

December 25th 1971 Vol. 25 No. 52

*a*thletics

weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

INSIDE

- ★ Cliff Temple's Christmas Special
- ★ UK Relay Lists for 1971
- ★ Marcello Fiasconaro Questionnaire
- ★ Arthur Whitehead and Lauriston Cottage



10p

JANNETTE
ROSCOE wins
400m from PAT
LOWE—now
Mrs. Dave Cropper.

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SURREY LEAGUE (Div. 2)**At Hayes, December 11th**

1. L. Presland (Surrey AC) 23.47
2. M. Hanahoe (Herne Hill) 24.00
3. C. France (Epsom & Ewell) 24.05
4. P. Francis (Walton) 24.29; 5. R. Bean (E. Sy) 24.38; 6. J. Dennison (Walt) 24.55; 7. K. Hutchins (Met. P) 25.07; 8. M. Dunphy (HHH) 25.12; 9. P. Freeman (Sy. AC) 25.16; 10. R. Small (Met. P) 25.20; 11. K. Jackson (Sy. AC) 25.22; 12. M. Smith (MP) 25.23; 13. W. Hughes (Walt) 25.24; 14. M. Connolly (Walt) 25.25; 15. M. Wayland (Walt) 25.26; 16. A. Tunks (E. Sy) 25.27; 17. C. Beauvais (Walt) 25.30; 18. S. Allen (HHH) 25.31; 19. G. McIntyre (Epsom) 25.34; 20. B. Hicks (MP) 25.35; 21. E. Barrett (HHH-Y) 25.36; 22. J. Griffiths (Sy. AC) 25.38; 23. R. Church (E. Sy) 25.42; 24. R. Green (Sy. AC) 25.50; 25. C. Slocombe (Epsom) 25.57; 26. M. Hindle (Epsom) 26.13; 27. J. Jeffrey (MP) 26.16; 28. G. Pether (MP) 26.17; 29. A. Curson (E. Sy) 26.18; 30. Arnold (Walt) 26.19. 92 finished. **Teams:** 1, Walton 249; 2, Met. Police 258; 3, HHH 291; 4, Epsom & Ewell 265; 5, Surrey AC 381; 6, East Surrey H. 389; 7, Guildford & Godalming 552. Positions: 1, Walton 627; 2, HHH 745; 3, Met. Police 910.

Youths & Boys

- 1, H. Marson (Guildford) 15.16; 2, C. Leonard (Sy. AC) 15.18; 3, B. Filtz (E. Sy) 15.21; 4, Barr (Epsom) 15.25; 5, Warren (Epsom) 15.29; 6, Palmer (Epsom) 15.37; 7, R. Harrad (Epsom) 15.41; 8, Gibbs (Epsom) 15.41; 9, Q. Tupper (Walt) 15.48; 10, R. Payne (HHH) 15.50; 1, P. Welch (Sy. AC) 15.55; 12, Lawlor (E. Sy) 16.00; 13, Attwell (E. Sy) 16.01; 14, K. Chimes (Walt) 16.03; 15, Green (E. Sy) 16.04. **Teams:** 1, Epsom & Ewell 30; 2, East Surrey 65; 3, Walton 83; 4, Surrey AC 86; 5, Guildford & Godalming 96; 6, Herne Hill 105.

GLOUCESTERSHIRE LEAGUE**At Swindon, December 11th**

1. D. Walker (Worcester) 25.55
2. R. Cytla (Gloucester) 25.57
3. S. McHale (Gloucester) 26.32
4. J. Eley (Dursley) 26.40; 5, G. Blackburn (West) 26.43; 6, M. Hill (Glos) 26.46; 7, C. Ridler (West) 26.50; 8, R. Crabb (Swin) 26.51; 9, K. Burlton (Glos) 26.56; 10, B. Popel (West) 27.00; 11, C. Ridley (West) 27.02; 12, D. Hope (Worcs) 27.09; 13, R. Townsend (Swin) 27.12; 14, D. Palmer (West) 27.18; 15, N. Jinks (Worcs) 27.27; 16, J. Maskell (Swin) 27.28; 17, J. Tull (Chelt) 27.31; 18, P. Lonnen (Bris) 27.36; 19, R. Brandon (Chelt) 27.42; 20, S. O'Connor 27.45; 21, T. Haines (Glos) 27.46; 22, M. Chandler (West) 28.08; 23, P. Newell (Swin) 28.23; 24, T. Joyce (Chelt) 28.32; 25, M. Wright (Glos) 28.45; 26, D. Willis (Bris) 28.59; 27, T. Beese (New) 29.02; 28, J. Smith (Glos) 29.07; 29, P. Rogers (Swin) 29.18; 30, B. Collins (Worcs) 29.30. 59 finished.

Teams: 1, Gloucester 66; 2, Westbury 69; 3, Swindon 121; 4, Cheltenham 156; 5, Bristol 203; 6, Dursley 245; 7, Newport 253. Positions: 1, Westbury 29; 2, Gloucester 28; 3, Swindon 22.

Youths

- 1, R. Crabb (Swindon) 17.59; 2, B. Rutter (West) 18.42; 3, A. Eittle-Iles (West) 19.00; 4, P. Irvine (Glos) 19.15; 5, G. Scott (Glos) 19.36; 6, D. Carnes (Glos) 19.49. **Teams:** 1, Gloucester 22; 2, Swindon 29; 3, Westbury 32.

Boys

- 1, N. Wilson (Cheltenham) 10.29; 2, P. Finnegan (Swin) 10.35; 3, A. Long (Glos) 10.48; 4, F. Etheridge (Swin) 10.49; 5, V. Legrande (Bris) 10.50; 6, P. Hoddy (Glos) 10.58. **Teams:** 1, Swindon 25; 2, Bristol 38; 3, Westbury 70.

Colts

- 1, R. Goldring (Chelt) 8.47; 2, P. Nichol (Bris) 8.52; 3, K. Jennings (Bris) 8.57; 4, I. Greenow (Aber) 8.58; 5, C. Owen (Bris) 8.59; 6, S. Overfield (Bris) 9.03. **Teams:** 1, Bristol 16; 2, Aber-tillery 40; 3, Cheltenham 40; 4, Westbury 70; 5, Hartcliffe 75; 6, Hartcliffe 'B' 130.

IRISH NEWS

"Phoenix" 6M Road Race, at Wexford. 1, D. McGann (CS) 27.22 (course rec); 2, P. O'Riordan (Leevale) 27.42; 3, T. Redican (Don) 27.46; 4, F. Greally (Don) 27.50; 5, W. Dunne (Don) 28.28; 6, M. MacNamara (Don) 28.30. **Teams:** 1, Donore 14; 2, Civil Service 29; 3, Donore 'B' 54.

35lb Hammer record. Paddy Crehan (Guinness) broke Bert Healion's long standing Irish 35lb hammer record by 2" with 59'4" at the Ballinabrackey NACA Sports.

Ulster Sports Council Results—Ulster Novice 6km CC Championship, at Newry, Nov. 28th. 1, P. Cassidy (Laragh); 2, M. McCausland (Lifford); 3, D. Connolly (Armagh City). **Teams:** 1, Lifford 31; 2, Laragh 47; 3, Newry Shamrocks 57.

U/16 Boys 4km Champ: 1, P. Craig (Oak Leaf); 2, M. McGonagle (OL); 3, M. Cusack (OL). **Teams:** 1, Oak Leaf 18; 2, W. Belfast 37; 3, Bailieboro 88. **Women's Novice 1500m Champ:** 1, P. McGonagle (Dungannon); 2, J. McDaid (Killy Begg); 3, C. Gallagher (Killy Begg). **Teams:** 1, Dungannon 16; 2, Killy Begg 20; 3, Lifford. **Ulster Intermediate 10km CC Champ, at Armagh, Dec. 5th.** 1, G. Connolly (Glaslough); 2, N. McDaid (Cranford); 3, K. Henderson (Armagh). **Teams:** 1, Glaslough 23; 2, Armagh 26; 3, Cranford 32. **U/20 6km Champ:** 1, C. Carbery (Armagh); 2, P. Young (Newry); 3, P. O'Neill (Armagh). **Teams:** 1, Armagh 45; 2, Newry 68; 3, Castleblayney.

Crusaders AC officers: President, B. Hennessey; treasurer/coach: L. Vandendries; secretary, Jim Mulherin, 5 Chester Road, Dublin 6.

BLE Address: All correspondence to the Secretary, BLE, 69 Jones Road, Dublin 3.

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THE WEEK AHEAD

Saturday, December 25th: Lauriston RC Christmas Day Paarlaf at Wimbledon Common (11 a.m.); Hillingdon AC Road Races from Bury Street, Ruislip (10.45 a.m.; runners please bring wrapped gift value about 20p).

Sunday, December 26th: Camborne '6' (3 p.m.); Camden AC CC Relay (11.30 a.m.).

Monday, December 27th: (Boxing Day) Bedford to St. Neots Boxing Day Road Relay and Open 12M Road Race; Bournemouth AC Poole "Round the Lakes" Races; Cardiff AAC Runners v. Cyclists (report to Maindy Stadium at 10.30 a.m.).

Friday, December 31st: Nos Galan Road Races.

Saturday, January 1st: County Cross-Country Championships (including Beds & Hunts at Biggleswade, Cheshire at Birkenhead, Dorset at Shaftesbury, Essex at Great Wakering, Glamorgan at Penrhys, Rhondda, Middlesex at Cockfosters, Monmouthshire at Newport, Surrey at Epsom, Shropshire at Boreatton Park); Beryl Davies Trophy (Women) at Bexley; Yorkshire County Individual CC Championship at Hull; Cornwall CC League at Penzance.

Sunday, January 2nd: Southern CAAA Open Discus Competition at Crystal Palace; Warwickshire CC Champs at Coventry.

The entire staff of "Athletics Weekly" wish readers a Very Merry Christmas and a Happy New Year, and special thanks go to all who have contributed to the magazine in one form or another during the past year.

Midland Women's League**At Coventry, December 10th****Good Race Behind Sheila Carey**

THE flu epidemic cut down the fields somewhat but the racing was well up to the usual standard and there were many spirited finishes, not least in the Senior event when Bronwen Cardy and Thelwyn Bateman gave of their best throughout the race with Thelwyn pipping Bronwen in the run-in. Three athletes won on three different courses this winter—Sheila Carey (Cov. Godiva) Valerie Kelly (Stoke) and Helen Hill (Cannock AC) and it will be interesting to see how much they have held in hand when the Championship day arrives. Mary Stewart was a non-starter due to examination commitments in the Intermediates. Birchfield were also without Angela Lovell, who is still in plaster.

The Final League will be held at Leicester, from New Parks Girls School in New Park Boulevard off the Groby/Ashby Road 1.30 p.m. on Sunday January 9th.

A.L.F.

1. S. Carey (Coventry Godiva) 14.46
2. T. Bateman (Coventry Godiva) 14.55
3. B. Cardy (Bromsgrove & Redditch) ... 14.57
4. G. Dourass (Birch) 15.28; 5. C. Smith (Birch) 15.30; 6. A. Threshie (Broms) 15.37; 7. A. Kirkham (Cov. G) 15.45; 8. D. Malin (Broms) 15.55; 9. C. Ready (Staffs) 16.16; 10. E. Joyce (Glos) 16.18; 11. J. Boulton (Birch) 16.21; 12. M. Cope (Birch) 16.27; 13. H. Campbell (Cov. G) 16.39; 14. L. Sheppard (Leam) 17.14; 15. M. Sheppard (Leam) 17.51; 16. M. Hindley (Birch) 17.57; 17. N. Green (Stoke) 18.07; 18. C. Peffitt (War) 19.08; 19. P. Berley (Broms) 19.37. **Teams:** 1, Coventry Godiva 10; 2, Birchfield 20; 3, Bromsgrove 17.

Turley Shield Race

1. G. Rhodes (Stoke) 10.42; 2. J. Honick (Birchfield) 10.55; 3. A. Simell (Chelt) 11.01; 4. G. Blythe (Birch) 11.02; 5. J. Roberts (Stoke) 11.04; 6. J. Taylor (Cov. G) 11.26; 7. L. Degg (Stoke) 11.33; 8. E. Ball (Dudley & St) 11.41; 9. J. O'Reilly (Stoke) 12.08 10. J. McPherson (Birch) 12.12. **Teams:** 1, Stoke 13; 2, Birchfield 16.

Intermediates

1. P. Davis (Tipton) 10.26
2. L. Hone (Leicester C) 10.52
3. M. Morgan (Coventry Godiva) 10.55
4. A. Persglove (West) 10.57; 5. S. Hassan (Birch) 10.57; 6. G. Lovell (Solihull) 10.59; 7. S. Durrans (Cov. G) 11.00; 8. C. Swift (Cov. G) 11.04; 9. L. Childcafe (Broms) 11.06; 10. C. White (Cannock) 11.09; 11. E. Brown (Stoke) 11.17; 12. Woodwood (Stoke) 11.23; 13. J. Spiers (Broms) 11.25; 14. L. Halford (Birch) 11.27; 15. W. Mason (West) 11.29; 16. M. Cook (Stoke) 11.30; 17. L. Butterworth (Soli) 11.32; 18. E. Cummings (Cov. G) 11.34; 19. D. O'Brian (Newcastle) 11.37; 20. J. Allcock (West) 11.38. 42 finished. **Teams:** 1, Coventry Godiva 18; 2, Stoke 39; 3, Westbury 39; 4, Solihull 46; 5, Leicester Coritanian 48; 6, Birchfield 56.

Juniors

1. H. Hill (Cannock) 8.14; 2. L. Fletcher (Broms) 8.20; 3. H. Grogan (Broms) 8.24; 4. C. Petitjean (Broms) 8.25; 5. A. Tunnicliffe (Stoke) 8.25; 6. H. McKinnon (Stoke) 8.26; 7. P. Kemp (Stoke) 8.33; 8. A. Clarke (Cov. G) 8.39; 9. A. Howell (Birch) 8.42; 10. P. Gorman (Lozells) 8.44; 11. J. Keen (Loz) 8.44; 12. K. Boote (Stoke) 8.48; 13. S. Healey (Birch) 8.48; 14. A. Smith (Cannock) 8.50; 15. L. Falconer (Cov. G) 8.53; 16. J. Whitehead (Stoke) 8.53; 17. C. Yardley (Cov. G) 8.54; 18. K. Osborne (Broms) 8.55; 19. K. Kenny (Cannock) 8.55; 20. A. Dewhurst (Cannock) 9.05; 21. J. Thomas (Cov. G) 9.07; 22. R. O'Neill (Birch) 9.07; 23. S. Brown (Warley) 9.07; 24. E. Smith (War) 9.10; 25. C. Tansey (Stoke) 9.13; 26. P. Waters (Glos) 9.13; 27. F. Smith (Cov. G) 9.14; 28. F. Martin (Loz) 9.16; 29. A. Mee (Leics) 9.17; 30. M. Morgan (Stoke) 9.19. 81 finished. **Teams:** 1, Bromsgrove & Redditch 27; 2, Stoke 30; 3, Cannock 54; 4, Coventry Godiva 61; 5, Birchfield 77; 6, Lozells 107; 7, Leicester Cor. 146; 8, Warley 187; 9, Stoke 'B' 199; 10, Newcastle 210.

Minors

1. V. Kelly (Stoke) 8.54; 2. J. Braznell (Warley) 9.10; 3. B. Davidson (Broms) 9.18; 4. S. Forest (Broms) 9.19; 5. C. Grogan (Broms) 9.23; 6. K. Gallagher (Birch) 9.28; 7. B. Bennett (Broms) 9.29; 8. R. Cassidy (Loz) 9.35; 9. L. McGrath (Rugby) 9.35; 10. S. Howells (Loz) 9.43. 49 finished.

SUSSEX WOMEN'S CHAMPIONSHIPS**At Brighton, December 11th**

1. B. Bush (Brighton & Hove) 22.25; 2. A. Jones (Haywards Hth Sch.) 23.17; 3. P. Fowler (Haywards Hth S) 23.37; 4. J. Perkins (B&H) 24.07; 5. J. Piper (Craw) 24.39; 6. T. O'Brien (Haywards HS) 24.45; 7. B. Norrish (Ind) 26.22; 8. J. Randall (Craw) 26.44; 9. J. Spiers (Craw) 26.51; 10. M. Heraty (Craw) 27.23. **Teams:** 1, Haywards Hth GS 11; 2, Brighton & Hove 16; 3, Crawley 22.

Intermediates

1. R. Joyce (Crawley) 16.52; 2. J. Went (Crawley) 17.34; 3. S. Wiggins (Crawley) 17.50; 4. D. Attwater (Craw) 18.03; 5. J. Patching (Knoll) 19.00; 6. S. Johnson (Ind) 19.23; 7. L. Buddery (Knoll) 20.03; 8. G. Gander (Knoll) 20.04; 9. J. Hillier (B&H) 20.11; 10. D. Shirley (Knoll) 20.19. **Teams:** 1, Crawley 6; 2, Knoll Sch. 23; 3, Brighton & Hove.

Juniors

1. M. Joyce (Crawley) 10.35; 2. P. Robertson (Haywards HS) 11.45; 3. D. Deeks (Craw) 11.51; 4. C. Carter (Haywards HS) 11.57; 5. L. Flanagan (Craw) 12.01; 6. B. Hudson (Haywards HS) 12.06; 7. D. Warner (Stanmer S) 12.10; 8. E. Buddery

Brendan Foster Resists All Challenges

Wins North Eastern CCA title at Middlesbrough on December 11th

THE early leader in the senior race was Houghton's Ernie Pomfret who headed a big bunch of runners which included Brendan Foster, John Caine, Bill Robinson, John Trainor, Peter Parker, Lindsay Dunn, Jim Alder, Dave Camp and Max Coleby. Foster spurred ahead at the mile marker and took Trainor and Pomfret with him as the others singled out. Then the Commonwealth and European 1500 bronze medalist opened up a 100y gap and by the halfway was being chased hard only by Alder who had worked through from fourth place. The strong prevailing wind had its effect on the Gateshead man, however, and Alder caught him with the last of the five laps remaining. Foster responded well, shrugged off Alder's challenge and sprinted away to an 80y win by the finish. Robinson filled third place some way behind. Gateshead romped away with the team stakes, ahead of Morpeth and Middlesbrough & Cleveland. The Junior race was a ding-dong struggle between Charlie Spedding, Mike McLeod and Dennis Coates. Spedding was ahead at 2 miles, but Coates soon caught him, and forged ahead with his powerful rolling action that gave him a UK Junior Steeplechase record this summer, and came home 16 seconds ahead of McLeod who narrowly ousted Spedding. Gateshead were again easy team winners. In the Boys race, Chris Berwick looks a good bet for the Northern title in February.

J.A.

1. B. Foster (Gateshead) 47.18
2. J. Alder (Morpeth) 47.37
3. W. Robinson (Gateshead) 48.03
4. R. Patterson (Blaydon) 48.13; 5. D. Camp (Morpeth) 48.34; 6. M. Coleby (Darl) 48.43; 7. J. Trainor (G'head) 48.58; 8. J. Caine (Gates) 49.07; 9. E. Pomfret (Houghton) 49.17; 10. P. Parker (Gates) 49.20; 11. D. Cresswell (Heat) 49.36; 12. D. Cockburn (Mor) 50.00; 13. L. Dunn (Gates) 50.03; 14. R. Donkin (Sund) 50.04; 15. P. Veitch (M&C) 50.11; 16. E. Hudspith (Mor) 50.12; 17. J. Pearson (Mor) 50.20; 18. R. Bell (Mor) 50.20;

SUSSEX WOMEN continued from page 4

(Knoll) 12.18; 9. J. Sullivan (Knoll) 12.19; 10. D. Shirley (Knoll) 12.19. **Teams:** 1, Crawley 9; 2, Haywards Hth GS 12; 3, Knoll School 27.

Minors

1, M. Jackson (Hastings SS) 9.13; 2, D. Wiltshire (Cardinal Newman) 9.24; 3, G. Wagstaff (Craw) 9.43; 4, P. Brighty (Craw) 9.44; 5, D. Mabbs (Craw) 9.45; 6, E. Rowe (Ind) 9.52. **Teams:** 1, Crawley 12; 2, Cardinal Newman S 22; 3, Stanmer S. 29.

19, A. Black (New. Univ) 50.27; 20, C. Vaux (M&C) 50.38; 21, J. Larkin (S'well) 50.44; 22, A. Deitch (Gates) 50.52; 23, R. Lunnon (Gosforth) 51.02; 24, B. Cordes (Mor) 51.10; 25, M. Hall (M&C) 51.26; 26, T. Flory (M&C) 51.26; 27, R. Balding (Heat) 51.29; 28, D. Prudham (Gates) 51.37; 29, R. Donkin (Sund) 51.56; 30, R. Checkley (Heat) 52.10. **Teams:** 1, Gateshead 42; 2, Morpeth 70; 3, Middlesbrough & Cleveland 160; 4, Heaton 188; 5, Gosforth 249.

Juniors

1. D. Coates (Middlesbrough & C) 31.46
2. M. McLeod (Elswick) 32.02
3. C. Spedding (Gateshead) 32.08
4. B. Baggaley (Gates) 33.31; 5, S. Carter (Darl) 33.40; 6, D. Gibbon (Elswick) 33.46; 7, J. Hampson (Gos) 34.02; 8, A. Robertson (Mor) 34.07; 9, D. Dixon (Sund) 34.28; 10, D. Lisgo (Gates) 34.51; 11, K. Parr (S'well) 34.57; 12, S. Markley (M&C) 35.09; 13, A. Anderson (Sund) 35.16; 14, M. Frazer (S. Shields) 35.32; 15, D. Alexander (Gos) 35.46. **Teams:** 1, Gateshead 34; 2, Middlesbrough & Cleveland 52; 3, Sunderland 68.

Youths

- 1, P. Taylor (Sunderland) 23.22; 2, P. Dunn (Billingham) 23.35; 3, D. Kelly (S'well) 23.50; 4, R. Cartwright (Burn Rd) 24.06; 5, M. Kearns (S. Shields) 24.12; 6, M. Goddard (NSP) 24.37; 7, J. Graydon (Darl) 24.52; 8, M. Fenwick (S'well) 25.05; 9, S. Box (M&C) 25.06; 10, G. Sivell (Gates) 25.07; 11, N. Murray (S'well) 25.11; 12, K. Willis (Burn Rd) 25.15; 13, A. Amos (Gates) 25.18; 14, W. Watson (S'well) 25.23; 15, G. Grove (Sund) 25.24. **Teams:** 1, Saltwell 36; 2, Gateshead 60; 3, North Shields Poly 81; 4, Burn Rd. 86.

Boys

- 1, C. Berwick (Middlesbrough) 14.10; 2, G. Forster (Sund) 14.18; 3, G. Wallace (M&C) 14.19; 4, P. McLean (Darl) 14.35; 5, R. Kelly (Burn Rd) 14.52; 6, S. Murray (S'well) 14.54; 7, S. Wrathmall (Sund) 15.09; 8, M. Burn (NSP) 15.12; 9, D. Brown (Els) 15.14; 10, G. Pocklington (M&C) 15.15. **Teams:** 1, Middlesbrough & Cleveland 31; 2, Saltwell 63; 3, Gateshead 74; 4, Elswick 96; 5, Morpeth 109; 6, Sunderland 109.

Colts

- 1, S. Nicholson (Blyth) 15.37; 2, C. Hamill (NSP) 15.39; 3, G. Maddison (Gateshead) 15.47; 4, M. Fletcher (Sund) 15.46; 5, A. Vasey (Gates) 16.05; 6, N. Curry (Gates) 16.09. **Teams:** 1, Gateshead 21; 2, North Shields Poly 70; 3, Jarrow & Hebburn 99; 4, Heaton 102; 5, South Shields 116; 6, Darlington 138.

Amendments to AAA Rules for Competition

GENERAL Committee of the AAA have recently approved some amendments to the Rules for Competition to have effect as from January 1st, 1973. No great changes have been made in any rule and most amendments are but re-wording of what was said previously.

Rules 7 and 11, which deal with individual and/or team entries, have been tightened up because far too many cases have been reported of incomplete entry forms being submitted. In future an individual will not be allowed to compete unless his entry form has been completed in accordance with the Rules and any entry fee accompanying an incomplete form will not be returnable; teams will be subject to a similar regulation.

Rule 17 lays down how many names may be entered by a Club in an Open Team Competition and for National or Area Road Relay Races this number has been reduced to twice the number allowed to run. With only one team per club allowed in these particular competitions much printing time and space will be saved without affecting the ability of a Club to field a representative team.

Pentathlons and Decathlons are being introduced at lower levels so Rules 19, 20 and 21 have been amended to allow Boys to take part in Pentathlons while Youths and Juniors can also compete in Decathlons. At the same time in all three rules the restriction on events on any one day puts team events on the same footing as relay races.

The general rule on Field Events has always said that a competitor could not hold over a trial in throwing or jumping for distance but it has now been made clear that the intention was that it was equally illegal to bring forward a trial. At the same time a small section has been included from the corresponding IAAF rule to allow a competitor in two or more events at the same time to have his order of trials altered from that laid down prior to the competition. It may be said that the power already given to the Judges in this Rule was sufficient and the original power has been retained to cover other eventualities such as happened some years ago when a jumping runway was in such a bad state following a cloudburst that only a changed order for each round made the competition a little less unfair for those at the end of the Draw.

Pole Vaulters will no longer find that they have a failure if they make three runs without completing a vault. This particular failure is not in the IAAF rule and was introduced by the AAA before the IAAF became conscious of 'unreasonable delay' in all the field events. If a vaulter can make three runs towards the bar within the space of three minutes as laid down 'delays' he would hardly be guilty of being unreasonable.

There has been some doubt in certain sections as to the interpretation of the last paragraph of the Decathlon rule and it is hoped that a new wording will make it quite clear that a Decathlon

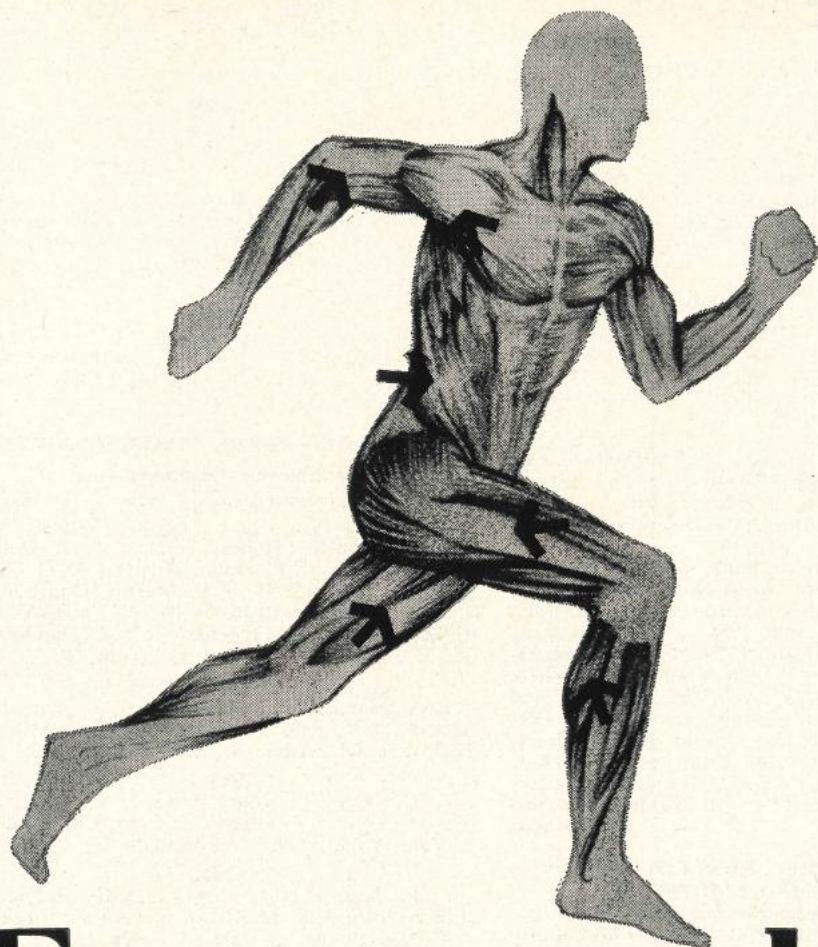
is ten events in a certain order. It is, however, conceivable that the first day could, for example, be washed out and the competitors left with no alternative but to pack up and go home. Organisers and competitors may hold a competition of ten events on one day and then they might find it advantageous to change the order of the events. Any such change would invalidate any claim to have set up a record and, in truth, the competition ceases to be a Decathlon if the first sentence is read carefully:—"The Decathlon consists of 10 events which shall be held on two consecutive days in the following order" but over the years we have come to accept a substitutive competition held on one day as better than nothing. Competitors for Decathlon competitions rightly expect the events to be held as laid down when it is a two-day event and organisers have no right to change this order in a two-day event.

Cyril Sinfield



Nina Silburn (Tonbridge), a runaway winner of the Kent Junior CC title.

Peter Williams



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Rub in a little Goddards and a lot of pain will go.



Goddards

White oil
EMBROCATION

Scottish News

DECATHLON COACHING

Scottish Decathlon Club coaching sessions for Youths and Juniors will be held on Sundays 30.1.72, 27.2.72 and 26.3.72, and will be conducted by Mr. T. Drever. Three or four events will be covered on each day, with particular emphasis on Pole Vault and Hurdles. Membership particulars from Mr. J. H. Anderson, Director of Physical Recreation, Heriot-Watt University, Chambers Street, Edinburgh EH1 1HX.

The National Cross-Country Championships will be held at Currie, Midlothian, with the local High School as headquarters, on February 19th, 1972. The original venue of Penicuik was dropped as essential sections of the proposed course were not available.

There is an unfortunate clash of dates with Maryhill's Nigel Barge Trophy and the Springburn Cup road races on January 8th, and both clubs have an exceptionally generous prize-list.

Andy Brown was recently credited in these columns with thirteen Cross-Country International appearances. Andy's record total is, in fact, twelve appearances from 1955 to 1968, the missing years being 1957 and 1959. Previous record-holders were Dunky Wright with 11 consecutive appearances from 1920 to 1930 inclusive, and Jimmy Flockhart, with 11 appearances from 1933 to 1949. Flockhart, last Scot to win the International (1937), can also claim to have made consecutive appearances, as his "missing" years were 1940-1945, when the International was suspended.

Jim Logan

LANARKSHIRE CROSS-COUNTRY CHAMPIONSHIPS

December 4th

1, J. Brown (Monkland) 28.17; 2, I. McCafferty (Law) 28.41; 3, R. Wedlock (Shett) 29.06; 4, N. Morrison (Shettleston) 29.11; 5, R. MacDonald (Monkland) 29.37; 6, E. Knox (S'burn) 29.42. Teams: 1, Shettleston 16; 2, Monkland 18; 3, Springburn 29; 4, Law & Dist. 35; 5, Shettleston 'B' 62; 6, Cambuslang 77.

Boys

1, M. Watt (Shettleston) 7.35; 2, J. Graham (Motherwell YMCA) 7.40; 3, R. Drummond (Shett) 7.48. Teams: 1, Shettleston 15; 2, Springburn 26; 3, Motherwell YMCA 29.

Colts

1, A. Renfrew (Springburn) 8.38; 2, W. Dickson (Law) 8.44; 3, C. Mahoney (E. Kilbride) 8.51. Teams: 1, Springburn 14; 2, E. Kilbride 28; 3, Cambuslang 31.

RENFREWSHIRE CHAMPIONSHIPS

Greenock, December 4th

1, W. Stoddart (Greenock W'prk) 33.22; 2, L. Spence (Greenock G'prk) 33.41; 3, R. Hodelet

(Greenock G'prk) 34.17; 4, A. Law (Greenock G) 35.38; 5, M. Pollard (Greenock W) 36.03; 6, J. McMillan (Glasgow Police) 36.05. Teams: 1, Greenock Glenpark 50; 2, Greenock Wellpark 67; 3, Glasgow Police 94.

Youths

1, D. Gormley (Greenock G) 16.26; 2, I. Porteous (Eastwood HS) 16.36; 3, A. McAngus (Bella) 16.44. Teams not received.

Boys

1, H. Cox (G'ock G) 11.54; 2, E. Stewart (E'wood HS) 11.58; 3, I. Robb (Johnstone ES) 12.00. Teams: 1, Eastwood HS 12; 2, Paisley 32; 3, Greenock G. 34.

Colts

1, P. McCarney (Greenock G) 8.19; 2, W. McColl (Bella) 8.47; 3, W. Toole (Paisley) 8.51. Teams: 1, Greenock Glenpark 14; 2, Bellahouston 16; 3, Paisley 23.

DUNBARTONSHIRE CHAMPIONSHIPS

Strathleven, December 4th

1, A. Faulds (Clydesdale) 33.46; 2, C. Martin (Dumbarton) 34.15; 3, I. Leggatt (Clydes) 35.19; 4, D. Gemmell (Clydes) 35.21; 5, I. Donald (Clydes) 35.28; 6, P. Dolan (Clydes) 35.53; 7, R. Shields (Clydes) 35.55; 8, E. Martin (Dum) 36.03; 9, R. Paton (Clydes) 36.45; 10, W. Cairns (Dum) 37.02. Teams: 1, Clydesdale 13; 2, Dumbarton 35; 3, Clydesdale 'B' 55; 4, Garscube 59.

Youths

1, A. Marshall (Clydes) 18.25; 2, J. Armstrong (Dum) 18.36; 3, G. Kennedy (Clydes) 19.02. Teams: 1, Clydesdale 8; 2, Dumbarton 13.

Boys

1, G. Booth (Clydes) 9.08; 2, C. McCallion (Leven) 9.16; 3, G. Peters (Leven) 9.36. Teams: 1, Vale of Leven 9; 2, Clydesdale 12.

Colts

1, P. Jack (Clydes) 9.44; 2, C. McPherson (Leven) 9.46; 3, P. McErlean (Leven) 9.55. Teams: 1, Clydesdale 10; 2, Vale of Leven 13.

AYRSHIRE CHAMPIONSHIPS

At Irvine, December 4th

1, J. Ferguson (Ayr Seaforth) 29.27; 2, W. Rowan (Ayr S) 30.18; 3, A. McDowell (Ayr Sea) 30.31; 4, T. Cochrane (Beith) 30.36; 5, J. Sloss (Beith) 30.45; 6, J. Sands (Ayr S) 31.00. Teams: 1, Ayr Seaforth; 2, Beith.

Youths

1, J. Golder (Beith) 20.36; 2, W. Logan (Ayr S) 21.54; 3, J. Surgenor (Irvine YMCA) 22.07. Team: Ayr Seaforth.

Boys

1, M. Higgins (Kilmarnock) 10.09; 2, A. Gourlay (Beith) 10.22; 3, A. Hershaw (Kilm) 11.05. Team: Kilmarnock.

Colts

1, A. Smith (Ayr S) 11.25; 2, S. Taylor (Ayr S) 11.27; 3, I. Hamilton (Ayr S) 12.24. Team: Ayr Seaforth.

CITY OF STOKE CC TEAM RACES**Fenton Park, Stoke, December 11th**

1. J. King (Alsager)	25.31
2. J. Jackson (Stoke)	25.36
3. R. Fowler (Stoke)	25.51
4. G. Dean (Stoke) 25.56; 5. D. Fownes (Tip) 25.57; 6. D. Farmer (Sale) 26.02; 7. A. Richards (Tip) 26.17; 8. T. Litherland (Stoke) 26.23; 9. M. Orton (Tip) 26.39; 10. D. Davies (Sale) 26.47; 11. S. Edmunds (Sale) 26.52; 12. G. Billington (Stoke) 26.54; 13. B. Mills (Tip) 26.55; 14. P. Allan (Tip) 26.57; 15. C. Burt (Sale) 26.59; 16. J. Harvey (Tip) 27.00; 17. R. Phillips (Mid. Ches) 27.01; 18. J. Godding (Stoke) 27.03; 19. F. McGuire (Alsager) 27.07; 20. A. Walker (Stoke) 27.10; 21. A. Reavley (Tip) 27.16; 22. D. Everson (W&B) 27.18; 23. T. Philpotts (Tip) 27.21; 24. W. Carr (Tip) 27.27; 25. A. Walsham (Salf) 27.31; 26. M. Newport (Mid Ches) 27.35; 27. B. Bowler (Stoke) 27.35; 28. M. Fletcher (Newcastle) 27.35; 29. G. Taylor (Sutt) 27.47; 30. P. Brackpool (Tip) 27.54. 84 finished. Teams: 1, Stoke 17; 2, Tipton 37; 3, Sale 42; 4, Tipton 'B' 71; 5, Stoke 'B' 77; 6, Alsager 96; 7, Mid-Cheshire 159; 8, Small Hth. 219.	

Staffordshire Junior Championship: (in conjunction) 1, Litherland; 2, Everson; 3, Bowler; 4, Brackpool; 5, M. Winkle (Alsager) 29.02; 6, I. Robotham (W&B) 29.07; 7, A. Grice (Tip) 29.08; 8, S. Walton (Tip) 29.33; 9, P. Parker (W&B) 29.50; 10, P. Proctor (W&B) 30.16. Team: Wolverhampton & Bilston 27.

Staffordshire Boys Championship

1, D. Carey (Stafford) 14.12; 2, K. Sammonds (W&B) 14.39; 3, R. Drakes (Tipton) 14.46; 4, S. Clews (Burton) 14.51; 5, J. Keeling (Staff) 15.05; 6, P. Bennett (W&B) 15.06; 7, M. Cadwallader (W&B) 15.10; 8, G. Ross (Newcastle) 15.19; 9, G. Cadman (Newcastle HS) 15.36; 10, P. Bowers (Newcastle) 15.37; 11, D. Williams (Tip) 15.39; 12, G. Warrilow (New) 16.00; 13, P. Orton (Burton) 16.02; 14, I. Blackshaw (New) 16.02; 15, M. Cutbrush (W&B) 16.11. **Teams:** 1, Wolverhampton & Bilston 15; 2, Newcastle AC 30; 3, Tipton 32; 4, Burton AC 33.

CHINGFORD & DIST. LEAGUE**At Enfield, December 11th**

1. M. Absalom (Eton Manor)	26.57
2. T. Crabb (Eton Manor)	27.11
3. M. Heath (Southgate)	27.15
4. A. Campbell (Enf) 27.25; 5. I. Nuckey (Barnet) 27.35; 6. R. Gomez (S'gate) 27.51; 7. G. Harrold (Enf) 27.55; 8. M. Madders (W'stow) 27.59; 9. R. Howe (W'stow) 28.11; 10. C. Ridley (W'stow) 28.21; 11. D. Roberts (Enf) 28.26; 12. P. McCracken (Camden) 28.31; 13. P. Norell (S'gate) 28.38; 14. R. Taylor (Horn) 28.44; 15. G. Pringuer (S'gate) 28.50; 16. B. Hercock (Enf) 28.56; 17. A. Rich (W'stow) 29.03; 18. D. Thomas (S'gate) 29.07; 19. G. Benison (Barn) 29.11; 20. A. Proberts (Camden) 29.21; 21. J. Mercer (Enf) 29.27; 22. M. McDonough (Cam) 29.39; 23. R. Bennett (Horn) 29.56; 24. W. Gilby (Horn) 30.03; 25. L. Peter (Enfield) 30.12; 26. L. Bernard (Enf) 30.14; 27. D. Reed (Barn) 30.29; 28. I. Wiggett (Horn) 30.43; 29. K. Vivash (Eton M) 30.44; 30. D. Black-	

more (Camden) 30.45. **Teams:** 1, Borough of Enfield 84; 2, Southgate 87; 3, Walthamstow 125; 4, Eton Manor 144; 5, Hornsey 159; 6, Barnet 187; 7, Camden 227; 8, Loughton 341; 9, Victoria Park 417.

MIDDLESEX YOUTHS & BOYS CHAMPIONSHIPS**December 11th****Youths**

1. N. Saunders (Southgate)	17.14
2. J. Odlin (Hornsey)	17.32
3. J. Galvin (Hillingdon)	17.42
4. G. Side (S'gate) 17.54; 5. T. Maryon (TVH) 17.58; 6. S. Edmunds (TVH) 18.05; 7. D. Milner (S'gate) 18.23; 8. D. Wolfe (Hill) 18.28; 9. R. Price 'H'gate) 18.43; 10. J. Barrowclough (S'gate) 18.46; 11. H. Kettlewell (Hill) 18.46; 12. K. Harris (St. N) 18.51; 13. A. Allan (St. N) 19.00; 14. S. Allan (St. N) 19.00; 15. V. Voller (Shaft) 19.10; 16. I. Clarke (TVH) 19.15; 17. P. Blanchfield (Shaft) 19.18; 18. J. Kilsby (S'gate) 19.28; 19. N. Pratt (H'gate) 18.29; 20. E. Harvey (St. N) 19.30. Teams: 1, Southgate 19; 2, Hillingdon 38; 3, St. Nicholas GS 49; 4, Thames Valley H. 66; 5, Hornsey 67; 6, Shaftesbury 75.	

Boys

1. B. Walters (TVH) 15.08; 2. K. Fletcher (Shaftesbury) 15.34; 3. O. Arif (H'gate) 15.38; 4. P. Chinn (S'gate) 15.46; 5. J. Halford (Shaft) 15.48; 6. G. McEvilly (Feltham) 15.53; 7. R. Pepper (Shaft) 15.55; 8. L. Davies (S'gate) 16.00; 9. G. Heap (Hill) 16.13; 10. N. Carter (Felt) 16.15; 11. J. Whitehead (Felt) 16.18; 12. P. Holland (Horn) 16.22; 13. C. Gumm (Felt) 16.25; 14. I. Arnold (N'wood S) 16.26; 15. L. Morton (S'gate) 16.33. Teams: 1, Shaftesbury 14; 2, Southgate 25; 3, Feltham 27; 4, Hillingdon 44; 5, TVH 44; 5, Northwood Sch. 47; 6, St. Nicholas GS 57; 7, Highgate 74.

BARNET AC FRATERNITY CUP CROSS COUNTRY**At Hadley Woods, December 4th**

1. P. Francis (Hillingdon)	25.34
2. M. Barratt (Ealing and Southall)	25.51
3. P. Fagan (Ealing and Southall)	26.00
4. G. Hallett (Hill) 26.09; 5. J. Street (Barnet) 26.26; 6. I. Nuckey (Barn) 26.29; 7. R. Davies (Ver) 26.33; 8. M. Wands (Hill) 26.34; 9. H. Richards (Shaft) 26.46; 10. T. Bivens (Ealing) 26.48; 11. M. Dixon (Ver) 26.54; 12. R. Samuel (Shaft) 26.59; 13. G. Harrold (Enf) 27.02; 14. A. James (H'gate) 27.09; 15. R. Steven (Shaft) 27.10; 16. R. Little (Shaft) 27.12; 17. K. Wainer (Hill) 27.14; 18. P. Chivers (Ealing) 27.15; 19. J. Bierton (Ver) 27.16; 20. G. Elmore (Shaft) 27.20; 21. J. Davies (Hill) 27.21; 22. L. Adams (Hill) 27.22; 23. A. Murphy (Ealing) 27.24; 24. C. Canton (Eal) 27.29; 25. R. Simnett (Enf) 27.37; 26. H. Artiss (Ver) 27.41; 27. J. Steed (Ver) 27.48; 28. P. McCracken (Camden) 27.52; 29. C. Smith (Hill) 28.00; 30. S. Power (Hill) 28.01. 84 finished. Teams: 1, Hillingdon 73; 2, Ealing and Southall 80; 3, Shaftesbury 105; 4, Verlea 122; 5, Barnet 243; 6, Highgate 258; 7, Southgate 330; 8, Hornsey 341; 9, Camden 389.	

Spotlight on Dave Moorcroft**By Dave Cocksedge****A Year of Solid Achievement**

AT last May's Inter-County championships at Leicester, I was talking to Geoff Warr, coach to the Stewart brothers, at the end of the first day's events. "Watch young Moorcroft in the Invitation 1500 tomorrow", Geoff told me. "He's really going like a rocket these days. You won't recognise him". Well, I **did** watch him the next day, and I didn't recognise the boy I had seen finish sixth in the AAA Junior of 1970. Covering his last lap in 54.2, Dave Moorcroft finished just inches behind Ian McCafferty in a personal best of 3:48.5, and rarely have I seen such blazing acceleration in one so young.

There had been signs of this, of course. On May 1st, Dave had run easily the fastest short stage for Coventry Godiva in the National Road Relay, and soon afterwards he had knocked a large chunk off his previous fastest in posting a 3:48.6 1500m win at Birmingham. But on actually seeing him in action one was able to acknowledge his graduation from the ranks of promising young runners to that of a future world-class middle-distance man. I have a feeling he made several people sit up and take notice that day.

The first thing that strikes one about David Robert Moorcroft, on meeting him, is his totally unassumed modesty. To the usual query about his ambitions, he asserts: "I'd like to try and establish myself among the top middle-distance runners in the UK, and maybe next year I will be able to break four minutes for the mile." What about all-time? "I suppose an Olympic Gold, but there are many more important races that need to be won before then, aren't there?"

Born in Coventry on April 10th, 1953, he stands 1.79/5'10½" and weighs 60kg/132lb; attends Tile

Hill College, Coventry (hoping for a place at Loughborough in 1972) and is a very keen member of Coventry Godiva Harriers. "It's a big advantage belonging to the Godiva with their great tradition," he says. "This is an incentive to me and all other youngsters to maintain this high standard". His coach is John Anderson, the man who assisted David Jenkins to his European title last summer, and who also coaches Sheila Carey of Coventry Godiva. His best marks: 1:52.5 (800m), 3:46.1 (1500), 4:07.5 (Mile), 8:14.2 (3000m) and 45.42 (5M walk!). Progression—(1965): 2:24.5 (880y); (1966): 2:24.0y, 5:09.6 mile; (1967): 2:20.8y, 4:57.5 mile; (1968): 2:13.9y, 4:43.4 mile; (1969): 2:05.1m, 4:04.7m, 9:09.0 3000m; (1970): 1:55.8, 3:55.7, 4:17.9, 8:30.0; (1971): 1:52.5, 3:46.1, 4:07.5, 8:14.2.

This has been a year of solid achievement without any really spectacular successes for David, climaxed by his narrow victory over Ron MacDonald in the AAA Junior 1500m final. "I considered Ron, David Lowes and clubmate David Glassborow were the main dangers before the race. The early laps were uncomfortable because of the slow pace (62.3, 2:07.1, 3:10.2) and there was a lot of swopping and changing around, but coming up to the bell I was well placed on Ron's shoulder. Dave Lowes and Dave Gibbons speeded up just after the bell, and to cover the gap I went past MacDonald who was then on my shoulder. I had to make my move a bit early at around 150m to go because I thought the pace was dropping slightly. Ron immediately followed and halfway down the finishing straight he was alongside me, but during the last dozen metres I managed to edge in front." The final time



Dave Moorcroft (right) defeats title holder Ron MacDonald in this year's AAA Under 19 1500 metres championship at Wolverhampton.

George Herringshaw

(3:51.9) was nothing to enthuse about, but the final 200m, covered in around 26 sec. was.

David first took up athletics after his first term at Woodlands Comprehensive in Coventry, when he ran in the schools cross-country trial. "I was second to my clubmate and constant rival, Paul Eales. From this time we both naturally progressed to the Coventry and Warwickshire teams. I joined the Godiva Harriers in December of that year (1964), and took the sport seriously from that day, as far as I remember.

"I will always appreciate the help given me from the start by Reg Payne and in later years by Mick Crossfield, who coached a large group of youngsters in Coventry Godiva; and they still continue. In May 1969 Mick introduced me to John Anderson, who was already coaching Sheila Carey, and I've found his guidance immeasurable. He is dedicated, and he expects his athletes to be the same. His schedules suit me perfectly, and they work well. I also find him a great person and motivator."

This is the sort of training David was doing last summer: Sunday (July 25th)—10M steady. Monday—(am) Half Hour fartlek; (pm) 4x600m & 6x150m. Tuesday—(am) Half Hour steady run; (pm) 8x300m. Wednesday—(am) Half Hour fartlek; (pm) 4x600m & 6x150m. Thursdays—(am) Half Hour fartlek; (pm) 8x300m. Friday—(am) Half Hour fartlek; (pm) 1 Hour steady

running. Saturday—(am) 150/200/150m; (pm) 3x200, 2x300, 1x600, 2x300, 3x200. (This was one week prior to AAA Junior 1500, and was his final build-up. Every week is different, though involving twice per day training).

In the winter, this is a typical week for David: Sunday (Nov. 7th)—14M steady. Monday—(am) Half Hour fartlek; (pm) 4x600m, 6x150m. Tuesday—(am) 5M steady; (pm) 1 Hour steady. Wednesday—(am) Half Hour fartlek; (pm) 1 Hour fartlek. Thursday—(am) 5M steady; (pm) 30 slow/fast 200's. Friday—(am) Half Hour fartlek; (pm) 8x300m. Saturday—Race, or (am) Half Hour fartlek; (pm) 1 Hour fartlek. "Because of track conditions, many of the interval sessions have to be run on the road".

"During this past summer and especially at the International, I had many opportunities to note the various temperaments of internationals ranging from the very confident to the ultra-nervous. I also learned the need for a powerful finishing kick." What about his biggest disappointment? "Must be tripping over in the West German Junior match 1500, with only 300m to go. I don't think I would have run the race any differently now, looking back. I was well placed when it happened, but it was just one of those things you can't really prepare for, without it affecting your positional running. But that's athletics isn't it? Being in the right place to make your move, at the right time."

More Scottish Results

WOMENS ROAD RACES

At Law, December 11th

1, W. Sosinka (ESH) 15.27; 2, P. Spence (G'ock Rankin P) 17.06; 3, S. Dunn (Larkhall) 17.18. (Intermediates) 1, M. O'Boyle (VP) 16.09; 2, M. Dewar (F'house) 17.40; 3, J. Kane (ESH) 17.44. (Juniors) 1, A. Cherry (F'house) 9.32; 2, J. Millington (ESH) 9.46; 3, A. McKenna (VP) 9.53. Teams (Aggregate): 1, ESH 33.54; 2, Greenock RP 36.25; 3, Victoria Pk 36.31.

GLASGOW CHAMPIONSHIPS

Milngarvie, December 4th

Because of marshalling difficulties, a road course was used. 1, C. Youngson (VP) 31.32; 2, D. Logue (Glas. U) 32.03; 3, C. Lennox (Glas. Un) 32.03; 4, A. Reid (Glas. Un) 32.28; 5, J. Strain (Glas. Un) 32.45; 6, J. McHardy (Glas. Un) 33.10. Teams: 1, Glasgow Univ. 30; 2, Victoria Park 52.

EASTERN DISTRICT LEAGUE

December 4th

1, A. McKean (Edin. Univ) 26.58; 2, W. Day (Falkirk V) 27.12; 3, S. Downie (F'kirk) 27.17; 4, J. Wight (EAC) 27.21; 5, M. Craven 27.37; 6, J. Dingwell (Edin. Univ) 28.07. Teams: 1, Edinburgh SH 88; 2, Falkirk Victoria 169; 3, Edinburgh Univ. 212; 4, Edinburgh AC 215; 5, Teviotdale 298; 6, Heriot-Watt Univ. 350.

'B' League

1, J. Cheshire (ESH) 30.02; 2, J. McDonald (Lewisvale Sp) 30.05; 3, S. Cameron (ESH) 30.10;

4, J. Coles (ESH) 30.13; 5, . . . (Pitreavie) 30.14; 6, D. McLean (Lewisvale) 30.25. Teams: 1, Edinburgh SH 68; 2, Teviotdale 220; 3, Lewisvale Sp. 242; 4, Edinburgh Univ. 244; 5, Pitreavie 270; 6, Glenrothes 301.

Youths

1, A. Hutton (ESH) 18.53; 2, D. Knowles (Bathgate) 19.03; 3, W. Lindsay (EAC) 19.04; 4, J. Martin (Bathgate) 19.05; 5, R. Knowles (Bathgate) 19.23; 6, J. McGarva (F'kirk) 19.31. Teams: 1, Bathgate 40; 2, Edinburgh SH 91; 3, Edinburgh AC 111; 4, George Heriot S. 130; 5, Falkirk Victoria 174; 6, Berwickshire HS 182.

Boys

1, A. Henderson (ESH) 12.03; 2, R. Shirr (F'kirk V) 12.13; 3, . . . (Pitreavie) 12.28; 4, J. McCann (EAC) 12.32; 5, A. Watters (ESH) 12.32; 6, L. Common (G. Heriot) 12.32. Teams: 1, Edinburgh SH 39; 2, Edinburgh AC 75; 3, Pitreavie 112; 4, George Heriot Sch. 136; 5, Lewisvale Spartans 158; 6, Berwickshire HS 191.

Colts

1, T. Cole (EAC) 7.39; 2, J. Gray (EAC) 7.40; 3, N. Jones (EAC) 7.42; 4, H. Gray (Berwickshire HS) 7.54; 5, R. Lambert (Berwickshire HS) 7.58; 6, L. Stewart (Glen) 7.59. Teams: 1, Edinburgh 12; 2, Berwickshire HS 40; 3, Teviotdale 66; 4, George Heriot S 71; 5, Glenrothes 81; 6, Edinburgh SH 88.

Veterans

1, T. Todd (F'kirk) 30.54; 2, C. Jones (EAC) 32.59; 3, A. Oliver (Teviot) 34.23; 4, I. Steedman (Lewisvale) 35.29; 5, J. Petty (ESH) 35.31; 6, W. Lindsay (Teviot) 35.42.

UNITED KINGDOM RELAY LISTS

Compiled on behalf of the NUTS by Keith Morbey

Marks followed by † indicate that the compiler requires the team composition. The compiler would also like to hear of any marks down to the standards shown in brackets after the event headings which have not been reported in "AW" or notified direct. Where a standard has not been given and for all other relays any results would be welcome. Performances may be by club, school, college or representative teams. When writing please indicate if possible—time, position, venue, date and team composition. Address: Keith Morbey, 5 Ian Road, Billericay, Essex.

8:09.0†	Edinburgh AC	8.8
8:12.2†	Larkhall YMCA	8.8

4 x 1500 Metres (18:30)

15:55.0	Cardiff AAC	14.8
15:57.6†	Liverpool H. & AC	16.7
16:08.4	Edinburgh Southern Harriers	8.8
16:10.8	Aldershot, Farnham & D.	14.8
16:11.0	Wolverhampton & Bilston AC	16.7
16:12.0†	Bellahouston Harriers	8.8
16:16.6†	Waterloo Harriers	16.7
16:27.2	Hadleigh Olympiads	14.8
16:33.2	Birchfield Harriers	19.5
16:33.8†	Cambridge Harriers	8.5

SENIOR MEN

4 x 100 Metres (43.1)

41.2†	Borough Road College	19.5
41.5	Wolverhampton & Bilston AC	3.6
41.9†	Cardiff AAC	4.7
41.9†	Thames Valley Harriers	31.7
42.0	Luton United Harriers	4.9
42.2†	Edinburgh Southern Harriers	4.7
42.2	Queens Park Harriers	4.9
42.3†	Birmingham University	16.6
42.3†	Short Brothers & Harland	16.7
42.3	Borough of Enfield	18.9

4 x 200 Metres (1:34)

1:27.2	Wolverhampton & Bilston AC	2.5
1:28.2	Luton United Harriers	14.8
1:28.8	Carmarthen Harriers	14.8
1:29.2	Birchfield Harriers	19.5
1:29.7	Oxford University	10.11
1:30.2	Edinburgh Southern Harriers	8.8
1:30.6	Warrington AC	2.5
1:31.1	Cambridge University	10.11
1:31.7	Highgate Harriers	14.8
1:31.8†	Swansea Harriers	8.8
1:31.8	Hillingdon AC	14.8

4 x 400 Metres (3:23.2)

3:14.0	Birmingham University	16.6
3:14.1†	Thames Valley Harriers	3.7
3:14.3†	Birchfield Harriers	3.7
3:14.9†	Borough Road College	28.4
3:15.2	Wolverhampton & Bilston AC	16.7
3:17.0†	Loughborough Colleges	19.5
3:17.3†	Brighton & Hove AC	31.7
3:18.2†	Polytechnic Harriers	21.8
3:18.4†	Edinburgh Southern Harriers	3.7
3:18.6†	Cardiff AAC	3.7

4 x 800 Metres

7:40.6	Birchfield Harriers	19.5
7:41.0	Wolverhampton & Bilston AC	19.5
7:45.6	Coventry Godiva Harriers	19.5
7:47.6	Bellahouston Harriers	8.8
7:48.8	Oxford University	10.11
7:52.9	Cambridge University	10.11
7:55.8	Small Heath Harriers	19.5
8:07.0†	Edinburgh Southern Harriers	8.8

1600 Metres Medley (3:50)

3:27.2	Havering AC	14.8
3:27.8	Wolverhampton & Bilston AC	19.5
3:29.0†	Waterloo Harriers	15.5
3:29.5†	Cardiff AAC	26.6
3:29.7	Birchfield Harriers	19.5
3:30.4†	Liverpool H. & AC	15.5
3:30.9†	Metropolitan Police AC	10.7
3:32.9†	Andover AC	6.6
3:33.3†	Thames Valley Harriers	8.5
3:33.4†	Leeds City AC	15.5
3:33.4†	Bromsgrove & Redditch AC	4.7

JUNIOR MEN

4 x 100 Metres (45.7)

42.8	Wolverhampton & Bilston AC	9.7
43.2†	Queens Park Harriers	24.7
43.3†	Thames Valley Harriers	24.7
44.0†	Warrington AC	24.7
44.0†	Campbell College	5.6
44.0	Edinburgh AC	6.6
44.4†	Leeds City AC	15.5
44.4	Bellahouston Harriers	6.6
44.5†	Hulme Grammar Schol	15.5
44.6†	Cardiff AAC	19.6
44.6†	Glenalmond School	28.8

4 x 200 Metres

1:35.2†	Swindon AC	24.7
1:35.6†	Tulse Hill School	15.5
1:36.0†	Surrey AC	15.5
1:38.0†	Kings College School	15.5
1:38.1†	Epsom & Ewell Harriers	15.5
1:38.5†	Colchester AC	5.9

4 x 400 Metres

3:25.0†	Cardiff AAC	18.9
3:25.6	Wolverhampton & Bilston AC	2.5
3:28.2†	Thames Valley Harriers	8.9
3:28.8	Havering AC	
3:31.1	Uppingham School	22.5
3:32.9†	Birchfield Harriers	2.5
3:33.4†	Preston Harriers	.6
3:35.8†	Stoneyhurst College	.6
3:36.1†	Liverpool H. & AC	.6
3:39.6†	Warrington AC	2.5

1600 Metres Medley (3:55)

(* mile time less 1.2)

3:31.6	Cardiff AAC	14.8
3:34.7	Thames Valley Harriers	14.8
3:35.5*†	Newham AC	26.5
3:37.0*†	Thurrock Harriers	26.5
3:39.8	Wolverhampton & Bilston AC	2.5
3:40.4†	Aldershot, Farnham & Dist.	31.5
3:40.5	Birchfield Harriers	2.5
3:41.0	Reading AC	14.8
3:44.1*†	The Champion School	26.5
3:45.2	Windsor, Slough & Eton AC	14.8

YOUTHS**4 x 100 Metres (46.4)**

44.0	Thames Valley Harriers	.6
44.1†	Queens Park Harriers	20.6
44.8	Wolverhampton & Bilston AC	2.5
44.9†	Bury & Radcliffe AC	15.5
45.0	Law & District AC	8.8
45.5†	Campbell College	5.6
45.7†	Rutlish School	.6
45.7†	Bellahouston Harriers	8.8
45.7†	Wishaw High School	28.8
45.8†	Berkhamsted School	.6
45.8	Derby & County AC	14.8
45.8	Borough of Enfield	14.8

4 x 200 Metres (1:43.6)

1:33.5	Wolverhampton & Bilston AC	2.5
1:34.2	Brighton & Hove AC	14.8
1:36.5	Derby & County AC	14.8
1:36.8	Coventry Godiva Harriers	2.5
1:36.8	Windsor, Slough & Eton AC	14.8



The President, Past Presidents,
Vice-Presidents, The Chairman,
Council and Officers of

THE ROAD RUNNERS CLUB.

Wish all members and friends a
Very Merry Christmas
and every success and happiness in
the New Year

Peter Goodsell, Hon. General Secretary,
10 Honeywood Road, Colchester, Essex

1:37.2†	Gloucester AC	24.7
1:37.4	Carmarthen Harriers	14.8
1:38.0	Epsom & Ewell Harriers	14.8
1:38.0†	Basildon AC	5.9
1:38.3†	Cambridge Harriers	8.5

4 x 400 Metres (3:51.6)

3:33.8	Brighton & Hove AC	14.8
3:34.5	Hillingdon AC	14.8
3:37.4	Andover AC	14.8
3:38.3	Bellahouston Harriers	6.6
3:39.1	Highgate Harriers	14.8
3:39.5	Shettleston Harriers	6.6
3:40.3†	Pembroke Harriers & AC	.6
3:42.5	Edinburgh AC	6.6
3:42.8†	Blackpool & Fylde AC	.6
3:42.9	Borough of Enfield	14.8

4 x 800 Metres

(* 4 x 880y time less 2.8)

8:32.4	Uppingham School	19.5
8:35.1†	Bromsgrove & Redditch AC	30.8
8:42.2	Wolverhampton & Bilston AC	30.8
8:45.6*†	Liverpool Harriers & AC	9.5
8:46.0	Bellahouston Harriers	8.8
8:46.5*†	Pembroke Harriers & AC	9.5
8:46.5*†	Sale Harriers	9.5
8:52.0†	Edinburgh AC	8.8
8:52.6†	Lincoln C. & C. AC	30.8
8:55.2*†	Bolton United Harriers	9.5

BOYS**4 x 100 Metres (51.1)**

46.7	Cockermouth ASA	26.9
47.9	Havering AC	
48.3†	Borough of Enfield	27.6
48.7†	Belfast RA	5.6
49.0†	Glasgow Academy	28.8
49.2†	Wolverhampton & Bilston AC	11.9
49.3†	Port Talbot	29.5
49.5†	St. Mungo's Academy	28.8
49.6†	Edinburgh AC	8.8
49.7†	Dollar Academy	28.8

4 x 200 Metres

(* 4 x 220y less 0.4)

1:41.2	Cockermouth ASA	30.8
1:44.8	Wolverhampton & Bilston AC	30.8
1:45.8*†	North Shields Poly	30.6
1:46.8*†	Sunderland AC	30.6
1:48.1†	Ilford AC	5.9
1:49.8†	Peterborough AC	30.8
1:52.3†	Holbeach AC	30.8

SENIOR WOMEN**4 x 100 Metres (49.4)**

46.0†	London Olympiades	11.7
46.8†	Bristol AC	11.7
46.8†	Stretford AC	11.7
47.1†	Edinburgh Southern Harriers	11.7
47.5†	Cardiff AAC	11.9
47.5†	Selsonia LAC	11.7
47.5†	Cambridge Harriers	11.7
47.9	Mitcham AC	15.5
48.0†	Exeter Harriers	11.7
48.0	Epsom & Ewell Harriers	6.8

4 x 200 Metres (1:46.1)

1:36.5†	Stretford AC
1:37.9†	Bristol AC
1:38.0†	London Olympiades
1:38.3†	Cambridge Harriers
1:38.7†	Edinburgh Southern Harriers
1:40.4†	Essex Ladies
1:42.4	Maryhill LAC
1:42.4	Epsom & Ewell Harriers
1:43.0	Chelmsford AC
1:44.2	Mitcham AC

4 x 400 Metres (4:42)

3:50.2	Bury & Radcliffe AC	6.8
3:52.6†	Cambridge Harriers	13.6
3:54.1	Edinburgh Southern Harriers	8.8
3:55.6	London Olympiades	14.8
3:56.2	Derby LAC	14.8
3:58.8†	Birchfield Harriers LS	11.9
4:01.2†	Maryhill LAC	8.8
4:01.6	Essex Ladies	14.8
4:04.1	Kent AC	13.6
4:04.1†	Coventry Godiva Harriers	11.9

3 x 800 Metres

6:58.1	Airedale & Spen Valley AC	30.8
6:59.2†	City of Hull	4.9
7:17.2†	Sheffield United Harriers	4.9
7:20.5†	Thurrock Harriers	30.8
7:21.0†	Stretford AC	2.5
7:22.6†	Coventry Godiva Harriers	24.4
7:37.9†	Longwood Harriers	24.7
7:40.2†	Bromsgrove & Redditch AC	30.8
7:44.5†	Grimsby Harriers & AC	30.8
7:45.0†	Bristol AC	24.4

4 x 800 Metres

8:49.8	Barnet & District AC	3.7
9:00.4	London Olympiades	3.7
9:07.0	Coventry Godiva Harriers	3.7
8:12.4	Watford Harriers	14.8
9:16.8	Airedale & Spen Valley AC	3.7
9:17.6	Verlea AC	3.7
9:27.6	Aldershot, Farnham & Dist.	14.8
9:40.6	Essex Ladies	3.7
10:02.4†	Edinburgh Southern Harriers	8.8
10:15.2†	Blaydon Harriers & AC	8.8

INTERMEDIATES**4 x 100 Metres (51.4)**

48.1	Mitcham AC	17.7
48.9	Hull Spartan AC	17.7
49.0	Wirral AC	17.7
49.4†	Middlesex Ladies	11.7
49.5†	Dorothy Hyman Track Club	17.7
49.9†	Essex Ladies	11.7
50.1	Cambridge Harriers	14.8
50.2†	CB of Solihull AC	11.9
50.3†	Southampton AC	
50.3	Bury & Radcliffe AC	17.7

4 x 200 Metres (2:00)

1:44.6	Mitcham AC	14.8
1:44.9	Cambridge Harriers	14.8
1:48.0†	Bury & Radcliffe AC	9.5
1:48.1†	Essex Ladies	30.8

1:49.2	Middlesex Ladies	14.8
1:49.6†	Southend AC	5.9
1:50.0	Luton United Harriers	14.8
1:50.1†	Wolverhampton & Bilston AC	30.8
1:50.4	Stretford AC	14.8
1:51.5†	Medway AC	5.9

4 x 400 Metres

4:04.7	Brighton & Hove AC	14.8
4:07.2	Selsonia Ladies	14.8
4:11.4	Essex Ladies	14.8
4:11.7	Stretford AC	14.8
4:18.4	Uxbridge & District AC	14.8
4:19.8	Watford Harriers	14.8
4:30.5†	Bromsgrove & Redditch AC	30.8
4:36.5†	Bury & Radcliffe AC	30.8

4 x 800 Metres

9:15.6	Birchfield Harriers	3.7
9:30.0†	Stretford AC	3.7
9:43.0†	Longwood Harriers	3.7
9:50.6†	Selsonia Ladies	3.7
9:57.4†	Coventry Godiva Harriers	3.7
10:25.4†	Verlea AC	3.7

JUNIOR GIRLS**4 x 100 Metres (52.0)**

49.8†	Birchfield Harriers	26.6
49.9†	Bury & Radcliffe AC	17.7
50.0†	London Olympiades	17.7
50.0†	Smestow School	17.7
50.1†	CB of Solihull AC	17.7
50.2†	Hull Spartan AC	17.7
50.2†	Feltham AC	17.7
50.5†	Havering AC	11.7
50.7†	Bracknell AC	17.7
51.0	Hillingdon AC	14.8

4 x 200 Metres (2:00)

1:49.2	Wolverhampton & Bilston AC	2.5
1:50.8	Grimsby H. & AC	30.8
1:51.8	Cannock AC	2.5
1:52.0†	Medway AC	5.9
1:52.8†	Bury & Radcliffe AC	30.8
1:52.9†	Harlow AC	5.9
1:53.0	Chelmsford AC	5.9
1:53.9†	Dartford Harriers	5.9
1:54.2†	Borough of Enfield	23.5
1:54.9†	Lincoln C. & C. AC	30.8

3 x 800 Metres (9:00)

7:18.8†	Havering AC	5.9
7:37.2	Wolverhampton & Bilston AC	2.5
7:39.1†	Thurrock Harriers	30.8
7:44.0†	Tonbridge AC	13.6
7:44.8†	Warrington AC	2.5
7:46.6†	Cannock AC	2.5
7:50.4†	CB of Solihull AC	24.4
7:56.6†	Yeovil Oly AC	5.6
7:57.3†	Bury & Radcliffe AC	30.8
8:06.6†	Bristol AC	24.4

4 x 800 Metres (11:20)

9:31.3	Havering AC	3.7
9:52.2	CB of Solihull AC	3.7
9:52.2	Maryhill LAC	8.8

SCAAA Open Meeting

At Crystal Palace, December 15th

Fast 5000 Metres by Youth

CAMBRIDGE HARRIER Paul Williams (16), a pupil at Chislehurst and Sidcup GS, moved into third place on the UK Youth all-time 5000m list in clocking an excellent 14:46.8. He was with the leaders throughout the race, only losing out in a close finish, and looks to have a lot of potential over this distance, even though he still has another year ahead of him as a domestic youth. A shock came in the Junior high jump, held in the new indoor area, when Medway's Bill Johnston cleared 1.81/5'11¼". With Colin Boreham passing up this height, and then failing three times at 1.84/6'0¼", the Medway boy came out the winner.

Tony Pinfield continued his return to full fitness with a nicely judged 1500m win in a personal best of 3:55.9, and Margaret Newton dominated the Women's BMC event. She led at 400 in 66.5 and at 800 in 2:23.4 a step ahead of Betty Price and Gloria O'Leary, but it was the latter in front at the bell in 3:21.8. Margaret attacked 350m out, however, and drew away for a comfortable win in only her third 1500m race ever, whilst Gloria outlasted Betty's sprint in the final straight. Personal best in fourth place by Janet Low. In the 3000m walk, Roger Mills, lately returned from Switzerland, clocked 12:47.0 leading most of the way from the ever-improving Don Cox and American veteran Ron Laird.

The new indoor area proved a far from ideal competition venue. Due to an adjoining wall, judges could not see the 60m sprinters until they had already crossed the line, the timekeepers were jammed up and unable to get their watches dead on the finish line, and due to the noise made by .45 calibre starting gun, a .22 had to be used. Unfortunately this gun had no flash which further frustrated the timekeepers. Spectators were also in constant danger of being bowled over by onrushing sprinters, and the high jumpers were hampered by limited run-up space. This may be an excellent training facility, but as far as competitions go there are several problems to iron out.

Dave Cocksedge

60m: 1, M. Dale (Hadleigh O) 7.1; 2, L. Sullivan (Belgrave) 7.2. 300: 1, R. Coles (RAF) 36.2; 2, Dale 36.4; 3, C. Leonard (Notts. Univ) 36.8; 4, J. Simmons (Mit) 37.4; 5, L. Palmer (Eton M) 38.4. (B) 1, W. Richmond (Horn) 37.8; 2, R. Loveridge (Chelms) 38.1. 1000: 1, J. Griffiths (Sy. AC) 2:33.6; 2, J. Backley (Met. Police) 2:34.4;

3, J. Jeffrey (Met. Police) 2:35.1. 1500: 1, A. Pinfield (Mitcham) 3:55.9; 2, D. Ainslie (P'boro) 3:58.2; 3, J. Bleasdale (Hill) 4:00.1; 4, M. Davis (Invicta) 4:02.2; 5, R. Green (Harlow-Y) 4:02.5; 6, C. Elsom (Croy) 4:03.4; 7, K. Wainer (Hill) 4:03.5. 5000: 1, J. Tomlinson (Shaftesbury) 14:45.2; 2, R. Crabb (—) 14:45.4; 3, P. Williams (Chislehurst & SGS-Yth) 14:46.8; 4, M. Heath (—) 14:51.6; 5, J. Mankelov (Med) 15:03.8; 6, R. Samuel (Glos) 15:08.6; 7, G. Smith (Airedale & SV) 15:10.0. 3000mW: 1, R. Mills (Ilford) 12:47.0; 2, D. Cox (S'end) 12:50.6; 3, R. Laird (USA) 13:11.2; 4, C. Lawton (Bel) 13:16.0; 5, A. Buchanan (B&H) 13:17.0; 6, B. Armstrong (If) 13:24.4; 7, C. Young (Ex. Bgls) 13:48.0; 8, J. Bean (USA) 13:48.0; 9, N. Groom (Croy) 14:17; 10, A. Thomson (Met. WC) 14:37; 11, K. Read (Sy. WC) 14:43; 12, P. Dyble (Newham) 14:47; 13, J. Martin (If) 14:58; 14, D. Johnson (B&H) 15.00.

(Juniors) 60m: 1, M. Littlefield (B'mth) 7.4; 2, J. Southam (Skinners S) 7.4. 300: 1, S. Marlow (Chelms) 36.2; 2, L. Watson (Sy. AC-Yth) 37.2; 3, C. Clubb (Had. O) 38.1; 4, I. Hirshfield (Dartford) 39.5. (B) 1, Littleford 38.5; 2, K. Bilham (Border-Martin's brother) 39.6. HJ: 1, W. Johnston (Medway) 1.81/5'11¼"; 2, C. Boreham (B'mth) 1.78/5'10"; 3, R. Hopkins (Belgrave) 1.78; 4, A. Johnson (Epsom & Ewell) 1.75/5'9"; 5, G. Vose (Sy. Bgls) 1.75; 6, D. Cross (Skinners S) 1.70/5'7". (Youths) 60: 1, G. Figueria (S'gate) 7.4; 2, J. Rogers (Skinners S) 7.7. 300: 1, W. Tarquini (HHH) 37.8; 2, R. Castagna (Islington GS) 41.0; 3, C. Sullivan (Ex. B) 42.8. 1000: 1, S. Jacobs (Reading) 2:41.7; 2, P. Chimes (Walton) 2:42.4; 3, M. Slack (Bracknell) 2:44.8. 1500: 1, I. Patrick (—) 4:13.2; 2, J. Odlin (Hornsey) 4:13.8; 3, G. Pritchard (Woking) 4:15.3; 4, D. Fowler (C&SGS) 4:18.2; 5, G. Saville (W. Grn) 4:18.8; 6, D. Randall (Medway) 4:20.0. Boys 1500: 1, T. Walsh (Woking) 4:17.3; 2, G. Head (—) 4:24.8; 3, P. Barr (Epsom & Ewell) 4:26.0; 4, C. Leahy (Ex. B) 4:36.9. Intermediate Girls' HJ: 1, C. Mathers 1.53/5'0¼"; 2, S. Vickers 1.40/4'7".

BMC Women's Invitation 1500: 1, M. Newton (Southampton & E) 4:38.0; 2, G. O'Leary (Barnet) 4:39.2; 3, B. Price (Uxbridge) 4:41.3; 4, J. Low (Uxb) 4:48.7; 5, A. Dunn (Camb) 4:49.8; 6, C. Roy (Hill) 4:55.7; 7, S. Smith (BMC SW) 5:03.6; 8, A. Roberts (Sy. AC) 5:04.6; 9, J. Farr (Dartford) 5:05.8.

9:59.8	Wolverhampton & Bilston AC	3.7
10:04.6	Birchfield Harriers	3.7
10:07.0	Longwood Harriers	3.7
10:11.2	Watford Harriers	3.7
10:16.0	Coventry Godiva Harriers	3.7
10:28.8†	Liverpool H. & AC	2.5
10:30.8†	Edinburgh Southern H.	8.8

The Huntingdon and Peterborough Federation of Athletic Coaches would welcome any application for membership from qualified individuals (AAA, WAAA and RWA) resident within the area, and not known to the area coaching secretary. Applications should be sent to John Jenkins (Administrator), 6 Coldhams North, Huntingdon.

Influence of the Dedicated Athlete

PEOPLE, in general, admire athletes who are truly dedicated to their sport and event. Dedicated to the extent that they do not mind tired, aching muscles and gruelling training workouts; dedicated to the extent that they train for hours on their own; dedicated to the extent that in a meeting they completely lose themselves in their event participation; dedicated to the extent that such things as enthusiasm for the event and a winning spirit radiate from them and inspire those around them.

This type of athlete usually will demand more respect than either the mediocre athlete or the highly skilled one who does not take the sport as seriously in purpose. This is true for many reasons. It is obvious that they believe in what they are doing. They view their participation as being very worthwhile, something of importance to themselves and to others. It is also clear that they take a tremendous pride in their performance. Because they care, others who watch them care also.

People see the work the athlete puts into conditioning, into development of better skills, into improvement so as to be able to contribute more on behalf of their fellow team-mates. People see it and appreciate it. This type of athlete becomes a favourite or even an idol.

When an athlete exhibits outstanding skills and desires toward greater performance, this athlete has an exceptional appetite for success. This athlete wants to be the best; this athlete wants to win.

To many who have watched his or her endless efforts, this desire to win would seem to supersede all other motives. This type of athlete discipline themselves severely for the betterment of their personal performance. They sacrifice other enjoyable things to work toward a maximal of improvement. They give their all in training and competitively. Therefore, they must surely want to win, and, seemingly, this type of athlete, who have worked so hard for the attainment of their ultimate goal, would let nothing interfere with the realisation of them.

Now, let this type of athlete demonstrate that there is something else beside the winning or the doing well that merits his or her attention during the event participation, and people will sit up and take notice. They will realise that it really must be vital and worthwhile to rate the attention of such an athlete.

It is in this respect that the dedicated athlete can and does make a vital contribution to life itself. The positive influence they can exert toward people of all ages in the area of all-round sportsmanship and qualities of character cannot be measured. They may not take advantage of this opportunity, but, if they do, they definitely have an advantage over any other athlete, and, perhaps, any other person. Why do they have an advantage?

Well, already they have demonstrated how important the sport is to them. Already they have shown that nothing else matters as much as their love for their sport and individual event, their excellence of performance, and their ultimately reaching the top. These things alone can inspire those around them toward greater achievement in their own particular event. But let them show that in their terrific desire to attain the top, it matters to them how they get there. Let them show that winning means nothing to them unless they can do it fairly. Let them never arrogantly view their team-mates and opponents for not having their same high standards, but accept with humility any success they may gain. Let them never accept the credit for the victories but be prepared to accept their share of the blame for any defeat. Let them show respect for the decisions of the officials, even when they are wrong. Let them congratulate their opponents in victory knowing they feel the same sense of elation as they do when victory comes to them.

By Ron Murray

Let them show in their general conduct that the name of the game is "sportsmanship". Let the dedicated athlete do these things and I can think of no other person who can do nearly as much toward fostering these same worthy qualities into the lives of others as they can through their fine example. In essence, all this means that the greatest teacher of many of the finer qualities of life is "Example". All of us have a responsibility. Just because an individual is not in the "public eye" as such does not exempt him.

The type of athlete described have a tremendous opportunity and because of this fact it is essential that they be aware of this responsibility. There are many reasons why this is true. One of the main reasons concerns the many youngsters who view the athlete. Youngsters are very impressionable and are quick to follow in the footsteps of those they like, especially their idols. Another basic reason is the obligation the athlete has for his or her sport. Because they are fortunate enough for the chance to participate and since they realise so much satisfaction through their participation, they owe the sport something. The best thing they can give is a good reputation. They should have an abiding concern for making others realise the worth of their sport.

Some athletes fail to fulfil this obligation, but enough of them do fulfil it to justify the sport. In fact, the opportunity to set a good example and positively influence people is what motivates so many athletes towards whole-hearted participation. For sure, this would be a noble reason and such an attitude would demand the qualities of excellence in THE ATHLETE.

Southern Counties A.A.A.

OPEN MEETING

WEDNESDAY, 19th JANUARY,
1972

at CRYSTAL PALACE

TIMETABLE

- 7.00 p.m.—Pole Vault (Seniors and Juniors)
- 7.00 p.m.—1,000 Metres Steeplechase (Youths and Boys)
- 7.10 p.m.—2,000 Metres Steeplechase (Seniors and Juniors)
- 7.20 p.m. — 300 Metres (Seniors, Juniors, Youths and Boys)
- 7.40 p.m.—10,000 Metres (Seniors and Juniors)
- 8.20 p.m. — 600 Metres (Seniors, Juniors, Youths and Boys)
- 8.35 p.m.—B.M.C. Ladies 1200 (Olympic Build-up race No. 1)
- 8.40 p.m.—3,000 Metres Walk
- 8.55 p.m.—1200 Metres (Seniors, Juniors, Youths and Boys)
- ENTRY FEE: 20p Seniors, 15p Juniors, Youths and Boys.
Pole Vault 20p

Apply to Southern Counties A.A.A.,
26 Park Crescent, London, W1N 4BQ

Closing date for entries

Friday, 14th January, 1972

NO ENTRIES ON DAY. NO PHONE
ENTRIES WILL BE ACCEPTED

Please enclose S.A.E. if acknowledge-
ment is required.

Partington Inspiration of Red Rose League

Leverhulme Park, Bolton, December 11th

THE second season of the Red Rose League was concluded at Bolton, and was marked by a fine win in the Senior six-mile event by Ian Partington of Rossendale. Partington's performances this season have been an inspiration to all. His best league position in the previous season was 24th but his previous placings this year have been 4th, 3rd and 2nd. He won in convincing style, taking a lead after one mile and extending this throughout the race to finish more than one minute in front of second man, David Brown of Oldham and Royton. Brown, an individual competitor, outsprinted Bolton's Keith Baum who, however, finished the series in second individual place.

1. I. Partington (Rossendale) 33.34
2. D. Brown (Individual) 34.40
3. W. Yale (Bolton UH) 34.42
4. A. Byrne (Bolton) 34.54; 5. K. Baum (Bolton) 34.56; 6. R. Lewellin (Rochdale) 34.57; 7. P. Swift (Roch) 35.20; 8. T. Proctor (Roch) 35.26; 9. K. Mayor (Bolt) 35.32; 10. R. Swann (Bolton) 36.02; 11. J. Salt (Roch) 36.14; 12. N. Ward (Bolt) 36.47; 13. T. Taylor (Roch) 36.49; 14. D. Topping (Bolton) 37.03; 15. P. Lever (Bolt) 37.09; 16. H. Aspinall (Ross) 37.24; 17. A. Shaw (Roch) 37.47; 18. D. Ashton (Bolt) 37.53; 19. J. Ward (Bolt) 38.00; 20. E. Richardson (Ross) 38.29. **Teams:** 1, Bolton 37; 2, Rochdale 56; 3, Rossendale 56; 4, Bury 170. **Final Positions:** 1, Bolton 151; 2, Rochdale 247; 3, Rossendale 386; 4, Bury & Radcliffe. **Individual:** 1, Partington 10; 2, Baum 19; 3, Proctor 21.

Youths

1, R. Chaisty (Bury) 17.31; 2, B. Troughton (Bury) 17.32; 3, S. Jackson (Ind) 18.11; 4, I. Chiple (Ind) 18.13; 5, J. Gorner (Bolt) 18.36; 6, S. Whitehead (Bolt) 19.20; 7, M. Dean (Bolt) 19.31; 8, A. Black (Ross) 19.36; 9, E. Taylor (Roch) 21.40; 10, P. Drummond (Bury) 21.51. **Teams:** 1, Bury 22; 2, Bolton 24; 3, Rossendale 37; 4, Rochdale 43. **Final:** 1, Bury & Radcliffe 86; 2, Bolton 105; 3, Rossendale 129; 4, Rochdale 157. **Individual:** Chaisty.

Boys

1, A. Bent (Ind) 11.52; 2, G. Wilson (Bolt) 12.59; 3, P. Carroll (Bury) 12.05; 4, J. Eastham (Bolt) 12.07; 5, E. Williams (Ind) 12.07; 6, N. Woodworth (Ross) 12.16. **Teams:** 1, Bury 47; 2, Rossendale 69; 3, Bolton 77; 4, Rochdale 92. **Final:** 1, Bury 197; 2, Rossendale 236; 3, Bolton 298. **Individual:** Bent.

Colts

1, S. Caldwell (Bolt) 9.19; 2, A. Cothliff (Ross) 9.29; 3, A. Harrison (Ross) 9.40; 4, T. Ashworth (Ross) 9.46; 5, J. Quine (Bolt) 9.50; 6, . . . (Ind) 9.54. **Teams:** 1, Rossendale 32; 2, Bolton 54; 3, Rochdale 121. **Final:** 1, Rossendale 113; 2, Bolton 238; 3, Rochdale 488. **Individual:** Cothliff.

Four of Bedford's European Records are Ratified

The European Athletic Association Council has ratified the following as European records:—100m: 10.0 Manfred Kokot (GDR) 15.5.71; 200: 20.2 Valeriy Borzov (USSR) 25.7.71; 3000: 7:39.8 Emiel Puttemans (Bel) 31.8.71; 3M: 12:58.2 Dave Bedford (UK) 15.6.71; 5000: 13:22.2 Bedford 12.6.71; 6M: 26:51.6 Bedford 10.7.71; 10,000: 27:47.0 Bedford 10.7.71; SP: 20.69 Hartmut Briesenick (GDR) 6.6.71; 21.00 Briesenick 12.6.71; 21.08 Briesenick 13.8.71; 21.12 Hans-Joachim Rothenburg (GDR) 28.8.71; 2 hr walk: 26,658m Peter Frenkel (GDR) 11.4.71; 30km walk: 2:15:16 Christoph Hohne (GDR) 11.4.71; women's 1500: 4:09.6 Karin Burneleit (GDR) 15.8.71; HJ: 1.92 Ilona Gusenbauer (Aus) 4.9.71; DT: 64.22 Faina Myelnik (USSR) 12.8.71; 4x100: 43.3 Germany (Elfgard Schittenhelm, Inge Helten, Annegret Irrgang, Ingrid Mickler) 15.8.71; 4x400: 3:29.3 GDR (Rita Kuhne, Ingelore Lohse, Helga Seidler, Monika Zehrt) 15.8.71.

BRICKWOOD '5'

At Portsmouth, December 11th

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| 1. M. Duff (Reading) | 24.13 |
| 2. A. Cass (Portsmouth) | 24.16 |
| 3. B. Watson (Cambridge) | 24.17 |
| 4. N. Rose (Bristol) 24.17; 5. J. Jones (Windsor) 24.22; 6. J. Goater (Shaft) 24.25; 7. D. Dipper (Read) 24.29; 8. K. Penny (Camb) 24.48; 9. R. Collingbourne (Windsor) 24.53; 10. D. Sparks (Windsor) 24.56; 11. R. Ingleton (Ports) 25.05; 12. S. Harrison (Ports) 25.05; 13. R. Horwood (B'ht) 25.05; 14. R. Richardson (B'ht) 25.08; 15. I. Wilson (B'ht) 25.14; 16. B. Bacon (Read) 25.20; 17. M. Hyman (Ports) 25.24; 18. D. Fudge (Ports) 25.24; 19. J. Clare (B'ht) 25.25; 20. R. Piotrowski (Read) 25.41; 21. T. Jones (Camb) 25.44; 22. A. Parker (Sx. Univ) 25.46; 23. G. Gough (Ports) 25.49; 24. G. Dugdale (Ryde) 25.53; 25. T. Osborne (RNAC(S)) 25.54; 26. P. Hamilton (S'ton) 25.56; 27. C. Haines (B'ht) 26.01; 28. E. Oxlade (Sx. Univ) 26.01; 29. P. Lindsell (Read) 26.05; 30. R. Dipper (Read) 26.13; 31. D. Sharman (Bris) 26.24; 32. A. Kean (Sx. Un) 26.25; 33. D. Jennings (Bris) 26.29; 34. J. Richardson (Sx. Un) 26.30; 35. P. Williams (S'ton Univ) 26.31; 36. C. Woodward (Leam) 26.38; 37. A. Harmer (Ports) 26.43; 38. G. Botley (B'ht) 26.47; 39. R. Stevens (Read) 26.49; 40. C. White (B'mth) 26.52. | |

Teams: 1, Windsor, Slough & Eton 22; 2, Reading 22; 3, Portsmouth 23; 4, Cambridge 30; 5, Blackheath 39; 6, Portsmouth 'B' 55; 7, Bristol 66; 8, Reading 'B' 76; 9, Univ. of Sussex 79; 10, Blackheath 'B' 80; 11, Southampton & Eastleigh 103; 12, Ryde 119; 13, Sx. Univ. 'B' 125; 14, RNAC (South) 130; 15, Southampton Univ. 137. 23 teams closed in.

SCAAA 200 Competition winners for November: R. H. Float (£25), D. M. Shepherd (£15), A. A. Gold (£5).

Welsh Notes

The fourteenth annual Nos Galan road races are on Friday, December 31st. Runners entered in any of the four events are advised that hail, rain, snow or sunshine Nos Galan goes on. The weather has done its damndest in previous years and has failed to prevent the events from taking place. Mountain Ash Council have a tremendous reputation for clearing the roads double quick in bad weather and as they are the sponsors they will see to it that the roads are clear for the races. Furthermore, for the past two years South Wales has enjoyed fine weather while many parts of the country were snowbound. Events: 4 p.m. Men's Mile—Clive Thomas of TVH will defend his title. 8 p.m. Women's Mile. Margaret Beacham (Barnet) will defend her title and possibly improve on the record (4:47.0) she set last year. Rita Ridley will try to regain the title she won three times. 50 are expected to run. 9 p.m. Men's 100 yards—At time of writing Ron Jones has not entered. Neither has Ian Green who won it last year. Ron won it 7 times in all. Berwyn Price has entered and has entered the 4 miles too! Peter Gabbett is in and an entry is expected from Alan Pascoe. 11.46 p.m. Men's 4 miles. David Bedford won this in 1969, and again last year in record time of 17.45 exactly one minute faster than Stan Eldon's time for the first Nos Galan in 1958. Entries are down on previous years due to the fact that the Counties championships are next day. John Jones of Windsor, Slough & Eton, who was third last year, hopes to beat Bedford . . . and what a cry would go up in Mountain Ash if he succeeds! He is a Mountain Ash boy. W S & E could take the team race, though Cardiff are strong this year too.

The Glamorgan Championships start at 2.30 p.m. on Saturday, January 1st at Penrhys, Rhondda. The Monmouthshire also start at 2.30, at Glebelands Track, Newport.

Bernard Baldwin

Cardiff AAC officers: Patron, L. Davies, President, J. D. B. Williams; Chairman, E. Hopkins; Secretary, Dr. W. A. L. Evans, "Winterbourne", Greenway Close, Llandough, Penarth, Glam (Penarth 708102); Treasurer, J. Lister; Track Sec., K. Bennett, 4 Bryn Bach, Rhiwbina, Cardiff; CC Sec., N. P. John, 22 Pascoes Ave, Bridgend, Glamorgan; Club Captain, Hywel Williams; Women's Captain, Sue Davies; CC Captain, Jeff Kirby.

Bracknell AC Fixtures Secretaries are now: Geoffrey Knight, 8 Cabera Close, Virginia Water, Surrey and Graham Tilly, 19 Rounton Road, Crookham, Hants. Miss Jackie Elsmore wants it known that she is no longer involved with the club fixtures.

Huntingdon AC Officers: President, D. W. Fisher; Chairman, L. Joyce; Treasurer, J. Welsh; Hon. Sec., T. G. Cole, 10 Priory Road, Huntingdon, PE18 6JN.

MARCELLO FIASCONARO answers the Questionnaire

Full name:

Marcello Luigi Fiasconaro.

Date of birth:

19.7.1949.

Height and weight:1.87/6'1 $\frac{3}{4}$ ", 79kg/174lb.**Occupation:**

Representative.

Personal best marks:

100m—10.5, 200m—21.3, 400m—45.5, 800m—1:50.2.

Which performance has given you most pleasure?

First two races against Donald Timm at Coetzenburg.

How many days a week do you train?

Seven.

Please describe your warm-up:

4 laps jog; 10 min. exercises; 5 run-throughs (3 in spikes—fast).

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

Monday: 4-5 miles relaxed running on golf course.

Tuesday: 3x600m (85 sec.) with 10 min. rest.

Wednesday: 3-4 miles; 50m dashes.

Thursday: 4x300m (37 sec.) with 6 min. rest.

Friday: 3-4 miles relaxed running; 10 starts.

Saturday: 4 miles; 1 min. fast, 1 min. slow, 2 min. fast, 2 min. slow, 3 min. fast, 3 min. slow.

Sunday: 2 $\frac{1}{2}$ miles easy cross-country running; $\frac{1}{2}$ mile hard over crosscountry circuit; 2 $\frac{1}{2}$ miles relaxed running (hard on uphill).**Please give details of a typical week's training in summer:**

Monday: 3x300m (35 sec.) with 10 min. rest.

Tuesday: 3x50m fast from blocks; 2x100m round bend from blocks; 8 starts—30m.

Wednesday: 2x600m (80 sec.) with 20 min. rest.

Thursday: 8x150m (16.5 sec.) with slow walk-back recovery.

Friday: 8-12 starts, 50m full effort round bend; 6x40m full effort.

Saturday: Race.

Sunday: Relaxed 4-5 miles over country.

Coach:

Stewart Banner.

How much of your success is due to coaching?

Of utmost importance—could not have developed natural talent without proper coaching.

How many days rest do you like before competition?

None unless major event, when one day rest.

How often do you like to compete?

Every week.

What is your target?

A medal at the Olympic Games.

What advice would you offer the young athlete?

Train hard, enjoy your athletics without it ruling your life.

Annual progress:

Year	100	200	400	800
1970	11.2	—	46.5	1:51.1
1971	10.5	21.3	45.5	1:50.2

(I also hold a drinking record for downing a pint of beer in 3.2 sec.—1970.)

(Reprinted by courtesy of "S.A. Athlete")

Marcello Fiasconaro, who represented Italy at the European Championships where he placed second to David Jenkins in 45.5, seen with fellow — medallists Jenkins and Jan Werner.



Fionnbar Callanan

Great Races of the Past (12)**By Jack Barlow**

Sprint Duel to Remember

THE early years of World War II saw the rise to fame of the man who is perhaps the least known member of that very select group of super sprinters known as "The World's Fastest Humans." The athlete in question was Harold Davis of the University of California, former joint world record holder at 100 metres and brilliant winner of seven out of a possible eight National AAU sprint championships between 1940 and 1943. Strangely enough it was the odd AAU title that Davis lost which is the subject of this article, namely, the National 100 metres championship final at Franklin Field, Philadelphia, on June 29th 1941, a sprint which Davis, even in defeat, made worthy of a place among the great races of the past.

The asset which made Hal Davis such an exciting sprinter to watch was his astonishing ability to come from behind with his tremendous driving finish to snatch victory in most cases almost on the tape. Hal, in fact, never thought in terms of defeat and one such example of this during his early career was seen at a special Finnish Relief meet staged in Los Angeles on May 17th, 1940. Entered among a crack field which included Mozelle Ellerbee, twice a National Collegiate champion, Davis almost met with complete disaster as he actually fell on all fours in the first few yards, yet picked himself up and made up an estimated 5 to 8 yards on some of the best American dashmen to finish a close fourth. Such was the spirit and determination which was to make this then 19-year-old student of Salinas (California) Junior College into the all-time great sprinter he became.

Never beaten over furlong

That defeat was one of only three he suffered during his reign as American sprint king. He was never beaten over 200 metres or 220 yards. By the end of that year this 5'10", 160lb. powerhouse had clearly established himself as the fastest white sprinter since the heyday of Frank Wykoff exactly a decade earlier, with sizzling double victories over 100 and 200 metres (straight) at the Compton Invitation meet in 10.3 and 20.5 and at the National AAU, staged that year at Fresno, in 10.3 and 20.4. It was at this latter meeting that Davis met and defeated (in both events) for the first time the famous sprint star from Pennsylvania State University, Norwood "Barney" Ewell, the other key figure in this article.

In 1941 Davis continued his run of success, beating Ewell again indoors in the classic Millrose Games 60 yard dash at Madison Square Garden, New York. At the Fresno Relays that spring he returned sensational marks of 9.4 and 20.2 for the 100 and 220 yards (straight) but a following wind prevented the latter being accepted

as a new world record. At the Compton Invitational, however, he officially equalled the world's 100 metres record of 10.2 then held by the great Jesse Owens.

Hence all looked set for Hal to retain both of his National AAU titles in Philadelphia, but Barney Ewell had other ideas. Still smarting from the three successive defeats inflicted upon him by Davis, 23-year-old Ewell was naturally bent upon revenge for he had enjoyed a fine track record so far and had a proud reputation to uphold. Ewell had, in fact, first come into prominence as a Lancaster, Pennsylvania high school star, taking third place that year in the AAU 200 metres final at Milwaukee. Two years later, as a university freshman, he gained his first AAU Championship at Lincoln, Nebraska, winning the 200 metres around a turn in 21 seconds flat and upsetting the favourite, Clyde Jeffrey, then joint holder of the world 100 yards record. Ewell became both Inter-Collegiate and National Collegiate double sprint champion in 1940 and furthermore he retained all four of these titles in 1941.



The great Hal Davis in sprint action.

Ewell, therefore, was not a little rankled when he met Davis in what was to prove their most famous showdown at Philadelphia for the 1941 AAU 100 metres Championship. Never a good starter, Davis, in this all-important test, actually got one of the worst of his career, whereas Ewell was away like a rocket and at the half-way was a full three metres up. It was the fleeting final 50 metres, however, that forced the big crowd at Franklin Field that day roaring to their feet, for it was then that they saw how the great Hal Davis could really run. Closing all the way with his remarkable ground devouring 9'4" stride—one of the longest ever among the top all-time sprinters—the California Comet had his fans literally screaming as he incredibly only just failed to catch Ewell on the line as both men flashed through the tape in a scorching 10.3.

Phenomenal finishing speed

We shall never know just how fast Davis covered that last 50 metres to leave behind such fine sprinters as Payton Jordan (University of Southern California) and Billy Brown (Louisiana State) as no official figures exist. Some idea, though, can be gained from the fact that in his world record equalling run of 10.2 earlier that summer he was timed at 5.7 for the first 50 metres and 4.5 for the second, and obviously he must have generated similarly phenomenal finishing speed in the championship race at Philadelphia. Ewell, meanwhile, had proved the old adage that there is nothing like the advantage of a good start and fully deserved to win this sprint classic.

Davis gained his revenge in that 1941 AAU meet in proving too strong for Ewell in the 200 metres final, which he won in 20.4, and this turned out to be the last time they ever met. In 1942 Davis reigned as undisputed sprint king again when, after an impressive 9.4 100 yards victory at the Fresno Relays, he went on to win a double in the National Collegiate Championships, at which meeting all the hopes of a renewal of his feud with Ewell were ruined when the latter pulled a tendon in the long jump trials which put him out of action for the whole season. Further new meet records fell to Hal at the annual Pacific Coast Conference v. Big Ten match at Evanston where he dashed through the 100 and 220 yards in 9.5 and 20.4, while he climaxed an unbeaten season with another AAU double sprint triumph.

Davis's last full season turned out to be 1943, for after his graduation that June he was due for service in the United States Marines. After suffering a rare defeat at the hands of Payton Jordan, he won the Fresno Relays "100" for the fourth straight year in 9.5, scored his second successive double at the National Collegiates and ended up in a blaze of track glory in the AAU Championships at Randall's Island, New York, where he took the 100 metres (for the third time) in 10.3 and the 200 metres (for the fourth consecutive time) in 20.2 down-wind.

Meanwhile, Barney Ewell, after graduating, saw service in the US Army, but managed to compete in the Eastern United States during the

war years. When peace returned this remarkable veteran soon showed that he was still a force to be reckoned with as he continued to add to his collection of National AAU titles. In 1945 at New York he won the 100 metres again in 10.3, in 1946 at San Antonio he captured the 200 metres and retained this title at the 1947 championships. Finally, in 1948, the now 30-year-old campaigner decided to have a shot at making the US Olympic team for the Games in London. Incredibly, after winning his sixth AAU title (this time the 100 metres) he hit his best form once again at the US Olympic Trials at Evanston to win the 100 metres from the new West Coast sensation, Mel Patton, in an official world record equalling 10.2. Nothing could stop him now; he was on the team for London where before vast crowds packing the Empire Stadium, Wembley, he captured silver medals in both the 100 and 200 metres as he finished inches only behind both Harrison Dillard in the shorter sprint, and Patton in the longer one.

It was a worthy end to one of the longest and most successful sprint careers ever known; one, in fact, which neither advancing years nor war service could quell. As Hal Davis once said, when asked the secret of his sporting abilities, "Some runners give in too easily." Certainly both he and Ewell exemplified the reverse of defeatism, which was why both of them rank among those who ran the greatest races.



Margaret Coomber winning Kent title.

Peter Williams

LET'S NOT BE SLAVES TO THE WIND GAUGE — *argues Bob Sparks*

READERS who study ranking lists published in "AW" will probably have noticed a significant change in the method of listing performances in the sprints, hurdles and horizontal jumps—the inclusion of all performances irrespective of wind-assistance, in strict order of time or distance. The segregation of "windy" from "legal" performances in ranking lists has long been accepted statistical practice (indeed, until recently, most mid-seasonal lists tended to ignore wind-assisted marks altogether), and the decision of the NUTS to institute the new format was therefore not taken without considerable deliberation.

The fact that there has been virtually no public outcry suggests that most readers are either in agreement with the change, or (perhaps more likely) do not consider the matter worthy of comment. On the other hand, the new policy has not been gladly accepted by all members of the NUTS, and several people from outside our organisation have expressed misgivings, so a detailed explanation would clearly be a necessity for those who share their doubts about the advisability of such a radical transformation.

Before giving our reasons for the change, I must make it clear that we are not denying that certain wind conditions are highly favourable, particularly in the sprints and jumps; we simply no longer

feel that this is sufficient justification for segregation. There are five major reasons for this:

★ A great many factors influence performance in athletics, although little regard is paid to most of them; these factors can be divided into two broad categories—

(i) The human element (physical ability; mental condition; quality of competition; timekeeping and judging).

(ii) The environment: Track composition (i.e. size, shape and running surface); Track "ambience" (accessability, facilities, etc); Wind-conditions; Rain; Temperature; Atmospheric pressure; Humidity; Time of day; Light.

I do not claim that this list is exhaustive, nor do I postulate any particular order of importance (although clearly the major factor is the basic ability of the athlete), and there must be a considerable degree of inter-dependence. Can anyone justifiably dispute the relevance of any of the factors? Can anyone honestly evaluate their efforts? I think not. Unfortunately, although all the meteorological factors can be measured, it has been our policy to ignore everything but the wind, even when it is obvious that other conditions are detrimental. Because they do not exert any overt influence, no statistician has bothered to consider them, except on rare occasions. One such was

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the 1968 Olympic Games, held in Mexico City's rarified atmosphere. Dr. Don Potts then equated the average barometric level to wind-assistance of 2 m/s, but has this affected the compilation of ranking lists? Not one iota! Strict implementation of the rules has been adhered to with awesome rigidity, as a glance at 1968 world triple jump lists will reveal through the inclusion of Sanyeyev (17.39/+ 2.0), Prudencio (17.22/+ 2.0) and May (17.02/+ 2.0) but rejection of Walker (17.12/+ 2.5) and Dudkin (17.09/+ 3.0). Where is the logic in this?

★ Other events besides the traditionally affected ones may be favourably influenced. Every discus thrower knows about the advantages of certain wind-conditions, even if many are not skilled enough to benefit; there is, in fact, a strange corollary to this, since the skilled thrower can expect to gain considerably more from favourable conditions than the lesser performer, whereas in the sprints and jumps one assumes that any benefit would be uniform for all competitors. There was a time when a following wind in the javelin was considered an "unfair advantage", but the advent of the aerodynamic model has reversed this situation. Despite such generally accepted advantages, one does not expect to find discus and javelin lists split into "legal" and "wind-assisted" sections. What about the pole vault; is speed on the runway augmented by a following wind? Is a strong wind necessarily detrimental to other track events? One straight may receive the full benefit while the other may be sheltered by the stands (as sometimes occurs at Crystal Palace), and enclosed stadia often produce vortical phenomena, such as at Cardiff in 1958. How about marathon races on one-way courses, like Windsor-Chiswick or Inverness-Forres? There is neither discrimination nor annotation in any of these cases, and yet there are so many unknowns; to single out only one group of events for special attention is therefore surely illogical.

★ Does wind-assistance assist and, if so, by how much? It is doubtful, for example, whether strong following winds are beneficial to hurdlers—indeed, some may actually gain more from a slight head-wind. Another case is the 200m around a turn—an unfavourable component in the bend section frequently nullifies whatever advantage is obtained along the straight, the actual reading being taken for less than half the race.

Consider, however, the straightforward events. As I mentioned above, wind is but one of a number of factors influencing performance, and it is almost impossible to determine the advantage gained by a given rate of wind-assistance in isolation from the other factors. Even if all other conditions were equal, there would still be no evidence to prove that a wind-speed of x m/s provides an improvement of y tenths of a second or z centimetres. Presumably somebody skilled in aerodynamics and anemology could calculate theoretical values and it might be rather splendid to convert all performances to a uniform level of assistance (always assuming all wind-data were available), although in fairness we would then have

to obtain conversion factors for all other sources of variation. Perhaps in time we could devise a comprehensive formula involving all these variables, then we would just need a computer to pour out vast quantities of data completely unrelated to any actually recorded performance.

Unfortunately, theory and practice frequently produce diametrically opposed results. We all know that excessive following wind is an advantage, but it is extremely difficult to find any reliable evidence to back up such undeniable logic. Consider the current British best-ever performances:—

		Best "legal"	Best "windy"
Men	100m	10.2	10.2
	200m	20.4	20.6
	110mH	13.6	13.6
	200mH	23.0	23.7
	LJ	8.23	8.12
	TJ	16.46	16.65
Women	100m	11.3	11.3
	200m	23.2	23.1
	80mH	10.6	10.7
	100mH	13.4	13.7
	200mH	26.7	27.1
	LJ	6.76	6.70

Hence, 2 out of the 12 events show superior "windy" marks, which is hardly the most compelling evidence. However, no statistician would be satisfied with conclusions drawn from such scanty data, so let us examine an event in depth, 100m. The following is the distribution of all British performances to date down to 10.5 (including equivalent 100y times, but excluding McDonald Bailey, for whom I do not have complete data to hand):—

	"Legal"	"Windy"
9.3/10.2	2	3
9.4/10.3	18	16
9.5/10.4	65	53
9.6/10.5	170	122
	<hr/> 255	<hr/> 194

Again, scarcely the most dramatic evidence that following winds are significantly helpful, although I must admit that the two sets of data do not necessarily derive from equivalent base populations—i.e. there may be more races held under "legal" conditions than "windy", but I have no evidence either way (and Edinburgh 1970 must have helped to redress any previous imbalance if one existed!). Alternatively, many of the performances counted as "legal" may have been given the benefit of the doubt—who knows?

This argument can be extended by studying long and triple jump series. My own observations (which are too involved to present here in depth) again fail to show any strong evidence either way. One would certainly expect that if most other conditions were equal, such as might occur within any one normal competition, wind would be a significant factor in producing better marks, but one finds time and again that there is no regular pattern within any series—which seems to indicate that the important elements in the composition of a good jump are not entirely governed by the strength of following wind.

No matter what evidence one can unearth about the benefits of following winds, it is still an incontrovertible fact that nobody can prove that an athlete who has run a "windy" 10.2 would not **on that occasion** have run 10.2 in "legal" conditions—or conversely that a wind-free 10.2 would have been faster with a significant tail-wind. It remains a matter of supposition, and I question whether it is right to dismiss performances as we have all been happily doing for so many years on such conjectural grounds. It surprises me that a jumper is even allowed to claim a wind-assisted mark in his series towards the final result of the competition, if people really feel there is an unfair advantage to be gained. This reminds me of that ludicrous situation in the Russia v. E. Germany match in 1961, when Hildrun Claus was credited with a world record of 6.42 (+ 1.4), yet placed only third in the competition behind Shchelkanova (6.50/+ 3.2) and Shaprunova (6.46/+ 5.4)! Just to ram the point home, Claus had four "windy" jumps in her series, so one cannot say she did not have the same opportunities as her opponents.

★ One of the worst aspects of this whole business is that we do not have adequate facilities for measuring wind-speed accurately enough. Even if the gauge is performing properly (and there are some in use which are demonstrably faulty, such as the one used at Colwyn Bay in 1969 when Halliday and Walters were credited with "legal" 10.3's), its method of operation is subject to errors which may be significant in readings close to the statutory limit, but more important it cannot record anything except the situation in its immediate vicinity. In a race, the lane furthest from the gauge may have very different wind conditions from that nearest, especially in enclosed stadia. I was wind-observer at Crystal Palace during Heide Rosendahl's 5129 pentathlon (August 1968), and I clearly remember her coach's insistence that the gauge be shifted from the inner edge of the track to the more sheltered side under the stand's overhang. I was able to oblige with a 1.35 m/s reading (need I add that Heide ran in the lane furthest away?), and everybody was satisfied with the legality of the situation, but I did wonder what the position might have been had I remained in the more exposed spot.

The second point is that wind usually comes in gusts of varying intensity rather than blowing consistently at a constant rate. The gauge will be placed at approximately the mid-point of the course, so that for much of the race, the conditions actually affecting the runners will be difficult to estimate. Gusts as high as 10 m/s (roughly sprinting speed) will have a dramatic effect on the gauge but may never be of use to the athlete. It is easy to illustrate this by means of hypothetical examples and actual occurrences in my own experience, but there is no need to dwell on the matter. However, it is worth mentioning the freak conditions occasionally encountered at the White City long/triple jump area, where the wind has been known to blow from both ends of the runway at

once! Depending on where you placed the gauge, you could get following or adverse readings for the same jump; no wonder it was such an unpopular venue for competitors.

Thirdly, there is the problem of oblique winds. One popular type of gauge is constructed to obviate the need for calculating wind-direction by recording only the component in the direction of running, but is it really accurate (even assuming it has been correctly aligned by the operator, who has to judge this by eye)? How accurate in recording direction as well as speed are the traditional cup-type anemometers still widely used throughout the world? Wind-direction is as changeable as speed, so one wonders whether it is ever possible to make an accurate component calculation with this type of gauge. Most important, can we be certain that oblique and direct winds have exactly the same effect on an athlete—i.e. is a wind of 5 m/s blowing at an angle of 45° to the straight (giving a component value of 3.5 m/s) equal in effect to a wind of 3.5 m/s blowing directly along the straight.

★ Wind-readings are all too often not obtained. Everybody knows that this problem exists, that a large proportion of listed performances are given the benefit of the doubt. Even in 1970 the status of some of the top marks had to be decided by guesswork, which is not a very satisfactory basis for segregation. A truly consistent segregation system should in fact involve 3 categories—"legal", "unknown" and "windy", but since probably over 50% of the marks would be "unknown", the value of such a list would be difficult to assess. In the past, the "windy" section has been a convenient bucket into which the statistician can drop any suspicious performance, as if such a label can explain everything untoward; the result has been to increase the prejudice against other genuine (i.e. accurately timed) but wind-assisted marks. It would be better, perhaps, if we were to make more use of a "doubtful authenticity" classification—with the proviso that "doubtful" in this usage does not refer to the imponderable benefits of wind-assistance!

There are other issues to take into account. For example, it is obvious that most athletes will compete under a wide range of conditions during a normal season, some average, some beneficial, some detrimental. It is worth noting how often best performances have been achieved under atrocious conditions, when the occasion has been right. Those who wrote off the Mexico City results as due mainly to the altitude were conveniently forgetting the evidence of previous Olympics—e.g. Mary Rand (world record) and Lynn Davies (British record) in 1964, both doing better in poor conditions than their gale-assisted performances at Portsmouth a couple of weeks earlier. Critics who complain that the inclusion of wind-assisted marks is unfair to those whose listed results were "legal" (or claimed to be) should realise that the injured parties invariably had "windy", but inferior, performances to their credit. Unfairness in such matters must surely be related to the unusual rather than the commonplace.

This brings me to the question of the limit (2 m/s) imposed by statisticians to match that adopted by the IAAF for world record purposes. Why should 2.0 m/s be listed as "legal", but 2.1 m/s as "windy"? Logically, anything above 0.0 is wind-assisted, and I have already pointed out that there is no easily definable level beyond which the degree of assistance has a consistent, significant and measurable effect. There is, in fact, no reason why record criteria should be extended to ranking lists, for precious few of the performances we consider listable would survive such stringent requirements.

Going even further, it is a nice philosophical point whether an arbitrary limit for wind-assistance is necessary for deciding on record performances, or whether all "natural" phenomena should be accepted without question; if so, would it be logical to limit the realm of "natural phenomena" to meteorological influences, or should flexibility extend to the complete environment? I personally feel that where it is possible to control the environment consistently (e.g. ground level, track-size and shape, specification of implements, etc.), and where it can be reliably established that variations from the norm are unduly beneficial, we can justifiably promulgate limits for record conditions; in other circumstances it is not really logical. I realise, however, that the evaluation of a performance rests on subjective judgment rather than logic, and the establishment of record criteria will therefore depend on certain arbitrary conditions being met. Such standards, however, should be based on the elimination of extraordinary circumstances rather than attempts to attain the fool's paradise of complete uniformity. The imposition of the 2 m/s limit for wind-assistance is misconceived for this very reason; it is assumed (I repeat, assumed) that wind-speeds in excess of this figure give an unfair advantage, but unfair in comparison to what? It would be a satisfactory standard

only if it could be clearly demonstrated that stronger winds were an unusual occurrence—but we know well enough that this is not so. It would be far more appropriate to attempt to obtain an empirical distribution of all wind-speeds likely to affect sprinting/jumping; such a distribution would have calculable statistical parameters which could be used to determine a cut-off point beyond which it would be reasonable to reject a record claim on the grounds of "unusual assistance". This concept is based on normal statistical methods and is technically feasible, although obviously there would be such immense practical difficulties in organising the collection of data that it is impossible to envisage its full implementation.

Most of the problems arising from the effects of wind-assistance naturally occur in the 100m, where its influence would seem to be most obvious and straightforward. A far more important factor, however, is the quality of timekeeping, for if the standard is poor it is easy to flatter the athlete by highly significant margins. Until recently statisticians could be forgiven for failing to recognise the faults and inconsistencies built into their ranking lists, but with a growing awareness of timekeeping errors forced upon them by the increased use of photo-electric methods, there is no longer any excuse for continuing to perpetuate the many deficiencies. Why, for example, were the performances of Hines, Smith and Greene at Sacramento in 1968 accepted by the IAAF as world records of 9.9 when the photo-finish evidence (10.02, 10.13 & 10.09 respectively) showed clearly that they were no improvement on Hayes's 10.0 (9.98 electric) in Tokyo? Why do the ATFS list Hines and Greene at 9.9 but Hayes and Smith at 10.0?

To conclude, I hope that the suggestions raised in this article will persuade statisticians and others interested in ranking lists to look beyond the wind-gauge when assessing performances in the future.

UAU v RAF v MIDLAND CCA

Birmingham University, December 11th

This annual match, between the UAU, RAF and Midlands for the Mountford Trophy, was run on a true cross country course at Birmingham University, comprising four 2km laps with plenty of hills and mud.

No one individual was prominent by the half-way stage, after which a five man group broke away and this consisted of Peake, Cadman and Bartlett from the Midlands, Hurd of the RAF and Gilmour of the Universities. All, except Peake, had brief spells in the lead on this tough figure-of-eight course and it wasn't until the last mile that the Godiva pair made the effort which was to decide the race. Having clinched the event, they decided to run in together and lead the Midlands, with 6 in 9, to a comfortable victory.

D. Denton

- 1. K. Bartlett (Midlands) 30.17
- 2. J. Cadman (Midlands) 30.17
- 3. I. Gilmour (UAU) 30.26

- 4. M. Hurd (RAF) 30.29; 5. M. Peake (Mid) 30.32; 6. A. Dewhurst (UAU) 30.39; 7. J. Norman (Mid) 30.40; 8. D. Burborough (Mid) 30.41; 9. A. Staynings (Mid) 30.44; 10. T. O'Reilly (Mid) 30.48; 11. N. Deakin (Mid) 30.52; 12. W. Allen (UAU) 31.13; 13. B. Cole (UAU) 31.26; 14. K. Rollason (Mid) 31.33; 15. T. Wood (UAU) 31.35; 16. G. Edgington (RAF) 31.36; 17. K. Daykin (RAF) 31.44; 18. J. Fox (UAU) 31.59; 19. I. Thompson (UAU) 32.11; 20. J. Keith (RAF) 32.27. **Teams:** 1, Midlands 32; 2, Univ. Athletics Union 67; 3, RAF 100.

The new telephone number of David Kay, National Coach, is Blagdon 265.

Midland Counties Women's AAA officers: President, Miss A. L. Fenn; Chairman, Mrs. G. Pursall; Hon. Sec., Mrs. D. Nelson Neal, 22 Wrekin Road, Perry Barr, Birmingham, B44 8HB; Treasurer, Miss M. Lingen; Coaching Sec., Miss E. Bowie; Coaching Research officer, Mr. L. Ward.

ARTHUR WALSHAM AIMS FOR SUB-2:20

ARTHUR WALSHAM'S athletic career began in 1950 when after service in the Army, where he ran a little on the track and a compulsory cross-country run or two, he moved to Manchester, and being in lodgings had time on his hands in the evenings. So he joined Salford Harriers, being interested mainly in 220 and 440 running with the ultimate ambition of becoming a sub 2 minute half-miler. For a couple of years Arthur concentrated on these distances and finally in 1953 broke through 2 minutes for 880y and did 1:57.2. He was now running in the Salford team and for a further 5 or 6 years ran mainly on the track and in relays, including the odd road race, but never running more than 10 miles until 1960 when, with no proper preparation, he was persuaded to run in the Middleton "15"—in which he suffered the agonies of the long distance runner and finished on his knees.

However, not to be beaten and with the influence of marathon man Frank Lawson, Arthur started to train over longer distances, trained with runners like Peter Keeling and Mike Berisford and admits that he ran probably too fast in training at this stage of his career. It was in 1963, after a bout of 'flu, that he started long slow distance type training in order to get fit, and by July of that year he ran in his first marathon and recorded the excellent time of 2:51:40, finishing 15th.

Vets Corner

The long distance bug had really got Arthur now and in the 1965 Beverley Marathon he finished 4th in 2:32:31 and was selected for Lancashire to run in the Inter-Counties '20'. Here he was the 2nd Lancashire man home in 1:51:27. In the RRC Marathon at Port Sunlight he placed 3rd in 2:25:04.

He ran again in the Inter-Counties '20' in 1966 and had the fast time of 1:46:11. In 1967 he was 7th in the Poly Marathon in his best time of 2:24:08, but also had one of the biggest disappointments in his career when he arrived 5 minutes late for the start of the AAA marathon. His top performances in 1968 included 1:45:28 for 20M and a second place to John Newsome in the SLH '30' in 2:57:25.

In 1969 Arthur was 2nd in the Northern Counties Marathon in 2:26:17 and 2nd again to John Newsome in the SLH '30' in 2:58:16. He also scored his first marathon win in the Civil Service event. He was 2nd in the 1970 Preston Morecambe Marathon in 2:22:39 won by Jeff Norman. Arthur, who became a veteran on June 22nd, 1970, won the SLH '30' in 2:51:37 (2nd fastest time ever)—practically the same time as his first marathon! In 1970 he also ran 20M in 1:45:46.

This year saw Arthur unbeaten as a veteran,

including the World Veteran 25km Championship in Karlovy Vary in Czechoslovakia. In the Maxol he recorded his fastest time to date—2:21:38. His ambition now is to better 2 hrs. 20 mins. for the marathon, which would better the fastest veteran time at present held by Ostbye of Sweden, and to win the World Championship in Germany next year.

It is interesting to note that Arthur's annual training mileage has increased thus from 2,800 in 1964; 3,500 in 1965; 3,500 in 1966; 3,700 in 1967; 3,800 in 1968; 4,100 in 1969; 4,800 in 1970 and this year will top 5,000 miles. Because he does very little fast work in training, he keeps very free from injury and, in fact, hasn't missed a day of training this year. However, he does recommend a daily halibut oil tablet to keep free of colds and a regular dose of iron tablets to prevent a re-occurrence of anaemia from which Arthur once suffered. Incidentally, this is a complaint very common among athletes and one which veterans in particular should watch out for.

This pen picture of Arthur Walsham's athletic career has been only a glimpse at some of the highlights in a career which has covered so far over 21 years of running by a fine sportsman, a dedicated athlete and an excellent clubman. A man who at 41 years of age looks to the future with ambition for better times and enthusiasm for the next race.

HIS TRAINING SCHEDULE

Winter Training (October-February)

Between 70 and 90 miles per week. All steady running (5:40 to 6:00 mile pace, sometimes slower).

Sunday: (am) 16-20M; (pm) 8-10M.

Tuesday: (am) 6½M; (pm) 8-10M.

Wednesday: (am) 6½M; (pm) 8-10M.

Thursday: (am) 6½M; (pm) 6½-8M.

Friday: (am) 6½M.

Saturday: Race.

Summer Training (March-September)

Tries for 100 miles-plus. There are a few mid-week track races during the summer; if he considers a race unimportant he trains twice on Fridays.

Sunday: 20-23M (sometimes longer).

Monday: (pm) 14M.

Tuesday: (am) 6½M; (pm) 11M.

Wednesday: (am) 6½M; (pm) 10M.

Thursday: (am) 6½M; (pm) 8-10M.

Friday: (am) 6½M.

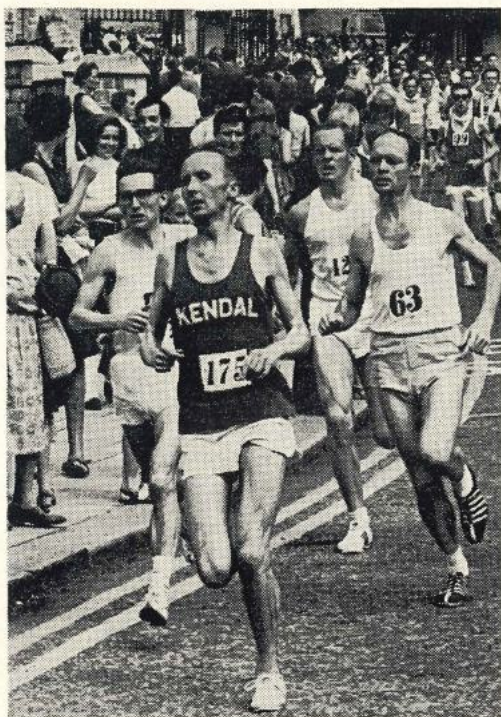
Saturday: Race.

(Based on information in Northern Vets AC Newsletter, courtesy Norman Ashcroft)

NORTHERN VETERANS AC 6 MILES CC

At Blackburn, December 12th

1, A. Walsham (b. 1930) 29:01; 2, T. Kilmartin (1930) 29:37; 3, F. Wrigley (1928) 30:49; 4, A. Hughes (1930) 31:40; 5, E. Foley (1929) 32:06;



Arthur Walsham (63) running in Windsor to Chiswick marathon. Ed Lacey

6, D. Wood (1926) 32.40; 7, F. Valentine (1930) 32.50; 8, R. Carrol (1929) 33.29; 9, L. Nicholson (1924) 33.31; 10, R. Ferneyhough (1923) 33.35; 11, J. Smith (1930) 33.39; 12, D. Walsh (1928) 33.49. (O/50) 1, A. Etches (1919) 34.28; 2, E. Wallace (1912) 34.50; 3, R. Shires (1920) 35.57. (O/60) E. Johnson (1910) 40.15. (O/70) W. Fellows (1900) 46.30. H'cap: 1, P. Dowling (1925) 27.34; 2, E. Johnson (1910) 27.55; 3, P. Shillitoe (1930) 28.13. 54 started, 50 finished.

1971 Discus marks. 40.84/134'0" David Edgecombe (Exeter H; 25.5.26); 40.82/133'11" Otto Feldmanis (Mitcham; 13.11.25).

Scottish Veteran Harriers Club 5M Christmas Handicap, at Bishopbriggs, December 12th. 1, J. Brownlie (7.45) 23:56; 2, C. Forbes (6.00) 24:12; 3, G. Taylor (10.30) 24:30. Fastest: 1, W. Stoddart 26:10; 2, H. Mitchell 27:14; 3, H. Scott 27:19; 4, W. Russell 27:41; 5, R. Calderwood 27:44; 6, W. Marshall 27:48. (O/50) W. Ross 31:13; (O/60) J. Farrell 34:08. 32 started & finished.

Blackburn H&AC Officers: Chairman, G. Kirby; Sec., K. Adcroft, 76 Revidge Road, Blackburn (Blackburn 55291); Treasurer, C. Crossland; Track Sec., K. Ainsworth, 28 Cobham Road, Accrington; CC Sec., K. Metcalfe, 25 Aitken St., Accrington.

UK 20 MILES LIST 1971

Compiled by the NUTS

1:40:39 Don Faircloth (Croy); 1:40:44 Tony Moore (Hill); 1:41:02 Dave Holt (Herc W); 1:41:40 Barry Watson (Camb H); 1:41:52 Bernard Plain (Card); 1:41:58 Steve Badgery (Mit); 1:42:32 Eric Austin (Worc YMCA); 1:42:56 Cyril Leigh (Salf); 1:43:16 Keith Angus (Sheff); 1:43:20 Jeff Norman (Alt); 1:43:52 Paddy Lonnen (Bris); 1:43:55 Norman Rackham (Heaton); 1:43:59 John Newsome (Wake); 1:44:12 John Pearson (Morp); 1:44:34 Ian McIntosh (Rane); 1:44:37 George Brockbank (MDLC); 1:44:40 John Lunn (Leeds C); 1:44:43 Phil Hampton (Ply); 1:44:57 Brian Popel (W'bury); 1:44:59 Robert Raymen (Herc W); 1:45:01 Alan Spence (Bing); 1:45:03 Bill Weller (Bel); 1:45:04 Brian Cook (Wolv & B); 1:45:08 Mike Child (Wake); 1:45:14 Glyn Gough (Ports).

1:45:15 Peter Moore (Craw); 1:45:20 John Balmer (Pemb); 1:45:22 Harold Leeming (Dby); 1:45:28 Bernie Allen (Wind); 1:45:28 John Jones (Wind); 1:45:29 James Lynch (AEI); 1:45:30 Jim Alder (Morp); 1:45:31 Jim Craven (Rown); 1:45:38 Colin Vaux (M'bro); 1:45:39 Mike Critchley (Card); 1:45:44 Lionel Mann (Bel); 1:45:48 Fred Maillardet (Camb H); 1:45:53 Roger Little (Shaft); 1:46:10 Derek Horsup (Thur); 1:46:21 Tom O'Reilly (S. Hth); 1:46:41 Eddie Oxlade (Hill); 1:46:46 John Awcock (Horsham); 1:46:52 Leonard Cooper (S. Hth); 1:46:53 Steve Coomer (Wolv & B); 1:46:58 Colin Hunt (Wolv & B); 1:47:01 Dennis Pellett (B'ton); 1:47:11 Peter Waddington (Liv H); 1:47:14 P. Richardson (Haver); 1:47:17 Bob Richardson (B'hth); 1:47:22 Arthur Walsham (Salf).

BEDS. & HUNTS. 37, CAMBRIDGESHIRE 88, SUFFOLK 96

At Cambridge, December 4th

1. K. Steere (Norfolk-Yth) 30.11
2. Graham Tuck (Camb) 30.54
3. I. Gartside (Beds & Hunts) 31.24
- 4, M. Holt (B&H) 31.46; 5, G. Smith (Suff) 31.59;
- 6, R. Churm (B) 32.09; 7, I. Seabrook (B) 32.16; 8, J. Jenkins (B) 32.18; 9, D. Gartside (B) 32.22; 10, S. Knightley (S) 32.28; 11, B. Jeffs (C) 32.34; 12, G. Steere (N) 32.37; 13, R. Jukes (C) 32.43; 14, G. Dunkin (Lincs) 32.53; 15, G. Phipps (C) 33.13; 16, B. Balls (S-ns) 33.22; 17, L. Woolner (S) 33.34; 18, J. White (B) 33.44; 19, J. Pearson (S) 34.14; 20, _____ (B) 34.19. 43 finished.

Junior Race

- 1, J. Barker (Lincs) 23:00; 2, K. Cole (B) 23:07;
 - 3, G. Thomas (B) 23:25; 4, P. Sterry (B) 23:45;
 - 5, R. Clark (B) 23:53; 6, L. Bonner (L) 23:59.
- Teams: 1, Beds & Hunts 9; 2, Lincs. 15.

Youths

- 1, R. Thompson (Beds) 22:37; 2, P. Durrands (L) 22:42; 3, J. Nicholls (S) 22:49; 4, M. Watson (L) 22:51; 5, A. Boast (C) 23:14; 6, J. Burtle (S) 23:34; 7, D. Maxwell (B) 23:41; 8, A. Grover (S) 24:01; 9, B. Foxton (L) 24:24; 10, P. Hammond (C) 24:36; 11, C. Pearce (C) 24:44; 12, Hobbs (S) 24:50; 13, G. Dunnington (B) 25:20; 14, M. Bayes (C) 25:24; 15, J. Rushner (C) 25:27. 29 finished.
- Teams: 1, Suffolk 43; 2, Cambs. 94; 3, Lincs. 94.

Christmas Special

By Cliff Temple

The A to Z of Athletics

A is for Abbreviations and Initials. An integral part of the sport, from A.A.A. onwards. It's tricky saying "Annual General Meeting of the Southern Counties Women's Cross Country and Race Walking Association"; it's far simpler to say: AGM of the SWCW . . . SCWWR . . . SCCWRC . . . OK?

A is also for advertising. The British Board keep an eagle eye out for any member of the Great Britain team apparently advertising a particular brand of kit. Or not wearing their regulation-issue three-stripe Adidas gear, which has been Blessed.

B is for Beer. When they've run, most distance men like to drink a pint of beer after a hot bath. It replaces iron. A few, though, say they can't even finish drinking the hot bath.

C is for Crystal Palace. With crowds only half-filling White City, it was logical to move athletics to a place with only half a stadium. You can train there too: £1 for an Annual Users' Pass, which allows you to pay 15p a session, plus 50p deposit for a locker key. Best to take your cheque book if you want a cup of tea as well.

C is for Coach. Someone who would if he could, but he can't, so he coaches.

D is for Doctor. The athlete's best friend, for if there weren't a sprain, strain, break or quake on which to blame a bad performance, he'd be miserable. If one runner says to another "You look terrible", and the other says "Gosh, thanks, So do you", then they'll both run well.

E is for Emily Lustbody (see "L").

E is also for Expenses. So is 'e, and so is 'e.

F is for Fosbury Flop. The style of high jumping everyone is bending over backwards to copy. One British jumper cleared 7 feet in his track suit which, if nothing else, suggests that he's got a roomy track suit.

G is for Glory Leg. The last runner on a relay squad has the glory of racing for the tape. He also gets used to nonchalantly putting his track-suit on when the baton is dropped at the first takeover, as though he didn't want to run anyway.

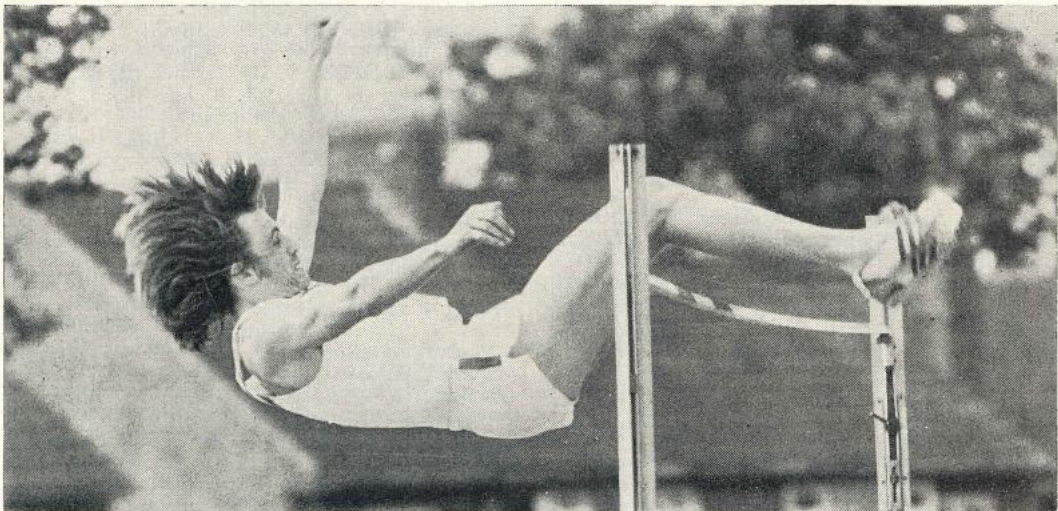
H is for Handicap. Useful headgear in the event of sudden rain.

I is for International Honours. The ultimate aim of the athlete: he trains twice a day, seven days a week, to gain his British vest; then competes in a swapped French one.

J is for Journalist. Someone who would if he could, be he can't so he tells those who already can how they should.

K is for Keep It Up Mate. A remark frequently passed by kids to road runners in training. (Answer: Why, is it falling down?)

L is for League Meetings. At last, a justification for inter-club athletics, bringing lots of causes for juicy complaints, objections, rows and other facets of sportsmanship. Growing rapidly; there are National Leagues, Area Leagues, County Leagues, and even 20,000 Leagues Under The Sea.



SEE UNDER 'F'

Peter Tempest photo

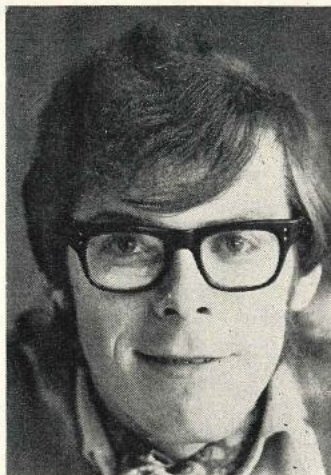
TO ALL 'AW' READERS ...

*Very Best Wishes
for
Christmas,
and a Happy
New Olympic Year*

From

CLIFF TEMPLE

(and the Cliffhangers Team)



L is also for Lustbody, Emily (see "E").

M is for Middle Distance Runner. Whereas a sprinter has speed but lacks stamina, and a long distance man has stamina but lacks speed, the middle distance runner is one who lacks both speed and stamina.

N is for NUTS. Short for National Union of Track Statisticians, who compile ranking lists. Greatly revered body (just look at the reaction in a crowd when you say "Hello, I'm one of the NUTS"). Now branching out with special sections dealing with graffiti (Wall-NUTS), biscuits (ginger-NUTS), South America (Brazil-NUTS), and space travel (Astro-NUTS).

O is for Offices. The British Board, the AAA and the Southern Counties AAA all have their offices on the fourth floor at 26 Park Crescent, W.1.—so when it comes to administration, it's the same old storey.

P is for Programme. A highly priced complete list of those who aren't competing, with margins in which to scribble names of those who are.

Q is for Quitting. An athlete who drops out of a race never forgives himself. It's like painting a picture that you don't complete, or reciting a poem that you never fin.

R is for Relay. A term used when a chicken in a high wind produces the same egg six times.

S is for Statistician. A fan who sees an attractive girl athlete break a record, and says "What a fabulous girl—subject to ratification, of course".

T is for Track Suit. Be careful to specify when

you order, though, or you may get a 400 metres single-breasted tarpaulin, with cloth-covered buttons, and double vents for the high jump pit.

T is also for Treasurer. The club official who invariably sends his apologies for absence on the back of a holiday postcard.

U is for Useful. A standby adjective at disposal of journalists to describe any performance that is not bad, but neither a personal best nor a record of any kind. Generally meaningless. But Useful.

V is for Veteran Supporter. Usually a founder member, who turns up at every one of his club's winter fixtures, standing for hours through rain, snow, hail, sleet and wind to cheer the last runner home. Such men are the backbone of the sport: hardy, dedicated, unselfish, remarkably stupid twits.

W is for Window. In the early morning, when the rest of the country is still peacefully asleep, the dedicated athlete throws wide the window, takes deep breaths, and climbs in.

X is for Xercise. What do you mean, a poor Xcuse?

Y is for Young Athlete. There are many potential internationals who win everything as teenagers, but are never heard of again after their 19th birthdays: such athletes are said to have a fine future behind them.

Z is for Zapata. The form of bushy moustache now sported by 50% of the British team, and worn with red socks. And in the men's team, the percentage is even higher.

RESULTS IN BRIEF

November 24th

Brunel Univ. v. Kent Univ. 1, C. Thorneycroft-Smith (B) 30.25; 2, D. Turner (K) 32.45.

November 27th

Women's Civil Service Championships, Uxbridge. (In conjunction with Gtr. London League.) 1, C. Roy (Land Registry) 16.57; 2, S. Bryan (Min. of Defence) 18.34; 3, E. Sissons (Min. of Def.) 18.49; 4, V. Thompson (DTI) 23.44.

December 1st

East Anglian League, at Wattisham. 1, Best (Marham) 37.25; 2, Horan (Mar) —; 3, Wild (Mar) 38.15; 4, Pearson (Watt) 38.40; 5, Wyatt (Colt) 38.51; 6, Sherwin (Wyton) 40.26; 7, Watling (Watt) 40.32; 8, Halman (Watt) 41.33; 9, Wales (Colt) 41.58; 10, Langley (Hon) 42.10. Teams: 1, Marham 180; 2, HMS Ganges 151; 3, Colt/NEAT 140; 4, Wattisham 127; 5, Wyton 118; 6, Honington 93.

Services League, at Bordon. 1, Harrison (SEME) 34.55; 2, Claire (Daedalus) 35.04; 3, Davies (7th Para) 35.25; 4, Wale (SEME) 35.42; 5, Tudor (Daedalus) 36.36; 6, Horwood (Daed) 36.37; 7, Groenendaal (7th Para) 36.53; 8, Adam

(FB) 37.04; 9, McClenaghan (Victory) 37.54; 10, Darby (SEE) 38.09. 147 finished. Teams: 1, HMS Daedalus 80; 2, 7th Para. Rgt. 152; 3, SEME Bordon 170; 4, No. 1 Para. LR 351; 5, HMS Victory 427; 6, Royal Marines 475.

Sheffield Univ. 'B' 26, King Edward Sch. 59. 1, R. Jenkins (S) 25.08; 2, N. Fennell (S) 25.20; 3, D. White (S) 25.35; 4, Thompson (KE) 25.38; 5, T. Ashdown (S) 26.02; 6, S. Dufield (KE) 26.30.

December 4th

Insurance Championships, at Petersham. 1, M. Beevor (H. Clarkson) 25.56; 2, R. Gevers (Temple B) 26.34; 3, I. MacIntosh (Ibis) 27.07; 4, C. Reed (Lloyds) 27.59; 5, R. Hawtin (Temple B) 28.52; 6, B. Middleton (Phoenix) 28.56; 7, K. Whittle (Cent) 29.10; 8, A. Codd (Temple B) 29.20; 9, B. Curtis (Gaffac) 29.21; 10, R. James (Temple B) 29.22. Teams: 1, Temple Bar 19; 2, Ibis 41; 3, Bardhill 74.

Durham Univ. 39, Sheffield Un. 'B' 50. 1, I. Partington (S) 30.37; 2, A. Lightfoot (S) 31.14; 3, S. Lipple (D) 31.45; 4, E. Himsforth (D) 32.05; 5, J. Prater (S) 32.36; 6, A. Irving (D) 32.44.

Leeds Un. 23, Manchester Un. 73, Liverpool Un. 75, at Liverpool. 1, eq. I. Graham, J. Fox, J. Bird & T. Gregory (All Leeds) 31.25; 5, M. Lambert (L) 31.39; 6, P. Pape (M) 31.45.

Cambridge Univ. 39, beat Oxford Univ. 39, at Roehampton. 1, A. Moore (O) 38.59; 2, C. Gar-

SURREY WOMEN'S CROSS-COUNTRY CHAMPIONSHIPS



After a mile of the senior race, Sue Stanley-Fidler (2nd) leads from Carol McLoughlin (1st) and Val Tomlinson (3rd). Ron Linstead



Runner-up Sue Pearce sets the pace ahead of eventual winner Lesley Cobden after a mile of the intermediate event. Ron Linstead

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Tiger "Cubs", 3, 4, 5 £2-30; 6 to 11 in half sizes £2-45.

Tiger "Marathon". Blue nylon uppers. Super lightweight racer. 6 to 11 in half sizes £3-70.

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forth (C) 39.10; 3, J. Valentine (O) 39.38; 4, A. Dell (C) 39.39; 5, L. Irvine (C) 40.10; 6, R. Steele (O) 40.38.

Sussex Junior Championship, at Crawley. 1, G. Mullett (B&H) 31.11; 2, M. Knapp (Eastbourne) 31.45; 3, G. Styan (Horsham) 32.33. Teams: 1, Brighton & Hove 21; 2, Horsham BS 32; 3, Worthing 67.

Wessex League, at Yeovil. 1, J. Frost (Yeo) 22.30; 2, M. Curthoys (N. Dor) 22.32; 3, J. Flatters (Yeo) 22.46; 4, B. Durran (Wey) 22.50; 5, D. Pinkard (Yeo) 23.11; 6, D. Tizard (Wey) 23.19. Teams: 1, Yeovil 16; 2, Weymouth 31; 3, Trowbridge 36. (Youths) 1, Malone (N. Dor) 15.22; 2, P. Russell (Wey) 15.59; 3, J. Kerby (N. Dor) 16.21. Teams: 1, Weymouth 21; 2, N. Dorset 26; 3, Yeovil 31. (Boys) 1eq, M. Gallop & G. Batchelor (Yeo) 10.21; 3, D. Gray (N. Dor) 10.44. Teams: 1, Yeovil 14; 2, N. Dorset 29; 3, Weymouth 36. (Colts) 1, S. Call (Yeo) 9.35; 2, J. Osborne (Yeo) 9.36; 3, J. Eason (H&H) 9.43. Team: Yeovil (Women) 1, C. Lovelock (N. Dor) 9.59; 2, V. Humpage (Yeo) 11.03; 3, S. Jackson (Trow) 11.20. (Girls) 1, M. Gray (N. Dor) 9.15; 2, S. Kent (Yeo) 9.23; 3, G. Sheppard (H. Har) 9.35.

South East Lincs. League, at Horwich. 1, D. Brown (Oldham) 35.54; 2, B. Hodgson (Hor) 36.02; 3, J. Stevens (Hor) 36.15; 4, M. Wakefield (F'worth) 36.42; 5, L. Horlock (O&R) 37.53; 6, S. Westhead (Hor) 38.06. Teams: 1, Horwich 18; 2, Oldham & Royton 23. (Youths) 1, S. Jackson (F'worth) 24.23; 2, J. Lancaster (Hor) 25.39; 3, M. Turner (O&R) 25.50. (Boys) 1, C. Butler (Hor) 12.04; 2, E. Williams (F'worth) 12.38; 3, A. Jackson (Farn) 12.46. Team: Farnworth.

Finney Relays, at Lancaster. 1, Liverpool (A. Farrell 14.57, A. Gerrard 15.27, P. Waddington 14.19, E. Davies 14.37) 59.20; 2, Pembroke (T. Dwyer 14.46, R. Brown 14.42, S. Deegan 15.09, J. Carroll 15.34) 60.11; 3, Sutton (R. Barlow 14.44, B. Lloyd 15.20, C. Johnson 15.01, S. James 15.50) 60.55; 4, Liverpool 'B' 62.45; 5, Pembroke 'B' 63.18; 6, Lancaster & Morecambe 68.31. Fastest: P. Morris (B'pool) 14.18, Waddington 14.19. (Youths & Boys) 1, Liv. Pembroke (K. Toppins 7.56, T. Quinn 7.23, L. Reilly 6.56, R. Walker 7.41) 29.56; 2, Liverpool H 30.14; 3, Wirral 30.15; 4, Blackpool 31.19; 5, Pembroke 'B' 31.20; 6, Lanc. & Morecambe 32.39; 7, Sefton 32.52; 8, Preston 34.03; 9, Blackpool 'B' 35.19. Fastest: Quinn 7.23 (Boy); Reilly 6.56 (Youth).

Ross Shield, at Tiverton. (6M 560y). 1, C. Abrahams (Tor) 29.30; 2, D. Everson (W&B) 30.07; 3, M. Dagg (Tor) 30.14; 4, D. Crook (Torvet) 30.16; 5, M. Hamlin (Tor) 30.38; 6, R. Retter (Exeter) 31.11; 7, K. Salmon (Exeter) 31.13; 8, B. Valentine (Tor) 31.25; 9, J. Campbell (Tor) 31.34; 10, D. Ferris (Ex. Univ) 31.35. Teams: 1, Torbay 28; 2, Exeter 73; 3, Exeter Univ. 96.

Belgrave H 7½M CC Championship, at Wimbleton. 1, L. O'Hara 42.48; 2, P. Carton 43.54; 3, J. Thresher 44.15; 4, C. Pearson 44.44; 5, L. Mann 45.53. Handicap: J. Blair-Fish (9.00) 41.19.

continued on page 35

ARTHUR WHITEHEAD

Clive Shippen writes about the remarkable man behind Lauriston, the distance runners' "Mecca"

WHEN the South African cross-country team arrived at London Airport in February 1967 they lost no time in heading straight for Lauriston Cottage—the "centre of British Athletics". This title was given by one of the visitors, and although it may seem a gross exaggeration to the local athletes of South London it does illustrate the high regard with which the cottage is held by its overseas friends. And not without good cause. During the last fifteen years hundreds of athletes from far afield, including Olympic, European and Commonwealth medallists, have run across that eighty square yards of stable forecourt which dates back to the days of William Wilberforce the emancipator. Stars and scrubbers alike rub shoulders at this well known training base and it will surely not be long before the cottage becomes more famous than Cerutti's training camp at Portsea in Australia.

What is behind the popularity of this ancient building sited on the south side of Wimbledon Common? What is it that has caused as many as sixty runners to appear there on a Sunday morning? Why do some travel 10 to 15 miles just to train there? There are many reasons of course but they all originate from one source. A man. A man whose hospitality and understanding of athletes has earned him the undying gratitude of countless runners; a man who very nearly did not live to see any of it—Arthur Whitehead.

Arthur was born in Hindhead, Surrey, in 1913. Although a Surrey man through and through, his formative years were spent at Sedbergh Public School in the North of England. His knowledge of the Yorkshire moors, and his general fitness, were acquired during his years at this school where boys regularly took part in cross-country runs in excess of 10 miles—sometimes stretching this to 20 miles when conditions were unfavourable! There was no inter-school athletics for Sedbergh, though, for Arthur's school was the famous rugby nursery that produced W. W. Wakefield, and all physical fitness was channelled into this contact sport.

On completion of his general education Arthur studied Law. What spare time he could salvage was devoted to sailing and the Territorial Army—in both he enjoyed success. He was now living at Wimbledon, and in 1937 he became a qualified Solicitor of Law. Two years later Great Britain was at war with Germany and soon afterwards Arthur was commissioned into the Black Watch, where his grandfather had been a colonel in the Regiment, and it was not long before he was employing his well-known beliefs in physical fitness,

team spirit and determination in the cause of producing a first-rate fighting unit for the anticipated "second front" in Normandy. Apart from a period of exhausting manoeuvres in Iceland, much of his time was spent in East Anglia where Arthur's love for running soon found its expression in the creation of a Unit athletics team. Those famous characteristics permeated through the team and it was with great joy that Arthur joined them in their celebration at lifting the Divisional Championship.

Seriously Wounded

"D" day was on June 5th, 1944. In their very first action the Black Watch were severely mauled and Arthur's Company (he was second in command) virtually annihilated. For eight hours Arthur lay seriously wounded on the battlefield while the tanks roared around him and the fierce cross-fire continued unabated. He could do little else but just wait. Yet he recalls how he viewed this nightmarish situation with a calm resignation. There is no doubt that his inbred toughness of character pulled him through, and it was to serve him still further after his rescue from the field.

With only one lung and one useable arm Arthur seemed destined for a very long spell in hospital. He was probably a "difficult" patient. His contempt for illness or injury and his faith in the ability of the human body to overcome adversity soon had him struggling out of bed to take a bath—even though he couldn't get out again, once in! In three months he was out of hospital in what must have been record time. A medical specialist recently interviewed him to glean as much as possible about his miraculous recovery from an injury which has incapacitated car-crash victims for life.

Arthur moved into Lauriston Cottage in 1945. His step-grandmother, Lady Fell, occupied the Lauriston House Mansion alongside. He led a fairly lonely existence for some time and with his weight only now up to 6½ stone (40kg) many lesser men would have led an invalid existence indefinitely. Such thoughts were alien to Arthur and he spent many a happy moment remembering the joys of running over the Fell country and planning return visits. Then came a day that was to affect the lives of many people, not least his own.

It was on a Saturday in the Autumn of 1945 that Harry Parker and a group of Belgravians congregated on the Common just opposite Lauriston Road. It was probable that Arthur had seen such groups at this spot before and was un-

Surrey's winning team in this year's inter-counties cross-country—all members of Lauriston Runners Club: (from left) Mike Beevor, Bob Holt, John Roberts, Gerry North, Dave Holt and Bob Gevers.



Mark Shearman

decided about approaching them, but anyway on this day he did so, and on simply stating, "I'd like to do some running," he was made warmly welcome by Harry and his cheerful companions. To begin with Arthur's training mate was that famous old Surrey AC character and Olympic Gold medallist Joe Deakin. With regular outings over four or five miles a foundation of fitness was gradually laid—but not without considerable discomfort. Handicapped by a restricted arm movement, Arthur also resumed swimming, a pastime that proved painful for some time, but in which he persevered.

In time he graduated to George Still's training pack where he built up his fitness still further and then set his sights on competitive road racing. Arthur has happy memories of those early days in Belgrave Harriers when with George, Sid Ring, Bert Smith, George Chandler and others he really enjoyed races of all lengths on the road and country. Soon he was competing in long distance road races with Arthur Penstone and Denis Brickwood. Early morning swimming in Queensmere and regular training had enabled Arthur to conquer those war wounds, but, typically, this was not enough. Adversity had been overcome, now a measure of success in its own right was called for. Frequently he participated in open road races and steadily his form improved and then the moment arrived that he treasures more than all the tributes and honours he has been awarded since his competitive days—he won a Belgrave Honours badge in the AAA Marathon of 1953.

Arthur then turned his attention to the London-Brighton run and took part with his regular training companion, Arthur Penstone, in the inaugural race sponsored by the "News Chronicle". Both runners had their "taxi" waiting at Crawley as they had planned just to get the feel of the race in their first outing. Arthur Whitehead was seventh when he withdrew and well remembers how upset that famous figure Ernest Neville was to see a

forward-placed runner drop out. This was the first real meeting of these two personalities and although they did not see eye to eye at the time, their association has lived long and is still unbroken. Arthur has great respect for this elderly man "who has such a youthful and progressive outlook on athletics". Another whom he much admired was the immortal Arthur Newton who shared his strong views on the "degrading" spectacle of elderly "crawlers" being allowed to compete in open races.

A New Challenge

With the successful coverage of the London to Brighton course to go with his Belgrave Honours badge, Arthur retired from competition. Swimming and running still continued, of course, but now the challenge was the promotion and organisation of events. It seemed natural that his desires in this direction would be fulfilled through his position on the Belgrave committee, but this was not to be. Arthur is an individualist. If he is to do a job then he must have a free hand to do it in his own way; sub-committees did not appeal to him one little bit. However, he did invaluable work whilst on the committee and was responsible for the inauguration of the Belgrave Open '20' and the "Lady Fell" Shield that goes with the race.

Arthur's interests in road running led him to become a founder-member of the Road Runners Club and, until recently, he had printed and circulated every edition of that club's Newsletter besides playing a large part in the promoting of special events. With Denis Brickwood's co-operation, Arthur made his name in cross-country circles with a standard of course marking second to none. Over the years a large number of courses and Championship events were cleanly and neatly marked out. The feature of these occasions was the "exploding dustbin" starting signal which was invented principally for the Lauriston Christmas

Day Paarlauf to indicate the expiry of the time-allowance. For many years the Whitehead/Brickwood partnership could be seen on race day mornings erecting all the assembly area paraphernalia and later placing hundreds of flags for the course itself.

Meanwhile, the members attending Lauriston Cottage for training grew and grew. In the early days, just half a dozen or so Belgrave men would join Arthur for tea and biscuits after a Saturday afternoon or Sunday morning run and talk athletics interminably. The ever-open door, the inexhaustible supply of refreshments and the genuine welcome by the host, whatever the time, soon led to the second bathroom being heavily used after the Sunday run. Arthur loves athletics, enjoys the company of athletes and is genuinely pleased to assist them. With part of the cottage now housing his brother's family, he therefore carried out extensive alterations at the rear, rather than be unable to accommodate his athletic friends. A heated changing room, four showers, three w.c.'s, sink, gas-stove and library proved to be very expensive gestures of friendship and were not paid for with the ease that some might imagine. The numbers continued to grow—from all clubs now. On this latter point Arthur has always considered that "the sport is more important than the club", and welcomes all athletes alike.

When attendances reached a magnitude of sixty or seventy a halt had to be called and the Lauriston Runners Club was formed. Payment of an annual subscription has enabled attendance to settle down to manageable proportions and partly contributes to the very high fuel and refreshment expenses. The value of this "centre" is best illustrated by Surrey's win in the 1967 and 1971 Inter-Counties cross-country championships at Leicester when all six scorers came from the cottage.

As the huge colourful pack rolls across Wimble-

don Common on a Sunday morning Arthur Whitehead can still be found amongst one of the forward groups on the outward journey, and he rarely returns before his 60 minutes are up. He enjoys his exercise and intends to continue swimming and running for as long as he is physically able. "I cannot understand," he says, "how athletes who have trained regularly for many years can give it up just like that". Arthur is not of an extrovertive disposition but nevertheless he has strong views on certain subjects. He cannot tolerate dishonesty, particularly in public life, regrets the decline of team spirit in athletics generally, objects strongly to foreigners being permitted to take part in any of our National Championships, and was an admirer of the late Jack Crump—"the best official of his time, extremely knowledgeable and very able".

Arthur Whitehead's contribution to the athletics scene was recognised long ago when Belgrave bestowed a Vice-Presidency and Life-Membership upon him. Yet no one could seek recognition less. He tends to shrink from the formal occasion, feeling much more at ease in the environs of Lauriston Cottage where the moments of solitude are just as precious as the company he enjoys. And as he winds his solitary way across the common for his early morning dip in Queensmere one wonders how often the memories of Sedbergh, the Fell country, The Black Watch, Harry Parker and his runners and the long struggle for that Honours Badge, pass across his mind. One also wonders whether he is even remotely aware of the appreciation and respect held for him by fellow athletes in many parts of the United Kingdom, Holland and South Africa in particular. Such men are rare. Such a man is Arthur Whitehead.

(Reproduced, with thanks, from "The Belgravian")

Lauriston Cottage—Runner's Dream

RICHMOND PARK and Wimbledon Common are within warming-up distance of Lauriston, and it is there that most of the runners train, though in the winter when it is too dark to train there, groups of runners can be seen pounding the streets around that locality. All types and grades of runners train at Lauriston. Though the majority are middle distance, i.e. the Holt twins, Gerry North, Mike Beever, Dave Bedford, Jim Hogan (just to mention a few of the 'scrubbers' who train there!), international quarter and half-miler Martin Winbolt Lewis is also a regular visitor. Such distinguished athletes as Ron Clarke, Derek Clayton, Ricky Wilde, Bill Adcocks and Andy Holden have also trained at Lauriston. This is the thing at Lauriston: anyone can train there—16 min. 3 milers and 13 min. three milers. One has the opportunity of training or at least being in the same group as the stars one admires so much.

I don't know of any other place like this, where so many top class athletes train together so often.

The Sunday morning long run at Lauriston is what I've found to be most enjoyable of all, or maybe I should say stimulating! Runners seem to come from all directions to the starting point, which is Lauriston, to commence the long, easy(?) run of the week. At least it starts easy. It's a great sight to see, anything from 20 to 50 runners winding their way across Wimbledon Common on a Sunday morning. All chatting, joking and discussing the race of the day before. The usual leg-pulling when someone ran bad, or indeed well, is quite common, as are the excuses that are given for having a bad run. One gets a good feeling when leading a pack, sprinkled with Internationals, even if it is only for a mile. What other chance has a scrubber of being in front of such company?

Personally I've found the rivalry at Lauriston, though it's only training, to be just as intense at times as an actual race. No one likes to be dropped and everyone it seems wants to be up

the front. Training runs are often talked about as though they had been races.

Any runner who attends Lauriston often enough must get fit! The whole atmosphere at Lauriston is ideal for training. Even on the bleakest of winter nights there is always someone training from there. It is certainly much easier to get out with a pack than it is to go on your own. I suppose what I've found more enjoyable at Lauriston than the actual training are the sort of Crazy Gang jokes afterwards back in the dressing room.

Oh yes, besides having to be fit at Lauriston, one also has to have a brilliant sense of humour and a very thick skin. No one is sacred from the jokers and mickey-takers. The jokes come flying one a minute, from every direction, but it's all in good fun, and it all helps to make a good atmosphere and eases the pressure of training a little. I know that perfect training facilities don't necessarily produce better champions, but they certainly make training much more pleasant and enjoyable. In this advanced day and age, when even so called 'scrubbers' are doing 100 miles a week and Internationals doing a lot more—surely one wants encouragement—not hindrance in the form of cold, damp dressing-rooms, plus all the other bad facilities one encounters all over the country.

If the facilities, such as at Lauriston Cottage, were the same all over the country, I'm sure there would be much happier and perhaps better champions as a result. To prove my point, practically all of the Surrey cross-country team, who this year won the Inter-counties train at Lauriston together, most days of the week.

Perhaps, through "Athletics Weekly", I could on behalf of all those at Lauriston Cottage thank Arthur Whitehead for opening his house to all those who wish to use it. Arthur has done so much for athletics and spread such goodwill in his own quiet way. I'm sure the M.B.E. would be a small honour to bestow on Arthur, in gratitude for all he has done. But knowing him I imagine he would refuse it!

Ray O'Donoghue
(Herne Hill Harriers)

Salford H&AC Officers: President, J. Kirby; Sec., G. Doggett, 9 Athlone Ave., Moston, Manchester 10 (061-681-8533); Treasurer, S. Clegg; Track Sec., W. Nicholls, 328 Lapwing Lane, Didsbury, Manchester 20; Captain, S. Curran. Mr. J. Kirby was elected a life member of the club.

THIRD ROSSENDALE ANNUAL SHIELDS RACE

SATURDAY, MARCH 11th, 1972
at 2 p.m.

Minor Girls 2,400m Junior Girls 2,400m
Inter. Ladies 3,500m Senior Ladies 4,800m

Shields, medals, prizes all races. Grand Aggregate Shield. Spot Prizes. Free Certificates.

Details from and entries to Mrs. M. Nuttall, 59 Grasmere Road, Haslingden, Rossendale, (Fee 10p per ind., no team fee) by Feb. 29th.

RESULTS IN BRIEF continued from page 31

(Youths) 1, R. Langley 15.15; 2, S. Holmes 15.30; 3, D. Harvey 16.13; 4, R. Hopkins 16.36.

Hillingdon 'B' 15, Ealing & Southall 'B' 70, at Ruislip. 1, R. Burton (H) 29.27; 2, G. Archer (H) 29.30; 3, G. Knox (H) 29.38; 4, Kevin Field (H) 29.45; 5, Keith Field (H) 29.52; 6, D. Wright (E&S) 30.09. (Youths/Boys) 1, M. Kettlewell (H) 15.34; 2, P. Daniels (H) 15.47; 3, T. Williams (E&S) 16.35.

Brighton & Hove 21, East Surrey H 49, Surrey Beagles 78, Guildford & Godalming 85, Fleet & Crookham 149, at Reigate. 1, P. Bennett (B) 24.18; 2, R. Bean (ES) 24.31; 3, P. Rockwood (B) 25.05; 4, P. Witcomb (B) 25.56; 5, D. Nightingale (B) 25.59; 6, T. Baker (Sy. B) 26.10; 7, D. Pellett (B) 26.15; 8, R. Tiner (GG) 26.17; 9, R. Church (E. Sy) 26.30; 10, R. Goodall (E. Sy) 27.24. (Youths/Boys) 1, H. Marson (G&G) 13.46; 2, G. Cooper (B) 14.07; 3, I. Wood (B) 14.41. Teams: 1, B&H 38; 2, Guildford 41; 3, East Sy. H. 44. (Colts/Minors) 1, P. Baker (B&H) 7.01; 2, A. Seabrook (B) 7.27; 3, S. Tidey (B) 7.28. Team: Brighton & Hove.

Iford AC CC Championship, at Chigwell. 1, R. Gill 41.02; 2, M. Coleman 41.17; 3, A. Nixon 41.43; 4, J. Batchelor 43.30; 5, M. Prosser 45.06; 6, A. Barrett 45.45. Junior: F. Bontoft 33.19. (Youths) 1, B. Meadows 12.52; 2, S. Mann 13.27; 3, A. Barker 13.43. (Colts) 1, P. Nicholas 13.30; 2, G. Webb 14.33.

December 5th

Leicester Coritanian Winter Meeting. 100: 1, C. Monk (Leics. C) 10.8; 2, P. Blackburn (Leics. C) 11.0. 200: 1, Monk 21.9; 2, P. Walsh (Leics. C) 22.3; 3, Blackburn 22.4. 400: 1, Walsh 49.6; 2, D. Brewster (Leeds C-Jnr) 52.2. 3000: 1, W. Domoney (Sheff. Univ) 8:21.8; 2, D. Ainslie (P'boro) 8:29.0; 3, R. Sibson (Lough. C) 8:29.2; 4, P. Kenney (Leics. C-Yth) 8:50.8. 3000mW: 1, P. Markham (LWC) 13:55.6; 2, C. Berwick (LWC) 14:03.2. HJ: 1, G. Dirkin (Stret) 1.75/5'9"; 2, B. Doherty (Solihull-J) 1.75. LJ: 1, P. Blackburn 6.71/22'0 $\frac{1}{4}$ "; 2, N. Loughton (Nuneaton) 6.50/21'4". DT: 1, G. Dirkin 48.40/158'9" (with 1.75k). HT: 1, M. Holmes (Liverpool) 45.04/147'9". (Youths) 100: K. Rollins (Cannock) 11.7. 200: Rollins 23.6. DT: P. Andrews (Soli) 40.10/131'7". HT: Andrews 47.92/157'3". Boys HT: T. Minns (Hol) 48.94/160'7". (Women) LJ: E. Pitts (Leeds-I) 5.19/17'0 $\frac{1}{4}$ ". DT: 1, J. Thompson (Brack) 45.64/149'9"; 2, E. Bali (Cannock-Int) 32.58/106'11"; 3, V. Hindley (Cannock-J) 31.10/102'0".

SCAA Open Discus Competition, at Crystal Palace. 1, J. Watts (B'hth) 49.82/163'5"; 2, A. Drzewiecki (Stoke) 45.98/150'10"; 3, A. Kerr (Hill) 45.60/149'7"; 4, N. Griffin (Windsor) 44.24/145'2"; 5, G. Tyler (Chelms) 43.78/143'8"; 6, T. Kelland (Exeter) 43.64/143'2"; 7, P. Sharman (TVH-Jnr) 36.76/120'7". (Women) 1, M. Pulman (LOAC) 40.02/131'3"; 2, J. Kerr (Mit) 39.78/130'6"; 3, M. Bothamley (Sy. Bgls) 34.66/113'8"; 4, A. Hildersley (Craw) 34.56/113'5". (Intermediates) J. Rowe (R&R) 28.98/95'1".

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £2 per s.c. inch, per insertion prepaid. Quarter-page £7; Half-page £12; Page £20, per insertion. **25% discount to clubs on four or more insertions of same copy.** Cheques or Postal Orders should be crossed and made payable to *Athletics Weekly*.

FORD INDOOR CHAMPIONSHIPS

INCLUDING INTERNATIONAL INVITATION EVENTS
AT R.A.F. COSFORD
WOLVERHAMPTON, STAFFS
(A41 Newport/Shropshire Road)
FRIDAY AND SATURDAY,
28th/29th JANUARY, 1972
Under I.A.A.F. and A.A.A. Laws
Sponsored by The Ford Motor Co.

Senior Mens Events: 60m, 400m, 800m, 1500m, 3000m (qualifying time of 8:20.0), 60m Hds., 2000m S/C, Long Jump (qualifying 6.86m), High Jump (qualifying 1.85m), Triple Jump (qualifying 13.71m), Pole Vault (qualifying 3.81m) and Shot.

Junior Men's Events: 3000m and Medley Relay (4 x 3 x 2 x 1 laps, in that order).

ENTRY FEES: 30p per event and 100p for Relay entries. **PLEASE NOTE—ENTRIES WILL NOT BE ACCEPTED UNLESS ACCOMPANIED WITH THE CORRECT FEE.**

CLOSING DATE: 8th JANUARY, 1972
NO LATE ENTRIES CAN BE ACCEPTED

SEATING CHARGES: Reserved seating, bookable in advance—50p and 65p. Seats purchased on the day—60p and 75p.

IF BOOKING IN ADVANCE, PLEASE SEND CORRECT MONEY WITH REQUEST. NO TELEPHONE BOOKINGS ACCEPTED.

A.A.A. MEDALS WILL BE AWARDED
Entry forms available from and returnable to:

The Midland Counties A.A.A.,
Rooms 30 and 32,
Queen's College Chambers,
38a Paradise Street,
Birmingham, 1.

THURROCK HARRIERS CROSS-COUNTRY RELAYS

One Tree Hill, Corringham, Essex
SATURDAY, 22nd JANUARY, 1972
Minor Girls/Junior Ladies/Inter. Ladies/
Minor Boys/Colts/Boys/Youths

Awards: First 3 teams, Fastest Lap (First School team, First 'B' team, according to entries).

Trophy and Replica to Best Overall Club.
Fees: 30p per team. Entries and enquiries to Mr. R. A. Sales, 78 Orchard Road, South Ockendon, Essex.

WOKING ATHLETIC CLUB OPEN CROSS-COUNTRY RELAY RACE

(Under E.C.C.U. Rules)
SATURDAY, 29th JANUARY, 1972
at 1.30 p.m.

Seniors 4x3 Miles ● Boys 4x1½ Miles
Colts 4x1½ Miles

Medals first 3 teams and fastest individual each race. Trophy for each race.

Entry Fees: 50p first team, 25p subsequent teams. Entries close 24th January, on AAA forms to F. Kiener, 6 Fernhill Close, Hook Heath, Woking, Surrey (Woking 62813).

REMINDER !!! 1972 EASTER ATHLETIC FESTIVAL

WILL BE HELD ON THE ISLE OF MAN
from March 31st—April 2nd inclusive

3 days of Racing including Road Races, Relays, Team Events & Entertainment. Festival Championship for Club Teams, Club and University Teams. Special Discounts on travel and accommodation.

Apply for full details to Manx Athletic Club, 2 Marine View Close, Onchan, Isle of Man.

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REEBOK C310 Cross-country studs. All surface suede shoe, £2-50 post free. Ron Hill Sports, 72 Green Lane, Romiley, Cheshire.

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