

December 29th 1973 Vol. 27 No. 52

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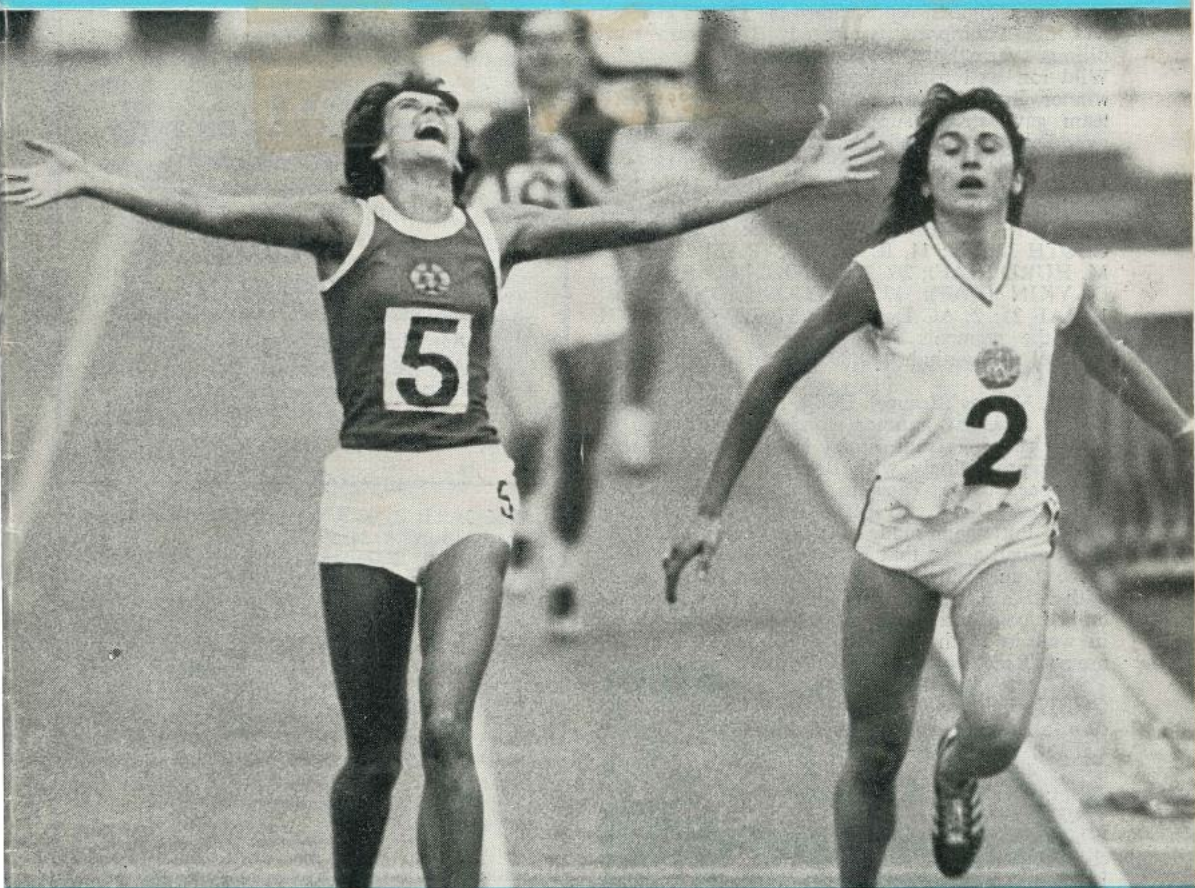
weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

athletics

INSIDE

- * UK Merit Rankings
— Men's Events
- * Great Rivals of the Past
— by Jack Barlow
- * International Fixture
List for 1974
- * Latest Commonwealth
News and Results



10p

East Germany's
GÜNHILD
HOFFMEISTER (5)
wins European
Cup 800m from
SVETLA
ZLATEVA of
Bulgaria.

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Ian Stewart's Spanish Win

IAN STEWART, representing Scotland, scored a grand victory over local hero Mariano Haro in a 9km cross-country race at Granollers (Spain) on December 16th, with Dave Black the first English runner home in fourth place. 1, IAN STEWART (Sco) 26:35.0; 2, Haro (Spa) 26:37.4; 3, Zaddem (Tun) 27:01.4; 4, DAVE BLACK (Eng) 27:08.6; 5, DAVE SLATER (Eng) 27:13.4; 6, Geillaert (Bel) 27:17.8; 7, BARRY SMITH (Eng) 27:18.8... 13, LAURIE REILLY (Sco); LAURIE SPENCE (Sco) dnf.

25.11. Clermont-Ferrand (France). Women's CC: 1, Van Sentberghe (Bel); 2, PENNY YULE (B&H); 3, Vershuys (Bel); 4, BETTY PRICE (Ux).

2.12. Linz/Rhein (W Ger). A small RAF team and two English representatives, Don Faircloth and Ian Thompson, competed in sub-zero conditions over a hilly, six lap 10.5km CC race. John Wild ran well to finish close behind eight times winner Lutz Philipp and the rest of the RAF team gave strong support to ensure a fine win over Darmstadt, the leading German club. 1, Polleunis (Bel) 31:03.8; 2, Schots (Bel) 31:18.0; 3, Kruger (WG) 31:33.4; 4, Leyens (Bel) 31:46.2; 5, Philipp (WG) 31:54.0; 6, J. WILD (RAF) 32:03.0... 8, R. CRABB (RAF) 32:21.8; 9, D. FAIRCLOTH 32:24.8; 11, R. CLARK (RAF) 32:33; 22, M. HURD (RAF); 26, R. DONKIN (RAF); 30, K. DAYKIN (RAF); 33, I. THOMPSON. Teams: 1, RAF 25; 2, AC Darmstadt 37. JOYCE SMITH won the women's 3.5km race in 10:32.2 from Christel Rosenthal (10:39.0) and Ellen Tittel (10:44.8).

2.12. Vanves (France). Eddie Hardy writes: This 8000m race saw another wonderful exhibition of power running from Emiel Puttemans. The race started promisingly with Brendan Foster forcing the pace, Mike Tagg in close attendance and with Dave Lem and Steve Kenyon in the first dozen. Puttemans made a sudden break at 1800m and opened a gap that Foster was unable to close. Dave Lem ran extremely well for fourth place with Mike Tagg just behind. Steve Kenyon never looked comfortable in the conditions but closed in well in tenth just behind Scotland's Ian Gilmore. (Results appeared in Dec 8th issue.)

9.12. St Barthelemy (France). 9km CC: 1, CHRIS STEWART (B'mth); 2, ROGER BROWN (B'mth). Women's 4km: 1, GLYNIS GOODBURN; 2, MARGARET COOMBER; 3, Thomas (Fra); 4, Nicolas (Fra); 5, LESLEY TAYLOR. Team: Cambridge H.

9.12. Pontivy (France). Andy Gibb reports: While Portsmouth AC took care of the French club opposition to win the team trophy, Dave Black and Bernie Ford—representing the ECCU—took care of the French international opposition in the individual race. Black made his effort on the fourth of five laps totalling 10,280m and built up a 100m lead over Ford with 38-year-old Lucien Rault hanging on grimly in the forlorn hope of splitting the English pair. 1, DAVE

PUBLISHER'S STATEMENT

THE price of 'Athletics Weekly' has remained at 10p (2/-) for nearly four years, during which time the price of almost everything else has increased considerably. It has only been possible to absorb all the increases in the overheads in recent years because of a steady increase in circulation and stringent economies. At last, however, inflation has overtaken us and with the cost of paper going up again in January, plus other increases in costs, an increase in price is inevitable.

As from the January 5th issue the price of 'AW' will be 12p. Direct home subscribers will continue to have the benefit of a specially reduced subscription, £6.80 instead of £7.80, a saving of £1 on a 12 months subscription. As from January 5th, the cost of subscriptions will be:

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* Copies supplied direct to clubs will be charged at £1.08 per dozen copies post paid.

BLACK 31:11; 2, BERNIE FORD 31:29; 3, Rault 31:31; 4, Jourdan 31:59; 5, Caraby 32:22; 6, Le Gall 32:41; 7, Paugam 32:58; 8, JOHN CAIN (Ports) 33:04... 11, DAVE FUDGE (Ports); 14, CHARLIE FUTCHER (Ports). Teams: 1, Portsmouth 33; 2, Pontivy 44.

BAYI RUNS 1:50... in 1500!

Filbert Bayi set the most astonishing pace yet in the 1500m race, representing Tanzania against Kenya and Uganda. He went past 400m in 52 and 800 in 1:50! Amazingly, he kept going to the finish and was just pipped, 3:40.6 to 3:40.7, by Kenyan 800m star Kipkurgat.

Because this issue had to be prepared well in advance of the long Christmas Holiday break, a number of topical items of news will now appear in the January 5th issue.

Cover photo by Ed Lacey

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THE WEEK AHEAD

Saturday, December 29th: Women's Inter-League
CC at Markeaton Park, Derby; Metropolitan CC
League at Woodford.**Monday, December 31st:** Nos Galan Road
Races at Mountain Ash.**Tuesday, January 1st:** Morpeth to Newcastle
Road Race; Twickenham Mixed Road Relay.**Saturday, January 5th:** County CC Champs (in-
cluding Cheshire at Winsford; Cumberland &
Westmorland at Carlisle; Essex at Hadleigh;
Gloucestershire at Dursley; Kent at Dartford;
Lincolnshire at Grantham; Surrey at Guildford;
Yorkshire at Hull); North Wales CC Champs at
Wrexham; Southern Women's Inter-Counties CC
Champs at Ryde, Isle of Wight; Phil Everard
Memorial Walks at Chigwell Row.

'AW' CLUB FILM SHOW

The film show arranged and introduced by John
Le Masurier at Bowater Cinema on December
14th was undoubtedly one of the most interesting
yet. Nostalgia was catered for by Guy Butler's
film of the 1948 British Empire v USA match
at the White City (featuring glimpses of such
charismatic stars as Herb McKenley, Mal Whit-
field, Bob Richards, Jim Fuchs and Fortune
Gordien) and there was some superb footage by
Toni Nett of the Munich Olympic high jump,
pole vault, shot, hammer and javelin. The re-
mainder of the programme was taken up by BBC
television film of the 1968 and 1972 Olympics, the
1970 Commonwealth Games and this year's Euro-
pean Cup Finals.

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there has to be
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THE TEMPLE REPORT

3. Someone, somewhere is holding a meeting

ALTHOUGH international athletes form just a small percentage of the total of Britain's competitive population, their habits do tend to be imitated faithfully by the less gifted or dedicated, whether it is in the growing of a moustache, adaption of a training schedule or just wearing a particular type of shoe. All of which is fairly harmless until we come to the increasing attitude, particularly among distance runners, to run as few races as possible, make them hard, and then go back into training hibernation for six months. (This is punctuated by protests when you are overlooked for a team, flat refusal to run when selected, and sudden appearances in races in some obscure part of Europe. So be it.)

But while there is no doubt that for some athletes this indeed is the way to success, most of the blind copyists are heading down a one-way street and if the idea grows, taking part of grass-roots athletics with them. Once when a very large number of top-class runners did not turn out for a major cross-country event because they were busy training for the other races, I quoted in my report an imaginary athlete saying "Olympics? Yes, I'd like to, but I can't spare the time from my training". That, perhaps, exaggerates the situation but the danger is that if everyone adopted that way of thought the increasingly complex fixture list will collapse from disuse. And there is always the sad sight of the athletes who train and train and train, foregoing everything for a big race, and then on the day are never really in it. What have they got out of the sport at the end of the season?

But this only really brings us into this week's first subject, Fixtures, which have gone forth and multiplied over recent seasons to the point where there are scarcely enough athletes and officials to carry them all through. ("Sorry Bert, but I can't make the league match on Saturday. I'm competing for London S.E.6. against the Shropshire Traffic Wardens AC. My grandad might turn out for you again though"). At the height of the summer season there is probably a meeting going on somewhere in Britain every day of the week, whether it is a full-scale international or the Tiddlesbury Tuesday Night Road Race League.

So where will we be in the future, as more league athletics makes its mark on the sport every year, and the Fixtures Secretary of each club is faced with trying to get a quart into a pint pot? The answer, in the words of the song, is that something's gotta give. Obviously the major championships will remain, but as the vast majority of club members do not compete above county championship level anyway, the clubs must ask themselves what type of meetings they should support (a) for their athletes, and (b) for the

By Cliff Temple

club itself. And they must at the same time ask which events can be missed.

The answer, if the summer fixture situation is to remain at all manageable, must come down to two types of meeting: the open graded, and the league. By directing attention to these the club can secure competition for every athlete, regardless of standard, in the graded meeting, and generate club spirit, pride and ambition in the league.

Need for graded meetings

Arthur Kendall's recent article in 'AW' on the huge success of the Southern Counties evening floodlit meetings at Crystal Palace underlines the need for the graded meeting for where else, as he asks, can a club level runner find a 10,000 metres race? The huge entry also at Cosford in the traditional pre-Christmas open meetings is another pointer. Watching 16 separate 300 metres races may not be much for spectators, but this type of meeting is intended for the athletes, and the MCAA has done a great job in their promotion. I feel certain that a lack of competition at lower level is one of the most dispiriting aspects of athletics, and why this idea that you *have* to aim to be a champion has evolved. If you do not, you may starve from lack of competitions.

It is only human nature, of course, that meeting organisers tend to want their particular event to be the greatest thing since sliced bread, with star athletes appearing and records attacked. No-one wants to become famous as the promoter of an Annual Festival of Mediocrity. And yet this is one area where the sport is really crying out for someone to take hold, and is far more important than yet another Big Mile, in which only two of the 17 names on the programme actually turn up, and then run 4:23 in a "tactical race".

No, as I said, I wouldn't dream of trying to sell you the idea of the open graded meeting as a spectacle. Heavens, they are dull to watch, but *dull*. But they are not to be scorned or derided; they are valuable property to us. It is the occasion for the novice athlete to take his first hesitant steps, or for someone to try a new event, or for those who cannot get into the league team to prove that they should be in the league team. It is the occasion to attack personal bests with nothing to lose, to experiment in competition with tactics or technique. And if any club committee wonders what it could most usefully do for the sport in its own area, the solution is not to inaugurate another

dreary trophy match, but to plan a series of open graded meetings, with just a few events covered at each. If it is advertised as "everyone welcome" the club may even pick up some new members (as well as all those 5p or 10p entry fees) if the local schools are circulated too. And perhaps I have been underestimating their potential in describing the meetings as dull. As I explained a fortnight ago, I would like to see more extrovert and uninhibited athletics, and perhaps someone *can* think of a way to prevent the graded meeting from being dull. Any ideas?

So we come to league athletics which is not, as sometimes imagined, the bottom layer of the athletics pyramid, but the second. For while it is true that some league teams have been known to rely on their entire membership doubling or trebling up on events to get points, other clubs have quite sufficient so that a long-standing devotee of, say, the pole vault may be dropped in favour of a more talented newcomer, signed up at the local school sports. This is when the devotee is glad to have one more layer to fall back on (Enter: The Open Graded meeting, stage left) to prove that he has hidden reserves of talent all along. Or, subtly, to change his event.

By its composition, the league system has demanded of its member clubs an overall ambition and sense of purpose (i.e. promotion) which can only be good for the sport. It has also imposed on team managers an even greater need for tact, firmness, persuasiveness, blackmail, long-term planning and iron nerves. The effect of the continuity of the league is far more compelling than the isolated trophy meeting.

The only personal disappointment I felt when league athletics began was totally unconnected with the system itself. Instead my confidence in several leading coaches and officials was shaken when these men, closely involved in the sport, predicted a life of just one season for the leagues. Their argument was that the fixture list was already too crowded (true) but it was their reluctance to accept that the trophy meetings would have to go that was most sad to me. The longer one is involved in the sport, I suppose, the more conservative one becomes and change becomes decreasingly welcome. Not that I would decry the service and value of the trophy meetings over the years. But in the face of such obviously progressive club activity as the leagues, trophy matches became outdated by developments, just like the metal vaulting pole and the sprinters' starting holes before them.

I could not get the officials and coaches to see this. "But we've competed in the . . . Trophy every year since 1953" said one. "Do you mean to say that this meeting should now be abandoned just because of some league?" Frankly, yes. But the answer has come from the athletes themselves too. Leagues are expanding at all levels and must surely now be considered to have taken over as the backbone of inter-club athletics. The speed with which they achieved this, in a traditionally slow-to-change sport, underlines the ready acceptance. Some trophy meetings still go ahead, of course, but a number of clubs have decided to award their own

perpetual cup or shield to whichever team wins the league meeting that they host, so that solves the problem of whether to melt down Sir Percy's Pot for next year's club championship medals. The question of which trophy meetings survive the longest, only time and the fixture list will tell. But of course increasing attention is also demanded by additional competitions introduced by the British League, such as this year's highly successful Knock-out Cup.

The excitement generated there was unequalled by anything I can recall at a trophy match in recent years. For instance, one club I heard about won a trophy match, but not until the following week did they realise that they had omitted to collect the cup before leaving. On making enquiries as to how to collect it, they discovered that in fact they had also won it the previous year and forgotten to take it back anyway. So they still had it, though no-one knew where it was. One incentive, at least, for winning again next year!

Women's national league

The women are getting on a par with the men with their own league organisation, and I look forward to the next logical step here, the formation of a women's national league. This always brings cries of anguish in certain quarters at the thought of all the travelling and cost involved, but it is a problem which the men swallowed and solved through raffles, jumble sales, dances, anything to raise funds for their league teams. It is a great venture for improving team spirit, of course, with many of the non-active members discovering a good way to help their club positively while the active athletes can get on with the training.

In fact the clubs who usually moan loudest at the thought of travel seem to be those from the South who hardly need to go beyond their neighbouring county the rest of the year. Several relatively small clubs from the West put them to shame this summer, however, with their regular long treks east for the Southern Women's League. Clubs outside the South-east seem more adapted to travel.

The difficulty with assembling any fixture list is that one has to allow for the often clashing decisions of so many separate associations, none of whom will be dictated to. The timing of the year's major international championships, such as European or Olympic, tend to govern the dates for national championships, and then one has to work backwards. Some fixtures already work backwards, of course. Only in Britain could the Inter-Counties championships at Whitsun be followed a week or so later by some county championships, which presumably discover whether the right man was nominated. Even when county championships precede the Inter-Counties, entries for the latter have to be in so early that the nominated man often either misses his county event to avoid possible embarrassment, or else is embarrassed and replaced anyway. ("If you will turn to page 23 of your programme, here are the changes in the 100 metres. Delete numbers 1 to 40, and add . . ."). Then there

Satisfaction in Athletics

RECENTLY a non-athletic friend told me that he had observed that very few athletes win with any regularity, and asked if I could tell him why the non-successful persist. The answer to this, I thought, is that runners obtain satisfaction from their sport. But obviously the reason for the satisfaction varied enormously from person to person. On further reflection it would appear that there are several well-defined types and some of these are worth mentioning in greater detail.

Training is Tops

This type believes the means to an end is more training. Unfortunately often the means become the end and he is so involved with training that races disrupt his plans so he gradually opts out of racing and trains, it appears, solely to get fitter to train harder to get fitter to train harder and so on 'ad infinitum'. Regularly overheard in the changing-room after any race, be it club-run or championship, saying, "I wasn't really trying today, just used the race as a training spin".

Perfect Performance through Pain

This type feels that unless running is an actual painful experience it cannot possibly be of any benefit. Consequently he chooses the most difficult conditions and courses for training. Not for him a well surfaced road, he prefers an obscure path leading over rutted, ankle-jarring fields, through nettles, brambles, and barbed wire fences until he eventually winds up lost and by the time he reaches the club-house there is no hot water left in the showers. This does not deter the 'PPP' type, however. He merely dashes under the icy cold water with gay abandon, assuring all and

— by Guy Goodair

sundry that it's excellent for toning up the system and bound to do them good. The fact is that almost anyone else would catch double pneumonia in double quick time, and the only good it's likely to do them is give them a chance of surviving should they ever find themselves on the Polar ice-cap.

Almost the complete opposite to the above is the 'Beau Brummel' type. Instantly identified by his immaculate kit (tailored tracksuit and silk shorts) and known more for his sartorial elegance than his running ability. NEVER actually competes but shows up frequently on training nights (except during inclement weather) especially if the club has a strong female section. His training programme follows a regular pattern. Usually goes through the whole spectrum of calisthenics then does a couple of slow laps to warm up, carefully changes into his spikes whilst recovering from the exertion, sheds his track-suit before starting his session of intervals (invariably two or three 200s with 800 metres slow walk for recovery). When this is over he meticulously wipes away any bead of sweat which has had the effrontery to appear on his brow before departing for his well-earned shower.

Pot-Hunters

Whilst the ability of members of this species can vary from international class down to almost 'scrubbers', their common link is the love of winning a prize. However whereas the international may shop around to find which promoter is offer-

THE TEMPLE REPORT continued

is the anachronism of holding the AAA and WAAA championships separately, though perhaps the situation will be remedied when we finally get the Closed British championships, which are long overdue.

That will add yet another event to be squeezed into the list, but it is an essential one. The AAA Championships (with or without the WAAA Championships) could then be held on the same day as the Scottish, Welsh and Northern Irish national championships, because the leading athletes in the home countries would want to compete in the British, rather than the AAA, event. Certainly direct action needs to be taken to try to get some element of conformity into the national fixture list, even if it means the preparation of a suggested list of dates by the BAAB based on our international commitments. It could be circulated among area and national associations and league management for approval, on the understanding that any objection would have to have some sub-

stance and not consist simply of "but we've *always* held our championships on the second Saturday in October" as though that was a valid reason to resist change. It might be seen as dictatorial, but unless the associations will submit to some form of arbitration the fixture list will remain a hotch-potch, with the Southern women still having their cross-country championships one week and the Northern and Midlands the next, as happened in 1973.

Does it matter? I think it does, and the sooner the national fixture list takes on an orderly, logical appearance, with less of the pot luck look about it, the better. Assuming that such action is not going to be requested by any individual association, it looks like a priority task for the UK Director of Athletics (should we ever get one), or for at least one enterprising club to push through the various AGMs constitutionally demanding some policy. Then at least we would know not only where we stand, but when!

Next week: The Path to the Future.

ing the best prizes, the ordinary club pot hunter has to employ more subtle tactics. Forthcoming fixture lists are carefully perused in an attempt to find a meeting with a likely low number of entrants and a large prize list. The pot-hunter's idea of paradise is to find a small, under-publicised cross-country race in, say, either Cornwall or Northumberland which is being held on the same day the National is being staged at Parliament Hill. An astute listener can pick this type out in the changing rooms as the pot-hunter invariably tries to find out where his rivals or the 'hot opposition' intend to compete next, so he can ensure he finds a different meeting on the same day.

However in his own home he is quite easy to recognise—the demise of the waistcoat and with it the pocket-watch chain, has not diminished his desire for medals, and they attract him like bright objects do a magpie. These can be found displayed in china cabinets, mounted on plinths, turned into ear-rings, pendants or bracelets but always on prominent display. Other prizes may not be so blatantly obvious but the visitor to the pot-hunter's home is soon reminded of them. Should he be offered coffee, the 'PH' will proudly point out that the cup which he is drinking from is part of a set won in the Barnsley Marathon 1969, or some other equally obscure event. As the visitor sets the cup down on a nearby coffee table he is informed that the table was third handicap prize in the Meltham Sports 220 yards in 1957. These snippets of information continue

throughout the evening and finally the visitor staggers home convinced the entire house has been furnished by prizes.

Mileage-Mad

This type gets satisfaction from bashing out more miles than anyone else in the club. In his eyes anyone running less than a hundred miles a week cannot expect and certainly doesn't deserve success. Loathes travelling long distances to race, especially if the event is of less duration than a marathon, for time spent travelling means time lost in grinding out a few more miles. He is frequently seen around eleven thirty on a Saturday night frantically scampering along the dark, deserted streets in a belated attempt to boost his weekly quota of miles. Easily recognisable by the pedometer strapped to his leg and the bunch of Ordnance Survey maps stuck out of his track-suit pocket. Rumour has it that the infamous Nos Galan false start was perpetrated by 'M-Ms' in an endeavour to grab an extra couple of miles of 1972.

So whilst I am sure that you will recognise some of the types mentioned amongst your own club-members—a more interesting point to ponder is do you recognise yourself in there somewhere?

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GREAT RIVALS OF THE PAST

I. Glenn Cunningham and Gene Venske

GLENN CUNNINGHAM had many rivals. For eight long years he was America's top miler, breaker of world outdoor records at 800m and one mile and all-time indoor bests at 1,500m and one mile. He remained the man to beat in the United States throughout almost the whole of the 1930s. During this illustrious period his name was constantly linked with such famous middle-distance stars as Jack Lovelock, Bill Bonthron, Archie San Romani, Louis Zamperini and Luigi Beccali, yet none of these rivals so persistently challenged him as one Gene Venske who dogged Glenn's heels from the very start of his career and was still in there breathing down his neck at the very end in 1940.

Actually, it was Venske, not Cunningham, who first hit the headlines when their long rivalry began back in the summer of 1932, for earlier in that important Olympic year this tall, handsome new star had set successive indoor 'world mile records' of 4:11.2 and 4:10.0 and, for good measure, new 1,500m figures of 3:53.4. That 4:10 flat was the second fastest ever known up to that time, being only 0.8 sec. outside the late Jules Ladoumègue's (France) official outdoor record. Venske, indeed, looked America's outstanding prospect for the coming Olympic 1,500m at Los Angeles, especially when he set new US outdoor figures of 3:52.6 for that distance in June, but when the 'sudden death' Olympic Try-Outs took place at Palo Alto he found himself outrun for the vital three places by Norman Hallowell, Frank Crowley and one Glenn Cunningham, in that order. That was the first encounter between them; there were to be more than 40 others over the next eight years and although Cunningham had gained the ascendancy from the start, Venske did turn the tables on occasion and, to his eternal credit, never gave up trying.

The feud began in earnest again during the 1933 indoor season and though Cunningham proved successful in both the Wanamaker mile at the famous Millrose Games and the Baxter mile at the New York AC Games, Venske reversed the decision in their third clash over 1,500m at the AAU National Indoor Championships. Cunningham was now fast approaching his peak form and later that year he broke Venske's prized indoor mile record with 4:09.8 and exactly matched this time in winning the National Collegiate title in June, thus setting new US outdoor figures also. The following year, 1934, Glenn was seemingly indefatigable and almost unbeatable, as Venske found to his cost, losing all nine of their encounters. A capacity crowd of over 16,000 at New York's Madison Square Garden saw Cunningham

again win the Wanamaker mile from Venske, but the following week the two rivals were both beaten by 'Big Bill' Bonthron who snatched an inches victory over Glenn. These three clashed again in the AAU Indoor title race over 1,500m and the result was a new 'world' indoor mark of 3:52.2 for Cunningham with Bonthron second in the same time and Venske only a step behind in one of the closest races ever seen at the Garden. Shortly afterwards the ever game Venske had another go in the Columbian mile, a feature of the Knights of Columbus indoor track meet; the result another win for Cunningham and another 'world record'—4:08.4 for the mile.

Three classic races

Cunningham was certainly proving well nigh invincible but Venske still dogged his footsteps on throughout the American outdoor season. After two more reversals at the hands of Glenn at the Kansas Relays and the Pennsylvania Relays over one mile, there came three classic races on three successive June weekends between the three star US milers—Cunningham, Bonthron and Venske. The first of these occurred at the Princeton Invitation Meet where "Iron Horse" Cunningham truly lived up to his awesome reputation in the feature mile by remorselessly running away from both Bonthron and Venske to cover his second half mile some four seconds faster than his first and steam home in a sensational new world record time of 4:06.8. Los Angeles the following week was the scene of the National Collegiate Championship race where defending champion Cunningham was fully expected to repeat. Not so, however, for in this race he found he had no answer when Bonthron blasted away in the stretch to score a fine victory in 4:08.9. The final clash came fittingly enough at the National AAU Championships in Milwaukee—this time over 1,500 metres. The outcome was another world record as Cunningham built up a seemingly insurmountable lead only to see Bonthron stage one of the most spectacular finishes ever and just snatch the verdict on the tape. Their respective times of 3:48.8. and 3:48.9 were both inside Beccali's former record, while Venske's 3:50.5 in third place ranked as the fifth fastest mark ever.

In 1935 the indomitable Cunningham continued his winning ways to take all the major indoor races, including the Wanamaker mile for the third straight year and the AAU 1,500m with another world indoor best of 3:50.5. He beat Venske four times and Bonthron twice. Outdoors Bonthron did



Glenn Cunningham leads during one of his record-breaking mile races.

get the better of him in the famous "Mile of the Century" at Princeton, but both were beaten in this race by Jack Lovelock with Venske fourth. The dream of every athlete is naturally to make the Olympic team. Gene Venske had failed to do this four years earlier; now, in 1936, his chance had come again and he was determined not to miss a second time. He certainly made a magnificent start when the indoor season got under way by turning the tables on Cunningham, beating him in both the Wanamaker and Baxter mile races and again in the National AAU 1,500m in which he truly warmed the hearts of his fans by lowering the world indoor record to 3:49.9 with Glenn second in 3:50.1. One reverse for Venske, however, came in an extraordinary one mile 'crawl' at the Knights of Columbus meet where the field played cat and mouse, taking 3:52.6 to reach the $\frac{3}{4}$ mile mark, until Cunningham cut loose to rip through the last quarter in 54.2—his winning time, believe it or not, was 4:46.8!

After scoring his first ever win outdoors over Cunningham at Princeton in June, Venske found himself shunted back into third place at the AAU Championships by Cunningham and brilliant newcomer, Archie San Romani, with Bonthron only fourth. The question now was could he get through those nail-biting US Olympic Trials in New York City? By a happy coincidence (for Gene) the order of finish in that 1,500m test was exactly the same

as in the AAU with Cunningham winning from San Romani in 3:49.9 and Venske snatching that vital third place. Thus it was the great Bill Bonthron who lost his last ever chance of making Uncle Sam's Olympic squad. At the Berlin Games the astonishingly consistent Cunningham actually bettered the world's 1,500m record with 3:48.4 but still found himself beaten into second place by Jack Lovelock, as San Romani placed fourth and Venske ninth.

By 1937 the Cunningham-Venske feud had entered its sixth year and still it continued unabated for the latter truly loved the track game and defeat could not deter him. Once again it was the inexhaustible Kansan who won all of the top indoor races, including a classic Columbian mile in 4:08.7 from San Romani (4:08.9) Luigi Beccali (4:09.0) and Venske (4:11.1). Outdoors at Princeton in June Venske astounded onlookers as he set a four-minute mile pace, speeding through the 'quarter' in 58.6, the 'half' in 2:00.2 and the 'three-quarters' in 3:01.4, only to drop out in the final circuit as San Romani secured his greatest victory in 4:07.2 from Don Lash, who recorded the same time, with Cunningham a bang-up third in 4:07.4.

Sensational indoor mile

In 1938 Cunningham's amazing durability asserted itself yet again, for just when the younger brigade appeared to be about to steal his thunder, he swept all before him with new found zeal. Towards the close of a brilliant string of indoor victories, which included a world 1,500m record of 3:48.4 in defeating Venske for the AAU title, he created the biggest sensation of his career by running the fastest mile in history—4:04.4. After laps of 58.5, 2:02.5 and 3:04.2 he hit the tape two whole seconds inside the official world outdoor record set the previous year by Britain's Sydney Wooderson. Because it was achieved on an outside indoor track of $6\frac{2}{3}$ laps to the mile at Dartford College, Hanover, New Hampshire, it never received the official nod even as an indoor record; so, for good measure, Glenn set official new figures on a standard track (11 laps per mile) the following week with 4:07.4. Outdoors he downed Venske in a 4:11.7 mile in May, beat San Romani at Princeton with another great run of 4:07.2 in June and wound up by taking his fifth AAU 1,500m title at Buffalo, N.Y. in July.

After reaching such a high plateau even Cunningham descended to lower terrain in 1939. He was beaten both at Princeton and in the AAU Championships, while his top mile mark of the year was a rather disappointing 4:10.7. Venske too did very little of note and was unplaced in the AAU final. Their respective fans must have thought that the old warriors were about to call it a career. Not so, however, for both were back again for a final fling in 1940 and what a final flourish it proved to be. Believe it or not Venske actually ran his fastest ever mile and Cunningham his swiftest ever 1,500 metres. It was Venske's tenth successive indoor campaign and he began with an inches victory over Cunningham in Boston. By this time a new star had arisen in Chuck Fenske and it was he who won

January

- 25 High Jump meet (indoors), Leningrad.
- 26 Indoor meet, Barcelona.
- 26/27 Danish Indoor Champs., Ollerup.
- 31 High Jump meet (indoors), Vilnius.

February

- 2 Indoor meets, Reggio Emilia and La Coruna.
- 2/3 Swedish Indoor Champs., Falun.
- 3 Indoor meet, E. Berlin.
- 6/7 Indoor meet, Budapest.
- 8/9 AAA/WAAA Indoor Champs., Cosford.
- 9 Indoor meet, Madrid.
- 9/10 Indoor meet, Bucharest.
- 13 Indoor meet, Genoa.
- 13-15 USSR Indoor Champs., Moscow.
- 16 Indoor meets, Berlin and Madrid.
- 16/17 French Indoor Champs., Paris or Vittel;
- Norwegian Indoor Champs., Oslo; FISU
- indoor meet & Bulgaria v Czechoslovakia
- (men), Sofia.
- 23 UK v Spain (men) and Netherlands
- (women), Cosford; Nordic Indoor Walk
- Champs., Turku.
- 23/24 Hungarian Indoor Champs., Budapest;
- Rumanian Indoor Champs., Bucharest;
- W. German Indoor Champs., Munich;
- GDR Indoor Champs., Berlin; Inter-
- national Indoor Champs., Katowice.
- 26 Indoor meet, Trinec.
- 26/27 Italian International Indoor Champs.,
- Genoa.
- 28 Indoor meet, Prague.

March

- 1 USSR v GDR Juniors (indoors), Moscow
- or Donetsk.
- 1/2 Finland v Sweden (indoors), Turku.
- 2 Spanish Indoor Champs., Madrid.
- 2/3 Icelandic Indoor Champs., Reykjavik.
- 9/10 European Indoor Champs., Gothenburg.
- 13 Long Jump meet (indoors), Moscow.
- 16 IAAF International Cross-Country Com-
- petitions, Monza.
- 17 Long Jump meet, Tbilisi.
- 19 Spanish 50km Walk Champs, Carcagente
- 24 1 Hour Track Walk, Rotterdam.

April

- 6 Classical Marathon, Athens.
- 25 Marathon, Varese.

INTERNATIONAL FIXTURES 1974

Agreed at European AA Congress

- 28 25km Race, Helsinki; 20km Walk & 5km
- Women's Walk, Malmo.

May

- 1 35km Walk, Sesto S. Giovanni; 20km &
- 50km Walks, Naumburg.
- 5 Marathon, Karl-Marx-Stadt; 20km Track
- Walk, Rotterdam; 20km Walk, Frankfurt/
- Main.
- 7 Liberation Road Race, Zagreb.
- 9 Friendship Road Race, Ljubljana; Libera-
- tion Road Race, Prague.
- 11 Int Meet, Trinec; Marathon, Maassluis.
- 11/12 Rumania v W Germany Decathlon, Bucha-
- rest.
- 12 Walks at Barcelona & Copenhagen (20km
- & Women's 5km).
- 18/19 Int meet, Lisbon.
- 19 Int meet, Bolzano; W Germany v France
- v Hungary (field events); Walk, Bucharest.
- 25/26 W Germany v UK 20km & 35km Walks,
- Hamburg; Lisbon v Madrid v Barcelona,
- Lisbon.
- 26 Irish (BLE) Marathon Champs, Portlaoise;
- Switzerland v Denmark v Belgium v
- Netherlands 35km Walk; Walk, Zagreb.
- 30 Int Meet, Bratislava.

June

- 1 Int Meet, Ostrava; 20km Walk, Varnamo;
- Marathon, Copenhagen.
- 1/2 Int Meet, Budapest; Lisbon v Geneva
- (men), Lisbon.
- 2 Maxol & AAA Marathon Champs, Man-
- chester; University meet, Turin; Int meets,
- Zagreb, Merano (women) & Brussels.
- 3 Netherlands v Switzerland v W Germany
- 30km Walk, Eersel.

GREAT RIVALS continued

the Wanamaker mile at the New York AC Games in a record equalling 4:07.4 with Cunningham a fine second in 4:07.7 and an elated Venske third in a personal best of 4:08.2. Fenske won the Baxter mile too in exactly the same time from Zamperini (4:07.9) with Venske again pipping Cunningham for third as both clocked 4:08.8.

Sadly, Cunningham's last indoor season did not have a fitting climax for in the AAU Championships he fell and did not finish and in his farewell indoor race in Chicago he ended up third to Fenske and Venske. His final glory was to come outdoors however. All summer he trained exclusively for one

last effort—the National AAU 1,500m championship in Fresno, California on June 29th. Ironically, victory was denied him by the narrowest of margins as another newcomer, Walter Mehl, just beat him in 3:47.9 with Glenn clocking his best ever mark of 3:48.0 as Venske placed fifth. It was their final race and this writer makes it 35 to Cunningham and nine to Venske in 44 starts, although the full total very likely numbered around 50. There was little doubt that Cunningham was the better of the two, but what an ever game opponent his eternal rival was. If ever an athlete gained honour in defeat it was Gene Venske—his like are the salt and blood of a great sport.

- 4 Helsinki Games; Zorkov Memorial, Mari-bor.
 6 Paul Mericamp Memorial, Paris.
 7/8 Int Students meet (Juniors), Florence.
 8 Walks, Fredrikstrad (20km & women's 5km); Int meet, Madrid.
 8/9 Int meets, Sofia & Riga; Italy v France v Rumania Dec/Pen; Italy v GDR v France v Sweden Walks (Snr & Jnr); Bulgaria v Italy (men), Sofia; Sweden v Norway v GDR; Belgium v GDR v Switzerland v Netherlands Dec/Pen, Brussels.
 9 Rumania v UK v W Germany v Italy (women), Bucharest; W Germany v Finland v Poland (men).
 12 Olympic Day, E Berlin.
 12/13 Int meet, Athens.
 13 Int meets, Paris & Potsdam.
 14 Int meet, Prague.
 15 Int meet, Madrid.
 15/16 Int Dec/Pen, Prague; W Germany v Rep of Ireland v Rumania (men).
 16 Int meets, Budapest & Formia; Marathon, Debno; France v W Germany v Italy v Czechoslovakia (men).
 18 Tampere Games.
 18/19 UK v GDR, London.
 19/20 Rosicky Memorial, Prague & Strahov.
 20-22 Pravda meet, Moscow.
 21 Int meet, Rome (men); GDR v Bulgaria, Berlin.
 22 Int meets, Marianske Lazne & Trento (women); Swiss Marathon Champs, Geneva.
 22/23 Midsummer Games, Saarisarvi; Estonia v Sweden (men), Tallin; Int Dec/Pen, Reykjavik; Denmark v Netherlands v Spain v Austria v Switzerland (men), Aarhus.
 23 Kusocinski Memorial, Warsaw; Belgium v W Germany v France 20 & 50km Walks, Marcinelle; Rumania v GDR v Canada (women), Bucharest or Pitesti.
 25 Nordic Women's Cup (Norway, Denmark, Finland, Iceland, Sweden, W Germany), Oslo; Lyngby Games, Copenhagen.
 26 Int meet, Paris.
 26/27 Top Games, Helsinki.
 27 Int meet (women), Frankfurt.
 28 Int meet, Basle & Vasteras.
 28/29 Czechoslovakia v Hungary v Cuba, Prague.
 29 Scottish Champs, Edinburgh; Irish (BLE) Junior Champs, Cork; Austria v Yugoslavia, Graz; Norwegian Open Marathon Champs (men & women).
 29/30 Poland v UK v Canada, Warsaw; Yugoslavia v Switzerland (men), Sarajevo; Belgium v Rumania v Netherlands v France v Spain, Brussels.
- July**
 1/2 Int meet, Stockholm.
 3 Meskus Games, Oulu (men); Int meets, Paris & Milan (men).
 4 Bislett Games, Oslo; Int meet, Malmo.
 4/5 Greece v Canada, Athens.
 4-6 GDR Champs, Leipzig.
- 5/6 Italy v Switzerland v Belgium (women).
 6/7 UK v Netherlands v Spain v Denmark Decathlon & UK v Netherlands v Denmark Women's Pentathlon, England; Portuguese Champs, Lisbon; Rumanian Dec/Pen Champs, Bucharest; Belgian Decathlon Champs, Brussels.
 7 50km Walk, Marcinelle.
 8/9 Reykjavik Games.
 9/10 Norway v Scotland v Bulgaria (men), Oslo.
 10 Int meet, Koblenz.
 10/11 Italy v France v Hungary (men).
 12 Int meet, Rostock.
 12/13 AAA Champs, London.
 13/14 W Germany v Poland; W Germany Dec/Pen Champs, Trostberg; Yugoslav Champs; Portugal v Spain (women); France v W Germany v Canada (men) & France v Canada (women).
 14 Belgian Women's Pen Champs, Blankenberge; Prague—Podebrady 50km Walk; Int meet, Budapest.
 14/15 Finland v USSR (track), Helsinki.
 17 July Games, Stockholm.
 19/20 WAAA Champs, London; UK v Canada (under 22; men & women), London (Provisional); Wales v Portugal (men), Cwmbran.
 19-21 Polish International Champs, Bydgoszcz; Spanish Champs, Madrid; Hungarian Champs, Budapest; Czech Champs, Prague.
 20 Int meet, Celje.
 20/21 Gerutto Memorial Dec/Pen, Bydgoszcz; Swiss Dec/Pen Champs; Rumanian Champs, Bucharest; Irish (BLE) Champs, Dublin.
 21 Marathon, Szeged; Int meet, Siena.
 21-23 Icelandic Champs, Reykjavik.
 22 Aarhus Games.
 23 Copenhagen Games.
 23/24 Rep of Ireland v Portugal (men), Dublin.
 23-25 USSR Champs, Moscow.
 24 Int meet, Turin.
 26/27 UK v Czechoslovakia (men) & UK v Czechoslovakia v Netherlands (women), Edinburgh.
 26-28 French Champs, W German Champs, Hannover.
 27/28 Int meet, Barcelona.
 28 Danish Marathon Champs.
 30/31 Sweden v UK, Stockholm; Italian Champs, Rome.
 31/Aug 1 Martin Luther King Memorial, Oslo.
- August**
 1 Paavo Nurmi Games, Turku.
 2-4 Balkan Games, Sofia; Int Youth meet, Dresden.
 3/4 USSR v W Germany Dec/Pen, Tallin; Belgian Champs, Brussels.
 5/6 Iceland v Rep of Ireland (men), Reykjavik.
 7 Int met, Viareggio.
 9 Int meet, Kranj.
 9/10 Italy v Portugal (men).
 9-11 Finnish Champs, Jyvaskyla; Norwegian

- Champs, Honefoss; Swedish Champs, Helsingborg.
- 10 BAAB meet, London; Int meet, Banska Bystrica; Walks, Odense (20km & women's 5km).
- 10/11 Spain v UK (junior men), Madrid; W Germany 'B' v Belgium v Netherlands (men); W Germany v France v USSR; France v Belgium Dec/Pen; Danish Champs, Copenhagen.
- 11 Belgium v France (women), Namur.
- 13 Polar Games, Oulu; Gothenburg Games.
- 16 Int meet, Zurich.
- 16-18 W German Junior Champs, Bonn.
- 17/18 Int meet, Prague; Finland v Sweden, Helsinki.
- 18 Int meet, Innsbruck.
- 19 Int meet, Budapest.
- 20/21 Norway v UK v Benelux (men), Oslo.
- 23 Spain v Denmark v Portugal (women), Madrid.
- 24 Half Marathon, Geeraardsbergen.
- 24/25 Switzerland v Spain v Greece v Portugal (men); Bulgaria v Denmark (men), Sofia.
- 25 Switzerland v Denmark (women); 7-nation Women's Track Walk, France or Sweden; Int meet, Merksem.
- 25-27 Znamenskiy Memorial (juniors), Moscow.
- 28 Pre-European meet, Rome.

September

- 1-8 European Championships, Rome.
- 10 Int meet, Helsinki.
- 11 Int meet, Nice & Cagliari.
- 13-15 Greek Open Champs, Athens.
- 14 Int meet, Innsbruck.
- 14/15 Warsaw International Champs; Int meet,

- Budapest; Poland v Finland (men) & Poland v Sweden Walks, Bydgoszcz; Dynamo Spartakiad, Berlin; GDR v USSR (juniors) & GDR v USSR (juniors) & GDR v USSR Dec/Pen (seniors), Dresden.
- 15 UK v W Germany (juniors), Warley; Int Meet, Rieti.
- 16 Hans Braun Memorial, Munich.
- 18 Int meets, Bratislava & Resita.
- 19 Int meet, Brussels.
- 21/22 Int meet, Varna; W Germany v Sweden (men); Croatia v Slovakia (men), Zagreb; Hungary v Rumania (men & women) & Hungary v Norway (men), Budapest; USSR v Finland (men).
- 22 Int meet, Bolzano; Rude Pravo cross-country, Prague.
- 24 Int meets, Prague, Plzen & Barcelona.
- 25/26 UK v Finland, London.
- 28/29 France UK Dec/Pen, Paris; Int meet, Budapest.
- 29 Switzerland v Italy Walks; 1 Hour/20km Race, Paris; Netherlands v UK v W Germany v Belgium (women), Eindhoven.
- 30/Oct 1 Int meet, Baku.

October

- 5 20km Walk, Leeuwarden.
- 6 Kosice Marathon.
- 6/7 Int Dec/Pen, Merano.
- 12 W German Marathon Champs, Ausum.
- 13 Airole—Chiasso Walk Relay.
- 20 Olivone—Lugano 100km Walk.
- 31 Marathon, Budapest.

November

- 4 Giro di Roma Walk, Rome.

Brian Mitchell: THE MEANING OF SPEED

AN examination of the speed factor, in racing and training, can be made by asking three questions: 1. To what things does the word "speed" refer? 2. What relationship is there between the kind of speeds developed in training, and racing-ability? And, 3. What arrangement and balance of speed is necessary in training?

Any look at the meaning of "speed" must involve, first, a look at the thing that lies behind the word; trying, as George Orwell put it, to "think things, not words". What do we imagine when we read the word? "Speed" over what distance? Absolute "speed", or relative? "Speed" in relation to how much sloth? To what racing-end?

Picture an athlete running once round the track whilst the watch-hand passes fifty marked sections on the watch-face. Such an athlete could be said to be moving at speed; lifting and pushing the body at a measured rate over a set distance attracts the label "speed". This measurable running necessarily also implies an infinite

number of variations, from jogging to sprinting; and the movement activates, in training and racing, the total mechanism of muscles, blood, heart and lungs, which is what the athlete is trying to do when he is training and what he is trying to sustain when he races. Jogging will jog the system, sprinting will flog it, ten miles across country will also flog it—though differently—and these are all "speed". If persisted with, they all eventually change the condition of the body. What the athlete wants to know is: What relationship is there between the kind of speeds that he is free to employ in training, and his eventual racing-ability?

It is important to insert a fairly obvious point here. This is, that above 200 metres or so speed in a race must be deployed, with very rare use of maximum capacity. It is comparative sloth craftily sustained. (Speed that is controlled like this is called "stamina", which doesn't help much). It is observable that even the greatest 400 metres runners get wooden legs if they do the first 200 fractionally too close to their absolute fastest

tempo; the race is run in a series of virtually undetectable phases, the speed pulsing, the tap being opened at exactly the right pressure by the athlete who knows himself, so that the contents do not run out whilst they are still needed. The human machine does, however, have some ability to tank itself up whilst working, if the pressure is slackened for a while and if the tank has been carefully filled beforehand; though this ability will collapse sooner or later and bring about what one physiologist called "cessation of activity", or what cyclists call "the bonk".

This fact about manipulation of speed must be borne in mind, because the capacity to do it in a race is one that is acquired in training. The qualities needed to spread your speed over, say, 800 metres, are sought in training. But the speed is spread, and the qualities somewhat specific (that is, they are specific within the general fitness that everyone needs). Only the sprinter is seeking absolute speed, which is not enough for the 1500 metres man; being basically faster than your rivals is **not necessarily** an advantage. though that strange remark, "His rivals cannot match his speed", is often heard—as if Borzov could somehow put it across Shorter, or Jenkins across Hill. It presumes an ability to stand up and let your best speed be counted after more than 2 hours on the road. It presumes that one man can have everything, which he cannot. He can have portions of everything, to compose a full meal for his special purposes. Larger portions of one thing mean smaller portions of another, training or racing.

Bearing in mind, then, that speed is deployed in a race, what relationship is there between this available, conjured speed, and those speeds employed in training? Honed down, this question becomes: What proportion of training should be at what speed, and over what distance? What arrangement, or balance, of speed should there be in training, to give an athlete what he needs in a race?

Training demands must be married to racing demands. Imagine a piece of wild polygamy, where 600 training sessions are wedded to one race—a year's work to a single competition. This is the only way to look at training; not at the content of a single session so much as at the final effect of hundreds of sessions, the composite physical outcome of a huge pattern of training.

Unless he, or she, is a pure sprinter, about 5 per cent of the athlete's time should be spent on pure speed, sprinting and short-hill training, to sharpen reflexes, toughen muscles and ligaments, develop stride, reaching down into the skeletal clothing to get at every fibre. The rest of a runner's training should be divided amongst work just above his racing speed, and that manageable speed which is called "steady". "Steady" describes a speed which could be kept going and which varies, therefore; to an unfit man, it would be jogging and walking, to a fit but tired man it could still be jogging—in general, it is the speed at which an individual is not

straining but is setting up some tension in the fibres, effecting chemical changes in the muscles and profitably thumping the whole heart and lung system. This kind of running can be done anywhere, and should be done every day of a six-day week. The "racing plus" speed may be 15 per cent of a pattern, and the steady 80 per cent, though some marathon men have done all of their training at what Derek Clayton called "nerve splitting pace", which Jim Peters also seemed to do, but which would make a 400m man sick before he had eaten properly.

It is quite probable, incidentally, that an effort somewhere between steady and racing speed is the most effective of all (however old-fashioned and unsophisticated it might seem now). Anyone who has gone running and kept at it for a few miles will confirm that the body is, at that kind of sustained tempo, getting pretty well all the exercise it needs. And I do not believe that the relationship between training-style and racing-capacity is so exact as to require precise training distances or measurable pulse rates. All that is going to happen, except the absolute sprinting/hypertrophy part, will most probably happen in sustained running at a speed which tickles the nerves.

Offering all this, then, to, for example, a fit 5000 metres runner, and without for the moment considering the several personal factors such as temperament, time available, facilities and so on, would be to offer him, in terms of the speed at which his training is done, about 80 per cent steady running, 15 per cent racing-plus, and 5 per cent pure speed. Ideally, twelve sessions a week would be run: six deliberately organised and six early-morning or mid-day runs (which account for the high proportion of steady-paced training). The six organised sessions are three where racing-pace-plus is done, one very long fartlek, one long steady-pace, and one sprint/hill work. Five of these six have a massive dosage of steady running in them, the bulk of it in the first half of the session, so that it is not broken, and the remainder lacing together the truly speedy work. It seems that this pattern does not contradict physiological descriptions of the demands made by racing or of the requirements of proper training.

So by arranging in training these three speeds, or "rates of progression", in view of a chosen racing distance and a current physical condition, it becomes possible to exert the required pressure, to lift and push the body through the whole range of movement, thereby activating the total mechanism and gradually giving the athlete the kind of efficiency and reserves he need. The runner who builds his foundations of steady speed, his ground floor of racing speed and his first floor of absolute speed, will be able to open his doors generously in a race and distribute his stored wealth successfully. It is also true that some houses have better attics than others, so that the physical preparation is not everything. Artists traditionally live in attics.

PHEIDIPPIDES WAS A STICKER — CURSE HIM!



Thoughts on a first Marathon

Ed Lacey photo

EVEN the changing rooms have a different atmosphere filled with marathoners—a sharp edge of intent creates a feeling of excitement; a sense of adventure hangs thick in the air. Friendly greetings and jests abound: 'five minute miling for the first ten, Bill?' 'Nah, too slow!' But it's a thin veneer over the powerful will of each marathoner to compete to his absolute.

Fifteen minutes to go and I start to jog onto the track . . . not many others doing the same . . . am I doing the right thing? Most seem content to chat. Couple of the 'big boys' are jogging, so it must be all right. Sudden stabbing pain flares up in the knee—where did that come from? Realise I'm mentally searching every corner of my body for a weakness. Relax, keep jogging and it will wear off—it does. Have I done enough training? Racing? Eating? Resting? Well if not it's too late now, so forget it.

A huge field gathers for the start, fifteen to twenty deep across the track and the same from front to rear down the back straight. I look at well known faces; a lot look more anxious than I feel, so that's good. The handkerchief drops. At last we're off, pushing and shoving round the bend, fortunately without too much aggression. Somebody has gone off like a startled rabbit much to the pleasure of the appreciative competing audience.

A large enthusiastic crowd cheers the field out of the stadium and at last we're on the road. Already the front of the field is going away, there's a lot of people going to come back from that bunch—I hope. Up the first hill and already some runners are breathing a bit too heavy; this is comforting and I'm feeling springy and a lot happier about the venture. In the first few miles a lot of passing is going on but I don't let it worry me as I'm feeling good and holding my place in the field without any extra effort.

Five miles. Some runners are looking in a bad way, sweating heavily and puffing—I'm dry, cool and well in command, congratulating myself on showing a good deal of self restraint that looks to be paying off. A big crowd, attracted by television cameras, yells out and a good atmosphere is felt by all. At this point my feet don't touch the floor as I'm swept along by the exhilaration of being watched.

Small bunches are forming now; I'm in a good one with some reputable runners. I ask if the pace is good, I know it is, I'm just boosting my confidence. The course is bobbing up and down and I'm feeling frisky on all the little rises. Ten kilometres and the time is fast and yet it hasn't been a sweat, very encouraging. Eight miles and somebody whips past. Panic. Are we going fast enough? Yes, but I feel so good, why not go through and start picking up places. I've left the group and I'm moving along well on my own. The course is enveloped in a housing estate now and despite being an autumn day the sun is beaming heavily on the road and car fumes begin to come to my notice. Actually, not sure whether it's the fumes or rather too full a belly of food but feeling slightly sick.

Twenty kilometres and I'm still moving well and on schedule for a fast one. Someone shouts 'You're two minutes down on the leaders'. That's a surprise—I'm going even better than I thought. This part of the course is dull and I will be glad to get some company, but people are either moving much slower or they are absolutely bombing. A slight stiffening in the legs but nothing drastic and I'm beginning to pass some good drop-outs who have blown the early pace. Go past friends at 15 miles who yell loud encouragement and I put on the best display of marathon running that I know how. Round the corner, out of sight, I really feel

like I'm going to throw up, but there's no temptation to pull out; that can't be bad.

Up to 30 kilometres the course is nicest and I'm pulling back ground on a friend/rival, it's encouraging and I begin to enjoy the feeling of being the hunter. Thirty kilometres and friend/rival gets pulled away by someone else before I can get to him—on my jack—suddenly I feel tired and the sinking feeling takes hold. I know it's going to be a long six miles to the finish. My legs are feeling heavy, but I'm still passing some walking but in turn I'm being passed by others moving, seemingly, like express trains. One of my original little group goes by and I curse my impatience. Shuffling along and beginning to consider if it would be wise forcibly to make myself sick as that is what's holding me back more than anything. I decide against it (I'm not sure how I would do it anyway). Another sponge and a cup of water, I slop two-thirds and choke and splutter on the remaining third. Well that's my time gone out the window—what the hell, just finish.

Someone on the sidelines shouts that we are catching the leaders. Must be off his rocks. I would look to see who it is shouting but it's too much effort. My thigh muscles are tightening and I wonder if my stride can measure beyond 6 inches. Suddenly the guy in front stops and walks; the envy wells up inside, just to stop, what a wonderful, beautiful thought. He slips behind out of vision and the long empty road beckons me on as the will to finish fights down the bodily desire to quit. What ever made me do this—I'm mad—it's a killer. I pass a resolution with myself, 'never attempt this madness again'. Time? Who cares, I've long since lost the chance of a fast one.

I pass a well known face walking downhill—must be in a bad way. My legs jar and ache and the desire to throw up is really strong, but the road is lined at this point by a crowd of innocent bystanders, so I restrain it out of dignity. Getting slower, so slow it's almost impossible, yet it's all I know how to keep going. Being passed regularly now by old-hand marathoners, and the lesson—'the race is between 20 and 26 miles', burns in my skull. What an idiot! Forty kilometres is passed and I still have the presence of mind to work out my time, but who cares, what a rubbish time—forget it.

The last two kilometres are a memory blank, thankfully, and I attempt the nearest thing I can get to a forward momentum. The stadium is getting close and I decide that nobody is going to get past now. A sudden realisation that I'm going to finish hits me. Directed up on to the pavement, which demands so much effort to climb, down off, back up and the body jars with the 4 inch drop and rise.

A slight incline for the final 400 metres, words of encouragement from both sides and I'm making it look as comfortable as possible, feeling much, much happier. Through a line of spectators, past great words of encouragement from buddies and a glow of achievement spreads through the body like a forest fire. No finishing line! Runners are bending over, stopped—it's all over, I've finished. What time did I do? Anyone got an entry form for the Maxol?

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UK MERIT RANKINGS 1973

Compiled by Peter Matthews and Andrew Huxtable

FOR the sixth successive year we have attempted to rank British athletes on a merit basis. This is not our estimate of placings in an idealised contest, but rather our assessment of their outdoor record in 1973 based on results in major competitions, win-loss records and series of marks. Any comments or amendments will be welcomed by Peter Matthews at 2 Grange Fields, Chalfont St Peter, Gerrards Cross, Bucks SL9 9AG.

Some of the abbreviations used: BG—British Games, ET—English Commonwealth Games Trials, EC—European Cup, HG—Highland Games, W—Wales (E v W—England v Wales), IC—Inter Counties, IS—Inter Services, BL—British League (plus Division), Cup—British Cup Final, WSG—World Student Games, W v S v SW—Wales v South v South West, U21 IA—Under 21 Inter Area (Girls). We hope that the others will be self-explanatory.

100 METRES

1. Don Halliday (16.6.47)

10.3, 10.3w, 10.4w, 10.4w, 10.5, 10.5; 1st Scot, 1st AAA, 1st IS, 5th ECsf, 1st HG, 2nd v Hun, 5th EC, 2nd v Swe, BL (1): 1st, 1st, —, 1st; 1st Scot v RAF.

2. Brian Green (15.5.41)

10.4, 10.4, 10.4w, 10.5, 10.5, 10.6; 5th S Afr Games, 1st North, 4th v GDR, 2nd AAA, 1st v Gre & Bel, 3rd HG, 4th v Hun, 1st ET.

3 eq David Jenkins (25.5.52)

10.4, 10.4, 10.5w, 10.5w, 10.6, 10.6; 1st Kirkby, 2nd Scots, 1st v Hun Inv, 3rd v Swe.

3 eq Les Piggott (11.5.42)

10.5, 10.5, 10.5, 10.5, 10.5w, 10.5w; 1st BG, 3rd v GDR, 3rd AAA, 2nd v Gre & Bel, 2nd Scot v RAF.

3 eq Chris Monk (29.9.51)

10.4, 10.4, 10.5, 10.5, 10.6, 10.6; 1st IC, 1st Mid, 4th AAA, 2nd v Hun Inv, 5th WSG sf, 1st BRC v LC, 1st BRC v AAA, 1st UAU v SC v PE v Wales.

6. Ian Matthews (1.4.48)

10.4w, 10.5, 10.5w, 10.6, 10.6, 10.7; 3rd IC, 2nd

BG, 1st South, 3rd v Hun Inv, 2nd ET, BL (1): 2nd, 2nd, —, 2nd.

7. Hywel Griffiths (21.1.49)

10.5, 10.5w, 10.6w, 10.7, 10.7, 10.7; 2nd IC, 1st BUSF, 3rd UAU v SC v PE v Wales, 3rd Welsh, 1st Wales v Port, 1st W v S v SW.

8 eq Derek Cole (10.6.51)

10.5, 10.6, 10.6, 10.6w, 10.7, 10.7; 2nd BRC v AAA, 3rd BG, 2nd South, 6th AAA, 6th 'A' v France, 4th E v W, 2nd AAA v SC v Pol, 4th v Hun Inv, 3rd ET.

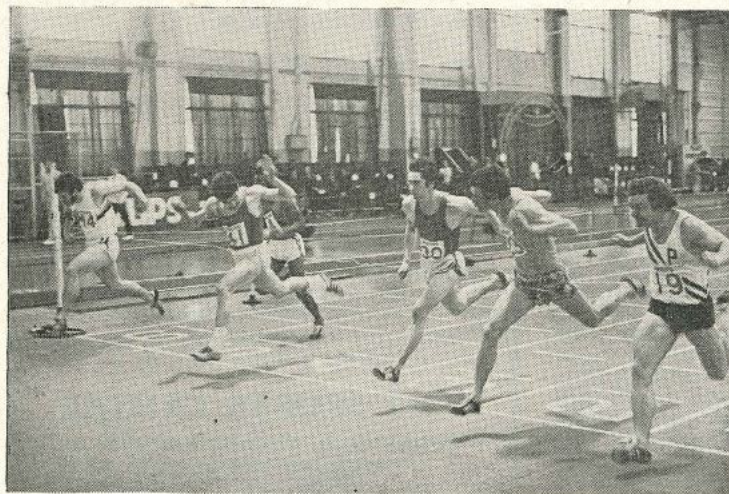
8 eq Ian Green (13.1.46)

10.3w, 10.6, 10.6, 10.6w, 10.6w, 10.7; 3rd BRC v AAA, 5th IC, 1st AAA v LC, 4th BG, 5th 'A' v France, 2nd E v W.

10. Steve Green (13.10.55)

10.4w, 10.5, 10.6, 10.6, 10.6, 10.6; 4th IC, 2nd UAU v SC v PE v Wales, 5th BG, 1st Eng Schools, 8th AAA, 1st AAA Jnr, 1st AAA v SC v Pol, 6th E Jnr sf, 2nd W v S v SW, 1st South Jnr, 4th ET.

Halliday was undefeated by British athletes. There was little to choose between the last few, and one or two others, including Richard Ken-



The finish of the 60 metres final at the Cosford Games, with Brian Green (19) winning from Don Halliday (next lane), Gareth Edwards (14), Gary Vince (41) and Chris Monk (30)—all in 6.9.

Tony Duffy

nedy, Gary Vince, David Roberts and Gareth Edwards, were close to being ranked.

200 METRES

1 eq David Jenkins (25.5.52)

20.7, 20.8, 20.8, 20.8, 20.8w; 1st Kirkby, 1st Scots, 2nd v GDR, 2nd EC sf, 1st v Hun.

1 eq Chris Monk (29.9.51)

20.7, 20.8, 20.9, 20.9, 21.0; 1st BRC v LC, 1st BRC v AAA, 1st IC, 1st Mid, 1st E v W, 1st AAA, 1st v Gre & Bel, 2nd WSG, 2nd v Hun, 1st EC, 1st v Swe.

3. Ian Matthews (11.4.48)

21.1, 21.2, 21.3, 21.4, 21.4; 2nd BRC v AAA, 1st BG, 4th v GDR, 3rd AAA, 3rd v Gre & Bel, 3rd v Swe, 2nd ET; BL (1): 1st, 1st, —, 1st.

4. Alan Pascoe (11.10.47)

21.3, 21.7, 21.7, 21.7, 21.8; 3rd BG, 1st South, 1st ET.

5. Don Halliday (16.6.47)

21.4w, 21.4w, 21.5, 21.7, 21.7; 1st Scots East, 2nd Scots, 2nd IS, 1st HG; BL (1): —, 2nd, —, 2nd.

6. John Wilson (11.10.48)

21.4, 21.5, 21.6, 21.6, 21.8; 1st Middx, 2nd South, 2nd AAA v SC v Pol, 4th AAA.

7. Steve Green (13.10.55)

21.0w, 21.2w, 21.7, 21.8, 21.8; 3rd BRC v AAA, 5th AAA, 1st AAA Jnr, 5th ET.

8. Gary Vince (22.9.49)

21.5, 21.8, 21.8; 1st IS, 2nd W v Neth, 4th 'A' v France, 1st W v Port; BL (1): 4th, —, 1st, 2nd (B).

9. Brian Green (15.5.41)

21.5w, 21.7, 21.7, 21.7; 8th S African Games, 3rd HG, 3rd ET.

10. Ainsley Bennett (22.7.54)

21.6, 21.6, 21.6w, 21.7, 21.8; 1st Mid-J, 2nd Mid, 4th ht AAA, 2nd AAA Jnr, 6th E Jnr sf, 4th ET.

Though Jenkins beat Monk in their only encounter, Monk had a magnificent season and eventually they were placed first equal. Matthews and Pascoe stood clearly at 3rd and 4th, while the next six places were more difficult to determine. Monk has never previously been ranked in the 200!

400 METRES

1. David Jenkins (25.5.52)

45.2, 45.8, 45.8, 46.0, 46.0; 1st Scots, 1st v GDR, 1st AAA, 1st v Gre & Bel, 1st EC sf, 3rd WSG, 2nd EC, 1st IAC, 2nd v Swe.

2. Jim Aukett (15.4.49)

46.7, 46.9, 46.9, 47.0, 47.4; 1st Kirkby, 1st IC, 1st Mid; BL (1) 1st, 1st, 1st, —.

3. John Wilson (11.10.48)

46.3, 46.8, 47.1, 47.3, 47.3; 1st BRC v AAA, 2nd IC, 2nd BG, 3rd v GDR, 2nd v Gre & Bel, 3rd v Hun.

4. Alan Pascoe (11.10.47)

46.8; 3rd IAC.

5. Ray Hearn (24.12.47)

47.1, 47.2, 47.3, 47.4, 47.4; 2nd Kirkby, 8th IC, 1st AAA v LC, 1st South, 1st E v W, 4th AAA, 1st v Hun, 5th IAC, 4th v Swe, 1st ET.

6. Glen Cohen (22.4.54)

47.0, 47.5, 47.5, 47.6, 47.7; 1st Mid Jnr, 3rd Mid,

4th ht AAA, 1st AAA Jnr, 1st Cup, 4th E Jnr, 6th IAC, 2nd ET.

7. Joe Chivers (16.3.51)

47.5, 47.5, 47.9, 47.9; 2nd UAU v SC v PE v Wales, 1st NI, 5th AAA, 8th WSG sf.

8. Bill Hartley (27.6.50)

47.1, 47.8, 47.8; 1st North, 4th IAC.

9. Roger Jenkins (30.9.55)

47.1, 47.4, 47.7, 47.9, 48.2; 2nd AAA v SC v Pol, 5th E Jnr, 1st Scot v RAF, 6th ET.

10 eq Ian Saunders (24.7.50)

47.6, 47.6, 47.7, 48.1, 48.3; 5th IC, 2nd North, 6th AAA, 2nd 'A' v France, 5th Cup.

10 eq Steve Marlow (21.11.53)

47.5, 47.6, 48.0, 48.1, 48.1; 2nd BRC v AAA, 3rd IC, 3rd BG, 4th ht AAA, 1st AAA v SC v Pol, 3rd ET.

Jenkins is top for the third successive year (he was also in 1969). Aukett was undefeated, though missing some major meetings. It was difficult to know where to rank Pascoe and, to a lesser extent, Hartley. As in many events the last few places were very open, with Gary Armstrong, Andy Williams, Mike Delaney and John Robertson among others considered.

800 METRES

1. Andy Carter (29.1.49)

1:45.1, 1:45.5, 1:46.1, 1:46.4, 1:46.4; 1st AAA, 2nd v Gre & Bel, 2nd EC sf, 1st v Hun, 1st EC.

2. Frank Clement (26.4.52)

1:46.0, 1:48.1; 1:49.9; 1st Scots, 1st v Gre & Bel.

3. Peter Browne (3.2.49)

1:46.2, 1:48.3, 1:48.8, 1:49.1, 1:49.2; 1st South, 5th AAA, 2nd 'A' v France, 2nd v Hun, 2nd v Swe, 5th ET.

4. Colin Campbell (20.6.46)

1:48.8, 1:47.0, 1:47.8, 1:48.0, 1:49.0; 6th BG, 4th South, 1st ET.

5. Steve Ovett (9.10.55)

1:47.3, 1:47.4, 1:47.5, 1:48.4, 1:48.4; 2nd South, 6th AAA, 3rd 'A' v France, 1st E Jnr, 3rd ET.

6. David Cropper (26.12.45)

1:46.8, 1:48.3, 1:48.7, 1:49.4, 1:49.6; 5th BG, 3rd v GDR, 3rd ht AAA, 3rd HG, 1st v Swe, 4th ET.

7. Phil Lewis (10.11.49)

1:47.6; 1:47.6, 1:48.0, 1:49.0, 1:49.2; 1st E v W, 8th AAA, 1st W v Neth, 4th 'A' v France, 6th WSG, 1st Cup; BL (1): —, 1st, 1st, 1st.

8. David McMeekin (10.2.53)

1:47.4, 1:48.0, 1:49.1, 1:49.6, 1:52.6; 1st Kirkby, 4th BG, 4th GDR, 5th WSG sf.

9. Tony Settle (9.12.53)

1:48.2, 1:49.2, 1:49.5, 1:49.9, 1:52.6; 2nd BRC v AAA, 3rd ht AAA, 2nd ET.

10. John Kirkbride (24.3.47)

1:48.9, 1:51.4.

Andy Carter was clearly No 1 (third successive year), though Frank Clement beat him in Athens. As the English selectors would testify, the next places were very close and difficult to evaluate. An examination of their records shows that the contestants placed in varying orders in the season's main competitions. After consideration of all factors the order was determined, but there was little in it.

1500 METRES

(y = 1 mile)

1. **Frank Clement (26.4.52)**
3:38.5, 3:39.4, 3:40.8, 3:41.3, 3:42.3; 2nd AAA, 1st WSG, 1st eq v Hun, 1st EC, 1st Em Carr.
2. **Brendan Foster (12.1.48)**
3:38.5, 3:59.2y, 3:42.0; 3rd HG, 1st eq v Hun.
3. **John Kirkbride (24.3.47)**
3:40.7, 3:40.7, 3:58.5y, 3:41.7, 3:42.5; 4th AAA, 1st 'A' v France, 2nd HG, 3rd IAC, 1st ET, 2nd Em Carr.
4. **Phil Banning (10.10.50)**
3:39.9, 3:40.4, 3:41.0, 4:00.0y, 3:42.6; 2nd BRC v AAA, 1st BG, 2nd v GDR, 3rd AAA, 3rd City, 4th EC sf, 4th WSG, 4th IAC, 1st v Swe, 2nd ET, 4th Em Carr.
5. **Nick Rose (13.12.51)**
3:58.4y, 3:41.3, 3:41.5, 3:42.1, 4:00.0y; 1st Mid, 7th AAA, 5th v Gre & Bel, 1st City.
6. **Walter Wilkinson (2.11.44)**
3:41.0, 3:42.0, 3:42.8, 4:01.6y, 3:44.0; 1st IC, 6th AAA, 4th 'A' v France, 8th HG, 6th IAC, 3rd ET, 7th Em Carr.
7. **Jim McGuinness (21.9.51)**
3:40.5, 3:42.3, 3:43.8, 4:02.3y, 4:02.5y; 1st BUSF, 3rd BG, 8th AAA, 5th 'A' v France, 3rd Em Carr.
8. **Bob Maplestone (15.7.46)**
3:58.5y, 3:59.9y, 4:02.9y, 4:04.4y, 4:04.5y; 2nd NAIA, 6th AAU.
9. **David Moorcroft (10.4.53)**
3:43.0, 4:01.9y, 4:01.9y, 3:45.5, 4:07.7y; 4th IC, 1st AAA v LC, 2nd BG, 3rd v GDR, 8th ht AAA, 5th IAC, 7th ET.
10. **John Cadman (26.9.50)**
3:42.1, 4:00.6y, 3:43.5, 4:02.3y, 4:02.6y; 5th IC, 7th AAA v LC, 9th AAA, 4th City 4th Southgate, 7th IAC, 5th ET.

Clement, winner of four big events, has never previously been ranked. In all there were 15 marks inside 3:42 for 1500m and five under 4 minutes for the mile.



BRENDAN FOSTER
On his way to AAA 5000m title

Ed Lacey

5000 METRES

(y = 3 miles time)

1. **Brendan Foster (12.1.48)**
13:23.8, 13:54.8; 1st AAA, 1st EC.
2. **David Black (2.10.52)**
13:24.6, 13:33.2, 13:35.0, 13:43.4, 13:44.0; 1st Scot, 4th Helsinki WG, 3rd AAA, 2nd v Gre & Bel, 1st HG, 1st v Hun, 1st v Swe, 1st ET.



Steve Hollings (4) and John Davies in the UK v Hungary match, in which they dead-heated. They, and John Bicourt, shared top ranking in the steeplechase.

Mike Brett

3. **Ian Stewart (15.1.49)**
13:30.8, 13:46.4; 1st Mid, 2nd AAA.
4. **David Bedford (30.12.49)**
13:39.4, 13:39.8, 13:44.0, 13:47.4; 6th AAA, 1st v Gre & Bel.
5. **Tony Simmons (6.10.48)**
13:38.2, 13:41.6, 13:53.0; 2nd ET.
6. **Roger Clark (6.4.44)**
13:37.8, 13:47.2, 13:48.4, 14:00.4, 14:04.4; 4th AAA, 5th EC sf, 1st Cup, 4th ET.
7. **Julian Goater (12.1.53)**
13:38.8, 13:45.2, 13:48.2, 13:51.4, 13:51.8; 7th Helsinki WG, 7th AAA, 4th WSG, 2nd v Hun, 5th ET.
8. **Norman Morrison (13.3.49)**
13:47.0, 13:47.2, 13:50.8, 13:53.0, 14:25.6; 1st IC, 1st v GDR, 5th AAA, 7th WSG.
9. **Bernard Plain (3.12.46)**
13:38.6, 13:54.8, 14:03.6, 14:06.2, 14:06.8; 6th Helsinki WG, 2nd W v Neth, 3rd W v Port, 2nd v Swe.
10. **Gordon Minty (23.3.48)**
13:10.8y, 13:15.4y, 13:21.6y, 13:26.2y, 13:27.4y; 1st Kennedy G; dnf AAU.

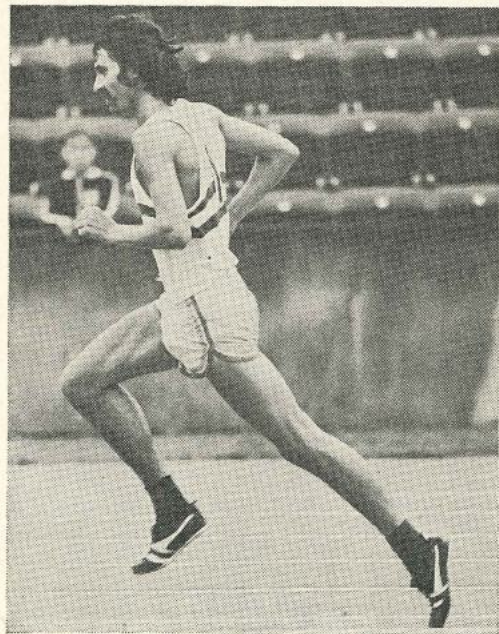
Brendan Foster's triumphant first season at 5000 puts him at No 1 ahead of Dave Black who ended the season with a string of major victories. Ian Stewart rates 3rd ahead of a group with little between them.

10,000 METRES

(y = 6 miles time)

1. **David Bedford (30.12.49)**

27:30.8; 1st, AAA.



DAVE BEDFORD

During his world record 10,000 metres

Ed Lacey

2. **David Black (2.10.52)**
27:55.6, 29:34.8, 29:44.2; 1st Mid, 1st ET.
3. **Tony Simmons (6.10.48)**
28:01.6, 28:19.2, 29:23.6; 2nd AAA, 5th EC, 2nd ET.
4. **Bernard Plain (3.12.46)**
28:20.6, 28:27.0, 28:30.2; 3rd v GDR, 3rd AAA, 2nd EC sf.
5. **Bernard Ford (3.8.52)**
28:10.0, 28:43.6, 28:54.6; 12th AAA, 1st 'A' v France, 3rd ET.
6. **Lachie Stewart (22.6.43)**
28:19.8, 28:40.8, 28:59.2, 29:30.8; 1st Scots, 2nd v GDR, 5th AAA, 3rd v Swe.
7. **Gordon Minty (23.3.48)**
27:20.8y, 27:34.4y, 28:08.6y, 28:54.8y; 1st AAU.
8. **Norman Morrison (13.3.49)**
28:49.0, 28:50.0, 29:23.6; 2nd WSG, 1st v Swe.
9. **Roger Clark (6.4.44)**
28:33.6, 28:54.0, 29:01.2, 29:14.2, 29:32.0; 2nd South, 9th Warsaw, 2nd v Gre & Bel, 2nd v Hun, 8th ET.
10. **Ian Stewart (15.1.49)**
28:59.6, 29:12.4; 2nd S Af G, 1st IC.

The standard is so high in this event that we feel that the following should also be ranked:

11. **Mike Tagg (13.11.46)**
28:33.4, 29:48.0; 17th AAA, 7th ET.
12. **Mike Freary (25.7.38)**
28:37.8, 29:05.8, 29:22.8, 29:47.0; 2nd IC, 1st North, 9th ET.
13. **Allan Rushmer (27.2.44)**
28:45.0, 28:49.2; 1st CP (5/9), 10th ET.
14. **Grenville Tuck (22.10.50)**
28:43.4, 28:53.0, 29:13.2, 29:16.4, 29:30.6; 1st South, 19th Warsaw, 7th AAA, 3rd v Hun, 14th ET.
15. **John Caine (7.6.46)**
28:41.2, 29:55.6, 30:08.4; 2nd North, 6th AAA, 5th v Gre & Bel.

Bedford, Black and Simmons are all in the highest world class. The next few positions were close, but Plain's ultra-consistency at a high level ranked him above Ford, who ran faster at the English Trials, and Lachie Stewart. Morrison might well have ranked higher if he had been in the fast races, as also might Ian Stewart.

3000 METRES STEEPLECHASE

- 1 eq **Steve Hollings (23.11.46)**
8:27.8, 8:30.8, 8:33.2, 8:34.2, 8:34.6; 1st IC, 1st AAA v LC, 2nd BG, 1st v GDR, 1st AAA, 3rd v Gre & Bel, 2nd EC sf, 1st eq v Hun, 5th EC, 2nd ET.
- 1 eq **John Davies (20.11.52)**
8:28.0, 8:30.2, 8:30.2, 8:32.8, 8:33.6; 5th BG, 7th Warsaw, 2nd v Gre & Bel, 3rd W v Neth, 1st 'A' v France, 1st eq v Hun, 1st W v Port, 2nd v Swe.
- 1 eq **John Bicourt (25.10.45)**
8:26.6, 8:31.0, 8:32.4, 8:32.4, 8:33.2; 2nd IC, 1st BG, 4th Warsaw, 2nd v GDR, 2nd AAA, 3rd v Swe, 1st ET.
4. **Peter Morris (8.2.46)**
8:33.8, 8:35.8, 8:45.8, 8:54.2; 1st North, 4th AAA, 3rd 'A' v France.

5. Gerry Stevens (23.5.41)

8:35.4, 8:41.2, 8:42.2, 8:48.8, 8:56.2; 1st South, 1st E v W, 3rd AAA, 1st Cup, 6th ET.

6. Dennis Coates (11.2.53)

8:41.0, 8:41.2, 8:44.6, 8:45.8, 9:01.0; 2nd North, 5th AAA, 4th 'A' v France, dnf ET.

7. Bernard Hayward (10.2.49)

8:40.2, 8:43.0, 8:44.0, 8:44.2, 8:49.4; 1st Welsh, 7th AAA, 2nd W v Neth, 2nd W v Port, 1st W v S v SW.

8. David Camp (13.10.46)

8:43.2, 8:43.4, 8:53.4, 8:54.0, 8:57.8; 6th BG, 6th AAA, 4th ET.

9. John Offord (3.4.47)

8:43.8, 8:45.2, 8:49.8, 8:50.6, 8:58.0; 6th IC, 1st Mid, 8th AAA, 3rd E v W.

10 eq Colin Moxsom (20.5.47)

8:46.2, 8:48.8, 8:49.4, 8:57.8, 9:02.8, 3rd IC, 6th ht AAA, 2nd Croy H, 5th ET.

10 eq Bill Mullett (13.11.47)

8:48.2, 8:48.6, 8:51.0, 8:51.6; 1st Scot, 7th ht AAA, 1st Croy H.

10 eq Alistair Blamire (13.7.46)

8:43.8, 8:49.8, 8:53.6, 8:53.8, 8:54.4; 2nd Scot, 9th AAA, 1st Scot v RAF.

The records of Bicornet, Davies and Hollings were so similar that it was not possible to separate them. The same applied at the other end to Blamire, Moxsom and Mullett.

110 METRES HURDLES**1. Berwyn Price (15.8.51)**

13.5, 13.6, 13.7, 13.7, 13.8; 1st BRC v AAA, 1st IC, 1st BUSF, 1st BG, 2nd v GDR, 1st E v W, 1st AAA, 1st v Gre & Bel, 1st W v Neth, 1st ES sf, 1st WSG, 1st v Hun, 6th EC, BL (1); 1st, 1st, 1st.

2. Alan Pascoe (11.10.47)

13.8, 13.8, 13.9, 14.0, 14.1; 2nd BRC v AAA, 2nd IC, 2nd BG, 4th v GDR, 1st v Swe, 1st ET.

3. C. James Kirkpatrick (9.5.50)

14.1, 14.1, 14.2, 14.5, 14.5; 4th BG, 4th AAA, 2nd v Gre & Bel, 3rd 'A' v France, 5th ht WSG, 3rd v Hun, 3rd v Swe.

4. Graham Gower (25.5.47)

14.1w, 14.3, 14.3w, 14.4, 14.4; 3rd IC, 1st AAA v LC, 5th BG, 1st South, 2nd AAA, 6th 'A' v France, 2nd E v W, 1st AAA v SC v Pol, 1st HG, 1st W v S v SW, 2nd ET, 1st Bristol.

5. Peter Kelly (2.8.53)

14.3, 14.4w, 14.6, 14.7, 14.7; 4th IC, 2nd AAA v LC, 6th BG, 1st Mid, 6th AAA, 5th 'A' v France, 3rd E v W, 2nd Cup, 3rd ET, 3rd Bristol, BL (1); 2nd, 3rd, 1st, 2nd.

6. Angus McKenzie (29.12.54)

14.4dt, 14.5, 14.5w, 14.6, 14.7; 7th BG, 2nd Scot, 6th ht AAA, 1st AAA Jnr, 2nd HG, 3rd Cup, 3rd E Jnr, 1st Scot v RAF, 1st v Swe Jnr; BL (1); —, 1st (B), 3rd.

7. David Wilson (7.9.51)

14.3w, 14.5w, 14.5w, 14.7, 14.7; 3rd Scot, 6th ht AAA, 3rd HG, 1st Cup, 2nd Scot v RAF, 2nd Bristol.

8. Stewart McCallum (15.2.50)

14.7w, 14.8, 14.8, 14.8, 14.9w; 8th BG, 1st Scots East, 1st Scots; BL (1) 5th, 6th, —, 3rd.

9 eq Robert Davidson (13.8.48)

14.7w, 14.8, 14.9, 14.9, 14.9; 6th IC, 2nd Scots East, 1st North, 7th AAA, 2nd Croy H, 6th ET.

9 eq Howard Rooks (27.6.44)

14.7, 14.8, 14.9, 14.9, 14.9; 5th IC, 2nd BUSF, 1st Welsh, 8th AAA, 3rd W v Neth, 4th E v W, 3rd W v Port.

Berwyn Price's magnificent season placed him clearly first, while the ranking of the next four was equally clear cut.

400 METRES HURDLES**1. Alan Pascoe (11.10.47)**

49.5, 49.8, 49.8, 50.1, 50.1; 1st BRC v AAA, 1st v GDR, 1st AAA, 1st EC, 1st v Swe.

2. Bill Hartley (27.6.50)

50.5, 50.7, 50.7, 50.7, 50.9; 1st IC, 3rd AAA, 2nd v Gre & Bel, 2nd EC sf, 2nd v Hun, 2nd v Swe, 1st ET.

3. John Sherwood (4.6.45)

50.6, 50.7, 50.9, 51.1, 51.4; 2nd IC, 1st BG, 2nd v GDR, 4th AAA, 3rd v Hun, 2nd ET.

4. Steve Black (10.8.49)

50.9, 51.1, 51.1, 51.5, 51.7; 1st BRC v LC, 2nd BRC v AAA, 2nd BG, 1st South, 1st E v W, 5th AAA, 3rd v Gre & Bel, 2nd 'A' v France, 6th WSG sf, 3rd ET.

5. Colin O'Neill (14.8.48)

51.7, 51.9, 52.0, 52.0, 52.2; 4th IC, 3rd BG, 1st Mid, 6th AAA, 1st W v Neth, 4th 'A' v France, 2nd E v W, 2nd W v Port, 1st Cup, 1st WT, 1st Bristol.

6. Wyn Leyshon (15.8.49)

52.1, 52.1, 52.5, 52.5, 52.6; 3rd eq BRC v AAA, 3rd IC, 1st BUSF, 4th BG, 7th AAA, 6th 'A' v France, 3rd E v W, 2nd WT; BL (1); 2nd, 2nd, 1st, 1st.

7 eq Peter Kelly (2.8.53)

52.1, 52.5, 53.3, 53.3, 53.4; 2nd AAA v LC, 4th E v W, 4th ET; BL (1); 3rd, 1st, —, 2nd.

7 eq Steve James (8.2.54)

52.5, 52.5, 52.6, 52.6, 52.9; 6th IC, 1st AAA v LC, 3rd BUSF, 1st Mid Jnr, 2nd Mid, 4th ht AAA, 1st AAA Jnr, 2nd AAA v SC v Pol, 3rd Cup, 5th E Jnr, 2nd v Swe Jnr, 3rd WT; BL (1); —, 3rd, 3rd Bristol.

7 eq Norman Gregor (4.7.52)

52.4, 52.9, 53.0, 53.1, 53.4; 2nd BUSF, 2nd Scots East, 6th BG, 2nd Scot, 2nd Cup, 1st Scot v RAF, 2nd Bristol.

7 eq Ricky Taylor (8.11.50)

52.9, 53.0, 53.1, 53.1, 53.2; 5th BG, 1st Scots E, 1st Scots; BL (1) 1st, 3rd, 2nd, 3rd.

The first six places were clear cut, making this event the easiest of all to rank for the top places but there was nothing to choose between those ranked equal 7th. Alan Pascoe's first major season at this event put him well up amongst the world's best, and Bill Hartley made a major advance.

HIGH JUMP**1. Alan Lerwill (15.11.46)**

2.10, 2.01, 2.00, 2.00, 1.97; 1st BRC v AAA, 1st IC, 3rd v Gre & Bel, 3rd E v W, 5th IAC.

2. Mike Campbell (15.5.43)

Alan Lerwill, who set a UK record of 2.10/6'10½" during the season, was ranked first in the high jump as well as the long jump—and second in the triple jump.



Peter Tempest

2.06, 2.03, 2.02, 2.00, 2.00; 2nd BRC v AAA, 1st South, 4th AAA, 6th EC sf, 2nd E v W, 3rd v Hun, 1st Cup, 6th EC, 7th IAC, 3rd v Swe, 1st ET.

3. Colin Boreham (26.3.54)

2.03, 2.01, 2.00, 2.00, 2.00; 1st UAU, 1st BUSF, 1st Mid, 3rd v GDR, 8th AAA, 5th v Gre & Bel, 4th 'A' v France, 2nd AAA v SC v Pol, 1st Jnr IA, 3rd v Hun, 1st v Swe Jnr, 4th ET.

4. Mike Butterfield (4.5.53)

2.06, 2.01, 1.99, 1.98, 1.95; 1st IS, 2nd Scot v RAF, 4th v Swe, 2nd ET.

5 eq Brian Burgess (30.9.57)

2.00, 1.99, 1.95, 1.95, 1.95; 3rd Sch Int, 1st AAA Yth, 5th HG, 2nd Cup, 1st Scot v RAF.

5 eq Peter Lance (4.10.48)

2.00, 2.00, 1.95, 1.95, 1.95; 6th IC, 1st AAA v LC, 1st Welsh, 2nd Mid, 1st E v W 4th v GDR, 7th AAA, 2nd W v Neth, 4th W v Port.

7. Gary Vose (29.7.55)

1.98, 1.98, 1.97, 1.95, 1.72; 10th IC, 6th South Jnr, 3rd South, 1st E Sch, 1st Sch Int, 5th 'A' v France, 4th AAA v SC v Pol, 7th IAC, 5th ET.

8. Chris Wilson (26.12.54)

2.00, 1.76, 1.95, 1.95, 1.95; 7th IC, 1st Mid U-20, 3rd Mid, 10th AAA, 5th AAA v SC v Pol, 2nd Jnr IA, 3rd v Swe Jnr, 3rd ET.

9. Dan Coyle (—)

1.95, 1.95, 1.94, 1.94, 1.91; 1st N Ire, 6th AAA, 6th 'A' v France.

10. Alan Dainton (6.1.56)

1.95, 1.95, 1.94, 1.93, 1.92; 5th IC, 1st UAU v SC v PE v W, 1st South Jnr, 2nd South, Un E Sch, 3rd AAA v SC v Pol, 4th Jnr IA.

Only the first three were ranked last year. It is encouraging to see, in this depressed event, the number of up-and-coming youngsters who are ranked this year, with 5 out of the 10 under 20 years old. Unranked—Tony Sneazwell (4.10.42—Australia) 2.06, 2.03, 2.02, 2.00, 2.00; 2nd AAA, BL (I): 1st, 1st, 1st, 1st.

POLE VAULT

1. Mike Bull (11.9.46)

5.20, 5.20, 5.10, 5.10, 5.00; 3rd BG, 4th v GDR, 2nd AAA, 2nd Gre & Bel, 2nd EC sf, 6th WSG, 1st Hun, 1st Cup, 3rd EC, 3rd IAC, 1st v Swe; BL (1): —, 1st, —.

2. Brian Hooper (18.5.53)

5.16, 5.10, 5.10, 5.05, 5.03; 1st BRC v AAA, 1st IC, 1st UAU v SC v PE v W, 1st BG, 1st GDR, 1st AAA, 1st eq v Hun, 4th IAC, 2nd v Swe, 1st ET.

3. David Lease (26.3.45)

4.70, 4.62, 4.60, 4.57, 4.50; 2nd IC, 3rd UAU v SC v PE v W, 1st Welsh, 1st W v Neth, 4th 'A' v France, 2nd W v Port; BL (1): nh, —, —, 2nd.

4 eq Stuart Tufton (18.12.50)

4.70, 4.60, 4.50, 4.50, 4.50; 2nd BRC v AAA, 3rd IC, 4th eq BG, 2nd South, 1st E v W, 4th AAA, 5th 'A' v France, 1st Croy H.

4 eq Allan Williams (30.5.53)

4.75, 4.60, 4.50, 4.40, 4.30; 2nd UAU v SC v PE v W, 4th eq BG, 1st South, 6th AAA, 2nd E v W, 5th IAC, nh ET.

6. Jeff Fenge (27.10.46)

4.60, 4.50, 4.45, 4.40, 4.40; 6th BRC v AAA, 1st AAA v LC, 5th AAA, nh 'A' v France, 2nd Croy H.

7. Girish Patel (9.1.54)

4.50, 4.45, 4.45, 4.40, 4.40; 3rd South, 1st E Sch, 1st Sch Int, 1st AAA Jnr, 1st AAA v SC v Pol, 3rd Croy H, 1st W v S v SW, 2nd v Swe Jnr.

8. Keith Stock (18.3.57)

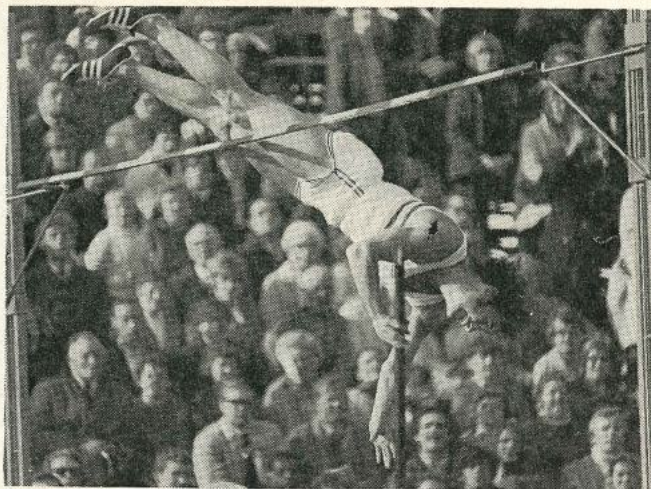
4.53, 4.52, 4.45, 4.40, 4.30; 5th UAU v SC v PE v W, nh South, 1st South Yth, nh AAA, 2nd AAA Yth, 5th AAA v SC v Pol, 2nd W v S v SW, nh v Swe Jnr, 2nd ET.

9. Steve Chappell (7.2.52)

4.40, 4.40, 4.40; BL (1): —, —, —, 3rd.

10. Phil Goulding (11.6.52)

4.35, 4.30, 4.30, 4.26, 4.25; 1st UAU, 1st BRC v



Flashback to the 1970 Commonwealth Games as Mike Bull wins the title. He will defend his pole vault crown with a 5.25/17'2 1/2" clearance to his credit this year.

Ed Lacey

LC, 2nd AAA v LC, 5th South, 7th AAA; BL (1): 1st, —, 1st, 5th.

In the first half of the season it looked as though Hooper was going to topple Bull from his long-running position as No 1, but despite Hooper's 3-2 win-loss superiority, Bull ended the season clearly on top for the sixth successive year.

LONG JUMP

1. Alan Lerwill (15.11.46)

7.95w, 7.93, 7.76, 7.74w, 7.72; 1st S Afr G, 1st BRC v AAA, 1st BG, 2nd E v W, 1st v Hun, nq WSG, 4th EC, 1st v Swe, 1st ET.

2. Geoff Hignett (5.10.50)

7.71w (7.43), 7.69, 7.48, 7.41, 7.37; 1st Kirkby, 2nd BRC v AAA, 2nd IC, 1st BG, 1st AAA, 3rd ET.

3. Phil Scott (22.2.48)

7.68, 7.57, 7.53, 7.46w, 7.37; 3rd IC, 3rd BG, 3rd v GDR, 9th AAA, 4th 'A' v France, 4th v Hun, 5th ET.

4. Stewart Atkins (15.11.51)

7.58, 7.54, 7.47, 7.41, 7.41; 3rd Kirkby, 1st BRC v LC, 3rd BRC v AAA, 6th IC, 4th BG, 1st Scot, 4th v GDR, 3rd AAA, 2nd v Gre & Bel, 6th EC sf, 1st Scot v RAF.

5. Jerry Gangadeen (10.10.53)

7.49, 7.42, 7.36, 7.34, 7.33; 4th BRC v AAA, 1st AAA v LC, 2nd South, 2nd AAA, 5th v Gre & Bel, 6th 'A' v France, 1st AAA v SC v Pol, 1st W v S v SW, 2nd ET.

6. Derek Cole (10.6.51)

7.46, 7.45, 7.43, 7.34, 7.30w; 2nd Kirkby, 4th IC, 3rd AAA v LC, 7th BG, 4th South, 10th AAA, 6th Gre & Bel, 5th 'A' v France, 4th v Swe, 4th ET.

7. Peter Blackburn (5.3.50)

7.44, 7.39w, 7.11, 7.10, 7.00; 1st UAU, 5th IC, 1st UAU v SC v PE, 7th AAA, 4th Mid v BU v RAF.

8. Billie Kirkpatrick

7.36, 7.25, 7.24, 7.18; 1st BUSF, 1st N. Ire, 1st

Mid v BU v RAF.

9. Ken Morrison (5.7.51)

7.35, 7.31, 7.28w (7.24), 7.19, 7.17w; 1st Scots E, 3rd Scot, 3rd HG, 1st Cup, 2nd Scot v RAF.

10. Steve Wright (22.3.54)

7.40w, 7.29, 7.29, 7.13, 7.10w; 1st North Jnr, 5th AAA, 3rd v Swe Jnr, 7th ET.

Unranked: Calvin Greenaway (Antigua: 5.11.48) 7.65w 7.50w (7.34), 7.31w, 7.29, 7.19; 7th IC, 1st South, 4th AAA, 1st SC v CS v Pol.

Both Lerwill and Hignett had injuries during the season, but retain their top rankings. Kirkpatrick could well have placed higher with more competition.

TRIPLE JUMP

1. Tony Wadhams (16.5.44)

16.06, 15.80, 15.76, 15.61w, 15.58; 1st IC, 1st BG, 1st South, 1st AAA, 3rd v Gre & Bel, 3rd v Hun, 4th v Swe, 1st ET.

2. Alan Lerwill (15.11.46)

15.83, 15.76; 1st S Afr G, 1st BRC v AAA.

3. Peter Blackburn (5.3.50)

15.77, 15.71, 15.63, 15.56, 15.47; 1st UAU, 2nd IC, 1st UAU v SC v PE, 1st AAA v LC, 2nd AAA, 2nd v Gre & Bel, 9th WSG, 3rd ET.

4. Chris Colman (9.2.52)

15.77, 15.58w (15.56), 15.33, 15.37, 15.34w; 3rd IC, 3rd UAU v SC v PE, 2nd AAA v LC, 2nd BG, 2nd South, 4th v GDR, 4th EC sf, 3rd Croy H, 2nd v Swe, 2nd ET.

5. Willie Clark (3.5.50)

15.68, 15.64w, 15.31w, 15.21, 15.04; 2nd Scot, 9th AAA, 1st Cup, 6th EC, 1st Scot v RAF.

6. Rodney Heward-Mills (28.8.52)

15.66, 15.54w (15.26), 15.27, 15.25, 15.15; 2nd BRC v AAA, 4th IC, 3rd South, 3rd v GDR, 10th AAA, 4th 'A' v France, 3rd AAA v SC v Pol, 2nd W v S v SW, 4th ET.

7 eq John Crotty (21.2.48)

15.32w, 15.18, 15.15, 14.99, 14.73; 4th AAA, 6th ET; BL2; 1st, 2nd, 2nd, 1st.

7 eq John Vernon (26.9.45)

15.24, 15.17, 15.12, 15.03, 15.00; 3rd BRC v AAA, 6th AAA, 5th 'A' v France, 1st AAA v SC v Pol, 4th v Hun, 8th ET.

7 eq Andy Vincent (9.6.50)

15.28w, 15.24, 15.05, 14.93w (14.91), 14.77; 6th IC, 3rd AAA, 6th 'A' v France, 9th ET.

10. David Johnson (18.5.53)

15.27, 15.21, 15.14, 14.90w, 14.89; 7th IC, 3rd BG, 3rd Scot, 12th AAA, 5th ET.

Wadhams had much the best record to regain the top spot. Lerwill won both his competitions in this event and Blackburn was beaten only by Wadhams. Clark came through dramatically at the end of the season.

SHOT**1. Geoff Capes (23.8.49)**

20.47, 20.34, 20.27, 20.15, 20.14; 1st IC, 1st AAA v LC, 1st BG, 1st South, 2nd v GDR, 1st AAA, 1st v Gre & Bel, 1st EC sf, 1st AAA v SC v Pol, 1st HG, 1st v Hun, 3rd EC, 1st IAC, 1st v Swe, 1st ET; BL (2): —, 1st, —, 1st.

2. Mike Winch (20.7.48)

19.65, 19.54, 19.50, 19.48, 19.22; 1st; BRC v AAA, 2nd IC, 2nd BG, 2nd South, 3rd v GDR, 1st E v W, 2nd AAA, 2nd v Gre & Bel, 1st, 'A' v France, 2nd HG, 3rd v Hun, 1st W v S v SW, 2nd IAC, 3rd v Swe, 2nd ET; BL2 (4)—2nd.

3. Bill Tancred (6.8.42)

18.42?u, 18.41, 18.35, 18.32, 18.31; 1st UAU v SC v PE, 3rd BG, 3rd AAA, 2nd AAA v SC v Pol, 4th IAC, 2nd W v S v SW; BL2: 1st, 2nd, —, 3rd.

4. Jeff Teale (21.12.39)

18.19, 18.08, 17.76, 17.63; 5th AAA, 2nd 'A' v France, 5th IAC, 3rd ET.

5. Peter Tancred (20.10.49)

17.12, 17.04, 16.95?u, 16.87, 16.52; 1st BRC v LC, 3rd BRC v AAA, 2nd AAU v SC v PE, 2nd AAA v LC, 3rd South, 6th 'A' v France, 3rd Croy H, 3rd W v S v SW.

6. Bill Fuller (5.3.48)

16.83, 16.68, 16.50, 16.41, 16.37; 2nd BRC v AAA, 3rd UAU v SC v PE, 1st BUSF, 2nd Croy H.

7. Sid Clark (5.1.33)

16.47, 16.18, 16.15, 16.02, 15.58; 4th South, 6th AAA, BL2: 3rd, 3rd, 1st, 4th.

8. Andy Kerr (16.6.46)

16.68, 16.54, 16.20, 16.10, 16.00; 3rd IC, 6th South, 4th Croy H, 3rd AAA v SC v Pol, 1st Cup; BL1: 1st, 1st, 1st, 1st.

9. John Alderson (14.7.52)

16.94, 16.91, 16.77, 16.72, 16.14; 1st North, 8th AAA, 1st N v M v RAF.

10. Paul Rees (14.6.45)

16.08, 16.00, 15.96, 15.87, 15.83; 4th UAU v SC v W v PE, 1st Welsh, 7th AAA, 1st W v Neth, 2nd E v W, 1st W v Port, 4th W v S v SW.

Capes had a great season to take 1st place for the third year running while Winch made enormous progress to 2nd. In the second half of the rankings there were those like Clark and Rees, who had fine competitive records, while Alderson had good end of season marks.

DISCUS**1. Bill Tancred (6.8.42)**

63.98, 62.92, 62.18, 62.10, 62.04; 1st BRC v LC, 1st BRC v AAA, 1st IC, 1st UAU v SC v PE, 1st AAA v LC, 1st BG, 1st South, 2nd v GDR, 1st AAA, 1st Gre & Bel, 3rd EC sf, 1st Croy H, 2nd v Hun, 3rd EC, 1st W v S v SW, 2nd IAC, 2nd v Swe, 1st ET.

2. John Hillier (29.12.44)

58.76, 58.74, 58.60, 58.50, 58.38; 3rd BRC v AAA, nt IC, 2nd UAU v SC v PE, 3rd BG, 2nd South, 4th v GDR, 1st E v W, 2nd AAA, 2nd v Gre & Bel, 1st 'A' v France, 4th v Hun, 1st Cup, 3rd IAC, 4th v Swe, 3rd ET.

3. Mike Winch (20.7.48)

57.42, 57.18, 56.78, 55.82, 55.62; 4th BRC v AAA, 2nd IC, 3rd UAU v SC v PE, 3rd South, 2nd 'A' v France, 2nd E v W, 3rd W v S v SW, 5th ET, BL2: —, 2nd, —, 2nd.

4. Geoff Capes (23.8.49)

58.34, 55.80, 55.08, 54.24, 53.74; 5th South, 3rd AAA v SC v Pol, 2nd ET, BL2: —, 4th, —, 7th.

5. Peter Tancred (20.10.49)

58.04, 56.86, 56.72, 54.22, 54.08; 3rd BRC v LC, 5th BRC v AAA, 4th IC, 4th UAU v SC v PE, 3rd AAA v LC, 4th BG, 6th South, 3rd AAA, 4th 'A' v France, 2nd AAA v SC v Pol, 2nd W v S v SW, 4th IAC, 4th ET.

6. Allan Seatory (1.5.48)

58.72, 57.30, 56.58, 55.70, 55.60; 12th W German Ch.

7. Mike Cushion (4.4.42)

55.60, 55.10, 53.44, 53.36, 53.36; 3rd IC, 2nd AAA v LC, 4th South, 4th AAA; BL2: —, 3rd, 1st, —.

8. Dennis Roscoe (10.9.45)

54.58, 53.36, 52.74, 52.16, 52.10; 7th IC, 1st Mid, 6th AAA, BL1: 2nd, 2nd, 1st, 2nd.

9. Guy Dirkin (31.12.52)

52.48, 52.30, 52.18, 51.62, 51.52; 2nd BRC v LC, 1st UAU, 5th IC, 4th AAA v LC, 5th BG, 1st North, 5th AAA.

10. John Watts (23.4.39)

53.02, 52.46, 51.40, 50.02; 6th ET.

Bill Tancred put together easily the greatest season by UK discus thrower. Hillier improved to a clear 2nd place. Winch takes third place over those with better throws by an outstanding win-loss record.

HAMMER

(nb Hammer Circle reunion not included)

1. Barry Williams (5.3.47)

71.26, 71.20, 71.06, 70.38, 70.38; 1st IC, 1st AAA v LC, 2nd BG, 4th v GDR, 2nd AAA, 1st HG, 3rd v Hun, 5th EC, 1st IAC, 1st v Swe, 1st ET, 2nd EWT.

2. Ian Chipchase (26.2.52)

70.28, 69.46, 69.16, 69.00, 68.26; 1st UAU, 1st BRC v AAA, 2nd IC, 3rd BG, 1st North, 3rd v GDR, 1st E v W, 3rd AAA, 4th v Gre & Bel, 2nd 'A' v France, 7th WSG, 5th v Hun, 2nd IAC, 2nd ET, 1st EWT.

3. Howard Payne (17.4.31)

69.42, 68.54, 67.98, 67.94, 67.94; 2nd S Af G, 3rd IC, 2nd AAA v LC, 4th BG, 1st AAA, 3rd v

Gre & Bel, 1st EC sf, 2nd E v W, 2nd HG, 2nd v Hun, 3rd IAC, 2nd v Swe, 3rd ET, 3rd EWT.

4. Bruce Fraser (30.1.46)

64.80, 64.32, 64.30, 63.70, 63.64; 6th IC, 3rd AAA v LC, 7th BG, 1st Mid, 5th AAA, 1st IS, 5th 'A' v France, 1st Scot v France, 1st N v M v RAF, 4th EWT.

5. Chris Black (1.1.50)

64.80, 64.28, 63.84, 62.08, 61.90; 9th BG, 1st Scot, 6th AAA, 4th 'A' v France, 3rd HG, nt Scot v France; BL1 (4) — 1st.

6. Paul Dickenson (4.12.49)

61.42, 60.42, 60.18, 60.06, 60.00; 2nd BRC v AAA, 4th IC, 8th BG, 7th AAA, 2nd Croy H, 1st Cup, 5th IAC, 4th ET; BL1: 1st, 1st, 2nd, 2nd.

7. Laurie Bryce (25.1.43)

62.28, 62.26, 61.94, 61.64, 59.74; 2nd Scots E, 2nd Scot, 2nd Scot v RAF; BL1: —, 2nd, 1st, 3rd.

8. Eric Berry (23.4.54)

60.04, 59.18, 59.06, 59.00, 58.94; 3rd BRC v AAA, 5th IC, 2nd UAU v SC v Pol, 6th BG, 1st AAA Jnr, 1st AAA v SC v Pol, 6th E Jnr, 1st W v S v SW, 1st v Swe Jnr, 5th ET.

9. Chris Melliush (15.7.44)

58.24, 57.78, 57.56, 57.46, 57.36; 8th IC, 2nd South, 9th AAA, 1st Croy H, 2nd AAA v SC v Pol, 1st GLC, 7th ET.

10. Jim Whitehead (22.8.49)

58.94, 58.92, 58.24, 57.64, 57.58; 9th IC, 3rd UAU v SC v PE, 4th AAA v LC, 2nd Mid, 10th AAA, 4th Croy H, 6th ET; BL2: 2nd, 2nd, 4th, 4th.

In this great season for British hammer throwing, an indication of the progress of the top three is that the pre-season UK record of 69.42 was bettered or equalled by Williams in ten competitions, Chipchase in two and Payne once.

JAVELIN

1. Dave Travis (9.9.45)

81.06, 80.86, 80.32, 80.20, 80.10; 2nd BRC v AAA, 1st South, 1st GDR, 1st AAA, 1st v Gre & Bel, 2nd EC sf, 3rd v Hun, 4th EC, 1st W v S v SW, 1st v Swe

2. Charles Clover (13.5.55)

77.68, 77.44, 76.70, 76.58, 76.00; 3rd BRC v AAA, 1st South Jnr, 2nd South, 2nd v GDR, 4th v Gre & Bel, 1st 'A' v France, 1st AAA v SC v Pol, 4th E Jnr, 2nd v Swe, 1st v Swe Jnr, 1st ET.

3. Kevin Sheppard (9.6.48)

74.78, 74.30, 72.14, 71.74, 70.92; 1st IC, 2nd UAU v SC v PE, 1st BUSF, 3rd South, 2nd AAA, 5th 'A' v France, 2nd GLC, 2nd ET, 3rd W v S v SW.

4. Brian Roberts (14.10.46)

76.58, 75.20, 74.80, 74.48dh, 72.74; 3rd IC, 1st AAA v LC, 4th South, 3rd AAA, 3rd 'A' v France, 1st E v W, 2nd AAA v SC v Pol, 4th v Hun, 1st GLC, 2nd W v S v SW, 3rd ET.

5. Ron Silvester (9.1.50)

74.08dh, 71.04, 69.88, 68.76, 68.62dh, 67.96; 5th IC, 5th South, 5th AAA, 3rd AAA v SC v Pol, 3rd GLC, 4th W v S v SW, 4th ET.

6. Ken Holmes (29.11.46)

68.92, 67.98, 66.66, 66.46, 66.46; 2nd IC, 1st Mid, 4th AAA.

7. Ken Taylor (24.10.48)

68.40, 68.20, 67.62, 67.38, 65.38; 1st North, 6th AAA, 4th AAA v SC v Pol, 1st SC v CG v Pol.

8. Chris Harrison (2.1.47)

68.06, 67.96, 66.72, 65.14, 64.14; 4th IC, 1st Scot, 10th AAA.

9. David Ottley (5.8.55)

66.44, 66.18, 65.82, 65.08, 64.94; 6th IC, 3rd UAU v SC v PE, 2nd South Jnr, 1st E Sch, 1st AAA Jnr, 3rd v Swe Jnr.

10. Keith Turnbull (24.5.48)

72.74, 69.60, 66.60, 64.62, 63.28; 7th IC, 2nd AAA v LC, 2nd E v W.

Travis maintained top ranking as he has each year in the rankings. Clover set a new UK Junior record and Sheppard had a clear win-loss superiority over Roberts, but the overall standard was sadly very much down on previous years. Mladen Gavrilovic, who emigrated to Canada in May, was not ranked.

DECATHLON

1 eq Steward McCallum (15.2.50)

7401, 7330, 7195; 3rd v Neth & Den; 1st Scot, 6th WSG, dnf EC ht, ? dnf v Spain.

1 eq David Kidner (23.8.49)

7336, 7289, 7182, 6969, 6876; 2nd v Neth & Den, 1st CP 22.7, 11th EC ht, ? v Spain, 4th v France (1st AAA).

3. Mike Bull (11.9.46)

71.07, 69.78; 2nd Scot, dnf WSG, 3rd v France.

4. Ray Knox (21.3.50)

7119, 7041, 6938, 6870; 1st N Ire, 3rd v Scot, 9th EC ht, ? v Spain.

5. Barry King (3.4.45)

6930, 6915, 6774; 2nd CP 22.7, 14th EC ht, 6th v France.

6. Mick Corden (5.4.48)

6997, 6721, 6595; 5th v Neth & Den, 1st North, 10th v France (3rd AAA).

7. Nick Phipps (8.4.52)

6887, 7666, 6654, 6599, 6510; 6th v Neth & Den, 4th Scot, 3rd CP 22.7, 1st South, dnf North, 9th v France (2nd AAA).

8. Alan Drayton (29.9.51)

6489, 6205; 3rd South, 5th AAA.

9. Derek Clarke (11.5.37)

6398; 6th AAA.

10. Bruce McEwan (9.5.46)

6419, 6370, 6222; 5th Scot, 1st RAF, 7th AAA.

This was a season of considerable improvement for Britain's young decathletes, though none can yet replace Peter Gabbett. McCallum's performance in Moscow was the highlight of the season. Knox made enormous improvement to a consistent 7000 level.

MARATHON

1. Ian Thompson (16.10.49)

1st AAA 2:12:40.

2. Ron Hill (25.9.38)

5th Athens 2:21:29, 1st Szeged 2:23:02, 1st Enschede 2:18:06; 2nd AAA 2:13:22.

3. Colin Kirkham (30.10.44)

1st Athens 2:16:45, 3rd AAA 2:15:25.

4. Malcolm Thomas (5.12.48)

4th AAA 2:15:59.

5. **Steve Edmunds (27.6.47)**
7th Maxol 2:16:24, 9th AAA 2:18:11.
6. **Max Coleby (26.5.48)**
27th Maxol 2:23:35, 2nd Poly 2:22:51; 5th AAA 2:16:18.
7. **Mike Critchley (20.2.41)**
6th AAA 2:17:02.
8. **Alan Domleo (30.1.44)**
11th Maxol 2:17:33, 7th AAA 2:17:24.
9. **Don Faircloth (26.11.48)**
9th Maxol 2:16:32, dnf AAA.
10. **John McLaughlin**
1st N Ireland 2:26:28, 8th AAA 2:17:40.

Several of those ranked were newcomers to these merit rankings. The rankings were predominantly based on the Maxol and AAA races, which produced some conflicting evidence, though the times recorded were remarkably similar, with some men running times within seconds in the two races.

20 KILOMETRES WALK

(LC—Lugano Cup)

1. **Roger Mills (11.2.48)**
1st RWA 1:31:13, 3rd v W Ger 1:34:44, 4th v GDR 1:34:18, 2nd South 1:30:05, 2nd LC ht 1:31:48, 8th LC 1:32:44.
2. **John Warhurst (1.10.44)**
6th Naumberg 1:35:07, 2nd RWA 1:31:21, 2nd v W Ger 1:32:42, 5th v GDR 1:35:30, 1st South 1:29:37, 4th LC ht 1:33:33, 18th LC 1:34:58.
3. **Roy Thorpe (18.5.35)**
5th RWA 1:32:58, 3rd South 1:30:16, 3rd LC ht 1:33:12, 24th LC 1:37:40.
4. **Amos Seddon (22.1.41)**
4th South 1:30:29, 5th LC ht 1:34:37, disq RWA, 20th LC 1:35:17.
5. **Bob Dobson (4.11.42)**
1st Met, 1:32:56, 3rd RWA 1:31:23, dnf South, 3rd Enf 1:37:40.
6. **Shaun Lightman (15.4.43)**
4th RWA 1:32:50, 7th South 1:33:45, 1st Enfield 1:36:39.
7. **John Webb (21.12.36)**
1st Chelmsford 1:32:00, 14th Naumberg 1:40:35, 6th RWA 1:33:10, 5th v W Ger 1:37:10.
8. **Steve Gower (7.10.50)**
2nd Chelmsford 1:32:00, 5th South 1:31:10.
9. **Peter Marlow (20.4.41)**
1st Brighton 1:37:00, 6th South 1:31:59.
10. **Ron Wallwork (26.5.41)**
7th RWA 1:33:20, 1st Dutch 1:42:04, 10th South 1:34:47.

50 KILOMETRES WALK

1. **Shaun Lightman (15.4.43)**
2nd RWA 4:17:45, 1st LC ht 4:18:27, 12th LC 4:15:13.
2. **Bob Dobson (4.11.42)**
1st Dunquerque 4:24:52, 1st Essex 4:34:30, 11th Prague 4:34:55, 1st RWA 4:14:29, 2nd LC ht 4:19:00, 23rd LC 4:27:3.
3. **Ray Middleton (9.8.36)**
2nd Essex 4:38:00, 4th RWA 4:23:47, 7th LC ht 4:30:12, 19th LC 4:22:25.
4. **Mike Holmes (26.8.51)**

3rd RWA 4:19:55, 12th LC ht 4:41:19, 30th LC 4:37:54.

5. **Roy Thorpe (18.5.35)**
6th Prague 4:27:55, 5th RWA 4:25:42.
6. **Alec Banyard (27.2.42)**
3rd Dunquerque 4:31:47, 4th Essex 4:50:22, 6th RWA 4:27:29.
7. **Ken Harding (23.6.29)**
7th RWA 4:30:34.
8. **Peter Hodgkinson (5.11.44)**
3rd Essex 4:42:44, 8th RWA 4:31:58.
9. **Roy Posner (13.3.50)**
4th Dunquerque 4:33:12, 14th RWA 4:38:17, 3rd Maccabiah 4:35:56.
10. **John Moullin (8.9.41)**
2nd Dunquerque 4:28:08, dnf RWA.

Next Week: The Women's Rankings

ICKNIELD CROSS-COUNTRY LEAGUE

At Gaynes Hall, November 18th

1. Bean (Cambridge & Col) 36:35
2. Church (Peterborough) 36:38
3. Frith (Peterborough) 37:24
4. ——— (Bed) 37:42; 5. Jenkins (Hunt) 37:55;
6. Saberton (C&C) 37:59; 7. B. Jeffs (C&C) 38:18;
8. Getty (Peter) 38:25; 9. Boast (C&C) 38:36; 10. Clark (Lut) 38:42; 11. Whittle (Lut) 39:22; 12. Robertson (Stev) 39:24; 13. Cole (Hunt) 39:30;
14. McCarter (C&C) 39:33; 15. Fittress (Peter) 39:40. **Teams:** 1, Cambridge & Col 241; 2, Peterborough 217; 3, Bedford & Co 146; 4, Huntingdon 142; 5, Luton Utd 115; 6, Kettering Town 70, 7. Stevenage 37; 8, Biggleswade 11.

Youths/Boys

1. Barrett (Hunt) 18:54; 2. Dumont (Lut) 19:35;
3. T. Back (Hunt) 19:44; 4. McCarthy (Bed) 19:48;
5. Green (Peter) 20:08; 6. Mangan (Peter) 20:09;
7. K. Back (Hunt) 20:18; 8. Shotbolt (Bed) 20:29;
9. Brown (Bigg) 20:34; 10. Thompson (Stev) 20:39. **Teams:** 1, Huntingdon 72; 2, Bedford & Co 42; 3, Peterborough 37; 4, Cambridge & Col 36; 5, Biggleswade 27; 6, Luton Utd 24; 7. Stevenage & N Herts 23.

Colts

1. Moule (C&C) 12:26; 2. Wood (Stev) 12:33;
3. Rowell (Stev) 12:39; 4. Stapley (Stev) 12:56; 5. Bayes (C&C) —; 6. Larking (Stev) 13:02; 7. Carne (Bigg) 13:05; 8. S. Robinson (Bigg) 13:08;
9. G. Davis (Bigg) 13:09; 10. A. Phillips (Bigg) 13:20. **Teams:** 1, Stevenage & N Herts 133; 2, Biggleswade 114; 3, Cambridge & Col 107; 4, Luton 57; 5, Huntingdon 43; 6, Kettering Town 39; 7, Bedford & Co 31.

Dave Capelen wishes to point out that he is no longer secretary of Aston University AC, and that all communications should be sent to The Secretary, Aston University, AC, C/o Athletic Union Office, Union Building, Gosta Green, Birmingham 4, and not to the address in the MCAA list.

Manual Timing No Longer Acceptable For Records

Argues Bob Sparks

THERE has been considerable discussion recently on comparisons between manual and automatic (photo-finish) timekeeping, which I have been following with great interest. Surveys made in Germany last year apparently showed average differentials of extraordinary proportions—up to 0.27sec for the 100 metres and 0.26 for 200 metres. Such figures have since been quoted in many articles and accepted as perfectly normal and inevitable facts of life. We in Britain have long been certain that there are wide differences between timekeeping standards at home and abroad, and now we know that our suspicions were justified. A British timekeeper who produces an average discrepancy greater than 0.2 sec. would not rate even a Grade 4—and that is the very lowest level in a grading system which involves many years' experience and considerable testing before the top ranks can be attained.

On the following page, I show the results of an analysis of times recorded manually and by photo-finish at the AAA and WAAA championships in 1973. The photo-finish readings were first rounded in accordance with IAAF standards, to enable meaningful comparisons to be made. It will be seen that 573 (93.8 per cent) of the 611 times were in agreement to within ± 0.1 sec, which is a very good standard of accuracy. Why, then, the marked discrepancies in other countries? Why should differentials as large as 0.27 sec. be accepted as perfectly natural? The explanation frequently put about is based on human reaction times compared with the instantaneous activation of automatic devices. On the face of it, this seems perfectly reasonable, but why then do the same factors not occur at the finish? Let us examine the situation in terms of a 'time-chart' for an athlete running 100 metres in exactly 10.0sec, and postulating a human timekeeper's reaction time of 0.2sec.

Thus, the delay of 0.2sec at the start is matched by a compensating delay at the finish, producing a time of 10.0sec on the watch—in theory. If properly controlled, the only deviation from this result would be due to watch escapement fluctuations and normal human variations, and should therefore have an average value of zero. The major objection to this idealised situation is that the two stimuli are not identical; whereas the automatic device will nevertheless function consistently, the human brain will tend to react differently at start and finish.

Herein lies the most important source of error—anticipation. At the start, the timekeeper does not know exactly when the gun will be fired, but at the finish he can see the athletes approaching and may therefore produce an abnormally fast reaction—in terms of the 'time-chart' below, the eye starts transmitting to the brain before the athlete reaches the finish line. A differential of 0.2sec between manual and photo-finish timing thus really implies an anticipation of 0.2sec at the finish; in other words, the action of stopping the watch is initiated when the athlete is still about 2 metres from the finishing-line.

In view of the wide differences in timekeeping standards now proven to exist, there is one inescapable conclusion: manually timed performances can no longer be acceptable as records.

Time	Stimulus	Automatic Timer	Human Timekeeper
0.0	Gun fired	Device starts	Eye transmits message to brain
0.2	—	—	Watch started
*	*	* *	* * *
10.0	Athlete reaches finish	Device 'stops'	Eye transmits message to brain
10.2	—	—	Watch stopped

OSTERLEY PARK RELAY

At Isleworth, December 5th

1, Birmingham University (D. Wright 14:23, I. Gilmour 14:07, S. Lawrence 14:38, R. Smedley 14:13) 57:21 Rec;

2, Borough Road College (A. James 15:03, N. Jeffery 14:31, C. Pennington 14:54, J. Brown 14:06) 58:34;

3, Loughborough Colleges (P. Norell 14:37, D. Moorcroft 14:19, S. Carter 14:46, T. Colton 15:05) 58:47;

4, Reading University (Balmer 15:46, Jones 14:49, Adams 14:28, Wyatt 14:44) 59:47;

5, Birmingham Un 'B' (J. Lane 14:53, P. Sanderson 15:11, A. Morely 14:58, D. Wright 15:03) 60:05;

6, Alsager College (J. Ellis 15:25, D. Gee 14:36, P. Griffey 14:36, K. Salmon 15:34) 60:11;

7, Queens College, Camb 60:19; 8, Loughboro' Coll 'B' 60:25; 9, Borough Rd Coll 'B' 61:09; 10, London Un 61:11; 11, Borough Rd Coll 'C' 61:12; 12, Loughboro' Coll 'C' 61:45; 13, Leicester Un 62:03; 14, St Mary's Coll 62:07; 15, Borough Rd Coll 'D' 62:33; 16, Sussex Un 62:45; 17, Aston Un 'A' 62:51; 18, Kent Un 63:45; 19, Bath Un 'A' 64:26; 20, UWIST 'A' 64:30; 21, Ex Un 64:36; 22, Reading Un 'B' 65:06; 23, South'ton Un 65:15; 24, Brunel Un 65:21; 25, UWIST 'B' 65:57. 46 teams closed. **Fastest:** Brown 14:06, Gilmour 14:07, Smedley 14:13, R. Harrison (Leics) 14:16, N. Coupland (Kent) 14:19, Moorcroft 14:19, F. Brady (St M Coll) 14:22, C. Garforth (Queens) 14:22, Wright 14:23, Adams 14:28, Jeffery 14:31.

EVENT	MANUAL FASTER BY				MANUAL SLOWER BY			TOTAL TIMES
	0.3	0.2	0.1	0	0.1	0.2	0.3	
(AAA)								
100m			17	28	1	1		47
200m		1	9	14	2			26
400m				11	13	4		28
800m			2	17	13	1		33
1500m		1	9	18	11			39
3000m (Jun)		1	0	8	4	2		15
5000m			2	6	5	0	1	14
10000m	1	0	0	5	6	1	1	14
Steeplechase			2	26	3			31
110mH			7	11	3			21
400mH			1	19	6			26
TOTALS	1 0.3%	3 1.0%	49 16.7%	163 55.4%	67 22.8%	9 3.1%	2 0.7%	294
(WAAA)								
100m		1	25	24	2			52
200m		1	12	18	5	1		37
400m			8	29	17	2	1	57
800m			5	24	22	2	1	54
1500m	1	4	8	27	15	3	1	59
3000m			2	17	8	0	4	31
100mH			10	9	2	0	1	22
400mH			1	3	1			5
TOTALS	1 0.3%	6 1.9%	71 22.4%	151 47.6%	72 22.7%	8 2.5%	8 2.5%	317
OVERALL TOTALS	2 0.3%	9 1.5%	120 19.6%	314 51.4%	139 22.7%	17 2.8%	10 1.6%	611

STEVE SMITH JOINS THE PROFESSIONALS

Steve Smith (21), holder of the world indoor pole vault best, has joined the ITA professional group—where his regular competition will include Bob Seagren. "After what happened last year, I don't care about the Olympics anymore. There is so much hypocrisy and red tape, I'll never miss that".



Peter Tempest photo

UK HIGH JUMP FOUR-YEAR PLAN

Prepared and presented by FRANK W. DICK, B.Sc., D.L.C., Scottish National Athletic Coach and UK High Jump Event Coach, in consultation with the UK High Jump Conference.

THE ATHLETES' NEEDS

1. The UK Coaching Scheme, by definition, should meet the various technical needs of UK athletes. Our High Jump Event section of this scheme is obviously uniquely concerned with the high jumper's needs in the UK.

2. The needs of athletes may be classified under the following headings:—Coaching—Competition—Facilities and Communications Media. Each athlete will have his own relative need under each heading.

3. The ultimate catalyst in the meeting of such needs is finance, which is provided to a limited extent by BAAB and supplemented by sponsorship.

MEETING THE ATHLETES' NEEDS

1. The method of meeting the athletes' needs may be considered as:—

Coaching: (i) National Sessions; Regional Sessions; District Sessions; Club Sessions. (ii) Taking top coaches to athletes of potential. (iii) Educating coaches from Assistant Club Coach—Club Coach—Senior Coach—Staff Coach—Event Coach.

Competition: Appropriate to athlete's level—International—National—Regional—Inter/Intra Club.

Facilities: (i) Jumping—(a) A completely safe landing area; (b) An all weather and consistent take-off area; (c) A round fibre-glass bar. (ii) The above both indoor and outdoor. (iii) **Conditioning**—(a) Safe equipped weights room; (b) Safe and equipped gymnasium and Sports Hall; (c) Track and general training facilities.

Communications media: (i) Transport to coaching, facilities, competitions etc.; (ii) Information—Technical/Administrative; (iii) Accommodation for courses, competitions etc.

2. Since the catalyst is in short supply and since an incentive scheme is always a sound policy, subsidy in the meeting of needs should be available on merit.

3. In the interest of a total development of the event whilst meeting the athletes' needs within the variables offered by geography, local cultural structures, the motivation of sub-group, and so on, the policy of regionalisation is preferable to centralisation. Consequently, the emphasis throughout the next 4 years will be on development within each region.

TECHNICAL POLICY

1. From a technical point of view, though it is always dangerous to make such empirical statements, the basic need of UK High Jumpers at present is a basis of conditioning—both general and specific.

2. This situation reflects a lack of true understanding by both coaches and athletes of the motive of conditioning and consequently of the event itself. Basic principles must be restated and the Regions encouraged to develop their own interpretation of these principles.

3. Fosbury Flop and Brumel Straddle, though classic versions of these techniques, will be used as models to work FROM rather than TO. However, basic principles of vertical spring must also be restated as the roots of individual interpretation within the Regions.

4. It is essential that each Region will have at least one competition jumping area with a Tartan, Rekortan or similar take-off and a Total Safety or Porta Pit or similar landing area.

5. Courses for coaches of all levels must be encouraged in each Region to build the technical pyramid.

6. The most important agent in the technical education process is the National Coach in the Region. It is consequently fundamental that he be kept completely informed of all technical developments. Furthermore, his council should receive top priority in the development of the event in the Region.

7. The Staff Coach is the technical keystone supporting the pillars of National Event Specialisation and Track and Field Athletics in the Region—and there must exist a free and harmonious exchange of technical data and opinion from pillar to pillar via this keystone, if High Jump is to advance in the region.

ADMINISTRATIVE STRUCTURE

From an administrative point of view, High Jump Club Secretaries will be appointed in each Region to liaise with Staff Coach, National Coach, Joint Coaching Committee, UK High Jump Club and Event Coach to ensure communication of information reaches all interested parties. The organ of communication is ultimately "ALTIUS" (the UKHJC magazine).

OBJECTIVES

(Within next 4 years via 4 year plan)

1. Present average of first 6 men in UK = 2.03. This is to be raised to 2.12. Present average of first 6 women in UK = 1.79. This is to be raised to 1.82.

2. To be represented successfully—in both men and women's events—in: 1974—Commonwealth Games—European Championships. 1975—World Student Games—European Junior Championships—Europa Cup. 1976—Olympic Games. 1977—

World Student Games—European Junior Championships—Europa Cup.

3. To raise the standard of the event at all levels.

NATIONAL SCHEME AND REGIONAL SUGGESTIONS:

1. A National Squad will be selected annually by merit. The criteria for selection are based on age and performance. The qualifying standards will be reviewed annually and all qualifying performances must be set in official competitions (i.e. no training marks, without competitions etc.). Such performances should be certified by the Event Judge, and signed by him.

The Standards for the 1973 season are—(Men) Over 20—2.05, 20—2.03, 19—2.01, 18—1.99, 17—1.97, Under 17—1.95. (Women) Over 19—1.80, 19—1.78, 18—1.76, 17—1.74, 16—1.72, Under 16—1.70.

A set of standards for 1974 will be published in March 1974. Ages are taken as in the year of competition (i.e. subtract year of birth from year of competition).

2. A second squad, to be known as the "GRASSHOPPERS" will also be selected annually on merit. They will be of European Junior age and younger. Selection qualification will be governed by the same conditions as the National Squad. The standards for 1973 are:—(Men) 19—1.98, 18—1.96, 17—1.94, 16 and under—1.92. (Women) 18—1.72, 17—1.70, 16—1.68, 15 and under—1.66.

3. National Squad members and Staff Coaches will be subsidised at National Courses to the following extent. The Board will meet all but the first £2.50 travel expenses, plus accommodation. The Grasshopper Squad members and Senior Coaches will be subsidised at National Courses to the following extent. The Board will meet all but the first £5.00 travel expenses, plus all but first 10% accommodation.

4. National Courses over next 4 years:—
1974 National Event Course—22 Feb./24 Feb.—Cosford. National Event Course—22 Mar./24 Mar.—Crystal Palace. National Event Course—date and venue to be decided.

1974-75 High Jump Conference—September—Crystal Palace. National Event Course—November—Leicester. National Event Course—February—Meadowbank. National Event Course—March—Bristol.

1975-76 Winter Camp—December/January—To be decided. National Event Course—September—Crystal Palace. National Event Course—March—Meadowbank.

1976-77 High Jump Conference/Youth Training Camp—October—Meadowbank. National Event Course—January—Crystal Palace. National Event Course—March—Cosford/Aldersley.

5. Suggested avenues for Regional event development (modelled on Scottish Scheme):—(1) Annual weekend course for prospective Club Coaches—mainly practical emphasis. (2) Annual weekend course for prospective Senior Coaches—mainly theoretical emphasis. (3) October-March—One day/month coaching course for Regional athletes (best jumpers in the region). (4) October-

March—One evening/week coaching course for District athletes (selected good jumpers from clubs in the district).

6. Suggested areas for emphasis, bearing in mind that there must be a continuing recruitment of coach and athlete material every year.

- 1973-74**
1. Conditioning.
 2. Lead-up stages and technique.
 3. Priority on basic facility provision for region.
 4. Regional competitions.
 5. Criteria for regional and district selection.
 6. Club and Assistant Club Coach recruitment and education.
 7. Day conference on coaching the young jumper.

- 1974-75**
1. Development of conditioning and lead-up stages and technique.
 2. Each region must have top class competition area.
 3. Rotating inter-region competitions.
 4. Assistant Club Coaches encouraged to pursue club award and Club Coaches to pursue senior award.
 5. Day conference on coaching the female athlete.

- 1975-76**
1. Development of conditioning and lead-up stages and technique.
 2. Competition continuum of District—Region—National—International, clearly defined and established.
 3. Priority on basic facility provision within the district.
 4. Day conference on coaching the National/International athlete.

- 1976-77**
1. District sessions under senior coaches (or almost senior coaches).
 2. Development of conditioning and lead-up stages and technique.
 3. Top competition areas in each district.
 4. Emphasis on indoor jumping areas in each district.
 5. Recruitment of coaches for all levels.
 6. Day conference on lessons from the Games and appraisal of these 4 years of High Jump in the Region.
 7. Examination of the regions contribution to 2.12 and 1.82 targets.

GROWTH THROUGH THE REGIONS

1. Greatest problem is the reservoir of "catalyst" required. It is suggested that:—(i) Some source of sponsorship be sought for the National Programme. (ii) Regional/Local Authorities, Education, Further Education, Youth and community etc.—Grant aid should be sought for regional and district programmes. (iii) Local sponsorship for Regional/District programmes should be sought. (iv) Local sponsorship and Grants should be sought for club finance to assist coaches and athletes attend Regional/National Sessions.

2. Related to 1.—Hiring of facilities and the

Overseas News and Results

FAST SPRINT TIMES IN ASIAN CHAMPIONSHIPS

At Marikina (Philippines), Nov 18th-23rd

THERE were some astonishing sprint times recorded at the inaugural Asian Championships (as distinct from the Asian Games)—but they should be treated with reserve. In the 100m heats on November 20th Anat Ratanapol of Thailand was timed at 10.0—only a tenth away from the world record—with an apparently legal wind of 0.15m/sec behind him. Japan's Kozuo Iwamoto clocked 10.1 (0.57m/sec wind) in another heat—and, in all, 13 men were credited with 10.3 or faster! The semis next day saw Ratanapol win in another 10.0 (0.39m/sec wind—although a report of the meeting referred to his being "aided by a strong wind") ahead of Takao Ishikawa of Japan (10.1). **Later news:** wind readings wrong; all heat & semi times should be considered wind-assisted.

The most significant performance by a Commonwealth athlete was the 7245 decathlon victory by India's V. S. Chauhan who could well be among the medals in Christchurch. Another Indian contender, Mohinder Singh Gill, won the triple jump but 800m star Sriram Singh (1:47.3 recently) was defeated by Pakistan's Mohamed Younis.

100: Ratanapol (Thai) 10.4 (10.0 ht & sf), Chaisurapark (Thai) 10.5 (10.2 ht & sf), Ishikawa (Jap) 10.6 (10.1 sf), Iwamoto (Jap) 10.6 (10.1 ht), Su Wen Ho (Taiwan) 10.6 (10.2 ht & sf), Mao Samphon (Khmer) 10.6 (10.3 ht), Ariyamongkol (Thai) 10.9 (10.2 ht). In hts: Mokalam (Phil) 10.2, Long Yih Yang (Tai) 10.3, Abdulkareem (Kuwait) 10.3, Maki (Iraq) 10.3, Natrajan (Ind) 10.3, Al-Sheiky (Iraq) 10.3. **200:** Ratanapol 21.0 (20.8 ht), Su Wen Ho 21.2 (21.1 ht & sf), Mokalam 21.3. **400:** Yoshiharu (Jap) 46.8, Shika (Jap) 47.6, Ho Mun Cheong (Sing) 47.8. **800:** Younis (Pak) 1:51.2, Sriram Singh (Ind)

1:51.5, Mizuno (Jap) 1:52.2. **1500:** Mizuno 3:47.4, Younis 3:48.2, Dashondha Singh (Ind) 3:50.4. **5000:** Sato (Jap) 14:16.8, Shvsnath Singh (Ind) 14:17.0, Isobata (Jap) 14:18.2. **10,000:** Sato 29:54.4, Shvsnath Singh 29:54.8, Isobata 29:55.8. **Mar:** Je Hyung Cho (S Kor) 2:27:30, Chang Yuel Park (S Kor) 2:33:45, Chhetri (Nepal) 2:35:37. **3000SC:** Koyama (Jap) 9:04.0, Daker (Iraq) 9:11.0, Voddanzadeh (Iran) 9:22.0. **110H:** Ohki (Jap) 14:3 (14.1 ht), Mobarak (Malay) 14.3, Binauro (Phil) 14.4. **400H:** Guiapar (Phil) 52.2, Faisal (Iraq) 52.7, Sun Jun Tai (Tai) 53.1. **4x100:** Japan 40.0, Thailand 40.0, India 40.3. **4x400:** Japan 3:10.2, Philippines 3:12.8, Singapore 3:13.2. **20km Walk:** Morikawa (Jap), Xavier (Ind), Beng Khoo Chong (Malay) no times.

HJ: Ghiassi (Iran) 2.15/7'0½", Koshikawa (Jap) 2.15, Sang Soo Park (S Kor) 2.05/6'8½", Ismail (Malay) 2.05. **PV:** Suzuki (Jap) 4.36/14'3½", Sang Pyo Hong (S Kor) 4.36. **LJ:** Chin Long Chen (Tai) 7.82/25'8", Su Wen Ho (Tai) 7.57/24'10", Pillai (Ind) 7.53/24'8½", Yohanan (Ind) 7.49/24'7". **TJ:** Mohinder Singh Gill (Ind) 15.96/52'4½", Min Chi Chen (Tai) 15.31/50'2½", Yohanan 14.96/49'1". **SP:** Jagraj Singh (Ind) 17.00/55'9½", Gurdip Singh (Ind) 16.37/53'8½", Bahadur Singh (Ind) 15.75/51'8½". **DT:** Kashmiri (Iran) 51.20/168'0", Kumar (Ind) 49.08/161'0", Hayashi (Jap) 48.04/157'7". **HT:** Ajmer Singh (Ind) 60.42/198'3", Jeung Sub Kil (S Kor) 49.20/161'5", Narith (Khmer) 41.24/135'4". **JT:** Allah Dad (Pak) 63.58/208'7", Nashatar Singh (Malay) 63.28/207'7", Kidoor (Ind) 58.28/191'2". **Dec:** Chauhan (Ind) 7245 (11.2, 6.98, 13.57, 1.83, 50.5, 15.5, 41.58, 3.90, 53.72, 4:43.0), Onizuka (Jap) 7076, Chin Long Chen (Tai) 6752.

Women

100: Alanes (Phil) 11.6, Morita (Jap) 12.0 (11.9 sf), Yamato (Jap) 12.0. **200:** Michiko (Jap) 24.7, Alanes 25.0 (24.5 ht), Fukuda (Jap) 25.2 (25.0 ht). **400:** Kawano (Jap) 55.2, Ikoma (Jap) 56.1 (55.8 sf), Maimon (Sing) 57.2 (56.7 ht). **800:** Kawano 2:08.1, Sweet Lee Chee (Sing) 2:08.1, Fugimoto (Jap) 2:09.6. **1500:** Inoue (Jap) 4:26.8, Lee Chiu Shia (Tai) 4:28.0, Hallo (Israel) 4:34.6. **100H:** Hayashida (Jap) 13.6, Yueh Shiang Lin (Tai) 13.9, Gan Bee Wah (Sing) 14.2. **200H:** Hayashida 27.6, Merican (Sing) 28.5 (28.3 ht), Yueh Shian Lin 28.6 (28.5 ht). **4x100:** Japan 46.7, Singapore 47.0, Philippines 47.7. **4x400:** Philippines 3:48.9, Singapore 3:50.1, Taiwan 3:57.8. . . . Japan (3:46.2) disq. **HJ:** Abramovich (Israel) 1.68/5'6", Chai Ng Mei (Malay) 1.58/5'2½", Dedarati (Iran) 1.58. **LJ:** Kawada (Jap) 6.07/19'11", Yueh Shian Lin 5.84/19'2", Li Hua Wu (Tai) 5.71/18'8½". **SP:** Ok Ja Paik (S Kor) 15.05/49'4½", Hayashi (Jap) 13.63/44'8½", Fu Mei Chen (Tai) 12.93/42'5½". **DT:** De La Vina (Phil) 50.74/166'6", Hayashi 45.28/148'7", Ok Ja Paik 44.52/146'1". **JT:** Takasaka

HIGH JUMP PLAN continued

economic use of National Coaches' time and energies. Discourage viewing high jump in isolation; and it is suggested that, wherever possible, multi-event courses be held, e.g. a Jumps Weekend for coaches and athletes.

3. It goes without saying that the Region's programme will grow from the constructive and insightful planning of the Region's Joint Coaching Committee—and the suggestions made here should be seen as ideas for discussion and possible implementation rather than any kind of directive.

4. The success of this 4-year plan rests squarely on the good-will of those within and without the event, together with a positive desire to "get the event off the ground".

(Jap) 49.74/163'2", Lavandia (Phil) 45.38/148'11", Proch Thin (Khmer 43.48/142'8". **Pen:** Chun Yu Lih (Tai) 4025, Kawada 3963, Li Hua Wu 3578.

NZ TEAM ANNOUNCED

THE Christchurch Games complex stood up to its first major test—the NZ Championships & Commonwealth Games Trials on November 30th/December 1st—pretty well. There were a few problems with the Seiko photo-timer with Wendy Brown being given a 10.88 timing in the women's 100m semis! There is an echo being thrown back from the stand and the 200m runners thought it was the recall starter's gun. The women had to run again because one of the competitors stopped completely, but fortunately the first three places were unchanged—Gail Wooten beating Wendy Brown for the first and the second time in just over 30mins.

John Robinson looked very strong at the end of the marathon. He has a history of 'bombing' the first half and dropping out at 20 miles, but with a 2:17 in Hamilton in October and his 2:15 in Christchurch, he could be a medal prospect. Jack Foster has been injured recently, so he certainly cannot be disregarded. The marathon was run in a cool 13°C—three days later a 'nor-wester' raised the temperature to 26°C in Christchurch and 33°C in Otago!

Bevan Smith was in a class by himself in the sprints, and now he has decided on the 200/400 double for the Games he could make a big breakthrough in the 400m. There were a variety of times given for his run in the 4 x 400, but it was not a great deal over 45sec.

John Walker was in fine form in the 1500, and he really 'mowed down' the Dixon brothers in the straight—however, it looked as if Rod was really trying to ease John into the team rather than go out for a win himself. However, Tony Polhill (whose father died the previous week) was selected in his place despite missing the Trials. Rod has still to win a NZ track title! Dick Quax looked as if he was on a training run, and Dick Tayler was an impressive gun to tape winner in the 10,000m in 28:29.0. The Healey twins made the steeplechase a family affair with a 1, 2, placing. While talking of family affairs—the Mills family did not quite make it! Les could only get the shot out to 16.32 for his second place in the event, but the rest of the family all came up with personal bests—Colleen with 54.0 in the 400m, Donna with 1.68 in the high jump, and Phillip with 14.7 in the 'highs' (though he did 14.5 with manual timing the previous Sunday).

Murray Cheater was in great hammer form with a foul, 63.88, 65.28, foul, 65.42, 65.44 series, but Robin Tait did not have a very good day in the discus with a best throw of 56.78. In the jumps Peter Tracy equalled the resident record with 4.50 (his 4.55 in Canada could not be counted as a record because the bar was not

measured after the vault), and Dave Norris (34) pulled out his best triple jump for eight years to take his sixteenth title in that event. John Delemere, recently returned from the States, tried a jump treble, but with them all being held on the Saturday it was too difficult a task.

In the women's events the only real surprises were Donna Mills in the high jump and Gail Wooten beating Wendy Brown in the 200m—she was only 0.04, down in the 100m. Gail has been concentrating on hurdles all season, because it was thought she might not make the sprints for the Games, but she had a bad hurdles race on the Saturday morning, and then came back in the afternoon with three good sprints with the 100m and the two 200m. Sue Haden had been running poorly recently, but she was good enough to hold off the Gordon Pirie-trained Anne Garrett in the 1500m and the recently returned Shirley Somervell in the 800m. Two 'veterans' in Sylvia Potts and Val Young have made the team, while Colleen Mills at 39 will be a newcomer to the team. Penny Hunt and Brenda Matthews (both ran at Munich) managed to produce performances at the trials with the minimum of competition that were good enough for team selection, and both of them should improve by the Games.

Seru Gukilau will represent Fiji in the Games, and his 52.4 400m hurdles is a new Fijian record. His wife, a New Zealander, will represent NZ in the 400m and 4 x 400m.

Vic Matthews

100: (+ 2.85m) Smith 10.4, Hill 10.6, Anderson 10.6. **200:** (+ 0.5m) Smith 20.9 (eq rec), Anderson 22.0. **400:** Kear 46.9, Cochran 47.6, Endeau 47.8. **800:** Melville 1:49.4, Gilmour 1:49.6, Hunter 1:50.1. **1500:** Walker 3:43.6, R. Dixon 3:46.3, J. Dixon 3:46.9. **5000:** Quax 13:56.6, Rose 13:59.8, Campbell 14:06.4. **10,000:** Tayler 28:29.0, Watson 28:40.6, K. Ryan 29:05.0. **Mar:** Robinson 2:15:03.8, Foster 2:16:45.8, Manners 2:17:07.8, Simmonds 2:22:12.8, Keats 2:23:49, Smith 2:26:20, Julian 2:29:18 . . . 9, McKenzie 2:31:57. **3000SC:** H. Healey 8:43.6, N. Healey 8:45.4, Robertson 8:50.6. **110H:** (+ 5.6m) Pownall 14.5, Armitage 14.7, Mills 14.7. **400H:** Johnson 51.4, Gukilau (Fiji) 52.4 (rec), McIntosh 52.5, Cranshaw 53.1. **4x100:** Auckland 40.9 (rec). **4x400:** Canterbury 3:12.1 (rec). **HJ:** Jordan 1.90/6'2½". **PV:** Tracy 4.50/14'9" (eq rec). **LJ:** Hill 7.49/24'7", Delemere 7.39/24'3". **TJ:** Norris 15.65/51'4½", Delemere 15.34/50'4" w, Simpson 15.12/49'7½" w. **SP:** Tait 18.40/60'4½", Mills 16.32/53'6½" . . . 5, Dick Harris (ex-UK) 14.62/47'11½". **DT:** Tait 56.78/186'3", Park 51.62/169'4". **HT:** Cheater 65.44/214'8" (rec), Nicholl 62.10/203'9", Harland 58.28/191'2". **JT:** Van der Griend (US) 61.96/203'3".

Women

100: (+ 4.4m) Brown 11.4, Wooten 11.7, Burnside 11.7, Robertson 11.7, Beckett 11.7. **200:** 23.9, Brown 24.0, Robertson 24.4, Beckett 24.4. **400:** Mills 54.0, Gukilau 55.0, Hunt 55.1, Tong

continued on page 35

LEAGUE RACES

ICKNIELD CROSS-COUNTRY LEAGUE

At Cambridge, December 1st

- 1, J. Waterhouse (Cambridge & Col) 31:25
 2, R. Church (Peterborough) 31:30
 3, J. Jenkins (Huntingdon) 32:09
 4, D. Ainslie (Pet) 32:33; 5, A. Jukes (C&C) 32:42;
 6, I. Gartside (Hunt) 32:58; 7, G. Newton (Lut)
 33:13; 8, J. Roberts (C&C) 33:57; 9, Clark (Lut)
 34:13; 10, C. Pearce (C&C) 34:28; 11, K. Cole
 (Hunts) 34:41; 12, G. Ginn (C&C) 34:51; 13, H.
 Soper (Lut) 35:00; 14, P. Sterry (Lut) 35:04; 15,
 R. Glasspool (Bed) 35:07. **Teams:** 1, Cambridge
 & Col 164; 2, Luton Utd 124; 3, Huntingdon 95;
 4, Bedford & Co 79; 5, Peterborough 71; 6, Big-
 gleswade 21.

Youths and Boys

- 1, T. Barrett (Hunt) 20:05; 2, M. Mangon (Pet)
 20:43; 3, A. Constable (C&C) 21:30; 4, P. Du-
 mont (Lut) 21:45; 5, T. Back (Hunt) 21:49; 6,
 D. Brown (Bigg) 22:00; 7, K. Back (Hunt) 22:05;
 8, P. Cowan (Pet) 22:25; 9, L. Pearson (Bigg)
 22:28; 10, G. Thompson (Stev) 22:29. **Teams:** 1,
 Huntingdon 77; 2, Peterborough 66; 3, Cam-
 bridge & Col 53; 4, Luton Utd 44; 5, Biggles-
 wade 40; 6, Stevenage 16; 7, Bedford & Co 14.

Colts

- 1, R. Wood (Stev) 14:40; 2, T. Current (Lut)
 14:47; 3, G. Rizzo (Pet) 14:51; 4, M. Pollard
 (Stev) 15:12; 5, S. Moule (C&C) 15:21; 6, T.
 Larking (Stev) 15:27; 7, A. Phillips (Bigg) 15:30;
 8, V. Clemmens (Stev) 15:35; 9, G. Davies (Bigg)
 15:37; 10, P. Dilly (Stev) 16:01. **Teams:** 1, Steven-
 age 157; 2, Biggleswade 137; 3, Cambridge & Col
 109; 4, Luton Utd 107; 5, Peterborough 101; 6,
 Huntingdon 82.

ESCAFIELD CROSS-COUNTRY LEAGUE

At York University, December 5th

- 1, P. Dring (Army App College) 20:22
 2, D. Fleming (Bradford) 20:32
 3, T. Coyle (Didsbury) 20:45
 4, P. Rider (Brad) 20:46; 5, M. Gue (AAC) 20:48;
 6, S. Knowles (Leed) 20:52; 7, J. Barker (Hull)
 21:06; 8, R. Aconley (W Yorks Pol) 21:11; 9, R.
 Dunn (Sheff) 21:14; 10, M. Duddridge (Lee) 21:16;
 11, J. Wakenshaw (AAC) 21:27; 12, B. Pickers-
 gill (W Yorks P) 21:29; 13, G. Williams (Brad)
 21:37; 14, S. Leslie (Leeds) 21:46; 15, R. Britton
 (Leeds) 21:49; 16, J. Wright (York) 21:59; 17, P.
 Coleman (Carn) 22:02; 18, C. Skinner (Hull) 22:04;
 19, J. Graham (Hull) 22:05; 20, D. Walker (AAC)
 22:08. **Teams:** 1, Harrogate Army Apprentice Col-
 lege 37; 2, Bradford University 40; 3, Leeds Uni-
 versity 45; 4, Hull University 66; 5, Didsbury
 College 102; 6, AAC 'B' 106; 7, Sheffield Univ
 108; 8, Leeds Un 'B' 150; 9, York Un 155; 10,
 Carnegie Coll 155.



Glen Forster (Sunderland), winner of the North Eastern junior cross-country title.

Alan Nendick

MIDDLESEX CROSS-COUNTRY CHAMPIONSHIPS

December 8th

Juniors

- 1, J. Odlin (North London) 27:04
 2, G. Galvin (Hillingdon) 27:36
 3, N. Saunders (Haringey & Southgate) 28:04
 4, W. Bellew (TVH) 28:10; 5, G. Sillitoe (Shaft)
 28:23; 6, D. Wolfe (Hill) 29:02; 7, K. Bailey
 (TVH) 29:17; 8, C. Davies (Shaft) 29:25; 9, D.
 Milner (H&S) 30:07; 10, J. Clarke (TVH) 30:15.
Teams: 1, Haringey & Southgate 16; 2, Shfates-
 bury 21.

Youths

- 1, N. English (N Lon) 16:26; 2, P. Holland
 (N Lon) 16:39; 3, R. Pepper (Shaft) 16:42; 4,
 N. Carter (Felt) 17:09; 5, B. Walters (TVH) 17:19;
 6, G. Heap (Vy Sch) 17:27. **Teams:** 1, North
 London 21; 2, Feltham 43; 3, Haringey & South-
 gate 55; 4, Shaftesbury 68; 5, Harrow County
 Sch 75; 6, Vyners Sch 87; 7, Bishops Hart Sch
 105.

Boys

- 1, M. O'Reilly (High) 13:10; 2, J. Broe (Shaft)
 13:20; 3, L. Benjamin (Hill) 13:21; 4, D. Beaver
 (Poly) 13:22; 5, R. Button (Enf) 13:33; 6, M.
 Goymer (Felt) 13:34; 7, A. Anderson (H&S) 13:35;

8, P. Baker (TVH) 13:47; 9, P. Lewis (Hill) 13:48; 10, P. Broaders (Shaft) 13:54. **Teams:** 1, Hillingdon 24; 2, Shaftesbury 28; 3, Thames Valley 34; 4, Polytechnic 46; 5, Highgate 57; 6, Haringey & South 60; 7, Enfield 62; 8, Feltham 66; 9, North London 79; 10, Bishops Halt Sch 117.

LIVERPOOL & DISTRICT LEAGUE

At Warrington, December 8th

1, F. Davies (Liverpool H) 26:19
2, P. Waddington (Liverpool H) 26:19
3, R. Brown (Liverpool Pembroke) 26:34
4, B. Thompson (Warr) 26:40; 5, J. McLoughlin (Sutt) 26:41; 6, C. Johnson (Sutt) 26:50; 7, P. Roberts (Sutt) 27:00; 8, P. Kennedy (Liv) 27:15; 9, R. Harrison (Liv) 27:21; 10, P. McAvoy (Liv) 27:21; 11, B. Renshall (L Pem) 27:30; 12, J. Crehan (Sutt) 27:40; 13, F. Rimmer (Sutt) 27:48; 14, K. O'Toole (L Pem) 27:50; 15, D. Jeffs (Wirr) 27:59; 16, P. Malcolmson (L Pem) 28:05; 17, T. Harper (Wirr) 28:15; 18, K. Burrell (Liv) 28:35; 19, D. Shallcross (Wirr) 28:53; 20, M. McCausland (Pilk) 28:56. **Teams:** 1, Liverpool H 48; 2, Sutton 75; 3, Liverpool Pembroke 89; 4, Wirral 126; 5, Warrington 198; 6, Sefton 236; 7, Sutton 'B' 250.

CHINGFORD & DISTRICT LEAGUE

At Enfield, December 8th

1, G. Pringuer (Haringey & Southgate) ... 27:01
2, P. Norell (Haringey & Southgate) 27:15
3, J. Arger (Enfield) 27:39
4, R. Gomez (H&S) 27:43; 5, R. Howe (Walth) 27:45; 6, G. Harrold (Enf) 27:54; 7, A. Rich (Walth) 28:03; 8, E. Morris (N Lon) 28:14; 9, G. Cloke (Enf) 28:27; 10, P. McCracken (N Lon) 28:32; 11, D. Peggs (Enf) 28:44; 12, M. Broyd (Enf) 28:52; 13, D. Day (Enf) 28:54; 14, G. Bennison (Barn) 29:01; 15, D. Rafferty (Harl) 29:05; 16, C. Ridley (Walth) 29:11; 17, B. Hercock (Enf) 29:15; 18, D. Hardstaff (N Lon) 29:17; 19, K. Spencer (Harl) 29:19; 20, R. Taylor (N Lon) 29:32; 21, I. Nuckey (Barn) 29:36; 22, A. Con-

cannon (Harl) 29:43; 23, L. Peter (Enf) 29:49; 24, J. Deegan (Enf) 29:51; 25, K. Finnegan (Enf) 30:06. **Teams:** 1, Enfield 54; 2, North London 111; 3, Haringey & Southgate 117; 4, Walthamstow 189; 5, Harlow 206; 6, Barnet & Dist 211; 7, Victoria Pk 266; 8, Loughton 293; 9, Eton Manor 332.

Boys

1, D. Tallon (H&S) 9:34; 2, F. Johnson (H&S) 9:47; 3, D. Lasenby (Enf) 9:50; 4, J. Borham (Lou) 9:56; 5, M. Newman (Lou) 9:59; 6, D. Atill (H&S) 10:00; 7, A. Borham (Lou) 10:04; 8, S. Lamb (E Man) 10:08; 9, P. Grey (Enf) 10:15; 10, S. Kife (Enf) 10:15. **Teams:** 1, Haringey & Southgate 20; 2, Loughton 33; 3, Enfield 34; 4, Eton Manor 77.

Rules governing eligibility for the National Industries and Business House Annual Cross-Country Championship are as follows:— (a) The race will be open to all Business Houses situated in the UK. The Business House shall be deemed to include the following:— (1) Industry; (2) Civil Service; (3) Public Service. (b) The runners must be employed full time by the Business House that enter them in the race. (c) In the case of National Organisations, teams may be made up of employees from any of their branches. Civil Service teams should be made up of employees in the same department i.e. Post Office, Fire Brigade, Police Service etc. The race will be held on Sunday, February 3rd at 3.00 p.m. All enquiries to T. Deighton, C/o Personnel Dept, ICL, Kidgrove Extension 3020 or R. Nuttall, extension 3451; or after 5.00 p.m.— Mr. Deighton, Alsager 3040.

Hercules Wimbledon AC officers: President, J. Braben; secretary, Mrs. M. Payce-Drury, 60 Tranmere Road, London SW18 3QV; treasurer, D. Littlewood; track sec, A. Trowell; CC sec, P. Mulholland.

Jim Alder leading from Dennis Coates (332) and Charlie Spedding in the North Eastern championship. Alder won for the ninth time, followed in by Spedding and Coates.



Alan Nendick

RESULTS IN BRIEF

October 20th

Surrey League (Div 1), at Wimbledon. Youths (late result): 1, P. De Giovanni (Croy) 12:49; 2, G. Nelson (SLH) 13:00; 3, I. Logan (AF&D) 13:01; 4, S. Gilbey (HHH) 13:06; 5, P. Rezin (AF&D) 13:10; 6, F. Barton (HHH) 13:12; 7, M. Rezin (AF&D) 13:13; 8, D. Bright (HHH) 13:17; 9, M. Manning (Bel) 13:19; 10, T. Tracey (HHH) 13:22. **Teams:** 1, Herne Hill 41; 2, Aldershot F&D 53; 3, SLH 80; 4, Hercules W 81; 5, Croydon 91; 6, Belgrave 119.

November 21st

Oxford Inter-College 'Cuppers' Race. 1, eq J. Goater & A. Moore 29:19; 3, R. Knutzen 29:37; 4, M. Firth 29:48; 5, J. Rye 30:51; 6, V. Waddington 31:00. **Team:** St Edmund Hall.

November 28th

4th Aggregate Meeting, at SEME Bordon: 1, Turner (RMA) 29:34; 2, Hall (Vic) 29:56; 3, McFadzean (Osp) 30:53; 4, Bidmead (Suss) 31:01; 5, McCash (3rd P) 31:04; 6, Deathridge (Colling) 31:09; 7, Ratcliffe (Sult) 31:19; 8, Tarrant (Sult) 31:24; 9, Kitson (Thames V) 31:28; 10, Anderson (Met Cad) 31:44; 11, Fox (7th P) 31:52; 12, Franklin (AAC) 31:53; 13, Hall (Sult) 31:56; 14, Knight (7th P) 32:05; 15, Amberbahadlimbu (10th G) 32:07. **Teams (Div 1):** 1, 7th Para 132; 2, 10th Gurkha 166; 3, HMS Sultan 170; 4, RMA Sandhurst 214; 5, HMS Collingwood 254; 6, 3rd Para 273. **(Div 2):** 1, RAC Bovington 135; 2, Thames Valley Pol 181; 3, AAC Middle Wallop 238.

December 1st

Salford CC Handicap, at Boggart Hole Clough. 1, M. Murphy (00:30) 34:22; 2, B. Aspdon (1:20) 34:25; 3, D. Brown (4:35) 34:32. Fastest loser: S. Curran (Scr) 34:52.

London Business Houses CC Championships, at Cranford. 1, B. Bradbury (Ell) 22:45; 2, A. Jones (LT(CRS)) 22:59; 3, M. Kortenray (LT(Met)) 23:06; 4, P. Leitch (Lloyds) 23:15; 5, D. Ives (Lloyds) 23:19; 6, B. McGuill (LT(CRS)) 23:36; 7, A. James (Herm) 23:53; 8, P. Shephard (Lloyds) 24:11; 9, P. Gregory (Lloyds) 24:12; 10, M. Foster (GEC) 24:18. **Teams:** 1, Lloyds Bank 22; 2, LT (CRS) 36; 3, Lensbury 49.

Oxford University 33; Cambridge University 46 (2nd Team Match), at Oxford: 1, D. Scoins (O) 37:19; 2, E. Stenton (O) 37:30; 3, G. Sellens (C) 37:40; 4, G. Aldridge (O) 37:54; 5, P. Armstrong (C) 38:11; 6, V. Waddington (O) 38:31. **3rd Team Match:** R. Paver (O) 38:52. **Teams:** Oxford 37; Cambridge 41.

December 4th

Harrow Girls Schools CC Championships, at Bannister Stadium. (No times available): (U/17) 1, J. Windsor (Lasc); 2, B. Burn (Rox); 3, C.

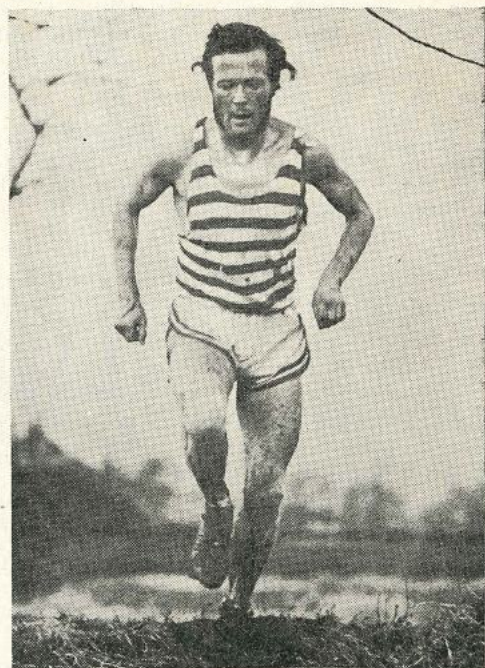
Mann (B'well). (U/15): 1, M. Scarlett (B'well) 2, H. Werder (B'well); 3, J. Seldon (Pinn)

December 5th

South East Police League, at Maidstone. 1, M. Wayland (Sy) 29:47; 2, A. Down (Ex) 30:54; 3, P. Bidmead (Sx) 31:14; 4, C. Carter (Sx) 31:39; 5, R. Lettin (Cty) 32:34; 6, D. Brady (Hts) 33:21. **Teams:** 1, Herts 285; 2, Sussex 278; 3, Essex 245; 4, Kent 243; 5, Thames Valley 150; 6, City of London 120. **(Women):** 1, S. Keeble (Ex) 17:03; 2, M. Hicks (Ex) 17:17; 3, J. Foster (Ex) 17:45. **Teams:** 1, Essex 114; 2, Knight 94.

Scotland Services Cross-Country League, at RAF Kinloss. 1, Nichols (Kin) 34:43; 2, Parker (Loss) 34:56; 3, Wiseman (Glen) 35:10; 4, Tinlin (Glen) 35:15; 5, Fleming (Kin) 36:16; 6, Chapman (Nep) 36:29. **Teams:** 1, RAF Kinloss 382; 2, RAF Lossiemouth 364; 3, Glencourse Barr 352; 4, HMS Neptune 349; 5, RAF Kin 'B' 344; 6, RAF Leuchars 309.

RAF London Cross-Country League, at RAF Uxbridge. 1, Vooght (H Wyc) 29:25; 2, Henry (M Hill) 29:30; 3, Todd (Hen) 29:42; 4, Ballantine (Chess) 29:45; 5, Buckham (N'holt) 30:46; 6, Marshall (Halt) 30:54; 7, Cole (Warr) 31:20; 8, Thomas (N'holt) 31:37. **Teams:** 1, Chessington 177; 2, Halton 148; 3, Mill Hill 143; 4, West Drayton 142; 5, Uxbridge 136; 6, High Wycombe 133.



Alan Spence, winner of the Bradford & District cross-country championship.

Eric North

Have you booked for Rome?**WITH OR WITHOUT AN
EXTRA HOLIDAY IN THE SUN**

We have an allocation of 200 places, including aircraft seats by scheduled flight, hotel accommodation and stadium seats, but this provisional allocation will expire at the end of February, 1974, and we cannot guarantee you a place after that date. **SO BOOK NOW!** A £5 deposit will ensure your place. Ten days, leaving at the end of August (European Championships September 1st to 8th) for £83 approximately or 15 days including an extra five days in Sorrento for £120 approximately. Write now to **David Dryer ('AW' Tour), 4S Sports, Africa House, 64/78 Kingsway, London, W.C.2.**

OVERSEAS NEWS continued from page 31

55.2. 800: Haden 2:05.4, Somervell 2:05.8, Moller 2:07.0, A. Smith 2:07.8. 1500: Haden 4:18.2, Garrett 4:19.8, Potts 4:20.5, Moller 4:23.9, Thompson 4:24.2, Zorn 4:25.1. 100H: (+ 1.85m) Matthews 13.8, Lothian 14.0, Miles 14.2, Wooten 14.2. 4x100: Canterbury 46.4. 4x400: Auckland 3:43.6 (rec). HJ: Mills 1.68/5'6", Kavermann 1.65/5'5", Burnside 1.65. LJ: Otto 6.01/19'8½", Hendren 5.87/19'3½", Burnside 5.83/19'1½". SP: Young 14.61/47'11½", Poulsen 13.81/45'3½". DT: Mene 44.60/146'4", Young 43.70/143'4". JT: McGookin 43.24/141'10", Mene 40.98/134'5".

The New Zealand Team

100: Anderson, Daly, Hill. 200: Anderson, Cochrane, Smith. 400: Smith, Kear, Endean. 800: Walker, Melville, Gilmour. 1500: R. Dixon, Polhill, Walker. 5000: Rose, Tayler, Quax. 10,000: Tayler, K. Ryan, Watson. Mar: Robinson, Foster, Mannors. 3000SC: H. Healey, N. Healey, Robertson. 110H: Pownall, Armitage, Mills. 400H: Johnson, Cranshaw, McIntosh. 4x100: Anderson, Daly, Hill, Smith. 4x400: Cochrane, Endean, Kear, Smith. PV: Tracy. LJ: Hill, Delemere TJ: Norris, Delemere. SP/DT: Tait. HT: Cheater, Nicholl. (Decathlon & walk team to be announced).

Women's 100: Brown, Wooten, Robertson. 200: Brown, Wooten, Robertson. 400: Mills, Gukilau, Hunt. 800: Haden, Somervell, Moller. 1500: Haden, Garrett, Potts. 100H: Matthews, Lothian, Miles. HJ: Mills, Burnside, Kavermann. LJ: Otto, Hendren. SP: Young, Poulsen. DT: Mene, Young. JT: McGookin, Mene. 4x100: Brown, Matthews, Robertson, Wooten. 4x400: Hunt, Gukilau, Mills, Tong. (Pentathlon team to be announced).

**THURROCK HARRIERS
"PARENT TROPHY"
CROSS COUNTRY RELAYS**

(All 3 stages)

SUNDAY, JANUARY 20th, 1974**Under 12 Boys, Colts, Boys and Youths****Minor Girls, Junior Ladies and Inter Ladies****Entry Fee:** 30p per Team.**Entries to Mr. R. A. Sales, 78 Orchard Road, South Ockendon, Essex.****ENTRIES CLOSE JANUARY 13th****KENT ATHLETIC CLUB
JUBILEE C.C. TEAM RACES**

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

Races for Youths (3 Miles), Boys (3 Miles) and**NEW RACE THIS YEAR FOR COLTS (2M)****Saturday, 12th Jan., 1974, West Wickham, Kent****Trophy to 1st team, medals 1st 3 individuals and teams in each race.****Entries—Youths (6 run, 4 score) 50p, Boys and Colts (4 run, 3 score) 40p, to K. C. Hill, 35 Kirkwood Road, London SE15.****CLOSING DATE 31st DECEMBER, 1973****ALDERSHOT, FARNHAM & DIST. A.C.
10th Annual****CROSS-COUNTRY RELAYS**

(Under AAA Laws and ECCU Rules)

SUNDAY, 13th JANUARY, 1974**Colts 4 x 1½ Miles Relay**

(Over 11, under 14 on 1/9/73)

Boys 4 x 1½ Miles Relay

(Over 14, under 16 on 1/9/73)

Youths 4 x 2 Miles Relay

(Over 16, under 18 on 1/9/73)

Awards: Trophy and awards first 3 teams, best School/Service team (not in first 3) in each event. **Entry Fees:** 45p per team, Boys and Youths, 40p Colts. **Entries to John Lofts, 46 Perring Avenue, Farnborough, Hants, (Tel: Camberley 22918) by Saturday, 5th January, 1974, latest.**

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USED "AW", "Leichtathletik". N. Thomas, 54 Richmond Road, Cardiff.

ESSEX CROSS-COUNTRY CHAMPIONSHIPS**At Chelmsford, December 8th****Youths**

1, G. Barr (Thurrock) 19:28
 2, M. Brewer (Chelmsford) 19:39
 3, P. Gronland (Woodford Green) 19:47
 4, R. Bolan (Havering) 19:53; 5, P. Betteridge (Hav) 19:55; 6, C. Leahy (Ess B) 20:12; 7, B. Hayes (Ess B) 20:17; 8, P. Kemp (Ess B) 20:19; 9, J. Wallace (Ess B) 20:26; 10, G. Smith (Hav) 20:28; 11, P. Ramsey (Newn) 20:28; 12, D. Goldring (Walth) 20:36; 13, K. Hibble (Col) 20:39; 14, P. Mylrea (Hav) 20:43; 15, S. Gibson (Thurr) 20:48; 16, D. Kettles (Had) 21:03; 17, D. Whelan (Hf) 21:06; 18, Ash (Camp) 21:09; 19, S. Aspland (Ess B) 21:12; 20, O'Brien (Camp) 21:13. **Teams:** 1, Essex Beagles 30; 2, Havering 33; 3, Woodford Green 76; 4, Champion 116; 5, Colchester 130; 6, Felsted 138.

Boys

1, E. Martin (Thurr) 16:14; 2, S. Baldry (Thurr) 16:37; 3, P. Nicholas (Ess B) 16:45; 4, J. Lay (Ess B) 16:48; 5, P. Richardson (Hav) 16:48; 6, P. Kemp (Ess B) 16:50; 7, G. Norman (Ess B) 16:55; 8, G. Fell (Ess B) 16:57; 9, R. Rafferty (Hav) 16:58; 10, K. Longhurst (Hav) 17:29. **Teams:** 1, Essex Beagles 20; 2, Thurrock 45; 3, Havering 63; 4, Basildon 98; 5, Colchester 109; 6, Ilford 144; 7, Chelmsford 144; 8, Champion 179; 9, Walthamstow 195; 10, Woodford Green 201.

Colts

1, G. James (Ess B) 11:44; 2, R. Chapman (Ess B) 11:49; 3, M. Orton (West HS) 11:49; 4, E. Emms (Walth) 11:50; 5, S. Surridge (Walth) 11:58; 6, B. Hoyte (Ess B) 12:02; 7, E. Kennedy (Chelms) 12:03; 8, N. Pember (S'end) 12:04; 9, L. Smith (Walth) 12:07; 10, I. Wyatt (Chelms) 12:14; 11, J. Currie (West HS) 12:16; 12, Stroud (Walth) 12:19; 13, D. Campbell (Hav) 12:21; 14, A. Smart (Thurr) 12:22; 15, P. Findlay (Ess B) 12:23. **Teams:** 1, Essex Beagles 24; 2, Walthamstow 30; 3, Westcliff HS 77; 4, Chelmsford 79; 5, Champion Sch 54; 6, Havering 117; 7, Felsted Sch 168; 8, Southend HS 185; 9, Woodford Green 209.

WILTS CROSS-COUNTRY CHAMPIONSHIP**At Marlborough, December 1st****Boys**

1, G. Bath (S Westwood St Thom Sch) 15:37; 2, Dorey (Marl Coll) 15:46; 3, C. Shuttleworth (Sarum West St Thom) 16:06. **Teams:** 1, Sarum Westwood, St Thomas' Sch 18; 2, Marlborough Coll 26; 3, Swindon St Joseph's Sch 68.

Colts

1, C. Taylor (Swin Church Sch) 11:30; 2, P. Spooner (Swin C Sch) 11:35; 3, Bird (Marl Coll) 11:42. **Teams:** 1, Swindon Churchfields 20; 2, Sarum Westwood, St T Sch 51; 3, Marlborough Coll 57.

HIGH JUMP COURSE FOR POTENTIAL CLUB COACHES AND JUNIOR BOYS AND GIRLS

AT**CRYSTAL PALACE NATIONAL RECREATION CENTRE****FEBRUARY 1st/2nd/3rd, 1974****FROM****EASTERN COUNTIES**

(Cambridge, Beds, Bucks, Berks, Herts, Hunts, Norfolk and Suffolk)

APPLICATION AVAILABILITY: 11 Coaches, 18 Athletes (9 Boys, 9 Girls—13-15 years).**COURSE FEE:** £10.50 (per person).

(The fee includes: Accommodation, Meals, Coaching and Facilities.)

COACH IN CHARGE: RON MURRAY, Coach to Olympic Athletes.

APPLICATIONS: In view of the limited places available, **immediate** application should be made and when applying the application should be **accompanied by the Course Fee in full and made payable to: R. J. Murray, by crossed P.O., or by Cheque.** Enclose a S.A.E. and send to the following address: 11 New Farm Avenue, Bromley, Kent.

REPORTING TIME: Successful applicants should report to the Crystal Palace Hostel not later than 6.30 p.m. on Friday, February 1st, 1974.

COURSE TERMINATION: The Course will close at approximately 4.00 p.m. on Sunday, February 3rd, 1974.

APPLY NOW

1/2
ROBINSON