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weekly

INCORPORATING
WOMEN'S ATHLETICS
MODERN ATHLETICS
& WORLD ATHLETICS

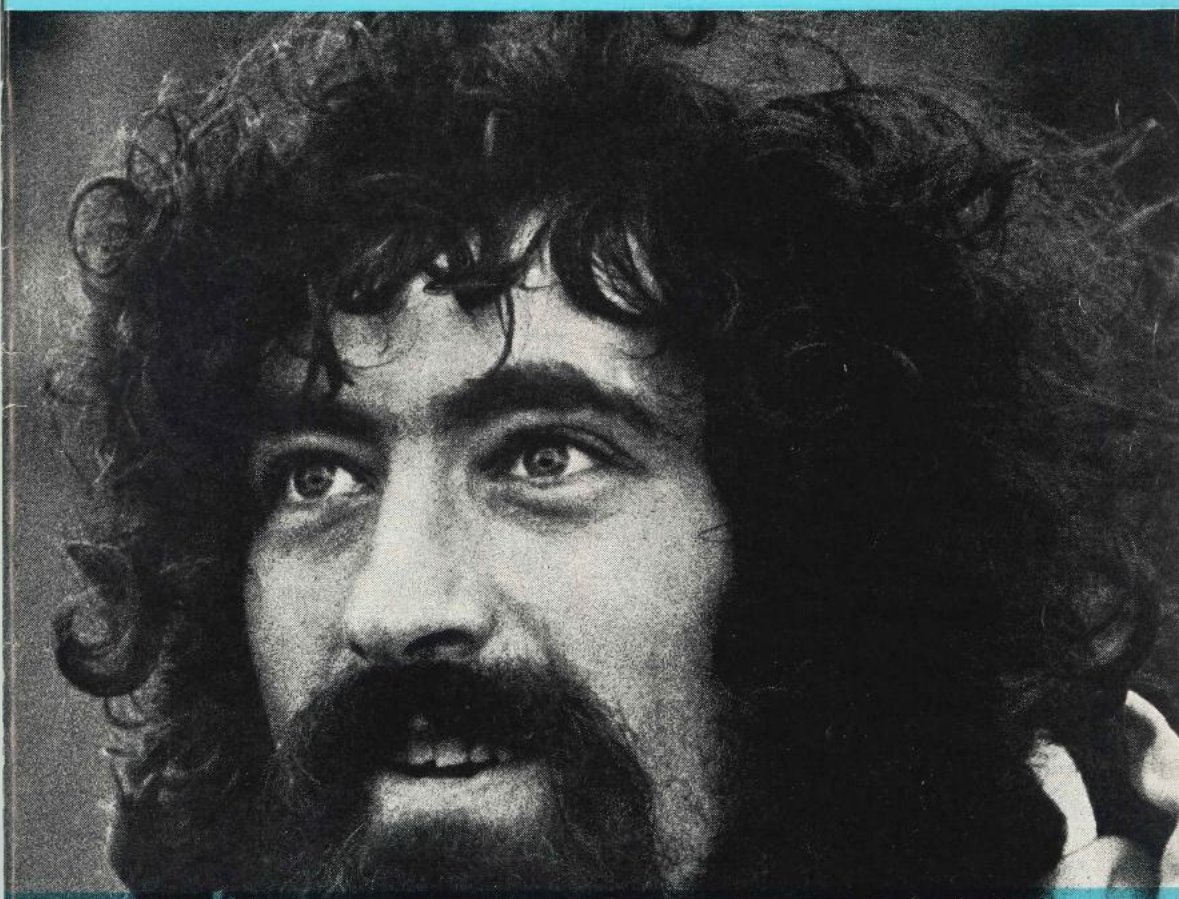
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Smith Interviewed



12p

DAVE BEDFORD
after winning
the London
cross-country
title.

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UK ATHLETES ABROAD

Nick Rose Wins American Collegiate Championship

BBRITAIN'S Nick Rose, running for Western Kentucky, has won the USA National Collegiate Cross-country title, with team-mates Chris Ridler 8th, Dave Long 13th and Tony Staynings 18th. Nick will be returning home just before Christmas and will be available for the Inter-Counties.

Volvic International CC, Clermont-Ferrand, 8700m, 24.11. After only three weeks of conditioning work, Emiel Puttemans moved away from Jacky Boxberger on the fourth and final lap of this twisty, rocky course, to come home a comfortable winner. Of the British trio, left 'for dead' by the abrupt continental start, Les Presland continued to show fine racing form by powering his way through the field throughout the race. 1, Puttemans (Bel) 27:18; 2, Boxberger (Fr) 27:32; 3, LES PRESLAND (UK) 27:45; 4, Marguet (Fr) 27:50; 5, Cypcra (Fr) 27:56; 6, Jourdan (Fr) 28:06; 7, ROGER BROWN (UK) 28:14; . . . 14, JON WIGLEY (UK).

Pierre de Coubertin International CC, Bolbec (Normandy), 9.9km.24.11 (Jack Davies reports): Two months of almost continuous rain made conditions difficult, and were reminiscent of a typical English Cross Country Course. Rault (France) went into the lead from the start, with Black in close attendance, followed by a small group of Steere, Soubitez (Paris Police), Caraby (Cherberg) and Wild. Black never allowed to let his rival get away, and at 7,500 metres he made his run to the finish and was a clear winner by a margin of 12 secs. Steere ran what must have been one of his best races, and retained his third position for practically the whole of the race. Wild's performance was most gratifying after his forced rest through injury: 1, DAVE BLACK (UK); 2, Rault (Fr); 3, KEVIN STEERE (UK); 4, Soubitez (Fr); 5, Caraby (Fr); 6, JOHN WILD (UK); . . . 14, BARRY WATSON (Camb H); . . . 17, MARTIN HYMAN (Port); . . . 19, JOHN WILKINS (Camb H).

Portsmouth (Martin Hyman 17th, Charlie Fletcher 24th, Nick Watkins 33rd, Peter Corney 45th, Steve Ottaway 50th) finished third in the team race with 169 pts and Cambridge Harriers fourth with 190 pts. Cambridge won the veterans' team race: J. Jones won the 35-40 group; Ken Harland was 1st, Dave Dellar 3rd and B. Maynard 4th in the 40-50 group, and Blackbeby won the over-50. Frank Salvat (Portsmouth) was 5th in the 40-50.

Another Portsmouth team won the team race in a 9000m CC event the same day at Pleumeur Bozou (France). The Portsmouth trio (Joe Patton 2nd, Glyn Gough 6th, Steve Galloway 7th) scored 15pts, same as FSPB Brussels, but won as the Belgians' third scorer placed 8th. Jean Le Valliant (Fra) won the race, with Jose Reveyn (Bel) 2nd.

International 8000m CC, at Bruges (Bel); 17.11. Walter Wilkinson, now fully recovered from the injury which kept him out of action for most of the track season, ran with determination to finish 4th on a waterlogged course following 24 hours of continuous rain. 1, Ornelis (Bel); 2, Rombaux (Bel); 3, Vonck (Neth); 4, Wilkinson; 15, Andrew Sharpe; 18, George Young; 22, Roland Gibbard; 26, Alan Green (all British Rail). Teams: 1, Belgium 57; 2, W. Germany 66; 3, British Rail 95.

Rhine Area Forces CC league, at RAF Wildenrath, 30.10. 1, Clark 32:10; 2, Evans 32:10; 3, Hurt 32:13; 4, McCay 32:26; 5, Frith 32:42; 6, Harrison 33:10.

RESULTS IN BRIEF

November 9th

Polytechnic H Club Championships (Inc Inter-Club). Poly 12 v Ealing & Southall 19 v Hercules Wimbledon 23: 1, R. Pinkerton (P) 25:14; 2, J. Walker (HW) 25:20; 3, M. Barratt (E&S) 25:24; 4, P. Chivers (E&S) 25:32; 5, J. Abberton (P) 25:35; 6, A. Mineyko (P) 25:52; 7, A. Trowell (HW) 26:00; 8, J. Barnard (P) 27:01; 9, P. Mulligan (P) 27:06; 10, D. Bright (P) 27:21. **(Youths/Boys):** 1, D. Clarke (HW) 15:44; 2, D. Higgs (HW) 16:16; 3, P. Reynolds (HW) 16:29. Teams: 1, Hercules Wimbledon 6; 2, Poly 25. **(Colts):** 1, G. Finnerty 19:46; 2, J. Cushen 20:32; 3, J. Smith 20:49.

November 23rd

North Staffs Road Runners Assn 10M at Tittensor. 1, M. Mountford 51:19; 2, D. Shelley 52:03; 3, L. Austin 53:52; 4, N. Deakin 54:24; 5, R. Elliott 54:35; 6, J. Davies 55:56; 7, N. Jackson 56:35; 8, L. Kilkenny 56:54. **Vet:** P. Blunden 62:56. **(O/50):** R. Ferryhough 62:08.

Gloucester 40 v Leamington 63 v Bromsgrove & Redditch 117 v Cheltenham 148 v RAF Hereford 203 at Black Bridge. 1, S. McHale (Glos) 27:53; 2, C. Woodward (Leam) 28:07; 3, N. Thomas (Glos) 28:17; 4, M. Hedges (B&R) 28:22; 5, P. Hoddy (Glos-J) 28:32; 6, P. Mudde-man (Leam) 28:58; 7, C. Donovan (Leam) 29:05; 8, B. Martiniuk (Glos-Y) 29:09; 9, D. Dowdle (Glos-J) 29:10; 10, B. Hill (B&R) 29:41. **Teams:** 1, Gloucester 40; 2, Leamington 63; 3, Broms-grove & Redditch 117; 4, Cheltenham 148; 5, RAF Hereford 203. **(Youths):** 1, M. Beamish (Glos-B) 10:12; 2, B. Noonan (Glos) 10:17; 3, D. MacManus (Glos-B) 10:20; 4, G. Patel (Glos) 10:21; 5, D. Price (Glos-C) 10:29; 6, P. Yeat-man (Glos-C) 10:29.

Bath Road Races at Victoria Park. 1, J. Theophilus (Swan); 2, P. Francis (West); 3, J. King (S Heath); 4, R. Sercombe (New); 5, M. Rollason (S Heath); 6, S. Gibbons (Swan).

Vets AC 5M CC Race. 1, A. Rockall (4:20) 33:03; 2, D. Devey (2:30) 33:15; 3, P. Maffia (4:00) 33:28. **Fastest:** Devey 35:45.

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ATHLETICS WEEKLY

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THE WEEK AHEAD

Saturday, December 7th: Midland CC Association
'7' & Youth Athletes Races at Nottingham; Inter-
Varsity CC Match at Roehampton; Surrey CC League
at Hayes (Met P); Gwent League at Swansea; Kent
League at Canterbury; Scottish Women's CC League
at Law; Coatbridge Schools CC League; Whitbread
'5'; Harry Whitehurst 10,000m CC Race at Graves
Park, Sheffield; London University CC Champs
(past v present); Scottish CC Union v Scottish Univer-
sities v N Ireland at Stirling; Bellahouston "Helen
Corbett" CC Races at Glasgow; Yeovil CC Races;
Law & Dist CC Races (Round the Firs) at Law;
Civil Service CC Champs at Wimbledon; Kent
Women's CC Champs at Tonbridge; Surrey Women's
CC Champs at Reigate; Middlesex Women's CC
Champs at Parliament Hill; Essex Youths, Boys &
Colts CC Champs at Woodford; Middlesex Junior,
Youths & Boys CC Champs at Cockfosters; National
Women's Walking Champs at Quinton, Birmingham.

Sunday, December 8th: New Cumbria Relays
at Carlisle; Worktop CC Races; Liverpool H&AC
Open Meeting at Kirkby.

Monday, December 9th: Gower '11'.

Wednesday, December 11th: Lincs Services CC
League at Cranwell; RAF London CC League at
Uxbridge.

Entries for the Beds & Hunts CC Championships
at Amptill on January 4th close on December 28th
to: George Woodham, 20 Spencer Road, Luton,
Beds.

Lost at Cosford, November 16th: pair of yellow/
black nylon Patrick spikes, size 9. Postage refunded
by Chris Knee, 51 Bedford Road, Reading, Berks.

In the results of the North London CC Champion-
ships, 20th was D. Wolfe, 21st M. Green and 26th
R. Kraushaar (all Old Gaytonians' AC).

Luton United AC welcome other individuals/
clubs to join their home fixture with Poly AC (Seniors
& Juniors) to be held over two laps of the 'National'
course on December 21st. Contact N. Fox, 224
Turnpike Drive, Luton LU3 3RG. Any clubs with a
vacancy in a fixture on December 7th or 14th please
contact the same address.

Polytechnic Harriers officers: President, Sir Peter
Studd; secretary, R. Frith, 9 Holmes Road, Straw-
berry Hill, Twickenham, Middx; treasurer, H.
Echart; summer fixtures sec., N. Overhead, 66
Micheldever Road, London SE12 8LU; league team
manager, R. Adams.

INTERNATIONAL FIXTURES 1975

January

- 25 Indoor meets at Arnhem (Neth) & Saba-
dell (Spa).
31/Feb 1 British Indoor Champs at Cosford.

February

- 1 Indoor meets at Reggio Emilia (Ita) &
Madrid.
1/2 USSR Indoor Champs at Leningrad; In-
door meet at W Berlin.
4/5 Indoor meet at Budapest.
7 Indoor meet at Jablonec (Cz).
8 Indoor meet at Genoa.
9 Indoor meet at E Berlin.
11 Poland v Czechoslovakia v GDR (men
under 23, women under 22), indoors at
Warsaw; Indoor meet at Budapest.
15 UK v Belgium, indoors at Cosford;
Indoor meet at Madrid.
15/16 French Indoor Champs at Orleans; Nor-
wegian Indoor Champs at Kristiansand;
Rumanian Indoor Champs at Bucharest;
Indoor students (FISU) meet at Sofia.
18/19 Italian International Indoor Champs at
Genoa.
19 GDR v USSR, indoors at Senftenberg.
21/22 W German Indoor Champs at Stuttgart.
22/23 GDR Indoor Champs at Senftenberg;
Danish Indoor Champs at Ollerup; Fin-
nish Indoor Champs at Turku; Icelandic
Indoor Champs at Reykjavik; Indoor
meet at Bucharest.
23 France v UK, indoors at Orleans; In-
door meet at Schielleiten (Aut).
25 Spain v UK, indoors at Madrid.
26 Indoor meet at Prague & Genoa.
28 AAU Indoor Champs at New York; In-
door meet at Trinec.

March

- 1 Spanish Indoor Champs at Madrid.
1/2 Swedish Indoor Champs at Gothenburg;
Indoor meet at Uherske Hradiste (Cz).
2 USA v USSR, indoors at Richmond, Va.
8/9 European Indoor Champs at Katowice
(Pol).
11 Indoor Pole Vault Competition at War-
saw.
16 International (IAAF) Cross-Country
Champs at Rabat (Morocco).
18 Indoor High Jump Competition at
Tbilisi (USSR).

April

- 6 International Marathon at Athens.
13 International 20km Walk at Russe
(Bul).
27 International Marathon at Helsinki.

May

- 1 International 20km & 50km Walks at
Naumburg (GDR).
3 International Marathon at Karl-Marx-
Stadt (GDR).
8 International meet at Formia (Ita).
10 International meet at Ljubljana; Weest-
land Marathon at Rotterdam.
17 International meet at Dortmund.
18 International meet at Rieti (Ita).
19 Turkish International Marathon at
Ankara; W German 10,000m, women's
3000m & 400mH Champs.
25 International meet at Papendal (Neth);
International 20km Walk at Bucharest.
25/26 Inter-Regional Champs & UK v W
Germany Walks at Crystal Palace.
27 International meet at Skopje (Yug).
29/30 International meet at Sochi (USSR).
30 International meet at Paris.
31 British International Games at Crystal
Palace.
31/June 1 International Decathlon/Pentathlon at
Gotzis (Aut); Rumania v Greece at
Constanza; International meet at Sofia.

June

- 1 AAA Marathon Champs at Stoke; Inter-
national meets at Zagreb & Merano;
Guadeloupe Games at Point a Pitre.
2 International Students meet at Turin.
3 International meet at Maribor.
3/4 International meet at Budapest.
4 International meet at St Maur (Fra).
5 International meet at Ostrava.
6/7 Finland v W Germany v Poland at
Helsinki.
7 International meets at Madrid & Bratis-
lava.
7/8 France v Rumania v Italy Decathlon/
Pentathlon; Sweden v France v GDR v
Italy Walks; Switzerland v Belgium v
GDR v Netherlands Decathlon/Pentath-
lon; International meet at Riga.
8 International meet at Brussels; Inter-
national 20km Walk at Rotterdam.
11 International meets at Belgrade & E
Berlin.
12 International meets at Potsdam & St
Denis (Fra).
12-15 Strasbourg-Paris 500km Walk.
14 European Cup Qualifying (W) at
Madrid.
14/15 European Cup Qualifying (M) at Athens
& Lisbon; Znamenskiy Memorial at
Moscow.
15 European Cup Qualifying (W) at
Osijek (Yug); International Marathons

- at Debno (Pol) & Lugano; International meet at Budapest.
- 16/17 USSR v GDR at Moscow; International Decathlon/Pentathlon at Prague.
- 17 International meet at Budapest.
- 18 International Women's meet at Stuttgart.
- 19 Mericamp Memorial at Paris.
- 20 Kusocinski Memorial at Warsaw;
- 20/21 International meet at The Hague.
- 20-22 International Midsummer Night Games at Kauhava, Keuruu, Kuortane & Saarijarvi (Fin).
- 21 International meet at Bydgoszcz (Pol); France v W Germany v Belgium v Switzerland Walks.
- 21/22 GDR v UK (M) & GDR v UK v Rumania (W) at Dresden; AAU Champs at Eugene; W German Decathlon/Pentathlon Champs at Lubeck.
- 22 Belgium v Wales v Italy v Greece (W) at Brussels.
- 24/25 Norway v Sweden v GDR at Oslo.
- 25 International meet at Papendal.
- 25/26 World Games at Helsinki; Hungary v Czechoslovakia at Budapest; Italy v Spain v Rumania.
- 27 International meet at Vasteras (Swe).
- 27/28 AAU Women's Champs at White Plains, NY.
- 27-29 Greek Champs at Athens or Kavala; French Champs; International meet at Oslo.
- 28/29 W German Champs at Gelsenkirchen; UK v Netherlands v Spain v Denmark Decathlon/Pentathlon at Copenhagen.
- 30/July 1 International meet at Stockholm.
- July**
- 2 International meets at Milan & Karlstad.
- 3/4 Bislet Games at Oslo.
- 4/5 USSR v USA (M) & USSR v USA v Bulgaria (W) at Kiev; USA v USSR Juniors at Lincoln, Neb.
- 5/6 Dutch Champs; Rumanian Champs at Poiana Brasov; Norway v Denmark; International meets at Barcelona & Athens.
- 7 International meet at Aarhus (Den).
- 7/8 Czechoslovakia v USA v Poland at Prague; International meet at Reykjavik.
- 8/9 International meet at Copenhagen.
- 9 International meet at Rostock.
- 9-14 Asian Champs at Seoul.
- 12 Spain v Greece at Madrid; European Cup Semi-Final (W) at Ludenscheid (WG).
- 12/13 European Cup Semi-Finals (M) at Crystal Palace, Turin & Leipzig; France 'A' v UK 'A'; Turkish Champs at Izmir.
- 13 European Cup Semi-Finals (W) at Budapest & Sofia (UK team); Belgium v Switzerland v Netherlands.
- 14 International meet at Warsaw.
- 16 International meet at Trondheim (Nor).
- 18/19 USA v W Germany v Africa at Durham, NC; WAAA Champs at Crystal Palace.
- 18-20 Finnish Champs at Seinajoki.
- 19 International meets at Celje (Yug) & Siena; France v Belgium (W).
- 19/20 Welsh Games at Cwmbran; Greece v GDR at Athens; European Decathlon/Pentathlon Cup Semi-Finals at Bucharest, Banska Bystrica (Cz) & Barcelona.
- 20 International meet at Brasschaat (Bel); International Marathon at Szeged (Hun).
- 23 International meet at Papendal.
- 23/24 Pre-Olympic Meeting at Montreal (unconfirmed date); Italian Champs.
- 24 Paavo Nurmi Games at Turku.
- 26/27 Rumanian Champs at Bucharest; Irish Champs at Dublin; Portuguese Champs; International meet at Budapest.
- 27 Nordic Marathon Champs at Norway.
- 27-30 USSR Champs at Moscow.
- 31/Aug 1 International meet at Oslo.
- August**
- 1/2 AAA Champs at Crystal Palace.
- 1-3 Spanish Champs at San Sebastian.
- 2/3 Sweden v Finland at Stockholm.
- 3 Netherlands v UK v Hungary (W) at Drachten.
- 3/4 Poland v France at Bydgoszcz.
- 5 International meet at Umea (Swe).
- 5-7 Icelandic Champs at Reykjavik.
- 6 International meets at Viareggio & Koblenz.
- 8-10 Belgian Champs at Brussels; Swedish Champs at Karlstad; Norwegian Champs at Bergen; Balkan Games at Bucharest.
- 9 International match at Gateshead; 100km Walk at Rotterdam; International meet at Jablonec.
- 9/10 UK v France v Spain (Junior men) & UK v France (Junior women) at Warley; Danish Champs at Copenhagen; Poland v GDR v Czechoslovakia (men under 23, women under 22) at Zielona Gora; International Decathlon/Pentathlon in Switzerland; USA v USSR v Poland Decathlon/Pentathlon at Eugene; Portugal v Morocco.
- 12 International meet at Gothenburg.
- 13 International meet at Bratislava.

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- 13/14 International meet at Copenhagen.
 14 International meeting at Kranj (Yug).
 16 Denmark v Spain at Copenhagen.
 16/17 European Cup Finals at Nice; International meet at Prague; Spain v Yugoslavia v Bulgaria v Hungary at San Sebastian; W Germany v USSR Decathlon/Pentathlon.
 17 International meet at Banský Bystrica (Cz).
 20 International meets at Zurich & Lisbon.
 22-24 European Junior Champs at Athens; GDR Champs at Erfurt.
 22 International Military meet (ISTAF) at W Berlin; International meet at Sittard (Neth).
 23 Switzerland v France v Norway (M) & Switzerland v Yugoslavia v Norway (W) at Basle.
 23/24 International meet at Warsaw.
 24/25 UK v USSR at Crystal Palace.
 29 IAC International meet at Crystal Palace.
 30 International marathon at Enschede; W Germany v Rumania (W).
 30/31 Finland v USSR at Helsinki; Sweden v Czechoslovakia at Stockholm.
 31 International Marathon at Copenhagen; International Walks at Gdansk; W Germany v Belgium v Netherlands.

September

- 2/3 International meet at Bergen.
 6/7 European Decathlon/Pentathlon Cup Finals at Bydgoszcz.
 7 International meet at Palermo.
 9/10 Italy v Finland; International meet at Izmir (Tur).
 10 International meet at Liberec (Cz).
 11 International meet at Bratislava.
 12 International Marathon at Berchem; International meet at Prague.
 12/13 International meet at Brno.
 13/14 UK v Sweden at Meadowbank; International meet at Ankara.
 16 International meet at Kladno (Cz).
 20/21 USSR v GDR Decathlon/Pentathlon at Kislovodsk; Lugano Cup Semi-Finals at Odense (Den) & Steti (Cz).
 27 International meet at Budapest.
 27/28 W German Marathon & Walks Champs at Dulmen.

October

- 4/5 UK v France Decathlon/Pentathlon (& Iceland in Dec) at Cwmbran.
 5 International Marathon at Kosice.
 11/12 Lugano Cup Final at Rouen.
 12-26 Pan-American Games at Mexico City (prov).

GREATER MANCHESTER
WOMEN'S CC CHAMPS

At Bolton, November 23rd

Senior Women

- 1, C. Tranter (Stretford) 20:02
 2, C. Haskett (Stretford) 20:17
 3, B. Schofield (Sale) 20:48
 4, J. Asgill (Stret) 21:32; 5, J. Boydell (Stret) 21:41; 6, C. Jeffries (Sale) 22:40; 7, L. Hughes (Sale) 22:43; 8, C. Chapman (Bolt) 22:53; 9, F. Foster (Bury) 23:16; 10, C. Nicholls (Sale) 23:25;

- 11, G. Baldwin (Stret) 23:34; 12, M. Hendley (Bolt) 23:45; 13, S. Booth (Bolt) 23:45; 14, W. Hill (Bury) 24:43; 15, S. Walsh (Bury) 25:07.
 Teams: 1, Stretford 7; 2, Sale 16; 3, Bolton 33; 4, Bury 38. (Inters): 1, A. Robinson (Sale) 14:37; 2, J. Williamson (Sale) 14:46; 3, J. Holt (Bury) 15:53; 4, K. Haynes (Stret) 15:59; 5, L. Wright (Bury) 16:09; 6, S. Simpkins (Sale) 16:23; 7, A. Maslivec (Bolt) 16:26; 8, H. Gallop (Wig) 16:35; 9, G. Waters (Stret) 16:43; 10, J. Milligan (Bury) 17:01; 11, J. Bullen (Stret) 17:04; 12, C. Row-



Alan Pascoe tried his hand at juggling a couple of shots when he visited the British Sports Trade Fair recently. He is pictured with his wife Della, Berwyn Price and Cantabrian's sales manager Mike Farrell.

lands (Bury) 17:09; 13, K. Farley (Bury) 17:23; 14, J. Gallop (Wig) 17:26; 15, S. Huddleston (Bury) 17:29. **Teams:** 1, Bury 30; 2, Sale 36.

Juniors

1, K. Rankin (Sale) 11:48; 2, S. Holder (Sale) 11:50; 3, F. Jankowski (Sale) 11:54; 4, B. Nolan (Alt) 12:09; 5, N. Johnson (Sale) 12:18; 6, P. Gough (Sale) 12:19; 7, G. Hesketh (Stret) 12:22; 8, J. Sixsmith (Alt) 12:35; 9, C. Holt (Bury) 12:47; 10, N. Towndrow (Alt) 12:52; 11, S. Hunt (Alt) 13:07; 12, L. Thomas (Wig) 13:07; 13, B. Coul (Wig) 13:09; 14, J. Daly (Bury) 13:23; 15, J. Smith (Bury) 13:27; 16, J. Locks (Sale) 13:33; 17, M. Rogerson (Sale) 13:33; 18, J. Abbott (Bury) 13:49; 19, A. Jenkinson (Sale) 13:50; 20, J. Hayston (Stret) 13:53. **Teams:** 1, Sale 11; 2, Altrincham 33; 3, Bury 56; 4, Stretford 81; 5, Bolton 106.

Girls

1, P. Clarke (Sale) 8:33; 2, K. Stocks (Alt) 8:56; 3, J. Rafter (Sale) 8:58; 4, S. Richardson (Sale) 9:09; 5, L. Rose (Bury) 9:10; 6, E. Horsfield (Sale) 9:17; 7, J. Salt (Bury) 9:19; 8, D. Weekers (Stret) 9:20; 9, P. Edwards (Stret) 9:20; 10, H. Mulrennen (Stret) 9:25; 11, H. Fawcett (Bury) 9:26; 12, Y. Jesson (Alt) 9:28; 13, R. Bennett (Bury) 9:30; 14, H. Blackburn (Bury) 9:31; 15, L. Rafter (Sale) 9:33; 16, J. Evans (Sale) 9:36; 17, A. Crosby (Sale) 9:38; 18, T. Scully (Sale) 9:41; 19, H. Fehilly (Sale) 9:44; 20, D. O'Brien (Stret) 9:47. **Teams:** 1, Sale 14; 2, Bury 36; 3, Stretford 47; 4, Altrincham 70; 5, Wigam 148.

THE CORLIN WOMEN'S CC TROPHY & MIDDLESEX JUNIORS & GIRLS CHAMPIONSHIPS

At Uxbridge, November 23rd
Senior Women

1, M. Watson (Barn) 19:29; 2, L. Harvey (LOAC) 19:45; 3, V. Rowe (LOAC) 19:54; 4, A. Clarke (High) 20:30; 5, R. Cox (Enf) 20:40; 6, C. Clitter (LOAC) 20:44; 7, M. Hoptrough (Park) 20:45; 8, A. Wright (Barn) 21:22; 9, M. Tannetta (High) 22:13; 10, P. Woolcock (High) 23:53. **Teams:** 1, LOAC 30; 2, Highgate 37.

Juniors

1, J. Robson (Mx) 9:40; 2, W. Smith (Felt) 9:47; 3, T. Hook (Felt) 9:50; 4, C. Muntzer (High) 10:08; 5, H. Werder (Park) 10:17; 6, J. Prunty (Hill) 10:26; 7, D. Wilkins (Ux) 10:34; 8, K. Harrison (Barn) 10:36; 9, J. Cawte (Ux) 10:43; 10, S. Buckland (Park) 10:45; 11, H. Reynolds (Mx) 10:47; 12, S. Bunyan (H&S) 10:52; 13, C. Leach (Felt) 10:53; 14, K. Brown (Felt) 10:59; 15, J. Gill (Barn) 11:03; 16, T. Meadows (Enf) 11:03; 17, L. Mosen (High) 11:10; 18, T. Harris (Felt) 11:13; 19, K. Meadows (Enf) 11:16; 20, C. Lacey (Mx) 11:18. **Teams:** 1, Feltham 32; 2, Middlesex 58; 3, Parkside 72; 4, Hillingdon 88; 5, LOAC 129.

SHAUNA WINS USA TRIP



Shauna Kyle, the 19-year-old Northern Ireland athlete, has been chosen as "Miss Sportsworld 1974", a competition run by "Sportsworld" magazine to find a personable and attractive sports-girl to prove that women in sport need not be Amazons. Shauna, daughter of Maeve Kyle, beat Olympic swimmer Christine Jarvis into second place. She has followed in her mother's footsteps in Ulster athletics, winning titles and setting records in the hurdles, 200m, 400m and pentathlon. A second-year drama student at Birmingham University, she is also a useful hockey player. Her prize is a cruise aboard the QE2 and five days in the United States.

Girls

1, J. Baker (Barn) 10:04; 2, D. Hilton (Ux) 10:11; 3, S. Luke (Felt) 10:13; 4, J. Pennison (Felt) 11:16; 5, L. Fletcher (Enf) 11:18; 6, G. Flack (Mx) 11:22; 7, J. Page (Ux) 11:27; 8, D. Burchett (Ux) 11:29; 9, H. Morawska (Mx) 11:34; 10, L. Kennett (Hill) 11:37; 11, S. Willmott (Mx) 11:38; 12, J. Miller (Ux) 11:39; 13, J. Marks (Park) 11:44; 14, T. Birch (Ux) 11:47; 15, W. Barnes (Felt) 11:49; 16, D. Noad (Felt) 11:52; 17, C. Young (Hill) 12:05; 18, M. Bourke (H&S) 12:19; 19, J. Oakes (Hill) 12:20; 20, S. Lake (H&S) 12:27. **Teams:** 1, Uxbridge 29; 2, Feltham 38; 3, Middlesex 53; 4, Hillingdon 60; 5, Spartan 120; 6, Ealing 157.

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"The Randy Matson Story" by Carlton Stowers. Published in 1971, the book traces the life and career of the giant Texan who dominated the world of shot-putting for several years and who was the first to break the 68, 69, 70 and 71-foot barriers. 186 pages including nearly 40 photos; hard cover. Price: £2.50.

"How They Train: Middle Distances" edited by Fred Wilt. Published in 1973, this 128-page illustrated booklet features the training of 60 outstanding 800m and 1500m runners, including Harbig, Jungwirth, Moens, Wottle, Elliott, Landy, Keino. Price: £1.35.

"How They Train: Long Distances" edited by Fred Wilt. Published in 1973, this companion volume deals with athletes running 3000m upwards including the steeplechase. Athletes featured include Bedford, Clarke, Gammoudi, Kuts, Nurmi, Puttemans, Shorter, Shrubb, Zatopek. Price: £1.35.

"Ron Clarke Talks Track" edited by Jon Hendershott. Published in 1972. A 90-page illustrated interview with the multi-record breaker which covers his entire career and the athletes he raced, plus a record of all his races from 1953 to 1970. 110 pages. Price: £1.20.

"Run Run Run" edited by Fred Wilt. Now in its sixth printing, this work—first published in 1964—has long been considered the most comprehensive and helpful book on running training. Methods, theories, tactics, warmup, etc.—sprints through to marathon. 282 pages. Price: £1.70.

"Back Track" by Maxwell Stiles. Great moments in track and field history from 1921 to 1956 as witnessed by an outstanding American sportswriter. Includes biographies of Jim Thorpe, Babe Didrikson and Parry O'Brien. Published 1959. 57 pages. Price: 50p.

"Age Records 1974" compiled by Jack Shepard, Wally Donovan and Peter Mundie. Latest edition of age records, ranging from a 50 yard crawl in 60.3 by a young man before his first birthday to marks of 16.3 for 100m and 45.9 for 200m by 88-year-old Duncan McClean. Lists as of January 1st 1974; 48 different men's events. 32 pages. Price: 85p.

"High School Track 1974" produced by "Track & Field News". Wealth of statistical detail on 1973 USA high school season, together with records and all-time lists. 48 pages. Price: 65p. Also available: "High School Track 1972" (price: 40p); "High School Track 1969" (price: 20p).

"Long Slow Distance—The Humane Way To Train" by Joe Henderson. Published 1969; the why and wherefore of 'LSD'. 62 pages. Price: £1.20.

"The Longest Dash" by John Telford. Running commentary on the quarter-mile (training, pace, history etc) by former world class performer. 42 pages. Price: 75p.

"1972 Olympic Results Issue of Track & Field News". Superb coverage of men's events at Munich. 80 pages. Price: 85p.

AMERICAN MAGAZINES

"Track and Field News". Published 18 times a year (monthly, August-January; fortnightly, February-July). US and international reports and results; personality articles and interviews; quotes; statistics. Annual subscription (surface mail): £4.25.

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The range of BAAB (formerly AAA) Instructional Booklets is deservedly famous throughout the world. They are written mainly by Britain's National Coaches and contents include training, technique, rules and fundamental principles in detail. Illustrations usually include action-sequence strips.

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How To Teach Throwing Events (Guide for class teachers) by Wilf Paish & Carl Johnson (1973); 30 pages. Price: 20p.

High Jump: new edition by Frank Dick ready soon.

OTHER AAA/BAAB PUBLICATIONS

Starting & Timekeeping by J. W. Aspland & H. A. Hathway (1969); 36 pages. Price: 30p.

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How To Organise an Athletics Meeting (1974); 40 pages. Price: 45p.

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AAA Rules For Competition 1974/75 96 pages. Price: 55p.

British Athletics Handbook 1974 Record lists; results of major meetings in 1973; index of leading UK athletes in 1973; 134 pages. Price: 85p.

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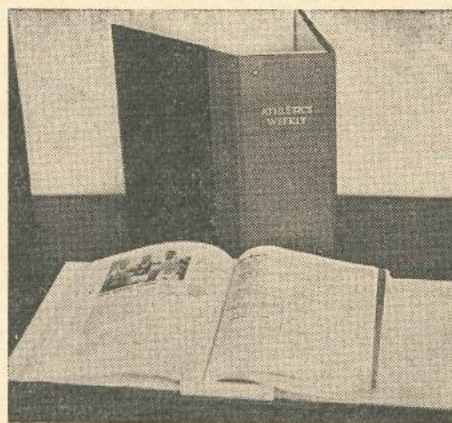
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Book Reviews

"Guinness Book of Records" edited and compiled by Norris & Ross McWhirter; published by Guinness Superlatives Ltd; £1.70.

The book, now in its 21st edition and containing over 300 new illustrations, has notched up total world sales (in 14 languages) of over 23½ million and is in the process of overtaking Dr Spock's "Baby & Child Care" as the world's all-time top selling copyright book. A new feature is the prediction of various records as at AD 2000, and the conclusions include 8.9 (electrical timing) for 100y or 9.8 for 100m by a US athlete, 3:44 for the mile by an East African born at altitude, and a 2.38/7'10" high jump by an American.

"Scottish Highlands Games" by David Webster; published by Reprographia, 23 Livingstone Place, Edinburgh EH9 1PD; £3.50.

The first comprehensive and fully illustrated volume on Scottish Highland Games to be published this century, the work traces the development of Highland gatherings and their effect on the social and cultural patterns of Scotland through the ages. Particular attention is paid to the heavy events and the star performers, right up to Arthur Rowe.

"Athletics" compiled by Tony Burrett; published by Macdonald Library of Sport; obtainable through 'AW' Book Department for £1.50 post paid.

An introduction to our sport, designed mainly for the young reader with the accent on photos and diagrams. The layout (64 large pages) is colourful and all facts of athletics are touched upon, including tips on technique.

"Hurdling" by John Le Masurier; published by the BAAB; obtainable through 'AW' Book Department for 80p post paid.

This is a completely updated fourth edition of an instructional booklet which first appeared in 1952 and it has been written with two main aims: to help athletes who have to train alone without coaching assistance, and to assist teachers and coaches who are keen to improve their understanding of hurdling and wish to improve the teaching and coaching of these events. The photos include action-sequences featuring Rod Milburn, Annelie Ehrhardt and John Akii-Bua.

"Sport & Recreation in London" by Mike James, Joan Goodman and Mike Bygrave; published by Wildwood House Ltd., 1 Wardour Street, London W1V 3HE; £1.25.

A useful but incomplete consumer's guide to London's sports facilities, including charges. The tracks at Victoria Park, King George's Field (E3), Finsbury Park, Parliament Hill, Paddington Recreation Ground and West London are given special mention. It's a pity, for a newly published book, that the address of the Southern Counties AAA is given as 26 Park Crescent instead of 70 Brompton Road.

"Rules of the Game"; published by Paddington Press Ltd, 1 Wardour Street, London W1; £6.95.

Subtitled "The complete illustrated encyclopaedia of all the sports of the world", this ambitious and spectacular volume of 320 large pages was conceived

and executed by The Diagram Group, a London-based creative design team. Information was gathered from individuals and official governing bodies in 21 countries and it is claimed every page has been approved by the sports federations concerned. However, I noticed an elementary mistake in the hurdles section, where it was stated that the height of barriers for the men's 110m is 3'3". Nevertheless, a remarkably clear and informative book, covering over 150 sports.

M.W.

"The Complete Runner," published by World Publications; obtainable at £4.50 post paid from World Publications, PO Box 247, Croydon, Surrey, CR9 8AQ.

Following the tradition established by the highly successful Runner's World 'booklet of the month' and using a similar format, the editors of Runners World have put together a broad based, 390-page, volume covering Philosophy, Psychology, Physiology, Medicine, Nutrition, Life-Style, Environment, Footwear, Technique, Exercise, Training, Competition, Team Work and Promotion. Each chapter comprises, on average, half a dozen essays, with diagrams and top quality photographs where applicable. Many of the articles are written by experts in the field and therefore stand up as reference, whilst others are meant to be 'conversation' pieces; but regardless of the degree of involvement there is something in the book for everybody.

J.W.

LEEDS UNIVERSITY CC RELAY

November 23rd

1, Birmingham University (S. Lawrence 14:42, M. Ridout 14:28, R. Smedley 13:58, I. Logan 14:24, M. Longthorn 14:13, M. Kearns 14:29) 86:14;

2, Sheffield University (D. O'Donnell 14:51, D. Allen 14:06, A. Lightfoot 15:31, J. Tierney 14:33, N. Morrison 14:17, S. Richardson 14:00) 86:16;

3, Durham University (A. Asgeirsson 14:20, S. Jonsson 14:12, C. Cernik 14:26, M. Goddard 14:19, D. Parker 14:44, H. Symonds 14:16) 86:17;

4, Leeds University (J. Booth 14:29, R. Firth 15:16, P. Haywood 14:04, G. Tarry 15:04, J. Fox 14:01, S. Leslie 14:39) 87:33;

5, Manchester University (A. Duggan 15:31, A. Key 15:01, J. McDonald 14:15, B. Green 15:42, L. Riley 13:33, R. Privett 14:14) 88:16;

6, British Irwin (F. Doff 14:36, H. Jampton 14:13, W. Hart 14:41, R. Khokhov 14:49, H. Ryan 14:59, H. Jardonn 15:09) 88:21;

7, Leeds Univ VP's 88:45; 8, Newcastle Univ 90:16; 9, Sheffield Univ 'B' 91:50; 10, Liverpool Univ 92:08; 11, Bradford GS 92:19; 12, Leeds Univ 'B' 92:29; 13, AAC Harrogate 94:04; 14, Birmingham Univ 'B' 95:13; 15, Bradford GS 'B' 95:32; 16, Liverpool Poly 96:18; 17, Sheffield Univ 'C' 96:36; 18, Queen Elizabeth GS, Wakefield 96:52; 19, British Irwin 'B' 97:09; 20, Durham Univ 'B' 97:53. 29 teams closed in.

Fastest: Reilly 13:33, A. Bird (Leeds VP) 13:47, Smedley 13:58, Richardson 14:00, P. Burton (Liv P) & Fox 14:01, Haywood 14:04, Allen 14:06, R. Coles (New Un) 14:09, Jonsson 14:12.

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ATHLETIC VAGABOND—SUPER RABBIT

A profile of MARK WINZENRIED (USA)

by Dave Cocksedge

Mike Purcell photo



AS he lives just a mile away from my flat in South West London, and is always ready for a beer and a "rap session", likeable Mark Winzenried seemed an ideal choice for a profile feature. And he proved to be just that. You have to be quick to catch Mark, the 'super rabbit' from Wisconsin who has become so well known all over Europe which he tours ceaselessly every summer. At the moment he's uncharacteristically staying in one place, working as a PE teacher at Priest Hill Playing Fields in Surrey and living in Streatham with his attractive fiancée Annette Mitchell—and he's happy, both with his position and with the way his autumn training has been progressing.

"At the moment, my main concern is to get back into the condition I was in a couple of years ago," he says, massaging aching legs which have just taken him around his third 5 mile of the day. "With the job I have now I'm able to get in 85 miles a week, and that's a great basis to sharpen on for the US indoor season. I can't tell you how pleased I am with this position: the routine here means I'm getting in the best winter I've ever had in terms of preparation. I'm in a sweatsuit all day, so I run a '5' in the morning, take a couple of ball games, run another '5' in the lunch break and then, after refereeing a rugby or football game in the afternoon, I can run again when I get home. It's all aerobic work, but I plan to start track sessions soon, and I'll do a lot of volume work as well as keep my endurance going.

"I really haven't reached my potential in terms of fast times yet, mainly because of the way I've run and because of the number of races I've run. As you know, I run maybe 60 or 70 races a year, both in Europe and the USA, and I've been sacrificing quality for quantity. The reason I've done that is because of the sheer enjoyment I get from travelling and meeting people—and that way I've made good friends all over the world. I get a great kick out of exchanging ideas, seeing how athletic programmes are run in different countries, and just simply having a good time. Now I think it's time to go for quality and sacrifice some of the quantity. I'm 25 now and I think I've hit my peak in strength for middle distance running. So all that racing in the past has been good experience. Now it's down to some serious racing. This summer coming, I think you're going to see a different Mark Winzenried from the one you're maybe used to. I'm going to be running for myself a bit more than I have done, and not for other people."

Rick Wohlhuter, Mike Boit, Luciano Susanj, John Walker and Andy Carter are just some of the big names who have benefited from Mark's forceful front running, and cashed in on a welter of fast times. Dick Bank once wrote: "There is no better tempo runner than Winzenried." With Mark in the line-up, one was assured of a fast race, and his rivals knew that when he flung down the gauntlet the only way to beat him would be to follow and race hard all the way,

and that usually meant running as fast or faster than ever before. In one race last summer, he helped Boit under 1:45 by taking the first lap in 49:5 and 600 in 76.0!

"At times I get to resent this tag of 'Super rabbit' that's grown up about me, but most times I get a lot of satisfaction from knowing I've helped people to fast times and records," says Mark. "It's a great feeling when guys come up to me after the race and personally thank me for setting it up for them—personal bests, national records and maybe even world records. So if I'm not in top shape and I know I'm not one of the main contenders, I'll get out there and make it fast, hoping at least one guy will benefit. A 1:44 or even a 1:43 excites me as much as it does the guy that runs it, so I feel I've shared in his time if I can take him through the 600 at a good lick.

"This past summer I was helping John Walker get some fast 1500m times, and I was taking him through in 2:53's and 2:54's without any great effort. I really didn't think I had any right to be on the track at all with my lack of background work, but the times were coming pretty easy and that got me thinking. With the work I'm putting in now, I should be able to put on another 300 metres onto the end of fast 1200's like those I rabbitied for Walker last year; so I'll maybe take a stab or two at serious 1500m races in 1975. There was a time last year when I could have gotten a good 1500, if I'd been thinking 1500's, rather than rabbit jobs for John over three laps. In fact, I've never run a serious 1500 on a good track with a good field so maybe it's time I did. I

was once told, 'Forget the mile Mark, you have poor aerobic capacity.' So I went out and ran a mile in 3:59.6 just to prove that guy wrong!

"I just love to race. It doesn't matter if it's a Hercules Wimbledon minor track meet or the World Games in Helsinki in front of 40,000 people; the adrenalin starts to flow the same with me and I just want to be in there, racing. The big motivating factor for me is the social aspect of it all. After a hard race and a good meet, you meet everyone at a banquet or a party afterwards, get to rap with them, and make a hell of a lot of good friends. Most of my best friends are my closest rivals—they come from Africa, New Zealand, Australia, England, West Germany, Sweden; it's just great to be able to sit down with them and feel you know so many good people from so many different countries.

"Susanj surprised me"

"Up until the European Championships I was sure that Wohlhuter was the best two lap man in the world; but Susanj really surprised me with that explosive kick in Rome. He's got good basic leg speed, as he's run 45.9 for 400, so in that department he's better than Rick, but I think that maybe Wohlhuter may still be better because of his ability to run them fast any place, any time. His kick is pretty good also, and last summer he ran a couple of casual miles in 3:55.0 and 3:54.9. If the pressure is put on Rick, he only gets better. I think if they'd met up just after Rome, the world record would have gone, and I think Rick would have been the guy to have got there first. Susanj could well be even better next year though, who knows for sure? Then there's guys like Boit, Kipkurgat, Walker, Silei, Ovett and Carter who can all run under 1:45. Things are pretty hot in the world scene at 800m right now. Wohlhuter is so confident and relaxed in his attitude. He knows that when he's fit, he's in to win and run fast, too. I think if he hadn't fallen in Munich, he'd have been a medal winner. The world would have had its first glimpse of Rick Wohlhuter then. With the way Wottle ran, I think that Rick would have been even quicker at the finish.

"Being a track bum to me is what it's all about. I like to go where the meets take me, roll with the punches and run with the best of them. I really can't go with these guys who train to peak for just two races in a season. I guess they're missing out on a lot of fun in the sport with that approach. Sure, I missed out on getting a quality time. I mean, running 1:46.5 for 880y at 18 and then now at 25 having my best 800m at only 1:45.6 tells me that some element was missing in my total programme; and I've sacrificed that element for the enjoyment I get from whirlwind European tours I put in.

"The world 1000y indoor record was one of my most satisfying performances because that was something I did specifically work for. Pete (Petersens) and I decided we would go for the world best and we worked for it for two months. When you work for something like that, and then get it, it's much more satisfying than if the good time suddenly happened. I was in almost an hypnotic trance throughout the race I was so ready. Josef Plachy did a kind thing for



Mark wins the Philips invitation 1000m at Crystal Palace in 2:21.7 from Graeme Crouch and Frank Clement.

Ed Lacey

me by taking the first quarter in just the right time and then I took over and raced the watch. When I crossed the finish line there at Louisville, I ran up to Pete and we were grinning and hugging each other like mad. Then they announced the time, a reaffirmation of all our work together and I really can't exactly describe that warm glow inside. It was just great."

Missed out on Olympics

Mark missed out on the Olympics of 1968 and 1972, but only rates failing to make the Munich team as a disappointment. "I was just 18 in 1968 and here I was racing guys like Wade Bell, Tom Farrell and people and I could hardly believe it. Sure, I came close that year. I finished fourth in the final trials with the same time as third, but I was just so happy to be there at all that I really didn't care that much. Ron Kutchinski outleaned me at the finish and I missed the plane to Mexico. We used an international curved start that day, so we could cut in immediately and I was in lane 6 of 8. At the gun everyone went out hard and I was shut out of the pack. I ran out in lane three trying to get back in with them and even on the second curve I was out in lane two. I could see it wasn't loosening up to let me in on the pole, so I took off and led at the bell. I can see now that if I'd concentrated more at the start, I'd have conserved more energy for the finish and would have made the team. But there I was anyway, leading them into the final bend. Tom Farrell came shooting by as we came off the curve, with Wade Bell on his heels. When they went by I thought the whole thing was caving in for me and that everyone was swallowing me up, but I began counting and realised I still had a chance. Then Kutchinski pulled up alongside me and we ran stride for stride until he got a couple of inches in front, being a little older, stronger and more experienced".

"In '68 I was thrilled to be that close, but in '72 I

MARK WINZENRIED

Born: Monroe, Wisconsin, October 13th, 1949.

Height & Weight: 1.88/6'2"; 77kg/170lb.

Pulse at Rest: 45.

Club: Beverly Hills Striders/Hercules Wimbledon AC.

Coach: Pete Petersens.

Best marks: 220y—21.9; 440y—47.3 (46.2 relay leg); 800m—1:45.6, 880y 1:46.5; 1500m—3:45.6; mile—3:59.6. Other marks: 600m—1:14.8; 1000y (indoors)—2:05.1; 1000m—2:17.9. Holder World Indoor best for 1000y.

Progression: (Aged 15) 49.5y; (16) 47.8y; (17) 1:51.0y; (18) 47.5y; 1:46.5y; (19) 47.3y; 1:45.8m; (20) 1:45.6m; (21) 1:46.2m; (22) 1:47.3y; 3:59.6 (mile); (23) 1:46.1m; 3:45.6m; (24) 1:47.1m.

Brother, Daniel (21), ran a 4:18 mile at 17, and at 19 clocked 2:38 for a marathon.

was quite crushed to miss out, to tell you the truth. Three weeks before the final trials in 1972 I was in the best shape of my life, but I had to rest completely because of tight calves and sore tendons. So in Eugene I was eliminated in the first 800 heat. In fact I was the first guy eliminated in the whole trials, coming in fourth. That was the only distinction I had."

But Mark got to Munich anyway. "I got to thinking I couldn't miss out and not go to Germany after all the work I'd done to try and get there, so I bought myself a flight ticket, packed a bag and flew out there. But everything fell into place for me. Within hours of making Munich, I got myself a job working for 'Sports Illustrated', got accommodation, tickets for all the events and a pass to go into the village and meet all my friends". I guess that sums up Mark Winzenried. He always seems to land on his two feet.

© Dave Cocksedge, 1974



Coming off the final bend of the AAA 800m and it's Mark in his usual role, out in front, followed by Byron Dyce, Colin Campbell, Andy Carter, Pete Browne and winner Steve Overt (18).

Mike Purcell

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

**Organised by the Road Runners' Club and the British Milers' Club
and Sponsored by Wimpy International Ltd.**

**STARTING AT 1 P.M. NEW YEAR'S DAY
LONDON WALL**

Open 100m and 200m sprints

Male and female. Entries to Dave Evans, 4 Bowers Road, Benfleet, Essex. Fee 15p, payable to Dave Evans.

Invitation 3 Miles

Athletes with times of sub 14 minutes 10 seconds for 5,000 metres may apply to run. Apply RRC, address below.

Invitation Mile Races

The Stanley Field Senior Women's Mile.

The Anne Smith over 15 and under 20 Girls' Mile.

The Harold Lee under-20 Men's Mile.

The Frank Horwill Senior Men's Mile.

BMC Members 25p fee, non-members 50p, payable to Frank Horwill, 201 Sumatra Road, N.W.6. No entries acceptable outside the following times: Women's Mile—4 minutes 40 seconds for 1500 metres. Over 15 and under 20 Girls' Mile—4 minutes 45 seconds for 1500m. Under-20 Men's Mile—3 minutes 58 seconds for 1500 metres. Men's Mile—3 minutes 54 seconds for 1500m.

Open 10 Miles

Fee 15p payable to (RRC) Reg Jacobs, 123 Coxtie Green Road, Brentwood, Essex CM14 5PT.

Athletes who have accepted invitations include:—

JOYCE SMITH, MARGARET BEACHAM, THELWYN BATEMAN, CAROL GOULD, RITA RIDLEY, JOHN CADMAN, CHRIS BARBER, JOHN GREATREX, KEN RASMUSSEN, TREVOR JEFFERIES.

ENTRIES CLOSE DECEMBER 23rd, 1974

MIDDLE & LONG DISTANCE TRAINING

THE VIEWS OF STAN LONG AND BRYAN SMITH

STAN LONG (Brendan Foster's Coach) and **Bryan Smith** (Joyce Smith's Coach) were interviewed by Frank Horwill, National Secretary of the British Milers' Club, before 110 athletes and coaches at the BMC residential week-end at Chigwell. Here is a transcript of their conversation.

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Horwill: Bryan, you have tended to specialise in the coaching of women and you, Stan, have concentrated on coaching men. Under the UK Coaching Scheme you are expected to coach both. Are you at home coaching both, and if so, why haven't you done so before?

Smith: The main reason why I have concentrated on women is that more women have asked me to coach them than have men. That is a short and simple answer, but I have coached men; I coached a young lad who was in the AAA Junior 400m final. I am also coaching Roy Stevens who was 37th in the Southern Cross-Country this year. So I do coach some men, but have had more success with women. If you have particular success in a particular field this tends to attract others.

Long: The main reason for this is that all my coaching has been done in my club environment, Gateshead Harriers, and this was an all-male club. Quite recently they have got a ladies' section, but I don't know if I'll be able to start coaching girls because of the numbers I already coach. I'll have to see how it goes.

Horwill: Bryan, you have a reputation for being interested and taking part in medical research

regarding running performances. Stan, you have a reputation for being an empirical man. Do you think the physiologist has contributed much to running knowledge or do you think it is still very much a find-the-best-way-yourself sport?

Smith: It was my training as a PE teacher which started it all off. I spent two years doing a thesis on physiology—it wasn't anything to do with running, it was eccentric muscle contraction—hence my interest in physiology. Also, in every vacation at college I spent the time in the lab acting as a guinea pig, running on the treadmill, riding a bicycle ergometer, walking about with needles in my arms, so that blood could be taken every half hour during the day. I personally feel that coaching is a science, and if you break it down all the items you break it down into are scientific items, like physiology, psychology, social activities. All are regarded in their own particular sphere as sciences and on this reasoning alone I classify coaching as a science. Therefore, when I coach I try and think of a reason for giving something, there must be a reason behind what I say. Several athletes, whom I know are being coached, have asked me for advice and I say to them, "Go away to your coach and ask him why he has given you such and such a session." If a person cannot give you a reason for doing something, then it is no good at all. So I am looking for some sort of scientific reason, if you like, for doing things in athletics or in coaching. You have also asked whether physiologists can help us a lot more. At present, I don't think they can help us at all. Physiologists are concerned with how the body



Stan Long's most famous protégé, Brendan Foster, leads in the European 5000 metres ahead of Willy Polleunis and Lasse Viren.

Mark Shearman

works, and it is only that; they are not concerned with how the body works under exercise. They are concerned with their own little thing, how such and such enzyme reacts in the body. If they can get an athlete who will be a guinea pig for them, they are happy but they are not giving the athlete anything in return. They want things from athletics because they have admirable guinea pigs. The athlete is a person who reacts under stress of competition, but they, in turn, haven't yet come back with anything to help us.

Horwill: There is a lot of truth in that. I noticed a great preponderance of physiological testing of athletes over the last four years by some physiologists until they had got data for their thesis and then they disappeared from the athletics scene. But there are some physiologists, aren't there, Bryan, who have given us some information to assist us in coaching middle-distance. I think the first man was Gerschler, wasn't he?

Smith: Oh, yes there are numerous papers that do help us, but what is needed is a coach with knowledge of physiology to interpret that paper. For instance some physiologists do a VO₂ test, but the coach has to work out what it all means; if he hasn't done any physiology it is very difficult.

Horwill: Do you think there is a case for bringing more physiological knowledge into the Senior BAAB Coaching Exam?

Smith: Before we start bringing it into the exam we've got to start giving some knowledge to the coaches to enable them to understand the subject. If we bring it into the exam straightaway, we'll find the failure rate shoot up, and we'll be turning away a lot of people with knowledge as Senior Coaches lost to the sport.

Long: On that one I feel there is too much physiology in the coaching exam already. I know some chaps with no coaching experience but with physiology knowledge who can pass it and others with plenty of coaching experience who can't. I feel there is too much emphasis put on that point.

Smith: I'm inclined to agree with Stan on that, I had a question in my Senior Exam: "Write what you know of your use with athletes on the Cardiac Techometer". How many people have seen a cardiac outline on a cardiac oscilloscope? Unless you have seen it, you cannot write on it.

Horwill: I believe the pass rate among the entries in that particular exam was about ten per cent. Unless you have a medical background you wouldn't have passed.

Long: That was the point I was trying to make, there is too much of this in the exam. It is trying to blind us with science by people who don't know much about it.

Horwill: What happens, Stan, if someone comes to you and says, "Look here, Stan, you've told me to do a ten mile run. Why?"

Long: Well, I would say purely and simply, it gives you a more muscular heart and it pumps the blood around the heart more efficiently, etc, which is very, very elementary. It is not physiological, it



Bryan Smith's wife, Joyce, about to be overtaken by Lyudmila Bragina in the 3000m at Rome.

Ed Lacey

is elementary. The long run will lower the pulse rate in time so that it is way below the average person's; it is elementary information the athlete wants. Running is very much a runner's sport and I think in these last few years physiologists have confused it. I think there is too much emphasis put on that if you do A and B you get C and this is the answer. I've found in running that this is just not the case.

Horwill: In the case of the Russians, Stan, take the case of Borzov. The Russians were the first people to analyse the sprinter, and they said, "Well, this makes this, and this makes that". Borzov is really a laboratory/gymnasium made athlete. Do you think this is impossible with middle-distance runners? Getting hold of an athlete with ability and going through the same process.

Long: Running is supposed to be a sport as well as something you do; I still think you've got to get enjoyment out of it. I think this is taking some of the enjoyment out of it, personally. Over the last few years we are getting more and more confused about it. Some physiologists say you should do this type of training and another says you should do that; it is confusing the youngsters.

Horwill: But, Stan, you get some coaches saying you should do this and others saying the exact

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BEDNARSKI RECAPTURING BEST FORM

THE growing popularity and importance of the Mike Sully Cross-Country Races was emphasised not only by the record number of entries but by the increasingly higher standard of competition.

John Bednarski, who this season is showing the form that brought him the International Junior Championship in 1969, dominated the Senior race throughout. He broke away on the second lap, with some strong running by Gerry Stevens taking him into second place ahead of Graham Tuck. A notable run by young Dick Callan took him into eighth place. The Mike Sully Trophy went to Reading AC.

The women's event was a repeat of the 1973 race with Chris Tranter putting in a devastating burst after 1000m to open a gap of 50m over Ruth Morrish. The North Devon girl showed great determination in holding on to second place, three seconds ahead of Chris Haskett. Chris Tranter finally swept to victory by 20 seconds. Local girl Sue Smith showed promise in her first year as a Senior with seventh place, leading Bristol to the team prize. The Youths race developed into a great battle between Peter Gaden, Barry Knight, Kevin Harrison and Welsh Schoolboys champion, Steven Evans. The Welsh boy, a year younger than his opponents, put in a characteristic early burst, but Harrison came through to win from the Torbay pair who ensured their club the team award.

At Bristol, November 10th

Jeremy Lothian displayed his usual strong front running, challenged by the strong Leicester team who packed in 2, 5, 6 and 7th, with a great run by first year Newport boy, Gary Keeble (another Welsh Champion) to finish third. The only local victors were Kim White in the Junior Women's and Ian Pring, a fearless front runner, in the Junior Colts.

The whole programme was a triumph of organisation by over 50 officials and helpers, prompting an international athlete in a letter of appreciation to describe the meeting as having "good organisation and competitive yet happy atmosphere."

Reg Owen

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|---|--|
| 1, J. Bednarski (Swindon) | 26:08 |
| 2, G. Stevens (Reading) | 26:21 |
| 3, G. Tuck (Cambridge & Coleridge) | 26:29 |
| 4, R. Cytla (Glos) 26:31; 5, D. Francis (West) | 26:33; 6, J. King (S Heath) 26:35; 7, D. Hopkins |
| (New) 26:45; 8, R. Callan (Leic) 26:47; 9, S. Gibbons | (Swan) 26:50; 10, H. Chadwick (TH&H) 26:57; |
| 11, J. Theophilus (Swan) 27:08; 12, G. Biscoe (Read) | 27:12; 13, C. Barber (MAC) 27:12; 14, P. Flavel |
| (Ox) 27:14; 15, M. Duff (Read) 27:16; 16, R. Piotrowski | (Read) 27:18; 17, J. Valentine (TH&H) 27:24; |



JOHN BEDNARSKI (Seniors)
John H. Canning



JEREMY LOTHIAN (Boys)
John H. Canning

18, G. Blackburn (West) 27:26; 19, E. Oxlade (West) 27:29; 20, S. Browne (TH&H) 27:31; 21, P. Martin (Ply) 27:35; 22, B. Baldaro (Tip) 27:40; 23, N. Gates (Felt) 27:43; 24, T. Kazik (Swin) 27:45; 25, M. Downes (Cann) 27:47; 26, R. Bradbury (Bath Un) 27:49; 27, R. Retter (Ex) 27:51; 28, N. Pritchard (Ox) 27:59; 29, B. Langton (West) 28:01; 30, J. Edwards (Tip) 28:03; 31, B. Cole (Tip) 28:09; 32, K. Rock (Tip) 28:14; 33, B. Popel (West) 28:16; 34, A. Cole (Swin) 28:24; 35, N. Stanton (Swin) 28:29; 36, C. Mattock (Bris) 28:31; 37, R. Corney (Swin) 28:31; 38, D. Owen (Walt) 28:33; 39, P. Baker (Spark) 28:33; 40, C. Ridley (West) 28:35; 41, J. Bryant (TH&H) 28:44; 42, T. Jones (TH&H) 28:46; 43, B. Copps (Felt) 28:51; 44, R. Allden (Read) 29:07; 45, M. Hopkins (Stret) 29:13; 46, M. Connolly (Walt) 29:14; 47, P. Leach (Leic) 29:22; 48, T. Meredith (W Corn) 29:28; 49, G. Seward (Ex) 29:30; 50, J. Booth (TH&H) 29:33.

Teams: 1, Reading 45; 2, Westbury 71; 3, TH&H 88; 4, Swindon 97; 5, Tipton 115; 6, Swansea 124; 7, Walton 205; 8, Bristol 222; 9, Oxford City 232; 10, Westbury 'B' 235; 11, Feltham 236; 12, Exeter 244; 13, Stretford 267; 14, Newport 275; 15, Bournemouth 308; 16, Bath University 310; 17, Solihull 325; 18, Cheltenham & Co 391; 19, Stretford 'B' 398; 20, Bristol 'B' 398.

Youths

1, K. Harrison (Stret) 18:38; 2, P. Gaden (Tor) 18:46; 3, B. Knight (Tor) 18:48; 4, S. Evans (Aber) 18:56; 5, S. Pendell (Tip) 19:00; 6, S. Emson (Tip) 19:03; 7, V. LeGrand (Bris) 19:05; 8, P. Sladen (Chelt) 19:07; 9, M. Cross (B'mouth) 19:14; 10, P. McGrath (Bris) 19:30; 11, A. Nock (Hales) 19:32; 12, A. Lunnion (Bris) 19:33; 13, M. Wilson (Tor) 19:36; 14, C. Owen (Bris) 19:38; 15, J. Bowley (Leic) 19:43; 16, G. Parson (Bris) 19:45; 17, R. Moore (AF&D) 19:46; 18, S. Kidd (QES) 19:47; 19, B. Davis (Swin) 19:50; 20, B. Douglas (Tip) 19:56; 21, I. Deakin (Tor) 19:57; 22, J. Pickford (West) 19:58; 23, A. Ratcliffe (Tip) 20:08; 24, J. Winter (B'mouth) 20:12; 25, M. Galmon (Leic) 20:13. **Teams:** 1, Torbay 39; 2, Bristol 43; 4, Leicester 97; 5, Chepstow 153; 6, Halesowen 178; 7, Chepstow 'B' 208; 8, Chepstow 'C' 250.

Boys

1, J. Lothian (Tor) 17:12; 2, K. Thompson (Leic) 17:21; 3, G. Keeble (New) 17:37; 4, C. Bunyan (Trow) 17:41; 5, G. Nurse (Leic) 17:45; 6, M. Sholl (Leic) 17:47; 7, R. Slater (Leic) 17:50; 8, G. Jones (Ox) 17:51; 9, T. Milosorov (Tip) 17:51; 10, R. Wakefield (Bris) 17:55; 11, R. Nash (West) 17:58; 12, D. O'Daly (Swin) 17:59; 13, C. Smith (Leic) 18:02; 14, T. Mathews (West) 18:05; 15, P. Aldred (M Brook) 18:07; 16, M. Cowman (West) 18:10; 17, J. Osbourne (Yeo) 18:11; 18, J. Stanton (Bris) 18:13; 19, I. Cullen (Ox) 18:13; 20, G. Booker (Swin) 18:17. **Teams:** 1, Leicester 20; 2, Westbury 66; 3, Bristol 84; 4, Leicester Coritanian 'B' 141; 5, Newport 158; 6, Tipton 158; 7, Oxford City 164; 8, Bromsgrove & Redditch 176; 9, Exeter 221; 10, Westbury 'B' 239.

Colts

1, C. Redhead (Leic) 10:51; 2, M. Clarkon (Swin) 10:54; 3, F. Peters (Stret) 10:59; 4, K. Hall (Bris)

11:01; 5, F. Ledger (AF&D) 11:03; 6, J. Sharp (West) 11:07; 7, A. Rogerson (Leic) 11:09; 8, D. Elglen (AF&D) 11:11; 9, G. Moulit (Leic) 11:11; 10, E. Stimpson (Cann) 11:11; 11, M. Bradbury (Leic) 11:13; 12, J. Lucas (Swin) 11:13; 13, D. Hann (Bris) 11:13; 14, P. Hudd (Bris) 11:17; 15, J. Merryfield (Mine) 11:17; 16, S. Fox (New) 11:19; 17, K. Arkel (Cann) 11:21; 18, S. Bushell (Bris) 11:22; 19, A. Carnlchan (Stret) 11:23; 20, S. Cordery (Tip) 11:23. **Teams:** 1, Leicester Coritanian 28; 2, Bristol 49; 3, AF&D 74; 4, Cannock Chase 77; 5, Tipton 110; 6, Bristol 'B' 149; 7, Westbury 164; 8, Solihull 196; 9, Tipton 'B' 225; 10, Reading 241.

Junior Colts

1, I. Pring (Bris) 11:34; 2, C. Wake (And) 11:48; 3, M. Parker (Bris) 12:20; 4, D. Wallon (AF&D) 12:23; 5, J. Morgan (B&R) 12:25; 6, N. Powell (Cwm) 12:28; 7, B. Gray (Trow) 12:28; 8, P. Towers (B&R) 12:29; 9, C. Shine (Durs) 12:31; 10, S. Watkins (Pont) 12:32; 11, G. Bajit (Beau) 12:34; 12, D. Wright (Hales) 12:37; 13, H. Meredith (W Corn) 12:43; 14, A. Nicholls (Norb) 12:44; 15, W. Nock (Hales) 12:45. **Teams:** 1, Bristol 46; 2, Bromsgrove & Redditch 80; 3, AF&D 104; 4, Beaumont Leys 127; 5, Norlington 149; 6, Halesowen 160; 7, Abertillery 163; 8, Minehead 193; 9, Pontypool 203; 10, Westbury 226.

Senior Women

1, C. Tranter (Birm Un) 15:49; 2, R. Morrish (59C) 16:09; 3, C. Haskett (Stret) 16:12; 4, L. Boshier (Felt) 16:31; 5, A. Morris (Card) 16:46; 6, T. Bateman (Cov) 16:51; 7, S. Smith (Bris) 16:58; 8, G. Adams (Read Un) 17:01; 9, C. Simpson (B'mouth) 17:06; 10, M. Taylor (Ilf) 17:21; 11, S. Hines (Thurr) 17:26; 12, C. Stenhouse (Bris) 17:58; 13, S. Hudd (Bris) 18:03; 14, J. Rice (59C) 18:06; 15, P. Jones (Ilf) 18:08; 16, H. Haighe (Birm Un) 18:37; 17, L. Hughes (Birm Un) 18:40; 18, R. Ennis (Ilf) 19:36; 19, S. Lloyd (Un of Wales) 19:38; 20, A. Russell (Swin) 20:11. **Teams:** 1, Bristol 32; 2, Birmingham Univ 34; 3, Ilford 43; 4, Thurrock 63; 5, Univ of Wales 69; 6, Bournemouth 71.

Intermediates

1, L. Ward (Sol) 17:23; 2, K. Rice (59C) 17:53; 3, K. Hamilton (Read) 17:55; 4, A. Mason (Ex) 17:58; 5, S. Avis (Brix) 18:05; 6, A. Graham (West) 18:30; 7, M. Gray (Trow) 18:50; 8, J. Wadham (Ex) 19:03; 9, L. Joy (Craw) 19:06; 10, L. Walters (Glos) 19:13; 11, S. Lode (Brec) 19:19; 12, A. Lewis (Cwm) 19:19; 13, H. Smith (West) 19:23; 14, G. Emerson (Trow) 19:30; 15, L. Huntbach (Cwm) 19:41; 16, N. Nuttall (Ex) 19:45; 17, J. Wadsworth (QES) 19:51; 18, L. Collier (Read) 19:55; 19, L. Lewis (Bris) 20:03; 20, B. Whightman (Tor) 20:07. **Teams:** 1, Exeter 28; 2, Reading 42; 3, Bristol 48; 4, Westbury 49; 5, Trowbridge 55; 6, QE Ach 77; 7, Halesowen 93; 8, Abertillery 98.

Juniors

1, K. White (West) 11:52; 2, C. Goodman (B'mouth) 12:00; 3, J. Bull (Read) 12:00; 4, M. Bone (West) 12:05; 5, S. Ludlam (Port) 12:17; 6, E. Harris (Cann) 12:19; 7, C. Venner (59C) 12:22; 8, K. Trunley (Ilf) 12:23; 9, J. Parker (Bris) 12:23; 10, C. Munter (High) 12:26; 11, S. Fost (Yeo) 12:29; 12, G. Edwards

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TRAINING VIEWS cont. from page 17

opposite, so isn't this the same as what you are saying about physiologists.

Long: Not really, there are some successful coaches.

Horwill: Stan, did you ever envisage Brendan becoming a great runner after you had coached him for a year as a boy?

Long: No. I didn't have a crystal ball. Brendan as a youth did things that no one else ever did. He ran in the Northern in 1966 and finished 32nd, he ran in the National Cross-Country a fortnight later and finished tenth. He would bring races like that out of the bag now and then, two or three a season. I certainly didn't know he was going to be world record holder when he was a boy. He was just a normal lad, but he had more than his normal quota of humour. He was always carrying on and taking the mickey. At a Milers' Club weekend when he was about 15 I was taking a very serious film of everyone training and when Brendan saw this he produced some "bog" paper from his pocket and held it up above the other athletes' heads! Things like that he did. He is a lot more sombre now than he was, he had nothing out the ordinary. I have a film of 50 athletes on a BMC weekend running up a sand hill, such youngsters as John Caine, Maurice Benn, Brooks Milesen, running up the hill, but 30 seconds behind came Brendan crawling up the hill. He was just a normal lad. When he went to Sussex University there was a very big change in attitude, when he got tenth in the National Youths Cross-Country. This gave him the "bug", he knew then that he could do it.

Horwill: So, Stan, they were doing well as youths and are still doing well as Seniors. Bryan, your wife has been running a long time—20 years. At what point did you believe that her times would take a dramatic change? Why do you think this did not occur some ten years ago when all the statistics tell us that athletes reach their peak eight years after they first start running?

Smith: When Joyce started running, the only distance available, the longest distance that is, was 800 metres. This just isn't her event. In 1972 when the 1500 was introduced into the Olympics, she happened to win the International cross-country and having beaten most of the girls who were trying for the Olympics we decided then to have a real go. She did have the second fastest 1500 time in Britain in 1969 when 1500 was introduced into the European Championships, but Achilles tendon trouble stopped her. Really, the answer is that there wasn't the event for her until quite recently, her concentration was on cross-country where she was able to use some of her physical ability. Her fastest 800 time was done in a 1500 race, 2:08. I think her limit would be 2:06. If it was not for the 1500 and 3000 being introduced, she would have retired as another athlete who nearly made good. Her best ever 400 time is 58.6 which she did in 1960, she has only broken 60 twice in her career, yet she has done a 63 last lap in a 3000.

"I certainly didn't know Brendan was going to be a world record holder when he was a boy. He was just a normal lad."

Horwill: Stan, is there any coach in the world who has impressed you and affected your ideas. If so, how?

Long: Lydiard is the one who impressed me most of all. A lot of his ideas on distance running coincided with mine at that particular time. A classical example, I always thought, was Jim Peters. He was British 3 and 6 miles champion, then he took up marathon running with the prodigious training distances, then he went back to 3 and 6 mile running and beat his former times by 30 seconds and almost a minute. I thought there must be some connection with this distance training. At about that time, Lydiard came out with his ideas on 1500m runners and milers doing twenty mile runs.

Horwill: I can remember the ultra long-distance runner, Newton, saying to the British mile champion in 1946 that he should do a twenty mile run each week, and Doug Wilson said that he thought Newton was talking nonsense! Yet ten and fifteen years later it became very much the practice.

Long: I like Lydiard's whole system, the mileage, the hills, then the speed. Making progression, I don't care what type of progression it is, I think that everyone in a season must go from one target to another. Lydiard gave his athletes target after target after target.

Horwill: Stan, did you ever find that with athletes following these mileage plans they got a lot of injuries?

Long: I can't say that. Most of my athletes' injuries have come from bashing out short repetitions on the track. When we do the long stuff we mainly try and keep on the country.

Horwill: When I met Peter Snell on this course two years ago, I suggested to him that after ten weeks of a hundred miles a week, one's track muscles got out of condition so that when you returned to the track injuries were likely. He agreed that this was a weakness of Lydiard's system; he thought that there should be a speed session once a week throughout the ten week period, because when he came off long runs and hill runs he fractured his foot. Do you think there is something in that, Stan?

Long: There could be if there was only plodding work, but I always put some type of work in a long run, because you can easily get bored doing long runs all the time.

Horwill: What do you think of his "effort tables", Stan?

Long: I don't bother with them.

Horwill: What do you think of the man himself, Stan?

Long: I think he is a very controversial character. I like controversial characters, I like people who come out with their own ideas, not only in athletics but in life as well.

Horwill: In New Zealand, some people thought Lydiard's ideas were outrageous, didn't they?

Long: Cerutti was as well. He had to go to Rome under his own steam, he couldn't go with the Australian team. I don't think there are enough characters like this.

Horwill: Yes, when Lydiard turned up to the International Coaching Conference at Duisburg, Tony Ward described him as "the most unscientific of all the coaches presenting papers, yet he could do this to them (Harvey Smith gesture) because his athletes had won five gold medals".

Horwill: Bryan, is there a coach whose methods have intrigued you?

Smith: I suppose Gerschler, because his approach was scientific. I felt that Rudolf Harbig was years ahead of his time and I was intrigued by the man who coached him. After Gerschler, I think Lydiard has given reason to training methods. Cerutti has said a lot, did a lot, but I could not find a lot of reason behind what he said. So, Gerschler number one, Lydiard number two.

Horwill: Bryan, Gerschler stated that if an athlete runs 200m five seconds slower than his best 200, and then waits until his pulse returns to 120 beats per minute and keeps on with the reps until the pulse fails to come down to 120 in 90 seconds, this is the best way of getting stamina. Have you ever tried this?

Smith: Yes, he said that in 1939. Recently he stated that perhaps 600m was a better distance, a longer effort for the athlete.

Horwill: He got this idea of 200m because it was a "crash" programme. Apparently in three months you can get a chap pretty fit like this, but recent work from America shows that the graph levels out quickly after this time, and as you say, longer work has to be done. It is good as a crash programme from an unfit state. Bryan, Harbig, as far as we know, was the first man in world class middle-distance to use weights. What do you think of this?

Smith: I have never been in favour of weights except as a remedy for a weakness, and I still believe that. Weights should be used as a remedy for a weakness, except for perhaps 800m runners, because their event is an extended sprint and there can be no chink in an 800m runner's armour. It is interesting to note that the East Germans think that weight training is of no further use because it produces bulk and not all-round muscular ability. This is something they are obviously experimenting with, they are dropping weights.

Horwill: Yes, but aren't they using something else to gain strength in athletics? This question of bulk, Bryan. As you know from your physiological background, very heavy weights build red muscle fibres which are for power and these may subjugate white fibres which are for speed, so that any weight training schedule must include both types of work. I would have thought the East Germans knew about this.

Smith: Yes, I think their argument is that you have a certain amount of time to train, whether you are state assisted or not. If you are a middle-distance runner that time is better spent running.

Horwill: Stan, what do you feel about weight training?

Long: I don't give it.

Horwill: How do you increase the leg strength of your runners, then? Because, we tested a runner at Crystal Palace on the leg machine and his girl friend, who was also a runner, had stronger legs. He was supposed to be running 150 miles a week.

Long: Hill running strengthens legs.

Horwill: Running alone doesn't increase leg strength, it only increase the endurance of the leg to perform the same operation many times. For power it must have additional weight on it. Bryan, your wife does not attend Southern Olympic Camps. Do you think that Olympic camps once a month are over-rated and do you believe that an athlete who has a Senior Coach in charge of him gets sufficient guidance?

Smith: Joyce attended one National Olympic Camp at Lilleshall and found it very useful.

Horwill: What about you, Stan?

Long: I've never been invited to an Olympic Camp, so I don't know much about them.

Horwill: It must be said that the people attending Southern Olympic Camps have done well and that the Southern athletes dominate British athletics today in most events.

Smith: Yes, but would they still do this even without Olympic Camps? I think they would. It does make a change from training routine as this weekend does, for example.

Horwill: Do you have firm views on peaking and racing?

Long: Brendan gets all sorts of invites from all over the place. He can't run in them all, he picks his races very carefully so that he's fresh for the big ones.

Smith: Joyce likes to sharpen up with 1500m races, but it is difficult to make people realise that although her event is 3000m she wants races over the shorter distance.

Horwill: Do you have a favourite track session you give athletes which, when completed properly, you say, "You are ready for a good one"?

Smith: Yes, when Joyce can do 3 x 800 in 2:17 with a lap jog rest.

Long: Yes, when Brendan can do 10 x 200 in 28.5 with 30 seconds rest in between, twice in one session, he's ready.

PLAIN OVER HURD IN BRACKNELL '10'

CARDIFF AAC once again demonstrated the strength of their competitiveness by winning the Bracknell 10 miles road race on November 9th in most convincing fashion. Their long trip to Bracknell was rewarded by a hard race, with a good entry of nearly 160, but the weather was disappointing, it being cold and wet.

After a fairly fast start, it soon became clear that there was to be a tough fight for the leading places, with a large bunch leading the field to beyond the halfway point. At the end of the first small two mile lap, reached in 9:58, the 1972 winner, Pat Gallagher, was leading by a few feet from Ron McAndrew and Bernie Plain. Also in this group was Mick Hurd, who won in 1973 and holds the course record (48:40). A few yards behind came Thomas and Sheridan (10:01), O'Hara (10:10) and Convery (10:14).

At 5 miles, halfway around the large lap, the positions had changed very little, with the leading bunch of six or more recording a time of 24:48. However, with 2½ miles to go, Plain and Hurd had begun to dominate the race; they shared the lead in a time of 38:39, with McAndrew 10sec behind. The next two places were taken by Faircloth (38:55) and Watson (39:00), both having worked their way up from well behind the leaders. By the finish of the accurately measured course, Hurd had been forced to give way to Plain, who won by 8sec in 49:28. Faircloth had passed McAndrew for third place, with Watson retaining fifth position.

1, B. Plain (Cardiff) 49:28
2, M. Hurd (RAF Abingdon) 49:36
3, D. Faircloth (Croydon) 50:02
4, R. McAndrew (Card) 50:19; 5, B. Watson (Camb H) 50:28; 6, J. Sheridan (TVH) 50:53; 7, C. Thomas (TVH) 51:07; 8, P. Gallagher (Craw) 51:14; 9, R. Atkinson (Card) 52:05; 10, L. O'Hara (Bel-V) 52:10; 11, G. Dugdale (TVH) 52:21; 12, P. O'Connor (Bel) 52:29; 13, L. Mann (Bel) 52:34; 14, D. Davies (TVH) 52:40; 15, P. Smith (WS&E) 52:44; 16, C. Reed (W Gn) 52:51; 17, I. Wilton-Jones (Linc) 53:11; 18, D. Case (E&S-V) 53:26; 19, A. Davies (Card) 53:30; 20, D. Huffer (TVH) 53:31; 21, N. Wilson (TVH) 53:38; 22, J. Convery (Brack) 53:42; 23, G. Goodman (TVH) 53:47; 24, A. Green (Wolv) 53:58; 25, J. Jones (WS&E) 54:19; 26, T. Goodwin (Maid) 54:27; 27, R. Brandon (TVH) 54:38; 28, M. Moody (Maid) 54:55; 29, R. Wilson (Croy) 55:08; 30, N. Riley (Ox) 55:17; 31, R. Charney (TVH) 55:24; 32, S. Hampson (TVH) 55:29; 33, K. Rock (Croy) 55:30; 34, J. McCurdie (AF&D) 55:50; 35, D. Walsh (Card) 55:57; 36, D. Prior (W Gn) 56:09; 37, S. Charlton (TVH-V) 56:24; 38, K. Whyte (Read) 56:34; 39, R. Dickson (Croy) 56:34; 40, J. Phelan (LFB-V) 56:48.

Teams: 1, Cardiff 11; 2, TVH 20; 3, Belgrave 29; 4, TVH 'B' 44; 5, Croydon 49; 6, TVH 'C' 74; 7, Cardiff 'B' 77; 8, Maidenhead 80; 9,

Bracknell 92; 10, Wolverton 103; 11, Woodford Green 110; 12, Croydon 'B' 122; 13, TVH Vets 126; 14, Reading 131; 15, TVH 'D' 138.

STEWARTON SPORTS ASSN CC RACES

At Stewarton, November 10th

Senior Men

1, T. Patterson (Springburn) 32:32
2, J. Ferguson (Ayr) 33:38
3, R. Anderson (Cambuslang) 33:57
4, J. Fleming (Spring) 34:12; 5, G. Skinner (Cambus) 34:15; 6, I. Kerr (Ayr) 34:29;
7, C. McAlinden (Pais-V) 34:43; 8, J. Golder (Ayr) 35:02; 9, J. Sloss (Beith) 35:35; 10, H. Forgie (Law) 35:52. (Youths 4M): 1, N. Muir (Shett) 20:42; 2, W. Paterson (Spring) 22:04; 3, A. Smith (Shett) 22:17; 4, K. McCartney (Law) 22:36; 5, H. Cox (Spango) 22:43; 6, A. McGee (Cock) 23:01; 7, G. Grant (Ayr) 23:08; 8, W. McColl (Bell) 23:16; 9, P. Rooney (Cock) 23:18; 10, B. Aird (Ayr) 23:19. (Senior Boys 2M): 1, S. Cameron (Camb) 11:11; 2, G. Williamson (Spring) 11:21; 3, J. Renfrew (East) 11:23; 4, R. Lynch (Ayr) 11:35; 5, M. Todd (FVH) 11:40; 6, J. Ross (Spring) 11:44; 7, D. Connachen (Spring) 11:50; 8, D. Stewart (St C) 12:00; 9, D. Smith (Pais) 12:07; 10, J. Stewart (Spring) 12:11. (Junior Boys 1½M): 1, G. Millar (St C) 7:12; 2, A. Black (Vic Pk) 7:12; 3, M. Hamilton (Spring) 7:48; 4, W. McGuire (St C) 7:51; 5, G. Sinclair (Spring) 7:55; 6, W. Smith (Pais) 7:55; 7, C. McGeorge (Cock) 8:05; 8, S. Buckley (St C) 8:11; 9, M. Lowther (Cock) 8:14; 10, S. Sommerville (VoL) 8:18. (Colts 1M): 1, S. Nugent (St J) 8:30; 2, S. Cavan (St J) 8:36; 3, D. Archibald (E Kil) 8:43; 4, I. Johnstone (Law) 9:10; 5, K. Sinclair (Spring) 9:13; 6, D. Farrell (Law) 9:17.

(Senior & Inter Women 2M): 1, L. Todd (Pit) 13:12; 2, A. Cherry (Pit) 13:35; 3, J. Duncan (GRP) 13:41; 4, L. Langan (GRP) 13:45; 5, S. Livingstone (Pit) 13:56; 6, I. Gibson (Pit) 14:05. (Junior 2M): 1, K. Robinson (Pit) 13:01; 2, A. Lind (EAC) 13:14; 3, L. Johnston (EAC) 13:20; 4, N. Douglas (Pais) 13:24; 5, D. Cupp (Pit) 13:25; 6, H. Fotheringham (Pit) 13:31; 7, C. Harvie (Stran) 13:33; 8, J. Devlin (Pit) 13:52; 9, S. Etherson (Pais) 15:08; 10, J. Quinlan (Pais) 15:13. (Girls 1M): 1, S. Gammack (Pit) 8:35; 2, J. Bennett (Cock) 9:00; 3, J. Scott (Pit) 9:10; 4, V. Campbell (VoL) 9:31; 5, H. Kilpatrick (Ayr) 9:33; 6, W. Sharpe (Pit) 9:36. (Minor Girls 1M): 1, G. Ashburn (Cock) 9:25; 2, G. Lawson (Cock) 9:32; 3, L. Freeman (Ayr) 9:47; 4, L. Dunnett (GRP) 9:57; 5, J. Lawther (Cock) 10:05; 6, K. Grealley (Pit) 10:16.

The Midland CWAAA Annual General Meeting will be held on Sunday, December 29th, at the Alexander Ground, Aldridge Road, Perry Barr, commencing at 1.45 pm.

FLAVEL CAPTURES "FIRST MAJOR WIN"

BASINGSTOKE 'ROUND THE HOUSES' ROAD RACES

November 24th

THE Basingstoke AC Road Races once again had to put up with adverse weather conditions (soaking rain and gusty winds). Despite this a good field started in the Senior six miles. At the end of the first lap, a group of four were closely bunched in the lead: Flavel, McAndrew, Biscoe and Piotrowski. It was clear that Reading looked like taking the team race for the ninth time. Surprisingly Flavel took the lead on the second lap to come home a clear winner, describing his victory as his "first major win". Reading easily took the team race. In the Young Athletes race, Brian Dawkins led from start to finish to continue his unbeaten run since September; but Robert Swann got a lot closer to him than in recent races.

I. S. Byett

1, P. Flavel (Oxford City)	30:27																												
2, G. Biscoe (Reading)	30:39																												
3, R. McAndrew (Cardiff)	30:43																												
4, R. Piotrowski (Read)	30:58; 5, G. Stevens (Read)	30:59; 6, E. Oxlade (West)	31:26; 7, P. Smith (WS&E)	31:36; 8, D. Dipper (Read)	31:59; 9, M. Beavis (S&E)	32:15; 10, S. Crawte (AF&D)	32:18; 11, M. Kortenaar (Unatt)	32:27; 12, T. Wale (Port)	32:34; 13, K. Rock (Croy)	32:40; 14, J. Convery (Brack)	32:46; 15, R. Wilson (Croy)	33:05; 16, M. Maguire (Maid)	33:10; 17, P. Larkin (AF&D)	33:14; 18, M. Moody (Maid)	33:15; 19, D. Latter (Brack)	33:23; 20, R. Dipper (Read)	33:24; 21, P. Hutchings (S&E)	33:27; 22, M. Keogh (Bas)	33:44; 23, N. Pritchard (Ox)	33:47; 24, R. Stevens (Read)	33:50; 25, J. Bruce (Croy)	33:52; 26, R. Jeans (Sal)	34:09; 27, H. Downer (And)	34:16; 28, L. Henderson (Bas)	34:25; 29, J. Phelan (LFB)	34:27; 30, F. Eccleston (Bas)	34:30.		
Teams: 1, Reading 9; 2, Croydon 41; 3, Reading 42; 4, Maidenhead 52; 5, Oxford 58; 6, Southampton & Eastleigh 61; 7, Bracknell 64; 8, Basingstoke 67; 9, Andover 80; 10, Windsor, Slough & Eton 86.																													

Youth 3 Miles

1, B. Dawkins (S&E)	16:07; 2, R. Swann (Bas)	16:33; 3, G. Dwelling (Brack)	16:46; 4, G. Bath (Sal)	16:52; 5, T. Bryant (WS&E)	17:35; 6, P. Chamberlain (WS&E)	17:52; 7, I. Shott (S&E)	17:59; 8, C. Letchford (L Wand)	18:05; 9, D. Williams (Bas)	18:06; 10, K. Downer (S&E)	18:13.
Teams: 1, Southampton 14; 2, Basingstoke 19; 3, Lord Wandsworth Coll 26; 4, Overton 41.										

SURREY CROSS COUNTRY LEAGUE

At Croydon, November 23rd

1, R. Holt (Hercules Wimbledon)	26:54
2, J. Roberts (South London H)	27:08
3, P. Adams (Aldershot, Farnham & Dist) ..	27:35
4, J. Watts (AF&D) 27:37; 5, M. Newport (SLH)	
27:40; 6, R. Gevers (SLH) 27:44; 7, C. Stebbings	
(Croy) 27:50; 8, T. Hassall (AF&D) 27:57; 9, D.	

Faircloth (Croy) 28:03; 10, F. Lippell (HW) 28:14; 11, J. Lee (Croy) 28:29; 12, M. Fuller (HW) 28:39; 13, P. Williams (SLH) 28:47; 14, M. Connelly (Walt) 28:49; 15, W. Upcott (SLH) 28:54; 16, C. Barber (Bel) 28:55; 17, M. Hanahoe (HHH) 28:56; 18, D. Curwell (AF&D) 28:58; 19, D. Beard (HW) 28:59; 20, F. Stebbings (Croy) 29:06; 21, C. Beauvais (Walt) 29:07; 22, S. Harrison (AF&D) 29:09; 23, J. Harten (HHH) 29:09; 24, S. Badgery (HW) 29:16; 25, J. Bruce (Croy) 29:19; 26, P. O'Connor (Bel) 29:20; 27, P. Larkin (AF&D) 29:28; 28, A. Trowell (HW) 29:31; 29, K. Rock (Croy) 29:34; 30, D. Owen (Walt) 29:40; 31, R. Lines (SLH) 29:41; 32, L. Mann (Bel) 29:42; 33, F. Barnshore (AF&D) 29:43; 34, C. Taylor (HHH) 29:44; 35, M. Woods (AF&D) 29:52; 36, S. Knight (SLH) 29:56; 37, J. Stow (Bel) 30:02; 38, C. Downing (AF&D) 30:03; 39, P. Richardson (Croy) 30:04; 40, A. Black (Bel) 30:09; 41, C. Pearson (Bel) 30:09; 42, J. Peel (AF&D) 30:12; 43, A. Pankhurst (Croy) 30:13; 44, M. Sharp (HW) 30:15; 45, P. Yarlett (Croy) 30:16; 46, M. Woodford (HW) 30:19; 47, R. Roath (Walt) 30:28; 48, J. Stack (HHH) 30:29; 49, T. Roden (SLH) 30:30; 50, M. Hoffman (Walt) 30:30. Teams: 1, Aldershot, Farnham & Dist 230; 2, SLH 262; 3, Croydon 280; 4, Hercules Wimbledon 301; 5, Belgrave 438; 6, Walton 463; 7, HHH 511.

Youths

1, D. Clarke (HW) 14:17; 2, M. Tomkins (HHH) 14:24; 3, J. Hood (AF&D) 14:25; 4, P. De Giovanni (Croy) 14:49; 5, J. Snell (Croy) 14:55; 6, F. O'Mara (HW) 15:04; 7, J. Oxley (HW) 15:17; 8, G. Nelson (SLH) 15:25; 9, N. Hughes (AF&D) 15:31; 10, P. Reynolds (HW) 15:38; 11, M. Frith (HHH) 15:47; 12, D. Horner (HHH) 15:48; 13, S. Eyre (AF&D) 15:54; 14, K. McKinley (AF&D) 15:58; 15, P. Kissi (HHH) 16:01; 16, A. Kember (HW) 16:02; 17, D. Cunningham (Croy) 16:02; 18, A. Dippie (Walt) 16:12; 19, C. Westerman (Croy) 16:16; 20, S. Ainoo (HHH) 16:18; 21, P. Stuart (Croy) 16:20; 22, R. Light (HHH) 16:24; 23, P. Edwards (Walt) 16:25; 24, M. Bunn (Croy) 16:26; 25, V. Turrell (HHH) 16:36. Teams: 1, Hercules Wimbledon 40; 2, HHH 60; 3, AF&D 62; 4, Croydon 66; 5, SLH 120; 6, Walton 140; 7, Belgrave 142.

Dorking St Pauls AC officers: President, S. Bruinvels; chairman, G. J. Manning; secretary, D. J. Powell, 67 Leslie Road, Dorking, Surrey (Tel: Dorking 5834); treasurer, Dr A. P. Moore; match sec, T. Band, Police House, London Road, Dorking, Surrey (Tel: Dorking 2754); winter sec, D. A. Scutt, 3 Redlands View, Mid-Holmwood, Dorking, Surrey (Tel: Dorking 6189).

Hercules Wimbledon AC officers: President, J. C. Braben; general secretary, Miss Judy Holt, 147 Leathwaite Road, London SW11 (Tel: 01-228 3594); treasurer, D. R. Littlewood; fixtures sec., A. Trowell, 153 Ridge Road, Sutton, Surrey (Tel: 01-641 0361); CC secretary, P. Mulholland, 9 Mitchel's Row, Richmond, Surrey TW9 2SI (Tel: 01-940 3073).

Queens Park Harriers officers: President, W. Adamthwaite; secretary, P. J. Hunt, 9 Hill Road, Harrow, Middx; treasurer, M. Salomon.

Marion Fawkes and Betty Jenkins Dominate the UK Walking Scene

AT the 28th IAAF Congress in Munich (1972), the Women's Committee "noted that more Federations are staging walking events for 3000m and 5000m and expressed the hope that increased activity for women's walking over the next two years would mean that the next meeting could recommend the adoption of records for women's walking."

Regrettably, at its meeting in Rome (1974), the Women's Committee did not recommend the adoption of records, but merely "encouraged" member federations "to include these events in their national programmes."

Among those hoping for full acceptance (sooner rather than later) of women's walking by the IAAF is Marion Fawkes, who made enormous progress in 1974 and now holds UK bests at 2000m, 2500m, 3000m and 5000m. Marion Adamson was born at North Shields, Northumberland, on December 3rd 1948, and now lives in fast expanding Cramlington New Town, north of Newcastle upon Tyne. She is a civil servant, a member of North Shields Poly and is a diminutive 1.51m and 43.5kg.

By Andrew Huxtable

Marion started athletics in 1966 *after* leaving school; she turned to walking in the following year but continued to concentrate on middle-distance running. Significant progress occurred in 1971 when her 2500m time came down from 14:30.4 (in 1970) to 13:46.2. Her first appearances in national championships came in 1972 with 5th places in both WAAA 2500m (13:21.4) and WCC & RWA 6500m. Her two most pleasing performances so far were achieved in 1973: 2nd in WAAA 3000m (15:04.6)—"I did not really expect to be highly placed because of my previous times over this distance"—and in 5000m at Leicester on November 3rd (25:28.0)—"my first major win over top UK performers". Two months earlier she placed 9th (3rd UK scorer behind Sally Wish and Betty Jenkins) in the 7 nations match at Copenhagen. She finished the year on a high note by winning the national road title at Bolton on December 1st.

The past season has been one of almost unchecked success: on May 25th she set a UK best for 2500m in the Northumberland and Durham championships of 12:17.6 (though there were insufficient graded judges); on June 2nd in Barcelona she won a road race of 4790m in 24:35; three weeks later she set a UK best for 3000m in winning the Northern inter-county title at Blackburn, but again her time of 14:46.0 could not be accepted because the performance was scrutinised by too few judges. Six days later she again went under 15:00 when winning the

Northern championship race (14:57.0) at Cudworth. The WAAA championship on July 20th was therefore keenly awaited by all walking fans and Marion did not disappoint them. She reached 1km in a fantastic 4:36.7 and 2km in a UK best of 9:34.2. Passing 2500m in 12:06.0 her final kilometre occupied 4:59.4 for a total time of 14:33.6 (14:33.50 by fully automatic electric timing). Her winning streak came to an end ten days later in the Stockholm Olympic stadium in the international v Sweden, when she finished 3rd in 14:40.4 (14:40.32e) behind Margareta Simu and Britt Holmquist who moved to 2nd and 5th on the world all-time list (see page 28).

Her next outing came in typical 1974 conditions (rain and wind) on August 4th at Warley, when she lowered the UK 5000m best to 25:02.0. This was effectively a "warm-up" for the 8 nations race—again in Stockholm—on August 24th. The winner was Sue Brodock of USA, who earlier this year had clocked an amazingly fast 7:14.1 for 1 mile. Margareta Simu followed (24:54.8) with Marion third in a UK best of 24:59.2. Further international



First three in the 1974 WAAA 3000m: left to right—Betty Jenkins (2nd), Marion Fawkes and Sally Wish (3rd).

Press Photographic Services Ltd.

competition came her way in September with two races in France: on September 19th in Paris, Marion recorded her second best 3000m (14:37.6) and 3 days later at Rouen won over a 5000m road course in 25:01.

Marion has no coach, which must say something about walks coaching in this country, if not the UK coaching scheme generally! Her training "varies a great deal" but basically follows this pattern: **Winter:** Sunday—12km steady road run; Monday—5-8km road walk; Tuesday—10km fast road walk with Denis Holly; Wednesday—5-8km steady jog; Thursday—5-8km road walk; Friday—Rest; Saturday—Competition or 5-8km steady road walk. **Summer:** Sunday—12km steady road walk; Monday—5-8km road walk; Tuesday—10km track walk with Denis Holly; Wednesday—Speed work on track or steady jog; Thursday—Endurance work at speed; Friday—Rest; Saturday—Competition or track work or steady jog. She does not now include any weight training in her preparation. Marion intends to compete for as long as she feels she has "something to offer to the sport and, more important, for as long as I enjoy it."

Marion Fawkes wrestled the title of top UK walker from one of the two "giants" of the scene: Betty Jenkins (Judy Farr is, of course, the other). Betty Ann Franklin was born in Birmingham on January 13th 1938 into an athletic family: only two months later her eldest sister Dorothy was representing England in the international cross-country in Lille! Betty started track and cross-country in 1949 but didn't commence competitive race walking until 1955, placing third in a Midland junior road event over 1½ miles. She first tasted victory in a major event the following year, when she took the national junior road walk over 2½ miles at Alpertown in 21:16 and later took 5th place in the senior race.

Progress was steady: in 1957 Betty placed third in both national track (1 mile, 8:23.0) and road championships and 1958 saw her secure the WAAA 1 mile title in an excellent 8:09.4. But in the WCC and RWA race 6 months later she was beaten by Pat Myatt. The distance of the WAAA race was increased to 1½ miles in 1959, but this presented no problem for Betty, who won in 12:56.4 and ensured her selection for an international 5000m road event which had been arranged against Denmark. It was held in Copenhagen on September 27th and the English foursome was captained by Beryl Randle, to whom Betty owed her early enthusiasm. These two battled the race out nearly a minute ahead of the rest and Betty won by just 1.4 sec in 26:30.6. This race actually marked the departure of both from the scene: for the 31-year-old Beryl Randle it was permanent as she picked up £1,000 in the Butlin sponsored John O'Groat's to Land's End walk, completing the distance on February 26th 1960 in 17 days 19 hours 30 minutes. Betty

decided to quit athletics, at least temporarily, after the death of her father. In January 1962 she married Brian Jenkins and in October a son Mark was born.

She started a serious comeback in 1963 and finished 13th in the national road event, 8:35 behind Judy Farr who scored the second of her six victories in this event. The climb back to the top continued in 1964 as she finished third in both Midland (36:01 to 34:46 for winner Audrey Hackett) and National (36:55 to 35:51 for Judy Farr) road races. The two following seasons saw what an optimist might describe as "consolidation" and a pessimist as "stagnation", since Betty placed fourth in 1965 (13:23.8) and fifth in 1966 (13:09.8) over 1½ miles in the WAAA Championships but third and second over the longer courses in the national road events. The 1966 WCC & RWA event was particularly dramatic, Judy Farr being disqualified soon after the start and Betty losing by 15.0 sec to Sheila Jennings after leading for 3 miles.

Up to 1959 her training consisted of sessions of 3 miles on Tuesday and Thursday evenings and Sunday afternoons, mainly with Dilys Williams and Beryl Randle. After 1962 she increased the weekly mileage, but not until 1972 did she step it up significantly, so that a typical week's training now consists of track sessions on Tuesday (4-5 miles) and Thursday (16 x 200m speed work) and 4 miles over a fairly undulating road course in Sutton Park on Monday, Wednesday and Sunday.

Her intense rivalry with Judy Farr continued over the next four seasons, as she finished 2nd over 1½ miles (1967 and 1968) and 2500m (1969 and 1970) on the track and on the road in 1968 and 1970 but winning in 1967 and 1969. Betty missed the 1971 WAAA championships because they clashed with a pre-arranged holiday but duly won the national road title. The following year was her most successful yet as she mopped up both national track and road titles and lowered her personal bests to 12:28.8 (2500m), 15:24.4 (3000m) and 25:09.2 (5000m); the last being also a UK best set in placing 3rd in the international at Warley on September 16th. This is the performance which has given most pleasure ("I was surprised by the time.") to her.

With another increase in the distance of the WAAA Championship event (to 3000m) in 1973 Betty took the opportunity to produce one of her finest even-paced efforts as she went under 15:00 for the first time. She relinquished her WAAA title in 1974 but managed to hold off the challenge of youth in the shapes of Sally Wish and Pam Branson. Betty Jenkins, always a member of Birchfield HLS, rates as "very important" the advice she has received from Mrs D. Nelson Neal, which allied to her strong physique—1.72m and 65.0kg—accounts for her outstanding results over a long period.

(World all-time lists: see page 28)

GUILDFORD & GODALMING A.C. 17th HOG'S BACK ROAD RACE

10 Miles Under A.A.A. Laws
SATURDAY, DECEMBER 21st, 2.45 p.m.
Prizes: First 6 Ind., first 4 Teams, 1st Vet.
Good facilities. Entries: 25p Inds., 30p teams
(3 score) to A. W. Blatchford, 11 Thorn Bank,
Guildford, by December 11th.

AMBLESIDE A.A.C. WANSFELL RACE

SATURDAY, 28th DECEMBER, 12 noon

Changing and Registration Ambleside Rugby Club. Course 3 miles inc. 1400ft. steep ascent and decent. Entries to Bob Astles, 5 Sweden Park, Ambleside, Cumbria. (Tel: Ambleside 2058). Fee: 25p plus s.a.e. for results.

League Races

SURREY CC LEAGUE (Div 2)

At Ewell Court, October 26th

1, C. France (Epsom & E)	29:49																																				
2, M. East (Ranelagh)	29:57																																				
3, K. Hutchin (Met Police)	30:16																																				
4, B. Attwell (E Surrey)	30:17; 5, R. Church (E Surrey)	30:20; 6, M. Murray (Mit)	31:19; 7, T. Marsden (Mit)	31:27; 8, Adams (Met Pol)	31:31; 9, D. Filtress (E Surrey)	31:44; 10, B. Wilkins (Rane)	31:45; 11, I. MacIntosh (Rane)	31:50; 12, A. Pinfield (Mit)	31:52; 13, M. Coventry (Mit)	31:56; 14, J. Forrest (Rane)	32:00; 15, Small (Met Pol)	32:05; 16, P. Eales (Mit)	32:13; 17, K. Jackson (Surrey)	32:18; 18, Storey (Met Pol)	32:27; 19, R. Batchelor (Eps)	32:38; 20, G. DeBoursac (Rane)	32:39; 21, D. Barham (Surrey)	32:42; 22, Hazelhurst (Met Pol)	32:47; 23, J. Haish (Mit)	32:48; 24, D. Warren (Eps)	32:50; 25, M. Simmons (Mit)	32:52; 26, N. Green (E Surrey)	32:57; 27, G. McEntire (Eps)	32:59; 28, J. Bull (Rane)	33:03; 29, Backley (Met Pol)	33:12; 30, D. Funnell (Eps)	33:20; 31, R. Allen (Guild)	33:22; 32, D. Locke (Rane)	33:22; 33, Jeffrey (Met Pol)	33:28; 34, C. Slocombe (Eps)	33:30; 35, Pether (Met Pol)	33:33; 36, I. Milne (Rane)	33:36; 37, M. Hindle (Eps)	33:38; 38, Pascoe (Met Pol)	33:41; 39, S. Warzee (Guild)	33:49; 40, P. Smith (Eps)	33:53.

Teams: 1, Mitcham 233; 2, Met Police 243; 3, Ranelagh 252; 4, Epsom & E 302; 5, East Surrey 378; 6, Guildford & G 534½; 7, Surrey AC 542½.

Young Athletes

1, M. Walden (Epsom) 21:27; 2, P. Sharland (Guild) 22:04; 3, R. Figg (Guild) 22:09; 4, T. Arrow (Guild) 22:15; 5, G. Figg (Guild) 22:17; 6, D. Brown (Guild) 22:42; 7, M. Barletta (Epsom) 22:52; 8, D. Askew (Mit) 23:00; 9, P. Belcher (Rane) 23:11; 10, I. Lane (E Surrey) 23:15. **Teams:** 1, Guildford & G 20; 2, Epsom & E 64; 3, Mitcham 84; 4, Ranelagh 93; 5, East Surrey 94; 6, Surrey AC 110.

Colts

1, N. Dumbrell (Epsom) 11:35; 2, R. Hobbs (Guild) 11:40; 3, N. Oldland (Guild) 11:46; 4, D. Andrews (Guild) 11:50; 5, T. Norman (Epsom) 12:05; 6, D. Brown (Guild) 12:06; 7, C. Hill (Guild) 12:22; 8, A. Potter (Epsom) 12:33; 9, M. Bull (Rane) 12:59; 10, N. Potter (Eps) 13:04.

SCOTLAND SERVICES CC LEAGUE

At RAF Leuchars, November 6th

1, Chapman (45 CDO)	29:22
2, Winton (Caledonia)	29:24
3, Wiseman (Glencorse)	29:35
4, Tinlin (Glen) 29:40; 5, Fleming (Kinloss)	29:48
6, Parker (Lossiemouth) 29:55; 7, Cowie (Kin)	30:05
8, McBrien (Kin) 30:07; 9, Bow (Kin)	30:14
10, Austin (Glen) 30:18; 11, Vidler (Lossie)	30:44
12, Johnston (Kin) 30:47; 13, Deacon (Buchan)	31:05
14, Rigby (Kin) 31:17; 15, Wastenev (Caled)	31:21
16, Vickers (Leuchars) 31:27; 17, Lewis	

(Leuchars) 31:31; 18, Bradley (Neptune) 31:32; 19, McKenzie (Lossie) 31:52; 20, Barratt (Leuchars) 32:13.

Teams: 1, Kinloss 375; 2, Glencorse 358; 3, Lossiemouth 341; 4, Caledonia 333; 5, Leuchars 326; 6, Kinloss 'B' 317; 7, Neptune 313; 8, Buchan 275; 9, Leuchars 'B' 275; 10, Lossiemouth 'B' 238.

WILTS & BORDER RAF CC LEAGUE

At RAF Abingdon, November 13th

1, Hurd (Abingdon)	38:32
2, Crabb (Brize Norton)	39:30
3, Hall (RMCS)	39:32
4, Pritchard (Abingdon School) 39:55; 5, Stanton (16 Para) 39:56; 6, Grant (20 Med Regt RA) 40:24; 7, Brolly (Locking) 41:00; 8, Marson (Benson) 41:18; 9, Marson (Little Rissington) 41:36; 10, Todd (Benson) 41:56; 11, Jones (Lyneham) 42:01; 12, Depper (B Norton) 42:19; 13, Laker (B Norton) 42:27; 14, Marshall (St Athan) 42:39; 15, Lee (B Norton) 43:12; 16, Cullen (Abingdon S) 43:16; 17, Tonner (Colerne) 43:22; 18, Whittall (RMCS) 43:26; 19, Esaw (B Norton) 43:28; 20, Riley (Benson) 43:31; 21, Phillips (16 Para) 43:38; 22, Wood (RMCS) 43:50; 23, Tester (Rudloe Manor) 44:00; 24, Montague (Swindon AC) 44:03; 25, Rheabottom (Locking) 44:25.	

Teams: 1, Brize Norton 434; 2, RMCS 404; 3, Abingdon 369; 4, Abingdon School 326; 5, Benson 322; 6, St Athan 311; 7, Locking 306; 8, 16 Para 299; 9, Brize Norton 'B' 295; 10, Little Rissington 272.

RAF LONDON CC LEAGUE

At Stanmore Park, November 13th

1, Henry (Mill Hill); 2, Broad (Mill Hill); 3, Vooght (H Wycombe); 4, Bott (Chessington); 5, Martin (Chess); 6, Worral (Henlow); 7, Hart (Hen); 8, Carr (W Drayton); 9, Cole (Warrior); 10, O'Connor (Halton); 11, Warburn (W Dray); 12, Donkin (W Dray); 13, Thomas (Uxbridge); 14, McColl (H Wyc); 15, Kevan (Bicester); 16, Michael (Hen); 17, Leighton (Warrior); 18, Haime (Mill Hill); 19, Howard (Mill Hill); 20, Smith (Mill Hill). No times supplied. **Teams:** 1, Mill Hill 364; 2, Henlow 347; 3, Chessington 346; 4, High Wycombe 338; 5, West Drayton 332; 6, Halton 311; 7, Mill Hill 'B' 295; 8, Warrior 285; 9, High Wycombe 'B' 264; 10, Uxbridge 262.

LINCS SERVICES CC LEAGUE

At North Luffenham, November 13th

1, Daykin (N Luffenham)	32:10											
2, Nichols (Wittering)	32:10											
3, Campbell (Cranwell)	32:20											
4, Clark (Swinderby)	33:01; 5, Hardman (Swin)	33:07; 6, Morris (Swin)	33:55; 7, Morton (Digby)	34:50; 8, Bingham (Digby)	35:15; 9, East (Finningley)	35:17; 10, Haines (Digby)	35:20; 11, Roberts (Coningsby)	35:41; 12, Rush (Witt)	35:57; 13, Johnson (Swin)	36:10; 14, Dunn (Cran)	36:35; 15, Jones (Con)	36:50.

Teams: 1, Swinderby 376; 2, Wittering 350; 3, Digby 343; 4, North Luffenham 340; 5, Finningley 324; 6, Cranwell 317; 7, Coningsby 307; 8, Cottesmore 303.

3rd AGGREGATE MEETING

At JLR, Bovington, November 13th

1, Turner (RMA Sandhurst)	34:32
2, Bartley (Daedalus)	34:55
3, Osborne (Daedalus)	34:58
4, O'Neill (Daedalus) 35:15; 5, Ranicar (3 Para) 35:32; 6, Townsend (Dryad) 35:47; 7, Keenan (AAC Wallop) 36:07; 8, Harmon (Collingwood) 36:41; 9, Radcliffe (Sultan) 36:55; 10, Anderson (Met Police) 36:59; 11, Tarrent (Sultan) 37:04; 12, Richens (2 Para) 37:34; 13, Deathridge (Coll) 37:51; 14, Lewis (2 Para) 37:55; 15, Robson (Mercury) 37:56; 16, Collins (Thames Valley Police) 38:04; 17, Mitchell (RCT Buller) 38:19; 18, Patterson (2 Para) 38:23; 19, Newman (TVP) 38:24; 20, Davis (Daedalus) 38:35.	

Teams: (Div 1) 1, HMS Daedalus 85; 2, HMS Collingwood 131; 3, 2 Para Regt 166; 4, HMS Sultan 194; 5, Met Police 211; 6, RMA Sandhurst 239; 7, HMS Osprey 460; 8, HMS Nelson 505; 9, AAC Middle Wallop 820; 10, 3 Para Regt 1505. **(Div 2)** 1, Thames Valley Police 129; 2 eq, HMS Dryad & HMS Mercury 203; 4, RCT Buller 213; 5, RAC Bovington 234; 6, Met Police 'B' 300.

MANCHESTER CROSS-COUNTRY LEAGUE

At Boggart Hole Clough, November 16th

1, G. Davies (Sale)	34:27
2, D. Allen (Manchester AC)	34:41
3, S. Edmunds (Sale)	34:51
4, F. Pendlebury (M&D) 34:53; 5, W. Cooper (M&D) 34:54; 6, D. Brown (Salford) 35:04; 7, M. Oldham (Man AC) 35:05; 8, P. Berry (East Ches) 35:06; 9, C. Leigh (Salford) 35:22; 10, M. Murphy (Salford) 35:30; 11, D. Gee (Man AC) 35:34; 12, J. Calvert (Blackburn) 35:38; 13, S. Curran (Salford) 35:41; 14, S. Clegg (Salford) 35:42; 15, M. Firth (Man AC) 35:47; 16, R. Wilde (M&D) 35:50; 17, S. Walker (Sale) 35:55; 18, M. Plant (Man AC) 35:57; 19, P. Shaw (Man AC) 35:59; 20, L. Valentine (Sale) 36:00; 21, D. Farmer (Sale) 36:03; 22, R. Davies (Blackburn) 36:05; 23, B. Aspdin (Salford) 36:08; 24, M. McGann (East Ches) 36:09; 25, P. Gaytor (Sale) 36:12. 152 finished.	

Teams: 1, Manchester AC 72; 2, Salford 75; 3, Sale 87; 4, Manchester & Dist 111; 5, Blackburn 196; 6, Sale 'B' 249; 7, East Cheshire 271; 8, Salford 'B' 278; 9, Manchester & Dist 'B' 287; 10, Stretford 315; 11, Altrincham 431; 12, Manchester AC 'B' 455.

Juniors/Youths

1, M. Bateman (Blackburn) 23:43; 2, W. Painter (Sale) 24:18; 3, T. Harratt (Oldham & R) 24:20; 4, M. Lavell (Sale) 24:22; 5, P. Boswell (Sale) 24:50; 6, M. Jones (Sale) 24:58; 7, J. Harrop (Sale) 25:02; 8, D. Smith (Manchester AC) 25:10; 9, G. Broster (Man AC) 25:25; 10, A. Rawcliffe (Blackburn) 25:31. **Teams:** 1, Sale 11; 2, Sale 'B' 24; 3, Oldham & Royton 36; 4, Sale 'C' 39; 5, Salford Metro AC 66.

Boys

1, M. Scanlon (Sale) 12:09; 2, J. Halden (Stockport) 12:12; 3, C. Chandler (Sale) 12:22; 4, G. Pollitt (Salford) 12:30; 5, G. Hookham (Salford) 12:35; 6, J. O'Shea (Sale) 12:37; 7, T. Walsh (Sale)

continued on page 30

SANTA SWEAT SHOP!

You'll need to train over Christmas to work off all that lovely food and drink, so why not make it easier with some nice new gear? We have the answer to your present problem!

Amazing Adidas Tracksuits: new nylon model in Red or Royal Blue, jacket and ankle zips, white arm and leg stripes, all for **£8.75!** (adult sizes only).

Marvellous Metric Tracksuits for kids, Royal or Navy, nylon with cotton lining, special purchase, 28in. **£4.95**, 30in. **£5.20**, 32in. **£5.40**.

Swinging Sweatshirts: fleecy lined cotton, many different colours, children's sizes **£3.00**, adult **£3.50**.

Terrific Trainers: Adidas SL72 **£9.95**, Mexicana Gold **£9.00**, Country **£8.80**, Tiger Cub **£5.50**, Jogger **£7.50**.

Superior Studs for cross-country gallops: Compass Rose Standard **£4.35**, wedge heel **£4.75**, Nokia Hermes **£3.75**, Adidas Cross **£5.20**. nb: we apologise to those who had to wait for Compass Rose due to the enormous response to our previous ad—we now have stocks!

Sharp Spikes: Adidas San Jose (red suede) **£6.00**, Apollo (yellow nylon) **£7.25**, Gola Hornet (red nylon) **£4.15**.

Smart Shorts by Umbro in nylon sateen, very light and comfortable, White, Blue, Black, a mere **£1.20**.

Perfect Presents: Adidas T-shirts **£1.65**, holdalls **£4.50**, Singlets **£1.10**, cushion socks **60p**, headbands **35p**, Gift vouchers to any value (add 5p per voucher), White Tracksters **£2.50**.

SPECIAL CHRISTMAS OFFER: ALL ORDERS POST FREE UP TO DEC. 21st!

If you still can't decide, come and see us at the Shop or at the Hog's Back Race on Dec. 21st. Shop open 6 days, Friday to 7 pm, Dec. 23rd all day, 24th to 1 pm. Watch this space for our Great January Sale!

THE SWEAT SHOP

76 BROAD STREET, TEDDINGTON,
MIDDLESEX TW11 8QT. 01-943-0636

Run By Runners For Runners

WORLD ALL-TIME WOMEN'S WALK LISTS

3000 METRES (TRACK)

14:14.8	(1)	Britt Holmqvist	(Swe)	Sala	3.8.1974
14:17.4	(1)	Alison Nicholls	(Aus)	Hobart	5.3.1973
14:19.4	(1)	Margareta Simu	(Swe)	Stockholm	30.7.1974
14:21.6	(1)	Eivor Johansson	(Swe)	Ostersund	13.7.1973
14:21.8	(1)	Lilian Harpur	(Aus)	Adelaide	3.3.1974
14:25.0	(1)	Elisabeth Olsson	(Swe)	Orebro	23.7.1972
14:25.0	(1)	Eivor Johansson		Appelbo	4.8.1973
14:25.2	(2)	Eivor Johansson		Orebro	23.7.1972
14:26.0	(2)	Britt Holmqvist		Stockholm	30.7.1974
14:26.0	(2)	Margareta Simu		Sala	3.8.1974
14:33.6	(1)	MARION FAWKES	(UK)	London	20.7.1974
14:34.8	(1)	Sue Brodock	(USA)	Sdr.Omme	15.8.1974
14:35.0	(3)	Berit Jonsson	(Swe)	Appelbo	4.8.1973
14:39.0	(1)	Siv Gustavsson	(Swe)	Ostersund	7.7.1972
14:42.0	(3)	Thorhild Sarpebakken	(Nor)	Ostersund	7.7.1972
14:47.0	(2)	PAMELA BRANSON	(UK)	Paris	19.9.1974
14:49.0	(2)	Esther Marquez	(USA)	Sdr.Omme	15.8.1974
14:49.6	(1)	Monica Karlsson	(Swe)	Stockholm	24.8.1974
14:51.0	(2)	Anne Pembroke	(Aus)	Adelaide	3.3.1974
14:52.6	(1)	Mary Nilsson	(Swe)	Copenhagen	2.5.1965
14:54.4	(1)	Eva Karlsson	(Swe)	Hallstavik	14.9.1973
14:56.0	(1)	Gerd Gylder	(Nor)	Appelbo	20.7.1974
14:58.0	(1)	CHRISTINE COLEMAN	(UK)	London	18.7.1974
14:58.6	(2)	Thorill Gylder	(Nor)	Fredrikstad	10.8.1973
14:59.2	(1)	Monica Glocker	(WG)	Vienna	14.7.1973
14:59.4	(1)	BETTY FRANKLIN/JENKINS	(UK)	London	21.7.1973
15:00.0	(3)	Karen Moller	(Den)	Sdr.Omme	15.8.1974
15:00.6	(1)	SALLY WISH	(UK)	Birmingham	16.9.1932
15:01.0	(1)	Mary Holmen	(Swe)	Vaxjo	29.8.1943
15:01.0	(3)	Margareta Olsson	(Swe)	Ostersund	7.7.1972
15:01.2	(1)	Linnea Olsson	(Swe)	Uppsala	6.9.1942
15:01.2	(2)	JUDITH WOODSFORD/FARR	(UK)	Watford	5.6.1971
15:01.6	(2)	Birgit Frisk	(Swe)	Uppsala	6.9.1942
15:02.0	(2)	Stina Molin/Pettersson	(Swe)	Vaxjo	29.8.1943
15:03.0	(3)	May Johansson/Bengtsson	(Swe)	Vaxjo	29.8.1943
15:03.0	(1)	BARBARA COOK/FISK	(UK)	London	2.6.1973

5000 METRES (TRACK)

24:16.2	(1)	Sue Brodock	(USA)	Stockholm	24.8.1974
24:18.0	(1)	Margareta Simu	(Swe)	Sala	4.8.1974
24:27.6	(1)	Ingrid Johansson	(Swe)	Boras	7.10.1951
24:30.6	(1)	Elisabeth Olsson	(Swe)	Boras	4.8.1972
24:39.0	(2)	Eivor Johansson	(Swe)	Boras	4.8.1972
24:40.0	(1)	Eivor Johansson		Boras	5.9.1970
24:41.0	(1)	Mary Nilsson	(Swe)	Bjorneborg	29.8.1959
24:41.0	(1)	Mary Nilsson		Strangnas	23.5.1965
24:45.0	(1)	May Johansson/Bengtsson	(Swe)	Varberg	1.9.1946
24:47.2	(1)	May Johansson/Bengtsson		Orebro	1.10.1944
24:47.2	(1)	Mary Nilsson		Stockholm	6.9.1950
24:49.0	(2)	Stina Molin/Pettersson	(Swe)	Orebro	1.10.1944
24:52.4	(2)	Stina Lindberg/Magnusson	(Swe)	Varberg	1.9.1946
24:54.0	(2)	Britt Holmqvist	(Swe)	Sala	4.8.1974
24:59.0	(1)	Berit Jonsson	(Swe)	Vretstorp	17.8.1973
24:59.2	(3)	MARION FAWKES	(UK)	Stockholm	24.8.1974
25:00.4	(2)	May Holmen	(Swe)	Varberg	11.7.1943
25:06.0	(3)	Siv Gustavsson	(Swe)	Sala	4.8.1974
25:09.2	(2)	BETTY FRANKLIN/JENKINS	(UK)	Birmingham	16.9.1972
25:10.6	(2)	Thorill Gylder	(Nor)	Fredrikstad	10.8.1973
25:12.4	(1)	Linnea Olsson	(Swe)	Uppsala	20.9.1942
25:13.2	(2)	Laila Jensen	(Nor)	Lyngby	1.9.1973
25:16.0	(1)	Siv Johansson/Harthelius	(Swe)	Sala	28.8.1955
25:16.0	(1)	Thorhild Sarpebakken	(Nor)	Uddevalla	17.9.1972
25:20.0	(1)	Aslog Forsell	(Swe)	Sala	2.7.1967

25:22.0	(3)	Birgit Frisk
25:27.0	(1)	Jacqueline Delassaux/Daniel
25:27.2	(2)	Monica Karlsson
25:31.0	(5)	Margareta Olsson
25:34.0	(5)	SALLY WISH
25:36.8	(3)	Edit Nilsson
25:37.0	(2)	Runa Magnusson/Andersson
25:40.0	(2)	Anna-Greta Nystrom
25:40.4	(2)	Maja Ostlund/Blomqvist

(Swe)	Uppsala	20.9.1942
(Fra)	Paris	14.10.1973
(Swe)	Hallstavik	14.9.1974
(Swe)	Boras	4.8.1972
(UK)	Lyngby	1.9.1973
(Swe)	Kumla	10.10.1943
(Swe)	Sala	28.8.1955
(Swe)	Orebro	23.9.1945
(Swe)	Kumla	9.9.1945

(Lists with acknowledgments to Egon Rasmussen, Denmark)

Marion Beats US Star

USA Women's Scandinavian Tour. Odense (Den) 5km, 12/8: 1, Sue Brodock (18) 24:57.4; 2, Ester Marquez (18) 25:30; 3, Karin Moller (DK) 26:09; 4, Linda Brodock (15) 26:21; 5, Chris Sakelarios (14) 26:36.6; 6, Joanne Shima (14) 27:32. 15/8 Sdr Omme (Den) 3km track: 1, S. Brodock 14:34.8; 2, E. Marquez 14:49; 3, Moller 15:00. 18/8 Fredericia (Den) 5km road: 1, S. Brodock 24:45; 2, Marquez 25:02; 3, Sakelarios 25:28; 4, L. Brodock 25:29; 5, Moller 25:34; 6, Shima 27:00. 24/8 Stockholm, 5km track: 1, S. Brodock 24:16.2; 2, Simu (Swe) 24:54; 3, FAWKES (UK) 24:59.2; 4, Holmquist (Swe) 25:10.2; 5, Gustafsson (Swe) 25:18.8; 6, Gylder (Nor) 25:26.0. . . 8, Sakelarios 26:01.6; 10, L. Brodock 26:03.5; 13, Shima 27:02.8. Marquez disq. Teams: 1, Sweden 85; 2, USA 74; 3, WG 46. 24/8 3km track (after 5km): 1, M. Karlsson (Swe) 14:49.6; 2, Marquez 15:16.0. 25/8 Stockholm, 5km road: 1, FAWKES (UK) 25:02; 2, S. Brodock 26:05; 3, Moller (Den) 27:05; 4, Marquez 27:33. (Juniors 5km): 1, Gylder (Nor) 26:10; 2, Karlsson (Swe) 26:16; 3, Sakelarios 27:10. . . 9, L. Brodock 28:58.

Colin Young

YOUNG ATHLETES SUNDAY CC LEAGUE

At Stevenage, November 10th

Boys 3200m

1, P. Richardson (Hav) 14:02; 2, A. Harvey (Wyc) 14:10; 3, T. Tracey (HHH) 14:15; 4, A. Stewart (Wat) 14:21; 5, S. Mulcair (HHH) 14:29; 6, S. Priest (Wyc) 14:35; 7, P. Cressey (HHH) 14:41; 8, N. Taylor (Felt) 14:45; 9, S. Vines (Hav) 14:51; 10, J. Gallagher (Hav) 14:57; 11, T. O'Neill (Enf) 15:02; 12, N. Moss (Felt) 15:04; 13, J. Hoy (Wyc) 15:05; 14, K. Langhurst (Hav) 15:09; 15, D. Thompson (Wyc) 15:15. Teams: 1, Havering 34; 2, Wycombe 36; 3, HHH 53; 4, Feltham 68; 5, Haringey & Southgate 85; 6, Enfield 104. (U/14 2400m): 1, M. Frith (HHH) 10:49; 2, T. Conlon (HHH) 10:50; 3, J. Wyllie (Ayles) 10:51; 4, P. Dilly (Stev) 10:59; 5, J. Lynch (HHH) 11:02; 6, T. Larkins (Stev) 11:02; 7, P. Vigurs (Bed) 11:03; 8, P. Lightower (Wat) 11:05; 9, T. Charles (JW) 11:06; 10, N. Hill (Stev) 11:07. Teams: 1, Stevenage 36; 2, HHH 42; 3, Verlea 98; 4, Watford 117; 5, Havering 118; 6, Feltham 138. (U/12 2000m): 1, A. Buck (Bed) 9:15; 2, A. Noble (HHH) 9:18; 3, J. Allen (Barn) 9:18; 4, S. Peaks (Thet) 9:23; 5, G. String (Bed) 9:25; 6, J. Barbour (Hav) 9:42. Teams: 1, Bedford 23; 2, Havering 52; 3, St James 117; 4, Barnet 126; 5, Framlingham 153; 6, Thetford 172.

Intermediates 2400m

1, J. Burrell (Ux) 11:51; 2, B. Samms (Ux) 12:00; 3, L. Day (Ver) 12:10; 4, P. Broughton (Har) 12:14; 5, L. Wragg (Ux) 12:21; 6, J. Brinkhurst (Hunt) 12:21; 7, S. Nockall (Ver) 12:39; 8, J. Geller (Har) 12:44; 9, C. Rogers (W Suff) 12:47; 10, C. Stewart (Wyc) 12:48. Teams: 1, Uxbridge 21; 2, Verlea 55; 3, Huntingdon 57; 4, Harlow 60; 5, Wycombe 88; 6, Barnet 96. (Juniors 2000m): 1, C. Brace (Enf) 9:24; 2, T. Lattimore (Har) 9:29; 3, W. Smith (Felt) 9:36; 4, A. Tamplin (Har) 9:39; 5, A. Good (Ver) 9:46; 6, B. Hutchins (WS&E) 9:54; 7, J. Bennett (WS&E) 10:00; 8, T. Hook (Felt) 10:01; 9, S. Noble (Har) 10:02; 10, L. Payne (Ux) 10:05; Teams: 1, Harlow 40; 2, Verlea 59; 3, Bedford 63; 4, Feltham 73; 5, Enfield 78; 6, WS&E 93. (Girls 1600m): 1, A. Clifford (Bed) 8:01; 2, S. Luke (Felt) 8:04; 3, D. Hilton (Ux) 8:08; 4, J. Baker (Bar) 8:11; 5, M. Oxlade (Ban) 8:27; 6, L. Fletcher (Enf) 8:38. Teams: 1, Bedford 52; 2, Wycombe 53; 3, Havering 91; 4, Verlea 101; 5, Uxbridge 120; 6, Feltham 122.

R.R.C. WALES

announce

The Eleventh Annual

NEWPORT TO TREDEGAR 22 MILES ROAD RACE

on Saturday, 21st December

starting from

THE CIVIC CENTRE, NEWPORT

at 1 p.m.

Entries (fee 25p) to Bernard Baldwin,
9 Campbell Terrace, Mountain Ash,
Glam. Tel: 2365.

CLOSING DATE

MONDAY, 16th DECEMBER

There will be no Christmas Week
Road Races in Tredegar this year.

continued from page 27

12:41; 8, T. Mills (M&D) 12:42; 9, J. Sinha (Salford Met) 12:44; 10, P. Montague (Salford) 12:46. **Teams:** 1, Sale 17; 2, Salford H 51; 3, Stockport 55; 4, Salford Metro 67; 5, Altrincham 90.

Found after race: pair of Tiger shoes, leather upper, size 7/8. Contact Geoff Doggett, League Secretary.

INTER-LEAGUE CC MATCH**At Leeds, November 23rd**

1, S. Kenyon (Red Rose) 33:26
2, C. Robinson (Red Rose) 33:34
3, D. Cannon (Mid Lincs) 33:51
4, D. Nichol (W Yorks) 34:11; 5, A. Spence (W Yks) 34:16; 6, A. Dewhurst (W Yks) 34:17;
7, T. Godolphin (W Yks) 34:22; 8, J. Temperton (W Yks) 34:26. **Teams:** 1, West Yorks 39; 2, Red Rose 75; 3, Mid Lincs 88. (**Youths/Boys:** 1, S. Caldwell (RR) 17:13; 2, P. Campbell (RR) 17:17; 3, K. Bell (W Yks) 17:18; 4, C. Holland (W Yks) 17:34; 5, M. Upton (W Yks) 17:35; 6, I. Parker (W Yks) 17:37. **Teams:** 1, West Yorks 33; 2, Red Rose 72; 3, Mid Lincs 78.

WESTWARD WINTER CC LEAGUE**At Yeovil, November 16th**

1, R. Harding (St Lukes College) 29:39
2, C. Abrahams (Torbay) 29:48
3, J. Kilsby (City of Plymouth) 29:56
4, G. Seward (Ex) 30:04; 5, D. Milner (Ply) 30:29; 6, J. Street (Ply) 30:33; 7, D. Hughes (Ply) 30:36; 8, P. Barber (St L) 30:50; 9, I. Nuckey (Ply) 31:01; 10, R. Retter (Ex) 31:07;
11, C. Sowden (Torb) 31:14; 12, C. Owen (Yeo) 31:16; 13, E. Botjler (Ply) 31:21; 14, M. Paine (Torb) 31:22; 15, J. Flatters (Yeo) 31:44; 16, C. Mills (Torb) 31:57; 17, R. Blake (Ex) 32:25; 18, I. Clarke (Yeo) 33:24; 19, B. Escher (Ex) 33:51;
20, J. Tyley (Yeo) 23:07. **Teams:** 1, Plymouth 475; 2, Torbay 436; 3, Exeter 432; 4, Yeovil 416; 5, St Lukes 410; 6, Royal Marines 355; 7, St Lukes 'B' 255; 8, Plymouth 'B' 167; 9, Tiverton 141; 10, RM 'B' 124.

Youths

1, S. Kidd (QE) 19:07; 2, I. Deakin (Torq GS) 19:24; 3, J. Osbourne (Yeo) 19:54; 4, R. Blackmore (Ex) 20:18; 5, J. Austin (Ply) 20:30; 6, P. Curtin (Ply) 20:48; 7, K. Patrick (QE) 21:09; 8, S. Farr (Torb) 21:29; 9, J. Zaple (Ex) 21:41; 10, P. Hore (Torb) 22:12. **Teams:** 1 eq, Plymouth & Queen Elizabeth GS 281; 3, Exeter 275; 4, Torquay GS 271; 5, Torbay 268; 6, Yeovil 98; 7, Tiverton 88.

Boys

1, M. Martens (Ply) 12:30; 2, P. Cameron (Ex) 12:33; 3, D. Barnes (Ply) 13:01; 4, A. Johns (Ply) 13:12; 5, N. Pippard (Yeo) 13:15; 6, A. Pain (Ply) 13:18; 7, C. May (Ply) 13:18; 8, K. Ferrell (Ply) 13:25; 9, M. Jones (Ply) 13:39; 10, R. Jackson (Ex) 14:08; 11, J. Cornford (Torq) 14:08; 12, P. Marks (QE) 14:10; 13, M. Smith (Torq) 14:11; 14, M. Wilk (QE) 14:12; 15, C.

Cochram (Tiv) 14:12. **Teams:** 1, City of Plymouth 390; 2, Yeovil 345; 3, Plymouth 'B' 344; 4, Torquay GS 338; 5, Exeter 332; 6, Queen Elizabeth 331; 7, Yeovil 'B' 294; 8, Tiverton 280; 9, Yeovil 'C' 274; 10, Q Eliz 'B' 255.

Senior Women

1, R. Morrish (59C) 13:38; 2, A. Mason (Ex) 14:09; 3, J. Rice (59C) 14:18; 4, K. Rice (59C) 15:13; 5, J. Wadman (Ex) 15:26; 6, D. Williamson (Yeo) 16:02; 7, S. Bolsyer (QE) 16:05; 8, J. Wadsworth (QE) 16:25; 9, B. Wightman (Torb) 16:28; 10, S. Rich (QE) 16:36. **Teams:** 1, 59 Centre 295; 2, Queen Elizabeth 278; 3, Exeter 195; 4, Yeovil 95; 5, Torbay 92; 6, Plymouth 90.

Juniors

1, C. Venner (59C) 11:25; 2, S. Frost (Yeo) 11:30; 3, B. White (Ex) 11:58; 4, S. Murray (Ply) 12:06; 5, L. Lavercombe (Ex) 12:09; 6, S. Love-more (59C) 12:20; 7, J. O'Connor (Yeo) 12:20; 8, S. Bailey (59C) 12:24; 9, J. Everett (Yeo) 13:12; 10, L. Clements (Ex) 13:15. **Teams:** 1, 59 Centre 288; 2 eq, Yeovil & Exeter 285; 4, Plymouth 97; 5, Tiverton 90; 6, Torbay 89. (**Minors:** 1, J. Summers (Ex) 9:05; 2, S. Hooper (59C) 9:19; 3, K. Adams (Yeo) 9:20; 4, J. Tucker (Tiv) 9:23; 5, S. Murray (Ply) 9:43; 6, S. Pippard (Yeo) 9:45; 7, R. Reay (59C) 9:47; 8, B. Reay (59C) 9:48; 9, S. Davies (Yeo) 9:52; 10, L. Tapp (59C) 10:00. **Teams:** 1, 59 Centre 286; 2, Yeovil 285; 3, 59 Centre 'B' 267; 4, Yeovil 'B' 247; 5, Tiverton 187; 6, Exeter 185.

**NORTHUMBERLAND & DURHAM
WOMEN'S CC LEAGUE****At South Shields, November 23rd****Senior Women 2½M**

1, M. Larkin (Blay) 20:02; 2, K. Yates (S Shields) 23:25; 3, A. Johnstone (NSP) 23:33; 4, A. Wilson (S Shields) 24:24. (**Inters:** 1, S. Blair (West) 20:51; 2, M. Bell (Jarr) 21:35; 3, A. Cook (Jarr) 25:20. (**Juniors:** 1, J. Bell (Jarr) 11:04; 2, D. Hedley (Jarr) 11:04; 3, S. Kirkwood (Blay) 11:17; 4, C. Dobson (West) 11:27; 5, L. Cook (Bly) 11:36; 6, K. Taylor (Jarr) 11:40; 7, D. Hall (Gates) 11:42; 8, A. Lennox (Salt) 11:55; 9, L. Teasdale (Salt) 12:00; 10, J. Younger (Blay) 12:04. **Teams:** 1, Jarrow 9; 2, Blaydon 24; 3, Saltwell 31. (**Girls:** 1, D. Kitchen (Jarr) 11:12; 2, S. Bannister (Hough) 11:33; 3, S. Pilkington (Gates) 11:45; 4, S. Manson (West) 11:59; 5, W. Elliott (Salt) 12:18; 6, E. Belshaw (Hough) 12:47; 7, A. Carey (Jarr) 13:05; 8, S. Carey (Jarr) 13:24; 9, S. Robson (Gates) 13:24; 10, L. Hills (Hough) 13:36. **Teams:** 1, Jarrow & Hebburn 16; 2, Houghton 18; 3, Westfield 31.

NORTH MIDLAND CC LEAGUE**At Peterborough, November 23rd**

1, D. Moorcroft (Lough) 27:40; 2, R. Callan (Leic) 28:01; 3, T. Colton (Lough) 28:09; 4, J. Eley (Dby) 28:14; 5, P. Romaine (SHH) 28:18; 6, M. Knowles (Leic) 28:19. **Teams:** 1, Lough-

ADIDAS SHOES

Special Pre-Christmas Offers

£1 OFF the present prices in bold type. Prices in brackets are the new prices from January 1st, 1975. Deduct £1 when sending your order.

Hammer—Blue velour uppers, white trim. Outside heel counter for extra protection. Sizes: 7, 8 only **£12.75** (£13.15).

Discus and Shot—Blue velour uppers, white trim. Long wearing non-slip sole with extra toe-cap protection. Sizes: 8, 9 only **£11.95** (£12.70).

Javelin—Blue velour kangaroo uppers, white trim. Flexible sole construction, rubber toe-cap and heel protection. Sizes: 4½ **£11.65**, 7, 8, 9, 11 **£18.44** (£19.99).

High Jump—Blue velour uppers, white trim. Rubber coated sole for extra stability. Rounded heel. Sizes: Right shoe—6, 6½, 7, 8, 10, 10½. Left shoe—6, 7, 7½, 8, 8½ **£9.89** (£10.50).

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And **50p OFF** these:—

Apollo—Yellow super lightweight nylon uppers, black trim. Thick rubberised padding for extra protection. Four interchangeable spikes. Sizes: 4, 5 **£6.35**, 6, 6½, 7, 7½, 8, 8½, 9 **£6.95** (£7.25).

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THE SPORTS CENTRE

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

borough Colleges 60; 2, Leicester Coritanian 62; 3, Notts 84; 4, Derby 88; 5, South Holland 156; 6, Grimsby 174; 7, Peterborough 226; 8, Leicester 'B' 256; 9, Kettering 272; 10, Plessey 319. (Youths): 1, N. Lees (Dby) 15:15; 2, N. Field (SHH) 15:48; 3, M. Yattim (Dby) 16:30; 4, M. Brookes (Notts) 16:31; 5, M. Sholl (Leic) 16:33; 6, R. Woodruff (Dby) 16:36. **Teams:** 1, Derby 10; 2, South Holland 31; 3, Leicester Coritanian 32; 4, Notts 59; 5, Sutton-in-Ashfield 59; 6, Kettering 88; 7, Lincoln C&C 90; 8, Grimsby 97; 9, Peterborough 112; 10, Newark 115.

GLOUCESTERSHIRE WOMEN'S CC LEAGUE

At Black Bridge, November 23rd

Senior Women

1, B. Marfell (Glos) 13:04; 2, G. Wallace (Glos) 15:07. (Juniors): 1, C. Carwood (Worcs) 7:37; 2, N. MacIntyre (West) 7:56; 3, L. Savage (Bris) 8:00; 4, D. Harris (West) 8:03; 5, S. Doody (West) 8:05; 6, K. Last (Worcs) 8:20. **Teams:** 1, Westbury 11; 2, Worcester 14. (Minors): 1, K. Smith (Durs) 4:14; 2, A. Jenkins (Worcs) 4:19; 3, K. Last (Worcs) 4:26; 4, K. Wurml (Worcs) 4:27; 5, C. Nuttall (West) 4:30; 6, S. Gwinnell (Bris) 4:32. **Teams:** 1, Worcester 9; 2, Dursley 20; 3, Westbury 21.

ARMY v UAU v PE WING COLLEGES v RMAC

At Sandhurst, November 20th

1 eq, N. Jeffrey (WC), N. Saunders (WC) & J. Brown (WC) 27:53; 4, S. Harrison (A) 28:00; 5, E. Turner (A) 28:23; 6, M. Gue (A) 28:25; 7, J. Henry (A) 28:26; 8, S. Jacob (WC) 28:30; 9, G. Grant (A) 28:44; 10, J. Todd (UAU) 28:51; 11, R. Harding (WC) 28:52; 12, R. Brennan (WC) 28:53; 13, E. Ranicar (A) 28:59; 14, R. Peck (UAU) 29:28; 15, Stanton (A) 29:39; 16, I. MacBride 29:43; 17, J. Davy (WC) 29:45; 18, P. Barber (n/s) 29:46; 19, Jacklin (n/s) 29:49; 20, H. Jones (UAU) 30:09; 21, J. Broad (n/s) 30:28; 22, Zimba (n/s) 30:39; 23, F. Cuthbert (UAU) 30:50; 24, Freeman (n/s) 30:51; 25, A. Hughes (UAU) 30:54. **Teams:** 1, PE Wing Colleges 37; 2, Army 44; 3, UAU 98; 4, RM Academy 152.

ESSEX VETS CC CHAMPS

At Billericay, November 23rd

1, R. Coxon (Woodford Green) 28:50
2, E. Andrews (Havering) 28:56
3, K. Jones (Walthamstow) 29:11
4, T. Everitt (E Man) 29:19; 5, D. Plater (If) 29:41; 6, G. Smith (E Man) 29:53; 7, B. Cole (E Man) 29:57; 8, R. Budd (Hav) 30:06; 9, D. Hardy (W Gn) 30:29; 10, G. Pells (If) 30:45; 11, B. Motley (If) 30:46; 12, J. Rooke (Ex) 30:51; 13, T. Samuels (Hav) 30:54; 14, P. Kearsey (E Man) 30:58; 15, D. Jones (If) 31:05. **Teams:** 1, Eton Manor 17; 2, Havering 23; 3, Ilford 26; 4, Woodford Green 31; 5, Essex Beagles 50; 6, Orion 57; 7, Walthamstow 82; 8, Chelmsford 94. (O/50): 1, J. Fenn (Orion) 33:21; 2, B. Wade (W Gn) 34:52; 3, L. Burnett (W Gn) 35:16. (O/60): 1, F. Devenald (If) 35:52; 2, E. Sears (Ex) 45:41; 3, S. Edwards (Hav) 48:00.

LETTERS

SHAUL LADANY WAS FASTER

Dear Sir,

All praise to all those responsible for making the recent Accolade 8-hour track walk the major success it was. It is just this kind of promotion that proves to the doubters that race walking is indeed a sport full of vigour—and, just as importantly, shows to those on the international scene who are in the process of giving the entire race walking fraternity a kick in the pants that the sport can take care of itself very nicely. We need more such events worldwide to keep demonstrating to the doubters race walking's continued vitality.

However magnificent Ray Middleton's performances were—as well as all the others—I would like to point out that four of his clockings were not really world bests.

I believe that the following four clockings of Dr. Shaul Ladany of Israel set in our own 50-mile track walk at Oakhurst, NJ on April 16th 1972 earn the right to be called world bests: 50 miles in 7:23:50; 47 miles in 7 hours (actually passed 47 miles, 440 yards in 7:00:02); 40 miles, 880 yards in 6 hours (actually passed 40 miles, 1320 yards in 6:00:12); and 40 miles in 5:53:17.

An event I would like to propose as a further step in assuring race walking's future is a "World Walking Week". This would be an annual or bi-annual gathering of the worldwide race walking fraternity. It would be a competitive gathering—perhaps incorporating a race programme as follows: men's 10, 20, 50 and 100km; men's vets at the same distances; women 5, 10 and 20km junior men 5, 10 and 20km; junior women 5 and 10km, plus a relay walk to cap it all. It would also be a social gathering of friendly competitors and their families, as well as an opportunity for world officialdom to thrash out any problems that may arise and work for superior organisation of the sport in future years. With the events in one location, low-cost charter transportation would become available. I think such an event could have innumerable benefits—and now is the time to start work on making it a reality.

Elliott Denman,

President, Shore AC, New Jersey

ENCOURAGEMENT SHOULD BE GIVEN

Dear Sir,

Without being accused of occupying too much space in your valuable magazine, may I comment on two points in your weekly of 9/11/74.

Firstly, Barry Willis expresses concern on the situation regarding officials. He really would have something to say if he had the onerous task of supplying 20 meetings in South Yorkshire with officials. The picture here is desperate, the worst season for five years having recently finished. Indeed at one meeting it was staffed completely with officials from another District. Of the 20 meetings, on no fewer than eleven

occasions were starters also imported. In two other meetings a practice gun had to be used. I don't profess to have the answer but what I would say is that it should be stated that graded officials spend some time at local level (this would be an incentive to newcomers) and also officials at every level be encouraged.

Secondly, I really must take issue with Dave Cockledge and his comments on the Unigate marathon. At Rotherham we would dearly love to stage the AAA marathon; we have worked hard to promote our own epic. Five incident-free races in the past and in 1975 a new course and additional prizes (it already costs the club £105 to stage). I have written to over 80 past competitors presenting our 1975 plans in the hope they will support us.

I notice the 1975 AAA marathon goes to Stoke. As I have already stated, encouragement should be given. Need I say any more?

David Haywood,
Rotherham H

THE DRAIN OF ATHLETES

Dear Sir,

Full mark to Phil Thomas (letters, October 19th) on the theme which I first aired in your weekly (18/8/73) . . . that the drain of good athletes to British league clubs from smaller clubs is not good for British athletics in general. Not only, as Mr Thomas states, do we have this flow which must make small clubs wonder if it is all worthwhile but also it must reduce the chances of new clubs starting in the "athletic wilderness".

The strength of National athletics, in my view, stems not from the size of its population but from the size of its athletic population and I wonder whether we exceed tiny Finland in this respect?

Although I can point to three villages in South Yorkshire with a population of less than 10,000 who each have a club and a track I can supply a whole list of towns with populations that are 20,000 plus and one of 150,000 in the same region who cannot offer the facilities of an athletic club.

The answer is two tier competition with athletes having access to regular higher competition, from clubs however small. This could be in the form of a County or in an "Umbrella club" available to several clubs in a specific area that has been formed solely to contest National or Area leagues without prejudice to first claim status.

R. G. Rowbotham,
Rotherham H

NOS GALAN DEAD AS GUTO NYTHBRAN

Dear Sir,

I was rather pleased to read the letter from William Kirk of Dudley & Stourbridge H. At least one runner has written! In all I have had fewer than five letters of condolence from athletes and officials. Anyway, I struggled and struggled against Superintendent Trefor Rees of Aberdare,

but to no avail. We met at my home in July, at his request. He flatly turned down the 4 miles, men's and women's mile races and in a subsequent meeting, when we asked that all four remain, he turned us down.

He was invariably on leave or not available when I wanted to put my final request to him, though eventually, in mid-November, a meeting was convened in his office: I had asked that the Message bearer (Steve Cluney of Blackheath) and the Mystery Runner be allowed to arrive at the 100 yards start just before midnight. He again turned it down.

So passes another milestone in Welsh history: Nos Galan is as dead as the man whose exploits were celebrated each year—Guto Nythbran. Perhaps poor Guto, in his grave at Llanwonno, will now get some peace on New Year's Eve.

Bernard Baldwin,
Mountain Ash

POOR ORGANISATION

Dear Sir,

For many years now it has been unfortunately true that athletes have had reason to complain about their treatment by officials at meetings.

I was myself among the victims of the most appalling example of poor organisation at the Cosford Open Meeting on November 16th. Incredibly, we 3000m runners were to be competing at either 2.10 pm or 5.25 pm according to the lottery held at 1.50 pm.

A Senior MCAA official was apologetic and referred me to one of the meeting's organisers whose attitude was very close to being offensive. As the gentleman in question is a leading middle distance coach one would have expected a higher level of empathy towards athletes who need to know the timing of their event well in advance.

I am aware that some 1400 athletes had entered for the meeting but I fail to see that it was impossible to divide the 3000m competitors at an earlier stage into two groups: those competing in the early afternoon and those competing in the early evening.

Surely the MCAA has a responsibility when putting on a meeting at Britain's major indoor athletics centre to provide the best in organisation. Can we hope that these comments will be considered at future meetings?

P. Guppy,
Leamington AC

AVON COUNTY AAA

Dear Sir,

I am writing to inform you (and your readers) that Avon County AAA is now 'operational'. Avon CAAA is a joint Association (men and ladies) and will hold the first County Championships, which will be the Cross-Country Championships for men and ladies, on January 5th 1975 at Whitchurch Sports Centre, Bristol. Entries close December 21st.

I don't think that is properly understood

locally that athletes who have never taken part in a County Championship and have Avon birth and residential qualifications are **NOT** eligible to run in Gloucestershire or Somerset County Championships. Also, that if an athlete, with the new Avon qualification, has taken part in other County Championships, then he/she will be eligible for Avon if their previous County qualification is renounced in writing to their 'old' County secretary. The latter of course is a personal choice, but I think that it might be of great benefit to point this out, in your magazine, in view of the AAA acceptance of the 'new' Counties. I presume that the other new counties will also be holding their first Championships this winter and if you would be good enough to indicate this 'problem' of County qualification in a future publication, then it may greatly assist to obviate any misunderstanding.

The officers of Avon CAAA are: Chairman: F. P. Hill; treasurer: M. Smith; general secretary: A. P. D. Glanville, 92 Briar Way, Fishponds, Bristol BS16 4JL.

Adrian Glanville,
Hon General Secretary

REDUCE 'NATIONAL' ENTRIES

Dear Sir,

I believe the number of entries for the National Cross-Country Championships should be limited as in the Track Championships, and the distance reduced to that of the International cross-country race. I think both these suggestions would help to select the best national team.

With well over a thousand runners in the senior race alone, changing rooms and a good course must be a headache for the organisers.

Last year I saw a runner in front of me run into a metal post at a very painful height! He was taking a sharp bend and was forced wide because of the volume of runners. If the numbers are not restricted soon one year we will have a serious accident.

To restrict numbers I suggest only the first eight teams and the first 100 individuals from each area, plus anyone finishing in the first 200 of the 'National' the previous year. This, I believe, will reduce the field to about 500 runners and make it just as exciting a race for spectators as well as for competitors.

Peter Horwood,
Blackheath Harriers

CROSS-COUNTRY AGE GROUPS

Dear Sir,

Whether or not we agree with the cross-country age groups, surely we should comply with them. The obvious place to express our disagreement is at annual general meetings.

At the moment race organisers seem to be going their own sweet way and this, I think, is what is causing a chaotic situation. In the 'AW' for November 16th, for example, one advertisement includes Colts U/14, Boys U/16 and Youths/Juniors (no age stated); another includes under

15 years and under 17 years; and yet another includes Young Athletes (U/18).

It is time that there was much more uniformity and this can only be brought about by following official policy.

As for registration of athletes, please let us have this as soon as possible. I am not going into the advantages and disadvantages—these are well known. All I wish to do is to say that I am in full agreement with this scheme, as are many committee members of this club.

Keith Picksley,
Membership & CC Secretary,
Notts Athletic Club

CHEATING BY SOVIET WALKER

Dear Sir,

Well what can one say? I am disgusted: the Russian disqualified for **CHEATING!** But to add to that I, among many others, must congratulate Roger Mills for finally receiving an award he should have got in the beginning.

Vladimir Zhaloshik got what he deserved and I am quite sure Roger Mills would have beaten him if he had not cheated. What makes me so angry about it is the fact that Russia spends nearly 5,000 million pounds a year on sport financing and they have the best sports training facilities in the world. They train full-time and have the best coaches and still they have to **CHEAT.**

If I got selected to represent my country at the 1980 Olympic Games I quite definitely would not go there. I have been there twice and after hearing this I never will go again.

Justin Stupart,
Dunstable

CARDIFF AAC SCHOOLS CC RACES

At Blackweir, November 16th

Boys

1, A. Cummings (Glan) 14:02; 2, A. Nicholas (KH VIII) 14:15; 3, I. King (Glyn D) 14:44; 4, G. Griffiths (Cymmer A) 14:54; 5, N. Frost (Fern) 14:59; 6, K. Willis (Glyn) 15:13; 7, S. Baker (Fern) 15:24; 8, D. Morris (KH) 15:32; 9, P. Lacey (Llanishen) 15:34; 10, K. Williams (Glyn) 15:34. **Teams:** 1, Ferndale 41; 2, Glyn Derw 41; 3, King Henry VIII 72. **(Colts):** 1, K. Haycox (Fern) 10:20; 2, N. Morgan (BoL) 10:21; 3, M. Jones (Ynysawdre) 10:22; 4, C. Bailey-Wood (BoL) 10:27; 5, H. Pritchard (Whit) 10:31; 6, D. Woodford (St C) 10:33; 7, C. Fennessy (Whit) 10:40; 8, K. Price (Barry) 10:43; 9, D. Bounds (Llanishen) 10:51; 10, N. Gill (Fern) 10:52. **Teams:** 1, Ferndale 25; 2, Ynysawdre 48; 3, Whitchurch 53. **(Junior Colts):** 1, W. Dewar (St C) 5:36; 2, K. Howells (B Hann) 5:38; 3, M. Thomas (BoL) 5:44; 4, P. Union (Mostyn) 5:49; 5, N. Davies (BoL) 5:52; 6, K. Tannetta (BoL) 6:00. **Teams:** 1, Bishop of Llandaff 24; 2, Ferndale 35; 3, Mostyn 73. **(Inter Girls):** 1, P. Roblin (St C) 13:38; 2, G. Davies (How) 14:16; 3, B. Richardson (Ynysawdre) 14:17; 4, A. Walton (How) 14:47; 5, F. Byfield (How) 15:33; 6, K. Davies (St C) 17:00. **Team:** Howardian 10;

(Juniors): 1, E. Stead (How) 11:08; 2, C. Keaney (How) 11:19; 3, E. Usher (B Hann) 11:28; 4, J. Leach (Fern) 12:02; 5, A. Cavanagh (Lady M) 12:22; 6, A. Evans (U Rhondda) 12:38. **Teams:** 1, Howardian 15; 2, Upper Rhondda 29. **(Girls):** 1, L. Jones (KH) 6:01; 2, S. Hooper (St C) 6:04; 3, S. Purse (Whit) 6:23; 4, Y. Gwynn (Lady M) 6:27; 5, F. Carless (How) 6:28; 6, C. Yardley (Whit) 6:29. **Teams:** 1, Whitchurch 25; 2, Sy Cyres 50; 3, Howardian 50.

KENT AC SCHOOLS CC RACES

At Albany Park, November 16th

Intermediate Boys

1, Sewell (C&S) 14:23; 2, Daly (St M) 14:31; 3, Arnell (St M) 14:32; 4, Blackley (Brock) 14:37; 5, Stewart (Bex) 14:40; 6, Bradman (C&S) 14:50; 7, Johnson (C&S) 14:53; 8, McDermot (C&S) 14:53; 9, Byrne (C&S) 15:02; 10, Williamson (Brock) 15:04; 11, Percival (Brock) 15:12; 12, Brocker (C&S) 15:16; 13, Bridges (C&S) 15:20; 14, Peters (Roan) 15:25; 15, Warren (Elt) 15:32. **Teams:** 1, Chislehurst & Sidcup 22; 2, Brockley 51; 3, St Marys 52; 4, Bexley & Erith 64; 5, Roan 74. **(Juniors):** 1, Osbourne (Quer) 15:28; 2, Hardy (Elt) 15:35; 3, Swan (C&S) 16:24; 4, Thornton (C&S) 16:36; 5, Hughes (Roan) 16:45; 6, Truelove (St J) 16:48; 7, O'Brien (St J) 16:49; 8, Hughes (St M) 16:51; 9, Collins (C&S) 16:56; 10, Waldmeyer (C&S) 16:57. **Teams:** 1, Chislehurst & Sidcup 26; 2, St Marys 56; 3, St Josephs 70; 4, Eltham Green 70; 5, Roan 109; 6, Alleyns 134. **(U/12):** 1, Cockrill (B&E) 16:26; 2, Rugby (EG) 16:42; 3, Ward (BC) 16:46; 4, Giles (C&S) 16:59; 5, Smith (BC) 17:05; 6, Hume (C&S) 17:09; 7, Linford (C&S) 17:12; 8, Boorman (C&S) 17:13; 9, Jeffrey (All) 17:16; 10, Stapleton (St J) 17:22. **Teams:** 1, Chislehurst & Sidcup 25; 2, Brockley 37; 3, Bexley & Erith 72; 4, Eltham Green 107; 5, Chislehurst & Sidcup 'B' 117; 6, St Josephs 125.

CARLYON BAY SCHOOLS ROAD RELAY

November 16th

Intermediate Boys 3 x 3M

1, Fowey (A. Carthew 19:48, G. Brett 20:05, T. Smith 19:01) 58:54; 2, Poltair (T. Mabey 20:47, P. Wailks 21:04, G. Carrell 24:01) 65:52. **Fastest:** Smith 19:01. **(Juniors 3 x 1.6M):** 1, Fowey (S. Ferris 9:49, S. Whetter 10:03, G. Hovey 10:46) 30:38; 2, Poltair (A. Britton 9:36, R. Nicholls 10:17, A. Ford 11:02) 30:55; 3, Poltair 'B' (P. Andrews 9:47, G. Burder 11:53, S. Dyer 10:55) 32:35. **Fastest:** Britton 9:36. **(Inter Girls 3 x 1.6M):** 1, Poltair (B. Yelland 10:25, N. Wilson 11:22, W. Lawson 12:13) 34:00; 2, Fowey (A. Skingle 13:20, K. Symington 11:20, D. Graham 10:27) 35:07; 3, Poltair 'B' (P. McDonald 13:24, C. Atkinson 12:56, S. Brennan 12:50) 39:10. **Fastest:** Yelland 10:25. **(Juniors):** 1, Poltair (K. Talbot 9:02, J. Lawson 9:53, C. Lintern 9:10) 28:05; 2, Truro GS (W. Wills 9:21, M. Barker 10:18, S. Cockerill 9:01) 28:40; 3, Plymstock (J. Davidson 10:20, E. Gardner 9:54, K. Corfield 9:31) 29:45. **Fastest:** Cockerill 9:01.

WELSH WOMEN'S INTER-COUNTIES CC

At Brecon, November 23rd

Seniors

1, R. Morrish (Dev) 16:43; 2, J. Lochhead (Yks) 17:09; 3, J. Rice (Dev) 18:26; 4, L. Johns (Gwent) 19:46; 5, A. Russell (Wilts) 20:42; 6, J. Farr (Wilts) 21:04. No team. (Inters): 1, A. Mason (Dev) 15:23; 2, J. Wadman (Dev) 16:21; 3, S. Lode (Pow) 16:28; 4, G. Emmerson (Wilts) 16:48; 5, A. Lewis (Gwent) 16:57; 6, J. Clement (W Glam) 17:19; 7, P. Pearce (Wilts) 17:33; 8, P. Waters 17:33; 9, J. Nutall (Dev) 17:44; 10, E. Slack (Wilts) 18:21; 11, S. Clark (W Glam) 18:23; 12, A. Cummings (S Glam) 18:26; 13, K. Price (Dyfed) 18:39; 14, P. Bevans (Gwent) 18:46; 15, M. Beavan (Gwent) 18:50. Teams: 1, Devon 30; 2, Wilts 38; 3, Powys 47; 4, Gwent 52; 4, West Glamorgan 75; 6, Mid Glamorgan 112.

Juniors

1, C. Venner (Dev) 10:37; 2, D. Miles (Wilts) 10:39; 3, B. White (Dev) 10:53; 4, D. Lewis (S Glam) 10:54; 5, D. Evans (Gwent) 11:00; 6, C. Kearney (S Glam) 11:01; 7, A. Fox (W Glam) 11:07; 8, G. Williams (W Glam) 11:08; 9, S. Murray (Dev) 11:09; 10, L. Lavercombe (Dev) 11:12; 11, K. Norris (Wilts) 11:13; 12, A. Day (Gwent) 11:15; 13, E. Steed (S Glam) 11:16; 14, L. Usher (S Glam) 11:20; 15, Lovermore (Dev) 11:25; 16, A. Lewis (Wilts) 11:35; 17, E. Jones (Pow) 11:42; 18, S. Bailey (Dev) 11:46; 19, P. Hartley (S Glam) 11:48; 20, K. Jones (Glam) 11:52. Teams: 1, Devon 23; 2, South Glamorgan 37; 3, Wilts 55; 4, Gwent 70; 5, West Glamorgan 77; 6, Powys 111; 7, Mid Glamorgan 140.

Girls

1, S. Williams (Pow) 8:24; 2, L. Chever (Gwent) 8:29; 3, T. Walker (Gwent) 8:30; 4, C. McDermot (Pow) 8:38; 5, C. Davies (Gwent) 8:39; 6, J. Summers (Dev) 8:40; 7, L. Jones (Gwent) 8:43; 8, S. Hooper (Dev) 8:56; 9, D. Coney (W Glam) 8:58; 10, S. Hooper (S Glam) 8:58; 11, D. Foulkes (Glam) 8:59; 12, A. Blakey (S Glam) 9:01; 13, R. McKay (S Glam) 9:02; 14, C. Deveren (Pow) 9:03; 15, G. Reece (S Glam) 9:04; 16, R. Martin (Wilts) 9:07;

MIKE SULLY RACES cont. from page 19

(Shrew) 12:31; 13, J. Mancey (Read) 12:32; 14, B. White (Ex) 12:35; 15, A. Beresford (Cann) 12:41; 16, S. Nuttall (West) 12:43; 17, K. Norris (Trow) 12:44; 18, D. Miles (Trow) 12:48; 19, P. Flanhery (Sol) 12:54; 20, L. Dyer (Bris) 12:55. Teams: 1, Westbury 21; 2, Reading 42; 3, Bristol 50; 4, Bourne-mouth 74; 5, 59 Centre 80; 6 Portsmouth 83; 7, Shrewsbury 86; 8, Exeter 88; 9, Ilford 93; 10, Bristol 101.

Girls

1, J. Williams (Brec) 9:27; 2, K. Smith (Durs) 9:29; 3, K. Sidwell (Read) 9:29; 4, K. McDermott (Brec) 9:46; 5, C. Trott (Port) 9:47; 6, W. Purser (Port) 9:55; 7, S. Gwinnell (Bris) 9:57; 8, C. Davies (Port) 9:58; 9, M. Hopkins (Bris) 9:59; 10, B. Gillespie (Bris) 10:02; 11, D. Foulkes (Pont) 10:02; 12, F. Francis (Read) 10:03; 13, B. Jones (Hales) 10:10; 14, M. Bergin (West) 10:12; 15, J. Backwell (Notts) 10:20. Teams: 1, Bristol 26; 2, Brecon 26; 3, Pontypool 48; 4, Reading 52; 5, Portsmouth 55; 6, Dursley 57; 7, Westbury 65; 8, Halesowen 78; 9, Brecon 'B' 91; 10, Bristol 'B' 92.

17, S. Purse (S Glam) 9:11; 18, F. Carless (S Glam) 9:15; 19, A. Slater (S Glam) 9:17; 20, G. Cross (S Glam) 9:18. Teams: 1, Gwent 17; 2, Powys 42; 3, South Glamorgan 54; 4, Devon 84; 5, West Glamorgan 140; 6, Wilts 143; 7, Mid Glamorgan 171.

Overall team results: 1, Devon 18; 2, Gwent 15; 3, Powys & Wilts 13; 5, South Glamorgan 11; 6, West Glamorgan 9; 7, Mid Glamorgan 4.

LONDON CC CHAMPS

At Parliament Hill, November 23rd

1, D. Bedford (Shaft) 30:24; 2, H. Starkey (Shaft) 30:44; 3, G. Ogden (High) 31:10. Teams: 1, Shaftesbury 13; 2, Woodford Green 42; 3, TVH 64.

* * *

Rotherham H&AC officers: President, B. Steeple; chairman and treasurer, P. G. Wood; secretary, R. G. Rowbotham, 68 Wickersley Road, Rotherham S60 3PP (Tel: Rotherham 2675); track sec, R. Newsome; CC sec, D. J. Haywood; road running sec, B. Mul-larkey.

* * *

North Shields Polytechnic Club officers: General secretary, N. J. Brown, 24 Dunsdale Road, Holywell, Whitely Bay, Northumberland NE25 0NG (Tel: Seaton Delaval 482195); athletics sec, S. T. Lamb, 49 Burwood Road, Moorhouse Estate, North Shields, Tyne & Wear (Tel: NS 81361); women's sec, Mrs Hudson, 6 Front Street, Preston Village, North Shields, Tyne & Wear (Tel: NS 78393).

* * *

The Annual Indoor Pentathlon and Half Decathlon will be held on Saturday, January 11th at RAF Cosford. An advertisement will appear next week.

CLASSIFIED ADVERTISEMENTS

4p per word. Box No 10p extra. Trade 8p per word, 6 insertions of same copy 7p per word, 13 insertions 6p per word, 26 insertions 5p per word —prepaid.

FREE . . . FREE . . . FREEDOM SHORTS with orders over £15. Choose from the fabulous Adidas SL 72, £9.24, Cross £4.99, Gazelle £8.89, Country £8.69, Apollo spikes £6.95, Tiger Marathon £6.79. Rainsuits (Royal, Gold, Red) Jackets £5.07, Trousers £3.62, complete £7.99. Freedom Shorts £1.35. Socks 69p. Prices include postage. **Martin Evans Sports, Faringdon, Berks.**

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SL 72 £9.50, Gazelle £8.60, Sox padded sole 70p, Patrick super light spikes £6.90 7½+, Tracksters £2.40, Freedom shorts £1.30, full stock, return service post free. Also hiking equipment. **Holme Valley Sports, 76 Huddersfield Road, Holmfirth, Yorks.**

WANTED — Massage plinth/medical inspection table. Portable preferred. Phone 01-574 5992 or write Box. No. 400.

DEFLATED. Athletics Through the Looking Glass ("a constant delight", said the A.W. reviewer) is now 50p. **Wildlife and Country Photos Ltd., Orcombe, Peckham Bush, Tonbridge.**

ATHLETIC EVENTS

An advertisement can increase **YOUR** entries. £2 per s.c. inch, per insertion **prepaid**. Quarter-page £7: Half-page £12; Page £20, per insertion. 25 per cent discount to clubs on four or more insertions of same copy. Cheques or Postal Orders should be crossed and made payable to "Athletics Weekly". Copy date—10 days before publication.

THAMES VALLEY HARRIERS TWO, 2 MILE BOYS' (Not Schools) CROSS-COUNTRY RACES

SATURDAY, 21st DECEMBER, 1974

At Memorial Hall, Cranford High Street

2.15 p.m.—Dalmaine Trophy 11-U/13 on 1/9/74

2.45 p.m.—T.V.H. Cup 13-U/15 on 1/9/74

Entries by 11th December, to F. P. Kehoe, 2 Gloucester Rd., Ealing, W.5. (01-567 2745) 6 to run, 4 to score; 1st team 50p, Reserve teams 25p; Individuals 12p.

BEDFORD TO ST. NEOTS ANNUAL BOXING DAY ROAD RELAY RACE (5 Stages)

(Organised by Bedford & County A.C.)

(Under AAA Rules)

on **BOXING DAY, THURSDAY, 26th DEC.**

Senior, Youths & Boys (Under 18 yrs)

Entry Fee: 75p per team.

and incorporating

OPEN 12 MILE INDIVIDUAL ROAD RACE

Including Veterans race

Trophy, medals and time certificates

Entry Fee 25p

Entries to D. M. Goodwin, 32 Chaucer Road, Bedford, (Tel: Bedford 46214).

CLOSING DATE, 16th DECEMBER

GOLDEN VALE ATHLETIC CLUB

Announce the

THIRD ANNUAL 'ELTHORNE 6'

Six Miles Cross Country Race

(Under A.A.A. & E.C.C.U. Laws)

for the Elthorne Challenge Trophy

(Present Holders: Ealing & Southall A.C.)

on **SATURDAY, 1st FEBRUARY, 1975**

at 3 p.m.

**ELTHORNE PARK, BOSTON ROAD,
HANWELL, W.7**

Prizes: Elthorne Challenge Trophy to winning Team (4 run, 3 score). Medals for first three Teams. Prizes for first four finishing. Prizes for first three Veterans finishing. **ALL TOP VALUE PRIZES.**

Entries: No Team fee, all enter as Individuals. 15p per entrant. Entries to D. Barry, 30 Bedford Road, West Ealing, W.13. Enquiries 567 0705.

Closing date: Monday, 27th January

SCOTTISH A.A.A.

INDOOR CHAMPIONSHIPS

to be held on

SATURDAY, 25th JANUARY, 1975

at **BELL'S SPORTS STADIUM, PERTH**

Entry forms obtainable from R. W. Green-oak, 41 Greenfield Crescent, Balem, Midlothian, EH14 7DD.

WESTBURY HARRIERS

FIRST ANNUAL

BOXING DAY ROAD RACES

Sponsored by Brisco (Equipment) Ltd.

At 10.30 a.m., start and finish at White Lion Hotel, Westbury-on-Trym, Bristol. Formerly held at Clevedon.

Races for Senior/Junior Men, Young Athletes, Boys, Senior/Intermediate Women, Junior Girls, Minor Girls.

Prizes to first three individuals in all races plus special awards.

Fees: 20p Seniors, 15p all others.

Entries/Enquiries with s.a.e. to Mr D. Burroughs, 23 Westbrook Road, Brislington, Bristol BS4 5EE. (Tel: 711737).

ENTRIES CLOSE DECEMBER 16th

CWMBRAN OLYMPIADS

OPEN FLOODLIT MEETING

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

CWMBRAN STADIUM

TUESDAY, 17th DECEMBER, 1974

Track Events

7.00 p.m. 100m (all ages).

7.45 p.m. 3000m (JM, SM).

8.00 p.m. 1500m (all ages).

9.00 p.m. 300m (Y, JM, SM).

9.15 p.m. 600m (SW, SM).

Field Events

7.00 p.m. LJ (all ages).

7.30 p.m. HJ (all ages).

8.00 p.m. TJ (Y, JM, SM).

Entry Fees: Seniors 20p, others 15p per event.

ENTRIES CLOSE SAT., 14th DECEMBER

Late entries 10p extra.

S.A.E. for acknowledgement of entry please. P.Os/Cheques payable to Cwmbran O.A.C.

To:—

R. D. Evans, 6 Ash Green, Oakfield Park, Cwmbran, Gwent.

Name

Address

.....

..... Club.....

Age Group Event(s)