followed by the intermediate "2½" with the senior three miles at 3.15 p.m. Entries (12 names, 8 run, 4 score) should be sent to Mr. M. Peck, 137 Woodcock Road, Wallington, Surrey (01-647-6338). Medals have been promised for the first three individuals in each race by Mr. Freeman of Gloucester, but the visiting Northern and Midland County teams, invited to guest for the first time, will not be eligible for these.

RACE WALKING

Brighton & Hove 14, Steyning 22, at Stanmer Park, Brighton, November 30th. 1, A. Jones (BH) 52.12; 2, A. Buchanan (BH) 55.22; 3, D. Stevens (S) 56.13; 4, R. Penfold (S) 56.36; 5, R. Evans (BH) 57.31; 6, D. Boxall (BH) 57.44; 7, K. Emsley (S) 58.45.

Midland RWA League 7M., at Redditch, December 7th. 1, R. Hughes (RSC) 51.03; 2, M. Tolley (Leic. WC) 52.34; 3, G. Chaplin (CG) 53.30; 4, B. Adams (LWC) 53.49; 5, P. Stapleford (LWC) 53.40; 6, K. Harding (RSC) 54.12. Teams: 1, Leicester WC 19; 2, Coventry Godiva 53; 3, Bromsgrove & Redd. 60. Final results: (Ind) D. Berry (Birm. WC). (Teams) Broms. & Redd. (Junior 3M) 1, A. Hackney (LWC) 24.11; 2, P. Sturdy (BR) 24.28; 3, S. Eddy (BR) 25.32. Teams: 1, Broms & R. 11; 2, Leics WC 13; 3 Worcester 26. Final results: (Ind) T. Hobbs (Worc). (Teams) Broms. & R.

Steyning 19, Brighton & Hove 36, 7M. at Steyning, December 7th. With Arthur Jones unable to walk because of domestic illness Paul Nihill had only the clock to compete against which made his time for the tough but accurately measured course all the more remarkable. 1, P. Nihill (Steyn) 49.23 (rec); 2, L. Duquemin (Bel) 54.19; 3, A. Buchanan (B'ton & H) 55.28; 4, R. Emsley (Steyn-Y) 56.05; 5, R. Penfold (Steyn) 56.16; 6, K. Emsley (Steyn-Y) 56.34; 7, D. Stevens (Steyn) 57.15; 8, D. Saunders (BH-J) 59.01.

Lancs WC 10 Kms Road Walk, at Leigh December 7th. On a cold, windless day that proved ideal for racing over a very fast course Lancs WC illustrated just what potential they have with a great turnout. Yet Wallwork (in training but not racing until next year), Vickers and Hatton, their three fastest men, were not competing! 1, D. Warren 44.58 (course 250y short); 2, T. Taylor 45.07; 3, J. Hopkins 46.28; 4, S. Crow (Yth) 47.34; 5, M. Ireland 47.47; 6, A. Hudson 50.36; 7, F. Dawson 50.37; 8, A. Day 51.08. Handicap: Hudson.

Metropolitan Police 213, North London Clubs 252, 7M. at Chigwell, December 12th. After disputing the lead with Alec Ross and Bill Sutherland for five miles the 43-year-old Ken Easlea pulled away, holding off a late challenge from Ross to win by 40 yards. The tough four-lap course was approximately 200 yards longer than last year when Sutherland won in 54.05. 1, K. Easlea (En) 55.3; 2, A. Ross (High/MP) 55.46; 3, W. Sutherland (High/MP) 55.57; 4, C. Fogg (En/MP) 56.57; 5, A. Seddon (En/MP) 57.04; 6, K. Livermore (Wd. Gn).

Pamich wins Giro of Rome: Abdon Pamich defeated several Olympians to score a good win over a 20 kms in an event last year won by Peter Fullager. Gabrielle Nigro finished a close second to confirm his recent good form while another Airolo-Chiasso Relay participant, Nicolai Ranceau, did extremely well to beat Bernhard Nemerich who came so close to a medal in Mexico. 1, A. Pamich (I) 94.29; 2, G. Nigro (I) 95.08; 3, J. Muller (WG) 96.15; 4, P. Busca (I)

97.34; 5, N. Ranceau (Rum) 97.40; 6, B. Nemerich (WG) 98.49.

Next year's "100" at Bristol: It is the turn of Bristol to stage the annual ultra-long distance event and reportedly next year's course will be similar to that one used at Chigwell comprising ten laps of an undulating ten-mile circuit. Taking place on September 26th/27th, the race will incorporate the now usual match between the English and Dutch centurions with some 30 Dutchmen taking part. Bristol WC General Secretary Charles Shelley advises that sponsors have been approached and that full local press and television coverage has been promised.

Today's Events: Pride of place goes to the Cambridge Harriers Open 7 miles at Bexley. The undulating three-lapper will most certainly suit Paul Nihill who will be competing in his first open race since Mexico, the closest challengers being Basildon pair Webb and Fullager. Further afield the Southern League have a "7" at Gosport.

Colin Young

Women's Results

34th Annual Midland Women's Road Walk, at Perry Barr, Birmingham, November 30th. Defending titlist Betty Jenkins went straight into the lead with clubmate Margaret Lewis trailing by twenty yards after three-quarters of a mile, but ahead of Harborne Internationals Audrey Hackett and Doris Froome. At the half-distance Froome had moved into third spot and on reaching the three mile point had also overhauled Lewis for second. But, try though she might, the 16-year-old could not completely close the gap opened up by the champion.

Further back the equally promising 15-year-old Cathy Russell was always highly placed and acquitted herself well in the company of Internationals. Marrian Hindley, a mother of three, was one of the most improved athletes competing and it was good to see Pam Horwill and Val Simpson return to competition and held Dudley to second in the team race with Birchfield winning the event for the first time in eight years.

1, B. Jenkins (Birchf) 32.45 2, D. Froome (Harb) 32.59; 3, M. Lewis (Ind) 33.34; 4, C. Russell (Birchf) 34.30; 5, M. Hindley (Birchf) 34.45; 6, P. Horwill (Dudley) 36.23; 7, V. Simpson (Dudley) 36.32; 8, C. Rogers (Birchf) 36.46; 9, G. Cook (Dudley) 37.09; 10, G. Powell (Harb) 37.35; 11, H. Proffitt (Warr-guest) 37.38; 12, A. Hill (Warr-guest) 37.38. Teams: 1, Birchfield 10; 2, Dudley & S. 22.

(Juniors) Harborne's Jordan soon went to the front and, although beaten by the guesting Charlesworth, was the deserving winner of the Midland Junior Girls 1½ miles road walk championship. Lynda Thompson made a valiant effort in the final half-mile but was still ten yards behind at the finish. 1, V. Charlesworth (Warr-guest) 15.12; 2, L. Jordan (Harb) 15.20; 3, L. Thompson (Birchf) 15.23; 4, F. Fowler (Worc) 16.16; 5, S. Cornes (Warr-guest) 16.22; 6, J. McPherson (Birchf) 16.24; 7, A. Davies (Croy-guest) 17.19; 8, C. Mason (Worc) 17.35.

SCOTLAND

Scotland 42, Army 101, at Redford, November 30th. After the first two mile lap Adrian Weatherhead led team mates Tom Paterson and Andy McKean by ten and twenty yards respectively. Over the remaining two circuits the 25-year-old Octavians athlete gradually pulled away and was almost half a minute clear at the finish.

1, A. Weatherhead (S) 27:08; 2, A. McKean (S) 27:34; 3, I. Young (S) 27:41.3; 4, T. Paterson (S) 27:44.4; 5, W. Scally (S) 27:49.5; 6, A. H. Brown (S) 28:04.6; 7, T. Davies (A) 28:08.7; 8, W. Ewing (S) 28:15.8; 9, T. Coyle (S) 28:21.9; 10, P. Richens (A) 28:22.0; 11, K. Grant (A) 28:23.0; 12, G. Burt (A) 28:27.0; 13, K. Spacie (A) 28:34.0; 14, J. Cook (S) 28:53.0; 15, I. Picken (S) 28:55.0; 16, M. Bryant (A) 29:00.0; 17, A. Beaney (S) 29:20.0; 18, G. Jarvie (S) 29:20.0; 19, M. Willis (A) 29:48.0; 20, M. Buckham (A) 30:14.0.

(International Trial) 1, A. Blamire 25:50; 2, I. McCafferty 26:22; 3, R. Wedlock 26:27; 4, G. Bryan-Jones 26:44; 5, E. Knox 27:23; 6, D. McGregor 27:25; 7, J. Myatt 27:35; 8, T. Cochrane 27:36; 9, H. Gorman 28:20; 10, M. McMahon 28:34; 11, A. Johnston 28:42; 12, A. J. Wood 28:48.

Glasgow Univ. 53, Strathclyde Un. 101, Edinburgh Univ. 101, Newcastle Un. 108, Heriot Watt 218, Newcastle Poly. 355, at Westerlands, November 30th. David Logue, Edinburgh University's Irish International, scored a comfortable win but despite his success the calls of the Redford fixture on the Edinburgh side lost them the team race.

1, D. Logue (E) 36:30; 2, J. Crawford (G) 37:05; 3, K. Fyfe (HW) 37:13; 4, J. Cresswell (NU) 37:28; 5, W. McDonald (G) 37:39; 6, C. McIver (S) 37:43; 7, R. Beaney (G) 37:45; 8, J. McHardy (G); 9, G. Grant (HW) 38:05; 10, I. Mitchell (S) 38:12; 11, R. Fryer (NU) 38:16; 12, K. Laing (S) 38:25; 13, K. Lunn (G) 38:34; 14, I. Kerr (E) 38:39; 15, W. Sinlin (NU) 38:52; 16, J. Dingwall (E) 39:01; 17, J. Exley (E) 39:06; 18, A. Reid (G) 39:08; 19, W. Nichols (NU) 39:13; 20, A. Pryde (S) 39:18; 21, W. McNeavy (NU) 39:21; 22, R. Flydal (HW) 39:26; 23, S. Taylor (E) 39:36; 24, D. Stein (G) 39:37; 25, S. Devlin (S) 39:38; 26, W. Logie (S) 39:54; 27, A. Reid (G) 39:58; 28, R. Paton (S) 39:58; 29, A. Ball (NP) 40:07; 30, A. Pattison (E) 40:09.

Willie Diverty

WALTER LAWN

The death has occurred of Walter S. Lawn, president of Bellahouston Harriers (Glasgow). Walter, in his younger days, was a sprinter of considerable ability and when he retired from the track he became a judge. He was a past president of the Scottish Cross-Country Union and in business he was a partner in the well known Glasgow printing firm Lawn & Miller.

Cross-Country Shoes

Reebok "Gazelle". Super shoe in white Kangaroo with blue trim. 6 to 11 in half sizes, 69/11. Smaller sizes to order.

Reebok "Panther". Another good shoe in blue with white trim. 3 to 5 47/6, 5½ to 11 in half sizes 49/11.

Reebok Ripple—soled shoes for country or road. New type sole is much lighter and gives better grip. Sizes 4, 5 62/6, and 6 to 11 in half sizes 67/6. Smaller sizes to order.

ROAD TRAINING SHOES

Czech Road Shoe. White supple uppers, red trim, blue toeguard and flexible, hard wearing gristle sole. Free duffle type bag with every pair. Sizes 6-11, no half sizes. 65/-.

Gola "Race". Green suede racing shoe, white kid stretch prevention straps. Padded collar, tongue and insole, gristle sole. Combines long wear, strength and lightness. Sizes 6 to 12 only. 75/-. By far the most popular road shoe.

Adidas "Gym". Improved model. White/black trim. Wedge heel. White micro. sole. 3 to 5 48/6, 5½ to 11 53/9.

"Trainwell". A new British-made road shoe with strong canyus uppers, reinforced with leather, hardwearing sole, extremely light but strong. Size 4, 5, 17/9, 6-11 21/9. No half sizes.

A FINE XMAS PRESENT—

NYLON TRACKSUITS
BY RICHARD NORTH

Superb suit in five colours: Royal, with white/red trim; Black, with white/red trim; Maroon, with white/black trim; Navy, with white/red trim; and Green, with black/orange trim; and in sizes 5-9 (5 Youths/Girls, 6 Small, 7 Medium, 8 Large, 9 Outsize). All at 89/6.

We also have in stock:—

Saxonclad Nylon Tracksuits: STS 101. Full zip jacket, royal or scarlet with white trim at neck, cuffs and waist. Small, medium or large, £5.14.6. Also STS 80, plain white, S, M, L, £6.18.6.

Bukta Track Suit. Polo neck, full length zip, sewn-in creases. Black, Navy, Royal, Green. Boys/Girls 39/9. "S", "M", "L" 51/9.

Relum "Toni" Track Suits. Excellent value. Royal/white shoulders or maroon/light blue. Boys 37/11, Youths 39/11, "S", "M", "L" Men's or Women's 49/11.

Training Jackets—similar to track suit tops, Black or White, "S", "M", "L", 34/11.

SPECIAL OFFER!

Excellent hard-wearing long sleeved vests suitable for winter wear. Royal or scarlet only. Medium (34/36), or large (38/40), 17/6.

BE SAFE IN THE DARK

Pakamac fluorescent waistcoats, adjustable, one size only. 9/11.

THE SPORTS CENTRE

8 MEDWAY STREET, CHATHAM, KENT
Telephone: Medway 47055

LEAGUE RACES continued from page 23

Mike Wiggs, following a powerful last half-mile, to defeat the ever-reliable Mike Barratt.

1. M. Wiggs (Thames Valley H.)	30.14	
2. M. Barratt (Ealing & Southall)	30.23	
3. R. Davies (Verlea)	30.33	
4. D. Bryant (Ver)	30.45; 5. D. Davies (TVH)	30.58;
6. G. Minty (TVH)	31.09; 7. J. Macnamara (Poly)	31.14;
8. J. O'Keefe (Poly)	31.20; 9. P. Milsom (TVH)	31.20;
10. T. Bivens (ES)	31.25; 11. F. Gamwell (If)	31.26;
12. M. Brooks (Ver)	31.26; 13. P. Beacham (Poly)	31.30;
14. S. Buchanan (Hill)	31.36; 15. P. Smith (Ver)	31.44;
16. G. Power (TVH)	31.45; 17. O. Fenton (High)	31.46;
18. M. Hobbs (ES)	31.59; 19. G. Goodman (TVH)	32.14;
20. J. Donovan (Shaft)	32.17.	

21. A. Harding (Hill)	32.19; 22. J. Offley (TVH)	32.21;
23. F. Whitley (TVH)	32.29; 24. T. Bieron (Ver)	32.33;
25. J. Ross (Hill)	32.37; 26. J. Turp (TVH)	32.44;
27. R. Slowe (High)	32.48; 28. G. Ogden (High)	32.50;
29. R. Cressy (Hill)	32.55; 30. D. Stocking (TVH)	32.55;
31. D. Cobb (Hill)	32.59; 32. D. Whaithe (If)	33.00;
33. D. Howe (Shaft)	33.05; 34. P. Bathgate (Poly)	33.12;
35. D. Plater (If)	33.16; 36. A. Warren (ES)	33.17;
37. D. Case (ES)	33.22; 38. W. Steven (Shaft)	33.23;
39. K. Phillips (If)	33.23; 40. C. Archer (Hill)	33.29.

Teams: 1, TVH 1743; 2, Ealing & Southall 1543; 3, Verlea 1523; 4, Hillingdon 1356; 5, Polytechnic 1149; 6, Highgate 1137; 7, Woodford Green 1086; 8, Ilford 1084; 9, Shaftesbury 670; 10, TVH "B" 528.

Youths/Boys

1. J. Davies (Thames Valley H.)	9.47
2. J. Barrow (Thames Valley H.)	10.10
3. R. Bober (Shaftesbury)	10.11
4. S. Tingle (TVH) 10.24; 5. J. Stubbs (ES)	17.13;
6. D. Henderson (Ver) 17.54; 7. R. McMullin (Shaft)	17.57;
8. J. Keeble (Hill) 18.01; 9. A. Bentley (TVH)	18.05;
10. S. Tappin (Hill) 18.07; 11. B. Bamfield (TVH)	18.14;
12. D. Daniels (TVH) 18.15.	(The first four finishers ran a short course but the result has been allowed to stand.)

Teams: 1, TVH 144; 2, Shaftesbury 109; 3, Hillingdon 96; 4, Verlea 84; 5, TVH "B" 78; 6, Ilford 67.

LIVERPOOL & DISTRICT LEAGUE

At Sherdley Park, St. Helens, November 30th

1. R. Barlow (Sutton)	35.39
2. L. Carroll (Wirral)	35.56
3. B. Renshall (Sutton)	35.59
4, R. Wood (Warr) 36.10; 5, J. Bradshaw (Warr) 36.11; 6, J. Balmer (Seft) 36.13; 7, M. Cranny (Wirr) 36.30; 8, D. Lockley (Wall) 36.45; 9, M. Wood (W'loo) 36.52; 10, N. Waterson (Wirr) 37.00; 11, J. Bradshaw (Pemb) 37.14; 12, B. Woolford (Sutt) 37.25; 13, S. James (Sutt) 37.31; 14, R. Brown (Pemb) 37.37; 15, J. Reilly (Seft) 37.42; 16, B. Lloyd (Sutt) 37.46; 17, J. Smith (Sutt) 37.48; 18, K. O'Toole (Pemb) 37.58; 19, T. Harper (Wirr) 38.00; 20, B. Smith (Wall) 38.16.	

Teams: 1, Sutton 62; 2, Wirral 84; 3, Pembroke 119; 4, Waterloo 178; 5, Warrington 196; 6, Wallasey 198.

Final League Positions: (Ind) 1, Barlow; 2, Renshall; 3, Carroll. (Teams) 1, Sutton; 2, Wirral 272; 3, Pembroke 264.

UAU 28, CIVIL SERVICE 56,**PE COLLEGES 115**

At Loughborough, November 27th

After two days of incessant rain the University cross country course closely resembled a quagmire but, despite the terrible conditions underfoot, Andy Holden immediately moved to the front and set a scorching pace. Moving effortlessly away from his adversaries, his feather-like action seemed to enable him to glide over the clinging surface mud, leaving the result inevitable throughout. For the rest it was a story of surprising dominance by the Universities Athletic Union with six men in the first eight, only the Civil Service pair of Colin Robinson and Alan Joslyn encroaching onto their superiority.

1. A. Holden (Univ. Athletic Union) ...	30.27
2. C. Robinson (Civil Service)	30.41
3. M. Thomas (Univ. Athletic Union) ...	30.47
4. M. Knowles (UAU) 31.07; 5. M. Cox (UAU)	31.15;
6. A. Joslyn (CS) 31.17; 7. J. Kirkbride (UAU)	31.24;
8. N. Poole (UAU) 31.24; 9. G. Entwistle (CS)	31.53;
10. R. Emberson (UAU) 32.00; 11. F. Thomas (UAU-guest)	32.06;
12. G. Knight (CS) 32.18; 13. M. Price (CS) 32.25;	14. S. Hollings (PE) 32.30;
15. W. Drake (UAU) 32.32; 16. J. Bicourt (PE) 32.43;	17. J. Snowden (CS) 32.45;
18. R. Strutt (UAU) 32.51; 19. D. Case (CS) 33.00;	20. B. Treanor (PE) 33.03;
21. R. Evans (PE) 33.05; 22. C. Marshall (UAU) 33.07;	23. D. Morgan (CS) 33.10;
24. R. Kettle (PE) 33.11; 25. A. Walsham (CS) 33.13.	

Teams: 1, Universities Athletic Union 28; 2, Civil Service 56; 3, PE Colleges 115.

CLEAN SWEEP IN BARCELONA

Allan Rushmer (18:50.2), Dick Taylor (19:00.2) and 18-year-old Dave Bedford (19:15.4) filled first three places in the Jean Bouin Grand Prix 4 miles race through the streets of Barcelona last Sunday.

Further details of the previous week's cross-country race at Dour. At the half distance of the 4.3 miles race a bunch of four—van Butsele, Polleunis, Trevor Wright and Bernard — had broken away from the main pack which was led by John Hillen and Martin Hyman. Wright made his break on the fourth of the five laps and came home the winner by 9 seconds. 1, Wright 21:38; 2, van Butsele (Bel) 21:47; 3, Polleunis (Bel) 21:57; 4, Bernard (Fra) 22:12; 5, Hyman 22:40; 6, Hillen 22:40; 7, Machunse (W. Ger) 22:57; 8, Le Flohic (Fra) 22:58; 9, Disseaux (Fra) 23:25; 10, Martinage (Fra) 23:35. Teams: 1, England 12; 2, Belgium 17; 3, France 21; 4, W. Germany 67.

NATIONAL GAMES FOR SPASTICS

The first National Games ever to be organised for spastics will be held at Stoke Mandeville next July as one of the highlights of National Spastics Week. Events will include walking and running races, shot, discus and javelin.

Good Racing In Thurrock C.C. Festival

HEAVY rain left parts of the course under several inches of water but even this did not prevent many excellent performances. Brenda Grinney and Sue Fidler made most of the pace in the women's event with the former breaking away in the closing stages. The intermediate event was an inter-club affair with Basildon pair Motton and Goulborn clashing with Coleman and Crates (Thurrock). The quartet were locked together for most of the distance before Linda Motton finally pulled clear of Gillian Coleman. Church of Thurrock fought the powerful Southend trio of Watts, Day and Budd bravely in the junior race but to no avail as Barbara Watts and Val Day proved too strong.

Andrew Barnett went straight to the front of the colts field and was never challenged en route to a ludicrously easy win. Similarly, Barry Smith took over the role of pacemaker after half a mile of the boys race and, although Bill Curtin of Belgrave maintained contact, when he made his effort the result was never in doubt. The last event, the youths, quickly developed into a battle between the Tuck twins, Chris Reed and Martin O'Hara. After two miles O'Hara, weakened by a course that was very soft after the five preceding races, was dropped and soon after Reed too fell away enabling Graham and Grenville Tuck to score a comfortable dead heat.

Youths

1. eq. G. M. Tuck (Cambridge & C.) ... 17.16
G. J. Tuck (Cambridge & C.) ... 17.16
3. C. Reed (Hadleigh Olymp.) ... 17.21
4. M. O'Hara (HSM) 18.02; 5. S. McIver (Bromley TC) 18.06; 6. J. Maynard (HSM) 18.10; 7. C. Morrish (Med) 18.15; 8. J. Wigley (Med) 18.17; 9. M. Hegarty (HSM) 18.19; 10. P. Bennett (HSM) 18.20; 11. W. Barrows (Camb. H) 18.23; 12. P. Winter (S'gate) 18.40; 13. J. Dougan (Ballyclare, NI) 18.41; 14. R. Lomax (CH) 18.42; 15. M. Brameld (Med) 18.43; 16. C. Rawlings (Chelms) 18.44; 17. N. Webber (HO) 18.45; 18. P. Thompson (CC) 19.01; 19. P. Loughlin (B'clare) 19.04; 20. L. West (CC) 19.06.

Teams: 1, Hornsey St. Mary's 17; 2, Cambridge & Coleridge 20; 3, Medway 27; 4, Hadleigh Olympiads 32; 5, Cambridge H. 44; 6, Ballyclare, NI 50; 7, Chelmsford 85; 8, Roan S. 91.

Boys

1. B. Smith (Thurrock) ... 14.55
2. W. Curtin (Belgrave) ... 15.18
3. P. Gregory (Hornsey St. M.) ... 15.32
4. B. Davey (S'end) 15.48; 5. A. Dunnett (B'burn) 15.50; 6. A. Johnson (VPH) 16.01; 7. D. Porter (B'clare) 16.05; 8. D. Marrs (Med) 16.07; 9. R. Langley (Bel) 16.08; 10. O. Caviglioli (Bas) 16.15; 11. S. Robertson (King John S.) 16.18; 12. S. Barr (Thur) 16.21; 13. B. Moore (Thur) 16.33; 14. C. Rommeny (Med) 16.37; 15. B. Hull (Chelm) 16.39.

Teams: 1, Thurrock 24; 2, Belgrave 26; 3, Basildon 50; 4, Medway 52; 5, Ballyclare HS, NI

At Grays, November 30th

- 53; 6, Southgate 61; 7, VPH 80; 8, King John S. 84.

Colts

1. A. Barnett (Andover) ... 10.25
2. D. Oliver (Redhill & R.) ... 11.02
3. K. Brown (Andover) ... 11.13
4. N. Keat (St. Austell) 11.24; 5. K. Nice (Thur) 11.25; 6. T. White (And) 11.27; 7. M. Thomas (QPH) 11.28; 8. R. Steed (Sweyne) 11.29; 9. J. Drummond (VPH) 11.30; 10. R. Scotto (Sweyne) 11.34; 11. M. Maddison (TVH) 11.36; 12. S. Tamplin (Thur) 11.38.

Teams: 1, Andover 7; 2, Sweyne S. 27; 3, Thurrock 27; 4, TVH 32; 5, QPH 41; 6, Teddington SS 52.

Women

1. B. Grinney (Thur) 18.47; 2. S. Fidler (Croy) 18.56; 3. M. Keeble (Bas) 19.53; 4. D. Churchill (S'end) 20.45; 5. J. Cook (S'end) 20.50; 6. W. Phillips (Hav) 21.22.

Intermediates

1. L. Motton (Basildon) ... 11.54
2. G. Coleman (Thurrock) ... 12.01
3. L. Goulborn (Basildon) ... 12.11
4. M. Crates (Thur) 12.13; 5. L. Waters (Bas) 12.34; 6. J. Saunders (Bas) 12.38; 7. B. Atkinson (Thur) 12.40; 8. S. Bonn (S'end) 12.40; 9. G. Redding (S'end) 12.48; 10. A. Coleman (Thur) 12.52.

Teams: 1, Basildon 9; 2, Thurrock 13; 3, Southend 29; 4, Newham 42.

Juniors

1. B. Watts (Southend) ... 8.24
2. V. Day (Southend) ... 8.31
3. J. Church (Thurrock) ... 8.36
4. L. Budd (S'end) 8.53; 5. J. Britton (Bas) 9.07; 6. L. Smith (Thur) 9.10; 7. J. Farley (Thur) 9.10; 8. L. Hall (S'end) 9.11; 9. C. Ridler (Croy) 9.23; 10. D. Riley (Chelms) 9.26; 11. T. Barr (Thur) 9.29; 12. E. Cox (Thur. "B") 9.34; 13. J. French (S'end) 9.37; 14. B. Reed (HO) 9.44; 15. S. Allen (S'end) 9.48.

Teams: 1, Southend 7; 2, Thurrock 16; 3, Basildon 37; 4, Thurrock "B" 46; 5, Wickford S. 49; 6, WS "B" 65.

NOS GALAN ENTRY DOWN

Nos Galan: Although the final total of entries for this year's Nos Galan is not known at time of printing, the figure is expected to be well below that of recent years when as many as 800 entered. This is doubtless due to the fact that New Year's Eve falls midweek and that the organisers declined to offer to arrange overnight accommodation. What puzzles people in Mountain Ash is that such large numbers want to stay overnight yet so few will take the trouble to put pen to paper to say so. Even so, the small organisation will doubtless feel the benefit of a rest this year, though Nos Galan will be as great an occasion as ever, with more manageable numbers.

Wright Scores Again

At Graves Park, Sheffield, December 7th

SIX days after scoring a fine international win in Belgium the Yorkshire cross country champion Trevor Wright showed a classy field the way home in the annual Whitehurst Memorial Trophy 7½ miles cross country. Racing with an authority that belied his 22 years, Wright ran with two of England's greatest, Gerry North and Roy Fowler, for the first two of five 1½ mile laps. At this point Chris Fay lay fourth, then came John Simmons, David Atkin, A. Walker and Roy Boyden.

On the third circuit Wright decided it was time he applied the pressure and started to move away in almost nonchalant fashion. With two laps remaining he was clear of Fowler, then North, Fay who was losing ground, Simmons, Atkin, Walker and Bob Ellis. Eventually Wright came home with nearly 150 yards to spare in 37m. 14s.—slower than his winning time twelve months ago, when he accounted for Ron Hill, but this was no doubt due to the very heavy going and the cold, steady drizzle that persisted throughout. Afterwards he said that he now planned to take things easy from the racing angle and that his next serious competition would be on January 4th with his Yorkshire title defence.

J.G.B./A.K.

- | | |
|-----------------------------|------------------------------------|
| 1. T. Wright (Hallamshire) | 37.14 |
| 2. Gerry North (Belgrave) | 37.37 |
| 3. R. Fowler (North Staffs) | 37.45 |
| 4. D. Atkin (ASV) | 38.31; 5. A. Walker (NS) |
| 6. I. Simmons (Dby) | 38.49; 7. B. Ellis (TVH) |
| 8. K. Boydon (Tip) | 39.03; 9. S. Hope (NS) |
| 10. D. Quinlan (Long) | 39.25; 11. D. Barden (Sheff. Utd.) |
| 12. P. Millman (NS) | 39.35; 13. P. Calladine (Dby) |
| 14. J. Godding (NS) | 39.41; 15. R. Wood (Warr) |
| 16. H. Walker (B'burn) | 39.44; 17. E. Guilford (Dby) |
| 18. W. Wilkinson (Long) | 39.56; 19. A. Spence (Bing) |
| 20. T. Hart (Bel) | 40.01; 21. W. Dance (Bel) |
| 22. J. Bradshaw (Warr) | 40.10; 23. A. Greenwood (Hallam) |
| 24. J. McGrow (Long) | 40.14; 25. B. Stacey (Long) |
| 26. K. Duckworth (ASV) | 40.37; 27. D. Gillanders (TVH) |
| 28. A. White (Long) | 40.46; 29. K. Diprost (Bel) |
| 30. D. Anderson (Bing) | 41.06. |

83 finished.
Teams: 1, North Staffs 29; 2, Belgrave 72; 3, Longwood 77; 4, Hallamshire 116; 5, Bingley 134; 6, Sheffield United 136; 7, Airedale & Spen Valley 140; 8, Holmfirth 276.

The Cheshire Boys' Cross-Country Championships will be held in conjunction with the senior race at Port Sunlight on January 4th. The new secretary of the Cheshire County AAA is H. Goode, 12 Ashton Street, Woodley, Cheshire.

Next week's issue includes the UK Junior Top 20 Lists and a Questionnaire answered by Paul Nihill.

ATHLETIC EVENTS

An advertisement can increase YOUR entries. 20s. per s.c. inch, per insertion. 25% series discount to clubs on four or more insertions.

ANNUAL CLEVEDON BOXING DAY RACES

Sponsored by Clevedon Urban Dist. Council

First Race 10.45 a.m. sharp

SENIORS 4 MILES • YOUTHS 2 MILES
GIRLS 1 MILE

Entry Fees: Seniors 2/6, Youths/Boys 2/-, Girls 1/6. Entries to J. Gamlin, "Lobelia," 30 Merri-mans Road, Shirehampton, Bristol.

MITCHAM ATHLETIC CLUB

18th Annual

15 MILE ROAD RACE

(Under A.A.A. Laws)

SATURDAY, JANUARY 11th, 1969

at 2.30 p.m.

From "The Canons," Madeira Road, Mitcham
Trophies—First Team (3 to score); First Team (6 to score); First Individual; First New-comer to 15 Miling.

Prizes—First four Individuals; First Veteran; First three Teams. Additional prizes according to entry.

Entries—3/- per individual, 7/6 per team (6 to run, 3 to score) to J. Fitzgerald, 6 Tyers House, Aldington Road, London, S.W.16, by December 28th.

CAMBERLEY & DISTRICT A.C.

5th Young Athletes' Meeting

SATURDAY, 24th MAY, 1969

BRACKNELL STADIUM

at 10.30 a.m.

Details available from Mrs. D. M. Tarbox, 3 Lea Road, Camberley, Surrey.

ENTRIES CLOSE 10th MAY, 1969

NO LATE ENTRIES ACCEPTED

CLASSIFIED ADVERTISEMENTS

6d. per word.

Trade 1s. per word

CLUB VESTS, TRACK SUITS—Your own designs made to order. Earliest delivery, quotation by return. Yardleysport Manufacturing Co., 133 Burnley Road, Padiham, Lancs.

ENGRAVING greatly enhances the appearance of a trophy or medal. Speedy postal service, lowest rates. G. R. Russell, 12 Roundstone St., Trowbridge (Tel: 4668).

KENT ATHLETIC CLUB
"JUBILEE TROPHY"
 Twelfth Annual Youths Cross-Country
 Open Team & Individual Race
"VICE PRESIDENTS TROPHY"
 Fifth Annual Boys' Cross-Country
 Open Team & Individual Race
SATURDAY, 18th JANUARY, 1969

**AT SPARROWS DEN,
 WEST WICKHAM, KENT.**
 Entry Fees: 5/- Youths Teams; 3/6 Boys
 Teams; 1/- Individual. Entries close 4th
 January, 1969. Full details from C. A. Goddard,
 12 Voce Road, Plumstead, S.E.18.

ALDERSHOT, FARNHAM & DIST. A.C.
 5th Annual

CROSS-COUNTRY RELAYS

(Under AAA Laws & ECCU Rules)

SUNDAY, 19th JANUARY, 1969

BOYS 4x1½ MILES

(Over 14, under 16 on 1.9.68)

YOUTHS 4x1½ MILES

(Over 16, under 18 on 1.9.68)

JUNIOR MEN 4x1½ MILES

(Over 18, under 20 on 1.9.68)

Awards for first three teams and fastest individuals in each event. Trophy for winning team in each race.

Entry Fees: 10/- per team Junior Men, 7/6 per team Youths and Boys.

Entries to John Lofts, 46 Perring Avenue, Farnborough, Hants. (Camberley 22918) by Wednesday, 8th January, 1969.

WARRINGTON ATHLETIC CLUB
 Eighth annual series of Sunday

Winter Track Meetings

(Under A.A.A. & W.A.A.A.)
 weather permitting—see below

January 19th—Men's 60, 150, 660, 10 lap Paarlaf, Discus, Javelin. Juniors' 60y, HJ. Youths' 60, 150, 660, 8 lap Paarlaf, HJ, Discus, Javelin. Boys' 60, 150, 660. Ladies' 60, 150, HJ, Mile Walk, Javelin. Jun. Girls' 150, HJ. Junior & Inter. Girls Mile Walk.

February 23rd—Men's 60, 330, ½ mile, Discus, Javelin, Shot. Juniors' 60, 330. Youths' 60, 330, 8 lap Paarlaf, Discus, Javelin. Boys' 60, 8 lap Paarlaf. Ladies' 60, 330, LJ, Shot, Discus, Javelin, Mile Walk. Jun. Girls' 150, LJ, Junior & Inter. Girls Mile Walk.

March 23rd—Men's 100, 220, 880, 2M, HJ, LJ, Javelin, Discus. Juniors' 100, 220, 1000mSC, LJ. Youths' 100, 880, Mile, 1000mSC, HJ, Discus. Boys' 100, Mile. Ladies' 100, 440, 80m Hds., Mile Walk, HJ, LJ, Discus, Javelin. Jun. Girls' 100, HJ, Junior & Inter. Girls Mile Walk.

Venue: Victoria Park. All commence 2 p.m., except Walk (1.45 p.m.). Meetings held if weather permits. For confirmation of meeting, ring Warrington 35877 from noon on day of meeting.

No prizes. Entry fees 1/- per person to be paid at track on day of meeting. One fee for any number of events covers hire of track and loud speaker system. Further details from E. Broadhurst, Hon. Track Secretary, 54 Rushmore Grove, Paddington, Warrington. Phone: Warrington 37140.

WE CHALLENGE YOU TO ENTER
THE 1969
CARDIFF TO CAERNARVON
GIANT 200 MILE ROAD RELAY

Record Holders: Reading A.C. 15 hrs. 22 mins. 10 secs.

On Saturday/Sunday 12/13 July 1969

COULD YOUR CLUB FINISH A TEAM?

Full details from: Hon. Race Secretary,

Terry Notman, 35, Oaklands Avenue, Bridgend, Glamorgan.